

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 here we are! The close of one year, marks the birth of another – and so with renewed vigor, with a mind full of positive resolutions we march on. If you're after inspiration – look no further than Woolwich – who have had a clean sweep in Sangh Mail this month – a helpful reminder that every day is Sangh Day – even over the festive season!

NATIONAL SHAREERIK VARG 2019 DEC 2019 – National Shareerik Varg was held on Saturday 7th December in Leicester. The Varg was aimed at Swayamsevaks and Sevikas whom had already completed Praveen varsh at SSV. Sankhya was 59. [Shiksharthi: 44, Shikshaks: 7, Others: 8]. Samarop bauddhik / marg darshan was given by our Saha Karyawah, Shri Amratbhai Chandegra.

The following was covered at the varg;

- **Ideal warm-up and health and fitness** level 1 for the Tarun age group
- **Specialism** -Shiksharthi selected either Yog, Dand or Ni-Yuddha as their vishay to specialise in
- **Vishay syllabus**, prayog perfection and teaching techniques were covered in the morning session
- **Vishay shikshan viddhi** was covered in the afternoon where each shiksharthi practiced teaching and taking a gana
- **Feedback** on what they did well and what they can improve on was given
- **Samata teaching** techniques and practice taking a gana
- **Practice of caution and command** when giving agyas
- **Objectives** - Presented the 6 shareerik objectives
- **What next?** Planning and implementation at shakha, nagar and vibhag level

Shareerik resources - <http://hssuk/shareerik>

Mitesh Sevani
Kendriya Shareerik Pramukh



SANGH KARYAKARTA - CHINTAN BAITHAK, WOOLWICH

DEC 2019 - पूर्ण रूपेण ध्येय वादी (poorna roopena dhyeya vaadi) - meaning "Fully committed to the cause". These were the words of Mananeeya Dattopantji Thengadi with regard to how a Sangh Karyakarta should be.

Our latest Chintan session echoed these words of wisdom on the subject of "Sangh Karyakarta". We started off with reciting the Geet - Rahe Hum Sabhi Ka, and then answering questions on the meaning of the geet which describes the qualities of a karyakarta.

The chintan bhai took reference from a bauddhik by Mananeeya Sureshji Kelkar, as well as the Bhagavad Geeta, the Ramayan, Naradmuni's Bhakti Sutras and Vachanamrut. These references all helped us understand the qualities and necessities of a Karyakarta; from Dharma, Bhakti, Gyaan and Vairagya to the 9 stages of Bhakti and applying these to ourselves as Karyakartas.

The Chintan Baithak was inspiring and allowed us to better understand our role as Sangh Karyakartas.

Kanji Halai, Woolwich Nagar



GEET PRATIYOGITA, WOOLWICH FOLLOW THEIR GHAT INSTINCT...

DEC 2019 - As mentioned in our Sangh Sutra - "Geet (songs) play a very important role in helping us to learn, understand and be inspired towards our Sangh work, Hindu culture, values, heritage and history."

Shivaji Shakha, Woolwich, held a Geet Pratiyogita with fantastic swayamsevak participation across its three ghats, covering all age groups from Shishu to Prouddh. The performances included the use of posters, instruments, different formations, dress code and even a role play format Geet! This demonstrated that each Ghat had given thorough thought to their presentation and had regular Geet Abhyas. The aim of the competition was to remind Swayamsevak of the importance of Geet in Shakha and through this, also encouraging regular Ghat Baithaks.

Krishna Vekriya, Shivaji Shakha, Woolwich



WOOLWICH NAGAR SHAREERIK VARG

DEC 2019 - Sunday 15th December, 18 Sevikas attended the Woolwich Nagar Shareerik Varg. The day consisted of many vishays which enabled us to learn and perfect ourselves to further enhance our abilities.

We started the day with a warm up to prepare us for the day ahead which consisted of Dand, Samata, Achar Paddhatti and Shikshan Viddhi. These vishays taught us a lot. Despite some having learnt them previously, there was more still a lot more to take in. It was fun, cultivating and knowledge enhancing.

The day was enjoyable with a great atmosphere to engage, learn and take our work forward. It also provided Sevika's with an uplifting sense of achievement

Dhruti Halai, Pannabai Shakha, Woolwich

**SANGH KHEL PRATIYOGITA 2020 – REGISTRATION NOW OPEN!**

Sunday 22nd March 2020 - 8:30am to 4.30pm
PlayFootball Arena, Birmingham

- [Khel Pratiyogita Information Pack](#)
- [Registration Form](#)

TEAM REGISTRATION DEADLINE: SATURDAY 29TH FEBRUARY 2020



SAMITI WEST MIDLANDS VIBHAAG SHAKTI SHIBIR – AN INSPIRING FORCE

DEC 2019 The Samiti West Midlands Vibhag Shibir was held on 7th - 8th December 2019, at Shri Laxminarayan Temple, Birmingham. The intent of the Shibir was to ensure Sevikas left with pride in their cultural heritage and renewed enthusiasm to be more active in their respective weekly Shakhas. With this in mind, an itinerary included a variety of activities over the weekend which included khel, bauddhik, yoga, geet and samata. For the Ratri Karyakram sevikas aged 10 and under performed a short skit on an event in Mausiji's life. Other Sevikas presented a Geet each.

All the Sevikas thoroughly enjoyed themselves making and strengthening existing friendships. Total sankhya was 65.

"Women are the inspiring force for the family & for the nation. So long as this force is not awakened, society cannot progress". Vandaneeya Laxmibai Kelkar (Mausiji)

Nisha Shah – Draupadi Shakha, Birmingham



RUGBY – WORKING UP AN APPETITE ON CHRISTMAS DAY!

