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फरवरी २०२१ February 2021

हिन्दू सत्संग समाचार

Hindu Satsang Samachar

www.HinduSatsang.org

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Hindu Satsang Updates

By Priya Viswanathan

Pranaam to all Satsangis!

We got a chance to listen to Sunder Kand during our last congregation on January 24th. The listener can bring harmony to the household just by listening to the Sunder Kand recital. Our congregation always begins the New Year by following the Sunder Kand path of the ISSA, for more details please refer to the "Congregation Updates" on page 3.

This year, the **Youth Festival** will be held virtually on **Sunday, Feb 28th** from **10 am to 12:30 pm** (This program will be held in lieu of the congregation in February). Every year, children get an opportunity to showcase the best of their talents, and they never fail to surprise the audience with their amazing performances. Students and teachers have been working on an exciting surprise for you this year - you don't want to miss it. Set an alarm on your phone if you are losing track of day and time during this pandemic.

The last date for Hindu Satsang's annual **Didwania and Jain Scholarship** deadline for submission was January 31. The winners of the scholarships will be declared next month during the congregation. Our best wishes to all the students who have submitted their essays for these coveted scholarships.

Wish you all a very happy **Maha Shiva Ratri (Thursday, March 11)** and **Holi (Sunday, March 28)**. Holi falls on the 4th Sunday of March, which is also our congregation day. The **90th Shaheed Diwas** will be observed on **Tuesday, March 23rd**. This day is observed across the country to remember the sacrifice of great freedom fighters of India - **Bhagat Singh, Rajguru, and Sukhdev**.

Until we meet again, please stay safe and take care.
Om Shanti, Shanti, Shantihi!

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नमस्ते



Happy Birthday Month to our Satsangis born in February



Aditya Singh Yadav	Angela Gupta	Anil Pal	Annu Singh	Anupam Agnihotri
Ayushmaan Trivedi	Bhavana Prajapati	Brian Edward	Charu Gupta	Herschel Gupta
Jay Kalra	Jyotsna Salgia	Kiran Gupta	Komal Kinger	Mira Upadhyay
Mohan Gandhi	Naresh Noharia	Niket Gupta	Poonam Kataria	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	Tanu Singh	Vikas Upadhyay	Latika Jain



Happy Anniversary Month



Anant & Jyotsna Vyas	Anita Singhal & Rajesh Singhal	Bikash & Pinky Khanna	Dharam & Kiran Punwani	Vinod & Shashi Malhotra
Gopal & Sujata Sharma	Raj & Kusum Taneja	Suresh & Rajashree Ambegaoker		



Laughter is the best medicine: 😊

Wife: Hey, this is the same Valentine's card that you gave me last year.

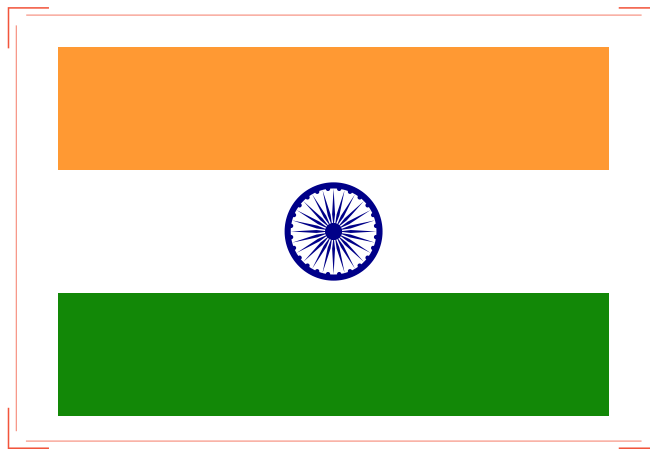
Husband: That is because my feelings for you have not changed from last year. Hey, why does this Valentine's cake taste stale, the one that you had made last year was very good.

