

Sangh Sandesh

संघ संदेश

January – June 2014 – Yugaabd 5114



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Ayam Nijah Paro veti | Gaan laghucetas m ||
Ud racarit n m Tu | Vasudhaiva Kutumbakam ||

The thought that, this is mine and
that is somebody else's,
appear only to those with a narrow mind.
For the large hearted ones, however, the entire
world is a family.

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We are very delighted to present Sangh Sandesh - Spring issue. Spring brings new hope to the life. Spring gives music to monotonous life. Spring adds colour to dull and grey days.

You will read about many activities which have taken place in the UK and abroad which bring enthusiasm to our regular work.

This issue continues to demonstrate Sangh and related organisations which have been active in a wide spectrum of work within the community. It is very motivational to have a shibir for kids, teenagers/ students and one for over fifty year olds. A Shibir is a place where we can stay, learn and work together. We develop community spirit and we expand our horizons. Each shibir gives us the opportunity to expand our work. The founder of this thought process is Dr. Hedgewar also affectionately known as 'Doctorji'. We will learn about his thoughts and his journey in the 'Inspiration' article. We also identify some key facts about Sanskrit to make us feel proud.

So, enjoy the issue and give us your feedback for the next issue in coming months which will cover a number of summer activities and events.



Swami Vivekananda Exhibition - Kenya

The year 2013 marked the 150th birth anniversary of Swami Vivekananda, a dynamic Hindu monk whose message of divinity of individual soul and universal brotherhood is as relevant today as it was during his time.

Swami Vivekananda has been one of the greatest spiritual leaders and philosopher of the modern world, a great lover of humanity whose unconditional love extended to all people without any distinctions of caste, class, creed, race, region or religion. His famous addresses at the first World Parliament of Religions in Chicago in 1893 gave a blueprint on the future world peace and harmony based on the universal religion as enunciated by Hindu traditions of the East.

To mark the birth centenary and to enhance the awareness on this world renowned monk, an exhibition was put together by Hindu Swayamsevak Sangh (H.S.S), Kenya. The aim was to exhibit to audiences in all towns and cities throughout East Africa. In the month of November and December 2013, the exhibition was taken around Kenya and Tanzania. We hosted it at Nakuru, Kisumu and Mombasa in Kenya; and Mwanza, Arusha and Dar es Salaam in Tanzania. It was very well appreciated by all.

Inspiration

Swayamsevak remembered PP Dr Hedgewar on his 125th Birthday

Swayamsevak across the world remembering their icon for social resurgence, Dr Keshava Baliram Hedgewar, founder of Rashtreeya Swayamsevak Sangh (RSS), on his 125th Birthday. Dr Hedgewar was born on Yugadi Day in 1889, the auspicious day of Chaitra Pratipada, the new year beginning of Hindu calendar year.

Dr Keshav Baliram Hedgewar (April 1, 1889 – June 21, 1940) was the founding Sarsanghachalak of the Rashtriya Swayamsevak Sangh (RSS).

Dr. Hedgewar founded the RSS in Nagpur in 1925, with the intention of promoting the concept of a united India deeply rooted in indigenous ideology. He drew upon influences from social and spiritual Indians such as Swami Vivekananda, Vinayak Damodar Savarkar and Maharishi Arvind to develop the core philosophy of the RSS .

Dr. Hedgewar was born on April 1, 1889 in Nagpur. He was born on the auspicious day of Gudi Padwa, which is the Hindu New Year's Day. His

forefathers had migrated from Kandkurti in Bodhan taluka of Nizamabad near the border of Maharashtra and Andhra Pradesh where three rivers of Central India namely the Godavari, Vanjara and Haridra meet. They had migrated to Nagpur in the early nineteenth century to escape Muslim persecution at Kandkurti. His parents were Baliram pant Hedgewar and Revati. His father was an orthodox priest and they were a family of modest means.

When Keshav was thirteen, both his parents succumbed to the epidemic of plague. He had to suffer great hardships on account of being orphaned but never did he seek any help from others as he had a lot of self-respect. Despite travails, his attention to his studies was never affected. His elder brothers Mahadev pant and Sitaram pant ensured that he was provided with good education. When he was studying in Neel City High School in Nagpur, he was rusticated for singing "Vande Mataram" in violation of the circular

issued by the then British government. As a result he had to pursue his high school studies at the Rashtriya Vidyalaya in Yavatmal and later in Pune. After matriculating, he was sent to Kolkata by Dr. B. S. Munje, (National President of Hindu MahaSabha) in 1910 to pursue his medical studies. After passing the L.M. & S. Examination from the National Medical College in June 1914, he completed one year apprenticeship and returned to Nagpur in 1915 as a doctor.

