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सितम्बर २०२४ September 2024

हिन्दू सत्संग समाचार
Hindu Satsang Samachar



Hindu Satsang Update

Namaskaar to all Satsangis!

Our annual Janmashtami program was a huge hit. Every year we find a way to celebrate in our unique way and improve our prior years!

We had excellent items by members of all ages. They performed there talent with their folk dances, bhajans, poems, songs and Raas. Thanks to all the hard work by the participants, organizers and volunteers. Special thanks to our Special Events Coordinators Nisha Oza and Madhu Gupta.

Following are some of the main festivals/events coming up in the next few weeks:

- Navratri starts on Oct 3rd, Dhan Teras on Oct 29th, Diwali on Nov 1 and Bhai Dooj - Nov 2nd

Our best wishes to everyone. We'll have our annual Ramlila staging on October 12th from 3:30pm to 6:30pm collaboration with HTGC. If your kids are interested in

participating in Ramlila, please contact Sh. Nand Parkash Garg . Sunday School children are currently practicing for the Ramlila program. This is a very effective way to introduce the Ramayana and Hindi language to children. Moreover, they gain the confidence to face the audience. Looking forward to seeing everyone in person on Sunday, September 25th for our Satsang Sabha. Be sure not to miss this event by setting a reminder alarm on your phone now. Please do come and enjoy this incredible Ramlila event with your family & friends, and encourage our young budding artists.



Page 2:

Birthdays

& Anniversaries

Page 3 & 4: Ayurveda

Page 5: माँ शक्ति स्तुति by

Uma Nauth

Pages 5 - 6: Janmashtami

Program Highlights

Page 7: Quiz

Page 8: Guest Singer

and Speaker

Page 9: Sabha Program

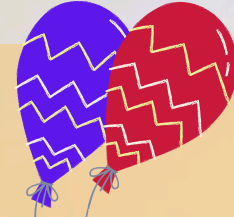
Details

IN
THIS ISSUE





Happy Birth Month to our Satsangis born in September



Abhinav Singh	Aditya Kapoor	Surendra K. Mittal	Ajay Sharma	Akash Garg	Alka Gupta	Amit Punwani
Anish Kapoor	Avanti Gupta	Deepali Punwani	Divya Grover	Kanan Dhingra	Jyotsna Vyas	Joy Dhar
Kavya Nangia	Kern Wasan	Deepika Bhagwat	Kiran Madhav	Laxman Singh	Madhu Uppal	Kieran Oza
Nitin Vyas	Raj Agnihotri	Jagdish Madhav	Ramesh Malhan	Reema Jain	Smriti Shah	
Vimal Sharma	Vivek Raheja	Satendra Singh	Anika Salgia	Naval Arora	Vijay Nangia	

Happy Anniversary

Rashmi &
Vinod Gandhi



Anjali & Vishal

शादी की सालगिरह पर बधाई एवं
देर सारी शुभकामनाएं!



Laughter is the best medicine
A man is talking to God.



The man: God, how long is a million years.'

God: 'For me, it's about a minute.'

The Man: 'How much is a million-dollars?'

God: 'It's a penny for me.'

The Man: 'God, May I have a penny?'

God: 'Wait a minute.'



Keep laughing with
each other to make
the most of your life
because it is not the
years in your life
that matter, it is the
life in your years.



Relief From Kati Graha (Back Stiffness/Pain)

Perspective

By Sh. Rajeev Jain

Back pain is the foremost cause of disability worldwide and the sixth leading cause of disability in USA. Recent statistics from WHO indicate that back pain affected 619 million people globally and its incidence is expected to increase to 843 million by 2050 (Global Burden of Disease Study). The increase is expected due to increase in

population as well as a higher proportion of aging individuals! In USA, approximately 65 million individuals report experiencing back pain annually.

Globally, similar to neck pain, females have a higher incidence of back pain compared to males. Back pain can be experienced by individuals at any age, including children and adolescents.

Approximately 41 percent of adults with back pain are aged 18 to 44 years and the highest occurrence is between the age 50–55 years. It

also causes disability and older people aged 80–85 years are the most affected. Further, its recurrence tends to

increase with age. Another surprising fact is that only one in four adults with back pain is in fair to poor physical

health – so 75% are in good physical health.

Finally, three in four adults with chronic back pain report significant

levels of psychological distress, including feeling angry and depressed.

Specific conditions such as age-related degeneration, arthritis, spinal stenosis, trauma and injury cause back in pain your spine.

