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Brief Updates - Priya Viswanathan

Pranaam!! Greetings to all Satsangis.

Here is an update from HS General Coordinator Mr. Hersh Sabharwal:

"We were invited by the Consulate General of India in Chicago to represent Hindu Satsang Sunday School for an interactive luncheon session on December 7th, 2019. I was accompanied by Education Coordinator Divya Grover, who also attended this event. It was a great opportunity to provide awareness to other organizations about our Sunday School curriculum and network with other organizations to collaborate in the future."

Shri. Ramesh Malhan added - *"Hindu Satsang was one of the three Hindi teaching schools recognized besides Bal Vihar and Gurukul. This really is a great achievement. Thanks to Prerna Acharya Ji, Om Dhingra Ji and most of all, the students, teachers, organizers and Hindu Satsang."*



Wish you all a **Very Happy New Year, Lohri** (January 14), **Makar Sankranti / Pongal** (January 15), **Subhas Chandra Bose Jayanti** (January 23), **Republic Day** (January 26), **Swami Vivekananda Jayanti** (January 27), **Mahatma Gandhi Punyatithi / Shaheed Diwas** (January 30).

Hoping to see you all on Sunday, December 22 at 10 am at our monthly congregation.

Namaste! 🌸



Warm Birthday Wishes to all our Satsangis born in the month of December

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

Never laugh at your spouse's choice, you are one of them.



To many more years of laughing at each other's jokes and keeping each other young at heart!

QUIZ - Some Unique Temples of India

- Which temple in India offers noodles as prasad for the Kali idol?
- What is so unique about Karni Mata Temple in Bikaner, Rajasthan?
- Where is the temple dedicated to Bheem's wife located?
- Where is Duryodhan Temple in Kerala located?

Answers: **[1]** Chinese Kali Mata Temple in Tangra (Kolkata) is called so because it is worshipped by Chinese migrants. Tangra is referred as Chinatown in Kolkata. The inhabitants of this town have migrated from China who have lived here for a generations. In this temple, people offer noodles as prasad for the Kali idol. This unique temple in Tangra is popular among the locals and all the Chinese there are the devotees of Kali Mata.

[2] There are approximately 20,000 rats in the Karni Mata temple and many devotees come here to seek their blessings. In this temple, the rats are protected. Shoes are not allowed in the temple, and it's considered very auspicious for a rat to run over your feet, or for a visitor to glimpse a white rat, of which there are only four or five out of the 20,000. In spite of devotees consuming rats' leftovers, miraculously, there are no recorded cases of humans contracting a disease from the temple rats.

Karni Mata promised that the members of the Charan caste would be reincarnated as rats in her temple. When they die as rats, they are once more reincarnated as members of the Depavats family, as Karni Mata's descendants are known.

[3] The Indian epic Mahabharata narrates that the Pandavas stayed in Himachal during their exile. In Manali, the strongest person there, named Hidimb (brother of Hidimba), attacked Pandavas. In the fight Bheem, strongest amongst the Pandavas, killed Hidimb. Bheema and Hidimb's sister, Hidimbi, then got married and had a son, Ghatotkacha, (who later proved to be a great warrior in



RICHA & ANU AGNIHOTRI, SEEMA & NEERAJ GUPTA, NEHA & NARESH KHETRAPAL, GARIMA & VIPIN MALHAN, KUSUM & NARESH NOHRIA, SHELLY & DINKAR TIWARI, SRESHTHA & RAVI SAINI, JYOTSNA & SURENDRA SALGIA, KIRAN & SUBHASH SHARMA, VIMAL & SUBHASH SHARMA, ALKA & NAVIN TYLE, MADHU & JUQ UPPAL, UMA & GHANSHYAM AGARWAL, RITU UPADHYAY & VINAY CHAWLA, OM AND KANAN DHINGRA.

HAPPY ANNIVERSARY TO SATSANGIS WITH THEIR MARRIAGE ANNIVERSARY FALLING IN THE MONTH OF DECEMBER.

the war against Kauravas). When Bheem and his brothers returned from exile, Hidimbi did not accompany him, but stayed back and did tapasya (a combination of meditation, prayer, and penance) so as to eventually attain the status of a goddess. The cave where she did the tapasya was converted into Hidimba Devi Temple, is located in Manali, a hill station in the State of Himachal Pradesh. During Navaratri all Hindus across the nation worship goddess Durga, but people in Manali worship Hidimba Devi.

[4] Duryodhan of the epic Mahabharata is generally considered as a villain. Peruviruthy Malanada Temple in Kollam, Kerala is dedicated to Duryodhan. The legend says, once Duryodhan searching for 'Pandavas' in exile reached Malanada hill and happy with the treatment he got from the King and the people, Duryodhan gave 100 acres of agricultural land as a charity. Interestingly, even today, the land tax of this property is levied in the name of 'Duryodhan'. Believe it or not, there are many other 'Duryodhan' temples in India. 🌸

Ayurveda - Part 5. By: Rajeev Jain

How Vata, Pitta and Kapha affect our life!

