



APRIL 2025



SANGH MAIL

Khel Pratiyogita 2025

HSS(UK) Annual National Sports Day

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| APRIL 2025

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|KHEL PRATIYOGITA

1350

Swayamsevaks

4 Khels

46 Nagars



Swayamsevaks Khel Pratiyogita

A hall buzzing with energy and excitement. Last-minute discussions of tactics and game plans. That was how the day began on Saturday 5th of April, as the annual Swayamsevak Khel Pratiyogita kicked off. With over 1350 attendees hailing from 46 nagars, all gathered under one roof, even the gargantuan facilities at Loughborough University seemed cramped, as uncles, fathers, and brothers cheered each other on, filling the venue with an aura that we see only once a year.

Starting with kho-kho, where the speed and agility of the Swayamsevaks meant they were zipping across the pitch in mere seconds. There were dives to the left, right, and centre, even from the inaugural Year 8 and below age group, a way of encouraging competition within the younger years.

It was mesmerising to watch as Swayamsevaks pulled off ridiculous dodges, effortlessly squeezing past chasers and getting amazing dream runs. I played kho-kho, and it was brilliant to see the raw emotions, as many brushed off their bloodied knees from the dives as being just a part of the game.

Moving on to the ever-intense kabaddi, which continued last year's format of encouraging younger secondary school players to take part, by having a Year 7-9 age group. The sheer physicality of the players was a remarkable sight, with ground-shaking tackles and desperate scrambles to get back to the midline. The pressure was also enhanced by the presence of Mr Ashok Das, the president of the England Kabaddi Association (EKA), who many were looking to impress. But most of all, kabaddi brought out the warrior spirit within players, pushing them to make courageous efforts to catch and avoid being caught.

|KHEL PRATIYOGITA

That brings us to the game of Ring, a sport that requires far more tactical prowess than physical, but this too did not disappoint. Watching as players hurled the ring from person to person and end to end was invigorating. The largely Yuva age group seemed to become young again, sprinting after the ring at a pace that would give the Kishore a run for their money. Ring is a sport that requires exceptionally good observational skills, which the teams demonstrated brilliantly, sensing their opponents' moves as if they had grown eyes in the back of their heads.

And last but not least, football – the beautiful game that brings excitement to so many footballs and foot-balaks. These future Ronaldos and Messis held nothing back, battling it out on the Astro with great ferocity. Whether it was an insane diving save, a rocket of a shot, or an ankle-breaking skill, the matches had it all. While not a shakha sport, the countless practice sessions and shareerik had certainly paid off, turning them into goal-scoring and saving machines. It also gave a sense of promise for the future, as these very baals will go on to transfer their traits towards the other khels.

As a whole, this was an awe-inspiring event – a blatant show of skill, speed and strength. Being able to witness and take part in such an event under the banner of Sangh and the guidance of the Bhagwa Dhvaj is something that we shouldn't take for granted. But what stood out the most was that between matches, players from different teams ceased to be opponents, but instead became brothers, laughing and bantering as if they weren't just competing a few minutes ago. This spirit of sportsmanship and brotherhood is what makes us who we are, turning us from ordinary people to Swayamsevaks. Being able to celebrate others' victory as our own is our strength and something that we should never let go of.

Harshvardhan Amame, Leamington Spa RamaKrishna Parivaar Shakha

Swayamsevak Winners

Football Primary School
Finchley

Kho-Kho School Year 8 and below
Manchester

Kho-Kho School Year 9 and above
Manchester

Kabaddi School Year 7-9
Finchley

Kabaddi School Year 10-13
Birmingham

Kabaddi 18 years and above
Nottingham

Ring 25-39 years
Leicester

Ring 40 years and above
Birmingham









| KHEL PRATIYOGITA



500

Sevikas

3 Khels

32 Nagars

Sevikas Khel Pratiyogita

A Celebration of Strength, Spirit, and Sisterhood.

On Sunday 6th April 2025, Loughborough University came alive with energy, enthusiasm, and echoes of encouragement as it hosted the much-anticipated Sevika Khel Pratiyogita.

