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नवंबर २०२५ November 2025

हिन्दू सत्संग समाचार

Hindu Satsang Samachar



Pranaam to all Satsangis!

We hope that all of you had a great festive season.

We met on October 26th at the newly renovated VSC for a warm and devotional sabha. Indrani Joshi ji's soulful bhajans were the highlight, with a lively garba breaking out during her Gujarati song, supported beautifully by Vipul Srivastava ji on tabla. Shri Umesh Bhatia ji delivered an inspiring talk on "Spiritual Diwali" and led a brief meditation session. Updates on the Sewa Diwali initiative were shared. Satsangis contributed more than $3500 for the Sewa Diwali this year.

Please see a recap of the meeting on page 6.

Forthcoming Hindu Festivals:

Dec 1 Gita Jayanti

This day commemorates the occasion when Lord Krishna imparted the sacred knowledge of the Bhagavad Gita to Arjuna on the battlefield of Kurukshetra. The festival is celebrated with readings, discourses, and prayers that emphasize the importance of the scripture's teachings in modern life.

Dec 4 Dattatreya Jayanti and Margshirsha Purnima

This festival celebrates the birth of Lord Dattatreya, who is considered an incarnation of the divine trinity of Brahma, Vishnu, and Shiva. It is celebrated on the full moon day (Purnima) of the Margashirsha month.

Page 2: Birthdays & Anniversaries
Page 3 & 4: Ayurveda
Page 5: Recap: October Sabha
Page 6: Quiz
Page 7 Food Drive
Page 8: Hindi Kavita
Page 9: Guest Singer and speaker
Page 10: Sabha Program Details

This month's program:
Date: **Sunday, 23 Nov 2025**
Time: **10 AM**
Venue: **Vivekananda Spiritual Center (VSC)**
We are delighted to welcome **Smt. Archana Singh**, our guest singer, and **Dr. Mahesh Gupta,** our speaker
Topic: **"A Brief Discussion of Tatva-Gyan and How to Realize It"**

Happy Birth Month to our Satsangis born in November

नवंबर में जन्मे हमारे सत्संगियों को जन्म मास की हार्दिक शुभकामनाएँ

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	Vimmi Bajaj	Navya Sachdeva		Wayde Nagamine

Happy Anniversary शादी की सालगिरह पर ढ़ेर सारी शुभकामनाएं!

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

Anniversary Laughs - One Liners

- **"My wife dresses to kill. She cooks the same way."**
- **"An archaeologist is the best husband a woman can have. The older she gets the more interested he is in her."**
- **“Marriage is like a walk in the park..... Jurassic Park.”**
- **“Marriage is a relationship where one person is always right, and the other is the husband”**

Liver Disorders - A Guide to Healing and Prevention – An Ayurvedic Perspective

By Sh. Rajeev Jain

Your Liver: The Unsung Hero of Your Body

Our liver is one of the hardest-working organs we've got. It's busy around the clock on its own – filtering out toxins, helping us digest food, storing energy for later, and even supporting our immune system. But here's the catch: liver problems are quietly on the rise worldwide, often sneaking up without obvious symptoms until serious damage sets in.

This article, walks you through what the liver does, common issues it faces, why they happen, and how you can care for it – using diet tips, Ayurvedic wisdom, simple home remedies, and even yoga practices.

Liver Disease: Why We Should Pay Attention

Millions of people are affected by liver disease. In the U.S. alone, more than 4.5 million adults have been diagnosed, making it the 9th leading cause of death. Globally, liver disease claims about 2 million lives each year – around 4% of all deaths. Behind these numbers are real families and communities, showing us why early care and prevention matter so much.

What the Liver Do? A Lot!

The liver has over 500 important jobs. Here are some of the big ones:

- **Detoxification**: Cleans harmful substances like alcohol, medications, and toxins from the blood.
- **Digestion**: Produces bile to break down fats and absorb nutrients.
- **Storage**: Keeps vitamins (A, D, E, K, B12), iron, and glucose ready for energy.
- **Immunity**: Helps fight infections by removing bacteria and producing immune factors.
- **Metabolism**: Balances cholesterol, hormones, and blood sugar levels.

