



## Board Members

### Gen. Coordinator

Shivam Viswanathan  
(312) 399-3860



### Past Gen. Coord.

Kamal Gupta  
(847) 612-4244

### Publication

Anita Singhal  
(765) 319-9710



### Property

Subhash Sharma  
(815) 751-6624



### Prasad

Kanan Dhingra  
(630) 803-2040



### Liaison

Daljit Sabharwal  
(630) 922-3024  
Gitesh Shah  
(630) 299-9615



### Education

Shubh Malhan  
(630)550-1386  
Anant Vyas  
(630) 890-7576  
Jug Uppal  
(630) 276-6986



### Finance

Jyotsna Salgia  
(630) 207-1369



### Special Events

Vinod Gandhi  
(847) 800-3573  
Renu Garg  
(630) 329-6160



### Website Coord.

Shivam Viswanathan  
(312) 399-3860



### Youth Coords.

Shriya Tiwari  
Ansh Sethi



## Hindu Satsang Updates

By Shivam Viswanathan

Pranaam to all Satsangis!

Our annual **Ramlila** program was held on October 8th. There were wonderful performances by both children and adult participants. Thanks to everyone who participated, as well as the volunteers and event planners who made it such a huge success. Every year, Sh. Nand Parkash Garg and Smt. Ruchi Gupta dedicate a lot of time and effort to organizing this event. Hindu Satsang has hosted Ramlilas continuously without a break for 23 years, even during pandemic. As part of the event, we also held our annual **Ramayana Quiz** for children under the age of 18. We will publish the winners in our next newsletter.

**Sewa Diwali Food Drive**, which is an initiative of dharmic organizations like Hindu Satsang, is collecting non-perishable food for local food pantries. You may bring your donations to the Hindu Satsang Sabha on 23rd October.

Following are some of the main festivals/events coming up in the next few weeks, our best wishes to everyone: 5 days of Diwali starting with **Dhanteras** on Saturday October 22; **Narak Chaturdashi** on Sunday October 23; **Diwali** on Monday, October 24; **Govardhan Puja** on Tuesday, October 25; **Bhai Dooj** on Wednesday, October 26.

In case you are interested in sponsoring prasada for a future Satsang Sabha, please contact Smt. Kanan Dhingra at (630) 803-2040.

Studies have shown that people who meet their friends frequently and engage in social activities, lead healthier lives. Looking forward to seeing everyone in person on Sunday, October 23rd for our Satsang Sabha. Be sure not to miss this event by setting a reminder alarm on your phone now.

### Page 2:

Birthdays  
& Anniversaries

### Page 3 & 4: Ayurveda

Page 5: Recap of our  
September's Satsang  
Sabha

### Page 6: Quiz

Page 7: Answers to  
Quiz and Poem

### Page 8: श्रद्धांजलि संदेश

Page 9: Guest Singer  
and speaker

Page 10: Sabha Program  
Details





## 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 Edwads	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	आपके जन्मदिन पर हार्दिक शुभकामनाएं!!				

## Happy Anniversary शादी की सालगिरह पर ढेर 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

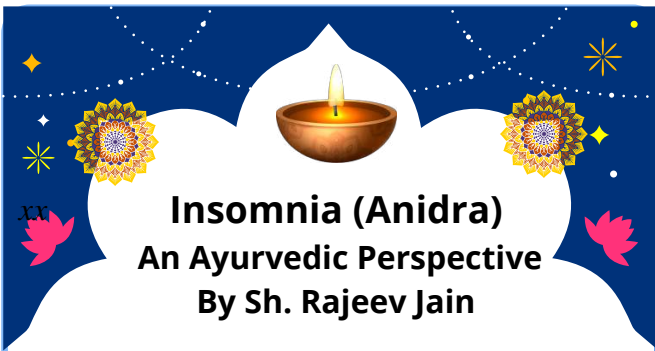


पति: तुम मास्क क्यों नहीं लगाती?

