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नवंबर २०२० November 2020

हिन्दू सत्संग समाचार

Hindu Satsang Samachar

**Hindu Satsang Updates**

By Priya Viswanathan

Pranaam to all Satsangis! I hope all of you had a very festive Dussehra and Diwali.

Hindu Satsang had its Children's Ramlila on October 25th, broadcasted over Zoom and YouTube. It was projected on the big screen at HTGC (Hindu Temple of Greater Chicago) for many devotees who had gathered there. It was also viewed by thousands of people all over the world either live or recorded. The complete recording of the children's Ramayana is available on our Facebook page as various episodes - click on the following link to view, enjoy and share:

<https://www.facebook.com/HinduSatsangUSA/videos/3656873727709028/>

International Ramayana Institute of North America (IRINA) held its 4th International Ramayana Conference on November 7th. It was an amazing opportunity to learn so much about Ramayan. Click on the following link to view this program in its entirety:

<https://fb.watch/1EiBxIDz2T/>

For the congregation on Sunday, October 25th, our guest speaker was Acharaya Hari Prasad ji and the guest musician was Sh. Raju Bankapur. Please find more details about our guests and congregation meeting details and agenda on 4th page of this newsletter.

Wish you all a very Kartik Deepam (Saturday, November 28th), Dev Diwali (Sunday, November 29th), Vivah Panchami - Shri Ram and Sita got married on this auspicious day (Friday, December 18th), Dattatreya Jayanti - birth anniversary of Hindu deity encompassing the trinity of Brahma, Vishnu and Shiva, collectively known as Trimurti, Gita Jayanti - symbolizes the birth of Srimad Bhagavad (Friday, December 25th).

Please stay safe and take care, till we meet again.

Om Shanti, Shanti, Shantihi!

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नमस्ते



Happy Birthday Month to our Satsangis for the month of November

Abha Beri	Jaya Punwani	Neil Gupta	Sateesh Bhagwat
Adarsh Gupta	Maitreye Dhutia	Niam Jain	Shaunak Pal
Ajay Wasan	Meena Dhutia	Niyam Upadhyay	Shaunak Raheja
Alka Sood	Meera Dhutia	Ritu Nohria	Sonia Uppal
Atul Trivedi	Meghana Sharma	Rajan Kapoor	Tripta Pal
Bikash Khanna	Neelam Goyal	Rajan Prabhu	Vikas Beri
Brum Pal	Neha Goyal	Zara Jain	
Jaya Agnihotri	Neha Khanna		

Hindu Satsang's Website address: HinduSatsang.org
Hindu Satsang's Facebook page: facebook.com/HinduSatsangUSA/
Please Like & Follow for latest updates. Let us know if you have any feedback at: kpriya10@yahoo.com

Birthday Smile: You know you are getting old when you start getting birthday cards from Orthopedist.

Happy Anniversary Month

Renu & Vishwanath Agarwal	Sonia & Sanjeev Dhawan	Pankaj & Alka Gupta	Bhavna & Akshay Prajapati	Jyoti & Anil Dhutia
Madhu & Dharam Bahl	Hitender & Mansi Sabharwal	Dipti & Tarun Kumar	Ekta & Amit Punwani	
Nina & Binish Choksi	Sonia & Anil Gunya	Manjula & Jagdish Madhav	Vikas & Divya Pandey	

A reason to smile 😊. It's our anniversary tomorrow. Last week, I asked my wife what she wanted as a present. "Oh, I don't know," she said. "Just give me something with diamonds." That's why I'm giving her a pack of playing cards. ♦



Patient: "Doctor, I get heartburn every time I eat an anniversary cupcake."
Doctor: "Next time, take off the candles."





A brief story of Vishnu's 8th Avatar **Balaram** followed by a quiz

By: Shivam Viswanathan

Balaram is the eighth avatar of Vishnu. Here is a brief story about Shri Balaram.

Balaram's mother Devki had an evil cousin brother called Kans, who was the tyrant ruler of the Vrishni kingdom with its capital at Mathura. Kans knew that that the 8th child of Devki will kill him. Not to take any chances, Kans jailed his sister Devaki and her husband Vasudev. He started killing all their children as soon as they were born.

Balaram was conceived as the seventh child in the womb of Devaki. Devaki had a divine feeling right from the time of the conception of this child. To save this child from the cruel clutches of Kans, Yogamaya transferred this fetus to the womb of Rohini (the other wife of Vasudeva) and thus Balaram was born to Rohini.

