



August 2009



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"LEAD US FROM DARKNESS TO LIGHT"

The Hindu Temple Trust

(Charity Regd. No. 262605)

SHREE RAM MANDIR

22 King Street, Southall, UB2 4DA, UK
Tel : +44(0)2085745276



Umesh Chander Sharma is an enterprising and resourceful person with sterling qualities of head and heart. He has raised from the position of a school teacher to notable public positions namely Mayor of London Borough of Ealing, Councillor, Executive Committee Member of Ealing Community and Police Consultative Group and Serving Magistrate since 1992. As a philanthropist he is a Chair of Hindu Temple Trust and Executive Member of National Council of Hindu Temples. He is a sport lover and plays cricket and tennis. Umesh is happily married to Mukesh with two sons. The Hindu Cultural Society (now known as The Hindu Temple Trust) was formed. This Society was instrumental in purchasing the present building, which was originally a part of the church. The building was shaped as a temple and with Shri Ram and Sita Ji as its principal deities, was named the Shri Ram Mandir.

The various Management Committees over the past years have contributed immensely to enhance the image of the temple in order to serve the devotees having faith in Sanatan Dharma.

Shri Ram Mandir, run under the banner of The Hindu

Our Vision

Recently the committee at the temple was constituted unanimously. The trustees and committee members represent different communities with global orientation and varied experience but with common aim & objective to promote community cohesion.

The small seed of religious fervour and culture sown a long time ago is now expanding intensely and extensively. Let us pray to the Almighty God that may this ideal institution fulfil the aspirations and expectations of the devotees for whom it has basically been established with lot of dedicated and sincere efforts.



Workshop on Hindi and Indic language computing

Sanskriti UK plan to convene workshop in Hindi & Indic language computing from 26th September -8th October, 2009 at London, Birmingham, Nottingham, Bradford and Cardiff. Dr Vijay Malhotra, a linguist with Microsoft Corporation India is visiting UK, who is an authority on Indian language computing. Workshop will cover application like MS word, spread sheet, Email, Power point presentation, Access etc, in almost two hours duration. Those who attended this workshop last year are found to be with unique experience.

Faiths in Action

Faiths in Action Funding -Round 2 briefing event was attended by Secretary, Sanskriti UK on 21st July, 2009 at London along with many other faith based, voluntary and community groups working in the region at the invitation of Mr James Moore, Grants Administrator, Community Development Foundation's Faith in Action funding programme. Ms. Tansy Miller, Regional Manager addressed the attending fraternity.



History of Indian Tricolor



The flag that was first hoisted on August 7, 1906, at the Parsee Bagan Square in Calcutta.



Called the 'Saptarishi Flag', this was hoisted in Stuttgart at the International Socialist Congress held on August 22, 1907.



Associated with the names of Dr. Annie Besant and Lokmanya Tilak, this flag was hoisted at the Congress session in Calcutta during the 'Home Rule Movement'.



In the year 1921, a young man from Andhra presented this flag to Gandhiji for approval. It was only after Gandhiji's suggestion that the white strip and the charkha were added.



This flag was suggested during the All India Congress Committee session in 1931. However, the Committee's suggestion was not approved.



On August 6, 1931, the Indian National Congress formally adopted this flag, which was first hoisted on August 31.



Our National Flag, which was born on July 22, 1947, with Nehruji's words, "Now I present to you not only the Resolution, but the Flag itself". This flag was first hoisted at the Council House on August 15, 1947.

**The man who designed Tiranga versatile genius
Lt.. Shri Pingali Venkayya.**



Ayurveda Conference 2009

The British Association of Accredited Ayurvedic Practitioners (BAAAP) hosted a full day Ayurveda Conference on the 10th July 2009, at the Bhartiya Vidya Bhavan, West Kensington, London. They were supported by the Department of AYUSH, Ministry of Health, India and Sanskriti UK. The prime objectives of the event were to increase the awareness and understanding of Ayurveda, to spotlight and publicise the regulatory work being done in India in the fields of education, research, quality control etc to improve standards and to motivate various health authorities in the UK to try and integrate Ayurvedic healthcare facilities in their existing set-up thereby making it a viable healthcare option within the NHS.



