



# APR 2021

## Sangh Mail

Sanskār • Sewā • Sangathan

PLEASE DONATE  
GENEROUSLY

INDIA COVID APPEAL  
[www.sewauk.org](http://www.sewauk.org)



*We support Sewa International*

Raising funds for Covid Relief India

[f /SewaUK](https://www.facebook.com/SewaUK) [i /SewaUK\\_official](https://www.instagram.com/SewaUK_official) [t /SewaUK\\_official](https://www.twitter.com/SewaUK_official) [www/SewaUK.org](http://www.SewaUK.org)



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](mailto:sanghmail@hssuk.org)

#TOGETHER WE  
SERVE BETTER

www.sewauk.org

+£277,000

Funds raised in support of  
the India COVID relief  
effort from SewaUK

£500,000  
Target

## HSS (UK) SUPPORTS THE EFFORTS TO RAISE FUNDS IN AID OF THE SEWAUK INDIA COVID APPEAL

### SHARE ON SOCIAL MEDIA



Share the donation link on all of your social media accounts to help raise awareness about the cause. 'Like' the Sewa International social media pages as well



/SewaUK



/SewaUK\_official



/SewaUK\_official



### SHARE THE LINK WITH FAMILY & FRIENDS

Share the [donation link](#) to all your family and friends

<https://uk.virginmoneygiving.com/sewaukindiacovidappeal>



### CONTACT LOCAL TEMPLES & ORGANISATIONS

Contact local temples and organisations to see if they can the donation link or support our cause by sharing this message



### SHARE WITH YOUR WORK COLEAGUES, FRIENDS & SCHOOLS

Many companies and work colleagues will be happy to donate. Please do [share the link](#) and information with your colleagues and HR department

## SEWA INTERNATIONAL GROUND SUPPORT



#### AWARENESS

##### A POOL OF VERIFIED, WELL-SOURCED INFORMATION FOR AWARENESS

We are working on a mega information campaign to counter the existing chain of mis-information, creating FAQs on COVID-19, raising awareness on the importance of vaccinations, symptoms and preventative care.



#### ESSENTIALS

##### 180+ VOLUNTEERS, AND 20+ PARTNERS WORKING ON DISTRIBUTION

We are preparing a kit with essentials for daily wage earners in urban areas to serve their necessities including, food, masks and sanitisers, sanitary products and basic medicines.



#### DIGITAL HELPDESK

##### A PUBLIC PORTAL

Sewa International has built a digital portal for live, verified and detailed information about COVID-19 resources such as vaccination centres, oxygen supplies, medicines, beds, and more across 100+ cities of India.



#### VACCINATION

##### WORKING WITH LOCAL MUNICIPAL BODIES, NGO PARTNERS, AND VOLUNTEERS ON VACCINATION DRIVES

We are strengthening the vaccination efforts of the government with vaccination drives across urban slums and COVID hotspot areas, in partnership with local municipalities



#### OXYGEN

##### PRIMARILY DONATING OXYGEN CONCENTRATORS

We are providing 1000+ oxygen concentrators to strengthen the capacity of our existing health systems across Budget Private Hospitals, COVID Care centres, Government Hospitals & Private Isolation Centres

## WEST ENGLAND & WALES CELEBRATE VARSHA PRATIPADA

West England Wales Vibhag, which includes Bristol, Cardiff, Carmarthen, Cheltenham, Plymouth, Swansea and Swindon Nagars celebrated **Varsh Patipada Utsav**, also known as the Hindu new year, as well as **Dr Keshav Baliram Hedgewar's birthday** on 10<sup>th</sup> April, 2021.

Information about the new year celebration across east, west, north, and south part of Bharat was shared using an innovative presentation method by Team Swindon, Cheltenham and Cardiff. The presentation was very informative and engaging, sharing the different names of the new year festivals and the unique way of celebrating, following customs and traditions that are exclusive to that region in Bharat.

