

Sri Guru Singh Sabha Southall NEWSLETTER

March
2022



BABA IQBAL SINGH SHARDANJALI SMAGAM

In March a Shirdanjali Smagam was held at Park Avenue Gurdwara in memory of Sant Baba Iqbal Singh Ji who was considered to be one of the most influential Sikhs in the world. Baba Iqbal Singh Ji was the President of Kalgidhar Trust, which runs over 120 schools, two Universities and a hospital.

DIGITALSANGAT



DigitalSangat hosted their first #HackThePanth event at SGSSS. 30 people got together to form a think-tank and brainstormed solutions to some of the most pressing challenges facing the Panth today. Initial feedback shows that the event was a huge success. We are already looking forward to seeing DigitalSangat back at the Gurdwara next year.



BHAI DEEP SINGH SIDHU

On Sunday, February 20th, the Sabha held a Diwan at SGSSS, dedicated to the memory of Bhai Deep Singh Sidhu Ji. We were devastated to learn that on February 15th 2022, Deep Sidhu died in a road accident near Sonipat in the Haryana state in India. Deep was an Indian barrister, actor, a social and farming activist who worked in Punjabi language films, a true hero of Punjab, an inspiration to us. He will not be forgotten and will be fondly remembered for all he did for us.

40 DAY SIMRAN JAAP

From February 2 2022, SGSSS started a 40 day Simran Jaap at Guru Nanak Road Gurdwara (Havelock Road). Every evening different Jathas will be doing Simran from 6.15 – 7 pm. The last day of the Jaap will be on March 13 to mark the Sikh New Year. Kirtan darbar will take place until midnight.



1986 SAKA NAKODAR POLICE KILLINGS, STILL WAITING FOR JUSTICE



While taking part in a peaceful march against the sacrilege of five Saroops of the Sri Guru Granth Sahib, four young Sikh men were gunned down by the police in Jalandhar, Punjab on February 4, 1986. It has been 35 years, and the families of those killed are still waiting for justice, truth and accountability. We remember the four young men: Ravinder Singh, Harminder Singh from Chalupar, Baldhir Singh from Ramgarh and Jhilman Singh hailing from Gorsian villages, they were all members of the All India Sikh Students Federation. Their case is in the high court and the next hearing is on March 10, 2022.

BHAI MANPREET SINGH JI KANPURI

Bhai Manpreet Singh Kanpuri started his London tour in Southall with Diwans at Park Avenue and Havelock Gurdwara.



PRACHEEN PANTH PARKASH

Come and join us at Park Avenue for the Pracheen Panth Parkash Larivaar Katha daily from 6 .15 pm - 7 pm. Panth Parkash describes how the Sikh people successfully came to rule over Punjab.

PROTEST AGAINST THE NATIONALITY & BORDERS BILL

Diverse citizens got together at the Home Office to protest on Sunday February 27th about this draconian bill. Under the Nationality and Borders Bill being debated in the House of Lords, if the British government wants to remove someone's citizenship it will no longer need to tell them. Under it, the Home Secretary could revoke British citizenship when it would be “conducive to the public good”. Gurdwaras from around the country attended, including a coach from Southall.



ORGAN DONOR PROJECT 550

We held registration stalls on Sunday February 13 at both Park Avenue and Havelock Road gurdwaras and spoke to hundreds of people. Since the campaign was first carried out during Guru Nanak Dev Ji's 550th birth anniversary in 2019-20, and continued in 2021-22, 950 Sangat have now registered/opted-in to donate organs on death to save lives.

As only 30% of Asians consent to donating organs of their deceased loved ones compared to 75% white people, it is important to register to opt-in so your loved ones know about your decision. Of those waiting for an organ transplant, 17% are Asians and nearly 1 in 5 die while waiting.



Harmeet Singh Gill, General Secretary, SGSSS says, "We have engaged in this campaign with NHS Blood and Transplant to highlight the critical situation of those waiting for organ transplants. By donating organs on death, we give the gift of life to someone. It's as simple as that and it is honouring our Gurus' teachings of seva."

