



प्रदान

बन inspiration to हिनवेप बठलहन

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PRERANA

An Inspiration To Hindu Women

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OUR PRERANA

(By ma. Alkataiji Inamdar , India)

THE TURNING POINT

Vinayakaraoji completed his degree in law and started his practice as a lawyer in Pune court. He was earning enough to lead a content life. Saraswati was a happy mother of three kids. Both of them were popular in the neighborhood for their helpful nature.

One day while returning from court, Vinayakaraoji went to Tilaka Smarak Bhavan for some work. There he saw some young boys playing the youthful game of Kabbadi. As he was observing, the boys assembled in front of the Bhagavadhwaj and offered the prayer. He was very much impressed by the discipline and the way in which they sung the prayer. He enquired about the activity and came to know that it was the “Shakha” of the Rashtreeya Swayamsevak Sangh. The tune and the wordings of the Prarthana were echoing in his heart and mind even after returning to home. He had a feeling that he had to be a part of the organization. He felt that he had got his life mission. He started taking interest in the activities of Sangh. Pa.Pu. Doctorji recognized the urge in his heart and gave the responsibility of Nagar Sanghchalak to Vinayakaraoji. This was the turning point in the life of Vinayakaraoji and Saraswati.

Vinayakaraoji started to devote more and more time to Sangh work. The house of Vinayakaraoji now became the home for many Pracharaks. Saraswatibai was very cooperative. She also took interest in her husband’s life mission. She tried to understand the ideology of Sangh. She felt that Sanghwork was very necessary for youths. She had to work hard for the whole day to attend the visitors. Her day started early in the morning and continued till late night. Sometimes she had to cook again for unexpected guests in late night after finishing all the daily duties. But she never complained .On the other hand she was proud of Vinayakaraoji and his devotion towards Sangh. All Swayamsevaks called Vinayakaraoji ‘Dada’ (which means elder brother) and Saraswati became ‘Tai’ (which meant Didi in Marathi) to all. Now her perimeters of Matrutva i.e. her motherhood widened and she looked after every karyakarta with the affection like her own sons.

While accomplishing her duties as a “Gruhini”, and giving real meaning to the word better half, Taiji was pondering over one thought. The Sangh sanskar was giving a new dimension to the personalities of youths. But was it not necessary that such Sanskars should be imparted to women also? If women became aware of their social duties then the next generation would become proud of our Dharma and Rashtira naturally. Day by day this thought occupied her mind. One day she asked Vinayakaraoji, “Don’t you think that women should be allowed to attend the Shakha? Is it not necessary that they also should get Sangh Sanskar? Should not they contribute in Nation building?”

Vinayakaraoji thought for a while. Then he said, “Whatever you are thinking is proper but today the social system is not suitable for that. But if you feel that it is necessary then you can start the similar work for women. I will help you. But can you manage the household work and this social responsibility simultaneously? Moreover you know I have already devoted everything to Sanghwork.” Saraswatibai had already thought of that. She decided to gather some women at their home. She called some ladies who were related to Sangh Swayamsevaks. She talked to them and conveyed her thoughts to them. Her style of conversation was so simple but convincing that everybody was impressed and they decided to meet once in a week in Saraswatibai’s house. They discussed about the political and national affairs, about the contribution women could offer in Nation building. They talked about the freedom struggle and their duties as a mother. Taiji was now balancing one more undeclared responsibility- Netrutva. Her affectionate behavior and helping nature created a new bond between the members of the group.

One afternoon Taiji was about to go out when she heard the melodious voice of a lady. She was asking for the address of Saraswatibai. Somehow Taiji felt that she was Laxmibai Kelkar. Quickly she hurried towards the staircase and welcomed Laxmibai. It was a very touching moment. The two women met as if they knew each other from ages. Taiji held Laxmibai's hands and took her inside respectfully. Laxmibai tried to introduce herself, "I am Laxmibai Kelkar from Vardha. I have a letter for you from Pa.Pu.Doctorji----." Taiji replied, "I know. Actually I was also planning to meet you. I know you have started an organization for women. I am also trying to do something similar. I want to join the organization with all my friends." Thus both of them talked from heart. There were no conditions or hesitation from Taiji; she simply joined hands with Van.Mousiji, as a true Karyakarta. Thus Laxmi and Saraswati came together and Durga (Shakti) was incarnated in the form of a strong organization.

