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Alyssa Shroff
Aadi Pandit

नवंबर २०२१ November 2021

हिन्दू सत्संग समाचार

Hindu Satsang Samachar



www.HinduSatsang.org

www.facebook.com/HinduSatsangUSA

Hindu Satsang Updates

By Shivam Viswanathan

Sadar pranaam to all Satsangis!
Hindu Satsang participated in Sewa Diwali Food Drive, which was a joint initiative of dharmic organizations, temples, and individuals. Hindu Satsang, under the guidance of **Nand Prakash ji**, collected almost 300 pounds of food for donation. More details are on page 7 of this newsletter.

Last month, our congregation's guest singer was **Sh. Acharya Narendra**. Our guest speaker **Sh. Yash Chaudhary** had a working session on chakra meditation. Our last month's congregation is summarized on page 5 of this newsletter.

I hope all of you had a wonderful Diwali. Travel and gatherings are expected this week for Thanksgiving. Covid infection rates remain high in some areas. Observe all recommended precautions and stay safe. We are not out of the woods yet.

This month's congregation will feature guest singer **Sh. Girish Bhatt**, and our guest speaker, **Smt. Manju Kalra** will talk about an interesting character from Mahabharata. As much as we know about Guru Dronacharya's son Ashvatthama, we always wish we knew more. Here is your opportunity, join us on Nov. 28th during our monthly congregation and listen to our ever enthusiastic Hindu Satsang member Smt. Manju Kalra.

Following are some of the main festivals/events coming up in the next month, our best wishes to everyone (dates may vary based on the location/calendar): **Gita Jayanti** this year falls on Tuesday, December 14. Gita Jayanti day symbolizes the birth of Srimad Bhagavad-Gita, the sacred text of the Hindus.

Looking forward to seeing everyone on Sunday, November 28th over Zoom for our monthly congregation. Take care, stay safe.

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नमस्ते



Happy Birth Month to our Satsangis born in November



Abha Beri	Adarsh Gupta	Ajay Wasan	Alka Sood	Atul Trivedi
Bikash Khanna	Brum Pal	Jaya Agnihotri	Jaya Punwani	Maitreye Dhutia
Meena Dhutia	Meera Dhutia	Meghana Sharma	Neelam Goyal	Neha Goyal
Neha Khanna	Neil Gupta	Niam Jain	Niyam Upadhyay	Priya Viswanathan
Rajan Kapoor	Rajan Prabhu	Reema Rawal	Ritu Nohria	Sateesh Bhagwat
Shaunak Pal	Shaunak Raheja	Sonia Uppal	Tripta Pal	Vikas Beri
Zara Jain	** जन्मदिन की हार्दिक शुभकामनाएं! **			

Happy Anniversary Month

Bhavna & Akshay Prajapati	Dipti & Tarun Kumar	Ekta & Amit Punwani	Jyoti & Anil Dhutia	
Madhu & Dharam Bahl	Manjula & Jagdish Madhav	Nina & Binish Choksi	Pankaj & Alka Gupta	
Renu & Vishwanath Agarwal	Sonia & Anil Gunya	Sonia & Sanjeev Dhawan	Vakas & Divya Pandey	
				Hitender & Mansi Sabharwal

Laughter is the best gift!

Birthdays & Anniversaries are a special time filled with love and laughter, remembering great times, and it's important that we celebrate them. Celebrate it with our gift of laughter with this funny anniversary joke:



I asked my wife if she'd like a new Diamond Ring to celebrate our anniversary. "Nothing would make me happier!" She replied. So I got her *nothing*.



Hindu Satsang's

Website address:
HinduSatsang.org

Hindu Satsang's
Facebook page:
facebook.com/HinduSatsangUSA

We have more than 100 followers, please **Like & Follow** for the latest updates.

Prostate Enlargement (BPH) An Ayurvedic Perspective



BY SH. RAJEEV JAIN

Last month, one of our members reached out and requested to know what Ayurveda had to say about Benign prostatic hyperplasia (BPH), more commonly known as enlargement of the prostate. Further, as about half of all men between ages 51 and 60 have BPH and 90% of men over age 80 have BPH, it seemed like a good idea to share this information with our group.

