



## Board Members

### Gen. Coordinator

Alka Soad

(630) 667-4226



### Past Gen. Coord.

Shivam Viswanathan

(312) 399-3860

### Publication

Amitabh Gupta

(331) 257-8967



### Property

Kiran Sharma

(630) 890-6206



### Prasad

Manju Kabra

(630) 379-7422



### Liaison

Rashmi Gandhi

(630) 776-7826



Virmi Bajaj

(630) 294-2130



### Education

Madhu Uppal

(630) 881-0757

Nisha Orza

(312) 618-4276

Ashwin Anandpara

(630) 220-8084



### Finance

Anant Vyas

(630) 890-7576



### Special Events

Daljit Sabharwal

(630) 922-3024

Manisha Garg

(224) 616-8360



### Website Coord.

Shivam Viswanathan

(312) 399-3860



### Youth Coords.

Shriya Tiwari

Aadya Agarwal



दिसंबर २०२३ December 2023

हिन्दू सत्संग समाचार

Hindu Satsang Samachar



Namaskaar to all Satsangis.

We hope that all of you are enjoying the Holiday season.

This is a particularly busy and fun part of the year as we

spend time with our family and friends. We have been

fortunate with excellent weather year to date. Our next

monthly program is on December 24th and we hope to see all

of you there. Also, as we prepare for 2024, please note that

we will continue with our tradition of the Sunder Kand Paath

on Jan 28, 2024. As in prior years, it will be led by a group

representing international society for spiritual advancement

and we are extremely grateful to them.



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## Happy Birth Month to our Satsangis born in December



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

## Happy Anniversary शादी की सालगिरह पर ढेर सारी शुभकामनाएं!

Alka & Navin Tyle	Garima & Vipin Malhan	Jyotsna & Surendra Salgia	Kiran & Subhash Sharma	Kusum & Naresh Nohria
Madhu & Jug Uppal	Neha & Naresh Khetrapal	Om and Kanan Dhingra	Richa & Anu Agnihotri	Ritu Upadhyay & Vinay Chawla
Seema & Neeraj Gupta	Shelly & Dinkar Tiwari	Sreshtha & Ravi Saini	Uma & Ghanshyam Agarwal	Vimal & Subhash Sharma

x



**“Heal Osteoarthritis (OA)  
with Ayurveda (Part 2)”  
by Sh. Rajeev Jain**



Last month we discussed the pervasiveness of OA in USA and across the world with over 528 million people worldwide living with osteoarthritis today. Ayurveda’s multi-pronged approach as a defense against OA includes, (1) appropriate diet, (2) exercise/lifestyle, and (3) herbal supplements. We discussed dietary considerations last month and will review the other two factors this month.

**(2) Exercise/Lifestyle:**

Practicing regular self-care rituals that align with your specific dosha imbalance and constitution is important. Ayurvedic lifestyle changes for treating osteoarthritis, focus on balancing the Vata dosha, promoting joint health, and reducing inflammation and pain. These lifestyle modifications are tailored to individual constitution (Prakriti) and the severity of the condition. Here are some common Ayurvedic lifestyle changes for managing OA:

**1. Regular exercise:** Engaging in gentle and regular exercise is essential for maintaining joint flexibility and strength. Activities like walking, swimming, and yoga can be beneficial. It is important to avoid overexertion or strenuous exercise, as it may aggravate the condition.

**2. Proper rest:** Adequate rest and sleep are crucial for managing pain and fatigue associated with OA. Ensure you get enough quality sleep each night.

**3. Joint protection:** Take care to protect your joints during daily activities. Use assistive devices or braces if necessary, and avoid movements that place excessive stress on the affected joints. Self-massage affected joints with warm herbal oils, such as castor oil, to help reduce pain and stiffness.

**4. Stress Management:** Stress can exacerbate symptoms of OA. Practicing stress reduction techniques like meditation, deep breathing, and relaxation exercises can be helpful.

**5. Avoid Cold and Damp Environments:**

Exposure to cold and damp environments can aggravate Vata dosha. Stay warm and dry, especially during the colder months.

**6. Maintain a Healthy Weight:** Excess weight places additional stress on the joints, particularly the knees and hips. Maintaining a healthy weight through diet and exercise can alleviate strain on the joints.

**7. Yogic Asanas:** Certain yoga postures can be beneficial for osteoarthritis. Asanas that focus on joint flexibility and gentle stretching can help improve mobility. Some examples are shared below.

**8. Pranayama:** Practicing pranayama techniques, can help reduce stress and promote overall well-being. Again, some examples are shared below.

**9. Adequate Hydration:** Staying properly hydrated is important for joint health. Drink warm or room temperature water and herbal teas throughout the day.

