



# FEB 2022

## 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](mailto:sanghmail@hssuk.org)



# FLYING HIGH

## SLOUGH FLYING HIGH WITH MAKAR SANKRANTI

On 16 Jan 2022 Slough Shakha celebrated the Utsav of Makar Sankranti to celebrate in its joy and feeling of unity. Sixty-two Swayamsevaks and Sevikas joined us in this Utsav, and everyone enjoyed it. In addition to our regular shakha activities, and celebrating in Makar Sankranti utsav traditions, we also headed out towards Langley Memorial Park to fly kites. Children and adults both had a lovely time working together and running around with kites flying high above them. Everyone then had snacks and shared a quick chat, smiling with with one another before waving goodbye.

**Alok Gupta**, Vyavastha Pramukh, Slough Shakha





# SATYA & ARJUN SHAKHA CELEBRATE MAKAR SANKRANTI

Satya & Arjun Shakha (Queensbury, North London & Herts Vibhag) celebrated Makar Sankranti utsav on Fri, 14 January. There was a high level of energy and enthusiasm from all swayamsevaks across the Kishore, Tarun, Yuva and Jyestha vargs; and a wide-ranging activities including Sampat, Khel, Baudhik, Geet and announcement for the 2022's Shakha team. The utsav was also graced by two guests, a HSS Karyakarta Bhavya ji Shah (President, NHSF) and an external guest Vishal ji Sodha who both delivered enlightening Bauddhik on the winter festival.

Bhavya ji dissected the term 'Makar Sankranti', explained the significance of the sun moving into Capricorn constellation and how the radiance of the glowing sun would energize our body, mind and spirit as the days get longer. He also explained in simple terms, how our Makar Sankranti delicacy 'Tal Sakali', symbolises the Sangh bhavna as in a number of Tal grains (sesame seeds) glued by the Gol (jaggery) constituting a strong force as we swayamsevaks and karyakartas should unite to safeguard and promote our Hindu values.

Vishal ji who is a chartered accountant by profession and a committee member of Vishnav Sangh of UK (VSUK) has been closely involved in setting up of the Shreenath Dham Haveli (Harrow) in 2019 and its operations since the inauguration. In his speech, he reflected on his experience of the day's Shakha and provided the other dimension of the solar shift as in 'Uttarayan' i.e. how the sun perceivably moves towards Northern Hemisphere energizing the life in vast parts of the world. He also invited all swayamsevaks to visit the Haveli for an uplifting spiritual experience. In essence, the first festival of 2022 has set the tone for the year and we look forward to a different year from past two; as all swayamsevaks young and experienced are looking forward to weekly physical shakha.

**Atul Ganatra**

## MAKAR SANKRANTI





# NATIONAL KARYAKARTA VARGS

What a fantastic start to the year to get our sangh activities going with regional karyakarta vargs taking place across the UK – here are a few [out of several hundred!] images captured across the vargs





# Swamy Dayananda Saraswathi Jayanthi

**RADHE KRISHNA BG – B'HAM**  
**CELEBRATE WITH ARYA SAMAJ**

एकं सद्विप्रा बहुधा वदन्ति

Ekam Sat Vipra Bahuda Vandanti  
building bridges in an enriching way

We first approached Dr. Narendra Kumar ji president of Arya Samaj West Midlands to see if he'd be willing to attend Radhe Krishna Balgokulam to deliver a bauddhik on Swamy Dayananda Saraswathi (whose jayanthi was on 26/02/22). Instead, we were delighted to receive a return offer to attend the sandhya havan/yajna at Arya samaj on 27 Feb. We were of course delighted to attend.

Attending with a sankhya of 50 plus BG parivar, we were warmly welcomed by the Arya Samaj. Acharya Dr. Umeshji Yadav got our bal swayamsevak & sevikas seated as yajmans to perform the yajna on behalf of the BG parivar . They were very nicely guided through the havan and became a divine , blissful experience for everyone. The Arya samaj parivar were elated about how intently our bal swayamsevak & sevikas conducted the havan under guidance. We all listened to a very nice talk by Dr. Narendra ji about Swamy Dayanand Saraswathi & Arya Samaj. The talk highlighted how we should take pride in our scriptures, traditions and be assertive

नाभिषेको न संस्कारः सिंहस्य क्रियते मृगैः।  
विक्रमार्जित-सत्त्वस्य स्वयमेव मृगेंद्रता ॥

