



Sangh Mail

Raksha Bandhan – Universal Brotherhood Protecting the Protectors

August 2024

info@hssuk.org • www.hssuk.org • Registered Charity No. 1202635

In this edition

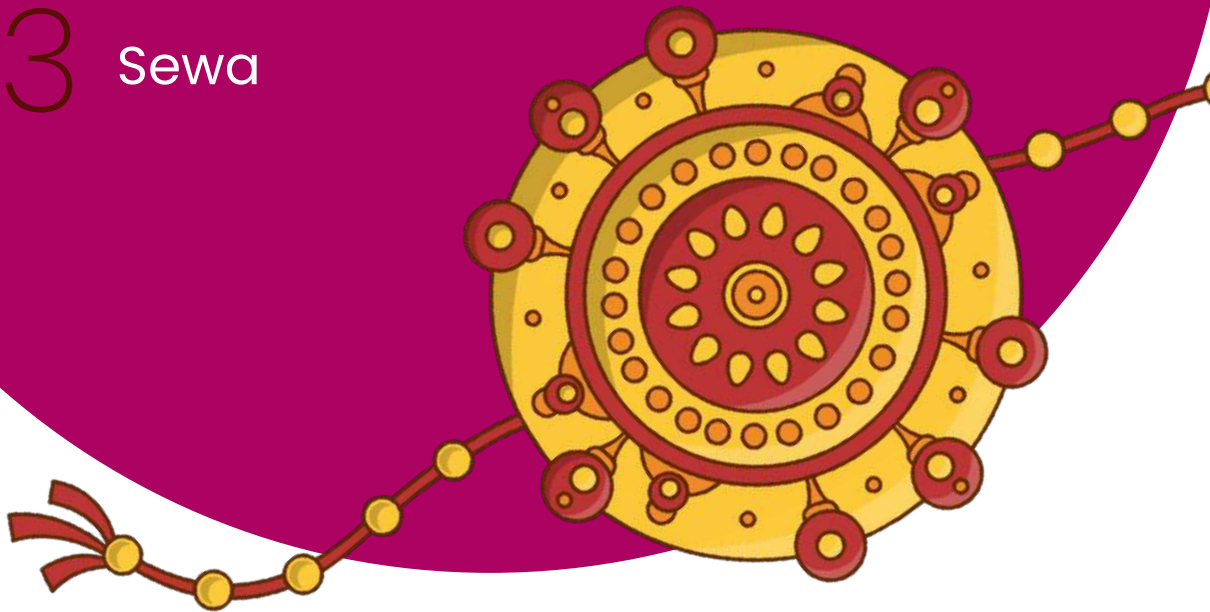
01 Raksha
Bandhan

04 Other
news

02 Vargs

05 Essential
read

03 Sewa



Raksha Bandhan,
honors the bond between
brothers and sisters.



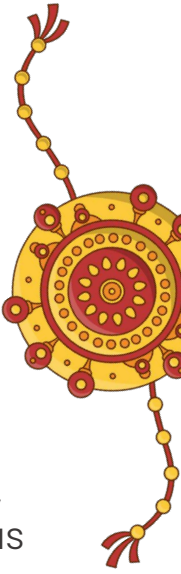
Birmingham

The importance of tying rakhis

On 23rd August Swayamsevaks and Sevikas from Birmingham, were invited by West Midlands Police at Lloyd House to celebrate Raksha Bandhan.

As well as having a brief talk on why we celebrate this auspicious festival, we also conveyed the importance of tying rakhis to emergency services workers as a gratuitous thank you for protecting the community.

After tying the rakhis to Deputy Chief Constable Scott Green, we were presented with a West Midlands Police badge. It was a lovely day to celebrate with the front line of people who protect us.



Birmingham

Radhe Krishna Balgokulam visited Highgate fire station for Raksha Bandhan. The Blue Watch team there were fantastic and we had brilliant interaction with them.



Bradford

A symbol of protection

Bradford Nagar Swayamsevaks and Sevikas visited Bradford Council, Lord Mayor's chambers to tie a rakhi to Councillor Beverley Mullaney, Lord Mayor of Bradford. The youngsters were treated with a dress up as Lord Mayor.

