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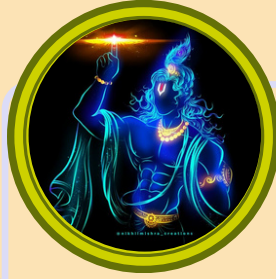
Aanya Sullivan
Ohile Sannepalli



जून २०२४ June 2024

हिन्दू सत्संग समाचार

Hindu Satsang Samachar



Hindu Satsang Updates

By Roma Bhagat

On Sunday, July 7th, the Hindu Satsang will have its yearly summer picnic. On page 9, more specifics concerning the picnic. Don't miss out on the fun activities scheduled for people of all ages.

For our last Satsang in May, we hosted Sh. Shree Kamath and Sh Yash Chaudhary . A recap of the Satsang Sabha is on page 5. In June, our guest speaker Shri. Achrya Akhil ji and singer Shri. Shubhash Oza ji Details about them are on page 11.

On August 25th (Sunday) we will have our Janmashtami cultural program at the Rathi auditorium at the Lemont Temple, please get your 'Krishan dance, play or skid ready to participate. Sunday School: If you are planning to teach the Hindi language and Hindu culture to your children/grandchildren, please contact our Education Coordinators. Hindu Satsang Sunday school meets on all Sundays (except the 4th Sunday of the month).

The following are some main festivals/events coming up in the next 30 days, our best wishes to you all: **1)** Jagannath Ratha Yatra on Sunday, July 7th **2)** Guru Purnima on Sunday July 21st. Pranaam to all gurus, and Hindatsang School Teachers who work very hard to impart Indian heritage, values, and culture to our children. Hoping to see you all on Sunday, June 23rd at **Gupta Dinning Hall.**

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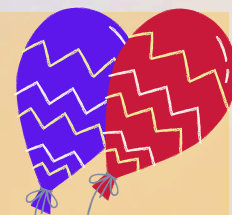
Page 10: Satsang Sabha
Program Detail



नमस्ते



Happy Birth Month to our Satsangis born in June



Abhilesh Taneja	Avi Punwani	Hitender Sabharwal	Krishna Gupta	Pinky Khanna	Sheel Shah	Vikash Dhingra
Anheli Raheja	Bansi Pandit	Jai Viswanathan	Lekha Gandhi	Poonam Pandey	Shilpa Bahl	Vipul Punwani
Anita Singhal	C.S. Trivedi	Kanchan Gandhi	Manohar Sharma	Ritu Upadhyay	Shubhi Garg	Anita Nagamine
Ankit Sahni	Chetan Mittal	Kiaan Pandey	Nilesh Khetarpal	Shaila Punwani	Sonali Vyas	
Archana Gupta	Hersh Sabharwal	Kiran Sharma	Pankaj Gupta	Sharda Saini	Sumeet Sachdev	

Happy Anniversary

Anita and Wayde Nagamine	Chhaya & Chandra Shekhar Trivedi	Kanchan & Subhash Pandey	Karuna Uppal & John Gronbeck Tedesco	Laxman & Indra Rani Singh
Poonam & Yaduvir Singh	Reema & Vikas Jain	Reena & Sanjeev Gupta	Shana & Sateesh Bhagwat	Taruna & Rajeev Gupta



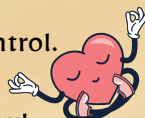
Laughter is the best medicine

Fact: Smiling stimulates our brain in a way that nothing else can.



Yoga and Heart Rate Lie Detector: A Funny Take on Wifely Lie Detector !

When your wife rests her head on your chest and gently asks a question, like, for example: "Did you drink in the party today?" Remember, my friend, your verbal answer isn't crucial in that moment. What truly matters is your heart rate that your wife is closely listening to. Thankfully, yoga comes to the rescue by aiding in heart rate control. So, on this joyous International Yoga Day, embrace the practice and keep that heart rate in control. Happy International Yoga Day!



Your newsletter feedback are welcome.

