

Om Skandha Saranam! Om Sastha Saranam!



# Skandha Sastha Ashram

A non-profit Tax-Exempt Organization  
Tax ID: 842062063

Visit <https://ssashram.org>

*Vakratunda Mahakaya Surya Koti Sama Prabha  
Nirvighnam Kuru Me Deva Sarva Karyesu Sarvada*



## OUR MISSION:

*Skandha Sastha Ashram (SSAm) is a non-profit organization with the mission of spreading bakthi, spirituality and love to one and all.*

### CONTACT INFORMATION:

**Website:** [ssashram.org](http://ssashram.org)

**Email:** [contact@ssashram.org](mailto:contact@ssashram.org)



Our Guru **Thiruppugazh Mani Sri Ravi Shankar** conducts weekly and monthly Thiruppugazh classes for devotees in several parts of the world.



Sri Ravi Shankar

Our residential scholar **Dr. Sankar Kumar** conducts Agathiyar Thevara Thirattu classes every Saturday from 7 to 8 pm EST.



Dr. Sankar Kumar

### Recurring Weekly Events: Time in EST

**Monday:** Rudrabhishekam | 6:30-8:30 pm  
**Tuesday:** Thiruppugazh Class | 7:00-8:00 pm  
**Wednesday:** Thiruppugazh Class | 7:30-9:00 pm  
**Thursday:** Kids Thiruppugazh Class | 7:30-8:30 pm  
**Friday:** Thiruppugazh Class - India Batch 2 | 9:30-10:30 am  
Thiruppugazh Class, Chapel Hill Group | 7:00-9:00 pm  
**Saturday:** Kids Thiruppugazh Class | 4:30-6:00 pm  
Adults Thiruppugazh & Thevaram Class | 6:00-8:00 pm  
**Sunday:** Thiruppugazh Class - India Batch 1 | 10:30-11:30 am  
Shloka Chanting Session: 7:00-7:30 pm

### Recurring Monthly Events:

- Krithigai Abishekam is performed on Krithigai Nakshathram Day (July 5, August 1 & 29 and September 25, 2021)
- Anusham Pooja is performed on Anusham Nakshathram Day for Sri Chandrashekarendra Saraswathi Swamigal of Sri Kanchi Mutt (July 19, August 15 and September 12, 2021)
- Guru Mahimai Talks are given by Dr. S. P. Sabharathnam, first Sunday from 10:30 – 11:30 am EST, followed by cultural program by local artists.

### \*\*\*\* Upcoming Events \*\*\*\*

- Adi Krithigai Celebration: August 1, 2021
- Sri Krishna Jayanthi Celebration: August 29, 2021
- Vinayaga Chaturthi Celebration: September 10, 2021

You can watch all our past SSAm videos in YouTube <https://www.youtube.com/c/SSAshram/videos>.  
Chanting or singing Thiruppugazh gives immense peace of mind and extreme happiness to oneself.  
It is an experience that is immeasurable. Please join us to spread this to one and all.



**Help Skandha Sastha Ashram by donating today!**

All donations go directly for the SSAm activities and helping the community.

**Consider donating \$20/month or 240/year. Any amount is welcome.**

For more information email us at [contact@ssashram.org](mailto:contact@ssashram.org)

## Second Quarter 2021 Celebrations – Key Highlights

The second quarter was filled with celebrations for SSAm. Adiyargal welcomed Tamil New Year in an illustrious manner packed with festivities for three days:

On Day 1 (April 13), Sankalpam was done at Sri Shirdi Sai Baba Mandir, Cary, NC to recite Kandha Sashti Kavacham 10, 000 times for global well-being over a period of one month, in which SSAm Adiyargal participated. Our first ever Newsletter was blessed by Lord Murugan and Sri Shirdi Sai Baba during this occasion.



**Plava Panchanga Patanam**



**Tamil New Year Alankaram**



**Sri Narayanan Srinivasa Sarma**



**Ulsoor Sri Sundaresan**

On Day 2 (April 14), the first SSAm Newsletter was released. Plava Panchanga Patanam was done by Jothida Sironmani, Jothida Bharathi Narayanan Srinivasa Sarma, M. A. (Astro), Founder, Saptharishi Jyotish Center, Chennai.

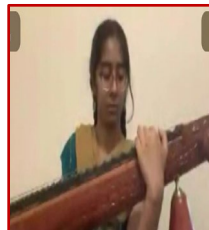
On Day 3 (April 17), Nama Sankeerthanam was rendered by Thiruppugazh Vibhushan Ulsoor Sri Sundaresan and group. We were also honored to be virtually present for the Sashtiaphapoorthi function of Smt. and Sri Sundaresan. This was followed by talks on Guru Mahimai by Dr. S. P. Sabarathnam, Chennai. In the evening SSAm Adiyargal shared their personal experiences in their zestful journey with Thiruppugazh Mani Sri Ravi Anna, as to how learning and singing Thiruppugazh has impacted their lives. This was followed by cultural programs by talented artists.



