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जुलाई २०२२ July 2022

हिन्दू सत्संग समाचार

Hindu Satsang Samachar



Hindu Satsang Updates

By Shivam Viswanathan

Namaste!


The Hindu Satsang held its annual summer picnic on Sunday, July 17. As the July newsletter was ready by the time the picnic was held, we will have an update on the summer picnic in the next newsletter.

At our last Satsang in June, we hosted **Sh. Puran Lal Vyas** as our guest singer and **Sh. Raj Taneja** as our guest speaker. The Satsang Sabha is summarized on **page 5**. We will have **Sh. Subash Oza** as our guest singer and **Sh. Yash Chaudhary** as our guest speaker in July. You can find more information about them on **page 9**.

On August 24th (Sunday) we will have our annual **Janmashtami Cultural Program** at the Rathi auditorium at the Lemont Temple, we will be sending further details on how to participate through email.

Sunday School at Hindu Satsang will begin next month. Contact our education coordinators if you would like your kids/grandkids to learn about Hindi and Hindu culture.

Following are some of the main festivals/events coming up in the next few weeks, our best wishes to everyone: **Nag Panchami** on Tuesday, August 2, **Raksha Bandhan** on Thursday, August 11, **India Day Parade & Celebration** in Naperville on Sunday, August 14, **India's Independence Day** on Monday August 15th, **Sri Krishna Janmashtami** on Thursday, August 18 & Friday, August 19.

Looking forward to seeing everyone in person on Sunday, July 24th for our Satsang Sabha at VSC (Vivekananda Spiritual Center). Take a few seconds to add a reminder alarm to your phone now. Stay safe & healthy. 

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& Anniversaries

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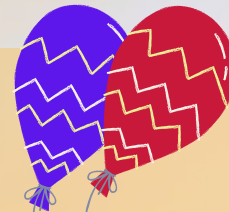
Page 10: Sabha Program
Details

IN
THIS ISSUE





Happy Birth Month to our Satsangis born in July



Ajay Sharma	Amita Sachdev	Anika Gupta	Anil Gunya	Ansonia Sood	Anuj Dhingra	Asha Sharma
Brij Sharma	Chetan Kumar	Darsh Wasan	Ekta Punwani	Falguni Gandhi	Gopal Sharma	Gul Bhatia
Jug Uppal	Mohan Sharma	Nand Parkash Garg	Naman Agarwal	Naresh Jain	Navin Tyle	Neeraj Gupta
Neeru Kothari	Niti Bhargava	Piyush Joshi	Poonam Singh	Pradeep Goel	Rahul Pandit	Sarika Gupta
Satish Gupta	Vaibhav Upadhyay	Vishwanath Agarwal	Vivek Trivedi			

Happy Anniversary

Sharda & Ravinder Saini	Amit and Priyanka Dhingra	Kanchan & Amit Gupta	Naresh & Darshna Jain	Neeru & Ajay Kothari
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Laughter is the best medicine



Buddhists use the phrase "wanting always for the other person to be happy" to define love. It might be thrilling to know that you are the cause of your loved one's happiness. And what better way to maintain happiness than to share a good laugh over some timeless marriage humor?

Arguing with your partner is like trying to read the "Terms of Use" on the internet.

Eventually, you just give up and say, "I Agree."

My wife told me I was rude for yawning when we were arguing.

I told her I wasn't yawning, I thought it was my turn to speak.



Your newsletter feedback are welcome.

If someone you know is not getting the Hindu Satsang newsletter, send their email address to: shivamv@gmail.com



Acidic and Alkaline Foods – Do You Know Which Is Good? By Sh. Rajeev Jain



**“Doctors won’t make you healthy.
Nutritionists won’t make you slim.
Teachers won’t make you smart. Gurus
won’t make you calm. Trainers won’t make
you fit. Ultimately, you have to take
responsibility.”**

Last time one of the important food practices we talked about was, “Keep your food consumption alkaline as it is critical for good health”. We will dwell more on this aspect below.

How do we measure pH (potential of Hydrogen)?

A human body consists of 70% water and contains many fluids. The pH is a measure of the acidity or alkalinity of a fluid and ranges from 0 to 14. Water being neutral has a pH score of 7.0. Higher the pH reading, the more alkaline is the fluid. It is also richer in oxygen and has a positive influence on the body.

