



## AALAYA SANDESHA

**Subhamastu Avighnamastu Vijayostu**

**Sri Venkateswara Temple Newsletter**

**10401 McKinzie Lane, Corpus Christi, TX 78410**

**Phone [361-241-0550](tel:361-241-0550) HYPERLINK**

**<http://www.svtempletexas.org/>[www.svtempletexas.org](http://www.svtempletexas.org)**

**March 2014**

**PRESIDENT**

Dr. Vandana Kamat

**Treasurer**

Dr.Krishniah Rayasam

**Co-Treasurer**

Chandra S.Katragadda

**Secretary**

Dr.M.P.Sudhakaran

**Religious Chair**

Dr.Ramakrishna mulukutla

**TRUSTEES**

Mr.Avinash Ahuja

Mr.Krishna Akella

Dr.Vijay Bindingavele

Dr.Srikanth Damaraju

Dr.Lalitha Janaki

Dr.Chandra S.Katragadda

Dr.Vandana Kamat

Mrs.Ritha Kulkarni

Dr.Mahesh Maruvada

Dr.Rama Mulukutla

Mrs.Sridevi Padmanabhan

Mr.Bhanukant Patel

Mr.Pinakin Patel

Mr.Rakesh Patel

Dr.Krishnaiah Rayasam

Dr.M.P Sudhakaran

**TEMPLE MANAGER**

Dr.Murthy Mangipudi

**TEMPLE PRIESTS**

Sri Sai Chandra Sekhar  
Sharma

Sri Srinivasacharyulu  
Anikepalli

**EDITOR**

Dr.Lalitha M.Janaki

Contact Info :

[361 549 9727](tel:3615499727)

[drljanaki@hotmail.com](mailto:drljanaki@hotmail.com)

**PRESIDENT'S MESSAGE**

Dear Fellow Devotees,

It seems the year 2014 had just started and we are already in the month of March. By Divine Grace and your continued support our temple continues to thrive, each year adding more festivities and attendees. The temple continues to provide wholesome facilities for various religious functions and festivals giving us opportunities to worship and celebrate.

Under the guidance of our past trustee committee presidents, the temple has evolved to the present stage and continues to do so. The present committee would like to emulate the achievement of the past committees. We just celebrated the Mahashivaratri festival with great success; the attendees (about 150) for this festival exceeded our expectation. Our thanks to all the sponsors, in-kind donors and the annadattas under the leadership of Rita Kulkarni and RajalakshmiRayasam and other devotees who provided "Prasad". Our Fundraiser events are very critical for the economic viability of our temple and the FESTIVAL OF INDIA and HEALTH FAIR is our biggest annual fundraiser. Last year we raised almost \$ 55000 which was well utilized for the upkeep and other expenses of the temple. About 900 people from the community attended the event. This year we would like to supersede that. I would like to urge all the devotees to attend, bring their friends, families, coworkers and friendly neighbors etc to attend the event. We thank all the devotees for their continued support; we appreciate their valuable time, novel ideas, in-kind donation and each and every monetary donation. There is a great faith that God will continue to inspire the devotees to support our temple in whatever way they can. We will continue to send emails of our monthly temple activities; our priests are available for any religious needs and special prayers on any auspicious day of you or your families. It is marvelous to see how this temple has grown. We encourage devotees to take advantage of all the activities of the festival.

We encourage feedback and are open to all the input and constructive criticism in our effort to evolve to more ideal.

MARK YOUR CALENDER FOR SATURDAY, APRIL 5<sup>TH</sup>, 2014- THE FESTIVAL OF INDIA/HEALTH FAIR.

Thank you,

Dr Vandana Kamat

President of STHS Trustee Committee.

**Priest's Message**  
**Benefits of Panchanga Sravanam.**



**“Tithirvarancha nakshatram  
Yogaha karanamevacha  
Panchangam ithivikyatam  
Lokoyam karmasadakaha “**

Panchangam illustrates the tithi, varam, nakshatra, yoga, to the world for prosperity.

