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अगस्त २०२२ August 2022

हिन्दू सत्संग समाचार

Hindu Satsang Samachar



## Hindu Satsang Updates

By Shivam Viswanathan

Pranaam to all Satsangis!

We had a fantastic time at the Hindu Satsang's annual summer picnic on Sunday, July 17.

Please find some pictures from this event on Hindu Satsang's Facebook page:

[facebook.com/HinduSatsangUSA](https://www.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, we hosted **Sh. Subhash Oza** as our guest singer and **Sh. Yash Chaudhary** as our guest speaker. The Satsang Sabha is summarized on [page 5](#).

On August 28th (Sunday), we will have our annual **Janmashtami Cultural Program** at the Rathi auditorium at the Lemont Temple. Please find more details on [page 9](#).

We'll have our annual Ramlila staging in October in collaboration with HTGC. If your kids are interested in participating in Ramlila, please contact Sh. Nand Parkash Garg.

**Sunday School** at Hindu Satsang started in August. Contact our education coordinators if you would like your kids/grandkids to learn about Hindi and Hindu culture.

Following are some of the main festivals/events coming up in the next few weeks, our best wishes to everyone: **Ganesha Visarjan** on Friday, September 9, **Hindi Diwas** on Wednesday 14th September, **Vishwakarma Puja** on Saturday, September 17, **Navratri** from September 26th to October 5th.

Looking forward to seeing everyone in person on Sunday, August 28th for our Janmashtami Cultural Program. Take a few seconds to add a reminder alarm to your phone now. Stay safe & healthy. 

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& Anniversaries

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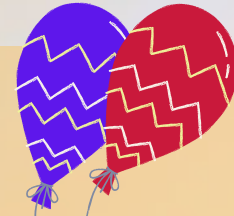
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details

IN  
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## Happy Birth Month to our Satsangis born in August



|              |                  |                     |               |                |              |               |
|--------------|------------------|---------------------|---------------|----------------|--------------|---------------|
| Amit Gupta   | Atul Jain        | Dharam Punwani      | Garima Malhan | Gautam Gandhi  | Isha Tyle    | Ishaan Malhan |
| Jharna Shah  | Jyoti Bhatia     | Ghanshyam Agarwal   | Kusum Taneja  | Mia Jain       | Om Dhingra   | Raj Taneja    |
| Rajeev Gupta | Rajvir Sabharwal | Kieran Grey Edwards | Kanika Garg   | Rakesh Parikh  | Renu Garg    | Richa Pal     |
| Sahil Gupta  | Sandip Parikh    | Neelam Bhargava     | Sharda Sharma | Sudesh Khosla  | Sumati Julka | Tanya Khanna  |
| Usha Shah    | Vibha Sharma     | Prem Sabharwal      | Vikas Pandey  | Vivek Upadhyay | Vikas Jain   |               |

## Happy Anniversary

Deepti &  
Ajay Buti

Usha &  
Darsh Wasan

शादी की सालगिरह पर बधाई एवं  
ढेर सारी शुभकामनाएं!



**Laughter is the best medicine**



Wife: Do you want dinner?

Husband: Sure, what are my choices?

Wife: Yes and No.

A man approaches a very beautiful woman in the supermarket and says, "I've lost my wife here in the supermarket."

The woman says, "Do you want me to search her for you?"

Man: "No, just pretend to talk to me"

"Why?" asked the beautiful woman.

To which the man replied, "Because every time I talk to a beautiful woman, my wife automatically appears out of nowhere."



Your newsletter  
feedback are  
welcome.

If someone you know  
is not getting the  
Hindu Satsang  
newsletter, send their  
email address to:  
shivamv@gmail.com



## Can Foods Really Be Incompatible? By Sh. Rajeev Jain



**"Don't eat anything your great-grandmother wouldn't recognize as food. There are a great many food-like items in the supermarket your ancestors wouldn't recognize as food... stay away from them" ~Michael Pollan**

A couple of months ago, while discussing "Ayurvedic guidance on dietary practices", we talked about "Incompatible foods" (Viruddha Ahara) and that they adversely affect our metabolism, neutralize the nutritive value of individual foods and even create toxins in our body. We will explore this aspect of diet in more detail below.