However, an overwhelmingly large majority of the cases are caused by sprain of a ligament or muscle (85% of the cases in USA)! That implies that maintaining flexibility of muscles and ligaments is critical. Back ache or stiffness can significantly impair your daily activities, limiting performance of tasks and movement.

Adults with back pain also use health care services more. Back pain is also a leading

cause of absenteeism and limited capability to perform work. In USA, approximately, 83 million days of work are lost annually as a result of back pain.

Ayurvedic View:

The use of our back is integral to our basic daily functions like, standing, sitting, bending, and walking. Our

backbone is a complex web of bones, discs, ligaments, muscles and nerves. The nerves send signals to our

brain and the rest of the body. As a result, the health of our back is critical to mind-body functioning.

Back pain in Ayurveda is called “kati graha” (kati=back, and graha=stiffness). In Ayurveda, pain is usually rooted

in an imbalance of vata dosa, which has properties like cold, rough, dry, light, and mobility. When our body experiences these elements in excess, it becomes stiff, rigid, and dry and can trigger pain. In our body, vata dominantly resides in the large intestine, whose the primary function is to eliminate waste. As a result, constipation frequently accompanies back ache and can further cause irregular or incomplete defecation. In addition, you may experience symptoms of gas and bloating.

Let us address the problem from three perspectives – diet, lifestyle and formulations. (1) Diet:

If you're experiencing back pain, make sure you eat fresh and nourishing foods like warm soups, stews and khichari. Vata- balancing nourishing foods also include wheat, milk, ghee and butter. Sipping warm water also helps. Finally, prefer sweet, salty, and sour foods to pacify vata dosa. Vata frequently increases due to improper consumption of food - eating too quickly or irregularly, having dry, cold, raw, light, stale, excessively spicy or processed foods – all increase vata. Also, avoid cold or iced drinks. In addition, avoid red meat, carbonated drinks, and high-caffeine beverages. Also, minimize smoking and alcohol consumption as it affects the blood flow and increases vata.

(2) Exercise/Lifestyle:

Next, let us look at the lifestyle. Excessive physical activity, sleep deprivation or irregularity,

Continued on the next page 

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and stress – all increase the vata in the body. While edentary lifestyle should be avoided, do not undertake activities that increase the back pain. Consider the following.

Abhayanga – external application of Ayurvedic oils around the back and legs can alleviate pain in the affected area, as well as relax muscles. However, do not put oil in areas that are inflamed. Abhayanga is a very enjoyable way to relieve back pain.

Warm the oil slightly and apply Valiya Sahacharadi oil or Maha Narayana oil with hand or using a potli. As it would be difficult to reach your back yourself, get a massage from a loved one or a masseur. Panchakarma - Panchakarma treatments such as Kati basti (holding herbal oil around the back) and Pinda Sweda (warm herbal bolus applied over pain area), are useful in treating chronic back pain. The number of treatments required for sustained relief should be determined in consultation with your Ayurvedic advisor.

□ Pranayama – it helps in several ways, including promoting relaxation, reducing stress, increasing oxygen supply to the body, and supporting overall well-being. In particular, Aalom/Vilom, Bhramari and Ujjayi pranayams are recommended for back pain.

Yoga – Yoga is very helpful to improve flexibility and reduce pain. However, it's essential to limit the stretch in asanas beyond the point where pain starts to increase. Especially asanas like Bhujangasana, Marjariasana and Setubandhasana, help release the stiffness and strengthens the back muscles – however, these should be performed after doing warm up exercises for the back and body.

Stress Reduction – mental and emotional well-being is very important to the healing process.

Use of relaxation techniques and meditation is an important component in accelerating healing. Being angry

or depressed does not help recovery.

Sleep and posture – if the back pain and stiffness is due to inappropriate posture during sleep or work, it is important to correct it or else the distress will continue. Find ergonomic options. In addition, get the recommended amount of sleep.

These lifestyle changes are important as without them, the root cause of the problem will not be addressed

and if the formulations provided relief, the pain will reappear after some time.

(3) Herbal formulations:

Ayurvedic formulations that help in the healing process (reducing pain and stiffness) include:

□ Gandharvahastadi Kashayam is widely used for reducing vata-induced pain and addressing constipation.

□ Maha Rasnadi Kwatham is useful for reducing back pain and has analgesic properties;

□ Sahacharadi Kwatham reduces back pain, stiffness and inflammation.

□ Dasamula Rasayanam (along with castor oil) is useful in reducing pain and inflammation, and strengthening muscles.

