



Gayatri Gyan Kendra of Long Island

Newspaper Editors: Hannah Patel, Priyanka Mehta, Shimona Agarwal and Jeevan Ramesh

Lighting Up the World with Diwali

by Priyanka Mehta

Diwali

Celebrated in India,
Festival of lights.
Making the fire-
works,
O what a beautiful
sight!

The holidays are
coming,
Time to get ready.
Buying new clothes,
Pouring down confet-
ti!

Going to my friends'
house,
Eating many sweets.
Filling up my stom-
ach,
That is an awesome
treat!

Diwali is celebrated,
In many different
ways.
North India cele-
brates,
For four whole days!

Diwali is all,
Full of love.
Truthfully it is,
Beyond and above!!

By: Shreya Sriram-
Culture Group 4

Diwali, or Dipawali, is India's biggest and most important holiday of the year. The festival gets its name from the row of clay lamps that Indians light outside their homes to symbolize the inner light that protects us from spiritual darkness. This festival is as important to Hindus as the Christmas holiday is to Christians. Indians celebrate Diwali with family gatherings, glittering clay lamps, festive fireworks, strings of electric lights, bonfires, flowers, sharing of sweets, and worship to Lakshmi. Some believe that Lakshmi wanders the Earth looking for homes where she will be welcomed. People open



Lamps are used to decorate houses.

their doors and windows and light lamps to invite Lakshmi in.

There are 5 days of Diwali.

Day 1: On the first day of Diwali, housewives consider it auspicious to spring clean the home and shop for gold or kitchen utensils.

Day 2: On the second day,

people decorate their homes with clay lamps or diyas and create design patterns called rangoli on the floor using colored powders or sand.

Day 3: This is the main day of the festival when families gather together for Lakshmi puja, a prayer to Goddess Lakshmi followed by mouth-watering feasts and firework festivities.

Day 4: This is the first day of the new year when friends and relatives visit with gifts and best wishes for the season.

Day 5: On the last day of Diwali, brothers visit their married sisters who welcome them with love and a lavish meal.



We celebrated Diwali at GGKLI with great enthusiasm. We all dressed up in Indian outfits, watched a short video on Diwali and the play called "Ram Rajyabhisak Celebration" performed by Group 3, under the guidance of Mafatbhai Patel. Most inspiring was Raja Ram's speech on the Golden rules that everyone should follow so that heavenly atmosphere can be created on this planet. After that Jalaj Mehta presented his Power point presentation on Diwali which was full of information. Last but not the least, everyone received the parsad and happily greeted their family and friends .
By Hannah Patel

Health Column

Eat breakfast every day--- Eating breakfast is important for both kids and parents. It will provide you lots of energy to start your day. It is the MOST important meal of the day!

By: Dr. Nita Mehta

Sleep

Sleep is a necessary part of everyone's day! The average teen gets around 6 hours of sleep a night, how ever studies show teenagers need at least 8 - 9 hours per day as it is vital to their health. Children from the ages of 7-12 should at least get 10-11 hours a night. A good nights rest can brighten your day and sharpen your brain so keep these facts in mind!

By: Hannah Patel

Water:

Drink 10-14 ounces of water before you brush your teeth in the morning from a copper pot to stay healthy.



Navaratri – Festival of Nine Days

What is Diwali?

Navaratri is an important festival because it shows that good always conquers over evil. Navaratri lasts for nine days and night; “nava” means nine and “ratri” means nights.

For each of the nine days, nine different goddesses are worshipped. The nine forms of the Goddess Devi are Durga, Bhairavi, Amba, Bhadrakali, Sarvamangala, Bhavani, Lalita, Chandika, and finally Annapurna. This practice of praying to the nine different forms of Devi can be traced back to Ramayana. It is said that Rama had prayed for nine days to the nine forms of Devi before he gained enough power to kill Ravana. This tenth day is called Vijayadashmi, meaning day of victory, or Dussehera.

