



# आराधना

*Aradhana*

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

Shravan / Bhadrapad  
Vikram Samvat, 2068 / 2069  
August, 2012



Happy Raksha Bandhan,  
Krishna Janamashtami,  
Nand Mahotsava,  
Gayatri Jayanti



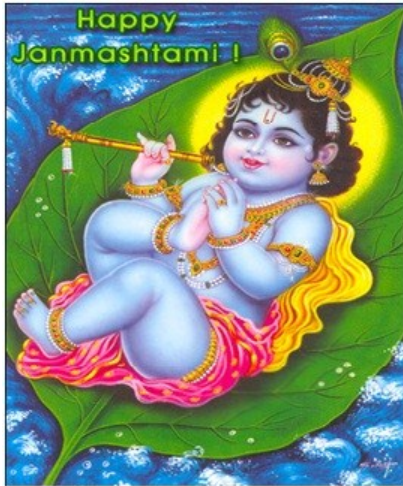
<http://www.cincinnati temple.com>  
Email: [hindusociety@fuse.net](mailto:hindusociety@fuse.net)  
Phone: (513) 528-3714

## Shri Krishna Janamashtami

(Birthday of Lord Krishna)

August 10<sup>th</sup> Friday 2012

5.30 pm to 12 midnight



- |         |  |
|---------|--|
| 5:30pm  | Shri Krishna Puja & Abhishek*                      |
| 6:15 pm | Archana **   |
| 6:30pm  | Procession   |
| 8:00 pm | Aarti & Prasad /Dinner                             |
| 9:30 pm | Bhajans /Keertan / Pravachan (Shree Krishna Leela) |
| 11:45   | ***Shri Krishna Janmotsav Puja / Aarti & Prasad    |

Sponsorship For Puja\* \$101.00, Archana\*\* \$21.00,  
Janmotsava Puja\*\*\* \$251.00

Event is sponsored by - Sankalp ( Curries) Restaurant

For Details please call , Kiran Dayal 474-4051, Acharya Kailash Sharma 513-652-5382, Temple 513-528-3714

**HSGC invites everyone with friends and families to**

**TEMPLE's MELA & NAACH SITARE**

**Sat, Sept 8th 2012**

**(Detailed Flyer inside)**

If you or someone you know, is not receiving ARADHANA, or if you need a change of address, please contact  
Mohan Chopra at 859-331-2416 or Nandkumar Khemchandani : [asiindian@aol.com](mailto:asiindian@aol.com) / 513-779-1043  
Aradhana (past and present) is also available at temple website: [www.cincinnati temple.com](http://www.cincinnati temple.com)  
Deadline for submission of articles for next Aradhana is August 10

# TEMPLE INFORMATION

## EXECUTIVE COUNCIL 2012

### **President**

Deepak Dixit (513) 400-4258  
dndixit@hotmail.com

### **Vice President**

Ambikaipakan Balasubramaniam  
(513) 204-0213  
balasua@yahoo.com

### **Secretary:**

Pradeep Gupta (513) 342-2005  
pgupta@cszinc.com

### **Treasurer:**

Prasad Megada (Chair) (513) 779-4582  
prasadmegada@yahoo.com

## COMMITTEE CHAIRPERSONS

### **Pooja Committee:**

Kiran Dayal( Chair): (513) 474-4051  
kdayal2@yahoo.com

### **Communications/Editor:**

Sandeep Gupta (513) 336-8782  
sandeep.guptas@gmail.com

### **Membership & Fundraising:**

Manish Srivastava (513) 503-2825  
mansriva@hotmail.com

### **Property Management & Maintenance:**

Rakesh Patel (513) 892-1830  
rockypatel1968@yahoo.com

### **Cultural Activities:**

Asit B. Saha (Chair) (513) 489-5720  
absaha09@gmail.com

### **Religious Education & Youth Activities:**

Vinit Rastogi (513) 398-3216  
rastogivk@gmail.com

### **Long Range Planning**

Jeetu Patel (513) 836-0606  
jpatel5@live.com

### **Youth Member:**

Mahima Devarajan (513)-646-9311  
arcubedgd@yahoo.com

### **Priests:**

Acharya Kailash Sharma, Chief Priest  
(513) 770-0705  
Acharya Chakreshwar Sharma  
(513) 528-0901  
Pandit Srinath Bhattar  
(513) 488-2986

### **Religious Counselor**

Dr. Koti Sreekrishna (513)-290-3064  
tatachar@aol.com

## RELIGIOUS DISCOURSE

**Sundays 12:15 - 12:45 PM**

**First Sunday : Upanishads**

**Second Saturday : 1008 Gayatri Jaap**

**Second Sunday : Children Program**

**Third Sunday : Sunder Kand Path**

**Fourth Sunday : *Shri Ganesh***

*Atharvshirsha Path*

**Fifth Sunday : Jagannath Puja**

Members of the community are invited to speak on topics related to Hindu religion, philosophy, culture, reformation, Gurus, self-preservation, etc. If you would like to talk or like to suggest someone who may be interested, please contact Kiran Dayal.

Devotees are requested to sit-in Sunday Pooja as well as bring Prasad and Lunch. You may wish to use this occasion to celebrate important events such as wedding anniversaries, birthdays, ishta devata pooja, graduation and other memorable days. Events can be hosted by individuals, families, group of families or organizations. Please reserve your Sunday of choice ASAP by putting your name and phone-no in the calendar at the temple & calling pooja committee members Kiran Dayal or Meena Sondhi.

## TEMPLE SCHEDULE

Monday - Friday : 9:00AM-12:00 Noon  
5:00 PM - 8:00 PM

Saturday, Sunday  
& US Holidays: 9:00 AM - 8:00 PM

## SPECIAL PROGRAM ON WEEKENDS

**9:15 - 9:30 A.M.**

Suprabhatam

**9:30 - 11:00 A.M.**

Daily Pooja of Temple Deities

**11:00 - 11:30 A.M.**

Sponsored Pooja

**11:30 - 12:15 A.M.**

Bhajan

**12:15 -12:45 P.M.**

Religious discourse

**12:45-1:00 P.M.**

Birthday and Anniversary pooja and announcements

**1:00 P.M.— Aarti**

**Attorney:** Aronoff, Rosen & Hunt  
(513) 241-0400

**Accountant:** Open

## 2012 POOJA COMMITTEE & RELIGIOUS ACTIVITIES MEMBERS

Kiran Dayal (Chair	474-4051
Amita Gupta (Co-Chair):	336-8782
Sangita Patel (Co-Chair)	791-0855
Swarna Choudhury (Co-Chair)	232-2343
Acharya Kailash Sharma	770-0705
Acharya Chakreshwar Sharma	528-0901
Pandit Srinath Bhattar	528-3714
Meena Sondhi	831-9788
Manju Gupta	232-3331
Anju Saha	474-3922
Meena Karamchandani	683-9454
Kalpna Srivastava	233-9184
Muralee	573-0550
Vasundhra Dasari	777-3353
Suchitra Mishra	573-9775
Rajan Odayar	336-6843
Vilas Patel	947-0861
Triveni Dave	859-371-9645
Mangal Nemade	234-8373
Shanti Sumkherjii	755-6009

