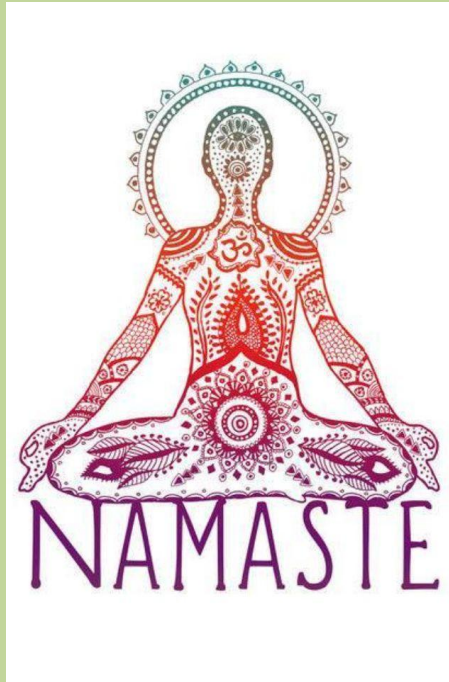


FREMONT HINDU TEMPLE

Dear Devotees





**Special programs for the Month of FEBRUARY 2016**

**To avail of Tax exemptions, please consider donating to Temple**

All donations made to Temple are Tax-exempt.

To receive a receipt for the donation, **please write a check to Fremont Hindu Temple**  
Donate to Temple Online

The Temple is a non-profit organization run by devotees for devotees. The Temple's main income is through devotee donations and sponsorships. We urge all devotees to donate generously to the Temple so that we may continue to serve your religious and cultural needs and provide even better programs to you.  
you can now donate online by clicking on the link below.

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It is dedicated to serve the religious and cultural needs of the Hindu community.

(Non-Profit Tax Exempt Organization Tax EIN No.: 94-274-2511)

**Any suggestions /comments/observations about Temple and/or about this newsletter,**

**Please call or e-mail :- 510-299-9771**

**[deepakchhabra@pacbell.net](mailto:deepakchhabra@pacbell.net)**

## Special programs for the Month of FEBRUARY 2016

### Samuhik Satya Naryan Katha on every Poornima

<b>Satya Naryan Katha</b>	<b>Monday 02/22/2016</b>	<b>06.30 to 08.30 PM</b>	<b>Poornima Satyanaryan Katha</b>	<b>Main Temple</b>
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### Ma Durga Abhishek

<b>Ma Durga Abhishek</b>	<b>Saturday 02/06/2016</b>	<b>11.00-12.00</b>	<b>Ma Durga Abhishek</b>	<b>Main Temple</b>
<b>Ma Durga Abhishek</b>	<b>Saturday 02/13/2016</b>	<b>11.00-12.00</b>	<b>Ma Durga Abhishek</b>	<b>Main Temple</b>
<b>Ma Durga Abhishek</b>	<b>Saturday 02/20/2016</b>	<b>11.00-12.00</b>	<b>Ma Durga Abhishek</b>	<b>Main Temple</b>
<b>Ma Durga Abhishek</b>	<b>Saturday 02/27/2016</b>	<b>11.00-12.00</b>	<b>Ma Durga Abhishek</b>	<b>Main Temple</b>

### Bhajan Kirtan

<b>Bhajan / Kirtan</b>	<b>Sunday 02/07/2016</b>	<b>11.00 -12.00</b>	<b>Mohanty Ji</b>	<b>Main Temple</b>
<b>Pravachan</b>	<b>Sunday 02/07/2016</b>	<b>12.00 -01.00</b>	<b>Dr.R.Subramanian SWACHH MANDIR M.V.Sc.,PhD[AIIMS] Previously; JNU, Newdelhi Managing Trustee , Loka Dharma Seva Foundation Trust</b>	<b>Main Temple</b>

<b>Bhajan / Kirtan</b>	<b>Sunday 02/14/2016</b>	<b>11.00 -12.00</b>	<b>Bharti Joshi ji</b>	<b>Main Temple</b>
<b>Pravachan</b>	<b>Sunday 02/14/2016</b>	<b>12.00 -01.00</b>		<b>Main Temple</b>
<b>Bhajan / Kirtan</b>	<b>Sunday 02/21/2016</b>	<b>11.00 -12.00</b>		<b>Main Temple</b>
<b>FOG Toy Drive</b>	<b>Sunday 02/21/2016</b>	<b>12.00 -01.00</b>	<b>Toy Drive</b>	<b>Main Temple Every 3<sup>rd</sup> Sunday</b>
<b>Bhajan / Kirtan</b>	<b>Sunday 02/28/2016</b>	<b>11.00 -12.00</b>	<b>Prabha ji</b>	<b>Main Temple</b>
<b>Pravachan</b>	<b>Sunday 02/28/2016</b>	<b>12.00 -01.00</b>	<b>Pravachan by Gayatri Parivar</b>	<b>Main Temple Every 4<sup>th</sup> Sunday</b>

