Message from The President

Namaste members:

This is my last president's message, as my two year term in ending now. Although I am looking forward to some relief and personal time, doing anything for the last time comes with some mixed emotions.

Before proceeding forwards, I must congratulate the new comers to the Board of Directors. These are three very promising new faces in the board, who have established reputation as hard working volunteers in the community. They are Dr. Neeraj Agrawal, Mr. Lalit Mahadeshwar and Mr. Viral Choksi. Their zeal and enthusiasm towards their new volunteer adventure gives me a real hope that good things are going to happen under their leadership. They are truly a fresh ray of hope.

I have been pleasantly surprised when people tell me that they actually read my messages. For that reason I will like to summarize some aspects of our society, its functioning and administration that have been derived out of my close involvement in the past few years. Our society has done fairly well overall. We have grown tremendously. Thanks also to the ethnic population boom in this area. At the same time our progress has been hampered by some chronic problems in the HSNC administration that has plagued it right from the beginning. The infighting and attempt to 'control' and do thing their own way, by subsequent boards has given 'HSNC politics' a bad name. This has driven well meaning volunteers away.

We can achieve much more if we can make some meaningful changes in the administration that will give our members the confidence that decisions are made in an open and democratic way and finances are handled safely. New projects like extra parking, Senior center, Yagayshala, temple extension or even a brand new temple are all possible, if we can do this. We basically have to bring back those, who have gone away to the side lines.

So what is the real problem and how to fix it: I am putting my thoughts here. This is in an attempt to start a wider discussion, get more ideas and derive a consensus.

The real problem is that the constitution gives absolute power to the seven Board of Directors. Several amendments to the original constitution have been made, including the one when the Board of Trustees were formed, but this aspect was never touched.

The 'super powerful' board of directors control all finances, decision making, committees, various events and property management. A simple majority of four (out of 7), can do absolutely anything. This fact has resulted in the Boards taking controversial decisions without consulting any one and changing or even reverting previous Board decisions. Since most of the time there are no elections and any one applying gets in the board, these BODs do not necessarily represent the majority public view. Some have their own narrow agenda.

I have identified 3 core areas that can eliminate these problems, if we can fix them. These are:

- Upcoming Events

- Help Line Number

- INSIDE THIS ISSUE

- Message from the President continues on Page 2
1. **Committees should be made stable:** Because the constitution gives so much power to the BODs, a new BOD liaison is appointed each year to the committees with each new board. They very often dissolve the old committees and bring their ‘own people’. This not only loses the continuity of committee work but also upsets the sincere volunteers. They may never want to get involved again.

---

**HSNC Committees & Contact Information**

**Hospitality Committee**
- Satish Laroia (Chair) 919-387-8556
- Ramesh Vora 919-656-8958
- Naresh Giri 919-392-2346
- Purnima Kotiya 919-233-0544
- Dashrath Lohar 919-889-1208
- Vivek Pathak 919-599-1325
- Pramila Domadia 919-387-9171
- Madhu Mathur 919-677-9469
- Anu Virkar 919-462-8122
- Ramesh Fofaria 919-283-4232
- Harsha Shah 919-447-0122
- Madhu Sharma 919-535-3240
- Madhu Gangwal 919-467-4336
- Madhu Mandiratta 919-846-9092
- Annapurna Deo 919-423-7069

**Fund Raising Committee**
- Madhu Sharma 919-535-3240
- Saroj Sharma 919-460-7830
- PM Shah 919-362-0520
- Jaylan Parikh 919-363-1972
- Madhu Dev 919-490-0997

**Policy Manual Committee**
- Jaylan Parikh 919-363-1972
- Madan Goyal 919-484-7923
- Vikram Oza 919-569-9512
- Aman Gupta 919-851-2492
- Gowri Goli 919-319-8877
- Suvas Shah 919-467-3508
- Dhruva Kumar (Board Liaison)

**Planning/Permit Committee**
- Ravi Raghvan 919-859-9250
- Prasad Satghare 919-466-7756
- Satpal Rathie 919-481-4451
- Alok Sharma 919-332-9500
- Suvas Shah 919-467-3508

**Facilities Maintenance**
- Prasad Satghare 919-466-7756
- Vibha Goel 919-461-0001
- Trilok Pillai 919-599-9567
- Haresh Tanna 919-610-1495

**Facilities Rental**
- Ravi Raghvan 919-859-9250
- Madhu Sharma 919-535-3240
- Trilok Pillai 919-599-9567

**Communication Committee**
- Saurabh Agrawal 919-749-6669
- Madan Goyal 919-484-7923
- Aman Gupta 919-851-2492
- Ronak Hada 919-564-9284
- Sameer Mohile 919-851-8799
- Harshad Shah 919-341-8894
- V. P. Tiwari 704-816-9003
- Anup Kataria 419-320-5757
- Dhruva Kumar (Board Liaison)

**Grievance Committee**
- Mansukh Wani 919-489-2573
- Vijaya Bapat 919-319-7294
- Om Dhingra 919-678-9056

**Youth Committee**
- Pinky Tapiawala 919-539-5471
- Aman Gupta 919-851-2492
- Vibha Goel 919-461-0001

---

**HSNC Focus Events**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>December 7</td>
<td>HSNC Gala Dinner</td>
</tr>
<tr>
<td>December 15</td>
<td>HSNC General Body Meeting</td>
</tr>
<tr>
<td>December 15</td>
<td>Om Squad Appreciation Lunch</td>
</tr>
<tr>
<td>December 17</td>
<td>Sathyanarayan Katha</td>
</tr>
<tr>
<td>January 1</td>
<td>Havan for New Year</td>
</tr>
</tbody>
</table>

