Baudhik

- Amrut Vachans
- Subhashit
- Praarthana
- Geet (Jai Ghosh Sanskriti Ka)
- Baudhik Notes : Sangh Reeti and Neeti
- Charcha Topics
- Important Dates in Q1 and Suchanas

Shareerik

- Guideline for 1½ Hour of Shakha
- Samata Syllabus
- Q1 Samata Prayog
- Suryanamaskar Mantras
- Achar Vibhaag : Starting and Ending of Shakha
- Handy Khel List

- The 5 Vibhaags of Kenya
Arise, awake and stop not till the goal is reached...
Amrut Vachan

It is very wrong to think that only a person of a particular age or particular capacity is useful for Sangh work, and if not then he is useless. In the field of Sangh work, everyone is needed. Everyone has work. Because Sangh work is not the work of an individual but the work of everyone.

- P. P. Doctorji

Arise, Awake. Stop not till the goal is reached.

- Swami Vivekenand

Prarthana has become our mantra. We express our hearty feelings while reciting it. Emotions arising out of pure hearts can create great impact. This is the main purpose of reciting the prarthana. In this prarthana our ideology and mechanism have been mentioned. Therefore, we can say it as a Sangh Mantra.

- Ma. Babasaheb Apte
Subhashit

Yathaa chittam tatha vaachah
Yathaa vaachastathaa kriyaah
Chitte vaachi kriyaayaancha
Saadhunaam ekaroopataa

यथा चित्तं तथा वाच: यथा वाचस्तथा क्रिया: ।
चिते वाचि क्रियायांच साधुनामेकरूपता ॥

Meaning

As is one’s mind, so is one’s speech.
As is one’s speech, so are one’s actions.
One whose mind, speech and actions are consistent, is a noble character.
Vishwa Praarthana

carvanāngala māṅgalyām devīṁ sarvārtha sādhikāṁ
śaraṇyāṁ sarva bhūtānāṁ namāmo bhūmi mātaram

saccidānanda rūpāya viśva maṅgala hetave
viśva dharmāika mūlāya namo'stu paramātmane

viśva dharmā vikāsārtham prabhō saṅghaṭitō vayam
śubhām āśiṣamasmabhyma dehi tat paripūrtaye
ajayyamātma sāmartyaṃ suśīlāma loka pūjitam
jñānām ca dehi viśveśa dhyeya mārga prakōśakaṃ

samutkarṣostu no nityāṁ niḥśreyasa samanvita
tatsādhakama sphuratvantaḥ suvīra vratamujvalam

viśva dharmā prakōśena viśva śānti pravartake
hindu saṅghaṭanō kārye dhyeya niśṭhā sthirānstunāḥ
saṅgha śaktir vijetiyaṃ kṛtvāsmaddharma rakṣaṇām
paramāṁ vaibhavam prōptuṁ samarthāstū tavāśiṣā
tvadiye puṇya kāryesmin viśva kalyōṇa sādhake
tyāga sevā vrataśyāyam kāyo me patatu prabhō
gvīśva dharma kī jaya
Meaning

The most sacred of all that is auspicious, the means to achieve all that one aspires, the safe refuge of all living beings: Mother Earth, we salute thee.

You are the cause for the universal good, the embodiment of truth, wisdom, and bliss, the unique origin of universal righteousness: our salutations to You, the Supreme Divinity.

For the purpose of developing universal Dharma, Lord, we have united together. We seek Your blessings, the divine grace, bestowed on us to accomplish the aim.

Possession of valor, unconquerable inner strength; conduct, character renowned world over. Bestow the wisdom that brightens, to pave the way to realize the goal.

Endowed with prosperity, exaltation, perpetual, may there be affluence bestowed on us; inspired are we to practice, the radiant, worthy, valiant vow.

With enlightenment from the universal Dharma, peace and harmony throughout the world will propagate. In the task of achieving Hindu unity worldwide, may the faith in our goal remain resolute.

With the triumphant power of the organization, by safeguarding our own Dharma, the righteousness, may we be blessed to be competent to attain the glory supreme.

In pursuit of the welfare of the mankind, which indeed is thy holy cause and inspired by the noble virtues of service and sacrifice, let my being, Prabhu, be offered at your feet.

