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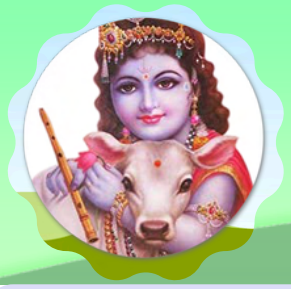

दिसंबर २०२५ December 2025

हिन्दू सत्संग समाचार

Hindu Satsang Samachar



Hindu Satsang Updates

Namaste to all Satsangis!

On behalf of the Board, I extend warm wishes for a joyful New Year.

Last month, we enjoyed melodious bhajans from Smt. Archana Singh. We were also delighted to hear the charming young voice of Vedarth, who will be our lead singer this month. Dr. Mahesh Gupta ji delivered an insightful talk on Tatva-Gyan. (See page 7 for a recap of the November meeting.)

This month's speaker will be Dr. Hitesh Patel from BAPS speaking on Ancient Wisdom and Science.

A very special January Meeting:

Like past years, our January 25, 2026 Satsang Sabha will be very special, as we will begin the new year with Sundar Kand Path. The Path will be led by International Society for Spiritual Advancement (ISSA).

Forthcoming Hindu Festivals:

- **13 Jan – Lohri:** Celebrated with bonfires, dhol music, and dancing.
- **14 Jan – Makara Sankranti / Pongal / Uttarayana**: Marks the Sun's entry into Makar Rashi and the end of winter.
- **23 Jan – Vasant Panchami:** Dedicated to Goddess Saraswati, seeking blessings of wisdom and learning.
- **26 Jan – Republic Day:** Marks the adoption of India's Constitution in 1950.

Happy New Year

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This month's program:

Date: **Sunday, 28 Dec 2025**
Time: **10 AM**
Venue: **VSC**

We are delighted to welcome **Shri Vedarth**, our guest singer, and **Dr. Hitesh Patel,** our speaker

Topic: **"Ancient Wisdom, Modern Science"**



Happy Birth Month to our Satsangis born in December

Aarti Gupta	Arjun Sachdev	Arnav Sharma	Atul Gupta	Devindra Joshi	Divya Tiwari	Gitesh Shah
Ish Bhagwat	Kartik Sharma	Indra Rani Singh	Kiran Punwani	Kunal Gulati	Poonam Beri	Nitin Malhotra
Priyanka Dhingra	Rajesh Garg	Rakesh Beri	Sudhir Gupta	Sarika Mittal	Saroj Mittal	Sadhuram Mittal
Erow Edwards	Benji Edwards					

आपके जन्मदिन पर हार्दिक शुभकामनाएं!!

Happy Anniversary

शादी की सालगिरह पर ढ़ेर सारी शुभकामनाएं!

				Rajesh & Samita Jain
Alka & Navin Tyle	Garima & Vipin Malhan	Jyotsna & Surendra Salgia	Kiran & Subhash Sharma	Kusum & Naresh Nohria
Madhu & Jug Uppal	Neha & Naresh Khetrapal	Om and Kanan Dhingra	Richa & Anu Agnihotri	Ritu Upadhyay & Vinay Chawla
Seema & Neeraj Gupta	Shelly & Dinkar Tiwari	Sreshtha & Ravi Saini	Uma & Ghanshyam Agarwal	Vimal & Subhash Sharma

Birthday Humor

- **"I'm not sure how to act my age—I've never been this old before!"**
- **They say age is all in your mind... but in your case, it might also be in your back, knees, and shoulders!**
- **Don't worry about your age, you're still younger than you'll be next year!**

Anniversary Humor

एक दोस्त बोला: विवाह के बाद जिसका हँसना पूरी तरह बंद हो जाए, उसे "हँस-बंद" (Husband) कहते हैं!

दूसरा बोला: नहीं भाई, शादी के बाद जिसका हाथ बँध जाए, उसे "हस्त-बंध" (hand tied) कहते हैं!

कहानी वही है... बस शब्दों का फेर है!