Common Liver Problems

Some liver issues are mild, while others can be life-threatening. The most common include:

- **Fatty Liver (NAFLD):** Fat buildup in liver cells, often linked to obesity and diabetes.
- **Hepatitis (A, B, C)**: Viral infections that inflame the liver. B and C can become chronic.
- **Cirrhosis:** Scarring from long-term damage, often due to alcohol or hepatitis.
- **Liver Cancer**: Usually develops from cirrhosis or chronic hepatitis.
- **Hemochromatosis**: A genetic condition that causes iron overload.

What Causes Liver Disease?

Knowing the triggers helps us prevent and manage liver problems:

- Heavy alcohol use
- Obesity and diabetes
- Viral infections (like hepatitis B and C)
- Overuse of medications or exposure to toxins
- Poor diet (too much sugar, processed foods, and unhealthy fats)

Eating for a Happy Liver

Ayurveda emphasizes diet as the foundation of health. Here's a simple guide:

a. Eat More Of:

- Leafy greens (spinach, kale, fenugreek)
- Cruciferous veggies (broccoli, cauliflower, cabbage)
- Fruits (papaya, berries, apples, citrus)
- Whole grains (brown rice, oats, quinoa)
- Healthy fats (ghee, olive oil, flaxseed, nuts)
- Herbal teas (dandelion root, ginger, licorice)

b. Avoid:

- Alcohol
- Sugary foods (soda, candy, baked goods)
- Processed meats and packaged foods
- Fried and fatty foods
- Excess salt

Continued on the next page

Continued from the previous page

Ayurvedic Remedies for Liver Care

In Ayurveda, the liver is linked to *Pitta dosha*—responsible for digestion and transformation. When Pitta is out of balance, the liver suffers. Some of the herbs that help with liver health include:

- **Kutki:** detoxifies and reduces inflammation.
- **Kalmegh:** supports bile flow and regeneration.
- **Bhumyamalaki:** traditionally used for hepatitis and cleansing.
- **Guduchi:** boosts immunity and protects liver cells.
- **Turmeric:** anti-inflammatory and antioxidant powerhouse.

Popular Herbal formulations:

Ayurveda utilizes various herbal remedies to improve liver health. Some of the commonly prescribed herbs include:

- *Liv.52* – supports liver function.
- *Arogyavardhini Vati* – balances Pitta and aids detox.

Always check with an Ayurvedic practitioner before taking any formulations, especially if you're on medication.

Easy Home Remedies

Simple daily habits can make a big difference:

- Warm lemon water in the morning
- Turmeric with warm milk or water
- Aloe vera juice for soothing and detox
- Beetroot juice for antioxidants
- Avoid late-night meals to give your liver rest

Yoga & Pranayama

Yoga and pranayama (breathing exercises) improve circulation, reduce stress, and gently support liver function. *Practice them gently—no straining!*

1. Specific yoga asanas include:
2. Ardha Matsyendrasana
3. Bhujangasana
4. Dhanurasana
5. Paschimottanasana
6. The following pranayams are helpful:
7. Anulom Vilom
8. Bhramari
9. Kapalabhati

Emotional Well-Being Matters Too

Ayurveda connects the liver with emotions like anger and frustration. Stress can worsen liver issues, so emotional care is just as important:

- Take daily walks in nature
- Journal or talk with a friend
- Listen to calming music
- Practice gratitude

Final Thoughts: Gentle Healing

Your liver is a quiet guardian, working nonstop to keep you healthy. By learning how it works, spotting early warning signs, and embracing holistic care, you can protect and nourish it. Whether it's sipping herbal tea, rolling out your yoga mat, or choosing a mindful meal, every small step adds up. Caring for your liver isn't just about avoiding illness—it's about living with vitality, balance, and joy. So next time you sip warm lemon water or roll out your yoga mat, remember: you're giving your liver a little thank-you hug.