Wife: It is the same cake from last year, my feeling for you has also not changed at all. 😊

Hindu Satsang's
Website address:
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us know if you have
any feedback at:
kpriya10@yahoo.com



We recently celebrated **Republic Day** on **January 26** to commemorate the date on which the Constitution of India came into effect and the country became a republic. Indians or Indian-origin communities across geographies prepare for blissful moments of hoisting the Tricolor with immense pride on this day and other National holidays. When we look at the waving Tricolor, we hold our heads high and feel proud of our nationality irrespective of what corner of the world we are in. The Tricolor, India's national flag is a fabric of peace, prosperity, patriotism, harmony, history, vigor, and victory. But only a few people know how our flag which is our pride, is made. This article will give you an insight into some details of the flag-making process.

A small village in India has been weaving fabric for the Tricolor for years. The charkhas and handlooms at **Tulasigeri in the Bagalkot district of Karnataka** are never at rest. They are always in use for weaving the khadi cloth required for making the national flag of India. The flags that are hoisted at the Red Fort in Delhi, and Indian government offices as well as Indian embassies across the world are weaved and stitched at Tulasigeri village in Karnataka.

The unit of khadi weavers in Tulasigeri village is known as **Khadi Sangha**. The Khadi Sangha apart, **Karnataka houses India's only authorized national flag manufacturing unit, the Karnataka Khadi Gramodyog Samyukta Sangha**. Located at Bengeri in Hubballi district, the national flag manufacturing unit is certified by the Khadi and Village Industries Commission of India. It operates in compliance with the parameters set by the Bureau of Indian Standards.

At the Karnataka Khadi Gramodyog Samyukta Sangha, it is the women who have been manufacturing and supplying flags to the whole country since 2006. The women relentlessly work throughout the year out of their immense pride in making the Indian national flag which Indian soldiers fight for and which millions of people respect. **The women at the Karnataka Khadi Gramodyog Samyukta Sangha in Bengeri unerringly adhere to the Flag Code of India 2002 and the guidelines framed by the Bureau of Indian Standards.** They ensure the exact measurements, colors, size, and thread count of flags. Any defect in any of the flags manufactured here is a legal offense, which is subject to a hefty fine or imprisonment. While you will find the Tricolour made of paper, cotton, and silk, the authentic flags made of cloth are made only here in northern Karnataka.

A brief update of the congregation held on January 24, 2020

By: Shivam Viswanathan

We always start the congregation in the New Year with the Sunder Kand path by ISSA (International Society for Spiritual Advancement).

The congregation began with a short invocation followed by an introduction by Sh. Inderjeet Gurtatta. Sankalp by Sh. Ramanand Dwivedi. The invocation was done by *shank dhwani*. The biggest gain or benefit of reading the Sundarkand Paath is that it fetches the blessings of not just Hanuman Ji but of Shri Ram as well.

Sunder Kand literally means beautiful chapter. This chapter of Ramayana talks about the adventures of Hanuman Ji and his selflessness, strength, and devotion to Rama. Hanuman Ji was fondly called "Sundara" by his mother Anjani. It is believed that just listening to the recital of Sunder Kand brings harmony to the household. Many believe that if one does not have time to read the whole Ramayana, one should read Sunder Kand.

Bhajans and songs:

- **Mithlesh Sharma** - Shree Radhe Govinda Man Bhaj
Le Hari Ka Pyara Naam Hai / श्री राधे गोविंदा, मन भज ले
हरी का प्यारा नाम है।

- **Girish Bhatt**: Kabir Das's bhajan - Bhajo Re Bhaiya
Ram Govind Hari

- **Jaidev** - Jai Radha Madhav / जय राधा माधव
Mere man me ram, mere tan me ram, mere rom rom
mein Ram / तेरे मन में राम, तन में राम, रोम रोम में राम रे,

- **Rashmi Gandhi** - A mere watan ke logon / ऐ मेरे वतन
के लोगो ज़रा आँख में भर लो पानी

