



Board Members

Gen. Coordinator

Om Tiwari
(312) 479 7179



Past Gen. Coord.

Alka Saad
(630) 667-4226

Publication

Rama Bhagat
630 956 1459



Property

Kiran Sharma
(630) 890-6206



Prasad

Sruthi Sannepalli
920 306 4453



Liaison

Ramesh Malhan
630 550 1385
Om Dhingra
630 886 9290



Education

Mahini Sullivan
630 310 1002
Renu Jain
630 805 1987
Anita Singhal
765 319 9710



Finance

Vikram Bhatnagar
630 335 1351



Special Events

Nisha Oza
312 618 4276
Madhu Gupta
630 915 1281



Website Coord.

Shivam Viswanathan
(312) 399-3860

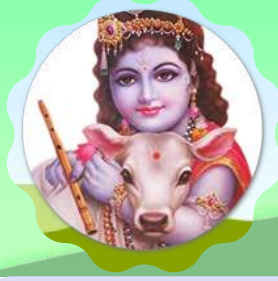


Youth Coords.

Aanya Sullivan
Ohile Sannepalli



दिसंबर २०२४ December 2024



हिन्दू सत्संग समाचार
Hindu Satsang Samachar



Hindu Satsang Updates

Nameste to all Satsangis!

Wishing everyone a "Happy New Year"! I hope you have your New Year's resolutions for 2025. Looking back Hindu Satsang had a great 2024 year and we hope and pray that we can continue have a positive influence on our community.

Last month, Shannon Denny, our guest speaker, enlightened us with the invaluable message on your ageing and health fitness. Our guest singer last month was Pratibha Jairath. This month, we'll have Mr. Yash Chaudhry from HTGC as our guest speaker. Guest singer will be Sh. Vipul Shrivastav ji. More details about December's guest singer and speaker are on page 9.

Our January 26, 2025 Satsang Sabha will be special. As we will begin the new year with Sundar Kand, which will be delivered this year by International Society for Spiritual Advancement (ISSA). Here is your opportunity to listen to ISSA in person.

We wish you all a very happy **Makarsankranti** on January 14, **Lohri** on January 13, **Pongal** from January 14 to 17th and **India's Republic Day** on Sunday, Jan 26.

This is our last meeting this year, make it convenient to attend this special Hindu Satsang Sabha on December 25th at 10 am.

Happy
New Year

Page 2:

Birthdays

& Anniversaries

Page 3 - 5: Ayurveda

Page 5: Sewa Food

Drive - Woodridge

Page 6: Sewa Food

Drive - Naperville

Page 7: A Brief Recap

Page 8: Hindu Satsang
Quiz

Page 9: Hindi Poem

Page 10: About Guest
speaker & singer

Page 11: Sabha Program
Details

IN
THIS ISSUE



Happy Birth Month to our Satsangis born in December



Aarti Gupta	Arjun Sachdev	Arnav Sharma	Atul Gupta	Devindra Joshi	Divya Tiwari	Gitesh Shah
Ish Bhagwat	Kartik Sharma	Indra Rani Singh	Kiran Punwani	Kunal Gulati	Poonam Beri	Nitin Malhotra
Priyanka Dhingra	Rajesh Garg	Rakesh Beri	Sadhana Tiwari	Sarika Mittal	Saroj Mittal	Sadhuram Mittal
Sudhir Gupta	आपके जन्मदिन पर हार्दिक शुभकामनाएं!!					

Happy Anniversary शादी की सालगिरह पर ढेर सारी शुभकामनाएं!

Alka & Navin Tyle	Garima & Vipin Malhan	Jyotsna & Surendra Salgia	Kiran & Subhash Sharma	Kusum & Naresh Nohria
Madhu & Jug Uppal	Neha & Naresh Khetrupal	Om and Kanan Dhingra	Richa & Anu Agnihotri	Ritu Upadhyay & Vinay Chawla
Seema & Neeraj Gupta	Shelly & Dinkar Tiwari	Sreshtha & Ravi Saini	Uma & Ghanshyam Agarwal	Vimal & Subhash Sharma

Birthday Humor

- "I'm not sure how to act my age—I've never been this old before!"
- They say age is all in your mind... but in your case, it might also be in your back, knees, and shoulders!
- Don't worry about your age, you're still younger than you'll be next year!



