Hindu Satsang
हिन्दू सत्संग

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जून २०२५ June 2025

हिन्दू सत्संग समाचार

Hindu Satsang Samachar



Hindu Satsang Updates

Last Month's Highlights:
In May, we were blessed to listen to the soulful Hanuman Chalisa and spiritual Katha by the world-renowned Shri Ajay Yagnik Ji and Khapekar Ji. A recap of the May's program contributed by Meeting convener Subhash Pandey ji can be found on one of the following pages.

This Month's Program:
Date: **Sunday, June 22, 2025**
Time: 10:00 AM
Venue: **Gupta Dining Hall**

In June, our liaison committee has arranged uplifting bhajans by Shri Sunder Pillai Ji, followed by an engaging session on Laughter Yoga, including a guided laughter practice that promises joy and wellness.

After nourishing our spirits, we will enjoy delicious prasad, lovingly sponsored by our Parivar members. We extend heartfelt thanks to our host families for their continued generosity and support.

Upcoming Events
Summer Picnic
Date: **Sunday, July 13, 2025**
Location: Spring Brook Prairie – West Shelter, 83rd Street, Naperville
Please note the change in location this year.
Janmashtami Celebration
Date: **Sunday, August 24, 2025**
Mark your calendars for this joyous celebration of Lord Krishna's birth!

नमस्ते

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Happy Birth Month to our Satsangis born in June

Abhilesh Taneja	Avi Punwani	Hitender Sabharwal	Krishna Gupta	Pinky Khanna	Sheel Shah	Vikash Dhingra
Anheli Raheja	Bansi Pandit	Jai Viswanathan	Lekha Gandhi	Poonam Pandey	Shilpa Bahl	Vipul Punwani
Anita Singhal	C.S. Trivedi	Kanchan Gandhi	Manohar Sharma	Ritu Upadhyay	Shubhi Garg	Anita Nagamine
Ankit Sahni	Chetan Mittal	Kiaan Pandey	Nilesh Khetarpal	Shaila Punwani	Sonali Vyas	
Archana Gupta	Hersh Sabharwal	Kiran Sharma	Pankaj Gupta	Sharda Saini	Sumeet Sachdev	

Happy Anniversary

Anita and Wayde Nagamine	Chhaya & Chandra Shekhar Trivedi	Kanchan & Subhash Pandey	Karuna Uppal & John Gronbeck Tedesco	Laxman & Indra Rani Singh
Poonam & Yaduvir Singh	Reema & Vikas Jain	Reena & Sanjeev Gupta	Shana & Sateesh Bhagwat	Taruna & Rajeev Gupta

Laughter is the best medicine

Fact: *Smiling stimulates our brain in a way that nothing else can.*

Why does everyone love yoga teachers?

- ***They bend over backward for you.***

What did the yogi tell his dog?

- ***Nama, stay!***

Why is it easy to make an appointment with a yoga teacher?

- ***They're just so flexible.***

Happy Yoga Day
June 21st



Your newsletter feedback are welcome.
If someone you know is not getting the Hindu Satsang newsletter, send their email address to: shivamv@gmail.com

Recap of May Satsang Sabha

Our May program as usual began with the Vedic Sandhya, beautifully led by Shri Ramesh Malhan along with fellow Satsangis.

This was followed by melodious bhajans rendered by Kanchan Pandey ji, Subhash Sharma ji, and Subash Oza ji, which added a devotional vibrance to the atmosphere.

Our guest speaker and singer for the month was the esteemed Shri Ajay Yagnik Ji, warmly introduced by Shri Subhash Pandey. A devoted bhakta of Lord Hanuman, Yagnik Ji is currently visiting the U.S. from India. He was joined by Chicago's own Shri Suryakant Khapekar Ji, also a dedicated Hanuman devotee. Together, they brought a deeply spiritual energy to the gathering. Yagnik Ji's soulful singing and heartfelt devotion to Lord Hanuman created an atmosphere of divine reverence. He offered a profound explanation of the Hanuman Chalisa, highlighting its meaning and relevance in our everyday lives, leaving a lasting impression on everyone present.

Anu Malhotra Ji of Mindful Meditation Yoga announced celebration of international day of yoga being celebrated at Matrix club in Naperville on June 14, from 10AM to 12 Noon.

Shri Om Tiwari Ji shared community announcements, including birthday and wedding anniversary wishes, and extended heartfelt thanks to our host families: Rashmi & Vinod Gandhi Ji, Jyotsna & Surendra Salgia Ji, Chhaya & Chandra Shekhar Trivedi Ji, Jyotsna & Anant Vyas Ji, Nalini Mahajan Ji.

