



## Board Members

### Gen. Coordinator

Om Tiwari  
(312) 479 7179



### Past Gen. Coord.

Alka Saad  
(630) 667-4226

### Publication

Roma Bhagat  
630 956 1459



### Property

Kiran Sharma  
(630) 890-6206



### Prasad

Sruthi Sannepalli  
920 306 4453



### Liaison

Ramesh Malhan  
630 550 1385  
Om Dhingra  
630 886 9290



### Education

Mahini Sullivan  
630 310 1002  
Renu Jain  
630 805 1987  
Anita Singhal  
765 319 9710



### Finance

Vikram Bhatnagar  
630 335 1351



### Special Events

Nisha Oza  
312 618 4276  
Madhu Gupta  
630 915 1281



### Website Coord.

Shivam Viswanathan  
(312) 399-3860



### Youth Coords.

Aanya Sullivan  
Ohile Sannepalli



मई २०२४ May 2024

हिन्दू सत्संग समाचार  
Hindu Satsang Samachar



## Hindu Satsang Updates

By Roma Bhagat

Pranaam and a Very Happy Father's Day on Sunday, June 19th!

The Hindu Satsang celebrated its annual Mother's Day picnic was on Sunday, May 12th. We had over a hundred Satsang members present, and everyone had a wonderful time. The link to picnic pictures can be found on page 5.

Please mark your calendars today for our **Annual Summer Picnic on Sunday, July 7th**. Don't miss out on all the entertaining activities planned for all ages. Next month's newsletter will have additional details. Our April Satsang Sabha was held in person at the Vivekananda Spiritual. We had a wonderful experience during the gathering. Om ji and Ramesh ji, our liaisons, works hard to bring some of the best guest singers and speakers, and I hope that more of you will join us and benefit from these incredible sessions.

This month we have hosting guest singer Sh. Shree Kamath and speaker Sh. Sh. Yash Chaudhary.

- World Environmental day, June 5th
- Father's Day on Sunday, June 16th
- International Day of Yoga Friday, June 21

Looking forward to seeing everyone in person on **Sunday, May 26th for our Satsang Sabha at Rama Dinning hall** as VSC is under some repair. HTGC will arrange chairs and table. They will arrange sound system. Take a few seconds to add a reminder alarm to your phone.

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Birthdays

& Anniversaries

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## Happy Birth Month to our Satsangis born in MAY

Alka Tyle	Anant Vyas	Aneesh Tyle	Anuradha Sharma	Archit Dhar
Asha Vyas	Ashika Sachdev	Vasudha Pandey	Chhaya Trivedi	Darshna Jain
Dipti Kumar	Kanchan Pandey	Krishna Bhatia	Leo Gautam Gandhi	Manu Sharma
Mila Malhotra	Namisha Saini	Neelan Choksi	Rachna Rawal	Rajesh Singhal
Rani Trivedi	Rashmi Gandhi	Ravinder Saini	Raynaa Dhingra	Sakshi Sahni
Sandip Sharma	Subhash Pandey	Sudha Upadhyay	Tarun Kumar	Tejas Satpalkar
Sara Nagamine	Anya Nagamine	जन्मदिवसस्य हार्दिक शुभकामनानि।		

## Happy Anniversary Month

Alka & Romesh Sood	Kiran & Satish Gupta	Nikita & Ravin Bhatia	Priya & Rajiv Pandit	Priya Uppal and Andrew Kaftanowicz	Rani & Vivek Trivedi	Tanu & Satendra Singh
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Vibha & Manu Sharma

युवयोः वैवाहिकजीवने  
सर्वदा शुभं भवतु।

Hindu Satsang's

Website address:

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

Hindu Satsang's

Facebook page:

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

[HinduSatsangUSA](https://HinduSatsangUSA)

We have more

than 100 followers,  
please **Like & Follow**  
for the latest updates.



### Joke of the Month



**Man 1:** Guess what? My wife apologized for the first time ever

**Friend:** Did she really say "sorry"? No way, seriously?

**Man 1:** Yup, she actually said she's sorry she ever married me.

40 के बाद स्त्री समझदार हो जाती है,  
पर वो अपने को 40 का माने तब ना? 😊

Keep smiling —it's like a workout for your face but way more fun!



***Muscle Cramps – A Concern  
for All Ages  
Ayurvedic Perspective  
By Sh. Rajeev Jain***



Muscle cramps, are sudden, involuntary contractions of one or more muscles resulting from muscle spasm, pain or tightness in the muscles. They can disrupt sleep and impair overall quality of life.

Muscle cramps are common across the population, with incidence ranging from 36% to 95% depending on sub-group. The incidence is greater in subpopulations with lower motor neuron disease, neuropathies, metabolic disorders, pregnancy, elderly individuals, and during strenuous physical exercise.

