



Sangh Mail

International Yoga Day

Promoting World Health

June 2024

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Shibirs



National Event

Jyestha Shibir 2024

Camping out at the Beaumanor Hall, 81 senior Swayamsevaks came together over the weekend of 3rd/4th June to enjoy, catchup, listen to inspiring talks and also do some physical exercises.

Dr Digant Das (promoting Yoga and Vedanta) inaugurated the start of the shibir. The theme of the shibir was "*Vishwa Dharma Prakashena Vishwa Shanti Pravartake*" – Peace and harmony will prevail with the establishment of universal Dharma.

Following a Shakha session a very inspiring Bauddhik explaining Hindu dharma was delivered by Shri Ramji Vaidya. That afternoon an excellent bauddhik on our *Sangh prarthana* was delivered by Shri Chandrakantji Sharma – *Prarthana: a Sangh mantra, understanding our ideology and methodology*.

Following the session and jalebi and fafda, a very light hearted Bauddhik on Practical Vedanta was delivered by Shri Digantji. Our Sanghchalak Shri Dhiraj Shah then delivered an introductory bauddhik on Hindu Samaj its achievements, challenges and way forward which was followed by interactive session on what Jyestha Karyakarta's can do to enhance the theme of Vishwa Shanti. The Shibir with Samarop Bauddhik by Shri Ramji Vaidya.



West London Vibhag

Bala Shibir 2024

West London Vibhag organised an overnight Bala Shibir with parents on the 22nd and 23rd of June. The main objective was for the Balas (children) to have fun and to get the young parents to understand the journey in Sangh. The theme was Siyaram, to learn from the qualities of ShriRam. There was a total attendance of 143.

There were several fun activities conducted over the shibir. The opening Bauddhik was interactive and allow the audience to engage, whilst encouraging them to think about how they can contribute to the community and Sangh. There were several ice- breakers, games and Yoga, for all ages. The evening entertainment was filled with fun and a lot of enthusiasm singing; Geet (songs), Ram Bhajans, skits on stories on Ramayana. The Balas were given a handbook on Ramayan as a take-home gift.

Dr Yogishji Joshi's concluding message with parents was based on Ramayana and how the learnings from it align with the Sangh values. Smt. Rituben Vadhera gave a Bauddhik to the Balas, which was inspiring and energizing.



Yoga for Harmony & Peace



International Yoga Day

Shakhas across the UK hosted yoga sessions for International Yoga Day to promote physical, mental and spiritual well-being.

International Yoga Day 2024

Newbury

Bharati Shakha Newbury, with Swasti Yoga and the Newbury Town Council, hosted International Yoga Day on Saturday, 22 June at Victoria Park. Participants across Newbury joined in for yoga asanas, breathing exercises, and meditation, guided by qualified instructors from Swasti Yoga.

Mayor Andy Moore commended the event for its growing tradition and the sense of camaraderie it inspires among residents. This annual celebration not only promotes physical and mental well-being but also strengthens the bonds within Newbury's diverse community. It underscores our commitment to fostering a healthier and more connected society, reflecting a shared dedication to wellness and unity.

Read the full article here:

<https://www.newburytoday.co.uk/news/pictures-residents-enjoy-the-weather-at-yoga-day-9371703/>



