



ARYA SAMAJ OF NEW JERSEY



ARYA PATRIKA

Deepavali Edition 2021



May the divine light of Deepavali bring into your life peace, prosperity, happiness and good health.





Happy Diwali

*With Best Wishes From
Dr. Aruna, Ram Gupta & Family*



From The Editor's Desk

Given the events of the past 22 months, it is impossible to avoid talking about the pandemic. Covid brought about a tumultuous time, with challenges and changes that have affected every aspect of our lives. These past two years have tested our internal fortitude, bonds of community and faith in God. It is with the utmost humility and profound pride that I can say our Indian community has come together during these trying and unique times. Not only have we adapted to a remote format to continue our weekly religious and culture activities; but also, we've expanded to start a magazine, Arya Patrika, and a Vedic Sanskriti School to continue teaching our values and tenants to the next generation. We even had virtual trip to Kashi and an art expo!

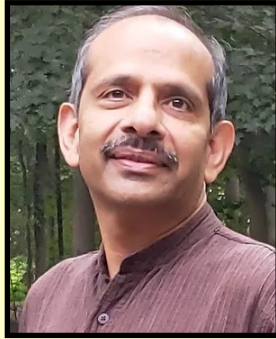
It is only by coming together that we were able to not only survive these trying times, but also thrive and I consider myself truly blessed to be part of such a supportive community. I particularly owe a debt of gratitude to the members of the ASEC. Also, special thanks to Sanjeev Goel and Shantala Kaikini. I would also like to give thanks to our sponsors, without your donations and pledges we would not have been able to bring this magazine to life. Lastly I would like to send my warmest regards and best wishes for Dipawali and a prosperous and wonderful New Year to you all.

Tvameva Mata cha Pitah Tvameva. Tvamebhandu Chasakha Tvameva.
Tvameva Vidhya Dravinam Tvameva, Tvameva Sarmamm Mamma Dev Deva.

You are my Mother, Father, Friend and Relative.
You are my Knowledge and Health.
You are my all, my God of Gods.

Manju Gupta

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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 Dharma

Message From The President

Dear Arya Gan
Namaste.

दीपावल्याः सहस्रदीपाः भवतः जीवनं सुखेन, सन्तोषेण, शान्त्या आरोग्येण च प्रकाशयन्तु।

May the thousands of lamps of Deepavali illuminate your life with happiness, contentment, peace, and health.

Deepavali reminds us of our dharmic philosophy of life – to lead ourselves from the darkness of ignorance, despair, and misery to the light of right knowledge, hope, and happiness. The message of Deepavali is essentially the mission of Arya Samaj – to spread the light of universal Vedic knowledge. Arya Samaj of New Jersey (ASNJ), in its 40th year of service, is also dedicated to the mission through its programs and activities.

The unprecedented pandemic continues to haunt us this year. While it shook our psyche, exposed our vulnerabilities, and triggered uncertainties in our lives, it brought the community together with, perhaps, a stronger bond. At ASNJ, we strived to remain connected with a weekly online satsang, weekly circulars and our online magazine, *Arya Patrika*. We also went creative with virtual events like the Art Show, Kashi Yatra, and Holi Utsav. Not only were these activities received well by our members but also helped us reach out to people located in other parts of North America. When the second wave of COVID-19 hit our brothers and sisters in India, ASNJ with the generous support of our donors raised \$34,000 for COVID relief in India. We were also actively involved in the disbursement of funds, with the support of Arya Pratinidhi Sabhas of North America and Delhi, to purchase and distribute oxygen concentrators, ambulances, food, etc. to those affected by COVID in India.

Over the years, ASNJ had an active involvement in interfaith organizations and their activities. This year, we extended our reach and participated in the food drive and cultural heritage celebrations organized by the Asian American Heritage Council of New Jersey. We also coordinated the International Yoga Essay competition organized by Arya Pratinidhi Sabha of North America. The competition was a success with 700+ entries from 12 countries.

We always felt the need for a well-structured in-person program to help our young generation be culturally rooted, follow dharmic principles in their lives, and eventually be ambassadors dispelling misconceptions about our rich cultural heritage and Dharmic traditions. As the Covid situation improved in New Jersey, ASNJ introduced the much-awaited in-person classes. We launched three programs – Arya Bal Vihar, Vedic Sanskriti School & Arya Youth Group – catering to the children from 5 – 18 yrs. age. September 12, 2021 was one of the landmark dates in ASNJ's 40-year history. We had our Vedarambh Havan on that day with 40+ students and their parents attending the ceremony, a sight we can never forget. This initiative also led to an appreciable increase in the Samaj membership.

Our focus this year was on enhancing the effectiveness of our Samaj in spreading our Vedic teachings and cultural heritage by extending our reach and increasing engagement with impactful programs. I believe we had a robust start with the blessings of the Almighty and the support of our Trustees, Executive Committee members, dedicated volunteers, and generous donors. I sincerely hope that ASNJ will continue to succeed in its mission with the continued support of all.

कृण्वन्तो विश्वं आर्यं Let us make this world a noble place to live in.
Sanjeev Goyal



**May The Light Of Diya's Guide Us To
Righteousness**

Happy Deepavali!

From

Om & Sushma Gandhi & Family

A Message from the Chair of the Board Of Trustees

Dear Arya Samaj Family:

Namaste (I bow to the divinity in you)

As chairperson of Board of Trustees of Arya Samaj of New Jersey and on behalf of Board members, Executive committee and members, I wish you a happy and prosperous Deepavali.

One hundred and forty six years ago, Maharishi Dayanand Saraswati founded Arya Samaj with a mission: the awakening of humankind. Our Arya Samaj was started in August 1982 as Arya Samaj of Bergen County, the name was changed to Arya Samaj of New Jersey in 2000. This is our 40th Deepavali celebration together. Our mission is to impart Vedic culture, teach Hindi, history and fine arts of India to the Indian diaspora. With the effort of our Executive members and volunteers, Vedic Sanskriti school for children opened this year and fifty children have enrolled. In addition, our youth group members engage in dialogues with youth groups of other faiths. Arya Samaj, through its religious and spiritual discourses, teaches our children to be tolerant and show compassion towards others regardless of religion, race and nationality.

Arya Samaj has been platform for various activities including Havan Satsang, Yoga classes, lectures by Vedic scholars, Indian music and dance for adults and children. We also participate in Interfaith breakfasts and Brotherhood/Sisterhood activities. During Covid-19 pandemic, in 2021 our Samaj raised \$ 34,000 to purchase oxygen concentrators, medicines, PPE and food which were sent to India through Arya Pratinidhi Sabha America. Thank you to all the donors who made this possible. Even during the pandemic, our weekly Havan, religious classes, lectures and yoga continued on regular basis by Zoom.

I want to thank all the Samaj families for their selfless volunteerism and the school system of Ridgewood and their employees. Without their help and hard work, none of this would be possible. In addition, we are grateful to the Christ church of Ridgewood for providing us a “home” to perform our activities. Hopefully soon we will have our own place of worship.

Deepavali is the festival of lights that signifies victory of good over evil. At its core, it is about celebrating life and casting this very light over our entire lives. In this time of Covid-19, I would remiss if I did not acknowledge that the past year and half has been difficult and dark at times. We learn from this and at the same time celebrate what we hold dear, and renew our hopes in ourselves, each other, and community at large. As we celebrate, let us not forget the innumerable people who lost their lives in pandemic and sufferings of their families.

I dedicate this Deepavali function to the pandemic victims and their families. Let us observe a moment of silence.

OM SHANTI: SHANTI: SHANTI:

Dr. Om Gandhi, MD

Covid Relief—Our Gratitude to all Donors

A BIG THANK YOU

to all Donors for their overwhelming support in saving lives in India

The funds are being utilized, with the support of Arya Pratinidhi Sabha of America and that in Delhi, to arrange oxygen concentrators, ambulance, food, etc. for those affected by COVID in India



Covid Relief Initiatives by the Youth Group



The Three Eternal Entities: God, Soul and Matter

According to the Vedas, the three entities, viz. God (Cosmic Spirit), Soul (the individual spirit) and matter are the most basic entities existing by their very nature, that is, they are ever existent, beginningless and causeless. They were never born and will never cease to exist; they were always there and would always remain there. Their attributes, properties and characteristics are eternal, too. These three entities form a co-existing trinity. It should be the endeavor of every soul to realize the true nature of these entities to lead towards absolute pleasure, peace, and liberation from the cycle of birth and death, called salvation. Their brief properties now follow.

Matter, called Prakriti is ever existent. Its characteristic of intrinsic existence is called Sat. That is, it exists by itself. But it is void of consciousness. Nor is it with absolute pleasure. Being void of consciousness and absolute pleasure, it does not deserve to be worshipped.