### Shivyog Sadhna

<b>Shivyog Sadhana &amp; meditation</b>	<b>Sunday 02/07/2016</b>	<b>03 to 05.00</b>	<b>Shivyog Sadhana and meditation</b>	<b>Saraswati Hall 1<sup>st</sup> &amp; 3<sup>rd</sup> Sunday</b>
<b>Shivyog Sadhana &amp; meditation</b>	<b>Sunday 02/21/2016</b>	<b>03 to 05.00</b>	<b>Shivyog Sadhana and meditation</b>	<b>Saraswati Hall 1<sup>st</sup> &amp; 3<sup>rd</sup> Sunday</b>

### Jhoole Lal Chandu Seva 2016

<b>Jhoole Lal Sain Chandu , Aarti &amp; Palaki Seva</b>	<b>Tuesday 09<sup>th</sup> Feb,2016 Thursday 10<sup>th</sup> Mar, 2016 Friday 08th Apr, 2016 "Cheti Chandu.</b>	<b>7.00PM to 7.30PM.</b>	<b>Jhoole Lal Sain Chandru , Aarti &amp; Palaki Seva</b>	<b>Jhoole Lal Temple</b>
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	<b>Sunday</b> <b>08<sup>th</sup> May,2016</b> <b>Monday</b> <b>06<sup>th</sup> Jun, 2016</b> <b>Wednesday</b> <b>06<sup>th</sup> Jul, 2016</b> <b>Thursday 04th</b> <b>Aug, 2016</b> <b>Saturday 03rd</b> <b>Sep, 2016</b> <b>Sunday 02nd</b> <b>Oct, 2016</b> <b>Tuesday 01st</b> <b>Nov, 2016</b> <b>Thursday 01st</b> <b>Dec, 2016</b> <b>Friday</b> <b>30<sup>th</sup> Dec,2016</b>			
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### Sundarkand Path

<b>Sundarkand Path</b>	<b>SATURDAY</b> <b>02/13/2016</b>	<b>10 to 12.00</b>	<b>Sundarkand path</b>	<b>Main Temple</b> <b>every 3<sup>rd</sup></b> <b>Saturday</b>
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### Kerla Ayurveda Camp 2016

<b>Kerla Ayurvedic consultation camp</b>	<b>28-Feb-16</b>	<b>09.00 to</b> <b>1.00 PM</b>	<b>Kerla Ayurvedic</b> <b>consultation camp</b>	<b>Saraswati Hall</b> <b>Once a month</b>
	<b>27-Mar-16</b>			

	<b>24-Apr-16</b>			
	<b>29-May-16</b>			
	<b>26-Jun-16</b>			
	<b>31-Jul-16</b>			
	<b>28-Aug-16</b>			
	<b>25-Sep-16</b>			
	<b>30-Oct-16</b>			
	<b>27-Nov-16</b>			
	<b>18-Dec-16</b>			

### Heart Fullness Meditation Program

<p><b>Heart Centered Meditation Program</b></p> <p>Why Heartfulness? ■ Emotional and mental well-being – less anxiety, greater empathy, calmness, relaxation to be felt at mental level. ■ Physical well-being – better health with reduced blood pressure, heart rate normalcy, better and deeper sleep, relaxation to be felt at the physical level. ■ Inner well-being – to simplify life and to connect with one’s inner nature. This paves the way for peace of mind, inner joy, bliss and what is beyond</p>	<p><b>Saturday</b> <b>02/06/2016</b></p> <p><b>Saturday</b> <b>02/13/2016</b></p> <p><b>Saturday</b> <b>02/20/2016</b></p> <p><b>Saturday</b> <b>02/27/2016</b></p>	<p><b>11.30 AM</b> <b>to 12.30 PM</b></p>	<p><b>Heart Fullness Program</b> <a href="http://www.heartfulness.com">www.heartfulness.com</a></p>	<p><b>Saraswati Hall</b> <b>Every Saturday</b></p>
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### Special Events

Event	Date/Day	Time	Details	Where
Pradosham	Friday	6:45PM to	Pradosham	<b>Balaji Annex</b>

