ARYA PATRIKA
आर्य पत्रिका



सं गच्छध्वं सं वदध्वं सं वो मनांसि जानताम्

Saṁ gacchadhvaṁ saṁ vadadhvaṁ saṁ vo manāṁsi jānatām (Rigveda 10.191.2)

“Walk together, speak together, let your minds be in harmony.”

DIWALI 2026 EDITION

Cover art by Anika Jain

Our Mission

ॐ

- Promote goodwill and harmony by advocating universal Vedic teachings
- Educate about the basic principles of Hinduism and perform the Havan/Yajna ceremony
- Conduct classes on Hindi. Yoga. Indian Arts
- Provide a platform to exchange views about Vedic/Hindu Dharma
- Develop pride in ethnic identity by participation in Indian festivals and cultural programs
- Serve the community at large for humanitarian needs
- Participate in Interfaith activities & educate other Faith Communities about Hindu Dharm

From the Editor's Desk

Namaste & Happy Diwali!

We are delighted to share our special Diwali Edition of Arya Patrika!

Grounded in our Arya Samaj principles of Seva (selfless service) and Vidya (knowledge), this issue reflects the vibrant spirit of our North Jersey Indian-American community—bringing together engaging articles, inspiring poems, and beautiful artwork from our youth to our senior members.

A heartfelt thank you to all our generous sponsors, donors, and contributors across NJ whose support brought this vision to life.

May this festival of lights illuminate your homes with joy, health, and wisdom. Wishing you and your family a luminous Year Ahead!

Warmly,
Editorial Team - Krupa, Neha, Sanjukta, Kalindi, Kanchan.
Youth Volunteers - Jaya, Rayva, Ruhi

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OUR PRIEST



PANDIT DEV KETU

Message from the Chair of the Board of Trustees

Namaste,

On behalf of the Board of Trustees, Executive Committee and members of the Arya Samaj, I wish you and yournfamily a very happy, healthy and spiritually uplifting Diwali. Today is our 45th Diwali celebration!! The Arya Samaj of New Jersey, founded in 1982, has withstood the test of time with the support of its members and the Community at large. This temple has provided a gathering place for individuals and families, sometimes for 3 generationsnwhile helping to preserve and share Vedic, spiritual and cultural traditions with present and future generations.

I am pleased to inform that in 2026, with the support of our members, community at large, and our volunteers, the Arya Samaj of New Jersey, is growing and thriving. We hope to build on this success in the years to come and be able to offer more classes, activities and spiritual growth opportunities for our children and adults, as well as more community outreach activities.

With your support, we had a very successful musical Gala on September 25, 2026, and were able to raise much needed funds. As most of you know, in 2022, finally after more than 36 years, we were able to purchase our own building. As we receive funding from our donors, we continue to upgrade and improve the building for the comfort and use of our Members and their families, and the Community at large. We are now able to expand our classes and activities for our children and adults. We hope to continue to build more on this in the future. Our Vedic Sanskriti school is in full swing, as are our other classes, such as Hindi language classes. We have a very active and robust Youth Group that is very active in the community with their outreach to homeless shelters, local food pantries etc. Children's classes and the overall development of the children remain the primary focus of our Samaj.

The message and work of Maharishi Dayanand Saraswati who reformed society by founding the Arya Samaj, still remains relevant for achieving both worldly and spiritual goals. By emphasizing the Vedas as the source of true knowledge and virtue , and with Arya Samaj's ten principles, individuals are guided towards righteousness, truth and universal welfare. With our limited resources, we try to do our best and remain active in the community by conducting successful blood drives and participating in interfaith activities, among other activities. We hope to expand on these activities as our resources and membership grow.

I thank, and look forward to the continuing support of our volunteers and donors as we work together and take pride in the work of our Arya Samaj in spreading Vedic knowledge, promoting education and serving our local and global communities. This Diwali, "may every Diya bring peace, every prayer bring hope, and every heart find happiness".

Alka Chandra
Chairperson, Board of Trustees
Arya Samaj of New Jersey

Thank You

TO OUR DIWALI SPONSORS

BINA KAPILA

ALKA & NAVEEN CHANDRA

JYOTI AND RAJINDER GANDHI

PRAVEEN CHANDER

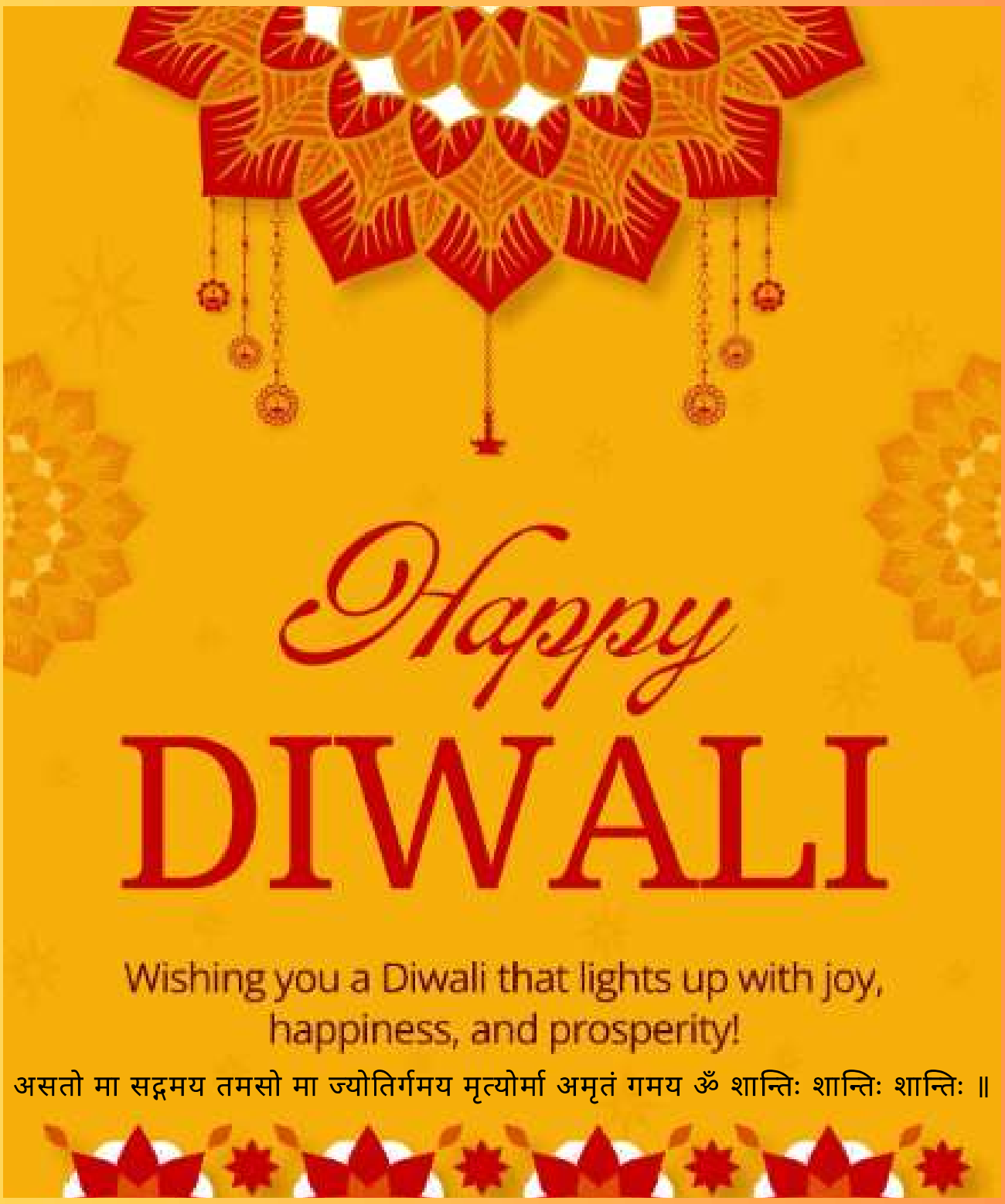
DR. POOJA GUPTA

MADHU AND VINEET PRUTHI

MAYA AND BIRENDRA KUMAR

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ALKA, NAVEEN, SONYA AND NIKHIL



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Message from the President

Namaste all,

Deepawali is a time to reflect and give thanks. As I look back on this year, I am grateful for the warmth and dedication of our members and for the many moments we have shared as one family.

Our calendar overflowed with celebration. We welcomed spring with a colorful Holi, shared travel stories in summer, came together for a memorable Musical Evening in fall, and observed Karva Chauth with joy. Our Sunday satsangs were enriched by celebrations of Indian Republic Day, India Independence Day, Father's Day, Vedarambh, Hindi Diwas, our Graduation Havan, and more. Beyond these events, it has been a special privilege to celebrate our members' own milestones alongside them: birthdays, anniversaries, graduations, and many other happy occasions.

