



United Hindu Temple



<https://unitedhindutemple.com/>

(Non-Profit 501© Organization), Tax I.D. EIN 93-3828321

13619 Ramona Parkway, Baldwin Park, CA 91706

Zelle 626-756-6758 or 626-746-7881, check payable to "United Hindu Temple, Inc."



Namaste and Warm Greetings!

"Welcome to this month's edition of the United Hindu Temple Newsletter. We are delighted to connect with you as we continue our shared journey of devotion, learning, and community. At United Hindu Temple, we remain committed to celebrating the rich traditions of Sanatana Dharma, fostering togetherness, and nurturing spiritual growth for devotees of all ages. Through this newsletter, we aim to keep you informed about upcoming festivals, temple activities, cultural events, volunteer opportunities, and community initiatives. We warmly invite you and your family to participate in our temple's events and experience the joy of worship, service, and community bonding. May the blessings of the divine guide and uplift you always."



With heartfelt regards,
United Hindu Temple



Daily Timings - Mon - Sun: 9AM - 12PM (Morning) & 5PM - 8PM (Evening)
Daily Aarti - Morning 11:00 AM - Evening 7:00 PM

PRAYER CORNER - Maa Saraswati



Ya Kundendu Tushara Hara Dhavala
Ya Shubhra Vastranvita |
Ya Veena Vara Danda Mandita Kara
Ya Shveta Padmasana |
Ya Brahmaachyuta Shankara Prabhritibhir
Devaih Sada Pujitham |
Saamaam Paatu Saraswati Bhagavati
Bharathi Nisseshya Jadyapaha ||

Meaning: "O Goddess Saraswati, who is pure white like jasmine flowers, the moon, and snow, who wears shining white clothes, who holds the veena in her hands, who is seated on a white lotus, and who is worshipped by Brahma, Vishnu, and Shiva — please protect me and remove my ignorance and dullness."

JUNE 2026 FESTIVALS and EVENTS

June 5, 6, 7, Fri-Sun 6-8:30 PM
June 13, Saturday
June 29, Monday

Srimad Bhagavatam Path
Mata ki Chowki
Satyanarayana Puja

Weekly Standard Events

Every Monday 6:30 PM	Rudrabhishekam & Aarti
Every Tuesday 6:30 PM	Hanuman Abhishekam
Every Thursday 7:00 PM	Shirdi Sai Abhishekam & Aarti
Every Friday 7:00 PM	Ganesh Abhishekam & Aarti
Every Saturday 5:30 PM	Navagraha Santi Havan & Pooja

Monthly Standard Events

Every Purnima 6:00 PM	Satyanarayan Katha & Pooja
Every Chaturthi 6:30 PM	Sankatahara Chaturthi Pooja & Aarti
Every 1st Saturday 8:30 AM	Balaji Abhishekam

ANNOUNCEMENTS

As May comes to a close and summer begins, we welcome the arrival of June, a month that symbolizes warmth, renewal, and outdoor activities. As we reflect on the past few months, we are deeply grateful for the devotion, commitment, and unwavering support of our devotee community. We encourage everyone to embrace this new month with enthusiasm and continue to be active and engaged members of our temple community.

❁ Highlights & Community Notes ❁

We are deeply grateful to each and every one of you for being such an important part of our community. Your love, support, and participation fill our temple with devotion, culture, and togetherness. None of these celebrations and new ventures would have been possible without your generous hearts and dedication.

