



Triangle Area Hindu Temples

TAHTS is a 501(C)3 non-profit organization.

Volume1, Issue 4

WWW.tahts.org

SEPT, 2020

Executive Committee

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Editor:

Gyan Gupta

Message from the Executive Committee

Dear community members:

Corona virus is still dominating the news and affecting all aspects of our life. While most cases with this infection recover completely, many do not. So many of us know of friends and families with unfavorable out come. We want to begin our message with a request, to please follow the official guidelines. Maintain social distancing, use mask and wash hands. Most importantly, do not listen to anecdotal data on herbal and home remedies on the cure and prevention of this virus.

TAHTS in collaboration with Wake county health department and Mako lab organized Covid virus antigen and antibody testing at three area temples. A total for 805 members availed the opportunity. The results were confidentially sent to them. This was a very well run operation, with full compliance of CDC guidelines. Credit goes to the three temples, BAPS, HSNC and ISSO and their volunteers. Special thanks to Mr. Prajesh Patel of Mako lab and Mr. Darshan Patel from Wake County Health Department. TAHTS team will like to recognize Mr. Harshal Joshi and his team for making and operating the web site for this event.

Voice of India (VOA) committee has been contributing some informative article about India over the past two editions. This month they are informing us on Kashmir, its history, how Maharaja Hari Singh did became prince of this Muslim dominated region and abolition of article 370 and 35A. I am sure, you will find it very informative. We need volunteers in this committee, if you can help.

This committee (VOA) is working hard to bring awareness about the goodness of Indian nation. Unfortunately the mainstream media in USA has been publishing some very negative articles about India. These articles are main source of information for many Americans and also our second generation Indians. The committee is starting an essay program, for journalism students, in the local colleges. Monetary prize of \$1000.00 will be given. Topics will be such that the students have to read and learn about India to find the truth by themselves. *Continued on the next page.....*

Upcoming Events:

Most of the events are postponed due to COVID-19 lock-down.

Please see our website
www.tahts.org
for current information.

Mission of the Triangle Area Hindu Temples:

To solidify individual resources for the community service activities such as blood drive, kite flying festival, health fair, and kids summit. Thus bringing the entire Indian community under one roof.

Continuation of the message from Executive Committee

Safety of our temples and community is a big concern. TAHTS has taken initiative to connect FBI, NC SBI, Local police and the temples to work in coordination on this issue. While some temples have taken good proactive measures, some are lacking behind. As one police chiefs said in his address, "It is not a matter of if, but a matter of when" our temples will be subjected to a hate crime. We should ask our temple administrations to take necessary action, before it is too late.

We are publishing our accounts in this edition. This will let all know our income and expenditures. Unlike the temples, we do not have a regular source of income. TAHTS's main source of income was from the lab test savings in the health fair. This year Lab corp had decided to not do the test for free and charge \$15 per person. This is equal to the amount TAHTS was

charging from each client. Although year 2020, health fair was cancelled, due to Covid, this event is not expected to generate any funds for TAHTS, when it resumes in future years. As of now the main source of income is the yearly dues from executive committee, some small earnings from a few committees, a few small donations and advertisement in the news letter. We will appreciate your financial support, to sustain this organization..

With your generosity we were able to collect \$2304.00 for PM Care fund in India.

We have made a new committee "News letter committee" under the chairmanship of Mr. Tushar Barot. Purpose of this committee is to make newsletter more appealing to audience and find ways to make it financially self sustaining.

HEALTH CORNER: Anecdotal evidence and Placebo controlled double blind crossover study:

Most of us know some people who tell good stories (Anecdotal evidence) about some remedies, that have helped them or someone else. It can be certain food, herbal medicine, certain ritual or activity. These recommendations are often followed by the believers and some time they give good results. Unless they have undergone scientific, Placebo controlled double blind cross over study (or some other similar scientific evaluation), they are not recommended by the medical community. Good result can also be due to personal bias and mind over matter. This is also caused placebo effect.

