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जुलाई २०२३ July 2023  
हिन्दू सत्संग समाचार  
Hindu Satsang Samachar



## Hindu Satsang Updates

By Amitabh Gupta

*Namaskar.*

*We had another exceptional program in June! We were blessed by the presence of Smt. Shelly Dhan (accompanied by Brinda) as our Guest Singer and Sh. Anil Khanna as our Guest Speaker/ Poet. Their bhajans and wisdom kept us engrossed and in good humor. We hope that they can visit us again.*

*Hope everyone enjoyed their July 4th celebrations. Continuing with our long-standing summer tradition, we had the Hindu Satsang's summer picnic on July 9th at the Greene Valley Forest Preserve. Please see the special report on [page 6](#). While it was truly a team effort, special thanks to Daljit Snharwal Ji for his leadership and coordination.*

*Looking forward to also seeing everyone on Sunday, July 23rd for our congregation at VSC (Vivekananda Spiritual Center). Take a few seconds to add this event on your calendar.*

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Birthdays

& Anniversaries

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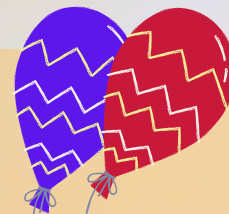
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Details

IN  
THIS ISSUE





## Happy Birth Month to our Satsangis born in July



Ajay Sharma	Amita Sachdev	Anika Gupta	Anil Gunya	Ansonia Sood	Anuj Dhingra	Asha Sharma
Brij Sharma	Chetan Kumar	Darsh Wasan	Ekta Punwani	Falguni Gandhi	Gopal Sharma	Gul Bhatia
Jug Uppal	Mohan Sharma	Nand Parkash Garg	Naman Agarwal	Naresh Jain	Navin Tyle	Neeraj Gupta
Neeru Kothari	Niti Bhargava	Piyush Joshi	Poonam Singh	Pradeep Goel	Rahul Pandit	Sarika Gupta
Satish Gupta	Vaibhav Upadhyay	Vishwanath Agarwal	Vivek Trivedi			

## Happy Anniversary

Sharda & Ravinder Saini	Amit and Priyanka Dhingra	Kanchan & Amit Gupta	Naresh & Darshna Jain	Neeru & Ajay Kothari	Hemal & Gautam Gandhi
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### Food for Laughter!



I really want to tell you all what makes Indian Curry taste so great.  
But you need to first sign a Naan disclosure agreement.

-----

An American businessman goes to India on a business trip...  
but he doesn't like Indian food. So he orders a pizza to be delivered.  
Thirty minutes later, the delivery guy shows up at the door with the pizza.  
The businessman takes the pizza and starts sneezing uncontrollably.  
He asks the delivery man, "What did you put on this pizza?"  
The delivery man bows deeply and says, "We put on the pizza what you ordered, pepper only."



This is your newsletter, and your suggestions are welcome. Also, please contact Amitabh Gupta with any content that you'd like to provide for future issues.



## Fix your Kapha Imbalance

By Sh. Rajeev Jain



In the past, we have discussed the Vata imbalance and the Pitta imbalance. This time we will focus on Kapha imbalance. As you know, the entire universe consists of five elements — space, air, fire, water and earth. In Ayurveda, the Kapha dosha is a combination of water and earth elements. Our life span is also classified in three segments based on dominance of each dosha. The childhood (age up to 20 years) is the Kapha period of life.

The Kapha dosha governs all the mucous elements of the body. It is also responsible for solid nature of the body, its sustenance and stability, sexual power, strength, patience, the connections of joints. Similarly, our body is split in three segments and the area above the heart is the primary position of Kapha dosha. The chest, throat, head, joints, stomach, small intestine, plasma, muscle tissue, fat, bone marrow, sperm & ovum, the nose and the tongue are the seats of the Kapha Dosha. Of these, the chest is the important organ.

The loss of Kapha equilibrium will result in Kapha-dominant diseases (20 of them in Ayurveda). Characteristics of a Kapha disease will typically include diseases like anorexia, laziness, mucous expectoration, hardening of vessels, obesity, abnormal growth, etc. Below we will try to better understand the five types of Kapha and discuss how you can keep yourself healthy.

