

अप्रैल २०२६ April 2026

# हिन्दू सत्संग समाचार

Hindu Satsang Samachar



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**Youth Coords.**
*Ananya Sullivan*
*Aaradhya Kumar*

## Satsang Updates

Dear Satsangis

On behalf of the outgoing board, we extend our sincere thanks to the Hindu Satsang community for giving us the opportunity to serve.

Our March meeting holds special significance in two ways. First, all youth participants from the February program are recognized with participation trophies during this meeting. Second, we select our board of coordinators for the coming year—individuals who will help organize our monthly gatherings and special events such as Mother's Day celebrations and summer picnics.

This year's March meeting was no exception. Trophies were distributed to our youth participants.

A new board was selected through our unique selection process. The names of the new coordinators are listed in the left sidebar on this page. We warmly welcome the new team! Please refer to page 8-9 for some pictures from the meeting.

Looking ahead to May, we celebrate Mother's Day with our annual picnic. Join us on May 10 at Herrick Lake from 11 AM to 3 PM. Come honor mothers, enjoy games, and share delicious food—especially Kamal Ji's famous pakoras. See page 7 for more details.

### Upcoming Hindu Festivals

May 1: **Buddha Purnima**
May 2: **Narad Jayanti**
May 16: **Vat Savitri Vrat**

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*This month's program:*
Date: **Sunday, 26 April 2026**
Time: **10 AM**
Venue: **VSC**

*Program:*
Speaker: **Ramesh Malhan**
Guest Singer: **Jayprakash Hari Deshmukh**

नमस्ते

# Happy Birthday Month to our Satsangis born in April

| | | | | |
|---|---|---|---|---|
| Akansha Kataria | Arjun Pandey | Arnav Sabharwal | Arushi Joshi | Avishkar Trivedi |
| Bhavna Sharma | Brij Sharma | Daljit Sabharwal | Dhruv Dhawan | Gurmeet Kaur |
| Harish Arora | Indu Wadhawa | Isha Sharma | Jason Gupta | Mamta Shah |
| Mansi Sabharwal | Neha Khetarpal | Pramila Joshi | Prem Garg | Rajshree Ambegaoker |
| Rama Kapoor | Ravisha Saini | Reena Salgia | Sanjeev Dhawan | Sanjiv Avashia |
| Sanjiv Pandey | Serena Malhan | Shalini Trivedi | Sita Sharma | Surabhi Garg |
| Vandita Rastogi | Vinod Malhotra | Divya Pandey | Vishal Oza | Shivani Saigal |
| Alexia Pandey | Evara Pandey | Aashvi Jain | | |



# Happy Anniversary April

| | | | | | |
|---|---|---|---|---|---|
| Adarsh & Sudhir Gupta | Manju & Rajiv Goel | Neelam & Pradeep Goel | Payal & Vikas Dhingra | Renu & Nand Prakash Garg | Rupal & Vikas Upadhyay |

## Laughter is the Best Medicine

**Friend: You said you're a lion. So why are you so scared of your wife?"**
**"I did tell you I'm a lion. What I didn't mention is... I'm a circus lion, and my wife is the ringmaster."**

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What are the three **rings** of marriage?
The engagement **ring**...
The wedding **ring**...
and...
The suffe**ring** and of course wife is the **ring**master.
Does that **ring** a bell?

**Happy Anniversary!!**

Hindu Satsang's Website address: HinduSatsang.org

Hindu Satsang's Facebook page: facebook.com/HinduSatsangUSA

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

## Hindu Satsang
## New Committee Members (2026-27)
## By: Shivam Viswanathan

The election process was conducted under the leadership of Subhash Pandey, with support from Jug Uppal, Ramesh Malhan, and Om Tiwari during the Satsang Sabha held on March 22. Subsequently, a meeting of the elected members took place at Roma Bhagat's residence on April 11, where Subhash Pandey facilitated the election of the General Coordinator and other portfolio roles. The meeting concluded with a vote of thanks to Roma Bhagat for graciously hosting and for her continued service to the Satsang community.