	02/05/2016	9:45PM		
Shani Trayodasi Masa Sivarathri	Saturday 02/06/2016	6:45PM to 9:45PM	Kartika Masa Sivarathri	<b>Balaji Annex</b>
Vasant Panchami	Saturday 02/13/2016	Noon	Vasant Panchami	<b>Main Temple</b>
Krittika	Monday 02/15/2016	6:45PM to 9:45PM	Pradosham/Krittika Rudrabhishekam	<b>Balaji Annex</b>
Punarvasu/Pradosham	Friday 02/19/2016	<b>6pm to 10pm</b>	Punarvasu/Pradosham	<b>Balaji Annex</b>
<b>Mata Ki Chowki</b>	Saturday 02/20/2016	<b>7PM to 11PM</b>	<b>Mata Ki Chowki ( Kumar Jeweller &amp; Family)</b>	<b>Main Temple</b>
Sankata Hara Chaturthi	Friday 02/26/2016	<b>5:30PM to 8:30PM</b>	Sankata Hara Chaturthi	<b>Balaji Annex</b>



<b>Preetibhoj –February- 2016</b>			
<b>2/2/2016</b>	<b>TUESDAY</b>	<b>DINNER</b>	<b>MOHAN KOKALLA &amp;FAMILY</b>



2/4/2016	THURSDAY	DINNER	SRINIVASAN JAGANNATHAN & DEEP SANTHANAM & FAMILY
2/6/2016	SATURDAY	LUNCH	PRASHANTH MOTEWAR & FAMILY
2/7/2016	SUNDAY	LUNCH	SATYANARAYANA & MANJULA & FAMILY
2/9/2016	TUESDAY	DINNER	SANTOSH BHATIA & SUDERSHAN WADHWA & FAMILY
2/11/2016	THURSDAY	DINNER	LATHA. T. AKKI RAJU & FAMILY
2/13/2016	SATURDAY	LUNCH	OPEN
2/14/2016	SUNDAY	LUNCH	SANJAY CHOUDHARY
2/16/2016	TUESDAY	DINNER	OPEN
2/18/2016	THURSDAY	DINNER	OPEN
2/20/2016	SATURDAY	LUNCH	JUDHAJIT SENMAZUMDAR & FAMILY
2/21/2016	SUNDAY	LUNCH	VIKASH VERMA & FAMILY
2/23/2016	TUESDAY	DINNER	OPEN

<b>2/25/2016</b>	<b>THURSDAY</b>	<b>DINNER</b>	<b>OPEN</b>
<b>2/27/2016</b>	<b>SATURDAY</b>	<b>LUNCH</b>	<b>OPEN</b>
<b>2/28/2016</b>	<b>SUNDAY</b>	<b>LUNCH</b>	<b>KRISHANA &amp; FAMILY</b>
<b>2/2/2016</b>	<b>TUESDAY</b>	<b>DINNER</b>	<b>MOHAN KOKALLA &amp;FAMILY</b>
<b>2/4/2016</b>	<b>THURSDAY</b>	<b>DINNER</b>	<b>SRINIVASAN JAGANNATHAN &amp; DEEP SANTHANAM &amp; FAMILY</b>
<b>2/6/2016</b>	<b>SATURDAY</b>	<b>LUNCH</b>	<b>PRASHANTH MOTEWAR &amp; FAMILY</b>
<b>2/7/2016</b>	<b>SUNDAY</b>	<b>LUNCH</b>	<b>SATYANARAYANA &amp; MANJULA &amp; FAMILY</b>
<b>2/9/2016</b>	<b>TUESDAY</b>	<b>DINNER</b>	<b>SANTOSH BHATIA &amp; SUDERSHAN WADHWA &amp; FAMILY</b>
<b>2/11/2016</b>	<b>THURSDAY</b>	<b>DINNER</b>	<b>LATHA. T. AKKI RAJU &amp; FAMILY</b>



## MAIN TEMPLE ACTIVITIES

Daily	9:00 AM	9.30 PM	Pooja/Archana/Arti	Main Temple
Daily	8:00 AM	8:30 AM	Sai baba Kakar Arti	Main Temple
Daily	8:30 AM	9:00 AM	Sai baba Abhishek	Main Temple
Daily	6:00 PM	6:30 PM	Sai baba Dhoop Arti	Main Temple
Daily	8:00 PM	8:15 PM	Main Templ Arti	Main Temple
Daily	8:15 PM	8:35 PM	Sai Baba Shej Arti	Main Temple
Daily	12:00 PM	12:30PM	Sai Baba Madhian Arti	Main Temple