With over 500 Sevikas representing 32 nagars, the day was a powerful celebration of unity through sport. The morning kicked off with an energetic warmup and aerobics session with all getting into the rhythm together—moving in sync and setting the tone for a day filled with energy, unity, and unstoppable enthusiasm.

The day began with kho-kho, where 40 teams competed with remarkable agility and determination. Each match was a showcase of not just skill and speed, but also strategic thinking, teamwork, and resilience. The spirit of healthy competition was palpable from the first whistle to the final chase. As the day progressed, the energy didn't wane; it only grew.

The afternoon was divided between two electrifying Khels: ring and kabaddi. Across all 166 fixtures, one thing remained constant: a radiant spirit of sportsmanship, laughter, and shared motivation, both on and off the field.

Adding a special highlight to the day, Ravina and Sima from the England Women's Kabaddi team and Sushil Saini the England Kabaddi Manager joined us, bringing with them not just their expertise but also their generosity of spirit. We were also joined by Lottie Bozon, the Leicester Tigers Rugby Community Coach. They played alongside our Sevikas, shared valuable tips, and ignited an even deeper excitement for the sport among participants and spectators alike.

The event drew to a close on a truly inspiring note. A powerful bauddhik, sharing the stories of three remarkable women in sport—stories that reminded us that extraordinary strength often lies in the seemingly ordinary.

| KHEL PRATIYOGITA

It left many of us reflecting, smiling, and standing a little taller with pride in what it means to be a sevika.

In every way, the 2025 Sevika Khel Pratiyogita was a resounding success. It not only strengthened bonds between nagars and vibhags, but also rekindled the joy of sisterhood, the thrill of competition, and the unwavering belief in our collective power.

Keerthi Bakthisaran, Leamington Spa RamaKrishna Parivaar Shakha

“Thank you for the wonderful opportunity to participate in Khel Pratiyogita. The England players found it a truly unique and enriching experience. We were all profoundly impressed by Shakha’s commitment to empowering young women through sports. We appreciate you making them feel so welcome. We’d love to collaborate in the future and hope to work together again”

- Sushil Saini, England Kabaddi Team Manager

Sevika Winners

Kho-kho School Year 5 - 35 years
Amersham

Kho-Kho 35 years and above
Amersham

Kabaddi School Year 7-9
Queensbury

Kabaddi School Year 10-13
Queensbury

Kabaddi 18 years and above
Slough

Ring School Year 7 - 34 years
Amersham

Ring 35 years and above
Leicester









Hats Off to the Organisers

‘The event was exceptionally well-organised. From the smooth travel arrangements to refreshments, game scheduling, and live score updates — everything ran like clockwork. Huge credit goes to the HSS UK team for organising such a large-scale event so flawlessly and to the HSS Reading organisers for managing the logistics so efficiently. My deep gratitude to both the organisers.

Traveling together, sharing food, chatting, and laughing made the journey even more enjoyable. These moments build bonds that go beyond the event itself.’

-Experience of Avtar Mahajan, Reading Swayamsevak

**A Day to Remember – Khel Pratiyogita,
HSS UK at Loughborough University...**

OR

CLICK HERE TO READ THE FULL BLOG



CHECK OUT THE OFFICIAL VIDEO



A bronze Om symbol sculpture is positioned on a sandy beach. The sculpture is highly detailed, with a central vertical stroke and two curved strokes on either side, all rendered in a dark, metallic finish. The background is a soft, out-of-focus view of the ocean and sky, with gentle waves visible in the distance. The overall mood is serene yet somber, reflecting the gravity of the event being reported.

PAHALGAM TERROR ATTACK

HSS(UK)) Press Statement: Terrorist Attack in Pahalgam

PHOTO BY IVANVUCKOVIC ON GETTY IMAGES



~ Pahalgam ~

HSS (UK) expresses our deepest sorrow and condolences to the families of those who perished in the horrific terrorist attack that occurred in Pahalgam, Jammu and Kashmir, India, on 22nd April 2025.

We unequivocally condemn this brutal act of Islamist terrorism, which specifically targeted innocent tourists based on their identity. Such violence has no place in any society and stands in direct opposition to the principles of peace, dignity and humanity that bind us all.

