

Samarpan

an offering....

Hindu Samaj Temple of Minnesota

April-May 2014

President's Note

Dear Community Members,

Hello everyone. Spring is finally here and all of us are looking forward to tackling jobs around the yard and the house. Similarly, at the temple we are facing the ultimate challenge of deciding if we can start building our New Temple this year. The Board of Directors and the Board of Trustees have jointly agreed to delay making this decision until the end of June to see if we can meet the challenge of raising enough funds to: (1) Start construction of the new Temple and (2) Sustain it in the long term. To reach this goal we are looking at several avenues including:

- Kwik Trip gift cards sales
- Annual Pooja sponsorship
- Monthly donations
- Yearly pledges

To achieve this, we need participation of each and every one of you in at least one of the above fund-raising projects. Our goal is to have the required paperwork to show the bank that we as a community are committed to building a new Temple. So I request all of you, whether you have committed before or want to begin contributing to our fund-raising efforts, to please complete and sign a pledge form (available online on the Temple web site) and drop it off at the Temple Hundi.

On the religious front, we had two major events this quarter. We had a great turnout for Shiva Rathri in spite of the bone chilling cold, and a handful of devotees braved the night at the temple. Holi was celebrated with the traditional Holika Dahan and Tikka application as we had to curtail our colorful celebration in compliance with city ordinances. Still this marked the arrival of Spring and had us all excited. The next quarter, we have two more major events – Kalyana Utsavam in May and installation of Murugan idol in June. I am looking forward to active participation from the community in religious events and helping us reach our goals.

Sincerely,
Santhi Subramaniam.



Editor's Note

By Jyothi Muthyala

Greetings from the Editorial team!

The much awaited Spring is finally here. As many in India welcome a new year this month, here's to new beginnings. It is that time of the year when we finally give our over worked heaters a break and clean our homes. It may also be a good time to de-clutter our minds. As studies increasingly show, the harms that come with a distracted mind are many. The good news is that they are preventable by simply being mindful of our actions. Meditating for a few minutes each day can help. Let us cultivate the practice.

Our thanks to all who submitted their articles to this issue of Samarpan, which includes one that offers an interesting perspective on Winter! We hope you will continue to contribute to future issues. The writings should highlight mythology, history, spirituality, or arts of India, with the goal of promoting Indian Heritage and Culture. The articles must be original, have 1000 words or less, and should reference the sources.

Please send us your contributions by June 10th to be considered for publication in the July issue. Also welcome are any comments or suggestions you may have to improve this newsletter. Our e-mail address is editors@histemplemn.org.

We conclude by offering our deepest condolences to the Kalra family for their loss. As I write this, I'm also mourning the loss of my grandmother who passed away three weeks ago.

Sincerely,

The Editorial Team

Editorial Team of Samarpan

Forrest Dailey

Bhaskar Iyengar

Nisha Kurup

Jyothi Muthyala

Anantha Vijay Raghavan Santhanam

Rajani Sohni

Unni Krishnan - Design & Illustration

Temple Board Member Introductions

Diganta Borgohain – Finance Committee

I have been living in Rochester since 2002. I have a son and a daughter. I like photography and skating. I am a strong believer of *Sanatan Dharma* values. One must give back to the community by service as much as possible. I follow *Kriya* path of meditation which is a 5000 years old tradition kept original by Himalayan monks. I would like to visit Himalayas one day to see how these monks meditate.

I have been involved with Hindu Samaj Temple in Rochester for last 7 years. I started out by taking care of the website, then moved to help with building and infrastructure. Currently I work with team of dedicated people in Treasury/Accounting.

I work at Mayo Clinic in Information Technology.



Mukesh Bhatia – Finance Committee



Mukesh Bhatia moved to Rochester in 1999 from India along with his mother Savitriben, wife Niru and two daughters, Vinisha and Prerana. He is originally from Vadodara (Baroda) Gujarat. He works as a software engineer for Mayo Clinic. Niru works at US Bank downtown branch. Vinisha is currently located in Washington DC and Prerana is pursuing her studies at the University of Minnesota, Minneapolis. Mukesh has served on the Temple board for many years and is a member of the Finance Committee helping with both General Accounting and Accounts Payable. In his spare time, he likes to spend time with family and friends, and watch TV - specifically News, Sports Events and Cultural/Spiritual programs.

Holi in the World-Wide Hindu Renaissance

By Forrest Dailey

The Hindu Samaj Temple in Rochester celebrated **Holika Dahan** and *Holi* colors on Sunday, March 16.

Harikrishna-ji gave a short explanation of what *Holika Dahan* was about before performing the offerings into the fire. Many stories and anecdotes are told of why we celebrate Holi. One of particular interest is about Krishna and Radha. It is an amusing story of how Krishna was jealous of Radha's fair complexion, and how, upon the suggestion of his mother, Krishna conspired to cover Radha's face with color. Probably not blue, yellow, green and pink, but by some concoction he attempted to even her complexion with his. It is now seen as an act of great endearment for one to color his or her lover's face on Holi.

But one aspect of the story which is not always considered, i.e. race, came up. There have been suggestions that stories of Lord Hanuman had racial undertones. This is also true of stories of Krishna and Rama – who are described as of darker (“blue”) complexion. Every year Indians of various ethnicities take part in *Holi* colors and by the end of it, they all look like they are of one multi-hued background. And that is just India. While I had never thought of race in relation to the *Holi* colors, for me the notion was of interest, being of European descent in a mainly Indian religion. I have never really felt out of place at the temple once I am inside and feel that I am there for the same reason everyone else is.

But I do like how the concept that the colors during Holi make evident that the differences (among Indians AND between Indians and others in the world-wide Hindu Renaissance of which we are all a part) are but skin-deep. Even different cultural traditions, though very valuable in giving one a sense of belonging, are transitory. And *Holi* - while it is a cultural tradition itself - in some small way clearly demonstrates that what lies beneath the surface in all of us is but skin deep.

