



यन्मनसा न मनुते येनाहुर्मनो मतम् । तदेव ब्रह्म त्वं विद्धि नेदं यदिदमुपासते ॥

Yan-manasā na manute yenāhur-mano matam,  
tadeva brahma tvam viddhi nedam yadidamupāsate.

Kena Upanishad.1.1.6

That which cannot be apprehended by the mind, but by which, the mind is apprehended—That alone know as God and not that which people here worship.



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

### What's Happening:

- May 6<sup>th</sup>: Arya Samaj Houston is gifting all our teachers and volunteers a visit to the 'Peacock in the Desert' exhibition.
- May 6<sup>th</sup>: DAV Sanskriti School End Term Test
- DAVS School Graduation Day - May 13

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

### Ponder This

One should not be content with one's own welfare alone but should count the progress of all as one's own.

-Maharshi Dayanand in the Ninth Principle of Arya Samaj

### Volunteer Appreciation Gala Evening

To show gratitude towards the dedication and hard work of volunteers running the Sanskriti School/ Arya Samaj every Sunday throughout the year, "Volunteer Appreciation Gala" Dinner was a big treat organized on April 21 by the Sanskriti School and ASGH. Dev Mahajan Ji and Dr. Kavita Vachaknavee addressed and thanked all volunteers and appreciate their hard time and devotion for the society and for the development of the children. DAV Sanskriti School organized a special fun time for all the volunteers with some musical and table games. It was a special treat for all the volunteers and their spouse.



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### AYM Car wash at Aryasamaj







### DAVS School

It's really hard to believe that the month of April is about to be over and the session 2017-18 will end in a couple of weeks.

Past months saw a lot of new accomplishments; new ideas took shape for the school and we continue to strive to serve our kids and respected teachers and volunteers in a better manner in the new session of 2018-19.

The month of April started with the celebration of Arya Samaj Sthapana Divas on 7<sup>th</sup> and 8<sup>th</sup>.

- On 7<sup>th</sup> a health fair had been conducted with 5k walk early morning, blood donation camp, and free medical checkup by renowned doctors in the campus itself.
- On 8<sup>th</sup> DAV Sanskriti School children presented "Maharshi Geet" written by our school Director Dr. Kavita Vachaknavee. Students of Dance elective team also presented dance performance on Maharshi Bhajan "naman hai baaram baar.. unka rini hai ye sansaar". There was also a wonderful singing performance by the students of the classical singing elective in hall plus outside when the aaryasamaj flag was hoisted.



The whole ambience of school hall was spellbound with the name of Maharshi Dayanand, the founder of the vibrant movement known as Arya Samaj worldwide.

**Annual Picture Day:** As the weeks are passing and we are closer to the end, capturing memories and year to year changes in your child could be treasure for a lifetime and will always be meaningful to students and parents. DAV Sanskriti School announced its first Annual Picture Day of 2017-18 on April 15<sup>th</sup>. Each class and elective group was captured in camera with their respective subject teachers and volunteers. It was mesmerizing to experience our group of teachers and volunteers who are the strong pillars of DAV Sanskriti School Family, in one portrait with school Director Dr. Kavita Vachaknavee and Acharya Dr. Harish Chandra Ji.





End-of-the -Y ear Joint Havan: End-of-the-Year Havan of the current year, under the guidance of Acharya Dr. Harish Chandra-Ji was held 29<sup>th</sup> April. Special message of blessings was imparted to the Age 13 students, suggesting them to stay connected with Arya Samaj via the AYM (Arya Youth Mandal). All the children, teachers and parents participated.



**Re-enrollments and New Admission:** Re-enrollment and new admissions for 2018-19 exceeded all the previous expectations. There are two more weeks until 13<sup>th</sup> May, the Annual Day of the Sanskriti School, for the current momentum of new enrollments to continue. The entire process has been made seamlessly easier for parents, thanks to the untiring efforts of our new volunteer, Mridul-ji.

**New Elective of Mixed Media Art in 2018-19:** The last session of Mixed Media Art class, a special elective, was held 29<sup>th</sup> April. On popular demand from the children and their parents, Ambica Agrawal-ji, has agreed to offer it as a regular elective from the next session 2018-19.





