

# Sangh Sandesh

## संघ संदेश

January – March 2013 – Yugaabd 5114

### SV150

p4 SV150 Celebrations



**Dharma  
Bee**  
p23



Swami Vivekananda Open Day – Page 10

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## Contents

January - March 2013 - Yugaabd 5114

<b>Editorial</b>	<b>2</b>
<b>Bunch of Stories</b>	<b>3</b>
<b>SV150 Celebrations</b>	<b>4</b>
<b>"It is better to wear out than to rust out"</b>	<b>8</b>
<b>Surya Namaskar Yagya</b>	<b>12</b>
<b>UK Samachar</b>	<b>14</b>
<b>Vivekananda Exhibition</b>	<b>20</b>
<b>Story of Dhruv</b>	<b>22</b>
<b>Dharma Bee</b>	<b>23</b>

# Editorial

## Ā look towards the New Year...

It has been a busy few months with the launch of the year long celebration of Swami Vivekananda's 150th birth anniversary. Swami Vivekananda's message is relevant even today. We hope that this year acts as a springboard for people around the world to read, enquire, discuss, evaluate and practice all that Swamiji so eloquently spoke about over 100 years ago.

In this issue, we read about the Tarun and Taruni shibirs, a gathering of young Hindus over a weekend. We read about the various events that have taken place through SV150, reaching out to politicians, local communities and our own Swayamsevaks, Sevikas and their families. We hear from Anita Patel, a Sevika from Nairobi, Kenya who was so inspired by Swamiji that she decided to do dedicate her time to spreading his message.

Many of us must have also participated in the Surya Namaskar Yagya and many of our US brothers and sisters are looking forward to and studying hard for the Dharma Bee. There is a chance that this could be a very exciting and productive year for us all not just through listening to or reading the quotes of Swamiji but thinking about how we can implement these teachings into our lives and putting these thoughts into action.

Editorial team

# Bunch of Stories

## Our Inspirational Karyakartas

"Thinking of how shakha started in Bradford, we became an extraordinary group of people that led and inspired other young people...We thought of holding an event called 'Virat Hindu Sammelan'. The image that Shri Krishna Bhagwan had given to Arjun on the battlefield was 'Virat' meaning immense. That was why we chose the name 'Virat Hindu Sammelan'. So in 1989, Milton Keynes, 250 Hindu organisations came under one umbrella.

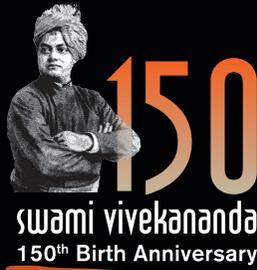
As organising secretary, with Sri Kishorebhai Ruparelia, it took us two and half years in the making. 35 spiritual leaders, who all sat on the unity platform as if there was never a difference, declared it a huge success."

Hasmukh Shah is a Swayamsevak from Kenya, who moved to Bradford during his studies. He has had a prominent role in particular organisations like Friends of India and VHP.



For more info visit [www.hssuk.org](http://www.hssuk.org)

"As individuals and as swayamsevaks we are ordinary, but when we come together we create something extraordinary"



# Uttishthata Jagrata Prapya Varan Nibodhata Arise, Awake and stop not till the goal is reached!

**The weekend of 12<sup>th</sup> January 2013 was an inspirational weekend for the Hindu Samaj across the world as thousands took part in the "SV150" inaugural celebrations.**

Celebrations took place in many countries: Bharat, Shri Lanka, Pakistan, USA, Malaysia, Pakistan, Kenya and UK.

In the UK, celebrations of Swami Vivekananda's 150th birth anniversary took place in major cities including Manchester, Edinburgh, Belfast, Birmingham, Leicester, Cardiff, London, Reading and Woolwich. In total, over 2,000 people attended the various events.

*"Fill the brain with high thoughts, highest ideals, place them day and night before you and out of that will come great work"*

To encourage the development of high thoughts the SV150 Committee UK released their first book at the inauguration functions, "Life and Message of Swami Vivekananda". This book was distributed for free to everyone who attended the events across the country. (More copies are being printed and will be available for organisations to distribute to their members and local branches.)

The programmes included an SV150 introductory video, plays, classical dances, songs and inspirational speeches. An audio of Swami Vivekananda's first speech in Chicago was also played.

The public took a keen interest in being a part of the regional and local initiative, "Vivekananda Exhibition on Ancient Indian Civilisation", a touring exhibition showcasing the important features of Indian civilisation and Swami Vivekananda's message. Starting in March 2013, the exhibition is expected to visit 100 different places across the UK.

