



**Hindu & Jain Temple  
Indian Cultural Center**

**3 Brown Road, Wappingers Falls, NY 12590**

[www.hindusamajtemple.org](http://www.hindusamajtemple.org)

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### A message from Hindu Samaj President

We are moving into another year of hopes and challenges. We as a community are facing the same crisis as everyone else in the world. But in the face of these challenges, we must remember that difficult financial times often inspire people to become extraordinary. We have been put in a position in which we must make difficult choices, and this type of adversity can inspire people to discover their own greatness. As we explore ways to gather strength and to improve our self esteem, we can immerse ourselves in a deeper personal journey towards happiness, fulfillment, and a life of meaning. May we join our strength to be a source of strength to others!

The 'Gopuram Project' is making progress. Dr. Sushumna Iruvanti will provide the details in his report. Please donate generously so that the construction is completed without any delay. After consulting with some prominent community leaders and supporters, the Board decided to launch the Fund raising drive on August 23<sup>rd</sup>, Ganesh Chaturthi Day, the Birthday of Lord Ganesha. He showered His Love & Blessings on us, and we were successful in raising enough funds to support the construction of the Gopuram so that it can be finished on time. The whole community opened their heart and wallet. I personally don't have enough words to express my gratitude to all of you. It is nothing but Lord Ganesha who is showing us the way.

Hindu Samaj also acknowledges and thanks Jain community for organizing a fund raiser on September 6<sup>th</sup> to support the cause. They are the integral part of this community and organization. We will like to see more Jain activities in the community.

This year we had two special events for the first time organized by trustees-in-charge, Mrs. Padma Reichwald and Mr. Anil Garg. The purpose of the Trustee's Get-to-gather was to invite all the past trustees who are living in the area and make themselves available to help the organization any time we need them. We the present Board of trustees are grateful for their guidance and advice. Secondly, we observed 'India day' by organizing activities that gave us a cultural flare of India. All of us were a part of this event and with your help and support it was a great success. Your suggestions and input are very important in making it an annual event.

Religious committee trustees, Mr. Somaiah Soma and Mr. Ramesh Shah are organizing many events to accommodate every one's need. They had organized **Shani Shanti Homa** along with many other successful events, which were well attended.

Cultural Programs are organized by Anchala Sobrin and Anil Garg. It was Anil Garg's persistent effort that made it possible to have Deepawali function at Van Wyck school, when Beacon school district decided to change their policies and declined us at the last minute to use their facility. I also would like to thank Mr. Chandrika Prasad and Mrs. Anita Mehta to help us in negotiating with Wappingers Central school District in letting us use their school facility at such a short notice.

The trustees in-charge for Concert committee had organized a musical evening of Geet and ghazals with Rekha surya, a well known artist. The details of the program are given in the concert committee report.

Hindu Samaj is providing Hindi language classes for many years and Telugu language classes for last two year to our children. This year we have introduced Jain Pathshala as well. Hopefully this also will be well received by our community. The music classes run by Mrs. Anjali Nandedkar are not only helping young and adults to learn Hindustani

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classical music, but also nurturing the classical music culture in the community. Hindu Samaj is grateful for her services to the community. Yoga classes are going in full swing. It is well attended by members from community at large, and is appreciated by all. On behalf of the Board of trustees, I thank Mrs. Ila Gupta and Ms. Nancy Maldonado.

Youth group Trustees in-charge, Mrs. Anchala Sobrin and Dr. Rakesh Mehta, in conjunction with Youth group leaders are putting together an enhanced volunteer program with many activities to encourage our children to lend a helping hand to the community. We all need help from each and every one of you to support it. It is important to make sure that our children be a part of the same rich heritage that we were lucky enough to enjoy even though we are far away from India. French scholar Romaine Rolland once said **“If there is one place on the face of the earth where all the dreams of living men have found a home from the very earliest days when man began the dream of existence, it is India.”** Because of so many changes that our country went through, we don't see the same India, but when we will work to our full potential we can become the ever shining and inspiring country once more and set a path for rest of the world to follow.

In order for our children to enjoy that glory, we need to work harder today by teaching them the value of serving others. Let us join hands and support this great organization selflessly. Let's try our best to integrate Indian philosophy in our children's lives, be their mentors and help them to fulfill their dreams.

The temple needs constant maintenance and is being taken care of by our very dedicated trustees Mr. Kiran Sheth, Mr. Ramesh Shah, and Mr. Hiren Shah. Their goal is to make sure all the devotees are comfortable when they visit our temple. Mr. Kiran Sheth is also in-charge for Temple rentals and event booking. If you need any help please contact him directly.

We are trying to enhance our website to make it more effective, Mrs. Kusum Gupta and Mr. Kamlesh Patel are the trustees in charge who with the unconditional help and support from Indotronix are working on it. We need your feed back so that we can continue to improve our web page.

We thank Mrs. Uma Satyendra for organizing the financial system of the Temple, including procedure for Hundi account, transfer of pending stocks to Hindu Samaj account, and keeping the whole Board informed on timely basis.

Our priests Pt. Shashidhara Somya ji, Pt. Manoj Panigrahi and Pt. Krishna Bhatt Ji. have been performing all the pujas and Havans in Vedic traditions. Hindu Samaj is conducting weekly 'Shloka classes' teaching children Vedic mantras with detail explanations by them. These priests are also available to perform all type of services like special pujas, Homam, wedding ceremonies and final rites outside the temple as well. You can call the temple for more information.

Our weekly communication regarding events and programs are communicated to the community by emails. Please contact us if you have changed your email address or do not receive Hindu Samaj emails. This annual publication your Aarati is in your hands. Hopefully you will like it. The Executive Board is constantly striving to provide this community better and better programs and services so that we and our future generation can be proud of this organization. There is lot of room for improvement, and with your help and support the organization will continue to grow bigger and better. It needs lot of hard work, commitments, dedication and financial support from not only by the Board of trustees but also by every one of you.

This organization belongs to you; do whatever you can.....

One thing to remember—

**“You must have long range goals to keep you from being frustrated by short range failures”** -- Charles Noble.

Thank you,

Indu Lal

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## About AARATI magazine

Namaste!

Welcome to 2009 issue of Aarati. You will find useful information about the activities in the temple and few spiritual articles. A table of contents helps to navigate through the magazine. Some of the new features include a Youth corner. We plan to make Aarati available on our website, [www.hindusamajtemple.org](http://www.hindusamajtemple.org) also.

We thank all the contributors to this issue and others who helped in putting the information together. Our special thanks to sponsors and advertisers, as listed below, who support this publication. We welcome any volunteers to make it better.

The views expressed in the articles presented in this issue are of the authors and do not necessarily reflect the views of the Samaj. Any material submitted for publication is subject to editing and acceptance because of space constraints and other reasons. With best wishes.

*Kusum Gupta 845-462-5613      Hiren Shah 845-849-1213*

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## **Gopurum**

Over the years, we have added many features and services to satisfy the spiritual, religious and cultural needs of our growing and interconnected community. We have a beautiful temple with well sculpted “Gopurams” (Sikharas) inside. As the community requested, the temple will have an authentic and beautiful outside look as well, once the entrance Gopuram construction and landscaping are completed.

Sri. Muthiah Sthapathi, who designed our temple sikharas (the inside ones) as well as the outside Gopuram, visited from India towards the end of May. The shilpies started the construction work in earnest after he marked up the drawings to 1:1 scale. We are happy to report that the current Phase II construction, sculpting work, is proceeding well in spite of a very wet and rainy June and July. Most of the construction will be completed before winter starts. Also, the construction of the small Sri Satyanarayan mandir inside is expected to be completed by end of Nov. The shilpies will leave by Dec 1<sup>st</sup> and return in spring to complete the sculpting of the Elelphant reliefs on the hand-rail walls of the stairs, and the lower part of the Gopuram.

As with any project, we cannot accomplish the goals without the unfailing financial support of generous patrons and community members. The recent fund-drive towards Gopuram construction was successful as you will read from other reports in this issue. We thank you for your generous response and look forward to your continued support.

