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जून २०२६ June 2026

हिन्दू सत्संग समाचार

Hindu Satsang Samachar



HINDU SATSANG UPDATES

Last Month's Highlights:

Last month, our Satsangis were delighted to experience Ms. Samridhi Khanna's melodious Bhajans and Mrs. Anu Malhotra's insightful presentation on the benefits of Yoga.

During the meeting, we also celebrated our esteemed member, Dr. Darsh Wasan, for being awarded the prestigious Honorary Doctor of Engineering (honoris causa) by the Illinois Institute of Technology (Illinois Tech) during its 157th Commencement Ceremony on May 16, 2026.Congratulations again, Dr. Wasan!

This Month's Program:

Date: **Sunday, June 28, 2026**
Time: **10:00 AM**
Venue: Vivekanand Spiritual Center

In June, our liaison committee has arranged uplifting bhajans by Ms Rina Motilal JI followed by an engaging session on Meditation over Medication- Chakra Meditation by Sh. Yash Cahudhary Ji.

Annual Summer Picnic coming soon!!

Date: **Sunday, July 12, 2026**
Location: **Spring Brook Prairie – West Shelter, 83rd Street, Naperville**

Janmashtami Celebrations

Date: **Sunday, August 30, 2026**
Mark your calendars for this joyous celebration of Lord Krishna's birth!

IN THIS ISSUE

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Happy Birth Month to our Satsangis born in June

Abhilesh Taneja	Avi Punwani	Hitender Sabharwal	Krishna Gupta	Pinky Khanna	Sheel Shah	Vikash Dhingra
Anheli Raheja	Bansi Pandit	Jai Viswanathan	Lekha Gandhi	Poonam Pandey	Shilpa Bahl	Vipul Punwani
Anita Singhal	C.S. Trivedi	Kanchan Gandhi	Manohar Sharma	Ritu Upadhyay	Shubhi Garg	Anita Nagamine
Ankit Sahni	Chetan Mittal	Kiaan Pandey	Nilesh Khetarpal	Shaila Punwani	Sonali Vyas	
Archana Gupta	Hersh Sabharwal	Kiran Sharma	Pankaj Gupta	Sharda Saini	Sumeet Sachdev	

Happy Anniversary

Anita and Wayde Nagamine	Chhaya & Chandra Shekhar Trivedi	Kanchan & Subhash Pandey	Karuna Uppal & John Gronbeck Tedesco	Laxman & Indra Rani Singh
Poonam & Yaduvir Singh	Reema & Vikas Jain	Reena & Sanjeev Gupta	Shana & Sateesh Bhagwat	Taruna & Rajeev Gupta

Laughter is the best medicine

Fact: *Smiling stimulates our brain in a way that nothing else can.*

Why does everyone love yoga teachers?

- ***They bend over backward for you.***

What did the yogi tell his dog?

- ***Nama, stay!***

Why is it easy to make an appointment with a yoga teacher?

- ***They're just so flexible.***

Happy Yoga Day
June 21st



Your newsletter feedback are welcome.
If someone you know is not getting the Hindu Satsang newsletter, send their email address to: shivamv@gmail.com

Recap of Satsang Sabha May 24, 2026 VSC Hall, HTGC

















Dr. Darsh Wasan Receives Honorary Doctorate

Article by Shivam Viswanathan

The Hindu Satsang community is delighted to congratulate our esteemed member, **Dr. Darsh Wasan**, on being awarded the prestigious Honorary Doctor of Engineering (honoris causa) by the Illinois Institute of Technology (Illinois Tech) during its 157th Commencement Ceremony on May 16, 2026.

