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नवंबर २०२२ November 2022

हिन्दू सत्संग समाचार
Hindu Satsang Samachar



Hindu Satsang Updates

By Shivam Viswanathan

Pranaam to all Satsangis!

I hope all of you had a great festive season. Thanks to all of you for a very successful **Sewa Diwali Food Drive**, more details about this initiative on [page 4](#).

As Gita jayanti is approaching on December 3rd, Anant Vyas ji, as our guest speaker, will be discussing the invaluable message that Gita conveys to us. There is no end to how much we can learn from Bhagavad Gita. We also have a quiz based on the same theme on [page 6](#). Our Guest singer this month will be Sh. Vipul Srivastava, more details about our guest singer and speaker on [page 9](#).

We have the Ramayana quiz contest results on [page 8](#). Congratulations to all the winning students. Keep learning and sharing your knowledge with others.

Please get in touch with Smt. Kanan Dhingra at (630) 803-2040 if you're interested in sponsoring prasad for an upcoming Satsang Sabha.

Following are some of the main festivals/events coming up in the next few weeks, our warm wishes to everyone: **Gita Jayanti** on Saturday, December 3, **Annapurna Jayanti** on Thursday, December 8, and **Guru Gobind Singh Jayanti** on Thursday, December 29.

Studies have shown that those who regularly engage in social interactions and get together with friends, have healthier and longer lives. At our Satsang Sabha on November 27, you'll get an opportunity to personally getting to know some amazing and charismatic people. As soon as possible, set a phone reminder alert to make sure you don't miss this event.

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नमस्ते

Happy Birth Month to our Satsangis born in November

Abha Beri	Adarsh Gupta	Bikash Khanna	Ajay Wasan	Alka Sood	Atul Trivedi	Brum Pal
Jaya Agnihotri	Jaya Punwani	Meghana Sharma	Maitreye Dhutia	Meena Dhutia	Meera Dhutia	Neelam Goyal
Neha Goyal	Neha Khanna	Niyam Upadhyay	Neil Gupta	Niam Jain	Rajan Kapoor	Rajan Prabhu
Reema Rawal	Ritu Nohria	Priya Viswanathan	Shaunak Pal	Sonia Uppal	Tripta Pal	Vikas Beri
Zara Jain	Shaunak Raheja	Sateesh Bhagwat	आपके जन्मदिन पर हार्दिक शुभकामनाएं!!			

Happy Anniversary शादी की सालगिरह पर ढेर सारी शुभकामनाएं!

Bhavna & Akshay Prajapati	Dipti & Tarun Kumar	Ekta & Amit Punwani	Hitender & Mansi Sabharwal	Jyoti & Anil Dhutia
Nina & Binish Choksi	Manjula & Jagdish Madhav	Pankaj & Alka Gupta	Renu & Vishwanath Agarwal	Sonia & Anil Gunya
Sonia & Sanjeev Dhawan	Vikas & Divya Pandey	Archana & Sudhir Agrawal	HAPPY ANNIVERSARY	



Laughter is the best medicine



पत्नी - मैं मड़के जा रही हूँ।

पति - मैं मंदिर जा रहा हूँ।

पत्नी - अब मंदिर जा कर प्रार्थना करने से कुछ नहीं होगा, मैं नहीं रुकने वाली।

पति - अरे पगली, मैं तो अपनी प्रार्थना पूरी होने पर मंदिर जा रहा हूँ !

Sciatica (Gridhrasi) An Ayurvedic Perspective By Sh. Rajeev Jain

"A well-lived day is medicine unto itself." ~ Acharya Shunya

Sciatica refers to pain that travels along the path of the sciatic nerve. It is a pain that travels from the lower back (around L4/L5 vertebrae) through the hips down the back of thighs and back of the knee possibly to the calf. About 40% of people have sciatica at some time in their life although it is most common between the ages of 40 and 60. Men are more frequently affected than women.

Symptoms

Sciatica typically affects only one side of the body. The pain can vary from a mild ache to a sharp, burning pain. Sometimes, it can feel like a jolt or electric shock.