In USA during 2021, approximately 20.9% of U.S. adults (over 51 million individuals) experienced chronic pain, which likely included muscle cramps. Older people (over 45) are more susceptible to muscle cramps as aging muscles do not work as hard or as quickly, making them more prone to overuse and cramping.

Muscle cramps can be caused by decreased blood flow to muscles, muscle injuries, exercise in extreme heat or cold, intense physical activity or without doing warmup stretches, overworking the same muscles, compression of nerves in the spinal cord, deficiency of calcium, potassium, or sodium in the blood or dehydration.

In Ayurveda, muscle cramps are known as khalli vaata and classified as “Mamsagata Vata”, which translates to abnormal movement (“gati”) or loss of motor control function in the muscle tissues (“mamsa dhatu”) due to an aggravated vata dosha.

According to Ayurveda, aggravated Vata dosha leads to muscle stiffness and hardness, (e.g. by excessive exercising or without warmup), resulting in spasms. An accumulation of toxins in the body can also contribute to muscle cramps as any metabolic waste, that should be normally eliminated from the body is not, it circulates inside the body and is likely to get deposited between nerve-endings and the muscle tissue.

**Ayurvedic Approach:**

Let us address the problem from three perspectives – diet, lifestyle and formulations.

**(1) Diet:**

Diet should be balanced and include foods that balance the Vata dosha. In addition, incorporate the following in your routine...

- Stay hydrated—drink proper quantity of water – it is essential.
- Drink lemon-water. If the cramp occurs during a workout, add a pinch of salt.
- Drink orange juice.
- Increase your intake of minerals, especially, potassium, magnesium, and calcium. Eat a banana before going to sleep or consume a cup of warm milk before bed

Avoid alcohol, caffeinated beverages or chocolates after 4 p.m.

**(2) Exercise/Lifestyle:**

Practice regular self-care rituals that do not aggravate Vata dosha imbalance.

- Stretching – it is the best remedy to prevent cramps. Do stretching exercises before and after workouts.

**Continued on the next page >>**

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Do not over-fatigue muscles. Do not point your toes while stretching or sleeping. Raising your feet in the air while lying on the back can also be helpful.


- Relaxation – Become mentally relaxed an hour before going to sleep — take a warm bath or dip your feet in warm water, listen to soft music, etc. Sleep on a comfortable mattress and bed coverings. You can also wear loose-fitting warm socks to bed if feet are cold.
- Abhayanga – Abhyanga involves a full-body massage using herbal oils. Gently massage your body (particularly legs) with sesame (til) oil or with suitable herbal oils (such as Mahanarayan taila) before taking your daily bath. It enhances blood circulation, relaxes muscles, and reduces tension.
- Yoga – Certain yoga asanas help to stretch muscles, relax the nerves and promote overall relaxation. These include Paschimottanasana, Bhujangasana, Vajrasana and Tadasana.
- Pranayama – the practice of conscious breathing is also very beneficial. In particular, Anulom Vilom and Sheetal pranayama are helpful in promoting relaxation, reducing stress, and increasing oxygen supply to the body.
- Panchakarma - Panchakarma treatments are also recommended to detoxify the body. Get checked for circulatory problems in the legs.

### (3) Herbal formulations:

Ayurveda, offers several herbal remedies to reduce or alleviate muscle cramps. These natural therapies aim to relax muscles and improve blood circulation.

Ayurvedic herbs like Ashwagandha, Guggul, and Shallaki are known for their anti-inflammatory and analgesic properties. Sinhanaada guggulu is also helpful in the treatment of this condition. It is also a mild laxative and thus can be taken in constipated condition that is usually associated with muscle cramps. It is typically taken with a glass of warm milk or lukewarm water.

Kindly do not consume above formulations without consultation with a Ayurvedic practitioner.

"Become sensitive and learn to listen to your body, and it will serve you well" 



*"Ayurveda teaches us that our plate reflects our Health, with nutritious, unprocessed foods being the foundation for vibrant Health."*



### **Important! Change of location of our May Satsang Sabha**

On Sunday, May 26th, our Satsang Sabha will be held at our old place - Rama dinning hall. After program food will be served.

Looking forward to seeing you all at Rama dinning hall. so please don't miss it.

!! Hari Om !!

## Prasad at Satsang



Dear Satsang Family,  
Prasad that allows families to socialize while enjoying the food provided by the host families.

The Prasad Coordinator works with families to assure that we have Prasad at each meeting. Since the Prasad is purchased from the HTGC kitchen, host families are primarily responsible for serving the food and sharing the cost of the food.

With normal attendance, four families are the suggested maximum number to serve as hosts in any month. When a large number of families serve as hosts in one month, it leaves us scrambling to find hosts in other months. PLEASE, if your group is larger than 4, kindly consider splitting into two groups and helping Satsang by having adequate coverage throughout the year.

