



Sanskār ▪ Sewā ▪ Sangathan

Sangh Mail is an internal organizational publication and for well-wishers to keep them informed on recent updates and news on a monthly basis. It is not for public distribution.

Please continue to send in your news and views related to your shakhas / Swamyamsevaks/ Sevikas/ for wider sharing and inspiration at sanghmail@hssuk.org

Sangh Mail



RAKSHA BANDHA CELEBRATION AT FRIERN BARNET AMBULANCE STATION

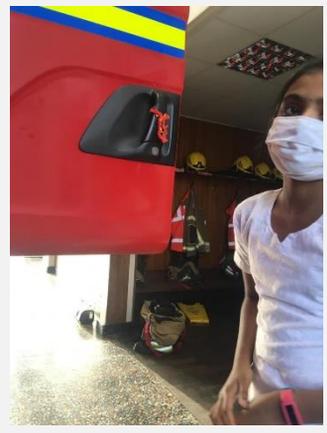
Pratap and Shakti Shakha Finchley celebrated Raksha Bandhan at Friern Barnet Ambulance Station by tying Rakhis to crew and staff and conveying a message of gratitude and protection. Messages that are central to our Hindu values. Kamakshi, our sevika said “you are our heroes, I don’t know how we would cope without you”. Fiona and David, members of the Clinical Team, said how much they appreciated the Hindu community’s spirit of Sewa during the Covid-19 crisis.

Dr Harsha Jani, Samiti Kendriya Saha Sampark Pramukh



RAKSHA BANDHAN LIVE FROM RUGBY!

A swayamsevak and sevika from Rugby were narrowcasting a live video link the tying of Rakhi at their local Fire Station and with Warwickshire Police during their regular e-shakha's! Now there's great co-ordination!



THE TYING OF RAKHI TO THE HIGH SHERIFF OF THE ROYAL COUNTY OF BERKSHIRE



CHANAKYA PARIWAR SHAKHA GET A STAMP OF APPROVAL FROM ROYAL MAIL



GLOUCESTERSHIRE POLICE – HESTER’S WAY POLICE STATION

Cheltenham BG visited Gloucestershire Police to celebrate Raksha Bandhan. A week later they were invited back to the station where Julia Martin and Hazel Chinn received them and provided a token of appreciation themselves in the form of a Policeman’s hat and badge!. “Namaste, we are very thankful to you for the honour you gave us, we’ll be in touch to see how we can work further together”.



LIGHTS, CAMERA, ACTION! LIVERPOOL ADARSH PARIVAR SHAKHA

If inspiration is what you’re after – then look no further than Liverpools Adarsh Parivar Shakha! Their youthful exuberance and Steven Spielberg talents saw the team create a tik-tok, soap-opera, educational skit on Raksha Bandhan. Both entertaining and educational – view it for yourself here - [Raksha Bandhan - The true meaning of Bond](#)



CARSHALTON PARIVAR SHAKHA TIE RAKHI TO LOCAL MP

Carshalton Parivar Shakha were invited to a meeting with Elliott Colburn of Carshalton and Wallington following a Raksha Bandhan e-card that they sent to him. They took the opportunity to tie Rakhi and share information on HSS (UK)



CHELTENHAM BG VISIT SOUTHWESTERN AMBULANCE SERVICE FOUNDATION TRUST



SALE SHAKHA MANCHESTER TIE RAKHI TO ALTRINCHAM POLICE



SHRI BHUPENDRA DAVÈ AT NORTH LONDON VIBHAG RAKSHA BANDHAN UTSAV

Shri Daveji, a swayamsevak of Pratap shakha Finchley since 1967 was humbled to have been given the privilege of tying Rakhi to Param Pavitra Bhagwa Dhvaj at the North London Vibhag Raksha Bandhan eUtsav. He was particularly delighted to see the young Swayamsevaks and Sevikas conducting the utsav in a confident manner.

Attending shakha from age 5, Davèji now 94 years old; was a founding member of Sangh in the UK in 1966, recollected the words of Pandit Deendayal Upadhaya's ji when he came to Kenya in 1963. He said, 'The action of tying Rakhi to the Bhagwa Dhvaj is a call to action to protect our Dharmic values because Dharma sustains the society'. Messages by Swayamsevaks and Sevikas included one which said, 'Thank you Bhupendraji for your efforts today. Many youngsters have commented on how inspired they were to meet you today. We will endeavor to follow your path'.



YUVA/ YUVATI SHAKHA - SCOTLAND

Hindu Swayamsevak Sangh (UK)
Scotland

**Yuva & Yuvati
e-Shakha**

August 16th 2020
Yuva Shakha: 8:30AM to 10:00 AM
Yuvati Shakha 10:30 AM to 12:00PM
Minimum age: 18years
Please register
<https://bit.ly/2DetMyR>

Scotland shakhas held 2 Samilit Shkhas in August - Yuva Shakha and Yuvati Shakha. Both shakhas were well planned involving swayamsevaks and sevikas from Aberdeen, Edinburgh, Glasgow and Newton Mearns Yuva sankhya was 33.

