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*Hindu Satsang Updates: By Priya Viswanathan*

Pranaam! Greetings to all Satsangis. Hope you all are doing well and staying safe with your families. The Hindu Satsang congregation on **March 22nd, 2020** has been **cancelled** as the Lemont Temple is closed until further notice. Please notify your friends and family who might not be aware of this cancellation. Please be safe and take all the necessary precautions during the Coronavirus pandemic.

We had an amazing Youth Festival on February 23rd, 2020, hope all of you enjoyed it. A big shout out to all our participants, youth coordinators,

teachers and education coordinators for putting together a wonderful show.

Hindu Satsang Elections will be conducted during our next congregation to form the new working committee that will take charge of Hindu Satsang for the year 2020-2021. If you have any suggestion for the newsletter, please email me at [kpriya10@yahoo.com](mailto:kpriya10@yahoo.com).

*Wish you all very Happy Navratras starting March 24th, 2020 . Namaste!*



**The Hindu Satsang children performing at the 'Youth Festival' on Sunday, Feb. 23rd at Rathi Auditorium.**



February Arti Collection

Checks:  
Anushka, Prem &  
Daljit Sabharwal:  
\$101


Satyapal & Tara Kalra: \$51

Cash: \$79

Total: \$231



## Warm Birthday Wishes to all our Satsangis born in the month of March

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

## Happy Marriage Anniversary

|                              |                    |                         |
|------------------------------|--------------------|-------------------------|
| Neelam & Arvind Bhargava     | Richa & Aroon Pal  | Deepali & Vipul Punwani |
| Pushpa & Mahipal Singh Yadav | Sita & Brij Sharma | Sarla & Jeevan Raheja   |



### HAVE YOU REALLY?

Q. What is the biggest lie in the entire universe?

A. "I have read and agree to the Terms & Conditions."

### अनेक रंगों का एक रंग

काले रंगी कालिमा से  
घृणा के अंधकार में  
वीनाश से भयभीत हुई!  
लाल रंग की लालिमा में  
आकर्षण और क्रोध की ज्वाला से  
मैं अंगार सी प्रज्वलित हुई

प्रेम मई भावना के विकास(vikas) से  
गुलाबी रंग सौंदर्या से  
गुलाब सी सुगन्धित(sugandhit) हुई  
काशनी रंगी क्षमा याचना से  
दीन दयाल के आशीर्वाद से  
ईश्वर असीम कृपा पात्र भई

पीले रंग की आन व ग्यान के भंडार से  
मैं शान से तरंगित(tarangit) हुई

सुनहर के सूनहरे पन में  
आरोग्य के चमत्कार से  
जीवन राह दर्शित(darshit) हुई

हरे रंगी रचना से  
वीरान मन की धरती में  
आशा उमंग की उतपती हुई  
नीले रंग की नीलीमा में  
शांत ठंडक से उन्मत हुई

श्वेत रंग की शुद्धी(shuddhi) से  
सत्य के प्रकाश में  
रुह मेरी प्रकट हुई  
बेरंग की पूर्णता से  
मध्यभाग की स्थिरता(sathirta) में  
सब रंगों से मुक्त हुई

अनेक रंगों के प्रभाव वश  
जीवन दुर्घटनाओं के कारनवश  
अन्तत अपूरन से मैं सम्पूर्ण हुई

होली की शुभ कामनाएँ  
उमा नाथ

## **Ayurveda – Building Immunity against Corona Virus - By Shri. Rajeev Jain**

### **A strong digestive system is a great defense**

While the entire world is trying to find a solution against Corona Virus, we do know it affects individuals with low immunity. Ayurveda always focuses on the root cause of the conditions rather than symptoms. Hence, the best defense is to strengthen your body's immunity system.

This ancient science has long been successful in enhancing and maintaining the body's immunity. In Ayurveda, the digestive system of our body is the most important part of building the immunity – therefore, we need to ensure it is functioning strong. As we age, our immunity naturally reduces. Here are a few things that can help you build up your health defenses.

**Here are few things that are very helpful to be part of your regular diet.**

#### **Lime and honey:**

- Start every day with a glass of warm water. Add lime, honey and sonth (dry ginger powder) to it. This will keep the entire digestive tract healthy.

#### **Ginger, Cinnamon, Clove, and Black Pepper:**

- Prepare a powdered mixture of the following spices – ginger, cinnamon, clove, and black pepper and keep in a bottle. Boil water with a tea-spoon of the powder and drink it while still warm. You can add rock salt to taste if desired. Drink one to two glasses each day. This mixture is antimicrobial and helps improve digestion.

#### **Turmeric:**

- Add turmeric to your food in each meal (preferably fresh if available). Alternatively, consume turmeric pickle along with meals. In addition to being anti-inflammatory, it also improves digestion and corrects digestive disorders.

**In addition, there are certain Ayurvedic preparations (supplements) that are very helpful in strengthening a weak immune system and building resistance to undesirable external influences on our body:**

#### **Ashwagandha:**

Take ¾ teaspoon of powder (more effective than tablets) and mix in ¼ glass of milk (or lassi or water) and consume. Ashwagandha is prepared from dried roots of Ashwagandha plant. It helps to prevent diseases by balancing Vata, Pitta and Kapha, and improves immunity – good for all people over 60.