Knowledge of food compatibility is critical. For many of us, the idea of proper food combinations may be an entirely new concept, but Ayurveda emphasizes that understanding food combinations is an essential part of a healthy diet. Food with different characteristics when combined can be detrimental to the digestive fire (Agni) and cause indigestion, vomiting, diarrhea, bloating, and the formation of toxins. Consumption of incompatible food over an extended period can compromise our metabolism and lead to the manifestation of chronic health disorders like dry skin, skin rashes, skin disease, loss of sleep, or low energy.



Charaka Acharya explains food incompatibility as Viruddha Ahara, that means contraindication among foods. There are 18 different categories of Viruddha Ahara. We talked about a few of them when we discussed Ayurvedic dietary practices. We will discuss a few more common ones here. Most of us will be surprised by the examples below – I know I was.

During my Ayurvedic education, the first time I encountered these incompatibilities, my reaction was, "I have been eating these undesirable food combinations all my life, and I am still alive, so it cannot be that bad – can it?" However, since becoming aware, I have tried to correct my eating habits and only time will tell how much my body has recovered from those abuses! Let me share some examples:



**Samyoga Viruddha** – Combination incompatibility – e.g., intake of a sour substance with milk.

Frequently we take both milk and orange juice at breakfast. Once inside the stomach, the acidic juice will curdle the milk and make it hard to digest. A lesser known fact is that bananas have a sour vipaka (taste after digestion). While banana milkshakes are very common, eating a banana with milk imbalances the Agni and creates toxicity potentially leading to throat irritation, cough, sinus congestion, cold, and even allergic reaction.



**Veerya Viruddha** – Potency related contradiction – eating foods with opposite Virya (hot and cold). For example, fish and milk both have a sweet rasa and vipaka but fish is Ushna virya (hot) while milk has Sheet virya (cold). This difference in potency makes the combination incompatible. If consumed, it will vitiate blood by blocking the channels and may cause skin related conditions like psoriasis, skin rashes, or allergies.

**Krama Viruddha** – Contradiction with reference to the sequence. As an example, eating fruits after a meal. Fruits contain simple sugars and, hence, they get digested very quickly in the stomach. On the other hand, foods that are rich in fats, proteins, and starch, require a longer digestion period and stay longer in the stomach. Therefore, if we eat fruits after a meal, they will stay in our stomachs longer, get fermented, and likely result in bloating and gastritis.

**Continued on the next page**

↳ **Continued from the previous page**

**Samskara Viruddha** – Incompatible with respect to the mode of preparation. A good example is the chemical change when cooking or heating honey. When we heat honey or combine it with a hot liquid, it triggers a molecular change and makes it like glue. If consumed, it will block the minute channels in the GI tract that produce the digestive enzymes. Ayurveda says that eating heated honey is extremely injurious to health and the toxins formed can lead to many diseases and allergies, and it can even act like poison.

A selected list of food combinations that are considered incompatible includes:

- Milk with: fish, meat, yogurt, fruits, and bread containing yeast.
- Yogurt with: milk, fruits, meat, fish, starch, cheese, hot drinks,
- Lemon with: yogurt, milk, cucumbers, and tomatoes (leads to hyper-acidity).
- Nightshades, (potato, tomato, eggplant, chilies) with: yogurt, milk, melon, and cucumber.
- Eggs with: milk, meat, yogurt, melons, cheese, and fish.



**As a general rule:**

- Fruits: it is best to have them separately as a snack between meals, as they digest very quickly. Frequently, people have fruit and cheese – but that is not desirable.
- Honey: it is best to eat it raw without heating or cooking it, and never with ghee in equal proportion (considered poisonous).

- Water: it should be consumed at room temperature or slightly warm. Drinking ice-cold water is extremely bad for the digestive system, as it dampens the Agni. Cold water also has harmful effect if taken after a hot drink (Parihar Viruddha), or after consuming Ghee (Upchar Viruddha).

If one is aware of the contradiction, it is sometimes possible to counter the adverse reaction by using supporting herbs – but why burden the digestive system, if it can be avoided?



Ayurveda also discourages having left-over foods. It believes it has no nutritional value left in it. Similarly, it is commonly believed that the use of microwave destroys all nutrition in food. Because cooked food normally starts to lose its nutritional value after three hours of preparation, eating freshly prepared food is the best diet.

