

अप्रैल २०२५ April 2025

# हिन्दू सत्संग समाचार

Hindu Satsang Samachar



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**Youth Coords.**
*Anika Tiwari*
*Ananya Singh*

## Hindu Satsang Updates

**By Roma Bhagat**

The Hindu Satsang's annual board elections were held on Sunday, March 23rd. See the details on page 3. We welcome our new publication coordinator, Mr. Rajesh Tiwari. I will continue to help him with the newsletter. We will have our Mother's Day picnic on Sunday, May 11th, 2025. Here is a link to our webpage for the event - http://hindusatsang.org/mdaypicnic We have some exciting news for you our April Sunday sabha meeting on April 27th will take place on Gupta dinning hall, please do come and get immersed in divine spirituality and stay back for lunch sponsored by our members. See the last page for more details. If you are interested in sponsoring prasad for any of the next 12 months, Please contact our new prasad coordinator - Mr. Laxman Singh and if you need any help please communicate with Smt. Manju Kalra.

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Following are some of the main festivals/events coming up in the next few weeks, our best wishes to everyone: Wish you all a very happy Akshaya Tritiya on Wednesday, April 30th, and Mother's Day on Sunday, May 11th. Looking forward to seeing everyone in person on Sunday, April 27th for our congregation and on May 11th for the picnic. Take a few seconds to add these details to your calendar now. Please do carve out time to join us. Stay safe & healthy.

नमस्ते



# Happy Birthday Month to our Satsangis born in April



| | | | | |
|---|---|---|---|---|
| Akansha Kataria | Arjun Pandey | Arnav Sabharwal | Arushi Joshi | Avishkar Trivedi |
| Bhavna Sharma | Brij Sharma | Daljit Sabharwal | Dhruv Dhawan | Gurmeet Kaur |
| Harish Arora | Indu Wadhawa | Isha Sharma | Jason Gupta | Mamta Shah |
| Mansi Sabharwal | Neha Khetarpal | Pramila Joshi | Prem Garg | Rajshree Ambegaoker |
| Rama Kapoor | Ravisha Saini | Reena Salgia | Sanjeev Dhawan | Sanjiv Avashia |
| Sanjiv Pandey | Serena Malhan | Shalini Trivedi | Sita Sharma | Surabhi Garg |
| Vandita Rastogi | Vinod Malhotra | Divya Pandey | Vishal Oza | जन्मदिन की शुभ कामनाएँ |



# Happy Anniversary April

| | | | | | |
|---|---|---|---|---|---|
| Adarsh & Sudhir Gupta | Manju & Rajiv Goel | Neelam & Pradeep Goel | Payal & Vikas Dhingra | Renu & Nand Prakash Garg | Rupal & Vikas Upadhyay |



## Laughter is the Best Medicine

**Wife: Does this dress make me look fat?**
**Husband: The dress does not make you look fat... (A smart husband does not finish the sentence)**

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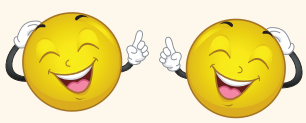
What are the three **rings** of marriage?
The engagement **ring**...
The wedding **ring**...
and...
The suffe**ring**
**Happy Anniversary!!**



Hindu Satsang's Website address: HinduSatsang.org

Hindu Satsang's Facebook page: facebook.com/HinduSatsangUSA

Please *Like & Follow* for latest updates. You are always welcome to send articles and feedbacks.

## Hindu Satsang
## New Committee Members
By: Shivam Viswanathan

We begin by expressing our deepest gratitude to the outgoing committee members for their remarkable dedication and tireless efforts. Their contributions have been invaluable to the growth and success of Hindu Satsang.
A special thank you to the 2024-25 committee members for their commitment and hard work:

- Om Tiwari (General Coordinator)
- Alka Sood (Past General Coordinator)
- Roma Bhagat (Publication)
- Kiran Sharma (Property)
- Manju Kalra (Prasad)
- Ramesh Malhan & Om Dhingra (Liaison)
- Mohini Sullivan, Renu Jain, & Anita Singhal (Education)
- Vikram Bhatnagar (Finance)
- Nisha Oza & Madhu Gupta (Special Events)

We appreciate their service and hope they will continue to be involved with the organization in the future. Thank you once again to all the outgoing members for their outstanding contributions.