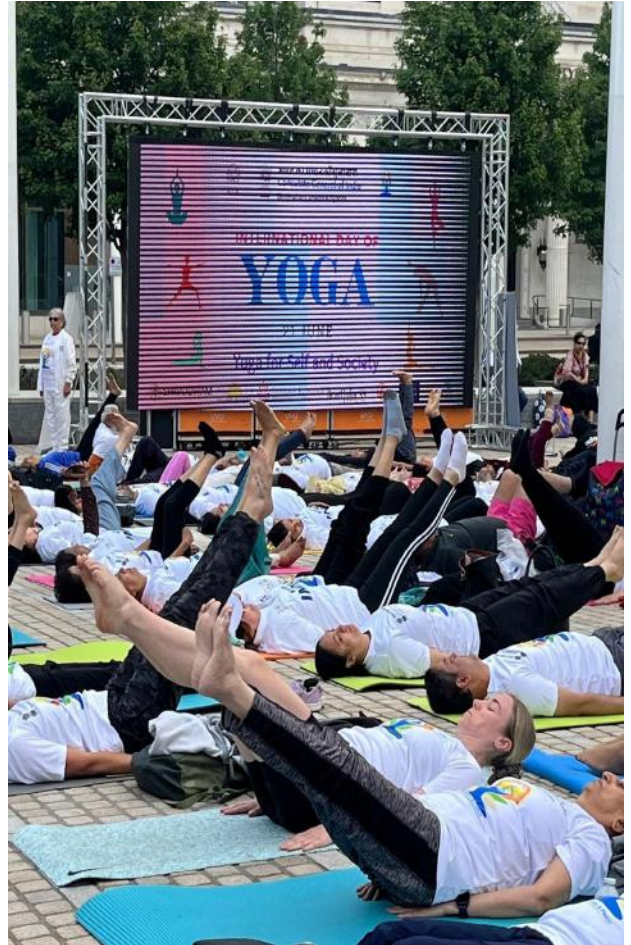
International Yoga Day 2024

Newbury



International Yoga Day 2024

Consulate General of India, Birmingham



International Yoga Day 2024

Consulate General of India, Birmingham



International Yoga Day 2024

Bradford



International Yoga Day 2024

Peterborough





Sewa



Slough

Fundraising for Baby Bank Berkshire

For a few fun-packed, energetic hours on Sunday 28 April, the Langley Academy, our regular shakha venue was transformed into an event akin to a Summer fair with amazing food, mehndi and bargain stalls, artistic workshops, including dance and glass painting, and sporting challenges for the whole family as HSS Sewa Slough and Maidenhead fundraised for a local charity, The Baby Bank Berkshire.

This year, for our joint annual Sewa activity, we decided to address the cost-of-living crisis by offering support to struggling local families with babies and young children through the services provided by The Baby Bank. The support we received from our Sangh families, volunteers, and generous donors showed that sewa is embedded in our ethos, driving us to make a meaningful difference in the lives of those around us.

Swayamsevaks and sevikas from Abhimanyu, Sita, Saraswati, and Aumkar Shakhas worked tirelessly to plan and deliver the fun day. Despite the damp weather on the day, **over 150 people from Slough, Maidenhead and Windsor participated in the event, and raised over £1500, in addition to donating items to the Baby Bank for their work.** For us, Sewa goes beyond charity, it's about giving babies a head start and building a brighter future for every child.



Slough

Fundraising for Baby Bank Berkshire

The Mayor of Slough, Councillor Amjad Abassi, as well as several Slough councillors, and Lauren Hall, joint leader of the Baby Bank Charity, supported the event with their presence and took part in the activities.

The Mayor commended HSS Sewa on its selfless service.

"Thank you HSS Sewa team for a fantastic event this morning. The way you are making donations today is really brilliant. We are so fortunate to have an organisation like this that is doing amazing and outstanding community cooperation with each other."

Lauren expressed her gratitude, stating, ***"We were delighted to know that HSS Sewa thought to support our charity. The efforts and money raised will be impacting the local community."***



Slough

Facilitation of Young Members

During the HSS Sewa event on 28th April, the Mayor of Slough, Mr. Amjad Abbasi, felicitated young Swayamsevaks and Sevikas from Slough's Abhimanyu Shakha, Sita Shakha, and Saraswati Shakha. These young Karyakartas were honoured for their regular attendance, and active involvement in Shakha planning and execution in result improving their leadership skills. By embodying the values and ethos of Hindu Dharma, they serve as role models for other youngsters. Mr Mayor praised the positive impact these children have on the community and encouraged them to continue building a stronger, more cohesive society among the younger generation.



The following were awarded with a plaque:

Luv Murudkar, Kush Murudkar, Rishi Sookrah, Lavya Khandelwal, Vedika Gupta, Saanvi Kothari, Janaki Pillai and Agrima Negi.



Warrington

Food Bank Drive

In Hindu Dharma, the practice of food donation, or "anna dana" is considered one of the highest forms of charity and a profound expression of dharma. Pertaining to this duty Warrington shakha has donated food to the 'Warrington Food Bank'. The members of Warrington Shakha collectively contributed four full trolleys of food items to the Warrington Food Bank for the second consecutive year on Sewa day. The food collection was done in weekly shakha and delivered by our Swayamsevaks.

