

Board Members

Gen. Coordinator

Kamal Gupta
(847) 612-4244

Past Gen. Coord.

Hersh Sabharwal
(630) 853-2978

Publication

Shivam Viswanathan
(312) 399-3860

Property

Jyatsna Vyas
(630) 788-9754

Prasad

Om Dhingra
(630) 886-9290

Liaison

Subhash Pandey
(630) 674-9794

Ramesh Malhan
(630) 550-1385

Education

Vineet Rajput
(630) 414-5728

Daljit Sabharwal
(630) 922-3024

Jug Uppal
(630) 276-6986

Finance

Madhu Gupta
(630) 915-1281

Special Events

Rashmi Gandhi
(630) 776-7826

Renu Garg
(630) 329-6160

Website Coords.

Shivam Viswanathan
(312) 399-3860

Vijay Nangia
(815) 861-4475

Youth Coords.

Alyssa Shraff
Aadi Pandit



जुलाई २०२१ July 2021
हिन्दू सत्संग समाचार

Hindu Satsang Samachar

www.HinduSatsang.org

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Hindu Satsang Updates

By Shivam Viswanathan

Sadar pranaam to all Satsangis!

Hindu Satsang hosted its first in-person event after more than 15 months. The **summer picnic** was held on Sunday, July 11th and the turnout was great! More details are on page 7 of this newsletter.

Hindu Satsang will hold its Janmashtami cultural program on Sunday, August 22. We will send out further details about how the program will be conducted and how to participate in it, stay tuned.

This month's guest speaker will be the financial educator Smt. Veena Gandhi, who will present her talk on "Conserving Wealth For Yourself and Your Beneficiaries". Our guest singer will be Sh. Vipul Srivastav, more details about our guest speaker & singer on the last page of this newsletter. Our quiz this month is about Nag Panchami which is approaching on the 12th of August. India will launch year-long celebrations on Aug. 15 to commemorate 75 years of Independence.

Last month we had Sh. Umesh Bhatia and Sh. Subash Oza as our guest speaker and singer respectively. More details about our guests and congregation are on page 4.

Following are some of the main festivals/events coming up in the next 30 days, our best wishes to you all: **Nag Panchami on Thursday, August 12, India's 75th Independence Day (स्वतंत्रता दिवस) on Sunday, August 15, Onam on Friday, August 20, Raksha Bandhan on Saturday, August 21, Gayatri Jayanti on Sunday, August 22, Krishna Janmashtami on Sunday, August 29 & Monday, August 30.**

Hoping to see you all on Sunday, July 25th during our virtual congregation. Please stay safe and take care.

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नमस्ते



Happy Birthday Month to our Satsangis born in July



Ajay Sharma	Amita Sachdev	Anika Gupta	Anil Gunya	Ansonia Sood
Anuj Dhingra	Asha Sharma	Brij Sharma	Chetan Kumar	Darsh Wasan
Ekta Punwani	Falguni Gandhi	Gopal Sharma	Gul Bhatia	Jug Uppal
Mohan Sharma	Naman Agarwal	Nand Parkash Garg	Naresh Jain	Navin Tyle
Neeraj Gupta	Neeru Kothari	Niti Bhargava	Piyush Joshi	Poonam Singh
Pradeep Goel	Rahul Pandit	Sarika Gupta	Satish Gupta	Vaibhav Upadhyay
Vishwanath Agarwal	Vivek Trivedi		जन्मदिन की शुभ कामनाएँ	

Happy Anniversary Month

Kanchan & Amit Gupta	Naresh & Darshna Jain	Neeru & Ajay Kothari	Sharda & Ravinder Saini



Laughter is the Best Medicine 😊

Old Couples decided to play golf on their 50th anniversary.

Husband - My eyes aren't what they used to be, did you see where my ball went?

Wife: Yes, I did see it, but I can't remember. My memory is not what it used to be. 🤔

Priest to the groom, "You have the right to remain silent, anything that you say from here on will be used against you".

*Keep smiling and keep nagging each other ...
in a good way,*

have a wonderful anniversary!



Hindu Satsang's
Website address:
HinduSatsang.org

Hindu Satsang's
Facebook page:
[facebook.com/
HinduSatsangUSA](https://facebook.com/HinduSatsangUSA)

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for latest updates. You
are always welcome to
send articles and
feedbacks.

