



आराधना

Aradhana

A Publication of the Hindu Society of Greater Cincinnati
Devdham of North America™

Phalgun/ Chaitra
Vikram Samvat 2075/ 2076
March 2020



Sai Bhajans Mar 7
Sankashthi Chaturthi Mar 12
Gudi Padwa, Ugadi Mar 24



<http://www.cincinnati temple.com>
Email: hindutempleogc@gmail.com
Phone: (513) 528-3714

The Hindu Society of Greater Cincinnati

Holi 2020 with Colors

Saturday. March 14, 2020

2:30 PM– 5:00 PM (Cultural Program)

5:00 PM - 6:30 PM (Color Celebration)



At the Temple
720 Barg Salt Run, Cincinnati, OH 45244
Website // http.cincinnati temple.com

**Food and color available for purchase,
All proceeds go to the temple.**



Cultural Program

PROGRAM ENTRY GUIDELINE;

Please carefully read Holi Program Guidelines on Temple website before registering your program.

NOTE: Entries will be accepted on a first come first serve basis. The Cultural Committee has the right to select items and limit entries based on available time.

PROGRAM REGISTRATION:

Please register your program via the Temple website starting January 29, 2020. Last day for submission is Feb 29, 2020.

EVENT CONTACT: hscultural@gmail.com

FOOD CONTACT: Manju Gupta (513)-441-7502
guptama2003@yahoo.com

We encourage you to come forward and donate money or food for the function.

EXECUTIVE COUNCIL 2020

President:	Raneshwar Gupta	513-232-3331
	rgupta@tapohio.com	
Vice President:	Asit Saha	513-489-5720
	absaha09@gmail.com	
Secretary:	Anand Konda	732-423-1539
	anand.konda@gmail.com	
Treasurer:	Rajesh Padmanabhan	513-226-4279
	rajeshpadmanabhan@gmail.com	

COMMITTEE CHAIRPERSONS

Puja Committee:	Madhu Sharma	513-807-5081
	madhu2019sharma@gmail.com	
Communications:	Anand Narayana	513-657-8799
	hsgc.communication@gmail.com	
Membership/ Fundraising:	Rani Dhamija	513-324-0606
	shivrani07@gmail.com	
Prop. Management:	Pinakin Bhakta	513-509-9011
	pinobhakta@gmail.com	
Cultural Activities:	Manish Srivastava	513-607-7283
	msrivastavamd@gmail.com	
Religious Education: & Youth activities:	Priya Dayal	513-508-8866
	priya_atl@yahoo.com	
Long Range Planning:	Laxmi Srivastava	513-474-0144
	laxmi_srivastava@yahoo.com	

PRIESTS

Chief	Acharya Kailash Sharma	513-652-5382
Priest:	acharyaksharma@yahoo.com	
Priest:	Acharya Chakreshwar Sharma	513-376-2982
	acharyachakreshwar@yahoo.com	
Priest:	Pundit Srinath Bhattar	513-488-2986
	bhattarsrinath@yahoo.com	
Priest:	Pundit Muthu Meenakshi Shivachariar	513-237-0214
	sundarammuthumeenakshi@gmail.com	

RELIGIOUS COUNSELOR

Koti Sreekrishna 513-290-3064 tatachar@aol.com

FAMILY SUPPORT COUNSELOR incl. LAST RITES

Khush Karamchandani 513-259-4016 karamch@aol.com

Co-Chairs of Committees

Long Range Cmte:	Indra Murthy	513-884-8756
Treasurer Comte:	Amar Sharma	513-777-5771
Property/ Mgmt Comte:	Kamlesh Singh	513-206-5848

TEMPLE SCHEDULE

Monday-Friday: 9 AM -12.45 PM and 5 PM -8 PM

Saturday : 9 AM – 8 PM

Sunday: 9 AM - 8 PM

Major Hindu Holidays 9 AM – 8 PM

(Maha Shivratri, Krishna Janamashtmi, Ganesh Chaturthi, Deepawali and similar)

