



Sangh Mail

National Khel Pratiyogita HSS(UK) Sports Tournament

Showcasing Teamwork, Togetherness and Strength

April 2024

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Sangh Mail – April 2024

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Sangh Mail is a monthly publication showcasing the activities of Hindu Swayamsevak Sangh (UK) for circulation to it's members and well-wishers.



Khel Pratiyogita 2024

Swayamsevaks

Saturday 30th March saw the largest turn out of the Swayamsevak Khel Pratiyogita with a total sankhya of around 1200 attendees! A total of 364 matches were played across four different khels - Football, Kho-Kho, Ring and Kabaddi. It is fantastic to see a large representation of 46 nagars from around the UK with a final entry of 96 team entries in total. The aim of Khel Pratiyogita is not just for it to be a sports competition, but a karayakram where Swayamsevaks can look to practise the core values of Sangh (Sewa, Sanskar and Sanghathan) through the implementation of Khel.

It was the first time after many years that the year 12-15 football was taken out. Instead we create two leagues for these age groups in Kabaddi. Kabaddi is khel which plays an important part in the development to being a strong karyakarta, the ability to eliminate fear and hesitation and help provide a platform for Swayamsevaks to be steadfast and brave when faced with challenges. As a result it was pleasing to see that in the School Year 7-9 group, there were 7 teams represented.

Now we look to build on the learnings from this year to take into 2025 in the hope to attract more Swayamsevaks and have a representation of more nagars from around the country.

Khel Pratiyogita 2024 – Swayamsevaks Winners



UNDER 11 YEARS FOOTBALL

**Northampton/
Wellingborough/Telford**

RING (UNDER 40)

Finchley

KHO KHO

Finchley

RING (OVER 40)

Leicester

KABADDI (YEAR 7-9)

Slough

KABADDI (YEAR 10-13)

Leicester/ Rugby

KABADDI (AGE 18+)

Woolwich

Khel Pratiyogita 2024



Khel Pratiyogita 2024





Khel Pratiyogita 2024

Sevikas

The annual Sevika Khel Pratiyogita was conducted on the 31st March 2024 and included the khels Kho-Kho, Ring and Kabaddi. This year's competition showcased the amazing talent and abilities of over 600 Sevikas across the country coming from 43 nagars (towns). The day kicked off with exhilarating Kho-Kho, where sevikas displayed unwavering enthusiasm, along with sportsmanship and teamwork. In the second half of the day, the attention turned to the Ring and Kabaddi. For the first time, we had kabaddi leagues for school year 7-9 and year 10-13, and what a roaring atmosphere they created. Some from the 18+ league felt the younger sevikas were stronger, bolder, and fiercer than them! The Sevikas truly came out of their comfort zones and really inspired those who watched this year to uptake Kabaddi next year. As the day drew to a close, attendees gathered for a speech from Sue Anstiss, a renowned author, director, podcaster, and entrepreneur. With over 30 years of experience in driving change in women's sports, Sue shared her insights and wisdom, inspiring everyone present to continue pushing boundaries and breaking barriers.

Overall, this event was a great success and the largest in the history of Sevika Khel Pratiyogitas. The day was not only a great demonstration of athletic achievements, but also fostered a sense of community, perseverance, and sportsmanship. Well done to everyone who participated in the 2024 Khel Pratiyogita and we hope to see you all next year!

Khel Pratiyogita 2024 – Sevikas Winners



KHO KHO (UNDER 35)

Manchester

KHO KHO (OVER 35)

Cambridge

RING (UNDER 35)

Amersham

RING (OVER 35)

Leicester

KABADDI (YEAR 7-9)

Queensbury

KABADDI (YEAR 10-13)

Reading

KABADDI (AGE 18+)

