



जनवरी २०२० ॐ January 2020

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### Hindu Satsang Updates:

By Priya Viswanathan

Pranaam! Greetings to all Satsangis. Hope your 2020 is off to a great start! We have quite a few events lined up in the next few weeks. Please participate and support as much as possible to make these events a huge success.

#### Please mark your calendar:

✧ Like several years in the past, we will have **Sunder Kand Paath** at the 1st congregation of the year, what better way to start the New Year? This will be performed by 'International Society for Spiritual Advancement' group. The program will start at 10:30 am immediately after the initial regular pooja, further details on the last page of this newsletter.

✧ This year, the **Youth Festival** will be held on Feb 23rd from 10 am to 1 pm. Hindu Satsang children will have an opportunity to participate in this very popular event and showcase their talent on the stage at Lemont Temple's Rathi auditorium. Further details are awaited.

✧ Hindu Satsang's Hindi class students presented their projects about the **States of India** on January 12th at the Naperville Public Library. These projects will also be displayed in HTGC auditorium on February 23rd during the **Youth Festival** event.

✧ **Didwania and Jain Scholarships** submission details are also coming soon.

Wish you all a very Happy 71st Republic Day (January 26), Vasant Panchami/Saraswati Puja (January 29), Shivratri (Friday, February 21).

See you on Sunday, January 26th at 10 am, at HTGC Lemont Temple for our monthly congregation.

**Namaste!** 🙏



**Mrs. Madhu Uppal presenting her talk about the Ancient Hindu Temples Around the World during our congregation on December 22, 2019.**



December Arti Collection

**Cash: \$47**  
**Shashi Tandan \$51**  
**Gitesh and Jharna Shah \$51**  
**Subhash & Chandler Sharma \$51**  
**Total: \$200**

## Warm Birthday Wishes to all our Satsangis born in the month of January

Arushi Singh	Richa Agnihotri	Rohini Bahl	Richa Bhargava	Shana Bhagwat	Manju Goel	Sonia Gunya	Sudha Parikh	Amisha Shah	Sujata Sharma
Ajay Buti	Promilla Dhar	Payal Dhingra	Nina Gandhi	Vinod Gandhi	Ajay Gupta	Preeti Kalra	Serena Raheja	Aruna Sharma	Rajesh Tiwari
Ruchi Kapoor	Suresh Ambegaoker	Niranjan Kataria	Vipin Malhan	Shikha Malhotra	Raman Noharia	Aroon Pal	Surendra Salgia	Subhash Sharma	Reena Sood
Dinkar Tiwari	Newal Agnihotri	Karuna Uppal	Gunjali Mittal	Satya Pal Kalra	Kushal Sareen	Rishi Salgia	Surbhi Agarwal	Neeraj Kataria	Binish Choksi

## Happy Marriage Anniversary

Roma & Neil Bhagat	Shubh & Ramesh Malhan	Tripta & Brum Pal	Jharna & Gitesh Shah
Sadhana & Rajesh Tiwari	Sudha & Hans Upadhyay	Vijay & Nisha Goyal	Sharda & Manohar Sharma

## QUIZ Upcoming Festivals

### Mahashivratri & Vasant Panchami

- 1 Name the sacred river that flows from the matted hair of Lord Shiva.
- 2 Name the dancing posture of Lord Shiva.
- 3 Name the bull that serves as Lord Shiva's mount.
- 4 Why is Lord Shiva came to be known as Neelakanth?
- 5 Name the heavenly abode of Lord Shiva.
- 6 Name the vigorous dance performed by Lord Shiva that is the source of the cycle of creation, preservation and dissolution.
- 7 Vasant Panchami festival is dedicated to which goddess?
- 8 What is a popular event/sport that people enjoy on Vasant Panchami?

**Answers:** [1] Ganga [2] Nataraj [3] Nandi

[4] His throat (kanth) is blue (neel) in color because he drank the poison during the churning of the milky ocean (Saagar manthan).

[5] Kailasha [6] Tandav

[7] Saraswati Mata, the goddess of knowledge, language, music and all arts.