The aim of hosting these inauguration ceremonies was to inspire all who attended to work proactively in spreading Swami Vivekananda's universal message in the host community.

Throughout the year, individuals are being encouraged not only to listen to the message of Vivekananda but also to strive to be at one with this message. Our understanding of Swamiji's message should be reflected in our individual and collective actions.

*"My hope and faith rest in people like you. Understand my words in the true spirit and apply yourselves to work in their light. I have given you enough advice, now at least put something in practice. Let the world see that your listening to me has been a success."*

Mr C R Kulkarni | (m) 07876390066 |

Kirti Vekriya | (m) 07920529722

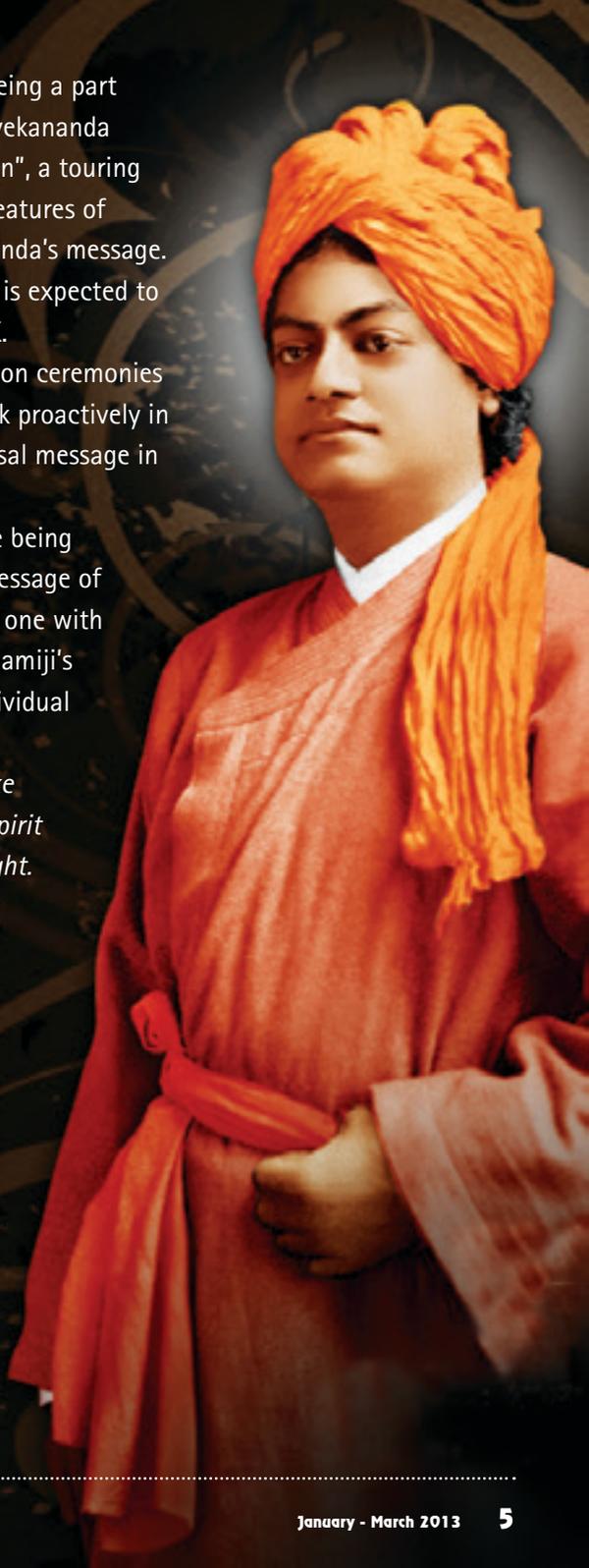
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The following pages includes reports and photos from the various inauguration events.

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## Leicester, UK

Leicester joined in the celebrations of Swami Vivekananda's 150th Birth Anniversary on the 12th January at the newly developed Soar Valley College Auditorium. It was an exciting start to the New Year with over 300 guests attending the ceremony representing a cross section of the Hindu community and leaders in business, education & politics. Leicester was honoured with Jay Lakhani joining us as our guest speaker followed by cultural performances and invigorating short speeches.

The atmosphere was inspiring and marked the start of annual activities across Leicestershire. We closed the evening with the release of 150 saffron balloons.

## Cardiff, UK

The inauguration ceremony in Cardiff, Wales was a Samilit Karyakram of HSS and Hindu Council of Wales (HCW), attended by 150 people.