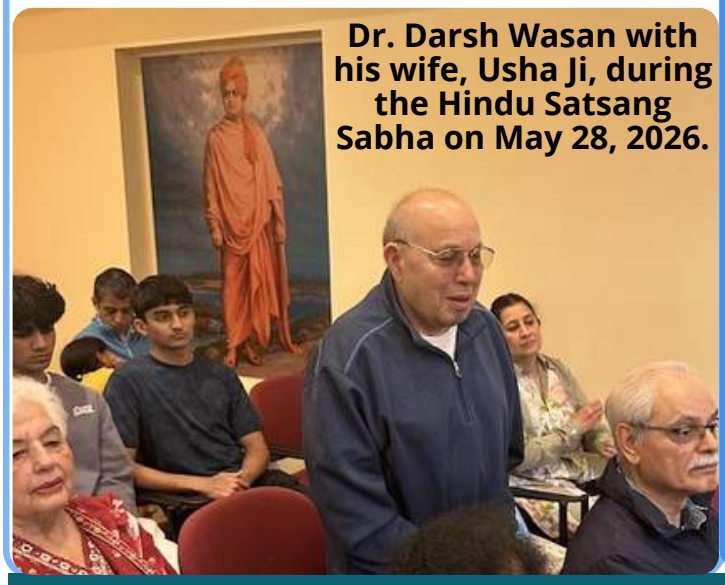
A Lifetime of Excellence

Dr. Wasan's remarkable association with Illinois Tech began in 1964 and has spanned nearly six decades. During this time, he has played a pivotal role in advancing the university's academic, research, and global initiatives.

Transforming Global Education

As the leader of Illinois Tech's international programs from 1996 to 2022, Dr. Wasan significantly expanded the university's worldwide reach by:

- Establishing academic partnerships in India, Europe, China, and Korea
- Expanding opportunities for international students
- Launching innovative distance-learning graduate programs in India
- Strengthening global collaboration in engineering and technology education



Dr. Darsh Wasan with his wife, Usha Ji, during the Hindu Satsang Sabha on May 28, 2026.

Distinguished Professional Achievements

Dr. Wasan's accomplishments include:

- Member of the U.S. National Academy of Engineering
- Member of the Indian National Academy of Engineering
- Holder of 10 patents
- Author and co-author of 400+ scientific publications
- Internationally recognized expert in chemical engineering and colloid science
- Former Editor-in-Chief of the Journal of Colloid and Interface Science

Mentor, Teacher, and Leader

Throughout his career, Dr. Wasan has been deeply committed to education and mentorship. He has:

- Guided more than 65 doctoral students
- Mentored over 60 master's students
- Supervised numerous postdoctoral researchers
- Received multiple awards for excellence in teaching and student mentorship

An Inspiration to Our Community

Born in India and educated in both India and the United States, Dr. Wasan's journey exemplifies the values of dedication, lifelong learning, humility, and service. His achievements demonstrate how knowledge and perseverance can create a lasting impact on society.

The Hindu Satsang family is proud to celebrate this well-deserved recognition. We extend our heartfelt congratulations to Dr. Darsh Wasan and wish him continued success as he inspires future generations through his leadership, scholarship, and commitment to excellence.

Ayurveda

What Is "Disease" in Ayurveda? (Samprapti, Nidana, Roga Marga)

By Rajeev Jain

"Rogaḥ purvarūpeṇa jñeyaḥ" —
A Disease announces itself long before it manifests.

Ayurveda does not see disease as an enemy. It sees disease as a conversation - a dialogue between your body, your mind, your habits, your environment, and your deeper nature. In modern medicine, disease is often described as something that **"happens to you.**"

In Ayurveda, disease is something that **unfolds within you** — step by step, stage by stage, through predictable patterns that can be understood, reversed, and even prevented.

According to Ayurveda, a disease does not grab you suddenly. It is not mysterious. It is a process that begins long before symptoms appear. A process that starts with small imbalances triggered by — a skipped meal, a rushed day, a suppressed emotion, accumulation of stress, a disturbed night of sleep — and slowly grows into something the body can no longer manage or hide.

Disease Begins Long Before You Feel Sick
"Rogaḥ purvarūpeṇa jñeyaḥ." — is one of the most compassionate ideas in Ayurveda.

Your body never betrays you. It warns you. It whispers. It signals. It tries to heal itself. However, when those early signals are ignored, misunderstood, or overridden, it manifests as a disease.

A disease is the story of imbalance — it has a beginning, a middle, and an end. **Ayurveda calls this story "Samprapti" — the pathogenesis, the journey of how imbalance becomes illness.** It explains how dosha imbalance begins and accumulates, how continued provocation results in overflow and spread to other organs in the body, where they settle and create visible symptoms and eventually become chronic.

