



# PATRIKA

HINDU SAMAJ, Inc.

[A Non-profit Organization Under Section 501 of Internal Revenue Code I.D. # 223386668]  
247 West Ramapo Ave., Mahwah, NJ 07430  
Telephone No. (201) 529-0110  
[WWW.HINDUSAMAJMANDIR.ORG](http://WWW.HINDUSAMAJMANDIR.ORG)

Vol. XIV NO. 3

May/June, 2009

Suresh Seth, Editor

## Daily - Timings Monday - Friday

|   |                    |
|---|--------------------|
| Morning                                 | 8:30 – 11:30 am    |
| Arti                                    | 10:30 am           |
| Evening                                 | 5:00 - 8:30 pm     |
| Arti                                    | 7:30 pm            |
| Saturday                                | 8:30 am - 8:30 pm  |
| Saturday Arti                           | 10:30 am & 7:30 pm |
| Sunday                                  | 8:30 am - 8:30 pm  |
| Sunday Arti                             | 10:30 am & 5:00 pm |
| Mondays: Rudra Abhishek 9:00am & 6:30pm |                    |
| Tuesdays: Hanuman Chalisa               | 7:30 pm            |
| Arti                                    | 8:00pm             |
| Wednesdays: Vishnu Sahstranam           | 6:45 pm            |
| Thursdays: Sunderkand Path              | 6:30 pm            |
| Fridays: Lakshmi Puja                   | 9:00 am            |
| Durga Puja                              |                    |
| Lalitha Sahstranam                      | 6:45 pm            |
| Saturday: Balaji Suprabhatam            | 9:30am–10:30am     |

## **Monthly Schedule:**

|                |                        |
|----------------|------------------------|
| First Sunday:  | Monthly Havan          |
| Second Sunday: | Shri Satyanarain Katha |
| Third Sunday:  | Navgrah Puja           |
| Fourth Sunday: | Shivji Puja            |

## Special Events For May/Jun/Jul 2009

|               |          |            |   |
|---------------|----------|------------|---|
| May 10, 2009  | Sunday   | 3 PM       | Havan, Gita Pravachan by Shri V.Parsmeshwaran, Dr. Krishnan   |
| May 17, 2009  | Sunday   | 3 PM       | Satyanarayn Katha, Discourse by Swami Akhilanand  |
| May 24, 2009  | Sunday   | 10 AM      | Hanuman Chalisa Recital 108 Times   |
|               |          | 3 PM       | <b>Special Bhajan Program by famous Artists Asha Shukla accompanied by Aditya Narain Banerjee, Madhu Vora and party</b> |
| May 31, 2009  | Sunday   | 3 PM       | Jeshtha Ashtmi – Durga Havan, Bhajans   |
| June 6, 2009  | Saturday | 4 PM – 6PM | <b>Satyanarayn Katha Sponsored by 108 Couples</b>   |
| June 7, 2009  | Sunday   | 3 PM       | <b>Mata Ki Chowkey</b>  |
| June 14, 2009 | Sunday   | 3 PM       | Amrit Vani  |
|               |          | 4 PM       | Geeta Pravachan By Dr. Krishnan   |

June 21, 2009 Sunday  
9AM –12PM **Laxmi Kuber Havan**  
3 PM Havan, Bhajans

June 28, 2009 Sunday  
3 PM Havan, Gita Pravachan  
by Dr Krishnan

July 4, 2009 Saturday  
1 PM – 5 PM Shiv Abhishesk  
Shani Triyodashi

July 5, 2009 Sunday  
3 PM Navgrah Puja, Pravachan,  
Bhajan

July 12, 2009 Sunday  
3 PM Amrit Vani, Gita Pravachan  
by Dr.Krishnan

July 19, 2009 Sunday  
3 P M Sunder Kand, Bhajans

July 26, 2009 Sunday  
3 P M Rudra Havan Gita Pravachan  
by Dr Krishnan

**August 2, 2009 Sunday**  
3 P M **Vishal Mata KI Chowkey**  
by Piyooash, Kailash, Anuj  
and Party – Visiting Artists  
from India

**Note: There may be some changes/additions  
in the published programs from time to time,  
please check our website  
“hindusamajmandir.org” for the latest  
schedule.**