**The new Hindu Satsang Committee for 2025-2026 has been formed with the following members:**

- **General Coordinator:** Roma Bhagat
- **Immediate Past General Coordinator:** Om Tiwari
- **Liaison Coordinators:** Nisha Oza and Jharna Shah
- **Special Events Coordinators:** Daljit Sabharwal and Swapnal Dubey
- **Finance Coordinator:** Vikram Bhatnagar
- **Prasad Coordinator:** Laxman Singh
- **Publications Coordinator:** Rajesh Tiwari
- **Property Coordinator:** Subhash Sharma
- **Education Coordinators:** Deepti Srivastava, Sonal Soni, and Kuldeep Gupta
- **Youth Coordinators:** Anika Tiwari and Ananya Singh
- **Web Coordinator:** Shivam Viswanathan

Heartfelt congratulations to the newly elected committee members! Special thanks to past Gen Coord. Om Ji and Mukta Ji for their warm hospitality and for bringing everyone together - your efforts are truly appreciated!

**Hindu Satsang 2025-26**




Please join us in extending warm congratulations to the newly (s)elected board members.
We welcome you to your new positions and wish you every success in your endeavors.

## An Ayurvedic Perspective Sources Of Prana: The Life Force Of Our Existence



**By Sh. Rajeev Jain**

**“Prana is the driving power of the world, and can be seen in every manifestation of life.” - Swami Vivekananda**

The moment we are born we are gifted with “prana”. It is both a physical and metaphysical concept. In Ayurveda, prana, is the term for “vital energy” or “life force”, and represents the invisible energy that sustains all life. It is the power behind every breath, heartbeat, and thought, making life possible.
The Ayurveda describes "prana" as the vital divine energy that permeates all living beings and connects them to the universe. Prana manifests in various ways:
 - Rhythms of our bodies - Our breath, heartbeat, and even subtle processes like digestion and cellular function are seen as - expressions of prana – keeping us alive and functioning.
- Nature’s cycles - The flow of seasons, the life cycles of plants and animals—all are reflections
of prana maintaining balance and harmony.
- Creativity and inspiration - Moments of effortless ideas or artistic flow may also be attributed to prana, signifying the energy that fuels our mental and creative states.
Ultimately, prana is what sustains life, reminding us of our interconnectedness with the natural world and the energy that surrounds us.
Utimately, prana is what sustains life, reminding us of our interconnectedness with the natural world and the energy that surrounds us.

**Why Is Prana Important?**
Prana is essential for the harmony of the body, mind, and soul. It fuels physical, mental and emotional health. When prana flows smoothly, we feel vibrant, energized, and peaceful. For example, the refreshed feeling we experience after a restful night's sleep is prana revitalizing our body and mind. However, when the flow is blocked or restricted, it results in fatigue, illness, or emotional unrest.

We can think of prana as a river. When the river flows unobstructed, it nourishes its surroundings, supporting life and growth. But when blocked, the once-thriving ecosystem can wither and become lifeless. Similarly, the free flow of prana ensures well-being, while disruptions in its flow lead to challenges in various aspects of our lives.

**How does Prana flow?**
Prana circulates through invisible energy pathways in the body known as nadis, similar to electricity flowing through wires. The Darshana Upanishad mentions that the nadis are located in the navel with
Susumna nadi in the center and seventy-two thousand nadis around it. Among them, fourteen nadis are considered more important. Similarly, the Dhyana Bindu Upanishad, mentions that seventy-two thousand nadis arise from the navel, of which, ten are of greater importance, namely, Ida, Pingala, Susumna, Gandhari, Hastijihva, Pusha, Yasasvini, Alambusa, Kuhuh and Sankhini. Of these ten, three are most important and you may have heard of them in context of yoga and pranayam:
1. Sushumna nadi: The central energy channel, acting as the spine of the energy body;
2. Pingala nadi: Representing dynamic, solar energy on the right side of the body – it has a warming effect; and
3. Ida nadi: Symbolizing calming, lunar energy on the left side of the body

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– it has a cooling effect.

**Five types of Prana energy (Vayus)**
Prana operates in five distinct ways, referred to as "vayus". These are – (1) Prana vayu - governs intake, including breath, sensory impressions, and mental clarity. (2) Apana vayu - is responsible for elimination processes, such as excretion and menstruation. (3) Vyana vayu - regulates circulation and distribution of nutrients and energy throughout the body. (4) Samana vayu - focuses on digestion and assimilation. (5) Udana vayu - powers upward movement, including speech, expression, and energy. We will discuss these vayus in greater detail next month.