The Sewa team meticulously identified the shortages of essential food items at the donation centre, ensuring that the donation addressed the requirements of the centre and community. The donation provided much-needed relief to the food bank, helping to stock shelves and ensure that families have access to essential food supplies.



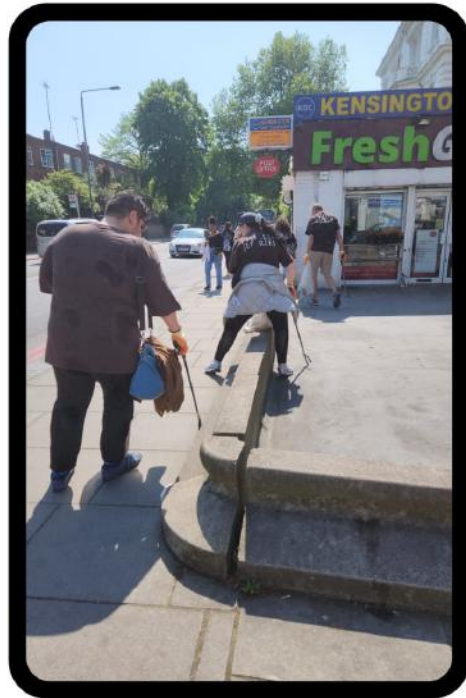


Bracknell

Frimley Health Charity Run

HSS Bracknell Gajanan Parivaar Shakha in association with Sewa Day West London carried out their first Sewa event for 2024 by volunteering at the Frimley Health Charity Run!

It was a amazing and inspiring experience where our karyakartas came together and volunteered as traffic marshals, water stations and cheer points. The run was joined by a 1000s of people of all ages. The dedication, enthusiasm, and hard work was outstanding , giving a true sense of Sanskar, Sewa and Sanghatan.



Kensington

Street Clean Drive

Sewa Day East London working with Kensington Council and a private company- Jeffrey Phillips, who reached out to Sewa Day through to work with us. A team of Swayamsevaks and Sevikas came together to participate on a street clean drive, to clean the streets of Kensington. This was a great way to spend time with each other, as well as work as a team to engage in a Sewa activity,



Liverpool

Fundraising for KIND

Liverpool Adarsh Parivar Shakha celebrated the Holi festival today with a total of 425 participants. The event was organised as a HSS Sewa project, and we are delighted to have raised £800 for the local children's charity, KIND Liverpool.

The Holika Dahan story and puja were enriching experiences for many of the attendees. Although the weather was a bit chilly, the enthusiasm and spirit of the festival were vibrant and colourful and this was a great event to bring everyone together, as well as raise funds to help our local community.



Rugby

Walkathon for OurJay

HSS Rugby held its annual walkathon at Draycote Reservoir after a long break. The tranquil setting and flat five-mile walk around the perimeter are perfect for an evening stroll for all ages.

Our designated charity happens to be the Mayor of Rugby's charity, Cllr. Simon Ward who was there to send off the walkers at 6 pm.

The Charity, OurJay, was chosen as over the recent years has made a significant contribution to the local community by providing and installing defibrillators at various prominent locations in the town thus saving lives. Our Swayamsevaks, Sevikas and this local public must have felt the same, and this was shown by the turnout - 130 + walkers!

Of course, no event is complete without food, we all settled down to a picnic and shared a delicious veggie meal knowing that we had raised past the £1,200 needed to install a defibrillator.

The final total raised was over £1,400, so well done to all.



More news



Edinburgh and Glasgow

Royal Gun Salute

15th June 2024 was marked with an official birthday celebration of His Majesty King Charles III. On this occasion, there were a lot of activities planned at Edinburgh Castle. 10 Kishor and Kishoris from Edinburgh & Glasgow Shakhas of the Hindu Swayamsevak Sangh (HSS) attended the activities and engaged with the Royal Army Corps. The participants got to learn about the various opportunities to pursue a career in the Army.

This included not just the Infantry, Navy & Air Force but also a lot of supporting engineering, medical, and other professional corps as well as the reserve forces in all of the above corps.

The veterans not only demonstrated a variety of weapons but also helped the youngsters use actual weapons as part of games like shooting, erecting masts, etc. The festivities culminated in a 21-gun salute in honour of His Majesty King Charles III and was followed by a lunch for the Kishor and Kishories with the Veterans at the clubhouse.



