



# 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 / Swayamsevaks/ Sevikas/ for wider sharing and inspiration at [sanghmail@gmail.com](mailto:sanghmail@gmail.com)

## Sangh Mail

# The Dark Night that brings in a **New Dawn** #MahaShivratri

*sanghaśaktirvijetrīyaṃ  
kṛtvāsmaddharma rakshaṇam  
paramaṃ vaibhavaṃ prāptuṃ  
samarthāstu tavāśiṣā*

*Let our victorious organized strength,  
protected by our Dharma, be capable  
of achieving the supreme prosperity  
for all through your blessings.*



**LEAMINGTON SPA – IT ALL STEMs FROM AN EDUCATION**



FEB 2020 Leamington shakha attended Warwick University Science Fair. Swayamsevaks and sevikas really enjoyed and gained a lot from the experience. It engaged them in STEM [Science, Technology, Engineering, Mathematics] with a sevika taking part in a plenary demonstration. We had sankhya of over 20 and was organised by Leamington Karyawaha Vikas Agarwal. **Preeti Gupta – Saha Karyawahika**



**RUGBY NAGAR BOWLED OVER BY LAST MINUTE VENUE CANCELLATION**



FEB 2020 Our regular shakha hall became unavailable at fairly short notice so a impromptu film night was quickly organised at the same school. An edited version of Lagaan was the film which proved to be hit with the sankhya of 45. All film goers were treated to (masala) popcorn and drinks during the film. It was a nice variation from our regular sangh activities and may become part of our annual calendar.

**Kishor Mistry, Saha Karyawaha, Rugby**

**MAKAR SANKRANTI – SUTTON NAGAR**



FEB 2020 We celebrated Makar Sankranti at Chanakya Parivar Shakha [Sutton Nagar, South London Vibhaag] on the 19 January. 71 Swayamsevaks and Sevikas took part in this years Makar Sankranti utsav. The utsav included Surya Namaskars, Shareerik and Khel.

**Naiya Gandhi, Karyawaha, Chanakya Shakha**

**MAIDEN BG IN.....MAIDENHEAD**

FEB 2020 New BG started in Maidenhead on 14th February! First day sankhya came in at 40



**BRADFORD – BREAST CANCER AWARENESS**

FEB 2020 Bradford Savitri Shakha hosted our very first ‘Mahila Milan’. The topic was ‘Breast Cancer Awareness’, a subject very dear to all of us.

We were privileged to have had an external speaker, Sadie Greenwood - a highly experienced radiographer from Bradford Teaching Hospital’s Penine Breast Screen team - kindly devote her time to us and gave us a fabulous presentation. She helped us by creating awareness and address any uneasiness about a topic that seems to be a bit of a taboo or perhaps ignored. Usually thought of as “it would never happen to me’ but unfortunately, cancer strikes when we least expect it!

A lot of women may never have had breast screening before; or know how to examine themselves for changes, or even know that an easy method of prevention is simply healthy eating and exercise. Sadie explained the importance of attending mammogram appointments and looking after our health and wellbeing is so important.

We had coming together of approximately 55 ladies from the Hindu community sharing their experiences openly without feeling embarrassed. We had also raised £50 which we donated to the charity ‘Cancer Research UK’.

**Kavita Mistry**



**BELFAST – ALL FUN AND MORE GAMES..!**

FEB 2020 - An excellent response to our Khel pratiyogita in Belfast Nagar on the 2<sup>nd</sup> February 2020 in presence of Chandrakantji Sharma. Sankhya was 70  
**Hariom Bhatt**

**CHELMSFORD NAGAR - MAHASHIVRATRI**

FEB 2020 On the 22<sup>nd</sup> February 2020, Chelmsford, participated in the auspicious occasion of Maha Shivaratri. This is an incredibly special festival, where all the rituals are performed at night, to the almighty Lord Shiva. The celebrations opened with our Balagokulam children performing devotional dances, which ignited a mystical and calm atmosphere around the hall. This was followed by an Atma Linga drama, again performed only by the Balagokulam children which invoked the spirits of Maha Shivaratri

The pooja and Abhisheka and Archana, conducted throughout the event by Swayamsevakas and Sevikas, were astonishing and traditional. They immersed devotees hearts, and made them one with the all-powerful. The prasadam that followed, was wholesome and delicious, filling devotees hearts as well as devotees stomachs!

