



# ગુજરાતી સમાજ

Gujarati Samaj of Baltimore

## Navneet

## Gujarati Community Newsletter

*A Non-Profit 501(c)(3) Tax-Exempt Organization*

MAILING ADDRESS: P.O. BOX 687, OWINGS MILLS, MD 21117

Federal ID 52-1038340 Web Address: [www.gsbaltimore.org](http://www.gsbaltimore.org) E-mail: [contact@GSBaltimore.org](mailto:contact@GSBaltimore.org)

V14-02

July, 2014

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### PRESIDENT'S MESSAGE

Hope that everyone is enjoying the nice summer after going through one of the worst winter since many years. Let's hope that we continue to have the same nice weather on our picnic day.

Picnic is scheduled on August 3, 2014 at Centennial Park East – Pavillion H from 12:00 PM to 7:30 PM. Picnic is arranged with joint support from AARA (Asian American Retail Association) and we thank them for extending the support. Please register online at your earliest convenience or by calling committee members. For details, see elsewhere in the Newsletter.

I also thank our members for very good turnout to our drama “Modibhai E Gaam Gajavyu” held on April 27<sup>th</sup> and we have received very good feedback from our members.

Our most popular and one of the best Navratri programs in Maryland will be held on September 20, 27<sup>th</sup>, and October 4<sup>th</sup>, 2014 at Meadowbrook Athletic Complex in Ellicott City.

For advertisements, please contact Raj (Bunty) Patel and for event sponsorship you may contact any one of the Board members or send us an email at [contact@gsbaltimore.org](mailto:contact@gsbaltimore.org).

From the bottom of our hearts, thank you to all who have stepped forward to help us celebrate our past events. And, we cannot express enough our gratitude and appreciation to all our volunteers, committee members, their spouses and children, our sponsors and well-wishers. We humbly request you all to please continue to provide us your support and encouragement.

Please visit our website [gsbaltimore.org](http://gsbaltimore.org) frequently to get timely information about future programs and other important information.

**Shailesh (Sly) Patel**

### Volunteers

Haresh Bhatt  
Mitu Dalwadi  
Suresh Dalwadi  
Dilip Daya  
Chandrakant  
(Kaka) Desai  
Jayesh Jani  
Chirag Patel  
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Kumud Patel  
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Rajeshwari  
Rekha Patel

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Justin Brooks

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Jitesh Parikh  
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**PICNIC – August 3, 2014**

**Centennial Park Pavillion H, 4800 Woodland Road, Columbia,**



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**MEMBERS ONLY EVENT (LIMITED CAPACITY OF 300 ONLY)**



**GUJARATI SAMAJ OF BALTIMORE  
& AARA of Maryland  
INVITES YOU AND YOUR FAMILY TO**

**SUMMER PICNIC**

**August 3, 2014  
12:00 PM to 7:30 PM**

**Centennial Park East  
Pavilion H**

4800 Woodland Road  
Columbia, MD

**Direction to the Park  
From Route 29:**

Exit onto Route 108 Westbound.

Follow Route 108 to the Woodland Road which is the street just beyond the traffic light at Columbia Road. Turn right onto Woodland Road and then an immediate Left into the entrance driveway for Centennial Park East.



**2 Volleyball Courts --- Play BINGO --- Win Prizes --- Play Cricket --- Huge Multi-purpose fields available exclusively to us.**

**LUNCH:      12:30 PM TO 1:30 PM  
BHEL & VADA PAV W/ DHAI CHUTNEY**

**TEA, BAJIYA, MARCHA & EGG BHURJI : 3:00 PM to 4:00 PM**

**DINNER:      6:00 PM TO 7:30 PM  
KHICHADI, CHASH, POORI, SHAK, PAPAD, PICKLES & ONIONS**

**OTHER FOOD ITEMS:  
CHIPS, CORN, WATERMELON, SOFT DRINKS & SNOW BALL.**

(Menu subject to change based on availability)

**CHARGES:      Ages 5 and over: \$ 10 per person (Members Only)  
Under 5 years – Free – No Charge  
Limited number of Members' guests: \$ 15 per person**

**Please register online or contact any committee Member.  
Please mail your Payments by August 2, 2014 to:**

**Gujarati Samaj of Baltimore  
P.O. Box 687  
Owings Mills, MD 21117**

**All payments must be received in advance. No exception please.**



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**GUJARATI SAMAJ OF BALTIMORE**

**Cordially invites all Garba & Raas enthusiasts to  
Grand Navratri Dandiya 2014**

**Mark your calendar**

**Join us for the best Navratri Programs in Maryland**

**Enjoy Onsite Delicious Food Prepared By Various Area Restaurants  
Refreshments available for purchase**

**More information will be provided soon**

**Saturday, September 20, 2014, Time 8:00 PM to 12:15 AM, Live Band: Arpan Group**

**Saturday, September 27, 2014, Time 8:00 PM to 12:15 AM, Live Band: Arpan Group**

**Saturday, October 4, 2014, Time 8:00 PM to 12:15 AM, Live Band: Arpan Group**

**Meadowbrook Athletic Complex, 5001 Meadowbrook Lane, Ellicott City, MD 21403  
(35,000 square feet of unobstructed gymnasium space)**

**Driving Directions:**

**From I-95:**

Take MD route 100 West. Proceed and take exit 1A Long Gate Parkway. At the ramp, turn left on Long Gate. At the dead end, turn right on Meadowbrook Lane and after you pass the park, the Athletic Complex is on your left.