Vibhag Sanghchalakji Shri Rajniji Parmar attended and Vibhag Karyawaha Pareshji Mistry delivered the main bauddhik. Yuvati Shakha had sankhya of 39 and a number of Kendriya Karyakartas attended Bauddhik was delivered by Vidhiji. These shakhas were a stepping stone in preparation for Scotland wide Parivaar Samilit Shakha in September.

Anant Samdani, Aberdeen

ILLUMINATE – PAST, PRESENT & FUTURE

During this year's summer, due to the ongoing COVID pandemic, we were unable to hold our annual SSV. Instead, various online programmes were conducted including the Illuminate e-Varg for the Kishore/i age group.

The e-Varg was designed to encourage and motivate the Kishore/I age group to participate, learn and express their views on various topics. The programme was conducted over 5 days with sessions held in the morning hours. The sessions consisted of shareerik and bauddhik activities.

The e-Varg was supported by 60 karyakartas and 40 Adhikaris to achieve outstanding results. **A total of 250 participants came together from 47 different nagars across the UK.** Parivaar and Mahila milans, Samiti and Sangh shakhas, Parivaar shakhas, and Balagokulams were all represented through the participants.

The shareerik activities included yog, niyudh and a session where participants had to make their own healthy food items. The bauddhik and charcha sessions were very well received and left the participants with food for thought. This led to some incredible questions and comments.

The topics discussed during the bauddhik sessions were Hindu History, Hindu Dharma, "Why Sangh was started and is it still relevant today". After the bauddhik, the participants were split into 22 different breakout rooms by vibhaag, for charcha. All the activities had excellent participation and were thoroughly enjoyed.

Once the e-Varg was concluded, **85 participants enrolled in project week**, where the participants have to produce something on a topic of their choice in a particular medium by the end of the week. Each channel had a mentor assigned to it to guide the participants in the right direction. The mediums offered were Chat, Talk, Present and Write.

The first e-Varg conducted for the Kishore/i age group was exceptionally well conducted and brilliantly received.



BRADFORD – MAHILA MILAN

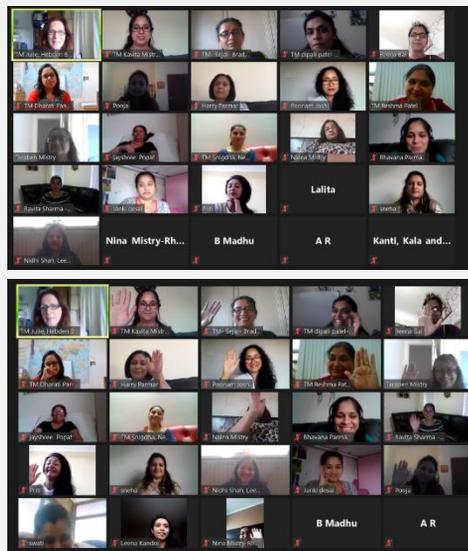
On July 29th Bradford Savitri Shakha hosted it's third session of 'Mahila Milan' on the topic of Menopause. It is a topic which as a community we do not openly talk about, even though all women go through it. The online session was attended by over 40 Mahilas from Bradford, London, Manchester & Newcastle.

We had an external speaker, Julie Stein Hodgins, who is a radiographer that works at the NHS Hospitals in Bradford. Julie is extremely passionate about women's health and has a special interest in raising awareness to different communities like ours and educating them to think about their bodies.

The presentation covered possible signs and symptoms of Menopause and peri-menopausal. Treatment options such as Hormone Replacement Therapy (HRT) were discussed as well as possible side-effects like; headaches, feeling sick, indigestion etc. Natural treatments using herbs and vitamins and lifestyle changes can also make a difference during Menopause. The importance of talking to your GP is vital to get a diagnosis and get appropriate treatment. All Mahila's carried out some pelvic exercises which can help during Menopause.

It was a very interactive session, many Mahila's felt very comfortable to share their experiences. There were many smiles and laughs throughout.

BRADFORD SAVITRI SAMITI - MAHILA TEAM



GILLINGHAM – SEWA DAY

Gillingham Shakha participated in Sewa Day on 14th Aug 2020 by donating food to the local MEDWAY Food Bank.