Victory to Universal Dharma
Jai Ghosh Sanskriti Kā

Jay ghosh sanskriti kā, hum āj mil karengē
Hum dharma ke pujaṁi, jag ko sukhī karengē

Vignyān ke parom mein, de shakti sanskriti kī
Adyātma nīmv hogī, samriddha Vishwa bhū kī
Hum vishwa ke vibhava kī, vyākhyā nayee likhenge

Murajhe hue hriday kā, fir hāṣya lauta lāyen
Ulajhe hue pathik ko, sanmārg fir dikhāyen
Sewā swabhāv apanā, hum nitya hī smarenge

Hum garv se kahenge, hindutva prān apanā
Saha yatnase ho pūrā, apanā mahān sapanā
Yah sangh shakti daivī, hum sādhanaḥ karengē
Meaning

We are here today to sing the praises of our glorious culture. We are devotees of Dharma. We will bring bliss to the world.

The wings of science should be powered by ethics and culture, while spirituality will be the foundation of our vision of a “Prosperous Mother Earth”. Through our Sanskaar, we will give a new definition of a ‘better world’.

We will put smiles back on the faces of those who become downhearted. Like the traveler who becomes lost, let us bring them back to the right path again. We will always remember that Seva (selfless service) is inherent part of our life.

We can say with pride that Hinduness is our soul. We will achieve our great vision through our collective efforts and have a lifelong dedication for this divine Sanghatan (Sangh work).
Sangh Reeti and Neeti

- Vyakti Nirman is achieved through Samskaar. Samskaar is achieved through Niyamit Abhyas and Shakha is the place, program and method to achieve this. It is time tested and it is our strong conviction that Shaka is an important part of Sangh work.

- Decision making process is always collective.

- Good deeds and ideas to be spread across (saying: catch them doing good). Any negative aspect or misdeed, speak to the relevant person or Adhikari. Encouraging, reinforcing good deeds, thoughts and ideas all over.

- Photography and Video should be limited to the one person who is in charge, rather than too many people involved and spoiling the ambience of the karyakaram.

- Katyakartas should display simplicity in their execution of Sangh work.

- Limited and very few people on the stage.

- During Charcha and Baithaks our view point needs to be expressed in a positive note and tone. Others to be treated with Dignity and respect, in spite of difference of opinion or view point.

- We don’t use strong and abusive words towards people, whether in Shakha or outside Shakha.

- Atmiyata: *Suddha saatvik prem apne karya ka aadhar hai*. (Ask a local senior karyakarta for explanation)

- They who works more, contributes more time and are able to shoulder responsibilities become natural Adhikaris, just like in a family. (There is no voting and lobbying)
• No promotion of oneself, rather selfless service without expectation (Doctorji’s life incidents).

• Door to door approach, Human to human contact, Heart to heart talk. We are not averse or against modern communication technology, rather their purpose is to aid and not replace our way of Sampark and Gata system.

• No donations or fund raisers. Only Guru Dakshina with sense of devotion and offering.

• Karyakarta should demonstrate Sanghness by living example and not only by speaking about it.

• In bethaks, shakhas and vargs, avoid the use of mobile phones unless completely necessary. In any case, keep them silent or off. Using phones in bethaks and shakhas, shows that you are not fully present. It is also rude, if one switches off his phone, but another does not.

• Every swayamsevak who is present in shakha, must take part in the activities of shakha as far as possible.

• Simple but strong points must be implemented in Sangh. (Eg. Shoes in a line, being punctual, no clapping in Sangh karyakrams, not to leave in between activities or programs)

• Sangh is devoted to an Ideal (Tattva Nishta) rather than strictly following an Individual (Vyakti Nishta). At the same time we do not disrespect or undermine one’s devotion or contribution to Sangh.

• Sangh is not an organization IN the society. It is, in fact, an organization OF the society.
Charcha Topics

- **Gat Paddhati**: We all know about this topic. It is the basis of Sangh Karya and it is said to be more effective than the email system of a big corporate establishment. Discuss the roles of a Gat naayak. Let us revive the Gat system of our Shakhas this year as a project to mark #70years of Sangh in Kenya.

- **Effective Sampark**: Discuss how to do effective and result oriented Sampark in Your shakha area. List some techniques and implement them to do Sampark in Your area.

- **Shiva - the Simple and Effective Karyakarta**: Discuss some attributes of Shiva which make him an ideal Karyakarta of Sangh. Identify one such characteristic of Shiva which You will inculcate in Your life.