Significance of Shiv and Silence (Shoonya) By Uma Nauth

God, the Almighty, Omnipresent, Omniscient, Invincible, Absolute Truth enfolded in its Divine quality of Divine Justice is Shiv. Shiv is Eternal Light with its electromagnetism of Divine Love inherently expressing Life and exists everywhere.

This consciousness and energy of Life in its formless, chargeless state, which is the absence of any charge of any quality, is the ultimate form of God's existence (Nirakar, Nirgun, Nirlep).

In the presence of its indestructible Purity and Perfection, it is a powerhouse of complete stillness and silence.

In this nothingness, almighty activities of life incessantly take place. It is a treasure house of God's infinite supply house of every good thing. The genesis and dissolution of the known existence happens in the Heart of the Great Great Silence.

It is the All-Knowing Mind of God, All-Seeing Eye of God, a guiding Light, Infinite Intelligence, Governing, Directing Wisdom, Peace-Commanding Presence out of which comes perfect solutions and answers for the fulfillment of God's Divine Plan.

It emanates Transcendent Beauty and Divine Voice resonating throughout God's space.

No wonder, meditation is universally advised to calm the mind to transcend into serenity. In the presence of the "Now" Time, the emptiness between the breaths is where the soft voice of the Godself is heard.

Great Great Silence is a place in the Divine World referred to as the silent state of mind.

Following is a wonderful affirmation for everyday contemplation. "I AM" Come in the Heart of the Great Great Silence and there I abide forever.



From Hindu Satsang Sunday School Coordinators

Namaste Hindu Satsang Sunday School Parents/ Satsangis,

We will be starting our 2021-22 academic year for Hindu Satsang Sunday School on **August 29, 2021**. Due to the COVID-19 pandemic, we plan to start our school year online via Zoom. We will continue to monitor the situation and plan to follow the District 204 policies on potentially transitioning to in-person learning at the 95th Street Library.

The deadline for registration is **August 24, 2021**. Please complete the registration form (link given below) as soon as possible.

The recommended donation is only \$125 for the whole year for the first student and \$50 per additional student.

Once you successfully fill the form, you will receive a confirmation email. If you don't get the confirmation email, check your spam folder, as it may end up there.

Please feel free to share this information with your family & friends who may be interested in Sunday School.

[Click here to register](#)

For any clarifications, feel free to contact one of the Education Coordinators

Vineet Rajput (630) 414 5728/
vineet_rajput@yahoo.com

Daljit Sabharwal (630) 922-3024/
Daljit1919@yahoo.com

Jug Uppal (630) 276-6986/
juppal@anl.gov



A Brief Update:

Hindu Satsang congregation held on
June 27, 2021

By: Shivam Viswanathan

On June 27th, the Hindu Satsang congregation program started with Vedic Sandhya by Sh. Ramesh Malhan and Satsangies. This was followed by melodious bhajans by satsangis:

1. Bhajan by Sh. Subhash & Smt. Kiran Sharma - Govind Chale Aao, Gopal Chale Aao (गोविंद चले आओ, गोपाल चले आओ)
2. Smt. Kanchan Pandey - Hey Bhagwan Man Ke Mandir Mein Hum Teri Joti Jalate Hain (हे भगवन मन के मंदिर में हम तेरी ही ज्योति जलाते हैं)
3. Adorable little Anushka took us back to our schools days through her prayer - Tum Hi Ho Mata, Pita Tum Hi Ho (तुम ही हो माता, पिता तुम ही हो)
4. Smt. Rashmi Gandhi - Ghoongat Ka Pat Khol Re Tohe Piya Mileenge - घूंगट का पट खोल रे तोहे पिया मिलेंगे
5. Bhadra Shah - Chitrakut Ke Ghat Ghat Pe Shabri Dekhe Baat Ram Mere Aajao (चित्रकूट के घाट घाट पे शबरी देखे बात)

Guest singer - Subash Oza:

Following were the amazing bhajans that Subash ji sang so beautifully during the congregation:

1. 'Hey Govinda Hey Gopala' sung in the mellifluous voice Sh. Subash Oza, invokes the blessings of Lord Krishna and celebrates the glorious festival of his birth.

हे गोविन्द हे गोपाल हे दयाल लाल।

The Divine Shabad written by Guru Nanak the Fifth.

