

Board Members

Gen. Coordinator

Alka Saad
(630) 667-4226



Past Gen. Coord.

Shivam Viswanathan
(312) 399-3860

Publication

Amitabh Gupta
(331) 257-8967



Property

Kiran Sharma
(630) 890-6206



Prasad

Manju Kabra
(630) 379-7422



Liaison

Rashmi Gandhi
(630) 776-7826
Vimmi Bajaj
(630) 294-2130



Education

Madhu Uppal
(630) 881-0757
Nisha Oza
(312) 618-4276
Ashwin Anandpara
(630) 220-8084



Finance

Anant Vyas
(630) 890-7576



Special Events

Daljit Sabharwal
(630) 922-3024
Manisha Garg
(224) 616-8360



Website Coord.

Shivam Viswanathan
(312) 399-3860



Youth Coords

Shriya Tiwari
Aadya Agarwal



अप्रैल २०२३ April 2023

हिन्दू सत्संग समाचार
Hindu Satsang Samachar



Hindu Satsang Updates

by Shivam Viswanathan & Amitabh Gupta

Pranaam to all Satsangis!

The elections for the Hindu Satsang Board, also known as "divine selections", were held on March 26th during the Satsang Sabha. This newsletter has all the exciting election results along with the portfolio assignments.

This particular newsletter issue is a joint effort between Shivam and Amitabh as we transition the publication responsibilities. Shivam has done a truly phenomenal job by raising the standard of our monthly publication to heights never imagined by us! Hindu Satsang greatly appreciates his dedication to our cause.



Amitabh has big shoes to fill and is really thankful for Shivam's coaching.

*Please note that this is your newsletter!
Please contact Amitabh Gupta with your contributions and suggestions.*

Wishing you all a Very Happy Mother's Day on Sunday, May 14th! We would like to extend our invitation to you and your family to participate in Hindu Satsang's annual Mother's Day picnic on the Sunday, 14th of May. Find more information about the event on our website at:

<http://www.hindusatsang.org/mdaypicnic>.

The Satsang Sabha on April 23rd is very special, please do attend. Set a phone reminder alert to make sure you don't miss this event.



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IN
THIS ISSUE



Happy Birthday Month to our Satsangis born in April



Akansha Kataria	Arjun Pandey	Arnav Sabharwal	Arushi Joshi	Avishkar Trivedi
Bhavna Sharma	Brij Sharma	Daljit Sabharwal	Dhruv Dhawan	Gurmeet Kaur
Harish Arora	Indu Wadhawa	Isha Sharma	Jason Gupta	Mamta Shah
Mansi Sabharwal	Neha Khetarpal	Pramila Joshi	Prem Garg	Rajshree Ambegaoker
Rama Kapoor	Ravisha Saini	Reena Salgia	Sanjeev Dhawan	Sanjiv Avashia
Sanjiv Pandey	Serena Malhan	Shalini Trivedi	Sita Sharma	Surabhi Garg
Vandita Rastogi	Vinod Malhotra	Divya Pandey	जन्मदिन की शुभ कामनाएँ	



Happy Anniversary April

Adarsh & Sudhir Gupta	Manju & Rajiv Goel	Neelam & Pradeep Goel	Payal & Vikas Dhingra	Renu & Nand Prakash Garg	Rupal & Vikas Upadhyay
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Laughter is the Best Medicine



We were at a wedding reception the other day. The DJ announced, "Would all married men please stand next to the one person who has made your life worth living after marriage?"

The bartender was almost crushed to death.



Cheers to many more years of laughing with and at each other's jokes and keeping each other healthy and young at heart!

Happy Anniversary!!



Hindu Satsang's
Website address:
HinduSatsang.org

Hindu Satsang's
Facebook page:
[facebook.com/
HinduSatsangUSA](https://facebook.com/HinduSatsangUSA)

Please *Like & Follow*
for latest updates. You
are always welcome to
send articles and
feedbacks.

Hindu Satsang New Committee Members

Compiled By Shivam Viswanathan

First and foremost, I would like to express my heartfelt gratitude to all the outgoing members of the Hindu Satsang committee. The previous committees have shown exceptional dedication and hard work during a challenging time, as we emerged from the pandemic and started having in-person meetings and events after about a couple of years.

