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Hindu Satsang Updates

Pranaam to all Satsangis, and warm wishes for a happy and auspicious New Year!

Last month, we enjoyed soulful bhajans by the talented young Vedartha, followed by an engaging presentation by our guest speaker from BAPS, Shri Hitesh D. Patel, on “Ancient Wisdom, Modern Science.” Notes from the meeting are available on pages 7–8.

As per our Hindu Satsang tradition, we begin the New Year with **Sundar Kand Paath**. This year, sevaks from ISSA (International Society for Spiritual Advancement) will present the Sundar Kand. More details about ISSA are on page 10, and the beauty and significance of Sundar Kand are described on pages 11.

Our Annual Youth Festival will take place on Sunday, February 22nd, at Rathi Auditorium, HTGC Temple, starting at 10:00 am. Children up to 18 years are invited to participate and showcase their talents. All participants will receive a trophy engraved with their name. Performances may include singing, dancing, instrumental music, or other entertaining acts —including Bollywood—provided they have a devotional theme. Further details will be shared via email.

Please share information about the Sundar Kand and Youth Festival with your friends and invite them to join us. Greater participation makes our Satsang programs more vibrant and joyful.

Forthcoming Sanatan Festival:

15 Feb- Maha Shivratri: Celebrated to honor Lord Shiva, commemorating events like his marriage to Parvati, the night he performed the cosmic dance (Tandava), and when he drank poison to save the world.

Contents

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Page 5: Poem by Uma Ji
Page 6: Feb Youth Prog Announcement
Page 7-8: December Satsang Sabha
Page 9: Quiz - Vahana
Page 10-11: About Sundar Kand Paath
Page 12: Hindu Satsang Sabha Program Details

This month’s program:
Date: **Sunday, 25 Jan 2026**
Time: **10 AM**
Venue: **VSC, HTGC**
(Vivekanand Hall at Hindu Temple Lemont)
Program:
Sundar Kand Paath from ISSA sevaks followed by Prasad

Happy Birth Month to our Satsangis born in January

Ajay Buti	Ajay Gupta	Archana Agrawal	Amisha Shah	Aroon Pal	Sonia Gunya	Arushi Singh
Binish Choksi	Dinkar Tiwari	Gunjali Mittal	Karuna Uppal	Kushal Sareen	Manju Goel	Neeraj Kataria
Nina Choksi	Niranjan Kataria	Payal Dhingra	Preeti Kalra	Promilla Dhar	Rajesh Tiwari	Raman Noharia
Reena Sood	Richa Agnihotri	Richa Bhargava	Rishi Salgia	Rohini Bahl	Ruchi Kapoor	Serena Raheja
Shana Bhagwat	Shikha Malhotra	Sudhir Aggarwal	Subhash Sharma	Sudha Parikh	Sujata Sharma	Surbhi Agarwal
Surendra Salgia	Vinod Gandhi	Suresh Ambegaoker	Vipin Malhan	Hemal Gandhi	Rajesh Jain	

Happy Anniversary शादी की सालगिरह पर ढ़ेर सारी शुभकामनाएं!

Jharna & Gitesh Shah	Roma & Neil Bhagat	Sadhana & Rajesh Tiwari	Sharda & Manohar Sharma	Shubh & Ramesh Malhan
Sudha & Hans Upadhyay	Tripta & Brum Pal	Vijay & Nisha Goyal		

Gift of Laughter on Your Anniversary

. - डर से लगता है डर - .

दोस्त: "सारी उम्र डरते ही रहे। पहले माँ-बाप से, फिर टीचर से, फिर बॉस से, फिर मौत के खौफ से, फिर भगवान से, बस डरते ही रहे। "

उसका मित्र: "बड़े बहादुर हो, बीवी का नाम नहीं लिया आपने"

दोस्त: "(धीरे से) अरे भाई, वो तो **डर** के मारे नहीं लिया"

Keep laughing with each other to make the most of your life because it is not the years in your life that matter, it is the life in your years.

Discovering Your Ayurvedic Constitution:

Vata, Pitta and Kapha – which type am I? (Part 2)

By Sh. Rajeev Jain

This month we will continue our discussion on our ayurvedic constitution. Last month we took a quiz to self-analyze our Physical constitution based on various physical characteristics. This month we will take a quiz to analyze the Behavioral constitution based on Behavioral characteristics. Interestingly, it is not uncommon to find that the two can be different in a given individual!