Overall, the Maha Shivaratri celebrations were an enormous success, conducted in a traditional way, that will be part of Chelmsford Nagar memories and stay in devotees hearts, for a long, long time.

**Abhinav Peddasomayajula - Chelmsford, Essex.**



**BIRMINGHAM NAGAR – PRACTISE MAKES PERFECT**

FEB 2020 Birmingham Nagar held a joint Abhyas varg for a number of shakhas including sevikas and swayamsevaks. The varg was held for 4 hours, covering Samata, Acharpadhati, Shikshanvidhi, loads of new and small khel, and Ghosh. Sankhya was 60+ with bal, kishore, tarun and a few proudh in attendance. It was also good to see a strong presence from our new shakha at Ram Mandir. The feedback was all positive and all went away better trained as shikshaks, and with more inspiration to improve their respective shakhas. **Sharad Shah – Kendriya Saha Shareerik Paramukh**



**TATVA MASTERCLASS** – Tattva in addition to their "Authorship Program" are holding one day masterclass training in London, Midlands and up North. The regional masterclasses are a way for active karyakartas (of all ages and aptitudes) to gain the basic skills of writing compelling articles and understand how narratives can be changed. The classes will only hold a maximum of 10 participants. For more information or to register interest please email [Tusharji Shah](mailto:Tusharji.Shah)

**TATVA: MASTERCLASSES****HOW TO WRITE WITH CONFIDENCE AND CLARITY**

A workshop that will give you powerful tools to communicate your story

*"If people cannot write well, they cannot think well; and if they cannot think well, others will do their thinking for them."* -

*George Orwell*

**North:** Saturday 21st March, 2020 | 11:00 - 14:00

**Midlands:** Sunday 15th March, 2020 | 13:00 - 16:00

**London:** Saturday 21st March, 2020 | 11:00 - 14:00



# CHARITY THROUGH ADVENTURE

Service to Humanity is Service to God



## PEAKY BLINDERS! NO NOT THE MIDLANDS – BUT YORKSHIRE...

On **Sunday 24<sup>th</sup> May 2020** (Spring Bank Holiday weekend), we will be embarking on our 14<sup>th</sup> Annual **YORKSHIRE THREE PEAKS CHALLENGE**. This has been an increasingly popular event and we were joined by 430 people in 2019. raising £11,747.00!

This sponsored walk/trek covers 24.5 miles and goes across Pen-y-Ghent, Wharfedale and Ingleborough; a total climb of 5,000ft. There is a choice of walk(s) for all – choose to do 1,2 or all 3 peaks. This year we are raising funds for SEWA UK and Leprosy who primarily work in India. For more information see the [Charity Through Adventure website](#)

### PLEASE MAKE AN EFFORT TO RAISE FUNDS

This year we are asking participants to wear previous years T-shirts. First timers will get any T Shirts left over from earlier years. This measure has been taken to save on costs and wastage.



Even if you can't participate physically, please make a donation on the [fundraising page](#)

Local teams can arrange Fundraising Pages via Virgin -<https://uk.virginmoneygiving.com>. Please nominate the following charities and share of donations

- SEWA UK Reg number : 1135425 75% share of donation
- LEPROA Reg Number: 213251 25 % share of donation

### DATES FOR YOUR DIARIES



**3 MAY**

#### MAY BEN NEVIS CHALLENGE

First event for Scotland shakhas. If you would like to take part please contact Shiv Singh of Edinburgh [pratap.shiv@gmail.com](mailto:pratap.shiv@gmail.com)



