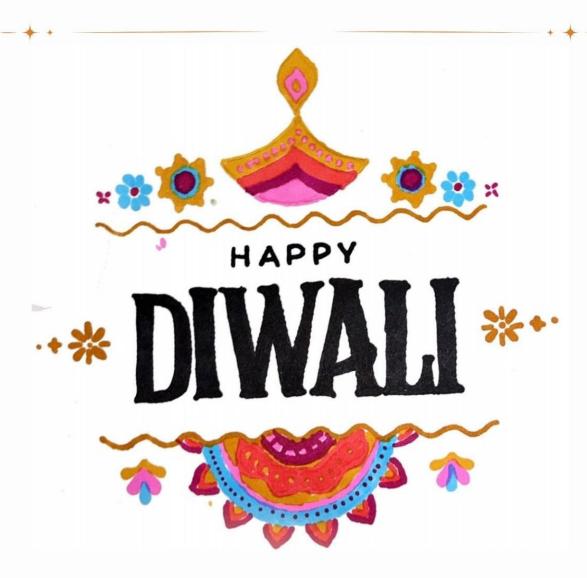


ARYA PATRIKA आर्य पत्रिका



DIWALI 2024 EDITION

Our Mission

- 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,

On behalf of the Arya Patrika Editorial Team, it is our pleasure to extend heartfelt Diwali greetings to our cherished contributors, sponsors, and readers. As we celebrate this festival of lights, we are delighted to present the Diwali 2024 Edition of Arya Patrika—a reflection of the talent and voices within our community.

This edition features creative articles, thought-provoking essays, inspiring poetry, and artwork from contributors of all ages, including, children, adults, and seniors. Each piece enriches our magazine with unique perspectives and expressions, celebrating the spirit of learning and creativity. We would like to express our sincere gratitude to all our contributors for sharing their talents and insights.

We hope this issue brings joy and inspiration to all readers. As we look to the future, we warmly welcome more community members to share their knowledge and creativity in upcoming issues of Arya Patrika.

Wishing you a joyous Diwali and a prosperous, enlightening year ahead.

Sonal

The Editorial Team Manju Gupta, Nandita Dani, Sanjukta Basu, Sonal Dani

BOARD OF TRUSTEES



DR. RAJINDER GANDHICHAIRPERSON



MS. ALKA CHANDRA VICE CHAIRPERSON



DR. OM GANDHITREASURER



DR. RAMESH GUPTA TRUSTEE

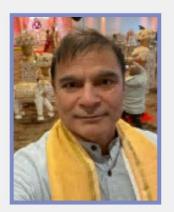


MS. NEETA SETH TRUSTEE



MR. SANJEEV GOYAL TRUSTEE

OUR PRIEST



PANDIT DEV KETU

Message from the Chair of the Board of Trustees

Dear members, youth, children and well wishers of Arya Samaj of New Jersey,

Namaste.

It is my honor and privilege to welcome you to Arya Samaj of New Jersey's 43rd annual Deepavali cultural event. It celebrates the most revered Hindu festival of lights which ushers in the New Year filled with hope and joy.

As the year 2024 draws to a close, on behalf of the Board of Trustees, I thank you for supporting our Samaj financially and by volunteering.

Our youth and children are the pride of our community and I am pleased that they are attending the Vaidik Sanskriti School regularly.

I sincerely thank each and every member of the Board of Trustees, Executive Committee, Building Committee, Community Service Committee, Arya Senior Citizens, Bal Vihar teachers, Vaidik Sanskriti School teachers, Youth Group teachers and other dedicated volunteers and generous donors who have helped maintain and sustain our house of worship.

We are grateful to our Acharya Dev Ketu ji for his enthusiasm and commitment to our Samaj.

I hope you enjoy this evening's program. Shub Deepavali to all.

Rajinder Gandhi, MD Chairperson ,Board of Trustees Arya Samaj of New Jersey.

November 10, 2024

OUR SPONSORS

DR. ARUNA GUPTA

DR. BENIWAL

NEETA & VIDUR SETH

DR. POOJA GUPTA

DRS. MANJU & ASHOK GUPTA

ADARSH & NISHA DHUPAR

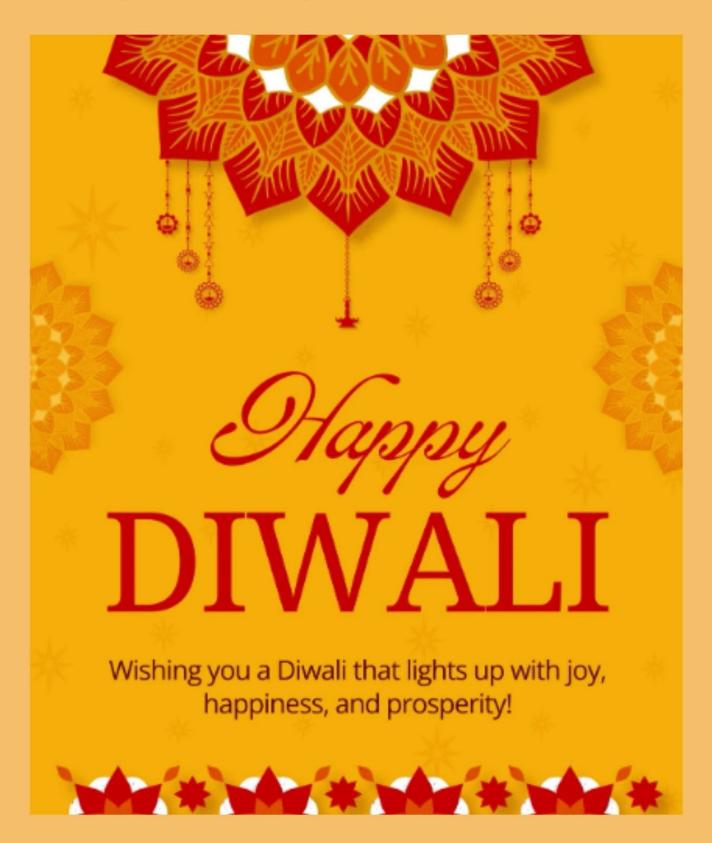
DRS. RAKSHA GUPTA & ASHOK AGARWAL

DR. AVTAR SINGH

DR. VIKRAM GUPTA

THANK YOU TO ALL OF YOUR SUPPORT!

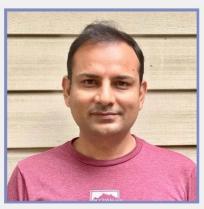
THE CHANDRA'S ALKA, NAVEEN, SONYA AND NIKHIL