We are pleased to announce the newly appointed Satsang Committee for the year 2026–27:

- **General Coordinator:** Mahesh Gupta
- **Immediate Past General Coordinator:** Roma Bhagat
- **Liaison Coordinators:** Nand Parkash Garg, Suman Sood
- **Special Events Coordinators:** Hersh Sabharwal, JC Kapoor, Nidhi Grover
- **Finance Coordinator:** Shivam Vishwanathan
- **Education Coordinators:** Sonal Soni, Falguni Rana
- **Publication Coordinator:** Namrata Haldwania
- **Property Coordinator:** Dipti Srivastava
- **Prasad Coordinator:** Indra Rani Singh
- **Youth Coordinators:** Ananya Sullivan, Aaradhya Kumar

This year, we are pleased to have three Special Events Coordinators and two Education Coordinators supporting our initiatives.

On behalf of Satsang, we extend our heartfelt congratulations to the new committee and wish them great success in their roles. We are confident that Satsang is in excellent hands under the leadership of Mahesh Gupta Ji.

Thank you all for your dedication, commitment, and service to the organization.



## Hindu Satsang
## OLD Committee Members (2025-26)
### By: Shivam Viswanathan

We begin by expressing our deepest gratitude to the outgoing committee members for their remarkable dedication and tireless efforts. Their contributions have been invaluable to the growth and success of Hindu Satsang.

A special thank you to the 2025-26 committee members for their commitment and hard work:

- General Coordinator: Roma Bhagat
- Immediate Past General Coordinator: Om Tiwari
- Liaison Coordinators: Nisha Oza and Jharna Shah
- Special Events Coordinators: Daljit Sabharwal and Swapnal Dubey
- Finance Coordinator: Vikram Bhatnagar
- Prasad Coordinator: Laxman Singh
- Publications Coordinator: Rajesh Tiwari
- Property Coordinator: Subhash Sharma
- Education Coordinators: Deepti Srivastava, Sonal Soni, and Kuldeep Gupta
- Youth Coordinators: Anika Tiwari and Ananya Singh
- Web Coordinator: Shivam Viswanathan

We appreciate their service and hope they will continue to be involved with the organization in the future. Thank you once again to all the outgoing members for their outstanding contributions.



# Hair Care Secrets

**"Great hair doesn't happen by chance; it happens by due care."**

***By Sh. Rajeev Jain***

The medical definition of hair loss is when a person sheds more than 100 hairs per day. Research in 2025 showed that hair loss is a widespread issue affecting men and women around the world. About 85% of men and 33% of women will experience some degree of hair loss in their lifetime, though its severity varies based on multiple factors.
In the United States, more than 65% of men show noticeable hair loss by age thirty five, and by fifty, around 85% have visible thinning. Remarkably, nearly 25% of men who eventually lose hair begin the process before age twenty one.

**Causes:**

While genetics is a common cause, factors such as diet, stress, lifestyle, illness and lack of vitamin D can also be contributors. It today's environment, many chemical-based hair styling products, such as bleaching and coloring products, hair sprays, hair extensions, straightening iron, and a hair dryer, may also cause hair loss.

**Impact on lifestyle:**

Hair loss has a dramatic effect on people's emotional states. It can influence people's self-confidence in every sphere of life. People suffering from hair loss may feel embarrassed, ashamed, and vulnerable. It could lead to issues such as depression and loss of self-esteem which indirectly effect their professional career as well as social dating.

**Common treatments:**

According to the research study, the most common treatment is hair-loss shampoo (32.6% of respondents), while 13.8% of people used scalp massage. The massage may also lead to thicker hair as it stimulates blood circulation to the scalp skin. Another 10% of respondents take some medication, 7% apply some ampules or supplements. And 6.2% use food supplements.

**Ayurvedic perspective:**

In Ayurveda, hair (along with nails) is considered to be a by-product of bone formation. The dhatu or tissue responsible for building bones (asthi) also gives rise to the hair. Thus, proper nutrition of the bones is necessary for healthy growth of your hair. If you don't completely absorb calcium and magnesium, for example, not only will your bones be adversely affected, but your hair may become brittle, develop split ends, break easily, and even begin to fall out.
It is important to note that if your hair is unhealthy, it may be an indication that you are not absorbing these minerals effectively; this suggests that the health of your bones will be —or may already be— adversely affected. Therefore, the health of your hair (as well as your nails) is a good indicator of the health of your bones.
The following Ayurvedic secrets of healthy hair will help you keep your hair's natural strength and luster. Let us address the problem from three perspectives – diet, lifestyle and formulations.

