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(312) 399-3860

Past Gen. Coord.

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(847) 612-4244

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Subhash Sharma
(815) 751-6624

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(630) 803-2040

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

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(630) 550-1386
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(630) 890-7576
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(630) 276-6986

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मई २०२२ May 2022

हिन्दू सत्संग समाचार
Hindu Satsang Samachar



Hindu Satsang Updates

By Shivam Viswanathan

Pranaam and a Very Happy Father's Day on Sunday, June 19th!

The Hindu Satsang celebrated its annual **Mother's Day picnic** on Sunday, May 8th. There were over a hundred Satsang members present, and everyone had a wonderful time. The link to picnic pictures can be found on [page 5](#). Please mark your calendars today for our Annual Summer Picnic on Sunday, July 17th. Don't miss out on all the entertaining activities planned for all ages. Next month's newsletter will have additional details.

Our April Satsang Sabha was held in person at the Vivekananda Spiritual Center (the last time we had an in-person sabha was in February 2020). VSC is an ideal location for our Satsang gatherings because there are no distractions or disruptions. We had a wonderful experience during the gathering.

Daljit ji and Gitesh ji, our liaisons, work tirelessly to bring some of the best guest singers and speakers, and I hope that more of you will join us and benefit from these incredible sessions. This month we have hosting guest singer and speaker Sh. Acharya Narendra ji.

Following are some of the main festivals/events coming up in the next few weeks, our best wishes to everyone: Wish you all a very happy **Father's Day** on Sunday, June 19, and **International Day of Yoga** Tuesday, June 21

Looking forward to seeing everyone in person on Sunday, May 22nd for our congregation at VSC (Vivekananda Spiritual Center). Take a few seconds to add a reminder alarm to your phone now.

Stay safe & healthy.

IN
THIS ISSUE

Page 2:

Birthdays

& Anniversaries

Page 3 & 4: Ayurveda

Page 5: A brief recap

Page 6: Sunday School
Section (S-Cube)

Page 7: Congratulations

Page 8: Hindu Satsang
Quiz

Page 9: Announcements
& Father's Day

Page 10: Sabha Program
Detail



नमस्ते

Happy Birth Month to our Satsangis born in MAY

Alka Tyle	Anant Vyas	Aneesh Tyle	Anuradha Sharma	Archit Dhar
Asha Vyas	Ashika Sachdev	Vasudha Pandey	Chhaya Trivedi	Darshna Jain
Dipti Kumar	Kanchan Pandey	Krishna Bhatia	Leo Gautam Gandhi	Manu Sharma
Mila Malhotra	Namisha Saini	Neelan Choksi	Rachna Rawal	Rajesh Singhal
Rani Trivedi	Rashmi Gandhi	Ravinder Saini	Raynaa Dhingra	Sakshi Sahni
Sandip Sharma	Subhash Pandey	Sudha Upadhyay	Tarun Kumar	Tejas Satpalkar

जन्मदिवसस्य हार्दिक शुभकामनानि।

Happy Anniversary Month

Alka & Romesh Sood	Bindu & Priya Pathak	Kiran & Satish Gupta	Nikita & Ravin Bhatia	Priya & Rajiv Pandit	Rani & Vivek Trivedi	Tanu & Satendra Singh
Vibha & Manu Sharma	Priya Uppal and Andrew Kaftanowicz	युवयोः वैवाहिकजीवने सर्वदा शुभं भवतु।		Hindu Satsang's		



Some ageless quotes



"At age 20, we worry about what others think of us... at age 40, we don't care what they think of us... at age 60, we discover they haven't been thinking of us at all."

- Ann Landers



"As you get older three things happen. The first is your memory goes, and I can't remember the other two."

- Sir Norman Wisdom

Website address:

HinduSatsang.org

Hindu Satsang's

Facebook page:

facebook.com/HinduSatsangUSA

HinduSatsangUSA

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



We Are Living Longer But Not Healthier – Why?