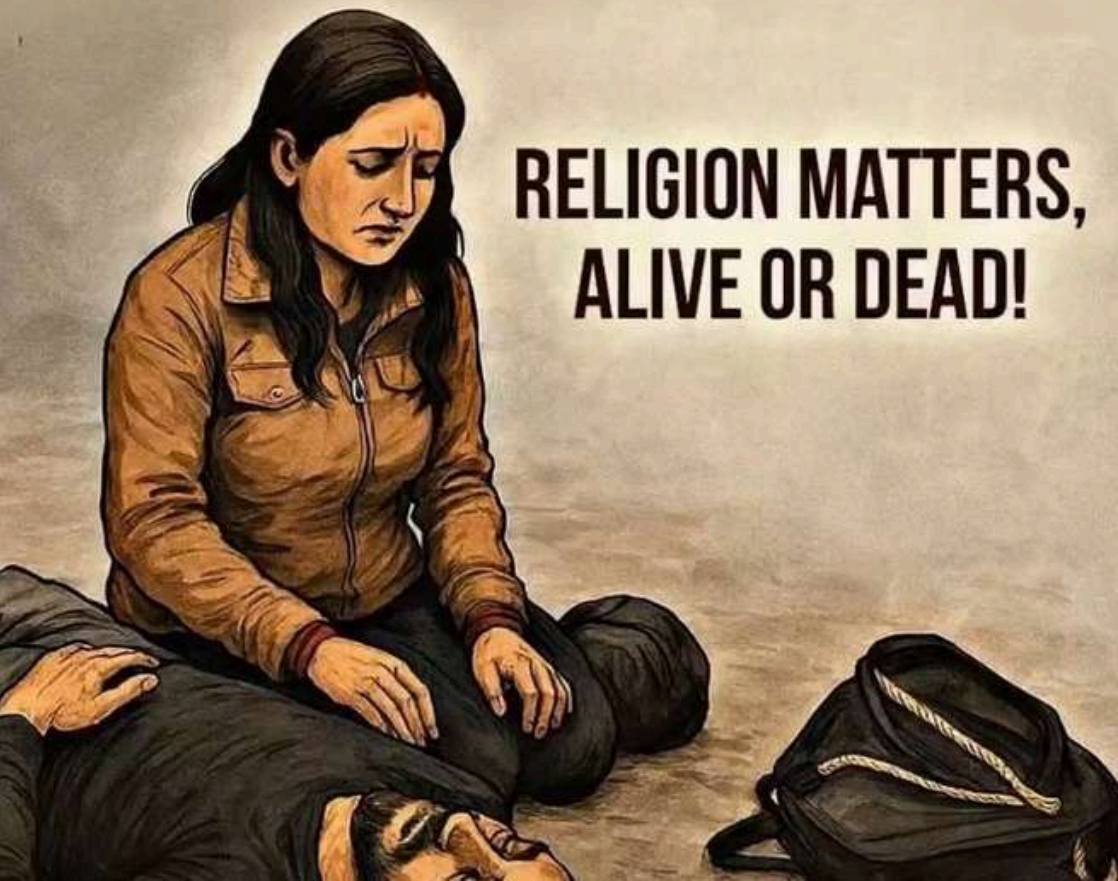
In this time of mourning, our hearts go out to those who lost loved ones, to those who are injured, and to the communities shattered by this senseless act.

We call upon the international community to stand in solidarity in condemning this atrocity and usher an uncompromising global consensus against terrorism in all its forms.

Let this declaration serve as both a tribute to the victims and a reaffirmation of our collective resolve to stand against extremism, to defend peace, and to uphold the values of humanity and compassion that unite us all.

We stand against terror.

We stand with the victims. We stand with India.



RELIGION MATTERS, ALIVE OR DEAD!