We were then treated to a nice hearty bhojan , we did not forget our bhojan mantra. We all came away with reiteration of "Vasudhaiva kutumbakam" and being thankful as to what a nice visit it was bringing together Sanskaar -learning our traditions, Sewa , Sangathan -bringing together the ones working for the same goal i.e. binding the hindu samaj together. **Madhu Gowda**, Karyawahika





## SHLOKA COMPETITION - AYLESBURY

Aryabhaṭṭ śhaka and bālagokulam Aylesbury organised a Śhloka recitation competition for Bāl, Bālikā and Kiśhore, Kiśhori gaṇ on 11 February 2022. The idea was to connect, and to bring the bal gana closer to the scriptures in a fun and exciting way. 28 participants took part in the competition with the youngest being just 4 years old! The participants were judged on the

- Ability to recite one of the six śhlokas
- Clarity of the uchār and
- Understanding of the meaning of the śhloka

Shri Ajitji Kale - Karyawah of Dutta śhaka in Amersham kindly helped us by being the judge for the competition. Three winners from each gaṇa were awarded a trophy. All participants were awarded a certificate of participation. In our weekly śhakha, we recite the śhlokas before boudhik. This helped the participants in preparation for the competition. **Rajendra Sathe**, Karyawaha



## NEW BALAGOKULAM – BIRMINGHAM GOVIND BG



A new Balgokulam [Govind BG] at Shree Geeta Bhawan Mandir Birmingham was inaugurated in Feb 2022. There was a sankhya of 58

Most of the bal/ Balika are from new families to the Sangh parivar from North Birmingham. It was great to see such a large sankhya to begin with  
**Neetan Jain**, Saha Karyawaha