#### Thing to Do:

New enrollments and Re-enrollments continue for the school academic year 2018-19.

The enrollment/re-enrollment fee:

DAVSS/AYM - \$500 / annually

Pre-Sanskriti - \$300 /annually

Please make the best use of this opportunity and enroll your kids as early as possible for the next academic year.

#### More Attractions:

- More special electives being introduced next year to enhance your child's potential creativity, without any extra fee
- Special electives 6-week batches will be available from 12:30-1:30 pm
- A compulsory meditation training will be a part of kids' spiritual and stress-free learning.
- Special sessions of Vedic philosophy and Meditation available for the teachers and staff in the school hours.
- An additional opportunity of Public Speaking for students.
- Enhanced security measures are being implemented to provide your child more secured atmosphere.
- A multi-classroom central audio system has been installed.
- Teachers and volunteers trained in CPR.
- An equal opportunity to every child to perform and showcase in public without any extra fee.
- An amazing opportunity for parents and families to learn and perform on Indian festivals and special events.

#### A New Important Step

Counselling for Children Behavior: Soon to start a behavior counselling service in the year 2018-19 for children at our DAVSS premises. Our counselor will be Vinod Kumar Arora Ji, Chemical Engineer from IIT Delhi, running his own

consultancy firm by the name of KPI. He has volunteered in past in Juveniles Correction Center counselling many children having behavioral issues. He will be available on appointment basis only. Parents can book an appointment at school's office from the next academic session.

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### DAV Sanskriti School New Enrollments & Re- Enrollments

Registration for the academic year 2018-2019 will begin [from April 1st](#) for all the existing children, new children, AKM children and Pre-Sanskriti children. Early registration discount \$50 will be open [before May 1st](#).

School will be happy to tour and answer queries during school hours. Please feel free to contact @ [832 874 3376](tel:8328743376) for more details or send an email to [davssgm@gmail.com](mailto:davssgm@gmail.com)

DAV SANSKRITI SCHOOL GRADUATION DAY/ CONCLUDING EVENT OF THE SCHOOL 2017-2018 – [MAY 13TH](#)

DAV SANSKRITI SCHOOL TERM END TEST- [MAY 6TH](#)

YOUR CHILD SECURITY IN OUR HAND: CONTINUOUS MONITORING THROUGH CLASS ATTENDANCE AND SECURED LOCKED MAIN DOORS PROVIDE SECURE ATMOSPHERE FOR YOUR CHILD.

DAV Sanskriti School believes in working closely with the children and for the children in more conducive environment. Its just not a one-day school for your child, but it's a learning day impacting their future life.

Website: <http://www.davss.org/>

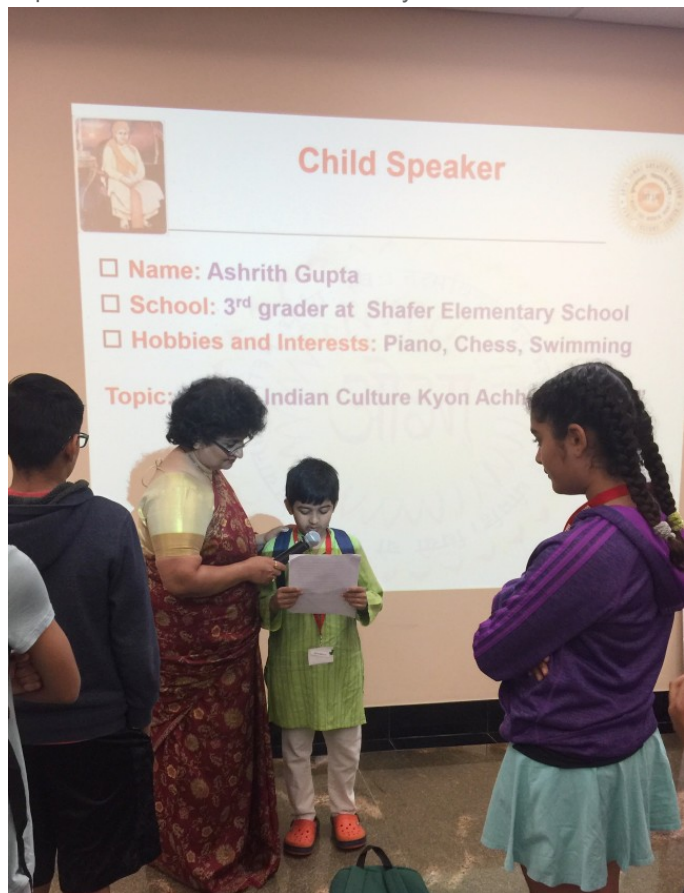
Facebook: <https://www.facebook.com/SanskritiUSA/>