2. Prayer from the 1957 film "Do Aankhein Barah Haath" - Ae Malik Tere Bande Hum - (प्रार्थना - ऐ मालिक तेरे बन्दे हम)

3. Sukh Ke Sab Saathi Dukh Mein Na Koi, from the Hindi Movie, Gopi (1970) (सुख के सब साथी दुःख में ना कोई)

4. Dane Dane Pe Likha Hai khane wale ka naam, Lene waale karod, dene wala ek Ram (दाने दाने पे लिखा है खाने वाले का नाम, लेने वाले करोड़, देने वाला एक राम)

5. Anup Jalota's famous bhajan - Prabhuji Tum Chandan Hum Paani (प्रभु जी तुम चंदन हम पानी)

6. Ramchandra Keh Gaye Siya Se Aisa Kalyug Aayega (रामचंद्र कह गए सिया से ऐसा कल्युग आएगा, हंस चुगेगा दाना-दुनका, कौआ मोती खाएगा)

Our **guest speaker** was **Sh. Umesh Bhatia** and spoke about dealing with fear and anxiety during COVID-19.

There are few stress-causing elements like many deaths, getting bombarded with news about COVID, fear of getting infected with virus, job, traveling, etc. One positive outcome is that people are spending more time in prayer, Satsang, meditation, etc. People are praying for everyone, people are helping each other as much as possible. People are questioning themselves - Who am I? Silence and meditation are important to overcome stress. He also spoke about meditation techniques.

Sh. Umesh Bhatia also stressed the importance of Satsang like it helps recenter our attention, it is like a fence to our soul, etc.

In prayers, we should be thankful to God (shukrana) for what we have, rather than asking for something. In all, it was a very interesting session if we follow all the ideas suggested by Sh. Umesh Bhatia will definitely help in coping with the fear and anxiety during these testing times.

This was followed by announcements and aarti.





Quiz Nag Panchami



Just like many of the Hindu festivals, there are few narratives found which provide an explanation to the celebration of Nag Panchami. The one which is most closely followed is from the Mahabharata, when King Janamejaya wanted to wipe out all the snakes from the earth. This incident warns us against the rhetoric of vengeance and sacrifice.

Here is a brief version of that event followed by a quiz to tickle your curiosity cells.

King Parikshit (परीक्षित्) (son of Abhimanyu and grandson of Arjun - valiant warrior heroes of the Mahabharata), was cursed by a sage's son to die by a snake bite for insulting his father. A snake, called Takshaka (तक्षक), killed King Parikshit by approaching in disguise and biting him.

When Janamejaya (जनमेजय), son of the slain king Parikshit, came to know that his father's death was due to a snake called Takshaka, he was so furious that he decided to perform a snake sacrifice to destroy not only Takshaka but to wipe out the entire race of snakes.

Takshaka, the snake intended to be killed by the sacrifice, became scared and took shelter under Indra, who promised to protect him. As the snake sacrifice began by pouring ghee into the yagna fire, in the presence of Janamejaya, great saints and priests chanting appropriate hymns, snakes of all sizes and shapes started getting pulled into the agni (fire). The entire snake species would have gone extinct if this yagna continued.

Astika was a young rishi (sage), son of the serpent goddess Manasa (Manasa was the sister of the great serpent king Vasuki). Astika went to meet Janamejaya where his yagna was being held.

Janamejaya, who was pleased with the way the young Astika addressed him and the assembled sages with his deep knowledge, granted Astika a boon. Astika asked the king Janamejaya to stop the fire sacrifice and that no more snakes should perish in the fire. Janamejaya was extremely pleased with Astika and stopped the yagna immediately.

Thus, Astika was successful in saving the life of Takshaka and the remaining serpent race.

The day that this yagna was stopped due to the intervention of the Brahmin Astika Rishi was the day of Nag Panchami and since then this day is celebrated for Nag Puja.

Quiz

1. What was the name of the yagna that was being performed to eliminate all the snakes from the face of the earth?
2. Who urged Janamejaya to take revenge by holding the snake sacrifice?
3. Which king performed yagna sacrifice to decimate the race of Naga?
4. Why snakes were being sacrificed?
5. Where did Takshaka take shelter to save himself from the yagna?
6. Who was able to stop Janamejaya's snake sacrifice yagna?
7. Who predicted that the snake sacrifice would be left incomplete?

