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Shriya Tiwari
Ansh Sethi



मार्च २०२२ March 2022
Maha - Fagan, Vikram Samvat 2078

हिन्दू सत्संग समाचार

Hindu Satsang Samachar



www.HinduSatsang.org // www.facebook.com/HinduSatsangUSA



Hindu Satsang Updates

By Shivam Viswanathan

Sadar pranaam to all Satsangis!

The Hindu Satsang's **Youth Festival** was held virtually on Sunday, February 27th from 10 am onwards. Kids as usual did an amazing performance. Read more about it on [page 5](#).

The Hindu Satsang Board election (or can we just call it random selections?) will take place on March 27th during the congregation. You can read more about it on the last page of this [newsletter](#).

Hindu Satsang's annual Didwania and Jain Scholarships: Essays were submitted by participating students, and interviews took place in the third week of March. More updates about the scholarships are available on [page 6](#) & scholarship results on [page 7](#).

If all goes well, our next month's Sunday congregation meeting on Sunday, April 24th may take place on HTCG premises. More details will follow in the next newsletter.

Following are some of the main festivals/events coming up in the next few weeks, our best wishes to everyone (dates may vary based on the location/calendar): Wish you all a very **Happy Hindu New Year** - March 13th to 15th - Ugadi / Gudi Padwa / Puthandu/ Vishu / Bihu, **Ram Navami** - the birthday of Shri Ram (Sunday, April 10), and **Hanuman Jayanti** - the birthday of Hanuman Ji (Saturday, April 16).

Looking forward to seeing everyone on Sunday, March, 27th over Zoom for our congregation. Take 30 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 March



Anand Upadhyay	Anjali Pal	Annika Sachdev	Arpita Singh Yadav	Arvind Bhargava
Ashna Gupta	Devina Dhawan	Dharam Bahl	Kashmira Avashia	Kiran Sharma
Mahesh Madhav	Meena Kalra	Monika Sharma	Nikhar Kinger	Nikhil Gupta
Nishi Gupta	Rahul Agarwal	Rahul Nohria	Rishabh Agarwal	Roma Bhagat
Romesh Sood	Seema Gupta	Selina Parikh	Shivam Viswanathan	Subhash Sharma
Usha Wasan	Vijay Pandit	Vivek Gupta	Vivek Pandey	Rachit Sachdeva



Happy Anniversary Month



Abeile Edwards

Deepali & Vipul Punwani	Neelam & Arvind Bhargava	Pushpa & Mahipal SinghYadav	Richa & Aroon Pal	Sarla & Jeevan Raheja	Sita & Brij Sharma
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Namaste

Are You Enjoying This Newsletter? Share Your Thoughts!

We appreciate your readership of our newsletters, and we're eager to hear your thoughts, so we can make the experience even better for you. Namaste!

- Hindu Satsang Publication Coordinator


Hindu Satsang's

Website address:

HinduSatsang.org

Hindu Satsang's

Facebook page:

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

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



Laughter is the best medicine



On our anniversary, my wife sent me a nice message - "Thanks for 10 amazing years, **your great**".

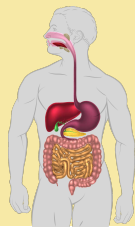
So naturally, I wrote back "**no, you're great**".



She has been beaming all-day telling everyone about my message. Should I tell her that I was just correcting her grammar, or should I leave it alone?



Digestive Disorders – An Ayurvedic Perspective By Sh. Rajeev Jain



Ayurveda believes that improper digestion causes 80% of the health problems – hence, the importance of properly functioning our digestive system cannot be minimized at any age. At the core of the digestive process is Agni (the digestive fire) – which, if it becomes low, high, or irregular, will trigger health problems. Hence, we must make a conscious effort to keep it in balance. Keeping our digestive system functioning properly is not very difficult – but it requires discipline in lifestyle and diet.

A high-level description of the digestive process:

Considering its importance, we must have some understanding of our digestive process if we want to have a healthy life. Most of us go through life putting food in the mouth and excreting the waste through defecation and urination – but, having little understanding what happens in between.

The physical flow starts with food intake through the mouth. The first act of chewing with our teeth is with the intent of breaking food into smaller size. Next the food goes down the esophagus, which is like a long narrow muscular tube (where it is mixed with saliva).

