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Youth Coords.

Shriya Tiwari
Ansh Sethi



Hindu Satsang Updates

By Shivam Viswanathan

Pranaam to all Satsangis!

Greetings for the **Indian New Year** (Vikram Samvat 2080)! The Youth Festival, organized by the Hindu Satsang, took place on Sunday, February 26th and the children gave an outstanding performance as expected. For more details about our Youth Festival, refer to [page 5](#).

The elections for the Hindu Satsang Board, also known as "divine selections", will be held on March 26th during the Satsang Sabha. We invite you to participate and join the board to make a difference. Detailed information can be found on [page 10](#) of this newsletter.

The Hindu Satsang has announced the results of its annual **Didwania** and **Sudesh Kumari Scholarships** (formerly known as Jain Scholarships). For further details, please refer to [page 7](#).

Our Satsang year is coming to an end, and I am pleased to inform you that no event or Satsang Sabha was missed or rescheduled this year. All the programs and events were very well organised. This demonstrates the commitment and determination of our board members and volunteers. I am proud to say that I attended each and every one of the events and Satsang Sabhas.

Wish you all A Very Happy **Mahavir Jayanti** on Tuesday, April 4, **Hanuman Jayanti** on Thursday, April 6, **Puthandu/Vishu Kani** (Tamil / Malayalam New Year) on Friday, April 14, and **Akshaya Tritiya** on Saturday, April 22.

This Satsang Sabha on March 26th is very special, please do attend. Set a phone reminder alert to make sure you don't miss this event.



नमस्ते

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THIS ISSUE

Happy Birth Month to our Satsangis born in March

Abeile Edwards	Anand Upadhyay	Arpita Singh Yadav	Anjali Pal	Annika Sachdev	Ashna Gupta	Arvind Bhargava
Devina Dhawanc	Dharam Bahl	Kashmira Avashia	Kiran Sharma	Mahesh Madhav	Meena Kalra	Monika Sharma
Nikhar Kinger	Nikheta Gupta	Nishi Gupta	Rachit Sachdeva	Rahul Agarwal	Rahul Nohria	Rishabh Agarwal
Roma Bhagat	Romesh Sood	Shivam Viswanathan	Selina Parikh	Subhash Sharma	Usha Wasan	Seema Gupta
Vijay Pandit	Vivek Gupta	Vivek Pandey	आपके जन्मदिन पर हार्दिक शुभकामनाएं!!			

Happy Anniversary शादी की सालगिरह पर ढेर सारी शुभकामनाएं!

Deepali & Vipul Punwani	Neelam & Arvind Bhargava	Pushpa & Mahipal Singh Yadav	Richa & Aroon Pal	Sarla & Jeevan Raheja
Sita & Brij Sharma	Gift of Laughter on Your Anniversary			

I have been telling my wife to wear her hearing aid. She just won't listen.



I told my wife to embrace her mistakes. She gave me a hug.

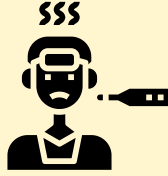


I married my wife for her looks. Just not the ones she's been giving me of late..



These are some high IQ jokes, so don't give up until you crack them or they crack you up. Keep flexing those mental muscles and remember: laughter is the best medicine, even better if it requires high dosage of IQ to understand them!

An Ayurvedic Perspective "Jwara" (commonly known as fever) By Sh. Rajeev Jain



A normal body temperature is approximately 98.6 °F. A fever is a temporary increase in body temperature due to the upward resetting of the hypothalamic thermostat. It is a response from the body's immune system and is frequently triggered by an infection. In ayurveda, fever is known as jwara.

About 30% of healthcare visits by children have a fever component and up to 75% of adults with serious illness have fever. Fever is a defense mechanism of our body, and research shows that treating it does not appear to improve or worsen health outcomes. Hence, the focus needs to be on treating the root cause – not the fever.

Symptoms:

Typical symptoms exhibited by a person having or about to have (Purvaroop) fever include:

- Laziness / heaviness
- Yawning / fatigue / weakness
- Anorexia / tastelessness
- Tears in eyes
- Body aches
- Chills and shivering
- Irritability
- Dehydration

In ayurveda, factors causing fever can be classified in two - internal (Nija) and external (Agantuja). The treatment is based on the type of jwara as the cause varies in each case. We will briefly discuss these below.

Nija Jwara - Internal or Endogenous factors resulting in fever:

There are seven different types of fevers in this classification and the treatment also varies:

Vata Jwara - It is normally accompanied with constipation, yawning, sleeplessness, body stiffness, can include tremors, dryness of throat,

abdominal discomfort and loss of taste. In vata jwara, treatment should not include fasting, as it may further aggravate vata. Instead Langhana (small and light meals) should be part of the diet plan along with herbal decoctions.