If someone you know is not getting the Hindu Satsang newsletter, send their email address to: shivamv@gmail.com

Father's Place In Life By Sh. Uma Nauth

Omnipresence of God is formless and denotes the existence of life everywhere. Life is inclusive of Godfather, Godmother consciousness. God as our father, bestows its blessings to all its children throughout its creation through the individualized presence of itself as our own Godself - Atma. A child of God, pure perfect with divine attributes rendering Godly service, is entitled to its Almighty powers, protection, divine justice of eternal inheritance and birthrights, immortal health, happiness, ecstasy supreme, opulence, abundance, universal substance of limitless supply of every good thing and it is all self-sustaining. Our divine self(Atma) abides in each life stream as an eternal life flame, sacred fire breath and the light in one's heart, enfolding divine love, peace, harmony, joy, forgiveness, mercy, connecting with us, as close as the personalized presence of mother father on this physical plane.

God has made man in the image of itself to expand its creation. For one particular embodiment, a contract plan is authorized for God's child of free

will. Our spirit is neutral, containing both the masculine and feminine elements. Soul wears male or female body based on the karmic lessons to be learned. Male person who would be a father, inherently owns certain powers to be a role model for his own child's identification, which is a fundamental phenomenon for child's growth at all levels for, a child absorbs every thought, feeling like a sponge. How power is qualified, amplifies that very property. According to the higher law, when power is given, it is directly proportional to the responsibility assigned within it. A father's genuine duty is to protect and provide the basic needs for the family.


Although variables, such as karmic debt, etheric records, beliefs from the past, current associations, health, skills etc play part in the formation of a child's personality. A father's indulgence goes a long way in influencing a child's sense of belonging, self esteem, ability of self expression at the outer and in the enhancement of self preservation.

Continued on the next page →

Hindu Satsang's Upcoming Events


Mark
your
calendar

- **Summer Picnic:** Sunday, July 7th
- **Janmashtami Program:** Sunday August 25th

Continued from the previous page 

A good father is a good husband, values wife's presence with sincerity, caring, offering security and the cohesiveness of the family unit while maintaining a healthy atmosphere. Father's attitude towards his wife, the virtues projected in interaction with her would establish the blueprint of a child's future intimate relationships. As the circumstances change, the disposition of the father towards his partner also changes. When another child is born, his or her blueprint of life plan will be different compared to his first one. A skillful competent father, related to work ethics, whether at home or job level is highly desirable, but an insensitive, self-focussed, authoritarian figure causes low self worth and psychological issues in a child. A friendly father would help the child to overcome doubts, fears and seek truth in life. Reflections of constructive characteristics through a father's personality are of utmost importance for an ideal outcome. A male child by the time he becomes a father, is charged with experiences of imperfections, impurities of many kinds. How can an immature father develop a

comfortable environment with some basic necessities for his newborn to grow up into a fine civilian when his own wounds of hate and injustice done to him are still fresh? There are fathers who are violent, traumatized. Some who are visibly civil but condemnatory, greedy, hypocrites, power hungry. Some face lack and limitations, while others are giving and spiritual. The traits in a person are a result of different situations he has gone through. These personality dynamics are transferred from generation to generation till realization sets in after he has suffered enough misery and feels contrite. On the other hand, if a father could intuitively perceive a parallelism between rearing his family compared to the hardships his father endured during his upbringing, he might not feel as tormented.

Forgiveness is the key to move on. In every misfortune are present the blessings hidden in disguise. The heavenly Father comes to the assistance of the earthly father. This is a world of duality! God coexists with evil here. Learn to distinguish between right and wrong. Hold the hand of goodness and receive the "Love Gifts" of Eternal Father. This is a distillation of knowledge gained from experience. 

Uma Nauth

Jaganath Rath Yatra

Ratha Yatra is a huge Hindu festival and it is organized each year at famous Jagannatha temple in Puri, Odisha, India. Ratha Yatra day is decided based on Hindu Lunar calendar and it is fixed on Dwitiya Tithi of Ashada month. Lord Jagannatha is worshipped primarily in city of Puri at famous Jagannatha temple. Lord Jagannatha is considered a form of Lord Vishnu . Jagannatha literally means Lord of the Universe. Jagannatha temple is one of the four Hindu pilgrimage centers known as Char Dham pilgrimages.

It is said that to honor the devotion of Queen Gundicha (गुंडीचा) Mata temple wife of the legendary King Indradyumna (इन्द्रद्युमना) who built the Puri Jagannatha temple, the Lord Jagannatha, Balabhadra and Subhadra leave their regular abode in the main temple and spend a few days in this temple built by Gundicha in their honor.