Thus celebrating Holi is way to state we are all but the same!



Short Story: TRAVELS OF SRI MUNI

By Aanmeehan

Sri Muni and his disciple, Seedan, go to different places and meet people. They travel from town to town and as Sri Muni is a revered Sadhu – people come and seek his blessings and seek his advice. Once, a man comes to visit the Muni.

Man: (With reverence) – *Namaskaram*.
 Sri Muni: Welcome. Who are you and how can I help?
 Man: I am a King. I have run into bad times and lost everything. Am looking for Peace.
 Sri Muni: Sorry to hear that. All will be well. (Sri Muni blesses the Man).
 Man: Thank you. (Man leaves).
 After a few days the same Man comes back to visit Sri Muni.

Man: (With reverence) – *Namaskaram*.
 Sri Muni: Welcome. Who are you and what do you want?
 Man: I am a poor Brahmin. I have many children and we are hungry and suffering.
 Sri Muni: Sorry to hear that. All will be well. (Sri Muni blesses the Man)
 Man: Thank you. (Man leaves).
 After a few days the same Man comes back to visit Sri Muni.

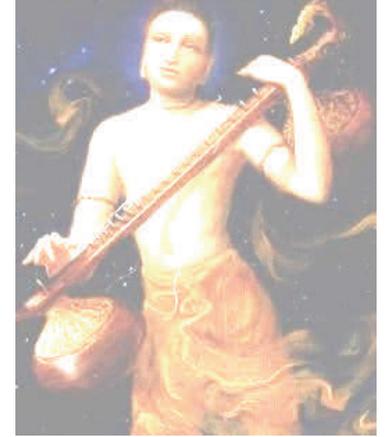
Man: (With reverence) – *Namaskaram*.
 Sri Muni: Welcome. Who are you and what do you want?
 Man: I am a Politician. I have lost my race and am feeling desolate.
 Sri Muni: Sorry to hear that. All will be well. (Sri Muni blesses the Man)
 Man: Thank you. (Man leaves).

At this point the disciple, Seedan, interjects.

Seedan: Dear Guru. Who is this Man? First he says he is a King.
 Then he says he is a poor Brahmin. Now he says he is a Politician.
 Sri Muni: He is an Actor. But with an ailment. He is infected with a disease of the mind.
 Whatever role he undertakes, he believes that he is that person.
 He feels one with the role. He cannot distinguish his true self from the role.
 Similarly – man in his every birth identifies himself with the role under which he is born, and is unable to distinguish his true self – Atma – and cannot infer that it is but an act. True Self is the Atma. Lord has declared, in the Bhagavad Geetha, that he is the Atma in all life forms.

Sri Muni advises the Man of this and asks him to distinguish his acting identity from his true identity.

Editor's note (Bhaskar Iyengar): This is a short story written by my Dad. I translated it from Tamil. His pen name is Aanmeehan.



Interesting Facts -The Bhagavad Gita



The Bhagavad Gita, “Song of the Lord”, is one of the principal Hindu religious texts consisting of 700 verses divided into 18 chapters. It is an episode in India’s great epic, the Mahabharata. When the Pandavas and Kauravas in the Mahabharata war stand ready to begin battle, Arjuna, the third son of King Pandu, despairs at the thought of having to kill his kinsmen and lays down his arms. Lord Krishna, his charioteer, friend, and adviser, convinces him to do his duty or Dharma, following the path of righteousness. In convincing Arjuna, the Lord Krishna provides a philosophy of life and the path to salvation, which comprises the Bhagavad Gita.

Sree Padmanabha Swami Temple

By Anu Nair

I am a proud native of Thiruvananthapuram, the capital city of Kerala. This city is also known as Syananduram (where bliss is not far off) or Ananthapuram (residence of Lord Sree Padmanabha, who reclines on the serpent Anantha). So, Thiruvananthapuram literally means – the home of Sree Anantha Padmanabhaswamy.

This temple is one of 108 Divya Desams (Holy Abodes of Vishnu) mentioned in the Divya Prabandha, the elemental Tamil literature of the Tamil Alvar saints (6th-9th centuries AD). Scholars and historians estimated that this temple was established on the first day of Kali Yuga, which is over 5000 years ago! But the truth is that there has been no reliable historic data as to when and by whom the original idol of Sree Padmanabha Swamy was consecrated; there are two legends – the first one is that the idol was consecrated by a Tulu Brahmin hermit named Divakara Muni, and the second is that it was Vilvamangalathu Swamiyar.

The Travancore Royal Family has been very closely associated with the temple since 1335 AD. But the most important landmark in the temple's history was *Thrippadi Danam*, when Sree Anizham Thirunal Marthanda Varma surrendered the kingdom of Travancore to Sree Padmanabha Swamy and pledged that he and his descendants would rule as The Lord's servants, to be known as Padmanabha Dasas. The female members were to be called Padmanabha Sevinis. Currently the temple is run by a trust headed by the Travancore Royal Family.

Unfortunately Sree Padmanabhaswami temple is mired in conflict and controversy these days.

My limited research into the past legends, history and the current legal conflicts and scandal surrounding the temple brought up so many amazing stories and interesting facts that are described here part by part, step by step, starting from the present going back to centuries, to the founding of the temple.

In 2009, T.P.Sundararajan, a former IPS officer and an ardent devotee of Sree Padmanabha, filed a petition in the Kerala High Court asking the government to take over the administration of the temple. He contested the recent claims made by some members of the royal family that they own the temple and its treasures. His submission led to the opening of the temple's vaults, revealing a treasure estimated to be worth at least INR 1.2 trillion (approximately US \$ 22.68 billion), making this the richest religious institution in the world. Of course this estimate does not take into account the cultural, historic and antique value of the treasure.

