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Shriya Tiwari
Ansh Sethi 

अप्रैल २०२२ April 2022

हिन्दू सत्संग समाचार
Hindu Satsang Samachar



Hindu Satsang Updates

By Shivam Viswanathan

Pranaam and a Very Happy Mother's Day!


The Hindu Satsang's annual board elections were held virtually on Sunday, March 27th. Get the details on [page 5](#).

We welcome our new publication coordinator, Smt. Anita Singhal. I will continue to help her with the newsletter.

We will have our **Mother's Day picnic** on Sunday, May 8, 2022. Here is a link to our webpage for the event - <http://hindusatsang.org/mdaypicnic>

We have some exciting news for you our April Sunday sabha meeting on April 24th will take place on HTCG premises. We were able to reserve the Vivekananda Spiritual Center (VSC-the building to the right of the Vivekananda statue) for our Satsang, please do come and get immersed in divine spirituality and stay back for lunch sponsored by our members. See the last page for more details. If you are interested in sponsoring prasad for any of the next 12 months, please contact our prasad coordinator - Smt. Kanan Dhingra (or Om ji).

Following are some of the main festivals/events coming up in the next few weeks, our best wishes to everyone: Wish you all a very happy **Akshaya Tritiya** on Tuesday, May 3, and **Mother's Day** on Sunday, May 8.

Looking forward to seeing everyone in person on Sunday, April 24th for our congregation and on May 8th for the picnic. Take a few seconds to add these details to your calendar now. Please do carve out time to join us. Stay safe & healthy. 

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IN
THIS ISSUE





Happy Birth 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	Divya Pandey
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		



Happy Anniversary Month



Rupal & Vikas Upadhyay	Payal & Vikas Dhingra	Manju & Rajiv Goel	Adarsh & Sudhir Gupta	Renu & Nand Prakash Garg
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Did you know that Sunday, May 1, 2022, is celebrated as World Laughter Day? We think every day should be a laughter day. Keep laughing and keeping each other healthy and young at heart!
Happy Anniversary!!!



Laughter is the best medicine



Daughter: Dad, I am nervous about getting married next month. I cannot help wondering if he is the right man.

Dad: Your fiancé is no different than me when I was his age.

Daughter: Thanks dad, you made my decision so easy. I'm calling the marriage off.



Hindu Satsang's

Website address:

HinduSatsang.org

Hindu Satsang's

Facebook page:

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

HinduSatsangUSA

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



Depression – An Ayurvedic Perspective

By Sh. Rajeev Jain



The American Psychiatric Association and National Institute of Mental Disorders identify “depression” as the second most common mental disorder in the U.S. One in six people (17%) will experience depression at some time in their life.

Depression can occur at any age but often begins in adulthood. The elderly and women experience it more. Some studies show that one in three women will experience a major depressive episode. In children, it often begins as high levels of “anxiety”.

The CDC has recognized that persons having depression, are susceptible to more severe illnesses from COVID-19.

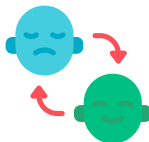
Symptoms

If someone you know has been experiencing some of the following symptoms, they may be suffering from depression.

- Feeling worthless, helpless, hopeless, or pessimistic;
- Thoughts of death or suicide or having “empty” moods;
- Difficulty thinking, concentrating or making decisions;
- Loss of interest in hobbies and activities once enjoyed;
- Decreased energy or increased fatigue - moving or talking more slowly;
- Changes in appetite — weight changes unrelated to diet;
- Trouble sleeping or excessive sleeping.

Not everyone who is depressed experiences every symptom. Several persistent symptoms in addition to low mood are required to be diagnosed as depression.

Depression is different from sadness or grief/bereavement. The death of a loved one, loss of a job, or the end of a relationship are difficult experiences for a person to endure.



It is normal to feel sad or grief in response to such situations. While both grief and depression may involve intense sadness and withdrawal from activities, they are significantly different.

What causes depression?

Research suggests that depression is triggered by a combination of genetic, biological, environmental, and psychological factors. These include, family history of depression, chemical changes in the brain, an individual’s personality, major life changes, trauma or stress, continuous exposure to violence, neglect, abuse, or poverty, as well as, certain physical illnesses and medications. Western medicine treats depression with medications and psychotherapy.

Ayurvedic Perspective:

Viewed through an Ayurvedic lens, depression is most commonly a Kapha disorder and lasts a long time due to the inherently slow-moving nature of Kapha — representing heaviness, poor motivation, despondency, energy stagnation, and ama (toxicity). However, at times, it can be driven by Pitta or Vata imbalance also (symptoms are different). As Kapha imbalance is most common, below we will discuss it from Kapha perspective only.