Our membership has grown, class sizes have increased, and our school program has become a richer, more integral part of our weekly Sunday havan satsang. The launch of Hindi and Yoga classes opened new doors for learning and connection, while the Food Drive, Winter Clothing Drive, and Blood Drive allowed us to extend our care to the wider community.

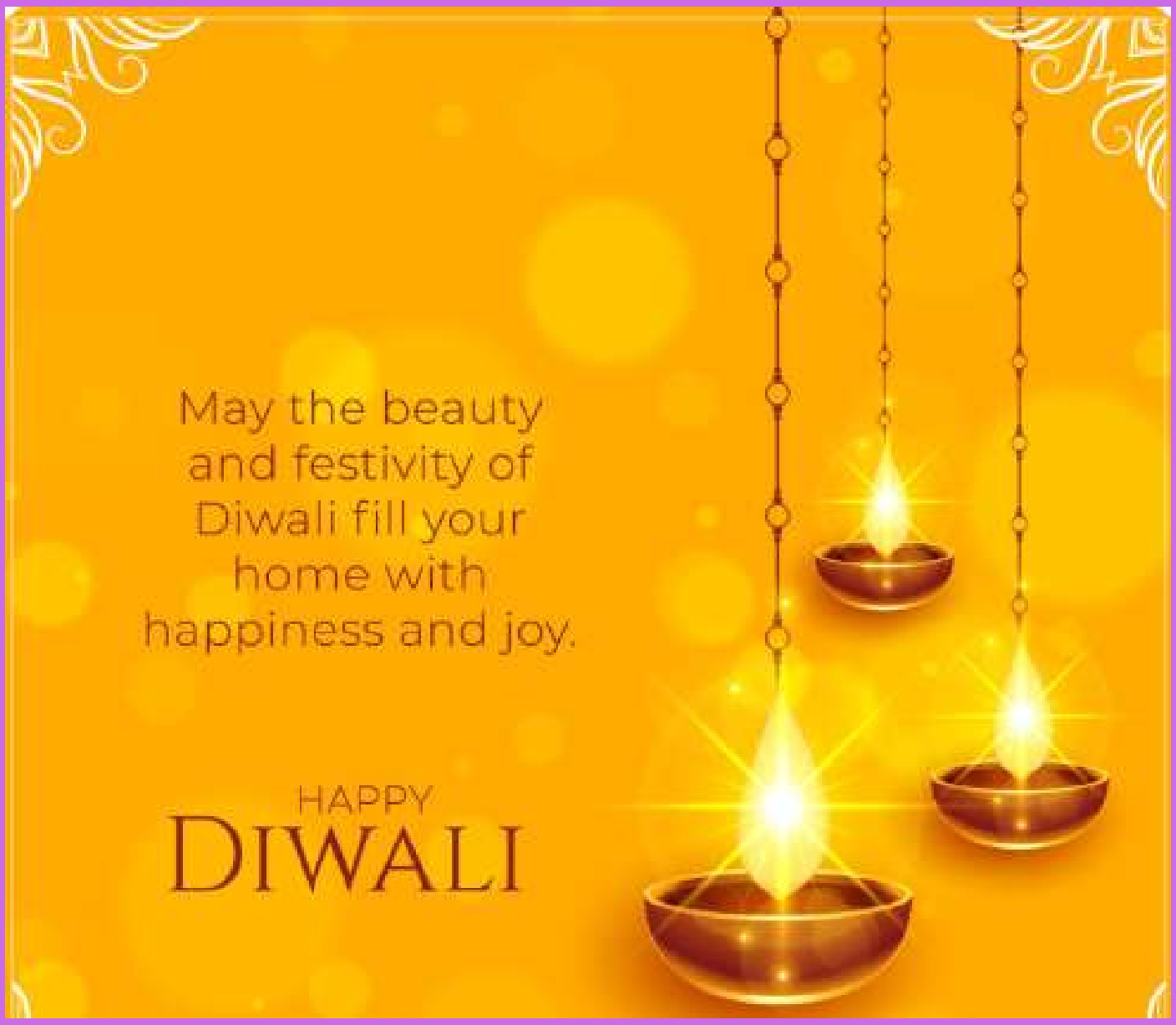
Every step of this journey has been made possible by people who give so freely of themselves. To our Board of Trustees, Executive Committee, teachers, and volunteers: thank you for your tireless commitment. To our generous donors: your unwavering support keeps our weekly havan, our ongoing operations, and our special initiatives thriving, and we are deeply grateful. Thank you also to the editorial team for crafting this lovely Deepawali edition of the Arya Patrika, and to each of our members for being the heart of this Samaj.

For over four decades, Arya Samaj of New Jersey has been a place of learning, service, and togetherness. With your continued involvement, I am confident we will carry this legacy forward as a strong and caring community.

May this Deepawali fill your homes with light, health, and prosperity.

Sincerely,
Sonal Chulet Dani

President,
Arya Samaj of New Jersey



DR. RAKSHA GUPTA & ASHOK AGARWAL

BEST WISHES AND GREETINGS!

FROM DRS. ATUL, VANDANA AND KRISHNA CHOKSHI



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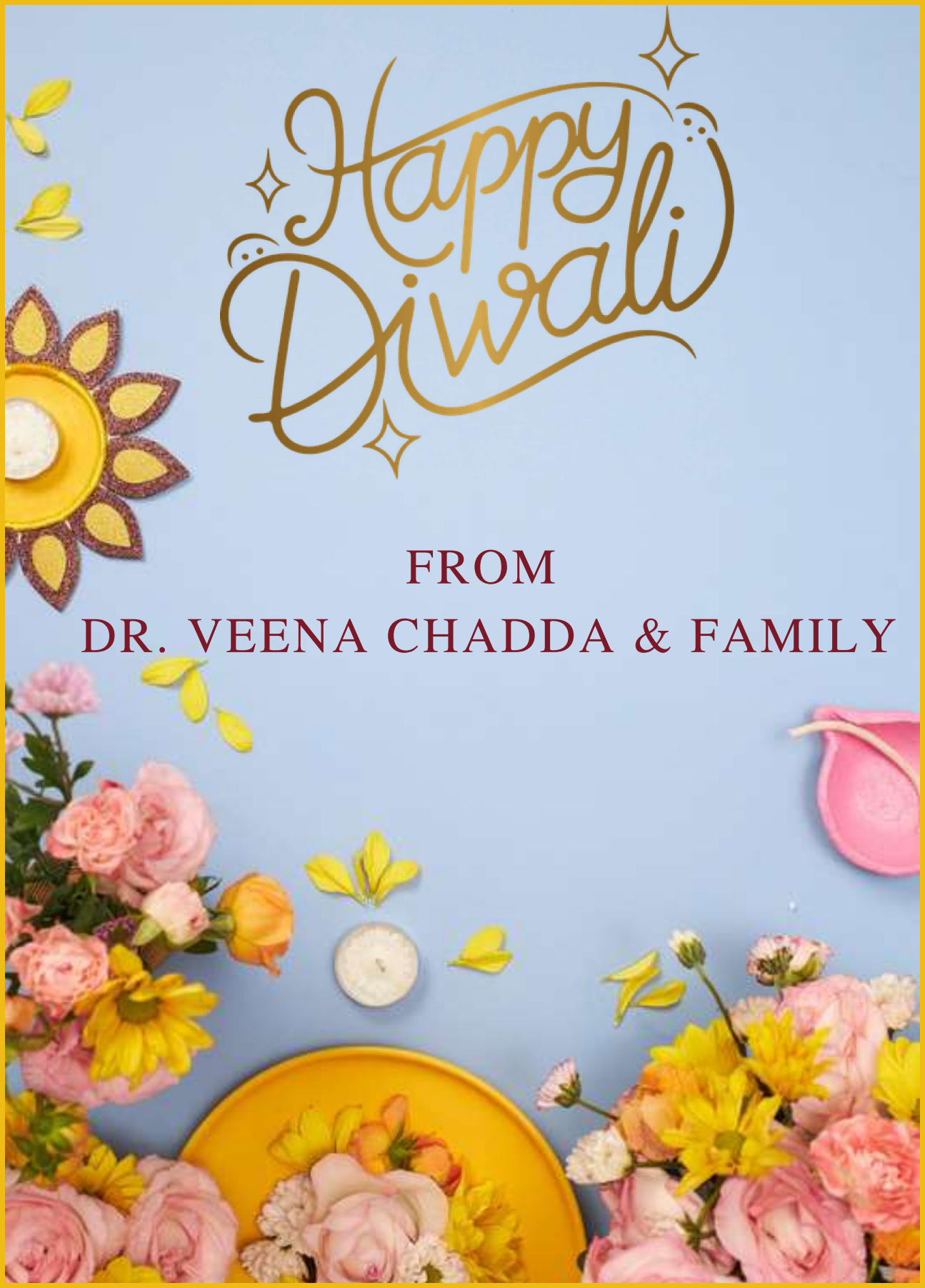






HAPPY DIWALI!!

