



SANGH MAIL

Sanskār • Sewā • Sangathan

OCTOBER 2022

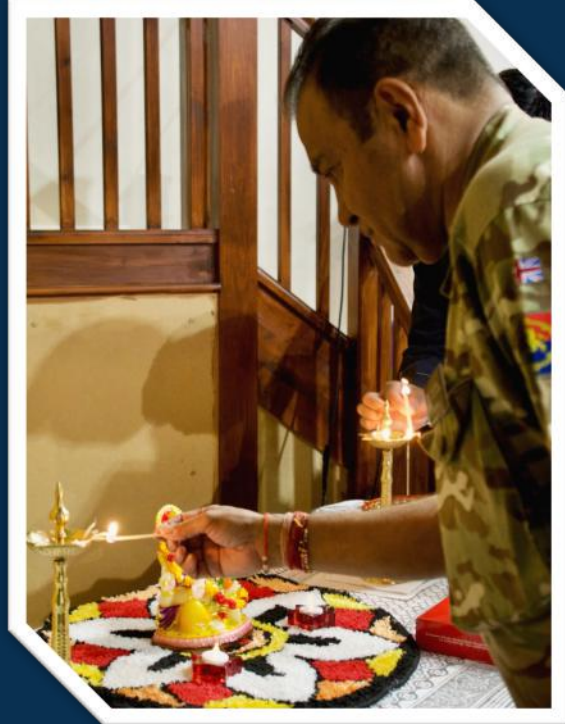
Raksha Bandhan Special: 'Protecting our Protectors'

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 / Swayamsevak/ Sevikas/ for wider sharing and inspiration at sanghmail@hssuk.org

IN THIS EDITION

CONTENTS

- 3 Raksha Bandhan Utsav
- 15 Shibirs
- 20 More news



धर्मो रक्षति रक्षितः

"One who protects Dharma, is protected by Dharma"

Raksha Bandhan Utsav

येन बद्धो बली राजा दानवेन्द्रो महाबलः।
तेन त्वाम् अभिबध्नामि रक्षे मा चल मा चल॥

“yena baddho balī rājā
dānavendro mahābalaḥ
tena tvām abhibadhnāmi rakṣe
mā cala mā cala”

*“I am tying a Raksha to you, similar to
the one tied to Bali the powerful king of
demons. Oh Rakshaa, be firm, do not
waver.”*



Raksha Bandhan Utsav



Raksha Bandhan



Aryabhat Shakha, Aylesbury



On Sep 9th, 2022, Aryabhat Shakha Aylesbury celebrated the Raksha Bandhan utsav with guests from Thames Valley Police. BG Karyawahika talked about the Utsav, why and how it is celebrated. She also talked about HSS and their activities.

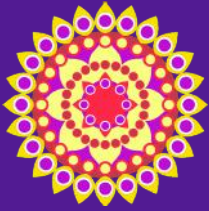
The Police Sergeant spoke about the responsibilities of the Police, the career opportunities and how the Hindu community can support them.



Raksha Bandhan



Birmingham



Young Swayamsevak, sevikas and some parents from Birmingham visited the local fire station to tie rakhis of protection to frontline heroes, who risks their lives to save others. A site tour was also scheduled in so that any budding interests can decide on their career in being a fire officer.



Raksha Bandhan

Bradford & Nottingham



On 17/08/22, a group of Swayamswevaks and Sevikas, within a vast age range, had the privilege of celebrating a belated Raksha Bandhan with the Lord Mayor of Bradford, Martin Love. We took the opportunity to enlighten him of the fascinating history, timeless values, and prevalent aims of HSS. Martin seemed intrigued by our mention of some of the Sewa projects that HSS had undertaken, along with our mention of khel and Shakha's strong focus on physical fitness.

Rajiniji eloquently explained the significance of Raksha Bandhan and the traditions that are commonly followed during this festival. He explained that the tying of the Rakhi symbolises love and protection for the receiver and that a Rakhi can be tied on whomever we feel profound appreciation towards and care for.

