



आराधना

Aradhana

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

Phalgun/ Magh
Vikram Samvat, 2069
March, 2013



Maha Shiv Ratri



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

MAHA SHIVA-RATRI

CELEBRATION

March . 9th Saturday 2013

5 pm to 4 am (All Night) Puja

DAY TIME PUJA

9am to 11am SHIVABHISHEK Sponsored *
(1st Session)

11:30am 1:30pm SHIVABHISHEK Sponsored*
(2nd Session)

2pm to 4pm open session for public (3rd Session)

To avoid evening crowd we request devotees to come
between 2pm to 4pm in 3rd Session or after 9:30pm for
offering of Milk on Shivratri day. ARCHANA THALI

**WILL BE PROVIDED WITH GANGAJAL & MILK..



NIGHT TIME PUJA

First Puja

5 pm to 6 pm Shivabhishek ; 6 :00 to 7:30 Archana Thali offering (Archana)** 7: 00 to 7:45 Shiv Mahimnah Path, Bhajans

8: 00 pm Aarti Followed by Prasad (Dinner)

Second Puja

9:30pm to 10:30pm Shivabhishek * ; 10:30pm to 11:30pm Shiva Shahashranam Path, Shiva Mahimnah Path & Bhajans

11:30pm Aarti & Prasad

Third Puja

12:30am to 1:30 am Shivabhishek * ; 1:30am to 2:00 am Shiv Mahimnah Path Arti & Prasad

Fourth Puja

2:30am to 3:30am Shivabhishek * ; 3:30am to 4:00am Shiva Mahimnah Path, Arti & Prasad

We Need sponsors. * Shivabhishek: \$101.00. ,All Night 4 times Puja: \$251.00, Archana Thali:** \$11.00 with Ganga Jal & Milk

We request devotees to bring only very small amount of milk for offering due to large collection of milk,
Please donate money instead of milk or bring dry nuts for Prasad.

EVENT SPONSORES NEEDED

For Details Please call Sangita Patel 791-0855, Janak Dave: 859-371-9645, Acharya Kailash Sharma 652-5382, Temple 528-3714

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 March 10th

TEMPLE INFORMATION

EXECUTIVE COUNCIL 2012

President

Jitu Patel 513-836-0606
jpatel5@live.com

Vice President

Sudhakar Vinod 513-573-0305
vinodemail@gmail.com

Secretary:

Murali Muraleetharan 513-573-0550
mmuraleetharan@cinci.rr.com

Treasurer:

Amar Sharma 513-777-5771
ushaamar@aol.com

COMMITTEE CHAIRPERSONS

Pooja Committee: Sangita Patel(Chair):
513-791-0855 ptsp27@aol.com

Communications/Editor:

Geeta Mehan 513-754-0400
mehangeeta@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

(513) 489-5720 absaha09@gmail.com

Religious Education & Youth Activities:

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

Long Range Planning

Laxmi Srivastava 513-474-0533

Cultural Activities:

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

Youth Member: Mahima Devarajan

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

Priests: Acharya Kailash Sharma,

Chief Priest (513) 770-0705 ;

acharyaksharma@yahoo.com

Acharya Chakreshwar Sharma

(513) 528-0901

acharyachakreshwar@yahoo.com

Pandit Srinath Bhattar (513) 488-2986

bhattarsrinath@yahoo.com

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 and Major Hindu 9am to 8pm
(Maha Shivratri, Krishna Janamashtmi,
Ganesh Chaturthi, Deewali)

Sunday : 9am - 7pm (Nov to March)
9am - 8pm (April to October)

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

Sangita Patel (Chair)	791-0855
Swarna Choudhury (Co-Chair)	232-2343
Kiran Dayal (Co-Chair)	474-4051
Amita Gupta	336-8782
Acharya Kailash Sharma	770-0705
Acharya Chakreshwar Sharma	528-0901
Pandit Srinath Bhattar	528-3714
Meena Sondhi	831-9788
Meena Karamchandani	683-9454
Kalpna Srivastava	233-9184
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
Purabi Dey	688-1721
Murali Annamalai	513-827-5450
Yasotha Subarajan	513-754-0578

