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Alyssa Shroff
Aadi Pandit

फरवरी २०२२ February 2022
Poush - Maha, Vikram Samvat 2078

हिन्दू सत्संग समाचार

Hindu Satsang Samachar



www.HinduSatsang.org // www.facebook.com/HinduSatsangUSA

Hindu Satsang Updates

By Shivam Viswanathan

Sadar pranaam to all Satsangis!

The Hindu Satsang's **Youth Festival** will be held virtually on Sunday, February 27th from 10 am to 1 pm. Like every year, this event will replace the congregation in February. The Hindu Satsang families will have the opportunity to watch this very popular event where kids showcase their talents. The invitation with details can be found on [page 6](#) of this newsletter.

If children/teens from your family are interested in participating in the Youth Festival, please upload your video here bit.ly/HSYouthFest

The last date for Hindu Satsang's annual **Didwania and Jain Scholarship** deadline for submission was February 15th. The winners of the scholarships will be declared in March during the congregation.

We started the year by listening to Sunder Kand by ISSA (International Society for Spiritual Advancement). More details Congregation Recap on [page 7](#).

Following are some of the main festivals/events coming up in the next few weeks, our best wishes to everyone (dates may vary based on the location/calendar): **Mahashivratri** on Tuesday, March 1st, **Holi** on Friday 18th March. The 91st **Shaheed Diwas** will be observed on Wednesday, March 23rd. This day is observed across the country to remember the sacrifice of great freedom fighters of India - Bhagat Singh, Rajguru, and Sukhdev.

Looking forward to seeing everyone on Sunday, February, 27th over Zoom for our annual Youth Fest. Stay safe & healthy.



[Page 2:](#)

[Birthdays](#)

[& Anniversaries](#)

[Page 3 & 4: Ayurveda](#)

[Page 5: Poems and greetings](#)

[Page 6: Youth Fest and Shaheedi Diwas](#)

[Page 7: Congregation Recap](#)

[Page 8: Quiz on Ancient Indian Games](#)

[Page 9: Quiz Answers](#)

[Page 10: Program Details](#)

[- Trending News](#)

IN THIS ISSUE



Happy Birth Month to our Satsangis born in February



Aditya Singh Yadav	Angela Gupta	Anil Pal	Annu Singh	Anupam Agnihotri
Ayushmaan Trivedi	Bhavana Prajapati	Brian Edward	Charu Gupta	Herschel Gupta
Jay Kalra	Jyotsna Salgia	Kiran Gupta	Komal Kinger	Mira Upadhyay
Mohan Gandhi	Naresh Noharia	Niket Gupta	Poonam Kataria	Priya Pandit
Puja Garg	Rajeev Goel	Ruchika Akhand	Rupal Upadyay	Sachin Mittal
Sangita Garg	Shashi Malhotra	Shilpa Shah	Shubh Malhan	Sneh Gunya
Sonia Dhawan	Subash Oza	Tanu Singh	Vikas Upadhyay	Latika Jain

Krish Nangia

Happy Anniversary Month

Anant & Jyotsna Vyas	Anita Singhal & Rajesh Singhal	Bikash & Pinky Khanna	Dharam & Kiran Punwani	Vinod & Shashi Malhotra
Gopal & Sujata Sharma	Raj & Kusum Taneja	Suresh & Rajashree Ambegaoker		

Laughter is the best medicine

Young Son in the USA: Dad, I was reading about traditional Indian marriages. Is it true that a few decades ago in India, a man didn't know his wife until he married her?

Dad: That is true in every country even today, son.

Keep smiling and keep surprising each other ... pleasantly of course. Have a wonderful anniversary!

Hindu Satsang's

Website address:

HinduSatsang.org

Hindu Satsang's

Facebook page:

[facebook.com/
HinduSatsangUSA](https://facebook.com/HinduSatsangUSA)

We have more

than 100 followers,
please **Like & Follow**
for the latest updates.

**Heartburn,
Hyperacidity, Acid
Reflux –
An Ayurvedic Perspective
By Sh. Rajeev Jain**



Hyperacidity – almost 25% of us suffer from it: Many of us experience symptoms directly related to the improper digestion process. A common digestive problem is hyperacidity - approximately, 20% to 25% of the people annually have high acidity – and millions get hospitalized for its treatment. It is prevalent more in the 25 to 45 age group as that is the prime of the Pitta-phase of one's life – and, more prevalent among women. Depending on the severity of the problem, it may be termed as heartburn, hyperacidity, acid reflux, or GERD. After age 35, most people have lower secretion of stomach acid, yet hyperacidity is highly prevalent. Below we will discuss the management of hyperacidity under Ayurveda.

