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मई २०२३ May 2023

हिन्दू सत्संग समाचार

Hindu Satsang Samachar



Hindu Satsang Updates

By
Amitabh Gupta

Pranaam and wishing all of you a Very Happy Father's Day on Sunday, June 18th!

The Hindu Satsang celebrated its annual **Mother's Day picnic** on Sunday, May 14th. There were over a hundred Satsang members present, and everyone had a wonderful time. The link to picnic pictures can be found on page 5.

Please mark your calendars today for our **Annual Summer Picnic** on **Sunday, July 9th**. Don't miss out on all the entertaining activities planned for all ages. Next month's newsletter will have additional details.

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

World Environment Day, June 5

Father's Day, June 18

International Yoga Day, June 21

Looking forward to seeing everyone in person on Sunday, May 28th for our congregation at VSC (Vivekananda Spiritual Center). Take a few seconds to add a reminder alarm to your phone now. While we always have a good Satsang, we truly have an outstanding line-up of highly accomplished Guest Speaker and Guest Singer -- please see details on Page 8.

Stay safe & healthy.



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Birthdays

& Anniversaries

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Picnic, Special Event

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and ISKCON Temple

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and Speaker

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Host Families

IN
THIS ISSUE



नमस्ते

Happy Birth Month to our Satsangis born in MAY

Alka Tyle	Anant Vyas	Aneesh Tyle	Anuradha Sharma	Archit Dhar
Asha Vyas	Ashika Sachdev	Vasudha Pandey	Chhaya Trivedi	Darshna Jain
Dipti Kumar	Kanchan Pandey	Krishna Bhatia	Leo Gautam Gandhi	Manu Sharma
Mila Malhotra	Namisha Saini	Neelan Choksi	Rachna Rawal	Rajesh Singhal
Rani Trivedi	Rashmi Gandhi	Ravinder Saini	Raynaa Dhingra	Sakshi Sahni
Sandip Sharma	Subhash Pandey	Sudha Upadhyay	Tarun Kumar	Tejas Satpalkar

Priya Uppal
and Andrew
Kaftanowicz

जन्मदिवसस्य हार्दिक शुभकामनानि।

Happy Anniversary Month

Alka & Romesh Sood	Kiran & Satish Gupta	Nikita & Ravin Bhatia	Priya & Rajiv Pandit	Priya Uppal and Andrew Kaftanowicz	Rani & Vivek Trivedi	Tanu & Satendra Singh
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Vibha & Manu Sharma

युवयोः वैवाहिकजीवने सर्वदा शुभं भवतु।

Hindu Satsang's

Website address:

HinduSatsang.org

Hindu Satsang's

Facebook page:

[facebook.com/
HinduSatsangUSA](https://facebook.com/HinduSatsangUSA)

We have more than 100 followers, please **Like & Follow** for the latest updates.



Joke of the Month



After praying for years, I finally saw God!
I asked God, "How long is a million years?"
God replied, "To me, it is only about a minute."
I then asked, "How much is \$10 million?"
God replied, "To me it is only like a penny."
I then asked, "May I have a penny, please?"
God replied, "Sure, just wait a minute!"



**COUGH (Kasa) – An
Ayurvedic Perspective
By Sh. Rajeev Jain**



“Body has the capacity to protect itself from diseases and regain health from a disease – you just need to provide the right environment.”

Cough (Kasa in Ayurveda) is one of the most common ailments. Coughing occurs when the nerve endings in the respiratory tract are stimulated by irritants, triggering a series of muscular contractions. The sudden expulsion of air from the lungs is a reflex action of the respiratory system. It helps to clear the airways of foreign particles, irritants, mucus, or other substances. It is a common symptom in various respiratory conditions, such as the common cold, flu, bronchitis, pneumonia, allergies, and asthma.