Scientific placebo controlled Double blind study: these studies are conducted in 3-4 phases. Phase 1 and 2 are done in the labs and animals. Once they pass these phases, the scientists know the exact chemical structure of the medicine, where in the gut exactly, is it absorbed and how it is carried to the target organ, how it works there, where else it works to cause side effects and finally how it is removed by the body (pharmacokinetics). Stage 3 and 4 are done in Human volunteers.. To counteract their bias, the medicine and another inert material (placebo) are made in to similar shape and color pills. They are named tablet A and B. Next they are sent to doctors, who recruit volunteer patients to try them. Patients are divided in two groups and either Tablet A or Tablet B is given. Effect and side effects are noted by the doctor and patient over certain period of time. Later the tablets are switched between the groups. So the group on tablet A in now given Tablet B and vice versa. Again both the doctor and patient record the effect and side effects. During the whole study, both the doctor and the patient do not know that which one of the pills is the real medicine and which one is placebo. That is why it is called double blind study. At the end of the study the results are declared after comparing the effects and side effects of real medicine with placebo.

Placebo effect can be very strong. Many of you may know a blood pressure group of medicine called ARB (Losartan, Telmasartan, cozaar, Hyzaar, Diovan, Avapro, Micardis Benicar etc). In its initial study, people who were given placebo medicine reported more side effects. Anecdotal evidence is also, many times, a placebo effect.

Side effect vs Adverse effect of medicines:

When any medicine or food is ingested by mouth it goes to stomach. Body then transports it across the stomach wall into our blood. Blood is the main transporter of material in our body. Although it takes the medicine to the site of its target action (like to the heart for a heart medicine), but blood also goes elsewhere in the body with some of this medicine. The effect of these medicines on the rest of the body is called side effects. The medicine pamphlets tell you about these expected side effects.

Adverse effects are serious and unusual effects are more serious in nature, can happen to a small percentage of people. Nearly all medicines or foods can have some side effects and adverse effects. Drug companies do put even the rarest adverse effects in their pamphlets, so that they cannot be blamed. It is advisable to talk to your doctor about these concerns, and not stop a medicine yourself, if any of these details in the pamphlet, bothers you.

Community Support Committees:

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 Ramesh Vora
 Anu Virkar
 Baba Malleshappa
 K.B and Vanaja Chandran
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**** Denotes Team Leads**

*** Denotes Committee Liaison to the executive committee**

Committee Reports

Financial Committee report

As conveyed in the Executive Committee opening reporting, TAHTS main source of income has been the surplus from each year's Annual Health Fair in the past 11 years. However, the amount of surplus after all expenses for the Health Fair has been on steady decline. In the past couple of years, TAHTS has expanded activities and committees to serve the community needs and with that the expenditure has gone up. We introduced Executive Committee annual dues in 2019 to offset some of these expenses as well as to strengthen the core fund. Money raised by doing any target fundraising kept separate in TAHTS accounting and goes 100% to the target cause. For example, funds raised for the PM Care Fund will be sent 100% to the PM Care OR fund raised for Covid-19 meal program spent only for that purpose and stays in the Disaster Relief Fund account.

Our accounting and books are fully transparent to members of all committees and temple representatives. We openly share the financial data during our general meetings as well.

As of July 31, 2020 bank statement, TAHTS has \$38,488 in its core fund (exclude target account fund). There is a fixed monthly administrative expense of \$120.50 to cover the cost of phone, email/web hosting, PO Box and QB services.

TAHTS need your support to continue providing value-add services to the Hindu community at-large. Please donate generously on TAHTS website or by sending a check to PO Box 3184, Cary, NC 27519.

NEW COMMITTEE: Voter Awareness

TAHTS is creating a new temporary voter awareness committee, to help our community exercise their democratic right of voting this November. In this pandemic misinformation era, voter apathy is increasing and this group will work - in a NON-PARTISAN manner to educate and inform voters of the processes to exercise their voting right, safely and in a timely manner.

If you are a person who has a few hours/week of time, willingness to talk to people on the phone, educate yourself and others - this committee is for you! We NEED you!

We will ask each committee member to take a vow to remain neutral and NOT engage in party politics/endorsements of particular candidates.

We will educate you and give you the right tools needed.

It is a short term critical need - every vote does count and I hope that you will be able to join us in this effort.

If interested - send an email to Renujain101@gmail.com

PAID ADVERTISEMENT

**Let us strengthen TAHTS to help unite all temples in Raleigh
in the service of the Hindu population in Triangle.**

Wishing all the best.