### TREASURER Co- Chair

Amar Sharma 777-5771

## Temple Manager's Committees

**LaxmiS.Srivastava, Temple Mgr 474-0533**  
**Raj Bodalia, ,Chair Special Activities583-0184**

<b>1.Office Manager</b> Mohan Chopra	<b>9. I/C Temple Web site</b> Bharat Vala
<b>2. I/C Swami Lectures</b> Vinay Kumar	Sudhakar Vinod
Meena Mehta	<b>10. I/C Temple Calendar</b>
Koti Sreekrishna	Meena Mehta
<b>3. Temple Data Base</b> Nandkumar Khemchandani	Ashvin Mehta
Raj Bodalia	Achaya Kailash Sharma
Meena Mehta	<b>11. Volunter Services</b>
<b>4. Anniversary &amp; Birthday Data</b> Raj Agarwal	Rajan Odayar
Shakuntala Agarwall	Kedarnath Nambori
<b>5. E-mail .Data</b> Pradeep Goyal	Dilip Patel
Nandkumar Khemchandani	Vijay Kumar Sharma
<b>6. Gift Shop</b> Meena Sondhi	<b>12. Temple Photographers</b>
Madhu Sharma	Naba Mishra
<b>7.Security (ADT)</b> Meena Mehta	Dilip Patel (I/C)
Vinay Kumar	L. Ram Kumar
Ramesh Sondhi	<b>13. Mela Committee</b>
Kailash Sharma	Anil Jindal
<b>8. Financial Data</b> Amar Sharma	Jyoti Desai
Raj Bodalia	Raneshwar Gupta
Laxmi S. Srivastava	Krutarth Jain

Please Donate  
Generously

Your Temple needs  
1. Sponsors for flower \$50/week  
2. Sponsors for Sunday pooja  
3. Your support

**Aradhana is Published Monthly . Circulation:** Approx. 1750 Families. **Advertising Rate:** Full Page \$300; Half Page \$150; Quarter Page \$100. and one eighth page \$50. A 10% discount is given for 12 consecutive repetitions of the same advertisement. **Hindu Society of Greater Cincinnati (HSGC)** is a non-profit organization that caters to the needs of a large community. **The views expressed by individual authors in Aradhana are their own and may not reflect the policies of HSGC.**

## Pooja Information

### RATES FOR POOJA & 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 Pooja*	\$101.00	\$151.00
Ashtoththaram (108) Archana	\$21.00	—
AyushyaHomam/B'day Celebra.	\$101.00	\$151.00
Ground Breaking Ceremony	—	\$151.00
Griha Pravesh	—	\$151.00
Kalayana Uthsava (Lord Ram/Sita)	\$121.00	---
Kesh Khandan (Churakaran)	\$101.00	\$151.00
Naam-Karan	\$101.00	\$151.00
Navagraha Pooja	\$101.00	\$151.00
Nischithartham (Engagement)	\$151.00	\$251.00
Baby Shower Pooja	—	\$151.00
Nitya (1 Day) Kaikaryam (Seva)	\$101.00	---
Poolangi Seva (With Flowers)- (Only During Off Winter Season)	\$101.00	---
Regular Archana	\$11.00	—
Sahasranama (1008) Archana	\$51.00	---
Sathyanarayana Pooja	\$101.00	\$151.00
Seemantham	\$101.00	\$151.00
Devi Jagaran	\$75.00	\$101.00
Akhand Ramayan Paath	—	\$151.00
Shashti Poorthi (60th B'day Celeb.)	\$101.00	\$151.00
Anniversary celebration	\$101.00	\$151.00
Suprabhat Seva	\$21.00	---
Unjal (Swing) Seva	\$31.00	---
Upakarma (Thread changing)	\$51.00	---
Upanayam/Brahmopadesham/ Thread Ceremony	\$151.00	\$251.00
Vahan Pooja	\$51.00	----
Yearly Shradham (Barkhi)	\$101.00	\$151.00
Wedding	\$301.00	\$501.00

### SPECIAL POOJA RATE

Rates for Mata Ki Chauki performed at another temple will be 15% of the money collected at the temple or a minimum of \$ 501.00.

1. Poojas performed by priests outside the temple will be rated according to the number of poojas performed.
2. 50 Cents/Miles for Travel expense to the Priest to perform pooja at your home.

Rates are subject to change without notice. Rates of Poojas out of Greater Cincinnati will be \$100.00 more than the rates of outside pooja within greater Cincinnati area.

### **CHECK-OUT**

<http://newbhagavadgita.blogspot.com/2010/04/shock-treatment-in-bhagavad-gita.html>

### Temple Rental: Lower Floor Only

	Full day	Half day
Monday -Thursday (except holidays)	\$301	\$151
Friday, Saturday & Holidays	\$501	\$351
<b>Sunday after 3PM only</b>	<b>— \$351</b>	

**Note:** For half day select one of the two:

8:00 AM to 2:00 PM **OR** 4:00PM to 11:00 PM

**USE OF KITCHEN \$ 51**

**Use of Paper Supplies (PS) \$ 101**

**Use of Kitchen and PS \$125**

Temple rental applies to all private reservations for those events/poojas that are performed by private parties and not announced in the temple.

**Security/ Cleaning deposit:** \$151 required.

This deposit will be forfeited if the basement hall bathrooms and kitchen area are not cleaned by the party renting the place.

**NOTE: To schedule a Pooja please contact Pooja Committee :**

**Kiran Dayal 474-4051 or to rent a temple hall (lower level)**

**Raneshwar Gupta 232-3331**

### **Pooja Committee Announcement:**

To schedule a Pooja **or to rent a temple hall (lower level)** please contact Kiran Dayal 513-474-4051 or to rent a temple hall (lower level) Raneshwar Gupta 232-3331

If you have any question or suggestion about temple activities contact Kiran Dayal 513-474-4051, any EC Members or Temple at 528-3714.

1. **Archana** performed during temple hours by sponsorship. No Archana on Sundays between 11 a.m.-1 p.m.
2. **Outside Poojas** and other religious services will be conducted by appointment only.
3. To **schedule any poojas** please contact Pooja Committee chairperson at least one week in advance.
4. If you would like to bring **food and prasad** in the temple, Please contact Pooja Committee chairperson .
5. **Cancellations** of pooja should be done 3 days in advance or else the full fee for the pooja will be charged.