Discovering Your Ayurvedic Constitution: Vata, Pitta and Kapha – which type am I?

by Sh. Rajeev Jain

From the moment we are born, each of us carries a unique constitution—a natural blueprint that stays with us throughout life. In Ayurveda, this is called your dosha, and it comes in three types: Vata, Pitta, and Kapha. These doshas shape how we think, feel, and move through the world.

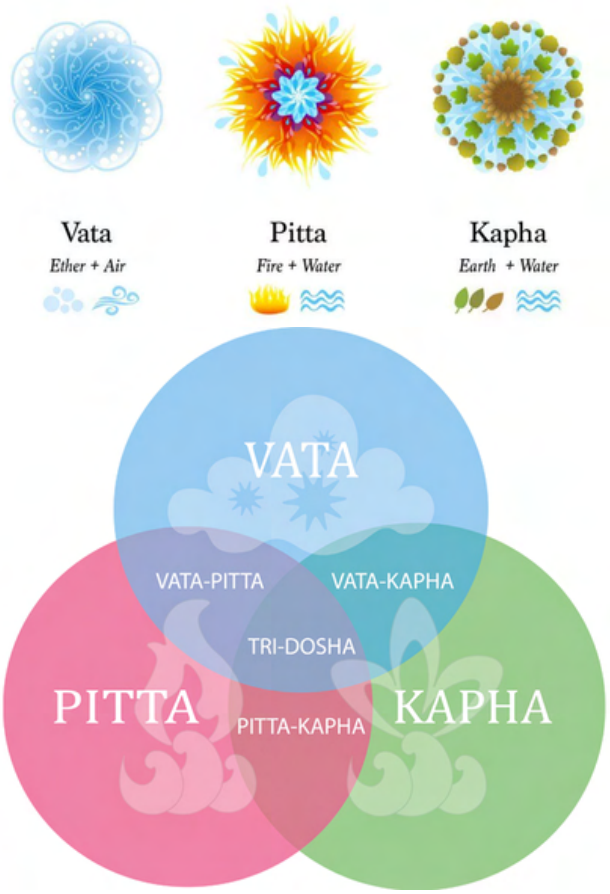
People often ask me: "Can you tell me what my constitution is?" As a practitioner, I gently hold their hand and place three fingers on their wrist and press them to read their pulse. This ancient technique reveals their dominant dosha as well as which dosha is out of balance. Once you know your constitution, you can choose daily habits, foods, and routines that truly support your body and mind, and help you live with more balance and vitality.

Take **Vata**, for example. It's linked to the energy of **wind**. Vata types often show qualities like lightness, quick movement, dryness, and coolness. When balanced, they are creative, lively, and full of fresh ideas. But if Vata goes out of balance, restlessness and anxiety can creep in.

Now, you might wonder: *"What if I don't have access to an Ayurvedic practitioner?"* Don't worry—you can still discover your constitution. By honestly answering a self-assessment quiz, you can identify which dosha is strongest in you.

This simple self-analysis is a powerful first step toward understanding your natural tendencies and living in harmony with them. As you take the quiz below, for each characteristic, tick the column that most closely represents you. Your answers may identify different doshas for different characteristics (it is rare to find someone who has the same dosha for all characteristics). If you count the ticks in each column, the column with the highest number of ticks is your dominant dosha. When answering, if you feel you have changed as you have grown in life, answer based on how you were in your childhood:

Characteristics table spread over the next couple of pages



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Ayurveda article continued from the previous page

