

REFLECTIONS



A Hindu Cultural Center of Albany Hindu Temple Society's Newsletter devoted to the Capital District's Indian-American community particularly its seniors

Editorial: Revising the Temple's Constitution:

By Ram Chugh, Ph.D.



The constitution provides a framework for the governance and operation of the Hindu Temple Society (HTS).

Over the recent years, the HTS has grown exponentially. The Capital District has witnessed a considerable increase in our community, resulting in a significant increase in the use of services offered by our temple and the cultural center.

This growth requires considerable coordination among the three boards, especially among the Board of Trustees and Board of Directors. It also requires making plans for future expansion of the facilities and greater effort in fund raising. It will also require greater accountability and participation from the community.

A good constitution should be responsive to meeting changing needs. It is encouraging that HTS is seriously engaged in such a constitutional review process. The revised constitution should help HTS

meet the changing governance and administrative needs and promote greater coordination among the boards.

It is a monumental task but an extremely important one. In addition, the following points should be kept in mind while revising the constitution.

1. HTS runs primarily on voluntary contribution of time and money. Make sure that the revisions do not impose additional burden on volunteers. Minimize the workload on the boards as much as possible.
2. As HTS grows, there would be greater potential for disagreements and grievances. The constitution should propose a "dispute resolution" process that is fair, open, and operates within the temple. The decision arrived through such an investigating process be final and binding on all parties. This way, the disputes are resolved internally within the HTS.

The first constitution was adopted in 1976. It was a six-page document, It served the temple well until 2005. In 2004, the temple experienced a major crisis when nine trustees resigned en masse. That put the temple in jeopardy. That led to serious

soul searching and a call for reforming the temple's election process and the constitution.

The election process was completely overhauled to avoid the pitfalls of previous elections. It was put into effect in 2004. The constitution was revised keeping in view the changes HTS had experienced. It came into effect in January 2006. It has served the temple well.

However, because of several recent changes and developments, it is good to conduct a serious review of the current constitution.

The next constitution should be proactive, promote efficiency and effectiveness in the HTS operation and governance and, above all, promote greater harmony and fellowship among the boards, priests, and the community.

We are always looking for ways to improve the Newsletter and we welcome suggestions. Please send your comments and ideas to Ram Chugh at Reflections.hcc@gmail.com.

Newsmakers in Our Community (New Feature)

Editor's note: We are adding a new feature to the newsletter to highlight the distinguished accomplishments and recognitions of individuals from our community. We request our community members to share with us the names of individuals who you feel have received such high recognition.

A Wealth of Praise: Kajal Lahiri*

ALBANY, N.Y. (June 5, 2017) —



The legacy forged by UAlbany's Distinguished Professor of Economics and Health Policy, Management & Behavior Kajal Lahiri was evidenced in Washington D.C. on April 26 and 27 when more than 50 internationally respected

In this Issue	
Editorial	----- 1
Newsmakers in Our Community--	1
Sense Control	----- 2
Keeping Your Kidneys Healthy	3
Subhashita (Wisdom verse)----	3
Experience with Heart Attack -	4
My Dearest Friend, Dr. Raj Jain -	5
Joy of Grandchildren -----	6
Message from HCC Chair -----	7
Nine beliefs of Hinduism -----	7

economists paid tribute in the best

way researchers know how: presenting their own work as an outgrowth of his.

At the Workshop on Forecasting Issues in Developing Economies, hosted by the research division of the International Monetary fund, Lahiri was honored on his 70th birthday for more than four decades of important contributions to the field of economics, particularly in the areas of econometrics, economic forecasting and the economics of health.

The conference's summary noted: "The impressive range of Lahiri's work was highlighted throughout the conference as different presenters pointed out how their work built on his research."

The more than 50 economists from all over the world who presented the papers included former Lahiri Ph.D. students. He has been the primary advisor of 56 doctoral dissertations to date and has been ranked among the top 5 percent of mentors worldwide by the economic bibliographic database IDEAS, based on their record of Ph.D. students. A collection of the presented papers will be published in a special issue of the *International Journal of Forecasting* (Elsevier).