### What Aggravates Kapha?

- Diet - Excessive intake of food containing sweet, sour, salty tastes, slimy and heavy things, meat, fish, wheat, sugar, milk and milk products, unctuous food, intake of incompatible foods, over-eating.

- Lifestyle - Excessive sleeping during daytime, lack of exercise, indigestion, over treatments for increasing body weight and muscle, are prominent contributors.
- Environment – Living in a wet climate can be contributing factor; Seasonally, Kapha gets more aggravated during spring season, and in the early morning period.

### Signs of Imbalanced Kapha

**Kapha Aggravation:** Loss of appetite, nausea, dislike food, indigestion, feeling of heaviness of the body, general laziness, paleness, coldness, looseness of joints, breathlessness, cough, oversleeping, itching, and preference for hot food – these are all indications of increased Kapha.

**Deficiency:** Excessive thirst, vertigo, loss of sturdiness of joints due to decreased lubrication, lightness in the head and joints, decreased tendency to sleep, general weakness, insomnia, palpitation increased affinity for sweet, sour and salty taste – are signs of diminished Kapha.

### Five Divisions of Kapha Dosha

There are five types of Kapha dosha in our body and each performs a special function. These are Avalambaka Kapha (provides strength and support), Kledaka Kapha (responsible for moistening), Bhodaka Kapha (responsible for sense of perception), Tarpaka Kapha (associated with feeling of satisfaction) and Sleshaka Kapha (responsible for connections).

**1. Avalambaka Kapha** is located in the chest, sacrum and heart. It provides nourishment to the body by giving strength to the sacrum, and it gives strength to the heart through the blood formed from Rasa Dhatu. It provides softness, moistness, fluidity and lubrication for the body and gives strength to all other Kapha locations. Imbalance of Avalambaka Kapha causes general weakness, dryness, stiffness and laziness of the body.

*Continued on the next page* ↪

↳ **Continued from the previous page**

**2. Kledaka Kapha** is located in the stomach. It moistens the food and helps in the digestion by disintegrating the food. Its imbalance affects the food digestion process and weakens the body.

**3. Bhodaka Kapha** is located in the tongue. It controls the perception of taste and moistens all that touches the tongue. At the sight of food the Bhodaka Kapha is formed in large quantities and it helps us to recognize different tastes. Its imbalance results in impairment of taste.

**4. Tarpaka Kapha** - is located in the head. It gives nourishment to all the sense organs and provides them with a cooling sensation. Its deficiency causes impairment of sense organs.

**5. Sleshaka Kapha** - is located in the joints. It provides the lubrication to the joints and gives them strength, protects the joints from heat through unctuousness and makes the movements of the body smooth. Pain in joints, joint stiffness and loose joints are due to the imbalance of Sleshaka Kapha.

The above classifications help us in understanding that all Kapha is not the same. A deeper understanding of which Kapha is imbalanced leads to the root cause of the problem, a proper diagnosis and selection of the appropriate treatment for complete healing. Generically speaking, anyone diagnosed as suffering from Kapha imbalance should try to:

- Undergo vamana therapy or Nasya therapy if Kapha is located in the head;

- Adopt a Kapha-reducing diet – focus on having more foods with astringent, bitter and pungent taste, and less of salty, sour and sweet taste;
- Consume foods that are dry (non-fatty), warm or hot, and in small quantity;
- Skip meal if not hungry – and once in a while do fasting;
- Get body massage with dry powder massage called Udwarthana
- Spend more time exercising;
- Spend more time outdoors getting exposure to heat and sun;
- Ensure that you get at least 7 hours of sound sleep at night;
- Explore intake of Ayurvedic herbals to reduce Kapha in consultation with an Ayurvedic Vaidya. ❧

## **Krishna-Sudhama Day (Friendship Day)**



International Day of Friendship, is celebrated annually on July 30th. In India, Friendship Day is observed on the first Sunday in August.