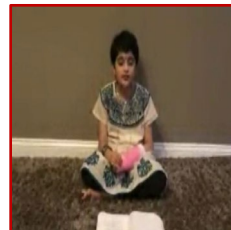
**Sri Sundaresan & Smt. Dharini**



**Smt. Gayatri Sridhar**



**Srinithi Srinivas**



**Shriya Ramakrishnan**



**Shrinika Srinivas**



**Sreeram & Shreya**

Sri Rama Navami was also celebrated on April 21<sup>st</sup>.

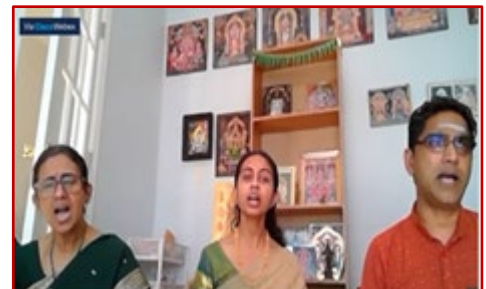
Vaikasi Visakam was celebrated on May 25<sup>th</sup>, with Paripoorna Panchamirtha Vannam Parayanam and Abhishekam, Sri Rudra Parayanam followed by Thiruppugazh bhajan by devotees.



**Smt. Kanthimathi Mami & Sri Anand Santhanam**



**Vaikasi Visakam Alankaram**

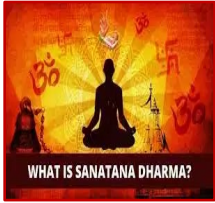


**Sri Arun Santhanam and Family**

Sri Arunagirinathar Jayanthi was celebrated from June 24<sup>th</sup> to 26<sup>th</sup> with great devotional fervor. Anbargal recited Kandar Anubhoothi and sang Thiruppugazh songs. Smt. Kanthimathi Mami, Sri Anand Santhanam & Group and Sri Arun Santhanam & Group also joined SSAm in the celebration.



Dr. Sankar Kumar



### Sanathana Dharma and Skandha Sastha Ashram by Dr. Sankar Kumar

There is this great story from the Puranas.

Once Brahma, the Creator and Vishnu, the Protector set out to find the origin of Siva, the dissolver. Brahma took the form of a swan to go up and Vishnu the form of a boar to dig down the earth, but both failed as Siva took the form of a huge pillar of fire.

This story is told to show us that the creation is eternal and has no beginning or an end.

This is called eternity and the Hindus call it Sanathana. Hinduism is based on this basic fact and is known as Sanathana Dharma which means the Eternal Principles or duties or order of every Hindu.

By its nature, Sanathana Dharma is...

God-centered rather than prophet-centered.

Experience based rather than belief based.

Beyond any historical date of founding.

The process of growth, which comes from the seed.

Inherent in, and inclusive of all.

In the world, while above the world.

Both immanent and transcendent.

The whole and the parts.

Loving of all and excluding of none.

#### *What are these duties?*

1. Worship God (Deva Yagna) in the form of a family deity (Ishta Devata), kept in the puja area at home. This daily practice helps one to invite divine presence to be always manifested in one's consciousness, through all daily activities.
2. Study Vedas and other scriptures (Brahma Yagna). This practice refreshes one's mind with sacred knowledge.
3. Contemplating teachings of the sages, saints, holy men, and women, and one's forefathers (Pithru Yagna). This will preserve, enrich, and continue cultural heritage and family values.
4. Provide food for those who are in need (Bhutha Yagna). This practice is intended to create the spirit of sharing with others.
5. Serve all guests, irrespective of their status with love, respect and reverence (Nara Yagna).

This practice is the basis for the traditional hospitality of Hindu households.

This is what anyone who calls himself a Hindu must observe.

What impresses me the most with **Skandha Sastha Ashram** is how faithfully and with humility, this organization is applying these principles to the core.

It encourages the members to worship their gods at home and join with them in their household rituals.

The Ashram meticulously teaches Vedas, Thiruppugazh, Thevaram and Ayyappa bhajans daily, conducts classes for all ages in USA and other countries, as far as Hongkong.

It stresses the need for continuing practice by inviting the members to participate in almost every occasion possible.

Regular functions are held every week to celebrate important functions of gods, saints and sages to remind us of their importance and teachings.

Cordial fellowship and friendliness is the main core of this Ashram. Everyone pitches in happily and their support is well recognized and appreciated by one and all with gratitude.

I wish and pray to Lord Murugan to shower His choicest blessings to keep the Ashram to continue to function in this fashion in the coming years too.