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**Publication Information**

- **Publication Title & Number:** The Hindu Society of North Carolina Newsletter, Volume 38, Issue 11
- **Issue Date:** November, 2013
- **Statement of Frequency:** Monthly
- **Authorized Organization’s Name & Address:** The Hindu Society of North Carolina, 309 Aviation Parkway, Morrisville, NC 27560
## General Temple Information

### Operating Hours and Aarti Schedule

<table>
<thead>
<tr>
<th>Days</th>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Temple Hours</td>
<td>7:00 AM - 9:00 PM</td>
<td>7:00 AM - 9:00 PM</td>
<td>7:00 AM - 9:00 PM</td>
<td>7:00 AM - 9:00 PM</td>
<td>7:00 AM - 9:00 PM</td>
<td>7:00 AM - 9:00 PM</td>
<td>7:00 AM - 9:00 PM</td>
</tr>
<tr>
<td>Morning Aarti</td>
<td>10:30 AM.</td>
<td>10:30 AM.</td>
<td>10:30 AM.</td>
<td>10:30 AM.</td>
<td>10:30 AM.</td>
<td>10:30 AM.</td>
<td>10:00 AM.</td>
</tr>
<tr>
<td>Evening Aarti</td>
<td>6:00 PM.</td>
<td>8:00 PM.</td>
<td>8:00 PM.</td>
<td>8:00 PM.</td>
<td>8:00 PM.</td>
<td>8:00 PM.</td>
<td>6:00 AM.</td>
</tr>
</tbody>
</table>

### Facility Rental Contacts & Information Resources

<table>
<thead>
<tr>
<th>Primary Contact</th>
<th>Trilok Pillai</th>
<th>919-599-9567</th>
<th><a href="mailto:triloktp@yahoo.com">triloktp@yahoo.com</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>Secondary Contact</td>
<td>Ravi Raghavan</td>
<td>919-859-9250</td>
<td>ravi.hsnconline.org</td>
</tr>
</tbody>
</table>

### Facility Rental Policy & Application

http://www.hsnconline.org/facility-rentals/

### Pooja & Priest Services

http://www.hsnconline.org/pooja

### Advertising Information

<table>
<thead>
<tr>
<th>Primary Contact</th>
<th>Trilok Pillai</th>
<th>919-599-9567</th>
<th><a href="mailto:communications@hsnconline.org">communications@hsnconline.org</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>Secondary Contact</td>
<td>Madan Goyal</td>
<td>919-484-7923</td>
<td><a href="mailto:communications@hsnconline.org">communications@hsnconline.org</a></td>
</tr>
</tbody>
</table>

### Advertising On HSNC Website

Businesses can advertise on the front page of http://www.hsnconline.org. The charges for online advertising are $40 per month or $350 per year.

### Advertising On HSNC Premises On TV

Businesses can advertise on the 42" Temple TV. The rates for 30 seconds advertisement are $35 (monthly)/$150 (6-months)/$275 (12-months)

### Advertisement in HSNC Monthly Newsletter

<table>
<thead>
<tr>
<th>Size / Frequency</th>
<th>1 Issue</th>
<th>3 Issues</th>
<th>6 Issues</th>
<th>12 Issues</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quarter Page</td>
<td>$25</td>
<td>$65</td>
<td>$120</td>
<td>$225</td>
</tr>
<tr>
<td>Half Page</td>
<td>$40</td>
<td>$105</td>
<td>$200</td>
<td>$325</td>
</tr>
<tr>
<td>Full Page</td>
<td>$60</td>
<td>$160</td>
<td>$300</td>
<td>$550</td>
</tr>
</tbody>
</table>

### Advertisement in HSNC Premises With Posters

<table>
<thead>
<tr>
<th>Size/Event</th>
<th>Non-HSNC Events (One Year)</th>
<th>Businesses (6 Months)</th>
</tr>
</thead>
<tbody>
<tr>
<td>11x17” or less</td>
<td>$50</td>
<td>$150</td>
</tr>
<tr>
<td>18x24”</td>
<td>$100</td>
<td>$300</td>
</tr>
<tr>
<td>24x36”</td>
<td>$200 (Main Cultural Hall only)</td>
<td>Not Allowed</td>
</tr>
</tbody>
</table>

### Advertisement Submission & Payment Information

**Payment**

*Make checks payable to the “HSNC” and mail to: HSNC Communications Team, 309 Aviation Parkway, Morrisville, NC 27560

*Payment is accepted via check only; Prepayment is required prior to publication of any advertisement.

**Content Submission**

*Submit all advertisements via email only to communications@hsnconline.org

*All advertisements submitted are subject to approval by the BOD or Communications Committee to insure appropriateness of content.