TREASURER Co- Chair

Raj Bodalia 583-0184

Temple Manager's Committees

LaxmiS.Srivastava, Temple Mgr. 474-0533

Deepak Dixit ,co-Temple Mgr. 348-5496

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	10. I/C Temple Calendar Meena Mehta
3. Temple Data Base Nandkumar Khemchandani	11. Volunter Services Rajan Odayar
4. Anniversary & Birthday Data Raj Agarwal	12. Temple Photographers L. Ram Kumar
5. E-mail .Data Pradeep Goyal	13. Mela Committee Anil Jindal
6. Gift Shop Meena Sondhi	14. Please Donate Generously Your Temple needs
7.Security (ADT) Meena Mehta	15. 1. Sponsors for flower \$50/week
8. Financial Data Amar Sharma	2. Sponsors for Sunday pooja
9. I/C Temple Web site Bharat Vala	3. Your support

Aradhana is Published Monthly . Circulation: Approx. 1750 Families. **Advertising Rate per month:** 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
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
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

Sangita Patel 791-0855 ; Temple priests: 528-3714

Monthly Murugan Abhishekham /Pooja

Every second Sat of the Month
Sat 4pm Sponsor Murugan Group.

Pandit Bhattar 488-2986,

Murali Annamali 827-5450,

Yasotha Subarajan 754-0578

Priests : 529-3714; Sangita Patel 791-0855



Monthly Satya Narayan Pooja

On Every Purnima of the Month
6:30 pm

Sponsorship \$ 51.00

To sponsor pooja call

Sangita Patel 791-0855



Shri Ganesh Puja & 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 & To Sponsor the pooja please call

Jyoti Divekar 204-8037, Mangal Nemade 234-8373

Sangita Patel 791-0855; Temple Priests: 528-3714

SAI BHAJAN

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

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



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
Sangita Patel 791-0855

Weekly Shriv Mahiman Stotram

Every Monday at 6:30 pm



Weekly Hanuman Chalisa Path

Every Tuesday at 6:30 p m To sponsor call

Sangita Patel 791-0855 or 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 Sangita Patel 791-0855

Temple priests: 528-3714

PURUSHOTTAM NAAM STOTRA PARAYAN

Every 2nd Wed. of each month

6pm to 7:30pm

details please call Mina Mehta 574-6763



HOLIKA DAHAN

March 26th Tuesday 7:30p

After Hanuman Chalisa



MARCH 2013

March	2 nd	Sat.	Navgrah Puja 3pm Sponsorship \$51.00
March	2 nd	Sat.	Sai Bhajan 6pm
March	9 th	Sat	1008 Gayatri Japa 9:30am
March	9 th	Sat.	Maha Shivratri Puja 5pm to all night 4am
March	16 th	Sat.	Murgan Abhishekam 4pm Sponsorship\$101.00
March	17 th	Sun.	Sunderkand Path 10:30am
March	19 th	Tues	Holashtak Begins
March	23 rd	Sat	Venkateshwar Kalyanam 10am Sponsorship\$51
March	24 th	Sun	Ganesh Puja & Atharvashirsh Path 11am
March	26 th	Tues	Holika Dahan 7:30pm After Tuesday Hanuman Chalisa
March	26 th	Tues	Purnima Satya Narayan Puja 6:30pm Sponsorship \$51 Puja Samagri will be provided, Please bring Fruits,Prasad, and 1 coconut.
March	30 th	Sat.	Holi celebration Cultural Program 4pm Holi Color playing after program if whether permits. Please bring dry colors (Abil Gulal) only and play outside in backyard of Temple.
March	31 st	Sun	Jagannath Puja 11am

