

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 things really are hotting up – and no not just the temperature! We’re certainly making good use of the longer days with the Sangh Mailbox exploding with news! This months edition is a bumper edition focused on International Day of Yoga events running the length and breadth of the country – Well Done all!

THINGS ARE MORE REFINED THE MATURER THEY ARE – and they don’t come much more refined than our Prouddh ghan... JUNE 2019 – The annual prouddh shibir was held on Saturday 8-9th June 2019 in Leicester – based around the the theme of Sewa Hai Yajñakunda . The shibir was presided over by Shri Rajnibhai Parmar the Shibir karyawaha and had an attendance of 86 Full Time Camp members. The shibir was an eclectic mix of bauddhik and shareerik – making full use of our now infamous Chair Yoga led by Dr Tribhuvan Jotangia. This was also followed up by the most enjoyable Laughter Yoga by Jadavji Jungi
Krishnakant V Kapadia, Proudh Pramukh, hss.ukproudh@gmail.com



LEAMINGTON SPA – IT’S IN THE BAG

Sanskar BG volunteered to pack 2000 bags for Leamington Half Marathon. 22 volunteers (the youngest 4) packed the bags in 90 min. Rob Sullivan of Leamington Half Marathon indicated that the bags were packed at rate of 1 bag every 2 seconds. It was a real example of Sanghathan.

Preeti Gupta, Sanskar Parivar Shakha Karyawaha.





HSS (UK) Yoga Day Events

Bedford	City of London
Birmingham	Manchester
Bradford	Morley
Bromley	Newcastle
Bushey	Newton Mearns
Cambridge	Northampton
Cardiff	Nottingham
Chelmsford	Oldham
Coventry	Portsmouth
Croydon	Reading
Derby	Rugby
Gillingham	Slough
Gravesend	Stoke
Hounslow	Sutton
Leamington Spa	Swindon
Leeds	Telford
Leicester	Warrington
Lincoln	West Bromwich
Liverpool	Woolwich

International Day of Yoga

HSS (UK) takes the International Day of Yoga nationwide

The 21st of June has now been firmly established as the International Day of Yoga (IDY), initiated by the Honorable Prime Minister of India, Shri Narendra Modi, as a celebration of this wonderful gift to the world. Over the last 5 years, every corner of the world has marked this day with positive energy, and a message of peace and harmony.

HSS (UK), formed of Hindu Swayamsevak Sangh and Hindu Sevika Samiti, has supported this initiative since its inception, and this year, HSS (UK) has taken the message of Yoga nationwide hosting IDY events in over 30 cities and towns across the country with an expected participation of over 2,500 people of all ages. Each event

brings together an energizing and invigorating Yoga programme open to all abilities, focusing on Ashtanga Yoga, a more traditional form of Yoga, whilst also taking participants on a journey through the philosophy and history of Yoga.

HSS (UK) is also one of the selected partners of the High Commission of India, organising the formal celebrations on 21st June, hosted at both India House, Aldwych and the iconic London Landmark, St Paul's Cathedral. HSS (UK) for over 50 years, has been teaching, practicing and promoting the core essence of Yoga through weekly activities across its 110 centres

nationwide. Through structured curriculum, HSS (UK) has taught the foundations of Yoga to all ages. From as young as 4 years of age, participants have understood the benefits of applying Yoga to their daily lives to build a healthy mind and body, and this message has continued across the generations to support healthy living in older ages. Yoga however transcends many boundaries to a

much wider message of peace, harmony and above all unity. Underpinned by the notion of Sarve Bhavantu Sukhinah, may ALL be happy, Yoga has the power to harness the human spirit and bring collective effort. By investing in ourselves we stand better to serve all those around us.



BEDFORD CELEBRATE IDY WITH NIRANKARI MISSION



BRADFORD MAKE IT CHILDS PLAY!

“...it was a lovely day and the hall was full of more than 100 people to celebrate International Yoga Day 2019 an event organized by Patanjali Northern Yoga group Bradford. Children of Bradford Krishna Balgokulam, Keshav Shakha and Savitri Sakha performed and demonstrate Surya Namaskar followed by Surya Mantras in the event. Our Swayamsevaks and Sevikas performance were applauded by everyone present for the day. Children received the Book published by Patanjali “Yoga for Children” which will help them to learn and practice Yoga for a healthy life...”

CAMBRIDGE

International Yoga Day celebrations in Cambridge Ramanujan shakha. We were joined by the local ISKCON group and members of the local community.