Why does a terror attack at an Indian tourist destination important ? Discover the deeper implications in this powerful article – Courtesy of Asian Voice, 29 April 2024





Other news

PHOTO BY [ABSOLUTVISION](#) ON [UNSPLASH](#)

Maha Shivaratri 2025 – Chelmsford Nagar

**Madhav Pariwar Shakha, East London &
Essex Vibhag**

Maha Shivaratri is a festival filled with deep spiritual meaning, dedicated to Lord Shiva and his cosmic dance of creation, preservation, and destruction. It is celebrated on the 14th night of the lunar month of Phalguna, and it is on this night that Lord Shiva defeated Tripurasura, the demon of ignorance and ego, and also married Maa Parvati. Maha Shivaratri is another occasion in the Sanatan (Hindu) Dharma which celebrates the triumph of light over ignorance and darkness.

This year too, Madhav Parivar Shakha Chelmsford Nagar, celebrated Maha Shivaratri Samaj Utsav.

As a young person living in the UK, it's often difficult for me to truly understand my culture, but when I saw all the preparation that people had done to celebrate their devotion to Lord Shiva, I could also feel the same admiration and pride in my religion. The atmosphere during the puja was surreal, the bhajans were incredible, and with everyone participating, there was a strong sense of unity, and I could feel a special spiritual connection. There were also a few devotional dance performances by Swayamsevaks and Sevikas.

To end the evening, there was prasadam served by volunteers. This Maha Shivaratri Samaj Utsav allowed the coming together of Lord Shiva and Mata Parvati, and brought together many from the local Hindu community.

| OTHER NEWS

Every day, the significance of such events is more and more relevant, and for this reason, we should embrace it and allow ourselves to fully appreciate the meaning of Maha Shivaratri. The deep meaning of this event should be shared with everyone. Next year, we invite more people to join in with the celebrations, and to share the spirit of Maha Shivaratri.

Anjali Boeini, Madhav Parivar Shaka, Chelmsford





| OTHER NEWS

Leamington Shakhas visit Westminster Palace

Swayamsevaks and Sevikas from the three Leamington Shakhas had boarded the coach with great excitement on the 14th of April morning. The UK Parliament tour started right on time with the wonderful guides drawing our attention to the monument's 1000-year history and varied architecture. Then we deep-dived into the history of Britain's politics - filled with events of treason, burndowns, blow-ups, and saviours, as we walked through the central lobby, chambers of the Houses of Commons and Lords. The guides were amazed by the accurate answers from our youngsters on the history of the monarchy.

| OTHER NEWS

The time just flew as we walked into the houses watching the artworks around, glass paintings, the portraits of the key monarchs and political leaders, the ceremonies and process of making laws and voting. It is amazing how history is respected and preserved through these.

Everyone was in awe of the grandeur of the palace and the arduous by lanes of its history.

The journey was a blast with singing, games, and the delicious samosa and dinner on the way back. The entire day on foot couldn't tire us out despite having woken up early. We returned with the same enthusiasm, energy, and lots of learning, and of course, strengthened bonds of our Shakha Parivar.

Anushka, Anika, Aarav and Arush, Leamington Nagar





| OTHER NEWS

Dartford Shakha visits Parliament of Westminster

Dartford Bhagirath Shakha had the unique opportunity to visit the Parliament of Westminster. This visit proved to be an enriching experience for all the children and youth involved.

Highlight of the visit was attending a live parliamentary debate in the House of Commons, offering firsthand insight into the functioning of the UK Parliament. For many, it was truly a once-in-a-lifetime experience.

The group also toured the House of Lords, where they explored the historic interiors and learned about the institution's legacy. The visit instilled a deep sense of pride and appreciation for British parliamentary heritage among the participants.





| OTHER NEWS

Sanskrita Sambhashana Shibiram 2025

Once again, the annual Sanskrit Shibir held over the 3 days of Easter weekend concluded with a Samarop.

All participants of different ages and genders went with excitement and inspiration from learning Sanskrit at different levels.

We urge all who did not make it this year, to look out for next year's event and sign up.

'Everyone was encouraged to converse and interact in only Sanskritam.

Children were fast learners and picked up the language faster than even adults. All the attendees unanimously praised the effort and patience of the teachers who made learning the language easier than commonly thought.

It was in the 1980s that Cha Moo Krishna Sastry and Janardhana Hegde started teaching conversational Sanskritam and it spread not only all over India but also abroad via Zoom and other media. Now, we are the few of the 10 million who are trained to speak in Sanskritam, and 100,000 teachers are trained to teach it.'