Woolwich

Khel Pratiyogita 2024



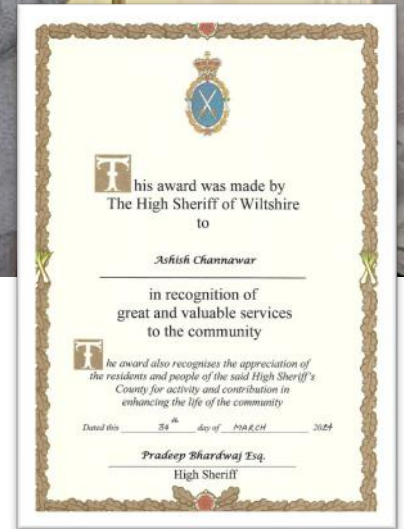


More news



Swindon

High Sheriff Award to Shri Ashish ji Channawar



Ashish ji Channawar is a technology leader in the Economic Crime area. He has helped many financial institutions around the world combat fraud, money laundering, and terrorist financing. He is a community contributor with the mission of selfless service with detachment. He has spent a significant amount of time and energy over the last several years making a positive contribution to society, through his participation in various roles in organisations such as Wiltshire Counter-Terrorism IAG, Wiltshire Police IAG, Great Western Hospital NHS Trust, Swindon Ganesh Utsav, Swindon Hindu Temple Trust, Swindon Mitra Mandal to name a few. He is involved in many other charitable and social causes such as a member of several charities, community groups, litter-picking groups, and neighbourhood watch groups. He has successfully led many projects such as blood donation drives for NHS to increase donors from BAME backgrounds, Free kitchen serving free food, Supplying food and clothing for the underprivileged, Helping schools with religious education needs, helping families and elderly people during the COVID pandemic, organising and coordinating several fundraising campaigns, volunteering for several charities and groups, and starting many community initiatives in Swindon over the years.

Award presented to Ashish ji Channawar in recognition of his great and valuable services to the community by Hon. Pradeep Bhardwaj Esq, High Sheriff of Wiltshire.



Swindon

High Sheriff Award to Swindon Parivar Shakha

The high Sheriff of Swindon was recognised for their great and valuable services to the community. The High Sheriff applauded the fantastic work of the Shakha for around two decades of instilling Sanskar, leading Sewa projects in the town, and strengthening the community in and around Swindon.





Belfast

Belfast Nivedita Parivar Shakha 10th Anniversary



Belfast Nivedita Parivar Shakha joyously celebrated its 10th anniversary on 7th April 2024. Indeed the 10th anniversary of Shakha commenced a couple of weeks back with a Bal and Mahila Khel Mahotsav with a participation of more than 100 Swayamsevaks and Sevikas and culminated on 7th April with active participation of more than 110.

Coupled with Varsha Pratipada Utsav, the day was filled with a series of enriching activities starting with a warm-up, followed by Suryanamaskars, Vyayam Yoga, and engaging khels like kabaddi, fostering both physical and spiritual well-being. The celebration was further illuminated by the soulful renditions of geet and shlokas by the enthusiastic children, creating an atmosphere of unity and cultural pride.

A significant highlight of the event was recalling some cherished memories from a 10-year journey of shakha and the sharing of personal experiences and learnings from Shakha through the years (*anubhav kathan*), allowing members to reflect on their growth and the impact of Shakha on their lives. The event not only marked a decade of togetherness and learning but also reinforced the strength and unity of our community.

The Shakha parivar welcomed dignitaries from the Indian Community Centre, Belfast to join the celebrations. Wishes of encouragement from HSS UK Sanghchalak and other shakhas in the NW & NI Vibhag added to the celebratory atmosphere. Belfast Nivedita Parivar Shakha eagerly anticipates many more fruitful years ahead, committed to nurturing Hindu values and fostering community growth.