Ma.Vinayakaraoji left his practice as a lawyer and indulged in Sanghwork. Taiji's responsibility in Rashtra Sevika Samiti also increased. But somehow they were balancing all the things very smoothly and efficiently. Sangh and Samiti work was expanding to neighboring districts. Taiji was now Vibhag Karyavahika. Everywhere youths and adults were participating in Sangh and Samiti activities with overwhelming enthusiasm.

Bharat got the independence from British rulers on 15th of August 1947. But people were not happy as the nation was partitioned. Mahatma Gandhi insisted that Government of Bharat should give Rs.55 crores to Pakistan. This was not appreciated by many people. The situation became critical.

And on 30th of Jan. 1948 that hazardous news came like a thunder.

(Cont----)

Yoga

(By Gulshan Shekhawat, Cupertino, CA)

YOGA MUDRAS

Yoga gives special importance to mudras as a developed form of asanas. In asanas, senses are primary and prana is secondary, whereas in mudras, senses are secondary and prana is primary. The five fingers of our body denote the five elements. The thumb represents fire, the index finger represents air, the middle finger represents space/sky, the ring finger represents earth and the little finger represents water. Body will be healthy if there is a balance between these five elements. The effect of mudras is immediate. They can be more beneficial if you set in any meditative posture like Vajrasana, Padmasana or Sukhasana and do the mudras. While doing any action the finger that is not being used should be kept straight.

When to do:

Can be practiced at all times while sitting, lying, walking or even talking.

For good results should be practiced for 24 min. continuously (can also be practiced for 4-5 min.)

If mudra cannot be made in both hands, you may do it in one hand only.

GYAN MUDRA:



Benefits:

In this touch the thumb and index finger with each other and the remaining three fingers straight. It develops concentration, increase attentiveness and removes negative thinking.

It increases the memory power, therefore children become sharp minded.

Brain nerves become strong. It cures insomnia, headache and stress. It destroys anger. For better results, Prana mudra should be performed after this mudra. Its practice ensures mental peace, concentration, sharp memory and spiritual feelings. It helps in mental disorders, and dissipates tension, depression and drowsiness. This is a must for those who aspire to develop telepathy or wish to acquire extrasensory abilities.

APAN VAYU MUDRA: (Also known as Mritsanjeevini Mudra)

Fold the forefinger down and touch the mound of the thumb. The little finger should be held erect.



Benefits:

It regulates complications of the heart.

In a severe heart attack, if administered as a first aid measure within the first two seconds, it provides instant relief.

APAN MUDRA:

Join the middle finger and the ring finger with the tip of the thumb, the forefinger and the little finger should be held upright.



Benefits:

Provides relief in urinary problems and eases difficulty in labor and delivery.

It facilitates the discharge of waste matter from the body and purifies the system.

LINGA MUDRA :Join both the palms and lock the facing fingers together, keeping one thumb upright. The upright thumb must be encircled by the other thumb and the index finger.



Benefits:

Makes the body resistant to colds, coughs and chest infections by generating heat in the body, and destroying accumulated phlegm in the chest.

It helps in weight reduction too, but has to be practiced with restraint.

The intake of at least eight glasses of water, butter and ghee (clarified butter) as cooling agents in sufficient quantities is a must. Due to the heat it generates, it may not be possible to practice this mudra with as much ease and flexibility as the other mudras. It might prove taxing and result in a feeling of lethargy.

Our Food

By Seema Pathak , KY

EXAM DIET

$e = mc^2$ Good Brain functioning = Balanced Diet

When we are studying for finals, good nutrition often slides way down on the priority list. It's easy to get into the habit of glugging coffee and gobbling samosas because we do not want to waste time. But, good nutrition **SHOULD BE** part of our study plan because it helps us ace the tests. The better fuel our brain gets, the better we perform.

Here are 10 tips for eating right during exams:

How do I eat smarter? Meeting daily vitamin and mineral requirements will make doing your best much easier. Iron and B vitamins are especially important to maintaining the physical and mental energy necessary to study well. Iron-containing foods include - whole dals and sprouts like masoor dal, black chana and spinach cooked together like dal. Foods that contain B vitamins include whole-grains, wheat germ, eggs and nuts and homemade yogurt. Fish and soy beans are other foods that boost our brain by providing the nutrients it needs.

