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(331) 257-8967



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(630) 379-7422



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जून २०२३ June 2023

हिन्दू सत्संग समाचार

Hindu Satsang Samachar



Hindu Satsang Updates

By
Amitabh Gupta

Namaskar.

We had an exceptional program in May. We were truly blessed by the presence of Smt. Malobika Mandal as our Guest Singer and Sh. Prayagraj Hule as our Guest Speaker. Their bhajans and wisdom kept us engrossed for the duration. We hope that they can visit us again.

Hope everyone enjoyed their Father's Day celebrations. The summer is well and truly here. For the next few months, the weather is ideal in Chicagoland. We hope that all of you will attend Hindu Satsang's summer picnic on July 9th. Please see the details later in this issue.

Looking forward to seeing everyone in person on Sunday, June 25th for our congregation at VSC (Vivekananda Spiritual Center). Take a few seconds to add this event on your calendar.



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Birthdays

& Anniversaries

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Panchkarma -

Detoxification and
Healing Therapy

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Story and a Hindi Poem

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Satsang Sabha

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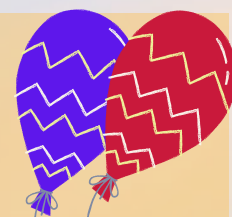
Page 10: Satsang Sabha
Program Detail

IN
THIS ISSUE





Happy Birth Month to our Satsangis born in June



Abhilesh Taneja	Avi Punwani	Hitender Sabharwal	Krishna Gupta	Pinky Khanna	Sheel Shah	Vikash Dhingra
Anheli Raheja	Bansi Pandit	Jai Viswanathan	Lekha Gandhi	Poonam Pandey	Shilpa Bahl	Vipul Punwani
Anita Singhal	C.S. Trivedi	Kanchan Gandhi	Manohar Sharma	Ritu Upadhyay	Shubhi Garg	
Ankit Sahni	Chetan Mittal	Kiaan Pandey	Nilesh Khetarpal	Shaila Punwani	Sonali Vyas	
Archana Gupta	Hersh Sabharwal	Kiran Sharma	Pankaj Gupta	Sharda Saini	Sumeet Sachdev	

Happy Anniversary

	Chhaya & Chandra Shekhar Trivedi	Kanchan & Subhash Pandey	Karuna Uppal & John Gronbeck Tedesco	Laxman & Indra Rani Singh
	Poonam & Yaduvir Singh	Reema & Vikas Jain	Reena & Sanjeev Gupta	Shana & Sateesh Bhagwat
				Taruna & Rajeev Gupta



Laughter is the best medicine

Fact: Smiling stimulates our brain in a way that nothing else can.



Yoga and Heart Rate Lie Detector: A Funny Take on Wifely Lie Detector !

When your wife rests her head on your chest and gently asks a question, like, for example: "Did you drink in the party today?" Remember, my friend, your verbal answer isn't crucial in that moment. What truly matters is your heart rate that your life is closely listening to. Thankfully, yoga comes to the rescue by aiding in heart rate control. So, on this joyous International Yoga Day, embrace the practice and keep that heart rate in control. Happy International Yoga Day!



Your newsletter feedback are welcome.

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

Panchkarma - Detoxification and Healing Therapy

By Sh. Rajeev Jain



Today, we will help you understand the difference between Panchkarma and Ayurveda. According to Ayurveda, vitiated Doshas and Malas (waste material) in the body obstructs minute channels in the body called Srotas. Accumulation of waste products in the body creates toxins and ultimately manifest in form of various diseases.

Panchakarma is a set of treatments within Ayurvedic practice that aims to balance and heal the body and mind, by eliminating accumulated toxins and restoring the body's natural equilibrium. It is a comprehensive system of detoxification and rejuvenation therapies. To detoxify the complete body, Panchakarma offers five procedures that include:

1. Vamana: This involves therapeutic and controlled vomiting. It eliminates excess mucus and toxins from the upper respiratory and gastrointestinal tract;
2. Virechana: This is a purgation therapy using natural laxatives (herbal) to eliminate toxins from the gallbladder, liver and intestines;
3. Basti: It is an herbal enema therapy that uses medicated oils or decoctions to cleanse and rejuvenate life-long accumulated toxins from the colon and rectum – resulting in a more effective digestive system;
4. Nasya: During Nasya herbal oils or medicated substances are administered through the nasal passage to cleanse and open the nasal and sinus passages, thereby removing toxins and promoting mental health.
5. Rakta Moksha: This procedure is for purifying the blood. It uses techniques like bloodletting or natural herbs to cleanse and purify the blood.
6. However, based on an individual's needs, one or more procedures may be necessary. Some procedures can be performed in a day, while others can take up to a week if they have to be repeated. Also, the prep (Poorvakarma) can take additional time.