Sushumna Iruvanti

Anil Garg

Hiren Shah

### **Significance of Gopuram** (input from our priest, Manoj Kumar Panigrahi)

One of the significances of Gopuram is that it is a place to get control over the “indriyas” prior to entering the temple, or where the materialistic desires are left behind for focus/prayer on the spiritual aspects, peace and closeness to god (“Go” means indriyas, as in “Goswami”: one who has mastery over the indriyas (Tulsidas), “puram” is place). Apart from this and its architectural attraction, a Gopuram is also designed to be visible from far and serves to provide the benefit of a “darshan” even if one is unable to visit the temple. Gopuram is itself like a temple, as there are stambhas, torans and deities present. Therefore darshan of a gopuram itself generates spiritualistic thoughts and mental peace. According to ancient beliefs, if somebody is unable to go to a temple, he/she is blessed by the darshan of a gopuram itself. According to sanatan dharma, first do the namaskar to the peak of the gopuram, then touch the sidhi steps with forehead and calm your thoughts before entering the temple.

There are a lot of ancient scriptures on Devalaya vastu shastra. According to Narad Puran, Lord Brahma gave this art to Vishvakarma, who passed this art to human beings. Vimana or Sikhara are typically towers over the sanctums. **Gopuram** is an ornate tower at the entrance to the temple. Typically, the east entrance Gopuram (or Raja gopuram) is opposite to the sanctums. According to temple vastu shastra, gopuram is paad desh (feet), naatya mandap is udar (trunk) and dev garbha (sanctums) is mastaka (head). Some temples have Gopurams on all 4 sides (entrances).

The common forms of Hindu temple towers are: The “Nagara” style in the North and “Dravida” style in the South. While both *Nagara* and *Dravida* styles feature a tall and tapering tower, the dravidian style is highly ornate. The "Nagar" style is simpler and consists of a curvilinear dome.

\*\*\*\*\*



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Mrityor maa amritam gamaya*

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## Gaayatree Mantra

### The Sacred Mother

***Om Bhoorbhuvah Svah  
Tatsaviturvarenyam Bhargo Devasya Dheemahi  
Dhiyo Yo Nah Prachodyat***

“Gaayatree” is Saraswati. She is the sacred mother. She is divinity. She protects those who sing her song, chant this mantra. Those who chant her, Gaayatree puts them on the spiritual path, guides them, helps them keep their mind and senses under control, and finally keeps them healthy, physically, mentally and spiritually. Here is how the mantra should be chanted:

“Om Bhooh, Om Bhuvah, Om Svah, Om Mahah, Om Janah, Om Tapah, Om Satyam.  
Om Bhoorbhuvah Svah. Tatsaviturvarenyam Bhargo Devasya Dheemahi.  
Dhiyo Yo Nah Prachodyat.  
Om Aapo Jyoteeraso Amritam Brahma Bhoorbhuvahsvarom.”

When you chant this mantra each and every word of it presents its meaning in such a way that it keeps refining your thoughts. There is peace in the world when people have good thoughts. When the thoughts are polluted they create restlessness all over the world as it is now. This Mother never allows our thoughts to be polluted.

This Mantra symbolizes a person. A person is composed of 3 bodies: gross, subtle and causal. The causal body is the soul that remains with it even during emancipation. Mind, intelligence, etc constitute the subtle body that remains with the soul during the cycle of births and deaths. Subtle body is like a computer that records all kinds of Sanskars. The soul is emancipated only when it sheds off the subtle body too. Our physical body is the gross body.

According to Sanskars, when the soul takes a body to come into the world it is called birth and when it sheds off that body it is called death.

In this Mantra the first word ‘OM’ made of three letters, i.e. A, U & M, is the causal body. All these three are ‘Svaras’ and represent 3 immortal elements of the soul- Yajna, Yoga and Dharma. These 3 Svaras are followed by 3 words- Bhooh, Bhuvah & Svah. They represent 3 elements of the subtle body- i.e. mind, senses and vital force. These three words are called ‘Maha Vyahritis’. ‘Vyahriti’ means the spiritual powers that draw the Divine powers. When soul goes into depth through chant and meditation and meets the Divine power existing in this mantra the powers of Divinity automatically start flowing in the soul and they flow in the mind and body from the soul, provided the soul is their controller.

There are three sentences in the Gayatree mantra. ‘Tat Saviturvarenyam’, ‘Bhargo Devasya Dheemahi,’ ‘Dhiyo Yo Nah Prachodyat’. They represent the 3 forms of the Gross body- i.e. the physical body, family and society. The first sentence brings energy in the physical body; second one in the family and the third one in the society.

For the body these are the instructions of the Mother Gayatree- be ‘Savitaa,’ productive, constructive and active. Never misuse or waste the physical energy. Be ‘Varenya’ – i.e. do not allow your body to act in a way that makes you the enemy, causes you to be hated by others, makes you unpopular, but do it in such a way that you are accepted by all, loved and appreciated and you would come up as the best person.

For a family the Mother says- each and every member of your family should come up as a godly person, fill them with such thoughts that the family is free from impurity, mental and spiritual pollutions, energize them intellectually in such a way that they are able to prevent the bad thoughts, emotions and habits from coming in, are able to destroy and burn them. This is possible when all the members of your family sit together for prayer, meditate, study good books, have friendly discussions and discourses.



For a society the Mother says- every member of a society should rise from the lowest intellectual level of Buddhi and attain the level of 'Dhee' that constitutes knowledge, action, experience and devotion to God. They should think alike; have one aim, one source of inspiration and one path of spiritual journey. Every member should have a sharp intellect and pure mind so that they are able to catch the message of God, understand the works of learned people and assimilate the abstracts of books. Every member of a society should be progressive and Satvika by nature.

Dr Swami Satyam

*Swami Satyam started his life in India as a teacher and taught Hindi in Delhi University. From there he went to Kenya as minister of religion. Having given his life for spreading the word of Aryasamaj in the spirit of make the world noble, he came across Atlantic Ocean and became the minister of religion in California Arya Samaj. This is where he started his Vedic university to spread the use of Sanskrit. He wrote his book THE VITAMIN CAPSULE while he was in California. It is from this tiny booklet that this article was reprinted. He gave up his family life and adopted the life of a Sanyasi. Being dedicated as a Aryasamaj worker he truly led his life in practicing Krinvanto Vishwam Aryam*

(Submitted by Dr. Kulbhushan Gulati)

### *Some footprints in time*

When an old lady died in the geriatric ward of a small town near Dundee, Scotland, it was felt that she had nothing left of any value. Later when the nurses were going thru her meager possessions, they found this poem. It's quality and content so impressed the staff that copies were made and distributed to every nurse in the hospital. One nurse took her copy to Ireland. The old lady's sole bequest to posterity has since appeared in the Christmas edition of the News Magazine of North Ireland Association for Mental Health. This little old Scottish lady with nothing left to give to the world, is now the author of this anonymous poem. It goes to show that we all leave "Some footprints in time".....

### *An old lady's Poem*

What do you see nurse, what do you see? What are you thinking when you are looking at me?  
 A crabby old women, not very wise, Uncertain of habit, with faraway eyes?  
 Who dribbles her food and makes no reply, when you say I loud voice, "I do wish you would try!"  
 Who seems not to notice the things that you do, And forever is losing a stocking or shoe.....  
 Who, resisting or not, lets you do as you will, With bathing and feeding, the long day to fill.....  
 Is that what you are thinking? Is that what you see? Then open your eyes nurse; You're not looking at me  
 I'll tell you who I am as I sit here so still, as I do at your bidding, as I eat at your will...  
 I'm a small child of ten... with a father and mother, Brothers and sisters, Who love one another.  
 A young girl of sixteen, with wings on her feet, Dreaming that soon now a lover she will meet.  
 A bride soon at twenty--- my heart gives a leap. Remembering the vows that I promise to keep.....  
 At twenty- five now, I have young of my own, Who need me to guide and A secure happy home.  
 A women of thirty, my young now grown fast, Bound to each other with Ties that would last.....  
 At forty my young sons have grown and gone, but my man besides me To see I don't mourn...  
 At fifty once more, babies play around my knee, Again we know children, my Loved one and me.  
 Dark days are upon me, my husband is dead; I look at the future, I shudder with dread.  
 For my young are all rearing young of their own, And I think of the years and the love that I've known.  
 I'm now an old woman...and nature is cruel; 'tis jest to make old age look Like a fool.  
 The body, it crumbles, grace and vigor depart, There is now a stone where I Once had a heart....  
 But inside this old carcass a young girl still dwells, And now and again My battered heart swells.  
 I remember the joys and I remember the pain, And I am loving and living the life over again...  
 I think of years.....all too few, gone too fast, And accept the stark fact that Nothing can last.  
 So open your eyes, nurses, open and see....Not a crabby old women; look Close.... See me!



