

मार्च २०२५ March 2025

हिन्दू सत्संग समाचार

Hindu Satsang Samachar



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Hindu Satsang Updates

The Hindu Satsang's Youth Festival held on, February 23rd from 10 am onwards. Kids did an amazing performance.
Read more about it on page 6-9.
The Hindu Satsang Board election will take place on March 23rd during the congregation.
You can read more about it on page 8 of this newsletter.
Hope everyone celebrated Holika dahan on March 13th and enjoyed Holi festival on March 14th.

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Following are some of the main festivals/events coming up in the next few weeks, our best wishes to everyone
March 30th - Ugadi / Gudi Padwa / Chaitra Navratri
March 31st Gauri Puja / Gangur, April 6th Ram Navami - the birthday of Shri Ram,
April 12th - Hanuman Jayanti - the birthday of Hanuman Ji.
Looking forward to seeing everyone on Sunday, March, 23rd at Gupta dinning hall. Stay safe & healthy.

नमस्ते

Happy Birth Month to our Satsangis born in March

Abeile Edwards	Anand Upadhyay	Arpita Singh Yadav	Anjali Pal	Annika Sachdev	Ashna Gupta	Arvind Bhargava
Devina Dhawanc	Dharam Bahl	Kashmira Avashia	Kiran Sharma	Mahesh Madhav	Meena Kalra	Monika Sharma
Nikhar Kinger	Nikhet Gupta	Nishi Gupta	Rachit Sachdeva	Rahul Agarwal	Rahul Nohria	Rishabh Agarwal
Roma Bhagat	Romesh Sood	Shivam Viswanathan	Selina Parikh	Subhash Sharma	Usha Wasan	Seema Gupta
Vijay Pandit	Vivek Gupta	Vivek Pandey	L	आपके जन्मदिन पर हार्दिक शुभकामनाएं!!		

Happy Anniversary शादी की सालगिरह पर ढ़ेर सारी शुभकामनाएं!

Deepali & Vipul Punwani	Neelam & Arvind Bhargava	Pushpa & Mahipal Singh Yadav	Richa & Aroon Pal	Sarla & Jeevan Raheja
Sita & Brij Sharma	Are You Enjoying This Newsletter? Share Your Thoughts! We appreciate your readership of our newsletters, and we're eager to hear your thoughts, so we can make the experience even better for you. **Namaste**!			

Laughter is the best medicine

When I waited for a long time and married "Ms. Right", I had no idea her first name was "Always".

Wife: "*What do you admire more, my impeccable dressing style or my culinary skills?*"
Husband: "*Your sense of humor*"

Happy Anniversary!!

Avoid Krodha (Anger) For Good Health – An Ayurvedic View

By Sh. Rajeev Jain

The Bhagwad Gita states that three things, i.e., karma (lust or desire), krodha (anger) and lobha (greed) are doorways of hell. In Chapter 16, Verse 21, Lord Krishna explains to Arjuna:
त्रिविधं नरकस्येदं द्वारं नाशनमात्मनः। कामः क्रोधस्तथा लोभस्तस्मादेतत्त्रयं त्यजेत्॥
Acharya Charaka in the text Sareera sthaana (a section in Charaka Samhita) says that krodha is a phase of mind and it is **manifested by mind only.**

Krodha directly effects both the physical and the mental health. Anger triggers the release of stress hormones like adrenaline and cortisol, which increase heart rate and blood pressure, and can lead to heart disease, heart attacks, and strokes. The heart being the seat of consciousness, this effect on heart, affects the whole body negatively. In addition, anger creates digestive issues, headaches, skin problems and it can weaken the immune system, making the body more susceptible to infections. From a mental health perspective, anger is linked to increased anxiety and depression, sleep problems, and social isolation and loneliness.

Social impact of anger

Studies indicate that about 30% of adults report trouble controlling their anger, while approximately 64% of young people (ages 14 to 21) experience uncontrolled anger. (Source: Anger Statistics: In the Workplace, Impacts in 2024). Chronic anger is associated with anxiety, depression, and higher risks of heart disease and stroke.

Ayurvedic perspective

Ayurveda describes the concepts of ayoga, atiyoga and mithyaayoga in detail. It also attributes them directly to health and well-being of an individual.

1. Ayoga (insufficient use) can lead to under-stimulation of the senses or organs. For instance, not using your muscles enough can lead to atrophy.
2. Atiyoga (excessive use) involves overuse, leading to strain or damage. For example, excessive physical activity can cause injuries or fatigue.
3. Mithyaayoga (improper use) refers to the misuse of senses, actions, or lifestyle choices. This includes activities such as consuming unhealthy foods which leads to digestive disorders.

All three situations can disrupt the body's balance and harmony, and lead to various physical or mental ailments and sub-optimal health. Krodha is classified under mithyaayoga of mind in Charaka samhitha.