FROM DR. BINA KAPILA & FAMILY


Happy Diwali
FROM
DR. VEENA CHADDA & FAMILY



Best Wishes

Mrs Santosh &
Dr Suresh Gupta and Family

मिट्टी के दिए (लघुकथा)

सुषमा मल्होत्रा



दादी ने इस बार सोच रखा था कि मिट्टी के दिए ही लेकर आउंगी और दिवाली के दिन उनमें तेल डालकर दिए जलाऊँगी। बड़ी दुकान पर तो वे दिए बहुत मंहगे बिकते थे इसलिए जो लड़की सड़क पर आकर बेचती थी उसी का इंतज़ार करती रहती थी।

दादी हर रोज कोई बहाना बनाकर घर से निकल जाती थी। शाम को लौटकर घर आती तो बेटा और बहु उसका मज़ाक करते,

“माँ किसको मिलने जाती हो। हर रोज दोपहर के खाने के बाद जाती हो और फिर अँधेरा होने से पहले लौट कर आ जाती हो।”

दादी कोई भी उत्तर नहीं देती थी। अपना शाम को पूजा पाठ का काम पूरा करके सो जाती थी।

दिवाली में चार दिन ही रह गए थे। वह सोचती कि बेटे से कहूँ कि मिट्टी के दिए खरीद कर ला दे। पता नहीं बहु उसे खरीदने भी देगी या नहीं।

आज सड़क पर अचानक उस लड़की को देख कर दादी बहुत खुश हुई और जोर जोर से हाथ हिलाकर उसे अपने पास बुलाने लगी। लड़की अपना थैला लेकर उसके पास आई तो दादी ने झट से धोती के पल्लू से बंधे हुए पैसे उसे देकर कहा, “दस दिए दे दो।”

“दादी, इतने पैसे में दस नहीं केवल चार दिए ही मिल सकते हैं। आजकल सब कुछ महँगा हो गया है।”

दादी ने कहा, “बेटी मैं तो बड़ी दुकान पर भी नहीं गई। रोज तेरा ही इंतज़ार करती थी। चल कम से कम पांच दिए तो दे दो।”

लड़की ने दादी को पाँच दिए दे दिए और दादी मिट्टी के दिए लेकर घर लौट आई।

आज वह उस नन्ही लड़की की तरह खुश थी जब पहली बार वह मिटटी के दिए खरीदकर घर लेकर गई थी तो उसकी माँ और पिताजी बहुत खुश हुए थे। आज मन में ऐसी ही ख़ुशी लिए वह घर की ओर बढ़ गई।

घर में आकर एक ट्रंक में छुपा दिए कि वह दिवाली के दिन बेटे बहु को देकर उनको खुश करेगी।

दिवाली के दिन शाम को उसने दिए निकाल कर बेटे को कहा,

“ये मेरी तरफ से मिटटी के दिए ले लो और इनमें सरसों का तेल डालकर जला लो ।

“क्यों माँ, ये क्यों?”

“बेटा, जब राम जी अयोध्या लौटे थे तो अयोध्या की प्रजा ने घी के दिए जलाये थे। हम लोग तेल डालकर ही जला सकते हैं।”

बहु जो पास में खड़ी सुन रही थी बोली, “सरसों के तेल की कोई जरूरत नहीं। मैं मिटटी के दिए, जो मोम डाल कर बने होते हैं, खरीद लाई हूँ। वे सस्ते भी हैं। मिटटी के दिए में तेल डालकर दिवाली मनाना बहुत महंगा पड़ता है।”

बेटे ने उसकी हाँ में हाँ मिलाते हुए कहा, “ इनके साथ घर में धुआँ भी होता है। मैं बिजली के साथ जलाने वाले दिए भी ले आया हूँ।”

दादी ने दिए उठा लिए और कहा,

“कोई बात नहीं बहु, राम जी ने चाहा तो अगले वर्ष हम मिट्टी के दिए में घी डालकर दिवाली मना लेंगे।”

सुषमा मल्होत्रा
शिक्षिका और लेखिका

Hindu Spiritual Care

Written by: Rajinder Gandhi, MD

To be "spiritual but not religious" means to engage in personal, interior spiritual practices and a belief in a higher power, a personal connection to the divine, without subscribing to the doctrines, rituals, and communal structures of organized religion.

What is spiritual care?

- Holistic support: Spiritual care integrates a person's spiritual or religious needs with their overall health, encompassing their physical, mental, and social aspects.
- Meaning and purpose: It helps individuals find meaning, self-worth, and spiritual well-being, especially during challenging life experiences like illness or grief.
- Person-centered: It is provided on a one-to-one, person-centered basis, making no assumptions about a person's beliefs or life orientation.

How is spiritual care provided?

- Compassionate presence: Offering a compassionate and authentic presence to listen to and acknowledge the individual's experience.
- Active listening and dialogue: Engaging in active, non-judgmental listening to understand a person's thoughts, feelings.
- Connecting with resources: Facilitating access to prayer, meditation, supportive communities, or religious leaders.
- Respecting beliefs and values: Honoring a person's unique spiritual or religious beliefs and values, which may guide their coping and healing process.
- Rituals and practices: Assisting individuals in engaging with religious rituals, prayers, or ceremonies relevant to their faith.

Hindu spirituality is about discovering the divine within each of us and finding ways to lift ourselves and others up. Rooted in Sanatana Dharma, Hindu spiritual

care encourages us to be there for others like a trusted friend, listening without judgment, offering, empathy, compassion, respect, providing ethical guidance and confidentiality.

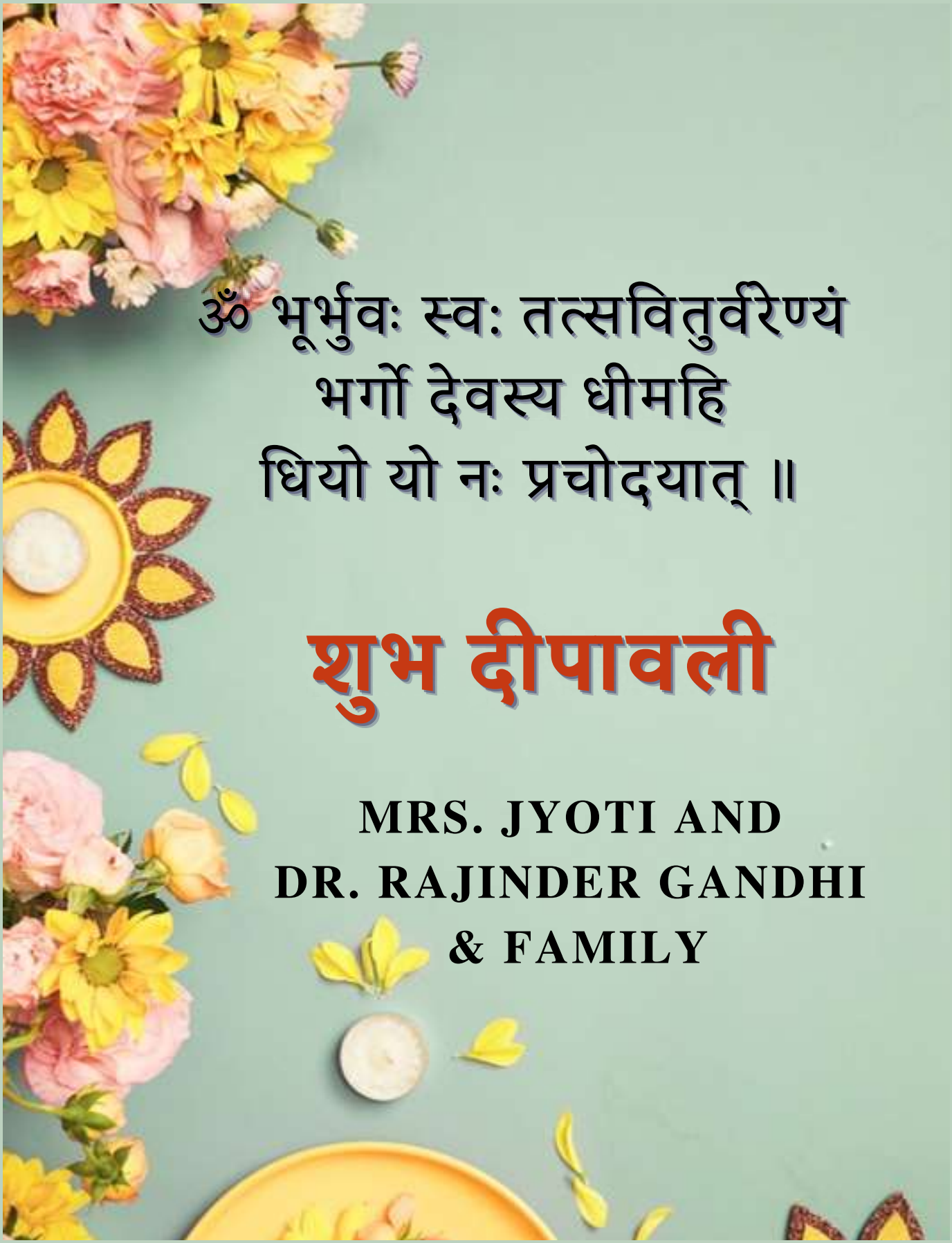
It addresses an individual's need for meaning, purpose and connection during times of illness, loss or distress. Based on the principle of dharma (righteous living), and law of karma, it is a holistic approach to well-being that addresses the physical, mental and spiritual aspects of a person. Regular self-reflection keeps the care genuine, respectful, and open-hearted.