The gathering concluded with a reverent Aarti led by Yagnik Ji, followed by a delicious lunch prasad graciously sponsored by the host families.















Evolution of Yoga and Linkage to Ayurveda

By Rajeev Jain

This month on 21 June, we will celebrate the International Day of Yoga – therefore, it would be appropriate to talk about yoga in context of Ayurveda this month. It is a day in recognition of yoga that is celebrated around the world annually today. The initiative for Yoga Day was proposed by India's prime minister Shri Narendra Modi in his 2014 UN address. The resolution received global support, with 177 nations co-sponsoring it in the United Nations General Assembly, where it passed unanimously. The date of 21 June was chosen as it is the longest day of the year in the northern hemisphere.

Origins of yoga

Yoga is an integral part of Ayurveda and has a fascinating history that spans thousands of years. Its origins can be traced back over 5,000 years, with references in our sacred texts - the Veda. The word "yoga" comes from the Sanskrit root "yuj," which means “to unite” or join—signifying the union of body, mind, and spirit.

Some texts classify the evolution of yoga into several key periods:

1. V**edic yoga (circa 3000 BCE):** centered around practices to unite practitioners with the divine.
2. **Pre-Classical yoga (circa 1500-500 BCE)**: during this time, the Upanishads introduced deeper meditation and philosophy and the Bhagavad Gita, as well as yoga practices and paths.
3. **Classical yoga (2nd century BCE):** during this period, Patanjali compiled the Yoga Sutras, a seminal text outlining the eightfold path of yoga, called Ashtanga yoga. It emphasizes the ethical principles and purity in thought that is a perquisite to receive benefit from physical postures, breath control, and meditation.
4. **Post-Classical yoga (800 CE onwards):** yoga began to embrace more physical practices and the idea of using the body to reach enlightenment, leading to the development of Hatha yoga.
5. **Modern yoga (late 19th and 20th century)**: Swami Vivekananda introduced yoga to the West in the late 1800s, and pioneers like Krishnamacharya and B.K.S. Iyengar helped develop and popularize yoga's physical aspect globally.

Today, yoga is practiced worldwide, celebrated for its benefits to mental, physical, and spiritual well-being.

Schools of yoga

There are many different schools of yoga, each with its own focus and benefits. Some of the traditional ones include:

1. **Ashtanga yoga –** this form is incorporated into Ayurveda. It is a more demanding practice involving purity in thought as a perquisite and incorporates a fixed sequence of poses. Ideal for people who love structure and a challenging, disciplined routine. It strengthens the body, increases endurance, and focuses on uniting the body, mind and spirit.

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2. Hatha yoga – A gentle practice focusing on basic postures, breathing, and relaxation. Ideal for beginners and those looking for a slower-paced introduction to yoga. It builds strength, improves flexibility, and reduces stress.

3. Vinyasa yoga – A dynamic, flowing sequence of poses that links movement with breath. Ideal for those who enjoy a more active and creative practice. It boosts cardiovascular health, enhances coordination, and builds stamina.

4. Kundalini yoga – It focuses on breath work, chanting, and spiritual awareness alongside physical poses. Ideal for people looking for an introspective or spiritually enriching practice. It enhances self-awareness, stimulates energy flow, and promotes emotional balance.

5. Iyengar yoga – It is a precise style emphasizing proper alignment with the use of props like blocks and straps. Ideal for people who value meticulous attention to detail or need modifications for their practice. *It b*uilds strength, improves posture, and develops flexibility.

Each style offers something unique, whether you're looking for fitness, relaxation, or spiritual growth. Some additional styles of yoga (e.g. hot yoga) have been developed more recently as a variation on the above to address particular requirements of practitioners.

When starting to perform yoga asanas, it is important to get proper guidance from a qualified yoga instructor.

The physical yoga asanas are designed to create endurance and flexibility in the body and are synchronized with breathing – hence, there is a right way to perform them. However, if they are not performed correctly, you may not receive the desired benefit and even strain your body.

Health conditions that require cautious approach to yoga

If you have certain health conditions, you need to get proper guidance from a qualified yoga instructor so that you do not aggravate the health problem. Certain poses (asanas) or breathing techniques could strain the body or worsen health symptoms. As a result, if you have any of the following health conditions, it would be best to talk to your physician before starting yoga, as well as get proper guidance from a qualified yoga instructor so that you do not aggravate the health problem further. Frequently, yoga poses can be modified to make them less strenuous, and occasionally they must be completely avoided if the risk is high. You should be cautious if you are experiencing any of the following health conditions:

- **Joint problems**: conditions like arthritis or previous joint injuries.
- **Back issues**: if you have herniated discs, sciatica, or chronic back pain, some movements could aggravate these conditions.
- **Heart conditions**: certain postures are not be suitable for individuals with cardiovascular issues.
- **High blood pressure**: inversions (e.g., headstands) usually need to be avoided.