By honestly answering the self-assessment quiz below, (***see Table, Analysis of Behavioral characteristics on next page***) you can identify which dosha is strongest in you from a Behavioral perspective. This simple self-analysis is a powerful first step toward understanding your natural tendencies and living in harmony with them. As you take the quiz below, for each characteristic, tick the column that most closely represents you. Your answers may identify different doshas for different characteristics (it is rare to find someone who has the same dosha for all characteristics). If you count the ticks in each column, the column with the highest number of ticks is your dominant dosha. When answering, if you feel you have changed as you have grown in life, answer based on how you were during your childhood.

Try the quiz for yourself and find out what is your primary constitution – Physically and Behaviorally! You will typically find that one dosha is dominant while there are traces of other constitutions too.

Behavioral Traits of each Dosha:

- **Vata (Quick & Quirky)**
  - Speed: Zooms through tasks, sometimes messy
  - Digestion: Up and down, unpredictable
  - Appetite: Can skip meals without noticing
  - Sleep: Light, easily disturbed
  - Speech: Fast, sometimes jumbled
  - Mood: Changes like the wind
  - Memory: Great short-term, forgets long-term
  - Friends: Many, but short-lived connections
  - Stress: Gets anxious, indecisive
- **Pitta (Focused & Fiery)**
  - Speed: Works with precision and drive
  - Digestion: Strong, reliable
  - Appetite: Hungry on time, every time
  - Sleep: Deep, 6–8 hours
  - Speech: Clear, confident, sometimes loud
  - Mood: Intense, passionate, quick to anger
  - Memory: Sharp and medium-term
  - Friends: Chooses quickly, but not always lasting
  - Stress: Irritable, impatient under pressure
- **Kapha (Calm & Caring)**
  - Speed: Slow and steady wins the race
  - Digestion: Sluggish, prefers lighter meals
  - Appetite: Mild, can skip meals easily
  - Sleep: Long, deep, restorative
  - Speech: Gentle, sweet, easy to follow
  - Mood: Stable, consistent, rarely shaken
  - Memory: Excellent long-term recall
  - Friends: Few but lifelong bonds
  - Stress: Patient, calm, clear thinker

Continued on the next page

Analysis of Behavioral characteristics:

	Characteristics	*Vata*	*Pitta*	*Kapha*
1	**Performs activity**	Very rapidly	With moderate speed	Slowly
2	**Digestion**	Inconsistent – varies between weak and strong	Usually strong	Weak, slow
3	**Appetite**	Variable, can skip meals occasionally	Strong, consistent, unable to skip meals easily	Usually mild, can skip meals easily
4	**Quantity of food eaten**	Variable	Likes large meals	Prefers small meals
5	**Thirst**	Varies	Frequent	Rarely
6	**Food preference**	Warm, moist	Cold	Warm and dry
7	**Drink preference**	Hot	Cold	Hot
8	**Perspiration**	Moderate	Profuse with body odor	Slight
9	**Sleep**	5 to 6 hours - light, easily interrupted	6 to 8 hours - deep and uninterrupted	More than 8 hours - very deep
10	**Speech**	Fast, omitting words, incoherent thought	Fast, loud and clear	Slow, clear, soft and sweet
11	**Gait**	Fast	Medium speed, precise predetermined steps	Slow and steady
12	**Motivated and enthusiastic**	Very easily	Moderately	Slowly
13	**Moods**	Change quickly	Change quickly and intense	Slowly, consistent
14	**Learning**	Very quickly & easily	Somewhat quickly & easily	Slowly
15	**Mind function**	Quick, creative, imaginative, but restless, do not complete tasks, unsteady in decisions	Sharp, intelligent, multitask, determined, plan, egoist, perfectionist, competitive, completes tasks	Stable, do one thing at a time, completes tasks, supporter – helpful, sincere, truthful, humble
16	**Memory**	Short term	Medium term	Long term
17	**Friends**	Many but for short term	Selective friends but formed quickly – rarely permanent	Selective friends, formed slowly but lifelong
18	**Response to challenge**	Uncertain, worried, indecisive. Low stress tolerance – gets anxious	Low tolerance for stress – angered easily, irritable, impatient	Clear thinking, stable, patient, high tolerance for stress

Each of us is born with a unique inner nature, shaping our personality and the way we respond to life. Ayurveda teaches that we are all individuals – there is no single path that works for everyone. Think of it like a garden: a rose, a cactus, and a lotus each need different care to thrive – some need lots of water, others grow best in dry soil. In the same way, one diet may benefit one person but not another, and no medicine can truly be the same for all. Know your own body as your care must be personal, just as you are. Each of you is unique!

