



Brief Updates

By Priya Viswanathan

Pranaam!! Greetings to all Satsangis.

Hindu Satsang's annual **Ramlila** play was held on 12th October.

Rarely you get to see such amazing talent in young kids - many of them were on stage for the 1st time and speaking Hindi for the 1st time. Kudos to everyone who put the event together. A big shout out to Hindi

School teachers, mentors and participants. Thank you to all of our volunteers who continue to help to make the Ramlila Program such a big success. This year the Ramlila program was also covered by a news channel who also interviewed Nand ji. Go to Hindu Satsang's Facebook page to find some pictures/videos of the Ramlila play.



Mr. Subhash Pandey, Ms. Promila Dhar, Ms. Pramila Singh, Mr. Nand Parkash Garg and the winners of the Ramayan Quiz - Krish, Saanvi, Shriya, Jai & Ansh.
Teachers not in picture above: Ms. Garima Syngol, Ms. Shubhi Garg and Ms. Ruchi Gupta.

Hindu Satsang Newsletter now in black and white: Due to the financial constraints, Hindu Satsang leadership has asked me to make the printed version of Hindu Satsang's newsletter in black and white moving forward. We will continue with our effort to make our newsletter one of the best newsletters, your support is appreciated.



HAPPY DIWALI!

हिन्दू सत्संग की ओर से दीपावली की शुभ कामनायें।

Wish you all a very happy **Dhanteras** (Oct. 25) and **Diwali** (Oct. 27).

Hoping to see you all on Sunday, October 27 at 10 am for our monthly congregation.

Namaste! 🙏

September  Arti Collection

| | |
|-----------------------------|------------|
| Cash: | \$61 |
| Checks: | |
| Nand Parkash & Renu Garg: | \$21 |
| Laxman & Rajeshwari Alreja: | \$25 |
| Mike & Hersh Khetarpal: | \$51 |
| Darsh & Usha Wasan: | \$101 |
| Jug & Madhu Uppal: | \$101 |
| Total: | 360 |

Gen. Coordinator
Hersh Sabharwal
630-853-2978

Past Gen. Coord.
Uma Aggarwal
708-220-1845

Publication
Priya Viswanathan
312-493-5443

Property
Subhash Sharma
815-751-6624

Prasad
Manju Kalra
630-379-7422

Liaison
Rashmi Gandhi
630-776-7826
Shubh Malhan
630-550-1386

Education
Nand Parkash Garg
630-750-6669
Divya Grover
815-861-5530
Amitabh Gupta
630-209-7319

Finance
Madhu Gupta
630-915-1281

Special Events
Kanchan Pandey
630-835-7521
Shammi Wahi
630-674-2883

Youth Coords.
Darsh Kapadia,
Saanvi Sethi &
Preena Shroff

🌸 Warm Birthday Wishes to All Our Satsangis 🌸

| | | | | | | |
|------------------|---------------------|-----------------|----------------|--------------------|-------------------|---|
| Aditi Buti | Anuj Akhand | Gaurangi Mittal | Krishna Raheja | Priya Uppal Kaftan | Soman Dhar | Vijay Sharma |
| Akanksha Saini | Anushka Sabharwal | Hans Upadhyay | Kriti Goel | Raj Salgia | Sonu Saini | Vinu Malhan Edwards |
| Akshay Prajapati | Ashani Sahana Gupta | Jeevan Raheja | Kusum Nohria | Renu Agarwal | Surekha Prabhu | Vivek Bhatia |
| Akshita Agarwal | Deepti Buti | Kabir Gulati | Manjula Madhav | Sadhana Tiwari | Talan Grey Edwrad |  |
| Amit Dhingra | Divya Prabhu | Karan Arora | Mira Kaftan | Salil Shah | Tara Kalra | |
| Amit Punwani | Divya Tiwari | Kareena Garg | Nisha Oza | Sarla Raheja | Taruna Gupta | |




Congrats to Mahi & Dhruv Syngol for winning accolades in the speech competition organized by Hindi Club to celebrate "Hindi Divas" on Sept. 14.


