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Hindu Satsang Updates

By Shivam Viswanathan

Sadar pranaam to all Satsangis!

Hindu Satsang hosted its 22nd annual Ramlila performance on October 16th (Saturday) from 4:30 pm onwards. The program was streamed over Zoom and YouTube again this year. Many children and adults showcased their awesome creativity and talents. Everything was well planned, coordinated, and executed. Overall, the program was extremely entertaining. A big shoutout to Nand ji and his team. Congratulations to everyone who directly or indirectly was involved in the production of this event. Please refer to page 8 for a more detailed update.

Last month, our congregation's guest singers were from the Shiv-Shiva Satsang group, led by Smt. Karuna Gupta. Our guest speaker was Dr. Shantaram Kane and his presentation was on "Curiosity Driven Explorations". More details about our congregation are on page 5 of this newsletter.

This month's congregation will feature guest singer Shri. Acharya Narendra ji, and our guest speaker Sh. Yash Chaudhary will lead us through a Chakra Meditation session.

Following are some main festivals/events coming up in the next month, our best wishes to everyone (dates may vary based on the location/calendar):

Karva Chauth on Sunday, October 24, **Dhanteras** Tuesday, November 2, **Diwali** on Thursday, November 4, **Govardhan Puja** on Friday, November 5, **Bhai Dooj** on Saturday, November 6, **Chhath Puja** from November 8th to November 11, **Guru Nanak Jayanti** on Friday, November 19, **Martyrdom of Guru Tegh Bahadur** on Wednesday, November 24.

For the congregation on Sunday, October 24th, I look forward to seeing all of you. Please stay safe and take care.

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Birthdays
& Anniversaries

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- Quiz Winners

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Update

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THIS ISSUE





Happy Birthday Month to our Satsangis born in October



Aditi Buti	Akanksha Saini	Ajay Sharma	Akshita Agarwal	Amit Dhingra
Amit Punwani	Anuj Akhand	Anushka Sabharwal	Ashani Sahana Gupta	Deepti Buti
Divya Prabhu	Divya Tiwari	Gaurangi Mittal	Hans Upadhyay	Jeevan Raheja
Kabir Gulati	Karan Arora	Kareena Garg	Kriti Goel	Kusum Nohria
Manjula Madhav	Mira Kaftan	Nisha Oza	Priya Uppal Kaftan	Raj Salgia
Renu Agarwal	Sadhana Tiwari	Salil Shah	Sarla Raheja	Soman Dhar
Sonu Saini	Surekha Prabhu	Talan Grey Edwads	Taruna Gupta	Vijay Sharma
Vinu Malhan Edwards	Vivek Bhatia	जन्मदिन की शुभ कामनाएँ!		

Happy Anniversary Month



Anu & Surendra Gulati	Gurmeet & Jitender Batra	Naval & Harish Arora	Nisha & Subash Oza	
Promila & Soman Dhar	Surekha & Rajan Prabhu	Vijay & Bansi Pandit	Vijay & Brij Sharma	Prem & Daljit Sabharwal

Laughter is the Best Medicine

Here is our special gift of laughter on your special day with a Diwali theme:



The wife made a long shopping list for Diwali and asked her husband, "What should we get first?". He glanced at the list and replied, "A loan". 😊

गप्पू: कल मैंने एक राकेट छोड़ा तो सीधा सूरज से टकरा गया |
चप्पू: फिर क्या हुआ?
गप्पू: फिर मेरी पिटाई हुई...
चप्पू: किसने पीटा?
गप्पू: अरे यार और किसने, सूरज की मम्मी ने..



Hindu Satsang's

Website address:

HinduSatsang.org

Hindu Satsang's

Facebook page:

facebook.com/HinduSatsangUSA

We have more than 100 followers, please Like &

Follow

for the latest updates.

High Blood Pressure An Ayurvedic Perspective by Sh. Rajeev Jain



High blood pressure (HBP) is a very common health problem, particularly in the US. As the heart pumps blood, the amount of pressure forced against the walls of the arteries is known as “blood pressure”. When blood pressure becomes chronically higher than normal, it is known as hypertension or HBP.

Different medical practitioners may define HBP differently. While the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure suggests BP over 140/90 to be high, The American College of Cardiology/American Heart Association suggests BP over 130/90 to be high. The CDC reports that 45% of the US population is currently taking medication for hypertension.