Students who do not eat fish can have ground chutneys made from whole til (sesame seeds) flax seeds (javas or linseed) fresh coconut, and well roasted peanuts.

A daily snack of roasted chana, peanuts and Jaggery (gud) will help boost your brain energy than any expensive energy bar made anywhere in the world.

Dude, chewable Vitamin C is not a meal. Dietary supplements cannot complement real food. An orange not only contains Vitamin C, but also fiber, phytochemicals, beta carotene and other minerals — so it can't be replaced by a pill. When studying, packing a quick snack of whole-food items like apples, bananas, carrot sticks, grapes, kishmish or dates is healthy.

Eat at regular intervals. Eating meals at regular intervals helps keep nutrient and energy levels more stable, curbing the temptation of high calorie snacks like potato chips, two- minute noodles, chocolate bars and fried snacks. It is a better idea to eat Murrura than a ready to eat snack from stores.

Big meals keep on turning ... in the stomach. We find that eating the standard three-big-meals-a-day slows us down mentally and physically. Instead taking 5 or 6 well-balanced smaller meals like Dal chawal or idli sambar or paratha dahi or oil seed chutney with roti followed by a fruit and a glass of butter milk will make us active.

Meet breakfast, your new study buddy. While much is said about the reasons to eat breakfast, less known are the best ways to eat smart in the morning. Tea, bread or biscuits are just not enough. The idea is to get some protein, calcium, fiber and a piece of fruit or a vegetable in there. So, a bowl of poha or upma with milk or dahi and a piece of fruit is the best. Jaggery and roti with milk or dahi paratha and a fruit or tomato, cucumber or hand full of berries (very important source of calcium and soluble fiber for good digestion).

Going bananas? Good. Fruit ranks high among the best foods we can eat for our brain. The natural sugars in the fruits offer clean energy, so we do not experience tiredness that follows consumption of refined sugar. Eating bananas gives calming serotonin to the brain. Dates, kishmish and anjeer also have the same effect. Chocolate gives a high dose of refined sugar. Chopped tomatoes, sprinkled with chat masala, green onions, green coriander, few drops of lemon juice and a hand full of murmura gives a hand full of antioxidants

Choose powerful vegetables. Not all vegetables are created equal. The darker the color, the higher is the concentration of nutrients. Dark green leafy vegetables in dal are ideal for good brain functioning. Beet-root, pumpkin, dark purple colored brinjals, green leafy onions, dark colored carrots, fresh green peas, red rajma and green sprouted moong help brain think clearly by scavenging free radicals.

Smart snacking can enhance studying. Snack smart while studying and you may find that you retain more. Try to get two food groups into your snacks to balance the nutrients and keep your blood-sugar level stable. Some smart snack examples are banana with milk, aloo chat with sprouts on top, dahi batata puri and a fruit or boiled peanuts and black chana with cucumber, onions and lemon juice with chat masala, Egg with roti, bread, cheese and fruit, soaked chana dal with cucumber slices, poha and dahi with onions and coriander, laddoo with a glass of milk, chivada and a glass of butter milk, roasted papad and murmura are a few choices.

Gather simple recipes for nourishing foods. It's easy to feed the brain well. No-fuss recipes let us eat to succeed, without taking too much time. Here are five ideas:

Combining scrambled eggs with toast, cheese and chopped tomatoes chillies and coriander,

Spend 5 minutes preparing bhel from murmura and farsan tomatoes coriander, chillies onions and some lemon juice drops and continue studying while it snacking on it.\

Go Tex Mix with quesadillas, adding veggies like capsicum, onions, chillies and tomatoes and cheese in two rotis.

A little chopping is all it takes to construct a hearty Chef's fruit salad adding chopped walnut, fresh yogurt and honey to make it Greek fruit salata.

The easy way to boost brain power is to eat a modak dipped in ghee, a bowl of panchamrut made from milk, dahi, ghee, honey and sugar or khirapat made from dry cocnut, charoli, badam, kaju and poppy seeds. All full of neuro-transmitters, make connections between the synapses faster.

Stay well hydrated. Caffeine and sugar should be kept to a minimum. Since too much caffeine can make us jittery it is better to try drinking in moderate amounts. Better choices include water, fresh fruit juice, milk, and fresh lemon or juice with honey. Well hydrated brain is really a key to relaxed and well functioning brain.

P.S. Brain is more than 90% fat, so never live a day with less than 2 teaspoons of ghee in your daily diet.

