

Hari Om Mandir rings in New Year with awards

Asian Media USA

CHICAGO: Devotees at Hari Om Mandir in Medinah, a north side

suburb of Chicago, kept up the tradition of ringing in the New Year, with "Akhand Ramayan Path" on Saturday, Dec 31. All

members of the Board, along with several devotees were in attendance at a formal Pooja and other rituals performed by the Temple

ings and prayed for the well being of all mankind.

The two Boards - Executive Board (EB) and Board of Trustees

was introduced as the President of the EB. He took charge from the outgoing President, Indrajit Sarkar. Similarly, Ayodhya Salwan completed his term and handed over the charge to the New Chairman of the BOT, Satpal Salwan.

Plaques were awarded to the outgoing Office Bearers: Ayodhya Salwan, Mohan Karamchandani, Amar Singla, Mrs. Nirmal Bagga, Sham Taxali, Indrajit Sarkar and Mrs. Usha Verma, for their services to the Temple and community at large. New Members Mrs. Shubh Sharma, Jeetu Patel, Chandru Bhojwani, Upma Hardy and Krishan Tejal were also introduced to the public and given a warm welcome.

Hari Om Mandir is located at DuPage County in the heart of Chicago land. The Mandir has statues of all major North Indian Gods & Goddesses. Every Sunday there is a Havan and general congregation followed by Aarti and Bhojan Prasad. Every Monday there is Shiv Puja and every Tuesday there is Hanuman Challis Path. Two



Executive Board members, Board of Trustees and children celebrate the auspicious start of the New Year

Priest, Pandit Dinesh Kumar.

At Midnight, 12 o'clock, a big group of devotees rang in the New Year 2017, amidst chanting of prayers, bhajans, Ram Dhun and ringing of bells. Devotees took turns in reading the Holy Book and Ramayan Path was completed after 24 hours next day on January 1. People sang and danced with joy to celebrate the auspicious start of the New Year.

The Mandir was beautifully decorated with flowers, lights, bunting, banners etc. to usher in a new year of peace and prosperity. A grand lunch was served by the temple and people exchanged greetings, good wishes and embraced each other to seek bless-



Executive Board members honored with plaque for completing three years

(BOT) - that run the show all year round were introduced to the general congregation. Vipran Wadhwa

learned priests are available in temple, for Poojas, Havan, Kathas etc in the temple and at home.

New Year with Yoga at Delaware church

India Post News Service

DELAWARE: Church on Main in Middletown (Delaware) is going to "Start off the New Year right with Community Yoga", according to an announcement published on the Church website, titled as "Yoga to begin the New Year? Yes, please!"

The Church has urged all to "Join Church on Main for our New Year Community Yoga this Sunday at 9 am. There is no cover charge". Fernando Rodriguez is the Pastor at Church on Main in Middletown.

According to an unmixed welcomed to this move by the Delaware Church, members of the Indian Americans at large and Hindus in particular, observed that

Yoga helps calming mind and improving health and hence, is beneficial to all irrespective of class creed and religious affiliations

Yoga, referred as "a living fossil", was a mental and physical dis-

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cipline, for everybody to share and benefit from, whose traces went back to around 2,000 BCE to Indus Valley civilization, said Rajan Zed, President of Universal Society of

Hinduism.

Yoga, although introduced and nourished by Hinduism, was a world heritage and liberation powerhouse to be utilized by all. According to Patanjali who codified it in Yoga Sutra, yoga was a methodical effort to attain perfection, through the control of the different elements of human nature, physical and psychical.

According to US National Institutes of Health, yoga may help one to feel more relaxed, be more flexible, improve posture, breathe deeply, and get rid of stress. According to "2016 Yoga in America Study", about 37 million Americans (which included many celebrities) now practice yoga; and yoga is strongly correlated with having a positive self image.



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