- **Kanchan Pandey**: Hare Rama Hare Krishna Hoye
Meri Ghar Mein

- **Anand Tiwari** - Arti Ramayan ji Ki

- **Mithlesh Sharma** - Om Jai Jagdish

- **Inderjeet Gurtatta** - Narasingha Arti

- **Vardan** - Hanuman Chalisa

Big thanks to the Sunderkand Group Core team:

Ramanand Dwivedi, Mithlesh Sharma, Ram Shradha Das, Anand Tiwari, Rahul Trivedi, Pankaj Patel, Ramesh Savsani, and Inderjeet Gurtatta.



Sh. Girish Bhatt

Sh. and Smt. Tiwari and their talented child - Vardan Tiwari - definitely a *vardan* for music lovers. He sang Hanuman Chalisa so beautifully.



Sh. Inderjeet and Smt. Rani Gurtatta

Sh. &
Smt. Rama Dwivedi
- *Shank Dhvani*



Sh. Mithlesh Sharma

Heartburn, Hyperacidity, Acid Reflux – An Ayurvedic Perspective

By Shri. Rajeev Jain

Hyperacidity – almost 25% of us suffer from it: Many of us experience symptoms directly related to the improper digestion process. A common digestive problem is hyperacidity - approximately, 20% to 25% of the people annually have high acidity – and millions get hospitalized for its treatment. It is prevalent more in the 25 to 45 age group as that is the prime of the Pitta-phase of one's life – and, more prevalent among women. Depending on the severity of the problem, it may be termed as heartburn, hyperacidity, acid reflux, or GERD. After age 35, most people have lower secretion of stomach acid, yet hyperacidity is highly prevalent. Below we will discuss the management of hyperacidity under Ayurveda.

Causes of Hyperacidity: In Ayurveda, excessive secretion of acid or lack of food to absorb the acid produced in the stomach leads to hyperacidity and is called amla-pitta and is a Pitta-driven health problem. Our stomach has a protective lining that normally cannot be permeated. But, if it is constantly challenged by highly acidic foods, alcohol, chemical drugs – especially pain killers, antibiotics, and anti-arthritis medication, the lining gets inflamed or damaged and results in hyperacidity. In addition, people who are overweight, obese, have had hiatal hernia, smoke, or wear very tight clothes can also suffer from hyperacidity. We can broadly categorize the causes into two categories - improper diet and improper lifestyle.

Managing Hyperacidity under Ayurvedic Approach:

Let us address each of the above two primary factors:

(1) Diet: Today, there is a move towards organic foods – why? Over the past few decades, the increasing demand for food has resulted in food cultivation and transportation practices that are counter to nature. The use of growth hormones, pesticides, chemical fertilizers, preservatives, radiation, etc. has helped increase production yields and shelf-life of foods. However, these chemicals are not natural and disagree with our digestive system – causing more acidity and lower immunity. If we reduce the incidence of these chemicals in our diet and eat more consciously, we will not have hyperacidity. Below, we have identified foods that will increase the level of acidity (to be avoided) or help reduce it:

Dos: Take foods to reduce Pitta (i.e., they have cooling properties) – This would include foods and spices with bitter and astringent tastes, e.g., legumes and spices such as aniseeds, cumin, cardamom, cloves, mint leaves, and ginger. Generally, sweet fruits such as dates, pear, plums, pomegranate, ripe mango, melons, figs, and grapes are good. Also, green and leafy vegetables are good. Coconut water is excellent, as is warm milk. Buttermilk, which is normally good (as it is cooling), is not helpful in case of hyperacidity.

Don'ts: Avoid foods that increase acid and heat in the stomach – This would include any alcoholic beverage, excessively sour and salty preparations, fried and greasy food. In addition, highly spicy dishes (especially with red pepper or green chilies), and excessive intake of sweets (fermented sugar produces acid) should be avoided. Also, grains such as corn, buckwheat, millet, and rye should be minimized. Reduce intake of nuts and seeds that contain oil and generate warmth in the body. Lastly, avoid foods that take a long time to digest, e.g., meats, and minimize medications such as NSAIDs (non-steroidal anti-inflammatory drugs), steroids, and those for reducing stress. Another factor in increasing acidity is the consumption of cold water or ice-cold drinks, even though cold liquids may feel good.

