



Dear Patrons , Members & Well-wishers!

Much has changed in our daily lives recently, and as much as this is an era of social distancing, it's also the time for us, to come closer as a community, finding the ways we can support and lift each other up.

Chaitra is the first month of Hindu lunar calendar & Chaitra Shukla Pratipada (this year 03/25/20) marks first day of Hindu new year, Vikram Samvat 2077 as well as Chaitra Navratri, dedicated to nine forms of Maa Shakti. This follows the day of Ram-Navami, today, the day, when Lord Ram was born. A very happy Ram-Navami, and season's best wishes to you & your families.

स्तुता सुरैः पूर्वमभीष्टसंश्रयात्तथा सुरेन्द्रेण दिनेषु सेविता ।

करोतु सा नः शुभहेतुरीश्वरी शुभानि भद्राण्याभिहन्तु चापदः ॥ ॥ तन्नोक्तं देविसुक्तम् २१ ॥

May Maa Shakti, who eulogized by nobles, brings fortune to us and may she destroy the various calamities around us.

Participating in the decennial [US census 2020](#) presents an important opportunity for us as a community to stand up, be counted, and tell our story. Where we come from and who we are, is inextricably linked to race/ethnicity. **For the first time "Asian Indian" as a sub-category is appended** under "Asian" race/ethnicity category. Please make sure you check the right box, exercising your duty & **BE COUNTED**.

[Patanjali Yogpeeth \(PYP\)](#) , USA conducts "**Weekend Yoga Sessions** every SAT & SUN from 8:00 AM to 9:30 AM CST" and "**Weekday Classes** every TUE & THU from 5:15 PM to 6:15 PM CST" through [Face Book LIVE Link](#) . Sessions, apart from practicing Asanas, cover Paranyam & Meditation along with their benefits.

[Brahma Kumaris Texas](#) to stream LIVE sessions on "**Teaching Meditation**" during the Week of 6-APR'20, 1 hour daily. Please [E-mail](#) for schedule and sign-up link.

(Note: Please avoid eating food three hours before the yoga sessions. By joining the sessions, you represent and warrant that you have no medical condition that would prevent your participation in physical fitness activities. In addition, you assume full responsibility, should there be any damages, known and unknown, which might incur as a result of

participating in the program and you knowingly, voluntarily, and expressly waive any claim, you may have against the instructor and the organizers.)

[Arya Samaj of Greater Houston \(ASGH\)](#) has moved its weekly Satsang, and other classes online, with schedule as follows:

Sanskrit Class | [Zoom Link](#) | Meeting ID: 573 340 563 | TUE, 5:30 PM CST (Until 30-Apr'20)

Geeta Class | [Zoom Link](#) | Meeting ID: 420 219 328 | TUE, THU 7:00 PM CST (Until 30-Apr'20)

Satyarth Prakash Class | [Zoom Link](#) | Meeting ID: 520 773 783 | WED 11:30 AM CST (Until 30-Apr'20)

Sandhyaa & Havan | [Zoom Link](#) | Meeting ID: 692 403 389 | SUN 10:00 AM CST (Until 30-Apr'20)

Sunday Pravachan | [Zoom Link](#) | Meeting ID: 242 421 974 | SUN 11:00 AM CST (Until 30-Apr'20)

Topic for coming Sunday Pravachan is "Inspirational Life of Lord Rama"

[Indo American Chamber of Commerce](#) under COVID-19 Event Series, brings you a webinar on “**CARES ACT TAX Stimulus Package**”, TUE , 7-APR , 2:00 to 3:00 PM. Topics to cover include *) Paid sick leave & Tax credit for small and mid-size businesses, *) Tax Stimulus package & *) Dealing with your taxes during present pandemic. Please [register here](#).

Covid-19 Screening Tool | [Apple COVID - 19 App](#) & [Website](#) is an **screening tool** to help people stay informed and take the proper steps to protect their health during the spread of COVID-19, based on the latest CDC guidance. This allows users to answer a series of questions around risk factors, recent exposure and symptoms for themselves or a loved one. In turn, they will receive CDC recommendations on next steps, including guidance on social distancing and self-isolating, how to closely monitor symptoms, whether or not a test is recommended at this time, and when to contact a medical provider. This new screening tool is designed to be a resource for individuals and does not replace instructions from healthcare providers or guidance from state and local health authorities.

“Grocery shopping hours for Seniors” across multiple store locations in Greater Houston:

Dollar General	<i>First one hour DAILY</i>
Food Town	<i>65+ years 7 to 8 AM DAILY</i>
H-E-B	<i>Senior Support Phone Order Line Call 1-833-397-0080 9 AM to 1 PM DAILY</i>

Kroger	60+ years 7 to 7:30 AM DAILY
Luby's	55+ years 10 to 11 AM DAILY
Randalls	60+ years 7 to 9 AM TUE, THU
Sam's Club	60+ Years + At-risk members 7 to 9 AM TUE, THU
Costco	60+ years + Members with physical disabilities 8 to 9 AM TUE, WED, THU
Target	60+ Years 7 to 9 AM TUE, THU
Walmart	60+ Years 6 to 7 AM TUE
Whole Foods	60+ Years 7 to 8 AM WED

(Note: Hours can change without notice. Before you head out, please confirm the timings with stores/website)

[SEWA International](#) is running Non-Medical COVID-19 helplines, for anyone in need to call, ensuring a formidable community response at this difficult time.

South West/ Houston (281) 909-7392

San Antonio Metro Area (210) 595-0717

Services include offering and delivering free food; help with shopping, transportation, and errands for the elderly; help with travel and visa issues; and family therapist calls for working with children, and in reducing anxiety and fear. SEWA is also directing people with COVID-19 like symptoms to nearby doctors.

In a few cases SEWA's Family Services volunteers are working with friends and families of the patients who are in self-quarantine or being tested for COVID-19.

To Volunteer and help fight COVID-19, Please [register here](#)

To Donate, please visit the [LINK](#) here

HGH is committed to bring Hindus together and with this newsletter aims to bring you the info/services from various temples and organizations in greater Houston area, at one place. If you have a story, event info, links, you find useful for the broader community, **please write to us**

at info@hindusofhouston.org. Let's pray almighty to give us strength and blessings, steering through these difficult times. ॐ शान्तिः शान्तिः शान्तिः ॥

Best Wishes,

HGH Board



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