



# JUN 2021

## Sangh Mail

Sanskär • Sewä • 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](mailto:sanghmail@hssuk.org)

# Gurubhyo Namah

*We bow in appreciation  
to our teachers who are  
torchbearers in our life*

70 Participants  
12 Teachers

## SHIKSHAK VANDAN DIVAS

North London vibhag, held a samilit celebration of Shikshak Vandan Divas on 26 Jun 2021. The online event was attended by over 70 participants including 12 invited teachers from:

- Avanti House Primary and Secondary School
- Henrietta Barnett School
- SKLP Gujarati School
- Reddiford School
- Wembley High Technology College and
- A dhol and dance teacher.

Cllr. Anjanaben Patel highlighted the need to improve the teaching of Hinduism in schools. The event included video appreciation of young students who thanked the teachers for their dedication during the pandemic. Teachers expressed gratitude for invitation to a celebration where teachers were genuinely appreciated especially during Covid Pandemic. Teachers are often taken for granted so it is good to see that the ancient practice in Hinduism of celebrating the value of teachers is alive and well.

“ Smiling faces and laughter  
of students was missed,  
so good to see them again ”



# Cheltenham Kesari Shakha

“ Many families and friends joined the session, along with BBC Radio’s Manny Masih ”



## CHALLENGING ASANAS!

Cheltenham Kesari Shakha celebrated International Day of Yoga on 20 June 2021 with a total sankhya of 36. The session started with E-shakha. Many families and friends joined the session, along with BBC radio’s Manny Masih! Aparna ji Dighe led the yoga session, starting with breathing exercises, moving onto warmups. After that we did various Asanas (Trikonasana, Balaasana, Marjaraasana, Veerbhadraasana, Vajraasana, Paschim uttasana, Adhomukhaasana and Sukhaasna). Some of the stretches and asanas were easy but few were challenging too! The session was concluded with some more breathing exercises, meditation and Aum chanting.

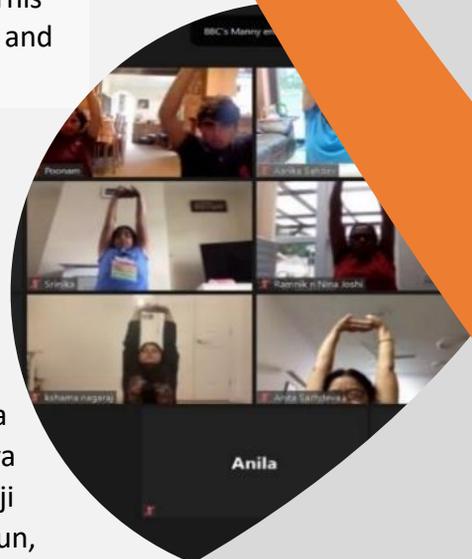
Aparnaji explained the importance of yoga in our life and encouraged us to practise it on a regular basis to keep our body and mind fit. This session was enjoyed by all and it definitely rejuvenated our mind and soul. **Meenakshi Dhir, Cheltenham**

## LEAMINGTON – CATCHING THE SUN

The Leamington event, is organised by the Shree Krishna Mandir, but the coordination is conducted by many Swayamsevaks including Gurumurthyji Polasa who lead the full event.

This year there were 5 different groups showcasing their capabilities, including meditation, pranayama, breathing techniques and Yogasana. The Leamington Sanskar Parivaar shaka also organised one of the 15 minute sessions demonstrating Surya Namaskars in a jovial and fun way to engage the children. Harshuji Amane narrated a story of a warrior with an aim to retrieve the sun, and Parthji Kale posed in the different positions as the story was being described. Parents and children who joined in the session thoroughly enjoyed the whole event

**Pritesh Mistry, Leamington Parivar Shakha**



# Reading Nagar Celebrates International Day of Yoga

The morning  
session started  
at 4.30am!

## NOT ONE, BUT TWO!

On 21 June, Reading shaka hosted two yoga sessions for the samaj. The morning session started at 4.30am and included meditation, warmups, 108 Surya namaskars, pranayams and gayatri mantra chanting.

The evening 6pm session included gentle asanas, shavasana, pranayams as well as laughter yoga. Supported by United Nations, every year, International Day of Yoga is commemorated all over the world and is observed on 21 June as it marks the summer solstice and also considered to be auspicious in many cultures. This year the theme was "Yoga for wellness" with focus on practicing yoga for physical and mental well-being which is relevant to current times as the society is recovering from the pandemic and lockdowns which has had a profound effect on people's mental health. People around the world are embracing Yoga to stay healthy, overcome depression, alleviate anxiety, and it plays a vital role in rehabilitation.