In patient care setting, asking about a patient's spirituality can and should be part of patient-centered, value-sensitive care. This can guide further medical decision-making, including but not limited to notifying a spiritual care specialist. "Integrating spirituality into care can help each person have a better chance of reaching complete well-being and their highest attainable standard of health."
According to researchers at Harvard University, spirituality is "the way individuals seek ultimate meaning, purpose, connection, value, or transcendence." This could include practicing organized religion traditions, connecting to family, community, or nature.

There is a dire need for Hindu chaplains and spiritual care counselors in USA, especially in hospitals, pallative care and hospice care. While most religious denominations have chaplains, there are very few Hindu spiritual care providers.
My interest in learning about and providing spiritual care counseling increased after retiring from 50 years of medical practice, 40 years of which was as Pediatric Surgeon in New York, New Jersey area. While I had been volunteering as a chaplain in Bergen County Prosecutor's Office for some years, I realized that additional training was required to provide spiritual care in a hospital.

The search for a formal training program led me to Hindu Spiritual Care Institute (HSCI), founded in 2018 in the San Francisco Bay Area. It is a US-based 501(c)(3) nonprofit organization, managed by a team of volunteer faculty and professional administrators.

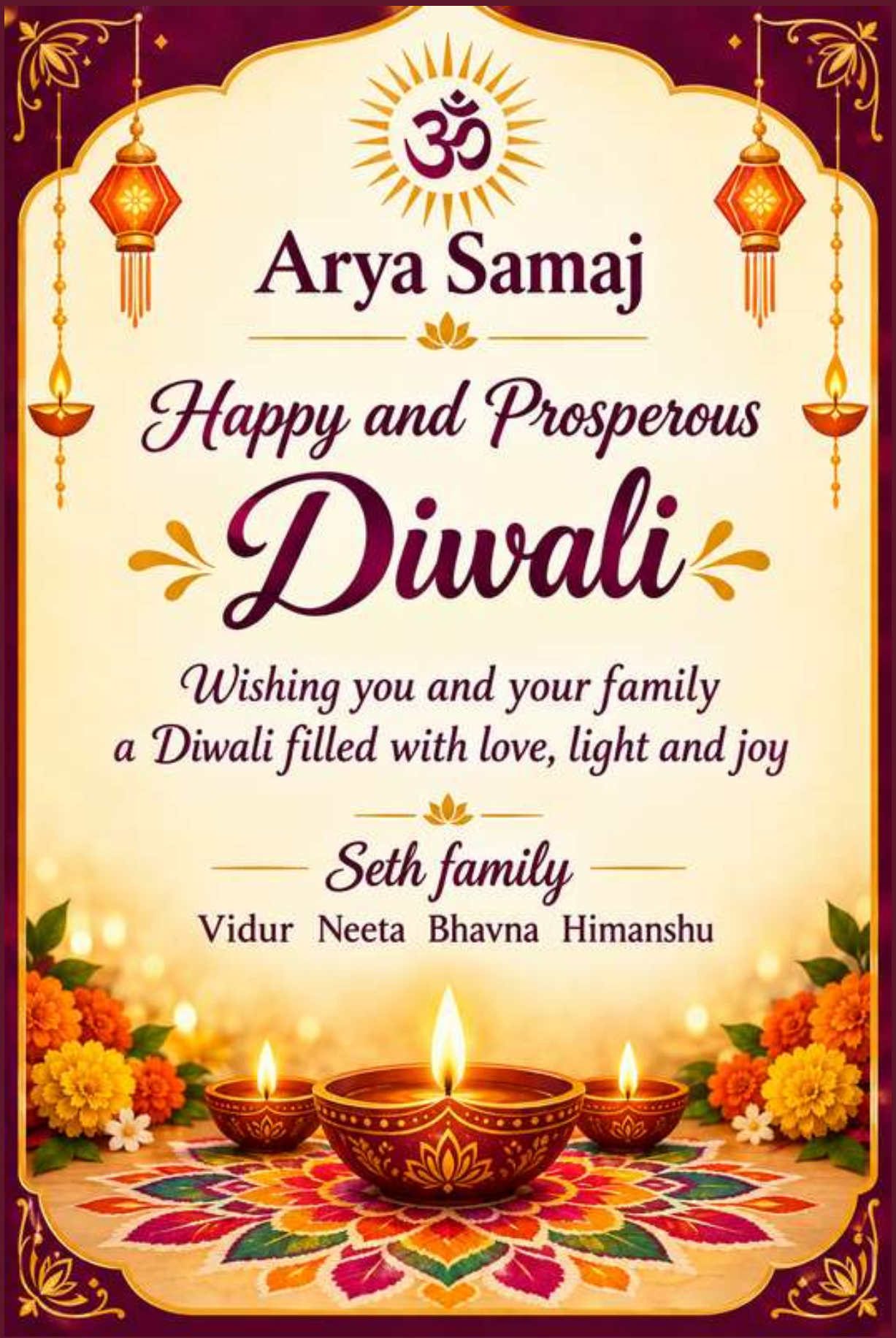
Having completed the intense one-year course, I now volunteer as Spiritual Care Counselor at The Valley Hospital in Paramus, New Jersey.


ॐ भूर्भुवः स्वः तत्सवितुर्वरेण्यं
भर्गो देवस्य धीमहि
धियो यो नः प्रचोदयात् ॥
शुभ दीपावली
MRS. JYOTI AND
DR. RAJINDER GANDHI
& FAMILY

Chameleon

By:Ravya Baxi




ॐ
Arya Samaj
Happy and Prosperous
Diwali
Wishing you and your family
a Diwali filled with love, light and joy
Seth family
Vidur Neeta Bhavna Himanshu

Our Message for ASNJ 2026



We consider it to be a privilege to be part of Sanatan Vedic Dharma, a movement, which was resurrected by Rishi Dayanand. Our best wishes for its global success.

ओ३म्। स्वस्ति पन्थाम् अनुं चरेम सूर्या चद्रमसांविव।
पुनर्र ददताघ्नंता जानता सं गमेमहि॥ ७॥

- ऋग्वेद 5.51.15

May we continue to move ahead on the path of benevolence in life just as the Sun, Moon and the other heavenly bodies have been doing so relentlessly and selflessly. May we know and associate with people who are giving without expecting the rewards.

Best Compliments & Wishes From:
Mrs. Amita and Dr. Ramesh Gupta
Drs. Priya Gupta and Arturo Lopez and Vidya Arya Lopez
Mrs. Ana Gupta, Dr. Puneet Gupta, and Anushka Gupta
Dr. Anupama Gupta

