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जून २०२१ June 2021

# हिन्दू सत्संग समाचार

Hindu Satsang Samachar

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

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



## Hindu Satsang Updates

*By Shivam Viswanathan*

*Sadar pranaam to all Satsangis!*

I'll start off with great news - Hindu Satsang will have its first in-person event after more than 15 months. We'll have our **summer picnic** on Sunday, July 11th. More details on page 7 of this newsletter.

If you are not yet vaccinated, if you get your first dose before July 1, you'll be eligible for the "All In for the Win" lottery that was announced by Gov. Pritzker a couple of weeks back. Get vaccinated and stay safe.

I hope all of you had a good Father's Day on Sunday, 20th June. Do read Uma ji's story dedicated to her father on page 4. This month, our guest speaker will be Sh. Umesh Bhatia, who will be presenting his talk on "*Dealing with fear and anxiety during COVID-19*". Our guest singer is Sh. Subash Oza, more details about our guest speaker & singer on the last page of this newsletter. Our quiz this month is dedicated to our teachers, as Guru Purnima is approaching on July 24.

Last month we had Sh. Virendra Kumar and Sh. Girish Bhatt as our guest speaker and singer respectively. More details about our guests and congregation on page 8.

The following are some main festivals/events coming up in the next 30 days, our best wishes to you all:

Jagannath Ratha Yatra on Sunday, July 11, 2021, Guru Purnima on Saturday, July 24. Pranaam to all gurus, and Hindu Satsang School Teachers who work very hard to impart Indian heritage, values, and culture to our children.

Hoping to see you all on Sunday, June 27th during our virtual congregation. Please stay safe and take care.

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& Anniversaries

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हम में बडी कौन है?

-Brij Sharma

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IN  
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## Happy Birthday Month to our Satsangis born in June



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



## Happy Anniversary Month



Ameeta & Sumeet Sachdev	Chhaya & Chandra Shekhar Trivedi	Kanchan & Subhash Pandey	Laxman & Indra Rani Singh	Poonam & Yaduvir Singh	Reena & Sanjeev Gupta	Shana & Sateesh Bhagwat	Taruna & Rajeev Gupta
Reema & Vikas Jain	Karuna Uppal & John Gronbeck Tedesco					Hindu Satsang's Website address: <a href="http://HinduSatsang.org">HinduSatsang.org</a>	

### Laughter is the Best Medicine 😊

1. "An archaeologist is the best husband a woman can have. The older she gets, the more interested he is in her." – Agatha Christie
2. Marriages are made in heaven. Then again, so are thunder, lightning, tornadoes, and hail.
3. "I love being married. It's so great to find that one special person you want to annoy for the rest of your life." Rita Rudner

*Keep smiling and keep annoying each other in a good way,  
have a wonderful anniversary!*



Hindu Satsang's Facebook page: [facebook.com/HinduSatsangUSA](https://facebook.com/HinduSatsangUSA)

Please Like & Follow for latest updates. You are always welcome to send articles and feedbacks.

## हम में बड़ी कौन है ?

Contributed by Brij Sharma

चार बुढ़िया थीं।  
उनमें विवाद का विषय था -  
कि हम में बड़ी कौन है ?  
जब वे बहस करते-करते  
थक गयीं तो उन्होंने तय  
किया कि पड़ोस में जो  
नयी बहू आयी है,  
उसके पास चल कर  
फैसला करवायें।

वह चारों बहू के पास गयीं।  
बहू-बहू ! हमारा फैसला कर दो  
कि हम में से कौन बड़ी है ?  
बहू ने कहा कि आप  
अपना-अपना परिचय दो !  
पहली बुढ़िया ने कहा  
मैं भूख हूं। मैं बड़ी हूं न ?  
बहू ने कहा कि  
भूख में विकल्प है ,  
५६ व्यंजन से भी भूख मिट सकती है ,  
और बासी रोटी से भी !

दूसरी बुढ़िया ने कहा  
मैं प्यास हूं,  
मैं बड़ी हूं न ?  
बहू ने कहा कि  
प्यास में भी विकल्प है,  
प्यास गंगाजल और मधुर- रस  
से भी शान्त हो जाती है और  
वक्त पर तालाब का गन्दा पानी  
पीने से भी प्यास बुझ जाती है।

तीसरी बुढ़िया ने कहा  
मैं नींद हूं, मैं बड़ी हूं न ?  
बहू ने कहा कि  
नींद में भी विकल्प है।  
नींद सुकोमल-सेज पर आती है  
किन्तु वक्त पर लोग कंकड-पत्थर  
पर भी सो जाते हैं।