- ❖ **Satyanarayana Vrata Katha and Havan:** On the auspicious occasion of Vaishakha Purnima and Buddha Purnima and Radharaman Ji's appearance festival, the temple organized Shri Satyanarayan Vrat Katha. Devotees gathered to participate in the sacred observance, seeking the blessings of Lord Satyanarayan for peace, prosperity, and spiritual well-being.
- ❖ **Shani Jayanti:** On the auspicious occasion of Shani Jayanti, the temple conducted Navagraha Abhishekam and Shani Puja to help alleviate doshas, reduce the effects of past karma, and remove negative energies. Through these sacred observances, devotees sought the divine blessings of Lord Shani for good health, financial prosperity, career growth, and spiritual well-being.
- ❖ **Mata Ki Chowki:** Chandra Roy Family and Renu ji graciously hosted the May Mata Ki Chowki event. Our heartfelt thanks to the Shiv Balak group for their spiritually uplifting performance. The air was filled with soulful bhajans, creating a deeply devotional and serene atmosphere that made the celebration truly special and memorable.
- ❖ **Purushottam Maas and Sudharshana Chakra Puja and Homam:** Our temple began this auspicious Purushottam month with the sacred Sudarshana Chakra Mandala Puja and Maha Yaga with 1008 offerings, a powerful spiritual ceremony believed to remove negative energies and obstacles from one's life. The temple was filled with divine energy and positivity as devotees participated in the powerful prayers, sacred chants, and offerings.

We extend our heartfelt gratitude to our Panditjis for organizing the Puja and Havan, and to all the devotees whose enthusiastic participation made this event truly memorable and spiritually uplifting.

Acknowledgements: We offer special thanks to Pandit Santosh Sharma and Pandit Shubham Shukla for their dedication and for conducting the ceremonies with devotion and precision. We also express our heartfelt gratitude to all members and volunteers who contributed to the preparation and distribution of Maha Prasad during the events.

New Ventures:

We are pleased to announce our new ventures — Odissi Dance classes, Bala Diwas and Monthly Bhajan and Kirthan group. Stay tuned for more details!

Free Odissi Dance Workshops — Discover the Grace:

We are delighted to share that our temple successfully conducted free workshop classes in the beautiful classical dance form of Odissi on our temple premises, as planned. The students who attended shared very positive feedback. More sessions will be scheduled—stay tuned!



We warmly invite all children to come, learn, and enjoy in a friendly and encouraging environment. We look forward to seeing your children participate and share in this enriching experience.

Bal Diwas Announcement: We are delighted to introduce Bal Diwas at United Hindu Temple — a special day each month dedicated to children of all ages. We are currently developing the curriculum for this new venture. This beautiful initiative will offer our kids an opportunity to engage in fun, spiritual activities and connect with the divine in a meaningful way.

Let's nurture their values, संस्कार, and devotion together.

Monthly Bhajan and Kirtan Announcement: We are happy to introduce a monthly Bhajan Kirtan at United Hindu Temple. We are currently working on the schedule and organizing the details. Bhajan Kirtan is a beautiful way to come together in devotion—filling the atmosphere with divine vibrations, calming the mind, and bringing peace and positivity to our hearts.

Let's unite in singing the Lord's name and experience the joy of collective devotion.

Looking Ahead

In June, we look forward to upcoming festivals and special celebrations, including:

- ❖ Weekly and monthly poojas
- ❖ **Srimad Bhagavatam Katha is scheduled from June 5th–7th from 6-8:30 PM –**

The Katha will be delivered by **Acharya Satyam Vyas Ji**, a highly respected spiritual scholar of Vedic and Sanskrit studies and a renowned Bhagavat Katha Vyas.

This is a golden opportunity for you, your family, and your friends to immerse yourselves in the divine narrations of Lord Krishna's leelas, which beautifully illustrate the principles

of bhakti (devotion) and dharma (righteous living). We warmly invite you to take advantage of this opportunity and become an active part of our spiritual community.



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 13519 Ramona Parkway, Baldwin Park, CA 91706
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You are cordially invited to

SHRIMAD BHAGAVATAM KATHA

A Divine Journey with Lord Krishna's Leelas & Teachings



EVERYDAY SCHEDULE

EVERYDAY 6:00 PM TO 8:30 PM
 FOLLOWED BY MAHAPRASAD

<p>JUNE 5TH FRIDAY</p>	<p>JUNE 6TH SATURDAY</p>	<p>JUNE 7TH SUNDAY</p>
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EVERYDAY KATHA SCHEDULE

JUNE 5 FRIDAY

"The Glory of Shrimad Bhagavatam"

The significance of the Bhagavat Katha, the light of devotion in life, and the divine blessings of Lord Hari.