Pankaj Parikh

Carolina Heart Center, PA

3406 Six Forks Road, Raleigh, NC 27609

Safety concerns at our Temples

Communal intolerance and attacks on religious places have occurred from time to time all over the country. Unfortunately these incidences have increased in the recent times. General consensus is that it is not a matter of “If”, but “When”, that one of us will be affected by such crimes of hatred. **We would request all the temple administrators and members of each temple to keep their guards up.**

TAHTS has been organizing talks for the member temples, by bringing together the local and federal law enforcement experts, to form safety committees at different temples.

The followings are some safety concerns:

- Active shooter comes to a crowded indoor event like major puja, Navratri or Ganesh festival.
- Major outdoor events like Dushera, Diwali, Janmashtami, etc., at a temple are attacked
- Major fire (accidental or intentional).
- Major theft (burglary), from donation box, gold, property, etc. This has happened at the HSNC.

Special concerns on safety in temples and our community:

- We take out shoes outside the temples. It is not very easy to run barefooted.
- It has been seen that people start putting on their shoes before vacating the hall, thereby blocking the exit for others.
- Our ladies wear saris, and it is difficult to run in them.
- Very few Indians carry an know how to the use of firearm.

What needs to be done?

- Establish a Safety committee and a safety plan at the each temple.
- Get free inspection and advice by NC SBI, as arranged by TAHTS, on structural changes to provide exits and prevent attackers coming easily.
- Have an evacuation plan and do a drill on occasions to practice a safe evacuation.
- Clearly mark exits and ensure that they are not blocked from inside and outside or locked during gatherings.
- Before every daily activity, identify exits to safely exit the premises, identify individual to call 911, Plan to get everyone out safely.
- Have a plan for various scenarios, like active shooter or fire etc.
- Identify individuals to take necessary actions on a daily basis. Never take things for granted.
- Identify individuals to notice new people visiting temple and take necessary actions.
- Conduct drills regularly and post information posters on the premises.
- Training of the staff and priests.
- Inclusion of safety measures with housekeeping announcements before every major events or gathering of more than 50 people

नमस्कार और सकारात्मक ऊर्जा

आज सम्पूर्ण विश्व एक भयावह त्रासदी से गुजर रहा है, चारों ओर भय और नकारात्मकता का निवास हो रहा है। परंतु इस समय में हम सभी को अपना दृष्टिकोण सकारात्मक रखकर इसका सामना करने की आवश्यकता है। हम भारतीय विरासत में मिली एक समृद्ध संस्कृति के पालक हैं। हमारी संस्कृति और परंपरार्ये हमें विशेष बनाती हैं।

आज के समय में हमारी नमस्ते करने की परम्परा ने जहाँ हमें संक्रमण से बचाने में सहयोग दिया वहीं विश्व को भी एक नया संदेश दिया। इसीलिए आज अधिकतर लोग अभिवादन करने के लिए हाथ मिलाने के स्थान पर नमस्ते की परम्परा को अपना रहे हैं।

जब हम सामने वाले को अभिवादन करने के लिए नमस्ते करते हैं तो दोनों हाथ जोड़कर सिर झुकाते हैं, इसका अर्थ है कि हम अपने अहंकार का शमन करके दूसरे के प्रति सद्गान प्रगट कर रहे हैं। इस क्रिया में दोनों हाथ जब आपस में जुड़ते हैं तो रक्त संचार प्रबल होता है और सकारात्मक ऊर्जा उत्पन्न होती है जिससे आंतरिक प्रसन्नता का आभास होता है। साथ ही उँगलियों के आपस में जुड़ने से जागेन्द्रियों सक्रिय हो जाती हैं जिससे आध्यात्मिक विकास होता है। इस क्रिया में जब किसी को स्पर्श नहीं करते तो संक्रमण का भय भी कम हो जाता है। अतः गर्व से नमस्ते करने की परम्परा को अपनाकर सुरक्षित रहे और सकारात्मक दृष्टिकोण के स्वामी बने ताकि इस त्रासदी से आसानी से बाहर निकल सके।

Kashmir: Article 370 and 35A

Article 370 : The article was drafted in Part XXI of Indian constitution titled “Temporary, Transitional and Special provision As the title suggests. It starts with saying that it is a temporary provision with respect to the state of Jammu and Kashmir. This was approved by the whole constitutional assembly. At that time the constitutional assembly consisted of 220 provinces and 72 Princely states. J&K had 4 representative (out of the 72 princely states) and one of them was Sheikh Abdulla. Under the article a constitution was to be prepared for J&K and the constitutional assembly was give power to dissolve this article.

