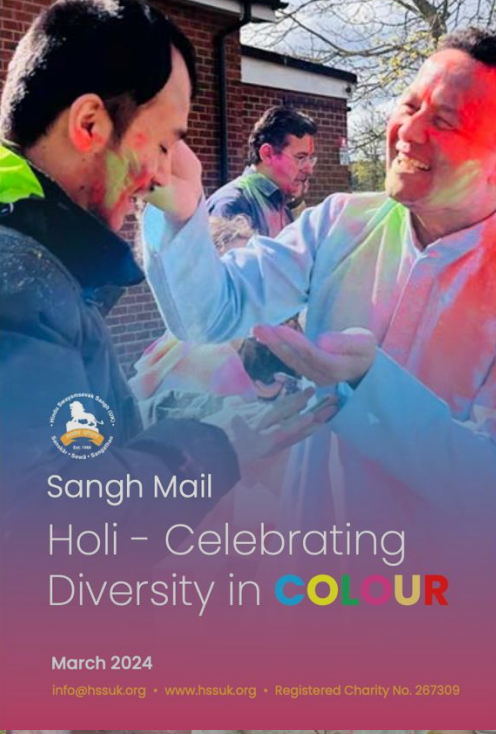


Sangh Mail
Witnessing
History unfold!

January 2024
 info@hssuk.org • www.hssuk.org • Registered Charity No. 267309



Sangh Mail
Holi - Celebrating
Diversity in COLOUR

March 2024
 info@hssuk.org • www.hssuk.org • Registered Charity No. 267309



Sangh Mail
National Khel Pratiyogita
HSS(UK) Sports Tournament
 Showcasing Teamwork, Togetherness and Strength

April 2024
 info@hssuk.org • www.hssuk.org • Registered Charity No. 1202635



Sangh Mail
Sevikas run London
Marathon

Sangh Mail



Sangh Mail
Teachers
Felicitation
Special



Sangh Mail
Sha Bandhan -
Universal Brotherhood



2024

HSS (UK) - A Year in Action

December 2024

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



In this edition

01 Sewa UK
in 2024

04 Other
news

02 Sewa day
active across
the UK

05 Essential
read

03 HSS Sewa
in 2024



"What the new year
brings to you will depend
a great deal on what you
bring to the new year."

VERN MCLELLAN

Sangh Mail
Sevikas run
Marathon for s
May 2024
info@hssuk.org • www.hssuk.org • Registered Charity No. 267309

Brotherhood
2024
info@hssuk.org • www.hssuk.org • Registered Charity No. 1202835

Sangh Mail
Hindu Memorial Day
September 2024
info@hssuk.org • www.hssuk.org • Registered Charity No. 1202835

Sangh Mail
Diwali special
Victory of Dharma
(Righteousness, Duty
and
October 2024
info@hssuk.org • www.hssuk.org • Registered Charity No. 1202835

HSS (UK) Observes
Remembrance
Day
November 2024
info@hssuk.org • www.hssuk.org • Registered Charity No. 1202835



2024

Sangh mail over the year





Sangh Mail
Witnessing
History unfold!

January 2024
info@hssuk.org • www.hssuk.org • Registered Charity No. 267309



**HOLOCAUST
MEMORIAL DAY**
A SURVIVOR'S STORY



Sangh Mail
Unforgettable
Events

February 2024
info@hssuk.org • www.hssuk.org • Registered Charity No. 267309





Sangh Mail
Holi - Celebrating
Diversity in **COLOUR**

March 2024
info@hssuk.org • www.hssuk.org • Registered Charity No. 267309





Sangh Mail
National Khel Pratiyogita
HSS(UK) Sports Tournament
Showcasing Teamwork, Togetherness and Strength


April 2024
info@hssuk.org • www.hssuk.org • Registered Charity No. 1202635






Sangh Mail
Sevikas run London
Marathon for Sewa

May 2024
info@hssuk.org • www.hssuk.org • Registered Charity No. 267309




Sangh Mail
International Yoga Day
 Promoting World Health

June 2024
 info@hssuk.org • www.hssuk.org • Registered Charity No. 1202635




Sangh Mail
Teachers Felicitation Special

July 2024
 info@hssuk.org • www.hssuk.org • Registered Charity No. 1202635


JUN
 JUL


SEP
 AUG




Sangh Mail
Raksha Bandhan - Universal Brotherhood
 Protecting the Protectors

August 2024
 info@hssuk.org • www.hssuk.org • Registered Charity No. 1202635




Sangh Mail
Hindu Memorial Day
 Honouring Hindu Resilience

September 2024
 info@hssuk.org • www.hssuk.org • Registered Charity No. 1202635




Sangh Mail
Diwali special
Victory of Dharma
 (Righteousness, Duty and Positivity)

