

HINDU SANDESH

HARI OM MANDIR

Hindu Society of Metropolitan Chicago
Non-Profit Organization under IRS Sec.501 (C) 3
VOL. 77 No. 12, December, 2024
6 NORTH 020 MEDINAH ROAD, MEDINAH IL 60157
Phone: 630 980 0900, www.hariommandir.org



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राम दूत अतुलित बल धामा

अंजनि पुत्र पवनसुत नामा॥२॥

Ram doot atulit bal dhama

Anjani-putra Pavan sut nama

You are the divine messenger of Shri Ram. The repository of
immeasurable strength, though known only as Son of Pavan
(Wind), born of Anjani.

MANDIR TIMINGS

Open: 8:30 am – 12:00 pm

Open: 4:00 pm – 8:00 pm

Close: 12:00pm – 4:00pm
**Except Saturday, Sunday,
Holidays & Special Events
Priests:
Acharya Ram Naresh Vajpayee
Shastri Dharmender Bhatt

HARI OM MANDIR

Invites you all to an informative talk on:

PRANAYAM AND MEDITATION

EIGHT COMMON TYPES

- 1 Ujjayi Pranayama (Ocean Breath)
- 2 Kapalabhati Pranayama (Skull Shining Breath)
- 3 Dirga Pranayama (Three Part Breath)
- 4 Bhramari Pranayama (Humming Bee Breath)
- 5 Sheekari Pranayama (Hissing Breath)
- 6 Nadi Shodhana Pranayama (Alternate Nostril Breathing)
- 7 Surya Bhedana Pranayama (Right Nostril Breathing)
- 8 Bhastrika Pranayama (Bellows Breath)

by



The mind is the king of senses, but the breath is the king of the mind.

THE FIVE PRANA



MR. YASH CHAUDHARY

Sunday, December 1, 2024

Havan: 10:30 am- 11:00 am

Time: 11:15 am- 12:15 pm

Preetibhojan: 12:30 pm

Sponsors: Open

(May also watch live on Hari Om Mandir Facebook Page)

For further info, please contact:

Mandir: 630 980 0900

Sneh Chaudhary: 630 715 7975

Acharya Ramnaresh Vajpayee: 331 307 9631

Shastri Dharmender Bhatt: 224 518 7240

Hari Om Mandir

Invites you all to Join



By: Subhash Sharma, Mona Sharma and Mandali

On Saturday, December 7, 2024

Pooja: 6:30 pm-7:00pm

Bhentien: 7:00 pm-9:00pm

Aarti: 9:00pm

Sponsor Preetibhojan: Open

(You may watch live on Hari Om mandir Facebook)

Contact #s:

Subhash Sharma: 815.751.6624 Mona Sharma: 630.246.0840 Mandir: 630.980.0900

Acharya Ramnaresh Vajpayee: 331.307.9621

HARI OM MANDIR

*Invites you to an informative
Pravachan by*



Acharya Ram Naresh Vajpayee

Topic: Gita Jayanti Mahotsav

-: PROGRAM: -

Sunday, December 8, 2024

Havan: 10:30-11:00

Pravachan: 11:00-12:15

Shreemad Bhagwat Gita Poojan: 12:15-12:30

Sponsor: Open

For further info, please contact:

Mandir: 630 980 0900, Sneha Chaudhary: 630 715 7975

Acharya Ramnaresh Vajpayee: 331 307 9631 Shastri Dharmender Bhatt: 224 518 7240

Hari Om Temple

6N20 Medinah Rd, Medinah, IL 60157

630-980-0900



HOM- Mahila Mandal

(Satsang: 2nd Wednesday of the Month)

Wednesday, 11th Dec. 2024

1PM to 3:00 PM

Recital: Vedic mantra; Shri Hanuman Chalisa

  : Bhajans; Group Bhajan

(Plz bring copies of your bhajan)

Followed by Tea and Snacks

Sponsors for Month

(OPEN)

.....
Manisha Garg (224)616-8360;

**Usha Gupta (224)659-1229; Renu Goyal
(847)921-3684; Umesh Singh (224)830-5239**



Shradhay Swamy Satyanand Ji Maharaj

बीज अक्षर महा-शक्ति-कोष, राम-राम जप शुभ-संतोष,
राम-राम श्री राम-राम मंत्र, तंत्र बीज परात्पर यन्त्र । 37 ।

SHREE AMRITVANI PATH

(By: Rama Kapoor /Acharya Ramnaresh Vajpayee)

Sunday, December 15, 2024

Time: 11:00 am-12:15 pm

Preetibhojan Sponsor: open

(You may join live online via Facebook)

To Sponsor Contact:

Mandir: 630-980-0900 Vipin Wadhera: 630 550 8839

Acharya Ram Naresh Vajpayee: 331-307-9621 Shastri Dharmender Bhatt: 224-518-7240

SATYANARAYAN KATHA PUJA

सत्यनारायण कथा पूजा



by Hari om Mandir Preist
Acharya Ramnaresh Vajpayee



On Sunday, December 22, 2024

Havan: 10:30 am -11:00 am

Satyanarayan Katha: 11:00 am -12:15 pm

Pooja Sponsors donation: \$31

Preetibhojan Sponsors:

Harish & Bharti Malhotra

Note: -Sponsors will bring with them Fruit and Mahaprasad-Mandir will provide all Pooja Samagri

(You may also watch this live on Hari Om Mandir Facebook page)