- **Holi**: Much more than throwing colours on each other. Discuss the deeper meaning of Holi from a Sangh perspective. Can we somehow use this festival to expand Sangh work? Can it perhaps, be a tool for making a Shakha stronger?
Important Dates

♦ 24th Feb: Mahashivratri
♦ 13th March: Holi
♦ 28th Mar: Varsh Pratipada
♦ 5th April: Raam Navami
♦ 11th April: Hanuman Jayanti

Suchana

In the next Quarter, there will be a **National Karyakarta Varg** as follows:

Start: 29th April 2017
End: 1st May 2017
Venue: TBA

**Eligibility:** Shakha Teams, Vibhaag Teams.

Please make Your arrangements to attend this varg from now.

Shakha Baithaks Reports

A written report of each shakha’s monthly baithak should be handed to the Vibhaag Karyawah every month.
**1½ hr Shakha**

Guidelines of what a shakha format could be...

<table>
<thead>
<tr>
<th>Duration</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>5min</td>
<td>Sampat and Dwaj Ropanam</td>
</tr>
<tr>
<td>10min</td>
<td>Exercise, Yoga, Suryanamaskar</td>
</tr>
<tr>
<td>5min</td>
<td>Light Khel</td>
</tr>
<tr>
<td>20min</td>
<td>Major Khel</td>
</tr>
<tr>
<td>20min</td>
<td>Shareerik Vishay</td>
</tr>
<tr>
<td>5min</td>
<td>Geet</td>
</tr>
<tr>
<td>15min</td>
<td>Baudhik, Charcha,</td>
</tr>
<tr>
<td>10min</td>
<td>Sampat, Subhashit, Prarthana, Vikeer</td>
</tr>
</tbody>
</table>
Samata Syllabus

Basics

- Daksha
- Aarama
- Svastha / Saavdhaan
- Ek Shaah Smapata
- Pra Sara, Prati Sara
- Vaama Sara, Dakshina Sara
- Sankhyaa
- Gana Vibhaag, Dwi Tati, Eka Tati
- Ansha Bhaag, Tri Tati, Eka Tati
- Gana Bhaag, Chatush Tati, Eka Tati
- Vaama Vruta
- Dakshina Vruta
- Ardha Vruta

Advanced

- Mitakaal (Stabha and Vartans)
- Prachala (Stabha and Vartans)
The Samata vishays listed in the previous page consist of the entire Praathmik Varsh syllabus of our Samata Vishay. This is what is taught to a swayamsevak in his first Sangh Shiksha Varg of 7 days.

In this quarter, all shakhas should focus on completing the above list of items of Samata to perfection. Emphasis should be given that all swayamsevaks in Your shakha should know at least the basic items.

Towards the end of the quarter, identify a group of swayamsevaks in Your shakha who have learnt all prayogs properly. With this group of swayamsevaks, You are required to create an innovative prayog.

Be creative...

A video of Your shakhas Samata prayog is to be recorded and sent to the Vibhaag Karyawah before the end of the Quarter, i.e. before end of March.
Suryanamaskar Mantras

Om dhyeyah sada savitru mandala madhyavartee |
Narayanah sarasijaasana sannivishtah |
Keyuravan makara kundalavan kireetee |
Haaree hiranmaya vapur dhrita shankha chakrah ||

1. Om Mitraaya Namah
2. Om Ravaye Namah
3. Om Sooryaaya Namah
4. Om Bhaanave Namah
5. Om Khagaaya Namah
6. Om Pooshne Namah
7. Om Hiranyagarbhaaya Namah
8. Om Mareechaye
9. Om Aadityaaya Namah
10. Om Savitre Namah
11. Om Arkaaya Namah
12. Om Bhaaskaraaya Namah
13. Om Shri Savitru Soorya Naaraayanaaya Namah

Aadityasya namaskaaraan, Ye kurvanti dine dine
Aayuh prajñaa balam vīryam, Tejasteśaam ca jaayate ||

Shikshaks should ensure that all 13 mantras are recited in the shakha, regardless of the number of Surya Namaskars being done.
Starting of Shakha

- Whistle:  |  |  | |
- Sangh Daksha
- Aarama
- Agresar
- Agresar Samyak
- Aarama
- Sangh Sampata
- Sangh Daksha
- Sangh Samyak
- Agresar Ardhavruta
- Sangh Aarama
- Sangh Daksha
- Dhwaja Pranaam 1 - 2 - 3
- Sankhyaa
- Aarama
- Sangh Daksha (Give sankhya to Sanghchalak)
- Aarama (Give sankhya to Karyawah)
- Sangh Daksha
- Svasthaan
Ending of Shakha