October 2024
 info@hssuk.org • www.hssuk.org • Registered Charity No. 1202635
 image from <https://uk.pinterest.com/jai/30700098328996/>




Sangh Mail
HSS (UK) Observes Remembrance Day

November 2024
 info@hssuk.org • www.hssuk.org • Registered Charity No. 1202635

NOV
 OCT



Sewa UK
in 2024

Sewa UK in 2024

Sewa UK volunteers have been very busy fundraising for the many projects that focus on children, tribal and refugee welfare, women empowerment health and education. Through its Adventure4Sewa program, many have joined in various adventure challenges to contribute to make a change.

These include Charity Through Adventure, Cycle4Sewa and The Rickshaw Run. See the Sewa UK website at www.sewauk.org for more details on activities of 2024.



Providing the wings so they can fly

Written by Shyam Kotecha

A team of 14 from Sewa UK including 3 Trustees – Bharat Vadukul, Harish Bhudia and Nilesh Solanki, Comms team, 1 teacher from a UK school and Sewa UK supporters, set out to cover nearly 5000 km in 8 days via planes, trains, automobiles and rickshaws!

After a journey of 4400 km across India, from Varanasi to Kutch, veering through traffic, dodging cows, and blaring our horns, our Rickshaw Run was an experience of a lifetime.

They visited 5 Sewa UK projects in 3 states which have been supported for over 2 decades. Seeing all our brilliant, sustainable projects which have had tremendous impact on so many lives of children and families who have challenges such as visual impairment, hearing impaired, people with disabilities. Seeing them develop, grow, learn, and be educated to move onto normal jobs and life.

At the end of it, all 108 of us, donned in our yellow Sewa UK t-shirts, felt chuffed as we met our family members at the finish line in Kutch. After all, all those early mornings, planning and anticipation of meeting and exceeding our goal; **raising over £700,979** had to feel pretty good right?

Here is the experience of one of the volunteers, Shyam Kotecha, who accompanied the Run....

Well, when we went to visit all the various causes that Sewa UK supports with the money we raised, it really hit home why we embarked on our Rickshaw Run adventure in the first place.

The Sanvedanna Cerebral Palsy Centre

We started off on an overnight train journey across Maharashtra from Mumbai to Latur to see and meet those at the Sanvedanna Cerebral Palsy Centre. After I'd hobbled off the train and squeezed into the coach, it edged towards the centre and a lot of the familiar faces we met on the Rickshaw Run approached us like a rush of nostalgia. The teachers and carers of those at the centre were all smiles and jubilant at our return to India and took us on a tour to show us their project.

Sanvedanna provides a day care centre for children with cerebral palsy. They recently started a vocational training centre on their top floor where they teach young adults, 18 years or older, a skill that will allow them to enter work life. The effects are far reaching with two notable companies, Tata and Mahindra Motors, in agreement with the Government of Maharashtra offering to give those who have finished their training with an internship.

Aside from this, what was quite impressive was the integration of meditation within the children's daily routine along with modern day teaching- giving them the best of both worlds.



Arundaya Vidhyalaya

Our second stop was the Arundaya Vidhyalaya project in Gadag, Karnataka. As I was part of the green team during the Rickshaw Run, the children at this day care centre were those I personally spent a lot of time with. So, it wasn't long till I was reunited with little Sumit, a funny and lively boy with Down's Syndrome who affectionately referred to me as "Anna" in Telugu which means big brother in English. Right away we were up to our usual mischief, taking funny videos with the other kids and sharing the laughter that I had missed for so long.

Rather emotional however was seeing Muskaan again, who has learning difficulties. When seeing us she would start crying when shown pictures of her and the green team's time together in Udaipur during the Rickshaw Run. The connection we had built up with these children, their purity and loving nature was clear to me, as was the support they were given to socialise and be appreciated in their dances and Telugu dramas which they performed for us.



Swaranaad Rehabilitation Centre

Our third stop was back in Maharashtra in Pune, at the Swaranaad Rehabilitation Centre. One of a collection of day care centres that empower and develop the skills of children with hearing loss. Starting usually with a Cochlear implant, as they grow older the children are given a fertile environment in which to hone their skills, work towards greatness and achieve their goals. Here I was struck by Vaishnavi who was completing a business degree, who'd struggled with hearing loss since birth.