In Ayurveda, when the downward movement of Vata is obstructed, its normal path is reversed and it moves upwards to fill all openings in the head resulting in pain, body shake, stiffness and aching of the jaw, eyes, neck, back, and chest following the cough. The cough can be dry or productive (with phlegm). Five types of cough

According to Ayurveda, there are five different types of cough. Three are caused by imbalances in the three doshas - Vata, Pitta, and Kapha, while the other two result from chest injury and wasting (weakness of the body). Here we will primarily focus on cough resulting from imbalance of doshas.

· Vata imbalance driven cough is frequently a dry and spasmodic cough. It is typically accompanied by a dry throat, hoarseness, and difficulty expectorating, as well as, severe headache and hoarseness of voice.

Factors such as cold weather, anxiety, and excessive physical or mental exertion can aggravate Vata cough. Other triggering factors include starvation, eating dry, cold and incompatible foods and suppression of natural urges.

· Pitta imbalance related cough can lead to an inflammatory cough with yellow or greenish mucus. This cough owes its origin to hot, pungent, sour or acidic foods, exposure to the heat, and also anger. Typical symptoms include a sore throat, fever, and an acidic taste in the mouth. Pitta coughs is worsened by consuming spicy, oily, or fried foods, as well as exposure to heat. The cough can also be so extreme that the person can even feel fainting sensation.

· Cough triggered by Kapha imbalance typically manifests as a congested, wet cough with excessive mucus. The mucus is thick and white, or clear. It is triggered by heavy, greasy and sweet foods, absence of physical activity and the habit of sleeping too long. Individuals with a Kapha cough can experience chest congestion, fatigue, and a dull or heavy feeling. While coughing the patient would painlessly bring out copious phlegm.

The cough caused by aggravated Vata, Pitta and Kapha is curable while the other two require palliative management.

Ayurvedic approach to treatment:

As a general guide if you have cough, stay hydrated, gargle with warm saltwater, take honey (has natural soothing properties), practice deep breathing exercises and pranayama (improves the lung function and clear the respiratory system), and get enough rest and sleep to support your immune system and aid in recovery. Below we discuss treatment for each type of cough in greater detail:

Continued on the next page >>

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Vata cough:

· *Therapy - If the patient is emaciated (weak), the first step would be to build strength through fat-rich formulas such as ghritas, enemas, gruels and soups. That should be supplemented by Vata-alleviating therapy which includes massage and oil fomentation, supplements, and medicated inhalation. Keep yourself warm and avoid exposure to cold and dry environments. In addition, each Vata symptom should also be addressed with an appropriate corrective response.*

· *Diet - Take a promotive diet of sali rice, barley, wheat, soup, light foods prepared with herbs such as pippali, dry ginger, black pepper, etc.*

· *Herbal formulations - Use herbs with demulcent and expectorant properties such as Licorice (Yashtimadhu), Vasaka (Adhatoda vasica), and ginger (adrak) to soothe the throat and relieve dry cough.*

Pitta cough:

· *Therapy - If Pitta cough is associated with copious phlegm, vomiting should be induced with use of medicated formulations. The guiding principle is to give lubricating and cold substances for countering thin phlegm, and rough and cold substances for thick phlegm.*

· *Diet - Take cooling foods such as cucumber, coconut water, and sweet fruits to balance Pitta dosha. Minimize or avoid spicy, oily, and fried foods that can aggravate Pitta dosha.*

Herbal formulations - Use herbs with cooling and anti-inflammatory properties such as Shatavari (Asparagus racemosus), Sandalwood (Chandana), and Guduchi (Tinospora cordifolia) to reduce inflammation and soothe the throat.

Kapha cough:

· *Therapy - Keep yourself warm and dry, and avoid cold and damp environments.*

· *Diet - Warm and dry foods with pippali and pungent seasoning are appropriate. Minimize or avoid cold and heavy foods that can increase Kapha dosha.*

· *Herbal formulations - Use herbs with expectorant properties to help expel mucus and reduce congestion, such as Tulsi (Holy Basil), Trikatu (a combination of ginger, long pepper, and black pepper), and Haritaki (Terminalia chebula).*

Note: herbs and treatments should be taken under direction from an Ayurvedic Vaidya as it should correspond to the individual's constitution.

