



आराधना

Aradhana

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

Adhik Bhadrapad / Bhadrapad
Vikram Samvat, 2068 / 2069
September, 2012



Happy Ganesh Chaturthi,
Hartalika Teej
MELA &
NAACH SITARE



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

Shree Ganesh Chaturthi Celebration

Sunday, September 23rd 2012

10am to 1pm

10:00 am Procession
11:00 am Ganesh Puja /Atharvashirsh Path
12:00 Bhajans
1:00 Aarti /Prasad /Lunch



Sponsorship Puja \$101, \$31, Archana \$21

Event is sponsored by - TRIVENI MITRA MANDAL, Cincinnati

For Details please call Temple 513-528-3714, Kiran Dayal 474-4051,
Acharya Kailash Sharma 513-652-5382, Mangala Nemade 234-8373

HSGC invites everyone with friends and families to

TEMPLE's MELA & NAACH SITARE

Sat, Sept 8th 2012

(Detailed Flyer inside)

**AGRANI INVITES EVERYONE TO JOIN IN A FUN FILLED EVENING OF MUSIC,
DANCE AND DINNER FEATURING SHANTONEEL DHAR (CONTEMPORARY
BOLLYWOOD POP SINGER) ON SATURDAY, SEPT 29TH.**

ALL PROCEEDS GO TO RABINDRA NATH TAGORE MARG PROJECT. (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 / 513-779-1043
Aradhana (past and present) is also available at temple website: www.cincinnati temple.com
Deadline for submission of articles for next Aradhana is September 10th

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

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

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
Ashtottharam (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
Nischitartham (Engagement)	\$151.00	\$251.00
Baby Shower Pooja	—	\$151.00
Nitya (1 Day) Kainkaryam (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
Sunday after 3PM only	— \$351	

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 4th 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,

Finally, the **EVENT OF THE YEAR** is here - **Temple Mela & Naach Sitare** will be held on **Saturday, September 8th**. For the first time, everyone will be able to attend "Naach Sitare" for **FREE**. Please come in large numbers to encourage the young kids of our community.

You will be amazed to see the "professional" performance from the kids! Bring your family, grab many friends and be there. I am really looking forward to this event where we will be able to enjoy local talent and great Indian food.

September marks the beginning of the Indian festivals. There are festivals all year round, but from now until November, will be the busiest time of the year. With **Ganesh Chaturthi & Navratri celebrations** just around the corner, the temple will be a happening place.

- Sandeep Gupta



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> .

SEPTEMBER 2012 EVENTS

Sep	1 st	Sat	Navgrah Puja 3pm Sponsorship \$51.00
Sep	8 th	Sat	1008 Gayatri Japa & Homa 9:30am
Sep	8 th	Sat	Murgan Abhishekam 4pm Sponsorship \$101
Sep	8 th	Sat	MELA - Taste Of India 12 noon to 8pm
Sep	9 th	Sun	Chandi Yagna. 10am to 1pm Sponsored by- 42 Gham Kadwa Patidar Samaj
Sep	15 th	Sat	Adhik Mass Ends
Sep	16 th	Sat	Sunderkand Path 10:30am
Sep	18 th	Tue	Hartalika Teej / Swarn Gauri vrat , Kewda Teej puja 6pm
Sep	19 th	Wed	Ganesh Chaturthi (Actual day) Puja 10am & 6:30pm Sponsorship \$51.00
Sep	23 rd	Sun	Ganesh Chaturthi Celebration 10:30am to 1pm Sponsored By -Triveni
Sep	28 th	Fri	Anant Chaturdashi
Sep	29 th	Sat	Purnima Satya Narayan Puja 6:30pm Sponsorship \$51 Puja Samagri will be provided, Please bring Fruits,Prasad, and 1 coconut.
Sep	29 th	Sat	Pitra Paksha (Shraddha) Starts.
Sep	29 th	Sat	Venkateshwar Abhishekam 10am Sponsorship \$51.00
Sep	30 th	Sun	Jagannath Puja 11am Sponsorship \$51.00