पत्नी: तुम्हे पता कैसे चलेगा की मैं मुँह फुलाकर बैठी हूँ?

Celebrate your anniversary by bringing more laughter into the lives of each other! Have a wonderful anniversary!!!





## Insomnia (Anidra) An Ayurvedic Perspective By Sh. Rajeev Jain

The minute anyone's getting anxious I say, "You must eat and you must sleep". They're the two vital elements for a healthy life. ~ Francesca Anni

As per the American Academy of Sleep Medicine, Insomnia is one of the most common sleep complaints. Over 1 in 3 adults has insomnia (lasting a few days) while 1 in 10 adults suffer from chronic insomnia. The person suffering has problems getting to sleep, staying asleep, and sleeping as long as your body demands into the morning.

Women are more likely to have insomnia than men. It is also more common among shift workers (as they don't have consistent sleep schedules), and people with low incomes, a history of depression, or who lack physical activity.

Scientific studies have shown that natural sleep plays an important role in regulating neuroendocrine, hormonal, and metabolic function. Due to the modern lifestyle, both adults and children have increased stressful activities while they are progressively getting less sleep.

### **Potential risks**

Sleep deprivation can lead to serious health complications. Studies show with prolonged periods of sleep deprivation, there is an increased risk for heart disease, stroke, diabetes, excessive weight gain (obesity), along with metabolic and endocrine disruptions. Ayurveda includes both *atisthula* (obesity) and *atikrisha* (anorexia) as potential outcomes of a sleep disorder.

### **Symptoms**

Common symptoms of insomnia can be mental or physical and can include:

- Frustration, irritability and preoccupation with lack of sleep
- Physical aches and pains, such as headaches and stomachaches
- Impaired performance at work
- Daytime drowsiness or reduced energy
- Difficulty paying attention and mood swings

### **What causes Insomnia?**

Potential causes can be related to diet, medication, physical exertion, lifestyle and mental issues. In fact, Charaka Samhita categorizes sleep disorders into seven types (based on root cause) – mental exertion, physical exertion, stress and/or trauma, *tamas*, *Vata vriddhi*, disease and natural sleep.

Specific causes include:

- Dietary choices, such as caffeine late in the day that interferes with sleep
- *Dhumrapana* (herbal smoking), use of substances like alcohol and nicotine
- Fasting
- Medications that interfere with sleep
- Medical conditions such as acid reflux, thyroid problems, stroke, or asthma
- Excessive physical exercise or work
- Travel, especially between time zones
- Stress, stressful thoughts and prolonged mental activity
- Recent upheavals in your life, such as a divorce or death of a loved one
- Fear, anxiety and anger
- Diseases, due to *Vata vitiation* (*prakriti*) or pain
- Old age (increased *Vata*)
- Hormonal changes, such as those accompanying menopause

*Anidra* means "improper sleep" in Ayurveda. It is a disorder of *Kapha kashaya* (reduced *Kapha dosha*) and *Vata vriddhi* (excessive *Vata dosha*). Therefore, any factor that decreases *Kapha* or increases *Vata* will aggravate the sleep disorder.

**Continued on the next page** 

↳ **Continued from the previous page**

### **Ayurvedic approach to treatment:**

The most tried and effective method for restoring a natural sleep cycle is to wake up during "brahma muhurta" (approximately one hour before sunrise). This will keep you on the circadian rhythm (aligned with your natural body cycle). Thereafter, the treatment varies based on an individual's physiological constitution. Below we discuss the problem from three perspectives – diet, lifestyle and herbal formulations.

#### **(1) Diet:**

The Central Council for Research in Ayurveda suggests that drinking a glass of warm milk before bed helps with sleep. Adding half a teaspoon of turmeric powder can even enhance the beneficial effect. In addition, it is important to avoid stressful conditions, heavy meals in the evening, as well as, excessive intake of stimulants such as coffee, tea, soft drinks, alcohol, and smoking.

