

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

There's much to be said of those three little words – Tan, Man, Dhan. This months edition exemplifies all three aspects in various contexts not least in the sincerity with which Guru Puja utsavs up and down the country have been celebrated. As we draw inspiration from these key events in our calendar – we can also look forward to hearing the inspirational stories and experiences being made at our Sangh and Samiti Shikshak Varg as we speak..

WAX ON, WAX OFF... JUL 2019 – For over 25 years [!] a committed and growing group of Martial Arts enthusiasts' have been leading Ni-Yuddh shakha in Birmingham. Earlier this month they held their final session before the summer break amassing a sankhya of over 110 who attended the grading certificate presentations. It was a particularly poignant final session for the shakha, as they say farewell to Puja Chandegra who is preparing for her forthcoming marriage and subsequently moving to London. Puja shared her experiences [which were many over her own 20 year history at Ni-Yuddh Shakha]. It was an emotional moment for many- not least for the girls she had nurtured along the way.

The shakha first started under an Instructor, but is now self-managed and run by senior members of the shakha under the Wadoryu style of Karate. The shakha currently has three black belts, over 30 who have/are over half way in the grading standard to this level. Over 60 have achieved the first few grades up to Green Belt. The Alumni for the shakha would easily run into the 100's - as members leave for universities, jobs, etc not all are able to achieve the mastery levels, but they all take away the discipline and character building that it develops.. The Shakha pride themselves on their quality standard, this is notable from the bar set in passing the grading systems – which may leave parents disappointed, does ensure quality is not compromised.. Those of high ranking grades also lead younger groups. Demand at the shakha is high with a waiting list extending beyond a few months.

A spin-off from the Ni-Yuddh shakha, mothers of children attending Ni-Yuddh shakha [amongst others] have formed a Ladies Yoga Shakha with sankhya ranging from 20-40 – four of whom are attending Samiti Shikshak Varg this Year. Everyone say KIAI!

Sharad Shah, Birmingham



SWINDON – EARLY BIRDS...

JUL 2019 Swindon made a head start with their Raksha Bandhan celebrations this year on the 5th July - with emergency services- Fire, Armed Forces & Medical fraternity.

Guests were given a tilak and Rakhi. Most of the guests attended Rakshabandhan this first time and became emotional and called this as an honor. Balagokulam children had a fantastic time with the fire engine and special demonstrations. Fire brigade team loved the company of over-enthusiastic children and flurry of their intriguing questions. Total Sankhya was 60.

<https://www.swindonadvertiser.co.uk/news/17760108.swindon-emergency-services-thanked-traditional-hindu-celebration/>



MORLEY – VIVEKANANDA SHAKHA

JUL 2019 Morley celebrated their first utsav [Guru Puja] with sankhya of 85. A fantastic response from local families



CHELMSFORD – MADHAV PARIVAR SHAKHA

JUL 2019 Madhav Parivar Shakha Chelmsford celebrated Guru Puja on 21 July 2019. Swayamsevaks and their families decorated the dhvaj mandal beautifully and with great devotion. An inspirational baudhik by Shiv Shankar highlighted that a true offering of worship, or puja, to the Dhvaj is the dedication of strength, mind and heart for the welfare of our society.
Nawaratna Sharma– Chelmsford, Essex UK



A BEDFORD FIRST JUL 2019 First Guru Puja celebration in Bedford with a sankhya of 25



SALE GANGA PARIVAR SHAKHA, MANCHESTER

JUL 2019 - Guru Puja Utsav 21st July.

We started off with Sampat & Dhwajorahan followed by Suryanamaskar & then to our **Bauddhik Khel**. The Bauddhik khel was on 20 different Gurus for example, Shree Krishna, Veda Vyas, Ramakrishna Paramhansa with short PowerPoint presentations [which were made over several weeks and circulated in our Shakha group to enable children to prepare].

The occasion was graced by Nathuji Faldu who talked to us about the essence of Guru Vandana & Puja, he then talked to us about his travels to Bharat & the various Sewa Projects that he is involved with.

