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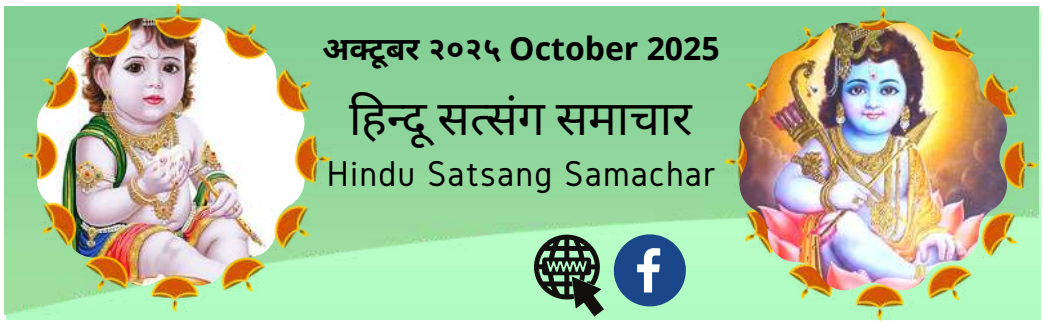

Hindu Satsang Updates

Dear Satsangis, Namaskar!

On behalf of the Board, we extend our heartfelt greetings:

दीपावली पर ढेर सारी शुभकामनाएँ

Best wishes for a joyful and blessed Deepawali!

Our September Satsang was held on September 24th, beginning with our traditional Puja and Bhajans. We were delighted to have Mukesh Shah ji as our guest singer, who uplifted us with his soulful bhajans.

Rajeev Jain ji gave an insightful talk on **"Dispensing Myths About Ayurveda and Keys to a Healthier Life."** The Satsang concluded with Arati and Prasad, leaving everyone inspired and content.

Our annual Ramlila program, held on October 4th, was a wonderful success—featuring enthusiastic performances by both children and adults. Heartfelt thanks to all the participants, volunteers, and event organizers whose dedication made the evening so memorable.

It is a matter of great pride that Hindu Satsang has presented Ramlila continuously for 26 years, without interruption—even during the pandemic. As part of this cherished tradition, we also hosted our annual Ramayana Quiz for children under 18.

You can find program highlights on pages 6-7.

Page 2: Birthdays & Anniversaries
Page 3 - 5: Body Organ Cycle (Circadian Rhythm) – It's Importance In Our Life
Page 6: Some photos from September's Satsang Sabha
Page 7: Ramlila Highlights
Page 8: Quiz-Narakasura
Page 9: Answers to Quiz
Page 10: Guest Singer and speaker
Page 11: October Sabha Program Details

This month's program:
Date: **Sunday, 26 October, 2025**
Time: **10 AM**
Venue: **Gupta Dining Hall**
We are delighted to welcome **Indrani Joshi ji**, our guest singer, and **Umesh Bhatia ji** who will speak on "***Festival of the Soul's Light – Spiritual Diwali.***"

Happy Birth Month to our Satsangis born in October

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

Happy Anniversary शादी की सालगिरह पर ढ़ेर सारी शुभकामनाएं!

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

Laughter is the best medicine

***Husband**: "When I die, I'll take some photos of you with me."*
***Wife**: "Oh, so you really love me that much!"* 😍
***Husband**: "No, I want to show them to Chitragupta*, so he shows some mercy and doesn't send me to hell again."* 🤪😉

Note: Chitragupta is the Hindu deity who diligently records all of a person's actions and assists in determining their destiny after death—deciding whether the soul ascends to Swarg (heaven) or descends to narak (hell).*

Body Organ Cycle (Circadian Rhythm) – It's Importance In Our Life

by Sh. Rajeev Jain

"To live in harmony with nature is to live in harmony with yourself. Ayurveda teaches us that time is not just a clock – it's a rhythm that flows through every cell of our body."

Your body's organs follow daily cycles because they're governed by an internal timekeeping system called the circadian rhythm - a 24-hour biological clock that coordinates physical, mental, and behavioral processes of our body. It regulates hormone release, body temperature, digestion, sleep-wake patterns and synchronizes your body to the day-night cycle.

