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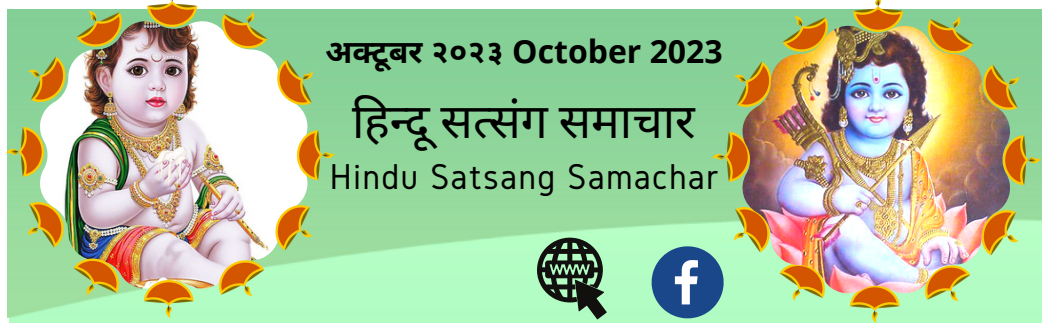
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Youth Coords.

Shriya Tiwari
Aadya Agarwal



Namaskaar to all Satsangis.

We are entering a particularly auspicious and fun part of the year. Please note that Dussehra is on October 24 and Diwali on November 12.

Before that we have our program on October 22. We hope to see all of you there.

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

Deepti Buti	Akshay Prajapati	Ashani Sahana Gupta	Amit Punwani	Kabir Gulati	Aditi Buti	Hans Upadhyay
Nisha Oza	Akanksha Saini	Priya Uppal Kaftan	Divya Prabhu	Kareena Garg	Salil Shah	Renu Agarwal
Karan Arora	Amit Dhingra	Talan Grey Edwads	Divya Tiwari	Kriti Goel	Soman Dhar	Sadhana Tiwari
Mira Kaftan	Anuj Akhand	Vinu Malhan Edwards	Gaurangi Mittal	Kusum Nohria	Sonu Saini	Sarla Raheja
Raj Salgia	Akshita Agarwal	Anushka Sabharwal	Jeevan Raheja	Manjula Madhav	Taruna Gupta	Surekha Prabhu
Vijay Sharma	Vivek Bhatia	Kainoa Nagamine	आपके जन्मदिन पर हार्दिक शुभकामनाएं!!			

Happy Anniversary शादी की सालगिरह पर ढेर सारी शुभकामनाएं!

Anu & Surendra Gulati	Gurmeet & Jitender Batra	Naval & Harish Arora	Nisha & Subash Oza	Prem & Daljit Sabharwal
Promila & Soman Dhar	Surekha & Rajan Prabhu	Vijay & Bansi Pandit	Vijay & Brij Sharma	

Laughter is the best medicine

Life's Philosophy

The great man told his followers, 'There are 2 things in life that matters above all else - Integrity, if you'd made a promise, you carry it out, even if it bankrupts you, cripples you or kills you. The other thing is common sense, like not making that promise'.

“Ayurveda Helps To Heal Fractures” by Sh. Rajeev Jain

A global study funded by Bill and Malinda Gates Foundation (published August 20, 2021), found that people have 178 million new fractures annually (an increase of 33.4% since 1990). The split by gender is 102 million males and 76 million females. Lower leg fractures of the patella, tibia or fibula, or ankle were the most common. The incidence of fracture progressively increases with age. Interestingly, the problem is most prevalent in high-income countries.

Mayo Clinic estimates that over 6 million people in the United States break a bone each year. The most common fracture prior to age 75 is a wrist fracture. In those over age 75, hip fractures become the most common broken bone. More than 40% of fractures occur at home. As per CDC, in USA, one out of four older (over 65) people falls each year but less than half tell their doctor. Each year, 3 million older people are treated in emergency departments for fall injuries.