This year, it falls on August 7th. The holiday is designed to encourage people to honor and appreciate their current and old friends. Celebrate Friendship Day by reconnecting with a minimum of five friends from your past with whom you haven't had any communication in the past twelve months. **Wishing you a joyful Friendship Day!** ❧

A recap of the  
**Hindu Satsang's  
June 25, 2023 Sabha**  
by Rashmi Gandhi

The Sabha commenced with a serene Shanti Paath conducted by Ramesh Malhan and Subhash Sharma. Bhajans were melodiously sung by Daljit Sabharwal, Subhash Sharma, Rashmi Gandhi, and other participants. The guest singer, Shelly Dhawan, graced the event with her soulful renditions, accompanied gracefully by Brinda. The convener, Madhu, skillfully managed the proceedings. Anil Khanna presented his own heartfelt poetry, filled with meaningful life messages, all delivered with a touch of humor.

Handling the announcements was Alka Sood, while Subhash Sharma led the Aarti. A brief committee meeting followed, with Alka Sood, Daljit Sabharwal, Rashmi Gandhi, Madhu Uppal, and Amitabh Gupta in attendance, discussing plans for the upcoming picnic. Photo credits go to Daljit Sabharwal and Jug Uppal.



**Guest Singer: Shelly Dhawan**



**Guest Speaker: Anil Khanna (Poems)**



**Hindu Satsang's  
Upcoming Events  
at HTGC:**



- **Satsang Sabha:**
- 10am on Sunday, July 23
- **Janmashtami Cultural Program:**  
10am on Sunday, 27th August



## Hindu Satsang Picnic Recap by Daljit Sabharwal

*We had lots of fun, delicious food and sports at today's picnic. About 90+ adults & kids showed up and made the picnic a grand success.*

*Our special thanks to Surender Jain ji for providing a wonderful lunch for all and to Ramesh Malhan ji for arranging the same. Big thanks to Subhash & Kiran Sharma ji for aarti items and sports materials. Big thanks to Kiran Sharma ji & Madhu Gupta ji for the Halwa Parsad, Manju Kalra ji for Milk Cake and Anita Singhal ji for the special kulfi. Big thanks to Madhu & Jug Uppal ji for arranging the majority of paper products & supplies as well as water coolers, ice bags, chips & salsa. Big thanks to Vyas ji for the water bottles and to him and Madhu Gupta ji for the collections. Big thanks to Amitabh ji for the watermelons and his help in conducting games/ sports along with Hersh Sabharwal, Gitesh Shah ji, Anil Khanna ji, and Jug ji. Congratulations to the winners of Hindu Satsang sports conducted at the picnic. Special thanks to Kamal Gupta ji for the lemonade and jal zeera. Big thanks to Hersh & Anushka Sabharwal for making/ displaying picnic signs and setting up tables for puja & food.*

*Special thanks to Subhash Oza ji for taking charge of the photography despite the pain that Nisha ji was going through after her fall just before the picnic. We wish Nisha Ji a speedy recovery.*

*Amitabh ji organized Graduation Ceremony of Hindu Satsang School students and awarded certificates and prizes to the students on behalf of our dedicated teachers. Congratulations to the winning students and a big thank you to the school teachers. Special thanks to Alka ji for her full support and help in conducting the picnic. Thanks to many other Satsangis who helped in moving the benches, bringing food from car to tables, and cleaning the area. Please forgive me if I forgot to mention anyone else who helped. It was truly a team effort.*

*Hope you all enjoyed the picnic to the fullest.*

*Please like share and follow Hindu Satsang's Facebook page: Click below:*

[www.facebook.com/HinduSatsangUSA](https://www.facebook.com/HinduSatsangUSA)

**Special Thanks to Daljit Sabharwal Ji whose leadership and coordination made this picnic possible. In addition, he did it with his usual good nature and with a great spirit.**

**See all the picnic photos at [www.facebook.com/HinduSatsangUSA](https://www.facebook.com/HinduSatsangUSA)**



Hindu Satsang's Janmashtami cultural program is scheduled for

10 am to 12 noon, Sunday, August 27

Rathi Auditorium, Lemont Hindu Temple

Start your preparations and get ready for a joyous celebration!



