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Hindu Satsang Updates

By Shivam Viswanathan

Pranaam to all Satsangis!

Amitab ji is out of the country so I am filling in for him this month. Best wishes for the New Year to all of you! As it has been a tradition with Hindu Satsang, we start the new year with **Sundar Kand** paath. This year we will have ISSA (International Society for Spiritual Advancement) sevaks who will present Sundar Kand. More details about ISSA on [Page 10](#). Also read about the beauty of Sundar Kand on [Page 9](#).

In February, our annual **Youth Festival** is scheduled to take place. The event will be held on Sunday, February 25th, at Rathi Auditorium, HTGC temple, starting from 10 am. Children aged up to 18 are invited to participate and exhibit their talents. All participants will receive a trophy with their name engraved on it. It's an opportunity to showcase your talents to the world! Prepare for the Youth Festival by showcasing your talents — singing, dancing, playing an instrument, or any entertaining act, including Bollywood, but ensure it has a devotional theme.

Further information will be conveyed through email. Note that the February Youth Festival will substitute our usual Satsang Sabha. Please share the details about Sundar Kand and the Youth Festival with your family and friends, and extend invitations for them to join us. The more people we have participating in our Hindu Satsang programs, the more vibrant and enjoyable the celebrations will be.

Wishing you all a joyful Vasant Panchami on Thursday, Feb 14th, and a celebratory India's Republic Day on Friday, January 26th. Don't forget to join the inauguration of the Ram Mandir celebration at Mall of India on January 21, a Hindu Satsang partnered event.

As we kick off our meetings for the year, please make it convenient to attend our special Sundar Kand Sabha on January 28th at 10 am.

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Happy Birth Month to our Satsangis born in January



Ajay Buti	Ajay Gupta	Archana Agrawal	Amisha Shah	Aroon Pal	Aruna Sharma	Arushi Singh
Binish Choksi	Dinkar Tiwari	Gunjali Mittal	Karuna Uppal	Kushal Sareen	Manju Goel	Neeraj Kataria
Nina Choksi	Niranjan Kataria	Payal Dhingra	Preeti Kalra	Promilla Dhar	Rajesh Tiwari	Raman Noharia
Reena Sood	Richa Agnihotri	Richa Bhargava	Rishi Salgia	Rohini Bahl	Ruchi Kapoor	Serena Raheja
Shana Bhagwat	Shikha Malhotra	Sudhir Aggarwal	Subhash Sharma	Sudha Parikh	Sujata Sharma	Surbhi Agarwal
Surendra Salgia	Vinod Gandhi	Suresh Ambegaoker	Vipin Malhan	Hemal Gandhi	Sonia Gunya	

Happy Anniversary शादी की सालगिरह पर ढेर सारी शुभकामनाएं!

Jharna & Gitesh Shah	Roma & Neil Bhagat	Sadhana & Rajesh Tiwari	Sharda & Manohar Sharma	Shubh & Ramesh Malhan
Sudha & Hans Upadhyay	Tripta & Brum Pal	Vijay & Nisha Goyal		

Gift of Laughter on Your Anniversary



Frugal husband: "Happy anniversary Dear!

Remember, in marriage, compromise is key. So this time, I'll get to pick the restaurant, and you get to pick the location.

Romatic wife: "Okay"

Husband: "McDonald's, value meal."

Wife: "Sure McDonald's is fine, but the one in Hawaii"

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.

An Ayurvedic Perspective: Correct Iron Deficiency (Pandu) with Ayurveda By Sh. Rajeev Jain



Overview

Iron deficiency (or Anemia) is a wide spread condition in which the number of red blood cells or the haemoglobin concentration within them is lower than normal. Hemoglobin is the main protein in red blood cells, and it transports oxygen to all cells in the body. When iron is deficient there is less oxygen circulating in the blood and therefore less oxygen reaching the cells.

