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Namaskaar to all Satsangis.

We hope that all of you are enjoying the Holiday season including Dussehra, Diwali and Thanksgiving in close succession! This month's newsletter covers beautiful elements of all of them. This is a particularly busy and fun part of the year as we spend time with our family and friends. Our next monthly program is on November 26 and we hope to see all of you there.

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**Happy Birth Month
to our Satsangis
born in November**

Abha Beri	Adarsh Gupta	Bikash Khanna	Ajay Wasan	Alka Sood	Atul Trivedi	Brum Pal
Jaya Agnihotri	Jaya Punwani	Meghana Sharma	Maitreye Dhutia	Meena Dhutia	Meera Dhutia	Neelam Goyal
Neha Goyal	Neha Khanna	Niyam Upadhyay	Neil Gupta	Niam Jain	Rajan Kapoor	Rajan Prabhu
Reema Rawal	Ritu Nohria	Priya Viswanathan	Shaunak Pal	Sonia Uppal	Tripta Pal	Vikas Beri
Zara Jain	Shaunak Raheja	Sateesh Bhagwat	आपके जन्मदिन पर हार्दिक शुभकामनाएं!!			

Happy Anniversary शादी की सालगिरह पर ढेर सारी शुभकामनाएं!

Bhavna & Akshay Prajapati	Dipti & Tarun Kumar	Ekta & Amit Punwani	Hitender & Mansi Sabharwal	Jyoti & Anil Dhutia
Nina & Binish Choksi	Manjula & Jagdish Madhav	Pankaj & Alka Gupta	Renu & Vishwanath Agarwal	Sonia & Anil Gunya
Sonia & Sanjeev Dhawan	Vikas & Divya Pandey	Archana & Sudhir Agrawal		

“Heal Osteoarthritis (OA) with Ayurveda (Part 1)” by Sh. Rajeev Jain

According to the World Health Organization, in 2019, about 528 million people worldwide were living with osteoarthritis – a 113% increase since 1990. Approximately, 73% of these people were older than 55 years, and 60% were female. The knee is the most frequently affected joint (365 million people), followed by the hip and the hand. With ageing populations and increasing rates of obesity and injury, the prevalence of OA is expected to continue to increase globally. It should be noted that OA is not just a consequence of ageing.

Similarly, the CDC (Center for Disease Control), identifies OA as the 11th most common cause of disability globally. The CDC states that 49% of the population will be diagnosed with arthritis post age 65, with an even higher incidence for women! Given the large prevalence of this disease – it should be addressed seriously even at early stages (or preferably before the symptoms manifest themselves).

Causes - Ayurvedic Perspective:

Ayurveda attributes osteoarthritis to a combination of factors, including vata imbalance, improper diet, sedentary lifestyle, and accumulated toxins (ama) in the body. Joint injuries and overuse of joints are also considered contributing factors. As the research suggests, age is certainly an important factor and OA occurs commonly in older individuals, but increasingly lower aged population is also suffering from it. Addressing OA is important to alleviate pain, restore joint function, and improve the overall quality of life. It is also essential to prevent the condition from deteriorating.

In Ayurveda, Charaka Cikitsā Sthāna 28 considers OA a disease predominantly caused by vata dosha as depletion of the cartilage and synovial fluid results in an empty space. Typically, you can hear a crackling or grating sound at the affected joint, and you feel a grinding sensation between the bone and cartilage. Vata also causes abnormal growth of the afflicted tissue which causes pain, swelling and inflammation.

Aging is a natural process and we cannot stop it. However, we can manage our diet and lifestyles to delay the occurrence of OA, and/or reduce its severity. Ayurvedic approach has the potential of regenerating the cartilage in mild to moderate OA situations and slowing the degeneration process in most cases.

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Ayurvedic Approach:

Ayurveda focuses on the root cause and has a multi-pronged approach as a defense against OA. It includes, (1) appropriate diet, (2) special exercises, (3) massage, (4) heat application and (5) herbal supplements. Though the Ayurvedic approach takes time, research studies have shown that the results can provide lasting benefits and can potentially alleviate the need for knee surgery. We will discuss each of these components in greater detail. However, due to the limitation of space, this month we will discuss the "diet" and the perspective on other elements will be discussed next month.