In addition, each organ - like the liver, heart, lungs, and kidneys - has its own peripheral clock that ensures its peak efficiency when it's prime time for the organ to perform its required functions. For example:

- Liver peaks during the night when it performs detoxification and metabolism.
- Intestines are more active in digestion during the day.
- Heart's pumping rate and blood pressure rise in the morning to prepare for increased activity and slow down at night when activity is low.

From time to time, you may have noticed that the cycle goes haywire. Activities like travel across time zones, shift work, and excessive screen time can throw off these cycles, leading to fatigue, digestive issues, and metabolic disorders.

Ayurvedic Body Organ Cycle – Living in Harmony with Time

Ayurveda offers profound insights into how our body functions in sync with nature's rhythms. One of its most elegant teachings is the concept of the **body organ cycle**. This cycle maps out how different organs and systems in the body operate at their peak during specific times of the day and night.

Ayurveda divides the 24-hour day into 6 segments governed by the three doshas - Vata, Pitta, and Kapha. Each dosha dominates four hours and influences the functioning of specific organs and physiological processes. This existence of this cycle has also been validated by modern science. It helps us understand when to eat, sleep, work, and rest for maximum benefit. Ayurveda, however, goes a step further by connecting these rhythms to our constitution, environment, and emotional well - being.

The *Dosha* Time Cycle

Let's understand how the doshas flow through the day:

- **Kapha time (6 am – 10 am and 6 pm – 10 pm):** Kapha characteristics are heavy, slow, and grounding. These hours are ideal for gentle movement, nourishing meals, and winding down. Morning Kapha time is best for light exercise to shake off sluggishness. Evening Kapha time is ideal for relaxation and preparing for sleep.
- **Pitta time (10 am – 2 pm and 10 pm – 2 am):** Pitta characteristics are sharpness, heat, and transformation. During the day, this is when digestion is strongest - it is the best time for your largest meal of the day. At night, Pitta is in transformative mode and it performs internal cleansing and liver detoxification. This is why sleeping during these hours is vital for healing and body repair.

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- **Vata time (2 pm – 6 pm and 2 am – 6 am):** Vata is light, mobile, and creative. Afternoon Vata time supports mental focus and creativity. Early morning Vata time is ideal for meditation, spiritual practices, and waste elimination.

The Organ Clock – When Each Organ is at its Peak

Ayurveda also recognizes that each organ has a window of peak activity. Here's how the body's internal clock flows:

- **2 am – 4 am (Lungs):** The lungs are most active. This is the best time for deep breathing, early rising, and spiritual practices. Many yogis wake during this time for meditation and Pranayama.
- **4 am – 6 am (Large Intestine):** The colon is active, making this the ideal time for elimination. Drinking warm water upon waking supports this process.
- **6 am – 8 am (Stomach):** The stomach begins preparing for digestion. A light, warm breakfast is ideal. Avoid heavy or cold foods that dampen digestive fire [Agni].
- **8 am – 10 am (Spleen and Pancreas):** These organs regulate blood sugar and immunity. They support gentle movement and mental focus.
- **10 am – 12 pm (Heart):** The heart is active. This is a good time for social interaction, meaningful work, and preparing for your main meal of the day.
- **12 pm – 2 pm (Small Intestine):** Digestive fire is at its peak. Nutrients are absorbed most efficiently now. Avoid skipping lunch or eating late.
- **2 pm – 4 pm (Bladder):** The bladder is active. Hydration and mental focus are supported. This is a good time for creative tasks.
- **4 pm – 6 pm (Kidneys):** The kidneys help filter toxins. Light movement and hydration support their function.
- **6 pm – 8 pm (Pericardium):** This protective layer around the heart is active. Emotional bonding and relaxation are ideal. A light meal is ideal at this time.
- **8 pm – 10 pm (Triple Burner):** This Ayurvedic concept refers to the body's metabolic zones. Winding down and preparing for sleep is recommended.
- **10 pm – 12 am (Gallbladder):** The gallbladder processes fats and supports detox. Sleep during this time helps the body cleanse.
- **12 am – 2 am (Liver):** The liver is most active. It detoxifies and processes emotions. Deep sleep supports body and mind healing.