**4-5 JULY**

#### LAKES – 10 PEAKS



**26-27 SEP**

#### WALES WALKS



**MID OCT**

#### SOURCE OF GANGES TREK

A moderate doable trek for Proudhd persons

### CORONAVIRUS – SELF ISOLATION and PRECAUTIONS TO LIMIT SPREAD



Namaste. As you will all be aware from the news there are now a rising number of coronavirus cases outside of China. Please can all Shakha/BG karyawahas remind their swyamsevaks and sevikas of the government guidance relating to self-isolating if they have returned from specific outbreak countries. This includes self-isolation from attending shakha or any shakha-related functions until they have completed the self-isolation period. It is important that we follow this guidance to reduce the risk of further spreading this virus. For further information on this can be found on the [Government website from the Dept of Health](#)



## OUR CONDOLENCES

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

Shri. P Parameswar ji is no more. One of the senior most RSS pracharaks, contributed for 70+ years, a great intellect, a great orator, a great poet, a great organizer, a Padma Vibhushan awardee died on Sunday 9th Feb 2020. Praying god to bless his soul attain Sadgatgi. Senior most RSS Pracharak from Kerala Sri. P Paramewaran, also Director of Bharatheeya Vichara Kendra, President of Kanya Kumari Vivekananda Kendra was honored by the second highest Civilian Honor of Republic India, Padma Vibhushan Award. Sri P. Parameswaran (often referred to as Parameswarji) was a Hindutva thinker, poet, writer, philosopher and a great orator as well. He was also one of the founder members of the International Forum for India's Heritage (IFIH). Sri. Parameswaran was awarded the Hanuman Prasad Poddar Award instituted by Bada Bazar Library of Kolkata Calcutta in 1997, in recognition of his effort in teaching the lofty principles of Hinduism to the common man. He was appointed as the member of the Court (Senate) of Jawaharlal Nehru University, New Delhi in 2000. Awarded with the Amritha Keerti Puraskar by Sri Mata Amritanandamayi Math on 26 September 2002, for outstanding service to the society. In 2004, the President of India awarded him the Padma Shri in recognition of his valuable contributions to the society. He has authored many books in Malayalam and English.

P. Parameswaran has authored several books on Indian philosophy and society. He was the editor of the magazines - 'Kesari' and 'Manthan'. He was also the editor of the monthly 'Yuva Bharathi' and the quarterly 'Vivekananda Kendra Patrilka'.

He was the chief Editor of 'Pragati' Quarterly Research Journal. He has written books on Sri Aurobindo, Marx and Vivekananda, Chhatrapati Shivaji, and Swami Vivekananda's teachings. He also keeps his close association with Sri Ramakrishna Math and Advaita Ashram, Kalady. He has authored several books on Indian philosophy and society.

### PERSONAL LIFE

Born at Cherthala village in Alappuzha district in the year 1927, Parameswar ji continued his studies at SB College Changanassery and graduated from University College, Thiruvananthapuram with distinctions in BA (Hons.) in History. From early childhood, he had a great inclination towards the study of Hinduism. He was intimately connected with most of the Hindu social and cultural organizations

### IDEOLOGY AND SOCIAL THOUGHT

He came into contact with the Rashtriya Swayamsevak Sangh (RSS) during his student days. He was also a disciple of Swami Agamananda. Parameswarji became an RSS pracharak (full-time organizer) in 1950, as per the direction of Sri. M.S. Golwalkar (Guruji), who was the Sarsanghchalak of RSS. He served as organizing secretary of Bharatiya Jana Sangh in 1957. In 1968, he became and All-India General Secretary and later Vice-President of the Jan Sangh. He was jailed during the Indian Emergency (1975-1977). In 1977, Parameswaran moved from politics to the sphere of social thought and development. He worked as director based in New Delhi for Deendayal Research Institute an organisation started by Nanaji Deshmukh for four years.

