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अगस्त २०२१ August 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 will be hosting its Krishna Janmashtami celebration on August 22nd (Sunday) at 10 am. This year it will be streamed virtually over Zoom. Do join through the link in the invitation email, or click on the link given on the last page of this newsletter.

The Sunday School for children at Hindu Satsang is starting its academic year 2021-22 on August 29. Please register as soon as possible, more details are on page 3 of this newsletter.

This month's congregation will not occur due to the cultural program. Last month, our guest speaker was the financial educator, Smt. Veena Gandhi, who presented her talk on "Conserving Wealth For Yourself and Your Beneficiaries". Our guest singer was Sh. Vipul Srivastav, more details about our congregation on page 4 of this newsletter. Our quiz this month is about India on the occasion of India's Independence Day.

India launched a year-long celebration on Aug. 15 to commemorate 75 years of Independence. Following are some of the main festivals/events coming up in the next 30+ days, our best wishes to you all:

Onam on Friday, August 20, Raksha Bandhan on Sunday, August 22, Krishna Janmashtami on Sunday, August 29 & Monday, August 30, Hindi Diwas on Tuesday, September 14, Vishwakarma Pooja on Thursday, September 16.

Hoping to see you all on Sunday, August 22nd during our virtual Hindu Satsang's Cultural Program. Please stay safe and take care.



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& Anniversaries

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IN
THIS ISSUE



Happy Birthday Month to our Satsangis born in August



Amit Gupta	Atul Jain	Dharam Punwani	Garima Malhan	Gautam Gandhi
Ghanshyam Agarwal	Isha Tyle	Ishaan Malhan	Jharna Shah	Jyoti Bhatia
Kanika Garg	Kieran Grey Edwards	Kusum Taneja	Mia Jain	Neelam Bhargava
Prem Sabharwal	Raj Taneja	Rajeev Gupta	Rajvir Sabharwal	Rakesh Parikh
Renu Garg	Richa Pal	Sahil Gupta	Sandip Parikh	Sharda Sharma
Sudesh Khosla	Sumati Julka	Tanya Khanna	Usha Shah	Vibha Sharma
Vikas Jain	Vikas Pandey	Vivek Upadhyay	 जन्मदिन की शुभ कामनाएँ	

Happy Anniversary Month



Laughter is the Best Medicine



A young, recently married couple asked the old couple, "What advice would you give to a newly married couple?"

The wife said, "The three most important words in a marriage are - 'You're absolutely right'".

The young couple looked expectantly at her husband.

"She's absolutely right," he said.



Keep laughing with and at each other ...



Have a wonderful anniversary!

Hindu Satsang's
Website address:
HinduSatsang.org

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

Please *Like & Follow*
for latest updates. You
are always welcome to
send articles and
feedbacks.

एक भटकना By Uma Nauth

गर्मी की दोपहर ,घर कमरे में करें सभी विश्राम
मैं अबोध बालिका, जा लेटी खाट पर
माँ अनुग्रह उपरान्त,
किये दरवाजे बन्द
परदे ने दिया,अंधेरे को नीला रंग

कई सायों से लिपटी,
सबकी बेहोशी से अनजान ,
उत्सुकता से मग्न, एक चेतना हवा सी,
ले चली ,मुझे अपने संग !

रोशनदान से निकलती,
आँगन की ऊँची दीवारों को फाँदती
गली कुर्चों के साथ मुड़ती
शहर के बाहर ,रेल पटरी के उस पार

धूप की धायें धायें ,सन्नाटों की सायें सायें ,
दूर परिन्दे की कायें कायें
इनके सन्दर्भ से उभरती
सुनसान रास्तों से गुज़रती
लम्बी सड़क का पीछा करती

बाग में प्रवेश कर, लहराती हुई सी
भीनी भीनी नमी छूकर, फुरकती
सुगन्ध से लिपट, महकाती हुई सी
छाया में छिपती, घनी टहनियों को छेदती
फुदकती, कुछ टटोलती हुई सी
आन पहुँची यहाँ आचम्भित सी
आकाश की वीरानी में ठिठकी, विस्मित सी

फिर गूँजी कहीं से भेदती आवाज़,
तरंगित हुई मन की झंकार
हे पंछी! पूछूँ एक बात
सदियों से मैं ढूँँ जिसे ,
क्या ढूँँ उसे तेरी भी पुकार?