This is what we call understanding the **"root cause"** in Ayurveda. It is detailed and far more personal. It does not matter whether the health disorder is a digestive issue, skin related, a respiratory matter, a joint pain, hormonal imbalance, an autoimmune disease, lifestyle related or a chronic disease. They all follow the same journey:

1. **Nidana — What causes disease**
2. **Purvarupa — Early signs**
3. **Rupa — Full symptoms**
4. **Samprapti — How disease forms**
5. **Roga Marga — Where disease travels**
6. **Shatkriya Kala — The six stages of disease**
7. **Srotas — The channels disease moves through**
8. **Dhatus — The tissues disease affects**

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A REAL CASE
The Patient Who Thought His Disease Began Last Month

Recently, a person consulted me with respect to severe acidity, burning, and irritability in the stomach. When I asked him how long he had been suffering, he said, “This started last month.” The reality is it started years ago.

As we went deeper in discussion, he elaborated on his habits — the irregular meals, the late nights, the suppressed anger, the intense work pressure, the spicy/oily food, the desire for perfectionism, the constant rush to meet deadlines! These were not random habits. **They were “Nidanas” — the causes of severe acidity, burning, and irritability in the stomach.**

The patient’s disease did not begin last month. It began the moment his doshas started shifting into an imbalance.

The Diagnostic Consultation:

Ayurveda sees disease not as an event, but as a timeline. That is why a discussion with the Ayurvedic practitioner is never a 5-minute event ending with a prescription – it typically takes 60 or even 90 minutes!

Most importantly any disease is not fate — it is a process. And… processes can be changed.

n a discussion, the practitioner explores dietary causes, lifestyle impact, behavioral and emotional influences, as well as environmental causes, seasonal and constitutional factors.

Ayurveda teaches something profoundly compassionate — a disease does not arise from one mistake. It arises from patterns and from repetition. From the small things we do every day without noticing or realizing. Nidana is the beginning of every disease story.

Three Categories of Nidana
Classical Ayurveda describes three broad categories:

1. **Ahara Nidana** — Dietary causes
2. **Vihara Nidana** — Lifestyle & behavioral causes
3. **Manasika Nidana** — Emotional & mental causes

But in addition, it also includes:

1. **Kala Nidana** — Seasonal and time-related causes
2. **Desha Nidana** — Environmental causes
3. **Pragyaparadha** — “Crimes against wisdom,” knowingly acting against what is good for you.
1. **Asatmya Indriyartha Samyoga** — Misuse of the senses

Continued on the next page

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These are not abstract ideas. They are the everyday ways we drift away from our constitutional balance to a state of imbalance — disease! Next month we will explore each of the seven Nidanas in greater detail.

Concluding Remarks:

Nidana is not about blame. It is about understanding the patterns that create imbalance.

Ayurveda says - “When you understand the cause, you understand the cure.” This is not about guilt. It is about awareness — the first step in reversing any disease. “In Ayurveda, disease is not an enemy to fight but a message to understand.”

INTERNATIONAL DAY OF YOGA

Celebrate International Yoga Day! Mark your calendars for **June 21 - Yoga Day**! Established by the United Nations in 2014, this global event highlights yoga’s ancient roots in India and its powerful benefits for both body and mind. The idea was championed by Indian Prime Minister Narendra Modi, whose proposal received overwhelming support from 177 nations.

Since its debut in 2015, International Yoga Day has united people worldwide -from New York to New Delhi, Paris to Beijing - in joyful practice. Join the movement and experience the wellness and unity that yoga brings to millions!





गुरु पूर्णिमा

Thursday, July 29, 2026

गुरुर्ब्रह्मा गुरुर्विष्णुः
गुरुर्देवो महेश्वरः।
गुरुः साक्षात् परं ब्रह्म
तस्मै श्री गुरवे नमः॥





Hindu Satsang Janmashtami Cultural Program 2026



Sunday, August 30, 2026
⏰ 10:00 AM – 12:00 Noon
📍 Rathi Auditorium, Lemont Hindu Temple

Begin your performance preparations today and get ready to shine on stage at a vibrant and joyous celebration!