I extend a big thanks to the following committee (2022-23) members for their unwavering commitment, valuable contributions, and diligent efforts: Shivam Viswanathan (General Coordinator), Kamal Gupta (Past General Coordinator), Anita Singhal (Publication), Subhash Sharma (Property), Kanan Dhingra (Prasad), Daljit Sabharwal and Gitesh Shah (Liaison), Shubh Malhan, Anant Vyas, and Jug Uppal (Education), Jyotsna Salgia (Finance), Vinod Gandhi and Renu Garg (Special Events). Their service has been invaluable, and we sincerely hope they will consider serving the organization again in the near future. Once again, a heartfelt thank you to all the outgoing members for their exceptional contributions.

Here is a quick introduction to our **New Committee Members**:

General Coordinator - Smt. Alka Sood

Our newly selected General Coordinator is Smt. Alka Sood, who has been an part of the Satsang group since its inception. She has previously served as the Prasad and Liaison Coordinator, showcasing her dedication and commitment to our organization.

With a background as a retired Dietitian and 45 years of professional experience, including membership in the American Dietetic Association, Smt. Sood brings valuable expertise to our team.

She has also volunteered in various community initiatives, such as grocery tours, the Gresham Mela Health Clinic booth, the Auxiliary Committee, and nutrition classes at Apna Ghar. Smt. Sood is actively involved in local organizations like CIW and Vidya Jyoti, and has volunteered at local food pantries and food packing events for Feed My Starving Children.

Past General Coordinator and Current Website Coordinator - Sh. Shivam Viswanathan

Our former General Coordinator for the previous term was Sh. Shivam Viswanathan, who will continue to contribute to our organization as a past General Coordinator.

Prior to assuming the role of General Coordinator in 2022, Sh. Viswanathan played a pivotal role in managing the Newsletter for 6.5 years, starting from 2017 onwards and overseeing tasks such as website management, Facebook updates, and maintaining the birthday and anniversary database. Alongside his professional background as an IT Director, Sh. Viswanathan has been actively involved in community initiatives, such as serving on the District 204 council board, organizing national level events for children for PTA, coaching soccer with Naperville Park District, and teaching programming in the After School Enrichment programs. He has also extended his support to the team whenever help was needed, and will continue to do so in his new role.

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Publication Coordinator - Sh. Amitabh Gupta

Amitabh Gupta is currently the Chief Technology Officer and VP at Linde, the world's largest industrial gases company. He leads the global technology function at the firm with R&D employees in more than a dozen countries. Amitabh is responsible for enabling growth globally through innovation; and is also responsible for developing and implementing transformative digitalization and clean energy technologies. He holds 13 patents. Amitabh has a B. Tech. in Chemical Engineering from IIT Delhi, graduating at the top of his class, and has a Ph.D. from Princeton University. He and his wife, Neerja, have been regular member of the Hindu Satsang since moving to Naperville in 2001. Amitabh had served as the Education Coordinator for several years and is an avid tennis player.

Property Coordinator - Smt. Kiran Sharma

For the past 40 years, Smt. Kiran Sharma and her husband Sh. Subhash Sharma have been actively involved in the Hindu Satsang community. They have been responsible for the care and maintenance of the idol of Krishan ji and the associated property for many years.

Prasad Coordinator - Smt. Manju Kalra

Ms. Manju Kalra, a retired teacher with 35 years of teaching experience, holds a Bachelor's degree in Arts and Education. Currently, she actively participates in literacy programs, voluntary and religious organizations, as well as cultural programs.

Education Coordinators:

Major responsibilities are Hindu Satsang's Sunday School, Mother's day picnic, scholarships, events like Ramlila, Youth Festival, etc..

Smt. Madhu Uppal has been associated with Hindu Satsang since its establishment and has served in different roles over the years. She and her husband Jug have been crucial supporters of the organization for many years. Throughout her career, she has held numerous positions of responsibility, including District 203 Science Teacher, President of the Naperville Public Library Board, and Board Member of several organizations, including Apna Ghar, Sanjeevani, Mandi Theatre, Club of Indian Women, Hindu Satsang, Arya Samaj, Vidya Jyoti Education Foundation, and United Punjabis of America.