APRIL 2013

April	6 th	Sat.	1008 Gayatri Japa 9:30am
April	6 th	Sat.	Navgrah Puja 3pm Sponsorship \$51.00
April	6 th	Sat.	Sai Bhajan 6pm
April	11 th	Thurs	Chaitra Navratri Begins Kalash Sthapana 6:30pm Gudi Padwa, Vikram Samvat 2070 starts , Telgu, Kannada New year
April	13 th	Sat.	Akhand Ramayan Path begins 11am
April	13 th	Sat.	Vaishakhi,Tamil , Bengal, Malyalam new year.
April	14 th	Sun.	Akhand Ramayan Path ends 12:30pm. Sponsored by -Rameshwar & Kiran Dayal , their family. Volunteers needed to read Ramayan.
April	18 th	Thurs	Durga Ashtami Havan 6:30pm
April	19 th	Fri.	Ram Navami 11:30am (Actual Day)
April	20 th	Sat.	SitaRam Kalyanam 10am.Sponsored by Tarangini
April	21 st	Sun.	Tamil New Year Celebration 10am Murgan Abhishekam . no abhishekam on 2 nd sat. april 13 th .
April	24 th	Wed	Mahavir Jayanti (Actual day)
April	25 th	Thurs	Hanuman Jayanti Celebration 5:30pm Sunderkand Path. Sponsored by - Indu Patel, Mina Desai, Bharti Noticewala & their families
April	25 th	Thurs	Purnima Satya Narayan Puja 6:30pm Sponsorship \$51 Puja Samagri will be provided, Please bring Fruits,Prasad, and 1 coconut.
April	27 th	Sat.	Venkateshwar Kalyanam 10am Sponsorship \$51
April	28 th	Sun.	Ganesh Puja & Atharvashirsh path 11am

SITA RAMA KALYANAM

(Wedding of Shri Ram Sita)

April 20th 2013

10am to 1pm

Place:- Hindu Temple, 4920 Klatte Rd. Cincinnati, OH 45244



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

Archana

Event Sponsored by- TARANGINI

For more details please contact Temple 528-3714, Sangita Patel 791-0855,
info@tarangini.net

TAMIL NEW YEAR CELEBRATION

April 21st Sunday 10 am to 1pm

10am Murgan Abhishekam

12pm Archana

1pm Mangala aarti followed by Prasad & lunch

Sponsored By- Murgan Devotees

Sponsorship \$101.00 Abhishekam, Archana \$21.00.

No Murgan Abhishekam on 2nd Sat. April 13th.



CHAITRA NAVRATRI PUJA

April 11th to 18th 2013

April 11th Thurs 6:00 pm KALASH STHAPANA April 12th -18th

CHANDI PATH & DEVI PUJA everyday 9:30 am to 11:00pm and 5.00pm to 6:00pm

April 18th Thursday 6:30 pm Durga Ashtami Puja & Havan

Sponsorship for Chandi path \$51.00, Havan \$51.00. Chandi Path all days of Navratri \$251.00.



AKHAND RAMAYAN PATH

(Shri Ramcharit Manas)

April 13th - 14th Saturday & Sunday 11:00am to 12:30 pm next day (24hours)

Sponsorship: \$251.00: Akhand Ramayan Path

\$101.00: Sunderkand Path, Shri Ram Janma, Shri Ram Vivah, \$21.00: Archana .

We need volunteers to read Ramayana.

Please call Temple (513)528-3714. Sangita Patel 791-0855, Kiran Dayal 474 - 4051

Event is sponsored by: Rameshwar, Kiran Dayal & their family.



SHRI HANUMAN JAYANTI CELEBRATION

April 25th Thursday 2013

5:30pm Shri Hanuman Puja & Hanuman Chalisa path

6:30pm Sunderkand Path

8:00pm Aarti & Maha Prasad (dinner)

Event Sponsored by :- Induben Patel, Minaben Desai, Bhartiben Noticewala .

Sponsorship: \$101.00 Puja & Path, \$21.00 Archana.