हम दो राही इस भटकना के
लगे गाये है तू भी, उसकी याद
समय के साथ रेंगती,
जन्म मरण के टीलों पर,
खड़ी हूँ इस पार
यदि कभी मिल जाये , कहना,
निस दिन करूँ "तेरा इंतज़ार"

अचानक झिकझोरा किसी ने
"उठो अब हो गई शाम"
बरस बीते एक अनमित एहसास,
स्थिरता की गहराई में
जीवित है अभी भी, मेरे पास



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/

juguppal75@gmail.com



A Brief Update:

Hindu Satsang congregation held on July 25, 2021

By: Shivam Viswanathan

On July 25th, the Hindu Satsang congregation program started with Vedic Sandhya by Sh. Ramesh Malhan and Satsangies. This was followed by melodious bhajans by satsangis:

1. Sh. Subhash & Smt. Kiran Sharma - Mera Chots Sa Parivar, Hari Aajao Ek Baar (मेरा छोटा सा परिवार, हरी आजओ एक बार).
2. Sh. Daljit Sabharwal - Hum sab mil ke aaye data aye tere darbar (हम सब मिल के आये दाता तेरे दरबार)
3. Smt. Rashmi Gandhi - Man tadpat hari darshan ko aaj (मन तड़पत हरी दर्शन को आज)
4. Smt. Kanchan Pandey - Ram naam nit bol are man bawaria (राम नाम नित बोल अरे मन बावरिया)
5. Sh. Kamal Gupta, Smt. Kanchan Pande Kabhi Ram Banke Kabhi Shyam Banke, Chale Aana Prabhu Ji Chale Aana (कभी राम बनके कभी श्याम बनके, चले आना प्रभुजी चले आना ॥)
6. Sh. Madhav - badi der bhai kam loge khabar meeree ram (बड़ी देर भई, कब लोगे खबर मोरे राम, बड़ी देर भई)
7. Smt. Rashmi Gandhi - Darshan Do Ghanshyam (दर्शन दो घनश्याम नाथ मोरी अखियां प्यासी रे)
8. Sh. Subhash Pandey - Jai Jai Jai Hanuman Ji Ram Ram (जय जय जय हनुमान जी राम राम)

Our guest singer Sh. Vipul Srivastava sang some beautiful prayers and bhajans. His voice was so calming and peaceful that it touched our hearts. Along with singing, Vipul ji was also playing tabla.

1. Tum Hi Mata Tum Hi Pita Ho (तुम ही हो माता तुम ही पिता हो)
2. Allah Tero Naam, Ishwar Tero Naam (अल्ला तेरो नाम, ईश्वर तेरो नाम, सब को सन्मती दे भगवान)
3. Tu Pyar Ka Saagar Hai, Teri Ek Boond Ke Pyase Hum - (तू प्यार का सागर है, तेरी इक बूँद के प्यासे हम)
4. A Malik Bande Hum, Aise Ho Humare Karam (ऐ मालिक तेरे बन्दे हम, ऐसे हों हमारे करम)
5. Badi Der Bhai Nandlala (बड़ी देर भई नंदलाला, तेरी राह तके बृजबाला)

Our guest speaker this month was Smt. Veena Gandhi. She imparted some critical information about "Conserving Wealth For Yourself and for Your Beneficiaries" She is a financial educator and in the financial industry for more than 17 years. If you need more details, you can contact her at veenagandhi1@gmail.com or call her at 630-301-1352.

Guest singer Sh. Vipul Srivastava



Guest speaker Smt. Veena Gandhi.





India Quiz



Celebrate the 75th Independence Day of India by testing out your general knowledge about India, and see how many points you score. Answers are on the right column of this page.

