



Namaste!

As the sacred month of **Sawan** fills the air with devotion and divine energy, we're delighted to bring you the **fifth edition of our monthly newsletter**, a reflection of the vibrant spirit and seva happening at our Mandir.

This month has been especially significant, with devotees coming together in devotion and service. Whether it's through **painting seva, Rudrabhishek offerings, or Shivratri celebrations**, every effort brings us closer as a spiritual family.

We are grateful for your continued support — your presence, participation, and prayers make all the difference.

In this month's newsletter:

- 🙏 Arrival of Pandit ji on cultural visit
- ॐ Rudrabhishek everyday in Sawan
- 🌙 Celebrating Shivratri
- 🖌️ Ongoing Mandir Painting Seva every Saturday
- 🧘 Pranayam sessions
- 🍲 Bhandara continues with temporary outdoor setup
- 📅 Upcoming events
- 📄 Renovation updates

Let's stay connected, inspired, and committed as we walk this path of dharma together.

Har Har Mahadev!

ॐ नमः शिवाय

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Information



Welcoming Acharya Pandit Dharmendra Upadhyay Ji to Our Mandir

We are delighted to share that Acharya Pandit Dharmendra Upadhyay Ji, a respected Vedic scholar and experienced priest from India, is visiting Hindu Mandir Stockholm on a cultural visit during the holy months of Sawan and Chaturmas.

During his stay, Pandit Ji is residing at the Mandir and taking part in daily poojas, rituals, and spiritual gatherings. His presence has brought a profound spiritual energy to our ongoing Rudrabhishek and Sawan festivities.

We invite all members of our Mandir family to take part in this spiritually enriching time and benefit from Pandit Ji's presence and wisdom.

Let us come together to welcome him warmly and celebrate this sacred time together.

ॐ नमः शिवाय



Events and Activities

Daily Rudrabhishek During the Holy Month of Sawan

In this auspicious month of Sawan, Mandir is organizing daily Rudrabhishek — a sacred offering to Lord Shiva, bringing peace, prosperity, and spiritual upliftment. The response from the community has been truly inspiring, with **121 families** booked Rudrabhishek so far. Each day, the Mandir resonates with the powerful chants of Vedic mantras and the devotion of participating families. This collective effort not only deepens our spiritual connection but also supports the ongoing renovation work. We extend our heartfelt gratitude to all devotees for their faith and involvement. May Lord Shiva's blessings continue to flow abundantly upon all. ॐ नमः शिवाय



Shivratri Celebrated with Devotion

On 23rd July, Hindu Mandir Stockholm celebrated Shivratri with immense devotion and spiritual fervor. In honor of Lord Shiva, the Mandir remained open for nearly 24 hours, allowing devotees to participate in a full day of bhakti and blessings.

The celebration included a powerful **Mahamrityunjaya Jaap**, filling the Mandir with sacred vibrations, followed by a deeply moving Nishita Kaal Puja during the midnight hour.

We were heartened to see many devotees join throughout the day and night, offering prayers, chanting with great enthusiasm.



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Events and Activities

Ongoing Mandir Painting Seva every Saturday

Over the past month, our Mandir has witnessed a beautiful transformation through the ongoing painting seva, taking place every Saturday. Devotees of all ages have come forward with brushes in hand and bhakti in their hearts. From the Shivalay to the Bhawan, stairways to the Admin room, each coat of paint has been a reflection of collective devotion and love.

We are deeply grateful to all volunteers who have dedicated their time and energy toward this noble cause. The work continues, and all are welcome to join!



Pranayam

In a beautiful collaboration between Hindu Mandir Stockholm and Sewa International Europe, Pranayam sessions have been organized in the serene surroundings of our Mandir prangan. These sessions offer a wonderful opportunity for devotees to connect with their breath, calm the mind, and enhance physical and spiritual well-being. The initiative has been well-received by the community, bringing together individuals of all ages to experience the timeless benefits of yogic breathing. We invite everyone to join and rejuvenate through this mindful practice in the sacred space of the Mandir.



Bhandara with temporary setup

As part of the ongoing renovation work, the Mandir kitchen is currently closed. However, to continue our tradition of Bhandara and community meals, temporary arrangements have been made to serve food outside the Mandir premises. We appreciate everyone's support and understanding during this time and are grateful to the volunteers who are helping us ensure this seva continues uninterrupted.



Upcoming event

Rakshabandhan Celebration at the Mandir – 9th August 2025

Hindu Mandir Stockholm will be celebrating the joyful festival of **Rakshabandhan** on **Saturday, 9th August** — a day that celebrates the **sacred bond of protection and love between brothers and sisters**.

We are honoured to welcome the **Honourable Indian Ambassador to Sweden**, who will be joining us for this special occasion. As part of the celebration, **little daughters from our community will have the opportunity to tie Rakhi to the Honourable Ambassador**. We'll share the details soon.

Janmashtami Celebration – 16th August 2025

Hindu Mandir Stockholm is excited to announce the **celebration of Janmashtami on Tuesday, 16th July 2025**, marking the divine birth of Lord Krishna.

Let us come together to celebrate the joy, love, and wisdom of Lord Krishna and seek his blessings for happiness and peace.