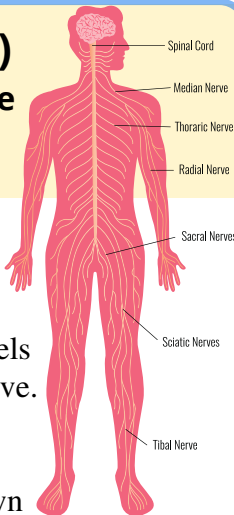
What causes Sciatica?

Potential causes for sciatica include:

- **Age:** Age-related deterioration of the spine, e.g., herniated disks and bone spurs, are the most frequent cause.
- **Obesity:** Being overweight increases stress on the spine.
- **Occupation:** Jobs that require twisting the back, lifting heavy loads, driving a motor vehicle for extended periods, etc.
- **Prolonged sitting.** People who sit for long periods are more likely to develop sciatica than active people.

Diabetes. It affects the way the body uses blood sugar, increasing the risk of nerve damage.

Initial treatment typically involves pain medications. Usually, time is all that is required for sciatica to resolve. About 90% of people find resolution in less than six weeks – except where it is age related.



Ayurvedic approach to treatment:

Ayurveda calls sciatica pain Gridhrasi. The word gridhra means “eagle” and the person with sciatica walks with a gait similar to an eagle. Ayurveda classifies Gridhrasi, as a neuromuscular disorder, and one of the 80 types of Vata disorders.

According to Ayurveda, the symptoms resulting in Gridhrasi require both detoxification and a holistic approach to healing, including changes in diet and lifestyle. Often, other health parameters are normal for those suffering from Sciatica – except the pain results in a disturbed sleep.

The treatment normally involves focusing on reducing Vata through diet, lifestyle and herbal remedies. This is discussed in more detail below:

(1) Diet:

- Avoid foods that aggravate Vata: examples of such foods would be cold, light, and dry foods. Minimize intake of non-nutritious, processed foods and leftovers. A regular time for meals is desirable – avoid eating too fast or on-the-go or fasting.
- Include foods that reduce Vata in your diet – favor foods that are sweet, salty, and sour to pacify Vata dosha. Warm soups, stews and khichdi are a good start. Fresh fruits, partially or fully-cooked vegetables in gravy, milk, ghee also reduce Vata. Finally, remain hydrated but avoid carbonated drinks.

(2) Exercise/Lifestyle:

Avoid physical overexertion, mental stress and excessive travel. Perform activities mindfully and do not over schedule tasks. Abhyanga (oil massage followed by a warm bath or shower) – full body or at least the limbs, is excellent. In addition, the following therapies are beneficial for treating Sciatica:

Continued on the next page ↪

↳ **Continued from the previous page**

- Pranayama: practice simple pranayama to help reduce stress;
- Meditation: practice for at least 15 minutes a day.
- Asana: practice simple yoga asanas avoiding anything that aggravates the pain.
- Sleep: Maintaining a regular sleep/wake up schedule is important. Avoid staying awake late at night and do not sleep during the day.

(3) Herbal formulations:

The herbal medications can help with detoxification, lubrication of the body, stress relief and reduction of pain. Some such herbal formulations include - Anu Oil to balance vata dosha, Rasnairandadi Kwatham and Sahacharadi Kwatham for quick and natural pain relief, Manasamitra Vatakam to reduce stress and Karpuradi Oil for external self- body massage to relieve pain and promote muscular strength. However, herbs and treatments should be taken under direction from an Ayurvedic Vaidya as it should correspond to the individual's constitution.

“The great thing about Ayurveda is that its treatments always yield side benefits, not side effects.” — Shubhra Krishan ❧



**Sewa Diwali 2022
Food Drive**



We are proud to be a part of the Sewa Diwali Food Drive, an annual event in which numerous dharmic organizations, temples, and individuals take part. I want to thank all the Hindu Satsang members for their generous donations of much more than \$1000 in cash and non-perishable goods. Special thanks to Sh. Nand Parkash ji for taking the initiative and spearheading the effort on behalf of Hindu Satsang.

The food that was collected was donated to numerous communities' food pantries, and the mayors of those communities also expressed their gratitude and recognized the participating organizations including Hindu Satsang.