OCTOBER 2012 EVENTS

Oct	6	Sat	Navgrah Puja 3pm Sponsorship \$51.00
Oct	9	Tue	Matru Navami
Oct	13	Sat.	1008 Gayatri japa & Homa 9:30am
Oct	13	Sat.	Murgan Abhishekam 4pm Sponsorship \$101
Oct	14	Sun	Group Sharaddha Puja 9:30AM Sponsorship \$51.00 Puja supply will be provided by temple.
Oct	15	Mon	Shraddha Ends
Oct.	16	Tue	Navratri Begins Klash Sthapana 6pm
Oct	20	Sat.	Mata Ki chouki 4-8pm Sponsored By- Jindal Family
Oct.	21	Sun	Sunderkand Path 10:30am
Oct.	22	Mon	Ashtami Havan 6pm Sponsorship \$51
Oct	23	Tue	Saraswati Puja / Akshararambha/Vidyarambha puja 6pm Sponsorship \$51
Oct.	24	Wed	Vijaya Dashmi /Dasehara Havan 7pm
Oct.	27	Sat	Venkateshwara Kalyanam
Oct.	28	Sun	Vijaya Celebration Sposored by - Agrani
Oct	29	Mon	Sharad Purnima Satya Narayan Puja 6:30pm Sponsorship \$51 Puja Samagri will be provided, Please bring Fruits,Prasad, and 1 coconut.

Hindu Society of Greater Cincinnati cordially invites you with family & friends

To

VIMOCHAN OF BHAJAN CD ALBUM

(Release of CD)

SUNDAY September 9th 12:30pm



At – Hindu Temple of Greater Cincinnati

4920 Klatte Rd. Cincinnati OH 45244

Bhajanamrit Album is collection of Acharya Kailash ji's favorite Bhajans which he has been singing during temple events time to time. It was a very long awaited demand of devotees to bring his God gifted melodious voice on CDs. With God's grace, the wait is over and we are happy to present this album to all the devotees. It contains Ganesh, Krishna, Durga, Shiva, Hanuman, Saraswati, Rama and Chitragupt Bhajans/Stotra/ Keertans/Dhun/Ramayan Chaupai etc. Recording was done in a very well established Music studio in India. We have limited quantity of the albums. Please reserve your set by contacting following. Part of sale will be donated to temple.

For more details please call - Temple 528-3714, Deepak Dixit 769-3556, Kiran Dayal 474-4051,
Acharya Kailash ji 652-5382, Sangita Patel 791 0855.

To reserve your album copy, please email acharyaksharma@yahoo.com



ॐ सर्व मंगल मांगल्ये शिवे सर्वार्थ साधिके ,शरष्ये त्रयम्भके गौरी नारायणी नमोस्तुते ॥

NAV CHANDI YAGNA Sunday Sep 9th 2012



PROGRAM

9 am Devi Puja
10 am Chandi Yagna (9 Havan Kund)
12:15pm Purnahuti
1pm Aarti, Prasad, Mahaprasad

At Hindu Temple of Greater Cincinnati

Sponsorship—\$51.00 Chandi Yagna

For more information please call Temple 513-528-3714, Kiran Dayal 474-4051,
Acharya Kailashji 513-652-5382, Rakesh Patel 892-1830

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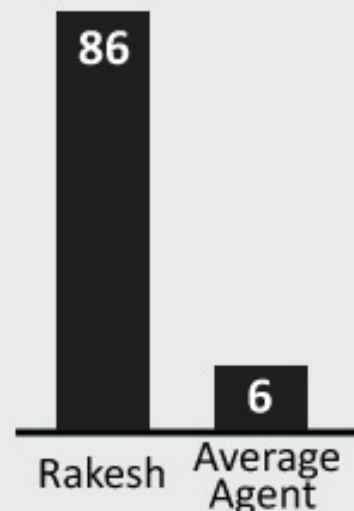
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NAVRATRI 2012

HINDU SOCIETY OF GREATER CINCINNATI & ANKUR GUJARATI SAMAJ JOINTLY CELEBRATES NAVRATRI



AT CINCINNATI MALL NAVRATRI MAHOTSAV 2012

WITH
Abheysinh Rathod, Radha Vyas & Asha

DATES/TIME: FRIDAY, OCT 19 7:30PM TO 1:00AM
SATURDAY, OCT 20 7:30PM TO 1:00AM
FRIDAY, OCT 26 7:30PM TO 1:00AM
SATURDAY, OCT 27 7:30PM TO 1:00AM