2020 Puja Committee & Religious Activities Members

Madhu Sharma(Chair)	513-807-5081
Kiran Dayal (In-charge: Temple Events)	513-474-4051
Meena Sondhi (In-charge: Scheduling Private Puja)	513-290-7541
Acharya Kailash Sharma	513-770-0705
Acharya Chakreshwar Sharma	513-376-2982
Pandit Srinath Bhattar	513-528-3714
Pundit Muthu Meenakshi Shivachariar	513-237-0214
Swarna Choudhury	513-232-2343
Raj Bodalia	513-504-6328
Jyoti Desai	513-885-1318
J.S. Karthikeyan	513-382-2575
Sangita Patel	513-791-0855
Mangala Namade	513-234-8373
Jaya Selvakumar	513-779-5298
Padmaja Patkar	513-847-1918
Vasundhara Dasari	513-777-3353
Suchitra Mishra	513-573-9775
Rajan Odavar	513-336-6843
Vilas Patel	513-226-2154
Purabi Dey	513-688-1721
Triveni Dave	859-371-9645
Latha M. Gowda	513-891-4184
Saravanan Sakthivel	513-376-3050

Temple Manager's Committees

Manager:	Laxmi Srivastava	513-474-0144
CFO:	Raj Bodalia	513-504-6328
Legal Advisor	Pavan Parikh	
Office Manager:	Mohan Chopra	
Swami Lectures:	Vinay Kumar, Meena Mehta, Koti Srikrishna, Ganesh Yadlapalli	
Adult Education:	Meena Mehta, Ganesh Yadlapalli, Koti Sreekrishna, Rama Rao Pappu	
Temple Database:	Nandkumar Khemchandani, Raj Badolia, Greg Smith	
Community- Relations:	Mina Karamchandani, Meena Mehta	
E-Mail Data:	Pradeep Goyal, Nandkumar Khemchandani	
Gift Shop:	Meena Sondhi, Vina Bajaj	
Security:	Greg Smith, Kailash Sharma	
(Dial One)	Khush Karamchandani	
Financial Data:	Nand Kumar Khemchandani, Raj Bodalia, Laxmi Srivastava	
Project Manager:	Vithal Nemade	
Temple Website:	Bharat Vala, Greg Smith, Murali Annamalai	
Temple:	Meena Mehta, Ashvin Mehta,	
Calendar:	Acharya Kailash Sharma	
Volunteer Services:	Mohan Chopra, Rajan Odavar, Kedarnath Nambori Vijay Sharma, Khush Karamchandani	
Temple - Photographer:	Greg Smith, Naba Mishra, V G Ramaswamy , Mardav Bakshi,	
Mela Committee:	Deepak Dixit, Raneshwar Gupta, Jyoti Desai	
Ramleela Cmte:	Kamlesh Singh	

SPECIAL PROGRAMS ON WEEKENDS

9.15 - 9.30 AM	Suprabhatam
9.30 - 11.00 AM	Daily Puja of Temple Dieties
11.00-11.30 AM	Sponsored Puja
11.30-12.15 PM	Bhajans
12.15-12.45 PM	Religious Discourse
12.45-1.00 PM	Birthdays, Anniversary Puja & Announcements
1.00 PM	Aarti & Prasad

PUJA INFORMATION

RATES FOR PUJA & PRIEST SERVICES

SERVICES	IN TEMPLE	OUTSIDE TEMPLE
Abhishekam (All Deities)	\$101.00	—
Aksharabhyas	\$101.00	\$151.00
Anna-Prashanam	\$101.00	\$151.00
Ashta Prakari Puja (Mahavir)	\$101.00	\$151.00
Ashtottharam (108) Archana	\$ 11.00	—
AyushyaHomam/B'day Celeb.	\$101.00	\$151.00
Ground Breaking Ceremony	—	\$151.00
Griha Pravesh (House Warming)	—	\$151.00
Griha Pravesh w/SatyaNarayan Puja	—	\$201.00
Kalayana Uthsava	\$151.00	\$201.00
Kesh Khandan/Mundan/Churakrn	\$101.00	\$151.00
Naam-Karan	\$101.00	\$151.00
Navagraha Puja	\$101.00	\$151.00
Nischitartham (Engagement)	\$151.00	\$251.00
Nitya (1 Day) Kaikaryam (Seva)	\$101.00	---
Poolangi Seva (With Flowers)		
(Only During Off Winter Season)	\$101.00	---
Sahasranama (1008) Archana	\$ 51.00	---
Sathyanarayana Puja	\$101.00	\$151.00
Sathyanarayan Puja w/Havan	\$131.00	\$201.00
Seemantham(Baby Shower)	\$151.00	\$201.00
Mata Ki Chauki**	\$251.00	\$301.00**
Akhand Ramayan Paath	\$251.00	\$501.00
Shashti Poorthi (60th B'day)	\$201.00	\$251.00
Anniversary celebration	\$151.00	\$201.00
Suprabhat Seva	\$ 21.00	---
Unjal (Swing) Seva	\$ 31.00	---
Upakarma (Thread changing)	\$ 51.00	---
Upanayam/Brahmopadesham/		
Thread Ceremony	\$151.00	\$251.00
Sunderkand Path	\$101.00	\$151.00
Vahan Puja	\$ 51.00	----
Yearly Shradham (Barkhi)	\$101.00	\$151.00
Wedding (\$ 251.00 Advance Deposit required)	\$301.00	\$501.00
Funeral (Last Rites)		\$ 201.00

