Hindu Satsang
हिन्दू सत्संग

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जुलाई २०२५ July 2025

हिन्दू सत्संग समाचार
Hindu Satsang Samachar



Hindu Satsang Updates

Dear Satsangis,

Last month, we enjoyed bhajans by Shri Sunil Pillai Ji, followed by an engaging session on Laughter Yoga, including a guided laughter practice led by Dharam Punwani ji.

Then on July 13, we had our popular summer picnic. Hope that you were able to attend and enjoy a beautiful day outdoors. Please see page 7 for a report on the picnic. Pictures are available on our Facebook page: https://www.facebook.com/hindusatsangUSA.

Thanks to so many people whose efforts made the event possible and made it a huge success.

This Month's Program:

Date: **Sunday, July 27, 2025**
Time: **10:00 AM**
Venue: **Gupta Dining Hall**

This month we would have the opportunity to listen wonderful bhajans from Meeta Mehta, a passionate Bhajan Singer, and a discourse on Gita from our own, one of the founding member, Anant Vyas Ji.

Some of the main festivals/events coming up:

- July 29: Nag Panchami
- August 9: Raksha Bandhan
- August 15: India's Independence Day
- August 16: Sri Krishna Janmashtami
- August 24: **Janmashtami celebration by Satsang at Lemont temple**
- August 27: Ganesh Chaturthi

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नमस्ते

Happy Birth Month to our Satsangis born in July

Ajay Sharma	Amita Sachdev	Anika Gupta	Anil Gunya	Ansonia Sood	Anuj Dhingra	Asha Sharma
Brij Sharma	Chetan Kumar	Darsh Wasan	Ekta Punwani	Falguni Gandhi	Gopal Sharma	Gul Bhatia
Jug Uppal	Mohan Sharma	Nand Parkash Garg	Naman Agarwal	Naresh Jain	Navin Tyle	Neeraj Gupta
Neeru Kothari	Niti Bhargava	Piyush Joshi	Poonam Singh	Pradeep Goel	Rahul Pandit	Sarika Gupta
Satish Gupta	Vaibhav Upadhyay	Vishwanath Agarwal	Vivek Trivedi	Neil Wilson	Maya Tiwari	

Happy Anniversary

Sharda & Ravinder Saini	Amit and Priyanka Dhingra	Kanchan & Amit Gupta	Naresh & Darshna Jain	Neeru & Ajay Kothari	Hemal & Gautam Gandhi

Gift of Laughter !

Laughter Joke

Wife: "How would you describe me?"
Husband: "ABCDEFGHIJK."
Wife: "What does that mean?"
Husband: "**A**dorable, **B**eautiful, **C**ute, **D**elightful, **E**legant, **F**ashionable, **G**orgeous, and **H**ot."
Wife: "Aw, thank you, but what about **I J K**?"
Husband: "**I**'m **J**ust **K**idding!"

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

Yoga – an integral part of Ayurveda

By Sh. Rajeev Jain

Last month we discussed the origins and evolution of yoga across the ages, different schools of yoga that emerged over time, and the physical, mental, emotional and spiritual benefits of yoga. As yoga is included as part of Ayurveda in Atharva veda, we will explore the link between the two below.

Link between yoga and Ayurveda

Yoga is considered an important and integral component of an Ayurvedic treatment. Yoga complements Ayurveda by promoting harmony and balance through physical, mental, and spiritual practices.

How yoga supports Ayurvedic treatment:

According to Ayurveda, health depends on the balance of the three doshas (Vata, Pitta, and Kapha). Yoga poses, breathing techniques (pranayama), and meditation can be tailored to balance specific doshas or even harmonize all three. Examples of poses that address specific doshas include:

- For aggravated **Vata**: gentle and grounding poses like Child's Pose (*Balasana*) or Cat-Cow (*Marjaryasana-Bitilasana*) can help stabilize and make you feel refreshed and balanced.
- For increased **Pitta**: cooling practices like Moon Salutations *(Chandra Namaskar)* is slower, more grounding, and ideal for evening practice. It is calming and promotes relaxation, flexibility, and inner balance.
- For enhanced **Kapha**: dynamic sequence like Sun Salutations *(Surya Namaskar)* is great for warming up the body, improving circulation, and enhancing focus.