EXECUTIVE COMMITTEE



DR. MANJU GUPTA PRESIDENT



MR. ADITYA SINGH VP & AUDIO/VISUAL



MR. ARVIND TAPRIA TREASURER



MS. SONAL DANI SOCIAL MEDIA



MS. KANCHAN THAOKAR VEDIC SANSKRITI SCHOOL



MS. SANJUKTA BASU ARYA YOUTH GROUP



MS. VANDANA KATARIA CULTURE AND SOCIAL EVENTS



MS. DEEPALI LEWIS MEMBERSHIP



MR. HEMANT AGARWAL COMMUNITY SERVICE



MS. PARUL RAWAL ADULT PROGRAMS

आर्य पत्रिका , DIWALI 2024, ARYA SAMAJ OF NEW JERSEY , PG 8

Message from the President

Dear Arya Gan,

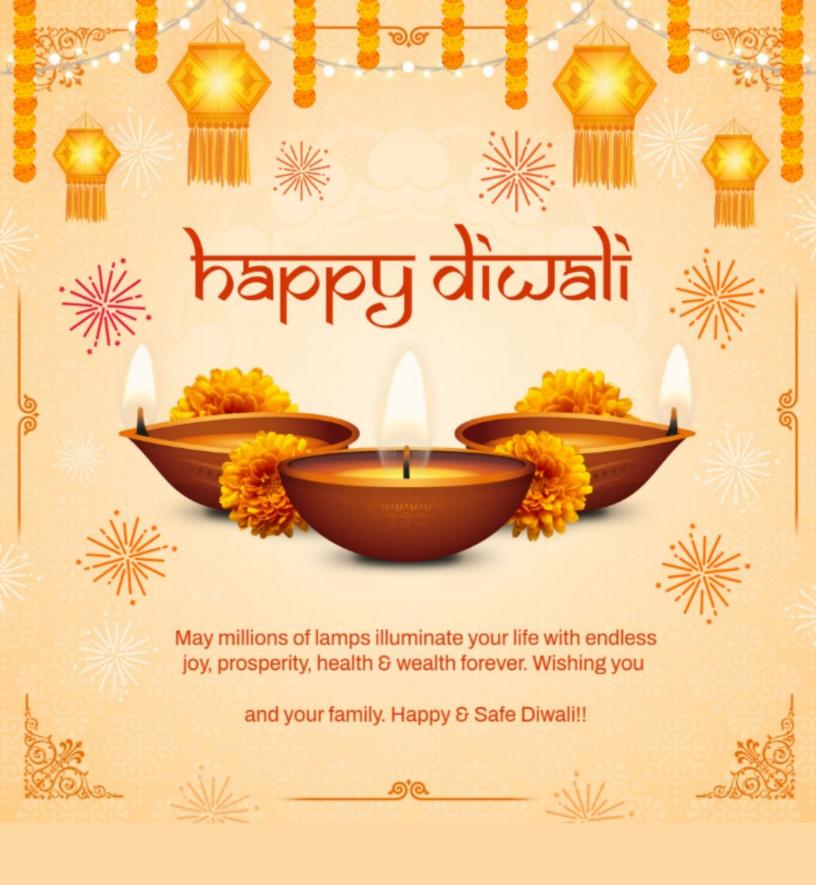
As we gather to celebrate another Deepawali as a community, I'd like to take a moment to reflect on the remarkable achievements we've accomplished together this year. Under Dr. Narang's leadership, the Arya Senior Group continues to flourish, providing a wonderful platform for learning and connection among our senior members. We also successfully hosted our second annual Blood Drive, organized by Hemant Agarwal, which enables us to make a positive impact on the wider community.

I want to express my gratitude to the board of trustees, the executive committee, our teachers, and all the volunteers whose contributions ensure the smooth operation and growth of Arya Samaj. A special thank you goes to the editorial team for their outstanding work on this Deepawali edition of the Arya Patrika. And of course, a heartfelt thank you to all our members—none of this would be possible without your support.

For the past 42 years, Arya Samaj has been steadily growing, expanding its membership, programs, and outreach. I am confident that, with your continued support, Arya Samaj will remain not only a spiritual resource for our community but also a vital center for education, volunteerism, and cultural enrichment.

Sincerely,
Dr. Manju Gupta
President of Executive Committee

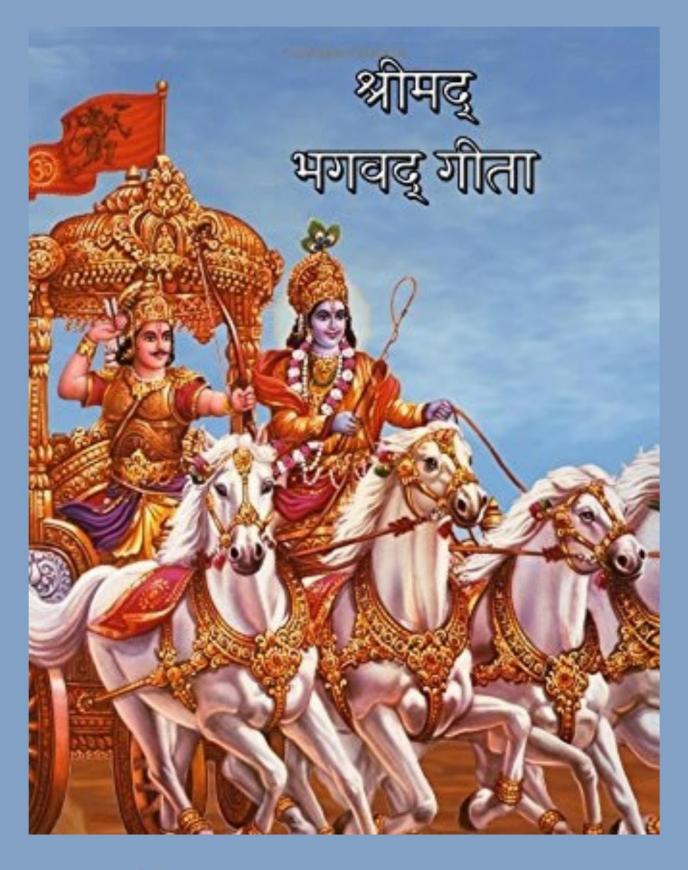
रोशनी के इस पावन पर्व पर रंगोली भर दे आपके जीवन में नए रंग पटाखों का शोर जगाये मन में नयी उमंग मुबारक हो आपको दीपावली अपनों के संग



DR. RAKSHA GUPTA & ASHOK AGARWAL

BEST WISHES AND GREETINGS!

FROM DRS. ATUL, VANDANA AND KRISHNA CHOKSHI



YOUTH GROUP STUDENT COUNCIL 2024-2025



SACHI KAISARE PRESIDENT



ANAYA RAJPUT VICE PRESIDENT



NANDITA DANI SECRETARY



DIVIYA VERMA



PIA SEHGAL COUNCIL MEMBER COUNCIL MEMBER

YOUTH GROUP IN ACTION











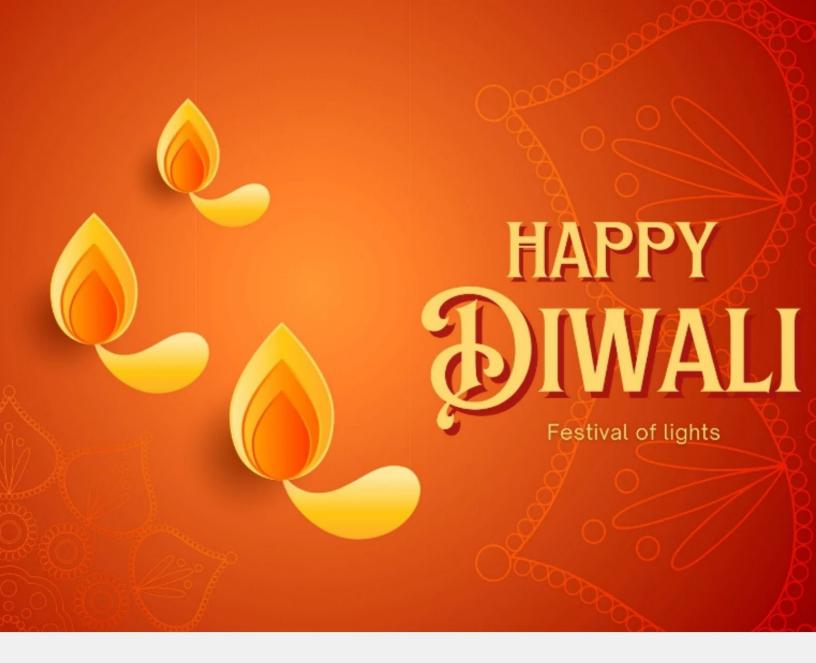
Message from Youth Group President

My name is Sachi Kaisare, and this year, I have received the honor of being the Arya Samaj Youth Group President. This year's Youth Group election has yielded amazing results — I am very proud to be a member of such a talented group, consisting of vice president, Anaya Rajput, secretary Nandita Dani, and council members Pia Sehgal and Diviya Verma. I am so excited to be able to collaborate with my fellow group members and foster a creative environment through which we can keep the Arya Samaj culture alive and thriving. The most special part of this Youth Group, to me, has been the feeling of family that has kept me coming back every year and knowing that there are kind, like-minded people who enjoy the experience of Arya Samaj as much as I do. I hope that this year, we can cultivate this same feeling of community within the younger generations of Samajis, like our little Bal Vihar and VSS members, who can find role models in the youth group. I plan to implement activities involving the younger groups as well as adults to encourage a collaborative culture — my fellow council members also have excellent ideas regarding activities and events we can do as a whole. I am, overall, looking forward to this year, and cannot wait to see what the future holds.