Madam M. Subhashini, Minister Press & Information, High Commission of India, was the chief guest and Dr Ghanshyam Marda, an eminent and widely travelled Ayurvedic consultant from Pune, specialising in cardiovascular and degenerative disorders was the keynote speaker. There were two more speakers from India, Mr Ravi Prasad, Deputy Chairman Himalaya Global Holdings and Dr Hari Kumar Bhaskar, Medical Superintendent (on leave), NSS Ayurveda Hospital, Kerala. Other distinguished speakers included Dr M.N. Nanadakumara, Executive Director, Bhartiya Vidya Bhavan; Mr Sam Mars, Policy Officer, Health Professions Council; Dr Zena Daysh CNZM, Founder Commonwealth Human Ecology Council; Dr Diwakar Sukul, Founder & Director of KAMKUS Clinics. Some enlightening and significant contributions were also made by Dr Milind Jani, President BAAAP; Dr Arun Trivedi, Trustee & General Secretary, Sanskriti UK; Rev'd Dr Stephen Thompson, Sheilesh Shah of Fudco, Linda Thompson, Dr Ela Shah, Kiran Seth – Mental Health Consultant and Prof. David Peters, Chair of British Holistic Medical Association. The programme moderator was Dr Indira Anand, Chair BAAAP.

Ayurveda Conference 2009



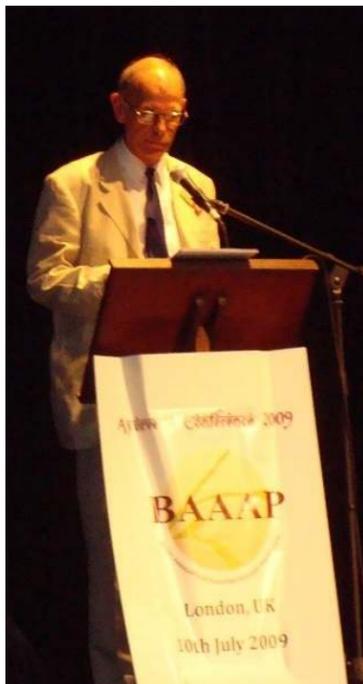
London, UK

10th July 2009

Event Organised by:

37 Degree
Limited

www.thirtysevendegree.org



The programme started with an invocational dance by students of Bhartiya Vidya Bhavan and finished with viewing posts of presentation and display of Ayurvedic herbs and formulations. It was very well attended and there was a good representation of diverse health professionals, local community and religious leaders, top level dignitaries, BAAAP members, Friends of BAAAP and others interested in Ayurveda. The main message that clearly emerged from the various aspects of Ayurveda discussed at the conference was that it is its focus on prevention of disease and on the synthesis of physical, mental, social and spiritual well-being which renders Ayurveda particularly pertinent to the needs of today's stressful and ageing society. When properly regulated, sensibly adapted to the current global environment and effectively implemented, Ayurveda could protect us against many of the ills of life in the 21st century that are contributing to a dramatic rise in chronic diseases.

Reinhard Kowalski

Msc, Dip.Clin. Psychol, Dip.Psychother.,AFBPsS is a Consultant Clinical Psychologist (BPS chartered), Registered Psychosynthesis Psychotherapist (UKCP registered), a Practitioner of Meridian and Energy Therapies (AMET certified) and a practitioner and teacher of AIT (Advanced Integrative Therapy). He has also studied Yoga and Ayurveda with Dr David Frawley and Dr Vasant Lad in the USA. He works as a Consultant Clinical Psychologist in the British NHS and as a Psychotherapist in private practice in Buckinghamshire and London. He is a member of faculty at the Institute of Psychosynthesis in London, where he has developed and teaches a course called 'CBT-plus'.