The tying of rakhi was explained to the Lord Mayor as a symbol of protection for all first and front-line defenders of the community, a Hindu tradition.



Bradford

Bradford Nagar Swayamsevaks and Sevikas also celebrated Raksha Bandhan at our Madhav Kendra with our senior citizens. Also visited the local NHS centre to tie Rakhis to the staff.



Leeds

'Contribute a great deal to the society'

Leeds Nagar visited the West Yorkshire Police headquarters in Leeds to tie the sacred Rakhi to their staff. Chief Constable John Robins thanked Morley Shakha for visiting. During his address, he said, 'I know Hindus are one of the most peace-loving and law abiding communities in the UK and contribute a great deal to the society.'



Leicester

Learning about services

Leicester Shakhas visited the Leicester Central Fire & Rescue Services for Raksha Bandhan.

They tied Rakhis to all the firefighters present. Then they had a chance to learn about the role firefighters play, how fire engines are used, and spray the water hoses.





Vargs

East Midlands

East Midlands Vibhag Abhyas Varg

A 2-day Abhyas Varg (Monday & Tuesday) took place in Rugby. A total Sankhya of 41 mainly prarthmik varsh kishor/kishori had training in basic shakha activities from Samata, Achar Padati, Khel, and Niyuddha, coupled with bauddhik and karyashala.



We were fortunate to have our senior karyakartas also visit the Varg, Vibhag Sanghchalak Prabhudas ji Shikotra, HSS Karyawaha Raveendra ji Surange and Shri Digantji our pracharak.

North London & Herts



North Zone

North Zone Shiksha Varg

There was a great atmosphere at the North West & N.Ire & North East Shibir. Amazing teamwork and organising of the Varg were achieved by the karyakarta team at such short notice. Dhanyavad aur Pranaam to all karyakartas, shiksharthees and parivaars in working relentlessly for the success of the shibir.



South London, South and East London & Essex

South London, South and East London & Essex Vibhāg Varg

Attendance of 159 shiksharthis, shikshaks and adhikaris exceeded all expectations. During the five days, they were able to develop physically, morally and spiritually. We covered vishays ranging from Yog, Niyuddha, Dand, Ghosh, Samatā, Āchār Paddhatti and Vyāyāmyog, whilst also having the opportunity to delve into bauddhiks, charchas and karyashalas focusing on the importance of Sangh's mission and vision, Karyakarta Nirman, Living as a Hindu, the challenges to the Hindu Samaj, and Bharat's history.

The Varg ended with our Samarop including a Ghosh Vyāyāmyog pradarshan.



"Vibhāg Varg was so enjoyable that I wished it was longer. What I enjoyed the most was learning niyuddha, listening to the bauddhiks, and speaking out my thoughts during charcha, as well as practising yoga, and reciting the Ish Chintan every morning which would purify our minds and make us feel tranquil and blessed to be part of Sangh."

Hiranmayi

Here are a few statements of the experience that our shiksharthis had!

"I loved seeing old friends I've made from Vargs and Shibirs, but mostly it was fun meeting new people, getting to know them and hearing their stories of Sangh."

Hirva

"I learnt a lot of new things from the Varg. I also learnt a lot about the ancient history of Bharat, how to live life as a Hindu, the start of Sangh, challenges for Hindus, what is right and wrong according to Hindu morals and many new khels."

Arjun

"I enjoyed the Vibhāg Varg a lot. I made lots of new friends and learnt a lot of new things that I didn't know before. This Varg helped me understand things about Shakha that were difficult to get familiar with and helped me become more disciplined. I also liked how we had time to socialise as well, as it helped me make lots of new friends who I definitely will be meeting in future SSVs."

Sanskriti

"It has been such a fantastic, unforgettable experience at the Vibhāg Varg where we made many memories, created new bonds with such humble people and had the opportunity to learn various types of Vishays. I learnt so much in just 5 days."

Rajeshwari

South Midlands

South Midlands Vibhag

South Midlands Vibhag organised an Abhays Varg on 3rd August at Milton Community Centre, Cambridge. With great participation, the Varg provided formal training on both shareerik and bhaudhik vishays. Topics were selected based on the requirements of each nagar and the vibhag at large. A good representation from various age groups and with varying Sangh experience made this varg successful and effective.