अन्त में चौथी बुढ़िया ने कहा -  
मैं आस (आशा) हूं, मैं बड़ी हूं न ?  
बहू ने उसके पैर छूकर कहा कि  
आशा का कोई विकल्प नहीं है।

आशा से मनुष्य सौ बरस भी जीवित रह सकता है,  
किन्तु यदि आशा टूट जाये तो वह जीवित नहीं रह सकता,  
भले ही उसके घर में करोड़ों की  
धन दौलत भरी हो।  
यह आशा और विश्वास जीवन की शक्ति है, इसके आगे  
वह वायरस (कोरोना) क्या चीज है?  
संकट जरूर है, वैश्विक भी है.  
लेकिन इसी विष में से अमृत निकलेगा.  
निश्चित ही मनुष्य विजयी होगा,  
मनुष्यता जीतेगी |  
तूफान तो आना है ...  
आकर चले जाना है ..  
बादल है ये कुछ पल का ...  
छा कर चले जाना है !!!  
रिकवरी रेट बढ़ रहा है,  
कोराना पॉज़िटिविटी रेट घट रहा है,  
अस्पतालों में लगातार बिस्तर भी बढ़ रहे हैं,  
ऑक्सिजन भी बढ़ रही है,  
इंजेक्शन का बड़ा उत्पादन शुरू हो गया है।  
मदद के लिए रेल एक्सप्रेस दौड़ रही है,  
वायु यान उड़ रहे हैं,  
आयुर्वेद और योग हमें शक्ति दे रहा है,  
धैर्य रखें हम जीत रहे हैं।  
आत्मविश्वास बनाए रखना है और सकारात्मक समाचारों  
को अधिक से अधिक लोगों तक पहुंचाए, ताकि समाज में  
एक अच्छा मैसेज जाए।  
माना कि अंधेरा घना है ,  
फिर भी दिया जलाना कहां मना है...



## My Father

By Uma Nauth



This incident is of the time of partition of India in 1947. I was not yet born. Later, my mother narrated the following to me when I grew up.

My father hailed from a rich family of landlords. He was college-educated. He was not religious even though, he participated in Hindu rituals and ceremonies performed in the house.

It is important to note that he had five children from an earlier marriage to my mother's eldest sister, who was taken by cancer. He approached my grandfather and asked my mother's hand in marriage. At this time the fortunes of my grandfather had turned as he had lost all his riches. Yet, my father pleaded with my grandfather for marriage with my mother. It appears that he had an inner knowing that my mother, the youngest sister, will be kind and loving to the children. He did have the option of marrying into rich families.

Now it was August 21, 1947, and my mother was expecting her first child. Outside, Hindu Muslim riots had started. We had a number of Muslim field workers who were present in our house. This was a huge house to which a stable was attached.

My father went and sought help from a midwife who had served our families for decades. She happened to be a Muslim also. She gladly accepted to help, leaving behind a one-year child of her own. Soon after she came into the house, they all heard the announcement of a curfew order. Now her feelings changed, she started to fear for her life. She hid in a room and locked it from inside.

In the meantime, my father managed to hide the field workers in a silo and topped it with straw. He requested one of the workers to come and give assurance to the midwife that she will be safe, and no harm will come to her.

After a couple of days, there was a knock on the door. These were Hindu neighbors who came looking for Muslim field workers. They were armed with swords and sticks. My father opened the door and flatly denied having any Muslim workers in the house. Regardless, the men entered the house and searched it for the Muslims. Fortunately, they did not succeed and reluctantly left the premises.

With the help of a midwife, my mother gave birth to a healthy little boy. In a few days, the curfew was lifted and migration of the Muslims to Pakistan started. My father, who had promised these Muslims hiding in the house that no harm will come to them, loaded up his double-barrel rifle and took these Muslim field workers through the streets to the border camp for the Muslims. While walking through the streets, he declared that anyone who tried to hurt any of his group will be shot dead.

Finally, he gave them a safe passage to their new country.

My father, who never went to a temple, never worshiped, who lied to the neighbors, had more love and light in his heart for Life and humanity. True to his word, he saved numerous lives while endangering his own and his family, and the newborn.

This courage to serve his immediate humanity was God's gift to him. He did not have to go to a temple to cultivate it. He was brave, he was fearless. He was my father





## Quiz Gurus of Bharatvarsh



Guru is often translated to mean master or teacher. It is derived from the Sanskrit words “gu” (darkness) and “ru” (remover) and is more properly defined as a “remover of darkness, illusion, and ignorance.” Swami, Acharya, Maharishi, and Yogi are terms that are used as titles of famous gurus. Here are some famous gurus, identify the guru from the statements below:

*(Answers on the bottom of the right column)*

1. Guru Purnima is that full moon day when the first yogi transformed himself into the Adi Guru – the first guru. He started the transmission of yoga to the Saptarishis. Who is Adi Guru?