## POOJA SAMAGRI

**For convenience of Devotees, Temple can now provide Pooja Samagri for all inside and outside Poojas.**

Donation for Puja Samagri is as follows

\$ 21 for any Pooja

\$ 31 for any Pooja including Havan/Homam

For more details please contact

Kiran Dayal 513-474-4051



**IMPORTANT ANNOUNCEMENT**  
**SUNDERKAND CD** (sung by Acharya Kailash Sharma)



AVAILABLE in Temple Gift Shop for **\$ 10.**

The money raised will go to temple.



## Regular Weekly & Monthly Events at the Temple

### Monthly Navgrah Pooja

Every first Saturday of the Month  
Sponsors needed for Pooja \$51.00

For Details call

Kiran Dayal at 474-4051; Temple priests: 528-3714

### Monthly ABHISHEKAM/KALYANOTSAVAM FOR LORD SRI VENKATESWARA

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

**To sponsor and details please call any of the following:**

Anand Konda: 481-4119; Vasundhara Dasari: 777-3353

Suseela Paturi: 481-8591; Surendra Hanumanthanna: 661-8733

Pandit Sri Srinadh Bhattar: 488-2986

### 1008 Gayatri Jap

**Second Saturday of each month at 9.30AM**

**For details please contact temple priest 528-3714 or  
Kiran Dayal 474-4051**



### Monthly Murugan Abhishekham / Pooja

Every second Sat of the Month  
Sat 4pm **Sponsor Murugan Group.** Kiran  
Dayal 474-4051; Temple priests: 528-3714



### Monthly Satya Narayan Pooja

On Every Purnima of the Month

6:30 pm

**Sponsorship \$ 51.00**

To sponsor pooja call Kiran Dayal 474-4051  
Temple priests: 528-3714



### Weekly Shiv Mahlman Stotram

Every Monday at 6:30 pm



### Weekly Hanuman Chalisa Path

Every Tuesday at 6:30 p m To sponsor call Kiran Dayal  
474-4051 or Temple Priests 528-3714

### Shri Ganesh Pooja & Shri Ganesh Atharvshirsha Path

Every 4<sup>th</sup> Sunday of the month 10:30AM

This pooja is dedicated to each month's

Sankashti Chaturthi to Lord Ganesh. **For more information &**

**Sponsor the pooja please call**

Jyoti Divekar : 204-8037

Mangal Nemade : 234-8373

**Kiran Dayal : 474-4051 Temple Priests: 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

### Weekly Venkateswar Pooja

Every Friday at 6:30pm  
To sponsor pooja please call Kiran Dayal 474-4051;  
Temple priests: 528-3714

## EDITOR'S NOTE

Namashkar to All Devotees,

Last month, we saw huge number of devotees attend the Jagannath Rath Yatra and the Bahuda Yatra. We also had many devotees participate in the Satyanarayan Katha Puja on Guru Purnima Celebration. In August, we are celebrating **Krishna Janamashtami** and **Nand Mahotsava**. Both are very popular festivals and are attended in large numbers. Don't forget to mark your calendar for the **Temple Mela & Naach Sitare** to be held on **Saturday, September 8th**. I am really looking forward to this event where we will be able to enjoy local talent and "Taste of India".



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**Kroger** has made it easy to earn rewards for the Hindu Temple. If you still haven't registered your Kroger Plus Card, please do it now. We have simplified the instructions in this Aradhana. Also, you don't lose any benefits of Gas Points or the cashback/miles benefit on your personal credit card. Our temple generates extra income whenever we use our Kroger Plus Card. After registration, when you use your Kroger Plus card, please make sure at the bottom of the receipt it says **"You requested Kroger to donate to Hindu Society of Greater Cincinnati"**. See the sample picture.

- Sandeep Gupta



## AUGUST 2012 EVENTS

Aug.	1 <sup>st</sup>	Wed	Upakarma (sacred Tread Changing) 7am ,8am & 9am Sponsorship\$51
Aug.	1 <sup>st</sup>	Wed	Purnima Satya Narayan Puja 6:30pm Sponsorship \$51 Puja Samagri will be provided, Please bring Fruits,Prasad, and 1 coconut.
Aug	1 <sup>st</sup>	Wed	Balbhadra Janmdin puja 11:00am , <b>Raksha Bandhan</b>
Aug.	2 <sup>nd</sup>	Thurs	Gayatri Jayanti (Actual Day )
Aug	4 <sup>th</sup>	Sat.	Navgrah Puja 3pm Sponsorship \$51.00
Aug	5 <sup>th</sup>	Sun	<b>Gayatri Jayanti Celebration.</b> 1008 Gayatri japa & Homa 9:30am Sponsorship \$51
Aug .	6 <sup>th</sup>	Mon	Shravan Somvaar Shivbhishek 10am & 6:30pm Sponsorship \$101
Aug.	6 <sup>th</sup>	Mon	Nag Panchami
Aug.	10 <sup>th</sup>	Fri	<b>Shri Krishna Janmashtami</b> 6pm to midnight. Event sponsored by Sankalp restaurant. puja Sponsorships , \$251,\$ 101, \$21
Aug.	11 <sup>th</sup>	Sat.	Murgan Abhishekam 4pm Sponsorship \$101
Aug.	12 <sup>th</sup>	Sun.	<b>Nand Mahotsava</b> 10:30am Sponsored by- Shrinathji Devotees
Aug.	13 <sup>th</sup>	Mon	Shravan Somvaar(Last) Shivbhishek 10am & 6:30pm Sponsorship \$101
Aug.	18 <sup>th</sup>	Sat	Adhik Mas Begins (Bhadrapada)
Aug.	19 <sup>th</sup>	Sun	Sunderkand Path 10:30am Sponsors Needed
Aug.	25 <sup>th</sup>	Sat.	Venkateshwar Kalyanam 10am Sponsorship \$51.00
Aug.	25 <sup>th</sup>	Sat.	<b>Mata Ki Chauki</b> 4-8pm Sponsored by Pradeep & Nidhi Nagar, Sandeep & Amita Gupta, Vipul & Namita Saran, Vinay & Reena Kumar & Rajesh & Mudita Bhageria families
Aug.	26 <sup>th</sup>	Sun.	Ganesh Puja & Atharvashirsha Path 11am
Aug.	31 <sup>st</sup>	Fri	Purnima Satya Narayan Puja 6:30pm Sponsorship \$51 Puja Samagri will be provided, Please bring Fruits,Prasad, and 1 coconut.

