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Hindu Satsang Updates Roma Bhagat

Namaste!!

The Hindu Satsang held its annual summer picnic on Sunday, July 7th . Please find pictures from this event on Hindu Satsang's Facebook page:

facebook.com/HinduSatsangUSA. Thanks to so many people who made it a huge success. Please find more details on page 7.

At our last Satsang in June, we hosted Pujya Shri Akhilji Maharaj as our guest singer and Sh. Subash Oza as our guest singer. The Satsang Sabha is summarized on page 5. We will have Dr.Pradeep Sood as our guest singer and Sh. Neringa Liepsna as our guest speaker in July. You can find more information about them on page 9.

On August 25th (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 in September. Contact our education coordinators.

Some of the main festivals/events coming up:

Nag Panchami , August 9th, **India Day Parade & Celebration** in Naperville on Sunday, August 11th, **India's Independence Day** on August 15th, **Raksha Bandhan** on August 19th **Sri Krishna Janmashtami celebration** on August 25 Sunday at Lemont temple, **Sri Krishna Janmashtami** on August 26th.

Looking forward to seeing everyone in person on Sunday, July 28th for our Satsang Sabha at Gupta Dinning Hall. Take a few seconds to add a reminder alarm to your phone now.

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Birthdays

& Anniversaries

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Details

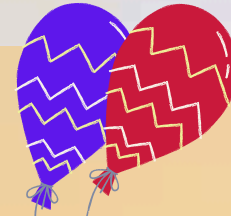
IN
THIS ISSUE



नमस्ते



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	Neil Wilson		

Happy Anniversary

Sharda & Ravinder Saini	Amit and Priyanka Dhingra	Kanchan & Amit Gupta	Naresh & Darshna Jain	Neeru & Ajay Kothari	Hemal & Gautam Gandhi
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Gift of Laughter !

The Laughing God (Buddha)

God does not get angry. Ever compassionate and smiling, He's the ultimate essence of everything there is.

Laughter Joke

Wife: "How would you describe me?"

Husband: "ABCDEFGHGIJK."

Wife: "What does that mean?"

Husband: "Adorable, Beautiful, Cute, Delightful, Elegant, Fashionable, Gorgeous, and Hot."

Wife: "Aw, thank you, but what about I J K?"

Husband: "I'm Just Kidding!"



This is your newsletter, and your suggestions are welcome. Also, please contact Roma Bhagat with any content that you'd like to provide for future issues.



Abhyanga (Massage) - It Benefits All Ages By Sh. Rajeev Jain



Globally, massage therapy is widely recognized and valued for its physical and mental health benefits – it is used as a preventive measure, as well as a health restoration remedy. According to the American Massage Therapy Association, in 2019, 46% of massage consumers were under 45 years of age. Approximately 70% of American adults indulge in massage therapy for health management. Across all ages, in the United States, 27% of women and 22% of men received a massage last year. It is a \$54 billion industry in the US, growing at a rate of approximately 8.6% annually (due to increased focus on self-care and mental health).

Why do people get a massage? Surveys indicate that 42% of massage consumers get a massage for improving health and wellness, 51% of consumers get massages for relaxation or stress reduction, and 15% of consumers seek massages purely for pampering themselves (total exceeds 100% as the reasons are not mutually exclusive).

A massage works as a preventive measure, as well as a remedy or support treatment. A monthly massage is excellent for stress reduction, overall wellness, and maintaining musculoskeletal health. For chronic issues and specific health conditions (e.g., pain management, injury rehabilitation, etc.), more frequent sessions may be necessary.

Ayurvedic View:

Ayurveda, emphasizes holistic well-being. Massage therapy is a powerful tool for promoting well-being, at every age. Whether you are seeking relaxation or targeted relief, it's a valuable addition to our health routine. Massage is an ancient tradition in Indian homes with deep cultural significance and starts very early in life. Soon after a child is born, baby massage is an integral part of Ayurvedic care for infants. It is also called Snehapana – Sanskrit word for oil, "Sneha,"

also means "love." it highlights the nourishing effect of oil massage on the body, mind, and spirit.

Mothers typically start massaging their babies after the first month, when the baby's body is strong enough for gentle pressure. For the first four weeks, mothers use a soft ball of dough dipped in oil and turmeric for massaging the infant.

Benefits

Most people can enjoy abhyanga safely at any age and experience its benefits. Particularly, if you're looking to reduce stress, abhyanga is excellent. The warm oil and rhythmic strokes (they follow a pattern and a sequence and are not random) promote relaxation and stability. In addition, it also improves skin health - abhyanga nourishes the skin, improves blood flow, and reduces wrinkles and scars. Finally, it helps relieve muscle tension and stiffness, enhancing circulation and strength.

Studies suggest abhyanga lowers stress levels and heart rate, it also helps reduce blood pressure, especially in prehypertensive individuals, and supports detoxification and helps build immunity. A daily self-abhyanga practice (around 15 minutes) can promote longevity, balance, and overall well-being!