**Chakras**
The Pingala and Ida nadis crisscross the Sushmana nadi as they move up from the navel. At intersections where Pingala and Ida cross the Sushumna nadi, they create energy hubs called "chakras". These chakras function like roundabouts, allowing energy to gather and flow throughout the
body. A blockage in a chakra disrupts prana 's movement, leading to physical or emotional challenges.

**Sources of Prana and how to enhance it**
While we are born with prana energy, throughout our life we have to maintain it and enhance it. Some of the primary sources of this energy are:
1. Sunlight - The morning sun is a natural source of prana. Stepping outside to soak in its rays uplifts the mood and invigorates the body.
2. Nourishing diet - Fresh fruits, vegetables, and whole grains are rich in prana, often called "Living foods"; Choosing these over processed foods sustains vitality.
3. Breathing and mindful practices - Deep, conscious breathing replenishes prana. Techniques like yoga and pranayama enhance this energy. For instance, alternate nostril breathing harmonizes the nadis, promoting balance and relaxation.
4. Connection with nature - Spending time outdoors, whether listening to rustling leaves or feeling the ocean breeze, connects us to the prana in the environment.
5. Physical Movement - Exercise stimulates the flow of prana throughout the body. Activities like walking, dancing, or yoga allow energy to move freely, promoting a sense of well-being.
6. Emotional Health - Positive interactions and emotional balance are vital. A heartwarming conversation or engaging in fulfilling activities (or hobbies) recharge prana, while stress and negativity deplete it.
7. Sleep – Adequate and quality rest restores prana. A deep, peaceful sleep replenishes energy, leaving us feeling rejuvenated.

**Prana is recognized universally**
Prana holds universal importance in spiritual and cultural practices worldwide.
1. Indian philosophy (Yoga and Ayurveda) - Yogic practices like pranayama aim to balance prana. Also, Ayurveda believes disruptions in prana result in health issues.
2. Chinese medicine (Chi) - Chi flows through meridians; practices like tai chi ensure its balance

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***3***. Japanese tradition (Ki) - Practices like Reiki channel Ki for relaxation and healing.
4. Egyptian beliefs (Ka) - The concept of Ka mirrors prana as a sustaining life force.
5. Native American view - Indigenous traditions emphasize interconnected energy, often called
the “Breath of Life”.
6. Christian mysticism - The Holy Spirit symbolizes divine vitality, akin to prana.

As we note above, the recognition of a vital life force exists across cultures including some of the oldest civilizations. It underscores its universal role in connecting and sustaining all living beings.

**Concluding remark**
Prana is not just an abstract concept; it is the very essence of life. By nurturing and maintaining it, we cultivate not only physical and mental health but also spiritual well-being, leading to a life that feelswhole and vibrant.

*“Just as the light bulb allows the electricity within it the opportunity to express its power, the body allows prana — life energy — to express itself. In yoga, our goal is to slowly increase the wattage of the subtle body, allowing prana to flow within us and through us, leaving health and balance in its wake.”*



**Hindu Satsang Board Meeting at Om & Mukta Tiwari’s home**

# भावपूर्ण श्रद्धांजलि




With heavy hearts, we announce the passing of our beloved mother on the morning of April 14. Born in the small village of Aonla, Bareilly, Uttar Pradesh, her extraordinary journey led her to Vancouver, Canada.

A woman of quiet strength, boundless love, and fearless spirit, she embraced life fully—whether sewing with her granddaughters, sharing stories, or trying new recipes. Proud of her family, she taught us bravery, curiosity, and love through her presence and care.

May her soul attain moksha.
*Om Shanti Om.*

**Renu & Nand Garg**
**Parveen, Rajni, Dhruv & Nitya Goel**
**Surbhi Garg, Sagar, Sia Albeli & Savi Shah**
**Kanika Garg & Arun Reddy**

Hindu Satsang
हिन्दू सत्संग

Happy Mother's Day

# Hindu Satsang's Mother's Day Picnic!




**You are invited, please mark your calendars and join us for a day of fun, food, andcelebration. We look forward to seeing you there!**

## Date: Sunday, May 11, 2025

**Time:** 11:00 am to 3:00 pm

**Location:** Herrick Lake Park (East Shelter)

More details/directions on our webpage:
www.hindusatsang.org/mdaypicnic

**Indulge in the irresistible, piping-hot 'Kamal ji ke Pakode', straight from the pan!**

There will be plenty of delicious food and drinks to enjoy, as well as activities for everyone to participate in. We'll also have some lovely surprises in store for all the mothers who attend!
Bring the whole family and celebrate Mother's Day with us!
**Kids**, bring your moms and grandmoms.