JUNE 6 SATURDAY

"The Divine Childhood Pastimes of Lord Krishna"

The enchanting childhood pastimes of Nandalal Shri Krishna. His playful butter stealing, and the beautiful scenes of Gokul.



JUNE 7 SUNDAY

"Gopi Geet"

A heartfelt narration of the gopis' unconditional love, longing, and supreme devotion toward Shri Krishna in Vrindavan.



Let's come together as a family and receive the divine grace of Lord Hari.

Hare Krishna!

KATHA VACHAK



Acharya shri Satyam Vyas ji

Since childhood, he has been devoted to spiritual studies and learning in the sacred city of Kashi. Later, residing in the holy land of Vrindavan, he dedicated his life to the devotion of Thakur Ji, spiritual discourses, and the promotion of Sanatan culture. His divine narrations inspire devotees, faith, and love in the hearts of devotees.

WHY ATTEND IN PURUSHOTTAM MAAS?

- ✿ Considered the most sacred time to increase devotion and earn infinite blessings.
- ✿ Hearing Bhagavatam purifies the mind, removes sins, and brings inner peace.
- ✿ Strengthens faith, brings harmony in family life, and leads to spiritual growth and Moksha.
- ✿ A rare opportunity to immerse in the divine stories, teachings and leelas of Lord Krishna.

EVENT HIGHLIGHTS

- 📖 Divine discourses on Shri Krishna's Leelas & Teachings
- 🌸 Spiritual upliftment for individuals and families
- 🕉️ Peace, prosperity and positive energy for all
- 🕉️ Mahaprasad will be served to all attendees

SPONSORSHIP OPPORTUNITIES
(BE PART OF THIS DIVINE SEVA)

 <p>51 YAJAMAN (Sponsorship Opportunity)</p>	<p>\$251 PER YAJAMAN</p> 
 <p>MAHAPRASAD (Sponsor a Day)</p>	<p>\$101 PER DAY</p> 
 <p>GARLAND SEVA (Pushpa Mala Seva)</p>	<p>\$51 PER SEVA</p> 

SPONSORSHIP PAYMENT OPTIONS

Please use following for sponsorship:
Zelle 626-756-6758 OR 626-746-7881

Checks payable to
"United Hindu Temple, Inc."

COME WITH FAMILY AND FRIENDS. LET US TOGETHER IMMERSE IN THE DIVINE STORIES OF SHRIMAD BHAGAVATAM AND SEEK THE BLESSINGS OF LORD KRISHNA.

Santosh Sharma, Priest (661-348-8014) | Shubham Shukla, Priest (747) 241-9480 | Skanda, Operations Lead (909) 611-5335

BRING YOUR FAMILY & FRIENDS!

Let us come together to listen, learn and receive the blessings of Shrimad Bhagavatam in this holy month of Purushottam Maas.

SHARE THE JOY. SHARE THE BLESSINGS.

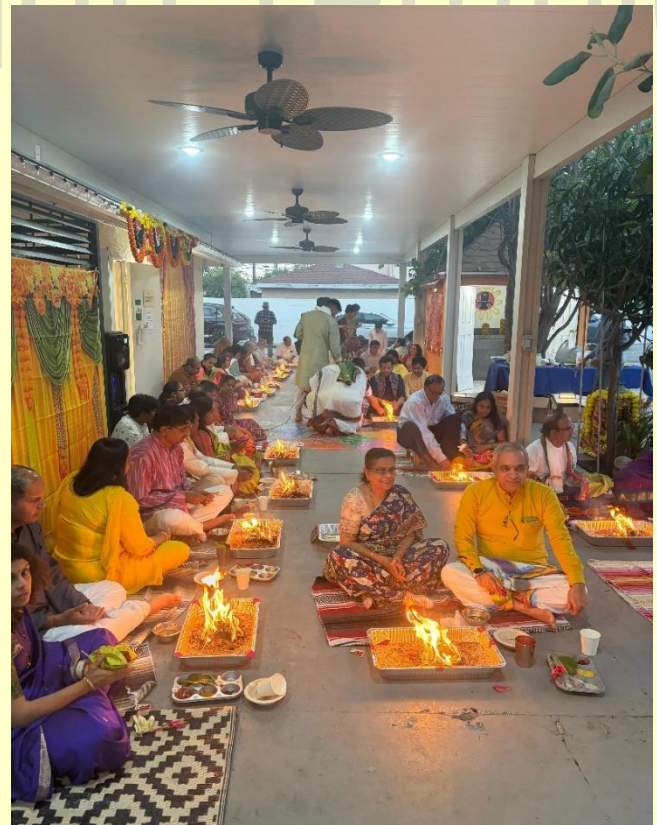
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 United Hindu Temple

