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**Brief Updates - Priya Viswanathan**

Pranaam!! Greetings to all Satsangis. We started the month with such a great news that a divine temple will be built at Shri Ram's birthplace in Ayodhya - Jai Shri Ram!!

Sunday school kids made Diya, learnt about the significance of Diwali and sang Bhajan in the Hindi class.

Rashmi Gandhi was the convener for our Hindu Satsang gathering on October 27th, it was on the auspicious day of Diwali. Sh.

Subhash Sharma led the Shanti Path along with Satsangis present at that time. Ms. Kanchan Pandey sang Ganapati Vandana, Ms. Chaya Trivedi sang Vaishnav Janto on Gandhiji's 150th birthday and Ms. Uma Nauth sang Deepavali bhajan on the occasion of Diwali. Ms. Rashmi Gandhi explained about Mahavir Swami's Nirvan Day and also narrated the story of Mahavir's life and sang Mahavir Swami's bhajan and along with Sh. Surendra Salgia, Sh. Subhash Sharma, Sh. Subash Oza and Sh. Sadhan Tiwari sang melodious bhajans of Ram & Krishna.

Our guest speaker Ms. Neelam Akhand ji from Science of Spirituality explained the meaning of Diwali and taught meditation. Our guest singers, Satishbhai and Sumit Narang ji who were also from Science of Spirituality, sang melodious bhajans.

We also had one of the youngest and talented artist, the four-year-old Sreeja Parikh who sang and danced on a song on Diwali - "*Deep jalao, aaj Diwali re*".

Ms. Rashmi Gandhi then did the announcement of October birthdays and the anniversaries. The host families were Rashmi & Vinod Gandhi, Jyotsna & Surendra Salgia, Sadhana & Raj Tiwari, Chhaya & Chandrashekhar Trivedi and Jyosthna & Anant Vyas. Divya Grover brought lamps for Diwali Celebration and she passed them out for aarti.

Subhash Sharma, Rashmi Gandhi, Surendra Salgia, Kanchan Pandey, Subhash Pandey and Subash Oza led the aarti. Thanks to Rashmi ji for congregation update. Wish you all a very happy Gita Jayanti on Dec. 8th.

Hoping to see you all on Sunday, November 24 at 10 am at our monthly congregation.

**Namaste!** 🌸



Subash Oza and Subhash Sharma

**October Arti Collection**

**Cash \$70**  
Checks:

Nand Parkash & Renu Garg	\$11
Shanti Dixit	\$25
Mahendra S Amin	\$51
Sunil & Madhu Chopra	\$51
Anant & Jyotsna Vyas	\$101
Vinod & Rashmi Gandhi	\$101
<b>Total</b>	<b>\$410</b>

## A Warm Birthday Wishes to All Our Satsangis

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

### A little extra smile on your

**Anniversary:** Wife who loved fast cars told her husband, "On our anniversary tomorrow morning, I expect to find a gift in the garage that is red in color, goes from 0 to 200 pretty fast!!".

The next morning, she ran out to the garage and found a brand-new red bathroom scale. Husband is currently recovering in a rehabilitation center.



**RENU & VISHWANATH AGARWAL, MADHU & DHARAM BAHL, NINA & BINISH CHOKSI, SONIA & SANJEEV DHAWAN, JYOTI & ANIL DHUTIA, SONIA & ANIL GUNYA, PANKAJ & ALKA GUPTA, DIPTI & TARUN KUMAR, MANJULA & JAGDISH MADHAV, BHAVNA & AKSHAY PRAJAPATI, EKTA & AMIT PUNWANI, VAKAS & DIVYA PANDEY, HITENDER & MANSI SABHARWAL.**

**HAPPY ANNIVERSARY MONTH**

*To all our satsangis Celebrating their Anniversary in the Month of November*



## QUIZ

- What is the significance of Gita Jayanti?
- When is National Ayurveda Day celebrated in India?
- Which State in India celebrates New Year in the month of December?
- What is South Korea's connection with Ayodhya?
- The only country on earth to have Lord Ganesha on their currency note is the country with the largest Muslim population - can you name the country?
- Which country has **Hanuman** as the official mascot of military intelligence?

