

# Samarpan

an offering....

Hindu Samaj Temple of Minnesota

Jan-Feb 2015



Editor's Note

By Rajani Sohni

Wishing all our readers a Very Happy and Prosperous 2015!

The past year was an eventful one for our Temple. Along with celebrating all the major festivals, the Hindu Samaj Temple hosted and participated in community events sponsored by ASHA and other groups. The Temple premises are busier than ever before with language, yoga, dance and music classes being held on practically every day of the week. The scheduling team has done a fabulous job accommodating all the different groups.

Record numbers of devotees attended Diwali festivities at the Temple last year! I know that it took me at least ten minutes to get into the main Temple from the entrance – there were so many people! The Diwali cultural program had close to 500 people attending. This is again an indication that our community is growing and that we have outgrown our space at the current Temple.

The Temple Board of Directors and Board of Trustees have jointly been working hard to bring the new Temple plans to fruition. Fundraising initiatives included introducing annual Puja sponsorship options for deities of choice. The response from the community has been amazing! The plan is to continue providing these options to devotees again this year.

The Annual General Body Meeting is scheduled to be held on Sunday, February 8<sup>th</sup>, from 2 p.m. – 4 p.m. Please plan to attend this meeting for an update of all Temple activities and plans for our new Temple.

The next major event coming up in February is Maha Shiv Ratri. Lots of interesting activities are planned for this night as our community comes together to celebrate this event into the wee hours of the morning. For a schedule of all upcoming events at the Temple, please visit:

<http://www.histemplemn.org/>.

*The Samarpan team expresses its heartfelt condolences to Santhi Subramaniam, President, Hindu Samaj Temple, who lost her Father in December.*

The *Samarpan* Editorial Board is seeking articles for publication in our newsletter. We welcome contributions from adults as well as children. You are invited to write on any topic related to Mythology, History, Spirituality, or the Arts of India, with the goal of promoting Indian Heritage and Culture. The articles must be original, must be 1000 words or less, and should have references to any material borrowed from other sources.

In addition, we invite the community youth to be part of our events reporting team - to write about events and news within our community.

Please send your articles to [editors@histemple.org](mailto:editors@histemple.org). Our next newsletter will be published in March. To be considered for publication in the March issue, please submit your articles by March 1<sup>st</sup>, 2015.

Thank you to all our contributors in 2014 – you made the publication of *Samarpan* possible.

We are eager to hear from you. If you have any feedback, please send an email to: [editors@histemplemn.org](mailto:editors@histemplemn.org).

Best Wishes from the *Samarpan* Team!

*Forrest Dailey*

*Bhaskar Iyengar*

*Nisha Kurup*

*Jyothi Muthyala*

*Anantha Vijay Raghavan Santhanam*

*Rajani Sohni*

*Unni Krishnan (Design & Illustration)*



## Priest's Column - Karthika Masam - The Auspicious Month

By Sri Hari Krishnaji

Shiva is 'Satyam', 'Sundaram', 'Mangalam', 'Dyutim', and 'Subham', i.e., Truthful, Beautiful, Benevolent, Effulgent, and Auspiciousness. Propitiating Shiva in the form of Linga, with Abhishek while chanting the Rudra Namakam and Chamakam is prescribed in the Taittiriya Samhita of Yajurveda.

In Shiva Purana, it is mentioned that Shiva appeared as a 'Maha Agni Sthambha' - Gigantic Fire Pillar between Vishnu & Brahma, who were arguing over their respective supremacies. It is believed this shrine is Thiruvannamalai in Tamilnadu. In the Dhyana Sloka of Sri Rudram, it is stated that worshipping of this 'Maha Linga' gives us everything here and hereafter.

Mahalingarchana is performed by making 365 mruthika made of anthill Clay. Shivalingas worshiped are placed in a particular format known as the Kailasa Prastara to become one Maha Shivalinga. Invoking Lord Shiva's energy in this form is most auspicious. This unique ritual is performed for lord Shiva by building Kailasa Prasthara - the Abode of Lord Shiva as shown in the image.