While there is no cure for HBP in modern medicine, fortunately, Ayurveda offers a potential treatment whereby HBP does not have to be permanent.



What causes HBP?

HBP usually develops over time frequently because of unhealthy diet and lifestyle choices, stress, and lack of regular physical activity. Health conditions, such as diabetes and obesity, can also increase the risk of developing HBP. It can also happen during pregnancy.

There are two primary causes for HBP - firstly, narrowing of arteries, e.g. due to cholesterol accumulation or aging – which requires greater force to pump blood through them. Secondly, if the heart is pumping blood faster than normal, it will increase blood pressure.

Health problems caused by HBP

HBP can adversely affect your health in many ways. Whatever the reason, it can seriously damage important organs in your body like your heart, brain, kidneys, and eyes. It can:

- Make arteries less elastic, which decreases the flow of blood and oxygen to your heart and leads to heart problems.
- Cause the arteries that supply blood and oxygen to the brain to burst or be blocked, causing a stroke – which can impair body functions.
- Especially in midlife, result in having poorer cognitive function and dementia later in life.
- Present a higher risk of developing chronic kidney disease.

Unfortunately, HBP usually has no warning signs or symptoms, and many people do not even know they have it. That is why it is known as the “silent killer”.



Ayurvedic Perspective:

In Ayurveda, the root cause of HBP is “Vata” imbalance – Vata is the internal force that drives and motivates all movement in the body. It is responsible for all input and output of sensory and motor functions. Vata controls the functions of the mind, sense organs as well as the process of thought and emotion.

Ayurvedic Approach:

Many people with HBP can lower their blood pressure into a healthy range by making lifestyle changes. Below, we discuss different components and important factors in treating HBP.

< *Continued on the next page ...* >>>

<<< **Article continued from the previous page**>



(1) Diet:

Immediate changes in your daily diet are important to help you reduce HBP. If your diet is high in animal protein, consider going vegetarian - a vegetarian diet reduces HBP. In addition, consume heart-healthy plant foods. They include celery, carrot, garlic, flaxseed, tulsi tea, cardamom, orange juice, yogurt, wheat bran, black plum, ginger, pomegranate, moringa, almond, walnut, and olive oil.

Other beneficial foods and supplements that reduce HBP include:

- Fish oils and dark chocolate
- Green coffee extract – raw coffee beans that have not been roasted
- Green tea or green tea extracts, hibiscus tea, or ginger-cardamom tea
- Tender coconut water – contains a good amount of potassium and magnesium
- Watermelon – is high in citrulline, an amino acid known to reduce vascular resistance
- Foods containing magnesium – e.g. bananas, edamame, tofu, avocados
- Foods containing potassium – e.g. bananas, potato with skin, orange juice, and yogurt Potassium balances excess sodium which raises BP
- Vitamin D – naturally in sunlight, cold-water fish, eggs, cod liver oil, and mushrooms.

Avoid foods high in caffeine (e.g. coffee), or sodium (common salt). Refrain from smoking and alcohol.



(2) Exercise/Lifestyle:

Walk and yogic exercises that stimulate blood flow are good – do them for at least 30 minutes daily.

Some specific yoga asanas good for HBP include – Balasana, AdhoMukhaSvanasana, BaddhaKonasana, Bhujangasana, Sukhasana, Vajrasana and Shavasana (the asanas should be modified based on an individual's age and capability).

The following breathing exercises (pranayams) are particularly helpful to reduce HBP – Full Yogic Breathing (deep and slow breathing), Anulom Vilom, Bhastrika, Kapalbhata and Bhramari – practice each of them daily for 2 minutes each.

If stress is a factor in your case, add some meditation time (20 to 30 minutes daily). Finally, ensure you get adequate and quality sleep at night.



(3) Herbal formulations:

Panchkarma treatment such as “Kshirodhara” are extremely helpful – particularly if stress is a contributor. In addition, there are some herbal products that are useful in treating HBP. These include Arjuna arishtam, Khadira arishtam, and H.T.KOT tablets. However, these should be taken under direction from an Ayurvedic Vaidya as the intake will depend on the severity of HBP, your constitution, and other health factors.

Wishing everyone good health and a Happy Diwali.

