



Est: 1978

Whichever the religion it suffices, if it makes you a better person

www.sngm.org

PRATIBHA

QUARTERLY NEWSLETTER

Edition - June 2025

Charity -281388

In this newsletter:

Community
Outreach

Forthcoming
Activities

Homa Mantra

Guru Nithya's
Soundbites

Executive
Committee

Trustees &
Auditors

Wellbeing
activities



Dear members and supporters,

We are delighted to present our very first quarterly newsletter after a considerable hiatus. This edition brings you updates on recent developments and exciting initiatives at the Mission. First and foremost, on behalf of the Mission, we extend our heartfelt gratitude to all our members, sponsors, volunteers, and well-wishers. Your unwavering support over the past 47 years has been the cornerstone of our continued success. Your generosity and dedication have enabled us to sustain and grow our programs, ensuring they remain impactful and inclusive.

It is with great honour and humility that I accepted the role of President during our Annual General Meeting on 27th April 2025. I am especially proud to introduce one of the most diverse Executive Committees in the Mission's history, representing a wide age range, from under 25s to over 65s and inclusive of female voices. This diversity equips us to better understand and serve the needs of our broader community. I extend my sincere thanks to the lovely ladies, who have joined the committee and are helping to shape our future.

The new committee has been actively planning a range of new events and initiatives.

Inspired by the wisdom of the Guru, one of our core values this year is to rejuvenate community engagement, particularly with members who may have felt disconnected since the pandemic. Through home visits and enhanced outreach, we aim to strengthen our support for elderly community members, they are the pillars of our organisation who have contributed immensely to its 47-year journey.

"There is strength in unity".

Together, we can make a meaningful difference in the lives of those who need it most. We are grateful for your continued support.

Finally, we would like to remind everyone that our charity thrives on the kindness and commitment of people like you. If you're able to donate your time, skills, or resources, we would love to hear from you.

Baiju Santhaseelan
President
president@sngm.org

"One Caste, One religion, One God for mankind"



Community outreach with a renewed Focus

As the founding members and early supporters of our charity age and pass on, the importance of caring for our elderly remains ever-present in our hearts. One moment they are active and vibrant; the next, they may face challenges that affect both their physical and mental well-being.

This year, our guiding value is Community Outreach, which will shape every initiative we undertake. As Nataraja Guru so eloquently expressed:

“The quality of mercy and kindness has to be conceived as a double blessing, and its absence as a double disaster.”

Our new Executive Committee brings with it a wealth of skills, specialisms, and networks. We are actively exploring funding opportunities to launch a range of supportive programs such as assistance with household tasks, cleaning and gardening, mental well-being, spiritual sessions, financial planning, guidance, and discussions on embracing the later seasons of life “Vana Prastham” all tailored specifically for our elderly members.

Vana Prastham philosophically translates to the final stages of life and the graceful withdrawal from domestic responsibilities to embrace a more reflective and advisory role in life.

We believe that ageing and ultimately passing should be met with peace, dignity, and wisdom. Through these initiatives, supported by qualified professionals, we aim to foster joy, comfort, security, and renewed hope for our senior community and their families.

Please keep an eye out for the Kick-off Seminar, which will provide further details on these important efforts.

If any of the initiatives resonate with you or inspire you to contribute, and volunteer your skills, please reach out to our General Secretary, Mr Pravin Vijay.

 secretary@sngm.org



/sngmuk

Regular Activities

See our full list of events on Facebook. From Yoga to Zumba, Book club to Film club, there is something for everyone.



- Meditation Class, 8.00 am (online)
- Zumba Class (East Ham) 10.00 am
- Yoga Class (Croydon)-8.00 am



- Book Club: 8.30pm (online)



- Exercise session (East Ham) 11am - in partnership with Newham Council



- Atmopadesa Shatakam 9.00 pm (Online)



- GCSE & A Level Tuition (East Ham) 9.00 am.
- Bagadvath Gita by Swami Tyageeswaran - - 6.000 am (online)



- Pooja 6.30pm at East Ham & Croydon

“Gain strength through organisation”

Forthcoming Events

Save the dates!!! Summer is upon us and we are planning a number of Meet ups and Picnic days. As always transport and plenty of “on coach” jokes and entertainment will be provided. Hope to see you all there. Date to be confirmed

- 18th June : Women's group picnic
- Aug : Beach Trip
- 7th Sep: Guru Jayanthi & Onam Celebrations
- 30th Aug: Onasadya Croydon
- 14th Sep: Onasadya East Ham

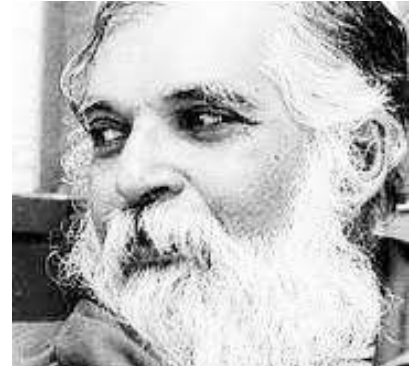


Homa Mantra

For thousands of years, the practice of fire ceremonies is known to burn away our limitations and invoke intelligence and grace into our lives. In 1925 Narayana Guru wrote a unique Sanskrit fire ceremony mantra “homa mantra” which encapsulates the core of Vedanta into just seven lines of the self-knowledge “Atma-Vidya”.