GOOD LUCK!!!!

Pride Of the State

(By Gulshan Shekhawat, CA)

“Punjab” The Golden State of India



by

The word “**Punjab**” comes from two Persian words -Panj- and -Aab-. Panj means five and Aab means water. This name was probably given to this land possibly in an era when this region came into close contact with Persia.

Introduction to the History of Punjab: Punjab was known as land of five rivers because of the five rivers that ran through it. They are Jhelum, Ravi, Beas, Sutlej and Chenab. Prior to the Persian period this region was known different names at different times.

Ancient Civilization in Punjab: Thinking of Punjab images flare-up in mind. The site of the earliest Aryan settlements.

“Historically the most important province of India”.

Originally known as Sapt-Sindhu it was intersected by seven perennial rivers joined by innumera tributaries, which spread juicy carpets of alluvial soil on its vast plains.

Climate and Resources in Punjab: Punjab is an extensive, flat plain, hemmed in by high mountain walls on the north and west, and open to the south and east. The area, considered as a whole, presents the appearance of a gently sloping plain, leading from the high mountains on the north to the sandy deserts on the south.

Traditional Dress of Punjab: The turban is the “crowning glory” of all Punjabis but it remains, literally, an article of faith for Sikh men whose religion forbids them to cut their hair. The kurta, a long straight-cut, loose shirt teamed with pyjamas, the loose baggy salwar or a kind of sarong called a loongi
Women dress in salwar topped by a kameez (dress like kurta) and accented by a rectangular scarf about 2.5 metres long called the chunni or dupatta. Women also have a collection of woollen shawls and phulkaris which can also be wrapped instead of a dupatta.

Tourist places:

The Rock Garden sprawling over 64 acres is a strange but unique garden- an artist’s dream, built by one man's effort, love, ingenuity and skill.

Amritsar or Amrit Sarovar (Pool of Nectar) founded by the Sikh Guru ‘Ram Dad’, is named after the sacred pool, the holy tank that surrounds the fabulous Golden Temple.

The Rose Garden in sector 16 is claimed to be the Asia’s largest Rose garden. This garden was created in 1967, every year a ‘Rose Festival’ is celebrated at this garden, either in the end of February or in the beginning of March.

Jallianwala bagh is a public garden in Amritsar city in Punjab province of India, and houses a memorial of national importance, established in 1951 to commemorate the murder of up to 2,000 peaceful demonstrators on occasion of Punjabi New Year on April 13, 1919 in Jallianwala Bagh Massacre.



Music & Dances of Punjab: A glimpse into the lives and culture of the people of Punjab can be got through the folk idiom of Punjab. Women have a different but no less exuberant dance called **gidda**. The dancers enact verses called bolis, which represent folk poetry at its best. **Gatka** dance is a dance of celebration. Two men, each holding colourful staves, dance round each other and tap their sticks together in rhythm with the drums. The **Bhangra** is perhaps the most virile form of Indian Folk Dances.

Famous Food: Makki ki Roti (corn bread) & Sarson ka saag (made with Mustard & spinach leaves)

Land of Festival:

Lohri: SUNDER MUNDRIYE.....Hoey..... Among the popular festivals enriching the varied culture of India, is the festival of Lohri. Lohri "The Bonfire Festival" is celebrated on 13th January every year. It is a festival that marks the solar equinox and the sun starts moving towards Uttarayan (North).

Baisakhi: Baisakhi generally falls in the first half of April. It is the birthday of Khalsa.

Sangrand: It is the beginning of a new month according to Sikh calendar. The beginning of the new month is announced in the gurdwaras and the relevant portion from the Bara Maha.

A Typical Punjabi personality: Working with pride and honour and devoted to struggle and work hard, the typical Punjabi is an extrovert, a sociable fellow who build their life with their own hands and drive the fate lines.

Puzzle:

What common word has 4 vowels, one after the other?

Ans on page 12

Hindu Women

(By Nandini Kuppa, CA)

Savitribai Phule



Savitribai Phule

Savitribai Jotiba Phule (January 3, 1831- March 10, 1897) was a social reformer who along with her husband, *Mahatma Jotiba Phule* played an important role in improving women's rights in India during the British rule. Savitribai was the first woman to get school education in Modern India. She was the first female teacher of the first women's school in India , first woman educationist and is also considered as the pioneer of modern Marathi poetry. She has written five books which reflect her humanitarian approach against the caste system. She was encouraged by her husband to get educated and thus started her journey in the emancipation of the women-folk of her

village.

