

Sangh Sandesh

संघ संदेश

April - June 2013 - Yugaabd 5114

SV150

p4 SV150 Exhibitions in the
North West

Dharma Bee



p6



Published quarterly by
Hindu Swayamsevak Sangh (UK).
Registered Charity No. 267309
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For private circulation only.

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The editors reserve the right to edit the
material submitted for publication. The
opinions expressed in this publication are
not necessarily those of HSS (UK).



Editorial

Standing on the shoulders of giants

Often, we forget that we are shaped by the people in our lives who have and who continue to make sacrifices for our wellbeing and progress. We have a great heritage filled with many inspiring personalities. We have the opportunity to build upon their efforts and leave a positive footprint in our lifetimes such that our future generations can grow.

In this issue, we read about the Dharma Bee, a massive contest in the USA that motivated young children to discover more about their culture through the lives and teachings of Shri Krishna and Swami Vivekananda. The annual Samskrit Shibir also took place and it is clear that there is a growing interest within a cross section of society to reinvigorate the use of Samskrit in everyday life. Opportunities exist for us to embrace the language, which is a gateway to the knowledge in our scriptures.

We don't always need to look back far into our history to find those figures who have supported us in becoming who we are today. The annual Sangh Sammelan brought together our elder Karyakartas. Their energy and motivation for our Sangh work is in itself an example and one we have a responsibility to follow.

We read about the first Samiti shakha in Stoke-on-Trent and the experiences of our new Vistaarika as she embarks on what will no doubt be an exciting journey for herself and Hindu Sevika Samiti.

Editorial team

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Yorkshire 3 Peaks - Charity through adventure

On 5th May 2013, 513 people, young and old, gathered to conquer the Yorkshire Three Peaks for the 7th year, a 24.5 mile walk taking in over 1,600 metres of climbing.

The Yorkshire Three Peaks is a very demanding but rewarding walk which takes in the summits of Pen-y-Ghent (694 metres), Wharfedale (736 metres) and Ingleborough (723 metres).

Despite the wind, rain and cold weather, 92 people completed the three peaks, 168 people completed two peaks and 221 people completed one peak.

Special thanks goes to the 24 hard working volunteers who were there from first thing in the morning to register the walkers, provide snacks and transport throughout the day and encourage tired legs and weary smiles to keep going.

To date, approximately £12,000 has been raised for the Saraswati Vidyalaya, a project supporting education in rural India and Nepal.

SV150 Exhibitions in the North West

The SV150 exhibitions have been travelling around the UK with the North West of England being one of the first areas to receive it. The exhibitions were very well received in all the towns by a variety of audiences including some who had not heard of Vivekananda before.

WARRINGTON

The exhibition was accompanied by rousing speeches by Dr GL Bhan, Dr Debkandji Behra, Nirajji Dave and Preetiben Mistry. They spoke about the life and message of Swami Vivekananda and how they have personally been inspired by him.



LIVERPOOL

Over 300 people enjoyed the guided tours of the exhibition during the 2 days, and also various speeches including one by Swami Dayatmananda via Skype link.

PRESTON

In Preston, the exhibition formed a core part of a local school's religious studies outing. Over 100 school children from

2 local schools visited the mandir. In total 350 people, including regular temple goers and members of the local interfaith community, came to view the exhibition.



BOLTON

It was great to see a variety of interactive programs over the 4 days that the exhibition was held including yoga workshops, cultural performances of dance and music. The exhibition was inaugurated by the mayor of Bolton.

LANCASTER

This was a very positive event in a town where there are very few Hindu families. A speech by Rajnikantji Mistry added

to the content of the exhibition and gave all those that attended an insight into Swami Vivekananda and Vedic philosophies.



OLDHAM

Over the four days, the exhibition in Oldham was held in conjunction with workshops on yoga and Vedic mathematics and an opportunity to see a short documentary on Swamiji's life.

ASHTON-UNDER-LYNE

Ashton nagar held the exhibition in such a way that attendees from all ages always had something new to do. Alongside the Yoga and Vedic mathematics workshops, there was a cinema style experience to see the documentary (with popcorn to add to the experience!) There was also kids corner where there were opportunities for children to 'be the Vivekananda', do puzzles and a Vivekananda exhibition quiz.