NAGPUR, the Karmabhoomi

In Nagpur, Hedgewar became involved with social work and also with the Bal Gangadhar Tilak faction of the Congress Party, through which he developed a close association with Dr. Munje who later became his mentor.

In the 1920 session of Indian National Congress held in Nagpur, Dr.Hedgewar was appointed as the Deputy Chief of volunteers' cadre overseeing the whole function. This volunteer organisation was named as Bharat Swayamsewak Mandal and was headed by Dr. Laxman V. Paranjape (Dr. Hedgewar as his Deputy). He and his colleagues unsuccessfully campaigned for the passage of a resolution declaring 'Poorna Swaraj (complete self-rule) as the goal of the Congress.

He participated actively in the Non-cooperation movement in 1920 and



undertook a brisk tour in village after village in the Central Provinces for mass awakening. He was promptly jailed and sentenced to one year rigorous imprisonment. During this time, he was also a member of the Hindustan Republican Association.

Genesis of RSS:

With the intention of uniting Indians and to awaken the spirit of patriotism, discipline and bravery in them, Dr.Hedgewar founded the Sangh, which was later named Rashtriya Swayamsevak Sangh in 1925, on the auspicious day of Vijayadashami, on 28th Sep, 1925. The founder members were Dr. B.S. Munje, Bapuji Soni, Gatate Ji. Dr Paranjape along with Hedgewar. Hedgewar became involved with social work and also with Tilak faction of the Congress Party, through which he developed a close association with Dr

Munje who later became his Mentor of Indian Philosophy. In the 1920 session of Indian National Congress was held in Nagpur, Dr Hedgewar was appointed as the Deputy Chief of volunteers' cadre overseeing the whole function. This volunteer organisation was named as Bharat Swayamsewak Mandal which was headed by Dr. Laxman V. Paranjape (Dr. Hedgewar as his Deputy). All volunteers were told to wear a certain uniform (to be made at their own expense) which was later on adopted as RSS's official uniform from 1925 to 1940. This could be called as the real beginning of RSS because Dr L. V. Paranjape had declared the intention of starting such an organisation in future. Dr B. S. Munje and Dr. L. V. Paranjape funded and actively supported Hedgewar to start RSS as the Top Senior Leaders of Nagpur region.

He evolved a unique technique which was simple and inexpensive. He selected a group of young boys who would assemble in an open field every day for one hour. During that time, in addition to playing national games, he began to inculcate in them a sense of patriotism, unity, discipline and selflessness, by singing of patriotic songs and narration of stories of patriots. He appealed to the youth to spare one hour a day for the Nation by attending

the Shakha. He visualised that the one hour participation in the Shakha would ultimately transform the youth to devote greater time and energy in the service of the nation.

Dr. Hedgewar was a good organizer and travelled extensively throughout the country, recruiting and developing good swayamsevaks. He advised and encouraged swayamsevaks to undertake higher education and for that purpose to go to different places in the country. He said higher educational attainment by Karyakartas would confer better suitability and capacities to spread the



work of the RSS and going to different places was necessary to spread the work of RSS throughout the country.

Continuous and strenuous spate of activities took a toll on his health. His health went on deteriorating. Often he suffered from chronic back pain. He started delegating his responsibilities to M.S.Golwalkar, who later succeeded him as Sarsanghachalak (Supreme Leader) of RSS. In January 1940, he was taken to Rajgir in Bihar for the hot-spring treatment.

He attended the annual Sangh Shiksha Varg in 1940, where he gave his last message to Swayamsevaks, saying: "Today, I am seeing a mini-Bharat before me. Let there be no occasion in the lives of any of you to say that you were once a Sangh Swayamsevak some years ago."

Dr.Hedgewar died on the morning of June 21, 1940 in Nagpur.

Dr.Hedgewar instilled a work culture in the RSS, like the devotion to the national flag, priority to ideologies over individuals, full-time dedicated volunteers, daily Shakha (gathering every day by members of all ages for games and singing nationalistic songs) and doing away with the custom of personality following. His foresight and capability is established by the fact that the RSS today is one of the world's largest social organisations.



Is Yoga the secret to Olympic Gold?

Instead of going to Disney World after winning gold in the women's snowboarding slopestyle event, Jamie Anderson said she'll be headed to Wanderlust -- a yoga retreat on the North Shore of Oahu -- to celebrate.

The 23-year-old snowboarder told that she always practices yoga. "My favorite poses are variations on the handstand and the scorpion," she said. "You have to use your whole body, it's physically and mentally challenging. You have to find your balance in this uncomfortable position, so when you do it, you feel like you're really overcoming an obstacle."

