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# हिन्दू सत्संग समाचार Hindu Satsang Newsletter

अगस्त २०२० ॐ August 2020



## Hindu Satsang Updates

*By Priya Viswanathan*

Pranaam to all Satsangis! As the Coronavirus pandemic grinds into its 6th month in America, we struggle to revive after arguably one of the world's worst health and economic calamities. Thanks to organizations like Hindu Satsang for providing a channel to talk to each other and vent out our vexations. Our guest speakers, bhajans and cultural programs are a welcome break that we all look forward to.

**Zoom Satsang Congregations:** Due to the current conditions, we will continue to conduct the Satsang congregations and other programs virtually via Zoom.

**Sunday School:** Hindu Satsang Sunday School will be starting their 2020-21 academic year on Sunday, August 30, 2020. Please feel free to pass this information to other parents who may be interested in Sunday School. Here is the registration link:

<https://rebrand.ly/Sunday-School>

**Congregation update:** On July 26th, we had our regular congregation, please find the full update on page 8 of this newsletter. On August 23rd, we had our annual Janmashtami cultural program instead of our regular congregation. This was the first time that we were having our cultural program conducted online. Many members of Hindu Satsang - both kids and adults showcased their amazing talent. It was very well coordinated and our young MCs did a fabulous job. Instead of describing the program in words, I would rather provide a link to the recorded program. Some things are better seen and experienced rather than just read about. Here is the youtube video link to view the Janmashtami program 2020 in entirety: <https://youtu.be/cDyRurvSBZE>. Big thanks to **Nand ji** for organizing Zoom meeting, recording and uploading this video.

Till we meet again, take care and stay safe, Om Shanti!



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## August Birthdays

Amit Gupta

Rajvir Sabharwal

Neelam Bhargava

Sudesh Khosla

Richa Pal

Prem Sabharwal

Sahil Gupta

Gautam Gandhi

Sandip Parikh

Vikas Jain

Tanya Khanna

Ghanshyam Agarwal

Atul Jain

Isha Tyle

Dharam Punwani

Sumati Julka

Garima Malhan

Kanika Garg

Kieran Grey Edwards

Vivek Upadhyay

Vikas Pandey

Jyoti Bhatia

Kusum Taneja

Sharda Sharma

Rakesh Parikh

Ishaan Malhan

Jharna Shah

Raj Taneja

Renu Garg

Rajeev Gupta

Vibha Sharma

Mia Jain

Usha Shah

A special birthday wish for our senior  
(but young at heart) Satsangis:

उम्र का बढ़ना तो दस्तूरे जहाँ है,  
मेहसूस न करें तो बढ़ती कहाँ है?

उम्र को हराना है तो शोक ज़िंदा रखिये,  
घुटने चलें या न चलें,  
मन उड़ता परिंदा रखिये।

मुश्किलों का आना तो 'part-of-life' है,  
उनमे से हस्के निकलना ही 'art-of-life' है।



Hindu Satsang's Website:

[HinduSatsang.org](http://HinduSatsang.org)

Hindu Satsang's Facebook page:

[facebook.com/HinduSatsangUSA/](https://facebook.com/HinduSatsangUSA/)

Please Like & Follow.

## **Osteoarthritis (OA) – An Ayurvedic Perspective**

**By Shri. Rajeev Jain**

According to the CDC (Center for Disease Control), Osteoarthritis is the 11th largest cause of disability globally. The CDC states that 49% of the population will be diagnosed with arthritis post age 65, with an even higher incidence for women!

### **What Causes Osteoarthritis?**

Osteoarthritis occurs when the cartilage that cushions the two ends of bones in your joints gradually deteriorates. Obesity, occupational knee bending and physical labor are some of the contributing factors for the disease. Other factors that increase your risk of OA include older age, joint injuries, repeated stress on the joint, genetics, bone deformities and certain metabolic diseases (such as diabetes). Over time OA worsens, often resulting in chronic pain.

### **Ayurvedic Perspective:**

In Ayurveda, Charaka Cikitsā Sthāna 28 considers OA a disease predominantly caused by vata dosha as depletion of the cartilage and synovial fluid results in an empty space. Typically, you can hear a crackling or grating sound at the affected joint, and you feel a grinding sensation between the bone and cartilage. Vata also causes abnormal growth of the afflicted tissue which causes pain, swelling and inflammation.

As aging is a natural process, we cannot stop it, but we can manage our lifestyles so that we can delay the occurrence of OA, and/or reduce its severity. Ayurvedic approach has the potential of regenerating the cartilage in mild to moderate OA situations and slowing the degeneration process in severe cases.

