



Events This Month:

- **June 3rd:** *Uttar Hindustani Concert. 4-6:30 pm*
- **June 4th:** *Pravachan 4:6-30pm*
- **Karaoke Club night:** *proposed Second weekend of June*

Pooja's This Month

Devi Puja	7PM	JUNE 2
Kartikeya Puja	9am	JUNE 3
Sathyanarayana Puja	7pm	JUNE 9
Vekenteswara Puja	9am	JUNE 10
Sankashtahara Chaturthi	7pm	JUNE 13
MATA KI CHAUKI *	5pm	JUNE 17
Kartikeya Puja	9am	JULY 1
Devi Puja	7PM	JULY 7
Vekenteswara Puja	9am	JULY 8
Sathyanarayana Puja	7pm	JULY 8
Sankashtahara Chaturthi	7pm	JULY 12
THIRD SUNDAY PUJA*	10am	JULY 16
* Special/Sponsored Events		

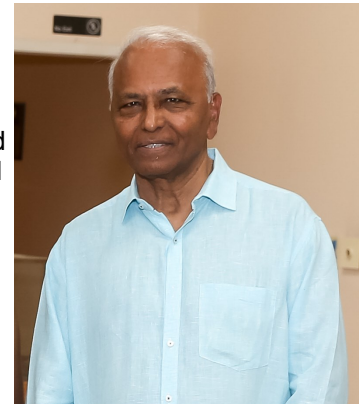
Mr. TR Reddy receives 2017 “Bharat Gaurav Award”

With pride and joy in the heart, we would like to acknowledge that Mr. T. R. Reddy, ex-President of HTS Augusta will be one of the recipient of “Bharat Gaurav” award for the 2017. It will be presented at the 5th Bharat Gaurav Award to be held at the UN Head Quarters, New York on 9th June 2017. The “Bharat Gaurav” award is presented to recognize eminent and iconic personalities from India.

HTS community is fully aware of the dedication and generosity of Mr. Reddy. Mr. Reddy has been tirelessly active for last 40 years in Richmond and Columbia counties. His notable contribution include

founding member of the HTS temple, member and ex-president of EC and BOT of the HTS, and a Philanthropist. Mr. Reddy is a very kind and humble person. As Augusta Chronicle puts him “They could call him a beloved philanthropist who's built a school and clinic to benefit his rural home city. In Augusta, he's the white knight investor, the advice giver, the kingmaker.”

Congratulations to him from all of the community!!! May we pray that he will continue his patronage to the HTS community in future.



2017 Annual Graduation Puja Sheila Kamath

The annual Graduation Ganesha puja was held at HTS premises on Sunday, May 21 at 10 am. The puja was officiated by Srinivasan Thiyagarajan and sponsored by parents of graduating students. After the puja, the Balashala children, lead by Meena Arun, sang the Ganesha Pancharatna stotram. Dr. Vidya Sridharan gave a short lecture on

Ramanuja Acharya as this was the millennial birth anniversary. Several accomplished teachers of Indian origin were mentioned and appreciated for their dedication as teachers. Essay Writing Contest toppers, SAT and ACT score toppers, and Best youth group volunteer were recognized.

!!! No 3rd Sunday Puja in JUNE!!!

MATA KI CHAUKI

On 3rd Sat JUNE 17th 5pm

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Annual Graduation puja Contd..

The 2017 centennial late Shri G.L. Desai essay writing contest topic was "Great Teachers - describe their qualities and how this influenced you."
1st place Esha Kashyap and Ananya Chakraborty,
2nd place Varsha Menon and Shagun Agarwal
The contest is annually sponsored by Dimple and Nipun Desai, children of Harendra and Geeta Desai, in memory of their grandfather late Shri G.L Desai.



Annual maximum SAT or ACT score award is sponsored by Smt. Kusum Desai in honor of her husband, Shri Shashikant Desai. The recipients were Ms. Varsha Menon (ACT score 33) and Ananya Chakraborty (SAT score 156).



Annual best youth group volunteer is sponsored by Kartik and Radhika Subramanian in honor of his father late Shri Hari Subramanian. The Recipients were Sejal Mistry and Shagun Agarwal.