The picture above is from the Naperville city council recognition ceremony, represented by Nand ji and Madhu Uppal ji. ❧

A brief recap of
Hindu Satsang's Monthly Sabha
held on October 23, 2022
By Shivam Viswanathan

A number of satsangis began the session by singing beautiful bhajans. It was a pleasure listening to the mesmerizing bhajans sung by our guest singer Smt. Rashmi Gandhi. She was accompanied by her daughter Nina Choksi and grandson Neelan Choksi. Rashmi ji also presented her own bhajan that she wrote and composed on Lord Mahaveer. She also played her composition in sitar.

Our Guest speaker Sh. Umesh Bhatia topic was - Diwali, a Celebration of Our Inner Light.

Celebrating Diwali spiritually begins with the lighting of our Inner Lamp - just like saints and mystics have narrated over the ages. By practicing SOS Meditation, we can calm the body and the mind and enjoy an inner Diwali every day. During this session, we also got an opportunity to practice meditation.

Smt. Manju Kalra ji recited an interesting poem about a conversation between Shri Ram and the moon.

At the end of the session, we also collected the donations for Sewa Diwali Food Drive. Thanks everyone who donated generously for this good cause which will help feed the poor in the Chicagoland area. 🌀



**Guest Singer: Smt. Rashmi Gandhi along with
Nina Choksi, and Neelan Choksi**



Guest Speaker: Sh. Umesh Bhatia



Smt. Manju Kalara, reciting a poem about Diwali.





Quiz

Bhagavad Gita

By Shivam Viswanathan

This year, Gita Jayanti falls on December 3rd. It is believed that Bhagavad Gita was revealed to Arjuna by Krishna in the battlefield of Kurukshetra on this day. Check out this quiz on Bhagavad Gita - some are easy and some may be difficult but all of them are interesting nevertheless:

1. The Bhagavad Gita consists of how many verses and chapters?
2. Aside from Arjuna, who else heard Shri Krishna deliver the Gita?
3. In Gita, Shri Krishna delivered 574 verses, Arjuna 85, and Sanjay 40 that add to 699 verses - who recited the remaining 1 verse?
4. What does the title "Bhagavad Gita" mean?
5. Many people add "Shrimath" or "Shreemad" before the title of Bhagavad Gita? What does this prefix mean?
6. Chapter 14 of the Bhagavad Gita explains in detail the threefold classification of all actions, what are they?
7. Who wrote Mahabharata?
8. What are the 3 types of yogas articulated in the Gita?
9. To whom did Krishna impart the Gita before Arjun?

Answers on the right column →

Answers

1. Bhagavad Gita consists of 18 chapters and 700 verses.
2. The Gita was heard by Sanjay apart from Arjuna and he narrated it to Dhritarashtra. Sage Ved Vyasa had diya drishti which helped him see everything remotely. It is also believed that Barbarika, son of Ghatotkacha, also heard the conversation between Krishna and Arjuna. Hanuman Ji, who is reported to be residing on the flag of Arjun's chariot (Kapidhwaj), is also said to have heard the Gita from Sri Krishna.

3. Dhritarashtra spoke 1 verse out of 700, the very 1st one.

Chapter 1, Verse 1: First Shloka highlights the question asked by the King. Dhritarashtra. The question provides a glimpse of his overall personality. Dhritarashtra wants to know the events happening on the Battlefield of Kurukshetra.



धृतराष्ट्र उवाच |
धर्मक्षेत्रे कुरुक्षेत्रे समवेता युयुत्सवः |
मामकाः पाण्डवाश्चैव किमकुर्वत सञ्जय ||

Translation: Dhritarashtra said: O Sanjay, after gathering on the holy field of Kurukshetra, and desiring to fight, what did my sons and the sons of Pandu do?

4. The word **Gita** means song and the word **Bhagavad** means God, Bhagavad Gita means the song of God.

Continued on the next page →

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5. Technically, it is “Shrimath” (श्रीमत् in Devanagiri text) but some people use “Shrimad”. The word has many meanings, as it is common for one Sanskrit word to have multiple meanings. In this context “Shri” means “the abundance of” and “math” means intelligence or knowledge. Thus “Shreemath” means “abundance or ocean of knowledge”.