It was an incredible honour to go inside the committee room in City Hall, where the political meetings and debates occur. We were also honoured to watch Satishji amazingly demonstrate the Yoga posture, 'Makarasana,' in that very room too! The overall experience was extremely gratifying and illuminating for all and was a great way of maintaining the bond between us.



Early September Nottingham Shakha celebrated Raksha Bandhan Utsav. On this occasion we were delighted to be joined by personnel from the Nottingham Fire Services (along with a service dog Winnie). Our guests participated in our khel sessions and actively contributed to our special baoddik session led by Karaywah for Sevikas, Geeta Bhagat ji.

Our baal tied rakhi to the members of the fire service and a special poem by Patricia Capansky called 'Angels in Uniform' was read to show appreciation of their brave work.



Raksha Bandhan



Shakhti Shakha, Newham & Adarsh Parivar Shakha, Telford

Newham Shakhti Shakha celebrated their Raksha Bandhan Utsav with the East Ham Fire Brigade on Tuesday 16th August 2022 at the fire station.

A short speech was given to introduce HSS UK and to explain the importance of the festival of Raksha Bandhan to the firefighters. This was followed by the ceremony of tying the 'Rakhis' on the wrists of the firefighters as a symbol of protection and gratitude for their selfless service and sacrifice in keeping the borough of Newham safe.



Telford Aadarsh Parivaar celebrated Indian Independence Day and Raksha Bandhan. Theme was Azadi ka amrut mahotsav and celebrating 75 years of Independence. A quiz was held on topic of Indian achievements. Later Raksha Bandhan was celebrated. The concept of Rakhi and its significance re: protection was discussed. Rakhis were tied afterwards. A very apt message was given by a karyakarta on this occasion: "I protect you, you protect me, together we protect nation and dharma"

Raksha Bandhan



Newton Mearns & Wellingborough

On 'Raksha Bandhan', Shakha felicitated emergency services (Fire, Ambulance and Police). Due to the regular venue being unavailable, it was conducted at Clarkston fire station on 21st Aug. Nonetheless, the enthusiasm did not subside as twenty-four families attended the event.



The emergency services duly appreciated the kind gesture with warmth: one senior constable got overwhelmed with emotion. It was also a good opportunity for the young ones to learn about the good work of these services and many wanted to become a fireman straightaway!



@scotfire_erri
@ERRIHQ

Hindu Swayamsevak Sang UK Charity celebrate Rakshanbandhan at Clarkston Community Fire Station with Police & Ambulance Service colleagues. Thanks to Anup Sharma and the Hindu Community, Blue Watch for hosting and to all who attended. A great experience for everyone.



11:47 am · 23/08/2022 · [Twitter Web App](#)

13 Likes



Wellingborough Shakha celebrated Raksha Bandhan at the Hindu Temple. Various community leaders including the Mayor, local Member of Parliament, The Lord Lieutenant of Northamptonshire attended the ceremony. Also in attendance were representatives from RAF, Police and other community organisations.

This highlights our excellent relationship with the Northamptonshire authorities.

Raksha Bandhan

Queensbury Nagar & Northampton



On 22nd Sept., 7 swayamsevaks (Satya Shakha) and sevikas (Jijabai Shakha) from Queensbury Nagar, NL & Herts Vibhag visited Edgware Blood Donor Centre to celebrate Raksha Bandhan.

The staff at the Centre was very welcoming and pleased to know about the Sangh's ethos of Sewa, Sanskar and Sangathan. We appreciated their contribution and the duty of care in supporting life critical services of blood and bone marrow collection, by tying Rakhis on their hands and sharing some sweets & savories.

Being local to our Shakha, we also identified further opportunities of doing in-Centre Sewa as well as raising awareness of their work in our younger sevaks and sevikas which we look forward to step up in near future.