**From MD Rt.29:**

Take MD Route 100 East towards Glen Burnie. Take first exit 1A Long Gate Parkway. At stop sign, go straight onto Meadowbrook Lane. After you pass the park, the Athletic Complex is on your left.

**Overflow Parking at Park and Ride Lot adjacent to the Complex.**

**For Aarti and Prasad sponsorship or  
additional information please Contact:**

**Hament Patel 443-974-0344**

**Shailesh (Sly Patel) 443-865-2525**

**Atul Patel 410-833-2251**

**Raj (Bunty) Patel 410-998-9838**



# **Indian Customs, connected with Health, Scientifically:**

**Throwing coins into a river:** The general reasoning given for this act is that it brings Good Luck. However, scientifically speaking, in the ancient times, most of the currency used was made of copper unlike the stainless steel coins of today. Copper is a vital metal very useful to the human body. Throwing coins in the river was one way our fore-fathers ensured we intake sufficient copper as part of the water as rivers were the only source of drinking water. Making it a custom ensured that all of us follow the practice.

**Joining both palms together to greet:** In Hindu culture, people greet each other by joining their palms - termed as "Namaskar." The general reason behind this tradition is that greeting by joining both the palms means respect. However, scientifically speaking, joining both hands ensures joining the tips of all the fingers together; which are denoted to the pressure points of eyes, ears, and mind. Pressing them together is said to activate the pressure points which helps us remember that person for a long time. And, no germs since we don't make any physical contact!

**Why do Indian women wear toe rings?:** Wearing toe rings is not just the significance of married women but there is science behind it. Normally toe rings are worn on the second toe. A particular nerve from the second toe connects the uterus and passes to heart. Wearing toe ring on this finger strengthens the uterus. It will keep it healthy by regulating the blood flow to it and menstrual cycle will be regularized. As Silver is a good conductor, it also absorbs polar energies from the earth and passes it to the body.

**Applying Tilak on the forehead:** On the forehead, between the two eyebrows, is a spot that is considered as a major nerve point in human body since ancient times. The Tilak is believed to prevent the loss of "energy", the red 'kumkum' between the eyebrows is said to retain energy in the human body and control the various levels of concentration. While applying kumkum the points on the mid-brow region and Adnya-chakra are automatically pressed. This also facilitates the blood supply to the face muscles.

**Why do temples have bells?:** People who are visiting the temple should and will Ring the bell before entering the inner sanctum (Garbhagudi or Garbha Gruha or womb-chamber) where the main idol is placed. According to Agama Sastra, the bell is used to give sound for keeping evil forces away and the ring of the bell is pleasant to God. However, the scientific reason behind bells is that their ring clears our mind and helps us stay sharp and keep our full concentration on devotional purpose. These bells are made in such a way that when they produce a sound it creates a unity in the Left and Right parts of our brains. The moment we ring the bell, it produces a sharp and enduring sound which lasts for minimum of 7 seconds in echo mode. The duration of echo is good enough to activate all the seven healing centres in our body. This results in emptying our brain from all negative thoughts.

**Why do we worship 'Tulsi' plant?:** Hindu religion has bestowed 'Tulsi', with the status of mother. Also known as 'Sacred or Holy Basil', Tulsi, has been recognized as a religious and spiritual devout in many parts of the world. The vedic sages knew the benefits of Tulsi and that is why they personified it as a Goddess and gave a clear message to the entire community that it needs to be taken care of by the people, literate or illiterate. We try to protect it because it is like Sanjeevani for the mankind. Tulsi has great medicinal properties. It is a remarkable antibiotic. Taking Tulsi everyday in tea or otherwise increases immunity and help the drinker prevent diseases, stabilize his or her health condition, balance his or her body system and most important of all, prolong his or her life. Keeping Tulsi plant at home prevents insects and mosquitoes from entering the house. It is said that snakes do not dare to go near a Tulsi plant. Maybe that is why ancient people would grow lots of Tulsi near their houses.

**Why do we worship 'Peepal Tree':** 'Peepal' tree is almost useless for an ordinary person, except for its shadow. 'Peepal' does not have a delicious fruit, its wood is not strong enough for any purpose then why should a common villager or person worship it or even care for it? Our ancestors knew that 'Peepal' is one of the very few trees (or probably the only tree) which produces oxygen even at night. So in order to save this tree because of its unique property they related it to God/religion.

