



Board Members

Gen. Coordinator

Shivam Viswanathan
(312) 399-3860

Past Gen. Coord.

Kamal Gupta
(847) 612-4244

Publication

Anita Singhal
(765) 319-9710

Property

Subhash Sharma
(815) 751-6624

Prasad

Kanan Dhingra
(630) 803-2040

Liaison

Daljit Sabharwal
(630) 922-3024
Gitesh Shah
(630) 299-9615

Education

Shubh Malhan
(630)550-1386
Anant Vyas
(630) 890-7576
Jug Uppal
(630) 256-6986

Finance

Jyotsna Salgia
(630) 207-1369

Special Events

Vinod Gandhi
(847) 800-3573
Renu Garg
(630) 329-6160

Website Coord.

Shivam Viswanathan
(312) 399-3860

Youth Coords.

Shriya Tiwari
Ansh Sethi



Hindu Satsang Updates

By Shivam Viswanathan

Pranaam to all Satsangis!

Best wishes for the New Year to everyone! I hope you have all made your New Year's resolutions for 2023. Hindu Satsang has made significant progress this year, and we hope and pray that we can continue have a positive influence on our community.

Last month, Sh. Anant Vyas ji, our guest speaker, enlightened us with the invaluable message that our Bhagavad Gita conveys to us. Our guest singer last month was Sh. Vipul Srivastava, recap of our November Satsang Sabha is on [page 5](#). This month, we'll have Pt. Ram Prasad Shastri ji from HTGC as our guest speaker. Guest singer for this month's Satsang Sabha will be Smt. Vimal Sharma. More details about December's guest singer and speaker are on [page 9](#).

Our January 22, 2023 Satsang Sabha will be very special. As is customary, we will begin the new year with Sundar Kand, which will be delivered this year by Shri Ajay Yagnik ji. He is very famous, and his videos get millions of views on YouTube. Here is your opportunity to listen to him in person.

Wish you all a very happy **Makarsankranti / Lohri** on Saturday, January 14, **Pongal** from Sunday, January 14 to 17th, **Vasant Panchami** on Thursday, January 25, and **India's Republic Day** on Friday, Jan 26.

This is our last meeting this year, make it convenient to attend this special Hindu Satsang Sabha on December 25th at 10 am.

Set a phone reminder alert to make sure you don't miss this event. नमस्ते

Contents

Page 2:

Birthdays
& Anniversaries

Page 3 & 4: Analysis of
Thoughts

Page 5: Recap of our
October's Satsang Sabha

Page 6: Quiz

Page 7: Answers to
Quiz and Poem

Page 8: Immunity
Scanner in Ayurveda

Page 9: Guest Singer
and speaker

Page 10: Hindu Satsang
Sabha Program Details



Happy Birth Month to our Satsangis born in December



Aarti Gupta	Arjun Sachdev	Arnav Sharma	Atul Gupta	Devindra Joshi	Divya Tiwari	Gitesh Shah
Ish Bhagwat	Kartik Sharma	Indra Rani Singh	Kiran Punwani	Kunal Gulati	Poonam Beri	Nitin Malhotra
Priyanka Dhingra	Rajesh Garg	Rakesh Beri	Sadhana Tiwari	Sarika Mittal	Saroj Mittal	Sadhuram Mittal
Sudhir Gupta	आपके जन्मदिन पर हार्दिक शुभकामनाएं!!					

Happy Anniversary शादी की सालगिरह पर ढेर सारी शुभकामनाएं!

Alka & Navin Tyle	Garima & Vipin Malhan	Jyotsna & Surendra Salgia	Kiran & Subhash Sharma	Kusum & Naresh Nohria
Madhu & Jug Uppal	Neha & Naresh Khetrapal	Om and Kanan Dhingra	Richa & Anu Agnihotri	Ritu Upadhyay & Vinay Chawla
Seema & Neeraj Gupta	Shelly & Dinkar Tiwari	Sreshtha & Ravi Saini	Uma & Ghanshyam Agarwal	Vimal & Subhash Sharma

Pati, wife aur Wifi

Husband - Now you have my complete and undivided attention ...wait...sorry, WiFi is working again.

Intuition:

My wife's female intuition is so developed that she knows I am wrong even before I have opened my mouth.



Laughter is the best medicine



Getting in shape for the Anniversary

Husband - As an anniversary gift for you, I am starting an exercise program just a week before our anniversary. I am going to walk 3 miles every day.