🔔 **Gentle Reminders** 🔔

- ❖ Please confirm pooja and seva sponsorships in advance.
- ❖ Devotees are kindly requested to follow temple guidelines and adhere to temple timings.

PAST MONTH CELEBRATIONS

SUDARSANA HOMAM





United Hindu Temple

MATA KI CHOWKI





United Hindu Temple

SANI JAYANTI HOMAM





United Hindu Temple

SIGNIFICANCE OF SARASWATI POOJA



“OM AIM SARASWATYAI NAMAHA”

Saraswathi Pooja (Saraswati Puja) is a festival dedicated to Goddess Saraswati, the deity of knowledge, wisdom, learning, and arts. It is traditionally celebrated

during Navaratri (September–October) in most parts of India, especially in South India.

However, in some regions or institutions, a smaller Saraswathi Pooja or prayer for education may also be observed in June, particularly during:

- ❖ School reopening periods
- ❖ Academic year beginnings
- ❖ Special learning-related ceremonies

Saraswathi Pooja symbolizes:

- ❖ Respect for education, books, and learning tools
- ❖ Seeking blessings for academic success and wisdom
- ❖ Honoring arts such as music, dance, and literature

During June observances (often simpler than Navaratri celebrations):

- Books, notebooks, and educational tools are cleaned and arranged neatly
- A small altar with Goddess Saraswati's image or idol is set up
- Flowers, fruits, and sweets are offered
- Students and families perform prayers for a successful academic year
- Schools or offices may conduct group prayers or cultural activities

Even when observed in June, Saraswathi Pooja reflects the deep cultural value placed on **education, discipline, and lifelong learning**, especially at the start of new academic or professional journeys.

LEARN A SLOKA

*Shubham karoti kalyanam aarogyam dhana sampada
Shatru buddhi vinashaya deepa jyotir namostute*

Meaning: "I bow to the light of the lamp, which brings auspiciousness, well-being, health, and prosperity, and removes negative thoughts."

VEDIC VIGNETTES

"Sanatana Dharma Scriptures – Abundant Knowledge Sources"

We have discussed about the "Sruti" part of the scriptures in last month's Newsletter, let's delve into the "Smriti" part in this month's Newsletter.

- ❖ **Smriti: Remembered Scripture (Attributed Tradition) - Scriptures written by sages, serving to make Vedic knowledge accessible.**
 - **Itihasas** (History/Epics):
 - ❖ **Ramayana:** Story of Lord Rama (Sage Valmiki).
 - ❖ **Mahabharata:** Epic struggle, including the **Bhagavad Gita** (According to legend, Vyasa narrated the epic while Lord Ganesha wrote it down).
 - **Puranas** (Encyclopedia/Mythology): Sage **Veda Vyasa** is considered as the compiler of this genre of Hindu literature. These texts contain history,

cosmology, mythology, and genealogy, acting as a means to impart the wisdom of the Vedas to a wider audience.

- ❖ **18 Mahapuranas:** Significant Puranas including Vishnu, Shiva, Bhagavata, and Brahma Puranas.

Brahma Purana	Markandeya Purana	Skanda Purana
Padma Purana	Agni Purana	Vamana Purana
Vishnu Purana	Bhavishya Purana	Kurma Purana
Shiva Purana (or Vayu Purana)	Brahmavaivarta Purana	Matsya Purana
Bhagavata Purana	Linga Purana	Garuda Purana
Narada Purana	Varaha Purana	Brahmanda Purana

- ❖ **Upapuranas:** Minor Puranas, including Ganesha, Skanda, and Kalki Puranas.

