

मार्च २०२६ March 2026

हिन्दू सत्संग समाचार

Hindu Satsang Samachar



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Hindu Satsang Updates

Dear Satsangis,

Hope everyone had a joyful Holi!

In February, we held our Youth Program where many of our youngsters showcased their talents through a variety of stage performances. We hope many of you were able to attend and enjoy the program. During our March meeting on the 22nd, we will recognize all the participants and present them with trophies. A complete list of participants can be found on page 9 of this newsletter.

At the March meeting, we will also select our Board of Coordinators for the coming year. We follow a simple selection process, which is outlined on page 8 of the newsletter. We encourage everyone to attend the March meeting and take this opportunity to be considered for the Board of Coordinators and serve the Hindu Satsang community.

A Hindu Satsang Sabha would not be complete without soulful bhajans. This month, we are fortunate to have our own Sargam Kapoor as the main bhajan singer. In her case, the Hindi saying "यथा नाम तथा गुण" fits perfectly!

Forthcoming Hindu Festivals:

March 19: **Ugadi** / **Gudi Padwa** / **Chaitra Navratri** begins

March 26: **Ram Navami**-the birthday of Shri Ram

April 2: **Hanuman Jayanti** - the birthday of Hanuman Ji.

April 14: **Baisakhi**: Spring Festival celebrated in Panjab and Haryana

April 19: **Akhaya Tritiya and Parashuram Jayanti**

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This month's program:
Date: **Sunday, 22 March, 2026**
Time: **10 AM**
Venue: **Gupta Dining Hall, HTGC**
Program:
Bhajans by Sargam Kapoor, Youth Program Trophy Distribution, Selection of New Board, Arati and Prasad

नमस्ते

Happy Birth Month to our Satsangis born in March

Abeile Edwards	Anand Upadhyay	Arpita Singh Yadav	Anjali Pal	Annika Sachdev	Ashna Gupta	Arvind Bhargava
Devina Dhawanc	Dharam Bahl	Kashmira Avashia	Kiran Sharma	Mahesh Madhav	Meena Kalra	Monika Sharma
Nikhar Kinger	Nikhet Gupta	Nishi Gupta	Rachit Sachdeva	Rahul Agarwal	Rahul Nohria	Rishabh Agarwal
Roma Bhagat	Romesh Sood	Shivam Viswanathan	Selina Parikh	Subhash Sharma	Usha Wasan	Seema Gupta
Vijay Pandit	Vivek Gupta	Vivek Pandey	Nitin Julka	आपके जन्मदिन पर हार्दिक शुभकामनाएं!!		

Happy Anniversary शादी की सालगिरह पर ढ़ेर सारी शुभकामनाएं!

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

Laughter is the best medicine

Ladies, enjoy your International Women's Day on March 8th. Don't worry, men, you're not forgotten. Your special day is coming soon — May 1st. Also known as International Worker's Day.

A Short Spiritual Smile

A young man asked a wise guru, "Guruji, what is the secret to inner peace?"
Guruji replied, "Very simple. Don't argue with fools."
The young man thought for a moment and said, "Guruji, I disagree."
Guruji smiled and said, "You are absolutely right."
Sometimes wisdom is simply choosing peace over winning an argument!



Ayurveda: Busting Common Myths — Evidence and Research by Modern Science (Part 2)

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.

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 address these doubts and to answer them with current evidence-based research that demonstrates Ayurveda's relevance and scientific grounding today.

10. Myth: Ayurveda ignores mental health

- **Reality**: Ayurveda emphasizes sattva (mental balance). The foundations of Ayurveda recognize that it is psychosomatic — i.e., body and mind are integrally interconnected.
- **Evidence**: In an Ayurvedic treatment plan, yoga, pranayama and meditation are integral components of the daily routine. Multiple modern studies confirm that Ayurveda incorporates mental health through therapies like *Satvavajaya Chikitsa* (Ayurvedic psychotherapy), Rasayana herbs (e.g., Brahmi, Ashwagandha), and Panchakarma. Evidence shows benefits in anxiety, stress management, and overall psychological wellbeing. If stress is a contributing factor, formulations like Brahmi are included to improve memory and reduce anxiety — its benefit has been proven in clinical trials.
- **Example**: Brahmi is prescribed for anxiety and cognitive decline.
- **Research Reference**: **Title** — *Ayurvedic Management of Mental Health Disorders w.s.r. to Anxiety.* **Published in Journal** — Journal of Ayurveda and Integrated Medical Sciences, Vol. 10 No. 7 (2025).