But as the new constitution of India was adopted, the constitutional assembly was dissolved, without taking any decision on this temporary provision, thereby creating a constitutional deadlock. Most people argue that in such cases of constitutional deadlock the president / Parliament of the country can take a decision

Under the article 370, Kashmir could be autonomous in its governance. Only four things will be under Indian government control. They are 1, Defense, 2 Internal security 3, Finance and 4, Foreign policy.

Article 35 A: This was introduced in 1954 by special presidential order. Unlike the rest of the constitution this article was not voted by the parliament. Under this article J&K government was given power to give Permanent Resident Citizen (PRC) status to the people of J&K. Those with this PRC status had permission to the all basic six rights in Kashmir and the rest of the India but the rest of the countrymen did not have these rights in J&K. These six rights were 1, Freedom to travel anywhere 2, Freedom to settle anywhere 3, Freedom to seek job anywhere 4, Freedom to organize rally 5, Freedom to follow and propagate a religion 6, Freedom to vote.

Since PRC was a state matter, Kashmiri women marrying elsewhere in India could lose their property rights there and a Pakistani man coming to Kashmir and marrying there could get property rights there.

Maharaj Hari Singh: How he became Kashmir's ruler? : In the early 1800, Maharaja Ranjit Singh was a very powerful leader. He has spread the Sikh empire from Punjab to whole Kashmir, including Laddakh. East India Company did not want to fight with him, so it signed a treaty, called "Treaty of Satlaj". This assured them that Rajit Singh will not come south of this river and British forces will not go to his side. British rulers were buying time till Rajit Singh died. Soon after his death they attacked, in 1847-48 and defeated them. Ranjit Singh's lieutenant with the name Gulab Singh Dogra, actually sided with the British. He was from mountain area, and was rewarded by making him the Prince of Kashmir. Hari Singh was his decedent.

Independence of India: As the British were leaving, they decided to leave India as they got it. So all the princely states were made independent as they were before the British had set their foot on the subcontinent.. These states had three choices 1, to Join India, 2, To Join Pakistan 3, To remain independent . Sardar Vallabhbhai Patel, who was the first Home Minister of India, immediately came in action. He prepared a 'Document of accession'. Most states signed it to join India, because of strong national movement. Some were not ready to sign, like Hyderabad and Junagarh, but were forced to Join India. Hari Singh also did not sign to join either side. Jinnah first promised him autonomy, but then sent the Pakistani army in plain clothes to attack him. They captured the Kashmir radio station. This is when Hari Singh signed the treaty of accession. Once this treaty was signed, J&K became part of India, like any other princely state.

UNO Resolutions: Although in 1947 there were no roads to Kashmir from India, and the only road was in Pakistani control, Indian forces under the command of Field Marshal Kariappa, defeated the Pakistani army. General kariappa requested only 48 hours more from Nehru to get the whole territory back from Pakistani occupation, but Nehru over ruled him and went to UNO. A cease fire was declared As per UNO Resolution no. 91 which came in 1951 March. Under the Cease fire agreement two things were required of each side. Return to the position before the partition and conduct a plebiscite. Since Pakistan refused to return back, no plebiscite could be conducted. In another resolution No. 122 in 1957, UNO agreed that the resolution number 91 was not working.

Simla Agreement: After Pakistani lost the Bangladesh war, general Niazi signed surrender document in December 1971. Following this the Simla summit took place between then Indian Prime Minister Mrs. Indira Gandhi and then Pakistani Prime minister, Mr. Zulfikar Ali Bhutto. They agreed on the followings: 1, Kashmir is a disputed territory 2, Line of control was to stay as it is 3, It is a bilateral issue and no third party will be involved in its resolution.

Atal Bihari Vajpayee took Maitri bus to Lahore. The Lahore pact confirmed that Kashmir was a bilateral issue and third party must not be involved.