Priest Dakshina

The rates for Puja and Priest services **DO NOT** include Priest Dakshina. Sponsors (devotees) are encouraged to provide Priest Dakshina of their own volition and satisfaction. The dakshina goes directly to the Priest. A reimbursement of travel expenses for the Priest during outside puja is required at 0.50 cents/mile.

** Rates of Mata Ki Chauki performed at another temple will be 50% of the money collected at the temple or a minimum of \$701.00.

Rates are subject to change without notice. Rates of Pujas not listed above and requiring less than four hours of priest's time will normally be \$ 101.00 (inside the temple) and \$ 151.00 (outside of temple). *Rates of Pujas/ wedding out of Greater Cincinnati area are as follows:*

- a) Up to 50 miles - \$151.00, b) 50 - 80 miles - \$251.00
c) 80 - 110 miles - \$351.00, d) More than 110 miles - \$501.00.
e) Wedding - \$1,001.00

TEMPLE RENTAL - LOWER FLOOR ONLY

	Full day	Half day
Monday -Thursday (except holidays)	\$ 401.00	\$ 225.00
Friday, Saturday & Holidays	\$601.00	\$401.00
<u>Sunday after 3PM only</u>	not rented	\$401.00
Use of Kitchen	\$ 201.00	\$101.00
Use of Kitchen w/paper products	\$251.00	\$ 151.00

Full Day: 8.00 am-11.00 pm

Half Day: 8.00 am-2.00 pm or 4.00 pm - 11.00 pm

Note:

All Temple rentals require a \$ 200.00 security deposit. It will be forfeited if the basement hall, upstairs, bathrooms and the kitchen area are not cleaned by the party renting the space.

CONTACTS

To Schedule Puja or To rent Lower Level

Meena Sondhi 513-831-9788

meena.sondhi@gmail.com

PUJA COMMITTEE ANNOUNCEMENTS

[If you have any question or suggestion about temple activities contact **Madhu Sharma** 513-807-5081, or any **EC Member** or the **Temple** at 513-528-3714]

1. **Archana** performed during temple hours by sponsoship.
2. **No Archana** on Sundays between 11 a.m.-1 p.m.
3. **Outside Pujas** and other religious services will be conducted by appointment only.
4. To **schedule any Puja** please contact Meena Sondhi at least one week in advance.
5. **Food and Prasad** : To bring to the temple please contact Puja Committee chairperson .
6. **Pujas performed outside** the temple will be rated according to the number of Pujas performed
7. **Puja Samagri**- for convenience of devotees, the temple can provide Puja Samagri for a donation of \$ 21.00 for any Puja, and \$ 31.00 for any puja including Havan/Homam
8. **Cancellations of Puja should be done 3 days in advance**, otherwise full fee for the Puja will be charged.

OPERATING ACCOUNT FINANCIAL SUMMARY

1/1/2020 to 1/31/2020

Total Revenues:	\$ 22,609.00
Total Expenses:	\$ 32,526.00
Net Revenue:	\$ (9,917.00)

HSGC LOAN BALANCE:

As of 1/1/2020:	\$ 502,606.21
As of 2/1/2020:	\$ 496,903.87

MONTHLY LOAN PAYMENT (P&I): \$ 7,587.11
Add'l loan payment in February: None

**HELP TEMPLE BECOME DEBT FREE
WITH A TAX FREE DONATION**

Regular Weekly & Monthly Events at the Temple

Monthly Navgrah Puja

Every first Saturday of the Month
Sponsors needed for Puja \$51.00
For Details call

Madhu Sharma 513-807-5081 ; Temple priests: 513-528-3714



Monthly Murugan Abhishekham / Puja

Normally on 2nd Saturday of the month
Refer to Page 5 for Abhishekam Schedule

Pandit Bhattar 513-488-2986,
Saravanan Sakthivel 513-376-3050
Jeya Selvakumar 513-795-9868
Madhu Sharma 513-807-5081
Temple Priests 513-529-3714

Monthly ABHISHEKAM/KALYANOTSAVAM FOR LORD SRI VENKATESWARA

4th Saturday of each month - 10:30 AM-12:30 PM.