Wife: Nice gift, you'll be 21 miles away from me by our anniversary.



Analysis of Thoughts

By Sh. Raj Taneja
(Hindu Satsang member)



For a peaceful life, “analysis of thoughts” is very important. In observing our minds, we find that every action except those prompted by instinct is preceded by thought.

Thoughts and actions are connected; that is, a thought causes an action, and an action causes a thought. When we examine the underlying factors that influence our actions and thoughts, we will be able to gain insight into them. By understanding this, we will be able to enhance our mental capacity and effectively control our thoughts.

There are six (6) root causes from which thoughts emerge and actions may follow. They are:

- Thought from the force of Need
- Thought from the force of Habit
- Thought from the force of Environmental Conditions
- Thought from the force of Others’ Imposition
- Thought from the force of Heredity
- Thought from the force of a Divine Evolutionary Process

A thought may arise from one of the above causes or from a combination of one or more of the above causes. We can better comprehend how these six root causes contribute to the emergence of thoughts by using a few examples from our daily lives. A better understanding of this will enable us to better control our thoughts, moralize them as necessary, and thus maximize their creative potential.

Our minds will become more organized as a result of this process, and constant awareness will result in lasting peace and happiness.

The following examples will show how thought emerges from the six (6) root causes listed above.

The thought "I must take food" occurs to me. Let us see if we can relate this thought to one or more of the above root causes.

If I am indeed hungry, then the thought “I must take food” is coming from the root cause "Need".

But if I am not feeling hungry and it is 1 PM, which is my usual lunch time, and the thought “I must take food” is coming from the root cause "Habit".

I am not hungry, and it is not yet lunchtime, but still, the thought of eating food comes to me as I walk in front of my favorite restaurant. Then the thought of taking the food comes from the root cause, “Environmental Conditions”.

If indeed I am feeling hungry, it is lunchtime, and I am passing in front of my favorite restaurant, then the thought of taking the food is coming from the root causes of “Need, Habit, and Environmental Conditions”.

A vendor is selling mangoes on the street where you are passing by. He is making his best efforts to sell the mangoes to people passing by, as his livelihood depends on it. Your mind was empty at that time and was overcome by the mango vendor's selling appeal. You went ahead and bought a dozen mangoes. Immediately after some time, you realize that you are not fond of mangoes and your family members are not at home, and you ask yourself, "Why did I buy the mangoes?" The thought of buying the mangoes came because of the root cause, “Others’ Imposition”. Does Black Friday Deals, Buy-One-Get-One free and other marketing strategies come to mind?

Continued on the next page 

↳ **Continued from the previous page**

All businesses thrive on this root cause by advertisement through Newspapers, Radio and TV.

Thought due to the Force of Heredity

A child born into a family where the husband, wife, or both smoke It is highly likely that the grown child will start smoking when the conditions are appropriate. He will not only begin smoking, but he will enjoy it as if he is accustomed to it due to the smoking imprint passed down from his parents. He could have avoided smoking if he had realized the bad consequences of smoking.

Thought due to the force of Divinity

Evolutionary Process

There are occasions in the lives of ordinary men when an unknown power, elusive but real, seems to guide them and take them to noble and virtuous actions. A close and careful analysis does not reveal the motivating cause behind such thoughts and actions. Only after a long time do we realize that these noble thoughts and actions were prompted by the force of a Divine Evolutionary Process.

Eliminate Harmful Thoughts

If we learn to analyze our thoughts and the motivating cause behind them, we can correctly assess the consequences of that thought and decide if it should be permitted to gather strength and fructify or if it should be eliminated at the outset.

If you know that having a certain thought will make you unhappy or uncomfortable, auto-suggest that thought to you until the unpleasant outcomes of pain and difficulty are ingrained in your memory. The subsequent occurrence of this undesirable thought will therefore be accompanied by the thought of its negative effects. This will discourage you from carrying out the bad thoughts. This way, we can eliminate all the harmful thoughts and allow only creative ones to develop. Your thoughts will improve as a result of this practice, and when those thoughts are put into action, they lead to happiness and peace.



भावपूर्ण श्रद्धांजली



[1934 - 2022]

Smt. Mankuvar Mehta, mother of Jyotsna Salgia, left for her heavenly abode on December 16th, 2022, at the age of 88 in Pune, India. It is our prayer that God will give comfort and strength to the family and help them find peace during this difficult time.

