

मई २०२६ May 2026

हिन्दू सत्संग समाचार
Hindu Satsang Samachar



Welcome to Samachar from the New Board

The new Satsang Board sincerely thank the Satsang Parivar for entrusting us with the responsibility of coordinating this year's activities. We also extend our heartfelt gratitude to the outgoing committee for ensuring a smooth transition and for their continued support and guidance.

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Upcoming Meeting:

Please join us for our next Satsang gathering on **Sunday, May 24, 2026, at 10:00 AM at** the **Vivekananda Spiritual Center** .

Mother's Day Picnic Recap:

On May 10, we celebrated our ever-popular Mother's Day Picnic at Herrick Lake. It was a truly beautiful day to enjoy the outdoors and honor the wonderful mothers amongst us. A special thanks to Kamal Gupta Ji, whose famous garma-garam pakoras were once again a huge hit! We're sure many of us made a direct beeline to his kadhai — **Thank you, Kamal Ji!** There were many people who worked behind the scenes to make the event a success-- thanks to all of you!

Coming Up This Month:

Program Convener- Smt. Suman Sood Ji has graciously offered to be the convener for the month of May. Thank you!!

Guest Singer: Samridhi Khanna

Samriddhi has background as a devotional singer and Physical Therapist. She has four years of Hindustani Classical Music training under Vaishali Dhande in Naperville with Madhyama Purna certification.

Guest Speaker: Anu Malhotra

Anu Ji Has 3 decades of experience as a Yoga teacher, Ayurvedic practitioner, and Hindu priestess, alongside leadership background as Executive Director at UnitedHealthcare, VP at Aetna, and President of American Physical Therapy & Rehab Clinic. Her dedication to community health and mindfulness is truly inspiring.

नमस्ते

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(630) 956-1459

Past Gen. Coord.
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(630) 946-4222

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Happy Birth Month to our Satsangis born in MAY

Alka Tyle	Anant Vyas	Aneesh Tyle	Anuradha Sharma	Neelan Choksi	Asha Vyas	Ashika Sachdev
Chhaya Trivedi	Darshna Jain	Dipti Kumar	Kanchan Pandey	Neelan Choksi	Leo Gandhi	Manu Sharma
Mila Malhotra	Namisha Saini	Neelan Choksi	Rachna Rawal	Neelan Choksi	Rani Trivedi	Rashmi Gandhi
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Tejas Satpalkar	Vasudha Pandey	Sara Nagamine	Anya Nagamine	Jiyaan Haldwania	जन्मदिवसस्य हार्दिक शुभकामनानि।	

Happy Anniversary Month

Alka & Romesh Sood	Kiran & Satish Gupta	Nikita & Ravin Bhatia	Priya & Rajiv Pandit	Priya Uppal and Andrew Kaftanowicz	Rani & Vivek Trivedi	Tanu & Satendra Singh
Vibha & Manu Sharma						

युवयो: वैवाहिकजीवने सर्वदा शुभं भवतु।

Joke of the Month

Man 1: *Guess what? My wife apologized for the first time ever*
Friend: *Did she really say "sorry"? No way, seriously?*
Man 1: *Yup, she actually said she's sorry she ever married me.*

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40 वर्ष की उम्र के बाद स्त्री समझदार हो जाती है,
लेकिन वह खुद को 40 वर्ष से ऊपर मान ले, तब न! 😜

Keep smiling, it's like a workout for your face but way more fun!

Hindu Satsang's

Website address:
HinduSatsang.org
Hindu Satsang's
Facebook page:
facebook.com/
HinduSatsangUSA
We have more
than **261 followers,**
please **Like** & **Follow**
for the latest updates.

Glimpses from Our April Satsang



Guest singer:
Sh. Jayprakash Hari Deshmukh



Guest Speaker:
Sh. Ramesh Malhan



Muscle Loss (Sarcopenia - Mamsa Kshaya)

"As muscles thin with age, life invites us to move differently — not with force, but with grace."

By Sh. Rajeev Jain

How Common is Muscle Loss in Elders — What Research Shows?

Muscle loss, medically known as Sarcopenia, is a common and progressive condition that affects a significant portion of the aging population. Globally, studies show that between 10–20% of older adults experience a measurable muscle decline. After the age of 60, muscle mass naturally decreases by 3–8% per decade, and this rate accelerates even further after age 70.

In the United States, data from the National Institutes of Health indicates that nearly 45% of adults over 80 have clinically significant muscle loss. This decline is not merely a cosmetic change; it is closely linked to increased risks of falls, frailty, reduced mobility, slower recovery from illness, and a gradual loss of independence.