Anderson credits yoga practice with helping her stay physically and mentally strong, and she's not the only one who feels that way in Sochi. In fact, we discovered so many Olympians-cum-yogis that if the United States Yoga Federation ever succeeds in making yoga asana, or posture yoga, an official Olympic sport, we'll most likely see some crosssport competitors.

BalaGokulam



A visit from Liverpool Balgokulam

It was an usual Friday night in the Warrington shakha apart from the fact that we were delighted to have little guests from Liverpool Balgokulam. Everyone was on time as the children from Liverpool were performing a drama. The drama was on the Ramayan and started with an introduction of the participants and a brief overview of the theme. Then the drama started and I was amazed to see the performance of the young artists. The songs were amazing and they sang it in Hindi. It was reminiscent of the Ramayan plays that I had watched in India and they were here, before my eyes! The children were marvelous in the play. The songs almost brought tears to my eyes out of devotion to lord Rama and his devotees. That day, I understood the importance of interaction between the Shakhas. This kind of interactions will help us to grow and develop as a family. Simultaneously, it will also develop our kids to explore their talent and their relation to the roots of our cultural heritage. We can stay isolated but staying together will make us more bonded with each other.

Every one in our Shakha appreciated the play and we thought that we should express our thankfulness to them through the Sangh Sandesh.

Aiswarya Biswal – Warrington Shakha



Sister Nivedita (Margaret Noble – Disciple of Swami Vivekananda)

Born in Ireland, Lived for India,

Rising for women's rights,

An ambitious and devoted samaj sevika (selfless worker)

Virtuous in character and admired by all

Everywhere she went, she carried the torch of sacrifice and spirituality

Rijuta Jeswani (Age 10, Manchester Shakha Sevika)

Peace of Mind

Once Buddha was traveling with a few of his followers. While they were passing a lake, Buddha told one of his disciples, "I am thirsty. Do get me some water from the lake." The disciple walked up to the lake. At that moment, a bullock cart started crossing through the lake. As a result, the water became very muddy and turbid.

The disciple thought, "How can I give this muddy water to Buddha to drink?" So he came back and told Buddha, "The water in there is very muddy. I don't think it is fit to drink." After about half an hour, again Buddha asked the same disciple to go back to the lake. The disciple went back, and found that the water was still muddy. He returned and informed Buddha about the same.

After sometime, again Buddha asked the same disciple to go back. This time, the disciple found the mud had settled down, and the water was clean and clear. So he collected some water in a pot and brought it to Buddha.

Buddha looked at the water, and then he looked up at the disciple and said, "See what you did to make the water clean. You let it be, and the mud settled down on its own, and you have clear water." Your mind is like that too ! When it is disturbed, just let it be. Give it a little time. It will settle down on its own. You don't have to put in any effort to calm it down. It will happen. It is effortless."

Having 'Peace of Mind' is not a strenuous job, it is an effortless process so keep your mind cool and have a grt life ahead...





Sanskrit Facts

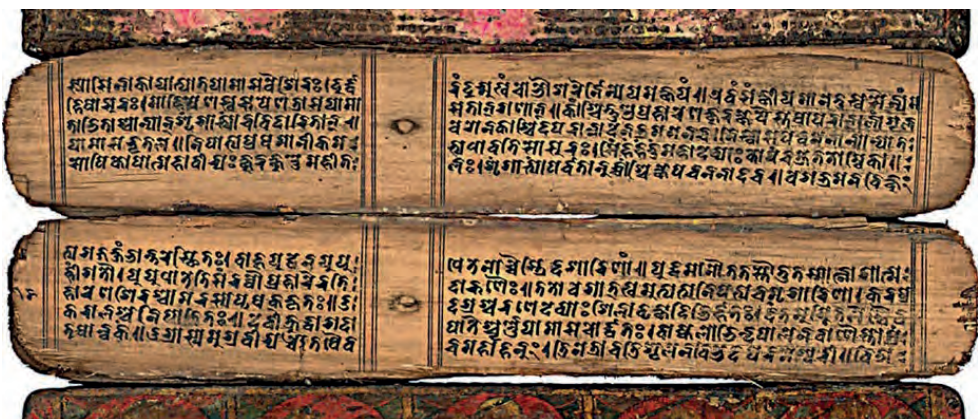
Mother of many Indian languages



Sanskrit is considered one of the world's oldest languages and mother of many Indian languages. Here are a few Mind-Blowing Facts About Sanskrit.