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Krodha vitiates Pitta dosha

Saptarishi Marichi says krodha is an abnormal state of pitta dosha. Properties of pitta include ushna (hot) and teekshna (sharp). Both these properties are present when a person is angry.

Negative effect of krodha in ayurevdic literature

As mentioned earlier, mithyaa-yoga is one of the causes that manifests diseases and must be prevented from evolving.

- Krodha can increase heat in the body and hence, the metabolic rate which could lead to weight loss due to negative effect on body.
- Krodha causes imbalance of rakta dhatu (blood).
- Aama-dosha, refers to the accumulation of toxins in the alimentary tract due to improper digestion and metabolism. While diet is the primary cause associated with aama formation, krodha could also lead to aama. Gut and brain have a strong connection. Negative emotions like anger can cause disturbance in gut like nausea, abdominal pain, diarrhea, loss of appetite, fever etc.
- Krodha is also a cause of sweda-vaha sroto-dushti, a condition where channels responsible for the transportation of sweat in the body get obstructed.
- Krodha is detrimental during pregnancy. Fetus of an angry woman is active most of the time and leads to its slower growth. Acharya Charaka considers krodha as a reason of fetus-death.
- Krodhaja jwara is a type of manasika jwaras. Stress of emotional outburst can result in rise in body temperature.
- A number of ayurvedic treatments cannot be performed while a person is suffering from krodha as they will be ineffective. These include Snehapaana a procedure especially used in an initial phase of panchakarma, and Vamana, a procedure which does deep cleansing of doshas.

Acharya Sushruta states that due to the harmful effect of krodha, a disease increases in magnitude. When anger is allowed to prevail, it can worsen existing health problems or contribute to the development of new ones.

Harmful effects of krodha while cooking food

It is interesting to note that Acharya Susrutha suggests that krodha is also prohibited while preparing food. While he has not explained in detail the consequences, it is implied that negative thoughts like krodha while

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preparing food have subtle harmful effects on food being cooked and the negative energy is transmitted to the person eating that food.

Treatment for krodha

Krodha is a mental disorder and has to be treated by following the track of dharma, artha and kaam. The spiritual knowledge of soul, divine powers, time, strength etc. help to treat krodha. The recommended treatment is Satvaavajaya cikitsaa which focuses on winning over manas. As we know, there are three types of gunas (fundamental qualities that describe the nature of things) – 1) sattva, 2) rajas, and 3) tamas.

Sattva guna represents purity, harmony, and balance. It is associated with qualities such as truth, wisdom, intelligence, joy, and peace. It promotes clarity of thought, mental tranquility, and spiritual growth through acts of kindness, learning, meditation, and pure thoughts. During a period when one is suffering from Krodha mental disorder, Rajas guna and Tamas guna should be reduced. Rajas guna promotes activity, passion, and dynamism and is linked to movement, desire, effort, ambition, and restlessness. Similarly, Tamas guna represents activity Inertia, ignorance, and darkness and is associated with confusion, lethargy, stagnation, and ignorance. Sattva guna is very helpful in treating emotional outbursts like anger.

While Ayurveda strongly dissuades sleeping in the afternoon, however, for a person in the state of krodha, sleeping in the afternoon for some time could be beneficial.

Conclusion

The diverse references to krodha in different contexts, ranging from medical treatises to philosophical discussions, reflect its significance in the holistic understanding of human existence. Overall, the ancient wisdom encapsulated in our spiritual texts provides timeless guidance on addressing and mitigating the detrimental effects of anger for a balanced and harmonious life.

Wishing all a fun-filled joyous and happy Holi!!!



A brief recap of Hindu Satsang's Youth Festival

held on February 23, 2025

Check out some exciting photos from our Feb 23 event:
Stay updated on our latest events and photos by following us on Facebook: www.facebook.com/HinduSatsangUSA


















HTGC


TGC






HTGC




HTGC





Join the Hindu Satsang Board: Make a Difference

The Hindu Satsang organization invites interested individuals to join its board of members. The annual board election will take place on March 23rd during the Satsang Sabha.

Benefits of Being a Board Member:

- Making a meaningful difference
- The satisfaction and pride that comes from knowing your work is valued and impactful
- A relaxed and supportive work
- Guidance and support from experienced past board members
- Opportunities for learning something new
- Make lasting friendships and connections

No Voting, No Election & No Politics:
We use a unique, unbiased, and relaxed selection process. Children randomly draw candidates' names from a bowl, allowing us to entrust the team composition to a higher devine authority. Our selection process has been flawlessly executing for 48 years. Bring your young ones! We need 2 youth leaders to join our team.

How to Become a Board Member:
Join us at Satsang Sabha on March 23rd! Simply attend and participate in the random name drawing at the end. Then, choose the role you want to play later. Easy as that!