[8] Kite flying 🌸



### Just for smiles:

"Are you doing anything special to celebrate your anniversary this year?" one friend inquired his married friend.

Married friend responded "Well, for our last anniversary, I took my wife to an exquisite, romantic & unknown island in Hawaii."

His friend asked "How about this year?"

Married friend responded "Maybe this year... I'll go down there and bring her back."

To many more years of laughing at each other ..... I mean each other's jokes and keeping each other young at heart! Happy Anniversary!!

### ईश्वर की चाहना

एक नगर के राजा ने यह घोषणा करवा दी कि जिस व्यक्ति ने जिस वस्तु को हाथ लगा दिया वह वस्तु उसकी हो जाएगी।

सब लोग अपनी अपनी मनपसंद वस्तु को हाथ लगाने दौड़े।

उसी समय उस भीड़ में से एक छोटी सी लड़की आई और उसने अपने नन्हे हाथों से राजा को हाथ लगा दिया। राजा को हाथ लगाते ही राजा उस लड़की का हो गया और राजा की प्रत्येक वस्तु भी उस लड़की की हो गयी।

हम ईश्वर को पाने की बजाएँ ईश्वर की बनाई हुई संसारी वस्तुओं की कामना करते हैं और उन्हें प्राप्त करने के लिए यत्न करते हैं, पर हम कभी इस बात पर विचार नहीं करते कि यदि ईश्वर हमारे हो गए तो उनकी बनाई हुई प्रत्येक वस्तु भी हमारी हो जाएगी।

ईश्वर को चाहना और ईश्वर से चाहना दोनों में बहुत अंतर है।

## Ayurveda - Part 6 – Vata, Pitta and Kapha – Which Type Am I? By Rajeev Jain

Below is a way to self-analyze and determine which is the dominant constitution for you – based on your characteristics. Knowing your dominant constitution can help you adopt life practices that are more beneficial to your body type and will help you live a healthier life.

### Analysis of Physical characteristics:

	Characteristics	Vata	Pitta	Kapha
1	Shape of the face	Thin, prominent bones and veins, oval shape	Angular and fullness	Round, full, attractive
2	Body weight	Light – difficult to gain weight	Medium	Heavy - difficult to lose weight
3	Physical Built	Lean, thin, tall or short	Medium built and height	Thick, large, plump
4	Complexion	Dark, brownish or black	Fair, pinkish or golden	Light, clear, whitish
5	Hair	Thin, coarse, dry, darker color	Thin, fine, blonde or red, early greying	Thick, glossy, firmly rooted, wavy, black
6	Eyes	Small, bulging, deep-set, thin scanty eyelashes	Sharp, penetrating, brown or coppery eyelashes	Large, attractive, full with long thick lashes
7	Teeth	Very small, protruding, crooked, easily cracked	Moderate size, yellowish	Strong, large, white
8	Tongue	Dark, brownish, thin, rough, uneven, cracked on the sides	Bright pink, soft and long, pointed	Light pink, heavy, short, moist, thick white coating if K issues
9	Skin	Rough, cracked, birthmarks, prone to dryness, uneven color	Soft, delicate, with freckles or moles, moist, slightly oily, sensitive to sun	Soft, smooth, oily, even, stronger, thick, raised moles/growth
10	Body hair and scalp	Scanty, curly due to dryness. Scalp sensitive to cold and wind	Moderate, straight, slightly oily, lighter colored. Scalp soft and warm	Darker, longer, dense hair and larger forehead area
11	Fingers	Very short or very long, uneven, cold, prominent bones, rough hands	Long narrow, slender, oval, soft, warm moist, medium lines on palm	Medium length, elegant, very few lines, strong, cool
12	Nails	Short, rough, brittle, dark, lusterless, biting	Slightly oily, coppery or pink	Long, thick, well-rooted, soft, glossy
13	Body temperature	Low, cold on extremities	High, always feel warm	Low, body feels cool
14	Joints	Dark color, less flexible, pronounced	Smooth, flexible, light, gymnastic	Strong, well hidden by muscles
15	Veins	Prominent or branching, close to surface	Neither hidden nor prominent	Deep and hidden
16	Chest	Long, sunken, thin ribs easily visible	Medium length, medium thick, ribs not so visible	Broad, strong, covered with flesh or fat
17	Body odor	Little or no smell or perspiration	Strong smell, arm-pits smell fetid	None
18	Stamina	Short	Moderate	Strong

