

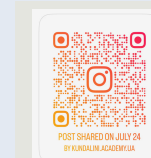


SSSC Mission to Ukraine

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."



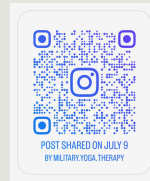
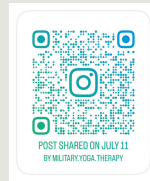
Scan QR Code or Click to read the IG Post from [kundalini.academy.ua](https://www.kundalini.academy.ua)

"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."





250 New Kundalini Yoga Teachers



Scan QR Codes or Click to read the IG Posts from [military.yoga.therapy](https://www.instagram.com/military.yoga.therapy).

Since the beginning of the war, KRI trainings organized by OGA and the Ukraine's Kundalini Academy have run the two largest Level 1 teacher trainings since the program's inception, certifying over 250 new yoga teachers, many of whom are leading classes across the country now.

Seva Simran Singh, besides being a Kundalini Yoga Trainer, is also an acupuncturist and a Sat Nam Rasayan healer. He offered healing and acupuncture sessions at a local military rehabilitation center and plans to return to Ukraine to train individuals in pain management and emotional support through acupuncture. Numerous soldiers he met there, asked to join the next KRI Kundalini Yoga Level 1 that is planned for next fall in Ukraine.

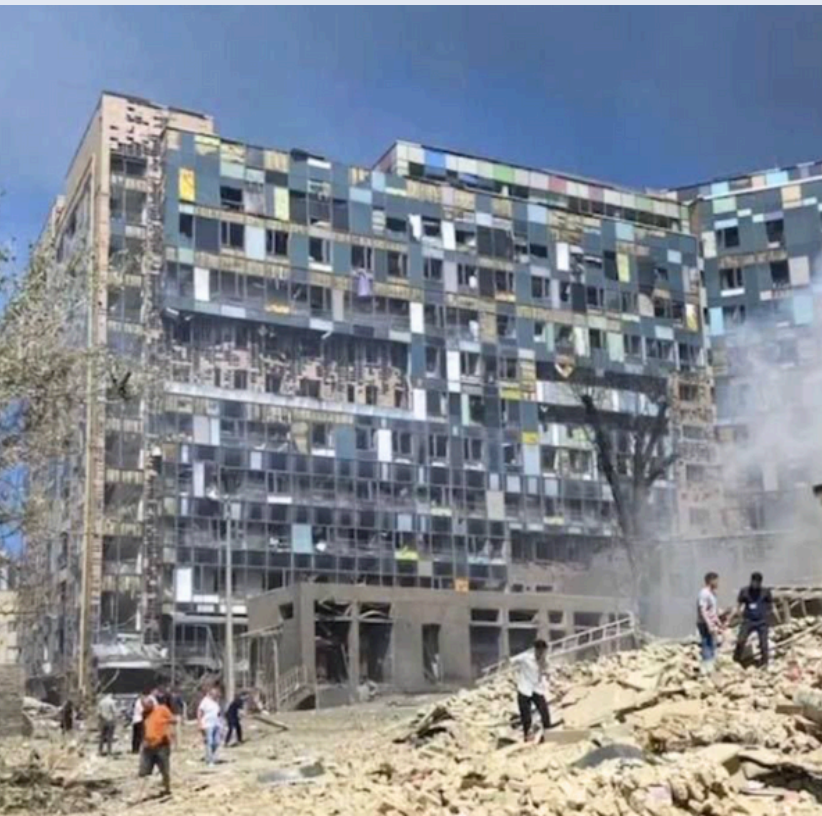
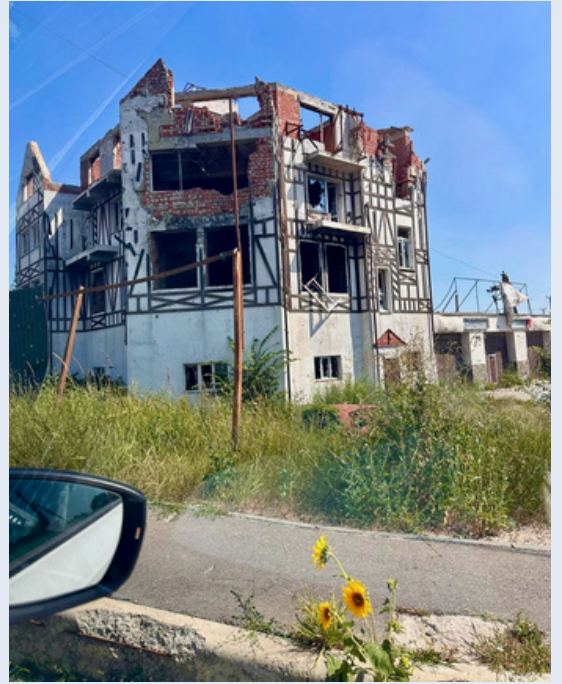
Photos: top : sangat during Sadhana, bottom right: Seva Simran Singh during an acupuncture session at a Kyiv rehabilitation center

Meanwhile, the Guru Ram Das Center led by Dr. Shanti Shanti Kaur continues to support Ukraine's teachers with training and protocols for various serious ailments, including traumatic brain injury and phantom limb pain (nearly 100,000 Ukrainians have lost limbs during this war), and Seva Simran Singh is working with US Acupuncture organizations and the International Sat Nam Rasayan School to begin training Ukrainian yogis who would like to become acupuncturists to treat a variety of traumatic illnesses. Sangat members have asked for Gurmukhi classes, which Sikh Dharma International will begin providing in the coming weeks.



Witnessing the reality of war

During the most recent training, a hypersonic missile passed over the yoga studio and struck a children's hospital in a nearby neighborhood; a tragic event that was reported around the world. The explosion shook the building, and meditations quickly transitioned to our Ra Ma Da Sa healing meditation. One of the participants and Simran Singh went to the hospital to help find survivors.



Prior to departing from Kyiv, the team toured the city's bombed buildings and areas where the conflict was most intense. "Seeing burned-out buildings and understanding how many people perished there, and hearing from our sangat members whose families suffered during the war, was a stark reminder of the reality people face every day." recalled Satwant Singh.

The experiences and observations during this trip will inspire future aid and support efforts in Ukraine and beyond. The resilience of the Ukrainian Sangat left an indelible mark on the visiting team and led to a renewed commitment to the mission.

Photos: top right: bombed buildings in Kyiv, Center right: mine warning sign, bottom right: the team with Roman Stoyanov, co-organizer of Ukrainian Kundalini Yoga Academy, at the memorial, center: screenshot from a post on X @Gerashchenko_en - read full Story about the Children's Hospital bombing on [CNN](#), bottom left: Memorial made out of bombed cars