Ramesh Gupta MD FACG FACP
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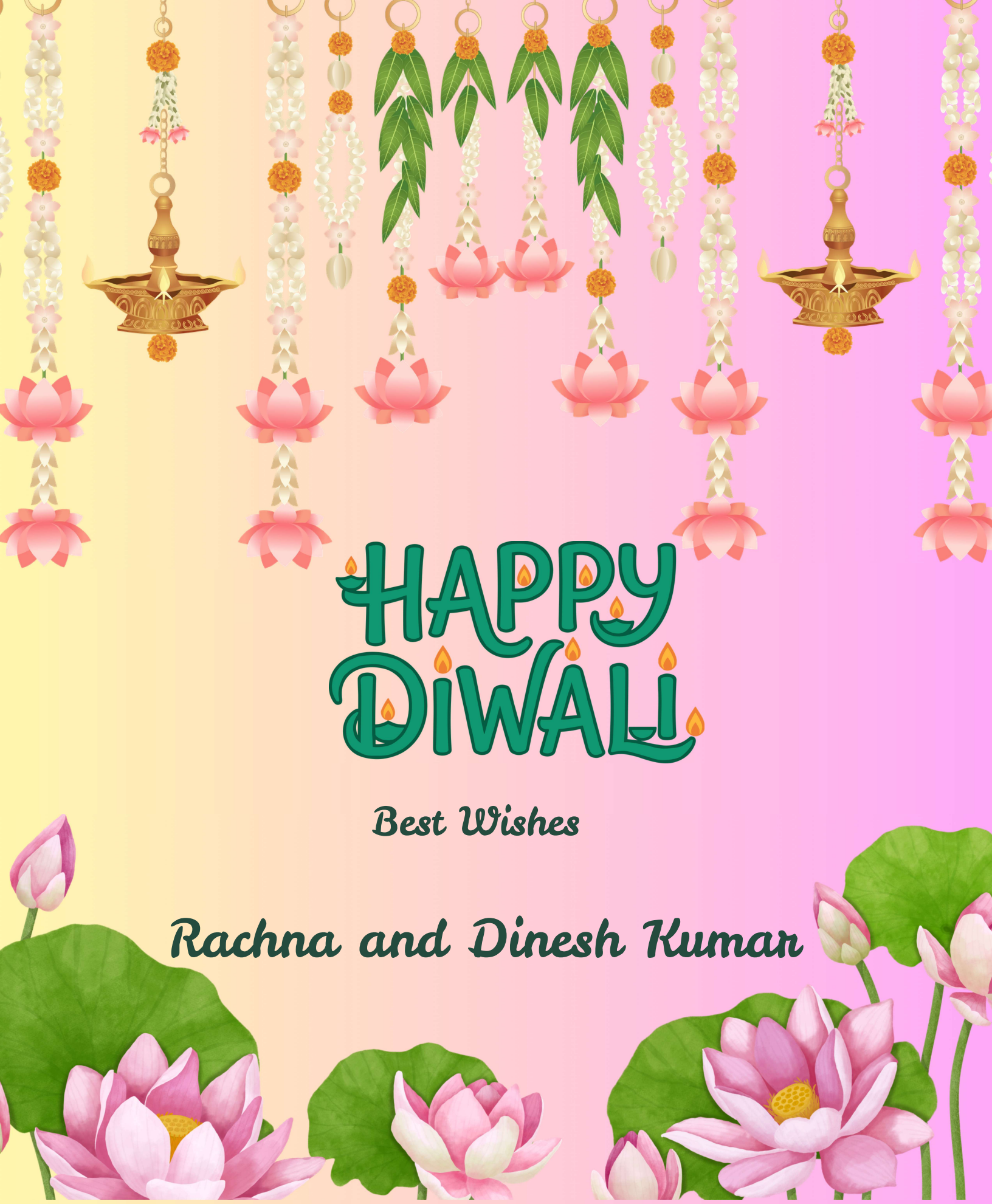











HAPPY
DIWALI
Best Wishes
Rachna and Dinesh Kumar

TAMASOMA JYOTIR GAMAYA.

LEAD ME FROM DARKNESS TO LIGHT.

DRS. SUSHMA & OM GANDHI



Holi Milan 2026









आर्य पत्रिका , DIWALI 2026, ARYA SAMAJ OF NEW JERSEY , PG 28



BEST WISHES FROM
DRS. MINAKSHI & SATISH DHALLA
AND FAMILY

दीपावली का ये त्यौहार आपके लिए और आपके अपनों के लिए मंगलमय हो |

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HAPPY DIWALI

OM BHUR BHUVAH SVAH
TAT SAVITUR VARENYAM
BHARGO DEVASYA DHEEMAHI
DHIYO YO NAH PRACHODAYAT

WITH BEST WISHES

FROM DRS. RAVI, SUDARSHAN NARANG & FAMILY

Wish you a
Happy and Prosperous New Year !!

DIWALI GREETINGS FROM:
SULEKHA & NARENDER KALYAN

VSS, BAL HAVAN AND HINDI CLASSES



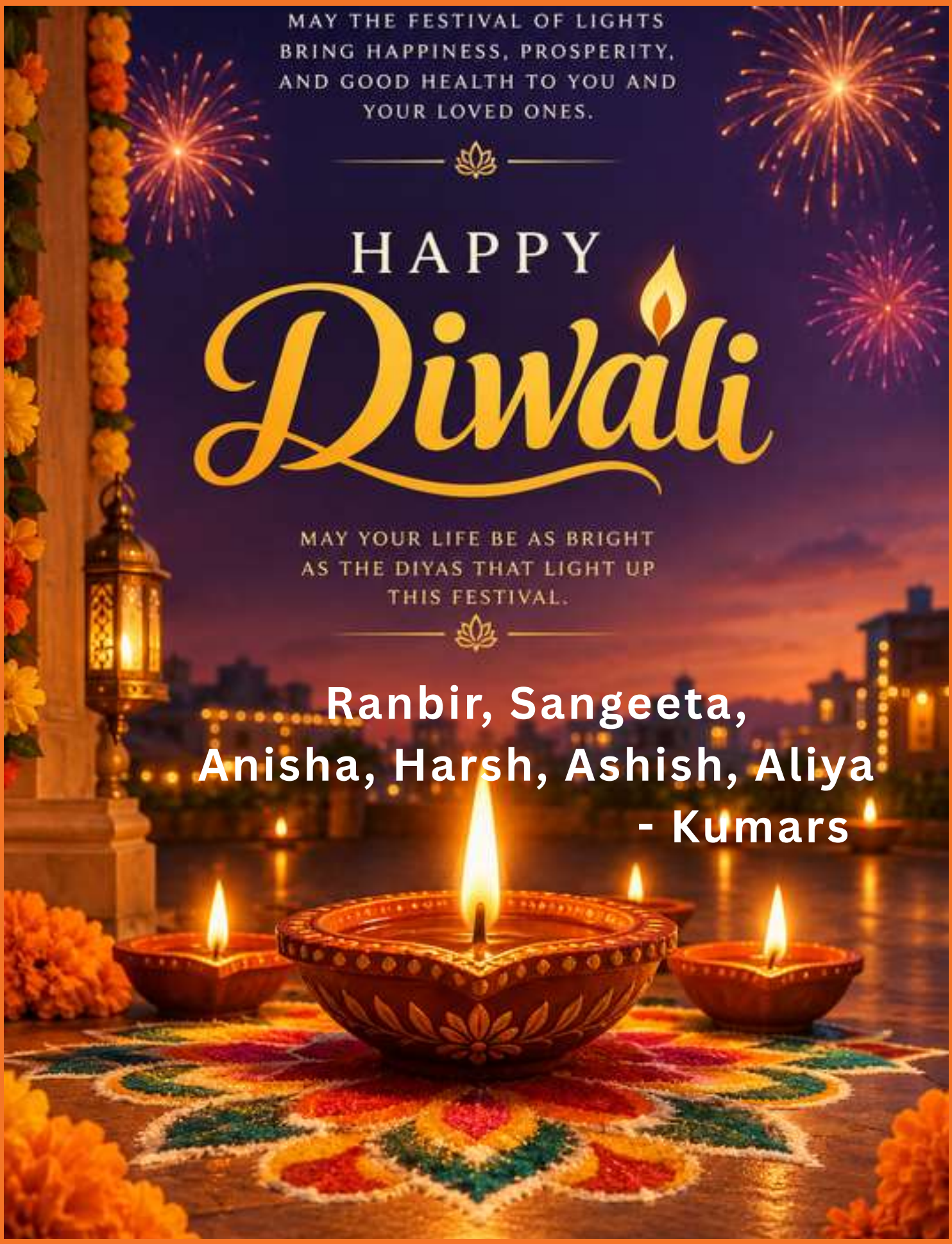











MAY THE FESTIVAL OF LIGHTS
BRING HAPPINESS, PROSPERITY,
AND GOOD HEALTH TO YOU AND
YOUR LOVED ONES.
HAPPY
Diwali
MAY YOUR LIFE BE AS BRIGHT
AS THE DIYAS THAT LIGHT UP
THIS FESTIVAL.
Ranbir, Sangeeta,
Anisha, Harsh, Ashish, Aliya
- Kumars

ओ३म् ।अग्ने नय सुपथा राये अस्मान्विश्वानि देव वयुनानि विद्वान् ।
युयोध्यस्मज्जुहुराणमेनो भूयिष्ठां ते नम उक्तिं विधेम ॥