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## ***The Story of Cheti Chand - Sindhi New Year***

**By Padma Hiranandani Reichwald**

The Sindhi community celebrates the festival of Cheti Chand in honor of the birth of the water God (Varun Devta) Sai Uderolal, popularly known as Julelal, patron Saint of Sindhis. According to the Hindu calendar, Cheti Chand falls on the new moon day in the month of Chaitra known as “Chet” in Sindhi. Hence it is known as CHET-I-CHAND.

The Sindhis are the children of one of the most ancient civilization of the world - the Indus Valley Civilization. When the Aryans came to India and stood on the banks of the mighty river Indus, they exclaimed in sheer wonder, “Sindhu! Sindhu! The Sindhu (Indus) valley civilization is at least 7,000 years old. These Sindhis ruled the Sindh till they were defeated by the Arabs in the 7<sup>th</sup> century. And from that time onwards the Sindhis lost their mighty rule for ever. The Sindhi language, although written in Arabic script has its roots in ancient language of Hindu scriptures, Sanskrit. With the Partition in 1947 the Sindhis had to leave their homes. Leaving their worldly possessions in Sindh, they migrated to India, bringing with them their pride, their enterprising spirit, and their faith in God and their many qualities of head and heart. Today, they are spread out in every part of the world.

Now, back to the story of Cheti Chand. Mirkhshah, a tyrant, forced Hindus living in Sindh to embrace Islam. They went to the banks of mighty river Sindhu (Indus) and prayed to “Varun Devta” for their solace and salvation. After, 40 days of vigil and prayers (Chaaliho), Varun Devta answered their prayers by taking birth as Jhulelal. Hearing about the wonders of Jhulelal, Mirkhshah became very anxious and came to see the powers of this child. When they came face to face, Jhulelal said to him, “Whatever you see around yourself is the creation of one and only God, whom you call ‘Allah’ and Hindus call ‘Ishwar’. All human beings are his creation.” To convince him, Jhulelal through his divine powers made the Sindhu river rise so high that Mirkhshah found himself inundated in water, fire broke out. Mirkhshah asked for forgiveness and he was saved. The Hindus were saved. Jhulelal was known as the Asht Dev of Sindhis.

Sindhis to this day celebrate the birth of Jhulelal on Cheti Chand day by observing Chaaliho and indulging in other festivities. A lamp is lit on a bronze plate, this ritual is called Jyot Jagan. One lamp, akshaoil and vermilion are kept on this plate. A long procession is taken out with colorful floats depicting the life of the patron Saint. The Sindhi folk dance called “Chhej” is performed with the procession. People go to a river and immerse “Bahrano Saheb” in the water and give out prasad of rice and sugar called “Akho”. It is customary to sing praise “Panjras” of the Lal Sai and receive his grace with “Palav”. After the worship, the Sindhi community displays their rich culture through dance, music and folk arts.

For the first time, small local Sindhi community celebrated the festival of Cheti-Chand at our Temple in April of 2009. It was a great moment!

*Bring mindfulness to your meals, i.e., slow down and be more present in the experience of eating. Try this exercise: Take one raisin and concentrate on the experience of eating it, from first enjoying its texture and aroma to gradually chewing and savoring the taste. You will be amazed at how much flavor is contained in one tiny fruit and how satisfying it is.*

*We cannot hold a torch to light another person’s path without brightening our own.*

- Ben Sweetland



**Best**  **Wishes**

For  
**Happy Diwali**  
And  
**New Year**

Dr. Ras and Mrs. Renuka Sheth

**Ras Sheth, M.D.**  
**158 Vineyard Ave.**  
**P.O. Box 923**  
**Highland, NY 12528**

**Tel: 845-691-7251**

**Fax: 845-691-6574**



## **Why 108 Beads in a “Japmala”**

*Sadhna Bhargava*

Why are there 108 beads in a “japmala”? Why not more or less?

Various reasons are offered by many sources and schools of thought. I have picked 3 reasons that have their roots in early Vedic thinking and are based on astrology and mathematics.

The first reason is that in Hindu astrology there are 27 “nakshatras” or fixed stars in the Zodiac belt. The ancient rishis took this number and multiplied it by the 4 directions of the compass that we call “disha”. The number of nakshatras multiplied by the number of dishas gives the number 108 which they used as the number of beads in the “japmala” to emulate the “nakshatramala” that goes around the sky in all 4 dishas.

The second reason also has to do with the nakshatramala. Each nakshatra is said to have 4 facets. So 27 nakshatras will have 108 facets and this became the basis for the number of beads in a “japmala”. There is also a very specific similarity in the nakshatramala and the japmala. The point at which the 2 ends of a japmala are joined – the supreme bead – is known as “Sumeru”. Our ancient scriptures refer to the point in the universe where the 2 ends of the nakshatramala meet as “Sumeru Parvat”.

The third reason is connected with the number of breaths we take in a day. In Vedic tradition the smallest units of time are a pal and vipal. There are 21,600 vipals in a day of 24 hours. In each vipal we take one breath. Half of the time in each day can be set aside for work, rest etc. and the other half should be devoted to prayer. This means that half of 21,600 or 10,800 breaths should be devoted to prayer. They must not be wasted.

If the prayer or jap is done with faith and in the right manner, then its benefits multiply one hundred fold. This means that if a jap is done with faith and correctly 108 times its benefit is equal to doing it 10,800 times and hence there are 108 beads in the japmala.

There are many other reasons and examples but I thought these would be interesting to share with you. Of course, regardless of the meaning of 108, what is more important is that if a mala is used to count mantras, the mantras should be recited with sincerity and devotion.

---

### ***What is metabolic Syndrome?***

(Submitted by Mrs. Chandra Balusu)

Metabolic syndrome is not a single disease but a cluster of health problems. In addition to a condition & disease such as obese or overweight can also lead to metabolic syndrome, that includes high blood pressure, high cholesterol, and high blood sugar. Experts say the metabolic syndrome may be caused by a combination of genes and also lifestyle factors such as overeating and not getting enough physical activity.

According to the National Institute of Health, if you have three or more of these symptoms, you may have metabolic syndrome.

1. A waist measuring more than 40 inches for men and 35 inches for women
  2. Blood pressure at 130/85 or higher
  3. Blood sugar levels at 110 mg/dl or higher
  4. Triglyceride levels at 150 mg/dl or higher
  5. HDL (good cholesterol) less than 40 mg/dl in men and less than 50 mg/dl in women
-



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to  
Hindu Samaj  
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## ***Hindu Samaj Lecture Forum***

Rakesh K Mehta MD; FRCPC; FACP and Kamlesh Patel

The Hindu Samaj continues on the path to provide knowledge for the community members. This year, we introduced the participation of the children in the forum. In December 2008, Dr. Jai Jalaj, Pulmonologist, discussed 'Your Lungs' and there were posters on the effects of smoking, which were discussed by two students, Sonika Mehta and Shivam Mehta. The lecture was enjoyed by all who attended.

In March 2009, Dr. Govind Gill provided education about Diabetes Mellitus. Nimesh Bhargava discussed regarding Diet and Diabetes Mellitus and he was joined by Mrs. Chandra Balusu. The attendants were impressed by the education regarding diet and congratulated the speakers.