Fire ceremonies are held regularly at both Shivigri Mutt and the Narayana Gurukula for nourishing and healing the physical, mental, and energy levels within ourselves.

The Mission plans to conduct a homa, and everyone is invited! We will start with a guided demonstration, explaining its purpose and benefits. Please keep following us on social media for details.



Guru Nithya's Soundbites

“Atmopadeshashatakam” literally translates to 100 verses of self instruction. It is an original poetic work authored by Narayana Guru in 1897. This 100 verse poem illuminates universal truths and a non-dual philosophy that remarkably coheres with the findings of modern day science. In many ways it's a guide that re-kindles and rehabilitates our inner spirit.

In 2003 Nithya Guru published the book “That alone” a discussion and practical application of the 100 verses.. Nurturing efforts like the art of wondering rather than the bias of judging or labelling.

For those who are interested to learn the art of wondering, you are welcome to join the weekly open sessions.

Forthcoming Guru Pooja Dates



East Ham - 6th July 2025 | Southall - 20th July 2025 | Croydon - 13th July 2025

“Gain freedom through Education”

Executive Committee 2025



President
Baiju Santhaseelan



Vice President
Vijayan Pattathil



General Secretary:
Pravin Vijay



Asst. Secretary
Rosy Sarasan



Asst. Secretary
Sabulal Bahuleyan



Asst. Secretary
K Thankaraj



Treasurer
R Vinodbabu



Asst. Treasurer
Binoylal Pillai



Membership Secretary:
Evin Sukumaran



Arts & Social Secretary:
G Sureshkumar



Exec Member
P Arun



Exec Member
Lisi Mohanan



Exec. Member
J. Sasikumari



Exec. Member
V. Giridharan.



Exec. Member.
C. Prasobhkumar



Exec Member
Ran Jayan



Exec Member
Sasi Kulamada



Exec Member
Subash Sadasivan



Exec Member
Shaji Sivanandan



Exec Member
Leena Salim



Exec Member
T Kishorkumar



Exec Member
BT Sureshbabu



Exec Member
Sooraj Janardhanan



Exec Member
N. Jyothi prakash



Exec Member
Shalini Sajeev



Ex Officio
T. Valsamma



Ex Officio
Suresh Dharmarajan



Ex Officio
G Sasikumar



Ex-Officio
Manju Mandirathil



Ex Officio
Geeja Srilal

"Happiness comes as a result of our actions"

Holding Trustees



Sudha Sasi



Sudevan Narayanan



Suja Gopinathan



Manilal Sivanandan

Internal Auditors



Haridas Bhaskaran



Mohankumar Krishnan

Please consider setting up a small but regular direct debit to support our initiatives.

Sree Narayana Guru Mission

Account: 93331695

Sort Code: 20-89-15

Please consider setting up a small but regular direct debit to CROYDON fund.

Sree Narayana Guru Mission

Account: 43191494

Sort Code: 20-67-88

To sponsor a Gurupooja - contact below

Sureshkumar G (East Ham) 07983 424368

Kishorkumar(Croydon) 07954 389107

Thankaraj (Southall) - 07742 832693

For hall hire - contact below

Arun (East Ham) 07568 083431

Sabulal (Croydon) 07766 337927



SNGM of the UK

Tuition Classes

Education Centre

SUBJECTS
English - Maths - Physics
Chemistry - Biology

Over 26 years of Service
Qualified & Experienced Tutors
Classes on Saturdays between 9am-3pm

For registration, please contact:
Jyothiprakash : 0795 689 8700
Prasobhkumar : 07930 338145
e-mail : secretary@sngm.org

Year 3 to A-Level
Year 3-6 : £15 (3 Subjects-3hrs)
Year 7-8 : £18 (3 Subjects-3hrs)
Year 9-11 : £25 (3 Subjects-3hrs)
A-Level : £25 per Subject

Give your child a brighter future

Head Office: Sree Narayana Guru Mission of the UK, 16 Barking Rd, London E6 3BP Reg. Charity No 281388 www.sngm.org Tel: 020 8471 0720



"Gain prosperity through industry"

Wellbeing activities at the Mission

**SREE NARAYANA GURU MISSION
OF THE UK**
Est: 1978
Believe the religion it suffices, if it makes you a better person.

Mindfulness session

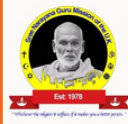


£2 per session EVERY SUNDAY
8:00 AM - 9:00 AM
ONLINE SESSION 

TO REGISTER CONTACT - 07946413525
secretary@sngm.org

 YouTube   www.sngm.org
Charity : 281388

JOIN US

**Sree Narayana Guru Mission of the UK**
www.sngm.org
Charity- 281388

ZUMBA



 Sree Narayana Guru Mission of the UK
16, Barking Road, London, E6 3BP

Every Sunday 10:00AM - 11:00AM

  Join Now **07568 351344** 

**Sree Narayana Guru Mission of the UK**
Charity- 281388

Yoga Class



**FREE
ADMISSION**

**FIND YOUR BALANCE,
STRENGTH, AND INNER PEACE**

 MISSION CENTRE CROYDON
71, WINDMILL ROAD, CRO 2XR

What to Bring: Comfortable clothing | Yoga mat | Water bottle

Every Sunday - 8am to 10am

RESERVE YOUR FREE SPOT NOW!  **07954 389107**

 YouTube   www.sngm.org

Thank you !