Board Members

Gen. Coordinator
Roma Bhagat
(630) 956-1459

Past Gen. Coord.
Om Tiwari
(312) 479-7179

Publication
Rajesh Tiwari
(630) 660-5241

Property
Subhash Sharma
(815) 751-6624

Prasad
Laxman Singh
(630) 373-7264

Liaison
Nisha Oza
(312) 618-4276
Jharna Shah
(630) 299-9224

Education
Deepti Srivastava
(630) 946-4222
Sonal Soni
(630) 430-7393
Kuldeep Gupta
(312) 843-2100

Finance
Vikram Bhatnagar
(630) 335-1351

Special Events
Daljit Sabharwal
(630) 922-3024
Swapnal Dubey
(630) 915-5920

Website Coord.
Shivam Viswanathan
(312) 399-3860

Youth Coords.
Anika Tiwari
Ananya Singh



Hindu Satsang Update

Pranaam to all Satsangis!
The January meeting took place on one of the coldest days of the season. Despite the extreme weather, many Satsangis braved the cold to participate in the sacred Sundarkand Path. Continuing a long-standing tradition, Satsang began the first meeting of the new year with the Sundarkand Path, beautifully recited by the dedicated Sevaks of ISSA (International Society for Spiritual Advancement).
The Sundarkand Path, a revered chapter of the Ramayana focusing on Lord Hanuman's journey to Lanka, holds deep spiritual significance. Its recitation is believed to invoke strength, courage, and divine protection, remove obstacles, reduce anxiety, foster positivity, and help devotees overcome life's challenges. See few picture of the program on page 5.
Our February meeting will showcase special presentations by our youth participants. As in previous years, we eagerly look forward to the youth program and the inspiration it brings to our community.

Upcoming Hindu Festival

04 March: Holi - "Festival of Colours" signifies the triumph of good over evil, the arrival of spring, and the strengthening of social bonds

19 March: Ugadi and Gudi Padwa, mark the beginning of the Hindu lunar calendar and are observed with immense joy, prayers, and rituals. Ugadi is primarily celebrated in Andhra Pradesh, Telangana, and Karnataka. Gudi Padwa is widely observed in Maharashtra and Goa.

26 March: Ram Navami - marks the birth of Bhagwan Rama, the seventh avatar of Vishnu

31 March: Mahavir Jayanti - marks the birth of Lord Mahavira, the 24th and final Tirthankara of Jainism

Contents

Page 2: Birthdays & Anniversaries
Page 3-5: Ayurved
Page 6: Recap of our January's Satsang Sabha
Page 7: Quiz
Page 8-9: Youth Festival
Page 10: Hindu Satsang Program Details



This month's program:
Date: **Sunday, 22 Feb 2026**
Time: **10 AM**
Venue: **Rathi Auditorium**
Program:
Youth Program followed by Prasad (Lunch)



Happy Birth Month to our Satsangis born in February

आपके जन्मदिन पर
हार्दिक शुभकामनाएं!!

Aditya Singh Yadav	Angela Gupta	Ayushmaan Trivedi	Annu Singh	Anupam Agnihotri	Anil Pal	Bhavana Prajapati
Poonam Kataria	Brian Edward	Charu Gupta	Herschel Gupta	Jay Kalra	Jyotsna Salgia	Kiran Gupta
Komal Kinger	Krish Nangia	Mira Upadhyay	Latika Jain	Mohan Gandhi	Naresh Noharia	Niket Gupta
Priya Pandit	Puja Garg	Rajeev Goel	Ruchika Akhand	Rupal Upadyay	Sachin Mittal	Sangita Garg
Shashi Malhotra	Shilpa Shah	Shubh Malhan	Sneh Gunya	Sonia Dhawan	Subash Oza	Vikas Upadhyay
Tanu Singh	Anjali Oza	Aryan Saigal				

Happy Anniversary

शादी की सालगिरह पर ढ़ेर सारी शुभकामनाएं!

Anant & Jyotsna Vyas	Anita Singhal & Rajesh Singhal	Bikash & Pinky Khanna	Dharam & Kiran Punwani
Vinod & Shashi Malhotra	Suresh & Rajashree Ambegaoker	Gopal & Sujata Sharma	Palvi & Nitin Julka



हंसी से बेहतर कोई दवा नहीं है।



- **Friend of mine got a Mercedes for his wife.**
  Now that's what I call a nice trade-in! 😄
- **Forget about the past, you can't change it. Forget about the future, you can't predict it. Forget about the present, I didn't get you one. Happy Birthday!!**

A little playful banter between husband and wife helps keep the relationship lively!



Happy Holi!!

