



Namaste thearyasamaj ji,

March is the time to soak in the freshness of HOLI. The festival of Holi is celebrated on the day after the full moon in early March every year. Let the colors brighten everyone's life. This festival reminds us there is much to rejoice about and guides us to treat everyone with an eye of a Friend. Come celebrate the festival of colors at AryaSamaj on the 16th March from 10am - 12:30pm. We will play holi near the yagyashalla after the Satsang. Dry colors will be provided to all, please buy your tickets from the front desk, for family or individual. Let us come together and enjoy the festival of colors and fill everyone's life with color.

Acharyachji's Message **The meaning of "Om"**

Upcoming Events:

Holi Mela:

March 16, 10am-12:30pm at Yagyashalla after Satsang. Tickets available at front desk.

New student enrollment for DAV Montessori:

Date begins: March 24

Regular Activities:

Weekdays:

7:30am-6:00pm: DAV Montessori School, for children ages 2.5 yrs to 3rd grade.

Tuesday:

6:00-7:00pm: Sanskrit Class
7:00-8:00pm: Geeta and Upanishad Discourse

Thursday:

6:00pm-7:00pm - Beginner Sanskrit
7:00pm-8:00pm - Patanjali Yoga darshan

Saturday:

8:00-9:30am - Yoga Classes

Sunday:

8:00-9:30am - Yoga Classes
10:00am-12noon - Satsang and DAV Sanskriti School

Omkar is a religious symbol of the Hindus. But it is omnipresent in almost all the major cultures of our world.

Another way of saying Om is Aum. Aum is the sound of the infinite. Aum is said to be the essence of all mantras and Vedas, the highest of all mantras or divine word. By sound and form, AUM symbolizes the infinite Brahman and the entire universe.

A stands for Creation.

U stands for Preservation.

And finally M stands for Destruction or dissolution.

This represents the Trinity of God in Hindu dharma (Brahma, Vishnu and Shiva).



Swami Dayanand Saraswati Quiz at DAVS School

To commemorate **Swami Dayanand's Birthday on 12th February**, we talked about and discussed his life story in the school in first half of February. The presentations used in the class covered his life story from his childhood to the social reform that he spearheaded in his prime. A quiz on the subject was held on the 23rd February and generated intense competition. In almost every class the tie-break round was used to select the top three winners.

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

To become yajman please contact [Payal Talwar](#) or Acharya Surya Nanda ji. For more information about Sunday satsang and yajmans please [Click here](#).

Contact Info:

Acharya Surya Nanda:
snnanda68@gmail.com
(281) 752-0100
(832) 867-4126

DAV Montessori School:
Arti Khanna:
davmontessori@gmail.com
(281) 759-3286

DAV Sanskriti School:
Sanjay Nayyar:
davssgm@gmail.com
(713) 668-2610

Arya Samaj Library

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.

The winners are:

- 5-6 years: **Lakshya Yadav, Kavya Tomar, Ananya Chandak**
- 7-8 years: **Maaya Bindal, Arjun Kumar, Anjai Gupta**
- 9-10 years: **Arnav Sood, Vipaschit Nanda, Mahi Tomar**
- 11-12 years: **Anusha Sood, Nirali Vahalia, Sidhant Arora**
- 13+ years: **Jai Sehgal, Bhumika Kapur, Yash Bindal**



[Facebook](#)



[Website](#)

Congratulations to all the winners and the participants. We feel participation in this event itself made all the children the winners. For more pictures of the event click [here](#).



Jeevan Prabhat Readathon 2014

In 2005, Arya Samaj of Greater Houston started the **Jeevan Prabhat Readathon** to help raise funds for many of the children orphaned by the tsunami. The Readathon is unique to itself, and ever since its inception, it has been a way of not only uniting the children of Jeevan Prabhat and Arya Samaj but also uniting the members of the Arya Samaj Greater Houston community. The entire community comes together to give the kids at Jeevan Prabhat a better,

brighter future.

This year, the **DAVSS children raised \$12036**, including matching funds from our patrons **Ashutosh Garg, Ankur Sanghi, Sanjay Sood and Sushma Mahajan**. Top fundraisers were **Roma Nayyar, Shivam Nayyar** and **Anusha Sood**, raising a total of \$ 4120 between them. Our Star Readers were **Mahi Tomar, Vipashchit Nanda** and **Siddhant Arora** reading over 31000+ pages between them. In all, 17 of the participants raised more than \$100 each during the readathon. The Readathon kicks off on 14th of November (Children's Day and Chacha Nehru's birthday), and runs through Martin Luther King Day each year. It has achieved such success because of the tireless dedication and commitment of **Smt. Bharati Patil, Smt. Kiran Ahuja** and **Smt. Preeti Rana Tomar**, with unstinting support of ASGH stalwarts **Dev Mahajan ji** and **Shekhar Agrawal ji**.

For more pictures of the event click [here](#).

DAV Montessori School News

Thanks to all the students, parents, family, and friends, the DAV Montessori Book Fair was a big success!

The school sold close to \$4000 in books. As a result, the school was able to **raise almost \$2000 in books** for the classrooms!

In other news, **enrollment** for the up-coming school year is on-going for currently enrolled students. New student enrollment begins March 24. The school had a wait list for several of the classrooms last fall

so be sure to get your tour in now so that your are ready to enroll promptly!

The school accepts children from 2.5 years old through 3rd grade. The 2nd and 3rd grade classrooms teach public school curriculum while the other classes are Montessori.

Speak to Arti Khanna for more information:

davmontessori@gmail.com

(281) 759-3286

Health Watch by DAV Montessori Parents

Choking Hazards and Prevention

Choking is the **fifth** leading cause of death in children under the age of 5, but children of all ages can be at risk. Below are some tips for parents and educators in preventing dangerous outcomes.

1. Never leave children unattended while eating
2. Make sure the child is seated when eating; not walking or playing
3. Do not allow children to eat in the car while driving (you may not be able help them if they do choke and unpredictable bumps on the road may lodge the food in the trachea!)
4. Teach children to not laugh or talk when eating (this holds true for adults too)
5. Below are the most common choking items, but any food can potentially be a choking hazard.

Top Foods:

- nuts, especially peanuts
- grapes, blueberries
- popcorn

- hot dogs
- round candies (M&Ms, skittles, lemon drops)
- ice cubes
- peanut butter (which can clump at the roof of the mouth)
- baby carrots (raw)
- chewing gum

Top non-food items:

- coins, marbles, small balls
- Legos, toys with small parts
- pen, marker or bottle caps
- batteries
- earrings
- crayons
- balloons (deflated latex)

A rough estimation for the diameter of the windpipe is the diameter of the child's pinky finger. So please make your food choices wisely when feeding little ones.

Knowing what to do when a person is choking can be life saving. I recommend that all parents become familiar with the Heimlich maneuver for an infant and a child and attend a CPR course. The Junior League of Houston and the Red Cross offer free courses for caretakers and parents. Be safe!

Reena Vaid, MD
Pediatrician and Dermatologist

Copyright © 2014 Arya Samaj Greater Houston, All rights reserved.

You are receiving this email as a result of your association with the Arya Samaj Greater Houston or either of its DAV Schools.

Our mailing address is:
Arya Samaj Greater Houston
14375 Schiller Road
Houston, TX 77082