New Committee: Newsletter Committee

Purpose of this committee is to coordinate and publish TAHT's newsletter. Charter of this committee is to create awareness of purpose and goals of TAHT's with the community, while making this publication financially sustainable with innovative ideas.

The organization of this committee is as follows:

Aparna Rao - Marketing Coordinator
Archana Nukal - Administrative Coordinator
Deep Patel - Treasurer
Dhruva Kumar - TAHT's Liaison
Gyan Gupta - Editor
Mamta Tiwari - Youth Volunteer Coordinator
Mamta Tyagi - Classifieds Coordinator
Nishant Nayan - Editor and Content Writer
Ragini Hari -Secretary
Tushar Barot - Committee Chairman
Sandhy Vallaru - Distribution Coordinator

Team is looking for more volunteers.

CLASSIFIEDS

RTP Fresh Flowers in Apex NC is looking for a Delivery driver/Store helper part-time/Full-time. Call 919-945-4939.

TAHT's is proud to announce the ability to advertise through the newsletter.

Submit a Classified a, like above, for a relatively low cost of \$20 for up to 75 characters. Further discount is available: 5% Off for 2 issues, 10% Off for 4 issues.

Please email, newsletter@tahts.org OR call, 919 629 6199 for further details. Ad must be submitted by 22nd of the month to appear in the following month's issue. If you have not yet subscribed, email newsletter@tahts.org to get your free copy.

Mail your checks to

Triangle Area Hindu Temples
PO Box 3184, Cary, NC 27519

Compliments of Ashok Tapadia & Consolidated Planning, Inc.



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Please consider advertising your business and organization to the community here.

Advertisements in the newsletter are to offset the printing and mailing costs.

- ♦ **Advertisement rates:** Full Page: \$150.00, Half page \$80, Quarter page \$50 per issue.
- ♦ **Announcements:** You can send important announcements/condolences. It will be printed free of cost, message is limited to 100 characters.
- ♦ **Classified:** You can put classified advertisement up to 150 characters for \$20 only.

Please contact editor@tahts.org for above items. Send all inquiries to newsletter@tahts.org.

For us, retirement planning means more than providing our clients with investment advice. It means helping them maintain the financial independence they've worked their whole lives to achieve. It means striving to ensure they have the means to pursue what's most important to them. And it means understanding them as people with unique goals, values and circumstances that determine the strategies we develop on their behalf. Our consultative process begins with an in-depth discussion of your current finances and future objectives. We'll address issues you might have overlooked that can have a significant impact on your ability to retire as planned. Finally, we'll determine how we can help you adjust your investment strategy as necessary to accommodate changing conditions and meet any unforeseen expenses and income demands that may arise during retirement.

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SV Temple Rajagopuram



Once in a Life-Time Opportunity

Donate A Brick \$251

- Rajagopuram represents the feet of the Lord
- Main Entrance to the SV Temple
- Iconic Structure in Triangle Area
- Pride for Hindu Community
- Height ~87 Feet, Length ~42 Feet, Width ~28 Feet

Construction starting - June 2020

Expected completion - May 2021

Inauguration - June 2021

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From:

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Website: www.tahts.org

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| <p>Teenage, Marriage & Family Issues: familyproblem@tahts.org teenageproblem@tahts.org Help teenage children and parents, marriage problems, alcohol and drugs.</p> | <p>New Comers Help: newcomers@tahts.org Help finding community connections, schools and housing etc.</p> | <p>Medicare/Medicaid Help: medicareadvice@tahts.org Advice and help in choosing and applying the right program.</p> |
| <p>Disaster Relief: disasterrelief@tahts.org The DRC strives to complement, restore and strengthen our community and governments' ability to plan for recovery by engaging the volunteers, donors and partners to bring relief to the disaster victims.</p> | <p>Outreach Committee: outreachcommittee@tahts.org To reach out to other faith based organizations, provide united support and actively involved in a community.</p> | <p>Voice of India Committee: voiceofindia@tahts.org Aim of the committee is "To inform the public on the facts and highlight the fake news about India and its government in US media".</p> |

To get help or to volunteer:

Contact the email address of the sub-committee or send mail to communitysupport@tahts.org or Call: (919) 208-0695

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