To sponsor and details please call any of the following:

Anand Konda 732-423-1539; Vasundhara Dasari 513-827-5160/777-3353; Suseela Paturi: 513-867-8591; Sunitha Manukonda: 513-900-0605/770-0255; Pandit Sri Srinath Bhattar: 513-488-2986.

1008 Gayatri Jap

Second Saturday of each month at 9.30 AM

For details please contact temple priest 528-3714 or
Madhu Sharma 513-807-5081



Monthly Satya Narayan Puja

On Every Purnima of the Month
6:30 pm

Sponsorship \$ 51.00

To sponsor Puja call

Madhu Sharma 513-807-5081
Temple priests: 513-528-3714



Weekly Shlv Mahlman Stotram

Every Monday at 6:30 pm



Sunder Kand Path

Every 3rd Sunday of the month 10:30 AM - 1:00 PM

Contacts: Sangita Patel 513-791-0855

Pt. Kailash Sharma 513-652-5382

Shri Ganesh Puja & Shri Ganesh Atharvshirsha Path

Every 4th Sunday of the month 10:30 AM

This Puja is dedicated to each month's

Sankashti Chaturthi to Lord Ganesh.

For more information & To Sponsor the Puja please call

Padmaja Patkar 513-847-7918, Madhu Sharma 513-807-5081

Temple Priests: 528-3714 504-6328



Shri Jagannath Puja

Every 5th Sunday of the month 11:00 AM

Contacts: Suchitra Mishra 513-573-9775 or

Temple 513-528-3714

Weekly Vishnu Sahasranaam Parayana

Vishnu Sahasranaama Parayana (chanting) will now take place Every Thursday at 7:00 pm. Please join us for the chanting.

Please contact Ganesh Sundaresan 513-752-4025

SAI BHAJAN

Every First Sat. of month 6pm to 7:30pm

For details pl. call Dr. Ganesh 857-719-1500,
Rajan 331-2058.



**PLEASE DONATE GENEROUSLY
FOR YOUR TEMPLE**



Weekly Hanuman Chalisa Path

Every Tuesday at 6:30 p m To sponsor call

Madhu Sharma 513-807-5081 or

Temple Priests 513-528-3714



Weekly Venkateswar Puja

Every Friday at 6:30pm

To sponsor Puja please call Madhu Sharma 513-807-5081 OR

PURUSHOTTAM NAAM STOTRA PARAYAN

Every 2nd Wed. of each month

6pm to 7:30pm

For details please call

Mina Mehta 513-574-6763

Temple Bulletin

Executive Council (EC) Meeting Feb 2, 2020

[The following is the summary of the meeting minutes, for detailed minutes please refer to the temple bulletin board located in the lower floor of the Temple - ed]

Temple Hours: Confirmed closing time on Sundays would be 8:00 PM

Priest Update: In future, Puja committee would interview priests to be hired

Welcome Committee: Formed to introduce and welcome new devotees around noon on Sundays and also during major pujas

Fund Raising:

a) \$25,000 - Goal set for this year's Walkathon (April 26)

b) On a Friday evening, Rani ji and Laxmi ji will be setting up a stall for sale of food in the temple.

