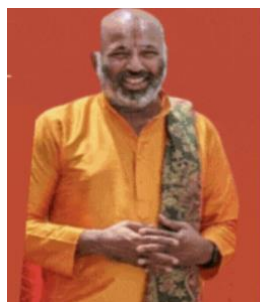


ॐ SANDESH ॐ

July-September 2023



**We admire, love, and respect you,
For your dedication devotion and guidance**



Srinath Ji - Now and 25 years ago

Hindu Society
OF NORTH EAST FLORIDA

4968 Greenland Road., Jacksonville, FL 32258. Phone. 904 268 7630.

Web site. www.hsnef.org.

Hindu Society
OF NORTH EAST FLORIDA

Executive Board

Executive Board

Chairperson

Anshu Kalia

chair@hsnef.org

Vice chairperson

Anju Garg

vc@hsnef.org

Secretary

Sailaja Ayyagari

secretary@hsnef.org

Treasurer

Padma Sikaria

treasurer@hsnef.org

Srilakshmi Garikipati

Vipam Kalahan

Kavita Parikh

Sunil Ancha

Anil Pathak

Parita Warde

Kris Gopal

Priests

Head Priest

Kadambi Srinath

Other priest

Venkata Pulikanti

Temple Staff

Shree Laxmi M

Ragha Suda

Asha Sharma

Mahak Gupta

Ritu Sharma



Temple Staff



Temple timing

Weekdays. 9.00 - 11.00 am (Arati 9-45 am)

6.00 - 8.30 pm (Arati 7.00 pm)

Weekends. 9.00 am to 8.30 pm (Arati 11-45 am; 7.00 pm)

MAHA LAKSHMI LAKSHA KUNKUMA ARCHANA

7 TH JULY 2023 TO 19TH AUGUST 2023

ADHIK SHRAVAN
MONTH

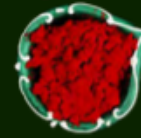


PURUSHOTHAM
MASS

WITH MAHALAKSHMI
100000
KUNKUMA ARCHANA



CELEBRATIONS



Year 2023 is blessed with Adhik Mass (additional month) according to Hindu calendar. This year Adhik Maas /Purushottam Mass fall during Hindu month Shravan, which begins on July 18th and ends on August 15th. This period is known as Adhik Shravan and special rituals and pujas are beneficial and organised and at your Hindu Temple

• SPECIAL WORSHIP & CULTURAL PROGRAMS •

JOIN

DAILY EVENTS FROM

FRIDAY, JULY 7TH

THRU

SATURDAY, AUG 18TH 2023

SCAN
ME! >>>



YOUR PARTICIPATION & SPONSORSHIP WELCOME

GRAND SPONSOR: ALL EVENTS - FOR FORTY ONE (41) DAYS - \$3001

UBHAYA DAATA: ALL EVENTS - OF LAST 21 DAYS- \$2001

DAATA: (ALL EVENTS OF LAST 11 DAYS - \$1001

ALL HAVANS FOR FORTY DAYS - FOUR HAVANS- \$501

ONE HAVAN AND ABHISHEK AND KALYANOTSAV - \$251

ONE DAY SPONSOR- \$101

ONE SESSION SPONSOR- \$51

EVERYDAY MORNING AND EVENING MAHALAKSHMI KUNKUMA ARCHANA WILL BE PERFORMED UNTIL THE COUNT GOES TO 100,000 (WILL BE CONCLUDED ON 18TH AUGUST)

4968 Greenland Road Jacksonville 32258

hsnef.org

904.268.7630

Table of Contents

Message from Head Priest.....	4
Events for July-September 2023	6
Special Events for July-September 2023.....	8
Samudra Manthanam	9
Underlying spiritual symbolism of Sagara Manthan.....	12
Dashavatara	14
Finance Report	19
Meet our Other Priest.....	20
Birthday Wishes	21
Hindu Day Camp 2023	22
Participants' Feedback	23
Graduation – Class of 2023	25
Classes for Children at HSNEF	27
Resources of health insurance for uninsured	29
Important Links	30
Rental and Advertisement	31
Yagnashala Bhoomi Pooja	34

Click on the page number to visit specific content

Message from Head Priest

Dear Devotees,

Namaste,

I would like to share the information on the special programs and celebrations in the upcoming quarter. Year 2023 is blessed with Adhik Maas (additional month) according to Hindu calendar.

What is Adhik Maas:

Adhik Maas is an extra month in the Hindu calendar. One of the calendars that Hindu faith follows is the Lunar calendar. A month in the Lunar calendar has 29.5 days unlike a Solar calendar which has 30-31 days. The Hindu Lunar calendar year comprises of 354 days. There is a gap of 11 days between the Solar and Lunar calendars. Within 2-3 years, this gap of 11 days per year adds up to 29-30 days or added month. To make the lunar and the solar calendar similar, an extra month is added to the lunar calendar of Hindu faith. This extra month is called Adhik Maas.

The position of Adhik Maas is not fixed. Adhik Maas can occur between any two months. The Adhik Maas is falling during Shravan Month this year, which is considered as the month of Mahalakshmi.

Significance and story of Adhik Maas:

The Lunar calendar in Hinduism has 12 months. However, before the Adhik Maas came into existence, it could not match with the days of the solar calendar. The sages, i.e., Rishis, Munis started making calculations and introduced an extra month in the lunar calendar of Hinduism called the Adhik Maas. It is said that ages ago, King Nahush by keeping the Adhik Maas vrat freed himself from all bondages and got the throne of Lord Indra, who was the king of heaven.

Spiritual Significance of Adhik Maas:

Adhik Maas is perceived to be a holy month. It has many names like Londa Maas, Purushottama Maas, Mal Maas and so on. In Hinduism, every month is represented by a form of God. The Adhik Maas, however, was not included in the 12 months, initially. Adhik Maas in return pleaded to Lord Vishnu to give him a place in the calendar. Lord Vishnu heard his plea and allowed him to be a part of the calendar.

Adhik Maas is a holy month because, it is believed that if one does good deeds, prays, austerities during the month, then he/she can free himself/herself from sins.

The benefits of Adhik Maas are listed below:

- It is perceived as the holy month in Hinduism.
- It has more significance than other months in Hinduism.
- If one performs austerity, it is good.
- It believed that one can free oneself from sins by praying, practicing religious activities, doing Japa and puja keeping fast and so on in the Adhik Maas.
- If one performs selfless acts, that is celebrated.
- It also adds to the spiritual growth of a person.

