



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 / Swayamsevak/ Sevikas/ for wider sharing and inspiration at sanghmail@gmail.com

Sangh Mail

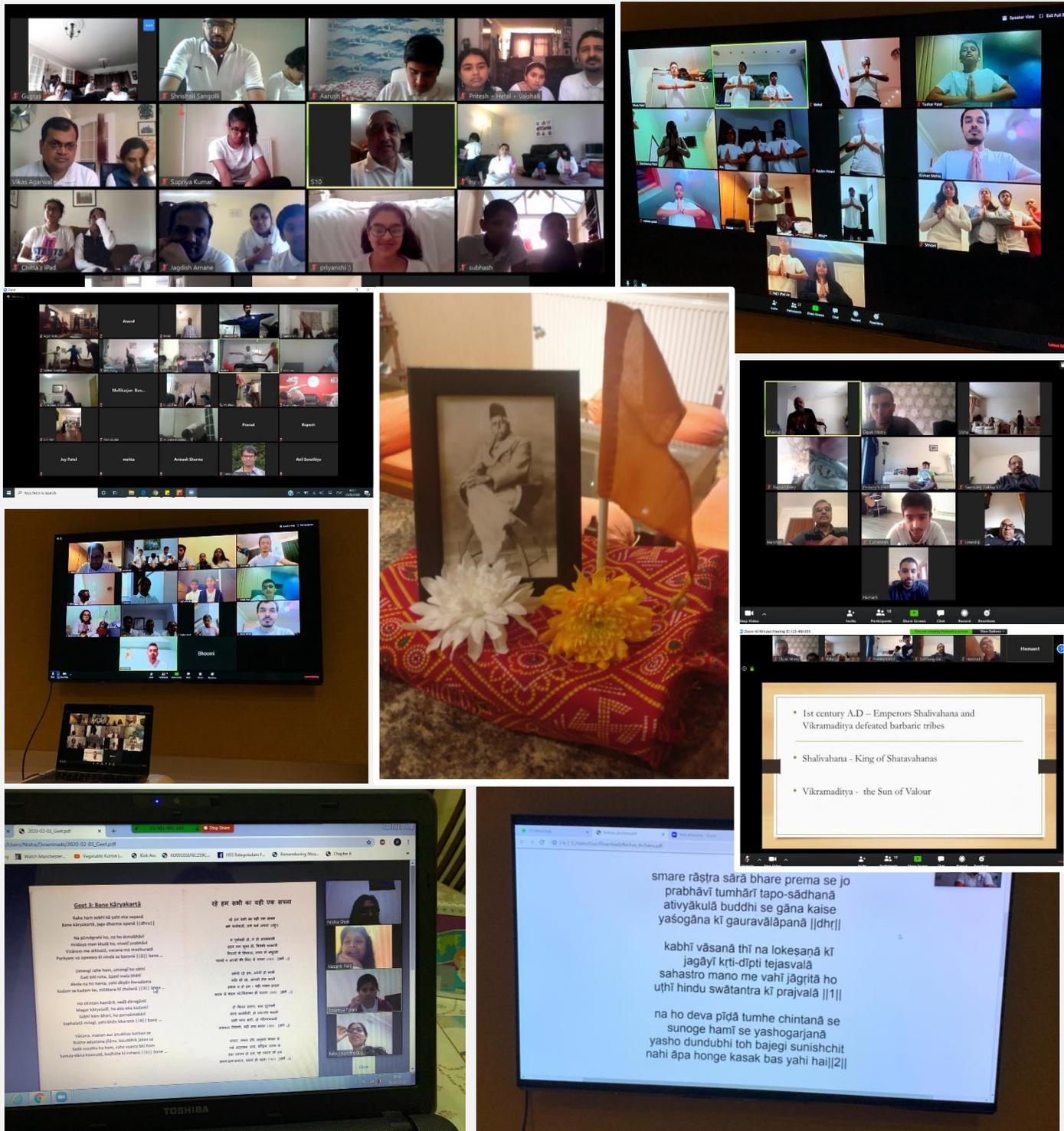
The Threat and our Response



AMONGST THE DESPAIR – THERE IS HOPE AND SANGATHAN

MAR 2020 As we all adjust to this new reality, some 63 shakha's have taken to the World Wide Web and continue our work of promoting Sanskars, Sewa, and Sangathan. The spirit, energy and vigor with which our work continues across a virtual online network is truly inspirational - keep up the great work, stay strong, and stay connected!