“For a healthier life, keep away from the six “S” as much as possible – sugar, salt, smoking, stress, sedentary life style and spirit (alcohol)”

Wishing you all great health!



Prasad at Satsang



Dear Satsang Family,
Prasad that allows families to socialize while enjoying the food provided by the host families.

The Prasad Coordinator works with families to assure that we have Prasad at each meeting. Since the Prasad is purchased from the HTGC kitchen, host families are primarily responsible for serving the food and sharing the cost of the food.

With normal attendance, four families are the suggested maximum number to serve as hosts in any month. When a large number of families serve as hosts in one month, it leaves us scrambling to find hosts in other months. PLEASE, if your group is larger than 4, kindly consider splitting into two groups and helping Satsang by having adequate coverage throughout the year.

The Prasad is for the enjoyment of our attendees. We request everyone to not pack extra Prasad to take home because it places undue pressure on host families.

Thank you,
Your Fellow Satsangi

Hindu Satsang Annual Summer Picnic

Sunday, 9th July

[Click here for more details](#)

Mother's Day Picnic Photos

Please see our Facebook page for lots of Mother's Day picnic photos:
[Facebook.com/HinduSatsangUSA](https://www.facebook.com/HinduSatsangUSA)
Please remember to like our page.
Thanks to Sh. Subash Oza and other Satsangis for taking amazing pictures.



Donations in April and ISKCON campaign

In the Hindu Satsang committee, we organized a fundraising campaign to gather funds for the recently inaugurated ISKCON temple. Our objective was to gather a sum of \$3001. Through the blessings of Shri Krishna, we surpassed that target and collected an amount exceeding our goal. Hindu Satsang was invited to attend their Sunday program on April 30, in order to present the check to the president of ISKCON Temple, Smt. Premananda Devi Dasi.



Check presentation to ISKCON Temple

Listed below are the names of donors in alphabetical sequence. We express our heartfelt gratitude to each and every individual who contributed to this noble cause.

Name	Amount	Name	Amount
Alka and Ramesh Sood	\$201.00	Madhu and Mahesh Gupta	\$101.00
Ami Gandhi	\$51.00	Manisha & Rishi Garg	\$251.00
Anita and Rajesh Singhal	\$100.00	Manju Kalra	\$100.00
Archana & Sudhir Aggarwal	\$101.00	Neerja & Amitabh Gupta	\$101.00
Preeti & Ashwin Anandpura	\$101.00	Nisha and Subhash Oza	\$150.00
Jharna & Gitesh Shah	\$51.00	Prem & Daljeet Sabarwal	\$101.00
Jyotsna & Anant Vyas	\$51.00	Priya & Shivam Viswanathan	\$101.00
Jyotsna & Surendra Salgia	\$51.00	Rashmi & Vinod Gandhi	\$100.00
Kamal Gupta	\$251.00	Renu & Nand Garg	\$101.00
Kanan and Om Dhingra	\$250.00	Roma & Niel Bhagat	\$51.00
Kanchan & Subhash Pandey	\$151.00	Shailina and Ajay Shah	\$101.00
Kiran & Dharam Punwani	\$201.00	Shubh & Ramesh Malhan	\$100.00
Kiran & Subhash Sharma	\$100.00	Usha & Darsh Wasan	\$200.00
Madhu & Jug Uppal	\$101.00	Vimmi and Girdhar Bajaj	\$101.00
Cash	\$72.00		
Grand Total	\$3,492.00		



Pictures from the ISKCON temple.

▲ **Top:** Hindu Satsang members at ISKCON on April 30th.