## SEPTEMBER 2012 EVENTS

Sep	1 <sup>st</sup>	Sat	Navgrah Puja 3pm Sponsorship \$51.00
Sep	8 <sup>th</sup>	Sat	1008 Gayatri Japa & Homa 9:30am
Sep	8 <sup>th</sup>	Sat	Murgan Abhishekam 4pm Sponsorship \$101
Sep	8 <sup>th</sup>	Sat	<b>MELA - Taste Of India</b> 12 noon to 8pm
Sep	9 <sup>th</sup>	Sun	<b>Chandi Yagna.</b> 10am to 1pm Sponsored by- 42 Gham Kadwa Patidar Samaj
Sep	15 <sup>th</sup>	Sat	Adhik Mass Ends
Sep	16 <sup>th</sup>	Sat	Sunderkand Path 10:30am
Sep	18 <sup>th</sup>	Tue	<b>Hartalika Teej</b> / Swarn Gauri vrat , Kewda Teej puja 6pm
Sep	19 <sup>th</sup>	Wed	Ganesh Chaturthi ( Actual day ) Puja 10am & 6:30pm Sponsorship \$51.00
Sep	22 <sup>nd</sup>	Sat	<b>Mata Ki Chauki</b> 4pm to 8pm Sponsored By Sharma Family .
Sep	23 <sup>rd</sup>	Sun	<b>Ganesh Chaturthi Celebration</b> 10:30am to 1pm Sponsored By -Triveni
Sep	28 <sup>th</sup>	Fri	Anant Chaturdashi
Sep	29 <sup>th</sup>	Sat	Purnima Satya Narayan Puja 6:30pm Sponsorship \$51 Puja Samagri will be provided, Please bring Fruits,Prasad, and 1 coconut.
Sep	29 <sup>th</sup>	Sat	Pitra Paksha (Shraddha) Starts.
Sep	29 <sup>th</sup>	Sat	Venkateshwar Abhishekam 10am Sponsorship \$51.00 ( Date has been changed from 4 <sup>th</sup> sat. to 5 <sup>th</sup> Saturday)

# RAKESH RAM



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# NAND MAHOTSAVA

## Sunday AUG. 12<sup>th</sup>

### 10am to 1pm

#### PROGRAM

- 10:00 Shri Nathji Puja,  
Palna Darshan,  
Badhai Ho Badhai Ho Badhai  
by Brijvashis to Nandbaba &  
Yashodamaiya  
Lord Shiva comes for Bal Krishna Darshan
- 12:00 Children Program Dahi-Handi by Children  
Bhajan and Kirtans

SPONSORED BY SHRINATHJI DEVOTEES

## MATA KI CHAUKI

August 25th Sat. 4-8 pm

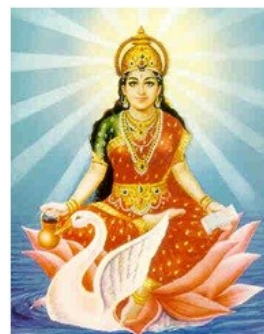


- 4pm Devi Durga Puja  
5pm First Aarti  
5:15 Mata Bhajans / Bheten  
8pm BHOG, AARTI, Prasad & dinner

Sponsored by: Pradeep & Nidhi Nagar,  
Sandeep & Amita Gupta, Vipul & Namita Saran,  
Vinay & Reena Kumar,  
Rajesh & Mudita Bhageria families

## GAYATRI JAYANTI CELEBRATION

Aug.5<sup>th</sup> Sunday



- 9:30am 1008 Gaytri Japa  
12:00 Gayatri Yagna/Homa  
1:00 pm Aarti & Prasad (lunch)

Sponsorship \$51.00

Everyone please join us in chanting of  
Gayatri Mantra 1008 times.



## **GENERAL DENTIST**

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DR. KIRIT PATEL

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**6371 Bridgetown Road  
Cincinnati, OH 45248**

**Phone # (513)-574-7000**



## **NEW ADOPTERS OF THE MARG PROJECT**

Following families have adopted a part of our new road. Their support is greatly appreciated in helping this very important project on which the future development of the temple depends. We request other members or groups of our community to help this project. You can contact any member of the Marg Project.

Asha and Mohan Chopra  
Manju and Raneshwar Gupta

**COMING  
SOON**

**ELEVATOR**

**Funded by Physicians of Greater Cincinnati  
Please Donate**

- 1) Krutarth Jain ..... 513-884-1259**
- 2) Manish Srivastava ..... 513-469-7432**
- 3) Ambi Subraniam ..... 513-256-4483**
- 4) Laxmi Shanker Srivastava ... 513-474-0533**

## SHRAWAN SOMVAR SHIV-ABHISHEK PUJA

August 6<sup>th</sup> & 13<sup>th</sup>



10:00am to 11:30am Shiva Abhishek & Aarti

6:15pm to 7:15pm Shiva Abhishek , \*Bilva Patra Archana

7:15pm to 8:00pm Shiva Mahimnaha Path, Bhajans & Aarti

Sponsorship- Abhishek \$101.00 , Archana \$11.00

\*Bilva patra Archana (Depends on Availability of Bilva patra)

For details please call Kiran Dayal 474 4051, Acharya Kailash Sharma 652-5382,  
Janak Dave 859-371-9645. Temple 528-3714

## IMPORTANT ANNOUNCEMENTS

### General Body Meeting

The next General Body meeting will be held  
on Sunday August 5, 2012 at 2:30pm at the Temple.

### COLORED ARADHANA

Did you know that the Aradhana Magazine is also available online? You can read the  
COLORED copy with pictures on the temple's website <http://www.cincinnatiatemple.com> .

## KRIYA YOGA OF MAHAVATAR BABAJI

( A visit of Shree Taranandaji to Cincinnati, OH)  
July 29<sup>th</sup> Sunday 12 noon to 12:45 pm  
Pravachan At Hindu Temple

**Shree Taranandaji** is a very revered master of the ancient Kriya Yoga techniques and has several disciples in India. After a sincere and humble request made to him as to the visit to USA, he finally agreed to come here in USA and bless us by initiating sincere seekers in the lineage of Kriya Yoga as originally taught by Babaji to Lahiri Mahasaya. He will be available in USA **from 20th July to 27<sup>th</sup> September** of this year.

Those of you who are interested in learning the original technique of Kriya Yoga may contact any of the following persons:

Madan G. Parvatiyar (513-569-0319), Renu Gupta (513-860-1151), Shashi Khanna (513-942-0546)

## **Mid Year Review from the President**

Namaskar,

The current executive committee completed 6 months of our term in June. These six months have been very hectic. Many things have happened and many more are waiting to happen. Another six months are ahead of us and we are eagerly anticipating some major events and actively planning for them.

As I was reflecting on all the events of last six months, I realized that the sheer number of events held at the temple or outside the temple is just amazing. Each week, we have 5-6 of regularly scheduled poojas. In addition to that, we have 5-6 recurring events each month. Then there are events based on our religious calendar as well as family events. Aside from the regular weekly events, we had close to 50 major events in last six months at the temple. Many of these events have had very large attendances, in excess of 500. Moreover, our priests conduct a number of individual pooja/services both inside and outside the temple, including hospital visits, very regularly. In last 6 months, this number is in the range of 400 to 500. Apart from this, we held some major events such a major fund raiser for the Marg project, an interfaith group meeting at the temple, a kid's day camp in the temple etc. All these events have been very successful. Besides this, we have many of our spiritual gurus and saints visit the temple from time to time. We also get many school and church delegations visiting the temple.