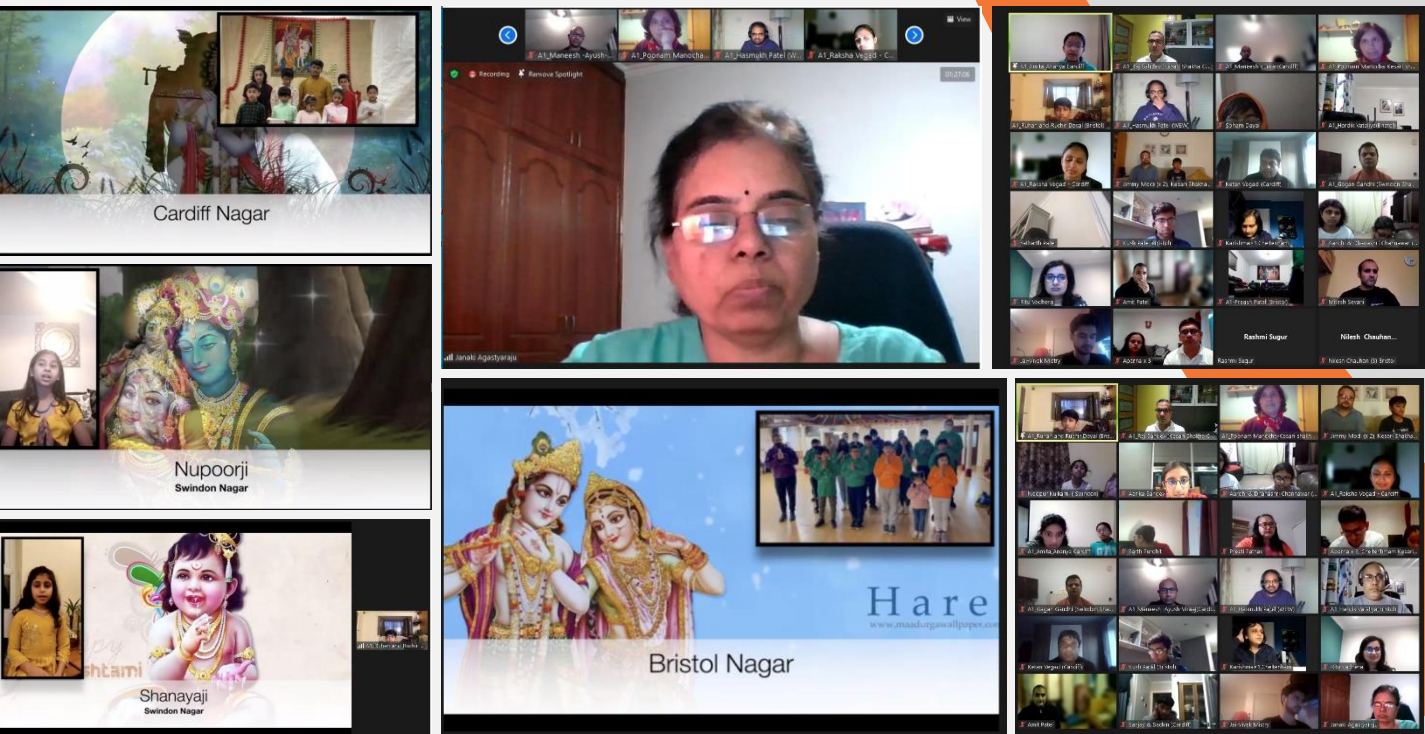
GITA JAYANTI

On 5 December 2021 West England and Wales vibhag had a Samilit shakha (sankhya 48) with Bristol, Cardiff, Cheltenham and Swindon Shakhas to celebrate Gita Jayanti. Balika Ananya recited a shloka from the Gita and explained the meaning beautifully. Warm ups by Preash ji were very energetic. The four unique khels based on Bhakti yoga, karma yoga, gyan yoga and Raj yoga were taken by four Shakhas.

A very meaningful Amrutvachan on karma yoga was given. Then a video Geet with many swyamsewak and sevikas from all the shakhas singing Achyutam Keshavam beautifully compiled by Ruchirji was shown. Janaki ji Agastyaraju joined our shakha from Kenya and gave a Baudhik on Karmayoga. She beautifully explained the difference between karma and karma yoga with various examples.

West England and Wales Vibhag.

‘It was a lovely celebration of Gita Jayanti. I was so impressed with the way everyone was so creative in coming up with innovative ideas all related to our Bhagawad Gita. Really big Aum to all of you.’  
RITU JI VADHER





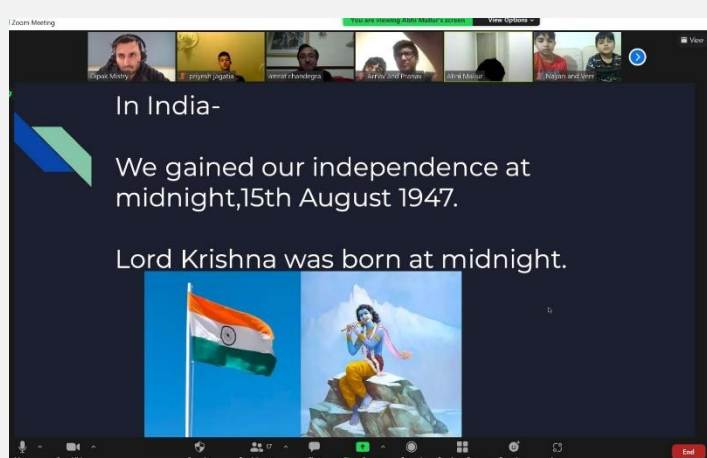
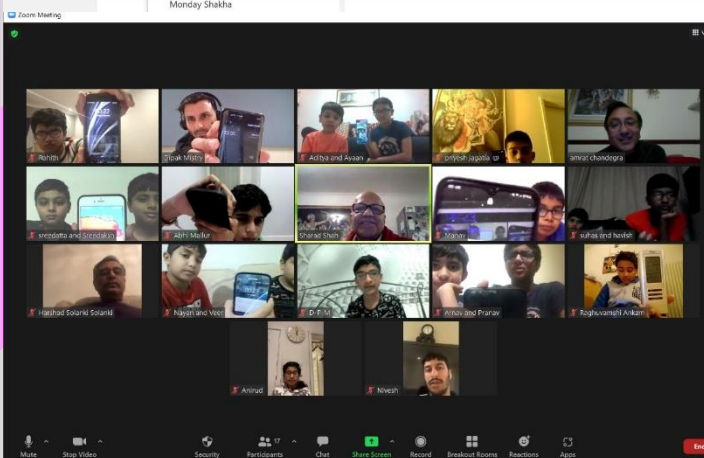
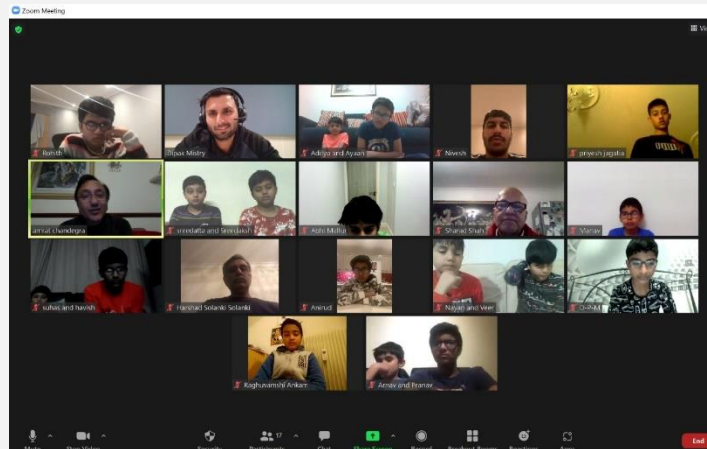
## EKLAVYA SHAKHA BIRMINGHAM READY AND PREPARED