Who should NOT get a massage?

Pregnant women, persons who have undergone surgery recently, and those with specific medical conditions (e.g. certain skin problems) need to be careful and consult a healthcare provider before practicing abhyanga. In addition, it may not be appropriate if you have bleeding disorders, take blood-thinners, have burns or healing wounds, deep vein thrombosis, infection, fracture, severe osteoporosis or a very low platelet count.

Different types of massages:

In Ayurveda, abhyanga is a self-massage technique, usually performed with warm oil (to help absorption through skin). There are different types of massages, the common ones include:

Continued on the next page ↪

Continued from the previous page

- Sarvanga Abhyanga: A full-body massage that benefits the entire body.
- Shiro Abhyanga: Focuses on the head, promoting relaxation and relieving headaches and sinus issues.
- Ekanga Abhyanga: Targets specific body parts to relieve pain or stiffness.
- Pada Abhyanga: A foot massage for foot and toe wellness.

Ayurvedic massage mostly uses oil as the medium. However, in special situations, the massage uses other mediums like dry herbal powder, boiled rice, herbal leaves, etc. In this discussion, we are primarily focused on oils.

Which oil to use?

Below we are discussing oils in the context of external application only. In Ayurveda, there is extensive use of oils for internal consumption – however, that is out of scope for this article.

In case of abhyanga, the use of oil is determined based on the constitution of the individual as well as the health problem being addressed. A selection of medicated oils can include, ksheerabala oil, kottam chukkadi oil, pinda oil, eladi oil, dhanwantharam oil, maharayanam oil, prasarinyadi oil, karpasastyadi oil, lakshadi oil, balashwagandhadi oil, karpooradi oil, and murivena. Each oil has specific properties that can support better health. In addition, oils can be warming or cooling and their use could depend on the season, body area being massaged, and the individual's constitution.

However, for a daily massage, pure oils are versatile and are frequently used for external applications. Some commonly used oils include:

Sesame oil (til) is most commonly used due to its balancing effect on all three doshas (Vata, Pitta, and Kapha). It is most frequently the base for most medicated oils.

□ **Mustard oil** is warming and beneficial for joint health. As it is more viscous, it should be warmed before use and not used on the head.

□ **Coconut oil** is cooling and nourishing for the skin and hair. Due to its cooling property, it is most often used for head massage.

□ **Olive oil** is rich in antioxidants and good for heart health.

□ **Sunflower oil** is light and suitable for massage.

As you can see each one has its own properties. While a massage with pure oils is most common, using medicated oils provide additional benefits: Ayurvedic medicated oils play a crucial role in promoting overall wellness. Some of the commonly used oils include:

□ **Bhringaraj oil**: promotes hair growth, prevents premature graying, and nourishes the scalp. Apply to the scalp and hair, leave it on for a few hours, and then wash off.

□ **Maharayan oil**: very beneficial for muscles, joints, and ligaments. Massage onto affected areas for relief from pain and stiffness.

□ **Manjishtadi oil**: it is beneficial for skin conditions like eczema and psoriasis. Apply externally to affected skin areas.

□ **Kumkumadi oil** (also known as Kesaradi Oil): it enhances complexion, reduces pigmentation, and rejuvenates the skin. Apply a few drops to the face before bedtime.

The use of medicated oils should be based on your specific needs and dosha type. These oils can be also be used for oil pulling, bathing, and even nourishing the nasal passages. It is best to discuss suitability of oils with an ayurvedic practitioner.

“Because we cannot scrub our inner body, we need skills to help cleanse our tissues organs, and mind. This is the art and science of Ayurveda”



A recap of the
**Hindu Satsang's
June 23, 2024 Sabha**



**Hindu Satsang's
Upcoming Events
at HTGC:**



Mark
your
calendar

- **Satsang Sabha:** 10am on Sunday, July 28
- **Janmashtami Cultural Program:** 10am on Sunday, 25th August

Hindu Satsang Picnic

Recap by Roma Bhagat



Hindu Satsang's Janmashtami cultural program is scheduled for
10 am to 12 noon, Sunday, August 25

Rathi Auditorium, Lemont Hindu Temple

Start your preparations and get ready for a joyous celebration!



Bring your loved ones and enjoy the show. You also have a
chance to showcase your talents.

Here are some program ideas for you to consider (each item should not exceed 5 minutes):

- Song (devotional or patriotic only) - solo/group, with live musical accompaniments or karaoke track
- Play a musical instrument, solo/group (devotional or patriotic music only)
- Skit / short play, fancy dress (dress up as Krishna/gopi or an Indian freedom fighter)
- Dance (devotional or patriotic)



There is no age limit. Lunch will be served after the event. This event is completely free to attend and participate.

