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अगस्त २०२४ August 2024

हिन्दू सत्संग समाचार

Hindu Satsang Samachar



Hindu Satsang Update

Dear Satsangis,

Namaskar!

Wishing you all are having an enjoyable summer.

At our last Satsang, we hosted Dr. Pradeep Sood as our guest singer and Sh. Neringa Liepsna as our guest speaker.

The Satsang Sabha is summarized on page 5.

On August 25th (Sunday), we will have our annual Janmashtami Cultural Program at the Rathi auditorium at the Lemont Temple. Please find more details on page 9.

Participation at the Independence Day India Parade. Thanks to Nand Parkash for championing and coordinating our participation in the Parade. Please see colorful photos of our proud participants in the India Day Parade on page 6.

We'll have our annual Ramlila staging in October in collaboration with HTGC. If your kids are interested in participating in Ramlila, please contact Sh. Nand Parkash Garg.

Sunday School at Hindu Satsang started in September. Contact our education coordinators if you would like your kids/grandkids to learn about Hindi and Hindu culture.

Some of the main festivals/events coming up in the next few weeks, Ganesha Chaturthi, September 7, Navratri begins from October 3rd.

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Birthdays

& Anniversaries

Page 3 & 4: Ayurveda

Page 5: A brief recap

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Parade

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Cultural Program

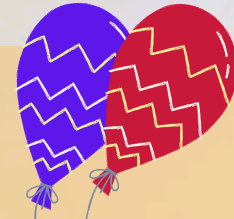
Page 9: Donations

IN
THIS ISSUE





Happy Birth Month to our Satsangis born in August



Amit Gupta	Atul Jain	Dharam Punwani	Garima Malhan	Gautam Gandhi	Isha Tyle	Ishaan Malhan
Jharna Shah	Jyoti Bhatia	Ghanshyam Agarwal	Kusum Taneja	Mia Jain	Om Dhingra	Shaylan Oza
Rajeev Gupta	Rajvir Sabharwal	Kieran Grey Edwards	Kanika Garg	Rakesh Parikh	Renu Garg	Richa Pal
Sahil Gupta	Sandip Parikh	Neelam Bhargava	Sharda Sharma	Sudesh Khosla	Sumati Julka	Tanya Khanna
Usha Shah	Vibha Sharma	Prem Sabharwal	Vikas Pandey	Vivek Upadhyay	Vikas Jain	Girdhar Bajaj



Happy Anniversary



Deepti &
Ajay Buti

Usha &
Darsh Wasan



शादी की सालगिरह पर बधाई
एवं ढेर सारी शुभकामनाएं!



Laughter is the best medicine



The relationship between husband and wife is truly **psychological**. One is a little **psycho**, and the other is a bit too **logical**. But here's the secret: don't waste your time trying to figure out who's who—just remember, it's the **logical one who ends up apologizing!**



Marriage is when a man and woman become one. The trouble starts when they try to decide which one.



When your spouse gets a little upset, just remember a simple "calm down" in a soothing voice is all it takes to get them a lot more upset.



This is your newsletter, and your contributions are welcome!
Please contact Roma Bhagat with any content that you'd like to provide for future issues.



**- An Ayurvedic Perspective
By Sh. Rajeev Jain
Relief From Greeva Graha (Neck
Stiffness/Pain)**



Neck pain is the fourth leading cause of disability worldwide. Based on the last available statistics, neck pain affected 203 million people globally. A recent research publication in The Lancet Rheumatology, stated that between 30% and 50% of the US population suffer from neck pain annually!

Globally, females have a higher incidence of neck pain compared to males, with the prevalence peaking between 45 years and 74 years. Neck pain can be triggered at any age. While degenerative conditions like osteoarthritis and spinal stenosis that are age-related, are certainly the most common cause, other reasons include physical strain (overuse of neck muscles during activities), poor posture (e.g. from prolonged computer use), mental stress (results in tightening of neck muscles), and of course, injuries like whiplash or other trauma.

Persistent ache or stiffness in the neck can significantly affect your daily activities, limiting performance of tasks that require upper-body movement. It decreases mobility, and results in constant pain and fatigue. Typically, a neck pain will subside in a few days or after appropriate physical therapy or yogic exercises. However, if it becomes chronic, it often impacts your overall quality of life over a long period. Therefore, take any pain or stiffness in the neck seriously.

Ayurvedic View:

Neck pain in Ayurveda is called greeva

graha (greeva=neck, and graha = stiffness). The primary cause is increased vata dosa. While we have discussed managing vata in another article earlier, here is a quick recap. Let us address the problem from three perspectives – diet, lifestyle and formulations.

(1) Diet:

If you're experiencing chronic neck pain, make sure you eat fresh and nourishing foods like warm soups, stews and khichari. Vata-balancing nourishing foods also include wheat, milk, ghee and butter. Sipping warm water also helps. Prefer sweet, salty, and sour foods to pacify vata dosa.