The individual soul is conscious besides being ever existent, called Sat and Chit. But it too is void of absolute pleasure. Its knowledge is limited. It's located at a particular location and has limited powers and strength. Within overall limitations, it is free to perform karma with its instruments of body and mind. It reaps the rewards of its own actions as administered by a superior force. It always seeks pleasure, absolute pleasure.

God is ever existent, conscious and in bliss, called Sat, Chit and Anand. That is, God always exists and has consciousness, and is always in bliss – the absolute pleasure. God is omniscient and almighty. Individual souls glorify, pray and worship God to improve upon their limited knowledge and taste the bliss. Yoga practices lead to realization of God, and thereby, the soul strengthens itself spiritually as well as tastes the nectar of bliss.

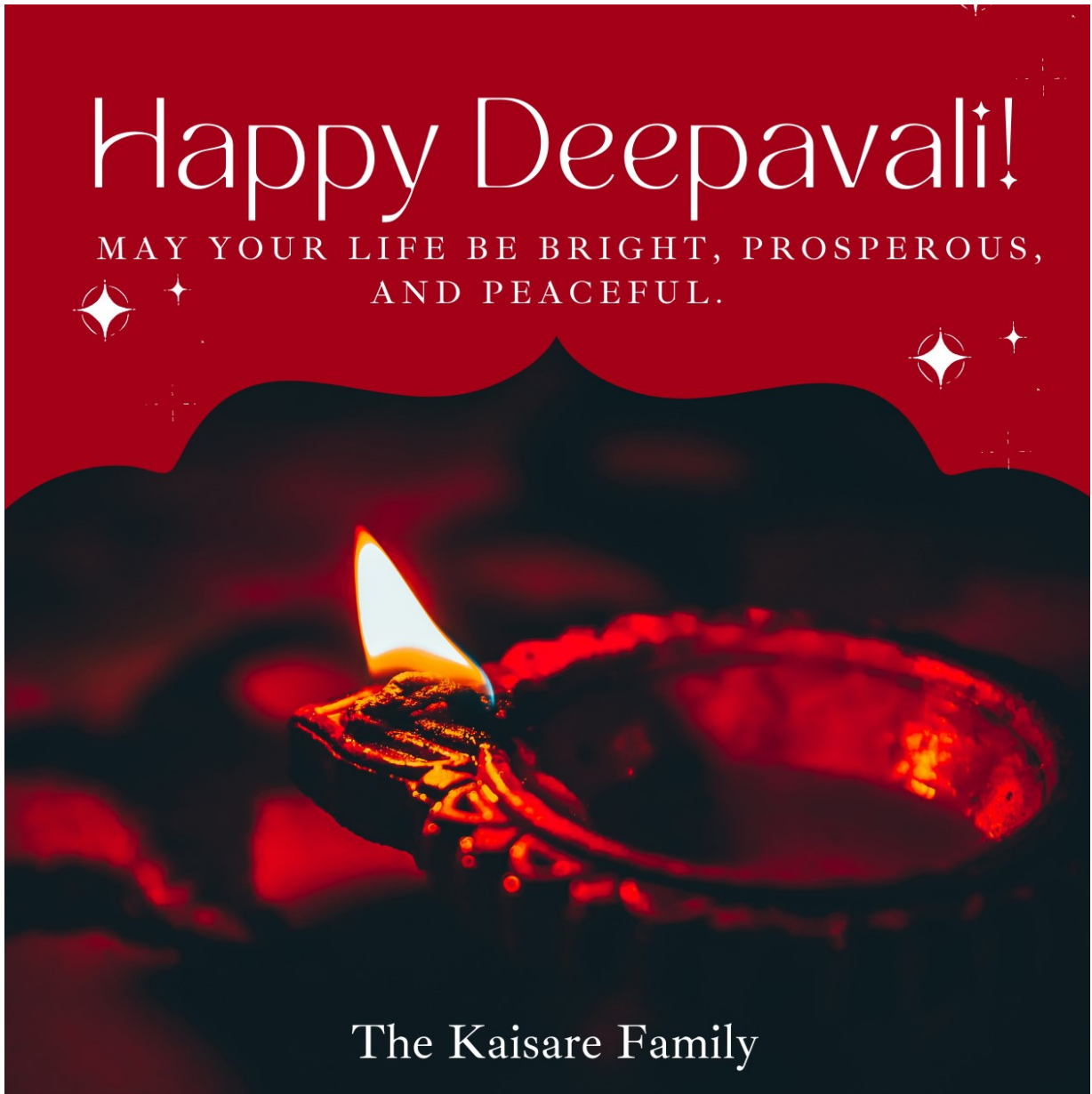
The above trinity has been beautifully described in the Vedas and Upanishads, sometimes with the help of some analogies. One example follows from Rig-Ved 1.164.20 – “There are two birds on a tree. Both are friends and live together. One of them tastes the fruits of the tree while the other one merely witnesses the first one without itself eating.” The metaphor represents the tree as the material world made of matter. Two conscious beings co-habitat the world. One of them is the individual soul that performs karma and reaps the rewards thereof. The other one is God witnessing the souls and administering the justice by the Law of Karma. Shvetashvatar Upanishad further elaborates it by stating that the individual soul is the enjoyer; the matter is to be enjoyed and God is the creator of the entire universe. The universe is thus three-fold Brahma – a term meaning great. Elsewhere this Upanishad says, God is one and only one and He is omnipresent and all-pervading, and therefore, He pervades within the individual souls. He is the giver of life to all individual souls and rewards them according to their karma. He is the witness to our every karma, righteous or sinful. He is all-knowing, pure consciousness, unequalled by anyone and superior to all, and void of manifestations.

Continued

Similar views are contained in Yajur-Ved (40.1) which is Ishopanishad 1 as – “All that exists in the ever-moving universe is pervaded by God. He exists within every minutest particle. Knowing this truth, one should utilize everything without unduly getting attached to them and with a view to perform one’s duty only. Don’t be greedy about anything.”

God is the superfine stratum in the entire universe, ruler, and controller of everything in the universe. Individual souls are to benefit from the creation and the matter manifests in the form of the universe. These are the three primary entities described herein. The entire Vedic literature describes this trinity. Now they would be described separately.

Ramesh Gupta



Arya Bal Vihar

Shantala Kaikini

The saying goes that the proof is in the pudding—or in this case— the kheer! When I see my 4-5 year old students every Sunday afternoon, dressed to the nines in their Indian attire, valiantly carrying their book bags, arriving in time for their Arya Bal Vihar class and enthusiastically learning the Gayatri Mantra or about characters from a story, it is simply fulfilling! Earlier this year, when the launch Vedic Sanskriti School was being planned, there were a large number of queries about classes for Kindergarten school age children. And so we addressed this community need by incorporating a program that would help younger children learn about their culture and heritage in a fun and engaging way.



The Arya Bal Vihar classes are structured around learning about Sanatan Dharma, its universally applicable values, traditions and rich cultural heritage through stories, short prayers or shlokas and the children's most favorite activity, drawing! Through art and craft, the stories from our ancient scriptures come alive and with these tangible reminders, children learn and retain what is taught in class. Nothing is more joyous for a teacher than a child who comes to class happy and ready to learn! And I am seeing that every weekend— this bunch of enthusiastic little children, bright-eyed and ready to learn are indeed an inspiration for teachers like me. They provide an opportunity to share and so many times, learn with

them, to see the world through their eyes, and with their innocent insights. Through Arya Bal Vihar, I'm hopeful that these children will retain this enriching experience and their learnings from it as they grow up, especially since their parents are equally invested in providing their children with this opportunity!



Vedic Sanskriti School

Anjali Arya

VSS - An attempt to learn about our roots, our Dharma.

Arya Samaj of New Jersey (ASNJ) was founded almost 40 years ago has always been at the forefront for our Dharma, the Vedic Dharma. After a virtual 2020 year, quite literally in every aspect, ASNJ decided to go live, in person, with its humble attempt to engage with our vibrant community to learn, teach and impart basic Vedic knowledge to our children. Due to COVID, we were apprehensive, at some level even not ready, but the parents, volunteers, and their overwhelming response to our open house on August 15th, 2021, blew us away in every possible way. I must mention that without the unflinching support of many devoted Dharmic Arya Samajis and founding members we would have been lost. We got an overwhelming response for Arya Bal Vihar (Pre KG); Vedic Sanskriti School (Grade 1- 5) and Arya Youth group (Grade 6 and above)



सतयम्बद् धर्मम्चर् |

सदैव सत्य बोले
एवं धर्म का पालन

करें |

**Be truthful
and follow
the Dharma!**



Events and accomplishments 2021:

Open house in person at Arya Samaj Ridgewood on August 15th, 2021. Follow up online open house was conducted on August 22nd, 2021

Vedarambh Ceremony was done on September 12th, 2021, to mark the beginning of fall session classes. All students were Yajman at the Hawan, followed by meet and greet in their respective classrooms.