Reading

Tree Plantation

Inspired by concept of Sewa (Selfless service), Reading nagar Sevikas, Sevaks and baal took part in a tree planting event on 12th April 24. Guided by our principles of dharma, we paid our reverence to nature - the children cradled each sapling carefully and planted it with love and protection thus laying the foundation for greener/sustainable future. There were moments when someone stumbled on stinging nettles; we giggled with nature's way of alerting to tread carefully and be aware of our surroundings. We were also joined by councillors from both Reading and Wokingham Borough councils for this task who helped us plant 4 different species of trees - Silver Birch, Hazel, Rowen and Hawthorn. Our journey doesn't end there as we continue our duty rooted in the values of Hinduism to preserve and protect mother earth



NW England & Northern Ireland Vibhag

Abhyas Varg (Practice Session)

On Saturday 13th April, NW England and Northern Ireland Vibhag hosted a Vibhag Abhyas Varg attended by 86 swayamsevak and sevikas from 9 shakhas, including Cumbria and our new Milan, Crewe. Many attended a Varg for the first time. The groups were split based on which SSV year group participants were going into. Refresher sessions and new learnings were delivered for Yoga, Niyuddh, Samata, Khel, and a session on 'how to plan a bauddhik session'. The attendees enjoyed meeting and exchanging ideas with other members from different shakhas across the vibhag.

des Rheins seien alle Regionen betroffen gewesen, teilte der Deutsche Wetterdienst (DWD) in Offenbach mit. Zwischen Schleswig-Holstein und Braunschweig gingen Hagelkörner mit einem Durchmesser von bis zu zwei Zentimetern sowie Regen von bis zu 20 Liter pro Stunde und Quadratmeter nieder. In Nordhessen kamen innerhalb von zwei Stunden sogar 30 Liter Regen pro Quadratmeter herunter. Am Sonntag besteht vor allem im Südosten des Landes Gewitterrisiko.



Koons neben seinem Kunstwerk

KUNSTWERK

Aufblasbare Ballerina von Koons enthüllt

Der Meister des Kitsches, Jeff Koons, hat in New York sein neues Kunstwerk vorgestellt: eine aufblasbare Ballerina. Bis zum 2. Juni dominiert die 14 Meter hohe Tänzerin den Platz vor dem Rockefeller Center, auf dem der 62-jährige Koons schon zwei Mal zuvor Werke präsentiert hat. Die Installation soll auf die Aufmerksamkeit der vermissten Kinder machen, der im Mai

MUMIEN ENDECKT

In Ägypten sind in der Wüste neue Mumien gefunden worden. Die Leichen der verstorbenen Katakomben-Minjas enthalten die Überreste von Antiken. Die Funde sind der erste Anfang einer neuen Ära der nahe Luxus. Die Entdeckung symbolisiert die Zeit der

Gleich treffe ich Bianca Heinicke, besser bekannt als Bibi H., was ich normalerweise locker runterreiten würde, hätte ich nicht den Fehler gemacht, meinen Töchtern davon zu erzählen. Ich gebe zu, ich wollte etwas angeben, als ich beim Abendessen sagte: „Übermorgen treffe ich Bibi.“ Das hab ich jetzt davon. Jetzt begleiten mich die Autogrammwünsche und investigativen Erwartungen von zwei halben Berliner Schulklassen. Leistungsdruck, verdammt.

VON KATHRIN SPOERR

Bibi ist nicht mehr so ganz meine Alters- und ich bin nicht ihre Zielgruppe. Ihre Zielgruppe sind Mädchen ab sagen wir acht Jahren. Wo die Zielgruppe endet, hängt sehr vom einzelnen Mädchen und seiner Bereitschaft ab, Mädchen bleiben zu wollen. Einige finden sich schon mit elf zu alt für Bibi, andere sind schon so alt wie Bibi selbst, aber immer noch klein genug für sie.

Wap-bap, ba-da-di-da-da

Nicht wundern über dieses „Wap-bap“. So heißt der neue Song von Bibi. Es ist schwer, ihn aus dem Kopf zu kriegen, wenn er einmal drin ist. In dem Song geht es um nicht viel. Um ein Mädchen, das gerade Pech hat, was aber nichts macht, weil es mit „Wap-bap“ alles in den Griff kriegt. Der Song kam vor einer Woche raus, und es gab Riesengemecker deswegen. Außerdem riss er alle erdenklichen Rekorde. Das Gemecker ist der Grund, warum ich Bibi gleich treffe.