HAPPY DIWALI!! FROM DR. BINA KAPILA & FAMILY



FROM DR. VEENA CHADDA & FAMILY



The President's Volunteer Service Awards







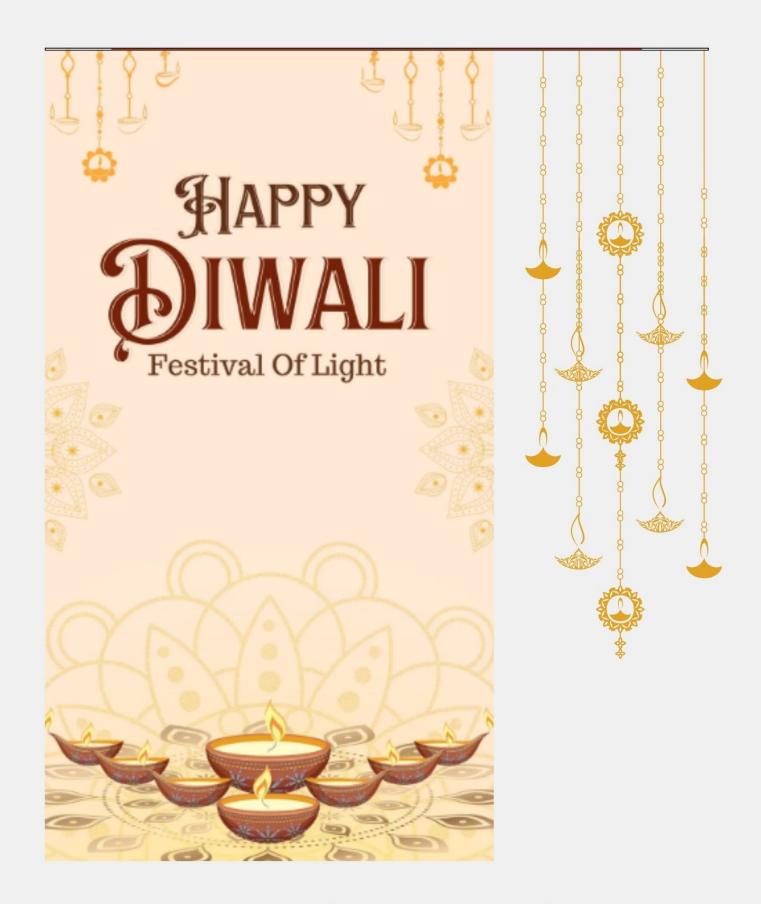
This summer we had 8 youth and young ASNJ members receive the prestigious presidential volunteer service awards with silver and gold levels. These members participated in many community service acts within Samaj and outside Samaj to give back to the community. We at ASNJ hold several activities like sandwich drives, food drives, blood drives, etc. to motivate these young members to work as a team and help the community alongside each other.











DR. ARUNA GUPTA & FAMILY

Emotional Intelligence in the Bhagvad Gita

Written by: Rajinder Gandhi, MD

Emotional intelligence (EI) is the ability to understand and manage one's own emotions, as well as recognize the emotions of others. To succeed in life, emotional intelligence is more important than intelligence quotient (IQ), according to the psychologist, Daniel Goleman. His theory of emotional intelligence outlines five components: self-awareness, self-regulation, motivation, empathy, and social skills. People with high EI understand how their emotions impact their behavior. They avoid impulsive decisions, show empathy, make others feel heard, communicate effectively and solve problems.

In the workplace, it is important for leaders to acquire these El skills, learn to perceive issues objectively and make wise decisions.

The Bhagavad Gita covers various subjects, including self-regulation. It describes strategies used to regulate emotional reactions to diverse stimuli. It equates the psychological idea of emotional resilience with the concept of "sthita-prajna" (translated as "steadfast person"). Bhagava Gita's wisdom remarkably applies to contemporary ideas of self-discipline.

Mindfulness practices, which help individuals learn to control their emotions, are comparable to the Gita's emphasis on conscious awareness. Krishna tells Arjuna in Chapter 6, Verses 25 and 26, to "subdue the mind by steady effort and guide it with the intellect". This is analogous to the principles of mindfulness, which emphasize being in the here and now, and non-judgmentally observing one's thoughts and feelings.

Karma Yoga, promoted in the Gita, advocates detachment from the results of one's deeds. This concept is similar to modern concepts of cognitive reappraisal and distance as a way to control one's emotions.

The teachings of the Gita on equanimity and retaining calm in the face of hardship align with the psychological construct of emotional resilience. In addition, Gita's emphasis on the need for introspection and self-awareness is consistent with the psychological notions of self-regulation and self-awareness.

The emphasis placed in the Gita on calmness, detachment, and self-mastery is consistent with techniques recommended by contemporary psychology for managing emotions and improving well-being. This alignment illustrates the possibility of integrating spiritual ideas from the Gita with psychological therapies, which can contribute to improved emotional health and increased mastery over one's life.







त्रिविधं नरकस्येदं द्वारं नाशनमात्मनः। कामक्रोधस्तथा लोभस्तस्मादेतत्तर्यं त्यजेत्।।

TIRVIDHAM NARKAS YEDAM DWAARAM NAASHAN MAATMANAAHA. KAAM KRODHASTATHAA LOBHAS TASMAADET TATTTRAYAM.

LUST, ANGER AND GREED ARE THE PRIMARY CAUSES FOR PAIN AND MISERY. THEREFORE, WE SHOULD STAY AWAY FROM THEM.

BEST WISHES FOR THE SUCCESS OF ARYA SAMAJ OF NEW JERSEY AND THE ARYA SAMAJ MOVEMENT AS A WHOLE. WE ALSO WISH THE BEST OF HEALTH AND HAPPINESS FOR THE GLOBAL ARYA SAMAJ PARIWAR.

DR. & MRS. RAMESH & AMITA GUPTA
DRS. PRIYA GUPTA & ARTURO LOPEZ
DR. & MRS. PUNEET & ANA GUPTA
DR. ANUPAMA GUPTA

RAMESH GUPTA MD FACG FACP GASTROENTEROLOGIST 15-01 BROADWAY FAIR LAWN, NJ 07410 USA (201) 794-8900



God, Devata, and Bhagwan-Attributes

Ramesh Gupta MD, FACP FACG

Introduction.

The basic question is what is God? We are often confused between the words God, Devata, and Bhagwan. I will first explain what these 2 later terms mean and then describe God's attributes.

What is Devata

Acharya Yask writes in his treatise on etymology, called Nirukt (7.15) that the word 'Dev' may be derived from the roots da, dip, dyut, and div.

देवो दानाद्वा दीपनाद्वा द्योतनाद्वा द्यु स्थानो भवतीति वा।

The essence of this mantra is that devata are those who are capable of giving. These are of two types. The first are the conscious beings like, God and other conscious beings that bring goodness to us. The second are the inanimate objects, These can be the self-illuminating objects which as the Sun in our solar system and other galaxies, those which get illuminated with sun or other sources of energy, such as fire, moon, and other material things with divine properties, such as air, water, food grain, earth, etc. Even Vedic hymns or verses have a devata or the subject matter.