**Deadline**

Please submit payment and send content no later than the 18th of the month to insure placement in the following month’s issue.
### HSNC P&L, Bank Balance and Cash Flow Statement, as of Aug.-Sept., 2013

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Priest Income $2,460.00</td>
<td>Interest and Bank Charges $4,660.82</td>
<td>General Account $176,249.01</td>
</tr>
<tr>
<td>Donations $98,571.61</td>
<td>Religious/Cultural Charges $32,607.19</td>
<td>Facilities Maint. $1,125.96</td>
</tr>
<tr>
<td>Fund Raising Income $50.00</td>
<td>Facility Maintenance and Utilities $13,927.54</td>
<td>Youth Center $483,892.97</td>
</tr>
<tr>
<td>Religious / Cultural Program $0.0</td>
<td>Office Expense $0.0</td>
<td>Senior Center $8,321.00</td>
</tr>
<tr>
<td>Rental Income $4,700.00</td>
<td>Printing and Postage $4,145.38</td>
<td>Shikhar Account $135,000.00</td>
</tr>
<tr>
<td>Rental - Classes $750.00</td>
<td>Salaries $8,555.33</td>
<td>Total Checking/Saving $804,588.94</td>
</tr>
<tr>
<td>Income-Other $6,624.00</td>
<td>Professional Fees $550.00</td>
<td>Project Expenses $22,880.00</td>
</tr>
<tr>
<td><strong>Total Income</strong> $113,155.61</td>
<td><strong>Other Misc. Expense</strong> $1,798.73</td>
<td><strong>Mortgage Balance</strong> $1,324,583.46</td>
</tr>
<tr>
<td><strong>Total Expense</strong> $89,124.99</td>
<td><strong>Total Cash Flow</strong> $24,030.62</td>
<td><strong>Net Cash Flow</strong> $(7,174.90)</td>
</tr>
</tbody>
</table>

* Expenses, Net Ordinary Income and Net Cash Flow are calculated based on checks written, which may not be deposited/cleared. So Bank Balance may not change by amount of Cash flow every month.

### Regularly Scheduled Monthly HSNC Events (Religious)

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
<th>Event</th>
<th>Location</th>
<th>Contact</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Every Sunday</td>
<td>3:00 PM - 4:00 PM</td>
<td>Gayatri Bhajans, Prayer &amp; Aarti</td>
<td>Temple</td>
<td>Jayanti Patel</td>
<td>(919) 469-8111</td>
</tr>
<tr>
<td>Every Sunday</td>
<td>4-6 PM.</td>
<td>Sathya Sai Baba Bhajans</td>
<td>Temple</td>
<td>Radu Atri</td>
<td>(919) 845-8425</td>
</tr>
<tr>
<td>First Sunday</td>
<td>6:00 AM-6:00 PM</td>
<td>Recitation of Ramayam</td>
<td>Temple</td>
<td>Mrs. Saroj Sharma</td>
<td>(919) 460-7830</td>
</tr>
<tr>
<td>First Friday</td>
<td>6:30 PM</td>
<td>Bhajan</td>
<td>Temple</td>
<td>Mrs. Saroj Sharma</td>
<td>(919) 460-7830</td>
</tr>
<tr>
<td>Second Sunday</td>
<td>11:00 AM-1:00PM</td>
<td>Devi Havan</td>
<td>Temple</td>
<td>Narayan Deo</td>
<td>(919) 460-1260</td>
</tr>
<tr>
<td>Second Sunday</td>
<td>4-6 AM.</td>
<td>Vaishnav Bhajans</td>
<td>Temple</td>
<td>Arvind Shah</td>
<td>(919) 233-7677</td>
</tr>
<tr>
<td>Third Sunday</td>
<td>10:45 AM - 2:00 PM</td>
<td>Jain Monthly Meeting</td>
<td>Temple</td>
<td>Harshad Shah</td>
<td>(919) 341-8894</td>
</tr>
<tr>
<td>Third Sunday</td>
<td>4-6 PM.</td>
<td>Vedic Havan</td>
<td>Temple</td>
<td>B.S. Gupta</td>
<td>(919) 852-0633</td>
</tr>
<tr>
<td>Fourth Sunday</td>
<td>4:00 PM to 6:00 PM</td>
<td>Gujrat Bhajans</td>
<td>Temple</td>
<td>Dhananjay Patel</td>
<td>(919) 677-8505</td>
</tr>
<tr>
<td>Every Monday</td>
<td>7-8:00 PM.</td>
<td>Shiv Abhishek</td>
<td>Temple</td>
<td>Mrs. Saroj Sharma</td>
<td>(919) 460-7830</td>
</tr>
<tr>
<td>Every Monday</td>
<td>7:00 PM to 7:30 PM</td>
<td>Meditation Class</td>
<td>Sai Room</td>
<td>Madhu Sharma</td>
<td>(919) 535-3240</td>
</tr>
<tr>
<td>2nd &amp; 4th Monday</td>
<td>7:30 PM to 8:30 PM</td>
<td>Hinduism—A Way of Life (Lecture)</td>
<td>Mini Hall</td>
<td>Madhu Sharma</td>
<td>(919) 535-3240</td>
</tr>
<tr>
<td>Every Tuesday</td>
<td>11:00 AM-Noon</td>
<td>Sunder Kand Recitation</td>
<td>Temple</td>
<td>Mrs. Saroj Sharma</td>
<td>(919) 460-7830</td>
</tr>
<tr>
<td>Every Tuesday</td>
<td>7:00 PM to 7:30 PM</td>
<td>Lalitha Shasramana Parayanam</td>
<td>Temple</td>
<td>Krishna Bhat</td>
<td>(919) 650-3360</td>
</tr>
<tr>
<td>Every Tuesday</td>
<td>7:45 - 9:00 PM</td>
<td>Hanuman Chalisla</td>
<td>Temple</td>
<td>Mrs. Saroj Sharma</td>
<td>(919) 460-7830</td>
</tr>
<tr>
<td>1st Tuesday</td>
<td>6:30 PM</td>
<td>Skanda Shastri Kavacham</td>
<td>Temple</td>
<td>V J Balachandran</td>
<td>(919) 650-2707</td>
</tr>
<tr>
<td>Every Thursday</td>
<td>11:00 AM-Noon</td>
<td>Bhagvatam,</td>
<td>Temple</td>
<td>Mrs. Saroj Sharma</td>
<td>(919) 460-7830</td>
</tr>
<tr>
<td>Every Thursday</td>
<td>6:30 PM-8:00 PM</td>
<td>Bhagwat Gita Study Group</td>
<td>Temple</td>
<td>Mrs. Shobha Saraiya</td>
<td>(919) 380-1145</td>
</tr>
<tr>
<td>Every Thursday</td>
<td>8:00 PM-9:30PM</td>
<td>Jain Swadhyay Group Meeting</td>
<td>Library</td>
<td>Harshad Shah</td>
<td>(919) 341-8894</td>
</tr>
<tr>
<td>Every Thursday</td>
<td>7:30 PM-8:30PM</td>
<td>Shirdi Sai Baba Bhajans</td>
<td>Sai Room</td>
<td>Mrs. Saroj Sharma</td>
<td>(919) 460-7830</td>
</tr>
<tr>
<td>Every Friday</td>
<td>10:45 AM to 12 Noon</td>
<td>Shloka Chanting</td>
<td>Temple</td>
<td>Shanthi Chandran</td>
<td>(919) 460-7745</td>
</tr>
<tr>
<td>Third Friday</td>
<td>7-9 PM.</td>
<td>Vishnu Sahasranama</td>
<td>Temple</td>
<td>Venu Ravi</td>
<td>(919) 466-9609</td>
</tr>
<tr>
<td>Every Saturday</td>
<td>10-11 AM.</td>
<td>Jain Pooja - Mahavir Pooja</td>
<td>Temple</td>
<td>Harshad Shah</td>
<td>(919) 341-8894</td>
</tr>
<tr>
<td>2 times a month</td>
<td>Date &amp; time varies</td>
<td>Pradosham</td>
<td>Temple</td>
<td>Mrs. Saroj Sharma</td>
<td>(919) 460-7830</td>
</tr>
<tr>
<td>2 times a month</td>
<td>Date &amp; time varies</td>
<td>Ekadashi</td>
<td>Temple</td>
<td>Mrs. Saroj Sharma</td>
<td>(919) 460-7830</td>
</tr>
</tbody>
</table>
HSNC Committees & Contact Information