(1) Appropriate Diet:

Diet should be balanced and include foods that pacify the imbalanced dosha, particularly the vata dosha. The individual should also avoid foods that increase the imbalance. In addition, the diet should promote strong digestion by eating at regular intervals and avoiding overeating. Foods to be avoided include red meat and caffeinated beverages. Also, stop smoking as it affects the blood flow to the injured bone and slows the recovery process. The objective behind the dietary changes for managing OA is to balance the doshas, reduce pain and inflammation, and support joint health. Some of the common Ayurvedic dietary changes for OA include:

☐ **Warm and nourishing foods:** Consume warm and nourishing foods that help pacify vata dosha. Prefer cooked meals over raw and cold foods.

☐ **Spices:** Use spices with anti-inflammatory properties, such as turmeric, ginger, and cumin, in your cooking as they help reduce joint inflammation and pain.

☐ **Ghee (clarified butter):** Ghee is considered a vata-pacifying food and can be used in cooking or drizzled over warm foods. It supports joint lubrication and helps reduce vata-related symptoms..

☐ **Fresh Fruits:** Choose ripe, sweet, and juicy fruits like bananas, papayas, and apples. These fruits can help balance vata, as well as provide essential nutrients.

☐ **Cooked Vegetables:** Cooked vegetables, especially root vegetables like sweet potatoes, carrots, and beets, are suitable for individuals with osteoarthritis – at the very least sauté them.

☐ **Whole Grains:** Include whole grains like rice, quinoa, and oats in your diet.

☐ **Legumes:** Mung beans and lentils are easy to digest and can be included in soups or stews. However, if they cause gas or bloating, limit their consumption.

☐ **Lean Proteins:** Incorporate lean sources of protein, to provide the necessary nutrients for joint health.

☐ **Liquids:** Drink warm or room temperature water throughout the day to keep your body hydrated.

☐ **Herbal Teas:** Herbal teas like ginger tea or turmeric tea can help reduce inflammation. Adding a small amount of honey (avoid heating honey) can enhance the healing properties.

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Foods to avoid:

- **Incompatible foods:** Ayurveda places importance on proper food combining to aid digestion. Avoid combining incompatible foods.
- **Processed foods:** Avoid processed and refined grains, as they can increase inflammation.
- **Cold beverages:** - Avoid excessive consumption of cold beverages.
- **Foods that aggravate symptoms:** - for example, some individuals may find that dairy products, especially cold milk, aggravates symptoms. If so, use dairy products in moderation or try dairy alternatives like almond or rice milk.

These dietary changes are integral to the Ayurvedic approach to managing osteoarthritis and delivering results – however, every individual is different, and you should discuss your case with an Ayurvedic professional prior to incorporating changes in your life. Frequently, individuals prefer to take pain killers and non-inflammatory drugs to treat OA – they may provide temporary relief, but will not address the root cause, and the problem will reoccur with greater intensity. Next month we will discuss lifestyle, yogasanas, pranayams and herbal formulations to provide a better life for individuals suffering from OA or heading in that direction.

“When diet is wrong, medicine is of no use. When diet is correct, medicine is not needed.”

