



Gen. Coordinator
Hersh Sabharwal
630-853-2978

Past Gen. Coord.
Uma Aggarwal
708-220-1845

Publication
Priya Viswanathan
312-493-5443

Property
Subhash Sharma
815-751-6624

Prasad
Manju Kalra
630-379-7422

Liaison
Rashmi Gandhi
630-776-7826
Shubh Malhan
630-550-1386

Education
Nand Parkash Garg
630-750-6669
Divya Grover
815-861-5530
Amitabh Gupta
630-209-7319

Finance
Madhu Gupta
630-915-1281

Special Events
Kanchan Pandey
630-835-7521
Shammi Wahi
630-674-2883

Youth Coords.
Darsh Kapadia,
Saanvi Sethi &
Preena Shroff

Pranaam!! Greetings to all Satsangis. The summer break is almost over and the schools are about to reopen. By the time you get this newsletter, India Day Parade must be over and preparation must be in full swing for our **Krishna Janmashthami Program** on Aug 25, which will be held in place of our regular monthly congregation.

The guest speaker for our July congregation was **Ms. Nirmita Dholakia** who spoke about *Madhurashtakam*, Krishna Leela and enthralled the audience with melodious bhajans. We cannot thank her enough for enlightening us on this topic.

Please don't miss our Janmashthami Cultural Program on August 25 at Rathi Auditorium in HTGC Lemont Temple, from 10 am onwards, followed by the scrumptious lunch generously sponsored by **Mr. Jagmohan Jayara & Family (India House Restaurant)**. A big thanks to Mr. Ramesh Malhan for coordinating the lunch.

We received some heartwarming feedback about our Newsletter and the Hindu Satsang website, thank you all for your inspiring words. We have also received articles by Satsangis which is very encouraging, please keep them coming. Satsangis have so much experience and invaluable wealth of knowledge, please do use these channels to share them with your fellow satsangis. One of the most important components of any Satsang is to share and learn from each other. Special thanks to Ms. Uma Nauth for her beautiful patriotic poem and Mr. Rajeev Jain for his very informative article on *Ayurveda* for this newsletter. These articles will also be available on the website. Please send me your feedback and your own articles for our newsletter and website.

Hindu Satsang Sunday School Registration: Enroll for 2019-20 academic year by completing the online Registration form (link and QR code given below). Please print the completed form (received as a pdf attachment in the confirmation registration email) and mail with the donation check to Divya Grover (Education Coordinator), at the address mentioned on the registration form. Kindly please secure a spot for your child at the earliest. Registrations received by August 25th will be prioritized for role assignment for the Ramlila program that will be staged on 12th October. Please feel free to pass this information to other parents who may be interested in Sunday School (Hindi language and religion).

Orientation day for the Sunday School is on **Sept. 8, 2019, 2 - 4pm.**

Registration link: <http://rebrand.ly/Sunday-School>.



Wish you all a very happy **Ganesh Chaturthi** (Sep. 2), **Onam** (Sep. 11), **Vishwakarma Puja** (Sep. 17), **Navaratri** (Sep. 29 to Oct. 7).

Hoping to see you all on Sunday, August 25 at 10 am for our **Janmashthami cultural program** at Rathi Auditorium, HTGC Temple.
Namaste - *Priya Viswanathan* 🌸

July Picnic & Aarti Collections

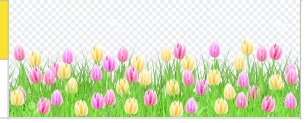


Check

Renu Jain	\$1000
Vibha & Manu Sharma	\$50
Cash	\$161
Grand Total	\$1211

Many Happy Returns of the Day to our Satsangis born in the month of August:

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



A Very Happy Marriage Anniversary to Deepti & Ajay Buti and Usha & Darsh

Birthdays and Anniversaries are posted on Hindu Satsang's Facebook page by 5th of the month. If you see any issues or names missing, please let me know before 8th of the month so that it gets printed correctly in the newsletter. Also, if you would like to share your news with your fellow satsangis, please send me an email with all the details: kpriya10@yahoo.com

No More Missing Newsletters

Please go to the following link to get the latest Hindu Satsang Newsletter (and the previous Newsletters too):

www.hindusatsang.org/newsletter

 Newsletters are generally published at least 4 days before the 4th Sunday of the month. 