Analysis of Physical characteristics

	Characteristics	Vata	Pitta	Kapha
1	**Shape of the face**	Thin, prominent bones and veins, oval shape	Angular and fulness	Round, full, attractive
2	**Body weight**	Light – difficult to gain weight	Medium	Heavy - difficult to lose weight
3	**Physical Built**	Lean, thin, tall or short	Medium built and height	Thick, large, plump
4	**Complexion**	Dark, brownish or black	Fair, pinkish or golden	Light, clear, whitish
5	**Hair**	Thin, coarse, dry, darker color	Thin, fine, blonde or red, early greying	Thick, glossy, firmly rooted, wavy, black
6	**Eyes**	Small, bulging, deep-set, thin scanty eyelashes	Sharp, penetrating, brown or coppery eyelashes	Large, attractive, full with long thick lashes
7	**Teeth**	Very small, protruding, crooked, easily cracked	Moderate size, yellowish	Strong, large, white
8	**Tongue**	Dark, brownish, thin, rough, uneven, cracked on the sides	Bright pink, soft and long, pointed	Light pink, heavy, short, moist, thick white coating if K issues
9	**Skin**	Rough, cracked, birthmarks, prone to dryness, uneven color	Soft, delicate, with freckles or moles, moist, slightly oily, sensitive to sun	Soft, smooth, oily, even, stronger, thick, raised moles/growth
10	**Body hair and scalp**	Scanty, curly due to dryness. Scalp sensitive to cold and wind	Moderate, straight, slightly oily, lighter colored. Scalp soft and warm	Darker, longer, dense hair and larger forehead area
11	**Fingers**	Very short or very long, uneven, cold, prominent bones, rough hands	Long narrow, slender, oval, soft, warm moist, medium lines on palm	Medium length, elegant, very few lines, strong, cool
12	**Nails**	Short, rough, brittle, dark, lusterless, biting	Slightly oily, coppery or pink	Long, thick, well-rooted, soft, glossy

Continued on the next page

Ayurveda article continued from the previous page

Analysis of Physical characteristics

	Characteristics	Vata	Pitta	Kapha
13	**Body temperature**	Low, cold on extremities	High, always feel warm	Low, body feels cool
14	**Joints**	Dark color, less flexible, pronounced	Smooth, flexible, light, gymnastic	Strong, well hidden by muscles
15	**Veins**	Prominent or branching, close to surface	Neither hidden nor prominent	Deep and hidden
16	**Chest**	Long, sunken, thin ribs easily visible	Medium length, medium thick, ribs not so visible	Broad, strong, covered with flesh or fat
17	**Body odor**	Little or no smell or perspiration	Strong smell, arm-pits smell fetid	None
18	**Stamina**	Short	Moderate	Strong

"It's important to remember that no dosha is 'better' than another. Each constitution—Vata, Pitta, and Kapha—has its own gifts and challenges. The beauty lies in understanding your unique balance and learning how to nurture it." In brief, strengths of each dosha can be summarized as follows:

Vata – The Creative Breeze

- Strengths: Imaginative, lively, quick to adapt.
- They bring fresh ideas, spontaneity, and a playful energy into life.
- Like the wind, they inspire movement and change.

Pitta – The Fiery Visionary

- Strengths: Focused, determined, passionate.
- They shine with clarity, leadership, and the drive to make things happen.
- Like fire, they light the path with brilliance and purpose.

Kapha – The Steady Nurturer

Strengths: Calm, compassionate, dependable. They offer stability, patience, and a grounding presence that comforts others.
Like the earth, they nourish and sustain with quiet strength.

Together, these doshas remind us that balance is beauty—each one adds its own spark to the harmony of life. As you would have noted, in addition to the dominant dosha, there is an element of other doshas also in each one of us!

Next month, we will extend the quiz to Behavioral characteristics.

● ● ● ● ● ● ● ● ● ●

"The body is your temple. Keep it pure and clean for the soul to reside in" - B.K.S. Iyengar

Seva Diwali Food Donation Drive, December 2025
Sewa Paramo Dharmah

Several like-minded dharmic organizations came together for the Sewa Diwali Food Drive, including Hindu Satsang, AIANA, HUM, and others. Collectively, they contributed nearly 4,000 pounds of food, along with a generous monetary donation from Hindu Satsang. Representing Hindu Satsang were Roma Bhagat, Vikram Bhatnagar, Om, and Shriya Tiwari, while Madhu ji, Jug Uppal ji, and Shivam Viswanathan represented AIANA.
Guided by the spirit of service, these organizations exemplified the strength of unity and collaboration, creating a meaningful impact through the Sewa Diwali Food Drive. The initiative proved to be a remarkable success!

Members of **Hindu Satsang** raised a total of $3,574 in cash donations—$1,000 donated to Loaves & Fishes Food Pantry in Naperville and $2,574 to the West Suburban Community Food Pantry in Woodridge.