Mind-Blowing facts about Sanskrit

- 1 The oldest texts in Sanskrit (the Vedas) are among the oldest in the world, and are believed to have been orally preserved unchanged for more than 2 millennia at least, despite not having been written down for more than a thousand years.
- 2 The attention paid to language in Sanskrit (study of grammar, phonetics, etc.) was unprecedented outside until almost the 20th century. The modern fields of historical linguistics/comparative linguistics, and ultimately much of the interest in linguistics owes its origin to the excitement at having "discovered" Sanskrit; and big names in linguistics like Chomsky and Kiparsky have acknowledge Panini as an influence.
- 3 Poetry in Sanskrit is extraordinarily diverse, with over 100 common meters, and books of prosody listing over 600 metres. Its literature includes works of dazzling complexity, including works that tell several stories at once using puns, works that contain words several lines long, brilliant examples of constrained writing, etc.
- 4 Sanskrit culture had a great reluctance towards writing. Oral transmission was preferred. Even when writing started to appear, it was the least important texts that were set to writing first: accounting work, administrative notices, land grants, followed by literary and scientific works and the sacred works last of all.
- 5 The most extreme example are the Vedas, which apart from being among the world's oldest texts might well be the ones with the largest interval of time between their composition and first being written down. The oldest layers are dated around 1500 BCE by modern scholars, and they were not set down in writing until probably the Gupta period (5th century or so), which makes some 2000 years.
- 6 Despite the above fact (initial reluctance to writing), the proliferation of works continued, with the result that there are an estimated over 30 million Sanskrit manuscripts today with a conservative estimate of 7 million in India itself. This



means there are orders of magnitude more manuscripts in Sanskrit than in Latin and Greek put together.

- 7 These manuscripts are on a very diverse range of topics, everything from sacred texts to literary works (poetry, drama, satires, histories, epics, novels) to scientific works (mathematics, linguistics, logic, botany, chemistry, medicine,) to entire works on things as seemingly obscure as elephant-raising or even "A Method to Grow Crooked Bamboos for Palanquin Beams".
- 8 Sadly, most of these have not even been catalogued, let alone indexed or digitized or translated.
- 9 Sanskrit did not have a "default" script (like Devanagari) until very recently (<200 years \approx the introduction of printing in India); it was written by everyone in the regional script of their region, in over two dozen scripts. This may make it the language that has been written in the most number of scripts. One of the reasons for Devanagari appearing to be the standard today is the power of Hindi, and also the fact that many early Sanskrit works were printed in Mumbai where Devanagari is the script of the local language Marathi.
- 10 Encrypting the value of pi in a shloka. – There is a numbering system in Sanskrit called the Katapayadi system. This system ascribes a number to every letter or alphabet in the script, something similar to the ASCII system in computer science. When the letter in the following shloka is replaced with their corresponding number from the Katapayadi Sankhya, we get the value of pi accurate to 31 digits.

OR **Gopibhagya madhuvrata srngisodadhisandhigal|**
Khalajivitakhatava galahalarasandhara||
 (The shloka extols Krishna and his achievements.)



11 Sanskrit is the "mother" of the most languages of North India and even the Romani language of the Romani people ("Gypsies"). To be precise, the Indo-Aryan language evolved from Middle Indo-Aryan languages, which in turn evolved from Old Indo-Aryan = Sanskrit). Moreover, even the Dravidian languages (Telugu, Malayalam, Kannada, and to quite some extent Tamil), which do not have their origins in Sanskrit have borrowed such a large proportion of their vocabulary from Sanskrit that it could well be called their foster mother.

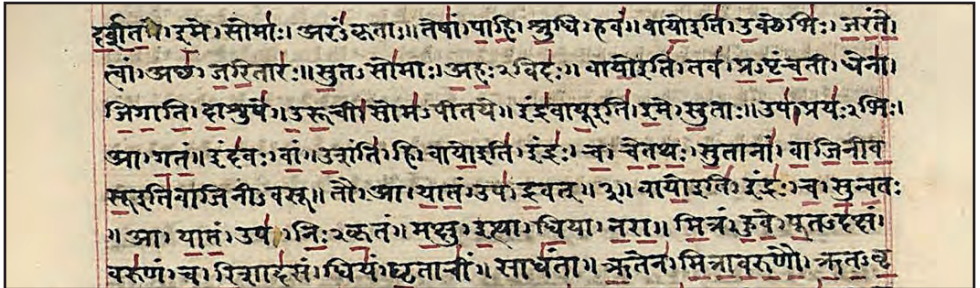
12 The Sanskrit's sphere of influence extended all the way to South-East Asia (what is now Laos, Cambodia, etc.), without any invasion or use of military power originating from India.

13 Though the importance of Sanskrit has diminished significantly in the last few centuries, it is far from a dead language: Sanskrit literature continues to thrive and flourish, with novels, short stories, essays and epic poems continuing to be written, and its authors picking up several literary awards (including the Jnanpith award in 2006).