Since it is the month of Lord Purushottama, it is expected to chant his shlokas, the Suktas and also the Vishnu Sahasranama. If an individual performs religious activities like puja or Archana, it is believed that his sins wash away. Devotees often keep fast or vrat. It may be due to many reasons like repenting for one's sins, praying for good health and wealth, praying for happiness and peace and so on.

The temple, for the benefit of the congregation, is planning to celebrate the Adhik maas with Maha Lakshmi Laksha Kumkuma Archana daily starting from Saturday July 7th to August 19th. This event is a grand religious event. During these celebrations, we are going to celebrate major events like, Special Chowki, Special Satyanarayana Puja, Special Sundarakanda Path, Special havans, Chhappan Bhog, Special Abhisheks, Special Lalita and Vishnu Sahasranamams, Snatrra Puja, and cultural programs. The temple is going to be busy with all these pujas during the weekends between July 7th to August 19th. This is the best opportunity for the devotees to celebrate Adhik purushottam maas with all rituals.

The following mantra is to be recited for Adhik Purushottam Maas every day. Please observe during Adhik Maas.

गोवर्धनधरं वन्दे गोपालं गोपरूपिणम्।

गोकुलोत्सवमीशानं गोविन्दं गोपिकाप्रियम्॥

**GOVARDHANA DHARAM VANDE GOPALAM GOPA RUPINAM
GOKULOTSAVAM ISHAANAM GOVINDAM GOPIKA PRIYAM**

Please participate in the special Adhik Maas rituals and reap its benefits and always be blessed by Lord Ganesha and all the forms of the One Almighty and enjoy the divine bliss.

With Divine thoughts
Pandit Shrinath Kadambi
Pradhan Acharya, Head Priest
HSNEF

Events for July-September 2023

July				
Date	Day	Event		Time
Jul 1st	SAT	Sri Venkateswara Suprabhata Seva		9.30 - 10.30 AM
		Shri RamParivarPooja		10.30 - 11.45 AM
Jul 2nd	SUN	Ganesh Abhishek		9.30 - 11.00 AM
Jul 3rd	MON	Guru Poornima (see special events page)		
JUL 6th	THU	Sankataharana Chaturthi Ganesh Abhishek		6.00 - 8.00 PM
Jul 7th	FRI	Adhika Shravan Month Purushottam Mass Special Program Begins		
Jul 8th	SAT	Sri Venkateswara Suprabhata Seva,		9.30 - 10.30 AM
		Devi Pooja Samuhika Soundaryalahari Prayana		10.30 - 11.45 AM
		Adhik Shravan Mata Rani Cbhowkhi Pujan		3.00 - 07.00 PM
Jul 9th	SUN	Adhik Sravan Purushottam Mass Laksha Archana Begins		
		Shiv Pooja		9.30 - 10.30 AM
		Jain Samavesh		10.30 - 11.30 AM
JUL 15th	SAT	Sri Venkateswara Suprabhata Seva		9.30 - 10.30 AM
		Shri Venkateswar Abhishek & Pooja		10.00 - 11.45 AM
		Mahapradosha Rudra Abhishek		6.00 - 8.00 PM
Jul 16th	SUN	Sri Satyanarayan Pooja		10.00 - 11.45 AM
Jul 21st	FRI	Vainayaki Ganesh Abhishek		6.00 - 8.00 PM
Jul 22nd	SAT	Sri Venkateswara Suprabhata Seva		9.30 - 10.30 AM
		Sri Lakshminarayana Pooja		10.30 - 11.00 AM
		Navagraha Abhishek		11.00 - 11.45 AM
Jul 23rd	SUN	BalaKrishna Pooja		9.30 - 10.30 AM
		Jain Samavesh		10.30 - 11.30 AM
JUL 29th	SAT	Sri Venkateswara Suprabhata Seva		9.30 - 10.30 AM
		Adhik Shravan Purushottam Month Special Puja		
Jul 30th	SUN	Adhik Shravan Purushottam Month Special Puja		
August				
Aug 4th	FRI	Sankataharana Chaturthi Ganesh Abhishek		6.00 - 8.00 PM
Aug 5th	SAT	Sri Venkateswara Suprabhata Seva		9.30 - 10.30 AM
		Shri RamParivarPooja		10.30 - 11.45 AM
Aug 6th	SUN	Ganesh Abhishek		10.00 - 11.00 AM
Aug 12th	SAT	Sri Venkateswara Suprabhata Seva,		9.30 - 10.30 AM
		Devi Pooja Samuhika Soundaryalahari Prayana		10.30 - 11.45 AM
Aug 13th	SUN	Shiv Pooja		9.30 - 10.30 AM
		Jain Samavesh		10.30 - 11.30 AM
		Mahapradosha Rudra Abhishek		6.00 - 8.00 PM
Aug 19th	SAT	Sri Venkateswara Suprabhata Seva		9.30 - 10.00 AM
		Shri Venkateswar Abhishekam & Pooja		10.00 - 11.45 AM
Aug 20th	SUN	Sri Satyanarayan Pooja		10.00 - 11.45 AM
		Vainayaki Ganesh Abhishek		6.00 - 8.00 PM
Aug 25th	FRI	Varalakshmi Vratam		
Aug 26th	SAT	Sri Venkateswara Suprabhata Seva		9.30 - 10.30 AM
		Sri Lakshminarayana Pooja		10.30 - 11.00 AM
		Navagraha Abhishek		11.00 - 11.45 AM

Aug27th	SUN	BalaKrishna Pooja			10.30 -11.45 AM
		Jain Samavesh			10.30 - 11.30 AM
Aug29th	TUE	Onam Festival			6.00 - 7.00 PM
Aug30th	WED	Rakhi Poornima Rig Yajur Upakarma			6.00 - 9.00 AM
		Raksha Bandhan Rakhi Poornima			6.30 - 7.00 PM
September					
Sep 2nd	SAT	Sri Venkateswara Suprabhata Seva			9.30 - 10.30 AM
		Shri RamParivarPooja			10.30 - 11.45 AM
Sep 3rd	SUN	Ganesh Abhishek			10.00 - 11.00 AM
		Sankataharana Chaturthi Ganesh Abhishek			6.00 - 8.00 PM
Sep 6th	WED	Janmashtami (See the special events page)			6.00 - 12.00 AM
Sep 9th	SAT	Sri Venkateswara Suprabhata Seva			9.30 - 10.30 AM
		Devi Pooja Samuhika Soundaryalahari Parayana			11.00 - 11.45 AM
Sep10th	SUN	Shiv Pooja			9.30 - 10.30 AM
		Jain Samavesh			10.30 - 11.30 AM
Sep 12th	TUE	Mahapradosha Shiva Abhishek			6.00 - 8.00 PM
Sep 16th	SAT	Sri Venkateswara Suprabhata Seva			9.30 - 10.30 AM
		Shri Venkateswar Abhishekam & Pooja			10.00 - 11.45 AM
Sep 17th	SUN	Sri Satyanarayan Pooja			10.00 - 11.00 AM
		Haritalika Teej Vrat Puja at Temple			7.30 - 09.00 PM
Sep 18th	MON	Ganesh Chaturthi Vinayaka Chaturthi see special events			
		Jain Samvatsari at MP Hall			2.00 - 6.00 PM
Sep 23rd	SAT	Sri Venkateswara Suprabhata Seva			9.30 - 10.30 AM
		Sri Lakshminarayana Pooja			10.30 - 11.00 AM
		Navagraha Abhishek			11.00 - 11.45 AM
		Ganesh Chaturthi Childrens Samuhik Ganesh puja			11.45 - 12.30 Noon
		Ganapathi Atharva Sirsha Sahasravriti			3.00 - 06.00 PM
		Ganesh Nimajjan Utsav			6.00 - 7.00 PM
Sep 24th	SUN	BalaKrishna Pooja			10.30 - 11.45 AM
		Jain Samavesh			10.30 - 11.30 AM
Sep 26th	TUE	Venkateswara Jayanthi			9.30 - 12.00 Noon
Sep 30th	SAT	Sri Venkateswara Suprabhata Seva			9.30 - 10.30 AM