Both pantries expressed sincere appreciation, sharing that the donation will provide approximately 4,288 meals, a timely and valuable contribution during the Thanksgiving season.

Special thanks to **Nand Parkash ji** for leading the donation collection efforts for the Sewa Food Drive, and heartfelt gratitude to everyone who contributed to this noble cause.



(Left) Madhu ji along with Siddhesh ji presenting a check to Naperville's Loaves & Fishes on behalf of Sewa Diwali



A total of 25,800 pounds of food was delivered to Naperville's Loaves & Fishes through the combined efforts of all participating organizations

(Below) Roma ji (General Coordinator) and Vikram ji, Treasurer of Hindu Satsang, present a donation check to the Woodridge Pantry.







November Meeting Recap

by Daljit Sabharwal

Hindu Satsang members met on November 23rd at the Vivekananda Spiritual Center (VSC) of HTGC. The meeting, convened by Shri Daljit Sabharwal, began with an invocation by Shri Subhash Sharma and Smt. Madhu Uppal. Devotional bhajans by Shri Subhash Sharma, Shri Subhash Oza, Smt. Rashmi Gandhi, and Shri Daljit Sabharwal warmed up the audience.

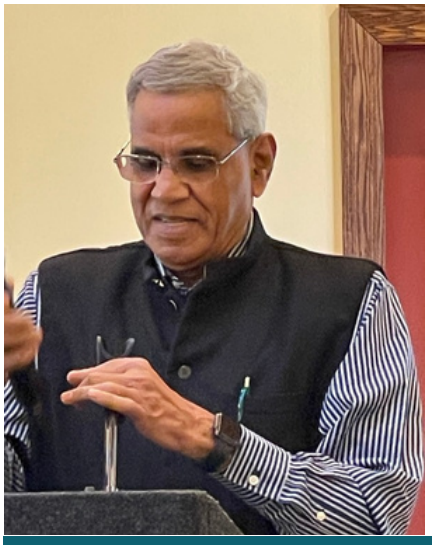
The highlight of the evening was Guest Singer Smt. Archana Singh from the Hanuman Temple of Greater Chicago. Her soulful bhajans dedicated to Lord Ram, Lord Krishna, Durga Mata, and Lord Shiva filled the hall with devotion. A pleasant surprise was a beautiful solo by young Master Vedarth Hardik Marfatia, whose melodious and confident singing impressed everyone. Both singers were accompanied by Shri Daljit Sabharwal on the dholki. Archana ji kindly promised to return for another session.

Dr. Mahesh Gupta, the Guest Speaker, presented “A Brief Discussion of Tatva-Gyan and How to Realize It.” His clear and insightful explanation of this complex philosophical subject held the audience’s full attention. Several satsangis expressed interest in forming a discussion group for deeper study.

Daljit ji concluded with announcements, including November birthdays and anniversaries. Before the aarti, the group observed a minute of silence for the mother of Shri Nand Parkash Garg, who passed away on November 22nd in Gurugram, Haryana. The aarti was led by Shri Subhash Sharma with volunteer support.

The meeting ended with thanks to the prasad sponsors and a delicious hot meal served in the Rama Hall.











Quiz
January Celebrations

By Shivam Viswanathan

India is a country that celebrates all kinds of festivals and events with great enthusiasm and joy. From religious festivals to national celebrations, India has something for everyone. Every region, every state has its own set of festivals, each with its own unique flavor and customs. Put your knowledge to the test with this quiz on festivals and celebrations in January:

1. On Basanth (or Vasanth) Panchami, children offer prayers to which Goddess, hoping to excel in the fields of studies and the arts?
2. Which color is associated with the festival of Basanth Panchami?
3. Vasant Panchami also marks the start of the preparation for which festival that comes exactly forty days later?
4. Sikhs commemorate the martyrdom of which child on Basant Panchmi?
5. Which outdoor fun event is associated with Basant Panchami?
6. What is Basant Panchami known as on the island of Bali, Indonesia?
7. Which legendary figure is remembered during Lohri in Punjab?
8. What does the word “Pongal” (Tamil festival) mean?
9. When was the constitution of India adopted by the Constituent Assembly?
10. Can you name the tenth Sikh Guru, whose jayanti is celebrated in January?