Causes of Hyperacidity: In Ayurveda, excessive secretion of acid or lack of food to absorb the acid produced in the stomach leads to hyperacidity and is called amla-pitta and is a Pitta-driven health problem. Our stomach has a protective lining that normally cannot be permeated. But, if it is constantly challenged by highly acidic foods, alcohol, chemical drugs – especially pain killers, antibiotics, and anti-arthritis medication, the lining gets inflamed or damaged and results in hyperacidity. In addition, people who are overweight, obese, have had hiatal hernia, smoke, or wear very tight clothes can also suffer from hyperacidity. We can broadly categorize the causes into two categories - improper diet and improper lifestyle.

Managing Hyperacidity under Ayurvedic Approach:

Let us address each of the above two primary factors:

(1) Diet:

Today, there is a move towards organic foods – why? Over the past few decades, the increasing



demand for food has resulted in food cultivation and transportation practices that are counter to nature. The use of growth hormones, pesticides, chemical fertilizers, preservatives, radiation, etc. has helped increase production yields and shelf-life of foods. However, these chemicals are not natural and disagree with our digestive system – causing more acidity and lower immunity. If we reduce the incidence of these chemicals in our diet and eat more consciously, we will not have hyperacidity. Below, we have identified foods that will increase the level of acidity (to be avoided) or help reduce it:



Dos: Take foods to reduce Pitta (i.e., they have cooling properties) – This would include foods and spices with bitter and astringent tastes, e.g., legumes and spices such as aniseeds, cumin, cardamom, cloves, mint leaves, and ginger. Generally, sweet fruits such as dates, pear, plums, pomegranate, ripe mango, melons, figs, and grapes are good. Also, green and leafy vegetables are good. Coconut water is excellent, as is warm milk. Buttermilk, which is normally good (as it is cooling), is not helpful in case of hyperacidity.

Continued on the next page...>>>

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Don'ts: Avoid foods that increase acid and heat in the stomach – This would include any alcoholic beverage, excessively sour and salty preparations, fried and greasy food. In addition, highly spicy dishes (especially with red pepper or green chilies), and excessive intake of sweets (fermented sugar produces acid) should be avoided. Also, grains such as corn, buckwheat, millet, and rye should be minimized. Reduce intake of nuts and seeds that contain oil and generate warmth in the body. Lastly, avoid foods that take a long time to digest, e.g., meats, and minimize medications such as NSAIDs (non-steroidal anti-inflammatory drugs), steroids, and those for reducing stress. Another factor in increasing acidity is the consumption of cold water or ice-cold drinks, even though cold liquids may feel good.

(2) Lifestyle: Today's fast-moving and demanding life is also a major contributor to hyperacidity. An improper lifestyle would include – abnormal stress, long or late working hours, excessive travel, lack of exercise, lack of adequate sleep and variable sleep times, irregular eating times and quantity, eating late at night and eating larger meals at night.



There should be a daily routine. The importance of being regular cannot be overemphasized – particularly for meals, as the body clock will result in acids flowing into the stomach at certain times of the day.


If you are not eating at that time, the acid released by the stomach will increase the acidity level.

(3) Exercise, Meditation, and Pranayam:

Although we may consider hyperacidity a health problem related to digestion; exercise, meditation, and pranayama are very important parts of the solution. There are specific yogic exercises and pranayams (e.g., bhramari and anulom-vilom) that are particularly helpful in reducing hyperacidity and should be practiced regularly.



(4) Herbal formulations:

There are many home remedies and herbal products that are useful in treating hyperacidity as they reduce heat and acidity in the body. These include herbal ghee, amla churna, Lauha bhasma, Kamadudha ras, Suthashekhara ras, Amla pitta misran, and saunf (aniseed) based mixtures. However, these should be taken under direction from an Ayurvedic Vaidya. 



"The great thing about Ayurveda is that its treatments always yield side benefits, not side effects."

"Ayurveda is the most supremely evolved system of perfect health - from both points of view. prevention and cure."