In our newsletter published earlier this year we discussed how to keep your bones healthy – which can significantly reduce the incidence of a fracture. If you know someone currently suffering from a fracture, due to a sports injury, accident, low bone density or age-related causes, Ayurveda can help in accelerating their recovery.

Important for Recovery:

For a bone to heal properly three things are important – (1) a good blood supply to the injury area, (2) adequate stabilization of the affected area, and (3) sufficient new tissue formation at the place of injury.

While the orthopedic surgeon will help stabilize the affected injury area, Ayurveda can help improve blood circulation and reduce pain and inflammation and enhance bone tissue growth. The trauma to the body resulting from the fracture causes an imbalance of the doshas and they need to be balanced as well.

Ayurvedic Approach:

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

(1) Diet:

Diet should be balanced and include foods that pacify the imbalanced dosha. The individual should also avoid foods that increase the imbalance. In addition, the diet should promote strong digestion by eating at regular intervals, choosing warm and cooked foods, and avoiding overeating.

Ayurveda recommends consuming foods with anti-inflammatory properties, such as turmeric, ginger, and garlic. Some specific food suggestions that support faster healing and reduce pain include:

- Daily dose of pineapple as it reduces inflammation and pain.
- Add foods rich in magnesium, potassium and calcium to the diet.
- Drink milk and eat lots of fresh fruits.
- Foods rich in zinc help in repairing the damaged tissues, such as beans, nuts, and seeds. As our body does not produce zinc, it must be consumed from external sources.

Further, avoid red meat, carbonated drinks, and caffeinated beverages. Also, stop smoking as it affects the blood flow to the injured bone and slows the recovery process.

2) Exercise/Lifestyle:

Practice regular self-care rituals that align with your specific dosha imbalance and constitution.

Continued on the next page 

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- **Rest** – it is the best remedy for healing broken bones. The more rest the bone gets the sooner it heals. If there is stiffness then professional physiotherapy sessions will be required (in a way that does not negatively affect the injury).
- **Stress Reduction** – mental and emotional well-being is very important to the healing process. Use of relaxation techniques and meditation is an important component in accelerating healing.
- **Pranayama** – the practice of conscious breathing is very beneficial addition to the healing regimen when dealing with a bone fracture. Pranayama helps in several ways, including promoting relaxation, reducing stress, increasing oxygen supply to the body, and supporting overall well-being.
- **Abhayanga** – external application of Ayurvedic oils and herbal pastes can be used to alleviate pain and inflammation in the affected area, as well as improve circulation and relax muscles. A gentle oil massage with suitable herbal oils (such as Mahanarayan taila) can help deliver essential nutrients and oxygen to the injured area. However, massage with caution and after consulting your healthcare provider to avoid any adverse effect on the fractured bone or the surrounding area.
- **Yoga** – Yoga is performed as a complementary therapy rather than a primary treatment in case of bone fractures as helps to improve flexibility, reduce stress, improve balance and coordination, and reduce pain. However, it's essential to avoid asanas or movements that put stress on the fracture area.

Panchakarma - Panchakarma treatments may be recommended to detoxify the body and restore dosha balance.

(3) Herbal formulations:

Ayurvedic formulations help in strengthening bone and accelerating the healing process.

- Ayurvedic herbs like Ashwagandha, Guggul, and Shallaki (*Boswellia*) are known for their anti-inflammatory and analgesic properties.
- Mustadi Marma Kashayam is an ayurvedic medicinal preparation in the form of decoction used in treating fractures, dislocations, traumatic diseases, muscular sprain, osteoporosis, inflammation, and degenerative joint diseases.
- Asthiposhak tablet is another ayurvedic herbo-mineral tablet that nourishes the bone tissues. Its ingredients help the bone receive the nourishment it requires.

Kindly do not consume above formulations without consultation. Each case of bone fracture should be discussed with an Ayurvedic practitioner. In particular, selection of herbs chosen to balance the doshas and support healing will depend on dosha imbalance, your constitution and other health factors.

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



X

Highlights from
Hindu Satsang's Monthly Sabha
held on September 24, 2023

x





Diwali Quiz

By Shivam Viswanathan

Many nations and religions celebrate Diwali in a variety of ways and for a number of different reasons. How well-versed are you with Diwali? To find out for sure, take this quiz which is all about about Diwali.