On Father's day, in June 2009, Dr. Sankar Varanasi gave an excellent talk on the heart disease which generated a lot of interest and there were many questions from the audience. He mentioned that on this special day, no child need to lose his or her father because of factors which can help in the prevention of premature coronary artery disease. Citing some example at personal level, he was emotional thus imparting a greater impact on the audience. The organizers were personally congratulated by many for arranging such interesting lectures.

We are very thankful to Mrs. Kusum Gupta, who made it a very successful program and continues to provide her assistance after her election as a secretary of Hindu Samaj. It is planned to have a Health Fair in Jan. 2010 and participation of all community members will be appreciated.

\*\*\*\*\*

Roy's ad





## **HS Volunteers for 2009**

HS recognizes all volunteers who help in organizing activities in the temple and volunteer their time in good spirit. Many activities will not be possible without volunteers. The Board sincerely **THANKS** each one of you. If someone's name or contribution is missing, we sincerely regret the unintended omission. Note: This does not include the services by the youth groups or the current trustees. Most of these volunteers have given a minimum of 20 hours of service in the year.

### **Organizing events:**

**Vaikunta Ekadashi** by Padma Soma, Ramani Munipalle, Saila Nallamothu

**Hanuman Jayanthi** by Renu Bahri, Amala Bala..

**Mata Ki Chowki** by Neena Garg, Ranjana Sarwal, Renu Vadehra

**Sarpa/ Shanti Puja** by Padma Soma, Ramani Munipalle

**Hindola** by Mahesh Patel, Asmita Patel, Meera Patel, Sakhi Mandal

**Janmashtmi** by Mahesh Patel, Sulochana Jagirdar, Gopi Sheth, Yogesh Bhatt & Sargam group

**Navratri** by Renuka Sheth, Uma Jani

**Ravan Dahan** by Puja & Sailesh Shankar, Parth Dave, Bharat Mistry, Sandhya Reddy

**Karva Chauth** by Anuradha Chander

**Akhanda Ramayan** by Madhu Varma, Usha Mittal

**Tyagaraja Aradhana** by Chidam Kallingal, Meena Malladi, Preetha Natesan

**Annakoot** by Gopi Sheth, Kumud Ben, Lalita Ma, Sulochana Jagirdar, Vatsala Patel

**Monthly Havan** by Pushpa Khurana, Usha Mittal

**Blood Drive:** Chandrika Prasad

**Counting Hundi Money:** Satish Bhargava, Shyama Bhargava, Madhu Varma

**Food on Saturdays:** Madhu Varma, Sashi Prasad, Vaidyanathan Kootala,

**Library:** Chandrika Prasad, Padmini Prasad,

**Making Garlands:** Durga Soma, Madhu Varma, Malar Muthusamy

**Making Prasad, Ghee, Yogurt, Ironing Deities clothes, Cleaning kitchen:**

Annapurna Varanasi, Asmita Patel, Durga Soma, Geetha Prabhakara, Jayashree Mathad, Kalyani Dhupaguntla, Madhavi Chaluwadi, Madhu Varma, Padma Nagireddy, Padma Soma, Anita Mehta, Rekha Mehta, Ramani Munipalle, Rao Varanasi, Renu Bahri, Shyama Bhargava, Sashi Prasad, Sulochana Jagirdar, Usha Mittal, Vaidyanathan Kootala,

**Recycling:** Vijay Lalchandani

**Sound System:** Parth Dave, Ram Mohan Munipalle,

**Soup kitchen:** Chandrika Prasad

**Classes:**

**Hindi class:** Chandrika Prasad, Padmini Prasad, Girjesh Parashar, Madan Soma, Madhu Varma, Puja Shankar, Usha Mittal, Priti Vohra

**Music class** by Anjali Nandedkar

**Telugu class:** Anjaneyulu Durishetti & Chandra Reddy.

**Yoga Sessions** by Ila Gupta, & Nancy Maldonado.

**Cultural and Youth programs:** Uma Nischal, Shila Patel, Shweta Patel, Mona Ahluwalia, Shaifali Shah, Bindu Prasanna, Meera Dave, Rema Chhabra, Anita Mehta, Ramesh Nandi, Dina Shah, Joshua Ajar Sobrin -----



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## **Concert & Special Events**

**Padma Reichwald & Anil Garg**

The Hindu Samaj is a community center. It serves the needs of its diverse community on many levels, from the religious to the performing art events.

### **Concerts:**

1. December 2008- Binay Pathak. Our community celebrated the Holiday season with their friends at our temple. Pt. Pathakji gave an extraordinary program of light classical music. The sponsors were invited to a post concert reception. It was a successful and exhilarating experience for all ! !
2. June 2009 – Sri Maharajapuram S. Srinivasan. In keeping with the theme of diversity, Sri Srinivasan presented a vocal concert in Carnatic style. It was well attended and greatly appreciated by the community.
3. October 2009 – Rekha Surya, trained under legendry Ghazal Queen Begum Akhtar and Girija Devi, enthralled her audience with her exotic voice. She presented ghazals, bhajans and thumri. The sponsors were invited to a gala post concert reception.

### **Special Events - 2009**

1. June, 2009 –Trustee Social. First time, all the past trustees were invited to meet and mingle. The event was hosted by current trustees. It was a “Feel Good” evening for all. There was plentiful food and unique entertainment.
2. August, 2009 –Ganesh Chaturthi. This was a special fund raising event. Besides the regular pujas, special events committee organized a program of devotional songs and dance for the occasion. All the devotees were treated to the music program, presented by a community member and his four year old son who accompanied him on tabla. Quite an amazing performance!! !
3. September, 2009- India-Day Mela. This is the first time such an event was organized on the Hindu Samaj temple grounds. There was a feeling of pride and enthusiasm among the trustees and the organizers. There was something for everyone, from children to adults. Community participation was overwhelming!! As someone said –“the event touched the core of every segment of our diverse community”. There was a flag raising ceremony followed by the children’s parade. All the children were dressed in colorful regional costumes.

-----

***When exercising, relish it. Notice how your muscles feel, how your body is breathing deeply, and how good it feels to be moving.***

-----

***May you always have love to share, health to spare, and friends that care.***

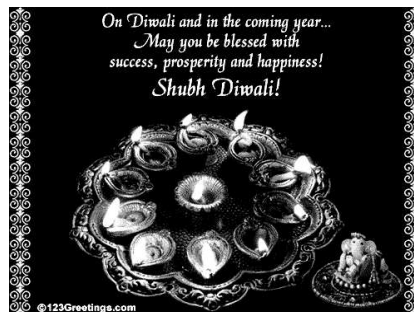


Happy Diwali  
*and*

Best Wishes  
*from*

Drs. Ashok and Nila Shah  
Anuja and Jason  
Alex and Tyler  
Ashvin

Ashok Shah, MD  
68 W Cedar St.  
Poughkeepsie, NY 12601  
(845) 471-1335





## *Religious Activities*

### Somaiah Soma and Ramesh Shah

Dear Devotees,

Since the beginning of this year, temple has been a very busy place with many religious activities. We have been performing special pujas for various festivals besides our daily pujas, abhishekams, monthly havan and Satyanarayana Puja. At the temple we have daily, weekly and monthly pujas- please see the detailed list of these religious events in this issue of Aarati. We started the new year with Vaikuntha Ekadasi, then celebrated Makara Sankranti, followed by Maha Shivratri, New Year and Ram Navami in the month of Chaitra. We had the temple anniversary celebration in the beginning of June.

This year for the first time we had Kaal Sarpa Puja and Maha Shani Shanti Homa in a grand scale in the month of July and it was a huge success. Thanks to many volunteers and sponsors, we also raised money to help the Gopuram Project. We plan to continue this special pujas every year in the future. We had Hindola celebrated for a whole month followed by Krishna Janmashtami with many devotees staying until after midnight. We also had Mata Ki Chowki. Ganesh Chaturthi was another big fund raiser and fortunately we were able to raise large sums of money thanks to generous donors. Navaratri was performed with daily chanting of Lalitha Sahasranamam and garba. Chandi Havan under the tent at the temple and Raas Garba at Casperkill Country Club were well attended. Akhanda Ramayan was held for 24 hours with the efforts of dedicated volunteers. Most recently we had samuhika deepa puja to celebrate Deepavali, followed by Annakoot. We had Tulasi Vivah as a special event for the first time, which we would like to observe every year in the future.

