



Sangh Mail

Sevikas run London Marathon for Sewa

May 2024

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Sangh Mail – May 2024

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Congratulations

to all who took part in this years London marathon



Trusha Dabasia, Nayna Kerai, Vashi Bhanderi,
Darshna Patel, Payal Parbat, Kalpa Kerai

Woolwich

HSS Sevikas Run the London Marathon for Sewa UK

Six daring Sevikas from Woolwich took on the challenge to run the grueling 26 miles London Marathon for charity.

The charity Sewa UK is focussed on development programmes for differently abled and challenged children, tribal and refugee welfare, women empowerment health and education, and many other projects. **See www.sewauk.org.** These Six, have now triggered a new enthusiasm in others to step up. Well done all.

Birmingham

Birmingham Sewa Day invite to the King's Garden Party

Since Covid lockdowns, the Birmingham Sewa Day team (Swayamsevak Umesh ji Champaneri and Smt. Madhu ji Basudev) have supported food banks with daily collections kickstarting their journey. This eventually led to a new idea, that of supporting the local schools with needy children, with hampers full of one week's food essentials. This is being done every end of term and half term times.

Sewa Day - Bham was thus invited to attend the King's Garden Party. Umeshji with his wife Meeta ji, and Madhuji Basudev with her daughter enjoyed a memorable day at the palace. With King Charles recovering from illness, it was a pleasure for our team to meet Prince William,





Bradford

Medics4Sewa Charity Dinner

On 18th May, Bradford hosted a dinner and musical evening, in aid of 'Medics4Sewa' project which supports cleft and burns surgery in India. The fundraiser event aptly named 'Aaj Ki Shaam, Chitrakoot Ka Naam' attracted a full house.



Shibirs

Bringing people
together





Peterborough

Midlands Yuvati Shibir 2024

The Shibir held in Peterborough on 20th/21st April was themed '**Atma Deepo Bhava**'. With lots of creative activities from Role plays to Maha Khel, Well Being 360, and Vichar Parivaar presentations.

Many Sevikas attended for the first time and it was a very motivational and inspirational fun-packed weekend. Total attendance was 63.



Peterborough





Cheltenham

West England and Wales Vibhag Mahila Shibir

Cheltenham hosted the Mahila Shibir attended by 43 Sevikas. New and regular attendees, and old contacts from Bristol, Cardiff, Cheltenham, and Swindon regions came together.

Margdarshika of HSSUK, Vidula ji Ambekar, was also present to guide. Her Margdarshan during the Samarop Bauddhik was on Sangh Sewa, Sanskar and Sangathan, and specifically on selfless Sewa and role of our shakha in our life and for Samaj Sangathan was very inspirational.

Many other topics from well-being to physical, mental, and spiritual health were discussed. We finally showed Rishi Patanjali's 5 yoga sutras for well-being and showed how are they still relevant even 5000 years later as his pancha sutra matched the exact same guidelines given by today's scientists after conducting their studies.



Nationwide

Yuvati Shibirs UK

HSS(UK) has organised Yuvati Shibirs across the regions of the UK during April. The Theme of the Shibir was "**Atma Deepo Bhav**"

It was amazing to see the participation of Mahilas (over the age of 30 years) from 35 towns in Yuvati Shibir this year. Together all Mahilas have explored and discussed the concept of Wellbeing 360 and its relevance. There was a presentation on Vichar Parivar to bring awareness to various like-minded organisations.

London North, London South, and London Vibhag the attendance was **50**.

Midlands, attendance was **45 overnight**, and during the **daytime 63**.

West England and Wales Vibhag, overall attendance was **48**.

For North Vibhags, attendance was **53**.

Over all Yuvati Shibirs have been very inspirational and motivational.



Other news





More news

International Yogasana Sports Championship

Ganavi Shetty, recently made her mark at the International Yogasana Sports Championship held in Dubai.

Ganavi showcased her exceptional Yogasana skills by securing **first place in the Year 8-10 category for "own choice yogasanas" (postures)**. In addition, she achieved an impressive **fifth place in the traditional yoga competition**, where participants were required to perform pre-determined postures set by the organizers.

Representing the UK team, Ganavi was joined by Ishwar Sharma and Regen Rajaram. The championship was graced by esteemed figures such as Dr. Sanjay Malpani Ji, Vice President of the World Yogasana, Mr. Niranjana Murti, Vice President of the Asian Body, and Mr. DandPaani Ji from the Sports Authority of India.