**Ramesh Mepa, Reading Nagar**



**SEWA UK – CHARITY THROUGH ADVENTURE**  
[www.charitythroughadventure.co.uk](http://www.charitythroughadventure.co.uk)

**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**



**29-31 MAY**

THIS WEEKEND IS ONLY  
 FOR LOCAL GROUPS AND  
 DAY TRIP WALKERS



**27 JUN**

WALKERS STAYING  
 OVERNIGHT / LOCAL DAY  
 WALKERS

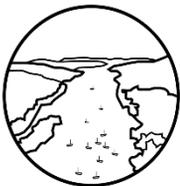


**29 AUG**

LOCAL DAY WALKERS  
 DEPENDING ON  
 REGISTRATIONS

North West Vibhag  
 Vijay Gupta 07858454306

North East Vibhag  
 Satish Shah 07920068263



**LAKES 10 PEAKS CHALLENGE**

**10 -12 JULY 2021**

Only for seasoned experienced walkers



**WALES MULTI PEAK CHALLENGE**

**25-26 SEPT 2021**

A tough challenge that will test endurance and strength

# Leamington SPeAk

“ I would recommend to whomever has the chance, to complete this challenge - the benefits are amazing ”

Charity Through  
Adventure  
Yorkshire 3 Peaks  
**£5,122.00**  
[as of 02 Jun]

## REACHING NEW HEIGHTS

This year's Yorkshire 3 peaks was incredibly physically taxing, but also a satisfying and fulfilling experience to climb Pen-y-Ghent, Whernside, and Ingleborough. Although my legs were completely broken the next day, the knowledge, and sense of achievement makes it more than worth the consequences. Satishji was always there with his unending stamina and experience to lift up the group, who were feeling especially dead after Whernside (the 2<sup>nd</sup> peak). In addition to this, he always had a large collection of advice to give the group, ranging from which hiking equipment to use, to advice on how to live life in general. Overall, it was a priceless experience that has not only led to my physical, but also my mental development. I would recommend to whoever has the chance to complete this challenge; the benefits are amazing. **Aarush Agarwal, 16, Sanskar Parivaar Shaka.**

## TWO DOWN, ONE TO GO!

On the 26th June, we set off to climb Yorkshire 3 Peaks 2021. We went through the vast range of emotions, from tears to laughter but I wouldn't change it for anything! Our wonderful guides Marta and Nicola aided us both mentally and physically, when we were fully drained they were there to keep us going, enlightening us with wisdom about nature and life in general. Even though we couldn't walk properly the next day, the three peaks experience was truly amazing and everyone should be given a chance to do it. Doing two of Yorkshire's three peaks was an experience of a lifetime, and I can't wait to tackle 3 next year! - **Supriya Kumar, 16, Leamington Sanskar Parivaar Shaka**



**CTA Yorkshire 3 Peaks  
Saturday 26th June 2021**  
Total attendance was 21.  
Those completing 1 Peak (x3),  
2 Peaks (x9) and 3 Peaks (x9)

On behalf of CTA - Charity Through Adventure I wish to thank all our volunteers and participants for taking part.

Thank you to all for your generous donations which will be allocated to Nepal Covid. Funds raised as of 2 Jun £5122 inc tax relief. **Satish Shah, CTA team volunteer, SewaUK fund raiser**



## SEWA WALKATHON - RUGBY

On 11 June, Rugby Nagar organised their annual Sewa Walkathon. Instead of the usual 5 mile walk around Draycot reservoir, this year the participants were given a choice of routes to walk, depending on their capability. This was our first organised event since lockdown and it was evident to see that people had missed 'real' gatherings. On the day, 38 participants walked the various routes with an additional 5 manning the help desk at base. We raised £530 for our nominated local charity 'MIND'. After the walks, we all enjoyed a socially distanced picnic. The best part :-)

**Kishor Mistry, Rugby Nagar**



## WALK FOR SEWA - LEAMINGTON

Leamington Nagar organised walk for SewaUK on 29<sup>th</sup> May 2021 to support our Annual 3 peak challenge .