How long to practice Yoga?

The ideal duration for practicing yoga depends on your personal goals, schedule, and experience level. You should generally include a 5-minute warm-up before starting on any poses. Here's some guidance to help you decide:

Beginners

- 15-20 minutes a day – starting small helps you ease into the practice without feeling overwhelmed. Consistency is more important than long sessions.

Regular practitioners

- 30-60 minutes a day – this range is great for building strength, flexibility, and mindfulness. You should include warm-up, poses (asanas) for 40 minutes, and add pranayama (breathing) for 5-10 minutes, and meditation for 5-10 minutes.

Advanced practitioners

- 60-90 minutes a day if you're looking to enhance your yoga practice. Longer sessions allow for exploring advanced poses, breathwork, and spiritual connections.

General Considerations

1. **Practice daily** – even 10-15 minutes daily can significantly impact your well-being.
2. **Realistic schedule** – adjust the duration based on the time you can realistically commit.

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Advanced practitioners

- 60-90 minutes a day if you're looking to enhance your yoga practice. Longer sessions allow for exploring advanced poses, breathwork, and spiritual connections.

General Considerations

1. **Practice daily** – even 10-15 minutes daily can significantly impact your well-being.
2. **Realistic schedule** – adjust the duration based on the time you can realistically commit.
3. **Quality over quantity** – it's better to be focused and mindful for 15 minutes than doing yoga while being distracted for an hour. Remember yoga is a union of mind body and spirit.
4. **Listen to your body** – take rest days or shorten sessions as needed, especially when you're tired or unwell. You should feel rejuvenated not exhausted after your session.

Whether it's a quick session to relieve stress or a longer practice to explore yoga deeply, the key is consistency.

Is gym workout required in addition to practicing yoga?

I have had many folks insist that gym and weights are important to build muscles. There are ample yoga asanas that can add weight to any part of your body and exercise any muscle you want – it is a matter of what goal you have set for yourself and what is your level of awareness about asanas and pranayams.

Yoga itself can be a highly effective form of standalone exercise, offering strength, flexibility, balance, and relaxation – any qualified yoga teacher can provide appropriate guidance.

That said, many people combine both yoga and gym routines in their fitness plan. For example, they incorporate yoga for recovery, flexibility, and mindfulness on rest days, or to improve posture and prevent injuries during gym sessions. As a word of caution, over-exercising your body can also be detrimental to your health – as it increases Vata in the body.

Best websites demonstrating yoga poses

Here are some good websites that demonstrate yoga poses authentically and provide valuable resources for practitioners:

1. **Yoga with Adriene:** a popular platform offering free yoga videos, including beginner-friendly sequences and pose tutorials. Adriene's teaching style is approachable and encouraging.
2. **Yoga International**: this site features a comprehensive library of yoga classes, pose breakdowns, and articles on yoga philosophy. It's suitable for all levels.
3. **Asana Journal**: provides insights into yoga practices and poses, along with articles on yoga philosophy and wellness.

These platforms are great starting points for learning and practicing yoga poses, however, there is a limitation.

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Just like you need a trainer to help you receive specific benefits from a gym workout, the same principle applies to yoga. Social media platforms cannot observe you and cannot correct your asana if they are not being performed correctly - the guidance of a qualified yoga teacher is important to ensure that an asana is being performed correctly.

Yoga shloka:

ॐ सर्वे भवन्तु सुखिनः ।
सर्वे सन्तु निरामयाः ।
सर्वे भद्राणि पश्यन्तु ।
मा कश्चित् दुःख भाग्भवेत् ॥
ॐ शान्तिः शान्तिः शान्तिः॥

भावार्थ:
सभी सुखी होवें, सभी रोगमुक्त रहें, सभी का जीवन मंगलमय बनें और कोई भी दुःख का भागी न बने।
हे भगवन हमें ऐसा वर दो!



Laughter Yoga and Its Benefits

By Dharam Punwani

Science says that the benefits of laughter remain the same, whether we laugh for a reason or no reason. In laughter yoga, we laugh for no reason. Laughter yoga is a path to wellness.

