



**Dear Devotees,**

Namaste! We are happy to bring you the third edition of our monthly newsletter, keeping you connected with the ongoing activities and developments at our Mandir.

**Thank you for your continued support and involvement,** it truly strengthens our community spirit..

## Covered in this Newsletter

- ❖ Events and Activities
- ❖ Operational updates
- ❖ Upcoming events
- ❖ Renovation updates
- ❖ Request to support Mandir

**IMPORTANT!**  
**Change in Mandir timing  
on Sundays**

**Open** : 11 AM - 4 PM  
**Aarti** : 1:00-1:30 PM  
**Bhandara Starts** : 1:30 PM

from **1st June.**



## Events and Activities



### Curtain Raiser: 50 days to International Day of Yoga (IDY) 2025

In preparation for the 11th **International Day of Yoga (IDY) 2025**, Hindu Mandir Samiti in collaboration with Embassy of India organized a Medi-Yoga session led by Susanne Mörfelt on **2<sup>nd</sup> May**, focusing on breathing and relaxation.

This year's theme for IDY is Yoga for One Earth, One Health, emphasizing the importance of yoga in fostering global health and environmental well-being.

It was followed by a spiritually enriching evening that brought together music, devotion, and wellness. The soul-stirring **Raaga-based Keertan performance** by the **Swar Sadhna Group**, whose melodious renditions filled the Mandir with a divine atmosphere and deep sense of peace.

### School visits

HMS hosted students and teachers from various gymnasiums and the members of the Theosophical Society. The guests were introduced to the principles of Hinduism, the significance of our deities, the importance of rituals, and the philosophies of Sanatan Dharma. Prasad and light refreshments were offered to the guests.

The visitors showed great interest and asked thoughtful questions, sparking lively discussions and deeper understanding.





## Events and Activities



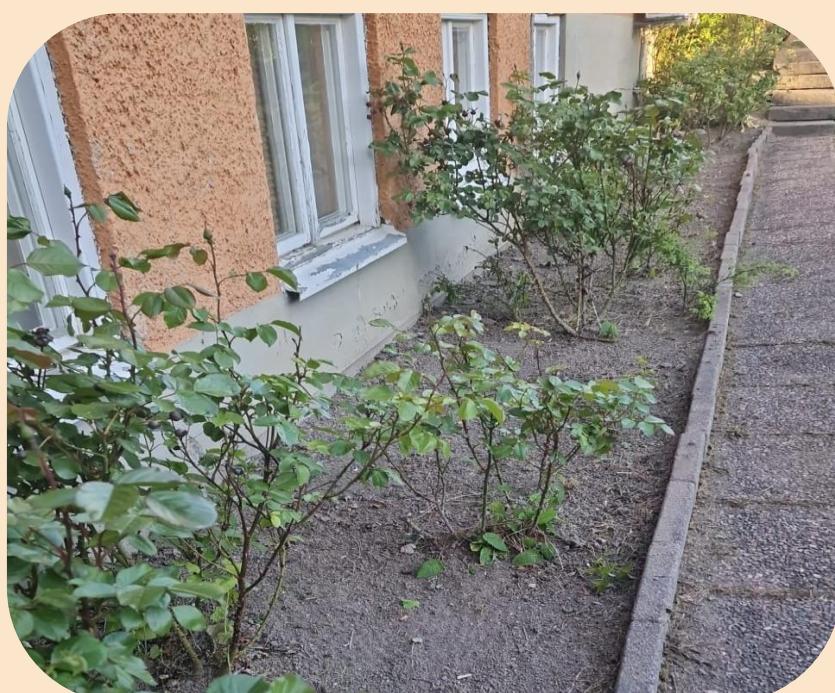
### Supporting local community

HMS supported Varvetsmilen Sollentuna by providing the parking space for serving water and energy drinks during the *loppet*



### Marriage ceremony at the Mandir

It was heartwarming to note a family choosing the Mandir to solemnize their marriage in the traditional Sanatan Dharma way. The Mandir provided full support for the ceremony, including access to the Yagna area and all necessary arrangements for the wedding



### Mandir outdoors/plants

As part of the Mandir Cleaning Seva, along with regular cleaning inside the Mandir, some devoted members of our community also came forward to clean the outer areas, removing bushes from the pathways and clearing the plant beds to prepare the space for new plants. Special thanks to Shiv Shakti Trädgård & Stad AB

Planned 1<sup>st</sup> June for planting new plants.