For more information and to register to opt in go to <https://sgsss.org/project-550/>

SIKH NEURODIVERSITY NETWORK SEN EVENT

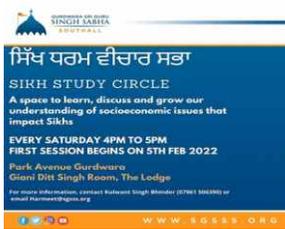
SGSSS and the Sikh Human Rights Group are challenging stereotypes and educating our Sangat on the misconceptions about autism and learning disabilities. We continue to engage with our neurodiverse communities, bringing like-minded people together with monthly informal events. This relaxed, personal session was interactive with experts on hand. Many topics were explored from making Gurdwaras more accessible to neurodiverse children and their parents to how to encourage more families to join in. The children enjoyed playing with sensory toys, musical instruments, painting, colouring and making new friends. These events are aimed at all levels, from neurodivergent individuals to professionals. Look out for the next event which will be held on March 19th. For further information, please contact Carlos on carlos.arbuthnott@shrg.ngo.



MAKING THE RIGHT CHOICE FOR YOU

SGSSS teamed up with [@outreachstmarys](https://www.outreachstmarys.org/) to help students pick their GCSE choices as the process of choosing is not an easy one and can be confusing. It was great to see the students at our picking your GCSEs Workshop. They got advice and guidance on how best to pick GCSEs. They also found out more about: A-Levels, BTECS, colleges and apprenticeships.





SIKH STUDY CIRCLE

Every Saturday at 4 pm in the Giani Ditt Singh Room (Park Ave Gurdwara Car Park), we have created a space where people can come to learn, discuss and grow their understanding of socio-economic issues that impact Sikhs. For more information please contact Kulwant Singh Bhinder on 07961 506390 or email harmeet@sgsss.org.

WEDNESDAY WOMEN'S WELLNESS

The Women's Wellness programme continues to provide a safe space with a variety of tools and tips to enhance your mental, physical and emotional health. We are joined by a specialist doctor and therapist working on a series of exercises. We also have healing Shabads to ground and retrain ourselves for a conscious lifestyle, including the benefits of meditation, movement, motivation and mindfulness. For further information or to book, please email info@sahasrasisterhood.com.



SATURDAY PUNJABI CLASSES

Saturday morning Punjabi GCSE classes continue at Park Avenue Gurdwara. These are for all, from beginners and up to A Level education studies. You too can come and join us and to learn Punjabi from qualified, experienced, friendly teachers who will help you read, write and speak better Punjabi. To book or for further information please email Panjabi@sgsss.org.

VAISAKHI UK TOUR

Principal Sukhwant Singh Ji, Baba Sucha Singh Ji Gurmat Sangeet Academy Jandiala Guru with the full Jatha are doing a Vaisakhi tour from March 18 – April 18 2022. For more information, please contact Gur-Rajan Singh on 07432135801 or Jagbinder Singh Tony Bains on 07802 924141.



ANAND KARAJ

We have had our last session on the Introductory Sikh Marriage course in late January, our next session takes place on March 12 2022, via zoom, from 12 noon - 4 pm. Ideal for couples getting married, the course will be delivered in English by Giani Sukhjeevan Singh Ji from the Jyoti Saroop Foundation. Learn about the true essence of marriage in Sikhi with ample opportunities to ask questions too. For more information or to register, please visit www.sgsss.org/anandkaraj.

AMRIT SANCHAR

An Amrit Sanchar was held in Feb at Park Avenue, over 40 Gursikhs offered their heads to the Guru, obtaining the immortal nectar. The path of Sikhi starts by accepting Amrit. Kakkars were provided by the Gurdwara. We will hold another sanchar in April.

ADULT PUNJABI CLASSES

Earlier this year we launched adult Panjabi classes at Park Avenue Gurdwara. We had over 60 people sign up and will look to launch more classes for those on the waiting list.