Northampton Shakhas celebrated Raksha Bandhan with the Northampton Fire Service. The Fire Service team showed us their facilities and all the equipment they use. We tried the fire hose, went through a training cage in complete darkness, sat in the fire engine and viewed other equipment used for emergencies. They explained about fire safety and different situations they handle.

We provided the fire service team with a brief intro of our organisation and an explanation of the significance of Raksha Bandhan, showing our appreciation of the fire service. Finally we tied Rakhis and shared mithai.

Raksha Bandhan



Reading Nagar

Delegation from Reading shakha were invited to the Wokingham Borough Council civic office to meet The Worshipful the Mayor of Wokingham Borough, Cllr Caroline Smith for Raksha Bandhan - a Hindu festival dating back to Vedic time which symbolises a spirit of brotherhood and harmony amongst all sections of society irrespective of race, religion, colour and nationality.

The children tied rakhi to the mayor and delivered an important message that not only members of all communities should protect each other but also commit to protecting the environment. They had an informal interaction with the mayor about her the role in the community and the local charities she supports.



Raksha Bandhan



Reading Nagar (continued)



In a unique one-of-a-kind event; Reading Nagar celebrated combined Raksha Bandhan and Vijayadashami utsavs with both the Armed and Emergency services. We had delegates from the Army, Navy, RAF as well as Reading Fire & Rescue service, NHS and also the Nepali community represented.

Rakhis were tied to all our guests to symbolise the bond of protection where all members of the community commit to protect each other as well as the environment.

The programme showcased the work of HSS UK, local Sewa work done and number of outreach projects. It also included some demonstrations - Balgokolum children performed surya namaskars, Kishores did vyamyogs and kishoris performed leizems.



Raksha Bandhan



Rugby



Over 40 Swayamsevaks, Sevikas and family extended the symbolism and the tradition of the festival by tying a rakhi (a thread that symbolises the universal connectedness to serve and protect each other), to the Mayor, the Emergency services - Police, Fire and the NHS (Admiral Nurse) as a gesture of gratitude for all that they do for us, keeping us safe and serving the community as they do. A short explanation of the festival was given highlighting the 3 core sentiments of the organisation of Sanskars (good moral values), Sewa (Selfless service) and Sanghathan (Unity).

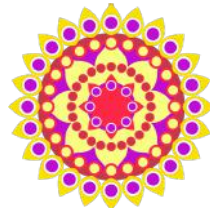
In addition, we were delighted to present a cheque for £1001.00 raised at our annual Sewa Walkathon (around Draycote Waters) held in June this year for our local charity The Rugby Dementia Support Group.