Balaram is the elder brother of Sri Krishna. Balaram had a deep voice and long arms that would reach up to his thighs. Balaram is a symbol of strength, an obedient son, an ideal brother and husband, an ideal man. His weapon was Haldar (plow) and was therefore called Haladar. Initially, he was called Ram but because of his extraordinary physical strength, he was named Balaram (बल / bal means strength). He is also known as Baldev and Balabadhra (बलभद्र).

As a child, Balaram killed many asuras (demons) sent by Kans. Prominent of those were Dhenukasur and Pralambasur. While a majority were killed by Krishna, those killed by Balaram were also very powerful and dangerous. He was so strong that he was believed to be stronger than a herd of elephants.

In the 'Vishnudharmottara Purana, it is laid down that Balaram should be worshipped by those who desire to possess power and obtain success in agriculture. Balaram is considered the God of farmers and even today farmers in India worship Balaram with his plow before undertaking important tasks related to farming. If Krishna is the creator, Balaram is considered as a source of creative energy.

He was a teacher par excellence and he taught the art of mace (gada / गदा) fighting and wrestling to Duryodhana and Bhima. As a teacher, he recognized the superior technique of Duryodhana as against the raw strength of Bhima.

On one occasion, Duryodhana had locked up Samba in Hastinapur. Balaram went to Hastinapur and demanded the release of Samba. When Duryodhana refused, with his plow Balaram started to drown the city of Hastinapur in the river Yamuna. To save the city from such a calamity, Duryodhana released Samba.

In Puri Jagannath temple at Orissa, Balaram's idol is installed next to that of Sri Krishna and his sister Subhadra. Even during the grand Ratha Yatra festival celebrated at this place, equal importance is given to Balaram and Subadhra as to Sri Krishna.

Now it is Quiz time . . .
(Answers on the next page)

1. **Who was Balaram's wife?**
2. **What were the names of Balaram's sons?**
3. **Why did Balaram not fight the war of Mahabharat?**
4. **Who is Samba in the above narrative?**
5. **Why did Duryodhana capture Samba?**

Answers to Balaram Quiz:

Who was Balaram's wife?

Balaram was married to Revathi (daughter of King Raivath), with whom he lived till the end.

What were the names of Balaram's sons?

He had two sons - Nisatha and Ulmuka.

Why did Balaram not fight the war of Mahabharat?

During the Mahabharat/Kurukshetra war, Balaram kept a neutral position and retired to the forest. His affection for Pandavas and Kauravas was equal. He was the guru of Duryodhana and Bhima.

Who is Samba in the above narrative?

Samba is Sri Krishna's son.

Why did Duryodhana capture Samba?

Because Samba wanted to marry Duryodhana's daughter Lakshmana, but Duryodhana was not in favor of that.

Shri Balaram - the 8th Vishnu Avatar



Brief update of congregation held on Sunday, October 25, 2020

By Shivam Viswanathan

The congregation started with an invocation by Sh. Subhash Sharma ji as Sh. Ramesh Malhan ji was not available.

Following were the bhajans beautifully sung by satsangis:-

- Smt. Kanchan Pandey - Ambe rani ki chunariya sitaron se jadi
- Smt. Rashmi Gandhi - Garba song - Pankhida Tu Udi Jaje
- Sh. Madhav ji - Man tarpat hai hari darshan ko aaj
- Gitesh Shah - Tu pyar ka saagar hai
- Smt. Manjula Madhav: Maiyya ode chunari

At around 10:45 am, our self-taught guest musician Sh. Raju Bankapur cast his magical spell with his flute. He played the following three melodious songs: *Jyoti kalash chalke*, *Prem ki ganga bahate chalo* and *Vaishnava jana to*.

We had our guest speaker, Sh. Acharya Hari Prasad ji who spoke on the topic - "Keep your family ever blessed, some divine drops from the Vedas". He connected us to the source of the power by dhyana, bhakti, jaap, and tap. He took us on an internal journey by chanting Om. It is easy to control a person's body by force, but it is very difficult to control his / her heart. He showed us how to do it through the knowledge of Vedas. It was an amazing journey. The congregation ended with the arti.

Guest Speaker
Acharya Hari Prasad ji



Guest Musician
Sh. Raju Bankapur



Hindu Satsang Children's Ramlila

Hindu Satsang's Ramlila was so well received and appreciated by one and all.

Watch the complete recording of Children's Ramlila on our Facebook page:

<https://www.facebook.com/HinduSatsangUSA>

Big thanks to everyone who directly or indirectly supported this effort:

All the Hindu Satsang Teachers and coordinators especially Promila Dhar, Akshat Sharma, Pramila Singh, and Shubhi Garg.