***(1) Diet:***

An Ayurvedic diet for hair-loss focuses on balancing the doshas, particularly Pitta dosha. Ayurvedic dietary recommendations include:
Healthy hair depends first upon eating nutritious food. Dairy products such as cheese, milk, and freshly prepared yogurt are good for bones and hair, as is white radish. Coconut, cooked apples, and cabbage are also beneficial.

**(2) Exercise/Lifestyle:**

Regular exercise and practice of yogic asanas and pranayams are very helpful in stimulating hair growth – the purpose is to increase the blood circulation to the head.

***Continued on the next page***

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- **Yogic asanas –** Several yoga postures are effective for relieving tension in the neck, which will result in increased circulation to the scalp. These include the Sarvāṅgāsana (shoulder stand); Uṣṭrāsana (camel pose), Bhujangāsana (cobra pose), and Ardha Matsyendrāsana (spinal twist).
- **Neck exercises –** Some simple neck exercises are helpful in reducing tension and improving blood circulation – turn your head to the left 3 times, to the right 3 times, lift it up 3 times, moves it down toward your chest 3 times, and then roll it gently in a circle 3 times in each in clockwise and anti-clockwise direction. Perform this exercise any time a day when under stress.
- **Abhayanga (oil massage)** – Rubbing a little oil on your scalp is beneficial for your hair. Amla oil, Bhringaraj oil, and Brahmi oil are all cooling, are quite favorable for healthy growth of your hair, and help maintain the hair's natural luster. They also help reduce Pitta and these oils are good for all body types. Do not use warm oils on the head. Before going to bed, rub 2 teaspoons of the oil onto your hair. Note that the object here is to apply the oil to the scalp, not the hair. Gently massaging the scalp improves circulation at the root of the hair and thus increases the supply of nourishing minerals that support the roots.
- **Stimulate hair by combing** – Gently comb your hair lightly in the direction opposite to its natural flow. This helps to improve the circulation at the root of the hair and will make your hair healthier. Vigorous brushing of the hair is not recommended.

***(3) Herbal formulations:***

You can improve the condition of your hair (and also strengthen your bones) by taking supplements of calcium, magnesium, zinc, and other minerals. An effective formula will contain a daily dose of about calcium - 1,200 mg., magnesium - 600 mg. and zinc - 60 mg.

Other natural supplements include:

- Sesame seeds – Every morning, eat a handful of white sesame seeds. One handful of sesame seeds contains about 1,200 mg. of calcium and magnesium and promotes healthy growth of your hair.
- Coconut water – Drinking coconut water also provides essential calcium for hair growth. You can have 1/2 cup a day. Drinking coconut milk (made from coconut "meat" blended in water) is also helpful, but a secondary choice. (Note — if you have high cholesterol, minimize the use of coconut, as coconut is high in saturated fat, which increases cholesterol in the blood).

**Concluding remarks:**

Hair loss is a complex condition shaped by genetics, lifestyle, emotional wellbeing, and even deeper systemic Pitta imbalances described in Ayurveda. While modern research highlights its prevalence and the psychological toll it can take, both contemporary treatments and traditional Ayurvedic wisdom remind us that healthy hair begins with a healthy foundation — nourished bones and tissues, balanced doshas, and consistent selfcare. By combining mindful nutrition, supportive lifestyle practices, and targeted herbal or mineral supplementation, individuals can strengthen not only their hair but their overall vitality.

# Hindu Satsang's Mother's Day Picnic!




**You are invited, please mark your calendars**
**and join us for a day of fun, food, andcelebration.**
**We look forward to seeing you there!**

**Date: Sunday, May 10, 2026**
**Time:** 11:00 am to 3:00 pm
**Location:** Herrick Lake Park (East Shelter)
More details/directions on our webpage:
**www.hindusatsang.org/mdaypicnic**

**Indulge in the irresistible, piping-hot 'Kamal ji ke Pakode', straight from the frying wok!**

*There will be plenty of delicious food and drinks to enjoy, as well as activities for everyone to participate in. We'll also have some lovely surprises in store for all the mothers who attend!*

*Bring the whole family and celebrate Mother's Day with us! Kids, bring your moms and grandmoms, you'll have a special opportunity to present them with a rose.*