She initially managed with hearing aids that inevitably had to be replaced with more complex ones as time went on. Eighteen months ago, Sewa UK managed to come forward and help secure her

Cochlear implants. Following this the Swaranaad Centre stepped in to give her the support to verbalise and learn sign language.

Later, I met Arayan, a competent entrepreneurial artist, who sells his own art. We stood in awe as he displayed his works and were amazed at how one kid could rattle off one masterpiece after the other.

What's obvious is how Sewa UK's funding for the Swaranaad Centre have given those like Vaishnavi and Arayan the wings to fly. Supporting the centre in this way is essential as it looks to pinpoint the specific talents of the children, providing them the tools to walk on their own two feet. Not just with life transforming Cochlear implants but with the tranquil and devoted care the centre offers to help make their dreams a reality.



Nanbai Valji Gorsia Dental Project

Following the Swaranaad Centre we went up North again to Chitrakoot to visit the Nanbai Valji Gorsia Dental Project. This is where we started off the 2023 Rickshaw Run and was the main focus for our fundraising. The project is by far one of the most virtuous I have seen, providing free or very affordable cleft and palate surgery to support the 500 surrounding villages.

However, our goal with the project isn't to stop and start with a spate of fundraising, Sewa UK has a unified goal of commencing several camps every year to provide various medical treatments. For instance, children suffering from cleft lip and palate deformities are treated by specialist doctors from the UK and other parts of the world where they perform life changing surgeries that have a lasting impact on each child's future.

One recent example was when a team of UK dentists who had volunteered for Medics4Sewa had travelled to rural communities offering care to those in need. Amazed at hearing how these UK dentists treated over 60 patients in just one morning during their trip, I couldn't wait to talk to the team in India about their own progress at the centre.

When we got there the head of our Sewa UK communications team, Dina, had a heartfelt exchange with one of the mothers who now

had the means to intervene in the dental care of her child. I can't explain the emotions running through the centre seeing those once impoverished, without the means to look after their dental health now having a fully-fledged, top of the line modern set up at their disposal.

Later on I spoke to the Head of the Dental Department, Dr Varun Gupta, he explained to me the swift expansion of the project, wherein four surgery rooms now total eight and an operating theatre. The facilities are on par with those found in the West, Dr Gupta explained to me the whole process of how the team uses a laser machine, a bleaching machine for assuring the pearly whites of the patients and stout endodontic instruments for root canal treatments.

It was clearly a smoothly run project, combined with the talents of the dental team independently looking over those in the rural communities.



The Divya Vidyalaya project

Our last stop was in Maharashtra at Sewa UK's flagship project, the Divya Vidyalaya project for visually and mentally challenged children. I loved seeing the smile on the children's faces, and pride they had in showing me their art. These intricate tribal style artworks are also found on horns and pictures made by the children and sold by the project. I got to see Varsha, who has learning difficulties.

She's an avid dancer and Bollywood fan who, along with her classmates, jumped around and was just as overjoyed to see all of us again after a year. Those with visual impairments were notably gifted in singing and we were treated to a range of classic songs.

A deeply emotional impact

Throughout this trip, I realised the reasons behind why I strived to get involved with the Rickshaw Run in the first place. This was to provide them, the children, the wings so they can fly. By being a supporting hand on the shoulders of these causes, projects and centres we were enabling, aiding all those children to become self-sufficient and expand their own horizons.

With a personal relationship and friendships built up with many of the kids we met, I feel innately invested in their progress, and I saw on this recent trip why the testing adventure of the Rickshaw Run was so worth it.





Sewa Day Active Across the UK

Providing Sewa Day has been active during 2024 supporting Food Hampers, Food Banks, Hot food Support, and much more. There are now active branches in:

Manchester

Birmingham

Swindon

Nottingham

North London

Cheltenham

Leicester

Slough

Newbury

Coventry

Bristol

Woolwich

Rugby

Birmingham

Hamper Campaigns

Birmingham Sewa Day Team delivered 1281 hamper boxes to schools and 26687 meals to the needy.

In the December 2024 hamper campaign, the Sewa Day team was joined by the West Midlands representative for Lord Lieutenant, Dawn Ward CBE DL, at the packaging of Food Hampers, Christmas Period, in preparations for delivery to local Schools. Great to have Chris Eubank Snr. joining in the delivery of Food Hampers to school.



Hall Green

Sewa Day Kitchen

The Hall Green Kitchen was initiated during the Covid period, as a weekly hot food prepared and delivered. This continues still, thanks to the vision and perseverance of Seshu Nalabotu and his family and other volunteers.



