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मार्च २०२१ March 2021



हिन्दू सत्संग समाचार

Hindu Satsang Samachar

www.HinduSatsang.org

www.facebook.com/HinduSatsangUSA



Hindu Satsang Updates

By Priya Viswanathan

Pranaam to all Satsangis!

This year, the **Youth Festival** was held virtually on Sunday, Feb 28th from 10 am to 12:30 pm. The program was very well organized and coordinated. Satsang members greatly appreciated it. More details about the program on page 3.

The **Holi festival** is coming up on March 28th, and we have a congregation on that day. Find an article on Holi on page 4.

Hindu Satsang's annual **Didwania and Jain Scholarship** results were declared during the February congregation. Our congratulations to all the students who submitted their essays for these coveted scholarships. Please find complete details on page 3.

Hindu Satsang **elections** will be conducted during the congregation on March 28th. More details on the last page.

Hindu Satsang will be organizing a live online '**Ramayana Quiz**' contest in May. Please register if you or your family members would like to participate. Details on page 4.

Wish you all a very Happy Holi (Sunday, March 28 & 29), Hindu New Year - March 11 to 15 - Ugadi / Gudi Padwa / Vishu / Bihu, Rama Navami - the birthday of Shri Ram (Wednesday, April 21), and Hanuman Jayanti - the birthday of Hanuman Ji (Tuesday, April 27).

This month we have a very young guest singer and speaker joining us on our Sunday congregation - see details on the last page. Mark your calendar and don't miss it.

Until we meet again, please stay safe and take care.
Om Shanti, Shanti, Shantihi!

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Happy Birthday Month to our Satsangis born in March



Anand Upadhyay	Anjali Pal	Annika Sachdev	Arpita Singh Yadav	Arvind Bhargava
Ashna Gupta	Devina Dhawan	Dharam Bahl	Kashmira Avashia	Kiran Sharma
Mahesh Madhav	Meena Kalra	Monika Sharma	Nikhar Kinger	Nikhet Gupta
Nishi Gupta	Rahul Agarwal	Rahul Nohria	Rishabh Agarwal	Roma Bhagat
Romesh Sood	Seema Gupta	Selina Parikh	Shivam Viswanathan	Subhash Sharma
Usha Wasan	Vijay Pandit	Vivek Gupta	Vivek Pandey	Rachit Sachdeva



Happy Anniversary Month



Deepali & Vipul Punwani	Neelam & Arvind Bhargava	Pushpa & Mahipal SinghYadav	Richa & Aroon Pal	Sarla & Jeevan Raheja	Sita & Brij Sharma
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Laughter is the best medicine:



When I waited for a long time and married "Ms. Right", I had no idea her first name was "Always".



What is 'hospitality' in these times of pandemic?
Hospitality is the art of making guests feel like they're at their own home when you wish they actually were.



To many more years of laughing with and at each other's jokes and keeping each other young at heart!
Happy 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. Let
us know if you have
any feedback at:
kpriya10@yahoo.com

A brief update: Youth Festival held on February 28, 2021

By: Shivam Viswanathan

On February 28, Hindu Satsang held its annual Youth Festival where past and present students of Hindu Satsang Sunday school showcased their artistic abilities, talents, and creative skills.

The program was very well organized and well-coordinated, commended by all. There is no dearth of creativity and talent amongst our Hindu Satsang school students. We got an opportunity to enjoy a variety of programs like shloka recital, musical instruments, different kinds of Indian dance forms, songs, poems, short film, Hindu School presentations, tabla jugalbandi, and students dressed up as various leaders during India's freedom struggle. We can clearly see how much hard work goes into such performances.

Our young MCs – Aadi Pandit and Alyssa Shroff did an outstanding job of transitioning from one program to another seamlessly. A big round of virtual applause is in order for the following folks for their invaluable contributions:

Hindu Satsang volunteers, parents/guardians, students/performers, education coordinators - Smt. Divya Grover, Sh. Nand Prakash Garg, Sh. Amitabh Gupta and last but not least ...

Hindu Satsang Sunday School Teachers - Sh. Nand Prakash Garg, Smt. Promila Dhar, Smt. Pramila Singh, Smt. Shubhi Garg and Smt. Ruchi Gupta.

The programs were so spectacular that they cannot be detailed in a couple of sentences. I'll pass on this link where you can watch the entire program for yourself. In case you missed watching it on February 28th, I'll highly recommend watching it:

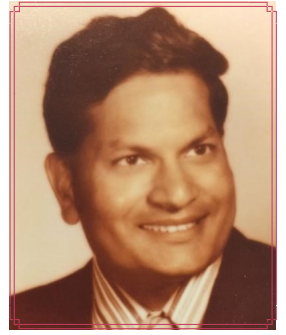
Link: <https://youtu.be/ABXVKKqMXnU>

Look at the description section on the YouTube video at the above link, I have indexed it so that you can directly jump to specific programs if you don't want to watch the whole program. Please feel free to forward the link to your family and friends anywhere in the world. Give it a *Like* if you like this program and, *Subscribe* to stay in touch with future programs.