Physical and Mental Benefits of Laughter:

- Increases oxygen intake
- Increases blood circulation
- Decreases blood pressure
- Improves lung function
- Strengthens the immune system by the production of T-cells
- Increases the feeling of relaxation and happiness by the production of endorphins
- Reduces anxiety by lowering Cortisol, a stress hormone.

The world-renowned medical clinics, such as the Mayo Clinic and Cleveland Clinic, recognize the benefits of laughter.
Laughter yoga is more than just laughter. It also incorporates:

- Breathing exercises (pranayam)
- Simple stretching exercises
- Activation of acupressure points in our hands by clapping

Laughter yoga is now practiced in 120 countries.

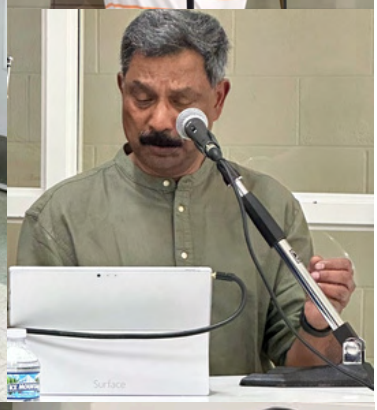


A recap of the
Hindu Satsang's June 23, 2025 Sabha











Our guest singer, **Sh. Sunil Pillai**, enthralled the audience with his soulful rendition of Hari Om Sharan bhajans. Classics like 'Rakh Laaj Meri Ganpati', 'Bhaj Govinda Jai Gopala', and 'Tere Naam Ka Sumiran Karke' transported us back to cherished mornings spent listening to devotional melodies. A truly uplifting experience!

Our guest speaker **Sh. Dharam Punwani** brought joy and insight to our gathering, highlighting the benefits of laughter and leaving everyone in stitches. The audience actively participated in the session, engaging in practical laughter exercises that added to the infectious energy. Dive deeper into the world of Laughter Yoga in his article "**Laughter Yoga and Its Benefits**" on page 5.

A Perfect Summer Picnic to Remember

July 13, 2025

A beautiful summer day—pleasantly warm and not too humid—set the stage for our much-loved picnic on July 13. With delicious food, lively games, and families full of energy and laughter, it was truly a day to remember.

Our event coordinators planned a wonderful lineup of activities. From sack races to spoon races, participants of all ages joined in with enthusiasm. It was heartwarming to see everyone—from our youngest little ones to the young-at-heart in their 70s—competing with big smiles.

Our picnic featured a delightful musical performance by Sargam Kapoor and Shivam Viswanathan, complemented by the humorous poetry (Hasya Kavita) of Sanjay Sharma, which added a dash of laughter and joy to the event.

We were also fortunate to hear from Sangeetha Shankar and Devala Rees of HAF, who shared updates on their inspiring initiatives. Check their site: https://www.hinduamerican.org

A big thank you to Ashyana for the delicious lunch that everyone enjoyed under the summer sky. Special thanks to Ramesh Malhan ji for arranging it.

This joyful day wouldn't have been possible without the tireless efforts of our organizing committee, volunteers, and all the families who came together to celebrate. The laughter and shared moments were proof that this picnic remains one of our most treasured traditions.

At the picnic, the following participants competed and won the races in "Hindu Satsang Games 2025". Congratulations !!

- 100 M race for kids under 10: Anika Tiwari (1st); Nikhil Coombse (2nd)
- 100 M race for kids above 10: Ryan Coombse (1st); Shriya Tiwari (2nd)
- 100 M race for women: Mukta Tiwari (1st); Roma Bhagat (2nd)
- 100 M race for men under 60 : Hersh Sabharwal (1st); Om Tiwari (2nd)
- 100 M race for Men above 60: Tarun Kumar (1st); Daljit Sabharwal (2nd)
- Spoon Race for kids under 10: Anika Tiwari (1st); Shivana Soni (2nd)
- Sac race for kids under10: Anika Tiwari (1st), Nikhil Coombse (2nd)
- Sac Race for kids above 10: Shriya Tiwari (1st); Ryan Coombse (2nd)
- Sac Rrace for adults under 60: Hersh Sabharwal (1st); Om Tiwari (2nd)
- Sac Race for women above 60: Anita Singhal (1st), Sadhana Tiwari (2nd)
- Ball throw for kids under 10: Prisha Sehgal (1st); Nikhil Coombse (2nd)
- Ball throw for kids above 10: Ryan Coombse (1st); Shriya Tiwari (2nd)

Gift cards in prizes were given to the winners as well as to some others for their participation.

