Hindu Satsang
हिन्दू सत्संग

Board Members

Gen. Coordinator
Mahesh Gupta
630-207-6333

Past Gen. Coord.
Rama Bhagat
(630) 956-1459

Publication
Namrata Haldwania
(630) 890-8911

Property
Deepti Srivastava
(630) 946-4222

Prasad
Indra Rani Singh
(630) 373-7267

Liaison
Nand Parkash Garg
(630) 750-6669
Suman Sood
(708) 289-0032

Education
Sonal Soni
(630) 430-7393
Falguni Rana
(708) 802-1144

Finance
Shivam Viswanathan
(312) 399-3860

Special Events
Hersh Sabharwal
(630) 853-2978
JC Kapoor
(630) 792-9496
Nidhi Grover
(848) 327-5094

Website Coord.
Shivam Viswanathan
(312) 399-3860

Youth Coords.
Ananya Sullivan
Aaradhya Kumar



जुलाई २०२६ July 2026
हिन्दू सत्संग समाचार
Hindu Satsang Samachar



Hindu Satsang Updates

Dear Satsangis,
Last month, we were delighted by bhajans performed by Ms. Rina Motilal Ji, followed by an insightful session on "Meditation over Medication" featuring Chakra Meditation led by Sh. Yash Choudhary Ji.Thanks to Shivam Ji for convening the June Satsang.

On July 12th, we also hosted our much-anticipated summer picnic. We hope you were able to join us and enjoy a lovely day in the great outdoors.

For a recap of the picnic, please refer to page 7.
You can find pictures on our Facebook page:
(https://www.facebook.com/hindusatsangUSA).
A heartfelt **THANK YOU** to everyone whose contributions made this event a resounding success.

This Month's Program
Date: **Sunday, July 26, 2026**
Time: **10:00 AM**
Venue:**Vivekananda Spiritual Center**

Join us for this month's Satsang, where we will be treated to beautiful bhajans sung by **Smt. Shaila Khedkar,** a passionate singer and vocalist, along with an informative session on Dental Health presented by **Dr. Manohar Jain.**

Some of the main festivals/events coming up:
(As per Drik Panchaang, Chicago, IL)

- August 15: India's Independence Day
- August 16: Nag Panchami
- August 27: Raksha Bandhan
- August 30: **Janmashtami celebrations by Satsang at Lemont**

Janamashtami will be celebrated on Sept 3rd/4th 2026.
Hindu Satsang Sabha is celebrating it on August 30th, 2026.





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Happy Birth Month to our Satsangis born in July

Ajay Sharma	Amita Sachdev	Anika Gupta	Anil Gunya	Ansonia Sood	Anuj Dhingra	Asha Sharma
Brij Sharma	Chetan Kumar	Darsh Wasan	Ekta Punwani	Falguni Gandhi	Gopal Sharma	Gul Bhatia
Jug Uppal	Mohan Sharma	Nand Parkash Garg	Naman Agarwal	Naresh Jain	Navin Tyle	Neeraj Gupta
Neeru Kothari	Niti Bhargava	Piyush Joshi	Poonam Singh	Pradeep Goel	Rahul Pandit	Sarika Gupta
Satish Gupta	Vaibhav Upadhyay	Vishwanath Agarwal	Vivek Trivedi	Neil Wilson	Maya Tiwari	

Happy Anniversary

Sharda & Ravinder Saini	Amit and Priyanka Dhingra	Kanchan & Amit Gupta	Naresh & Darshna Jain	Neeru & Ajay Kothari	Hemal & Gautam Gandhi

आज का पल, कल की याद

खुश रहोगे, तब भी गुज़र जाएगी,
दुखी रहोगे, तब भी गुज़र जाएगी...
ये उम्र है जनाब, रोके नहीं रुकेगी!

जो पल गुज़र जाते हैं, वो फिर लौटकर नहीं आते,
दिल की कुछ ख़्वाहिशें, बस दिल में ही रह जाते।

इसलिए क्यों न इन लम्हों को मस्ती में, हँसते-गाते बिताएँ।
कुछ मेरी सुनें, कुछ अपनी सुनाएँ,
ज़िंदगी के हर पल को मुस्कुराकर सजाएँ,
और इस खूबसूरत सफ़र को हमेशा के लिए यादगार बनाएँ।

सभी सत्संगियों की ओर से शुभकामना अपार,
जन्मदिन पर मिले आपको खुशियों का संसार।
प्रभु कृपा से सदा मुस्कुराते रहें आप,
हर पल जीवन में मिले सुख, शांति और प्रताप। 🙏

Love is blind. Marriage is an eye-opener! 👀 🟡

The real anniversary gift is remembering the anniversary! 🎁

A happy marriage is built on love... and knowing when to say, "Yes, ji." ⚫

Yoga – An integral part of Ayurveda

By Sh. Rajeev Jain

“Rogaḥ purvarūpeṇa jñeyaḥ” —
A Disease announces itself long before it manifests.