Achar padhati, Shikshan vidhi, Samata, khel planning, geet abhyas and bhaudhik planning karyashala were covered. Samarop bauddhik was delivered by Kendriya Saha Karyawaha, Dr Yogish ji Joshi.



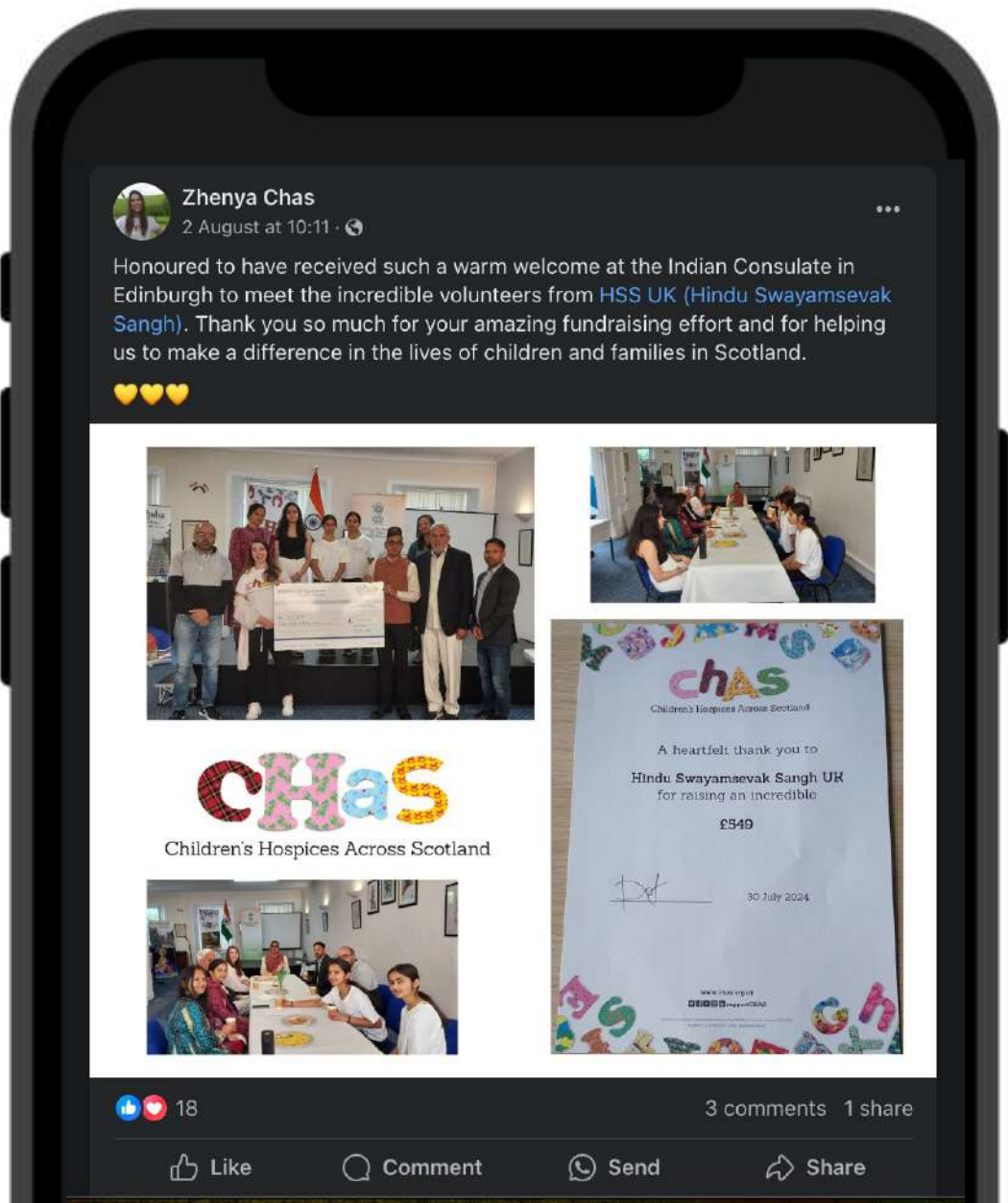


Sewa

HSS Edinburgh Charity Fundraiser for CHAS

After completing the charity event in aid of CHAS (Children's Hospices Across Scotland), a presentation event was hosted by the Indian Consulate in Edinburgh. A cheque for £549 was presented to Zhenya Dove, a volunteer of CHAS.

