



Board Members

Gen. Coordinator

Shivam Viswanathan
(312) 399-3860



Past Gen. Coord.

Kamal Gupta
(847) 612-4244

Publication

Anita Singhal
(765) 319-9710



Property

Subhash Sharma
(815) 751-6624



Prasad

Kanan Dhingra
(630) 803-2040



Liaison

Daljit Sabharwal
(630) 922-3024



Gitesh Shah

(630) 299-9615



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Anant Vyas
(630) 890-7576

Jug. Uppal

(630) 276-6986



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Jyotsna Salgia
(630) 207-1369



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(847) 800-3573

Renu Garg

(630) 329-6160



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Shivam Viswanathan
(312) 399-3860



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सितम्बर २०२२ September 2022

हिन्दू सत्संग समाचार
Hindu Satsang Samachar



Hindu Satsang Updates

By Shivam Viswanathan

Pranaam to all Satsangis!

First of all, special thanks to Smt. Shivani Saigal for the beautiful border design of the front page this month and Sh. Ajay Gupta who has been helping me with his invaluable feedback.

In our annual Janmashtami program, held on August 28th, all our participants delivered outstanding performances. Please find some pictures from this event on Hindu Satsang's Facebook page:

[facebook.com/HinduSatsangUSA](https://www.facebook.com/HinduSatsangUSA). Thanks to all the participants, special event coordinators and volunteers who made it a huge success. Please find more details on [page 6](#).

We'll have our annual Ramlila staging on October 8th in collaboration with HTGC. If your kids are interested in participating in Ramlila, please contact Sh. Nand Parkash Garg or Smt. Ruchi Gupta.

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.

Following are some of the main festivals/events coming up in the next few weeks, our best wishes to everyone: **Dussehra** on Wednesday, Oct 05, 2022, **Diwali** on Monday, Oct 24, 2022, **Dhan Teras** on Saturday Oct 22, 2022, **Bhai Dooj** on Wednesday. Oct 26, 2022,

Studies have shown that people who meet their friends frequently and engage in social activities, lead healthier lives. 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.

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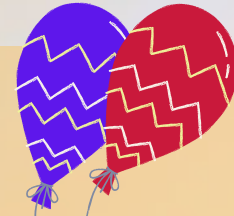


नमस्ते





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	
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



शादी की सालगिरह पर बधाई एवं
ढेर सारी शुभकामनाएं!



Laughter is the best medicine



Husband: Happy Anniversary honey! I was just remembering how happy we were 30 yrs ago.

Wife: Your memory is so bad, we did not know each other 30 years ago.

Husband: Ah, now you see why we were so happy!



Wife to husband during the anniversary dinner,
"Do you mind if I strap your phone to my forehead?"

Husband: Why?

Wife: So that I can pretend that you are looking at me when I talk to you.



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.

Happy Anniversary!!



Ayurveda - Foods For Every Season (Rituchariya) By Sh. Rajeev Jain



“As long as we are not living in harmony with nature and our constitution, we cannot expect ourselves to be really healed. Ayurveda gives us the means.” ~ David Frawley

Just like we change our clothes to suit each season, similarly Ayurveda suggests that we also need to change our diet and activities in each season. According to Ayurveda, in our body, there is aggravation of different Doshas during different seasons, hence, if we do not adjust our diet and activities, we will compromise our immunity and health.

In times when food was only available as per season, some of these changes came naturally. However, today when fruits and vegetables are available all year round – it is desirable to be more conscious about our diet.

There are six seasons according to the Indian climate. They are as follows (for ease I have ignored the seasons as per our Indian calendar):

- Shishir (winter) - January & February
- Vasanth (spring) - March & April
- Greeshm (summer) - May & June
- Varsha (rain) - July & August
- Sharad (autumn) - September & October
- Hemanth (early winter) - November & December

Each season has its own characteristics. For the sake of ease, the discussion below summarizes it in three groupings – summer, rainy and winter season.

The cycle of Doshas:

The Vata dosha starts to accumulate during Greeshm, when the season is very hot and dry. Vata continues to aggravate during the next season (Varsha). Then, during the Sharad season, the aggravated Vata dosha come back to normal by itself. This three-season cycle applies to each Dosha

The Pitta dosha accumulates during the rainy season (Varsha) because the environment acquires sour nature when it is suddenly cooled by rain. During the next season, Sharad, the Pitta dosha aggravates further and it returns to normal during Hemanth.