IMPORTANT ANNOUNCEMENTS

KROGER ANNOUNCEMENT

Everybody has to re-enroll their Kroger Plus Cards again From April 1st—April 30th to get the continued benefit to the Temple next year from May 1, 2013 to April 30, 2014.

Asian Community Alliance : Community Forum : DOMESTIC VIOLENCE

You are Invited

The Asian Community Alliance (www.acacinci.org) invites you to a community forum, on the topics of healthy family relationships and domestic violence.

Date : Saturday, March 16 Time: 2.30 pm – 4:30 pm

Venue – Barrington of Westchester – 7222, Heritage Spring Dr , Westchester, OH-45069 .

Venue is on Liberty Way, between Cox and Butler Warren Rd

Please RSVP to Geeta Mehan at mehangeeta@gmail.com / 513-754-0400

Please Donate Generously

Your Temple needs your support

- 1. Sponsors for flower \$50/week 2. Sponsors for Sunday pooja**

Notice of First GBM of 2013

Place : The Temple Date: March 17, 2013 Time: 2 pm

The attendance at the temple is increasing. To cater to the needs of the growing number of devotees as well as to provide additional facilities and services at the temple, the President, Long Range Committee members and EC members have been evaluating this problem and considering several alternatives since last year. A key recommendation of this exercise is that the temple needs to embark on an aggressive expansion plan. This plan will consist of completing the Marg project, creating additional parking space, installing an elevator, and constructing a multi-purpose hall in the temple premises in a short time frame. This may involve borrowing funds taking advantage of the current low interest rates as well as low construction costs. The detailed plans are being drawn up and more details are available on the temple website. Please attend the general body meeting and shape the future of your temple.

“Pravachan” in Hindu Temple of Greater Cincinnati by Dr. Anil Srivastava

Every fourth Sunday from 12:15 to 12:45pm Details on Page 11



HINDUISM 101 Third Sundays 11:30 am to 12:30 pm; CHILDREN’S HINDU HERITAGE CLASS

This is a part of Children’s Class but would be of great value and interest to Adults so please plan to attend

- | | |
|-------------------------------|--------------------------------------------------|
| 1) Origins of World Religions | 2) Hinduism : Foundations (Vedas and Upanishads) |
| 3) Bhagvad-Gita | 4) Hindu Sects |
| 5) Hindu Scriptures | 6) Essential Features of Hinduism |
| 7) (A-E-I-O-U-Y of HINDUISM) | |

SEE DETAILS ON PAGE 8



Temple’s 16th Anniversary Celebration May 18th & 20th 2013. Details To follow



Hinduism 101

Koti Sreekrishna

(tatachar@aol.com; 513-290-3064)

Third Sundays 11.30 am -12.30 pm

During

The Children's Hindu Heritage Class
(HSGC Temple)



- Origin of Major World Religions
- Hinduism: Foundations (Vedas and Upanishads)
- Bhagavad-Gita
- Hindu Sects
- Hindu Scriptures
- Essential Features of Hinduism
(A-E-I-O-U-Y of H-I-N-D-U-I-S-M)

Koti Sreekrishna, PhD studied biochemistry and is currently a senior scientist in the Global Biotechnology division at the Procter & Gamble Company. His interests include philosophy, inter-religious dialogue, public speaking (Toastmaster since 1985 and is a DTM), and studying the Hindu scriptures. He has been teaching Hinduism 101 to World Religion Class at Mount St. Joseph University and at local schools and Churches since 1997. He has previously (April 2006) authored a translation of the *Purusha Suktam*, a Hindu creation theme and has recently co-authored "The New Bhagavad-Gita: Time less classic in the language of our times". He is also teaching a course on Bhagavad-Gita (The most translated Hindu Book) with University of Cincinnati OLLI program (Since Fall session 2012). He is currently Religious counselor and member of Yagashala, Pravachan and Hinduism Library committees of the Hindu Society of Greater Cincinnati (HSGC). In the past, he had served in the EC as chairperson of Pooja and Religious Education committees. He also contributes articles to Aradhana (HSGC monthly magazine). Bhagavad-Gita is his most favorite book, which he had memorized by age 9. Joseph Campbell of "Power of Myth" fame, is his most favorite guru since 1988!