The activities started with Deep Vandana and a welcome note by the chairperson of HCW. Children then performed various plays on the life of Swami Vivekananda. The programme ended with an inspiring speech from the chief guest, Shri CR Kulkarni ji and snacks.



## Sri Lanka

On 10 February 2013, Hindu Swayamsevak Sangh in Sri Lanka concluded the year long SV150 celebrations that had commenced on 26 February 2012. A National Hindu Conference was held at the Shalika grounds, Colombo attended by ministers and MPs from all parties and leaders of all the Hindu organisations, including the President of the Ramkrishna Mission and the grandson of Sri Kumaraswami (who was the President of the reception committee in 1897 that welcomed Swamiji when he returned to Colombo from the Parliament of Religions). Thousands of Hindus participated from all 25 districts, with 640 villages represented. A cultural procession was held through the main streets of Colombo.

Over the year, 140 conferences were held all over Sri Lanka, attended by approximately 100,000 people. It is estimated that almost 500,000 Hindus came into contact with the initiative and 200,000 stickers of Swami Vivekananda were stuck on the doors of Hindu houses across the country.

## London, UK

At the London event in Bharatiya Vidya Bhavan, Swami Dayatmanand-ji (President of Ramkrishna Mission UK), Dr Nanda Kumar (Director of Bharatiya Vidya Bhavan) and Swami Niliptananda (President of Sewashram) launched the book, "Life and Message of Swami Vivekananda" and presented it to the noble MP's Barry Gardiner, Bob Blackman and London Assembly Member, Mr Navin Shah.



## **"It is better to wear out than to rust out"**

*'Go on working at top speed. Never fear! I, too, am determined to work. One has to die, but why should it be through laziness? It is better to wear out than to rust out',* wrote Swami Vivekananda in a letter that he addressed to Swami Akhandananda in July, 1897.

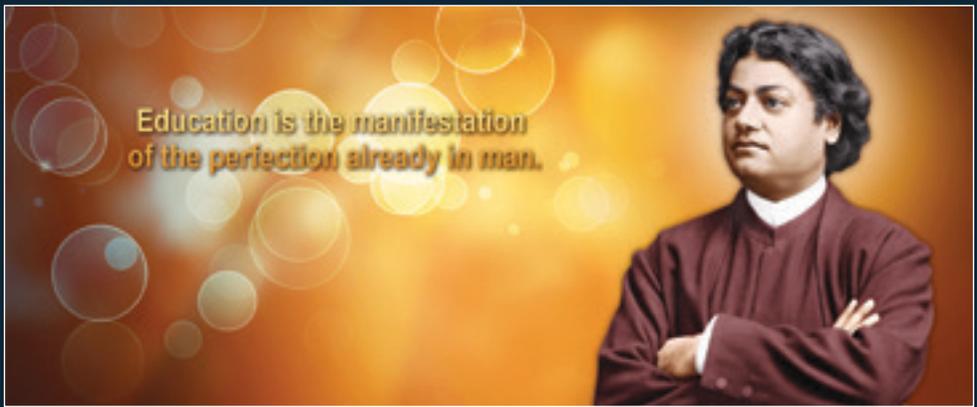
In spite of these brave words, at this time, Swami Vivekananda was far from well. He was suffering from a severe cold, asthma, and diabetes. He also had a relapse of tonsillitis and fever.

Swamiji's health problems were aggravated because of the great demands he placed on his body. Various stomach ailments weighed him down throughout his life. When he became a Sanyasi, his lifestyle changed dramatically and from that point on, he began to suffer from abdominal problems. He was alternating between 2 lifestyles, of luxury and poverty, and this sharp contrast continued throughout his life. Being fully aware of this, he said he was a bundle of extremes as he could eat a great deal and also starve himself.

Insomnia was another problem in Swamiji's life. For him it was a rare joy to be able to fall asleep as soon as he lay down.

Swami Vivekananda had tremendous willpower. He realized that the work he had begun would never be completed if he wasted time fussing about his health. Once, while at the Baranagar monastery in 1887, he fell gravely ill due to lack of food and overstrain. His temperature ran high and his fever showed no signs of abatement.

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Education is the manifestation  
of the perfection already in man.

He was suffering terribly and his illness worsened during the night. After seeing this, one of his disciples started weeping. At this, Swamiji said faintly, but with great firmness, 'Do not cry. I am not dying now. There is a lot of work that remains to be done. I can see them in front of my eyes. I have no time to die!'