BG PORTSMOUTH - COLLABORATION

West Sussex Hindu Samajam, Chichester Vedic society & Balagokulam Portsmouth in association with Isha foundation celebrated International Yoga day. It was attended by the Lord Mayor, local councilors and over 120 local community members!



BELFAST GETTING THE PIPE CLEANERS ACTIVE!



CARDIFF BALAGOKULUM MASTER THE ART OF LIVING

Cardiff Balagokulam in collaboration with The Art of Living organised the ‘Yogathon’ event on 23rd June to celebrate the International Yoga Day. Two parallel sessions of Yoga and meditation were organised for children and adults.

The children undertook a stage performance of Yogasanas. All participants appreciated the importance of Yoga to achieve a healthy body, mind, and spirit and left with a promise to embrace it within their daily life.



DERBY – ON THE FRONT FOOT

IDY 2019 celebrated by Derby shaka on 21 Jun with a participation of 49



COVENTRY – TAKING A SEAT



Coventry Nagar celebrated IDY with 112 people. This was organised together with Patanjali Yog and Brumha Kumari and other local organisations

Shri Tribhovanji lead the event with its organisers explaining multiple Yogs from Physical (Shareerik) Mental (Baudhik) to Spiritual (Aadhyaatmik) Yog.

It’s crucial in this time for us to impart Yog in our lives. As Yog, provided us the ability, to balance ourselves in our day to day lives.

Dharmish Jagatia



FINCHLEY – ASKING IF THE GRASS IS GREENER

Shakti Samiti and Pratap Shakha Finchley_ celebrated International Day of Yoga with great enthusiasm. The event saw Surya Namaskar, sukhasan, bhujangasan, vrukshasan, trikonasan, tadasan, amongst the postures practiced. They learnt the benefits of regular yoga practice including increased strength and flexibility, improved circulation and immune system, relieving stress and anxiety, and even purportedly improving memory!

In Baudhik, we were told that Yoga originated in India and that it is an ancient physical, mental and spiritual practice. The word ‘yoga’ derives from Sanskrit and means to join or to unite, symbolizing the union of body and consciousness. The Bhagwad Gita highlighted the value of the philosophy of yog in living life to the fullest and liberation through moksha. We ended the session with hasyasan (laughter yoga).

Dr Harsha Jani



LEAMINGTON SPA – BREAKING A SWEAT!

On 22 June, Sanskar Balgokulam celebrated International Day of Yoga. The event was organised by Shree Krishna Mandir but Sanskar BG was asked to present Surya Namaskars to the participants. There were about 100 people who participated. It was held in the Pump room Gardens and was open to everyone. The Warwickshire MP Mr Matt Western was present and said he is a big advocate of yoga as it helped him with his arthritis. Everyone really enjoyed the children's presentation.



LEEDS – BENDING OVER BACKWARDS...

Leeds Parivar Shaka took part in IDY undertaking a Yoga challenge and Suryanamaskar challenge with friends or family.

TELFORD BG - DELIGHTFUL



Great effort from everyone to celebrate IDY with such enthusiasm, especially kids. It was nice to see Vyayam Yog performed with great synchronisation. Yogasanas performed individually by kids are a delight to watch. Thank you everyone for your effort. Keep practicing Yoga! **Telford BG**

RUGBY – PICNIC YOGA

Rugby Nagar celebrated International Day of Yoga on Sunday 23 June. Three Yoga sessions were held at Caldecott Park with each session focusing on the various benefits of Yoga. The weather on the day helped to ensure that each session was well attended. This annual event has been attracting a varied crowd every year, and we hope next year we can attract even larger numbers. The participants were asked to come prepared with a picnic this year, and they duly obliged. It was great to see people participating in the yoga sessions and interacting during the picnic.



WOOLWICH – PEACE AND HARMONY

Woolwich Shivaji & Pannabai Shakha celebrated IDY on Jun 25. From children to adults, we all enjoyed doing Yoga together as one big family.

Yoga is not just about bending, twisting and flexibility, it is about self realisation and the union of the self with the whole of creation. Let's make yoga a regular practice and achieve universal peace and harmony.



WOOLWICH – EASY PEASY!

This year, Woolwich Shivaji & Pannabai Shakha as part of took yoga to our local primary schools as part of IDY. Both the children and the teachers at Foxfield primary school and St Thomas primary school thoroughly enjoyed the sessions. Over 400 children participated. What a fantastic week and thank you to the schools for the opportunity.