The accumulation of Kapha dosha is seen during the Hemanth (early winter) season. Then it aggravates a lot during the winter (Shishir), and returns to equilibrium during Greeshm.

Variations by season:

Summer – (Vasanta and Greeshm)



Rituchariya: Kapha which is aggravated in winter becomes liquefied by the heat of the sun in spring and Vata start to aggravate naturally. This diminishes the Agni and gives rise to many diseases. It is important to build up immunity and conserve energy.

Pitta-related health problems (for example, ulcers, gall bladder issues, infectious diseases and metabolic disorders) are common at this time due to increased heat. If humidity is high, the whole body expands due to water retention. The cells retain more water to conserve it for vital organic functions. Blood circulation to the limbs increases and internal blood pressure drops. Sweat glands are more active keeping the skin surface moist to protect the skin from possible sunburn.

Ayurveda suggests drinking more water and taking foods that do not aggravate Pitta.

Therefore, minimize excess of sour, salty and pungent tastes. Do not eat foods with heating property (veerya) or very hot foods. Take food, which are light, easily digestible, and cooling. A high protein diet is not required, as the body does not require a lot of calories unless one is engaged in heavy physical work. Practice yoga for exercise. Meditation is also highly desirable as it has a calming effect and helps to avoid anxiety, anger and temper influenced by hot weather. Walking under the cool of the moon is recommended during a hot summer.

Continued on the next page ↪

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Rainy – (Varsha and Sharad)

Rituchariya: During the rainy season, the whole environment becomes acidic or toxic because of the combination of the summer heat and the cold of the rain. The Pitta dosha accumulates – which makes the environment ripe for spreading infection and causing inflammation in the body. Health problems like cough, cold, fever, allergies, and diarrhea are common during this time.



The digestive power (Agni) that was already weak during summer, becomes weaker in rainy season. Hence, we should consume food and drinks that are easily digested, and contain spices that help digestion. Diet containing sweet, bitter astringent tastes is preferred. Pitta reducing ayurvedic treatments like Virechana can be very helpful during this season. This also a good season for fasting.



Winter – (Hemanta & Shishir) Rituchariya

The body is stronger during these seasons. The Agni, or the digestive activity becomes powerful. The use of sweet, sour and salty tastes is recommended during the winter.

As nights are longer, people feel hungry early in the morning itself. However, for persons with weak digestive power, the Agni gets further diminished when the environment is too cold. Use of spices that have heating property should be used, e.g., ginger, cinnamon, garam masala and saffron.

During Shishir, dryness and cold increases due to summer solstice. As a result, regular application of medicated oil on the body and head, mild massaging, physical exercises, etc. is also recommended.

Ritusandhi (managing change of season)

Sudden discontinuation or sudden adoption of a new diet gives rise to diseases because the body reacts adversely to sudden changes. It is recommended to introduce seasonal diet changes gradually (over a two-week period).

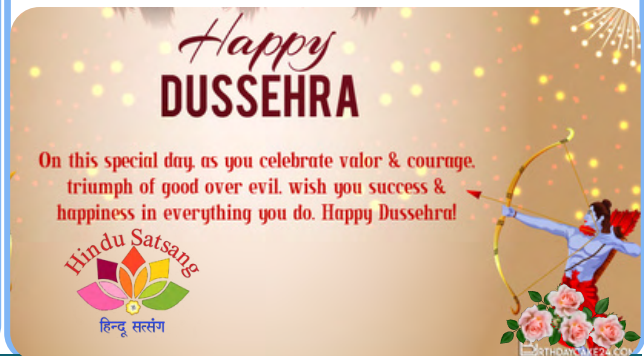
Ayurveda recommends that the body should be prepared for a change of season through detoxification in order to promote good physical and mental health, and to alleviate chronic problems. Detoxification around the time the seasons are changing is ideal.

Wishing you all great health! 🌀



On September 25th, Sh. Rajeev Jain, the author of this newsletter's popular Ayurveda article series, will be our guest speaker.