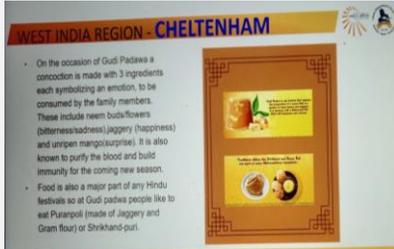
As it was also Doctorji's birthday on this day, Bristol gave an informative video presentation about his life, in a video format. It was amazing to see the young children from all the Nagars speak so confidently in the presentations about the new year and the Doctorji video.

“It was amazing to see young children from all the Nagars speak so confidently in the presentations about the New Year and in the Doctorji video”

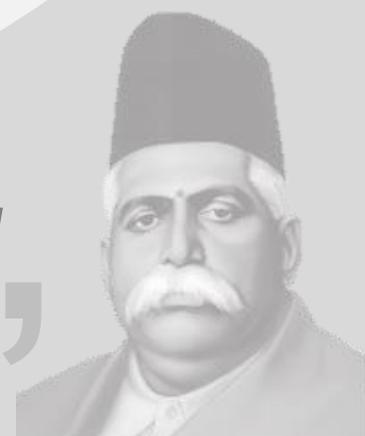
Shubh Varsh Pratipada.  
Hindu New Year.  
Yugabda 5123  
Vikram Samvat 2078  
Shak Samvat 1943



Shri Tusharji Shah [Kendriya Bauddhik Pramukh] gave a bauddhik on Doctorji. His storytelling format was very inspiring, which revolved around Doctorji's childhood and contribution to Bharat, leaving us a message from Doctorji's life that of the importance of building a strong mind and body to achieve our goal. **POONAM MANOCHA**



“No matter how many lectures we give or listen to, until we work like what is talked, we should not expect our goal to be achieved even by mistake”



# SHAKHA'S BEGIN TO RETURN

“  
*An important milestone moment, but one done following government and sangh safety guidelines at all times*  
”

## EASY DOES IT – LEICESTER CAUTIOUSLY OPTIMISTIC

With the lockdown restrictions easing and following strict Shakha guidelines it's great to see Shiv Shakti Parivar Shakha Leicester immediately taking advantage of this opportunity and from Saturday 17<sup>th</sup> April having a one hour weekly outdoor shakha with a maximum sankhya of twenty and playing everyone's favourite ring.

It was important for the karyakarta team to get our younger members back out for their mental and physical wellbeing. For me personally it was great to see the laughter, smiles, energy and motivation after such a long time.

**RAKESH PATEL, LEICESTER**



## FINCHLEY MARK THE BREAKING OF A NEW DAWN [OR IS IT DUSK?]

**17 Apr** - Pratap Shakha Finchley celebrated Varsh Pratipada with an in person shakha. Sankhya of 20. A great atmosphere as we returned with warm ups, football and bauddhik.



# LEAMINGTON – SINGING, WALKING, RUNNING

## PRARTHANA PRATIYOGITA

On the 10th of April, a **Prarthana Pratiyogita** was organised by Leamington Parivar Shakha. The task was for everyone to recite the entire Prarthana without any assistance, with the correct pronunciation, tune, and speed. As most of the members didn't know the whole Prarthana, an **Abhyas Varg** was organised on the 8th of April to help make everyone aware of the correct pronunciation and pace.

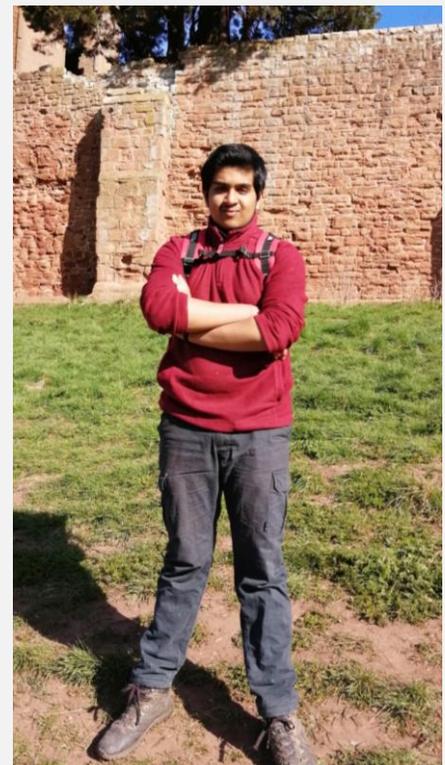
Each one of us was able to sing the whole Prarthana with a melodious tune, correct pronunciation, and at the right speed. There was magnificent feedback from the judges. The **winners** of the competition were **Priyanshi Behn, Supriya Behn** and **Harshu Ji** with a **3-way tie** for the top spot.