Om Namah Shiwaya

Temple Calendar of Events

March 2020

March	1st	Sun	1008 Gayatri Jaap 9:30am
March	2nd	Mon	Holashtak Begins
March	7th	Sat.	Navgrah Puja 3pm Sponsorship \$51
March	7th	Sat.	Sai Bhajan 6pm
March	8th	Sun	Laxmi Narayan Puja by Millennial 11am Sponsored by Nepali community of Cincinnati .
March	9th	Mon	Purnima Satya Narayan Puja 6:30pm
March	9th	Mon	Holika Dahan 7Pm
March	10th	Tues	Rang Holi . Color playing Schedule Sat. 4pm
March	12th	Thurs	Sankashti Chaturthi Puja 6pm
March	14th	Sat.	Holi Cultural Program 2:30 pm see Details on front page.
March	15th	Sun	Jagannatha Puja 11am followed by Bhajans and Aarti 1pm
March	18th	Wed	Purushottam Sahashranaam Parayan 6pm
March	21st	Sat,	Venkateshwar Abhishekam 10am
March	21st	Sat.	Murugan Abhishekam 4:30pm
March	22nd	Sun	Ganesh Puja and Atharvashirsh Path 11am
March	24th	Tues	Chaitra Navratri Kalash Sthapana 6pm
March	24th	Tues	Gudi Padwa, New Samvatsara/year , Yugadi ,
March	27th	Fri.	Sitaram Parivaar Abhishekam 6pm
March	28th	Sat.	Akhand Ramayan Path Starts 11am Temple open 24hours
March	29th	Sun.	Akhand Ramayan Path ends 12:30pm Sponsored by. Rameshwar and Kiran Dayal family

April 2020

April	1st	Wed	Ashtami Puja And Havan 6pm Sponsorship \$51
April	2nd	Thurs	Shri Ram Navmi Puja 11:30am
April	4th	Sat.	Sitarama Kalyanam 10am ShriRam Navami Celebration Sponsored By- Tarangini Group .
April	4th	Sat.	Sai Bhajans 6pm
April	4th	Sat.	Navgrah Puja 3pm Sponsorship \$51
April	5th	Sun	1008 Gayatri Jaap 9:30am
April	6th	Mon	Panguni Uttiram 6pm
April	7th	Tues	Hanuman Jayanti Celebration Sunderkand Path 5:30pm Sponsored by - Mason Oxford Ohio group
April	7th	Tues	Purnima Satya Narayan Puja 6:30pm Sponsorship \$51
April	11th	Sat.	Sankashti Chaturthi Puja 5pm
April	12th	Sat.	Shri Vallabhacharya Jayanti celebration 10:30am
April	13th	Mon	Baishakhi , Mesh Sankranti Tamil/Bengali new year
April	15th	Wed	Purushottam Sahshranaam Parayan 6pm
April	18th	Sat.	35th Thyagraja Festival 9am
April	19th	Sun	Tamil New Year Celebration Murugan Abhishekam 10am
April	25th	Sat.	Venkateshwar Kalyanam 10am Sponsorship \$51
April	26th	Sun	Ganesh Puja And Athrvashirsh Path 11am
April	26th	Sun	Akhaya Tritiya /Parshuram Jayanti

Hindu society cordially invites the **millennial generation** with family and friends to participate in the

Lakshmi-Narayan Puja

(Worship of Goddess Laxmi and Lord Vishnu)

Sunday, 8 March 2020

11:00 AM -1:00 PM



11:00 AM -1:00 PM puja followed by Aarti and prasad.

Sponsorship \$31.00

Lunch Prasad sponsored by the Nepati community
Required puja items will be provided by temple.

This puja is organized to encourage younger generation's involvement in the Temple activities.

For Details Please contact:

Temple: 513-528-3714. Madhu Sharma 513-807-5081,
Hemraj Joshi 513-884-2680

The Hindu Temple cordially invites you to
celebrate the

HOLIKA DAHAN PUJA

Destruction of evil, protection of Truth



Monday, 9 March 2020 7:00 PM

At the Temple

Color playing and its celebration is
on Sat. 14 March 4pm

Chaitra Navaratri Puja

Tue, March 24 - Wed, April 1, 2020



Tuesday, 24 March, 2020 6:00 PM

KALASH STHAPANA

Wed, March 25 - Wed, April 1: **CHANDI PATH & DEVI PUJA**

Everyday: 9:30 AM to 11:00 AM **and** 5.00 PM to 6:00 PM

Wed, April 1: 6:00 PM Durga Ashtami Puja & Havan

Sponsorships: Chandi path \$51.00, Havan \$51.00. Chandih
all days of Navratri \$251.00

Chaitra Navratri is the most significant festival.
During this time, devotees worship Durga , the
Goddess of cosmic powers, and seek Her di-
vine blessings.

