



# SANGH MAIL

**Sanskār • Sewā • Sangathan**

## SEPTEMBER 2022 – Utsav Vishesh

Sangh Mail is an internal organisational 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)



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धारणात् धर्ममित्याहुः धर्मो धारयति प्रजाः ।

The power which brings individuals together and sustains them as a society is called dharma

# MESSAGE FROM MA. SANGHCHALAK



Shri Dhiraj D. Shah, HSS(UK)



HSS UK (Hindu Swayamsevak Sangh)

8 September at 20:59 · 🌐

...

HSS (UK) is deeply saddened to hear the news of the death of our Queen, Her Majesty Queen Elizabeth II, who exemplified dedication, duty, service and commitment to the nation and The Commonwealth. Our thoughts and prayers are with The Royal Family and the departed soul. 🙏







# SHIKSHAK VANDAN DIWAS

(Teachers Appreciation Day)

गुरुर्ब्रह्मा गुरुर्विष्णुः गुरुर्देवो महेश्वरः। गुरुः साक्षात् परब्रह्म तस्मै श्रीगुरवे नमः।

“Gurur Brahma Gurur Vishnu,  
Gurur Devo Maheshwara,  
Guru Sakshat Parabrahma,  
Tasmai Shri Gurave Namah”

*Guru is the creator (Brahma), Guru is the preserver (Vishnu),  
Guru is the destroyer (Maheshwara), Guru is the absolute  
(singular) Lord himself, Salutations to that Sri Guru*





# SHIKSHAK VANDAN DIWAS





# Shikshak Vandan Diwas



## Nottingham Shakha

On July 8th 2022, Nottingham Shakha held their first in person Shikshak Vandan Divas. Teachers from mainstream schools, Hindi school, yoga club and dance schools did attend. The event was well organised and we had a sankhya of around 70.

Swayamsevaks and sevikas spoke about the key principles underpinning HSS and it's involvement in outreach programs with the wider society. All guests participated in Surya Namaskar warm up session followed by some energetic khel and our special bauddhik session on the story of Eklavya, a fitting tribute to the teacher/ student relationship.

Each student presented their teacher with a small gift as a token of thank you and said a few words of personal gratitude. Teachers shared some words of wisdom and their experiences of teaching. Those who could not attend sent some lovely messages for their students, the Bal and Balika. It was a proud moment for the shakha parivar to hear how well our Bal/Balika are perceived by their teachers.

The Kendriya Samparka Team provided the Shakha karyakarta with some valuable guidance. Kendriya Bauddhik Team provided books related to Hindu Dharma. These books were given to the teachers as a token. The guests also enjoyed delicious food provided by Nottingham Hindu Temple.

Overall, the guests enjoyed the experience and the feedback was really positive.



# Shikshak Vandan Diwas



Coventry / Croydon

Coventry Balgokulam and parivar shakha celebrated Shikshak Vandan Divas on 8th July 2022.

There was representation from various schools in Coventry. Children displayed fantastic Yoga routines, recited shlokas and participated in various khel depicting our sanskar and culture. Coventry karyakartas explained the importance of teachers in our life and conveyed gratitude on behalf of shakha.



Teachers were really pleased to see engagement from kids and parents. Last but not the least, teachers were delighted to note that there is an event dedicated to teachers, to acknowledge and appreciate their hard work.

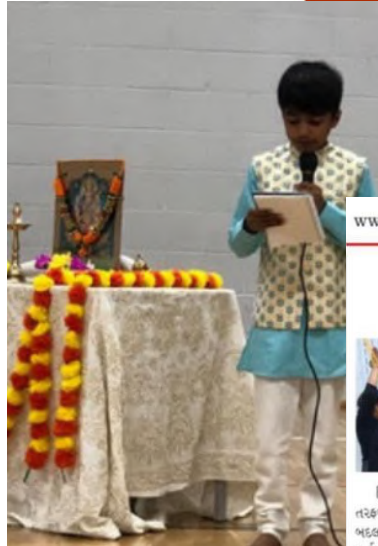


As published on Garavi Gujarat website:

HSS (Hindu Swayamsevak Sangh) Croydon held an evening of fun and celebration as a mark of appreciation and respect to the teaching fraternity.