Special Events for July-September 2023

Guru Poornima July 3rd, 2023

Guru Poornima July 3rd Monday Rudrabhishek 6.00 to 7.00 PM
Guru Poornima Special Vyasa Puja 7.00 to 8.00 pm followed by Arati.

Adhik Shravan Purushottam Mass Maha Lakshmi Laksha Kunkuma Archana is planned to start from 7th July to August 19th, 2023.

Andal Tiruvadippuram Saturday July 22nd 2023 10.00 to 11.00 AM

VARALAKSHMI VRATAM Friday, August 25th, 2023

Mahalakshmi Abhishek 6.00-6.30 pm
Samuhika Varalakshmi Vrata Pooja & Katha 7.00 – 8.00 PM
(Participants to Bring: Fruits, Flowers, and Coconut, Blouse piece & Prashad) Sponsorship \$51/

RAKSHA BANDHAN & RIG-YAJUR UPAKARMA Wednesday 30th Aug 2023

Upakarma Ceremony 6.00 – 10.00 AM

Raksha Bandhan Pooja & followed by Arati 6.30 - 7.00 PM

Onam Festival Special Puja and Bhajans Tuesday, August 29th, 2023, 6.00—7.00 pm

SHRI KRISHNA JANMASHTHAMI, Wednesday September 6th, 2023

Janmashtami Special puja for Young Generation 5.30—6.30 PM
Arati followed by Sarvadarshan 6.30—9.00 PM
Arati&Prashad followed by Sarvadarshan 6.30—9.00 PM Arati @ 6.30, 7.30, and 8.30 PM

Janmashtami Special Cultural Program & Bhajans 10.00 – 11.30 PM
Shri Balakrishna Janmotsav & Jhoola Seva, Arati 11.30 – 12.30 Mid-night

Haritalika Teej Vrat at Temple Sunday September 17th, 2023, 8.00-9.00 PM

SHRI GANESHA CHATURTHI CELEBRATIONS Monday, September 18th, 2023

Shri Maha Ganapati Havan & Ganesha thapana 9.00 – 10.30 AM
Ganesh Chaturthi Special Ganesh Abhishek 10.30 – 11.00 AM
Special Shringar, Arati & Prashad 11.00 – 12.00 Noon
Vinayaka Chaviti Pooja for Young Generation 5.45 -6.15 PM
Arati & Prashad followed by Sarvadarshan 6.30—9.00 PM Arati @ 6.30, 7.30, and 8.30 PM

Jain Paryushan Program 2.00 – 6.00 PM at Multi-Purpose Hall
September 23rd Saturday 2023 11.00 -12.00 Noon Samuhika Ganesh Puja by Children

Ganapathi Atharvashirsha Sahasravriti 3.00 – 6.00 PM
Ganesha Nimajjan Utsav 6.00-6.30

Venkateswara Jayanthi Celebrations Tuesday September 26th 2023

Venkateswara Special Abhishek 9.30 to 12.00 Noon

Samudra Manthanam (Churning of Ocean)

Dr. Kris Gopal

“Samudra Manthanam”, also known as Sagar Manthan, Amrit Manthan, Ksheer Sagar Manthan, is one of the significant episodes that led to the birth of divine goddesses, angels, and also many precious valuables. This is mentioned in the Bhagavat purana, Vishnu purana and Mahabharata. The literal meaning of the words “samudra Manthan” means churning of the sea.

Durvasa Muni, a devotee of Lord Vishnu, once received a flower garland from Lord Vishnu as Prasad of Puja. While the Muni went to Swarga, he gifted that garland to Indra, the king of the Devas. Indra, instead of honouring it appropriately, placed the garland around Airavata's neck (Airavata is the elephant mount of Lord Indra). This made Durvasa furious, and as usual with him, he cursed Indra that Lakshmi will abandon the Swarga. The infuriated Muni felt that this sacrilegious and irreverent act of Indra was not only indicative of disrespect for himself but also an act of unpardonable profanity to Bhagavan Vishnu! He therefore cursed Indra saying that an invaluable gift rewarded to Durvasa by Narayana was parted with and out of consideration to Indra who ignored its inherent worth. Hence, Lakshmi, who was the Form of Prosperity, should abandon Swarga forth with. Lord Vishnu advised Lakshmi to stay in the ocean until she reappears from the churning. Vishnu advised Devi Lakshmi to stay in Ksheera Samudra till Devas and Danavas did Amrita Manthana or churning of the Ocean. (Brahma vaivarta puranam).

Soon thereafter, the Sagara Manthana commenced with Mandara Mountain as kaashtha or the Churning rod; Kurmavata / the incarnation of Bhagavan Vishnu as Tortoise to balance the Mountain, Shesha Naaga as the rope with which to rotate the kaashtha, and Devas and Danavas as the Churning Parties. After all this damage, Gods went to Lord Vishnu who suggested the churning of the Ocean Samudra Manthanam and restore their power back by providing Amritam that make them immortal. From this churning Goddess Lakshmi emerged from the ocean waves seated on Lotus flower and chooses Lord Vishnu as her eternal consort. In Vishnu Puranam, when Lord Vishnu descended on earth as Rama, Krishna at that time Goddess Lakshmi also descended as Sita, Rukmini. She is wife as well as the divine energy of Lord Vishnu. (Vishnu Puranam)



Depicting Samudra Manthan at Bangkok international airport

A total of 14 valuables emerged from the ocean, which were divided by the devas and the asuras.