Sloka: "गृहतवेना गुणं प्रोक्तं नदी तीरे सहस्रकम् /  
देवतायतने लक्ष्म, शत लक्ष्म हरेरगृहे //  
शिवालये कोटिगुणं स्वयम्भुवे पुनः /  
अननथम पूजनम शम्भोः रूथुम वच्मि द्विजोत्तम//



Meaning: The place where the Mahalingarchana is performed plays a unique role in devotees' lives. Performing this pooja in the house bring great happiness and good life, while if performed on a river bank brings devotees even more spiritual blessings. Mahalingarchana performed in a temple brings more blessings from the former locations and if performed in a mountain cave, the fruits of prayers are abundant. And if that cave is a residence of a mendicant the blessings are infinite.

All these spiritual blessings are a result of faith and devotion we have towards the Lord.

It is quoted that Lord Shiva himself says "Those who perform, participate or witness Mahalingarchana pooja will be blessed infinitely.

Every year our temple celebrates Karthika Deepam as per lunar calendar. The temple was brightly illuminated in the night, presenting an aesthetic look. 365 lamps were arranged gorgeously, followed by Rudra Abhishekam for Lord Shiva.

Lord Shiva is worshipped to remove our Doshas, Papas, and Negative Influences and bless us with Gyana-Knowledge, Good Health, Happiness, Prosperity, Spiritual Bliss, Moksha and Siva Saannidhya-closeness to Shiva.

### Resources:

[http://shambhoshankara.com/Documents/SahasraLingarchana\\_StepByStep\\_Sanskrit.pdf](http://shambhoshankara.com/Documents/SahasraLingarchana_StepByStep_Sanskrit.pdf)

And my Vedic education.

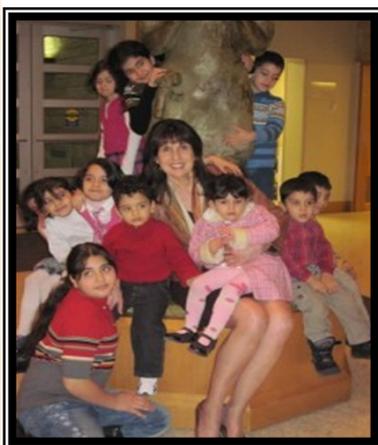


## Should We Embrace the “Refugee” in All of Us?

*By Mary Alessio, Director of Advancement-Catholic Charities.*

There is something that connects the refugees who are served through Catholic Charities and all those born and raised in the United States. We all have “refugee moments”; times in our lives when our world is turned upside down and we need to pick up the pieces and start over, oftentimes with the assistance of someone who helps us get back on our feet. Our refugee moment may be due to illness, loss of a job, loss of a loved one, divorce, and natural disasters, such as the tornados that recently affected the Midwest and the Japanese earthquake that impacted lives throughout the world a year ago. The list of “refugee moments” is as endless as our imagination can take us.

Why is it then that so many refugees come to me feeling uncomfortable when someone in this country labels them with the word “refugee?” As I gaze outside on this incredible spring day with buds bursting off limbs that seemed barren and dead, I wonder if it is because we have come to feel that struggles, weaknesses, and our need to put our pride to the side and reach out to others to lend a helping hand is something undesirable. It’s funny how one person can look at a blanket of fresh snow and see a winter wonderland, while another frowns with disgust. It makes me think of times I have heard homilies at church telling us to embrace our crosses in life. When I was little, I pondered those words and couldn’t figure out why anyone should embrace the tough stuff. It was like telling my teacher thank you for giving me five chapters to read and that pop quiz. Really, you want me to embrace a cross? Seriously?



Each time I meet a refugee family at the airport and see their suitcases circling the baggage carousel, cradling their life’s possessions, I see the similarity in the Bible of young parents and their newborn son escaping their homeland and fleeing to Egypt from a terrorist named Herod. The parents I serve file for refugee status with the United Nations High Commission of Refugees; they leave their homeland in order to keep their children safe. Their journey to the United States, similar to that holy family fleeing to Egypt, is a long one replete with uncertainty, challenges and struggles, i.e., filled with refugee moments. I see the face of Geetanjali Sharma, a young Bhutanese girl who recently arrived with her parents and younger sister.

