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## Hindu Satsang Updates

By Shivam Viswanathan

Pranaam to all Satsangis!

I extend my warm wishes to each and every one of you for a joyful **Holi** on Wednesday, March 8th. On this occasion, I am reminded of a song from the film Sholay:

होली के दिन दिल खिल जाते हैं  
रंगों में रंग मिल जाते हैं  
गिले शिकवे भूल के दोस्तों  
दुश्मन भी गले मिल जाते हैं



If we can embody the true spirit of this message in our daily lives, the world will undoubtedly become a better place. In honor of Holi, I have prepared a special quiz for you on [page 6](#).

The Naperville city elections are just around the corner on April 4th, and if you are eligible to vote, I encourage you to register to vote and exercise your right to participate in the election process. Let's strive for a diverse representation in the city council that reflects the beauty and diversity of our beloved Naperville.

During our recent Satsang Sabha, we had the privilege of experiencing a truly incredible performance of Sundar Kand by the highly acclaimed musician, Pujya Ajaybhai Yagnik ji. Words cannot do justice to the magnificence of his presentation. Please refer to [page 5](#) for further information about the event.

In February, we'll have our annual Youth Fest. It will be held on Sunday, February 26th at Rathi Auditorium, HTGC temple from 10:30 am onwards. Children upto the age of 18 can participate and showcase their talent. All the participants will be awarded with a trophy with their name inscribed on it. Get ready to showcase your talent to the world!

Unless you want to miss out on all the fun, be sure to set a reminder on your phone for the Youth Festival event.

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## Happy Birth Month to our Satsangis born in February

आपके जन्मदिन पर  
हार्दिक शुभकामनाएं!!




Aditya Singh Yadav	Angela Gupta	Ayushmaan Trivedi	Annu Singh	Anupam Agnihotri	Anil Pal	Bhavana Prajapati
Poonam Kataria	Brian Edward	Charu Gupta	Herschel Gupta	Jay Kalra	Jyotsna Salgia	Kiran Gupta
Komal Kinger	Krish Nangia	Mira Upadhyay	Latika Jain	Mohan Gandhi	Naresh Noharia	Niket Gupta
Priya Pandit	Puja Garg	Rajeev Goel	Ruchika Akhand	Rupal Upadyay	Sachin Mittal	Sangita Garg
Shashi Malhotra	Shilpa Shah	Shubh Malhan	Sneh Gunya	Sonia Dhawan	Subash Oza	Vikas Upadhyay

Tanu Singh

### Happy Anniversary

शादी की सालगिरह पर ढेर सारी शुभकामनाएं!

Anant & Jyotsna Vyas	Anita Singhal & Rajesh Singhal	Bikash & Pinky Khanna	Dharam & Kiran Punwani
Vinod & Shashi Malhotra	Suresh & Rajashree Ambegaoker	Gopal & Sujata Sharma	Together we stand, forever hand in hand. 

### 🤔 Gift of Laughter on Your Anniversary 🤔

Some examples of oxymorons:

- Found Missing
- Open Secret
- Small Crowd
- Act Naturally
- Clearly Misunderstood



- Liquid Gas
  - Pretty Ugly
- And the newest of all...

- Social Distancing
- All time favourite oxymoron
- "Happily Married!!"



## An Ayurvedic Perspective Keeping Your Bones Healthy By Sh. Rajeev Jain (Hindu Satsang member)



Keeping your bones (Asthi dhatu) healthy is more important than you realize and much easier than you think. It does not matter whether you are a child, adult or a senior, strong and healthy bones are important at every stage of your life.

### Why are bones important?

Bones provide support structure to our body, protect our organs, anchor muscles, store calcium and essential minerals, produce red and white blood cells and remove heavy metal toxins.

Bones continually rejuvenate themselves — making new bone and removing old bone. When you're young, your body makes new bone faster than it breaks down the old bone, and your bone mass increases. Most people reach their peak bone mass around age 30. After that, bone remodeling continues, but you lose slightly more bone mass than you gain. If any of the nutrients needed for bone rejuvenation are lacking, they will begin to lose density, often leading to osteoporosis.

Unfortunately, most people do not realize that they have poor bone density until they suffer a fracture from weakened bone tissue or they suffer from chronic pain.

### What reduces bone health?

Common causes of bone loss are poor digestion, accumulation of toxins (ama), chronic inflammation, insufficient exercise, excess stress, eating processed foods, and nutritional deficiencies. A more detailed list of factors affecting bone health include:

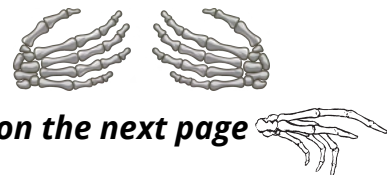
- Insufficient calcium in your diet can lead to an increased risk of fractures.
- Low physical activity - less physically inactive people have a higher risk of osteoporosis.