Om Shanti Om



A brief recap of
Hindu Satsang's Monthly Sabha
held on November 27, 2022
By Shivam Viswanathan

Sh. Kamal Gupta ji, the convener for this month, did a fantastic job. This month (December), Anant Vyas ji will convene the sabha.

We missed Sh. Subhash Sharma ji while he was in India. We had satsangis begin the session by singing beautiful bhajans. It was a pleasure listening to the mesmerizing bhajans sung by our guest singer, Sh. Vipul Srivastava. He sang some very popular bhajans on karaoke tracks. This reminds us that our old films have given us some amazing bhajans and prayers. Some of the songs that Vipul ji sang so beautifully were:

- Ae Malik Tere Bande Hum (ऐ मालिक तेरे बंदे हम) from the movie Do Anken Barah Haath(1957).
- Jyot Se Jyot Jagate Chalo (ज्योत से ज्योत जगाते चलो) from the film Sant Gyaneshwar(1964).
- Tora Man Darpan Kehlaye (तोरा मन दर्पण कहलाये) from the movie Kaajal (1965).
- Jaise Sooraj Ki Garmii Se Jalate Hue Tan Ko (जैसे सूरज कि गर्मी से जलते हुए तन को), from the movie Parinay (1974).

Our guest speaker, Sh. Anant Vyas, enlightened us on the teachings of the Bhagavad Gita. He spoke about different types of yoga prescribed in the holy book. It is astonishing that you can learn so much from each of the 700 glorious verses. ❀



Guest Singer: Sh. Vipul Srivastava



Guest Speaker: Sh. Anant Vyas





Quiz January Celebrations

By Shivam Viswanathan

India is a country that celebrates all kinds of festivals and events with great enthusiasm and joy. From religious festivals to national celebrations, India has something for everyone. Every region, every state has its own set of festivals, each with its own unique flavor and customs. Put your knowledge to the test with this quiz on festivals and celebrations in January:

1. On Basanth (or Vasanth) Panchami, children offer prayers to which Goddess, hoping to excel in the fields of studies and the arts?
2. Which color is associated with the festival of Basanth Panchami?
3. Vasant Panchami also marks the start of the preparation for which festival that comes forty days later?
4. Sikhs commemorate the martyrdom of which child on Basant Panchmi?
5. Which outdoor fun event is associated with Basant Panchami?
6. What is Basant Panchami known as on the island of Bali, Indonesia?
7. Which legendary figure is remembered during Lohri in Punjab?
8. What does the word "Pongal" (Tamil festival) mean?
9. When was the constitution of India adopted by the Constituent Assembly?
10. Can you name the tenth Sikh Guru, whose jayanti is celebrated in January?

Answers



1. Goddess Saraswati.
2. Basant Panchami and the color yellow have a sacred relation. The occasion is celebrated at a time when bright yellow flowers of the ripe mustard crops can be spotted in the fields of rural India.
3. Holika and Holi.
4. Haqiqat Rai was arrested by the Muslim ruler Khan Zakariya Khan after being falsely accused of insulting Islam. Rai was given the choice of converting to Islam or death and, having refused conversion, was executed on the Basant Panchami of 1741 in Lahore, Pakistan.
5. Kite flying festivals are popular during Basant Panchami.
6. On the island of Bali and the Hindus of Indonesia, Basant Panchami is known as "Hari Raya Saraswati" (great day of Saraswati).
7. Dulla Bhatti - folklore gave him a legendary status for fighting against Akbar's revenue collection scheme and preventing girls from being abducted and sold as slaves. Both his father, and his grandfather, were executed for opposing the new and centralized land revenue collection scheme imposed by the Mughal emperor Akbar.



Continued on the next page 

↳ Continued from the previous page

8. "Pongal" means "to boil, overflow" symbolizing bountiful harvest. Pongal is a harvest festival celebrated by the Tamil community in India and abroad. It is a celebration to thank the Sun and Rain Gods, Mother Nature, and the various farm animals that help contribute to a bountiful harvest.



9. The Indian Republic is governed in terms of the Constitution of India which was adopted by the Constituent Assembly on 26th November, 1949 and came into force on 26th January, 1950. Every year, 26th January is celebrated in India as The Republic Day.