Ravi Solanki, Bolton

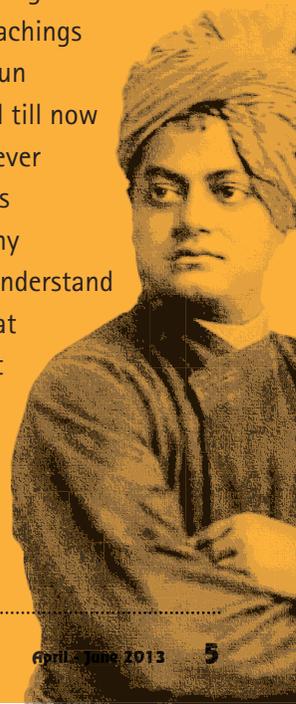
Swami Vivekananda He was just like a meteor...

I think that he has been a meteor
That has been cut off from the sun.
To inspire and touch the earth
And make everyone realise that
There is much more to life than a
Human mind can realise
And a human eye can see...

Yes he has been a meteor
As he showered brightness
In the shortness of his life
And proved that you don't have to
Live for ages to achieve your dream

The brightness that he gave his world
In the form of his teachings
Is as everlasting as sun
As it has never faded till now
And will never fade ever
For his life and words
Are as simple that any
bleeding heart will understand
Yet is so complex that
till now there is a lot
to be understood.....

Dr Aiswarya Biswal,
Warrington Shakha





Dharma Bee Prize Distribution in Chicago

As part of the SV150 celebrations, Hindu Swayamsevak Sangh US organised a national contest which drew in well over 3,000 children from around the country from Kindergarten to Grade 8. Approximately 130 children were shortlisted from the regional competitions and invited to participate in the finals in Chicago on 15 June 2013.

The Dharma Bee tested students' knowledge about Swami Vivekananda and Shri Krishna by way of written tests, oral presentations, posters and a team activity.

"My daughter learnt a lot by participating in Dharma Bee. She wanted to visit the Parliament of World Religions at Chicago regardless of whether she was selected in the final or not." Bhuvaneshji (participant's father)

"Not only did my six year old daughter learn about the greatness of Swami Vivekananda, but both me and my wife learned a lot about Swamiji's life during this process." Participant's father

"I enjoyed learning about Hindu culture and about Swami Vivekananda."
Shreya Venkatesh (13), Phoenix, AZ

"This was an opportunity to learn about great personalities from the national and cultural past. I knew about Shri Krishna, but because of Dharma Bee, I got to know a lot about Swami Vivekananda." Suhas Subramaniam (13), San Diego

"We wanted to provide an exciting avenue for children to learn about Swami Vivekananda and Shri Krishna. This enabled them to read stories and pursue a "Sewa" (service) activity in the local community. We are extremely happy to report that more than 1000 Sewa (service) projects were executed by children all across



the USA. Parents and children are already requesting similar future events," said Sreevidya Radhakrishna, National Coordinator of Dharma Bee.

For more information, please visit www.hssus.org/sv150 and www.hssus.org

Nairobi Yogathon 2013

Yoga has become the buzz word of this century and it came to Kenya with a bang!

The first Nairobi Yogathon, organized under the banner of Hindu Religious and Service Centre, attracted over 1,150 people from all walks of life. The event was held to celebrate Swami Vivekananda's 150th birth anniversary in the spirit of promoting fitness and health.

On 17th February, Surya Namaskar events took place in Nairobi, Mombasa, Meru, Nakuru and Kisumu. In Nairobi alone, approximately 18,000 Surya Namaskar were performed.

The atmosphere at the Jamhuri High School Grounds (Nairobi) was highly charged as Yoga enthusiasts, young and old, geared up to perform 108 Surya Namaskar. It was an inspiring moment to witness children smaller than their yoga mats, walking in at the crack of dawn with excitement shining on their faces to learn something new.

Swami Vivekananda was once asked, "To develop ourselves physically, should one concentrate on exercise, yoga or martial arts?" Swamiji responded, "Either of these will do, they are all capable of increasing the physical strength but I would recommend Yoga, as this does not limit itself to the physical development but develops the mind contributing to the spiritual development."

