



JUNE 2025



S A N G H M A I L

Scotland's Growth 2025

HSS Growing
.....Energetic, Dynamic & Confident

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| JUNE 2025

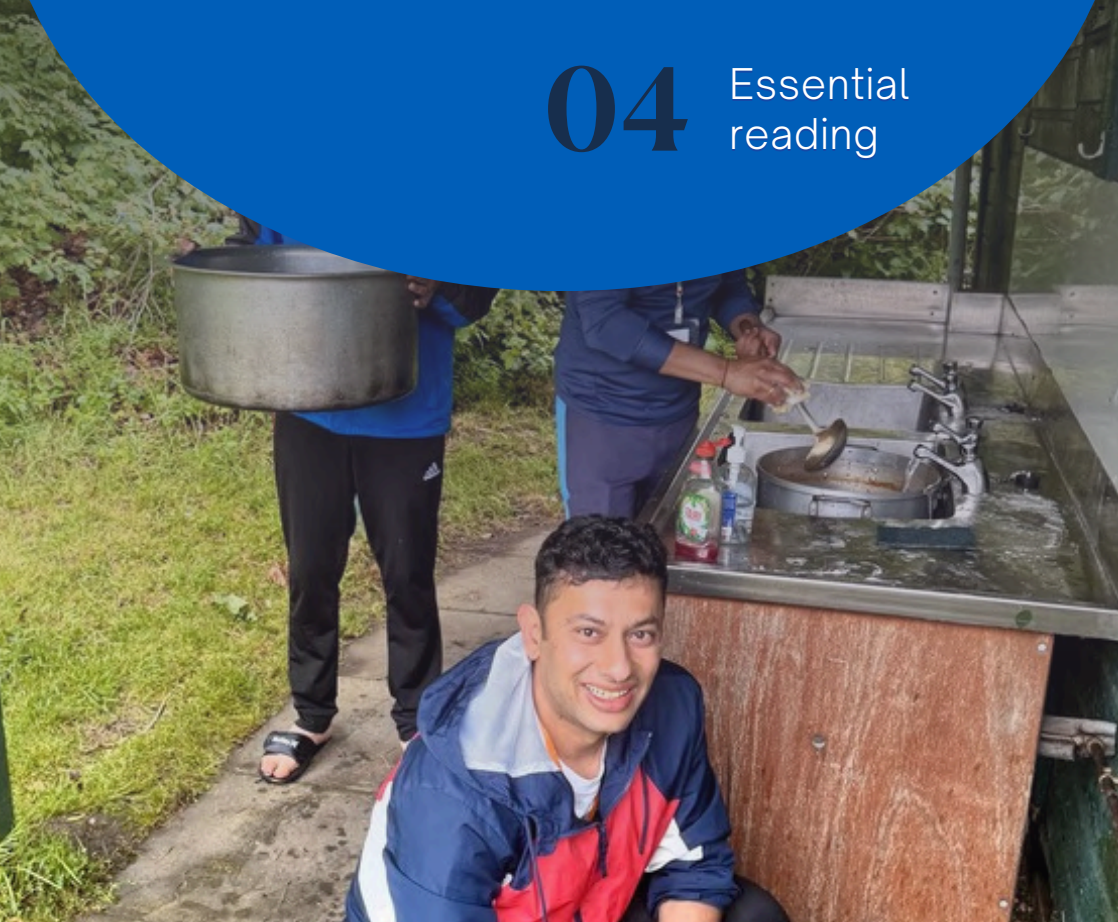
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| SCOTLAND SHIBIR 2025

Scotland Shibir 2025

A CELEBRATORY GATHERING AT THE NORTHERN FRONTIER



In a celebration of heritage, unity, and spirit, the HSS – North East Scotland Vibagh hosted the Scotland Shibir from 13th to 15th June 2025. This dynamic event, themed “Maha Kumbh Mela,” marked a landmark moment as the first Shibir held in Aberdeen—the northernmost in the UK Sangh Parivar history.

With a rich attendance of 140 dedicated participants at the residential Shibir and 192 enthusiastic attendees in the day session—including a Member of Parliament, Samaj Pramukh, and important guests, the gathering set the stage for three inspiring days.

The Shibir was graced by the presence of our Adhikaris Mananeya UK Sanghchalakji, Shri Dhiraj D Shah, and Vibhag Sanghchalak, Shri Rajnibhai Parmar, Vibhag Karyawaha Shri Paresh Mistry, Lt. Col (Retd.) Mike of the British Army, and also well supported by the Central Team of Shikshikas Maahi and Anjani.

| SCOTLAND SHIBIR 2025

Intellectual and Cultural Inspirations

The Shibir was enriched by a series of carefully curated discussions including:



- Leadership, Followership, and Teamwork: A compelling talk by Lt. Col (Retd.) Mike of the British Army emphasised robust values and strategic insight.