Women education and social reform

Jyotirao is regarded as one of the most important figure in social reform movement in Maharashtra. He is most remembered for his efforts to educate women and the lower castes. Jyotirao was Savitribai's mentor and supporter. Under his influence Savitribai had taken women's education and their liberation from the cultural patterns of the male-dominated society as mission of her life. She worked towards tackling some of the then major social problems including women's liberation, widow remarriages and removal of untouchability. Jyotiba who was working for women's education had started the first girl's school and required women teachers to assist him.

Jyotiba educated and trained Savitribai for the job of a teacher. Savitribai and Jyotiba faced fierce resistance from the orthodox elements of society therefore separating from their family. Jyotiba sent her to a training school from where she passed out with flying colours and started a school for girls in Pune in 1848. Savitribai's role in the anti-caste and women's struggle is unique. She emerges as the only woman leader among all social movements in nineteenth century India who linked patriarchy with caste. She organized the untouchables and women to lead the Anti-caste movement with the help of her husband. In 1851, she opened first school for the untouchables and women with the principle to educate all of them.



An old portrait of Savitribai with her husband Jyotirao. They were married in 1840.

Her activities were not confined to education alone; she also strived to emancipate women from the evils of the society like child marriage and supported widow remarriage and inter-caste marriages. Savitribai also started a women's association called Mahila Seva Mandal as early as 1852. The association worked for raising women's consciousness about their human rights and other social issues. She engaged herself at various levels to address women-specific problems. She campaigned against victimization of widows. She advocated and encouraged widow remarriage. Widow's pregnancy was a major problem which was against caste system, therefore she established "the House for Illegitimate Children and their Mothers". After his demise, Savitribai took over the responsibility of Satya Shodhak Samaj, founded by Jyotiba. She presided over meetings and guided workers.

Savitribai's poems and other writings are still an inspiration to others. Two books of her poems were published, *Kavya Phule* in 1934 and *Bavan Kashi Subodh Ratnakar* in 1982. Savitribai's struggle encouraged and inspired a whole generation of outstanding campaigners for gender justice. The Maharashtra government started an award in her name for Women Who Work Social Causes. In her remembrance January 3rd is observed as National Women Liberation Day. On March 10, 1998 a stamp was released by Indian post to honour Savitribai's contribution.



Quote :

A leader takes people where they want to go. A great leader takes people where they don't necessarily want to go, but ought to be.

Puzzle answer form page 10

Queue

I want to share

By Kanchan Wagh, CA

My experience as a Shikshak in new Shakha.

Shikshak from Jijamata Shakha Milpitas

On March 7th 2009 I had a chance to go to Concord shakha for Sakhi Sammelan. Being a Shakha Swayamsevika for past 9 years I have visited different Shakhas and know more and more people. Our shakha format is same everywhere so it was very easy to get along with everybody. It was the first Sakhi Sammelan for Concord shakha, hence the attendees saw Sakhi Sammelan in different way through Sangh discipline. I was also enthusiastic and curious to know them and show my art and craft skills as I was a shikshika for a session. I also conducted a game session. While taking games I saw shyness on the sakhis faces. They were shy to give naras at games time. Later naras itself made them very enthusiastic. There was an amazing sense of unity and togetherness. Naras were good for making them quiet too.

The wall was fully decorated with art and craft projects. We could see the eagerness in the Sakhis to learn and know about those Projects. Jute cutting, dry leaves, dry flowers colored broom sticks, pista shells and colored bead necklaces were given to decorate on a felt cloth. Many sakhis made awesome wall hangings. Helping and giving them various tips gave me immense pleasure. My purpose of showing them different projects was to inspire an artist in them to take such projects for children and sevikas in the Shakha, thus helping to emerge as a new shikshak. This also enhanced my skills of taking sessions for new people.

Learning new things through Sangh activities, sharing our problems, experiences in a constructive and fun-filled atmosphere, valuable take home messages from out of the box discussion will continue to flourish Sangh families and Sangh work. I am glad to be a part of such Organization.