HSS(UK) Sewa has the objective to support local small charities, that do tremendous work for the community needs.



Northampton Nagar Sewa Woburn Walk for Lewis Foundation

On Sunday 14 July, a group of us from Northampton Shakha took part in the Woburn circular walk for our Shakha Sewa activity. Over £500 was raised for a local charity, the Lewis Foundation, which provides support for cancer patients.

We had a wonderful 7-8 mile walk, through Woburn Abbey deer park, trudging through woods and fields, and passing along Woburn Safari Park. This was followed by a drive to Emberton Park where we joined Milton Keynes Shakha and had a tasty picnic lunch by the lake.

With energy and enthusiasm levels topped up, most of us played some team games together - Ring, Long ball, and for those who still had the energy - football 🏈



Reading HSS – Sewa Cricket Tournament

Reading HSS organised a highly successful charity cricket tournament to support New Beginnings Reading, a local charity dedicated to helping the homeless. The charity provides food, shelter, and essential services to those in need. The event raised an impressive £2950, which will be donated to the charity.

The tournament saw enthusiastic participation from 23 teams, including 7 ladies' teams. The event winners were Tilehurst Cricket Club for the men's category and Toophani Toli for the ladies' category.

Indian national cricket legend, Deep Dasgupta graced the event with his presence. He praised the community spirit, stating, "It is wonderful to see the local community coming together to enjoy cricket and raise funds for a worthy cause." The coordinator of New Beginnings, Co-Chairperson, Sarah Bailey was also in attendance and expressed admiration for the entire tournament and community spirit.



Sewa Day

Birmingham Sewa Day Delivers Rakhi Hearts to Frontliners



Sewa Day volunteers acknowledged St. Johns Ambulance service, Birmingham Fire Service, and other frontline services, by presenting them with Rakhi Hearts and Wristbands.

The spirit of Raksha Bandhan was well appreciated.



Sewa Day

Sewa Day Birmingham, in Action

Every end of half and full term, Sewa Day, Birmingham swings into action to provide food hampers to the most needy in local schools. Around 400 hampers are packaged and delivered to local school. Shree Ram Mandir in Sparkbrook has been supporter of Sewa Day from early conception. Lord Mayor and other VVIP's have been lending moral support to over 40 volunteers.