Ayurveda: Busting Common Myths — Evidence and Research by Modern Science (Part 1)

By Sh. Rajeev Jain

Ayurveda has gained renewed visibility through the leadership of India's Prime Minister Mr. Modi and the dedicated efforts of the Ministry of AYUSH. Yet, in our modern age of science and technology, countless individuals battling health challenges remain hesitant to embrace it. Too often, Ayurveda is turned to only as a *last resort*—after conventional therapies have failed—despite being a medical tradition that has endured and evolved for over 5,000 years. The persistence of skepticism toward a system that has stood the test of millennia is striking. The questions that follow are not abstract—they reflect the doubts and concerns voiced directly by audiences during my speaking engagements. The purpose here is to clear these doubts head-on, and to answer them with evidence-based research that demonstrates Ayurveda's relevance and scientific grounding today.

1. Myth: Ayurveda is outdated and obsolete

- **Reality**: Ayurveda is recognized by WHO (World Health Organization) and integrated into its health policies. Modern research validates Ayurvedic principles.
- **Evidence**: India's AYUSH ministry promotes Ayurvedic research globally. For example, benefits of Turmeric (curcumin) have been widely studied for anti-inflammatory effects and validated (see Myth 5). Today, as a result, Ayurveda is legally recognized not only by WHO but also by national health systems of 25 countries including Germany, Switzerland, UAE, South Africa, Mauritius, and Malaysia.

2. Myth: Ayurveda is unscientific

- **Reality**: Ayurveda is a written text included in one of the *Vedas* (*Atharva Veda*). These *Vedas* were knowledge that was communicated in the spiritual scriptures and have been practiced effectively for centuries. Modern science that demands more evidence-based research, has more recently validated many of its principles — and the research continues.
- **Evidence**: Randomized controlled trials show Ashwagandha reduces cortisol and improves stress resilience. The most cited is a randomized controlled trial (RCT),12which found significant reductions in serum cortisol and improvements in anxiety scores among chronically stressed adults. As a result, Ashwagandha is being used in stress management today.
- **Research Reference**: **Title** — *Effects of Withania somnifera Extract in Chronically Stressed Adults: A Randomized Controlled Trial.* **Published in Journal** — Nutrients, Volume 16, Issue 9 (2024)

3. Myth: Ayurveda is purely spiritual

- **Reality:** While rooted in Vedic philosophy, Ayurveda is practical medicine that cures health issues. It prescribes diet, exercise, and therapies for physical ailments.

Continued on the next page

Continued from the previous page

- **Evidence**: Studies show Ayurvedic diet and yoga improve thyroid function. The most cited clinical evidence comes from a 2018 study which concluded that a structured Ayurvedic diet combined with yoga practices improved thyroid function in patients with subclinical hypothyroidism within 12 weeks. Participants showed reductions in TSH (thyroid stimulating hormone) levels and improvements in energy and metabolic markers compared to controls. As a result, Hypothyroidism management today includes diet, yoga, and herbs like Kanchanar Guggulu.
- **Research Reference**: **Title** — *Efficacy of Ayurvedic Interventions in Hypothyroidism: A Comprehensive Review*. **Published in Journal** — Journal of Complementary and Integrative Medicine (2018)

4. Myth: Ayurveda rejects modern science and is incompatible with modern medicine

- **Reality**: Ayurveda complements modern medicine in integrative approaches. Ayurveda often works alongside modern medicine to reduce its side effects or enhance recovery.
- **Evidence**: Studies show Ayurvedic diet supports diabetes management alongside insulin as well as chemotherapy recovery. Ayurveda helps regulate blood sugar while modern medicine provides immediate control. Similarly, Ayurveda reduces side effects of cancer treatment.
- **Research Reference**: **Title** — *Recent Developments in Ayurvedic Approach in the Treatment of Type 1 and Type 2 Diabetes Mellitus.* **Published in Journal** — Journal of Ayurveda and Integrated Medical Sciences, Vol. 9 No. 10 (2023).

5. Myth: Ayurveda is superstition

- **Reality**: Ayurveda is evidence-based holistic medicine. Ayurveda's principles are universal.
- **Evidence**: WHO recognizes Ayurveda as a traditional medicine system. Neem's antibacterial and turmeric's anti-inflammatory properties are scientifically proven. Both Neem (Azadirachta indica) and Turmeric (Curcuma longa) have been scientifically studied and proven to possess antibacterial and antiinflammatory properties. Yoga and Ayurvedic diet are practiced globally. Neem is used for treating skin infections.
- **Research Reference**: **Title** — Formulation and Evaluation of Turmeric- and Neem-Based Topical Nanoemulgel against Microbial Infection. **Published in Journal** — Gels, Volume 10, Issue 9 (2025)

6. Myth: Ayurveda is only about herbs

- **Reality**: Ayurveda is a holistic system that integrates diet, lifestyle, yoga, pranayama, meditation, detox therapies, and care for mental health. Herbs are important, but they are prescribed in context with a person's constitution (*prakriti*) and environment. They help provide a desirable environment to balance the body energies and bring *Doshas* in balance so that the body can heal.
- **Evidence**: Clinical studies on Panchakarma show improved outcomes in rheumatoid arthritis patients. The most notable evidence comes from trials and reviews published in Ayurvedic medical journals between 2018–2024, showing reductions in pain, stiffness, and inflammatory markers.