Eligibility:
Anyone with positive mindset and a couple of hours to spare for the next 12 months. Attendance at the Satsang Sabha on March 23rd is mandatory to be considered.

We Look Forward to Seeing You:
Join us on March 23rd and become a part of the Hindu Satsang team!

In Loving Memory of Bhagwandas T. Raigaga



With profound sadness, we announce the passing of **Bhagwandas T. Raigaga** on March 8, 2025, at his residence.
He is survived by:
His loving wife, Purnima B. Raigaga
His son, Kumar Raigaga
Daughter-in-law, Darshana Raigaga
Grandson, Ajay Raigaga
Siblings: Maganlal, Rukmani, Suresh, Virendra, Dilip, Virmati, and Tara
Predeceased by:
Parents: Laxmibai T. Raigaga and Tulsidas K. Raigaga
Siblings: Leela, Ramchand, Khimchand, and Laxmi
Parents-in-law: Shanta H Bhatia and Hiranand M Bhatia

Sh. Bhagwandas was a devoted member of our Hindu Satsang and will be deeply missed for his kindness and warmth. Our thoughts and prayers are with his family during this difficult time. May his soul rest in peace.

Om Shanti Om

Hindu Satsang Youth Festival Trophies - Award Ceremony

Congratulations to the following children, who are cordially invited to attend the Satsang Sabha on: **Sunday, March 23rd**
to receive their well-deserved, personalized trophies:



AADYA	AGRAWAL
RIHANSH	ATAL
SREEMUKHI	BANDLAMUDI
SREEMAYI	BANDLAMUDI
KASHVI	CHATURVEDI
NEEV	DESHMUKH
AADEE	DHARKAR
VEDAANSH	DUBEY
SUDRISHA	ELETI
ANAISHA	GANGULY
TANISHKA	GOYAL

VIHAAN	GULATI
SUHAANI	GULATI
SANAAYA	GULATI
NIMIT	GULWANI
SHAURYA	GUPTA
RIDDHIKA	GUPTA
VANSH	JHA
ARUN	KAFTANOWICZ
PRIJAL	KANSARA
SHREEJAL	KANSARA
MAYA	KOECHER

RAINA	KOECHER
EESHAN	KUCHIMANCHI
AARUSH	KUCHIMANCHI
REHA	KULKARNI
SHAURYA	KUMAR
SHRUTHILAYA	LOKNATH
SAANVI	MAHAJAN
PRAVASTHI	MANDALA
SIA	MISTRY
KRISH	MITTAL
ABHINAV	PAL
MEHER	PITHADIA
ANUSHKA	SABHARWAL
OHIL	SANNEPALLI
SIA ALBELI	SHAH
SAVI	SHAH
NEEL	SHAH
NIAM	SHAH
SIYA	SINGH
SHIVANA	SONI
AANYA	SULLIVAN
RIYA	SULLIVAN
ANANYA	SURESH
ARNAV	SURTI
ANIKA	TIWARI
SHRIYA	TIWARI
ADITYA	VIKRAM

✦Quiz✦ Hanuman ji

By Shivam Viswanathan

Hanuman Jayanti is an important festival celebrated to honor the birth of Hanuman ji, who is regarded as a symbol of strength, devotion, and loyalty. The festival is observed on the full moon day of the Hindu month of Chaitra, which falls on 23rd of April this year. Take this quiz to learn more about Hanuman ji:



1. Who wrote the Hanuman Chalisa?

2. What is the meaning of the word "Chalisa" in Hanuman Chalisa?

3. What is the language of the Hanuman Chalisa?

4. What is the main message of the Hanuman Chalisa?

5. What is the significance of chanting the Hanuman Chalisa?

6. Which Hindu god is Hanuman Ji considered to be an incarnation of?

7. According to the Hanuman Chalisa, which four virtues does Hanuman Ji embody?

8. Who is Hanuman Ji addressed as the messenger of in the Hanuman Chalisa?

9. Can you name the mountain and the medicinal herb that Hanuman Ji brought to save Laxmana?

10. Who reminded Hanuman Ji of his powers?

Answers on the right column

Answers

1. The Hanuman Chalisa is written by Tulsidas, a prominent Hindu poet and saint, in the 16th century.
2. The word "Chalisa" in Hanuman Chalisa means "forty" in Hindi, referring to the 40 verses of the hymn.
3. The Hanuman Chalisa is written in the Awadhi language, which is a dialect of Hindi.
4. The main message of the Hanuman Chalisa is to praise Hanuman Ji's strength, devotion, and loyalty to Lord Rama and to seek his blessings for protection and guidance.
5. Chanting the Hanuman Chalisa is believed to have spiritual and emotional benefits, such as reducing fear, anxiety, and negativity, and increasing positivity, courage, and faith.
6. Hanuman Ji is considered to be an incarnation of Lord Shiva.
7. Hanuman Ji is described as being the perfect combination of bal (strength), buddhi (intelligence), vinamrata (humility), and vidya (wisdom), who can remove obstructions to success in any endeavor.
8. In the Hanuman Chalisa, Hanuman is addressed as Ramdoot, or the messenger of Lord Rama.
9. The mountain that Hanuman Ji brought to save Laxmana in the Ramayana is called "Dronagiri" or "Mahodadhi." The medicinal herb that Hanuman Ji brought from the mountain to revive Laxmana is called "Sanjeevani."
10. Jambavantha had to remind Hanuman of his powers so that he could pursue the search for Sita Mata.