In his letters and memoirs, we get both passing references and detailed descriptions of his health complications. Here is a list of various diseases, medical conditions and ailments that Swamiji suffered from during the course of his life: severe headaches (migraines), tonsillitis, diphtheria, influenza, asthma, typhoid, malaria, liver diseases, indigestion, gastroenteritis, dysentery, diarrhoea, dyspepsia, abdominal pain, gallstones, lumbago, bright's disease (acute nephritis), kidney ailments, dropsy, albuminuria, bloodshot eyes, loss of vision in the right eye, insomnia, neurasthenia, body heating up after dinner, inability to tolerate heat, excessive fatigue, sea sickness, sunstroke, diabetes, heart problems, among others.

We can see how much how Swamiji had to endure physically due to this long list of ailments despite which he managed to achieve such extraordinary things. He still managed to travel across the length and breadth of the country. His body was indeed a mystery. Those who fuss over minor physical discomforts should draw inspiration from his example. Truly, 'It is better to wear out than to rust out.'

*Anita Patel is a Sevika from Nairobi, Kenya. She is currently a Pracharika for Hindu Sevika Samiti after being inspired by the message of Swami Vivekananda.*



## Swami Vivekananda Open Day 2013 – Woolwich

On Sunday 13th January, Woolwich marked the celebrations to commence Swami Vivekananda's 150th birth anniversary year by hosting an open day.

The celebrations started in style with grand puzzles and activities for the young-hearted and inspirational videos and discussions for those wise hearted.

Woolwich Pannabai and Shivaji shakha celebrated the open day in the local Ram Mandir which dedicated its hall to set up a chronological timeline of Swamiji through an exhibition. The exhibition included 4 corners of the hall, each dedicated to a turning point in Swamiji's life. The timeline was depicted through posters with information throughout the hall. The exhibition had two sub points located for activities which the young and old could take part in.

Life size 8 foot and 4 foot stand up photos of Swamiji were put up with the face and hands cut out. People were able to take their pictures looking like Swamiji in his famous saffron robe. Live prints were also made available for people to take home with them as a souvenir.

A special natak (play) depicting a special moment in Swamiji's life was performed by the Swayamsevaks which was very funny to watch but also gave a very inspiring message to those who watched it. The moral was to face our fears and challenge them head on.

The most inspiring event of the day was a re-enacted video clip of Swamiji's famous Chicago Address. This inspired many of us to go out and promote his work to think and be like Swamiji. Many did literally become Swamiji as there was a 'dress like Swamiji' section where people could dress up in the robe and paag! I leave you with one quote which summed up the thoughts lingering in our minds,

*"Take up one idea. Make that one idea your life - think of it, dream of it, live on that idea. Let the brain, muscles, nerves, every part of your body, be full of that idea, and just leave every other idea alone. This is the way to success."* -

Swami Vivekananda

Hiral Hirani, Pannabai Shakha, Woolwich



## Sangh and Samiti in the House of Commons

On Thursday 24th January 2013, I joined 3 Samiti Karyakartri, Shilpaben Chheda, Saraswatiben Rabadia, and Kirtiben Vekriya in representing Hindu Sevika Samiti in the House of Commons.

We were highly privileged to attend an event held to celebrate the 150th Birth Anniversary of Swami Vivekananda.

The event was organised by The Metropolitan Police Hindu Association, Hindu Academy and Seema Malhotra MP (Feltham and Heston). Amongst the dignitaries present at the event, we were extremely fortunate to be graced with the presence of Keith Vaz MP (in place of Seema Malhotra), Lord Kamlesh Patel, Craig Mackey Met Police Deputy Commissioner, Steven Pound MP, Bob Blackman MP, Arjanbhai Vekaria, Jay Lakhani, Commander Dal Babu, Ravi Sharma (Sunrise Radio) as well as prominent leaders of other organisations within the Hindu Samaj.

Nileshbhai Solanki, who is on the SV150 Committee, spoke of the upcoming events planned this year, to celebrate the 150th Birth Anniversary of Swami Vivekananda. Conforming to tradition, Jay Lakhani gripped our attention and awakened our minds when he addressed us. He reminded us of Swamiji's philosophy that God lies within all humanity, and rather than looking to the heavens above, to serve God, one must serve mankind.

We were hugely uplifted on hearing that the MP's within our country fully support and believe in Sangh and Samiti's idea of Vasudeva Kutumbakam... the whole world is one family.

We were treated to a mouth-watering dinner provided by Patak Foods, during which we had the opportunity to meet with other organisational leaders.

The SV 150 Committee also displayed panels from the exhibition on Swami Vivekananda's life story, for all to see and be inspired by.