◀ **Left:** A brief introduction about Hindu Satsang to the ISKCON audience.

Nanda Baba is the most vivid Hindu figure which comes to mind when we think of Father's Day. Nanda Baba, the foster-father of Lord Krishna, is known to have sacrificed so much to provide love, care, and affection to Lord Krishna and Balarama along with his wife Yashoda.



**Happy
Father's
Day!**

Prasad Sponsor

If you would like to sponsor Prasad for any of the following 12 months, please contact our Prasad Coordinator Smt. Manju Kalra. You can sponsor it alone or with a group of friends.

Email:

motiakalra@gmail.com

Phone: 630-379-7422

Guest Singer and Speaker of the Month

By Shivam Viswanathan

Our guest singer and speaker for this month are both visitors from India.

Our guest Singer, Malobika started learning Hindustani Classical Music from the late Shri Satyen Das in Kolkata. She obtained a diploma in Najrul Geeti and Rabindra Sangeet from Bangiya Sangeet Parishad in Kolkata. Additionally, she completed Sangeet Alankar (M.A) in Classical Vocal Music from Akhil Bhartiya Gandharva Mahavidyalaya. She received training in Light Music (Geet, Gazal, and Bhajan) from Sri Mahindra Sarin in Delhi. Furthermore, she trained in semi-classical music (Thumri, Dadra, Kajri, Hori of Purav Ang) under Vidushi Parul Banerjee in Delhi. Malobika is a renowned artist and a disciple of the late Vidushi Naina Devi. She is a graded artist of All India Radio, Delhi, and regularly performs Hindustani classical and semi-classical music. Over the past 20 years, she has been receiving advanced training under the



guidance of Padmashree Sumitra Guha of Kirana Gharana and has performed in various locations in India and abroad.

Our Guest Speaker,

Prayagraj Hule comes from a respected business family in Mumbai. From a young age, he felt an inner calling to explore the mysteries of life and the unknown reality.



Prayagraj completed a three-year Vedanta course under the guidance of the internationally renowned Vedantin, Swami Parthasarathy. Since then, he has devoted his life to full-time study, research, and the dissemination of Vedanta for over two decades.

Prayagraj regularly delivers discourses and seminars worldwide, addressing various educational institutions and conducting workshops for companies, banks, financial institutions, the Young Presidents Organization (YPO), as well as audiences including IAS, IPS, and Indian cricketers. Recently, he successfully completed a three-day retreat focusing on wellness, leadership, and spirituality.

In addition to his expertise in Vedanta, Prayagraj holds a master's degree in English Literature. He is also an accomplished sportsperson, having captained the Vedanta Academy cricket team, which toured numerous cities in India, Hong Kong, Singapore, the Middle East, Malaysia, South Africa, and England. Prayagraj maintains a daily fitness routine consisting of running, gym workouts, and yoga.

Topic: [From Darkness to Light - A Vedantic Life Approach](#)

It is the knowledge of Vedanta alone which can take you from ignorance to enlightenment. ❧

*Hindu Satsang's Monthly Sabha (4th Sunday of the month)
10 AM CST on Sunday, May 28, 2023 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

**This is your newsletter and
you have a valuable
perspective to share.**

**Relevant contributions are
welcome from all Hindu
Satsang members. Please
send your ideas and content
to Amitabh Gupta.**



Program



10:00 am:	Vedic Pooja followed by Bhajans
10:10 am	Bhajans by Satsangis
10:30 am	Guest Singer: Smt. Malobika Mandal
11:15 am	Guest Speaker: Sh. Prayagraj Hule, Topic: <i>From Darkness to Light - A Vedantic Life Approach</i>
12:00 pm	Announcements, aarti followed by lunch (we'll have a partitioned reserved section at the back of the HTGC kitchen dining room).



Maa Annapurna Devi

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



May Prasad (lunch) Sponsors:

Kusum Taneja & Family
Prajapati Family