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Hindu Satsang Updates: By Priya Viswanathan

Pranaam! Greetings to all Satsangis. Please mark your calendar, the **Youth Festival** will be held on **Feb. 23rd** from **10:00 am to 1:00 pm**. Hindu Satsang children will have an opportunity to participate in this very popular event and showcase their talent on the stage at Lemont Temple's Rathi auditorium.

Didwania and Jain Scholarships

essay submission deadline was **February 15th**. The results will be declared in our **March 22nd** congregation.

Hindu Satsang Elections will be conducted during the 3/22 congregation to form the new working committee that will take charge of Hindu Satsang from the month of April 2020.

Wish you all a very happy **Maha Shivratri (Friday, February 21)** and **Holi (Tuesday, March 10)**. See you on **Sunday, February 23rd at 10 am**, at **HTGC Lemont Temple auditorium**. If you have any suggestion for the newsletter, please email me at kpriya10@yahoo.com . **Namaste!** 🙏



The ISSA (International Society for Spiritual Advancement) group at the Sunday, Jan. 26th congregation.



January Arti Collection

Checks:	
Om & Kanan Dhingra	\$501
Dharamvir & Kiran Punwani	\$51
Vijay & Nisha Goyal	\$21
Subhash & Chander Sharma	\$21
Priya & Bindu Pathak	\$21
Laxman & Rajeshwari Alreja	\$25

Cash: \$126
Total: \$766

Warm Birthday Wishes to all our Satsangis born in the month of February

Anupam Agnihotri	Annu Singh	Charu Gupta	Kiran Gupta	Naresh Noharia	Puja Garg	Sachin Mittal	Shubh Malhan	Tanu Singh
Aditya Singh Yadav	Ayushmaan Trivedi	Herschel Gupta	Komal Kinger	Niket Gupta	Rajeev Goel	Sangita Garg	Sneh Gunya	Vikas Upadhyay
Angela Gupta	Bhavana Prajapati	Jay Kalra	Mira Upadhyay	Poonam Kataria	Ruchika Akhand	Shashi Malhotra	Sonia Dhawan	Lipika Jain
Anil Pal	Brian Edward	Jyotsna Salgia	Mohan Gandhi	Priya Pandit	Rupal Upadyay	Shilpa Shah	Subash Oza	

Happy Marriage Anniversary

Bikash & Pinky Khanna	Vinod & Shashi Malhotra	Dharam & Kiran Punwani	Kishore & Usha Shah	Anita & Rajesh Singhal
Gopal & Sujata Sharma	Vinod & Shashi Malhotra	Anant & Jyotsna Vyas	Suresh & Rajashree Ambegaoker	Raj & Meenu Gupta



Just for kicks:

Hold your wife's hand in the mall because if you let go, she'll start shopping.

Holding hands looks romantic, but it's actually economical !

Happy Anniversary!! 🌸

Holika dahan

On the eve of Holi, typically at or after sunset, the pyre is lit, signifying Holika Dahan. The ritual symbolises the victory of good over evil. People sing and dance around the fire. People also perform parikrama of fire. The next day people play Holi, the popular festival of colors.

Reason for Holika dahan

The burning of Holika is the most common mythological explanation for the celebration of Holi. In different parts of India varying reasons are given for Holika's death but all agree that the incident occurred in the city of Mulasthana (modern Multan), Punjab. Among those are:

- Vishnu stepped in and hence Holika burnt.
- Holika was given the power by the Brahma on the understanding that it can never be used to bring harm to anyone.
- Holika wore a shawl that would protect her from fire. So when she was asked by her brother Hiranyakasyap to sit in the fire with Prahlad she put on the shawl and sat Prahlad down in her lap. When the fire was lit Prahlad began praying to Lord Vishnu. So Lord Vishnu summoned a gust of wind to blow the shawl off of Holika and on to Prahlad, saving him from the flames of the bonfire and burning Holika to her death.