(Continued on the next page...)

(Continued from the previous page...)

(2) Lifestyle: Today's fast-moving and demanding life is also a major contributor to hyperacidity. An improper lifestyle would include – abnormal stress, long or late working hours, excessive travel, lack of exercise, lack of adequate sleep and variable sleep times, irregular eating times and quantity, eating late at night, and eating larger meals at night. There should be a daily routine. The importance of being regular cannot be overemphasized – particularly for meals as the body clock will result in acids flowing into the stomach at certain times of the day. If you are not eating at that time, the acid released by the stomach will increase the acidity level.

(3) Exercise, Meditation, and Pranayam:

Although we may consider hyperacidity a health problem related to digestion; exercise, meditation, and pranayama are very important parts of the solution. There are specific yogic exercises and pranayams (e.g., bhramari and anulom-vilom) that are particularly helpful in reducing hyperacidity and should be practiced regularly.

(4) Herbal formulations: There are many home remedies and herbal products that are useful in treating hyperacidity as they reduce heat and acidity in the body. These include herbal ghee, amla churna, Lauha bhasma, Kamadudha ras, Suthashekhara ras, Amla pitta misran, and saunf (aniseed) based mixtures. However, these should be taken under direction from an Ayurvedic Vaidya.

Next time we will discuss “constipation” which is a Vata driven digestive problem. Wishing everyone a safe time and good health.

*When diet is wrong, medicine is of no use;
when the diet is correct, medicine is of no need.
- Ayurvedic Proverb*



Sia Albeli

attending her 1st Hindu Satsang congregation with her dad.

Congratulations to Mrs. and Mr. Nand Parkash Garg on becoming grandparents! Their granddaughter was born on December 12, 2020, in Denver. Surbhi and Sagar, proud parents of Sia, attended the last month's Satsang to thank all for their good wishes.



You are cordially invited to...



**YOUTH
FESTIVAL**

Sunday, Feb. 28, 2021

From 10 am to 12:30 pm

<http://www.hindusatsang.org/youthfestival>

Zoom Link: <https://us02web.zoom.us/j/87013160986?pwd=b0JYRDZhUEExQksveVERUWVGcDdQZz09>

The Year of Twenty Plus One

Poem by Smt. Uma Nauth

As the time cycle proceeds,
knowingly or unknowingly, what we did is being
released

On the basis of the classification of God's creation,
there is God and God's law in action, throughout
space

Above its own self,
God has given Its law the highest place
God is good, beautiful but,
God's law does not participate nor discriminate
Powerful in its existence,
no one can change It nor eliminate
Whatever one chooses to relate, its outcome cannot
escape

"A perfect vision of perfect sight"
was the quality attributed to the year of 2020
This goal could be achieved,
when we are illumined, realized, thus purified

With this notion, we are entering into twenty-plus one
Oh! What is happening globally,
engulfing everyone

An experience of fear, fear, fear
fear of feeling shutdown
Surfacing from the lower-state
selfishness and controlling nature of human
Ages old, the bug of musty corruption
gradually crawling through, masking its ill
intention

Contagious alright, obviously,
finalizing its dominion
"Darkest period is yet ahead"
announcing its declaration

"It has no power, it shall not succeed"
From time to time, stated by the Great Ones

Filled with love and mercy
God's heart speaks
"Awake, awake, awake, oh children
Come, come, come to me
There is still time, I AM the Saviour
You must believe"
Cosmic law presents only
"What you sow, so shall you reap"

While in the process of catching the
"perfect vision of perfect sight"

As you continue into the moments of the
Twenties
do not turn left, just stay to the Right