1. How many countries border India?
2. What is India's smallest state by area?
3. Which Indian president is nicknamed "Missile Man?"
4. Which Indian president received the Bharat Ratna, India's highest civilian order in 2019?
5. Who was the first non-European to receive the Nobel Prize for Literature?
6. Which Indian lunar probe found water on the Moon?
7. Who was the first Indian citizen to go into space?
8. Which Indian social reformer is known as the Father of Modern India?
9. Who is the first Indian physicist to win a Nobel prize?
10. Which is the 3rd most spoken language in the world?



विश्व हिंदी दिवस

- 1950 हिंदी को आधिकारिक भाषा का दर्जा मिला
- 60 करोड़ से ज्यादा लोग करते हैं हिंदी का इस्तेमाल
- 176 विदेशी विश्वविद्यालयों में पढ़ाई जाती है हिंदी
- 20 से ज्यादा देशों में हिंदी का इस्तेमाल
- 93% भारतीय युवा हिंदी यूट्यूब पर हिंदी में वीडियो देखते हैं
- 94% दर से डिजिटल मीडिया में हिंदी सामग्री की मांग बढ़ रही है
- 2006 से मनाया जा रहा है विश्व हिंदी दिवस
- 45 अमेरिका के विश्वविद्यालयों में हिंदी पढ़ाई जाती है

Answers



1. Six countries border India. It is bounded to the northwest by Pakistan; to the north by Nepal, China, and Bhutan; and to the east by Myanmar (Burma) and Bangladesh.
2. Goa is India's smallest state. It is just 1,429 square miles (3,702 square kilometers) in area.
3. A.P.J. Abdul Kalam was the president of India from 2002 to 2007. He played a leading role in the development of India's missile and nuclear weapons programs, thus, earning him the nickname "Missile Man."
4. In 2019 Pranab Mukherjee was awarded the Bharat Ratna, India's highest civilian honor.
5. In 1913 Rabindranath Tagore became the first non-European to receive the Nobel Prize for Literature.
6. Chandrayaan is a series of Indian lunar space probes. Chandrayaan-1 was the first lunar space probe of the Indian Space Research Organisation and found water on the Moon.
7. Rakesh Sharma, an Indian military pilot and cosmonaut born on January 13, 1949, in Patiala, Punjab became the first Indian citizen in space in the year 1984.
8. Ram Mohan Roy is called the Father of Modern India. He was a social reformer and worked for the social transformation of society. He abolished Sati and reformed the Indian education system by proposing the modern Western curriculum of study. In 1822 Roy founded the Anglo-Hindu School and also formed the Brahmo Samaj in August 1828.
9. C.V. Raman was the recipient of the Nobel Prize for Physics in 1930 for the discovery that when light traverses a transparent material, some of the light that is deflected changes in wavelength.
10. Hindi is the 3rd most spoken language in the world (615 million) after English and Mandarin Chinese. **Happy Hindi Divas on September 14th**





Gout

An Ayurvedic Perspective
By Rajeev Jain



Gout is a common but extremely painful form of inflammatory arthritis. It usually affects one joint at a time (most commonly the big toe joint, though other joints such as the knee and ankle can also be affected). Symptoms normally include intense pain, swelling, redness, and heat. There are times when symptoms get worse (known as flares) – they start suddenly and can last days or even weeks. Repeated bouts of Gout can lead to a complex and worsening form called gouty arthritis.

As per CDC, there is no cure for Gout in modern medicine, but you can effectively treat and manage the condition with medication. Fortunately, Ayurveda offers a potential cure for it.

High-risk situations that can cause gout

Gout is caused by a condition known as hyperuricemia, where there is too much uric acid in the body and uric acid crystals form in joints, fluids, and tissues. Certain health conditions that increase your risk of Gout include:

- Being obese
- Congestive heart failure
- Hypertension (high blood pressure)
- Insulin resistance
- Metabolic syndrome
- Diabetes
- Poor kidney function
- Hereditary



In addition, use of certain medications, such as diuretics and low-dose aspirin, drinking alcohol, consuming foods and drinks high in fructose (a type of sugar), and having a diet high in purines, which the body breaks down into uric acid can elevate the uric acid level.