Anniversary Humor

- "Marriage is like a dance – sometimes you lead, sometimes you follow, and sometimes you step on each other's toes. Happy anniversary!"
- "Marriage is like a yoga pose – sometimes you balance, sometimes you wobble, but you always try to breathe deep. Happy anniversary!"

Ayurvedic Gems - Til (Sesame) Plant by Sh. Rajeev Jain

Another very beneficial plant is the sesame plant. This plant also has tremendous healing properties yet it is not commonly used in our daily diet. Below, we will discuss its properties,



benefits and how you can use it to improve your health. This is one of the oldest herbs cultivated primarily to extract its oil. In addition, various parts of this plant are used in health restoration, including seeds, leaves and stem. Sesame oil is considered as one of the best oils in Ayurveda. As a result, it is used as a base oil in a very large number of herbal oils. Due to the extensive use of Til oil (produced from seeds), it is also called as 'snehaphala'. The oil can be darker or lighter in color depending on the variety of the sesame.

The botanical name of this plant is *Sesamum indicum* and it belongs to the Pedaleaceae family.

The sesame plant is cultivated in all parts of India as well as other countries with tropical or subtropical climate around the world.

The ayurvedic properties of castor are:

- ☐ Rasa (taste) – sweet, bitter and astringent
- ☐ Guna (nature) – guru (heavy), snigdha (unctuous), and pichila (slimy)
- ☐ Veerya (taseer) – hot (good for vata disorders)
- ☐ Vipaka (post-digestion taste) – sweet

Properties and benefits:

Sesame seeds and oil are packed with nutrients and offer numerous health benefits. The sesame plant has many properties that are beneficial in maintaining good health. Its important properties include:

- ☐ Nutrient rich: the seeds are high in protein, fiber, and healthy fats – a nutritious addition to a diet.
- ☐ Antioxidant properties: They contain lignans (such as sesamin and sesamol) and vitamin E, which help combat oxidative stress and protect cells from damage. It should be part of healthy diet.
- ☐ Enhances heart health: regular consumption of sesame seeds may help lower cholesterol and blood pressure, contributing to better heart health.
- ☐ Strengthens bones: sesame seeds are rich in calcium, magnesium, and zinc, which are essential for maintaining strong bones.
- ☐ Nourishes skin and hair: as it has

Continued on the next page ↪

↳ **Continued from the previous page**

strong moisturizing and anti-inflammatory properties, it is very beneficial for skin and hair care.

Sesame seeds are used in cooking and baking too. In addition, it is used for body massage as topical application and applied to the skin for its nourishing properties.

Finally, in traditional medicine, sesame seeds

and oil are used for their anti-inflammatory and antioxidant properties. They also support digestive health and boost immunity.

Ayurvedic Formulations with Sesame

Sesame is highly valued in Ayurveda for its numerous health benefits and versatility.

Here are some key Ayurvedic formulations prepared with sesame:

□ Til taila (oil) – is widely used for massage.

Sesame oil is known for its warming, grounding, and calming effects on the nervous system – it nourishes the skin and promotes relaxation. It is also used as a base oil in numerous herbal preparations. It helps balance Vata and Kapha doshas.

□ Til paak – is a preparation made with sesame seeds, often combined with other herbs and spices to boost strength, immunity, and overall vitality.

□ Til lepa – is a paste made from sesame seeds used for treating skin conditions, wounds, and inflammation and heals irritated skin.

□ Mahanarayan taila – is an herbal preparation with sesame oil as the base, used for relief from joint pain, muscle stiffness, arthritis and rheumatism.

□ Ksheerabala taila – is a medicated oil made with sesame oil, milk, and bala (*Sida cordifolia*), used for neurological conditions and muscle spasms that nourishes the nervous system and alleviates pain. It is also in karnapuna procedure for treating tinnitus. Ksheerabala (101) – is excellent for face massage or as a face cream. If you prefer a fragrance, apply Kumkumadi tailam which includes saffron.