American School of Indian Art

Offering "Raaga Vidya"

An Integrated approach to music

**Indian Kindermusic for Children, Advanced Lessons,
Instrumental Music (Veena)**



For more information, please contact classes@kanniks.com

HOLI PROGRAM

March 30th : at The Temple Holi program will start at 4-30 PM to 6-30. Two hour program of dance

Deadline for entries is 20th March. First 20 Entries will be accepted. Solo or Group: Age 5 and Above

Information required : Full Name of participants(last and First); Name of Song, Name of Choreographer. Send information by email to Jyoti Desai : desaijyoti12@yahoo.com

For questions, please call Asit at 513-702-1050 or Jyoti Desai at 513-885-1318

Holi Committee is inviting Volunteers of all ages.

Please communicate with Asit Saha (Chairperson of Cultural Committee) at 513-702-1050

Or Jyoti Desai Co-Chairperson Cultural Committee at 513-885-1318

Your participation will be greatly appreciated

How to Chant Mantras : Benefits of Chanting Mantra

paraphrased from

<http://www.hindudevotionalblog.com/2009/05/how-to-chant-mantras-benefits-of.html>

Mantra is a Sanskrit word derived from two words, Man (Manan) and Tra (Trana). Trana means liberation from the worldly ties. Originally originated in the Vedic tradition of India, mantras later become an integral part of the Hindu traditions and later a practice followed within Buddhism, Sikhism and Jainism. Mantras are a powerful combination of words that is believed to reach the deity in the form of sound vibrations. Mantra can be used for self realization, freedom from worries, fulfilling desires, to bring success, peace and happiness. Chanting mantras is a good spiritual discipline and not a superstition.

When mantras are chanted, an appealing effect is felt in the body. Also, the combined effect of sound vibrations can be observed on brain, or on EEG (Electro Encephala Graph). Thus it is called as Music Therapy or Mantra Therapy. There are various kinds of Mantras, out of which Tantrik Mantras and Vedic Mantras are more popular. Tantrik mantras are called as Beeja Mantras and Vedic Mantras are those which are followed under the Vedic system.

Benefits of Chanting Mantras

Chanting of mantras repeatedly in rhythmic tone with ups and downs, create a melodious effect in the body. This effect can be defined as Neuro-linguistic (NLE) + Psycholinguistic effect (PLE). These effects are caused due to the production and spreading of medicinal chemicals in the brain, which give smoothening and curing effect in the body.

Also, listening to mantras lowers blood pressure and normalizes heart beat rate, brain wave pattern, adrenalin level and the cholesterol level. Even the doctors advise the people under high tension to listen to music or mantras. Chanting or listening mantras has become an accepted formula like the yoga and Pranayam practices. Chanting mantras has gentle effect on nervous system and helps relax the muscles and also used to reduce stress.

Contributed by Jay Wagh

Hindu Rituals and Routines and why do we follow them?

Paraphrased from: <http://www.scribd.com/doc/103846498/Swami-Chinmayananda-Hindu-Rituals-and-Routines>

What is Kalasha? Why do we worship kalasha?

Kalasha is a silver, brass, mud or copper pot filled with water. Mango leaves are placed in the mouth of the pot and a coconut is placed over it. A red or white thread is tied around its neck or sometimes all around it in an intricate diamond-shaped pattern. The pot may be decorated with designs.

Kalasha filled with water represents the gross body; when it is energized with sacred chants it becomes full with the divine life force and gains special powers. Such a *Kalasha* is also referred to as a sanctified *poorna kumbha*. Such a *Kalasha* is placed in all auspicious and important occasions like the traditional house warming (*grihapravesa*), wedding, worship etc. It is placed near the entrance as a sign of welcome. It is also used in a traditional manner while receiving holy persons and dignitaries.