- Tobacco and alcohol use - research suggests that tobacco and alcohol consumption contributes to weak bones.
- Women are at greater risk of osteoporosis as they have less bone tissue than men.
- Body size - you're at higher risk if you are extremely thin.
- Age - our bones become thinner and weaker as we age.
- Race – persons of white or Asian descent are at greater risk of osteoporosis.
- Family history – if you have a parent or sibling who has osteoporosis, it puts you at greater risk.
- Hormone levels - too much thyroid hormone can cause bone loss.
- Eating disorders and other conditions - severely restricting food intake and being underweight weakens bone in both men and women.
- Certain medications - long-term use of corticosteroid medications is damaging to bone.

In Ayurveda, the loss of bone tissue is called Asthi Dhatu Kshaya and is caused by excess vata and poor digestion.

Excess vata may lead to a deficiency of nutrients in the bone, so the tissue does not have the building blocks needed to build strength and flexibility. Poor digestion (agni) leads to inflammation which further depletes the bone and results in accumulation of toxins.

Fortunately, Ayurveda offers many options for strengthening bone, preventing bone loss and supporting the development of new bone. This is accomplished by first identifying and eliminating the causes and by focusing on a vata-pacifying routine.



*Continued on the next page*

↳ **Continued from the previous page**

### **What can I do to keep my bones healthy?**

You can take a few simple steps to prevent or slow bone loss. For example:

- Eat fresh foods - choosing mostly plant-based, organically grown and minimally processed foods will give you the nutrients needed for rebuilding healthy tissues. Favor a grounding and warming vata-pacifying diet. Cooking with spices like ginger, cumin and cinnamon, and herbs such as basil, rosemary and oregano also add needed nutrients. Include sufficient calcium in your diet – good sources of calcium include dairy products, almonds, broccoli, kale, canned salmon with bones, sardines and soy products, such as tofu. If you find it difficult to get enough calcium from your diet, there are Ayurvedic herbal supplements that can be very helpful as they are more easily absorbed by the body.
- Vitamin D - your body needs it to absorb calcium. Sunlight (15 to 20 minutes a day) is the best and the cheapest source for the body to produce vitamin D.
- Healthy gut - a healthy gut and strong Agni are essential to adequately absorb and assimilate the nutrients needed while not adding to the toxic load. Digestion can be strengthened by eating only when hungry, thoroughly chewing food, drinking very little liquids during meals, being mindful while eating, and not eating when upset.
- De-stress - your body can either be in a state of stress or in a state of healing.

Chronic stress uses more resources than the body can supply leading to issues like bone loss. Managing stress is an important way to strengthen bones. Making meditation a part of your daily life is crucial to your health (include 10 to 20 minutes of meditation daily in your daily routine).

- Daily physical activity - weight-bearing exercises, such as walking, yoga and climbing stairs, can help you build strong bones and slow down bone loss. Find out what activity you enjoy so that you are more likely to include it into your daily life. Aim for at least thirty minutes of exercise a day (five times a week).
- Oil massage (abhyanga) offers many benefits. Firstly, it soothes vata, reduces stress and nourishes your entire system. It is best to give yourself a herbal oil massage at least once a week.
- Panchakarma offers supportive, cleansing, and nourishing protocols and treatments for balancing the doshas and eliminating toxins. Basti (medicated enemas) are particularly useful for the treatment of bone loss.

"We own our body for so many years, yet most of us do not listen to it. Become sensitive and learn to listen to it, and it will serve you well"

Wishing everyone a very happy Holi! 🌸



*A fun fact about bones is that they are stronger than steel. In fact, bone has been found to have a tensile strength that is comparable to that of cast iron. Bone is also capable of repairing itself, a process known as remodeling, where new bone tissue replaces old or damaged tissue.*



A brief recap of  
Hindu Satsang's Monthly Sabha  
held on January 22, 2022  
BY Shivam Viswanathan

In the month of January, Pujya Ajaybhai Yagnik ji performed a mesmerizing rendition of the Sundar Kand program that captivated everyone in attendance. The event was a grand success and a testimony to his unmatched talents and dedication towards spirituality.

The program, which lasted for a couple of hours, was a true delight for the audience. Pujya Ajaybhai Yagnik ji presented the verses of Sundar Kand in a soulful and melodious voice, accompanied by beautiful music. His rendition was not only entertaining, but also deeply spiritual, with every word carrying a profound message.

The program was attended by a large number of satsangis, who were enthralled by Pujya Ajaybhai Yagnik ji's rendition. Many were seen singing along (everyone got a free Sundar Kand book), while others were lost in deep contemplation, as the verses of Sundar Kand washed over them.

