



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,

WISHING YOU ALL A VERY HAPPY INDIAN VEDIC NEW YEAR

Good bye winter! Welcome flowers, new leaves, fresh breeze, sunshine and proceeding to warm weather .

### What's Happening:

- ASGH 27th Foundation Day Celebrations April 7th - April 8th
  - Arya Samaj Greater Houston Health Fair – [April 7<sup>th</sup>](#)
  - Arya Samaj Greater Houston Sthapana Divas Cultural Program – [April 8<sup>th</sup>](#)
- Jaya Row's Lecture on April 22nd
- 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

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### **ASGH 27th Foundation Day Celebrations April 7 - April 8**

Click on this image to go to Registration Page for the Health Fair.



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# Arya Samaj Greater Houston Celebrates 27<sup>th</sup> Anniversary

Saturday, April 7<sup>th</sup> & Sunday, April 8<sup>th</sup>, 2018



## HEALTH FAIR

**Saturday, April 7<sup>th</sup>, 07:00 am – 01:00 pm**

- 6:30 - 10:30 am** Registration for Health Fair  
**7:00 am** 5K walk by the Lake  
(*\$10 per person*)
- 8:00 - 9:30 am** Yoga for Health & Strength  
**8:00 - 10:30 am** Blood Testing  
(\*Come fasting, breakfast served)
- ▶ Blood Testing – CBC, CMP, Lipid Panel, Hemo/A1C (*\$25 per person*)
  - ▶ EKG Testing with cardiologist consultation (*\$10 per person*)
  - ▶ **Online Pre-registration encouraged!** visit [www.aryasamajhouston.org/healthfair](http://www.aryasamajhouston.org/healthfair)
- 9:30 - 11:30 am** Public Health Awareness Lectures
- Cardiac Health, Diabetes, Nutrition by Dr. Ramesh Patel
  - Cancer Prevention and Early Detection by Dr. Ronjay Rakkhit
  - Life after 50 – Mind & Body Relationship by Dr. Ashok Jain
  - Bone Marrow & Organ Donation by Ms. Gayatri Kapoor
- 11:30 - 1:00 pm** Ask the Doctor: 1-on-1 Health Consultations  
(*Limited slots, please prioritize your visit*)
- Dr. Rahul Prakash • Dr. Namita Tuli • Dr. Ajay Jain  
Dr. Ashok Jain • Dr. Balakrishna Prabhakar  
Dr. Paresh Patel • Dr. Rajendra Pandya  
Dr. Ramesh Krishnan • Dr. Ramesh Patel  
Dr. Nitin Mahajan • Dr. Rajeev Goswami  
Dr. Rammanohara Pai • Dr. Sangeeta Saikia**
- 1:00 pm** Lunch

**Register Online for Blood testing, 5K Walk and more!**

Visit [www.aryasamajhouston.org](http://www.aryasamajhouston.org)

## ASGH Sthapana Diwas

**Sunday, April 8<sup>th</sup>  
08:00 am – 12 Noon**

- 08:00- 9:30 am** Yoga for obesity  
**09:45 am** OM Flag Hoisting  
**10:00 am** Yajna Begins  
**10:35 am** Yajyaroop  
**10:40 am** Pravachan  
**11:25 am** DAV Schools Cultural Items  
**11:50 am** ASGH Presentation  
**12:05 pm** Announcements, Aarti, Shantipath  
**12:15 pm** Lunch

**Registration Online visit**

[www.aryasamajhouston.org/healthfair](http://www.aryasamajhouston.org/healthfair)