Sie werden dieses Lied wahrscheinlich nicht kennen, wenn Sie nicht zufällig minderjährige Töchter haben. Oder andersrum: Wenn Sie minderjährige Töchter haben, werden Sie wahrscheinlich sowohl diesen Song als auch Bibi kennen; Bibi vielleicht schon seit Jahren, wenn auch möglicherweise eher vom Weggöhen, wie ich.

Weggöhen ist die einzige Möglichkeit, wie Eltern die Vorliebe ihrer Töchter für Bibi aushalten können. Bibi betreibt seit fünf Jahren den YouTube-Kanal „Bibis Beautypalace“. Mehrmals pro Woche stellt sie hier Videos ein, in denen es um nichts geht und um alles: Wie Bibi einkaufen, verreist, wohnt, schläft und wieder aufwacht. Darum, wie sie gerade die Haare trägt, die Wimpern tuscht, die Lippen,

Abseits der Aufmerksamkeit der Erwachsenen prägt Bibi H. seit Jahren die Jugendkultur. Jetzt sorgt sie mit einem Song für Aufsehen. Ein Besuch

die Wangen, die was auch immer schminkt. Es handelt sich um die hochnarzisstische Bespiegelung des Privatlebens der Kunstfigur Bibi, die vielleicht in Wahrheit gar keine Kunstfigur, sondern wirklich so ist, wie sie sich darstellt, aber wer weiß das schon.

Ihre Videos beginnen immer mit den gleichen Worten, nämlich mit „Hallihallo, meine Lieben“, herausgepipst mit einer zu den Worten passgenauen Stimme. Vielmehr als diese drei Worte kriegte ich bisher selten von Bibi mit, weil ich meine Kinder dann stets sofort und sehr deutlich aufforderte: „Bitte hört den Schwachsinn in euren Zimmern.“

Letzte Woche kam dann Bibis Song heraus, seitdem interessieren sich auch Menschen jenseits der elf für Bibi. Der vollständige Titel ihres Liedes lautet: „How it is (Wap-bap...)“ Er brach mehrere Rekorde.

Und nun steht Bibi da, und sofort tut es mir leid, dass ich ihretwegen bereits das Wort Schwachsinn in den Mund genommen habe. Bibi trägt etwas sehr enges Schwarzes und sieht total hübsch aus. Sie sagt: „Hallo, ich bin Bibi“, und ich erkenne den Sound in ihrer Stimme, und es ist völlig in Ordnung. Auf dem Fußboden hockt Julian, Bibis Freund, der ab und zu lächelt und ansonsten mit seinem Handy beschäftigt ist. Wir gehen rüber zum Sofa und setzen uns nebeneinander, und trotz der „good vibrations“ kriege ich kurz einen heftigen Gehirnkampf, weil ich mich frage, über was ich um Gottes Willen 20 Minuten lang mit Bianca Heinicke reden soll? Über Schminktups vielleicht oder über die lustigsten Pranks (für die älteren unter