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### Child Speakers

Ashrith Gupta : 3rd grader

Topic: "I like Indian Culture and Why"



Lakshya Gupta : 8th grader



Topic: " Good Karma, Bad Karma"



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Memorial Service

# In loving Memory

Please join us for a prayer memorial service honoring

**SMILEY WADHWA**



**Place:** Sikh Center Gurdwara of Houston  
8819 Prairie Drive  
Houston, TX 77064

**Date:** Saturday, May 5<sup>th</sup>, 2018

**Time:** 10:00am – 12:30pm

*Grief is like the ocean, it comes in waves ebbing and flowing. Sometimes the water is calm, and sometimes it's overwhelming. All we can do is learn to swim. -Vickie Harrison*

Contact Info: Manjeet S.Wadhwa at (832) 693-4686

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## Niyama : Duties to Self - Contentment

Second limb of Ashtanga Yoga is Niyama. Certain principles are personal, not quite affecting others. One must incorporate them in daily life to get started on the path of Patanjali Yoga Meditation. Patanjali lists five injunctions under this head: Shaucha, Santosha, Tapa, Svadhyay and Ishvara-Pranidhana (Cleanliness, Contentment, Penance or Austerity, Self-Study and Surrender to Ishvara).

Contentment is to feel good in whatever state you are. There is no point in grumbling and blaming others or the circumstances. This is a state of mind to genuinely feel "I am fine" even in adverse conditions. Somebody may see a shade of escapism in feeling good even when adversity lies ahead. Contentment should not be misunderstood as 'doing nothing' because the very next third element of Niyama is penance or austerity (Tapas) that requires one to move forward and change your circumstances. The layperson may find it confusing to strike the balance between contentment and Tapas. In his view, if one is contented then what is there to move forward. This is where contentment needs to be understood better. It is the state of mind that "I am genuinely fine" whatever be the circumstances. This is quite challenging to achieve your mental balance which is the most powerful ingredient to improve your circumstances. If there is discontent in mind then you are less likely to deliver to your fullest potentials.

So, contentment is not an escapist's route to inaction. Rather, it is a strategy to garner the fullest intrinsic strength to make further progress on a very difficult journey, namely, to tame your mind. Patanjali makes a powerful statement in this context. He says that contentment leads to happiness that is unsurpassable (Yoga II.42). There can be no denial that everybody's efforts are directed to gain happiness. By saying that contentment brings happiness of the highest echelon, Patanjali has demolished a common myth that happiness is obtained from material objects. No; he says in the clearest terms that the dipoles of happiness and sorrow (Sukha and Duhkha) are associated with mind, particularly due to dominance of Sattva and Rajas, respectively. The objective of Yoga is to rise above the turbulence of mind and reach an equipoise of mind represented by contentment, so that the Yogi can embark on the journey of "cessation of mental fluctuations" to gain Self-Realization. Contentment is a necessary first step in the journey of Yoga. A discontented person cannot even start the journey.



There is a practical importance of being contented in the present age of excessive consumerism when the hallmark of happiness is wrongly equated with the ownership of material things. There is a need to teach our children that just like money can buy books but not knowledge, it can buy things but not happiness. So, money does not translate directly into happiness and neither the ownership of material objects leads to happiness. Being truly the owner of your mind can bring happiness, and that is the true meaning of being contented.

- Acharya Dr . Harish Chandra, V ed-Ratna

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

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

### Contacts:

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#### DAV Montessori School:

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#### DAV Sanskriti School:

Dr. Kavita Vachaknavee or Sanjay Nayyar

davssgm@gmail.com; 832-874-3376

#### Newsletter Editors:

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](mailto:aryasamaj@gmail.com).



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