

अगस्त २०२५ August 2025

हिन्दू सत्संग समाचार

Hindu Satsang Samachar



Hindu Satsang Update

Dear Satsangis,
Namaskar!
We hope you're enjoying a wonderful summer and that you had a joyous Raksha Bandhan and a blessed Janmashtami
At our last Satsang, many Satsangis, along with our esteemed guest, Shrimati Meeta Mehta ji, sang a variety of soulful Bhajans. Shri Anant Vyas ji shared enlightening insights on Upasana as taught by Shri Krishna in the Shrimad Bhagavad Gita. For your convenience, a summary of his discourse can be found on page 6.
A brief recap of the Satsang Sabha is also provided on page 5.

This month's program:
Date: **Sunday, August 24, 2025**
Time: **10:15 AM**
Venue: **Rathi Auditorium**
Program: **Special program to celebrate Shri Krishna Janmashtami**.

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Join us for our grand annual **Ramlila on October 4**, presented in collaboration with HTGC! We welcome all children to take part in this cherished tradition — to participate, please reach out to Sh. Nand Parkash Garg. See Page 4 for details.

Upcoming main festivals:

- **27 August - Ganesh Chaturthi:** Celebrates the birth of Lord Ganesha.
- **5 September - Onam:** A harvest festival celebrated in Kerala
- **7 September - Pitri Paksha (Shraddha):** A period for honoring ancestors, starting on September 7th.
- **22 September - Navaratri:** A nine-night festival dedicated to the worship of Goddess Durga, starting on September 22nd.
- **28 September - Durga Puja:** A major festival dedicated to Goddess Durga, beginning on September 28th and lasting for several days.
- **1 October - Dussehra:** Celebrates the victory of good over evil, following Navaratri

नमस्ते

Hindu Satsang
हिन्दू सत्संग

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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
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Usha Shah	Vibha Sharma	Prem Sabharwal	Vikas Pandey	Vivek Upadhyay	Vikas Jain	Girdhar Bajaj
Shelley Tiwari						

Happy Anniversary

Deepti & Ajay Buti	Usha & Darsh Wasan	शादी की सालगिरह पर बधाई एवं ढ़ेर सारी शुभकामनाएं!

Laughter is the best medicine

The relationship between husband and wife is truly psycho*logical*. 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 Shivam Viswanathan (shivamv@gmail.com) with any content that you'd like to provide for future issues.

Pranayam

By Sh. Rajeev Jain

As shared in earlier articles, yoga is a comprehensive practice that includes physical postures, breath control, meditation, and ethical principles. In contrast, pranayama is a complementary practice that focuses specifically on breath control techniques. Similar to yoga, pranayama too has been practiced for thousands of years as a vital component of achieving balance between the body, mind, and spirit.

Below I have listed numerous benefits of pranayama. I have personally experienced benefits of pranayama when it cured my thyroid problem. In addition, a number of individuals that I have counselled, have benefitted and found relief from ailments like insomnia, high blood pressure, shortness of breath, etc.

Benefits of pranayama

Pranayama offers numerous physical, mental, and emotional benefits, making it an integral part of any holistic wellness program. An Ayurvedic treatment normally includes a practice of pranayama as it also supports healing:

Physical benefits

- **Improved lung function**: Enhances respiratory capacity and efficiency, promoting better oxygen exchange.
- **Detoxification**: Helps flush out toxins by improving circulation and stimulating the lymphatic system.
- **Enhanced energy levels**: Balances and boosts *prana* (life force), leaving you energized and refreshed.
- **Digestive support**: Certain techniques stimulate digestion and improve metabolism.
- **Heart health**: Slow, controlled breathing regulates blood pressure and supports cardiovascular health.

Mental benefits

- **Stress reduction**: Calms the nervous system, reducing stress and anxiety.
- **Improved focus**: Promotes mental clarity and concentration by quieting distracting thoughts.
- **Enhanced emotional resilience**: Helps you manage emotions more effectively by balancing your breath and energy.

Emotional and spiritual benefits

- **Inner peace**: Creates a sense of calm and harmony within, encouraging mindfulness.
- **Emotional balance**: Releases pent-up emotions and balances your mood.
- **Connection to self**: Deepens self-awareness and fosters a stronger mind-body connection.
- **Spiritual growth**: Helps practitioners access higher states of consciousness through controlled energy flow.

Other benefits

- **Better sleep**: Relaxing techniques prepare the body and mind for restful sleep.
- **Immune support**: Regular practice boosts immunity by reducing stress-related inflammation.
- **Overall vitality**: Pranayama nurtures physical health and emotional well-being together.

These benefits can be felt with consistent and mindful practice. Whether you're looking to relax, focus, or energize, there's a pranayama style to suit your needs.