6. Sattva, Rajas and Tamas. A **Satvik** has control over body, mind and senses, divinity is predominant.

A **Rajasik** has no control over sense and action, thus undertaking actions with selfish motives and is restless.

A **Tamasik** is inactive, careless and arrogant with ignorance.

7. According to the legend, Sage Ved Vyasa narrated it while Ganesha transcribed it after breaking one of his tusks to use as a quill.

8. Each seeker is called upon to decide which Yoga best corresponds to his/her natural disposition:

- Karma yoga is advised for the actions,
- Bhakti yoga is for the devotional and
- Jnana yoga for the rational.

9. Sri Krishna says: I instructed this imperishable science to the sun-god, Vivasvān, and Vivasvān instructed it to Manu, the father of mankind, and Manu in turn instructed it to Ikṣvāku.



हूँ शुक्रगुज़ार

by Smt. Uma Nauth

जलन गुस्से की, जो हो सका न इंसाफ
तपस उन दुःखों की, नजर आता कहीं इलाज
तड़प मजबूरी की, कुछ भी नहीं अपने हाथ
मचले दिल, होने को इन सबसे आज़ाद
हर तरफ अंधेरा, कोई हल नहीं अपने पास
चैन पाने के लिये, करिये ये सब मुआफ़
फिर तहे दिल से निकले अपने आप
देखिये - उन चन्द लफ़्ज़ों का कमाल
हूँ शुक्रगुज़ार, मैं तेरा शुक्रगुज़ार

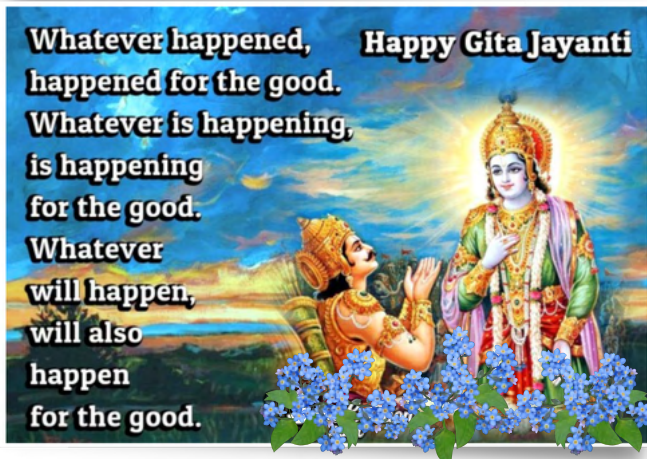
भला बुरा, मिला ना मिला, ज्यूँ लिया दिया
सुख दुख, रोग अरोग, रुदन, हास, उदास
सच झूठ, सही गलत, नाप तोल, हमेशा का तनाव
उतार चढ़ाव, लगाव मुटाव, करे मन को साफ
सदा तेरा शुक्रगुज़ार, लाख लाख शुक्रगुज़ार

मिले परवाह, बने बेपरवाह, लापरवाह
सख्त या मीठा स्वभाव
अकेलापन, रंगारंग, है अपनापन
तजे मँझदार, या निभाये साथ
संयम, नियम, आराम, विराम
बेआराम, वजह काम लगातार
सूरत सीरत, किस्मत का जैसा आसार
अमीर गरीब, खान पान व भोग विलास

छोटा बड़ा, ऊँचा नीचा
हर चीज़, जगह, जैसे तैसे लोग, हालात
ऊपर नीचे, आगे पीछे, अंदर बाहर
सुबह शाम, दिन रात
बहुत मुशकिल आज़माना, कहना आसान
मुसीबत में ज़रूरी इस की याद
कीमती इसके मोल बोल

पावन इसका एहसास
तेरे फूलों से भी प्यार, तेरे कांटों से भी प्यार
पल पल वक्त का हर पल, हर हाल
मैं हूँ तेरा शुक्रगुज़ार, मैं हूँ तेरा शुक्रगुज़ार

उमा कहे - Gratitude for All -
Happy Thanksgiving!