This month's Guest singer

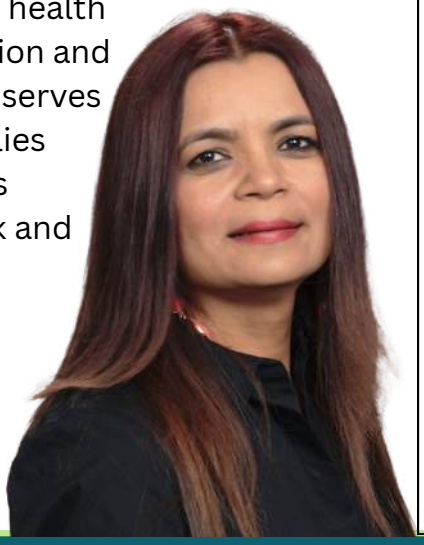
Deepti Srivastava, a talented vocalist, began her musical journey at the tender age of 7, drawn to the rich traditions of Indian classical music. Under the guidance of esteemed gurus like Pandit Vidya Shankar, she underwent formal training in Hindustani/classical music, cultivating a deep understanding of rhythm and melody.

A seasoned performer, Deepti has graced numerous leading music festivals and award functions during her school and college years. Beyond her musical pursuits, she is a dedicated mother of two college - going sons, **Sparsh and Shray Srivastava, both alumni of Hindu Satsang**.

Residing in Chicago's Western Suburbs with her husband Navin Srivastava, Deepti continues to inspire emerging musicians, sharing her passion for music and its timeless beauty.

Deepti Srivastava, a multifaceted professional dedicated to making a positive impact.

With expertise in health insurance, nutrition and wellness, Deepti serves individuals, families and communities through her work and volunteerism.



Smt. Deepti Srivastava

अनेक रंगों का एक रंग - उमा नाथ

काले रंगी कालिमा से
घृणा के अंधकार में
विनाश से भयभीत हुई !

लाल रंगी लालिमा में
आकर्षण क्रोध की ज्वाला से
अंगार सी प्रज्वलित हुई

गुलाबी रंग मोहनी में
प्रेम मई भावना से
गुलाब सी सुगंधित हुई

काशनी रंगी क्षमा से
दाता दया दान से
असीम कृपा पात्र भई

पीले रंगी तेज़ से
आन शान ज्ञान से
जीवन राह दार्शित हुई

सुनहरी रंगत सुनहर के
तरंगित चमत्कार से
स्वस्थ देह प्राप्त हुई

हरे रंगी रचना से
वीरान सूखी धरती में
आशा उमंग उत्पत्ति हुई

नील रंगी निलिमा में
शीत शक्ति प्रवाह से
उन्मत्त मन, मैं शांत हुई

श्वेत रंग शुद्धि से
सत्य प्रकाश विकास से
जीव आत्म जागृत हुई

निर्लेप बेरंगी पूर्णता से
अत: मध्यभाग स्थिरता मै
हर रंग, सब रंग मुक्त हुई

अनेक रंग प्रभाव वश
जीवन क्रीड़ा कारणवश
पुन: अपूर्ण से सम्पूर्ण भई

होली की शुभ कामनाएं

Hindu Satsang's Monthly Sabha (4th Sunday of the month)
10 AM CST on Sunday, 23rd, March at VSC

23rd March 10 am

Everyone is cordially invited

Hindu Satsang Sabha

Venue: Gupta Dining Hall HTGC Temple, Lemont, IL)

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

Program

10:00 am:	Vedic Pooja followed by Bhajans
10:30 am	Guest Singer Smt. Deepti Srivastava
11:15 am	Announcements, Board Member selections, Youth fest Awards distribution, aarti followed by lunch

February Aarti Collections

Thanks everyone for your generous donations.

Cash	**$65**
Nand Prakash & Renu Garg	**$101**
Jug & Madhu Uppal	**$51**
Bindu Pathak	**$101**
Total collection	**$318**

|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.

March Prasad (lunch) Sponsors:

Sunil Kumar & Family
Subhash & Kanchan Pandey
Alka Sood & Family
Manju Kalra & Family