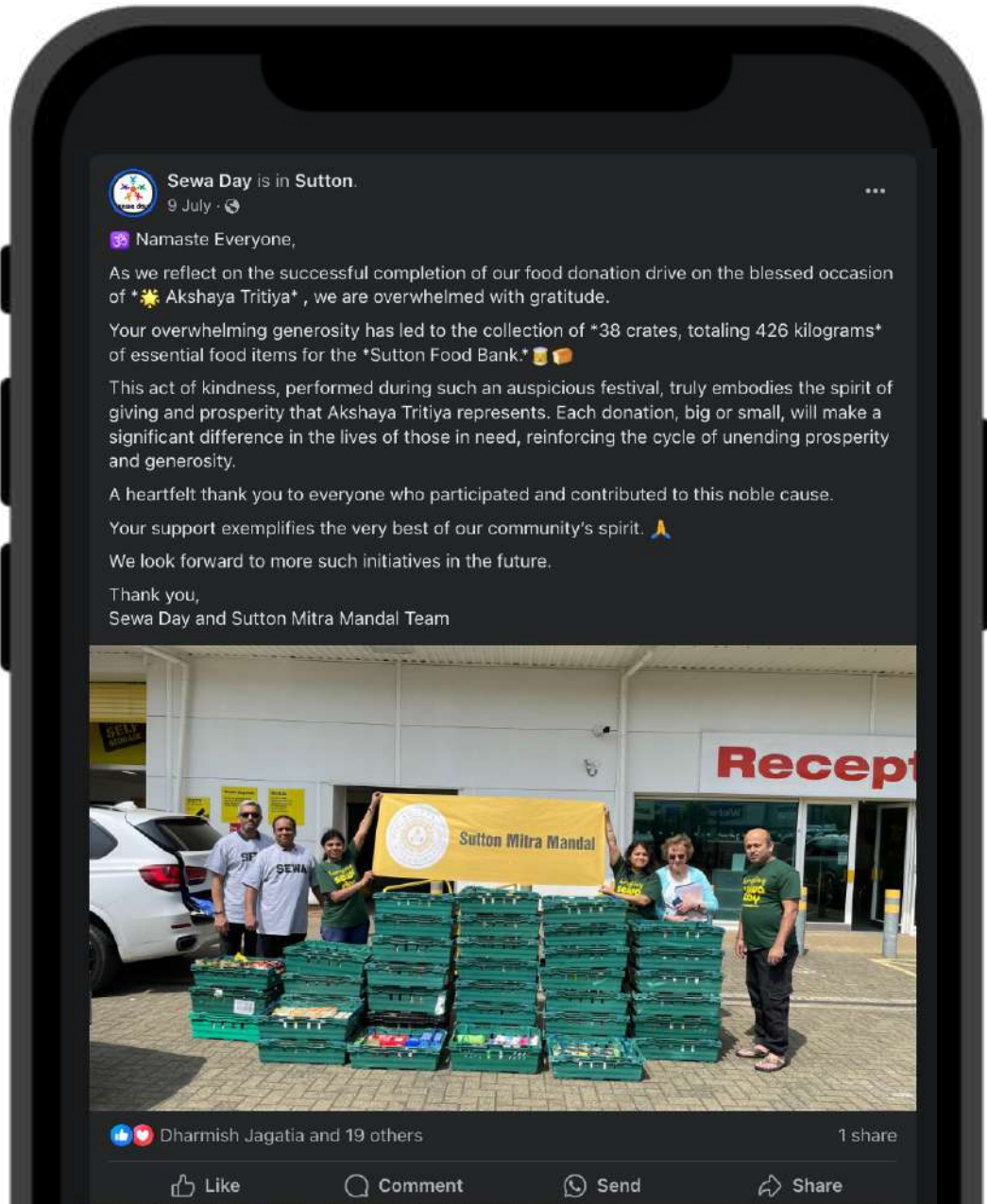


Sewa Day

Sutton in Action

“Your overwhelming generosity has led to the collection of 38 crates, totaling 426 kilograms of essential food items for the Sutton Food Bank.”

This act of kindness, performed during such an auspicious festival, truly embodies the spirit of giving and prosperity that Akshaya Tritiya represents. Each donation, big or small, will make a significant difference in the lives of those in need, reinforcing the cycle of unending prosperity and generosity.



Other news

Other News

Team UK Supports Europe Shibir

A select group of talented Shikshaks from the UK took part in the Europe SSV, Germany. Everyone worked hard, had lots of fun, and left feeling very inspired.



Other News

Cheltenham Shakha Parliament tour

For the first time a few adults and children had the opportunity to get a tour of the UK Parliament and participate in an exclusive debate workshop. It was an impressive tour and truly inspiring for the group.

We could not have asked more, but a real treat was a surprise visit from our local MP Rt. Hon. Mr Wilkinson. Engaging with him on Cheltenham's immediate needs was a top experience for our youngsters. He happily answered a lot of the curious questions. He particularly remembered being part of our event last year UKPW 2023 and was delighted to know he would have an opportunity to participate again this year.

A day well spent, with some great learnings and memories for all...



Other News

Queensbury and Harrow Shakha Visits Parliament

On the 24th of July, several of our Shakhas undertook the journey to Westminster to learn more about the structure of our government and the inner workings of parliament.

Our guide led us to the heart of parliament where we correctly identified tapestries signifying the union of England, Northern Ireland, Scotland, and Wales. We were thrilled to also be able to sit in the viewing galleries of both houses and oversee their debates over education. Our guide also led us to Westminster Hall, which was the only part of Parliament that was 1000 years old.

We learned many other such facts, including how the King signed every law made and Queen Anne was the only monarch to ever refuse to do so.



Other News

Northampton Nagar CTA Experience

On Sunday 7th July, we embarked on the CTA (Charity Through Adventure) Lake District 10 Peaks Challenge once again. A group of 20 began the trek at 5am and navigated up and down the mountains through intense fog, rain, and sunshine.