Last month we explored everyday ways we drift away from constitutional balance to a state of imbalance. Below, we will review them in greater detail – in a more practical way.

There were seven categories of Nidana:

- Ahara Nidana — Dietary causes
- Vihara Nidana — Lifestyle & behavioral causes
- Manasika Nidana — Emotional & mental causes
- Kala Nidana — Seasonal and time-related causes
- Desha Nidana — Environmental causes
- Pragyaparadha — “Crimes against wisdom,” knowingly acting against what is good for you.
- Asatmya Indriyartha Samyoga — Misuse of the senses

Let us understand them in greater depth.

1. **Ahara Nidana — Dietary Causes**

Food is medicine. Food is also poison - depending on how, when, and what you eat. Ayurveda says disease often begins in the kitchen. Common dietary Nidanas include:

- Eating when not hungry
- Skipping meals
- Overeating
- Eating incompatible foods (viruddha ahara)
- Eating too fast
- Eating too late
- Eating heavy, oily, fried foods regularly
- Excessive cold foods (disturb Vata & Kapha)
- Excessive spicy, sour, salty foods (disturb Pitta)
- Eating in a stressed or distracted state

The simple truth is “good digestion is critical for good health, and the way you eat matters as much as the food itself”.

The right way to eat is to honor hunger, eat at regular times, choose warm and freshly cooked meals, avoid incompatible combinations, and stop before you’re full. When you eat in a calm, present state, with attention to the six tastes and gentle digestive spices, you support Agni — the fire that turns food into energy instead of toxins.

In practice, this means eating only when hungry, making lunch your main meal, keeping dinner light and early, and avoiding overeating, cold foods, late meals, and distracted eating. Warm, spiced, balanced meals eaten mindfully keep Vata, Pitta, and Kapha steady. When these principles become habit, the kitchen becomes a place of healing rather than the origin of disease.

A Patient who ate very healthy but still felt unwell:

A patient ate “healthy” — salads, smoothies, protein bowls. But he ate standing up, in a rush, while checking emails, at irregular times, with no attention to digestion. He asked, “I eat clean. Why do I feel bloated and tired?” And the reality is “You are eating good food in a bad way.” His Nidana wasn’t the food. It was the way in which he ate.

2. **Vihara Nidana - Lifestyle & Behavioral causes**

These are the habits that disturb the doshas through how we live. Common lifestyle Nidanas include:

- Sleeping late/ Sleeping during the day
- Excessive screen time
- Lack of movement
- Excessive exercise
- Irregular routines
- Rushing
- Multitasking
- Overworking
- Suppressing natural urges (urination, hunger, sleep, tears)
- Exposure to cold, wind, or dampness

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Case of a Lady who was always "On the Go"

A woman patient lived in a constant state of activity. She woke up early, worked late, multitasked all day to meet the needs of a demanding schedule, was perfectionist by nature, and at the end of the day collapsed into bed. She said, "I don't understand why I'm exhausted. I'm doing everything right." The reality is "You are living in a way that disturbs Vata every single day." Her Nidana wasn't dramatic. It was her pace.

The cause of her imbalance wasn't a single big event, trauma, illness, or obvious mistake. It was the way she lived every day — fast, pressured, overextended, constantly "on the go."
In Ayurveda, this is the most dangerous kind of Nidana: a subtle, continuous lifestyle pattern that quietly aggravates Vata until the body collapses.
In Ayurvedic language, here is impact:

- Constant multitasking → Vata ↑
- Perfectionism → mental Vata ↑
- Long work hours → Agni ↓, Vata ↑
- No rest cycles → Ojas ↓
- Always rushing → Prana Vata disturbed
- Collapsing at night → Vata depletion

Ayurveda points out that imbalance doesn't always come from what you eat or what happens to you — it often comes from the tempo at which you live. Her "pace" was the disease-causing factor.

3. Manasika Nidana - Emotional & Mental causes

Ayurveda is clear — emotions are not separate from the body. Unprocessed emotions disturb the doshas:

- Fear, worry → Vata
- Anger, frustration → Pitta
- Attachment, grief, stagnation → Kapha

Common emotional Nidanas include:

- Chronic stress
- Unresolved grief
- Suppressed anger
- Loneliness
- Perfectionism
- Fear of failure
- People-pleasing
- Emotional repression

Case of a Man who carried his stress in his gut

A male patient had chronic acidity. He blamed it on food. But when I asked, "When do your symptoms worsen?" he said, "When I'm anxious." His Nidana wasn't dietary. It was emotional heat — Pitta rising from unexpressed frustration.

