



# JUL 2021

## Sangh Mail

**Sanskār • Sewā • Sangathan**

### *In this months edition*

- Teachers Appreciation Day
  - Sewa Activities
  - Battle of the Titans

### *Look out for....*

- Be & Make
- Sangh Chintan Shibir, to be held physically in the Midlands on Sat 25 Sept!

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)

# गुरबरहा गुरिवर षुगुररदेवो महेशरः गुर साकात परबहा तसैशीगुरवेनम

Gurur Brahma Gurur Vishnu  
Gurur Devo Maheshwaraha  
Guru Saakshaat Para Brahma  
Tasmai Sri Gurave Namaha

Guru is the Creator (Brahma),  
Guru is the Preserver (Vishnu),  
Guru Deva is Destroyer  
(Maheshvara)

Guru is the absolute  
(singular) Lord  
himself, Salutations  
to that Sri Guru

## BHAGWA DHWAJ... NOT JUST A FLAG

The position of a Guru is regarded sacred and holds one of the highest status and respect. Wherever a sacred personality is present, the base of their position or seat is first cleaned and a presentable base is created (cloth, flowers, rangoli etc.)

In Sangh, the Bhagwā Dhvaj is our Guru and therefore is the sacred personality present at every Shākhā.

Therefore, the area around the Bhagvā Dhvaj must be clean and a presentable base should be created to honour our Guru



### DHWAJ MANDAL GUIDELINES

1. The Dhvaj Mandal has a 0.9 metre (approx. 3 feet) radius.
2. The Dhvaj Mandal can be as creative and colourful as you like, using cloth, flowers, rangoli, etc.
3. The Mandal should not be touched by the Dhvaj Pramukh, so leave some space for the Dhvaj Pramukh to reach and raise the Dhvaj.

Let's start appreciating the sanctity of the Guru and understand the significance of the Bhagwā Dhvaj. It's not just a flag.

## READING NAGAR

This year Reading Nagar celebrated Shikshak Vandan Divas (Teacher's appreciation day) virtually on 2<sup>nd</sup> July 2021. The event was hosted and managed by Balgokulam children with the support and guidance from the shakha team. Shikshak Vandan Divas is an annual event, where we show reverence to our Teachers. Our first Gurus are our parents. We also gain knowledge from our school and extracurricular activity teachers. We highlight the importance of teachers in shaping citizens of the country. Teachers from Crossfields school, Aldryngton primary school, and Winnersh Primary school, as well as music, dance and art teachers attended the event.



The session started with lighting of diya to mark the auspicious start, followed by an introduction about HSS (UK) and Reading Nagar. Shree Vikasji Shrivastava demonstrated how yoga, breathing exercises and meditation can be used for our wellbeing which is relevant to current times. The youth group demonstrated shareerik activities like Surya namaskar and satatyayogs which were live streamed from the park.

An interactive fun Bingo quiz game based around Hinduism theme was played, followed by a whistle stop tour on the activities including the Sewa work which Reading Nagar has been doing since the beginning first lockdown. We also had Shree Yogeshji Bhide giving a summary on the newly formed Hindu Education Board (HEB).

This year, in a unique way, the Balgokulam children recorded personal messages of appreciation to their teachers thanking them for the knowledge and wisdom provided which were shown to all the guests. **Aditi Agarkar**

**Councillor Clive Jones (Liberal Democrats – Hawkedon ward)** - *"Really enjoyed 1.5 hours, nice to see everyone has so much respect for their parents and their teachers; carry on doing what you are doing"*.  
**Councillor Pauline Jorgensen (Conservative - Hillside)** - *"Learnt a lot, congratulations to the kids for doing a fantastic job, really impressed"*.

## SHIKSHAK VANDAN DIVAS

# Gurubhyo Namah

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

### **Mr T Goodhew & Mrs E. West - Crossfields School**

*"We are very humbled to be invited. It's such a lovely community and value the human characteristics that you promote; in any community, any religion; we feel it's important to value these"*.

### **Music Teacher - Ratna Gosh,**

*"Great to see children running the show and learning about different aspects of our culture"*.