**Moms**, bring your kids (it is absolutely okay if your little child is a senior citizen) and grandkids.
We're excited to celibrate this special day with all of you! See you on **Sunday, May 11th** - Don't miss it for your Mom!!
Wherever she is, she's always in our hearts.

## *Recap of Last month's Satsang Sabha*























## Our Thanks to this Month's Guests

**Guest Singer: Sargam Kapoor**

Coming from Chicagoland Sargam Kapoor is multi talented Versatile artist, Singer, Emcee, and now event organizer of Bollywood and devotional concerts in America.

Sargam kapoor started learning classical Indian Ragas from her first Guru late Fateh Mohmadji in the year 2000 who were also first Guru of Gazal king Jagjeet Singhji from SrigangaNagar Rajasthan .

Thereafter, she completed her Sangeet Visharad from ShreeRam Bharti Kala kender New Delhi under guidance of Padam Bhusan late Shanti Sharmaji .

After coming out from Music college in 2005 Sargam started her own band Sargam Musical group and since then performing in India USA and Canada for the last 20 years .

She is presently hosting a very popular weekly Zoom show every Thursday Abgayega with local talented singers of Chicago since last one year .

**Sargam Kapoor**

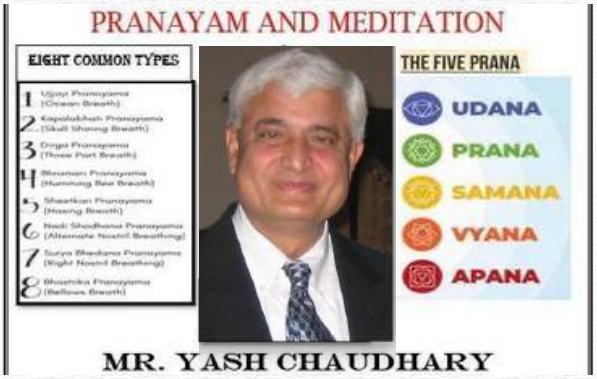


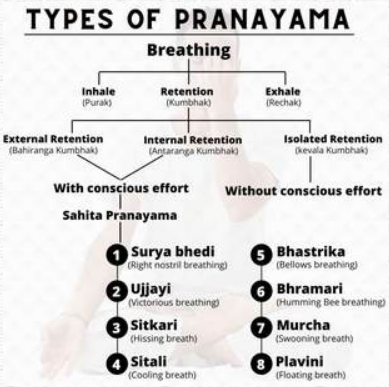
## Guest Speaker: Yash Chaudhary

Our Guest Speaker Sh. Yash Chaudhary holds a Master's degree in accounting and has been practicing yoga for the past sixty years. He is a 500-hour certified yoga teacher from the Himalayan Yoga and Meditation Center in Palatine, IL.





# Hindu Satsang's Monthly Sabha (4th Sunday of the month)
# 10 AM CST on Sunday, 27th, April at VSC

27th April 10 am

Everyone is cordially invited

## Hindu Satsang Sabha

**Venue**: Gupta Dinning Hall - at HTGC Temple, Lemont, IL)

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

## Program

| | |
|---|---|
| 10:00 am: | Vedic Pooja followed by Bhajans |
| 10:10 am | Bhajans by Satsangis |
| 10:30 am | Guest Singer: **Sargam Kapoor** |
| 11:10 am | Guest Speaker: **Yash Chaudhary** |
| 11:50 am | Announcements, aarti followed by lunch |



### March Aarti Collections

**Thanks everyone for your generous donations.**

| | |
|---|---|
| Usha Wasan | $201 |
| Laxman & Indra Singh | $101 |
| Cash | $47 |
| **Total** | **$349** |

|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.**

**April Prasad (lunch) Sponsors:**

Daljit & Prem Sabharwal
Subhash & Kiran Sharmaji
Anjul Behal Family