



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



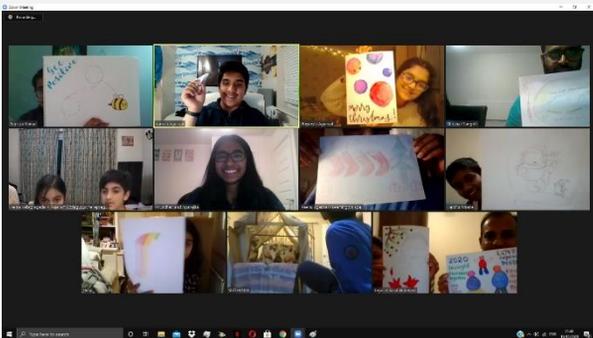
LEAMINGTON – SANSKAR SHIBIR

Taking inspiration from by Birmingham Nagars Eklavya Shakha [see last months edition for information], Leamington Nagar organised an online Shibir from Dec 18-19. **Aparjita Gupta describes the Shibir:**

At six o'clock sharp, around 30 excited, happy faces appeared on our zoom screens, ready for a day of laughter, extreme tiredness and fun...and believe me, they weren't disappointed! Our shakha consisted of **heart-pumping warm ups, intense martial arts, soothing yoga, lively singing** and an undercurrent of excitement, that rippled through the air. We then freshened up before getting guided through our next segment and personally my favourite one: **making the food and setting up our beds**. Connected through an app, each family worked together, even the youngest of us donning an apron to help make some delicious and healthy food. We then set up our sleeping bags on the floor, ready for our camp-like adventure.



But before we could sink into the depths of our comfy tent-like creations, we had few more activities left to go, namely, our very own **art session**. In one session, we were given the themes, positivity in 2020 or Christmas and then left to go crazy with helpful tips along the way and in the other a calming, **informative introduction to origami**, helping even those with not as nimble fingers, to make a bird and a paper aeroplane. After this invigorating yet soothing session, we read up on the topic of India or Hinduism, as a chance to expand our knowledge before bed, then tucked ourselves into our sleeping bags.



We woke up the next morning, slightly groggy but certainly more refreshed and rejuvenated, after the Ish Chintan and the morning Meditation. We then had breakfast and got ready for our morning exercise, **with an overall target of 80 miles of walking, cycling or running**. At first, it sounded daunting but nonetheless we bound together and reached it! We came back, tired and sweaty but ready for more, which in this case meant **Mahakhel!** We split the Mahakhel into three breakout rooms: an exercise bootcamp, a kahoot quiz and a treasure hunt, each getting very competitive, each with their own charm and each very fun.

We ended the day with a Samarop, both esteemed visitors and our own talking about how much they'd enjoyed the entire experience and a lot of hard earned praise was given, to the people who had organised and led the Shibir. We ended the Samarop with kind and moving words, a fitting end to an exciting, invigorating, informative Shibir.

ANXIETY AWARENESS – BRADFORD SAVITRI SHAKHA

On 14th Dec Bradford Savitri Shakha successfully organised its fourth Mahila Milan session, in conjunction with Newcastle Mahila's. The topic was on Anxiety Awareness.

Dr Ishy Bruce from Newcastle Upon Tyne, presented the topic.

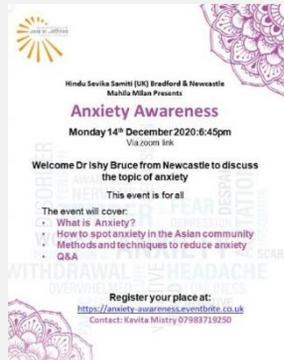
Anxiety symptoms are varied but generally describe as a feeling of unease, such as worry or fear, that can be mild or severe. Everyone has feelings of anxiety at some point in their lifetime. The presentation covered how anxiety can be linked with stress and depression.

Dr. Ishy taught us some breathing exercises, how to divert the mind when feeling anxious and mind relaxation exercises. She suggested developing some habits, such as writing thoughts down on a piece of paper (maintain a dairy) which will help to clear up the mind and avoid screen time before going to sleep. This can help to reduce anxiety.

She also suggested some exercises that can help our children overcome anxiety which many enquired about. Presenting for the first time in an online forum, the presentation was well attended [70 attendees] across England and Scotland.

Bradford Mahila Milan Team

Dr Ishy is a qualified medical doctor who previously worked as a GP but is now an Emotional Wellbeing & Life Coach who specialises in helping clients to manage their anxiety. She uses a variety of methods, including Emotional Freedom Techniques (EFT), Neurolinguistic Programming (NLP) and mindfulness to help her clients. Dr Ishy believes the mind and body are intricately linked and that our body often reflects our thoughts.



RICKSHAW RUN – ANNIVERSARY SOUVENIR E-BOOK



Sewa UK have released their souvenir E-Book on the anniversary of the Rickshaw Run start date (10-12-2019). An E-copy has been included with this months Sangh Mail and can be distributed widely.

OVERVIEW OF RICKSHAW RUN

The aim of this event was to have a group of participants from across the globe travel from Kanyakumari to Ahmedabad driving an auto rickshaw in 12 days. Each rickshaw had 3 participants. They had to navigate themselves and to take turns to drive the rickshaws. The route was a 12 day journey starting place in kanyakumari and ending in Ahmedabad across the following states, Tamil Nadu, Karnataka, Goa, Maharashtra and Gujarat

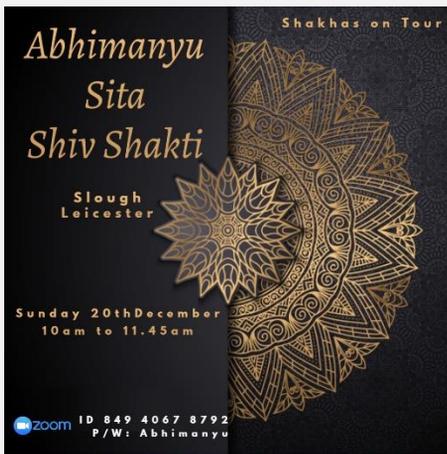
SHAKHA ON TOUR!!

