



तमः प्रविशन्ति येऽविद्यामुपासते । ततो भूय इव ते तमो य उ विद्यायूर्ताः ॥

**Andhaṃ tamaḥ praviśanti ye-vidyām-upāsate,
Tato bhūya iva te tamo ya u vidyāyāṃ ratāḥ.**

Īśa Upaniṣad .1.9

Those who follow the path of AVIDYĀ enter into blinding darkness. More than that, those who are engrossed in VIDYĀ, enter the greater blinding darkness.



Namaste <<First Name>> <<Last Name>> ji,

What's Happening:

- Maharshi Dayanand Saraswati Month at DAVSS
- Holi Celebrations upcoming on 4th March

Send us a note highlighting your student's accomplishments and life events so we can include them in the newsletter.

Ponder This

We should treat all with love and justice in accordance with the dictates of *Dharma* (righteousness)

-Maharshi Dayanand in Ten Principles of Arya Samaj

Makar Sankranti and Lohri Celebrations



On 14th Jan DAV Sanskriti School celebrated Lohri also known as Makar Sankranti, Pongal, Bihu, etc. in different parts of India reflecting its colorful diversity.



One fire pit was made active, a replica of the ancient practice of *Havan*. There were heaps of popcorns , peanut, *revris*, etc. for the children to offer into fires and also eat them. Soon after there were wonderful bhangra and Gidda performances and it was then open for all to join in.



There was also a kite making station. If someone didn't bring a kite then there was an expert supplying the necessary raw material and guiding to make a kite.



Imagine a kid's delight to fly a kite made by her some minutes ago.



As usual, the food was attractive with *Makki di Roti*, *Sarson ka Saag*, raita roti chawaal etc. etc.

Republic Day Celebrations

January 28, last Sunday witnessed 69th Indian Republic day Celebrations at Arya Samaj. Acharya Suryanaji gave a wonderful message.

DAVM kids did a great dress up and wonderful speech.



Children from DAVM and DAVS Schools alongside their parents and singing teacher performed the whole Vande mataram gracefully.



There was also a dance medley on Saare Jahan se achaa and 'Rang de Basanti'.



AKM kids were also recognized for their community services.



The entire school was present for flag hoisting. The flag was hoisted and everyone sang the national anthem with great pride.



Finally sweets were distributed and lunch was served.

Child Speakers

7th Jan

Anaya Pant, 3rd grader from Wells Elementary spoke about "**Mitrata**" meaning **Friendship**.

21st Jan

Sanjana Mani, 4th grader at Commonwealth Elementary gave a speech on "**Love Never Claims, It ever Gives**"

28th Jan

Ayush Kumar, 1st grader at DAVM gave a speech on the "**Republic day**"

Anusha Sinha , 1st grader at DAVM gave a speech on "Jhasi ki Rani Laxmi bai"

Atharva Bisleri, a KG student at DAVM and his topic was "Chartrapati Shivaji"

Stop Diabetes Camp

Sewa in association with Arya Samaj & VYASA is conducting 10-day yoga camps as part of Stop Diabetes Movement (SDM). These are particularly designed for pre diabetic and diabetic people to help them control their sugar levels and provide orientation towards holistic approach towards this. This camp is free for Diabetics, however there is a deposit required to attend which is completely refunded once you complete the 10 day camp.

The next set of SDM camps will be held from February 16th to 25th for 10 consecutive days. Timings will be 6:30 to 8:30 PM on weekdays and 3:00 to 6:00 PM on Weekends.

For more information for these SDM camps click - <https://sewausa.org/.../sewa-houston-stop-diabetes-movement-c...>

To register - <https://goo.gl/forms/mLszUn0TsRQBfz7f2> Last date to register is Feb 7th.

Please contact us at info-sdm@sewausa.org if you are interested in volunteering or participating. We request you to forward this to your friends and help us spread the word for this community service

Brahmacharya: Not to Lust

Ahimsa (Not to Hurt), *Satya* (Truthfulness) and *Asteya* (Not to Steal) are the first three elements in *Yama* (duties to others) listed in Patanjali's *Ashtanga* Yoga. The fourth one is *Brahmacharya* – Not to Lust. It is generally translated as celibacy but is a narrow meaning because one can follow the principle of *Brahmacharya* even in married life. Conceiving a child is valid in married life; indeed, the primary purpose of marriage is to gift *Praja* (good progeny) to the society. Thus, its correct interpretation is: not to view a person of opposite gender in a lustful manner, including own spouse. This requires training mind to see beautiful and attractive people of opposite gender as it views other beautiful objects such as flowers, clouds, etc. One can train mind to admire the maker of the things as one sees beautiful things. Consequently, a man sees *Ishvara* in all the beautiful natural objects as He is the maker of all such objects. Then this particular man can even see beautiful women as the creation of *Ishvara* as other natural objects are. He sees *Ishvara* everywhere and admires His art in all the objects and phenomena. This is the word meaning of *BrahmaCharya* – to traverse within *Brahma* (*Ishvara*). If one dwells so closely with *Brahma* then *BrahmaCharya* is not difficult to achieve.

Lust probably causes greatest amount of suffering among humans in the form of wars, murders, rapes, etc. *Ishvara* helps us tremendously by creating benchmarks in our minds. Every man has a positive love void of lust towards his mother, sister and daughter and so is true for every woman towards her father, brother and son. This is naturally embedded in our mind. Using the said benchmark, we can train our mind so that a man perceives every girl or woman as if she is his daughter, sister or mother. So can be true with every woman, too. Indian culture celebrates brother-sister relationship. But today's conditions are a far cry. Patanjali's emphasis on *BrahmaCharya* is more important today than ever.

Moreover, Charaka (ancient teacher of *AyurVeda* – health sciences) points out three ingredients of good health – food, sleep and *BrahmaCharya*. Modern sciences do talk at length about the first two elements but do not fully recognize the value of *BrahmaCharya* in this regard. The layperson thinks that instead of losing the vital fluid in the middle of sleep, one may indulge in sexual activity. This is where Maharshi Dayanand's statement is significant that the vital fluid gets used up as fuel during deep meditation and gives rise to inner energy and vitality. Indeed, such a person can even aspire to live three times the nominal age, that is, up to 300 years. For a common man, sexual pleasure is of highest kind but those practicing meditation are likely to reckon that the pleasure of meditation is supreme.

True *BrahmaCharya* is dwelling with Him. The humanity must march from lust to pure and genuine love; the former brings us into the taking mode whereas the latter believes in giving goodness.

- Acharya Dr. Harish Chandra, Ved-Ratna

Listen to Acharya ji's Sunday [Pravachan](#)

To become yajman please contact Payal Talwar or Acharya Surya Nandaji.

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Poonam Agarwal

Regular Activities:**Tuesday:** 5:30pm - 8:00pm

Sanskrit and Vedas classes

Wednesday: 11:00am - 11:40 am

Gayatri Meditation

Thursday: 7:00pm - 8:00pm

Mandukya Upanishad classes

Saturday: 8:00-9:30am

Yoga Classes

Sunday:

8:00-9:30 am - Yoga Classes

9:45 am-12 noon - DAV Sanskriti School

10:00 am-12 noon - Satsang

The library is reaching out to members to return books that have been checked out over the last few years. If you have any books from Arya Samaj, please bring them back to the library. For more information, please contact Rajeev Khanna or email aryasamaj@gmail.com.



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