We all were impressed by the beautiful geets presented by our Balagokulam vibhag. Kishori & Kishor gana stepped forward and took responsibility for running the days programme. Finally, the Yuvati gana brought in delicious home made food for all of us and we all enjoyed having bhojan together. It was a brilliant day for the Sale Shaka, **“Sangathan mein shakti hai!”**

Kaushik Chakraborty, Sale shakha, Manchester
chakrabortysubho@hotmail.com

If you are interested in receiving a copy of the PowerPoint presentations on the various Gurus – please contact Kaushikji.



NEWBURY – GURU VANDANA

Its with great pride that say that our first Guru Vandana event on 5 July 2019 has been a tremendous success. Karyakartas arrived early to prepare for the event. The Dhvaj Mandal was set and the hall was arranged and decorated. The Teachers arrived, and we started on time at 6:30pm with Sampat. The Teachers witnessed our routine of Sampat and Suryanamaskar and were very impressed with the discipline, especially among the children.

A 30 minute presentation was given to the Teachers, guests and all Karyakartas on who we are, what we do, our aim, achievements and the significance of Guru Purnima. Guru Dakshina was presented to the teachers by our children in a traditional way (with our children touching the feet of their teachers seeking their blessings).

We had 8 teachers from various schools and all gave us a very positive feedback. They also expressed their desire to be invited to future programs. A few teachers also invited our Karyakartas to come and present a talk on Hinduism at their Schools. The teachers also request a few photographs of the event to put in their School’s newsletter.

Our first Guru Vandana event has been an impressive event and we would like to thank Shri Yogeshji Bhide for mentoring us and our Karyakartas who made this event a great success.

Gautham Kamath, Karyawaha, Newbury Parivar Shakha - gvkamath@gmail.com

If you are interested in receiving a copy of the presentation given please contact Gauthamji.



GURU VANDANA AT THIRUVALLUVAR SHAKA - GILLINGHAM

JUL 2019 On a warm and sunny afternoon of 14 July, Thiruvalluvar Shaka (Gillingham, Kent) celebrated Guru Vandana. The occasion was graced by four teachers from local schools and a small Bhoudhik was delivered to the group on the importance of Guru Vandana and its significance in Hinduism. The teachers were honoured with a tilak, They truly felt honoured and appreciated. A big thank you to all the teachers from Thiruvalluvar Shaka team. **Siddharth Raote**, Gillingham Shakha



GURU VANDANA AT LEEDS SHIVAJI SHAKHA

JUL 2019 Seven teachers attended our Guru Vandana utsav . They enjoyed the experience and were very touched by observing the ritual and its significance to the wider society. They wanted to see how they could transfer this knowledge into their schools as well. A few told me that they were planning to invite us to enlighten their students and teachers about our Hindu customs and their significance to the school life and the family lives of the pupils. All in all a very successful event for our shakha, the swayamsevaks, Sevika's and the parents who prepared an activity for the event.

Well done everyone! It proves once again that Sanghathan mein Shakti hey! **Prashant Pandya**, Karyawah, Shivaji Shakha, Leeds



#OH WE DO LIKE TO BE BESIDE THE SEASIDE....BIRMINGHAM GOES TO BARRY ISLAND

JUL 2019 There were 61 intrepid sun-seekers ready for the day trip to Barry island on the 7 July from Birmingham's Balagokulum and Shakti Shakha. The excitement of the children only got bigger on learning there was a double-decked coach! With the little ones scrambling up to the top deck, followed by their parents, grandparents settled down for the trip ahead.

Every trip should start auspiciously, and ours was no different with a recital of the Hanuman Chalisa before we set off! The journey to Barry island continued to be 'melodious' with the obligatory Anthakshari ensuring even the determined weren't able to catch a nap!

It was a bright and beautiful day as we turned up on the beach. We had a few rounds of khel enjoyed by one and all. Dads were happy to look after the children playing on the beach, whilst the Mums went for a walk on the rocky stretch under the protective gaze of our brothers Narendraji and Bhavinji.

We had a hearty meal sat around as one big family, sharing food. The efforts put in by all for preparing food was appreciated.