Be My Valentine

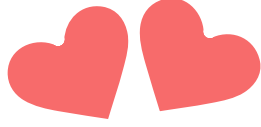
by Uma Nauth

जैसा भी कहा उसने
उसके कहने पर गरूर आ गया
और उसको सुनकर
अपने पर सरूर आ गया

इज़हार हुआ कुछ ऐसा
जब, उनकी तरफ से
खयाले बयान हो गया ऐसे में
तब हमारी भी तरफ से

उन नज़रों को देख
हम दर्दे दिल में डूब गये
वो सुनते रहे
हम कहते गये
ना जाने क्यूँ धीमे धीमे
आंखों से आंसू बहते गये
पता नहीं, फिर कब
मुस्कान उभर आई
ज़ख्मे दिल पर
होश आते ही जो देखा ऊपर
तैर रही थी वो
उनके भी चेहरे पर !!

उनकी हल्की सी झलक पाकर नज़रे झुक गई
और - खयालों में देख कर मुस्कुराने लगी



On The Auspicious Day Of Maha Shivratri,
May The Lord Fulfil All Your Wishes And
Bless You With A Happy Life.

Tuesday,
March 1

Happy
Maha Shivratri

होली

रंगों का त्योहार है होली
खुशियों की बौछार है होली
लाल गुलाबी पीले देखो
रंग सभी रंगीले देखों
पिचकारी भर-भर ले आते
इक दूजे पर सभी चलाते
होली पर अब ऐसा हाल
हर चेहरे पर आज गुलाल
आओ यारो इसी बहाने
दुश्मन को भी चलो मनाने

राधा का रंग और कान्हा की पिचकारी
प्यार के रंग से रंग दो दुनिया सारी
यह रंग ना जाने कोई जात ना कोई बोली
मुबारक हो आपको रंगों भरी होली
होली की हार्दिक शुभकामनाएं



Friday,
March 18

HINDU SATSANG
**YOUTH
CULTURAL
PROGRAM**

Sunday, February 27, 2022
from 10 am to 1 pm
Location: Zoom link

Children will showcase
their talents

*Everyone is
cordially
invited*

Date: February 27, 2022
Time: from 10 am to 1 pm
click below for Zoom Link :
[https://us02web.zoom.us/j/87013160986?](https://us02web.zoom.us/j/87013160986?pwd=b0JYRDhUExJQksveVErUVVGcDdQZz09)
/87013160986?
pwd=b0JYRDhUExJQksveV
ErUVVGcDdQZz09

This program can be seen
from anywhere in the
world, please feel free to
invite your family and
friends.

*Mark your
calendar!*

March 23



Bhagat Singh



Shivaram Rajguru



Sukhdev Thapar

Three freedom fighters were hanged by Britishers on March 23, 1931 - Bhagat Singh, Shivaram Rajguru, and Sukhdev Thapar. In order to pay homage to the revolutionaries, India commemorated March 23 as Shaheed Diwas.

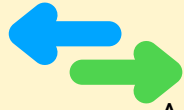
भारत माता के लाल थे वे, आजादी की थी चाह बड़ी,
भारत माता की शान में बस, चल निकले मुश्किल राह बड़ी।

इंकलाब की आग देश में, खुद जलकर भी लगाई थी,
मूँद कर आँखें सोये थे जो, फोड़ कर बम यूँ जगाया था।

सच्चे सपूत थे भारत माँ के, अपना सुख-दुःख सब भूल गए,
माता की बेड़ी तोड़ने को हंसते-हंसते फांसी झूल गए।

वे बड़े अमर बलिदानी थे, फंदे को जिसने चूमा था,
मेरा रंग दे बसंती चोला पर मरते मरते भी झूमा था।

आदर्श बने लाखों युवा के, नाम रहें जब तक है गगन,
भगत सिंह, सुखदेव, राजगुरु आपको शत-शत नमन।



RECAP

A brief recap of the Hindu Satsang Congregation

held on January 23, 2021

By: Shivam Viswanathan

We always start the congregation in the New Year with the Sunder Kand path by ISSA (International Society for Spiritual Advancement).

The biggest gain or benefit of reading the Sundarkand Paath is that it fetches the blessings of not just Hanuman Ji, but of Shri Ram as well.