□ Bala taila – is another herbal oil prepared with sesame oil as the base and is used for strengthening muscles and nerves to enhance physical strength, and used for strengthening muscles and nerves to enhance physical strength, and support recovery from fatigue.

Sesame is used in many Ayurvedic treatments. This herb helps to improve lubrication inside the body when it is taken internally or applied externally. It makes the stool soft, hence it is beneficial for those suffering from constipation. It improves menstruation, breast milk production, appetite, skin complexion, strength of body, mind, hair, brain, etc. and is helpful in reducing the vata.



Continued on the next page ↳

➤ **Continued from the previous page**

Home Remedies with Sesame Oil

1. Dental hygiene – it is used in oil pulling (gandoosha) – swish a tablespoon of sesame oil in your mouth for about 5 minutes before spitting it out – it reduces plaque, improves oral health, and freshens breath.
2. Dry nose irritation relief – apply a small amount of sesame oil to the inside of your nostrils using a cotton swab to moisturize and soothe dry nasal passages thereby reducing irritation.
3. Skin moisturizer – apply sesame oil directly to the skin after a shower or bath to hydrate and nourish the skin. You can add a fragrant oil to it for a more pleasant experience.
4. Hair care – massage sesame oil into the scalp and hair, leave it on for at least 30 minutes, then wash it with shampoo to promote hair growth, reduce dandruff and add shine to your hair.
5. Joint pain relief – warm sesame oil and massage it into the affected joints for relief from arthritis and joint pain due to its anti-inflammatory properties.

6. Toothache relief – mix a few drops of clove oil with sesame oil and apply it to the affected tooth using a cotton ball to alleviate toothache and reduce inflammation.
 7. Building immunity – Consume 5 gms. of sesame seeds and equal quantity of Triphala choorna every day to improve your health and immunity.
 8. Skin burn relief – mix equal quantities of sesame oil and coconut oil and apply on the affected area.
 9. Stomach cramps – take a 25 ml. decoction of sesame seeds and leaves mixed with jaggery regularly as an effective remedy.
- Including sesame in diet - you can add sesame seeds to various dishes. It can also be used as butter (tahini) — in place of peanut butter or hummus, and the sesame flour can be used in baking, smoothies, etc.

Sewa Diwali Food Donation at West Suburban Community Pantry in Woodridge

Big Thanks to Nand ji for taking the initiative to collect donation for Sewa Food drive



Vikram ji from Hindu Satsang donating check to the Woodridge pantry



Seva Diwali Food Donation Drive, Naperville - 4th December, 2024

Sewa Paramo Dharmah

A few like-minded dharmic organizations came together to participate in the Seva Diwali Food Drive, including Hindu Satsang, AIANA, HUM, and others. Together, we contributed approximately 4,000 pounds of food, along with a generous check from **Hindu Satsang**. Representing Hindu Satsang were Nand Parkash and Vikram Bhatnagar, while **AIANA** was represented by Shivam Viswanathan, Sakshi Sharma, and Jug Uppal. Kudos to Nand Parkash ji for worked really hard to collect \$3000+ dollars for the Annual Sewa Food Drive. United by the spirit of service, these organizations and individuals showcased the power of collective effort, making a meaningful impact through the Seva Diwali Food Drive.



Recap of
Hindu Satsang's Monthly Sabha
November 24, 2024



Shannon Denny - Guest Speaker



Om Dhingra - Liaison



Pratibha Jairath - Guest Singer



Quiz January Celebrations

By Shivam Viswanathan

India is a country that celebrates all kinds of festivals and events with great enthusiasm and joy. From religious festivals to national celebrations, India has something for everyone. Every region, every state has its own set of festivals, each with its own unique flavor and customs. Put your knowledge to the test with this quiz on festivals and celebrations in January:

1. On Basanth (or Vasanth) Panchami, children offer prayers to which Goddess, hoping to excel in the fields of studies and the arts?
2. Which color is associated with the festival of Basanth Panchami?
3. Vasant Panchami also marks the start of the preparation for which festival that comes forty days later?
4. Sikhs commemorate the martyrdom of which child on Basant Panchmi?
5. Which outdoor fun event is associated with Basant Panchami?
6. What is Basant Panchami known as on the island of Bali, Indonesia?
7. Which legendary figure is remembered during Lohri in Punjab?
8. What does the word "Pongal" (Tamil festival) mean?
9. When was the constitution of India adopted by the Constituent Assembly?
10. Can you name the tenth Sikh Guru, whose jayanti is celebrated in January?