Finally, from my own experience, I learned that it is actually quite easy to learn something -be it new or old- if you give it your full attention and willingness to learn, so never give up and keep trying! **PARTH KALE, SANSKAR PARIVAR SHAKHA, LEAMINGTON NAGAR**

## SHAREERIK COMPETITION

During the Easter Holidays, Leamington's Shareerik team recently organised a '**Walking and Running Competition**' to keep spirits high and inspire some healthy exercise! Points were based on the distance travelled and exertion – if you went on a **walk** your kilometres were multiplied by **3** and if you went on a **run**, your kilometres were multiplied by **5**. There was a fierce battle between everyone in our Shakha and Balgokulam, with everybody wanting to see their name at the top of the bar chart of scores. Every day new records of the longest runs and walks were broken, with distances being pushed everyday, until Aarush ji, a 16-year-old kishore, completed a remarkable **29.2km** hike! A few of our aspiring half-marathon runners even managed to go on **16km runs** – wow!

In the end, our 17 day competition was won by Supriya ben, a 16 year old kishori who had a grand total of **591 points**, followed incredibly closely by 15-year-old Kishore, Parth ji, who achieved a significant **567 points**. A big ॐ to them. **PRIYANSHI AGARWAL, SANSKAR PARIVAR SHAKHA, LEAMINGTON NAGAR**



“ Finally, from my own experience, I learned that it is actually quite easy to learn something -be it new or old- if you give it your full attention and willingness to learn. So never give up and keep trying! ”

# “ I AM SANGH ”

*The idea that explains the transformation of the individual from I to We and the realization from ‘I am part of Sangh’ to Sangh is a part of Me’*

## THE PEN IS MIGHTIER THAN THE SWORD

On Saturday 20<sup>th</sup> February 2021, Leicester Nagar planned a **Bauddhik Abhyaas Varg on Writing** for swayamsevaks and sevikas aged from school year 5 and above. The aim of the varg was to expand the writing skills of all participants whilst providing practical applications for them to use, not just within shakha, but in their daily lives.

55 participants joined the varg and were placed in four groups separated by age and were taught four differing topics led by 10 shikshaks and shikshikas. Topics included

- Poster design
- Describing/explaining a khel,
- How to write a report,
- Writing a letter to an MP (amongst many more!).

This varg was a follow on from our public speaking Abhyaas Varg last year. **DILLON SHAH**, Leicester Nagar Bauddhik Pramukh

## CAN YOU BECOME THE MOST YOU ARE MEANT TO BE? #IAMSANGH

The Taruns and Tarunis of Leicester Nagar discussed the meaning of the term #IAmSangh with Tusharji Shah, Kendriya Bauddhik Pramukh. From the fond memories of Sanskriti Mahashibir the idea of #IAmSangh started where we delved into the origin of this phrase and how we can imbibe this into our lives.

Maslow’s Hierarchy of Needs breaks down the meaning of Human nature and how we initially adapt and react to things around us. As we progress through the levels, it leads us to those traits defining Swayamsevak or a Sevika. Later, understanding the path that leads to an Active Karyakarta.

The idea is a transformation of the individual from **I to We** and the join from I am part of Sangh to **Sangh is a part of Me**. We concluded by taking this understanding to a grass roots level and through exploring karyakarta nirmaan. It was motivating to see a total of 27 swayamsevaks and sevikas joining this karyakram embracing the message of #IAmSangh. **MAHESH CHHIBA**, Leicester Surya Shakha, Karyawaha

# #IAMSANGH



**FUNDRAISING** - We need your continued support, please donate generously  
 Personal or Local Team Fundraising pages - please link it to our Team page  
<https://uk.virginmoneygiving.com/Team/CTA202122>