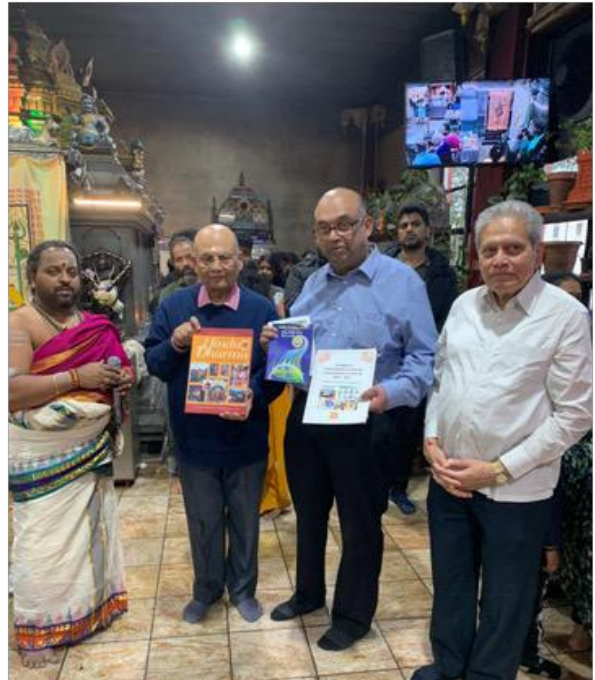
News from other organisations

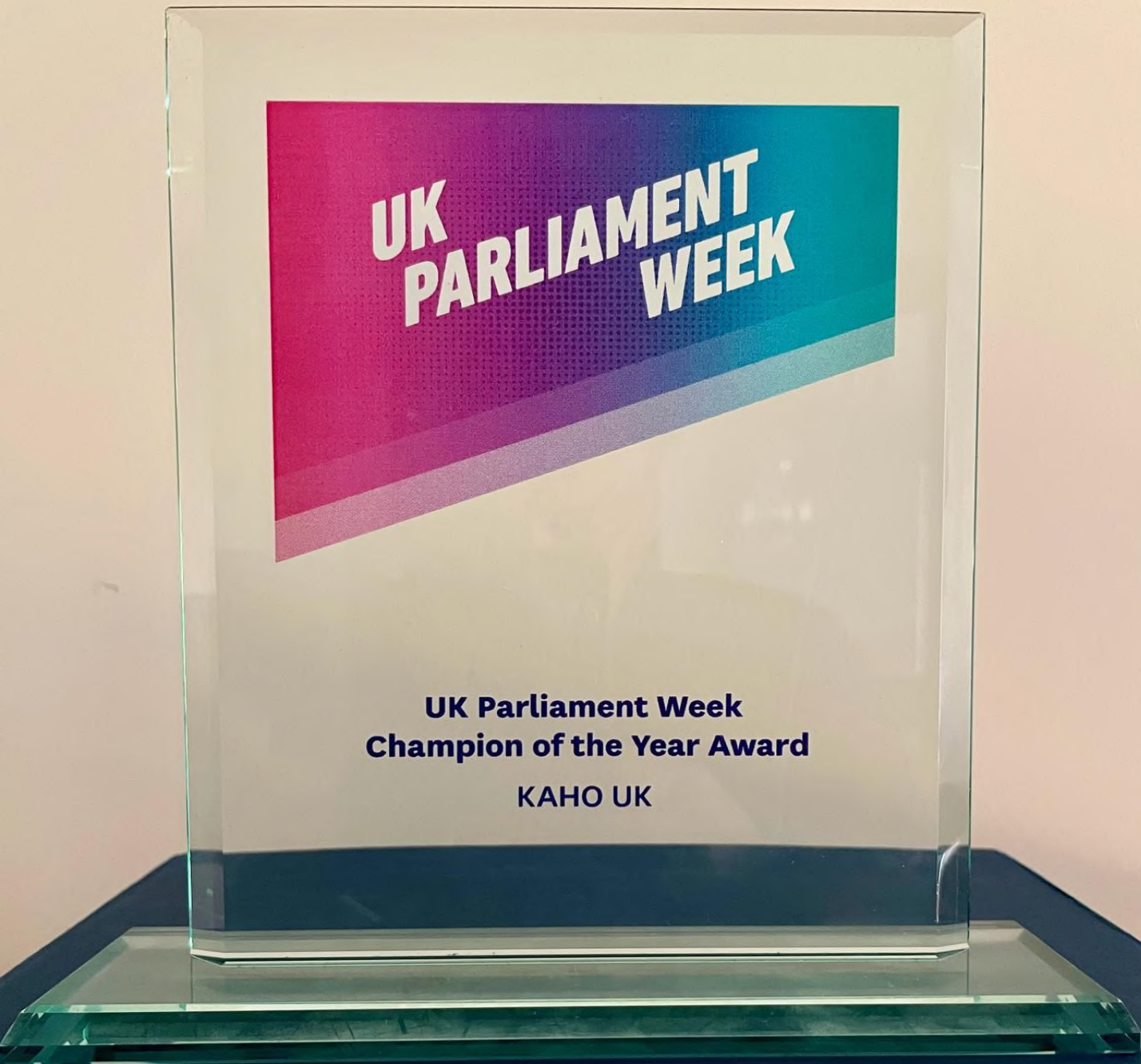
News from other organisations

Hindu Mandir Network Temple Visits

On 13th April 2024, Representatives of the Hindu Mandirs Network(HMN), Shri Vinoobhai Vadher, and Shri Krishnakant Kapadia visited Shiva Mandir in Wembley. They met the Sri Lankan and Tamil Devotees and presented VHP publications viz - Explaining Hindu Dharma, Role of Hindu Mandirs Covid report and Hindu Funeral Rites.

The HMN members had also visited BAPS Temple in Neasden and presented the 'Hindu Funeral Rites' Book to Mahant P. Vivek Yogi Swami, on 3rd March 2024





News from other organisations

KAHO- UK Parliament Week Champion of the Year

Karunaadina Anivaasi Hindugala Okkoota (KAHO-UK) emerged victorious as the **"UK Parliament Week Champion of the Year!"** Our successful event in Cambridge, featuring a mock General election, and a visit to Parliament with the support of MP Rt Hon. Tom Hunt, made this achievement possible.



Image: https://en.wikipedia.org/wiki/Indo-Aryan_migrations

ESSENTIAL READ

The Aryan Invasion Theory: True or False?

As part of an EPQ project, the focus of this research is to criticise the Aryan Invasion Theory, a narrative propagated by Western academia, to denigrate Hindu samaj and the broader Indian civilization.

A British linguist in India made the discovery that rocked the linguistic world and sparked a heated debate that continues to this day in the late 18th century. Sir William

Jones, who was regarded as the most respected linguist in Europe, was appointed as one of three justices on the Supreme Court of Bengal. After Jones arrived in Kolkata (Calcutta at the time), he began studying Sanskrit and the Rigveda.

Jones was stunned to find that Sanskrit, a language spoken in ancient India, shared a startling number of similarities with other Indo-European languages such as Persian, Gothic, Greek, and Latin (The Story of India, 2007).