Answers

1. Goddess Saraswati.

2. Basant Panchami and the color yellow have a sacred relation. The occasion is celebrated at a time when bright yellow flowers of the ripe mustard crops can be spotted in the fields of rural India.

3. Holika and Holi.

4. Haqiqat Rai was arrested by the Muslim ruler Khan Zakariya Khan after being falsely accused of insulting Islam. Rai was given the choice of converting to Islam or death and, having refused conversion, was executed on the Basant Panchami of 1741 in Lahore.

5. Kite flying festivals are popular during Basant Panchami.



6. On the island of Bali and the Hindus of Indonesia, Basant Panchami is known as "Hari Raya Saraswati" (great day of Saraswati).

7. Dulla Bhatti - folklore gave him a legendary status for fighting against Akbar’s revenue collection scheme and preventing girls from being abducted and sold as slaves. Both his father, and his grandfather, were executed for opposing the new and centralized land revenue collection scheme imposed by the Mughal emperor Akbar.

Answers continued on the next page

Continued from the previous page

8. “Pongal” means "to boil, overflow" symbolizing bountiful harvest. Pongal is a harvest festival celebrated by the Tamil community in India and abroad. It is a celebration to thank the Sun and Rain Gods, Mother Nature, and the various farm animals that help contribute to a bountiful harvest.



9. The Indian Republic is governed in terms of the Constitution of India which was adopted by the Constituent Assembly on 26th November, 1949 and came into force on 26th January, 1950. Every year, 26th January is celebrated in India as The Republic Day.



गुरु गोबिंदसिंह जयंती

10. The tenth Sikh Guru, Guru Gobind Singh ji was a spiritual master, warrior, poet and philosopher. When his father, Guru Tegh Bahadur, was executed by Aurangzeb, Guru Gobind Singh was formally installed as the leader of the Sikhs at the age of nine, becoming the tenth and final human Sikh Guru. His four biological sons died during his lifetime – two in battle, two executed by the Mughal governor Wazir Khan.

वक्त चलन - श्रीमती उमा नाथ की रचना

वक्त के साथ साथ इंसान सीखता है
बिन सोचे आगे पीछे, गलती महसूस करता है

मुश्किल वक्त में सीखा याद रहता है,
आसानी में सीखा कीमत भूल जाता है।

वक्त पर कोशिश से पराया भी अपना बनता है,
ज्यादा ज़ोर चले तो अपना भी दूर हो जाता है।

अपने अंदर जो नहीं पहचाना,
वक्त उसकी पहचान करवाता है।

वक्त के आईने में खुद को जो देखा,
अक्सर वही उल्टा निकलता है।

कर्मानुसार अपनी किस्मत बनती है,
इक दिन किए का भुगतान अवश्य होता है।

कभी घने बादलों का तूफान,
कभी नीला, रोशन आसमान होता है।

कुदरत में सब कुछ वक्त आने पर होता है,
मालिक की रज़ा बिना पत्ता भी नहीं हिलता है।

जीना मरना, सभी वक्त तय करता है
उमा कहे - ये हैरानगी की ही तो बात है

नये साल में
सच्चाई, संतुलन और सद्भावना
हम सबके जीवन में बनी रहे।
नये साल की हार्दिक शुभकामनाएँ

A Historic Vedic Milestone: Dandkram Parāyaṇa by a 19-Year-Old Scholar

The Vedas are preserved through one of the most exacting oral traditions known to humanity. To ensure perfect accuracy of sound, sequence, and tonal accents (svaras), ancient ṛṣis developed multiple recitation methods (pāṭhas). Among these, Dandkram Parāyaṇa is regarded as one of the most advanced, demanding, and rarely accomplished forms of Vedic recitation. Students traditionally progress from Samhitā and Pada Pāṭha to Krama Pāṭha, where words are recited in overlapping pairs to reinforce order and memory. Dandkram builds upon Krama by moving forward and backward through the text in a highly disciplined pattern, requiring exceptional mental agility, endurance, and unwavering concentration.