Bring your loved ones and enjoy the show while also having the chance to showcase your talents.

Here are some program ideas for you to consider (each item should not exceed 5 minutes):

- Song (devotional or patriotic only) - solo/group, with live musical accompaniments or karaoke track
- Play a musical instrument, solo/group (devotional or patriotic music only)
- Skit / short play, fancy dress (dress up as Krishna/gopi or an Indian freedom fighter)
- Dance (devotional or patriotic)



There is no age limit. Lunch will be served after the event. This event is completely free to attend and participate. During the event, we will be honoring Sh. Surender Jain (Shikara Restaurant and Ashyana Banquets) for his continuous generous support to Hindu Satsang for the past 20-plus years.

If you are interested in participating, please fill out the following form by August 15th.

[Click here for Google form for participation](#)

If you have questions, please reach out to our special events coordinators:

Daljit Sabharwal (630) 922-3024 email: daljit1919@yahoo.com

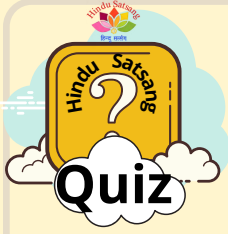
or Manisha Garg (224) 616-8360 email: rkgcorp2002@yahoo.com



Let's **celebrate** the glory of a free India and uphold the **pride** and **honor** of being an **Indian**.

**Happy Independence Day**





## Quiz Rakshabandhan

By Jai Viswanathan



1. Who tied a rakhi around King Mahabali's wrist?
2. What is the meaning of the following verse:  
येन बद्धो बलिः राजा दानवेन्द्रो महाबलः!  
तेन त्वामभिवध्नामि रक्षे मा चल मा चल !!  
– Bhavishyattara Purana : 137/20
3. Who tore off a piece of her sari, and wrapped it around Krishna's wrist to stop the blood flow?
4. According to legend, who tied the rakhi to King Puru (Porus)?
5. Who is believed to have sent rakhi to Mughal Emperor Humayun?



## Answers



1. **Goddess Lakshmi**. To protect the realm of his ardent devotee king Mahabali, Lord Vishnu departed his home of Vaikuntha. Goddess Lakshmi felt lonely and sad about this. She, therefore, pretended to be a Brahmin woman and sought sanctuary in Bali's palace. She tied a rakhi on Mahabali's wrist on the day of Shravan Poornima and told him the truth about why she had come to his house. Mahabali was moved when he realized the greatness of his Lord Vishnu and how he had personally come to defend him and his throne. As a result, he sacrificed everything he had for Lord Vishnu and Goddess Lakshmi. He requested Lord Vishnu to accompany Goddess Lakshmi in Vaikuntha.

2. "The protective thread which was tied to the extremely benevolent King, Bali, I tie the same sacred thread on your wrist, which will protect you from all adversities forever". This mantra is recited by the sisters to their brothers while tying the Rakhi.

3. **Draupadi**: Once Krishna managed to cut his finger, everyone started to run around to look for a strip of cloth to stop the bleeding. Draupadi, who was watching all this, simply tore off a part of her sari and tied it around Krishna's finger. In return for this deed, Krishna promised to protect her in times of distress. Later on, the Pandavas lost Draupadi in a gambling bet. By Krishna's miracle, Draupadi's sari became endless and saved her from humiliation when she was disrobed in King Dhritarashtra's court.

4. **Roxana**: In 326 BC, wife of Alexander, Roxana tied the Rakhi to King Porus and took a promise from him not to harm her husband. Although King Porus fought the battle but avoided a direct fight with Alexander so that he could fulfill his promise.

5. **Rani Karnavati** of Chittor sent Rakhi to Mughal Emperor Humayun and asked to protect her kingdom from the invasion of Bahadur Shah. Unfortunately, Humayun came late and Rani Karnavati, along with other women of the kingdom immolated themselves to save the honor from the hands of the invaders.