Manchester

Food Hub Heroes

The Manchester Volunteer team regularly donates long lasting food to the homeless and vulnerable people. December 18th was one of those days when the volunteers distributed food at the Bideford Food Hub and community centre, Manchester Sewa Day team also regularly serves hot food in the Manchester City Centre.



Nottingham, Cheltenham ...

Shoebox campaigns at Christmas





HSS Sewa
in 2024

HSS Sewa over the year

HSS (UK) supporting local charities, nationwide

Newbury	FEB	Tree planting
Reading	APR	Tree planting
Woolwich	MAY	London Marathon for Sewa UK.
Macclesfield	MAY	£182 for Space4Autism
Slough/Maidenhead Bracknell	JUN	£1600 for Baby Bank Berkshire
	JUN	Frimley Health Charity Run
East London	JUN	Helped Sewa Day Street Clean Drive
Liverpool	JUN	£800 for KIND
Rugby	JUN	£1400 for OurJay Foundation (Defibrillators)
Chelmsford	JUN	Yoga for Cancer Research
Harrogate	JUN	£231 for Sir Robert Ogden MacMillan Cancer
Aberdeen	JUL	Beach Clean with Aberdeen Conservation Society
Bradford	JUL	£317 for Cellar Trust
Basingstoke	JUL	Sewa Cricket Match for multiple local charities. <small>£500 for St. Michael's Hospice, £250 for Isle of Wight Community Foundation, £500 Camrose Centre Basingstoke, £250 Basingstoke and Deane Mayor's Charity, £200 for British Heart Foundation, £300 for Hampshire Hospital Charity.</small>
Cheltenham	JUL	£270 for Play Gloucester
Edinburgh	JUL	£549 for Children's Hospice across Scotland
Leeds	JUL	£619 for Grace and Care local charity
Newbury	JUL	£2100 for St. Nicolas School Fund
Harrow	JUL	Roxbourne Park Litter pick
Halifax	JUL	£800 for Kirkwood Life Support charity
Northampton	JUL	CTA Lake District Peaks for Sewa UK
Reading	JUL	£2950 for New Beginnings for Homeless
Northampton	JUL	£500 for Lewis Foundation cancer carers
Coventry	AUG	£635 for Heartbeat UK - Walkathon
Birmingham	SEP	£1698 for Acorns Children's Hospice
Leicester	OCT	£444 for Apnapan CIC
Bromley	OCT	£1000 for Kings College Hospital Charity
Newton Mearns	OCT	£325 for East Renfrewshire Good Causes
Aylesbury	NOV	£305 for Friends of Turflong Infants School
Moreley	NOV	£570 for The Market Place, Leeds

HSS Sewa in 2024

Bradford Charity Walk





Other news

Other News

Supporting Local School

Aylesbury Shakha recently embarked on a Sewa initiative to support the Turnfurlong Infant School. Through a dedicated food stall, the Shakha successfully raised £305.50 for the school.

Originally envisioned as a modest fundraising effort, the initiative blossomed into a Winter Fayre, thanks to a fruitful collaboration between Āryabhat Shakha and FoTIS (Friends of Turnfurlong Infant School), the school's Parent-Teacher Association. This collaboration beautifully exemplified the concept of Vasudhaiva Kutumbakam, the world is one family.



Other News

Leamington Hybrid Shibir

Leamington-Stratford-Telford teamed up to conclude a 2-days Hybrid Shibir hosted by Leamington.

The theme of the Shibir was 'Karyakarta Quality' Activities included a variety of Shareerik, Roleplay, Manoranjan, and Mahakhel. Shri Yogish Ji Joshi and Vasavi Ben from Coventry joined the parivar and baal groups respectively.

A total of 107 participated, and a great team effort by the 3 nagars.





Essential read



Shrishail S Sangolli – Sanskar Shakha
Leamington spa

The Divine Lessons
Lifting of Govardhan Parvat
and the Spirit of Shakha



The story of Bhagwan Shree Krishna lifting the Govardhan Hill teaches us an important lesson: **even the heaviest responsibilities become easy when we take them up for the well-being of others.**

Bhagwan Krishnaji, out of love for the people of Vrindavan, lifted the huge hill effortlessly to protect them from Lord Indra's anger. What seemed impossible became possible because His purpose was selfless and noble, helping his community.

This story is a powerful example for us, especially for karyakartas. We often are called to take on responsibilities that may feel demanding, such as dedicating time, making sacrifices, and contributing resources through Guru Dakshina. These efforts are not burdens; they are acts of service to our community.