**10. Maintain a daily routine (Dinacharya):** Following a daily routine can help balance the doshas and provide stability to the body.

Regular meal times, sleep schedules, and daily activities can contribute to overall well-being.

These lifestyle changes are integral to Ayurvedic management of OA. They aim to address the root causes of

the condition and provide long-term relief.

Ayurveda recommends specific yogic asanas (postures) for individuals with osteoarthritis to help improve joint

flexibility and reduce pain. These asanas are selected to balance Vata dosha, enhance circulation, and

strengthen the muscles around the affected joints. If you have OA, ensure that postures are adapted to your

specific needs and limitations. Here are some yogic asanas that can be beneficial in case of OA:

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**1. Tadasana:** it helps improve posture and alignment, reducing the strain on the joints.

**2. Vrikshasana:** it promotes balance and stability, which can be helpful for individuals with OA.

**3. Bhujangasana:** it stretches and strengthens the spine, providing relief to the back and spine.

**4. Matsyasana:** it helps open the chest and stretch the neck and shoulder muscles, which can alleviate pain and stiffness in these areas.

**5. Sukhasana:** This is a simple cross-legged sitting posture that promotes relaxation and meditation. It can be used as a starting point for other asanas.

**6. Shavasana:** this is a relaxation pose that can help reduce stress and promote overall well-being.

The selection of asanas should take into consideration the specific joints affected by OA. Always listen to your body and avoid overexertion. It is essential to perform these asanas gently and mindfully.

Similarly, pranayama, or yogic breathing exercises, can be beneficial for individuals with osteoarthritis to reduce stress, promote relaxation, and enhance overall well-being. These practices can help manage the mental and emotional aspects of living with OA and complement other holistic approaches to treatment. Here are some pranayama techniques typically prescribed or recommended for OA:

**1. Anulom vilom:** this is a balancing and calming pranayama that can help reduce stress and anxiety. It involves inhaling through one nostril and exhaling through the other in an alternating pattern.

**2. Bhramari:** it involves making a humming sound during exhalation, which can have a soothing and calming effect on the mind. It can help alleviate stress and improve concentration.

**3. Ujjayi pranayama:** this involves gentle constriction of the throat while breathing, creating a soft, ocean-like sound. It can be relaxing and centering.

**4. Kapalabhati:** it is an active and energizing pranayama that involves forceful exhalations through the nostrils. It can invigorate the mind and body.

These pranayama techniques should ideally be practiced daily or as needed to manage stress and promote

relaxation and integrated with the yoga practice. When practicing pranayama, remember to maintain a comfortable and upright posture and focus on the breath.

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

Ayurvedic formulations help in strengthening bone and accelerating the healing process.

Ayurvedic herbal remedies for treating osteoarthritis aim to alleviate pain and inflammation and support joint health. Here are some commonly used Ayurvedic herbs and remedies for OA:

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**1. Ashwagandha (Withania somnifera):** This adaptogenic herb helps reduce inflammation, relieve pain, and support overall joint health.

**2. Shallaki (Boswellia):** Shallaki is known for its anti-inflammatory properties and is often used to reduce joint pain and swelling.

**3. Guggulu (Commiphora wightii):** Guggul is believed to have anti-inflammatory and analgesic properties, making it useful for OA management.

**4. Turmeric (Curcuma longa):** Turmeric is a potent anti-inflammatory herb that can help reduce pain and inflammation associated with OA.

**5. Ginger (Zingiber officinale):** Ginger is another anti-inflammatory herb that may be used to alleviate joint pain and stiffness.

Kindly do not consume above formulations without consultation with an Ayurvedic practitioner. In particular, selection of herbs chosen to balance the doshas and support healing will depend on dosha imbalance, your constitution and other health factors.

***“Health is not just the absence of disease, but the presence of vitality”***

Recap of  
Hindu Satsang's Monthly Sabha  
November 26, 2023

**Guest Singer: Smt. Vimal Sharma**



**Guest Speaker: Smt. Alka Sood on  
“Nutrition”**





## Quiz January Celebrations

By Shivam Viswanathan

India is a country that celebrates all kinds of festivals and events with great enthusiasm and joy. From religious festivals to national celebrations, India has something for everyone. Every region, every state has its own set of festivals, each with its own unique flavor and customs. Put your knowledge to the test with this quiz on festivals and celebrations in January:

1. On Basanth (or Vasanth) Panchami, children offer prayers to which Goddess, hoping to excel in the fields of studies and the arts?
2. Which color is associated with the festival of Basanth Panchami?
3. Vasant Panchami also marks the start of the preparation for which festival that comes forty days later?
4. Sikhs commemorate the martyrdom of which child on Basant Panchmi?
5. Which outdoor fun event is associated with Basant Panchami?
6. What is Basant Panchami known as on the island of Bali, Indonesia?
7. Which legendary figure is remembered during Lohri in Punjab?
8. What does the word "Pongal" (Tamil festival) mean?
9. When was the constitution of India adopted by the Constituent Assembly?
10. Can you name the tenth Sikh Guru, whose jayanti is celebrated in January?

