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मई २०२१ May 2021

हिन्दू सत्संग समाचार

Hindu Satsang Samachar

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Hindu Satsang Updates

By Shivam Viswanathan

Sadar pranaam to all Satsangis!

I hope and pray that you and your loved ones are doing well here, in India, and elsewhere.

In light of recent updates from CDC, an in-person congregation may not be too far fetched. If not already vaccinated, take this opportunity to get vaccinated and stay safe.

This month the theme of this newsletter is "Empowered Women in Ancient India". This month we have our guest speaker, **Sh. Virendra Kumar**, who will be presenting his talk on "The status of women in Vedas". We have an inspiring story about an intelligent and courageous woman called Savitri on page 3. Our quiz is also about women from the golden age on page 6. Do not miss **Uma ji's** poem on page 5 about the most powerful female influence in our lives - our mother.

We are pleased to have our guest singer **Sh. Girish Bhatt**, who is no stranger to Hindu Satsang. More details about our guest singer and speaker on the last page.

Last month we had **Acharya Narendra ji** as our guest singer and speaker. He did katha and bhajans about Shri Ram on the occasion of Ram Navami. More details about our guest and congregation on page 7.

The following are some main festivals/events coming up in the next 30 days, our best wishes to you all:

Buddha Purnima on Wednesday, May 26, 2021, Savitri Pooja on Thursday, June 10, 2021, Father's Day Sunday, June 20th, International Yoga day on Monday, June 21,

Hoping to see you all on Sunday, May 23rd during our virtual congregation. Please stay safe and take care.

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नमस्ते



Happy Birthday Month to our Satsangis born in May



Alka Tyle	Anant Vyas	Aneesh Tyle	Anuradha Sharma	Archit Dhar
Asha Vyas	Ashika Sachdev	Vasudha Pandey	Chhaya Trivedi	Darshna Jain
Dipti Kumar	Kanchan Pandey	Krishna Bhatia	Manu Sharma	Mila Malhotra
Namisha Saini	Rachna Rawal	Rajesh Singhal	Rani Trivedi	Rashmi Gandhi
Ravinder Saini	Raynaa Dhingra	Sakshi Sahni	Sandip Sharma	Subhash Pandey
Sudha Upadhyay	Tarun Kumar	Tejas Satpalkar	जन्मदिन की शुभ कामनाएँ	



Happy Anniversary Month

Alka & Romesh Sood	Bindu & Priya Pathak	Kiran & Satish Gupta	Nikita & Ravin Bhatia	Priya & Rajiv Pandit	Rani & Vivek Trivedi	Tanu & Satendra Singh	Vibha & Manu Sharma
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Laughter is the Best Medicine

A man goes to a doctor, concerned about his wife's hearing. The doctor says, "Stand behind her and say something and tell me how close you are when she hears you."

The man goes home, sees his wife in the kitchen, cutting carrots on the countertop. About 15 feet away he says, "Honey, what's for dinner?" Nothing. He gets halfway to her and repeats the same question. Nothing. Very concerned, he gets right behind her and asks again "What's for dinner?" She turns around and says "For the THIRD time, it is dal and rice!"

Keep smiling and have a wonderful anniversary!



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HinduSatsang.org

Hindu Satsang's
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Constipation An Ayurvedic Perspective

By Rajeev Jain

According to the CDC (Center for Disease Control), constipation is one of the most common digestive disorders in the world. The CDC states that over 15% of the USA population suffers from constipation, with a higher incidence among ladies and in the seniors' group!

What Causes Constipation?

Constipation is when you have stools that are hard to pass, or there are irregular bowel movements. Constipation can make you feel constantly bloated or uncomfortable. Key organs involved in the digestion process are the stomach, small intestine, and large intestine, and the stool ultimately exits via the rectum.

Common causes of constipation include a low-fiber diet; diets high in meat or cheese; dehydration; or delaying when there is the impulse to have a bowel movement; Other lifestyle factors that increase your risk of constipation include, travel, stress, or other changes in routine and lack of exercise. It can also be caused by certain medications, such as high calcium antacids and pain medications; and pregnancy.

Over time, it becomes chronic, creating Aama (toxicity) in the body. Thereafter, the toxicity can spread to various organs and can develop other diseases.



Ayurvedic Perspective:

According to Ayurveda, most commonly constipation occurs when vata's cold and dry qualities disturb the colon, inhibiting its proper functioning. Vata also causes pain, swelling, and inflammation. In addition, aging also promotes vata. As a result, constipation becomes more common as we age.

The remedy is to add warmth, oil, and hydration to the system in order to counter the excess vata. The following strategies specifically counter vata and can be very helpful in supporting the return of normal bowel movements.