Children from the branch invited teachers from Elmhurst School and Harris Invictus Academy to the weekly session which is held every Friday evening at Coombe Wood School, Croydon.

HSS Croydon – a chapter of HSS UK – runs weekly sessions focussing on all-round development of children and youngsters through activities such as games, arts and craft, stories, songs, skits and more.



www.garavigujarat.biz **GARAVI GUJARAT**

હિન્દુ સ્વયંસેવક સંઘ, કોયડન દ્વારા  
શિક્ષક વંદન દિવસ ઉજવાયો



હિન્દુ સ્વયંસેવક સંઘ, કોયડન શાખા તરફથી શિક્ષકો દ્વારા આયોજીત એક સેવાઓ બદલ તેમનો આભાર માનવા અને આદર દર્શાવવા શુક્રવાર તા. ૮ જુલાઈની સાંજે કોયડનની કુખ વડે સ્કૂલમાં શિક્ષક વંદન દિવસનું આયોજન કરાયું હતું. હિન્દુ સંસ્કૃતિમાં ગુરુ પ્રત્યે પૂજ્યભાવ દર્શાવવાની કલાતીત પરંપરા મુજબ એકમહત્ત રટુલ અને હેરિસ ઈન્વિક્ટસ એકેડેમી કોયડનના શિક્ષકોને વંદન કરી તેમને તિલક લગાવીને તેમણે આપેલી સેવાઓ બદલ અભિવાદન કરાયું હતું. શિક્ષકોને દીપ પ્રગટાવી શિક્ષણની દેવી મા સરસ્વતીને કૃતિ અર્પણ કર્યા હતા. તો બાળકોએ પોતાના શિક્ષકોને ફૂલ અર્પણ કરી તેમની આરતી ઉતારી વંદન કર્યા હતા અને કાર્ડ, મિઠાઈ અને ભેટ આપી શિક્ષકોના આશીર્વાદ મેળવ્યા હતા. વાલીઓ, બાળકો અને શિક્ષકોએ વોર્મ અપ, સુપ્રનમસ્કાર, યોગ અને વિવિધ રમતોમાં ભાગ લીધો હતો. બાળકોએ શ્રેષ્ઠ શિક્ષક અને શીખવાની તકો આપવા બદલ અને તેમના પ્રયત્નો અને પીરજ મટે તેમના શિક્ષકોનો આભાર માન્યો હતો. શિક્ષકોને પલ પોતાના અનુભવની વાતો કરી બાળકો અને તેમના માતાપિતાને સલાહ આપી હતી. તેમણે આ અવસરનીય આદર દર્શાવતા કાર્યક્રમના આયોજન બદલ અને બાળકોમાં શિક્ષકો પરત્વે આદર તથા મૂલ્યો કેળવવા બદલ HSS અને માતાપિતાની ભૂમિકાની પ્રશંસા કરી હતી. શાંતિ મંત્ર અને હળવા નાસ્તા સાથે કાર્યક્રમની સમાપ્તી થઈ હતી.



# Shikshak Vandan Diwas



NL & Herts Jeejabai & Satya / Newton Mearns Glasgow Balgokulam



On Fri 24-Jun, Satya and Jeejabai Shakha of Queensbury celebrated Shikshak Vandan Divas (Teachers Appreciation Day) as a mark of respect to our teachers and express our gratefulness. With an all-round representation from all swayamsevaks, sevikas, teachers, parents and senior karyakartas from Vibhag & Kendriya; it was an event full of purpose, fun and gratitude with a total of 82 in attendance including 9 teachers.

Our guest speaker Mrs Nimishaben Mistry (herself a teacher) underlined the significance and the purpose of a guru, teacher, coach or mentor at different stages in our lives. Our young sevaks and sevikas felicitated their teachers in our traditional Hindu ways by a tying a rakhi on their hands and offering them a souvenir.