“Geet” is a beautiful girl, inside and out, and despite the challenges to start over again she has hopes of becoming a doctor someday; perhaps practicing at Mayo Clinic alongside the same individuals who help so many refugees get back on their feet. Geet walks with determination and grace and answers questions directly and honestly. She appears self-assured and optimistic. You might say her demeanor has taken a dramatic turn since the evening she arrived at Rochester Airport last autumn, scared, apprehensive, and unsure of her destiny. When Geet and I spoke recently over ice cream, we reminisced about her first evening in this country. She and her family spent their first evening in Rochester feeling jet-lagged. Because of the time difference, they stayed up the entire evening writing me a note of gratitude. I asked Geet what she

remembered about our first meeting. She told me her feelings of fear and apprehension lifted when she saw my eyes, because according to Geet, she felt they were courageous eyes she could trust, and that made her feel strong. She said because I told her she had nothing to fear and we would be with her every step of the way, she knew everything would be all right. Since then, Geet has made friends at her new high school in Rochester. Her friends come from various parts of the world and they too have hopes and dreams. Geet is an excellent student and I have no doubt many of her dreams will come true, although I cannot guarantee she will not experience other refugee moments in her life. I marvel at her desire to become a doctor because her motivation is selfless. She says she wants to be able to make a difference in the lives of others who need a helping hand, and she wants a better life for her parents. Money is not the motivation and neither is status or power; she simply wants to give back to her community and her family.

Now, let’s come back to that young couple traveling to Egypt at the hands of Herod, in order to bring their son to safety. Money, status, and power did not motivate them, or their son. In fact, the young boy embraced his refugee experience, and the cross, in order to save others. He taught all of us that Easter joy only comes after embracing the refugee experience and our crosses in life, and that providence dictates that greatness can come from something we define as tragic. When He told us that the weak shall lead the strong and the last shall be first, I believe He was letting us know the value of sacrifice, humility and, yes, even our brokenness.





Ironically, a few months after Geet’s arrival, I was faced with my own “refugee moment” when I was diagnosed with breast cancer. I am on the road to good health and many blessings have come my way through those who love me and have given me a helping hand. It was I who looked into the eyes of loved ones and caregivers, seeing their courage and support, and knew I could handle whatever came my way, with them by my side. But, it was the picture of that young boy escaping Egypt, selflessly accepting his cross in order to save me, that guided my every step and continues to do so. The answer is yes! We should all embrace the refugee in us.

**Editor’s Note:** This article was submitted when Mary was Director of Refugee Resettlement for Catholic Charities. She has since accepted the position of Director of Advancement for the agency. She is proud to report that the young girl in this story is studying to become a nurse. In fact, her father is also studying for a nursing degree. Both Geet and her father profess a dedication to care for others who are ill and experiencing “refugee moments” in their lives. Mary continues to present on behalf of Catholic Charities and her belief that the “refugee moments” in our lives are opportunities to grow in virtue. Whether you are rich or poor, highly educated or illiterate, young or old, we will all experience our share of “refugee moments” in our lives. The biggest obstacle to our growth often comes from allowing our pride to exclude others who lift us up, instill hope, and assist us in transforming our lives. Happiness is profound and can exist even in the midst of difficulties. When our obstacles vanish, we often discover a greater good of what we lost.

## My First Semester at College

By Sonia Dhumne

From receiving the acceptance letter to the University of Minnesota-Twin Cities to move in day to the last day of fall semester was an unforgettable experience. The stress of college applications, ACT scores, and AP tests was all over. This was a new start, a time to discover myself, and take my first step into adulthood.

