



यत्प्रज्ञानमुत चेतो धृतिश्च यज्ज्योतिरन्तरमृतं प्रजासु ।  
यस्मान्न ऋते किञ्चन कर्म क्रियते तन्मे मनः शिवसंकल्पमस्तु ॥

**Yat prajñāna-muta cheto dhṛtiścha  
yajjyoti-rantara-mṛtaṃ prajāsu.  
Yasmāna ṛte kiṃ chana karma kriyate  
tan-me manaḥ śiva-saṃkalpa-mastu.**

**Yajur-veda 34.3**

**The mind, which is the knowledge, the awakening as well as the resolution, and which the immortal light embedded within all the creatures; without which no action whatsoever is performed, may that mind of mine be always guided by the best of intentions.**

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

April is a key month in the history of Arya Samaj. Maharishi Dayanand Saraswati formally established Arya Samaj in Mumbai on April 7, 1875 with the purpose of moving the Hindu dharma away from fictitious beliefs and back to the teaching of the Vedas.

With the growth and life that April and spring bring, this is the perfect time to re-new your connection with your faith.

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### **What's Happening:**

**Sunday Pravachans continue with special topics**

**DAV Montessori School:**

St. Jude's Fundraiser: April 8

**DAV Sanskriti School:**

Exams: April 3

Graduation: May 15

**In the Community:**

A lecture on "A Spiritual Perspective on Hinduism" at U.H.: April 7

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### **Holi Celebrations**

Holi celebrations brought laughter and joy to young and old as only Holi and Spring can! Holi is just not to play and throw colors but to communicate and spread message of humanity, love

and peace around.

Arya Samaj Greater Houston and DAV Sanskriti School family celebrated Holi with lots of best wishes for all of you and shared delicious sweets and treats under one roof.



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### **DAV Montessori School:**

Enrollment for the 2016-2017 school year continues for new students.

<http://davmschool.com/>

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### **DAV Sanskriti School**





March concluded perfectly with a fun-filled picnic with the DAVSS families enjoying the Spring weather!

Re-enrollment for 2016-2017 has begun. Late re-enrollment begins May 9 so **register early to avoid late fees!**

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## **Validation for Soul**

**- Acharya Dr. Harish Chandra, Ved-Ratna**

The framework of Body Mind & Soul hinges upon the concept of soul. The body is visible to all. When one is disconnected from surroundings by calming all the five senses then a chain of thoughts appear. Our mind is at work. But how can we know about the soul. Vedic philosophy says that matter does not exhibit consciousness and it must be the attribute of a tiny soul within us. Is it a mere speculation or can it be proven beyond any doubt. The proof lies in practices of meditation covered by the Sage Patanjali in his classic Yoga-Darshanam. When one is deep in meditation that body and mind are absolutely calm then the awareness that continues to persist is the soul, called Self-Realization. In other words, Patanjali Yoga Meditation practices validate existence of soul.

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## **Arya Samaj in the Community**

Our very own Acharya Harishji has been busy delivering the message of Hinduism around the city of Houston.

On March 5, Acharya Harishji presented the philosophy of Patanjali Meditation and how it is one step beyond prevailing Mindfulness Meditation and has potential to rid the body and mind

of several illnesses. The Conference on Medicine and Religion is an annual meet organized by prominent academic and health institutions. The 2016 conference took place at JW Marriott Hotel, The Galleria, Houston, on March 4-6, 2016, bringing together about 250 people from North America.

A 9th grade Post Oak High School student wanting to learn more about Eastern traditions, researched and subsequently invited Acharya Harishji and Dr. Sarath Menon (U.H.) to the school. Both our Acharyaji and Dr. Menon jointly delivered "Hinduism Perspective on Health and Wellness" to an audience of 12 eager high school students and their teacher. Post Oak High School is a premier private Montessori school in the heart of Houston.

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## **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](mailto:aryasamaj@gmail.com).

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### **Contacts:**

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#### **DAV Montessori School:**

Arti Khanna: [davmontessori@gmail.com](mailto:davmontessori@gmail.com);

281-759-3286

#### **DAV Sanskriti School:**

Dr. Kavita Vachaknavi or Sanjay Nayyar;

[davssgm@gmail.com](mailto:davssgm@gmail.com); 832-874-3376

### **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.

*Editor of Newsletter: Poonam Agarwal*

***We are pleased to announce our newsletter's wonderful editor has just been blessed with the birth of a baby girl!***



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