Ayurvedic Approach:

While the treatment varies based on an individual’s constitution, the overriding principles are – to reduce toxicity, increase physical movement and increase ojas (vitality). Let us address the problem from three perspectives – diet, lifestyle and herbal formulations.

(1) Diet:

Research suggests that eating a healthy and nutritious diet is essential to the overall treatment. Choosing the right food is critical to fulfilling your appetite and metabolic needs. Important factors include:



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- Eat foods rich in antioxidants;
- Choose your carbs wisely – their craving can be related to low serotonin activity;
- Consume protein-rich foods – they boost alertness;
- Address any deficiency of Vitamin B12 and D, Selenium, and Omega-3;
- Incorporate foods that pacify your Kapha.

Include – fresh-squeezed veggie juice (detoxifies the body), ginger tea morning and night, fresh vegetables and fruits, soups, warm and spicy foods (also add warming herbs such as black pepper, cinnamon, and saffron to meals), and honey (it calms the aggressive Kapha dosha).

Exclude – limit caffeine, smoking, and alcohol intake, as well as, avoid eating fatty food such as sweets, desserts, and meat. Reduce processed foods and sugars, cold food, and smoothies.

(2) Exercise/Lifestyle:

Keep yourself socially active and do not isolate yourself. Let others help you. Confide with a trusted friend or relative. Participate in hobbies or games at least weekly.

• **Yoga:** Thirty minutes of yoga daily corresponding to one's capacity and ability – do not over-exert. In addition, spend time in nature at least once a week.

• **Pranayams:** Certain breathing exercises are particularly helpful. These include Full Yogic Breathing (deep and slow breathing), Aaloom-vilom, and Brahmari – practice them daily for at least 5 minutes each.



• **Abhyanga:** Perform a daily self-massage (or have someone do it for you) with a warming oil, e.g. sesame. Massage reduces cortisol levels and increases serotonin / dopamine, making it particularly beneficial in depression.



• **Meditation:** It changes certain brain regions that are specifically linked with depression – 20 to 30 minutes of meditation are very helpful (Harvard Medical School research).




Avoid binge-watching, excessive time on the internet, social media, and similar sedentary activities, as these promote Kapha accumulation.

(3) Herbal formulations:

Take the herb Ashwagandha morning and night. Ashwagandha enhances thyroid function, and supplementing the thyroid is a standard adjunct treatment for depression. Also, consider the herb Rhodiola. Manasmritam is another supplement that can be helpful in depression.



Consume cardamom spice daily as it reduces inflammation, congestion, and mucus in our body and indirectly has a positive effect on depression. Next, certain Panchkarma treatments are very beneficial, e.g. Shirodhara. However, herbs and treatments should be taken under the direction of an Ayurvedic Vaidya.

Wishing everyone good health and hope you all had a wonderful Spring break. 

A brief recap of the
**Hindu Satsang's Monthly
Sabha and elections**

held on March 27, 2022

By: *Shivam Viswanathan*

We had regular invocations, bhajans, and guest speakers, but they were all condensed to accommodate the election.

Synopsis:

- We had bhajans from Sh. Subash and Smt. Kiran Sharma, Smt. Rashmi Gandhi, Smt. Kanchan Pandey and Sh. Surendra Salgia. Some of the bhajans were:
- Doobto Ko Bacha Lene Wale Meri Naiyya Hai Tere Hawale (डूबतो को बचा लेने वाले, मेरी नैया है तेरे हवाले।)
- Ma Tere Charanon Mein (माँ तेरे चरणों में हम शीश झुकाते हैं)
- Jo Tum Todo Piya Main Naheen Todoon Re (जो तुम तोड़ो पिया मैं नहीं तोड़ू रे)

Smt. Manju Kalra read a poem she wrote on Holi as our special speaker.

We had our election for 2022-23, and subsequently, we had another meeting on April 8th to assign the portfolios.

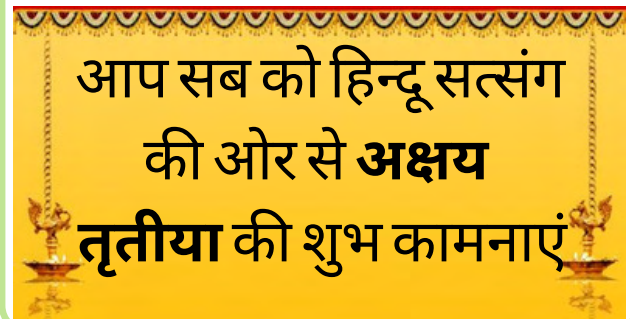
Here is the new board for 2022-23

Shivam Viswanathan, Gen. Coordinator
Kamal Gupta, Past Gen. Coordinator
Shubh Malhan, Education
Anant Vyas, Education
Jug Uppal, Education
Anita Singhal, Publication Coordinator
Daljit Sabharwal, Liaison
Gitesh Shah, Liaison
Kanan Dhingra, Prasad
Subhash Sharma, Property
Renu Garg, Special Events
Vinod Gandhi, Special Events
Jyotsna Salgia, Finance

We would like to express our gratitude to the outgoing members of the Hindu Satsang committee. The previous committee members performed extremely well during another challenging year.