14 It is the official language (along with Hindi) of the state of Uttarakhand.

15 There exist many villages in India where everyone speaks Sanskrit. Mathur/ Mattur, a village 10 kms from Shimoga speaks Sanskrit on daily basis (day-to-day communication).

16 Sanskrit is the scholarly language of 3 major World religions – Hinduism, Buddhism (along with Pali) and Jainism (second to Prakrit).





Can I change the past? Can I **REALLY** change the past?

I know, you know, we both know that neither of us can change the past, yet at times we find ourselves dwelling and living in the past and not moving forward.

I remember very clearly when I first started my vistaar how easily frustration would develop within me due to one reason or the other.

Then I began to understand why I felt this frustration. I had set an expectation for things to work out in a particular way and when they didn't I felt frustrated if not annoyed.

In life many of us go through this phase of doing an Action with an Expectation that in turn leads to us feeling Frustrated if things do not go according to our plan.

Then we are left with always remembering this incident.

The clear fact was that I couldn't change the past so why was I dwelling on it and not moving forward as I had more power to change myself for a better present and future.

I have learnt a very valuable lesson that we have to accept people, situations and events as they are and not as we wish they were.

We can intend for things to be different in the future but in this moment, we can only accept things as they are. The people who we are working with are not Robots where everything will go according to the plan but they are Humans.

Keeping this in my mind for the remaining months, I was able to observe the change in myself and not get caught up in the moment as "I can **ONLY** change myself! For the better future!"

Ask yourself every night if you are ready to learn from the past and act wisely!



Tarun Shibir 2014

Utishtha!" - Caught your attention and made you stand up!

This year 70 Taruns experienced the same at Tarun Shibir on the weekend of 7th-9th February. Hosted across three locations (Leeds, Worcestershire and Elstree), and with a theme of "Stand Up, Be Bold, Be Strong", the Tarun attendees took a journey of genuine reflection, challenging debate, collective action and thought-provoking inspiration. All three locations boasted natural surroundings, and with smaller groups at each Shibir, a much greater level of interactive discussion

Nelson Mandela was chosen as a modern Maha Purush whose life experiences and achievements were discussed in detail, and through practical workshops, further deep reflection extended to our own aims, objectives

and character development.

Many interesting initiatives were explored at the various Tarun Shibir locations, from a Hunger Banquet, delving into Human Boundaries, reflecting on what we would want to be written in our own Eulogy, to Blood, Organ and Bone Marrow donor campaigns. Many practical initiatives were created over the weekend to be followed up after Tarun Shibir, so watch this space!

The Khel sessions lived up to their ongoing tradition with a dynamic atmosphere,

challenging activities, and lots of mud! Tarun Shibir was also the launchpad for SADHANA 2014, a structured programme of personal development, practical project work, specialism development and innovative Abhyas Vargs.

Tarun Shibir - My Experiences

This year, I attended North Tarun shibir at Bramhope scout campsite held between 7-9th February with a sankhya of 26. The theme of 'Utishtha, stand-up, be bold, be strong' was linked to the life of Nelson Mandela and his achievements. On Saturday morning, we witnessed certain groups being refused breakfast and assigned menial tasks. Later we found a relation between the incident and Mandela's experiences and actions. A lot of us became agitated and confused but soon realised the context of the situation. We reflected on our reactions and applied it to the real world.

All of the discussion sessions were intense, facilitating us to think deeply about what our aims should be in life, not just for ourselves but for Hindu samaj and the world. The issues raised were of how we as swayamsevaks can change ourselves and society for the better. It is very easy to memorise quotes by great and successful people about setting aims in life, but how many of us follow them and interpret it the same way?

The khel sessions were challenging and equally enjoyable. I certainly did not imagine playing Ring, Agni-kund, manhunt and other Khel in the woods! Overall, Tarun shibir has re-energized me both physically and mentally to think about how I can get more involved in Shakha, becoming more active in Sangh and making a difference, whether big or small. I feel it is key that we are not fearful of using our knowledge and be aware of our greatest potential. From this we can collectively achieve our aims more effectively.

Nikhil Merchant, Ashton Nagar

Samiti Taruni Shibir – Who's your better half?

This year's Taruni Shibir took place in Loughborough at the Beaumanor Outdoor Learning Centre. Our total Sankhya was 24 with ages ranging from 16-65, including students, young working professionals and married women. The theme of this year's Shibir was "Who's your better half?"

Majority of the time in the west we associate this sentence with someone external however this year in Taruni Shibir we decided to explore our better half by



not looking outward but within as we believed that everyone's better half is within and we need to look inward to discover it.