Thanks to many volunteers and trustees for arranging different events and helping with food, making garlands, setting up and cleaning. Some of the Jain events were:

**Mahavir Jayanti** – April 19: On the occasion of Mahavir Jayanti, a Pooja was performed at our temple. Families from Jain Center of Connecticut (JCC) also participated. On May 16, Pathshala students presented several items at the cultural program in CT. Shilpa Shah and Dina Shah provided the direction.

**Jain Day** (July 26): is an annual event organized jointly with JCC by students for students during Summer vacation. Sonny Shah and Dhanan Lathia organized this year's Jain Day activities.

**Paryushan (Aug 16-23) and Das Lakshan (Aug 24-Sep 3):** This is the most auspicious festival in the Jain calendar. This is also a period of introspection, atonement and self-improvement. Many Jains all over the world fast and perform religious-spiritual activities during this period. Pooja was performed on Aug 16, Aug 23 and daily from Aug 24 to Sep 3.

**Bhaktamar Vidhan Pooja – Sep 6:** Acharya Shri Mantung Suri created Bhaktamar Stotra in 6<sup>th</sup> century worshipping the first Tirthankar Shri Rishabhdev. According to the legend, Acharya was tied with iron chain. Acharya's recitation was so powerful and intense that with every stanza, he was able to break one chain element and eventually freed himself. HH Shri Devendrakirti Bhattarakji graced the occasion and conducted the special Pooja. Many families from NJ and Philadelphia participated. Little over \$17,000 were raised (net after expenses). This was very successful both spiritually as well as financially.

**Diwali Pooja** – Oct 25: Diwali is the Nirvan Day for Bhagwan Mahavir. The next day is celebrated as attainment of Keval Gnan by Shri Gautam Swami (Chief Disciple of Bhagwan Mahavir).



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**Hindu Samaj**

Invites you to

**2009 Annual Dinner Dance**

Saturday, November 21

6:00 PM to 11:30 PM

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Tel: 845 - 226 - 8714

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**Mrs. Ila Gupta**

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RSVP by November 10, 2009

Board of Trustees Hindu Samaj

845 297 9061

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**Thank you sponsors\***

\*Priority seating & names will be displayed

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## **Hindu Samaj Membership & Donation Form**

3 Brown Road, Wappingers Falls, NY 12590

Tel: (845) 297-9061

Website: [www.hindusamajtemple.org](http://www.hindusamajtemple.org)

E-mail: [hindusamajtemple@gmail.com](mailto:hindusamajtemple@gmail.com)

**Please make checks payable to: Hindu Samaj** (All Donations are Tax Deductible)

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Name \_\_\_\_\_

Weekly Pooja/Abhishekam     Whole year (\$501)     1 Month (\$101)     1 Week (\$31)

Deity: \_\_\_\_\_

Satyanarana Puja (on Poornima day)       1 Month (\$51)       Whole year (\$501)

Sponsor One day's Temple expense (\$151.00).      Date: \_\_\_\_\_

(You could sponsor for important dates such as Birthday, Wedding anniversary or in Memory of a family member.)

**General Donation**

\$31     \$51     \$101     \$251     \$501     \$\_\_\_\_\_ (Please specify amount)

Gotram/Nakshatram (if known): \_\_\_\_\_ / \_\_\_\_\_

### **Member Information\_** (\* complete all fields)

\* **Name:** \_\_\_\_\_ (Spouse) \_\_\_\_\_

\_\_\_\_\_ First Last

\* **Street:** \_\_\_\_\_ Apartment/Suite #: \_\_\_\_\_

\* **City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

\* **Telephone:** (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ \* **Email:** \_\_\_\_\_

**Mail the membership check & form to: P.O.Box 1188, Wappingers Falls, NY 12590 or Drop it off with the Priest on duty at the Temple.**

**Would like to volunteer for:**       Making Garlands       House keeping

Cook Food for Occasions       Clean Puja Samagri

Watching temple from 1-5 PM:     Sat       Sun

Programs for the elderly       Programs for children

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

I/we abide by the bylaws, rules, regulations, and guidelines of the Hindu Samaj.

**Note:** General donations or contributions made for any occasion - religious, cultural, concerts, etc. **shall not be applied** automatically towards membership dues. The membership dues must be accompanied by the membership form.



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Dr. Indu Lal:-Secretary: 845 226 1892; Mrs. Meera Agarwal:- Treasurer: 845 896 1955

## Help in Crisis

**Hindu Samaj has generally helped many families in our community deal with a crisis. Community members should note that Hindu Samaj will help any family deal with a problem and provide support as needed. Arrangements have been made with the following funeral home to complete an appropriate Hindu funeral and contact Hindu Samaj if someone needs financial assistance.**

**Timothy P. Doyle Funeral Home  
371 Hooker Avenue, Poughkeepsie, NY 12603  
845-452-0460**



## **Children's Corner**

**Temple Happenings:** As you pull into the temple parking lot, you see the entrance getting a complete facelift. This is the Gopuram project, which the Shilpis are working hard on. Inside the temple, youth groups are being revamped as well. The kids of our temple are increasingly becoming involved with the community, aside from the annual cultural programs they put together. They meet at least once a month to help organize events for the community.

Happy Diwali! Diwali is celebrated by people all over India, and this year, even the White House joined in the celebration (for the first time ever)! A cultural event will be soon to follow. We are excited to see what the youth groups prepare to entertain us with! Here is a snack enjoyed by children all over India.

### **Mathri (Namak Pare)**

Ingredients:

- |                              |                                 |                           |
|------------------------------|---------------------------------|---------------------------|
| . All purpose flour    1 cup | . Dry Fenugreek leaves 2 teaspn | . Canola oil    ¼ cup     |
| . Semolina            ¼ cup  | . Black Pepper    ½ teaspoon    | . Salt (to your taste)    |
| . Chickpea flour    ¼ cup    | . Ajwain seeds    ½ teaspoon    | . canola oil (for frying) |

Procedure:

Mix all the ingredients and prepare a had dough and divide into 2 portions. Roll out the portions and cut the flattened dough into bite size pieces, square or diagonal, with a pizza cutter. Fry the pieces until golden brown; blot out excess oil.

--Sonika and Shivam Mehta

*Editor's note: If you want to avoid frying, use milk instead of water to make the dough and also add ¾ teaspoon baking powder. Just score the rolled out dough into pieces and bake at 350 F for 15 to 25 minutes, turning as needed. Break them apart when little cool and enjoy a healthier snack.*

## **It is not the Amount that Matters but the Thought and Care!!**

Many years ago my wife and I were on a trip to Carmel, California for some shopping and exploring. On the way we stopped at a service station. As soon as we parked our car in front of the pumps, a young man, about eighteen or nineteen, came bouncing out to the car and with a big smile said, "Can I help you?" "Yes," I answered. "A full tank of gas, please." I wasn't prepared for what followed. In this day and age of self-service and deteriorating customer treatment, this young man checked every tire, washed every window - even the sunroof - singing and whistling the whole time. We couldn't believe both the quality of service and his upbeat attitude about his work.

When he brought the bill I said to the young man, "Hey, you really have taken good care of us. I appreciate it."

He replied, "I really enjoy working. It's fun for me and I get to meet nice people like you."

This kid was really something!

I said, "We're on our way to Carmel and we want to get some milkshakes. Can you tell us where we can find the nearest Baskin-Robbins?"

"Baskin-Robbins is just a few blocks away," he said as he gave us exact directions. Then he added, "Don't park out front - park around to the side so your car won't get sideswiped."

What a kid!

As we got to the ice cream store we ordered milkshakes, except that instead of two, we ordered three. Then we drove back to the station. Our young friend dashed out to greet us. "Hey, I see you got your milkshakes."

