



## Board Members

### Gen. Coordinator

Om Tiwari  
(312) 479 7179



### Past Gen. Coord.

Alka Saad  
(630) 667-4226

### Publication

Rama Bhagat  
630 956 1459



### Property

Kiran Sharma  
(630) 890-6206



### Prasad

Sruithi Sannepalli  
920 306 4453



### Liaison

Ramesh Malhan  
630 550 1385  
Om Dhingra  
630 886 9290



### Education

Mohini Sullivan  
630 310 1002  
Renu Jain  
630 805 1987  
Anita Singhal  
765 319 9710



### Finance

Vikram Bhatnagar  
630 335 1351



### Special Events

Nisha Oza  
312 618 4276  
Madhu Gupta  
630 915 1281



### Website Coord.

Shivam Viswanathan  
(312) 399-3860



### Youth Coords.

Aanya Sullivan  
Ohile Sannepalli



अक्टूबर २०२४ October 2024



हिन्दू सत्संग समाचार

Hindu Satsang Samachar



Namaskaar to all Satsangis. We are entering a particularly auspicious and fun part of the year. I am sure you all had amazing Navratri and Dussehra on October 12th. Our annual Ramlila program was held on October 12th. There were wonderful performances by both children and adult participants. Thanks to everyone who participated, as well as the volunteers and event planners who made it such a huge success. Every year, Shr. Nand Parkash Garg and Smt. Ruchi Gupta dedicate a lot of time and effort to organizing this event. Hindu Satsang has hosted Ramlilas continuously without a break for 25 years, even during pandemic. As part of the event, we also held our annual Ramayana Quiz for children under the age of 18



One of the most awaiting festivals/events coming up in the next few weeks,  **Shubh Deepawali.**  to everyone:

5 days of Diwali starting with Dhanteras on Tuesday October 29; Kali Chaudas / Narak Chaturdashi on Wednesday October 30; Diwali / Laxmi Puja on Thursday, October 31; Govardhan Puja on Friday, November 01st; Bhai Dooj on Saturday, November 02.

**Sewa Diwali Food Drive**, which is an initiative of dharmic organizations like Hindu Satsang, is collecting non-perishable food for local food pantries from Oct 3rd to Nov 10th 2024 please contact Nandji for details and location.

**Page 2:** Birthdays & Anniversaries

**Page 3 & 4:**

Ayurveda

**Page 5:** Recap of our September's Satsang Sabha

**Page 6:** Quiz

**Page 7:** Answers to Quiz and Poem

**Page 8:** सवाल जवाब by K Nauth

**Page 9:** Guest Singer and speaker

**Page 10:** Sabha Program Details

**Happy Birth Month  
to our Satsangis  
born in October**

Deepti Buti	Akshay Prajapati	Ashani Sahana Gupta	Amit Punwani	Kabir Gulati	Aditi Buti	Hans Upadhyay
Nisha Oza	Akanksha Saini	Priya Uppal Kaftan	Divya Prabhu	Kareena Garg	Salil Shah	Renu Agarwal
Karan Arora	Amit Dhingra	Talan Grey Edwads	Divya Tiwari	Kriti Goel	Soman Dhar	Sadhana Tiwari
Mira Kaftan	Anuj Akhand	Vinu Malhan Edwards	Gaurangi Mittal	Kusum Nohria	Sonu Saini	Sarla Raheja
Raj Salgia	Akshita Agarwal	Anushka Sabharwal	Jeevan Raheja	Manjula Madhav	Taruna Gupta	Surekha Prabhu
Vijay Sharma	Vivek Bhatia	Kainoa Nagamine	आपके जन्मदिन पर हार्दिक शुभकामनाएं!!			

**Happy Anniversary** शादी की सालगिरह पर ढेर सारी शुभकामनाएं!

Anu & Surendra Gulati	Gurmeet & Jitender Batra	Naval & Harish Arora	Nisha & Subash Oza	Prem & Daljit Sabharwal
Promila & Soman Dhar	Surekha & Rajan Prabhu	Vijay & Bansi Pandit	Vijay & Brij Sharma	

**Laughter is the best medicine**

Man fell in the ocean and he couldn't swim. When a boat came by, the captain yelled, "Do you need help, sir?" The man replied "No, God will save me." A little later, another boat came by and a fisherman asked, "Hey, do you need help?" The man replied again, "No God will save me." Eventually the men drowned & went to heaven. The man asked God, "Why didn't you save me?" God replied, "Fool, I sent you two boats!"