The World Health Organization estimates that globally, 42% (approximately 269 million) children below 5 years of age are anemic and suffer from iron deficiency. In addition, they claim that in 2019, 30% (539 million) of non-pregnant women and 37% (32 million) of pregnant women aged 15–49 years were affected by anemia. In USA, approximately 5.6% of the US population is affected by it.

Common Symptoms:

While there are many symptoms for iron deficiency, the most common ones include:

- Heavy and weak muscles
- Pale white or yellow complexion
- Physical weakness and fatigue
- Body dryness and lack of sweating
- Low vitality and immunity
- Impaired or dull senses.

Causes - Ayurvedic Perspective:

According to Ayurveda, iron deficiency is a condition called “Pandu” which in Sanskrit means pale, white or yellow skin. Iron deficiency affects the rasa (lymph) and rakta (blood) dhatus (tissues) which directly affects the color of skin. In addition, mamsa dhatu (muscle tissue) and meda dhatu (fat tissue) maintain the texture and suppleness of skin respectively. Together these four dhatus (tissues) are important for maintaining a healthy appearance of our skin.

Pandu is usually a disorder caused by an aggravated pitta dosha. Aggravated pitta’s hot and sharp qualities impair digestion. The sequential conversion of rasa, rakta, mamsa and meda dhatus produces poor quality tissues.

However, if Pandu is caused by vata dosha, the symptoms include a grey or drawn complexion, dry skin, body ache, pricking pain, cramping muscles, headache, tinnitus, tremor, dry stool, and loss of body hair. There will also be a distaste in the mouth along with bloating and gas distention of the abdomen. In case of Kapha driven Pandu the symptoms include a feeling of heaviness, exhaustion, nausea, pale white complexion, excess saliva, edema or fluid retention.

Ayurvedic Approach:

Ayurveda focuses on the root cause and has a multi-pronged approach to treat Pandu. It includes, (1) appropriate diet, (2) special yogic exercises, and (3) herbal supplements. Though the Ayurvedic approach takes time, research studies have shown that it can provide lasting benefits. We will discuss each of these components in greater detail.

(1) Appropriate Diet:

Diet should be balanced and include foods that pacify the imbalanced dosha. Commonly, the first step is to improve digestion and balance pitta dosha. In addition, consume foods that are rich in iron as well as those that help in iron absorption. Frequently, diet will include iron rich foods like raisins, beets, molasses, cooked spinach and kale, broccoli, soybeans, kidney beans, chickpeas, and lentils, foods that increase strength and energy like wheat, almonds, pumpkin seeds, cow milk, ghee, tofu, apples, grapes, pomegranate, dates, and honey.



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Foods to avoid:

- Incompatible foods: Ayurveda places importance on proper food combinations to aid digestion. Avoid consuming incompatible foods at the same time.
- Foods that hinder iron absorption: for example, coffee, tea, and foods high in calcium and oxalates.
- Foods that aggravate pitta dosha: avoid sour, salty, spicy, fermented foods like yogurt, curd, pickles, and alcohol as they aggravate pitta dosha.

(2) Exercise/Lifestyle:

Avoid activities that aggravate pitta dosha including exposure to the hot sun, over exercising, and unresolved anger or jealousy.



Yoga should be helpful in the context of managing health, including conditions like iron deficiency as it can help with:

- Stress Reduction: Yoga is well-known for its stress-relieving benefits. By practicing yoga regularly, individuals should experience reduced stress levels.
- Improved Circulation: Certain yoga poses, help improve blood circulation. Better circulation supports the transportation of oxygen and nutrients, including iron, throughout the body.

Enhanced Digestion: Poses that involve twisting and gentle compression, aid in digestion. Improved digestion results in better nutrient absorption, including those related to iron deficiency.

- Increased Energy Levels: Regular yoga practice increases energy and vitality.
- Mind-Body Connection: Yoga emphasizes the mind-body harmony, and promotes awareness and mindfulness. This can positively influence lifestyle choices and dietary habits.