See picnic photos at:
https://www.facebook.com/hindusatsangUSA



Guru Kaun?

By Uma Nauth | For Guru Purnima

Planet Earth serves as a school for its inhabitants, where every lifetime offers a chance to self-correct, learning from past choices and their spiritual implications. Our life experiences - relationships, possessions, joys, and sorrows - are all predestined by the results of our previous actions, or prarabdh (destiny). These experiences, both positive and negative, become our teachers, helping us to evolve by facing and overcoming illusions and miscreations deeply rooted in human existence.

Amidst the complexities of life and the prevalence of negativity, superficial perceptions often keep us bound to worldly pursuits. True spiritual growth, however, requires deeper discernment—recognizing cause and effect, seeking wisdom, and understanding simple, universal truths beyond the web of maya (illusion). Success and material comforts, while desirable, are merely temporary results of past good deeds and do not contribute to the evolution of the soul.

The journey to self-realization is marked by continual learning, suffering, and gradual enlightenment—often under the guidance of difficult life circumstances or 'Saturn', regarded in astrology as the strictest and most effective teacher for dissolving ego.

While divine Masters or Gurus provide guidance, they do not shield students from their necessary trials, allowing them to gain true wisdom by experiencing and overcoming challenges themselves. Divine interventions or miracles occur only when deserved and at the right time. Ultimately, all spiritual guidance points inward: our true Guru is the divine Self—the "I AM" or Atma—within each of us. True belonging and fulfilment come from living in alignment with universal laws, practicing unconditional love, and striving for balance. This Guru Purnima, may we seek and honor the master within, ever guiding us toward self-realization.



HINDU SATSANG PRESENTS



JANMASHTAMI CULTURAL PROGRAM



Date: Sunday, August 24

Time: 10:15 AM – 12:00 Noon

Venue: Rathi Auditorium, Lemont Hindu Temple

Start your preparations and get ready for a joyous celebration!

Bring your loved ones and enjoy the show — or showcase your own talents!

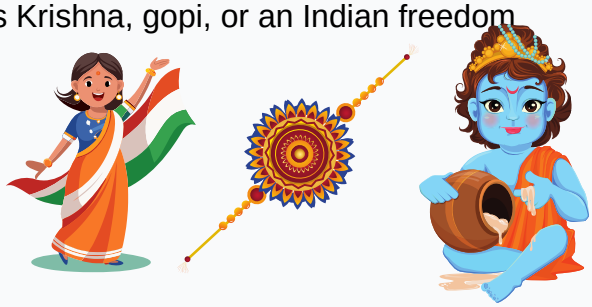
Program Participation Ideas (Theme - Janmashtami, Independence Day or Rakhi)

(Performance duration: 5 minutes or less)

- Song (devotional or patriotic, solo/group, with live music or karaoke)
- Musical Instrument (solo/group, devotional or patriotic music only)
- Skit / Short Play / Fancy Dress (dress up as Krishna, gopi, or an Indian freedom fighter)
- Dance (devotional or patriotic)

No age limit!

Lunch will be served after the event.



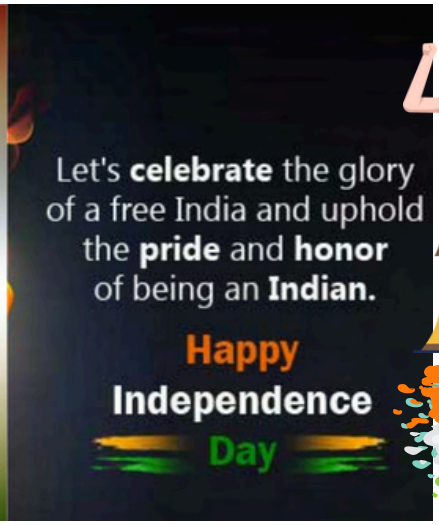
Free to attend and participate!