The reason for citing all these numbers is to highlight the fact that the temple is a very active and vibrant place. In addition to having 3 extremely dedicated priests, the temple is supported by a large number of exceptionally dedicated volunteers. They work tirelessly, without any special recognition, only because of their devotion. But this is all a volunteer force. Sometimes, things do not go as planned. At times, we are not able to provide you with what you want. I would urge all of you to look at the big picture and be understanding of the constraints that the temple committees have to deal with. In fact, I would urge you all take the initiative and become a volunteer at the temple and help us meet some of the challenges.

I also want to draw your attention to the temple finances. Your temple had an income of \$169,000 and expense of \$220,000 this year. We had some major maintenance items last year and this year. This has implications on how many services we can offer at the temple. While we are seeing large turnouts and have lots of events, our income needs to keep pace with our expenses and we need to set aside some funds to take care of unforeseen events as well as regular preventive maintenance. Moreover, the temple needs to carry out some major projects in order to serve the needs of a growing and changing devotee base. Our overall attendance and membership is growing and a good portion of our devotees is also getting old. It means that we need to provide facilities like elevators, community hall, additional teaching rooms, parking spaces etc. However, before we can embark on any expansion of the facilities, we need a new entrance for the temple. This long term vision for the temple cannot be realized without completion of this road. There are several other projects waiting in the wings as well. To realize this vision, we need your active financial support.

There are many ways in which you can support the temple financially, including giving cash donations to the temple, donating stocks, attending temple fundraiser events, etc. There are two additional ways whereby you can contribute very substantially without making an explicit contribution. These are the Kroger Card rewards program and the Office Depot rewards program. Both programs are very easy to use. If we all participate in these two programs, we can generate very significant income through the rewards from these programs. This income can provide a significant boost to our long range plans and enable us to realize the vision sooner.

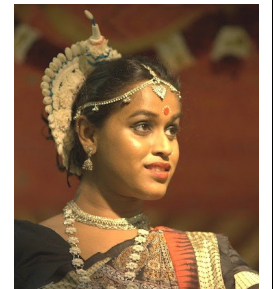
Looking ahead, we have many major events coming up. On September 8<sup>th</sup>, we have the grand Mela event. This year's Mela is different from prior years. We are combining Naach Sitare with the Mela. This is promising to be a fabulous event. I invite all of you to come in very large numbers to enjoy the dances, the food, the rides, the costumes and jewelry etc. The event will conclude with a fireworks show. Please come in large numbers and make this event a grand success.

Sincerely,

Deepak Dixit  
President, HSGC



# Lord Jagannath Rath Yatra





# Swami Ashwini Prajnaa



The Hindu Society of Greater Cincinnati is very proud to have Swami Shree Ashwini Prajnaa ji from Friday, August 3<sup>rd</sup> to Sunday, August 5<sup>th</sup>. Swamiji has traveled very extensively in India and around the world. He has traveled thousands of kilometers barefoot within India in many states, spreading the message of Humanity, Indian cultural and moral values, as well as Yoga –Meditation (Preksha Dhyana). He has been to more than 35 countries in all continents spreading Indian culture and values with special references to the western philosophy.

Swamiji is a very energetic, capable and influential orator. He conducts lectures in a simple and practical language while maintaining a personal touch with humor to make it very interesting. He has also spoken widely on diverse topics. He has also conducted discourses during various auspicious Hindus Parva and Jain Parva events.

Swamiji has a tremendous passion for spreading knowledge. He has coordinated thousands of training camps & workshops in schools, colleges, universities, government entities and various world events. He has also conducted Jainism and Preksha Dhyana discourses for many other faiths.

Swamiji hails from Surat in Gujrat, India. He attended the Jain Vishwa Bharti Institute at Ladnun (Rajasthan). He has command over English, Hindi, and Gujrati. The turning point in Swamiji's life came in 1992 when he became greatly influenced by Acharya Shree Mahapragya's teachings of PM and books. During August 1992, he started his holistic journey from his birthplace, Surat, by taking Sanyas, when he attended Acharya Mahapragya's Preksha meditation camp. He felt a tremendous spiritual change causing a turning point in his life by becoming a Sanyasi.

Swamiji's programs will be at the temple at the following times:

Friday, 8/3/2012	4 pm – 8 pm	Preksha Dhyana, Yogabhyas, Bhajan, Discourse
Saturday, 8/4/2012	10 am – 1 pm	Preksha Dhyana, Yogabhyas, Discourse
Sunday, 8/5/2012	4 pm – 8 pm	Preksha Dhyana, Yogabhyas, Bhajan, Discourse

**Please come in large numbers and benefit from Swamiji's wisdom and practical approach to life.**

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Raneshwar Gupta 513-232-3331, Ramesh Sondhi 513-831-9788

**Contacts**

**For Culture Program**

Sulbha Midha naachsitare@gmail.com

Asit Saha 513-702-1050 absaha09@gmail.com



## **Naach Sitare**

**Cultural Program - 1:30 PM - 6:00 PM**

**Awards & Certificates 6:00 PM - 7PM**

**!!!! FUN FOR THE WHOLE FAMILY !!!!**

**Fireworks (At Dusk)**





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***With focus on different styles of dancing***