Lahiri's response was twofold: extreme gratitude, but with the clear message that at 70 he is not about to let up. In his conference keynote address, Lahiri spoke from his latest research on using macroeconomic forecasts to analyze the contagion in global business cycles, and noted that he has just begun a five-year multi-institution multi-million-dollar study for New York State of its Medicaid program with Diane Dewar, director of the School of Public Health's Institute for Health System Evaluation.

Unrelated to the conference tribute, a collection of 20 articles written by leading economists has been published in his honor in the current issue of the journal *Empirical Economics* on behalf of the Institute of Advanced Study, Vienna. They cover but three areas of his expertise: forecasting, use of survey data on expectations and panel data applications.

"Kajal worked in other areas not well

represented in this special issue, including economics of health and disability and transportation economics," noted the volume's editor, Distinguished Professor Badi Baltagi of Syracuse University. "The success of this Special Issue relies on the support of Kajal's colleagues, friends, students, and the many scholars influenced by his work."

Lahiri received his Ph.D. in economics in 1975 from the University of Rochester. Elected an Honorary Fellow of the International Institute of Forecasters in 2009, he's had more than 120 articles published in such professional journals as *American Economic Review*, *Econometrica*, the *Journal of Econometrics*, the *Journal of the American Medical Association* and the *Journal of the American Statistical Association*, among others.

He has also written/coedited a number of books and journal volumes, including *Introduction to Econometrics* (4th edition, Wiley) with the late G.S. Maddala, and has been on the editorial boards of ten major economics journals.

Among the impressive sources that have supported his research are the National Science Foundation, World Bank, New York State Division of Budget, International Monetary Fund, Ford Foundation, Social Security Administration, U.S. Department of Transportation, and the National Institutes of Health.

* Kajal and his wife, Nandini, have been long time residents of Albany and have been active in the Hindu Temple Society and TRICIA.

Source:

<http://www.albany.edu/news/79259.php?source=image>

Put your heart, mind and soul into even your smallest acts. This is the secret of success.

– Swami Sivananda

Man Cannot Know the Whole Truth

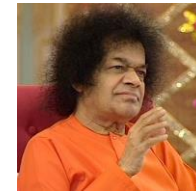


It is not given to man to know the whole Truth. His duty lies in living up to the Truth as he sees it, and in doing so, to resort to the purest means, i.e., to non-violence. But Truth is not to be found in books. Truth resides in every human heart and one has to search for it there, to be guided by Truth as one sees it. But no one has a right to coerce others to act according to his view of Truth.

(Mahatma Gandhi in Harijan, Nov. 24, 1933)

Sense Control

By Sri Sathya Sai Baba*



The root cause for all our sorrows is the weakness of our senses. We must keep them strong and engage them in sacred karmas. We

must ever be on our guard to see that they do not stray into perverted ways. The *Bhagavad Gita* has emphasized sense control and not sense extinction. It has never advised *Karma thyaga* (renunciation of action). It has advised only *karamaphala thyaga* (renunciation of the fruit of our actions). This subtle distinction must be understood properly. We should never give up activity. We have to engage ourselves in doing karmas. Sri Krishna himself has emphasized asunder:

Ne mey paartha asthi karathavyam thrishu lokeshu kinchnana Naanavaaptham avaapthavyam vartha evacha karmani

"I have no *karthavyam* (duty) to perform. I have nothing to achieve.

Still, I am doing *karmas*. Then why don't you also do *karmas*. – questions Krishna. We have to do *karmas*. We have to make use of the *indriyas*, but, in "*maathrah*", i.e., within a measure or a limit. Sri Krishna therefore advised to

make of our senses without allowing them to stray into perverted ways. This is the most important message of the *Gita*.

(* From: Bhagvad Gita Part II: Divine Discourses of Bhagwan Sri Sathya Sai Baba)

Keeping Your Kidneys Healthy

By Shivam Joshi, MD*



Kidney disease is no stranger to Indians. It affects nearly 1 in 10 people in India and even a higher number for those who come to America. The high

rate of kidney disease is thought to be due to the higher rates of high blood pressure and diabetes in our demographic. Because of this, it is important to take an active approach to preventing, treating, and reversing these diseases, especially as they relate to kidney disease. Once your kidneys are gone, the options become limited.