Answers

1. Goddess Saraswati.
2. Basant Panchami and the color yellow have a sacred relation. The occasion is celebrated at a time when bright yellow flowers of the ripe mustard crops can be spotted in the fields of rural India.
3. Holika and Holi.
4. Haqiqat Rai was arrested by the Muslim ruler Khan Zakariya Khan after being falsely accused of insulting Islam. Rai was given the choice of converting to Islam or death and, having refused conversion, was executed on the Basant Panchami of 1741 in Lahore.
5. Kite flying festivals are popular during Basant Panchami.
6. On the island of Bali and the Hindus of Indonesia, Basant Panchami is known as "Hari Raya Saraswati" (great day of Saraswati).
7. Dulla Bhatti - folklore gave him a legendary status for fighting against Akbar's revenue collection scheme and preventing girls from being abducted and sold as slaves. Both his father, and his grandfather, were executed for opposing the new and centralized land revenue collection scheme imposed by the Mughal emperor Akbar.



Continued on the next page 

→ Continued from the previous page

8. "Pongal" means "to boil, overflow" symbolizing bountiful harvest.

Pongal is a harvest festival celebrated by the Tamil community in India and abroad. It is a celebration to thank the Sun and Rain Gods, Mother Nature, and the various farm animals that help contribute to a bountiful harvest.

9. The Indian Republic is governed in terms of the Constitution of India which was adopted by the Constituent Assembly on 26th November, 1949 and came into force on 26th January, 1950. Every year, 26th January is celebrated in India as The Republic Day.



10. The tenth Sikh Guru, Guru Gobind Singh ji was a spiritual master, warrior, poet and philosopher. When his father, Guru Tegh Bahadur, was executed by Aurangzeb, Guru Gobind Singh was formally installed as the leader of the Sikhs at the age of nine, becoming the tenth and final human Sikh Guru. His four biological sons died during his lifetime – two in battle, two executed by the Mughal governor Wazir Khan.

गलती मुआफ

दो दिन की जवानी, चार दिन की ज़िंदगानी
कितनी जल्दी गुज़र रहे हैं, मौसम दिन रात
सिरफ जुल्म करना ही नहीं है, खराब बात
अक्सर होता आया है, दफनाया जाता बेइन्साफ़
सच्चाई झुठलाना आसान, पेश की एक मिसाल
इस पेचीदा दुनिया में, कौन सुने सच्चे की फरियाद
गप्प शप्प, चुगली, मनमुटाव, भेदभाव
ये भी तो करते हैं ज़िंदगी व वक्त बरबाद
जानबूझ छुपाया किया जो दूजे से बुरा बरताव
गर लगे कोई सही नहीं, कुछ जंचा नहीं
तब उछल उछल कर, शोर मचा मचा कर
जब निकलती है ऊँची कड़क अवाज़
जतलाते हो कि कितना पसंद है आपको इन्साफ़
पर कोई निकाले तुम्हारी कमी, होता है इतराज़
गुस्सा थूक डालो, नुकसान पहुंचाये दूसरे को
और चबा जाता है, अपना आप
लेकिन ठीक नहीं, होशयारी से जो बदला लिया
मीठे बन, अपना काम किया साफ
क्यूँ रोड़ा बन कर रोकते हो किसी का मार्ग
ऊपर उठने दो उसको और
ऊपर उठाओ अपना भाग
ईश्वर से दूर करे प्रतिक्रिया वाला सवभाव
छोड़ दो उस मालिक पर
रखता है वही सबका हिसाब किताब
बिन छिने मिले, जो कमज़ोर को अपना अधिकार
लाये इज़ज़त, सुख, बिन मांगे मासूम प्यार
तभी जाकर फैले भाई चारे का भाव
खुशियाँ मिले सबको, हो सबकी दुनिया आबाद
मांगे सबके लिये, यही दुआ, यही हम ख्याल
है ऊपर वाले, हमारी गलती मुआफ, गलती मुआफ
उमा कहै - तेरी हर मुआफी का बहुत बहुत
धन्यवाद !