We conducted various workshops throughout the weekend focussing on trying to make Sevika's understand their "other/better half", i.e. encouraging them

not be judgemental about situations or people without knowing the full story, and on a deeper level, required introspective thinking.

The weekend was filled with uplifting workshops but also challenged our physical capabilities with the early morning sessions of Yoga and Khel taken by Shikshika's, including Ring and Kabaddi.

In the evening we ended with a question and answer session with our adhikari gana Man. Dr Vidulaji Ambekar and Smt Jayshreeben Mistry who shared their life experiences with us and helped guide the younger age group.

On the Sunday afternoon, we concluded the weekend by having a small Samarop where new Sevika's spoke about their first experience at Taruni Shibir. We had Sevikas who never attended shakha before and they found the whole experience to be very thought provoking.

Following this, Kirtiben Vekriya and Man. Dr Vidulaji Ambekar gave a few words of inspiration to all the Sevikas that had attended. On a whole, the Shibir was a great success with a great team, bringing together new and old Sevika's. The atmosphere throughout the weekend had a fairly relaxed approach which allowed the Sevika's to feel at home.

There was good interaction between all age groups from the workshops and team activities and it is fair to say that everyone went home making new friends eager to spread the word and come back next year.

Taruni Shibir Team



NHSF's 21st birthday at Houses of Parliament

National Hindu Students' Forum (UK) celebrated its official 21 years of achievements on February 3rd 2014 in the Palace of Westminster, London at a reception hosted by MP Seema Malhotra.



NHSF has 5,000 members and it aims to encourage and celebrate Hindu Dharma through practice, preserving, promoting and protecting Hindu Dharma through a variety of sporting, spiritual and social events for their members.

A host of Labour MPs including Sadiq Khan, Keith Vaz, Barry Gardiner, Gareth Thomas attended the reception as well as Leader of the Opposition and MP for Doncaster North, Ed Miliband who commented,

"I wanted to congratulate the National Hindu Students' Forum for reaching 21 years and coming here to recognise the work you do not just for the Hindu community but for the wider community. The Hindu community is part of the mosaic that makes our country stronger."

Please visit www.nhsf.org.uk for more information



Sanskrit Sambhashan Shibir 2014

The 7th annual Sanskrit sambhashan Shibir took place during the Easter bank holiday weekend (18th-21st April) in the wonderful surroundings of Beaumanor Hall, in Woodhouse Eaves, Leicestershire.

This was the second residential shibir of Sanskrit Bharati UK, with 50 Sanskrit lovers from all parts of England as well as students from Germany and Norway. There were some day visitors too. The ages of those attending ranged from 4 to over 80.

The students were divided in to two groups, a beginners and an advanced group. The teachers were Varun Khanna and Balasubramanyam Kapila (father of Madurima, who has conducted classes at the Sanskrit Shibirs for the last 6 years).

We were fortunate to have Balasubramanyamji, who was on a visit from Bharat. He is a very experienced teacher, having worked with Samskrit Bharati for many years and took the advanced group. He was very entertaining and had the group in stitches with his jokes and observations. His wide knowledge of our scriptures made his teaching very interesting and useful.

Varun Khanna, the teacher of the beginners group, although only in his twenties was also highly experienced. He has spent considerable time in India with Samskrit scholars and is at present doing his PhD on "Consciousness" at Cambridge University. He is from Chicago and has been with Samskrit Bharati for several years. In that time he has conducted over 20 shibirs and was an absolutely amazing and inspirational teacher. He also shared his knowledge about philosophy in discussions which went on late into the night.



Other activities at the shibir included yoga, Isha Chintan, Gita chanting, games, talks and discussions. In the evenings there was a manoranjan programme (entertainment) where students performed short plays, songs and jokes in Samskrit.

The food at the shibir was exceptional. Ushaben and Prabhaben together with other ladies made sure we had a variety of mouth-watering dishes twice a day as well as a sumptuous breakfast and several tea breaks during the day.

All in all, a wonderful time was had by all at the shibir and many have already booked their places for next year!

There are online (skype) classes are available if you would like to learn Samskrit, then please contact Bharti Patel on bharti.patel@yahoo.com .

You can also visit our website: www.sanskritabharatiuk.org



Rugby Swayamsevaks/Sevikas and WhatsApp

The Kalyan Prarthna Mandir in Rugby recently experienced a fire in the kitchen which resulted in a tremendous amount of smoke damage. A couple of Swayamsevaks had come for the Aarti in the evening. After the Aarti, the Mandir asked for some help to clean the walls/pictures etc. There were only a few people present, most of them were elderly.