BEST WISHES

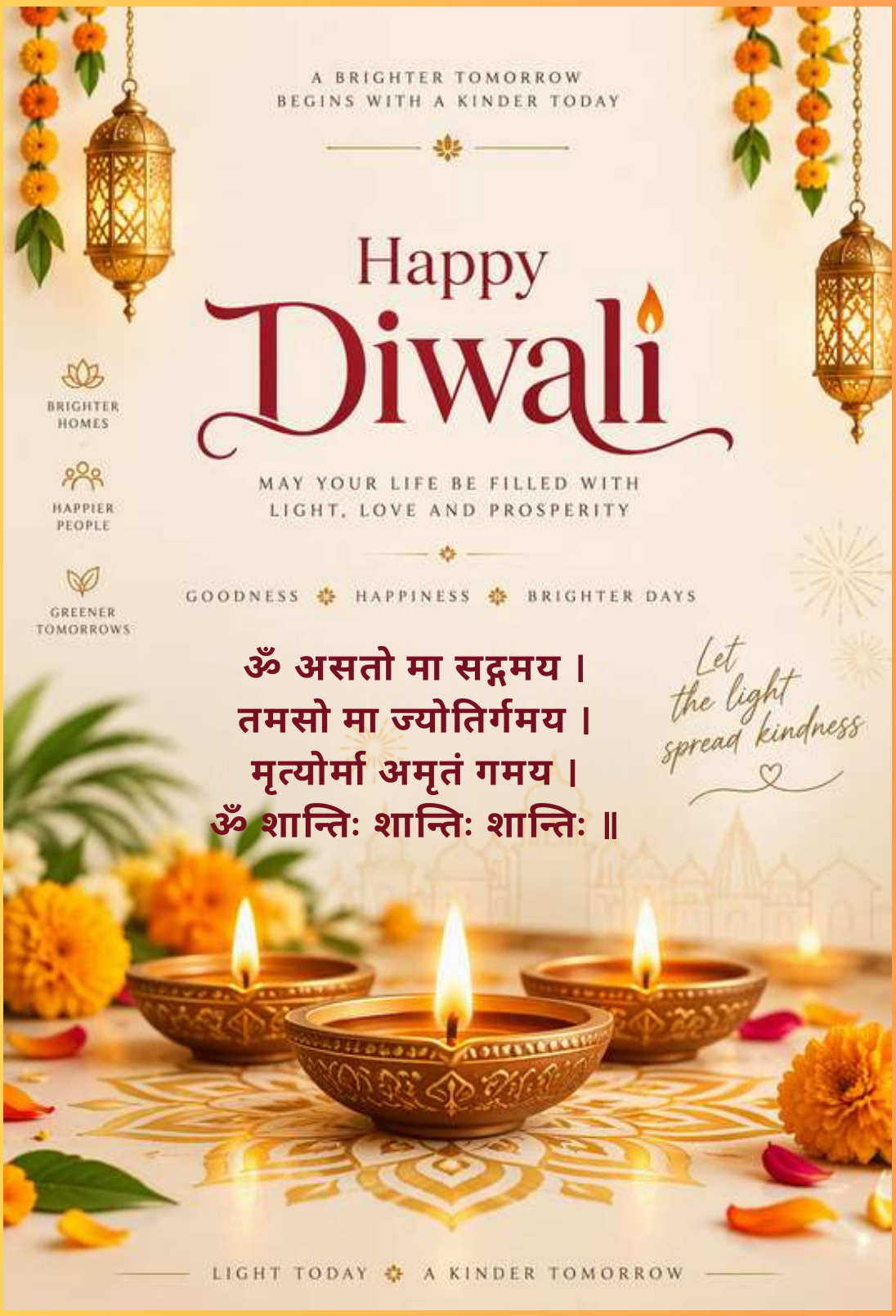
DRS. POOJA, MANJU & ASHOK GUPTA



शुभ दीपावली



नन्दिता, श्रीया, सौरभ, सोनल



BEST WISHES

DRS MANOJ & GURMEET CHHABRA

DR DHRUVA & DEV CHHABRA.

HAPPY DIWALI



WITH BEST WISHES FROM
THE WAGH FAMILY:
ANJU, MANOJ,
SIDDHARTH & SONALI

आर्य पत्रिका , DIWALI 2026, ARYA SAMAJ OF NEW JERSEY , PG AND 38



DIWALI GREETINGS!

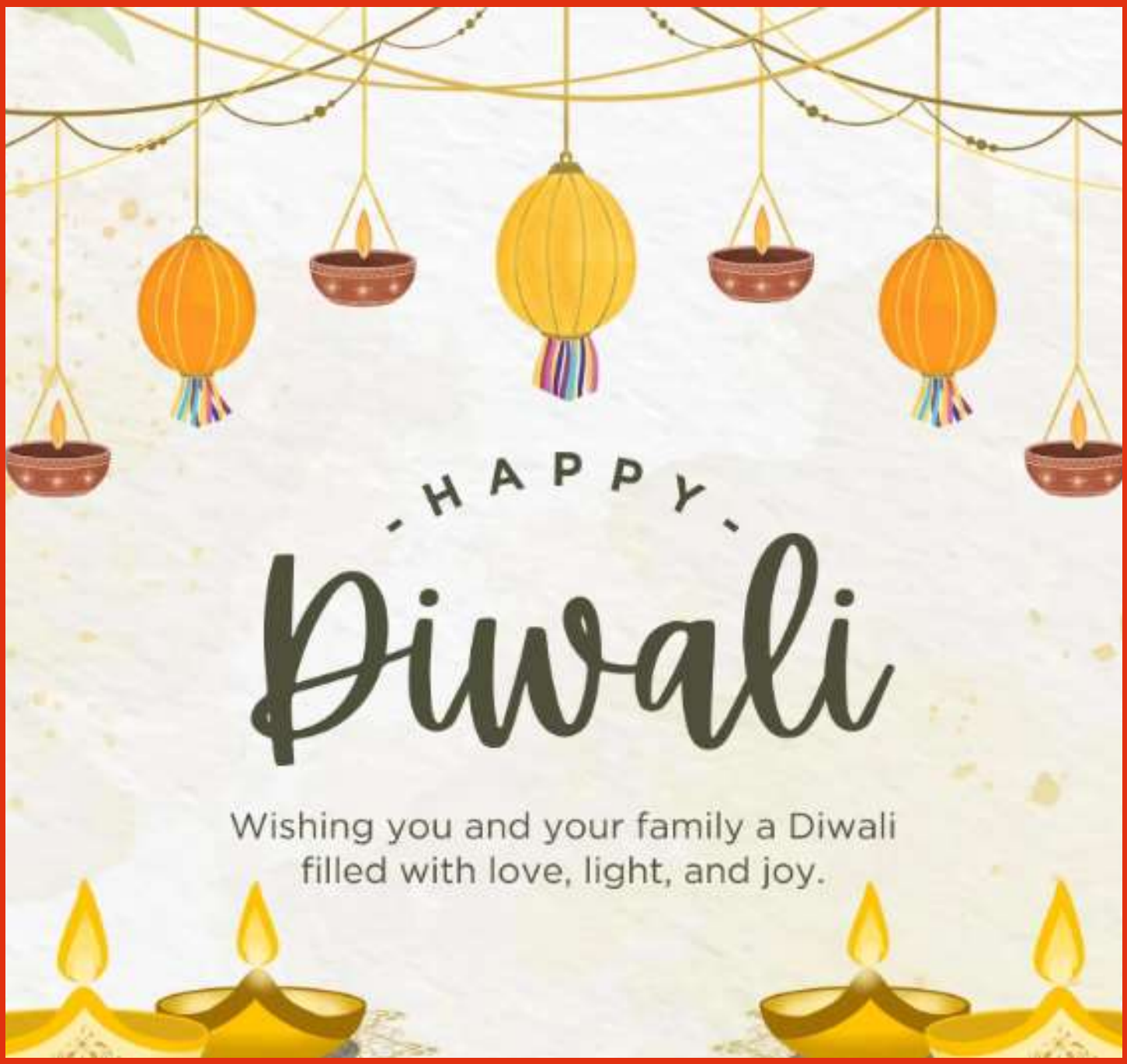
‘WISH ALL MEMBERS OF ASNJ A VERY HAPPY DIWALI AND NEW YEAR’.

RAM & SHASHI SAINI & FAMILY.

“ज्ञानं दीपेन भास्वता।” —
BHAGAVAD GITA 10:11
JÑĀNAṀ DĪPENA BHĀSVATĀ
“THE LORD DISPELS THE DARKNESS OF IGNORANCE
WITH THE SHINING LAMP OF WISDOM.”

MAY THE DIVINE LIGHT OF DIWALI ILLUMINATE
OUR HEARTS WITH WISDOM AND COMPASSION, DISPELLING
THE DARKNESS WITHIN AND AROUND US.

BEST WISHES FROM -
DR AJAY & SUNITA GUPTA AND FAMILY



DRS. PUSHPA & DEVRAJ GUPTA

आर्य पत्रिका , DIWALI 2026, ARYA SAMAJ OF NEW JERSEY , PG 40

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May your hearts be filled with love, peace and happiness as you spread the light of kindness this Diwali.