Kamal Gupta, Gen. Coordinator
Hersh Sabharwal, Past Gen. Coordinator
Vineet Rajput, Education
Daljit Sabharwal, Education
Jug Uppal, Education
Shivam Viswanathan, Publication
Coordinator
Subhash Pandey, Liaison
Ramesh Malhan, Liaison
Om Dhingra, Prasad
Jyotsna Vyas, Property
Renu Garg, Special Events
Rashmi Gandhi, Special Events
Madhu Gupta, Finance

We hope and pray that we're able to host more in-person events this year. By the grace of God, the Hindu Satsang will continue to flourish and grow. This year, we're excited about the new guests and speakers who will be joining us every month. Our success depends on the cooperation and support of all Hindu Satsang members. Our strength comes from our passion, commitment, and solidarity. Together, we can accomplish things we couldn't do alone. 🌸





S Cube

Sunday School Section

By: Dhruv Syngol

*Article by one of our Sunday School students, Dhruv Syngol, who has written about his brilliant initiative called **The Open Gears**.*

At the start of the COVID-19 pandemic, I began to seriously consider what I wanted to pursue in the future - a question that haunts the lives of many high school students as they embark through their years.

As a freshman, I struggled to answer these multifaceted questions, and like many of my friends, I was clueless and struggled to narrow my focus to a particular field - even though I was set on pursuing something STEM-related. I attempted to clear some of my doubts by talking to relatives and friends of mine—many of whom were college students—and asked them about what they were studying and their overall experiences.



Just having simple, yet fruitful conversations with them opened my eyes to a wide horizon of possibilities, and I immediately felt the power of networking. Soon, I realized that the immense benefit I received from building connections could be shared with the rest of the community; every STEM professional/college student had various, insightful experiences that they could share to help students struggling to gain insight. In addition, as our schools can only provide so many resources, there was a significant need to diversify career guidance resources for students, so I began to consider how I could utilize some of my experiences—especially coming from a STEM school—to minimize the extent of this problem for not only myself but for the hundreds of students in similar positions. And at the root of that problem, Open Gears was born.

I have conducted 18 webinars so far, including topics such as computer science, cybersecurity, pharmacy, and veterinary medicine. In fact, I had the privilege of hosting three webinars with Hindu Satsang alumni, including Isha Tyle, Kareena Garg, and Shreyaa Khanna. Through this initiative, I hope to alleviate a dilemma many students encounter by leveraging the power of the community. Education is something everyone should have access to, so I also strive to make our webinars accessible to everyone by recording our webinars and sharing them on YouTube.



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Starting Open Gears has given me a unique opportunity to have an impact on the community and learn a lot from my own webinars, thus helping me narrow my future options as well. Even if I am able to help out just one struggling student, I find joy in utilizing Open Gears as a supplement to the formation of others' journeys. I highly encourage everyone to spend time listening to my webinars, and I promise that you will learn something that you did not know before!

For more information about my initiative, check out <http://www.theopengears.com>

Would you like to contribute an article to S-Cube?

We created this section last month to showcase the accomplishments of our community's children and young adults. If you or someone you know is involved in an activity that you think should be featured in our newsletter, please let us know. It might be a one-time or ongoing achievement or endeavor. All good work irrespective of how big or small deserves recognition. Needless to say, please help the children in our community in any way you can. They have a lot of potential and can achieve a lot with some mentorship and a little help. If you do not want to write, that is okay, just let us know, and we'll take care of it.

Thank you in advance for your recommendations.

Award Ceremony

We were unable to distribute the trophies last year due to the pandemic. On Sunday, April 24 at 10 a.m., we request all parents bring their children to collect their trophies from our distinguished guests. The names of the children who will get trophies are listed below. Please stay for lunch after the *aarti* in the afternoon. If you have questions, please contact **Sh. Daljit Sabharwal**.