PLACE: CINCINNATI MALL
600 CINCINNATI MILLS DRIVE
CINCINNATI OHIO 45240

TICKETS: ALL PROCEEDS BENEFIT HINDU TEMPLE

MINIMUM DONATION: \$12/DAY

ONE WEEKEND PASS: \$20

CHILDREN 5 AND UNDER FREE

SPONSORSHIP: \$101 (2 PASSES ONE WEEKEND) OR \$ 251 (2 PASSES/BOTH WEEKENDS)

FOR THE REMAINING NAVRATRI NIGHTS AT THE HINDU TEMPLE WITH GROUP

DATES: OCTOBER 16, 17, 18, 21, 22, 23, & 24

PLACE: HINDU TEMPLE OF GREATER CINCINNATI

TIME: 7:30PM TO 9:30PM

TICKETS: NO CHARGE

NAVRATRI HAVANS AT THE TEMPLE:

MONDAY OCT 22: ASHTAMI / NAVACHANDI HAVAN TIME: 6:30PM TO 7:30PM FOLLOWED BY RAAS GARBA

WEDNESDAY OCT 24, VIJAYADASHMI HAVAN 6:00PM FOLLOWED BY RAAS GARBA WITH GROUP

NAVRATRI AT ANKUR SAMAJ: 9502 HIGHLAND AVE, CINCINNATI.

OCTOBER 16, 17, 18, 21, 22, 23, & 24 RAAS GARBA 8:00PM TO 9:30PM

FOR FURTHER INFO CONTACT: THE HINDU TEMPLE AT (513) 528-3714 or ANKUR SAMAJ (513)563-2007

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Jeffrey Ljbal



Prithvi Gandharva

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"Ooh la la"
"Chikni Chameli"
"Teri Meri"
"Teri Ore"
"Dola re Dola"

~ COLUMBUS, OHIO ~

SUNDAY, SEPTEMBER 23, 2012 ~ 6:00 PM

OHIO THEATER, 39 E. STATE STREET, COLUMBUS, OHIO 43215

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614-975-4845
SSURESH@AOL.COM

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SVR00@HOTMAIL.COM

TICKETS : \$38 | \$53 | \$78 | \$103 | \$253 (PLUS APPLICABLE TAXES)

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CAPA BOX OFFICE : 614-469-0939

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WWW.AAPISHREYAGHOSHAL2012.COM



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EVENT MANAGEMENT BY V.R. ENTERTAINING

Update from the President

Namaskar,

First of all, I want to express our condolences at the senseless shooting at the Sikh Gurdwara in Milwaukee. Our hearts go out to the victims as well as the wider Sikh community. Please keep all of them in your prayers!

The month of July was again a very hectic month. Major events included Jagannath ji's Bahuda Yatra, community Satya Narayan Pooja with a target of 108 families performing this pooja jointly, Murugan Abhishekam, and Mata ki Chowki. The Murugan Abhishekam also had the Rath Yatra for the first time. This was a first not just for our temple, but for any temple in USA. We also had Acharya Taranand ji, a highly revered teacher of Kriya Yoga, visit the temple.

A major concern for last few years has been the deteriorating state of the road from the Klatte Road entrance to the temple and the parking lot. What was thought to be a \$30K work was revised by contractors to \$60K to \$150K. This prompted another search and fortunately, we were able to locate the right contractor. Eventually, through this smart ground-work, we got the road repaired and resurfaced for \$18K. We also got the side road completely redone for an additional \$8K. It meant that we had to exceed our available funds by almost \$8K. I would appeal all of you to help us fill this gap by contributing generously to the Road Maintenance fund by contacting Shri Raneshwar Gupta.

Another vexing issue has been the roof. We completed major maintenance of the roof last year and early this year. We are still seeing some isolated leaks from the roof. The roofing contractor has been working at fixing the leaks, but the reality is that our roof is more than 17 years old now and it is at the end of its useful life. We need to replace the roof very soon and need to start setting aside funds for this purpose. Again, I am appealing to all of you to contribute generously to the temple so that we can embark on this project soon. No one amongst us would live with a leaking roof in our own homes. I am sure that we would not want to see a leaking roof in the home of our gods.