*(Ayurveda article continued ...)*

## **Ayurvedic Approach:**

Ayurveda focuses on the root cause and has a multi-pronged approach as a defense against OA. It includes - (1) appropriate diet, (2) special exercises, (3) massage, (4) heat application and (5) herbal supplements. Though the Ayurvedic approach takes time, research studies have shown that the results can provide lasting benefits and can potentially alleviate the need for knee surgery. Let us discuss each of these components in greater detail below.

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

To enhance your health defenses against OA, here are a few changes to incorporate into your daily diet that can help you reduce its incidence. While there are foods that are helpful, it is more important to exclude dry, cold and acidic foods from your diet. These include dried foods, lentils, raw vegetables and salads, mushrooms, refined foods, chilled food, excessively pungent food and cold beverages. Also avoid fasting for a long duration.

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

**Do's:** Joint movement is important to avoid stiffness, however, you need to exercise without straining the joint. This poses a challenge in case of knee joint and special exercises are required. Also, warmth is your friend, therefore, avoid cold as much as possible, e.g. bathe in warm water. It is also important to correct posture problems, if any. Finally, ensure you get adequate sleep and sleep at regular times.

**Don'ts:** On the other hand, you should avoid strenuous physical exercise like weight-lifting, climbing, running, and sports that put strain on joints like tennis and soccer. If knee joint is affected, even excessive standing, swimming and walking, is not desirable. In addition, although not always practical, avoid occupations that involve excessive movement or pressure on the affected joints.

*(Ayurveda article continued ...)*

**(3) Oil Massage (abhyanga):** In OA, oil massage is important to counter the effects of vata. Regularly massage the affected joints with warm medicated oils like Bala taila, Sahachara taila, Nirgundi taila, Mahanarayana taila, Dhanvantara taila, or Kottamchukadi taila. These oils have ushna virya (hot potency) and help lubricate the joint.

**(4) Special Procedures: Januvasti** – this is a very effective ayurvedic procedure where the top of the knee is submerged in warm medicated oil for 30 minutes and it helps rejuvenate the knee joint. Swedana – Fomentation with hot water bag or Nadi Sveda (with steam).

**(5) Herbal formulations:** Finally, there are some herbal products that are useful in treating OA that have anti-inflammatory, analgesic and anti-arthritic properties and can slow the degeneration. These include Ostikot Tablet, Maha Rasnadi Kwatham, and Rhukot Gel. However, these should be taken under direction from an Ayurvedic Vaidya. If you are a likely candidate for OA, e.g., if your age is 50+, some of the practices described above can be adopted even as a preventive measure and you will enjoy a healthier life – you do not have to wait till you are diagnosed with OA. Wishing everyone a safe time and good health.

### Remembering our Satsangi.....

It saddens me to inform you all of the untimely death of **Shri. Sukhjit Pal**, brother-in-law of **Shri. Brij Sharma** and the only brother of **Smt. Sita Sharma**. He passed away in Amritsar, India a day before Rakhsha Bandhan due to Coronavirus complications. He was in his mid-sixties. He had retired as a sub-division officer (S.D.O) from the P.S.E.B. His wife had passed away a few years ago leaving behind their two sons.



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Our **Dr. Subhash Pandey** is a nationally and internationally well-known neuroscientist in the alcohol addiction field and has contributed significantly towards a better understanding of the neurobiology of alcoholism.

Congratulations to Subhash ji on his article getting featured in Chicago Tribune recently. It's an excellent write-up to spread awareness regarding the dependency on alcohol during stressful times and how to overcome that.

**Here is the link to the article:**

<https://www.chicagotribune.com/living/health/ct-life-alcohol-consumption-coronavirus-0729-20200729-zxtnuvt73ngtlnzk2i2jiynd3q-story.html>



## A brief story of Vishnu's 5th Avatar followed by a quiz

By: Shivam Viswanathan

Demon King Bali (also known as Mahabali) did yegya (यज्ञ) and received an invincible chariot, an endless supply of weapons, and an impenetrable shield (कवच). Indira went to Lord Vishnu asking for protection from King Bali who had become very powerful and was extending his asura kingdom into three worlds (त्रिलोक) forcing devas out of heaven.

Lord Vishnu descended to demon King Bali on earth taking form of a short-statured (dwarf) brahmin avatar (incarnation).

King Bali gave him utmost respect and promised to grant him anything he desires. The dwarf brahmin said, "All I want is a strip of land three paces as measured by my stride". Bali was surprised, "Is that all? You shall have as much" he said.

King Bali's Guru was able to recognize that the dwarf brahmin was none other than Lord Vishnu. He ordered King Bali to withdraw his offer as the dwarf was Lord Vishnu, who had come to protect devas from Bali's rule. Bali told his guru that he will not go back on his words, he will give what he has already promised to the dwarf brahmin.

