



हिंदू स्वयंसेवक संघ यूके

Hindu Swayamsevak Sangh UK

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f hssuk ▪ www.hssuk.org ▪ Registered Charity No.: 267309

Sangh Mail

e: sanghmail@gmail.com

Sanghmail 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 inspiring.

Other Attachments to this Sanghmail

1. **NKV 2018 Invite**
2. **Guru Poornima**

These attachments are views/news from Independent sources or from individuals, and do not necessarily represent view or stated policy of HSS UK.

Condolences

Shri Chhotalal Narottam Chauhan (veteran Swayamsevak of Birmingham Madhav shakha and father of Shri Sashibhai Chauhan, East London Vibhag karyawaha) sadly passed away aged 91. Shri Chhotalal was a much respected person, having given his selfless and tireless services to the Hindu community for over 6 decades. As a person he help many of our community migrants from the East Africa and India to take the first steps in settling in the UK. He held high offices as president B'ham Pragati Mandal and always helped out in the Hindu Community issues. Condolence can be passed onto Shri Sashibhai on 07785752966.

On behalf of Sangh Pariwar, we pray for the eternal peace and sadgati of the departed soul.

Om Shanti, Shanti Shantih!

NKV 2018 - "Hey Arjun..."

Varg for all National Karyakartas and Yuva Swayamsevaks

'Overcoming our inner doubts for the greater good...'

Friday 3rd – Sunday 5th August 2018

All Karyakartas and Yuva Swayamsevaks from all over the UK are requested to attend this inspiring and thought provoking weekend.

"Hey Arjun..." is a deep but practical exploration of the challenges facing our modern day Swayamsevaks

31st May 2018
2 Jyestha Yugabda 5120

on an individual, local, national and international level.

See Attachment for details on registration.

www.nkv2018.eventbrite.co.uk

SSV 2018 Registration

Namaste, SSV 2018 will be held on Sat 28th July to Sun 5th Aug 2018 in Birmingham.

Registration is now live via

www.ssv2018.eventbrite.co.uk

Samiti Shiksha Varg Registration

Samiti SSV, Mahila Shibhir and Balika Varg 2018 registration is now live. This year it will be held separate to Sangh, in Watlington Oxfordshire.

Dates are as follows:

Samiti SSV

Saturday 28th July 2pm - Saturday 4th August 4pm

www.samitissv2018.eventbrite.co.uk

Mahila Shibhir

Friday 27th July 6pm- Sunday 29th July 2pm

www.samitimahilashibir2018.eventbrite.co.uk

Balika Varg

Friday 27th July 6pm - Sunday 29th July 2pm

www.samitibalikavarg2018.eventbrite.co.uk

Please note payment will be undertaken via online bank transfer, all details are provided in the Eventbrite ticket confirmation page and email once registered.

For any queries please email ssv@samiti.org.uk

Please encourage Sevikas in our Pariwar shakhas also.

Resources for Shareerik Activities

New Yoga folder has been added to the Shareerik folder. These resources can be used within our shakhas, International Yoga Day* and other yog events. <http://hssuk.org/shareerik>

Videos

- 1) A brief history of yoga
- 2) What is yoga

3) Yoga day promo

Documents / Presentations / Posters

- 1) Common yoga protocol by AYUSH
- 2) How yoga transforms the body poster
- 3) Surya Namaskar Slides / Exhibition
- 4) Why practice yoga
- 5) Yoga level one asanas
- 6) Yoga presentation

Mitesh Sevani msevani@gmail.com

Cycle4Sewa

Please find dates below for Cycle 4 Sewa 2018.

Rugby - 2nd Sept

London - 9th Sept

Birmingham - 16th Sept

Manchester - 16th Sept

Online registration at

www.sewauk.org/Cycle4sewa

Any other town who may want to host, please inform me. We will advise and support all the way.

Harish Budhia hari_bhudhia@yahoo.co.uk

New Look - Sangh Sandesh

You'll have noticed the revised look and feel of the newest edition of Sangh Sandesh. As a team, we felt it was time for a change. Given our strong social media presence, which regularly updates everyone of Sangh activities, Sangh Sandesh, the quarterly print publication has had to find a new and relevant space. This new space will hold innovative, provocative and well researched works.

In our endeavour to involve you in co-creating the future of print publication in Sangh, we'd greatly appreciate your feedback by filling in the online survey.

<https://goo.gl/forms/Cek6Rwmhy5oAGuiP2>

We encourage you to proactively get hold of, study and organise discussions based on the articles written in the publication.

Rajiv Chandegra r.chandegra@gmail.com

GDPR Webinar Training

For ALL Karyakartas of All Shakhas, BG, Samiti Shakhas

On Monday 11th June, 9pm-10pm, a webinar training course will be held. All karyakartas can and should join in. It will help to clarify and give better understanding of the new regulation on Data Protection.

Please await details which will be sent to all Shakha, Nagar and vibhag Karyawahas shortly.

Parin Shah shahparin@hotmail.com

International Yoga Day 2018

The main purpose should be to reinforce the idea of health and fitness, incorporating a very strong mind and spirit, in our karyakartas, through yoga and Suryanamaskar.

To add to that, engage the wider society by way of organising yoga day.

Sangh Shakhas: putting more emphasis on yoga and more priority given to it in or regular shakhas. Through the medium of shakhas we should emphasise yoga in daily lives to promote health and fitness. A lot of our karyakartas loose fitness from the age of 35 onwards. The stresses generated by career and other issues derail them from looking after their health. Many visit gyms but give up after a while. Many of us just depend on our weekly shakhas for the exercise, which is simply not enough. What is needed is a daily routine and yoga/Suryanamaskar routine is the simplest and easiest method to implement. All we need is a mat and dedication of 20/30 minutes on daily basis. This practice can easily be encouraged through the medium of Shakha.

Organise Yoga Day doing Suryanamaskar marathons or Yogasana in general. This will enable us to engage the wider society, and invite key persons from the society.

We can conduct **Yoga sessions in schools.**

Sharad Shah sharadpshah35@gmail.com

The Bhagwa Dhvaj - It's not just a flag

The position of a Guru is regarded as 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 Bhagwa Dhvaj is our Guru and therefore is the sacred personality present at every Shakha.

Therefore, the area around the Bhagva Dhvaj must be clean and a presentable base should be created - The Dhvaj 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 Bhagwa Dhvaj. It's not just a flag.

Guru is the Creator (Brahma), Guru is the Preserver (Vishnu), Guru Deva is Destroyer (Maheshwara). Guru is the absolute (singular) Lord himself, Salutations to that Sri Guru.

See Attachment for upcoming Guru Puja Utsav