Tuesday	7:00 PM	7:30 PM	Hanuman Sahasranama	Main Temple
Tuesday	7:30 PM	8:00 PM	Hanuman Chalisa, Arti, Preti bhoj	Main Temple
Wednesday	11:00AM	1:00 PM	Senior Meeting and Yoga followed by lunch	Main Temple & Saraswati Hall
Thursday	8:30 AM	9:00 AM	Sai Baba Abhishek	Main Temple
Thursday	6:30 PM	8:00 PM	Sai Baba Bajans, Arti, Preti bhoj	Main Temple
2nd Saturday	7:00 PM	12:00AM	Mata ki Chowki	Main Temple

3rd Saturday	10:00AM	12:30PM	Sundharkhand Path	Main Temple
Sunday	1:20 PM	1:40 PM	Main Templ Arti	Main Temple
1st Sunday	9:00 AM	11:00 AM	Gayathri parivaar Meditation	Main Temple
Last Sunday	12:20PM	1:20PM	Maa Shathrupa Pravachan	Main Temple

### BALAJI TEMPLE ACTIVITIES

Daily	9:00 AM	9:30 AM	Venkateshwara Suprabatham	Balaji Temple
Daily	8:15 PM	8:30 PM	Balaji Pavalimpu seva/Shayan Utsav - Arti	Balaji Temple
Daily	7:50 AM	8:10 AM	All deties Archana, Bhog, Arti	Main Temple & Balaji temple

Monday	7:00 PM	9:00 PM	Shiva/ Rudhra Abhishekam	Balaji Temple
Friday	6:30 PM	7:00 PM	Lalitha Sahasranama	Balaji Temple
Friday	11:00 AM	1:30 PM	Laxmi Abhishekam	Balaji Temple
Saturday	10:00 AM	12:30 AM	Balaji Abhishek, Alamkar, Archana, Arti	Balaji Temple

Saturday	10:30 AM	11:00 AM	Tiruppavai	Balaji Temple
4th Sunday	6:00 PM	7:30 PM	Jagannath Pooja and bajans in Balaji Annex	Balaji Temple
Sunday	11:00 AM	12:30 PM	Jagannath Abhishek, Alankar, Arti, Archana	Balaji Temple
1 day before Amavasya	7:00 PM	8:30 PM	Masa Siva Rathri	Balaji Temple
2days before Amavasya & 1 day before Poornima	7:00 PM	9:00 PM	Pradosham - Shiva Pooja and Bajans	Balaji Temple
Poornima	6:00 PM	8:00 PM	Samuhik Sathyanarayan Katha	Balaji Temple

### Ayyappa Temple

1st Saturday	6:00 PM	7:00 PM	Bajans for Lord ayyappa	Ayyappa Temple
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Sunday	9:30 AM	11:30 AM	Karthikeya Swamy pooja	Ayyappa Temple
Sunday	9:30 AM	11:30 AM	Karthikeya Swamy pooja	Ayyappa Temple
Masa Sankranthi	5:00 PM	7:00 PM	Ayyappa Pooja	Ayyappa Temple
Masa Sankranthi(falls between 13th and 19th of every month)	5:00 PM	7:00 PM	Ayyappa Pooja and Bajans	Ayyappa Temple

**NAVGRAHA & SIDDHI VINAYAK  
&  
JOOLELAL BABA TEMPLE**

Tuesday	6:30 PM	7:30 PM	Siddivinayak Ahishek, Alamkar, Archana	SiddiVinayak Temple
Tuesday	8:15 PM	8:30 PM	Shiddivinayak Arti	SiddiVinayak Temple

Friday	6.00pm	7.00pm	Joolelal Aarti, archana	SiddiVinayak Temple
4 days After Poornima	7:00 PM	8:00 PM	Sankata Hara Chaturthi	SiddiVinayak Temple
1 st Saturday	10:00 AM	12:30 AM	Navagraha Homam	Navgrah Annex
Saturday	11:00 AM	1:30 PM	Navagraha and Ganapathi Abhishek, Alamkar, Archana, Arti	Navgrah Annex

## Ishta Dev Jhoole Lal Sain

There will be regular Ongoing Events Weekly / Monthly. Please come with family and friends to seek blessings.

Weekly: Friday evening: Aarti at 7.00PM (Every Friday)

Monthly: “Chandu” Aarti and Palav. Sindhi’s all over the world observe the first day after the new moon each month ! as the day of “Chandu”..... worshipping Lal Sain, singing panjras, doing aarti and invoking palav ceremony. Boiled white Channa and sweet rice - Tanhiri are offered as the traditional pargaad.