Maintain the strength of the Light, have hopes shining
bright

What is obvious, not always the whole Truth,
for a balanced view, one must wait

Keep the faith, till comes showers of Heavenly Grace



February 2021 Congregation Details

Congregation: Youth Cultural Program

Date: Sunday, February 28th

Time: 10 am CST

Location: Join Zoom Meeting

[https://us02web.zoom.us/j/87013160986?](https://us02web.zoom.us/j/87013160986?pwd=b0JYRDFhUEExJQksveVErUVVGcDdQZz09)

[pwd=b0JYRDFhUEExJQksveVErUVVGcDdQZz09](https://us02web.zoom.us/j/87013160986?pwd=b0JYRDFhUEExJQksveVErUVVGcDdQZz09)

Please mark your calendar.



A big thank you to Shri. Amitabh and Smt. Neerja Gupta, and Shri. Dharamvir Punwani for a generous donation of \$101 each to Hindu Satsang.

Children from Hindu Satsang will demonstrate their incredible talent in this fun-filled annual **Youth Festival** program. This event will be broadcasted online, so please mark your calendars and don't miss it.

चाँद को भगवान् राम से शिकायत

चाँद को भगवान् राम से यह शिकायत है की दीपवली का त्यौहार अमावस की रात में मनाया जाता है और क्योंकि अमावस की रात में चाँद निकलता ही नहीं है इसलिए वह कभी भी दीपावली मना नहीं सकता। यह एक मधुर कविता है कि चाँद किस प्रकार खुद को राम के हर कार्य से जोड़ लेता है और फिर राम से शिकायत करता है और राम भी उस की बात से सहमत हो कर उसे वरदान दे बैठते हैं, आइये इस सुन्दर कविता का आनंद लेते हैं ...

जब चाँद का धीरज छूट गया
वह रघुनन्दन से रूठ गया

बोला रात को आलोकित हम ही ने करा है।

स्वयं शिव ने हमें अपने सिर पे धरा है।

तुमने भी तो उपयोग किया हमारा है।

हमारी ही चांदनी में सिया को निहारा है

सीता के रूप को हम ही ने सँभारा है।

चाँद के तुल्य उनका मुखड़ा निखारा है

जिस वक्रत याद में सीता की,

तुम चुपके - चुपके रोते थे



उस वक्रत तुम्हारे संग में बस,
हम ही जागते होते थे।

संजीवनी लाऊंगा, लखन को बचाऊंगा,
हनुमान ने तुम्हें कर तो दिया आश्वस्त मगर,



अपनी चांदनी बिखरा कर

मार्ग मैंने ही किया था प्रशस्त।

तुमने हनुमान को गले से लगाया।

मगर हमारा कहीं नाम भी न आया।

रावण की मृत्यु से मैं भी प्रसन्न था।
तुम्हारी विजय से प्रफुल्लित मन था
मैंने भी आकाश से था पृथ्वी पर झाँका।
गगन के सितारों को करीने से टांका
सभी ने तुम्हारा विजयोत्सव मनाया
सारे नगर को दुल्हन सा सजाया।



इस अवसर पर तुमने सभी को बुलाया।

बताओ मुझे फिर क्यों तुमने भुलाया।

क्यों तुमने अपना विजयोत्सव

अमावस्या की रात को मनाया?



अगर तुम अपना उत्सव किसी और दिन मानते।

आधे अधूरे ही सही हम भी शामिल हो जाते।

मुझे सताते हैं, चिड़ाते हैं लोग।

आज भी दिवाली अमावस में ही मनाते हैं लोग।

तो राम ने कहा, क्यों व्यर्थ में घबराता है?

जो कुछ खोता है वही तो पाता है।

जा तुझे अब लोग न सतायेंगे।

आज से सब तेरा मान ही बढ़ाएंगे।

जो मुझे राम कहते थे वही,

आज से रामचंद्र कह कर बुलायेंगे।