(इति)

Recap of
Hindu Satsang's Monthly Sabha
October , 2025

Satsangis met on October 26th at the newly renovated Vivekananda Spiritual Center, adding warmth and joy to the monthly sabha.

Convened by Daljit Sabharwal ji, the program opened with an invocation by Ramesh Malhan ji, followed by uplifting bhajans from Subhash Sharma ji, Kanchan Pandey ji, Daljit ji, Rashmi Gandhi ji, and Vipul Srivastava ji.

The highlight was guest singer Indrani Joshi ji, whose soothing, devotional voice touched everyone through bhajans like “Aise Lagi Lagan,” “Ram Bhajan Karo Man,” and “Kanha, Aan Padi Tere Dwaar.” Her Punjabi and Gujarati songs prompted a spontaneous garba, with many satsangis joyfully joining in. Vipul Srivastava ji accompanied her skillfully on tabla.

Guest speaker Shri Umesh Bhatia ji delivered an inspiring talk, “Festival of the Soul’s Light – Spiritual Diwali,” emphasizing daily meditation and the idea of conquering the “ten Ravanas” within. His short guided meditation was enjoyed by all, and he will share a written version of his talk.

Nand Parkash Garg spoke about the Seva Diwali initiative and encouraged generous support.

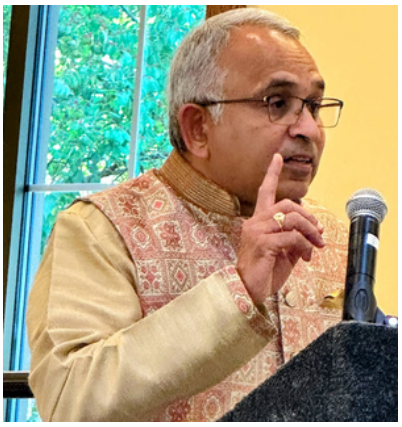
Daljit ji closed with announcements, including October birthdays and anniversaries. Aarti was led by Subhash Sharma ji with support from volunteers. The sabha ended with thanks to the parshad sponsors and a delicious meal served in the Rama Hall.

(इति)















Mahabharat Quiz

(all the answers start with the letter "B")

By Shivam Viswanathan

All your answers begin with the same letter — **B**!
Brave, Bold, and Brilliant — just like the heroes of the Mahabharata.
Let's see if you can score a **"B"** for **B**rilliant!

1. Which Pandava was known for his immense strength and love for food?
2. Who was the grandsire of both Pandavas and Kauravas, respected by everyone?
3. Which rakshasi (demoness) fell in love with Bhima and became the mother of Ghatotkacha?
A) Balandhara B) Bhadra C) Bhramari D) Bhadraja
4. By what other name is Ganga, the mother of Bhishma, also known?
A) Bhadrawati B) Bhagirathi C) Bhavani D) Brahmani
5. Who was the elder brother of King Shantanu, who fought on the Kaurava side?
A) Bhrigu B) Bahlika C) Bhisaga D) Bhava
6. Which ancient king was the ancestor of both Pandavas and Kauravas, after whom India was named?
7. Who killed Dushasana and defeated Duryodhana in a mace battle?
A) Bharata B) Bhima C) Bahlika D) Bhishma
8. Which divine weapon could burn down forests and armies, used by great warriors?
A) Brahmastra B) Bhairavastra C) Bhutastra D) Brahmashira
9. Who was the father of Drona, a revered sage among the Saptarishis?
A) Bharadwaja B) Bhrigu C) Brahma D) Bhavana
10. Who took a terrible vow of celibacy for his father's happiness?
A) Bhima B) Bhishma C) Bahlika D) Bharata

Answers in the column to the right →

Answers

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

1. Bhima
2. Bhishma
3. Balandhara
4. Bhagirathi
5. Bahlika
6. Bharata
7. Bhima
8. Brahmastra
9. Bharadwaja
10. Bhishma

Bonus Question:
Can you recall without checking online:
Who currently serves as the Hon'ble Vice-President of India?
Answer: Shri C. P. Radhakrishnan (since 12 September, 2025)

Grading:

- 1-5 correct answers: **Learner**
- 6-9 correct answers: **Expert**
- 10 correct answers: **Brilliant**

Keep learning! See you next month with a new **Hindu Satsang Quiz!**



Seva Diwali Food Donation

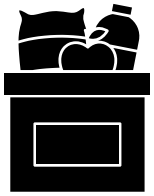


#	Donor	$
1	Nand & Renu Garg	$151
2	Rajesh and Sadhna Tiwari	$101
3	Dharam and Kiran Punwani	$101
4	Vikram and Madhu Bhatnagar	$101
5	Sudhir & Adarsh Gupta	$151
6	Annu & Amit Agrawal	$101
7	Subash & Nisha Oza	$101
8	Madhu & Mahesh Gupta	$101
9	Vishwanath & Renu Agrawal	$101
10	Roli & Vivek Varma	$101
11	Shelly & Varinder Kumar	$101
12	Aman & Puja Sethi (Sleep Matters?)	$151
13	Yash, Hemlata, Sachin & Sunil	$101
14	Manjoo & Vipul Srivastava	$101
15	Prem & Daljit Sabharwal	$101
16	Alka & Romesh Sood	$101
17	Sangeeta & Shalabh	$100
18	Subhash & Ranjana Sahni	$100

SewaDiwali is a joint effort of Dharmic communities and organizations that believe in Sewa Dharma—"Service to Humanity is Service to Divinity."

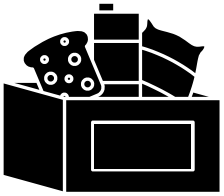
Hindu Satsang has participated in the SewaDiwali food drive for many years. This year, the following members contributed to this noble cause:

#	Donor	$
19	Anu & Bharat Malhotra	$200
20	Rajesh & Anita Singhal	$51
21	Priyam & Naresh Sood	$101
22	Roma Bhagat	$51
23	Pratima & Shatender Singh	$101
24	Kanan & Om Dhingra	$500
25	Shivana Soni	$101
26	Vijay & Divya Grover	$101
27	Shubh & Ramesh Malhan	$100
28	Nalini Mahajan	$101
29	Laxman Singh	$101
30	Sweta & Hiral Chandrana	$101
	Total	**$3,575**



Heartfelt thanks to Nand Parkash ji for overseeing and coordinating the donation efforts.

(इति)





हर पल तेरा धन्यवाद - उमा नाथ द्वारा लिखित

सुबह उठ किया ध्यान नमस्कार, तेरा धन्यवाद
खुली आंख, स्वस्थ देह, अमर श्वास स्वयं से हुआ साक्षात्कार, तेरा धन्यवाद
प्राप्त हुआ ये जन्म, ये अवसर, ये प्रतिदिन नई शुरुआत, तेरा धन्यवाद
भाई बहन, तात मात, परवाह से बना घर परिवार उमड़े प्यार, तेरा धन्यवाद
अपनाया जिस देस ने मन भाये वही संस्कृति व नातों की याद, तेरा धन्यवाद
रोज़मर्रा जरूरमंद सामान है पास पूरा साल, तेरा धन्यवाद
रिश्तेदारी मै गिला शिकवा, घुलमिला मीठा कड़वा एहसास, तेरा धन्यवाद
दुनिया में लगे वो अपना जिस से हुआ सुखद मिलाप, तेरा धन्यवाद
काबिल बने पर, हर सीख का यही सार, दूजे संग सही बर्ताव, तेरा धन्यवाद
जिस भी तजे घिनौने अचार विचार, नम्रता का किया आत्मसात, तेरा धन्यवाद
दिया कर्मो का हिसाब, अविराम कामकाज, तेरा धन्यवाद
थकन मिटाने के लिये मिला समय मिली रात आखिरकार, तेरा धन्यवाद
चेतावनी भरे जीवन से बहुत सीखा बिन पढ़े किताब, तेरा धन्यवाद
वक्त के साथ साथ बना कर्म सेवा में विश्वास, तेरा `धन्यवाद
रखा संतोष, जो भी आया अपने भाग, तेरा धन्यवाद
जब भी मिला सुख चैन, किये स्वीकार, सुंदर तेरे आशीर्वाद ,तेरा धन्यवाद
सच्ची मेहनत से किया काम, यदि पूरा नहीं हुआ आज फिर भी, तेरा धन्यवाद
फल पसन्द आया की नहीं, चिंता छोड़ी, निश्चय नहीं दिया त्याग, तेरा धन्यवाद
कुछ पाया या नहीं पाया खत्म होने को आया अब तो उम्र काल, तेरा धन्यवाद
सपनो का महल बना कि नहीं, महत्ता है कमियों की क्षमा याचना हार्दिक धन्यवाद
चाहे ज़िंदगी में छाया अंधकार, मुसीबतों की हुई बौछार, तेरा धन्यवाद
मुश्किलों का हल ढूंढ़ते खोजते गहराई में मिला यही, सुझाव, तेरा धन्यवाद
हृदय स्पंदन करे मंत्र जाप अब तो अपने आप, तेरा धन्यवाद , तेरा धन्यवाद
हर जनम उद्देश्य पूर्ण हुआ, जीवात्मा गीत गाया जब लगातार, तेरा धन्यवाद
चाहे कुछ भी हो बनाए रखें संतुलन, बने शांत चरित्र स्वभाव ,तेरा धन्यवाद
उमा कहे - मनुष्य रूप पा तेरे स्वरूप का हुआ दैविक आभास, तेरा धन्यवाद



