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अगस्त २०२३ August 2023

हिन्दू सत्संग समाचार

Hindu Satsang Samachar



Hindu Satsang Update

Dear Satsangis,

Namaskar!

Hope that all of you are having an enjoyable summer. Our last month has been eventful!

Our Hindu Satsang Committee and other interested members met via Zoom on August 3 under the leadership of Alka Soad. Key items discussed included monthly Sabha timings, logistics of bookings at the temple, monthly convener sign-up by rotation, low attendance at our Sunday School (needs further discussion), and participation at the Independence Day India Parade. Thanks to Nand Parkash for championing and coordinating our participation in the Parade.

Please see colorful photos of our proud participants in the India Day Parade on page 6.

In the evening, many Satsangis were seen enjoying the concert by the accomplished Shankar Mahadevan.

Hindu Satsang's annual Janmashtami Cultural Program will be held on Sunday, August 27th. We look forward to seeing all of you there.

Page 2:

Birthdays

& Anniversaries

Page 3 & 4: Ayurveda

Page 5: A brief recap

Page 6: India Day

Parade

Page 7: Quiz

Page 8: Janmashtami

Cultural Program

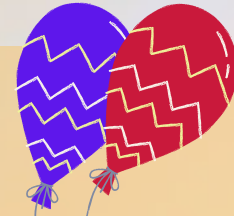
Page 9: Donations

IN
THIS ISSUE

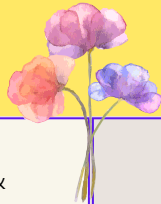




Happy Birth Month to our Satsangis born in August



Amit Gupta	Atul Jain	Dharam Punwani	Garima Malhan	Gautam Gandhi	Isha Tyle	Ishaan Malhan
Jharna Shah	Jyoti Bhatia	Ghanshyam Agarwal	Kusum Taneja	Mia Jain	Om Dhingra	Shaylan Oza
Rajeev Gupta	Rajvir Sabharwal	Kieran Grey Edwards	Kanika Garg	Rakesh Parikh	Renu Garg	Richa Pal
Sahil Gupta	Sandip Parikh	Neelam Bhargava	Sharda Sharma	Sudesh Khosla	Sumati Julka	Tanya Khanna
Usha Shah	Vibha Sharma	Prem Sabharwal	Vikas Pandey	Vivek Upadhyay	Vikas Jain	Girdhar Bajaj



Happy Anniversary



Deepti &
Ajay Buti

Usha &
Darsh Wasan



शादी की सालगिरह पर बधाई
एवं ढेर सारी शुभकामनाएं!



Laughter is the best medicine



An eccentric philosophy professor gave one question for the final exam after a semester dealing with a broad array of topics.

The class was already seated and ready to go when the professor picked up his chair, plopped it on his desk and wrote on the board: "Using everything we have learned this semester, prove that this chair does not exist."

Fingers flew, erasers erased, notebooks were filled in furious fashion.

Some students wrote over 30 pages in one hour attempting to refute the existence of the chair.

One member of the class, however, was up and finished in less than a minute.

Weeks later when the grades were posted, the rest of the group wondered how he could have gotten an "A" when he had barely written anything at all.

His answer consisted of two words: "What chair?"



This is your
newsletter, and your
contributions are
welcome!

Please contact
Amitabh Gupta with
any content that you'd
like to provide for
future issues.



Skin Diseases (Kushta) – An Ayurvedic Perspective By Sh. Rajeev Jain



Our skin is our body's largest organ. Its function is to help you feel sensation, stabilize your internal temperature through sweat, allow your body to retain fluids, protect you from harmful bacteria and viruses, and synthesize sun exposure into vitamin D.

Unfortunately, skin diseases are very common, and affect as many as one in three Americans at any given time (as per CDC). Skin diseases include all conditions that clog, irritate or inflame your skin.

Most common skin conditions include: Acne (blocked skin follicles that lead to oil, bacteria and dead skin buildup in your pores), Alopecia areata (losing your hair in small patches), Eczema (dry, itchy skin that leads to swelling, cracking or scaliness), Psoriasis (scaly skin that may swell or feel hot), Raynaud's phenomenon (periodic reduced blood flow to your fingers, toes or other body parts, causing numbness or skin color change), Rosacea (flushed, thick skin and pimples, usually on the face), Skin cancer (uncontrolled growth of abnormal skin cells) and Vitiligo (patches of skin that lose pigment).

