



येन कर्मण्यपसो मनीषिणो यज्ञे कृण्वन्ति विदथेषु धीराः ।
यदपूर्वं यक्षमन्तः प्रजानां तन्मे मनः शिवसङ्कल्पमस्तु ॥

Yena karmāṇyapaso manīṣiṇo yajñe kṛṇvanti vidatheṣu dhīrāḥ,
Yadapūrvam yakṣamantaḥ prajānāṃ tan-me manaḥ śiva-saṃkalpa-mastu.
Yajur-veda.34.2

Whereby the wise and talented ones perform their duties in assemblies and the active ones at community service ; which is the foremost motivating spirit embedded within all the creatures, may that mind of mine be always guided by the best of intentions.

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

Leap Into Faith this Leap Day 2016! Coming once every 4 years, February 29 is a special day surrounded by history and superstition. Last month saw the celebration of Maharshi Dayanand Anniversary and this month brings us Holi!

Acharya Surya Nandaji will be discussing Gita Chapter 13 in the Pravachan of Sunday Satsang in the first half of March. He will then move to the basic tenets of Hinduism in the later half to clear up basic misconceptions many of us may have. He encourages your requests of topics to be explored. Reach out to him with suggestions.

What's Happening:

Sunday Pravachans continue on 13th chapter of Gita.

Holi Celebration: March 20

DAV Montessori School:

Enrollment for 2016-2017 school year begins - March 1

DAV Sanskriti School:

Mid Semester Testing - March 6

In the Community:

Presentation on "Patanjali Meditation for Holistic Stress-Free Living" in the Conference on Medicine and Religion, Hyatt Hotel, The Galleria, Mar 4-6, by Dr. Harish Chandra.

Holi Celebrations

We would like to invite all to celebrate **Holi** at Arya Samaj of Greater Houston on Sunday, March 20, from 10 am to 12:30 pm. Program start with regular satsang and short pravachan, followed by special prasad for Holi and playing holi. Play and enjoy with dry colors only, which will be available at Arya Samaj. Water and other colors are not allowed.

DAV Montessori School:

Enrollment for the 2016-2017 school year begins March 1 for new students.

In past news, thank you to all who bought books at the book fair and who volunteered their time. Total sales were around \$3500. We got 10% cash back and 25% in books, which we used to buy all the books from the teachers wish boxes for their class.

DAV Sanskriti School



On February 14 DAVSS celebrated Maharshi Dayanand's Birth Anniversary with a contest among all students, aged 5 years and above. Two contests were to recite the 10 principles of Arya Samaj in Hindi and the names of the books authored by Maharshi Dayanand Saraswati. Born on 12th Feb 1825, Maharshi Dayanand Saraswati, he was a Hindu religious leader who founded the Arya Samaj, a Hindu reform movement of the Vedic tradition.

34 students participated in each contest. Most of them recited 10 principles and names of 19 books written by Swami Dayanand Saraswati. The children excelled in using complex Hindi words and remembering so much detail. Three winners each in of the 2 age groups of both competitions were awarded gift cards.

We humbly thank Dr. Harish Chandra ji, Dr. Bhushan Verma ji, Mrs. Vibha Agarwal ji and the Sh. Dev Mahajan ji for judging the competition.

Praan: Involuntary Forces

- Acharya Dr. Harish Chandra, Ved-Ratna

Body & Mind are two magnificent instruments with us. They work during the day and are tired at night when we must go to bed. Their tiredness is dissipated during sleep and we

wake up refresh. However, certain functions continue during the sleep too, such as breathing, blood circulation due to the pumping heart, etc. as they are involuntary in nature. Indeed they work every moment non-stop and if they stop even for a moment then we must be rushed to a hospital. Such forces have a term in the Vedas, called **Praan**. **Praan** is a name for God too because it is She who ensures that these forces are at work as long as we are alive. Indeed, **Praan** is synonym with the life force. Thus She ensures that our life sustains, having brought us into the world. It is utmost important for us to thank Her and express our gratitude for the opportunity called life. Arya Samaj attempts to educate people in this direction that improves quality of life for every human being. It is as basic as a child's proximity to his mother for his well being. A child without access to his mother is a pitiable life. So is true with us if we don't care to know the origin of life and its sustainability in terms of **Praan**.

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.

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DAV Sanskriti School:

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Regular Activities:

Tuesday: 6.00pm - 8.00pm

Sanskrit and Gita classes

Wednesday: 6.00pm - 7.00pm

Patanjali Meditation

Thursday: 6.00pm - 8.00pm

Beginner Sanskrit and Yoga Darshan 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

Listen to Acharya ji's Sunday [Pravachan](#) For more information about Sunday satsang and yajmans please [Click here](#).

To become yajman please contact [Payal Talwar](#) or Acharya Surya Nanda ji.



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