- Pitta Jwara - This is always characterized by high temperature, lack of sleep, fainting, yellow urine, diarrhea, bitter taste, giddiness and burning of eyes. In this type, patient should be treated with complete bed rest accompanied with fasting for ama pachana (to remove toxins in digestive tract), supplemented with herbal decoctions.
- Kapha Jwara – Here, there is no desire for food, sweet taste in mouth, anorexia, heaviness, indigestion and cold. Treatment includes churna, decoctions and honey (to reduce kapha).
- Vata Pitta Jwara – It is accompanied by goose bumps, heaviness, pain in joints, headache, dryness in mouth, vomiting and thirst. Treatment includes churna, decoctions with ginger juice or honey.
- Vata Kapha Jwara – Accompanying symptoms include feeling of cold, heaviness, sleepiness, cold, cough and perspiration. Treatment includes decoctions with warm water and honey.
- Pitta Kapha Jwara – Patient experiences bitter taste in mouth, delusion, cough, thirst, alternate feeling of burning and chills. Treatment includes fasting and decoctions.

Sannipata or Tridosha Jwara – It is characterized by joint pains, headache, watering from eyes, ringing sound in ears and earache, irregular speech, cough, spitting of blood and discomfort in chest.

Continued on the next page ↪

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As all three doshas are impacted, treatment is comprehensive and includes fasting, Svedana (sweating), Nasya (inhalation), Nishtivana (expectoration), Avalehya (linctus to dispel the cough), Anjana (application of some medicines to the eyes).

Agantuja Jwara - External or Exogenous factors resulting in fever:

- *Abigataja Jwara* - This type of fever is a byproduct of an injury, trauma, accident or burns. In this type of fever, *vata dosha* gets aggravated and in turn vitiate *raktadi dhatus* and cause pain and fever. We typically treat the wounds by applying various herbal pastes.
- *Abishapaja Jwara* - It is caused by the curse of a saintly person and is correspondingly treated with divine therapy (meditation and counseling etc.).
- *Abisangaja Jwara* - This type of fever is caused by ill-attachment with passion, anxiety, fear or anger. These factors cause aggravation of all *doshas*, especially *pitta* and is again treated with *japa* and *mantra*.
- *Abicharaja Jwara* - This type of fever results from exorcism (i.e. mantra, tantra) and the patient has a burning sensation, thirst and vertigo. The treatment involves persuading the external power with cordial words.

As you will note the treatment of each of these eleven types of fevers varies depending on the type – hence, just taking Tylenol or acetaminophen next time you have fever may not be the right strategy or treatment.

Herbal remedies for fever:

In case of fever, as a general rule you should:

- Eat light and easily digestible foods – consider fasting if there is no vata imbalance
- Oil massage (abhyanga) or any exercise must be avoided during fever – rest is a very important part of the recovery.
- Herbal remedies can include decoctions like Drakshadi, Gudochayadi and Amrita, as well as, Sudarshana vati to accelerate recovery. However, these should be taken under the guidance of a Vaidya.

"Ayurveda is not just about nutrition or herbology, it has a unique tool for diagnosis, diagnosis of understanding the human constitution is different from person to person. Each one has a unique metabolic system." ❧




One **little-known fact about Ayurveda** is that it includes a comprehensive system of pulse diagnosis called Nadi Pariksha. In this practice, an Ayurvedic practitioner uses their fingers to feel the pulse at various points on a patient's wrist, and by analyzing the strength, rhythm, and quality of the pulse, they can identify imbalances in the body's energy systems and diagnose specific health issues. This technique is considered an important part of Ayurvedic diagnosis and is used to personalize treatment plans for each individual patient. ❧

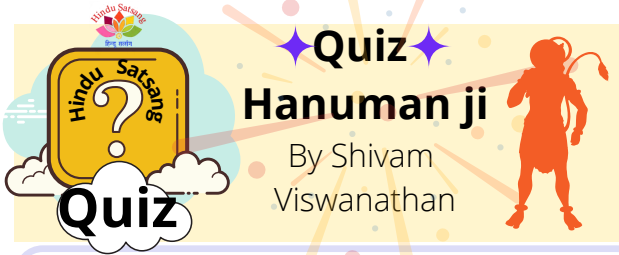
A brief recap of Hindu Satsang's Youth Festival held on February 26, 2023

We have received excellent feedback from many of our members regarding the Youth Festival that took place on February 26th, 2023. Sh. Subhash Pandey and Sh. Jug Uppal ji expressed that it was one of the best youth programs they have ever attended. Additionally, Vikram ji was so impressed with the event that he generously donated \$101. Many others have also provided us with similar positive feedback. My sincere appreciation goes out to all of you for your kind words.