York

Taster Sessions

North East & Scotland Vibhag arrived in the the city of York with a Taster Session, a new area where there is no shakha. With the support of Swayamsevaks and Sevikas from Leeds, Bradford, Morley, and Wakefield, around 60 participated in this taster session to start a Sangh activity in York. Shakha activities were conducted, such as games and yoga, which the local families enjoyed, including the children. We are all looking forward to the next session!



Hull

Taster Sessions

North East & Scotland Vibhag is rocking...another Taster Session, this time in the city of Hull. Taster sessions are held in a new area to give a flavour of what activities will take place if a new shakha is established in the area.

With a local attendance of 50 participants supported by Swayamsevaks and Sevikas from Bradford, the taster session included: Mantras, Yogasanas, Games, Geet, a presentation on HSS (UK), Q&A followed by light refreshments to allow networking and interaction.

An aerial, wide-angle photograph of a densely populated urban area, likely a city center. The image shows a vast expanse of buildings, including numerous high-rise apartment blocks and several large, modern commercial or institutional buildings. The buildings are packed closely together, with some greenery interspersed. The overall scene is a complex, multi-layered urban landscape. The image is presented in a circular, fisheye-like perspective, creating a sense of depth and scale. The colors are muted, with a lot of greys and whites from the buildings, and some greens from trees and parks.

News from other organisations



Yogkulam

My Experience

Participating in the 9-day Yog-Kulam Teacher Training Course was an experience that impacted the understanding and practice of yoga for everyone involved. This immersive program, guided by the inspiring Dr. Hetal Ji Nayak from the USA, blended asana practice, theoretical learning, and holistic lifestyle teachings.

Each day began with four hours of yoga starting at 7am. This rigorous routine developed strength, flexibility, and a deeper connection with the breath and body. Participants explored various topics, from the Patanjali Yoga Sutras to the essence of yoga, which teaches detachment from the material world and still the mind's fluctuations. This deepened everyone's understanding of yoga beyond just physical postures. Participants also learned to cook tasty sattvic meals together, emphasising the importance of diet in maintaining a balanced lifestyle. The holistic approach made the week incredibly inspiring, motivating participants to continue their yoga practice by highlighting its numerous benefits. Yoga encompasses pranayama, meditation, diet, and more, contributing to mental balance, wisdom, longevity and leading towards *Sacchidananda*"– eternal consciousness bliss. The yoga teacher training course was a significant journey of self-discovery and growth for all involved. It equipped them with the knowledge and tools to deepen their practice and inspire and teach others.

- by Pallavi Dadarkar, Slough Sita Shakha

Visit <https://www.yog-kulam.org/> for more details.



Essential Read

ESSENTIAL READ

Kuch Panktiyan... A few lines...

Teen ka parivar tha, tees ka hogaya;
Sanskriti ke sangathan me aake, jeevan dhanya hogaya!

*Our family was of three, it became thirty,
By joining this organisation, our lives became heavenly!*

Aatmeeyta aur apnapan banaye rakhiye,
Hum dharm ke marg par agrasar ho,
Aisi prarthana Prabhu Shri Ram se karte rahiye!

*By forming close relationships and increasing familiarity,
let's move forward together on the path of Dharma,
we pray to Shri Ram continually!*

Samaj ko nayi disha aur gati deni hai,
Swayamsevak-sevikaon ko yeh chunauti poori karni hai.

*To give society a new direction and momentum,
we all volunteer to accept this challenge wholeheartedly.*

Yeh sab karte karte, humko bhi nirmal ho jaana hai,
seekh beete yugon se, Naye yug ko saawarna hai!!

*As we do this, our characters will become pure,
Learning from the past, to shape the future accordingly!*

Ab tees ka parivar, 5 hazaar ka kar denge,
Hum Bhagwe ke rang mein, Sabhi ko rang denge!

*From thirty we will go to five thousand,
In the colour of saffron, we will immerse everyone totally!*

Sabko jode rakhne ka hain hum Ek Bindu,
British society ka abhinna aang hai Hindu.

*To keep everyone connected, we are that central point,
We are Hindu, an integral part of British society.*

- By Amit Mehta, Peterborough Samskriti Parivar Shakha



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

Send all articles to sanghmail@hssuk.org

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