- **Vedangas** (Limbs of Vedas): Six auxiliary disciplines designed to help understand, recite, and correctly apply Vedic rituals and hymns. Vedangas were crucial because the archaic language of the Vedas was difficult for contemporary scholars to grasp. They ensure the original text's purity in pronunciation and interpretation, protecting it from degradation over time.

- ❖ **Shiksha:** Phonetics - Focuses on the proper pronunciation, accent, and articulation of words.

- ❖ **Vyakarana:** Grammar - Deals with the rules of Sanskrit grammar, word formation, and sentence structure.

- ❖ **Chandas:** Prosody/Meter - Studies the metrical structures, such as the number of syllables, in Vedic poetry.

- ❖ **Nirukta:** Etymology - Focuses on the correct interpretation of words, explaining how and why they are used.

- ❖ **Kalpa:** Ritual instructions/Sutras - Covers the precise rules, procedures, and ceremonies for performing rituals and sacrifices.

- ❖ **Jyotisha:** Astronomy/Astrology - Determines the auspicious times for conducting rituals and sacrifices.

- **Upavedas** (Applied Knowledge/Subsidiary Vedas): These are traditional, technical, and practical sciences considered supplementary to the four main Vedas. They represent specialized knowledge on life, warfare, arts, and governance.

- ❖ **Ayurveda:** Medicine/Life Science.

- ❖ **Dhanurveda:** Warfare/Archery.

- ❖ **Gandharvaveda:** Music/Dance/Aesthetics.

- ❖ **Arthashastra/Sthapatyaveda:** Governance/Economics/Architecture.

- **Dharmashastras** (Law Codes): These are ancient Sanskrit treatises on law, ethics, and religious duty (*dharma*), serving as the foundational law for society.

- ❖ **Manu Smriti, Narada Smriti, Yajnavalkya Smriti.**

- **Darshanas** (Philosophical Systems/Sutras): Philosophically, Darshana means a "view," "perspective," or "vision" of truth, referring to the six classical schools, Shad-Darsana — that offer diverse pathways to perceive reality by removing ignorance (*avidya*), and provide a systematic, logical path to understand the self, and achieve liberation (*moksha*) from suffering. It implies a direct experience or insight into the nature of existence rather than mere theoretical study.

- ❖ Nyaya (Logic), Vaishesika (Atomism), Samkhya (Cosmology), Yoga (Psychology), Mimamsa (Vedic Interpretation), and Vedanta (Brahma Sutras –Smriti/Nyaya Prasthanas) – These Brahma Sutras are written by Sage Badarayana (Veda Vyasa), this text consists of 555 short, cryptic aphorisms (sutras) designed to systematically arrange, reconcile, and logically defend the teachings of the Upanishads. It addresses potential doubts and contradictions in the Upanishadic texts.
- **Agamas/Tantras** (Ritual/Worship Theology): serve as the foundation for temple rituals, worship protocols, and philosophy, emerging as a parallel tradition to the Vedas. They emphasize individual devotion and direct experience, offering specific instructions on building temples, creating idols, and daily worship, primarily divided into three main sects:
 - ❖ Shaiva Agamas(Shiva), Vaishnava Agamas(Vishnu), Shakta Tantras(Devi).
- **Stotras** (Devotional Hymns).

Different Functions ↔ Same Philosophy ↔ Relationship in Prasthanas Trayi

The Brahma Sutra is not literally the same text as the Upanishads, but it is the foundational logical text that systematizes the teachings of the Upanishads. They are considered inseparable parts of the same philosophy, which is collectively called Vedanta.

The Vedanta school of philosophy rests on three main foundations, known as the Prasthanas Trayi (Triple Canon):

1. **Upanishads:** The source material (scriptures).
2. **Brahma Sutras:** The logical analysis (systematic framework).
3. **Srimad Bhagavad Gita:** The practical application (smriti).

The Brahma Sutra is often called the Vedanta Sutra, which means it serves as a "thread" holding together all the Upanishadic texts like a garland of flowers, providing a consistent framework for interpretation.