"Ayurveda does not treat diseases; it treats individuals."

उमा कहे... By Uma Nauth

तस्वीरें

क्या करोगे तस्वीरें खींच कर
तस्वीरों के पहलू बहुतेरे
भरे जीवन में रंग घनेरे
इस ज़मीं पर पल पल सब बदले
दिखाएं असलियत सिर्फ बाहर से
कहानी ज़िंदगी की कहे, तस्वीरों से परे

हकीकत

सच्च सिर्फ वो नहीं जो सामने है
बहुत कुछ छिपा है इसके आगे पीछे और दरमियान
असली हकीकत वो है,जो खामोश है
हम तुम सब जिससे हैं अनजान

सच्च

जो पूरा नहीं वो सच्च नहीं
फिर काहे की बेचैनी
अधूरेपन में कोई मज़ा नहीं



A Very Happy 77th Republic Day to all our Satsangis

गणतंत्र दिवस की शुभकामनाएं

You are cordially invited to

Hindu Satsang's

YOUTH FESTIVAL CULTURAL PROGRAM



SUNDAY, FEBRUARY 22,
10 AM
HTGC, RATHI AUDITORIUM



Deadline to submit participation form: February 15, 2026

Dear Satsangis,

Kindly complete the Google form if you wish to take part in the Youth Festival program before February 15.



Details of the Cultural Program:

Date: Sunday, February 22, 2026

Time: 10:00 am - 12:00 pm (followed by lunch)

Venue: Rathi Auditorium, Lemont Hindu Temple (HTGC)

Important Notes:

- One entry per participant/group (first come, first served).
- Open to children and youth of all ages.
- To accommodate as many participants as possible, program duration should not exceed 4 minutes.
- Participants are encouraged to present entertaining acts—solo or group performances such as dance, song, skit or playing musical instruments. While Bollywood performances are welcome, the theme should remain cultural, devotional or patriotic.



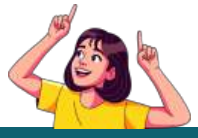




Participation Registration Form Link:

https://tinyurl.com/hsfest2026







A glimpse of
Hindu Satsang's Monthly Sabha
held on December 28, 2025
By Shivam Viswanathan

The last Sabha of 2025 was conducted in the Gupta Dining Hall. Despite the extremely cold weather, satsangis attended in good numbers, bravely enduring the chilly conditions and demonstrating their strong commitment and devotion.

Shivam Viswanathan served as the convener for the Hindu Satsang Sabha, which began punctually at 10:00 AM with a Vedic pooja led by Sh. Subhash Sharma and Sh. Ramesh Malhan. The program then transitioned into a series of devotional and soulful bhajans rendered by our esteemed satsangis Sh. Subhash Sharma, Smt. Kanchan Pandey, Sh. Daljit Sabharwal, and Sh. Subhash Pandey, creating a deeply spiritual and serene atmosphere.

A truly special highlight of the Sabha was the presence of the youngest-ever guest singer in the 48-year history of Hindu Satsang—the exceptionally talented 7-year-old **Vedarth Marfatia**. He displayed remarkable confidence and devotion, rendering each bhajan flawlessly in a beautifully planned sequence. Vedarth also engaged the audience with thoughtful introductions before each bhajan, adding depth and meaning to his performance.
>> Pictures on the next page ->>

He came well prepared with additional standby bhajans and, upon popular audience request, delighted everyone by presenting a bonus bhajan. His melodious singing left the audience completely spellbound, and many felt that the session could have continued much longer if not for time constraints.
Vedarth was graciously supported by **Archana Singh ji**, with **Shivam Viswanathan** providing accompaniment on the dholak.