The Serenity Prayer

*God grant that I might have
The courage to change the things I can,
The serenity to accept the things I cannot,
And the wisdom to know the difference*

Inspiring Poem

Sakhi Sammelan Reports

This time many sambhags in USA did Sakhi sammelan ,women's one day event which included different activities for different shakhas ranging from games, yoga, dance , skit, workshops etc.. One common thing was the energetic atmosphere and learning something new in a fun filled way.

1)Concord shakha Sakhi Sammelan Report: 36 sevikas attended this event. Program started with warm-up exercise and Pranayama. "Thinking Outside the box" – it was a workshop. For five different groups with different situations was given and find out ways to deal with those situations.. For eg. The stress of not able to give time to kids at school, how we can teach children to be proud to be an Indian, Language barriers, Current economic situation and children were some of the topics discussed. Then interesting and energetic games After enjoying games there was small break which was followed by art and craft session—"Best from waste" each one got the material like pista shells, beads and jute of the Basmati rice bag. Art and craft session was followed by delicious lunch made by balagana. . After that another round of discussion on Hindu parenting. The last session was feedback.

2)San Ramon Shakha Sakhi sammelan Report:The Sakhi Sammelan was attended by 24 women. We started with some quick games. After the energetic games , we broke the assembly into groups.The teenagers mothers discussed their viewpoints/experiences/challenges on having children speak and understand the mother tongue, even as they went to schools.The mothers of younger children discussed how they try to keep the traditions for typical Indian festivals alive, in absence of extended family in the current scenario.

After this the groups merged and practiced different kinds of Pranayam, we slipped into Bhajans and enjoyed bhajans We then came to the last part of the day. Skit presentation on scenes based out of Ramayana. Each group was given 30 min to write up the dialogs and practice them Then 30 minutes were set aside for presentation. One group sent a powerful message by modernizing the Sita Haran scene by symbolizing the golden deer as "temptation for materialistic goods" and had the scene set up in Silicon Valley software world. The session was concluded giving brief information about Shakha, Bal gokulam followed by a Feedback session.

3)Evergreen San Jose Shakha:There were about 40 sevikas participated. The program started with a very inspiring samuhik geet (kadam milakar chalna hoga written by Attal Bihari Bajpayee). It was then followed by warm up and Yoga session for about 40 minutes Then exciting game session Then came the most awaited part of the day i.e Skit and Dance performances by sevikas. Sevikas were divided into 4 groups. They were given 30 minutes to prepare the skit and choreograph the dance. The most fun part was even jeshtha sevikas took part in dance and skit too. After lunch, it was time for jeopardy Dr. Dhanshree Paranjape gave the boudhik describing the important role of a mother our sakhis play in imparting samskaras to our children. The day ended with Shanti Mantra.

4)Fremont Shakha :50 women gathered for the Sakhi Sammelan. The event started with yoga and meditation session. Following yoga, we played fun and exciting games in one large group where everyone was able to take part. After a short break the arts and crafts session took place. With foil, permanent markers, and a sketch, we made beautiful drawings of Ganesha. The next activity, the bhangra lesson,

got everyone's endorphins pumping. Basic bhangra and giddha moves as well as a short dance were taught and every one of all ages thoroughly enjoyed. After that everyone was ready for the discussion session. Three parallel discussions went on, two for the mahila and one for the kishoris. The topics were "How to teach Matru Bhasha" and the "Importance of Festivals" for mahila. Both discussions brought out much insight on the subjects and everyone freely expressed their opinions. For the kishoris, an ayurveda doctor, led a talk on "Home Remedies" which described natural and easy preparations using general kitchen herbs and spices.. The end of the program included a group song, introduction and speech by the chief guest, an ending talk, and shanti mantra.. Our chief guest, Vice Mayor of Fremont, Anu Natarajanji, inspired everyone with her charismatic personality and desire to see more women come together, actively volunteer, and bring change in society

5)Sunnyvale/cupertino/Milpitas shakha :There were 111 participants in this sakhi sammelan. The venue was decorated with the theme of Science and Spirituality. The program started with inspiring song followed by warm up and yoga. Our speaker of the day was Shri Prasad Kaipa ji. He is the Executive Director, Center for Leadership, Innovation and Change and is the CEO Advisor and Coach at Kaipa Group. Prasadji spoke at length about eastern philosophy especially when it comes to spirituality. Interesting games were played with a lot of enthusiasm. Then the Dance Competition. The entire gana was divided into 9 groups. Each was given a CD player with a folk song. The songs were folk songs from various parts of Bharat like Andhra, Punjab, Assam, Gujarat, Sindh, Maharashtra etc. and the *sevikas* were given half an hour to choreography. Each group presented the dance and everyone enjoyed. The main judging factor was participation and enthusiasm. The judges had the hard task of deciding the winner and the performance of the Assamese dancers won the first prize.

