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Brief Updates

By Priya Viswanathan

Pranaam!! Greetings to all Satsangis. We had our much awaited **Krishna Janmashthami Program** on Aug 25. I feel we should take time out to appreciate and convey our thanks to folks behind such an outstanding event - a big shout out to our Special Events Coordinators - Kanchan ji and Shammi ji for organizing this event, Ramesh ji for organizing the scrumptious lunch, our youth coordinators for conducting the show seamlessly, volunteers and last but not the least - all the young and not so young, super talented participants. Please find some pictures of the program on our Facebook page: <http://bit.ly/Janmashthami2019>



Ms. Uma Nauth's performance during **Krishna Janmashthami Program** on August 25.



Special Events coordinators - Kanchan ji and Shammi ji

Hindu Satsang's annual **Ramlila play** is scheduled on **October 12 (Saturday)** - starting at **3:00 pm** at **Rathi Auditorium**, HTGC, Lemont Temple, IL. Please mark your calendar, you don't want to miss this event. This is one of the best live performance Ramlila you'll get to watch in this part of the country. This play as always is directed by our own very talented Hindu Satsang Sunday School teachers. Ramlila will be followed by fireworks and Ravan Dehan. We'll have our regular Hindu Satsang congregation on October 27th. This year, Diwali falls on the same day as our congregation - what better way to celebrate Diwali than to spend some time with satsangis.

In this newsletter, we have the 2nd part of the article on Ayurveda by Mr. Rajeev Jain. Our readers have found this series to be very informative and useful.

Wish you all a very happy
Dussehra (Oct. 8),
Karwa Chauth (Oct. 17),
Dhanteras (Oct. 25),
Diwali (Oct. 27).

Hoping to see you all on
Sunday, September 22 at 10 am for our
monthly congregation at HTGC Temple.

Namaste! 🌸

August Aarti Collections



Check

Hans & Sudha Upadhyay	\$101
Dharam & Kiran Punwani	\$101
JT & Nalini Madhav	\$ 25
Cash	\$129
Grand Total	\$356

Many Happy Returns of the Day to our Satsangis born in the month of September:

Smriti Shah	Amit Punwani	Ramesh Malhan	Raj Agnihotri	Naval Arora
Alka Gupta	Avanti Gupta	Aditya Kapoor	Anish Kapoor	Kiran Madhav
Kishor Shah	Ajay Sharma	Vimal Sharma	Abhinav Singh	Satendra Singh
Jyotsna Vyas	Nitin Vyas	Surendra Mittal	Madhu Uppal	Joy Dhar
Deepika Bhagwat	Akash Garg	Kern Wasan	Laxman Singh	Reema Jain
Jagdish Madhav	Deepali Punwani	Ajay Sharma	Vivek Raheja	Kanan Dhingra

**A Very
Happy
Marriage
Anniversary
to
Rashmi &
Vinod Gandhi**

QUIZ: On Recent & Upcoming Events and Festivals

- 1 Why is Teacher's Day celebrated in India on September 5th?
- 2 In Hinduism, which festival is celebrated to honor and pay respect to Gurus and Teachers?
- 3 Diwali commemorates the spiritual enlightenment of which two famous saints?
- 4 When is Hindi Diwas Celebrated and why?
- 5 Considered as the God of Ayurveda, who is worshipped on the occasion of Dhanteras?
- 6 What does Karwa Chauth mean?

Answers: **[1] September 5th** is the birthday of the 2nd President of India **Bharat Ratna Dr. Sarvepalli Radhakrishnan**, a well-known scholar, teacher and promoter of education. On this special day, students celebrate the contribution of teachers in their lives. **[2] Guru Purnima** **[3] Bhagvan Mahaveer and Swami Dayanand Saraswati**

[4] Every year, September 14 is observed as Hindi

Diwas to commemorate the day the Constituent Assembly of India recognized and adopted Hindi as the official language of the Republic of India in 1949. The Indian National Congress decided that *Hindustani*, which was a blend of Hindi and Urdu, would be the language of independent India. But many patriots like Maithili Sharan Gupt lobbied to make Hindi the main official language of India. Hindi is the fourth most spoken language in the world.

[5] Dhanvantari is the Hindu god of medicine and an avatar of Lord Vishnu. He is mentioned in the Puranas as the God of Ayurveda.

[6] Karwa means earthen pot (to offer water to the moon), and **Chauth** means Chaturthi or fourth day of the dark fortnight. 🌸



Ayurveda – Its Importance in Today’s Lifestyle - Part 2

Article by our Hindu Satsang member: Mr. Rajeev Jain

Last month, we discussed the history of Ayurveda and that it is made of two words – “Ayu” and “Veda” which together literally mean “science of life”.

Though Ayurveda seems to be based on jadi-booti (herbs) – it is an amazing rich medical science.