Didwania Scholarship winners

Didwania family has always been very devoted member of Hindu Satsang. After **Sh. Hanuman Prasad Didwania Ji** passed away in 2016 at the age of 81, **Kala Didwania Ji** has been providing scholarship in his memory for Hindu Satsang students every year. A big thanks to **Kala Ji** for her kindness and generosity!



Late Sh. Hanuman Prasad Didwania

These scholarships allow students to reflect on their knowledge and demonstrate skills they have gained in Hindu Satsang Sunday School. Each year, the topic for the essay submission is different. After the essays are evaluated, a few students are chosen for interviews by a panel of judges.

During the February congregation, the Didwania Scholarship results were announced. The Jain scholarship nominations were not submitted this year due to a lack of eligible candidates.

The first prize was awarded to **Alyssa Shroff** with a scholarship amount of \$600 and the second prize was awarded to **Dhruv Syngol** with a scholarship amount of \$400.

You can find the names of the past scholarship winners at the following link on our website: <http://hindusatsang.org/pastscholarshipwinners>

The judging panel for the scholarships comprised of Smt. Madhu Uppal, Sh. Subhash Pandey, Sh. Mahesh Gupta, and Sh. Rajesh Tiwari. The judges were of the opinion that all the students did exceptionally well, both in written essays and interviews. They found it very tough to pick the scholarship winners as all of them were so good. Smt. Kala Didwania Ji congratulated all the students and wished them the very best.



Holi, the festival of colors

Holi is an amazing festival of colors & water. This year Holi falls on Sunday, March 28th. This festival marks the beginning of Spring in India.

Why is Holi celebrated?

Hiranyakashipu was a wicked and arrogant king. He was very egoistic and wanted everyone in the kingdom to worship him. To his disappointment, though, his son Prahlad worshiped not him, but Lord Vishnu. Despite his best efforts, Hiranyakashipu was unable to kill Prahlad. The blessings of Lord Vishnu always protected Prahlad. One day, however, he thought of an idea to end Prahlad's life with the help of his sister Holika. Hiranyakashipu instructed Holika to sit on a blazing fire, holding Prahlad on her lap, as Holika had been granted a boon, which permitted her to emerge out of a fire unscathed. She tricked Prahlad to sit in her lap, then got the fire blazing. Little did Hiranyakashipu and Holika know that Holika's boon was only effective if she entered the fire alone. The Lord protected Prahlad for his unwavering devotion, as he continuously prayed to Lord Vishnu. As Holika perished in the fire, Prahlad came out unharmed. This is why Holi is another Hindu festival that celebrates the victory of good over evil.

The Evening Bonfire

Holika Dahan takes place on the eve of Holi. This event can also be referred to as "Small Holi" or "Chhoti Holi". Holika Dahan consists of a sacrificial bonfire, and the tradition of throwing wheat, oats, and other nuts and grains into the fire. Many people burn their enmity with each other and become friends. As far as historians can tell, this practice has existed since ancient times.



Ramayana Online



Quiz Contest

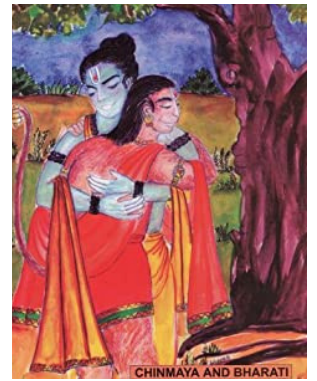


Every year we have a Ramayana quiz during Hindu Satsang's Ramlila staging event in Lemont Temple. This quiz was not conducted last year in October 2020. We are planning to organize a virtual Ramlila Quiz in the month of May.

There will be about 30 questions and most of the questions will be based on Valmiki Ramayan, you may follow any book but the following book is recommended:

Bala Ramayana
by **Bharati Naik**
& **Swami Chinmayananda.**

Hindu Satsang students should already have a copy of this book.



Some questions will also be from the Hindu Satsang newsletters. Please refer to the Hindu Satsang newsletters from April 2019 onwards (articles & quizzes related to Ramayana). All the newsletters are available on the following webpage on our website:

<http://www.hindusatsang.org/newsletter>

- This time, it will be a family quiz, the whole family can participate as 1 team or can participate individually.
 - You can pick any name as your team name.
 - We will disclose the team members' names who come in the top 5.
 - The questions will be in a multiple-choice format.
- Watch out for further details.