- A reflective session on 59 Years of HSS -UK, coupled with personal stories of those who have witnessed the transformative power of the Kumbh Mela.
- In-depth discussions on HSS Karyapadhati within the UK, essential topics such as Sewa Sanskar & Sangathan, and societal concerns like grooming.

Energetic Physical Activities

- Suryanamaskar, Pratati Khel, Mandal Khel, Maha Khel, and Shikshan Vidhi invigorated participants, ensuring that both mind and body were actively engaged.
- The Balgokulam Team organized innovative and stimulating activities for Bala and Balika groups, while a dedicated Army team enriched their day with hands-on practical exercises.



| SCOTLAND SHIBIR 2025

Evening Competitions and Celebrations

Saturday Ratri Karyakram brought out the best in every Shakha.



- Geet Pratiyogita - First prize was claimed by Eknath Shakha (Aberdeen) and Ramanujam Parivar Shakha (Newton Means), while Valmiki Parivar Shakha (Edinburgh) and Ramanujan Parivar Shakha (Glasgow City) secured the second position.
- A themed Quiz Competition on Maha Kumbh and Sangha Padathi engaged minds, resulting in a win for Ramanujam Parivar Shakha – Newton Means.
- The evening also spotlighted the lyrical and recitative talents during a traditional Shloka Chanting by the Balagokulam group.

Samaroop

- A vibrant display of Yog Chap, a dynamic Yoga Performance, and Vyayam Yog.
- A stirring intellectual session by UK Sanghchalak Dhiraj Ji Shah

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- Inauguration of the book 'Hindus In Scotland – Edition 2' was conducted in the presence of the Local MP, representatives from the Scottish Hindu Foundation and the Aberdeen Hindu Temple Trust.

A Historic Milestone in Community Building

This Shibir was truly historic, not only because it celebrated the once-in-144-year Maha-Kumbh but also because it broke new ground by being hosted in Aberdeen. The collective and well-organised efforts of karyakartas have fostered stronger bonds within the community.

Now we are looking forward to greater success in Scotland.









Other news

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

Jyeshtha Shibir 2025

7-8TH JUNE 2025

DHARMA KE LIYE JIYE SAMAJ KE LIYE JIYE LIVE FOR 'DHARMA', LIVE FOR SOCIETY

Our most Jyeshtha (senior) Swayamsevaks, Karyakartas, and Adhikaris gathered over 2 days in a picturesque country manor venue, to enjoy and meet each other, in this popular annual retreat. Some 94 from all over the UK attended.

The event was inaugurated by Shri Kulbhushan Ji Joshi, Sanghchalak of E London, who lit the diya to mark the beginning. Our Vishwa Vibha Saha Sayojak, Dr. Ram Vaidya Ji, delivered the first Baudhik titled 'We Are Not Retired'.

Our Sanghchalak, Shri Dhiraj Ji Shah, shared important challenges the Sangh has faced over the past many years, the milestones we've achieved, and inspired Swayamsevaks to dedicate themselves wholeheartedly to the Samaj's welfare, while serving as role models for future generations of Karyakartas.

A lighthearted yet profoundly inspiring Baudhik was delivered by Shri Gurcharan Singh Gill, Sahyojak for the Hindu Sikh Forum.

The Geet for the Varg "Sankalp hriday mein liya, aage badhate jayenge", rang out loud and clear.

Other sessions such as shareerik, charchas, and manoranjan added insight and fun to the event.

Not forgetting the annual treat at bhojan, the much loved low sugar Jalebi, freshly made on site, that energised everyone's taste buds! All are looking forward to next year's gathering.







| OTHER NEWS

East Midlands Yuvati Shibir

SUNDAY 8TH JUNE 2025, LEICESTER

Environment Sustainability and Hindutva were the leading topics for the day, in which 62 Sevikas from 3 nagars of the vibhaag.

The day was also action-packed with energetic activities, highlighting teamwork, strength, and agility.

A dose of Yogasanas with stretch and balance achieved the ultimate relaxation.

The gathering allowed the airing of one's view on various issues concerning Sevikas.

As always, the Vyavastha team served a delicious bhojan with lots of love and kept everyone well-nourished throughout the day.



| OTHER NEWS

North London & Hertfordshire Vibhag Yuvati Shibir

SUNDAY 8TH JUNE 2025,

A Sankhya of 61 Yuvatis attending from all active shakhas in North London & Herts Vibhag, filled the day with lots of energy. Activities conducted were ice breaker sessions, Khel, Charcha on Hindutva, and challenges we face as Yuvatis. A Karyashala on sustaining the environment was also well received.

The Shibir was concluded with a Samarop by Smt. Ritu Vadhera our Kendrya Bauddhik Pramukh, which left everybody inspired. The whole event was well appreciated and the pictures say it all.