The event began with the National Anthem then four experienced Yoga instructors, Dr. Arvind Pathak, Dr. Komal Shah, Nikhil and Moses guided people through various Aasanas. The biggest revelation was how many Kenyans were so keen to share and learn. Small breaks consisted of "health-bites", Yoga demonstrations from Hindu Swayamsevak Sangh and the Africa Yoga Project.

The ultimate session was highly appreciated by all – Laughter Therapy! It was the perfect way to end a perfect morning of Yoga and the vibe of spirituality and happiness was experienced by one and all, with the Sun shining bright as ever!

First Samiti Shakha in Stoke-on-Trent

For most, the nearest one comes to Stoke-on-Trent is a visit to Alton Towers or whilst cutting through the A50 to join the M1 or M6!

Stoke-on-Trent is located in the most northern part of the West Midlands between Birmingham & Manchester. It is famous for the once-thriving pottery industry (Wedgwood, Royal Doulton etc). The population here is 470,000 (per the latest census) and includes nearby town of Newcastle-under-Lyme. The area has seen an almost 3-fold increase in the local Hindu population in the last decade to 2,000 in total - still very tiny in comparison with many other cities.

Regular Sangh activities commenced with the start of Shakha in February 2007. Abhimanyu Shakha in Stoke-on-Trent is now well established and has been running for over 6 years with an average weekly sankya of 15.

On 12th May 2013 the first ever Samiti Shakha was held in Stoke-on-Trent. The total sankhya was 30 (including 3 Sevika's from Birmingham). The session was conducted by Smt Divya Prinja Kapila (daughter of Shri Navalkant Prinja (Knutsford)) with assistance from the 3 Birmingham Sevikas who had come to support the activities.

For the majority of the ladies/girls who attended, this was their very first experience of a Samiti shakha. After some warm up exercises that included Suryanamaskars and other simple Yogas, Divya conducted several Khels, which everyone participated in with great enthusiasm. After the Khel session, Divya explained what Samiti is and the important role it plays promoting Hindu Dharma. The session ended with the chanting of the Gayatri Mantra 3 times.

The Samiti Shakha will be held on a fortnightly basis for the time being.

In addition to the above, Stoke have also established contact with the Hindu Society (NHSF) at Keele University and plan to organise some joint activities from the start of the new term.

Contact: Kishorji Mistry (mistry_kishor@hotmail.co.uk)



Sanskrit Sambhashan Shibir

The sixth annual and very first residential Sanskrit Sambhashan Shibir was held in Leicester from 28th to 31st March.

Thirty-five participants, from fifteen different cities, had a wonderful opportunity to learn how to converse in the divine language of Sanskrit, chant verses from the Bhagvad-Gita, sing songs, listen to stories, play games, meditate and learn Vedic mathematics.

Everyone thoroughly enjoyed themselves, and after attending the Shibir, they all had greatly increased their knowledge of Sanskrit.

The Shibir was conducted by Madhureema Venkat and Bharti Patel of Sanskrit Bharati, UK. Regular Sanskrit classes run at various centre in UK.

"Let service to Sanskrit not stop at just praising the language – instead of speeches about Sanskrit, everyone should speak in Sanskrit."

Bharti Patel, Leicester

If you would like to know more about learning Sanskrit then please contact: Bharti Patel on 0744 638 1724 / bharti.patel100@yahoo.com or Madhureema Venkat on 01952 273543 / madhureemaa@gmail.com . Alternatively, please visit www.sanskritabharatiuk.org

Sangh Khel Pratiyogita

Unfortunately, we had to postpone Khel Pratiyogita from the originally planned date due to adverse weather. Some people even joked about moving Khel Pratiyogita back to December to avoid the bad weather! Once the venue was confirmed again, we had less than two weeks to organise the Khel Pratiyogita. This meant there was very little time to re-confirm the nagar and team entries and to adjust the fixtures

to accommodate. Our work was made easier by the support we received from various Nagar Karyakartas.

Khel Pratiyogita was an encouraging and fun day. With a total Sankhya of 474, the spirit with which the Khel were played was second to none. It was great to hear reports of teams and individuals playing with great sportsmanship and honesty. The energy with which the teams played, and with which the spectators cheered, created an atmosphere that rocked Derby Soccerdome. I am also proud to mention that our Swayamsevaks worked together to organise some training and friendly matches to improve their skills once they were out of the competition group stages.