Wise Old Sayings

"The greatest contentment comes from devotion alone and not from it's rewards, therefore one who has this devotion seeks nothing else." - Lord Krishna

"You are what you believe in. You become that which you can believe you can become." - Baghwad Gita

"He alone sees truly who sees the Lord the same in every creature, as seeing the same Lord everywhere, he does not harm himself or others." - Lord Krishna

"Affirm divine calmness and peace, and send out only thoughts of love and goodwill if you want to live in peace and harmony. Never get angry, for anger poisons your system." - Paramahansa Yogananda 🌸

Ayurveda - Part 6(ii) – Vata, Pitta and Kapha – Which Type Am I? - By Rajeev Jain

Below is a way to self-analyze and determine which is the dominant constitution for you – based on your **'Behavioral'** characteristics. Knowing your dominant constitution can help you adopt life practices that are more beneficial to your body type and will help you live a healthier life.

Analysis of 'Behavioral' characteristics:

	Characteristics	Vata	Pitta	Kapha
1	Performs activity	Very rapidly	With moderate speed	Slowly
2	Digestion	Inconsistent – varies between weak and strong	Usually strong	Weak, slow
3	Appetite	Variable, can skip meals occasionally	Strong, consistent, unable to skip meals easily	Usually mild, can skip meals easily
4	Quantity of food eaten	Variable	Likes large meals	Prefers small meals
5	Thirst	Varies	Frequent	Rarely
6	Food preference	Warm, moist	Cold	Warm and dry
7	Drink preference	Hot	Cold	Hot
8	Perspiration	Moderate	Profuse with body odor	Slight
9	Sleep	5 to 6 hours - light, easily interrupted	6 to 8 hours - deep and uninterrupted	More than 8 hours - very deep
10	Speech	Fast, omitting words, incoherent thought	Fast, loud and clear	Slow, clear, soft and sweet
11	Gait	Fast	Medium speed, precise predetermined steps	Slow and steady
12	Motivated and enthusiastic	Very easily	Moderately	Slowly
13	Moods	Change quickly	Change quickly and intense	Slowly, consistent
14	Learning	Very quickly & easily	Somewhat quickly & easily	Slowly
15	Mind function	Quick, creative, imaginative, but restless, do not complete tasks, unsteady in decisions	Sharp, intelligent, multitask, determined, plan, egoist, perfectionist, competitive, completes tasks	Stable, do one thing at a time, completes tasks, supporter – helpful, sincere, truthful, humble
16	Memory	Short term	Medium term	Long term
17	Friends	Many but for short term	Selective friends but formed quickly – rarely permanent	Selective friends, formed slowly but lifelong
18	Response to challenge	Uncertain, worried, indecisive. Low stress tolerance – gets anxious	Low tolerance for stress – angered easily, irritable, impatient	Clear thinking, stable, patient, high tolerance for stress

Try for yourself and find out what is your primary constitution – Physically (Published in January 2020 Newsletter) and Behaviorally! You will typically find that one is dominant while there are traces of other constitutions too. 🌸

Hindu Satsang Samachar

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www.facebook.com/HinduSatsangUSA
<http://www.hindusatsang.org>

Agenda for Sunday, Feb. 23rd, 2020

10:00 am: Youth Festival - Cultural Show

1:00 pm: Lunch (Preeti Bhojan): Sponsored by:
Prem and Daljit Sabharwal, Divya and Vijay
Nangia, Shammi Wahi, Vimal Sharma, Vimmi
Bajaj, Hemlata and Roma Bhagat.

You are invited

This year, the Youth Festival will be held on Feb. 23rd from 10:00am to 1:00pm followed by lunch. Sunday school students and children associated with Hindu Satsang will present an amazing amalgamation of talent in this very popular Hindu Satsang annual event. This is a great opportunity for kids / youth to showcase their talent on the stage at Lemont Temple auditorium. Everyone is cordially invited to attend this show. We will not have our regular congregation due to this event.