I was among those many college freshmen who were excited to leave home for reasons such as a chance to be independent, having no curfews, and making our own plans for the weekend. However once classes began in full swing it was all overwhelming and the amount of studying and professors was intimidating. Problems slowly began to rise and all the excitement of freedom began to fade away and I began missing everything by the end of the first month. Even though my home and family were only an hour and a half away, the feeling of comfort felt light years away. The first month of college was the hardest; it was full of tears, confusion, and me feeling lost.

What helped me the most with homesickness and studying was not only staying in touch with my family, but also keeping myself busy with activities and events that took place around campus. I am happy that UMN realizes the stress that students go through and hosts events such as a “stress relief circus” as well as weekly animal therapy. Attending events such as these with old and new friends kept me going, and made me feel comfortable in the new environment. Slowly, college felt more like home and I was happy at the UMN.

To all the future college students, college is a new beginning and as stressful as college sounds, it’s as fun as it sounds as well. Honestly, it will get harder from here, but you will be prepared and everything will be okay! Keep in touch with those close to you, but also don’t be afraid to branch out to meet new people and try new things. Be yourself, be confident, be positive, and keep smiling :) - it will all be worth it in the end!



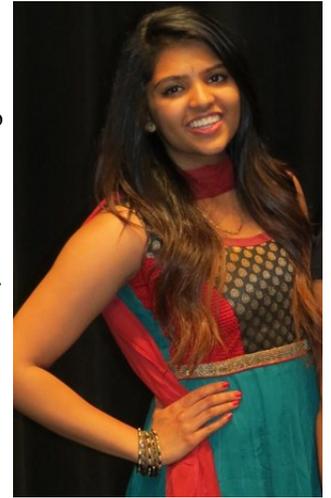


## My First Semester at College

By Shirin Jeevan

Transitioning from high school to college has by far been the most drastic change I have experienced in my lifetime. Everything that is familiar is taken away, and you are presented with basically a whole new lifestyle. In college the people seem to be more friendly, the workload is more than ever before, and you are given much more independence. Through high school I felt I was greatly sheltered, and now being in college, I believe I am one step closer to joining the “real world.” With all the recent independence that is gained, it is important to prioritize what is really important. There is no one to tell you to clean your room or to eat your vegetables; you are responsible to make those decisions for yourself.

For me, the most intimidating idea about starting college was moving all my personal belongings into a small room where nearly nothing or no one was familiar. Although I am starting to adjust to the college life, it is a learning process--so far I have experienced four stages of my impression on college. The “first stage” was the excitement of a new place. Everything was different, there were many activities and games planned, and it felt kind of like summer camp. The “second stage” occurred a few weeks after classes started, I felt extremely homesick, and at times out of place. The camp feeling wore off, and I was missing my family and high school friends more than ever. I visited home many of weekends when I was homesick, but I then decided that I needed to get used to college, so I didn’t return home for a month. During that month I experienced my “third stage,” where I absolutely loved being at college and just the atmosphere in general. Although I still missed home, I didn’t call my family as much, which didn’t please my mom. My fourth and current stage is finding a balance between missing home and loving to be at college. I enjoy my time being at home during breaks and the occasional weekends, but I also don’t mind coming back to college when I have to. What I really enjoy about being at Gustavus Adolphus College is that it is only an hour and a half away from home, so I am able to learn to be independent, but I can also go home whenever I just really miss my family.

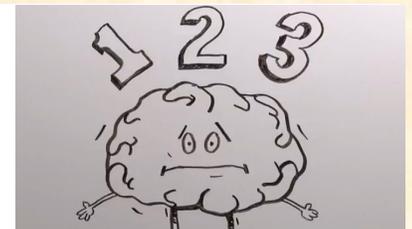


Many of my friends back home, I have grown up with, or somehow met along the way, but in college everything is new, and meeting new people can be a scary thought. Starting from square one is concerning to many people before entering college, but it was much easier than I expected it to be. Personally, I think the best way to meet new friends is finding people with similar interests. If you try to be someone you are not, the process can be much more challenging. The workload is also much greater than I anticipated, and it is crucial to work hard to get the grade you think you deserve. College is whatever you want it to be, and I have definitely learned a lot just from my first semester. It is a time where you really start to shape the person you want to become, and learn a lot about yourself along the way.