He could not believe that this could be a coincidence and began to suspect that there was a deeper connection between these disparate languages. Therefore, he concluded that Sanskrit was a descendant language of Indo-European languages, which led to the creation of the Proto-Indo-European language. This formed the foundations of the Aryan invasion theory (AIT), suggesting that Europeans brought Indo-European languages to India, where they evolved into Sanskrit. (The Story of India, 2007)

German philologist Max Mueller, who first mentioned the concept of the “Aryan race”, further developed this theory. Mueller’s theory of the Aryan race, which suggested that there were two distinct races of Aryans – one in Europe and one in India – caused a stir in the academic world and sparked a fierce debate that continues to this day. (Chavda, 2021)

While most European scholars accepted the idea of an Aryan invasion of India and the subsequent decimation of the native population, others rejected this premise, since it was seen as a story that was cooked up by colonial-era historians to assert Western supremacy over non-Western cultures. (Frawley, 2007)

However, as the debate rages on, one question remains: will we ever truly know the truth about the Aryan race and its impact on the development of language and culture in Europe and Asia? The AIT has long been a subject of controversy and debate. While some believe that a strong, European Aryan race conquered and dominated a primitive, dark-skinned society in India, others argue that the Aryan race actually originated in India and migrated to other parts of Europe. This is known as the Out-of-India theory, which has been met with resistance from many Western scholars but is embraced by Hindus and Zoroastrians. As the debate rages on, new developments and evidence are constantly emerging.

[Click to read the full article here](#)

This is a EPQ project by
Aadi Gautam Kamath,
from Newbury Shakhā



We want to hear from you!

When submitting your articles, here are a few points to consider:



Provide a summary

keep articles short, highlighting the best parts



A picture tells a thousand words

select your best photos (**maximum of 8**) to go with your article in the same email



Who it's from

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