

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

As the longer nights draw in – we naturally seek the light elsewhere – and where better to seek it than in our shakhas. If you haven't ventured out to your local shakha recently – pop in – you'll not only be welcomed but go away enlightened - just take a look at this months Sangh Mail, amazing stuff! Happy Navratri. Jai Maa Bhavani.

RUGBY GOLDEN JUBILEE SEP 2019 – On Sunday 8th September Rugby Shakha celebrated their Golden Jubilee at Rugby Town Hall. The event saw over 300 attendees with representation from members of the Police force, Fire and Rescue services as well as the Mayor of Rugby who officially opened the event with the lighting of a Diya.

All the attendees were formally welcomed with a Tilak and with the tying of a Rakhi before being ushered into the exhibition where they had an opportunity to view photos and exhibits of Rugby Shakha. The centre piece of the exhibition was a 15 meter timeline spanning the 50 years of Rugby Shakha – which helped the audience visualize Rugby Shakha activities over the period. This area created a great buzz as 'old' Swayamsevaks and Sevikas reminisced about their time in Sangh.

Condensing 50 years of Rugby Shakha's contribution to the local community into a relatively short program was challenging to say the least. However we managed to squeeze a Pradarshan, a presentation of Rugby shakha highlights, Geet, and a demonstration of shareerik into the the one and half hour program. Bauddhik was given by Shri Nileshji Solanki and a closing message by Shri Ramji Vaidya.

It was good to see a large number of Swaymsevaks and Sevikas from out of town make a special effort to attend. Messages from those that could not attend were displayed in the main hall. Thank You all for the kind messages.



Our Golden Jubilee celebration has helped in the overall goal of giving our 'past' Swayamsevaks and Sevikas a chance to reconnect with the Sangh Pariwar.

The audience was given further opportunity to mingle at the end after light refreshments were served.

Pranaam,
Kishor Mistry

CYCLE4SEWA – WHEELY WHEELY GREAT TIME!

SEPT 2019 - London, Sep 06: Sewa UK have been organising Cycle4Sewa, an annual cycling fundraiser at Redbridge Cycling Centre in East London for the past 8 years. This year's event on 1st Sept was attended by over 200 cyclists and 400 people in total with the aim to raise money for Sewa UK's most recent project Cochlea Pune. Through the determination of all of the cyclists a total of 3,250km were cycled throughout the day.

With the cameras in position, a drone in the air and cyclists on the start line a determined group of 165 cyclists took on the Main Event, a two hour cycle to complete as many laps as possible individually. Year on year it's amazing what these budding young cyclists can achieve when they put their mind to it, all aiming to cycle further than they have in previous years. This year we had cyclists, scooters and even prams ready to go around the track!

Things got more competitive when the Team Challenge began. Thirteen teams consisting of five cyclists each had an hour to complete the most laps as a team. The top teams from last year battled it out once again this year, with team Shivaji Elders from Woolwich winning with 115 laps amongst the team.

Sewa UK believes that every child deserves an education and healthcare no matter the circumstances that they were born in to. Sewa UK works on projects which promote catering for people with disabilities.

Sewa UK had raised £1.1m in the last 10 years for these projects. Of which Cycle4Sewa has contributed in excess of £100,000. This money has helped Sewa UK's projects to build 2 residential schools in Jawhar (Maharashtra) and Gadag (Karnataka) to help children with a disability get an education tailored to their needs. They have also been able to fund a treatment centre for children with cerebral palsy.

The next project Sewa UK is working towards is Cochlea Pune. It's hard to imagine a life without being able to hear, but this a reality for many people. This project is to help with early detection and prevention of hearing impairments in children. Something I am sure we can all agree is for a good cause. Please visit www.sewauk.org for more details. Next year's event has been booked for 6th Sept 2020 so make sure you save the date! "Each one of us can make a difference; together we make a change"

Cycle4Sewa

Source: <https://www.britishasianews.com/news/newsDisplay.aspx?newsID=105436>



WEST LONDON SHAKHAS MAKE A MAJOR IMPACT AT NATIONAL KHO KHO COMPETITION

SEP 2019 - Over 80 swayamsevaks and sevikas from four Nagars of West London Vibhag [Amersham, Slough, Newbury and Reading] competed in the National Kho Kho Championship held in Greenford, London on 1st September.