Continued from the previous page

- Panchakarma therapies (*Basti, Virechana, Swedana*) combined with conventional RA management improved joint mobility, reduced pain, and lowered ESR/CRP levels. Increasingly, Arthritis management involves Panchakarma (oil therapies, detox), dietary adjustments, and yoga — not just herbal pills.
- **Research Reference**: **Title** — *Panchakarma as an Adjunct Therapy in Rheumatoid Arthritis: An Evidence-Based Review.* **Published in Journal** — Asian Journal of Panchakarma, 2024.

7. Myth: Ayurvedic medicines are slow to respond

- **Reality**: Some remedies act quickly, while others are act gradually for deeper healing. Typically, where the treatment is for a chronic disease, it takes longer time because the disease has manifested over a long period and it takes a long time to eradicate it from the root. Acute health problems can be treated within days.
- **Evidence**: Triphala improves bowel movement within days. Controlled clinical studies have concluded that Triphala improves bowel movement frequency and relieves constipation symptoms within days to weeks. The most cited is a 2015 randomized, doubleblind, placebocontrolled trial, which found that Triphala caplets significantly improved bowel movements in individuals with mild occasional constipation. Another RCT in 2017 confirmed that Triphala increased bowel frequency and reduced constipation symptoms compared to placebo. It relieved chronic constipation faster than expected.
- **Research Reference:** Title — Safety and Efficacy of Triphala Caplets in Mild Occasional Constipation: A Randomized Double Blind Placebo Controlled Clinical Study. Published in Journal — World Journal of Pharmaceutical Research, Vol. 4, Issue 11 (2015).

8. Myth: Ayurveda is only for chronic diseases

- **Reality**: Ayurveda treats both chronic and acute conditions.
- **Evidence**: Multiple peerreviewed studies conclude that both Tulsi (Ocimum sanctum) and Ginger (Zingiber officinale) exhibit antiviral and antiinflammatory properties. Most recent research study concluded a *Kadha* (herbal decoction) containing Tulsi and Ginger was effective in reducing cough symptoms associated with respiratory tract infections. The study highlighted their synergistic antiviral and antiinflammatory effects. In addition, Tulsi tea helps in acute cough and cold. Similarly, chewing fresh ginger and honey will instantly help control cough.
- **Research Reference**: **Title** — *Formulation and Evaluation of Traditional Ayurvedic Kadha in the Prevention of Cough.* **Published in Journal** — Computer Research and Development, Volume 26, Issue 1 (2026).

9. Myth: Ayurveda is only preventive in nature

- **Reality**: Ayurveda is both preventive and curative. That is the strength of Ayurveda. As Ayurvedic treatments do not have side effects (if taken as prescribed), they can be administered to young and old patients as well as preventive measure or as a treatment to someone suffering chronically from ill health.
- **Evidence**: Ayurvedic formulations can treat gout (*vatarakta*) as a preventive measure. Clinical observations in Ayurvedic hospitals report reduced frequency of gout attacks with long-term use of Kaishore Guggulu and dietary regulation. In addition, Guduchi (Tinospora cordifolia) acts as an immunomodulator and anti-inflammatory, preventing recurrent flare-ups, while Triphala supports digestion and detoxification, reducing *ama* (metabolic toxins). Now, Gout management includes herbal formulations.
- **Research Reference**: Source — *Clinical research observations from the Central Council for Research in Ayurvedic Sciences (CCRAS)*. Available at CCRAS Clinical Research Portal

We will continue to address a few more of these myths next month.

A recap of
Hindu Satsang's Monthly Sabha
held on January 26, 2026

श्री रामचरितमानस - सुन्दरकाण्ड पाठ








We thank ISSA for reciting beatiful Sundarkand path at Hindu Satsang every year in January, and starting our new year on the right spiritual note.