Our blood pH:

Human blood pH is normally slightly alkaline (range 7.35 - 7.45). A reading below or above this range will likely result in a disease. If blood pH moves below 6.8 or above 7.8, cells stop functioning and **the body dies**. Therefore, our body’s internal cleansing mechanism continually strives to restore the pH balance. If we consume stuff that is very high or very low on the pH scale, it puts a tremendous burden on our body’s system.

Health problems from acidic blood (Acidosis):

Research shows that unless the body's pH level is slightly alkaline, the body cannot heal itself. Therefore, no treatment will be effective until the pH level is brought into balance.

Acidosis decreases a body's ability to absorb minerals and other nutrients. Simultaneously, it decreases the energy production, and ability to repair damaged cells, detoxify it - making the body more susceptible to fatigue and illness. Despite significant medical advances, diseases are manifesting today at much younger ages. As per WebMD, over half the young adult population (aged 18-29) in USA is either obese, or over-weight. When the pH balance is compromised (acidic), body is susceptible to many diseases and health problems including, lupus, tuberculosis, high blood pressure, cardiovascular damage, weight gain, obesity, diabetes, osteoporosis and joint pain, rheumatoid arthritis, dry skin, ulcers, gastritis, digestive issues, premature aging, hormonal problems, immune deficiency and most cancers. We do not want the blood to be acidic!

Causes of Acidosis:

An acidic pH can occur from an imbalanced diet (high in acidic-producing foods) such as animal protein, sugar, caffeine, and processed foods. In addition, emotional stress, prescription drugs, toxic overload, immune system reactions or any deprivation of oxygen and other nutrients to cells can also lower the pH level.

How body restores the pH balance:

An imbalanced diet puts pressure on the body's regulating systems (kidneys and lungs) to restore pH to normal range. The body borrows alkaline minerals such as sodium, potassium, magnesium, and calcium, from vital organs and bones to buffer (neutralize) the acid and safely remove it from the body. As a result of this strain, the person becomes prone to chronic and degenerative diseases that may go undetected for years.

Ayurvedic guideline for alkaline diet:

If you are in good health, your diet should consist of at least 60% alkaline forming foods (i.e., make the blood alkaline after digestion even though they may be acidic before, for example lemon).

Continued on the next page 

↳ **Continued from the previous page**

That percentage increases to 80% if you are not in good health. Note: Our diet cannot be 100% alkaline – because our body needs protein, and proteins are acidic by nature. Hence, a diet rich in fresh fruits and vegetables (alkaline-producing) should be balanced against our protein intake (acid-producing).

A typical western diet is acidic:

Currently, the American diet is largely composed of acid-forming foods (proteins, cereals, sugars). Alkaline-producing fresh foods (most fruits and vegetables) are eaten in relatively small quantities. And, if they are in the form of processed foods, even they become acid-producing. In addition, stimulants like tobacco, coffee, tea, colas, and alcohol are also extremely acidifying.

Foods to consume:

A diet rich in alkaline-producing foods would largely consist of fresh fruits and vegetables, whole grains, wholesome protein sources such as beans, soy products, nuts, and legumes, and healthy oils such as olive, canola, and flax seed. Below is a list of foods that are considered alkaline (more desirable) or acidic (less desirable) – however, you may find that various nutritional experts differ in their opinion.

Alkaline foods may include: vegetable juices, parsley, raw spinach, broccoli, celery, garlic, barley, carrots, green beans, lima beans, beets, lettuce, zucchini, dried figs, watermelon, lemons, dates, blackcurrant, grapes, papaya, kiwi, berries, apples, pears, hazelnuts, almonds, herb teas, lemon water, green tea, stevia, maple syrup, raw honey and raw sugar.

Acidic foods may include: pickled vegetables, pinto beans, navy beans, canned fruit and vegetables, white rice, white bread, pastries, biscuits, pasta, beef, pork, veal, shellfish, canned tuna & sardines, fish, turkey, chicken, lamb, Parmesan, processed cheese, eggs, peanuts, walnuts, pecans, cashews, pistachios, black tea, coffee, beer, liquor, wine, soda/pop, artificial sweeteners, milk chocolate, brown sugar, molasses, jam, ketchup, mayonnaise, mustard, vinegar.