The benefits:

Panchakarma is very beneficial for the young adults as well as the elderly and rejuvenates the entire body. Its benefits include:


- Detoxification: Panchakarma treatments help to eliminate toxins and impurities accumulated in the body, which improves overall health and well-being;
- Balancing Doshas: Ayurveda believes that imbalances in the three doshas (Vata, Pitta, and Kapha) contribute to disease. Panchakarma helps to restore the balance of these doshas, promoting optimal health;
- Strengthening the Digestive System: Panchakarma therapies focus on cleansing and rejuvenating the digestive system, improving digestion, and enhancing nutrient absorption. It is helpful in addressing digestive issues such as indigestion, bloating, gas, constipation, and irritable bowel syndrome (IBS).
- Boosting Energy and Vitality: By eliminating toxins and restoring balance, Panchakarma treatments can increase energy levels and vitality;
- Enhancing Mental Health: Panchakarma helps to remove mental and emotional blockages, and promotes clarity and focus. It helps you relax, calms the nervous system, and reduces stress and anxiety;
- Supporting Weight Management: Panchakarma can aid in weight management by removing excess toxins and enhancing the effectiveness of metabolic processes of the body;

Continued on the next page 

Hindu Satsang's Upcoming Events

Mark
your
calendar

- **Summer Picnic:** Sunday, July 9th
- **Janmashtami Program:** Sunday August 27th

Continued from the previous page 

- **Improving Skin Health:** The treatments offered promote healthy and radiant skin by eliminating toxins and improving blood circulation. This therapy can benefit individuals with various skin conditions like acne, eczema, psoriasis, and dermatitis;
- **Joint and Musculoskeletal Disorders:** Panchakarma can be very effective in providing relief from joint pain, arthritis, stiffness, and musculoskeletal issues. Abhyanga, Swedana, and Pinda Sweda therapies help improve circulation, reduce inflammation, lubricate joints, and provide relief from pain and discomfort;
- **Respiratory Issues:** In case of respiratory ailments such as asthma, allergies, and bronchitis, steam therapies, herbal inhalations, and internal cleansing treatments like Nasya can help clear the respiratory passages and alleviate symptoms;
- **Hormonal Imbalances:** It helps to balance hormones and address menstrual irregularities, menopausal symptoms, and other hormonal imbalances. The therapies aim to support the endocrine system and promote hormonal equilibrium.


As you can see, Panchakarma is an integral part of the Ayurvedic treatment and offers substantial benefits.

Who should get Panchkarma treatment?

Panchakarma is recommended for all age groups who (a) have specific health concerns or Dosha imbalances, (b) are suffering from chronic diseases, or (c) as a preventive measure to remove toxins before they manifest into a disease. In today's fast-paced and stressful environment, individuals in the age group 30 to 50 years will find it extremely beneficial. That said, Panchakarma is not suitable for everyone. It is contraindicated for pregnant women, individuals with acute illnesses or infections, those undergoing chemotherapy or radiation therapy, and people with certain medical conditions.

Is Panchakarma different for the elderly?

Panchakarma treatments for the elderly are milder and aimed at gentle detoxification, promoting relaxation, improving mobility, and addressing specific health concerns commonly seen in older individuals. Some treatments commonly recommended for the elderly include:

- **Abhyanga:** Gentle full-body oil massage can help improve circulation, nourish the skin, and provide relaxation. It can also address joint stiffness and promote mobility.
- **Swedana:** Steam therapy or herbal steam can be beneficial for improving circulation, reducing stiffness, and relieving pain associated with arthritis or joint issues.
- **Basti:** Ayurvedic enema therapy can help address digestive disorders, constipation, and promote gut health in the elderly.
- **Shirodhara:** The continuous flow of warm herbal oil or cold liquids onto the forehead can promote relaxation, reduce stress, calm the nervous system, and improve sleep quality.
- **Nasya:** Nasya involves the administration of herbal oils or medicated substances through the nasal passages. It can be beneficial for respiratory issues, sinus problems, or cognitive health in the elderly.
- **Pinda Sweda:** This treatment involves the application of warm boluses (pouches) filled with herbal powders or rice cooked in herbal decoctions. It can help reduce joint pain, improve circulation, and promote relaxation.
- **Netra Tarpana:** Eye therapy using medicated ghee helps with various eye conditions and improve eye health in the elderly.
- These treatments should be administered by or under the guidance of a qualified Ayurvedic practitioner who can assess the individual's health condition, energy levels, and any contraindications before recommending and conducting the therapies. 

एक कुम्हार और माटी की कहानी | Story of a potter and clay

By Shivam Viswanathan (a popular Indian folktale for children)

एक कुम्हार (potter) माटी (clay) से चिलम (chilam is a pipe made of clay, which is used for smoking tobacco) बनाने जा रहा था। उसने चिलम का आकार दिया। थोड़ी देर में उसने चिलम को बिगाड़ दिया।

माटी ने पूछा, "अरे कुम्हार, तुमने चिलम अच्छी बनाई फिर बिगाड़ क्यों दिया?"

कुम्हार ने कहा, "अरी माटी, पहले मैं चिलम बनाने की सोच रहा था, किन्तु मेरी मति (दिमाग) बदली और अब मैं सुराही (Surahi is a water pitcher made out of clay which keeps water naturally cool even in summers) बनाऊंगा"

ये सुनकर माटी बोली, "रे कुम्हार, मुझे खुशी है, तेरी तो सिर्फ मति ही बदली, मेरी तो जिंदगी ही बदल गयी। चिलम बनती तो स्वयं भी जलती और दूसरों को भी जलाती, अब सुराही बनेगी तो स्वयं भी शीतल रहूंगी और दूसरों को भी शीतल रखूंगी"।

यदि जीवन में हम सभी सही फैसला लें तो हम स्वयं भी खुश रहेंगे एवं दूसरों को भी खुशियाँ दे सकेंगे।



परम पिता - एक विनती By:Uma Nauth

मालूम है समस्त ब्रह्माण्ड में समाया परमात्मा अविनाशी मालूम है सातवें आसमान से संग संग आत्मा है जुड़ी शीश कंठ से होती हुई, आन मिली अन्तर हृदय ज्योति जड़ चेतन कण कण विभिन्न रूप रंग गुण प्रदान करे सृष्टि ध्यान मग्न लगन देह अंग अंग जीव आत्मा प्रवाहित शक्ति भाव सोच स्वेच्छा क्रीड़ा, दिन चर्या उर्जा क्षेत्र प्राणमय करती हँ मालूम, कि तुझ बिन जीवन अर्थहीन मिला परम उद्देश्य प्राप्ति पर्याप्त नहीं ये सब ज्ञान, जबकि बहुत अनिवार्य चरित्र शुद्धी विपदा रही सकल पसार, मूल्यांकन की जो कर्मफल नियति इस मध्य तेरे चमत्कारी आशीर्वाद की गणना बड़ी अनोखी अति भीष्म भावना का भवसागर, बीच भंवर नौका अटकी नहीं मालूम मन में कयूँ बसी, अधूरेपन की गहरी बेबसी त्राहिमाम, माँगू क्षमा याचना, तू ही जाने हर कमी भूल त्रुटि बीता जाये काल, कठिन समस्या, तेरे पास हर व्यथा की युक्ति मुक्त होऊँ, कर अपना अर्पण, हुई उन्नत कामना जगृति तूने यदि बाँह ना पकड़ी, कैसे हो ऐसी महत्वपूर्ण इच्छापूर्ति शरण में आ तेरी, मेरे परमपिता, दाता, करूँ विनय विनती पकड़ूँ पांव, हो दया, एक बार और दे अपनी अनुभूति उमा कहे बारम्बार - इसके पश्चात, आज तक जो भी हुआ ज्ञात सुन आत्म पुकार, कहाँ है तू कहाँ ! ढूँढे जिंदगी हे मालिक, तेरी अनुभूति, कृपया एक और अनुभूति



July 13



“
शांति का पढ़ाया पाठ, अज्ञानता का मिटाया अंधकार,
गुरु ने सिखाया हमें नफ़रत पर विजय है प्यार।
”

Recap of May Satsang Sabha By: Amitabh Gupta



The meeting started with Vedic Sandhya/ Shanti Path by Subhash Sharma Ji, Madhu Uppal Ji, and the Satsangis.