The teachers appreciated the Shakha routine they observed, our gesture to recognise their contribution in the development of our Samaj and were truly touched. After last year's virtual celebrations, everyone cherished this opportunity to meet with the teachers outside the normal education environment, and to say 'Thank You'.

Newton Mearns Glasgow Balgokulam team held a celebratory event for Shikshak Vandan Divas - translated as Teacher Appreciation Day. On this day children get opportunity to pay respect to their teachers and for teachers to see the significance they hold in Hindu culture. Students expressed gratitude for the efforts and patience with which the teachers contribute to giving the best education they can to the children. Teachers are the fulcrum that make it possible for the student to learn, develop in confidence, learn the right values, and develop a good outlook on life.





# Shikshak Vandan Diwas



## Edinburgh Valmiki Balgokulam & Parivaar Shakha

In the Northeast & Scotland region, Edinburgh Valmiki Parivar Shakha organised Shikshak Vandan Divas event on Saturday, 25<sup>th</sup> June 2022 to say thank you to teachers. Total 11 teachers from various schools including Pandit ji of Hindu Mandir in Edinburgh attended this event. This event at Edinburgh Hindu Mandir started with Deep Prajvalan (lighting the lamp) followed by warm up, Suryanamskars & Dhyaan (Meditation) Along with the kids and parents, all the teachers participated in all the activities.

A presentation was done to the attendees to introduce HSS UK and its Outreach Programmes. The children enthusiastically did Guru Vandan by applying Tilak on their forehead, doing their Aarti and took their blessings. Later gave their handmade cards & gifts to their respective teachers.

The Karyawahika explained the concept of Guru in Hindu culture and the importance of teachers as role models for the children, while talking about why respecting the teachers is important for Hindus.

Some much appreciated comments from teachers:

- **"It was a boost to have teaching recognised as important. There is a need to promote understanding of Sanatan Dharma"**
- **"It was a privilege to be invited for such heart-warming appreciation day"**
- **"This is probably the first time we ever had a ceremony of appreciation, thank you !"**
- **"I am having a feeling of gratitude, kindness & compassion. It's been an absolute pleasure to be here."**

286 Explaining Hindu Dharma books were donated to teachers and schools across the UK by HSS (UK) to help develop a deeper and better understanding of Hindu Dharma as part of this year's Shikshak Vandana Divas initiative.





# Shikshak Vandan Diwas



## Cambridge Ramanujan Shakha

HSS Cambridge Ramanujan shakha celebrated the Shikshak Vandan Divas (literally translating to 'Teachers appreciation day') on July 12<sup>th</sup>, 2022 to appreciate immense contribution by the teachers day-in and day-out.

The program commenced with Ganesh Vandana and lighting of the lamp by the Chief guest of the day – Shri Mark Howell, County Councillor of Cambourne division and District Councillor for Caxton and Papworth Ward.



Shakha karyakartas gave everyone a flavour of weekly shakha activities. Some agility promoting games and a bauddhik explaining importance of education and its impact on the society provided attendees with physical and intellectual exercises.

Students felicitated their teachers with traditional salutations, flowers and presented them with a book '*Hindu Dharma - a guide for the teachers*' as a gift. The event ended with sharing of delicious Indian snacks prepared lovingly by the shakha families.



Many teachers have since used the book for RE lessons. They have also used the games in their lessons. This shows impact of such programs on them. It was a mission well accomplished for the shakha team.



# Shikshak Vandan Diwas



*Reading Nagar*



Such young and impressionable minds when make up for the future of the country, little do we realise what an important and responsible role teachers play throughout the Academia and Non-Academia. Guru Shishya Parampara loosely translated as Teacher-Student tradition is one such thread in the society that has been revered through Millenia in the Dharmic traditions.

Gurus' efforts honoured through Guru Puja events because it is the Guru who guides the students to choose right from wrong, better from right etc.

