

Agrawal Samachar Patrika

A Quarterly Newsletter by Agrawals for Agrawals

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Maharaja Agrasen

Editor in Chief

Bharat B. Aggarwal

Upcoming Events

Young Agrawal Professionals Mixer

When: 17th Sep., 2011
8:30 PM to 11 PM

Where: El Tiempo Cantina
3130 Richmond Ave.
Houston, TX 77098

This is a chance for Agrawals 21 to 40 to meet, mix, mingle and socialize. Singles and married couples are welcome. No children please. We hope that you will join us for appetizers and drinks on the patio of El Tiempo Cantina. Please RSVP to young.agrawals@gmail.com

October Retreat

When: 1st Oct., 2011

Where: American Bodhi Center

AAA members have planned an October Retreat at "American Bodhi Center", situated in Hempstead in early October.

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Diwali Sammelan

When: 5th Nov., 2011

Where: India House



Contact Santosh Aggarwal
at 713-467-9301
for more information

2011 Agrawal Association of America Summer Youth Camp

August 12th – 14th

Camp Cho-Yeh - Livingston, TX

This summer, 45 kids and counselors made the trip to Camp Cho-Yeh in Livingston, TX, to participate in the 5th Agrawal Association of America Youth Camp. The camp attendance set a new record and helped make

Subway sandwiches, chips, and cookies graciously donated by D.V. Subway prior to playing the introductory games. After the light meal, kids jumped, crawled, hugged, yelled, and laughed as the ice-breakers



this year's event the most successful to date. The success was made possible by the enthusiasm and energy of each and every participant.

The fun-filled weekend began Friday evening with a series of games to help break the ice. The games were geared to help each camper become more comfortable in their new surrounding and to build and establish new friendships. The kids were treated to

created not only pandemonium but also a strong bond amongst the campers. It was safe to say, camp had started off with a bang! The group was lucky to have members representing the Houston, Dallas, and Monroe (Louisiana) Agrawal communities. After the ice-breakers, all campers retreated back to their cabins where they rested, anxiously waiting for the activity-filled Saturday.

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Agrawal Association of America Road Trip: Agrawal Samaj of Dallas-Fort Worth Spring 2011 Picnic

May 7, 2011

Celebration Park - Allen, Texas

On the morning of Saturday May 7, 2011, Devi Rungta, Gopal Agarwal, and Rahul Agrawal drove to Allen, Texas (30 minutes

north of Dallas) in hopes that a new bond would be established between the Agrawal communities of Houston and Dallas-Fort Worth (DFW).



ASDFW - Agrawal Samaj
of Dallas-Fort Worth
2011 Spring Picnic

In search of new children for the Agrawal Association youth camp, Rahul contacted Abhishek Bansal from Agrawal Samaj of DFW to coordinate a time for when he could speak to the Dallas members about the association's annual youth retreat. Not only did Agrawal Samaj DFW extend an invitation to Rahul, but they also extended the invitation to the entire Houston chapter to attend their upcoming spring picnic in North Dallas.

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Summer Youth Camp

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Saturday morning began bright and early as all youth members were led by yoga instructors Shekhar and Hari Agrawal. The kids contorted their bodies while controlling their breathing as they were taught how to perform various asanas and breathing exercises. The positions ranged from simple, beginner levels to more difficult, advanced levels of yoga. After a great morning workout, the kids refueled themselves with a full breakfast before heading to the morning activity session.

The morning activity session started with a staple of all Agrawal Youth Camps - the ropes course. Both younger and older youth members took to the sky as they overcame physical and mental obstacles to conquer Camp Cho-Yeh. The younger campers took to the 3-element zip-line, where kids as young as 6 tight-rope 25 ft high in the air. Upon completion of one of the three elements, each young camper had the opportunity to zip-line 100 ft through the scenic forest grounds of camp Cho-Yeh. About 100 yards away, the older campers took on a more intense challenge at the Cho-Yeh pumper-pole. The older campers had to scale a 30 ft vertical log, balance themselves on top of the pole, and jump to the trapeze bar several feet away. Although the rope courses were very challenging, each camper was able to overcome their fears through encouragement from new friends and take their bodies and minds to completely new levels.

The morning session concluded with a dip in Lake Evelyn. The campers took turns zip-lining, sliding, climbing onto inflatable water-toys, and "blobbing" one other to cool off from the blistering Texas summer heat. Kids were highly entertained as they flew off the slippery-slide, soared off the "blob," and glided down the zip-line into the lake. It was a perfect finish to an intense morning, leaving each camper anxious for the afternoon activities.