During childhood, my parents told me that we should chew every mouthful of food 32 times. However, as one was always on the go, one quickly gulped down the food. That causes potential problem in the next two digestive stages. Firstly, as the esophagus tries to push down the food to the stomach, it is harder to push down larger chunks – and the larger chunks can potentially get stuck in the passage causing suffocation.

Secondly, when food reaches the stomach, it mixes with acids and is converted into a fluid mass (called chyme), however, larger chunks take longer to convert. Also, if we eat foods that take longer to digest, they will stay in the stomach for a much longer time and can cause indigestion. Ideally, food must get digested in four hours so that we start with a new cycle at every meal. If we start eating while the previous meal is still in the stomach, it is like adding raw ingredients to a partially cooked dish.

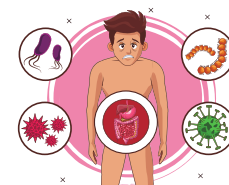
Next, chyme moves from stomach to the small intestine (where most of the nutrients and water are extracted). Thereafter, large intestine extracts remaining nutrients and liquids and passes the waste material to the rectum (where it accumulates until we are ready to defecate). Finally, the solid waste is excreted from the anus.

This digestive process needs to move smoothly, like clockwork, without interruption or delay at every stage – or else, there will be adverse consequences. While digestion is in process, exercise is not desirable. The only yogic posture permitted after a meal is Vajrasana – which aids the digestive process by increasing the blood supply to the stomach.

What Causes Digestive disorders?

There are two primary causes for digestive disorders – our lifestyle and diet. Our daily habits play a significant role, for example, sitting all day at a desk stagnates the colon, staying up too late and/or sleeping during the day disrupts the natural body cycle, leaving too early for work or exercise (disrupts the natural urges) for some people. Other factors include stress, excessive travel, frequent changes in time zones, shift work, etc.

Continued on the
next page >>



<<Continued from the previous page

Secondly, we have to be conscious of what we eat (e.g. some foods are more difficult to digest, especially if they are uncooked, cold, dry, or dense). We should eat at regular times, or the body gets confused as to what time it should secrete digestive juices. Ideally, we should not eat before the previous meal has been digested – hence, we should eat foods that will get digested before the next meal time.

Further, if we eat excessive quantity, there is not enough acid to digest it and it ferments in the stomach, while if we skip a meal there will be no food to absorb the secreted acids and it will create acidity.

Similarly, if we eat highly acidic foods, it will create excessive acidity in the body, while eating incompatible foods may create gas and indigestion. When we eat unconsciously (mind is on matters other than the meal) or just for taste, we are likely to end up with digestive disorders. Each of us has our unique digestive constitution and needs to understand its strengths and weaknesses.

Common digestive disorders
Strong digestive health is key to maintaining immunity and resiliency to diseases. When digestion is weak, we experience symptoms directly related to improper digestion process. These include hyperacidity, gastritis, diarrhea, constipation, flatulence, IBD and piles to name a few. Some of these disorders are driven by Pitta imbalance, e.g. hyperacidity, some by Vata imbalance, e.g. constipation and some by Kapha, e.g. obesity. ❁



शून्य के बोल



उमा नाथ द्वारा लिखित कविता

समुद्र तट पर चलते चलते
कितने ही सुन्दर दृश्या कर रहे थे आत्म विभोर
स्वर्णमय सूर्य ने, नीलिमा की चादर रखी थी ओड
नीचे पृथ्वी की तरफ झांकता, उल्लास हर ओर
चहकते पंछियों की उड़ान, हरियाली की मुस्कान
प्राण मोती बिखरे कण कण में
क्यूँ ना नाचे मन का मोर

उत्सुक बालकों में जैसे
अपनी कल्पना का पा लिया हो छोरे
कार्य से अवकाश पा, पहुंचे जो यहां,
लगाया अपनी किस्मत काऊचा बोल
रेतीली ज़मी पर पैरों के निशान थे अनबोल
धीरे से आ, पावों को चूमती, तो कभी
दम भर छलांगे लगाती, लहरों की मौज
झूमती वायू के झाँके, इस धरा का अजीब मिश्रण
शांत रंग में, डूबा कई रंगों का शोर



ध्यान मग्न थी तरंगित अन्तरमन डोर
अनगिनत कड़ियों से ध्वनित
गहराईयों की ऊफान, ढलान
पूर्व संस्कारों की गति, निरन्तर व गोल मोल

इस होनी के मध्य, एक भी समय बिंदू (क्षण) नहीं था
हुआ हो, जहां, अविराम का बोध
इस उनथक क्रीड़ा से उभर रहे थे
वो, “शून्य के बोल” अनमोल
सागर मंथन की इस जीवन रात्री से
कदाचित यँ ऊजागर होती है
“एक नवीन ज्योतिर्मया भोर”

As long as we are not living in harmony with nature, we cannot expect ourselves to be really healed. Ayurveda gives us the means.