Foods to avoid or minimize:

We need to avoid processed foods (they contain stimulants and undesirable chemical additives), sugary items (like pastries and colas), or simple-carbohydrate foods (like white bread and chips) because they are acid-producing, raise our blood sugar levels too quickly, they tend to be nutrient-lacking and can be toxic too. Also, eliminate high-fat meat (e.g., red meat).

Ayurvedic treatment for disorders resulting from incompatible foods and diet includes detoxification and Panchakarma treatments such as Vamana and Virechana. They help in expelling the undigested food particles and toxins from the body – helping to bring it back into balance.

Bottom line – be aware of the acidic or alkaline properties of what you eat and drink and, on the net, ... keep it alkaline.

“The doctors of the future will no longer treat the human frame with drugs, but rather will cure and prevent disease with nutrition.” – Thomas Edison

Wishing you all a very healthy life! 

A brief recap of the
**Hindu Satsang's
Monthly Sabha**

held on June 26, 2022

By Shivam Viswanathan

As usual, we started our Satsang Sabha with an invocation by Sh. Subhash Sharma, followed by a melodious bhajan by **Sh. Gitesh Shah**.

Sh. Puran Lal Vyas was our special guest singer. While playing the tabla, he sang several mesmerizing bhajans that I had never heard of.

Yashoda Ji performed a lovely song befitting of her name:

Bada Natkhat Hai (बड़ा नटखट है रे कृष्ण कन्हैया).

Yoshida Ji Another piece I resonated with was:

Tora Mann Darpan Kehlaye (तोरा मन दर्पण कहलाए).

An evergreen song from the Hindi film Seema (1955), originally sung by Sh. Manna Dey was performed by Shri Kamat ji in his own style with a karaoke track:

Tu Pyar Ka Sagar Hai (तू प्यार का सागर है)

It was a pleasure to hear Sh. Raj Taneja speak on "Analysis of Thoughts". The presentation was very interesting. I will publish an article on his presentation in one of our future newsletters.

Pictures on the right 1. Sh. Puran Lal Vyas on tabla and Mahavir Upadhyay (keyboard).

2. Smt. Yashoda Upadhyay (Singer)

3. Sh. Kamat (Singer).

4. Sh. Puran Lal Vyas on tabla and Mahavir Upadhyay (keyboard).



**Hindu Satsang's
Upcoming Events**

Mark
your
calendar

- Congregation: Sunday, 24th July
- Janmashtami Program:
24th August



S Cube

Sunday School Section

By: Aadi and Ayanna Pandit

Article by our Hindu Satsang Sunday School Students - Aadi and Ayanna who participated in community service along with other Sunday School Students, organized by Hindu Satsang in collaboration with SEWA.

When we step outside, it's not a rare occurrence to see stray trash along the sides of the road or in community places that we enjoy. Littering has become a big problem in the US, accounting for over 300,000 tons of plastic being introduced into our communities every year! And it's not like littering is just an eyesore; mismanaged waste can actually pose health risks and introduce disease as well. It's important to help keep our community clean and safe from the dangers of littering, so recently, Hindu Satsang collaborated with SEWA International to contribute to this cause.

SEWA International is a Hindu-faith based humanitarian non-profit organization that focuses on contributing to the welfare of every community and population around the globe. Founded in 2003, its principles of selfless service, compassion, and humanity have helped communities in more than 6 different countries, including its mission is to help anyone in distress and run developmental projects for the less fortunate, as well as running many community service projects for all ages.

Although it may not seem like it, the road is actually the most likely place for littering to occur. Did you know that over 56% of litter is created by motorists, and most of it ends up on the sides of local roads and highways?

In order to combat this frightening statistic, Hindu Satsang and SEWA International members took to action a little over a week ago, picking up litter from the sides of 75th Street here in our very own community. We were able to do this through the Illinois Adopt-a-Highway program, which encourages citizens to volunteer their time in order to pick up trash and keep our roadsides clean. It was astonishing to see how much garbage could be found on the sides of a local road; by the end of the event, we were able to fill over 20 full-size garbage bags! Now imagine how much trash could be found on a major highway! It was also a very rewarding experience, and a great way to meet new people and make new friends.

We recommend participating in this program to just about everyone we know. Not only is it a great way to give back to our very own community, but it's also a fantastic opportunity to catch up with friends and get some exercise outdoors. We also wanted to thank SEWA international for letting us join them in their recent project, and we can't wait to participate again.



