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# Hindu Satsang Update

Pranaam to all Satsangis!
Wishes to each and every one of you Happy Shiv Ratri on Wednesday, February 25th/26th and upcoming Holi on Friday March 14th. Holi reminds me Prahlad's Devotion, Faith & Turst to Shree Vishnu Bhagwan.

Holi Ke 7 Rang Prahlad Taught Us:

- **The triumph of good over evil**
- **The importance of forgiveness and letting go**
- **Unity in diversity (in form of colors)**
- **The power of love and devotion**
- **Embracing change and new beginnings**
- **The joy of giving**
- **Celebrating life's colours**

If we can embody the true spirit of this message in our daily lives, the world will undoubtedly become a better place.
During our recent Satsang Sabha, we had the privilege of experiencing a truly incredible performance of Sundar Kand by the highly acclaimed musician, Devotees of international society of spiritual advancement. Words cannot do justice to the magnificence of his presentation. Please refer to page 5 for further information about the event**.**

In February, we'll have our annual Youth Fest. It will be held on Sunday, February 23rd at Rathi Auditorium, HTGC temple from 10:00 am onwards. Children upto the age of 18 can participate and showcase their talent. All the participants will be awarded with a trophy with their name inscribed on it. Get ready to showcase your talent to the world! Unless you want to miss out on all the fun, be sure to set a reminder on your phone for the Youth Festival event.

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**Page 2:** Birthdays & Anniversaries
**Page 3 & 4:** Ayurved
**Page 5:** Recap of our January's Satsang Sabha
**Page 6:** Quiz
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**Page 9**: Hindu Satsang Program Details





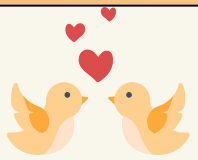
# Happy Birth Month to our Satsangis born in February

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 | | | | | |

# 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 |  |



## हंसी से बेहतर कोई दवा नहीं है।



**(पत्नी, होली पर नशा होने का नाटक करते हुए, मज़ाक में पति से):** "तुम कौन हो? और मुझे इतने जाने-पहचाने क्यों लग रहे हो? हम पहले मिले हैं... ?" 🎨😆

**(पति, हंसते हुए):** "अरे, मैं तुम्हारा पति हूँ... तुम मुझे कैसे भूल सकती हो?"

**(पत्नी, मुस्कुराते हुए):** "अरे, नशा सारी परेशानियाँ भुला देता है... !" 😜✨

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



**Happy Holi!!**

# Relief From Hypothyroidism Through Ayurveda
# Part 2
## By Sh. Rajeev Jain





We will continue our discussion on Hypothyroidism from last month where we focused on Dietary changes. This month we will focus on Exercise/Lifestyle changes and the Ayurvedic formulations that are helpful to individuals suffering from it. As mentioned earlier, it can occur at any age but it is more common in middle-aged and older adults, particularly women over the age of 60. It often occurs during menopausal years.

**(2) Exercise/Lifestyle:**
Regular exercise and practice of yogic asanas and pranayams is very helpful in stimulating the thyroid gland, enhancing its function and hormone production, improving metabolism, digestion and energy levels, and reducing stress – critical for managing hypothyroidism effectively.

**Yogic Asanas –**
Yoga can be very beneficial for managing hypothyroidism by stimulating the thyroid gland and improving overall metabolism. To stimulate the thyroid gland, neck stretching exercises and neck/throat bandha is very effective. In addition, here are some effective asanas:

- Bhujangasana – stimulates the thyroid gland and improves blood circulation.
- Setubandhasana – opens the chest and stimulates the thyroid gland.
- Sarvangasana – Stimulates the thyroid gland and helps regulate hormone production.
- Halasana – Compresses the neck, stimulating the thyroid gland.
- Matsyasana – stretches the neck and stimulates the thyroid gland.

Do not over-exert and perform these asanas withing limits of your physical capacity. Also, if you are suffering from high blood pressure, some of these asanas are not desirable – discuss your situation with your Ayurvedic advisor.

**Pranayams**

- Ujjayi Pranayama – calms the mind and stimulates the thyroid gland.
- Kapalabhati – stimulates the digestive system and improves metabolic function.
- Aalom Vilom – balances the energy channels and reduces stress.
- Bhramari Pranayama – calms the nervous system and stimulates the thyroid gland.

**Panchakarma therapies :**
Ayurveda prescribes several Panchakarma therapies to manage hypothyroidism by detoxifying the body, balancing doshas, and improving metabolism. These include

- Virechana (Purgation therapy) to Cleanse the liver and gastrointestinal tract, removing toxins (Ama) and balancing Pitta dosha.
- Basti (Medicated enema) to primarily balances Vata dosha and cleanses the colon.
- Nasya (Nasal administration) to clear the nasal passages, improves mental clarity, and balances Kapha dosha.

***Continued on the next page***

***Continued from the previous page***

- Abhyanga (Oil massage) – as a minimum, neck abhayanga with sesame oil or even a full-body massage with warm herbal oils.
- Swedana (Herbal steam therapy) to open up the channels (srotas), enhances circulation, and supports detoxification.

While Panchakarma can significantly improve symptoms and overall health, the possibility of complete cure varies from person to person. Consistent treatment, along with dietary and lifestyle changes, can lead to substantial improvement and better quality of life.