Prasad Sponsors

Anyone who is interested in sponsoring prasad for the Hindu Satsang's 4th Sunday congregations, please contact **Ms. Manju Kalra (630-379-7422)**. Opportunity to sponsor prasad may still be available for the month of November and couple of other months. Please call Ms. Kalra asap.

| | | | |
|--------------------------|-----------------------|-------------------------|--------------------|
| Naval & Harish Arora | Promila & Soman Dhar | Vijay & Brij Sharma | Nisha & Subash Oza |
| Gurmeet & Jitender Batra | Vijay & Bansi Pandit | Prem & Daljit Sabharwal | |
| Surekha & Rajan Prabhu | Anu & Surendra Gulati | | |



Wishing You All a Very Happy Anniversary!

Anniversary Smile: Newly married man to another experienced married man: *What is the trick to remember my wedding anniversary date forever?*  Response - *Just forget it once, you wife will make it unforgettable.*

QUIZ: Bal-Ramlila

Now that you have thoroughly relished Bal Ramlila, here are some questions to test your understanding:

- ❶ What is the meaning of Ramayan?
- ❷ What is the meaning of Ayodhya?
- ❸ Shri Ram had to lift Shiva's **bow** to be eligible to marry Sita. What was the name of this **bow**?
- ❹ Who were Ravan's parents?
- ❺ Who was disguised as the golden deer who helped Ravan in kidnapping Sita?
- ❻ Who were the 2 engineers of Ram Sethu?

Answers: [1] Ramayan = Ram + ayan (means journey), so Ramayan is about the Journey of Ram through different relationships. From Vishnu, he ascends to earth and takes birth as a human baby from his mother Kaushalya. Afterwards, he receives education as a **student** from guru Vashishtha and Vishwamitra. He is also the eldest **brother** in his family. Further, he becomes the **husband** of Sita. Then, as a true **son**, he adheres to the wish of his father and becomes a **hermit** to go to the forest.

There, he lives as a **warrior** and kills many demons. He becomes a **leader** and leads his army successfully. For Sugreev, he becomes the ideal **friend**. For Ravan, he's the powerful **enemy**. For Hanuman, he becomes his **Lord**. Back at Ayodhya after the victory, he becomes the **King** and then abandons the Queen of Ayodhya. Later, he becomes a **father** of two illustrious sons. When Sita goes into the earth, he loses interest and walks into the water of Sarayu river and emerges as the radiant Vishnu again.

- ❷ **"Yodhya"** means "to be fought", the initial "A" is the negative prefix - therefore, "A"+"Yodhya" means "not to be fought" or "invincible".
- ❸ **Pinaka** is the bow of Shiva, and one of the many names of Shiva is Pinakapani.
- ❹ **Ravan** was the son of the sage Visharva and the demon princess Kaikesi.
- ❺ **Marich**, son of demoness Tadaka. Marich was also Ravan's maternal uncle as Tadaka was the mother of both Marich and Kaikesi.
- ❻ **Nal** (son of Agni Dev) and **Neel** (son of Vishwakarma, the engineer of Devas) 🌸

Ayurveda - Its Importance in Today's Lifestyle - Part 3

Article by our Hindu Satsang member: Mr. Rajeev Jain

Ayurveda Is More Relevant Today Than Ever Before

Last month, we explored the richness of Ayurveda (through its eight branches) and its unique characteristics and benefits.

Chronic diseases cause 75% of all deaths (as per NIH in USA and WHO)

There is no doubt that advances in medicine, have given us a longer life, however, suffering from chronic diseases is on the increase (as per NIH).

Approximately 45% (or 133 million), of all Americans suffer from at least one chronic disease, and the number is growing. Further, one in four U.S. adults has two or more chronic conditions. Chronic diseases include cancer, diabetes, hypertension, stroke, heart disease, respiratory diseases, arthritis, obesity, and oral diseases. World Health Organization has projected that, by 2020, chronic diseases will account for almost 75% of all deaths worldwide! Solution proposed – doctors should guide their patients on lifestyle changes!!!

Is Ayurveda Relevant in Today's Environment?

In view of the above state of human health, Ayurveda is one of the very few therapies that promises a cure from chronic diseases – because it works on the root cause of a disease. In addition, health problems are occurring at a much younger age today. As Ayurveda dates back many centuries, it may seem irrelevant and archaic for modern times. However, once we start appreciating the philosophy and rationale behind its teachings, we should be able to adapt it to suit today's environment and our own life style. In fact, the relevance of Ayurveda is even greater.

