



वक्रतुंड महाकाय सूर्यकोटिसमप्रभ ।
निर्विघ्नं कुरु मे देव सर्वकार्येषु सर्वदा ॥



EVENTS OF THE MONTH

DEVI PUJA	MAY 5 7PM
KARTIKEYA PUJA	MAY 6 9AM
SATYANARAYANA PUJA	MAY 10 7PM
VENKETESWARA PUJA	MAY 13 9AM
SANKASHTAHARA CHATURTHI	MAY 14 7PM
GRADUATION PUJA	MAY 21 10 AM
DEVI PUJA	JUNE 2 7pm
KARTIKEYA PUJA	JUNE 3 9am
SATYANARAYANA PUJA	JUNE 9 7 PM
VENKETESWARA PUJA	JUNE 10 9AM
SANKASHTAHARA CHATURTHI	JUNE 13 7pm
MATA KI CHAUKI	JUNE 17 5pm

CULTURAL PROGRAMS

MOTHERS DAY	MAY 7
GRADUATION PUJA	MAY 21ST
VOCAL CONCERT	JUNE 3RD
PRAVACHAN	JUNE 4TH

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Participation and preparation for the yearly fundraising havan (Shree Hanuman Havan) were simply impressive. Nimitha Shetty and Gita Shah put together incredible efforts for this occasion with the help of numerous volunteers. Prasad Puttur and Kiran Karanth were instrumental for putting together excellent havan-kund. The executive committee would like to thank sponsors and each one of you who participated and helped in any form for making this year's havan a great success.

The 'Masti' program by the youth group was fabulous and well attended. A lot of hard work in practices and preparation was very evident.

The third Sunday puja this month is the 'graduation puja'. Please participate and encourage the new graduates and their parents.

Please attend the upcoming music and other cultural programs organized for you.

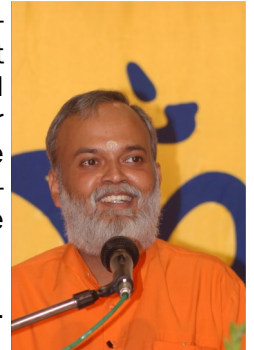
Thank you.

SPIRITUAL DISCOURSE BY SWAMI CHIDATMANANDA JUNE 4TH 4-6:30PM

Swami Chidatmananda is a spiritual teacher whose core teaching emphasizes the oneness (non-duality) of all beings. Swamiji travels across the globe delivering rich and profound lectures yet simple even for a novice. Swamiji's humility and pleasant demeanor makes him very approachable to people from all walks of life seeking relief from ordinary issues to the deeply held misperceptions on life that cause immense stress and suffering.

Swamiji brings out variety of creative and scientific presentations by unearthing the ancient philosophies that appeal to the modern and rational minds thereby transforming them for the better. An element of humor in his style that smoothens and simplifies the subject delivered and also has a healing effect on the audience.

For details contact Niranjini Reddy 706-863-5558. Entry Free, Prasadam after lecture.



WHY START THE DAY WITH SURYA NAMASKAR

Contributor T R Reddy



Surya Namaskar is a set of 12 postures, preferably to be done at the time of sunrise. The regular practice of Surya Namaskar improves circulation of blood throughout the body, maintains health, and helps one remain disease-free. There are numerous benefits of Surya Namaskar for the heart, liver, intestine, stomach, chest, throat, legs. From head to toe, every part of the body is greatly benefited by Surya Namaskar, which is why it is highly recommended by all yoga experts.

Postures act as a good link between warm-ups and asanas and can be done any time on an empty stomach. However, morning is considered to be the best time for Surya Namaskar as it revitalizes the body and refreshes the mind, making us ready

to take on all tasks of the day. If done in the afternoon, it energizes the body instantly and if done at dusk, it helps you unwind. When done at a fast pace, Surya Namaskar is an excellent cardiovascular workout and a good way to lose weight.

3 Paces (speeds) of Surya Namaskar and it's Benefits (Sun Salutation)

1. Slow pace helps to make body flexible
2. Medium pace helps to tone the muscles
3. Fast pace is excellent cardiovascular workout and also helps in weight loss

Why Should Children Do Surya Namaskar?

Surya Namaskar calms the mind and helps im-

proves concentration. Today, children face a cut-throat competition and should adopt Surya Namaskar in their daily schedule as it boosts endurance power and reduces the feeling of anxiety and restlessness, especially during exams. Regular practice of Surya Namaskar gives strength and vitality to the body. It is the best workout for muscles and improves flexibility in spine and in limbs for our future athletes. Children as young as 5-year-olds can start doing Surya Namaskar daily.