11. Myth: Ayurveda is only for the elderly

- **Reality**: Ayurveda applies to all ages. One of eight branches of Ayurveda (*Bala Chikitsa*) is focused only on children. Ayurveda classifies life into three periods — *Kapha* (0 to 20 years); Pitta (21 to 50 years) and Vata (post-50 years). Health problems a person is likely to encounter have also been classified by these age groupings.
- **Evidence**: A major clinical study published in 2017 concluded that Chyawanprash significantly boosts immunity in children aged 5–12 years. The randomized, openlabel, multicenter 6-month trial found improvements in health parameters, reduced infection frequency, and enhanced overall vitality. Brahmi can be prescribed to children studying for exams to improve their concentration power, memory and reduce anxiety.
- **Research Reference**: **Title** — *Evaluation of Cyavanaprāśa on Health and Immunity Related Parameters in Healthy Children: A Two Arm, Randomized, Open Labeled, Prospective, Multicenter, Clinical Study.* **Published in Journal** — Ancient Science of Life, Vol. 36, Issue 3 (2017), pp. 141–150.

12. Myth: Ayurvedic medicines are not safe for consumption

- **Reality**: Ayurveda specifies proper dosage and preparation procedures for every formulation — it is crucial for the manufacturer to follow them. Not following the right preparation guidelines can be harmful or can render the formulations less effective. Some formulations require the use of heavy metals — and the procedures stipulate how the toxic elements in them can be neutralized for the benefit of the patient.

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- **Evidence**: Regulatory bodies in India (AYUSH, CDSCO) have emphasized stricter testing and Good Manufacturing Practices (GMP) to prevent such contamination. However, sporadic cases do occur periodically where the guidelines were not followed. Rasa-shastra medicines must be prepared under strict guidelines. It is suggested that patients purchase these formulations prepared by well-known brands only.
- **Research Reference**: **Title** — *Usage of Heavy Metals in Ayurvedic Formulations and Its Management: A Review.* **Published in Journal** — International Journal of Ayurveda and Pharma Research (2023).

13. Myth: Ayurvedic medicines are placebo

- **Reality**: Many Ayurvedic medicines have proven pharmacological effects. Today, Ayurveda is recognized by WHO. Modern research has validated many of the Ayurvedic principles. In addition, many formulations have been tested for their impact on curing health problems.
- **Evidence**: Ashwagandha reduces stress hormones in controlled trials. As mentioned earlier, a randomized controlled trial (RCT), found significant reductions in serum cortisol and improvements in anxiety scores among chronically stressed adults. A systematic review and meta-analysis in *BJPsych Open* (2025) further confirmed these findings across multiple RCTs. As a result, Ashwagandha is now prescribed for stress management.
- **Research Reference**: **Title** — *Effects of Withania somnifera Extract in Chronically Stressed Adults: A Randomized Controlled Trial.* **Published in Journal** — Nutrients, Vol. 16, Issue 9 (2024).