Continued on the next page

परित्राणाय साधूनां विनाशाय च दुष्कृताम्।
धर्मसंस्थापनार्थाय सम्भवामि युगे युगे॥



Continued from the previous page

Daily Routine (Dinacharya) and the Organ Cycle

Ayurveda's daily routine, or *Dinacharya*, is built around this cycle. Here's how to align your day:

- **Wake before sunrise (around 5 – 6 AM):** Supports elimination and mental clarity.
- **Morning movement and meditation (6 – 8 AM):** Gentle yoga and breathwork awaken the body. Include a light and warm breakfast.
- **Work and focus (10 AM – 2 PM):** Mental faculties and digestive fire are strongest.
- **Creative tasks or rest (2 – 6 PM):** Vata supports imagination and reflection.
- **Dinner and unwind (6 – 8 PM):** Eat light and begin slowing down.
- **Sleep by 10 PM:** Supports deep detox and rejuvenation.

Avoid eating late at night, as it interferes with the liver and gallbladder's detox functions.

Why This Matters - Especially for Seniors

As we age, Vata naturally increases. This can lead to dryness, stiffness, insomnia, and irregular digestion. Following the organ cycle helps calm Vata, strengthen Agni, and support restful sleep and regular elimination. For seniors, early rising, gentle movement, warm meals, and early bedtime are especially beneficial. Avoiding late night eating and overstimulation helps preserve energy and mental stability.

Closing Thoughts

The Ayurvedic body organ cycle is not just a schedule - it's a rhythm of life. It teaches us to listen to our body, honor its needs, and live in harmony with its natural flow. When we align our routines with this cycle, we don't just prevent disease - we cultivate vitality, peace, and resilience.

"Health is not something to chase – it's something we achieve when we align with nature"

Some ancient wisdom

"ब्रह्मे मुहूर्ते उत्तिष्ठेत् स्वस्थो रक्षार्थमायुषः।
तत्र सर्वार्थसिद्ध्यर्थं स्मरेद्ब्रह्मविदो जनाः॥"

(Ashtanga Hridaya, Sutrasthana 2.1)

Meaning:

A healthy person should rise during the Brahma Muhurta (roughly 1.5 hours before sunrise) for the protection and promotion of life. At that time, the mind is calm and conducive to spiritual study and reflection.

"यः प्रकृत्या हि संसिद्धः कालं विद्यात् समं चलन्।
स एव नापह्लायते देहधर्मैर्नरिषु च॥"

(Charaka Samhita, Sutrasthana 6.46)

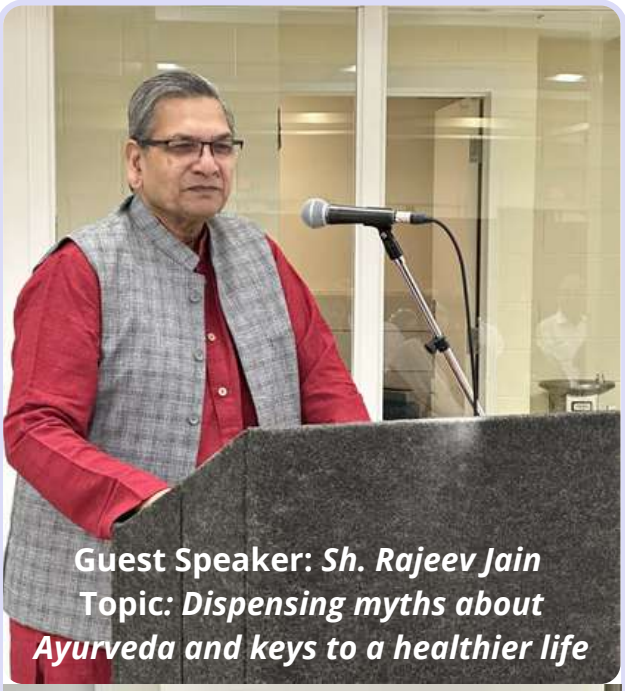
Meaning:

One who lives in harmony with nature's timing — understanding and following the natural cycles — remains free from disturbances and maintains bodily balance.

Highlights from Hindu Satsang's Monthly Sabha held on September 28, 2025



Guest Singer: *Sh. Mukesh Shah*



Guest Speaker: *Sh. Rajeev Jain*
Topic*: Dispensing myths about Ayurveda and keys to a healthier life*











Ramlila Performed on 4th Oct., 2025

This year marked the 26th consecutive year of our beautiful and vibrant Ramlila program, organized by Hindu Satsang in collaboration with HTGC.