### PAYMENT METHODS

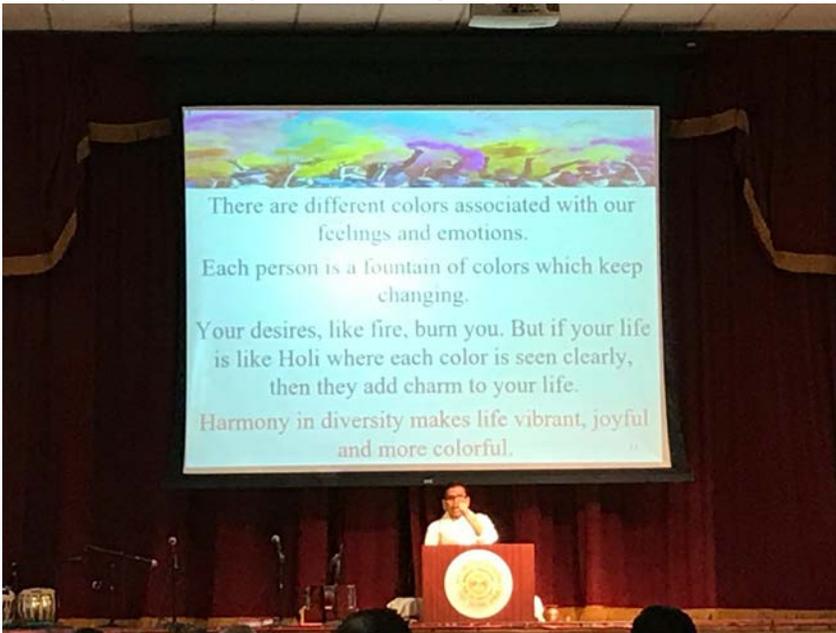
Online Registrations: Credit Card Only

Onsite Registration: Cash, Check, Credit Cards

14375 Schiller Road, Houston, TX 77082 Tel.: 281-752-0100, 281-759-3286 Email: [aryasamaj@gmail.com](mailto:aryasamaj@gmail.com)



DAV Sanskriti School of Arya Samaj Greater Houston celebrated Holi (Vasantotsav, Phalgun Poornima, and Nav Shasyeshti) on Sunday March 4<sup>th</sup> and greet over 400 folks with open heart and with lots of colors.



Holi program started with Acharya Harish Chandra Ji's Enlightening message addressed to the crowd about the real fact behind celebrating Holi and the meaning of the word HOLI "Ho-Li" ( whatever had happened it's all done, let's begin with new). That was indeed a knowledgeable talk for the kids as well as for the crowd who were present at that time.



Holi Madhur Millan started with Holi Fire at Yajnya Shala, cultural performances/Dance by kids, parents and volunteers of DAVSS of all ages from 5 to 50 years in full spirit and enthuse of Hindu's most beautiful festival of HOLI. Faces in colors, wishes from heart and the whole atmosphere was rhyming on the beats of Dhol.



Mouthwatering food served hot (bhature just coming out of Kadhai, on the spot!) and delicious Thandai added the essence of love and togetherness around. Definitely this Holi will stay in memories for a long time.





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### Jaya Row's V edanta Lectures

ASGH will host Vendata Scholar Smt. Jaya Row's Vedanta 3 lectures starting Sunday, April 22nd. Please follow this link for more information about the timings and location

<http://pr2.netcoresmartech.com/vedantavision/vm.php...>

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### DAVS School

March 18<sup>th</sup> Indian Vedic New Year Calendar 1<sup>st</sup> day and DAV Sanskriti School organized a surprise quiz day for DAV kids from age 4 to 13 yrs. Quiz questions was based on Maharshi Dayanand's Contest held in February in the school itself and also from the treasure of INDIA. Some family relation-based questions were also asked and name them in Hindi was the fun section among all.

Children participation, and enthusiasm in winning the contest and competition within different age groups, was an example of "Learn in Fun and Conducive environment".

At the end of the day and to celebrate Vedic New year DAV Sanskrit School arranged "POPSICLE PARTY" at the end.



DAV Sanskriti School support team is working together with the teachers and continuously vigilant about healthy learning atmosphere in the classroom.

Adding another exciting way of learning which will be more effective and with the involvement of children in classroom is by working on “PBL” (PROJECT BASED LEARNING). Teachers got trained in terms of PBL method and the ways to follow.

Every month DAV Sanskriti School Teachers and Volunteers meet with curriculum head in order to discuss new implementation and improvisation required time to time in engaging children in classroom in a more effective and efficient manner.

#### MORE ATTRACTIONS

- Special Elective – After School – Mixed Media Art Class

After the success of 'Basic Drawing and Sketching' 6-week class, DAV Sanskriti School brings back new 6-week “Mixed Media Art” special elective classes after school [12:30-1:30 pm](#) in the school premises. This will include more than one medium of an artwork like acrylics, watercolors, markers, pastels in creating a painted work. This special elective offer is for DAVSS kids only .