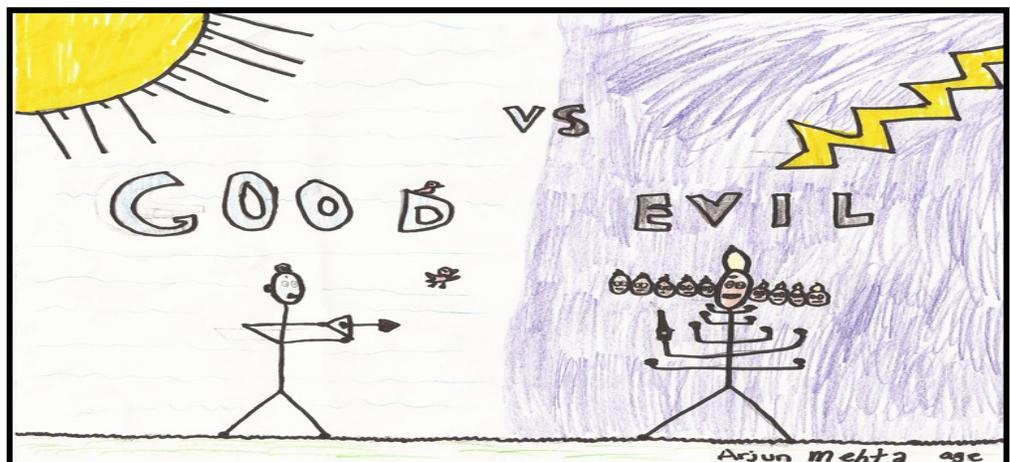
Navaratri is the time specially meant for worshipping the Goddess who is the mother to everybody, girls are worshipped and treated themselves as Goddesses. On the eighth or ninth day Kanya Puja is performed. That is when people worship nine girls to represent each aspect of Devi. To show their respect many people touch, or even wash, the feet of nine girls, and offer them food.

How we celebrated Diwali at GGKLI?

At GGKLI, we celebrated Navaratri in many ways. We started off the morning with pujas and artis for the Laxshmi Goddess, As one of the students, I myself can say that after praying, I felt good on the inside and that is one of the most rewarding feelings a person could get. I could also tell that the other students were experiencing this because as their eyes were closed and their hands together; I saw that the way they sat become more straight and relaxed. There was a peaceful silence in the air and those few minutes were unforgettable.

Fifth grader, Shriya Bansal said, “ Navaratri day seemed to be a happy day” and she couldn’t help but feel “enthusiastic.” The reason being that afterwards we celebrated by dancing traditional dances, such as Garba and Dandiya. This day especially made the children “Feel more connected with their culture, which is the reason why GGKLI does these celebrations” says Jahnvi Arora, an eighth grader Once it was time to leave, prasad was handed out to all the kids. Celebrating Navaratri not only taught children more about their culture, but it also fostered community spirit among everyone.

-by Shimona Agarwal



“A positive attitude equals positive results”

God

I would never be
the person I was
today,
If not for God
I was once blind.
Blind to the light...
Light of reform
Light of guidance
Light of strength
I see the power of
reform
I recognize the
power of this force
of God
In God I find every-
thing I truly need
With out him
life is
Meaningless
Insignificant
I am who I am
today by the
power of God.
- By Hannah Patel

RISHI CHINTAN

"चरित्र और धन

सच्चरित्रता अपने में एक महान संपदा है। महापुरुषों के पास सबसे बड़ी पूँजी उनके चरित्र की ही होती है, जिसके सहारे वे निरंतर अपने प्रगति पथ पर बढ़ते जाते हैं। चरित्र की महत्ता धन संपदा से कहीं अधिक बढ़कर है। महाभारतकार ने भी लिखा है-

'वृत्तं यत्नेन संरक्षेत् वित्तमेति च याति च।

अक्षीणो वित्ततः क्षीणो वृत्तस्तु हतो हतः॥

'चरित्र की यत्नपूर्वक रक्षा करनी चाहिए धन तो आता-जाता रहता है, धन से हीन व्यक्ति हीन नहीं होता, किंतु चरित्र नष्ट हो जाने पर पूर्णतया नष्ट हो जाता है।'