Answers

1. Sarpa Satra or Snake sacrifice
2. Uttanka, one of the priests in the court of Janamejaya, who had also been cheated by Takshaka.
3. Janamejaya (जनमेजय)
4. When Janamejaya came to know that his father Parikshit's death was due to a snake.
5. Takshaka took shelter under Indra.
6. Serpent goddess Manasa's young son rishi Astika stopped the sacrifice of the snakes.
7. Suta, builder of the platform where Sarpa Satra was to take place.



Vitamin D Deficiency Reduces Immunity To COVID-19

Recent Research And An Ayurvedic Perspective

By Rajeev Jain

We are again seeing a resurgence of Covid cases. Researchers from the University of Chicago recently tested thousands of coronavirus patients and zeroed in on those who had their vitamin D levels checked in the past year. **“People with vitamin D deficiency were 77 percent more likely to test positive for COVID”** as per the lead researcher David Meltzerthan. The study, published by the Journal of the American Medical Association, notes that about **half of the U.S. population has low vitamin D level**. It’s been previously found to protect against respiratory tract infections, including those caused by other kinds of corona viruses.

Health Benefits of Vitamin D:

Vitamin D performs many important functions in the body. Some of the critical functions include, regulation and absorption of phosphorus and calcium, and facilitating the proper functioning of the immune system. As a result, vitamin D helps to strengthen the bones and protects the body from illnesses and infections. This vitamin also lowers the risk of developing colon, prostate and breast cancer, as well as, some chronic diseases, including diabetes and high blood pressure. Lastly, vitamin D plays a part in regulating your mood. Unfortunately, most people are unaware that they are deficient in vitamin D until they start developing severe issues.

Normal levels of Vitamin D:

An individual’s requirement of vitamin D depends on age. As per *National Institutes of Health*, an individual under the age of 70 need 600 IU (International Units) per day, while those over the age of 70 require 800 IUs.



However, if an individual is deficient, larger quantities may be prescribed. Excessive intake of vitamin D is not recommended unless advised by a doctor, as it can be harmful to the liver and heart.

How can you tell if you have vitamin D deficiency?

Most common symptoms associated with a vitamin D deficiency include: - pain in your bones, experiencing more bone fractures, losing bone density, experiencing significant weakness, increased muscle pain, feeling excessively tired constantly, getting ill more frequently, excessive sweating, depression, feeling overly anxious, hair loss, longer healing time for wounds, stomach issues, or increased respiratory problems.

Ayurvedic Perspective:

Primarily, you can get vitamin D from three different sources. These are:

1. Having your skin exposed to the sun. Approximately 15 minutes per day is sufficient.
2. Through the foods you eat – though, vegetarian foods are not rich in vitamin D.
3. Taking nutritional supplements.

Ayurveda of course promotes natural intake.

(1) Exposure to the sun:

Our current lifestyle provides limited opportunity for exposure to the sun, as most of our time is spent indoors. To make matters worse, public health officials urge people not to go out in the sun without first slathering themselves in sunscreen.

The best and natural way to get vitamin D is if our bare skin is directly exposed to

sunshine, or rather, the c(UV-B) radiation that the sun emits. The amount of vitamin D the body creates depends on the season, the time of day, cloud cover and air pollution, where you live, and the melanin content of your skin. As the weather is favorable these days, try to walk in the sunshine – unless your skin is sensitive and exposure to sunshine causes skin problems.

< Continued on the next page ... >>>

<<< Article continued from the previous page >

(2) Diet:

A few small changes to your daily diet can help you increase the production of vitamin D in your body. While fish has the largest content of vitamin D (one tablespoon of cod liver oil has 1,360 IU), there are a few products for vegetarians as well – e.g., mushrooms, tomatoes, and patta gobi. We also have foods such as milk (one cup contains 137 IU), orange juice, yogurt, and cereal that are fortified with vitamin D and can help us meet our requirements.

(3) Nutritional supplements:

Ayurveda works on the root causes – as such, there is no supplement for a vitamin deficiency. The natural solution is “sunlight” as discussed above – which is free! The lack of vitamin D limits the absorption of Calcium in our body and, most commonly, affecting the strength of our bones – hence, it is a problem related to Asthi dhatu. Herbal solutions would include Asthi Poshak tablets. However, any formulation should be taken under direction from an Ayurvedic Vaidya.

Praying everyone has had an opportunity to get the Covid vaccine – and are keeping safe.



Hindu Satsang School children doing aarti at the picnic

Summer Picnic Update

Thanks to Sh. Subhash Pandey
for sending the details



Kamal ji preparing a fresh batch of his famous pakoras on site at the picnic.