The fourth day after Ratha Yatra is celebrated as Hera Panchami (हेरा पञ्चमी) when Goddess Lakshmi, the consort of Lord Jagannatha, visits Gundicha temple in search of Lord Jagannatha. Hera Panchami should not be confused with Panchami Tithi as Hera Panchami is celebrated on the fourth day after Ratha Yatra and usually observed on Shashthi Tithi.

After resting eight days in Gundicha temple Lord Jagannatha returns to his main abode.



Rath Yatra begins on July 7th 2024

This day is known as Bahuda (बहुदा) Yatra or Return Yatra and is observed on the eighth day after Ratha Yatra on Dashami Tithi (if we do not have any skipped or leaped Tithi during Lords' stay in Gundicha temple). During Bahuda Yatra Lord makes a short stoppage at Mausī Maa temple which is dedicated to Goddess Ardhashini.

It should be noted that Lord Jagannatha returns to his main abode just before Devshayani Ekadashi when Lord Jagannatha goes to sleep for four months. Ratha Yatra is also known as Puri Car Festival among foreign visitors.

It should be noted that rituals of Ratha Yatra start much ahead of Ratha Yatra day.

Approximately 18 days before of Ratha Yatra Lord Jagannatha, his brother Balabhadra and his sister Devi Subhadra are given famous ceremonial bath which is known as Snana Yatra. Snana Yatra day is observed on Purnima Tithi in Jyeshtha month which is popularly known as Jyestha Purnima.



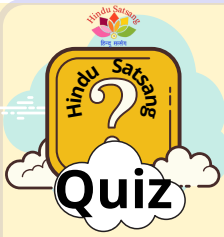
Recap of May Satsang Sabha By: Roma Bhagat

Thank you Sh. Shree Kamath for singing beautiful bhajans and Sh. Yash Chaudhary enlightening us with your Yoga knowledge & experience.



Mrs. Reshmi Gandhi would like to give her gratitude by thanking all her Liaison team for all help & support she received over the years.





Quiz on the occasion International Yoga Day

By Shivam Viswanathan



1. On which date is *International Day of Yoga* celebrated every year?

2. In what year was *International Day of Yoga* first celebrated?

3. Which of the following is not a type of yoga?

- a. Hatha
- b. Vinyasa
- c. Ashtanga
- d. Pilates



4. How many asanas does Surya namaskar comprise of?

- a. 7
- b. 8
- c. 12
- d. 15



5. Who is considered the father of yoga?

- a. Patanjali
- b. Shiva
- c. Baba Ramdev
- d. Tirumalai Krishnamacharya



6. What is chakra?

- a. Energy center
- b. Prayer point
- c. Karma
- d. Yoga pose



7. Which of these is not one of the yoga postures?

- a. Cobra (Bhujangasana)
- b. Sun Salutation (Surya namaskar)
- c. Tree (Vrikshasana)
- d. Lotus (Padmasana)



8. How many **Yamas** are there? Name them.

Answers

1. June 21st

2. 2014

3. d. Pilates

4. c. 12

5. According to yogic philosophy, **Shiva** was the first yogi and the first guru (Adi guru). He is the creator of all yogic wisdom.

Patanjali is credited with creating and compiling the Yoga Sutras, one of the most significant texts in yoga philosophy. Patanjali is also known for his contribution to the advancement of Ayurvedic medicine.

Tirumalai Krishnamacharya is seen as one of the most important gurus of modern yoga, and is often called "Father of Modern Yoga" for his wide influence on the development of postural yoga. **Baba Ramdev** is a renowned yoga teacher, famous for popularizing yoga among Indians through the medium of television and his mass yoga camps. His yoga camps are attended by thousands of people.

6. Chakras are the energy centers of the body. The word "chakra" comes from the Sanskrit word which means "wheel." In yogic philosophy, chakras are believed to be energy centers in the body that correspond to different physical, emotional, and spiritual aspects of our being. There are seven main chakras, which are located along the spine from the base of the spine to the crown of the head.

7. Surya Namaskar (Sun Salutation) is not a single yogic posture; it is a sequence of 12 yoga postures performed in a specific order.