Akhand Ramayan Path

(Recitation of Tulsidas' Sri Ram Charit Manas)

Sat, March 28 - Sun, March 29, 2020



Sat., March 28

11am Ganesh Puja , Ram Parivaar Puja

12 noon Ramayan Path Starts

Sun., March 29

12:30 pm Ramayan Path ends

Temple will be open 24hours for this event .

Sponsorship: \$251.00: Akhand Ramayan Path;
\$101.00: Sunderkand Path, Shri Ram Janma, Shri
Ram Vivah; \$21.00: Archana.

Volunteers are needed to recite the Ramayana,
please sign up.

Contact: Temple (513)528-3714, Kiran Dayal 513 474
- 4051, to provide your name & preferred time to recite.

Event is sponsored by: Rameshwar, Kiran Dayal
and family.



Sita Ram Kalyanam

(Wedding of Shri Ram and Sita)

Sat., 4 April, 10AM to 1PM

Sponsorships:
\$1016.00 Grand Sponsors
\$116.00 Sponsors
\$21.00 Archana

For more details please contact:

Temple 513-528-3714, or

Madhu Sharma 513-807-5081.

Anand Konda 732-423-1539

Pandit Srinath Bhattar 513-488-2986

Event Sponsored by- **TARANGINI**



Hanuman Jayanti Celebration

Tue., 7 April, 2020, 5 PM to 7:30 PM

Event Sponsored by :- **Oxford Mason Group**

5:00PM: Shri Hanuman Puja & Hanuman Chalisa Path

5:30PM: Sunderkand Path

7:30PM: Aarti & followed by Maha Prasad (Dinner)

Sponsorships:
\$101.00 Puja & Path
\$11.00 Archana.

For Details Please Call Temple 513-528-3714. Acharya Kailash Ji 513-652-5382, Madhu Sharma 513-807-5081.

Sangita Patel 513-791-0855 .

Shri Vallabhacharya Jayanti Celebration

Sunday 12 April, 2020 10:30 AM - 1:00 PM



Program

10:30 AM BalaKrishna Pooja & Shriji Darshna
11:30 AM Shrinathaji Path & Stuti and Krishna Bhajan
12:30 PM Discourse and Announcements
1:00 PM Yamunaji Aarati, Aarati
Followed by Mahaprasad

Sponsored By Vimalaben Shah and Family

Vinodbhai Shah, Raxit Shah, Nayana Vikram Parikh

Philosopher and founder of Vaishnav Sampradaya called Shuddha-Adwaita Pushti Bhakti Sampradaya, **Shrimad Vallabhacharya** was born on Chaitra Krishna Ekadashi-Varuthini Ekadashi - which falls on Sunday, April 19, 2020. Shuddha means pure, Adwaita means nondualism or monism. He believes that the world of matter and souls are real (not Maya) and are only subtle form of one and only one (Adwaita) Purushottama. He has accepted the authority of four Granthas namely; Upanishads, Brahmasutras, Bhagavad Geeta and Bhagavat Puran and his philosophy is solely and purely based on these Granthas hence it is called Shuddha-Adwaita philosophy.

For more details call: Temple 513-528-3714, Madhu Sharma 513-807-5081, Jyoti Desai 513-885-1318, Meena Mehta 513-574-6763, .

TAMIL NEW YEAR CELEBRATION

Sunday, 19 April 2020 10 AM to 1 PM



10 AM: Murgan Abhishekam

12 Noon: Archana

1 PM : Mangala aarti followed by Prasad & lunch

Sponsorships:
\$101 Abhishekam
\$21 Archana

Sponsored By- Murgan Devotees

Please note date change No Murgan Abhishekam on 2nd Sat. April 11, 2020.

For more details please contact: Temple 513-528-3714 OR Anitha 513-328-9680. Madhu Sharma 513-807-5081. Pandit Muthu Meenakshi 513-237-0214 Saravanan Sakthivel 513-376-3050

HSGC GENERAL BODY MEETING

Sunday, 5 April 2020

12:00 Noon - 1:00 PM

AGENDA

- President's report
- Open discussions & Q&A

All HSGC Members are requested to kindly participate in this meeting and bring their questions/ concerns/ suggestions to this meeting.

