



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@hssuk.org

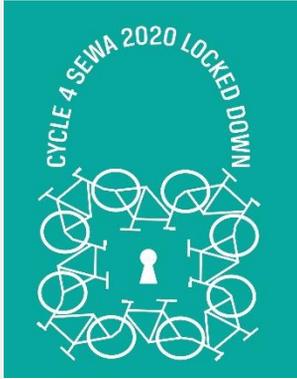
Sangh Mail

UK Parliament Week
Engage. Explore. Empower.



UK PARLIAMENT WEEK! GET INVOLVED!
HAVE YOUR SAY! #UKPW
UKPARLIAMENTWEEK.ORG

CYCLE4SEWA 2020

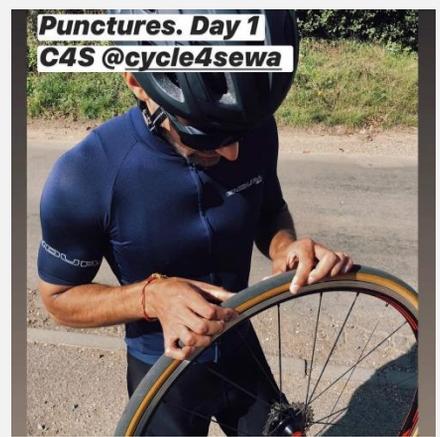
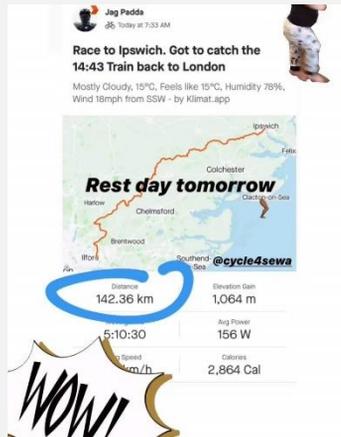


You registered in your hundreds, you donated with your generous hearts, you cycled, ran and walked thousands of kilometres, all in the act of Sewa. We at Cycle4Sewa would like to thank each and every participant and supporter for pulling together in this year's event to raise as much as possible for Sewa UK. This year we have been able to collect over £12,000 already for Sewa UK projects. Full details of current appeals can be seen at <https://sewauk.org/current-appeals>

This year you couldn't come to us and we couldn't let this year pass by without a Cycle4Sewa, so we adapted and brought Cycle4Sewa right to your fingertips. Swayamsevaks and sevikas were tasked to test their fitness levels and explore the great outdoors in their local area. Participants were invited to use the Strava app to track their results while performing their activity and compete with each other over 2 weeks.



Together with your enthusiasm, determination and competitive spirits we have achieved so much. Including a record breaking 390 participants, collectively travelling over a breathtaking 28,000 km. For the first time Cycle4Sewa became a national event, for all to take part. It was positive to see registered participants from all vibhaags across the country take part in the event, from the ages of 2 to 74 years old. We had participants walking and running half marathons during this period and cyclists cycling over 100km a day.



Many of us will have improved our fitness and health, some of you may have even picked up a new hobby but more importantly, you've all helped the lives of those in need, especially during such a difficult time for our world. This is not the end, but just the beginning of a health and fitness journey for all of us in a difficult time. Getting active and outdoors is now more important than ever.

We hope you've enjoyed this year's Cycle4Sewa, thank you for being a part of this unique experience with us and who knows there may be a Cycle4Sewa coming to a city near you in 2021! If you would like to get involved for Cycle4Sewa 2021 then please email us at cycle4sewa@sewauk.org. Keep safe and carry on with Sewa
Your Cycle4Sewa Team.

LEAMINGTON SPA

Sewa - Fund raising for poor children from Haryana Village

Leamington swayamsewaks have been supporting a local charity over the last last year - Bhuban Koti International Trust [BKIT]. This charity operates in rural Haryana and runs an International School where free education is provided to children from very poor backgrounds. The challenge given to us was to ride 25 miles in the month of July locally within our town. There was so much enthusiasm that everyone completed well above the given target. Some of them have even completed 50 miles. We have raised over £200 for the charity. All participants were awarded medals for their participation.



