सितम्बर २०२५ September 2025

हिन्दू सत्संग समाचार

Hindu Satsang Samachar





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Hindu Satsang Update

Dear Satsangis!
What a beautiful Janmashtami celebration we shared together! From little ones to the young-at-heart, every performance brought joy and devotion to the stage. A big thank you to our wonderful coordinators, Daljit ji and Swapnal ji, and to all the volunteers, participants and audience members for your energy, love, and support in making this program such a heartfelt success. A big thank you to India house for delicious Bhojan after the program. See inside for more coverage of the program.

This month's program:
Date: **Sunday, Sept 28, 2025**
Time: **10 AM**
Venue: **Gupta Dining Hall**
Our guest singer is Mukesh Shah ji, a passionate self-taught artist. Our speaker, Rajeev Jain ji, will enlighten us on Ayurveda.

Join us for our grand annual Ramlila on October 4, presented in collaboration with HTGC! We welcome all children to take part in this cherished tradition — to participate, please reach out to Sh. Nand Parkash Garg at 630-750-6669.

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नमस्ते

Dussehra (Vijaya Dashami): October 2- Celebrates the victory of Lord Rama over Ravana, symbolizing good over evil.
Karva Chauth: October 10- A fasting ritual for married women.
Dhanteras: October 18-. Auspicious day for buying gold and starting Diwali cleaning.
Diwali (Lakshmi Puja): October 20-. The festival of lights, marking prosperity and joy.
Bhaiya Dooj: October 23- celebrates the bond between brothers and sisters
Chhath Puja: October 27-.dedicated to the Sun God (Surya Dev) and Chhathi Maiya (a maternal deity), celebrated for its unique worship of both the setting and rising sun

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	Kieran Oza
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

Anjali & Vishal

शादी की सालगिरह पर बधाई एवं ढ़ेर सारी शुभकामनाएं!

Laughter is the best medicine

Best Birthday & Anniversary One-liners

"Love is blind — but marriage is a real eye-opener."

"Birthdays are good for you — the more you have, the longer you live!"

"You know you're getting old when the candles cost more than the cake."

"Forget the past — you can't change it. Forget the present — I didn't get you one."

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.

Let's Talk Pranayama & Ayurveda — Blow Hot, Blow Cold

By Sh. Rajeev Jain

Last month we discussed the benefits of practicing pranayama. This month, we're diving into how pranayama (yogic breathing) fits into Ayurveda and why it's more powerful than it looks on surface. It might seem simple—just breathing, right? But, there is a lot more to it. And, if you've got certain health conditions, there are a few things to watch out for before jumping in.

Why Pranayama Is a Big Deal in Ayurveda

Ayurveda is all about keeping your body's energy (called *prana*) in balance. Pranayama helps regulate that energy, which is key to staying healthy—physically, mentally, and emotionally. It also manages the body temperature.

Here's how it works:

1. **Balancing your doshas:** Ayurveda says we're all made up of three doshas —Vata, Pitta, and Kapha. Each one needs a different breathing style if it is aggravated:
    - *Vata*: Go for slow, grounding breaths like Nadi Shodhana (aka alternate nostril breathing).
    - *Pitta*: Cool it down with Shitali (a cooling breath).
    - *Kapha*: Fire it up with energizing breaths like Kapalabhati.
2. **Detox:** Pranayama clears out your energy channels (called *nadis*), helping your body flush out toxins and feel lighter.
3. **Mental reset**: Feeling stressed or emotionally off? Pranayama helps calm your mind, ease anxiety, and sharpen your focus.
4. **Better digestion:** Breathing techniques like Bhastrika get your digestive fire going—super important in Ayurveda.
5. **Immunity boost:** Strong breath = strong lungs and efficient blood circulation = better immunity.
6. **Meditation prep:** Want to go deeper in meditation? Pranayama gets your body and mind in sync so you can really tune in. Many meditation styles even want you to focus on your breath.

Basically, pranayama is like a bridge between your body and your inner world. It's not just breathwork—it's soul work. An ayurvedic treatment for any disease typically includes pranayama as part of the therapy.