Dwarf brahmin suddenly started to grow in size, all the asur and sages present were astounded to see the dwarf grow to a proportion that was hard for them to fathom. As per his deal with the King Bali, the dwarf began to measure the three paces. The brahmin dwarf was so enormous that with his 1st stride he covered the earth, with his 2nd he covered the complete heaven. Dwarf brahmin stopped and asked Bali, "You promised me 3 paces of land and I have covered all that you have in my 2 paces, what can you give me for my 3rd pace? You have failed to keep your word".

Bali said, "Please put your 3rd step on my head, which is more valuable than anything else I have".

King Bali's omniscient grandfather appeared and said, "Thank you Lord for depriving Bali of all the wealth because it is the wealth that corrupts even great souls".

Lord Vishnu responded, "Your grandson Bali preferred to disobey his guru but did not go back on his promise even after knowing that he is going to lose everything he has. He has earned entry into my realms which even devas find difficult to access." Lord Vishnu made him the king of Patal Lok (the land of Daanavs, Daityas, Asuras, and Nagas). King Bali also received a boon that he can visit earth 3 days in a year.

### Questions:

1. Name Lord Vishnu's avatar (dwarf brahmin) described above.
2. Name King Bali's Guru, who was disregarded by King Bali to fulfill his promise made to the dwarf brahmin?
3. Who was King Bali's grandfather? (Hint: Narasimha avatar had saved him in the past).
4. Which festival is dedicated to King Mahabali in the state of Kerala?
5. By what name is the symbolic return of daitya-king Bali to earth is celebrated in Gujarat, Maharashtra, and Karnataka?
6. Which character from Ramayana was defeated by Mahabali in Pataal Lok?

### Answers

1. Vamana (वामन means dwarf) Avatar.
2. Guru Sukracharya.
3. Prahlad (Demon king Hiranyakashipu's son).
4. Onam - the most important festival of Kerala.
5. Balipratipada (बलिप्रतिपदा - watch: <https://youtu.be/7qwnFdiv7tA>).
6. Ravan. Bali locked Ravan in his armpit to teach him a lesson.



## Congregation Summary held on July 26th, 2020



**10:00 am:** Ramesh Malhan Ji commenced the congregation invocation with Vedic Pooja.

**10:08 am:** Satsangis sang some very divine bhajans:

Sh. Hans Upadhyay sang सीता राम सीता राम कहिये जाहि विधि रखे राम ("Sita Ram Sita Ram Kahiye Jahi Vidhi Rakhe Ram"). Here is a youtube video of this melodious bhajan:

<https://www.youtube.com/watch?v=apcXP6eoo30>

**10:13 am:** Our young multi-talented artist Neelan Choksi sang a couple of songs written and composed by himself: "The World I am living in" and "I will never give up". He also played guitar while singing.

**10:16 am:** Sh. Subhash Sharma rendered the following soulful bhajan: शरण में आयें हैं तुम्हारे दया करो हे दयालु भगवन ("Sharan mein ayan hain tumare daya karo hey dayalu bhagwan").

**10:23 am:** Rashmi Ji's nephew sang the popular Sharma Bandhu's Ram Bhajan सूरज की गर्मी से ("Suraj ki garmi se"). He joined the congregation from India. He sang it very well, handling low and high pitch and all the nuances involved with a lot of grace.

**10:29 am:** Sh. Daljit Sabharwal ji sang a pious Mata bhajan - चलो बुलावा आया है ("Chalo Bulava Aaya hai") joined by his enthusiastic and melodious granddaughter Anushka.

**10:37 am:** Our guest speaker Dr. Prerna Arya spoke about Veda. She laid emphasis on why it is so important to understand Veda. We should function as per the norms and guidelines laid out in our Veda.

Vedic Sanskriti is very deep and we should always be connected to it. Parmatma is 'Nyay Kari', people will have to face the consequences for their deeds and sins(कर्म). When Nandji asked about 'How to introduce and teach kids about Ved', she replied with the following points:

- Create the right environment at home.
- Parents should be closely involved, discuss Veda at least once in a week.
- Kids are smart, they understand quickly, observe and absorb information. They never forget what they learn in their childhood.
- Getting up early in the day and learning helps a lot.
- Be prepared to answer the questions that kids ask, never give them vague (टरकाने वाले जवाब) answers, otherwise they will lose interest quickly.

**11:07 am:** Dr. Prerna Arya's husband, Acharya Dr. Dayashankar Vidyalkar spoke about Ayurveda - most importantly about how to protect yourself from the Coronavirus. Everyone should make their mind stronger through 'Yog'. When we do good deeds without any expectations (परोपकार), we feel good from inside.