Finance Committee
Kumar Neppalli (HSNC Board) 919-369-8398
Prasad Satghare (HSNC Board) 919-466-7756
Gaurang Shah (Treasurer) 919-666-7589
Gopu Sheshadri (Asst. Treas.) 919-342-6683
Atul Bhadola 919-616-5195

Religious Committee
Arundhati Baba (Chair) 919-943-8534
Balachandran 919-650-2707
Madhu Sharma 919-535-3240
Mrs. Saroj Sharma 919-460-7830
Ravi Raghavan 919-859-9250
Pradyumna Joshi 919-787-6321
Kamlesh Shah 919-481-2377
Anuradha Chivkula 919-467-2035
Prasad Satghare 919-466-7756

Construction Committee
Drhuva Kumar 919-554-9689
Ravi Raghvan 919-859-9250
Prasad Satghare 919-466-7756
Anuj Mittal 919-562-9493
Alok Sharma 919-332-9500
Jaylan Parikh 919-363-1972
Vibha Goel 919-461-0001

Senior Club Committee
Ramesh Vora (Chair) 919-656-8958
Subhash Banerjee (V. Chair) 919-229-4627
Purnima Kotiya (Secretary) 919-233-0544
Bhupender Gupta(T) 919-852-0633
Kris Krishnamurthy 919-926-7246
Yash Kataria 252-258-2217
Mansukh Wani 919-499-2573
Dr. Vijaya Bapat 919-319-7294
Arvind Shah 919-434-8021
V J Balachandran 919-650-2707
Harsha Shah 919-362-0520

Membership Committee
Bhaskar Rao (Chair) 919-851-9444
V. J. Balachandran 919-650-2707
Harsha Shah 919-447-0122
Prasad Satghare 919-466-7756
Parag Dighe 919-744-4932
Drhuva Kumar 919-554-9689
Shashi Malik 919-270-0365

Arvind Shah

Cultural Committee
Manisha Patel 919-622-4514
Usha Bajpai 919-480-6989
Chetna Nair 919-760-0452
Vibha Goel 919-461-0001

Navaratri Committee
Gaurang Shah 919-666-8389
Atul Bhalodia 919-461-0274
Girish Ami 919-466-7756
Akshat Patel 919-461-0001
Vipul Patel 919-461-0001
Rajesh Patel 919-461-0001

HSNC Committees & Contact Information

This is continuation from Page 2

Construction Committee

General Body Meeting and Om Squad Appreciation Lunch

The HSNC General body meeting will be held on Sunday December 15. It will start at 12.30 PM in the mail hall. This will be followed by lunch for all meeting attendees and for the Om Squad volunteers. Om Squad will have their appreciation program after the lunch.