14. Myth: Ayurveda cures everything

- **Reality**: Ayurveda supports healing but does not guarantee cures for all diseases. The possibility of a patient getting cured depends on multiple factors. To name a few, it depends on long the health problem has existed — longer it has existed, the longer it is likely to take to cure it. It depends on what treatment they have taken in the past — whether it was to suppress the problem or to cure it, the age of the patient, their energy level, whether there is one ailment or multiple health problems, the constitution of the patient in relation to the nature of the disease (it is more difficult to treat a *Vata* disease for a person with *Vata* constitution), genetic issues, family history, willingness to make changes in diet and lifestyle, etc. etc.
- **Evidence**: I have treated CKD patients who have improved from Level 4 to Level 2 and did not need to go on dialysis. However, I have also seen CKD patients that benefited symptomatically but did not follow the regimen and eventually required dialysis. Ayurveda can help manage CKD symptoms but there are many variables that determine the final outcome.
- **Research Reference**: **Source** — Clinical case observations in Ayurvedic hospitals show CKD patients improving with Ayurvedic regimens, though outcomes vary. There is no formal RCTs.

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15. Myth: Ayurveda requires a lot of fasting

- **Reality**: Ayurveda promotes balanced eating, not starvation. Although fasting has been practiced for centuries in spiritual, cultural, and medical contexts, and modern science has begun to validate many of its benefits. key benefits of fasting include improvement in metabolic health (lowers blood sugar, and supports weight management), cellular repair (which may reduce risk of chronic diseases), reduced inflammation (helping conditions like arthritis and asthma), heart health (can lower cholesterol, triglycerides, and blood pressure), brain function (protects against neurodegenerative diseases) and mental clarity improved focus and energy during fasting periods). Ayurveda suggests not to eat until the stomach is completely full — stop once it is 75% full.
- **Evidence**: Classical texts emphasize moderation. A welldocumented case is from a 2019 clinical trial on intermittent fasting. One participant, a middleaged man with obesity and prediabetes, adopted a 16:8 intermittent fasting routine (16 hours fasting, 8 hours eating window). Within three months, he lost over 10 kg of weight, his fasting blood sugar normalized, inflammatory markers decreased and he reported improved energy and reduced cravings. In Ayurveda, **l**ight meals and easily digestible foods are prescribed for indigestion. Regular meal timings and eating freshly cooked meals is encouraged.
- **Research Reference**: **Title** — *Effects of Intermittent Fasting on Health, Aging, and Disease.* **Published in Journal** — New England Journal of Medicine, Vol. 381, Issue 26 (2019), pp. 2541–2551.

16. Myth: Ayurveda is just about taking tablets

- **Reality**: Ayurvedic formulations also include oils, powders, decoctions, *abhyanga* and various therapies. The formulations are only a small part of the complete treatment, which includes diet, activities, yoga, pranayama, meditation, *Panchkarma*, and sleep.
- **Evidence**: Abhyanga (oil massage) improves circulation and reduces stress. Clinical studies confirm that Abhyanga (Ayurvedic oil massage) improves circulation, reduces stress, and enhances overall wellbeing. A 2024 clinical trial showed that daily Abhyanga significantly lowered perceived stress, improved sleep quality, and supported healthy circulation compared to controls. Another study in *Ancient Science of Life* highlighted *abhyanga's* role in calming the nervous system and promoting lymphatic flow. Oil massage therapy is good for joint health and Arthritis.
- **Research Reference**: **Source** — *Clinical Trial: Studying the Benefits of Abhyanga Using Daily Massage.* **Published by** — Banyan Botanicals, 2024.

Conclusion

Ayurveda is not superstition, not obsolete, and not limited to herbs. It is a holistic, evidence-supported system of medicine that integrates body, mind, and lifestyle. Misconceptions often arise from oversimplification, but modern science — from Ashwagandha's stress relief to Triphala's digestive benefits — continues to to validate its wisdom.

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

Glimpses from Hindu Satsang's Youth Festival held on February 22, 2026

Check out some exciting photos from our Feb 23 event:
Stay updated on our latest events and photos by following us on Facebook:
www.facebook.com/HinduSatsangUSA




























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Join the Hindu Satsang Board: Make a Difference

The Hindu Satsang organization invites interested individuals to join its board of members. The annual board election will take place on March 22nd during the Satsang Sabha.