Identifying which dosha is imbalanced:

In a skin disease, the disturbance of Vata is indicated by coarseness, boring pain, emaciation, contracture, hardness, goose-flesh and blackish or reddish discoloration. A disturbance of Pitta manifests in form of heat, redness, pus discharge, fleshy smell and a loss of extremities and organs. A Kapha imbalance is usually responsible for whitish color, coldness, itching, heaviness, immobility, and greasiness.

Causes:

According to Ayurveda, there are seven types of Kushtas (skin diseases). They are traceable to several causes mostly driven by diet.

- eating of hot and cold foods in an irregular or contradictory manner (virudh aahar);
- consuming fish with milk, or a diet of coarse grams with milk, curd, or buttermilk (virudh aahar);
- eating before the previously eaten food has been digested;
- excessive use of honey, jaggery, fish, radish, garlic, etc., particularly during indigestion;

In addition, the following lifestyle practices over an extended period of time can also result in kushtas:

- intense physical activity or exposure to severe heat after heavy meals;
- taking a cold-water bath after a vigorous exercise, exposure to heat or after a spell of fear;
- excessive use of unnatural chemicals on skin.

All these events may vitiate the three dosas vata, pitta and kapha and this effects three Dhatus - rasa, rakta, and mamsa, and ambu (lymphatic system). It is best to avoid these practices as that is relatively easy.

Continued on the next page →

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Ayurvedic approach to treatment:

The treatment will largely be dependent on the disease and the underlying root cause, as a general guideline, the following apply to all types of kushtas.

Diet:

Light cereals and bitter vegetables are very desirable for patients with kushtha. Also, ghee blended with triphala and nimba (neem) is very helpful.

External use applications:

For skin application, topical ghee or oil-based pastes, creams and sprays can be very effective if the skin is dry and there is no pus formation. Other situations may require systemic or total body treatments such as tablets, light treatments, or medications. Some of the medications used include Nimbamrita Asavam, Dantiharithaki Leham, Durvadi Coconut Oil, and Mahatiktaka Lepam.

Lifestyle changes:

You may also reduce likelihood of a skin disease by making lifestyle changes: · Manage and reduce stress.

- Practice good hygiene, including proper skin care.
- Avoid excessive alcohol use and smoking
- Avoid or limit certain foods, such as sugar or dairy, if your healthcare provider suggests it.

Commonly, the management of kushtha dominated by Vata mandates the consumption of ghee; that dominated by Kapha calls for emesis and that by Pitta requires purgation with the use of recommended drugs.

Note: herbs and treatments should be taken under direction from an Ayurvedic Vaidya as it should correspond to an individual's constitution.

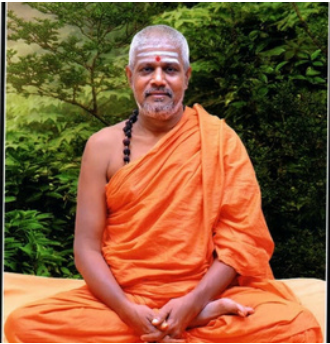
Remember: You are what you digest – not what you eat!



Recap of Hindu Satsang Sabha Held on July 23, 2023



x



Hindu Satsang at the India Day Parade





1. Who is the President of India?
2. How many languages are spoken in India?
3. There's an experimental township in India, where citizens are from all over the world, and there's no money or religion. Can you name this city?
4. Who is the Vice President of India?
5. In which state of India do we have the world's top two wettest (highest rainfall)? Hint - the name of the state itself has the clue.
6. Which is the world's highest motorable/drivable road?
7. Which city is the world's oldest continually inhabited city?
8. All the houses in this village do not have doors or locks. You'll just find the door frame. Can you name this village?