Directors / Editors:

Shivam Viswanathan: Ram Vanvas and Ashok Vatika

Kirti Chaturvedi: Putra Kaameshti Yagna
Ruchi Gupta: Sabri Ke ber and Ravan Vadh

Master of Ceremonies: Preena Shroff, Risha Bansal, Ansh Sethi, Aadi Pandit, Alyssa Shroff, Saanvi Sethi and Shriya Tiwari

Program Co-ordinators: Nand Garg, Om Dhingra, Subhash Pandey, and Karthik Subramaniam

Bhajan: Vishesh Gupta

Most importantly, the amazing students and talented actors who did such a wonderful job. Many of them were acting for the 1st time and that too in Hindi. All the recordings were done online remotely. Later on, the clips were painstakingly put together in sequence. A new experience for everyone and as expected, everyone rose to the challenge.

Episode: Putra Kaameshti Yagna:

Aadi Pandit, Nandini Choudhary, Alyssa Shroff, Myra Bansal, Aarohan Joshi, Ayana Pandit, Eshanvi Sharma, Abhinav Chaturvedi, Aarav Goswami, and Alankrita Sisodia.

Episode: Ram Vanvaas:

Aaron Garg, Ayansh Jalan, Saanvi Sethi, Trisha Joshi, Isha Lalit, Pranay Gupta, Rashmi Adulkar, Shriya Tiwari, Abhinav Chaturvedi, Aadya Agrawal, Athena Sanghavi, Aneesh Kashyap, Mohnish Patel, Kanishk Jain, Arjun Kashyap, Aaditya Kashyap, Rishaan Sahoo, and Naksh Garg.

Episode: Shabri Ke Ber:

Soumya Trivedi, Ansh Sethi, Eshaanvi Sharma, Swaraj Adulkar, Ayanna Pandit, Myra Bansal, Aarav Goswami, and Abhinav Chaturvedi.

Episode: Ashok Vatika:

Prisha Bansal and Jai Viswanathan.

Special thanks to HTGC priest, Renuka Reddy (President HTGC), Hersh Sabharwal, and Tilak Marwah (Trustee HTGC).

Please share the Ramlila recording link on Facebook with your friends and families all over the world.

As the Yahoo group is going away, please follow Hindu Satsang's Facebook page. As soon as the Newsletter is available, you'll automatically be notified through Facebook. See next page to find out - "How to follow Hindu Satsang's Page on Facebook".

Digestive Disorders – An Ayurvedic Perspective

- By Shri. Rajeev Jain

Ayurveda believes that improper digestion causes 80% of the health problems – hence, importance of a properly functioning our digestive system cannot be minimized at any age. At the core of the digestive process is Agni (the digestive fire) – which, if it becomes low, high or irregular will trigger health problems. Hence, we must make a conscience effort to keep it in balance. Keeping our digestive system functioning properly is not very difficult – but it requires discipline in lifestyle and diet.

A high-level description of the digestive process:

Considering its importance, we must have some understanding of our digestive process if we want to have a healthy life. Most of us go through life putting food in the mouth and excreting the waste through defecation and urination – but, having little understanding what happens in between.

The physical flow starts with food intake through the mouth. The first act of chewing with our teeth is with the intent of breaking food into smaller size. Next the food goes down the esophagus, which is like a long narrow muscular tube (where it is mixes with saliva).

During childhood, my parents told me that we should chew every mouthful of food 32 times. However, as one was always on the go, one quickly gulped down the food. That causes potential problem in the next two digestive stages. Firstly, as the esophagus tries to push down the food to the stomach, it is harder to push down larger chunks – and the larger chunks can potentially get stuck in the passage causing suffocation.

Secondly, when food reaches the stomach, it mixes with acids and is converted into a fluid mass (called chime), however, larger chunks take longer to convert. Also, if we eat foods that take long to digest, they will stay in the stomach for a much longer time and can cause indigestion. Ideally, food must get digested in four hours so that we start with a new cycle at every meal. If we start eating while the previous meal is still in the stomach, it is like adding raw ingredients to a partially cooked dish.

Next, chyme moves from stomach to the small intestine (where most of the nutrients and water are extracted). Thereafter, large intestine extracts remaining nutrients and liquids and passes the waste material to the rectum (where it accumulates until we are ready to defecate). Finally, the solid waste is excreted from the anus.