As we participate in celebrations throughout this year to celebrate Swamiji's 150th birth anniversary, we can be enlightened by Swamiji's quote: *"My faith is in the younger generation, the modern generation..out of them will come my workers. They will work out the whole problem, like lions".*

Deepa Shah, Croydon

# Surya Namaskar Yagya

## Two Obvious Questions

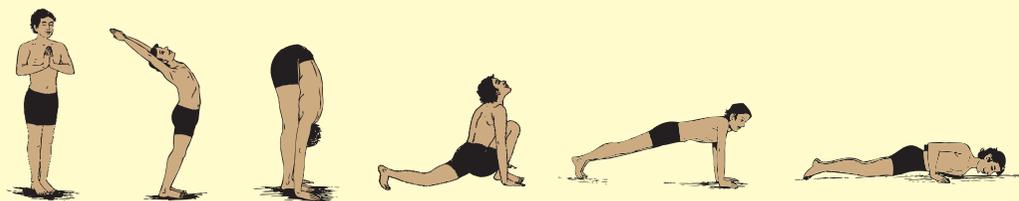
The cycle of 'Asanas' known as Surya Namaskar is familiar to us all. Many of us have been practicing for years, and many more have recently made it part of their daily routine. The first obvious question, "why exercise?" has been answered many times now that we know how our lifestyles are linked to our health.

So the other obvious question is, "why the Sun?"

On 17th February 2013, Shakhas around the country followed a single model Shakha, focussed on understanding the importance of the Sun in our lives. Swayamsevaks and Sevikas undertook a very interesting exercise, which you may wish to replicate in the comfort of your own homes. It will only take a few minutes.

**What would our world be like if there was no Sun?**

- Step 1** Pick a time of the day (morning, lunchtime, afternoon, evening, night etc).
- Step 2** Write down everything you do at your chosen time of day. This can be in the form of a timetable; make it as detailed as your imagination allows.
- Step 3** Choose one key activity from your chosen time of day and determine how it is linked to the Sun.



Phone charged using mains electricity.

Mains electricity generated using fossil fuels

Fossil fuels are merely organic matter (plants, animals etc.) compacted under pressure over millions of years

Organic matter drew energy from the Sun in the same way as plants and animals do now. E.g. "Photosynthesis"

Example – Our example is of a teenage Swayamsevak, "Raj". He wakes up in the morning and looks at his BlackBerry, which has been charging through the night. This simple act of checking his phone can easily be related back to the Sun. How, you may ask?

So the second obvious question, it transpires, has a rather obvious answer. Science tells us it is all about energy. Can you trace where your energy comes from? Is it a sustainable source? Do you use too much?

Try and undertake this same exercise for a variety of activities, ranging from having your meals to travel to relaxing in front of the TV in the warmth of our own home.

Whilst modern science tells us so much, maybe our wise ancestors had already understood why the Sun is central to life as we know it. They devised a method of worship to the Sun which transcended rituals and into recognition of our true source of energy, whilst encouraging each individual to do something of benefit to their own health and wellbeing. That, is Surya Namaskar.

**Science tells us it is all about energy. Can you trace where your energy comes from? Is it a sustainable source? Do you use too much?**





## Ealing Road Monopoly, North London Vibhaag

Do not pass go. Do not collect £200. You've just been fined for spitting paan on Ealing Road!

No, this was not an idea for Sewa Day, but in fact the theme for Haqeeqat and Meerabai Shakhas' Diwali Programme: "Ealing Road Monopoly".

Held on 23rd November 2012, the highlight of the evening was this interactive game show, based on the popular board game. But, instead of all

the usual street names, each square of this board was a shop or place on Ealing Road, a street right at the heart of London's Hindu community. So, rather than landing on Mayfair, Oxford Street and Old Kent Road, there was the chance to create a thaali in Sakonis, make some music with old pots and pans at the Popat Store and guess the flavour of different athanaa from VB & Sons. And, as anyone familiar with Ealing Road should know, there was of course No Free Parking either!

Each team was given some starting seed money and, as the dice were rolled and the counters moved around the life sized board, the challenge was on to win as much money as possible by the end of the game. Akshayji Pota was also on hand as banker to hand out change and collect any fines from the teams. The programme was followed by food, also brought in from Ealing Road, naturally!

The event was a great success and thoroughly enjoyed by over ninety swayamsevaks, sevikas and their families.

## South West Vibhaag Khel Competition

On Sunday 2nd December, South West Vibhaag held a very successful sporting event which many shakhas had been preparing for and very much looking forward to!

There was a sankhya of 86 sevikas and with great sportsmanship in the air, it was a complete success!