By Sh. Rajeev Jain



“It is health that is the real wealth, and not pieces of gold and silver.” – Mahatma Gandhi

Modern medical research and advances in imaging and diagnostic technologies have allowed us to live longer. We are now able to identify health problems at the early stages of manifestation and address them. As per World Economic Forum, the average life expectancy worldwide has increased from 54 years (in 1960) to 73 years (in 2019). However, the percentage of our life lived in good health has not improved – it has remained constant at 50%. That implies we still spend half our lives in poor health.

Definition of good health

Commonly, we define good health as the “absence of illness” – that definition is incomplete. In fact, 70 years ago, the World Health Organization defined it as a “state of complete physical, mental, and social wellbeing”. Ayurveda would add spiritual wellbeing to it as well.

Health problems are on the rise

A global study by The Institute for Health Metrics and Evaluation, an independent global health research center at the University of Washington found that between 1990 and 2019, diabetes has increased by 148%, musculoskeletal disorders by 129%, HIV/AIDS by 128%, chronic kidney disease 93%, age-related hearing loss 83%, lung cancer 69%, depressive disorders 61%, heart disease by 50%, low back pain 47%, and stroke 32%. They conclude that most of these health problems are preventable and treatable, and tackling them will bring huge social and economic benefits, however, we are failing to change unhealthy behaviors, particularly those related to diet quality, caloric intake, and lifestyle.

Digestive disorders are a significant cause

A 2009 publication by National Institutes of Health’s put the number of Americans facing digestive disorders between 60 and 70 million! Another 2011 study by the Centers for Disease Control and Prevention states that annually there were 179 million cases of acute Gastroenteritis in USA! Ayurveda for ages has claimed that 80% of all diseases start as digestive disorders. These statistics are alarming! If we want to live healthier, we need to focus on causes leading to digestive issues – our diet and lifestyle.

Taste is more important than nutrition

Innovation in food preparation has increased the variety of foods we consume. More and more new and tasty options are now available in the market from food manufacturers. To address our busy schedules, meals that can be prepared in a minute or relatively quickly are available in abundance. Frequently, commercial interest and advertising keeps us ignorant or mislead us about nutritional value (e.g. carbonated drinks with pizza or potato chips). The bottom line is that majority of us eat to satisfy our taste buds more than the nutritional needs of our body.

Ayurvedic perspective

Ayurveda, a science of living that is highly integrated with nature, states various important practices while consuming food. While we are young, our body is strong and has a lot of energy that can overcome the toxins from an improper diet. But eventually, as our body energies reduce, these toxins take over and manifest as health problems.

Knowledge of food properties is critical

Foods and medicinal herbs in Ayurveda are called dravya and they possess both karma (how it acts) and guna (characteristics).

Continued on the next page >>

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Each dravya has at least four properties and sometimes a fifth one. These are: Rasa (taste - 6); Guna (physical quality - 20); Veerya (potency - 2); Vipaka (post digestion transformed taste - 3); and Prabhava (unexplained properties). In order to not make this discussion too long, we will explain the importance of Rasa, Veerya and Prabhava in a little more detail below:


- **Rasa (taste):** There are six tastes – sweet, sour, salty, bitter, pungent, and astringent. Our diet should include all six tastes. In addition, some tastes should be more dominant at different stages of life. For example, in the Vata life phase (age 50+), sweet, sour, and salty tastes should be more dominant in our diet to pacify Vata.
- **Veerya (potency):** More commonly also known as taseer, it is the ability to warm (ushna) or cool (sheeta) the body after digestion. During winters, it is desirable to eat foods that will help warm your body and minimize using foods that cool the body.
- **Prabhava (unexplained properties):** Some foods have a property that cannot be explained. For example, some foods are diuretic (e.g. watermelon). Ghee is known to reduce fevers, but there is no explanation of why it does that. Cilantro is a great digestive, however, unlike most digestives which are hot, cilantro is cooling. Similarly, honey - while most sweeteners are cold in nature and cause weight gain, honey is heating and improves fat metabolism.

