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## Hindu Satsang Updates

*By Priya Viswanathan*

Pranaam! Greetings to all Satsangis. Hope you all are staying safe and doing well. We all realize that the present times are extremely challenging and are lasting much longer than anyone anticipated. We can continue with our digital newsletter and other satsang activities with some adjustments to adapt to the current situation and with God's grace, in due course we should be returning to normalcy. For the time being, this newsletter will be available only in the digital format, we will resume with the printed format when possible. This newsletter contains 8 pages, we optimized it for your smartphone, tablet & computer (you can even zoom-in to make the font bigger).

**Zoom Satsang Congregations:** Due to the current conditions, the Satsang congregations will be conducted virtually via Zoom on the 4th Sunday of each month from 10 am to noon. The congregation will start with Vedic pooja, then bhajans by satsangis, followed by our guest singers and speakers. We will then have the announcements followed by aarti. Meeting details are on page 7, hope you all can join us.

**Congregation update:** Last month's congregation was held on June 28th. It started with Vedic pooja, then we got the privilege of listening to some melodious bhajans by satsangis, followed by the guest singer Shri Subhash Singhal and the guest speaker Shri Yash Chaudhary. At the end, there were announcements followed by aarti.

**Didwania and Jain Scholarships 2019 - 2020:** The winner of first prize is Preena Shroff and 2nd prize went to Krish Nangia. Congratulations to both of them!

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नमस्ते 🙏

## Warm Birthday Wishes to all our Satsangis born in the month of July

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



### Happy Marriage Anniversary

Kanchan & Amit Gupta	Tara & Satya Pal Kalra	Sharda & Ravinder Saini
Neeru & Ajay Kothari	Naresh & Darshna Jain	Amit and Priyanka Dhingra

### A LITTLE SMILE ON YOUR ANNIVERSARY:

*Be careful what you wish for!*



Both husband and wife had turned 60 years old. The wife gave her husband a magic lamp on their anniversary. When he rubbed it, a genie popped out and gave him only one wish. The husband said, "I wish my wife to be 20 years younger than me!". So the genie made him 80 years old.



To many more years of laughing together & keeping each other young at heart!

**Happy Anniversary!!**

## COVID-19 RELIEF FUND

Covid-19 is affecting the lives and livelihoods of so many people around the world. HTGC launched a campaign to help less fortunate people by contributing food to local food pantries and accepted contributions from individuals and other organizations. Hindu Satsang, also joined HTGC and donated \$1000 generously to the "COVID-19 Relief Fund".

The following Satsangis also made generous donations to the HTGC Covid-19 relief fund:

Amitabh & Neerja Gupta \$101	Mahendra & Vanleela Amin - \$101
Daljit & Prem Sabharwal - \$150	Monu & Gautam Gandhi - \$101
Darsh & Usha Wasan - \$100	Nand Prakash & Renu Garg - \$100
Dharamvir & Kiran Punwani - \$101	Naresh & Kusum Nohria - \$200
Ekta Punwani - \$101	Priya & Bindu Pathak - \$101
Gitesh & Jharna Shah - \$101	Ramesh & Shubh Malhan - \$100
Hersh Sabharwal - \$101	Rashmi & Vinod Gandhi - \$101
Jug & Madhu Uppal - \$101	Satish & Kiran Gupta - \$101
Kishor & Usha Shah - \$101	Subhash & Kanchan Pandey - \$101
Madhu & Mahesh Gupta - \$101	Sudha Upadhyay - \$101

Hindu Satsang's Website:

[HinduSatsang.org](http://HinduSatsang.org)

Hindu Satsang's Facebook page:

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

[/HinduSatsangUSA/](https://HinduSatsangUSA/)

Please **Like** &

**Follow.**

## Ayurveda - Part 8:

*By Rajeev Jain*

### *How does the food you eat become a part of you?*

Have you ever wondered how the food you eat and drink becomes your body? Some of it converts into bones, some into blood, some into muscles – how does it all happen? In Ayurveda there are seven tissue elements (Sapta Dhatus). The food we eat converts into various components of our body.