Purine-rich foods include red meat, organ meat, and some seafood, such as anchovies, sardines, mussels, scallops, trout, and tuna.

Ayurvedic Perspective:

In Ayurveda, Gout is called “Vata-rakta” – meaning vata in blood in Sanskrit. Hence, the remedy is to remove vata from the blood, (1) in the immediate short term and (2) prevent future attacks of Gout. Over 5 million individuals in USA suffer from Gout and it is 9 times more common among men compared to women.

Ayurvedic Approach:

Below we discuss different components and important factors in treating Gout.



(1) Diet:

Immediate changes in your daily diet are important to help you reduce uric acid and inflammation. Certain foods that produce uric acid must be excluded from your diet (like alcohol, foods high in fat and calories, spicy foods, and purine-rich foods). Ensure you are taking an alkaline diet and avoid constipation.

The following would be good to include in your diet:

- Drinking lots of warm water and lemon juice (dissolves uric acid);
- Sprouted Fenugreek (methi) – reduces inflammation and improves metabolism;
- Soup of green gram (with garlic if possible);



(2) Exercise/Lifestyle:

Reduce travelling and sitting for extended time. Excessive use of joints should also be avoided, however, you need to increase the blood flow to the affected joints by external massage with oil, e.g. mustard oil mixed with camphor, or Pinda taila.

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

<<< Article continued from the previous page >

Yogic exercises that stimulate blood flow are good for at least 30 minutes daily. Some of the yoga asanas good for Gout include - Trikonasana, Bhujangasana, Shalabhasana, Naukasana and Vakrasana (the asanas should be modified based on an individual's age and capability).

The following breathing exercises (pranayams) are also helpful – Surya bhedna, Nadi shudhi, and Bhramari – practice them daily for 2 minutes each.

If obesity is a factor, some reduction in weight of the individual is also required. Finally, ensure you get adequate sleep at night.

(3) Herbal formulations:



Panchkarma treatment which includes internal Oleation (age permitting), Virechana and Vasti will be helpful for long term prevention. If stress is a factor, Kshirodhara treatment would also help.

There are some herbal products that are useful in treating Gout. These include Rasnaerandadi kashayam, Kokilaksham kashayam, Sukumar Erundum, Kishora Guggulu. However, these should be taken under direction from an Ayurvedic Vaidya as the intake will depend on the severity of Gout and age. Some home remedies like potato juice can also be very effective.

Wishing everyone a safe time and good health.



Quotable Quote

“The great thing about Ayurveda is that its treatments always yield side benefits, not side effects.”

— Shubhra Krishan

★CONGRATULATIONS★

to

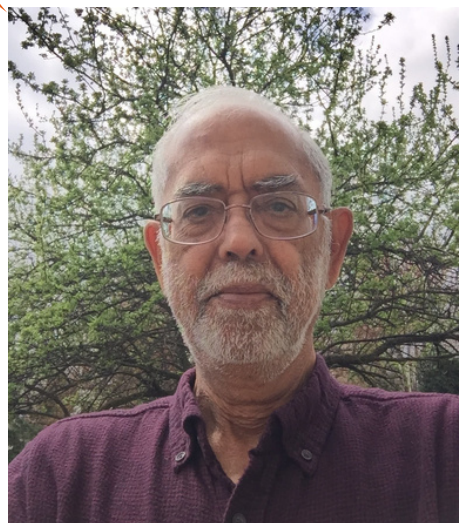
Sh. Jug Mohan Uppal

Hindu Satsang congratulates Sh. Jug Mohan Uppal on his retirement after nearly 50 years as an electrical engineer. His career took him to companies big and small and he considers himself very fortunate to have spent the past 32 years as a Project Manager at Argonne National Lab in Lemont, Illinois.

Sh. Jug Uppal and his family are the founding members of Hindu Satsang and his three daughters grew up attending Hindu Satsang school and participated in many Janmashtami and youth programs.