About the author: Sh. Rajeev Jain (Ayurvedic Healer) is a member of our Hindu Satsang and has been writing articles on Ayurveda for a couple of years now. We are really thankful for his contributions every month. You can read his previous articles available in our newsletters on our website.





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

By: *Shivam Viswanathan*

On September 26th, the Hindu Satsang congregation program started with Vedic Sandhya by Sh. Ramesh Malhan and Satsangies. This was followed by harmonic and soulful bhajans by satsangis:

- Smt. Rashmi Gandhi - जो तुम तोड़ो पिया मैं नहीं तोड़ू रे, तोसो प्रीत तोड़ कृष्णा कौन संग जोड़ूँ रे।
- Sh. Subhash & Smt. Kiran Sharma - प्रभु प्यारे से जिसका सम्बन्ध है, उसे हर दम आनंद ही आनंद है।
- Smt. Preetiben Anandpara - Krishna bhajan in Gujarati - अमी भरेली नजारु राखो (Keep an eye on us Shri Krishna ji)
- Smt. Kanchan Pandey - मेरी रसना से प्रभु तेरा नाम निकले ...
- Sh. Madhav - उठ जाग मुसाफिर भोर भई अब रैन कहा जो सोवत है...

Our guest singers were from Shiv-Shiva Satsang group, led by Smt. Karuna Gupta. They sang some truly wonderful devotional songs:

Smt. Veena Katariya - सिद्धिविनायक
अतिसुखदायक ...

Smt. Prema Sharma - मैं कब से बुला रही श्याम हरी ...

Smt. Shanti Dixit - राधा कौन से पुण्य किए तूने हरि रोज तेरे घर आते हैं ...

Smt. Karuna Gupta - मात पिता और गुरु चरण मे दंडवत बारम्बार ...

Smt. Kanchan Vij - जैसी सृष्टि राम रचे ...

Smt. Priti Parikh - जहाँ ले चलोगे वहीं मैं चलूँगी ...

Karuna ji ended the session with a beautiful poem dedicated to parents and a bhajan on Shankar Bhagwan.

We are extremely grateful to Smt. Karuna Gupta and her Shiv-Shiva Satsang group for their devotion and melodious bhajans. It is our hope that their bhakti jyoti will illuminate devotion's hearts for many years to come.

Our guest speaker was **Dr. S. G. Kane** and spoke about "*Curiosity-Driven Explorations From Herbal Oil Extracts to Affordable healthcare*". He has also written a book by the same name. He shared his interesting experiences and experiments he did to perfect the process to extract essential oils from various herbs, plants, etc. His broad focus was to make healthcare affordable, accessible, and sustainable.

Ancient Indian practices were considered absurd in modern times, but now are being validated as our knowledge of sciences is slowly catching up. We sincerely thank Dr. S.G. Kane for sharing his invaluable time and experiences with us.





Ramayana Quiz

by Aadi Pandit, Alyssa Shroff,
and Saanvi Sethi



A Ramayana Live Quiz was conducted using Kahoot by Hindu Satsang Sunday School students. There were about 31 students who participated in this quiz. Listed below are 10 of the 25 questions that were asked. If you missed playing the quiz, here is a chance to experience it. Let's see how many you can answer correctly. The answers are provided on the next page. Best of luck!

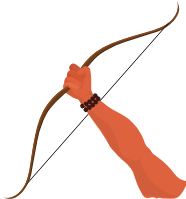
1) What is the name of the kingdom that Dashrath ruled?

- a. Rome
- b. Ayodhya
- c. Mithila
- d. Kosala



2) Who's bow must be lifted to earn Sita's hand in marriage?

- a. Ram
- b. Shiva
- c. Arjun
- d. Vishnu



3) Whose nose does Lakshman cut off after this person attacked Sita?

- a. Vibhishan
- b. Shurpanakha
- c. Mandodari
- d. Ravan



4) Sita is enchanted by an animal in the forest. What animal was it, and who disguised themselves as that animal?

- a. Lion, Narasimha
- b. Silver deer, Maricha
- c. Golden deer, Maricha
- d. Golden doe, Maricha



5) How does Ravan get Sita to leave the Lakshman Rekha?

- a. He appears as a hermit and asks Sita for food.
- b. He lures her out of the Rekha with shiny jewels.
- c. He swoops into the Rekha as a bird and captures Sita.
- d. He pretends to be a traveler who has been injured and needs assistance.