#### **(2) Exercise/Lifestyle:**

Maintaining a regular sleep/wake up schedule is important. In addition, the following therapies are particularly beneficial for treating Insomnia:

- Pranayama: Chandra anuloma viloma, Ujjai, Bhramari and other cooling pranayamas;

Meditation: along with practicing Yama and Niyama as per Pitanjali yoga sutras.

- Asana: in particular, Suryanamaskra, Tadasana, Matsyasana, Mandkasana, Bhujangasana, Padmasana, Paschimottanasana and Shavasana are helpful.
- Yoga Nidra: practicing deep rest and relaxation technique before going to sleep.

It is advisable to sleep on comfortable bed. Finally, avoid watching TV and engaging in social media communication at least an hour before bed time. Listening to relaxing music can also be helpful.

#### **(3) Herbal formulations:**

Certain herbal supplements such as Ashwagandha, Manasmritam and Brahmi can be helpful in treating insomnia. Similarly, Panchkarma treatments such as Shirodhara can be extremely supportive. However, herbs and treatments should be taken under direction from an Ayurvedic Vaidya.

*"A good laugh and a long sleep are the best cures in a doctor's book."* - Irish Proverb

Wishing you all a relaxed and complete sleep every night. Happy Dhanteras!

### **Gratitude**

*It is not happy people who are thankful.  
It is thankful people who are happy.*

A brief recap of  
Hindu Satsang's Monthly Sabha  
held on September 25, 2022  
By Shivam Viswanathan

Several satsangis performed melodious bhajans, including Sh. Subhash Sharma, Smt. Kanchan Pandey, and Sh. Shivam Viswanathan.

It was a pleasure listening to the eloquent bhajans sung by our guest singer Sh. Anil Sharma. His renditions of the following bhajans captivated the audience:

- *Mali Chadar Odhke Kaise,*
- *Hari Ka Naam Japa Kar Bhai,*
- *Jaise Suraj Ki Garmmi Se Jalte,*
- *Aise Lagi Lagan, Meera Ho Gayee,*
- *Jag Mein Sundar Hain Do Naam*

Anil ji was accompanied by Smt. Bindu Pathak on tabla. (1st picture on right).

Our Guest speaker Sh. Rajeev Jain engaged the audience in an interactive session. He shared his personal experiences with Ayurveda. Additionally, he gave away Ayurveda books to audience members who answered most questions correctly (second image from top).

Sh. Nand Parkash Garg made some general announcements about Sunday School, Ramlila and introduced Smt. Madhu Uppal who recently announced her candidacy to serve Naperville as a councilman. See you all on October 23rd for our next Satsang Sabha.





## Diwali Quiz

By Shivam Viswanathan

Many nations and religions celebrate Diwali in a variety of ways and for a number of different reasons. How well-versed are you with Diwali? To find out for sure, take this quiz which is all about about Diwali.

1. On the day of Diwali, who killed Narakasura and when?  
A. Kalki, Kali Yuga  
B. Shiva, Satya Yuga  
C. Krishna, Dwapar Yuga  
D. Rama, Treta Yuga
2. What do Sikhs celebrate on Diwali?  
A. Narak Chaturdashi  
B. Bhaubeej  
C. Bandi Chhor Divas  
D. Baisakhi
3. Which Hindu month is Diwali observed on?  
A. Ashvin  
B. Kartik  
C. Sravana  
D. Chaitra
4. In Malaysia, the festival of Diwali is also called ...  
A. Durga Puja  
B. Kali Puja  
C. Durgashtami  
D. Hari Diwali
5. Which Indian God is worshiped alongside Goddess Lakshmi on Diwali?  
A. Lord Krishna  
B. Lord Shiva  
C. Lord Ganesha  
D. Lord Vishnu