Here are some specific yoga postures that may be beneficial to address iron deficiency:

· **Inversions:**

Adho Mukha Svanasana: This posture promotes blood circulation to the head and improves overall circulation in the body.



· Viparita Karani: This gentle inversion encourages blood flow to the pelvic region and supports better circulation.

· **Twists:**

Ardha Matsyendrasana: Twisting poses stimulate the abdominal organs and aid in digestion, potentially supporting nutrient absorption.



· **Forward Bends:**

Uttanasana: This pose stretches the spine, stimulates the abdominal organs, and promotes relaxation.



Paschimottanasana: A seated forward bend can also support gentle stretching and relaxation.



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• **Chest Openers:**

Bhujangasana: This backbend opens the chest and stimulates the abdominal organs.



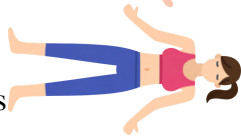
Balancing Poses:

Vrikshasana: Such poses improve focus and concentration, potentially supporting overall well-being.



• **Relaxation Poses:**

Shavasana: This pose promotes deep relaxation and helps reduce stress.



While performing yogic asanas, always listen to your body and avoid overexertion. It's essential to perform these asanas gently and mindfully.

Similarly, pranayama, or yogic breathing exercises, are beneficial for individuals with iron deficiency to reduce stress, promote relaxation, and enhance overall well-being. Some pranayama techniques recommended for iron deficiency include:

1. Anulom vilom: a balancing and calming pranayama that can help reduce stress and anxiety.
2. Bhramari: it has a soothing and calming effect on the mind and alleviates stress.
3. Ujjayi pranayama: this involves gentle constriction of the throat while breathing and is relaxing.
4. Kapalabhati: it is an active and energizing pranayama that invigorates the mind and body.

These pranayama techniques should ideally be practiced daily. When practicing pranayama, remember to maintain a comfortable and upright posture and focus on the breath.

(3) Herbal formulations:

Ayurvedic therapy for Pandu should begin with panchakarma to balance the aggravated pitta dosha. Here are some commonly used Ayurvedic herbs and remedies for iron deficiency:

1. Ashwagandha (*Withania somnifera*): This adaptogenic herb is traditionally used to support the body's stress response. It may be included in formulations to improve overall vitality.
2. Lauh Bhasma: It is a traditional Ayurvedic preparation of iron. It is believed to be beneficial for improving iron levels in the body.
3. Triphala: It is a combination of three fruits and known for its digestive and detoxifying properties.
4. Shatavari (*Asparagus racemosus*): Shatavari is recommended in cases of anemia, particularly in women.

Kindly do not consume above formulations without consultation with an Ayurvedic practitioner. In particular, selection of herbs chosen to balance the doshas and support healing will depend on dosha imbalance, your constitution and other health factors.