# At the Midnight Hour

On Saturday 11 January a challenge was set for Swayamsevaks of Eklavya Shakha in Birmingham to attend a shakha organised at midnight online with only 4 hours notice. This was to be their first shakha of 2022.

Although understandably tired, **a whopping 22 Swayamsevaks stepped up to the challenge**, which was a great achievement. The aim was to see who can handle a tough situation in an emergency. Some stayed up until shakha started and some set their alarms for 11.50pm for a 12am start.

During the shakha we recited shlokas, mantras, played a kahoot quiz as well as have a bit of a chit chat. 2 Swayemsevaks joined from India where it was 5.30am. Overall this was a great show of dedication from children and parents alike. **Dipak Mistry, Eklavya Shakha Karyawaha**





# LEAMINGTON CELEBRATE REPUBLIC DAY

Leamington Balgokulam celebrated Republic Day in a new way. As a republic, India carefully selected some national symbols to showcase its image as Bharat as its best. To understand more about these symbols, we asked our BG children to learn about national symbols of India. Each child was given a choice of one national symbol and they were asked to give 1-minute speech about their chosen symbol. The BG children talked about following symbols:

- **National Anthem** - Aryav Patnaik Ji told us that Jan Gan Man is our National Anthem. It was written by Noble laureate Rabindra Nath Tagore in 1911
- **National Fruit** - Vansh Sonawne Ji told us that Mango is the national fruit of India which originated in India 4000 years ago and it has 1500 varieties
- **National Animal** - Apameya Ji told us that Tiger is the national animal of India. It symbolises power, elegance, alertness, intelligence, and endurance of the nation.
- **National Flag** - Aditi Ben told us that our National Flag is Tiranga; it has 3 colours Orange, white and Green. It also has a blue colour Ashoka chakra in the middle.
- **National Bird** - Stuti Ben told us that National Bird of India is Peacock. Lord Karthikeya rides on its back and Lord Krishna has peacock feather on his head.
- **National tree** - Manali Ben told us that Banyan tree is the national tree of India. It is considered as the tree of mortality as it has a very long life.
- **National Currency** - Hitiksha Ben and Srikar Ji told us that Rupee is the national currency of India. Indian currency notes have a picture of Mahatma Gandhi on them



- **National Game** - Shivish Ji told us that there is no national game of India. It was confirmed by the Ministry of Youth and Sports in a response to a Right To Information enquiry.
- **National Flower** - Anameya Ji told us that Lotus is the national flower of India. It purifies the water
- **National heritage animal** - Dhanush Ji told us that Elephant is the national heritage animal of India. It is associated with Lord Ganesh who is the God of wisdom.





## LEAMINGTON SANSKAAR SHAKHA INVITE A FRIEND!

Leamington Sanskar Parivaar Shakha decided it would be nice for our friends to see what Shakha is all about. So, we gave them a taster session organised by the Shaka Core Team. It's given them an opportunity to see what we do at Shakha. The Core team made little adjustments to the normal shakha plan to make the session a little bit easier to understand for our new friends. Shikshaks explained each agya in English before actually giving normal agyas in Sanskrit. The topic chosen for bauddhik was "Meaning of Ekatmata Mantra".

A total of 7 friends joined. They participated in all activities, and they seemed to have fun.

**Hetal Mistry** (13 years)

Priyanshiben's friend - **Eleanor**



"A very nice atmosphere. I liked that the bauddhik wasn't imposing Hinduism onto people as many other religions do, rather it was presented as 'this is who we are and what we believe',

The games made me feel like I was a child again, and I could compete with the other children without feeling back"

Arundhatiben's friend - **Rosie**



"It was fun, the games were really fun and the bauddhik was really informative and engaging and that it was interesting to see what happens in Shakha

Hetal's friend - **Shomili**



"I enjoyed the games, and with clear instructions, I could understand how to do the activities".