Benefits of Being a Board Member:

- Making a meaningful difference
- The satisfaction and pride that comes from knowing your work is valued and impactful
- A relaxed and supportive work
- Guidance and support from experienced past board members
- Opportunities for learning something new
- Make lasting friendships and connections

No Voting, No Election & No Politics:
We use a unique, unbiased, and relaxed selection process. Children randomly draw candidates' names from a bowl, allowing us to entrust the team composition to a higher devine authority. Our selection process has been flawlessly executing for 48 years. Bring your young ones! We need 2 youth leaders to join our team.

How to Become a Board Member:
Join us at Satsang Sabha on March 22nd! Simply attend and participate in the random name drawing at the end. Then, choose the role you want to play later. Easy as that!

Eligibility:
Anyone with positive mindset and a couple of hours to spare for the next 12 months. Attendance at the Satsang Sabha on March 22nd is mandatory to be considered.

We Look Forward to Seeing You:
Join us on March 22nd and become a part of the Hindu Satsang team!

Our Singer this month
Sargam Kapoor

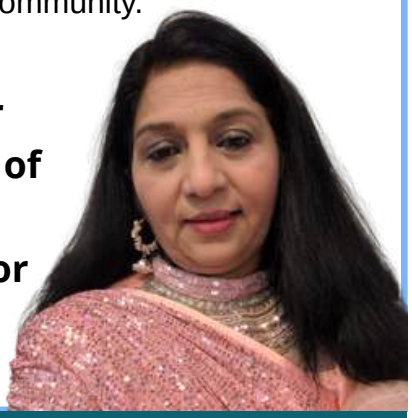
Sargam Kapoor, based in the Chicagoland area, is a multi-talented and versatile artist—an accomplished singer, emcee, and now an organizer of Bollywood and devotional concerts across America.

She began her journey in Indian classical music in 2000 under the guidance of her first guru, the late Fateh Mohammadji of Sri Ganganagar, Rajasthan, who was also the first guru of the renowned ghazal maestro Jagjit Singh. She later completed her Sangeet Visharad from Shree Ram Bharti Kala Kendra in New Delhi under the mentorship of Padma Bhushan awardee the late Shanti Sharmaji.

After graduating from music college in 2005, Sargam founded her own band, Sargam Musical Group, and has been performing across India, the United States, and Canada for the past 20 years.

Currently, she hosts a popular weekly Zoom show every Thursday titled “Ab Gayega,” featuring talented local singers from the Chicago area. The program has been running successfully for the past couple of years and has become a vibrant platform for showcasing musical talent in the community.

Guest Singer for the month of March: Sargam Kapoor



Hindu Satsang Youth Festival Trophies - Award Ceremony

Congratulations to the following children! You are cordially invited to attend the Satsang Sabha on Sunday, March 22nd to receive your well-deserved personalized trophies (listed alphabetically by last name)



Mila Arora	Riddhika Gupta	Bheeni Kumar	Sia Albeli Garg Shah
Rihansh Atal	Shaurya Gupta	Dhruvika Kumar	Avni Sharma
Shrimayi Bandlamudi	Jiyaan Haldwania	Shaurya Kumar	Anagha Shenoy
Sreemukhi Bandlamudi	Aaradhya Hindka	Praneel Makkar	Ria Shroff
Ishan Banerjee	Vansh Jha	Anirved Marfatia	Siya Singh
Niharika Battula	Arun Kaftan	Vedarth Marfatia	Shivana Samir Soni
Kashvi Chaturvedi	Meera Kale	Sashwat Marti	Sudrisha
Atiksh Chauhan	Elsa Karingada	Tanishi Mishra	Paavni Sunil Sukhani
Neev Deshmukh	Lia Karingada	Siya Mistry	Aanya Sullivan
Aadee Dharkar	Aashna Khandelwal	Abhinav Pal	Riya Sullivan
Aryav Dixit	Avyaan Khandelwal	Dhruv Parakalla	Anika Tiwari
Vedaansh Dubey	Mika Khiani	Krish Parakalla	Aditya Vikram
Ansh Gandhi	Aanya Khurana	Arnav Parikh	Mayra Vrindawan
Shayne Gandhi	Ahaana Kini	Arya Parikh	A heartfelt thanks to all the volunteers, parents, teachers, and schools for helping make the HS Youth Fest a great success
Ziva Ghai	Maya Koecher	Arya Patel	
Tanishka Goyal	Raina Koecher	Anushka Sabharwal	
Sanaaya Gulati	Saha Kothari	Ohile Sanepalli	
Suhaani Gulati	Soham Kothari	Neel Shah	
Vihaan Gulati	Reha Kulkarni	Niam Shah	
Navni Gupta	Aaradhya Kumar	Savi Garg Shah	