2. Born to sage Vishwamitra, Sushruta is the guru of surgery. 2600 years ago, he and the health scientists of his time conducted complicated surgeries. Author of the book "Sushruta Samhita", in which he describes over 300 surgical procedures and 125 surgical instruments.

3. Called the father of Yoga. He prescribed the control of prana (life breath) as the means to control the body, mind, and soul. His 84 yogic postures effectively enhance the efficiency of the respiratory, circulatory, nervous, digestive, and endocrine systems and many other organs of the body.

4. He was a teacher to the first Maurya Emperor Chandragupta. He authored the ancient Indian political manual called Arthashastra. He is considered the pioneer of the field of economics and political science, and his work is thought of as an important precursor to Classical Economics.

5. He is one of the Saptarishis. He was the Maanasa-putra ("a brain child") of Brahma. He possessed the divine cow known as Kamadhenu and the Kamadhenu's child Nandini. He is the author of some parts in the Rigveda.

6. He was the chief disciple of Sri Ramakrishna. He carried Ramakrishna's teachings to the West, and established the Ramakrishna Order, which today extends over all of India, rendering invaluable service through its numerous charitable and cultural institutions. He appeared in Chicago as the sole representative of Hinduism at the World Parliament of Religions in 1893.

7. She was the most famous of the women bhakta poets of North India. She believed herself to be married to Krishna.

8. Guru Purnima also marks the birthday of this guru.

9. He gave his first sermon on this day at Sarnath in Uttar Pradesh. The festival is celebrated by many in his honor.

10. The festival was revived by Mahatma Gandhi to pay tribute to his spiritual guru - who was his spiritual guru?



## Answers:



1. Adi Guru - Bhagwan Shiv
2. Sushruta (600 BCE)
3. Acharya Patanjali (200 BCE)
4. Chanakya (370–283 BCE)
5. Vashishtha (Ramayan era)
6. Swami Vivekananda (1863 - 1902)
7. Mirabai (1498 - 1546)
8. Ved Vyasa
9. Lord Buddha
10. Shrimad Rajchandra



## **Chronic Kidney Disease (CKD) – An Ayurvedic Perspective**

*By Rajeev Jain*

Recently, I was approached by one of our members to share the Ayurvedic perspective on CKD as he had heard that there is a potential cure for it in Ayurveda while modern medicine primarily helps to manage it only and commonly leads to dialysis or kidney replacement.

According to the CDC (Center for Disease Control), more than 1 in 7 (roughly 15%), of US adults have CKD. The incidence is even higher among seniors (almost 40%)! More alarming is that as many as 9 in 10 adults with CKD do not know they have CKD until a late stage.

CKD is a gradual loss of kidney function. Our kidneys filter wastes and excess fluids from your blood, which are then excreted in your urine. If the kidney is unable to perform this function effectively, dangerous levels of fluid, electrolytes, and wastes can build up in our body. In the early stages of CKD, there are few signs or symptoms, as a result, the problem is not discovered until our kidney function is significantly impaired and typically during our blood and urine test. A high creatinine level and/or low filtration rate (GFR score) frequently suggest a kidney function impairment.

### **High-risk situations**

Certain factors that may increase your risk of CKD include:

- Diabetes
- High blood pressure
- Heart (cardiovascular) disease
- Smoking and regular alcohol consumption
- Obesity
- Family history of kidney disease
- Older age

## **What Causes CKD?**

- Dehydration
- Blood loss from a major injury
- Harmful medicines
- Autoimmune kidney disease
- Urinary tract obstruction or recurrent kidney infection
- Inflammation of the kidney's filtering units.

If not addressed, kidney malfunction worsens over time and becomes chronic, creating Aama (toxicity) in the body. Thereafter, the toxicity starts to affect other organs. If the kidney is unable to cleanse the blood, the solution is external help through dialysis or kidney replacement.

### **Ayurvedic Perspective:**

According to Ayurveda, CKD can be caused by vata, pitta or kapha imbalance. Smoking promotes vata, alcohol and drugs increase pitta while obesity causes kapha excess. While the treatment will vary based on the nature of imbalance and its cause, kidneys can be rejuvenated and their function restored under Ayurveda.

### **Ayurvedic Approach:**

Below we discuss different components and important factors in restoring the health of kidneys.