DEC 2019 Rugby Nagars annual **Christmas Day Shakha** took place at 8am. Once again it was well attended with 48 people competing in a Student vs. Worker football match.

The students were too strong for the 'workers' *again* and came away with a 7-4 win.

SSV ESSAYS – NI-YUDDH

Excerpt – "...We do Ni-Yuddha because it develops one's physical fitness, flexibility, discipline and strength. As a Karyakarta, one must be disciplined and physically fit in order to carry out work for the Hindu Samaj and Ni-Yuddha helps with this. Through various Prayogs (patterns), we develop our co-ordination skills as well the various kicks, punches and blocks."

Please see attached for the full essay by **Dharmesh Chhabhadiya**

READING SEWA – FOODBANK DONATIONS

DEC 2019 On the 20th December, Reading Hanuman Shakha organised and undertook a foodbank appeal as part of its monthly sewa activity. This food donation was supporting ReadiFood, a foodbank which supports those that are not able to make ends meet.

Families brought in items such as tea, coffee, tins of soup, baked beans, pasta, vegetables, fruits and various other items into Shakha. During Shakha, they were collected and packed neatly into boxes by a group of kishores. On the 23rd of December, they were successfully transported to the foodbank.

We successfully had a donation of over 132 items and wish to keep this up throughout the coming year. The foodbank was very grateful and pleased to have received the substantial amount of items

Tushar Shah, Reading, Hanuman Shakha

**LEAMINGTON ILUMINATI!**

DEC 2019 Sanskar Balgokulam [BG] pariwar took part in the Leamington Lantern parade on 1st December. This is an annual event in Leamington. The purpose of this parade is to bring the whole community together in a new and creative way to share in the spirit of Christmas, meet new people, create something wonderful, share smiles, and of course, have a fun!

Our Sanskar BG took part in the lantern making workshop on 16th November where together, we made lanterns based on a Hindu theme. The lantern structures were created using Bamboo sticks and then covered with white tissue paper using PVA glue. Finally the lanterns were decorated with colourful Hindu symbols.

It was an inclusive, joyful, and happy occasion – one that we all were proud to be a part of.

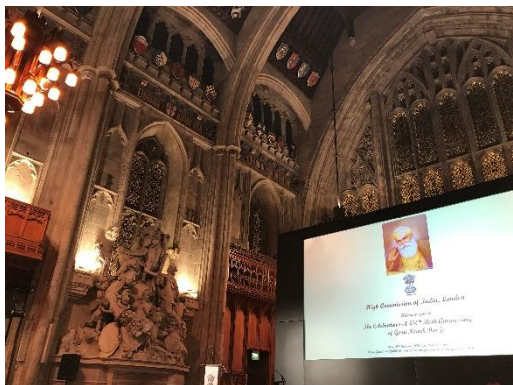
Vikas Agarwal



CELEBRATING THE LIFE AND TEACHINGS OF SHRI GURU NANAK

DEC 2019 In the historical and opulent setting of London's Guildhall at an event organised by the High Commission of India, we celebrated the life of Guru Nanak Devji [550 years since birth]. The Great Hall resonated with the sound of the 'Bole so Nihal Sat Sri Akal', Mool mantra, Shabads and Kirtans. During 2019, up and down the U.K. more than twenty nine events took place to celebrate the birth of a person who taught the world simple lessons in life. Guru Nanakji's message of humanity, compassion and reaching out to the needy, empowerment of women, respect for all faiths were amongst the teachings mentioned by eminent guest speakers. These messages are universal and will resonate for centuries. Please also see separate attached file on the life of Shri Guru Nanak.

Dr Harsha Jani



PARAMHANSA YOGANANDA

DEC 2019 New Delhi has for a third time honored an Indian who did perhaps more than anyone else to lay the foundation for yoga in the West. The tragedy is that despite his stellar contribution to the spread of yoga in the United States and beyond, Paramhansa Yogananda remains a much lesser-known persona. Yoga may have become universally popular and even fashionable today but none outside of India had any inkling as to what it was all about when a young Yogananda sailed to the United States in 1920 at the urging of his guru. Barring a single visit he made to India in between, Yogananda lived there until his death in 1952, preaching kriya yoga, meditation, karma, reincarnation, mantras and chakras to tens of thousands of Americans. What he achieved as India's first spiritual NRI was as spectacular as the way he died.

The Gorakhpur-born Yogananda, originally Mukunda Lal Ghosh, was India's maiden yoga guru in the West. Yet, whatever popularity he has is mainly because of his iconic and mesmerizing book, Autobiography of a Yogi, and not due to the way he slogged in the United States. The Indian government first released a postage stamp to honor him in 1977. This was followed by another stamp in 2017, marking 100 years of the ashram he set up in Ranchi. And in October 2019, the government announced it would release a commemorative coin of Rs 125 (US\$1.75) denomination to mark his 125th birth anniversary. "Here was a yogi who took the (yoga) message which was universal - not based on one school of thought or religion and made it so acceptable for the whole world," declared Finance Minister Nirmala Sitharaman. "India feels strongly about this great son of the universe who brought in harmony to all our hearts and minds." Source: <https://telanganatoday.com/indias-first-yoga-guru-in-west>



OUR CONDOLENCES

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

DEC 2019 **Premabhai Jerambhai Mistry** - the father of Kamleshji Mistry (East Midlands Vibhag Saha Karyawaha) passed away at his home Dec 6 aged 91. Om shanti, shanti, shanti.

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.