Kindly do not consume above formulations without consultation with an Ayurvedic practitioner. In particular, selection of herbs chosen will depend on your constitution and other health factors. "You can't enjoy wealth if you're not in good health." – Anonymous



Jewels of Common Sense

A Short Story

A man once caught a small bird, and to his surprise, the bird spoke: "If you release me, I'll share with you three valuable pieces of advice. The first, I'll give when you set me free. The second, when I perch on that branch, and the third when I reach the top of the tree."

Curious, the man agreed and let the bird go. The bird fluttered a short distance away and said, "First: Don't dwell on past mistakes with excessive regret."

It then flew to a nearby branch and offered the second lesson: "Second: Don't believe anything that defies common sense unless you have solid proof."


Finally, the bird soared to the top of the tree and called down, "You're a fool! Inside me are two enormous jewels. If you had killed me, they would have been yours."

The man, now overwhelmed with regret, groaned, "How could I have been so foolish? I'll never forgive myself for missing such an opportunity. Bird, at least share your last piece of advice to ease my sorrow."

The bird chuckled. "I've been playing a trick on you. And now you're asking for more advice, yet you've ignored the first two I gave. I told you not to torment yourself with regret, yet here you are, consumed by it. I warned you not to believe things that defy common sense, and yet you believe a tiny bird like me could carry two massive jewels."

The bird paused before giving its final piece of advice: "If you're not applying the wisdom you already have, why are you so eager to seek more?"

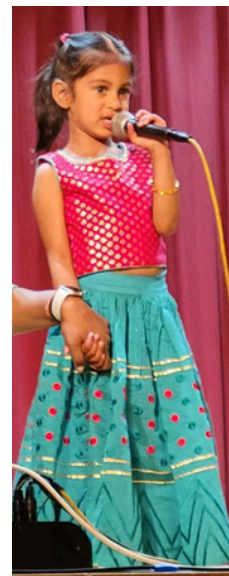
Moral of the story:

Hinduism or Sanatan Dharma provides all the wisdom and answers through its sacred texts and scriptures, yet many continue to seek guidance from unreliable or unlikely sources. Just as the man ignored the bird's clear advice and sought something more, we often overlook the profound teachings already available to us. The key to inner peace and fulfillment lies in embracing the timeless wisdom we have been given, rather than searching elsewhere for answers. 

Quotable Quote

"We have two lives – the second life starts when we realize we only have one"

More Snippets from Hindu Satsang's
Janmashtami Program,
August 26, 2024





Ramayana Quiz

By Shivam Viswanathan



Welcome to the Ramayana quiz! In this edition, all the answers begin with the letter "A" and focus on key figures from the ancient Hindu epic, the Ramayana. From revered sages and divine entities to heroic vanaras and mighty warriors, each question spotlights a pivotal personality who played an important role in this timeless epic. Challenge yourself and see how many of these iconic Ramayana characters you can recognize!

1. Who was originally an apsara named Puñjikastalā, who later became a vanara princess and, with divine intervention from Vayu, gave birth to Hanuman, an incarnation of Shiva?

2. Who was the son of Ravana and Dhanyamalini, killed by Lakshmana using the Brahmastra after learning from Vayu that his invincible armor could only be pierced by this divine weapon?

3. Which Vanara, the son of Vali and Tara, was a devoted follower of Shri Ram and helped him locate Sita and fight against Ravana?

4. Who was the youngest son of Ravana and Mandodari, killed by Hanuman in the battle at Ashoka Vatika?

5. Which maternal uncle of Ravana, a survivor of the battle with Khara and Dushana, urged Ravana to abduct Sita and was later killed by Hanuman?

6. Who was the wife of sage Gautama Maharishi, cursed to turn into a stone and later restored to her human form by Rama?

7. Which sage, the son of Pulastya and brother of Vishrava, met Rama, Sita, and Lakshmana during their exile and gifted them a divine bow and arrow?

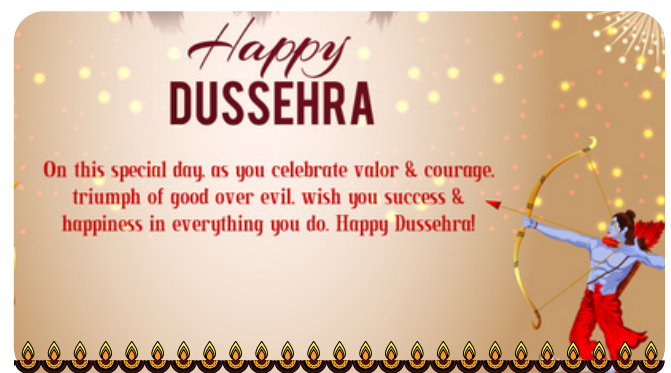
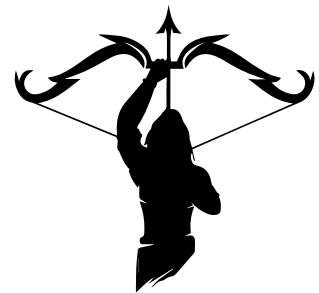
8. Who is the ascetic wife of Sage Atri, known for her devotion, miraculous powers, and life in a hermitage in the Chitrakuta forest?