### **Music Teacher - Padmaja Ganti**

*"Fantastic to see the children take sense of responsibility and giving it back to the community and inculcating good values"*.

### **Mrs J Simpson - Winnersh Primary School -**

*"Children involved in your community are extremely lucky; I wish my children can be part of that wonderful community and the values you are teaching really touched me"*.

## SHIKSHAK VANDAN DIVAS

“ ”

*“My music teacher poured harmony in my learning journey!”*

*“I like my sports teacher who gave me encouragement throughout lockdown by sending online challenges”*

*“Even from Bharat, teacher guides me for coding and programming”*

*“My master not only trained me for martial arts but has taught me values of life, as well as building up my confidence.”*

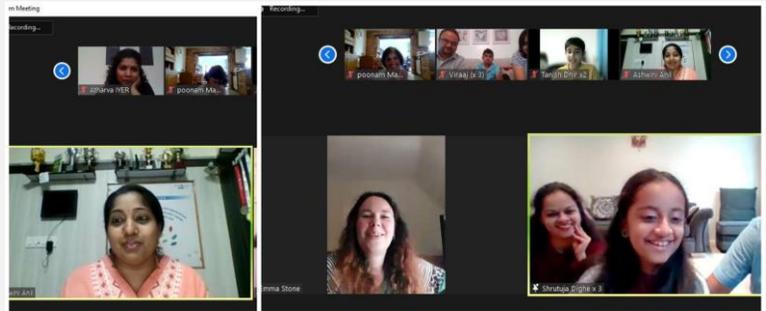
**Mrs. Ashwini Anil (programming teacher)** said “it was a pleasure to be part of this” and enjoyed the kahoot quiz.

**Sports teacher Mr. David Allan** encouraged children with energetic words and **Mr. Tommy Scott (music teacher)** blessing to students.

**Headmaster Thompson** could not attend event but he sent words of encouragement to students in lieu of his attendance,

Kesari Parivaar Shakha, Cheltenham held a celebration of Shikshak Vandan Divas on 3<sup>rd</sup> July 2021. The online occasion was attended by 37 participants including 4 specialist subject teachers. The boudhik session started with children giving an introduction of their teachers and shared warm words such as sweet, kind, funny, helpful teachers.

This way children paid their gratitude and respect to their teachers. Ms. Emma Stone (music teacher) expressed that she was overwhelmed with this celebration of teacher’s day and enjoyed the khel treasure hunt based on the word ‘teacher’.



Kumar Tanishji also gave a presentation beautifully on how Teacher’s day is also celebrated in memory of Dr. Radhakrishnan Sarvapalli in India as well as National teacher’s day of U.K.

**Karishma Modi - Kesari Parivaar Shakha**

*“True Teachers are those who help us think for ourselves”*

*Dr. Radhakrishnan Sarvapalli*

## SHIKSHAK VANDAN DIVAS

Teachers were moved by the tributes from their pupils. It was also impressive to see how confidently our young swyamsevaks can speak and the affect it has on their teachers who were very humbled and appreciative.

## RUGBY NAGAR CELEBRATES SHIKSHAK VANDAN DIVAS

Rugby Nagar celebrated Shikshak Vandan Divas event on 9th July 2021. Teachers from various schools ,Abbots Farm Junior, Dunchurch Infant, Ankura School of Dance, Sri Sathya Sai Spiritual Education Abbots Farm Infant and Eastlands Primary School were delighted to accept the invitation handed out by pupils. There was a sankhya of 43 (including 11 teachers) present on the auspicious event, who came together adhering to covid guidelines and restrictions.

Mr Ben Northedge a teacher from Eastlands Primary School said he was very excited to receive the invite and was definitely attending as has heard so much about the group. He referenced the generosity, the courage and the discipline shown in the pupils character and that it was a genuine credit to parents and HSS (UK) having moulded them into the people the have become. It was lovely to see basic Hindu values of deep respect of all who help guide the children and to acknowledge the honour reserved.

