



Agrawal Samaj USA

तिमाही पत्रिका : प्रथम वर्ष: अंक : **Oct-Dec 2007**

सम्पादक: दुर्गेश गुसा, विनय अग्रवाल, अनुभूती गुसा, हर्ष अग्रवाल

## FROM EDITOR

We are at the end of first year of Agrawal Samaj USA. At this occasion we congratulate and thank everyone who is continuously supporting this organization. Now we have an established organization where you find people from all segments of society. We encourage you to participate in the upcoming events/meetings for social gatherings and networking.

We are continuously working to improve and introduce new services of this organization and require volunteers and your suggestions.

**Recently Agrawal Samaj USA was recognized by Agroha Vikas Trust where Sri L K Advani Ji presented memento.**

It is **YOUR** organization and you have to take it forward. Please join our Samaj meetings which will start from Jan/Feb 08 and share your thoughts and suggestions.

**We have started receiving donations for our Dream project – Agrasen Bhavan.**

Wishing everyone a very Happy Holiday Season and Prosperous New Year.

Thanks & Enjoy,  
Agrawal Samaj USA



### 2007 Year Round about

- **HOLI FUNCTION**
- **PICNIC**
- **15<sup>TH</sup> AUGUST PARADE – WATER DISTRIBUTION**
- **DIWALI FUNCTION**
- **AGRAWAL SAMAJ USA RECOGNITION BY AGROHA VIKAS TRUST**
- **GREETINGS ON BIRTHDAYS AND MARRIAGE ANNIVERSARY**
- **FESTIVAL UPDATES**
- **VOLUNTEER DONATION ON SPECIAL EVENTS**
- **DONATIONS FROM MEMBERS ON SPECIAL OCCASIONS FOR AGRASEN BHAVAN.**

### Next Year

- **BLOOD DONATION**
- **HOLI FUNCTION, PICNIC, DIWALI FUNCTION**
- **FREQUENT SAMAJ MEETINGS TO DISCUSS SOCIAL EVENTS, SPECIAL INTEREST TOPICS ETC.**
- **UPDATED AGRAWAL SAMAJ WEBSITE**
- **ASSOCIATION WITH WORLDWIDE AGRAWAL SAMAJ ORGANISATIONS**
- **THREE MAJOR NETWORK INITIATIVES – MATRIMONIAL, CLINICAL AND BUSINESS**
- **FESTIVAL UPDATES**
- **GREETINGS ON MEMBERS SPECIAL OCCASIONS**
- **DO YOU KNOW?...**
- **'MEMBERS ONLY' MATERIAL & SERVICES**

## USING JAL NETI TO RELIEVE NASAL CONGESTION

By Sandeep Agarwal

Winter is here and the cold weather can cause stuffy or runny nose, allergies and severe nasal congestion. I wanted to share my experience in using Jal Neti to help with these problems. Jal Neti is an age-old yogic technique to cleanse the nasal path and to keep it moist and healthy.

You can search for "Jal Neti" on [www.YouTube.com](http://www.YouTube.com) to watch a video demonstration.

You can purchase Jal Neti pot on the Internet or from your local Walgreens. Ask for the product SinuCleanse. You can visit this company's website to read more about this product, how to use it and where to find it ([www.sinucleanse.com](http://www.sinucleanse.com)).

Please note that:

1) You should not use regular table salt since it may contain anti-caking agents (to prevent forming of lumps). It can irritate your nasal passage. I found out that Morton's Canning and Pickling Salt does not contain anti-caking agents.

2) Be sure to completely dry off your nasal passage after performing the Jal Neti procedure. To do so, blow your nose and exhale thoroughly. You can also perform Kapalbhatai Pranayam after Jal Neti. After this, I also apply a drop of olive oil in both the nostrils using a finger tip.

It is a very simple procedure that you can perform with very little effort. My family, including the kids, benefit from its regular use. Once you start using then you will wonder how you did without it.

