



**National Hindu Students Forum (UK)**  
Preserve, Protect, Practice & Promote Hindu Dharma



## # 5 - HINDU HEROES/HEROINES SNIPPET

### WHAT?

- Introduce your chapter to a new Hindu Hero or Heroine every week/month with a short snippet.

### WHY?

- Many people have made huge sacrifices in the name of Hindu Dharma and it's only right that we recognise them and ensure their legacy is remembered.
- There are many inspirational people that have contributed to our culture and defended our Dharma. This would be a great educational way to find out more about the people who have been so influential in making us who we are today. They are the essence of the 4Ps that forms NHSF's tagline (see header).

### HOW?

- This can be done in the form of a 5 minute presentation, a 2 minute snippet at the end of your committee meetings or as a short article which can be emailed out to your members along with your weekly society messages. There is a Hindu Heroes section on the NHSF (UK) website that is currently being updated; this can be used for ideas.
- Also, there is a list of people attached to this document that you may like to use for ideas.

### WHO?

- Can be done by a different committee member every week. Decide who will do it straight after your aarti/worship event, give them a week to do the necessary research and come up with an innovative way or presenting it. Then they can present it at next week's aarti/worship event. Advanced planning is key!
- Get the message out to as many people as you can. We should try and do our Dharmic heroes justice by teaching all our members about their contribution to Hindu Dharma.

### WHEN?

- After your committee meetings, during your weekly worship events etc.

### WHERE?

- This can be as simple as a 5 minute talk/presentation at your Aarti sessions or even at general society events.
- Also, you can introduce a Hindu hero via online media e.g. emails/facebook/twitter.

## Examples of Hindu/Bharatiya (Indian) Heroes & Heroines

### Historical

- Arjuna & Pandavas
- Chhatrapati Shivaji & Tanaji Malusare
- Shankaracharya
- Maharana Pratap
- Bhagat Singh
- Chandrashekar Azad
- Caitanya Mahaprabhu
- Ramanujacharya

### Modern

- Mahatma Gandhi
- Swami Vivekananda
- Rabindranath Tagore



### Other

- Buddha
- Guru Nanak
- Bramhagupta
- Ramanujan
- Vishwanathan Anand
- Chanakya
- Valmiki
- Tulsidas



### Heroines

- Sita
- Kunti
- Draupadi
- Jijabai
- Damayanti
- Kasturaba Gandhi
- Jhansi Ki Rani (Queen of Jhansi)
- Gargi
- Savitri
- Akka Mahadevi
- Meerabai