CHARITY NUMBER:  
1135425

## YOUTH FOR SEWA SUMMER INTERNSHIP 2022

### APPLICATIONS ARE NOW OPEN!

- Are you a young and dynamic individual?
- Are you ready to challenge your perceptions and beliefs?
- Are you looking to push your boundaries and better yourself?

Then apply for the Youth for Sewa summer internship today!

#### WHAT IS THE INTERNSHIP?

It is a 4 week unpaid internship during July 2022, with charities/NGOs in the UK. You will understand and experience first hand what selfless service ("sewa") really is.

You will be challenged, empowered, educated and inspired during your internship!

**APPLY  
NOW!**

[www.youthforsewa.org.uk](http://www.youthforsewa.org.uk)

DEADLINE: 31 MARCH 2022



# Follow Dr Bhala's lead, and give blood this festive season



Dr Balmukund Bhala works as a Consultant Anaesthetist at Transform Hospital Group, and he recently reached an incredible milestone – he's now donated a phenomenal total of 50 pints of blood to NHS Blood and Transplant.

He says, "I first started giving blood as a medical student in India. In those days, if the hospital was short of blood, they would ask for volunteers, so when I was asked I thought, 'Let's do it!' At that time, blood wasn't screened as it is now, so you would see a patient surviving because of something you were able to give quite easily. That's a great feeling."

Dr Bhala made his first blood donation in the UK in 1978, and has continued to do so regularly since then. "I usually do it around my birthday, as a way of celebrating it and giving back on my own special day. Sometimes I'll donate twice in one year. I feel that it's complementary to what I do as a doctor, saving lives in this way."

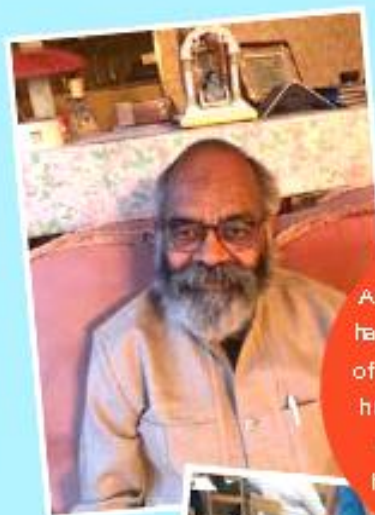
In addition to his donations in India and the UK, Dr Bhala donated whilst serving on the frontline of the conflict in Kosovo, and while working in British military hospitals in Germany. "I think I have probably donated at least 70 pints in total, in various countries!" he comments. "As a pint can be used for more than one patient, I could have helped more than 100 people in total."

Dr Bhala's outstanding number of donations has been recognised by the Director of Donor Experience at NHS Blood and Transport, David Rose, who said in a letter to him, "On behalf of all the people you've helped, we'd like to say thank you for an incredible achievement: reaching your 50th milestone. Your generosity as a donor over the years is truly appreciated. Without people like you we couldn't continue to help save and improve so many lives."

At this time of year, the NHS is more in need of blood than ever, helping everyone from tiny babies to the elderly. Dr Bhala urges everyone at Transform Hospital Group to seriously consider giving up a little of their time to donate blood, if they can. "The focus may have shifted to be more about simply enjoying yourself, but whether it's Christmas

or Diwali, the original premise of festivities was to give to other people. Donating a pint of blood is one of the best ways to return to that aspect."

For more information on giving blood, see <https://www.blood.co.uk/> in England, <https://www.scotblood.co.uk/> in Scotland, and <https://www.welsh-blood.org.uk/> in Wales.



Amazing fact! Dr Bhala has completed 50 years of clinical practice since his medical graduation in India, 45 years of have been in the UK.





# INDIA'S GLORIOUS SCIENTIFIC TRADITION BOOK REVIEW

As a teenager with both an avid interest in Science and Heritage and a short attention span, I can safely say that 'India's Glorious Scientific Tradition' was one of the first non-fictional books that broke the infamous monotony of the genre. With prominent insight into Bharat's awesome primaeval scientific discoveries and the sociocultural factors that have caused it to be neglected, it was unexpectedly intriguing and thought-provoking.