In addition to teams from West London Nagars, there were teams and individual swayamsevaks from several other nagars who participated in the competition. This included West Bromwich shakha, [winners Kho Kho at Sangh Khel Pratiyogita 2019], Wembley, Finchley, Manchester and Ashton-U-Lyne.

The tournament, which is organised by the Kho Kho Federation of England (KKFE), is played under the International Kho Kho rules, outdoors with end poles. In total 7 teams (3 mens teams, 1 womens, and 3 junior teams (U-12)) competed in the tournament.

Our players had to learn many of the subtle nuances, tricks and techniques of this format. However several weeks of practice meant that Slough Juniors came 3rd in the Junior section and Slough women came 4th in the womens section.

Both Women and the Mens teams faced stiff competition from previous cup winning teams which included players that had represented England at International levels. Despite the tough competition, our teams held their own and played to a very high standard.

A special mention goes out to Newbury Shakha, who's participation was only confirmed at a very late stage. Swatiben Apte, Rameshji Mepa and Manojji Mistry took special efforts to coordinate with the players and organise practice sessions. Dhanywaad to Madhaviben Haria [Karyawahika of Hindu Sevika Samiti] for her presence at the tournament too.

Bharat Mistry

Clockwise - Medals presented to Slough Juniors for 3rd place, Slough Womens team; Slough Mens Team, Reading Juniors, Reading Rajas team, Newbury Juniors



SAVE THE DATE



Samiti Khel Pratiyogita 2020
Sunday 14th March 2020
RAF Cosford, Wolverhampton

Sangh Khel Pratiyogita 2020
Sunday 22nd March 2020
Play Football Arena,
Birmingham



National Shareerik Varg [invitation only]
Saturday 7th December 2019, Leicester - 10am to 4pm

AMERSHAM – RAKSHA BANDHAN

SEP 2019 Maya Shakha and Shree Balagokulam in Amersham celebrated Raksha Bandhan Utsav in Shakha on 13th September 2019. From Thames Valley Police - Chief Inspector Mr. Scott Messenger was in attendance. From Amersham Fire Station – Rhys Price [Fire Crew Commander] together with a crew of four plus fire engine (!) were present. Also present was a member of staff representing Amersham School Hire Five of our younger Swayamsevaks and Sevikas recited stories of Raksha Bandhan, together with demonstrations of Ni-Yuddh , Kho Kho, and Suryanamaskars. Sankhya was 70.



BIRMINGHAM – RAKSHA BANDHAN

SEP 2019 Shakti Shakha Solihull celebrated Raksha Bandhan with firefighters at Solihull Fire Station on September 8th 2019. There was an amazing atmosphere with 29 swayamsevaks / sevikas and 6 firefighters taking active participation in the celebration. Swayamsevaks and Sevikas were shown around the Fire Station and the Fire Engine, as well as finding out more about the fire service and the kind of call outs they undertake. We thanked the fire service for protecting the community by tying Rakhis to all Fire Fighters and explaining why we celebrate this auspicious festival.

Crew manager Dean Yates of Solihull Fire Station said “It is the first time I was approached by a group like this” and that “it was very well received by all Fire Fighters at Solihull Station”. He was very glad HSS [UK] reached out to explain the meaning behind Raksha Bandhan and that they would like to visit our shakha in the coming weeks.

Dipak Mistry, Shakti Shakha Karyawaha



CHELTHENHAM – RAKSHA BANDHAN

SEP 2019 On Sunday 22nd September Cheltenham Balagokulam celebrated Raksha Bandhan Utsav with Gloucestershire Police, Gloucestershire Fire and Rescue Services, NHS doctors and nurses, together with, the vice President of Cheltenham Temple – Kailashben.

Baal & Balika anchored the event. The program started with Deep Prajwalan and Manasa Satatam geet. The rakhi tying ceremony touched many hearts. The guests appreciated and felt very honoured to have the rakhi tied on them. The importance of putting kumkum tilak on the forehead was shared and Bhupendraji Pathak from Cardiff Balagokulam explained the importance of Raksha Bandhan.

A series of exciting team building khels were led by Bhupendraji and Kartikayeji as all our guests took part in the khels enthusiastically. ‘Pot Luck’ food was really delicious and it was enjoyed by all. Officers from Gloucestershire fire and rescue: Patrick James, Ivan Elvin, Dwayne Rose & Dona. Officers from Gloucestershire Police: Leonna, Timothy & Lorraine.