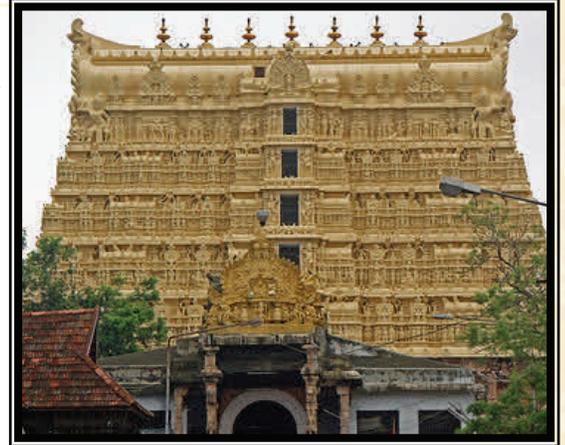
It was in June of 2011 that the Supreme Court directed the Archeology Department to open the legendary chambers of the temple for inspection – there are six vaults labelled A to F. While vaults A and B have never been opened, vaults C, D, E and F have been opened from time to time.

The Kerala High Court ruled in 2011 that the state government should take over the temple and its assets, but the royal family appealed to the Supreme Court who ordered an independent commission who found no evidence of misappropriation of the treasure by the royal family.

As of July 2012, inventory and valuation of vaults C, D, E and F were 90% complete. Formal inventory of vault A was initiated, but vault B is yet to be opened. The royal family has objected to its opening. An *Ashtamangala Devaprasnam* (a scientific process of invoking the Deity on the spot so that the will of presiding Deity can be determined) concluded that any effort to open chamber B would cause divine displeasure and that the holy objects in the other chambers have been defiled during the inventory. It is worthwhile to mention that there are no nuts, bolts or other latches to the door of chamber B, but an image of cobra on the door. There are so many legends attached to this door suggesting that opening it would be a bad omen. All the folklore surrounding this vault earned more credence when Mr. T.P. Sundararajan died on the 11th of July, 2011, two years after he took the court action against the royal family. *To be continued*

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- Wikipedia
- Keralatourism.org
- Sree Padmanabha Swamy Temple website:
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Editor's comment (Anantha Santhanam): Very interesting article on the history and present controversies of Lord Padmanabhaswamy Temple, Kerala, India. This is the first of the many temples that are going to go through the fate of political intervention in the not-so distant future!

Glories of winter: a Minnesota Hindu's perspective

By Anantha V. Santhanam

It is now official that the winter of 2013-14 is going down in history as one of the weirdest, if not the coldest one. Newspapers and the Internet glorify, and in turn scare readers about cabin fever or seasonal affective disorder. Low temperatures and lack of physical activity play tricks on our minds, and we find ourselves asking questions like, "what am I doing in a place like this?" or "why do these things happen to us, while our friends in the West coast are basking under the sun?" or even worse, "what did I do to deserve a life in Minnesota?". A quick look at the pile of heavy white snow seen through the windows in the house or car makes these questions trivial, and make us deserving of some sort of punishment for our past deeds (or misdeeds!).



However, a careful analysis reveals that, of all the seasons, our Hindu Gods like winter. In addition, winter also gives a good perspective of our life. In fact, proper understanding of Hindu philosophy indicates that this cycle of birth and death is indeed our *Aatma* (soul) succumbing to cabin fever or being affected by seasonal affective disorder. The more we are materially bound, the more we are susceptible to the repetitive cycles of birth and death. Just as we are glued to the meteorologist's forecast or to the weather apps on our smart phones in winter, our *Aatma* is constantly seeking the savior to seek escape from this painful cycle of life.

I would like to present an alternate theory that we have to be fortunate to experience the serenity of winter. To present my theory, I have taken cues from one of the popular segments of the David Letterman show, namely today's top 10 series, and I present the top 10 reasons why the winter weather in Minnesota, particularly the present one, is something to cherish.

Reason #10: This is Minnesota. For God's sake, what else did you expect? There are only a few habitable places on Earth where we could say **with pride** that we have lived nearly 90% of this winter season below sub-zero temperatures.

Reason #9: We get to be a part of Minnesota's history: Record books are now being written to include winter 2013-14 as one of the three coldest winters in South East Minnesota. With global warming looming in the near future, winters such as this may be a thing of the past.

Reason #8: Go Team USA. If over population, simple gear requirements, and inclusion of a big group could make cricket hugely popular in India, frigid winters such as the present one may stimulate kids, including those of Indian origin in South East Minnesota, to take up winter sports. While kids of Indian origin have made their mark in various fields, including education, stock market, technology sector, it is the big games like basketball, football, hockey and winter games that these kids have not made strides into. Should we continue to have these winters, it is likely we may see our future generations partake in Winter Olympics as well!

Reason #7: Finally, we begin to understand football. Whereas this year was not the first time that Seattle Seahawks reached Super Bowl, this year might certainly be the one when a record number of people of Indian origin in South East Minnesota watched Super Bowl XLVIII. With frigid temperatures keeping our shopping and partying at bay, most of us were left with no option but to watch one of the world's major sporting events.

Reason #6: Get more likes on our social networking page. People think we are cool, living in this cold weather. While we do have to endure harsh conditions to bear the bone-chilling wind in Minnesota during winter, we get the attention and sympathy of friends and family. In addition, snow days are a welcome respite for kids as well as for parents who worry about their kids. In fact, kids are the ones who are exposed the most to this weather, but we adults seem to get the 'likes' and attention.

Now, I describe the Hindu perspective of Minnesota winter:

Reason #5: Don't forget the significance of five (remember Lord Hanuman). Winter in Minnesota lasts 5 months: November, December, January, February and March. Although there are many attributes to the number five, it is worthwhile to mention that our savior for this duration should be none other than Lord Hanuman. This was explained by Kamban, the Tamil poet, who writes the following about Lord Hanuman.