- David Frawley

“Yoga is the journey of the self, through the self, to the self.”

- The Bhagavad Gita

A brief recap of the
**Hindu Satsang's Annual
Youth Festival**

held on February 27, 2022

By: *Shivam Viswanathan*

Hindu Satsang organizes a Youth Festival every February for children and teens to showcase their talents. This year was no different, due to the present situation it was organized virtually over Zoom.

Cultural Program: Many kids showcased their skills and talents. Our new youth coordinators, Shriya Tiwari and Ansh Sethi, did an outstanding job hosting the program.

The following were the programs and their participants (age in brackets):

1. Tumhi Ho Mata Pita Tumhi ho - Anushka Sabharwal (7)
2. Kathak Dance - Kavya Nangia (7)
3. Kid's Hindi Story with Moral - Lalchi Kabutar - Aadya Agrawal (10)
4. Bollywood Dance - Diya Patel (8)
5. Cube-tastic - Mohnish Patel (11), Aaron Garg (11)
6. Ganesh Vandana - Anvi Purwar (9), Amoli Purwar (8)
7. Flute Performance - Cardiff Castle - Dhanishta Singhal (11)
8. Payoji Maine Bhajan - Neelan Choksi (9)
9. Choti Choti Gaiya Bhajan - Naina Shroff (7)
10. Gymnastics floor routine - Ayanna Pandit (11)
11. Patriotic Song - Lehra Do Jugalbandi - Saanvi Sethi(16), Ansh Sethi (11)
12. The Merry Farmer & Eco in G on Piano - Jai Viswanathan (11)
13. Bollywood Dance "Dil Se Bandhi Ek Dor" - Vihaan & Suhaani
14. Jana Gana Mana (Anthem) - Shriya Tiwari (11) & Anika Tiwari (6)

State presentations:

As part of the Sunday School practical projects, our students were assigned an Indian state each year. Students would conduct research on that state and present their findings with a physical model and a chart board. Since their physical model and charts could not be displayed, they made an online presentation along with the cultural program. It was really well received by the audience, who learned a lot about various Indian states. A big shoutout to all the following students who made the Indian state.

Project presentations:

State Project Presentations

1. Aadya Agrawal and Dhanishta Singhal - Uttar Pradesh
2. Abhinav Chaturvedi - Arunachal Pradesh
3. Anika Tiwari - Bihar
4. Ansh Sethi - Madhya Pradesh
5. Ayanna Pandit and Prisha Bansal - Jammu and Kashmir
6. Diya Patel and Mohnish Patel - Gujarat
7. Naina Shroff - Uttarakhand
8. Naksh Garg and Siddhant Gupta - Delhi
9. Shriya Tiwari - Meghalaya
10. Vivaan Aggarwal - Punjab

Smt. Rashmi Gandhi also sang a song sung by Lata Mangeshkar as a tribute.

All participants will get a trophy during the next in-person congregation, most probably in April. 🙏

आप सब को हिन्दू सत्संग
की ओर से हिन्दू नव वर्ष
की शुभ कामनाएं।

Hindu Satsang Scholarships

Hindu Satsang is proud to award four scholarships every year. This includes two awards from Didwania as well as two from Jain Scholarships. Here is a brief synopsis of the loved ones in whose memory these scholarships were established.

About Didwania Scholarships

Didwania family has always been a very devoted member of Hindu Satsang. After **Sh. Hanuman Prasad Didwania Ji** passed away in 2016 at the age of 81, **Kala Didwania Ji** has been providing scholarships in his memory for Hindu Satsang students every year.



Sh. Hanuman Prasad Didwania

We would like to thank **Kala Ji** and **Renu ji** for their kindness and generosity!

About Jain Scholarships

Here is a brief write-up about Jain scholarships by Dr. Renu Jain.