**Answers:** [1] It is that sacred day when Lord Krishna gave the immortal message to Arjuna in Kurukshetra. This year Gita Jayanti falls on Dec. 8th.

[2] **Dhanvantari's** birthday is celebrated as National Ayurveda Day in India. This day is also known as Dhanteras or Dhanwantari Trayodashi. "Dhan" in Dhanteras has nothing to do with gold or wealth, **Dhan** is from the name **Dhanvantari** and teras from Trayodashi. Thanks to creative advertising, people in India end up buying lots of gold on this day.

[3] **Losoong** is the New Year celebrated in the state of **Sikkim** in December. This year Losoong falls on December 19th.

[4] According to Korean legends, Ayodhya princess Suriratna travelled to South Korea when she was 16. She was sent to Korea by her father, the king of Ayodhya who received a divine command in his dream to do so. Suriratna undertook the voyage accompanied by her brother, a prince of Ayodhya. Today, there are more than 60 lakh people in South Korea who claim their ancestry to the princess of Ayodhya. These are the people known as Kim and Huh communities in South Korea. Former president Kim Dae-jung and prime minister Kim Jong-pil were from the same lineage. Many people from South Korea come on pilgrimage to Ayodhya every year.

[5] Lord Ganesha is inscribed on the 20,000 rupiah note of **Indonesia**.

[6] It is **Indonesia** again. It is a fact that the Hindu population of Indonesia is only 1.7% and Islam is followed by 83.5% of the population. In Indonesia, Islamic invasions did overpower the Hindu and Buddhist religion, but could not kill the culture like they did in Iran and other Central Asian countries. 🌸

## **Ayurveda - Part 4. By: Rajeev Jain**

### **The 5 elements and Vata, Pitha and Kapha - what does it mean?**

Last month we concluded that Ayurveda was even more relevant in modern times. To better understand why we have health problems, we must understand what makes up our body. That understanding will help us to maintain good health.

### **The Pancha Mahabhutas**

The Sanskrit term 'Pancha mahabhutas' represents the five structural elements of the universe. These are: **Aakash** (space), **Vayu** (air), **Agni** (fire), **Jala** (water), **Prithvi** (earth). These five elements form the structural entity of EVERY cell of a body - whether living or nonliving.

In a normal living body, all five mahabhutas exist in a particular proportion (equilibrium). When enzymatic action in our body disturbs this equilibrium, it manifests as a disease. To reinstate the equilibrium, the body naturally eliminates the excess mahabhutas and increases those that are deficient through food ingredients, sunlight, heat, air, etc. When the body cannot achieve this equilibrium on its own, external intervention (treatment) is required.

### **The Tridoshas (Vata, Pitha and Kapha)**

According to Ayurveda, the human body is composed of three fundamental elements called Doshas, Dhatus and Malas. These are in dynamic equilibrium with each other for preserving good health. We will focus on Dosha element here – which is the primary constitution of a human body and determined at the time of our birth.

The Sanskrit term 'Tridosha' is composed of two words (i.e.) 'Tri' (Three) and 'Dosha' (components which carry out body functions). The three Doshas are (1) Vata, (2) Pitha and (3) Kapha. These constitute the functional concept of the body and govern the physio-chemical and physiological activities of the body. Knowing that humans can be classified into at least three different categories, we can appreciate why a treatment that works for one person may not work for another.

The Tridoshas are made up of the five mahabhutas. The Pancha mahabhutas form the structural entity of the body while the Tridoshas are responsible for its functional entity. The Tridoshas manifest themselves

in the form of the shape, color, size, length, loudness, mental activity and physical movement, etc. Hence, by analyzing a person's physical and emotional attributes one can try to determine the dominant Dosha for that person. Tridoshas, in their balanced state, result in a healthy body and when imbalanced, cause diseases. A Vaidya typically determines Dosha by checking the pulse as visible attributes may change with time.

### **Properties of Vata Dosha**

Aakash and Vayu mahabhutas dominate this Dosha even though all the five mahabhutas are present in each Dosha. The Vata Dosha is the originator of all movements of the body and it mainly governs all the nervous functions and breathing. There are 80 possible disturbances that can occur due to Vata Dosha. Pain, stiffness, tremor or shivering, paralysis, hypertension, etc., are some of the ailments caused by the disequilibrium of the Vata Dosha.