HSNC Board requests all members to attend the annual general body meeting and make their voices heard.
### Elections of HSNC Board of Directors and Board of Trustees

#### Board of Directors

As of 5:00pm on Friday, November 1, 2013 the following four nominations were received for the four open HSNC BoD positions. They shall serve until December 31, 2015.

- Mrs. Harsha P. Shah
- Dr. Neeraj Agrawal
- Mr. Lalit Mahadeshwar
- Mr. Viral Chokshi

Since we have four nominations for four BOD open positions, there will not be election. HSNC Election Committee congratulates all elected to the 2014 BOD positions.

#### Board of Trustees

As of 5:00pm on Friday, November 1, 2013 the following four nominations were received for two open HSNC BoT positions. They shall serve until December 31, 2017.

- Dr. Bhupender S. Gupta
- Mr. Vikram Oza
- Mr. Prasad Satghare
- Mr. Alok Sharma

Since we have four nominations for two BOT open positions, there will be election. HSNC Election Committee will be sending the election ballots before November 15, 2013. Please exercise your right to vote and return the ballots on or before 5:00 PM of Friday, December 6, 2013.

In case you have any questions, please contact any one of the members of the Election Committee or Board Liaison listed below:

**Elections Committee:** - Piyush Sura, (919) 362-6408, piyushsura@yahoo.com, Vipul Patel, (919) 854-1454, vipul@vipul.us, Bhaskar Rao, (919) 851-9444, bskrao@gmail.com and V.J. Balachandran, (919) 650-2707, vjbalachandran@yahoo.com

**HSNC Board Liaison:** - Arun Kumar Neppalli, (919) 369-8398 E-mail: neppalli.kumar@gmail.com

Sincerely,

2013 HSNC Election Committee

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Message from the President continues from Page 2

My suggested Remedy: Each committee should also have a BOT liaison like the BOD liaison. Since the BOT do not change each year, the committee chairperson in not entirely under the mercy of a new BOD liaison.

2. **HSNC should have a written policy manual:** We have all seen the frustration and anger when the Boards make their own rules and change the previous Board decisions. This is largely because we do not have a written set of rules. In its absence they are not followed uniformly, they are bent in some cases and cause resentment.

   **My suggested Remedy:** We should have a written 'Policy Manual' and any proposed changes must be approved by both the BOT and BOD.

3. **Finance control should be shared between the BOT and BOD:** The present constitution gives the president (me) and the treasurer (Mr. Gaurang Shah), the two signatories in the bank, an absolute control on the HSNC bank balance. For this reason, many times, BODs have undertaken major projects without even informing the BOTs. Although the BOT is theoretically supposed to approve the annual budget, it has no power to enforce it, if the BOD chooses not to do it.

   **My suggested remedy:** We should have two bank accounts.

   - A Depository Account: All money coming in should go to this account. It is to be controlled by the BOT chairperson and BOD president. Both signatures needed to dispense money out.
   - A Spending Account: This is for day to day running of the society. This is like the present bank account and under the control of the BOD president and the treasurer. Money should be transferred from the depository account to the spending account, according to the approved budget.

So these are three simple solutions to our problems. I am sorry to make it so long, but I felt obliged to put this in writing, as it has come out of my personal experience of being in the Board for a total of five years.

Lastly, it is time for me to report (you may call it bragging) that TAHT team ran in the City of Oaks marathon in Raleigh. Out of a total of four, two were from HSNC. Yes I finished my first ever full marathon and my wife (Usha) did her first ever half marathon. The shirts we wore displayed Hindu Temple name and picture.

So, I say 'good bye'.

Dhruv Kumar
Message from Religious Committee

Diwali Events

Diwali Dhamaka was a successful event, approximately 500 members participated.

Kali puja was performed with great devotion and religiously in the temple by Ramkrishna Vedanta Society.

Diwali and Lakshmi puja was performed with great devotion.

Many devotees attended the Diwali festival.

Grand Annakut Celebration

Annakut was celebrated with great devotions and religiously with Bhajans, kids shloka and Govardhan puja. Many devotees brought Prasad for the Annakut.

Food was sponsored by many devotees. Appx 1000 devotees attended the celebration and mahaprasad.

Thanks to Raj Bhog, Zayaka and Royal India restaurants for sponsoring Prasad during the Diwali events.

Many thanks to Harsha Shah and all volunteers for managing this event.

The Religious committee extends sincere thanks to all our dedicated volunteers.

Special thanks to Ritu Bhatia and Tanu Agrawal and their families for donating deity clothes.

ARUNDHATI BABA
Navratri Mahotsav 2013

The Navratri Mahotsav 2013 was organized by HSNC, coordinated by HSNC Navratri committee, from Oct. 4-13. Goal is to provide quality events performed by variety of artists, bring discipline and efficiency in running the event, provide safe and fun experience to all, and generate funds for HSNC. All events were filled with devotion, variety of Garba steps with energy, colorful costumes, live singing, and quality sound.

