

Sanskār ▪ Sewā ▪ Sangathan

Sangh Mail



Sangh Mail is sent to Karyakartas and well-wishers to keep them informed and is not for public distribution. Send your news and views related to your shakhas / Swayamsevaks/ Sevikas/ Local community for wider sharing and inspiration

As children [and parents] start readying themselves for a new year at school – they’ll be buoyed by all the inspiration they’ll have been exposed to over the summer period. Not least the inspiration from SSV/SCS and engagement with our Emergency Services personnel – which make up the mainstay of this edition. Great work!

PROTECT AND SERVE AUG 2019 – In conjunction with the Black and Asian Police Association [BAPA] – the West Midlands Vibhaag celebrated Raksha Bandhan with great vigor at the West Midlands Police Headquarters on 9th August 2019.

Several members of West Midlands Police including Deputy Chief Constable [DCC] Louisa Rolfe, Superintendent John Deeley, Chief Inspector Karen Geddes and PC Kiran Patel attended the event.

Dr Tribhovanji Jotangia led the physical session with a ‘taster’ session of Chair Yoga – which certainly demonstrated how active one could be whilst being seated!

In her keynote speech, DCC Rolfe shared the value and contribution that the community has in modern policing and her appreciation of the recognition for the work of the Police by the Hindu community. PC Kiran Patel echoed these sentiments in his earlier message of how his Hindu faith played a key part to his policing, having the image of the Hindu God Hanuman on the door of his locker to remind of the strength and valor and ideals in which to undertake his role.

Jitenji Davdra, West Midlands Vibhag saha-karyawaha addressed the delegation on the topic of Namaste, and how its meaning extends any boundaries and differences in humanity. Later, Harshadji Solanki, Birmingham Nagar Karyawaha presented a memento, depicting the meaning of ‘Namaste’, to DCC Rolfe on behalf of HSS [UK].

Minesh Chauhan

[Photos courtesy of West Midlands Police]



LIVERPOOL– RAKSHA BANDHAN...

AUG 2019 On the auspicious day of Rakshabandhan, Liverpool Adarsh Parivar Shakha celebrated the Rakhi festival with Merseyside police at Police Headquarters. The atmosphere was amazing with 50 swayamsevaks/ sevikas and 15 police officers, taking active participation in the celebration.

The spirit and support of the Merseyside police was unparalleled. The police chief acknowledged the common goal of “protection” and how we can strive together to achieve our mission of “World peace”. Information on the opportunities for joining police services were shared and proved inspiring for many young swayamsevaks/ sevikas.

The immediate feedback from the police service after the event was overwhelming. They were fascinated and deeply touched by our gesture of love and respect for them.

Dr. Hiral Shah



CHELMSFORD – BONDS FOR PEACE AND SOCIAL HARMONY

AUG 2019 - Chelmsford Shakha celebrated Raksha Bandhan with firefighters at Chelmsford Fire Station 24th August 2019. Swayamsevaks and Sevikas extend the ethos of this Utsav by tying Rakhi to Fire fighters as a gesture to say a BIG Thank You for their services to the community. In turn, they took a pledge to try to serve the community as fire fighters do and learn from firefighters the way they contribute to the society, to make our lives safer.

Paul Mayes - the Crew Manager of Chelmsford Fire station said that this was a first for him and commented "This is a unique festival which is new to us at the Fire station but it demonstrates how Hindus in UK are working cohesively in promoting peace and harmony in the wider society and festivals such as Raksha Bandhan remind everyone of the true spirit of service and sacrifice for the welfare of the society we live in". He continued " the ethos of Unity in Strength and Diversity which HSS (UK) volunteers emphasized today is one which the emergency services would hope is promoted throughout society and is one that is at core of their work in the emergency services. If the community works together with us then there will be a lot less issues even when emergencies arise".