Meaning of Bhagawan

Sanskrit word Bhagavan is formed from the root Bhag. This would mean 'one who possesses Bhag' as the similar word 'Dhanvan' means – one who possesses wealth (Dhan).

ऐश्वर्यस्य समग्रस्य धर्मस्य यशसः श्रियः। ज्ञानवैराग्ययोश्चैव षण्णां भग इतीरणा।।

These qualities are: 1. Aishvarya meaning prosperity of all kinds, 2. Dhan or money, 3. Yasha meaning fame, 4. Shri means One who is respected in society and follows dharma, 5. Jyan meaning the knower or true knowledge and finally the 6. Vairagya means detachment from the results of the fruits of actions.

Anyone who possesses any of the above six types of qualities may be characterized as 'Bhagavan'. Ram possessed all six kinds of wealth to varying degrees, and therefore, he has been justifiably referred to as Bhagavan Ram in Ramayana. On the same token, Krishna and other personalities are referred to as 'Bhagavan', too. Ram himself was a devotee of God and used to perform the rituals of Brahma-Yajna and Deva-Yajna. God has all these qualities mentioned above, so God is the biggest Devata and of course Bhagwan as well. God always exists and has consciousness and is always in bliss, the absolute pleasure. God is omniscient and almighty. It is because of desire to attain ananda or eternal bliss, that the sages have meditated upon God since time immemorial. In the state of Ananda, the soul becomes free from pain and suffering.

The perfect definition of God has been given in the following mantra of Esopanishad or the 40th chapter of **Yajurveda**.

स पर्यगाच्छुक्रमकायमव्रणमस्राविरं शुद्धमपापविद्धम्। कविर्मनीषी परिभूः स्वयम्भूर्याथातथ्यतोऽर्थान् व्यद्धात् शाश्वतीभ्यः समाभ्यः ॥

The Creator pervades this universe from every direction. He is all-powerful, bodiless, woundless, free from a nervous system, pure and flawless. He is a poet; his world is his poetry. He is Maneesheemaster of intelligence. He encompasses every molecule in the universe and is causeless because he is self-existent. This creation is in motion from time immemorial. That unique being manages and oversees the affairs of the universe. God is formless. This has been described beautifully in the following mantra from **Shwetashwar Upanishad.**

अपाणिपादो जावनो गृहीता, पश्यत्य चक्षुः स श्रणोत्य कर्णः। स वेत्ति विश्वं न च तस्यास्ति वेत्ता, तमाहुरग्रयं पुरुषं महान्तम्" 3.19

"Apaani pado javano grahita, pashchatya chakshu sa shranotya karnah Sa vetti vedyam na cha tasyasi vetta, tama aahu agrayam purusham mahaantam" 3.19 Javanah-in motion, grahitaa-one who can catch or accept, tam-to whom, aahu-is called, agrayam-first, purusham-lord of all that exists, mahaantam-greatest.

God is one but known by different names. God is neither the cause nor effect of anything. Lord pervades in all that exists, as per Eshopanishad:

ईशा वास्यमिदँ सर्वैयत्किञ्च जगत्याञ्जगत् । तेन त्यक्तेन भुञ्जीथा मा गृधः कस्य स्विद्धनम् ॥

Lord pervades in all that exists. Which means, God is everywhere. Enjoy these objects with a feeling of non-ownership or detachment. Don't desire the wealth of others. In other words, only what is acquired through honesty and hard work with the best of ability is yours.

God as per Kathopanishad While teaching Nachiketa, Yamacharya explains in Kathopanishad that God is formless, ever existent, all pervading and never needs any one's help. The main name of this power is "OM". Om is a natural sound; only knowing of "Om" could lead to salvation.

सर्वे वेदा यत्पदमामनन्ति तपांसि सर्वाणि च यद्वदन्ति। यदिच्छन्तो ब्रह्मचर्यं चरन्ति तत्ते पदं संग्रहेण ब्रवीम्योमित्येतत ॥

"Sarve veda yatpadmamananti, tapaanshi sarvaani cha yadvadanti Yadichhanto brahamcharyam charanti, tatte padam sangrahen brabeemyomittyetat."



BEST WISHES, MRS. SANTOSH & DR. SURESH GUPTA AND FAMILY

Journey of Aspire4Health

Written by: Saachi Agarwal, Youth Group

Since I was little, I have always been fond of helping people in need and I have continued to carry that out throughout my entire life. Whether it was through small projects such as going to assisted living centers or even going to different charities and helping out. Therefore, wanting to do a bigger project to help more people, I started a public health outreach initiative called Aspire4Health, promoting health awareness to children in two parts of the world to which I feel connected: India and the United States. Traveling to India this summer, I was taken to an NGO called Ek Pahel, which strives to improve the future for underprivileged children and women. This inspired me to lead a few workshops there in Agra teaching the underprivileged children basic hygiene and the importance of it. In the workshop, I demonstrated simple things such as effective handwashing techniques. I also spoke about the negative effects of blue-light on their eyes. I was able to explain to them simple measures that can be taken with household items that would make a huge impact on them. I was proud of this activity not only because of the basic health education I was able to spread, but because I had raised funds to take the next step as well. By giving each youth their own pair of blue light glasses to keep, I knew that I had increased the likelihood of the lesson being put into practice. Seeing this success, I led another workshop back at home, at our local library, for elementary and middle schoolers regarding the effects of blue light exposure. As they brought their tablets and interacted with videos and games, I was able to teach them the potential consequences of ignoring their eye health even though they were more familiar with the topic.

Through Aspire4Health, I have not only led workshops to teach children basic hygiene, but I was also able to collect funds to help people in india. With the help of prestigious donors from Arya Samaj, the Rotary Club of Ridgewood, as well as many other generous donors, I was able to collect \$5800 to administer vaccines preventing cervical cancer to underprivileged girls in India. Initially, our goal was to give vaccines to 85 girls based on the cost of the vaccinations. But working and negotiating with the serum institute in India as well as the local authorities there, I was able to procure vaccines for 165 youth girls. Through Aspire4health, my main goal is to spread health awareness to all. Not only through these projects, but I hope to be able to expand to newer and even bigger projects in the future. I hope to continue to build and grow opportunities to raise awareness, spread prevention efforts, and conduct health education programming for kids in India, the United States, and throughout the entire world.

Please follow the instagram page: @Aspire4Health for more upcoming updates and projects!















TAMASOMA JYOTIR GAMAYA.

LEAD ME FROM DARKNESS TO LIGHT.