Apart from having developed his own Mind-Balancing Yoga Meditation programme, Reinhard is also a Mindfulness teacher in association with the Oxford Mindfulness Centre and teaches Mindfulness classes in the NHS and privately.

He is the author of several books and CDs on Yoga and meditation and teaches spiritual psychology in the UK, Germany and Spain. His most recent book 'Practical Psychology of Yoga Wisdom' was published in 2008 by NAB in Delhi, India. His 'Mindfulness Handbook' will be published in the UK in 2009.

In his therapy and healing work Reinhard Kowalski combines effective methods of Western psychology with the practical ancient wisdom of Yoga and Ayurveda. He uses the latest developments in Energy Psychology like EFT and AIT to help his patients release the trauma of the past and the associated negative core beliefs that often block people from leading happy and balanced lives. He also teaches his patients to apply Mind-Balancing and Mindfulness meditation in their daily lives.

Sanskriti UK plan to conduct a "One Day Workshop- Meditation as Personal, Social and Evolutionary Step" in November, 2009 (date to be announced) with the involvement of Reinhard Kowalski at London (UK). An article on the subject can be browsed by those interested in this regard on our website www.sanskritiuk.org

Swine flu and Natural Remedies

Much talked about swine flu that caught initially pigs and now human beings, is a disease of the respiratory system, caused by the H1N1 virus or type A Influenza virus, and has been declared as a pandemic by the World Health Organisation (WHO). Sanskriti UK find that herbal remedies could be an option for better treatment with no side effects as per feedback from Intellect group thus plan to hold a Round Table meet in this regard.

Trivedi Bereaved

Dr. Arun Trivedi lost his brother-in-law (Mrs. Madhvi Trivedi's brother) Mr. Sudarshan Kaushal.

Mr. Kaushal, as he breathed last on 21st June 2009, at Patiala (India). He had been a person neither a primitive nor a naive and highly individual but widely acceptable in social circles rather he was a class of his own. Kaushal left behind Sanjiv, Rajiv & Anupam (sons) and Seema (daughter).



Mr. Sudarshan Kaushal.

Shree Krishna Janmashtami Utsav



Shree Ram Mandir lead a Shobha Yatra to celebrate Shree Krishna Janamashtmi Utsav on 9th August, 2009, followed by Janmashtami Celebrations on 14th August, 2009.

Umesh is keen to organise community events, voluntary social work in community relationship, promote community civil participation, debating and public speaking at Shree Ram Mandir.

Virendra Sharma MP is seen along with Committee members of Shree Ram Mandir, Southall



अब पटियाला की रामलीला यूके में

भास्कर न्यूज Saturday July 04 2009 07:34 IST]

पटियाला पटियाला में पिछले 60 सालों से एक अनोखी रामलीला का मंचन कर रही राघोमाजरा श्री राम लीला कमेटी के कलाकार अब राम लल्ला की लीला यूके के मंच पर दिखाएंगे एनआरआई संस्था संस्कृति यूके ने यह निमंत्रण देते हुए ना सिर्फ कमेटी के सभी सदस्यों को यूके बुलाया है बल्कि अपने अनोखे अंदाज को वहां भी बरकरार रखने की अपील की है

संस्था के महासचिव एनआरआई डा अरुण त्रिवेदी जो कि अपनी निजी यात्रा पर इन दिनों भारत दौर पर हैं ने शक्रवार को उक्त संस्था को निमंत्रण पत्र सौंपा पटियाला में जैसे तो दर्जनो रामलीला कमेटियों की ओर से रामलीलाओं का मंचन होता है लेकिन राघोमाजरा में होने वाली इस कमेटी की यह रामलीला सबसे अनोखी है