The Ramlila Quiz is conducted by Hindu Satsang every year along with the annual Ramlila stage performance which was held on October 8th this year. Anyone under the age of 18 is eligible to participate in the Quiz. Over 50 students participated in this year's Ramayana quiz.

2022 Ramayana Quiz Winners:

A total of six students achieved perfect scores of 100% this year, hearty congratulations to all of them:

- Shriya Tiwari
- Aabeer Awasthi
- Anjika Awasthi
- Anika Tiwari
- Kavya Jain
- Ansh Sethi



The prizes will be distributed to all the winning participants. If you have not heard from us already, please email shivamv@gmail.com.

Our congratulations go out to all the children who participated in the quiz! Continue to keep your passion and enthusiasm in the Ramayana alive by learning and spreading the knowledge. 🌀



This month's guest speaker and singer

Guest Speaker: Sh. Anant Vyas

Sh. Anant Vyas ji has been a member of Hindu Satsang since its inception in 1978. Professionally, Anant ji is an engineer who worked on energy technology research for nearly 40 years at Argonne National Lab.

His topic will be "Gita Ka Sandesh". The topic was chosen because Gita Jayanti is approaching on December 3rd. this year. Anant ji is very passionate about Bhagwat Gita. He enjoys talking about the teachings and the treasure of knowledge contained in it.



Guest Singer: Sh. Vipul Srivastava

From the age of five, Sh. Vipul Srivastava has been singing bhajans, filmy songs, and ghazals. He has been singing privately and in public for over six decades.


Vipul ji has a lot of passion in learning musical instruments. He is also a good Tabla and Dholak player, and he is currently learning keyboard from a music teacher.

Manjoo ji and Vipul ji have two grown children and four grandchildren. He retired from CH2M/Jacobs Engineering as a Senior Fellow and US Practice Leader for Site Remediation.

Everyone is welcome to
Satsang Sabha
on Sunday, November 27th.
Come and feast on the food for
body, mind and soul.



Picture on the left taken at the investiture ceremony for Joseph A Flaherty, MD's endowed professorship in psychiatry at the University of Illinois at Chicago. This honor was bestowed upon **Dr. Subhash Pandey**.

Dr. Pandey is an inspiration to us at Hindu Satsang, and we wish him well in his future endeavors. 

Hindu Satsang's Monthly Sabha (4th Sunday of the month) 10 AM CST on Sunday, 27th, November 2022 at VSC



Everyone is
cordially invited

Hindu Satsang Sabha

Venue: VSC (Vivekananda Spiritual Center-
the building to the right of the Vivekananda
statue at HTGC Temple, Lemont, IL)

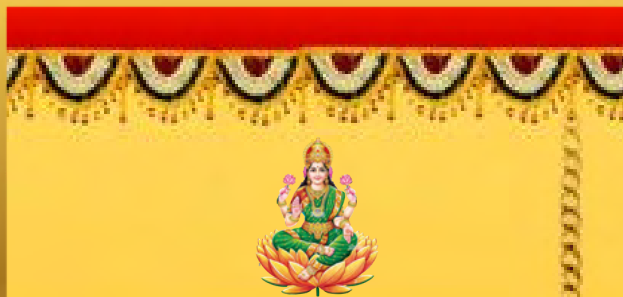
Time: 10 am to 12:00 pm, followed by lunch



Program



10:00 am:	Vedic Pooja
10:10 am	Bhajans by Satsangis
10:30 am	Guest Singer: Sh. Vipul Srivastava
11:00 am	Guest Speaker: Sh. Anant Vyas, topic: Gita Ka Sandesh
11:45 am	Aarti followed by lunch (Brief appetizing walk to the HTGC kitchen, we'll have a partitioned reserved section at the back of the dining room).



October Aarti Collections

Thanks everyone for your
generous donations.



Smt. Kiran & Sh. Dharam Punwani	\$100
Smt. Jyotsna & Sh. Anant Vyas	\$101
Smt. Jyotsna & Surendra	\$31
Cash	\$84
Total	\$316

| 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.**



November Prasad (lunch) Sponsors:

Kiran Sharma, Archana Agarwal,
Madhu Bhatia and Sadhna Tiwari