## 14<sup>th</sup> ANNUAL YORKSHIRE 3 PEAKS

		
<b>29-31 MAY</b>	<b>26-27 JUN</b>	<b>29 AUG</b>
THIS WEEKEND IS ONLY FOR LOCAL GROUPS AND DAY TRIP WALKERS	WALKERS STAYING OVERNIGHT / LOCAL DAY WALKERS	LOCAL DAY WALKERS DEPENDING ON REGISTRATIONS
North West Vibhag Vijay Gupta 07858454306	North East Vibhag Satish Shah 07920068263	

	<p><b>LAKES 10 PEAKS CHALLENGE</b>  <b>10 -12 JULY 2021</b>                  Only for seasoned experienced walkers</p>
-------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------

	<p><b>WALES MULTI PEAK CHALLENGE</b>  <b>25-26 SEPT 2021</b>                  A tough challenge that will test endurance and strength</p>
-------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------



**DURING MAY 2021...**

- RUGBY SHAKHA TAKES ON...
- RAM'S VANVAS ROUTE
- 1957 MILES OF WALKING!
- SCAN TO DONATE

OR VISIT [uk.virginmoneygiving.com/Team/CTA202122](http://uk.virginmoneygiving.com/Team/CTA202122)

**LOCAL WALKS**

CTA humbly request all Nagars who are not able to attend the Y3Peaks challenge due to COVID restrictions to organise local walks during the **May Bank Holidays 29 to 31 May 2021** in groups size of up to 30

# BIRMINGHAM NAGAR EKLAVYA SHIBIR

“Promoting the Yam and Niyam, through behaviour, work ethics, and morals at the Apna Ghar shibir,”

Over the weekend of the 10<sup>th</sup> and 11<sup>th</sup> April, Birmingham Nagars Eklavya team held their Apna Ghar Shibir – with the objective to promote Yam and Niyam, through behaviour, work ethics, and morals. Our UK Saha Karyavahika Kalyani Ben graced the Samarop event on Sunday morning at 7.00 am – which meant the boys had to wake up early at 6.00 am!



## BHAKTI



## BHOJAN



## SWACHHATA



# BALAGOKULUM BAAL MELA – SAT 19 JUNE – 1400: 1630 - ONLINE

Registration for Baal Mela which is an event for 5 year to 11 year old children is open and **registration will close on 16 May 2021**. The event is on Saturday 19th June 2021 from 2pm to the 4.30pm.

To register your child please kindly complete the below registration form - <https://bit.ly/2Qzqhd2>



The poster for the Baal Mela event features a vibrant, colorful design. At the top left is the logo of Hindu Swayamsevak Sangh (UK), established in 1968, with the motto 'Sankar - Sewa - Sangathan'. The main title 'BALAGOKULAM' is written in large, bold, orange letters, with 'BAAL MELA' in a red banner below it. The background is a bright yellow with a large, stylized peacock feather. On the left, a cartoon illustration of a young boy (Baal) is shown playing a flute. In the center, there are illustrations of a Ferris wheel, a hot air balloon, a castle, and a striped tent. On the right, a large, detailed illustration of a girl's face is shown. A dreamcatcher is in the top right corner. At the bottom, there are three sections: 'Saturday 19th June 2021 2pm to 4:30pm', 'Fun and exciting online Workshops', and 'Event for kids aged 5 to 11 Email: baalmela@hssuk.org'. A small 'FUN' logo is on the far left, and a colorful wheel icon is on the far right.

## SACHINJI NANDHA – A PRACHARAKS JOURNEY

Sachin ji Nandha has started his journey as a pracharak, through a small yagna ceremony on the auspicious occasion of Varsh Pratipada. He is now settled at his base at London karyalaya.



## 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](mailto:wecare@hssuk.org) for help and support.

## CONDOLENCES

April - Shri Jitendrabhai Manharlal Shukla (Father of Satyenji Shukla - Belfast Karyawaha ) passed away in Ahmedabad. We pray for eternal sadgati for the departed soul. Aum Shanti Shanti Shantih

## 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.



# Sangh Mail

## APR 2021



# Sanskār | Sewā | Sangathan