- Dr Shrivatsa Desai, Doncaster

Shikshak Vandan Divas

Cambridge Ramanujan Shakha



The HSS Cambridge Ramanujan Shakha organised a heartfelt Shikshak Vandan Divas (Teacher Appreciation Day) event at Cambourne Village College to honour and celebrate the invaluable contributions of teachers.

25 teachers were in attendance.

The event, held on 25th March, in its 5th year of running, was a resounding success, bringing together students, parents, and teachers in the spirit of gratitude and respect. Teachers from The Perse Upper School, Cambourne Village College, Monkfield Park Primary, Cambridge Academy for Science and Technology, and Stephen Perse School attended the event.

The celebration commenced with a traditional lamp-lighting ceremony by Deputy Head, of Cambourne Village College Ms. Gildea, and an ode to the goddess of education 'Maa Saraswati'. This was followed by a showcase of activities by students that was met with enthusiastic applause from the audience.

| OTHER NEWS

A key highlight of the event was the felicitation ceremony, where teachers were honoured for their dedication and commitment to shaping the future of their students. Each teacher received a token of appreciation from their students.

On behalf of the teachers, Mrs. Howell, Head Teacher at Monkfield Park Primary mentioned that the event was a testament to the strong bond between teachers and students, and appreciated the values being instilled in the students from a very young age.

Overall, the event was a memorable occasion that underscored the significance of teachers in society. It served as a reminder of the enduring impact of educators and the gratitude they deserve for their unwavering dedication to the growth and development of their students.



Vinayak Parivar Shakha Meets the Mayor of Wakefield

During the spring break school holidays, the Vinayak Parivar Shakha had the unique opportunity to meet the Mayor of Wakefield. This special visit was made possible with the support of local councillors who endorsed the initiative to connect the Hindu community with the civic leadership of Wakefield.

Representing the Hindu community in Wakefield, our Karyawaha offered a warm and informative introduction about Hinduism, the Indian community's diversity, and how the Hindu community has become an integral part of the broader Wakefield society.

He spoke about the active contributions of local Hindus in promoting cultural awareness through collaborations with Wakefield Hospice and local schools—sharing insights on Hindu festivals, yoga, and traditional values.

He also highlighted the efforts of Hindu Swayamsevak Sangh or HSS(UK), through which Hindus across the UK have united to serve society. Specifically, he shared how our local Shakha (branch) has been operating in Wakefield, providing a space for community members to come together, learn, and grow

Understanding the history of the place we live in fosters a deeper connection. The visit offered insights into Wakefield's rich civic history—how various smaller counties came together to form the present-day Wakefield Council.

| OTHER NEWS

Participants also had the chance to see, in person, where council meetings are held and admire the beautiful architecture of the historic council building.

The Mayor warmly welcomed the group, gifting small presents to the children and pens to the adults. As a token of appreciation, our Shakha presented two meaningful books to the Mayor, Sangh Darshan and Hindu Dharma.

Radha Devi Susarla, Vinayak Parivar Shakha, Wakefield



Abhyas Vargs Northwest & Northern Ireland Vibhag

In the past few years, Abhyas Vargs, or Skill training sessions for all age groups, have become a regular feature.

Usually, a day long at a few month's intervals or a couple of hours at a few weeks intervals, brings the select groups to focus on specific skills. These skills are necessary for leadership training, shareerik, and bauddhik subjects.

Everyone goes away feeling more energised, equipped with new skills, and ready for action.

The Northwest & Northern Ireland Vibhag held its first Abhyas Varg of 2025, attended by 51 participants, 18 Sevikas and 33 Swayamsevaks.

The session focused on Shareerik Abhyas, covering warm-ups, Niyudh, Achar Paddhati, and Ghosh (Vamsi and Anak). Additionally, we had an insightful Bauddhik session on Geet Abhyas and effective storytelling techniques for conducting Bauddhik sessions. Shri Digant Ji and Raveendra Ji join us. The concluding message from Digant Ji about “Abhyas and Vairagya” left everyone feeling motivated and inspired.