8. There are five **Yamas**:

1. Ahimsa (non-violence),
2. Satya (truthfulness),
3. Asteya (non-stealing),
4. Brahmacharya (moderation), and
5. Aparigraha (non-possessiveness).



Please support any yoga event happening in your area. Happy International Yoga Day!





Hindu Satsang Summer Picnic 2024

Date: Sunday, July 7, 2024

Time: 11 am to 3 pm

Venue: Greene Valley Forest Preserve
East Shelter on Greene Rd., Naperville

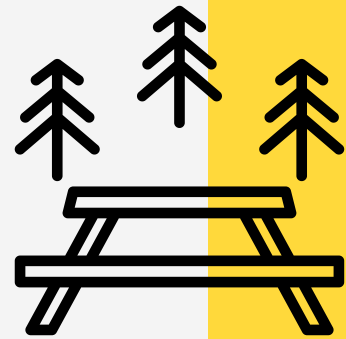
Program/schedule:

- 11 am: Snacks and socializing
 - Fruits, Cookies, Tea, Soda, Lemonade, etc.
 - Sports competitions
- 1 pm to 2 pm: Aarti followed by Lunch & Dessert

At Hindu Satsang, it's Summer Olympics time. During the event, (11 am to 1 pm) participants of all ages will be able to participate in friendly yet competitive sports, and the winners will receive gift cards. Be sure to dress comfortably if you plan to participate in sports.

There is a suggested donation of \$10 per family at the picnic site.
For more details, visit our webpage :

<http://www.hindusatsang.org/summer-picnic>



***Guest Singer and Speaker
for this month***

**INTERNATIONAL
DAY OF YOGA**

We are extremely fortunate to have Pujya Shri Akhilji Maharaj amongst us. Maharaj ji has been visiting USA and Canada from last 28 years and has successfully delivered more than 600 organized discourses on Shrimad Bhagwatam, Shri Ramayan and Shrimad Bhagwat Gita. Maharaj Ji's unique style of presenting Shrimad Bhagwat Katha touches one's heart deeply and gives an eternal spiritual experience.

About our guest singer: Sh. Subash Oza has been an active member of Hindu Satsang since he moved to this area from Crystal Lake, Illinois in 2016 to be close to his children and grandchildren. He lives in Darien with his wife Nisha. He likes photography and loves to sing bhajans at the Satsang. He enjoys tennis and golf with his friends from Satsang. Most of all, he enjoys the friendship of many of the friends he met through this wonderful organization and feels blessed.

The International Day of Yoga is a day in recognition of Yoga, that is celebrated across the world annually on June 21, following its adoption by the UN in 2014. As Yoga exercises have shown significant benefits for physical and mental well-being, it was considered important by the UN to globally promote this wellness practice, which originated in ancient INDIA.

The initiative for "Yoga Day" was taken by India's Prime Minister Modi in his 2014 UN address, and the related resolution received broad global support, with 177 nations co-sponsoring it in the United Nations general Assembly, where it passed unanimously. Subsequently, the first International Yoga Day was celebrated successfully on June 21, 2015 across the world including New York, Paris, Beijing, Bangkok, Kuala Lumpur, Seoul and New Delhi.



Hindu Satsang's Monthly Congregation

10 AM CST on Sunday, 23rd, June 2024 at Gupta Dinning Hall



Everyone is cordially invited

Join us in person.

Location: Our gathering will be at "Gupta dinning hall" followed by lunch.

SUNDAY SATSANG SABHA

Agenda:

10:00 am: Vedic Pooja followed by Bhajan

10:10 am: Bhajans by Satsangis

10:30 am: Guest Singer:

Shubhash Ozaji

11:15 am: Guest Speaker:

Shri. Acharya Akhilji

11:45 pm: Aarti followed by prasad/lunch

May 2024 Aarti Collections
Thank you for your generous Donotion

Sudhir & Adarsh Gupta	\$101
Yash & Sneha Gupta	\$51

May Satsang Sabha

Check	\$152
Cash	\$95
Total	\$247



Maa Annapurna devi

May you be blessed with good health, wealth, and prosperity.



Prasad Sponsors this month:

Amith Agarwal & Family

Kishore Sannepalli & Family