We extend our warmest congratulations to the children, organizers, volunteers and parents for their hard work and dedication that made this event a huge success. The program emcees, Shriya Tiwari and Aadya Agrawal (top picture on right), who are also our Hindu Satsang Sunday School Youth Coordinators, did a fantastic job of keeping the program flowing seamlessly without any interruptions. They kept the audience entertained with an interactive quiz during the breaks. We would like to extend our gratitude to Hersh Sabarwal for providing slides that kept the audience informed about the program and participants. Special thanks to Ruchi Gupta for setting up the stage. The event was well-attended.

Please visit Hindu Satsang's Facebook Page for more pictures from the Youth Festival. [Click Here.](#) 






Hanuman Jayanti is an important festival celebrated to honor the birth of Hanuman ji, who is regarded as a symbol of strength, devotion, and loyalty. The festival is observed on the full moon day of the Hindu month of Chaitra, which falls on April 6th this year. Take this quiz to learn more about Hanuman ji:



1. Who wrote the Hanuman Chalisa?
2. What is the meaning of the word "Chalisa" in Hanuman Chalisa?
3. What is the language of the Hanuman Chalisa?
4. What is the main message of the Hanuman Chalisa?
5. What is the significance of chanting the Hanuman Chalisa?
6. Which Hindu god is Hanuman Ji considered to be an incarnation of?
7. According to the Hanuman Chalisa, which four virtues does Hanuman Ji embody?
8. Who is Hanuman Ji addressed as the messenger of in the Hanuman Chalisa?
9. Can you name the mountain and the medicinal herb that Hanuman Ji brought to save Laxmana?
10. Who reminded Hanuman Ji of his powers?

Answers on the right column →

Answers

1. The Hanuman Chalisa is written by Tulsidas, a prominent Hindu poet and saint, in the 16th century.
2. The word "Chalisa" in Hanuman Chalisa means "forty" in Hindi, referring to the 40 verses of the hymn.
3. The Hanuman Chalisa is written in the Awadhi language, which is a dialect of Hindi.
4. The main message of the Hanuman Chalisa is to praise Hanuman Ji's strength, devotion, and loyalty to Lord Rama and to seek his blessings for protection and guidance.
5. Chanting the Hanuman Chalisa is believed to have spiritual and emotional benefits, such as reducing fear, anxiety, and negativity, and increasing positivity, courage, and faith.
6. Hanuman Ji is considered to be an incarnation of Lord Shiva.
7. Hanuman Ji is described as being the perfect combination of bal (strength), buddhi (intelligence), vinamrata (humility), and vidya (wisdom), who can remove obstructions to success in any endeavor.
8. In the Hanuman Chalisa, Hanuman is addressed as Ramdoot, or the messenger of Lord Rama.
9. The mountain that Hanuman Ji brought to save Laxmana in the Ramayana is called "Dronagiri" or "Mahodadhi." The medicinal herb that Hanuman Ji brought from the mountain to revive Laxmana is called "Sanjeevani."
10. Jambavantha had to remind Hanuman of his powers so that he could pursue the search for Sita Mata. 



Hindu Satsang's Didwania & Sudesh Kumari Scholarships 2022-23

Please take note: The scholarship previously known as the "**Jain** Scholarship" has been renamed to the "**Sudesh Kumari** Scholarship" in honor of Dr. Renu Jain's late mother. Several students who are part of the Hindu Satsang group submitted their essays and a few were selected for interviews. Four students have been chosen to receive the Didwania and Sudesh Kumari scholarships, with a total value of \$2,000. Two 1st prize for the scholarships are \$600 each, while the two second prizes are \$400 each. The **essay topic** for this year's scholarship was on the significance of rituals and ceremonies such as puja, rakhi, and touching feet in connecting with one's dharma in Hinduism.

We are pleased to announce the winners of this year's scholarships:

Didwania Scholarships:

Ansh Sethi (\$600)

Shriya Tiwari (\$400)

Sudesh Kumari Scholarships:

Rajas Gandhi (\$600)

Ayanna Pandit (\$400)

To view past scholarship winners, please visit our website at

<http://hindusatsang.org/pastscholarshipwinners>.

Panel of Judges

The judging panel for the scholarships comprised of:

Sh. Subhash Pandey, Sh. Anant Vyas and Smt. Jharna Shah.