When to Be Careful with Pranayama

If you've got any of the following health issues, it's smart to check in with a yoga teacher or Ayurvedic expert before starting:

- **Breathing problems (like asthma or COPD):** Stick to gentle techniques. Skip anything forceful like Kapalabhati.
- **High blood pressure:** Avoid breath-holding or intense styles like Bhastrika.
- **Heart issues:** Go easy—slow, calming breaths like Nadi Shodhana are best.
- **Pregnancy:** No breath-holding or fast exhalations. Keep it soft and slow.
- **Neurological stuff (like migraines or epilepsy):** You might need to tweak your practice.
- **Mental health concerns (anxiety, depression, PTSD):** Pranayama can help, but work with someone who gets your needs.

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- **Healing from surgery or injury:** Take it slow. Gentle breathwork is your friend.
- **Chronic conditions (like diabetes or arthritis):** You'll benefit most from a customized approach.

Pro tips:

- Practice on an empty stomach or wait a few hours after eating.
- Don't force your breath—ease into it.
- If you feel dizzy or off, stop and rest.

Want to Learn by Watching?

No teacher nearby? No worries. These YouTube videos are great for learning the basics and getting your technique right:

- 5 Minute Pranayama For Beginners | Practice Breathing ... – perfect if you're short on time and just starting out. 5 Minute Pranayama For Beginners | Practice Breathing Exercise | Pranayama Benefits | Dr. Hansaji
- 10 Minutes Traditional Pranayama Techniques Must Do ... – a great intro to traditional styles with clear guidance. (45) 10 Minutes Traditional Pranayama Techniques Must Do Everyday | Breathing Techniques - YouTube
- 15 Mins Pranayama Practice | 5 Deep Breathing Exercises ... – covers multiple techniques in one session. 15 Mins Pranayama Practice | 5 Deep Breathing Exercises you should do Daily

There are many YouTube videos by The Yoga Institute, Swami Ramdev, Swami Sri Sri Ravi Shankar that give you the correct way to practice pranayama. Due to its popularity and ease of posting a video, there are many teachers of pranayama and yoga that are not authentic and hence you may not gain the benefit.

Whether you're looking to heal, recharge, or just breathe a little easier, pranayama has something amazing to offer. After a good session, you'll feel calm, clear, and totally refreshed. Give it a try!

Shloka for good health:

ॐ सर्वे भवन्तु सुखिनः ।सर्वे सन्तु निरामयाः ।सर्वे भद्राणि पश्यन्तु ।मा कश्चित् दुःख भाग्भवेत् ॥ॐ शान्तिः शान्तिः शान्तिः॥

भावार्थ:

सभी सुखी होवें, सभी रोगमुक्त रहें, सभी का जीवन मंगलमय बनें और कोई भी दुःख का भागी न बने।हे भगवन हमें ऐसा वर दो!

Wishing everyone a wonderful health and a joyous festive season!



The Origin of 'Morya' in the "Ganapathi Bappa Morya" Chant

By Shivam Viswanathan

In the vibrant festival of Ganesh Chaturthi, as dhol beats echo, one chant binds millions in joy and devotion: "**Ganapathi Bappa Morya**!" But **who is 'Morya',** and why does his name resound alongside Ganesha's at every celebration?

A Saint's Devotion

Nearly five centuries ago in Karnataka, a boy named Morya Gosavi was born into a family of ardent Ganesha devotees. As he grew, his faith deepened. Settling in Chinchwad near Pune, Morya dedicated his life to meditation and worship, reportedly experiencing divine visions and witnessing miracles. He became a living symbol of devotion to Ganapati, attracting followers from far and wide. According to legend, Morya discovered a self-manifested idol (swayambhu) of Ganesha in a river, establishing a temple that turned Chinchwad into a vibrant center of worship.