Please share your views on this topic by writing to me at [sagarwal.usa@gmail.com](mailto:sagarwal.usa@gmail.com).

## WHY DO WE LIGHT A LAMP?

Compiled By Vinay Agarwal

In almost every Indian home a lamp is lit daily before the altar of the Lord. In some houses it is lit at dawn, in some, twice a day – at dawn and dusk – and in a few it is maintained continuously - Akhanda Deepa. All auspicious functions commence with the lighting of the lamp, which is often maintained right through the occasion.

Light symbolizes knowledge, and darkness - ignorance. *This is one of the reasons in Hindu culture we do not blow out lights/candles on birthdays OR any other special occasions.*

The Lord is the "Knowledge Principle" (Chaitanya) who is the source, the enlivener and the illuminator of all knowledge. Hence light is worshiped as the Lord himself.

Knowledge removes ignorance just as light removes darkness. Also knowledge is a lasting inner wealth by which all outer achievement can be accomplished. Hence we light the lamp to bow down to knowledge as the greatest of all forms of wealth.

Why not light a bulb or tube light? That too would remove darkness. But the traditional oil lamp has a further spiritual significance. The oil or ghee in the lamp symbolizes our vaasanas or negative tendencies and the wick, the ego. When lit by spiritual knowledge, the vaasanas get slowly exhausted and the ego too finally perishes. The flame of a lamp always burns upwards. Similarly we should acquire such knowledge as to take us towards higher ideals.

Whilst lighting the lamp we thus pray:

Deepajyothi parabrahma  
Deepa sarva tamopahaha  
Deepena saadhyate saram  
Sandhyaa deepo namostute

I prostrate to the dawn/dusk lamp; whose light is the Knowledge Principle (the Supreme Lord), which removes the darkness of ignorance and by which all can be achieved in life.

## LET'S INVEST...

Durgesh Gupta, [guptadurgesh@gmail.com](mailto:guptadurgesh@gmail.com)

So question is where to invest? In Gold ? Stocks or real estate? This is an interesting debate and we need to be very careful. When prices are moving strongly in one direction people will find a reason —any reason— to justify the trend.

So is foreclosure a good option? Or penny stocks?

It's simple. You're in the market to make money. But high-priced house, gold or stocks like Google can only move up a few points resulting in overall small gain. A million dollar home and a 200K home may end up making same % of profit.

In my experience, the big profit opportunities are in lower cost products e.g. \$80K house somewhere in Philadelphia or Trenton or low cost stock such as Lucent or Redhat or Sun Microsystems.

But these kinds of plays can be risky. You have to do extensive research to make sure you're not putting your money on losers.



**STEP #1:** We make sure that, out of the thousands of undervalued possibilities out there, the houses, stocks, gold etc we've targeted to fulfill our need:

The potential reward must be judged to be worth the risk.

- Area, Company fundamentals need to be strong and/or improving.
- There needs to be a compelling "story" that could serve as a growth catalyst e.g. Greater Noida (Delhi) is a great place but this may not be a best time to invest as inventory is very high therefore market may not be able to sustain.
- The house should be a good family location. Same way stocks, whether small, medium or large cap must belong to a product you are familiar with.



**STEP #2:** We get down to the nitty-gritty — sifting through market and company e.g. market potential, crime in the area, if planning to rent can you really evict the tenant, **balance sheets of the company**. Please ensure that the potential for a high return justifies any foreseeable risk.



**Step #3:** No matter how well you did your research, you need to keep doing that.

In other words, just as soon you made our decision that a stock is good for investment, please continue to keep a track of it. Lot of patience and analysis are important for any investor.