In order to thrive the threads of the old tradition, Reading Shakha - branch of Hindu SwayamSevak Sangh (HSS) UK hosted Teachers' Appreciation Day event on 1st July.

The event was attended by 17 teachers from number of schools across Reading and showcased the contribution of the Hindu community by avenues of SEWA (selfless service), Sangathan (community spirit) and Sanskar (life values). A skit was performed by primary school kids about loyalty and devotion by Shivaji Maharaj to his Guru followed by geet about Hindu family values. A short demonstration of physical fitness and Yoga was conducted, all reverberating with Community spirit values.







# Shakti Ka Naam ... Nari Hai!

**SEVIKA KHEL PRATIYOGITA**





# SEVIKA KHEL PRATIYOGITA







# SEVIKA KHEL PRATIYOGITA





## TIME FOR THE RESULTS!

Saturday, March 19th became a memorable day with a Sevika Khel Pratiyogita, first time in 4 years. There were more than 300 sevikas from 23 nagars with ebergetic kishoris, excited mahilas to enthusiastic elder ones. On this spring day with mild weather, shining sun, it was hard not to let the smiles break out on the faces.. smiles of recognition, smiles of welcome, smiles of sportsmanship.

It was not only a day of khel pratiyogita, energy and enthusiasm but also of coming together, of positive influences, passions and uplifting spirits.

While wins and losses are inevitable in any pratiyogita, meeting each other for the first time and competing together means new friends were made, new bonds - stronger than ones of convenience, were formed. Probably an apt message to reinforce the feeling of Vasudhaiva Kutumbakam.

In the concluding ceremony everyone was once again reminded of the spirit of coming together and the importance of allowing young sevikas to learn from their falls and trips (quite literally so in kabaddi) to enable them to be stronger.

We were privileged to have organisations such as Kho-Kho Federation England (KKFE) and England Cricket Board (ECB) attend the event. They have been role models for the young girls, to want to build on their talent and be able to grow.

We aim to build on this spirit and positive energy and challenge ourselves in all the khel pratiyogitas to come.

### ...AND THE WINNERS ARE:

#### KABADDI:

WINNERS: WOOLWICH PANNABAI SHAKHA  
RUNNERS UP: NOTTINGHAM ANJANI SHAKHA

#### KHO-KHO:

WINNERS: MANCHESTER KAVERI SHAKHA  
RUNNERS UP: QUEENSBURY JIJABAI SHAKHA

#### MAHILA KHO-KHO:

WINNERS: BIRMINGHAM DRAUPADI SHAKHA  
RUNNERS UP: WEST LONDON VIBHAG

#### RING:

WINNERS: SOUTH MIDLANDS & LEICESTER SHAKHA  
RING RUNNERS UP: HOUNSLOW RUKHMINI SHAKHA & SUTTON CHANAKYA SHAKHA

#### MAHILA RING WINNERS:

WINNERS: RUGBY SUMITRA SHAKHA  
RUNNERS UP: LEICESTER NAGAR





# HOLI UTSAV



# HOLI HAI!

## Cheltenham Kesari Shakha



Cheltenham Kesari Shakha made March 20th this year, a memorable day by celebrating Holi Milan. 67 members from different age groups attended this shakha-utsav. First part of the utsav started with regular Shakha. After the Dhwajrohan and khel, an interactive charcha was held on the topic of Holi. A lot of interesting facts and significance of the festival were shared and discussed. After the interesting Bauddhik session, the Shakha concluded.

Shakha parivaar members had put together a pot luck with variety of food that kids and adults alike, enjoyed thoroughly, after the shakha. Lastly, it was time for the most awaited part of the evening, colour play. Everyone wished each other happy holi and played colours with each other. The pictures show the togetherness and fun this event brought.

This event was a true demonstration of one of the important values of the Sangha - Sangathan. From organising the event to conducting the activities on the day, all karyakartas & swayamsevaks shared the responsibilities which ensured the event went smoothly. It was a grand success.