4. **Kala Nidana — Time & Seasonal Causes**

Ayurveda teaches that time itself can be a cause:

- Late nights disturb Vata
- Summer heat aggravates Pitta
- Winter heaviness increases Kapha

Seasonal transitions destabilize all doshas. A woman who feels fine all year but gets migraines every summer is experiencing Pitta seasonal Nidana. Similarly, a lot of people experience seasonal allergies.

5. **Desha Nidana — Environmental Causes**

Your environment shapes your doshas:
cold, windy climates aggravate Vata
hot, dry climates aggravate Pitta
damp, heavy climates aggravate Kapha
Someone who moves from Arizona to Seattle and suddenly gains weight is experiencing Kapha environmental Nidana.

Continued on the next page

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6. **Pragyaparadha — "Crimes Against Wisdom"**

This is one of Ayurveda's most profound ideas. Pragyaparadha means — knowing what is right for you, but doing the opposite. For example:

- Knowing spicy food triggers acidity but eating it anyway
- Knowing you need rest but pushing yourself constantly
- Knowing a relationship is toxic but staying in it
- Knowing a habit harms you but repeating it

This is the root cause of most modern disease. With the abundance of available information, few can today claim ignorance on any subject of interest. However, it is very common that they will share their knowledge with others, but not apply it to themselves.

7. **Asatmya Indriyartha Samyoga — Misuse of the Senses**

Ayurveda teaches that the senses can injure the mind and body when misused:

- Too much noise
- Too much screen time
- Too much stimulation
- Too much information
- Too much comparison
- Too much social media
- Too much artificial light

As an example, today, a teenager with anxiety, insomnia, and irritability may not have a psychological disorder — they may simply have sensory overload.

Concluding Remarks:

Nidana is not about blame. It is about understanding the patterns that create imbalance.

Ayurveda says - "When you understand the cause, you understand the cure." This is not about guilt. It is about awareness — the first step in reversing any disease.

"In Ayurveda, disease is not an enemy to fight but a message to understand."

Hinduism is one of the world's most ancient spiritual traditions and uniquely celebrates the special bond between brothers and sisters through festivals like Raksha Bandhan and Bhai Dooj. These cherished occasions honor sibling love, mutual respect, care, and the lifelong promise of standing by each other through every stage of life.

रक्षा बंधन

की ढेर सारी शुभकामनाएँ

In 2026, Raksha Bandhan falls on Thursday, August 27.

In Illinois, the Aparahna (late afternoon) muhurat for Rakhi is an auspicious 2-hour and 40-minute window. For the upcoming Raksha Bandhan, this specific time begins at 2:12 PM and ends at 4:52 PM CST.







Hindu Satsang Janmashtami Cultural Program 2026



Sunday, August 30, 2026
10:00 AM – 12:00 Noon
Rathi Auditorium, Lemont Hindu Temple

Begin your performance preparations today and get ready to shine on stage at a vibrant and joyous celebration!

Come celebrate with family and friends! Enjoy an exciting lineup of cultural performances, and don't miss your chance to shine by showcasing your talents before the community.
Here are some program ideas for you to consider:
(performance duration cannot exceed 5 minutes):



- 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
- 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: tinyurl.com/Satsangprogram

⚠️ Limited Spots Available – Registration on a First-Come, First-Served Basis. If you have questions, please reach out to our special events coordinators.

Important Reminder

This year's Janmashtami Cultural Program will be held on the 5th Sunday (August 30) instead of the 4th Sunday, which is our usual schedule. Please make a note of this change and plan accordingly.

We look forward to celebrating the joyous occasion of Lord Krishna's birth with you and your family through devotion, music, dance, and cultural performances.



A Summer Picnic to Remember

July 12, 2026

A beautiful summer day, warm and not too humidset the stage for our much-loved picnic on July 12th. With delicious food, lively games, and families full of energy and laughter, it was truly a day to remember.

Our event coordinators planned a wonderful lineup of activities. It was heartwarming to see everyone competing with big smiles.
Our picnic featured a delightful musical performance by Smt. Deepti Srivastava.

We are incredibly grateful to **Samar Jain (Manager, Ashyana Catering)** for graciously sponsoring our lunch. We also want to extend a huge thank you to **Ramesh Malhan ji** for his years of dedicated food organization!