Key Differences

- **Source:** Upanishads are part of the Sruti (revealed, heard) literature, while the Brahma Sutras are part of the Smriti or Nyaya (remembered/logical) tradition.
- **Style:** Upanishads are philosophical dialogues, poetry, and stories. The Brahma Sutras are extremely terse aphorisms that are incomprehensible without a commentary (bhashya).
- **Approach:** While the Upanishads reveal truths, the Brahma Sutras prove them through reason and refute competing philosophical schools.
The Brahma Sutras are the systematic, logical heart of Vedanta, while the Upanishads are its spiritual soul. They are part of the same tradition of knowledge but function as different types of texts.

Note: Due to the cryptic nature of the Brahma Sutras, various thinkers—such as Adi Shankaracharya (Advaita), Ramanujacharya (Vishishtadvaita), and Madhvacharya (Dvaita)—have written different commentaries, interpreting the same Sutras through their own specific schools of Vedanta.

On the whole, all these scriptures provide ↔ a rich, flexible tradition giving social guidance, moral stories, practical ethics, devotional practices, and tools for inner discovery ↔ to pick and follow what helps you most.

MEMBERSHIP

Temple membership can offer significant mutual benefits, fostering a strong bridge between the devotee and the institution. Devotees often find valuable spiritual connection, guidance, and community support through their involvement.

Simultaneously, the temple gains the essential strength and resources required to sustain its sacred work and service to society, creating a symbiotic relationship that strengthens the spiritual journey for individuals and the community as a whole. Click on the link below if you would like to become a UHT member today.

[UHT MEMBERSHIP LINK](#)

🌸 Member Testimony 🌸

Testimony from a devotee, Swapna Reddy who signed up for membership:

"From the moment I left home and began building my life on my own, I made a personal commitment: every first income I earned in any new job would be offered to the spiritual path guiding me at that time. It was my way of grounding myself, expressing gratitude, and staying connected to something greater than my circumstances.

Over the years, this practice has carried me through many milestones in this country. One of the most meaningful came after twenty years of perseverance, challenges, and resilience — receiving my green card. It was a moment shaped by storms, endurance, and grace. I knew this achievement deserved a celebration, but not in the traditional sense. I wanted the celebration to reflect purpose. I wanted it to be part of a noble cause.

My spiritual journey has been deeply influenced by a dear friend whose unwavering dedication to the United Hindu Temple has inspired me time and again. Watching their commitment has motivated me to give whenever I could, and to stay connected to service as a form of gratitude. This path has not only strengthened me, but has also touched and inspired many others along the way.

I share this testimony with humility and gratitude — for the journey, for the blessings, and for the opportunity to give back."

DONATIONS/SPONSORSHIP

Temple donations and sponsorships are sacred acts of seva (selfless service) and daan (charity). By contributing, devotees help preserve our spiritual traditions, support daily poojas and festivals, and maintain the temple as a space of peace, learning, and divine connection for all.

Sponsoring a pooja or ritual allows devotees to participate directly in sacred offerings made to the Divine, seeking blessings for health, prosperity, harmony, and spiritual growth. Such offerings are performed not only for individual families but for the well-being of the entire community.

When we give with devotion, the Divine gives back in countless ways—strengthening faith, purifying the heart, and sustaining dharma for future generations.

“Seva is the highest form of worship.” 🙏

United Hindu Temple provides various opportunities of Seva and we welcome your kind donations.

Zelle - can be done on 626-756-6758 OR 626-746-7881

Check - Payable to - "United Hindu Temple, Inc."

PayPal / Credit Card – [Donate](#)

🙏 Thank you 🙏



**Our heartfelt thanks to
the sponsors of
Renu Mishra and
Chandra Roy & Family**

MATA KI CHOWKI

Mata Ki Chowki is a sacred devotional gathering dedicated to Maa Durga, where devotees come together to sing bhajans, chant mantras, and immerse themselves in the Divine Mother’s grace. The word “Chowki” symbolizes the sacred seat prepared for Maa — inviting Her presence in our lives.

At United Hindu Temple, Mata Ki Chowki is not just a ritual — it is a collective expression of devotion, faith, and community bonding.