Growing up, I heard my mother saying all the time, "It's in giving that we receive". It took me many years to understand that it means, if we do good for others it brings utmost joy & satisfaction. My mother Smt. Sudesh Kumari was a housewife married to my father Sh. Brij Lal, a Professor in Physics. Students were visiting our house all the time to seek educational & financial help from my father. My father started many educational scholarships since my parents believed in and emphasized the importance of education. They raised four accomplished daughters, three with Doctorate & one with CPA. I learned from my parents that scholarships impact not only the student, but also the world that we live in.

Therefore, I have started this scholarship in honor of my Mother, Mrs. Sudesh Kumari.



Smt. Sudesh Kumari



Didwania and Jain Scholarships Results

Hindu Satsang scholarships allow students to reflect on their knowledge and demonstrate skills they have gained in Hindu Satsang Sunday School. We have a different topic for the essay every year. Several students are selected for interviews after a panel of judges has evaluated their essays. The scholarship winners are chosen based on their essay and interview performance. More than the scholarship amount, the students gain a lot of invaluable experience and confidence by going through this process.

Didwania Scholarships Results:

The first prize has been awarded to **Jai Viswanathan** with a scholarship amount of \$600, and the second prize went to **Aadi Pandit** with a scholarship amount of \$400.

Result of the Jain Scholarships:

Vandita Rastogi has been awarded this year's Jain scholarship. Only one student has been awarded a Jain scholarship this year.

Congratulations to all the students who participated in the scholarships this year.

Find the names of the past scholarship winners on our website: (Click below)

[Past Scholarship Winners](#)



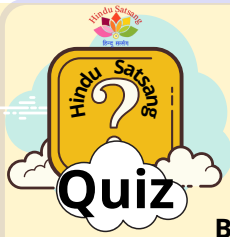
Panel of Judges

The judging panel for the scholarships comprised of:

Smt. Madhu Uppal,
Sh. Subhash Pandey, and
Smt. Madhu Gupta.

We appreciate the time and effort put in by our esteemed judges. The judges were of the opinion that all the students did exceptionally well in both written essays and interviews. They had a difficult time selecting the scholarship winners, since all of them were extraordinarily good. Students found the interview process with judges very helpful and a huge learning experience, as most of them were getting interviewed for the first time in their life. Overall, a great learning experience. Thanks to Sh. Vineet Rajput for coordinating the event.





Quiz Hindu Nari Shakti

By - Shivam Viswanathan

During the dark days of Mughal and British tyranny, many Hindu female bravehearts showed us why our Hindu civilization has survived Mughal (Islamic) and British (Christian) invasions and depredation. Don't blame yourself if you don't know the names of these bravehearts since schools do not teach about them. Please do a search and learn more about them, and also teach about them to our next generation. Here are only a few, Indian history is full of such bravehearts who are mostly unsung heroes.

Quiz: Name the bravehearts after reading a brief description of them:

1. The Portuguese made several attempts to capture Ullal as it was strategically placed. But this braveheart repulsed each of their attacks for over four decades. For her bravery, she came to be known as Abhaya Rani ('The fearless queen'). She was also one of the earliest Indians to fight the colonial powers, and is sometimes regarded as the 'first woman freedom fighter of India'.

2. This braveheart defeated Baz Bahadur and defeated Akbar three times. In her last battle, she was asked to escape from the battlefield or surrender as she was badly hurt and unable to fight. She instead pulled out a dagger and killed herself on June 24, 1564. She preferred death with self-respect over surrender.

3. This braveheart was the wife of a soldier. She was substituting for her


husband during a lunch break. She saw enemy soldiers attempting to enter the fort through the crevice in the wall. She single-handedly killed many of Hyder Ali's soldiers with a pestle.

4. She was trained in martial arts, horse riding, and archery. She was also fluent in French, English, and Urdu. After her husband was killed by the British army, she launched an attack against them after aligning with Haider Ali, the Sultan of Mysore. When her daughter was martyred in the fight against the British, the queen formed a women's army and named it after her. Her fearlessness and gallantry are remembered even today.

5. She was a revolutionary fighting for India's independence and an officer of Subhash Chandra Bose's Indian National Army. Formed a women's division called the Rani of Jhansi Regiment. She was placed under house arrest for two years in Burma, but continued to passively resist the British. Her story remains an inspiration to women around the world.

6. She was the formidable queen of the Maratha Empire. This queen, with her quick wit and strategic skills, brought the mighty Mughal emperor Aurangzeb to his knees, and did not let him gain control of her kingdom – a dream that he had harbored for years. Her rule was of utmost importance as, without her resistance, the Maratha kingdom would have easily fallen into the hands of the Mughals.