**Dipika Mistry-Nesbitt**, Rugby Samaj Samparak Pramuk

RUGBY SHAKHA CELEBRATES

# Shikshak Vandan Divas

(FACE-TO-FACE)



FRIDAY  
9TH JULY  
2021

RUGBY  
SHAKHA  
est. 1969



# KUNTI SAMITI - LEICESTER

The aim of the event [25 Jul] was not only to provide a platform through which we can show our gratitude to teachers but also an opportunity for teachers to get an insight into the work and activities that our Shakha is engaged in and in which their students participate in weekly.

Kunti Samiti, based in Leicester, East Midlands, took part in a bhaudhik whereby the students used their creativity to make and design their very own 'Teacher Day Appreciation' cards.

These were then given to their teacher by hand to show how much they have appreciated their continued support during these tough times of the pandemic.

Each student gave a small speech to their teacher, verbally during the ceremony of giving the card. For example one student's speech

'I really appreciate all the support and effort you have given me, you have shown me new ways of thinking to bring out the best in who I am and what I can achieve, thank you for being my teacher and the time you have spent teaching me will forever be a value to my life. **Rai Rathod Year 4 student.**

It was a valuable experience for each of us of all ages to take this time to consider who has been a great influence in our lives and the importance and value they have brought to us. **Dharmabhen Rathod**

# GANGA SHAKHA, SALE

In the Sale area of Trafford Ganga Shakha/Balagokulam organised their [Shikshak Vandan Divas] event on 5th July 2021 attended by teachers from various schools in Trafford. The event was held for an hour between 7pm -8pm online due to Covid-19 restrictions. The event included recitation of Sanskrit Slokas from Hindu scriptures by the children, Yoga, fun quiz, and the insight into Guru (Teacher)/Shishya (Student) relationship in Hindu culture. **Sathish Kumar**



Also reported on news4Trafford <https://news4trafford.co.uk/2021/07/24/hindu-organisation-honours-trafford-teachers-for-their-heroic-efforts-over-this-past-year/amp/>

# SHIKSHAK VANDAN DIVAS

*A day, giving true appreciation to what it means to be a teacher; a guide, a guru, connecting every one of all ages, as no matter what our age is we never stop learning*



“ ”

*“It was an incredibly humbling experience to be appreciated for all that Teachers do, and especially over this more challenging last year. We were given a royal welcome, as appreciation was shown by all in the most heart-warming way.”*

*“I would like to extend our sincere thanks to HSS (UK) SALE Ganga Shakha for organising such a wonderful event and for inviting me to be honoured alongside so many other wonderful teachers from the area.”*

*“I had an enjoyable time this evening. Your kind words have made me smile inside and out. You presented yourself so well, you have grown up so much this year. We are all very proud of you.”*

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**  
**24-25 JULY 2021**

Only for seasoned experienced walkers



**WALES MULTI PEAK CHALLENGE**  
**25-26 SEPT 2021**

A tough challenge that will test endurance and strength

**A WALK ON A KNIFE EDGE**

On Saturday 24 July, 10 participants [Edinburgh 3, Manchester 3, Rugby 1, Yorkshire 3.] tackled the Helvellyn striding and Swirral edge circular walk. Starting at Glenridding on the shore of lake Ullswater at 9am and returning by 5.30pm.

On Sunday 25 July, 7 participants [Rugby 1, Notts 1 and Yorkshire 5] completed the famous Crib Coch knife edge horseshoe ( circular) 8 mile walk on Mt Snowdon. We had excellent weather - starting from Pyg route, Crib Goch 923m, Carnedd Ugain 1065m is the second highest peak in Wales, to Yr Wyddfa the highest mountain in Wales at 1085m, on to the Y Lliwedd 893m. Lots of ups and downs plus the ridge makes this trek a difficult and adventurous grade. We started at 9am and returned at 5.30pm All the enthusiastic and grateful participants on both days were first timers of the chosen route. **Satish Shah, CTA team volunteer**

## RUGBY

### CHARITY THROUGH ADVENTURE

After 31 days, 44 participants ranging from 4 years to 80 years old completed the challenge walking an incredible 2,177 miles and together raising a £906.95 (£1,100.00) for SewaUK.