In men, the prostate goes through two main periods of growth – firstly in early puberty, and then in midlife (starts between the age of 25 and 40), and continues to grow as we age. We call this prostate enlargement “BPH” when the enlargement begins to cause health problems. As per American Urological Association (AUA), BPH is benign - it is not cancerous. Still, BPH and cancer can happen at the same time.

As the prostate gland enlarges, it can squeeze the urethra. The bladder wall becomes thicker. Over time the urinary bladder may weaken and we lose the ability to empty it fully. This causes many of the lower urinary tract problems.

What causes BPH?

Despite the fact it is so common, it is not clear what leads to BPH. It may likely have to do with the changes in hormones associated with age. Too much body fat, may increase hormone levels and other factors in the blood, and stimulate the growth of prostate cells.

The following conditions can also lead to symptoms similar to those of an enlarged prostate – urinary tract infection (UTI); inflammation of the prostate (prostatitis); narrowing of the urethra (urethral stricture); scarring in the bladder neck from surgery; kidney stones; diminished nerve control of the bladder; and prostate cancer.

Research has not identified a guaranteed way to prevent BPH. However, eating a well-balanced diet, rich in fruits and vegetables, controlling weight, and staying active certainly seems to lower the possibility.

Health problems caused by BPH

In most men, BPH can adversely affect your health (if not controlled) as it gets worse with age. It can lead to bladder damage and infection, as well as kidney damage. If you observe any changes in your urinary function, see your doctor.

Ayurvedic Perspective:

In Ayurveda, all three Doshas (Vata, Pitta and Kapha) play a role in enlargement of the prostate gland. Aggravated Vata Dosha is always present in prostate hypertrophy because prostate gland is located in Vata area and occurs in old age, which is a Vata dominant period of life. Therefore, any treatment should focus on pacifying Vata.

Secondly, mass growth means increased Kapha, so the treatment should also reduce Kapha. Finally, the Pitta in the body should also be controlled because high Pitta would render the treatment ineffective.

< Article continued on the next page >>>

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Ayurvedic Approach:

Let us address the problem from three perspectives – diet, lifestyle and formulations.



(1) Diet:

The good news is that a diet rich in certain vitamins and minerals can keep your prostate healthy and lower your risk for BPH. Therefore, nutritious food choices is a great way to lower both your weight and your BPH risk. While there's no magic bullet, research suggests that eating the following should lessen BPH symptoms:

- a low-fat diet
- a large variety of vegetables each day
- a few servings of fruit daily, including citrus fruits

Further, one should limit caffeine and alcohol intake as they may stimulate the urge to urinate. Some studies found an increased risk of BPH in men who ate more red meat. On the other hand, other studies found a decreased risk of BPH with a high protein intake, such as from fish.

According to the American Cancer Society, prostate cancer is the most common cancer among males, affecting 1 in 8 males in the United States. If prostate cancer is a potential concern, you can reduce the risk by adding foods like – tomatoes, broccoli, legumes and soybeans, pumpkin seeds, fish, green tea and pomegranate juice – to your diet.

(2) Exercise/Lifestyle:

Kegel and yogic exercises are low-impact ways to stimulate and strengthen the pelvic floor muscles, and reduce symptoms from an enlarged prostate.



It will also lead to improved bladder and bowel control. Some specific yoga asanas good for BPH include –Virasana, Baddha Konasana, Janusirsasana, Supta Padangusthasana, Dhanurasana, and Viparita Karani - if you feel comfortable, you may hold each pose for up to five minutes at a time. All asanas should be modified based on an individual's age and capability.

In addition, certain breathing exercises (pranayams) are particularly helpful to strengthen your pelvic area – Full Yogic Breathing (deep and slow breathing) and Kapalbhathi – practice each of them daily for 5 minutes each. Also, practice Moola Bandha as it massages the entire pelvic region including the urinary, excretory and genital organs and is extremely effective.

(3) Herbal formulations:

There are several ayurvedic medicines that are helpful in reducing the BPH symptoms and the enlarged prostate significantly. These include Varun, Punarnava, Chandraprabha Vati, Gokshura, Ashwagandha, and Varanadi Kashayam. However, these should be taken under direction from an Ayurvedic Vaidya as the selection will depend on the extent of Pitta imbalance, your constitution, and other health factors.