Answers



1. If your answer was Sh. Ram Nath Kovind then unfortunately you are incorrect. Smt. Droupadi Murmu is the 15th and the current president of India since 25 July 2022. She is the first person belonging to the tribal community and also the second woman after Pratibha Patil to hold the office.
2. There are 453 languages (and thousands of dialects) spoken in India. 22 of them are listed as national languages.
3. Auroville in Tamil Nadu (auroville.org).

4. If your answer was Sh. Venkaiah Naidu then your answer is incorrect. Sh. Jagdeep Dhankhar is an Indian politician and lawyer, who is serving as the 14th and current vice president of India since 11 August 2022.
5. Indian state of Meghalaya (means abode of the clouds) has the world's top two wettest spots - 1. Mawsynram 2. Cherrapunji.
6. At over 19,300 feet, the Ladakh road is the highest motorable road in the world.
7. Varanasi is one of the world's oldest continually inhabited cities. It is the birthplace of the oldest religion – Hinduism. Also known as Banaras or Kashi, this city is located on the banks of the river Ganges in the Uttar Pradesh state of North India and dates back to the 11th century B.C. This city draws Hindu pilgrims and tourists from all across the world. These pilgrims bathe in the river Ganges and also perform funeral rites. There are some 2,000 temples, including Kashi Vishwanath, the Golden Temple, dedicated to the Hindu god Shiva along the city's winding streets.

Author Mark Twain wrote, "Varanasi is older than history, older than tradition, older even than legend, and looks twice as old as all of them put together."

8. Shani Shingnapur is home to nearly 4,000 people and all the houses in this village do not have doors or locks. You'll just find the door frame. This is because of the villager's immense and undying faith in the Hindu deity, Shani Dev (Lord of the planet Saturn). During the known history of this place, no crimes have been reported.



Invitation to Janmashtami Cultural Program

Hindu Satsang's annual Janmashtami Cultural Program will be held on Sunday, August 27th.

Our Hindu Satsang adults and kids will amaze you with their incredible talents. There will be songs, dances, musical instruments, skits, and so much more. This is an extravaganza you don't want to miss - mark your calendar now!

Janmashtami Cultural Program

Date: Sunday, August 27, 2023

Time: 10 am-12:30 pm, followed by lunch

Venue: Rathi Auditorium, Lemont Hindu Temple

Thanks to our special events coordinators, Daljit Sabharwal and Manish Garg for planning this program.



We are thankful to Sh. Jugmohan Jayara of India House and Bombay Chop Sticks for sponsoring our Janmashtami Prasad in loving memory of his beloved mother " Late Smt Sureshi Davi Jayara" who left for Heavenly Abode during COVID times.

Sh. Jugmohan Jayara has been sponsoring our Janmashtami Prasad for almost 25 years!

Happy Janmashtami



Hindu Satsang's Janmashtami program

10 AM CST on Sunday, 27th, August 2023 at Rathi Auditorium



Everyone is cordially invited

Hindu Satsang's Janmashtami cultural program

Location: Rathi Auditorium at HTGC Temple, Lemont, IL).

Time: 10 am to 12:30 pm followed by lunch (Because of the cultural program, there will be no Satsang Sabha in the month of August)



Don't have cash or a checkbook with you? No problem!

Donations to Hindu Satsang can easily and securely be made through Zelle. You may send your donation amount to the following phone number:

630-207-1369

Contributions starting from \$11 and beyond will be acknowledged in the upcoming newsletter's aarti collection. Hindu Satsang, being a non-profit organization, depends on generous donations from individuals like yourself to sustain its operations. Your contribution, regardless of the amount, will be highly valued and deeply appreciated.

Aarti



Donations

We would like to thank everyone for your generous donations.

July Aarti Collections	
Madhu and Jug Uppal	\$101
Usha and Darsh Wasan	\$100
Cash	\$175
Total (July Sabha)	\$376

Special Donation

Special Thanks to Dr. Renu Jain for her generous donation of \$1000 in the memory of her mother, Sudesh Kumari. These funds will be utilized for prizes for an essay writing competition for our Sunday School students.



Ancient Tanjore painting of Maa Annapurna devi



This month's Prasad is sponsored by Sh. Jugmohan Jayara of India House. We thank him for his generosity.

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