10. The tenth Sikh Guru, Guru Gobind Singh ji was a spiritual master, warrior, poet and philosopher. When his father, Guru Tegh Bahadur, was executed by Aurangzeb, Guru Gobind Singh was formally installed as the leader of the Sikhs at the age of nine, becoming the tenth and final human Sikh Guru. His four biological sons died during his lifetime – two in battle, two executed by the Mughal governor Wazir Khan.



वक्त की लकीरें

by Smt. Uma Nauth

अजीबो गरीब हैं
वक्त की लकीरें
हों जैसे, रेत की लकीरें
कब बन जाये किस्मत की लकीरें
कि पता भी ना चले
इसके संग संग उलझी हुई हैं
कर्मों की धारें
हो खुशी में रंगी
तो हाथ से यूँ फिसलें
गर हो गम में भीगी
तो बिताये ना बीतें
ऐसा लगे जैसे,
हों, पत्थर की लकीरें
पर तू मायूस ना हो बंदे
हर स्याह बादल के पीछे
खींची हैं, चांदी सी तस्वीरें
उमा कहे - क्यूँ ना इस साल
हम कुछ ऐसा करें
जिससे दुःखी जिन्दगानियाँ संवरे
नया साल मुबारक



Happy
New Year!

2023



Statue of the Hindu Goddess, Devi Saraswati, Goddess of Knowledge and Wisdom. This statue is located in front of the Indonesian Embassy, Washington DC. One of the students studying at the Goddess's feet in this statue is President Barak Obama when he was a little boy in Indonesia. [Click here for the news article link.](#)

Immunity Scanner in Ayurveda

According to Ayurveda, there are eight symptoms for assessing your immunity. By analyzing these symptoms, you can figure out how well your body is immune. Here is the verse:

देहे सर्वत्र चोष्णस्य समता लाघवं सुखम्।
क्षुत्तीक्ष्णा गाढनिद्रा च मनसोऽपि प्रसन्नता ॥
शरीरे कर्मसामर्थ्यं अनालस्यं च कर्मसु।
स्वतःस्वेदोगमः काले स्वस्थतांलक्षयन्ति हि ॥

Following are 8 signs of strong immunity:

1. Timely excretion of waste from the body

Your health and immunity are good if your stomach is being cleaned out thoroughly at least once every day without taking any medications or exerting any pressure.

2. No excess weight

It is crucial to focus on a healthy diet in addition to exercise to maintain optimum weight.

3. Clear skin

Clear skin indicates healthy and good blood circulation.

4. Sustained energy throughout the day

You ought to feel revived, energized, and ready to face the day when you wake up in the morning. You should be able to get through the day without taking much of a break.

5. A strong sense of hunger

It is important to feel hungry at least once or twice a day. It is possible that we do not feel hungry if our previous meal was not digested properly. Hunger is a sign of a healthy body, which indicates healthy eating habits. If you constantly eat snacks or overeat, you may not experience intense hunger.

6. Experiencing no body pain

When our bodies hurt, they are trying to tell us that something is wrong and demand our attention. Don't use painkillers to silence or ignore this communication. Eliminate the pain by identifying its underlying cause.

7. Getting a good night's sleep

Your body is cleansed, repaired, and refreshed the next day if you get enough deep sleep. If your sleep is not deep and calm, then, as a result, your immunity also decreases.

8. Having a good time

The ability to stay happy is a sign of both good health and immunity. Have gratitude; stay content, happy, and joyful. Be as helpful as you can to others. 🌸



I am proud to announce that our fellow Satsangi **Dr. Subhash Pandey**, received the 2022 Prof. S. S. Parmar oration award from the Indian Academy of Neurosciences for outstanding neuroscientific research. This award was given during annual scientific meeting of Indian Academy of Neurosciences on December 9th organized at North East Hill University, Shillong, Meghalaya, India. Our best wishes and warmest congratulations Dr. Subhash Pandey. 🌸

This month's guest speaker and singer



Guest Speaker: Pt. Ram Prasad Shastri ji

Priest Shri Ram Prasad ji from Lemont Hindu Temple will be our guest speaker in December. There is no need to introduce him, as he is so popular among the HTGC temple devotees. He was our guest speaker way back in 2018. Shastri ji has been with the HTGC temple since 1998. He hails from Himachal Pradesh in India, and he did his schooling at the Sadhu Ashram, Shaipur, Punjab. He completed his master's degree in Sanskrit at Punjab University, Chandigarh.