1. Halahala poison: Lord shiva descended mount Kailash consumed the poison and goddess Parvati used her powers to stop the poison to go beyond the shiva's throat.
2. Airavat elephant: Multi tusked elephant vahana of Indira. After appearing from the cosmic ocean, Airavat, chose to serve his master Indra, who was delighted to reunite with his loyal Vahana.
3. Uchhaisravas: Seven headed snow-white horse. The magnificent steed was taken by Indra. Eventually, the Uchhaisravas came into the hands of King Mahabali, the asura king, who ruled over the three worlds.
4. Kamadhenu: The cow that provides desired objects. Kamadhenu is depicted with the face of a woman, the body of a cow with a pair of wings, and a tail of a peacock. She was given to the Saptarishis as she provided them with ample milk.
5. Apsaras: Heavenly spirits of Devaloka. They are associated with music and dance after appearing from the cosmic ocean. They chose Gandharvas as their companions. The Gandharvas served as musicians in Indra's court.
6. Parijat: Divine tree of devaloka. Indra decided to keep the beautiful flowering tree with the enchanting fragrance for himself and planted the tree in his garden in Devaloka. The tree has a special significance in Hinduism, and it is forbidden to pluck its flowers and only the fallen. Flowers can be used to worship deities.
7. Sharanga: Vishnu's bow: one of the two divine bows crafted by Vishwakarma, the architect of the Gods. Vishnu used the bow in his parasurama avatar and krishna avatar.

8. Panchajanya: The conch of Vishnu. The sound of this conch signified the beginning of a war.
9. Kastubh Mani: Sacred precious gemstone embedded in the necklace worn by Vishnu. The gemstone is said to be as beautiful as an exotic lotus and as radiant as sun
10. Chandra the moon God: The moon God Chandra appeared as one of the precious ratnas and took refuge in the matted hair of shiva.
11. Lakshmi Goddess of wealth: Lakshmi is the goddess of wealth, prosperity, and fortune. She is one of the three supreme goddesses with Saraswati and Parvati.
12. Alakshmi: She is counterpart of Lakshmi and is goddess of misfortune, poverty and misery and is said to visit houses filled with ego, pride.
13. Dhanvantri: Physician of Gods. Dhanavantri was responsible for teaching the ancient knowledge of medical science Ayurveda to the mortal. Brahma created Ayurveda before he created mankind.
14. Amrit: As soon as Dhanvantri appeared with the pot of Amrit, the asuras snatched the pot and planned to consume the entire pot of elixir. Vishnu devised a plan and took the form of an enchanting woman Mohini. Mohini used her charm to lure the asuras out of hiding and use the opportunity to take the pot back to the devas. One of the asuras Rahu Ketu disguised himself as a deva to taste the Amrit. However, he was discovered just as he was pouring the liquid into his mouth. Vishnu instantly hurled the Sudarshan chakra and beheaded Rahu Ketu, but the Amrit had already reached the asura's throat. Rahu Ketu's, head and body were flung on the opposite sides of the universe and became Rahu and Ketu.



Underlying spiritual symbolism of Sagara Manthan

Dr. Kris Gopal

Now, this episode from the Puranas is not just a mythical story. In fact, many scriptures of Hinduism, including the Vedas are couched in deep symbolism. You will gain an insight into them only if you have the knowledge of the scriptures. Like many other Puranic stories, Ksheera Sagara Manthan has a deep symbolism, which becomes evident as you go through the following.

Symbolically, it represents the spiritual endeavor of human beings to gain immortality or liberation (Moksha) through yogic practices such as concentration, withdrawal of the senses, self-control, detachment, austerities, and renunciation.

Gods and demons

The body is the microcosm, in which both God and demons reside, just as they reside in their respective spheres in the macrocosm. The gods represent the sense organs, virtue, and pleasure principle, while the demons represent delusion, evil tendencies, and the pain principle. The gods also represent the sattva, purity, and intelligence, whereas the demons tamas, darkness and grossness of the body.

Spirituality or self-transformation is a churning process which requires the integration of both positive and negative aspects of the human personality. The participation of both the gods and the demons signifies that when human seek immortality or liberation through spiritual practice they must integrate and harmonize both subtle and gross bodies in them and harness both positive and negative energies for the common goal.

The ocean of milk

The ocean of milk (ksheer sagar), which was churned by the gods and demons, represents the mind or the consciousness, which contains many hidden secrets and treasures. Immortality is also hidden in it. In Hindu literature, the mind is always compared to an ocean (mano sagaram) while thoughts, emotions, modifications, and projections of the mind to the waves that rise and fall. The symbolism of the mind as an ocean is universal, known in other cultures also.

The ocean also symbolizes Samsara, or the phenomenal world (samsara sagaram). Just as the human body, the world is also a mixture of both good and evil. They both participate in the continuation of the world and play an important role in the liberation of beings. Death is the poison that is hidden in it. When you churn the world, seeking things because of desires and attachments, you incur sinful karma, another poison, which keeps you bound to the lord of Death. You cannot resolve both, without divine help, and the help of Shiva.

Mount Mandara and tortoise

Mandhara, the mountain, which was used for the churning stands for concentration. “Mandhara” is a combination of two words “man” (mind) and “dhara” (a point or line) which means a pointed mind in a state of concentration. As you know, you cannot practice spirituality or experience self-absorption without reigning your mind and holding it steady.

During the churning of the ocean, Mount Mandhara was supported by Lord Vishnu in his incarnation as a Tortoise. The tortoise here stands for pratyahara, the withdrawal of the mind and senses into oneself, which is essential to practice concentration (dharana) and meditation or contemplation (dhyana).

The symbolism also suggests that God, Self or Vishnu, is the support for the mind when one is engaged in concentration and meditation or in any spiritual churning of the mind and body. The tortoise also symbolizes the human head. The outer shell represents the skull and the inner parts the brain. The head is the support of all spiritual activities just as Vishnu was in the churning of the ocean.

Symbolically, it represents the spiritual endeavor of human beings to gain immortality or liberation (Moksha) through yogic practices such as concentration, withdrawal of the senses, self-control, detachment, austerities, and renunciation.

Dashavatara

Dr. Kris Gopal

Lord Vishnu is said to have manifested himself in various incarnations, called Avatars, for the destruction of evil or restoration of faith and justice in the world. These incarnations are said to have been in the human form, in the animal form and even in the combined human-animal form. It is believed that out of the ten incarnations (called Dashavatar) that are popularly believed in, nine have already been manifested while the tenth is yet to appear.

