

Sanskār ▪ Sewā ▪ Sangathan

Sangh Mail



Sangh Mail is sent to Karyakartas and well-wishers to keep them informed and is not for public distribution. Send your news and views related to your shakhas / Swayamsevaks/ Sevikas/ Local community for wider sharing and inspiration

After the well-earned summer period – we’ve all returned to the hectic work and return to School tribulations. So.. It’s a bit of a quieter month in terms of articles – but rest assured its not a reflection of our work in the community which continues in earnest...

KERALA FLOOD RELIEF: SEWA WALKATHON

AUG 2018 - To support the Kerala Flood Relief efforts, Bromley Sanskaar Shakha pitched in by holding their first Sewa Walkathon on 31st August. The walkathon took place in the High Elms Country Park near Orpington in Kent. Participants aged 10 to 70 enjoyed the brisk woodland walk. The team were we accompanied with a few members of Woolwich Shakha. **The event raised £150 on the evening, with further contributions following later.**



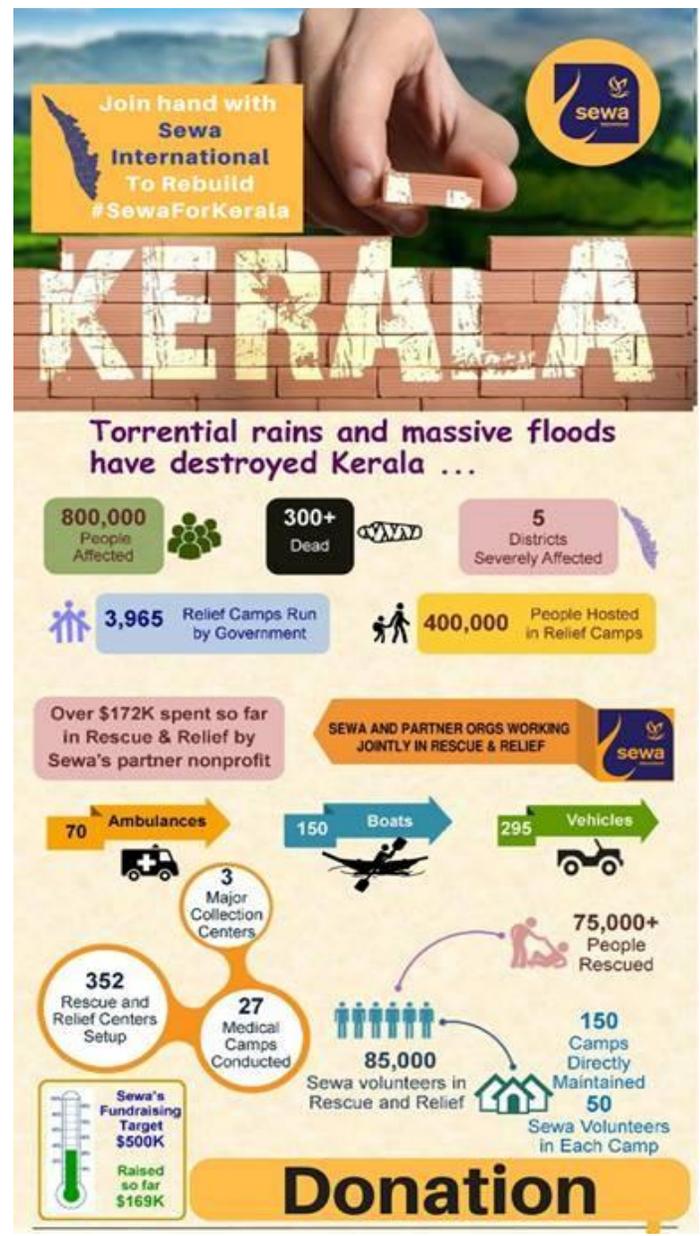
KERALA FLOOD RELIEF: SEWA WALKATHON

AUG 2018 – Parmars of Bradford raised £2,750 for Sewa UK in aid of Kerala floods appeal



KERALA FLOOD RELIEF: REPORT

AUG 2018 –In the aftermath of the severe southwest monsoon that devastated the South Indian state of Kerala, over 370 lost their lives, and a million people are displaced **Please see attached for Full Report**



SANGH SHIKSHA VARG: ESSAYS

AUG 2018 As part of Shikshak Varsh at SSV, all shikshartis select a shareerik vishay they wish to specialise in. They were also asked to write an essay on their chosen vishay (yog, ni-yuddh or, dand) and how it fits in with Sangh and Karyakarta Nirman.

In the second of 10 essays we'll be publishing each month, **Jai-Vivek Mistry, Surya Shakha, Leicester** shares his thoughts on Dand.

Excerpt: "The Dand being unbreakable represent how Sangathan should be within Hindus and the world. One of the reasons Dand was introduced and taught in shākhās was to teach self-defence, discipline, boost confidence and develop a sense of fearlessness in swayamsevaks..."