Diabetes

Diabetes takes its toll on every part of the body with the kidneys being no exception. Diabetes is the number one cause of kidney failure for both Americans and Indian-Americans, but diabetes occurs at a higher rate in the Indian community than the average American due partly to our propensity for developing the disease and mostly to our dietary habits that include foods high in sugar, fat, and calories; *gulab jamun* may be tasty, but it isn't particularly healthy. Up to a third of patients with diabetes don't know they have it, which is why it is important to be screened periodically, especially if you are overweight. For those afflicted, it is important to lose weight, exercise daily, and eat a diet with plenty of fruits and vegetables. These recommendations also apply to the second most common cause of kidney failure: high blood pressure.

High Blood Pressure

High blood pressure, or hypertension, puts a strain on the kidneys causing scarring and damage over the years. Like diabetes, many with high blood pressure don't know they have it—up to half of those affected. Checking your blood pressure can easily be done at a doctor's office, a health fair, or at home with a portable blood pressure machine. Those who have high blood pressure should limit their salt intake along with other parts of a "bad" Indian diet, like ghee, fried foods, and sweets. Replacing these items with fruits, vegetables, lentils, and beans is crucial to having a normal blood pressure. As with diabetes, losing weight, exercising, and seeing a physician regularly can reduce your risk of kidney disease from high blood pressure.

Medicines

Any discussion of kidney disease in Indians needs to include the risk of medicines, specifically Ayurvedic medicines. Ayurvedic medications can include heavy metals, like gold, mercury, lead, arsenic, and cadmium, all of which are particularly toxic to the kidneys. For those on Ayurvedic medicines, it is best to consult with your physician on how to avoid exposure to these heavy metals. Another danger is the class of drugs known as non-steroidal anti-inflammatory drugs (NSAIDs), which reduce blood flow the kidney and can cause damage with repetitive NSAID use. Those using NSAIDs—like naproxen and ibuprofen, among others—should minimize the use of these medications and avoid being dehydrated when they are used. Finally, if you are on medications for diabetes or high blood pressure, it is important to take them as prescribed by your doctor.

Summary

We have been blessed to have two kidneys, but, for some, two kidneys are still not enough. Too many patients end up with kidney failure, requiring dialysis or transplantation—options that are not as good as preventing kidney failure in the first place. Fortunately, for most of us, kidney failure can be prevented by avoiding the damages

of high blood pressure and diabetes and using medications judiciously. By making the right decisions over a lifetime, two kidneys can be more than enough.

* Shivam Joshi, MD, is a first-year fellow in nephrology at the University of Pennsylvania with an interest in preventing disease through healthy diets. You can follow him on Twitter at [joshimd](#).

Overpowering Resentment

Resentment is nothing more than compulsive attachment to a set of memories. If you could peek through the window of the mind when you feel resentful, you would see a production line turning out the same emotion-charged memory over and over: "He did that to me in 1993, he did that to me in 1993..." You are dwelling on something that took place in the past—or, more likely, on how you misunderstood that event and reacted to your misunderstanding. When you keep pumping attention into an event in this way, a limp little memory gets blown up into a big balloon of hostility. When you withdraw your attention by repeating the mantram, the balloon is deflated. It's as simple as that.

-Eknath Easwaran

Subhashita (Wisdom Verse): By Dr. M.G.Prasad*



Subhashita means Su = Sublime, and Bhashita = Spoken or Written. In Samskritam language, Subhashita refers to a verse of wisdom. This verse

can come from any source such as Ramayana, Mahabharata, Bhagavadgita, Panchatantra, Hitopadesha, etc. Also Subhashita can come in any language. Reading, understanding and practicing the

values in a Subhashita will definitely help in personality improvement and spiritual improvement. Here is a subhashita which shows how to acquire wealth, fame, knowledge and intelligence. It is important to follow the paths shown in this Subhashita.

Subhashita

Satyaanusaarini Lakshmeehi
Keerthistyaaganusarinee

Abhyaasasaarini Vidyaa Buddhihi
Karmaanusaarini

Meaning

The wealth of all types will come to those who follow the path of truth. The fame will come to those who sacrifice. The knowledge will come to those who practice. The intelligence will come to those who carryout actions.