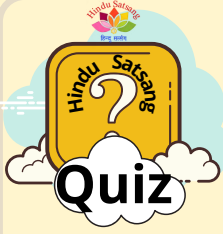
2021 HINDU SATSANG YOUTH FESTIVAL:

Aadya Agrawal, Aanya Sullivan, Aaron Garg, Abhinav Chaturvedi, Aditya Kashyap, Akshay Talreja, Alankrita Sisodia, Aneesh Kashyap, Ansh Sethi, Arjun Kashyap, Ashwin Nair, Gia Choudhary, Kanishk Jain, Mohnish Patel, Myra Bansal, Naksh Garg, Neelan Choksi, Parijay Dev Verma, Prisha Bansal, Rashmi Adulkar, Risha Bansal, Rishaan Sahoo, Riya Sullivan, Saanvi Sethi, Shriya Tiwari, Sidhanva Vasistha, Suhaani Gulati, Swaraj Adulkar, Vihaan Gulati and Vraj Patel

2022 HINDU SATSANG YOUTH FESTIVAL:

Aadya Agrawal, Aaron Garg, Amoli Purwar, Anika Tiwari, Abhinav Chaturvedi, Anushka Sabharwal, Anvi Purwar, Ayanna Pandit, Dhanishta Singhal, Diya Patel, Jai Viswanathan, Kavya Nangia, Naina Shroff, Ansh Sethi, Siddhant Gupta, Vivaan Aggarwal, Mohnish Patel, Naksh Garg, Neelan Choksi, Prisha Bansal, Saanvi Sethi, Shriya Tiwari, Suhaani Gulati, and Vihaan Gulati





Trivia about Akshaya Tritiya

By Shivam Viswanathan



Akshaya Tritiya is a day filled with the cosmic energy of ever-growing abundance. 'Akshaya' means non-diminishing and everlasting, and 'Tritiya' refers to the third moon phase.

Any project started on Akshaya Tritiya day with good intention is bound to flourish. No 'Muhurat' is required to perform Graha Pravesh on Akshaya Tritiya. Annadanam or donations on this day brings great benefits to the donors. It is believed that feeding a cow on this day will relieve one of his sins and doshas.

Let us all celebrate this auspicious festival with tremendous enthusiasm and receive bountiful wealth, prosperity, and happiness. Wish you all a Very HAPPY AKSHAYA TRITIYA! Which this year falls on Tuesday, May 3.

Here is a quiz about this festival, the questions are about the different events that occurred on the auspicious day of Akshaya Tritiya.

Q1. Who is the Goddess of food and nutrition born on this auspicious day?

Q2. As per the legend, on the day of Akshaya Tritiya, who wrote the Hindu epic Mahabharata on the dictation of Ved Vyas?

Q3. Who is the God of wealth, who was granted good wealth by worshipping Lord Shiva on Akshaya Tritiya?

Q4. Who was the childhood friend of Krishna who on the day of Akshaya Tritiya visited Krishna and all his troubles got resolved without even having to ask for any favor?

Q5. Which Vishnu avatar descended to earth on Akshaya Tritiya?

Q6. When the Pandavas were in exile, what did Draupadi receive from Sri Krishna on the day of Akshaya Tritiya?

Q7. Which river is believed to have come to earth on Akshaya Tritiya to purify mankind?

Q8. In which temple, the construction of the Rath for the annual Rath Yatra event starts on Akshaya Tritiya?

Q9. Akshaya Tritiya day is considered to be the starting day of which of the four yuga?

a. Satya Yuga, b. Treta Yuga c. Kali Yuga, d. Dvapara Yuga

Answers

1. Goddess Annapurna
2. Lord Ganesha
3. Kubera. People perform Lakshmi Kuber Puja on this pious day.
4. Sudama
5. It is the birthday of sage Parashurama, the sixth of the Dashavataras (10 avatars) of Lord Vishnu.
6. Krishna presents Draupadi with Akshaya Patra on Akshaya Tritiya, during the exile of the Pandavas to the forest.
7. The sacred river Ganga.
8. The construction of wooden Rath for Rath Yatra in Puri Jagannath Temple begins every year on the day of Akshaya Tritiya.
9. Akshaya Tritiya was the starting day of Treta Yuga (the day after Satya Yuga ended).

Darshana

Hindu Satsang's partner organization, HSS, organized a traveling exhibition called "Darshana" A glimpse into the Hindu civilization.



Sh. Ramesh Malhan, Smt Vijay and
Sh. Bansi Pandit at Naperville



Sh. Vinod and Smt. Rashmi Gandhi with
Sh. Damleji at Schaumburg.