GURU POOJA – NORTH EAST & SCOTLAND VIBHAG UTSAV



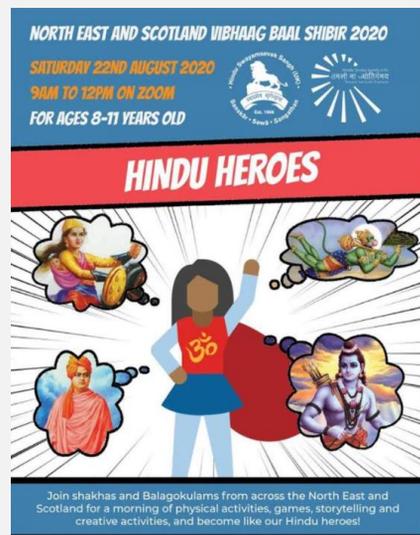
Guru Purnima Sangh North East & Scotland Vibhag Utsav was very special in many ways this year. Firstly, the E-Shakha/Technology made it possible to conduct our first Vibhag all shakha Utsav. Secondly although we all are going through challenging times due to global pandemic, the spirit shown by all swayamsevaks and sevikas was commendable. **With flame in hearts for “Samarpan”, our Vibhag comprising of 9 Nagars, with approximate 250 sankhya participated in Guru Purnima Utsav enthusiastically.**

14 Kishores & Kishoris Swayamsevaks & Sevikas from all Nagars led a number of different elements of this fabulous utsav. The karyakram started with Dhwarzarohan, & shlokas followed by energetic warmups, suryanamaskars & yogasanas. The Guru Purnima Utsav featured a quiz on the aspects of this auspicious day and famous gurus. A short speech on What does Guru mean to me? by Kishores was truly pleasurable to hear.

We were honored to have Dr. Ramji Vaidya - Joint International Co-ordinator for Hindu Swayamsevak Sangh with us to deliver the Keynote Bauddhik on Guru Purnima. It was very insightful and inspirational especially for today's generation. In Sangh we consider Bhagwa Dhvaj as our guru - which inspires us and guides us to work selflessly and collectively for Samaj. Just like the way dawn removes darkness & fear from all living creatures, our Param Pavitra Bhagwa Dhvaj, which resembles glorious orange hint of Sun, sheds light all around us giving us hope & courage.

Dipaliben Patel, Huddersfield

BAAL SHIBIR – NORTH EAST & SCOTLAND



Baal Shibir of North east and Scotland Vibhag was held on Saturday 22nd August 2020. 58 Baal swayamsevaks/sevikas between the age group 8 - 12 participated with the support of 28 shikshaks/adhikari/tech team. There was representation from all 9 nagars. The vibhag team were keen to ensure we provided a platform for this particular age group to ensure they remain engaged during the summer months.

This was a 3 hour karyakram packed with innovative shareerik and bauddhik sessions with the final Samarop bauddhik delivered by Amratji Chandegra. **Prasanna Kumar**, Edinburgh

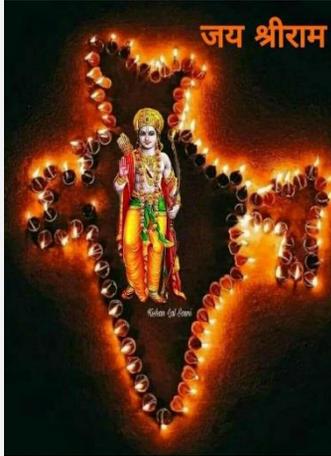
“Being a shikshak for the first time felt extremely satisfying, being able to take a lead and teach the upcoming swayamsevaks and sevikas about the qualities needed to develop into a better shikshak or karyakarta, to lead a karyakram such as shibirs. I loved the interaction and enthusiasm by the Baal swayamsevaks and sevikas to learn. It was a great experience for me.”

Rohan Shah, Bradford

“ I had lots of fun at the Baal Shibir, there was lots of games including making your own Hindu Hero. We got to learn martial arts. We followed the journey of a swayamsevak called Hari who became a Hindu Hero. I think there should be more opportunities like this. I really enjoyed it.”

Swastika Singh, Edinburgh

SHRI RAM MANDIR BHOOMI PUJAN – LIGHT A DIYA



CHELTENHAM BG – COMMEMERATE SHRI RAM MANDIR BHOOMI PUJAN

In the spirit of Ram Mandir bhoomi pujan children of Cheltenham Balagokulam were asked to build models of a Hindu temple. They could choose to model of Mandir using a variety of materials including Lego / Paper / Clay.

Whilst kids were building their models, parents were asked to narrate a story to children about Bhagwan Ram’s birth or any other significant story from Ramayan. There was a very good response and children from a varied age group made temples using their imagination.

Children were motivated by this unique challenge - no one had ever asked them to model a temple. In fact when the children searched online, we found that there were hardly any Lego models of a Hindu temple. This spurred them to build one, as it was an open canvas for them and they were quite excited to be the first to do so and publish and inspire other children from around the world that their own culture can be simply visualised and created.