The Meaning of the Chant

- **Ganpati**: The Lord of multitudes, the remover of obstacles
- **Bappa**: Beloved father or protector
- **Morya**: Honoring the saint **Morya** Gosavi, and by extension, pure devotion itself

Morya Gosavi's final resting place remains a sacred site in Chinchwad, drawing thousands of pilgrims each year. Ever since, devotees chanting "Ganapati Bappa" have added "Morya" with affection, linking Ganesha with his legendary bhakta — celebrating not just divinity, but the power of sincere love and selfless service.

The Freedom Movement and a Festival Reborn

During British colonial rule, the authorities strictly prohibited public gatherings to prevent freedom fighters and nationalists from assembling and organizing protests. Large crowds were viewed as threats to colonial control, making it very difficult for leaders to unite people openly.

In this climate, Lokmanya Bal Gangadhar Tilak, a fiery independence leader, envisioned Ganesh Chaturthi as a perfect way to bring people together. In 1893, he transformed the festival from a private, home-based celebration into a grand, public event where people from all walks of life could gather without suspicion. The chant "Ganapathi Bappa Morya!"—energizing, easy to remember, and deeply rooted in Maharashtrian culture—became a rallying cry for unity, inspiring collective pride and hope.

Through Tilak's vision, what was once a devotional festival turned into a powerful tool of social and political unity, enabling Indians to come together peacefully under the guise of religious celebration and sow the seeds of a united freedom movement.

Hindu Satsang's Janmashtami Program, August 24, 2025



by Daljit Sabbharwal



Hindu Satsang celebrated Krishna Janashtami and India's Independence Day on Aug 24 in Rathi Auditorium in front of 200+ in the audience. Program started with invocation and morning prayers led by Subhash Sharma and Madhu Uppal. Glamorous celebrations included melodious bhajans, patriotic songs, dances, Raas Leela, musical performances by kids youth, adults and last but not the least was a very exciting patriotic poetry presentation by very famous poet from India Dr. (Col) V.P. Singh who had landed in Chicago just 2 days back. In all 22 items were performed on the stage by as many as 44 performers of all ages. All the performances were so well prepared and performed on the stage that every attendee in the audience remained glued to their seats. Following performers performed on the stage; Vihaan Gulati, Suhaani Gulati, Sanaaya Gulati, Subhash Sharma, Kiran Sharma, Kanchan Pandey, Daljit Sabharwal, Asha Mehta, Vihaa Arun Kumar, Shivana Samir Soni, Riddhika Gupta, Saanvi Sethi, Ansh Sethi, Krishiv Sethi, Dr. (Col) VP Singh, Bindu Pathak, Anushka Sabharwal, Anika Tiwari, Deepti Srivastava, Prijal Kansara, Shreejal Kansara, Tanishka Goyal, Mona Kapoor, Meher Pithadia, Saanvi Mahajan, Tanishi Mishra, Diya Mittal, Rashmi Gandhi, Madhu Uppal, Shriya Tiwari, Alka Sood, Jharna Shah, Abhinav Pal, Neev Deshmukh, Sashwat Marti, Arnav Surti, Krish Mittal, Aditya Vikram, Neel Shah, Niam Shah, Ohil Sannepalli, Kashvi Chaturvedi, and Sarayu Vandanapu.

Two musical schools namely Bindu Pathak's Jugalbandi Academy and Payel's Vocal Studios also brought their students for taking part in our celebrations. Participation certificates were given to all the performers as a token of appreciation for making our program successful. Huge thanks to all the performers, their directors and choreographers. Hindu Satsang also sincerely thank Dr. (Col) VP Singh for the enthusiastic patriotic poetry. Our Youth Coordinators Anika Tiwari and Ananya Singh did a wonderful job in emceeing the program. Thank you Hersh Sabharwal for preparing the Program Flyer and individual Program Slides for the projector. Thank you Shivam Viswanathan for taking care of the music files for the presenters. Thank you Subhash Pandey ji for bringing Dr. (Col) VP Singh to the program thus raising the bar for our future programs. Thank you Roma Bhagat ji for arranging paper plates, cups and cutlery for the Parsad. Thanks to Mahima Sabharwal and Swapnal Dubey for taking care of Registration of the performers. Thanks to India House for sponsoring such a delicious food/parshad for the 200+ attendees. Thanks to Laxman Singh for sponsoring hot Indian Tea for the attendees. Thanks to Ramesh Malhan ji for coordinating sponsoring of food by India House and his personal efforts in bringing sponsored food to the temple. Our Special Events Coordinators Daljit Sabharwal and Swapnal Dubey planned and coordinated the entire program very well.