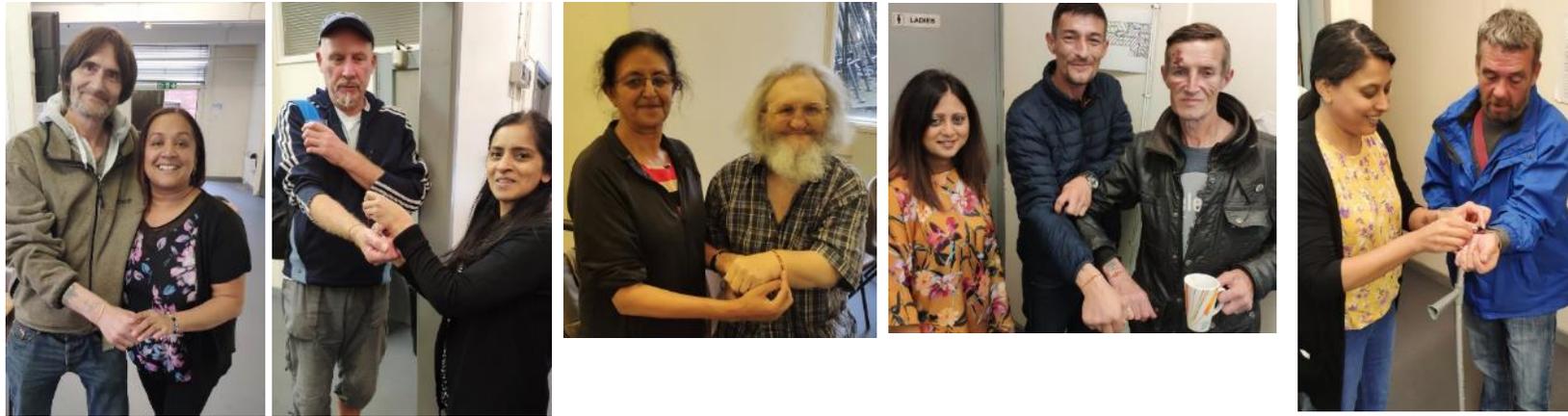
Nitin Kumar



SEWA KITCHEN – RAKSHA BANDHAN

AUG 2019 Whilst many shakhas are using Raksha Bandhan to celebrate the great work of the Emergency Services, the Sewa Kitchen [Birmingham] also demonstrated how Raksha Bandhan can be used to reinforce our work in serving those in need – and here it’s the homeless. Despite an initial apprehension, the Sewa Kitchen team eventually ran out of rakris as so many people wanted one - and the look on their faces to feel like they were part of something - was amazing.

Deepak Pathak



WOOLWICH – INDIAN INDEPENDENCE DAY

AUG 2019 Woolwich Shakha raised the roof during the celebration of India's 73rd Independence Day at Shree Swaminarayan Mandir, Woolwich during its Mandir's 31st Patotsav (anniversary) celebrations.

A talk on India's freedom struggle and recent history was presented as well as a full Ghosh Prararshan along with the hoisting of the sacred Bhagva Dhvaj and Indian National Flag. We finished off with singing the Indian National Anthem - Jana Gana Mana. Bharat Mata Ki Jai!
Mitesh Sevani



COVENTRY – RAKSHA BANDHAN

AUG 2019 On the 23rd August 2019, Balagokulam Coventry invited a representative from the West Midlands Ambulance Services to attend Balagokulam Coventry to celebrate Raksha Bandan

The representative [Liam] was able to provide us experience with the day to day challenges of a Paramedic and how community support is required specially at this current climate.

Balagokulam Coventry tied a rakhi on Liam thanking him and the West Midlands Ambulance Services, for the tremendous work they do, looking after us. It is also our duty for us as a community, to show our support and also, to protecting the communities around us.

Dharmish Jagatia



SANGH SHIKSHAK VARG [SSV] & SANGH CHINTAN SHIBIR [SCS] – GROUND BREAKING!

AUG 2019 Wow what a superb SSV it was! Liverpool played host to SSV and SCS – which proved to be unique in many ways with the highest sankhya ever achieved at Sangh [240] and Samiti [179] SSV – and the highest sankhya for the prabodh gana also recorded [46 across sangh + samiti]. The weekend Sangh Chintan Shibir – also recorded it highest ever sankhya and even had to turn down hopeful participants who weren't able to confirm earlier. No shikshartha's left home early, and at the Samarop – attended by over 900 - many parents mentioned the very high quality samarop pradarshan they witnessed. The prabhandak team ensured a clean and secure site 24 hours a day and ensured a tasty & nutritious bhojan served to over 400 participants in a timely manner each day. I reiterate a karyakarta's comment to me, that "I've done a few [UK] SSV's in a row over the past few years and by far this was one of the best!" **Chandrakantji Sharma**

**SSV ESSAYS – ITS BACK!**

AUG 2019 Last year, we published a series of essays written by those attending Sangh Shikshak Varg [SSV] at SSV. Well, given the overall positive feedback we received – it's back with its second series post the culmination of this years SSV. The first essay for your reading pleasure is from **Karan Patel**, a swayamsevak from Shivaji Shakha, Woolwich. **Here is an excerpt – with the full essay distributed together with this months Sangh Mail.**

Yog - "Yujate Anena Iti Yogah" meaning that which unites is Yog. Yog is the joining of the individual consciousness (or Jivatma) to the Universal Consciousness (Paramatma) and being one with all the energies around you. There are 3 basis of Yog: bliss, self realisation and Moksha. By practicing the various forms of Yog such as asanas, pranayam, studying the scriptures, seva etc. we can achieve these.