Explanation

In this Subhashita some guidelines are given to achieve things which bring success with peace and joy to our lives. The four things that are referred here are (1) wealth that includes money, family and friends, (2) fame, (3) knowledge and (4) intelligence.

Wealth does not mean only money but it also includes trust of people in both professional and personal life such as coworkers, family and friends. As one adheres to truthfulness in thought, speech and action in life, then one becomes trustworthy. This trustworthiness with capability brings higher positions in work that brings not only money but also family and friends closer.

Hinduism recommends that everyone should aspire fame. This subhashita guides us that it is only through sacrifice, one achieves fame. This sacrifice refers to selfless actions which are free from selfish motives. It is our common experience that selfishness results in several negative qualities. As one practices selflessness, it makes one spiritually strong. Thus it is advised to sacrifice selfishness. It is well known that Sri Ramachandra in Ramayana is famous for his selfless actions.

Knowledge is very important to achieve both success along with peace and joy in life. Knowledge is the result of learning a discipline in arts

or science. Knowledge is not a static thing that one learns and stops but need to become proficient and continuously expand. The proficiency comes only through practice and an open mind to correct one's mistakes and make it better through further learning with practice. Thus the subhashita says it is the practice that makes one knowledge one's own. Hence the saying "*practice makes perfect*".

It is well known that intelligence plays a major role in our life. When any good thought is planned out well and brought into action well then that process develops the intelligence. The saying "*haste makes waste*" signifies the importance of intelligence. In the triad, namely thought, speech and action, all the three are important and intelligence is developed through these three interrelated components. Thus this subhashita brings out nicely the guidelines to be followed to achieve wealth, fame, knowledge and intelligence in our life for peace and joy.

*Dr. Prasad is a spiritual disciple of Yogi-Seer Sriranga Sadguru of Karnataka, India. He is a Professor of Mechanical Engineering at Stevens Institute of Technology. His website is www.taranga.us and he can be reached at mgprasad@comcast.net

My experience with recent heart attack (MI with unusual presentation)

By Rasik Shah*



I suffered a heart attack with *unusual presentations* on April 6. I was discharged from St. Peter's Hospital on April 11, and now taking rest and recuperation for the next several weeks. I have bounced back because of good medical care and tremendous support from my family and friends. Above all, blessings of

Almighty God were showered on me.

When Dr. Ram Chugh heard the details of my episode, he felt that others may not be aware of what a heart attack with unusual presentations is, and how it was diagnosed in my case. He encouraged me to prepare this write up which he felt may serve as a community service.

This all began with flu-symptoms only, when I woke up on April 6 with a minor sore throat, followed by excessive sweating for 2 minutes at noon, and then severe body ache in my upper back and arms. All other symptoms normally associated with a heart attack (chest pain, palpitation, shortness of breath, swelling, unable to stand up, etc.) were totally absent. Besides, I was exposed to a flu virus from our granddaughter a few days prior, so I treated myself with flu treatment meds. I could not get any overnight sleep due to muscular pain.

When I woke up on Friday, I called up my primary care physician for an appointment. Hansa (my wife) took me to the doctor's office at 10:30 am. He examined me, and my symptoms led him to conclude that I had flu. Just to be sure, he took an EKG, compared it to my previous EKG's and found no changes. He prescribed flu medicines, and recommended that I go to Samaritan Hospital (Troy) for a chest x-ray. He also suggested that I visit the emergency room for their evaluation, but I preferred to go to my cardiologist for a second opinion. He called up my cardiologist and found out that he would not be in office until 2 pm.

Hansa drove me to Samaritan Hospital in Troy around noon; since we were passing by my Cardiologist's office in Troy, I told her to stop by his office and I went inside to see if the cardiologist was there. Luckily, I found him there. He examined me; he asked me about previous day's events. He also took another EKG, compared it to EKG's from several previous years, and found no change. He felt that I had flu, and recommended rest and medication.

When he learnt that I was on my way to Samaritan Hospital for X-ray, he prescribed an emergency blood test for me; results of the blood test were expected in about 2 hours.