**“Tideshcha sriamapnothi varath ayusyavardanam  
Nakshatrat dharatepapam yogath roganivaranam  
Karanath Karyasiddescha panchangam phalamidam  
Kalavitkarma krudiman devatanugraham labheth”**

Panchangam consists of 5 parts. According to pachangam, time has 5 parts they are as follows:

1. Tithi
2. Varam
3. Nakshatram
4. Yogam
5. Karanam

Tithi endures prosperity, Varam signifies long life, Nakshatram drives sins away, yogam prevents diseases, karanam signifies success at work. Praying god gives us blessings for health, wealth and prosperity.

## FESTIVAL OF INDIA/HEALTH FAIR 2014

By

Dr. SriKanth Damaraju

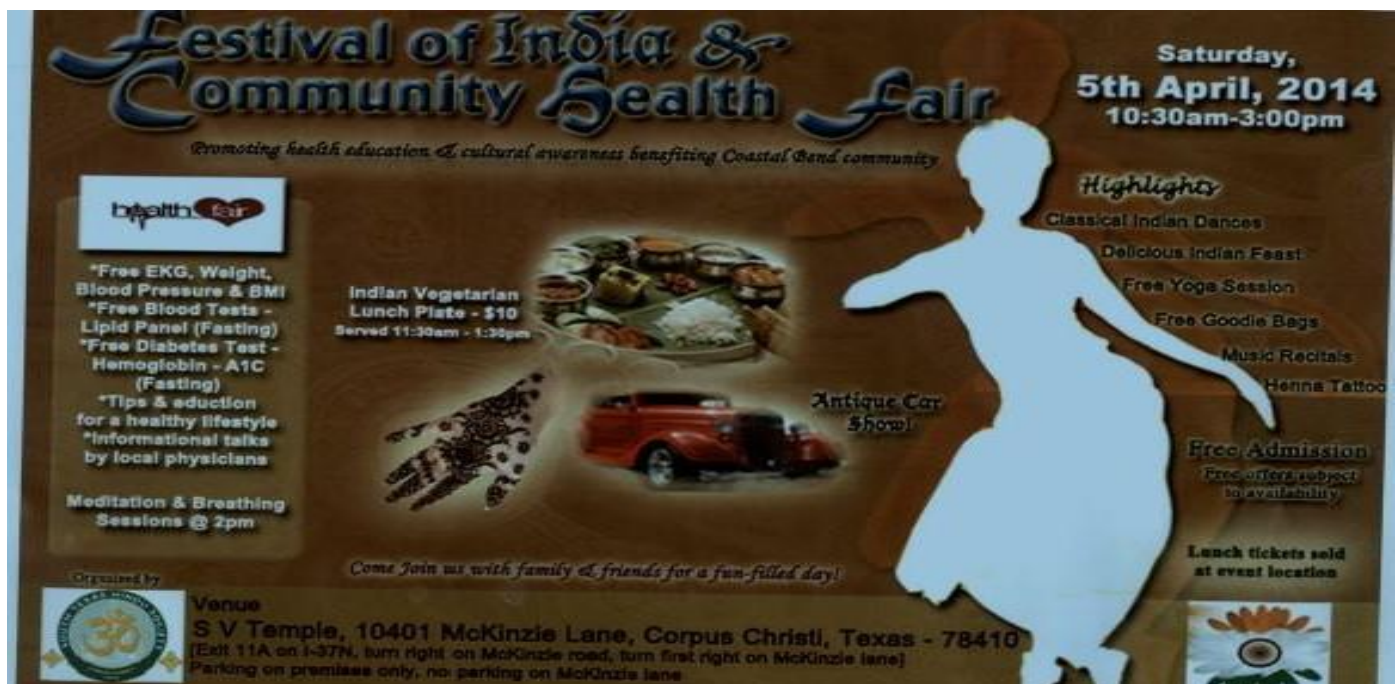
Chair FOI/Health Fair

After seven years of being actively involved in the Health Fair and Festival of India, I still enjoy watching the amazement in the eyes of the average citizen who walks in. Conceived as a cultural taste of India, the Festival of India is the primary vehicle to broadcast our community to our neighbors here in South Texas. Similar to other cultural festivals such as the Greek Fest, Jewish Food Fest and Czech Fest, the Festival of India has become a spring fixture in Corpus Christi's calendar. The Health Fair component was added at the outset to enable our multiple medical members to provide a free service to the community.