Many of us will have been participating in the great initiative "Shakha on Tour" in which Shakha's around the country are paired up to help us get to know one another, co-create and share ideas on innovative activities and to have fun!

Here's an account from Leicester and Slough on their twinning of two shakhas...

On Sunday 20th December Shiv Shakti Pariwar Shakha **Leicester** held a joint Shakha with Abhimanyu and Sita Shakha from **Slough**. It was great to work with the Slough Karyakarta team and put a plan/ timetable for the day in place. Our aim was for each Shakhas to take shareerik, khel, baudhik and even to go as far as everyone from all the shakhas doing a parichay, all this via Zoom! Even more important was seeing and hearing other swayamsevak and sevikas lifting each others spirits through the lockdown. A true example of Sanghathan. Participants 47, total sankhya 85.

Sanghathan Mein Shakti Hai.
Raj Sookrah





हिंदू स्वयंसेवक संघ युके
Hindu Swayamsevak Sangh (UK)

Hindu Sevika Samiti
हिंदू सेविका समिती



Please note that due to current Covid-19 restrictions we are currently unable to confirm venue and specific dates of some Karyakram.

National Calendar 2021

Date	Karyakram	Location / Notes
Friday 15 th January	MAKAR SANKRANTI	
Saturday 23 rd January	NATIONAL KARYAKARTA VARG	
March	National PRATIYOGITA	(Bauddhik / Shareerik)
Monday 12 th April	VARSH PRATIPADA	
May	BALAGOKULAM SHIBIR	
June	MAHILA SHIBIR / VARG (Sevikas)	
Friday 4 th - Sunday 6 th June	JYESHTHA SHIBIR (Swayamsevaks)	
Saturday 26 th June	SSV KARYAKARTA VARG (ALL)	
Saturday 24 th July	GURU PURNIMA	(Celebrate by 18 th July)
Saturday 24 th July - Sunday 1 st August	SSV - ALL	
Friday 30 th July - Sunday 1 st August	SANGH CHINTAN SHIBIR	
Sunday 22 nd August	RAKSHA BANDHAN	
September	TARUN SHIBIR (TBC)	
Friday 15 th October	VIJAYA DASHMI	
Sunday 5 th December	PRATINIDHI SABHA	Milton Keynes
December	SHIKSHAK VARG	

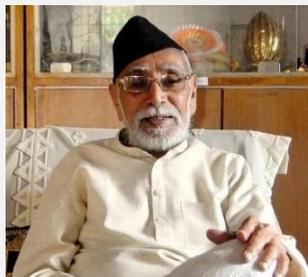
Other Key Event Dates

Event	Date	Event	Date
Suryanamaskar Yajna	February	Cycle4Sewa (London)	September
Int. Women's Day	Monday 8 th March	Sewa Day	TBC
Holi	Monday 28 th /29 th March	Navratri	Wednesday 6 th October
Yorkshire 3 Peaks	Sunday 30 th May	Deepavali	Thursday 4 th November
Samanvaya Shibir	June	Parliament Week	November
Int. Day of Yoga	Monday 21 st June		



OUR CONDOLENCES

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



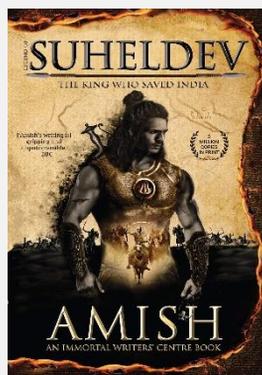
Shri M.G. Vaidya, [father of Shri Ramji Vaidya] passed away Dec 19 in Nagpur, India. A former Sanskrit Professor, also served as the Akhil Bhartiya Bauddhik Pramukh and an active Sangh Swayamsevak throughout his life. A leading light in Sangh work, Shri M.G. Vaidya had been able to work with Doctorji, and all subsequent Sarasanghchalaks . In a tweet from Dr. Manmohan Vaidya “Shri M.G. Vaidya, my father breathed his last today at 2.25pm at Nagpur after completing 97 years of active, meaningful and inspiring life. He was a veteran journalist, a Hindutva “Bhashyakar” and active Sangh Swayamsevak for 9 decades.”

BRISTOL PARIVAAR SHAKHA – UK PARLIAMENT WEEK



For those eagle eyed amongst us...you would have noticed that we failed to include Bristol in last months UK Parliament Week summary – sorry! Bristol [West England and Wales vibhaag] had a fab event on the 7th November, with a well prepared debate on whether Sanatan Dharma has the answers to all current issues in society. Well done to all involved.

NEW BOOK TITLES AVAILABLE AT HSK



New titles have been received and now available at Hindu Sahitya Kendra online. The following are new titles available:

- [Suheldev](#)
- [History of India](#)
- [Delhi Riots 2020](#)

...AND THAT'S A WRAP!

Firstly, thank you to you all for capturing and enabling us to share all those moments that demonstrate our ethos of Sanskar, Sewa and Sanghatan! We hope you continue to find Sangh Mail a useful reference, and source of inspiration in undertaking Sangh activity up and down the UK – if you'd like to get involved in its publication please contact us on sanghmail@hssuk.org



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.