One swayamsevak sent on a message on the Rugby Shakha/Samiti WhatsApp group at 7.31pm asking for one hour of help. By 7.40pm, Swayamsevaks and Sevikas were flooding through the door to offer their help. The local Mandir were buoyed by the show of solidarity from our Swayamsevaks/Sevikas. During general chit chat, it was found that when the WhatsApp message was sent, one was shopping at Asda, another was gardening, one was eating, and others were carrying on with their normal routines – all dropped what they were doing and came to the rescue.

This is a good example how modern technology can be used to rouse support and inform people.

Rugby shakha/Samiti uses WhatsApp for general discussion and Sangh related information – in addition to conventional methods...

Kishor Mistry, Rugby



Vivek Jyoti – SV 150 Concluding program in UK

"Let us read Swamiji's life in depth, understand him and then follow his teachings." said Swami Dayatamandaji (Chair person of SV150 UK) as he addressed the concluding function of

SV150 called Vivek Jyoti. Vivek Jyoti, the official concluding function of SV150 UK was held on Sunday 13th April 2014 in Laxminarayan Mandir, Birmingham. Madhava Turumella, Vice President of Hindu Forum of Britain welcomed important leaders of the main umbrella bodies of Hindus i.e. Hindu Forum of Britain, National

Council of Hindu Temples and Hindu Forum of Europe.

The 2 hour event had a variety of performances which included a classical dance-song narrative on Swamiji's life by a talented group from Manchester, Swamiji's Chicago speech presented by a 4 year old girl named Payal Jain, an interactive panel discussion on "What would

Vivekananda Say" etc. The chief guest was Bob Blackman MP, the Chair Person of All Party Parliamentary group APPG of British Hindus who lauded the cultural values of Hindus and their contributions to the UK. The community can no longer be ignored or side-lined, he emphasised. In the concluding speech, Dr Ram Vaidya explained the true meaning of education as given by Vivekananda. All round character building education was the need of the hour which would remove tensions, violence and greed in the society.

Yorkshire 3 Peaks Trek

Some 326 participants from many towns/cities took part in a challenging walk across the beautiful Yorkshire 3 Peaks. This event has become popular over the years and well attended, well organised by our Charity Through Adventure (CTA) team. Many first timers who came thinking that it would be a walk in the park, came across a real challenge. This year the fund raising by all was done in aid of the SewaUK project for Gulmohar School in Maharashtra, a special residential school for mentally challenged children.

See website www.sewauk.org Please send mail to your friends who can donate directly at: BT MyDonate fundraising page:

<https://mydonate.bt.com/fundraisers/ctay3peaks2014registration>





HSS European Shibir 2014

"Hindu Jagega To Vishwa Jagega"

HSS European Shibir was held at Pinneberg, in Rubenkamp School, between Friday the 18 and Monday 21 April 2014. ,near Hamburg Germany.

Participants from Germany, Norway, Denmark, Finland, France, Netherlands, Italy, Kenya and UK, (Nine countries) attended the Shibir. Total Sankhya was 226. More than 50% of the total had first time introduction to Sangh.

Various sharirik khel, vyayam, yoga, ring, niyudhha, and maha-khel enjoyed by all the participants. Bauddhik topics on Ramayan, Mahabharat, Gita, Need for sangathan, Self-confidence, Parivarik value and much more was covered.

Charcha session topics; 1) Practicing Dharma in the society we live in. 2) Vana prastha in present day, 3) Voluntary-work what for? To balance the usage of electronic gadgets in present day, 5) the importance of a Guru in life

Shobhayatra organized on Samarop day, about 180 Swayamsevaks, Sevikas and Children in full ganvesh, singing desh bhakti songs, walked on the streets of Pinneberg town, holding HSS Germany banner. A scene and an opportunity, which no Hindu can afford to miss on this Sunny morning. High moral and spirit were present in every one's heart and mind, throughout the Shibir.

There are Potentials in Germany for the growth of Sangh-work, i.e. Balagokulam and "Hindu student's forum of Germany", that which can be future hub for Sangh-work in Europe.

Shree Ram Vaidya, Shree Chandrakant Sharma (our pracaraks) and Shri Prakash Nandha ~(Europe Pramukh) guided the project from its inception to a successful conclusion.

Prakash Nandha

5th ITGF at SINGAPORE

Vivekanand Seva Sangh (VSS) Singapore is a registered non profit organization to practice and promote 'Universal Brotherhood'. Indian traditional Games Festival ITGF is one of the various activities of VSS with an aim to preserve traditional Bharatiya games by re introducing them to new generation of Bharatiya youth. This is usually celebrated around New Year day – Baisakhi day. ITGF provides opportunities to create integration and harmony by bringing people together, provides opportunities for families to come together and play outdoor games like Kabaddi, kho kho etc, and generate interest among non Bharatiya people from Singapore in Bharatiya games and culture.