*Anjile ondru pettraan anjile ondrai thaavi
anjile ondraar aana aariyarkkaaga egi
anjile ondru pettra anangai kandu
anjile ondrai vaittaan avan nammai alitthu kaappaan*

Meaning: *Anjile ondru pettraan*, refers to Hanuman being the son of Vaayu, one of the five elements; *Anjile ondrai thaavi* portrays his act of leaping across the sky (*Aakaash*, another of the five elements) to reach Lanka, in search of Sri Sita Devi. *Anjile ondraar aana Ariyarkkaaga* - Though the brothers Rama were only four at birth, Rama, in a display of His infinite love and mercy, adopted Guha as His brother. *Anjile ondru pettra Anangu* refers to Sita Devi, who is none other than the daughter of Bhooma Devi (Goddess of Earth; another of the Pancha Bhootas). *Anjile ondrai vaittaan* commemorates Hanuman's act of setting Lanka on fire (the fifth element); *Avan nammai alitthu kaappaan*, **He will save us**. Inner Self].

Glories of winter: a Minnesota Hindu's perspective

By Anantha V. Santhanam



Reason #4: Life is all about surviving winter months. Survival mantra for winter is simple: stay warm, don't let the cold external weather get to you. Survival mantra for life is the same: stay composed internally, and don't let the material world consume YOU [quote from Bhagavad Gita on

Reason #3: Get to visualize Lord Vishnu's Heavenly Abode and the Milky Ocean. Have you wondered if you could get a glimpse of the eternal abode of the Lords? If you have looked at old Indian movies or television series depicting Vishnu's abode in the middle of the milky ocean, you will observe that the background is white in color. Indeed, the white blanket of snow that wraps our state during winter months gives us a good idea of the visuals on the heavenly planets. Andal, one of the Azhwars, who espoused Krishna, mentions in her work Tiruppavai, "paarkadalul paiyathhuyindra paramanadi paadi..." meaning "We will sing in praise of the holy feet of the Supreme Lord who has taken to sleep merrily in the milky ocean."

Reason #2: Get to feel living with Lord Shiva. If you had come to our temple during Maha Shivaratri, you would have seen Lord Shiva depicted as meditating in the white snowcapped mountains. While we do not live in the mountains, the experience is nevertheless the same. Our area gets snow covered, cold and we get to ruminate the conditions in which Lord Shiva lives on Mount Kailasa.

Reason #1: Winters make you introspect. Just as we remember God most during challenging times, we also introspect only when we are exposed to extreme physical conditions like the harsh winter of 2013-14. An important reason for this could be that we do feel that our body is not designed to withstand such low temperatures. While this may be true, a careful introspection will reveal that our inner self, the soul, is not designed to withstand the material cycle of birth and death. Realizing this simple truth from the cycle of winter and summer will help us seek ways to attain salvation.

Lord Krishna says,

“mātrā-sparśās tu kaunteya
śītoṣṇa-sukha-duḥkha-dāḥ
āgamāpāyino 'nityās
tāms titikṣasva bhārata”
[Bhagavad Gita 2-14]



Translation: O son of Kunti, the fleeting nature of happiness and distress, is similar to that of the passing of winter and summer. They arise from sense perception, O scion of Bharata, and one must learn to tolerate them without being disturbed. Kindly note the order of appearance of happiness and distress, and winter and summer seasons. You may feel that Lord Krishna agrees that winter refers to happiness.

While referring to His opulence, Lord Krishna provides another example to reiterate his fondness of winter months, "...*maasaanaam maargashirso aham...* [Bhagavad Gita 10-35], meaning "Of months I am Mārgaśīrṣa [winter months of November and December]".

In summary, while fellow Minnesotans cringe about surviving the winters, we should consider ourselves fortunate that we get to experience the Lord's abode, which would be our ultimate destination. Having realized the significance of winter, it is elementary that the purpose of maintaining austerity by devotees of Shiva or Vishnu during Maha Shivaratri or Margazhi, (both occur during winter months) is to attain salvation.

Interesting Facts—Hindu Months and Seasons

Month	Season	Gregorian Months
Chaitra	Vasanta (Spring)	~ March to May
Vaishaka	Vasanta (Spring)	~ March to May
Jyeshtha	Greeshma (Summer)	~ May to July
Ashadha	Greeshma (Summer)	~ May to July
Shravana	Varsha (Rainy Season)	~ July to September
Bhadra	Varsha (Rainy Season)	~ July to September
Ashvin	Sharad (Autumn)	~ September to November
Kartik	Sharad (Autumn)	~ September to November
Agrahayana	Hemant (Pre-Winter)	~ November to January
Pausha	Hemant (Pre-Winter)	~ November to January
Magha	Shishir (Winter)	~ January to March
Phalgun	Shishir (Winter)	~ January to March

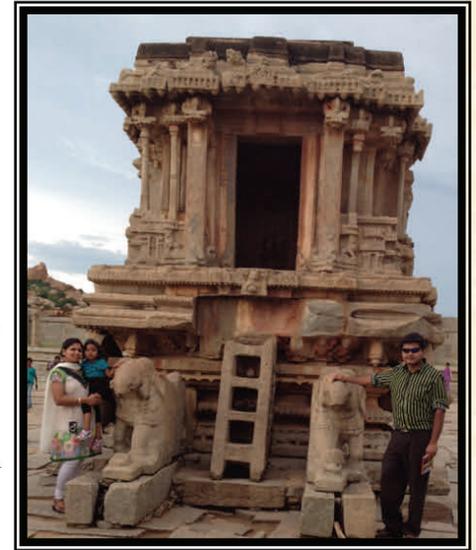
Karnataka - A State Full Of Architectural Marvels

By Archana Shinde



During our last India visit, my hubby and I thought we would try something different. With an extremely active and forever on-the-go three-and-a-half year old then, we decided to explore the state of Karnataka.