## इंसानी सच्च By:Uma Nauth

इंसान हमेशा सच्च पसन्द रहा है  
क्या दूजे के साथ सच्च से पेश आता है !  
जरूरी नहीं जो सामने है, वो पूरा सच्च ही है !  
इस अधूरेपन में, सच्च किस रूप में, कहाँ दिखता है  
जब कि, सच्च पर गौर ना करना सही लगता है  
दूसरे मुद्दे को अहम् समझ, सच्च सरकाया जाता है  
गप्प शप्प से दस गुना गोलमोल किया जाता है  
उल्टा गुट बना बना कर कमज़ोर किया जाता है  
टालमटोल से टरकाया जाता है  
बहाने बनाकर मिलावटी बनाया जाता है  
गलत सबूत से झुठलाया जाता है  
गांठे डाल डाल कर उलझाया जाता है  
खीझ चिढ़ से नाकारा जाता  
घमण्ड से थूक कर फेंका जाता है  
चुगली से मैला किया जाता है  
निन्दा से नीचा गिराया जाता है  
कपट से कीचड़ डाला जाता है  
चालाकी से पल्टा जाता है  
बनावटी मिठास से कड़वा किया जाता है  
कड़क आवाज़ से बेइज़्जत किया जाता है  
शोर से खुले आम नचाया जाता है  
होशियारी से बेवकूफ बनाया जाता है  
रिश्वत से बेचा जाता है  
हेराफेरी से खरीदा जाता है  
ओछेपन से मज़ाक उड़ाया जाता है  
हंसी के गुब्बारों से उछाला जाता है  
धमकी से डराया जाता है  
धक्के दे दे कर ठुकराया जाता है  
झगड़े से झटकाया जाता है  
चोट से पिटवाया जाता है  
चुप्पी से झुलसाया जाता है  
दुःख से तड़पाया जाता है  
स्वार्थी बन सताया जाता है  
नफरत से कुचला जाता है  
सजा से सुन्न किया जाता है  
कैद मै रख मिटाया जाता है  
मन के कालेपन में छिपाया जाता  
इतिहास के पन्नों में दफ़नाया जाता है  
गुस्से से जलाया जाता है  
चिंता की चिंता पर भस्म किया जाता है

छोटी सी मुआफी से ढांका जाता है  
भेदभाव से बांटा जाता है  
धर्म के नाम पर भरमाया जाता है  
मालिक के नामी काम से हक जताया जाता है  
जुबान की कैची से आसानी से काटा जोड़ा जाता है  
शकल बदल बदल कर बताया जाता है  
खुद को बदलने की बजाय  
ये खेल बार बार दोहराया जाता है  
इस दो मुंही दुनिया में  
सच्च बड़ी मुश्किल से ढूँढे मिलता है

## Happy Nag Panchami



There are different legends associated with the origin of Nag Panchami. One popular legend involves Lord Krishna, who defeated the venomous snake Kalia and saved the people of Vrindavan from its terror.

During Nag Panchami, people offer prayers, milk, flowers, and sweets to snake idols or live snakes. They may also visit temples dedicated to snake deities and make offerings there. The rituals are performed to seek the blessings of the serpent gods, protect against snakebites, and ensure prosperity and fertility.

Nag Panchami this year is on  
Mon, Aug 21, 2023



**Hindu Satsang Sabha**  
**Guest singer and speaker**

**Guest Singers**  
**Bhavna Noto and**  
**Shailendra Bhatnagar**

On July 23, we are honored to present **Bhavna Noto** as our guest singer, accompanied by **Shailendra Bhatnagar**.

**Bhavna Noto** possesses over 15 years of professional singing experience, specializing in Bollywood songs, Bhajans, and Garba. Her melodious voice has not only graced private programs but has also brought joy to the seniors of Chicago through her performances. Additionally, she is a talented entrepreneur and a skilled surgical technologist.

**Shailendra Bhatnagar**, a seasoned professional singer, has been dedicatedly serving the Chicago area for an impressive span of 40 years. Alongside his passion for music, he is an engineer by profession, showcasing his versatility and dedication to both his artistic pursuits and his career.