Please be sure to leverage the great online activities and resources lined up centrally by both Bauddhik and Shareerik teams [details of which have been shared separately, and again included in this edition]



- 1st century A.D – Emperors Shalivahana and Vikramaditya defeated barbaric tribes
- Shalivahana - King of Satavahanas
- Vikramaditya - the Sun of Valour

smare rāstra sārā bhare prema se jo
 prabhāvī tumhārī tapo-sāchanā
 ativyākulā buddhi se gāna kaise
 yaśogāna kī gauravālāpanā ||dhr||

kabhī vāsānā thī na lokaśanā kī
 jagāyī kṛtī-dīptī tejasvalā
 sahasro mano me vahī jagṛitā ho
 uṭhī hindu swātantra kī prajvalā ||1||

na ho deva pīdā tumhe chintanā se
 sunoge hamī se yashogarjanā
 yasho dundubhi toh bajegi sunishchit
 nahī āpa honge kasak bas yahi hai||2||

These are unprecedented times and it is vital we stay safe and heed the UK Government advice to

STAY HOME - PROTECT THE NHS - SAVE LIVES

HSS (UK) are pleased to present the below initiatives for our physical, intellectual, mental and spiritual wellbeing during the COVID-19 nationwide lockdown.

ACTIVITY	DAYS / TIMES	DESCRIPTION	LINK
Morning E-Shākhā	Mon to Fri 8.00am - 9.00am	A great way to start our day with Ish Chintan, Namaskar Mantra, Dhvaj Pranām and Prārthanā	https://hssuk.org/zoom
Lunchtime E-Fitness	Tues to Thurs 1.00pm - 1.40pm	Working from home? Need to stretch? Burn some serious energy with lunchtime fitness (cardio, strength building and yog for spine alignment)	https://hssuk.org/zoom
Suryanamaskār Yagna	April 2020	April challenge to perform daily 10 Suryanamaskārs each as a family	https://hssuk.org/sny
Bauddhik and Shareerik challenges for Bāl / Bālika		Children's workbook with a range of Bauddhik and Shareerik challenges to complete whilst at home	Bauddhik and Shareerik Challenge
Useful digital resources		A list of digital resources with fitness routines, recommended reading, movies and series to watch online based on Hindu and Bhāratiya history and culture	https://hssuk.org/digitalresources
Local online book clubs		Run a local online book club	Watch video for ideas and recommendations

GET INVOLVED!

SELFLESS SERVICE - SEWA

The accounts of Front Line staff – are at times, harrowing, heart-breaking – but also truly inspirational and motivating. Our **Sewa Day** team have setup 24 regional groups to serve the community, in particular supporting Food Banks, front-line staff at hospitals and 'Helping a Neighbor'. To volunteer and get connected with a local team, text your name and area to **Shri Deepak Pathak on 07366 613788**



ONLINE UNIVERSITY / CAREERS FAIR - NORTH WEST VIBHAAG

The Taruns and Tarunis in Manchester organised a university/careers fair for NW Vibhāg kishore and kishori s'sevaks and sevikas on Zoom. The swayamsevak and sevikas on the panel explained the degrees they were doing/did and answered a few questions surrounding this, careers choices and university life.

Vikesh Vadukar

MANCHESTER

UNIVERSITY FAIR!

Manchester Surya Parivaar Shakha

- 7 swyamsevak and sevikas sharing their experiences!
- 7 exciting degrees, such as Politics Engineering, Law, Medicine and much more!
- 7 different perspectives!

SEWA ABOVE SELF – INDIAN NGO HELPS THOUSANDS IN US



UK TELUGU HINDU ORGANISATION [UTHO]- SAMUHIK SARASWATHI POOJA UTSAV

MAR 2020 UTHO's Samuhik Saraswathi Pooja event was held on 29th February in Liverpool. More than 25 families attended the event in which both children and parents had a practical demonstration on how a pooja is undertaken, and were provided with meaningful information on its underlying concepts/reasons in Dharma. The event also had excellent cultural presentations by children, along with interesting games and of course, a lovely lunch! All participants truly enjoyed the whole event which was expressed through fantastic feedback received post the event
Team UTHO



BREAK A LEG! A SUCCESSFUL NATIONAL FIRST AID VARG

MAR 2020 A total of 29 karyakartas from 20 different shakhas/BGs attended a national First Aid Varg in Leicester from Friday 28th February to Sunday 1st March to train up and become first aiders for their local shakhas/BGs. Darshitaben, Harishbhai and Kantibhai, our instructors put us through our paces throughout the two and a half days explaining both the theory of different first aid conditions as well as the all-important practice. By the end of the engaging varg, everyone was thoroughly tired but also understood the importance of first aid to protect our swayamsevaks and sevikas.