I am thrilled to say, the places we visited were amazing and exceptionally alluring. I felt a sense of pride to know that the group of monuments at Hampi and Pattadakal are UNESCO world heritage centers; whereas, Aihole has potential to be included. These temples were built centuries ago and are astounding with their wealth of sculptural details. Whether it was caves at Badami, or temples at Belur or Halebid, their walls, ceilings, and sometimes floors are covered with an endless variety of depictions and intricate figures narrating episodes from Indian epics, mythology, and cultural and religious stories with figures of deities, birds, and animals.



I was wonderstruck to know that the pillars from the Vithala temple at Hampi make melodious sound on tapping. We were told the British destroyed a pillar only to find nothing attached or inserted in it. To continue with the sculptural miracles, the Lotus mahal at Hampi was an architecturally air conditioned mahal. It looks like in absence of modern technology, science then was well studied and very well incorporated in building constructions. No wonder these sites are historically and architecturally significant.

Although a few temples are not in good shape, the remaining architecture and sculptures are full of wealth of information and one can spend hours studying the minute carvings. Maybe that is why we saw several art lovers from around the world adoring the heritage centers.

Whether it was the enormous Tungbhadra dam, the 58-foot high monolithic statue of Gomateshwar, the one-of-a-kind 18 armed lord Nataraja, or located amidst nature, the origin of river Cauvery, it gave a sense of fulfilment to know that I belong to these extraordinarily beautiful places. Along with the adventurous river rafting, the quiet swimming in the Cauvery, and fun-filled elephant ride in Dubare forest, it was definitely an energizing and a memorable trip.

Interesting Facts -Karnataka, India



Karnataka is a State in South West India. The capital city is Bengaluru (Bangalore). Karnataka now shares borders with six other States – Goa and Maharashtra to the north, Andhra Pradesh and Telangana to the East, Tamil Nadu to the South East and Kerala to the South West. Kannada is the official language of the State.

Karnataka tourism encompasses ancient sculptured temples, modern cities, hilly ranges, forests and beaches. In addition, Karnataka has a rich legacy of learning, art and culture. It has some of the country's best academic institutions and is known for its software and biotechnology industries. For more details on Karnataka tourism, visit: <http://www.karnatakaturism.org/>

FOOD ALLERGIES IN CHILDREN

By *Bhavana Shivu*

Twenty percent of children growing up in the United States of America, which has the world's largest national economy, suffer from allergies and asthma. In 1995 after completing my Ph.D., I moved to the US from India to continue post-doctoral research. I moved with a healthy infant and gave birth to another baby in 1998 in Santa Cruz, California. My second child was also in perfect health until I nursed him for about a year. Thereafter he fell consistently sick. His diet consisted of cow's milk available in gallons in the grocery stores. When my child turned two-and-a-half years old, the doctors declared him a chronic asthmatic and prescribed bronchodilators and steroids. His symptoms included consistent cough, but fortunately he never got breathless. By the time he was three-and-a-half, his growth was compromised and he had no energy to play with children his age.

I then decided to move back to India where I started monitoring my child closely and noted down all the things he ate and drank, and started eliminating food items that increased his cough. I figured out that he was highly allergic to Coke and Pepsi: he would get severely breathless upon ingesting them. He was also allergic to colored candy, pasteurized milk and buffalo's milk. But he was fine with cow's milk, which our milk-man delivered daily. It was fresh and unpasteurized so we would boil it before drinking. We gradually began eliminating coloring agents, preservatives, and buffalo's milk (which contains oxytocin) from our diet. We also switched to organic foods and fresh dairy products. I started making my own butter and ghee using the cream from cow's milk. I ran my household the way my grandmother ran it in the 70s when I was a child.

In addition, my son underwent Yoga and Ayurvedic therapies for a year, following many food restrictions, and is perfectly healthy now. Interestingly, since his older brother was fond of running and participated in the Hyderabad 10 K runs, my younger son too showed interest and completed a 10 k run when he was eight. I am convinced that no traces of asthma now remain and his lungs are not compromised at all.

I believe that more than the air we breathe it is the food we consume that is responsible for causing asthma and allergies. So beware of what you and your family eat.



Interesting Facts

When one's food is pure, one's being becomes pure - Chāndogya Upaniṣad 7.26.2

Food-related Hindi Idioms:

Aate dal ka bhav malum hona - know the worth of basic necessities.

Dal mein kala - foul play going on.

Kaam ka na kaaj ka, dushman anaaj ka - lazy good-for-nothing person.

Doodh ka doodh, paani ka paani - the truth emerges.

Doodh ki nadiyaan bahaana - Being wasteful.

Aasman se gire khajoor me atke - out of the frying pan, into the fire.

Khatte angoor - case of sour grapes.

Karela neem chadha - bitter natured person.

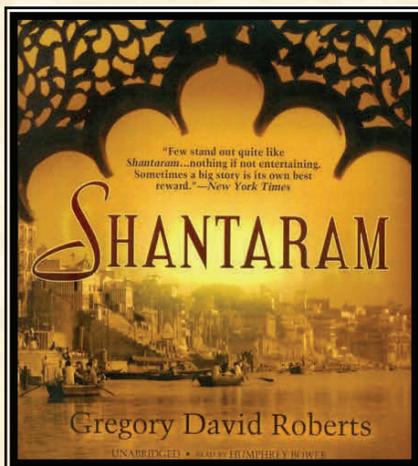
Namak halaal - faithful person.

Namak haram - betrayer.

Jale par namak chidakna - rubbing salt in one's wound

Book Review

By *Ione Schloegel*



Shantaram, by Gregory David Roberts, is a colossal novel, thought to be influenced by the novelist's life experiences. In July of 1980, the main character, escapes from Pentridge Prison in Victoria, Australia, having served two years of a 19 year sentence for armed robberies. On his journey from New Zealand to Germany, using a false passport that bears the name Lindsay Ford, he is detained in Mumbai, India. Fascinated by the city, he decides to stay, encounters a native, Prabaker, who becomes his guide. They travel to Sunder, home of Prabaker, whose mother, because of Lindsay's gentle nature renames him *Shantaram*, a Maharashtrian name that translates to *Man of God's Peace*.