Ashish Channawar



GILLINGHAM – RAKSHA BANDHAN

SEP 2019 Gillingham Shakha [Medway] celebrated Raksha Bandhan with Kent Fire and Rescue Service on 24th August 2019.



NEWBURY – RAKSHA BANDHAN

SEP 2019 Newbury Parivar Shakha celebrated Raksha Bandhan on 20th September 2019 together with our honorable guests from Newbury Fire and Rescue Services, Newbury Police Service and Newbury Ambulance service.

The following is an excerpt from an email I received from a member of PCSO Aidan Martin of Newbury Police Service. "Firstly I would like to thank you very much for such a lovely evening. Especially with the recent events, it makes us remember why we do the jobs that we do and I can't put in words how much appreciation I have for this evening. It was amazing to see how much everyone looks after each other and I fully support getting the wider community to get involved with the great work that you are doing and wish you all the best for the future."

Gautham Kamath, Karyawah, Newbury Parivar Shakha



GANPATI BAPA MAURIYA!

SEP 2019, North London Mahila Milan. At the 1st Mahila Milan post the auspicious Ganesh Chaturthi it was decided to learn to make Ganesh Moorti's, and to know more about the meaning behind celebrating this utsav. In addition to the well-versed significance of Ganesh Chaturthi, we learnt that Lokmanya Tilak, a well known freedom fighter, started this as a public festival as a need for uprising against foreign rule, and to unite the community.



MAHILA MILAN – THEY'VE GOT IT ALL TIED UP!

AUG 2019 All together Twenty Mahilas gathered at Edgware Karyalaya to celebrate Raksha Bandhan. Mahila's took part in Rakhi making along the theme of 'Rags to Rakhi'



SEP 2019, Edinburgh Balagokulam held a Ganesh making event for Ganesh Chaturthi. It was attended by 104 members, of which 57 were children and the rest parents and the karyakarta.

Shrutiji, Edinburgh BG, Edinburghbg@gmail.com



SLOUGH – RAKSHA BANDHAN

SLOUGH OBSERVER

f /sloughobserver

NEWS

Nurses 'protected'

Hospital staff observe Hindu festival

By Francis Batt
francis.batt@newsquest.co.uk

HINDU youth groups have teamed up with hospital nurses to celebrate the Raksha Bandhan festival of peace and protection.

Nurses from the Frimley Health NHS Foundation Trust which runs Slough's Wexham Park Hospital were specially invited to festival celebration organised by the Hindu Swayamsevak Sangh and Hindu Sevika Samiti (HSS UK) youth groups at the Herschel Sports Centre in Whitby Road, Slough.

The nurses observed the youth group's activities of 'kheil' games which encourage good character and 'baudhik' discussion based on Hindu ideals to create healthy community relations. This was followed by the ceremony of tying the 'Rakhis' (sacred threads) onto the wrists of all present as a symbol of protection.

The Slough branch of HSS UK honoured the nurses for all they do for the community. In previous years, members of the Thames Valley Police and Langley Firefighters have joined HSS UK in celebrating the festival of peace and protection.

Guest speaker on the day was local artist and HSS UK volun-



Members of HSS Slough tie Rakhis to Frimley Health NHS Foundation Trust nurses

teer Vidhu Sharma, who said: "It is a privilege to be joined by representatives of society's greatest protectors - our local nurses from the NHS - who continue to protect us despite what must be difficult working conditions due to the nature of their job. Nurses work hard caring for diverse members of the community who are unwell, yet remain sympathetic and good humoured."

Present were Interim Director of Nursing Maxine McVey, Sister Rena Johnson and Staff Nurses Annie Avery and Karen Malik.

Maxine McVey said: "This is an event that will stay with me forever. I had always wanted to be a nurse and I have done it with pride and joy but it was especially nice to be recognised and acknowledged in this unique way."

'It was especially nice to be recognised and acknowledged in this unique way'



RAMJI's PRAVAAS

SEP 2019 **WEST MIDLANDS VIBHAAG** – Coventry Shakha organised an event called Samvad, meaning "Dialogue" where Shri Ramji Vaidya shared his thoughts on "The Hindu Contribution to Modern Society". For children, fun filled activities around the theme of Ganesh Chaturthi theme was organised including stories and learning facts about Ganeshji. The Tarun team also convened for a bhaitak with Ramji hosted in Birmingham Nagar.