A few new families joined the Shakha on that day. Some of the great feedback comments received from them:

- “ Thanks for a warm welcome to brilliantly organised Shakha and a chance to celebrate Holi with you all lovely people”
- “Thanks for inviting us, we will cherish these memories”
- “ Thank you, we enjoyed throughout”
- “Really appreciate the warm welcome on our first day at Cheltenham Shakha and the efforts of all parivaar members for making Holi celebrations and delicious food.”



# HOLI HAI!

## Adarsh Parivar Shakha, Liverpool

On Saturday, March 19th 2022, Liverpool Adarsh Parivar Shakha celebrated Holi Hungama festival with Liverpool Hindu Samaj. After Pandemic, this was the first event in Liverpool where Hindu Samaj has participated in such a big number. The event was attended by more than 250 people.

The key objectives of this festival were to showcase the traditional way of celebrating Holi and emphasizing on importance of Holi celebration in Hindu tradition. It was a great opportunity to bring the Hindu samaj of Liverpool together and re-establish face-to-face sampark which was restricted for a long time due to pandemic.

A Swayamsevak performed the Holi puja with Sanskrit mantra and shloka. Music and food stalls were also key attractions for the event.

Liverpool shakha had invited the local MP, Liverpool Mayor, and the Merseyside police. The Police attended the event as well as looked after the security. They were impressed by the celebrations. The attendees were also given information about Shakha and HSS UK.

Overall, the celebration was a huge success and well received by the participants. The funds from this event will be donated to a local charity.





# HOLI HAI

## Reading Nagar

Holi is an ancient Hindu festival which marks the triumph of good over evil and the beginning of spring. It is celebrated by friends, families and neighbours with food, music, dancing and throwing colours at each other irrespective of colour, creed, or social standing.

This year the celebrations were particularly special as they provided good reason to rejoice the victory over the devastating pandemic, emerge from lockdowns and look forward to the good times coming.

Reading nagar organised an outreach cultural event combined with children's performances, tombola game, food, singing and dancing. Some of the children set up food stalls and raised over £150 for Sewa International charity which is currently raising donations towards Ukraine relief fund.

No Holi is complete without the obligatory colour throwing with four main colours used - red, blue green and yellow with symbolic meaning in Hinduism. Red signifies love and fertility, blue represents determination, green symbolises life and happiness and yellow for knowledge.

Guests included community leaders as well as Councillors from Reading and Earley.





# AND MORE COLOUR!



Birmingham



Newton Mearns Glasgow & Halifax



VHP Hertfordshire celebrated Holi Mahotsav at Pandav Vidya Shala. Over 1000 devotees attended confirming VHP as voice of British Hindus





# Sewa Activities

## Cycle4Sewa - Reading Nagar

### Cycle4Sewa

is an annual two week which raises funds for charity Sewa UK.

This year, Reading Shakha's participation in Cycle4Sewa event involved cycling, walking and jogging.

The kishors organised group rides stretching areas beyond Reading by cycling to nearby towns of Henley-on-Thames, Maidenhead and Wokingham and then a final push to travel to town of Newbury and back which covered over 45 miles.







# Sewa Activities

## Medics4Sewa



### Chitrakoot Project:

<https://www.youtube.com/watch?v=Ni3P8mXZrrM>

Listen to a fascinating interview with Dr Millind Deogaonkar,

Director of DRI Hospital explaining more about their work, the challenges they face and how you can help.

<https://www.youtube.com/watch?v=3l9hq9AjeQs&t=12s>

Blending modern medicine with ancient Ayurveda, the hospital at DRI (Deendayal Research Institute) serves the people of Chitrakoot and the 500 surrounding villages. The hospital runs several projects to improve people's health and wellbeing. DRI Chitrakoot offers medical care that is affordable for all.

For the past 25 years, our team of doctors, dentist and nurses have run a medical camp; offering treatments such as cleft lip, palate and plastic surgery caused by burns

We're delighted to announce that our first Medics 4 Sewa camp will commence on 4th December 2022 and will continue for 10 days. Claudia Malic, plastic surgeon from Ottawa, Canada will be joining Dr Naresh Sharma's UK team.