The water in the *kalasha* symbolizes the primordial water from which the entire creation emerged. It is the giver of life to all and has the potential of creating everything there is both animate and inanimate. The leaves and coconut represent creations. The thread represents the love that "binds" all in creation. The *kalasha* is therefore considered auspicious and worshipped. The waters from all the holy rivers, the knowledge of all the Vedas and the blessings of all the deities are invoked in the *kalasha* and its water is thereafter used for all the rituals, including the abhisheka. The consecration (*kumbhaabhisheka*) of a temple is done in a grand manner with elaborate rituals including the pouring of holy water from one or more *kalashas* on the Deities and also on the *Kalasha* placed on the top of the temple.

During the churning of the cosmic ocean for *Amrita* (nectar of immortality, ambrosia), the Lord appeared bearing the pot filled with *Amrita*. Thus the *kalasha* also symbolizes immortality. Men of wisdom are full and complete as they identify with the infinite Truth (*poornatvam*). They brim with joy and love and respect all that is auspicious. We greet them with a *purnakumbha* ("full pot") acknowledging their greatness and as a sign of respectful and reverential welcome, with a "full heart".

Why do we consider the lotus as special?

The lotus blooms with the rising sun and closes up at night. Similarly, our minds should open up and expand with the light of knowledge and shun darkness. The lotus grows even in slushy ponds, yet it remains beautiful and untainted, reminding us that we too can and should strive to remain pure and beautiful within, under all circumstances. The lotus leaf never gets wet even though it is always in water. It symbolizes the man of wisdom (*gyaani*) who remains ever joyous, unaffected by the world of sorrow and change.

ब्रह्मण्याधाय कर्माणि (brahmanyādhāya karmāṇi) **सङ्गं त्यक्त्वा करोति यः** (saṅgaṁ tyaktvā karoti yaḥ) **लिप्यते न स पापेन** (lipyate na sa pāpena) **पद्मपत्रमिवाम्भसा** (padmapatramivāmbhasā | Bhagavad-gītā 5:10]

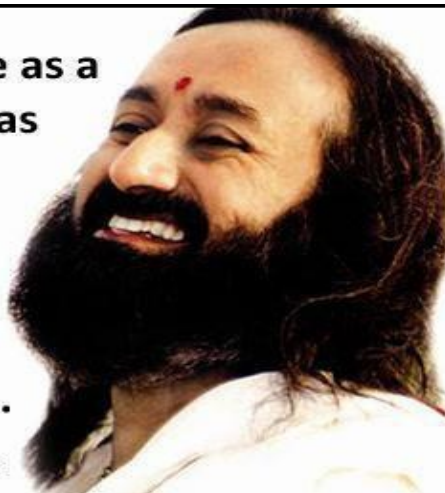
[Just as water doesn't stick to a lotus leaf, sin doesn't stick to a person who works unattached and dedicates the work to the supreme]. In other words, One who works without selfish motives and has true humility has a lesser chance of committing sin.

Our bodies have certain energy centers described in the Yoga Shaastras as chakras. Each one is associated with lotus that has a certain number of petals. For example, a lotus with a thousand petals represents the Sahasra chakra at the top of the head, which opens when the yogi attains Godhood or Realisation. Also, the lotus posture (*padmaasana*) is recommended when one sits for meditation. A lotus emerged from the navel of Lord Vishnu. Lord Brahma originated from it to create the world. Hence, the lotus symbolizes the link between the creator and the supreme Cause. It also symbolizes *Brahmaloka*, the abode of Lord Brahma.