This joyful day wouldn't have been possible without the tireless efforts of our organizing committee especially **Nidhi Grover ji**, volunteers - Shivam Viswanathan ji, Roma Bhagat ji, Garima Malhan ji, Kanchan Pandey ji, Nand Garg ji, Kamal Grover ji, Om Tiwari ji, Subhash Oza ji, Subhash Pandey ji, Kiran & Subhash Sharma ji and all the families who came together to celebrate. The laughter and shared moments were proof that this picnic remains one of our most treasured traditions. Special thanks to Anita ji for her special mango ice cream.

Gift cards in prizes were given to the winners





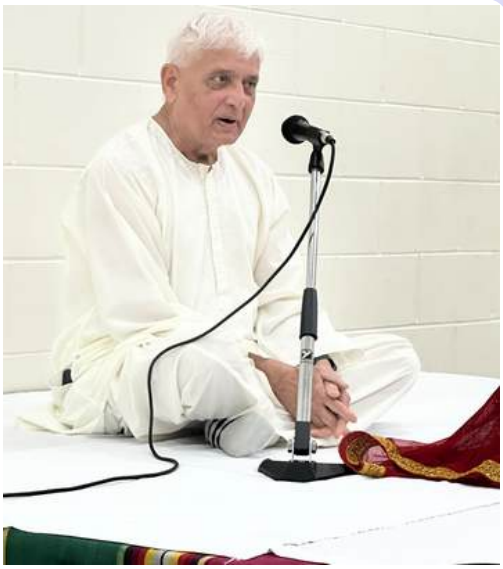
See picnic photos at:
www.facebook.com/hindusatsangUSA

Follow our Facebook page for updartes from Hindu Satsang.



Satsang Sabha Update – June 28















Quiz
Rakshabandhan

By Jai Viswanathan

1. Who tied a rakhi around King Mahabali's wrist?

2. What is the meaning of the following verse:

येन बद्धो बलि: राजा दानवेन्द्रो महाबल:!
तेन त्वामभिबध्नामि रक्षे मा चल मा चल !!
– Bhavishyattara Purana : 137/20

3. Who tore off a piece of her sari, and wrapped it around Krishna's wrist to stop the blood flow?

4. According to legend, who tied the rakhi to King Puru (Porus)?

5. Who is believed to have sent rakhi to Mughal Emperor Humayun?

Answers

1. **Goddess Lakshmi**. To protect the realm of his ardent devotee king Mahabali, Lord Vishnu departed his home of Vaikuntha. Goddess Lakshmi felt lonely and sad about this. She, therefore, pretended to be a Brahmin woman and sought sanctuary in Bali's palace. She tied a rakhi on Mahabali's wrist on the day of Shravan Poornima and told him the truth about why she had come to his house. Mahabali was moved when he realized the greatness of his Lord Vishnu and how he had personally come to defend him and his throne. As a result, he sacrificed everything he had for Lord Vishnu and Goddess Lakshmi. He requested Lord Vishnu to accompany Goddess Lakshmi in Vaikuntha.

2. "The protective thread which was tied to the extremely benevolent King, Bali, I tie the same sacred thread on your wrist, which will protect you from all adversities forever". This mantra is recited by the sisters to their brothers while tying the Rakhi.

3. **Draupadi**: Once Krishna managed to cut his finger, everyone started to run around to look for a strip of cloth to stop the bleeding. Draupadi, who was watching all this, simply tore off a part of her sari and tied it around Krishna's finger. In return for this deed, Krishna promised to protect her in times of distress. Later on, the Pandavas lost Draupadi in a gambling bet. By Krishna's miracle, Draupadi's sari became endless and saved her from humiliation when she was disrobed in King Dhritarashtra's court.

4. **Roxana**: In 326 BC, wife of Alexander, Roxana tied the Rakhi to King Porus and took a promise from him not to harm her husband. Although King Porus fought the battle but avoided a direct fight with Alexander so that he could fulfill his promise.

5. **Rani Karnavati** of Chittor sent Rakhi to Mughal Emperor Humayun and asked to protect her kingdom from the invasion of Bahadur Shah. Unfortunately, Humayun came late and Rani Karnavati, along with other women of the kingdom immolated themselves to save the honor from the hands of the invaders.

Happy Rakshabandhan



Aug 21st- Varalakshmi Vrat

Varalakshmi Puja day is one of the significant days to worship the goddess of wealth and prosperity. Varalakshmi, who is the consort of Lord Vishnu, is one of the forms of Goddess Mahalakshmi.

