

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

Well perhaps not quite a white Xmas, but the festive season gives us all a chance to catch up with family and friends, and so understandably not a bumper edition. However, Sangh work continues (in between munching on a few mince pies) – so from us all at Sangh Mail, enjoy the festivities and Happy New Year too!

XMAS DAY SHAKHA - RUGBY

DEC 2018 Keeping up with tradition, Rugby Shakha convened on Xmas Day (!) to hold their annual festive shakha. The event is popular, as swayamasevaks and sevikas shy away from peeling the carrots and boiling the Brussel sprouts to burn enough calories for that choccie box! All in all - a total of 41 were in attendance!



SOUP KITCHEN- WALSALL

DEC 2018 “Sewa is a wonderful and beautiful thing; it’s one of the greatest privileges to do service onto others. Serving mankind is no different to serving God, because we are all his people. As a volunteer for the local council soup kitchen, seeing at first hand, people on the breadline and on the verge of sleeping on the streets without a hot meal, was enough to convince me that this was my mission. Walsall Sewa and Shelter project was the stepping stone to creating this great soup kitchen project. I spoke to many people who said it couldn’t be done. The Hindu Community do give back to many causes and help all sorts of organisations in the UK and abroad. But simply giving monetary aid is very different to rolling up your sleeves and doing something practical on a regular basis. So I simply planted the seeds for a soup kitchen as part of the Sewa UK project, this was to run for 3 days and thereafter I could take a pulse check and see what the appetite was to continue this great selfless service. We managed to raise amazing funds fairly quickly to continue for 3 months and a volunteer list of more than 35. Today we are planning to continue this great Sewa throughout 2019 and beyond. Unity in the Hindu community has been demonstrated whilst carrying out Sewa”.
Sanjay Patel, Vice Chair Hindu Forum Walsall.

Walsall Sewa Soup Kitchen project is supported number of volunteers from Walsall Hindu Community, a project team (Bhanuben, Sangeetaben and Madhuben), Sewa UK, and Swayamsevaks from HSS Keshav Shakha (B’ham). Only by us working together has this project got off the ground and is growing bigger and ever more successful. We would be happy to advise people wanting to setup a similar project in other areas.

Contact: Sanjay Patel 07443 426103 or Damjibhai Tank (Sewa UK) 07475 030320



SHIKSHAK VANDANA - SALE

DEC 2018 – Shikshak Vandana utsav (Teachers Day Celebration) was observed at Ashton-on-Mersey School, on the Dec 9.

‘Shikshaks’ (sanskrit word for teachers) have a very central stage in one’s life by imparting knowledge and wisdom and removing ignorance. We owe a lot to our teachers for playing such an important part in our learning and development. ‘Vandana’ means devotional worship in sanskrit. *Shikshak Vandana* is the Hindu tradition whereby shishya’s (disciples/ students) offer respect and gratitude to their teachers or gurus.

The highlights of the day included;

- Presence of Trafford Council **Deputy Mayor Cllr Rob Chilton** to inaugurate the evening
- Presence of **Ten Teachers** from various Primary Schools of Sale and Altrincham.
- Balagokulam highlights of annual activities, including a demonstration physical fitness, singing, music and talks/debates.
- Performance of Indian martial arts-**Ni-Yuddh** by teenagers, and variety of **Yoga** by parents
- Felicitation of the teachers by the children
- A vegetarian feast!

The first and most important informal teacher for any person is usually their mother. Shikshak Vandana is also an occasion to understand and remember the pivotal role of mothers and parents in our lives and in shaping our future. We are grateful to all the teachers we come across our lives, you do a super job, thank you!

Kaushik Chakraborty
Hindu Faith, Altrincham Interfaith Group



PAKISTAN HINDU PARIWAR - BIRMINGHAM

DEC 2018 Birmingham Nagar hosted an inaugural gathering amongst the Pakistan Hindu Pariwar at Laxminarayan Mandir. A great turn out, great atmosphere, and under the presence of Shri Ramji Vaidya, there were some enlightening and engaging discussions.