Ganavi's achievements not only bring pride to her family and Saraswati Parvaar Shakha but also underscore the dedication and hard work of the trainers and the support of the HSS community. Her success serves as an inspiration to young athletes and yogasana practitioners, encouraging them to pursue excellence in their respective fields.



More news

Matru Puja

Leamington celebrated the Maatru Poojan Divas in the Shakha. All Swayamsewaks and Sevikas performed 'Charan Vandana' of their mothers. Royal Raj Ji delivered a bauddhik on the contribution of Sindhu Tai.



More news

Yog-Kulam Retreat

This coming together and training of Yoga teachers was a success. All enjoyed the togetherness, lectures, havan, asanas, pranayam, yog-nidra, khel, gita parayan, kirtan & prasad. We also hope that one of the key takeaways from this retreat will be improved and consistent yoga-sadhana.



Yoga means Union;
Kulam means centre of education and
excellence, like Guru-Kulam.

Yog-Kulam will utilize ancient learning methods to develop knowledge and focus on education, training, and research in the field of Yoga.

Visit www.yog-kulam.org for more details



More news

Reading Nagar Celebrates, Adi Shankaracharya Jayanthi

Bharatiya Sanskriti and Sampradaya Team in Reading organised a grand celebration of Shankara Jayanthi on May 12th in honour of the birth anniversary of Adi Shankaracharya with a series of cultural and spiritual activities.

One of the key highlights of the celebration was the Pallaki Seva, a ceremonial procession that symbolised Adi Shankaracharya's journey and his enduring presence among the devotees. This procession was accompanied by soulful Carnatic hymns, captivating saxophone renditions, and the rhythmic beats of the Chendi drum. The harmonious blend of these musical elements created an uplifting and spiritually charged ambiance.

There was a discourse delivered by Sri Rajagopalan, who elaborated on the life and teachings of Adi Shankaracharya shedding light on the profound impact of Shankaracharya's work on Dharma and Bharath.

This event marked the unity of all communities in paying respects to Sri Adi Shankaracharya and getting inspired by the Dharma Karya.



More news

Gurukul Mahila e-Shakha

Gurukul Mahila e-Shakha started on the auspicious day of Varshapratipada in 2021. It's a daily shakha conducted online and has various activities including shareerik and bauddhik.

Sevikas from all over the U.K., Egypt, Dubai and India attend this e-Shakha. As its an online shakha, a physical meet-up is also important to keep up the energy of all Sevikas and to enhance the spirit of one team.

The first such face-to-face Sevika Milan was conducted in January 2023 in London to celebrate Makarsankranti Utsav.

The second face-to-face Sevika Milan – Tamaso Ma Jyotirgamaya was conducted on 18 May 2024 in Birmingham at Shree Hindu Community Centre.

Thirty-seven (37) Sevikas attended the Milan who joined from different nagars namely Birmingham (22), Coventry (4) and London (11) (Slough, Northwood, Hounslow, Sutton, Surbiton, Wembley, Uxbridge, Maidenhead, and Ilford).

All the Sevikas participated in a Karyashala consisting of a little self-introspection and brainstorming group discussion around 'Self Development', 'Kutumb Prabodhan', and 'My role in Samaj Work'. This brainstorming activity is then followed by Satvik bhojan prepared by some of the Sevikas voluntarily at their homes.





Not to be missed!



Tarun & Taruni Shibir 2024



6-8th September
2024, Oxford

Join us for a fun weekend to re-connect, bond and re-charge!

Register now!

<http://hssuk.org/tarunshibir2024>

Not to be missed!



ESSENTIAL READ

Excerpts from 'Daksha' - HSS(UK)
Bauddhik Vibhag

Guru Poornima

**jīvane yāvadādānaṃ syāt pradānaṃ tato'dhikam
ityeṣā prārthanāsmākaṃ bhagavan paripūryatām**

*The principle of giving more than we receive is the ideal for
life. O Lord we pray to You to fulfill this prayer of ours.*

'Bhagwa Dhvaj, the greatest national symbol signifies sacrifice, knowledge,
renunciation, and service. Real worship is to become the Guru himself.'

Sri Guru Poornima, which is also called Vyasa Poornima, is an occasion of great significance and sanctity for us.

It was the great sage Vyasa who classified and organized the vast storehouse of knowledge, the Vedas. He highlighted the sublime virtues and values of life evolved in Bharat Varsha over the ages and offered a beautiful synthesis of the thought and practice, embedded therein. His work stands as a lighthouse of guidance not only for our countrymen but for the entire humanity.