Smt. Nisha Oza: Since relocating to Darien from Crystal Lake, a northwest suburb of Chicago, in 2016, she has been an active and committed participant of the Hindu Satsang. With a background as a registered nurse, having graduated from Lady Harding Medical College in New Delhi, India, she has extensive experience working in hospitals both in India and the United States, including serving as a nurse for specialist doctors prior to her retirement. Apart from her professional achievements, Nisha also has a passion for cooking, home decoration, landscaping, and gardening.

Sh. Ashwin Anandpara holds a Bachelor's degree in Commerce from Mumbai University and has retired from his position as a Manager at Indian Overseas Bank. He has developed a passion for music and is currently enjoying his retirement period with his grandchildren, daughter, son-in-law, and life partner Preeti. In his youth, he was actively involved in leadership roles in clubs such as Leo, Lion, and Jaycee. He also has a fondness for Gujarati literature.

Finance - Sh. Anant Vyas has been a dedicated member of Hindu Satsang since its establishment. In his professional career, he has served as an engineer, conducting research on energy technology for almost four decades at Argonne National Lab.

Continued on the next page ...

Special Events Coordinators

Special events include the Hindu Satsang picnic, the Janmashtami program, and the Hindu Satsang stall in HTGS's Gresham Mela to raise money for HTGC.

Daljit Sabharwal

Sh. Daljit Sabharwal has served as General Coordinator, Publication coordinator, and Liaison Coordinator of Hindu Satsang, Founder Member & President of International Ramayana Institute of North America (IRINA), Trustee, Joint Secretary, and Religious Chair of HTGC. He loves to sing bhajans, like his name suggests, conquers everyone's heart with his melodious voice. He always makes himself available to support religious and humanitarian activities.

Manisha Garg

Manisha Garg, MA, C.Lib, brings a wealth of expertise to her professional endeavors with certifications in Real Estate, Financial Accounting, and MS Office. Her commitment to continuous learning and skill development is evident in her educational achievements from IL Valley Community College in Oglesby, Illinois, and her BOOST Program Certification in Business Organization and Occupation Service Computer Skills.

With a diverse range of experiences, including serving as an Organizer for Hari Om Mahila Mandal, a member of the Punjabi Organization of America (POA), on the board of Mandi Theater for many years, and Treasurer for various organizations such as Southgate at the Glen Condominium Association and the Medical Society Auxiliary in Bureau County, IL, Manisha Garg is a highly skilled and dedicated professional who brings a wealth of expertise to her roles.

Liaison Coordinators

Smt. Rashmi Gandhi and Smt. Vimmi Bajaj will be inviting guest speakers and singers for our monthly congregation which are held every 4th Sunday of the month.

Rashmi Gandhi

Rashmi ji is well known as the Lata Mangeshkar of Hindu Satsang. She received her Visharad degree in 2022. Rashmi ji joined Hindu Satsang in 1985 along with her family, starting as the Special Events Coordinator. After four years, in 1989, she was made the General Coordinator. Since then, she has served as the Liaison on multiple occasions. She worked for Schaumburg School District 54 for 20 years as a bilingual Kindergarten teacher and ESL teacher. She also represented India as an ambassador in Schaumburg schools, conducting assemblies about Indian culture. Rashmi ji has been a board member of IRINA since its inception and served as the cultural secretary for Gujrat Samaj for 10 years. She has also been involved with Jain Samaj, teaching Bhakti Sangeet. Currently, she teaches Ramayana on Zoom to HTGC students and music to neighborhood kids and adults. Her heart and soul are always dedicated to whatever she does.

Vimmi Bajaj

Vimmi Bajaj, a resident of west Chicago, lives with her husband Girdhar Bajaj. Originally from Delhi, India, she attended Delhi University and earned her Bachelor's degree in History honors. Back in India, Vimmi had no plans of working. However, after getting married and moving to Chicago, she had to learn driving and take up office work. She took accounting courses and worked continuously until the age of 63. Though she is retired now, Vimmi is still actively engaged in her day-to-day life. She has a daughter and two grandchildren and finds joy in spending time with her family and friends.



Finance
Sh. Anant Vyas

More member photos on the next page...

