



AUG 2021

#ProtectOurProtectors

Sangh Mail

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

WHITTINGTON BARRACKS

Eklavya shakha visited Whittington Barracks in Lichfield, West Midlands for Raksha Bandhan.

Shameer Mehta, who is a lieutenant in the RAF and also a swayamsevak was the coordinator of the event with representatives of Army, Navy and RAF present to receive the message of Rakhi tying.

Pradeepji Gupta explained the traditional meaning of Raksha Bandhan. Smt **Sowmyaji Talari** sung 'Hum Kare Rashtra Aradhana' and gave the meaning in terms of nation. Thanks to **Dr Madhuben Gowda** and Shameerji Mehta who had organised the event in detail. Swayamsevaks and sevikas tied rakhis to all. A sumptuous vegetarian meal was also laid out by the hosts.



EDINBURGH

Edinburgh Valmiki Shakha arranged a Rakshabandhan event on 21st August 2021 at Edinburgh Hindu temple. The Consul General of India Mr Bijay Selvaraj, MSP Dr Sandesh Sukhane, and all 3 Armed Forces (British Army, Royal Navy and Royal Airforce), together with representatives of the Police and Scotland Fire Department were present. Total Sankhya was 25



Happy Raksha Bandhan

BARNET NAGAR CELEBRATES RAKSHABANDHAN

This year Swayamsevaks and Sevikas of Pratap Shakha and Shakti Samiti celebrated the Raksha Bandhan theme of mutual respect and protection by **tying Rakhis to those who have been at the forefront in protecting us** during the Covid pandemic. We visited **Friern Barnet Ambulance Station** where we shared experiences of the Covid pandemic. Young Armanji, Vairaj ji and Kamakshi were excited to sit at the wheel of an ambulance. We heard from paramedic Amy Walton about coping during the pandemic.

HSS (UK) has been celebrating Raksha Bandhan with the Emergency Services for 10 years so the hashtag #ProtectOurProtectors was particularly appropriate during the Covid pandemic during which we have seen the Ambulance Service meet so many life threatening challenges. Theresa Villiers MP appreciated the volunteering work of HSS UK during the pandemic. Barnet nagar's other local Raksha Bandhan Sampark abhiyaans included tying rakhi to Mike Freer, MP and Dr Mike Greenberg, Medical Director at Barnet Hospital. At Barnet Shakha our own NHS hero Nikunj ji Depala tied Rakhi to the Bhagwa Dhvaj. **Dr. Harsha Jani**



READING NAGAR CELEBRATES RAKSHA BANDHAN

Reading Balgokolum and shakha visited **Reading Fire Station** to meet the fire fighters and celebrate the festival of Raksha Bandhan. We had an opportunity to learn about the work done by the fire fighters and the variety of equipment used during fire and rescue emergencies. As well as fire engines, the station has the largest inshore capacity boat in the country. The crew provided some insights into their work and the diverse range of skills used such as first aid, water rescue, working at height, hazardous materials management and many more. Such is the nature of their work that we wish them to be protected from the dangers they face on this Raksha Bandhan festival by tying rakhis to those who protects us and make our lives safer. **Ramesh Mepa**



ADARSH PARIVAR SHAKHA - LIVERPOOL



Adarsh Parivar Shaka, Liverpool has celebrated physical Raksha Bandhan Utsav with **Merseyside Police Officers** on 26th August. There was an amazing atmosphere with 65 Swayamsevak's/ sevika's and 5 police officers taking part in the celebration. The utsav was led by our shakha Kishore/ kishori gana, which included team building khels, Rakhi making workshop, Rakhi quiz and sharing the importance of Raksha Bandhan. **We thanked the police officers** by tying the Rakhi **for protecting the community** and keeping us safe and explaining the importance of celebrating Raksha Bandhan Festival. The guests appreciated and felt very honored to have the Rakhi tied to them.

Ram Cheerla, Karyawaha, Adarsh Parivar Shakha, Liverpool

CARDIFF BHOOMI and HINDU COUNCIL OF WALES

Cardiff Bhoomi Balagokulam in collaboration with Hindu Council of Wales celebrated Rakshabandhan festival with members of **Armed and Emergency Services** on 22nd August at the Santan Mandal. **Rakhi -the bond of protection, tied around the wrists of serving personnel** represents not just the **promise to protect & serve** the community but also the gratitude from the community to appreciate the exemplary selfless work done by the **Armed Forces and Emergency Services**. It was an excellent opportunity to thank members of Armed services for their support and contribution in hosting four workshops in the lockdown period with BG kids



RAKSHA BANDHAN MIDDLESBOROUGH



RAKSHA BANDHAN PETERBOROUGH



RUGBY – MIND-fulness

Raksha Bandhan celebrations with Mayor, Police and Fire services.