This year, ITGF was inaugurated on 27th April by Shri Bajranglal ji – Secretary VSS while Shri Inderjit Singh was the guest of honour. Various individual and group games like Gilli danda, lemon spoon, kabaddi, kho kho, lagori, skipping rope were demonstrated and played by various players and teams. In all, over 500 players took part in about 50 matches. The festival has become an annual feature now after it was started in 2010.

HSS (UK) - Praudh Shibir 2014

The annual praudh shibir took place from Friday to Sunday (6 to 8 June 2014) at Beumanor Hall, Loughborough, Leicestershire, UK. The theme of the shibir was "SANGH; SAMAJ & SAMPARK"

Total sankhya of full timers was 87. On Saturday additional 10 swayamsevak came for a day and similarly 5 attended on Sunday.

The two day programme contained lot of activities such as shareerik; games;



bauddhiks; group discussion; innovative game playing titled "trading"; manoranjana Sabha; quiz competition.

There were three bauddhiks: (1) Role of a swayamsevak in Samaj by Shri Dhirajbhai Shah (UK Sanghchalak); (2) the need to play a role via membership of a political party by Shri Mukesh Naker of British Hindu Voice along with Councillor Shri Bhupendra Bhai Dave of Leicester (3) Samaj related activity that one can carry out by Shri Jayantibhai Doshi of Nav Jivan Samaj, UK

On Saturday an item called fringe meetings took place where various community related speakers threw their experience on subjects like: Indo-Jew Association; Hindu Chaplaincy in Prisons; Adult Education; Teaching of mother tongue; Yoga Shakha; our involvement in Temples and community work; SEWA activity; learning of Samskrit Language and last was BJP's election victory in the recently concluded elections held in Bharat. In the evening, we had quiz competition conducted by Natubhai Faldu which was played in four groups; followed by Manoranjana Sabha (light hearted programme).

On Sunday after Dhawaja Pranaam followed by Prarthana, swayamsevak divided into two groups - first group consisted of those senior swayamsevak who stayed and carried out indoor shariirek; the second group contained swayamsevak who went out for an hour's brisk walk.

The samarop Bauddhik was delivered by Shri Ram Vaidyaji and exalted swayamsevak to take up one community related activity; support local shakha network; assess possibility of commencing balgokulam; he also insisted now that election result of India have gone by, our mission should be to concentrate and strengthen our shakha network work.



BookReview

Long Walk to Freedom - Nelson Mandela

A Must Read for all Karyakartas

Having seen the film *Invictus* a few years ago (a film that everyone must also see), I became really interested in learning about Nelson Mandela's life. The size of the book (over 700 pages) had always put me off but after getting a Kindle I managed to forget about the length and finally start reading it.

My father had always told me that it was important to read about great people's lives to learn about their struggles and how they overcame these to gain inspiration and show that we can also achieve this. This book showed exactly that, going through the whole of Nelson Mandela's life providing numerous teachings that we can take away and apply within our own lives.

A few snippets from the book that particularly resonated with me as a karyakarta were:

- In Mandela's early working life he worked full time as a lawyer, had a family to look after and still managed to find the time and energy in the evenings and weekends to carry out work for the ANC (African National Congress) because of his dedication to the cause and also the support and understanding of his family.
- As one of the first black African lawyers he used his skills to help his community, taking on many legal cases at nominal/no fees to help struggling members of the community against unjust laws.
- Mandela had a lifelong passion for learning, continuing distance learning when he was in prison at Robben Island and setting up a University of Robben Island with his fellow inmates to teach younger inmates about the ANC – its history, philosophy and mission which enabled the younger inmates to understand the background of their work.

- Discipline and physical fitness – Mandela loved boxing and trained throughout his life including in prison and afterwards where he had daily fitness regime. This provided him with time to reflect and recharge as well as ensuring he remained strong and healthy to work for the ANC cause.
- Team working. There were many cases throughout the book where Mandela did not agree with certain policies and decisions that the ANC team made and he argued his case in each one, changing decisions in some cases and not in others. But once a decision was made, even if he did not agree with it, he followed them because it was a team consensus.

These are just some of the many lessons I took from the book which hopefully have also resonated with all karyakartas reading this. I highly recommend that you find time to read this book as it will hopefully inspire and motivate you as much as it has done for me.

Dipvandana Mehta, Lincoln

Editor – have you read a book that has inspired you? Why not write in to Sangh Sandesh and share your thoughts with our readers.



SanghSandesh

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