School is operating in person for all classes with students across New Jersey

Prep for our Deepavali celebration is going full swing with craft activities including lantern making, rangoli and skit and dance performances.



Arya Youth Group*Sanjukta Basu*

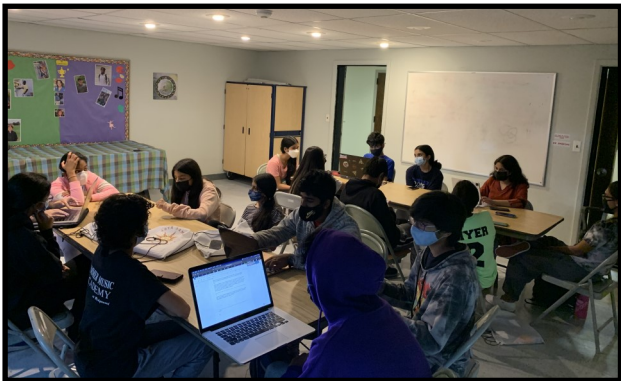
Having coordinated the Youth Group of the Arya Samaj of New Jersey for over two years, I am often asked questions about what my role is, what our members do, and how they benefit from being in the group. In responding about my own role, I usually explain that I am more of a facilitator of learning rather than an instructor for our youth members. I am typically involved in coordinating discussions about important issues, planning activities that could help our communities, preparing performances for ASNJ events, bringing in speakers with expertise on important subjects, and counseling our members when they seek advice. I feel I continue to evolve and benefit on a personal level from these enriching and fulfilling experiences.

Our members engage in a diversity of activities. One of the most important aspects of our program is providing knowledge about Hindu philosophy, history, and culture. This happens through lectures on influential texts such as the Bhagvad Geeta and the Vedas, as well as discussions and case studies. Our members take on leadership roles in planning and implementing initiatives to serve people in need of assistance, not only in our community but also back in India. For example, members conducted food drives for local shelters and churches during the pandemic, and organized lemonade stands to assist relief activities in India during these troubled times. Our members also participate in discussions with experts in fields that could be of value in their personal lives and future careers, such as technology, business, mental health, and personality development. They prepare performances such as short plays and debates that are included in Arya Samaj events such as for Holi and Diwali, while collaborating in writing the scripts for these. Even though we officially meet only on Sundays, our members often invest time over weekdays towards these diverse activities.

It is our mission and hope that our members will benefit from these experiences in multiple ways. First, the values we instill in them will hopefully guide their behavior and actions positively so that they have rewarding and ethical lives. Second, we hope they will be comfortable with their Indian roots, have a deeper appreciation of our collective history and culture, and retain a connection with their country of origin. Third, we strive to develop leadership skills, confidence, and knowledge that will complement the education received in school and help in their professional careers. Fourth, we would like to see them build bonds with their peers in the group that can be a source of support in the future. Some of our members have explicitly told me about some of these benefits that they have already experienced. I have also observed some favorable behavioral changes in boys and girls who have been members for a few years (including my own son). Perhaps, these members may not even be actively aware of how they have developed through continued association with the Youth Group.

In sum, the Youth Group has come a long way since we first started with a small bunch of boys and girls several years back. We have slowly but surely added more structure and diversity to our curriculum and activities. We have also succeeded in raising awareness and interest in the Group to the extent that we have a cohort of eighteen kids from middle and high school this year. I am excited to imagine the new heights that our motivated and talented members could scale in the months ahead.

Arya Samaj Youth In Action!



Arya Samaj of New Jersey Youth -Expressing through Writing!

Laws of Karma

Karma, which means actions in Sanskrit, is a core belief that is held by most Hindus, but has now been adopted by many people in the western world as well. According to the law of Karma, any actions performed by humans will result in a deserved outcome. A human who constantly makes good decisions in their life will be rewarded eventually, while bad decisions will have adverse consequences in the future.

There are varying interpretations of how Karma works. For example, many people believe that the consequences of actions need not occur in the same life but can spill over to future lives as well. This can explain why some individuals seem to be lucky and get everything they desire while others struggle to achieve similar measures of success. The seemingly fortunate people may have performed some positive actions in their previous births and are rewarded by Karma in their present life. Others believe that the motive for an action determines the Karma for it rather than the action itself. For example, lying under certain situations when it protects others or does not hurt their feelings can be considered an acceptable action and may not attract any bad Karma. Influential spiritual thinkers such as the Buddha have suggested this interpretation in their teachings. Another view of Karma is that nobody in this world is perfect. There are always chances to change the past since everybody makes mistakes. Therefore, the causes and effects of karma are short-term and can be changed through patience and responsibility. Patience and responsibility over time helps lead to favorable rewards as people rectify mistakes they made in the past.

Overall, though, karma is most used today as a law of cause and effect. A person has full control of what they want to happen in their life by making decisions of what they want to let happen. The thoughts that are put into a certain action beforehand are similar to what will be expected in the outcome. If it's done with kindness, then the person can expect to have love shown back in return, as opposed to if it's done with hate, where the return will be unsatisfying for the person too. This makes karma a lesson which teaches people that what they sow should be consistent with what they want to reap.

<https://www.healthline.com/health/laws-of-karma#growth>

<https://tricycle.org/magazine/cause-and-effect/>

Goyal, S, Lecture notes, October 7, 2021.

Sumantra Basu

Sanatan Dharma

The religion that we call Hinduism was given its name by foreigners. The name itself is derived from the era of when our ancestors lived near the Sindhu River, commonly known as the Indu River. Foreigners called our ancestors "Hindu," and that is now the most common name of our way of life. The religious attitude of Hinduism has exemplified itself recently as more foreigners have introduced their ideas of religion.

The Hindu practices have been traced back to thousands of years. During this time, as human situations and circumstances have changed, and as technology has evolved, necessities have been altered accordingly. The dharma relations between families and society have changed. The only dharma that has stayed consistent through this time is Sanatana Dharma- the permanent knowledge of the self beyond the body.

We never had a fixed religion. Instead, we follow the eternal law of dharma. Rather than following a set religion laid out by one piece of writing, we follow ideas taught to us through several lessons that people who lived prior to us have learned through their experiences. All our scriptures consist of debates, constantly evoking questions, allowing for different interpretations of the eternal law. Although a diversity of beliefs and thoughts are encouraged through Sanatana Dharma, one idea is uniform throughout: one's life is one's karma. You get what you give, so you must treat everyone with equal respect if you want to be treated with respect.

Those who follow Sanatana Dharma worship no single God. Rather, those worshipped are those who have walked this earth at one time in history. We celebrate them because, although they faced several unfortunate tragedies in their life, they carried something constant that did not change- Sanatana Dharma- and this freed them from their challenges. In the Sanatana Dharma ideology, the highest level of power is freedom, or reaching moksha. The people we worship are the symbols of liberation- they were involved in the physical world but were untouched by life's troubles and had reached absolute mukthi.

Class Notes, S. Goyal

<https://www.youtube.com/watch?v=rkYf50k8Rsk>

Shriya Dani

Arya Samaj of New Jersey Youth -Expressing through Writing!

Interesting Facts about Diwali

1. Diwali is celebrated on a no moon day
2. Diwali is celebrated all over India
3. The festival of lights celebrates the Hindu New Year
4. The name Deepavali originated from Sanskrit the meaning of it is row of light
5. Deepa means light and vaili means row
6. Diwali celebrates the victory of good over evil
7. The celebration is for everlasting hope, happiness, and peace
8. Originally Deepavali was celebrated as a harvest festival in India
9. But today it is celebrated as a festival of lights by Hindu's all over the world
10. Traditionally the house is decorated with lights, candles, and rangoli we exchange sweets to our friends and family, and pray to god for our wellbeing
11. When Ram came back after 14 years in the forest people celebrated his arrival with fireworks

Aashi Jesalpura





**Wishing Everyone A Very Happy
And Peaceful Diwali.
May Mata Lakshmi Bless Us All!**

Greetings From Dr. Naresh Chander

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Happy Deepavali!