The entire body is composed of seven Dhatus – they support and maintain the body. These Dhatus are as follows:

1. **Rasa:** lymph, plasma, fluid part of the body, etc.
2. **Rakta:** hemoglobin in the blood
3. **Mamsa:** muscle tissue
4. **Meda:** fat tissue
5. **Asthi:** bone tissue including cartilages
6. **Majja:** bone marrow
7. **Shukla:** sperm in male and ovum in female

Each Dhatu is continuously formed, destroyed and recreated in the body with necessary nutrition being extracted from the food we consume and maintained in a state of equilibrium. The Dhatus provide support and nutrition to the structural architecture of the body.

Each Dhatu has a stable form and an unstable form. The stable Dhatus already exist in the body and provide the basic body tissues. The nutrient substances extracted from the food we consume are the unstable Dhatus. They are utilized for nourishment, synthesis and maintenance of the stable Dhatus. Nutrient substances are transformed under the influence of their own fire (agni) and are thereafter transported to the Dhatus through their individual channels.

## The Transformation Sequence of the Sapta Dhatus

The food we consume is digested with the assistance of the digestive fire in our body and is converted into a nourishing juice and stool (waste). The Rasa Dhatu is formed from these nourishing juices.

As a recurring theme in this conversion process, each Dhatu (with the assistance of its own fire) is first converted in a nutritive component, and secondly, a waste product. Thereafter, the nutritive component, (a) nourishes the stable Dhatu itself and (b) the balance converts to the next Dhatu.

1. As an example, the fire present in Rasa Dhatu (plasma, lymph, etc.) transforms it into a nourishing portion and provides nutrition to the existing Rasa Dhatu in the body and the balance gets converted to the second Dhatu called Rakta (blood). Simultaneously, a waste product – Kapha (i.e. the phlegm present in the body) is formed from this transformation.
2. Next, the Rakta Dhatu (blood) is transformed and again the nourishing portion provides nutrition to the existing Rakta Dhatu, and the balance gets converted to the third Dhatu, Mamsa (muscle). The waste product formed in this transformation is Pitha (the bile present in the body). Further conversions in this sequence are summarized below.
3. Mamsa Dhatu (muscle tissue):
  - a. nourishing portion nourishes (1) existing Mamsa Dhatu and (2) Meda Dhatu
  - b. waste product is all the excreta present in eyes, ears, mouth, nose, rectum and urinary orifice.
4. Meda Dhatu (fat tissue):
  - a. nourishing portion nourishes (1) existing Meda Dhatu and (2) Asthi Dhatu
  - b. waste product is sweat.

*(Ayurveda article continued ...)*

5. Asthi Dhatu (bone tissue and cartilages):
  - a. nourishing portion nourishes (1) existing Asthi Dhatu and (2) Majja Dhatu
  - b. waste product are the hair and nails
6. Majja Dhatu (bone marrow):
  - a. nourishing portion nourishes (1) existing Majja Dhatu and (2) Shukla Dhatu (sperm or ovum)
  - b. waste product are the mucous present in eyes, stool and skin
7. Transformation of the Shukla Dhatu, the last Dhatu, produces only the nourishing portion. As the Shukla Dhatu is the purest level, it doesn't have any waste product. It nourishes the sperm and ovum and gives energy and shine to the body, called as Ojus.

During an examination of a patient, there is a significant focus on the waste products. The above transformational process allows a Vaidya to analyze the waste product and determine which function of the body is not operating in harmony – without the assistance of a clinical test! For example, if a person is having a problem with their hair or nails, it would indicate that there is a problem in the Aasthi Dhatu and the Vaidya will treat to bring that Dhatu to bring it in equilibrium.

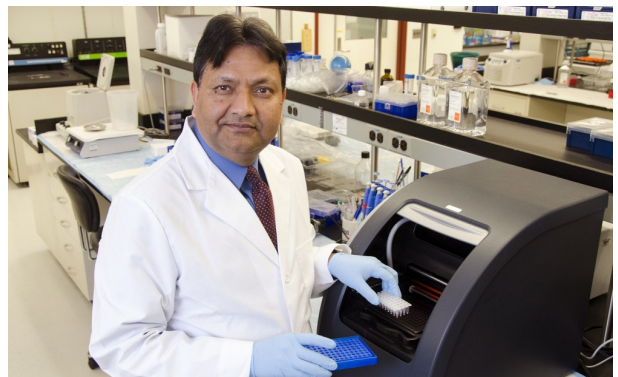
### *Grant for Alcohol Research*

We are proud to inform you that the University of Illinois at Chicago has received a grant of \$8.2 million from the *National Institute on Alcohol Abuse and Alcoholism*, to continue its research on how alcohol affects genes through epigenetics - chemical changes to DNA, RNA or proteins that alter the expression of genes without directly modifying them. Click on the following link to find further details: [\*Grant for Alcohol Research\*](#)