This year was a special year with Ananya Chakraborty and Varsha Menon being selected as Star Students.



Congratulations to the graduate from class of 2017 high school: Amanpreet kaur, Isabelle George, Souravi Mondal, Sonya Dutta, Dolan Patel, Shagun Agarwal, Varsha Menon, Ananya Chakraborty, Esha Kashyap and Sejal Mistry. Our heartfelt and sincere thanks to all the sponsors, volunteers (for puja and kitchen) who diligently support each year to encourage our children to do their best. This graduation puja would not be possible without sponsors and volunteers and off course, participants.

We hope that all future graduates take note that the May puja is dedicated for graduates and take advantage of these wonderful programs in place.



Brahma Jnanavali Mala by Adi Shankaracharya

Translated by S. N. Sastri

[In this work attributed to Sri Shankara the characteristics of the person who has realized that he is Brahman are described. The aspirant for liberation is advised to meditate on these in order to attain to the same state.]

Sakrt shravaNa maatre'Na brahma-jnyaanaam yato' bhave't
brahma-jnyaanaa-vaali maalaa sarve'shaam mo'ksha siddhaye' 1

1. The work entitled Brahma Jnyaanaavali Maalaa, by hearing which just once knowledge of Brahman is attained, enables all to attain liberation.

asango'ham asango'ham asango'ham punah punah
sacchidaa-nanda roopo'ham ahame'vaaham avyayah 2

2. Unattached am I, unattached am I, ever free from attachment of any kind; I am of the nature of Existence-Consciousness-Bliss. I am the very Self, indestructible and ever unchanging.

nitya shuddha vimuk-to'ham niraahaa-ro'ham avyayah
bhoomaa-nanda svaroopo'ham ahame'vaaham avyayah 3

3. I am eternal, I am pure (free from the control of maayaa). I am ever liberated. I am formless, indestructible, and changeless. I am of the nature of infinite bliss. I am the very Self, indestructible, and changeless.

nityo'ham niravad-yo'ham niraakaa-ro'ham achyutah
paramaa-nanda roopo'ham ahame'vaaham avyayah 4

4. I am eternal, I am free from blemish, I am formless, I am indestructible and changeless. I am of the nature of supreme bliss. I am the very Self, indestructible and changeless.

Shuddha chaitanya roopo'ham aatmaa-raamo'ham eva cha
akhaDaa-nanda roopo'ham ahame'vaaham avyayah 5

5. I am pure consciousness, I revel in my own Self. I am of the nature of indivisible (concentrated) bliss. I am the very Self, indestructible and changeless.

Pratyak-chaitanya roopo'ham santo'ham prakrte'h parah
Shaashvataa-nanda roopo'ham ahame'vaaham avyayah 6

6. I am the indwelling consciousness, I am calm (free from all agitation), I am beyond prakrti (maayaa), I am of the nature of eternal bliss, I am the very Self, indestructible and changeless.

tattva-teetah paraat-maaham madhyaa-teetah parah Shivah
maayaa-teetah param-jyotih ahame'vaaham avyayah 7

7. I am the supreme Self, beyond all the categories (such as prakrti, mahat, ahankaara, etc.), I am the supreme auspicious One, beyond all those in the middle. I am beyond maayaa. I am the supreme light. I am the very Self, indestructible and changeless.

naanaa-roopa vyatee-to'ham chidaakaa-ro'ham achyuta
sukha roopa-svaroopo'ham ahame'vaaham avyayah. 8

8. I am beyond all the different forms. I am of the nature of pure consciousness. I am never subject to decline. I am of the nature of bliss. I am the very Self, indestructible and changeless.

Maayaa tatkaarya dehaadi mama naastyeva sarvadaa
sva-prakaa-shaika roopo'ham ahame'vaaham avyayah. 9

9. There is neither maayaa nor its effects such as the body for me. I am of the same nature and self-luminous. I am the very Self, indestructible and changeless.