Veda Vyasa, therefore, is rightly called Jagad-Guru, the world preceptor, It is because of this, that Guru Pooja is also known as Vyasa Poojan. We are the devo

On this day we offer worship to our Guru, whoever he may be, and place at his feet our humble offering. We seek His, blessings and resolve, to march ahead on the path of our life-ideal in the light of his guidance.

So far as our organization is concerned, we have not looked upon any particular individual as the Guru. Our scriptures have eulogized in glowing terms the qualities of the Guru and placed him on a pedestal equal to God Himself.

Naturally, it would be impossible to find such a Guru in the person of any human being. No mortal can ever be expected to be perfect, without any blemish or shortcoming. A human being is a fleeting entity. He can't be a permanent guide for a nation from generation to generation.

We, In Sangh, have therefore chosen a symbol, which would at once reflect the highest, and the noblest in our national heritage. And that is the sacred Bhagwa Dhvaj.

Yagna Symbolised

Yagna - sacrifice - Occupies a pivotal position in our cultural heritage. The term yagna carries several meanings. Offering one's individual life as the cause of social regeneration is Yagna. To offer as oblation all that is unworthy, undesirable, and unholy in us in the fire of virtues, too, is Yagna. And to take to a fiery path of dedication, sacrifices, service, and penance is the very essence of Yagna. The presiding deity of Yagna is fire. Flames represent fire and the sacred Bhagwa flag is the symbol of the orange-colored sacrificial flame..

Flag of Bhagwan

We are the devotees of Shraddha (faith) and not of superstition. We are the devotees of knowledge and not of ignorance. Our seers and sages did severe penance to get rid of ignorance and to attain the light of true and everlasting knowledge. Darkness represents ignorance and the sun represents the light or knowledge. In our ancient literature, the sun - Suryanarayana - is described as sitting in a chariot drawn by seven horses. And before he arrives in the sky, the saffron-colored flag fluttering from his chariot appears on the eastern horizon in shining colors.

It is symbolic of the saffron hue or the eastern effulgence at sunrise, dispelling darkness and heralding the coming of daylight. That flag of Bhagwan Suryanarayana is the flag of Bhagwan -God - Himself. That term later on became Bhagwa Dhvaj.

True Worship

Thus Bhagwa has been the symbol of the highest principles and practices that evolved over the ages in this sacred land.

Now, what is the attitude that we cherish while worshipping such a Guru? Offering flowers, sandal paste, and waving lights form only the externals. The true import of worship, however, lies in trying to assimilate in our life the qualities symbolized by the Guru.

Thus, to become more and more identified with the Guru himself would be the real worship. There is an old saying, which says that he who worships Shiva should become Shiva himself - Shivo Bhutva Shivam Bhajet.

The offering that we make on this day of Guru Pooja in the form of money is to remind ourselves that the earnings that we make all our lives are made possible because of the cooperation of society around us. Not only the financial earnings but our entire security and happiness is a thing vouchsafed by society.

As such it becomes our duty to pay back that social debt, to the maximum extent possible for us. The daily one-hour Shakha wherein we offer our body, mind, and intellect is intended to fulfill that social obligation in our daily life. It is in tune with this spirit of self-offering nurtured in Sangh that the system of Guru Dakshina also has evolved.

Madhukar Dattatreya (Alias Balasaheb) Deoras - A Life of Sacrifice

Having been initiated into the Sangh in his early teens, Sri Madhukar Dattatreya alias Balasaheb Deoras was a senior Swayamsevak in the 'Kusha

Pathak', the group of youths that were fortunate to have been molded directly by P.P. Doctorji. Bal, as he was then known to all, had a brilliant school and college record.

Due to his intimate interaction with Doctorji, his attitude underwent a radical change. Once convinced of the historical need of the Sangh work, he dedicated his heart and soul to it. After his post-graduation, for some time he was Pracharak in Bengal but later was designated to look after the Sangh work at Nagpur, which was the nerve centre of the organization.

He was credited with inspiring hundreds of youths in Nagpur to become Pracharaks, whom he deployed to distant corners of the country. From being a bal gatnayak in his early career, his elevation to that of Sarsanghachalak, speaks for his maturity and insight into the organizational intricacies.

Due to his long association with Doctorji, he had an accurate grasp of the latter's thinking, which in later years made him a master organizer.

In his 21-year-long tenure as the third Sarsanghachalak, the Sangh grew in leaps and bounds, with service activities of the Sangh also receiving particular attention. He stood for total eradication of untouchability, which is a deep-rooted bane of the Hindu society.

"If untouchability is not a sin, then nothing is sin in this universe"- this statement of his bears testimony to his firm conviction in this regard.



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

Don't forget to include your Shakha name and location

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