Dr. Vidyalkar demonstrated breathing techniques to make lungs stronger - Abyanatar pranayam, Bhastrika pranayam, Kapal Bhati pranayam to name a few. Pranayama make our lungs stronger and provides us immunity to fight against any kind of viruses and other health-related issues. It is very important to learn Veda, don't just merely pray to god, learn about God, and adopt his qualities. Dr. Vidyalkar also rendered a special shlok for Sh. Jug Uppal Ji on his 75th Birthday.

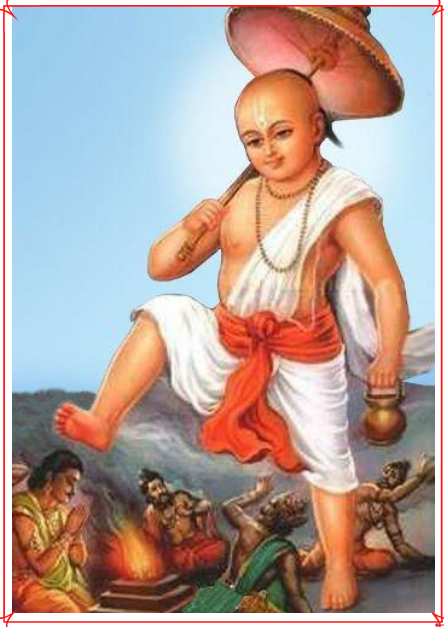
**11:50 am:** Sh. Hersh Sabharwal (HS General Coordinator) made the wrap-up announcements. All the current Hindu Satsang board members will continue in their current roles for another year.

**12:04 pm:** Congregation concluded with the aarti lead by Subhash Ji.

Overall it was a very informative and entertaining congregation. Please do attend Hindu Satsang congregations which are held every 4th Sunday of the month at 10am via online Zoom meetings.

- **By Shivam Viswanathan**





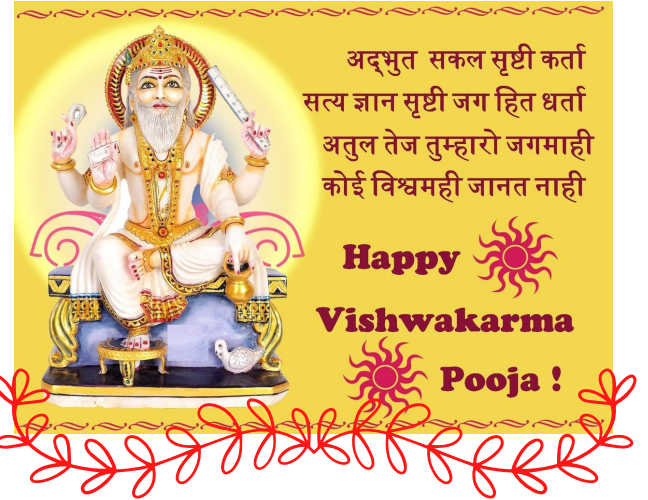
**Wish you all a Very Happy Onam  
on August 31, 2020.**

**Kids, watch this video to learn  
more about Vamana Avatar,  
King Bali & Onam:**

**[https://youtu.be/jZsnO7Zpf\\_c](https://youtu.be/jZsnO7Zpf_c)**

**Hindi Divas** is celebrated on September 14th, to commemorate the adoption of the Hindi language as one of the two official languages (other language being English) of the Republic of India by Constituent Assembly of India.

**Wish you all a very Happy Onam  
(August 31st),  
Hindi Divas (September 14th)  
and Vishwakarma Pooja  
(September 16th).**



अद्भुत सकल सृष्टी कर्ता  
सत्य ज्ञान सृष्टी जग हित धर्ता  
अतुल तेज तुम्हारो जगमाही  
कोई विश्वमही जानत नाही

**Happy**

**Vishwakarma**

**Pooja !**

**Vishwakarma Pooja (September 16th)**

**Who is Vishwakarma?**

Vishwakarma is a Hindu God, a divine engineer, and regarded as the architect of the universe. He is credited with Sthapatya Veda, the science of mechanics and architecture. Vastu Shastra, which has been used for the construction of temples and houses since ancient times, also enables us to design our living space and our everyday objects in such a way that they correspond to the vibrations of the owner. In ancient times, as today, these sacred formulas were used to design personal jewelry, furniture, works of art, or even work tools.

Hindu scripts are full of Vishwakarma's many architectural wonders. Vishwakarma constructed the holy city of Dwarka where Krishna ruled, the Maya Sabha of the Pandavas, and was the creator of many fabulous weapons for the gods.

**Who observes Vishwakarma Pooja?**

The Vishwakarma pooja is observed mainly in factories and industrial areas. This pooja is generally conducted on the shop floor. On this day, people worship Lord Vishwakarma along with tools, equipments and instruments that they use daily for work. They pray for a better future, safe working conditions, and, above all, success in their respective fields. Workers also pray for the smooth functioning of various machines.