We appreciate the time and effort put in by our esteemed judges. The judges were of the opinion that all the students did exceptionally well in both written essays and interviews. They had a difficult time selecting the scholarship winners, since all of them were extraordinarily good. Students found the interview process with judges very helpful and a huge learning experience, as most of them were getting interviewed for the first time in their life. Overall, a great learning experience. Thanks to Sh. Shivam Viswanathan for coordinating the event.



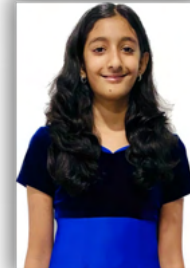
Ansh Sethi
First prize
Didwania Scholarship



Rajas Gandhi
First prize
Sudesh Kumari Scholarship



Shriya Tiwari
Second prize
Didwania Scholarship



Ayanna Pandit
Second prize
Sudesh Kumari Scholarship

Hindu Satsang Scholarships

Hindu Satsang is proud to award four scholarships every year. This includes two awards from Didwania as well as two from Sudesh Kumari Scholarships. Here is a brief synopsis of the loved ones in whose memory these scholarships were established.

About Didwania Scholarships

Didwania family has always been a very devoted member of Hindu Satsang. After **Sh. Hanuman Prasad Didwania Ji** passed away in 2016 at the age of 81, **Kala Didwania Ji** has been providing scholarships in his memory for Hindu Satsang students every year.



Sh. Hanuman Prasad Didwania

We would like to thank **Kala Ji** and **Renu ji** for their kindness and generosity!

About Sudesh Kumari Scholarships

Here is a brief write-up about Sudesh Kumari scholarships by Dr. Renu Jain.

Growing up, I heard my mother saying all the time, "It's in giving that we receive". It took me many years to understand that it means, if we do good for others it brings utmost joy & satisfaction. My mother Smt. Sudesh Kumari was a housewife married to my father Sh. Brij Lal, a Professor in Physics. Students were visiting our house all the time to seek educational & financial help from my father. My father started many educational scholarships since my parents believed in and emphasized the importance of education. They raised four accomplished daughters, three with Doctorate & one with CPA. I learned from my parents that scholarships impact not only the student, but also the world that we live in.

Therefore, I have started this scholarship in honor of my Mother, Mrs. Sudesh Kumari.



Smt. Sudesh Kumari

सत्य है कहाँ ! by Uma nauth

ज़िंदगी की चादर के कई धागे, रंगों में बुना होता है बालक की भोली मुस्कान, माँ की तरलता में पिता की परवाह रक्षा, जागृत नर के अनुभव में सत्यवादी वचन, तेजस्वी स्वभाव में योग्य आरोग्य, जीत हार एहसास, जन्मसिद्ध अधिकार में दया की नम्रता, करुणा की संवेदना में सहनशील की शक्ति, धीरज के ठहराव में आज्ञा सेवा परोपकार, त्याग के दान में श्रद्धा निष्ठा, विश्वास, भक्ति के लगाव में प्रणाम का झुकाव, समर्पण के मुक्त भाव में स्वकृति प्रवृत्ति, हृदय ज्योति स्थित प्राण में मन दर्पण, जन्म, मरण, नियति के कर्मफल में जीव जन्तु वनस्पति, विद्यमान प्रलय प्रकृति में संगीत कला सौन्दर्य पवित्र प्रेम, प्रेमी आकर्षण में उच्च ज्ञान विज्ञान अध्यात्म ज्योतिष दर्शनशास्त्र में सृष्टि सृजन असृजन पंचतत्व चमत्कार में जड़ चेतन पदार्थ कण कण जीवन आधार में सिद्धांत संयम नियम - सम्पूर्ण पूर्णता में अभय अमर अटल अछूत नित्य अकाल में सर्वशक्तिमान सर्वव्यापी सर्वस्व साकार में शुद्ध शांत स्थिर शून्य अंश निराकार में शिव सत्ता अस्तित्व, शिवा ऊर्जा शक्ति प्रवाह में प्रभु स्वरूप शरण कृपा, कल्याणकारी आशीर्वाद में उमा कहे - अदृश्य परम सत्य ही शिव है ॐ

April 6 marks the occasion of Hanuman Jayanti.



आप सब को
हिन्दू सत्संग की
ओर से
राम नवमी एवं
हनुमान जयंती
की शुभ कामनाएं।।
जय श्री राम!
जय हनुमान !!

Hindu Satsang Youth Festival Participation Trophies

The following children are requested to collect their trophies on March 26th. The names below are sorted alphabetically based on their first name. The program will commence at 10 am, and the prize distribution is expected to take place around 11:30 am.