Here is the YouTube link to this Sundar Kand program on our YouTube channel:
<https://youtu.be/reOV3XKBFmA>

Sunder Kand literally means beautiful chapter. This chapter of Ramayana talks about the adventures of Hanuman Ji and his selflessness, strength, and devotion to Rama. Hanuman Ji was fondly called "Sundara" by his mother Anjani. It is believed that just listening to the recital of Sunder Kand brings harmony to the household.

We also got an opportunity to listen to beautiful bhajan by Mrs. Kanchan Pandey - Mujh Pe Itni Kripa (मुझपे इतनी कृपा बस विधाता रहे । राम का नाम होठो पे आता रहे). On the occasion of Republic Day of India, Smt. Rashmi Gandhi sang our favorite song - Ae Mere Watan Ke logon (ऐ मेरे वतन के लोगो).

Smt. Kanchan
Pandey



Smt. Rashmi
Gandhi



Pagal ji who joined us from India, sang a beautiful bhajan - Aadi Ant Mera Hai Ram.



Sh. Girish
Bhatt

Sh. Tiwari and his talented son - Vardan Tiwari sang Hanuman Chalisa so beautifully.



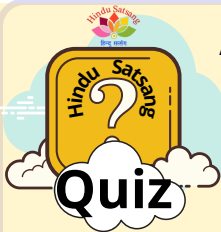
Sh. Inderjeet
and
Smt. Rani
Gurtatta



Sh. &
Smt. Rama
Dwivedi



Sh. Mithilesh
Sharma



A Quiz About Games Originating in India

By - Shivam Viswanathan



India is known for its rich culture, heritage, and art forms. Sports and games are also part of the country's creations, along with arts and crafts, cuisine, science, and culture. You may be surprised to know that many of the modern games that are flourishing in other nations originated in India. Find out how well you know the ancient Indian games by taking this quiz.

1. Guess this sport from the following description: Played between two teams of seven players, the objective of the game is for a single player on offense, referred to as a "raider", to run into the opposing team's half of a court, touch out as many of their defenders as possible, and return to their own half of the court, all without being tackled by the defenders, and in a single breath.
2. Many people believe that this game was inspired by the Mahabharata. Abhimanyu's tactics to combat this defensive circle, among many others, are used repeatedly throughout the game. During ancient times, this game was also played with chariots. Since the chariots are called 'Rath' in Sanskrit and Hindi, the game was then known by the name 'Rathera'. What is this sport called?
3. In the 1860s, British army officers stationed in India started playing this sport in Poona, Maharashtra. This sport is now played in the Olympics.
4. This game of cards originated in ancient India, where the cards were made of cloths and the motifs depicted the Ramayana and Mahabharata.

5. Many martial arts like Judo & Karate are based on this martial art from Ancient India. The art has traveled to the east along with the Buddhist religion. This skill was possessed by Buddhist monks who traveled barefoot from India to the east, spreading the teachings of Buddha. This technique of defense was very helpful for them as they traveled individually or in small groups.

6. In the 15th century, Babur made this sport popular when he founded the Mughal Empire. Later, the Britishers globalized the sport which was just played in the areas of Manipur, Jammu & Kashmir.

7. In ancient India, this board game was known as Moksha Patam. This game was based on the principle of 'karma' and the role of fate. Later, during British rule, the game found its identity as a classic in England, the United States of America, and other parts of the world.

8. It is a strategy-oriented board game invented in Ancient India, which includes two teams of two players each on both sides, with their pawns. Akbar and his contemporaries usually played this game on a traditional piece of cloth. A version of this game became popular as Ludo.

9. The name of this amazing sport from ancient India translates to gymnast and pole. The origin of this game can be traced to the 12th century, where it is mentioned in Manas-Olhas - a classic by Chalukya in 1135 A.D.

10. This is one of the most ancient and most popular games that originated in India. This game was initially called 'Ashtapada'. The game then came to be called 'Chaturanga' during the rule of the Gupta Empire. Persians who traveled to ancient India had picked up the game and named it 'Shatranj'. Can you name this game?

