



SSSC Mission to Ukraine

Since the onset of the war, our Ukrainian Kundalini Yoga and Sikh Dharma community has faced tremendous hardships. Families have endured the horrors of bombings while fleeing or being cut off from the outside world. They have experienced the loss of children, family members, and friends, and witnessed death and destruction. Members of our sangat serve broadly, often at great risk to their lives, striving to maintain a state of prayer and internal equilibrium. We believe the Shabad Guru and the technology of Kundalini Yoga positively impact those in the most difficult parts of the world. Therefore, we feel called to support our Ukrainian sangat and people in hardship across the globe.

Satwant Singh Khalsa, the Executive Director of the SSSC, along with Simran Singh, KRI Lead Trainer, and Global Affairs Advisor - also the organizer of all our missions to Ukraine - and Seva Simran Singh, KRI Trainer and Acupuncturist from our Phoenix, AZ Community, spent ten days in Kyiv, Ukraine reviewing sangat conditions on the ground, participating in the graduation of KRI's largest-ever Level 1

training, and leading Sadhana and a variety of classes for the country's first KRI Level 2 program. "Our organizations have been deeply involved with our Sangat since the inception of the war and refugee crisis there," said Satwant Singh. "Miri Piri Academy graduates and an Office of Global Affairs (OGA) team organized over a million meals to be transported to the hardest hit areas when the food supply broke down, raised over \$500,000 worth of medical supplies, and worked with Kulbir Singh to organize the sister city relationship between Albuquerque and Kharkiv, Ukraine's second largest city. We are doing what we can to support our beautiful sangat there and let them know that we care."



"Kundalini Yoga helps people stabilise themselves in some of the most difficult situations," said Simran Singh, Global Affairs Advisor for the SSSC. "Historically, Yoga and meditation were practiced in war-torn environments, and Sikh history is full of important parallels between spirituality and extreme difficulties. Our Sangat faces many

antagonistic situations around the world, often on both sides of a conflict, and our hearts go out to them deeply. Satwant Singh followed Kulbir Singh and Sahaj Singh, with his in-person trips to Ukraine, which came at significant personal risk. The local sangat told me that this is an important symbol of our support."



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Photos: top left: sangat member during meditation, center: Level 2 Teacher Training, bottom right: Satwant Singh Leading Sadhana