



MAY 2025



SANGH MAIL

Empowering Our Youths Sangathan 2025

‘Encouraging Team Spirit and Setting New Challenge’

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| MAY 2025

In this edition

01 London
Marathon

03 Sewa
Work

02 Other
news

04 Y3
Peaks

05 Essential
reading



| LONDON MARATHON

Youngsters Run For Sewa UK

The 45th running of the London Marathon, a world-renowned race, took place on Sunday 27th April.

As part of the empowering of youths, this was one challenge that was not going to be overlooked.

'Youngsters' prepared well in advance.

In the spirit of community support, they also raised funds for Sewa UK charity.

Well done to all the following and also to Krishan Attri Ji for helping with the fundraising support.

KARAN 11281

DHARMESH 70661

NEELAM 73426

TANIKA 12070

KRUTI 29276

ATUL 59336

RISHI 34573

RUPEN 73611

VARUN 45101



**£23,506.62 raised of
£25,000.00 target by
405 supporters**

£19,978.70 donated plus £3,527.92 in GiftAid

**Click here to
Learn more about
the Campaign**





Other news

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

My Journey to Standing up for Amersham Councillor



On 1st May 2025, I had the humbling opportunity to stand as a candidate for the local town councillor elections. Throughout my experience, I learnt the importance of representing my town and community, and that we need to step forward, not just as voters but as candidates, organisers and informed citizens to ensure our voices are heard. It was not all about winning but a learning curve about understanding the concerns of the locals while door-knocking but also learning to articulate your vision and thoughts to them.

Looking back on my journey, UK Parliament Week played a significant role in helping me to engage with politics and understand what it's all about. It encourages people of all ages to engage with democracy, to understand how Parliament works, and most importantly, to realise that their voices matter. For me,

| OTHER NEWS

participating in events around UK Parliament Week — discussions, debates, and learning how the layers of governance operate — helped me to get a more holistic view and sparked an enthusiasm to participate in local elections.

In Sangh we naturally carry the ethos of Sewa and standing up for the local elections was an extension of this into the wider community. Being in a position as a councillor is where dedicated individuals can make a tangible difference from planning community events and environmental policies to up-keeping the shared spaces. Hence younger Swayamsevaks and Sevikas should pay more attention during the UK Parliament Week and if they have an interest in public service should ask questions, be aware, raise their voices and consider standing up for candidacy.



Peterborough Civic Awards for our Karyakartas

A very proud moment for Samskriti Pariwar Shakha of Peterborough. Three of the karyakartas were recognised for their exemplary dedication and service to the community.

They were presented with the Peterborough Civic Awards at a special ceremony. Shri Gangadhar Aladakatti, Nishant Sharma, and Raj Yadravi received the awards, dedicating them to the collective efforts of the shakha.

A big pat on the back to Aryan Nahada for receiving the Civic Award for Young Persons. He is an active member of the Peterborough Youth Council and a big inspiration for the younger generation.





| OTHER NEWS

Slough and Maidenhead HSS Sewa Walkathon for ‘Slough Outreach’

The bright and sunny Sunday morning of 27th April 2025, brought together families and friends from the four Shakhas of Slough and Maidenhead as well as the wider community in a spirit of unity and selfless service. The event saw an enthusiastic turnout of 200 participants of all ages walking together to raise funds for Slough Outreach, a local charity dedicated to supporting the homeless and vulnerable.

The generosity and commitment displayed by all involved was truly heart-warming and resulted in raising over £1800.

| OTHER NEWS

The donations also included substantial funds raised by Aumkar Shakha, Maidenhead during their recent Holi celebration, a donation box initiative at the Slough Hindu Mandir by a devotee as well as a team of Sevikas selling a range of home-cooked Indian sweets and savouries.



The walkathon was attended and supported by the Mayor of Slough, Councillor Balwinder Dhillon, the MP of Windsor Mr Jack Rankin, a Trustee and volunteer of Slough Outreach George Torpey, as well as several Slough councillors.

The Mayor commended HSS (UK), “Today’s event in support of Slough Outreach is a shining example of true community spirit.”

Jack Rankin, MP, focused on values and actions speaking louder than words. “Your value of Sewa, of selfless service – all your fundraising activities, are a definition of selfless service. Keep on living your values every single day.”

George Torpey expressed his gratitude by saying, “We get out there as much as we can. It wouldn’t be possible without the support of organisations like yours. We are very pleased to be working in partnership with HSS Sewa. What amazing dedication and turnout today! Thank you.”

|OTHER NEWS

The morning concluded with a delightful community picnic where families sat together, and shared food followed by a fun-packed hour of games in the park.

