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Alyssa Shroff
Aadi Pandit

जनवरी २०२२ January 2022
Magshar - Posh, Vikram Samvat 2078

हिन्दू सत्संग समाचार

Hindu Satsang Samachar



www.HinduSatsang.org // www.facebook.com/HinduSatsangUSA

Hindu Satsang Updates

By Shivam Viswanathan

Sadar pranaam to all Satsangis!

The Hindu Satsang's **Youth Festival** will be held virtually on February 27th from 10 am to 1 pm (This event will replace the congregation in February). The Hindu Satsang families will have the opportunity to participate in this very popular event and showcase their talents. The details can be found on [page 5](#) of this newsletter.

Hindu Satsang is pleased to announce the **Didwania and Jain Scholarship** for the current academic year. Please find more details on [page 4](#).

A Hindu Satsang School **Alumni Meet & Greet** was held on January 2nd, 2022. Former students from the Sunday School came together in good numbers. A report on this event by Dhruv Syngol, one of the former students and master of ceremonies, can be found on [page 3](#).

Listening to or reading Sunderkand is a perfect way to start a year. We always start the congregation in the New Year with the Sunderkand path by ISSA (International Society for Spiritual Advancement), it is an honor to have the ISSA team back this year also. Further details are on [page 8](#).

Following are some of the main festivals/events coming up in the next few weeks, our best wishes to everyone (dates may vary based on the location/calendar): **Swami Vivekananda Jayanti** on Monday, January 24th, India's 72nd **Republic Day** on Wednesday, January 26th, **Gandhi Samadhi** on Sunday, January 30th, **Basant Panchami** on Saturday, February 5th, **Mahashivratri** on Tuesday, March 1st, **Holi** on Friday 18th March.

Looking forward to seeing everyone on Sunday, January 23rd over Zoom for our monthly congregation. 🙏

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IN
THIS ISSUE





Happy Birth Month to our Satsangis born in January



Ajay Buti	Gunjali Mittal	Payal Dhingra	Rishi Salgia	Subhash Sharma
Ajay Gupta	Karuna Uppal	Preeti Kalra	Rohini Bahl	Sudha Parikh
Amisha Shah	Kushal Sareen	Promila Dhar	Ruchi Kapoor	Sujata Sharma
Aroon Pal	Manju Goel	Rajesh Tiwari	Vipin Malhan	Surbhi Agarwal
Aruna Sharma	Neeraj Kataria	Raman Noharia	Serena Raheja	Surendra Salgia
Arushi Singh	Newal Agnihotri	Reena Sood	Shana Bhagwat	Suresh Ambegaoker
Binish Choksi	Nina Gandhi	Richa Agnihotri	Shikha Malhotra	Vinod Gandhi
Dinkar Tiwari	Niranjan Kataria	Richa Bhargava	Sonia Gunya	

Happy Anniversary Month

Jharna & Gitesh Shah	Roma & Neil Bhagat	Vijay & Nisha Goyal	Sadhana & Rajesh Tiwari
Tripti & Brum Pal	Shubh & Ramesh Malhan	Sudha & Hans Upadhyay	Sharda & Manohar Sharma



Promising New Year

Wife (to husband): Happy New Year!

Husband: Is that just a wish, or ... are you promising me one?



The perfect message for people to mask up

A message that drives the point home better than a simple warning or threat:

Yama Dharmaraj to Chitrugupta: *You went to the Earth, what happened?*



Chitrugupta: Dharmaraj, people are wearing masks. I couldn't recognize many of them. So, I brought only those who weren't wearing a mask.



Hindu Satsang's

Website address:

HinduSatsang.org

Hindu Satsang's

Facebook page:

facebook.com/HinduSatsangUSA

HinduSatsangUSA

We have more than 100 followers, please **Like & Follow** for the latest updates.

Hindu Satsang Alumni Meet & Greet

Update by Dhruv Syngol

As Hindu Satsang organization has been functioning since 1977 and has produced hundreds of its Sunday School alumni, it was imperative to bring them together. This reason propelled the beginning of the newly-founded Hindu Satsang Alumni Connection, a group with the goals of fostering an alumni network where Hindu Satsang graduates can network, receive mentorship and career guidance, and bond together over past Hindu Satsang memories.

The Hindu Satsang Alumni Connection hosted its inaugural Meet and Greet this past Sunday, January 2nd, 2022 at Ashyana Banquets. The purpose of this event was to start building connections and relationships among our alumni as well as mentors who can assist in career guidance and coaching. It was a fantastic event that included a lot of informal, fruitful interaction among mentors and students, a couple of trivia games involving Ramayana, Mahabharata, and Hinduism, and a few words of wisdom from guest speakers.