This year's competition standards were higher than ever. The Birmingham Kabaddi team had five players from the newly formed England Kabaddi team and they managed to beat Woolwich in a very close final. Finchley did exceptionally well to win the Kho-kho final beating Woolwich, and also won Ring, edging out Birmingham by one goal. Under 11s Football was also won by Finchley who beat Leicester in the final. Hounslow managed to beat Finchley in an excellent 12-15 Football final, which only required one goal to win.

This year was the first time for me participating as a Shikshak. Score keeping for intense Kabaddi matches was daunting, even to think about. Being the smallest compared to some of the players did not help! In fact, I was totally wrong and my confidence grew during the day. My Shikshak experience was really enjoyable. I learnt many new skills and it was a great opportunity for personal development. I would definitely encourage others to also take part.

Het Patel, South Harrow

Yoga in the Park

On 28th April 2013, approximately 50 Swayamsevaks, Sevikas and families gathered together in Hyde Park, London for the second year running after the success of last year's 'Yoga in the Park.' With the aim of creating public awareness of Yoga and health, 13 Suryanamaskars were completed along with demonstrations, workshops and practice sessions in smaller groups. Overall, it was a very enjoyable day and we are looking forward to next year's event.

Binal Rabadia and Mehul Parbat, Woolwich



Unity in diversity: One Tree, Many Branches

The first One Tree Gathering took place at Balaji Temple in Tividale, near Birmingham two years ago. It was thought of as a meeting of Dharmic spiritualities, mainly Hindus and Druids.

This year again Hindus and Druids came together on Sunday 19th May 2013 at the home of Keith and Fran Southall, in Hartlebury near Kidderminster. The attendance was 47, fairly evenly divided between Druids and Hindus.

In spite of the prevailing bad weather both before and after the event, that day in Hartlebury proved to be warm in an otherwise disappointing start to the summer. The approach to the Marquee had been decorated with plants and flowers from the nursery and as delegates arrived they were greeted by Dr. Pravin Kumar who put Tilak on each person's forehead.





After an opening greeting from Keith and Dr. Sudarshan, delegates left the Marquee to assemble just off the lawn and await the commencement of the Druid ceremony of Beltaine. The Lord and Lady of the Land were gracious in their welcome as all present formed a circle and the celebrants took their places for the familiar rite. This was so well received that many of our guests spent the rest of the day wearing their sprigs of May blossom. As a Hindu ritual we all performed Surya Namaskar, the meaning of which was

explained to us by Sagar Solanki and Nilkesh Mehta.

Penny Billington, Author and Editor of "Touchstone" and Dr Sudarshan from Stock-on-Trent, gave a talk on the theme of the day followed by a question and answer session.

Our amazing day ended with an Eisteddfod presided over by the unique Arthur Billington. Rashmi Dave from Manchester sang beautiful songs in Hindi and Marathi on Nature. Barry Patterson was the epitome of a Druid Bard and Jim had everyone joining in with the refrain of 'Burn, burn the Wicker'.

This is really a great confluence of two spiritual cultures. At the end, red cords were tied around our wrists, reminding us of promises made The One Tree Gathering an annual event.



Sangh Sammelan 2013

58 full time and 25 part time Proudh Swayamsevaks attended this year's Sangh Sammelan, with most Vibhaags represented.

In line with the celebrations of Swamiji's 150th birth anniversary. the theme of the Sangh Sammelan was

SWAMI VIVEKANANDA, his Life & mission and the corus Veer Vivekanand Pranmay. The travelling exhibition on Swamiji was displayed and was well received. Three Bouddhiks were given on Swamiji's life & mission by Shree Chandrakant Sharma, Rajnikant Mistry and Man. Pravinbhai Ruparelia. To follow this up we had an



enjoyable quiz on Swami Vivekananda.

Shareerik consisted of Sangh games, Yog Vyayam, Praanayam, Aasanas & meditation, which all proved popular with the Swayamsevaks.