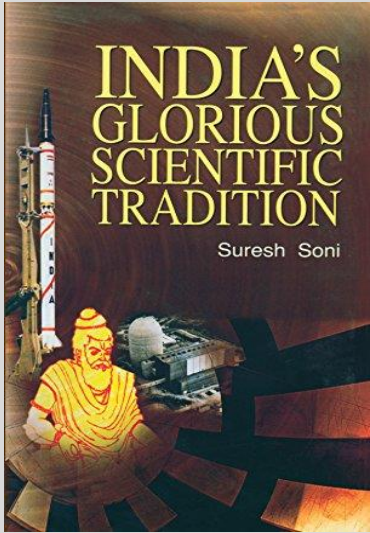
The book begins by providing contextual knowledge and definition on both western and eastern perspectives of science, contrasting the history of prosecution in the west with the freedom of experimentation in the east. In my opinion, this enhanced the gravity of the book because it acted as a preparatory reminder of the otherwise unappreciated value that India has contributed through its simple traditions.

Analyzing up to eighteen diverse fields of science throughout the book, each chapter is rich with clear translation, meticulous interpretation, and concise explanation. With evidence from the use of renewable energy and advancement in theoretical physics to surgical procedures and stem cell research, there is no doubt that Bharat's ideology was way ahead of its time. It is startling that discoveries and ideologies recently developed have existed for thousands of years but have been lost in the acculturation of western imperialism.

My favourite attribute of the book is the plethora of references to Shastra and historical prodigies regarding science, for example, the *Vishnu Stambh* (The Iron Pillar) of Delhi; the theory of an atom and the idea of zero. These to date leave the world in awe even though they are just a small glimpse of the remarkable scientific and mathematical ancestry of Bharat. This put into perspective the excellency of our Sanskrit, bringing an overpowering feeling of gratitude and pride to be of Indian heritage.

In conclusion, I admit that I was skeptical of spending my evening with 'India's Glorious Scientific Tradition', but this was a true investment to both my culture and passion for science. This book has taught me to be intensely grateful for my roots and made me realise the greatness of Santana Dharma.

**BY SHIVANI KANDOI (14)**



Author: Suresh Soni  
Pages: 247  
Price: £12.30



# AUM SHANTI SHANTI, SHANTI

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

## CONDOLENCES

**Shri Pravinbhai Ruparelia**

1 May 1939 to 29 Jan 2022

Priya Bandhus and Bhaginees (UK), Shri Pravinbhai Ruparelia Ji left for heavenly abode.

Shri Pravinbhai Ruparelia Ji became Swayamsevak in Mombasa more than 65 years ago; moved to Nairobi and later on to Kampala, Uganda, before family migrated to UK in 1972. Upon arrival in UK, first stayed in Ilford, Essex before permanently moving to Leicester.

It's just over two months since his wife Srimati Kundan Ben passed away on 4th November 2021.

Shri Pravinbhai Rupareli Ji was a Swayamsevak of immense knowledge in our Scriptures; Sangh Philosophy and also articulate in conversation in Sanskrit.

Shri Pravibhai Ruparelia Ji was Sanghchalak of HSS(UK) for a decade and due to his untiring travel to various Nagars in U.K., he motivated Swayamsevaks and Samiti Bhaginees to take up various activities including Sewa and Service to mankind.

Shri Pravinbhai Ruparelia Ji was given the responsibility of Compering at a two days Virat Hindu Sammelan held at Milton Keynes Bowl during bank holidays of August 1989 (attended by over 40 Sants and Seers). He fulfilled the responsibility (that was delegated to him by P. P. (Brahamlin) Swami Satyamitranand Giri Ji) with dedication and to the satisfaction of everyone present at the event.

On behalf of Sangh Parivaar, we pray for eternal peace and sadgati of the departed soul. We also pray to Parmatma to grant the divine soul place at it's Lotus Feet and courage to the extended Ruparelia Parivaar to come over this loss of a near and dear one.

Shri Pravinbhai Ruparelia Ji was and will remain an inspiration to Swyamsevaks and Samiti Bhaginees for generation to come. Aum Shanti, Shanti, Shanti

**Maneneeya Dhiraj Shah, Sanghchalak, HSS (UK)**

If you were unable to attend the shraddhanjali of Shri Pravinji Ruparelia you can watch it at [Ek Deep Se Jala Dusara](https://www.hssuk.org/provinji)





## EKATMATA

If you missed the musical and performing art extravaganza that was Ekatmata you can catch it or relive the experience at [Ekatmata](#)

## 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 - it's 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

## FEB 2022



# Sanskār | Sewā | Sangathan