SEP 2019 **NORTH LONDON & HERTS VIBHAAG**, an informal Pizza with Ramji event was held in the London Karyalaya for all Yuva Swayasevaks and Sevikas. An inspiring chintan session was held starting with how a pizza is a metaphor for Sangh. With its common base that is always the same, it is the toppings that differentiate the different aspects of our work. 5 short but thought provoking stories were narrated all to reflect upon the challenges, dilemmas and real-life situations we all face as individuals. The stories were discussed and the group gave their own personal experiences and how they handled the situation. **Parin Shah**



ANITAJI PATEL - PRACHARIKA

SEP 2019 Anitaji Patel made the ultimate commitment this month by devoting herself as a Pracharika. Born and brought up in Nairobi, a special havan at the Deen Daya Bhavan in Nairobi sanctified the decision.



Maneeya Shri Dhirajji Shah writes to Divyeshji [Nairobi Karyawah] – "It was a great pleasure and utmost happiness to learn that Anita ji will formally become a Pracharika this Sunday [29 Sep] after performing sacred yagya and in the presence of and with blessings from elders. She has been a source of inspiration to many young s'sevaks and sevikas. Born outside Bharat and becoming a Pracharika is a unique and



unprecedented event for Sangh globally. Her path breaking work among the indigenous African community is the mark of her talent, dedication and commitment. Becoming a Pracharika is her life's fulfilment and destiny, dedication and commitment to Hindu Dharma, Sanskriti and Rashtra. We convey our best wishes and blessings for a great future as a Pracharika.

GETTING READY FOR PARLIAMENT WEEK

AUG 2019 **Leamington Sanskar Shakha** visited Parliament on 30th August as a precursor to celebrating Parliament week. We saw a very informative movie about history of parliament and then followed footsteps of the Queen as she goes to open parliament. Here are some quotes from sevikas and swayamsevaks who attended.



“Parliament’s grandeur was almost overwhelming. That’s the word. How every corner, door, intricately carved mantelpiece had a story, had history behind it. How people who had the means to change the world, strode through those corridors, confidence and power radiating off them. And the fact that we could walk the same floor as they did? Reminisce in the history that they made? An opportunity to cherish forever”

Aparajita Gupta

"As we walked through the famous Parliament halls, I could feel the overwhelming aura of power, leadership and success envelope around me. We walked in the footsteps of Her Majesty the Queen and touched the chairs of current ministers and inspiring people like Lord Allen Sugar. Every corner had a great story to tell, a story that was soon to be ours to continue. I am so grateful for the experience, and I will be sure to keep the memories of our day close to me forever. **Arundhati Gupta**

“We need at least one thousand photos,” so every corner contained yet another photo opportunity, much to the joy of the kids. Visiting Parliament was a lovely experience and I learnt a lot, which was owed to our lovely tour guide. We went around the building, following the Queens footsteps and it was a lovely insight into what we see on TV. Overall, the trip was a wonderful experience and I hope our Shakha visits again. **Supriya Kumar**

“Wow...what a day! The sun shone over London and glorious Parliament. I could not believe what an amazing day we had. Followed the Queens footsteps after seeing her palace. I never thought I would see the House of Lords and the beautiful room where such decisions are made. Anyone can be a Lord...even me! The privilege of seeing the history..things that have happened but see the future dawned on me. I was in awe of what we were witnessing. What an experience, one that I will carry forever and one day may be sitting making the tough decisions made here everyday. **Rishi Gupta**

Rishi Gupta



Hindu Swayamsevak Sangh UK
Vaikharee 2019 Results

Age
8 - 10

1. Rudhra Thaker - Shakti Balgokulum, Reading
2. Arnav Mulay - Sanskar Balgokulum, Leamington
3. Aaditya Mohta - Adarsh Pariwaar Shakha, Liverpool

Age
11-14

1. Aarush Agarwal - Sanskar Balgokulum, Leamington
2. Shubham Kulkarni- Hanuman Shakha, Reading
3. Aayush Joshi - Newbury Pariwar Shakha