It teaches us that we can only be in touch with Bhagwan through service. Attending shakha regularly requires discipline and prioritizing community over personal comfort. It means taking time out from busy schedules, participating with energy, and contributing what we can.

However, just like Bhagwan Shree Krishna's act brought joy to the people of Vrindavan, our efforts in shakha give us a sense of purpose and fulfillment. By going to and involving ourselves in shakha, we gain so much in return.

Personal Growth:

Shakha helps us become disciplined, confident, and service-minded.

Strong Relationships:

The friendships and bonds we form in shakha create a lifelong support system. This is Parivar Bhav.

Better Society:

By contributing to shakha, we help build a society rooted in Sanskaar, sewa, and Sangathan.

Sacrifice feels meaningful when it serves a higher purpose. Bhagwan Shree Krishna's act of lifting

Govardhan inspired unity among the people. Similarly, our contributions to shakha inspire others and create positive change in society. Imagine the strength of thousands of people working together for a common goal! Each small effort adds to the collective strength of the community.

In today's busy world, it's easy to focus only on personal goals. But shakha reminds us to think beyond ourselves and work for the greater good. By prioritizing shakha, we uphold the values of duty, service, and discipline. Each hour spent in shakha isn't just about attending a gathering—it's about building a better future for everyone. Bhagwan Shree Krishna lifting the Govardhan Hill shows us that great acts become effortless when done with love and a higher purpose. Similarly, our efforts in shakha—whether through time, energy, or resources—uplift not just our society but also ourselves.

By dedicating ourselves to shakha, we contribute to a Sangathan, Sanskaar, and Sewa-driven society while becoming better karyakartas every day. Let us take this journey with joy, knowing that by prioritizing shakha, we are shaping a united vibrant samaj, and a brighter future for generations to come.





Sangh Mail

Hindu Memorial Day Honouring Hindu Resilience

September 2024

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



Sangh Mail

Diwali special Victory of Dharma (Righteousness, Duty and Positivity)

October

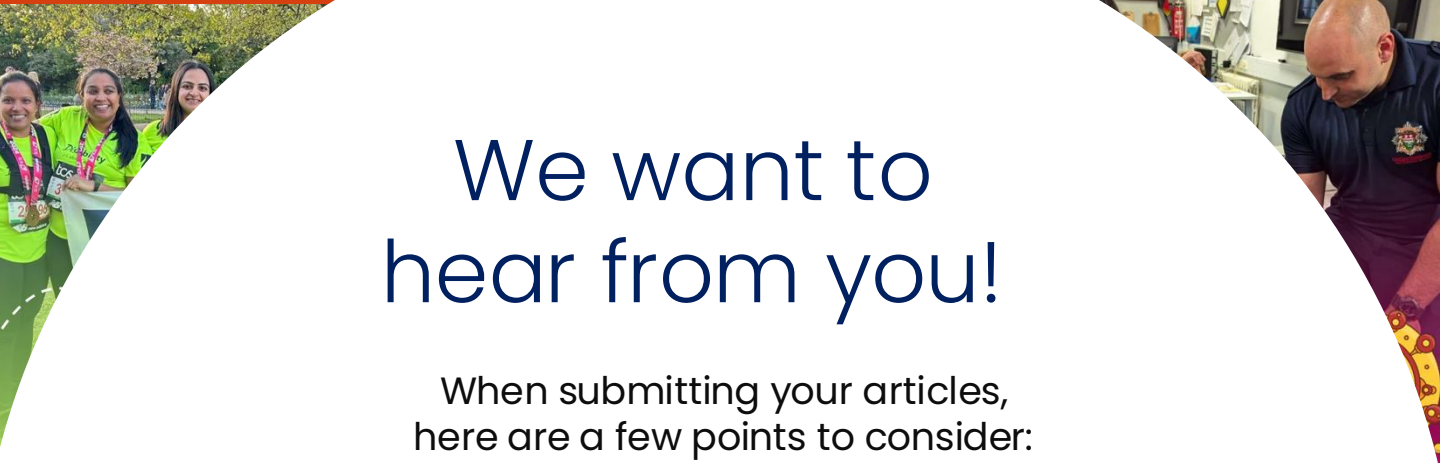


Sangh Mail

HSS (UK) Observes Remembrance Day

November 2024

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



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

Attach your best
high resolution pics
(**maximum of 8**
@ 300 dpi).



Who it's from

Don't forget
to include your
Shakha name and
location

Send all articles and pictures to sanghmail@hssuk.org

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