6. Can you arrange the following five days of Diwali in the correct order of occurrence?  
**A.** Dhanteras, **B.** Narak Chaturdashi, **C.** Diwali  
**D.** Govardhan Puja **E.** Bhai Dooj.  
1. A, B, C, D, E  
2. E, B, C, D, A  
3. B, E, C, A, D  
4. D, E, C, A, B
7. Lord Mahavira is the founder of Jainism. During Diwali, what do Jains celebrate?  
A. Lord Mahavira's birth  
B. The departure of Lord Mahavira from this world  
C. Lord Mahavira's renunciation of all worldly possessions  
D. On this day Lord Mahavira reached a state called Moksha (nirvana, or eternal bliss)
8. Why is Dhanteras celebrated?  
A. Dhanteras is the birth anniversary of Lord Dhanvantari who gave the knowledge of Ayurveda, a natural system of medicine, to mankind.  
B. Marketing campaign to make people spend their money or dhan.  
C. Culmination of boat race festival in Kerala.  
D. Diwali in Srilanka is called Dhanteras
9. This country observes Kukur Tihar, also known as the "day of the dogs," on the second day of the five-day Diwali festival by worshiping dog. Name the country.  
A. Bhutan  
B. Nepal  
C. Thailand  
D. Bangladesh

**Answers on the next page**



## Answers

1. C. Lord Krishna, Dwapar Yuga
2. C. Sikhs celebrate Bandhi Chhor Divas since Guru Hargobind, the sixth Guru, was released from Gwalior prison in Madhya Pradesh on this day in 1619 CE. The day is known as Bandhi Chhor Divas (Prisoner Release Day) because 52 imprisoned princes (Bandhi) were released (Chhor) by him on this day (Divas).
3. B. Kartik
4. D. Hari Diwali - In Malaysia, Diwali is popularly called 'Hari Diwali' meaning 'Green Diwali' due to the ban on fireworks in the country. Though crackers are an integral part of the festivity, but, the brightly-lit diyas, lamps compensate for it and complete the missing piece.
5. C. Lord Ganesha
6. 1. A, B, C, D, E :  
**A.** Dhanteras, **B.** Narak Chaturdashi (Choti Diwali), **C.** Diwali  
**D.** Govardhan Puja **E.** Bhai Dooj.
7. 4. Lord Mahavira reached a state called Moksha (nirvana, or eternal bliss)
8. A. Dhanteras is the birth anniversary of Lord Dhanvantari who gave the knowledge of Ayurveda, a natural system of medicine, to mankind.
9. 2. Nepal



## मानव, श्री राम

- by Smt. Uma Nauth



त्रिदेवों में देव, श्री विष्णु जी ने, अपनी दैविक योजना व समय के अनुसार, त्रेता युग में, भारत की अयोध्या नगरी के राजा दशरथ के यहां, सुपुत्र श्री राम बन कर जन्म लिया। अपने मनुष्य जीवन के प्रत्येक सम्बन्ध को, श्री राम जी ने, समधुरता, शिष्टाचार व कर्तव्य परायणता से सुसज्जित कर पुरुषोत्तम का स्थान पाया। अपनी असीम शक्ति से भीष्म दुरशक्तियों पर विजय प्राप्त की। उच्चोक्ति के प्रजातंत्र राज्य की स्थापना कर, कई सदियों तक, इस धरती पर शान्ति मय राज का संचालन करते रहे। श्री राम जी की जीवन शैली एक असाधारण योग्यता का प्रमाण है और समस्त मानव जाति के लिये एक अनमिट उदाहरण है। हर साधारण व्यक्ति, अवगुण, मोह माया व , अपने अन्तर रावण को त्याग, एक आदर्श आचरण और मोक्ष की क्षमता रखता है। मनुष्य देही जनम दुर्लभ है। अतह : परम उद्देश्य प्राप्ति की और अग्रसर होना अति आवश्यक है। राम चरित मानस का यह अमूल्य सन्देश, पुरातन काल से ही, भारतीय सभ्यता का एक प्रतीक बन, ज्योतिर्मय दीपावली उत्सव के रूप में, हर्ष और उल्लास से, सदा हर वर्ष मनाया जाता है।



श्रद्धांजलि संदेश  
**Dr. Ghanshyam Pandey**



Dr. Ghanshyam N. Pandey, age 85, of Burr Ridge, passed away peacefully on October 15, 2022.