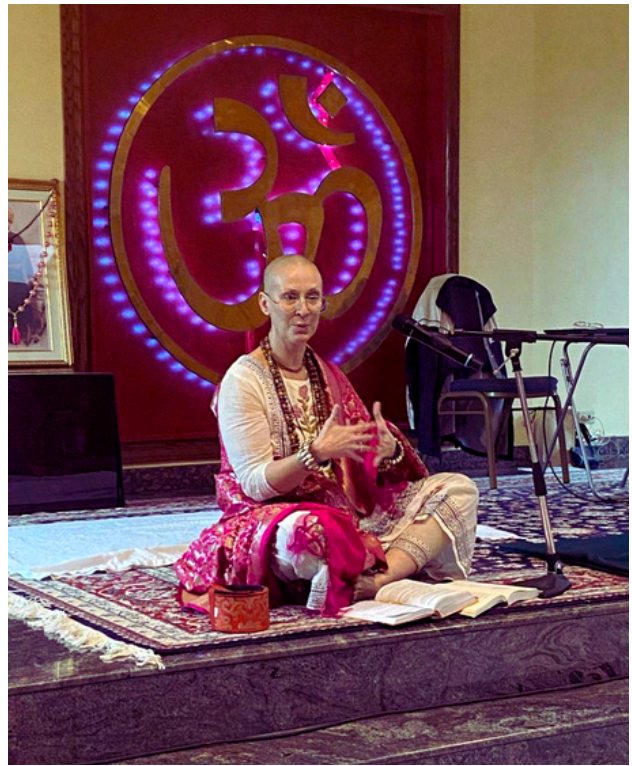
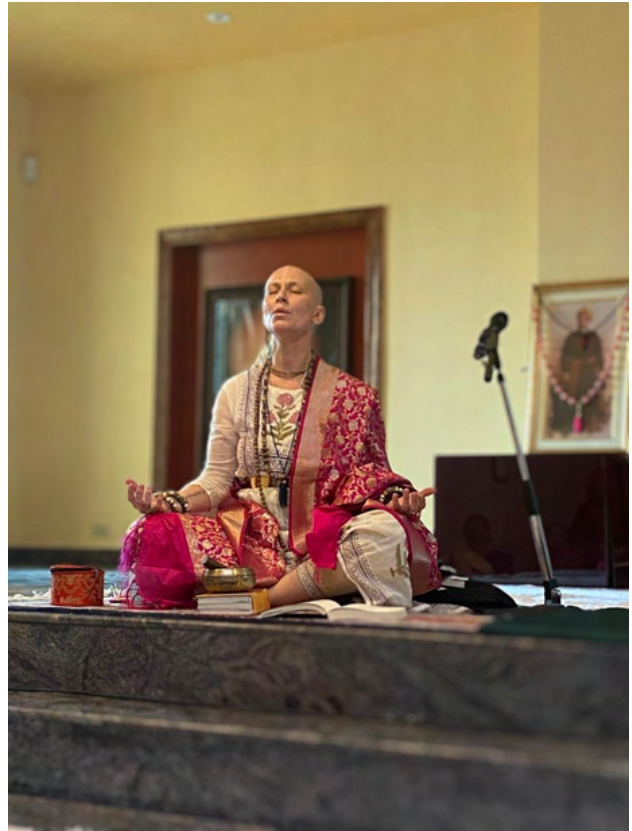
"Embrace nourishment as your true remedy, and let your treatment be found in food." ✨

A glimpse of
Hindu Satsang's Monthly Sabha
held on December 24, 2023

Guest Singer: **G. Kamath**



Guest Speaker: **Neringa Liepsna**





Quiz

The Ramjanmabhoomi Mandir

By Shivam Viswanathan



The Ramjanmabhoomi Mandir: A Symbol of India's Cultural Renaissance

The Ramjanmabhoomi Mandir is not just a religious site, but a convergence of faith, history, and architectural excellence. It stands as a testament to the enduring legacy of Shri Ram and the collective spirit of the nation. As a guiding beacon for future generations' spiritual and cultural aspirations, it marks the beginning of India's cultural renaissance. However, let's also remember the individuals who sacrificed their lives to bring this temple into existence. It's important to revisit the stories of these brave Karsevaks who made sacrifices for the Ramjanmabhoomi from the Mughal era to Mulayam.

Here is the Quiz:



1. In which year was the Babri Masjid erected over the site of the destroyed Ram temple, and who was responsible for this?
2. What is the name given to the tragic event that occurred when a mob set fire to the Sabarmati Express, resulting in the deaths of 59 Hindu pilgrims and karsevaks returning from Ayodhya?
3. Which leader initiated a "Rath Yatra" to Ayodhya in September 1990 to gain support for the movement?
4. In 2018, the city was restored to its original name, "Ayodhya." What name had the Mughals given to Ayodhya before this restoration?