Improper consumption of food is a very important factor that increases vata - eating too quickly or irregularly, having dry, cold, raw, light, old, excessively spicy or processed foods, eating junk food, etc. – all increase vata. In addition, avoid red meat, carbonated drinks, and high-caffeine beverages. Also, minimize smoking and alcohol consumption as it affects the blood flow and increases vata.

(2) Exercise/Lifestyle:

Next, let us look at the lifestyle. Excessive physical activity, sleep deprivation or irregularity, and stress – all increase the vata in the body. Minimize sedentary lifestyle and adopt the following.

□ **Abhayanga** – external application of Ayurvedic oils around the neck and shoulders can alleviate pain and inflammation in the affected area, as well as relax muscles. It is one of the most enjoyable ways to relieve neck pain. Warm the oil slightly and apply Valiya

Continued on the next page →

↳ *Continued from the previous page*

t Sahacharadi oil or Maha Narayana oil with hand or using a potli. You can do it yourself or get a massage from a loved one.

□ **Panchakarma** - Panchakarma treatments such as Greeva basti (holding herbal oil around the neck), Pinda Sweda (warm herbal bolus applied over pain area), Shirodhara (streaming warm oil on the forehead), are useful in treating chronic neck pain. The number of treatments required for sustained relief should be determined in consultation with your Ayurvedic advisor.

□ **Pranayama** – it helps in several ways, including promoting relaxation, reducing stress, increasing oxygen supply to the body, and supporting overall well-being. In particular, Aalom/Vilom, Bhramari and Ujjayi pranayams are recommended for neck pain.

□ **Yoga** – Yoga is very helpful to improve flexibility and reduce pain. However, it's essential to limit the stretch in asanas beyond the point where pain starts to increase. Especially asanas like Bhujangasana, Makarasana, and Surya Namaskara, help release the stiffness and strengthens the neck muscles – however, these should be performed after doing warm up exercises for the neck and body.

□ **Stress Reduction** – mental and emotional well-being is very important to the healing process. Use of relaxation techniques and meditation is an important component in accelerating healing.

□ **Sleep and posture** – if the neck pain and stiffness is due to inappropriate posture during sleep or work, it is important to correct it or else the distress will continue. Find ergonomic options. These lifestyle changes are important as without them, the root cause of the problem will not be addressed and if the formulations provided relief, the pain will reappear after some time.

(3) Herbal formulations:

Ayurvedic formulations that help in the healing process (reducing pain and stiffness) include:

A) Yogaraja Guggulu Vatika is widely used for reducing vata-induced pain.

B) Rasnairandadi Kwatham is useful for reducing neck pain;

c) Sahacharadi Kwatham reduces neck and back pain, stiffness and inflammation.

D) Dasamula Rasayanam is useful in reducing pain and inflammation, and strengthening muscles.

Kindly do not consume above formulations without consultation with an Ayurvedic practitioner. In particular, selection of herbs chosen will depend on your constitution and other health factors.

“Become sensitive and learn to listen to your body, and it will serve you well”



Recap of Hindu Satsang Sabha Held on July 23, 2024



Hindu Satsang at the India Day Parade and Indian Council Independence Day celebrations



Program at Indian Council Independence Day celebrations





1. Who is the President of India?
2. How many languages are spoken in India?
3. There's an experimental township in India, where citizens are from all over the world, and there's no money or religion. Can you name this city?
4. Who is the Vice President of India?
5. In which state of India do we have the world's top two wettest (highest rainfall)? Hint - the name of the state itself has the clue.
6. Which is the world's highest motorable/drivable road?
7. Which city is the world's oldest continually inhabited city?
8. All the houses in this village do not have doors or locks. You'll just find the door frame. Can you name this village?



Answers



1. Smt. Droupadi Murmu is the 15th and the current president of India since 25 July 2022. She is the first person belonging to the tribal community and also the second woman after Pratibha Patil to hold the office.
2. There are 453 languages (and thousands of dialects) spoken in India. 22 of them are listed as national languages.
3. Auroville in Tamil Nadu (auroville.org).

4. Sh. Jagdeep Dhankhar is an Indian politician and lawyer, who is serving as the 14th and current vice president of India since 11 August 2022.

5. Indian state of Meghalaya (means abode of the clouds) has the world's top two wettest spots - 1. Mawsynram 2. Cherrapunji.

6. At over 19,300 feet, the Ladakh road is the highest motorable road in the world.

7. Varanasi is one of the world's oldest continually inhabited cities. It is the birthplace of the oldest religion – Hinduism. Also known as Banaras or Kashi, this city is located on the banks of the river Ganges in the Uttar Pradesh state of North India and dates back to the 11th century B.C. This city draws Hindu pilgrims and tourists from all across the world. These pilgrims bathe in the river Ganges and also perform funeral rites. There are some 2,000 temples, including Kashi Vishwanath, the Golden Temple, dedicated to the Hindu god Shiva along the city's winding streets.