After giving the blood test, Hansa and I returned home. I was lying down, while Hansa went to the drug store for flu medicines. Before she came home, my cardiologist called me and asked how I felt. He then told me to contact her to return home immediately, and take me to ER room at St Peter's. He said the blood test showed my Troponin level at 93 (from 0.01 (normal)), confirming the heart attack (Troponin are protein molecules that are part of cardiac muscle). We reached St Peter's Hospital's ER at 4 pm on Friday. We immediately informed our immediate family members, who began arriving shortly.

I spent several hours in the ER, and then was moved to the Critical Cardiac Care unit. The heart attack, and the 30-hour delay in detecting it, had violently shook up my body systems (heart, kidney, lungs, liver, pneumonia in lungs), and a team of cardiologists plus a kidney specialist were constantly evaluating my critical body functions. Finally, on Sunday evening, the team agreed that there was no further gain in waiting any longer, and scheduled a cardiac cath procedure on Monday morning. During the procedure, they found my RCA artery was blocked 99%. Luckily, insertion of one stent resolved the crisis, and no surgery was needed. The critical systems began to move towards an acceptable state, so they discharged me at noon on Tuesday.

While it was a traumatic experience, I felt lucky on many counts:

1. With none of the heart attack symptoms present except for the sweating and body ache, and the EKG not showing any change, both my doctors did not detect a heart attack. However, my cardiologist told me weeks later that he was aware of my diabetic condition and that diabetics can mask many symptoms, hence he prescribed a blood test for Troponin,

which detected the heart attack. If the blood test was not done, he said I would have felt much worse in four more hours with severe consequences.

2. Even though I did not have many of the usual heart attack symptoms, my instincts told me that something was not right, and I listened to them and sought medical help. Seeking a second opinion from the cardiologist made all the difference.

3. With almost 30-hour delay from the heart attack to the hospital care, my kidney was severely affected, not being able to pass urine. The kidney specialists warned me that, if I do not respond promptly to the intravenous diuretic, I may have to be on dialysis. Luckily, the diuretic was effective in restarting the kidney.

4. With the parade of different specialists in the hospital and getting results of many imaging tests, it was difficult to interpret the medical messages I was receiving. Fortunately, my daughter-in-law, Dr Samantha Shah (an Internist in Oregon State) was always available on the phone, and all the specialists were willing to talk to her and provide her the medical details. As a result, Samantha received detailed medical updates from all doctors, and interpreted them for all of us, which was of critical value to us.

5. I was extremely lucky to have my Cardiologist in the loop. Even though he did not do the cath lab procedure on me, he arranged for a trusted colleague for the procedure. Additionally, he took upon himself to spend many hours with my family members in the hospital to explain the tests and my condition. Even after I came home, he was frequently in touch with us, and he was generous with immediate responses on any text message I sent him any time of the day.

Thanks to the good medical care, God's grace, tremendous support from my family and friends, and with good inner strength, I am rapidly regaining health. Hope the above details of

silent heart attack would be informative to others.

* Rasik Shah got his masters in engineering from MIT and has been in Albany for nearly 40 years. He is very active in the HCC/HTS.. ■

My Dearest Friend, Dr. Rajinder Jain (1949 – 2017): A Personal Reflection

By Pradeep Gupta*

Raj and I met sometime during the 1980's, soon after his move to the Capital District. Through social gatherings, informal dinners, and ski trips with our children, our friendship grew quickly and we immediately bonded over our common love for outdoor adventures. We started out with gradually strenuous hikes in the Adirondacks where our love for nature and admiration of the Supreme Creator became the strongest link in our relationship. As we became more adventurous with our hikes, I distinctly remember the evening when Raj said, "Pradeep, I would like to go to *Mansarovar*." He explained the religious significance of the location and discussed the risks associated with high altitude trekking and the dangers of pulmonary edema. I was terrified, but he gradually explained the medical aspects of high altitude breathing, the required physical



training and the importance of a full medical evaluation of our overall cardiovascular health. He repeatedly stressed, "we want to carefully evaluate and take the required risks so that we can tell our story to our friends and not be the story." A few years later, along with friends and family, our expedition to *Mansarovar* and *Kailash*