GENERAL BODY MEETING

The General Body Meeting of the Sabha will be convened on Sunday the 20th of March 2022 at 4pm in the main hall of the Gurdwara at 2 – 8 Park Avenue, Southall, Middlesex UB1 3AG. Entry is strictly by way of proof of membership, please bring your current membership card. We sincerely and humbly ask all members to attend, take part and contribute. Members with Ordinary membership which was made in 2017 are entitled to attend.

COMING UP

SIKH EDUCATION COUNCIL UK

12-13 MARCH 2022 SOUTHALL

INTERNATIONAL PUNJABI CONFERENCE

YOUTUBE LIVE

youtube.com/SgsssOrg

SATURDAY 12 MARCH 0900 - 1800 (UK TIME)

SUNDAY 13 MARCH 0900 - 1630 (UK TIME)

YOU CAN EXPERIENCE THE CONFERENCE WITH OTHERS AT SRI GURU SINGH SABHA SOUTHALL (PARK AVENUE) EMAIL: info@sgsss.org

CHAIR: DR PARAGAT SINGH 3901 EDUCATION COUNCIL, UK info@hway.com

punjabiconference.co.uk

Dealing with Dementia

conversations and therapy for carers and patients.

An opportunity to come together to be empowered and learn techniques to deal with dementia and help your loved ones to overcome the difficulties that arise from the illness.

Tuesday 15th February @11:30am - 1:30pm

Tuesday 1st March @11:30am - 1:30pm

Tuesday 15th March @11:30am - 1:30pm

Tuesday 29th March @11:30am - 1:30pm

Giving carers coping strategies to relieve themselves from mental, emotional and physical stress.

Book your place at <https://calendly.com/sahasisterhood/dementia> or email: info@sahasisterhood.com or call 07956 337117

LIBRARY @ Sri Guru Singh Sabha, Guru Nanak Road, Southall, UB2 4NP

GURDWARA SRI GURU SINGH SABHA SOUTHALL

CELEBRATING THE SIKH NEW YEAR GURDWARA SRI GURU SINGH SABHA SOUTHALL PRESENTS

NEW YEARS SAMAGAM

SUNDAY 13 MARCH

5PM - 12 MIDNIGHT

GURDWARA SRI GURU SINGH SABHA SOUTHALL PARK AVE | SOUTHALL | UB1 3AG

BHAI SUKHMANPREET SINGH // BHAI JEVAN SINGH BATALA
BHAI BALWINDER SINGH LOPOKE HAZOORI RAGI DARBAR SAHIB
BHAI JAGPAL SINGH // BHAI MOHINDERJIT SINGH DELHI WALE

FOR KIRTAN SEVA CALL GUR-RAJAN SINGH 07432 135 801 DAVINDER SINGH 07958 112 975 EMAIL: HARMEET@SGSSS.ORG

GURDWARA SRI GURU SINGH SABHA SOUTHALL ANAHAD DIGISANGAT TS DESIGNS

Kiddie SANGAT Southall

YEAR 1&2 GURMAT CLASS

FIRST SESSION BACK 19TH FEBRUARY 2022

Every other Saturday term time ONLY @ Huts, Norwood Hall, UB2 4LA 10:00 - noon for YEAR 1&2 children

No drop-ins please, to register visit: bit.ly/KS-Southall or scan this code

More info: www.KiddieSangat.com

Limited spaces.

SCAN ME



GETTING MARRIED IN 2022?

ANAND KARAJ

INTRODUCTORY **SIKH MARRIAGE** COURSE

29 JAN | 12 MAR | 18 JUN

ONLINE ZOOM TIME 12PM - 4PM | MAKE SURE YOU REGISTER!

FOR MORE INFO AND TO REGISTER WWW.SGSSS.ORG/ANANDKARAJ

EMAIL: SUKHJEEVANSINGH@JOYTISAROOP.CO.UK OR HARMEET@SGSSS.ORG

Part 1 - Anand Karaj

An introductory discussion on the idea of Marriage in Sikhi

Part 2 - Your Special Day

Essential knowledge for the Anand Karaj ceremony -
what it all means, must do and must don'ts.