Raksha Bandhan



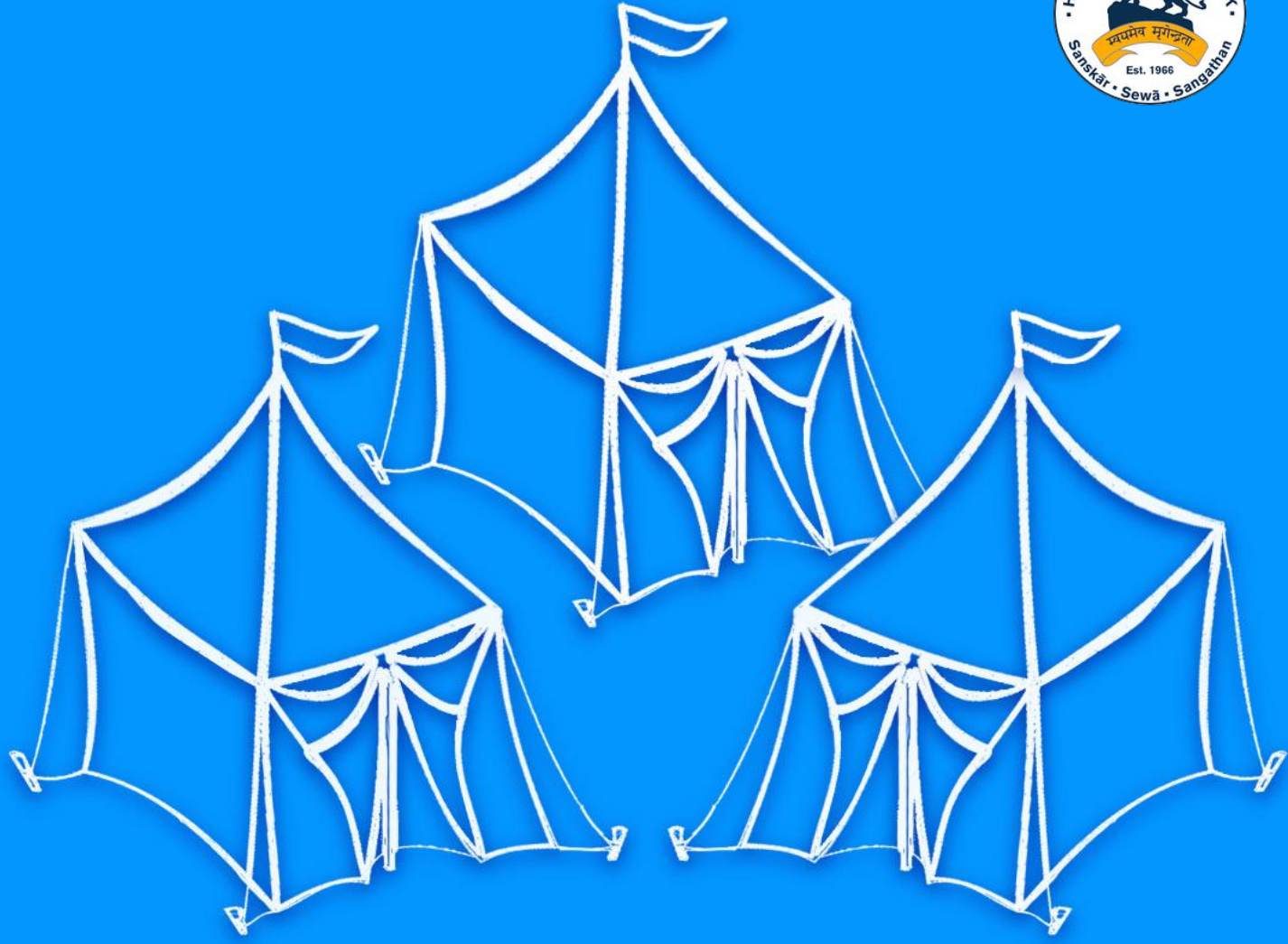
Wellingborough



Wellingborough Shakha celebrated Raksha Bandhan at the Hindu Temple. Various community leaders including the Mayor, local Member of Parliament, The Lord Lieutenant of Northamptonshire attended the ceremony. Also in attendance were representatives from RAF, Police and other community organisations.

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Shibirs

*A family that prays together, eats together,
stays together.*

वसुधैव कुटुम्बकं

“Vasudhaiva Kutumbakam”

“The whole world is one single family”



Shibirs





UTHO- Birmingham

National UTHO Shibir



Our Vichar Parivar organisation "UK Telugu Hindu Organisation (UTHO)" organised a Parivar shibir in Birmingham to mark its 5th anniversary. This annual flagship event was named as Bhakthi - with an underlying theme of Desh Bhakthi as part of Swatantrata ka Amrut Mahotsav- 75years of Indian Independence. The stage was decorated with Nava Narasimha (nine forms of Narasimha which are unique to Telugu states) structure.

The Governor of Indian state of Telangana, Smt. Tamilsai Soundaryarajan addressed the gathering virtually, congratulating UTHO for bringing Telugu Hindu families together on one platform.