(इति)

Happy Thanksgiving

This month's guest speaker

Dr. Mahesh Gupta is a tenured Professor of Cardiac Cell Biology and Therapeutics at the University of Chicago. His pioneering research explores the epigenetic regulation of cardiac gene expression and its role in heart health and heart failure. Over his distinguished career, he has published more than 150 scientific papers and 10 book chapters, with several appearing in leading journals such as Science and Nature.

Dr. Gupta also serves as chair and reviewer for study sections of the National Institutes of Health (NIH) and the American Heart Association (AHA), advancing cardiovascular research across the nation. At the University of Chicago, he directs a college-level course and mentors aspiring biomedical scientists.

Beyond science, Dr. Gupta brings a reflective and philosophical outlook to his work. His talk, **"A Brief Discussion of Tatva-Gyan and How to Realize It,"** delves into the essence of Tatva-Gyan—the knowledge of ultimate truth—and how it can be realized in one's personal and spiritual life.



This month's guest singer

Smt. Archana Singh is deeply passionate about music, especially bhajans. Though she has never taken any formal music training or learned musical notes, she continues to listen and learn with devotion, believing it to be the blessing of Maa Saraswati. Since 2016, thanks to Hanuman Mandir and Dr. Mohini Khurana, she has had the opportunity to regularly perform Sundarkand and Mata ki Chowki.

Archana is married and lives in Arlington Heights with her husband and two sons. Together, they own and operate a software development company, Singh Consulting Group Inc. She is grateful for every opportunity to sing and expresses her sincere appreciation for the platform to share her devotion through music.



(इति)

Hindu Satsang's Monthly Sabha (4th Sunday of the month)
10 AM CST on Sunday, 23rd, November 2025 at VSC

23rd November 10 am

Everyone is cordially invited

Hindu Satsang Sabha

Venue: Vivekanand Spiritual Center
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. Archana Singh**
11:00 am	Guest Speaker: **Dr. Mahesh Gupta** **Topic: "A Brief Discussion of Tatva-Gyan and How to Realize It"**
11:45 am	Aarti followed by lunch (a short walk to the designated dining area at the HTGC kitchen, where freshly prepared lunch will be served)



October Aarti Collections

Thanks everyone for your generous donations.

Cash	$93
Daljit & Prem Sabharwal	$101
Subhash & Nisha Oza	$51
Surendra & Jyotsna Salgia	$51
Total	**$296**

|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:
Madhu and Mahesh Gupta
Nisha and Subash Oza
Madhu and Vikram Bhatnagar
Sunita and Vijay Arora
Pratima and Shatender Singh