We started the day off with the first Khel- Ring. Given the weather was bright but slightly chilly, the sevikas braved the low temperatures to play matches on the AstroTurf outside, which in turn proved advantageous given the increased size of the court. Five shakhas took part. Hounslow, Kenton and South Harrow all displayed amazing passing skills and good team co-operation, whilst Finchley, despite playing with a team of 6, proved unstoppable in scoring successful goals. They reached the finals to meet with Wembley in what was an intense Ring final. The interception of the ring in play from both teams was on point leading to no goals scored and a nail biting penalty shoot out. Wembley clinched the win with a score of 2-1.

After a quick lunch, it was the turn of the baal to show us their sporting strength, with a series of team races. First up were the cute but very inspiring 6-9 year olds, with Slough, Wembley and Hounslow taking part. We were amazed by the speed, dexterity and skill displayed by this age group as they sprinted, skipped and three-legged raced their way to the finishing line. Wembley gained the most points to earn themselves first place. The 9-12 year old baal from Slough, Kenton, Wembley and Hounslow then took part in the same races, and again showed us just how much potential and stamina the younger generation have! Having just 2 sevikas on the Slough team, they collected the most points and took an impressive first position.

Being the year of the London 2012 Olympics, we wanted to implement an athletics game into our Pratiyogita, so we took the basis of the 4x100m relay and created a new Khel for the Pratiyogita- the Running Relay. Four team members would sprint a length and pass on a Ring (instead of a baton) to another team member stood on the other end of the length. This proved to be an extremely competitive Khel and each of the 5 participating shakhas were really geared up for it, getting in last minute sprinting practice during the lunch break. Three teams made it through to the second heat, which raised the intensity and the need for speed. South Harrow and Wembley made it through to the finals, and the sheer speed of the sevikas showed we have some super fast athletes in Samiti! Like an Olympic relay, it was almost a photo finish, with Wembley inching ahead and sealing the win in this fast paced race. The Gruhinis also had a turn at the relay and proved that age will not hold them back. They gave each other a good run for their money,

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much to the encouragement and delight of the younger sevikas.

As they say, save the best till last, and so on came the quick paced Kho Kho matches, with 5 teams each playing 2 matches. Just by watching the sevikas during the matches it was clear to see the pure determination and hard work spent training for this Khel. The level of competitiveness was so high we had to call for a rematch as 3 teams drew in points at the semi-finals! Survival of the fittest and fastest saw Wembley and South Harrow through to the final show down of Kho Kho. Both teams displayed incredible tactics and gameplay in both

pursuing and running. Wembley had some key players displaying strange but successful floor moves whilst South Harrow gave good chase and quick fire Kho. It was anybody's game! After an agonising wait, it was announced that Wembley claimed the title and bagged their 4th trophy of the day.

The eventful day was rounded off by the awards ceremony and wise words taken from the aptly named geet, Khel Khiladi Khel: "We will not be disheartened if we lose, but also not flaunt our victories if we win." As Sevikas, we all met, played games together and regardless who won or lost, we showed respect between players, determination for the betterment of each other and ultimately displayed strength in sisterhood.... Shakti Ka Naam Hi Nari Hai!

Ektaa Shah, Meerabai Shakha, Wembley

## **Vivekananda Shibir**

On Friday 1st February at Lutterworth College, 120 swayamsevaks between the ages of 16 and 30, gathered for a landmark tarun shibir, Vivekananda Shibir 2013!

Planned was an inspiring weekend of khel, bauddhik and charcha through the theme of "Introspect. Interact. Inspire."

Bauddhiks and workshops were designed to understand Swami Vivekananda's message and its relationship with Sangh and to equip swayamsevaks with an understanding of



how they can progress Sangh karya and see Swamiji's vision come to fruition. Bauddhik speakers included Shri Sachinji Nandha (who presented a vision into Vivekananda's life and qualities), Shri Baijuji Shah (who spoke about Vivekananda's message), and Shri Pareshji Mistry (who spoke on the implementation of Vivekananda's message).



As well as the inspiring bauddhiks, we had some great khel sessions, where most swayamsevaks got caked in mud, and delicious food throughout the weekend. A particular highlight was the maha khel session, where amongst other things there was a three way tug of war, and a kabaddi and kho kho tournament. The Swami Vivekananda exhibition was also on display for swayamsevaks to browse.

Surya Namaskar Yagya 2013 was also launched on the weekend with over 3,000 surya namaskars completed!

Vivekananda Shibir witnessed the launch of Sangh's latest innovation, "Sadhana", a four month long structured programme designed to develop an understanding of Sangh.