6. Which River do Ram, Sita, and Lakshman walk along to reach the Panchavati forest?

- a. Saraswati
- b. Godavari
- c. Ganga
- d. Indus



7. True or False? Janak is Sita's biological father.

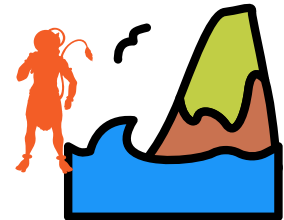


8. In Lanka, how does Hanuman prove to Sita that he is an ally of Rama?

- a. He gives Sita a depiction of Ram.
- b. He gives Sita Ram's signet ring as a sign of good faith.
- c. He tells Sita a secret that only Ram would know.
- d. He rips his chest open, revealing a picture of Ram inside.

9. Hanuman encounters a _____ named Mainak on the way to Lanka, who offers him a place to rest.

- a. Mountain
- b. Cave
- c. Island
- d. Seagull



10. True or False: The Ramayana is older than the Mahabharata.

Answers to these questions are on the next page. Consider yourself an expert if you answered all 10 of them correctly. I wish you all the best!

<Answers on the next page ...>

Answers to the Ramayana Quiz



1. d. Kosala
2. b. Shiva
3. b. Shurpanakha
4. c. Golden deer, Maricha
5. a. He appears as a hermit and asks Sita for food.
6. b. Godavari
7. False, Janak is not Sita's biological father.
8. b. He gives Sita Ram's signet ring as a sign of good faith.
9. a. Mountain
10. True, The Ramayana is older than the Mahabharata.

Happy Dhanteras (धनतेरस)

Dhanteras is the first day that marks the festival of Diwali in India.



Dhanvantari, who is also worshiped on the occasion of Dhanteras, is considered the God of Ayurveda who imparted the wisdom of Ayurveda for the betterment of mankind, and to help rid it of the suffering of disease.

The Indian ministry of Ayurveda, Yoga, and Naturopathy, Unani, Siddha, and Homeopathy, announced its decision to observe Dhanteras, as the "**National Ayurveda Day**", which was first observed on 28 October 2016.

The **Ramlila Quiz** is also conducted along with the annual Hindu Satsang Ramlila performance. This year, it took place online via Kahoot!

Our Hindu Satsang Sunday School students - Aadi Pandit, Alyssa Shroff and Saanvi Sethi, painstakingly researched and compiled the Ramayana questions. Aadi & Saanvi conducted the quiz with great skill and suave. In addition to their answers to the questions, they also provided insightful explanations.

Winners this year:

 1st place: Shriya Tiwari - 20844 points

 2nd Place: Jai Viswanathan - 20829 points

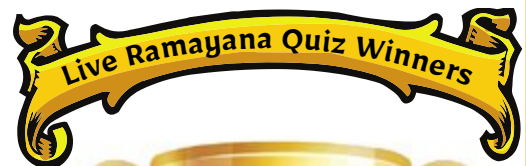
 3rd place: Anika Tiwari - 20114 points

Runners-up:

Aadya Agrawal and Yalamanchi family.

The prizes will be distributed soon to all winners.

Our congratulations go out to all the winners! Continue to keep your interest in the Ramayana and other Hindu scriptures alive and active by spreading knowledge.



Hindu Satsang & HTGC's Ramlila Program

Hindu Satsang's 22nd Annual Ramlila performance was conducted online on Saturday, October 16th, 2021 from 4:30pm onwards via Zoom and was also streamed on HTGC's YouTube channel.

Master of Ceremonies:

Ansh Sethi, Shriya Tiwari



Program Coordinators: Nand Parkash Garg, Ruchi Gupta, Kirti Chaturvedi, Shreyas Suresh, Vishesh Gupta, Aadi Pandit, Alyssa Shroff, and Saanvi Sethi.