Come celebrate with family and friends! Enjoy an exciting lineup of cultural performances, and don't miss your chance to shine by showcasing your talents before the community.
Here are some program ideas for you to consider:
(performance duration cannot exceed 5 minutes):



- Song (devotional or patriotic only) - solo/group, with live musical accompaniments or karaoke track
- Play a musical instrument, solo/group (devotional or patriotic music only)
- Skit / short play
- Dance (devotional or patriotic)



There is no age limit. Lunch will be served after the event.
This event is completely free to attend and participate.

Register ASAP: Janmashtami Participation Form

⚠️ Limited Spots Available – Registration on a First-Come, First-Served Basis. If you have questions, please reach out to our special events coordinators.

📢 **Important Reminder**

This year's Janmashtami Cultural Program will be held on the 5th Sunday (August 30) instead of the 4th Sunday, which is our usual schedule. Please make a note of this change and plan accordingly.

We look forward to celebrating the joyous occasion of Lord Krishna's birth with you and your family through devotion, music, dance, and cultural performances.



Quiz on the occasion International Yoga Day

By Shivam Viswanathan

1. On which date is *International Day of Yoga* celebrated every year?

2. In what year was *International Day of Yoga* first celebrated?

3. Which of the following is not a type of yoga?
   - a. Hatha
   - b. Vinyasa
   - c. Ashtanga
   - d. Pilates



4. How many asanas does Surya namaskar comprise of?
   - a. 7
   - b. 8
   - c. 12
   - d. 15



5. Who is considered the father of yoga?
   - a. Patanjali
   - b. Shiva
   - c. Baba Ramdev
   - d. Tirumalai Krishnamacharya



6. What is chakra?
   - a. Energy center
   - b. Prayer point
   - c. Karma
   - d. Yoga pose



7. Which of these is not one of the yoga postures?
   - a. Cobra (Bhujangasana)
   - b. Sun Salutation (Surya namaskar)
   - c. Tree (Vrikshasana)
   - d. Lotus (Padmasana)



8. How many **Yamas** are there? Name them.

Answers



1. June 21st
2. 2014
3. d. Pilates
4. c. 12
5. According to yogic philosophy, **Shiva** was the first yogi and the first guru (Adi guru). He is the creator of all yogic wisdom.
Patanjali is credited with creating and compiling the Yoga Sutras, one of the most significant texts in yoga philosophy. Patanjali is also known for his contribution to the advancement of Ayurvedic medicine.
Tirumalai Krishnamacharya is seen as one of the most important gurus of modern yoga, and is often called "Father of Modern Yoga" for his wide influence on the development of postural yoga.
Baba Ramdev is a renowned yoga teacher, famous for popularizing yoga among Indians through the medium of television and his mass yoga camps. His yoga camps are attended by thousands of people.

6. Chakras are the energy centers of the body. The word "chakra" comes from the Sanskrit word which means "wheel." In yogic philosophy, chakras are believed to be energy centers in the body that correspond to different physical, emotional, and spiritual aspects of our being. There are seven main chakras, which are located along the spine from the base of the spine to the crown of the head.

7. Surya Namaskar (Sun Salutation) is not a single yogic posture; it is a sequence of 12 yoga postures performed in a specific order.

8. There are five **Yamas**:
1. Ahimsa (non-violence),
2. Satya (truthfulness),
3. Asteya (non-stealing),
4. Brahmacharya (moderation), and
5. Aparigraha (non-possessiveness).



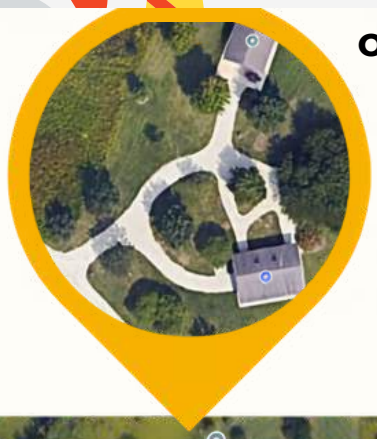
Please support any yoga event happening in your area. Happy International Yoga Day!