"Yes, and this one is for you!"

His mouth fell open. "For me?"

"Sure. With all the fantastic service you gave us, I couldn't leave you out of the milkshake deal."

"Wow!" was his astonished reply.

As we drove off I could see him in my rear-view mirror just standing there, grinning from ear to ear.

Now, what did this little act of generosity cost me? Only about two dollars - you see, it's not the money, it's the consideration.

>-----<



## **Hindu Samaj Temple Schedule**

Phone 845-297-9061 Website: [www.hindusamajtemple.org](http://www.hindusamajtemple.org)

**Temple Hours:** Mon through Friday 9:30 AM to 11:00 AM and 5:30 PM to 8:30 PM

Sat, Sun & Holidays 8:30AM to 8:30 PM

**Aarati daily at 7:30 PM**

### **WEEKLY SCHEDULE**

MONDAY	SHIVA Abhishekam	7:00 PM TO 8:30 PM
TUESDAY	Sri Rama Puja Readings from RAMAYANA HANUMAN Chalisa	7:00 PM TO 7:30 PM  7:45 PM TO 8:30 PM
WEDNESDAY	RADHA KRISHNA / SRINATHJI Puja/ SARASWATHI Puja	7:00 PM to 7:30 PM
THURSDAY	Aarati	7:30 PM
FRIDAY	LAKSHMI Abhishekam LALITHA Sahasra Naman	7:00 PM to 8:30 PM
SATURDAY	VENKATESWARA Suprabhatam VENKATESWARA Abhishekam VISHNU Sahasra Namam	8:30 AM to 9:00 AM 9:30 AM to 10:45AM
SUNDAY	GANAPATI Abhishekam AMBA MA Puja Swadhyay	9:30 AM to 10:30AM 5:45 PM to 6:30 PM 4:30 PM to 5:30 PM

### **MONTHLY SCHEDULE**

POORNIMA	Satyanarayana Puja	7:00 PM to 8:30 PM
2 <sup>nd</sup> SUNDAYS	Vedic Havan	11:00AM to 12:30 PM
3 <sup>rd</sup> SATURDAYS	NAVAGRAHA Abhishekam	6:00 PM

Archana \$11, Abhishek \$31; Monthly \$101; Yearly \$501 per Deity

Sponsors / Volunteers are needed in all activities. Call Somaiah Soma 845-790-3300 and Ramesh Shah 845-223-3309.

\* Please call in advance for any special pujas.

\* On holidays and in case of inclement weather, call in advance to find out if the temple is open.

**Temple Priests:** Sri Manoj Kumar Panigrahi  
**Temple:** (845) 297-9061 **Home:** 231-2248 **Cell:** 214-2646



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The 2010 Decennial Census will take a snapshot of everyone residing in the United States, regardless of age, race, or immigration status, delivering accurate information about our diverse and growing population.

Mandated by the U.S. Constitution, the Decennial Census is the largest peacetime mobilization effort of the American public, requiring years of planning and more than a half million temporary workers. The 2010 Census questionnaire will be mailed in March 2010 to every household in the United States. Respondents complete the form and return it in a postage-paid envelope.

***The 2010 Census is easy.***

Questionnaires will be mailed to households across the country in March 2010. With only 10 questions, the 2010 Census questionnaire is one of the shortest ever.

***The 2010 Census is safe.***

By law, the Census Bureau cannot share respondents' answers with any government agency. No court of law can access individual responses. Census workers are sworn to secrecy – any breach of confidentiality is punishable by up to a \$250,000 fine and a jail term of up to five years.

***The 2010 Census is important.***

The federal government uses census data to allocate billions of dollars in federal funds annually for programs and services. In addition, state, local and tribal governments use data for planning and allocating funds for public projects. Community organizations use census information to develop social service programs. Population counts also determine Congressional apportionment – the amount of seats each state will have in the U.S. House of Representatives – and states use the data to allocate seats in their state legislatures.

The 2010 Census is easy, safe, and important. Be Counted.

For further information about 2010 Census operations and activities visit [www.2010census.gov](http://www.2010census.gov) or contact the Census Bureau at [Boston.PDSP@census.gov](mailto:Boston.PDSP@census.gov) or (617) 223-3610.

Census operations and activities visit [www.2010census.gov](http://www.2010census.gov) or contact the Census Bureau at [Boston.PDSP@census.gov](mailto:Boston.PDSP@census.gov) or (617) 223-3610.



Happy Diwali  
&  
Best Wishes  
To

Hindu Samaj  
from

**GI Associates**

**Sunil Khurana**  
**Peter Varunok**  
**Salvatore Buffa**

**Robert Dean**  
**Arif Muslim**  
**Rodney Camp**

Medical Arts Building  
243 North Rd  
Poughkeepsie, NY 12601  
Tel: (845) 471-9410

Cecilwood Prof. Bldg.  
969 Main Street  
Fishkill, NY 12524  
(845) 897-9797



## **Hindu Samaj Rental Agreement FOR PRIVATE FUNCTIONS**

1. **FOR PRIVATE PUJA** (small group of 25) MINIMUM \$100 (2hrs) and \$ 40 FOR EACH ADDITIONAL HOUR (UPSTAIRS ONLY). **NO FOOD OR BEVERAGE IS ALLOWED.**
2. **FOR OTHER CATEGORY FUNCTIONS - THE RATE SHALL BE \$ 300 FOR 6-HOUR PERIOD PER FLOOR & \$ 600 FOR BOTH. \$ 40 ADDITIONAL PER HOUR PER FLOOR. THIS INCLUDES SET-UP TIME.**
3. **FOR SHORT FUNCTIONS - THE RATE SHALL BE \$ 200 FOR 3-HOUR PERIOD PER FLOOR AND \$ 400 FOR BOTH; \$ 40 ADDITIONAL PER HOUR PER FLOOR, THIS INCLUDES SET-UP TIME**
4. **FOR SPECIAL CATEGORY (WEDDINGS, ENGAGEMENTS) - THE RATE SHALL BE \$ 800 FOR 10-HOUR PERIOD FOR BOTH UPSTAIRS AND DOWNSTAIRS, MAXIMUM OF \$ 1,000.00 TOTAL.**
5. **CLEANING SERVICE DEPOSIT SHALL BE \$ 200.**
6. **MAXIMUM LEGAL OCCUPANCY ONLY 299 PEOPLE.**
7. **RENTAL CHARGE \$100 EXTRA FOR NON-MEMBERS.**

**I/WE AGREE TO THE ABOVE:**

Upstairs: \_\_\_\_\_, Date: \_\_\_\_\_ Time: \_\_\_\_\_

Downstairs: \_\_\_\_\_, Date: \_\_\_\_\_ Time: \_\_\_\_\_

**I HAVE READ THE ATTACHED RULES AND REGULATIONS :**

Name: \_\_\_\_\_, Signature: \_\_\_\_\_

Please send **2 checks** (20% rental deposit and \$ 200 cleaning deposit) made payable to **HINDU SAMAJ** and mail it to the Trustee in charge of rentals. Contact Mr. Kiran Sheth at 845-462-1186 (home), 845-392-6726 (cell) or email at ksheth7640@yahoo.com.