#### **Chyavanaprash: (not for diabetics)**

- Consume one to two tea spoon of Chyavanaprash daily (available in paste form), ideally in the morning. It typically consists of 48 different ingredients with Amla (Indian Gooseberry) as the main ingredient. As a result, it is also an excellent source of vitamin C. It is very useful supplement for deficient immune disorders and respiratory ailments.

#### **Dasamula Arishtam:**

- Take Dasamula Arishtam (a decoction) 15 ml, or three tea spoon with equal amount of water immediately after lunch and dinner. It is another very powerful immunity booster and a potent health tonic. It also strengthens lungs and the respiratory system.

#### **Lifestyle:**

- Eating at regular times and eating freshly cooked meals are a good way to develop immunity – it is best to use fresh vegetables and fruits.
- Getting a good night's sleep – preferably for at least 7 hours.
- Physical activity – regular physical exercise at least three to four times a week helps to build immunity. The exercise can be as simple as walking or yoga.

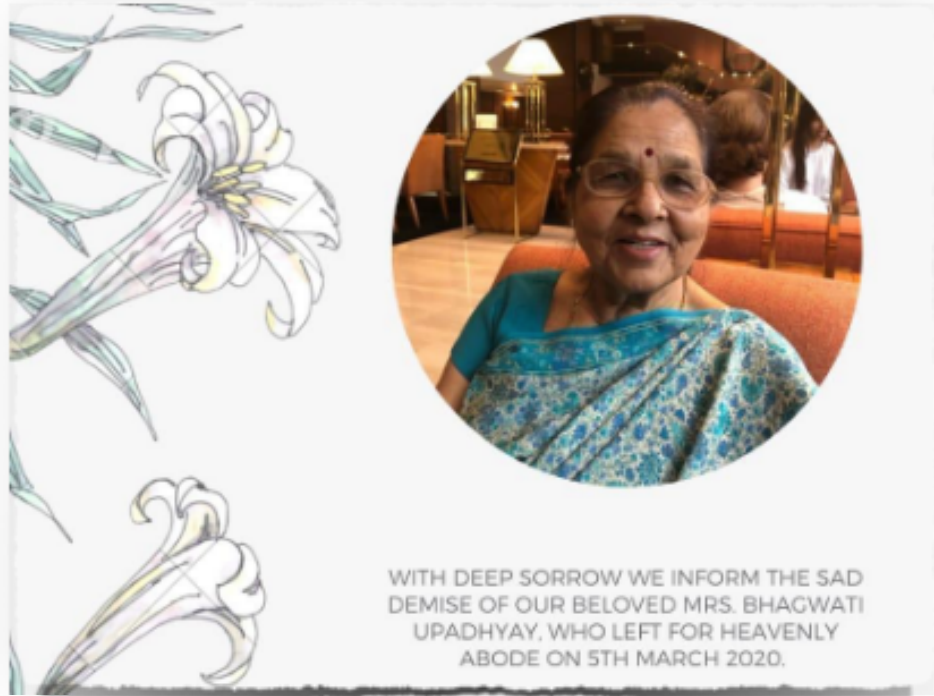
**Wishing everyone a great health.**

**Hindu Satsang Samachar**

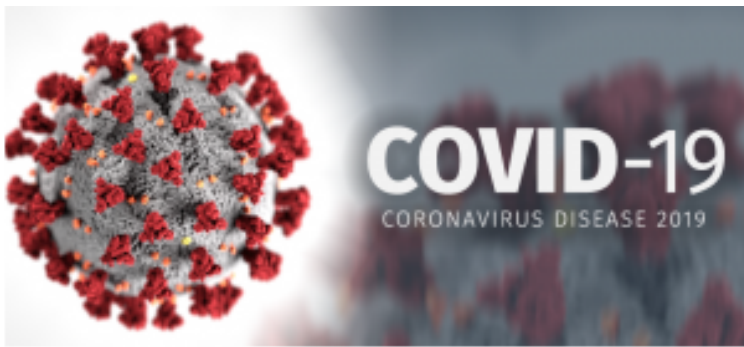
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<http://www.hindusatsang.org>



WITH DEEP SORROW WE INFORM THE SAD  
DEMISE OF OUR BELOVED MRS. BHAGWATI  
UPADHYAY, WHO LEFT FOR HEAVENLY  
ABODE ON 5TH MARCH 2020.



These are definitely confusing times for all of us, but we know that staying connected and staying positive will get us through this new normal.

You can protect yourself and help prevent spreading the virus to others if you:

**Do:**

- 1) Wash your hands regularly for 20 seconds, with soap and water or alcohol-based hand rub
- 2) Cover your nose and mouth with a disposable tissue or flexed elbow when you cough or sneeze

- 3) Avoid close contact (1 meter or 3 feet) with people who are unwell
- 4) Stay home and self-isolate from others in the household if you feel unwell

**Don't:**

Touch your eyes, nose, or mouth if your hands are not clean



**DO THE FIVE**

Help stop coronavirus

- 1 **HANDS** Wash them often
- 2 **ELBOW** Cough into it
- 3 **FACE** Don't touch it
- 4 **SPACE** Keep safe distance
- 5 **HOME** Stay if you can