P. Parameswaran, a bachelor, who didn't have a house of his own, resided in the Vichara Kendram headquarters, Thiruvananthapuram.

In 1982, he came back to Kerala and gave shape to a new organization; Bharatiya Vichara Kendra aimed at national reconstruction through study and research. It has its headquarters in Thiruvananthapuram and has units all over the state. He had also been associated with the Vivekananda Rock Memorial and Vivekananda Kendra, Kanyakumari and has served in various capacities in the governing body of the Kendra. He was the patron of Geetha Swadhyaya Samithi, which promotes the ideology of Bhagawad Geetha amongst youth.

He took initiation from Ramakrishna Mission and was a close associate and disciple of Swami Agamananda social reformer and founder of Advaita Ashrama at Kalady, the birthplace of Adi Shankara.

He has written articles and books on social, cultural and religious themes. He has delivered lectures all over the country on national issues. He participated in the Centenary celebrations of Swami Vivekananda's address at the World Parliament of Religions held at Chicago in [1893].

**CONTINUED...**





## OUR CONDOLENCES

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

### CONTINUED...

In 1998, as an answer to the rising crime rate, delinquency and other social evils in Kerala, Sri. Parameshwaran proposed observation of a 'Gita decade'. Popularizing the Bhagavad Gita as a comprehensive life science was his solution to the social problems of Kerala and the whole of India. The recently conducted two-day Gita Sangamam at Thrissur attracted around two thousand youths from all over Kerala. Eminent personalities like Padma Subrahmanyam, Justice Sukumaran etc. attended the function, which was formally inaugurated by Ananth Kumar, Union Minister for Culture, Youth Affairs and Sports. The programme of conducting one Gita Shibir in each panchayat of Kerala is on.

The International Seminar 'Bhagavad-Gita Gita and Modern problems' held at Thiruvananthapuram from 7 to 4 December 2000, in which 1500 youths, scholars and saints from all over India and abroad including Murli Manohar Joshi, Union HRD Minister and the Dalai Lama participated, was a high-water mark of the Gita Movement organized by the Gita Swadhaya Samithi under the guidance of P. Parameswar ji .

### SHRADHANJALI TO PARAMESHWARANJI - LEICESTER



Shradhanjali to Parameswaran ji karyakram in Leicester today [1 Mar]. Karyakartas from London, Stevenage, Leicester, Nottingham and Manchester paid tribute Shri Parmeshwarji. A stalwart of Kerala sangh work. Maneneeya Pravinbhai Ruparelia kindly attended despite his health.  
**Man. Dhirajji Shah**

### BOOKS AUTHORED BY SHRI. P PARAMESWAR JI

- |  |  |
|--|--|
| 1. Sri Narayana Guru the Prophet of Renaissance. | 11. Bhagavad-Gita The Nectar of Immortality                        |
| 2. Sri Aravindan Bhaviyude Darsanikan.           | 12. Marunna Samoohavum Maratha Mulyangalum.                        |
| 3. Vishwa Vijayi Vivekanandan.                   | 13. Gita's Vision Of An Ideal Society                              |
| 4. Marx and Vivekananda.                         | 14. Udharedathmanathmanam  |
| 5. From Marx to Maharshi.                        | 15. Makarajyotis (A brief study of Swami Vivekananda in Malayalam) |
| 6. Bhagavad Gita - Vision of a New World Order.  | 16. Darshanasamvadam   |
| 7. Beyond All Isms to Humanism.                  | 17. Swanthantra Bharatham-Gatiyum Niyathiyum                       |
| 8. Heart Beats of a Hindu Nation                 | 18. Hindudarmavum Indian communisavum                              |
| 9. Yajna Prasadam (Selected Poems).              | 19. Vivekananda Num Prabhudha Keralavum                            |
| 10. Disabodhathinate Darshanam                   | 20. Hindutva Ideology - Unique and Universal                       |
|  | 21. Heart Beats of Hindu Nation (3 volumes)                        |



**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.