***HSGC is bringing Naach Sitare jointly with Mela 2012***

***Date: September 8th 2012***

***Venue: Hindu Temple of Greater Cincinnati***

***(On a 24x24 ft solid outdoor stage with ample seating)***

***Mela Time: 12.00 PM- 8.00 PM***

***Cultural program: 1.30PM - 6PM***

***Award Ceremony: 6PM - 7PM***

***Free admission, No ticket required.***

***Come with your friends and family and enjoy this fun filled day of Indian culture and talent.***

***Please see the rules and regulations and registration form for participation.***

**Naach Sitare Leadership Group**

**Email Contact: Sulbha Midha ([naachsitare@gmail.com](mailto:naachsitare@gmail.com)) (Event Coordinator)**

**Asit B Saha ([absaha09@gmail.com](mailto:absaha09@gmail.com)) (513)702-1050 (Chair)**

**Jyoti Desai ([desaijyoti12@yahoo.com](mailto:desaijyoti12@yahoo.com)) (513)885-1318**

**Ankita Srivastava ([ankitasri\\_2011@yahoo.com](mailto:ankitasri_2011@yahoo.com)) (513)919-6499**

**Committee Members: Kamini Jain, Rajeev Arora**

## NAACH SITARE REGISTRATION FORM

Hindu Temple  
of Greater Cincinnati



### PARTICIPATION FORM FOR HSGC NAACH SITARE DANCE COMPETITION - 2012

Name of Applicant/Contact Person	
HSGC Membership Status:	_____ Member _____ Non-Member
<p>Naach Sitare Registration Fee: The fee is nonrefundable. Please send your check by August 5th, 2012 payable to HSGC and mail it to:</p> <p style="text-align: center;">Asit B Saha 11186 Huntwicke Place Blue Ash, Ohio 45241</p>	<p>_____ \$10/Solo _____ \$20/Group</p>
Phone Number(s): Please include all and indicate primary	
E-Mail Address:	
<p><b><u>Dance Styles:</u></b> (Circle One)</p> <p>Kathak, Kathakali, Mohiniattam, Bharatnatyam, Odissi, Kuchipudi, Manipuri, Sattriya, Bhangra, Lavani, Garba, Dekhni, Bollywood Dance, Breakdance, Salsa, Hip Hop Dance, Quickstep, Cha-Cha-Cha, Rumba, Samba, Swing Dance, Ballet Dance, Step Dance, Tap Dance, Folk Dance,</p> <p>Other _____</p>	<p><b>Solo:</b></p> <p>_____ Minor (Ages 6-9 yrs)</p> <p>_____ Juniors (Ages 9-14 yrs)</p> <p>_____ Seniors (Ages 14-19 yrs)</p> <p>_____ Adults (Ages 19+ yrs)</p>
Name of song/songs:	
Duration of the program:	
<p>Names of participants:</p> <p>Please indicate choreographers, directors etc. Include separate sheet if needed.</p>	<p>Directors/Choreographers:</p> <p>Participants:</p>

(Disclaimer: HSGC is not responsible for any personal injury to participants or damages to their belongings. Participant will be liable of any damage that may cause to property (rental property) due to their negligence. Cultural Committee, HSGC reserves all rights to revise the rules within a short notice to participants before the event.)



## **Rules and Regulations for Naach Sitare:**

### **Participation requirements:**

#### **Entries will be taken on first come first basis.**

- ◆ The committee keeps the right to select items depending on the time, logistics and to have maximum community participation.
- ◆ Repetition of the same songs will not be permitted to keep the program entertaining.
- ◆ No exceptions will be made.
- ◆ No specific age group for group performance.
- ◆ One participant can participate in one solo and one group dance at the most.
- ◆ Each team must have a minimum of 3 participants for group dance.

#### **Solo Dance:**

- ◆ A total of up to 20 solo entries will be taken. Auditions may be required. Preference will be given to different dance styles.

#### **Group Dance:**

- ◆ A total of up to 20 group entries will be taken, preference will be given to groups with more number of participants and new dance styles.

#### **Timings and Scheduling:**

- ◆ Each dance item will be limited 6 minutes. If the time limit is exceeded, team will not qualify for awards.
- ◆ Only 2 minutes are allowed for stage preparation (includes general introductions) before the dance performance, and only 1 minute allowed after performance to clean the stage.

#### **Props and Lighting:**

- ◆ Props hanging from the ceiling will not be allowed.
- ◆ Each team should have a representative overseeing audio playback and other arrangements.

#### **Judges:**

- ◆ Professional judges will be selected by the committee.
- ◆ Judges will refrain from discussion.
- ◆ All judges will be in receipt of the rules and regulations.
- ◆ For fairness, judges will disclose participants of immediate family members in the competition item.
- ◆ The judge's decision will be final.
- ◆ No grievances will be entertained.

#### **Awards:**

- ◆ Best Solo Performance (ages 6-9 / 9-14 / 14-19 / 19+)
- ◆ Best Group Performance
- ◆ Best Costume/Jewelry (solo/group)
- ◆ Best Originality/Innovation (solo/group)
- ◆ Best Action /Facial Expression (solo/group)
- ◆ Best Choreography (Solo/Group)
- ◆ Best Synchronized Group
- ◆ Best Song/Songs Selection (Solo/Group)

### **Judging Criteria - Judges will score each competitor in five different categories:**

- ◆ Choreography - 25 Points
- ◆ Technique/Facial Expression - 25 Points
- ◆ Difficulty/Originality - 20 Points
- ◆ Stage Presence / Personality - 20 Points
- ◆ Costume, Jewelry, Hair & Makeup - 10 Points

The organizing committee would like to stress appropriateness in costume, song, and dance style that is consistent with the temple setting and Indian heritage. Entries not meeting these criteria may be disqualified.

Disclaimer: HSGC is not responsible for any personal injury to participants or damages to their belongings. Participant will be liable of any damage that may cause to property (rental property) due to their negligence. Cultural Committee, HSGC reserves all rights to revise the rules within a short notice to participants before the event.

**We are blessed to have scholars, musicians, and professionals in our society who are totally devoted to the temple. Following are examples of such dedicated people who are donating proceeds from their creative work for the benefit of the temple. Please support the temple by purchasing books and CDs created by these devotees.**

## **Dr. Gangadhar Maddiwar Donating Book Proceeds to the Temple**

Dr. Maddiwar is a retired surgeon and retired Lieutenant Colonel from the US Army. He served in the Gulf War in 1991. Dr. Maddiwar and his wife Surekha have been involved in service to humanity worldwide in collaboration with Remote Area Medical, Rotary International, Doctors without Borders and many Indian expeditions are sponsored by Vivekanand Kendra of Kanyakumari TN, India. He has published several books so far. His latest book "Eternal Happiness" is about their 64+ surgical expeditions from all over the world's tribal, rural, in-accessible areas of the third world that includes Guyana, Mexico, Peru, Nigeria, Honduras, Dominican Republic, as well as Arunachal Pradesh and Maharashtra in India.

The book has been available in Hard Cover, Paper Back and also e-book version. The most economical way to get this book is to order the e-book for under \$ 10.00 from [Xlibris.com](http://Xlibris.com). It is also available from Amazon, Borders, and Barnes and Nobles. Dr. Maddiwar will donate all royalties received for this book from June through August, 2012 to the Cincinnati Hindu Temple.

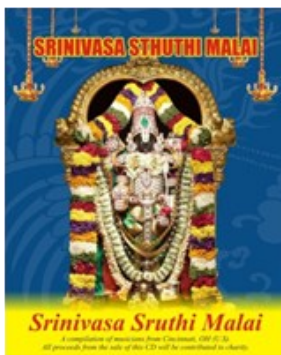
Please visit [www.ganmaddiwar.com](http://www.ganmaddiwar.com) for more information.

## **Dr. Tripta Desai Donating Book Proceeds to the Temple**

Dr. Tripta Desai is a professor of history at the Northern Kentucky University. Her latest book on Women in India has the title THE LIBERATION OF WOMEN IN INDIA AND THE WORK OF THE NGOS (non government organizations). The book gives a brief history of women in India in ancient and medieval times; but the main focus of the book is after India's independence in 1947 with a detailed discussion of Five Year Plans and Women and the work of the NGOs such as Seva Mandir in Rajasthan, Sewa in Ahmedabad, CWDS and AIWC in Delhi, the Institute of Social Science Research in Delhi and the projects funded by the United Nations.