HSS Adhikaris, ma. Dhiraj ji Shah, Raveendra ji Surange and Chandrakat ji addressed the audience covering various subjects like purpose of UTHO and need to stay connected with our roots, the need to transform individual level Bhakthi to Samaj & Desh Bhakthi.

The attendees also enjoyed various Khels, charcha session for all age groups along with authentic Telugu bhojan. A unique jigsaw puzzle activity stressed the importance of coming together (to form a picture of Bharatmata).

280 participants attended the shibir.

A small video on the Shibir can be watched here:

https://youtu.be/az3tCywF_mg





Sadhana Shibir - WL Vibhag

Sadhana Shibir – West London



Reading Nagar hosted the first face-to-face West London Vibhag level shibir post-pandemic. Swayam sevaks and sevikas did participate from Newbury, Reading, Maidenhead, Slough, West Drayton, Aylesbury, Basingstoke, Amersham and Hounslow nagars.

A refresher course of Samata and Aachar paddhati was held along with some innovative khel and Maha-khel events. Different activities and charcha were conducted on the topic of Sadhak, Sadhan and Sadhya, keeping up with the shibir theme of Sadhana – daily spiritual practice.

An excellent interactive bauddhik on importance of Sadhana was delivered to BG by Falguniji Bhatt. Sumitji Sharma talked about dharma characteristics - Heet, Meet and Preet and applying Sadhana to develop the discipline for karyakarta nirman. About 200 swayamsevak/sevika participated in the shibir.





Amrut Parivar Shibir - NW Vibhag

Amrut Parivar Shibir – North West

The North West Vibhag Shibir was conducted over a weekend at Stockport. 92 Swayamsevak/sevikas attended. The focus was on celebrating 75 years of Bharat's independence.

Over the two days, vividh khel were held, yog and niyudh were practised and ratri karyakram were enjoyed by all. Ish chintan, bauddhik and charcha kept the participants engaged.

A very energetic atmosphere kept the enthusiasm going with possibility of lots of sampark. The sankhya was 137 at the samarop.

Ma. Raveendra ji, Chandrakant ji and Nitish ji attended the shibir.





More News!

संगठन में शक्ति है!

Sangathan main shakti hai!



Balagokulam Open Day

Coventry

Coventry Balgokulam Team organised a Balgokulam Open Day (Bal-Mela) earlier this year. With over 160 people participating in exciting games and activities, the event was a huge success with many new families looking to join Shakha.

Many families joined in various activities such as Bhajans, Drama, Story time and colouring completions including Maha Khel.

Ma. Chandrakantji was also present at the Bal Mela.





Yoga Day

Newbury & Reading

Bharati Shakha Newbury in association with Swasti Yoga and Newbury Town Council celebrated Newbury Town's first International Yoga Day on Saturday, 18th June 2022.

Newbury Town Council Deputy Mayor Cllr Nigel Foot was among the participants. He praised the community spirit and stressed the need for youth to come together. 79 participants, aged 9-65 showed that Yoga is for everyone and is not bound by faith or religion. Bharati Shakha has decided to make this an annual event.



To celebrate the International Yoga Day, Reading Nagar organised two events; one at Reading Hindu Temple and another one in the grounds of Reading University to make Yoga accessible and spread awareness of its benefits. Trained Yoga instructors provided gentle introduction for complete beginners as well as to advanced practitioners of Yoga.

This year the theme was "Yoga for humanity" because during the pandemic, Yoga has helped people around the world to stay healthy, overcome social isolation and depression during lockdowns

It was sheer bliss to be able to do the postures, breathing exercises and meditate outside on a sunny morning. Everyone felt rejuvenated and relaxed at the end. Reading Nagar plans to make this an annual event.





Interfaith Week

Bharati Shakha, Newbury

HSS Bharti Shakha, Newbury we're invited to take part in the Interfaith Week celebrations at St Barts Secondary School.

Swayamsevaks and Sevikas decorated a corridor on the weekend with posters on Hindu Dharma and also delivered a talk on "What it means to be a Hindu?" in a year 8 assembly which was attended by over 150 students.