INTERNATIONAL DAY OF



CHELTENHAM BG – GURU PUJA

JUN 2019 - Cheltenham Balagokulam Parivaar celebrated its first Guru Purnima on Jun 20th at Hindu Community Centre Cheltenham Temple with a total Sankhya of 53 people. The whole environment got blissful when our atithi Mananiya Sanghchalak Dhirajji Shah arrived together Hiteshji, Harshadji Solanki, Hiteshji Solanki and Neetanji Jain from West Midlands vibhag to celebrate Guru Pooja with us. Our session started with Sampat, Dhvaj pranam warm ups. Then khels started with Sher Bakri and Khazana.

Mananeeya Dhiraj ji provided an inspiring Baudhik on Guru Purnima. Everyone was amazed to know about the functions of HSS UK as a voluntary organisation, its engagement and work to unite Hindus over the last 53 years. We were all were curious to know about Guru Pooja, and our Guru Bhagwa Dhvaj. Sanghchalakji explained about above two very simply and beautifully and why it is important to offer Guru Dakshina to our Guru. After Baudhik Guru Pooja started, all the 17 families sat in the lines, one by one each family came over at the front and paid their respect to our Guru Bhagwa Dhvaj.
Poonam Manocha

**CHELMSFORD BG – MIND YOUR LANGUAGE**

JUN 2019 - Given the growing demographics of people moving from London to Chelmsford are young Hindu families, Chelmsford Balagokulam decided to commence weekly language classes which includes Hindi and Telugu languages. The Language team with the help of dedicated Sangh Swayamsevaks formed to run the sessions in separate batches for Beginners, Intermediate and Advance curriculums.

Sessions start with Aumkaras, Guruvandana, Saraswathi prarthna and ends with Shanti Mantra. Occasionally, Baudhik & Utsav will be added as a flavour to the learning sessions. This is a non-profit Sewa activity by team of Swayamsevaks in Chelmsford since 2018.

Balagokulam Chelmsford pupils (of Hindi language classes) were enrolled to UK Hindi Samiti national language exams & assessments – 2019, have performed excellently and achieved A level Marks.

To register for Language lessons please send an email to madhavshakhchelmsford@gmail.com

Glimpse of session: <https://youtu.be/N0YbaOHbHxg>
Vaibhav Anil Kumar – HSS Chelmsford, Essex UK.



Vaani Participants 2019

BOURNEMOUTH BG - TASTY...

JUN 2019 – We had a BG tester session [16 Jun] arranged at Bournemouth/ Poole (actually in Ringwood) with a modest attendance of 20 (11 Bal). The Karyakartas had attended a few BG sessions at Havant & Basingstoke to understand how to run the show. And so, the entire tester session was managed and executed by the local Karyakarta team on their own giving them the confidence to carry it forward. We will be expanding our base to beyond karyakarta families, and once a regular venue has been finalized will communicate details in due course

Akshat Mehta

**VAANI – ARE YOU READY FOR A STANDING ORATION?**

The next round of Vaani will begin in September. Application forms are available is online via the website. Applicants will:

- Be over the age of 25.
- Hold some responsibility in Sangh or in a Vividh Kshetra.
- Proficiency in English - A message to communicate.
- The capacity to commit to all Abhyas vargs and the samarop.
- A desire to continue as ambassadors of the Hindu samaj post-Vaani.

For more information see <https://www.vaani.org.uk/>

NEWCASTLE– GURU PUJA – LIVE TELECAST

JUN 2019 - Newcastle Parivar Shakha celebrated Guru Vandana Din on 22nd Jun. . It was 4th consecutive Guru Vandana Utsav with over 30 teachers honoured by our young swayamsevaks and sevikas. The utsav was attended by over 120 people. The Lord Mayor, Deputy Lord Mayor of Newcastle along with Army representatives attended the Utsav. Dr. Raveendraji Surange delivered the key note bauddhik. The whole of the event was telecasted Live on Facebook giving many people all over the world the opportunity to view it.

Vinay Sharma



RUGBY – WALKATHON

JUN 2019 - On Friday 7th June, Rugby Nagar celebrated their 15th year of fundraising for local charities through the Sewa Walkathon. This year, the weather preceding the event was not favourable, but luckily we managed to 'organise' a 3 hour window of dry and sunny weather which was just long enough for the Walkathon to be enjoyed. On the day 48 people committed themselves and either walked or ran the 5 mile circuit. To date, over £750 has been raised for the Rugby Autistic Network. Afterwards we had the usual trademark picnic where a huge variety of savory snacks were prepared by a various participants

Kishor Mistry



SUTTON – SEWA KITCHEN

A fantastic team from South London fed the homeless at Sutton Night Watch. The night watch operates three days a week and this week Sewa Day volunteers took up the challenge on Jun 17 and fed an incredible 47 people. They cooked the food at their own homes (rice, curry, spring rolls, salad, custard and naan) before transporting it to the centre where they were joined by two local councillors (Lily Bande and Catherine Grey) who helped serve too. This is just the beginning of the journey for Sutton [London] Sewa Kitchen and we look forward to sharing many more pictures in the future.