जिसने धन के लोभ में चरित्र खोया अथवा चरित्र खोकर धन कमाया उसने मानो अनर्थ कमाया है। चरित्रहीन व्यक्ति का संसार में कहीं भी आदर नहीं होता, भले ही वह कितना ही धनी-मानी बन गया हो, इसके विपरीत चरित्रवान् व्यक्ति अभावग्रस्त स्थिति में भी सर्वत्र सम्मान की दृष्टि से देखा जाता है।

धनी का आदर तो लोग स्वार्थ वश करते हैं। स्वार्थ निकल जाने पर अथवा आशा न रहने पर स्वार्थी व्यक्ति तक उस धनवान् का आदर करना छोड़ देते हैं जिसके

THOUGHT OF THE DAY

"Character and Wealth

The integrity is a great asset in itself. Great men possess the only wealth in the form of their character with its support they continue to proceed on their path of progress. Value of character is far greater than the value of monetary funds. Author of the Mahabharata also wrote :

"One should protect the character with great efforts, as money is transient, comes and goes, loser of money is not inferior, but the person, whose character is destroyed, he himself is entirely destroyed."

Those who lost character in the greed for money or those who earned money but lost character, have actually acquired wealth through sin only. A man of loose character is nowhere respected in spite of his wealth, on the other hand, a man of good moral character is respected everywhere even if financially poor.

-Pandit Shrram Sharma Acharya

Shanti Fund Event

Namaste all, on Saturday , Sept. 28, 2013 students from GGKLI participated at this years Shanti Fund in Hauppauge. This year the program revolved around a theme of peace and harmony, and focused on Mahatma Gandhi's teachings, life, and views. The program consisted of several schools across Long Island giving presentations about how their school incorporated the theme of peace by having their very own peace day celebrations. Some schools used artwork, walks, "pass it on" type cards and many, many more things to infuse the idea of peace and harmony in there

schools. The program started off with a quick yoga session followed by a walk around programs building. The presentations the students conducted were outstanding whether it was song sung or a skit performed. Our very own GGKLI School contributed to the program as well. Students from GGKLI each presented a quote concerning Mahatma Gandhi's message of Peace and Harmony, with a few words explaining what the quote meant to them. The students did a great job and you could really tell that they understood the message of the quote and really took something from the experience. The following students presented the

quotes for Peace and Harmony on the poster boards and explained their quotes: Hannah Patel, Ayush Desai, Diya Varma, Shrey Thaker, Sudhakar Sood, Pranav Dendukuri, Sneha Rawat, Priyansh Raval, Sahil Yadav, Neil



Outspoken
Practical
Good
Determined
Intelligent
Ambitious
Kind
Fighter
Honest
Generous
Humble
Talented
Brave
Reliable
Strong
Elegant
Powerful
Self-made
Uncompromising

Wise are those who think before speaking; and fools are those who speak first and think later
— Pujya Gurudev

Akhand Jyoti is the Light of Lights

“The beauty of body and its strength always attract others. People shower praises, but the basis of this praise is the brilliance of its soul. All of you should keep in mind that our Mission’s soul is – Akhand Jyoti. That Akhand Jyoti (uninterruptedly burning lamp), under whose light Acharyaji did very difficult sadhanas, completed his twenty four Mahapurashcharans of twenty four lakhs each and this Akhand Jyoti, which is written and published and reaches you every month, are not two but one and the same. When you distribute this magazine , you are not distributing just the printed matter; rather a divine fraction of our souls”.

Vandaniya Mataji said ‘Now I tell you, both of us used to read the full magazine in the beginning. Now Acharyaji is not there, but I still read the entire Akhand Jyoti every month. Do you know why?’ After saying this she herself gave the answer – ‘This reading is not for knowing what is written in it, but to know how much tapa we have poured in it in this month; to know that the part of prana and light that has been incorporated in it and sent to the children is sufficient or not. If it appears that there is something lacking, we try to put in new endeavor of tapa-sadhana. If something more is required, we pray to that Supreme Light, whose blessings are sustaining us.

By Dr. Pranav Pandya– Head of All World Gayatri Pariwar, Shantikunj, Haridwar. India (awgp.org)



**COLOR
ME**

Spot the Differences!

There are 10 differences in total between these two pictures. Can you find them?



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