How to practice pranayama?

Practicing pranayama is about learning to control and regulate your breath in a mindful way. Here's a step-by-step guide, particularly for beginners, to safely and effectively practice it.

Continued on the next page

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1. Choose a quiet space – Find a calm and comfortable location where you won't be disturbed. Sit in a comfortable position, like *Sukhasana* or on a chair with your feet flat on the ground. Keep your spine straight and shoulders relaxed.

2. Prepare your mind - Close your eyes and take a few moments to settle. I have found that many folks find it helpful to chant the sound of "Om" three to five times and then start on pranayama. Breathe naturally and focus on your breath as it flows in and out.

3. Start with basic techniques - Begin with these simple pranayama practices for 5-10 minutes each:

a) Deep breathing – Place one hand on your chest and the other on your abdomen. Inhale deeply through your nose, letting your abdomen rise as you fill your lungs. Exhale slowly, allowing your abdomen to contract (pull in).

b) Nadi shodhana (or Aalon vilom) – Use your thumb to close your right nostril and inhale through your left nostril. Close your left nostril with your ring finger, release your thumb, and exhale through your right nostril. Inhale through the right nostril and repeat the cycle.

c) Kapalabhati – Sit with a straight spine and exhale forcefully through your nose, pulling your abdominal muscles in. Let the inhalation happen passively. Repeat 10-20 breaths, but avoid this if you're pregnant or have hypertension.

4. Focus on your breath - Always maintain your awareness on the breath. It's about quality, not speed—move gently.

5. Gradually extend your practice - Start with 5-10 minutes a day and increase the duration to 15 minutes as you become more comfortable.

6. End with relaxation - Conclude with a few minutes of silence or meditation to allow your mind and body to integrate the effects of the practice.

Pranayama has powerful benefits for your body, mind, and emotions, but it's important to practice mindfully. Next month we will discuss the role and application of pranayama in Ayurveda in greater detail. While pranayama seems easy and harmless, we will also discuss caution that should observed if you are having certain health problems.



Calling All Participants for RAMLILA

FREE to participate, FREE to attend

Hindu Satsang, in collaboration with HTGC, is delighted to present a Community Ramlila Program on: **Saturday, October 4th** at: **3:30 PM** in: **Rathi Auditorium**.



This is a wonderful chance for children from our Satsang families to dress up, act, and shine on stage while learning the beautiful story of bhagwan Shree Ram ji.

Whether your child is experienced, a first-timer, shy, confident, or an introvert — all are welcome! There are even roles with no dialogs.

Please reach out to the following Hindu Satsang member:

Shri Nand Garg (630-750-6669)

at your earliest convenience to confirm participation.

Recap of Hindu Satsang Sabha Held on July 23, 2025

The July meeting, held on 27 July, began as usual with *Puja* led by Subhash Sharma Ji. This was followed by soulful *bhajans* sung by several members — Subhash Sharma, Kanchan Pandey, Daljit Sabharwal, Rajesh Jain, Shivam Viswanathan, and Rashmi Gandhi.

Madhu Uppal Ji warmly introduced our guest singer, **Meeta Mehta** Ji, and we extend our heartfelt thanks to her for graciously agreeing to sing at such short notice. Meeta Ji delighted everyone with a selection of popular *bhajans*.

Madhu Ji then introduced our guest speaker — a familiar face who hardly needs an introduction — our founding member and one of our most regular attendees, **Anant Vyas** Ji. Vyas Ji spoke on the **Bhagavad Gita**, focusing on **Upasana** (devotion) as taught by Bhagwan **Krishna**. A summary of his enlightening talk is included in this newsletter. Shivam Ji made announcements and extended best wishes to all members celebrating birthdays and/or anniversaries. The meeting concluded with Aarati led by Subhash Sharma Ji, followed by Prasad kindly sponsored by Sangeeta Garg, Renu Jain, Madhu Uppal, and Usha Wasan.



Salient Teachings from the Bhagavad Gita – Focus on Upasana (Devotion)

A summary of the lecture delivered by Shri Anant Vyas Ji

The Shrimad Bhagavad Gita records Lord Krishna's dialogue with Arjuna, offering guidance in three broad paths: Gyana (knowledge), Karma (selfless action), and Upasana/Bhakti (devotion). This summary focuses on Upasana as expressed in selected verses.

(Verses are referred as Chapter-Verses. For example IX-22 refers to chapter IX (9) and verse 22)

1. Undivided Devotion

- Worshipping Krishna with unwavering focus ensures divine protection and provision (IX-22).
- Any offering, even as simple as a leaf or water, is accepted when given with a pure heart (IX-26).
- All daily actions, food, rituals, donations, and austerities should be dedicated to the Supreme, renouncing personal ownership (IX-27).