**Start with spice, end with sweet:** Our ancestors have stressed on the fact that our meals should be started off with something spicy and sweet dishes should be taken towards the end. The significance of this eating practice is that while spicy things activate the digestive juices and acids and ensure that the digestion process goes on smoothly and efficiently, sweets or carbohydrates pulls down the digestive process. Hence, sweets were always recommended to be taken as a last item

**Applying Mehndi/ henna on hands:** Besides lending color to the hands, mehndi is a very powerful medicinal herb. Weddings are stressful, and often, the stress causes headaches and fevers. As the wedding day approaches, the excitement mixed with nervous anticipation can take its toll on the bride and groom. Application of mehndi can prevent too much stress because it cools the body and keeps the nerves from becoming tense. This is the reason why mehndi is applied on the hands and feet, which house nerve endings in the body.

**Celebration and cleaning during Diwali:** Diwali usually falls in October or November which marks the start of winter season and end of rainy season. Rainy season wasn't a good time for everyone back then; many homes needed repair and renovation after a heavy fall. That is why time before diwali was considered the period during which everyone can indulge in cleaning and beautification of their home. And also take out their winter clothes and pack the summer ones.

**Why not to sleep with your head towards North?:** Myth is that it invites ghost or death but since says that it is because human body has its own magnetic field (Also known as hearts magnetic field, because the flow of blood) and Earth is a giant magnet. When we sleep with head towards north, our body's magnetic field become completely asymmetrical to the Earth's Magnetic field. That cause problems related to blood pressure and our heart needs to work harder in order to overcome this asymmetry of Magnetic fields. Apart from this another reason is that Our body have significant amount of iron in our blood. When we sleep in this position, iron from the whole body starts to congregate in brain. This can cause headache, Alzheimer's Disease, Cognitive Decline, Parkinson disease and brain degeneration.



**Surya Namaskar:** Hindus have a tradition of paying regards to Sun God early in the morning by their water offering ritual. It was mainly because looking at Sun rays through water or directly at that time of the day is good for eyes and also by waking up to follow this routine, we become prone to a morning lifestyle and mornings are proven to be the most effective part of the day.

**Ear Piercing:** Piercing the ears has a great importance in Indian ethos. Indian physicians and philosophers believe that piercing the ears helps in the development of intellect, power of thinking and decision making faculties. Talkativeness fritters away life energy. Ear piercing helps in speech-restraint. It helps to reduce impertinent behaviour and the ear-channels become free from disorders. This idea appeals to the Western world as well, and so they are getting their ears pierced to wear fancy earrings as a mark of fashion.

**Application of Sindoor or Vermillion:** It is interesting to note that the application of sindoor by married women carries a physiological significance. This is so because Sindoor is prepared by mixing turmeric-lime and the metal mercury. Due to its intrinsic properties, mercury, besides controlling blood pressure also activates sexual drive. This also explains why Sindoor is prohibited for the widows. For best results, Sindoor should be applied right upto the pituitary gland where all our feelings are centered. Mercury is also known for removing stress and strain.

**The Scientific explanation of touching feet (charan-sparsh):** Usually, the person of whose feet you are touching is either old or pious. When they accept your respect which came from your reduced ego (and is called your shraddha) their hearts emit positive thoughts and energy (which is called their karuna) which reaches you through their hands and toes. In essence, the completed circuit enables flow of energy and increases cosmic energy, switching on a quick connect between two minds and hearts. To an extent, the same is achieved through handshakes and hugs. The nerves that start from our brain spread across all your body. These nerves or wires end in the fingertips of your hand and feet. When you join the fingertips of your hand to those of their opposite feet, a circuit is immediately formed and the energies of two bodies are connected. Your fingers and palms become the 'receptor' of energy and the feet of other person become the 'giver' of energy.

**Why should Tulsi not be chewed with teeth?:** It is a popular belief that Tulsi is the wife of Lord Vishnu; therefore, chewing it will be a mark of disrespect. However, botanists, in the course of their research, found that Tulsi plant has the maximum of mercury. If raw mercury is applied to teeth, they fall immediately. That's why in Hindu religion, Tulsi leaves are not chewed but swallowed.

**Why do Indian women wear Bangles?:** Normally the wrist portion is in constant activation on any human. Also the pulse beat in this portion is mostly checked for all sorts of ailments. The Bangles used by women are normally in the wrist part of ones hand and its constant friction increases the blood circulation level. Further more the electricity passing out through outer skin is again reverted to one's own body because of the ring shaped bangles, which has no ends to pass the energy outside but to send it back to the body.

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FEBRUARY 22 – NOVEMBER 14  
TUE-SAT: 11:00 AM TO 8:00 PM  
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# **Gujarati Samaj of Baltimore**

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# **ગુજરાતી સમાજ**

**Gujarati Samaj of Baltimore**

## **2014 EVENTS CALENDAR**

Drama.....	April 27, 2014
Picnic @ Centennial Park East Pavilion H.....	Sunday, August 3, 2014
Navratri @ Meadowbrook Athletic Complex .....	September 20, 2014
Navratri @ Meadowbrook Athletic Complex .....	September 27, 2014
Navratri @ Meadowbrook Athletic Complex .....	October 4, 2014
Diwali Dinner, New Town HS, Owings Mills .....	Saturday, November 1, 2014
General Body Meeting.....	TBA