#### **(1) Diet:**

Certain changes in your daily diet are important to help you revitalize the kidneys. Certain foods must be excluded from your diet. These include, foods rich in potassium - like potatoes, tomatoes, avocados and bananas; foods rich in protein – like cottage cheese, fish, lentils, avocados, eggs, almonds, etc.; and all milk products including yogurt. Also, you should limit sodium (salt) intake.

The following would be good to include in your diet:

- Drink lots of warm water and tea/coffee with turmeric;

**< Continued on the next page ... >>>**

<<< Article continued from the previous page >

- Eat plenty of fresh fruit with low in potassium and phosphorus like apples, grapes, cranberries and strawberries and fresh vegetable like radishes, cauliflower, onions, peppers, summer squash and lettuce;
- Intake of olive oil.

### (2) Exercise/Lifestyle:

Exercise is your friend, therefore, avoid inactivity. Walk briskly and do yogic exercises that stimulate kidneys for at least 30 minutes daily. Yoga asanas good for kidney include - Matseyasana, Jathara parivartanasana, Bhujangasana, etc. and should be modified based on an individual's age and capability. The Kapalbhathi pranayam is also helpful – practice it 1 daily for 2 minutes. Frequently, some reduction in weight of the individual is also required. Finally, ensure you get adequate sleep at night.

### (3) Herbal formulations:

There are some herbal products that are useful in treating CKD to improve its functioning. These include Mutrakrichantaka churna, Punarvana mandur, Chandraprabha vatika, Varunadi vati, Gokshuradi Guggulu. However, these should be taken under direction from an Ayurvedic Vaidya as the intake will depend on the stage of CKD, age and the dominant cause. Wishing everyone a safe time and good health.

### Please welcome our newest member!

Hemal & Gautam (Munu) Gandhi were blessed with baby boy Leo on May 22, 2021. Leo was 6 lbs 2oz. Mother and son are doing well.

Both sets of grandparents Rashmi & Vinod Gandhi & Urvashi & Hemendra Parikh along with big sister Lekha and whole family are excited to have Leo in their lives.

Congratulations and blessings from the Hindu Satsang family!!!



### Dear Satsangis!

We are excited to announce that we will hold our Summer Picnic on July 11th (Sunday). Join us for some delicious food and fun activities. The following web link has all the details: <http://hindusatsang.org/summer-picnic>

### Program/schedule:

**11 am:** Snacks and socializing

- Fruits, Cookies, Tea, Lemonade
- Kamal ji ke “world-famous” pakode
- Games & Socializing

**12 pm:** - Aarti

**1 pm to 2 pm** - Pizza

**2 pm** - Youth Fest trophy/Award distribution and Sunday school graduation ceremony

- We will adhere to all CDC guidelines. Masks are recommended for your own safety and the safety of others.
- A donation of \$10 per family would be greatly appreciated. The donation will be collected by Kanchan ji and Madhu Uppal ji at the picnic spot. Please bring cash for convenience.
- Please RSVP from the following Hindu Satsang web page, this will help us organize better: <http://hindusatsang.org/summer-picnic>

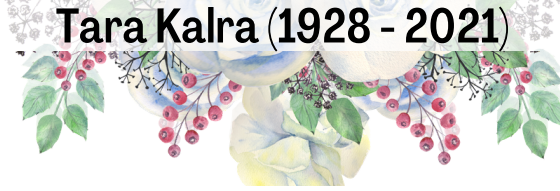
Looking forward to enjoying a nice picnic with you and your family.

## Shradhanjali

by Om and Kanan Dhingra



**Tara Kalra (1928 - 2021)**



We are grateful to God for bringing Tara Aunty into our lives. We learned a lot from her knowledge and experience. Members of Hindu Satsang, UPA, Arya Samaj, and Hindu Temple will miss her deeply. We express our gratitude to the Great Lord who opened the doors of Heaven for the soul of Tara Aunty and bless her soul a peaceful place in His Kingdom of heaven. During the last few months, she fought like a tigress, we salute her strength and endurance. We extend our heartfelt condolences to the Uppal family. We pray that God will give the family members and friends, the strength to cope without Tara Aunty's physical presence. Om Shanti Om Shanti Om.



