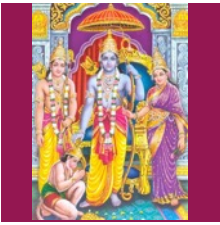


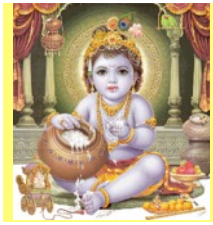
Sita Ram



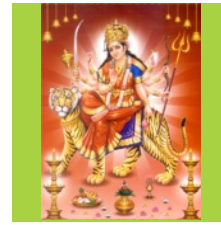
Ganesh



Krishna



Durga



Shiva



## Significance of Fasting on Ekadashi

Fasting during Ekadasi as being beneficial to the human organism was written in Vedic literature as part of Charaka Samhita which was written 6200 years ago and Skanda Purana 7000 years ago.

Ekadasi is the 11th day in the moon cycle from the new moon day and also from the full moon day. Ekadasi in Sanskrit means eleven. 'Eka' means "one" and 'dasi' is the feminine form of the word "dasa", which means "ten".

This spiritual practice of observing a fast on these special days is based on consideration that human beings, being part of the universe have to abide with the universal laws of nature to be in harmony for optimized health and well being.

The Sun-Moon-Earth combination is in the orbital path on new and full moon days. Tides in the harbors are highest 3 days after full moon or 3 days after new moon, Conversely eleven days before new moon and eleven days before full moon. High tides are produced in water due to moon's gravitational pull on earth and the air pressure in the atmosphere rapidly changes during this time.

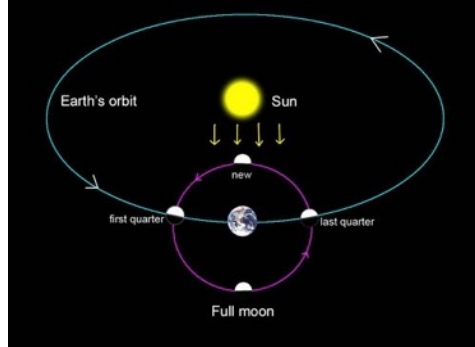
On both of these days, the earth pressure is at its maximum, thus leading to imbalance in everything, including ones thought process. At the same time, the atmospheric pressure is the lowest on the Ekadashi days.

Because human body is 75% water, fasting is done on Ekadashi to reduce the effect of gravity on the body.

### Autophagy

Mr. Yoshinori Ohsumi from Japan won noble prize in Physiology or Medicine in 2016 for his discoveries of mechanisms for autophagy. The word autophagy derives from the Greek auto (self) and phagein (to eat). How is this process of autophagy triggered? through intermittent fasting.

Autophagy is a process in which human cells degrade and recycle their molecular trash. Autophagy of the body means it cleanses itself of damaged and dead cells. It's a natural process where good cells create membranes that hunt out scraps of dead, diseased, infectious cells and clean them up. The good cells strip these diseased cells into parts and use the resulting molecules for energy. When the body is on a fast mode it signals



the brain that there is not enough food available and the body then goes back to stored foods.

Autophagy is closely linked to many human diseases. This is due in part to its role in digesting the unfavorable material in cells that has the potential to cause problems. By removing this junk in cells, autophagy serves as the garbage disposal and recycling system to keep bodies healthy.

Intermittent fasting changes the function of cells, genes and hormones. The body initiates important cellular repair processes and changes hormone levels. When you fast the body's hormone level shoot up 5 times, and this facilitates instant cell repair. Insulin levels drop and human growth hormone increases. The body induces important cellular repair processes, such as removing waste material from cells. There are beneficial changes in several genes and molecules related to longevity and protection against disease.

The period of fasting is meant for prayer, meditation and introspection. There can be no violence, ingratitude, dishonesty and ungraceful behavior during these days.

When the body has used up glucose stored during fasting, it burns fat for energy, resulting in weight loss. Fasting also stimulates growth hormone which help the body to renovate.

Dysfunction of the autophagy process is life-threatening from birth through old age. For example, autophagy is disrupted in Alzheimer's disease, when toxic protein aggregates are not properly discarded.

During fasting we must breathe in clean air, drink plenty clean water and eat small portions of fruit or drink milk to keep the stomach acids at bay. People used to fasting can go without food but water is a must, lemon can be added to the water to make it alkaline. Traditionally it is said to avoid beans and grains and eat light if sustaining on just water cannot be done.

Source: Journey To The Center Of You

## Activities in Lafayette

SHSK Sunday School - Contact Dinesh Deoras: 337-296-6576

Purna Vidya - Vedic Heritage Teaching Program for Children - Contact Pallavi Pal: 337-988-3928

Telugu Language Class - Mana Badi - Contact Kiranmai Bandaru: 270-320-5906

Tamil Language Class - Valluvar Thamizh Palli - Contact Senthil Thavamani: 337-296-1340

Bharatanatyam - Classical Indian Dance - Contact Suchandra Hazra: 512-644-9948

Tennis League - Contact Pranav Sharma: 337-255-0468

Volleyball League - Contact Prasanth Buchireddy: 662-491-3111

Acadiana Badminton Club - Contact Praveen Choudry: 414-491-1720

Acadiana Indian Association - Contact Prabhakar Vemavarapu: 337-212-6277

Lafayette Gujarati Samaj - Contact Nimesh Patel: 337-515-4177

You can become a member of SHSK by following the link below:

[SHSK Annual Membership](#)

## August 2017 Dates

Based on Lafayette, Louisiana, US Time

04 Friday	Varalakshmi Vrat
07 Monday	Shravana Purnima
14 Monday	Janmashtami
21 Monday	Surya Grahan
24 Thursday	Ganesh Chaturthi
25 Friday	Rishi Panchami

For more details please refer [DrikPanchang.com](http://DrikPanchang.com)