



**THE HINDU TEMPLE
OF METROPOLITAN WASHINGTON**
10001 Riggs Road, Adelphi, MD 20783
Phones (301) 445-2165 & (301) 434-1000
www.hindutemplemd.org;
E-mail: hindutemplemd.org



Regularly Scheduled Prayer Services

Temple Hours: 8:00 AM to 1:00 PM; 5:00 PM to 9:00 PM

Daily: 8:00 AM & 8:00 PM Arti

Sundays: 5:00 PM to 7:00 PM Sunday Service with Katha/Bhajans/Kirtan

Mondays: During Temple Hours Shiv Pooja

Tuesdays: 7:30 PM to 8:30 PM Hanuman Chalisa & Sunderkaand Paath

Wednesdays: During Temple Hours Laxmi Naryan Pooja

Thursdays: 7:00 PM to 9:00 PM Sai Baba Ji Prayer Service

Fridays: 8:00 PM Santoshi Mata Arti

Saturdays: 9:00 AM –10:00 AM Mahavir Jain Prayer Service

Saturdays: 10:00 AM –11:30 AM - Shri Amritwaani Paath & Satsang

Every Other Sunday: 10:00 AM to Noon Trinidad Hindus Prayer Service

Monthly Services:

Third Saturday: 6:00 PM to 9:00 PM JOGA Orissa Group Prayer Service

Last Saturday: 5:00 PM to 7:00 PM Sunderkaand Paath

Last Sunday: 5:00 PM to 7:00 PM Bhajan Sandhya during Sunday Service

Children's Programs (Registration Required):

Sundays: 4:00 PM to 4:30 PM Bal Gokulam for children

Yoga & Meditation

Sundays: 7:00 AM to 8:00 AM Yoga Class

Volunteers, Sponsors, & Donations are welcome for events! Please Call:

\$1 a Day Program: Chair: *Shukla Khanna, skkhanna15@yahoo.com*

Dr. Shyam Bajpai, sbajpai@rocketmail.com

Mulchand Lala, Mulchandlala@yahoo.com

Volunteer Services: Co-Ordinator: *Vijay Shangari, vjyshangari@yahoo.com*

Shukla Khanna, skkhanna15@yahoo.com;

Pandit Pitamber Dutt Sharma & Ram Kumar Shastri: (301)445-2165 & (301)434-1000

Prayer Hall Services: *Shukla Khanna, skkhanna15@yahoo.com;*

Ram Agrawal, ram@ramfts.com, 301-404-5258

Sudhir Khetarpal skhetarpal@gmail.com, 240-505-420;

Auditorium Service: *Vippan Chopra, vippanchopra@yahoo.com, (202) 369-2946*

Vikram Kushawaha v_classical@yahoo.com, (301) 593-1753

Sudhir Khetarpal skhetarpal@gmail.com, 240-505-4204

Vikram Kansal, onevik@yahoo.com, (301)-792-6662

DIRECTIONS: From Beltway (I-495), take New Hampshire Avenue North towards White Oak. At the third traffic light, turn right on Powder Mill Road. At next traffic light turn right on Riggs Road. The Hindu Temple is the last building on the left at 10001 Riggs Road before the Beltway.