Conflicting foods cause health problems. When we eat foods unaware of these properties, there is a strong likelihood that we consume foods that conflict with each other inside our body (e.g., if we eat a sour food along with milk, it will curdle inside the stomach and will be hard to digest).

Sometimes, they make our health problems worse (e.g., by eating watermelon which is diuretic when we have diarrhea).

When these food properties are ignored for a length of time, the body is unable to cope with the stress it creates on our metabolic system and gives rise to chronic health problems. Many dietary practices followed by our grandparents were knowingly or unknowingly in alignment with these properties. However today, the innovation and experimentation with diets totally ignores these properties and hence, we are facing many more health problems and at earlier ages. Increasingly there is no medical explanation for its cause. In coming months, we will drill into this subject more so that you can be aware of the Ayurvedic perspective.

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

Wishing you all a wonderful Memorial Day holiday and great health. 

The author of this article series is Sh. Rajeev Jain. He is a member of our Hindu Satsang group and an Ayurvedic Healer.

A brief recap of the
**Hindu Satsang's
Monthly Sabha**

held on April 24, 2022

By: Anita Singhal

Our first live Satsang was held on Sunday, April 24th at Vivekananda Spiritual Center on Hindu Temple premises after 2 years and 2 months. The program started with Bhajans and Chants for almost an hour. This helped create an aura of decreasing stress, increasing positive mood, and feeling of relaxation.

Our guest speaker was Mrs Permananda Devi Dasi from Iskon Temple. She spoke about Bhakti Yoga and different kinds of Bhakti. Bhakti yoga emphasizes the utter love for God by action and making sacrifices.

After the meditation and prayer, trophies were distributed to children who won the essay competition on Hindu religion mythological stories. The silence was observed to pay respect to few of the members' families who recently passed away.

The program concluded with Indian lunch at the temple's kitchen dining area and socialization among people.

By: Anita Singhal

Mother's Day Picnic Photos

Please see our Facebook page for lots and lots of Mother's Day picnic photos:

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

Please remember to like our page.

Thank you, Sh. Subash Oza for taking such amazing pictures.



Guest singers, father son team, Nirantara Dasa and Mukunda Russell



- Kala ji and Renu ji awarded trophies to kids who participated in the Youth Fest program.
- Smt. Madhu Uppal with Kala ji
- Guest speaker - Premananda Devi Dasi



**Hindu Satsang
Annual Summer Picnic**

Sunday, 17th July

[Click here for more details](#)



S Cube

Sunday School Section

Article by one of our Sunday School students, Ayanna Pandit

Hindu Satsang Sunday School has been a very informative and enjoyable class for the last 4 years I've been a part of the Satsang family. Hindu Satsang Sunday School builds our confidence in our culture and teaches us to be who we truly are. In just four years of being a part of this educational program, I have learned so much. I learned a lot about reading, writing, and conversing in Hindi. It was fun when I went to India. I surprised everyone there by reading and speaking Hindi. I also like learning about the religion, history of India, freedom fighters, Mahabharata, Ramayana, festivals, and much more.

Some of the most exciting activities that I look forward to each year is the Ramlila play, where each student gets to participate. This is not only fun, but it is also very informational. I get to have fun on the stage but at the same time, I get to enjoy learning about Ramlila, the Story of Rama, and his life.

Another event that I love and do it annually is the Mother's Day picnic. This is a fun activity for not only the moms but as well as for the kids and the whole family.

We play games, have fun with friends, and the highlight is always the AMAZING pakoras. The one and only, Kamal Ji, is unbelievably awesome at making pakora. He takes almost anything to make it into pakoras.

This year we had the mouthwatering mango, pineapple, avocado pakoras, and many more. We just had a great time and had the chance to admire the amazing moms and incredible Hindu Satsang family.



Me with my big bro and parents. All the moms at the picnic received roses from their children.