Highlights of this year's event:

- 7 different artist groups performed: Sargam, Natkhat, Aalap, Khelaiya, Kenz Desai DJ, Swar Kinnari from Mumbai, Hingoo And Party from Baroda.
- More than 1000 people attended on each weekend evening, Oct. 4, 5, 11, and 12.
- This was a third year (first was 2011) when all 9+ days of Garba were held in Main hall.
- Best costume and dance competition for two age groups, below 12 and 12-18 years, for boys and girls categories. Prizes were sponsored by a local Indian businessman.
- TGA youth group generated $4001 and donated to HSNC, by selling food during Garba on Oct. 4, and 5.
- Parking coordination was outsourced and paid for by new parking fee for non HOV (less than $3/ vehicle). Carpool encourage has positive results on parking capacity and ease in parking.
- Early start for Garba for kids on couple weekend evenings (started by current Navratri committee couple of years ago) got very favorable response.
- Different entry price after 10:00PM, and early start for kids, kind of created two session effect in one night, where families with younger kids come early and leave early. Youths come in late and pay higher entrance fee. Thus increasing the funds raised for HSNC.
- We introduced Aarti sponsorships, which received a good response, particularly on Atham day, with ~15 sponsors contributing ~$750 in the evening.
- During weekend events, ladies restrooms were continuously cleaned by an attendant.

We would like to take this opportunity to thank all community members who attended with devotion, and followed the event guidelines to make it fun and safe for all. Special thanks to local artists groups that perform as volunteers, audio coordinator, event and Aarti sponsors, TGA youth group and volunteers who helped plan and run the event.

Fund Raising Summary:

<table>
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<th>Navratri Garba/Dandiya – 2013</th>
<th>Surplus</th>
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HOSPITALITY COMMITTEE ANNOUNCES: HSNC HELP GUIDE
http://www.hsnconline.org/
HELP AND INFORMATION LINE
(559)670-1433
See more information on Page 5
Hindu Society of North Carolina

Annual Gala Dinner

Sat Dec 7, 2013 @ 6:00 pm

Venue—HSNC Cultural Hall

Donor Pass $110

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Community Achievement

Devdutta G. Sangvai, MD, MBA, FAAFP
North Carolina Medical Society’s (NCMS) 160th President

Devdutta G. Sangvai, MD, MBA, FAAFP, was inaugurated Friday, October 25, 2013, as the North Carolina Medical Society’s (NCMS) 160th president before an assembly of former NCMS presidents, the society’s Board of Directors, visiting dignitaries, colleagues and his family and friends. He was sworn in at the Society’s Annual Meeting at the Raleigh Marriott City Center by Michael P. Moulton, MD, of Wilmington, who served as NCMS president for the last year.

This is the first time a person of Asian Indian background will take on this prestigious role. The NCMS is a 164-year-old organization that unites, serves and represents over 12,000 members to improve the health of the people of the North Carolina.

Dr. Sangvai is the Associate Chief Medical Officer for the Duke University Health System and Medical Director for DukeWELL, a program aimed at improving the value and quality of healthcare received by Duke employees. He also is on the faculty at Duke as an assistant professor at Duke University Medical Center in the department of Community and Family Medicine.

Dr. Sangvai has a long history of involvement with organized medicine. At the NCMS, he has served as Secretary-Treasurer on the Board of Directors as well as the Young Physicians Section chair. His committee work includes service on the Finance and Membership Committees. He also has been chair of the Durham Orange County Medical Society and highly involved at the national level with the AMA.

Board certified as a Diplomate in Family Medicine, Dr. Sangvai holds a bachelor of science degree in biochemistry from Ohio State University. He received his medical degree from the Medical College of Ohio at the University of Toledo. He also has an MBA with a concentration on Health Sector Management from the Fuqua School of Business at Duke University.

In his inaugural speech, Dr. Sangvai gave a broad view of how he envisions the coming year:

“We will be there continuing to advocate for our state’s most vulnerable citizens insuring that the ability to access health care is not based on any other measure other than doing the right thing. We will continue the fight to ensure that our courts are used in a sensible fashion. We will be there charting a course for physician-led accountable care. And we will be there as we think through what it means to really have leadership in medicine,” he said.

When approached about his new role in light of his background of Asian Indian origin, he was eager to be helpful to the needs of foreign medical graduates as well as Asian Indian students seeking careers in medicine and paramedical fields. Dr. Sangvai has deep roots in medicine. His father is a retired general surgeon and anesthesiologist, and his sisters (both of whom are physicians) practice OB/GYN and Pediatrics.

Dr. Sangvai also expressed his desire to be a more active participant of the Hindu Society of North Carolina to meet the needs of the growing Indian population in the triangle area.

Our heartiest congratulations to Dr. Sangvai for rising to a very challenging and responsible leadership position in the rapidly evolving landscape of North Carolina healthcare.

Pankaj N Parikh, MD
Cardiologist
Raleigh, NC
pnparikh2@gmail.com

Message from Hospitality Committee

I am glad to report that HSNC Help Line and HSNC Help Guide are fully operational. Anyone can call our Help and Information line at 559 670 1433. We have help guide on line. Go to Resources tab on the HSNC home page. This is a living document. Your comments and suggestions will be highly appreciated. Hospitality committee has a mission to provide broad social services needed by our expanding community. It includes, help to new comers to the area, people needing assistance in emergency, responding to natural disasters, developing relationship with broader community we live in.