---

**Bhajan Recital**  
**By Renowned Artists**  
**May 24, 2009 at 3 P M**

---

**We will have a Bhajan Recital by renowned  
singer Astha Shukla accompanied by  
Aditya Narain Banerjee and Madhu Vora.  
These artists are well known in their  
respective fields and have receipt of  
many awards. This program is sponsored  
by Sevak Usha & Suresh Seth to celebrate  
their wedding anniversary. This is also a  
celebration of “Family Puja Day.”**

## **Come Celebrate Your Child’s Birthday**

Hindu Samaj Mandir is starting a program to celebrate members’ childrens’ (ages 1-15) Birthdays. The program will be held on the third Sunday of each month at 12.30 P M. Each child will perform Arti and will receive a gift from the Mandir to cherish throughout the year. Parents are requested not to bring any gifts for their children on this day. All children are requested to wear Indian dresses/outfits for the occasion.

Please register your child’s name and age with Panditji for the program to be held on June 18 at 12.30 P M.

### **DONATIONS**

**All the members are asking how they can help the Mandir financially when they see this magnificent building and realize the upkeep and maintenance of this beautiful Mandir as well as loan/interest payment. Mandir’s monthly expenses are about \$ 40,000 including the interest on the mortgage. Here are some of the ways you can help defray the expenses and make your Mandir mortgage free:**

- By donating generously
- Monthly sponsorship – Mata Ki Chowkey, Amrit Vani
- Automatic Monthly Donations
- Sponsoring Family Puja Day
- Quarterly sponsorship – Sunderkand
- Weekly sponsorship – Bhajan Kirtan, Puja, Pravachan
- Weekly/Monthly Sponsorship – Sai Baba Bhajan, Pravachan
- Weekly sponsorship – Vishnu Sahastrnama

### **An update from the Community Center Committee**

**Grocery Cards:** Your support is very crucial in achieving our goals here at the Community Center. Please buy the **Grocery Cards - Shoprite, A&P and Pathmark**, at the temples’ Gift Shop and support the committee’s effort. You get Dollar for Dollar, and in return temple gets 5% of every amount that you spent. Checks should be made out to **Hindu Samaj, Inc** and at the bottom of the check do not forget to write – Grocery Card. Please contact us via e-mail at [cashcard@hindusamajmandir.org](mailto:cashcard@hindusamajmandir.org).

## Cultural Classes

*The Community Center is proud to announce two new upcoming classes:*

### **Little Ustaads:**

Allows children and parents to discover and appreciate the world of Indian classical music through rhythmic tunes, rich vocals, mini instruments and vibrant visuals. Music is as basic a life skill as walking/talking. Children need to develop this at an early age. There is enough scientific proof which suggests that children can hear things when still in their mothers' womb, so it is never too early for children to be exposed to music. Children have the capacity to learn at unimaginable rates between the ages of 0-5. If given the chance and the exposure, they have the ability to comprehend and enjoy highly complex ideas. One such avenue is Indian classical music. There are many classes for children that focus on Western notation and music and few that bring out the rich and deep culture of Indian classical music. Each 45 minute structured session will encompass the secrets and charm of traditional music presented in a contemporary style.

The carefully designed content will encourage: emotional and language development, hand and eye coordination, creative and mental stimulation, basic math skills and cultural awareness.

**Little Ustaads - is not aiming to teach children to be musicians, but rather to encourage them to explore their sense of creativity and expression through music.**

The course is designed to develop their rhythmic abilities and teach complex musical concepts to children at an early age, so that as they grow, they will continue to pursue this medium. Please contact: [www.tacindia.net](http://www.tacindia.net)

**Ms. Kavita Bafna: 773-744-1662** e-mail: [littleustaads@tacindia.net](mailto:littleustaads@tacindia.net)

### **ALOHA Math Program:**

“ALOHA” (Abacus Learning of Higher Arithmetic) is an international child enrichment and brain development program that triggers the usage of both halves of the brain. The tangible process of using ABACUS and the focus on being able to perform complex math problems in mind (mentally with no external tools) work in tandem as a supplemental after school learning program.

This program is unique in various ways – class size is small, it has age based batches and personalized attention is given to the children. Sessions are interactive fun filled and enjoyable to children, which improves math skills and boosts the confidence and self-worth of the children. Currently there are 2 mental arithmetic programs - a **Junior program** for children between the age 5 and 7, and a **Senior program** for children between ages 7 and 12.