## A Fatherly Grace

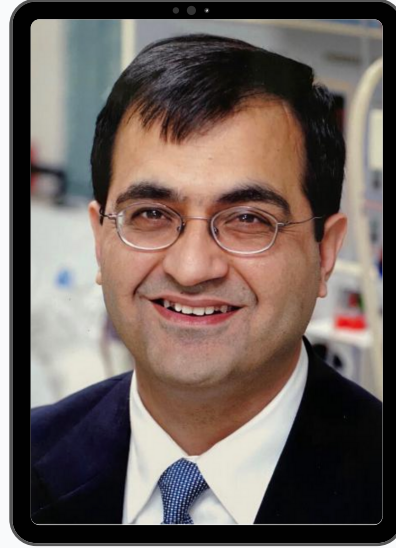
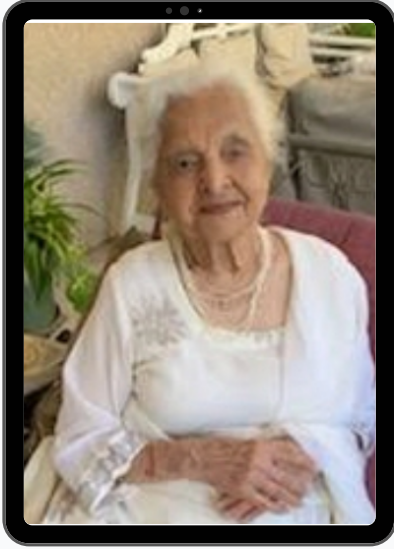
Poem by Ms. Uma Nauth

What is obvious,  
is not necessarily "The Truth"  
As a whole.  
So.....! This pandemic, "A hoax.....?"  
One answers "who knows.....?!"  
"Does Mighty Lord.....?!"  
Other says "of course."  
Then, together, let us Pray  
For World's Peace  
and Protection sake.  
Oh God, have Mercy,  
come, come, come  
Quickly  
Forgive, Forgive, Forgive,  
All wrong, problems  
and mankind mistakes.  
Be the Authority,  
over human race,  
Take full control,  
Thine Victory Ever holds.  
How Grateful are we,  
For Thy Heavenly Grace.



Big congratulations to Dr. Subhash Pandey, UIC professor of psychiatry and director of the Center for Alcohol Research in Epigenetics, for receiving a \$8.2 million grant from the National Institute on Alcohol Abuse and Alcoholism.

# Remembering our dear Satsangis.....



**Krishna Ji** was 92 years old when she left for heavenly abode on April 8th, 2020. She was born in Muzaffargarh, India. She was known by everyone for her positive attitude, hard work, intelligence, and competitive spirit. She was married to Dr. Bhagwan Dass Raheja.

She was the spirit of service and volunteered for many social initiatives. She was on the Advisory Board of Yorkship Seniors, Apna Ghar (for abused women) as well as Hindu Satsang, Vishwa Hindu Parishad, and various initiatives for senior citizens.



Uma Ji's father, **Mr. M Prakash Gupta**, left for heavenly abode on April 27th. He was a chemical engineer by profession and was instrumental in the construction of Bhakra Nangal Dam in India which is one of the biggest dams in India. Our deepest condolences to the whole family.



We are very sorry to learn about the passing away of **Mrs. Manoram Rajput**, sister of Mr. Dharam Punwani and Ms. Madhu Bahl in Delhi after getting infected with COVID 19. Our deepest condolences to the whole family.

It is with deep sadness and regret that we announce the sudden and tragic passing of our dearest **Dr. Raj Dhingra** (brother of Mr. Om Dhingra).