**Hindu Satsang
New Committee Members 2023-2024**

**General Coordinator
Alka Sood**



**Past-General Coordinator
Shivam Viswanathan**



**Property Coordinator
Kiran Sharma**



**Prasad Coordinator
Manju Kalra**



**Liaison 1
Rashmi Gandhi**



**Liaison 2
Vimmi Bajaj**



**Special Events Coord. 1
Daljit Sabharwal**



**Special Events Coord. 2
Manisha Garg**



**Publication Coordinator
Amitabh Gupta**



More member photos on the next page...

**Education Coordinator 1
Smt. Madhu Uppal**



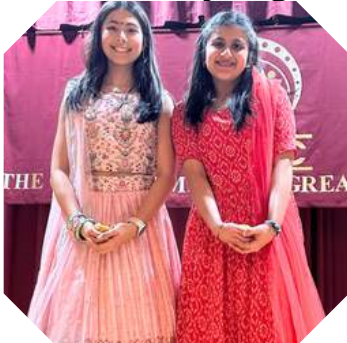
**Education Coordinator 2
Smt. Nisha Oza**



**Education Coordinator 3
Sh. Ashwin Anandpara**



**Youth Coordinators Shriya
Tiwari & Aadya Agarwal**



Shradhanjali

Shashi Jain

April 8, 1952 - April 10, 2023



Shashi Jain, age 71, of Glenview, passed away peacefully, surrounded by her family on Sunday, April 9, 2023 in Chicago, IL. She was the devoted wife of Surinder K. Jain and loving mother of Dr. Sachin (Kruti Purohit) Jain and Monica (Anshuman Das) Jain.

Shashi was a pioneer in the South Asian food and entertainment scene in Chicago. Her most lasting impact in this life was the love she shared with Surinder and the exceptional family they built together. Shashi's journey with Surinder started 45 years ago in Delhi, India before moving to Chicago and curating a beautiful life full of love, laughter, and adventure. Her affection will undoubtedly be missed by her grandchildren: Dylan, Ryan, Aakash and Mira; her sisters: Usha, Santosh and Sudha; and numerous nieces and nephews.

Shashi Jan leaves behind a legacy of warmth, love and devotion. She will be deeply missed by her husband, children, grandchildren, siblings, the Hindu Satsang community and all those who knew her. As we mourn her passing, we also celebrate her incredible life and the unforgettable memories she made with those of use who were blessed to have known her. May the Soul attain Moksha.

Om Shanti.

An Ayurvedic Perspective

Fix your Pitta Imbalance

By Sh. Rajeev Jain



A few months ago, we had discussed the Vata imbalance. Today we will focus on Pitta imbalance. As you know, the entire universe consists of five elements — space, air, fire, water and earth. In Ayurveda, the Pitta dosha is a combination fire and water elements. Our life span is also classified in three segments based on dominance of each dosha. The age between 20 and 50 years is the Pitta period of life. Similarly, our body is split in three segments and the area between the heart and the umbilicus is the primary position of Pitta dosha.

The Pitta dosha represents the circulatory system (which imparts heat to the body). It governs mainly the enzymes and hormones. It is also responsible for digestion (including hunger and thirst), sweat, blood flow, the eye organ, skin pigmentation and mental sharpness and competitive nature.

The loss of Pitta equilibrium will result in Pitta-dominant diseases (40 of them in Ayurveda)! Characteristics of a Pitta disease will typically include a burning sensation, excessive body temperature, bleeding, change of skin color and vision issues. Below we will try to better understand the five types of Pitta and discuss how you can keep yourself healthy during mid-life period.

What Aggravates Pitta?

· *Diet* - Excessive intake of foods having pungent, sour and salty taste, alcohol, hot food and drinks that cause burning sensation in stomach. Irregularity of meal times is another common factor.

· *Lifestyle* - Excessive stress, resentment, anxiety, anger, and jealousy; and excess of travel are prominent contributors.

Environment – Living in a hot climate can be contributing factor due to exposure to sun and heat; Seasonally, Pitta gets more aggravated during autumn season, and in the afternoon period.

Signs of Imbalanced Pitta

- *Pitta Aggravation*: Yellowish discoloration of stool, urine, eyes and skin; excessive sweating, hunger, and thirst; burning sensation, insomnia, fatigue, foul body smell, inflammation, redness, anger, emotional over-sensitivity, fainting and giddiness; vomiting, nausea, suppuration, preference for cold food – these are all indications of increased Pitta.
- *Deficiency*: Loss of appetite, coldness in the body, poor blood circulation, loss of skin luster, laziness, increased affinity for salty, sour and pungent taste – are signs of diminished Pitta.