Best wishes from

Naresh, Sonali, Sanjna, Sania and Rhea Sadarangani.



Adarsh , Nisha, Shawn , Upasna , Vishal and Monica



WISHING ALL OF YOU A VERY HAPPY DIWALI

FROM: VARMA , KLOKINIS, MELLEM AND MESA FAMILIES.

RENU, DEV KETU & FAMILY



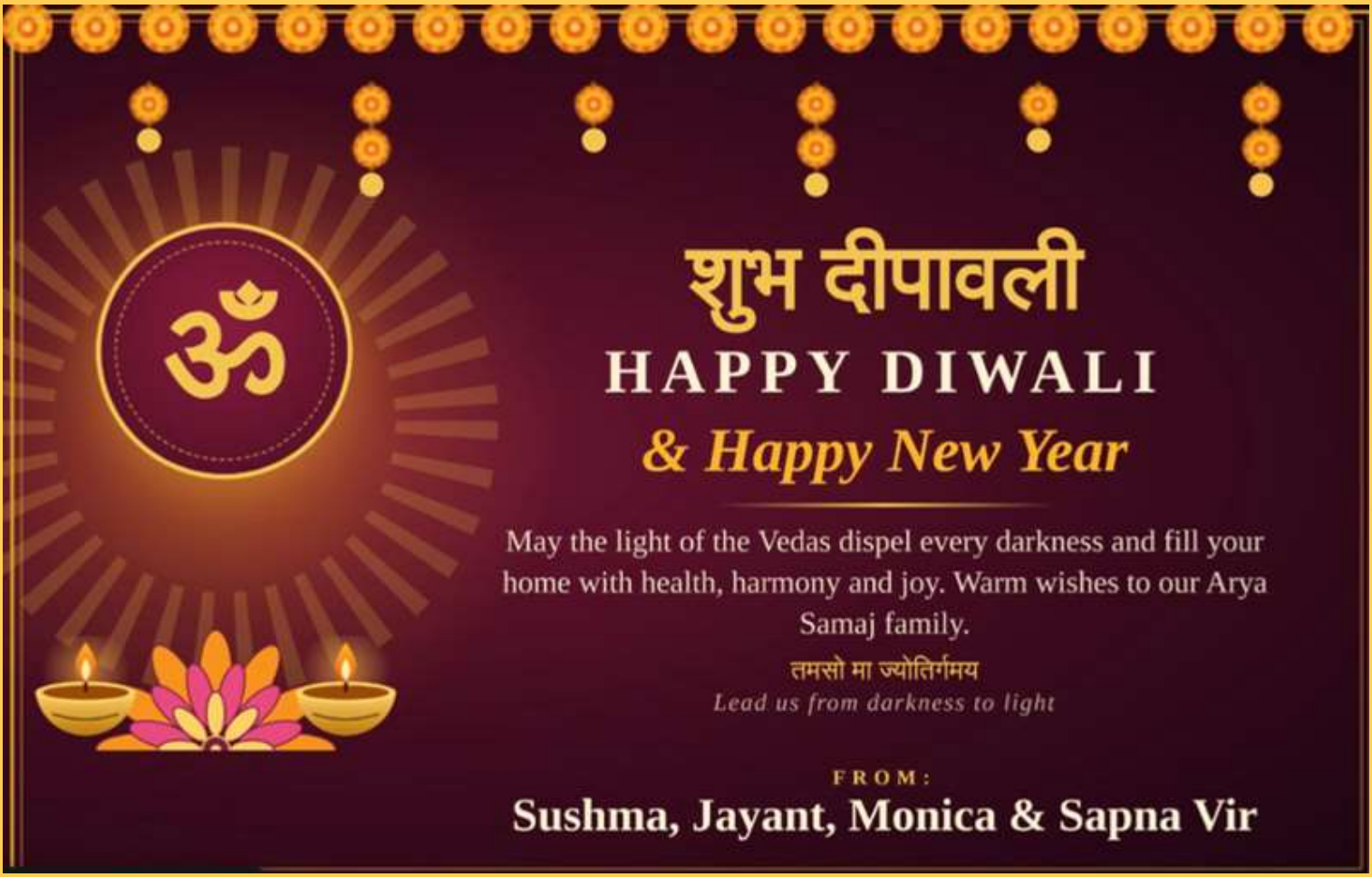


Happy Diwali

May the lights of Diwali illuminate every corner of your life with abundant happiness, peace and success

Kapoor and Baxi Family
Rajiv, Sonia, Parag, Neha, Rayva & Samay





Happy Diwali from Abbi Family



Ħaġar Qim (Megalithic Temple of Malta)

By Birendra Kumar

Built with multi-tons limestone blocks, trilithon and ‘porthole’ doorways and great courtyard, around 3600-3200 BC, before the pyramids of Egypt, on the cliffs of Malta’s southern coast, inscribed on the UNESCO World Heritage List.

Small in size (121 sq miles) and population (522,000) but rich in history, Malta is an independent island state, a member of the European Union and the eurozone, where English is an official language. Situated 58 miles south from Sicily, Italy, made up of three inhabited islands: Malta, Gozo and Comino (Blue Lagoon) and several islets. Mild winters and warm summers.

The beautiful Capital city Valletta, often described as an open-air museum and a. living piece of history, the Baroque architecture adorns all corners of the small city, and there are plenty of historical buildings to admire.



Ishopanishad

Ramesh Gupta MD, FACP, FACG, Past President APSA

Upanishad means- to find spiritual knowledge and sit in meditation for God realization.bUpa- near, Ni- down, Sad- sit-- i.e. Sit down near teacher for God realization.

Upanishads contain spiritual and philosophical discussions about God, soul, and God-realization. These are links between Shruti and Shastras. It is explained by means of stories in Upanishads that one who can meditate upon God and surrender to God after having a full understanding of the real nature of the Supreme Can be free from various sorrows and can attain "Moksha" or salvation. 11 Upanishads are considered most important. These are:

1. Isha
2. Kena
3. Katha
4. Prashana
5. Mundaka
6. Mandukya
7. Aitareya
8. Taittiriya
9. Chhandogya
10. Brahadaranyaka
11. Shvetashvatar

Ishopanishad
It has only 18 Hymns or Stanzas. First 3 mantras mention 5 duties, the performance of which alone can lead to acquisition of Brahama-Vidya. These duties are as follows.

1. Belief that God exists everywhere and has created everything in this universe. "Jagat" means which moves. If it is believed that God is present everywhere, then there will be no place where one is not being watched and then there are less chances of a person to commit crime.

2. This Upanishad enjoins that man should enjoy things, which are given to him by God for free. One could argue that if there is no attachment to things, we can't give our best in accomplishing things in life. Our sages tell us that it is possible to protect things which are given to a person for use and enjoy them as well without attachment.
3. The third duty is that no one should covet the wealth, property or possession of others
4. The fourth duty is that one should aspire to live for a hundred years while doing our duties with best of our abilities and honesty. This is Karma-yoga.

The Upanishads direct us that man should work, up to the last moment of his life. Renunciation of acts with eye on the fruits of actions or with a desire to gain something out of it, is called Sanyas. Good actions are not to be given up. Social service is an example of good acts. Unmotivated (Nishkam karma done as a duty with no desire for fruits or rewards) should never be given up. 5. The Upanishad says that a person who acts against the dictates of his/her conscience, goes after death, into lower incarnations, which are enveloped in darkness. It is a well-known fact that by and large a person eventually reaps the consequences of his/her deeds (both good and bad) during one's lifetime as well. Manu ji has said that "Dharma" are acts, which are approved by one's own conscience. Good conduct is the habit of doing good deeds, not out of person's own volition but by forces of habit.

Mantras 4 to 8 contain the roots of important principles of Braham-Vidya. The fourth andnfifth mantras say that God does not move from place to place, is unshakable, faster than even the mind, and all pervading.

Also, because of his omnipotence and all-pervading nature, transgresses our mind and other senses. All beings exist and live in him, doing good or bad deeds. God cannot be perceived/seen by our eyes or other senses can only be experienced by soul once it is disconnected from external sensory input, as in the state of deep meditation. (Dharna-fixation or concentration of power at one point, Dhyan-concentration of power in the soul, Samadhi-highest state of Dharna.).

The sixth mantra means that one who after careful consideration, realizes that there is soul in all other beings similar to his/her and that same God resides in all souls would not do bad deeds or be bad to anyone or hate others. This is the concept of love for all.

The seventh mantra explains that “he who after careful consideration, knows and sees all beings, like himself, as existing in the all-pervading God, becomes Stith Pragya, and does not suffer from pain due to any loss or feel overjoyed from achievements or gains.