To participate, complete the form, link provided below, by August 15th:

[Click Here to Register for participation](#)

If you have questions, please reach out to our special events coordinators:

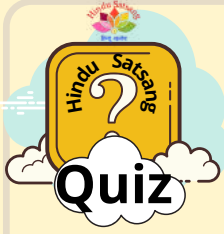
Madhu Gupta 630 915 1281 // Nisha Oza 312 618 4276



Let's **celebrate** the glory of a free India and uphold the **pride** and **honor** of being an **Indian**.

Happy
Independence
Day





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.



Don't Miss These Two Exciting Free Upcoming Events in Aug

AIANA's Career Expo for High School and Middle school students

Discover career options that align with your interests and the skills you should start developing in High School

Format: Ten industry experts each from different professions presenting for ten minutes, followed by Q&A session.

Audience: Middle/High School students & parents/guardians

Date: Saturday, 3rd August

From: 2 PM to 4:30 PM

Venue: 95th Street Naperville Public Library, 3015 Cedar Glade Dr., Naperville, IL 60564

- Refreshments will be served
- Learn to network from 1:30 pm to 2pm

**Free Event, Limited seats
Register Today!**

www.bit.ly/CREXPO24

Science of Spirituality Veggie Fest

Date: August 10 & 11

From: 11 am to 8 PM

Venue: Danada South Park at Navistar Cir., Lisle, IL 60532

For more details:

<https://veggiefestchicago.org>

If you're interested, please WhatsApp or text the names of all your attendees to **Shivam Viswanathan (312-399-3860)** by July 25th. This will allow us to arrange convenient parking and special group seating for Hindu Satsang members at the meditation talk by **Sant Rajinder Singh Ji Maharaj** during the event.



मोर

नाच मोर का सबको भाता,
जब वह पंखो को फैलाता,
कुँह-कुँह का शोर मचाता,
घूम-घूम कर नाच दिखाता।



Happy Nag Panchami



There are different legends associated with the origin of Nag Panchami. One popular legend involves Lord Krishna, who defeated the venomous snake Kalia and saved the people of Vrindavan from its terror.

During Nag Panchami, people offer prayers, milk, flowers, and sweets to snake idols or live snakes. They may also visit temples dedicated to snake deities and make offerings there. The rituals are performed to seek the blessings of the serpent gods, protect against snake bites, and ensure prosperity and fertility.

Nag Panchami this year is on Friday, Aug 9, 2024



Hindu Satsang Sabha
Guest singer and speaker

Special Guest Speaker
Neringa Liepsna

Since 1999, Neringa has embarked on a transformative journey, discovering healing and a deep faith through yoga and gurus/sages/saints of all religions. She has her 200 hour yoga certification and has been a minister for 5 years. Neringa enjoys teaching private yoga sessions and conducting Aum circles and asana practices at both HTGC and ISKCON temples in Illinois. She published her first book of inspirations "My journey to find God" in December 2023 & continues to write and further nurtures her spiritual growth through religious studies. Neringa aspires to imbue the sacred love she has discovered and inspire others to uncover the same hope and love, that transcends the boundaries of this earthly existence.



Guest Singers
Dr. Pardeep Sood

Dr Pardeep Sood a practicing Nephrologist for last 34 years in Aurora area

He completed residency at Mount Sinai Hospital
Fellowship completed at University of Illinois
He has travelled the world playing golf with his buddies
He also paints pictures when not golfing

And also had been singing bhajans at vary religious programs for many years

He also has performed on stage many times with well known singers in Chicago area

He has three grown daughters
Married and 5 grandchildren



Sunday School Information

Hindu Satsang works with Lemont Temple and teaches Hindi to all age kids starting beginning of September. Contact our education coordinators for more Information.

Hindu Satsang's Monthly Congregation

10 AM CST on Sunday, 28th, July 2024 at VSC



Everyone is
cordially
invited

Join us in person.

Location: Gupta Dinning hall 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: Dr. Pardeep Sood

11:10 am: Guest Speaker: Neringa Liepsna

Neringa means goddess of health

Liepsna means Flame (torch of light)

12:00 pm: Aarti followed by prasad/lunch

On the occasion of India's 77th Independence Anniversary, ICO would like to invite all of you again to come and celebrate 10th India Day Parade & Celebration - the largest India American celebration in the United States. Come and join us with your friends and family. If you are interested in Joining HSGC Parade please contact Nand Prakash Garg.

Date : August 11th Sunday

Time: 11:00AM

Location: Rotary Hill Naperville, Ill



Maa Annapurna devi

May you receive abundant blessings of well-being, prosperity, and affluence.



Prasad Sponsors this month

Usha & Darsh Wasan

Madhu & Jug Upal

Alka & Ramesh Sood

Renu & Manohar Jain



June Collections

Cash (Aarti)	\$43
Subhash & Nisha Oza	\$31
Picnic	\$505
Total	\$579

Thanks everyone for your
generous donations.