Please see attached document for the Full Essay
Shareerik Vibhaag

GANESH VISARJAN: ASHTON

SEP 2018 Ashton Arjun Shakha celebrated Ganesh Chaturthi, with Ganesh Visarjan of Murtis made of clay by Swayamsevaks and Sevikas

**DATE FOR THE DIARY: NATIONAL SHAREERIK SHIKSHAK VARG**

Sunday 9 December, 9.30am to 3pm - Birmingham
Venue will be shared in November

Who is this for?

- This is for both Sangh and Samiti including parivaar shakha and BG karyakartas
- This is only for mature Swayamsevaks and Sevikas aged 16 or above.

What will be the format?

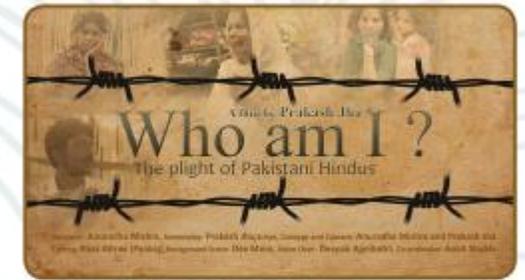
There will be 2 ganas

1. Sangh and Samiti Shakha Shikshaks
 - This will be more advanced, covering perfection and how to teach etc.
 - This gana is for those who have ideally attended SSV Praveen Varsh or teach shareerik in Shakha.
 - This will **not** be for those wanting to learn at basic level.
 - Prior Shareerik knowledge is required.
2. Parivaar Shakha and BG karyakartas
 - This will cover basic level Shareerik at beginner level
 - Will cater for BG and Parivaar shakha **karyakartas**
 - This varg is **not** for shishu, baal or kishor swayamsevaks / sevikas

Further details on content, venue and agendas will be sent out in November



Dharmic Ideas & Policy Foundation (DIPF) is proud to announce the advance details of the UK Tour of ground breaking documentary on human rights violation.



The Documentary is about the challenges faced by Hindu refugees from Pakistan in India and when in Pakistan titled 'Pakistani Hindu - Who am I'.

This is a joint production by P2P Productions and Samvedana Trust. They seek to help these Hindu refugees in India by building small scale businesses to employ them. The primary aim is to provide at least each member of the family with a job so that he/she can earn at least 4,000 INR and bear at least some family expenditure.

TO ATTEND, IT IS IMPORTANT YOU BOOK ONLINE AT WWW.DSP.TODAY/DIPF/PAKISTANI-HINDU-DOCUMENTARY/

RAKSHA BANDHAN - THE THREAD THAT BINDS US, IS THE ONE THAT PROTECTS US

Bradford Nagar celebrates Raksha Bandhan with the Lord Mayor Councillor Zafar Ali



Fire Stations at the Heart of Communities >>

RAKSHA BANDHAN FESTIVAL

On Thursday, 6 September, a delegation from the Hindu Swayamsevak Sangh (HSS UK) Reading, visited the Caversham Road Fire Station to celebrate the festival of Raksha Bandhan.



The crew with the team from HSS

Raksha Bandhan in Sanskrit language means Bond of Protection. It is a Hindu festival dating back to Vedic time, which encourages inclusivity amongst communities, races, religions and nationalities.

The Raksha Bandhan ritual was performed by the children who first did a tilak on the firefighters foreheads, which represents the third eye of wisdom and then tied a Rakhi to their right wrists to express love and wellbeing, in return for their commitment to care for the communities they serve.

Traditionally, the Rakhi (sacred thread) is tied by the sister to her brother for his protection and in return, the brother vows to protect her. However, this tradition is not limited to brothers and sisters alone. We also tie it to members of the Armed Forces or the emergency services and other public officials. It signifies the message of unity.

The children and adults then had an opportunity to learn about the role of the fire and rescue service. For more information about HSS, please visit: hssuk.org.

The session started with a brief talk about HSS UK – a registered charity – which aims to develop spiritual, moral, social and cultural skills through games, yoga, meditation, and discussions for anyone above the age of 4 years. This was followed by discussing the significance of Raksha Bandhan.



A firefighter receiving a tilak

#HSSUKUK | @HSSUKOfficial | #RakshaBandhan | #FireStationsAtTheHeartOfCommunities >>

Leeds Shivaji Shakha celebrate Rakshabandan with firefighters at Moortown Fire Station



On Friday 24th Aug, Shivaji Shakha Leeds gathered at Moortown Fire Station to celebrate Raksha Bandhan with its firefighters. After a brief explanation of the festival, and an introduction to HSS [UK], children of Shivaji Shakha and their mothers tied rakhi to the wrists of the fire fighters. We were treated to showcase of the fire engine and its fire canons.



The firefighters were very thankful for including them in the celebration and pleasantly surprised with the activities of our shakha. We thanked them for the continuous service they provide to our community.

Praveen Mangal
Leeds



Bradford Firefighters included in Hindu Respect Ritual

[Read the article here in the Telegraph and Argus](#)

Thames Valley Police officers joined in at an annual Hindu festival at a youth centre.