The eighth mantra is really the most perfect definition of God. God is omnipresent, pure, formless, without holes, free from any body organs, sinless, knower of everything including our minds, all pervading, self-existent (unborn i.e., never takes birth or dies), has created and runs this universe and has given us the knowledge “Vedas” exactly as needed in a perfect way since eternity on an ongoing basis.
The ninth, tenth and eleventh Mantras emphasize that both materialism and
spiritualism are necessary to make life useful and complete. Those who are engrossed only in materialism or rituals fall into blind darkness, while those who are engrossed in acquiring knowledge only fall into even greater darkness. Knowledge and acts (karma) should go together. Materialistic knowledge and progress help improve the quality of life and may prolong life as well. Spiritual knowledge and conduct according to Vedic guidance will help attain salvation by attaining purity of mind and soul and realization of
God. It is stated in these mantras that actions are superior to knowledge, because mere knowledge does not bear any fruit, whereas an act, good or bad, bears its fruits without fail. Accordingly, in the philosophy of the Upanishad acts (Karma Yoga) have a higher place than knowledge (Jyan Yoga) and no student of spiritual knowledge should lose sight of this. So, both the knowledge and actions are needed in life and should be in balance.

The 12-14th Mantras discuss the importance of worshiping both the “manifest and unmanifest Prakriti”. These also deal with individualism (asambhutim) and socialism (sambhutim). By personal care, one can take care of oneself in matters of physical needs such as food, shelter, and health care only, but it increases selfishness. On the other hand, being engrossed in social service only can make one ignore personal needs. So, both are necessary.

The fifteenth mantra “Hiranmayan patren—“ deals with the request to God to please remove the golden lid and uncover the truth in life. Wealth entices away man from the path of truth (duty). Dharma is life of truth and justice. God (brahm) is truth. In order to attain God, one should follow truth.

In sixteenth mantra the concept is that God is pushan (nourisher of everyone), Yam (justice giver), luminous and dispeller of darkness and protector of all. Many times, we get so absorbed in nature that we forget the real one, the creator. Similarly, we get so engrossed in the physical aspects of body that we forget the soul within, which is really the real self, and forget about the god inside our soul, the Sat, Chit and Anand God. Only by removal of darkness of ignorance, one can experience the pure form and brilliance of the glory of Supreme Being.

17th Mantra deals with mortality of body and immortality of soul. Upanishad instructs us that when time comes for the soul to quit the mortal body, one should recite Om. There is a built-in concept here, that although there are laws laid down by God, the person (being) has full liberty to do acts during lifetime. There are instructions to remember God in all our future actions.

The last mantra is a prayer to God to lead us through a righteous path, and to save us from the path of sin. Also, there is Namaste to God. God is our ultimate and most ancient guru. Surrender to God is the path to salvation.

Shining Stars



AHANA RAJPUT, GRADE 8, AGE 13

WHAT DIWALI MEANS TO ME
DIWALI MEANS FAMILY, HAPPINESS, AND THE VICTORY OF GOOD OVER EVIL. IT'S A CELEBRATION OF BHAGWAN RAM RETURNING TO AYODHYA AFTER DEFEATING RAVANA. I LOVE SEEING EVERYTHING DECORATED WITH BRIGHT LIGHTS AND DIYAS AND CELEBRATING WITH MY FAMILY AND PERFORMING AT COMMUNITY EVENTS.
MY FAVORITE TRADITION
MY FAVORITE TRADITION IS DIYA LIGHTNING AND ENJOYING FIREWORKS.
MY FAVORITE SWEET
LADOO
A FUN FACT ABOUT ME
I HAVE A PET HAMSTER

SAMEER JATHAVEDAM, AGE 12, GRADE 7

HOBBIES AND INTERESTS: TENNIS, READING, GAMING

FAVORITE DIWALI TRADITION: SPARKLERS AND FIRE WORKS

FUN FACT ABOUT ME: I PLAY 2 INSTRUMENTS, PIANO AND VIOLA





RUHI BAKSHI, GRADE: 11TH

HOBBIES AND INTERESTS
SOCCER AND SCROLLING:)
FAVORITE DIWALI TRADITION
FIREWORKS, FOOD, FAMILY, FRIENDS AND FUN
FUN FACT ABOUT ME
I RUN ON UNLIMITED ENERGY, BIG DREAMS, AND A LITTLE TOO MUCH ATTITUDE! I'M STUBBORN WHEN I WANT SOMETHING, DETERMINED WHEN SOMEONE SAYS I CAN'T DO IT:)



RAYVA & SAMAY BAXI, AGES 14 AND 10, 9TH AND 5TH GRADES

HOBBIES AND INTERESTS
ART, SHOPPING, SQUISHIE TRADING, SOCCER AND GAMING
FAVORITE DIWALI TRADITION
LIGHTING DIYAS, HANGING OUT WITH FAMILY, FIREWORKS
FUN FACT ABOUT US
WE HAVE LIVED IN SAN FRANCISCO

# of Deepavali



ROHAN NADELLA AGE 12, 7TH GRADE

HOBBIES AND INTERESTS
TENNIS, SAXOPHONE, RUNNING,
CHESS, DEBATING, ARTIFICIAL INTELLIGENCE
FAVORITE DIWALI TRADITION
GETTING TO OPEN PRESENTS FOR THE NEW YEAR
FUN FACT
HIS BIRTHDAY IS ON 7/11.



KAREENA NADELLA, AGE 10, 5TH GRADE

HOBBIES AND INTERESTS
TENNIS, PIANO, READING, BOLLYWOOD DANCE
FAVORITE DIWALI TRADITION
BUYING JEWELRY ON DHANTERAS
FUN FACT
HAS THE SAME BIRTHDAY AS WOLFGANG AMADEUS MOZART.



KAVYA NADELLA AGE 8, 3RD GRADE

HOBBIES AND INTERESTS
TENNIS, PIANO, READING, BOLLYWOOD DANCE
FAVORITE DIWALI TRADITION
MAKING RANGOLIS.
FUN FACT
HER BIRTHDAY IS ON THE FIRST DAY OF SCHOOL.



YASHIL VERMA, AGE 9. GRADE 4

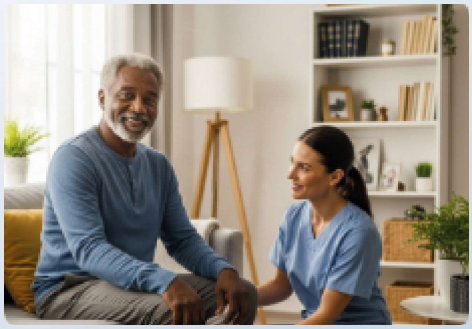
HOBBIES AND INTERESTS
BASEBALL
FAVORITE DIWALI TRADITION
DIYA LIGHTING

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3 Develop Ethnic Pride
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4 Conduct Classes
• Classes on Hindi, Yoga, Indian Arts
5 Exchange & Discourse
• Provide Platform for Vedic/Hindu Dharma Exchange
6 Community Service
• Serve Community for Food and aid to people in need, need, embodying Seva
7 Interfaith Dialogue
• Hindu representatives sharing beliefs with leaders of other faiths in a warm gathering
• Participate in Interfaith Activities & Educate Others
कृण्वन्तो विश्वं आर्यं
Make the world noble

THE TEN PRINCIPLES OF THE ARYA SAMAJ

1. God, His Characteristics: The Primordial Root - the Eternal Unseen Sustainer - of all true knowledge and of objects made known by true knowledge - any of all these - is the-Supreme God.

2. His Attributes and Worship: God is Personification of Existence, Intelligence and Bliss. He is Eternal, Formless, Almighty, Just, Benevolent, Unborn, Endless and Infinite, Unchangeable, Incomparable, Support of All, Lord of All, All-pervading, Omniscient and Controller of all from within, Fearless, Holy and Creator of the Universe. To Him alone is worship due.

3. His word, the Vedas: The Vedas are the books of true knowledge. It is the paramount duty of every Arya to learn and teach the Vedas.

4. Truth: We should be ever ready to embrace truth and to forsake untruth.

5. Righteousness: All acts should be done in accordance with Dharma after deliberating what is right and wrong.

6. Benevolence: The prime object of the Arya Samaj is to do good to the world, that is, to promote physical, spiritual and social good of every sentient being.

7. Love and Justice: Our conduct towards all should be guided by love, righteousness and justice.

8. Nescience and Science: We should dispel "avidya" - nescience, and promote "vidya" - science, spiritual and physical.

9. Individualism and Altruism: No one should be content with promoting his good only; on the contrary, he should look for his good in promoting the good of all.

10. Subordination and Liberty: All men should subordinate themselves to the laws of society calculated to promote the well-being of all; they should be free regarding the laws promoting individual well-being