## Answers

1. Goddess Saraswati.
2. Basant Panchami and the color yellow have a sacred relation. The occasion is celebrated at a time when bright yellow flowers of the ripe mustard crops can be spotted in the fields of rural India.
3. Holika and Holi.
4. Haqiqat Rai was arrested by the Muslim ruler Khan Zakariya Khan after being falsely accused of insulting Islam. Rai was given the choice of converting to Islam or death and, having refused conversion, was executed on the Basant Panchami of 1741 in Lahore.
5. Kite flying festivals are popular during Basant Panchami.
6. On the island of Bali and the Hindus of Indonesia, Basant Panchami is known as "Hari Raya Saraswati" (great day of Saraswati).
7. Dulla Bhatti - folklore gave him a legendary status for fighting against Akbar's revenue collection scheme and preventing girls from being abducted and sold as slaves. Both his father, and his grandfather, were executed for opposing the new and centralized land revenue collection scheme imposed by the Mughal emperor Akbar.



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8. "Pongal" means "to boil, overflow" symbolizing bountiful harvest. Pongal is a harvest festival celebrated by the Tamil community in India and abroad. It is a celebration to thank the Sun and Rain Gods, Mother Nature, and the various farm animals that help contribute to a bountiful harvest.

9. The Indian Republic is governed in terms of the Constitution of India which was adopted by the Constituent Assembly on 26th November, 1949 and came into force on 26th January, 1950. Every year, 26th January is celebrated in India as The Republic Day.



10. The tenth Sikh Guru, Guru Gobind Singh ji was a spiritual master, warrior, poet and philosopher. When his father, Guru Tegh Bahadur, was executed by Aurangzeb, Guru Gobind Singh was formally installed as the leader of the Sikhs at the age of nine, becoming the tenth and final human Sikh Guru. His four biological sons died during his lifetime – two in battle, two executed by the Mughal governor Wazir Khan.

**Poem by Uma Nauth**

**वक्त**

ज़िंदगी में कई मक़ाम आते हैं  
गुज़र जाने के लिये  
कुछ खुशी, कुछ गम का अहसास पाने के लिये  
कुछ सीखने, कुछ सिखाने के लिये  
मस्ती का गर आलम है  
तो इतना सुरूर, मत कर बन्दे  
वक्त कभी हासिल नहीं होता  
सिरफ़ गुज़ारने के लिये  
उमा कहे हर पल तेरा इक मौका है  
बस इम्तहान पास करने के लिये  
नया साल मुबारक



## Seva Diwali Food Donation Drive

Dear all, thank you so much for contributing to our Sewa Diwali food drive. In total we collected \$2007.

We coordinated with Sewa Diwali volunteers to purchase food and deliver to local area food pantries.

Last year Madhu Uppal ji joined me on behalf of Hindu Satsang during food delivery.

I will let everyone know when we are going to deliver the food and it will be nice to see more volunteers join us at this time.

Below is the list of donations we received.

1. Subhash & Nisha Oza - \$101
2. Nand & Renu Garg -\$101
3. Sanjeev & Poonam Pandey \$100
4. Rajesh & Anita Singhal \$51
5. Gitesh & Jharna Shah \$21
6. Surendra & Jyotsna Salgia \$21
7. Anant & Jyotsna Vyas \$21
8. Mamta Joshi \$100
9. Sudhir Gupta \$100
10. Satish & Kiran Gupta \$150
11. Ramesh and Basanti Wali \$101
12. Om & Kanan Dhingra \$250
13. Rajesh Tiwari \$101
14. Dharam Punwani \$101
15. Renu Jain \$101
16. Vish Agrawal \$101
17. Annu & Amit Agrawal \$101
18. Vineet & Pramila Singh \$101
19. Roma Bhagat \$51
20. Reena Gupta \$30
21. Anu Khetarpal \$51
22. Nitin & Swati Agrawal \$51
23. Romesh and Kumkum Kumar \$101

Thank you again for your generous contributions.  
Nand Parkash



## Hindu Satsang Scholarships

Hindu Satsang is proud to award four scholarships every year. This includes two awards from Didwania as well as two from Sudesh Kumari Scholarships. Here is a brief synopsis of the loved ones in whose memory these scholarships were established.