Rakshabandhan Utsav - Leamington Pariwar celebrate the Rakshabandhan Utsav with great enthusiasam on 9th of August by tying Rakhi to our Guru - Bhagwa Dhvaj. Everyone then tied Rakhi to their family members and had some sweets. We did a Baudhik on the Karyakarta get - explaining the meaning of all verses of the geet and its significance to our regular shakha.



Charcha with Coventry - We felt the need from our Kishore and Kishoris they wanted to have some free discussions about more some topics in an informal setting. We discussed with the Coventry team and decided to hold joint Charcha sessions between Leamington and Coventry once a month. Two sessions have been held so far and they have been very well received by Swayamsewaks and Sewikas from both the Nagars. Topics covered so far have been "Is Britain an equal multicultural society?" and "The importance of Shree Ram in today's context".



Hanuman Chalisa recitation in Leamington Mandir - Since local Leamington Mandir has opened with social distancing rules and school holidays in progress, we decided to take this opportunity to connect our children with the Leamington Mandir. We organised a Hanuman Chalisa recitation session for 30 minutes followed by 1 hour bhajan and aarti. Those who attended this session loved it.



Cycle for Sewa - 16 of us did 13 miles cycling within Leamington and Warwick nagar in support of Cycle4Sewa initiative. Some of us also registered for the event. Everyone actually did 15+ miles cycling as they cycled from their home to the meeting place as well. The youngest cyclist was less than 10 years old and he completed the challenge with great enthusiasm. It was a great experience for all of us. We had a pizza party after completing the event, which was cherry on the top. Everyone was so happy.

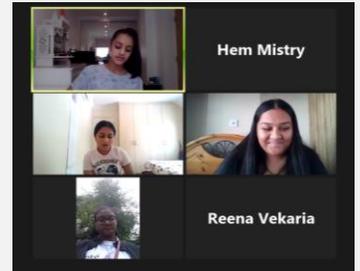
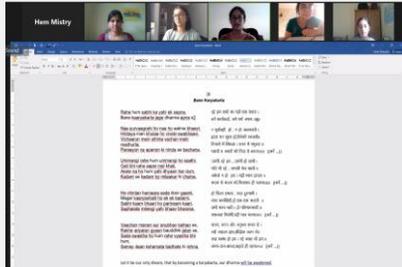
Canoeing / Kayaking and picnic - As the school holidays were ending and children returning to school - Leamington Pariwar decided to hold a canoeing and kayaking activity combined with a picnic on 31st of August. It was attended by 7 families including 10 children. While children went into the river, parents walked around the river watching children having fun. The activity was followed by a cricket match and a sumptuous picnic. It was a very fun day out. Perfect way of finishing with school holidays.



NATIONAL GEET ABHYAS VARG

On the 23rd August, over 20 geet singers came together on a virtual platform to enhance their geet skills, share their knowledge and to learn new techniques on how to teach geet in their local shakha. Participants ranged from 11-70+. It was an afternoon where everyone learnt something new, expressed their passion for geet and developed their skills and ability to lead geet within their shakhas. This was conducted by the Tarun(i) geet project team which have been working to create more interactive, robust and enjoyable systems of teaching geet within shakhas. The geet abhyas varg was a wonderful culmination of the weeks of efforts put in by the geet team and everyone thoroughly enjoyed it and definitely took away a little bit of geet inspiration to impart in their shakhas.

Hem Mistry



SAMPARK THROUGH SOCCER

After a hotly contested Fantasy Premier League 19/20 season, Shri Privesh Patel (Bradford) topped the table. Priveshji expressed his surprise at winning the league and with his team Liverpool clinching first place made it extra special. The impact of COVID-19 has meant that there is very little time between the end of the last season and the start of the new season beginning mid Sept. We encourage all shakhas to share the details of the league with their karyakartas and join. This league has served as a dynamic way to have many current and former karyakartas reconnect. The code to join is **e017m4**. Good luck to all the participants for the new year.

Sunit Patel

UK PARLIAMENT WEEK: 1-7 NOV 2020

This years Parliament Week is almost here. Have you Signed Up to UK Parliament Week? HSS [UK] is Winner of 2020 UK Parliament Week Parliament Official Partner of the Year Award. Over 28 Shakhas and 720 participants from Shakhas across UK participated In 2019. Activities will be on Virtual platform this year. All age groups can participate. It's a great opportunity for Sampark; showcase activities of HSS [UK] and our Sewa activities in front of invited guests including politicians. Explore what Democracy means to you and your community.

