

FEB 2021

Sangh Mail

Sanskār • Sewā • Sangathan



ॐ मित्राय नमः
om mitrāya namaḥ

ॐ रवये नमः
om ravaye namaḥ

ॐ सूर्याय नमः
om sūryāya namaḥ

ॐ भानवे नमः
om bhānave namaḥ

ॐ खगय नमः
om khagaya namaḥ

ॐ पूष्णे नमः
om pūṣṇe namaḥ

ॐ हिरण्यगर्भाय नमः
om hiraṇyagarbhāya namaḥ

ॐ मरीचये नमः
om marīcāye namaḥ

ॐ अर्काय नमः
om arkāya namaḥ

ॐ सवित्रे नमः
om savitre namaḥ

ॐ आदित्याय नमः
om ādityāya namaḥ

ॐ भास्कराय नमः
om bhāskarāya namaḥ

ॐ श्रीसवित्सूर्यनारायणाय नमः

Shariramadhyam khalu
dharmasadhanam

*The body is the means to the
fulfilment of dharma*

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

BRITISH HINDU

Four small questions

One Big Impact

CENSUS 2021

We will all be receiving our Census forms very shortly, it is important for us all to acknowledge four questions which can have a major impact on the provision, representation and voice we will have going forward:

1. **NATIONAL IDENTITY:** Pick your national identity plus Other and include **Indian** too [as appropriate]
2. **RELIGION:** Pick **Hindu** to represent all aspects and denominations that it represents.
3. **MAIN LANGUAGE:** Enter **Other and your Main Language** e.g. Gujarati, Tamil, Hindi etc
4. **ETHNIC GROUP:** Select **Indian** [as appropriate]

census
2021

BRITISH HINDU



How would you describe your national identity?

14 How would you describe your national identity?

☞ Tick all that apply

- English
- Welsh
- Scottish
- Northern Irish
- British
- Other, write in



National identity means countries you think as home. This is different from your nationality or ethnicity.

INDIAN

What is your religion?

16 What is your religion?

☞ This question is voluntary

- No religion
- Christian (including Church of England, Catholic, Protestant and all other Christian denominations)
- Buddhist
- Hindu
- Jewish
- Muslim
- Sikh
- Any other religion, write in

What is your main language?

18 What is your main language?

- English → Goto 20
- Other, write in (including British Sign Language)

GUJARATI

19 How well can you speak English?

- Very well
- Well
- Not well
- Not at all

EXAMPLE
GUJARATI or
TAMIL or
HINDI etc

What is your ethnic group?

15 What is your ethnic group?

☞ Choose one section from A to E, then tick one box to best describe your ethnic group or background

C Asian/Asian British

- Indian
- Pakistani
- Bangladeshi
- Chinese
- Any other Asian background, write in

VASANT PANCHAMI

Bradford-Leeds Krishna e-Balagokulam celebrated Vasant Panchmi on 14th February with a total sankhya of 47. We started our utsav by reciting Saraswati Mantras in different languages followed by explaining its meaning.

We also included energizing warm ups led by one of our young baal. One of our baalika dressed up in a white saree together with a veena symbolising Saraswati Maa and performed a graceful Nrutya.

For baudhik the Baal gana made Maa Saraswati Yantras and learnt about its meaning in detail. This day is considered auspicious to start a child’s education, so the Baal gana also undertook a puja of their notebooks, pens and yantras which they made during the craft activities. **JANKI DESAI, BRADFORD**



YANTRA



SWAAMI VIVEKANANDA JAYANTI

On 29th January, Leamington Balgokulam celebrated Swami Vivekananda Jayanti in a very unique way, through a role play. All our young members teamed up with their parents to act out parts of his life in short skits. These were recorded in their homes and eventually bundled together into a great video showing what aspects of his character made him the great man we know him by. All these scenes have a narrated part between them which is played by Sudhanva ji, who does a very good job of holding the play together.

HARSHU AMANE



...we end with one of the cutest Swamiji’s who packs quite a punch as they re-enact one of his speeches in America.....he tells us that..

“we are the makers of our own destiny and that our future is in our own hands”



NORTH-WEST AND NORTHERN IRELAND

Dainik Prabhat Shakha - NW NI Vibhag have been running daily morning shakha since 9th January. Swayamsevaks and Sevikas from across the Vibhag join at 7am to recite Ish Chintan, perform Suryanamakars and prarthana. It has been great to start the day with Sangh parivar from within the Vibhag.

Bauddhik Abhyas Varg - NW NI Vibhag held their first abhyas varg of 2021 on 20th January. The sessions focused on Bauddhik Khel and exploring the significance of Geet in shakha. We were joined by Kendriya Bauddhik pramukhs Harshji Haria and Reena ji Vekriya, and also Kendriya Saha Karyavahika Kalyani ji Peshave and Jayshree ji Mistry. Over 50 karyakartas joined.

EDINBURGH - KAVI SAMMELAN

North East and Scotland Vibhag organised a Baal Kavi Sammelan in Dec 2020 for Swayamsevaks and Sevikas aged under 10. They had to Write 4 lines or more of poetry or 5-6 sentences about their favourite story from Ramayana or Mahabharata, a Hindu God or Goddess or a Hindu Hero. This initiative was well adopted amongst the North East and Scotland Vibhag with a total of 22 entries received from over 7 nagars. On the auspicious day of Vasant Panchami we published the E-book of all the poems and stories we received from our bāl swayamsevaks and bālikā sevikās. The e-book is a wonderful opportunity to showcase their creativity and knowledge, which we can all learn from and be inspired.