*Moms, bring your kids, no matter their age (yes, even if your "little cutie-pie" is now a senior citizen!) and your grandkids too.*

*We're excited to celebrate this special day with all of you! See you on Sunday, May 10th - don't miss it for the world - your mom!!*

*No matter where Mom is, she's always in our hearts.*

# *Recap of Last month's Satsang Sabha*



**73 Hindu Satsang trophies for Youth Fest participants**









**Guest singer - Sargam Kapoor**







**Hindu Satsang (S)election - In Hindu Satsang, there are no elections. The team is selected by the children by picking names, in the presence of the Almighty, in a spirit of devotion, humility, and collective responsibility**



## This Month's Guest Singer

We are delighted to introduce **Jayprakash Hari Deshmukh**, a talented vocalist who beautifully bridges the richness of Hindustani classical music with the charm of Bollywood melodies. Trained in the esteemed Mewati–Jaipur gharana tradition, Jayprakash brings both technical finesse and heartfelt expression to every performance. His ability to weave classical depth into contemporary and semi-classical styles makes his music both soulful and widely appealing.

With dedicated training under Pt. Prasad Dusane Ji, a disciple of the legendary Pandit Jasraj Ji, Jayprakash has developed a strong foundation in ragas, voice culture, and classical techniques. Whether performing on stage at community events or competing in singing platforms, he connects effortlessly with audiences through his versatile and emotive singing.

A proud winner of India's Vocal Star, Jayprakash continues to pursue his passion for live performances, striving to grow as a dynamic artist who harmoniously blends tradition with modern musical expression.



## This Month's Guest Speaker:

**Sh. Ramesh Malhan** has been a dedicated member of Hindu Satsang since 1978, serving in various roles including General Coordinator, Special Events, Liaison, Newsletter, Property, and General Coordinator.

For over 25 years, he has helped secure food sponsorships for key events such as the Satsang Picnic and Janmashtami.

A retired scientist, he has been married to his wife Shubh for 55 years and is a proud father and grandfather. He was honored as a Community Service Leader by FIA and currently serves as a voluntary priest with Arya Samaj of Chicago, officiating weddings and other ceremonies.

Ramesh Malhan is also a founding member and past president of UPA, past president of Hari Om Mandir, and past chairman of the Vivekanand Spiritual Center at HTGC. During COVID-19, he bravely performed funeral services and led SEWA efforts, distributing food to pantries, hospitals, and first responders.

**Sh. Ramesh Malhan**
**(This month's Speaker)**



**Topic: An explanation of the "Invocation Prayers" that are recited at the beginning of every Hindu Satsang meeting held on the fourth Sunday of each month.**

# Hindu Satsang's Monthly Sabha (4th Sunday of the month)
# 10 AM CST on Sunday, 26th, April at VSC

26th April 10 am

Everyone is cordially invited

## Hindu Satsang Sabha

**Venue**: VSC - at HTGC Temple, Lemont, IL)

**Time**: 10 am to 12:00 pm, followed by lunch

## Program

| | |
|---|---|
| 10:00 am: | Vedic Pooja followed by Bhajans |
| 10:10 am | Bhajans by Satsangis |
| 10:30 am | Month's Singer: **Jayprakash Hari Deshmukh** |
| 11:10 am | Month's Speaker: **Ramesh Malhan** |
| 11:50 am | Announcements, aarti followed by lunch |

## March Aarti Collections

**Thanks everyone for your generous donations.**

| | |
|---|---|
| Cash | $217 |
| **Total** | **$217** |



ॐ श्री महालक्ष्म्यै च विद्महे विष्णु पत्न्यै च धीमहि तन्नो लक्ष्मी प्रचोदयात् ॐ ।।

|Om Shree Mahalakshmyai Cha Vidmahe ..
Vishnu Patnyai Cha Dheemahi
Tanno Lakshmi Prachodayat Om|

*May we Know the Divine Essence of Mahalakshmi by Meditating on Her, who is the Consort of Sri Vishnu,*
*Let That Divine Essence of Lakshmi Awaken our Spiritual Consciousness*



## Maa Annapurna devi

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

**April Prasad (lunch) Sponsors:**

**Prem & Daljit Sabharwal**
**Kiran & Subhash Sharma**
**Anju & Himanshu Bahl**
**Urmil & Bakshish Rawal**