Five Divisions of Pitta Dosha

There are five types of Pitta dosha in our body and each performs a special function. These are Pachaka Pitta (the digestive fire), Ranjaka Pitta (responsible for color), Sadhaka Pitta (responsible for sense of fulfillment), Aalochaka Pitta (associated with recognition capability) and Brachaka Pitta (responsible for skin luster).

- Pachaka Pitta is located in the stomach, small intestine and large intestine. It is predominant in the fire element and performs functions of digestion, metabolism and transformation of food. It digests and transforms food into (1) the essence (energy) and (2) waste products. It also provides all other types of Pitta strength to perform their functions. Imbalance of Pachaka Pitta causes indigestion, acidity, burning sensation in heart, throat and stomach.

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- Ranjaka Pitta is located in the stomach, liver and spleen. It imparts red color to Rasa dhatu and converts it into Rakta Dhatu (blood). Hence, it is called 'Ranjaka' – one that gives color. Its imbalance results in diseases associated with blood like anemia and jaundice, etc.
- **Sadhaka Pitta** is located in the heart. It attends to mental functions such as knowledge, intelligence, memory and self-consciousness, and helps in the fulfillment of one's desires. Its imbalance causes different types of psychological disturbances.
- **Aalochaka Pitta** - is located in the eyes. It controls vision and helps in giving normal sight. It also helps us to recognize the things previously seen. Its deficiency causes impairment of vision.
- **Brachaka Pitta** - is located in skin. It gives color and glaze to the skin and helps absorb oily substances massaged into the skin. Since this Pitta gives the glow to the skin it is called 'Brajaka'. Skin disorders like leukoderma, leprosy, etc. are due to the imbalance of Brachaka Pitta.

The above classifications help us in understanding that all Pitta is not the same. A deeper understanding of which Pitta is imbalanced leads to the root cause of the problem, a proper diagnosis and selection of the appropriate treatment for complete healing. Generically speaking, anyone in the age group between 20 and 50 years (period of professional life), or diagnosed as suffering from Pitta imbalance should try to:

- Undergo purgation therapy;
- Adopt a Pitta-reducing diet – focus on having more foods with astringent, bitter, and sweet taste, and less of salty, sour and pungent taste;
- Spend more time with nature in an environment that is relaxing and cooling;

- Avoid/minimize situations that will create stress, anxiety, jealousy and anger;
- Ensure that you get at least 7 hours of sound sleep at night;
- Massage your body mildly with cooling oils and drink water;
- Explore intake of Ayurvedic herbals like triphala to improve digestive health, ashwagandha to balance stress hormones, chyawanprash for vitality, and brahmi for mental calm (all to be taken in consultation with an Ayurvedic Vaidya). ❀

Hindu Satsang's Mother's Day Picnic

We'd like to invite you to join us for a fun-filled Mother's Day Picnic at:

Event: Mother's Day Picnic

Date: Sunday, May 14, 2022

Time: 11:00 am to 3:00 pm

Location: Herrick Lake Park

[Details on our website: Click Here](#)

There will be plenty of delicious food and drinks to enjoy, as well as games and activities for everyone to participate in. We'll also have some lovely surprises in store for all the mothers who attend!

So bring your family and friends along and let's make this a day to remember! We can't wait to celebrate this special day with all of you! ❀

Gratitude: Value What We Have *Short story by Jai Viswanathan*

Once upon a time, there was a student who went to his guru seeking wealth and financial security. He told the guru that he was poor and had nothing to his name, and asked if the guru could give him a million gold coins.

The wise guru listened patiently and then asked the student, "Is there anything that you want more than a million gold coins that will make you happy?" The student thought for a moment and replied, "No, nothing else will give me happiness like a million gold coins."

The guru smiled and said, "Alright, I will give you not one million but ten million gold coins." The student was overjoyed and exclaimed, "Wow!" But then the guru added a condition, "However, you'll have to leave your family and friends forever."

The student was taken aback by the condition and replied, "No, I cannot live without my family and friends. I do not want any gold coin."

The guru looked at the student and asked, "Does that mean your family and friends are more valuable than ten million gold coins?" The student replied without even thinking for a second, "Yes, Guru ji, my family and friends are invaluable."