**Guest Singers**  
**Bhavna Noto and Shailendra Bhatnagar**



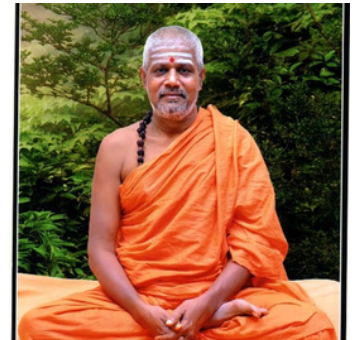
**Special Guest Speaker**  
**Poojya Sri Sampoornanandagiri**  
**Swamiji**

Join us for an enlightening discourse on July 23 at 11:15 am by the esteemed **Poojya Sri Sampoornanandagiri Swamiji**, titled "Teachings of the Bhagavad Gita for the Attainment of Success in Life" (जीवन में सफलता की प्राप्ति के लिए भगवत गीता के उपदेश।)

Poojya Sri Sampoornanandagiri Swamiji has been following the path of Advaita, inspired by Sri Adi Sankaracharyagaru, since his early years. Having earned a doctoral degree in Kasi, Swamiji has dedicated two decades to educating and elucidating Vaidhika Dharma, Dharmika, and Aadyathmika knowledge. His deep understanding of Upanishads, Brahmasutra Bhashyam, and Pathanjali Yoga Darshanam has positioned him as an expert in responding to various questions. His interpretations and explanations are easily accessible to people from all walks of life.

Known for his spiritual discourses across India, Swamiji has conducted numerous Jnana Yagnas in cities and villages alike. He has also delivered teachings on Patanjali Yoga Sastra, Dasopanishath, and Viveka Chudamani through various regular Telugu TV channels. After completing his Ph.D. in Kaashi, Swamiji founded Sri Jagadguru Matam Sri Lalithambika supeetam in Hyderabad. Additionally, he serves as the Peethadipathi of Sukha Brahmasramam in Kalahasthi, an ashram established by Sri Vidya Prakashanandagiri Swamiji, overseeing its activities.

**Special Guest**  
**Speaker**  
**Poojya Sri**  
**Sampoornanandagiri**  
**Swamiji**



# Hindu Satsang's Monthly Congregation

10 AM CST on Sunday, 23rd, July 2023 at VSC



Everyone is cordially invited

Join us in person.

**Location:** VSC (Vivekananda Spiritual Center- the building to the right of the Vivekananda statue at HTGC Temple, Lemont, IL) .

## Sunday Satsang Sabha

### Agenda:

**10:00 am:** Vedic Pooja

**10:10 am:** Bhajans by Satsang members

**10:30 am: Guest Singer:** Bhavna Noto, accompanied by Shailendra Bhatnagar.

**11:10 am: Guest Speaker:** Poojya Sri Sampurnanandagiri Swamiji

**Topic:** Teachings of the Bhagavad Gita for the Attainment of Success in Life (जीवन में सफलता की प्राप्ति के लिए भगवत गीता के उपदेश।)

**12:00 pm:** Aarti followed by prasad/lunch



Don't have cash or a checkbook with you?  
**No problem!**

Donations to Hindu Satsang can easily and securely be made through Zelle. You may send your donation amount to the following phone number:

**630-207-1369**

Contributions starting from \$11 and beyond will be acknowledged in the upcoming newsletter's aarti collection. Hindu Satsang, being a non-profit organization, depends on generous donations from individuals like yourself to sustain its operations. Your contribution, regardless of the amount, will be highly valued and deeply appreciated.



## Maa Annapurna devi

May you receive abundant blessings of well-being, prosperity, and affluence.

### Prasad Sponsors this month

Madhu Uppal,  
Usha Wasan,  
Nalini Mahajan and  
Kumkum Kumar



## June Collections

Cash (Aarti)	\$86
Sudhir & Adarsh Gupta	\$101
Picnic	330
<b>Total</b>	<b>\$517</b>

Thanks everyone for your generous donations.