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- **Pregnancy**: prenatal yoga is great, but other types of yoga should be practiced with caution.
- **Neurological conditions**: if you have vertigo, epilepsy, or other nervous system disorders, safety is essential.
- **Respiratory issues**: If you are suffering from asthma or chronic obstructive pulmonary disease (COPD), pay close attention to breathing and practices like pranayama.
- **Recent surgeries or injuries**: body recovery times vary, so consult with your doctor before practicing.
- **Chronic illnesses**: Conditions like diabetes, fibromyalgia, or autoimmune disorders usually require extra care in choosing a gentler version of the yoga asana.

Yoga can be incredibly beneficial and even cure certain health problems, but individualized adjustments are key for those experiencing the above health conditions. As a rule of thumb, if a posture or asana increases your pain or discomfort, stop doing it.

Benefits of yoga

As an integral part of Ayurveda, yoga also offers a wide range of physical, mental, and emotional benefits. It is a holistic practice for overall well-being. Here are some of its key benefits:

Physical Benefits

Improved flexibility: regular practice helps loosen tight muscles and increase range of motion.

- **Increased strength**: builds muscle tone and improves core stability through poses that engage different muscle groups.
- **Better posture**: enhances body awareness, helping you sit and stand more ergonomically.
- **Enhanced balance**: improves coordination and stability, especially through poses like Tree Pose.
- **Pain relief**: provides relief for chronic conditions like back pain, arthritis, or migraines.
- **Cardiovascular health**: dynamic styles like Vinyasa or Ashtanga improve blood circulation and heart health.
- **Boosted immunity**: relaxation techniques reduce inflammation and support the immune system.

Mental Benefits

- **Stress reduction**: it increases flow of blood to the mind and helps calm the mind and reduce anxiety.
- **Improved focus**: boosts concentration and mental clarity through mindfulness practices.
- **Better sleep**: promotes relaxation, making it easier to unwind and sleep deeply.

Emotional Benefits

- **Increased self-awareness**: encourages introspection and understanding of your emotions.
- **Enhanced mood**: releases endorphins and promotes emotional balance.
- **Mindfulness and inner peace**: helps you stay present and cultivate gratitude.

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Spiritual Benefits

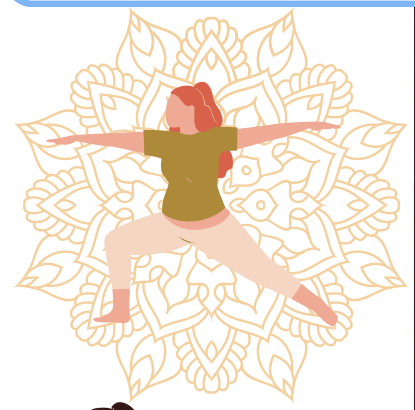
- **Connection to self**: yoga's philosophy inspires personal growth and a sense of purpose.
- **Energy balance**: practices targeting chakras and prana align your energy systems for harmony.

Whether you're looking for physical fitness, mental clarity, or a deeper connection to yourself, yoga is a versatile and transformative practice. Next month, we will discuss the link with Ayurveda in greater detail. Wishing you all a very enjoyable International Yoga day!

INTERNATIONAL DAY OF YOGA

Celebrate International Yoga Day!
Mark your calendars for **June 21 - Yoga Day**! Established by the United Nations in 2014, this global event highlights yoga's ancient roots in India and its powerful benefits for both body and mind. The idea was championed by Indian Prime Minister Narendra Modi, whose proposal received overwhelming support from 177 nations.

Since its debut in 2015, International Yoga Day has united people worldwide -from New York to New Delhi, Paris to Beijing - in joyful practice. Join the movement and experience the wellness and unity that yoga brings to millions!