### About Didwania Scholarships

Didwania family has always been a very devoted member of Hindu Satsang. After **Sh. Hanuman Prasad Didwania Ji** passed away in 2016 at the age of 81, **Kala Didwania Ji** has been providing scholarships in his memory for Hindu Satsang students every year.



**Sh. Hanuman Prasad Didwania**

We would like to thank **Kala Ji** and **Renu ji** for their kindness and generosity!

## About Sudesh Kumari Scholarships

Here is a brief write-up about Jain scholarships by Dr. Renu Jain.

*Growing up, I heard my mother saying all the time, "It's in giving that we receive". It took me many years to understand that it means, if we do good for others it brings utmost joy & satisfaction. My mother Smt. Sudesh Kumari was a housewife married to my father Sh. Brij Lal, a Professor in Physics. Students were visiting our house all the time to seek educational & financial help from my father. My father started many educational scholarships since my parents believed in and emphasized the importance of education. They raised four accomplished daughters, three with Doctorate & one with CPA. I learned from my parents that scholarships impact not only the student, but also the world that we live in.*

*Therefore, I have started this scholarship in honor of my Mother, Mrs. Sudesh Kumari.*



**Smt. Sudesh Kumari**



## *Hindu Satsang's Didwania & Sudesh Kumari Scholarships 2024*

We are delighted to announce the essay topic for the **Didwania and Sudesh Kumari scholarships** for the year 2024. To apply for these scholarships, students are required to submit their essays. Hindu Satsang will grant a total of 4 scholarships amounting to \$2,000 this year. The top prize for each scholarship is \$600, while the second prize is \$400. Further information about these scholarships is provided below. Moreover, every participating student will receive a certificate.

**The essay topic for 2024:** How do you practice the concept of ‘Vasudheva Kutumbakam’ or the universe is one family, in your life?”

**Submission Due By:** January 31, 2024

**Google Form Link for Essay Submission:**

[Essay submission form](#)

You can find the winners of the past years on this page on our website:

<http://hindusatsang.org/pastsscholarshipwinners>

Here is a link to our scholarships page on our site:

<http://hindusatsang.org/scholarship>

A student must fulfill the prerequisites listed in the right column in order to participate:

### **Didwania Scholarship Requirements:**

- 1) Currently in middle or high school.
- 2) Previous winners can submit their essays, but there will be no repeat winners.

### **Sudesh Kumari Scholarship Requirements:**

- 1) A current college student.
- 2) Must be under or equal to the age of 21.
- 3) Previous winners can submit their essays, but there will be no repeat winners.

### **Other Common Requirements:**

- 1) The essay length should be 500–700 words in a Word document (not in .PDF format). It must have an introduction, body paragraph(s), and a conclusion.

- 2) Essays must be the original work of the student. This means no help from AIs, parents or others.

3. A subsequent interview will take place after the essay submission. Selected applicants will receive invitations to appear in person or via Zoom for an interview between February 5 and February 15, 2024.

If you have any further questions, please feel free to contact us via email at [shivamv@gmail.com](mailto:shivamv@gmail.com)



## This month's Guest Speaker

Guest Speaker: [Neringa Liepsna](#) 

Since 1999, Neringa has embarked on a transformative journey, discovering healing and a deep faith through the profound 8 steps of Pantaliji's yoga and gurus of all religions. Continuing her journey, she has been a minister for the past five years and further nurtures her spiritual growth, through Bhagavad Gita and advanced asana courses. She has completed a 200-hour yoga training with Universal Spirit Yoga and currently guides Aum circles, under the guidance of Swami Sankarananda, at HGTC meditation center. She aspires to imbue the sacred love she has discovered and inspire others to uncover that same hope and love, that transcends the boundaries of this earthly existence.



## This month's Guest Singer

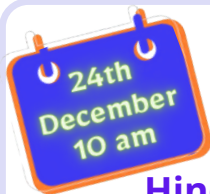


Guest Singer: [G. Kamath](#)

Shri G. Kamath is a retired professional. He enjoys music and is often seen performing at events for seniors and for private functions. His other hobbies include tennis, biking and walking.



## Hindu Satsang's Monthly Sabha (4th Sunday of the month) 10 AM CST on Sunday, 24th, December 2023 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: G. Kamath
11:00 am	Guest Speaker: Neringa Liepsna
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).



### November Aarti Collections

Thanks everyone for your  
generous donations.



Romesh & Alka Sood	\$101
Subhash & Kanchan Pandey	\$51
Subhash & Bimla Sharma	\$51
Cash	\$25
<b>Total</b>	<b>\$227</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.



### December Prasad (lunch) Sponsors:

**Subhash & Kanchan Pandey,  
Manisha Garg & family,  
Manju Kalra and family**