This exhibition provided glimpses into various facets of Hindu Dharma (traditions, divinity, temples, scriptures, spiritual paths, dharma, and sewa aka service), culture (festivals, temples, symbols, etc.), and contribution (yoga, science, architecture, etc.) and some fun-filled learning. Hope we get more such opportunities to educate society about Sanathan Dharma. ❁

भावपूर्ण प्रध्यांजलि

Sh. Kanaialal Gohil, 87, elder brother of Smt. Kala Didwania, passed away in Mumbai, India. We extend our deepest condolences to the Didwania and Gohil families.

मातृ दिनस्य शुभेच्छा (Happy Mother's Day)

नास्ति मातृसमा छाया नास्ति मातृसमा गतिः।
नास्ति मातृसमं त्राणं नास्ति मातृसमा प्रपा॥

Hindi Translation:

माता के समान कोई छाया नहीं, कोई आश्रय नहीं, कोई सुरक्षा नहीं। माता के समान इस विश्व में कोई जीवनदाता नहीं॥

English Translation:

There is no shade like a mother, no shelter like a mother, no security like a mother, no other ever-giving fountain of life!

Source – Skanda Purana Mo. Ch. 6.103-104

In Indian mythology, mothers are remarkable women who demonstrate immense strength and character, displaying exceptional love and courage in the worst and best of situations.

Happy Mothers Day!



Birthdays **Poem by Smt. Uma Nauth**

Birthdays are the special days
A significant opportunity
To learn lessons from Life
With God to co-create
Chosen by one's own Higher Self
So magically intricate
People places, conditions, and things
To whomsoever, it relates
Minutes, hours, to the seconds, accurate
Time and date
Designed - perfectly
To match destiny or fate
The cards you get must play
of course, no debate
Lucky, not so lucky, experience -
remarkably In an individualized way
It is a wonderment
How on Earth
With us - mysteriously!
Divinity - correlates!!
Blessings received at the inner
That very day, as we pray
Gratitude to Mother - especially
In this plan, those who participate
Best Wishes - Happy Birthday
A reason to celebrate
Time comes when yearnings of sense
desires Realizing the cause effect,
start to dissipate



Between wrong and right,
one perceives to differentiate Activities
towards True Goal,
aligns and dedicates
Gist of long drawn conclusions assimilates
Cleansing as a whole, precipitates
Heart flows Forgiveness, Mercy, becomes
Compassionate Awakening, spiritual
earnings, stimulates

That embodiment, Sadguru, a Being, so
enlightened Makes the appearance
Sheds - Darkness of ignorance
Bestows, Love Gifts, Uplifts
Raises and liberates
Promise to Life, renounces
" NO MORE BIRTHDAYS "
Ending of human identity
Merging of Eternity
Immortal Happiness, lifestream, vibrates
Every rhyme and reason, based
Shubh Guru Purnima Day

With Rejoicing 🌀

Uma Says

Hindu Satsang's Monthly Congregation

10 AM CST on Sunday, 24th, April 2022 at VSC



Everyone is cordially invited

Join us in person. We will not have onine zoom in the month of April.

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



Hindu Satsang Sabha Guest singer and speaker

Smt. Premananda Devi Dasi (Dr. Parvathy M Russell) is serving as the temple president at ISKCON Naperville, and she has been a practitioner of Bhakti yoga for over 30 years. She has been a student of Vedic and Vaishnava literature from her childhood and found full satisfaction in the practice of Bhakti yoga as explained by ISKCON Founder Acharya HDG AC Bhakti Vedanta Swami Prabhupada. She took Harinama diksha from HH Romapada Swami Maharaj, a senior Sanyasi disciple of Srila Prabhupad. She will speak on the topic of - "**Experiences in Bhakti based on the teachings of Bhagavad Gita**".

A team of renowned kirtan leaders from ISKCON Naperville will be performing a 30 min kirtan as well.

Smt. Premananda Devi Dasi had a Postdoctoral fellowship in Biochemical Genetics at Wayne State University and a Clinical chemistry fellowship at Loyola University medical center. She worked at cancer treatment centers of America at Zion and at Cook County hospital as lab director for 13 years.

SUNDAY SATSANG SABHA

Agenda:

10:00 am: Vedic Pooja

10:10 am: Bhajans

10:30 am: Guest Speaker:

Smt. Premananda Devi Dasi

Topic: "Experiences in Bhakti based on the teachings of Bhagavad Gita".

11:15 am: Kirtan by a team of renowned leaders from ISKCON, Naperville.

12:00 pm: Aarti



Prasad Sponsors this month:

Kanan & Om Dhingra
Kanchan & Subhash Pandey
Madhu & Mahesh Gupta
Nisha & Subash Oza
Purnima & Bhagwan Raigaga
Prem & Daljit Sabharwal