Ayurvedic treatments for diet-related disorders include detoxification and *Panchakarma* treatments such as *Vamana* and *Virechana*. They help in expelling out the undigested food particles and the toxins from the body – and bringing it back into balance.

***"Today, more than 95% of all chronic disease is caused by food choice, toxic food ingredients, nutritional deficiencies, and lack of physical exercise."***

***~Mike Adams***



## Recap of Hindu Satsang Sabha Held on July 24, 2022



Sh. Subhash Sharma commenced the sabha invocation with Vedic Pooja at 10 am.

We had the privilege of meeting one of our very old Hindu Satsang members, **Judge Kavita Athanikar** (Picture on right, first from top). Her father was one of the founders of Hindu Satsang. Thanks to Madhu ji for introducing her to us. She mentioned that she will be glad to be a mentor to our Hindu Satsang Sunday School students.



Our melodious guest singer this month was **Sh. Subhash Oza** (Picture on right, 2nd from top) sang many enchanting bhajans on karaoke tracks including:

- jai jai jag janani maa
- Sukh Mein Sab Saathi Dukh Mein Na Koi



Our guest speaker **Sh. Yash Chaudhary** (Picture on right, 3rd from top) spoke on the topic of Chakra Meditation.

He also took us through a meditation session which transported us to a different world.

He conducts free meditation sessions, every Sunday, here are the details:

Topic: Yoga and Meditation

Time: Sunday, 08:30AM CST

Join Zoom Meeting: [click here](#)

Meeting ID: 818 2455 2764

Passcode: 672622



### Hindu Satsang's Upcoming Events

Mark  
your  
calendar

\* Janmashtami Program:  
28th August

\* Ramlila Program: 8th October



## Sunday School Section




We are proud of our Hindu Satsang Sunday School students for their contributions inside and outside side of the classroom. Our students are always encouraged to contribute to society in any way they can. You must have read the stories in this newsletter about how our students have made an impact on the world in recent months. In this month's spotlight, we have three brilliant Hindu Satsang students.

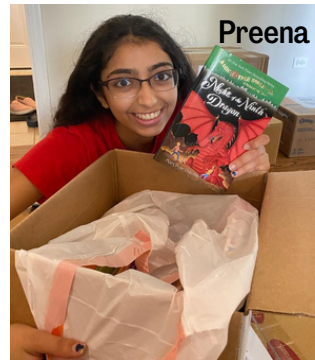
This past winter, children of the Kabonwule DA Primary School in Ghana received the gift of literature from our community in Naperville, IL. In partnership with the African Library Project, and with the help of their younger sister Naina, Preena and Alyssa Shroff led a fundraiser and book drive to collect literary materials for children in Ghana. Preena describes, "My sisters and I grew up with a passion for reading, and we wanted to make sure our books would be read and loved by kids who can benefit from our contributions."

Preena and Alyssa gathered their own childhood books and asked for donations through various social media platforms, such as WhatsApp, Facebook, and Snapchat. Over the course of a couple of months, Preena and Alyssa collected and packed over 650 books. The books were shipped across the Atlantic Ocean and arrived safely in Ghana. Thanks to the determination of these Hindu Satsang student leaders and the generosity of our community, the primary school has opened a children's library.

Alyssa now reflects, "It's so nice to know that these books might have been discarded, but instead are being used on the other side of the world."

We at Hindu Satsang are so proud of the achievements of Naina, Preena and Alyssa Shroff at this young age.

If anyone has children's books that they are looking to pass on, they should definitely start a drive and help make the world a better place. If you are interested in coordinating an African Library Project book drive with your family and friends, please visit [www.africanlibraryproject.org](http://www.africanlibraryproject.org) for information on getting involved. 



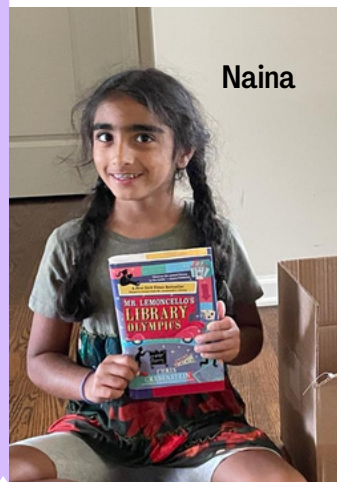
**Preena**

*"My sisters and I grew up with a passion for reading, and we wanted to make sure our books would be read and loved by kids who can benefit from our contributions."*

*"It's so nice to know that these books might have been discarded, but instead are being used on the other side of the world."*



**Alyssa**



**Naina**



## Hindu Satsang's Sumer Picnic


By Shivam Viswanathan

We had an amazing summer picnic on July 17th. I would like to thank a few of us who really worked hard to make this picnic a humungous success. This is not the complete list, and I am sure I may have missed a few names here inadvertently, my apologies for that.