Jug ji is currently one of the education coordinators and plans to expand his volunteering work. His hobbies which will, no doubt, keep him busy include golf, gardening, and traveling.

Happy Retirement Jug Uppal ji!





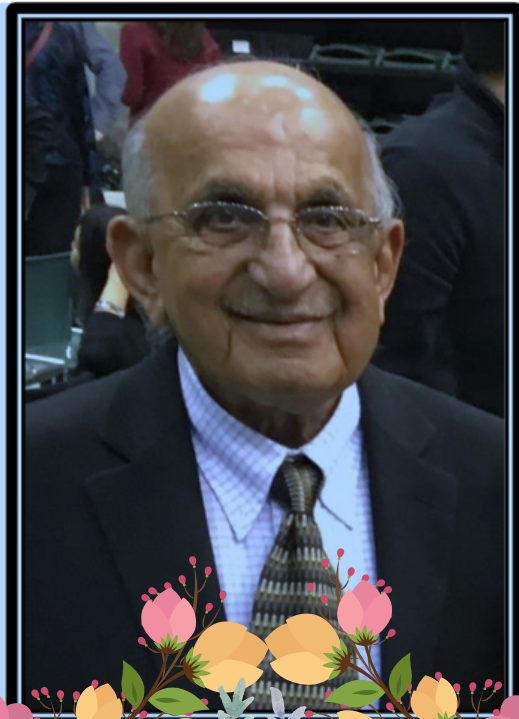
Shraddhanjali

By Smt. Madhu Uppal



Shraddhanjali to Shrimati Sarojani Devi and Shri Gobind Ram Dhingra ji

This wonderful couple had been an integral part of Hindu Satsang for many decades. Where Shrimati Dhingra ji took care of her large family like only a mother can, Shri Dhingra ji guided the younger generation by his work ethic and his zest for life. With God's grace, this couple was blessed with wonderful children, grandchildren, and great grandchildren who revered them and served them with devotion and love till their last breath. We are saddened to see them leave us but feel fortunate to have had them in our lives. Om Shanti Shanti Shanti Om!



Shraddhanjali



We are very sorry to share this sad news about Mansi Sabharwal's Mother, who is the mother-in-law of Hitender Sabharwal (Daljeet ji's son),

Mrs. Kamal Dua

left for her heavenly abode on the morning of 3rd August in Faridabad, India. She was 78.

ईश्वर उनकी आत्मा को पूर्ण शांति प्रदान करें।



Om Shant, Shanti, Shanti.



Bhagavad Gita Shloka // 2.23 //

नैनं छिन्दन्ति शस्त्राणि नैनं दहति पावकः।
न चैनं क्लेदयन्त्यापो न शोषयति मारुतः॥

No weapon can cut the soul into pieces, nor can it be burned by fire, nor moistened by water, nor withered by the wind.



Hindu Satsang's
cultural program is on
August 22 at 10 am.

Don't miss it. Mark your calendar
and set an alarm



Hindu Satsang Cultural Program 2021

August 2021						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Everyone is
cordially
invited

Join us online

Time: 10 am CST on Aug. 22 (Sunday)

Mark your calendar

[Click Here to join Zoom](#)
or use the following [zoom link](#):

[https://us02web.zoom.us/j/87013160986?
pwd=b0JYRDhUEXJQksveVERUVVGcDdQZz09](https://us02web.zoom.us/j/87013160986?pwd=b0JYRDhUEXJQksveVERUVVGcDdQZz09)

You are invited to join us
over zoom for our annual
cultural program,
showcasing the talents of
children and adults.
Feel free to invite your
family and friends.

Due to this program, we
will not have our usual
congregation this month.



**"May Lord Vishwakarma fill each and every day of your life with happiness, your home with harmony, and your professional life with great success."
Happy Vishwakarma Jayanti! (Friday, September 17)**



Dear Satsangis:

May every Janmashtami bring lots of
happiness for you and your family.

Happy Janmashtami



From: Hindu Satsang