5. On October 30, 1990, forces, acting under directives from the Uttar Pradesh Chief Minister, opened fire on Hindu sevaks, resulting in the death of over 50. Who was this Chief Minister?
6. What is the architectural style of the new Ram Janmabhoomi temple being inaugurated in January 2024?
7. Which company has volunteered to oversee the design and construction of the temple free of cost?
8. Who successfully fought the Ayodhya land dispute case in court?

Answers

1. Mir Baqi, the commander of Mughal invador Babur, built the Babri Masjid in 1528 after demolishing the temple at the birthplace of Shri Ram.
2. The Godhra train burning incident.
3. Then BJP president, L. K. Advani
4. Faizabad
5. On October 30, 1990 more than 50 Hindus were gunned down by the police on orders of the then Uttar Pradesh Chief Minister Mulayam Singh Yadav, when they gathered in Ayodhya as participants of the Rath-Yatra; their bodies were thrown in the Saryu river.
6. The main temple is built in Nagara style architecture.
7. Larsen & Toubro
8. Keshav Parasaran, aged 93, emerged victorious in the Ayodhya land dispute case and earned the title "Pitamah of Indian Bar" for his significant contribution. Notably, he also took on the Sabarimala case and the legal battle to protect Ram Setu. Even at his advanced age, he displayed remarkable dedication by standing for hours during court proceedings. Despite judges urging him to sit down, he steadfastly refused.

The Beauty of Sundar Kand

by Shivam Viswanathan

What is Sundar Kand?

Sundara Kaanda, or Sundar Kand, is the fifth book (out of seven) in the Hindu epic, the Ramayana. The original Sundara Kanda is in Sanskrit and was composed by Valmiki, who was the first to scripturally record the Ramayana.

Why is it called Sundar Kand?

Hanuman ji was fondly called 'Sundara' meaning a charming one, by his mother Anjani. Sage Valmiki chose this name because the Sundar Kand is about Hanuman and his devotion to Rama.

How is Sundar Kand different from other parts of the Ramayana?

Sunder Kand is the only part of the Ramayana in which the hero is not Rama, but rather Hanuman. The work depicts the adventures of Hanuman, and his selflessness, strength, and devotion to Rama.

What are the benefits of listening to Sundar Kand?

Each of the Ramayana's verses is a mahamantra. Although the entire Ramayana is beautiful, Sundar Kand is particularly wonderful. Just as the Gita is the best part of the Mahabharata, similarly, Sundar Kand is the best part of the Ramayana.

It is believed that just listening to Sunderkand has many benefits. A few of them are:

- It can help ward off evil.
- It removes all the negativity and obstacles from one's life and bestows the person with happiness and prosperity.
- Sundar Kand teaches you how one can overcome every difficulty and unfortunate situation
- Reciting Sundar Kand also plays a vital role in improving the financial condition of a person.
- It protects oneself against diseases and ensures good health.

What is the beauty of Sundar Kand?

It is impossible for anyone to explain the beauty of Sundar Kand in a few words. But I'll use the following verse to try to explain the sundarta of Sundar kand:


सुन्दरे सुन्दरो रामः सुन्दरे सुन्दरी कथा
सुन्दरे सुन्दरी सीता सुन्दरे सुन्दरं वनम्।
सुन्दरे सुन्दरं काव्यं सुन्दरे सुन्दरः कपिः
सुन्दरे सुन्दरं मन्त्रं सुन्दरे किं न सुन्दरम्॥

Rama is handsome (sundar), and so is the story.

Sita is beautiful, as is the Ashoka Vanam (where Sita was held captive by Ravana in Lanka).

The Kaavya (poems) are beautiful, and so is Hanuman, the self-realized kapi / vanara.

The mantras (sacred hymns) are beautiful. So what isn't beautiful about Sundar Kand?