You can further supplement your treatment with Naturopathy therapy, as it is effective in stimulating the abdomen area – increasing the blood flow to the pelvic area.

Wishing everyone good health and a Happy Thanksgiving.





RECAP

A brief recap of the Hindu Satsang Congregation held on October 24, 2021

By: Shivam Viswanathan

On October 24th, the Hindu Satsang congregation program started with Vedic pooja by Sh. Ramesh Malhan and Satsangies. This was followed by divine and soulful bhajans by the members of our Hindu Satsang group:

- Sh. Subhash & Smt. Kiran Sharma - ॐ जपो हरी ॐ जपो (Om Japo, Hari Om Japo)
- Rashmi ji and his brother Dhanraj ji - दरशन दो घनश्याम नाथ मोरी अंखियाँ प्यासी रे (darashan do ghanashyaam naath morii akhiyaan pyaasii re)
- Smt. Kanchan Pandey - आई सिंह पे सवार मैया ओढ़े चुनरी (Aayi Sinh Pe Savar Maiya Odhe chunari)
- Sh. Yash and Smt. Sneha - माता तू दया करके कर्मों से छुड़ा देना (Mata Tu Daya Karke, Karmon Se Chuda De Na)
- Sh. Daljit Sabharwal - चलो बुलवा आया हैं माता ने बुलाया है (chalo bulava aaya hai, Mata ne bulaya hai)

Our guest singer was Acharya Narendra ji.

He began with the Gayatri mantra and sang some divine Soul Stirring Bhajans:

- Ram Sumir Ke Rahem Kare
- Mang Bande Mang Uss bhagwan Se Kya Milega Maang Kar
- and a Punjabi bhajan - Das devi ma tanu ki wee manavan

Our guest speaker was Sh. Yash Chaudhary. He walked us through the meditation session.

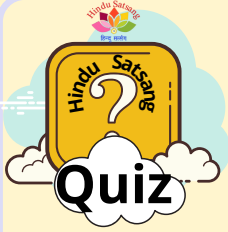
As he rightly said, bhajan is speaking to God and meditation is listening to God. This meditation session was focused on chakras. If you are interested, Yash Ji teaches yoga live at Hari Om Mandir, Life Fitness, Health Track Health clubs, and on zoom on a regular basis.



Acharya Narendra ji.



Smt. and Sh. Yash Chaudhary



The Bhagavad Gita Quiz



The 14th of December is Gita Jayanti. You can test your knowledge of the Bhagavad Gita by answering these seven questions:

1. What is the Bhagavad Gita? Is it...

- A. A Sanskrit poem which means "The Song of the Lord"?
- B. The holy book of Hindus?
- C. A small part of Mahabharata?
- D. A conversation between Krishna and Arjuna?
- E. A book of wisdom about how to live a good, righteous, and happy life?
- F. All of the above?

Answer: Did you pick- F. All of the above? Congratulations! That's the right answer!

2. What is the Mahabharata? Is it:

- A. The world's longest epic poem, written about 2,500 years ago?
- B. One of India's two great Sanskrit epics (the other being the Ramayana)?
- C. The story of a Great War between two sets of cousins, the five Pandavas (the good guys) and the hundred Kauravas (the not-so-good guys)?
- D. A set of stories within stories, very intricately interwoven?
- E. The inspiration for innumerable books, super hit television series, and countless movies, plays, and folk songs in every Indian language (and many foreign ones)?
- F. All of the above?

Answer: If you picked Option F, you're absolutely right.

3. The Mahabharata, which the Bhagavad Gita is part of, is made up of 18 Parvas, or books, each of which is further divided into chapters. How many chapters does the Gita have?

- a. 3
- b. 15
- c. 18
- d. 223

Answer: c. The Bhagavad Gita has the same number of chapters as the Mahabharata has Parvas – 18.

4. Just like the rest of the Mahabharata, the Gita is written entirely in two-line verses, or couplets, called 'shlokas'. In all, the Mahabharata has more than 100,000 shlokas. How many of these make up the Gita?