On their return to Mumbai they are robbed of all their possessions and money. Shantaram is forced to the slums. Here begins the real story: culture adaptation, search for food and survival, acquisition of trustworthy fellow dwellers, renewal of veterinary skills, mastery of Marathi - the local language, and acceptance and respect in the slum community.

Shantaram becomes acquainted with many foreigners working in Mumbai as well as many local Indian men in business. He falls in love with a conflicted Swiss -American woman who has ties to the movie world (Bollywood), meets the Mumbai underworld, deals in drugs and arms, encounters the Afghan mafia, participates in money laundering, passport reproductions, and lands in Mumbai's Arthur Road

Prison. Released by the Afghan mafia he travels to Afghanistan and delivers arms for the mujahideen. He suffers a nearly fatal heroin addiction event and recovery, while all the time hiding from the Australian authorities.

That's the story. Nine hundred plus pages of literary delight! Beautifully written, Roberts exquisitely portrays the splendor and cosmopolitan face of the cities of India, the gentle honorable life of the slum people, and the multiform of legal and illegal operations that exist in modern metropolitan communities. Roberts was eventually recaptured in Germany and served his remaining time in Germany and Australia.

ASHA

By *Nirmala Kotagal*



In Rochester, we have an educated, vibrant, and thriving community. However, we, like all other immigrant cultures, grapple with traumatic events, life changing experiences, a desire to learn more and improve our lives. We have times of need when we don't know whom to approach and what our resources are.

ASHA is a women's support group that hopes to develop a strong community of/for women in Rochester, Minnesota. ASHA's mission is to reach out to women in need to provide ongoing help and encouragement that enables them to begin or resume an independent life in a supportive community. The group envisions being a network of support to women. ASHA provides resources and services that are relevant to healthy and independent living. ASHA assists and empowers women to bring about change and make healthy choices in life.

It is ASHA's goal and hope to be able to provide support to women from Rochester and surrounding areas in crisis assistance, health awareness, family support, and community integration. We wish ASHA to be a resource for all women to use and share.

Through ASHA we hope to:

Assist women undergoing life-changing/traumatic experiences by providing support, guidance, and resources to help regain stability.

Provide physical, spiritual, and mental health awareness through the life span (infancy to the older adult)

Provide family support to new mothers, new immigrants, and facilitate social networking for the elderly.

Provide educational and career advice, resume writing, financial awareness and understanding, etc.

We hope to have regularly scheduled events dealing with these and other topics of interest. We look to you to tell us what you'd like to hear about. However, none of this is possible without your help. We need you, your community needs you. This organization can only flourish through your involvement and help. Please volunteer your expertise and services to be a resource to women in this community. If you are able to contribute in any of the areas listed above or have ideas for additional opportunities, **please contact us at asharstm@gmail.com**.

We are excited to share that our inaugural event is a panel discussion for women on "Across the Spectrum of Women's Wellbeing" and will be held at the Hindu Samaj Temple of Minnesota, Rochester, on May 31, 2014, from 2:00-4:00 pm. The Panelists are Dr. Karthik Ghosh, Dr. Richa Sood, Dr. Jyoti Bhagia, Dr. Anupam Chandra, and Dr. Ekta Kapoor. Please attend and make this initiative a success!

Founding members: Jyoti Bhagia, Sivapriya Natarajan, Shyamala Bhat, Lathika Nair, Nirmala Kotagal, Kavita Prasad & Nisha Unni

As a Vegetarian: Are you getting enough Protein in your diet?

By Neeta Pai

There is a funny saying “Let us eat, celebrate with Chinese food, and go back and eat again in two hours!” It could easily apply to Indian vegetarian diet, due to its high carbohydrate content. To gain a nourishing protein-rich Indian food, one consciously needs to pay close attention to their daily nutrition plan. The standard answer every Indian housewife gives to the above question of protein fulfillment in their diet? ‘Sure, we eat ‘Dals’ at dinner!’

What is ‘Dal’? Dal is split legume that is factory cleansed of its high fiber skin and split in two. Dals will surely help, but, will eating ‘Dal’ at one meal per day suffice to give one’s daily requirement of protein? Absolutely not! How do we make sure our growing children receive enough protein to sustain their body’s healthy growth? One does not have to be a meat eater to get ample protein in their daily diet. Nor does one have to eat fish to get vitamin B12 which exists in milk and other dairy products.

In every vegetarian food item, be it a fruit or a vegetable, some protein, at times a trace amount, exists. Which are some of the foods that contain a little more protein than others, besides dairy products? Tofu, dried nuts and seeds, all the grains and legumes stand out. The best way to inculcate these foods in our diets is to consume nuts as snacks, sprinkled over sautéed dry vegetable dishes, gravy bases made with nuts, tofu, yogurt, cottage cheese, etc. Every bit of protein will add up to make the 56 grams of total daily requirement for a man and 45 grams for a woman.

An easy method to be sure you get a daily dose of protein is to divide the total amount of the required 45 grams into 3 meals. Plus you have the option of enriching with high-protein snacks of high-protein bars, nuts, and homemade yogurt with a variety of fruits. Greek yogurt is loaded with protein besides 25% calcium.

A whole grain breakfast of cold cereal without any meat can keep one full for three to four hours. It all depends upon which cereal you have consumed and how much protein it contained minus the added white sugar. Kashi Go Lean varieties have a very high protein content of nine grams to suit one’s healthy life style. Add a cup of dairy, soy or almond or coconut milk and voila! You’ve got a little more than a third of your daily requirement, even if you do not consume dairy milk. Hot oatmeal when nuts are added along with some kind of milk can also provide similar results.