गुरुर्ब्रह्मा गुरुर्विष्णुः
गुरुर्देवो महेश्वरः।
गुरुः साक्षात् परं ब्रह्म
तस्मै श्री गुरवे नमः॥

International Day Of Yoga 2025: Yoga Roots

The Hindu Temple of Greater Chicago

Saturday, June 21, 2025 8:30 am - 2:30 pm CST

Start	End	Mins	Featured Presentation
8:30 AM	9:00 AM	0:30	*Opening Prayers & President's Address*
9:00 AM	10:15 AM	1:15	Asana & Pranayama
10:15 AM	10:35 AM	0:20	*Kid's yoga Demo*
10:35 AM	10:55 AM	0:20	*Yoga & Dance*
10:55 AM	11:15 AM	0:20	*Yoga & Accupressure*
11:15 AM	11:35 AM	0:20	*Break*
11:35 AM	11:55 AM	0:20	*Laughter & Brain*
11:55 AM	12:25 PM	0:30	Gong Meditation: Yoga & music
12:25 PM	12:45 PM	0:20	*Yoga & Ayurveda*
12:45 PM	1:00 AM	0:15	*Yoga Quiz*
1::00 PM	1:15 PM	0:15	Music & yoga
1:15 PM	1:30 PM	12:15:00	*Aum Circle and Meditation*
1:30PM	1:45 PM		*Closing & Pictures*

Join for a session led by HS member Dharam Puwani ji, at 11:35 am, 'Laughter & Brain,' - Register:
Registration Form

Hindu Satsang's Janmashtami cultural program is scheduled for





10 am to 12 noon, Sunday, August 24

Rathi Auditorium, Lemont Hindu Temple

Start your preparations and get ready for a joyous celebration!

Bring your loved ones and enjoy the show. You also have a chance to showcase your talents.



Here are some program ideas for you to consider (with a performance duration of 5 minutes or less):

- Song (devotional or patriotic only) - solo/group, with live musical accompaniments or karaoke track
- Play a musical instrument, solo/group (devotional or patriotic music only)
- Skit / short play, fancy dress (dress up as Krishna/gopi or an Indian freedom fighter)
- Dance (devotional or patriotic)

There is no age limit. Lunch will be served after the event. This event is completely free to attend and participate.



Register ASAP: Janmashtami Participation Form

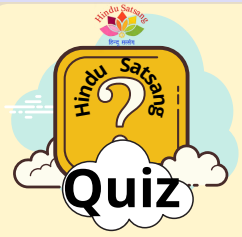
If you have questions, please reach out to our special events coordinators:
Daljit Sabharwal - (630) 922-3024 // Swapnal Dubey - (630) 915-5920

कुछ गमगीन ख्याल

उमा नाथ द्वारा लिखित कविता

रंगीनियां नज़र तो आती है
पर दूर से
नज़दीक तो सफेदी के ढेर हैं !!
जिंदगी कितनी छोटी है
लेकिन जब दर्द की राहों से गुजरती है
तो कितनी लम्बी हो जाती है

तड़प की आग में लिपटे,
बेज़ार ढूंढ़ते रहे, बेहोशयों के निशां
सीने से फूट फूट कर निकला,
वो ज़र्द सलेटी आहों का धुंआ !!
अकेला अकेला सा होता है सारा आलम
दबा दबा सा रहता ये दिले ज़ख्म
जिस तरफ भी, घबरा कर, मुड़े जो कदम
उसी तरफ मुस्कुराकर मिले, गम ही गम



Quiz on the occasion International Yoga Day

By Shivam Viswanathan

1. On which date is *International Day of Yoga* celebrated every year?

2. In what year was *International Day of Yoga* first celebrated?

3. Which of the following is not a type of yoga?
   - a. Hatha
   - b. Vinyasa
   - c. Ashtanga
   - d. Pilates



4. How many asanas does Surya namaskar comprise of?
   - a. 7
   - b. 8
   - c. 12
   - d. 15



5. Who is considered the father of yoga?
   - a. Patanjali
   - b. Shiva
   - c. Baba Ramdev
   - d. Tirumalai Krishnamacharya



6. What is chakra?
   - a. Energy center
   - b. Prayer point
   - c. Karma
   - d. Yoga pose



7. Which of these is not one of the yoga postures?
   - a. Cobra (Bhujangasana)
   - b. Sun Salutation (Surya namaskar)
   - c. Tree (Vrikshasana)
   - d. Lotus (Padmasana)



8. How many **Yamas** are there? Name them.

Answers



1. June 21st
2. 2014
3. d. Pilates
4. c. 12
5. According to yogic philosophy, **Shiva** was the first yogi and the first guru (Adi guru). He is the creator of all yogic wisdom.
Patanjali is credited with creating and compiling the Yoga Sutras, one of the most significant texts in yoga philosophy. Patanjali is also known for his contribution to the advancement of Ayurvedic medicine.
Tirumalai Krishnamacharya is seen as one of the most important gurus of modern yoga, and is often called "Father of Modern Yoga" for his wide influence on the development of postural yoga.
Baba Ramdev is a renowned yoga teacher, famous for popularizing yoga among Indians through the medium of television and his mass yoga camps. His yoga camps are attended by thousands of people.