**Sleep:**
It is important to get the recommended amount of sleep support overall health.

**(3) Herbal formulations:**
Ayurveda offers several herbal remedies to support thyroid function and manage hypothyroidism. Here are some commonly prescribed herbs:

- Kanchanar Guggulu – specifically beneficial for thyroid health, helps in reducing glandular swelling.
- Punarnava Mandoor – improves metabolism, and supporting overall thyroid function.
- Aarogyavardhani vati – helps improve liver function and metabolism - beneficial for thyroid hormone production.
- Ashwagandha – helps reduce stress and supports thyroid function.
- Trikatu – helps to increase Agni.
- Guggulu – enhances metabolism and supports thyroid health.
- Brahmi – improves cognitive function and reduces stress.
- Turmeric – anti-inflammatory properties that support overall health.
- Shankhapushpi – supports mental clarity and reduces stress.

These herbs are often used in combination with dietary and lifestyle changes to enhance their effectiveness. It's important to consult with an Ayurvedic practitioner to determine the appropriate dosage and combination of herbs for your specific condition.

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.

**"You can't enjoy wealth if you're not in good health."** – Anonymous

## A recap of
## Hindu Satsang's Monthly Sabha
held on January 26, 2025











A heartfelt thanks to our ISSA sevaks, Sh. and Smt. Anand Tiwari and Sh. and Smt. Inderjeet Gurtatta, for their extraordinary recitation of the Sundar Kand. Their captivating performance left all attendees blessed, spellbound and deeply moved.
We also extend special appreciation to the talented young kids, Vardaan Tiwari and Krish Suman, for their magnificent trendition of the Hanuman Chalisa, which added a profound spiritual depth to our gathering.
Thank you Rashmi Gandhi for blessing us with her singing on Rebublic day.

Thank you, Subhash Ji , for your dedicated efforts in organizing the special January Sundar Kand Satsang Sabha so faithfully over the years.

# 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)

You are cordially invited to

# Hindu Satsang's

# YOUTH FESTIVAL CULTURAL PROGRAM






## *Deadline to submit participation form: February 18, 2025*



Dear Satsangis,
Kindly complete the Google form if you wish to take part in the Youth Festival program before February 18.

**Details of the Cultural Program:**

**Date**: Sunday, February 23, 2025
**Time**: 10:00 am - 12:00 pm (followed by lunch)
**Venue**: Rathi Auditorium, Lemont Hindu Temple (HTGC)

**Important Points to Note:**

1. Limit one entry per participant/group (first come, first served).
2. Open to children/youth of all ages.
3. To accommodate as many children as possible, please ensure your program duration does not exceed 4 minutes.
4. Participants are encouraged to present entertaining acts, either solo or in a group, such as dance, song, playing musical instruments, etc. While Bollywood performances are welcome, the theme should be devotional.





**Participation Registration Form Link:**

**https://bit.ly/youthfest2025**







# 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 23
**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.

## Hindu Satsang's Youth Fest. (4th Sunday of February)
## 10:00 AM CST on Sunday, 23rd, February at Rathi Auditorium

23rd February 10 am

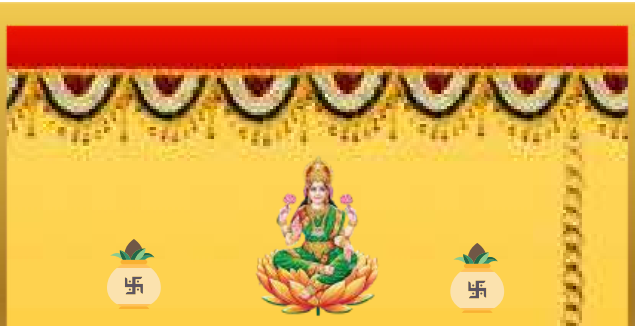
Everyone is cordially invited

### Youth Festival



**Venue**: Rathi Auditorium
Lemont Hindu Temple
**Time**: 10 am to Noon
followed by lunch



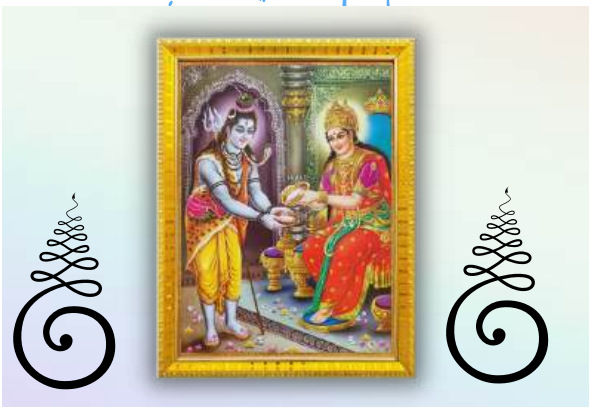



### January Aarti Collections

**Thanks everyone for your generous donations.**

| | |
|---|---|
| Richa & Anupam Agnihotri | $101 |
| Daya & Neera Kapoor | $51 |
| Subash & Nisha Oz | $50 |
| Subhash & Chander Sharma | $21 |
| Cash | $118 |
| **Total** | **$341** |

|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:

**Ami, Aashini & Keshav Gandhi**
**Palvi & Nitin Julka Family**
**Charu & Ajay Bhatia Family**
**Garima & Vipin Malhan Family**
**Dipali & Neel patel family**
**Roma & Neil Bhagat Family**