In addition, a video reminiscing old Ramayana memories was played as well as a short, humorous skit about career choices made by two of our current Hindu Satsang students: Jai Vishwanathan and Shriya Tiwari. The film scripted by Jai won the Reflections national honorary award in the Elementary School category. Theme was "I Matter".

We would like to thank the following mentors and speakers for coming and serving as integral parts of our mission:

Mr. Nand Parkash Garg - Event Coord.
Dhruv Syngol - Emcee
Mr. Kamal Gupta - Guest Speaker
Dr. Om Dhingra - Mentor
Dr. Subhash Pandey - Mentor
Dr. Balaji Ganesh - Mentor
Dr. Puja Sethi - Mentor
Kanika Garg - Speaker/Mentor
Isha Tyle - Speaker/Mentor
Sakshi Sahni - Speaker
Srikamal Munukutla - Hindu Yuva Speaker
Shreyaa Khanna - Speaker
Preena Shroff - Speaker/Trivia Manager
Aadi Pandit - Trivia Manager
Saanvi Sethi - Trivia Manager

The event was also a great opportunity to reflect back on the impacts of Hindu Satsang's Sunday School.

"I felt proud to be a Hindu, a grandson of India, and a believer of the dharma," said emcee Dhruv Syngol as he reflected on his experiences as a student.

The Hindu Satsang Alumni Connection is looking forward to creating more engaging events to enrich our developing network and spread our culture to the outside community.

Watch the entire program here on Hindu Satsang's YouTube channel:
<https://youtu.be/WMThH7oHP3o>





Hindu Satsang Didwania and Jain Scholarship 2021-2022



Hindu Satsang is pleased to announce the Didwania and Jain Scholarship for the current academic year. The Students affiliated with the Hindu Satsang group will once again have an opportunity to submit their essays to qualify for our annual Didwania & Jain Scholarships.

Under each scholarship, we will award 1st prize of \$600 and 2nd prize of \$400 with a total of 4 scholarship awards this year. Here are details about this scholarship opportunity:

The topic of the essay:

"What does our Sanatan Dharma teach us about living in harmony with our environment? And, what are some of the practical ways in which each of us can reduce our carbon footprint?"

Submission Due By: February 15, 2022

Please submit your essay only using the Google form link given below (do not email your essay to anyone directly, it will be disqualified).

Google Form Link for Essay Submission:

https://bit.ly/Didwania-Jain_Scholarship

In order for a student to participate, the student would need to meet the following requirements:

(continued on right column >>>)



Didwania Scholarship Requirements:

1. Current or former Hindu Satsang Sunday School student who has participated for a minimum of 3 years.
2. Participating students should currently be in middle or high school.

Jain Scholarship Requirements:

1. Current college student who is or has been associated with Hindu Satsang.
2. Must be less than or equal to 21 years of age.

Other Requirements:

1. Essay length should be 500-700 words in a Word document (not .PDF). Must have an introduction, body paragraph(s), and a conclusion.
2. Essays must be the original work of the student (parents and others cannot assist).
3. Previous participants can submit their essays, but there will be no repeat winners.

If you have any further questions, please contact any of our Sunday School teachers or **Educations Coordinators:**

- **Vineet Rajput** // (630) 414-5728 // vineet_rajput@yahoo.com
- **Daljit Sabharwal** // (630) 922-3024 // daljit1919@yahoo.com
- **Jug Uppal** // (630) 276-6986 // juguppal75@gmail.com



HINDU SATSANG

YOUTH CULTURAL PROGRAM

Sunday, February 27, 2022
from 10 am to 1 pm
Location: Virtual

Get ready to showcase your talent to the world!


Every child
IS INVITED TO PARTICIPATE

You can pre-record your program and upload it here:
<https://bit.ly/HSYouthFest>

If you face any issues or have questions, please email shivamv@gmail.com or narwania@hotmail.com

Deadline to submit your video - February 15th, 2022.


all the best!



A big congratulation to our own Dr. Subhash Pandey!

Dr. Subhash Pandey has been elected a fellow of the American College of Neuropsychopharmacology. This is a very prestigious college and fellow status is given to a member based on their scientific reputation and service to the college.

It is truly an honor to have Dr. Pandey as one of the guiding forces of Hindu Satsang. Once again, congratulations Dr. Pandey on this remarkable achievement.