To receive further details, please register here:

<https://forms.gle/iQjYjFvYwQqiFRgy5>



Mahamrityunjaya Mantra

by Hindu Satsang member

Hailed to be one of the most powerful 'moksha' mantras in the Hindu religion, the Mahamrityunjaya Mantra is a powerful mantra that is made up of three words: 'maha' meaning great, 'mrityun' meaning death, 'jaya' meaning victory - the conqueror of death. Lord Shiva's Mahamrityunjaya Mantra is a Sanskrit mantra that not only cures you physically but also aligns your emotional and mental peace with your health and wellbeing.

Mahamrityunjaya mantra is one of the most powerful mantras that addresses Lord Shiva.

The mantra aims at warding off evils like jealousy, greed, and it also promotes the longevity of human life.

Benefits of chanting the Mahamrityunjaya mantra:

1. It is believed that the chanting of the mantra produces a certain kind of vibration that wards off all evil, realigns the physical body, and restores good health. This mantra can help the health of a sick person. You can sit next to a sick or an ill patient and chant this mantra 108 times and seek Lord Shiva's blessing for the person's health and wellbeing.

2. With this mantra, one can conquer all of one's evil like jealousy, anger & greed. Regular chanting can help you battle illness, accidents, calamities, or any unexplained situations. It is believed if you religiously chant this mantra, then Lord Shiva creates a protective shield around you that protects you from sudden death and bestows health, wealth, and peace.

3. The mantra helps you bring your physical, mental, and emotional state all in place; all aligned with one another. The best way to chant this mantra is by applying 'vibhuthi' (the holy ash), filling a glass with water, and by sitting facing east. Make sure that you close the top of the glass with the palm of your right hand and chant the mantra 108 times. Once you are done, you can spray the water in the house, or you can even give the water to people in the house for drinking.

4. One of the main reasons why this mantra is so powerful and significant is because it helps your human body connect with your inner self; this mantra provides spiritual uplifting.

5. The chanting of the mantra can also help people who have any kind of 'dosha' in their 'Kundli' (horoscope).

6. This benefit is not very well known but chanting for this Shiva Jaap can actually ward off all your financial troubles.

7. This mantra is beneficial for those who are bad sleepers and witness bad dreams. Chanting this mantra either before bed or at the beginning of the day can put their mind at peace and also help them have an undisturbed sleep.

Let's understand the meaning of the Mahamrityunjaya Mantra:

In Sanskrit:

ॐ त्र्यम्बकं यजामहे
सुगन्धिं पुष्टिवर्धनम् ।
उर्वारुकमिव बन्धनान्
मृत्योर्मुक्षीय मामृतात् ॥



(Continued on the next page ...)

(Continued from the last page ...)

Pronunciation of the mantra in English text:

OM. Tryambakam yajamahe
Sugandhim pushti-varadhanam
Urvarukamiva bandhanan
Mrityormukshiya mamritat

Meaning in English:

No translation can ever do justice to all its levels of meaning. The multi-leveled nature of Sanskrit words makes this impossible.

However, variations in translation also reflect the fact that practitioners pay more attention to the vibrations of the sounds of the mantra rather than its exact translation. Like music, the resonance of these sounds attracts the mind and leads it to an inner experience. The literal meaning of the mantra is secondary:

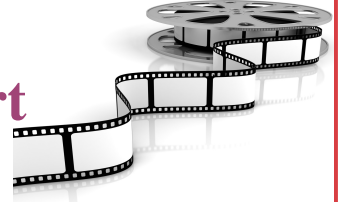
- 1: Om, we worship the Tryambaka (the three-eyed, one - Lord Shiva),
- 2: Who is fragrant and who nourishes and sustains all living beings,
3. Just as the cucumber is released from its stem (bondage, attachments),
4. May he (Lord Shiva) liberate us from (samsara) death, may he lead us to immortality.

 **Thank you for your donation** 

Thanks to Sh. Dharam Ji & Smt. Kiran Punwani Ji for their donation of \$101 to Hindu Satsang in February 2020.

Note: You may make a donation to Hindu Satsang by contacting the treasurer or the general coordinator.

Reflections National Art Contest



The short film "I am Unique" has advanced to the National Level in the annual Reflections Art Contest. This short film has been written and directed by Jai Viswanathan. Shreya Tiwari from Hindu Satsang school also features in this short film. This film highlights the importance of letting kids do what they like doing rather than parents and others forcing them into things that kids don't like. The theme was "I Matter Because..."

Congratulations to Shreya and Jai for reaching the National Level. You can watch the short film by clicking on the following link:

<https://youtu.be/g1dupOrSErQ>

Give it a 'Like' if you like it and, 'Subscribe' to watch other contest entries.