This month's Guest Speaker
Mr. Yash Chaudhary

Mr. Yash Chaudhary have Masters degree in accounting. He have been practicing Yoga for last sixty years. He have 500 hours certified Yoga teacher from Himalayan Yoga and Meditation Center, Palatine IL.

PRANAYAM AND MEDITATION

EIGHT COMMON TYPES

- 1 Ujjayi Pranayama (Ocean Breath)
- 2 Kapalabhati Pranayama (Skull Shining Breath)
- 3 Dirga Pranayama (Three Part Breath)
- 4 Bhramari Pranayama (Humming Bee Breath)
- 5 Sheetkari Pranayama (Hissing Breath)
- 6 Nostril Swapping Pranayama (Alternate Nostril Breathing)
- 7 Surya Bhedana Pranayama (Right Nostril Breathing)
- 8 Bhastrika Pranayama (Bellows Breath)

THE FIVE PRANA

- UDANA
- PRANA
- SAMANA
- VYANA
- APANA

MR. YASH CHAUDHARY

Guest Musician

Prashant Kurdukar ji, a talented musician, will join Vipul Srivastava ji as a guest musician.

Prashant Kurdukar is a gifted musician and singer who works at Abbott Labs. He is highly skilled at playing the keyboard and guitar and has performed professionally for several years at major events, fundraisers, Hindu Satsang gatherings, and at the functions at Hari Om Mandir. He is also a part of Red Tie Musical Group along with Vipul Srivastava ji.



Prashant Kurdukar

This month's Guest Singer

Vipul J Srivastava ji, a retired corporate executive, lives with his wife, Manjoo Srivastava, in Seven Bridges Estates, Woodridge. They have two children (daughter & son) and four grandchildren.

Vipul has been singing songs of all different genres since he was 6 years old. He also plays Tabla and Dholak and recently started learning Harmonium.

Vipul started the Red Tie Group, a group of 6 singers and musicians a few years ago. This group performs on stage as a community service.

Vipul has presented bhajans for the Hindu Satsang many times and also played Tabla a few times. He also served as the President of Hari Om Mandir (HOM) and subsequently served in the BOT of HOM. He is also working as the Director of Bhakti Yoga for the Mindful Meditation Yoga Center, Naperville and its International Yoga Day celebrations.

Vipul retired from Jacobs Engineering (Ch2M HILL) as the Senior Technology Fellow & U.S. Practice Leader, Site Remediation about 7 years ago. Since then, he has been working as an advisor to two different large engineering companies.



Vipul J Srivastava



*Hindu Satsang's Monthly Sabha (4th Sunday of the month)
10 AM CST on Sunday, 22nd, December 2024 at VSC*



Everyone is cordially invited

Hindu Satsang Sabha

Venue: Gupta Dinning hall

Time: 10 am to 12:00 pm, followed by lunch



Program



10:00 am:	Vedic Pooja
10:10 am	Bhajans by Satsangis
10:30 am	Guest Singer: Sh. Vipul J Srivastava & Sh. Prashant Kurdukar
11:00 am	Guest Speaker: Sh. Yash Chaudhary
11:45 am	Aarti followed by lunch



November Aarti Collections

Thanks everyone for your generous donations.

Check by Alka Sood	\$101
Cash	\$68
Total	\$169

| Om Shree Mahalakshmyai
Cha Vidmahe ..
Vishnu Patnyai Cha Dheemahi
Tanno Lakshmi Prachodayat Om |



Maa Annapurna devi

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

December Prasad (lunch) Sponsors:

**Vimal & Subhash Sharma
Neerja & Amitabh Gupta
Shashi Malhotra & family**

