

Summary

Recent growth in Indian Hindu Community prompted us to setup a Religious club in the name of Panchamukha Hanuman, so we continue to serve the community and promote values of Sanatana Dharma and traditions. Sanatana Dharma is also known in recent terms as Hinduism. Dharma means Duties following religious and moral laws. Santana Dharma consists of, but not limited to, Virtues such as Honesty, Self Actualization, not hurting other living beings, goodwill, mercy, patience, generosity etc.

Activities:

- Meditation: Group Guided Meditation Sessions
 - Spiritual Discourses by Eminent Scholars on Vedas, Upanishads, Dharma, Ramayana, Mahabharata, Bhagavatam, Bhagavad-Gita etc.
 - Vedantic Study groups for Adults, Significance of Puja or Worship in Hinduism
 - Sangeeta Samrpanam: Classical Carnatic and Hindustani musical programs and Bhajans
 - Classes for Kids to learn about Hinduism
 - Yoga (Pranayama/Breathing exercises), Yoga Nidra (Relaxation)
 - Celebrate Hindu Festivals
 - Pray and perform Puja (worship)
 - Volunteer Opportunities
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- More Programs will be added for youth