## Ayurvedic Gems - Eranda (Castor) Plant

by Sh. Rajeev Jain

We know the beneficial properties of many herbs used in our daily food preparations – ginger, turmeric, cumin, curry leaves, black pepper, sesame, tulsi, etc. However, castor is one plant which has tremendous healing properties that is not commonly used in our daily diet. Below, we will discuss its properties, benefits and how you can use it to improve your health.

Castor plant has many other names too based on its various physical and medicinal properties. The name 'eranda' indicates the property of the plant to dispel diseases. It is an important plant, which is used as medicine for different types of Vata disorders, hence, it is also known as 'vatari'. Since the leaves of castor are like the palm of a hand, it is also called 'gandharva hasta' and 'panchangula'. Due to the long slender stem it is called as 'deergadanda' and because of the large leaves resembling the ear of elephant it is known by the name 'hastikarnaka', 'gajakarna' and 'mahapatra'.

The botanical name of this plant is *Ricinus Communis* and it belongs to the Euphorbiaceae family.

The plant grows in all parts of India as well as other countries with tropical climate. The plant has a 6 to 12 feet long slender stems and large leaves. The fruit is covered with blunt spikes. The seed inside the fruit contain 52% of oil but also includes a poisonous glycoprotein called ricin. Hence, the fruit/seeds are not used for internal consumption. When the oil is extracted from the seed, the process removes the poisonous and toxic elements to make it safe for human consumption. As a result, the oil can be consumed orally.

The ayurvedic properties of castor are:

- Rasa (taste) – sweet, pungent, astringent
- Guna (nature) – guru (heavy), snigdha (unctuous), teekshna (quick) and sookshma (fine)

- Veerya (taseer) – hot (good for vata disorders)
- Vipaka ((post-digestion taste) – sweet

Various parts of this plant are used in health restoration, including root, leaves and fruit. The plant is largely cultivated for its oil commonly known as castor oil.

### Properties and benefits:

Castor plant has many properties that are extremely beneficial for humans and support in maintaining good health. Its important properties include:

- Anti-inflammatory: The oil contains ricinoleic acid. This compound has potent anti-inflammatory and analgesic properties. As a result, castor oil can applied topically to sore muscles and joints to alleviate pain - it helps reduce swelling and pain, e.g. in arthritis.

- Antimicrobial: The oil has antibacterial and antifungal properties that help to treat minor skin infections and prevent the growth of harmful microbes. The oil's antimicrobial and anti-inflammatory properties also contribute to faster wound healing. Therefore, it can be used to treat minor wound and cuts.

- Antioxidant: It is rich in antioxidants (contains flavonoids and phenolic compounds) and therefore helps neutralize free radicals in the body. This reduces the oxidative stress, and strengthens the immune system (lowering the risk of diseases).

- Moisturizing: Castor oil is an excellent emollient (it helps to lock in moisture). This makes it beneficial for dry skin and hair, providing hydration and promoting softness in the skin. It also contains vitamin E.

*Continued on the next page* ↪

↳ *Continued from the previous page*

- Laxative: It is also a mild yet effective natural laxative. It stimulates the intestines and helps relieve constipation.
- Omega-6 and Omega-9 fatty acids: Castor oil contains Omega-6 and Omega-9 fatty acids and is often used to promote hair growth and improve scalp health. It nourishes the hair follicles and helps reduce dandruff.


Eranda is very good to balance aggravated Vata. Due to its properties described above, it helps to reduce pain, swelling, constipation and purifies the uterus. It is also considered effective in alleviating tumor, splenic disorders, blood impurities, dyspepsia and building immunity.

Castor oil can be used in various ways including topical application (applied directly to the skin or hair), oral consumption (taken directly or with warm milk/water), and as oil packs (external application on sore muscles and body).

**Some home remedies:**

- Daily intake of 2 – 3 teaspoons of castor oil with luke warm water or milk is good for constipation, body pain, lower back ache, joint pain, swelling, etc. Pain in joints with swelling – warm castor leaves and tie them over the joint (it is used in upanaha sweda).