Rugby also presented a cheque for £550 to charity MIND from their SewaWalkathon



AMERSHAM – RAKSHA BANDHAN

Ten Swayamsevaks and Sevikas from Amersham Shakha today joined the Raksha Bandhan Utsav at **Royal Air Force in High Wycombe**. The Hindu priest started with prayers and explained the importance of Raksha Bandhan. Our sevikas then **tied Rakhis to the Air Force officers and staff**. One of our sevikas impressed the audience by a Bharatnatyam performance.



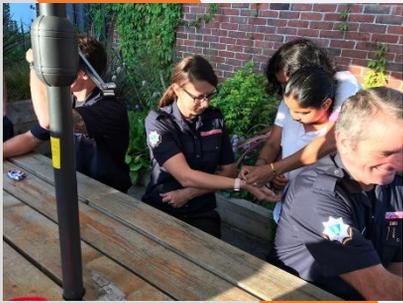
SOMNATH SHAKHA – RAKSHA BANDHAN AT WEMBLEY SANATAN MANDIR

The New Wembley (SOMNATH) Shakha held a Rakhi Tying ceremony at the Sanatan Hindu Mandir-Ealing Rd, Wembley on Saturday 21 Aug 2021. The **General Secretary of the Mandir Smt. Gorandeben** received the swayamsevaks and sevikas and exchanged Rakhis with the Gorandaben and the Pujari of the mandir. The total sankhya was 17 including twelve young S'vikas who participated and took a lasting experience of the grand function held at a public place. **Vinoo Wadher**



NEWBURY – RAKSHA BANDHAN

Newbury Bharti Shakha swayamsevaks and sevikas celebrated rakhi with **members of Fire Services**. They were very pleased to receive us and the message of Raksha Bandhan. They were most welcoming and demonstrated their equipment for the children.



WEST BROMWICH – RAKSHA BANDHAN

Raksha Bandhan a Hindu festival where sisters traditionally tie a **'sacred thread of protection'** on their brothers arms to give them a blessing of strength needed to protect their family and society. Now it is often tied on those assigned to protect the community too. **Nicola Richards MP** (West Bromwich East) was joined by members of the Hindu community and has a 'raki/rakri' tied upon her to thank her for all the great work she is doing looking out for the local community and of course the Hindu community.



CHELTENHAM OUT IN FORCE SPREADING THE MESSAGE OF RAKSHA BANDHAN

Cheltenham Kesari Shakha celebrated Raksha Bandhan with **NHS Gloucestershire**. Some of our Sadasyas went to NHS Cheltenham vaccination centre. They all were greatly appreciated by this lovely gesture. Cheltenham Kesari Shakha celebrated RB with **Gloucestershire Police constabulary**. They gave a very warm welcome to all and gave gifts to our children- a torch and a pen.



DURGA SAMITI – SOUTH HARROW

DURGA SAMITI - South Harrow a group of Sevikas went to Harrow Fire Station to celebrate Raksha Bandan. They were incredibly welcoming and kind. It was definitely a great experience. Here are some pictures to share for such a proud moment



RADHE KRISHNA BG - BIRMINGHAM

In a monumental Tour de Birmingham, Radhe Krishna Balagokulum visited over 35 families to tie Rakhis over a week - including that of our very own Man. Dhirajji Shah!



SINDHU SHAKHA LEICESTER – A HEARTFELT MESSAGE

Covid 19, ek aisaa samay, jisne sabko under se hilaakar rakh diyaa. Pure vishva mai ek Ashanti, Andhkaar chhaa gayaa. Bahut kuchh huaa, self isolate honaa padaa, Apane parivaar, Mitro se dur rehnaa padaa. Lekin... jis tarah Apanaa protection jaruri thaa, usee tarah hame oon logo ke baare mai bhi sochnaa thaa jise is samay hamaari bahut jarurat thi. Shakha mai bahut saare log aage aaye aur Seva ke abhiyaan se jude. Lekin... ye vo log hai jise Shakha kyaa hai vaha bhi nahee pataa or kai log Shakha ke baare mai jante hai lekin aate nahi.