The fun filled dances were followed by a thought providing discussion. The different groups discussed importance of extended family and how we can do it in USA, mothers could help their kids become successful and productive citizens, peer pressure for teenagers and how to overcome and be self respecting individuals. Others joined the group which discussed about giving time to society (Seva).. The last event of the day was Samarop where the role of Shakha, balagokulam, and mom with respect to living outside Bharat was covered. The event ended with Prize for dances followed by Sangha Prarthana.

6) LA Vibhag sakhi sammelan Totally 53 people were there for the event Followed by deep Prajwalana and Ganesh Vandana an enthusiastic parichay khel was conducted Following this parichay khel, we had a 5 minutes geet session while mahilas were getting ready for next JAM khel. "Just a minute" khel which is talk about a topic given for 1 minute. After that an interesting jewelry making session. All mahilas were provided with the beads and other necessary items. Then mahilas were taught to make a wonderful sizzling necklace.

After a tiny break, an explanation and a small demonstration about the yogchaap was given. Mahilas were divided into two groups, each group were taught some basic steps in yogchap through which our younger generations were taught about our cultures. In the meantime, Sai patil ji taught some basics of karate (niyuddh) to the kishoris and some interested mahilas to protect themselves, Another important session was home economics discussion, where a sevika gave a presentation. This was an eye opener for the mahilas to discuss with their husbands about their responsibilities in their home economic planning. This was followed by a wonderful boudhik given by Dr. Sai patil ji, HSS national Sevika pramukhika . She explained the women's role in making a good society which is really motivating.

7)Colorado Vibhag: The program started with warm-up games that included 25 sevikas. A presentation on Home Remedies and health tips followed, Integrating Bihu Dance also as one of the wonderful remedies for a healthy body, mind and a happy family. The next topic was presented by Katherine Nanda ji She talked about domestic violence and made everyone aware how to help in preventing such violence and the help and resources that are available to work on the social cause. After that group discussion and work shop on Parenting and each group to present a skit focusing on some of the challenges parents may face to raise the children in US.

The first skit was about Indian festivals and teaching our children about our culture, tradition and how we can learn and integrate different cultures. The second skit was about kids and their food choices. How kids have issues/difficulties with Indian food and what they deal with their friends at school. The last skit was about the language problems children face – have trouble learning our Indian language living in a foreign country. The reason why the children need to learn their mother tongue and how that helps in bridging gaps and communicating with their grandparents, friends in India and also how it makes easy when the children visit India. Finally the event was concluded by Sayee ji boudhik about importance of mahilas coming forward and involve in community activities and contributing more to society.

8) Seattle Sakhi Sammelan: 60 sevikas were divided into five different teams- We started with our first session on yoga. second session on art and craft, five teams were provided with big chart papers, pencils and colors and we were asked to prepare a logo with a suitable slogan to represent 'sakhi sammelan'. Theme was 'Matritva, Netritva and Kartritva' - 'motherhood, leadership and dutifulness. We had a rigorous game session we were called to assemble again for our next session - Dr Shailja's informative talk about women and health care. She helped us brush up our knowledge on the significance of nutrition and annual physical checkup which was followed by a question round. Our next session was a quiz on cultural heritage of India. After the prize distribution for our quiz we invited our chief guest Subhashini Vijay to speak. She requested women to listen to their inner call and follow their convictions and do whatever they think will give them their real peace and happiness. Last but not the least was our speaker, national sevika pramukh, Sai Patil ji's turn to address all sevikas. She conveyed her message with the help of fables and interesting historical incidents and successfully created pin drop silence in the hall. We were all ears to her inspiring lecture. Reminding us of ideal mothers like Jija bai and Bhagat Singh's mother who repented (on the occasion of her son being hanged) for not giving birth to hundred such brave sons to sacrifice for the freedom and pride of her motherland. Sai ji appealed all the Hindu women to unite and work for promoting the strength of the society. She appreciated Dr Hegdewar's and Mausi ji contribution towards uniting Hindus. They gave us a vision and it is our duty to work towards their mission of a strong Hindu society.