**NEW! - BG PINNER**

DEC 2018 Pinner BG started on the 2nd December with a fantastic taster session attended by a sankhya of 73. Pinner BG will take place Sun 10am-12 at Swaminaryan Temple, Pinner

**SANGH SHIKSHA VARG: ESSAYS – Part Five - Dand**

Excerpt - "Dand is about mastering mind and body....you must be able to use your mind to even swing a dand. It is this, the idea that a karyakarta must be able to think and carry out actions, be disciplined in their work and have that focus. [Some] prayogs can be of great length, with around 20 to 30 moves. I can tell you that from practise if you are not focused and even switch off for a second you will most definitely make a mistake...."

Read the full Essay attached

Bhavya Shah, Haqeeqat Shakha, Wembley

CYCLE4SEWA - LONDON

SEPT 2018 Months of hard work and preparation by Newham Shakti and Bharatee Shakha created a great event at Cycle4Sewa London on 9th Sept.

All records were broken on the seventh Cycle4Sewa held in London and the cyclists weren't holding back on hitting new personal bests. With cameras in position, a drone in the air and cyclists on the start line, a determined group of **165 cyclists** took to the Main Event - a 2 hour cycle to complete as many laps as possible individually. Year on Year it's amazing what budding young cyclists can achieve when they put their mind to it, all aiming to cycle further than they have in previous years.

The main event was followed by the Team Event. **Thirteen teams consisting of 5 cyclists each** had an hour to complete the most laps as a team. The top teams from last year battled it out once again this year, however they were no match for debutants 'Rubber Dingy Riders' who shocked the crowd with an enormous 155 laps, beating their nearest rivals by almost 30 laps!

The determination of all cyclists resulted in a total of **3,620 km being cycled throughout the day by 230 cyclists** raising an impressive **£22,613** for Sewa UK

Sewa UK would like to congratulate all the participants on their phenomenal achievement and thank the sponsors of this year's event: Vascroft, Crystal Units and Elite Visions, along with the many volunteers throughout the day. This event would not have been possible without their continued support.

Next year's event has been booked for 1st Sept 2019 so make sure you save the date! *'Each one of us can make a difference; together we make a change'*

Kishan Mehta



NI-YUDDH EKTA SHAKHA - BIRMINGHAM

DEC 2018 Niyudh Ekata Karate Shakha , Birmingham hosted a presentation day, acknowledging the achievements of individuals, the team and parents. 75 swayamsevaks and sevikas were present together with 80 parents.

**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].

**BIRTHS**

Congratulations to the following on the birth of their new arrivals:

- OCT - Neeravji Mistry (Bradford Keshav Shakha Karyawaha) and Bhavika Mistry (sevika of Bradford Savitri Shakha) who became proud parents to twins! The children have been named Krupali and Kartik.
- NOV - Hemantji Mistry (Birmingham Vivekananda Shakha Karyawaha) and Nila Mistry who became proud parents to their baby daughter
- NOV - Hitesh Parmar (Birmingham Madhav Shakha) and Darshana Parmar on the birth of their Son

**OUR CONDOLENCES**

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

DEC 2018- Karsanbhai Sukhabhai Mistry, father of Rajnikant Mistry (Saha Proud pramukh) and father in law of Jayshreeben Mistry (UK Samiti Saha Karyavahika) passed away on 8 Dec peacefully at the age of 95 in Leicester. An admirable figure raising a family of 5 sons and 3 daughters that have initiated many new shakhas - Milton Keynes, Stoke on Trent, Stockton on Tees and Portsmouth, as well as furthering Sewa work in Leicester. You may convey your condolences to Rajnikant ji on 07757218138 and 01162213083 and Jayshreeben on 07968084764

DEC 2018- Dullabhbbhai Chhibabhai Chapaneri, a swayamsevak of Keshav Shakha, Birmingham, passed away aged 77 on Sunday 16th December 2018

DEC 2018- Sureshbhai Nandha, elder brother of Shri Prakashji Nandha of Leicester and Uncle of Dr. Sachin Nandha (of Leicester) passed away aged 72, on Thursday 20th December 2018 in Barking, East London. You may convey your condolences to Prakashji Nandha - 07913 604135 / Dr. Sachin ji Nandha - Mob No: 07812 178186

DEC 2018- Pinakinbhai Bhatt, father of Hariomji, Nehaben, Hemaliben, Falguniben and Pareshaben, suddenly passed away Thursday 27 December. You may convey your condolences to Hariomji on 07886 024679