Parvath materialized and the bond of our friendship became unyielding. Always dreaming of our next adventure together, we hadn't even left Mansarovar before we began discussing a hike to the Everest Base Camp. Within a few years, along with Vinod Parmar, we conquered that too. "This is where we clearly see the existence and power of God," Raj said, as we strolled on the high peaks of the Himalayas. "In view of this Mighty Nature, our existence is nothing." Always one to take photos and share our travels when we returned home, Raj recounted our journeys at a TRICIA Support Group Meeting. Our next expedition was to *Kilimanjaro*, another enjoyable success. Between the hikes, we also took several fifty-mile bike rides through the boroughs of New York City, but our other expeditions make them seem insignificant. True to our friendship, we already had our next adventure together planned out--an expedition to the North Pole. However, at least in the realm of our relative worlds, this will sadly be the first one that doesn't materialize.

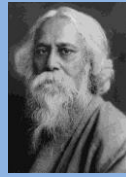
Aside from his medical excellence and expertise Raj had a deep love for the fundamental sciences. During our morning walks and casual bike rides I savored our discussions about commonalities between medicine, engineering and the fundamental sciences at all levels.



He had a unique way of bringing topics together. Raj has left enormous voids in my life, as well as the lives of many others. I miss him greatly, and I wish him success for the rest of his adventures, whenever and wherever they take place. I know wherever he is, my dear friend is conquering mountains.

* Pradeep Gupta has been a longtime resident in the Albany area

A poem by Rabindranath Tagore



When Thou commandest me to sing it seems that my heart would break with pride;
And I look to thy face, and tears come to my eyes.

All that is harsh and dissonant in my life melts into one sweet harmony ---and my adoration spreads wings like a glad bird on its flight across the sea.

I know thou takest pleasure in my singing. I know that only as a singer I come before thy presence.

I touch by the edge of the far spreading wing of my song thy feet which I could never aspire to reach.

Drunk with the Joy of singing I forget myself and call thee friend who art my lord.

From: *Gitanjali*, Branden Publishing Co., 1992

JOY OF GRANDCHILDREN

By Sastry Sreepada*

The natural reaction when a grand child is born is extreme, unqualified joy. For grandparents it is a rush of memories. These memories include the birth and growth of their own children, as well as their memories of their own parents and grandparents. They realize for the first time what unconditional love and joy are. It is the greatest lesson in life, attachments, and detachments etc., pure happiness which continues to grow.

The yoga Vasishtha and Boudhayana Dharma Sutra state that "Through a son one conquers the worlds, through a grandson he obtains immortality, but through his son's grandson one ascends to the (highest) heaven." This

also applies to daughters and granddaughters though not explicitly stated. The grand parents will soon come to a realization that, the grand children are theirs as well as not theirs at the same time. They are theirs to play with and enjoy, and they are not theirs in the sense that the child's parents decide everything to do with their life. This is the first, lesson on possessing and not having a control at the same time. We all know what Gita says - that we have a control on action and not the results. That is what gives a pure pleasure.



Let us examine what Boudhayana dharma sutra says. Through a son/daughter one conquers the world. This means as parents we teach or enable our children conquer the life's needs and settle well. Thus raising children is challenging and rewarding. Thus we have no opportunity to love unconditionally, as the love of children comes with expectations and wishes parents have for them. In the case of grandchildren, the child's parents take care of life's needs and as grandparents we just practice unconditional love. Thus being grandparents is fun and rewarding. When it comes to great grand children, we have great experience in pure unbounded unconditional love. Thus being great grandparents is ecstatic and rewarding.

Another great aspect of the grandparent grand child relationship is the mutual dependence. We grow up enjoying relationships with relatives and friends based on being needed, at least in our perception. In the old age the concept of being needed by others slowly diminishes. This is where grand children play a major role. They exhibit the need of grandparents to give them unconditional joy. This

creates the highest "needed" feeling while providing joy.

The grandparents enjoy great mental activity dealing with grand children. They enjoy telling stories to grandchildren. This is the greatest way to provide a connection for the grandchildren to their past generations. This process reinvigorates the memory of grandparents.

The grandparent grand children bond is unique. Grandparents need grand children to feel unconditionally needed and feel a purpose in later life.