A simplified example illustrates the method. If a short sequence of words is A B C D:

- In Krama Pāṭha, the recitation proceeds as: AB, BC, CD
- In Dandkram Parāyaṇa (simplified illustration), it expands forward and backward as:
- AB, BC, CB, BA, BC, CD, DC, CB…

For a good introduction to various Pathas (recitation method), see the following video: https://youtu.be/_HQWhYSv4mg?si=GU1vGoMqE2BUHUbj

In actual Vedic recitation, this process is far more intricate and is applied continuously across thousands of mantras, with precise pronunciation, pitch, and rhythm. Even a minor deviation invalidates the recitation, making Dandkram Parāyaṇa one of the most rigorous disciplines in Vedic learning.

It is therefore a moment of immense pride that **Vedamurti Devavrat Mahesh Rekhe**, at just 19 years of age, has successfully completed Dandkram Parāyaṇa of the Veda in 50 days—a feat believed to have last been accomplished over 200 years ago. This extraordinary achievement reflects years of dedicated training under the guru–śiṣya tradition, remarkable physical and mental endurance, and deep devotion to the Vedic path.

This historic accomplishment stands as an inspiration for future generations and reaffirms that India's timeless Vedic heritage continues to thrive through committed young scholars.



Devavrat Mahesh Rekhe, completed complex Dandakrama Parayanam of the Shukla Yajurveda in Kashi (Varanasi), reciting nearly 2000 verses uninterruptedly over 50 days, a tradition performed in its pure form after nearly two centuries, earning him national praise, including from Prime Minister Narendra Modi, and the title "Dandakram Vikramaditya".

This month's Guest Speaker
Sh. Hitesh D Patel

Community Outreach Lead | BAPS Swaminarayan Mandir Chicago
Born and raised in the Chicagoland area, I am a Physician MBA currently leading the Strategy and Operations Team at UChicago Medicine, where I lead a group of individuals involved in high-impact projects across the organization.

I have spent many years planning and leading activities at the BAPS Swaminarayan Mandir in Bartlett as part of their Youth Activities and Event Programming Team. Since 2021, I have served in Community Outreach, helping to build relations with individuals and organizations across the region.

About BAPS Shri Swaminarayan Mandir: The BAPS Shri Swaminarayan Mandir is a traditional Hindu place of worship located in Bartlett, IL. It hosts a variety of spiritual and cultural activities for individuals of all ages on a weekly basis, serving as a center of worship, community, and learning for people of all faiths and backgrounds.

Topic: Ancient Wisdom, Modern Science



Sh. Hitesh D Patel

This month's Guest Singer
Vedarth Marfatia

Vedarth Marfatia is seven years old with natural love and inclination of singing Bhajans and chanting Stotras. He is fortunate to sing Bhajans at Mata ki chowki and other occasions at different temples since he was 3 years old. He also enjoys playing musical instruments like harmonium, piano, dhol, djembe, etc.

He is however just a reflection of the blessings and love of Bhagwanji and all the people who have unconditionally loved, guided, encouraged, and supported him. He is particularly indebted and connected with the divine Hanuman Mandir of Chicago in Glenview, where his journey began. He continues to learn, sing, and grow on all divine occasions there and elsewhere.

Vedarth is in second grade and lives in Niles with his parents and younger brother, Anirved.

For the first time in 48 years, we're proud to welcome a 7-year-old as our guest singer!

Vedarth Marfatia



Hindu Satsang's Monthly Sabha (4th Sunday of the month)
10 AM CST on Sunday, 28th, December 2025 at VSC

28th December 10 am

Everyone is cordially invited

Hindu Satsang Sabha

Venue: Vivekanand Spiritual Center(VSC)

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: **Vedarth Marfatia**
11:00 am	Guest Speaker: **Sh. Hitesh D Patel** Topic**: Ancient Wisdom, Modern Science**
11:45 am	Aarti followed by lunch



November Aarti Collections

Thanks everyone for your generous donations.

Cash	$85
Laxman &Indra Singh	$101
Jug & Madhu Uppal	$51
Total	$237

|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.

December Prasad (lunch) Sponsors:

Indu & Ramesh Jain
Kiran & Dharam Punwani
Sonal & Samir Soni
Indra Rani & Laxman Singh