The price of the book is \$20 and sales money will be given to the temple. Call 859 572 5130.

## **Srinivasa Stuthi Mala CD**



Recently a group of musicians from Cincinnati, OH (USA) released a wonderful CD called Srinivasa Stuthi Mala (Telugu) and Srinivasa Stuthi Malai (Tamil) a collection of songs on Lord Venkateswara.

Telugu lyrics written by Ramakantha Rao Chakalakonda (Cincinnati OH)  
Tamil Translation by C. Subramaniam (Hyderabad India)  
Music Composed by Padmaja Sonti (Lawrenceburg, IN)  
CD recorded at Cornucopia Studios, Lawrenceburg IN  
All sales proceeds from this CD will be donated to the temple.  
The CD is available at the temple store.

Mrs. Padmaja Sonti, a former movie singer and AIR and Doordarshan singer from Hyderabad composed the music. She now lives in Lawrenceburg, IN.

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# Satya Narayan Puja





# ***Raise Money For Our Temple!***

Thanks to all members who have used their Kroger Gift Card to raise money for the Temple. This program has raised over \$6000!



Kroger has changed their Neighborhood Rewards Program.

Please be sure to enroll in the new "Kroger Plus Card" program immediately. As of May 1, 2012, if you only reload your existing Kroger Gift Card, your purchases will NO LONGER earn our Temple any funds.

## *Easy Steps for Enrollment: (takes less than 5 minutes)*

1. Visit [www.krogercommunityrewards.com](http://www.krogercommunityrewards.com) and select "Register" unless you already have an account. Sign up for a Kroger rewards account by entering your Kroger Plus card number or your primary phone number.
2. Confirm your registration through your email account.
3. Sign in to Kroger Community Rewards website (the link on the confirmation email will take you there). Proceed to Edit "My Account;" enter your Kroger Card Number and confirm personal information
4. Click to "Community Rewards" at the bottom of the page and type in our NPO number **81567**. Select "Hindu Society of Greater Cincinnati."

Congratulations! Now a portion of every shopping trip you make will go towards our wonderful Temple. Remember to swipe your registered Kroger Plus Card or use the phone number that is related to your card when shopping to benefit the Temple.

**Once you are enrolled and when you make purchases at Kroger, you will see at the bottom of each paid receipt, "At your request, Kroger is donating to the Hindu Society of Greater Cincinnati".**

Please contact Raneshwar Gupta (Kroger Coordinator) at 513-232-3331 or Manish Srivastava (Fund Raising Chair) at 513-503-2825 if you have further questions/concerns.

## **Urgent Appeal for Road Resurfacing Funds**

The road from front gate to the temple needs repairs. It has been known for a very long time and we have been saving money in a separate fund for a while. The fund has close to \$18K. Some quotes obtained last year were about \$30K. However, some recent quotes for the work were in six figures and it gave us a reason for huge worry. But it got some people into creative thinking. Laxmi Srivastava and Raneshwar Gupta did some quick homework and searched around. Their search had a very lucky break because the contractor identified by them has agreed to resurface and blacktop the road from the gate to the temple and the parking lot for less than \$18K. The only thing that this does not include is the side road that leads to the lower level. That portion is another \$8K. We have a great opportunity to get that work completed as well if we can raise \$8k very quickly. We can have the safety and peace of mind as well as some serious savings if we can raise \$8,000 quickly and get the side road done as well. We are appealing to all devotees to contribute whatever big or small amounts possible very urgently to enable us to complete the road resurfacing work in its entirety right away. Work on the main road has already started. So please respond to us immediately with pledges and checks and help us finish this work right now.

Raneshwar Gupta  
(513) 477-9372  
guptama2003@yahoo.com

## HSGC – Executive Committee

Meeting Minutes– June 3, 2012

**Executive Committee:** Deepak Dixit (President), Ambi Balasubramaniam\* (Vice President), Prasad Megada (Treasurer), Pradeep Gupta (Secretary), Asit Saha (Cultural Committee), Jeetu Patel\* (Long Range Planning), Kiran Dayal (Pooja Committee), Manish Srivastava\* (Fundraising Committee), Rakesh Patel\* (Maintenance Committee), Sandeep Gupta (Editor-Aradhana), Vinit Rastogi (Religious Education Committee), and Mahima Devarajan (Youth Member) (\*Not present)

### Meeting Minutes:

1. The June meeting of the HSGC Executive Committee was held on June 3, 2012 at 10:30am.
2. Ms. Mahima Devarajan joined the HSGC Executive Committee as a Youth Member. Today was her first day attending the meeting.
3. Due to lack of interest, DMS software demo by Deepak was postponed until next meeting.
4. Deepak informed that Kroger card registration program was a good start in Temple anniversary celebration; 13 members were registered with the help of EC members and other volunteers.
5. Asit discussed Naach Sitare program in details as following:
  - a. 3,000.00 Stage expenses including light, sound, chairs, etc.
  - b. 400.00 Trophies
  - c. 700.00 Brochure printing
  - d. A committee for Naach Sitare has already been formed
  - e. Rules and guidelines need to be established and communicated
  - f. Registration and entrance fees were discussed but not finalized
6. Deepak talked about Office Depot discount program, details will be provided in next Aradhana.
7. Deepak will follow up on gas and electric bill questions with Prasad Ji.
8. EC feels that Kroger and Office Depot cash back programs will be good revenue generators provided we get good participation from our members.
9. Sandeep is committed for Aradhana to be self sufficient. Sandeep has collected a good amount of dues. Sandeep has been very creative in securing long term ads for Aradhana.
10. Membership issue was again brought up. Pradeep will present few ideas on membership increase. Pradeep will also collect information on current members.
11. Vinit informed that there were more than 60 kids in Kids Day Camp including Bhutani refugees. It was full day of activities including temple tour, lunch, arts and crafts, kite flying, etc. The camp was co-sponsored by Temple and VHPA. EC approved \$500.00 for the camp expenses.
12. Since Raj Aggarwal is moving from Cincinnati area, a replacement will be required to maintain birthdays and providing monthly data to Aradhana for publishing.
13. Due to current financial situation, Temple Manager position has been temporarily delayed.
14. Garden layout has been reviewed and work will start soon. Electric poles have been delivered which will be installed on 2 corners, projecting light in different directions. The operating cost will be very low. Deepak and Rakesh are leading this project.
15. Part of funds necessary to install the flag has been collected, but it needs more funds.
16. Deepak will follow up on security issue, specifically on contact persons in case of emergency.
17. Need to identify person responsible for gift shop during temple hours.
18. There will be a separate meeting to discuss Mela activities.
19. Next meeting will be on July 1, 2012 at 10:30am.