Reading Nagar Shakhas Explore Renewable Energy



On 10th May 2025, a group of enthusiastic young learners from Shakti Bal Gokulam, Hanuman, and Nivedita Shakhas of Reading Nagar embarked on an inspiring educational journey to the Wind Turbine facility at Green Park, Reading. The visit offered a unique opportunity for children aged 8 to 14 to explore the world of renewable energy and understand its crucial role in shaping a sustainable future.

The highlight of the visit was an engaging and age-tailored educational session led by the Site Operations Manager, a seasoned expert in the renewable energy sector. The session was filled with fascinating facts, live demonstrations, and interactive discussions that brought the science behind wind turbines to life.

| OTHER NEWS



Following the visit, Shakti Bal Gokulam children participated in a bauddhik session that included visual aids for various examples of renewable energy beautifully integrated with Hindu teachings with environmental awareness and sustainability, reinforcing the message that caring for the planet is both a scientific and spiritual responsibility.



Yoga Day at the Birmingham High Commission of India

ASHOKA CHAKRA - WHEEL OF DHARMA



Our very own Madhuji Gowda, Bauddhik Pramukh West Midlands, and a Yoga Expert took a special session with children at the High Commission of India in Birmingham. Her passion for spreading

wellness and mindfulness to the next generation is truly commendable!

The session involved innovative ways of teaching yoga and culture to young ones.

After the yoga session, she led the Bhojan Mantra before having food



Sewa work

PHOTO BY DIVA PLAVALAGUNA FROM PEXELS



| SEWA WORK

CAMBRIDGE NAGAR HSS SEWA WALKATHON FOR CAMBOURNE VILLAGE COLLEGE

WEDNESDAY 11TH JUNE,

Cambridge branch of HSS(UK) presented a cheque of £280 to Cambourne Village College.

The funds were collected through a sponsored walk through the country paths of Cambourne as part of the annual HSS Sewa project.

Sewa is the Sanskrit word representing the act of giving without the expectation of receiving anything in return. The cheque was received by Miss Emily Gildea, Vice Principal, on behalf of the school.



Essential reading

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

AHIMSA ≠ PACIFISM

THE TRUE MEANING OF NON-VIOLENCE IN SANATANA DHARMA

In the modern world, Ahimsa is one of the most misunderstood concepts from the Hindu tradition. Often equated with blanket pacifism or passive tolerance, it is quoted in isolation and weaponized to guilt victims into submission. But when correctly understood in the framework of Sanatana Dharma—roughly translatable to Eternal Sustainability—Ahimsa is not about inaction; it is about righteous, sustainable action.

What Is Violence, Really ?

Violence is not just an act of physical aggression. It is an unjust harm that threatens the balance and integrity of individuals, families, cultures, or civilizations. Harm can be systemic, ideological, psychological, or economic. A punch is violent, yes—but so is sustained indoctrination that teaches a child to hate their culture or a narrative that urges a community to remain passive in the face of annihilation.

Withholding necessary defense is also violence. If you see evil and do nothing, you are no longer neutral—you are complicit.

Defense Is Not Violence. It Is Survival.

Every living organism, every culture, and every civilization survives because it knows how to defend itself. Inaction in the face of attack is not nobility. It is decay.

When Arjuna hesitated to fight in the Mahabharata, it was not because he was immoral—but because he was overwhelmed by emotional pacifism.

| ESSENTIAL READING

He looked at his own family—cousins, elders, teachers—and thought of laying down his arms to walk away from the war.

But Lord Krishna, standing for Dharma, did not praise this surrender. Instead, he chastised Arjuna's weakness and reminded him of his sacred duty to uphold righteousness—even if it meant waging war.

**“Klaibyam mā sma gamaḥ pārtha naitat tvayy upapadyate /
Kṣudraṁ hr̥daya-daurbalyaṁ tyaktvottiṣṭha paraṁ-tapa”
(Bhagavad Gita 2.3)**

"Yield not to this unmanliness, O Arjuna! It does not befit you. Abandon this petty weakness of heart and arise, O scorcher of enemies!"

Krishna further explains that failing to act in the face of Adharma is not virtue—it is failure. Arjuna's reluctance may have appeared moral on the surface, but it was rooted in emotional confusion. True Dharma demanded action—not for revenge, but for justice and the protection of the world's moral fabric.

The Takeaway for Hindu Parents and Youth

To all Hindu parents and children: Ahimsa is not about being soft. It is about being sustainable.

Do not allow the sacred idea of non-violence to be reduced to passivity.

Teach your children to distinguish between:

Unjust violence, which must be avoided

Just defense, which must be upheld

Moral confusion, which must be cleared



Sangh Mail Articles Submissions !

Got something to share? We're all ears!

We've made it easier than ever to send us your news and articles! Just follow the steps in our new form and make sure everything's filled out properly.

To give your submission the best chance of being published in the next edition, please follow the guidelines carefully—and don't forget to include high-quality images or videos.

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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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