Best Wishes From
Roger and Rajesh Malhotra & Family

Happy Diwali
&
Best Wishes
From
The Sadarangani Family



Our Teachers & Volunteers



Dev Ketu



Jyoti Gandhi



Sanjeev Goyal



Anjali Arya



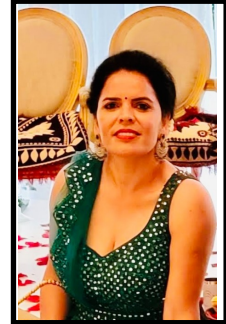
Sanjukta Basu



Shantala Kaikini



Renu Ketu



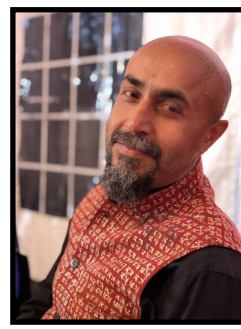
Vandana Kataria



Anju Wagh



Surabhi Goyal



Sudhir Arya



Garima Singh



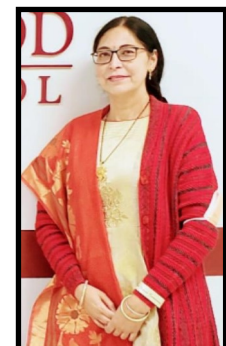
Kanchan Thaokar



Jayesh Jesalpara



Anshul Agarwal



Gurmeet Chhabra

Our Teachers & Volunteers



Aditya Singh



Vivek Kaisare



Deepali D'Souza Lewis



Neha Baxi

And growing

JOIN OUR TEAM!

*The best way to find
yourself is to lose yourself in
the service of others.*

Mahatma-Gandhi

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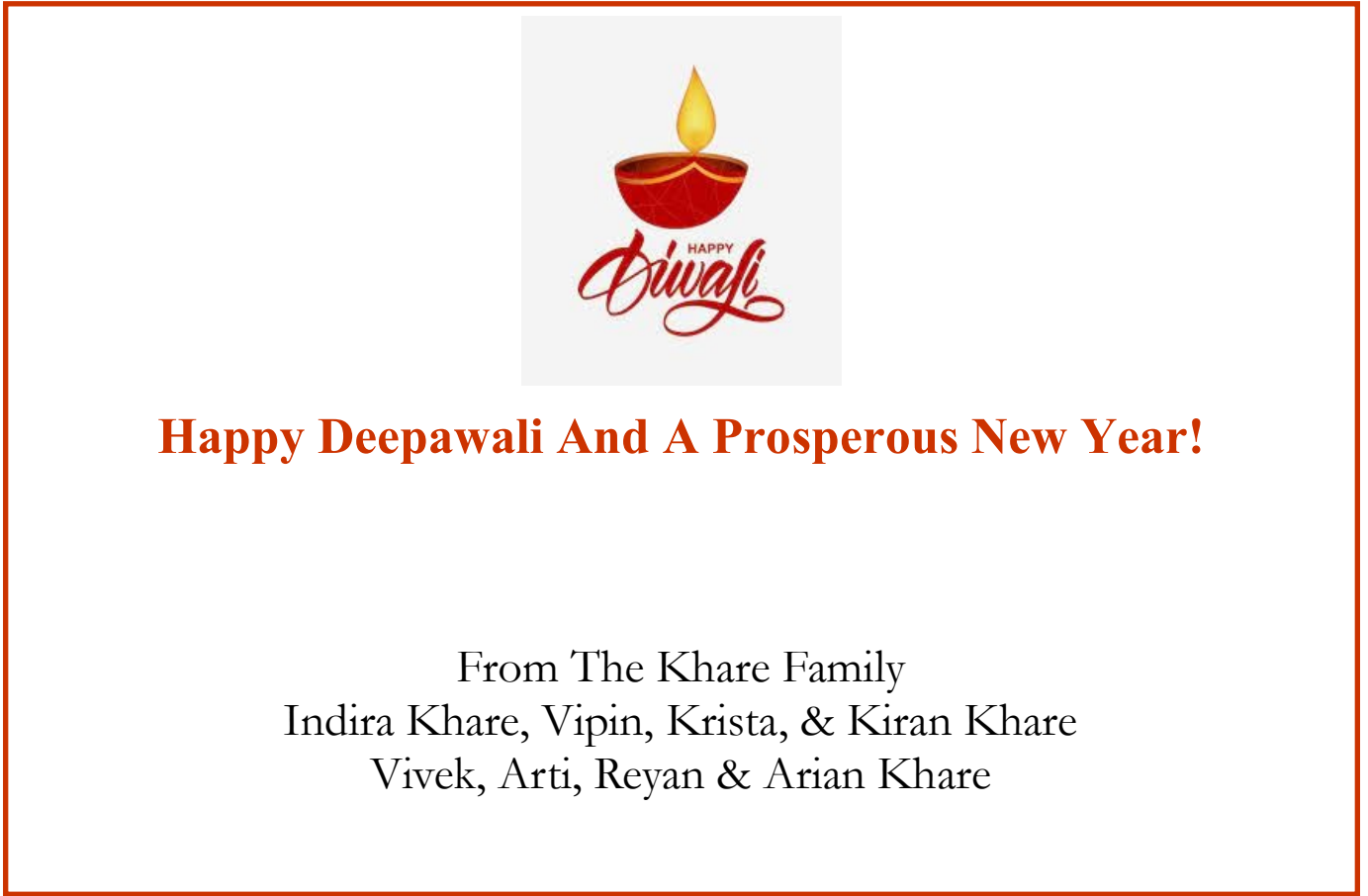
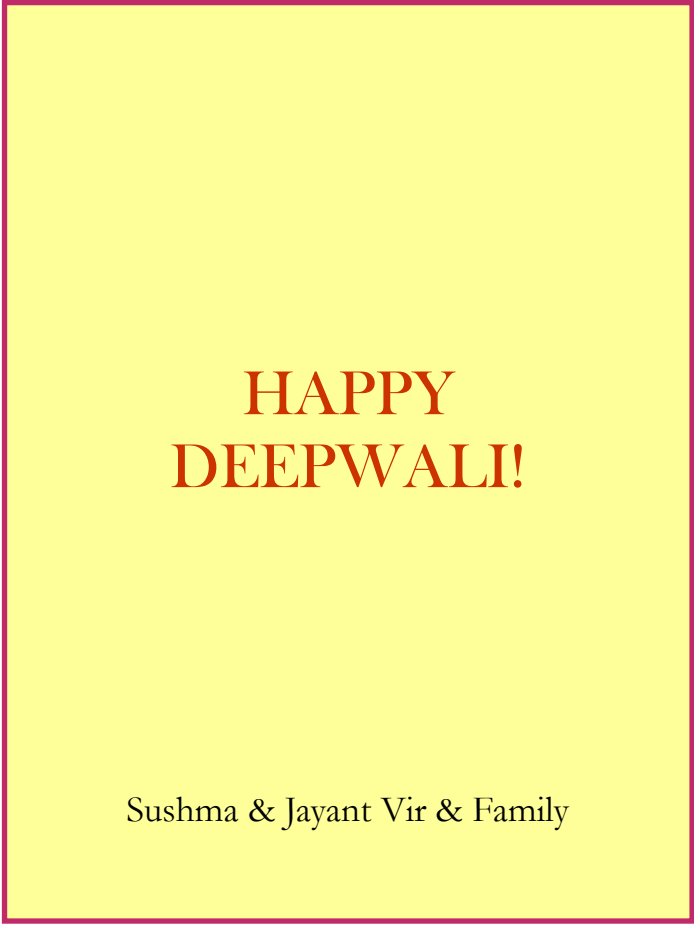
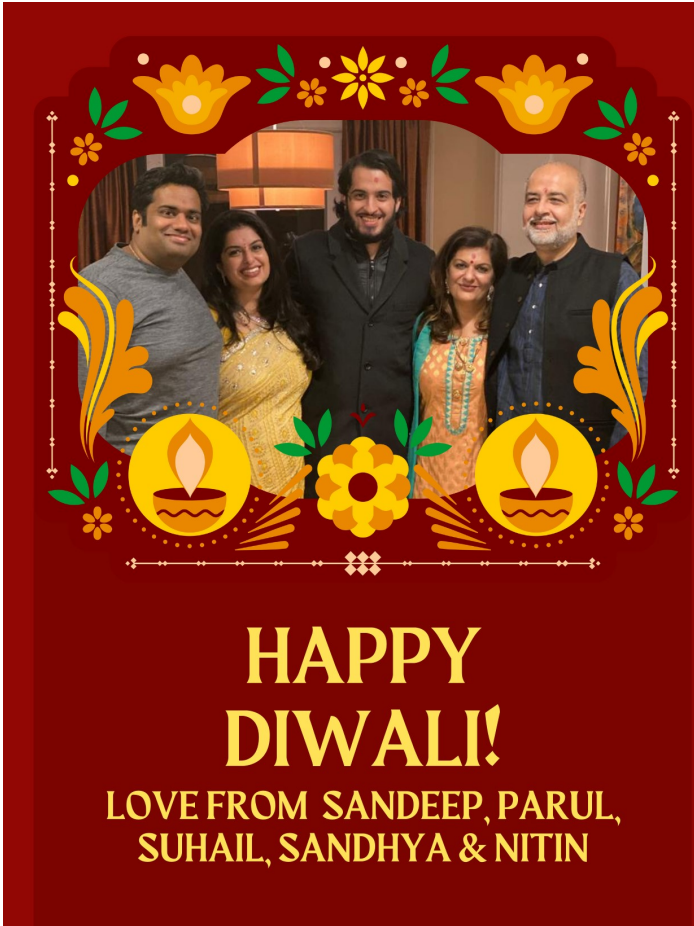
Dr. Gurmeet Chilana & Family

Best Wishes for Diwali and New Year 2021



Kumon of Fort Lee
Contact : **Rachna Kumar**
201 281 2908

Dinesh, Rachna
Kumar, Akash,
Kanika & Natesh



HAPPY DIWALI 2021!