- Stomach pain – mix 15ml (3 tsp) castor root decoction with 10 ml of warm milk and drink it twice daily.
- Food poisoning – take 35 ml of castor oil for purgation.
- Severe itching and dryness in vagina – mix 1 tablespoon of castor oil with 100 ml of milk and drink it twice daily.
- Uterine diseases – Sukumara ghritha, a medicine prepared with castor oil is very helpful.
- Spinal disorders – perform purgation by drinking castor oil mixed with the juice of Nirgundi (another herb that looks like Basil).
- Night blindness (nyctalopia) – eating tender castor leaves fried in ghee, is effective.
- Castor leaves are also used for preparing the bolus bags for Ela kizhi ayurvedic massage.

In addition, daily application of castor oil on the belly button is known to help maintain overall health. Castor is used as an ingredient in a large number of ayurvedic medicinal preparations including Balaristam, Astavargam kasayam, Vidaryadi ghritham, Vidaryadi leham, Gandhervahastadi erandatailam, and Sukumara ghritham. These formulations are used to address various vata problems – from body pain, Parkinson’s disease, hemiplegia, backache, sciatica, and constipation, to treating asthma, anemia, and diabetes. 





Highlights from  
Hindu Satsang's Monthly Sabha  
held on September 24, 2024

Thank you Reshmi Ji to bless us with  
your singing and Om Dhingra to share  
your knowledge on Osteoporosis.

Besides that Thank you Nandji and his  
team to put Ramlila together on the  
stage of HTGC. Here are some  
highlights of the Ramlilal show held  
on Vijya Dhashmi October 12th.





## Diwali Quiz

By Shivam Viswanathan

Many nations and religions celebrate Diwali in a variety of ways and for a number of different reasons. How well-versed are you with Diwali? To find out for sure, take this quiz which is all about about Diwali.

1. On the day of Diwali, who killed Narakasura and when?  
A. Kalki, Kali Yuga  
B. Shiva, Satya Yuga  
C. Krishna, Dwapar Yuga  
D. Rama, Treta Yuga
2. What do Sikhs celebrate on Diwali?  
A. Narak Chaturdashi  
B. Bhaubeej  
C. Bandi Chhor Divas  
D. Baisakhi
3. Which Hindu month is Diwali observed on?  
A. Ashvin  
B. Kartik  
C. Sravana  
D. Chaitra
4. In Malaysia, the festival of Diwali is also called ...  
A. Durga Puja  
B. Kali Puja  
C. Durgashtami  
D. Hari Diwali
5. Which Indian God is worshiped alongside Goddess Lakshmi on Diwali?  
A. Lord Krishna  
B. Lord Shiva  
C. Lord Ganesha  
D. Lord Vishnu

6. Can you arrange the following five days of Diwali in the correct order of occurrence?  
**A.** Dhanteras, **B.** Narak Chaturdashi, **C.** Diwali  
**D.** Govardhan Puja **E.** Bhai Dooj.  
1. A, B, C, D, E  
2. E, B, C, D, A  
3. B, E, C, A, D  
4. D, E, C, A, B
7. Lord Mahavira is the founder of Jainism. During Diwali, what do Jains celebrate?  
A. Lord Mahavira's birth  
B. The departure of Lord Mahavira from this world  
C. Lord Mahavira's renunciation of all worldly possessions  
D. On this day Lord Mahavira reached a state called Moksha (nirvana, or eternal bliss)
8. Why is Dhanteras celebrated?  
A. Dhanteras is the birth anniversary of Lord Dhanvantari who gave the knowledge of Ayurveda, a natural system of medicine, to mankind.  
B. Marketing campaign to make people spend their money or dhan.  
C. Culmination of boat race festival in Kerala.  
D. Diwali in Srilanka is called Dhanteras
9. This country observes Kukur Tihar, also known as the "day of the dogs," on the second day of the five-day Diwali festival by worshiping dog. Name the country.  
A. Bhutan  
B. Nepal  
C. Thailand  
D. Bangladesh