- 👁️ Invokes Divine Shakti (energy) – Maa Durga represents strength, protection, compassion, and prosperity.
- 🌸 Removes obstacles & negativity – Devotional singing purifies the environment and uplifts consciousness.
- 🙏 Strengthens family & community ties – Families gather in devotion, passing faith to the next generation.
- 🕉️ Creates a powerful spiritual vibration within the Mandir that benefits all devotees.

When performed in the temple, the blessings multiply — as prayers offered in a

sacred space carries heightened spiritual energy. When you invite Maa into your life through a Chowki, she resides in your home and heart. Hosting a Chowki is considered highly auspicious because:

- ❖ It is an offering of bhakti (devotion) rather than material wealth.
- ❖ The host family receives Maa's blessings for health, harmony, protection, and prosperity.
- ❖ It is often performed to mark special milestones — birthdays, anniversaries, thanksgiving, new beginnings, or simply out of gratitude.
- ❖ It creates positive karma by sponsoring a devotional event for the larger community.

🌸 **How United Hindu Temple Provides This Opportunity**

United Hindu Temple is blessed to offer devotees the sacred opportunity to:

- 📅 Sponsor and host Mata Ki Chowki on chosen dates
- 🎵 Arrange devotional singers and priestly guidance
- 🌸 Provide beautifully decorated altar setup
- 🍵 Organize prasad and community participation
- 🤝 Make the event seamless and spiritually enriching



United Hindu Temple warmly invites devotees to host Mata Ki Chowki and experience the immense joy of seva. When devotion is offered in a sacred space, it becomes a blessing not just for one family — but for the entire community. By hosting at the Mandir, families become part of a larger spiritual family, sharing their joy and gratitude.

Use the form link below to sign up or use the QR code

[**UHT MATA KI CHOWKI HOSTING REQUEST FORM**](#)



🌸 🙏 **Jai Mata Di** 🙏 🌸

VOLUNTEER OPPORTUNITIES

Temples offer diverse volunteer roles for all ages, from organizing cultural events and festivals to preparing/serving sacred food (prasad) and community outreach, fostering spiritual growth and community connection, with specific opportunities often requiring contact with a volunteer coordinator for involvement, even offering service hours for students.

Click on the link below if you would like to volunteer your services to help your community.

[**UHT VOLUNTEER FORM**](#)

TEMPLE SERVICES

Devotees interested for a puja or service at our temple are requested to kindly provide accurate details, including the type of puja, preferred date and time, and any specific intentions or offerings. Your responses will help us prepare and schedule the puja according to your preferences. Once submitted, our team will review your request and get back to you with confirmation.

Service Name	In Temple	At Home
Archana and Aarti (any deity)	\$11	NA
Sahasra Nama Archana – 1008 names (any deity)	\$21	NA
Abhishekam and Aarti (any deity)	\$51	\$201
Any Homam	\$101	\$201
Shanti Puja	\$101	\$151
Car Puja	\$51	\$101
Navagraha Abhishekam and Aarti	\$101	\$251
Satyanarayana Puja	\$151	\$251
Kalyanam (Srinivasan, Sitarama, Valli)	\$201	\$301
Chandi Homam	\$201	\$251
Navagraha Homam	\$151	\$251
Sudarsana Homam	\$201	\$251
Nakshatra Santi	\$151	\$251
Dhanvantari Homam	\$151	\$251
Engagement	\$1001	\$301
Wedding	\$1501	\$501
Srimantam	\$101	\$251
Barasala (Baby naming)	\$101	\$251
Annaprasana	\$51	\$101
Aksharabhyasam	\$51	\$101
Kesha Kandan	\$51	\$101
Upanayanam	\$101	\$151
Special Birthdays	\$101	\$151
Chiralu/Panchulu	101	\$151
Mata ki Chowki (Temple provides food prasad)	\$750	\$251

Click on the link below to submit the Temple Service Request form.

[UHT SERVICE REQUEST FORM](#)

KAMDHENU PROGRAM

Dear Devotees, we are delighted to introduce Kamdhenu, a new initiative designed to support our community by helping devotees resolve their challenges.

What is Kamdhenu?