Wishing success, happiness & prosperity!
A heartfelt gratitude to the Arya Samaj family for enriching the lives of our children



**Happy Diwali & Prosperous
New Year!**

Sanjukta , Sandip, Sarthak & Sumantra Basu



Diwali Greetings from Bhasin Family

Yasmin Bhasin, M.D.,
Allergy & Asthama Care

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15 Downing Road
Middletown, NY
845-343-7211



दीपावली के इस पावन त्यौहार पर
आप सबको ढेर सारी शुभकामनाएं!

नंदिता, श्रीया, सोनल, सौरभ दानी

Happy Diwali and Best Wishes
for the New Year



Ranbir, Sangeeta, Anisha,
Harsh & Ashish Kumar

*Happy Diwali &
Happy New Year*



From
Ram and Shashi Bala Saini &
Family

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Wishing Arya Samaj and its
members a very
Happy Diwali & a Happy,
Healthy and
Prosperous New Year!



Lav & Asha Varma

From Our Family To Yours:

Sanvi, Rohan, Rajashree & Sanjay Bhatnagar

Wishing You A Happy, Healthy and Prosperous Deepavali



With Compliments From:

Rajashree Kantha, MD, PA

1124 East Ridgewood Avenue, Suite #102

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ॐ सर्वे भवन्तु सुखिनः
सर्वे सन्तु निरामयाः।
सर्वे भद्राणि पश्यन्तु
मा कश्चिद्दुःखभाग्भवेत् ।
ॐ शान्तिः शान्तिः शान्तिः ॥

With Best Wishes For A Joyous Diwali &
A Happy New Year!

From
Rajinder, Jyoti, Anand & Vikram Gandhi

The Ten Principles of Arya Samaj

- 1. God, His Characteristics:** The Primordial Root- The Eternal Unseen Sustainer – of all true knowledge and of everything that is known through physical sciences.
- 2. Attributes and Worship:** God is absolute truth (Sat), absolute intelligence (chit) and is all bliss (Anand). God is Formless, Almighty, Just, Merciful, Unborn, Infinite, Unchangeable, without a Beginning, Incomparable. Support of all, All-pervading, Omniscient, Omnipresent, Eternal, Immortal, Fearless, Holy and Creator of the Universe. God alone must be worshipped.
- 3. The Vedas:** The Vedas are the book of true knowledge. It is the paramount duty of every Arya to listen and recite them, to read them and to teach them to others.
- 4. Truth:** All persons should always to be ready to accept truth and forsake untruth.
- 5. Righteousness:** All acts should be done in accordance with Dharma (virtue and righteousness) after deliberating what is right and wrong.
- 6. Benevolence:** The primary object of the Arya Samaj is to do good to the entire world, i.e., to promote physical, spiritual, and social progress of every sentient being.
- 7. Love and Justice:** Our conduct towards all should be guided by love and justice in accordance with the dictates of Dharma (righteousness).
- 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/her good only; but should strive for the social upliftment of all and realize one own’s elevation in the elevation of others.
- 10. Subordination and Liberty:** As a member of society all persons should follow laws of established to promote well-being of all; However, individuals should be free to follow norms which are beneficial to them.

Inception of Arya Samaj of New Jersey

Rajinder & Jyoti Gandhi

Maharishi Swami Dayanand Saraswati's message to make the world noble, *Krinvanto Vishwam Aryam*, has inspired many generations within the Hindu society. The mission of Arya Samaj, the religious and social reform movement he founded on April 10, 1875 in Mumbai, for gender equality and social justice, continues on across the globe.

Here in USA, our quest to start an Arya Samaj satsang group began soon after our marriage. Fortunately for us, in 1975 we joined a group of like-minded young Hindu families who regularly hosted Vedic havan satsangs (Vedic worship services) at one another's homes in Westchester County, New York.

A few years later, an announcement in India Abroad newspaper lead to the September 15, 1979 meeting with Shri Dharamjit Jigyasu ji, resulting in the establishment of the first Arya Samaj in Queens, New York. In 1980 the Westchester County havan group decided to form Arya Samaj of Suburban New York (ASNY).

In January 1982, a few months after we moved to Ridgewood with our two young sons, members of ASNY came over to the havan satsang at our home to help us start an Arya Samaj chapter in New Jersey. The following day, our neighbor, Linda Lynwander, inquired about the unusually large gathering. Impressed with the mission of Arya Samaj, she wrote an article in The Sunday Times of The Ridgewood News, dated February 14, 1982, titled "Hindu sect plants seeds in Ridgewood."

Soon afterwards we received an unexpected call from the President of The Unitarian Society of Ridgewood, Mrs. Naomi Yanis, offering to rent their hall for our biweekly havans. With the help of several new friends within Hindu families in the area and our ASNY friends, the second Arya Samaj havan satsang was held on Sunday, August 1, 1982 at The Unitarian Society. Initially called Arya Samaj of Bergen County, this religious organization was renamed Arya Samaj of New Jersey (ASNJ), to welcome members residing in other counties. Community service projects and interfaith dialogue ensued. Interaction with nationwide and global Arya Samajs became easier with the inception of Arya Pratindhi Sabha America in 1991.

Thirty nine years later our Samaj continues to flourish, thanks to the dedicated volunteer leadership and member. It serves as a welcoming and compassionate extended family, offering weekly havan satsangs as well as children and youth classes. Annual cultural events are held to celebrate Hindu holidays and festivals.

While we "planted the seeds," the credit for nurturing, sustaining and lifting this venerable and vibrant Vedic institution to greater heights, goes to the continuous, selfless and untiring efforts of all volunteers and generous donors. Each succeeding leadership team has brought forth new ideas and special skills to enhance the existing programs, fundraising efforts, while keeping intact the essence of the Vedic teachings and rituals.

We are hopeful that future generations will preserve this sacred heritage.



**Om Udvayam Tamasas Pari Svah Pasyanta Uttaram,
Dvam, Devatra Suryamaganam Jyotiruttaman**

Happy Deepawali!

With Best Wishes From
Ashok, Manju & Pooja Gupta



*Wishing all of you a wonderful Diwali
filled with peace and happiness*



*The Wagh family
Anju • Manoj • Siddharth • Sonali*

ॐ भूर्भुवःस्वः
तत्सवितुर्वरेण्यं
भर्गो देवस्य धीमहि
धियो यो नः प्रचोदयात् ॥



With best wishes from Kalyan family:
Narender & Sulekha ,
Gorav & Jillian
Rohan & Danielle
Zacchary, Eli & Kamasi



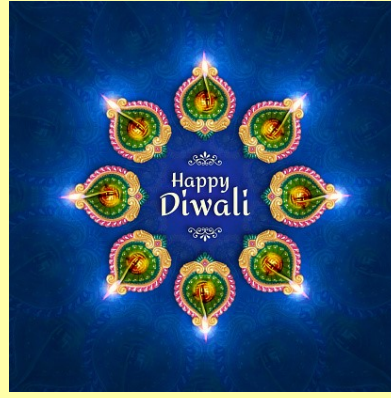
Wish You A Happy & Prosperous New
Year!