The Ayurvedic View

Ayurveda offers a complementary perspective on this process. According to classical Ayurvedic understanding, when Vata dosha rises with age and nourishment declines, the muscles become, lighter, weaker, and depleted. This state is known as Mamsa Dhatu Kshaya, a condition marked by thinning muscle tissue, reduced strength, and diminished endurance. Elders often describe feeling "lighter but weaker," a sensation that Ayurveda attributes to the combined effects of Vata aggravation, weakened digestion, and reduced vitality.

Why Muscle Loss Happens?

Ayurveda explains muscle loss through three primary mechanisms.

- **Vata aggravation,** which naturally increases after the age of fifty, dries the tissues,reduces stability, and weakens muscle tone.
- **Weak Agni**, or impaired digestive fire, leads to poor digestion and inadequate absorption of nutrients. When nutrients are not properly assimilated, the body cannot build strong, healthy tissues.
- **Ojas depletion** — a decline in the body's vital essence — reduces resilience, slows recovery from illness, and contributes to fatigue.

Together, these factors create the perfect environment to lead to Mamsa Kshaya.

Physical Characteristics

The physical signs of this condition are often visible and functional. Thinning of the arms and legs, reduced strength, difficulty climbing stairs, slower walking speed, fatigue, coldness in the body, low appetite, and gradual weight loss are all common indicators. These symptoms are not random; they reflect the body's internal imbalance, particularly the influence of Vata and weakened Agni on muscle tissue.

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The Emotional Impact of Muscle Loss

Muscle loss affects far more than physical strength. In Ayurveda, muscle tissue is closely connected to a person's sense of confidence, stability, and emotional resilience.

As Vata increases, emotional symptoms often appear alongside physical ones. Rise in anxiety and restlessness becomes more common, sleep becomes lighter, and appetite may decline. The body feels less grounded, and the mind may feel less steady. Ayurveda reminds us that strength is not only physical; it is also emotional, and both must be supported together.

Ayurveda's Holistic Approach to Restoring Strength

Ayurveda approaches muscle loss with a philosophy of nourishment and gentle rebuilding. The goal is not to push the body harder but slow the decline and to restore its natural capacity for strength through diet, lifestyle, and herbal support.

Dietary Support for Muscle and Ojas

A nourishing diet is essential for rebuilding muscle tissue. Warm, grounding foods such as ghee, warm milk with turmeric, moong dal, rice, wheat (if easily digested), cooked vegetables, sesame seeds, soaked almonds, dates, soups, and stews help strengthen the tissues and calm Vata. Protein-rich Ayurvedic foods such as moong dal, masoor dal, urad dal (in moderation), milk, fresh paneer, nuts, and seeds provide the building blocks needed for muscle repair. At the same time, foods that aggravate Vata—such as dry snacks, cold foods, raw salads, excessive caffeine, and skipped meals—should be minimized, as they weaken digestion and reduce nourishment.

Lifestyle and Yogic Practices

Gentle daily movement is essential for maintaining and rebuilding strength. Avoid vigourous and excessive exercise routine. A walk — four to five times a week (length based as per your own capacity) — is a good start.

A) Yoga
Ayurveda recommends yogic asanas that build functional strength without strain, such as:
Utkatāsana (Chair pose),
Setu Bandhāsana (Bridge pose),
Śalabhāsana — (Gentle Locust pose),
Marjaryāsana–Bitilāsana (Cat–Cow),
Vṛkṣāsana (Tree pose),
Sūrya Namaskāra - (Slow Sun Salutations)
Vīrabhadrāsana (Warrior pose),
when joints allow.

These movements improve circulation, enhance stability, and support muscle tone.

B**) Pranayama (Breathwork)**

Pranayama, improves oxygenation and supports muscle repair. Practices such as **Anulom Vilom, Ujjayi, Bhramari**, and **slow diaphragmatic breathing** help calm the nervous system and strengthen the body from within. Cooling pranayamas (like Sheetali) are generally avoided, as they may aggravate Vata. Meditation and mind–body practices further support strength by calming the nervous system.

C) Abhyanga
Abhyanga (warm oil massage), is another powerful practice. Massaging the body with warm sesame oil or medicated oils like Bala-Ashwagandha, Dhanwantharam, or Mahanarayana oil improves circulation, nourishes tissues, and reduces Vata.

Herbal Ayurvedic Formulations

Ayurveda offers several herbal formulations to support muscle strength and vitality.