Both the decorations and assembly were well received and complemented by Teachers and students alike.



Outreach Program

Chinmaya Kirti



On the auspicious day of Ram Navmi, HSS(UK) karyakartas including Karyawaha Smt. Madhviben Haria had earlier attended the inauguration of the beautifully renovated Chinmaya Kirti, the headquarters of The Chinmaya Mission UK.

The special day included a wonderful Puja/Aarti and an enlightening talk by Pujya Swami Swaroopanandji, Global Head of Chinmaya Mission spreading the message of Knowledge, devotion, and Sewa within the community.





National KhoKho Tournament

West London Vibhag

The KhoKho players had trained regularly for several weeks with help from Shakha karyakartas, Jyothi (Slough), Rameshji (Reading), Swatiji (Amersham) and Bharatji (Slough) with good coaching from Brijji of KIKFE. Without their support, encouragement, and training it would not have been possible to win so many games and individual prizes by the West London Vibhag teams. It was heartening to see so many playing KhoKho - one of the Bharatiya national games.

On top of the team winners Slough players also bagged some Individual or best player awards as follows:

- **Best player Female - Jaanki Mistry (Slough)**
- **Best Runner Female - Jyothi Puttaswamy (Slough)**
- **Best Player U-13 - Amogh Bangalore (Slough)**
- **Best Runner U-13 - Bharath Prasanna (Slough)**

For more details on the KhoKho tournament visit <https://khokho.co.uk>

WEST LONDON VIBHAG STEALS THE SHOW AT NATIONAL KHOKHO TOURNAMENT

Swayamsevaks and sevikas from West London vibhag bagged major prizes at the recent National KhoKho tournament organised by KhoKho Federation of England (KIKFE). The tournament, which took place on 25th September 2022, had fifteen different teams from across the UK participating under Males, Females and juniors U-13 categories.

Many of the teams had swayamsevaks and sevikas from different shakhas across UK including Manchester, Leicester and Cardiff, as well as players from NHSF playing KhoKho.

The West London vibhag teams included Slough Royals with one men's team, two females teams and a junior team; Amersham Eagles (women's team); Reading mens and Reading U-13; and Newbury mens team.

Slough Royals took the honours in the women's team beating Wembley Warriors with Amersham Eagles coming third. Slough U-13s, were also the winners in their age category winning all of their matches. North London vibhag also had players with MML men's team comprising of many swayamsevaks won the men's team championship.





Book Review

Gita for success in Modern Life

The Bhagavad Gita, especially post-pandemic, has been trending - with people searching through its primordial wisdom to find the panacea to their problems. Amidst the chaos of modern life, scouring all 700 verses in an attempt to fully analyse and comprehend the Bhagavad Gita is nearly impossible. Therefore stumbling upon 'Gita for Success in Modern Life' was a blessing - this book provides a compact yet deeply perceptive overview of fundamental messages such as within the Bhagavad Gita.

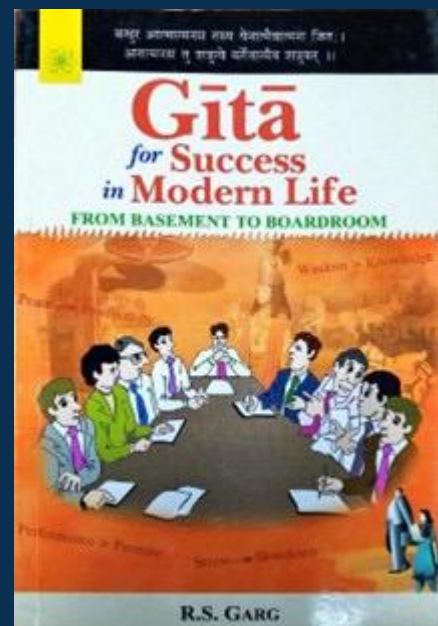
My favourite attribute of this book is the unmistakable bridge between science and spirituality that the author forges. He excellently explores the Bhagavad Gita through a methodical lens, emphasising how it encourages reasoned belief contrasted with blind faith.