Contributed by Koti Sreekrishna To be continued

**See a mistake as a
mistake, not as
"my" or "his"
mistake.
"My" means
guilt; "his"
means anger..**

- Shri Shri





“Pravachan” in Hindu Temple of Greater Cincinnati by Dr. Anil Srivastava

Our temple started a lecture series by Dr. Anil Srivastava in January, 2012 and it concluded in December, 2012. Dr. Srivastava has agreed to continue the lecture series in 2013. The lectures focus on explaining the Hindu philosophy in simple terms. The Hindu religion is very deep and there is a tremendous wealth of knowledge and eternal wisdom in our scriptures. Many of us feel daunted by the sheer magnitude of the knowledge base that exists in the Hindu religion.

In Cincinnati, we are extremely fortunate to have a scholar like Dr. Anil Srivastava, who can explain these profound concepts in simple terms without losing the rigor and fidelity of the original texts.

The lecture series in year 2012 was very successful. It is our sincere hope that all our devotees will attend the lecture series this year and enrich their own personal lives. We would encourage all our youth to attend these lectures as well. It will help them understand the fundamentals of the Hindu religion and help appreciate the logical and practical aspects of our religion. Dr. Srivastava will cover many scriptures including **Srimad Bhagwad Gita, Upanishads, Darshan, and Vedic Scriptures.**

Dr. Anil Srivastava is a mechanical engineer by profession and holds a Ph.D. in his professional field. He also has been a very devoted scholar of the Hindu philosophy.

His ‘Pravachan’ will be on **Fourth Sunday of each month during the Year, 2013.**

He is well versed with our Vedic scriptures, Upanishads, Srimad Bhagwad Gita, Patanjali (Ashtaang) Yoga Darshan. In the past, he has delivered ‘Pravachans’ in many Temples on invitation, including Hindu Samaj Temple of Hamilton, Ontario, Canada; Hindu Temple of Central Indiana, IN; Hindu Temple of Dayton, OH; and obviously our Hindu Temple of Greater Cincinnati, OH. He gave special discourses on “Srimad Bhagwad Gita” for the last seven years to a local Study Group.

The first ‘Pravachan’ on February 24th covered a general concept about the ‘Hindu Philosophy’ and the ultimate goal of human-life, based on all our Scriptures.

The ‘pravachan’ on each Fourth Sunday will be for half an hour, starting at **12:15 PM and ending at 12:45 PM.** The idea is that all Hindus who go to temples, worship different Deities, have different concepts of Gods should also grasp the concept of

Unity in Multiplicity through the wisdom and knowledge given in our Vedic religion and philosophy. Please come and gain an in-depth understanding of the fundamentals of the Hindu philosophy in easy to understand language!

Dates for the remaining ‘Pravachans’

**March 24 ; April 28; May 26; June 23; July 28; Sep 29; Nov 24;
Dec 29**



Acharya Chakreshwar Sharma, Acharya Kailash Sharma,
Pandit Srinath Bhattarji



Swarna Choudhary, Sangita Patel



Top L-R Laxmi Srivastava, Vinit Rastogi, Sudhakar Vinod
Amar Sharma, Manish Srivastava, Jitubhai Patel, Sangita Patel



Laxmi Srivastava, Geeta Mehan, Manish Srivastava, Vinit Rastogi



Visitors to the Library: L to R Priya
Ravishankar, Dr. Ram Singh, Prof Rama
Rao Pappu, Gowthami Rao

Library of Hinduism : A Progress Report (In Memory of Mrs. Suryakantham Pappu)

The purpose of the Library of Hinduism is to provide information, support and religious education to the Greater Cincinnati Hindu diaspora by providing them with scholarly books, internet resources, Videos and CDs; organize "mini-conferences," Seminars and Lectures on the Hindu heritage and tradition; offer

an intensive "Certificate Course" in Hinduism, etc.