Author Mark Twain wrote, "Varanasi is older than history, older than tradition, older even than legend, and looks twice as old as all of them put together."

8. Shani Shingnapur is home to nearly 4,000 people and all the houses in this village do not have doors or locks. You'll just find the door frame. This is because of the villager's immense and undying faith in the Hindu deity, Shani Dev (Lord of the planet Saturn). During the known history of this place, no crimes have been reported.



Happy
Independence Day



Invitation to Janmashtami Cultural Program

**Hindu Satsang's Annual
Janmashtami Cultural Program will
be held on Sunday, August 25th.**

Our Hindu Satsang adults and kids will amaze you with their incredible talents. There will be songs, dances, musical instruments, skits, and so much more. This is an extravaganza you don't want to miss - mark your calendar now!

Janmashtami Cultural Program

Date: Sunday, August 25, 2024

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

Venue: Rathi Auditorium, Lemont Hindu Temple

We are thankful to **Sh. Jugmohan Jayara of India House and Bombay Chopsticks** for sponsoring our Janmashtami Prasad in loving memory of his beloved mother **Late Smt Sureshi Davi Jayara**

Sh. Jugmohan Jayara has been sponsoring our Janmashtami Prasad for almost 25 years!



दर्द की इन्तहा

कौन कहता है, दर्द की इन्तहा होती है
इस मक़ाम के आगे, एक और राह होती है
जहां इसकी और भी गुंजाइश होती है

जब

थकन चकनाचूर होकर भी थकती नहीं
कसक - कसक कसक कर भी, कसक सकती नहीं
इस फंदे की घुटन, घुट घुट कर भी सांस ले सकती नहीं
तड़प - तड़प कर भी कराह सकती नहीं
अकेलेपन की आवाज़, अकेले मे चीख सकती नहीं
तन्हाई गहराई में गोते खा खा कर भी डूबती नहीं
ये गमगीन लहर, उफानी इतनी, कि तूफां की खबर नहीं
ऐसी कहर की ज़हर जानलेवा घनी, कि जां ले सकती
नहीं

इसके वजूद की कोई पहचान होती नहीं
इसकी हैसियत हार हार कर भी हारती नहीं
उम्मीद टूट टूट कर भी बनती नहीं

लगे जैसे - दुःख की हद कभी खतम होती नहीं
अर्ज़ की अर्ज़ी गिड़गिड़ाकर कर भी कबूल होती नहीं
इस रहम दिल की इंसाफ सुनवाई होती नहीं
दीवानेपन की मरज़ी, मालिक को मंज़ूर होती नहीं
हाँ - रोशनी की इक किरण, इक पल भी इधर तकती
नहीं

हैरान हूँ - इसकी रूहानी खूबसूरती, किसे क्यूं दिखती
नहीं

उमा कहे - क्या कहें उस सच्चाई को, जब वो कहानी
होती नहीं

वक्त की ये घड़ी, कैसी, कि इज़हारे बयाँ होती नहीं
हुआ हो महसूस जिसे, जाने - इस दर्द की इंतहा होती
नहीं

By - Uma ji

**Happy
Janmashtami**

Hindu Satsang's Janmashtami program

10 AM CST on Sunday, 25th, August 2024 at Rathi Auditorium



Everyone is
cordially
invited

Hindu Satsang's Janmashtami cultural program

Location: Rathi Auditorium at HTGC
Temple, Lemont, IL).

Time: 10 am to 12:00 pm followed by lunch
(Because of the cultural program, there will
be no Satsang Sabha in the month of August)

Don't have cash or a checkbook with you? No problem! Donations to Hindu Satsang can easily and securely be made through Zelle. You may send your donation amount to the following phone number: 630-207-1369 Contributions starting from \$11 and beyond will be acknowledged in the upcoming newsletter's aarti collection. Hindu Satsang, being a non-profit organization, depends on generous donations from individuals like yourself to sustain its operations. Your contribution, regardless of the amount, will be helpful.

Aarti



Donations

We would like to thank everyone for your
generous donations.

July Aarti Collections	
Ashwini & Preksha shah	\$200
Renu Jain	\$101
Jug & Madhu Uppal	\$101
Amitab & Neerja Gupta	\$101
Cash	\$53
Total (July Sabha)	\$556

ॐ सर्वे भवन्तु सुखिनः
सर्वे सन्तु निरामयाः।
सर्वे भद्राणि पश्यन्तु मा कश्चिद्दुःखभाग्भवेत।
ॐ शान्तिः शान्तिः शान्तिः ॥



**Ancient Tanjore painting of
Maa Annapurna devi**

This month's Prasad is sponsored by
Sh. Jugmohan Jayara of India House.
We thank him for his generosity.

May you be blessed with good
health, wealth, and prosperity.