- Lunch sponsored by Sh. Surinder Jain of Shikara Restaurant and Ashyana Banquets. Thanks, Ramesh ji for coordinating picnic lunch for the past so many years. There was so much food and so much variety - and to top it all, it was lip-smackingly delicious.
- Thanks to Nand ji, Ajay ji, Shivani ji for coordinating sports activities. There were a few more folks helping us, unfortunately, I do not have all their names. A big thanks to everyone.
- Kamal ji for appetizing jal jeera and refreshing lemonade.
- Thanks to Renu ji and Rashmi ji for cooling us down with amazing ice cold thandai.
- Thanks to Vinod ji for the juicy watermelons - a healthy dessert.
- Vyas ji for taking care of water. It has been Vyas ji who handles park bookings since as far back as we can recall.
- Madhu ji , Kanchan ji and Jyotsna ji for taking care of the collections /donations.
- Kiran ji & Subhash Sharma ji for all aarti-related items, picnic stuff, ropes, coolers, halwa, etc.
- Shubh ji for paper products and 2nd awesome halwa.
- Anita ji for homemade fresh mango ice cream.

- Aadi and Ayanna volunteered in every possible way they could.
- Mukta ji for Sunday School graduation-related coordination.
- Subhash Oza ji for putting his photography skills to great use.
- Subhash Pandey ji, Anant ji, Gitesh ji, jug ji, Madhu ji, Jyotsna ji, Kanan ji and Om ji for overall guidance.
- Thanks, everyone, for enjoying and making the picnic so much enjoyable. Especially all the adults and kids who participated in the sports activities.
- Big thanks to Indra Bhagavān for providing us with the beautiful weather. Just for our picnic, he even halted the rain that was predicted.
- Visit Hindu Satsang's Facebook page for the picnic pictures and videos: [facebook.com/HinduSatsangUSA](https://facebook.com/HinduSatsangUSA)

If you have any pictures or videos you want to share, please send them across to me.

Overall, it was an unforgettable picnic. I can't wait for the next one ... next year. Until then, keep supporting Hindu Satsang's other activities through your participation. 





1. Who is the President of India?
2. How many languages are spoken in India?
3. There's an experimental township in India, where citizens are from all over the world, and there's no money or religion. Can you name this city?
4. Who is the Vice President of India?
5. In which state of India do we have the world's top two wettest (highest rainfall)? Hint - the name of the state itself has the clue.
6. Which is the world's highest motorable/drivable road?
7. Which city is the world's oldest continually inhabited city?
8. All the houses in this village do not have doors or locks. You'll just find the door frame. Can you name this village?




## Answers



1. If your answer was Sh. Ram Nath Kovind then unfortunately you are incorrect. Smt. Droupadi Murmu is the 15th and the current president of India since 25 July 2022. She is the first person belonging to the tribal community and also the second woman after Pratibha Patil to hold the office.
2. There are 453 languages (and thousands of dialects) spoken in India. 22 of them are listed as national languages.
3. Auroville in Tamil Nadu ([auroville.org](http://auroville.org)).

4. If your answer was Sh. Venkaiah Naidu then your answer is incorrect. Sh. Jagdeep Dhankhar is an Indian politician and lawyer, who is serving as the 14th and current vice president of India since 11 August 2022.
5. Indian state of Meghalaya (means abode of the clouds) has the world's top two wettest spots - 1. Mawsynram 2. Cherrapunji.
6. At over 19,300 feet, the Ladakh road is the highest motorable road in the world.
7. Varanasi is one of the world's oldest continually inhabited cities. It is the birthplace of the oldest religion – Hinduism. Also known as Banaras or Kashi, this city is located on the banks of the river Ganges in the Uttar Pradesh state of North India and dates back to the 11th century B.C. This city draws Hindu pilgrims and tourists from all across the world. These pilgrims bathe in the river Ganges and also perform funeral rites. There are some 2,000 temples, including Kashi Vishwanath, the Golden Temple, dedicated to the Hindu god Shiva along the city's winding streets.