Ayurvedic Approach:

Using the multi-pronged approach, below we discuss the defense against constipation. It includes, (1) appropriate diet, (2) proper lifestyle, (3) regular exercise, (4) pranayam, and (5) herbal supplements.

(1) Diet:

A few small changes to your daily diet can help you reduce the incidence of constipation. It is important to exclude dry, cold, and acidic foods from your diet. These include dried foods, refined foods, chilled food, excessively pungent food, and cold beverages. The following would be good to include in your diet:

- Drink lots of warm or hot water and herbal tea;
- Increase the quantity of organic oils, such as sesame oil, ghee, and olive oil;
- Eat plenty of fruit – they are hydrating, fibrous, and generally pacify vata;
- Drink some fruit juice – especially pineapple juice and prune juice;
- Take milk with ghee (before going to bed), or soaked flax seeds;

Some foods to avoid include processed cheese, hard-boiled eggs, refined sugar, white flour-based products, such as bread, cakes, pastries, crackers, and cookies.

(2) Lifestyle:

Warmth is your friend, therefore, avoid cold as much as possible, e.g., bathe in warm water and dress warmly. Stress is another important factor to reduce. Also, ensure you get adequate sleep and sleep soundly at night. Regular times for meals are also highly desirable with a break of at least three hours between meals.

< *Continued on the next page ...* >>>

<<< Article continued from the previous page>

(3) Exercise:

Dos: After food, walk 200 steps before resting. After a meal, doing Vajra asana for about 5 minutes is highly desirable – but not any other yogic activity.



Walk briskly or do yogic exercises for 30 minutes daily – early morning and/or in the evening. Yogic exercises should include *Pavan-mukta asana* and *Pada-hasta asana*.

Don'ts: Avoid strenuous physical exercise after meals, like running or any sports activity.

(4) Pranayam:

Fifteen minutes of pranayam should be included in your daily routine.

- Deep breathing (focus on proper inhalation and exhalation)
- Alom-Vilom (Surya) - breathing with right nostril with left one closed
- If stress is a factor – also include Bhramari pranayam (inhaling a deep breath and making a buzzing sound while exhaling – with ears closed). Also add a 15-minute meditation to your routine.

(5) Herbal formulations:

Finally, there are some herbal products that are useful in treating constipation that can help improve the defecation process. These include Triphala, Trivritadi leham, Abhaya arishtam, Nimba amruthadiavanakenna, Avipatti churna. Additional procedures can include enema therapy (*basti*) and purgation. However, these formulations should be taken and procedures performed under direction from an Ayurvedic *Vaidya*. The first line of defense can include consuming castor oil or *Isabgol bhusi* at night.

Wishing everyone a safe time and good health.



जमीं के फरिश्ते

Poem by: Uma Nauth



मंदिर गईं तो सुना,
भगवान सर्व शक्तिमान है
मस्जिद गईं तो सुना,
खुदा रहमदिल है
गिरजा गईं तो पता चला,
ईसा हमें प्यार करता है

इन ख्यालों में डूबी, घर की तरफ
में चली जा रही थी, एक दिन
जैसे ही दरवाजा खट खटाया
तो अंदर से आवाज आई, “आती हूँ”

यूं लगा कि जैसे,
सदियों से कोई इन्तजार ही कर रहा हो
कुछ वक्त लम्बा पड़ा तो,
मैंने,
शीशे से झाँक कर अंदर देखा,
क्या देखा कि।

साँसों को इकट्ठा करती हुई,
एक हॉफती सी
लडखड़ाते जिस्म को सगेटती हुई,
एक डोलती सी,
बेजान जिस्म को घसीटती हुई,
एक बेदमी सी,
दर्द के डर से अनजान
एक जान चली आ रही है

असीम उत्सुकता झलकाता हुआ
प्यार की नमी से भीगा हुआ,
भोली मुस्कान का दान करता हुआ,
एक चेहरा सामने आया

मिठास बिखेरते लफजों का
कुछ यों गुंजन हुआ
“आ गई बिल्लो”
“हाँ बीजी” जवाब में मैने कहा

ख्यालों में डूबी मैं आगे को बढ़ी
एक पृथसास साँ दिल दिमाग पर छाने लगा
और फिर एक दम ध्यान में आया
अरे जिसको पाने के लिये,
मन सदियों से भटक रहा था
वो फरिश्ता तो कब से,
अपने घर में ही मौजूद था

Hope you all had a
Happy Mothers Day!