The wise guru smiled and said, "My dear student, you have just learned a valuable lesson. Money cannot buy the things that truly matter in life.

Your family and your friends are priceless treasures that bring joy, love, and support to your life. Be thankful for what you already have and cherish the blessings in your life."

The student realized that the love and companionship of his family was worth more than all the money in the world. He left the guru's place with a newfound appreciation for the important things in life and the realization that true wealth lies not in material possessions but in the love and relationships we have with those around us.

This story is a reminder that sometimes we get so caught up in wanting more that we forget to appreciate what we already have. We may think that money and material possessions will bring us happiness, but they are not worth sacrificing our precious time and life. We should be grateful for the present moment and the blessings we have in our lives. Let us strive to cultivate a heart of gratitude and cherish the things that truly matter.



Come to Satsang sabha with family and make some invaluable friends.



Our Thanks to this Month's Guests



Guest Singer: Ajay Shah

Sh. Ajay Hirubhai Shah, a Registered Pharmacist and Professional Singer who has been living in Chicago since 1983. He completed an Accelerated Pharmacy program and graduated as a Pharmacist from Drake University. His musical journey began at the age of 10 when he started playing Harmonium, Harmonica, and Flute and performed at various community events. At the age of 16, he had his first stage show with Lakhia Brothers orchestra in Ahmedabad with Voice of Mukesh and later performed with Khandekar Brothers orchestra in Ahmedabad. After moving to Chicago, he introduced singing in Chitrahari Nights and performed in many Gujarati Samaj and Gujarat Cultural annual musical programs with Patrick Marks orchestra. He has also performed live music shows with Shardaaji (famous for "Titli udi" song) in Hitesh Master's Orchestra Sa Re Ga Ma since 2004. He has performed in many cities including Cleveland, Pittsburgh, New York, and Charleston. Recently, he had the opportunity to perform with famous Bollywood music composer, musician, and singer Mr. Kumar Saxena and has recorded songs with him.



Sh. Ajay Shah



Smt. Deepti Suri

Guest Speaker: Smt. Deepti Suri

Vaidya Deepti Singh Suri is a classically trained Ayurveda practitioner from Rajasthan. Her guru is her mother, and she has learned yoga, Ayurveda, Vedanta, and life skills from her. She has been designing apparel commercially since the age of 13 and has also been a yoga teacher since then. Although she has one bachelor's degree and three post-graduate degrees, she has always been involved with the artistic side of life.

Her training in yoga and Ayurveda was through residential stays in over 30 ashrams and hospitals in various parts of India and the USA. Vaidya Deepti S. Suri owns a Yoga therapy and Ayurveda Wellness center in Hinsdale, IL. She offers classical Panchakarma and all the therapies of Yoga as well as Ayurveda. Her Abhyangas are always performed with warm oils made specifically for the individuals and with careful sequencing of Marma points.

Topic: Pooja rituals from Ayurvedic perspective.

Today we will hear her talk about the significance of Pooja rituals from Ayurvedic perspective. Why we light up the lamp, what is the significance of arti, how to take arti, why flowers are offered. Why do we use bells and Panchamrut and tirtham. Each aspect of Pooja has a significance for the health of body and mind and our acharyas and gurus added it to the daily pooja for a reason which we are forgetting. 🙏

Hindu Satsang's Monthly Sabha (4th Sunday of the month) 10 AM CST on Sunday, 23rd, April 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 followed by Bhajans
10:10 am	Didwania and Sudesh Kumari Scholarship Awards ceremony
10:30 am	Guest Singer Sh. Ajay Shah
11:10 am	Guest Speaker: Deepti Suri Topic: "Pooja rituals from Ayurvedic perspectives"
11:50 am	Announcements, aarti followed by lunch (we'll have a partitioned reserved section at the back of the HTGC kitchen dining room).



March Aarti Collections
Thanks everyone for your
generous donations.

Amitabh & Neerja Gupta	\$101
Sunil and Madhu Chopra	\$100
Cash	\$79
Total	\$280

| 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.**



April Prasad (lunch) Sponsors:

Prem Sabharwal & family, Roma Bhagat
& family, Ami Gandhi, Garima Malhan,
Vishali & Deepak Bhagat