This digestive process needs to move smoothly, like clockwork, without interruption or delay at every stage – or else, there will be adverse consequences. While digestion is in process, exercise is not desirable. The only yogic posture permitted after a meal is Vajra asana – which aids the digestive process by increasing the blood supply to the stomach.

What Causes Digestive disorders?

There are two primary causes for digestive disorders – our lifestyle and diet. Our daily habits play a significant role, for example, sitting all day at a desk stagnates the colon, staying up too late and/or sleeping during the day disrupts the natural body cycle, leaving too early for work or exercise (disrupts the natural urges) for some people. Other factors include stress, excessive travel, frequent changes in time zones, shift work, etc.

Secondly, we have to be conscious of what we eat (e.g. some foods are more difficult to digest, especially if they are uncooked, cold, dry, or dense). We should eat at regular times, or the body gets confused as to what time it should secrete digestive juices. Ideally, we should not eat before the previous meal has been digested – hence, we should eat foods that will get digested before the next meal time. Further, if we eat excessive quantity, there is not enough acid to digest it and it

ferments in the stomach, while if we skip a meal there will be no food to absorb the secreted acids and it will create acidity.

Similarly, if we eat highly acidic foods, it will create excessive acidity in the body, while eating incompatible foods may create gas and indigestion. When we eat unconsciously (mind is on matters other than the meal) or just for taste, we are likely to end up with digestive disorders. Each of us has our unique digestive constitution and needs to understand its strengths and weaknesses.

Common digestive disorders

Strong digestive health is key to maintaining immunity and resiliency to diseases. When digestion is weak, we experience symptoms directly related to improper digestion process. These include hyperacidity, gastritis, diarrhea, constipation, flatulence, IBD and piles to name a few. Some of these disorders are driven by Pitta imbalance, e.g. hyperacidity, some by Vata imbalance, e.g. constipation and some by Kapha, e.g. obesity.

Congratulations to Dr. Subhash Pandey!!

Dr. Subhash Pandey received University Scholar award (2020-2021) from University of Illinois system representing college of medicine. University honors selected faculty every year to recognize their superior research and teaching with University Scholar award. Please see details from link below:

<https://today.uic.edu/university-scholar-subhash-pandey>

How to "Follow" and "Like" Hindu Satsang Facebook page

Here are easy steps to follow our facebook page:
As shown below in the picture go to the following page:

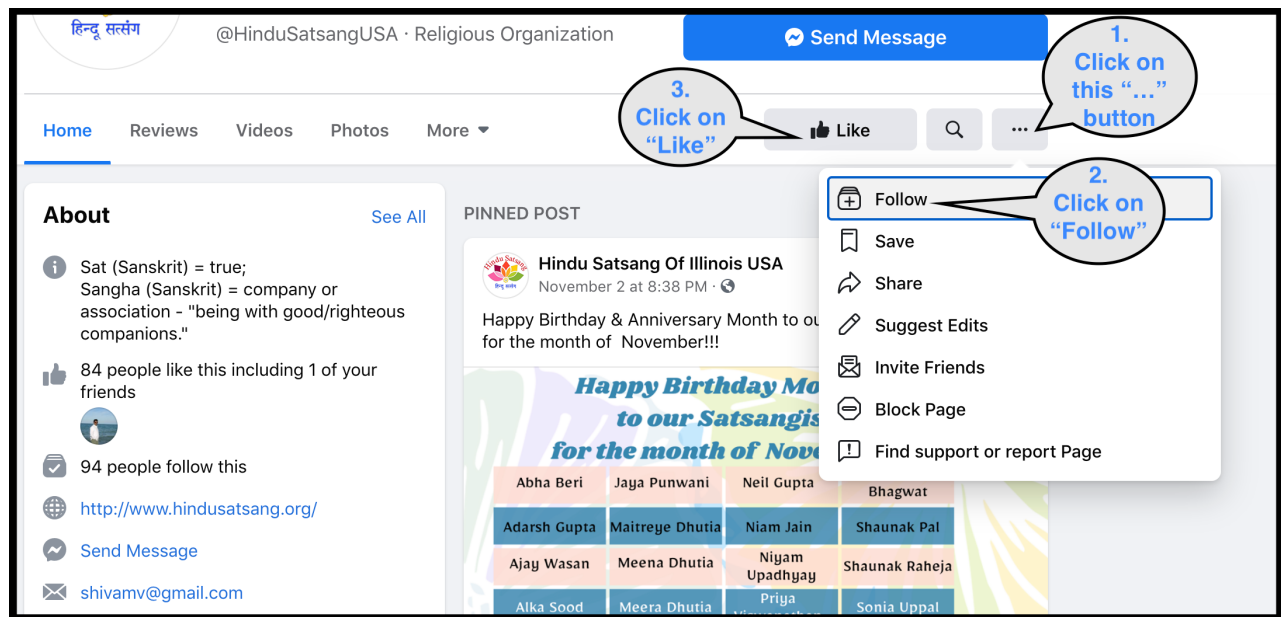
<https://www.facebook.com/HinduSatsangUSA/>

Step 1: Click on the "... " button on top right.