Schedule for the monthly “Chandu” ceremony in 2015:

### YEAR 2016 - Sindhi Sangat's Prayer Schedule

**A. A. Weekly Friday evening worship .... Aarti ..... at 7.00PM.**

Sindhi’s all over the world observe Friday as *Tharoo’n* day and worship Lal Sain, singing Aarti and offering prayers.

**B. Monthly celebrations of “Chandu” ..... Aarti and Palav.** Sindhi’s all over the world observe the first day after the new moon each month as the day of “Chandu”..... worshipping Lal Sain, singing panjras, doing aarti and invoking palav ceremony. Boiled channa and sweet rice - Tanhiri are offered as the traditional pargaad. Monthly Schedule:

1. . Monday 11<sup>th</sup> Jan, 2016 ..... 7.00PM to 7.30PM.
2. . Tuesday 09<sup>th</sup> Feb, 2016 ..... 7.00PM to 7.30PM.
3. . Thursday 10<sup>th</sup> Mar, 2016 ..... 7.00PM to 7.30PM.
4. . Friday 08<sup>th</sup> Apr, 2016 “Cheti Chandu” 7.00PM to 7.30 PM.\*\*
5. . Sunday 08<sup>th</sup> May, 2016 ..... 11.30 AM to 12.00 Noon.
6. . Monday 06<sup>th</sup> Jun, 2016 ..... 7.00PM to 7.30PM.
7. . Wednesday 06<sup>th</sup> Jul, 2016 ..... 7.00PM to 7.30PM.
8. . Thursday 04<sup>th</sup> Aug, 2016 ..... 7.00PM to 7.30PM.
9. . Saturday 03<sup>rd</sup> Sep, 2016 ..... 11.30AM to 12.00Noon.
10. Sunday 02<sup>nd</sup> Oct, 2016 ..... 11.30AM to 12.00Noon.
11. Tuesday 01<sup>st</sup> Nov, 2016 ..... 7.00PM to 7.30PM.



12. Thursday 01st Dec, 2016 ..... 7.00PM to 7.30PM.  
 13. Friday 30<sup>th</sup> Dec, 2016 ..... 7.00PM to 7.30PM.  
 \*\*Annual Cheti Chandu celebrations will be held on Sat 09<sup>th</sup> Apr,16

**Bring all your family and friends too.**

**Come, Worship and Rejoice.....seek His Divine Blessings!!!**

**Jai Jhoole Lal ..... Beraii Paar**

<b>SARASWATI HALL ACTIVITIES</b>				
2nd & 4th Monday	10:30 AM	1:30 PM	Gujarathi Seniors' Mitra mandal in dining Hall	Saraswathi Hall
Monday	2:00PM	4:00PM	<b>BOLLYWOOD DANCING</b>	Saraswathi Hall
Monday	10:15 AM	11:15 AM	<b>YOGA</b>	Saraswathi Hall

Tuesday	6:30PM	8:00PM	TEMPLE MEETING	Saraswathi Hall
Wednesday	12:00 PM	1:00 AM	yoga	Saraswathi Hall
Wednesday	11:00 AM	1:00 PM	Senior Meeting and Yoga followed by lunch	Main Temple & Saraswati Hall
Thursday	4:00PM	8:00PM	KATHAK	Saraswathi Hall
Friday	4:00PM	8:00PM	Bharat Natyam	Saraswathi Hall
Saturday	8:00AM	10:00AM	YOGA BY SKY	Saraswathi Hall
Saturday	10:00AM	11:00AM	HINDI CLASS	Saraswathi Hall
Saturday	11.30	12.30	<b>Heart Centered Meditation Program</b>	Saraswati Hall

Sunday	7:00AM	8:30AM	YOGA WITH FUN AND LAUGHTER	Saraswathi Hall
Sunday	8:30AM	9:30AM	MEDITATION	Saraswathi Hall
Sunday	10:00AM	11:30PM	HSS	Saraswathi Hall
Sunday	12:30PM	2:30PM	SINDHI CLASS Next session from Jan 10 2016 to March 27 , 2016	Saraswathi Hall
SUN 1 <sup>ST</sup> 3 <sup>RD</sup>	3:00PM	5:00PM	SHIV YOG MEDITATION	Saraswathi Hall

**Library**

Saturday	11:30 AM	1:00PM	GEETA CLASS	Library
3rd Sunday	10:30AM	12:30PM	Sadhu Vaswani Mission of the Bay Area -satsang	Library
Sunday	3:30PM	5:00PM	Soundarya Lahari	Library
Sunday	10:00AM	11:30AM	BALAGOKULAM	Library

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