RECAP

A brief recap of the Hindu Satsang Congregation held on December 26, 2021

By: *Shivam Viswanathan*

On December 26, the Hindu Satsang congregation program started with Vedic pooja by Sh. Ramesh Malhan and Satsangies. This was followed by divine and soulful bhajans by the members of our Hindu Satsang group:

- Smt. Kanchan Pandey - Prabu Prem Ka Ras Piye Ja (प्रभु प्रेम का रस पिये जा)
- Sh. Daljit Sabharwal - Tum Hi Ho Mata Tumhi Pita Tumhi Ho (तुम्ही हो माता पिता तुम्ही हो, तुम्ही हो बंधु सखा तुम्ही हो)
- Pranav Rastogi - Shri Ram Chandra Kripalu Bhaju Mana Harana Bhavabhaya Daarunam (श्री राम चंद्र कृपालु भजमन हरण भाव भय दारुणम्।)
- Sh. Subhash & Smt. Kiran Sharma - Doobto Ko Bacha Lene Wale Meri Naiyya Hai Tere Hawale (डूबतो को बचा लेने वाले, मेरी नैया है तेरे हवाले)
- Sh. Nand Parkash Garg - Ram Naam Sukh Dai Bhajan Kar Bhai Yeh Mela do din ka - (राम नाम सुख दाई भजन कर भाई यह मेला दो दिन का)
- Our guest singers were the melodious couple Sh. Prashant and Smt. Shefali Kurdukar. They rendered some beautiful aartis and bhajans:
 1. Ekadantaya vakratundaya Gauri tanaya dheemahi (एकदंताय वक्रतुण्डाय गौरीतनयाय धीमहि)
 2. Kal ka pahiya ghume bhaiya Lakh tarah insan chale (काल का पहिया घूमे भैया लाख तरह इन्सान चले) Manna Dey's song from the movie: Chanda Aur Bijli (1969)

3. Tu pyar ka saagar hai (तू प्यार का सागर)
4. Muraliya Baje Re Jamuna Ke Teer - (मुरलिया बाजे रे जमुना के तीर)

Our guest speaker was Sh. Sarvaishvarya Krishna Das and the topic was "Psychosomatic Therapy in Bhagavad Gita"

It was an invigorating talk. I cannot justify summarizing it in a few sentences. It must be heard in its entirety, that is why I have uploaded this video to Hindu Satsang's YouTube channel - <https://youtu.be/zta2E6Y21jM>

Regardless of whether you attended the congregation, I encourage you to watch.



**Our guest speaker
Sh. Sarvaishvarya
Krishna Das**



**Our guest singers - the melodious
couple Sh. Prashant and
Smt. Shefali Kurdukar.**





Flag of the Republic of India Quiz



1. When was the Indian National Flag adopted by the Constituent Assembly?
2. Who said the following statement: *"A flag is not only a symbol of our independence, but also the freedoms of all people."*
 - (a) Jawaharlal Nehru
 - (b) Mahatma Gandhi
 - (c) Sardar Vallabh Bhai Patel
 - (d) Dr. Bhim Rao Ambedkar
3. How many spokes does the Ashok Chakra have?
4. Who designed the Indian national flag?
5. What was replaced by Ashok Chakra in our National Flag in 1947?
6. Which statement is not true about India's National Flag?
 - (a) The ratio of the length and width of the flag is 2: 3
 - (b) There is a 'Charkha' in the middle of the white stripe, which is a symbol of progress and mobility
 - (c) The "Charkha" between the flag is taken from the Ashok Chakra
 - (d) The diameter of "Charkha" is approximately three-fourths of the width of the white stripe of the flag
7. How many colors do you need if you want to draw the Indian National Flag, which is also called Tiranga?
8. Other than India there are 3 other countries with green, white, and orange stripes (horizontal or vertical) on their flag, can you name the other 3 countries?

9. What does the color saffron, white and green denote?

10. Why is the wheel at the center of the flag called Ashok chakra?



Answers:

1. On July 22, 1947
2. a. Jawaharlal Nehru
3. 24 spokes
4. Pingali Venkayya
5. Charkha (spinning wheel)
6. a. The ratio of the length to the width of the flag is 3: 2 and not 2:3.
7. If your answer was 3 then sorry, this was kind of a trick question - our tiranga (tricolor or Indian flag) actually has 4 colors. The National Flag of India is a horizontal rectangular tricolor of deep **saffron, white, and green**; with the Ashoka Chakra, a 24-spoke wheel, in **navy blue** at its center.
8. Ivory Coast, Niger, and Ireland
9. The top band is **saffron**, which represents strength and courage. The middle part is **white**, which denotes the honesty, purity, and peace of the nation. The bottom band is **green**, indicating prosperity, fertility, and growth.
10. The wheel is called the Ashok Chakra because it appears on a number of edicts of Ashoka, the most prominent among which is the Lion Capital of Ashoka. Each spoke on the chakra symbolizes one principle of life and also the twenty-four hours in the day. 