Work on the Library of Hinduism project began on July 4, 2011, with the blessings of and ground-breaking ceremony by Swami Chidananda Saraswati, Parmarth Niketan, Rishikesh. The Library development was phased in three stages –(a) construction of two rooms in the lower level of the Temple, one for the Library and another for Seminar/Classes (b) building the Library with specially designed book-cases and a small lounge, and (c) developing a state-of-the-art seminar/classroom equipped with modern seminar table and chairs, a white board for class room use, a 64" TV, drop in movie screen and audio-visual equipment. We are glad to report that phase I (construction of two rooms) and Phase II are complete, Hopefully, Phase III of the Library will become a reality when the required finances are forthcoming.

Letter from the President

2013 Executive Committee (EC)

I would like to invite you to attend the first

General Body Meeting for 2013 scheduled for March 17, 2pm at our Temple.

We are blessed to have such a wonderful Temple as the abode of our deities in Cincinnati. Every year the number of devotees that our Temple attracts has grown and now we number 3000+ families that come to our Temple for spiritual, religious, cultural, social, educational, etc needs.

It is important that all of us participate in making decisions about our Temple, its maintenance, its operations and its programs. The General Body Meeting is a good opportunity for us to do exactly that.

Temple needs your Financial Support and approval for the credit line to complete these projects.

This year's General Body Meeting will cover some very important challenges facing us as a community.

- The completion of the **"Marg Project"** and **Additional "Parking lot"** will be crucial in 2013. Last year's traffic logjam, parking woes and emergency squad immobility during Mela, congestion during Diwali, Navratri, Shivratri and other events have left us with a looming threat that the Fire and Police departments will disallow such congregations in the interest of our own safety.
- Another major need is for **our seniors** who rely on elevators in most places but cannot avail one in our temple. The **"Elevator Project"** was conceived in 2011 and we should aim to complete in 2013.
- Finally, every year, several of us rent outside auditoriums, banquet halls and churches for our community events, religious seminars, cultural performances, etc. Several Temple events during Navratri, fundraiser concerts, etc. were conducted outside due to the absence of a community hall on our premises. Additionally, linguistic, cultural, religious and heritage education for children is facilitated elsewhere or is completely absent for want of classrooms. These needs have shaped a plan for a **"Multi-purpose Community Hall"** which the 2013 EC aims to bring to fruition. "Multipurpose Building" which is badly needed for the children's Religious and Cultural classes. Local, national and international meetings and seminars at the temple arranged by Library of Hinduism and others. Community volunteer hospital for many of our devotees who cannot afford to see the doctors due to lack of resources, Support the vision for making our Temple a role model for other temples.

I request and urge you to attend the General Body Meeting and lend your support to the efforts of the 2013 EC to improve facilities at the Temple for our collective benefit.

Namaste,
Jitubhai Patel
President,
Executive Committee



THOUGHT FOR THE DAY

Just because people are not the way I am, doesn't mean they don't have anything to offer me or have amazing ways to inspire me. There is much to be learned from these very differences. Spend so much time improving yourself that you have no time left to criticize others. When you praise someone, you take on their good karma. When you blame someone, you take on their bad karma. Let us love, not in word or speech, but in truth and action.



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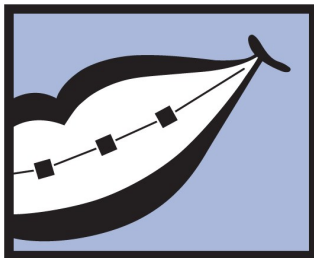
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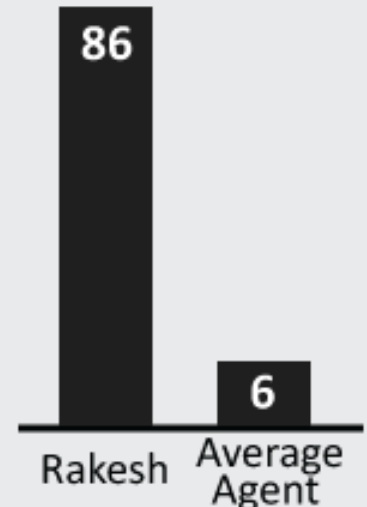
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