How about Indian breakfasts? Dosa, Idlis could be prepared with lesser measure of rice and higher amount of grains; split dals from grains could be replaced with whole grains. A combination of split grains could be used for the preparation of both idli and dosa varieties. Using whole barley, oats, wheat variety and edamame (tender soy bean), besides soy beans, in conjunction with boiled rice, quinoa or brown rice can also benefit a healthy diet. Addition of tofu, which is both tasteless and flavorless can help soften the idli and dosas to quicken fermentation. Tofu can also be added to any dish where coconut is used in gravies, chutneys and other dishes to reduce the amount of coconut used. Addition of edamame or green peas to beaten rice (phova), cream of wheat or sooji in Upma preparation will also provide some extra protein. How about roti, chapatis and other Indian flat breads? One can combine protein-rich flours with whole wheat flour. Some examples are soy bean flour at 47grams of protein in a cup, high-protein (15grams) wheat flour, garbanzo bean (24 grams) flour, nut and seed flours like peanut (31grams) flour, quinoa (16 grams) flour, buckwheat (13 grams) flour; are available both in Indian and other grocery stores.

Most of us eat a small salad at dinner or lunch. Keep cans of cooked pinto beans, kidney beans and chick peas handy. You can even cook a little extra and put aside just for salads. Add a quarter cup for that special delicious taste and you have more protein at lunch. One can also benefit by the use of a variety of cheeses available, not just dairy but, also prepared with other ingredients. Addition of sunflower seeds, pepitas, raisins, sesame seeds and avocados will benefit the children with antioxidants, mono and polyunsaturated fats called good fats, besides fiber. Ripe Pomegranate seeds and mandarin orange over spinach also make the salad interesting, colorful and tasty. Besides the nutritional benefits, most of these items will aid in digestion. Mandarin oranges and strawberries can help absorb the nutrients in spinach. Tofu can also be marinated, frozen for a chewy taste, and grilled or pan fried as a side dish to serve with a lunch salad or in a sandwich.

Dinner is already perfect in most vegetarian Indian homes with grains, vegetables, yogurt and rice. Replacing rice with other whole grains like quinoa, buckwheat, couscous, amaranth, millet, Ethiopian teff, wheat berries, and brown and black rice give the change that older kids crave. It can also reduce the amount of carbohydrates, and add a little more fiber, iron, calcium or other vitamins and minerals to our diet.

If the children cannot get enough protein through their diets, is there another way of providing this essential part of nutrition? One could prepare smoothies with the children’s help, utilizing fruits and vegetables of their choice. They can drink it in the morning or as an after school snack. Montel William demonstrated on his talk show how even kindergarteners loved drinking smoothies prepared with spinach, with their choice of fruits like grapes, strawberries, pears when selected by themselves! Even if one does not go to this extent at the beginning, a simple protein smoothie prepared with their favorite juice can provide the necessary amount of protein.

Use orange or mixed fruit juice without any added sugar, at first, to graduate to carrot or other healthier juices as they learn to enjoy the taste of smoothies. Some fresh or frozen berries for the tartness to combat the sweetness in the protein powder will make super delicious, refreshing smoothies. If you like it thick, add half a banana for added potassium or half a pear for the fiber instead of ice-cream as done in commercially prepared smoothies. Let the kids experiment with celery, for the salty taste, lemon or lime for tanginess, other greens like kale, sweet vegetables like carrots, beets, etc. Adults can utilize ginger, garlic, cilantro, parsley and other herbs or spices for additional benefits.

Which protein powder is the best for my family? With all the controversy about processed soy protein, one can use whey powder, hemp powder or egg white powder, all available in any quality grocery store. Whey powder, with a whopping 25 grams of protein in a scoop can be found in any health and beauty section of a department store in vanilla or chocolate flavors. Note it is not sweetened with natural sugar in the raw but, has artificial sweeteners. If you are hesitant to use this, try the ones from other health food stores.

As a Vegetarian: Are you getting enough Protein in your diet?

By Neeta Pai

Listed below is a tofu recipe that is a big hit with kids of all ages.

Tofu cutlets or Tikkis – Indian version of Western style croquettes:

You may or may not use any vegetables or choose those of your choice or whatever you may have handy depending on the time.

Ingredients:

Brown basmati rice – Cooked, 2 ½ cups (Regular brown rice, 2 cups)

Peanut Butter -1/3 cup

Tofu, extra firm, drained, dried and shredded - 1 block

Cabbage chopped – 1/3 cup

Carrot, chopped -1/3 cup

Mushroom stems – 2 cups

Celery, finely chopped – 1 stalk

Onion – 1 medium

Olive oil – 2 tsps

Garlic cloves finely chopped (optional)- 3

Ginger, finely chopped – 1 Tbsp.

Cilantro or fresh coriander leaves, chopped – 1/3 cup.

Hot Green chili peppers, finely chopped – (4) to taste.

Salt – 1 tsp or to taste.

Any Masala powder – 1 tsp – adjust to taste.

Directions:

Drop creamy or crunchy peanut butter into hot brown basmati rice and mix well. Set aside.

Heat olive oil, drop garlic, brown till aromatic, sauté onion till golden brown.

Stir in celery, ginger, hot chili peppers, sauté for 15 seconds. Stir in all the rest of the vegetables, salt and cook till all the water has evaporated. Pour over shredded tofu. Add chopped cilantro. Stir well.

Stir in the rice mixture and mix well.

Take a tablespoon and drop a large dollop in the palm of your hand to make a ball and flatten. Pan fry on a non-stick pan with minimal oil. Set aside on wax paper for pan frying like tikkis or place on a greased (by oil spray) foil wrapped cookie pan. When baking, use 2 dollops and make the croquettes, double the size of the cutlets, like a slider. Makes about 30 cutlets for appetizers or 15 croquettes for sliders or about 8-10 burgers.

Bake in 400 degree oven for 10 minutes. Turn and bake another 5 minutes or bake for 15 minutes.

Serve with spicy Indian ketchup or chutney.