Program ended with Vote of thanks by Roma Bhagat, General Coordinator and aarti led by Subhash Sharma. All the 200+ attendees enjoyed the delicious Prasad /lunch in the Gupta Dining Hall.

Jai Shri Krishna. Bharat Mata Ki Jai.

More Snippets from Hindu Satsang's Janmashtami Program, August 24, 2025

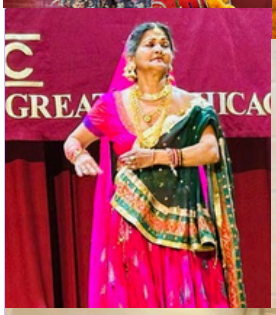


































Ramayana Quiz

By Shivam Viswanathan

Welcome to the Ramayana quiz! In this edition, all the answers begin with the letter "A" and focus on key figures from the ancient Hindu epic, the Ramayana. From revered sages and divine entities to heroic vanaras and mighty warriors, each question spotlights a pivotal personality who played an important role in this timeless epic. Challenge yourself and see how many of these iconic Ramayana characters you can recognize!

1. Who was originally an apsara named Puñjikastalā, who later became a vanara princess and, with divine intervention from Vayu, gave birth to Hanuman, an incarnation of Shiva?

2. Who was the son of Ravana and Dhanyamalini, killed by Lakshmana using the Brahmastra after learning from Vayu that his invincible armor could only be pierced by this divine weapon?

3. Which Vanara, the son of Vali and Tara, was a devoted follower of Shri Ram and helped him locate Sita and fight against Ravana?

4. Who was the youngest son of Ravana and Mandodari, killed by Hanuman in the battle at Ashoka Vatika?

5. Which maternal uncle of Ravana, a survivor of the battle with Khara and Dushana, urged Ravana to abduct Sita and was later killed by Hanuman?

6. Who was the wife of sage Gautama Maharishi, cursed to turn into a stone and later restored to her human form by Rama?

7. Which sage, the son of Pulastya and brother of Vishrava, met Rama, Sita, and Lakshmana during their exile and gifted them a divine bow and arrow?

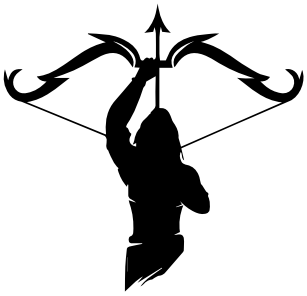
8. Who is the ascetic wife of Sage Atri, known for her devotion, miraculous powers, and life in a hermitage in the Chitrakuta forest?

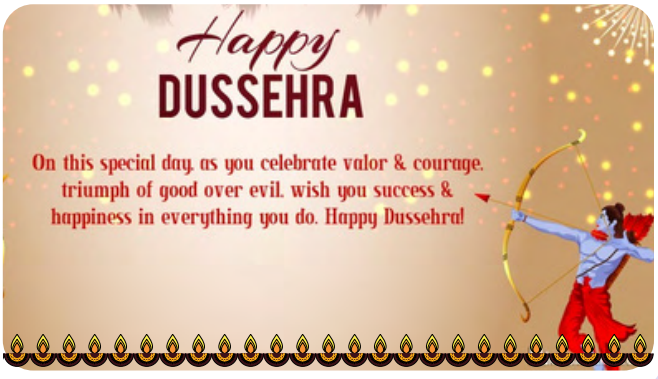
9. Who is the father of Jatayu and Sampati