All shakhas must have first aid provision in place as per our policies and procedures so if your vibhag needs to train karyakartas please contact Darshitaben Rabadia (First Aid Pramukh) to organise. A minimum of 12 karyakartas are needed to make the 2.5 day course viable at a cost of £30 per karyakarta (price heavily subsidised by HSS (UK)).

Dipvandana Mehta



HSS [UK] WINNER OF UK PARLIAMENT WEEK OFFICIAL PARTNER OF THE YEAR AWARD!

MAR 2020 HSS (UK) is 2020 Winner of UK Parliament Week Official Partner of the Year Award for making outstanding contribution to the UK Parliament Week. The judging panel which declared winners includes Speaker of the House of Commons, MPs, Peers and independent judges. As a winner, HSS UK had been invited to a ceremony in Parliament which was to be hosted by the Speaker to receive the award on 24th March 2020, however because of the Corona Pandemic advise, this event was postponed.

In November last year, 28 Shakhas and over 700 participants celebrated democracy. This was the largest engagement in Parliament Week event by a Hindu organisation. **David Clark**, Head of Education and Engagement at UK Parliament said "...that with nationwide reach, HSS (UK) was a natural partner of UK Parliament Week and a worthy winner of the award for staging outstanding activities".



Parliament Week is a stimulating and rewarding experience on which one can build as one develops political interest and perhaps one day launch a political career for oneself. As the tapestry of political conversation changes in the UK, we must champion Hindu youth participation in politics. Becoming a member of Youth Parliament, participating in select committees, taking up work experience schemes, apprenticeships and internships are all opportunities we must consider.

The Hindu community needs to become acquainted with policy makers and politics. Our understanding of the mechanics of conversations with Parliament, lobbying MPs and campaigning for issues that impact us and our community must transform. Proactive participation is imminently necessary.

All shakhas, Samitis, Balagokulams, Parivar shakhas, Prodh and Mahila shakhas can register. For registration process and information contact Dr Harsha Jani thesis25@gmail.com

Dr. Harsha Jani

CHANDA TAI'S PRAVAAS PROVES TO BE INSPIRATIONAL YET AGAIN

MAR 2020 We were fortunate to have Bhagyashree ji Sathye (Chanda Tai), visit us twice this year for UK pravaas. Chanda Tai is the Akhil Bharatiya Taruni Pramukh and Vishwa Vibhag Sampark Pramukh. During the first 3-week pravaas, she travelled to all 6 Samiti Vibhaags, where various karyakrams were planned by Shakhas, starting off with the celebration to mark 20 years of Reading Shakha and ending the pravaas with Taruni Shibir.

A key focus of the pravaas was Taruni and Yuva/Mahila engagement. A reunion was organised for all those that have attended the Vishwa Samiti Shiksha Varg (VSSV) in Bharat, from the UK. It was a great opportunity to engage with karyakartas who attended the varg in 1997 right through to 2017.

The second pravaas in March was focussed on Samaj Sampark, where Chanda Tai met Swamini Suryaprabha ji from Bramharshi Mission and Rahul Nangare, the secretary of the Indian high Commission. Due to the cancellation of Khel Pratiyogita an impromptu Shikshika Varg was organised in London, followed by a Vamshi Abhyas Varg with Sangh. In summary the pravaas left a positive impact on everyone. Many Baithaks and Shakhas were attended by Chanda tai which enabled karaykartas to gain maximum guidance on our work, engage in some thought-provoking discussions and get some direction for our future karya.

Kalpana Varsani



Birmingham Nagar was very fortunate to have Bhagyashreeji Sathaye stay with us from Wed 29th January to Fri 31st Jan 2020. Chanda Didi shared a few of her experiences throughout her time in Samiti and Samiti work in Bharat. Being very skilful at khel, she taught us various new khels which the sevikas enjoyed to the fullest. Chanda Didi has remained a supporting figure, sharing her ideas and experiences to help Samiti work remain strong.