Aadya Agrawal, Aadyanth Aravind, Aanya Sullivan, Aashi Pandey, Aasrith Aravind, Akshay Pandey, Anika Tiwari, Ansh Sethi, Anushka Sabharwal, Arya Parikh, Diya Mittal, Krish Mittal, Krishiv Sethi, Naina Shroff, Neelan Choksi, Rayana Maruboina, Riya Sullivan, Saanvi Sethi, Shriya Tiwari, Shurthilaya Loknath, Sreeja Parikh, Srikrishna Sundararaman, Srikumaran Sundararaman, Sriram Sundararaman, Suhaani Gulati, Tanishi Mishra, Triti Oliver, Vihaan Gulati, Vishrudha Suvithaa. ॐ

Congratulations!



We have some wonderful news to share! On March 2nd, a new and adorable member has joined our Satsang family. Sh. Nand Parkash Garg &

Smt. Renu Garg's daughter, Surbhi, has been blessed with a beautiful daughter, whom they have named Savi.

Congratulations to Nand ji and Renu ji!





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April 2022 to March 2023

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Ansh Sethi

Hindu Satsang Board Member Selection

Annual Board Member Selection for Hindu Satsang organization: Opportunities for Interested Candidates

The Hindu Satsang group will hold their yearly board elections during the Satsang Sabha on March 26th. This is a traditional practice where a committee is appointed to oversee all activities of the organization. The left-side panel of this page lists the current committee members and their responsibilities. Members from the previous board who are eligible can continue their tenure or ensure a smooth transition for the newly elected members.

Individuals who are interested in joining the Hindu Satsang organization are encouraged to consider becoming a board member. The organization offers a low-stress work culture, and members have the opportunity to make a positive impact. Experienced members will always be available to provide support whenever necessary.

To become a member of the board, interested candidates are required to attend the Satsang Sabha on March 26th, as per the election process. The regular program will commence at 10 am, and members who wish to serve on the board will be randomly selected through a name drawing process at the end of the meeting. There is no voting process, so the selection process is politics-free and stress-free.

The Hindu Satsang board members eagerly await the attendance of interested individuals at the meeting on March 26th. I look forward to seeing you all on March 26th.



This month's guest speaker and singer



Guest Speaker and Singer:

Shri Anil Dhutia ji

We are excited to introduce our guest singer and speaker for the month of March, Shri Anil Dhutia ji. Anil ji has been residing in the USA since 1971 and has had a successful career as a financial analyst. However, his passion for spirituality and music has kept him deeply involved in the Hindu community. Anil ji hosts a weekly Bhajan Kirtan at his home for over 40 years, and everyone is welcome to join. He is also actively involved with the Krishna Haveli temple in Addison, IL, where he performs regularly. Anil ji is known for his generosity and selflessness as he guides interested people in financial planning for free and teaches harmonium and singing of Bhajans without any charges. We are privileged to have him speak on "Understanding Bhagwat Gita" and share his knowledge and wisdom with us. Anil Dhutia ji will be accompanied by Anant Vyas ji on Tabla.



Sh. Anil Dhutia

Change Maker Award goes to Sudhir Agrawal



We are delighted to share the news of Sh. Sudhir Agrawal's recent accomplishment in receiving the **Change Maker Award** for his remarkable 25+ years of community service and professional achievements. This is an outstanding achievement that highlights his dedication and hard work.

Sh. Sudhir has broken down barriers and paved the way for others to follow, becoming the first Indian to receive this honor. His unwavering commitment to serving the community and making a positive impact is truly inspiring.

We extend our warmest congratulations to him and his better half Archana Agrawal on this well-deserved recognition. We wish them both continued success in all their future endeavors. 🙏



Hindu Satsang's Monthly Sabha (4th Sunday of the month) 10 AM CST on Sunday, 26th, March 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
10:30 am	Guest singer and speaker Sh. Anil Dhutia Topic: "Understanding Bhagwat Gita"
11:30 am	Announcements, member selections, awards distribution, aarti followed by lunch (the HTGC kitchen, we'll have a partitioned reserved section at the back of the kitchen dining room).



February Aarti Collections

Thanks everyone for your
generous donations.

Kamal Gupta	\$101
Vikram Bhatnagar (Zelle)	\$100
Mahesh & Madhu Gupta	\$51
Rajesh Singhal	\$21
Cash	\$121
Total	\$394

| 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.



March Prasad (lunch) Sponsors:
Ajay and Rozy Bhasin, Shashi Malohtra,
Manisha Garg and Manju Kalra.