10. Who was the father of King Dasharatha and the grandfather of Rama in the Ramayana?

Answers

1. Anjana
2. Atikaya
3. Angada
4. Akshayakumara
5. Akampana
6. Ahalya
7. Agastya
8. Anasuya
9. Aruna
10. Aja





Congratulations to Dr. Subhash Pandey for getting $8.3M federal grant, to continue UIC research on alcohol use disorder

We are thrilled to announce that **Dr. Subhash C. Pandey**, director of the Center for Alcohol Research in Epigenetics at UIC, has been awarded an impressive $8.3 million federal grant. The five-year grant renewal from the National Institute on Alcohol Abuse and Alcoholism (NIAAA) will fund the center's continued groundbreaking work on alcohol use disorder.
You can read the complete article here:
UIC-researchers-awarded





Annual Ramlila *Invitation*



- **Event:** Grand Annual Ramlila (Free)
- **Date:** Saturday, October 4th
- **Venue:** Rathi Auditorium, Lemont Hindu Temple
- **Time:** Program begins at 3:30 PM
- **Tradition:** For 26 years, children have been enacting the Ramlila with devotion and enthusiasm, carrying forward this cherished tradition.
- **Participation:** To participate, please contact:
  Sh. Nand Parkash Garg at 630-750-6669

Please come with your family and friends



UPA (United Punjabis of America's) FREE Diwali Mela

It is one of the largest and most vibrant South Asian festival events in the Chicagoland area, open to all communities and held at **The Matrix Club in Naperville.**

Event Details

- The UPA Diwali Mela 2025 takes place on **Sunday, October 5th, from 12 noon to 8 PM CDT at The Matrix Club, 808 Illinois Route 59, Naperville, IL.**
- Admission and parking free
- All ages are welcome for this family-friendly celebration.

Contact & RSVP

- For questions or to RSVP, email admin@upachicago.org

नारी

कविता उमा नाथ द्वारा लिखित

स्त्री-पुल्लिंग की महत्ता समान, रचना की ये गतिविधि
परन्तु भूमी पर तेरी पद्धति अति अनोखी, ओ नारी जाती
एक से अनेक रूप धरे, कई, चरित्र प्रकार प्रभु लीला नीति
मानी गई जब न्यारी, करूँ वही गुण गणना गिनती
प्रीतम मधुर मिलन में तुम मोहिनी युवती
सखा सखी - सम्बन्ध में तू सम्पूर्ण समाती
पुरष में बसती, पराई देह धर आकर्षित करती
इस प्रकार पर स्त्री से फिर अपनी बनती
माँ बनी बाल मुस्कान में फूल सी खिलती
नन्ही बेटी, उत्तरदायित्व व कोमलता लाती
बहन, औरत रक्षा, पवित्र नाता स्मरण कराती
भाई की प्यारी, माता पिता पुत्री आज्ञाकारी
मनभाये दोती पोती, पूर्वज आन, दुलारी संस्कारी
कन्यादान संस्कृति, जब भी निभाईं पुरातन रीति
अधूरेपन को पूर्ण करे,स्वभावी ये पत्नी प्रीति
संतान से वंश आगे बड़े, पूर्ती हो संसारी
करुणामई, ममतामई छत्रछाया तेरी गोदी
अन्नपूर्णा अर्धांगिनी,परिवार बांधे करती पोषण पुष्टि
स्वाभिमानी,घर स्वामिन,कर्तव्य शील, संचारी
क्षमा संवेदना, दयालू , तरल, त्यागी, ईश आभारी
धीरज सहन शील, सुशील, सहभागी सदाचारी
सेवा पूजन अन्तर से बंधी, स्वयं एक आरती
यदि सीधी सादी, लगे जैसे यूँ विनय विनती
दिखाई योग्यता उन्नति, जब अवसर मिला समाजी
उच्च स्थान प्राप्ति प्रगृति, सक्षम रही तू ऐसी
साथी की कमियों से अपने आप मै रहे छटपटाती
गृहस्थ मै मनमुटाव, अबला बन अकेली तड़पी
बांझपन बोझ से दबी,रुदन व्यथा चुपचाप सही
विधवा कथा जिस भी लिखी,यातना भरी लाचारी
कोठे पर धकेली गई, व्यभिचार की जो हुई शिकारी
अन्याय तले कुचली गई, पीड़ित पुकार गूंजी कई सदी
दात्री तुझ जैसी, जीवन चक्की मै पिसकर पाई जागृति
तेरी व्याख्या, उस समझी,जिस तेरी गाथा विवेक से परखी
कठिन परीक्षा हुई तेरी - हे वन्दे भारती
शिव सति, सतीप्रथा, अग्नि परीक्षा, पदमनी साहसी
लक्ष्मी बाई की तलवार चलाई, बन रानी झाँसी
दुष्ट, व्यभिचारी, कपटी, करे अनादर - हो ध्वंस दुर्गति
कभी बाईं मीरा, राधा, सीता, बा गाँधी सत्याग्रही
तजा संसार,कभी कभी, हुई तेजस्वी ब्रह्मचारी
मारकाट से लहूलुहान हुई तेरी छाती - माई पृथ्वी
सदियों से अपने पराये झेले, कितने ही अत्त्याचारी
मात्र लिंग अदभुत कृति, विशाल वृति निराली
प्रस्तुत करूँ तेरे लिये मै यह श्रृंखला प्रशंसा भरी
अत: शक्ति, ज्योति सृष्टि ,प्रकृति, धरती, नियति
उमा कही - इन समस्त समाई सुन्दर माँ छवि