Rashmi Gandhi Ji was the convener and she asked our youngest gudiya Anushaka Sabharwal to sing a Bhajan. She sang Tumhi ho mata on karaoke. After that Kanchan Pandey Ji sang a new Bhajan **तन मन से बोलो ये छोटा सा नाम**, Then Subhash Sharma Ji sang and at the end Rashmi Gandhi Ji sang **भजमन नारायण**.

Our guest singer Malobika Mandala Ji sang beautiful bouquet of Bhajan, Bangla Ravindra Sangeet, Classical raag based bhajans and ended with **सदा सुहागन राग भैरवी!** Everyone enjoyed her variety of songs/Bhajans and we all felt that we wish we had more time.

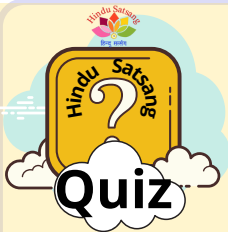
Saurav from Chicago accompanied her on the tabla.

Ranga Ji from HTGC and Om Dhingra Ji presented a shawl and gift to the artists. Om Dhingra Ji did the introduction of the guest speaker Swami Prayagraj Hule Ji who came from India. Swamiji talked about **असतो माँ सत गमय!** With slide presentation. It was well received by everyone. Ranga Ji from HTGC and Om Dhingra presented Shawl and a gift to the speaker and Christina a Vedant scholar from Michigan. Here is the complete video of Swami Prayagraj Hule Ji:

[YouTube Link, Click here](#)

Alka Sood Ji did the announcement and Arti was led by Subhash Sharma and Satsangis.





Quiz on the occasion International Yoga Day

By Shivam Viswanathan



1. What is the goal of yoga?
 - a. To achieve physical fitness
 - b. To achieve mental clarity
 - c. To achieve spiritual enlightenment
 - d. All of the above
2. Which of the following is not a type of yoga?
 - a. Hatha
 - b. Vinyasa
 - c. Ashtanga
 - d. Pilates
3. How many asanas does Surya namaskar comprise of?
 - a. 7
 - b. 8
 - c. 12
 - d. 15
4. Who is considered the father of yoga?
 - a. Patanjali
 - b. Shiva
 - c. Baba Ramdev
 - d. Tirumalai Krishnamacharya
5. What is chakra?
 - a. Energy center
 - b. Prayer point
 - c. Karma
 - d. Yoga pose
6. Which of these is not one of the yoga postures?
 - a. Cobra (Bhujangasana)
 - b. Sun Salutation (Surya namaskar)
 - c. Tree (Vrikshasana)
 - d. Lotus (Padmasana)

Answers

1. d. All of the above
The overall goal of yoga is to promote holistic well-being and unity of the mind, body, and spirit. Yoga aims to cultivate physical fitness, flexibility, and balance, while also fostering mental clarity, emotional harmony, and inner peace. It is often practiced as a means to achieve self-awareness, personal transformation, and spiritual growth. Additionally, yoga encourages mindfulness, relaxation, and stress reduction, ultimately promoting a healthy and fulfilling lifestyle.
2. d. Pilates
3. c. 12
4. According to yogic philosophy, **Shiva** was the first yogi and the first guru. He is thought to be the creator of all yogic wisdom. **Patanjali** is credited with creating and compiling the Yoga Sutras, one of the most significant texts in yoga philosophy. Patanjali is also known for his contribution to the advancement of Ayurvedic medicine. **Tirumalai Krishnamacharya** is seen as one of the most important gurus of modern yoga, and is often called "Father of Modern Yoga" for his wide influence on the development of postural yoga. **Baba Ramdev** is a renowned yoga teacher, famous for popularizing yoga among Indians through the medium of television and his mass yoga camps. His yoga camps are attended by thousands of people.
5. Chakras are the energy centers of the body. The word "chakra" comes from the Sanskrit word which means "wheel." In yogic philosophy, chakras are believed to be energy centers in the body that correspond to different physical, emotional, and spiritual aspects of our being. There are seven main chakras, which are located along the spine from the base of the spine to the crown of the head.
6. Sun Salutation (Surya Namaskar) is not the name of a Yoga posture. It is, however, a collection of yoga postures.