Quiz About Empowered Women From Hindu Legends

Continuing with the theme of powerful female legends from Hindu scriptures, the following statements describe a powerful woman from Hindu legends. Can you identify her? Answers on the right column. *(Answers on the next page, bottom right column)*

1. She gave birth to Sri Krishna but had to immediately part from him as Sri Krishna had to be carried off to Nand baba and Ma Yashoda.
2. She had chosen her husband even after knowing that he had a short life, convinced Yama (God of death) to bring her husband back to life.
3. Princess of Magadh, and Daughter of the King Sukaushal and Queen Amritaprabha. She is also the mother of a son (a Vishnu Avatar) and a daughter.
4. She had to sleep for 14 years so that her husband can stay awake and protect his elder brother in exile.
5. The great devotee of Ram, who waited for him for ages knowing well that one day Ram will show up as told by her guru. After feeding Ram and Lakshman, directed them towards Rishimukh Parvat before abandoning her body.
6. She chose to spend her life as a blind person so that she is on par with her blind husband.
7. As her husband's charioteer in a fierce battle with the great demon Shambara, she saved his life twice. Her husband, who was a very powerful king, was very grateful and granted her two boons.
8. She was Ravana's virtuous daughter-in-law who went to Ram's camp to receive the head of her husband who was killed by Lakshman.

(Answers on next page, bottom right column)

Shradhanjali



We are deeply saddened to learn about the unexpected passing of Uncleji Prem Raj Singh Goel, our dear Renu Garg's father, and Nand Parkash Garg Ji's father-in-law. He was 87 years old.

Both Nand Ji and Renu and their daughters Kanika, and Surbhi with her husband Sagar and daughter Sia were able to reach Vancouver, Canada, in time to be with Uncle and the rest of the family.

Uncle is survived by his loving wife of 63 years, dear Aunty Mithlesh Kumari, son Praveen and family (Rajni, Dhruv, Nitya), and daughter Renu and family (Nandji, Surbhi, Sagar, Sia, Kanika, and Arun).

May God grant sadgati to dear Uncle, and comfort, peace, solace, and strength to the many family and friends in Canada, USA, India, and elsewhere, mourning his loss.

Om Shanti Shanti Shanti Om

- Alka and Navin Tyle



The Story of Savitri

For our monthly congregation this month, we have a talk on the status of women in Vedas. Savitri's name always comes up when we discuss brave women in ancient Indian legends. This year Savitri Pooja function is coming up next month on June 10. Here is the short version of the inspiring story of Savitri. Bravery does not just mean being physically strong; it also means fighting fearlessly and confidently for your loved ones.

Savitri, a princess, fell in love with a poor man called Satyavan. Satyavan was the only son of a blind king named Dyumatsena of Shalwa Kingdom. Dyumatsena lost his kingdom to an evil king and had to live in exile with his wife and his only son Satyavan.

Savitri was warned by Narad Muni not to marry Satyavan, for he would die on the first wedding anniversary. Yet Savitri remained unperturbed by it and did not change her decision. She married Satyavan as she had complete faith in her love for him.

On the morning of the fateful day, when Satyavan's death was predicted, Satyavan got ready to go to the forest to collect firewood. Savitri insisted on accompanying him. While chopping wood, Satyavan became weak and fell motionless on Savitri's lap. She saw that Yama (the God of death) himself had come to take the soul away. Savitri followed Yama and begged him not to take Satyavan, but Yama said that no one could escape death. Savitri followed Yama for miles and miles. Impressed with her determination, Yama said, "*I will give you a boon, you can ask for anything except the life of Satyavan.*"

Savitri asked that her father-in-law should see, play and enjoy his grandchildren in his own kingdom.

Without thinking, Yama granted her wish. At this Savitri asked Yama to return her husband because, without Satyavan, she could not have any children for her father-in-law to play with. This also meant that her father-in-law would get his kingdom and eyesight back. Defeated, Yama returned Savitri her husband and restored her father-in-law Dyumatsena's eyesight.

Satyavan woke up feeling as though he had been in a deep sleep. Meanwhile, at their home, Dyumatsena regained his eyesight before Savitri and Satyavan returned home.

Dyumatsena's ministers arrived with news of the death of the evil king of Shalwa who had deceitfully seized Dyumatsena's kingdom. Joyfully, king Dyumatsena and his entourage return to his kingdom.

Savitri started praying to Yama to thank him. When Satyavan and her in-laws asked her about what she was doing, Savitri told them about the complete sequence of events. They were amazed by her dedication, intelligence, and courage.

Savitri and Satyavan's story is still told and retold to this day.



Answers to the Quiz



Answers:

1. Devaki
2. Savitri (this would be easy if you had read Savitri's story in this newsletter)
3. Kausalya - mother of Shri Ram and Shanta (Shri Ram's sister).
4. Urmila (Lakshman's wife)
5. Shabari - she used to get sweet fruits & flowers every day hoping that one day Shri Ram would come to meet her.
6. Gandhari (wife of Dhritrashtra, the blind king of Hastinapur, and the mother of a hundred Kaurava sons and a daughter)
7. King Dashrath's wife, Kaikeyi
8. Sulochana (Indrajeet's wife).