Contacts:

Hari Om Mandir: 630 980 0900 Acharya Ramnaresh Vajpayee: 331-307-9621

HARI OM MANDIR

Invites you all to
Baba Balak Nath Ji Bhandara
Sunday, December 29, 2024



मेनू सोहनी गुफा दे अन्दर तो सिद्ध जोगी वाज़ा मारदा
सिद्ध जोगी वाज़ा मारदा पौनाहारी वाजा मारदा

Program

Havan: 10:30-11:00 am

Bhentein: 11:00 am-12:30 pm
(By Shma sharma and Mandali)

Aarti and Preetibhojan: 12:30 pm

**Sponsors: Ashok- Shma Sharma and Family, Salwan Parivar,
Subhash Sharma Parivar, Ramesh Bhardwaj Parivar**

Contact:

Mandir: 630 980 0900 Subhash Sharma: 815 751 6624 Shma Sharma: 630 550 6693

Acharya Rammaresh Vajpayee: 331 307 9621

JAI MATA DI!!!

DEVI JAGRAN

By: Subhash Sharma. Mona Sharma & Mandali

Sponsors: Open

तेरे नाम दा रंग ऐसा चड़िया ई माँ,
तेरे भक्तां ने तेरा पल्ला फड़िया इ माँ I **07-December, 2024**
मन दे मंदिर विच तेरी जोत जाई ऐ,
नैणां विच मैया तपस्वी बड़ाई ऐ I

सभी सज्जनों को सूचित किया जाता है की **07-December, 2024-**

(Saturday) शाम के 7:00 बजे मंदिर में अम्बे माँ का **देवी जागरण (Chowki)** हो रही है I मंदिर के पुजारी जी शाम के ठीक 6:30 बजे पूजा शुरू करेंगे I माँ के भक्त **सुभाष शर्मा, रमा कपूर और मोना शर्मा** अपनी भक्त मंडली के साथ माता जी की स्तुति में भेंटें गायेंगे I रात **8:30pm** बजे आरती शुरू हो जाएगी और उसके उपरांत प्रसाद बंटेगा I

आप सभी से नम्रता सहित प्रार्थना है की आप भारी संख्या में आकर देवी माँ के जागरण की शोभा बढ़ायें I अपने सामर्थ्य अनुसार ड्राई फ्रूट (Dry Fruit) और ताज़े फल (Fresh Fruits) माँ के चरणों में भेंट करने के लिए लाएं I

जो भी व्यक्ति अपने परिवार की खुशी के लिए या अपनी मनोकामना की पूर्ती के लिए देवी जागरण अपनी और से (स्पांसर) कराना चाहता है, कृपया मंदिर में कैलेंडर पर अपना नाम लिख दे I जो भी भक्त माँ की स्तुति में भेंटें बोलना चाहता है, वो कृपया 8:00 बजे से पहले अपना नाम सुभाष शर्मा जी को दे दें . कोई और विशेष जानकारी के लिए सम्पर्क करें I





WISH YOU ALL A VERY HAPPY NEW YEAR



Hari Om Mandir CELEBRATES 1ST DAY OF 2025

With

SUNDERKAND PATH



-: Program: -

Date: Wednesday, January 01, 2025

Snacks and Tea: 9:00 am -10:30am

Sunderkand Path Starts: 10:30 am to 12:30 pm

Introduction New Boards: 12:30 pm to 12:55 pm

Aarti: 1:00 pm

Bhojan Prasad sponsors: Brij & Vijay sharma and Family: 1:15 pm

Sunderkand Path Sponsor Donation: \$51

For Sponsoring, please contact: Acharya Ramnaresh Vajpayee: 331-307-9621

Subhash Sharma: 815-751-6624 Mandir: 630-980-0900 Vipin Wadhera: 630-550-8839



Hindu Festivals -2025

Name of Festival	Day	Date
NEW YEAR DAY	Wednesday	January 1
LOHRI	Monday	January 13
MAKAR SANKRANTI	Tuesday	January 14
BASANT PANCHAMI	Sunday	February 2
MAHA SHIVRATRI	Wednesday	February 26
HOLIKA DAHAN	Thursday	March 13
HOLI	Friday	March 14
NAVRATREY STARTS	Sunday	March 30
BAISAKHI	Sunday	April 13
A SHTAMI	Saturday	April 5
RAM NAUMI	Sunday	April 6
HANUMAN JAYANTI	Saturday	April 12
GURU PURNIMA	Thursday	July 10
RAKSHA BANDHAN	Saturday	Aug 9
KRISHAN JANAMA SHTAMI	Friday	August 15
GANESH CHATURTHI	Wednesday	August 27
RADHA A SHTAMI	Sunday	August 31
SHRADH BEGIN	Monday	September 8
SHRADH END	Sunday	September 21
NAVRATREY BEGIN	Monday	September 22
DURGA A SHTAMI	Tuesday	September 30
NAVRATREY END	Wednesday	October 1
VIJAY DA SHAMI / DUSSEHRA	Thursday	October 2
KARVA CHAUGH	Friday	October 10
DHAN TERAS	Saturday	October 18
DEEPAVALI	Tuesday	October 21
GOVERDHAN PUJA	Wednesday	October 22
BHAI DOOJ	Thursday	October 23
CHHATH PUJA	Monday	October 27
TULSI VIVAH	Sunday	November 2
GITA JAYANTI	Monday	December 1