The Three States of Tridoshas

We have a dominant state Vata, Pitta or Kapha which is acquired at the time of birth. This determines our physical, mental and biological constitution and never changes. When the Tridoshas are in a state of balance, we are in a state of equilibrium and enjoy good health. However, any of the three Doshas can get imbalanced – i.e. get into a state of (a) Aggravation; or (b) Diminution.

In a state of aggravation, Doshas have increased functions in the body where as in a state of diminution, there is a slowing of the function. Aggravation and diminution cause diseases. To cure a disease, the aggravated Doshas are eliminated by various methods including Panchakarma Therapy and diminished Doshas are replenished through diet. The body has a natural tendency to maintain the state of equilibrium.

The Position and Organs dominated by Tridoshas

The Doshas pervade our entire body. However, there are some specific areas and organs or body systems they dominate (which is different from the way they are perceived by modern medicine).

Kapha Dosha: Generally speaking, the upper area (above the heart) is dominated by Kapha. The chest (most important Kapha organ), throat, head, bony joints, stomach, small intestine, plasma, muscle, tissue, fat, bone marrow, sperm & ovum, the organ of smell (nose) and the organ of taste (tongue) are Kapha dominated.

Pitta Dosha: The area between the heart and the umbilicus is dominated by Pitta. The area around the umbilicus (most important area of Pitta), stomach, small intestine, sweat, blood, the organ of vision (eye) and the organ of touch (skin) are dominated by Pitta.

Vata Dosha: Finally, the lower part of the body (below the umbilicus) is dominated by the Vata. Large intestine, waist, thigh, bone, the organ of hearing (ear) and the organ of touch (skin) are the seats of the Vata, the most important being large intestine.

The distinctions are not quite as clean as one would like. For example, the digestive system has elements of all three Doshas – the esophagus and stomach are dominated by Kapha, the small intestine is dominated

by Pitta and the large intestine is dominated by Vata! To put this in context, if one has a problem swallowing food due to lack of saliva, it is a Kapha problem, if the issue relates to heart burn, it becomes a Pitta problem and if the problem is constipation, then it is a Vata imbalance!

The Normal Functions of Tridoshas

In addition to the organs, various functions of the body are also characteristic of the three Doshas.

Kapha Functions: Stability in the body, unctuousness, strength of muscles and joints, heaviness, good immunity, patience, forgiveness, no greediness are properties of a Kapha dosha in equilibrium.

Pitta Functions: The sign of a balanced Pitta state are good digestion, heat production in the body, vision, hunger, thirst, shine of the body, intelligence, softness of the body, and cheerfulness.

Vata Functions: Normal functions of Vata include enthusiasms, expiration, inspiration, movements, excretion of different excreta from the body and balanced regulation and transportation of bodily elements.

Hence, a person who frequently gets angry has a Pitta aggravation and likely to develop Pitta diseases, while a person constantly wanting to be on the move has a Vata aggravation and likely to develop Vata diseases.

Natural Aggravation of Doshas

Age - Kapha is dominant during childhood, Pitta during middle age and Vata aggravates naturally during the old age.

Day and Night - Kapha is dominant in the morning, Pitta in the noontime and Vata is aggravated in the afternoon. And the cycle continues through the night.

Seasons - Similarly, different seasons have a natural tendency to aggravate different Doshas.

Once we understand the natural cycle of life and how Vata, Pitta and Kapha dominate it – we can incorporate this knowledge to counter its ill effects. For example, the older age is dominated by Vata which is characterized by dryness and lack of lubrication in the body. As a result, it would greatly help if we could increase lubrication of the body through internal intake and external application to slow down its affect and lead a healthier life! 🙏

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**Agenda for Sunday, December 22nd
Congregation:**

Convener: Shammi Wahi

10:00 am: Prayer and Bhajans by Satsangis

10:30 am: Guest Singer: Mrs. Shashi Tandon

11:15 am: Guest Speaker: Mrs. Madhu Uppal

11:55 am: Announcements and Aarti

12:00 pm: Lunch (Preeti Bhojan): Sponsored by:
Mr. Om & Mrs. Kanan Dhingra.

Our Guest Speaker: Mrs. Madhu Uppal

Topic: Ancient Hindu Temples Near and Far From

India: Hindu temples across India are not just architectural gems but pronouncements of the glittering evidence of the reverence for Hindu Dharma. But far from its home in India, there are glorious Hindu temples that tell the story of the time when followers of Hindu Dharma were powerful presence in those lands. Mrs. Madhu Uppal will talk about some of the more important such temples and what is the current state of these cultural treasures in often hostile political environments.

Mrs. Madhu Uppal is a founding member of the Hindu Satsang. She is a retired educator who has served as the President of the Naperville Library Board of Trustees and Secretary of Apna Ghar. She currently serves on the board of Mandi Theater, Arya Samaj of Chicagoland, United Punjabis of America, Sanjeevani and Club of Indian Women.

Our Guest Singer: Mrs. Shashi Tandon
Mrs. Tandon has been serving the Indian community of Chicagoland for the last 30 years, performing all Vedic ceremonies in temples, peoples' homes and other religious organizations. Shashi ji has been awarded by several organizations for her devoted service as a female Hindu Priest. Everyone loves her for her extensive knowledge of Vedas, her devotional chantings and her love for humanity.

*We wish our ardent readers a
Very Happy and Prosperous New Year!!*