- a. 22,300.
- b. 700.
- c. 43,455.
- d. 1,278

Answer: b. It has – surprise, surprise! – just 700 shlokas, less than 1% of all the shlokas in the mother epic Mahabharata!

5. Which Parva of the Mahabharata is the Gita a part of?

- a. The 6th
- b. The 16th
- c. The 1st.
- d. The 18th

Answer: It is part of the 6th Parva – yes, it makes an appearance quite early on in the epic.

6. Arjun's chariot was called 'Nandi Ghosh' (नन्दिघोष). Who donated the chariot to Arjuna?

- a. The fire-god
- b. The sun-god
- c. Indra
- d. Lord Shiva

Answer: a. It was donated by Agni (the fire god) to Arjuna.

7. Arjuna's flag on the chariot was called 'Kapi dhvaja'. Who's figure did his flag have on it.

- a) Fire-god
- b) Hanuman ji
- c) Goddess of fortune
- d) Sword

Answer: b. Kapi dhvaja had a figure of Hanuman ji ("Kapish" is another name for Hanuman ji).





Sewa Diwali Food Drive

Hindu Satsang under the guidance of Nand Prakash ji, collected almost 300 pounds of food for donation.


This year was the first time we participated in the Sewa Diwali food drive. A couple of weeks back, the City of Aurora recognized all the organizations participating in it. Our Satsang was also among them.

The Mayor of Naperville gave a similar recognition at City Hall on 16th November. To be visible and to make a positive impact on society is really crucial for our community.

Thanks to all who contributed.



श्रद्धांजलि
Message of condolence from
Sh. Om and Smt. Kanan ji on behalf
of Hindu Satsang family:



Late Sh. Harish Mehta

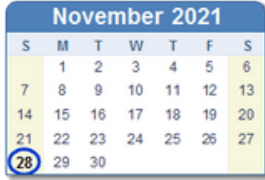
"Harish Ji was a very kind, friendly, talented, and great social worker. He always helped other people. He touched the lives of many members of the Mehta family, Gandhi family, and many many friends. He will be very dearly missed. We join together in thanking the Great Lord for opening the golden gates of Heaven for our dear Harish Ji and blessing peace to the departed soul. Dear Rashmi Ji, Vinod Ji, entire Mehta family, Gandhi Parivar and friends, kindly accept our heartfelt deepest condolences."



Hindu Satsang Sunday Congregation

10 AM CST on Sunday, 28th, November 2021

4th Sunday
10 AM CST



November 2021						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Sunday, Nov 28th 2021

Join us online

Time: 10 am CST on Nov. 28th.
(Sunday)

Mark your calendar

[Click Here to join Zoom](#)

[or use the following zoom link:](#)

[https://us02web.zoom.us/j/87013160986?
pwd=b0JYRDhUExJQksveVErUVVGcDdQZz09](https://us02web.zoom.us/j/87013160986?pwd=b0JYRDhUExJQksveVErUVVGcDdQZz09)

Everyone is
cordially
invited

Congregation Agenda:

Convener: **Sh. Kamal Gupta**

10:00 am: **Vedic Pooja**

10:10 am: **Bhajans by Satsangis**

10:30 am: **Guest Singer:**

Sh. Girish Bhatt

11:00 am: **Guest Speaker:**

Smt. Manju Kalra

Topic: Ashvatthama

11:45 am: **Announcements followed
by Aarti**



Hindu Satsang is delighted to welcome back our guest singer **Sh. Girish Bhatt** on popular demand by its members. Girish ji has been singing bhajans since his childhood. He is a very devoted and dedicated community member and has been involved in the weekly spiritual activity of the International Society for spiritual advancement (ISSA). He is well known for his melodious voice and is highly respected in the community. Girish ji lives in Chicago with his family. He participated in the Hindu Satsang Sunder Kand Paath with other ISSA devotees, which we hold in the month of January of every year.

This month, our guest speaker is, **Smt. Manju Kalra.**

Smt. Manju Kalra is an active member of Hindu Satsang, she has been a part of the executive committee in the past. She is a retired teacher from India with 35 years of teaching experience. She will speak about "Ashvatthama", the son of Guru

Dronacharya and the grandson of sage Bharadwaja. A maharathi, Chiranjivi and a unique character of our great epic, Mahabharata.