Rev 9/09

**For a copy of Hindu Samaj By-laws, please visit [www.hindusamajtemple.org](http://www.hindusamajtemple.org). A copy can also be viewed at the temple bulletin board.  
For procedure to change by-laws, please contact the By-Laws Committee listed on first page.**



## HINDU SAMAJ

**3 BROWN ROAD WAPPINGERS FALLS, N.Y. 12590**

Phone: 845-297-9061

***Rental Rules and Policies for Private Functions***

1. **MEAT AND ALCOHOLIC BEVERAGES ARE NOT PERMITTED AT THE TEMPLE.**
2. Reservation must be made as soon as possible but **no later than 4 weeks** of the date of event.
3. **Temple functions including daily scheduled am/pm pujas take priority** over private rentals.
4. **A deposit of 20% of the rent is due at the time of the reservation and must accompany the completed rental agreement form. Balance of 80% is due 2 weeks prior to the date of event.**
5. **No refund of deposit, if not canceled, 2 weeks prior to the date of the event.**
6. **The cleaning deposit of \$200 must accompany the completed agreement; it shall be forfeited if the premises are not left clean (floors mopped, carpet vacuumed, bathroom cleaned, tables and chairs put back to their original location, all decorations removed). No wall decorations allowed.**
7. **All garbage and other disposables must be bagged securely and placed in the Dumpster.**
8. **Rental includes the use of the facility and all its systems including Kitchen, Bathrooms, Tables and Chairs, it does not include the use of paper goods and other disposable items and the SOUND SYSTEM.**
9. **Parking facilities shall be open to all other devotees during the function hours.**
10. **Playground area may be used by the children but only under the supervision of a responsible adult from the party renting the temple facility. Hindu Samaj does not take any responsibility for accidents.**
11. **Any commercial activity such as selling goods or raising funds is not permitted at the temple Premises. For example, a concert or gathering cannot be held for fund-raising.**

Any other situation or requirements not covered here must be approved at the time of booking by the trustee-in-charge of renting.

**I have read the above and agree to it:**

**Signature:** \_\_\_\_\_





### ***Fund Raising 2009 for Gopurum***

<b>Name (Last)</b>	<b>First</b>	<b>Amount</b>
Amin	Rohidas & Saroja	\$ 1,000
Angara	Prasad & Kanthi	\$ 1,000
Bansal	Sandeep & Lily	\$ 251
Bhargava	Bharat & Sadhana	\$ 1,000
Bhutani	Arun & Manisha	\$ 1,500
Bonthu	Srinivas & Nirmala	\$ 1,001
Brind	Joel & Manju	\$ 500
Chandra	Pradeep & Rashmi	\$ 1,000
Chava	Keshav & Jayabala	\$ 1,001
Das	Akhaya & Reene	\$ 1,000
Desai	Sudhir & Geeta	\$ 1,000
Dharamshi	Girish & Neelam	\$ 127
Duvvi	Radhiika & Ashok	\$ 1,000
Frey	Shobha & Timothy	\$ 1,000
Gala	Mulraj & Sarla	\$ 201
Ganesh	T.S & Suchitra	\$ 251
Garg	Anil & Anita	\$ 2,000
Garg	Desh & Neena	\$ 501
Gupta	Om & Kusum	\$ 2,500
Jagirdar	Sulochana	\$ 1,000
Jha	Sanjaya	\$ 250
Jain	Vijay	\$ 152
Karri	Ramasree & Kiranmayi Achalla	\$ 1,000
Khurana	Sunil & Seema	\$ 1,500
Kolluru	Vijayanand	\$ 30
Kothari	Aruna & Sudha	\$ 51
Kothari	Bharat & Bhavna	\$ 552
Kothari	Sudha & Rekha	\$ 74
Lal	Indu	\$ 2,000
Mamtani	Ravindra & Jayashree	\$ 1,001
Mandava	Baburao & Vidyadhari	\$10,000
Matto	Sunil & Anita	\$ 1,000
Medapatti	Uma	\$ 2,000
Mehta	Rakesh & Anita	\$ 1,000
Mishra	Uma & Shanti	\$ 1,000
Misra	Surindra & Yashodhara	\$ 1,000
Mittal	Kashmiri & Usha	\$ 1,000
Murthy	Padmini & Narasimhadevara	\$ 251
Naik	Ramesh & Sudha	\$ 500



Nandedkar	Sanjeev & Anjali	\$ 1,000
Nandi	Ramesh & Shobhita	\$ 1,000
Narula	Rajiv & Michelle	\$ 1,000
Panchal	Veena	\$ 11
Parashar	Laxman & Girijesh	\$ 501
Patel	Bharat & Priti	\$ 1001
Patel	Jayesh & Anuradha	\$ 1,000
Patel	Kamlesh & Asmita	\$ 1,001
Patel	Mahesh & Dipika	\$ 1,001
Patel	Mayur	\$ 1,000
Patel	Vipin & Jyotsna	\$ 1,001
Prabhakara	Nazrey & Geetha	\$ 4,251
Prasad	Chandrika & Padmini	\$ 1,000
Ramachandran	Bala & Geetha	\$ 200
Rao	Srivalli & Raghavendra	\$ 1,000
Reddy	Ravi & Sandhya	\$ 2,500
Reichwald	Padma & Larry	\$ 1,000
Sarabu	Mohan Rao & Lalitha	\$ 7,500
Saraf	Lumdas & Meena	\$ 1,000
Satyendra	Uma	\$ 1,061
Shah	Arvind & Kusum	\$ 302
Shah	Ashok & Neela	\$ 1,000
Shah	Jitendra & Nayana	\$ 501
Shah	Arvind & Kalavati	\$ 152
Shah	Bhadresh & Trupti	\$ 101
Shah	Brijesh & Dipali	\$ 101
Shah	Devendra & Gita	\$ 51
Shah	Dhirendra & Kalyani	\$ 203
Shah	Dilip & Varsha	\$ 252
Shah	Girish & Shobhna	\$ 303
Shah	Girish D	\$ 51
Shah	Harshad & Premila	\$ 31
Shah	Harvadan & Tarulata	\$ 501
Shah	Hemant & Purnima	\$ 1,001
Shah	Jagdish R	\$ 51
Shah	Jayesh & Shilpa	\$ 511
Shah	Jayesh & Sushma	\$ 1,001
Shah	Kantilal & Manisha	\$ 501
Shah	Kesari & Sumitra	\$ 51
Shah	Ketan & Jayshree	\$ 501
Shah	Kirit C & Nayana	\$ 51
Shah	Kirit V & Kashmiri	\$ 51
Shah	Kumar & Parul	\$ 152



Shah	Lalit & Bharati	\$ 152
Shah	Mahendra C & Pushpa	\$ 55
Shah	Manharlal C & Hansha	\$ 501
Shah	Mayur U & Smita	\$ 301
Shah	Naresh S & Saroj	\$ 1,001
Shah	Natubhai	\$ 603
Shah	Navinchandra & Dharmistha	\$ 51
Shah	Navnit V & Rasila	\$ 51
Shah	Nitin R & Charmi	\$ 1,251
Shah	Paresh & Kishori	\$ 1,500
Shah	Piyush M & Mayuri	\$ 21
Shah	Sanat V & Meenaxi	\$ 152
Shah	Shailesh & Nayana	\$ 51
Shah	Vijay R & Parul	\$ 1,001
Shah	Yogesh & Dipti	\$ 664
Shah	Ramesh & Rashmika	\$ 1,604
Shah	Vijay & Archana	\$ 1,000
Shah	Vinay	\$ 1,000
Shah	Hiren & Pinkal	\$ 2,603
Shah	Pradip & Dipika	\$ 1,001
Sheth	Ras & Renuka	\$ 501
Sheth	Kiran & Minaxi	\$ 501
Sinha	Ravi & Pam	\$ 2,000
Sobrin	Anchala & Jack	\$ 1,001
Tanjore Cuisine	Dinesh	\$ 1,000
Telukuntla	Narasimha & Jayashree	\$ 1,000
Tolat	Vikram & Srilekha	\$ 1,001
Varanasi	Jay & Krishna	\$ 1,000
Varma	Madhu	\$ 1,000
Viswanathan & Sindhu	Sandesh & Sindhu	\$ 2,500
Viswanatha	Tara & Bala	\$ 25
Yoga Group	Ila & Nancy	\$ 3,752
Vora	Niraj & Priti	\$ 101

## वास्तु शास्त्रों में दिशाओं का महत्व पं मनोज

वास्तु शास्त्रों के अनुसार मुख्यतः आठ दिशाएँ होती हैं। पूर्व, पश्चिम, उत्तर, दक्षिण। वास्तु शास्त्र में हर दिशा का अपना एक महत्वपूर्ण स्थान होता है।