### A Very Happy Brain!

Check out this wonderful video from Dr. Amit Sood. Embrace Gratitude and Compassion for happiness!

<https://www.youtube.com/watch?v=GZZ0zpUQhBQ&app=desktop>



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### Quotes by Dr. Martin Luther King:

- ◆ Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.
- ◆ Faith is taking the first step even when you don't see the whole staircase.
- ◆ The time is always right to do what is right.
- ◆ The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.



## Short Story: TRAVELS OF SRI MUNI - 2

By Aanmeehan

Sri Muni and his disciple, Seedan, go to different places and meet people. Sri Muni is a revered Sadhu – people come and seek his blessings and his advice. Once, they are sitting under a tree and discussing various topics. It appears like something is standing next to them.

That Thing: Namaskaram.

Sri Muni: Hello. Who are you and what do you want?

That Thing: I am life energy. I have a doll with me. About an 18 year old doll. Want to play with the doll but it is lifeless. Can we give some of my life energy to this doll? A simple man?

Sri Muni: Yes we can. Get a wire. Attach one end of the wire to the doll and the other end to your finger. And then you should issue the command “My life, jump into this doll and give it life:

Life Energy: Ok. I will do likewise. (Life Energy goes away and comes back after a few days.)

Life Energy: The doll boy now has life and is playing. Can I feed it the food I eat?

Sri Muni: Sure. It will eat.

Life Energy: Thanks. I will do the same. (Life Energy goes away and returns after a few days.)

Sri Muni: Did the doll eat chapatti and rice?

Life Energy: Yes I did.

Sri Muni: What you ate? Did the doll not eat?

Life Energy: No! I ate. The food is in my mouth.

It shows the mouth of the doll. It interprets the food eaten by the doll as itself eating.

Sri Muni understands that the energy does not distinguish itself from the doll.

Sri Muni: Really! Good to hear that. (Life Energy returns crying after some days.)

Life Energy: My foot is fractured and I can't bear the pain. See. (It show the leg of the doll.)

Sri Muni: Laughing. But this is the leg of the doll.

Life Energy: No! This is my leg. See the plaster that the doctor has put on to immobilize it.

Sri Muni: Ok. Don't worry. All will be fine. (Life Energy returns after some months.)

Life Energy: I got married. Here is my wife. (It shows another doll holding its hand.)

Sri Muni: Blessings.

At this point the disciple, Seedan, asks...

Seedan: Dear Guru, What is this? Why does it conclude what happens to the doll as it has happened to itself.

Sri Muni: All humans behave the same way. Man is the life energy, but keeps interpreting the good and the bad happening to the body (a doll) as happening to him. This is called “Aatma Shariira Bramam”. The life energy (Man) is different than the doll (body).

This is described in Dvaita, Advaita, and Vishishta Advaitam philosophies. We say – “my hand”, “my leg”, etc. We don't say “I am hand”, “I am leg”, etc. Should this not indicate that “I” am different from “leg”?

**Kshetram Kshetra-jNaanam** as noted in Bhagavat Geeta – ch. 13, verse 1.

Note by Bhaskar Iyengar: This is a short story written by my Dad. I translated it from Tamil. His pen name is Aanmeehan.



## ASHA: PROVIDING SUPPORT AND AWARENESS

By Nirmala Kotagal

In its goal to empower the community, ASHA, the women's service wing of Hindu Samaj Temple, continues to conduct useful presentations to the Rochester community. Through the two events conducted in September and November, ASHA was able to bring to the community, awareness about Emergency Preparedness, and Hands only CPR and First aid.

In September, Ken Jones, the Director of the City of Rochester Emergency Management office, conducted an interactive session with the Indian community and shared the goals of comprehensive emergency management system prevalent in our community. He discussed how to develop effective emergency response and create a disaster resilient community through community partnership. He shared with us information regarding two programs that we have in Olmsted county and the City of Rochester.