Vinod & Surinder Chadha
Ashish, Maneesh, Kanika & Sahil Chadha

Happy Deepawali & A Healthy,
Prosperous New Year
to all members of
Arya Samaj of New Jersey



*From:
The Seth Family
Neeta, Vidur, Himanshu,
Bhavna & Anik*



ॐ सर्वे भवन्तु सुखिनः
सर्वे सन्तु निरामयाः ।
सर्वे भद्राणि पश्यन्तु
मा कश्चिद्दुःखभागभवेत् ।
ॐ शान्तिः शान्तिः शान्तिः ॥

Om Sarve Bhavantu Sukhinah
Sarve Santu Niraamayaah |
Sarve Bhadraanni Pashyant
Maa Kashcid-Duhkha-Bhaag-Bhavet |
Om Shaantih Shaantih Shaantih ॥

With Best Wishes
From
Ravi, Sudershan Narang & Family



ॐ सर्वे भवन्तु सुखिनः
सर्वे सन्तु निरामयाः।
सर्वे भद्राणि पश्यन्तु
मा कश्चिद्दुःखभाग्भवेत् ।
ॐ शान्तिः शान्तिः शान्तिः ॥

Om Sarve Bhavantu Sukhinah
Sarve Santu Niraamayaah |
Sarve Bhadraanni Pashyantu
Maa Kashcid-Duhkha-Bhaag-Bhavet |
Om Shaantih Shaantih Shaantih ||

Gurmeet Chhabra MD LLC
With Best Wishes from
Manoj, Gurmeet, Dev & Dhruv Chhabra

Happy Diwali and Season's Greetings

From

Drs. Satish & Minakshi Dhalla & family

Om udutyam jatavedsam devam
vahanti ketavah;
dsre visvaya suryam

The principled creation of the Universe and making the God known and well determined with reasoning. He is the substratum of the entire world, the animate and the inanimate. May we worship God possessed of divine qualities for attaining complete knowledge.

ॐ द्यौः शान्तिरन्तरिक्षं
शान्तिः पृथ्वी
शान्तिरापः शान्तिरोषधयः
शान्तिः वनस्पतयः ।
शान्तिर्विश्वे देवाः शान्तिर्ब्रह्म शान्तिः सर्वं
शान्तिरेव शान्तिः, सा मा शान्तिरेधि ॥
ॐ शान्तिः शान्तिः शान्तिः ॐ ॥



Wish you all Happy and Prosperous Diwali

From
Raksha Gupta and Ashok Aggarwal with Family



Best Wishes From
The Malhotra's
Asha, Rakesh, Simran, Anthony, Karan

Karan Malhotra ESQ.
940 Broad Street, Newark, NJ 07102
Ph: (973) 623- 0555
(973) 624 - 4407
Fax: (973) 624 - 8800
Email: Malhotra.Esquire@gmail.com
Webite: www.malhotralaws.com



May the light of Diya's guide you to
Wealth and Prosperity

With Best Wishes from
Vishal, Vandana, Akanksha, Avi & Arav
Kataria

शुभं करोति कल्याणमारोग्यं धनसंपदा ।
शत्रुबुद्धिविनाशाय दीपज्योतिर्नमोऽस्तुते ॥

दीपावली का ये त्यौहार आप के लिए और आप के
अपनों के लिये मंगलमय हो।

सुरभि, संजीव, शुभम, श्लोक



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The Timeless Appeal Of Ramayana

Sanjeev Goyal



Sage Narada requests Valmiki to write the story of Rama, early 19th century, opaque watercolor and gold on paper. Featured image of Kangra style, Pahari from the National Museum, New Delhi, India

The story of Rama has influenced the thoughts, beliefs, customs, and lives of masses for centuries, in a manner unparalleled by any other in literature. It is a delight for any storyteller and gains special significance during the periods of Dusherra, Navratri, and Deepavali as they are all connected to Rama's life.

It is very likely that the story of Rama has been known for thousands of years, perhaps in the form of lengthy ballads. However, *Valmiki Ramayana*—the beautiful composition by the sage Valmiki in Sanskrit—is clearly the oldest surviving version. It is, therefore, regarded as the 'adikavya' (First Epic) and Valmiki an 'adikavi' (First Poet). The epic has around 24,000 shlokas divided into seven sections called 'Kanda'. It was probably composed around 500 BCE. The seventh Kanda, Uttar Kanda, and certain parts of the first Kanda, Bal Kanda, appear to be added much later (~ 500 CE) to the original composition as the texture and quality of poetry is much inferior.

Ramayana is one of the two dharmic texts which are considered 'Itihasa', the other being *Mahabharata*. 'Itihasa' literary means 'it so happened'. Therefore, the story of Rama is considered a part of our history, not a myth. This does not mean everything occurred exactly as described in the current text. Through the ages, it must have been embellished in the process of oral transmission. Except for the sections added later, the *Valmiki Ramayana* portrays Rama not as a god but as a heroic person with high human qualities and extraordinary capabilities. In fact, in the very first chapter of *Ramayana*, Narada, in response to a query from Valmiki, asserts that Rama is merely a human being, adorned with some excellent virtues, seldom found even in the character of gods. The divine form of Rama was introduced in later texts including in *Ramcharitmanas* by Goswami Tulsidas.

Like *Mahabharata*, *Valmiki Ramayana* deals with the concept of 'dharma' and associated conflicts in its implementation in one's life. Unlike *Mahabharata* which addresses the incidents and actions from the point of view of all the major characters, *Ramayana* essentially deals with the actions and conflicts of Rama. *Ramayana* is derived from the root words 'Ram' and 'Ayan' (travel or progress). So, *Ramayana* essentially means the journey of Rama.

Valmiki Ramayana's influence can be highlighted by the fact that it inspired more than 300 versions in various languages across the world, adapting to the local traditions. Its impact can also be seen in its art, architecture, literature, dance, and drama. Why does *Ramayana* hold such a timeless appeal and maintain its relevance even in the modern world?

The underlying strength of the epic is in its simple but effective representation of human vulnerabilities and challenges, which are inherent to our nature and continue to exist from time immemorial to today. The story of Rama shows us the way to live a dharmic or ethical life and perform our duties at the individual, family, and society level. Rama's life was full of obstacles and disasters, but he remained on the path of righteousness, without getting disheartened, succumbing to evil temptations, or surrendering to evil powers. His life was not only of an ideal man (Purushottam) but of a person who performed all his duties within the boundaries of Dharmic values (Maryada Prushottam). *Ramayana* also sends the strong message through the antagonist in the story – Ravana. He was a powerful king and also well-versed in all forms of knowledge. Still, he became the cause of his own destruction as his knowledge and power was tainted by ignorance, desires, egoism, and delusion.

It is not uncommon to see highly educated people in influential positions in society ruining their reputation and life by unjust acts. Other characters in the story further accentuate the importance of various moral and ethical values for the smooth conduct of our lives.

Scholars have also related the *Ramayana* to the union of mind and soul. Rama represents our Soul (*Ra* means 'light', *Ma* means 'within me'). Dasharath, his father, means 'Ten Chariots'. The ten chariots symbolize the five sense organs & five organs of action. His mother, Kousalya means skill. So, the skillful control of senses and organs, gave birth to radiance - Rama. The researchers continue with the symbolism in the story. When there is no conflict in our mind, then the radiance can dawn. When the 'Mind' (Sita), is usurped by the 'Ego' (Ravana), then the 'Soul' (Rama) gets restless. Now the 'Soul' (Rama) cannot reach the 'Mind' (Sita) on its own. The soul is aided by the 'breath – the Prana or life force' (Hanuman) by being in 'a state of consciousness' (Lakshmana). With the help of the 'Prana' (Hanuman), 'conscious awareness' (Lakshmana), the 'Mind' (Sita) was reunited with the 'Soul' (Rama) and 'the ten-headed Ego' (Ravana) died or vanished.

The epic has also made significant contributions in the fields of political science and statecraft. It enlightens us with the various elements of an efficient state administration and propagates the concept of 'Ram Rajya'. It exhibits that mundane affairs of state were as important to the intellectual elite of ancient India as the matters of philosophy, fine arts and spirituality.

Ramayana remains a brilliant literary work. Its impactful story will continue to appeal to people and influence the thoughts and works of philosophers, scholars, writers, and artists for generations to come.

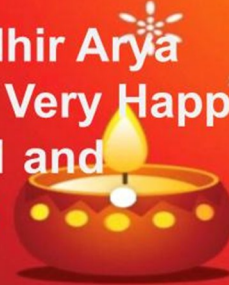
Happy Diwali!