Develop Your Sixth Sense with Sun Salutations

With a regular practice of Surya Namaskar and meditation, the solar plexus increases from the size of an almond to the size of a

palm. This expansion of solar plexus, also known as the second brain, develops our intuitive ability and makes us more clear and focused. The contraction of the solar plexus, on the other hand, leads to depression and other negative tendencies. The manifold benefits of Surya Namaskar help keep the body healthy and the mind calm. Thus, a regular practice of Surya Namaskar is highly recommended by all yoga experts. These Surya Namaskar tips can also help improve your practice and give better results.

A UTTAR HINDUSTANI VOCAL CONCERT BY PT. KAIVALYA KUMAR GURAV JUN 3RD 4- 6:30 PM

Pandit Kaivalya Kumar is a leading young exponent of the Kirana Gharana with a rich multigenerational lineage. He was trained by his father Pandit Sangmeshwar Gurav. His Grandfather Ganpatrao Gurav, studied under 2 legends: Pandit Bhaskarbua Bhakle and Ustad Abdul Karim Khan. Due to this ancestry, Kaivalya Kumar is a treasure house of unusual compositions (Bandish).

Pandit Kaivalya Kumar Gurav hails from Dharwad, Karnataka. He was initiated into classical music by his father Pandit San-

gameshwar Gurav. Endowed with a melodious, fluid and high pitched tenor voice, he has achieved much recognition- "Surmani", " Pt. Jasraj Gaurav Puraskar" and "Sarva Shreshta Kalakar" to name a few. He has performed at several prestigious music festivals in India and has several albums to his credit.

His entourage include Pt. Abhijit Banerjee and Pt Sanatan Goswami.

The event is free for the members, all others are requested a \$10 entry fee.



TEMPLE SCHEDULE

TEMPLE HOURS FOR MAY 16TH TO JUNE 6TH.

TEMPLE WILL RESUME NORMAL HOURS JUNE 6 ONWARDS

May 16th	Tue	6:30-7:30 pm
May 17th	Wed	6:30-7:30 pm
May 18th	Thu	Temple Closed
May 19th	Fri	6:30-7:30 pm
May 20th	Sat	8-9 am & 6:30-7pm
May 21st	Sun	9 am—12:30 pm
May 22nd	Mon	6:30-7:30 pm
May 23rd	Tue	6:30-7:30 pm
May 24th	Wed	6:30-7:30 pm
May 25th	Thu	Temple Closed
May 26th	Fri	6:30-7:30 pm
May 27th	Sat	8-9am & 6:30-7:30 pm
May 28th	Sun	Temple Closed
May 29th	Mon	6:30-7:30 pm
May 30th	Tue	6:30-7:30 pm
May 31st	Wed	6:30-7:30 pm
June 1st	Thu	Temple Closed
June 2nd	Fri	6:30-7:30 pm
June 3rd	Sat	8-9am & 6:30-7:30 pm
June 4th	Sun	6:30-7:30 pm
June 5th	Mon	6:30-7:30 pm
June 6th	Tue	6:30-7:30 pm



Hindu Temple Society, Augusta
 Vaishaka - Jyeshtha Chittirai - Vaikaasi **May 2017**
 Mesha-Vrshaba