As I have stated in my prior updates, a great way to contribute to the temple is to enroll in the Kroger Rewards program as well as use the Office Depot Rewards program. These programs allow you to contribute to the temple while realizing substantial savings through these programs. We are also coming up with other innovative fundraisers that will appeal to you, save you money, and contribute to the temple as well. One such program is with Rogers Jewelers. Please see the details of this program in this issue of Aradhana.

We have also started work on installation of new electric poles in front of the temple. There will be two poles with 4 heads of light each. The lights on these heads will be very powerful. This will help in all round illumination of the front and sides of the temple as well as the parking lot. We are actively working on the elevator project as well. We are getting quotation from vendors and raising funds to make this project happen very soon. This will be an invaluable addition to the temple that will facilitate movement of the handicapped and the elderly throughout the temple. We are also concurrently working on planning the Marg project and raising funds. This will result in a new access to the temple from the Barg salt Road.

We are eagerly looking forward to the Mela - "Taste of India." This time, we have combined the highly acclaimed dance competition Naach-Sitare with the Mela. We have already exceeded the limit set on number of dances for the competition. There will be a significant number of vendors as well. The grand finale will be a fireworks show by Rozzi, the people behind the Labor Day fireworks. Please be sure to bring your family and extended circle of friends for this event. It will be a great way to introduce our culture to your non-Indian friends as well.

I am also extremely excited about a unique program that we are bringing to Cincinnati. The famous Bollywood playback and devotional singer, Anuradha Paudwal, is coming to Cincinnati (only) for a fundraising concert for the temple on Saturday, Nov 3. Please mark the date on your calendars and be sure to attend.

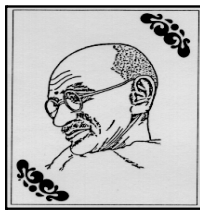
Sincerely,

Deepak Dixit
President, HSGC

Bhajan CDs

Please visit the temple store for Bhajan CDs by Shri Khush Karamchandani, an ardent temple devotee and volunteer. He has recorded the bhajans that we sing very often at the temple at a professional studio in Mumbai. Please listen to the lovely bhajans and support your temple.

ALL PROCEEDS WILL GO TO THE TEMPLE!



25th GANDHI FOOD DRIVE, 2012

September 1—October 31

Annual opportunity to donate cash or food to Freestore Foodbank; Tri-state's largest provider of emergency food to poor people

Overall Collection Goal: \$10,000

Average Goal per family: \$30

- Every \$ of collected cash or canned food--goes to Freestore Foodbank
- All donations are tax-deductible
- You can make your contribution three ways:
 - **CHECK (or Cash)**
 - Make your check payable to Freestore Foodbank
 - Mail your check to:
 - Vinay Kumar, 466 Windfern Forest Ln, Cincinnati, OH 45244
 - **CANNED FOOD**
 - Please donate vegetarian canned or boxed food and bring it Kumar's home (see home address below) or deposit it in the containers(drums) in the lower level of the Hindu Temple
 - **UNITED WAY Program (employer sponsored)**
 - Get the United Way "2012 Pledge Form" (new form needed every year)
 - At bottom of Part 3, write FreeStore code # , FreeStore, and (\$) amount

Coordinator: Vinay Kumar (513) 528-6189 E-mail: kumar@nku.edu

Volunteers: J. K. Bhattacharjee 513-523-8958; Vimla Majeti 513-777-5440; Rohini Venkatesh 513-984-2613

-----Cut-off Stub-----

DONATION/PLEDGE FOR THE 25th GANDHI FOOD DRIVE, 2012

Please make your check payable to Freestore Foodbank.