- Hindu Satsang Team

✦Quiz✦ Hanuman ji

By Shivam Viswanathan

Hanuman Jayanti is an important festival celebrated to honor the birth of Hanuman ji, who is regarded as a symbol of strength, devotion, and loyalty. The festival is observed on the full moon day of the Hindu month of Chaitra, which falls on 01st of April this year. Take this quiz to learn more about Hanuman ji:



1. Who wrote the Hanuman Chalisa?

2. What is the meaning of the word "Chalisa" in Hanuman Chalisa?

3. What is the language of the Hanuman Chalisa?

4. What is the main message of the Hanuman Chalisa?

5. What is the significance of chanting the Hanuman Chalisa?

6. Which Hindu god is Hanuman Ji considered to be an incarnation of?

7. According to the Hanuman Chalisa, which four virtues does Hanuman Ji embody?

8. Who is Hanuman Ji addressed as the messenger of in the Hanuman Chalisa?

9. Can you name the mountain and the medicinal herb that Hanuman Ji brought to save Laxmana?

10. Who reminded Hanuman Ji of his powers?

Answers on the right column

Answers

1. The Hanuman Chalisa is written by Tulsidas, a prominent Hindu poet and saint, in the 16th century.
2. The word "Chalisa" in Hanuman Chalisa means "forty" in Hindi, referring to the 40 verses of the hymn.
3. The Hanuman Chalisa is written in the Awadhi language, which is a dialect of Hindi.
4. The main message of the Hanuman Chalisa is to praise Hanuman Ji's strength, devotion, and loyalty to Lord Rama and to seek his blessings for protection and guidance.
5. Chanting the Hanuman Chalisa is believed to have spiritual and emotional benefits, such as reducing fear, anxiety, and negativity, and increasing positivity, courage, and faith.
6. Hanuman Ji is considered to be an incarnation of Lord Shiva.
7. Hanuman Ji is described as being the perfect combination of bal (strength), buddhi (intelligence), vinamrata (humility), and vidya (wisdom), who can remove obstructions to success in any endeavor.
8. In the Hanuman Chalisa, Hanuman is addressed as Ramdoot, or the messenger of Lord Rama.
9. The mountain that Hanuman Ji brought to save Laxmana in the Ramayana is called "Dronagiri" or "Mahodadhi." The medicinal herb that Hanuman Ji brought from the mountain to revive Laxmana is called "Sanjeevani."
10. Jambavantha had to remind Hanuman of his powers so that he could pursue the search for Sita Mata.

Hindu Satsang's Monthly Sabha (4th Sunday of the month)
10 AM CST on Sunday, 22nd, March at Gupta Dining Hall HTGC

22nd March 10 am

Everyone is cordially invited

Hindu Satsang Sabha

Venue: Gupta Dining Hall HTGC Temple, Lemont, IL)

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

Program

10:00 am:	Vedic Pooja followed by Bhajans
10:30 am	Guest Singer Sargam Kapoor
11:15 am	Announcements, Board Member selections, Youth fest Awards distribution, aarti followed by lunch



February Aarti Collections

Thanks everyone for your generous donations.

Cash	$83
Nand & Renu Garg	$101
Subhash & Nisha Oza	$101
Neera Kapoor	$51
Total collection	**$336**

|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.

March Prasad (lunch) Sponsors:

Manju Kalra
Sita & Brij Sharma
Falguni
Rosie Bhasin
Alka & Romesh Sood