**Do 1 Thing** is a 12 months program that helps you take small steps towards emergency preparedness. You can do one thing each month to help prepare you/your family to be ready in an emergency. For example, the first month you can learn about what type of disasters can happen and how to protect your home from damage in a disaster. In the second month you can obtain and store three days' worth of water supply for use during an emergency, in the third month check and see if you have a fire extinguisher in your home, that it is in working condition, and at an easily accessible area and so on. For more information on this you can visit <http://do1thing.com/things/sep>

**Emergency Alerts.** Did you know that we can enroll to receive emergency alerts on our cell phones, home phones, text message and/or email?? Better still, IT IS FREE!!! As the City of Rochester Emergency Management website states "In a disaster or serious emergency, Rochester and Olmsted County officials will send you updates via the Rochester MN Alert system. You will receive information about the type of emergency, where it is located, and what emergency actions you should take. Keeping you informed is important. Research finds that people who know what is going on, do better in recovering from a disaster. Help up to keep you informed by enrolling in Rochester Alert. Emergency Alerts: How you want them...when you need them."

In the month of November, Helen Bagshaw from Winona Health system conducted a workshop on **Community hands only CPR/First aid training**. Helen is a CCRN, and Registered American Heart Association CPR instructor at Winona Health and a winner of the MN Hospital Association Caregiver of the Year Award.

All the participants were trained on how to save a life using Hands only CPR, how to respond for choking emergency and also to help someone going through cardiac arrest. Training equipment like mannequins and other resources were provided. She demonstrated and trained us on how to give CPR to infants and babies and also explained how to use AED (automated external defibrillator). Helen also discussed about first aid measures that we can implement for a variety of injuries including cuts, burns, seizures, allergic reactions and such. There were a number of children in the audience. It was very rewarding and encouraging to see them participate enthusiastically in the presentation. It was a very successful learning experience with a number of practical tips that might help us save lives.

Hands only CPR training will equip an entire generation with the ability and confidence to save a life. By being aware about the Emergency Preparedness in the City of Rochester, we have taken small steps towards being prepared for emergencies as a community.

For our next event, ASHA is delighted to bring experts from our community to engage us in a discussion about parenting on January 17<sup>th</sup>, 2015. In **Perspectives on Parenting: A Panel and round table discussion**, the panelists Mrs.Savita Katarya, Dr Jyoti Bhagia, Ms.Vangie Castro and Prof.Chandu Valluri will offer insights to this challenging, yet fulfilling facet of our lives.

ASHA wants to address variety of topics of interest and needs your help to do this successfully. Currently, all the presentations are at the Hindu Samaj temple in Rochester, MN. Please suggest topics/issues of interest through [asharstmn@gmail.com](mailto:asharstmn@gmail.com). As a community, help us spread the word about these presentations when you hear about them, and finally support by attending the events.



Editors note: The article was submitted before the event Perspective on Parenting. On January 17th, the panelists discussed topics like self motivation, interpreting test scores, giving affirmative feed back, depression, peer pressure, bullying, anti bullying law, importance of spiritual discipline and the value of Satsangh. The participants also attended the round table discussion and shared individual experiences which helped in generating creative ideas. For more comprehensive information, please wait for the next issue of Samarpan. Details from the discussion and links will also be uploaded in the website [asharstmn.org](http://asharstmn.org)



## Recipe Corner—Pongal

By Pallavi Manikonda

### Ingredients:

1 cup Rice  
 1/4 cup Moong dal  
 1/2 tsp Peppercorns  
 1/2 tsp Pepper, powdered fresh  
 A pinch of Turmeric powder  
 Ghee

### Seasoning:

Curry leaves  
 1 tsp Chana dal  
 1 tsp Urad dal  
 1 tsp Jeera (cumin)  
 1 tsp Mustard seeds  
 A few Cashew nuts broken



### Method

Fry the Moong dal a little till you get a light flavor.

Mix the dal with the rice, add 2 - 3 cups of water (the rice should cook very, very soft)

Add turmeric powder, a few peppercorns and 1-2 tsp of ghee to the rice and pressure cook till done.

