



Hindu Temple and Cultural Center

(A Non-Profit Organization Registered in the State of Washington)

3818, 212th ST SE, Bothell, WA 98021

<http://www.htccwa.org> Phone: 425-483-7115

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Go Green

Aruna Prasna Pārāyanam and Surya Namaskāram

Sunday, November 26th 2017



आदिदेव नमस्तुभ्यं प्रसीद मम भास्कर ।
दिवाकर नमस्तुभ्यं प्रभाकर नमोऽस्तु ते ॥

Religious committee is pleased to announce - these rituals are in coordination with "Arunam Seattle" and to mark their second anniversary.

Program Details

- ❖ 08:00 AM - Sri Ganesha Pooja
- ❖ 08:15 AM - Kalasa pooja / Suryanārāyana Pooja
- ❖ 08:30 AM - Aruna Prasna Pārāyanam – along with Surya Namaskārams
- ❖ 10:45 AM - Archana, Ārati, followed by Prasādam distribution

Sponsorship Opportunity

- ❖ Lord Suryanārāyana Archana (\$10)
- ❖ Pushpa Mala Alankaram*
- ❖ Annadānam (\$151) - Food Sponsorship*

Note: *Contact Office for scheduling

Aruna Prasna and Surya Namaskāram

Since ages Hindus have worshiped Surya/Sun god. Surya is considered to be Lord Vishnu and hence referred to as Suryanārāyana. Few other names for Lord Surya are - Aditya, Bhāskara, Arka, Grahapati, Diwākara, Prabhākara and Ravi. Sunday is considered auspicious for Lord Suryanarayana/Lord Ravi, which signifies the name 'Ravivār'.

Amongst all the Veda Mantras, 'Aruna Prasna' otherwise called Surya Namaskāram is considered as most significant one for worshipping Lord Surya.

Lord Suryanārāyana is the embodiment of knowledge and health. Chanting or listening to Aruna Prasnam and doing Namaskārams to Lord Surya will yield immense benefits including good health, wisdom, longevity of life and prosperity.

Join us during Aruna Prasna Pārāyana session and seek the blessings of Aditya, the Sun God Surya.

Contact: officemanagers@htccwa.org; Phone: 425-483-7115, for sponsoring opportunities