Chanda Didi is fondly remembered for her energy, her wide smile and calming presence. During her short stay, she met and interacted with many sevikas and karyakartinis.

I leave you with a quote from Swami Vivekananda - "Women will work out their own destinies much better, too, than men can ever do for them. All the mischief to women has come because men undertook to shape the destiny of women".

Nisha Shah, Birmingham



VANDNEEYA TAIJI'S 25TH DEATH ANNIVERSARY

MAR 2020 Wednesday 11th March, 2020. Sindhu Shakha from Leicester, celebrated Vandneeya Taiji's 25th death anniversary. We did role play in which 15 Sevikas participated. We were also very fortunate to have Chandadidi with us as our special guest. Within the play there were main 4 characters in this play. Vandneeya Taiji, Vandaneeya Mausiji, Pujaneeya Dr ji and Shree Vinayak Rao ji.

The story was displayed in four parts. A home visit by Drji to Taiji's house with some sangh karykartas that inspired her to meet Mausiji. In a second part we showed how Taiji and Mausiji met and joined to undertake samiti karya together. The third showed the infamous Riskhawlala incident where she gave the coconut water to the riskshawala first rather than consuming it herself. The final part, showed how he shared food with sevikas and how no one was allowed to leave her house without having food – all examples of her matrutva bhavna. It was so difficult to choose from all the [extra]ordinary things from Taiji's life...

At the end conclusion was given by Shilpaben Gangji. We dedicate this sangh geet to our Vandneeya Taiji. "Chare Vetii, Chare Vetii, Yahee tau Mantra Hai Apanaa. Nahee Rukanaa, Nahee Thakanaa, Satat Chalanaa, Satat Chalanaa. Yahee tau Mantra Hai Apanaa, Subhankar Mantra Hai Apanaa."

Sindhu Shakha Karyawahikaas: **Kalpna I Chhagan, Kantaben Varia.**



SLEEPING ON THE JOB? NOT HERE! GURU NANAK SHAKHA LEICESTER HOLD A SLEEPOVER

FEB 2020 On Fri 21st Feb, Guru Nanak Shakha Leicester held their regular sleepover at the Leicester Karyalaya. Seventeen swayamsevaks from a wide age-range took part in fun and varied activities such as khel, quiz, Jenga, Board Games alongside a very special trip to Boost Trampoline Park. Its great to see the shikshak team managing the whole registration, planning and running of this sleepover - developing their skills and bringing the swayamsevaks closer. **Dillon Shah**, Guru Nanak Shakha Karyawah





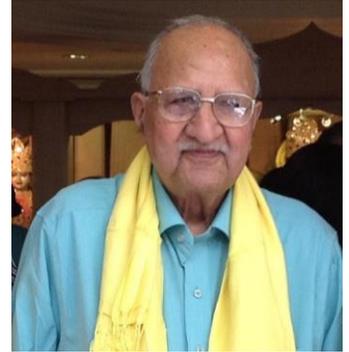
OUR CONDOLENCES

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

An Obituary - Late Shri Ram Nath Sidhar (1921 – 2020)

Shri Ram Nathji Sidhar was born on 1st March 1921 in Tuto Mazara, Horshiarpur, Punjab, India. He was raised and educated in India and moved to Kenya in 1938 where he worked for the British Army during World War II and then the Post Office.

He became a Swayamsevak at the first Shakha outside of Bharat in 1947 on Makar Sakranti Utsav in Nairobi, Kenya. Ever since then, he immersed himself in Sangh work heart and soul till his last breath. He held various responsibilities in Kenya including the role of mukhya shikshak of Nairobi Nagar.



On 29th June 1948, he married Nirmala Devi Sidhar in Dar-es-slaam, Tanzania. After Kenya's independence in 1963 and due to Africanisation policy of the government, he returned to India in 1964 with his family. He settled in Chandigarh where he attended shakha regularly. He subsequently moved to the UK in 1966 where he worked for the Post Office and then the Civil Service. In the UK, he immediately got involved actively in starting Sangh work. He was one of the pioneers in actively starting Sangh work. He was one of the pioneer swayamsevaks of HSS UK. He was Kendriya Nidhi Pramukh (1973) for many years which entailed travelling the length and breadth of the country visiting shakhas and meeting swayamsevaks. He also held position as Sanghchalak for East London and Essex Vibhag till 2009.