Click here to watch
Hindu Satsang's

YOUTH FESTIVAL

https://youtu.be/
ABXVKKqMXnU



By: Jai Viswanathan

Worshiped by many, who wish to gain courage and strength in their lives, Hanuman Ji is one of the most celebrated and revered figures in Hinduism. Since Hanuman Ji's birthday is on April 27th, I have prepared a quiz for you to find out how much you know about Him. You will find answers in the right column. All the best!

1. What was the name of Hanuman Ji's mother?
2. Can you name Hanuman Ji's father?
3. Why is Hanuman Ji called Pavan Putra (पवन पुत्र)?
4. What made sages curse Hanuman Ji and made him incapable of flying?
5. Who restored the memory of Hanuman Ji's powers?
6. Hanuman Ji is regarded as an avatar of:
 1. Brahma
 2. Vishnu
 3. Shiva
7. When Hanuman Ji struggled to identify the herb, he picked up the entire mountain. Can you name this mountain?
8. Hanuman Ji was searching for a herb to save Laxman, what was its name?
9. Why did Hanuman Ji cover his whole body in Sindoor (सिन्दूर)?
10. What is the devotional hymn addressed to Hanuman Ji, written by Tulsidas called?

Answers on the right column ⇒)

Answers



1. Devi Anjana
2. Kesari
3. Devi Anjani underwent severe penance and worshiped Lord Shiva. Pleased with her devotion, Lord Shiva showered her with blessings and sent it across through Vayu, the God of wind. Since Vayu carried the blessings, Lord Hanuman Ji is also known as Pavan Putra, meaning the son of Vayu.
4. When Hanuman Ji was a little child, he was a troublemaker who, among other feats of mischief, tried to grab the sun from the sky. As a result of his mischief, powerful sages cursed baby Hanuman, telling him that he would lose all his powers and would regain them only when someone reminded him about them.
5. Jambavan, the king of the bears.
6. He is believed to be an avatar of Shiva.
7. Dronagiri parvat
8. Sanjeevani booti. Sanjeevani literally means something that restores or offers life.
9. When Hanuman Ji asked Sita Mata, the purpose of her applying a pinch of sindoor on her forehead, she replied, that it is for the well-being and long life of her husband, Shri Ram. Hanuman Ji being the most ardent devotee of Shri Ram, replied that if a pinch of sindoor is for his long life, then he shall smear his entire body with sindoor so that Shri Ram lives as healthy and as long as possible. This is another example of the sheer love and emotion of Hanuman ji for Shri Ram. Hanuman ji represents unshakable faith and devotion in its purest form.
10. The Hanuman Chalisa.



March 2021 Congregation Details

Congregation:

Date: Sunday, March 28th

Time: 10 am CST

Location: Join Zoom Meeting

[https://us02web.zoom.us/j/87013160986?](https://us02web.zoom.us/j/87013160986?pwd=b0JYRDFhUEExJQksveVErUVVGcDdQZz09)

[pwd=b0JYRDFhUEExJQksveVErUVVGcDdQZz09](https://us02web.zoom.us/j/87013160986?pwd=b0JYRDFhUEExJQksveVErUVVGcDdQZz09)

Please mark your calendar.

Agenda:

Convener: Sh. Hersh Sabharwal

10:00 am: Vedic Pooja

10:10 am: Bhajans

10:45 am: Guest Singer: Vidhi Patel

11:15 am: Guest speaker: Zeel Sheth

11:45 am: Hindu Satsang Board Elections

12:00 pm: Aarti

Hindu Satsang Elections

March is the month of board elections for our Hindu Satsang group. New board members are elected during the March congregation. The committee is chosen each year to oversee all the different aspects and functions of the group. Old members either continue or ensure smooth transitions to the newly elected members.

Are you interested? Consider becoming a Hindu Satsang Board Member if you can spare some time (not much time is required). It is low-stress work in a very friendly environment but highly satisfying and rewarding as you get to contribute and bring in positive changes to this organization. If and when you need help, you will always find experienced members to support you.

If you would like to be a part of the Hindu Satsang board - please ensure that you attend this meeting on March 28th over the Zoom meeting. It is mandatory for future board members to be present during this election process.

Hoping to see you all on March 28th.

Both our guests this month are very young and gifted.

Our guest singer **Vidhi Patel** just turned 17, but she is already working towards her Visharad in music. She is in her junior year of high school. She has been in the music school for about 7 years, and she is very passionate about singing. She will be singing a few of her favorite bhajans.



The guest speaker for this month is **Zeel Sheth** who has done Masters in Aerospace Engineering. She will be talking on the topic:- **The importance of knowing about future space travel, technology, and Moon and Mars exploration.**