Many people can attest that there is no one like Dr. Dhingra. He was first and foremost known for his devotion to his family. He was youngest of the 7 children, and beloved son to Gobind Ram Dhingra and Sarojini Devi Narula. He carried immense pride for his beautiful children, Rhea and Rohan, and the love he had for his wife Freesia, was unmatched. Professionally, he was a practicing nephrologist at Renal Physicians Inc. since 2000, and helped thousands of patients in the Dayton area and beyond. Dr. Dhingra lived a life of grace, humility, and compassion. He will be deeply missed by everyone whose life he touched.



## **Bhagavad Gita: Chapter 2, Verse 20**

न जायते म्रियते वा कदाचिनायं भूत्वा भविता वा न भूयः ।  
अजो नित्यः शाश्वतोऽयं पुराणो न हन्यते हन्यमाने शरीरे ॥

### **Translation:**

The soul is neither born, nor does it ever die; nor having once existed, does it ever cease to be. The soul is without birth, eternal, immortal, and ageless. It is not destroyed when the body is destroyed.



## Quiz to tickle your brain Vishnu Avatars Part -1

Brahma, Vishnu and, Shiva - three powerful deities together are known as the Trimurti. Brahma deals with the creation, Vishnu ensures maintenance and, Shiva takes care of the destruction.

Hindus believe that whenever evil prevails over good, Vishnu comes down to earth in some mortal form to preserve Dharma (righteousness). Vishnu assumes different life forms called avatars and acts in a way that good prevails over evil and to restore the cosmic order.

This is a multiple part quiz about Dashavatar (10 avatars). Part 1 has 6 questions (will be continued in Part 2). From the given clues, identify the correct Vishnu avatar:

### 1. Name the first avatar based on the following brief version of the event:

There was a demon (an asura) who was very wicked. He snatched the Vedas, the holy book of the Hindus, and went deep inside the sea. At this point, Vishnu took a form as a fish, entered the sea, and brought back the Vedas safely.

### 2. Name the 2nd avatar based on the following clues:

Devas grew weaker due to a curse from sage Durvasa. Though devas fought very hard they could not win over the asuras. As asuras were getting stronger, devas asked for Vishnu's help. Vishnu asked devas to churn the ocean for nectar of immortality, which will help them in defeating asuras. Devas were to use a mountain as the churning stick, but devas were not able to move the mountain on their own.

On Vishnu's advice, devas got into a deal with asuras to churn the ocean jointly and share the nectar of immortality. During the churning process, the mountain started to sink into the

ocean. Vishnu came down as an avatar and held the mountain on his broad back.

### 3. Name the 3rd avatar based on the following clues:

There was a daitya (a demon) named Hiranyaksha. He threw the Earth (Bhudevi - goddess Earth) into a cosmic ocean. Varaha slew the demon and retrieved the Earth from the ocean, lifting it on his tusks, and restored Bhudevi to her place in the universe.

### 4. Name the 4th avatar based on the following clues:

There was a demon named Hiranyakashipu. Hiranyakashipu wanted to kill everyone who worshipped the gods and made everyone worship him instead. But, his son named Prahlad used to worship Vishnu. For this reason, Hiranyakashipu wanted to burn Prahlad to death.

Brahma had granted Hiranyakashipu a boon that kept him safe so that he could not be killed by a human, animal, or deva. He also could not be killed in the day or night, or inside or outside of his palace. This made Hiranyakashipu believe that no one could ever kill him. When he wanted to kill his son for worshipping Vishnu, Vishnu came to earth incarnated as a half-man, half-lion creature (neither animal nor human). This way Vishnu killed Hiranyakashipu in the twilight (neither day, nor night) and on the porch of the palace (neither inside, nor outside), without disrupting the boon given to him by Brahma.

### 5. Which popular festival is associated with Prahlad?

### 6. Sagar manthan is associated with which of the popular fair (mela)? Hint - This is the world's largest religious gathering.

[Answers on next page.](#)

## Answers to Dashavatar Quiz



### 1 Matsya (fish) Avatar

In the Matsya avatar, Vishnu rescued the first man, **Manu** and the seven sages at the time of great flood with one of every species of plant and animal.



### 2 Kurma (turtle) Avatar

In this painting, devas and asuras are using serpent Vasuki as a rope around the mountain to churn the ocean. Kurma (turtle) is located at the bottom on the mountain.



### 3 Varaha (boar) Avatar

Varaha slew the demon and retrieved the Earth from the ocean.