There was a special session for Karyakartas on Aacher Vibhag. Some Swayamsevaks also attended Geeta sessions which were run by Shree Jonaiha Parthsarthiji.

The Bhojanalay was run by the North London team led by Shree Devraj Halai and everybody enjoyed the meals, including the fresh jalebi!

In our Charcha session we discussed how to improve our Proudh Shakhas and discussed the new activities we could introduce as well as the Anusanghi Karya Swayamsevaks can join in UK.

We were joined by Shree Arjan Vekaria, Chair of Hindu Forum of GB as our Chief Guest for the concluding ceremony who talked about Swamiji's mission. Shree Ram Vaidya concluded the Sammelan by guiding us all on the WAY FORWARD. "We have forgotten our values from the Geeta and Upanishads. If we follow this, there is a solution to global warming, global terrorism & the global recession."

All in all everybody who came together renewed their old relationships with each other and created new sampark.

Shree Tribhovan Jotangia



Making every action Yogic!

Leaving the snow and rain behind in the UK I set off once again to experience the extreme temperatures of India for 6 weeks.

Before I commenced my one month Yoga Course I went to visit the Vivekananda Rock memorial in Kanyakumari. The unexpected 22 hour train journey was the longest journey I have ever made but to finally see the holy place where Swami-ji meditated before going to America made everything worthwhile. I walked into the meditation room where only the Aum chanting



could be heard. Positive vibrations surrounded all those in the room as people came in to meditate. The key word that came into my mind was "sacrifice".

The efforts of our Sangh Pracharak, Eknath-ji can really be seen on the visit to the Rock Memorial.

"In our life we must give some time for the service of the society. By doing this, not only are we helping those around us but we are helping ourselves develop and become better people."



which is one of the key messages of Swami Vivekananda and it was great to learn that the Rock Memorial was built based on this value.

In our life we must give some time for the service of the society. By doing this, not only are we helping those around us but we are helping ourselves develop and become better people.

After this experience I attended the Yoga Instructors Course in Bangalore S-VYASA (Swami Vivekananda Yoga Anusadhana) University. This course really helped me understand the depths of Yoga where the practice of Asanas is merely the beginning.

Yoga does not stop after waking up in the morning and doing Asana. This is only the start of a journey that can take us deeper into finding our true self.

"Yogah Karmasu Kaushalam" - Yoga is a skill in action says Shri Krishna to Arjun in the Gita where he emphasises that every action we do is a Yogic action. This is one teaching that gave me direction during the course and is continuing to help me during my Vistaar to make me consciously observe my actions and thoughts.

Kirti Vekriya, HSS - Vistaarika

Sanket

Sunrise

In the morning rush hour the house is like a warzone! It is a war between parents and kids.

He can manage 30 colleagues in the office, but getting the children out of bed in morning is a bigger challenge.

The morning starts with an appeal in a low voice, "Come on kids', it's time to get up. "Come on. Come on, my lovely baby."

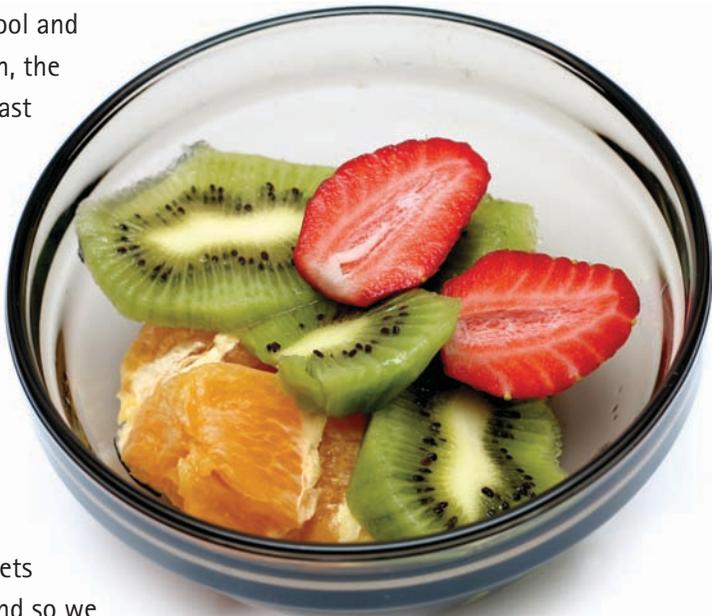
Then it is time for the next level where the appeal includes some facts, "its half past seven now. You need to speed up. Come on let us go in the bath!"