They need grand children to keep them physically and mentally active. They can appreciate the efforts of their children in raising their children

The grand children need their grandparents for unconditional unbiased support. The grand children love their grandparents for what they are as persons and not what they are by profession in their life. This is what brings out unconditional love.

Thus through children and grand children one passes through life moving from attachments to accomplishment of life without attachments but pure love which is unconditional love and pure happiness. As Upanishads state the absolute truth, knowledge and pure unending happiness is God, and we have the opportunity to practice this easily without any effort through grandchildren and great grandchildren.

*Sastry Sreepada moved to New Jersey recently to be close to his children. The family lived in Albany for 38 years. He and his wife, Lakshmi, were very active in the temple. They were greatly admired for their immense knowledge about Hinduism and devotion to the temple. As an editor of Reflections, Sastry and I worked closely. He would review articles for publication. I benefitted greatly from his wisdom, humility, and willingness to help when needed. He will be missed. We wish him all the best in his new location. ■

Message from Vikash Agrawal, Chair, HCC Board

We are pleased to bring out yet another issue of *Reflections*. This issue includes articles on spirituality, religion, health, a new section for newsmakers in the community and a personal tribute to Dr. Rajinder Jain

We are thankful to Shivam Joshi, Rasik Shah, M.G. Prasad, Pradeep Gupta and Sastry Sreepada for their articles. We are grateful to Dr. Ram Chugh for his tireless efforts for soliciting and editing such a rich collection of articles, and to Vijay Oruganti for formatting it.

We receive a lot of positive feedback from our readers on the quality of article in *Reflections*.

The newsletter is being sent out electronically using the email lists accessible to the HCC. Some of you might get duplicate copies because you may be on several e-mail lists. You may delete any duplicates. Let us know if you do not wish to receive this Newsletter.

Please send your comments and story ideas to Dr. Ram Chugh at:
Reflections.HCC@Gmail.com

Nine Beliefs of Hinduism

Our beliefs determine our thoughts and attitudes about life, which in turn direct our actions. By our actions, we create our destiny. Beliefs about sacred matters--God, soul and cosmos--are essential to one's approach to life. Hindus believe many diverse things, but there are a few bedrock concepts on which most Hindus concur. The following nine beliefs, though not exhaustive, offer a simple summary of Hindu spirituality.

1. Hindus believe in a one, all-pervasive Supreme Being who is both immanent and transcendent, both Creator and Unmanifest Reality.
2. Hindus believe in the divinity of the four Vedas, the world's most ancient scripture, and venerate the Agamas as equally revealed. These primordial hymns are God's word and the bedrock of Sanatana Dharma, the eternal religion.

3. Hindus believe that the universe undergoes endless cycles of creation, preservation and dissolution.
4. Hindus believe in karma, the law of cause and effect by which each individual creates his own destiny by his thoughts, words and deeds.
5. Hindus believe that the soul reincarnates, evolving through many births until all karmas have been resolved, and moksha, liberation from the cycle of rebirth, is attained. Not a single soul will be deprived of this destiny.
6. Hindus believe that divine beings exist in unseen worlds and that temple worship, rituals, sacraments and personal devotionals create a communion with these devas and Gods.
7. Hindus believe that an enlightened master, or satguru, is essential to know the Transcendent Absolute, as are personal discipline, good conduct, purification, pilgrimage, self-inquiry, meditation and surrender in God.
8. Hindus believe that all life is sacred, to be loved and revered, and therefore practice ahimsa, noninjury, in thought, word and deed.
9. Hindus believe that no religion teaches the only way to salvation above all others, but that all genuine paths are facets of God's Light, deserving tolerance and understanding.

Hinduism, the world's oldest religion, has no beginning--it precedes recorded history. It has no human founder. It is a mystical religion, leading the devotee to personally experience the Truth within, finally reaching the pinnacle of consciousness where man and God are one. Hinduism has four main denominations--Saivism, Shaktism, Vaishnavism and Smartis

*Source: <https://www.himalayanacademy.com/readlearn/basics/nine-beliefs>

We are always looking for ways to improve the Newsletter and we welcome suggestions. Please send your comments and ideas to Ram Chugh at Reflections.hcc@gmail.com.