- A compulsory meditation training

Every class each week get opportunity to sit, listen and to learn the benefits and process of meditation from Acharya Harish Chandra Ji, in an addition of children spiritual learning and stress-free healthy education life.

- Vedic Philosophy and Meditation for Adults

Special sessions for Vedic Philosophy and Mediation is also available for the Teachers and the Staff members during school hours [from 10:45](#) onwards by Acharya Harish Chandra Ji, only in the school premises.

This group moves to Room 15 for a group meditation, [11:30-11:50 am](#). Learn to bust away stress in a simple manner, and lead a more healthy and fulfilling life.

### 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 MOINTORING THROUGH CLASS ATTANDANCE 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/>

### Child Speakers

Dhruv Thacker

Topic: Holi  
Aryan Arora  
Topic: Responsibility

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### DAV Montessori School

The students at D.A.V had a great start to the year! After a needed winter break, students and teachers were ready to get back to the learning experience.



A look back reveals so many wonderful, enriching moments for both the students and staff. The school continues to offer a blend of cultural celebrations – Republic Day of India in January, followed by Go Texans Day in March.



In between the cultural celebrations, students had a chance to share what they learned during a school Science Fair. Later, students and parents alike participated in a week-long Language and Book Fair, ending with a wonderful Family Night, where the preschoolers showcased the various states of India and the Elementary students put on an entertaining play for all.



The school also expanded the extracurricular offering to students, launching an after school soccer clinic and science lab. This is in addition to the ongoing offering of Bollywood dance, creative writing, chess and Lego League. And art – our school had numerous commended art pieces at the prestigious Houston Livestock Show and Rodeo school art contest.



Last, but definitely, not least was the ongoing success of our school itself. 16 students participated in the local Private School Interscholastic Association (PSIA) competition, with 10 students receiving an award. In fact, three of our students will be participating in the state PSIA competition later this year!



D.A.V.M. is offering enrollment for the summer and next academic year. Interested parents, please visit us at <http://davmschool.com/> for more information.

### **Niyama : Duties to Self - Cleanliness**

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

Cleanliness is an undisputed must to keep your body and mind in natural balance. The unwanted stuff must be thrown out of the body, from its outer periphery and from within, too. Water is the best cleansing agent. Many people are aware of importance of washing the mouth and body. But drinking sufficient water does not obtain proper attention. An adult must drink minimum two liters of water every day, about 8 glasses. Some people drink many beverages and water consumption becomes a casualty. It should be realized that any liquid other than water may deposit toxins in the body. Water is the only substance capable of flushing out toxins from the body. So, there can never be any substitute for water. If you feel like drinking a beverage then precede it with a glass of water. In other words, first drink a glass of water and then anything else.

Water becomes a casualty again when we misinterpret the body signals. Sometimes we go for a snack thinking that the body needs food. But try to go for a glass of water in such instances. If the body demand persists then go ahead for the snack. Most likely, the body signal was for a glass of water but you misinterpreted as food.

Cleanliness in the surroundings is also important, particularly in the corner that you have selected for meditation practice. There should not be clutter in that area. A general approach of being a minimalist in life is a safe path to success in meditation.

- 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:**

[Acharya Surya Nanda:](#)

snnanda68@gmail.com;

281-752-0100 / 832-867-4126

[Acharya Harish Chandra:](#)

#### **Regular Activities:**

[Tuesday:](#) 5:30pm - 8:00pm

Sanskrit and Vedas classes

[Wednesday:](#) 11.00am - 11.40 am

Gayatri Meditation

[Thursday:](#) 7:00pm - 8.00pm

harish\_divs@yahoo.com; 832-874-3248

[DAV Montessori School:](#)

Arti Khanna: davmontessori@gmail.com

281-759-3286

[DAV Sanskriti School:](#)

Dr. Kavita Vachaknavee or Sanjay Nayyar

davssgm@gmail.com; 832-874-3376

[Newsletter Editors:](#)

Poonam Agarwal

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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