The Prasad is for the enjoyment of our attendees. We request everyone to not pack extra Prasad to take home because it places undue pressure on host families.

Thank you,  
*Your Fellow Satsangi*

## Mother's Day Picnic Photos

Please see our Facebook page for lots of Mother's Day picnic photos:  
[Facebook.com/HinduSatsangUSA](https://www.facebook.com/HinduSatsangUSA)  
Please remember to like our page.  
Thanks to Sh. Subash Oza and other Satsangis for taking amazing pictures.



## QUIZ: Powerful Female Legends from Hindu Scriptures

By: Shivam Viswanathan

There are many notable female figures portrayed in Hindu scriptures. Can you identify these powerful women from Hindu legends based on the descriptions provided? Answers are in the bottom right column of this page.

1. She gave birth to Sri Krishna but had to immediately part from him as Sri Krishna had to be carried off to Nand Baba and Ma Yashoda.
2. She chose her husband despite knowing he had a short life and convinced Yama, the God of Death, to bring him back to life.
3. Princess of Magadh, and daughter of King Sukaushal and Queen Amritaprabha. She is also the mother of a son (a Vishnu Avatar) and a daughter.
4. She had to sleep for 14 years so her husband could stay awake and protect his elder brother during exile.
5. A great devotee of Ram, she waited for him for ages, knowing he would come as foretold by her guru. After feeding Ram and Lakshman, she directed them towards Rishimukh Parvat before abandoning her body.
6. She chose to live as a blind person to be on par with her blind husband.
7. Serving as her husband's charioteer in a fierce battle with the great demon Shambara, she saved his life twice. Her powerful husband was so grateful that he granted her two boons.

8. Ravana's virtuous daughter-in-law who went to Ram's camp to receive her husband's head after he was killed by Lakshman.

9. Known for her unparalleled devotion and love for Lord Krishna, she is one of the most prominent saints and poets of the Bhakti movement.

10. This person is cited as an example of the educational opportunities available to women in Vedic India, and their philosophical achievements. She is considered a symbol of Indian intellectual women, and an institution is named in her honour in New Delhi.

### Answers

1. Devaki
2. Savitri
3. Kausalya - mother of Shri Ram and Shanta (Shri Ram's sister).
4. Urmila (Lakshman's wife)
5. Shabari - she used to get sweet fruits & flowers every day hoping that one day Shri Ram would come to meet her.
6. Gandhari (wife of Dhritarashtra, the blind king of Hastinapur, and the mother of a hundred Kaurava sons and a daughter)
7. King Dashrath's wife, Kaikeyi
8. Sulochana (Indrajit's wife).
9. Mirabai
10. Maitreyi



**Hindu Satsang  
Annual Summer Picnic  
Sunday, 7th July**

[Click here for more details](#)



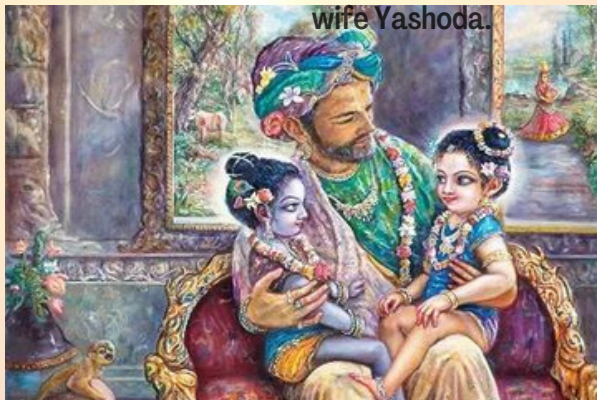
## ***Vat Savitri Vrat***

In Purnimanta calendar Vat Savitri Vrat is observed during Jyeshtha Amavasya which coincides with Shani Jayanti. In Amanta calendar Vat Savitri Vrat, which is also called as Vat Purnima Vrat, is observed during Jyeshtha Purnima.

Hence married women in Maharashtra, Gujarat and southern Indian states observe Vat Savitri Vrat 15 days later than that of North Indian women. However the legend behind observing the fast is same in both calendars.

According to legend great Savitri tricked Lord Yama, the lord of death, and compelled Him to return the life of her husband Satyawana. Hence Married women observe Vat Savitri Vrat for well-being and long life of their husband.