Sun	Mon	Tue	Wed	Thu	Fri	Sat
S- Sukla Paksha K- Krishna Paksha T- Tithi R- Rashi N- Nakshatra ○ Full Moon ● - New Moon * Maha Prasad	1 S 6/T Shashti R- Mithuna N- Ardra 7.00 PM Shiva Puja	2 S 7/T Saptami R- Karka N- Pushya 6.45 PM Hanuman Chalisa	3 S 8/T Ashtami R- Karka N- Ashlesha 6.45 PM Krishna Archanā	4 S 9/T Navami R- Simha N- Magha Temple Closed	5 S 10/T Dasami R- Simha N- Purvapalguni 6.15 PM Krishna Chanting 7.00 PM Devi Puja	6 S 11/T Ekadasi R- Simha N- Purvapalguni 8.00 AM Suprabhatam 9.00 AM Kartikeya Puja
7 S 12/T Dwadasi R- Kanya N- Utraa Pulguni	8 S 13/T Trayodasi R- Kanya N- Hasta 7.00 PM Shiva Puja	9 S 14/T Chaturdasi R- Thula N- Chithirai 6.45 PM Hanuman Chalisa	10 S/T Purnima R- Thula N- Swathi 6.15 PM Krishna Archanā 7.00 PM Sathyanarayana Puja	11 K 1/T Pratipada R- Thula N- Vishaka Temple Closed	12 K 2/T Dwitiya R- Vrishchika N- Anuradha 6.15 PM Krishna Chanting	13 K 3/T Dwitiya R- Vrishchika N- Jyeshthai 8.00 AM Suprabhatam 9.00 AM Venkateswara Puja
14 K 2/T Triya R- Dhanu N- Moola 2.00 PM Jain Puja 7.00 PM Senkashthara Chaturthi	15 K 4/T Chathuti R- Dhanu N- Poorva Ashada 7.00 PM Shiva Puja	16 K 5 T- Panchami R- Dhanu N- Utra Ashada 6.45 PM Hanuman Chalisa	17 K 6/T Shashti R- Makara N- Utra Ashada 6.45 PM Krishna Archanā	18 K 7 T Saptami R- Mahara N- Sravana Temple Closed	19 K 8/T Ashtami R- Kumba N- Dhanishta 6.15 PM Krishna Chanting	20 K 9/T Navami R- Kumba N- Shatabhisha 8.00 AM Suprabhatam
21* K 10 T- Dhasami R- Meena N- Poorvabathrapada 10.00 AM Graduation Puja	22 K 11 T Ekadhasi R- Meena N- Utrabradrapada 7.00 PM Shiva Puja	23 K 12 T- Dwadasi R- Meena N- Revathi 6.45 PM Hanuman Chalisa	24 K 13 T- Triyodasi R- Mesha N- Ashwini 6.45 PM Krishna Archanā	25 K/T Amvasya R- Mesha N- Krithika Temple Closed	26 S 1 T- Prathipada R- Vrishabha N- Rohini 6.15 PM Krishna Chanting	27 S 2 T- Dwitiya R- Vrishbha N- Mrigashirsha 8.00 AM Suprabhatam
28 S 3 T- Trithiya R- Mithuna N- Ardra 2.00 PM Jain Puja Temple Closed	29 S 4 T- Chaturthi R- Mithuna N- Punarvasu 7.00 PM Shiva Puja	30 S 5 T- Panchami R- Karka N- Pushya 6.45 PM Hanuman Chalisa	31 S 6 T- Shashti R- Karka N- Ashlesha 6.45 PM Krishna Archanā	 RADHA ASIAN INDIAN GROCERIES 3112 Washington Rd. Suite H & I (Behind Piccadilly next to Hancock Fabrics) Augusta, GA 30907 Store 706.524.7402		



Hindu Temple Society, Augusta
 Jyeshtha - Ashaadha Vaikaasi - Aani **June 2017**
 Vrshaba- Mithuna



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	RADHA ASIAN INDIAN GROCERIES 3112 Washington Rd. Suite H & I (Behind Piccadilly next to Hancock Fabrics) Augusta, GA 30907 Store 706.524.7402			1 S 8/T Ashtami R- Simha N- Purvapalguni Temple Closed	2 S 9/T Navami R- Simha N- Utrapalguni 6.15 PM Krishna Chanting 7.00 PM Devi Puja	3 S 10/T Dhasami R- Kanya N- Hasa 8.00 AM Suprabhatam 9.00 AM Kartikeya Puja
4 S 11/T Ekadasi R- Kanya N- Chitra	5 S 12/T Dwadasi R- Thula N- Chitra 7.00 PM Shiva Puja	6 S 13/T Trayodashi R- Thula N- Swathi 6.45 PM Hanuman Chalisa	7 S 14/T Chaturdasi R- Thula N- Vishaka 6.15 PM Krishna Archanā	8 S 14/T Chaturdasi R- Vrishchika N- Anuradha Temple Closed	9 S/T Purnima R- Vrishchika N- Jyeshthai 6.15 PM Krishna Chanting 7.00 PM Sathyanarayana Puja	10 K 1/T Pratipada R- Dhanu N- Moola 8.00 AM Suprabhatam 9.00 AM Venkateswara Puja
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18 K 9 T- Navami R- Meena N- Utrabradrapada	19 K 10 T Dasami R- Meena N- Revathi 7.00 PM Shiva Puja	20 K 11 T- Ekadhashi R- Mesha N- Bharani 6.45 PM Hanuman Chalisa	21 K 12 T- Dwadhashi R- Mesha N- Krithika 6.45 PM Krishna Archanā	22 K 14 T Chadurdasi R- Vrshaba N- Rohini Temple Closed	23 K Amavasya R- Vrishabha N- Mirgashirsha 6.15 PM Krishna Chanting	24 S 1/T Pratipada R- Mithuna N- Ardra 8.00 AM Suprabhatam
25 S 2 T Dwitiya R- Mithuna N- Purnvasu 2.00 PM Jain Puja Temple Closed	26 S 3 T- Thrithiya R- Karka N- Pushya 7.00 PM Shiva Puja	27 S 4 T- Chaturthi R- Karka N- Ashlesha 6.45 PM Hanuman Chalisa	28 S 5 T- Panchami R- Simha N- Magha 6.45 PM Krishna Archanā	29 S 6/T Sashti R- Simha N- Purvapalguni Temple Closed	30 S 7 T- Saptami R- Kanya N- Utrapalguni 6.15 PM Krishna Chanting	S- Shukla Paksha K- Krishna Paksha T- Tithi R- Rashi N- Nakshatra ○ Full Moon ● - New Moon * Maha Prasad