Register ASAP: Janmashtami Participation Form

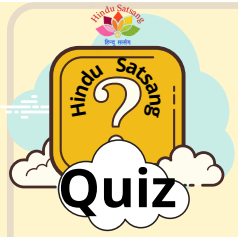
If you have questions, please reach out to our special events coordinators:

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









Quiz
Rakshabandhan

By Jai Viswanathan

1. Who tied a rakhi around King Mahabali's wrist?

2. What is the meaning of the following verse:
   येन बद्धो बलि: राजा दानवेन्द्रो महाबल:!
   तेन त्वामभिबध्नामि रक्षे मा चल मा चल !!
– Bhavishyattara Purana : 137/20

3. Who tore off a piece of her sari, and wrapped it around Krishna's wrist to stop the blood flow?

4. According to legend, who tied the rakhi to King Puru (Porus)?

5. Who is believed to have sent rakhi to Mughal Emperor Humayun?

Answers

1. **Goddess Lakshmi**. To protect the realm of his ardent devotee king Mahabali, Lord Vishnu departed his home of Vaikuntha. Goddess Lakshmi felt lonely and sad about this. She, therefore, pretended to be a Brahmin woman and sought sanctuary in Bali's palace. She tied a rakhi on Mahabali's wrist on the day of Shravan Poornima and told him the truth about why she had come to his house. Mahabali was moved when he realized the greatness of his Lord Vishnu and how he had personally come to defend him and his throne. As a result, he sacrificed everything he had for Lord Vishnu and Goddess Lakshmi. He requested Lord Vishnu to accompany Goddess Lakshmi in Vaikuntha.

2. "The protective thread which was tied to the extremely benevolent King, Bali, I tie the same sacred thread on your wrist, which will protect you from all adversities forever". This mantra is recited by the sisters to their brothers while tying the Rakhi.

3. **Draupadi**: Once Krishna managed to cut his finger, everyone started to run around to look for a strip of cloth to stop the bleeding. Draupadi, who was watching all this, simply tore off a part of her sari and tied it around Krishna's finger. In return for this deed, Krishna promised to protect her in times of distress. Later on, the Pandavas lost Draupadi in a gambling bet. By Krishna's miracle, Draupadi's sari became endless and saved her from humiliation when she was disrobed in King Dhritarashtra's court.

4. **Roxana**: In 326 BC, wife of Alexander, Roxana tied the Rakhi to King Porus and took a promise from him not to harm her husband. Although King Porus fought the battle but avoided a direct fight with Alexander so that he could fulfill his promise.

5. **Rani Karnavati** of Chittor sent Rakhi to Mughal Emperor Humayun and asked to protect her kingdom from the invasion of Bahadur Shah. Unfortunately, Humayun came late and Rani Karnavati, along with other women of the kingdom immolated themselves to save the honor from the hands of the invaders.

Happy Rakshabandhan

Don't Miss These Two Exciting **Free** Upcoming Events in Aug

On the occasion of India's 79th Independence Anniversary, ICO would like to invite all of you again to come and celebrate 11th India Day Parade & Celebration. Come and join us with your friends and family. If you are interested in Joining Hindu Satsang's Parade group please contact Nand Prakash Garg.
The Indian Community Outreach (ICO) will host the India Day Parade on Sunday, August 10, 2025, at 11:00 AM. The parade will begin at Naperville Central High School. While the full cultural event and concert at Rotary Hill have been scaled back due to costs, the parade will still take place.

Date : Sunday, August 10, 2025
Time: 11:00AM
Location: Rotary Hill Naperville, IL

Science of Spirituality
Veggie Fest
Date: August 9 (Sat) & 10 (Sun)
From: 11 am to 8 PM
Venue: Danada South Park at Navistar Cir., Lisle, IL 60532
For more details:
https://veggiefestchicago.org

If you're interested, please WhatsApp or text the names of all the attendees to **Shivam Viswanathan (312-399-3860)** by July 25th. This will allow us to arrange convenient parking and special group seating for Hindu Satsang members at the meditation talk by **Sant Rajinder Singh Ji Maharaj** during the event.