Ayurveda has eight distinct branches that deal with physical and mental aspects of a body, as well as, spirituality. The eight branches are:

- 1) **Kaya Chikitsa** – general diseases of the body (Internal medicine);
- 2) **Bala Chikitsa** – children (Pediatrics);
- 3) **Graha Chikitsa** – mental diseases including spirits and astrology (Psychiatry);
- 4) **Shalaky Chikitsa** – diseases of head and neck (ENT and Ophthalmology);
- 5) **Salya Chikitsa** – injuries caused by penetration of external objects (Surgery);
- 6) **Agata Chikitsa** – diseases caused by bites of animals and poison (Toxicology);
- 7) **Rasayana Chikitsa** – measures of good health and slowing down aging (Geriatrics); and
- 8) **Vajekarna Chikitsa** – diseases or problems related to reproductive system (Sexology).

The presence of this knowledge 5,000 years ago speaks to the richness of this medical science in the Vedic ages. Even though the modern diagnostic tools, like imaging, were not prevalent at that time, this therapy managed to deliver results. For example, Cataract surgery is mentioned in the Sushruta Samhita, as a procedure to be performed with a jabamukhi salaka, a curved needle used to loosen the obstructing phlegm and push it out of the field of vision. In Ayurvedic text, there is mention of over 20,000 herbal plants – unfortunately, we are today working with approximately 5,000 of them and still searching for the rest of them.

Why consider an Ayurvedic treatment?

Although Ayurveda prevailed long before the modern medical system gained popularity in early 19th century (as per Wikipedia), the relevance of Ayurveda in today’s environment needs to be better understood. The most fundamental difference is the “approach” – it does not treat a disease but the whole human being. For example, Ayurveda does not recognize “high blood pressure” as a disease but a symptom of a more fundamental health issue.

Let us look at some of its characteristics and benefits of Ayurveda:

- It treats the root cause of a disease (not symptoms) so that a patient can find a **permanent relief**;
- It has a two-part approach to diagnosis – a diagnosis of the patient and then, a diagnosis of the disease – hence, it provides a more **comprehensive approach** to treatment.
- Ayurvedic medicines **do not have any side effects** – hence, a treatment provided to an unhealthy person can also be provided to a healthy person;
- It emphasizes a **preventive approach to health** and encourages use of preventive medicine;
- Ayurveda incorporates a psychosomatic concept, i.e. the mind and body are integrally connected. Therefore, to cure a physical ailment, we must also treat the mind;
- It promotes natural living – live by the rules of nature;
- Yoga is an integral part of Ayurveda;
- Its medicines are free from toxicity (as a result of methodical processing - samskara) – they are highly effective for treatment of chronic ailments;
- It leverages concepts and techniques from other systems of medicine, e.g. it leverages modern imaging systems and biochemical tests.

Many chronic ailments do not have a cure under the modern health system – they can only be “managed” and require medicines (that have side-effects) to be taken life-long. If a medication has to be taken life-long, it is definitely not curing the problem.

Ayurveda Relevant in Today’s Environment?

A proper Ayurvedic examination by a Vaidya typically takes over an hour! In the next article we will explore why it takes that long and why such a detailed understanding is needed – more so in today’s environment where our lifestyle is moving away from nature. 🌀

🌀 Our Deepest Condolences 🌀

It is with our deepest sorrow that we inform you of the demise of our beloved Satsangi Shri. Jatinder Julka, husband of Sumati Julka, father of the past special events coordinators Shivani Saigal and Nitin Julka and Brother-in-law of Shubh & Ramesh Malhan. Those who are closest to our hearts never truly leave us. They live on in the kindness they have shared and the love they brought into our lives. 🌀



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www.facebook.com/HinduSatsangUSA

<http://www.hindusatsang.org>

Hindu Satsang, Sept. Congregation

(Held every 4th Sunday of the month)

Date: Sept. 22, 2019 (Sunday)

Time: 10 am to 12:30 pm

Location: HTGC Temple, Lemont.

Agenda for Sunday, Sept. 22

Convener: Hersh Sabharwal

10:00 am: Prayer and Bhajans by Satsangis

10:30 am: Guest Singer **Ms. Padmini Rao**

11:15 am: Guest speaker **Ms. Hersh Khetarpal**

Topic: Meditation, followed by yoga.

11:55 am: Announcements and Aarti

12:00 noon: Lunch (Preeti Bhojan): Sponsored by:
Madhu Uppal, Shubh Malhan, Usha Wasan and
Alka Sood.

Our **Guest Singer** this month is **Padmini Rao**.

Music is her passion. She is singing since she was a young girl. She is performing with live orchestra for about 15 years. Along with Bollywood songs she loves to sing bhajans. 🌸

Our **Guest Speaker** is **Hersh Khetarpal** and her topic is **Meditation**, followed by yoga. She is the director of Yog Sadhan Ashram in West Chicago. Born and raised in an Ashram in India, she learned all aspects of Yoga from accomplished yogi, her Satguru Yogeshwar Chaman Lal Kapur.

The current Ashram in West Chicago was established in 1992. It is a center for complete Yogic studies, Hatha Yoga, Meditation, Pranayam (systematic yogic breathing techniques), Yogic cleansing and delivering lectures on spiritual aspects of Yoga. Hersh and her husband, Mike Khetarpal, organize daily classes, lectures, seminars, retreats and workshops. Special programs are offered for children, senior citizens and people with special needs.

She has conducted countless classes and seminars throughout Chicago at temples, churches, libraries, corporate centers and many park district centers. She has done this selfless service for the benefits of people from all aspects of life. 🌸