Our scriptures state that whenever there is Adharma in this world, the Supreme Lord (Brahman) will manifest himself to establish righteousness and establish Dharma.

यदा यदा हि धर्मस्य ग्लानिर्भवति भारत ।
अभ्युत्थानमधर्मस्य तदात्मानं सृजाम्यहम् ॥ 7॥

*yadā yadā hi dharmasya glānir bhavati bhārata
abhyutthānam adharmasya tadātmānam srijāmyaham*

Gita Chapter 4 verse 7.

Whenever there is a decline in righteousness and increase in

Unrighteousness, O Arjuna, at that time I manifest myself on earth.

True to it, there are several instances where the Lord has descended in this earth as an Avatar, to correct it. Though there are several Avatars noted in the scriptures about ten (dasa) have been described as Dasa avatars. They are briefly described here.

The first four are said to have appeared in the Satya Yuga (the first of the four Yugas or ages). The next three avatars appeared in the Treta Yuga, the eighth incarnation in the Dwapara Yuga and the ninth in the Kali Yuga. The tenth is predicted to appear at the end of the Kali Yuga in some 427,000 years' time.

Also, according to the Vishnu Purana and Bhagavata Purana, the Kali-yuga will end with the apparition of Kalki-avatara, who will defeat the wicked, liberate the virtuous, and initiate a new Satya Yuga.



1 Matsya (The Fish): In the first incarnation, the Lord rescued the Vedas during the apocalypse, saving the most sacred and ancient scriptures from the demon Sankhasura, who had stolen the same. The demon had the shape of a conch and was hiding in the bottom of the deep ocean. The Lord vanquished the demon and taking the form of a giant Fish, he negotiated the turbulent apocalyptic deluge or pralaya with utmost ease. Assuming the character of a boat, the Lord in his Fish form saved the Vedas for his devotees.



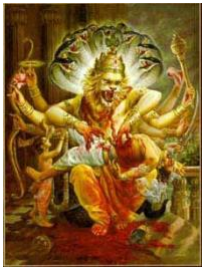
2. Kurma (The Tortoise, Turtle): Vishnu took the form of a tortoise to retrieve ambrosia (amritha) from the cosmic flood. This amritha was essential for the gods to preserve their youth. On the back of Kurma the gods placed Mount Mandara and tied the divine snake Vasuki around the mountain. With snake acting as the rope to twirl the mountain, the ocean was churned, whence the ambrosia appeared. This yielded the nectar, the Kamadhenu or the wish-fulfilling sacred cow, the Parijata flower and the Airabata elephant among others. The process of churning left on the vast back of the Lord large calluses in the shape of a wheel. The wheel mark also indirectly alludes to the celestial wheel, which is a mark of Vishnu-Krishna and the Sudarsana Chakra, their ayudha or weapon.

3. Varaha (The Boar):



During the apocalyptic deluge, mother earth sank to the bottom of the ocean. The Lord emerged as tiny boar from the nasal cavity of Brahma and soon grew in size to huge proportions. He rushed into the raging sea to rescue Mother Earth. As he emerged out of the sea, carrying Mother Earth at the tip of his great tusk, he was challenged by the demon Hiranakshya. The Lord vanquished the demon and killed him.

4. Narasimha (The Man-Lion):



The Lord vanquished Hiranyakashipu, the brother of the demon Hiranakshya, who fought with him in his Boar incarnation. Hiranyakashipu, the demon king was totally opposed to Hari but his young son Prahlada, was devoted to the Lord and constantly chanted Hari Nama. The demon king was furious that his son was devoted to his enemy and forbade him from doing so. His father in many ways tortured the child devotee without any success in changing his loyalty to Hari. The demon king, who had himself done great penance had been granted a boon that he could not be killed by man or animal, in day or night and neither inside the house nor outside it. He therefore considered himself invincible. Prahlada saw God everywhere and his father challenged him by asking if he saw him in the pillar of the palace. On Prahlada's reply that indeed the Lord was present there, in a fit of rage, he kicked the pillar and the Lord taking the form of a Man-Lion, emerged from the pillar. It was the twilight hour, neither day nor night and the Lord carrying the demon in one sweeping movement reached the threshold of the palace. With one foot outside and one inside the house he gored the heart of the demon with his sharp nails and killed him at once. Prahlada and Dhruva, another child devotee, are considered as being the greatest of bhaktas.

5. Vamana (The Dwarf):



Bali, a progeny of Prahalada, was a demon king who had terrorized the gods. He was well known for his charity and never refused anything asked for as a gift. The Lord took the body of a dwarf and approached Bali as a Brahmin seeking alms. When the demon king took a vow that he will not disappoint the holy Brahmin and give him whatever he asked for, the Lord asked for land equal to his three footsteps. With his first step he covered heaven and with his next he covered the whole earth. The king had no more land to offer and proffered his own head for the Lord to cover his third footstep. The Lord placed his foot on the head of Bali and pressed him to the nether world and thus rid the world of the oppression of the demon king. At the same time the Lord emancipated Bali.



6. Parashurama (Rama with the Axe): Parasurama means Rama with the Parasu or battle-axe, born as a son to a Brahmin Jamadagni. Once king Kartavirya, a Kshatriya visiting the hermitage of Jamadagni, took away Kamadhenu, the sacred cow, which could fulfill any wish. On learning this, Parasurama fought with the king and killed him. The sons of the king took revenge by killing Jamadagni when Parasurama was absent from the ashram. Confronted with this catastrophe, Parasurama took a vow that he would destroy the Kshatriya race twenty-one times from the earth. Eventually he fulfilled his vow.

He is also credited to have rescued the lands of Kerala and South Kanara from the sea and reclaimed them. Parashurama is frequently referred to in the literature, but temples are rare. One such temple is at Tiruvallam near Trivandrum.

7. Rama, the Prince of Ayodhya:



Vishnu incarnated himself as Rama to save the world from the oppressions of demon Ravana, king of Lanka, who also abducted his wife Sita. Rama is a benevolent, brave and a faithful husband. He formed a complete family unit with his faithful wife, Sita and three loyal brothers, Lakshmana, Bharatha and Shatrughna. He also is shown as a loving father to his twin boys Lava and Kusha. The monkey-god Hanumat is his loyal friend and helper. His glorious story is depicted in the epic Ramayana, written by sage Valmiki in a set of seven

books.

8. Balarama:



Balarama, in Hindu mythology, the elder half-brother of Krishna, with whom he shared many adventures. Sometimes Balarama is considered one of the 10 avatars (incarnations) of the god Vishnu, particularly among those members of Vaishnava sects who elevate Krishna to the rank of a principal god. His constant aim is to fulfill Krishna's desire by nurturing loving relationships between him and every being in Existence.