Poem by Uma Nauth

आभार

संध्या, रात्रि, निद्रा देवी, अमृतबेला प्रभात
सिमरन, चिंतन, आह ! असीम ऊर्जा शक्ति प्रवाह
ध्यान मनन, सर्वभला, मिला प्रार्थना का अवकाश
पंछियों की चहक, सुमन महक, फैला हरियाली बिछाव
ओस बूंदों की ठंडक, सुन्दर मोतियों का जुड़ाव
तद पश्चात प्रकट हुआ, सूर्योदय का प्रकाश
नित्यप्रति यूँ बीते, दिनचर्या का चक्र काल
भूत, भविष्य, वर्तमान, हर कल्प का आज
चाहे आरम्भ, मध्य, अंत, सक्रिय बारम्बार
जन्म मरण, तन मन धन, भाग्य कर्म अनुसार
बने भाई बन्धु सखा पूर्वज तात मात परिवार
शिक्षक, संस्था देश समाज, जहाँ भी निवास
सदगुण अवगुण, आचार विचार संस्कार
सफल असफल, बुद्धि सिद्धि, पतन या विकास
दीन हीन, धनी निर्धन, अप्रसन्न या उल्लास
रोग अरोग, रूप करूप, मुक्त या लाचार
शुद्ध अशुद्ध, पूर्ण अपूर्ण, जाग्रति या अंधकार
शुभ अशुभ, जैसा दृष्टिकोण, लाये प्रलय या प्रयास
शरद ग्रीष्म वर्षा ऋतु बसन्त बहार नियमानुसार
पूर्व पश्चिम उत्तर दक्षिण जीवन दिशानुसार
हैं जो समक्ष, ग्रसित स्वयं में अधूरापन अभाव
जो है अप्रत्यक्ष, वास्तव में वही डाले सात्विक प्रभाव
द्वैत अद्वैत की प्रभु लीला अनोखी सकल विस्तार
पालन करे विश्व सिद्धान्त, पाये मोक्ष निर्वाण श्वास
संत जन गुरुजन, हैं धर्म में आस्था आशा विश्वास
करें मार्गदर्शन, बोध हुआ, परम उद्देश्य अध्यात्मवाद
ॐ शिवोहम सच्चिदानंद, निर्गुण निर्लेप निरंकार
हो अंतर्मुखी करें विनम्र प्रणाम, समस्त देवगण अवतार
पंचतत्व सृष्टि प्रकृति भू जल थल स्वर्ग पाताल
चेतन अवचेतन, कण कण के अस्तित्व का मूलाधार
संगीतमय स्वरूप, निरंतर करें झंकृत हृदय तार
नमस्कार, करो स्वीकार, मेरा आभार मेरा आभार
सहस्र पतियों का ये श्वेत कंवल
दैविक जिसका आभास
चहुंओर, करे स्पंदन सर्वस्व ब्रह्माण्ड
नमन हे ईश, तेरा आभार तेरा आभार तेरा आभार
जीव प्राणी परिस्थिति, प्रणाली, क्रीड़ा, वस्तु, स्थान
भिन्न अभिन्न विभिन्न, कैसा भी आकार प्रकार
प्रत्येक के संदर्भ से उभरी, एक ही आत्मिक पुकार
अभिनंदन - मेरा धन्यवाद कोटि कोटि धन्यवाद
उमा मनस्थल से निसदिन गूंजे यही आवाज़
हूँ नतमस्तक, अमूल्य तेरे दर्शन, तेरे आशीर्वाद
तेरा आभार, तेरा आभार तेरा आभार

Happy Thanksgiving!

Recap of
Hindu Satsang's Monthly Sabha
October 22, 2023





Sanatan Itihasa Kuiz

(all the answers start with "K")

By Shivam Viswanathan

Presenting 16 questions from our ancient texts (Ramayana/Mahabharata), and all the answers begin with the letter 'K.' Keep track of how many you answer correctly. If you get all of them correct, you're quite a genius! Grading scale below answers on the right.

1. Who was the uncle of Lord Krishna and the brother of Devaki?
2. Name the son of Lord Surya, known for his archery skills and a famous warrior.
3. What are the 100 sons of King Dhritarashtra and Queen Gandhari collectively called?
4. Who was the mother of Prince Prahlada and the queen of King Hiranyakashipu?
5. What is the name of the kingdom of the Vanaras?
6. Who was the eldest queen of King Dasharatha and the mother of Lord Rama?
7. Which avatar of Lord Vishnu is often associated with a tortoise?
8. Name the mother of the Pandavas and the queen of Pandu.
9. In which place was the final battle fought between the Kauravas and the Pandavas?
10. From whom did Ravana seize the throne of Lanka?
11. What is the name of the tenth and future avatar of Lord Vishnu?
12. This divine cow blesses the host by providing them with food and healing. What is it called?
13. Who was the youngest queen of King Dasharatha?
14. What is the last of the four Yugas in a Mahayuga?
15. Which avatar of Lord Vishnu is known for his role in the Mahabharata?
16. Who is the foster father of Kunti in the epic?

Answers in the column to the right →

Answers

Remember, one of the clue is that all the answers must begin with the letter 'K.'

1. Kansa
2. Karna
3. Kauravas
4. Kayadhu
5. Kishkinda
6. Kaushalya
7. Kurma
8. Kunti
9. Kurukshetra
10. Kubera
11. Kalki
12. Kamadhenu
13. Kaikeyi
14. Kaliyuga
15. Krishna
16. Kuntibhoja

Grading

How many did you get right?
Quiz grading scale based on the 16 questions:

- 0-5 correct answers:
Novice
- 6-9 correct answers:
Learner
- 10-12 correct answers:
Knowledgeable
- 13-15 correct answers:
Expert
- 16 correct answers:
Genius

Keep learning! See you next month with a new quiz!