We routinely have over 25 vendors displaying health care related information and have over a thousand attendees. While the main draw is the tasteful Indian fare, most people enjoy the service of having their blood pressures and sugars checked as well as getting free EKGs as part of the experience. The cultural stage provides a good forum for children and adults to dance, dress up and entertain. Our older youth find a great opportunity to volunteer and gather community service hours. We have had yoga, meditation seminars, henna, dress-up and palm reading in the past.

While the Republic Day, Diwali and Indian Independence celebrations by the CBIA provide a chance to enjoy our heritage in an evening, the FOI/HF has become a day-long celebration of our culture. Proceeds go to support the Hindu Temple. As I like telling my friends and colleagues, religiosity is not a prerequisite for cultural appreciation.

Come out! Support our community!



**Festival of India & Community Health Fair**  
*Promoting health education & cultural awareness benefiting Coastal Bend community*

**Saturday, 5th April, 2014**  
**10:30am-3:00pm**

**health fair**

- \*Free EKG, Weight, Blood Pressure & BMI
- \*Free Blood Tests - Lipid Panel (Fasting)
- \*Free Diabetes Test - Hemoglobin - A1C (Fasting)
- \*Tips & education for a healthy lifestyle
- \*Informational talks by local physicians

Meditation & Breathing Sessions @ 2pm

Indian Vegetarian Lunch Plate - \$10  
Served 11:30am - 1:30pm

Antique Car Show!

**Highlights**

- Classical Indian Dances
- Delicious Indian Feast
- Free Yoga Session
- Free Goodie Bags
- Music Recitals
- Henna Tattoo

**Free Admission**  
Free offers subject to availability

Lunch tickets sold at event location

Organized by

**Venue**  
S V Temple, 10401 McKinzie Lane, Corpus Christi, Texas - 78410  
(Exit 11A on I-37N, turn right on McKinzie road, turn first right on McKinzie lane)  
Parking on premises only, no parking on McKinzie lane

*Come Join us with family & friends for a fun-filled day!*



## Ugadi/Gudipadwa

By

Dr. Mahesh Marwada

Ugadi is on chaitra masa padyami following previous year phalguna maas amavasya. Because it indicates the beginning of Yuga, it is called Yugadi in Sanskrit. Over time it is pronounced as Ugadi. It is said that Brahma started Srushti (creation) on that day. From *Chaitra Suddha Padyami* to *Chaitra Suddha Navami* is celebrated as “*Vasanta Navaratri*”. The day is celebrated in several ways. Very important thing on this day is “Ugadi chutney”. It has a particular significance, the ingredients of Ugadi Chutny relate to mixture of life experiences. Another important event on this day is “Purna Kumbha Danam”/Dharma Kumbha Danam. “Kalasa Pooja” is performed and after the prayer it is given to Guruji/Priest along with any additional offerings like clothes, money etc. Panchanga Shravanam is an important event of the day. It will give the year's Rasi Phalam and their effects on us and precautions we can take and also several opportunities awaiting us. One can learn in depth by knowing about Pushkaras, Festivals, Grahana (Eclipse) details, Past kalpa thidhis, Manu's kingdom's thidhis, and starting thidhis of four Yugas—Kruta, Treta, Dwapara, and Kaliyugas. Also Janma thidhis of dasavataras of Lord Vishnu etc