वतन की याद में ---उमा नाथ।

पचास से ज्यादा साल हुए; एक ज़माना गुजरा,
युग - युग से था जिसका हमें इंतज़ार!
यह किस्सा उस वक्त का है,
कहीं नहीं मिलेगा; आप को ऐसा प्यार!!



फिर मजबूरन एक दिन जाना पड़ा हमें परदेस,
लाख कोशिश की मगर, भूल नहीं पाए अपना देस!
कैसे बताएं कैसे बीते, ऐ वतन तेरे बिन,
तरसते रहे हम यहाँ, हर शाम, हर एक दिन!!
वो मोहल्ले वो चौबारे, वह गलियों की यादें,
वो रिश्ते, वो नाते, वो अपनों की बातें!
वो तपती धूप के दिन, वो चाँदी सी दोपहरें,
वो खुले आसमान के तले, नीली शाम की सैरें!!

काले घनेरे बादलों की वो बरसातें,
मिट्टी की खुशबू फैलाती, वह नन्ही नन्ही सी बूँदें!
घनी बारिश से बनते हुए, गलियों के तालाब,
उछलते कूदते बच्चों में, उमंगों के वो सैलाब!!
चाँद सितारों की छत के तले,
चारपाई को समेटती सफ़ेद चादरों के ऊपर,
बड़ी बहन से लिपटे, चंदा मामा की कहानी की वो
कोशिश!!

गर्मी की छुट्टियों में सुबह के पाँच बजे,
नाना जी के साथ सैर को जाते,
दोहते - पोतों के टोले!

रास्ते में आता एक जनाना बाग,
सफ़ेद कलियों की और महुए के फूल की महक,



चारों तरफ खुशबू फैलाता वो देसी गुलाब,
ऐसा क्यों नहीं होता आज कल,
अभी तक दिल करता है फ़रियाद!!

साटन की रजाइयों में लिपटे,
“पकोड़े बनाओ जी, माल पूड़े बनाओ”, भाई बहनों ने
की यह मांग,
इस स्वर्ग को छोड़, चूल्हे के नर्क में जा बैठी, वो त्यागी
माँ!!

छत पर कड़कती, बिजली के वो नज़ारें,
खुले आँगन में बनते मिटते, वो फुहारों के गुब्बारे!
कोयलों की अंगीठी के आस पास,
सबके साथ गुजारी; वो सर्दियों वाली रात!!

“ले चलो मुझे ले चलो”, मरने से पहले यहाँ,
मेरे पिता जी ने कहा हजार,
मैं ने कहा, “आपके कई दोस्त तो प्रभु को प्यारे हुये,
अब कौन है वहाँ आपका यार?”

“नहीं नहीं” गिड़गिड़ाते वो,
“एक नजर उन गलियों की, एक नजर - बस एक
बार”!!

क्या करूँ रोके नहीं रुका, दिल का यह जोश,
बिन पूछ बह चला, नादान दिले खामोश!

जहाँ भी बसें हम कहीं भी रहें,
गर इस दुनिया को भी हम छोड़ चलें,
ऐ प्यारी हमारी सर जर्मी, वादा है रहोगी हमेशा
जहाँ हम, हमारे साथ वहीं!!



Ayurveda – Its Importance in Today’s Lifestyle

Article by our Hindu Satsang member: Mr. Rajeev Jain

AYURVEDA – A STATE OF ENJOYING UNINTERRUPTED PHYSICAL, MENTAL AND SPIRITUAL FULFILLMENT

The common patient today is reluctant to opt for Ayurvedic treatment even though it is very inexpensive compared to modern medicine. The convenience of being able to swallow a pill and 30 minutes later be rid of the headache is so promising, that applying balm on the head and resting for an hour or two would not be an acceptable alternative. Even though the pill does not cure the headache but only suppresses it (sends a message to our brain not to feel it), and it adversely affects the functioning of our stomach and liver, we still prefer it. Why?

Because we have things to do and we are constantly running against time – we prefer the quicker method. Most of us do not even think of the implications of such a choice, and many may not even be aware of them – but our body pays the price.