सतयम्बद् धर्मम्चर् । *

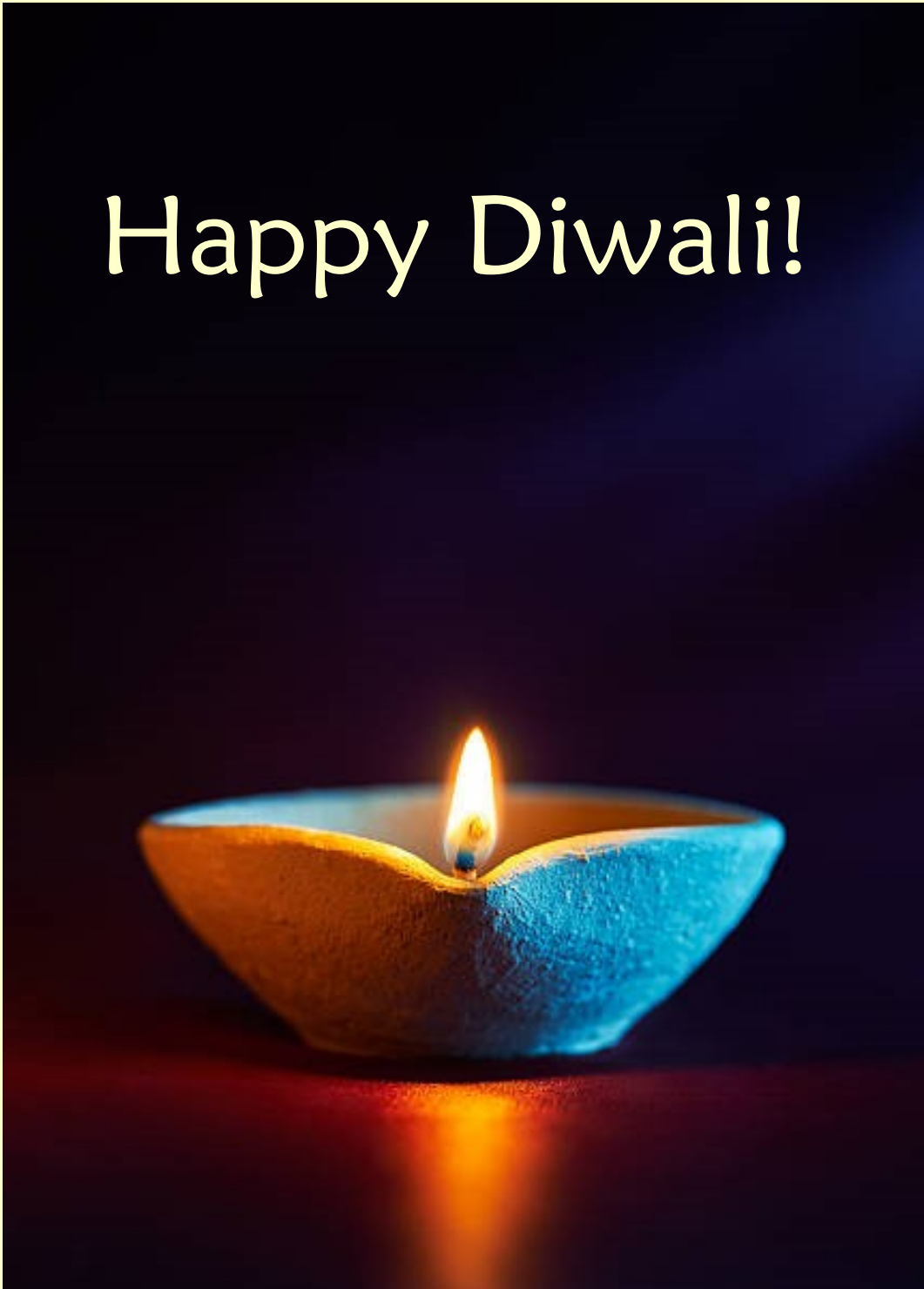
* सदैव सत्य बोलें एवं धर्म का
पालन करें ।

Be truthful and follow the
Dharma!

Anjali And Sudhir Arya
wish you all a Very Happy
Deepavali 2021 and
Happy Samvat



Happy Diwali!



Deepawali Greetings
From
Dr. Bina Kapila & Family

Happy Deepawali

From

Dr. Avtar Singh & Prabhjot Kaur,
Dr. Ravi Singh and Kara,
Dr. Amar Singh & Carolina



Happy Diwali!

वीरं भोग्यं वसुधरा ।

The Brave Shall Inherit the Earth.

*Happy Diwali!
From: Tejasv Arya*



ASNJ Events 2021

ARYA SAMAJ OF NEW JERSEY

ABOUT THE ARTISTS...

SUCHITA RATHI-JHAWAR
FACEBOOK.COM/SUCHITA-RATHI

"THE DESIRE TO CREATE IS ONE OF THE DEEPEST YEARNINGS OF THE HUMAN SOUL. NOTHING GIVES ME MORE JOY THAN CREATING ART. THE MEDIUMS I WORK IN ARE WATERCOLORS, ACRYLICS, OILS, PASTELS, CHARCOAL, CALLIGRAPHY, AND INK. I HAVE CREATED COMMISSIONED ARTWORK INCLUDING MEDALS FOR HOMES, DONATED ARTWORK FOR CHARITABLE EVENTS, AS WELL AS HAVE PARTICIPATED IN ART SHOWS. LIFE IS MEANT TO BE LIVED AND EXPERIENCED IN COLOR, LINES, AND SHAPES. I HOPE TO SHARE SOME OF THESE EXPERIENCES THROUGH MY ARTWORK."

BHAVNA MEHTA
WWW.BHAVNAMEHTA.COM

I DRAW WITH A KNIFE AND PAINT WITH THREAD, CUTTING AND EMBROIDERING PAPER TO TELL VISUAL STORIES. MY WORK IS BASED ON THE IDEA THAT EVERYTHING IS CONNECTED, STARTING WITH A SINGLE SHEET OF PAPER, I CUT OUT SHAPES TO CONTOUR THE STORY AROUND A CENTRAL CHARACTER OR INTENTION. AS AN IMMIGRANT, I AM CONSTANTLY LONGING FOR CONNECTIONS. IN TELLING ONE STORY IN A PARTICULAR SETTING, I HOPE TO SPEAK IN A COMMON LANGUAGE ABOUT CULTURAL AND PERSONAL ASSOCIATIONS.

Register : <https://bit.ly/ASNJ-ArtShow-Feb2021>



ARYA SAMAJ OF NEW JERSEY PRESENTS

AN EXCITING EVENT FOR ALL ART LOVERS...

Asmi
(TAm)

Celebrating Women
FREE ONLINE EVENT
SATURDAY FEB 20 4 PM EST

Register:
<https://bit.ly/ASNJ-ArtShow-Feb2021>

Event Coordinators :
Vandana : +1 201-686-6045
Parul : +1 201-647-9207

Asmi—Online Art Show

ARYA SAMAJ OF NEW JERSEY
PRESENTS IN HINDI

Virtual Kashi Yatra

MARCH 27TH AT 11:00 EST

Have you ever wondered why Varanasi has such a special place in the Indian psyche?
OR LONGER TO WITNESS ITS MESMERIZING CREYS WHILE RIDING CALMLY ON THE GANGA?

In the 90 minutes of virtual Kashi Yatra, our live storytellers will weave a gripping audio-visual narrative in Hindi of

Varanasi
The Spiritual Capital of India

You can do all of this from the comfort of your home!
Explore

The unique lifestyle elements of the world's oldest, continuously inhabited city. @ the epic spiritual ideas woven into Kashi's vibrant design.

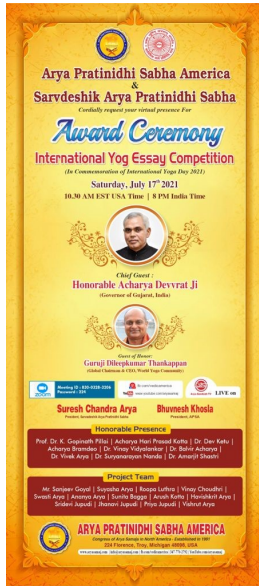


Virtual Kashi Yatra



Asian Heritage Month Celebration

ASNJ Events 2021



International Yog Essay Competition



Virtual Holi Celebration

ASNJ Events 2021



Graduation Havan



Vedarambh Havan

ASNJ Events 2021



Annual Picnic



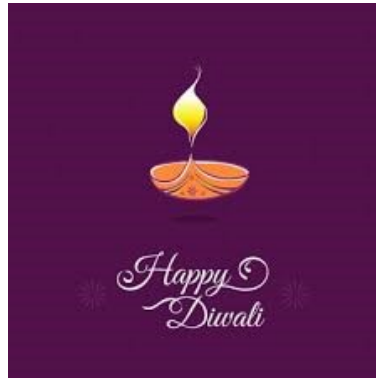
Karva Chauth

Eeshe tvorje tvaa vaayav stha devo vaa savitaa
praapyatu sheshtamaay karmana

*We invoke you O Lord for food; we invoke you for food (Isha)
and energy. May ye, the performers of this Yajna, be organized
through the grace of God, for performance of noblest deeds.*

Urja

You, O Lord are the vital breath. Yajurveda (1.1)



Happy Diwali and Happy New Year

Ramesh, Amita, Priya, Puneet and Anupama Gupta
Ramesh C. Gupta, M.D., F.A.C.P., F.A.C.G,
Practice limited to Gastroenterology only



*Happy
Diwali!*

May the little lamps
of Diwali, Light up
your life with love &
happiness.