After lunch, the campers were issued free time to relax and freshen up. Some kids took this opportunity to play basketball, volleyball, and Frisbee while others caught up on their sleep and choose to relax in their cabins. By 3:30 pm, all campers were ready to go

for the afternoon activity session. The younger campers were led by camp staff to the archery and wrist-rocket range where they were taught how to shoot and aim at targets near and far. By the end of the session, each young camper had brought out their "inner Krishna" as many pierced through the targets with both precision and accuracy. At the same time, the older campers took to the battlefield where they competed in 9-on-9 paintball. For many, this was a new experience. The thrill and adrenaline rush filled each trooper as they worked strategically to take out members of the opposing side. As always, everyone was safe, and some were left with small "battle-scars" from where they were "splattered" by paint! The afternoon activities helped strengthen the bond amongst each camper as evident in their high sense of Baniya pride and camaraderie.

As the sun started to set, the campers ate dinner and shared stories of their accomplishments from the various activities throughout the day. After dinner, everyone sat down in one of the main cabins to learn about the values and meaning of being Agrawal. The mini-lecture stressed the importance of helping one another to overcome life's obstacles. The lecture ended with a friendly camp competition amongst those who exemplified the camp's mission to promote encouragement and compassion. Nine campers (three young, three old, and three counselors) lined up in a row and shoved one jumbo marshmallow after another into their mouths while screaming "CHUUBBY BUNNNY!!!"

To finish off the night, the campers made the ½ mile trek deep into the woods to a secluded campfire site. Under a full moon, campers shared scary stories while munching on homemade s'mores. Many small children closed their eyes and covered their ears as counselors shared scary campfire stories. Even though none of the stories were real, many campers were frightened and decided to retreat back to their cabins. Being the final night of camp, no one wanted to sleep. As a result, a mini-war ensued between the boys and girls cabin as each spent the rest of the night trying to pull pranks on one another.

Sunday morning, campers put on their yellow 'Wal-Street – Baniyas Never Sleep' camp T-shirts and posed for group pictures before heading back to their respective homes. In the end, the camp provided new life-long memories - none of which would be possible without the generous support and sponsorship from the Agrawal community and the Agrawal Association of America Board. We hope that the camp continues to grow and prosper and touch the lives of our Agrawal youth and community. We look forward to seeing everyone again at next year's camp!

Thank You,
Agrawal Association of America Youth Board



Thank You to this year's sponsors:

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On the lighter side.....

Man to God : "O Lord, I want peace".
God to Man : "When you remove yourself of 'I' and the 'want' you will automatically have peace.

Why did the kid eat his homework?
His teacher said it was a piece of cake.

October Retreat

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All interested members will reach at the center at 8 AM on Oct. 1, Breakfast, Lunch, and Dinner will be served at the center. We will plan activities for the whole day including meditation and yoga. We will sleep in the cabins. Next morning Sunday, after morning walk and exercises, breakfast will be served and about 10 AM we will depart. We are requesting all Agarwals to join us in this fabulous event. Cost per person is \$60.00

**For registration and further info
please call:**

Santosh: 713-467-9301

Sarojini: 281-565-6687

To be a vegetarian or not.....

By Uma Aggarwal

This is an age old debate. Both sides give their arguments, but we need examine all the facts, not myths and look into pro and cons of each, and then make an informed and intelligent decision.

It is a known fact that Agrawals are traditionally vegetarians. Sometimes due to different circumstances one may choose not to be a vegetarian. The reasons could vary. Sometimes migration to the west may be a reason, other times the wrong notion that, "eating meat will make me strong." When this illogical thought comes to mind, just think of a Gorilla, a horse or an elephant. None of them eat meat

and the latter two only eat grass and plants, but they have immense strength physically. The word "horse power" says it all about strength.

In Mahabharata when they described "Bheem's" strength it is said that he had astrength of 100 elephants.

The other myth is "I need that extra protein". The leading experts say that one small bowl of "Daal (legumes)" a day is enough protein for whole day. Milk Yogurt, cheese etc. also have protein. On top of it, if you take too much protein, you can suffer from protein poisoning.

Whatever may be the reason it is not

wise to jump at something without investigating it, thoroughly.

First we will examine scientific reasons. Does nature provide any clues as to who needs to eat meat and who does not.

Certain scientific facts:

The diet of any animal corresponds to its physiological structure. Human physiology, bodily functions and digestive systems are totally different than carnivorous animals.

According to diet we can divide the vertebrae animals in three groups: meat eaters, grass-and-leaf eaters, and fruit eaters.