6. Chakras are the energy centers of the body. The word "chakra" comes from the Sanskrit word which means "wheel." In yogic philosophy, chakras are believed to be energy centers in the body that correspond to different physical, emotional, and spiritual aspects of our being. There are seven main chakras, which are located along the spine from the base of the spine to the crown of the head.

7. Surya Namaskar (Sun Salutation) is not a single yogic posture; it is a sequence of 12 yoga postures performed in a specific order.

8. There are five **Yamas**:
1. Ahimsa (non-violence),
2. Satya (truthfulness),
3. Asteya (non-stealing),
4. Brahmacharya (moderation), and
5. Aparigraha (non-possessiveness).



Please support any yoga event happening in your area. Happy International Yoga Day!



Summer Picnic

Date: Sunday, July 13th, 2025
Time: from 11:00 am to 3:00 PM.
Location: Spring Brook,
83rd St., Naperville IL 60564

(This is a NEW picnic spot with better facilities)
The main entrance is on the north side of 83rd Street, 0.5 mile west of Book Road.



Program/schedule:

- 11 am: Snacks and socializing
  - Sports competitions
- 1 pm to 2 pm: Aarti followed by Lunch & Dessert

At Hindu Satsang, it's Summer Olympics time. During the event, (11 am to 1 pm) participants of all ages will be able to participate in friendly yet competitive sports, and the winners will receive gift cards. Be sure to dress comfortably if you plan to participate in sports.

There is a suggested donation of $10 per family at the picnic site.
For more details, visit our webpage :

http://www.hindusatsang.org/summer-picnic

Guest Singer and Speaker for this month

Guest Singer -

Sh. Sunil Pillai

Sunil Pillai is a resident of Naperville whose passions are music and cooking. As a Senior Manager of Business Transformation at a multi-billion-dollar IT consulting company, he leads with vision and expertise. Sunil first discovered his love for music during his school days and has since pursued singing with enthusiasm. Along with a few friends, he co-founded a music group in Naperville, performing at local shows. Though originally from southern India, Sunil enjoys singing Hindi old movie songs and bhajans, delighting audiences who appreciate classic Bollywood melodies.



Guest Speaker -

Sh. Dharam Punwani



Shri Dharam Punwani Ji, a veteran chemical engineer and community leader, has contributed significantly to both his profession and the Indian-American community.

He helped found Hindu Satsang (1978) and served on the first Building Committee of the Hindu Temple of Greater Chicago (1977). In the 1980s, he chaired HTGC's Philosophy Committee under four presidents. He co-founded the United Punjabis of America (2012) and has led the Naperville Laughter Group since 2010, conducting Laughter Yoga sessions at venues like HTGC and Manav Sewa Mandir.

Professionally, he has nearly 60 years of experience in energy technologies. He founded Avalon Consulting in 1996 and was previously Vice President at the Institute of Gas Technology. He has 120+ publications, two books, and founded an energy trade association in 2001.

An alumnus of IIT Bombay, IIT Chicago, and Loyola University, he lives in Naperville with his wife, Kiran ji.

Hindu Satsang's Monthly Congregation

10 AM CST on Sunday, 22nd, June 2025 at Gupta Dinning Hall



Everyone is cordially invited

Join us in person.
Location: Our gathering will be at "**Gupta dinning hall"** followed by lunch.

SUNDAY SATSANG SABHA

Agenda:

10:00 am: Vedic Pooja followed by Bhajan

10:10 am: Bhajans by Satsangis

10:30 am: Guest Singer:
Sunil Pillai Ji

11:15 am: Guest Speaker:
Dharam Punwani Ji
On Laughter Yoga

11:45 pm: Aarti followed by prasad/lunch

May 2025 Aarti Collections

Thank you for your generous Donotion

May Satsang Sabha

Checks	
Vinod & Rashmi Gandhi	$101
Anant & Jyotsna Vyas	$101

Check Total	$202
Cash Total	$128
Total	**$330**





Maa Annapurna devi

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

Prasad Sponsors this month:

Neera and Daya Kapoor Ji
Sonal and Samir Soni Ji
Anita Singhal Ji
Rozi and Ajay Bhasin Ji
Thank You ... Thank you!!!