Age
15 - 18

1. Eeshaan Ghanekar - Datta Shakha, Amersham
2. Aditya Kailaje - Datta Shakha, Amersham

Age
18-30

1. Suraj Tailor - Surya Shakha, Rugby

Age
30+

1. Mukesh Dherani - Adarsh Pariwaar Shakha, Liverpool
2. Vikas Agarwal- Sanskar Balgokulum, Leamington
3. Rahul Kulkarni - Datta Shakha, Amersham



"The world is a great gymnasium where we come to make ourselves strong" Swami Vivekananda

Certificates will be [have been] sent to the winners individually by the Karyawaha of individual shakhas. If anyone would like feedback or like more information please send an e-mail to mail@tusharshah.com

EMOTIONAL FAREWELL – BIRMINGHAM NAGAR KARYALAYA

SEP 2019 On Thur 26 Sept, the last Sangh Prarthanaa to be sung at Birmingham's Karyalaya was sung by a crowd of 100+ as they gathered to say farewell to the Court Road Karyalaya that has been home to Birmingham Nagar and several kendriya events over the last 25 years. As news of its closure spread, both new and old were present [in voice, and person].

Vishalji Shah [Kendriya Sampark Pramukh] sums up brilliantly what was in the hearts and minds of those saying farewell... "This is a very emotional moment for many of those who like me spent most of their youth growing up in the Karyalaya. It was more than a place where Shakha was held, it was our second home that very much felt like our primary home. The Karyalaya symbolised everything we stood for. It was the heartbeat of everything we did.

I have many fond memories from our days playing football in the court, getting carpet burns playing kabaddi inside, the mischievous fun during our overnight vargs, and spending endless summers building friendships while painting the walls and tidying up the store room. The walls of the Karyalaya will have heard the voices of many generations as we all grew up from little people to young adults under its shelter and guidance.

It was also the home to many Sangh Milan activities bringing our wider families together to enjoy the colourful festivities of Holi to the dhamaka of the 'professional' fireworks we managed to pull together during Diwali. The Karyalaya also served many more significant purposes that created the foundations of some the most life changing community efforts. From it becoming a centre point for the planning of many landmark events such as Virat Hindu Samelan and Hindu Marathon, to the daily Sewa activities created to engage the elders in our community. It hosted some of our most inspirational karyakarta from around the world that it welcomed with all its warmth, and likewise became the hub of many significant conversations that brought matters affecting our Hindu community to the forefront.

The Karyalaya was also a symbol of the Dharma we were all here to protect and preserve, and, I still recall vividly the fearless spirit by which we came together to protect the Karyalaya during a time when it came under threat and attack.

For our family, the Karyalaya was a place where our spiritual upliftment and divine purpose was forever nurtured and strengthened. I still vividly recall the strong affection that Dad had to the Karyalaya where he saw its greater purpose to inspire the young and old, and to light the lamps of samaj service.

Whilst we all served as caretakers of the Karyalaya (and became experts in figuring out how to open the main gate and store room with that tricky lock, to knowing how to kickstart the boiler), I feel particular acknowledgement should be given to Narendrabhai Shah and Dipak[kaka]ji Shah who served the greatest of duties in the care of its keys, security and wellbeing.

It is a sad day to say farewell to such a significant part of our lives, but also a day to celebrate and acknowledge all that it gave. Its legacy will live in each and every karyakarta for whom it has provided a platform and a home to.





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VAANI TAKE TWO

SEP 2019 After Vaani Speaker Academy's Samarop and success in the samaj, its time to launch the 2nd cohort. If you feel like you ready to become an effective public speaker for the samaj, if you know of somebody that could do with the training, if you are wanting to volunteer someone to the programme, then please send them to the website to apply. **For further information** and the application form, visit www.vaani.org.uk or contact Sumit Sharma on sumit@spreadwisdom.co.uk. The 2nd cohort application deadline is 31st October 2019.



OUR CONDOLENCES

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

SEP 2019 Shri Himatlal Ruparelia, brother of Maneneeya Shri Pravinbhai, Shri Kishorbhai and Navnitbhai Ruparelia passed away on Saturday 12 Sep. On behalf of all of us, we pray for eternal peace and sadgati of the departed soul.

You may convey your condolences directly to:

Shri Pravinbhai at: haresh.ruparelia@btoopenworld.com

Shri Kishorbhai at: eka.eva.108@gmail.com

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.