### **Properties of Pitha Dosha**

The Agni mahabhuta is predominant in Pitha Dosha. The Pitha Dosha is responsible for the circulatory system, which imparts heat and color to the body necessary for its presentation. It governs the enzymes and hormones. It is also responsible for digestion, pigmentation, hunger, thirst, sight, courage, etc. There are 40 possible body disturbances triggered by a disequilibrium of the Pitha Dosha, which includes burning sensation, excessive body temperature, jaundice, bleeding and all types of skin disease.

### **Properties of Kapha Dosha**

In Kapha Dosha, Jala and Prithvi mahabhuta are predominant. The Kapha Dosha rules over all the mucous surfaces of the body. It is responsible for the solid nature of the body, its sustenance and stability, sexual power, strength, patience, the connections of joints, etc. There are 20 possible disturbances caused when Kapha Dosha is in disequilibrium. It includes diseases like anorexia, laziness, mucous expectoration, hardening of vessels, obesity, suppression of digestive power, etc.

Once you understand the nature of each dosha, you can start to relate health problems to the imbalanced Dosha. For example, excessive water retention in the body would mean that there is an excess of Kapha Dosha, while excessive heat would suggest an excess of Pitha Dosha in the body. 🌸



## Hindu Satsang Activities in the month of October 2019.



### Agenda for Sunday, Nov. 24th Congregation

**Convener:** Ms. Madhu Gupta

**10:00 am:** Prayer and Bhajans by Satsangis

**10:30 am:** Guest Speaker and Singer Acharaya Doctor Prerena Ji

**11:55 am:** Announcements and Aarti

**12:00 pm:** Lunch (Preeti Bhojan): Sponsored by: Anita Nagakar, Deepti Gupta, Jaya Karunakaran, Promila Sigh and Promila Dhar.

Please find Prerena Ji's introduction in her own words below in Hindi. Prerena Ji has come to our congregation in the past as

a guest speaker and delivered a very inspiring and impactful talk covering various topics. Her talk was very popular on our Facebook page. She also rendered some melodious bhajans. We will request everyone to make it convenient to attend this session.

**Hindu Satsang Congregation**  
(Every 4th Sunday of the month)

**Date:** Nov. 24, 2019 (Sunday)

**Time:** 10 am to 12:30 pm

**Location:** HTGC Temple, Lemont.

मैं आचार्या डाक्टर प्रेरणा आर्या। मैं अपनी सारी शिक्षा गुरुकुल देहरादून में गुरुकुलीय परम्परा से की है तथा मेरी वैदिक साहित्य में प्राकृतिक चिकित्सा इस विषय में पीएचडी(संस्कृत में), दर्शनों में आचार्य, संस्कृत साहित्य में एम ए, योगाचार्य आदि पूरी की है। आयुर्वेद, प्राकृतिक चिकित्सा, यज्ञ चिकित्सा आदि में अच्छी योग्यता है। हरियाणा के करनाल क्षेत्र में पैदा हुई। वेदों में एवं ऋषियों में श्रद्धा रखती हूँ। वर्तमान में TIC(Teacher of Indian Culture के पद पर Consulate General of इंडिया, Chicago में भारतीय संस्कृति के प्रचार प्रसार हेतु भारत सरकार द्वारा नियुक्त की गयी हूँ। दुनिया के लगभग सभी देशों में TIC भेजा गया है। योग एवं भारतीय संस्कृति के कार्यों को आगे बढ़ाने के लिए, मेरे पति डाक्टर दयाशंकर विद्यालंकार, जो स्वयं में एक बहुमुखी प्रतिभा के धनी तथा सम्मानित व्यक्ति हैं, न्यूयार्क में इसी पद पर कार्यरत हैं और मुझे आगे बढ़ाने में वे सदा आगे रहते हैं और मैं उनका आदर करती हूँ। मेरा एक 5 वर्ष का पुत्र अभ्युदय है जो बुद्धिमान बालक है। मैं अपनी प्रत्येक सफलता व सुख के लिए परमपिता परमेश्वर को धन्यवाद करती हूँ क्योंकि ये सब उसी के दिए हुए बुद्धि, शक्ति और सामर्थ्य से संभव है। धन्यवाद।