His life revolved around sangh work and he made a point to attend shakha regularly. Even in his later years, when his health would not permit him to attend shakha, he would take solace from reading sangh literature, receiving regular updates on Shakha and connecting with new and old swayamsevaks alike. Man. Dhiraj Shah, UK Sanghachalak has described him as a model Swayamsevak and a source of inspiration to all in Sangh Parivaar.

Shri Chandrakantji Sharma, HSS Pracharak, admired him as a "positive spirit" who was always full of positivity and enthused others to do more Sangh work. It was always a treat to listen to his endless stories of Sangh work in Kenya and UK. He will always be remembered as one of the Rishis who contributed immensely to the growth of Sangh work in the UK.

On his 99th birthday (1 March 2020), he was joined by local swayamsevaks/sevikas to celebrate his birthday by conducting shakha in his presence and recited the Vishwa Prathana. He spoke briefly about his experiences over the years in Sangh. It was a very emotional and touching moment. Until his last breath (13 March 2020,) he lived for Sangh. (Sanghamaya Jeevan)

He leaves behind two sons (Vijay Sidhar and Sudhir Sidhar) and daughter (Gita Agnihotri) with grandchildren and great grandchildren, all inspired by his dedicated life.

Sidhar and Agnihotri Parivaar with input from his grandchildren Nilesh and Dheeraj (sons of Gita Sudarshan Agnihotri)

“ It was a deep feeling of grief and nostalgia to know about the passing away of Adarniya Shri Ramnathji Sidhar, the grand old swayamsevak of UK.

Shri Ramnathji was very close to completing his century. He was always conscious of his 'swayamsevakatwa' and was a "Sandarbh Purush" a reference point, for the growth of HSS in general and that of HSS UK in particular. He was a part of the first shakha of the then Bharatiya Swayamsevak Sangh in Kenya in 1947 and also of the first UK shakha in 1966. Despite his age he was very particular to be physically present in the weekly Ilford shakha and encouraged others to do so.

He was perhaps one of the last few swayamsevaks to be a witness to the gradual growth and development of HSS in UK all through its 50+ years of existence; was able to narrate the minute details of various events in sangh in UK. At times I used to feel that his narration should have been recorded for the benefit of posterity.

Ever smiling and always positive he was a role model to all swayamsevaks - young and not so young. His departure at the ripe age of 99, although not shocking, was saddening.

Let us pray to Almighty for his Sadgati.
Om Shantihi Shantihi Shantihi. ”

Man. Shankarji Tatwawadi



WE LOVE HEARING FROM YOU! To help in publication here are few points when submitting news items:

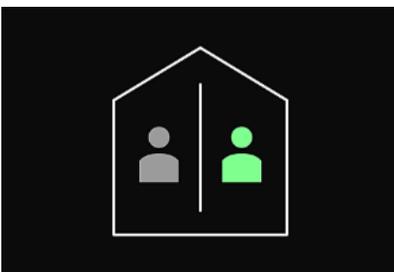
1. **Provide a summary** - try to keep articles down to 100 words or less, but if you can't, be sure to include a summary. That way we ensure we don't miss out on the best bits.
2. **A picture tells a thousand words** - it also provides that 'I wish you were here' moment!
3. **A thousand pictures on 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.

NHS

Do not leave home if you or someone you live with has either:

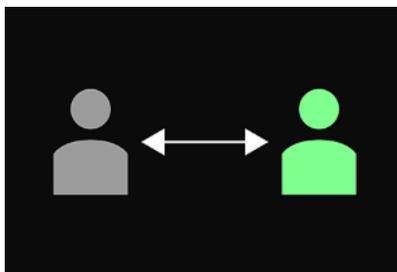
- a high temperature
- a new, continuous cough

[Check the NHS website if you have symptoms](#)



Stay at home

Follow self isolation guidelines if you or someone you live has symptoms. Check the NHS website if you have symptoms for help and support needed



Social Distancing

If you must leave the house for the limited purposes shared by government then you must still minimise time spent outside of the home ensuring you are 2 metres apart from anyone outside of your household.



Protect

Help stop the infection from spreading – follow government guidelines. Look after you health and wellbeing