Kamdhenu is a program that allows devotees to share any issues or problems they are facing. Once an issue is submitted, the temple will identify individuals within the community who have the expertise or resource to help. We will then connect the person in need with the person who can provide assistance.

Submit your issue by using the QR code or Form link below



UHT KAMDHENU FORM

Your information is safe, only the issue will be shared.

By participating in Kamdhenu, you are not only seeking help but also contributing to a stronger, more connected community where everyone supports each other.

Thank you for being part of this initiative. Together, we can make a difference!

Contact - Archana Garg 909-438-3429

We are happy to share that we were able to connect with some devotees who requested for guidance and support in the following areas.

1. Educational consultation
2. Job consultation and requirement
3. Volunteer hours needed
4. Monetary/ loan requirement

Disclaimer: This nonprofit, serving through the Temple community, provides charitable support in financial, emotional, health awareness, educational, and senior matters. We understand that life may present challenges, and individuals may seek guidance or resources. When possible, we will make reasonable efforts to connect you with helpful community resources. We are not licensed medical, legal, or financial professionals. All services are voluntary, informational in nature, and provided without guarantees.

HEALTH IS WEALTH (Health tip of the month)

"June = sunshine, outdoor wellness, and natural vitamin D renewal."

Benefits of Vitamin D - increases power to concentrate, reduces levels of anxiety!

- ❖ Enables the absorption of calcium and phosphorus to support strong bones and teeth, maintain bone density, and reduce fracture risks in older adults.
- ❖ Plays a role in helping the immune system function properly.
- ❖ Supports muscle strength.
- ❖ Low vitamin D levels are sometimes associated with fatigue or low mood.

Helpful hints:

- Morning sunlight exposure, daily outdoor movement or yoga and seasonal routine aligned with nature.
- Foods that provide Vitamin D support:
 1. Ghee (Clarified Butter) – valued in Ayurveda for nourishment and absorption of nutrients - Ghee naturally contains trace amounts of fat-soluble vitamins,

2. including Vitamin D. While it shouldn't be your only source, a drizzle over food helps aid the absorption of fat-soluble nutrients.
3. Fortified Dairy and Plant Milks
 - Cow's milk (fortified), Homemade yogurt/ buttermilk - Dairy products fortified with Vitamin D typically provides about 100-120 IU with one glass (250 ml)
 - Paneer (Indian Cottage Cheese) - When made from fortified milk, paneer is an excellent protein-calcium-Vitamin D combo.
 - Plant-Based Milks: Fortified soy, almond, and oat milks offer great vegan alternatives, providing roughly 100 IU per cup.
4. Sun-exposed mushrooms – Varieties like shiitake, maitake, and button mushrooms synthesize Vitamin D when exposed to sunlight.
 - Preparation: Leave sliced mushrooms in direct sunlight for 15-30 minutes before cooking to supercharge their Vitamin D content, then use them in cooking.
5. Egg yolks (if included in your diet)
6. Fortified Cooking Oils
7. Fortified Cereals and Orange Juice
8. Sesame seeds, Dates and dried nuts such as Almonds
9. Vitamin Supplements

Caution: Before starting new vitamin supplements or food, it's best to check with a healthcare professional, especially if you take medications or have health conditions.

BHAGAVAD-GITA – Chapter 15; Sloka 15

***Sarvasya chāham hr̥di sannivisto, Mattah smrtir jñānam apohanam cha |
Vedais̥ cha sarvair aham eva vedyo, Vedānta-krd veda-vid eva chāham ||***

Meaning: "I am seated in the hearts of all beings. From Me come memory, knowledge, and even forgetfulness. Through all the Vedas, I alone am to be known. I am the author of Vedanta and the knower of the Vedas"

"God is present within us, guiding our knowledge, memory, and spiritual journey. The ultimate purpose of spiritual study is to know and connect with God. Approach life with humility, gratitude, and devotion."

DEVOTEES CORNER

Devotees are welcome to express their heartfelt feelings, spiritual experiences and promote small business interests. Please reach out to 323-897-0383 or 626-488-4126(**Whatsapp only**) if you would like to share content that you would be interested to published in Devotees Corner section of the Newsletter.

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THANK YOU!