Nanda Baba is the most vivid Hindu figure which comes to mind when we think of Father's Day. Nanda Baba, the foster-father of Lord Krishna, is known to have sacrificed so much to provide love, care, and affection to Lord Krishna and Balarama along with his



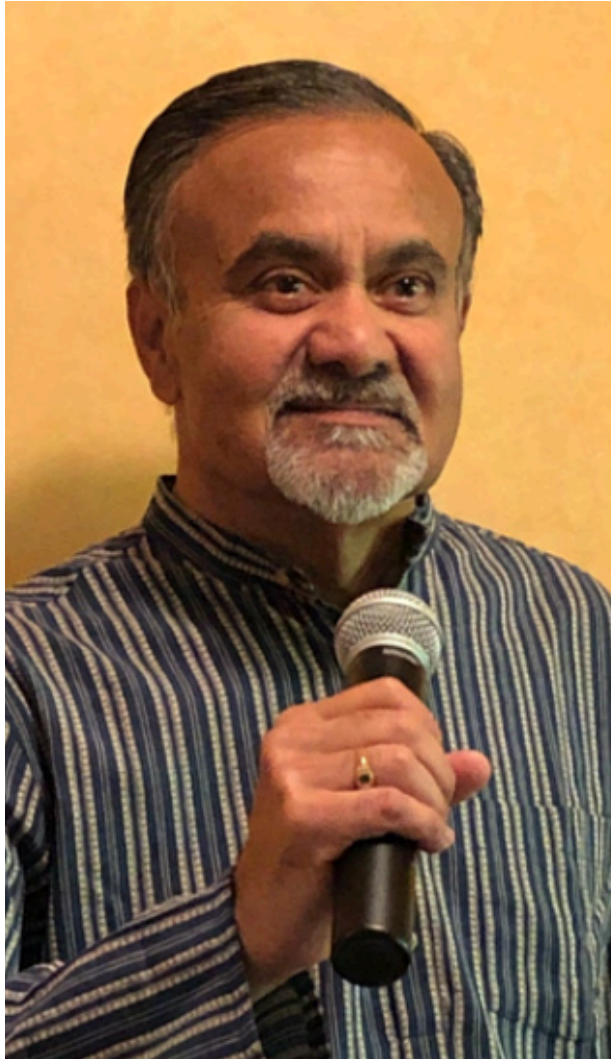
**Happy  
Father's  
Day!**

### **Prasad Sponsor**

If you would like to sponsor Prasad for any of the following 12 months, please contact our Prasad Coordinator Sruthi Sannepalli call (920) 306-4453 You can sponsor it alone or with a group of friends.

## Guest Singer of the Month Sh. Shree Kamath

Shri G. Kamath is a retired professional. He enjoys music and is often seen performing at events for seniors and for private functions. His other hobbies include tennis, biking and walking.



**Sh. Shree Kamath**

## Guest Speaker of the Month Sh.Yash Chaudhary

Lives in Carol Stream, Illinois. He has been practicing Yoga for more than fifty years. He is a Yoga teacher certified by Himalayan Yoga in Palatine, Illinois. This center was founded by Swami Rama Ji of Haridwar. Yash Ji has devoted more than 200 hours to learning Yoga at this Center. Yash Ji teaches yoga live at Hari Om Mandir, Life Fitness, Health Track Health clubs, and on zoom on a regular basis. He will lead us to do Chakras Meditation on May 26th, 2024 Satsang monthly meeting. On May 26th, 2024, he will lead us through a Chakra Meditation session. You don't want to miss this session. 🌀

**Look for Hindu Satsang's Mother's Day Picnic photos in 3 posts**

**Click here to go to Hindu Satsang's Facebook page**

For future updates, **Like** and **Follow** our facebook page  
[www.facebook.com/HinduSatsangUSA](http://www.facebook.com/HinduSatsangUSA)



*Hindu Satsang's Monthly Sabha (4th Sunday of the month)  
10 AM CST on Sunday, May 26, 2024 at Rama Dinning Hall*



Everyone is  
cordially invited

**Hindu Satsang Sabha**

**Important: Venue Change for our May Satsang Sabha:** On Sunday, May 26th our Satsang Sabha will convene at the at Rama Dinning hall as VSC Hall is under repair.



**Program**



10:00 am:	Vedic Pooja followed by Bhajans
10:10 am	Bhajans by Satsangis
10:30 am	Guest Singer: Sh. Shree Kamath
11:00 am	Guest Speaker: Sh. Yash Chaudhary Topic: Meditation session
11:50 am	Announcements, aarti followed by lunch (we'll have a partitioned reserved section at the back of the HTGC kitchen dining room).



**April Aarti Collections**  
Thanks everyone for your  
generous donations.

Shreelekha and Saroj B. Mohanty	\$101
Vimmi and Girdhar Bajaj	\$21
Prem and Daljit Sabharwal	\$101
Cash	\$122
<b>Total</b>	<b>\$345</b>

**Mother's Day Picnic**

Pratima and Shatender Singh	\$101
Cash	\$146
<b>Total</b>	<b>\$247</b>



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



**May Prasad (lunch) Sponsors:**  
Ajay and Rosey Bhasin  
Rajesh and Vijay Chawla  
Kanan and Om Dhingra Ji