Everyone had a fantastic time. The children enjoyed playing, rolling around, chasing one another, playing cricket, trying to bury their legs in the sand...Most of all they bonded well, making friends. It felt really good when some of the older children could be seen looking after the little ones. The picture of grandchildren walking holding hands of their grandparents is etched in our memories now.

It was time to head back and contrary to what we expected – the children were still high on energy and never fell asleep – the same couldn't be said of the elders, many of the catching that missed nap on the way in.

It was a fantastic day out and the journey was thoroughly enjoyed as much as the destination. Beautiful bonds made, little friendships blossomed, we grew together closer as a big parivar. We all returned home with a thankful heart to the organizing team. A great job, and high praise for Umeshji, Dipakji and Hemantji for arranging!

Madhu Gowda





Not wanting to miss out – here's a sweep through of the remaining Nagars who participated in the IDY 2019

BIRMINGHAM

JUN 2019 – International Day of Yoga was celebrated at Laxminarayan Temple, Birmingham on 21 June 2019. The event was organised as two separate sessions

Fun Yoga - Children going through fun yoga led by Pradeepji and Dr. Madhuben from Birmingham's Balgokulam and assisted by other shikshaks from other shakhas. Madhuben reported the children were full of energy. One child mentioned, "yoga makes the heart strong, so it can pump good health and love around the body."

Advanced Yoga - The adults went through 23 yog postures with 16 suryanamaskars punctuated between yog postures. Shavasana, pranayama and meditation followed the yog postures. The whole session was for almost 1 ½ hrs. Sankhya was estimated as 170. From the feedback received many got inspired by the session to bring yoga in their daily lives. **Sharad Shah**, Birmingham

SALE – JUN 2019 In the run up to IDY Sale Shakha undertook a suryanamaskar challenge on 21 June. Each family completed suryanamaskars in the 4 weeks prior to IDY – all competing to outbid each other in total completed. The process generated great enthusiasm in our shakha. Several families posted scores in the hundreds! We endeavor to continue with this good initiative and look after the physical health of our families. **Kaushik Chakraborty**



CHELMSFORD

JUN 2019 This great art form known to strengthen the body and mind was celebrated in a grand way by Chelmsford Nagar Pariwar Shaka on 23rd June 2019 to commemorate the IDY. The practice of yoga is an important aspect of the regular Shakha activities and is promoted diligently with the help of Yog – Kulam Team of HSS [UK]. IDY celebrations in Chelmsford attracted many strong audience including children, adults and elders. The session kicked off with Aumkaras, followed by Shlokas. The children demonstrated the nuances of the different Asanas while the rest followed them. The benefits of each of these Asanas was succinctly explained to all. This was followed by a very inspirational Baudhik which focused on Yoga by East London Vibhag Karyavaha Shree Kanti H. Chhabhadiya.

Dr. Hari kumar –Chelmsford, Essex



TELFORD JUN 2019 Telford Balagokulam celebrated IDY on 22 June 2019. We first learnt about the origins of yoga, then we learnt what Yoga is used for. We learnt about the different types of yoga, how to carry out each pose as well its benefits. To finish off the Yoga day special, we did 5 minutes of meditation lead by an experienced meditator. Overall, international yoga day has inspired/encouraged people to do yoga and meditation daily. As well as, teaching them the benefits of doing it daily for the mind and body. **Raj Marni**





PEAKY BLINDER[S]

JUL 2019 10 peaks in Lake District completed 21 JUL by 6 of us. Another excellent trip planned by Satishbhai. A very challenging walk - rocky, heavy rain, sinking shoes, minibus rolling backwards - a great adventure.

Rupesh Mistry

SAMPARK THROUGH SOCCER

Join our Fantasy Football League group that connected many swayamsevaks last year. You'll be able to participate in chats and share the highs and lows of the season and challenge Parin Shah who has won the league for the last 2 seasons!