As you all know a typhoon ripped through Philippines about five days ago and people are still struggling to survive in tropical heat without food and water. Our committee on Natural Disasters, under the leadership of Ramesh Vora, has already started to put together a proposal for the consideration of the BOD and BOT. It would be nice to come together as a community and provide much needed assistance for this disaster. If you would like to help, contact Ramesh Vora.

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Pankaj N Parikh, MD
Cardiologist
Raleigh, NC
pnparikh2@gmail.com

The Hospitality Committee is still looking for dedicated Volunteers to serve the Help Line and other areas of your interest. Those who are interested, please contact me at satish-laroia@aol.com.

This month we are highlighting mission of a very critical committee led by Pramila Domodia, which responds to request for help for members of our community in case of emergencies. We are fortunate to have Pamila ji on Hospitality Committee. She is one of the most dedicated people I have ever met.

Functioning of “Incase of an Emergency Committee”

by Pramila Domodia

This committee provides many type of assistance to an individual or to a family in case of:

1. A Medical Emergency: Such as calling family members, visiting patient at home / Hospital and working with doctors, medical staff and social services etc.

“Incase of an Emergency Committee” message continues on Page 14
YOGA
Sarvangasana (Shoulder Stand Pose)

In this article, we will be discussing one of the inverted poses, called Sarvangasana सर्वाङ्गसन (commonly translated as the Shoulder Stand or the Support ed Shoulder Stand pose). In some yoga texts, this pose is called the “queen of the asanas” (the headstand or the Shirshasana is generally referred to as the king of the asanas). The word ‘sarvanga’ is a compound word consisting of ‘sarva’ meaning ‘all’ and ‘anga’ meaning ‘limbs’. The word sarvanga implies that this pose when practiced regularly can bring benefits to your entire body. This beneficial effect is mainly achieved by harmonizing the endocrine system, in particular the thyroid and parathyroid glands.

Step-by-Step
1. Lie down with your back on a Yoga Mat, feet together. Place the arms alongside the body, palms facing down.
2. Pressing with the palms, holding the breath, slowly raise the legs up to a 90 deg angle. Pause for a few seconds.
3. At this point, press down gently with the palms and slowly begin to raise the legs up, trying to keep the knees straight. Lift your back and lower your legs overhead behind you until they are parallel to the floor.
4. Try to keep the spine vertical and place your palms on the back, close to the shoulder blades, without widening the elbows.
5. Use your hands to push the back forward with the result that it gets narrower and straighter and there is an increased pressure on your shoulders. At the same time, this requires more power of the muscles of the lower back. Rest your weight on the back side of the shoulders. See to it that you do not bend the upper back and the chest.
6. Slowly raise the legs up to a full vertical position. In the final position of the pose, the heels, buttocks and the shoulders should be in a single vertical plane. Also, the chest may make a soft contact with the chin.
7. While maintaining the pose, keep the neck and shoulder muscles relaxed.
8. After some time, try placing your arms a little lower in the direction of the shoulder blades on your back. See to it that the elbows do not stand too far apart. Breathe in and out quietly and try to find your balance.
9. Experienced practitioners can try to hold the pose for about three minutes or even longer. However, if you feel any tension building up anywhere in the body, you may lower one leg at a time or lower both the legs slightly to release tension. You may come out of the pose completely when you feel uncomfortable in the pose.
10. To come out of the pose, lower both the legs down overhead until they are parallel to the floor. Place the palms on the floor and keeping a gentle pressure with the palms, begin to lower the back, one vertebra at a time, to the floor. When the tailbone touches the floor, start lowering the legs down slowly. Try to keep the legs straight and avoid lifting the head off the floor.
11. Finally, rest in shavasana (deep relaxation pose) for some time.

Variations/Modifications
For beginners who are not able to lift the torso up slowly, the following modifications are recommended:
1. Align yourself alongside the wall in a seated position, legs stretched out.
2. Slowly lower the back to the floor, keeping the body perpendicular to the wall, the buttocks almost touching the wall. Allow the head to rest on the floor.
3. Bending the knees, push the feet firmly against the wall and lift the pelvic slowly up to a vertical position. Keep the neck and shoulders relaxed.
4. For a few weeks, while practicing this pose, you may want to keep the feet against the wall. When the neck and shoulder muscles gain strength, you may attempt to lift one leg at a time off the wall.
5. When you feel comfortable, you may lift both the legs away from the wall and assume the full shoulder stand position.
6. Some people are comfortable in the final position; however, they have difficulty getting into the position. In such cases, you may slowly rock the back up and down and get a ‘running jump’ into the shoulder stand. Make sure not to strain the neck and shoulders in the process.

Benefits
- tones the legs, buttocks, back, and core muscles
- stretches the shoulders and improves flexibility of upper spine
- calms the brain / nervous system and helps relieve stress
- improves digestion
- massages and stimulates the thyroid, parathyroid and prostate glands thus improving metabolism, bone health and overall hormonal health
- massages abdominal organs and improves digestion
- helps relieve the symptoms of menopause
- flushes mucous from the lungs
- helpful in relieving asthma, hemorrhoids, hernia, and diabetes.