HAPPY 1st ANIVERSARY -- GLASGOW BALAGOKULUM

JUL 2019 - Glasgow Balagokulam completed its first anniversary of its establishment at Glasgow Club Gorbals on 15th July 2018. It was our good fortune that this also coincided with Chandrakantji's Scotland-pravas.

In a celebration of 'firsts' we also held our first 'Guru Pooja' on 20th July – where the Bhagwa Dhvaj was raised for the first time during the utsav with a sankhya of 45.

Over the past year Glasgow Balagokulam has proactively collaborated, participated or supported in "5 major external events" of Indian diaspora in the south of Scotland, including one event by the Indian Consulate at Edinburgh. In addition, internally at BG, we celebrated numerous major events of cultural or religious importance with longer special sessions.

These were with activities and learnings specifically designed around importance of that date as per Hindu heritage. Some of these special sessions were: Yugadi, Navratri, Ramanavmi, Buddha Jayanti, Hanuman Jayanti, Guru Poornima, Holi, and Diwali among others. Participants were introduced to some or other cultural elements by the professional artists or experts including classical singing (of Vande Matram), folk dance, arts techniques (on Holi), or even meditation (on Buddha Poornima) to name a few. A brief pictorial journey of Glasgow BG has been created and shown here.

Most recently, Sushmitaji (earlier saha-karyavahika and now Bauddhik Pramukh) and team contributed a cultural dance at 'Glasgow Mela' 2019. The mela is typically attended by 40,000 people of all cultures, and the performances in there are contributed by people of South Asian origin (with Indian heritage!), while it is organized and supported by the Glasgow City Council and affiliates.

Dr Shrawan Jha



Glasgow Balagokulam

Anniversary A Pictorial Journey

Holi 2019 Arts Special

Paresh ji Visiting

Balagokulam at Glasgow Garba

Ramanavami Special

Balagokulam Vijyadashmi

Phalguni Behan Visiting

Ganesh Chaturthi @ Temple

Yoga Session

Ganesh Chavithi Event

Classical Singing

OPENED 15/07/2018

Dance@Glasgow Mela

Buddha Jayanti Special

Bihar Divas Balagokulam

Bihar Divas Folk Dance

OFFICIAL PARTNERS – HSS (UK) & UK PARLIAMENT WEEK

AUG 2019 We are delighted to announce that Hindu Swayamsevak Sangh U.K. is now an Official Partner for U.K. Parliament Week. Sangh, Samiti, Balagokulum and related projects are an integral part of this engagement. Parliament week is a festival that celebrates democracy. This is an opportunity to explore what democracy means to the Hindu Community.

Parliament Week, a week- long program of events was initiated in 2011. House of Commons and House of Lords of the UK Parliament organise events each year in collaboration with community organisations around the country. Over 8000 events were held last week with participation by over 1million people.

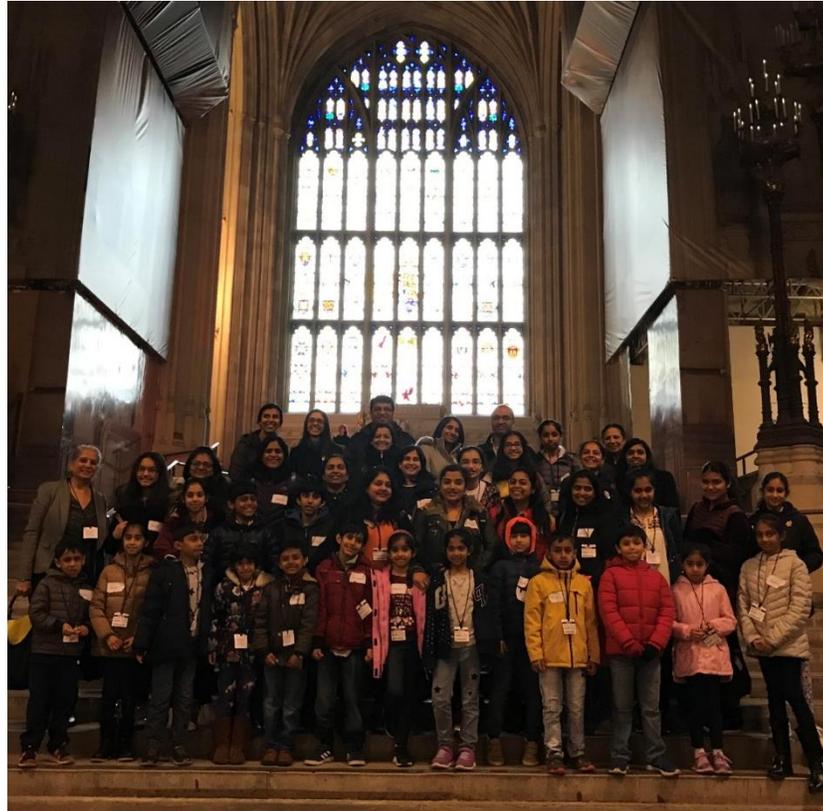
In 2018, nine shakhas in the U.K. held Parliament week events. From Manchester to Amersham Shakha, Parliament week events were celebrated with enthusiasm and a purpose. With over 100 chapters HSS (UK) is well placed to have a nationwide reach and holding activities and running events throughout U.K. will be an integral part of our *abhiyan* this year.