Onam- Aug 26th

Onam is a Hindu festival celebrated by the people of Kerala. The day when Nakshatra Thiruvonam prevails in month of Chingam is considered for Onam celebrations. The festival commemorates the appearance of Vamana avatar of Vishnu and the subsequent home coming of the legendary Emperor Mahabali. Onam celebrates the Asura King Mahabali's annual visit from Patala (the underworld).

Aug 27th- Raksha Bandhan

Raksha Bandhan is celebrated in Shravana month during full moon day or Purnima day. It is the revered festival signifying the brother Sister bond of love and protection.

Aug 30th- Kajri Teej

Kajari Teej is a sacred monsoon festival primarily celebrated by married and unmarried women in northern India, including Uttar Pradesh, Bihar, Rajasthan, and Madhya Pradesh. Falling on the third day of the dark fortnight of the Hindu lunar month of Bhadrapada, the festival honors the divine union of Goddess Parvati and Lord Shiva.

Happy Nag Panchami

Monday, August 16th, 2026.



There are different legends associated with the origin of Nag Panchami. One popular legend involves Lord Krishna, who defeated the venomous snake Kalia and saved the people of Vrindavan from its terror.

During Nag Panchami, people offer prayers, milk, flowers, and sweets to snake idols or live snakes. They may also visit temples dedicated to snake deities and make offerings there. The rituals are performed to seek the blessings of the serpent gods, protect against snake bites, and ensure prosperity and fertility.

Nag Panchami this year is on **Monday, Aug 16th, 2026.**



Hindu Satsang Sabha
Guest speaker Dr. Manohar Jain

Our Guest speaker, Dr. Manohar Jain earned his Bachelor of Dental Surgery (B.D.S.) from Government Dental College, Amritsar, India, in 1971, followed by his Doctor of Dental Surgery (D.D.S.) from the State University of New York at Buffalo in 1977. Shortly thereafter, he moved to Chicago and established his dental practice in 1978, where he has been serving the community with dedication and excellence ever since.

Throughout his distinguished career, Dr. Jain has pursued advanced training in Orthodontics, Dental Implants, Minor Oral Surgery, and a wide range of restorative and cosmetic dental procedures. Over the years, he has developed a particular passion and expertise in dental implants and dentures, helping countless patients restore their smiles, confidence, and quality of life.

Topic: Dental Health



Dr. Manohar Jain

Guest Singer
Smt. Shaila Khedkar

Smt. Shaila Khedkar, our Guest singer is a a professionally trained vocalist, she hails from a musically rich family in Vadodara, Gujarat. For over 25 years, she has been captivating audiences across the Chicago area and beyond, performing at a wide range of cultural, social, and community events.

A versatile singer, her repertoire spans timeless Bollywood classics, contemporary hits, vibrant Gujarati Garba, soulful bhajans, and joyful wedding melodies. Inspired by the legendary Lata Mangeshkar, whom she considers her musical idol, she has earned the prestigious "Voice of Lata Ji" award on multiple occasions for her exceptional renditions of Lata Ji's evergreen songs.

With her melodious voice, heartfelt performances, and deep passion for music, she continues to delight audiences and leave a lasting impression wherever she performs.



Smt. Shaila Khedkar

Hindu Satsang's Monthly Sabha

10:00 AM CST | Sunday, July 26, 2026

VSC, located within the HTGC Temple - Lemont, Illinois



Everyone is cordially invited

Sunday Satsang Sabha

Agenda:

10:00 am: Vedic Pooja
10:10 am: Bhajans by Satsang members
10:30 am: Guest Singer: **Smt. Shaila Khedkar**
11:10 am: Guest Speaker**: Dr. Manohar Jain**
12:00 pm: Aarti followed by prasad/lunch

Hindu Satsang's *Upcoming Events at HTGC:*

Mark your calendar

- **Satsang Sabha**: 10:00 AM on Sunday, July 26, 2026
- **Janmashtami Cultural Program**: 10:00 AM on Sunday, August 30th, 2026





June Collections (June 28)

Cash (Aarti)	$85
Amitabh & Nikhil Gupta	$101
Subhash & Kanchan Pandey	$101
Laxman & Indrani Singh	$101
Yesh & Sneh Choudhary	$51
Total	**$439**
Summer Picnic Collections (July 12)	
Cash Contribution	$380
Aarti Collection	$56
Dr. Manohar & Renu Jain	$21
Shashi Malhotra	$30
Picnic Total	431
Total	**$493**

Total $932

Maa Annapurna Devi

May you receive abundant blessings of well-being, prosperity, and affluence.

Prasad Sponsors this month

Usha and Darsh Wasan
Sangita and Jayant Ginde
Madhu and Jug Uppal
Sunil Kumar and Family
Dr. Renu & Dr. Manohar Jain & Family