**Hindu Satsang
&
SEWA**



Fill the World with Kindness

By Shriya Tiwari

Shriya, a sixth-grade Sunday School student, has created an adorable story. There are many Indians all over the world who have settled amicably in other countries, integrating into the local environment and living peacefully in harmony with them. Wherever we go, we take our rich culture with us to benefit the community. We can all relate to this story since we live away from our homeland.


Think you have the power to influence someone's life? Influence it in a way that they will never forget? I believe you can. Every person and thing in the world has the potential to have an impact on someone, whether that impact is positive or negative, and some of these impacts may last a lifetime. The tale of the Sage and the two villages serves as an illuminating example of this.

Once upon a time, there lived a sage. He lived in the forest with his student. One day, the sage and his pupil left to go to another town. This town was full of wonderful people who took care of the sage and showered him with expressions of gratitude, and gifts. When it was time for the sage to go, he gave aashirvad (blessings) to the people of the town and said, "May God spread the people of this town around the world." The student was very curious as to why the sage had bestowed them with such an odd blessing, but he kept quiet.

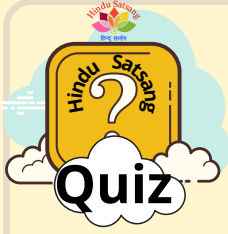
The next time, the sage and the student went to another town. They were very tired from their long walk and were hoping that this town would be as nice as the last one.

But when they got there, the villagers stuck their noses up at them and didn't even offer so much as a straw mat! Their town was in a terrible state and was slowly deteriorating, whereas the previous town had been impeccable.

When the sage had to leave the next morning, he gave them a shraap (curse), "May God keep all of you here, in this little town and nowhere else in the world." This time the student's curiosity overcame him, and he finally mustered up the courage to ask the sage, "O Sage, why did you give the nice and beautiful townspeople the gift to go around the world, but this nasty town the curse to stay in this town only?" The sage responded, "My dear student, those people in that kind town would spread their goodness to the world, but the people in the disrespectful town would spread their negativity. I would much rather have good people in the world rather than bad."

This story illustrates how people may have an impact on those around them, whether for good or bad. Wherever good people go, they spread happiness, prosperity, knowledge, kindness and harmony. 





Quiz Rakshabandhan

By Jai Viswanathan



1. Who tied a rakhi around King Mahabali's wrist?
2. What is the meaning of the following verse:
येन बद्धो बलिः राजा दानवेन्द्रो महाबलः!
तेन त्वामभिवध्नामि रक्षे मा चल मा चल !!
– Bhavishyattara Purana : 137/20
3. Who tore off a piece of her sari, and wrapped it around Krishna's wrist to stop the blood flow?
4. According to legend, who tied the rakhi to King Puru (Porus)?
5. Who is believed to have sent rakhi to Mughal Emperor Humayun?



Answers



1. **Goddess Lakshmi**. To protect the realm of his ardent devotee king Mahabali, Lord Vishnu departed his home of Vaikuntha. Goddess Lakshmi felt lonely and sad about this. She, therefore, pretended to be a Brahmin woman and sought sanctuary in Bali's palace. She tied a rakhi on Mahabali's wrist on the day of Shravan Poornima and told him the truth about why she had come to his house. Mahabali was moved when he realized the greatness of his Lord Vishnu and how he had personally come to defend him and his throne. As a result, he sacrificed everything he had for Lord Vishnu and Goddess Lakshmi. He requested Lord Vishnu to accompany Goddess Lakshmi in Vaikuntha.

2. "The protective thread which was tied to the extremely benevolent King, Bali, I tie the same sacred thread on your wrist, which will protect you from all adversities forever". This mantra is recited by the sisters to their brothers while tying the Rakhi.

3. **Draupadi**: Once Krishna managed to cut his finger, everyone started to run around to look for a strip of cloth to stop the bleeding. Draupadi, who was watching all this, simply tore off a part of her sari and tied it around Krishna's finger. In return for this deed, Krishna promised to protect her in times of distress. Later on, the Pandavas lost Draupadi in a gambling bet. By Krishna's miracle, Draupadi's sari became endless and saved her from humiliation when she was disrobed in King Dhritarashtra's court.

4. **Roxana**: In 326 BC, wife of Alexander, Roxana tied the Rakhi to King Porus and took a promise from him not to harm her husband. Although King Porus fought the battle but avoided a direct fight with Alexander so that he could fulfill his promise.