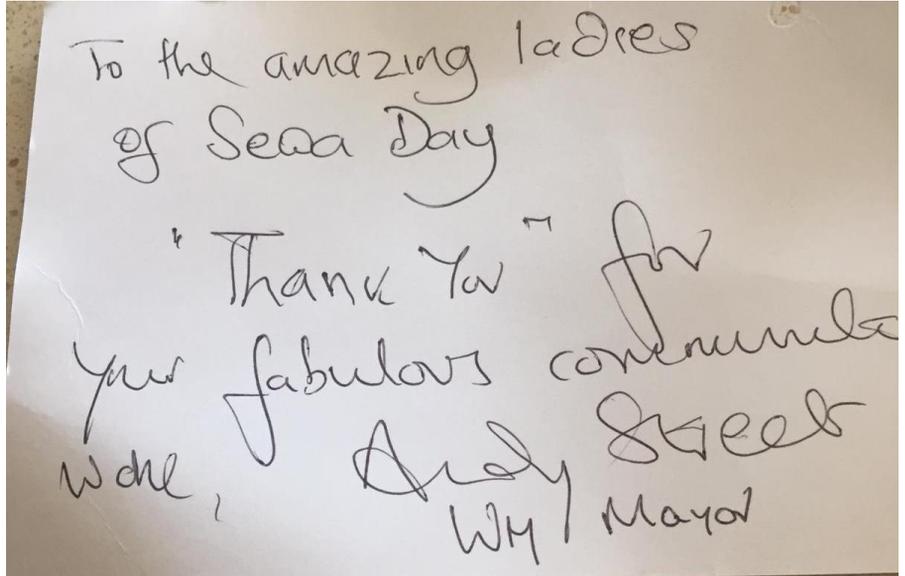
This was our way of celebrating the bhoomi pujan by the next generation living abroad.

Prachi Bharat, Baudhik Pramukh, Cheltenham Balagokulam.



MAYOR WEST MIDLANDS – ANDY STREET THANKS SEWA DAY TEAM VOUNTEERS

Andy Street, the Mayor of West Midlands visited Durga Bhavan Mandir in Smethwick, Birmingham earlier this month. He shared his appreciation for all the Sewa Work being done in the community by Sewa Day volunteers, and noted the knitted hearts initiatives as well as on receiving the Raksha Bandhan Card.



CHARITY THROUGH ADVENTURE– YORKSHIRE 3 PEAKS

CTA Bank Holiday 30 August Yorkshire 3 Peaks:

- 3 peaks : 12 completed of that 4 were first timers.
- 2 Peaks : 4 completed
- 1 Peak : 18 in their own time
- Vijay Gupta led a Manchester team of 10 through a walk in Peak district equaling the distance of 1 Yorkshire peak.
- Excellent number total participation of 44

CTA Bank Holiday Monday 31 Aug Yorkshire 3 Peaks:

- 1 Peak : 16 completed Pen y Ghent
- 2 Long walks undertaken
- Excellent number total participation of 18





OUR CONDOLENCES

Our heartfelt condolences and prayers for eternal peace and sadgati to the departed soul. Om shantih, shanith, shantih

ॐ Shradhānjali ॐ

Shri Parsottambhai Vithalbhai Makwana
15-04-1931 to 29-08-2020

SEWA IN RETIREMENT

Late Shri Parsottambhai Vithalbhai Makwana was a warm hearted, well respected, and dedicated member of the Sewa UK team and the Sangh Parivaar. We shall remember his life as that of fulfilment, purposeful and humbleness. Shri Parshottambhai joined the Sewa team in 1998 with late Shri Uttambhai Shah. He initially was charged to open Birmingham Sangh Karyalaya 3 mornings a week. Then the 2001 earthquake put great focus on this Sewa team. Parshottambhai became central to the Sewa setup. Eventually he encouraged a lot of retired jyeshtha swayamsevaks to join. These additional volunteers now help to run the Sewa shop in Birmingham



WE LOVE HEARING FROM YOU! To help in publication here are few points when submitting news items:

****PLEASE NOTE OUR NEW EMAIL ADDRESS – sanghmail@hssuk.org – FOR ALL FUTURE CORRESPONDENCE****

1. **Provide a summary** - try to keep articles down to 100 words or less, but if you can't, be sure to include a summary. That way we ensure we don't miss out on the best bits.
2. **A picture tells a thousand words** - it also provides that 'I wish you were here' moment!
3. **A thousand pictures on the other hand....** We have tremendous fun looking at your snaps, but if you can share the ones you'd suggest to include [from a google share for example], then we'll make sure that we get your best side
4. **Tell us who you are** - its an opportunity to get to know one another; so include your name, location and responsibility [where relevant]. If you don't object – we'd also like to include your email address so others can get in touch for more information.