Answers:

1. **Abbakka Rani**
2. **Rani Durgavati of Gondwana**
3. **Onake Obavva**
4. **Velu Nachiyar**
5. **Lakshmi Sahgal**
6. **Maharani Tarabai** 



S Cube

Sunday School Section

We are starting a new section in our newsletter for our Sunday School Students, where current or ex-students and parents can share their motivating and exciting announcements, happenings, news, articles, etc.

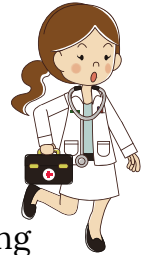
We will *Sri Ganesh* this section with a small story from a proud father. I am sure this will motivate others to share their own or their children/grandchildren's narratives. Here is a real-life incident penned by a proud father:

How time flies - from a little Sita in Ramlila to a confident Doctor By Sh. Nand Parkash Garg



After spending a few days of family vacation in Hawaii, we were on our way back to Chicago. The Southwest Airlines flight from Los Angeles to Midway airport was about an hour away when the air hostess made an announcement, "We have a medical emergency and asking for help if there is a doctor on the plane. Please let us know if you can help." My daughter Kanika was sitting a few rows behind us. After a few minutes, I saw the air hostess taking some medical equipment towards the back of the plane. I turned back to see what was going on.

To my surprise, I saw Kanika taking care of the patient and helping to stabilize him. We were still about an hour away from landing at the Midway airport. Once the plane landed, it went straight to the gate because of the medical emergency and paramedics rushed in. They talked to Kanika who gave them her opinion and diagnosis, and then they took away the patient immediately. After that, we all deplaned. I was very happy and proud of her actions and smiled to reflect back on the the journey she took from a small a child participating in Hindu Satsang Sunday School and all its cultural events dancing and participating in Ramlila programs to a competent and confident doctor she has become, finishing her residency at Rush Hospital this year. I feel that her long involvement with Hindu Satsang School played a big role in her spirit of volunteerism and the confidence she displayed in an emergency situation. I feel blessed that we have such a great platform for our kids to grow and shine in life.



आप सब को
हिन्दू सत्संग की
ओर से
राम नवमी एवं
हनुमान जयंती
की शुभ कामनाएं।।
जय श्री राम!
जय हनुमान !!

Hindu Satsang's Monthly Congregation

10 AM CST on Sunday, 27th, March 2022

4th Sunday
10 AM CST



Everyone is
cordially
invited

Join us online

Time: 10 am CST on March 27th.
(Sunday)

Mark your calendar

[Click Here to join Zoom](#)
or use the following zoom link:

[https://us02web.zoom.us/j/87013160986?
pwd=b0JYRDFhUEXjQksveVERUVVGcDdQZz09](https://us02web.zoom.us/j/87013160986?pwd=b0JYRDFhUEXjQksveVERUVVGcDdQZz09)

SUNDAY CONGREGATION

Agenda:

Convener: Sh. Kamal Gupta

10:00 am: Vedic Pooja

10:10 am: Bhajans

10:45 am: Guest Singers:

- Smt. Rashmi Gandhi
- Smt. Kanchan Pandey
- Sh. Surendra Salgia

A 5-minute talk by Smt. Manju Kalra

11:45 am: Hindu Satsang Elections

12:00 pm: Aarti

Hindu Satsang Elections

We will be holding our annual board elections for our Hindu Satsang group on March 27th. Traditionally, we elect the board members during the March congregation of every year. A committee is chosen each year to oversee all aspects and functions of our Hindu Satsang group. On the left-hand panel of the 1st page of this newsletter, you can see all the portfolios and current committee members. Old members either continue if they are eligible or ensure smooth transitions to the newly elected members.

Would you be interested in serving the Hindu Satsang organization? If you have some time to spare, consider becoming a Hindu Satsang Board Member. The work is low-stress in a friendly environment, but highly rewarding as you get to make a positive difference to our organization. We will always have experienced members to support you if and when you need it.

If you would like to be a part of the Hindu Satsang board, please attend the Zoom meeting on March 27th. The election process requires that all interested candidates be present.

The meeting will start at 10 am with our regular program. In the end, we will select members through random name drawings of people who are willing to serve and are present at the Zoom meeting.

We look forward to seeing you all on March 27th.