Over 30 children, dressed in colorful costumes, brought the timeless story of the Ramayana to life on stage. One special episode, “Ram Vanvaas,” was also performed by adults, adding depth and emotion to the play.

More than 60 children took part in the Ramayana Quiz Competition, with the top five winners receiving prizes and commendation certificates.

The performers ranged in age from two and a half to seventy years, making it a truly intergenerational celebration of our culture and heritage.

The evening concluded with the spectacular Ravan Dahan and a dazzling fireworks display, leaving everyone with lasting memories of devotion and joy.















Narakasura Quiz

By Shivam Viswanathan

1. *Who were Narakasura's divine parents?*
A. Bhumi-devi & Varaha
B. Dharani & Parasurama
C. Mandodari & Ravana
D. Dhriti & Prahlada

2. *Narakasura ruled Pragjyotishpura — which modern state does this correspond to?*
A. Tibet
B. Assam
C. Odisha
D. Nepal

3. *When Narakasura stole divine treasures, whose earrings did he take?*
A. Arundhati's
B. Aditi's
C. Usha's
D. Lakshmi's

4. *What was Garuda's role in Krishna's battle against Narakasura?*
A. Hid Krishna in the clouds
B. Hid the Sun with his wings
C. Carried Krishna from Dwarka
D. Watched from afar

5. *In some stories, who kills Narakasura?*
A. Draupadi
B. Sita
C. Satyabhama
D. Rukmini

6. *Which of Krishna's names comes from slaying Narakasura's five-headed general, Mura?*
A. Madhusudan
B. Murari
C. Govinda
D. Pitambar

7. How many women did Krishna free from Narakasura's prison?
A. 108
B. 1500
C. 5000
D. 16,000

8. Narakasura received a boon from Brahma granting him special protection. What was it?
A. He could only be killed by Vishnu
B. He could only be killed by his own mother
C. He could only be killed during Diwali night
D. He could only be killed in water

9. According to the Kalika Purana, Naraka was told to worship which form of the Goddess?
A. Kali
B. Kamakhya
C. Vindhyavasini
D. Durga

10. Which warrior in the Mahabharata was Narakasura's son?
A. Kritavarma B. Jarasandha
C. Bhagadatta D. Shishupala

11. Which Indian state burns effigies of Naraka on Diwali?
A. Tamil Nadu
B. Assam
C. Maharashtra
D. Goa

12. What South Indian Diwali ritual recalls Krishna and Satyabhama after battle?
A. Preparing sweets
B. Early morning oil bath
C. Wearing new clothes
D. Bursting crackers

Answers on the next page

Answers

1. A: Narakasura was born from Bhumi-devi (Earth Goddess) and Varaha (Vishnu's boar avatar). Though divine in birth, arrogance turned him into a demon!

2. B: Pragjyotishpura is today's Assam, whose ancient dynasties claimed descent from Narakasura.

3. B: Indra sought Krishna's help to recover Aditi's earrings — Aditi being the "mother of gods" and Indra's mother.

4. C: Garuda, Vishnu's mighty mount, carried Krishna to Pragjyotisha and helped destroy Naraka's magical defenses.

5. C: When Krishna fainted in battle, Satyabhama, his consort and an incarnation of Bhumi-devi, killed her son Naraka — symbolizing the mother destroying evil within her creation.

6. B: Krishna earned the name Murari — "enemy of Mura" — after killing the five-headed demon guarding Naraka's city.

7. D: Krishna freed 16,000 maidens, symbolizing his power to liberate all souls from bondage and ego.

8. B: Narakasura's boon from Brahma made him nearly invincible, only his mother could kill him. This destiny was fulfilled when Satyabhama, an incarnation of Bhumi-devi (his mother), ended his tyranny.

9. B: Naraka was asked to be a devotee of Kamakhya Devi in Assam's Nilachal Hills — but he abandoned her worship, sealing his fate.

10. C: Krishna crowned Bhagadatta, Naraka's son, king of Pragjyotisha. He later fought heroically on the Kaurava side in the Mahabharata.

11. D: In Goa, locals burn straw effigies of Narakasura at dawn — celebrating the triumph of light over arrogance and darkness.