We were fortunate to have with us the inspiring presence of Ma. Ramji Vaidya and Shri Amratji Chandegra for the whole weekend, and Ma. Dhirajji Shah and Pravinji Ruparelia on the Saturday.

The shibir finished with a thought provoking and action inspiring samarp bauddhik by Ramji - a fitting springboard for Sangh karya in years to come.

Hinesh Shah, Northampton



## Taruni Shibir

"Unleash your inner potential" was the theme for this year's Taruni Shibir and the activities over the weekend helped us to achieve exactly this. On 2nd and 3rd February, 34 tarunis gathered at the Bilberry Centre in Birmingham. This year is Swami Vivekananda's 150th birth anniversary, and his inspirational quotes provided a strong platform for the shibir. Our abilities were stretched both mentally and physically to help us recognise our potential as well as ways to fulfil it.



An interactive session on the challenges faced by women was both thought provoking and motivational. Starting on the differences between the perception of Western and Hindu women we ended on the questions: Can Western values make an ideal mother and can Hindu values make an ideal female leader?

We also took part in a creative thinking workshop which enabled us to use the usually dormant right side of our brain, allowing us to think outside the box – something I hope to continue to do.

On a different note there was a workshop based on Dragons Den, where we had to think of an idea worth investing in that would bring different communities together. We also went on a refreshing morning walk, where we saw some impressive views of Birmingham (no seriously!).

Something new to most people at the shibir was Tai Chi – a martial art requiring patience and precision. We also attempted an Indian version of aerobics, which more than anything toned our stomach muscles from laughing so much.

Overall the weekend was thoroughly enjoyable, but more importantly the activities sparked some interesting conversations amongst the participants. Being able to talk to people of similar backgrounds and ages on topical issues helped me gain perspective into some of the challenges facing our generation.

The opportunity to think about my long term goals and steps to actually achieve them was helpful for me because without these steps the goals would remain abstract and unachievable.

It seems pertinent to end on a quote by Swami Vivekananda:

*"Take up one idea. Make that one idea your life - think of it, dream of it, live on that idea. Let the brain, muscles, nerves, and every part of your body be full of that idea and just leave every other idea alone. This is the way to success. And this is the way great spiritual giants are produced."*

Payal Chheda, Croydon

# SĀDHANĀ

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# 150

swami vivekananda  
150<sup>th</sup> Birth Anniversary

# Vivekananda Exhibition on Ancient Indian Civilisation

**Hinduism**

**General Introduction**

Hinduism is the oldest and most diverse of the world's religions. It is a complex of many different beliefs and practices, which have evolved over a long period of time. It is a religion of the people, and it is a religion of the future.

**THE HINDU RELIGION**

Hinduism is a religion of the people, and it is a religion of the future. It is a religion of the people, and it is a religion of the future. It is a religion of the people, and it is a religion of the future.

**THE HINDU RELIGION**

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**Knowledge in Chemistry**

The present exhibition is a comprehensive and up-to-date work on the history of chemistry in India. It is a work of art, and it is a work of science. It is a work of art, and it is a work of science. It is a work of art, and it is a work of science.

**THE HISTORY OF CHEMISTRY IN INDIA**

The history of chemistry in India is a long and glorious one. It is a history of discovery, and it is a history of progress. It is a history of discovery, and it is a history of progress. It is a history of discovery, and it is a history of progress.

**THE HISTORY OF CHEMISTRY IN INDIA**

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**Welcome**

**To the Vivekananda Exhibition on Ancient Indian Civilisation**

This exhibition is a bird's eye view of the vast Indian culture and civilisation.

The exhibition also includes the life and message of Swami Vivekananda, the patriot-Hindu Monk of India.

This exhibition is being displayed in celebration of Swami Vivekananda's 150<sup>th</sup> Birth Anniversary.

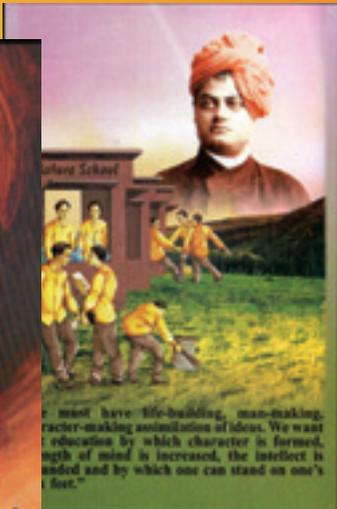
**150** swami vivekananda 1863-1902  
Presented by SWIHS National Committee (UK)

On the occasion of Swami Vivekananda's 150<sup>th</sup> birth anniversary, a Vivekananda Exhibition on the Ancient Indian Civilisation is touring the UK.