Me and my love for for Ramlila



**Congratulations to our
Hindu Satsang member
Dr. Subhash Pandey!!!**

***A brief description of
his breakthrough discovery:***

Adolescence is a critical period for brain maturation. Binge drinking during adolescence can cause epigenetic and genetic changes that alter brain development and increase the likelihood of psychiatric disorders later in life. A new study conducted by Dr. Subhash Pandey and his team from the University of Illinois Chicago (UIC) Alcohol Research Center published in the journal Science Advances suggests gene editing using CRISPR may cure anxiety and alcohol use disorders in adults after adolescent binge drinking (<https://www.science.org/doi/10.1126/sciadv.abn2748>).

This is an important medical breakthrough toward curing alcohol addiction. "This study not only helps us better understand what happens in developing brains when they are exposed to high concentrations of alcohol but more importantly gives us hope that one day, we will have effective treatments for the complex and multifaceted diseases of anxiety and alcohol use disorder," said Dr. Pandey, Joseph A. Flaherty MD endowed professor of psychiatry and director of the UIC Alcohol Research Center in Chicago.

This discovery was covered by several news media outlets:

- <https://www.genengnews.com/topics/translational-medicine/crispr-edits-brain-epigenome-to-reset-anxiety-and-excessive-drinking-in-rats/>
- <https://nationworldnews.com/a-factory-reset-for-the-brain-may-fix-anxiety-drinking-behavior-study-shows-gene-editing-reverses-brain-genetic-reprogramming-caused-by-adolescent-binge-drinking/>
- <https://todayuknews.com/tech/gene-editing-a-factory-reset-for-the-brain-to-cure-anxiety-and-excessive-drinking/>
- <https://medicalxpress.com/news/2022-05-factory-reset-brain-anxiety-behavior.html>



Dr. Subhash Pandey!!!



Prasad at Satsang

Dear Satsang Family,



After a Covid-induced interruption in our in-person monthly meetings on the fourth Sunday of each month, we are resuming our in-person meetings and, along with that, the tradition of Prasad that allows families to socialize while enjoying the food provided by the host families.

The Prasad Coordinator works with families to assure that we have Prasad at each meeting. Since the Prasad is purchased from the HTGC kitchen, host families are primarily responsible for serving the food and sharing the cost of the food.

With normal attendance, four families are the suggested maximum number to serve as hosts in any month. When a large number of families serve as hosts in one month, it leaves us scrambling to find hosts in other months. PLEASE, if your group is larger than 4, kindly consider splitting into two groups and helping Satsang by having adequate coverage throughout the year.

The Prasad is for the enjoyment of our attendees. We request everyone to not pack extra Prasad to take home because it places undue pressure on host families.

Thank you,
Your Fellow Satsangi



Aarti Collections

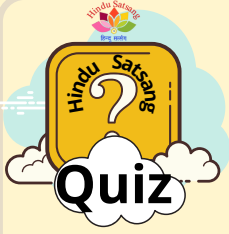
April Satsang	
April Aarti collection:	\$75
Donation checks:	
Kala Didwania	\$101
Gitesh Shah	\$101
Manju Kalra (Mother's Day picnic)	\$50
Total collected for April:	\$327
Mother's Day Picnic	
BINGO	\$35
Aarti	\$51
Cash Donation	\$148
Total collection on Mother's Day picnic	\$234

If you would like to sponsor Prasad for any of the following 12 months, please contact our Prasad Coordinators Smt. Kanan or Sh. Om Dhingra. You can sponsor it alone or with a group of friends.
Email: okindia@aol.com // **Phone:** 630-803-2040

Nanda Baba is the most vivid Hindu figure which comes to mind when we think of Father's Day. Nanda Baba, the foster-father of Lord Krishna, is known to have sacrificed so much to provide love, care, and affection to Lord Krishna and Balarama along with his wife Yashoda.

Happy Father's Day!