This year due to Covid-19 restrictions and unable to travel for long walks i.e, Yorkshire 3 Peak challenge, Rugby Shakha along with Charity through Adventure decided to walk the distance journey that Lord Ram took during his 14 years in exile from Ayodhya to Lanka....within the UK! It was approximately 1957miles (3150km). We had chosen the whole month of May 2021 to take on this challenge. **Dipika Mistry-Nesbitt**, Rugby Samaj Samparak Pramukh

DURING MAY 2021...

RUGBY SHAKHA TAKES ON...

RAM'S VANVAS ROUTE

1957 MILES OF WALKING!

SCAN TO DONATE

OR VISIT  
uk.vignimoneygiving.com  
/Team/MidlandsRugbyCTA2021

AYODHYA

LANKA

CHARITY THROUGH Adventure  
SERVICE TO HUMANITY IS SERVICE TO GOD

sewa UK



### North East and Scotland Vibhag celebrated IDY

The North East and Scotland Vibhag weekly Yuvati Yog Shakha has celebrated 7<sup>th</sup> International Yog Divas on 19th June. The International Day of Yog has been celebrated annually on 21st June since 2015 around many parts of the world. To mark this special day,

Madhaviji Haria, Kendriya karyawahika of Hindu Sevika Samiti had joined and conducted yog session. She taught us various dynamic aasans focusing on correct postures and breathing. It was an excellent relaxing start of the day. In the end Madhviji talked about the meaning of yog. Yog is not just physical aasans but mental and spiritual journey. She explained about Ashtang yog and its eight steps which was very educative. Finally, she gave us excellent tips on how to balance our daily busy life as a yuvati with the help of yam and niyams.. **North East & Scotland Yuvati's**

Yog is not just physical aasans but a mental and spiritual journey



cycle4sewa

# NATIONWIDE



## CELEBRATING OUR 10TH YEAR!

### 23<sup>RD</sup> AUGUST 2021 – 5<sup>TH</sup> SEPTEMBER 2021

#### VIRTUAL EVENT INFORMATION:

- Register **ONLINE ONLY** - [www.sewauk.org/cycle4sewa](http://www.sewauk.org/cycle4sewa) before **8th August** for only **£15**.
- Splitting participants into different groups based on age, gender and activity, we'll send out a link to join a group on the 'Strava' app.
- Each participant will need to create a free Strava account.
- There are now even more ways to participate, with the choice to **cycle, walk or run**.
- You **must** record your activity over 2 weeks using the app, in order for it to count towards the final tally.
- Make sure you bring the same competitive energy as our leader board goes virtual. Letting you get involved with participants across the country!
- Remember to register separately for each activity you'd like to participate in.
- More instructions will be sent to registered participants prior to the event start date.

#### A LOOK BACK AT C4S 2020:

- // 28,000km travelled nationwide
- // A record breaking 390 participants
- // Over £12,000 raised for Sewa UK
- // **Mens under 16 cycling**  
Kaylan Hirani (505km)
- // **Mens 17-35 cycling**  
Robin Dickie (1350km)
- // **Mens 36-50 cycling**  
Raj Panchani (827km)
- // **Mens 50+ cycling**  
Arjan Rabadia (508km)
- // **Womans under 16 cycling**  
Mira Patel (446km)
- // **Womans over 16 Cycling**  
Isabella Stone (994km)
- // **Highest Walker**  
Anand Gorasia (358km)
- // **Highest Runner**  
Bhakti Dabasia (141km)

**FOR MORE DETAILS CONTACT:** Roshan Patel - 07983 919 876 | Kishan Mehta - 07814 573 700 | Email - [cycle4sewa@sewauk.org](mailto:cycle4sewa@sewauk.org)



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@Cycle4Sewa

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**TRIVIA**

The english word Juggernaut comes from Bhagvan Jaggnath!

**BRISTOL ON THEIR BIKES FOR A BATH!**

**The Ride** – 10 July, Sankhya 22 Bristol Parivar Shakha organised a bike trip from Bristol to Bath. It all began with the Kishor group congregating at Bristol Railway station. The journey began near, Frenchy intersection, which was made for cyclists, to cover a 13.9 mile (23.3km) ride, over two hour 20-minutes. We all began our journey by traveling across many cities and stopping occasionally for a break. We met other kishor/bal who joined in on the way at Warmly and Salford. Route is very scenic with canal and streams from river Avon passing on occasions.