Please support us if you are one of following:

- ❖ Specialists in Secondary care e.g. Gastroenterologists, Anesthetists, Cardiologist and other
- ❖ Primary care – GP, nursing staff, dentists, pharmacists , opticians
- ❖ Auxiliary Services – nursing, physiotherapy, speech therapy, Educators etc.

Our aim is to have a number of camps every year to provide medical treatment to the marginalized communities for which we need more medical professions to join us.

If you are a medical professional please join us today .

Please register your interest in Medics 4 Sewa at:

<https://sewauk.org/medics-4-sewa-application-form/>



# Across the UK

## Queen's Canopy - Tree plantation

On this auspicious day of Varsh Pratipada, 2nd April 2022, HSS UK participated in Her Majesty The Queens Platinum Jubilee Celebrations by contributing to the Queen's Green Canopy initiative of planting trees across the UK.

A Hindu tree planting ceremony was conducted by reciting vedic shlokas and the new saplings were showered with waters from the holy River Ganga and also the River Thames. This Initiative aligns beautifully with the Hindu sanskar of worshipping Mother Nature 🙏

This was covered in an article in Asian Voice.

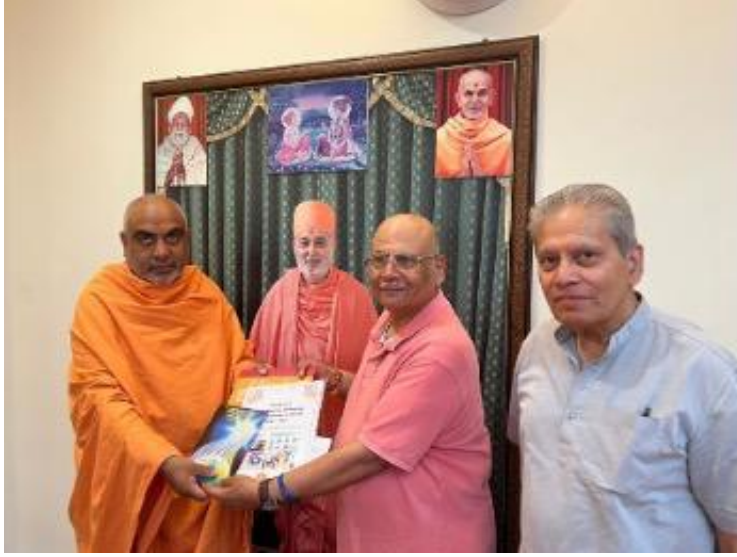
#iamsangh #247sevika #QGC #queensgreencanopy #platinumjubilee #theresavillers





# Across the UK

## *Hindu Mandir Network*



Hindu Mandirs are the centres for Hindu Shiksha (knowledge of Hindu Dharma), Hindu Sanskaar (development of good values) and Hindu Suraksha (protection of Hindu society) which are the three major components promoting our Sanatan values.

BAPS Shree Swaminarayan Mandir Neasden and Kingsbury have played a very major role in extending these values over the years.

HMN (Hindu Mandir Network) – (project of VHP UK) are extremely pleased to donate their book to Shree Swaminarayan Mandir Neasden & Kingsbury and appreciate and acknowledge for their continues service to the society.





# Upcoming programs

Coming soon...



## UK PARLIAMENT WEEK 2022!

Get your Nagar to participate!

Find more information and sign up details here:  
<https://www.ukparliamentweek.org/en/>



# SANGH MAIL



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**WE LOVE HEARING FROM YOU!**

To help with the publication, here are few points to consider when submitting news items:

- Provide a summary - keep articles down to 100 words or less, highlighting the best bits.
- A picture tells a thousand words - select your best photos to go with your article.  
If you have more photos, share a google link so we can pick the best ones.
- Don't forget to include your shakha name!

Send it [sanghmail@hssuk.org](mailto:sanghmail@hssuk.org)