When done, take a kadai, add sufficient ghee to it (more the ghee the better it tastes), and fry jeera, remaining peppercorns and cashew nuts, curry leaves, chana dal, urad dal, mustard seeds.

Add the cooked rice mixture to the kadai, add pepper powder, salt and mix well with the seasoning.

Serve hot.

## Recipe Corner—Annam Payasam

By Kavitha Yarlagadda

### Ingredients:

**Milk :** 4 Cups (Can add 2 cups of milk and 2 cups of water)  
**Raw Rice :** 1 Cup  
**Sabudana :** 1 Tbsp – Optional  
**Moong/Chana dal :** 1 Tbsp - Optional  
**Sugar or Jaggery (grated finely):** 1 Cup (Increase or decrease according to your sweetness level)  
**Cardamom powder :** ¼ Tsp  
**Cashews and Raisins:** Garnishing  
**Ghee :** 1 Tbsp (for frying Cashews and Raisins)  
**Salt :** Pinch – Optional (It enhances the sweetness)  
**Grated fresh Coconut :** ¼ Cup - Optional

Wash and soak Rice, Sabudana and Dal in water for about fifteen minutes.

Heat a thick bottom pan and bring milk to a boil. Lower heat and add the Rice, Sabudana and Dal to the milk. Cook until the rice is soft and the mixture looks thick.

Add the sugar/jaggery and keep stirring till it mixes well.

Heat ghee in a skillet and add cashew nuts. Fry for 1-2 minutes till the cashews turn light brown. Add raisins and stir for a few seconds.

Add this along with the remaining ghee to the cooked rice. Add cardamom powder, grated coconut and a pinch of salt and mix well.

Turn off heat and keep covered for 5 minutes. Serve hot or cold.



*Annam Payasam* or *Paramannam* is a sweet dish which is prepared as an offering to God in almost every home in Andhra on most special occasions and festivals.



## Quiz: Devon Ke Dev- Mahadev!!

By Nisha Kurup

1. Before marrying goddess Parvathi, Lord Shiva was married to Shakti or Sati, who was a daughter of \_\_

- a. Shukracharya    b. Daksha Prajapathi  
b. Himavan        d. Indra

2. The name 'Shiva' means \_\_\_\_

- a. Auspicious        b. All Knowing    c. All Powerful    d. All Pervasive

3. Which one of the following was a great devotee of Lord Shiva?

- a. Dhruva            b. Prahlada        c. Markandeya    d. Ambareesha

4. Who is considered as the son born of Lord Shiva and Lord Vishnu (in the form of Mohini)?

- a. Lord Karthikeya    b. Lord Ganesha  
c. Lord Ayyappa    d. Kala Bhairava

5. Which form of Shiva is known as the Lord of animals and beasts – who controls our beastly passions?

- a. Bholenath        b. Vrckshanath    c. Pashupathinath    d. Rudra

6. In which form is Shiva known as Lord of Time?

- a. Ardhanareeswara    b. Mahakala        c. Mahadeva        d. Nataraja

7. Brahma the uncaring creator was punished by Shiva by cutting his fifth head. Which form did Shiva take to undertake this divine mission?

- a. Bhairava            b. Rudra    c. Dakshinamurthi    d. Bhuteswar

8. Shiva as the great cosmic teacher is known by the name

- A. Kalabhairava        b. Dakshinamurthi    C. Rudra            d. Neelakantha

9. As the keeper of the sacred plant Soma, Shiva is known as

- a. Bhasmeshwar        b. Vaidyanath        b. Somanath            d. Kapalin

10. To avenge Sati's death, Shiva plucked his hair and threw it down and from it appeared

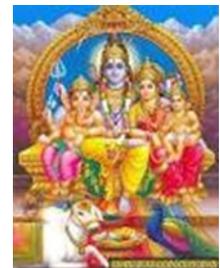
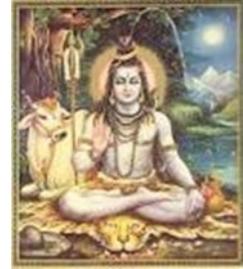
- a. Virabhadra    b. Nandi    c. Bhasmasura        d. Chamunda