Why does it take so long to perform an Ayurvedic diagnosis?


A proper Ayurvedic examination by a Vaidya (Ayurvedic doctor) typically takes over an hour! Such a detailed understanding of the body and mental state is critical for a Vaidya to be able to explore the possibility of a permanent cure. Unfortunately, for many doctors today, commercial interests do not permit them to spend so much time with a single patient. Also, at times, patients do not have so much time in today's fast and busy life.

An Ayurvedic patient examination consists of a two-step approach to diagnosis:

a diagnosis of the patient (which incorporates a determination of patient's body constitution, a pulse exam, a complete medical history of the patient including lifestyle, food habits, state of digest power, occupation, living environment, natural environment around the patient's place of residence, age, physical and mental strength, and body excretions, and the health of direct family), and a diagnosis of the disease (all known ailments since birth, their history of progression and treatment received, severity and length of the disease, part of the body affected, etc.).


Such a detailed diagnosis provides comprehensive information to treat a patient, but it takes time.

This detailed information about the patient and the disease allows a Vaidya to determine the root cause, likelihood and length of time required for recovery, and the course of treatment best suited for the patient. As each patient's constitution is unique, each individual's response to a treatment can be different. In case of chronic ailments, it commonly takes months to rectify imbalances in the body (along with changes in lifestyle and diet). The length of a treatment and need for discipline can at times be a deterrent for a patient to opt for an Ayurvedic treatment. Often patients are looking for a quick and easy fix – not a permanent fix – but that approach will come back to haunt them at a later date. Bottomline – Ayurvedic approach to treatment is more relevant today than ever before!

Next month we will explore the 5 elements (Pancha mahabhutas) that constitute every cell in our body and three fundamental constitutions (functional concept) of a human body determined at the time of our birth – Vata, Pitta and Kapha – what does it mean? 

Did you know ...?

What is the relationship between Ramayana and Gayathri Mantra?

The first letter of every 1000th Shloka of the Ramayana together make up the Gayatri Mantra! There are 24 letters in the Gayatri Mantra and there are 24,000 Shlokas in the Valmiki Ramayana. The first letter of every 1000th Shloka together of the Ramayana forms the Gayatri Mantra, making this revered mantra the essence of the epic. While the Gayatri Mantra has been actually first mentioned in the Rig Veda, it has gained significance, thanks to the Ramayana. 

Hindu Satsang Samachar

C/o Priya Viswanathan
2216 Feldott Ln.
Naperville IL 60540

FIRST CLASS MAIL



www.facebook.com/HinduSatsangUSA

<http://www.hindusatsang.org>

Hindu Satsang Congregation

(Held every 4th Sunday of the month)

Date: Oct. 27, 2019 (Sunday)

Time: 10 am to 12:30 pm

Location: HTGC Temple, Lemont.

Agenda for Sunday, Oct. 27

Convener: Ms. Uma Aggarwal

10:00 am: Prayer and Bhajans by Satsangis

10:30 am: The Science of Spirituality
International Meditation Center volunteers will sing bhajans and Ms. Neelam Akhand will talk about '**Spiritual meaning of Diwali**'. The program will start with a couple of bhajans, followed by talk and end with meditation.

11:55 am: Announcements and Aarti

12:00 noon: Lunch (Preeti Bhojan): Sponsored by: Sadhna Tiwari, Rashmi Gandhi, Jyotsna Vyas, Jyotsna Salgia and Chhaya Trivedi.

Our special little guest, **Sreeja Parikh** will dance and sing a Diwali song.

Our **Guest Speaker** is Ms. Neelam Akhand, yoga and Pilates instructor, has been practicing meditation under the guidance of internationally recognized spiritual Master, Sant Rajinder Singh Ji Maharaj for many years.

Meditation and service are an integral part of her life. A wife and busy mom, Neelam has experienced the many benefits of meditation herself, and presents workshops in the Chicago land area to help others incorporate this extraordinary practice into their own lives. Neelam believes that meditation is the key that can unlock one's inner potential for greater peace, love and fearlessness in the face of life's challenges, helping us to realize our true destiny. With gratitude for what she has received, Neelam offers talks on meditation, spirituality and healthy living free of charge as a service to the community. 🙏