The exhibition provides an accurate portrayal of our rich Indian culture and heritage and gives a bird's eye view of the life and message of Swami Vivekananda as well as the vast cultural heritage of India. It is being hosted by several universities, libraries, temples and town halls across the UK.



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### There are 30 Indian Civilisation posters on different themes including:

- Basic concepts and way of living
- Temples, ancient roots and architecture
- Art, Dance and Music
- Hindu Diaspora and its influence
- Contributions in Mathematics and Science
- Yoga and Ayurveda
- Dharma in nature and service

### There are 42 poster on Swami Vivekananda including:

- Childhood stories
- Meeting of Ramakrishna Paramhansa
- Chicago speech
- Return from the West
- Swamji's messages and teachings

If you are interested in having the exhibition in your area please email [exhibition@sv150.org.uk](mailto:exhibition@sv150.org.uk)

## Balagokulam - The story of Dhruv

Once upon a time, there was a King called Uttanapada. The King had two wives, Suruchi and Suniti. Suruchi had a son named Uttam and Suniti's son was called Dhruv. Suruchi was the King's favourite queen and so he ignored Suniti and her son Dhruv.

Once, Uttam sat in his father's lap. When Dhruv tried to sit beside his stepbrother, Suruchi shouted at him! "You cannot sit there! If you want to sit in the King's lap, you shall have to prove your worthiness and pray that you may be born to me at least in your next life!"

Dhruv was upset and ran to his mother. "Is there no way to gain my father's love?"

Suniti looked into her child's sad eyes and said, "Son, there is only one who helps all helpless people. If you can get a vision of Lord Narayana, all your troubles will be over". On hearing this, Dhruv was happy and made up his mind to go in search of Lord Narayana. He begged his mother to allow him to go.

"Go into the forest. Sit under a tree and chant the Lord's name with all your mind. The Lord dearly loves those who love him. Forget everything else and remember only him. Then he will appear before you and give you all you desire. May God protect you always."

On the way, Dhruv met Narada who tried to stop him. "You are just a small child. The forest is full of dangerous animals. Go back home!" Dhruv declined, determined to prove himself worth to sit in the lap of the King by performing great penance. Narada was pleased with Dhruv's fearlessness and showed him where and how to practice this penance.

Dhruv had only one goal, to meet God. The difficulties of forest life did not affect him and he prayed for more than five months, standing on one leg.

One day, Lord Vishnu appeared before Dhruv, pleased with his devotion and asked him what he wished.

"Lord, I wish for your blessings and love from my parents."

On receiving the blessings of Lord Narayana, Dhruv returned to the Kingdom and was welcomed by everyone. In time, Dhruv grew up to be a mighty and good King.

Dhruv is remembered by us for his strong determination. It is said that just as he was firm in his penance, so he is in the sky. Dhruv never change position in the sky and is known as the polar star.



## “Dharma Bee: Sri Krishna-Vivekananda Challenge”

“Dharma Bee” is a USA-wide initiative to spread the message of Swami Vivekananda and to encourage children to be curious about Hindu Dharma.

“Dharma Bee” takes the form of a quiz contest and is open for children as young as Kindergarten-age to those in Eighth grade.

The Bee is made up of question-answer type sessions (in four different age groups) on local and regional

levels in the first instance, culminating in a national competition on June 15th in Chicago, the city in which Swami Vivekananda made his famous speech at the Parliament of Religions.

The Bee even offers the opportunity for participants to take part in optional “Sewa” and “Home” projects and a compulsory “Exploring” project:

- “Home” project - to give children a chance to think deeply about what they can learn from Swami Vivekananda and Sri Krishna today and to understand their messages beyond just stories with the intention of conveying their thoughts through a creative medium (art, poetry, essays etc).
- “Exploring” project - all participants who make it through to the national competition must visit a place associated with Swami Vivekananda or undertake a telephone interview with a Swami from a local Ramakrishna Centre with the intention of delivering a presentation to the judges at the competition.

All material including stories, videos, worksheets and practice questions are provided once a child has been registered and all questions are taken from this syllabus.

In the next two issues, we will provide you with updates on the Dharma Bee. In the meantime, for more information, please visit [www.dharmabee.org](http://www.dharmabee.org)

### Example questions... Answers on the Dharma Bee website!

1. When Narendranath studied at the Presidency College in Calcutta, who was the Principal of that college?
2. During which festival was Swami Vivekananda born?
3. What protected Vasudev and the baby from heavy rains on their journey across the river?
4. What did Krishna give to the fruit seller in exchange for fruits?

# SanghSandesh

## संघ संदेश



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