**'Bollywood Music & Masala' & 'Swaranjali'**  
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**Plus LIVE Internet Streaming on [www.WAIF883.Org](http://www.WAIF883.Org):**  
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**& Every Sunday from 11 AM to 2 PM 'Swaranjali'**



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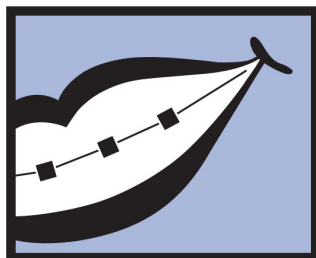
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Phone: (919) 414-4000  
Fax: (919) 414-4001  
Website: www.Deendham.org



## Office Depot Rewards Program

The temple has joined the Office Depot Rewards Program, also known as the Affinity Program.

This program is very easy to use and very exciting for us. Office Depot has issued an id to the temple (8011-882-5722) that can be used in any of the 1,100 Office Depot stores as well as at Office Depot website. Office Depot has issued a store purchasing card bearing this number. It will also be posted on our website. You will be able to print the card and use it at any store. Office Depot will provide between 15 to 30% discount to anyone using the temple id on items from a TOP 100 item list. Members will get a 5% discount on all other items including furniture. The temple will receive a 4% residual (commission) each quarter on all purchases made using our discount id. In addition, for businesses using this program, Office Depot can set up customized programs. You can get free delivery for orders over \$50.

We stand to benefit very significantly from this program. The success of this program is truly in the hands of our members. So please support your temple in a very big way by using the temple discount id at Office Depot stores for all your office supplies needs. Your help will go a very long way towards making the temple become financially healthy and embark on many more programs for the benefit of our community.

**Please use this card for great saving in the Back to School season and all year round. There is a coupon on our website that you can use to get free lamination for this card before the end of 2012.**



### Store Purchasing Program

SPC Account # 8011 882 5722

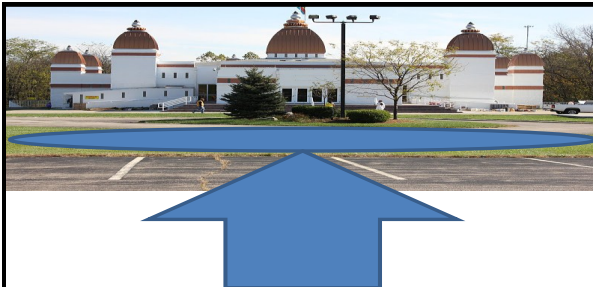
**CARDHOLDER INSTRUCTIONS:**  
Present this card to an associate in your local Office Depot Store. For Copy & Print Depot™ services, you must prepay when you place your order. See an associate for assistance if you choose to use Self Service copiers for this program.

**OFFICE DEPOT ASSOCIATE INSTRUCTIONS:**  
1. Begin sale transaction as normal. Self Service copy transactions must be paid for at the register for discount.  
2. Press, "Total" and then select, "Charge" or, "F1 > SPC Account" (touch screen only).  
3. Enter SPC # and wait for register to re-price.  
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# PLEASE DONATE TEMPLE FLAGS PROJECT

Please make all checks to : "Hindu Society of Greater Cincinnati" and state it is to "Support the Flags Project".

**Amount : \$100, \$50, \$25 ( or any amount you choose) to cover estimated project cost of \$3000.**

**Mailing Address:** 4637 Forest Ridge Drive, Mason, OH 45040

## Temple Flags: What is the goal?

Namaste, my name is Aman Kumar from Mason, OH. My fellow scouts and I need your help and generosity to install three, gorgeous flags in front of the temple: The American flag, the Indian flag, and the Ohio flag. Your assistance will help me earn the Eagle Scout badge.



For more information Please call

**Aman Kumar: 513-900-0218**

**Email:** aman.kumarmason@yahoo.com

**Or visit my Facebook page: Cincinnati Hindu Temple Eagle Scout Project**

**PLEASE DONATE TODAY.  
THANK YOU FOR SUPPORT.**

**With your charitable donations, we can help raise these three beautiful flags at the Temple by summer 2012.**

**HELP ME EARN MY "EAGLE SCOUT"**

## YOGASADHANA

*Vaidya Mrs. Shantala Gangatirkar, BAMS*

HSGC is pleased to announce that we are now offering authentic Yoga lessons at the temple from a qualified Yoga instructor. Dr. Shantala Gangatirkar is a qualified Ayurvedic doctor as well as a certified Yoga instructor. Dr. Gangatirkar is a graduate in Ayurvedic Medicine and Surgery (BAMS) from Pune, Maharashtra. During her second year of college as a part of the subject 'Preventive and Social medicine', she did the systematic study of yogic sciences in depth. After graduation she completed the certification as a yoga teacher from SVYASA (Swami Vivekananda Yoga Anusandhana Samsthana), Bangalore. Since then she has used yoga therapy in her clinical practice successfully at Madiwala, Bangalore for 4 years.

**The classes are held every Saturday from 10 am to 11am at the temple in the lower level.**

### Following things will be covered in the classes

- ◆ Yogasanas
- ◆ Suryanamaskar
- ◆ Pooraka Vyayama
- ◆ Pranayama
- ◆ Kriyas
- ◆ Omkar
- ◆ Meditation
- ◆ Relaxation techniques



### Instructions for the class

1. Bring Yoga mat, Napkin
2. Appropriate attire is desired
3. You should not eat anything at least 4 hours prior to Yoga classes.
4. You can have liquids after 30 minutes and solid food after 60 minutes after the class.

Fees for the class will be \$10/calendar month for ages 18 and up. For ages 5 to 18, the fees will be \$5/calendar month. The first calendar month will be free on trial basis. The fees will be payable by check to HSGC.





30 Tri-County Parkway  
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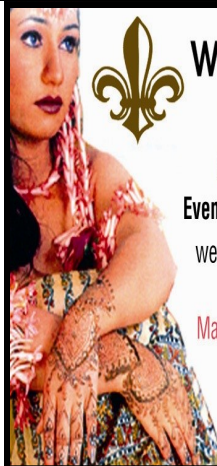
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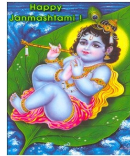
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**Directions to Hindu Temple** From I-275 take Exit 63A (32West) - drive approximately 1/4 mile - turn right onto OLD 74 - turn left at the first Traffic light onto Summerside Road. After approximately one mile turn right onto Klatte Road. Temple is at the end of Klatte Road. From UC: Take E McMillan to Columbia Pkwy to Beechmont Ave to Route 32 East (to Batavia). Turn left on Old SR - 74. Follow instructions above from Summerside to Klatte Rd. (Phone No. for the Temple - 528-3714)

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