**The Vegan Festival** - We settled in at the vegan festival after the tiring ride and enjoyed the variety of non-dairy products. There were many healthy drinks such as cucumber and pineapple which seemed to be an odd match but surprisingly was a taste never to be forgotten.

**Cherry on Top** - Dessert makes the meal complete; we were incredibly lucky to have travelled on auspicious festival (RathYatra was just on next day). We cycled to a recently opened Bhagwan Jagannath’s temple (<https://shreejagannathatemple.org.uk>) where we had prayed to the gods beautiful murtis of Shri Krishna, Shri Balaram and Shubhadra ji. They were preparing for their Rathyatra on next day. We had very informative baudhdhich from Adityaji, we were pleasantly surprised to learn story and facts about Rathyatra, and to pay our respects.

**Hasmukh Patel**





## LEICESTER & THE GREAT OUTDOORS

It's great to see Shiv Shakti Shakha Leicester still going strong with outside khel at Cossington Park from 11am to 12pm [which started in May]. The competitive khel of kho-kho, ring and cricket coupled with a great positive atmosphere makes it a fun morning for all. Initiatives on the horizon is a ring competition with Rugby Shakha, and a Leicester mums and dads versus daughters and sons in ring and kho-kho, watch this space!

**Rakesh Patel**



*We must all learn of the auspiciousness of the Bhagwa Dhwaj and how we as karyakartas need to devote ourselves to the dhwaj and understand how it [can] motivate us to do our duties towards dharma, nature and society.*

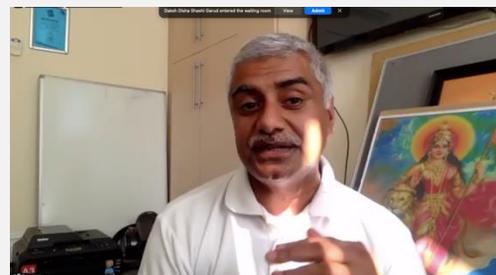
## NEW WEMBLEY SHAKHA – SOMNATH SHAKHA

The new Wembley shakha started just in Dec 2020 which was being conducted on Zoom since its inception due to the pandemic. We had our first ever physical milan with Guru Pooja utsav on Thursday 22nd July at Shree Sanatan Hindu Mandir - Ealing Road Wembley. This young shakha is a beginning of a fresh introduction of Hindu values for new settlers living around Ealing Road from Bharat of Diu homeland (*pronounce as DIV*) and through the hard work of local karyakartas, there has been gradual increase of interest which gave the shape of a shakha. Guru Pooja utsav had a sankhya of 44 (mainly shishus). Baudhik was given by Pranav Patel. **Vinoo Wadher**



## CHELTENHAM KESARI SHAKHA CELEBRATES GURU PUJA

On Sunday 18<sup>th</sup> July, Cheltenham Kesari Shakha celebrated Guru Puja Utsav. Mananiya Dr Ramji Vaidya graced us with a wonderful bauddhik on the auspiciousness of the Bhagwa Dhwaj and how we as karyakartas need to devote ourselves to the dhwaj and how it [can] motivate us to do our duties towards dharma, nature and society. He also talked about the importance of Guru Dakhsina and Sanskaars, with an emotional story about a swayemsevak and how he had got a job so he could offer all of his salary as Guru Dakhsina as his family couldn't afford to. After Ramjis amazing bauddhik, we started the shareerik segment of the program which included an enjoyable treasure hunt khel, in which the first letters of all the objects spelt Guru Puja, and the other was a challenging riddle khel. **Poonam Manocha**



# LEAMINGTON NAGAR HALF MARATHON

On Sunday 11th July, Leamington Shakha and Balgokulam took part in the local half marathon and a walk to raise funds for our brilliant local charity of the year - Myton Hospice. The hospice supported and cared for our two warrior sevikas, Preetiben and Shampaben, who sadly lost in their fight against cancer last year.

Four of our swayamsevaks (Vikas ji, Pritesh ji, Chitta ji and Rajnikanth ji) ran an impressive 21km in the half marathon, with the support of months of training; the cheering voices of the entire Shakha and Balgokulam Parivaar; and of course, the promise of a Leamington Nagar picnic party at the end!