Dr. Ghanshyam Pandey, dear friend, well-wisher, effective leader of the Indian community and HTGC devotee.

He was a pillar of the Indian community in Chicago. In the Chicago area, he was very active in the AIA and other Indian associations.

He will be missed very dearly.

May God bless the departed soul a peaceful place in the divine golden city of heaven.

May God give strength to the family and the friends to bear this loss.  
Om Shanti Om Shanti!

श्रद्धांजलि संदेश  
**Smt. Madhu Bahl**



Dearest Punwani & Bahl family,

There are no words to express the sadness of your loss. Madhu ji meant so much to all of us - always smiling, making everyone feel so special, showering us with love through her delicious food and sweets. She was such a kind, sweet, loving, courageous, gentle and genuine person.

She left us far too early and we will always wish we had more time together. She would want us to celebrate her life and live life to the fullest. Hold on to all the wonderful memories you shared with her and keep that with you always.

Madhu ji will never be forgotten. She was a very special person who will hold a special place in our hearts. We will miss her dearly.



## This month's guest speaker and singer



### Guest Speaker: Sh. Umesh Bhatia

Our guest speaker for October, Sh. Umesh Bhatia is sponsored by the Science of Spirituality, a global, non-profit spiritual organization dedicated to transforming our lives through meditation under the guidance of Sant Rajinder Singh Ji Maharaj.

Umesh is an accomplished Franchising, and IT Entrepreneur. For 33+ years, he has successfully developed franchising and information technology businesses in the USA, the UK, India, China, Japan, and the Middle East. He is a long-time meditation practitioner and currently provides workshops and training to groups throughout North America and internationally where he connects meditation and spiritual development to important aspects of our daily lives. He lives in Aurora, IL with his wife and together they have raised two adult children.


His topic is Diwali: A Celebration of Our Inner Light

Celebrating Diwali spiritually begins with the lighting of our Inner Lamp - just like saints and mystics have narrated over the ages. By practicing SOS Meditation, we can calm the body and the mind and enjoy an inner Diwali every day. During this session, you will have the opportunity to practice meditation.

### Guest Singer: Smt. Rashmi Gandhi

commenced her musical journey at the age of six. Although she obtained her traditional vocal instruction in India, she received her Sangeet Visharad degree last year.

She served as the cultural secretary for Gujratsamaj. She was coaching mothers and children from the pathshala to sing Jain bhajans in choras at the Jain temple. In addition, she is actively involved with the North American International Ramayana Institute. Rashmi Ji has worked with Hindu Satsang for a number of years and has held a number of positions. Teaching music has been her passion for a long time. She has taught both adults and children.

She will be accompanied by Nina Choksi, the daughter of Rashmi Ji, and Neelan Choksi, her grandson. 



Everyone is welcome to Satsang Sabha  
on Sunday, October 23rd.  
Come and enjoy the food for body,  
mind and soul.

*Hindu Satsang's Monthly Sabha (4th Sunday of the month)  
10 AM CST on Sunday, 23rd, October 2022 at VSC*



Everyone is cordially invited

**Hindu Satsang Sabha**

**Venue:** VSC (Vivekananda Spiritual Center- the building to the right of the Vivekananda statue 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: Smt. Rashmi Gandhi
11:00 am	Guest Speaker: Sh. Umesh Bhatia, topic: A Celebration of Our Inner Light
11:45 am	Aarti followed by lunch (Brief appetizing walk to the HTGC kitchen, we'll have a partitioned reserved section at the back of the dining room).



**September Aarti Collections**

Thanks everyone for your generous donations.



Smt. Shubh & Sh. Ramesh Malhan	\$100
Smt. Madhu & Sh. Sunil Chopra	\$100
Cash	\$125
<b>Total</b>	<b>\$325</b>

| 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:**  
**Jyotsna Vyas. Jyotsna Salgia, Rashmi Gandhi, Chhaya Trivedi and Usha Shah.**