इस राम लीला में पिछले 60 सालों से रावण को नहीं जलाया गया है कारण है कि कमेटी रावण को ज्ञाता पंडित का दर्जा देती है इसके अलावा कमेटी की ओर से बनाया गए पक्के मंच पर पूरे साल किसी को जूती लेकर नहीं चढ़ाया जाता राम लीला का मंचन करने वाले कलाकारों की मर्यादा को कायम रखने के लिए उन्हें उतने दिन तक घर नहीं भेजा जाता और कमेटी की ओर से बनाई गई रिहायश में ही रहने की व्यवस्था की जाती है

क्या कहती है यूके संस्था

उधर संस्कृति यूके संस्था के महासचिव डा अरुण त्रिवेदी के अनुसार वो यूके के लोगो को अपनी विशाल संस्कृति और भगवान राम की इस अनोखी लीला को दिखा कर वहां भारत की विशाल संस्कृति से लोगों को जागरूक करना चाहते हैं मूल रूप से पटियाला के निवासी डा त्रिवेदी के अनुसार वो पटियाला में इस कमेटी की राम लीला से काफी प्रभावित हैं

इसी लिए उन्होंने इस कमेटी के सदस्यों को वहां आमंत्रित किया है इस कमेटी में प्रधान राम कुमार टंडन सजीव शर्मा डा अनिल गोतम अनुज त्रिवेदी डा राकेश गौतम अशोक गोयल सुशील गोतम लक्ष्मण टंडन लाल चंद शुक्ला अतुल जोशी अतुल गोयल का नाम प्रमुख है



Shree Ram Lila Committee, Patiala

Universal Peace Foundation



Sanskriti UK was represented by Ujjwal Banga at the meeting convened by UPF. Various interesting issues such as community cohesion, environment, interfaith, marriage and family, peace and development, art & music for peace emerged for healthy discussion. Ujjwal addressed the august gathering.

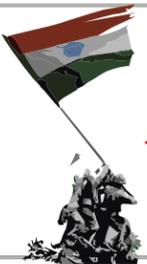
International Clinics Foundation

The ICF has been established in recognition of the need to overcome significant difficulties that minority population experience in accessing and identifying with alcohol and/ or drug services. ICF aim to provide treatment and rehabilitation to the identified in their country of origin in a context of closeness to cultural and spiritual heritage.



Sanskriti UK at the invitation of the Lord Patel of Bradford OBE participated at the inaugural launch of the International Clinics Foundation on 30th June, 2009 at the House of Lords, London.

Mr Aashish Trivedi represented Sanskriti UK and deliberated with the experts at the launch function.



Sanskriti UK Wishes
A Happy Independence Day
to all Indians around the world.

शुक्र करो, मैं अवतार नहीं हूँ

अतरिक्ष यात्री:

शुक्र करो, मैं अवतार नहीं हूँ
वरना हर रात अमावस होती
एक महिला का उद्धार तो होता
पर सारे विश्व की त्रासदी होती

एन-आर-आई:

शुक्र करो, मैं अवतार नहीं हूँ
वरना अपने ध्येय में व्यस्त मैं रहता
पिता के दिवगत हो जाने पर भी
जा कर उनका दाह-संस्कार न करता

बेरोजगार:

शुक्र करो, मैं अवतार नहीं हूँ
वरना 13 साल तक काम न करता
मान के ले-ऑफ को वनवास
हाथ पर हाथ धरे ही रहता

अमरीका के राष्ट्रपति:

शुक्र करो, मैं अवतार नहीं हूँ
वरना दो भाईयों की फुट का लाभ उठाता
दूसरे देश के सैनिक ही खपते
अपने देश का एक इंसान न मरता

पति:

शुक्र करो, मैं अवतार नहीं हूँ
वरना कमाती पत्नी को तलाक में देता
आ कर धोबी की बात में यारो
सारी अर्थव्यवस्था का विनाश मैं करता

राहुल उपाध्याय
सिएटल 24 अप्रैल 2009