Overall, the January month's Sundar Kand program by Pujya Ajaybhai Yagnik ji was a huge success, leaving the audience awestruck and spiritually enriched. It was a beautiful and memorable experience that will be cherished by all those who were fortunate enough to attend. 🌀



Sundar Kand, Hanuman ji



Guest speaker: Pujya Ajaybhai Yagnik ji



VSC (Vivekananda Spiritual Center)





## Holi Quiz

By Shivam  
Viswanathan

1. What is the name of the bonfire that is lit on the eve of Holi?

- a) Rangoli b) Holika Dahan  
c) Pooja Thali d) Diya



2. What is Holi?

- a) A festival of colors b) A festival of lights  
c) A festival of food d) A festival of dance

3. What is the name of the traditional sweet dish that is prepared during Holi?

- a) Jalebi b) Laddu c) Gujiya d) Halwa

4. What is the traditional drink consumed during Holi?

- a) Mango lassi b) Thandai  
c) Masala chai d) Nimbu pani

5. In which part of India is the Holi festival celebrated with the greatest enthusiasm, including the burning of Holika?

- a) North India b) South India  
c) East India d) West India

6. Who is Holika's brother, the king of demons, in Hindu mythology?

- a) Ravana b) Hiranyakashipu  
c) Kumbhakarna d) Mahishasura

7. Where is Phoolon Ki Holi celebrated?

8. Which town in Uttar Pradesh is famous for "lathmar" holi (लठमार होली)?

9. In which state of India is the Holi Mohalla festival celebrated instead of Holi?

*One more question followed by answers on the right column ->*

10. What is the story behind the burning of Holika?

- a) Holika tried to kill Lord Krishna but was burned to death instead  
b) Holika tried to kill her own nephew, the young Prahlad, by carrying him into a fire, but he was unharmed while Holika burned  
c) Holika helped Ravan kidnap Sita, but was burned to death by Lord Hanuman

## Answers

1. b) Holika Dahan

2. a) A festival of colors

3. c) Gujiya

4. b) Thandai

5. a) North India

6. b) Hiranyakashipu

7. The Banke Bihari temple in Vrindavan celebrates a unique kind of Holi on the Ekadashi, before Holi, where only flowers are used to play with each other, hence the name Phoolon wali Holi (Holi with Flowers).

8. The celebration of Lathmar Holi (Holi of sticks) takes place in the towns of Barsana and Nandgaon, which are referred to as the towns of Radha and Krishna, respectively. During this festival, men from Nandgaon tease the women by singing irritating songs to provoke them. In response, the women play the role of the Gopis and joyfully hurl sticks at the men, creating a playful and festive atmosphere.

9. Punjab

10. b)



# Youth Festival

Join us for a day of celebration, as we showcase the talents of our young and vibrant community. Our festival promises to be an exciting event, filled with music, dance, drama, and much more.

We are proud to present a lineup of talented children who will be performing various cultural and artistic programs. You won't want to miss out on the chance to witness their creativity and skill firsthand.

So, gather your family and friends, and join us for a day of fun and entertainment. See you there!

You are cordially invited to Hindu Satsang's annual

## Youth Festival

### Program Details



**Date:** Sunday, February 26

**Time:** 10:30 AM

**Venue:** Rathi Auditorium (Lemont Hindu Temple)

Program followed by Lunch  
This event is free for all



## एक अपना उमा नाथ

किसी के आंसू पोंछ कर तो देख  
किसी की परवाह करके तो देख  
किसी के लिये मुस्कुरा कर तो देख  
सकून मिलेगा खुद को भी, इकदिन  
किसी को अपना बना कर तो देख



## भावपूर्ण श्रद्धांजली



With great sadness, we inform that **Sh. Raj Taneja**, born on August 21, 1940, has passed away on February 8, 2023. His loss is mourned deeply by all who had the privilege of knowing and loving him.

Raj ji had graced us with his presence on June 26, 2022, as a guest speaker, sharing his insights on "Analysis of Thoughts." He had also contributed an article to our newsletter, which we appreciate deeply.

During this difficult time, we extend our condolences and prayers to his family and friends. Let us all keep Raj ji and his loved ones in our thoughts and prayers. Om Shanti Om.



*Hindu Satsang's Youth Fest. (4th Sunday of February)  
10:30 AM CST on Sunday, 26th, February at Rathi Auditorium*



Everyone is cordially invited

**Youth Festival**


**Venue:** Rathi Auditorium

Lemont Hindu Temple

**Time:** 10:30 am to 12:00 pm,  
followed by lunch



happy holi






**January Aarti Collections**

Thanks everyone for your generous donations.

Satish and Kiran Gupta	\$101
Madhu and Jug Uppal	\$101
Vijay and Nisha Goel	\$31
Nand and Renu Garg	\$21
Cash	\$172
<b>Total</b>	<b>\$426</b>

|Om Shree Mahalakshmyai Cha Vidmahe ..  
Vishnu Patnyai Cha Dheemahi  
Tanno Lakshmi Prachodayat Om|


**Maa Annapurna devi**  
May you be blessed with good health, wealth, and prosperity.



**February Prasad (lunch) Sponsors:**  
**Smt. Anita Singhal**  
**Smt. Renu Jain**