Summer Picnic

Date: Sunday, July 12th, 2026
Time: from 11:00 am to 3:00 PM.
Location: Spring Brook, 83rd St., Naperville IL 60564

The main entrance is on the north side of 83rd Street, 0.5 mile west of Book Road.



OUR JULY PICNIC SPOT!

Springbrook Prairie - West Shelter
The main entrance is on the north side of 83rd Street, 0.5 mile west of Book Road



Program/schedule:

- 11 am: Snacks and socializing
  - Sports competitions
- 1 pm to 2 pm: Aarti followed by Lunch & Dessert

At Hindu Satsang, it's Summer Olympics time. During the event, (11 am to 1 pm) participants of all ages will be able to participate in friendly yet competitive sports, and the winners will receive gift cards. Be sure to dress comfortably if you plan to participate in sports.

There is a suggested donation of $10 per family at the picnic site. For more details, visit our webpage:

http://www.hindusatsang.org/summer-picnic

OUR JULY PICNIC SPOT!

Summer Picnic

Springbrook Prairie - West Shelter
The main entrance is on the
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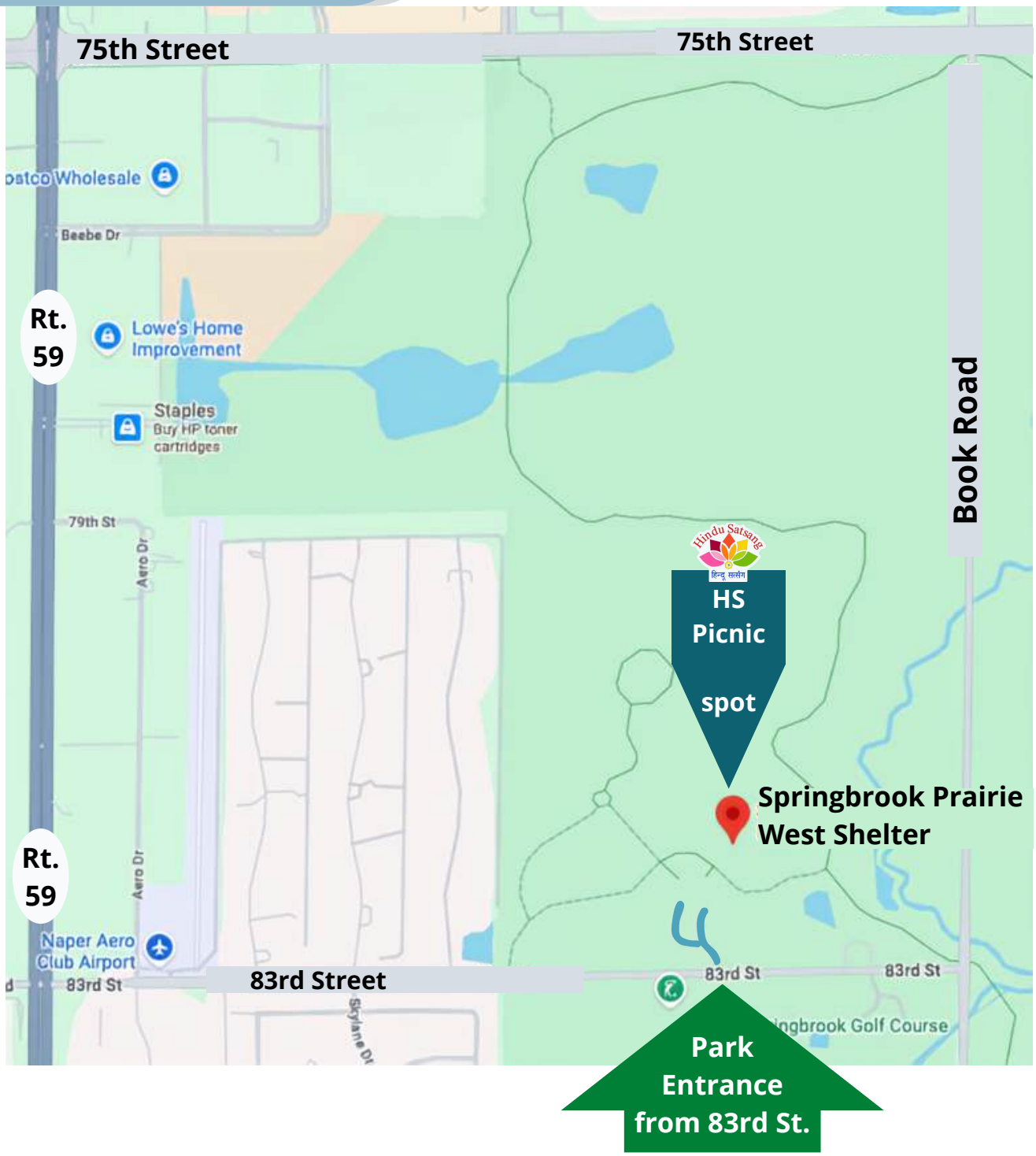