Contraindications / Cautions
- neck or back problems

uncomfortable in the pose.

YOGA - Sarvangasana continues on Page 12
Triangle Area Hindu Temples (TAHT)

TAHT was formed 4 years ago with the following goals in view:
- To solidify individual resources for the community service activities, thus bringing the entire Indian community under one roof.
- Complement each temple/organization by mutual publicity of events for better coordination.
- Set an example of the temples working together.

REPORT from TAHT Team

We (TAHT team) are excited to let everyone know that the Memo Of Understanding between temples is approved and it will be soon published on the THAT’s website. Also TAHT has finalized the By-laws and should be approved by the end of this month.

We are also excited for the “THAT Kids Summit Event” hosted by SV Temple, NC on November 23rd as this Newsletter is being prepared. Hope those attended enjoyed the event.

Last month we met Crabtree Lake/Park officials and their requirements are mentioned below. TAHT team will discuss this and let the community know in the next few months regarding Ganesh Idol Immersion event.

Text received from Park Officials: -
- Anything that is placed in the lake may not be done so without express permission of park staff. If you plan on doing so (such as part of the Ganesh festival) we would like for it to be as part of an organized event, and would love the opportunity to participate both so that our staff could learn something and also so that we could have a chance to educate the public about water quality issues.
- Other bodies of water may have less stringent standards than us, so they may be willing to allow the Hindu community to immerse idols and leave them there. We urge you to contact them to learn the full extent of their rules and regulations.

As for alternatives to be used at home, the ones I have heard the most about are either:
1. Have a permanent idol, perhaps made of metal or fired ceramics, that is immersed and then removed from the water to be used again the next year,
OR
2. Have an 'all-natural' idol made from un-fired clay or another biodegradable substance that will dissolve in water (one person who responded to my initial letter said that she constructed an idol out of turmeric). The idol can be immersed in a body of water for which the administrators have given you permission to do so, or it could be dissolved in a bucket and used to water your plants.

A team of Runners from our community represented THAT with pride in the “2013 Raleigh City of Oaks Marathon, Rex Healthcare Half Marathon.”

THAT team is proud of their participation on behalf of all the three temples. We are very excited and looking forward for more community members participating next year. Please see the Marathon T-Shirt below.

T Shirt worn by TAHT runners

YOGA - Sarvangasana continues from Page 11

- heavy period of menstruation
- high blood pressure; if the blood pressure is controlled with medication, you may attempt the pose gradually, making sure that it does not cause an elevation in the blood pressure
- eye or inner ear infection
- Pregnancy; if you have been a regular practitioner of this pose prior to getting pregnant, you may attempt the pose under the expert guidance of a qualified yoga teacher only. In general, however, pregnant women are strongly discouraged from practicing this pose.
- Diarrhea
- Supported Sarvangasana is considered an intermediate to advanced posture. If you are new to Yoga, we recommend you start with the beginner variations suggested above and then gradually work your way towards the full pose.

Please share your experiences with your own practice of Sarvangasana. I would love to get your feedback at subhashmittal@gmail.com.
Hindu Society of North Carolina

2013 Membership Drive

Life Membership for $500

It's time! HSNC is embarking on the 2013 Winter Membership Drive to strengthen and build support for HSNC Temple. Over the next few weeks of this campaign, our membership team will reach out to community to share all (and hopefully convince many of you!) of the great reasons for taking up HSNC Life Membership.

Here are some questions you might have about HSNC Membership campaign.

What is the campaign goal?
Our team hopes to activate 100 Life Memberships during the campaign dates of November 1 to December 31.

What's involved in getting an HSNC Life membership?
HSNC will provide Life Membership at a discounted rate of $500 .... $100 saving!!

Once activated, your membership will provide you with exclusive access to all HSNC Events, Directory of members and discounted rates for renting HSNC Facilities and at local Friends of HSNC Stores.

Moreover you will be a supporting a noble cause.

We encourage everyone to join us during this campaign and help us reach our target goal

Start your new membership now!

To signup for membership visit – www.hsnconline.org
2. **In case of a death:** Provide assistance in making funeral arrangements, help to find financial, social, and emotional support for the family. We will try to provide any other help if needed. Recently one of our very dedicated Volunteer Mr. Ramesh Faforia has helped a family by collecting financial resources, with cooperation from HSNC, to pay for the funeral expenses.

3. **In case of an abuse of a spouse, an elderly or a child:**

   We will try to get the facts and make referral to the proper agency, unless it can be solved by close relatives or friends.

   We have a few volunteers in our community who have been working with families in such emergency situations and have helped them to resolved their problems and meet their needs.

   At present one of our volunteers is working with cancer patient and has been providing her social and emotional support.

   Our volunteers have worked with an abused spouse and an elderly. Issue was resolved by involving our community leaders and other professionals in the field.

   You see, this kind of emergencies can occur any time, any place. We need more dedicated Volunteers, from our community, to provide in house or hospital visits. Provide food, social and emotional support by visiting or on telephone. We can be called to help a family with any crises.

   Please call Pramila Domadia (919) 387-9171 to volunteer in this committee. Thank you.

   REMEMBER “GOD LOVES THOSE WHO CARE FOR SICK AND IN TROUBLE.”
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Khanna Family Wishes You All
A Merry Christmas and Happy Holidays