Author Mark Twain wrote, "Varanasi is older than history, older than tradition, older even than legend, and looks twice as old as all of them put together."

8. Shani Shingnapur is home to nearly 4,000 people and all the houses in this village do not have doors or locks. You'll just find the door frame. This is because of the villager's immense and undying faith in the Hindu deity, Shani Dev (Lord of the planet Saturn). During the known history of this place, no crimes have been reported. 



**Happy 76th  
Independence Day**





## Invitation to Janmashtami Cultural Program

Hindu Satsang's annual Janmashtami Cultural Program will be held on Sunday, August 28th. Fill out the following form if you or someone in your family would like to participate in the Janmashtami program:

[Click Here to submit  
Janmashtami Program  
Participation Form](#)

Our Hindu Satsang adults and kids will amaze you with their incredible talents. There will be songs, dances, musical instruments, skits, and so much more. This is an extravaganza you don't want to miss - mark your calendar now!

### Janmashtami Cultural Program

**Date:** Sunday, August 28, 2022

**Time:** 10 am-12:30 pm, followed by lunch

**Venue:** Rathi Auditorium, Lemont Hindu Temple

This program is free to attend and participate in. Scrumptious lunch is sponsored by Smt. Kiran ji on the occasion of her husband's 80th birthday.

If you have any questions about the Janmashtami Cultural Program, please contact our special events coordinators: **Smt. Renu Garg** email: [renu\\_garg@hotmail.com](mailto:renu_garg@hotmail.com) / (630) 329-6160) or **Sh. Vinod Gandhi** email: [vgandhi1@yahoo.com](mailto:vgandhi1@yahoo.com) / (847) 800-3573.



## Happy Janmashtami



## Congratulations to Dr. Subhash Pandey



The community excellence award was presented to Dr. Subhash Pandey during India's 76th Independence Day celebrations at a gala event organized by the Federation of Indian Associations Chicago on August 12th, 2022. This award is given in recognition of the outstanding work that has made a positive impact in the community.



Dr. Subhash Pandey and Smt. Kanchan Pandey



## बूझो तो जाने

Riddle - answer at  
the end of the poem

- उमा नाथ



करते निस दिन मेरा सेवन, हर घराने, जाने माने  
नहीं, मैं एक पहेली, फिर भी बूझो तो जाने

एक से दूसरे तक, इधर उधर मंडराती  
सबका काम तमाम कर, शान से इठलाती  
कभी इसे फुसलाती, कभी उसे फुसलाती  
अपना काम सफल देख, खुशी से चहकाती  
पहले तो सहारा दे, सबको ऊंचा उठाती  
अवसर पाकर कुचलने में भी, नहीं शरमाती  
काला मन संकल्प मेरा, बोलूँ मीठी बानी  
चापलूसी और मैं, दो बहनें, हम जन्म जाती,  
बदनाम सही, समय बे - समय, काम खूब आती  
क्या आगे बढ़ कुछ और समझाने ?  
नहीं ! अच्छा, बूझो तो जाने !

सदियों से धरती निवासी, मैं दिवानी  
इतिहास पन्नों पर मेरी निशानी  
मेरी चलन वही पुरानी  
आज, कल, परसों की हो, चाहे कहानी  
एक ने नहीं मानी, या सबने की मनमानी  
हिम्मत नहीं पड़ीं सच सुनानी,  
पीठ पीछे कही अपनी जुबानी  
बस फिर क्या था  
दो ने की काना-फूसी तीजी कुछ समझी, चौथी रूठी  
हर चीज़ उलटी-पुल्टी, किसकी कमीज, किसकी लँगोटी  
यूँ जीवन बसर करती, फूली नहीं समाती  
छोटा मुँह बड़ी बात नहीं, प्रकृति की हूँ एक शक्ति  
भूल से चली थी बतलाने  
हाँ, याद आया, आप बूझो तो जाने |

थोड़ा सा संकेत हूँ देती,  
होशयारी से जो आगे बढ़ती  
झूठे सच्चों का तमाशा बनवाती,  
चतुराई निन्दा से पिटवाती  
क्या क्या खेल रचाती, उलझा कर,  
सफाई से निकल जाती |

परस्पर लगाये इल्जाम में, हर किसी को फंसाती

एक का मुँह दूसरे का तमाचा,  
मेरा चंचल रूप कुछ ऐसा  
दोष मेरे पर नहीं जाता, उस पर, जो मुझे अपनाता  
छोड़ो हुमै क्या पड़ी, हाँ ! आप चले थे हमें बताने,  
कौन हैं हम ? भला बूझो तो जाने !