[Read the article here in the Slough Express online](#)



CYCLE4SEWA

We'll be sharing a full report out in due course – but in the meantime enjoy a few snaps of the event held in Birmingham and Ashton



SEWA UK – THE JOURNEY

The Civic Mayor of Tameside, Cllr Denise Ward, cut the ribbon to start the fifth Cycle4Sewa Manchester fundraising event in Ashton. Cycle4Sewa is a fun day out where the community can come together and enjoy a day of cycling [article posted by Tameside Facebook]



SEWA DAY 2018 IS NEARLY HERE – 14 OCTOBER



A time when thousands of good-hearted people across the world come together to perform Sewa (selfless service) and experience the joy of giving in its truest sense.

We would be very keen for you to carry out a project on **Sewa Day - Sunday 14th October or any time before the end of November.**

The process is very simple and we are able to help you along the way. All it requires is an idea that can help your community. Either by bringing joy, relieving hardship or by helping the environment. There are many examples of Sewa Day project ideas on our website, from collecting food for a food bank to asking a local school whether they need help renovating.

We ask that you gather family, friends, neighbours, like-minded individuals from all communities to carry out the project. To log your project, visit www.sewaday.org

1ST REGISTER || 2ND LOGIN || 3RD SUBMIT

A CALL FOR ACTION: On this Sewa Day, we must also raise awareness with regard to the shortage of Organ, Blood and Stem Cell donors from the Asian community.

If you require any further assistance, please do not hesitate to contact **Harkishan Mistry Sewa Day UK Project Manager** **07873344483** harkishan@sewaday.org



SEWA UK – THE JOURNEY

Sewa UK hosted an evening in Birmingham to share its journey to date [UK and Bharat] and those sewa initiatives planned to be undertaken. The presentation was delivered by Damjibhai Tank and highlighted the enormity of its activities and achievements so far.



HEDGEWAR HOSPITAL

AUG 2018 – A farewell dinner marked the end of a weeklong visit by **Dr Anant Pandere, Head of Hedgewar Hospital** in Aurangabad. His visit was to learn about the UK health system NHS and see what improvements can be made back in India. He met important consultants and visited many trusts, primary and tertiary care institutions. His visit was planned and supported young swayamsevaks and sevikas, some of whom have good links with Hedgewar Hospital.

Rajiv Chandegra

DISCOURSE ON THE FUTURE OF INDIA BY MOHANRAOJI BHAGWAT

भारत का भविष्य प्रवचन माला
पूजनीय मोहनजी भागवत का उद्बोधन

Part 1 - <https://youtu.be/AxNBismQk5A>

Part 2 - <https://youtu.be/IW3YG913axI>

Part 3 - https://youtu.be/oLf_YxKJ-wE

SHAREERIK RESOURCES - <http://hssuk.org/shareerik>

1. Abhyas Varg plan and guidelines
2. Health and Fitness Guides
3. Khel resources
4. Roles and Responsibilities
5. Sample Shakha timetable and guidelines
6. Shareerik Syllabuses
7. Introduction to Shareerik
8. Varshik Yojna
9. Ghosh
10. SSV shareerik resources
11. Dhvaj Mandal guidelines

ISKCON MANDIR FIRE

SEP 2018 As you may be aware, there was a significant fire that spread across the Goshala at the Bhaktivedanta Manor (ISKCON Mandir) in Watford. Luckily no one was injured and all animals were taken to safety. The fire however destroyed the entire winter feed kept for the cows and its storage facility.

The Mandir has now set up a fundraising page to collect donations for new feed for the cows. Anyone wishing to donate can do so via the [following link](#).

Please share the link widely to help this cause.

We have been speaking with ISKCON this week and have been looking at ways we can help with physical assistance to clear up, restore and rebuild after this tragic event.



OUR CONDOLENCES

Our heartfelt condolences and prayers for eternal peace and sadgati to the departed soul. Om shantih, shanith, shantih

SEP 2018 **Archarya Chintamani Pandaya**, West Bromwich



Archarya Chintamani Pandeya attained heavenly abode during the early hours of 25th Sept 2018. Father to Yuvraj from West Bromwich shakha, and was pandit at Durga Bhawan Mandir for a long time before starting his own Mandir.

AUG 2018 **Shri Atal Behari Vajpayee**
A small Kavita remembering Atalji by
Akshat Mehta - Portsmouth BG

राजनैतिक कीचड़ मध्य, धवल शुचिता अमल की !
१ वोट से हारकर भी, किस्मत पलट दी कमल की !

दो से २०० तक ले जाने वाली वह दृढ़ता प्रबल थी !
अणुशक्ति प्रदर्शन ने जग में राष्ट्रछवि बदल दी !

इंसानियत, जम्हूरियत पर खरी क्या वह पहल थी !
सबको संग ले के चलने की वो प्रतिभा विरल थी !

तुम क्यों हमें अनाथ कर चल दिये अटलजी !
स्मृति से परे भी तुम स्मरण आओगे अटलजी !

WE LOVE HEARING FROM YOU!

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

1. **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.
2. **A picture tells a thousand words** - it also provides that 'I wish you were here' moment!
3. **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
4. **Tell us who you are** - its an opportunity to get to know one another; so include your name, location and responsibility [where relevant].