We started the walk at 11 am in morning @ Draycote Water and the weather was wonderful for a walk.

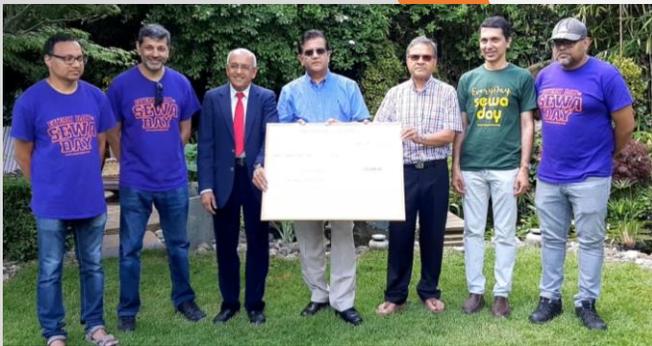
All participants were asked to donate min £5 as an entry fee for the charity event .The entire route of the Walk was five mile around the reservoir.

A total of 23 swayamsevaks / sevika's took part in the fun filled Walk. The event concluded with a family picnic.



We raised the total of **£140** to our SewaUK charity . It was a day well spent with all the members outdoors and with a great opportunity to breathe in the fresh air. We would like to thank each one of Nagar sevak/ sevika for their participation in the Walk for sewa & fundraising event. **Leamington Nagar Sewa team,**

## ONCE A SWAYAMSEVAK, ALWAYS A SWAYAMSEVAK



Cheque presented by Bhupendraji Umrana (President), Harishji Mistry (Trustee) and Rameshji Parmar (Treasurer)

Reading nagar was honoured and privileged to receive a cheque for £2500 on behalf of Sewa International for India Covid relief. The donation was presented by UK Luhar Gnati mandal which mobilised its members and appealed to the community to raise and donate funds generously. Shree Harishji Mistry, who is a trustee used to be a Swayamsevak in Kampala, Uganda (and who also used to bring his children to Reading shakha many years ago) and hence is aware of Sanghs guiding principles of **Sanskar** (life values), **Sewa** (selfless service) and **Sangathan** (community spirit). After seeing the unfolding dire situation, with painful images of suffering caused by the pandemic and lockdown in India, the community members decided to collect and donate the money to Sewa International which was already actively raising funds for providing immediate help procuring medical supplies and oxygen concentrator, etc, as well as long term rehabilitation for those affected.

**Ramesh Mepa, Reading Nagar**

# FIRST DAY

## READING CHARITY OF CHOICE

Although the two-month target was £1,200 it has been exceeded as donations still continue to come in.

This year Reading nagar nominated **First Days** children's charity as its Charity of choice to raise awareness of the long-term effect of poverty on children. Although the whole nagar was unable to get together collectively due to lockdown restrictions, each group organised activities to raise funds in different ways involving either participation, trade or sponsorship within the wider community:

- **Samiti** was involved in variety of tasks including making food for office such as samosas, tea masala, baking cake; help with catering for birthdays, online craft session for children
- **Balagokulam** children helped by creating posters to spread awareness and raised money in their own way such as bike/toy sales
- **The Kishores/kishorees** worked in their own bubble volunteering to do DIY work and donating the monies
- **Yuva** took online yoga sessions for the Pranyog yoga group involving asanas, prayanams

The culmination of this drive was an online musical event which combined antakshri, kahoot Bollywood quiz and children's talent show which included singing, dancing, and playing musical instruments. Although the two-month target was £1200, it has been exceeded as donations still continue to come in.

**Ramesh Mepa, Reading Nagar**

The screenshot shows the website for First Days Children's Charity. At the top, there is a navigation menu with links like Home, Donate, and About Us. A central banner features a purple button that says '108%' and a text box stating '£1,302 raised of £1,200 target'. Below this is a prominent purple 'Give Now' button. The page also includes a 'Be CONFIDENT in school' logo and a search bar.



# THE FIVE KOSHAS

The Sanskrit saying “*śarīramādyam khalu dharmasādhanam*” means that the body is the primary means to fulfil Dharma.

Generally, when we think of Shāreerik, we say it is physical development and therefore our focus goes mainly to physical activities. However, Shāreerik is to do with the *Shareer* (the body), and according to our *Shāstras*, the body is not limited to just the physical aspects but is much more. In the *Taittiriya Upanishad*, it is stated that the body is made up of five layers or sheaths known as *Panch Kosha*.