Bhajans Presented During the Session:

1. Ganesh: Meri bhakti mein raag bhar jao
2. Saraswati: Maa Sharade, tumhe aana hoga
3. Radha: Man bhool mat jao Radha Rani ke charan
4. Krishna: Ek baar humse Saaware nazare milaiye
5. Ram–Krishna: Ram charan chitt lagi re
6. Hanuman: Jai jai jai Hanuman ji, Ram Ram

In response to audience demand, Vedarth presented an additional bhajan.

7. Mata ji: Mere ghar ke aage Maa tera mandir ban jaaye

The Sabha concluded with an engaging and thought-provoking presentation by Sh. **Hitesh D. Patel**, our guest speaker from BAPS, on the theme "*Ancient Wisdom, Modern Science*." His insights resonated deeply with the audience, and we hope to feature an article by him in one of the upcoming issues of our newsletter.



A glimpse of Hindu Satsang's Monthly Sabha held on Sunday, December 28, 2025















Quiz - Vahana - By Shivam Viswanathan

Most Hindu deities are associated with a specific vahana (vehicle). The Sanskrit word vahana means “that which carries or pulls.” These sacred animals and birds symbolize the spiritual and psychological energies of each deity.

Can you match each deity with their correct vahana? The answers are listed on the right side, so try not to peek while answering the quiz!

	Deities	Vahanas
1	Aditya (Sun)	a. Bull
2	Agni	b. Crow
3	Brahma	c. Donkey
4	Durga	d. Elephant
5	Ganesha	e. Garuda & Adi Shesha (Serpent)
6	Indra	f. Lion
7	Kartikya	g. Male Buffalo
8	Lakshmi	h. Mouse
9	Saraswati	i. Nandi (the bull)
10	Shakti	j. Owl
11	Shani	k. Peacock
12	Sheetala	l. Male Sheep/ भेड़ा
13	Shiva	m. Seven Horses
14	Vayu	n. Seven Swans
15	Vishnu	o. Swan
16	Yama	p. Thousand Horses

Here are the write answers to the quiz on the left. 🎯 How Did You Score?

0–4 correct - Vahana Explorer

5–8 correct - Vahana Learner

9–12 correct - Vahana Scholar

13–15 correct - Vahana Expert

16 correct - 🏆 Vahana Champion!

Perfect score! You truly know your deities and their divine rides.

Correct Answers below:

Deities	Vahanas
Aditya (Sun)	m. Seven Horses
Agni	l. Male Sheep भेड़ा (Bheḍā)
Brahma	n. Seven Swans
Durga	f. Lion
Ganesha	h. Mouse
Indra	d. Elephant
Kartikya	k. Peacock
Lakshmi	j. Owl
Saraswati	o. Swan
Shakti	a. Bull
Shani	b. Crow
Sheetala	c. Donkey
Shiva	i. Nandi (the bull)
Vayu	p. Thousand Horses
Vishnu	e. Garuda & Adi Shesha
Yama	g. Male Buffalo

Special Hindu Satsang Program in the Month of January

For the past 26 years, ISSA (International Society for Spiritual Advancement) has stood as one of the foundational pillars of Sanatan Dharma upliftment, primarily within Chicagoland and the Washington DC Metropolitan areas. Under the guidance of Ramanand Dwivedi Ji, ISSA conducts spiritual programs, reciting Sunderkand and Ram Charit Manas Path throughout Chicagoland, Washington DC, and many other North American cities.

ISSA is dedicated to spreading spiritual awareness and igniting the love for Ram Ji and Hanuman Ji, especially among youth and little kids. This connection, once established, acts as a protective kavach that prevents us from getting distracted and helps us stay on the righteous path. As Sant Tulsi Das Ji says in Ram Charit Manas, the Lord protects us like a mother all the time: "*Karahu Sadha Tin Kar Rakhwari, Jimi Baalak Raakhe Mahatari*." (करहुं सदा तिन के रखवारी। जिम बालक राखे महतारी।)





This connection with the Lord strengthens the inner bond and helps us through difficult times.

ISSA is committed to performing community service by chanting weekly Sunderkand and monthly Ram Charit Manas path at various residential and spiritual establishments to instill faith and supreme consciousness. The Bhakti of Lord Hanuman is our guide, and each verse from Ram Charit Manas is pure nectar, if only one is willing to drink.