जामवंत के बचन सुहाए।
सुनि हनुमंत हृदय अति भाए॥
तब लगि मोहि परिखेहु तुम्ह भाई।
सहि दुख कंद मूल फल खाई॥

प्रबिसि नगर कीजे सब काजा।
हृदयँ राखि कोसलपुर राजा॥

दीन दयाल बिरिदु संभारी।
हरहु नाथ मम संकट भारी।।

मंगल भवन अमंगल हारी
द्रवहु सुदसरथ अजिर बिहारी

Holi Quiz

By Shivam Viswanathan

1. What is the name of the bonfire that is lit on the eve of Holi?



a) Rangoli b) Holika Dahan
c) Pooja Thali d) Diya

2. What is Holi?
a) A festival of colors b) A festival of lights
c) A festival of food d) A festival of dance

3. What is the name of the traditional sweet dish that is prepared during Holi?
a) Jalebi b) Laddu c) Gujiya d) Halwa

4. What is the traditional drink consumed during Holi?
a) Mango lassi b) Thandai
c) Masala chai d) Nimbu pani

5. In which part of India is the Holi festival celebrated with the greatest enthusiasm, including the burning of Holika?
a) North India b) South India
c) East India d) West India

6. Who is Holika's brother, the king of demons, in Hindu mythology?
a) Ravana b) Hiranyakashipu
c) Kumbhakarna d) Mahishasura

7. Where is Phoolon Ki Holi celebrated?

8. Which town in Uttar Pradesh is famous for "lathmar" holi (लट्ठमार होली)?

9. In which state of India is the Hola Mohalla festival celebrated instead of Holi?

One more question followed by answers on the right column ->

10. What is the story behind the burning of Holika?
a) Holika tried to kill Lord Krishna but was burned to death instead
b) Holika tried to kill her own nephew, the young Prahlad, by carrying him into a fire, but he was unharmed while Holika burned
c) Holika helped Ravan kidnap Sita, but was burned to death by Lord Hanuman

Answers

1. b) Holika Dahan

2. a) A festival of colors



3. c) Gujiya

4, b) Thandai

5. a) North India

6. b) Hiranyakashipu

7. The Banke Bihari temple in Vrindavan celebrates a unique kind of Holi on the Ekadashi, before Holi, where only flowers are used to play with each other, hence the name Phoolon wali Holi (Holi with Flowers).

8. The celebration of Lathmar Holi (Holi of sticks) takes place in the towns of Barsana and Nandgaon, which are referred to as the towns of Radha and Krishna, respectively. During this festival, men from Nandgaon tease the women by singing irritating songs to provoke them. In response, the women play the role of the Gopis and joyfully hurl sticks at the men, creating a playful and festive atmosphere.

9. Punjab

10. b)

Invitation to Youth Festival

Join us for a day of celebration, as we showcase the talents of our young and vibrant community. Our festival promises to be an exciting event, filled with music, dance, drama, and much more.

We are proud to present a lineup of talented children who will be performing various cultural and artistic programs. You won't want to miss out on the chance to witness their creativity and skill firsthand.

So, gather your family and friends, and join us for a day of fun and entertainment. See you there!

You are cordially invited to Hindu Satsang's annual

Youth Festival

Program Details



Date: Sunday, February 22
Time: 10:00 AM
Venue: Rathi Auditorium (Lemont Hindu Temple)

Program followed by Lunch
This event is free for all





Shivaratri is great festival of convergence of Shiva and Shakti. It is believed that Maha Shivratri falls on such an auspicious day in the northern hemisphere that it raises a person's spiritual power. Maha Shivratri also celebrates when Lord Shiva performed the "Tandav," the cosmic dance.





Holi, also known as the Festival of Colours, the Festival of Spring, and the Festival of Love, is an ancient Hindu religious festival and one of the most popular festivals in Hinduism. It celebrates the eternal and divine love of Radha Krishna. The day also signifies the triumph of good over evil, as it commemorates the victory of Lord Vishnu as Narasimha Narayana over Hiranyakashipu. It originated and is predominantly celebrated in the Indian subcontinent but has also spread to other regions of Asia and parts of the Western world through the Indian diaspora.

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.



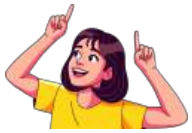




Participation Registration Form Link:

https://tinyurl.com/hsfest2026







Hindu Satsang's Youth Fest. (4th Sunday of February)
10:00 AM CST on Sunday, 22nd, February at Rathi Auditorium

22nd February 10 am

Everyone is cordially invited

Youth Festival



Venue: Rathi Auditorium
Lemont Hindu Temple
Time: 10 am to Noon
followed by Prasad (lunch)





January Aarti Collections

Thanks everyone for your generous donations.

Cash	$60
Gitesh and Jharna Shah	$251
Vibha and Manu Sharma	$151
Total	**$462**

|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.

February Prasad Sponsors:

Garima & Vipin Malhan
Palvi & Nitin Julka
Shivani & Mohit Saigal
Ami, Aashini & Keshav Gandhi
Charu & Ajay Bhatia
Priti & Rakesh Sharma
Roma & Neil Bhagat