Ashwagandha Lehyam helps build muscle strength, while Chyawanprash supports Ojas and overall immunity.

Sukumara Ghrita nourishes Vata, and **Dashmoolarishta** helps reduce Vata imbalance.

External application of **Bala taila,** strengthens the muscles and improves circulation.

Herbs such as **Ashwagandha, Shatavari, Gokshura, Bala,** and **mild turmeric** further support tissue repair and vitality. However, you must consult an Ayurvedic practitioner before taking any of the formulations.

Concluding Remarks

Muscle loss is not simply a sign of aging; it is the body's way of communicating deeper needs. It may be saying, "I am under-nourished," "I need warmth," or "I need strength from the inside out."

Ayurveda offers a compassionate and practical approach to rebuilding strength by nourishing the body, stabilizing Vata, and restoring vitality gently and steadily. When muscles weaken, they can be nourished. When Vata rises, it can be controlled. When strength fades, it can be rebuilt with patience, warmth, and care.

Mother's Day Picnic Photos

Please visit our FB page to see lots of wonderful photos from our Mother's Day Picnic!

Facebook.com/HinduSatsangUSA

Don't forget to like and follow our page for future event updates, photos, and community activities.

A heartfelt thank you to Sh. Subash Oza and all the other Satsangis for capturing such beautiful memories through their amazing photographs.

Hope you all enjoyed the Mother's Day Picnic and the wonderful time spent together with family and friends! Please mark your calendars for the

Hindu Satsang Summer Picnic on Sunday, July 12.
Location: Springbrook Prairie - West Shelter

More details will be shared soon — we look forward to another fun-filled community gathering!

"Ayurveda teaches us that our plate reflects our Health, with nutritious, unprocessed foods being the foundation for vibrant Health."

Meet Our Guest Singers & Featured Speaker of the Month

Guest Singer: Samridhi Khanna

Samridhi Khanna is a passionate devotional singer and a Physical Therapist by profession. Her musical journey began under the guidance of **Vaishali Dhande** in Naperville, where she trained in Hindustani classical music for four years and completed her Madhyama Purna certification.

She later continued her musical training in India with Prakash Shah, who belongs to the esteemed musical lineage of **Pandit Jasraj.**

Samridhi has a deep love for bhajans, devotional music, and kirtans. She enjoys offering music as a form of devotion and community connection and is an active singer with the MMY Bhakti Yoga singing group. Through her singing, she hopes to spread peace, joy, and spiritual upliftment.

Guest Speaker: Anu Malhotra

Anu Malhotra is a visionary yoga teacher, Ayurvedic practitioner, Hindu priestess, motivational speaker, and community leader dedicated to helping people live healthier and more mindful lives for over three decades. She previously held senior leadership roles as Executive Director at UnitedHealthcare, Vice President at Aetna U.S. Healthcare, and President of American Physical Therapy & Rehab Clinic.

As the founder of Mindful Meditation Yoga, Anu leads free weekly yoga and meditation sessions, inspiring the community to embrace peace, strength, balance, and holistic well-being through the timeless wisdom of yoga.

Guest Singer: Samridhi Khanna



Guest Speaker: Anu Malhotra



Hindu Satsang's Monthly Sabha (4th Sunday of the month)
10 AM CST on Sunday, May 24, 2026 at VSC

Everyone is cordially invited
to Hindu Satsang Sabha
May 24th, 2026
10:00 AM CST
@HGTC- VSC (Vivekananda
Spiritual Center)

Program

Convener- Smt. Suman Sood

10:00 am:	Vedic Pooja followed by Bhajans
10:10 am	Bhajans by Satsangis
10:30 am	Guest Singer: **Smt. Samridhi Khanna** Guest Speaker: **Smt. Anu Malhotra**
11:50 am	Announcements, aarti followed by lunch



April Aarti Collections

Daljit & Prem Sabharwal Ji	$101
Suresh Ambegaoker	$101
Achal Jain	$31
Manohar & Sharda Sharma	$51
Cash	$219
Total	**$220**

Mother's Day Picnic

Tarun & Deepti Kumar	$101
Alka & Ramesh Sood	$101
Anita & Bhupenda Beri	$100
Bharat & Neeta Mathur	$51
Cash	$72
Total	**$425**

Thanks everyone for your generous donations.

Maa Annapurna Devi

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

May Month Prasad Sponsors

1. **Rashmi & Vinod Gandhi Ji**
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Please contact Indra Rani Singh (630) 373-7264, our prasad coordinator, if you would like to sponsor prasad in coming months.