In logo ne aage aakar Nihaswarth bhaav se hame saath diyaa. Kisine Masks banadiyee to Kisine Rotee, kisine apanee factory se naye jumpers diyee to transport dwaraa furniture, bartan jaisee Ghar ki chizo ko jaroorat mant logo ko pahuchaa ne mai sahayataa ki, kisine forms bharne mai to kisine elderly people ko shopping Ghar tak pahuchaa ne mai...

Sindhu Shakha ki sevikas bahut bhagysaali hai jise in mai se kuchh ke saath Raksha Bandhan karne kaa avsar milaa. Hum Rakhi bhandhkar dil se prarthnaa karte hai ki sabhi kaa svasthya bana rahe or isi tarah vaha hamesha saath jude rahe or seva karya aage le jaane mai sahaytaa kare. Hum sabhi logo tak nahee pahuch sake uske liye dil se kshamaa mangte hai. Apane Liye Jiye to Kyaa Jiye, Apane Liye Jiye to Kyaa Jiye, Too ji e dil Zamane ke liye. In sabhi Karyakarta or Karyakartini ko bahut bahut Pranaam. Karyawahikas, **Kalpna Chhagan and Leena Kandoi**



"Chare Veti, Chare Veti,
Yahi to Mantra Hai Apanaa.
Nahi Rukanaa nahi Thakanaa
Satat Chalnaa, Satat Chalnaa,
Yahee to Mantra Hai Apnaa,
Shubjankar Mantra Hai Apanaa."

SEWA UK – CHARITY THROUGH ADVENTURE
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>

14th ANNUAL YORKSHIRE 3 PEAKS



29-31 MAY



27 JUN



29 AUG



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

North West Vibhag
Vijay Gupta 07858454306

North East Vibhag
Satish Shah 07920068263

CTA YORKSHIRE 3 PEAKS CHALLENGE 29 AUGUST 2021

21 participants - Edinburgh 5, Yorkshire 13 and Nottingham 3.

Excellent conditions. Eight completed all three peaks, Ten completed 2 peaks, and three completed 1 peak

Edinburgh made a special effort to take part. From Nottingham Prashant Bhapkar and his daughter Sakshi with her friend Hardi Thakker both aged 14 completed the 3 peaks in just under 12 hours. The remarkable thing was that they set off at 3.30am. We are reminded of a famous quote by Swami Vivekananda "**Arise awake and stop not till the goal is reached**"

Satish Shah and John Westgarth both completed their 18th Y3 Peaks. Thanks to our volunteer guides and generous donations. **Satish Shah**, CTA team volunteer

BELFAST – SEWA WALK

On 19 June 2021, HSS Belfast Shakha organised a family 5K walk at Castlewellan, UK to support the pandemic related relief work in India. The event was marked with the easing of Covid restrictions in Northern Ireland, and was well received by the families, with over 80 walkers completing the Cyprus Pond trail at Castlewellan, Co Down. **HSS Belfast Shakha generated over £2200** through combined efforts of families, friends, and work colleagues. One of the highlights of the event was effort shown by Balganas, who went door-to-door for collecting donations. Furthermore, after the walk, the mahila Nivedita Samiti of the Belfast Shakha contributed by doing the bake sale and other traditional Indian snacks and drinks. **The concluding ceremony was held at the Indian Community Centre, Belfast on 29th July 2021, where the amount was handed over by the Lord Mayor of Belfast Mrs. Kate Nicholl to Sewa UK** towards the covid pandemic relief efforts in India. The Lord Mayor praised HSS (UK) on their efforts and was supportive of HSS (UK) led future activities in Belfast. **Srirama**



VAANI – SPEAKERS ACADEMY

Vaani Speakers Academy has opened it's applications for the 3rd cohort. The team are looking for the next set of potential orators to upskill and enhance their public speaking & oration techniques.

An exciting platform to be on and we encourage you to apply if applicable/seek out those with a message to share. Lots of information about what's involved, view all past content and the application form all on the website www.vaani.org.uk



THE 3RD COHORT

**APPLICATIONS
OPEN TILL 13/09**

WWW.VAANI.ORG.UK

LEAMINGTON SPA

Leamington Sanskar Shakha organised a Geet Pratiyogita on 15th Aug 2021. There were 15 participants across age groups – from Kishore/Kishoris to Yuva. The Pratiyogita revealed some of our swayamsevaks and sevikas beautiful voices. A good range of Sangh geets were chosen by the participants, covering 9 in total! These included Dev Durlabha, Sura Vayam, and Manasa Satatam; along with many others. We had Madhavi Ben Hariya (HSS UK Samiti Karyawaha) and Gautam Ji (Karyawaha Newbury Shakha) in the judging panel. The event was organised by sevika Supriya ben (16), who took charge of leading the event