2. Salvation through Devotion

- Even a sinner, if worshipping with complete devotion, becomes righteous and attains peace (IX-30–31).
- Devotees are never harmed and ultimately reach liberation.

3. Presence of the Divine

- Krishna manifests in countless forms; whatever is glorious, powerful, or remarkable is part of His splendor (X-17–41).

4. Path of Total Dedication

- **Four progressive steps**:
  a. Fix mind and intellect on Krishna (XII-8).
  b. If difficult, practice concentration repeatedly (XII-9).
  c. If still difficult, perform all actions for Him (XII-10).
  d. If that too is hard, renounce the fruits of all actions in His name (XII-11).
- Surrender all actions, take refuge in Him, and overcome obstacles through His grace (XVIII-57–58).
- God resides in all beings; surrender wholeheartedly to attain peace and eternal abode (XIII-61–62, XVIII-66).

5. Faith as the Foundation

- Lack of knowledge, faith, or certainty leads to self-destruction and absence of happiness (IV-40).

6. All-Pervading Reality

- Everything exists in Krishna, as jewels are strung on a thread (VII-7).

Core Message:

Wholehearted devotion, surrender, and faith in the Divine bring peace, protection, and liberation, transcending sins and worldly limitations.



अनन्याश्चिन्तयन्तो मां ये जना: पर्युपासते |
तेषां नित्याभियुक्तानां योगक्षेमं वहाम्यहम् || IX-22||

ananyāśh chintayanto māṁ ye janāḥ paryupāsate
teṣhāṁ nityābhiyuktānāṁ yoga-kṣhemaṁ vahāmyaham

There are those who always think of Me and engage in exclusive devotion to Me. To them, whose minds are always absorbed in Me, I provide what they lack and preserve what they already possess.



A Quiz on India's Recent Accomplishments

By Shivam Viswanathan

1. Under which initiative has India become a global leader in digital payments?
A) Jan Dhan Yojana
B) Digilocker
C) UPI (Unified Payments Interface)
D) Pradhan Mantri Awas Yojana
Answer: C) UPI

2. In 2023, India became the first country to successfully land a spacecraft on which part of the Moon?
A) North Pole
B) South Pole
C) Equator
D) Far Side
Answer: B) South Pole (Chandrayaan-3)

3. Which city will host the world's first Net Zero airport in India?
A) Mumbai
B) Delhi
C) Bangalore
D) Hyderabad
Answer: D) Hyderabad

4. India became the ___ largest economy in the world by nominal GDP as of 2025.
A) 4th
B) 5th
C) 6th
D) 7th
Answer: A) 4th

5. In the first half of 2025, India's renewable power output surged by what percentage, the fastest growth since 2022?
A) 10.5%. B) 24.4%
C) 35.2%. D) 50.1%
Answer: B) 24.4%

6. The International Solar Alliance (ISA) was launched by India to promote what?
A) Solar energy adoption globally
B) Electric vehicles development
C) Food security through solar-powered farming
D) Solar-powered space exploration
Answer: A) Solar energy adoption globally

7. Which Indian astronaut made history in 2025 by piloting a spacecraft to the ISS?
A) Rakesh Sharma B) Kalpana Chawla
C) Sunita Williams. D) Shubhanshu Shukla
Answer: D) Shubhanshu Shukla

8. Which chess prodigy became the youngest world chess champion in 2024?
A) Praggnanandhaa
B) Arjun Erigaisi
C) D Gukesh
D) Viswanathan Anand
Answer: C) D Gukesh

9. By the end of 2025, India announced that its first fully made-in-India semiconductor chips would hit the market. What initiative does this milestone belong to?
A) Digital India
B) India Semiconductor Mission
C) National AI Mission
D) Make in India
Answer: B) India Semiconductor Mission

10. What is the name of the joint Earth-observing satellite mission developed by NASA and ISRO to track changes in Earth's land and ice surfaces using dual radar frequencies (launched on July 30, 2025)?
A) Aditya-L1 B) NISAR
C) XPoSat D) Gaganyaan
Answer: B) NISAR (NISAR stands for **N**ASA-**I**SRO **S**ynthetic **A**perture **R**adar)

Hindu Satsang's Annual Janmashtami Cultural Program - Sunday, August 24th.

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 24, 2025
Time: 10:15 am - 12:00 pm, followed by lunch
Venue: Rathi Auditorium,
Lemont Hindu Temple
Participation and attendance is **FREE**!

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!