DRS. SUSHMA & OM GANDHI



Benefits of Yoga

Written by: Dr. Om Gandhi

The practice of Yoga has benefits at three levels-

Spiritual

- Truthfulness
- Fearlessness
- Just conduct
- Pure at heart
- Considers all living creatures equal
- Same attitude of respect or insult
- Same response towards happiness and sadness
- Aanand (आनंद) from God
- Treat everyone with love
- Selfless service (निःस्वार्थ सेवा)
- · Control over sense organs
- Freedom from all miseries (कलेशो)
- Destruction of ignorance and getting true knowledge (विद्या)

Mental

- Reduces stress
- Improves mood and behavior
- Inner peace
- Better sleep
- Enhances mindfulness
- Higher stamina
- Improves mental disorders, such as anxiety and depression, ADHD, PTSD and Schizophrenia etc.
- Mitigates age-related cognition decline
- · Improves memory and cognition
- Reduces anger

Physical

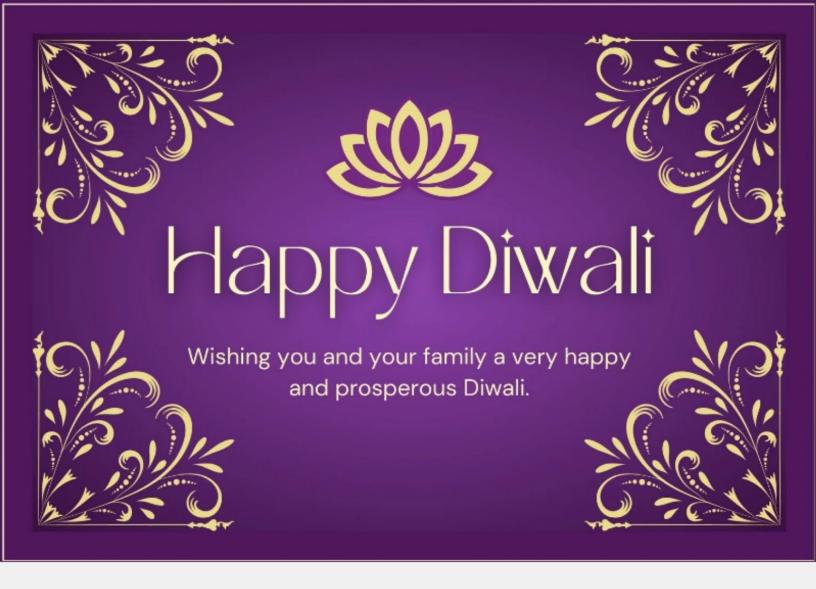
- Increases flexibility
- Better balance
- Improves strength
- Lowers heart rate
- · Lowers blood pressure



Improves lung capacity

- · improves Asthma
- Reduces chances of lung infections (pneumonia)
- Improves migraine
- Improves chronic low-back pain
- Improves Carpal tunnel syndrome
- Reduces weight
- Increases immunity
- For students, it increases memory and attention, thereby improving score

According to Tiffany Field, Ph.D., director of the Touch Research Institute at the University of Miami School of Medicine, yoga's benefits are related to the fact that it does the opposite of more strenuous exercises. Rather than increasing your heart rate and stimulating sympathetic nervous system yoga stimulates the parasympathetic nervous system (Vagus nerve) which lowers blood pressure and heart rate. Specially for seniors, following information very important. A systematic review by Brigham and Women's Hospital in Boston published in the Annals of Internal Medicine found that yoga improves health indicators linked to reduced frailty and increased longevity in older adults. Looking at 33 randomized controlled trials across 12 countries involving more than 2,000 participants, researchers determined that doing yoga improved certain frailty markers including walking speed, lower extremity strength and endurance. Thereby reducing chances of fractures. Researchers at Brigham and Women's Hospital were particularly enthusiastic about the strong association between yoga and walking speed, which has a "well-established connection" with survival. Yoga practice works across multiple body systems, which is why they are likely helpful for frailty. Julia Loewenthal, a geriatrician at Brigham and Women's Hospital who was involved in the research, said this was significant because many frailty markers are "connected with clinically meaningful outcomes like living independently and mortality." She said she hopes older adults will be "encouraged by this research and empowered to adopt a regimen that works for them. According to the Medical University of South Carolina frailty affects 7 to 12 percent of people over age 65 in the United States, according to It points out that the loosely defined condition has symptoms including weakness, slowness, easy exhaustion, low endurance and weight loss.



BEST WISHES!

FROM NISHA, ADARSH, DR. SHAWN & UPASANA DHUPAR & FAMILY





BEST WISHES FROM SULEKHA & NARENDER KALYAN

Diwali's Radiant Light

Written by: Jaya Ramrakha



Diwali, the festival of lights, Clay lamps glow, brightening the nights. Each flame symbolizes a beacon of joy and victory, A symbol of strength, unity, and history. Diya's flicker, causing a warm embrace, Firecrackers and sparklers light up the space. The sky explodes in a dazzling array, Celebrating the triumph of good today. Golden laddoos, sweet and round, In every home, their joy is found. Yummy treats, a feast so grand, Shared with love, hand in hand. Dinner is served, families unite, In laughter and chaser, hearts feel light. Doors open wide, rangoli bright, Welcoming the goddess on this sacred night. With each step, blessings draw near, Promising us all a bright, prosperous year.

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

सुरभि, संजीव, शुभम, श्लोक



SURABHI GOYAL

REALTOR-ASSOCIATE®

SURABHIONWEB@GMAIL.COM | CHRISTIESRENNJ.COM

CHRISTIE'S INTERNATIONAL REAL ESTATE | NORTHERN

NEW JERSEY

19 SHERIDAN AVENUE | HO HO KUS, NJ 07423





WITH BEST WISHES

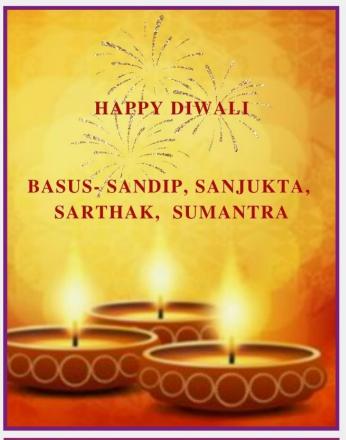
FROM DRS. RAVI, SUDARSHAN NARANG & FAMILY

FOR CALLIGRAPHY SERVICES ON ALL OCCASIONS, CONTACT

MALINI@SCRIBEWALLA.COM INSTAGRAM- @SCRIBEWALLA

मानव की उड़ान Written by: सुषमा मल्होत्रा

काश मैं एक पंछी होता नील गगन में उड जाता उडता जब तक थक कर घर लौटने को मन न होता सीमा न होती मेरे देश की कोई भी मुझे न टोकता किसी देश जाने से न रोकता ढ़ंढता न सीमा विशेष परदेश की मैं चाहता तो देख लेता चाँद छु लेता उस क्षितिज को जो है मानव के ख्वाब में रख लेता अपना नाम शशांदर मुझ में तेरा मेरा न होता जो दाना मिलता कहीं पर उसे खा सन्तृष्ट भी रहता पेड़ डाल पे सोया होता विश्व में है बदलाव आया हरे भरे खेतों को देखो अब उपेक्षा कर मानव सूखेपन का सैलाब लाया मैं ढूंढता अपने मीत को संग जिसके मैं रह स्वच्छंद अनुराग से उसे सहलाता गीत गाता मन बहलाता बन मानव क्या हमने पाया अहंकार और स्वार्थ में समाया ईर्ष्या और स्पर्धा के संग जीता उससे निकला न उसका साया अब भी मानव पक्षी बन सकता तन से नहीं मन से तो संभव चाहे असीमित अनंत उड़ान भरे आत्म-बलिदान कर जी सकता।







Wish You A Happy & Prosperous New Year!

DIWALI GREETINGS FROM: DRS. MINAKSHI & SATISH DHALLA AND FAMILY



A Special Diwali

Written by: Ayushi Ranjan

It was the third day of Diwali, the peek of where we do all the fun stuff, like arti, rangolis, diyas, etc. Eight-year-old Anvika was in her lengha going to do arti in her house and go to a Diwali community festival after a few days. Her older teenage sister (who is fourteen), Adarshani walks into the room. "This is uncomfortable, when do I get to take this off?" Anvika says as Adarshani sits down in her kurti. "Anvika, you are the one who begged Mumma to wear a lengha, I told you to wear a Kurti like me," Adarshani says as she straightens her Kurti to show how comfortable it is. Anvika just glares at Adarshani. "This is probably the most ridiculous holiday. 'Festival of Lights', why do we celebrate light?" Anvika mumbles. Adarshani shrugs and informs Anvika, "It's not just the lights we focus on, Anvika" Anvika's eyebrows shoot up. "Go on.." she says, still unsure.