He speaks his mind and is a gifted orator. He always injects humor into his talks which makes his talks even more interesting. The topic of his talk will be बोल-वाणी (Speech).



Guest Singer: Smt. Vimal Sharma

Guest singer for this month's Satsang Sabha is Smt. Vimal Sharma. Vimal ji is a very melodious singer with a background in classical music who likes to sing ghazals and devotional music. She mesmerizes her audience with her melodious voice. After retiring from work, she loves spending time with her grandchildren and does a lot of volunteer work in the community. She believes in giving back to the community. Aside from reading and practicing yoga, she also enjoys traveling, gardening, and solving Sudoku puzzles.

**We invite everyone to Satsang Sabha
on
Sunday, December 25th.
Come and feast on food for the
body, mind, and soul.**



*Hindu Satsang's Monthly Sabha (4th Sunday of the month)
10 AM CST on Sunday, 25th, December 2022 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)

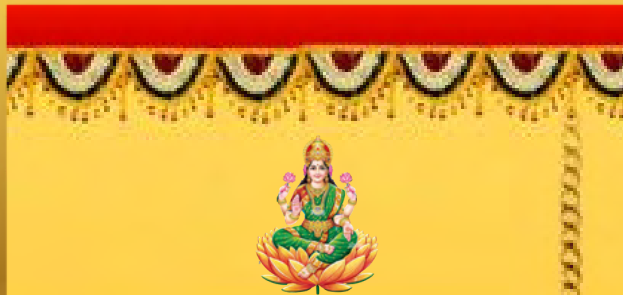
Time: 10 am to 12:00 pm, followed by lunch



Program



10:00 am:	Vedic Pooja
10:10 am	Bhajans by Satsangis
10:30 am	Guest Singer: Smt. Vimal Sharma
11:00 am	Guest Speaker: Pt. Ram Prasad Shastri ji topic: बोल-वाणी (Speech)
11:45 am	Aarti followed by lunch (Brief appetizing walk to the HTGC kitchen, we'll have a partitioned reserved section at the back of the dining room).



October Aarti Collections

Thanks everyone for your generous donations.



Smt. Sadhna & Sh. Rajesh Tiwari	\$101
Cash	\$68
Total	\$169

| 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.



**December Prasad (lunch) Sponsors:
Rajeshwari & Lakshman Alreja,
Vijay & Bansi Pandit.**



Hindu Satsang's Didwania & Jain Scholarships 2022-23

Once more, students connected to the Hindu Satsang group will have the chance to apply for the **Didwania** and **Jain** scholarships by submitting their essays. This year also, we will award 4 scholarships totaling \$2,000, with the first prize in each scholarship being worth \$600 and the second prize being worth \$400. The details of these scholarships are given below. Let me know if you have any questions (email:shivamv@gmail.com). Additionally, a certificate will be given to each participant student.

The topic is usually announced in January, but this year we're sending it to you in advance so that students can utilize their winter break to get ready.

The essay topic: How are rituals and ceremonies like puja, rakhi, touching feet, and others important in connecting you with your dharma (Hinduism)?

Submission Due By: January 31, 2023

Google Form Link for Essay Submission:

[Essay submission form](#)

You can find the winners of the past years on this page on our website:

<http://hindusatsang.org/pastscholarshipwinners>

Here is a link to our scholarships page on our site:

<http://hindusatsang.org/scholarship>

A student must fulfill the prerequisites listed in the right column in order to participate:

Didwania Scholarship Requirements:

- 1) A current or former Hindu Satsang Sunday School student who has participated for a minimum of 3 years.
- 2) Currently in middle or high school.
- 3) Previous winners can submit their essays, but there will be no repeat winners.

Jain Scholarship Requirements:

- 1) A current college student who is or has previously been involved with Hindu Satsang.
- 2) Must be under or equal to the age of 21.
- 3) Previous winners can submit their essays, but there will be no repeat winners.

Other Common Requirements:

- 1) The essay length should be 500–700 words in a Word document (not in .PDF format). It must have an introduction, body paragraph(s), and a conclusion.
- 2) Essays must be the original work of the student. This means no help from parents or others.
3. A subsequent interview will take place after the essay submission. Selected applicants will receive invitations to appear in person or via Zoom for an interview between February 5 and February 15, 2023.

If you have any further questions, please contact any of the Education Coordinators or Sunday School teachers.