Jai Shri Krishna!

ॐ कृष्णाय नमः

Ganesh Utsav Celebration

Join us at the Mandir as we celebrate the auspicious occasion of Ganesh Utsav, honoring Lord Ganesha with devotion and joy. Stay tuned—event details and schedule will be shared soon!

ॐ गं गणपतये नमः



Operational updates

Mandir Renovation Update – Ongoing Work and Unexpected Delays

As shared earlier with our community, the renovation of the Mandir bathroom has officially begun. During the initial phase, after removing tiles and fixtures, the renovation team **uncovered an unexpected issue, a major water leakage caused by damaged sewage pipes beneath the floor.** This unfortunately led to structural damage in the affected area.

Following a detailed inspection, including filming and videography of the underground pipe systems, we discovered that **many pipes beneath the kitchen, toilets, and changing room floors were either completely broken, especially at the joints or had multiple holes.** These conditions have made it necessary to replace and reline a significant portion of the piping system.

Throughout the month of July, **we invited quotes from various companies** to carry out this critical additional work. **After careful evaluation,** we have finalized two companies to handle the necessary repairs. However, **this extra work has substantially increased the project cost adding 550,000 SEK to the initial estimate of 700,000 SEK.**

The added scope includes:

- High-pressure pipe flushing (spolning)
- Suction of accumulated debris and drying up the wet basement.
- Digging up floor sections near pipe joints
- Replacing broken pipes and joints
- Refilling and restoring the dug-up areas
- Relining of all underground pipes
- Replacing damaged pipes from the top floor down to the basement

This extensive and unanticipated work is essential to ensure long-term safety and functionality of our Mandir's plumbing infrastructure.

We sincerely appreciate the patience and understanding of all devotees during this period. The renovation is an important step toward improving the Mandir facilities for everyone's comfort and safety. We will continue to keep you updated as the work progresses.

Thank you for your continued support.





Mandir needs your support

With Ram ji's blessings renovation work has began. As mentioned in this newsletter, some damage has been discovered during initial renovation phase, the investigation is done and it has substantially increased the project cost adding 550,000 SEK to the initial estimate of 700,000 SEK

1. Renovation of Toilets and Bathrooms
2. Relining of underground pipes and replacing damaged pipes
3. Anticimex Treatment (Pest control and hygiene)
4. Roof Repairs
5. Window and Wall Repairs
6. Painting of Walls and Roof (with help from devotees): Work in progress
7. Replacement of Lighting with LED fixtures
8. Carpet Replacement in Main Bhavan
9. Instruments and Equipment for Mandir Bhajans and Aarti
10. Essential Tools for Renovation Work
11. New Utensils for the Kitchen

The revised **estimated cost** of the renovation is **1,250,000 SEK.**

This is your Mandir, and now more than ever, it needs you. If all families contribute in any way — time, money, or materials — we can restore and protect this sacred space for future generations.

As of 31st July, we have received 176.000 SEK (Including Rudrabhishek donation) for the renovation.

We sincerely thank all devotees who have contributed so far. Your support is not just for bricks and walls, but for preserving Sanatan Dharma . **We kindly urge everyone** to come forward and donate whatever you can. Every contribution makes a difference.

“सेवा परमो धर्मः”

Service is the highest form of Dharma.

“धर्मो रक्षति रक्षितः”

Dharma protects those who protect it.

It is your opportunity **to give back to the Mandir and have your name etched in preserving our sacred space for future generations.**

For donations: **Swish to 123 21 80 255** (mention '**DonationForRenovation**')
For material contribution or volunteering: Contact any member of the Samiti or email

helenalundhindumandir@gmail.com



Spread the word!

Please encourage others around you to **Become a Member** to support your Mandir.

Benefits of Membership

- ❖ You become a part of building a stronger, united Hindu community in Sweden
- ❖ You get timely updates of all activities in Mandir
- ❖ You can use certain services of the Mandir/Poojari

Why the Mandir needs You

- ❖ Certain threshold of no. of members needed for getting grants from Swedish Govt.
- ❖ Mandir is in major need of renovation and your membership will help

Why the Mandir matters

- ❖ Keep our kids connected to their roots through festivals, language, and values
- ❖ Celebrate together – from Diwali to Holi, Navratri to Janmashtami
- ❖ Spread awareness of our rich traditions and spiritual wisdom

Membership options

Monthly Family Membership: A minimum of 101 kr/month.

Annual Individual Membership: **500 SEK/Year**

Annual Family Membership: **1000 SEK/Year**

Contribute via Swish: **123 218 0255**

Share payment proof at: helenalundhindumandir@gmail.com

If you have any questions or suggestions, feel free to reach out to us.

A Heartfelt Thank You !

We take this opportunity to also thank everyone who is supporting the Samiti in many ways. Both, people who have managed the Mandir for several years, as well as others who are coming forward to support us to work for the Mandir. **Big Thanks** to all of You.

Namaste 🙏

Hindu Mandir Samiti

Amit, Nishant, Sunil,
Maneesh, Sanjiv, Vani,
Meenal, Neelu, Tarunesh,
Vaibhav, Karan