- Whistle: ——— – – –
- Agresar Samyak
- Aarama
- Whistle: ——— – – – (or “Sangh Sampata”)
- Sangh Daksha
- Sangh Samyak
- Agresar Ardhavruta
- Sankhyaa
- Aarama
- Sangh Daksha (Give sankhya to Sanghchalak)
- Aarama (Give Sankhya to Karyawah)
- Sangh Daksha
- Whistle: – (or “Prarthana”)
- Dhwaj Pranaam 1 - 2 - 3
- Sangh Vikeer
## Handy Khel List

### Chasing Games

<table>
<thead>
<tr>
<th>Game</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Langadi</td>
<td>Main Shivaji</td>
</tr>
<tr>
<td>Chhu Ke Khel</td>
<td>Chain</td>
</tr>
<tr>
<td>Bhai Kitna Kitna Paani</td>
<td>Chal Bhai Sabachha</td>
</tr>
<tr>
<td>Sher Bakri</td>
<td>Sarp or Nevla</td>
</tr>
<tr>
<td>Vish Amrut</td>
<td>Sudarshan Chakra</td>
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</tbody>
</table>

### Mandal Games

<table>
<thead>
<tr>
<th>Game</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mandal Kho</td>
<td>Jhul Jhul with variations</td>
</tr>
<tr>
<td>Ghar Badalo</td>
<td>Hinduo ka Hindustaan (Om)</td>
</tr>
<tr>
<td>Namaste</td>
<td>Aeroplanes</td>
</tr>
<tr>
<td>Brahma Vishnu Mahesh</td>
<td></td>
</tr>
</tbody>
</table>

### Two Team Games

<table>
<thead>
<tr>
<th>Game</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ghoda Kabbadi</td>
<td>Nargil</td>
</tr>
<tr>
<td>Kabbadi</td>
<td>Football / Rugby</td>
</tr>
<tr>
<td>Maarg Dhundho</td>
<td>Kho - Kho</td>
</tr>
<tr>
<td>Raam Raavan</td>
<td>Ghulam</td>
</tr>
<tr>
<td>Dand/Ring</td>
<td>Jiski Lathi Uski Bhes</td>
</tr>
<tr>
<td>Sarp Nidra</td>
<td>10 catches</td>
</tr>
</tbody>
</table>
**Sitting Games**

<table>
<thead>
<tr>
<th>Game 1</th>
<th>Game 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meri Pyaari Billi</td>
<td>Garam Rotli</td>
</tr>
<tr>
<td>Memory</td>
<td>Current Game</td>
</tr>
<tr>
<td>Akash Pani Jameen Agni</td>
<td>Parichay Games</td>
</tr>
<tr>
<td>Viparit Sankhya</td>
<td>Phal aur Phool</td>
</tr>
<tr>
<td>Neta Pehchano</td>
<td>Soochna Dena (Broken Tele.)</td>
</tr>
</tbody>
</table>

**Physical Games**

<table>
<thead>
<tr>
<th>Game 1</th>
<th>Game 2</th>
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<tbody>
<tr>
<td>Anga Bhanga</td>
<td>Chakravyuha</td>
</tr>
<tr>
<td>Raja Ashoka</td>
<td>Sher Bakri</td>
</tr>
<tr>
<td>Guru Chela</td>
<td>Anek Yuddha ke Khel...</td>
</tr>
<tr>
<td>Deevar Yudhha</td>
<td>Pichhe Dhakelo</td>
</tr>
<tr>
<td>Cabbage Patch</td>
<td></td>
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**Sarva Shreshthha Games**

<table>
<thead>
<tr>
<th>Game 1</th>
<th>Game 2</th>
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<tbody>
<tr>
<td>Kashmir Kiskaa</td>
<td>Hanuman ki Puchh</td>
</tr>
<tr>
<td>Agnikund</td>
<td>Shatranj</td>
</tr>
<tr>
<td>Vamana</td>
<td>Damu King</td>
</tr>
<tr>
<td>Bridge</td>
<td>Moksha</td>
</tr>
<tr>
<td>Shakti Parichay</td>
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</tbody>
</table>
The 5 Vibhaags of Kenya

Nairobi Vibhaag
- Nairobi
- Thika
- Machakos
- Ruiru
- Narok
- Kerugoya

Central Vibhaag
- Nakuru
- Naivasha
- Eldoret
- Kitale

Coast Vibhaag
- Mombasa
- Malindi
- Voi

Mount Kenya Vibhaag
- Embu
- Meru
- Nyeri
- Nanyuki

Western Vibhaag
- Kisumu
- Kericho
- Kakamega
- Webuye
- Kisii
- Bungoma
1 DAY SHAKHA, 6 DAYS SANGH