Contact: Reneshwar Gupta 513-232-3331
President, HSGC

THIRTY-FIFTH ANNUAL THYAGARAJA-PURANDARADASA FESTIVAL

April 18 (Saturday), 2020



At the Cincinnati Hindu Temple

720 Barg Salt Run Rd, Cincinnati, OH 45244

8:45 AM - 9:00 AM Sri Rama Pooja

9:00 AM – 11:00 AM – Group Pancharathna Singing

11:00 AM – 12:30 PM – Individual Singing

12:30 PM – 1:00 PM – Lunch

1:00 PM– 3:30 PM– Individual Singing Continued

If you wish to participate in the Pancharathna group-singing or individual-singing, please call Mrs. Usha Raghavan

Usha Raghavan 513-489-9655

Koti Sreekrishna 513-290-3064

Bal Vihar Activities....

Year 2020 kicks off with high expectations

Bal Vihar 2020 session had a great start on January 12th. Kids performed Saraswati Puja. Little kids learned about Ganesh and Saraswati whereas older kids had a discussion session with Mrs. Nalini Tandon on Gita. Classes are held every 2nd and 4th Sundays from 11:30 - 1pm. Our first Hindi speaking class will start on Feb 2nd and will be conducted every 1st Sunday of the month. Please contact Priya Dayal at hsgceducationcincy@gmail.com for further details.



5-step Puja for first day of class :

First start with a prayer to Lord Ganesha:

Vakra tunda mahA kAya, kOti sUrjya sama prabhA
Nirvignam kuru mE dEva, sarva kAryEshu sarvadA

Followed by a Prayer to Goddess Saraswati—Saraswati Namastubhyam.....

5-step Puja—We will offer 5 offerings to Goddess Saraswati

Gandha- sandalwood paste
Pushpam- flower
Dhoopa- incense
Deepa- lamp
Naivedyam- Food offering

First keep the above 5 items ready. Ring the bell.
Then recite these Mantras in Sanskrit and English
(first line is in Sanskrit, the second line is its translation in English)

Om Saraswati dEvyai namah, gandham samarpayAmi
Salutations to Goddess Saraswati, I offer sandalwood paste
(After saying this, apply sandalwood paste on the forehead of Goddess Saraswati. Then apply kumkum on top of that.)

Om Saraswati dEvyai namah, pushpam samarpayAmi

Salutations to Goddess Saraswati, I offer a flower
(After saying this, offer a flower to Goddess Saraswati.)

Om Saraswati dEvyai namah, dhoopam AgrApayAmi

Salutations to Goddess Saraswati, I offer incense
(After saying this, wave incense stick clockwise in front of Goddess Saraswati.)

Om Saraswati dEvyai namah, deepam darshayAmi

Salutations to Goddess Saraswati, I show the lamp
(After saying this, wave the lamp in front of Goddess Saraswati. Ring bell at this time)

Om Saraswati dEvyai namah, naivedyam nivedayAmi

Salutations to Goddess Saraswati, I offer food
(After saying this, offer food offering to Goddess Saraswati)

Do namaskar to Goddess Saraswati. Accept Her blessings. Puja is now over. Enjoy Prasad!

Hindu Swayamsevak Sangh (HSS) Opportunities for Kids



Dharma Bee contest registration

Weekly classes: Part of Shakha sessions from Feb 16th to April 26th (9 Sundays)
Shakha time: From 10:30 am to Noon
Shakha address: 2904-3 US 22&3, Maineville, OH 45039 (Near Kroger)
Fee: \$15 per person (material included).

This contest is happening nationwide. More details at

<http://www.balagokulam.org/dharmabee>

Conducted by Hindu Swayamsevak Sangh, for more details visit <http://www.hssus.org>

* Required

HSS presents a great opportunity for kids to discover their Hindu heritage through a unique program called Dharma Bee. This specially designed 8 week program for kids - kindergarten through high school, covers a broad range of topics to empower kids to confidently live their Dharma. Each week will cover an aspect of Hindu dharma in a kid friendly and age appropriate manner making it a fun and enriching

experience for the kids. Course material will be provided to registered participants. The program will culminate in a contest open to all participants. This program designed by HSS will be conducted in shakhas across the nation.

The program will be held as a part of shakha every Sunday. Shakha is a family activity and parents are encouraged to attend the adult session that will be conducted in parallel.

Venue: 2904-3 US 22, Maineville, OH 45039 (Near Kroger)

Time: 10:30 AM to Noon

Duration: 02/16 to 04/26. No class on 03/22 and 03/29. Contest on 04/26.

Registration: \$15 per child and will be due on the first day of class (02/16)

Additional details will be provided to registered participants.