This month's guest speaker



Guest Speaker: **Smt. Alka Sood**
Topic: **Nutrition for healthy lifestyle**

Alka Sood is well known to us as a long-term member of our Hindu Satsang family. She is also currently serving as our General Coordinator.

Alka has practiced Nutrition and Dietetics for 45 years as licensed registered dietitian. She received her master's degree in nutrition from NIU. In addition to practicing in a variety of settings, she has also taught many interns. Her last job was in a Dialysis clinic.

She will discuss nutrition for healthy lifestyle, especially for seniors.



This month's guest singer



Guest Singer: **Smt. Vimal Sharma**

Vimal has been a part of our Hindu Satsang family for many years. Along with her husband Subhash Sharma, she is an active participant in our monthly meetings.

Vimal likes to sing devotional songs and ghazals. She belongs to a few Karaoke groups. Besides music, her hobbies include reading, solving puzzles and Sudoku, and volunteering. She is retired from active service and keeps herself busy as a language interpreter for people with limited proficiency in English.



Ram Leela at HTGC October 28, 2023



Ram Leela at HTGC October 28, 2023

Hindu Satsang continued its tradition of enacting several Ramayana episodes at the annual Ram Leela held at HTGC.

All Satsangis are well aware of the contributions made to the Ram Leela by our own, Nand Prakash, over the years. Nand Prakash needs no introduction to our group as he has been an active Hindu Satsang member for many years. He deserves our ongoing appreciation and thanks for his dedication and service.

We would like to recognize another volunteer, Ruchi Gupta, who has also been instrumental in the Ram Leela for the last decade but is not well known to most Satsangis.

This article, submitted by Anand Sundaram on behalf of many grateful participants, is self-explanatory. Anand, along with his wife and son, has participated in the Ram Leela for the last several years. They, as well as many of the cast were actively "recruited" and coached by Ruchi.



"This year's Ram Leela was set to depict Ram Vanvaas, Ram's exile into Dandakka forest, alongside the depictions of Gurukul, Ravan vadh, Angad ka paav, and interspersed with beautiful dances and songs. The audience was mesmerized by the spectacle clapping and cheering when good overcame evil in the finale.

Although the beauty of the performance was awe inspiring, the true magic was happening behind the curtains. The real Hero of this event was Ruchi Gupta, who led direction, production and costumes for most of the play. Managing over 20 kids under age 10, and nearly as many adults with their costumes, props and moving backgrounds to match between scenes was managed by her effortlessly.

Ruchi's dedication, passion, and unwavering commitment to excellence truly shone through in every aspect of the production. Her ability to guide and inspire the cast and crew was truly remarkable. Her insightful direction, thoughtful feedback, and tireless effort have not only elevated the quality of the play but also created a positive and collaborative atmosphere that made the entire experience enjoyable, educational and rewarding.

We thank Ruchi for her patience, creativity, and the countless hours that she invested in bringing this production to life. She also hosted many practice sessions at her home for a large number of participants. The success of the play is a testament to her dedication and leadership skills."

Submitted by Anand Sundaram

Recognition

Dr. Subhash Pandey has received the distinguished faculty award from college of medicine, University of Illinois at Chicago on November 14, 2023 during faculty recognition ceremony. This award is given to senior faculty in recognition of excellence in research, service to the profession, or distinction as educator.

Hindu Satsang is proud of Subhash Ji's accomplishments!



*Hindu Satsang's Monthly Sabha (4th Sunday of the month)
10 AM CST on Sunday, 27th, November 2023 at VSC*



Everyone is
cordially invited

Hindu Satsang Sabha

Venue: VSC (Vivekananda Spiritual Center-
the building to the right of the Vivekananda
statue at HTGC Temple, Lemont, IL)

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



Program



- 10:00 am: Vedic Pooja
- 10:10 am: Bhajans by Satsangis
- 10:30 am: Guest Singer:
Smt. Vimal Sharma
- 11:00 am: Guest Speaker:
Smt. Alka Sood
- 11:45 am: Aarti followed by lunch (Brief
appetizing walk to the HTGC
kitchen, we'll have a
partitioned reserved section
at the back of the dining
room).

October Aarti Collections
Thanks everyone for your
generous donations.

Anant & Jyotsna Vyas	\$101
Surendra & Jyotsna Salgia	\$51
Yash & Sneha Choudhary	\$51
Cash	\$62
Total	\$265

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



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



November Prasad (lunch) Sponsors:
**Alka Sood, Neerja Gupta, Saroj Singla
and their families**