"Diwali may be the festival of light, as you said so. But it also celebrates the victory of good over evil, light over darkness, and knowledge over negative energy. Diwali also has multiple names and spellings, such as our most popular name, Diwali. But most people don't know Diwali, which can also be known as Deepwali, Divali, etc. Diwali was the day Ram, Sita, and Laxamana returned to Ayodhya after 14 years, Ram defeated Demon Ravan of Sri Lanka.

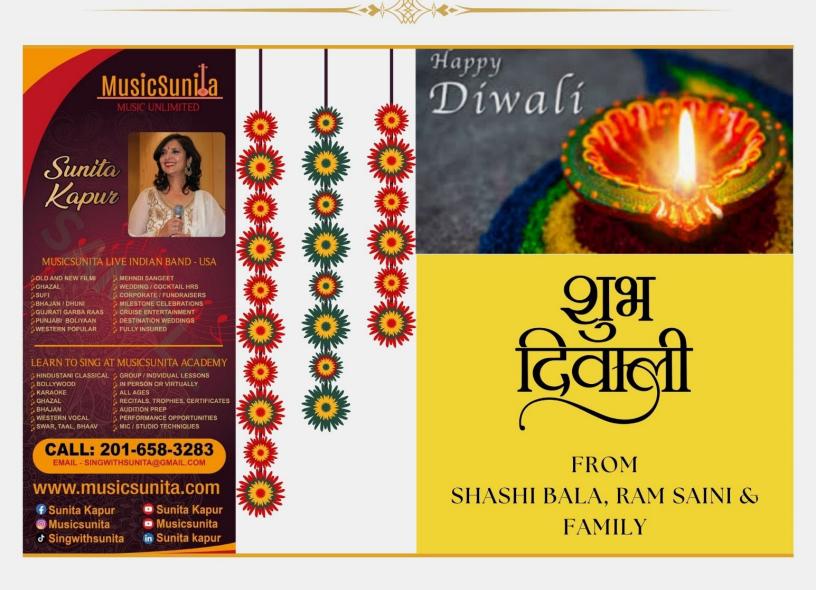
The people loved him so much that they kept track for 14 years and made a split grand entry for him, and sometimes it was because of when Sri Krishna had defeated Demon Naurakausa, or sometimes it is where we worship Laxmi, god of wealth and prosperity." Adarshani explains. "So there are other reasons to celebrate Diwali?" asked Anvika. "Affirmative" confirmed Adarshani. "Anvika, Adarshani, come! You can do rangolis and light the diyas before we do arti." called Mumma. Adarshani face beams. Anvika notices. "What so special about rangolis and diyas?" she asked as she and Adarshani got up and walked outside to make rangolis.

"Rangolis are traditional and artistic, we often use bright colors right outside our doorstep to welcome Laxmi Ma, good luck, and give positive energy to our homes and our environment wherever we shall go," Adarshani says as she uses bright pink, bright red, and bright blue with zigzags, lines, and many designs.

Avnika's is a little more lop-sided, but that's okay, Laxmi Ma would most likely still like it very much, for it is thou effort that matters. "Okay girls, let's go light some diyas!" Mumma said as she got up and walked inside the house to light the diyas, Adarshani and Anvika followed. Anvika sighed. "Diyas! I love lighting them, my favorite part of Diwali!" Adarshani smiles as she lights a match and gives it to Anvika while she holds her hand (people don't normally trust eight-year-olds with fire). "You know, thirteen is a lucky number in India, and people usually put 13 diyas, but you don't have to do it. We light diyas because considering the Festival of Lights, which has no lights, would make Diwali, not Diwali, I think you get the idea. The diyas also help us scare away evil spirits, and bring good luck, and laying it on cow desi ghee makes the environment pure." Anvika nods her head. "Girls, time for arti!" Mumma calls.

After arti, the two girls sit down in the family room. "Any more facts?" Anvika asks. "Yes, people cover their homes with lights to scare away evil spirits like diyas, flowers with lights on them, etc. Diwali is also known as a fresh start, where sometimes people come clean, reach out to loved ones, make peace, and prepare for the year ahead." Anvika nods her head.

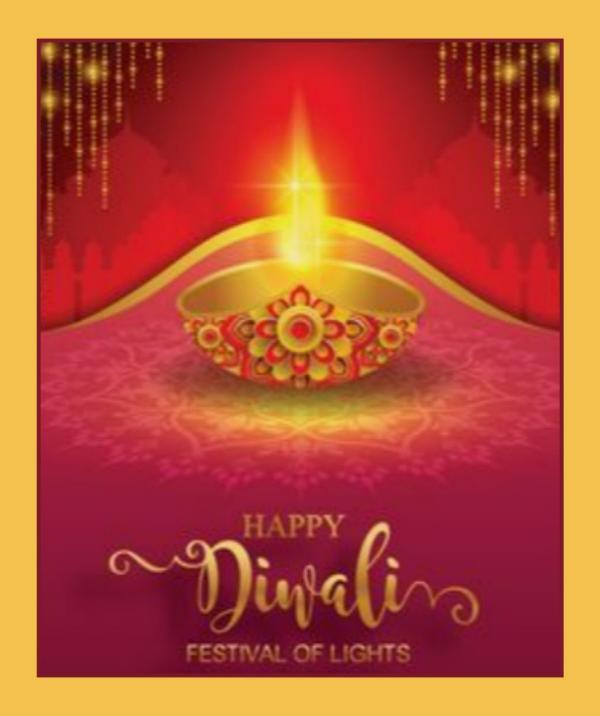
Mumma comes with Pistachio barfi, Gulab jamun, Cardamom biscuits, Punjabi semolina halwa, Rice pudding, Spiced gram flour ladoo, Carrot halwa, and Aloo tikki. Things that we eat during Diwali! "See, isn't Diwali so fun?" Adarshani says. "Of course! I learned from you that Diwali is a major festival, I am so excited for November 1st year!" Anvika says. "Diwali changes every year by the Hindu calendar, so it most likely will not be on November 1st, but luckily I can assure you that Diwali will happen again next year! Shubh Diwali, Deepwali Mubarak ho, and Happy Diwali!"





HAPPY DIWALI FROM DR. BENIWAL & FAMILY

ओ ३म् । अग्ने नय सुपथा राये अस्मान्विश्वानि देव वयुनानि विद्वान् । युयोध्यस्मज्जुहुराणमेनो भूयिष्ठां ते नम उक्तिं विधेम ॥



BEST WISHES DRS. POOJA, MANJU & ASHOK GUPTA

Learning Hindi as one of the World Languages in the United States of America

Written by: Sushma Malhotra

Retired Assistant Principal, New York City Department of Education

After we immigrate to another country we like to maintain our native language. The ability to speak another language always benefits us throughout our lives. In American schools children learn to speak, read and write English but not their own native language. However, the biggest challenge is when our native language is not taught in regular schools. That is exactly what is happening with Hindi as it is not being taught in regular schools. Our children need to learn a foreign language to graduate from high school and they study a world language being offered at their school. The parents still want to teach their native language to their children. Then it becomes their responsibility to actively encourage their children for the maintenance of the native language. If it is not done regularly the child is in danger of losing the native language and the benefits of bilingualism. Non-profit organizations and Sunday schools are trying to teach Hindi to the children of the Indian diaspora. Children learn a foreign language at school by a trained teacher using the National and the State standards. Many parents volunteer to teach the HIndi language. Most of the time children don't understand the importance of communicating while learning Hindi at a Sunday school. Therefore, in this article I will give a very brief description of the Standards a world language teacher uses in the schools of the USA.

Schools in the United States of America follow the American Council on the Teaching of Foreign Languages for teaching any world language.