Wish you all a very Happy Janmashtami



UPA's Diwali Festival
The Matrix Club
Sunday, October 5, 2025
12pm Onwards

FREE to participate, FREE to attend
Calling All Dance Schools &
Groups in the Chicagoland Area!

Open Invitation:

If your group or dance school would like to perform (competitive or non-competitive), fill out this form ASAP (Only 15 spots available — 11 are already taken):

https://tinyurl.com/UPADiwali

- Participation is FREE • Attendance is FREE

Why Participate?

- Perform for an enthusiastic audience packed with parents & students ready to be inspired!
- Perfect chance to showcase your talent.
- Opportunity for your children/students demonstrate their skills, win prizes and certificates
- Enjoy an outstanding setting — a spacious hall, a wide and deep stage, world-class audio, dazzling lighting, and LED screens on the back and sides — get creative. Simply send us your audio and video (optional) for your dance, and we'll take care of everything else

Don't miss this awesome opportunity!

Questions? Contact any of the following Hindu Satsang members:
Atul Wahi (630) 674-2885
Rosey Bhasin (630) 301-8301

Hindi Diwas Celebrations
September 14, 2025, 2 PM to 4 PM
Venue: 95th Street Library,
3015 Cedar Glade Drive, Naperville

AIANA, a nonprofit organization, warmly invites children to participate in a special Hindi Competition in celebration of Hindi Diwas.

This event is completely **FREE** to attend and **FREE** to participate!

Competition Highlights:

- **Categories**: Speech, Monologue, or Skit
- **Performance Time**: 2 minutes each
- **Topics**: Provided on the right column, categorized by 4 age groups
- **Awards**: Exciting prizes for winners in each group and certificates for all participants

Light refreshments will be served for all attendees.

Registration Details

Register here:

https://tinyurl.com/aianahindi

- **Deadline**: September 7, 2025 (Registration will close earlier if the maximum number of participants is reached.)

Join Us

We encourage all Hindi enthusiasts and young speakers to showcase their talent and help make this celebration a grand success! Everyone is welcome to attend.

Contact Information

Question? please reach out to the following Hindu Satsang members:

- Uma Agrawal: 708-220-1845
- Sakshi Sharma: 313-681-2388
- Shivam Vishwanathan: 312-399-3860
- Madhu Uppal: 630-881-0757

हिंदी दिवस के लिए हिंदी भाषण प्रतियोगिता की श्रेणियाँ एवं विषय
Categories and Topics for the Hindi Speech Competition on Hindi Diwas

8 वर्ष और उससे कम आयु / 8 and Under

- मेरा पसंदीदा त्योहार (My Favorite Festival)
- अगर मैं पक्षी होता (If I Were a Bird)
- मेरी माँ / मेरे पिताजी (My Mother / My Father)
- मुझे स्कूल क्यों पसंद है (Why I Like My School)
- मेरे पसंदीदा खेल (My Favorite Game)

9 से 12 वर्ष की आयु / Ages 9–12

- मेरी सबसे प्यारी याद (My Sweetest Memory)
- स्वच्छता का महत्व (Importance of Cleanliness)
- टेक्नोलॉजी और बच्चे (Technology and Children)
- पर्यावरण बचाओ (Save the Environment)
- मेरा आदर्श (My Role Model)

13 से 17 वर्ष की आयु / Ages 13–17

- सोशल मीडिया: वरदान या अभिशाप? (Social Media: Boon or Curse?)
- आज के युवाओं की चुनौतियाँ (Challenges of Today's Youth)
- भारतीय संस्कृति का महत्व (Importance of Indian Culture)
- शिक्षा का उद्देश्य (Purpose of Education)
- ग्लोबल वॉर्मिंग और हमारा भविष्य (Global Warming and Our Future)

18 वर्ष और उससे अधिक आयु / 18 and Up

- प्रवासी भारतीय की पहचान (Identity of the Indian Diaspora)
- महिला सशक्तिकरण: वास्तविकता और चुनौतियाँ (Women Empowerment: Reality and Challenges)
- भाषा और संस्कृति की रक्षा (Safeguarding Language and Culture)
- अमेरिका में भारतीय मूल्य (Indian Values in America)
- लोकतंत्र में युवा शक्ति (Youth Power in Democracy)

Hindu Satsang's Janmashtami program

10 AM CST on Sunday, 24th, August 2025 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)

Aarti Donations



We would like to thank everyone for your generous donations.

July Aarti Collections	
Cash donations	**$105**
Jug & Madhu Uppal	**$101**
Manohar Jain	**$101**
Darsh & Usha Wasan	**$101**
Subhash & Vimal Sharma	**$25**
Total (July Sabha)	**$433**

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

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 email :
hindusatsang.org@gmail.com
Contributions starting from $21 and above 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 very helpful.



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.