This session is open to all.





**Sunday
School
Section**



Article by Hindu Satsang's Sunday School Student - Aadi Pandit.

Thrillers, mysteries, romance novels, and even non-fiction encyclopedias. From the most exciting fictional adventures to the philosophical discussions on our very human nature, literature is an all-encompassing form of entertainment enjoyed by everyone around the globe. In my opinion, there are only a few things that can rival sitting down comfortably and opening a new book you have been wanting to read for a long time. However, the fast-paced thrillers and the perplexing mysteries that the literature of the world is known to be today is not actually the complete story. In fact, books and writing have played extremely important roles in the creation and development of almost all major religions/societies of the world, including our very own Hindu culture.

In Hindu Satsang School, the topic of Hindu literature has come up often, and I was amazed to learn about the influence that literature has had on the history of the Hindu Civilization. Take for example the Vedas and Upanishads: core religious texts compiled by ancient saints that create the very backbone of Hinduism and dictate essential practices and philosophies that are known by Hindus around the world. Take for example the Puranas— vast poetic compilations of the gods and their feats that give insight into the truths of the world and human nature.

Take for example the compilations of Brahmagupta and Aryabhatta, just two examples of many ancient Indian scientists, philosophers and mathematicians who have contributed essential discoveries in their respective fields that are still relevant to this day. India is known to be one of the greatest contributors to ancient scientific and social progression, and the numerous works of literature produced by scholars in India are clear indicators of this great achievement.

I think we can all agree that India's literary legacy is one of legend, but it is still important to know of these great works and their impact in today's world. For this exact reason, I am extremely grateful to Hindu Satsang School as it is the reason I was able to encounter all of this great culture in a fun and interactive setting.

Acting in the Ramayana every year for the annual Dussehra program has not only given me acting experience but has also given me an in-depth understanding of the themes and lessons in the great stories of our culture, and how they can be applied to my life today. Furthermore, studying Bhagavad Gita verses during mythology class has taught me important topics such as Hindu Dharma and acting with self-righteousness. There is a lot to learn from the literature of our culture, and attending Hindu Satsang School has given me the opportunity to truly appreciate it.

So maybe the next time you pick up a book, think back to the great literature of our Hindu culture, for sometimes the greatest stories are those that only we can truly relate to as fellow Hindus and as fellow people. ❧

Please contact our education coordinators or teachers if you know anyone who would be interested in Hindu Satsang's Sunday School.



Recap of Hindu Satsang's Janmashtami Program Held on August 28, 2022 By Shivam Viswanathan



Sh. Subhash Sharma commenced the Janmashtami program with pooja. We had an amazing Janmashtami program. The Hindu Satsang community, both children and adults, is blessed with a great deal of talent.

Here are some of the program items:

- Kathak dance by Diya Mittal and Kavya Nangia (Bindu ji's Students)
- Shaam Teri Bansi, song by Vihaan Gulati(8) and Suhaani Gulati (7)
- "Bari Der Bhai Nandlala" Bhajan by Sh. Daljeet Sabharwal, along with Smt. Rashmi Gandhi, Smt. Kanchan Pandey and Smt. Prem Sabharwal
- Krishna bhajan- Teri Mand Mand Muskania Pe Balihar by Smt. Kanchan Pandey accompanied by Smt. Bindu Pathak
- Song with Piano - Jai Jai Tulsi by Anushka Sabharwal (7)
- Humko Manki Shakti Dena, song by Sreeja Parikh
- Krishanji Song by Rahul Mall (9)
- Piano and Song by Alok (11)
- Patriotic song by Sh. Subhash Oza
- Bhajan - Hari Sunder Nand Mukunda by Smt. Bhamini Makwana
- Bhajan and a Patriotic song by Dr. Pardeep Sood
- Bhajan - Jug Mein Sundar Hein Do Naam - Avi and Shaila
- Maiyya Mori Bharatnatyam by Alyssa Shroff
- Patriotic poem by Smt. Manju Kalra

The grand finale of the program was the Vande Matram by the ageless group of Satsangis. They performed Vandematram song with freedom fighters:

1. Smt. Rashmi & Sh. Vinod Gandhi
2. Smt. Shubh & Sh. Ramesh Malhan
3. Smt. Kanchan & Sh. Subhash Pandey
4. Smt. Kiran & Sh. Dharam Punwani
5. Smt. Jyotsna & Sh. Surendra Salgia
6. Smt. Madhu & Sh. Jug Uppal
7. Smt. Jyotsna & Sh. Anant Vyas

Singer- Smt. Rashmi Gandhi
Chorus singers - Smt. Kanchan & Sh. Subhash Pandey

Smt. Jyotsna & Sh. Surendra Salgia

Some pictures from the event - below and on the next page. Some pictures on Hindu Satsang's Facebook page:

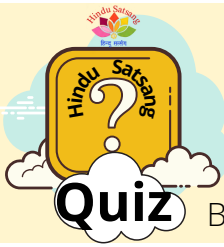
[Facebook.com/HinduSatsangUSA](https://www.facebook.com/HinduSatsangUSA)



Recap of Hindu Satsang's Janmashtami Program

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The Duos in Ramayana

By Shivam Viswanathan

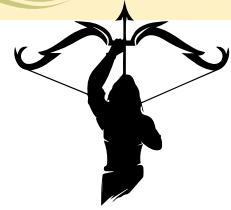


There are a few pairings whose names are nearly invariably taken together in the Ramayana. The two people could be brothers or just friends, foes or allies. This quiz will check to see if you can correctly identify both the names. Starting with easy, the challenge level will be gradually raised. Let's find out if you are a Ramayan aficionado or not.

1. Who were the twins among the Dasharatha's four sons?
2. Can you name the twins that Ram and Sita had (technically this question is from Uttar Ramayana).
3. Two birds who were brothers, played an important role in the unfolding of events in the great war between Rama and Ravana. Can you name the brothers?
4. During his exile, Rama killed one and made the other brother the King. He actually did this twice. Can you name the 2 pairs of brothers?
5. Can you name the two individuals whose name is almost always taken together but were not biological brothers. They were the chief commanders of Sugriv's army.
6. Yaksha Thataka's sons attacked sage Agastya for avenging their father Sunda's death. The sage cursed them to become demons. Who were these two brothers?
7. Name the two brothers who were Ravana's cousins. They were the sons of the sister of Kekasi (Ravana's mother). When Lakshman cut off Shoorpankha's ears and nose, she went weeping to these two brothers first.

Answers

1. Laxman and Shatrughna
2. Luv and Kush
3. Jatayu and Sampati
4. **A.** Killed Vali (or Bali) and made the elder brother Sugreev the king of Kishkindha.
B. Killed Ravana and made his younger brother, Vibhishana the king of Lanka.
5. Nal and Neel. Nal was the son of the divine architect Vishwakarma and Neel was the son of Agni Dev. In their childhood, they were a naughty duo and always threw away the belongings of the Rishis into the water. The Rishis got displeased and cursed Nal and Neel that whatever they threw would float in the water. This curse turned out to be a boon in the mission of Shri Ram crossing over the Ocean to reach Lanka. They were able to architect the bridge for Rama's army to cross over to Lanka.
6. Mareecha and Subahu
7. Khar and Dooshan



Hindu Satsang's Upcoming Events

Mark
your
calendar

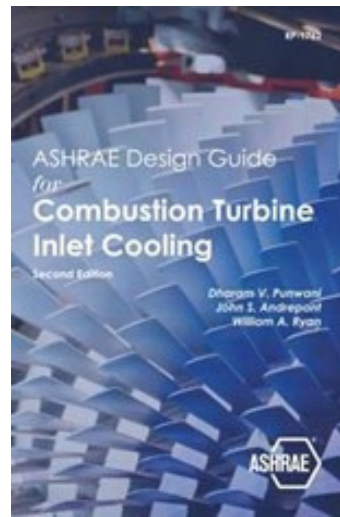


Congratulations to Sh. Dharam Punwani

Dharam Punwani, one of the founding members of Hindu Satsang, is the primary author of his book, which was published last month. Combustion turbines are machines used globally for electric power generation. These machines produce nearly one-third of the electricity in the U.S. Combustion Turbine Inlet Cooling (CTIC) increases the capacities and efficiencies of combustion turbines and helps reduce emissions of carbon dioxide and several pollutants during hot weather when power is in most demand. Therefore, it helps reduce global warming. Dharam Punwani is the president of Avalon Consulting, which was established 26 years ago by him and his wife, Kiran. He has executed many projects in the U.S., Canada, India, Saudi Arabia, United Arab Emirates, Iraq, Australia, and South Korea.