शुभ नवरात्रि

नारी! तुम केवल श्रद्धा हो
विश्वास-रजत-नग पगतल में।
पीयूष-स्रोत-सी बहा करो
जीवन के सुंदर समतल में।

--महाकवि जयशंकर प्रसाद

This month's guest speaker

Guest Speaker: Sh. Rajeev Jain
Topic: Dispensing myths about Ayurveda and keys to a healthier life

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 "Dispensing myths about Ayurveda and keys to a healthier life."



This month's guest singer

Guest Singer: Sh. Mukesh Shah

Mukesh Shah's love for singing began in childhood in India, inspired by movie songs, Bhakti geets, and folk music from popular radio stations like Vividh Bharti and Radio Ceylon. Though he admired legendary singers like Rafi Saab and Kishore Da, he humbly considers himself an imitator.

After moving to America, Mukesh embraced karaoke singing in his 50s, performing bhajans, Gujarati garbas, and songs from a wide range of artists from K.L. Saigal to Arijit Singh. Without formal training or a guru, he credits his favorite artists as his musical mentors and loves singing melodies from the 60s to the 80s.

Mukesh lives in Naperville with his wife Harsha and their two children—a son training as an endocrinologist and a daughter working as a senior analyst. He works in corporate IT at Costco. Mukesh looks forward to sharing his bhajan singing with the satsang community and invites everyone to enjoy the music.



Hindu Satsang's Monthly Sabha (4th Sunday of the month)
10 AM CST on Sunday, 28th, September 2025 at VSC

28nd September 10 am

Everyone is cordially invited

Hindu Satsang Sabha

Venue: Rama Dinning hall 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. **Mukesh Shah**
11:00 am	Guest Speaker: Sh. **Rajeev Jain** His topic is "**Dispensing myths about Ayurveda and keys to a healthier life**."
11:45 am	Announcements, Aarti followed by lunch

Aarti Donations

We would like to thank everyone for your generous donations.

August Aarti Collections	
Cash donations	**$113**
Vikram & Madhu Bhatnagar	**$101**
Total	**$214**

ॐ सर्वे भवन्तु सुखिनः
सर्वे सन्तु निरामयाः।
सर्वे भद्राणि पश्यन्तु मा कश्चिद्दुःखभाग्भवेत।
ॐ शान्तिः शान्तिः शान्तिः॥



Maa Annapurna devi

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

September Prasad (lunch) Sponsors:

Shubh and Ramesh Malhan
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Sumati Julka and family
Madhu and Sunil Chopra
Priyam Sood and family