Even though, I initially started reading 'Gita for Success in Modern Life' with the perception it was yet another normal commentary on the Bhagavad Gita I soon realised that it was also interestingly, a self-help book. The author neatly draws attention to the key, structured solutions provided by the Gita to cope with modern-day problems such as stress, anxiety and burnout - evidence that the Bhagavad-Gita is truly the quiddity of not only Sanatana Dharma but human existence itself.

Decked with stories and anecdotes; references to a plethora of studies and comparisons to philosophical analogies - this book is not only an influential insight into the Bhagavad-Gita itself but also a dive into a diverse range of knowledge and genre which is appealing to the philosophical mind.

By interpreting key verses and meanings clearly and concisely, there was never a stagnant chapter where each page did not have yet another intriguing concept or idea. Whether you're reading a few pages at a time with your chai or doing an intense read in one go; I hope this book inspires you to embed the golden teachings of the Bhagavad Gita as much as it has inspired me.

Dhanyavād and Happy Reading!



Title: Gita for Success in Modern Life

Author: R.S.Garg

Price: £6.90 Pages: 250

**Reviewer: Shivani Kandoi
(Leicester)**

**This book is available from
Hindu Sahitya Kendra at
the website:
www.hindubookshop.com**



Upcoming programs

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UK PARLIAMENT WEEK 2022!

Get your Nagar to participate!

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



Condolences

Late Shri Bhupendrabhai Dave

It is with a deep feeling of grief and sadness that we have lost one of the last few pioneers who sowed the seeds of Sangh work in the UK. Aadarneeya Shri Bhupendrabhai Daveji was a dedicated and committed karyakarta who had Sangh in his blood. He became a swayamsevak in his school days, greatly influenced and mentored by veteran pracharak Shri Kashinath Chitjale Ji in Gujarat. He migrated to Kenya in 1951 where he contributed to worked tirelessly until 1965 when he moved to the UK. During the early days of Sangh work in the UK, he always visited shakha. He also ensured his family members were imbued with Sangh sanskaars. Shri Dave Ji inaugurated the Sanskruti Mahashibir in August 2016 near Luton, which marked the Golden Jubilee year of HSS (UK). I had the good fortune to meet him a few weeks ago and had a very pleasant and lively discussion with him for almost an hour.

Shri Bhupendrabhai Daveji was full of energy and excitement inspite of his age (96). His life will be a source of inspiration to future generations, working in the field of Hindu Sanghathan.

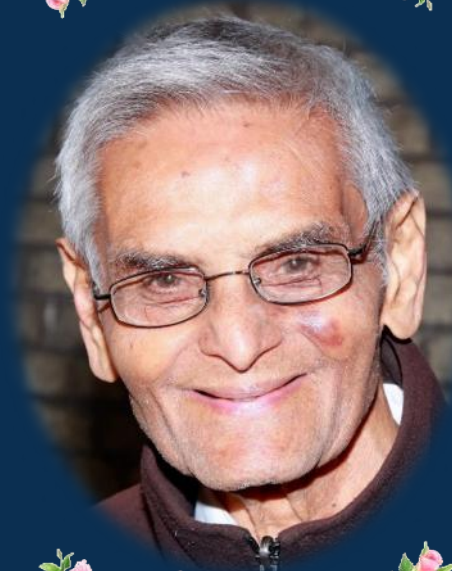
On behalf of HSS(UK), we pray for eternal peace and sadgati of the departed soul. We also pray to Parmatma to grant courage to the extended Parivaar to come over this loss of a near and dear one.

Om Shanti! Shanti! Shanti!

Dhiraj Shah

Sanghchalak of HSS(UK)

15th October 2022



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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 to sanghmail@hssuk.org