In a series of short articles, I would like to provide the readers with some insight into Ayurveda, share the richness of this ancient science and would like you to consider it as the preferred form of treatment. I am frequently asked by persons who have tried all other forms of medical treatment and not achieved any satisfactory result, whether Ayurveda has any remedy for them. Depending on various factors such as age of the patient, length of ailment, severity of the disease, etc. the answer in most cases is that it does. But, the longer a disease has been in existence, longer it takes to treat it from the root. Unfortunately, in today’s lifestyle, we are looking for quick results (if not instant cure). A better understanding of Ayurveda usually helps the readers to be more patient and go for an Ayurvedic treatment as the reward of a healthier and pain-free life is worth the wait.

Ayurveda - What Is It?

In recent times, Baba Ramdev through his television program has been highly instrumental in increasing the awareness about Yoga and Ayurveda. His herbal brand “Patanjali” challenged even the most established of the multinationals like Hindustan Lever in India to change their consumer product line. If you think of Ayurveda as a system of herbal medicine – you are partially correct – that is only a limited part of the Ayurvedic philosophy.

In Sanskrit, Ayurveda consists of two words – “Ayu” meaning “life” and “Veda” meaning “knowledge” or “science”. Therefore, the two words combined literally mean “science of life”. Here “Ayu” does not refer to age as typically understood in common use. Ayurveda embraces a far more holistic meaning and encompasses a combination of body, mind, sense

organs and soul. As a result, it stipulates what is an appropriate and inappropriate life style for healthy and happy living. According to Ayurveda, health is not merely a state of freedom from ailments and diseases, but rather a state of enjoying uninterrupted physical, mental and spiritual fulfillment.

From a historical perspective, dating the origin of Ayurveda is very difficult as it predates any written record – it is eternal. In earlier times, Ayurveda was the common way of life for everyone and encompassed living in harmony with nature. The first mention of Ayurveda is in the Vedas where it is a part of Atharva Veda (one of the four Vedas). While there are varied opinions about the origin, as per classical Ayurveda text, the medical knowledge was transferred from Brahma to sages (Ashwani brothers who were the physicians in heaven), and through Indra and then to other Gods such as Aterya, Bharadwaj, Kashyap, Sushrut and Dhanvantari who is known as the God of Ayurveda. This Vedic science is comprehensive and incorporates Yoga, Meditation and Astrology. Today, even modern science recognizes Sushrut as the “Father of Surgery”! We will talk about the eight branches of Ayurveda and why it is important for us to incorporate Ayurvedic philosophy and treatment as part of our daily life and healing process next month. 


QUIZ: Upcoming Festivals

1. What is the main sweet dish served during Ganesh Chaturthi?
2. Who is considered as the architect of all the palaces of Hindu Gods and Goddesses along with their weapons and vehicles?
3. Which great patriot introduced and popularized Ganesh Chaturthi in India?
4. The Onam festival celebrated in Kerala is related to which king?
5. In all the nine days of Navratri, nine different forms of Devi Durga are worshipped, can you name them?

Answers: [1] Modak [2] Bhagwan Vishwakarma

[3] Lokmanya Bal Gangadhar Tilak saw the need to unite Indians & realized Ganeshji can bond people. He turned the private, household Ganesh Chaturthi celebration into the present-day carnival. These huge social gatherings could not be stopped by Britishers.

[4] The Onam festival is celebrated to welcome the legendary *King Mahabali*, whose spirit is said to visit Kerala during the Onam festival.

[5] Nine different forms of Devi Durga are -
1. Shailputri, 2. Brahmacharini, 3. Chandraghanta, 4. Kushmanda, 5. Skandamata, 6. Katyayani, 7. Kalaratri, 8. Mahagauri, and 9. Siddhidatri. 

Hindu Satsang Samachar

C/o Priya Viswanathan

2216 Feldott Ln.

Naperville IL 60540



www.facebook.com/HinduSatsangUSA

<http://www.hindusatsang.org>



You are cordially invited to

Janmashtami Cultural Program

On August 25 (Sunday)

**FROM 10 AM TO 12 PM,
FOLLOWED BY LUNCH SPONSORED BY
INDIA HOUSE.**

*Please come with your family
and friends and enjoy the
spectacular cultural program
by Hindu Satsang family.*

*Questions? contact Special Events
coordinators -
Kanchanji 630-835-7521 Shammiji
630-674-2883*