Check \$15 \$20 \$30 \$50 \$100 \$150 \$200 Other\$

United Way Yes, I plan to pledge \$..... for FreeStore FoodBank

Volunteer Yes, I would like to help as a volunteer for this year's food drive

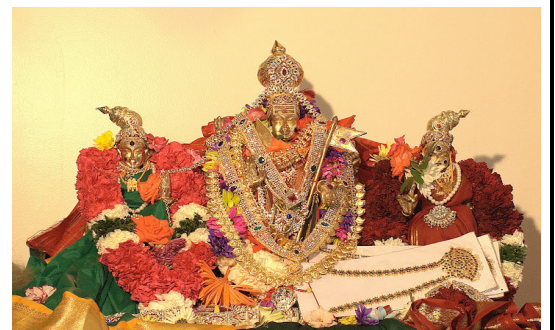
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Keyboard, Harmonium, Guitar, Tabla, & Dholak**

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513-771-7171**

**DONATION: \$100 PER PERSON
SPECIAL SEATING FOR VIP's (ABOVE \$200 PER PERSON)**

**DINNER: 6.00 – 7.45 pm
MUSICAL: 7.45 – 11.00 pm
OPEN SEATING (DOORS OPEN AT 7.00 pm)**

Tickets will soon be available through multiple channels and on the temple's website.

**100% of the net proceeds from your donation goes towards sponsoring
the Marg Project and the General Fund**



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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

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- Laxmi S. Kulkarni, Project Chair - (919) 471-4085
- Vinod Kulkarni, P.E., Project Manager - (919) 471-4075
- Ramesh P. Kulkarni, P.E. - (919) 471-4060
- Krishna S. Kulkarni, P.E. - (919) 471-4060
- Sanjay S. Kulkarni, P.E. - (919) 471-4060
- Sanjay S. Kulkarni, P.E. - (919) 471-4060
- Sanjay S. Kulkarni, P.E. - (919) 471-4060

Contributors

Project Planning By: **ROBERT'S DESIGN**

Project Planning By: **ROBERT'S DESIGN**

Project Planning By: **ROBERT'S DESIGN**

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Dance is one of the most beautiful forms of art that has grown in leaps and bounds. Every dance form has its own unique identity. Each dance is beautiful in its own way and has a different appeal to it.

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) (Event Coordinator)

Asit B Saha (absaha09@gmail.com) (513)702-1050 (Chair)

Jyoti Desai (desaijyoti12@yahoo.com) (513)885-1318

Ankita Srivastava (ankitasri_2011@yahoo.com) (513)919-6499

Committee Members: Kamini Jain, Rajeev Arora

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.

COMING SOON ELEVATOR

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- 3) Ambi Subraniam 513-256-4483
- 4) Laxmi Shanker Srivastava ... 513-474-0533

AROGYA

By Kirana Rao

Arogya means “balanced health” in Sanskrit. Nutrition, exercise, and stress management are the three things that we can control in our daily life to achieve good health. Good nutrition includes picking the right foods at the right time, preparing and eating it healthfully, knowing how processing affects nutrients in foods, and including herbs and spices for their health benefits. In this and future columns, I will try to address the challenges in achieving good nutrition in our daily life, focusing specifically on the Indian diet.

Let's first consider grains. In the American diet, grains play a secondary role to meat, which is the focus of a meal. However in an Indian diet, grains play a vital role, making up a bigger portion of the meal. Chapattis, rice, dosas, idlis, rotis, etc., make up the bulk of the diet and soak up our subjis. Meats, when eaten traditionally, are eaten in small amounts, only a few times a week. However, with the move away from India, adults and children of Indian descent, include other foods in their daily diets, e.g. breakfast may consist of starches like cereal, toast, or waffles. Pasta, pizza, and other starchy ethnic foods are also popular.

Diabetes, high cholesterol, and heart diseases are seen often in the Indian population. When diagnosed with these diseases, the diet recommendation is to decrease refined starches and sugars, change to healthy oils, and to exercise. So how do we prepare and eat grains in a healthy way? The USDA food guidelines recommend that at least 50-75% of our diet comes from whole grains. White flour, white rice, and de-germed corn meal are the main sources of refined grains in our diets. When grains are refined, their outer husks and bran are removed and what we eat is essentially the starchy portion, known as the endosperm. Many vitamins and minerals, and fiber, are removed in this process known as de-germination. Some of the nutrients are added back due to government regulations. However, the quality of refined grains, even with added nutrients, is very poor. The starchy grain is easily converted to sugars in our body, and this increases the risk of inflammatory health problems like diabetes and arthritis. It is healthier to eat the whole grains in the first place. Grains like ragi, jowar, bajra, quinoa, and amaranth amongst others, are usually not refined, and make good substitutes for refined grains. Eating a variety of grains will also provide us with nutrients that we would not normally get when we eat just rice or wheat everyday.