Happy Nag Panchami



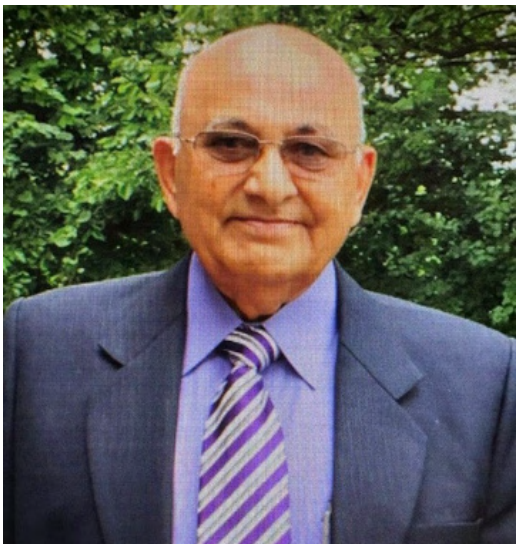
There are different legends associated with the origin of Nag Panchami. One popular legend involves Lord Krishna, who defeated the venomous snake Kalia and saved the people of Vrindavan from its terror.

During Nag Panchami, people offer prayers, milk, flowers, and sweets to snake idols or live snakes. They may also visit temples dedicated to snake deities and make offerings there. The rituals are performed to seek the blessings of the serpent gods, protect against snake bites, and ensure prosperity and fertility.
Nag Panchami this year is on Tue, Jul 29, 2025.



Hindu Satsang Sabha
Guest singer and speaker

Special Guest Speaker
Anant Vyas



Anant Vyas ji and his family have been a part of Hindu Satsang since its very beginning. He earned his bachelor's degree in electrical engineering from Gujarat University in India and later completed a master's degree in industrial engineering at West Virginia University.

Anant ji dedicated over 35 years of his career as a research engineer at Argonne National Laboratory before retiring. Earlier, he spent nine years with the Chicago Area Transportation Study, where he worked on urban planning models, network simulations, and analytical tools. He is also a licensed Professional Engineer in Illinois.

Since 1976, Anant ji and his family have called DuPage County their home. He enjoys playing volleyball and bridge every week.

Guest Singer

Meeta Mehta



Meeta Mehta Ji lives in Elk Grove Village and has a deep passion for music. She regularly sings bhajans at Manav Seva Mandir and also performs at events outside the Mandir. Beyond singing, she enjoys reading, traveling, and cooking. Meeta and her husband have two sons and two grandchildren, with whom they cherish spending quality time.



Hindu Satsang's Monthly Sabha

10 AM CST on Sunday, 27th July 2025 Gupta Dinning hall at HTGC Temple, Lemont, IL



Everyone is cordially invited

Sunday Satsang Sabha

Agenda:

10:00 am: Vedic Pooja
10:10 am: Bhajans by Satsang members
10:30 am: Guest Singer: Meeta Mehta Ji
11:10 am: Guest Speaker: Anant Vyas Ji
12:00 pm: Aarti followed by prasad/lunch

Hindu Satsang's *Upcoming Events at HTGC:*



Mark your calendar

- **Satsang Sabha**: 10am on Sunday, July 27
- **Janmashtami Cultural Program**: 10:15 am on Sunday, 24th August

June Collections

Cash (Aarti)	$121
Dharam & Kiran Punwani	$101
Total	**$222**
Picnic Collections	
Cash	$590
Tarun & Deepti Kumar	$101
Rajesh & Sangita Garg	$101
Nidhi & Arvind Srivastava	$100
Bharat & Neeta Mathur	$51
Vibha & Manu Sharma	$51
Shashi Malhotra	$30
Total	$1024

Thanks everyone for your generous donations.







Maa Annapurna devi

May you receive abundant blessings of well-being, prosperity, and affluence.

Prasad Sponsors this month

Sangeeta Garg and Family
Renu Jain and Family
Madhu Uppal and Family
Usha Wasan and Family