Guest Singer and Speaker for this month

Ms. Rina Motilal is a passionate singer whose musical journey is a testament to the power of dedication and self-expression. Originally from Amravati, Maharashtra, home to the revered Ambadevi Temple, closely associated with the legend of Rukmini Haran by Lord Krishna, music has always been an integral part of her life.

Despite having no formal training in music, she nurtured her love for singing by listening to radio programs such as Vividh Bharati. While she works full-time professionally, singing emerged as a profound passion and creative outlet during the COVID pandemic. Since then, she has actively pursued opportunities to share her voice with audiences.

Bhajans hold a special place in her heart, as she believes devotional music brings her closer to the divine source. She has presented two bhajan programs at Hari Om Temple, performed twice on Bharat FM, and was recognized as the Runner-Up in the 3i International Icon singing competition. Since 2025, she has been performing regularly at a variety of community and cultural events.



Her musical roots run deep, she draws inspiration from her father, who regularly sang Sundarkand and devotional bhajans at community gatherings back home.

We are delighted to welcome **Mr. Yash Chaudhary** as our Guest Speaker for the Hindu Satsang Sabha on June 28, 2026.
A resident of Carol Stream and a certified teacher with over fifty years of experience, Yash Ji trained at the Himalayan Yoga and Meditation Center. He currently teaches at Hari Om Mandir, local health clubs, and online.

Yash Ji will present "**Meditation over Medication"** featuring a guided Chakra Meditation session designed to help reduce stress and cultivate inner peace. This program offers valuable insights for both beginners and experienced practitioners.
Drawing upon decades of teaching and personal practice, Yash Ji combines ancient yogic wisdom with practical techniques that can be easily incorporated into daily life. Attendees will leave with simple yet powerful tools to enhance their physical, mental, and spiritual well-being.
Meditation over Medication
"You may not gain anything through meditation, but you will certainly lose anger, anxiety, depression, insecurity, and fear."



Hindu Satsang's Monthly Congregation

10 AM CST on Sunday, 28th, June 2026 at VSC Hall



Everyone is cordially invited

Join us in person.

Location: Satasang meeting will be at **VSC followed by lunch.**

May 2026 Aarti Collections
Thank you for your generous Donotions

May Satsang Sabha

Checks	
Anant & Jyotsna Vyas	$101.00
Vinay & Pavanlata Oza	$101.00
Vinod & Rashmi Gandhi	$101.00
SK & Jyotsana Salgia	$51.00
Dr. Manohar & Dr. Renu Jain	$21.00
Total	$375.00
Check Total	$375.00
Cash Total	$202.00
Total	$577.00



SUNDAY SATSANG SABHA

Agenda:

10:00 am: Vedic Pooja followed by Bhajans

10:10 am: Bhajans by Satsangis

10:30 am: Guest Singer:
Ms. Rina Motilal

11:15 am: Guest Speaker:
Mr. Yash Chaudhary

Topic: Meditation over Medication

Special Guided Session: Chakra Meditation

11:45 pm: Aarti followed by prasad/lunch



Maa Annapurna Devi

May you be blessed with good health, wealth, and prosperity.

Prasad Sponsors this month:

1. **Indra Rani & Laxman Singh**
2. **Neera & Daya Kapoor**
3. **Indu & Ramesh Jain**
4. **Anita Singhal ji**