For HSS U.K. Parliament Week Event Information and how to register for your event Tool Kit – please contact your respective Sampark Vibhag / Pramukh.

Dr Harsha Jani

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**FRIENDS OF INDIA SOCIETY INTERNATIONAL MARK ITS 40 YEARS**

AUG 2019 - **Friends Of India Society International (FISI)** are celebrating **40** years of supporting the community and would like to invite you to visit our updated web site at - <https://fisi.org.uk>. Check out our **Social Media Feed** and listen to PM Modi's '**Mann Ki Baat**' directly on our web site. We also have a new section for contacting us and to sign up for our regular **newsletter** - <https://fisi.org.uk/contact.html>. If you would like to **join us** please fill out the online form - <https://fisi.org.uk/join-us.html>

Hope you like our new look and feel. Please feel free to contact us for any query that you might have.

We can be contacted at - contact@fisi.org.uk

FOOD FOR THOUGHT – A VIEWPOINT

AUG 2019 - The United Nations urging everyone to eat less meat is a mantra we have been hearing for a long time. It is designed to keep the meat industry happy and to placate the climate lobby. The stark reality though is that we are beyond the point of patching up the planet with half measures.

Around 75 billion animals are raised for meat; between 200 billion to one trillion fish are killed annually for human consumption. The message that needs to go out urgently is that mankind needs to return to a plant based diet if we are to avoid a catastrophe which will make this planet inhabitable for future generations. The vegan revolution going on at the moment is a ray of hope.

There are ethical reasons that we need to consider too. As a supposedly superior species do we need to carry out so much violence on the animal kingdom? Meat consumption and the resultant health crisis we are facing is well documented. It seems that for our overall wellbeing and to reinvigorate our planet we will have to face the facts and be honest. There is no other solution for our dilemma except to eschew all animal products.

Shantilal Thanki

TATTVA NEWS - OVER A HUNDRED PEOPLE COME TO DISCUSS AYURVEDA IN THE UK

Source: Tattva News

AUG 2019 - On the 25th July, over a hundred people attended a talk delivered by recent Tattva author, Snehal Shah, on her research into Ayurveda in the UK. Snehal shared her findings from 52 interviews with doctors, patients and Ayurvedic practitioners she conducted earlier this year.

The talk introduced a paradigm shift in how we think about Ayurveda and our healthcare system. Ayurveda is classed as an 'alternative' medical system in the UK, in opposition to modern, clinical medicine. It is therefore unregulated and de-legitimised, and doesn't appear in national-facing forums and media. Snehal discussed how we can integrate the principles of Ayurveda into modern medicine. Traditional practices of Ayurveda, such as holistic approaches to the body and intimate relationships between patients and practitioners, can supplement and support the NHS in its weakest areas.

The talk was hosted by *Shishukunj* London and opened by Laxmiben Patel, convener of Shishukunj's *Bethak* series. Vibhuti Patel, her mentor on the *Tattva Authorship Programme*, then introduced Snehal and Tattva's latest book, *Tipping Points*, which features a critical essay on Snehal's research.

The audience included many Ayurvedic patients, practitioners and medical professionals. Audience members shared their stories of herbal home remedies, travelling to India for expensive medical retreats and chronic conditions cured by cancer. They also discussed the potentials and pitfalls of bringing Ayurveda to the UK.

**BG ON THE BEACH...**

On Sunday 25th August Bradford Krishna Balagokulam went to the South Shore at Bridlington. Everyone enjoyed the sun, sea and sand. It was amazing to sing Bhojan Mantra on the beach and to share a fantastic picnic together.

Naina Mistry



“Hinduism has proven much more open to new ideas than any other religion, scientific thought and social experimentation. Many concepts, like reincarnation, meditation, yoga and others, have found worldwide acceptance. It would not be surprising to find Hinduism the dominant religion of the 21st-century.”

Klaus L. Klostermaier, professor of religious studies at the University of Manitoba

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

- 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.