Sewa work

PHOTO BY DIVA PLAVALAGUNA FROM PEXELS

| SEWA WORK

BIRMINGHAM NAGAR FOR LOCAL CHARITY 'GROWING SPACES'

Birmingham Nagar (North and South) teamed up with Fruit & Nut, a charity that promotes and facilitates the creation of growing spaces to create edible landscapes.

The team of 14 Swayamsevaks and Sevikas, from a variety of age ranges dug deep to remove turf and create planting areas, mulched the ground, and sowed a variety of edible plants to transform a communal area in Kings Norton.

Whilst back-breaking work, and the team working up a sweat, there wasn't a complaint in sight with the smiles, chatter, teamwork, and spirit of play on show.

Even though the planting would take some time to bear fruit, it was obvious by the end of the session, what the fruits of our labour were. With two new planting areas and a super turf mound/bench created.

Minesh Chauhan, Birmingham South Nagar Karyawaha





Essential reading

PHOTO BY [REY SEVEN](#) ON [UNSPLASH](#)

| ESSENTIAL READING

KASHMIR

The name Kashmir likely comes from the Sanskrit "Káśmīra," meaning "land of rivers" or "paradise on earth."

It also ties it to the Vedic sage Kashyapa, suggesting names like "Kashyapa-mir" (Kashyapa's Lake) or "Kashyapa-Meru" (Kashyapa's Mountain).

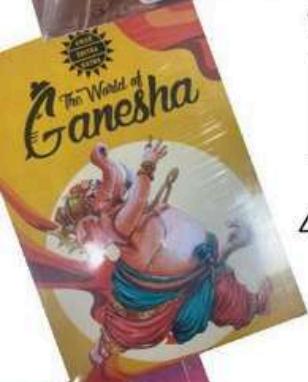
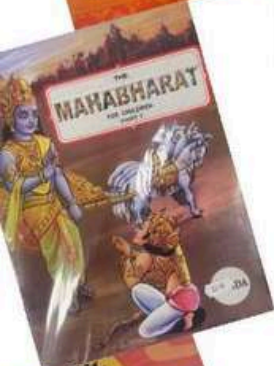
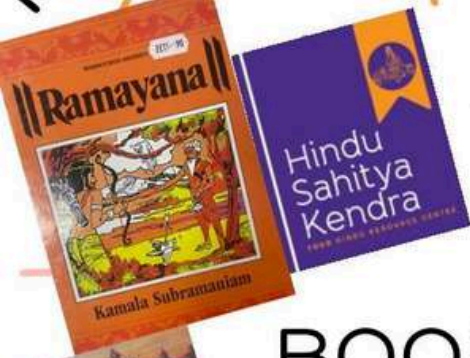
In Hindu tradition, Kashmir is seen as a sacred land rooted in ancient texts like the Nilamata Purana. Itihaas or history says the Kashmir Valley was once a huge lake called Satisar, inhabited by a demon named Jalodbhava. Sage Kashyapa, with help from gods like Vishnu and Shiva, drained the lake and made the valley habitable. The land was named in Kashyapa's honour.

Other ancient works like the Rajatarangini also describe Kashmir as a spiritual centre rich in temples, sages, and sacred rivers.

Influential figures like Adi Shankaracharya visited the region, and institutions like the Sharada Peeth emphasized its role in Hindu learning and devotion.

Even after centuries of change, in Hindu belief, Kashmir remains a divine land, created through the wisdom and prayers of Kashyapa.

**Anushka, Shrilaxmi, Ananya
Ramakrishna Parivaar Shakha, Leamington**



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ANTI-HINDU HATE SURVEY

Survey for British Hindus
A Study on Anti-Hindu Hate

Your Voice Matters !

In a first of its kind, this survey is designed to gather insights into anti-Hindu hate in the UK. It aims to assess a comprehensive understanding among Hindus in the UK about how to recognise the issue, how to report it, and the challenges faced by those who reported it.

Your participation in this survey will help the long-term objective of the community to get the anti-Hindu hate recognised by the authorities.



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We want to hear from you!

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



Provide a summary

Don't forget to include your Shakha name and location



A picture tells a thousand words

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



Who it's from

Keep articles short, highlighting the best parts

Send all articles and pictures to <https://linktr.ee/sanghmail>

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