American Council on the Teaching of Foreign Languages, (ACTFL) is "A national organization dedicated to the improvement and expansion of the teaching and learning of all languages at all levels of instruction throughout the United States."

We all know that New Jersey is one of the most diverse states in the United States, that has a large multicultural, global citizenry trying to maintain their native languages in the USA. Therefore, while teaching Hindi as a world language we must use the Five Cs aligned to the ACTFL Standards; Communication, Culture, Connections, Communities, Comparison.

Communication: Communicate effectively in more than one language in order to function in a variety of situations and for multipurposes

Culture: Interact with Cultural competence and understanding

Connections: Connect with other disciplines and acquire information and diverse perspectives in order to use the language to function in academic and career-related situations

Comparisons: Develop insight into the nature of language and culture in order to interact with cultural competence

Communities: Communicate and interact with cultural competence in order to participate in multicultural communities at home and around the world

All these standards are implemented by the World Language teachers while teaching any language at a regular and a Sunday school. Therefore, the foremost important standard is Communication. If students need to learn Hindi as a world language they must learn to communicate in Hindi at home with family and then outside with their friends. Therefore, without going into much detail, we must make sure that our children converse in Hindi, the target language. We must make sure that our children are exposed to the culture in the local or global community. Therefore, I conclude with the importance of learning to communicate in Hindi.

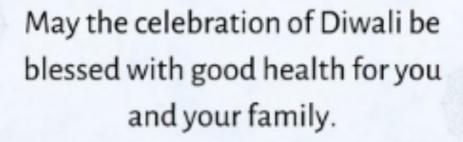
References:

- https://www.actfl.org/
- https://www.nj.gov/education/standards/worldlang/Index.shtml