PRESENTED IN ENGLISH BY

GIANI SUKHJEEVAN SINGH (JYOTI SAROOP FOUNDATION)

WWW.SGSSS.ORG

JYOTI SAROOP
FOUNDATION

TSDESIGNS

GENERAL BODY MEETING NOTICE

25th Feb 2022

I hereby give notice that the General Body Meeting of the Sabha will be convened on Sunday the 20th of March 2022 at 4pm in the main hall of the Gurdwara at 2 – 8 Park Avenue, Southall, Middlesex UB1 3AG.

Agenda:

1. Japji Sahib Path
2. Ardas and Hukamnama
3. Welcome by the President
4. General Secretary's Report
5. Treasurer's Report
6. Declaration and approval of the Membership and Election Committee for the election of the Executive Committee.

Entry is strictly by way of proof of membership, please bring your current membership card.

We sincerely and humbly ask all members to attend, take part and contribute.

Members with Ordinary membership which was made in 2017 are entitled to attend.

The General Secretary's report will be made available on the Gurdwara website. This can be accessed by visiting: www.sgsss.org/constitution-report/ or collected from the Park Ave office.

Harmeet Singh Gill

ਹਰਮੀਤ ਸਿੰਘ ਗਿੱਲ
ਜਨਰਲ ਸਕੱਤਰ,
ਸ੍ਰੀ ਗੁਰੂ ਸਿੰਘ ਸਭਾ ਸਾਉਥਾਲ

Harmeet Singh Gill
General Secretary
Sri Guru Singh Sabha Southall
Harmeet@sgsss.org

NHS CENTRE AT NORWOOD



Imperial College
London

NIHR | National Institute
for Health Research



A new health study has been launched at Norwood Hall. South Asia Biobank LOLIPOP Study will collect detailed health and life-style information, and biological samples in ~100,000 South Asians. Participants will be followed up over many years for health outcomes to help gain critical knowledge in tackling health challenges affecting South Asians. The study is funded by the Wellcome Trust, sponsored by Imperial College London, and supported by Sri Guru Singh Sabha Southall. Those of south Asian descent are able to get a free health assessment at Norwood Hall, which will look at life experiences and behaviours, straightforward measurements (eg. height, weight, blood pressure), simple non-invasive tests (eg. ECG, breathing tests, eye photography), and blood tests (eg. glucose, cholesterol). The study will be carried out by doctors, study nurses and trained research assistants. You can register for an appointment by visiting www.sabiobank.org



FINANCE UPDATE

Total Income in the year ending 31/12/21: **£3,239m**

Total Expenses in the year ending 31/12/21: **£1,795m**

Operating Surplus: **£1.445m**

Loan repaid in the year: **£1.724m**

You can get full accounts from the Gurdwara office.

GURDWARA SRI GURU SINGH SABHA SOUTHALL

ਤੋਟਿ ਨ ਆਵੈ ਵਧਦੇ ਜਾਈ ॥੩॥
These resources do not diminish; they continue to increase.

Financial Update 12 Month Period Ending 31/12/21
ਦਸੰਬਰ 2021 ਤੱਕ 12 ਮਹੀਨਿਆਂ ਦਾ ਹਿਸਾਬ ਕਤਾਬ

Income/ਆਮਦਨ: £3.239m
Expenses/ਖਰਚੇ: £1.795m
Surplus/ਬੱਚਤ: £1.445m
Loan Payments/ ਲੋਨ ਭੁਗਤਾਨ: £1.724m

LOAN ALL PAID OFF!

For more information please contact
Treasurer: Jitpal Singh Sahota
General Secretary: Harmeet Singh Gill

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WWW.SGSSS.ORG



General Secretary: Harmeet Singh Gill
Harmeet@sgsss.org

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