*SwamiyE saraNam Ayyappa! MuruganaruL munnirKum!*

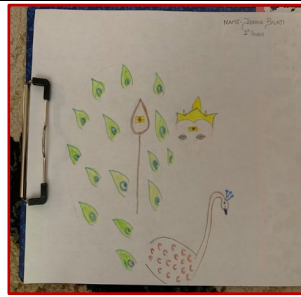


## Young Adiyargal / Youth Corner

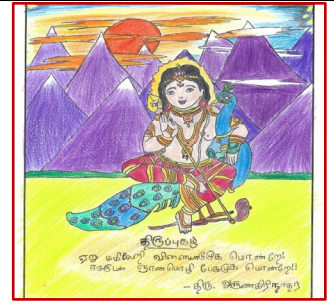
Our youth group has been participating in learning Thiruppugazh and singing the songs in all our programs. They also participate in community outreach activities. To motivate, encourage, and bring out the talents of our youth, we present the following age-appropriate presentations in the form of drawings and/or essays.



**Srinath Sankaranarayanan**  
Age 8



**Kumari Jyoshika**  
Age 6



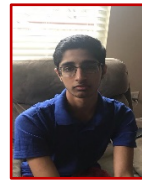
**Kumari Kalaivardhini**  
Age 8



**Sudharshan**  
Age 9

### Story of Prahaladha to explain the importance of religious beliefs and faith - By Sudharshan

When Hiranyakashipu heard the hated name of Sri Hari from Prahalad's mouth, he did not understand where these ideas were coming from. Hiranyakashipu decided to talk to the teachers of Prahalada. He told them that he was confused on where he was getting these ideas from. He also ordered the teachers to keep a very close watch on him and make sure he is not talking to anyone who utters the name of Vishnu. The teachers were also confused but decided to teach all the lessons in the syllabus. Prahalada also repeated the lessons faithfully to the teachers. The teachers decided to show Hiranyakashipu what Prahalada has learned so far. Instead of repeating the lessons, he started talking about the devotion to Lord Vishnu and the glories of Lord Vishnu.



**Siddharth**  
Age 16

### "Acceptance is the Key" – By Siddharth

In life, people make the mistake of dwelling on the past and not coming to terms with the present. For example, when someone gets a bad grade, they will always blame something else for their failures. However, what they should do is come to terms with the situation. This is called acceptance.

In order to properly understand acceptance, it is important to classify needs. There are 5 types of needs: physiological (air, water, shelter, etc), safety (health and job security), love (friendship and family), esteem (respect, status, and self-esteem), and self-actualization (the desire to become the best person you can be). People must try to meet needs in this order.

↑ Please read further at <https://ssashram.org/kids> ↑

## Community Outreach Activities

- SSAm youth collected 40 lbs of canned and boxed food, which were delivered to the food bank.
- School Supplies Drive is in progress for August. We will continue to collect non-perishable food items for our Thanksgiving Drive.
- One of our SSAm members graciously offers Free Tax Preparation and Consultation for Senior Citizens.
- Tutoring help and academic enrichment activities are also being offered free of cost for the deserving.
- SSAm volunteers, along with SVT participated in the Covid Vaccine Drive. They also took part in Shirdi Sai Baba Mandir Fundraising and Hanumanth Jayanthi Celebrations.
- SSAm under the Women Welfare Project is helping some battered Indian women in our community by introducing them to available financial and counseling resources, as well as teaching them some survival skills to become independent.



## SSAm Core Team

### *Our Founding Members*

*Mr. Ravi Shankar Subramanian  
Mrs. Jothi Vijaya Kumar  
Mrs. Usha Krishnamurthy  
Mrs. Sudha Suresh Kumar*

### *SSAm Committee Members*

*Chairperson: Mrs. Sudha Suresh Kumar  
Vice Chairman: Mr. Kannan Perichiappan  
Advisor & Religious Leader: Mr. Ravi Shankar Subramanian  
Secretary: Mr. Ravi Gopalan  
Assistant Secretary: Mr. Lakshminarayanan Selvaraju  
Treasurer: Mr. Sankaranarayanan Krishnamurthy  
Vice Treasurer: Mrs. Usha Krishnamurthy  
Marketing & Events: Mrs. Revathy Rao  
Communications: Mr. Arun Dhandapani  
Kids Liaison: Ms. Sahana Suresh*

### *SSAm Newsletter Team*

*Mrs. Jothi Kumar: Consultant/Editor  
Mrs. Usha Krishnamurthy: Youth and Community Outreach Coordinator  
Mrs. Akila Sankaranaryanan: Liaison for Youth Groups  
Mrs. Sudha Suresh Kumar: Contributor  
Mrs. Revathy Rao: News Writer  
Mrs. Sai Gopalan: Photo (video) grapher  
Ms. Sahana Suresh: Youth Reporter*

*We would like to thank all the volunteers, our generous donors, special events and technical coordinators who offer their valuable time for SSam 🙏*

## SSAm Sponsors



**Krish Mahalingam & Usha Krish**  
**Community Well Wishers, Educators & Financial Coaches**  
Apex, NC  
Phone: (919) 622-8473  
Email: Ushakrish1970@gmail.com



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Winner

Sample:  
<https://youtu.be/816945P71EU>

#### Contact

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[akila\\_Mahadevan@yahoo.com](mailto:akila_Mahadevan@yahoo.com)



🙏 **Muruga Saranam** 🙏