Tips: If your mix turns out a bit moist, add more rice or just roll the cutlets in bread crumbs or flour, before pan frying. If you are looking to save time, skip the cooking part by not adding any vegetables. No oil is needed; just sprinkle the tofu with dehydrated onion, ginger garlic mixture from the jar, masala powders, green chilies and cilantro before mixing with peanut buttered rice. Still tastes really good.

Nutrition Facts for one burger when prepared 8, baked version: 1 per serving -Calories – 236, Fat- 11.5 grams (monounsaturated - 1.6g, polyunsaturated -2.1g, saturated -1.8 g), 0 g. Cholesterol, Carbohydrates – 22g, Dietary fiber -2.7g, Sugars -2.9g, Protein 12.6g.

Complete mixture,

Tikkis on right pan fried, on left, oven baked.



Ingredients,



Brown rice mixed with peanut butter





Recipe of the month: Piku's Cooking Corner



I Came to the US to study Masters in Microprocessors but somehow ended up near Microwaves for the most part. Worked at a restaurant in New York & was able to learn all the tips and tricks used at a restaurant. I became a cook – and many consider me a good cook. So here is a recipe.

This month let's look at Goan vegetable stew.

Cooking time: 1 hour

It is a combination of Goan and Konkani dish usually made for Ceremonies. Coconut is a main ingredient in many Goan Dishes.

Ingredients:

- 1 cups fresh coconut
- ¾ cup washed toor dal
- ¾ cup washed Channa dal
- 1tsp ginger chopped
- 1tsp tamarind
- 1tsp Jaggery
- 1tsp turmeric powder
- 2tbsp coriander powder
- 1tsp peppercorns
- 4 dry red chillies (soak in warm water)
- 1tsp cumin seeds
- 3 tbsp oil
- Curry leaves
- 1000g of assorted veggies (carrots, Drumsticks, Beans, potatoes, cauliflower)
- 1 liter water and salt



Method of Preparation:

1. Make a paste of (proportions are above): Coconut, ginger, peppercorns, dry chilly. Add little water as needed.
2. In a pan, add lentils (Toor dal & Channa dal) with turmeric powder and bring to boil with a liter of water. Once cooked separate the dal stock and keep aside and mash the dal to fine paste
3. Take a saucepan. Add oil, Cumin seeds till they sizzle. Add Curry leaves. Once curry leaves are fried add the coconut paste and fry for 5 minutes, stirring.
4. Now add the mashed dal and fry for 5 more minutes in medium heat.
5. Slowly reduce the flame, add coriander powder, jaggery, the dal stock, carrots and beans.
6. After few minutes add potatoes and drumstick and simmer the gravy for 10 minutes.

Goan Vegetable Stew is ready.



Quiz

By Nisha Kurup

Quiz-Journey into the world of Yoga

Journey into the world of Yoga

- The Sanskrit word Yoga derives from the root, “yuj” which means to yoke together. The union referred to here is that of
 - Raja yoga with Jnana yoga
 - Day with night
 - Jivaatma with Paramatma
 - Shiva with Vishnu
- This Yoga practice includes singing of songs of praise called Bhajans and Keerthans, meditation on the form of the divine and acts of service or Seva.
 - Manthra yoga
 - Bhakthi yoga
 - Jnana yoga
 - Raja yoga
- Raja Yoga is the Yoga system outlined in the compiled work “Yoga Sutra” written by:
 - Iyengar
 - Veda Vyasa
 - Bharatha Muni
 - Patanjali
- This is not included in the eight limbs of Raja Yoga or Ashtanga
 - Asana
 - Dharana
 - Hatha
 - Samadhi
- Included in Ashtanga are the two limbs, _____ and _____ that address moral and ethics.
 - Dharana and Pranayama
 - Dhyana and Dharana
 - Yama and Pratyahara
 - Yama and Niyama
- The most common model of energy bodies in Yoga as described in the *Tatiryaupanishad* is the theory of the five sheaths or Pancha Kosha. What is the Sanskrit name of the body composed of Life Force?
 - Prana maya Kosha
 - Mano Maya Kosha
 - Anna Maya Kosha
 - Ananda Maya Kosha
 - Vijnana Maya Kosha
- The Vibhaga pranayama or sectional breathing includes Adhama Pranayama or Diaphragmatic breathing, Madhya Pranayam or Intercostal breathing, _____ Pranayama or Calvicular breathing and _____ Pranayama or Complete breathing.
 - Dharan and Tantra
 - Samyaman and Dharan
 - Adhyam and Mahat
 - Pradhman and Manipura
- This Yoga master did not develop his Yoga practice from the studies with T. Krishnamacharya
 - Iyengar Yoga of B.K.S Iyengar
 - Bikram Yoga of Bikram Chowdhary
 - Ashtanga Yoga of K. Pattabhi Jois
 - Ishta Yoga of Alan Finger
- “Happiness is your nature. It is not wrong to desire it. What is wrong is seeking it outside, when it is inside.” This is the essence of the gems of wisdom collected from this Jnana Yogi.
 - Shri Jiddu Krishnamurthy
 - Shri Ramana Maharshi
 - Dr. S. Radhakrishnan
 - Mahatma Gandhi
- Match the seven Chakras with the level in the body and the associated elements:

1. Muladhaara Chakra (root support)	a. Mid-throat (Space)
2. Swadhishtaana Chakra (own base)	b. Top of head (No Element)
3. Manipura Chakra (jeweled city)	c. Pelvis (Water)
4. Anahata Chakra (un-struck sound)	d. Base of spine (Earth)
5. Visuddha Chakra (purity center)	e. Behind/few inches above the navel (Fire)
6. Ajajna Chakra (Command center)	f. Close to the heart (Air)
7. Sahasrara Chakra (Thousand-petaled lotus)	g. Middle of eyebrow (Mind)



Please email your answers to editors@histemplemn.org.

The winner will receive a surprise gift from Samarpan.

We like to hear your suggestions and comments about Samarpan and the articles you liked. We will post this in our next edition.