Diwali Greetings

From

Dr. Suresh & Santosh Gupta;

Nishi, Nora, Pearl, Sana & Amara Gupta

Recipe

GUJIYA

Dr. Manju Gupta



Ingredients:

DOUGH

2 cups all-purpose flour/maida
4 tablespoon ghee(melted)
1/2cup water

FILLING

1 tablespoon of ghee 1 tablespoon of semolina
4-5tablespoons of nuts
1 packet of mawa/khoya
1/2cup+1tablespoon of sugar
½tsf of cardamom powder

Instruction:

To make the dough:

Take flour in large bowl add melted ghee with fingers mix it
Start adding water little by little till it is stiff dough
Cover dough with damp cloth for 30-45 mins

Filling:

Heat 1tablespoon of ghee in a pan add raisins and nuts fry only for 2 mins
Grate mawa and add it to pan roast on low heat for 5-6mins till light golden brown add 1 tsp of semolina also to mawa once light golden transfer to bowl when cool add nuts and raisins and sugar and cardamom powder mix it well
2 tablespoon of flour mixed with 3tablespoon of water to seal gujiya

To make the Gujiya:

Take the dough and divide it into equal bolls please keep dough always under moist cloth
Roll each ball into 5-6 diameter
Fill it with 1tablespoon of filling (do not overfill)
Press each gujiya and apply mixture of water and flour so that edges are sealed (if you have a mould you can use that)
Fry them in medium to low heat till golden.
Serve them hot or keep in airtight container.

Recipe

PINDI CHOLE—(Kabuli white Chick Peas) Punjabi

Dr. Sushma Gandhi

Who does NOT like CHOLE ? Well all of us love them in any form, most of us just know only one kind PINDI Chole so called ,but let me tell you there are traditionally three kinds of recipes for Chole coming from different regions of Punjab.1.Pindi Chole coming from Rawalpindi (now in Pakistan)—most commonly made these days at home and restaurants.2.Lahoria or Chikkar (mud) Chole from Lahore (now in Pakistan also)3.Regular Chole cooked with Rasa (gravy) and eaten with rice.

PINDI CHOLE. (My moms recipe she was born in Rawalpindi and then moved to India after partition)

Ingredients

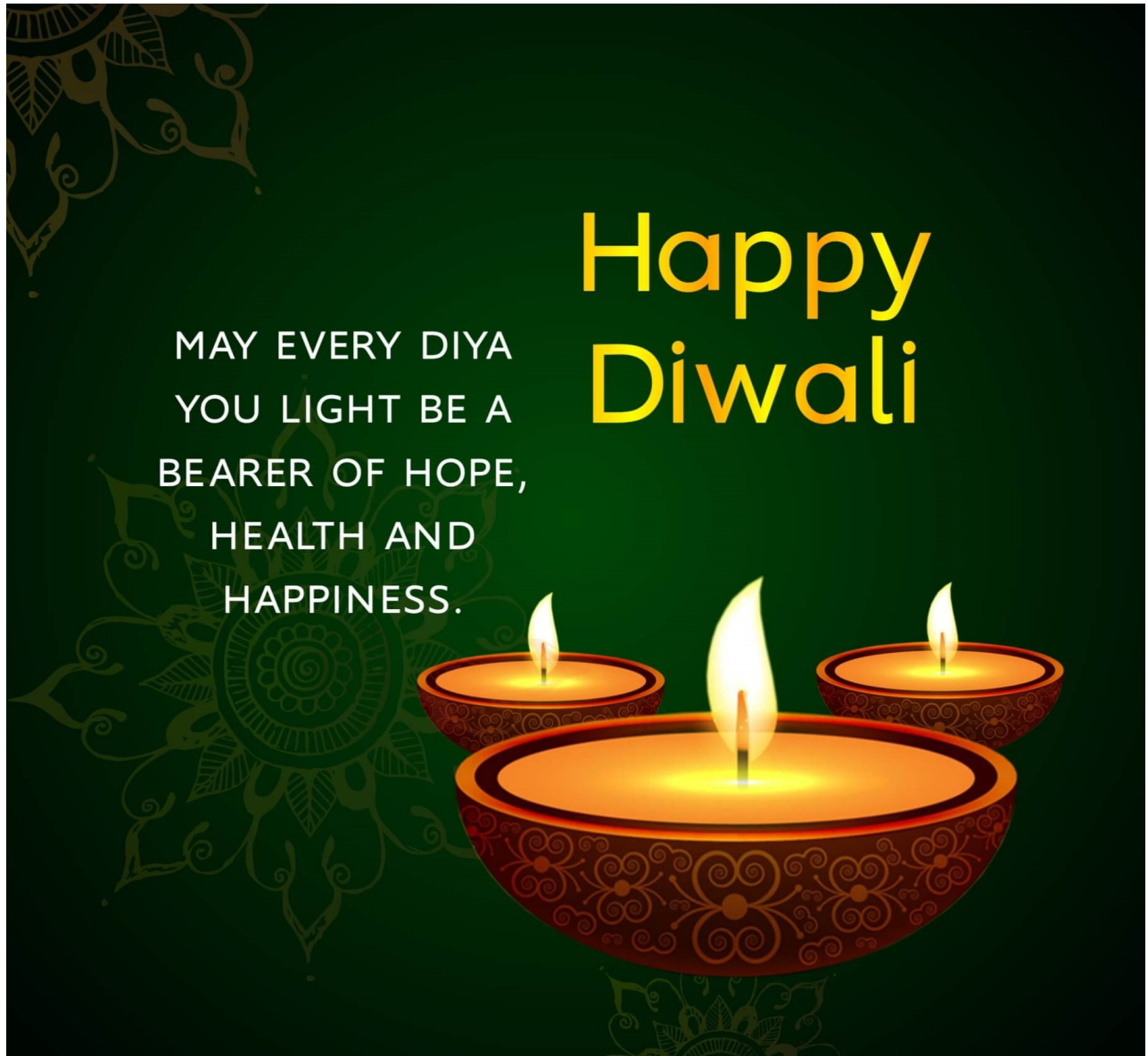
Jeera -1 tablespoon ,Ground black pepper- 4 tablespoons, Amchoor—2 tablespoons, Anardana crushed -3 table spoons , Dry ground Dhania –2 tablespoons, Cloves -10 crushed, Garam Masala -3 tablespoons, Large Crushed black Cardomoms—6

Boil 3 cups of chickpeas after soaking them over night, drain the water (save it), keep it aside. This masala can be made in large amounts and stored in dry jar over the counter without refrigeration and used when one needs it. Roast the spices on low heat till they become almost BLACK. In a large pan add 2 tablespoon of oil and mix the the roasted masala, slowly add the drained dry cooked Chole at the same time mashing some till they are mixed well with roasted masala. Add slowly the water of the Chole which was earlier kept till you get the required consistency you want. Now add SALT as needed. Garnish with GINGER cut thin lengthwise, green hot peppers and thinly sliced onions. Eat it with nan, rice, parantha, bhatura or bread even ! This is typically PINDI CHOLE.

(Note no hot red pepper has been added. (black pepper does the job!) Hardly any OIL (healthy). This Chole is high in fibre, protein and of course vegetarian.

Lahoria Chole—Easy to make, in boiled chole add crushed tomatoes 1 cup, salt to taste, Haldi 1/4 teaspoon, red hot pepper 1/4 to 1/2 teaspoon, jeera 1 teaspoon, small cut pieces of ginger 1/4 cup and garam masala 1/8 teaspoon and 1/2 teaspoon of sugar, 1/2 cup of finely chopped onions, mash chole to almost a little thicker then SOUP, eaten with KULCHA. That is why called chikkar or mud chole.

Regular Rasadar—to boiled Chole add Haldi 1/8 teaspoon, hot pepper 1/8 teaspoon, 1/4 cup cut ginger small pieces, ground onions 1/2 cup, and salt to taste, saute the above in 2 tablespoon of oil and add water to make a gravy then eat with rice. Garnish with 1/4 cup chopped fresh Coriander.



Wishing Everyone a Happy Diwali & A Prosperous New Year

From
Dr. Ajay & Sunita Gupta
Dr. Nikhil , Seema and Arin Gupta
Dr. Nitasha Gupta
Neha Gupta



**Wishing All Arya Samaj Members A Very
Happy Diwali
&
A Healthy & Prosperous New Year**

From
**The Chandra's
Alka, Naveen, Sonya and Nikhil**