11. In which form does Parvati serve food to Shiva at Kashi?

- a) Durga            b. Kali    c. Gowri            d. Annapurna

12. Which one of the following is NOT a legend associated with Maha Shivratri?

- a. Wedding day of Lord Shiva and Parvathi  
b. The day of Lord Shiva's manifestation in the Linga form  
c. The day of Lord Shiva performing the primal dance of creation (Tandava Nritya)  
d. The day when Lord Shiva killed Tripurasura





## Quiz: Devon Ke Dev- Mahadev!!

By Nisha Kurup

13. Which of the following is considered as the most sacred offering to Lord Shiva?

- a. Tulsi leaves
- b. Lotus flower
- c. Bilwa leaves
- d. Parijaatha flowers

14. What three fundamental powers of Lord Shiva does his Trishul (Trident) symbolize?

- a. Kindness, Endurance, Perseverance
- b. Will, Action, Knowledge
- c. Honesty, Sincerity, Intelligence
- d. Strength, Will, Vigor

15. How do you worship Lord Shiva on the day of Mahashivarathri?

- a. Worshipping by offering Bilwa leaves
- b. Staying awake the entire night chanting the names of Lord Shiva
- c. Performing Abhishekams on Shiva Linga
- d. All the above.



## Quiz winner for Mahabharata Trivia

We have a winner for the Quiz posted in the last issue of Samarpan! Congratulations to Vinuthna Neelam, who won a gift card to Wehrenberg theatres!



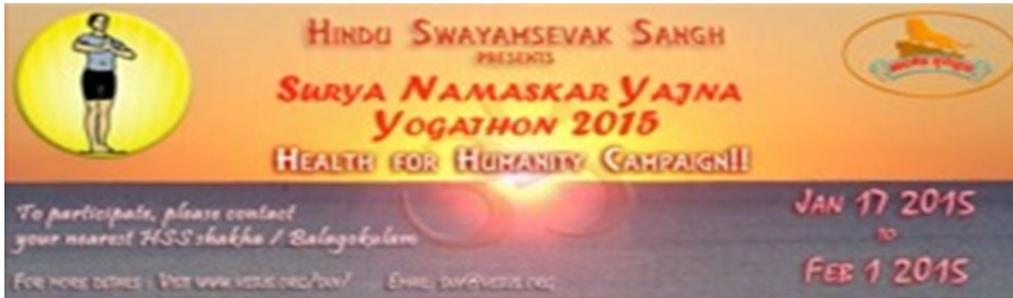
*If you would like to contribute to this column please email*

*[editors@histemplemn.org](mailto:editors@histemplemn.org)*

*with the title "Food for Thought". Contributions should reach 45 days in advance of the issue being published.*

*The first correct respondent will receive a movie gift card.*





Hindu Swayamsevak Sangh USA (HSS) invites you to join with your friends and family in the Eight annual "Health for Humanity Yogathon" or "Surya Namaskar Yajna". The 16-day event aims to create awareness about Yoga and its advantages in achieving a healthy body, mind and spirit. Surya Namaskar integrates simple Yoga postures in 10-steps that, along with easy breathing technique, can provide immense health benefits to both the body and the mind.

**To mark this occasion, HSS has organized the "Health for Humanity" Yogathon**

**Venue – Rochester Public Library - “Room C”**

**Time – 3:00 pm to 5:00 pm**

**Date – Saturday February 7<sup>th</sup> 2015**

**Please wear loose clothing to perform Yoga.**

There will be 2 sessions - one for beginners and one for those who know it.

This program is open to people of all ages, gender, and races. Details of this event, training resources, and advertising aids are available on the official HSS SNY website: [www.hssus.org/sny](http://www.hssus.org/sny) . For questions or suggestions, email “[sny@hssus.org](mailto:sny@hssus.org)” or Ajay (507)322-8999 / Nitin (571)224-2518



<http://www.hssus.org>