He has authored or co-authored over 120 papers and presentations. Before founding Avalon Consulting, he was Vice President of Technology Development at the Institute of Gas Technology, where he worked for 30 years.

Being able to have such distinguished individuals as members gives Hindu Satsang a real sense of pride and blessing. ❧



**HTGC & Hindu Satsang's
Ramlila**

**Saturday, October 8th
from 3:30 pm to 6:30 pm,
followed by Ravan Dahan.**

**आप सभी सादर
आमंत्रित हैं**

***You are all cordially
invited***

**Venue: Rathi Auditorium,
Lemont Hindu Temple**

***This month's guest speaker
and singer*** 🎵

Guest Speaker: Sh. Rajeev Jain

Sh. Rajeev Jain is a passionate believer in various schools of holistic medicine due to his exposure since childhood and has been practicing it for a number of years.

Rajeev ji received formal training and certification in various holistic health therapies and has been providing help to those in need. His training and certifications include therapies like, Ayurveda and Panchakarma, Integrated Therapeutic Yoga, Naturopathy, Acupuncture, Advanced Acupressure, Auricular Acupressure, SuJok therapy, Cupping and Moxibustion.

He has presented seminars for health and wellness forums, and frequently speaks to senior citizen groups, public libraries, and SoderWorld Wellness Center. He is also a frequent contributor to the Hindu Satsang newsletter. His topic is "Age old Ayurvedic Principles for maintaining Good Health"



Guest Singer: Sh. Anil Sharma

Sh. Anil Sharma is no stranger to Hindu Satsang, he has previously performed as a guest singer a few years back.

In the Chicagoland area, Sh. Anil K Sharma, owns and runs Insurance World Agency, a full-service insurance agency. In 1982, Anil ji moved to Chicago and has been active in business ever since. He is also well-known for his musical group Raga Rhythm.

Sharma ji has actively participated in community service in a variety of capacities including as a board member and former president of the AIA, Illinois Chapter.

Currently, he lives in a Chicago suburb with his wife and three children. 🌀

**Everyone is welcome to
Satsang Sabha
on September 25th.
Come and enjoy the food for
body, mind and soul.**



*Hindu Satsang's Monthly Sabha (4th Sunday of the month)
10 AM CST on Sunday, 25th, September 2022 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)

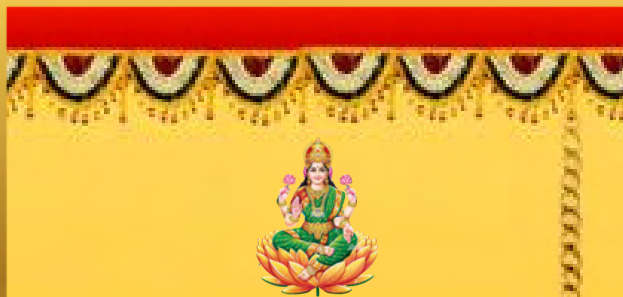
Time: 10 am to 12:00 pm, followed by lunch



Program



10:00 am:	Vedic Pooja
10:10 am	Bhajans by Satsangis
10:30 am	Guest Singer: Sh. Anil Sharma
11:00 am	Guest Speaker: Sh. Rajeev Jain, topic: Age old Ayurvedic Principles for maintaining Good Health
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).



August Aarti Collections
Thanks everyone for your generous donations.

Smt. Renu & Sh. Nand Parkash Garg	\$51
Smt. Vibha Sharma	\$51
Smt. Kiran and Sh. Dharm Punwani	\$151
Smt. Richa & Sh. Anu Agnihotri	\$251
Cash	\$139
Total	\$643

| 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.



September Prasad (lunch) Sponsors:
Smt. Shubh Malhan
Smt. Alka Sood
Smt. Jharna Shah
Smt. Madhu Chopra