SLOUGH – BLOOD THIRSTY

JUN 2019 - Slough Sewa Day volunteer organised their 3rd blood donation drive last month at Langley Fire Station. 15 people donated much needed blood, 3 of whom were first timers, which is amazing!



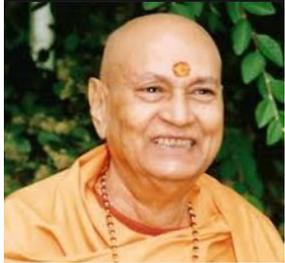
DONATING BLOOD TO SUPPORT THE COMMUNITY Extract from Windsor Observer

Francis Batt - JUN 2019 Generous members of two local Hindu youth groups donated blood at Langley Fire Station. A total of 20 members of Hindu Swayamsevak Sangh and Hindu Sevika Samiti (HSS UK) donated their blood as part of their 'sewa' (community service) activities. For the past three years member of HSS UK have been donating blood regularly and encouraging more members to register and donate blood as part of a nationwide Sewa initiative.





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



EXTRACT OF SHRADDHANJALI TO PP MAHAMANDALESHWAR SWAMI SATYAMITRANAND GIRIJI MAHARAJ (1932-2019)

It is with very sad heart that we learnt the passing away of Param Pujaneeya Swami Satyamitranand Giriji Maharaj from this mortal world and entered the status of **Brahmaleen** (eternal bliss) on Tuesday, 25 June 2019 at Hardwar.

Swamiji was a spiritual giant of the modern times. He was a social guide par excellence to the whole global Hindu diaspora with his wisdom and farsight encompassing the past, present and future of the Hindu Dharma and Sanskriti (culture).

In his ceaseless work of promotion and spread of Sanatan Dharma, he became instrumental and guide in establishing numerous organisations which worked for the unity of Hindus. He was a senior member of Margdarshak Mandal of VHP(Bharat) and very close to RSS leadership. He was Patron of VHP(UK) and graced many functions of HSS(UK).

His departure will be a great loss to the spiritual world and a great vacuum in the lives of countless devotees. His teachings and guidance will always be an inspiring legacy for future generations.

We pray to the Almighty to grant eternal bliss to the departed soul and may it continue to guide and inspire us in spirit. Our Shat Shat Vandan (obeisance) to PP Swamiji.

With heartfelt and deep reverence to PP Swamiji,
Aum Shantih! Shantih! Shantih!

On behalf of HSS(UK)
Dhiraj D Shah, Sanghachalak (President)



JUN 2019 – It is with deep sadness to inform you that Ishwerbhai Govindbhai Parmar (Preston) passed away last Wednesday [26 Jun] after a long illness. He was 81. He became a swayamsevak during childhood in Nairobi and had taken on various responsibilities in shakha. He came to UK in the 80s and lived in B'ham, then Wembley and later on in Preston. He was a very friendly, humble and honest person. He was a committed swayamsevak and always took part in all sangh events. He attended shakhas regularly in UK. After the death of his wife, he spent winter months in Gujarat where he got involved in Kalyan Ashram and VHP work. He spent summer in UK. He attended Proudh Shibir regularly. Lately, he became weak and anaemic. About 4 weeks ago he was diagnosed to have leukemia and underwent one treatment of chemo. He passed away on Wednesday morning after a short bout of pneumonia.



JUN 2019 – It is with sadness that we inform you of the passing of Shri Jayantibhai Pethraj Lakha Shah (82) In Nairobi. Jayantibhai was the brother of Late Shri Depar Bhai Shah and Shri Zaverbhai Shah of Birmingham and chachaji of Man. Dhirajbhai Shah (Sanghchalak of HSS UK). On behalf of all of us we pray for eternal peace and sadgati of the departed. We pray to Parmatma to grant the divine soul place at its Lotus Feet and courage to extended Parivaar to come over this loss of a near and dear one. Om Shanti! Shanti! Shanti!

LISTEN IN – PODCAST: The Forum - The Bhagavad Gita: A guide to spiritual wisdom, @bbcworldservice
<http://www.bbc.co.uk/programmes/w3csyp4v>

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.