Answers on the next page





## Answers

1. C. Lord Krishna, Dwapar Yuga
2. C. Sikhs celebrate Bandhi Chhor Divas since Guru Hargobind, the sixth Guru, was released from Gwalior prison in Madhya Pradesh on this day in 1619 CE. The day is known as Bandhi Chhor Divas (Prisoner Release Day) because 52 imprisoned princes (Bandhi) were released (Chhor) by him on this day (Divas).
3. B. Kartik
4. D. Hari Diwali - In Malaysia, Diwali is popularly called 'Hari Diwali' meaning 'Green Diwali' due to the ban on fireworks in the country. Though crackers are an integral part of the festivity, but, the brightly-lit diyas, lamps compensate for it and complete the missing piece.
5. C. Lord Ganesha
6. 1. A, B, C, D, E :  
**A.** Dhanteras, **B.** Narak Chaturdashi (Choti Diwali), **C.** Diwali  
**D.** Govardhan Puja **E.** Bhai Dooj.
7. 4. Lord Mahavira reached a state called Moksha (nirvana, or eternal bliss)
8. A. Dhanteras is the birth anniversary of Lord Dhanvantari who gave the knowledge of Ayurveda, a natural system of medicine, to mankind.
9. 2. Nepal

## INTERNATIONAL RAMAYANA DAY CELEBRATION

TICKET SALES at TICKETMASTER:

<https://www.ticketmaster.com/event/07006152F0BF4C0B>

for the 13th International Ramayana Dance Drama in celebration of 25th Anniversary of the International Ramayana Institute of North America (IRINA) with approx. 200 dancers and crews at North Shore Center for Performing Arts in Skokie, 9501 Skokie Blvd, Skokie, IL 60077 on November 3, 2024. Governor J.B. Pritzker proclaims INTERNATIONAL RAMAYANA DAY CELEBRATION on November 3, 2024.



Village of Woodridge Celebrating Diwali on October 27th. Please sign up before it reaches its maximum capacity.

## सवाल जवाब by K Nauth

कोई ज़रूरी नहीं, मिल जाये हर सवाल का जवाब आसान है, नहीं भी, अपनी कोशिश के हिसाब ॥ कई बार सवाल का होना ही होता है जवाब कई बार वक्त आने पर मिलता है जवाब । कई बार सवाल की वजह ही होती है उसका जवाब कई बार, जवाब की खोज में छुपा, उस सवाल का जवाब ।

हल ढूँढ़ने निकले, सवाल के जो मिले जवाब वो जवाब बनते गये फिर सवाल - बेहिसाब । कई बार सवाल करने पर दिया जाता है जवाब, सवाल के साथ ।

चलन इस होनी की - लगातार पैदा होते रहते हैं, सवाल से सवाल । अदा करते रहो अपने फर्ज़, चाहे नहीं मिले जवाब होते हैं कभी, कुछ ऐसे भी हालात ।

लागू होना चाहिए, जब व्यक्ति बने जानकार कितना अच्छा हो, जागृत

स्वयं व् उन्नत समाज

नहीं तो सब बेकार, ये सवाल जवाब । सामने सबके करें, जो सवाल,मालूम है जवाब अहंकारवश या सांझा हो सके, जो है ग्यात । बच्चे भोलेपन में, करते सवाल बार बार सीखें प्यार से,क्योंकि बड़ों से ठहरा लगाव । यदि नियत खराब, उड़ाना हो किसी का मजाक करै टेढ़े सवाल, फैलाये मतलब के जवाब सच को झूठ, झूठ को सच, है आपसी मनमुटाव परख बहुत आवश्यक, अगर आदर्श है झुकाव ॥ मानना आदत नहीं, कारण विरोधी भाव टस से मस नहीं होना, घुमा फिरा कर दे जवाब । जनाब ने दिया जवाब, हाँ में हाँ - भरपूर मिठास इतना सुखद लगा, नहीं हो रहा था विश्वास भूलभुलैया मैं उलझाये रखा, बढ़ता गया तनाव बरतने पर पता चले , कितना बनावटी ये साथ ॥

इशारों से मना किया देने को जवाब, रहा ऊपरी हाथ दूसरे को डरा कर, अपनी जगह का किया बचाव ॥ माँगा जाये जवाब, दवाब से, जब होती है पूछताछ गलत कहलवाया जाता है, अपनी इच्छानुसार ॥ “चुप” कुछ कहा तो पड़े मार - अगर होये अत्याचार अपनी रक्षा में बोल ”एक ईश्वरीय आशीर्वाद” अथवा निकले चीत्कार ॥

कोई नजर फेर ले तो टूटे दिल से आती है अवाज़ आँखों में नमी, संवेदना का बहाव, पूछने वाले का गुस्सा झोले,अपना बना, सहमे से दे जवाब है बहुत परवाह, नाते ऐसे करोड़ों में, होते एक आध ॥