Hindu Satsang



हिन्दू सत्संग

Hindu Satsang Summer Picnic 2023

Date: Sunday, July 9, 2023

Time: 11 am to 3 pm

Venue: Greene Valley Forest Preserve
East Shelter on Greene Rd., Naperville

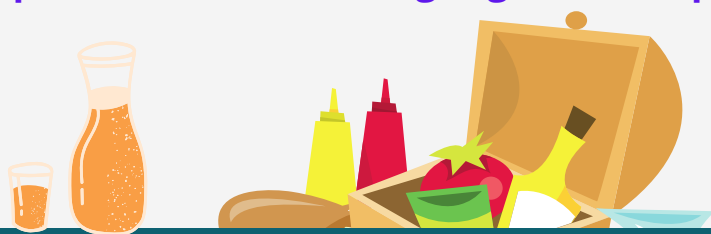
Program/schedule:

- 11 am: Snacks and socializing
 - Fruits, Cookies, Tea, Soda, Lemonade, etc.
 - Sports competitions
- 1 pm to 2 pm: Aarti followed by Lunch & Dessert
 - Lunch sponsored by **Sh. Surinder Jain** of **Ashyana Banquets**
- HS Sunday School Graduation Ceremony & Award/Certificate Distribution

At Hindu Satsang, it's Summer Olympics time. During the event, (11 am to 1 pm) participants of all ages will be able to participate in friendly yet competitive sports, and the winners will receive gift cards. Be sure to dress comfortably if you plan to participate in sports.

There is a suggested donation of \$10 per family at the picnic site.
For more details, visit our webpage :

<http://www.hindusatsang.org/summer-picnic>



Guest Singer and Speaker for this month

Guest Singer

Our guest singer for this month is **Shelly Dhawan**. Singing is her passion. She has performed Bhajans at several other temples and also for YouTube Shukrana.

Guest Speaker

Our guest speaker for this month is **Anil Khanna**. He is a retired Mechanical Engineer from Exelon Corp. Writing poetry is his hobby and he has been doing so for many years.



Some more pictures from May 2023
Satsang Sabha



INTERNATIONAL DAY OF YOGA

Hindu Satsang is one of the participating organizations of
INTERNATIONAL
DAY OF YOGA
JUNE 24, 2023

10:00 AM - 12 NOON
Venue: NAPERVILLE YARD
1607 Legacy Circle
Naperville, IL 60563

YOGA WITH LIVE MUSIC

FREE ADMISSION

Relax, Renew & Rejuvenate
with

Anu Malhotra - Certified Yoga Teacher

There are many Hindu Satsang members
are volunteering or participating in this
program.

Please come and join us.



Hindu Satsang's Monthly Congregation

10 AM CST on Sunday, 25th, June 2023 at VSC



Everyone is cordially invited

Join us in person.

Location: VSC (Vivekananda Spiritual Center- the building to the right of the Vivekananda statue at HTGC Temple, Lemont, IL).

SUNDAY SATSANG SABHA

Agenda:

10:00 am: Vedic Pooja

10:10 am: Bhajans by Satsang members

10:30 am: Guest Singer: Shelly Dhawan

11:15 am: Guest Speaker: Anil Khanna
(Poems)

11:45 pm: Aarti followed by
prasad/lunch



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

Donations to Hindu Satsang can 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 itself, Hindu Satsang relies on donations from benevolent individuals like you. Any donation amount will be greatly appreciated. If you have questions, please contact our Finance Coordinator: Sh. Anant Vyas (anantdyas@yahoo.com)



Maa Annapurna devi

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



Prasad Sponsors this month:

Madhu Gupta, Nisha Ozha,
Madhu Bhatnagar, Purnima Raigaga
and their families



May 2023 Aarti Collections

Mother's Day Picnic	\$104
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May Satsang Sabha

Hans & Sudha Upadhyay	\$101
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Cash	\$181
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Total	\$386
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