12. B: The early morning oil bath honors the cleansing of Krishna and Satyabhama after slaying Narakasura.

हिंदू सत्संग की ओर से आप सभी को दीपावली की हार्दिक शुभकामनाएं।



Gems from Gita

सर्वधर्मान् परित्यज्य — Sarva-Dharman Parityajya
Chapter 18, Verse 66

Sanskrit:

सर्वधर्मान् परित्यज्य मामेकं शरणं व्रज।
अहं त्वां सर्वपापेभ्यो मोक्षयिष्यामि मा शुचः॥

Transliteration:

sarva-dharmān parityajya māṁ ekaṁ śaraṇaṁ vraja,
ahaṁ tvāṁ sarva-pāpebhyo mokṣayiṣyāmi mā śucaḥ

Meaning:

Abandon all forms of duties and surrender completely unto Me. I shall deliver you from all sins; do not fear.

Essence:

Complete surrender to the Divine brings liberation and peace.

Guest Singer

Smt. Indrani S. Joshi

- Indrani S. Joshi began music at age six, guided by her grandfather, a disciple of Ustad Bade Gulam Ali Khan.
- She was mentored by her mother and guru, Late Mrs. Dipa Mukherjee.
- She completed her Sangeet Prabhakar degree at 12 and a Master's in Music by 14 from Allahabad University.
- Her training includes classical music under Shree Amal Ghosh and Mr. T.L. Rana, Nazrul Geeti from Shrimati Purabi Dutta and Shree Ramanuj Dasgupta, and Ghazal from Shree Nikhil Chatterjee.
- Indrani has appeared on TV shows like SAREGAMA and performed alongside legends like Manna Dey, Arati Mukherjee, and Haimanti Shukla.
- She has also performed Ghazals with famous singers such as Ghulam Abbas, Munni Begum, and Mehnaz Begum.
- A versatile singer, she captivates audiences with modern songs, folk, shyama sangeet, light classical, Nazrul Geeti, and Ghazals.
- She sings in Bengali, Gujarati, Urdu, Hindi, and Punjabi with equal skill and grace.





Lamps may brighten the darkest night,
But the soul's flame shines ever bright.
It burns away the clouds of fear,
Bringing peace, love, and joy near.
This Diwali, let us unite,
To celebrate the Soul's true Inner Light.

Guest Speaker

Sh. Umesh Bhatia

- Franchising & IT Entrepreneur | Meditation Trainer & Speaker
- A dedicated meditation trainer and speaker for over 25 years, Umesh ji represents the **Science of Spirituality (SOS)**, a global, nonprofit organization dedicated to transforming lives through the practice of meditation.
- Umesh ji, MS, is a seasoned entrepreneur with over 35 years in franchising and IT across the USA, UK, India, China, Japan, and the Middle East.
- He has launched and scaled successful ventures internationally.
- Umesh ji helps individuals and organizations cultivate mindfulness, meditation, and spiritual growth.
- Based in Chicagoland, he balances entrepreneurship with inner well-being.
- He actively participates in community, culture, and service initiatives.
- He and his wife raised two accomplished adult children.
- His topic, "***Festival of the Soul's Light – Spiritual Diwali***," highlights the soul's inner flame bringing peace, joy, and love to even the darkest moments.
- He inspires global audiences by combining business insight with spiritual depth.
- **Sant Rajinder Singh Ji Maharaj** is the spiritual head of **Science of Spirituality (SOS)**. He has helped countless people embark on the inner spiritual journey and discover the peace & joy that await us within.



Hindu Satsang's Monthly Sabha (4th Sunday of the month)
10 AM CST on Sunday, 26th, October 2025 at VSC



Everyone is cordially invited

Hindu Satsang Sabha

Venue: Gupta dining hall at HTGC Temple, Lemont, IL)

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: **Indrani Joshi Ji**
11:00 am	Guest Speaker: **Umesh Bhatia Ji** on "Festival of the Soul's Light – Spiritual Diwali."
11:45 am	Aarti followed by prasad/lunch



Sept 2025 Aarti Collections

Thanks everyone for your generous donations.

Cash	$93
K.R. & Ana.U.Nauth	$101
Ramesh & Shubh Malhan	$100
Sunil & Madhu Chopra	$100
Total	**$394**

|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.

October Prasad (lunch) Sponsors:

Himani & Kuldeep Gupta
Shashi Malhotra and family
Sadhana & Rajesh Tiwari
Shelley & Dinkar Tiwari
Rashmi & Rajeev Jain