हर इंसान की अपनी अपनी सोच व सवाल जवाब इस कदर गर एक सवाल, तो हजारों जवाब या फिर, हज़ारों सवालों का एक जवाब ॥ कश्मकश हो गहरी, चुप्पी बन जाती है जवाब जुबां न कहे नज़रे बोल देती हैं - अपने आप । अन्दर से निकले सवालों के सही जवाब तभी, जभी, स्वभाव में गुणों का वास । खुद ही सवाल में घुलते जायें जवाब ज्योंकि मन शांत, मंषा- साफ मालिक पास संतोष के वो पल - ना सवाल ना जवाब उमा कहे - बस एक एहसास ही एहसास ॥



Indian American Community Outreach Advisory Board Presents

AURORA ILLINOIS City Of Lights

2024 DIWALI CELEBRATIONS!

SAT, OCTOBER 26th  
4:30PM - 8:30PM

METEA VALLEY HIGH SCHOOL  
1801 N. Eola Rd, Aurora, IL, 60502

Enjoy Culture, Music, Performance,  
Ethnic Food, & Merchandise



### **Guest Singer Mr. Sanjiv Saraswat**

Sanjiv Saraswat is one of the best male singers in the Chicagoland and he is admired for his singing Ghazals, Bhajans and Bollywood songs of the Golden Era. Besides singing he is also a very good tabla player and can play dholak as well. He also has performed in other states across the country.



### **Guest Speaker Dr. Viji Susarla PhD**

Viji Susarla obtained her PhD in psychology from Andhra University, Visakhapatnam and worked as the Assistant Director in the Institute for Yoga Consciousness (research wing) and Lecturer in Department of Psychology & Parapsychology, Andhra university.

Since moving to the US, she became licensed in Clinical Psychology and started practicing under the name Self Improvement Through Awareness (SITA). Her office is in Naperville. Her specializations include Cross Cultural Therapy, Attention Deficit Hyperactivity Disorder for adults and kids, and Post Traumatic Stress Disorder.

She also founded the organization Manodarshan, with the goal of promoting mental health awareness in the community and eradicating stigma. For the last 7 years, she has been making monthly online presentations on mental health awareness topics to the community at large.

For the last 8 years she has been conducting yearly mental health awareness walkathons. She has done over 100 community mental health presentations in US and India. She is also conducting research on various topics specific to the Indian diaspora in US.

# Hindu Satsang's Monthly Sabha (4th Sunday of the month) 10 AM CST on Sunday, 27th, October 2024 at VSC

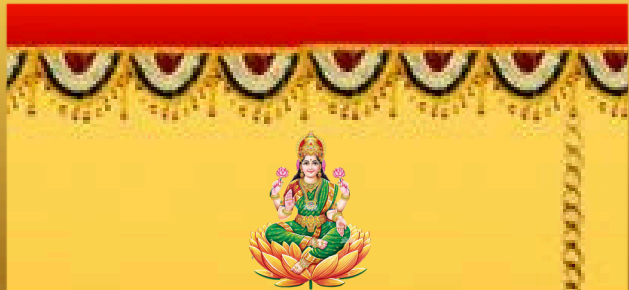


Everyone is  
cordially invited

## Hindu Satsang Sabha

**Venue:** Gupta dining hall at HTGC Temple, Lemont, IL)

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



### August & September Aarti Collections

Thanks everyone for your  
generous donations.



August: CASH	\$195
September: CASH	\$99
August: Nand Prakash & Renu Garg	\$101
August: Dharam & Kiran Punwani	\$101
September: Sunil & Madhi Chopra	\$51
<b>Total</b>	<b>\$547</b>

| Om Shree Mahalakshmyai Cha Vidmahe ..  
Vishnu Patnyai Cha Dheemahi  
Tanno Lakshmi Prachodayat Om |



## Program



Convener for this month's  
Satsang is Sh. Om Tiwari

10:00 am:	Vedic Pooja
10:10 am	Bhajans by Satsangis
10:30 am	Guest Singer: Mr. Sanjiv Saraswat
11:00 am	Guest Speaker: Dr. Viji Susarla Ph. D
11:45 am	Aarti followed by lunch (HTGC kitchen).



### Maa Annapurna devi

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

### October Prasad (lunch) Sponsors:

***Sunita Arora and family***  
***Manju Kalra and family***  
***Anita Singhal and family***