Answers on the next page >>>

Answers to the Quiz Games Originating in India

1. Kabaddi (picture on the right column)
2. Kho-Kho (picture on right)
3. Badminton
4. Kridapatram ("krida" means game and "patram" means leaves)
5. Kalaripayate (picture on right)
6. Polo
7. Snakes and Ladders (Picture on right)
8. Pachisi- The name of the game is derived from the Hindi word pachees, meaning "twenty-five", the largest score that can be thrown with the cowrie shells; thus this game is also known by the name Twenty-Five. (Pic. on right)
9. Mallakhamb - "Malla" means gymnast, and 'khamb' means pole.
10. Chess



1. Kabaddi



2. Kho-Kho



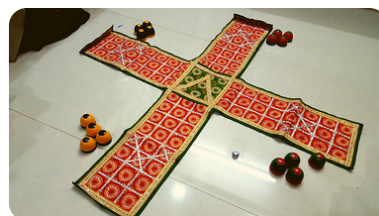
5. Kalaripayate



We are very saddened to inform you that **Shri Vishvesher Dua**, father of Mansi Sabharwal (father-in-law of Hitender Sabharwal), left for his heavenly abode on January 17. He was 80 yrs old. Mansi lost her mother in September 2021. We pray to God for providing divine peace to the departed soul and strength to the bereaving families.
Om Shanti, Shanti, Shanti Om.



7. Moksha
Patam



8. Pachisi

Hindu Satsang's Annual Youth Festival

10 AM CST on Sunday, 27th, February 2022

4th Sunday
10 AM CST



Everyone is
cordially
invited

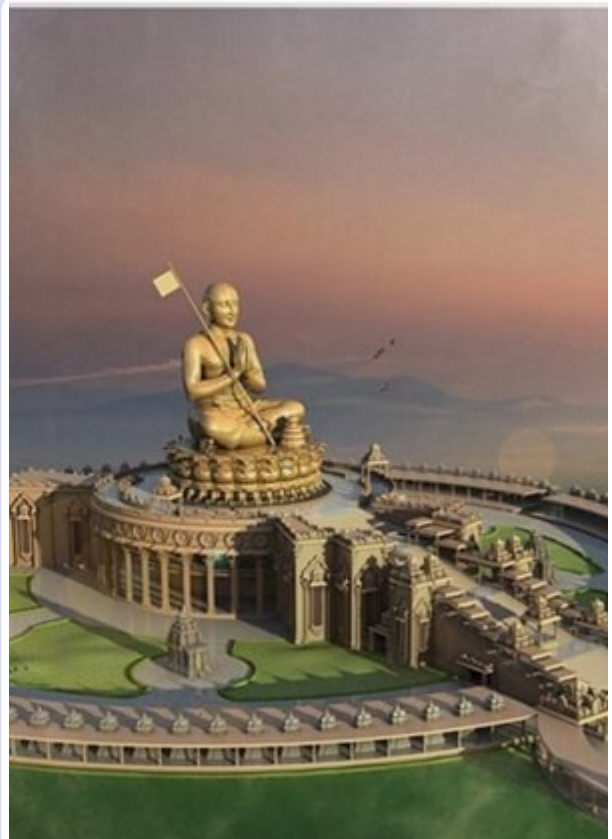
Join us online

Time: 10 am CST on February 27th.
(Sunday)

Mark your calendar

[Click Here to join Zoom](#)
or use the following zoom link:

[https://us02web.zoom.us/j/87013160986?
pwd=b0JYRDFhUEXjQksveVERUVVGcDdQZz09](https://us02web.zoom.us/j/87013160986?pwd=b0JYRDFhUEXjQksveVERUVVGcDdQZz09)



What's trending in News:

#1 Gobar-Dhan plant: Prime Minister Narendra Modi inaugurated a 550-tonne capacity 'gobar-dhan' Bio-CNG plant in Indore, Madhya Pradesh. The plant is based on zero-landfill models, whereby no rejects would be generated. Additionally, the project is expected to yield multiple environmental benefits: reduction in greenhouse gas emissions, providing green energy along with organic compost as fertilizer. This unit is the biggest of its kind in Asia.

#2. The Indian-made **#KisanDrones** would be used to assess crops, digitize land records, as well as spray pesticides and nutrients.



#3. #StatueOfEquality - Bhagawad Ramanujacharya's statue was inaugurated this month. The 216-ft tall statue of Sri Ramanujacharya represents an inclusive nation, with all its people as one collective unit, a family. He embraced those who were discarded by society. Brought equality - "All are eligible to enter a temple. The Creator showed no partiality, nor should we."
- "All are equally qualified to chant the name of God."
- "All are equal in the eyes of God."

He was an inspiration for mystic poets like Kabir, Meerabai, Annamacharya, Bhaktha Ramdas, Thyagaraja, and many others.