HARROW UNVEIL SWAMI VIVEKANANDA BUST



For Information and pride of all Hindus in UK that a stone bust of Swami Vivekananda was unveiled at Harrow Art Centre on 28 July 2021. This was installed by The Indian Community (UK and India), in the presence of the Mayor, Past Mayors of Harrow, Councilors and other community leaders. **Vinoo Wadher**



LEICESTER NAGAR AIM TO RAISE £1k for LOROS

LOROS Hospice is a local charity and every year they care for over 2,500 people across Leicester, Leicestershire and Rutland

Leicester nagar planned a Mandir walk on Sunday 8th August 2021 in the aim to raise £1,000.00 for LOROS, a local charity based within Leicestershire serving as a hospice.

Despite the severe, rainy weather on the day of the walk, 40 people participated in the two walks (a longer route covering 11 Mandirs, and a shorter route stopping at 8 Mandirs). The rain and clouds cleared up towards the afternoon - a very possible result of the numerous visits made to the Mandirs, which followed a meet up in the park between the two groups. Our efforts also encouraged unexpected donations from two of the Mandirs we had visited, for our worthy cause.

Keval Shah

VISTAAR – A UNIQUE EXPERIENCE

Atharvaji Joshi from Gillingham Thiruvaluar Shakha undertook vistaar between 19th and 25th September – he shares his experience with us...

Vistaar. By definition, it means “breadth” or “to spread out”. Despite its simplicity, however, vistaar is a unique experience, and was especially so for me - it allowed me to revisit familiar faces, learn more about my homeland’s history and most importantly, live the sanskaars and values I’d learnt in my shakha and as a swayamsevak.

As part of my vistaar project, I had the opportunity to work with KAHO, a Kannada-based organisation, as part of their venture to document places across London of significance to Bharat’s history - for example, residences of various freedom fighters, spiritual leaders and other vyaktis. Everyday I was able to walk the streets of London, from Brixton all the way to Harrow, in order to unearth these places, and be able to stand in the same areas they once stood. Being able to visit where Sri Aurobindo stayed during his formative years, where Gandhiji lived during his times in law school, or from where Veer Savarkar received his education yet at the same time formulated the foundations for Indian resistance, was so inspirational to the point where it is still indescribable.

Vistaar gave me the opportunity to do arguably the best facet of being a swayamsevak - sampark. My sampark experience took me around the areas of Welling, Plumstead and Woolwich where I took part in Abhyaas Vargs and shakhas, culminating in Woolwich’s own Guru Purnima Utsav.

Not just visiting new sevaks and sevikas every day, but spending unforgettable moments with them, discussing everything from Sangh to current affairs to the experience of being a part of our vividh kshetra, being accepted into their families, all of these were moments which truly cemented the beauty of the Vistaar experience and of Sangh in full. It allowed me to understand and experience what it means to be Sangh, to live Sangh as a philosophy, rather than just attending Shakha as a swayamsevak every week. It cemented in my mind that a karyakarta is made by their mindset, and how they approach everything from sunrise until sundown - this really ignited my motivation to try and develop further, as well as obtaining some great ideas from senior karyakartas to take home for my own Nagar!

Overall, Vistaar was extremely unique for me - not only did it provide me a unique opportunity to essentially explore for traces of my own history, but it also acted as a small awakening that helped me appreciate Sangh holistically, and also to understand more about why Sangh exists for the samaj, why karyakartas act as the backbone, and much more. I cannot think of a better platform on which to grow as a karyakarta and develop into the next step of living for Sangh than what a Vistaar programme provides, and I’m eagerly waiting for the next time that I get to do it again! **Atharvaji Joshi**

...it [vistaar] cemented in my mind that a karyakarta is made by their mindset, and how they approach everything from sunrise until sundown...

CONDOLENCES

Hasmukhji Mistry's (Warrington Shakha) mother passed away peacefully on 2nd Aug Monday aged 95.



Our shraddhanjali to Shri Rama JogaRao, father of Durgapradad ji Tennati (East London vibhag - Sah Karyavaha). He had a meaningful life of 81 years. May parmatma grants eternal moksha to divine Atma.



Shri Thakorbbhai, Blackburn passed away 4th Sept. Originally a Swayamsevak from Pratap Shakha, Nairobi, Kenya he was a very committed, dedicated and inspiring karyakarta. A founding trustee of HSS (UK) and dedicated Karyakarta for VHP UK giving great selfless service to communities!



AUM SHANTI SHANTI, SHANTI

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

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.



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