The children however are still in bed. Except for a couple of yawns and the open curtains there is no change in the situation. Waking the children up is not the only strenuous task for parents in the morning as they have to prepare breakfast, get the lunch boxes ready, get themselves ready for work, check the transport news etc etc!

Gradually, the futile appeal turns into shouting, then screaming and threats. By the time the children agree to accept the fact that they have to go to school and that there is no other option, the negotiating begins – breakfast will be eaten if it is in front of the TV and games are played on the ipad etc.

What an interesting morning. If anyone's elderly parents are at home, they were told not to come out of their bedroom until all disappear for school or work.

The miserable morning sets a bizarre tone for the day and so we



need to think seriously about how to manage the morning carefully.

Look at those fresh flowers that blossom with fragrance and the birds that fly in the sky with serenity. All of nature is happy with light and yet we add stress to the delightful morning. Can we plan our mornings better?

Most of us spend the greater part of our day in an open atmosphere, be it at school, in the workplace or elsewhere where we will interact with all sorts of people. It is important for us to set the mood in morning so that we can leave home in the morning in a composed and happy mood. There is also the belief that we represent a culture of mutual relationship. We carry our Hindu heritage here in the west and so we should try to create an atmosphere to nurture that heritage whenever and wherever possible. What better time to start than the mornings.

We can play mantras or devotional songs in the morning. We can illuminate the house with lights and make it fragrant. We can wake up our children with a gentle voice and sometimes it is preferable to spend few moments with them at their bedside reciting mantras. We can get ready and perform Surya Namaskar together before breakfast. We can develop the practice of having breakfast together at the table. We can ask each other about the day's plans. Praying together is also good.

Preparation for a happy morning can start from the night before. Nice soothing music at bedtime can help us to wake up in the morning in a better mood. As parents, we can try to spend some quality time with our children when they go to sleep. I have experienced that some parents create a sense of responsibility in their children in getting them involved in the preparation for the school day and others recite mantras on the way to school/work.

Let us begin a day with the blessings of Sun God.

*"Uthate hi ho bhoomi vandana kshama mangate dharati se
Suraj ki vah hasati kirane Suprabhat kahati humse
Vedic mantra ke paathan se ghar ka har kona pawan
Apne ghar ko hum hi banaaye gokul sa jan man bhaavan"*

Sanket

Swayam Prerana

We may notice that our enthusiasm for our mission increases and decreases with time. We may attend a Baithak

or a Shibir and become inspired and work hard. This effect may wear off after a few days, weeks or months, and we are back to square one again. How do we keep ourselves inspired?

Keeping ourselves inspired requires effort. Just as developing and maintaining physical fitness takes time and effort, developing and maintaining our inspiration also requires some effort. But this is very necessary for our work to progress in the right way.



The components of what we have to do are described below:

SWADHYAY

This literally means "self-study". Firstly we need to ensure that we spend a regular period of time studying good literature. This can include our Hindu scriptures and Sangh literature. The more we know about our Dharma and about our mission, the more committed we will become. As well as this external study, we also need to spend some time studying ourselves. We need to assess our own actions and thoughts to get a true idea of how we behave. This is known as introspection

SANSKAR

Through Swadhyay, we can learn about different good qualities. But, it is not enough just to learn about them – we need to develop these qualities within ourselves. The process of developing these qualities is known as 'Sanskar'. For example, we could learn about the quality of selflessness, and try to practice this quality in our daily life. Our introspection will let us know whether we have been successful in developing the right qualities.

SAMPARK

We need to keep within the contact of our karyakartas to maintain our inspiration. Talking to others also engaged in the same mission helps to support our commitment as well as strengthening the karyakartas we speak to. We should try to maintain contact with Swayamsevaks with more responsibility than us, those from the same level responsibility than us and those with less responsibility.

As well as contact with Swayamsevaks, we also need to maintain regular contact with other members of the Samaj. This helps us to keep our feet on the ground and see how our work is perceived from the outside.