9. Krishna, the hero of Mahabharata:



Born to Vaudeva and Devaki of the Yadava tribe, he grew up as the foster child of cowherd Nanda and his wife Yashoda. Krishna's life can be studied in three stages. As a child he performed many miracles, slew demons like Putana and played numerous pranks on his doting mother, such as stealing butter from the vessel etc. When confronted by Yashoda and asked to open his mouth she saw the impression of the whole universe in the infant's mouth. As an adolescent Krishna was seen as a flute-playing cowherd, enticing the village girls to come and dance to the tunes.

His favorite was the beautiful Radha. Later Krishna married Rukmini, the daughter of king of Vidarbha and made her his queen. His amorous advances eventually led to 16,000 wives and 180,000 children and grandchildren.

Krishna's greatest manifestation was as a charioteer to Arjuna, one of the Pandava brothers (Kuru Dynasty of Hastinapura), as depicted in the epic Mahabharata. Here he preached the great sermon of the Bhagavad Gita. Krishna also had an older brother called Balarama (also called Halayudha-meaning armed with a plough), who was also worshipped for some time in the past. Some consider Balarama as another avatar of Vishnu (later supplanted by Buddha).

10. Kalki:



This is the incarnation yet to come. At the end of the present Dark Age, Vishnu will appear on a white horse, with a flaming sword in his hand. He will punish the wicked, reward the good and restore the Golden Age again.



Finance Report

Hindu Society of N.E.Florida.

Finance Report.

Wells Fargo Bank Balance as of 04/30/2023. \$270,529.10
Money in Emergency Fund. As of 04/30/2023. \$152,09.05

Income. (Jan-Apr 2023)

Membership dues	41034.00
Class income	1582.50
General donation	92824.85
Hundi	33179.00
Hindu day camp	48925.00
Bank Interest	5044.89
Pooja Collection	44264.00
Rental income	16345.50
Sale income	200.00
Special events.	91172.20
Total income	374,571.91

Expenses. (Jan-Apr. 2023.)

Credit card charges	4732.53
Employee benefits	12376.12
Employee salary	37825.91
Maintenance	17357.98
Interest payment	1785.20
Pooja & garland	674.65
Print & postages	604.50
Workers' comp	1697.00
Property insurance	6851.84
Legal expense	9480.00
Special events	27317.16
Taxes payroll	523.76
Utilities	18783.07
Total	140,009.72

Money set aside for Yagnashala - \$247,279.25

Meet our Other Priest

P. Venkata Ramana Charyulu



He has obtained Vedic Shiksha from Jeeyar Educational Trust,
Vijayawada. Andhra Pradesh. (2000-2011)

Has won several prizes in Krishna Yajurvedia Mytrayani Shakha
and Pancharatragama Shakha.

His skills include,
Veda Parayana, Pancharatra aagama, Nithya Poojas and Bramhotsavams

His prior experience includes,
Temple Priest in India (2011-2017),
Temple Priest in Cary NC (2018-2020), and
Temple Priest at Edison N.J. (2020-2022)

He is married and lives here with his wife Mounika.
He is versed in Telugu, Hindi, Tamil, Sanskrit and English.

His responsibilities here include,
Aaradhana, archanas, Veda parayana and
Yearly events like
Pavitrotsavams, Brahmotsavams and Kalyanotsvam

Birthday Wishes

**Birthday wishes to those that have their birthdays in
July, August, and September 2023**

(Zodiac signs, Cancer, Leo, and Virgo)



जन्मदिनमिदं अयि प्रिय सखे, शन्तनोतु ते सर्वदा मुदम् /
प्रार्थयामहे भव शतायुषि / ईश्वरः सदा त्वां रक्षतु /
पुण्यकर्मणा कीर्तिमर्जय / जीवनं तव भवतु सार्थकम् /

*Oh, dear friend! may your birthday bring you goodness and joy forever.
We all pray for your long life of hundred years, and may the Lord always protect you.
By noble deeds may you attain fame and may your life be full filled.*



Hindu Day Camp 2023



Session 1 ended on June 16; Session II starts on July 10

The camp is run on a day-to-day basis, the first half of the day we focus on the more traditional aspects of Hinduism, implemented through our morning puja, Sanskrit classes, and philosophy lessons. Theme for this year was the Navagrahas. This theme was incorporated throughout the camp, but was mostly implemented through the philosophy lessons, as we instilled core Hindu values through stories surrounding the theme. Other activities such as Clubs and our special activities enrich Hindu values within the campers in an interactive fashion as well. The Club that a camper participates in was decided on the answers given in the application; each camper had a choice of Arts and Crafts, Dance, Drama, Career, or Yoga, and our older campers (grades 9th and 10th) were in C.I.T, or Counselor in Training.

Youth Committee leaders

Shweta Parikh
Kavita Parikh

Camp directors

Spurthi Nrusimhadevara
Phani Paladagula
Rishi Mudiganti
Akash Sridhar

We sincerely appreciate all their efforts and thank them.

Participants' Feedback

Saachi Jhalani (Counselor)



My experience with Jacksonville Hindu Day Camp was incredible! This was my first time coming to camp as a counselor and I attained valuable lessons through it. I had the opportunity to work with like-minded individuals to provide a fun and learning encouraged atmosphere for the youth of Jacksonville. Not only did the kids enjoy camp, but I thoroughly enjoyed camp's activities which taught campers about our Hindu traditions in a unique way. Seeing the kids grow out of their shells and make friends was truly a remarkable moment, which was likewise for counselors too. Being a JHDC counselor as well as the Ripples director was a special experience. Ripples is all about giving back to our community and this was exemplified in the role of a counselor at JHDC. Counselors cleaned the MP Hall every day and brought youth to the temple through camp. I am exceptionally proud to be involved in the temple through these things.