## The 5 Koshas

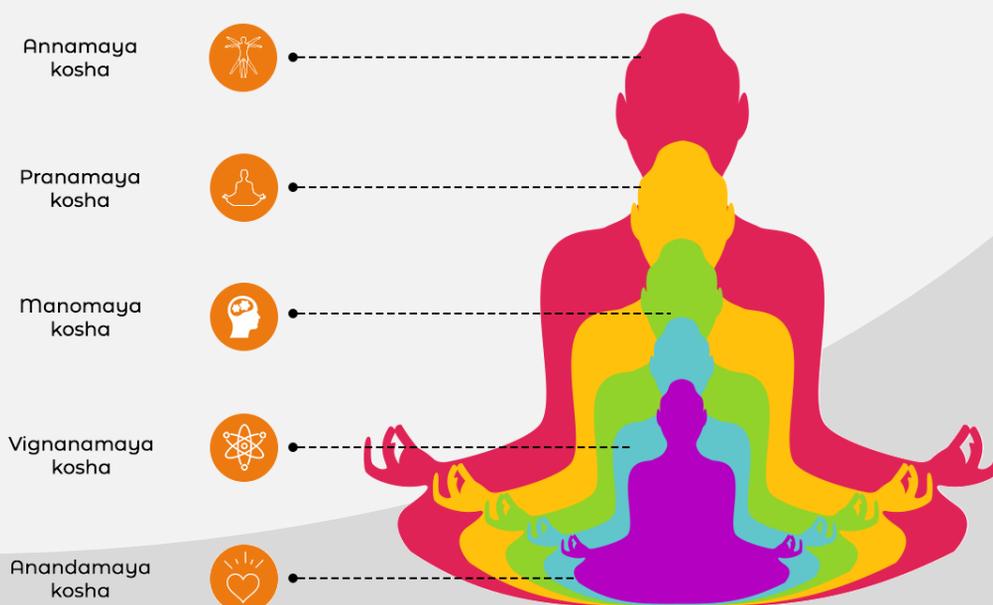
The body consists of the following five Koshas;

- **Annamaya Kosha:** The outer sheath is the physical layer. This is made up of muscles, bones, skin and organs. Anna means food. This layer is sustained with a healthy diet and exercise.
- **Prānamaya Kosha:** This is the life force/energy layer. It relates to the breath and the flow of energy through the body via *Nādis* (channels).
- **Manomaya Kosha:** This is the mind and mental layer. It is to do with our thoughts and emotions such as morals, courage, valour and compassion.
- **Vignānamaya Kosha:** This is the knowledge and intellect layer. This kosha is composed of wisdom, intuition and perception.
- **Ānadamaya Kosha:** The innermost sheath is the Ātma—our true nature. It is unending joy, love, peace and complete blissfulness and beyond. It is the Ātma.

In Sangh, our Shāreerik Kāryakrams help us to strengthen and develop our Koshas from outer to inner, particularly anna (physical), prān (energy) and mana (mental/mind). They are not limited to just the physical aspect. Therefore, all our Kāryakrams within and outside of our Shākhās should aim to develop all the Koshas. [Further Reading](#)

**Mitesh Sevani, Shareerik Vibhag**

All our  
Kāryakrams  
within and  
outside of our  
Shākhās should  
aim to develop  
all the Koshas



## PRACHARAK – A LIVING BRIDGE

As a child, seeing my mother and father welcome pracharaks into our house was just natural. Over the years we welcomed several pracharaks including Man. Pandit Deendayal Upadhyayaji. Pracharaks are a living bridge between the Samaj and Sangh. So when Sachin ji Nandha visited my house for bhojan, there was a natural flow of conversation between my father ( Davèji) a 95 year old Swayamsevak and Sachinji. My father mesmerised us with his recollections of life changing bond with sangh pracharaks since 1940s. 'Simplicity, Vision and selfless work ethic makes a good pracharak an effective pracharak' said Daveji as Sachinji listened in awe. Sachinji candidly went through the decision process that led him to becoming a pracharak in the UK.

**Dr Harsha Jani**

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## 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.

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## 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.

Pracharaks are a unique breed; they have an innate ability to blend into a home with the utmost ease and make it their own.

This was a 'triveni sangam' of three generations; a confluence of thoughts and inspiration.



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# Sanskār | Sewā | Sangathan