Sign up <https://www.ukparliamentweek.org/en/>



BIRMINGHAM EKLAVYA SHAKHA – VIRTUAL VIVEK SHIBIR

Eklavya Shakha in Birmingham held a **virtual** overnight shibir! The shibir saw swayamwevaks ‘meet’ for Shakha at and then prepare their own dinner. After dinner we gathered again for an hour till 9.00pm for additional online karyakrams. The shibir rules state no TV (!) so they all settled down to a good book. Miteshji Sevani our national shareerik Pramukh, and Surajji Taylor our North East Shareerik Pramukh were present for the occasion. Swayamsevaks were to then sleep on the hard floor in their sleeping bags and were awoken at 6.00 am to attend the early morning 7.00 am Shakha.. it was short half an hour Shakha which consisted the narration of full Ish Chintan and Yoga. Parents and Swayamsevaks gave wonderful feedback post the Shibir



HINDU SAHITYA KENDRA - OUR HINDU LITERATURE & RESOURCE CENTRE

We have been uploading a lot more titles on our website, which includes some used books, and many rare editions as they are now out of print. Also included available on the website [under Sangh Resources] is Ganvesh including those for sevikas, whistles with rope, Vamshi (flute), drumsticks, and of course books for baudhiks. Our temples and Hindu Organisations can also order much loved books on our dharma, and including the epics - Ramayan , Mahabharat, Bhagvad Gita, Upanishads, Vedas and children's language learning books.

Please promote HSK and our website <https://hindubookshop.com/> amongst your contacts including national and local organisations for awareness.

Hindu Sahitya Kendra has a [Facebook page](#) and for queries please email shopshk@gmail.com. Visit our shop at: 46 - 48 Loughborough Road, Leicester LE4 5LD UK. Mon to Sat: 11am to 4:30pm Tel: 0116 261 1303

KHEL APP

We are excited to launch our new Khel App on iOS and Android. The app will enable us to discover new khel and generate khel lists to help plan shakha khel sessions.

Features

- Discover new khel and easily plan khel sessions
- Browse through a list of over 80 traditional khels
- Search / filter by category
- Organise khel into lists to make planning easy
- Generate random khel lists automatically to discover new khel
- Easily share your khel lists and individual khel details to your fellow Shikshaks via whatsapp

[Khel app on iOS](#)

[Khel app on Android](#)



BRITISH HINDU REPORT

British Hindu Report, in partnership with the APPG for British Hindus, Public First and key hindu organisations, has been working on a survey to better understand the requirements, perspectives and priorities of the Hindu Population in the United Kingdom.

We are inviting you to complete the survey anonymously to support this great initiative:

<https://britishhindureport.org/survey> We believe it will take no more than *15 minutes*. If you have any questions please see our faqs here: <https://britishhindureport.org/faqs> Please forward and share with your friends and family* and follow us on social media:facebook.com/britishhindureport || twitter.com/Hindu_report

TECH ABHYAS VARG

As we all know, due to the Covid-19 situation all of our shakha's have had to transition to an online format and while most have adapted to this new normal, there is still some opportunity for us to fully utilise online platforms for running our activities. To this end, we are holding a **Tech Abhyas Varg on Sunday 11th October from 10am to 12pm**. The Abhyas Varg will be focused around one of the most used online tools – Zoom.

We will share some best practices as well as take a look at some additional features which will enhance the quality of our online Shakha's and other karyakrams

To ensure the Abhyas Varg is effective and has a balanced representation from across the country, we request the following to attend:

- 2 Swayamsevaks from each Sangh Vibhag
- 2 Sevikas from each Samiti Vibhag
- 1 Karyakarta from each of our Vividh Kshetra organisations

Please nominate the appropriate karyakarta's from your Vibhag to attend the training and share the registration link below with them - Registration link: <https://forms.gle/wsKMc8se6GuXsE3d6>
Please note, registration will close on Friday 9th October..

Harsh Haria





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

****PLEASE NOTE OUR NEW EMAIL ADDRESS – sanghmail@hssuk.org – FOR ALL FUTURE CORRESPONDENCE****

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.