An introduction to our guest singers and speakers



About ISSA (International Society for Spiritual Advancement)

The primary objective of ISSA is to spread spiritual awareness and ignite the love and connection with Lord Ram, especially within the youth and little kids. This connection acts as a protective kavach that prevents us from getting distracted, staying on the path, and gives us strength during difficult times. As Sant Tulsi Das ji says in Ram Charit manas: "Payi Na Kehi Gati Patit Pawan, Ram Bhaj Sun Sath manaa".

In this difficult time that plagues the entire world, ISSA continues to spread the message of spirituality by performing Online Sunderkand Path and Ram Charit Manas Path recitation over Zoom meetings. On one side, the pandemic has isolated humanity and on the other hand, the online path has brought devotees together from all around the world.

Sunderkand Group Core team:

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

ISSA (International Society for Spiritual Advancement) was established 24 years ago under the guidance of Dr. Ramanand Dwivedi. ISSA performs spiritual programs throughout Chicagoland and North American cities.

ISSA is dedicated to performing community service by chanting weekly Sunder Kand and monthly RamCharit Manas path at various residential and spiritual establishments to instill faith and supreme consciousness. Currently, this service is performed online and will resume in-house service once the COVID situation improves. The Seva of Lord Hanuman towards Lord Rama is our guide towards spirituality and humility. Each verse from RamCharit Manas is Amrit if only one is willing to drink. In addition to the weekly Sunder Kand and Monthly RamCharit Manas path, ISSA also performs a yearly Sunderkand Mahayagya program with a minimum of 108 families.

This connection with Hanuman Ji and Ram Ji provides inner strength and helps overcome any hurdles in life. ❧



Hindu Satsang Sunday Congregation

10 AM CST on Sunday, 23rd, January 2022

4th Sunday
10 AM CST



Everyone is
cordially
invited

Join us online

Time: 10 am CST on January 23rd.
(Sunday)

Mark your calendar

[Click Here to join Zoom](#)
or use the following zoom link:

[https://us02web.zoom.us/j/87013160986?
pwd=b0JYRDhUExJQksveVERUVVGcDdQZz09](https://us02web.zoom.us/j/87013160986?pwd=b0JYRDhUExJQksveVERUVVGcDdQZz09)

Read about our guest singer / speaker on the
previous page

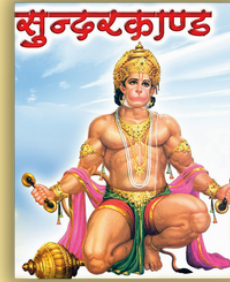
Congregation Agenda

Convener: Sh. Kamal Gupta

10:00 am: Vedic Pooja

10:10 am: Sundarkand
by: ISSA

11:45 am: Announcements followed
by Aarti



What's trending in News:

#1 crore Surya Namaskar: The #SuryaNamaskar festival (organized by Ayush, Govt. of India) on Jan 14th, 2022 on the occasion of Makar Sankranti, turned out to be a phenomenal success, with over 1 crore participants. This program received support from all the leading Yoga Institutes from across the globe.

#2. Atal Tinkering Laboratories - Atal Innovation Mission is establishing Atal Tinkering Laboratories (ATLs) in schools across India. The objective of this scheme is to foster curiosity, creativity, and imagination in young minds; and inculcate skills such as design mindset, computational thinking, adaptive learning, physical computing etc.



#3. Veer Baal Diwas - The Modi Govt. announced that December 26 will be observed as 'Veer Baal Diwas' as a tribute to the 10th Sikh guru Gobind Singh's four sons who were executed by the Mughals. The 10th Sikh Guru's six-year and nine-year old sons Sahibzada Fateh Singh and Sahibzada Zorawar Singh were bricked alive on December 26, 1705, by Wazir Khan on the orders of Aurangzeb as they refused to convert to Islam.

#4. Unicorns - A record number of unicorns and IPOs: Indian startups raised \$39B in 2021. India now has 81 unicorns (companies with \$1 billion or more in valuation), 44 of which joined the club in 2021. 