## **VAASTU SHASTRA AN OVERVIEW-II**

Sachin Garg, Ph.D.( Civil Engg ), Diploma in Vaastu Shastra( Calicut Univ.). [sgargs@yahoo.com](mailto:sgargs@yahoo.com)

Vaastu Shastra is an ancient Indian science of Architecture and construction which was largely followed since the period of Mahabharata . Ancient Indian sages and RISHIS created Vaastu Shastra for the welfare of the entire humanity. Its knowledge enables us to get benefits of mental peace, health and wealth.

We have read some basic concepts in our 1st issue of Agarwal patrika. We will see few specific rules related to office and industry in this issue.

### ***INTERNAL ARRANGEMENT OF OFFICE.***

The internal arrangement of the office should be such that seating arrangements are at the SOUTHWEST facing either North or East. Accounts Computers etc., should be North facing and placed in the SOUTH-EAST, East or North region. The door of the office should be NORTH-EAST, SOUTH-EAST, or NORTH-WEST region. When ever you sit in your office you must be north or east facing.

### ***BASIC CONCEPTS FOR FACTORIES ACCORDING TO VASTU***

1. A compound -wall is a must around the plot.
2. The main entrance of the Factory must be situated towards North, East or North-East to gain excellent profits.
3. The entrance door should always be of a bigger size.
4. The finished products should be taken out of factory through the door at the North-West direction. This will ensure quicker disposal of finished products and greater profits for the Company.
5. The South and West area of the compound should never be kept empty or vacant.
6. Energy meters, furnaces, transformers, generators, boilers etc. and other equipment involving heat-energy should always be kept in the South-East direction. This is very essential for smooth operation of the Factory.
7. The Storeroom of the Factory should be in the South or West direction. The Storeroom may extend from South towards the West. This will provide great assistance for continuous flow of goods in and out of the Factory.
8. It is very important to keep the North-East area of the compound and that of inside the premises very clean and open or empty.
9. The office in the Factory should be located in North or East direction. During business deals and discussions , the owner should always face the North or East direction for reaping greater benefit from the deal.
10. The heavy machinery in the Factory should be kept on the South, South-West and West areas of the Factory.
11. The final products to be processed for sales should be kept in the North-West area of the Factory.
12. The toilet of the Factory should be located in the North-West or South-East direction.
13. North West side or South-East side are the best positions for the guardroom.
14. Water pumps, Bore-wells underground Water Tanks, Pumps etc. are best located in North-East area only.
15. If overhead Tanks are to be constructed or erected, they should be at West. In any case South-West and North-East area must be avoided for erecting overhead Water Tank.

There are many more rules we can follow easily and try to live and work with nature.

To be Continued in next issue.....

## Some Feedback about initiatives...

...These e-mails regarding special occasions are very good, informative and relevant for our kids. We have asked them to read each one of them and explain to us the reasons we celebrate our festivals....

*I really appreciate the efforts that all of you put into keeping us informed about all the festivals and their importance...*

...From Deepak Agarwal

...From Surbhi

**EXCELLENT SERVICE BY ASUSA**

*Hello, this is sajeet. thank you everyone at Agrawal samaj wishing me a happy 13th birthday. i really appreciate it.*

...From Mangal Gupta

...From Sajeet

*"You can't do anything about the length of your life, but you can do something about its width and depth." - ... Henry Louis Mencken*

## Your Suggestions & Feedback

We at Agrawal Samaj will eagerly wait for your feedback and suggestions for this quarterly magazine. Your participation is very much required to achieve Agrawal Samaj mission.

You can reach us at [info@AgrawalSamajUSA.org](mailto:info@AgrawalSamajUSA.org). आपके सुझावों का हमें इन्तजार रहेगा।

How can you help?

- [Volunteer](#)
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- Sponsors
- Would like to sponsor Agrawal Samaj Event?
- Donate to AgrawalSamajUSA.
- Would Like to be active member of AgrawalSamajUSA. We need you.

If you are interested to help and participate in any of above OR have suggestions then please contact us at [info@AgrawalSamajUSA.org](mailto:info@AgrawalSamajUSA.org)

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