GuNa-traya vyatee-to'ham brahmaa-deenaam cha saaksh-yaham
anantaa-nanda roopo'ham ahame'vaaham avyayah 10

10. I am beyond the three gunas-sattva, rajas, and tamas. I am the witness of even Brahma and others. I am of the nature of infinite bliss. I am the very Self, indestructible and changeless.



HTS Outreach Activities

The outreach and community service committee is looking for volunteers to work at Safe Homes of Augusta Inc and Lydia House during the summer time. The dates and time are flexible and depends on organization's needs and available days. Please volunteer and provide your support to the HTS and local community.

Interested individuals should contact Usha Patel by [email](#)

Brahma jnanvali contd

Antaryaami svaroopo'ham kooTasthah sarvago's-myaham
paramaatma svaroopo'ham ahame'vaaham avyayah 11

11. I am the inner controller, I am immutable, I am all-pervading. I am myself the supreme Self. I am the very Self, indestructible and changeless.

Nishka-lo'ham nish-kriyo'ham sarvaatmaa aadyah sanaatanah
aparo'ksha svaroopo'ham ahame'vaaham avyayah 12

12. I am devoid of parts. I am action less. I am the self of all. I am the primordial one. I am the ancient, eternal one. I am the directly intuited self. I am the very Self, indestructible and changeless.

dvand-vaadi saakshi roopo'ham achalo'ham sanaatanah
Sarva saakshi svaroopo'ham ahame'vaaham avyayah 13

13. I am the witness of all pairs of opposites. I am immovable. I am eternal. I am the witness of everything. I am the very Self, indestructible and changeless.

Prajnyyaana ghana evaaham vijnyaana ghana eva cha
akar-taaham abho'k-taaham ahame'vaaham avyaya 14

14. I am a mass of awareness and of consciousness. I am not a doer nor one who experiences. I am the very Self, indestructible and changeless.

niraa-dhaara svaroopo'ham sarvaa-dhaa-roham eva cha
aapta-kaama svaroopo'ham ahame'vaaham avyayah 15

15. I am without any support, and I am the support of all. I have no desires to be fulfilled. I am the very Self, indestructible and changeless.

taapa-traya vinir-mukto de' ha-traya vilak-shaNah
avasthaa traya saaksh-yasmi chaaha-me'vaaham avyayah 16

16. I am free from the three kinds of afflictions- those in the body, those from other beings and those caused by higher powers. I am different from the gross, subtle and causal bodies. I am the witness of the three states of waking, dream and deep sleep. I am the very Self, indestructible and changeless.

drg drshyau dvau padaarthau stah paraspara vilak-shaNau
drg brahma drshyam maaye'ti sarva ve'daanta DiNDimah 17

17. There are two things which are different from each other. They are the seer and the seen. The seer is Brahman and the seen is mA-yA. This is what all Vedanta proclaims.

aham saak-sheeti yo vidyaat vivich-yaivam punah punah
sa eva muktah so vidvaan iti ve'daanta DiNDimah 18

18. He who realizes after repeated contemplation that he is a mere witness, he alone is liberated. He is the enlightened one. This is proclaimed by Vedanta.

ghaTa kuDyaa-dikam sarvam mrttika maatram eva cha
tadvad brahma jagat sarvam iti ve'daanta DiNDimah 19

19. The pot, wall, etc., are all nothing but clay. Likewise, the entire universe is nothing but Brahman. This is proclaimed by Vedanta.

brahma satyam jagan mithyA jeevo brahmaiva naa-parah
ane'na ve'dyam sach-chastram iti ve'daanta DiNDimah 20

20. Brahman is real, the universe is mithya (it cannot be categorized as either real or unreal). The jiva is Brahman itself and not different. This should be understood as the correct SAstra. This is proclaimed by Vedanta.

Antar-jyotir-bahir-jyotih pratyak-jyotih paraat-parah
jyotir-jyotih svayam jyotih aatma-jyotih Shivo's-myaham 21

21. I am the auspicious one, the inner light and the outer light, the indwelling light, higher than the highest, the light of all lights, self-luminous, the light that is the Self.