Shradhanjali by Rashmi ji for her beloved sister-in-law



Dr. Chetna Dhanraj Mehta passed away on May 2nd, 2021 due to COVID. She was my choti bhabhi and it's a big loss for our family.

She did her BAMS in 1986 in Jamnagar, Gujarat. She practiced GYNEC field for 18 years in Rajkot, her hometown. She was practicing Ayurveda also.

She got married to my brother Dhanraj in 2008 and settled in NY. She was a guest speaker at Satsang explaining about Panchkarma. During that time she got an opportunity to study for MD (Panchkarma) in Jamnagar. Got her degree in 2017.

Opened Vedam Clinic and started Ayurveda practice till the last day. She touched so many lives with her friendly, caring & loving nature. God rest her soul in peace.



A Brief Update:

Hindu Satsang congregation held on April 25, 2021

By: *Subhash Pandey & Shivam Viswanathan*

On April 25, the Hindu Satsang congregation program started with Vedic Sandhya by Sh. Ramesh Malhan and Satsangies. This was followed by Ramayana Chaupai by Sh. Subhash Sharma.

Our young and budding artist Neelan Choksi sang a bhajan.

This was followed by some divine bhajans by Smt. Kanchan Pandey, Sh. Jagdish Madhav, Sh. Daljit Sabharwal and Smt. Rashmi Gandhi.

Our guest speaker and singer Acharya Narendra ji sang the following bhajans interspersed with Ram katha:

- Ram ka gungan kariya - राम का गुणगान करिये
- Ab Raha Hak Na 14 Sal Mujhe Is Ayodhya Mein Khana Khane Ka - अब रहा हक़ न 14 साल मुझे इस अयोध्या में खाना खाने का
- In Punjabi folk 'tappa' style he sang -

Aj Ram ji da din ayaya, asi is khushiya which eh geet madhur gaya - आज राम जी दा दिन आया, ऐसी इस खुशिया विच, यह गीत मधुर गाया

During Acharya Narendra ji's talk, he virtually transported us back to the early days of Shri Ram ji in Ayodhya. Shri Ram ji never ceases to fascinate and inspire us.

Acharya ji spoke about the powerful 'agya chakra' of Shri Ram. We are enthralled by Shri Ram ji whenever we learn about him and become enveloped in his glory and radiance.



May 2021 Congregation Details

Congregation:

Date: Sunday, May 23

Time: 10 am CST

Location: Join Zoom Meeting

<https://us02web.zoom.us/j/87013160986?pwd=b0JYRDFhUEExJQksveVErUVVGcDdQZz09>

Please mark your calendar.

Congregation Agenda:

Convener: Sh. Kamal Gupta

10:00 am: Vedic Pooja

10:10 am: Bhajans by Satsangis

10:30 am: Guest speaker:

Sh. Virendra Kumar

Topic: वेदों में नारी का स्थान

11:00 am: Guest Singer:

Mr. Girish Bhatt

11:45 am: Announcements followed by Aarti

Our guest speaker:

Sh. Virendra Kumar is an engineer by profession, retired as Cellular Engineer from Motorola Inc. Originally from India, he hails from Muzaffarnagar in UP. The Arya Samaj organization of Chicagoland was founded on Mother's Day in 1987 at a Havan at his home. A favorite hobby of his is writing poetry. **Topic:** His topic of today's talk is "वेदों में नारी का स्थान". (The status of women in the Vedas).

Our guest singer:

Sh. Girish Bhatt has been singing bhajan since his childhood. He is a very dedicated community member and has been involved in the weekly spiritual activity of the International Society for spiritual advancement (ISSA). He is well-known for his melodious voice and is highly respected in the community. Girish ji lives in Chicago with his family. He participated in the Hindu Satsang Sunder Kand Paath with other ISSA devotees which we hold in the month of January of every year.

We have been inviting some awe-inspiring singers and speakers in the past few months. Take full advantage of these sessions and invite your friends and family from all over the world to join us over Zoom. There is so much to learn and share, and we just do it once a month. It will be an interesting session, so set your alarms, so you can join us this month on time.



Here is some good news that will certainly be music to your ears: Rashmi Ji has achieved her Sangeet Visharad degree on May 17th. Pandit Ronu Majumdar was her examiner from Mumbai.

Honestly speaking, she does not require a certificate to prove her amazing talent, but I applaud her eagerness to learn something new or advance her skills.

BIG congratulations to Rashmi ji from Hindu Satsang - we wish her many many years of melodious singing.