NORTH EAST SCOTLAND BAUDDHIK TEAM



EDINBURGH – MAKAR SANKRANTI

Edinburgh Valmiki Shakha celebrated Makar Sankranti and invited SAMRAT (Scottish Association of Marathi Regional Arts and Traditions) committee members Smt. Sonali Nakhate Ji & Shri. Vipul Kulkarni Ji and they shared their anubhav and they fully appreciated HSS (UK) initiatives and projects particularly within Edinburgh. Both children and parents were very actively involved in Arts and crafts. We also celebrated Neta ji Subhash Chandra Bose Jayanthi.

VALMIKI SHAKHA, EDINBURGH



EDINBURGH – BUSY, BUSY, BUSY!

February has been a busy month for us! We've started to host a daily morning Surya Namaskar Shakha and whilst we originally planned it for our Nagar, we've rapidly scaled it to a Vibhag level and get participants from across the UK and even India! Interestingly the shakha has been launched, managed and conducted by our own inspirational shakha swayamsevaks and sevikas. On 20th Feb we also had an exclusive darshan to Edinburgh Hindu Mandir and nearly 50+ parivaars attended our Shakha. In addition to this, our kids also recited Sarasvathi Vandana in Edinburgh Hindu Mandir hosted by Edinburgh Odisha Community.

ARISE AWAKE O' KISHOR[I]

“ 32 Kishor and Kishori attended from 11 shakhas, across the M4 corridor starting from Hounslow into Wales and above ”



KISHOR/I's RULE[Z]

WEST LONDON AND WEST ENGLAND SHAKHA. Our Gen-Z Kishori/s [11-17 yr olds] are reknown for the entrepreneurialism, agility and general disregard status quo(!) so its no wonder that boredom set in over our regular e-shakha's! Facing a declining sankhya, we decided to take matters into our own hands, a Kishor(i) shakha, for kishor(i), run and managed by kishor(i)! Brace yourselves...!

On the 8th December 2020, a few Kishor and Kishori 's (KK) in the West London and West England Vibhag planned and ran an e-shakha. No Adults were involved with the planning and this group were given complete freedom to do what they want in the shakha with the only proviso that the Dhvaj must go up and down at the start and end of shakha.

Behold the birth of KK e-shakha! It ran very smoothly and was extremely enjoyable to attend. 32 Kishor and Kishori attended from 11 shakhas, that is the M4 corridor starting from Hounslow into Wales and above. Games such as Pictionary and Scavenger hunt were played, and we had an insightful bauddhik taken by Sachinji Nanda. It was about how shakha allows us to grow and the certain life skills it teaches you to boost your growth in life. Overall, this e-shakha has taught me somethings I never knew like comfort is a tranquilizer to growth, shakha teaches to be out of your comfort zone, do deal with challenges of life.

Building on the success of this shaka, another WL/WE KK shakha was held in the half term holiday on 17th February 2021. Once again, an amazing response with 53 participants introduced to new games and who were treated to a thought provoking bauddhik by Drishti Mae on the subject of Social Media. We learnt the importance of not accepting (like, forward, retweet) everything at face value, determining the 'agenda' of the person posting on social media and to develop critical thinking. It was a high for me as I got to see friends I have not seen for the past year as Covid-19 has confined people to their houses.

DHRUV DEOLIA, Vikram Shakha Hounslow

CHELTENHAM COVID HEROES:



SEWA DAY AT CHELTENHAM ARE VOLUNTEERING AT VACCINATION CENTRES AND DELIVERING FOOD TO THOSE IN NEED

Sewa Day volunteers have been busy during the pandemic supporting people in a range of ways. The volunteers embody 'Sewa', meaning acts of kindness and selfless service. Here in Cheltenham, some of their activities have included:

- Volunteering at the local NHS vaccination centre to carry out weekly marshalling
- Collecting food donations to supply food banks
- Delivering freshly cooked meals every week to several local groups, including the YMCA Cheltenham and Gloucester, NHS nurses, Home Group, and P3

Here in Cheltenham, Sewa Day need help with more volunteers, donations and also reaching out to those in need. Please do get in touch if you can help by emailing cheltenham@sewaday.org

Find out more about Sewa Day [HERE](#).

CHELTHENHAM SEWA DAY

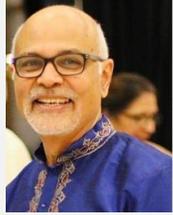
Sewa Day continues to go from strength to strength, with many amongst this readership playing an active and engaging part in its activities and impact. Here we see Cheltenham Sewa Day featuring in Alex Chalk's (MP Cheltenham) [regular updates](#). Well done to the team – a team that are really doing great sewa work and engaging in activity which is core to our Hindu Principles.

We live by actions and not words and we are sure during this pandemic we have had a strong impact in our local areas...well done to the whole SEWA DAY team

OUR CONDOLENCES



Shrimati Preetiben Gupta of Leamington Spa passed away 06 Feb 2021. Preetiben was the saha Karyawaha of Leamington Nagar and Sanskar Shakha. A pillar of strength for Leamington Shakha under whose leadership the Shakha has grown to what it is today. ॐ Shanti Shanti Shanti



Shri Maheshbhai Sonigra passed away 11 Feb 2021 Maheshbhai Sonigra had been a swayamsevak since his days in Mombasa, and was an avid regular swayamsevak of Arjun Shakha, Kenton. ॐ Shanti Shanti Shanti

WE CARE

Our work entails the use and participation across many forums, activities, and channels. If you incur any negative incidents, or are experiencing undue negative attention resulting from our work – please contact us at wecare@hssuk.org for help and support.

WE LOVE HEARING FROM YOU!

To help in publication here are few points when submitting news items:

- 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.
- A picture tells a thousand words - it also provides that 'I wish you were here' moment!
- 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
- 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.



AUM SHANTI SHANTI, SHANTI



Our heartfelt condolences and prayers for eternal peace and sadgati to the departed soul.

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