High Blood Pressure (Hypertension) by Tarak Patel, MD

High blood pressure (HBP) is a common disease in which blood flows through blood vessels (arteries) at higher than normal pressures. Remember 2 components include, **Systolic Pressure(upper BP number)**: blood pressure when the heart beats while pumping blood and **Diastolic Pressure(lower BP number)**: blood pressure when the heart is at rest between beats. HBP is written as eg. 118(systolic)/76 (diastolic) mmHg.

Normal Blood Pressure : It is 120/80 mmHg or below. BP normally rises with age and body size.

Abnormal Blood Pressure: It is BP higher than 120/80 mmHg.

Stages of High Blood Pressure in Adults

Stages	Systolic (upper BP)		Diastolic (lower BP)
Prehypertension	120 to 139	OR	80 to 89
HBP stage 1	140 to 159	OR	90 to 99
HBP stage 2	160 or more	OR	100 or more

Remember one exception as here, **People with diabetes or chronic kidney disease (kidney failure patients) should keep BP less than 130/80 mmHg.**

Why people have high blood pressure?

Genetic causes can not be changed by us. There are environmental causes/contributors of high blood pressure and we can change them. Such as below.

High dietary sodium(salt) intake, Drinking excess amounts of alcohol and Lack of physical activity, overweight or obesity, medications such as asthma therapy or hormone therapy or cold relief medications.

Other medical diseases can cause HBP also such as chronic kidney disease, sleep apnea, thyroid problems, or certain tumors.

What are the harmful effects of high blood pressure on body?

Kidney failure, memory loss (dementia), blindness, dilatation of blood arteries in brain, heart attack, heart failure, stroke and artery blockage in limbs. Kidney, brain. Look for symptoms of those diseases or consult your healthcare provider if you have those complications.

How can we check blood pressure?

Buy BP machine (cost from \$30 to \$100). Don't drink coffee or smoke cigarettes for 30 minutes prior to the BP check, Go to the bathroom before the check, Sit for 5 minutes before the BP check, keep arm at heart level on supported surface (table or chair). Check BP before you get out of bed in morning and then check once or twice during daytime when you are rested. Keep diary of blood pressure and show it to your provider when you visit next time.

How can we treat and prevent high blood pressure?

limit sodium and salt intake, increase potassium, and eat foods that are heart healthy. Try to eat no more than 2,300 mg sodium a day. Eat more as below

- Whole grains
- Fruits, such as apples, bananas, oranges, pears, and prunes
- Vegetables, such as broccoli, cabbage, and carrots
- Legumes, such as kidney beans, lentils, chick peas, black-eyed peas, and lima beans
- Fat-free or low-fat dairy products, such as skim milk
- Fish high in omega-3 fatty acids, such as salmon, tuna, and trout, about twice a week

Avoid these things: A lot of red meat, Palm and coconut oils, Sugary foods and beverages

Be active physically. participate in moderate-intensity aerobic exercise at least 2 hours and 30 minutes per week, or vigorous-intensity aerobic exercise for 1 hour and 15 minutes per week. Aerobic exercise, such as brisk walking, is any exercise in which your heart beats harder and you use more oxygen than usual. The more active you are, the more you will benefit.

Weight control. A weight loss of just 3 to 5 percent is beneficial. Measure your body mass index (BMI): Below 18.5 means underweight. Between 18.5 and 24.9 is healthy range. Between 25 and 29.9 is overweight. 30 or more is obese. Aim for BMI below 25.

Waist size control. waist size that is greater than 35 inches for women or greater than 40 inches for men are risk for HBP..

Limit or avoid alcohol intake. Period.

Manage stress. Being physically active, Listening to music or focusing on something calm or peaceful, Performing yoga or tai chi, Meditation

Take BP medications. Medicines to lower blood pressure include: **Diuretics (Water or Fluid Pills), Beta Blockers, Angiotensin-Converting Enzyme (ACE) Inhibitors, Angiotensin II Receptor Blockers (ARBs), Calcium Channel Blockers, Vasodilators.** Consult your provider for treatment and further instructions. Thank you!!!

<https://www.nhlbi.nih.gov/health/health-topics/topics>