Mahasri Kadambi (Counselor)



To me, Hindu Day Camp is like my second home! I've been going there ever since I was a little kid. Last year, I was a CIT. This year, I'm a counselor. It's really amazing how much I've grown just inside that camp! My adventures as a camper were so much fun! Each year, there was always something different, whether it be the activities or the counselors. When I was a CIT last year, everything was different. I started to become more like an actual counselor. I did more work behind the scenes, especially for Holi and I got to make my own ceiling tile. This year, as a counselor, I've experienced so many things. It's been no walk in the park, that's for sure. You have to wake up early, come to the temple early in the morning, and set up for the day. You also have to stay after camp for counselor meetings. You work for about 12 hours each day I'd say. But I don't regret it. Being a counselor has made me open to many more opportunities. Plus, you get to work with cute little kids! I mean, who wouldn't want that?! But two of the most advantageous parts of being a counselor is the counselor family you have for two weeks, including the directors, and the campers you meet and interact with. You really get to bond with them and get to know their lives. Trust me, the amount of work you put in for two weeks really pays off on Parent Night. And, for the campers, there's really no way to brighten up your summer other than talking to cute little kids and getting to play/learn with them! I would say that whatever campers I had, (and more), was definitely worth my time. We really got to know each other, and I think that the time we had together showed itself expressly during Parent Night. All the kids, counselors, and directors showed how their camp works and how much these campers bonded with each other. It just goes to show how much camp can really change a kid's summer. They didn't want to leave camp and were really sad on the last day, and that just warms my heart. All in all, I think that camp was an amazing change of pace. I got to make new friends and meet lots of new campers. I know that these campers will remember camp for a long time and make many new memories and remember the old ones.

Aarav Sharma (Counselor)



As a camper in Hindu Day Camp, I always looked up to the counselors and wanted to be one. Now that I've actually become one, I can further appreciate all the work that the past counselors put in for us. The stuff that we do as counselors is really tiring and a lot more than I expected. Despite that, it was so much fun and beyond worth it for me. Making bonds with the kids was so much fun and definitely the best part of camp. It was also a lot of fun to make new friends with the other counselors. Overall, it was a great experience that I am definitely considering doing again.

Sri Chenchala (CIT)



My name is Sri Chenchala and I am currently a CIT. This was my first year at camp and I realized how much I missed out by previously not going to camp. I realized how much fun camp can be as it brings you closer into your religion and introduces you to different kinds of wonderful people. I have met so many different people this year that I never would have met before it wasn't for camp. Even though waking up at 7:30 each morning was a struggle, the people here made it worth it. Making me forever grateful, for the directors, counselors, CITS, and the campers as all of them as a whole make the camp one of the most fun things to do during the summer and I hope to come back and make the experience even better.

Ridam Bhardwaj (Camper)



Jacksonville Hindu Day Camp (JHDC) was a very fun 2-week experience! They are really creative with the activities we do every day and I love that they make it work with both religious education and fun games! The activities people liked most were Sports and Games and Special Activities which were Indian Events, Olympic Games, Pictures, and more but I also like learning new bhajans, dance, and Hindu philosophy. Overall, JHDC is an excellent camp and I look forward to joining many more in the years to come!

Atharv Ajan (Camper)



Hindu Day Camp was fun, from the morning till the evening. The theme for this year was Navagrahas. I was excited to know the stories of each graha. On India Day, we pretended to go to some states in India. In "Goa", we did pottery out of clay. In "Rajasthan", we pretended to steal jewels from the Amber Fort. I would like to come back next year because I always make new friends and learn about our culture and tradition.

Graduation – Class of 2023



We, the Board members, Priests, and the Members of HSNEF wish to recognize the graduates of class 2023, and wish them success in their life

First Name	Middle Name	Last Name	Headed college
Ishika	Siva	Ayyagari	UCF
Aditi		Arjun	UF
Lahari		Bikkavilli	Purdue
Param	Venkata	Gattupalli	UF
Krishen	Kishore	Goswami	UM
Amit		Gupta	UF
Aryan		Jha	UCF
Arya		Kapadia	UF
Jignesh	Jignesh	Kapadia	UF
Isiri	Pradeep	Kadambi	Columbia Barnard
Sreeya	Reddy	Kalavapalli	UCF
Siri		Katta	UF
Harshada		Kondapalli	UF
Maanas		Kopparthi	UF
Meera	Asha	Kuthiala	Indiana State U.
Saatvika		Kummeta	UCF
Saanvi		Kuravi	UCLA
Nihita		Madem	UF
Tanisha		Mishra	UF
Anirudh		Mukund	UCF
Aneesha		Mummareddy	UF
Srimanasa		Nagabhyiru	UNF
Srila	Rani	Parikh	USF
Keval	Jayendra	Patel	UF
Aryan	Nimit	Patel	UF
Parth		Patel	UF
Anushka		Patil	UF
Soumya		Poddar	NYU
Rikhitha		Ramesh	UF
Nidhi	Pailla	Reddy	USF
Lavanya		Rajashekar	USF

Priya	Kumar	Schramm	UF
Riya		Shah	UF
Aryan		Shah	UCF
Nikhil	M	Shetty	Project search program
Tavisha		Singh	UCF
Samyuktha	Chinmayi	Sridhar	FSU
Aaryan		Sujit	USF
Nithin	Suresh	Sunku	UCF
Teja		Sunder	Columbia University
Aaryan		Sujit	UCF
Pragna		Vanga	UCF
Ananya		Varde	UCF
Manasi		Vengala	UCF
Abhinav		Yarragunta	UF

 Congratulations 

Classes for Children at HSNEF

1. Hindi Classes (New batches starting in September 2023)

These classes are run by Volunteer teachers since 2018 to promote reading and writing skills in Hindi. The classes are open to any age group. There will be multiple levels starting from 1st Grade onwards to advanced course. The curriculum for the class is based on Hindi USA structure. It is a popular course and recently had about 65 students.



**NEW BATCH OF HINDI
CLASSES STARTING
AUGUST 2023
ENDING MAY 2024**

**EVERY SUNDAY
TIMING VARIES**

New batch of Hindi Classes will be starting in September 2023. In year 2022-2023 we (Mahak Gupta, Kiran Gupta, Anurag Jain, Monika Gupta, Sharad Sharma, Mansi Agrawal, Shalu Sharma, Preethi Mulay) successfully taught several levels. Always looking for more volunteer teachers.

Please see details below to register

<https://hsnef.org/hindi-class-payment/>

If you interested in becoming a teacher, please send e-mail to hindiclass@hsnef.org (904) 260-7630



HINDIUSA.ORG
STRUCTURED
SYLLABUS

LEARNING LEVEL.
STARTING AT 6+
YRS OR REGULAR
1ST GRADE

LAST DAY TO
REGISTER
SUNDAY
07/30/2023
(LATE FEE OF \$20
AFTER 07/20/2023)

BOOKS WRITTEN BY
HINDIUSA
TEACHERS TO
MATCH LEARNING
GOAL

Fees

HSNEF Member: \$150

Non-Member: \$250

Fee Includes : Registration,
Books, Exam Fee and donation
to HSNEF

hindiclass@hsnef.org

(904) 260-7630

Other classes at HSNEF and their teachers

2. **Yoga Class:** Hemant Vashi and Mohan Gupta
Wednesdays 6:15 to 7:45 pm

3. **Bala Vidya Mandir:** Krish Seetharam
First and third Saturday 10:30 – 11:30 am