## Operational updates

### **Handover update after the election**

The board (a.k.a Samiti) members are now registered with Bolagsverket for both Org numbers. 2024 Annual Report preparation is still in progress by the 2024 Samiti.

### **Building & Renovation**

In our previous newsletters, we shared some of the issues concerning the Mandir building.

We have since been in contact with multiple companies for quotations, and we are happy to inform you that we have **now finalized a company** that will carry out **the renovation work for the toilets and bathroom**.

This is a major step forward, and we look forward to improving the Mandir facilities for the benefit of all devotees.

## Upcoming event

### **Upcoming Event – 3 Day Geeta Gyaan Yagya**

A three-day **Geeta Gyaan Yagya** is being organized at Hindu Mandir,

This spiritual event will be graced by **Pandit Satyavrat Shastri ji** (India).

We extend a heartfelt **invitation to all Sanatan Dharma followers** in Sweden to participate in this sacred discourse and make their lives meaningful and spiritually fulfilled. Below is schedule.

Date	Time	Program
Fri, 6 June & Sat, 7 June	16:00 – 17:00	Dev Poojan
	17:00 – 18:00	Geeta Path & Kirtan
Sun, 8 June	10:00 – 11:00	Dev Poojan
	11:00 – 12:00	Geeta Path & Kirtan

|| त्रिदिवसीय गीता ज्ञान यज्ञ ||

आप सभी श्रद्धालुओं को यह सूचित करते हैं परम हर्ष हो रहा है कि भगवान योगेश्वर श्रीकृष्ण की असीम कृपा से त्रिदिवसीय गीता ज्ञान यज्ञ का दिव्य आयोजन हिंदू मंदिर, स्टॉकहोम में आयोजित किया जाएगा। इस आध्यात्मिक अनुष्ठान में व्यासपीठ को पं. मत्यवत शास्त्री जी (आरटी) द्वारा सूचीबद्ध किया जाएगा। ट्रीडिन की समरूपता मनातन धर्मप्रेती जनता से हार्दिक अनुदोध है कि इस ज्ञान यज्ञ में सूखभासी बनकर अपने जीवन को सार्थक एवं कृतार्थ करें।

॥ कार्यक्रम – शुक्रवार, 6 जून एवं शनिवार, 7 जून ॥

16:00 – 17:00 – देव पूजन  
17:00 – 18:00 – गीता पाठ एवं कीर्तन  
18:00 – 19:00 – गीता प्रवचन, तत्पश्चात आरती एवं प्रसाद

॥ कार्यक्रम – शनिवार, 8 जून ॥

10:00 – 11:00 – देव पूजन  
11:00 – 12:00 – गीता पाठ एवं कीर्तन  
12:00 – 13:00 – गीता प्रवचन, तत्पश्चात आरती एवं भंडारा

निवेदक:  
हिंदू मंदिर सोसाइटी  
Åkervägen 1, 191 40 Sollentuna, Sweden



## Mandir needs your support

**With Ram ji's blessings** and your support, we hope to begin the renovation within the next two weeks. The planned work includes:

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

The **estimated cost** of the renovation is **700,000 SEK.**

**This is Your Mandir. If each family contributes in any way – time, money, or materials – we can together ensure that future generations have a clean, safe, and beautiful space to connect with their faith.**

We humbly appeal to all devotees and well-wishers to generously contribute toward this noble cause. Your support is not just for bricks and walls, but for **preserving Sanatan Dharma and our sacred Mandir** for generations to come.

**“सेवा परमो धर्मः”**

Service is the highest form of Dharma.

**“धर्मो रक्षति रक्षितः”**

Dharma protects those who protect it.

Let us come together in the spirit of Seva and Shraddha, and help strengthen the foundation of our community, spiritually and physically.

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](mailto: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](mailto: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



#### **Visiting & Postal Address**

Åkervägen 1  
19140 Sollentuna  
Sweden

#### **Administrative Details**

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Swish: 1232180255

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