Shrimati Daropti Devi Sharma mother of Sh. Subhash Sharma and Sh. Manohar Sharma left for heavenly abode on January 15th. She was very kind hearted and loving & popularly know as "Mata Ji" to most Hindu Satsangis and everyone else who came in her contact. She was 95 years old and had a very fulfilling life with kids, grand kids and great grand kids. Hindu Satsangis are deeply grieved by this loss and pray to God to rest soul of "Mata Ji" in heavenly peace. "Mata Ji" will be missed.

Harinder Pal Saini ji brother of Sh. Ravinder Saini passed away on January 13th. Harinder ji was sick for quite some time and passed away on Jan. 13th in Presence Mercy Hospital in Aurora. He was 66 years old. He is survived by his wife Mohan, son Mohit and daughter Rubai. Satsangis are deeply grieved by this loss and pray that may God rest soul of Harinder Saini ji in heavenly peace and give strength to the family to bear this loss. Harinder ji will be missed.

Sagar Agarwal, brother of Sh. Ghanshyam Agarwal has passed away in India on Dec. 15th at age of 60 years.

Our deepest condolences to the families. God bless the departed souls.



## Agenda for Sunday, January 22nd

### Congregation:

**Convener:** Mr. Nand Parkash Garg

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

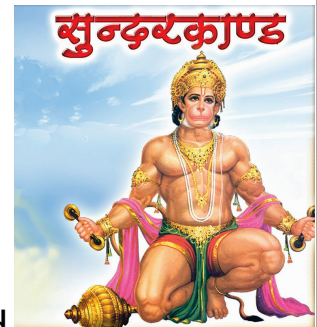
**10:30 am:** Sundar kand

**12:00 pm:** Lunch (Preeti Bhojan): Sponsored by: Renu Aggarwal, Renu Garg, Darshana Jain, Kiran Gupta, Nisha Goyal and Uma Aggarwal.

### About our Guest Singers and Speakers:

ISSA (International Society for Spiritual Advancement) was established 23 years ago under the guidance of Dr. Ramanand Dwivedi. ISSA performs spiritual programs throughout the Chicagoland in order to encourage and realize the love of Lord, while engaging the youth to follow the path of spirituality. The primary objective of ISSA is to spread spiritual awareness and ignite the love and connection with Lord Ramachandra, especially with little kids. This connection acts as a protective kavach that prevents us from getting distracted, stay the path, and give us strength during difficult times. As Sant Tulsidas ji says in Ram Charit manas: "Payi Na Kehi Gati Patit Pawan, Ram Bhaj Sun Sath manaa".

The generations to come is smart and will listen only if we are willing to tell. To this note ISSA promotes chanting of precious name of Lord Rama and RamKatha daily. ISSA is dedicated to perform community service by chanting weekly SunderKand and monthly Ram Charit Manas path at various residential and spiritual establishments to instill the faith and supreme consciousness. The Seva of Lord Hanuman towards Lord Rama is our guide towards spirituality and humility. Each verse from Ram Charit Manas is Amrit if only one is willing to drink.



In addition to the weekly SunderKand and Monthly RamCharit Manas path, ISSA also performs yearly Sunderkand Mahayagya program with a minimum of 108 families participating and carrying kalash to the Altar to start the Hagia. This year's program is scheduled on Saturday April 11th, 2020 starting at 8:00 am in the morning. Everyone is invited.

**Sunderkand Group Core team:**

Ramanand Dwivedi, Mithlesh Sharma, Ram Shraddha Das, Anand Tiwari, Rahul Trivedi, Pankaj Patel, Ramesh Savsani and Inderjeet Gurtatta.