पूर्व दिशा के स्वामी इन्द्र देव हैं। इस दिशा में सूर्य उदित होता है। इस दिशा को साफ-सुथरा तथा हल्का रखें। बच्चों की पढ़ाई, पूजा मन्दिर, भूमिगत पानी का पम्प इस दिशा में होने से अच्छी सफलता मिलती है। भवन का ढलान भी पूर्व दिशा में होना अच्छा होता है। भोजन बनाते समय पूर्व दिशा की तरफ मुख होने से स्वास्थ्य पर उत्तम प्रभाव पता है। इस दिशा से सूर्य की किरणें घर में आने से तथा इस दिशा में बच्चों का कमरा होने से उनके मानसिक विकास तथा स्वास्थ्य पर अच्छा प्रभाव पता है। पूर्व दिशा में भारी भरकम सामान रखना, स्टोरेज नहीं करना चाहिए। सीढ़ियाँ तथा शौचालय इस दिशा में नहीं बनवाना चाहिये।

उत्तर दिशा धन के स्वामी कुबेर की होती है। जल के लिए यह दिशा शुभ है। इस स्थान पर धन संचय करना या सुरक्षित रखना शुभ होता है। उत्तर एक श्रेष्ठतर दिशा होने से इसे साफ-सुथरा तथा हल्का रखें। यहाँ पर ड्रिग रूम, फाउंटन, मछली घर तथा पूर्व में जगह न हो तो मन्दिर या पूजा का स्थान बनवाना भी शुभ होता है।

दक्षिण दिशा के स्वामी यम देवता होने से बहुत से लोग इसे अशुभ समझते हैं परन्तु यह दिशा स्थिरता, दृढ़ता तथा बल प्रदान करने वाली होती है। अतः यहाँ पर भारी सामान, स्टोरेज, सीढ़ियाँ यथा घर के प्रमुख व्यक्ति के निवास के लिए उत्तम होती हैं। इस दिशा में भूमिगत पंप या ढलान या गट्टे अच्छे नहीं होते।

पश्चिम दिशा के स्वामी वरुण देवता हैं, जो जल के लिए अत्यन्त शुभ हैं। स्नानघर, पानी की टंकी या जलस्रोत रखना शुभ है। आँगन में रसोई या अन्य स्थान पर पूजा घर, पूर्व दिशा में पढ़ाई का कमरा न बना पाने की स्थिति में पश्चिम की जगह उपयोग में लाई जा सकती है। औद्योगिक क्षेत्र में यह स्थान अति महत्व पूर्ण है। मशीन उपकरण आदि यहाँ पर रखना शुभ है।

दक्षिण पूर्व दिशा के स्वामी अग्नि देवता हैं अतः इसे अग्नेय कोण कहा जाता है। भवन में यह कोण नीचा नहीं होना चाहिए। यह कोण रसोई घर के लिये महत्व पूर्ण है तथा वजन सम्बन्धित या विद्युत उपकरणों के लिए शुभ मानी जाती है। औद्योगिक इकाईयों के लिए यह स्थान अति उत्तम है। अतः इस दिशा में शौचालय, नाली, सीढ़ी या प्रमुख द्वार नहीं होना चाहिए। ऐसा होने से उत्पादन में कमी आती है। दक्षिण-पूर्व दिशा में होटेल, रेस्टोरेंट, कैंटरिंग, वाहन शोरूम आदि अग्नि तत्व से सम्बन्धित व्यवसाय के लिए अतीव महत्वपूर्ण है।

उत्तर-पूर्व दिशा के स्वामी रुद्र देवता हैं। यह स्थान वास्तु पुरुष का शिर स्थान होने के कारण पूर्ण स्थान माना जाता है। इस स्थान पर किसी भी प्रकार के दोष को महादोष माना जाता है। इस दिशा में कृप, प्रवेशद्वार, उपासना, ध्यान, अध्ययन, विचार-विमर्श, बच्चों का कमरा आदि उत्तम माने जाते हैं। इस स्थान पर शौचालय, सड़ियाँ, सहोईघर, भारी निर्माण आदि हानिप्रद माने जाते हैं। अतः भवन को उत्तर-पूर्व जगह को साफ-सुथरा तथा वहाँ कम सामान रखना चाहिए।

उत्तर-पश्चिम दिशा के स्वामी चन्द्र देवता हैं। यह दिशा शौचालय, स्नानघर, कन्या सन्तानों तथा अतिथि गृह के लिए उत्तम मानी जाती है। व्यापार, उद्योग स्थान में इस दिशा में बिक्री योग्य पदार्थ रखने से बिक्री जल्दी हो जाती है। यह दिशा बच्चों की पढ़ाई, पूजाघर, बैठक के लिए उत्तम नहीं है। गृहस्वामी का शयन कक्ष इस दिशा में होने से गृहस्वामी का घर में मन कम लगता है। इस दिशा में प्रवेशद्वार होने से घर में स्मृद्धि में कमी आती है।

दक्षिण-पश्चिम दिशा का स्वामी नैऋत्य देवता है। यह दिशा गृहस्वामी के शयन कक्ष के लिए सर्वोत्तम है। यह स्थान प्रमुख व्यक्ति का व्यक्तिगत कक्ष, मनोरंजन अथवा क्रीडा के लिए उत्तम है। डेनेज सिस्टम, शौचालय, स्नानगृह, जलस्रोत के लिए यह दिशा उत्तम मानी जाती है। यह जगह ऊँची उठी रहना शुभप्रद है तथा इस दिशा की दीवार चौड़ी तथा ऊँची होना भवन के लिए शुभ मानी जाती है। इस दिशा में डुबते हुए सूरज की किरणें घर में आना शुभ नहीं होता। यदि इस दिशा से खि की से सूर्यकिरण अन्दर आती हों तो खि की मोटे परदों या ब्लाईड से बन्द रखनी चाहिए।



14-Feb	Sunday	Havan	11:00 AM
1-Mar	Sunday	Holi-Poornima-Satyanarayana Puja	7:00 PM
3-Mar	Wednesday	Holi celebration (TBD)	11:00 AM
14-Mar	Sunday	Havan	11:00 AM
16-Mar	Tuesday	Chetichand Ugadi/Gudi Padva/Panchanga Sraavanam	6:30 PM 8:00 PM
24-Mar	Wednesday	Ramnavmi	12:00 noon
29-Mar	Monday	Mahavir Jayanti	11:00 AM
30-Mar	Tuesday	Hanuman Jayanti, Poornima-Satyanarayana Puja	7:00 PM
11-Apr	Sunday	Havan	11:00 AM
13-Apr	Tuesday	Vishu/Varsha Parpu, Baisakhi	11:00 AM
25-Apr	Sunday	General Body Meeting, Elections	

NOTE: Calendar subject to change. Please call the priest or any trustee to confirm.

Note: Regular daily Abhishekam are preponed by an hour on special festival days.

*Schedule of Classes at the Hindu Samaj*

Class	Teacher/Contact	Day	Time	Phone #
Telugu Bhasha	Anjaneyulu Durisheti	Sunday	9:00 – 11:00 AM	845 471 9742 (h) 845 392 1661 (c)
Tabla Instrumental	Ray Spiegel	Sunday	2:00 – 4:00 PM	845 679 8865
Kathak Dance	Satya Narayana Charka	Sunday	3:00 – 6:00 PM	845 783 7514
Jain Pathshala	Girish Dharamshi	2 <sup>nd</sup> and 4 <sup>th</sup> Sunday	6:30 – 8:30 PM	845 297 4963
Hindi Language	Anchala Sobrin	Monday	7:00 – 8:30 PM	845 226 2542
Bharatanatyam Dance	Liza Joseph	Tuesday	6:00 – 8:00 PM	914 843 9785
Shloka	Priests	Tuesday	6:00 – 7:00 PM	845 297 9061 845 231 2248
Hindustani Classical Music	Anjali Nandedkar	Thursday	6:30 – 8:30 PM	845 226 2241
Yoga	Ila Gupta Nancy Maldonado	Mon. & Thurs. Sunday	5:45 – 6:45 PM 8:00 – 9:00 AM	845 227 5996

For information about any of these classes, please contact Anchala Sobrin at 226-2542.