Step 2: Click on the "Follow" option.

Step 3: Click on the "Like" button on the top.

That's it, you are all set!

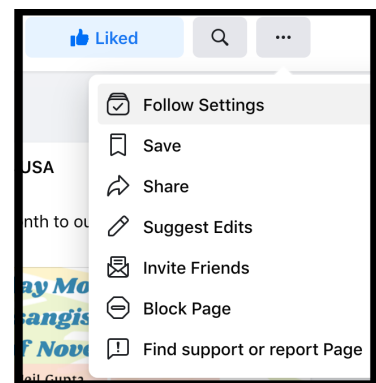


Once you have **Followed** and **Liked** the page, it will look like as shown on the picture on the right side. "**Liked**" will show in blue and "**Follow**" will become "**Follow Settings**".

Why to follow Hindu Satsang page:

We have more than 90 amazing folks following our Hindu Satsang page already. To get wishes and blessings from Hindu Satsang friends on your birthday and latest Hindu Satsang alerts and event updates, **Follow** and **Like** our page right now. This is also important to receive the Hindu Satsang Newsletter because Yahoo Group email is going away soon (it is being shutdown by Yahoo).

If you face any problem, please email us, we are here to help and would love to see you strengthen Hindu Satsang with your 'Follow' and 'Like'.



November 2020 Congregation Details

Congregation:

Date: November 22nd

Time: 10 am CST

Location: Zoom online meeting

This congregation will be held online through Zoom. Please mark your calendar.



Zoom Meeting link:

[https://us02web.zoom.us/j/81940515247?](https://us02web.zoom.us/j/81940515247?pwd=bXljYkZtTmpscG81OGRpZ0tWNFZZUT09)
[pwd=bXljYkZtTmpscG81OGRpZ0tWNFZZUT09](https://us02web.zoom.us/j/81940515247?pwd=bXljYkZtTmpscG81OGRpZ0tWNFZZUT09)

Meeting ID: 819 4051 5247

Password: satsang

You can also join by phone:

+1(312) 626 - 6799 : Password: 118151

Agenda:

Convener: Sh. Hersh Sabharwal

10:00 am: Vedic Pooja

10:10 am: Bhajans by Satsangis

10:45 am: Guest singer: **Sh. Dinesh & Smt. Meena Dixit**

11:00 am: Guest speaker: **Sh. Anant Vyas**

Topic: 'Gita'

11:50 am: Announcements followed by 'Arti' at noon.

Guest Singer:

This month's guest singer is **Smt. & Sh. Meena & Dinesh Dixit** from Wisconsin. Here is a brief introduction about Dixit family:

Sh. Dinesh, and Smt. Meena got married in the year 1984 in Delhi, India. Smt. Meena was a Sanskrit teacher in Kendriya Vidyalaya for 20 years. Sh. Dinesh is a mechanical engineer by profession and works for GE Healthcare in Wisconsin. They have two boys, both are married and live in Arizona and Waukegan, IL. The entire family migrated to the US in the year 2000.

Guest Speaker:

This Sunday our guest speaker is **Sh. Anant Vyas**. The topic that he will be talking about is very dear to his heart - 'Gita'. This year, 'Gita Jayanti' is coming up on Friday, December 25th. Gita Jayanti symbolizes the birth of Srimad Bhagavad. What better time to immerse ourselves into the ocean of wealth called Bhagavad Gita, which means "The song of God".

Beautiful quotes from Bhagavad Gita

- "The wise work for the welfare of the world, without thought for themselves."
- "You have the right to work, but never to the fruit of work. You should never engage in action for the sake of reward, nor should you long for inaction."
- "No one who does good work will ever come to a bad end, either here or in the world to come".
- "Perform your obligatory duty, because an action is indeed better than inaction."
- "The mind acts like an enemy for those who do not control it."

A person can rise through the efforts of his own mind;
or draw himself down, in the same manner.
Because each person is his own friend or enemy.



Happy Gita Jayanti