ISSA also organizes a yearly Sunderkand Mahayagya program with a minimum of 108 families. There is no fee of any sort, and everyone is invited. ISSA sevaks include Shri Ramanand Dwivedi Ji, Mithlesh Sharma Ji, Ram Shraddha Das Ji, Anand Tiwari Ji, Rahul Trivedi Ji, Pankaj Patel Ji, Ramesh Savsani Ji, and Inder Gurtatta ji.

Please join us for Sunderkand on January 25th at the Lemont Hindu temple, VSC hall.

The ‘sundarta’ of Sundar Kand



What is Sundar Kand?
Sundara Kaanda, or Sundar Kand, is the fifth part (out of seven) in the Hindu epic, the Ramayana. The original Sundara Kanda is in Sanskrit and was composed by Valmiki, who was the first to scripturally record the Ramayana.

Why is it called Sundar Kand?
Hanuman ji was fondly called 'Sundara' meaning a charming one, by his mother Anjani. Sage Valmiki chose this name because the Sundar Kand is about Hanuman ji and his devotion to Rama.

How is Sundar Kand different from other parts of the Ramayana?
Sundar Kand is the only part of the Ramayana where the hero is not Rama, but instead his devoted follower, Hanuman ji. It depicts the adventures of Hanuman ji, and his selflessness, strength, and devotion to Rama.

What are the benefits of listening to Sundar Kand?
Each of the Ramayana's verses is a mahamantra. Although the entire Ramayana is beautiful, Sundar Kand is particularly wonderful. Just as the Gita is the best part of the Mahabharata, similarly, Sundar Kand is the best part of the Ramayana.

It is believed that **just listening to Sunderkand has many benefits**. A few of them are:

- It can help ward off evil.
- It removes all the negativity and obstacles from one's life and bestows the person with happiness and prosperity.
- Sundar Kand teaches you how one can overcome every difficulty and unfortunate situation
- Reciting Sundar Kand also plays a vital role in improving the financial condition of a person.
- It protects oneself against diseases and ensures good health.

What is the beauty of Sundar Kand?
It is impossible for anyone to explain the beauty of Sundar Kand in a few words. But I'll use the following verse to try to explain the sundarta of Sundar kand:



सुन्दरे सुन्दरो रामः सुन्दरे सुन्दरी कथा
सुन्दरे सुन्दरी सीता सुन्दरे सुन्दरं वनम्।
सुन्दरे सुन्दरं काव्यं सुन्दरे सुन्दरः कपिः
सुन्दरे सुन्दरं मन्त्रं सुन्दरे किं न सुन्दरम्॥

Translation: Rama is handsome (sundar), and so is the story.
Sita is beautiful, as is the Ashoka Vanam (where Sita was held captive by Ravana in Lanka).
The Kaavya (poems) are beautiful, and so is Hanuman, the self-realized kapi / vanara.
The mantras (sacred hymns) are beautiful.
So what isn't beautiful about Sundar Kand?

Don't miss Sundar Kand on January 25, starting at 10am, at VSC Hall at HTGC (Lemont Temple).

Hindu Satsang's Monthly Sabha (4th Sunday of the month)
10 AM CST on Sunday, 25th, January at VSC

25thJanuary 10 am

Everyone is cordially invited

Hindu Satsang Sabha

Venue: VSC

Time: 10 am to 12:00 pm, followed by lunch

Program

10:00 am:	Vedic Pooja
10:10 am	Sundarkand delivered by ISSA sevaks (Ramanand Dwivedi Ji, Mithlesh Sharma Ji, Ram Shraddha Das Ji, Anand Tiwari Ji, Rahul Trivedi Ji, Pankaj Patel Ji, Ramesh Savsani Ji, and Inder Gurtatta ji.)
11:45 am	Program followed by lunch

We invite everyone to Satsang Sabha
Come and feast on food for the body, mind, and soul.

December Aarti Collections

Thanks everyone for your generous donations.

Cash	$163
Sadhana & Rajesh Tiwari	$251
Dharam & Kiran Punwani	$101
Total	**$515**

|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.

Vibha & Manu Sharma
Archana & Sudhir Agrawal
Jharna and Gitesh Shah
Sadhana & Rajesh Tiwari