We had an unforgettable Hindu Satsang picnic on July 11th at Greene Valley Forest Preserve. In spite of rain playing spoilsport, we had a very good turnout. The picnic drew more than 80 adults and 20 children.

Everything was painstakingly planned in detail by the committee members, and it worked like clockwork. Big thanks to the generosity of the members who donated various items for the picnic. The total collection during the picnic was \$425, and \$27 in aarti.

There are some pictures of the picnic on the following Hindu Satsang Facebook page:
<https://www.facebook.com/HinduSatsangUSA>

Please do like and subscribe to our Facebook page. The strength and motivation of our group come from the number of FB followers.

If you have any pictures of the picnic, please send them to shivamv@gmail.com.



Niyati Kapadia's Arangetram

(Thanks to Smt. Madhu Uppal for
sending the details)



Niyati, daughter of Anirudh and Neema Kapadia, was a student of Hindu Satsang School. Her accomplishments are so admirable, and we wish her the best for this major milestone.

"Arangetram" is the debut on-stage performance of a student of Indian classical dance and music. This first performance follows years of training, and many Indian classical dance forms perform an "arangetram" once the time has come for a disciple. In Tamil, "Arangu" means stage, and "Etram" means ascent.

Niyati began her journey learning Bharatanatyam at the age of five, later joining Nrithyanjali School of Dance in 2013 under the guidance of Smt. Sushmita Arunkumar. Being a student of **Hindu Satsang Hindi School** helped her reinforce the understanding of our Epics such as Ramayana. Also a dedicated athlete, Niyati practiced Taekwondo for 10 years and has received her 3rd Dan Black Belt. At school, she is passionate about promoting Indian culture across her high school campus as Indian Student Association President, participating in school events, cultural club events, and her robotics team. Despite a very active schedule, Niyati loves to listen to music, ride roller coasters, and aspires to travel outside the country. In the fall, she will be a senior at the Illinois Mathematics and Science Academy (IMSA).



Independence

By: Uma Nauth

Independence Day is a uniquely important day, as it is a reminder of our innate desire to be independent. Throughout history, children of Earth have lived under the dominion of powerful kings and dictators. Mankind likes to revolt against physical suppression but does not look at their servitude to their own nature, desires, and shortcomings no matter how strong the limitations.

As a matter of fact, it is the goal to be Free from one's own created shackles and ride the wings of independence and Freedom, the God-given right. It is through this self-realization and searches within that brings illumination and inner longing to be independent and be with the One.



July 2021 Congregation Details



2 5
JULY

Everyone is welcome to join

Time: 10 am CST
Mark your calendar
Click Here to join Zoom

Congregation Agenda:

Convener: Sh. Kamal Gupta

10:00 am: Vedic Pooja

10:10 am: Bhajans by Satsangis

10:30 am: Guest Singer:

Sh. Vipul Srivastav

11:00 am: Guest Speaker:

Smt. Veena Gandhi

Topic: Conserving Wealth For Yourself and for Your Beneficiaries

11:45 am: Announcements followed by Aarti

Our guest singer: **Sh. Vipul Srivastav**

Sh. Vipul Srivastava has been singing bhajan and film songs as his hobby for almost all his life. He also plays rhythm instruments such as Tabla and Dholak. Vipul ji and his wife Manjoo ji have been living in Woodridge, IL for nearly 30 years. They are proud parents of Puja and Neal, and proud grandparents of four young children ages 10 years to 1 year”.

Our Guest Speaker: **Smt. Veena Gandhi**

Our guest speaker this month is Smt. Veena Gandhi. She lives in Naperville. She is a financial educator and in the financial industry for more than 17 years. Veena ji hosts workshops in person and over Zoom two to three times from Monday to Friday, helping a lot of families and businesses get educated in the Chicagoland area and many other states.

Topic: "Conserving Wealth For Yourself and for Your Beneficiaries"



Special thanks to Nand ji, Kamal ji, Ramesh ji and Shivam for sharing their picnic pictures:
<https://www.facebook.com/HinduSatsangUSA>



The picture on the left is an old painting depicting the snake yagna being performed. Sages and priests are chanting powerful mantras. Snakes from all over are getting pulled into the fire. You can also see young rishi Astika convincing King Janamejaya to stop the killing of the snakes.

Read the whole story on **page 5** of this newsletter.

Wish you all a Very Happy Nag Panchami