1. On the day of Diwali, who killed Narakasura and when?
 - A. Kalki, Kali Yuga
 - B. Shiva, Satya Yuga
 - C. Krishna, Dwapar Yuga
 - D. Rama, Treta Yuga
2. What do Sikhs celebrate on Diwali?
 - A. Narak Chaturdashi
 - B. Bhaubeej
 - C. Bandi Chhor Divas
 - D. Baisakhi
3. Which Hindu month is Diwali observed on?
 - A. Ashvin
 - B. Kartik
 - C. Sravana
 - D. Chaitra
4. In Malaysia, the festival of Diwali is also called ...
 - A. Durga Puja
 - B. Kali Puja
 - C. Durgashtami
 - D. Hari Diwali
5. Which Indian God is worshiped alongside Goddess Lakshmi on Diwali?
 - A. Lord Krishna
 - B. Lord Shiva
 - C. Lord Ganesha
 - D. Lord Vishnu

6. Can you arrange the following five days of Diwali in the correct order of occurrence?
A. Dhanteras, **B.** Narak Chaturdashi, **C.** Diwali
D. Govardhan Puja **E.** Bhai Dooj.
 1. A, B, C, D, E
 2. E, B, C, D, A
 3. B, E, C, A, D
 4. D, E, C, A, B
7. Lord Mahavira is the founder of Jainism. During Diwali, what do Jains celebrate?
 - A. Lord Mahavira's birth
 - B. The departure of Lord Mahavira from this world
 - C. Lord Mahavira's renunciation of all worldly possessions
 - D. On this day Lord Mahavira reached a state called Moksha (nirvana, or eternal bliss)
8. Why is Dhanteras celebrated?
 - A. Dhanteras is the birth anniversary of Lord Dhanvantari who gave the knowledge of Ayurveda, a natural system of medicine, to mankind.
 - B. Marketing campaign to make people spend their money or dhan.
 - C. Culmination of boat race festival in Kerala.
 - D. Diwali in Srilanka is called Dhanteras
9. This country observes Kukur Tihar, also known as the "day of the dogs," on the second day of the five-day Diwali festival by worshiping dog. Name the country.
 - A. Bhutan
 - B. Nepal
 - C. Thailand
 - D. Bangladesh

Answers on the next page



Answers

1. C. Lord Krishna, Dwapar Yuga
2. C. Sikhs celebrate Bandhi Chhor Divas since Guru Hargobind, the sixth Guru, was released from Gwalior prison in Madhya Pradesh on this day in 1619 CE. The day is known as Bandhi Chhor Divas (Prisoner Release Day) because 52 imprisoned princes (Bandhi) were released (Chhor) by him on this day (Divas).
3. B. Kartik
4. D. Hari Diwali - In Malaysia, Diwali is popularly called 'Hari Diwali' meaning 'Green Diwali' due to the ban on fireworks in the country. Though crackers are an integral part of the festivity, but, the brightly-lit diyas, lamps compensate for it and complete the missing piece.
5. C. Lord Ganesha
6. 1. A, B, C, D, E :
A. Dhanteras, **B.** Narak Chaturdashi (Choti Diwali), **C.** Diwali
D. Govardhan Puja **E.** Bhai Dooj.
7. 4. Lord Mahavira reached a state called Moksha (nirvana, or eternal bliss)
8. A. Dhanteras is the birth anniversary of Lord Dhanvantari who gave the knowledge of Ayurveda, a natural system of medicine, to mankind.
9. 2. Nepal

This month's guest speaker and singer

Guest Speaker: Yash Chaudhary

Yash Chaudhary lives in Carol Stream. He has an accounting background. He is a certified yoga teacher by the Himalayan Yoga and Meditation Center, Palatine IL.

He has devoted more than 500 hours at this center learning yoga and has been practicing yoga for more than 50 years. He teaches yoga and meditation at several places including on Zoom voluntarily every Sunday morning. He does not charge for his classes.