4. **Manabadi Class:** Suresh Chanchela, Telugu Baddi
Sundays 2 – 4 pm

5. **Meditation Class:**
Saturdays 2 – 3 pm



Resources of health insurance for uninsured

RESOURCES for UNINSURED in North East FLORIDA (as of April 2023)

- Note that the information below is provided as a courtesy only and may not be up to date.
- Website to find free/discounted community health resources: <https://www.findhelp.org/>
- **AGAPE COMMUNITY HEALTH CENTER (SLIDING SCALE)** <https://agapefamilyhealth.org/locations/>
 - Phone number: 904-760-4904
- **VIM (Volunteers in Medicine)** vim-jax.org
 - 3728 Philips Highway, Suite #34, Jacksonville, FL 32207; Phone: 904-399-2766
 - 5927 Old Timuquana Rd., Suite #2, Jacksonville, FL 32210; Phone: 904-539-3020
- **WE CARE JACKSONVILLE, INC.** wecarejacksonville.org
 - Phone: 904-674-6450
 - Address: 4615 Philips Highway, Jacksonville, FL 32207
- **ST. VINCENT'S H.O.P.E. (Health Outreach Patient Eligibility) PROGRAM**
 - Phone: 904-308-1956
 - Website: <https://healthcare.ascension.org/locations/florida/fljac/jacksonville-ascension-st-vincent-riverside/financial-assistance>
 - Address: 3 Shircliff Way, Dillon Building, #525, Jacksonville, FL 32204
- **SULZBACHER CENTER Health Services** <https://sulzbacherjax.org/get-help/#healthcare>
 - Phone: 904-394-1660 (Downtown); 904-224-3550 (Beaches)
 - Address: 611 E. Adams Street, Jacksonville, FL 32202 &
 - Address: (Beaches): 850 6th Ave South, Ste. 500, Jacksonville Beach, FL 32250
- **MOBILE HEALTH UNITS**
 - Sulzbacher Center HealthMobile: 904-422-6921
 - St. Vincent's Mobile Health Outreach Ministry: 904-308-7300
 - <https://healthcare.ascension.org/locations/florida/fljac/jacksonville-ascension-st-vincent-riverside/outreach-ministries>
 - Duval County Health Department (medical and dental): 904-253-1130 or 904-253-1230
- **MASS Clinic (Muslim-American Social Services)** <https://massclinic.org/>
 - Address: 2251, St. Johns Bluff Rd. S. Jacksonville, FL 32246; Phone: 904-419-8006
- **DUVAL COUNTY HEALTH DEPARTMENT**
 - <https://duval.floridahealth.gov/programs-and-services/index.html>
- **UFHEALTH JACKSONVILLE**
 - Financial Assistance: 904-244-4015
 - <https://ufhealthjax.org/patient-care/financial-assistance.aspx>
 - Total Care Clinic for patients with "City Contract" insurance
 - <https://ufhealthjax.org/location/171/uf-health-total-care-clinic-jacksonville/>
- **LEGACY OF CARE HEALTH CLINIC, INC.**
 - <http://legacyofcare.net/> Phone: 904-563-3989; Email: legacyofcare@yahoo.com
 - Address: 1620 St. John's Bluff Rd. Jacksonville FL. 32225
 - Times: By appointment only; open every second Saturday of the month at 9:00 AM
- **FLORIDA DISCOUNT DRUG CARD PROGRAM** FloridaDiscountDrugCard.com 1-866-341-8894
- **Free Medications to those who cannot afford them** <https://www.rxassist.org/>

Important Links

 Seniors forms

 Membership forms

 Donation

 Volunteering

 Pooja

 Events

 2023 Calendar

 Join Mailing list

Rental and Advertisement

RENTAL RATES

Temple Facility (Multipurpose Hall minimum 3 Hours + \$75 Cleaning and Utility fees) is available for private events, personal functions, and social gatherings on first come first served basis and at a cost.

	Non-Profit	Members	Non-Members
Multi-purpose Hall	\$35	\$60	\$85
After house Rental Multi-purpose Hall	\$55	\$80	\$105
Gokulam Hourly	\$20	\$30	\$40
Conference Room/Library	\$10	\$15	\$20
Podium/Projects	\$10	\$10	\$10

ADVERTISING RATES

Advertising in Sandesh is an excellent opportunity for business owners and professionals looking for exposure among local Indian community. It is a quarterly publication reaching Indian community households in the Jacksonville area. Sandesh publication is also available online at www.hsnef.org.


The rates for advertising per issue in Sandesh are as follows:

Full page: \$1000

Half page: \$600


Quarter page: \$350






...Vision for the World

3 Decades & 1000s of Ecstatic Patients Worldwide



Choice of the WORLD





Choice of the Community



Tired of Reading Glasses?
Do you have Cataracts?
Looking For Lasik?
Need a Second Opinion or Complication Correction?

SEE the GULANI Difference!

(904) 296-7393 | GulaniVision@Gulani.com | www.GulaniVision.com



The advertisement features a vibrant yellow background with a large, central image of a bowl of Indian rice and vegetables, garnished with a fresh green mint leaf. To the left of the bowl, there is an illustration of three women in traditional Indian attire (sarees) preparing a colorful rangoli. To the right, there is a small bowl of red chili peppers and a single chili pepper. The top left corner has the text 'ॐ SANDESH ॐ'. The top center features the logo for '5th ELEMENT INDIAN RESTAURANT', which includes a stylized '5' and the word 'ELEMENT' in a serif font, with 'INDIAN RESTAURANT' in a smaller font below it. A QR code is located in the top right corner. The main text in the center reads 'REAL TASTE OF AUTHENTIC INDIAN' in large, bold, black capital letters, followed by 'WE DO OUTDOOR CATERING' in a yellow box. Below this, on the left, it says 'ORDER FOOD ONLINE' in bold black capital letters. On the right, it provides the website 'WWW.MY5THELEMENT.COM' with a globe icon. At the bottom, a yellow banner lists the locations: 'JACKSONVILLE | PALM COAST | POMPAÑO BEACH | SANFORD | DAYTONA BEACH'. A small image of a samosa is visible in the bottom right corner.

5th ELEMENT
INDIAN RESTAURANT

REAL TASTE OF
AUTHENTIC INDIAN

WE DO OUTDOOR CATERING

ORDER FOOD
ONLINE

WWW.MY5THELEMENT.COM

JACKSONVILLE | PALM COAST | POMPAÑO BEACH | SANFORD | DAYTONA BEACH

Yagnashala Bhoomi Pooja



May the blessings of the Lord be on
Your Family and You

Hari Om

Pictures from Hindu Day Camp