Each ALOHA level course consists of approximately 3-months or 12-week period in both Junior and senior programs. The classes are once a week and the time duration is about 1.5 hours. A performance evaluation (exam) is made at the end of each Level. ALOHA initially uses the Abacus, an ideal learning tool to teach fundamental math. Please contact us at email: [math.classes@hindusamajmandir.org](mailto:math.classes@hindusamajmandir.org)

**And to our already ongoing schedule of Dance and Vocal classes, few new additions:**

### **Adult Bollywood Dance:**

Classes have started and are on Wednesdays: 10 – 11 AM. And Thursdays: 6-7 PM. Please contact **Kamini Shukla** if you would like to join the class - **201-407-9000**

### **Bollywood/Kathak:**

For September enrollments, contact **Radhika Sahu 973-818-0060**.

### **Adult Yoga Classes:**

Every Sunday, there is Yoga class for adults, conducted by **Ms. Maria Terese Carmichael**, who has been practicing yoga, meditation, and holistic health for over thirty years. She has been working as a Nationally Certified Massage Therapist, Certified IGM acupressure practitioner, Reiki master/teacher, registered yoga and meditation teacher in various institutions in Northern New Jersey. Please feel free to call **Maria** with any questions at **(201) 669-6557**.

### **Hindustani Sangeet:**

The classes are every Saturday at 10 am and 11 am., for an hour. Please call **201-251-3123** or **201-658-9220** for more details or visit [www.musicsunita.com](http://www.musicsunita.com).

## **Odissi Dance:**

The classical Odissi dance is every Sundays at 9:00 am. The class runs for an hour and is taught by **Ms. Neelanjana Banerjee**. For more information visit her website: [www.odissinilanjana.com](http://www.odissinilanjana.com) or call **973-838-2927**.

## **Health Fair at the Mandir.**

A Health Fair was conducted on April 11<sup>th</sup>, 2009 at the Hindu Samaj Temple at Mahwah, NJ. Ashish Parameswaran, a third year Dental student, coordinated the efforts in conducting a Dental and a Medical screening by students from UMDNJ. The Dental screening consisted of evaluating the patient for soft tissue and hard tissue pathology, and making appropriate referrals. The Medical screening included Blood Pressure reading, Blood Sugar exam, and Body Mass Index calculation. There was a good response from the members, and a total of around 50 devotees were screened.

We like to thank Ashish for this excellent contribution to community service and look forward to the future Health Fairs.

## **DONATION TO SOUP KITCHEN**

On Saturday, June 27th, volunteers from the Mandir together with any high school students who desire to earn community service hours will be serving food at the Christ Episcopal Church of Ramapo at 65 Washington Avenue in Suffern NY. It is an opportunity for us to build an alliance with the local community and also for all of us to do our part of donating to the needy.

One of the volunteers, Lalitha Krishnan, will be coordinating this service project. There are several ways in which you can help. These are:

1. Donate non-perishable items. There will be a box placed for this purpose inside the entrance.
2. Sign up for buying and cooking baked ziti, soup, salad, cupcakes/cookies and helping towards buying and cutting Italian bread.

3. Transporting the food from the Mandir (where it will be kept in the refrigerator) to the Center on the 27th and serving at the Soup Kitchen (high school students can help here together with the adults).

Recipes for the ziti and the Soup are attached and are provided as a general guideline so that the taste is consistent since it will be made by different people. All the volunteers can drop off the food at the Hindu temple on June 26th evening and we can put it in the refrigerator there to be picked up on June 27th morning by the people who are going to serve.

Volunteers for this event need to be finalized by the end of April. If you wish to participate in this noble cause, please send your email to Lalitha at [lalithakrishn@gmail.com](mailto:lalithakrishn@gmail.com) and make sure that you put "Soup Kitchen Volunteer" in the subject. Following is the breakdown of the number of helpers required:

- 5 people to make the Ziti (2 small trays each)
- 2 people to make 2 gallons of soup each
- 2 people for the salad
- 2 people to buy/make dessert (cupcakes and or cookies for 80 to 90 people)
- 2 people to buy and prepare the bread and dessert (10 loaves Italian cut and prepared)

We will need about 8-9 people to help with the warming, serving and cleaning on that day. The Soup Kitchen would like to have 2-3 men to help out on that day. They have all the cutlery and supplies.

Please come forward and sign your name for whatever task is convenient for you.