5. **Rani Karnavati** of Chittor sent Rakhi to Mughal Emperor Humayun and asked to protect her kingdom from the invasion of Bahadur Shah. Unfortunately, Humayun came late and Rani Karnavati, along with other women of the kingdom immolated themselves to save the honor from the hands of the invaders.



Hindu Satsang Sabha Guest singer and speaker

About our guest singer:

Sh. Subash Oza has been an active member of Hindu Satsang since he moved to this area from Crystal Lake, Illinois in 2016 to be close to his children and grandchildren. He lives in Darien with his wife Nisha. He likes photography and loves to sing bhajans at the Satsang. He enjoys tennis and golf with his friends from Satsang. Most of all, he enjoys the friendship of many of the friends he met through this wonderful organization and feels blessed.

About our guest speaker:

Sh. Yash Chaudhary lives in Carol Stream, Illinois. He has been practicing Yoga for more than fifty years. He is a Yoga teacher certified by Himalayan Yoga in Palatine, Illinois. This center was founded by Swami Rama Ji of Haridwar. Yash Ji has devoted more than 200 hours to learning Yoga at this Center.

Yash Ji teaches yoga live at Hari Om Mandir, Life Fitness, Health Track Health clubs, and on Zoom on a regular basis. He will lead us to do Chakras Meditation on July 24th Satsang monthly meeting.



Sh. Yash Chaudhary



Sh. Subash Oza

Shraddhanjali to Sh. Newal Agnihotri, the Founder of Hindu Satsang

By Smt. Madhu Uppal

Hindu Satsang family is mourning the loss of Shri Newal K. Agnihotri. Newalji, an electrical engineer by profession, was a pioneer who founded the prestigious Nuclear Plant Journal, the premier technical journal of the nuclear power industry. He was a man of great humor, love, and dedication. The idea for establishing Hindu Satsang was suggested by him and the actual paperwork was completed in the basement of the Agnihotri home. His guidance was instrumental in establishing the election procedures and many other practices of Hindu Satsang that have stood the test of time.

Upon visiting Bali, Indonesia, with his wife, Sukhda, Newalji reached out to Thai and Indonesian consulates and cultural organizations to bring them together to establish the International Ramayana Institute of North America (IRINA), a unique organization that celebrates our common heritage of Ramayana. Newalji lost his beloved wife Sukhda in 2006.

Hindu Satsang offers its condolences to Anupam and Richa, their son and daughter-in-law, Amita, their daughter, their grandchildren, and a large extended family. May God grant peace to his soul. Om Shanti, Shanti Om.



Sh. Newal Agnihotri

Hindu Satsang's Monthly Congregation

10 AM CST on Sunday, 24th, July 2022 at VSC



Everyone is cordially invited

Join us in person.

Location: VSC (Vivekananda Spiritual Center- the building to the right of the Vivekananda statue at HTGC Temple, Lemont, IL) .

Sunday Satsang Sabha

Agenda:

10:00 am: Vedic Pooja

10:10 am: Bhajans by Satsang members

10:30 am: Guest Singer:

Sh. Subash Oza

11:10 am: Sh. Yash Chaudhary

Topic: Chakra Meditation

12:00 pm: Aarti followed by

prasad/lunch

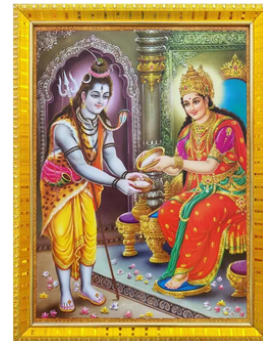


Don't have cash or a checkbook with you?
No problem!

Donations to Hindu Satsang can now easily and securely be made through Zelle. You may send your donation amount to the following phone number:

630-207-1369

Donations of \$11 and above will be published in the next newsletter's aarti collection. In order to sustain, Hindu Satsang (non-profit organization) relies on donations from benevolent individuals like you. Your donation will be greatly appreciated, no matter what amount you donate. If you have questions, please contact our Finance Coordinator: Smt. Jyotsna Salgia - jsalgia@yahoo.com



Maa Annapurna devi

May you be blessed with good health, wealth, and prosperity.



Prasad Sponsors this month

Smt. Renu Jain

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June Aarti Collections

Kusum & Raj Taneja	\$101
Cash	\$67
Total	\$168

Thanks everyone for your generous donations.