Quiz on the occasion of Father's Day and Yoga Day

By Shivam Viswanathan



1. Dhani is the first name of a British musician and composer, who was named after the sixth and seventh notes 'dha' and 'ni' — from the Indian musical scale. Name his famous father, and musical legend.
2. Which 2009 Hindi film starred a father and son, with the real-life son playing the father and the real-life father playing his son?
3. Cheddi Jagan was a politician who, in 1953, became the first person of Indian descent to be head of government outside of South Asia. He is regarded as the 'father' of that country. Name the country.
4. The son of King Aja and Indumati was originally named Nemi, but became popular by a different name. Can you name this king from Ramayana?
5. A king whose real name is Kaushika is more commonly known to us by another name, which he inherited when he became a Brahmarishi. Who is this great king, who is mentioned in the epic "Ramayana"?
6. "Yoga" is a Sanskrit word, what does it mean?
7. How many chakras are in the human body?
8. Who is the creator of Yoga Sutras?
9. Who is considered to be the first yogi?
10. In Bhagavad Gita, Krishna speaks of four types of yoga, what are they?

Answers

1. George Harrison of "The Beatles".
2. Hindi movie "Paa", starring Amitabh as son and Abhishek Bachchan as father.
3. Guyana, originally British Guiana.
4. King Dasharatha. He got the name Dasharatha (Ten chariots) as his chariot could move swiftly in all ten directions, people believe that his chariot was so fast that it was as good as 10 chariots (*das* means ten and *rath* means chariot).
5. Vishwamitra is one of the most well-known sages of all time. He is credited with authoring the Gayathri Mantra. Once, when he was a king, he faced defeat when he tried to steal the holy cow, Surabhi, from the ashram of sage Vasishtha. He then decided to become a Maharishi like Vasishtha.
6. "Yoga" literally means union, referring to the union between body and mind.
7. There are seven chakras in the human body — Muladhara, Svadhishtana, Sahasrara, Ajna, Manipura, Vishuddha, and Anahata.
8. Sage Patanjali.
9. In the yogic lore, Shiva is seen as the first yogi or Adiyogi, and the first Guru or Adi Guru. Several Thousand years ago, on the banks of the lake Kantisarovar in the Himalayas, Adiyogi poured his profound knowledge into the legendary Saptarishis or "seven sages".
10. *Bhakti* (भक्ति) - devotion; *jnana* (ज्ञान) - knowledge; *karma* (कर्म) - action; and *raja* (राज) - meditation – these are the paths to achieve *moksha*, the ultimate goal.

Hindu Satsang's Monthly Congregation

10 AM CST on Sunday, 22nd, May 2022 at VSC



Everyone is
cordially
invited

Join us in person. We will not have online zoom in the month of May.

Location: VSC (Vivekananda Spiritual Center- the building to the right of the Vivekananda statue at HTGC Temple, Lemont, IL) .



Hindu Satsang Sabha Guest singer and speaker

In May, we will be hosting guest singer and speaker **Sh. Acharya Narendra ji**. He has completed his Sangeet Visharad in vocal from Prayag Sangeet Samiti, Allahabad. He has taken training from many luminaries like Pt. Bhim Sen Joshi, Pt. Pratap Narayan, music director Shraavan (Nadeem Shraavan), Anup Jalota to name a few.

Narendra ji is well versed in singing, music direction, and composition. He has also traveled widely in and outside of India, performing in stage shows with Swami Ramdev ji.

He will be talking about "सुख दुख परमेश्वर प्रद या हमारे स्वयं के प्रतिपादित " (Pleasures and sorrows are God's providing or our own creation)



Maa Annapurna devi Prasad Sponsors this month:

Madhu & Jug Uppal
Usha & Darsh Wasan
Sudha and Hans Upadhyay
Nalini Mahajan

SUNDAY SATSANG SABHA

Agenda:

10:00 am: Vedic Pooja

10:10 am: Bhajans by Satsang members

10:30 am: Guest Singer and Speaker:

Sh. Acharya Narendra ji

Topic: "सुख दुख परमेश्वर प्रद या हमारे स्वयं के प्रतिपादित " ("Pleasures and sorrows are God's providing or our own creation")

12:00 pm: Aarti followed by
prasad/lunch