Whilst they were running, 46 people from Leamington Nagar took part in a charity walk from Myton Hospice to Jephson gardens, organised by Sewa Pramukh Shrishail ji. We enjoyed a day of sangathan, food, and cricket!

Although the initial target was £1000, donations for Myton Hospice have now exceeded £1700 (over £2100 with gift aid)! We hope to continue to support Myton Hospice so that they can continue to provide this excellent care to others in their final moments.

**Priyanshi Agarwal, 15, Leamington Sanskar Parivaar Shakha**

"We remember them, and are running in memory of them. Miss you Preeti ben, miss you Shampa ben."

Although the initial target was £1,000 - donations for Myton Hospice have now exceeded £1,700



**Sanskar Balgokulam Leamington Spa**  
Running Half Marathon for Myton Hospice

Challenge complete

172% of target

Total raised so far: **£1,728.00**  
Total plus Gift Aid: £2,138.75

Target: **£1,000.00**  
Raised offline: £0.00

# HANUMAN V RUDRA - THE T20 BATTLE OF TITANS

On Friday 16 July 2021, kishors from Reading Hanuman Shakha participated in a tense tussle of cricket against yuvas from Reading Rudra Shakha. In total 15 kishor swayamseveks and 12 yuva swayamseveks participated in the thrilling T20 match. This was the first non virtual get together for the two Shakhas in 2021 and without a doubt everyone was buzzing with excitement. The kishors won the coin toss and decided to field. The yuvas got off to a flying start with Rajesh-ji scoring 25 (retired) and setting kishors a target of 175. Kishors lost their top 5 batsmen within the first 3 overs. However, Rishit-ji and Manoj-ji steadied the ship with an amazing partnership over the next 10 overs. Overall, it was an even-even game with both sides looking rusty after the long break, making more runs from wide balls than hits! However, the yuvas pulled off a victory and were crowned champions, but winning only by a margin of 13 runs! To the Kishors delight, they were appeased with a pizza party after the match which to an extent made up for the loss especially as only a few months ago such a simple pleasure of life was not possible. The pink lemonade was even more of a hit than the cricket match, but the kishors have promised that they will be back for a rematch. Overall, it was a great evening made even more special due to being able to meet face to face and seeing some old faces.

*Shivam Shah, Age 15. Hanuman Shakha, Reading*



## HINDU CAMPAIGNERS IN PUSH TO ENCOURAGE ECO-CAREERS

**A Hindu eco-group is urging more south Asians who follow the faith to take up careers in the environment sector and build up their own grassroots efforts.** Hindu Climate Action (HCA)

encourages a greener lifestyle and aims to increase ethnic representation in eco-activism. Co-founder Priya Koria said:

"There are certain career paths which people think they should be doing such as medicine, dentistry or engineering." HCA has more than 500 members and has run 30 events in the past year. The recent workshop, which was organised with the National Hindu Students Forum (NHSF) UK highlighted careers such as wildlife photography and environmental consultancy and sustainable engineering.

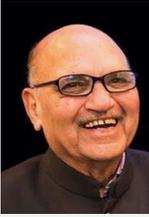
Source: **BBC News - Thamayanthi McAllister-**  
<https://www.bbc.co.uk/news/uk-england-bristol-57803897>

Hindu Climate Action (HCA) encourages a greener lifestyle and aims to increase ethnic representation in eco-activism

## CONDOLENCES



Shri Dinesh Premchans Ranmal Shah passed away 19 June 2021 in Nairobi, Kenya.



Shri Lalubhai Parekh passed away 26 Jul. Lalubhai was active swyamsevak from Gujarat with contemporaries like Keshubhai Patel. He was President of OFBJP for a number of years and had direct contact with Narendrabhai Modi when he was CM.



## AUM SHANTI SHANTI, SHANTI

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

## BIRTHS

- Congratulations to Baijuji and Rupalben Shah [London] had a baby boy 2 July, named Kush.
- Congratulations to Vishal and Shradha Shah [Birmingham] who have become proud parents to baby girl.

## 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.

## 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

## JUL 2021



# Sanskār | Sewā | Sangathan