The following were the highlights of the program:

- Invocation by HTGC Priest
- Welcome Remarks by Sh. Mokshagundam Jayaram - President HTGC
- Guruvandana – Kathak Dance by Rea Dave (student of Tarana Kathak Dance Academy, Choreographed by Sheetal Dhanani)
- Ram Bhajan by Kanchan Pandey
- Gurukul Shiksha – Dialogue Drama

Participants:

Shriya Tiwari, Anushka Saxena, Dhanishta Singhal, Tanvi, Paavani, Eshaanvi Sharma, Kashika Kamal, Karishma Kamal, Vivaan Aggarwal, Suhaani Gulati, Vihaan Gulati, Amoli Purwar, Rashmi Adulkar, Vedant Gupta, Aarin Iyer, Vishaan Iyer, Rohan Dave, Vikram Nambiar, Vihaan Sharma

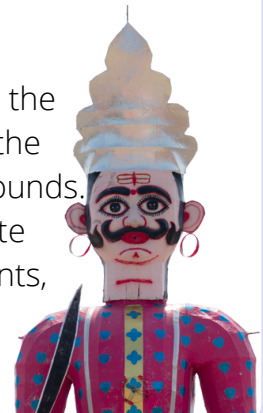
- Ram Vanvaas - Dialogue Drama Saanvi Sethi, Vivaan Aggarwal, Aadya Agarwal, Prisha Bansal, Myra Bansal, Rashmi Adulkar, Swaraj Adulkar, Vedant Gupta, Abhinav Chaturvedi, Shriya Tiwari, Aarin Iyer, Vishaan Iyer, Rohan Dave, Vikram Nambiar, Vihaan Gulati, Suhaani Gulati, Amoli Purwar, Anvi Purwar, Vivaan Aggrawal, Anushka Sabarwal

- Sh. Subhash Pandey acknowledged winners of the Quiz Competition.

- Shuparnkha Ki Naak – Dialogue Drama – performed by Adult artists Tripty Sharma, Gaurav Dave, Rachna Dave, Shweta Kamal, Atul Sharma, Anu Iyer, Vini Nambiar, Anand Iyer, Smriti Kalia, Akshat Sharma, Shreyas Suresh, Meera Sharma, Navin Kamal, Subramanian Iyer, Shubha Iyer

- Recitation of Hanuman Chalisa by Pranay Gupta
- Setu Bandhan – Ansh Sethi, Abhinav Chaturvedi, Anushka Saxena, Vihaan Gulati, Amoli Purwar, Suhaani Gulati, Rohan Dave, Dhanishta Singhal,
- Ravan Vadh- Ansh Sethi, Siddhant Gupta, Vikram Nambiar
- Vote of Thanks by Sh. Om Dhingra – HTGC Trustee.

The Grand finale was with the Ravan Dahan (burning of the effigy) at HTGC temple grounds. I would like to congratulate all participants, their parents, and organizers on a job well done.



Hindu Satsang Sunday Congregation, October 2021

4th Sunday

October 2021						
M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Everyone is
cordially
invited

10 AM CST

Join us online

Time: 10 am CST on Oct. 24 (Sunday)

Mark your calendar

[Click Here to join Zoom](#)

[or use the following zoom link:](#)

[https://us02web.zoom.us/j/87013160986?
pwd=b0JYRDZhUEExJQksveVERUVVGcDdQZz09](https://us02web.zoom.us/j/87013160986?pwd=b0JYRDZhUEExJQksveVERUVVGcDdQZz09)

Congregation Agenda:

Convener: **Sh. Daljit Sabharwal**

10:00 am: **Vedic Pooja**

10:10 am: **Bhajans by Satsangis**

10:30 am: **Guest Singer:**

Shri. Acharya Narendra

11:00 am: **Guest Speaker:**

Sh. Yash Chaudhary

Topic: Chakra

Meditation session

11:45 am: **Announcements followed
by Aarti**



The following is a brief introduction to our guest singer, Shri. Acharya Narendra and guest speaker, Sh. Yash Chaudhary. Please join us on 24th October through Zoom meeting to listen to them.

Hindu Satsang is delighted to welcome back our guest singer **Shri. Acharya Narendra ji**. He was our guest singer in the month of April, and he is back with us on popular demand. He has completed his Sangeet Visharad in vocal from Prayag Sangeet Samiti, Allahabad. He has taken training from many luminaries like Pt. Bhim Sen Joshi, Pt. Pratap Narayan, music director Shraavan (Nadeem Shraavan), Sh. Anup Jalota to name a few.

Acharya Narendra is proficient in singing as well as composing and directing music. He has also traveled widely in and outside of India performing in stage shows with Swami Ramdev ji.

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 October 24th, 2021 Satsang monthly meeting. On October 24th, 2021, he will lead us through a Chakra Meditation session. You don't want to miss this session.