REGISTRATION WILL CLOSE ON FEB 9. However, late registrations may be accepted,

Please register your kid/s here:

https://docs.google.com/forms/u/1/d/e/1FAIpQLScHgBaYThE4_iG608FpzqftUeGDjYoZv1UIDdA_geljEMV_uLA/viewform?usp=sf_link

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Patanjali Yoga Darshana - Part 6

by Dharendra Sharma

[Continued from the Feb. 2020 Aradhana]

In our last study session, we were enlightened with the divine knowledge of what *Samprajnaata Samadhi* is? It is a deep state of meditation, in which all the mental activities are completely restrained. Only one thought or object remains constant, in the mind at all time, with no fluctuation. This state is called "*Samadhi*" with awareness or "*Samprajnaata Samaadhi*", as there is still an awareness of the thought or an object of meditation. It has 4 states:

1. *Vitarkaanugata*: Gross thought, with awareness of a gross object, perceived through the senses.
2. *Vicharaanugata*: When the concentration intensifies, one starts learning the subtle elements of the object of meditation (*Tanmaatras* etc.).
3. *Aanandaanugata*: When the concentration further intensifies, the I-ness is experienced along with *Aanand Vritti*.
4. *Asmitaanugata*: When the concentration intensifies further, the *Saadhaka* starts realizing the self.

In today's session, we will learn the knowledge of *Samaadhi* without awareness (*Asamprajnaata Samaadhi*).

Question: What is "*Asamprajnaata-samaadhi*" (*Samadhi* without awareness)

Chapter 1, Suutra 18: *Viraama-pratyayaabhyasapauurvah samskaarashesonyah.*

Suutra Meaning: This the other kind of *Samaadhi*, results from the cessation of activities of the mind and leaves impressions (*Samskaaras*) as a remainder.

Description: This *Suutra* talks about the other kind *Samaadhi* without awareness, which does not have an object, as its basis. If any object were the focus of meditation, then the mental activity, related to that object would be still present in the mind. When even that last remaining thought activity is eliminated, the result is *Samaadhi* without awareness called "*Asamprajnaata Samaadhi*". In "*Asamprajnaata Samaadhi*", the impressions of any prior mental activity remain as impression, but never sprout into any type of mental activity.

Question: It is correct to say that constant practice

of the methods of restraining *Vrittis* (thought waves) results in the attainment of "*Asamprajnaata Samaadhi*". But in some persons, "*Asamprajnaata Samaadhi*" is attained without practicing any of these methods. Who are such persons? And what is its cause?

Chapter 1, Suutra 19

Bhavapratyayo

videhaprakrtilayaanaam.

Suutra Meaning: The "*Asamprajnaata Samaadhi*", the cause of which appears to be birth only, is attained by persons, who experience bodylessness, and by persons who are merged with nature.

Description: A *Saadhaka*, who is nearing completion of "*Asamprajnaata Samaadhi*", meaning the *Saadhaka* has some *Karmaas* or impressions (*Samskaars*) still left for completion, dies. After death, because of non-conclusion of *Karmaas* and impressions, the *Saadhaka* goes into one of the two states 1) *Videha* (bodiless), 2) *Prakrtilaya* (absorbed in the subtle elements of nature like *Tanmaatras*).

Videha: Through yogic practice on a single object or thought in prior life, some stay in a bodiless state, after the material body dies. They stay in that state for a long time, before eventually taking birth again.

Prakrtilaya: By practicing concentration on subtle elements of an object, in the prior life, the *Saadhaka* after death, takes *Prakrtilaya* state, where the *Saadhaka* remains absorbed in the subtle elements of nature (a type of body lessness – similar to *Videha*), before taking birth.

After a long period stay in one of these two states, the *Saadhaka* takes birth again and restarts "*Asamprajnaata Samaadhi*" and completes it. The restart of "*Asamprajnaata Samaadhi*" is called *Bhavapratyaya* ("*Bhava*" means "birth" and "*Pratyaya*" is the synonym of "cause"). Hence, the meaning of the word "*Bhavapratyaya*" is: that birth is only the cause of "*Asamprajnaata Samaadhi*".

In the next study session, we will find out, as to how the normal *Saadhaka*, who are different from the *Videha* and *Prakrtilaya* attain "*Asamprajnaata Samaadhi*".

[TBC in the next issue of Aradhana]

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