The league is open to swayamsevaks AND sevikas. To join head over to fantasy.premierleague.com, set your team and using the code, **x3vevt** join the league. Good luck :)

"This has been a great way to reconnect with swayamsevaks who I have not been in touch with for years!" Privesh Patel, Bradford

SEWA UK AT NONSUCH SUMMER FAIR

JUL 2019 - On 13 July 2019, the Sutton Sewa UK team organised a food stall at the Summer Fair at Nonsuch High school for girls. The following Indian snacks were freshly prepared and sold for the fund raising event: Pav bhaji, Curry and Rice, Onion bhaji and samosa, Mango Lassi.

30 Volunteers contributed to this noble cause, by getting involved in preparing the food, and running the stall and serving food at the event. Over 200+ plates of Pav Bhaji / Curry rice, 100+ plates of Onion Bhaji/ Samosa and 130+ Mango Lassi were sold raising a net total of £483.62.



EXCERPT OF FISU PRESS RELEASE: 12 JULY 2019

Friends of India Society International (FISI) UK organised a seminar on UK-India Relationship in the post-Brexit era in the Nehru Centre on 12 July 2019. Eminent experts shared their thoughts on the current and future UK-India relationship. The speakers included Mr Rohit Vadhvana, First Secretary (Economic) of the Indian High Commission and Lord Karan Bilimoria, CBE.

Both Mr Vadhvana and Lord Bilimoria suggested that the UK government needs to relax the visa restrictions on Indian students as this is having an adverse impact on the UK universities and depriving businesses of the much needed skills and talent. Lord Bilimoria suggested that there should be parity in fees and visa rules for Indian students with other international students. He further said that Indians have contributed a great deal to the UK through their soft power.

Professor Sunil Poshakwale, General Secretary of FISI UK explained the background for the seminar emphasising that there is a great potential to leverage the UK-India relationship to greater heights as both countries not only share historical relationship but are also two of the most vibrant democracies. Though being only 2.3% of the UK's population Indians contribute 6% to its GDP which works out to a per capita annual contribution of approx. £80,000. Earlier in the programme Mr Bharat Shah, President explained a brief background of the FISI UK and how and why it was formed in 1976.

fisiorguk@gmail.com



CAREFUL! ITS LIKELY TO SEND YOU OVER THE EDGE

JUN 2019 - Tattva's latest cohort of authors launch **Tipping Points**. Jaspreet Kaur Sharma, Snehal Shah, Kishan Bhatt and Vivek Sharma join the growing network of Tattva authors through their completion of the 16-week authorship programme.

On Saturday 22nd June, Tattva celebrated its third book launch, **Tipping Points**, showcasing the diverse works of these latest authors. Attended by Creative and Community leaders alike, the event was a celebration, bridging Indic values and culture with contemporary society.

In fostering the right conditions for creativity and expression, Tattva plays a unique and important role in motivating Indian diaspora to explore and contribute to the Arts and Literature world. It seeks to bring genuine diversity and balanced perspectives to the world of publishing. Follow the link for highlights of the event.

Buy the Book

Source: Tattva News

TATTVA:TALKS

DECOLONISING IDENTITY

Preventing Exploitation and Realising Civilisational Potential

Is decolonising identity necessary to thrive in a post-colonial world?

Shivani Pala in conversation with Vivek Sharma, contributing author of **Tipping Points**

Thursday 22nd August, 2019 | 7:00 - 8:30pm
The Steps, Rawthmells Coffee House, Royal Society of Arts, RSA House, 8 John Adam Street, WC2N 6EZ

**Thursday 22nd August 2019**

'Decolonising Identity' - conversation with author Vivek Sharma hosted at the Royal Society of Arts. [Register here.](#)

Get Involved with Tattva

It takes a village to raise a child. The Tattva network provides a platform for everyone to work together. Whether you are an aspiring writer, established author, publisher or creative, there are a number of ways you can get involved.

Tattva is a non-profit initiative run entirely by volunteers. With your financial support, we can help build something together. [Join our Well-Wishers community and help us grow sustainably.](#)

**CONGRATULATIONS!**

To Neil Valambhia [of Birmingham] and Dhara [Bradford] who were wed on 27th July in Bradford. Best wishes!

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.