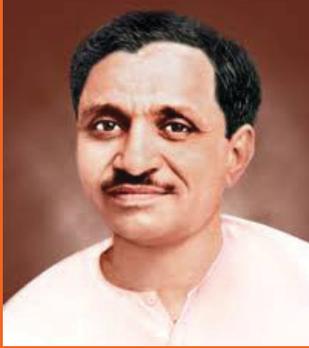


Subhashit for Guru Poornima

**jīvane yāvadādānaṃ
syāt pradānaṃ tato'dhikam
ityeṣā prārthanāsmākaṃ
bhagavan paripūryatām**

The principle of giving more than we receive is the ideal for life. O Lord we pray to You to fulfill this prayer of ours.





Correcting our mistakes

"Oh Nana, I have made a mistake!"

While returning from the market Pandit Deendayal ji suddenly stopped and told Shri Nanaji Deshmukh. "I had four coins with me when I left home, and one of them was a bad coin. I paid two coins to the old lady who sold us the vegetables. I have two coins left, but both of them are good coins. Obviously the bad coin has gone to the old lady. Let's go back to her and give her the good coin."

This was an incident in around 1940 when Deendayalji was doing his MA in Agra and Nanaji Deshmukh had been sent to Agra to start a shakha there.

Deendayalji was feeling very guilty. He told the old lady the whole story. She said, "Oh, forget about it. Who is going to look for your bad coin in this big bag of coins now?"

Deendayalji however was not deterred. He looked through the heap of coins and finally found the bad coin. He exchanged that for his good coin and felt extremely relieved. The old lady had tears in her eyes. She said, "My boy! How good you are! May God bless you."

Moral

We should always be aware of our mistakes and faults and make an effort to correct them. We should also be honest in our life. In Shakha also, if we make mistakes in Shareerik, singing prayers etc. We should make an effort to correct them. Only when we learn to correct ourselves, can we look at our Samaj and correct any shortcomings there in later life.

The Monk

He walked the Earth for thirty and nine,
Spreading glory; a soul wholly divine.

A lion of spirituality, he drew near,
'Be a hero,' said he... 'Have no fear!'

'Have you seen God?' is where his
journey began,

But Ramakrishna did not falter,
he recognized this man.

The monk was awakened; he could
truly see,

'God is within all,' said he ... even you
and me!

A godly presence transcending
foreign waters,

Only to find daunting,
unwelcoming quarters.

'Sisters and brothers' shook all
amidst the walls,

'Arise, Awake,' said he ... the divinity
within you calls!

Nations looked East, while
he graced the West,

Spreading glory at Ramakrishna's
behest.

Walking devoid of mistake or sin.

'Take risks in your life!' said he ... you
are sure to win!

Knowledge itself looks unto him,
The sun pales in comparison, falling so
dim.

His words awaken the youth of today,
'Teach yourselves!' said he ... for this is
the true way.'

His posture faultless; a smile so rare,
All are mesmerised; they halt to stare.

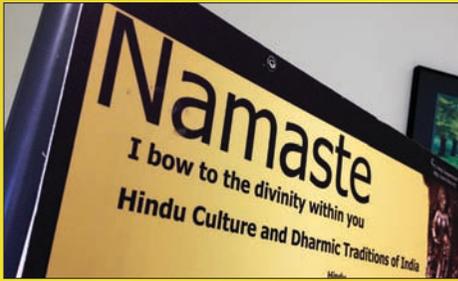
Who could dare challenge, a creature
so grand?

'Be a hero!' said he ... so take a stand!

He sits emitting a unique glow,
Gracefully welcoming friend and foe.
Imparting ways to relieve one's strife,
'Weakness is death' said he... 'Strength
is life.'

His golden words still bless us today,
Not a soul can keep his ideals at bay.
His body is gone, his message yet lives,
Even at his heavenly abode, the monk
still gives... gives ... gives....

Reena Rabadia, Woolwich, Pannabai Shakha



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

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Published by:
Hindu Swamyamsevak Sangh (UK)
46-48 Loughborough Road, Leicester, LE4 5LD, UK
sanghsandesh@hssuk.org • www.hssuk.org  hssuk



Printed on
Recycled paper