One frequent complaint about using whole grains is that it takes too long to cook (20 minutes for white rice vs. 60 minutes for brown rice). Soaking the grains overnight, will not only help with faster cooking times, but is also beneficial for health, as it makes the nutrients in the grains more absorbable by our body. Soaking rice overnight, atta flour in yogurt or water overnight, and sprouting beans are all good examples. Think about it as a little time investment in your health and plan the food preparation ahead of time.

So next time you eat, use brown rice instead of white, and whole wheat flour (look for 100% whole wheat), instead of white flour. If children or family members refuse to eat whole grains, introduce it gradually into their diets. Use $\frac{1}{4}$ of brown to $\frac{3}{4}$ of white rice for two weeks and gradually increase to $\frac{1}{2}$ and $\frac{1}{2}$ and so on, so that over the course of two to three months, you have switched to all brown rice. Use whole wheat flour to make Naan (it comes out just as fluffy and soft as white naan). Use brown rice or quinoa to make idlis and dosas. Use quinoa or amaranth flour in addition to wheat, to make chapattis. When eating out, ask for brown rice as an option. Restaurants cater to customer demand and if more people request brown rice, it may be provided as an option. When eating cereal, toasts, or non-traditional foods, use 100% whole grain products (without added sugar). Use Pasta made with 100% whole wheat instead of white pasta.

Kirana is a registered dietitian, with specialization in Pediatrics. She is very interested in health and exercise, and is a Yoga instructor. She is a mom of 4 and 1 year olds and is determined to feed them healthy foods. Community participation and discussion is very important for good health, so any questions or suggestions for future columns is welcome and appreciated. Email at krao2@hotmail.com with questions or comments.

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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 (even more on certain items) 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.




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.

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Special Print Pricing
 Black & White copies \$0.025 each
 Color copies \$0.29 each
 Binding, Folding, Cutting 40% off the Retail price

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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Do you have unwanted gold, silver and platinum jewelry that you no longer wear or need? Turn your old, broken jewelry and sterling home goods into instant cash and help support Cincinnati Hindu Temple. Visit Rogers Jewelers **Kenwood Mall or Tri County Mall on October 5, 6 or 7** and turn your unwanted precious metals into fast cash. Rogers Jewelers guarantees you the best prices will issue a check on the spot and will donate a portion of the proceeds directly to the Cincinnati Temple. They will also pay 20% more for in-store credit to purchase new jewelry in classic or trendy styles in lieu of cash. Please visit http://www.rogers-jewelers.com/email_gold_buy.php for more information on the qualified items for the buyback. We hope to see you there for this great cause. If you are planning to attend, please RSVP to GoldEvents@smjw.com.

Please visit http://www.rogers-jewelers.com/email_gold_buy.php for more information on the qualified items for the buyback.

We hope to see you there for this great cause. If you are planning to attend, please RSVP to GoldEvents@smjw.com.

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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 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.

BE A PART OF THE TEMPLE HISTORY

ADOPT A PART OF THE MARG PROJECT

**LEAVE A LEGACY FOR YOUR CHILDREN AND GRAND CHILDREN TO REMEMBER
AND
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	Jitu Patel	(513) 836-0606
	Vithal Nemade	(513) 234- 8373
	Manish Srivastava	(513) 503-2825