### 4 Narasimha ('Nara' means man and 'Simha' means lion) Avatar

1st four avatars - Matsya, Kurma, Varaha and Narasimha avatar descended to earth in Satya yuga.

### 5 Holi Festival:

Holika dahan (occurs a day before Holi festival, festival gets its name from Holika) is celebrated by burning Holika pyre. Holika was the sister of the arrogant demon king Hiranyakashipu. Holika tried to burn and kill Prahlad but got killed in the process. Holi celebrates the victory of good over evil. Prahlad was saved by Narasimha avatar.

### 6 Kumbh Mela:

Gods and demons fought over the pot (kumbha) of nectar (amrita), the elixir of immortality produced by their joint churning of the milky ocean. During the struggle, drops of the nectar fell on the Kumbh Mela's four earthly sites (Haridwar, Prayag, Nasik & Ujjain) and the rivers are believed to turn back into nectar at the climactic moment of each, giving pilgrims the chance to bathe in the essence of purity and auspiciousness. The term Kumbh comes from this pot of nectar, but it is also the Hindi name for Aquarius, the sign of the zodiac in which Jupiter resides during the Haridwar Kumbha Mela.

## हिन्दू सत्संग मासिक सभा Monthly Congregation

**Date:** July 26th  
**Time:** 10 am CST  
**Location:** Zoom  
online meeting

July 2020							
Wk	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1				1	2	3	4
2	5	6	7	8	9	10	11
3	12	13	14	15	16	17	18
4	19	20	21	22	23	24	25
5	26	27	28	29	30	31	

This congregation will be held online and you can attend the congregation from the safety and comfort of your home.

**To join Zoom Meeting from your computer, tablet or phone - use the following link:**

<https://us02web.zoom.us/j/81940515247?pwd=bXljYkZtTmpscG81OGRpZ0tWNFZZUT09>

**Meeting ID:** 819 4051 5247

**Password:** satsang

You can also join by phone:

+1(312) 626 - 6799 : Password: 118151

**Special Guests:** Mrs. Perna Arya and her husband Dr. Dayashankar Vidyalkar, who is visiting from New York. Perna Ji will talk about **Veda** and Dayashankar ji will talk about

**Ayurveda.**

## *Hindu Satsang's Krishna Janmashtami Cultural Program*

Every year, we have our annual Krishna Janmashtami cultural program on the 4th Sunday of August, in place of our regular monthly congregation.

Following the norms, this year also 'Krishna Janmashtami' cultural program will be held on Sunday, August 23rd starting at 10:00 am. This year the program will be held online - we will be sharing further details about the online video meeting soon.

Those who are interested in presenting a cultural item, please contact Special event Coordinators - Ms. Kanchan Pandey: 630-835-7521 or Ms. Shammi Wahi - 630-674-2883.

Due to time constraints, please limit to one item per person/group, duration not exceeding 4 minutes - this is to ensure that everyone gets an opportunity to perform. This event is open to kids and adults.

**Wish you all a very Happy Nag Panchami (July 24th), Raksha Bandhan (August 3rd), Krishna Janmashtami (August 12th-13th), India's Independence Day (August 15th) and Ganesh Chaturthi (August 22nd).**



## *The festival of Raksha Bandhan By: Jai Viswanathan*

### **What is the meaning of Raksha Bandhan?**

*Raksha* (रक्षा) means 'protection' and *Bandhan* (बंधन) refers to 'bond'. Raksha Bandhan means a bond of protection between brothers and sisters.

### **When is Raksha Bandhan observed?**

Raksha Bandhan or Rakhi is observed on the auspicious full moon day of the Hindu lunar calendar month of Shraavana (श्रावण), which typically falls in the month of August. This year Raksha Bandhan falls on the 3rd of August.

### **How is it celebrated?**

On Raksha Bandhan, brothers and sisters wear new clothes and observe the festival in the presence of their parents & elders. Sisters perform aarti, apply "tilak" on the forehead, and pray for the well-being of their brothers. Brother and sister feed sweets to each other. Sister ties the rakhi around brother's wrist. Brothers pledge to protect their sisters against all odds and offer a special loving gift.

### **Who started Raksha Bandhan?**

There are several stories related to the origin of Raksha Bandhan, the following one is the most popular amongst them. Once Krishna managed to cut his finger, and 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 time of distress.

Later on, 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.