### A Brief Update:

**Hindu Satsang congregation held on May 23, 2021**

By: Shivam Viswanathan

On May 23rd, the Hindu Satsang congregation program started with Vedic Sandhya by Sh. Ramesh Malhan and Satsangies. This was followed by bhajans by satsangis:

1. Bhajan by Sh. Subhash & Smt. Kiran Sharma - Srishti Se Pehle Amar OM Naam Tha (सृष्टी से पहले अमर ॐ नाम था)
2. Kanchan Pandey - Naath Karuna Karo (नाथ करुणा करो)

Our guest speaker Sh. Virendra Kumar spoke about the status of women in the Vedas. He also clarified some widely misunderstood and misinterpreted verses from Vedas about sudra, pashu and naari.

Our guest singer, Sh. Girish Bhatt's voice reminded us of KL Sehgal and other veteran singers. He melodiously rendered the following bhajans:

1. *Sur Ki Gati Main Kya Janu, Ek Bhajan Karna Janu* (सुर की गति मैं क्या जानू एक भजन करना जानू) the famous song by Mukesh.
2. *Sri Ram See Koi Milade Mujh Ko* (श्री राम से कोई मिला दे मुझको)
3. Then he sang a mellifluous bhajan written by Sant Kabir - के राम नाम रस भीनी चदरिया झीनी रे झीनी  
Meaning of this bhajan: It is a very thin transparent shawl (representing life) that is drenched in the holy name of Sri Ram, the reservoir of pleasure.
4. *Ek Jholi Mein Phool Bhare Hain Ik Jholi Mein Kante Koi Karan Hoga*  
एक झोली में फूल भरे है एक झोली में कांटे, कोई कारण होगा
5. *Krishna Murari ji Aankh Base Man Bhave* (कृष्ण मुरारी जी आँख बसे मन भावे)
6. *Ye Suna Hai Ki Koi Na Thi Radhika* (ये सुना है की कोई न थी राधिका)
7. *Hari Bol Mukund Madhav Govind Bol* - हरी बोल मुकुंद माधव गोविन्द बोल

At the end Smt. Rashmi Gandhi sang - *thumak chalat ramchandra bajat panjania*- specially dedicated to her grandson.

This was followed by announcements and aarti.





# June 2021 Congregation Details

## **Congregation:**

**Date:** Sunday, June 27 (4th Sunday)

**Time:** 10 am CST

**Location:** Zoom Meeting

**[Click here to connect to the Zoom meeting](#)**

Please mark your calendar.

### **Congregation Agenda:**

**Convener:** Sh. Kamal Gupta

**10:00 am:** Vedic Pooja

**10:10 am:** Bhajans by Satsangis

**10:30 am:** Guest Singer:

Sh. Subash Oza

**11:00 am:** Guest Speaker:

Sh. Umesh Bhatia

**Topic:** Dealing with fear and

anxiety during COVID-19

COVID-19 के दौरान डर और चिंता से कैसे निपटें

**11:45 am:** Announcements followed by  
Aarti

### **Our guest singer: Sh. Subash Oza**

Sh. Subash Oza is a chemical engineer by profession and works for Dow Chemical Co. and has lived in Darien since July 2016. Prior to that, he lived in Crystal Lake for 42 years. His wife Nisha and he regularly attended Hari Om and Radhey Shyam Mandir, where he sang bhajans for the congregation. Besides bhajans, he loves to sing light Hindi film songs with a few karaoke groups in the area. After they moved to Darien, he joined Hindu Satsang and occasionally sang bhajans with the congregation. He has two kids, Anu and Vishal. They both are married and live in Hinsdale.

Besides singing, Subash ji enjoys tennis, which he still plays, and golf. He has dabbled in oil paintings and is learning photography during the pandemic. He's also learning to play the keyboard and hopes someday to play AmritVani. He is thankful to Sh. Ramesh Malhan for introducing him and Nisha to Hindu Satsang when they moved to Darien. It was one of the best things that ever happened to them, as they made wonderful friends who were regular Satsangis.

### **Our Guest Speaker: Sh. Umesh Bhatia**

Our guest speaker this month is Sh. Umesh Bhatia. He is an accomplished Franchising and IT Entrepreneur. For 30+ years, he has successfully developed franchising and IT businesses in the USA, the UK, India, Japan, and the Middle East. He is a long time meditation practitioner and currently provides workshops and training to groups throughout the US and internationally, where he connects meditation and spiritual development to important aspects of our daily lives.

**Topic:** Dealing with fear and anxiety during COVID-19

COVID-19 के दौरान डर और चिंता से कैसे निपटें

This talk will focus on how we can use prayer and meditation to deal with fear, anxiety, and loneliness during COVID-19 times. The session will enable participants to practice Jyoti Meditation, a simple form of meditation that can be practiced by anyone from 8 to 80 years of age. No yoga mats or pants or postures required to practice this simple yet powerful meditation technique.