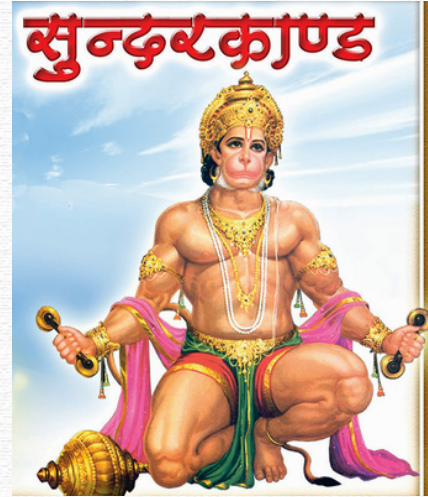
Don't miss Sundar Kand on January 28, starting at 10am, at Vivekananda Hall at HTGC (Lemont Temple). 

Special Hindu Satsang Program in the Month of January

For the past 26 years, ISSA (International Society for Spiritual Advancement) has stood as one of the foundational pillars of Sanatan Dharma upliftment, primarily within Chicagoland and the Washington DC Metropolitan areas. Under the guidance of Ramanand Dwivedi Ji, ISSA conducts spiritual programs, reciting Sunderkand and Ram Charit Manas Path throughout Chicagoland, Washington DC, and many other North American cities.

As the world eagerly anticipates the Ayodhya Ram Mandir Inauguration on January 22nd, which has brought devotees together from all around the world and invoked spirituality like never before, ISSA is organizing several recitations in the month of January. This includes the Sunderkand recitation on Sunday, January 28th, at Hindu Satsang.


ISSA is dedicated to spreading spiritual awareness and igniting the love for Ram Ji and Hanuman Ji, especially among youth and little kids. This connection, once established, acts as a protective kavach that prevents us from getting distracted and helps us stay on the righteous path. As Sant Tulsi Das Ji says in Ram Charit Manas, the Lord protects us like a mother all the time: "*Karahu Sadha Tin Kar Rakhwari, Jimi Baalak Raakhe Mahatari.*" (करहुं सदा तिन के रखवारी। जिम बालक राखे महतारी।)



This connection with the Lord strengthens the inner bond and helps us through difficult times.

ISSA is committed to performing community service by chanting weekly Sunderkand and monthly Ram Charit Manas path at various residential and spiritual establishments to instill faith and supreme consciousness. The Bhakti of Lord Hanuman is our guide, and each verse from Ram Charit Manas is pure nectar, if only one is willing to drink.

ISSA also organizes a yearly Sunderkand Mahayagya program with a minimum of 108 families, which will be performed this year on April 27th, 2024. There is no fee of any sort, and everyone is invited. ISSA sevaks include Shri Ramanand Dwivedi Ji, Mithlesh Sharma Ji, Ram Shraddha Das Ji, Anand Tiwari Ji, Rahul Trivedi Ji, Pankaj Patel Ji, Ramesh Savsani Ji, and Inder Gurtatta ji.

Please join us for Sunderkand on January 28th at the Lemont Hindu temple, Vivekananda hall. 

Hindu Satsang's Monthly Sabha (4th Sunday of the month) 10 AM CST on Sunday, 28th, January 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	Sundarkand delivered by ISSA sevaks (Ramanand Dwivedi Ji, Mithlesh Sharma Ji, Ram Shraddha Das Ji, Anand Tiwari Ji, Rahul Trivedi Ji, Pankaj Patel Ji, Ramesh Savsani Ji, and Inder Gurtatta ji.)
11:45 am	Program followed by lunch

We invite everyone to Satsang Sabha
Come and feast on food for the
body, mind, and soul.

December Aarti Collections

Thanks everyone for your
generous donations.

Gitesh & Jharna Shah	\$101
Jug & Madhu Uppal	\$101
Dharam & Kiran Punwani	\$101
Cash	\$56
Total	\$359

| 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.



January Prasad (lunch) Sponsors:
Sadhana & Ramesh Tiwari
Vibha & Manu Sharma
Dinkar & Shelley Tiwari