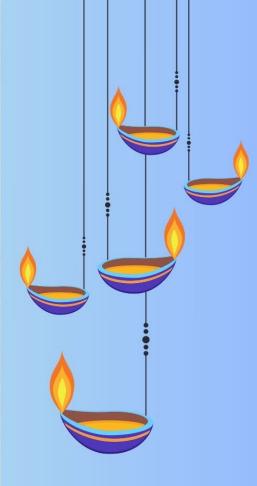


Diwali

The Festival of Lights







THE WAGH
FAMILY:
DR. ANJU,
MANOJ,
SIDDHARTH
& SONALI

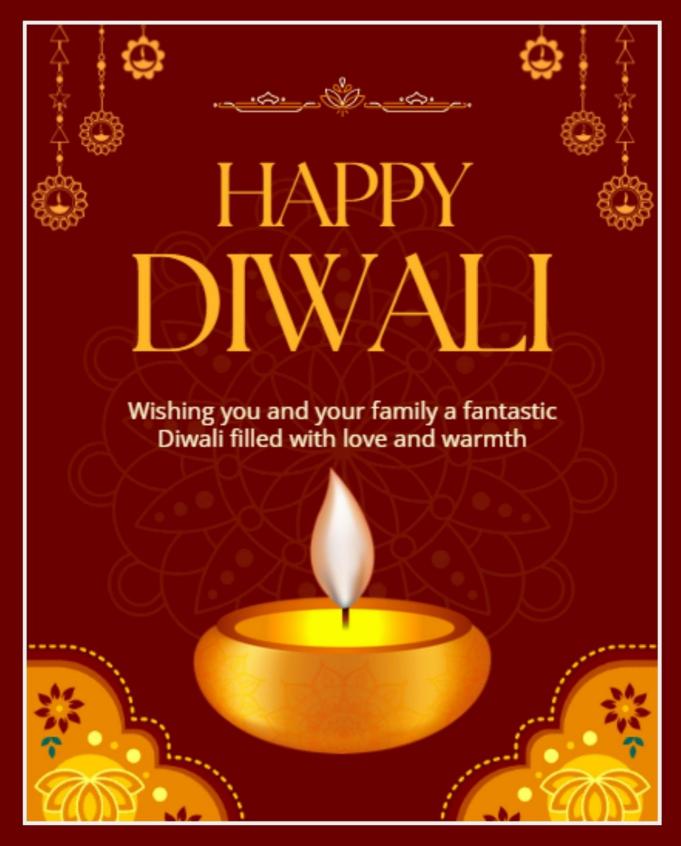
Karwa Chauth 2024





WITH BEST WISHES FROM DR. MANOJ, DR. GURMEET, DEV & DHRUVA CHHABRA

BEST WISHES, ANJALI & SUDHIR ARYA



Volunteers Appreciation Lunch













DR. AJAY AND SUNITA GUPTA & FAMILY

VSS Art Work & Fun Moments



Beautiful Rangoli art by Vir Khosla- VSS



Diwali art by Avantika- VSS

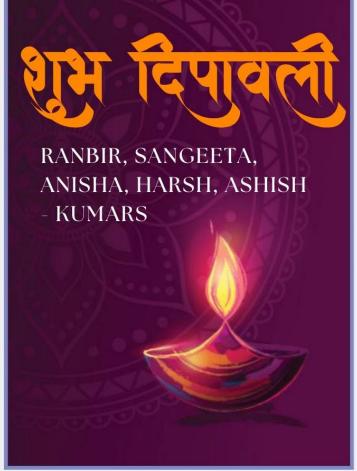


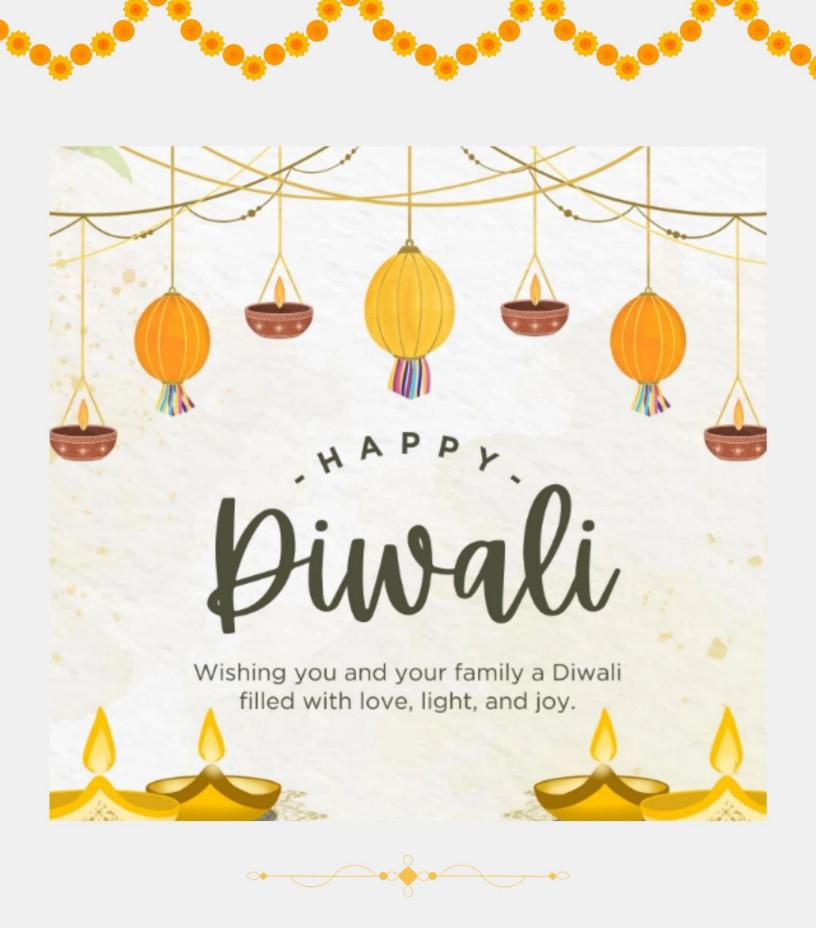




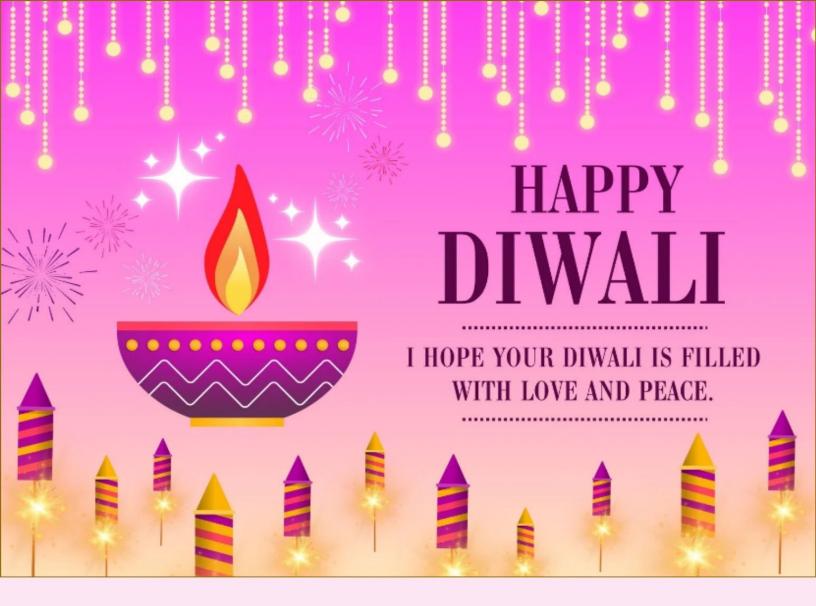








DRS. PUSHPA & DEVRAJ GUPTA



OM UDUTYAM JATAVEDSAM DEVAM VAHANTI KETAVAH; DSRE VISVAYA SURYAM

Tejas Arya



HAPPY DIWALI TO ALL from



📤 BERGERCPAFIRST TEAM 📤





Certified Public Accounting (CPA) firm dedicated to serving the needs of small to medium-sized businesses and individuals for the past 35 years.

RAVEE SHRINIVAS CPA, MBA



RAMKI SANKAR CPA, MBA



OUR LOCATIONS

NEW JERSEY

281 Route 46 West, Elmwood Park, NJ 07407

LONG ISLAND

115B South Broadway #1, Hicksville, NY 11801

GOSHEN

182, Greenwich Ave, Goshen. NY 10924

FLORIDA

7750, Okeechobee Blvd.West Palm Beach, FL 33411

NYC

330 West, 38th Street, Suite 506. New York, NY 10018

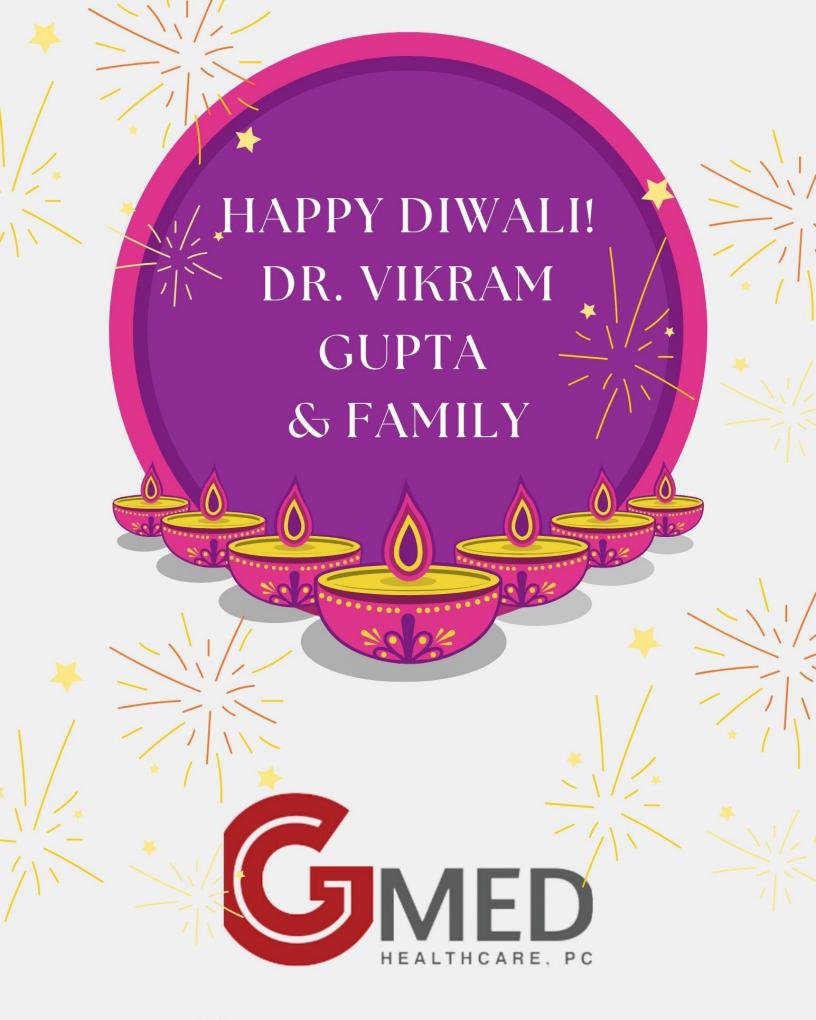




📵 www.bergercpafirst.com ((201) 587-9200

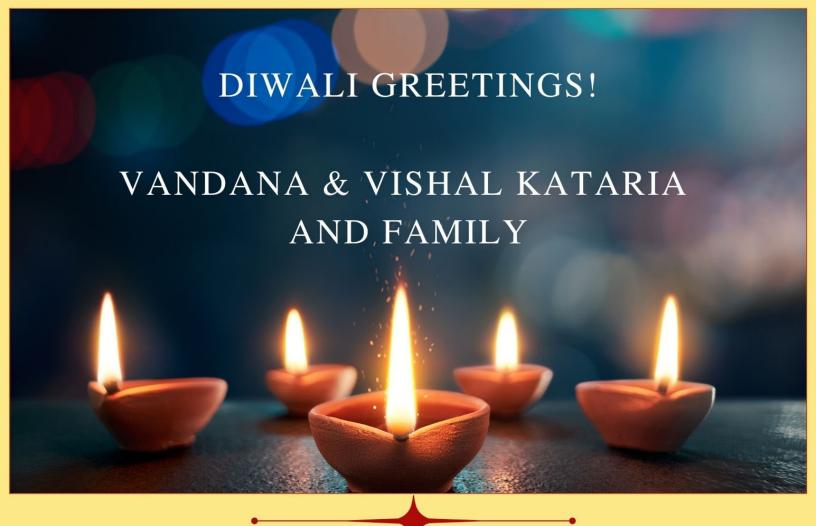








DIWALI GREETINGS FROM 18BRIGS LLC HTTP://18BRIGS.COM PHONE- 732-676-8210



Be Kind

Be Healthy

Be Vegan

Promoting the good of all: The primary goal of Arya Samaj is to promote the physical, spiritual, and social well-being of every sentient being

Watch Maa Ka Doodh on YouTube

Elimination of dairy products from our lives is the most important step we can take to promote the good for all sentient beings. Dairy industry is extremely cruel to the animals and highly detrimental to the environment

Let us live our lives by our principles to promote good for all



MAY THE LIGHT OF DIYAS GUIDE
YOU TO WEALTH & PROSPERITY!

SUSHMA & JAYANT VIR





RENU, DEV KETU & FAMILY

FROM
ASHA & LAV
VARMA



आर्य पत्रिका , DIWALI 2024, ARYA SAMAJ OF NEW JERSEY , PG 55