Examine the following table:

MEAT EATER	LEAF-GRASS EATER	FRUIT EATER	HUMAN BEINGS
has claws	no claws	no claws	no claws
no pores on skin; perspires through tongue to cool body	perspires through millions of pores on skin	perspires through millions of pores on skin	perspires through millions of pores on skin
sharp, pointed front teeth to tear flesh	no sharp, pointed front teeth	no sharp, pointed front teeth	no sharp, pointed front teeth
small salivary glands in the mouth (not needed to pre-digest grains and fruits)	well-developed Salivary glands, needed to pre-digest grains and fruits	well-developed salivary glands, needed to pre-digest grains and fruits	well-developed salivary glands, needed to pre-digest grains and fruits
acid saliva; no enzyme ptyalin to pre-digest grains	alkaline saliva; much ptyalin to pre-digest grains	alkaline saliva; much ptyalin to pre-digest grains	alkaline saliva; much ptyalin to pre-digest grains
no flat back molar teeth to grind food	flat, back molar teeth to grind food	flat, back molar teeth to grind food	flat, back molar teeth to grind food
much strong hydro-chloric acid in stomach to digest tough animal muscle, bone, etc.	stomach acid 20 times less strong than meat-eaters	stomach acid 20 times less strong than meat-eaters	stomach acid 20 times less strong than meat-eaters
intestinal tract only 3 times body length so rapidly decaying meat can pass out of body quickly	intestinal tract 10 times body length, leaf and grains do not decay as quickly so can pass more slowly through the body	intestinal tract 12 times body length; fruits do not decay as rapidly so can pass more slowly through the body	intestinal tract 12 times body length

Additional facts to ponder on vegetarianism:

- If we compare our teeth structure we will find that it resembles the vegetarian animals like cow or Goat rather than meat eaters like Lions or wolf. They have fangs we do not.
- Have you noticed that the all the animals, meat eaters usually eat are vegetarian themselves. E.g. chicken, pig lamb etc. These animals eat vegetation and get energy than meat eaters eat them and get energy. Why not cut the middleman and get the energy directly from vegetation.
- When you kill any living being, feelings of fear and anger comes to its mind before it is killed. These negative feelings produces negative hormones in the bodies of these

animals. Now if someone were to eat them, they will be ingesting these negative hormones also, which certainly will not be good for either their physical health, or mental health. You will get all the negative effects of those hormones on yourself.

- Global warming is a big concern these days. Meat consumption is one of the major factors responsible for it. It takes a lot of energy and grain and food to raise an animal to sacrifice later. Also to transport the meat you need air-conditioning in the vehicles. If you want to transport grains you do not need any air conditioning. All this use of energy and pollution also causes Global warming

If you examine vegetarianism or non-vegetarianism from spiritual point of

view, decision becomes easy. What is the position of *Manu Smâti* on the question of eating meat? The general commandment given (called a *Samanya*) is: "Do not eat meat." There are a number of reasons why this injunction is given. One is from the spiritual standpoint, that there is one Self or one Life that pulsates in all beings; since all beings want to live happily in this world, we do not have the moral right to take away a life or to cause any unhappiness or sorrow to others. This is a simple *Dharma Shastra* to understand.

Some might argue that there is life in plants also. True to some extent, but we have to investigate further.

Even though there is life in all beings, in both the vegetable and animal kingdoms, there are degrees of evolution and of the manifestation of intelligence.

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To be a vegetarian or not.....

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The degree of feeling and understanding, of mental and physical pain, is much less developed in plant-life as compared to animal-life. According to our *dharma dōstra*, the purpose of human life is to know the Truth. In order to know the Truth, we must sustain our lives, but it needs to be done with proper discrimination and minimum disturbance in the world.

In Ayurveda also meat is considered Tamasic food, which lacks prana, vital force of life. If you want to meditate, you have to stay away from tamasic food.

Finally the famous saying you are what you eat. Let us all eat healthy and be healthy.

Bona Patit!

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Agrawal Association of America Road Trip:

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The picnic was held between the hours of 11 AM and 4 PM at Celebration Park. The weather was perfect for an afternoon of cricket, soccer, chaat, mango-kulfi, and socializing. With all three levels of the association represented (Board of Directors, Executive Committee, and Youth Committee), Agrawal Samaj DFW was extremely excited to learn more about the structure, values, and year-round events of the Agrawal Association of America. All three representing members were formally introduced and each gave a small 2-3 minute presentation about their roles within the organization.

The Agrawal Samaj of DFW is a young organization with a very good base of 20 families. Mr. Rungta commented on how they very much resemble the Agrawal Association of America when it was first founded. The event was a

major success and a definite bond was established between both organizations. Both chapters look forward to attending each other's events in the near future.

For more information about the Agrawal Samaj of DFW please contact:

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"...Dharmo Rakshati Rakshitah ..." (Protect your Dharma and It will protect you)