प्रस्तुत है एक उदाहरण,  
कई बन्धु मिलकर करें विचारण  
क्यों ना सत्संग करार्ये,  
हम जीवन में पुण्य कमाये,  
नेक काम, हाँ मैं सबकी हाँ मिली,  
एक दिन प्रभु ज्योति जली  
विधिनुसार रीत हुई पूरी, भोग बिना हर पूजा अधूरी  
स्वादिष्ट पकवान की थी तैयारी,  
इसके पूर्व कि आई भोजन की बारी  
दो तीन की आँख मिली,  
शिष्टाचार स्वरूप नमस्ते भी हुई  
फिर क्या था, चौथे, पाँचवे की चर्चा दिल खोल के हुई  
भई वाह, वातावरण में क्या चहक महक सी आई  
घर कपड़ा रूप श्रृंगार, सवभाव, व्यवहार  
हर विषय पर चर्चा हुई  
राजनीति अनुशासन, किसी ने कुछ छोड़ा नहीं भाई  
एक लहर सी चली, कौन सोचे, कौन समझे  
पूजा की थाली,  
मन की उगाली,  
मिश्रण से जो हुई अनुभूति  
जजमान की वाह - वाह में घर पहुँचे,  
मेरे भोग से लुप्त तृप्ति  
एक सभा समाज नहीं,  
चहुँ दिशी संसार में हवा विषैली  
जन्म मरण से पीड़ित,  
आचम्भित करें मुझे यह मानव प्रणाली  
बाकी तुम जानो, तुम्हारा ईमान  
मिला तुम्हें, स्वतंत्र इच्छा वरदान  
लम्बे हाथ मेरे, कहाँ तक पहुँचे कौन जाने  
जाने या अनजाने, जरा बूझो तो जाने  
अब भी पहचाने या नहीं पहचाने !  
यदि हाँ, बूझो तो जाने ||

( उत्तर - चुगली )

# Hindu Satsang's Janmashtami program

10 AM CST on Sunday, 28th, August 2022 at Rathi Auditorium



Everyone is cordially invited

## Hindu Satsang's Janmashtami cultural program

**Location:** Rathi Auditorium at HTGC Temple, Lemont, IL).

**Time:** 10 am to 12:30 pm followed by lunch (Because of the cultural program, there will be no Satsang Sabha in the month of August)



**Don't have cash or a checkbook with you? No problem!**

Donations to Hindu Satsang can now easily and securely be made through Zelle. You may send your donation amount to the following phone number:

**630-207-1369**

Donations of \$11 and above will be published in the next newsletter's aarti collection. In order to sustain, Hindu Satsang (non-profit organization) relies on donations from benevolent individuals like you. Your donation will be greatly appreciated, no matter what amount you donate. If you have questions, please contact our Finance Coordinator: Smt. Jyotsna Salgia - jsalgia@yahoo.com

**Aarti**



**Donations**

I would like to thank everyone for your generous donations.

|                                   |              |
|-----------------------------------|--------------|
| Picnic collection                 | \$465        |
| Aarti cash                        | \$84         |
| <b>Total (July Picnic)</b>        | <b>\$549</b> |
| July Aarti Collections            |              |
| Sh. Jug Uppal                     | \$101        |
| Smt. Renu Jain                    | \$101        |
| Sh. Yesh & Smt. Sneha Chaudhary   | \$101        |
| Sh. Manas & Smt. Kavita Athanikar | \$101        |
| Sh. Rakesh Garg                   | \$11         |
| Cash                              | \$130        |
| <b>Total (July Sabha)</b>         | <b>\$545</b> |



**Maa Annapurna devi**

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



**Kiran ji is sponsoring this month's prasad/lunch on the special occasion of her husband, Sh. Dharam Punwani ji's 80th birthday.**