At this month's Satsang, Yash will provide guidance on Pranayama and Chakras Meditation.



Guest Singer: Pratibha Jairath

Pratibha Jairath is a versatile singer who has given various stage performances. She is known in Chicago land area for her mellifluous voice. Her expression and style of singing adds to her melodious quality of voice.

Pratibha believes in sharing and serving mankind in many ways. She was inspired by her father, Mr. Satya Pal Bhagat, a well-known Hindu Priest who spent his whole life in serving his fellow human beings. She puts forth her best, whether it is dance choreography for Sangeets or fund-raising events. She has served in several associations and is currently Vice President of FIA, Chairperson of UPA and founding President of Vidya Jyoti, a non-profit organization to help educate underprivileged kids in India.

Pratibha is known for her organizational abilities, creativity, attitude and for her ability in bringing community together. She has a master's degree in Mathematics and has been an IT professional for many years and is now a franchise owner of a few Great Clips shops.

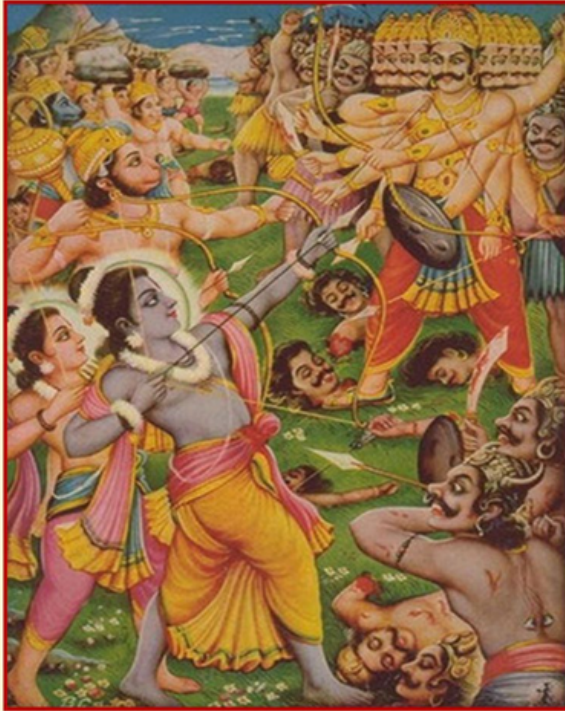




The Hindu Temple of Greater Chicago

10915 Lemont Rd, Lemont, IL 60439 Ph: (630)-972-0300 Web: htgc.org

Ram Leela & Ramayana Quiz Competition



**Saturday, October 28, 2023
From 3:30 pm to 6:30 pm
Sama Rathi Auditorium**

Free Admission to participate

**Ramayana Quiz Competition
will start around 5:00 PM**

**Children up to 18 years of age
are eligible to participate in the
Quiz competition**

**Quiz will be a written
questionnaire with multiple
choice questions**

**Program includes Ramayana episodes in different
art forms such as Bharatha Natyam,
Kathak, and dialogue drama.**

Prizes will be given to winners of Ramayana Quiz Competition

For more information: vsc-chair@htgc.org or HTGC Front Desk: 630-972-0300

Hindu Satsang's Monthly Sabha (4th Sunday of the month) 10 AM CST on Sunday, 22nd, October 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



Convener for this month's
Satsang is Sh. Daljit Sabharwal

10:00 am:	Vedic Pooja
10:10 am	Bhajans by Satsangis
10:30 am	Guest Singer: Smt. Pratibha Jairath
11:00 am	Guest Speaker: Sh. Yash Chaudhary
11:45 am	Aarti followed by lunch (HTGC kitchen).

September Aarti Collections
Thanks everyone for your
generous donations.

Sunil & Madhu Chopra	\$100
Subhash & Vimal Sharma	\$51
Cash	\$76
Total	\$227

| 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.



October Prasad (lunch) Sponsors:
**Jyotsna Vyas, Jyotsna Salgia, Rashmi
Gandhi, Chhaya Trivedi and
their families.**