9 of us completed all 10 peaks ascending and descending around 8000 feet and reaching the finish after 16 hours, with the remainder of the group completing between 3 to 8 peaks. Another fabulous fun and adventure, all in aid of Sewa (UK).

Other News

Croydon Nagar Felicitates Teachers from Croydon Schools

Croydon Parivaar Shakha continued the important tradition of Shikshak Vandan Diwas on 28 June with 16 teachers attending from 7 schools. The event celebrated and acknowledged the hard work teachers do for their students. Traditional welcoming of teachers by applying a Tilak and Saraswati Vandana were performed along with shloka recitation.

They were introduced to HSS and then teachers were given a brief demonstration of the weekly activities at Croydon Shakha, involving khel and yoga and many of them quickly joined in. Following that a panel discussion with the teachers gave us invaluable advice on helping children flourish.

Finally, Vandana was performed by students to thank their teachers beaming smiles could be seen on all the teacher's faces. Teachers commented on how valued they felt, some of them even a little emotional. Indian food and snacks were served and heartily consumed.



Other News

Shri Bodhi ji Visits Coventry Shakha

We had an amazing session on mindfulness and meditation on 6th July 2024 Shri Bodhi Shuddhaananda Brahmachari, organised by HSS, Coventry. He is the founder President and Mentor at Lokenath Divine Life Mission and Stress Management Academy in Kolkata.

It was a very emotional and uplifting experience—allowing participants to stop and breathe!! We need attention (body), attention (mind), and attention (breath).

Shri Bodhi ji shared the profound benefits of focusing on your body, mind, and breath to attain peace amidst the chaos of daily life. His teachings blend timeless ancient Indian wisdom with modern techniques, guiding all participants toward inner calm, clarity, and spiritual growth.





ESSENTIAL READ

Holly's Journey With Y4S

A Life-Changing
Experience:

**My Sewa Journey
in India**



Namaste everyone!

I'm Holly Halai, the National Joint-Coordinator for Youth4Sewa (Y4S).

Last year, in 2023, I had the incredible chance to travel to India as part of Y4S. In collaboration with Sewa UK, I experienced a once-in-a-lifetime opportunity to spend a month in India, engaging in Sewa work as part of an unpaid internship.

Initially, the prospect of traveling to India alone was daunting, but upon arrival, I felt immensely grateful for the journey I was about to embark on, and for the

incredible individuals that I would soon meet. I was blessed with the opportunity to work with a wide range of underprivileged children with various disabilities such as blindness, deafness, cerebral palsy, etc.

Despite these setbacks, I have yet to see smiles as radiant as those of the children I met during the month I spent in India. Whilst one month in India felt brief, some of the Sewa work that I took part in involved helping the cooks at the school, spending time with the children, teaching them English, and serving food.

On 5th December, I celebrated my 22nd birthday at Divya Vidyalaya school; I took this day to reflect and wrote the following blog:

“Birthday edition:
Gratitude as a necessity –
Today was my birthday :).”

Amongst all the things that I've learned in my 22 years of life, nothing has taught me to express gratitude more than my time at Divya Vidyalaya. It's both heartwarming and heartbreaking to spend time with these kids. It is heartwarming because it's nice to see them constantly smiling despite the struggles they are facing such as blindness and mental disabilities.



Heart-shattering because you can't help but wish they had an easier life, such as the ones each of you reading this are lucky enough to have...

This is your reminder to be immensely grateful for things as simple as your ability to see, your general health etc. After my time at the school, I spent the rest of my trip visiting and assisting with women empowerment projects in Kutch. These initiatives focus on

employing young women who are looking for stable job opportunities to support their independence.

My Sewa work at these projects included assisting in the development of their social media pages and helping them rebrand their initiatives.

Here are a few reasons to apply for Y4S:

- 1. Reconnect with your roots**
 - 2. Experience personal growth**
 - 3. Discover India's natural beauty**
 - 4. Cultivate gratitude**
- Build new relationships**

Check us out @youth4sewa on Instagram and register now by visiting our website for more information, and a chance to embark on this once-in-a-lifetime opportunity!

<https://sewauk.org/Youth4Sewa>





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

info@hssuk.org • www.hssuk.org • Registered Charity No. 1202635