## **Sri Rama Navami**



Sri Rama's wedding and coronation happened on his birthday which is celebrated as Sri Rama Navami. According to “Valmiki Ramayana” Sri Ramachandra was born to Dasaratha during the year of “*Vilambi*”, on *Chaitra Suddha Navami*, in *Punarvasu Nakshatra* and *karkataka Lagnam*, at noon time which is called “*Abhijnmuhurtam*”. On this day Sri Rama killed Ravana and returned to Ayodhya victoriously and had pattabishekam. According to Puranas and scriptures, Sri Maha Vishnu promised naradadi devas that he will be born on earth to Kousalya to destroy evil and establish Dharma and attained Ramavataram. For any festival, good food, new clothes, entertainment are common ways of celebration. We need to know the importance and message of Sri Rama Navami. In Kaliyuga, it is one's desire to have a Rama in every house. **Rama** the ideal, son, brother, husband, student and ruler

## Bharata Natyam as a form of exercise

By  
Ritha Kulkarni



Bharata Natyam is an ancient classical Indian dance form . This art is popular and nurtured in the Indian state of Tamil Nadu. This dance was traditionally performed by the devdasis, a community of temple dancers, who handed down the knowledge of this art form from generation to generation.

The present form of BharataNatyam has been revived and is being revered outside of India, and a lot of Western countries have adopted this dance as an aerobic activity as well.

Bharata Natyam is an awesome dance form to learn if you have passion for fitness and love for the art. It is a beautiful combination of rhythm, melody and expression. It is complete exercise for the body and mind.

If performed with absolute dedication, this could be as good as Yoga. Some of the health benefits of this dance are: body balance and flexibility, improved concentration, stamina and endurance, increased heartrate ,thus increased blood supply to brain, improved eye sight, and glowin of the skin.

If started at an young age ,great way to stay in shape thru adulthood. Bharat Natyam is anexciting activity,that brings the moms together as well.

## Editor's page

# HAPPY UGADI



Another new year and another new page in life. Ugadi is a new year 's day not just for two or three southern states India

Though the names are different the meaning, philosophy and devotion are the same.

While the people of Karnataka and Andhra Pradesh use the term **Yugadi/Ugadi** for this festival, the people of Maharashtra term the same festival as Gudi Padwa (Marathi: गुढी पाडवा). Marwari, people of Rajasthan call it Thapna. Sindhis, call it Cheti Chand. Manipuris call it Sajibu nongma panda . It is observed as Baisakhi in Punjab and Puthandu in Tamil Nadu. However, it is not celebrated on the same day as Yugadi in Tamil Nadu.

Do you know, It is also celebrated in Mauritius. Hindus of Bali and Indonesia also celebrate their new year on the same day as Ugadi. This tri-state festival could be the result of the common rulers from the Satavahana Dynasti.

Many of us have no real knowledge of the significance of 60th birthday .In Lunar calendar we have 60 years ,and on our 60th birthday we celebrate our first birthday again.

Is that interesting that in other cultures ,60th birthday is very important as well, but you can never get a clear answer as to why it is an important birthday.

We have celebrated Holi at the temple on full moon day and CBIA organized the Holi celebration at the temple as well. All ages enjoyed and had lots of fun.

The temple was visited by the distinguished Consul General ,from Consulate General of India, Mr.P. Harish, he and his family were honored by our priests and the trustees. If anyone needs help contact him at [consulgenhouston@swbell.net](mailto:consulgenhouston@swbell.net).

He has left his contact information for those who need to communicate with the consul general. We are very proud of Mrs.Usha Gurumurthy ,who recently was honored Teacher of the Year. Congratulations Usha.

Importance of ingredients in Ugadi Pachadi:

- Neem buds/flower: Sadness
- Jaggery and Ripe banana pieces: Happiness
- Green chilli's/pepper: Anger
- Salt: Fear
- Tamarind juice: Disguist
- Un-ripened Mango: Surprise

My heart full thanks to Prashanth, HariPriya, Divya and Pratuysya for helping me prepare this document.

## **Holi at the temple...**



**Dr. Lalitha M Janaki**