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HSGC – Executive Committee

Meeting Minutes– July 1, 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. Deepak informed on new construction and the electrical pole installation work will start soon.
2. With the hard work and consistent commitment from Sandeep Gupta, the Aradhana monthly revenue has increased to become self supporting.
3. Mela - It was suggested to contact other local committees and meet regularly.
 - a. Anil is heading vendor set-ups, the details are sketchy but Manish will meet with Anil regularly and manage this activity.
 - b. Local chamber of Commerce should be contacted (Asit)
 - c. Publicity must start immediately, need to let vendors know expected # of attendees
 - d. EC agrees that some professional must make the movie of the program for future advertisements and publicity of the temple and Indian community.
4. Naach Sitare - We have received 40 registrations for the program.
 - a. EC agreed to Jitu Bhai suggestion of purchasing of stage, rather paying for rent.
 - b. Jitu Bhai will provide canopy for the stage, protecting from rain and sun
 - c. Jitu Bhai has committed \$5,000 and Rakesh Patel and Asit Saha both have committed \$2,000 each towards the stage procurement.
 - d. Jitu Bhai will arrange for the sound system
5. Long Term Projects – For Temple fund raising, a number of options (Santini Roy Music Program, Sargam group from Louisville, and Anuradha Paudwal) were discussed. Deepak and Manish will look into these options and present to next EC meeting for consideration.
6. Flag - We have collected sufficient funds for the Flag project; Temple will pay for the pole and the flags. Need light for the flag which can be mounted on the current electric pole.
 - a. There are some rules and regulations about flying American Flag which will be followed up before proceeding with this project.
7. Front Garden – Installation of fountain was discussed and due to financial constraints. EC is evaluating the options regarding installing the fountain at this time.
8. Elevator – EC thinks elevator is necessary for the temple and must be given priority. Additional quotes will be solicited before making any decisions.
9. Expenses – In future, all expenses must be authorized by EC in advance before committing.
10. Finances – Currently the Temple has limited amount in general fund which must be controlled until additional funds are collected.
11. Security System – Deepak and Rakesh will schedule a meeting with Security committee (Meena Mehta, Vinay Kumar), and address current concerns.
12. Next meeting will be on August 5, 2012 at 10:30am. The General Body meeting has also been scheduled for August 5, 2012.

SAVE THE DATE!

***The Fourth Greater Cincinnati Asian Summit
Organized by Asian Community Alliance Inc.***

Saturday, October 27, 2012, Time: 9:00 a.m. – 3:00 p.m.

Venue: Twin Towers(Life Enriching Communities): 5343 Hamilton Avenue, Cincinnati, Ohio 45224

Keynote Address: Entrepreneurship and Innovation in a Global Economy

General session : Create , Retain & Expand Jobs

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2. Bullying:Race, Ethnicity & Immigration

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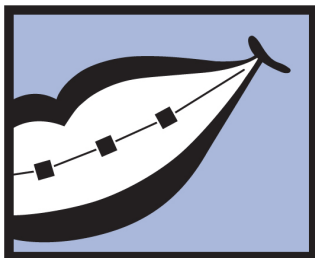


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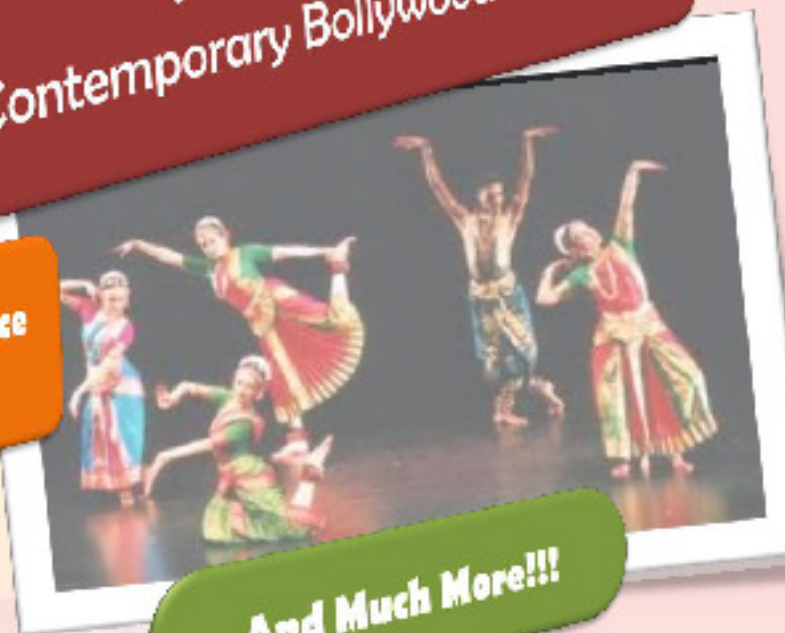
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