9. Who is the father of Jatayu and Sampati

10. Who was the father of King Dasharatha and the grandfather of Rama in the Ramayana?

Answers

1. Anjana
2. Atikaya
3. Angada
4. Akshayakumara
5. Akampana
6. Ahalya
7. Agastya
8. Anasuya
9. Aruna
10. Aja




This month's guest speaker



Guest Speaker: Om Dhingra

Topic: Osteoporosis

Sh. Om Dhingra has been actively involved with Hindu Satsang since 1978. A Pharmacy graduate from Panjab University, Chandigarh, he began his practice in 1975 in the Chicagoland area. Throughout his career, he owned and operated eight pharmacies, which were later sold to CVS, before retiring from the profession. Om ji has been honored with numerous awards at the local, state, and national levels for his contributions to Pharmacy. He has also served in leadership roles, including president, secretary, and board member, for the Dupage Pharmacists Association, Indian Pharmacists Association, and Illinois Pharmacists Association. The Dhingra family has generously established perpetual scholarships for Pharmacy students at UIC and Midwestern University in the Chicagoland area. Today, he will be speaking on the topic of Osteoporosis. Om ji will be delivering an insightful presentation on the topic of Osteoporosis, a condition that weakens bones, making them fragile and more likely to break. Osteoporosis affects millions of people worldwide, particularly older adults, and can lead to serious fractures, impacting mobility and quality of life. Sh. Om Dhingra will delve into the causes, risk factors, and preventive measures for Osteoporosis, shedding light on how lifestyle choices, diet, and early detection can help manage and reduce the risk of this condition. His talk will offer valuable information for anyone looking to understand the importance of bone health and the steps that can be taken to maintain strong and healthy bones throughout life. 

This month's guest singer

Guest Singer: Smt. Rashmi Gandhi

Smt. Rashmi Gandhi commenced her musical journey at the age of six. Although she obtained her traditional vocal instruction in India, she received her Sangeet Visharad degree last year. She served as the cultural secretary for Gujratsamaj. She was coaching mothers and children from the pathshala to sing Jain bhajans in choras at the Jain temple. In addition, she is actively involved with the North American International Ramayana Institute. Rashmi Ji has worked with Hindu Satsang for a number of years and has held a number of positions. Teaching music has been her passion for a long time. She has taught both adults and children. She will be accompanied by Nina Choksi, the daughter of Rashmi Ji, and Neelan Choksi, her grandson.



*Hindu Satsang's Monthly Sabha (4th Sunday of the month)
10 AM CST on Sunday, 22nd, September 2024 at VSC*



Everyone is
cordially invited

Hindu Satsang Sabha

Venue: Rama Dinning hall at HTGC Temple,
Lemont, IL)

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

दुनियाँ

By: Uma Nauth

ये दुनियाँ, दुनियाँ वालों की
कदर यहां होशियारी की
दुनियादारी, इसकी जादूगरी सी
रंग बिरंगी, सुहानी सी
खुशी की, कभी गम की
सच्ची भी और झूठी भी
अनजानी भी और जानी भी
है भी, नहीं भी
मिल जाये तो अपनी बनती
खो जाये तो पराई सी
परे इसके एक बसती
जानी पहचानी सी
ना अच्छी ना बुरी
नूरानी रूहानी सी
सब खाली खाली
हमेशा से है, हमेशा थी
इसकी अनूठी मस्ती
और कुछ भी तो नहीं
इस खालीपन की हस्ती,
उमा कहे --- बस कुछ ऐसी ही



Program



10:00 am:	Vedic Pooja
10:10 am	Bhajans by Satsangis
10:30 am	Guest Singer: Reshmi Gandhi
11:00 am	Guest Speaker: Om Dhingra
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).



Maa Annapurna devi

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



September Prasad (lunch) Sponsors:

Shubh and Ramesh Malhan

Rekha and Rajiv Chopra

Sumati Julka and family

Madhu and Sunil Chopra