The dedicated support of our Sangh families, volunteers and generous donors made this event memorable and impactful and truly demonstrated Sewa for our society.



North West & Northern Ireland Vibhag Yuvati Shibir

The Yuvati Shibir was held in Sale, Manchester. 36 Yuvatis from 6 Shakhas attended.

Some innovative and practical ideas were developed, on how to reuse some household products before recycling them or worse discarding them.





| OTHER NEWS

West London Yuvati Shibir

67 Sevikas from 14 nagars attended the West London Yuvati Shibir on the 17th of May 2025 at Hounslow. The day started with yummy tea and breakfast followed by welcoming all the Sevikas with a couple of ice-breaking activities to gear all the Sevikas for a shakha-actions-packed day ahead.

A Maha Khel item with 6 different and exciting games depicting teamwork, strength, and speed was the highlight of Shareerik. The 'Environmental Karyashala' on Panch Mahabhoota allowed the Sevikas to display their arty skills.

The action filled day blissfully ended with a meditation session. The Samarop bauddhik inspired all to work for all around, Sewa, Sangathan, and Sanskar.

Sangh Prarthnaa Abhyas

Mums Make It Easy - The Leicester way

Over the past five weeks, eight families came together virtually for a special training program focused on mastering the Sangh Prarthana.

Conducted weekly via Zoom, this initiative provided a platform for participants to learn, practice, and perfect their recitation.

The training sessions were filled with enthusiasm, passion, and a shared spirit of learning. Families dedicated their time and energy, ensuring that each session was a step closer to mastering the Prarthana with confidence and devotion.

In the final week, a joyous celebration was held where all participants gathered in person at the Leicester Karyalaya. The event was filled with food and fun, creating a lively and memorable atmosphere.

Inspired by the Leicester Nagar Karyawaha Team, the Mums made the event truly a success. So we honoured them with a book on the life of Vandaneeya Mausiji.

The spirit of the program is beautifully captured in the motto:
"Each one - Reach one, each one - Teach one, until we are all taught."





Sewa work

PHOTO BY DIVA PLAVALAGUNA FROM PEXELS



| SEWA WORK

FINCHLEY NAGAR 10K HSS SEWA WALKATHON FOR 'HOMELESS ACTION' - BARNET

In a heartwarming show of community spirit and selfless service, Finchley Pratap & Shakti Shakha teamed up with the Depala Community. More than 170 participants came together on Friday 25th April 2025 for a 10km Charity Walk, eventually raising more than £2,000 for Homeless Action in Barnet.

Participants were reminded of the importance of 'Sangathan Mein Shakti Hai', and that this was not just a walk to raise money, but a reminder of the strength found in unity. This walk served as a reminder that it is important to give back to our local community in Barnet. This is how we practice being a Hindu in today's world.

The Mayor of Barnet, Councillor Tony Vourou, officially launched the event and offered words of encouragement to participants.

"What the Hindu community is doing at tonight's fundraising event is tremendous. You're not the biggest community in Barnet, yet you do all this hard work. I think it's brilliant and I am inspired by the youngsters who are committed and knowledgeable. You're here tonight instead of sitting on the sofa watching the TV and that is tremendous. Well done!"

| SEWA WORK



Marcin Nocek, the Night Shelter Coordinator from Homeless Action in Barnet joined us and expressed deep gratitude for the community's efforts and how the donation would help the charity to support many people facing homelessness in the borough.

The atmosphere throughout the walk was filled with positivity, unity, and a shared commitment to making a difference. Participants went home feeling inspired and understanding the importance of strengthening bonds within the community and reaffirming a commitment to service.

A special thanks to Finchley Victoria Bowling and Croquet Club for allowing us to use their facilities to host the event!

Following the success of the evening, we hope to make the charity walk an annual tradition, continuing to put the value of Sewa into meaningful action.



HALF TERM SCHOOL HAMPERS FROM SEWA DAY CHELTENHAM

Cheltenham Sewa Day team was humbled to provide May Half-Term food parcels to children on the Free School Meals register.

Sharing food reminds us of the power of community and the importance of supporting every child's well-being!

Sewa Parmo Dharma_ [#NoChildLeftBehind](#)

MAY2025 HALF-TERM APPEAL EXECUTED BY SEWA DAY AT CHELTENHAM





1) Widden Primary, Gloucester

2) Rowansfield Junior

3) Gardeners Lane school

4) Oakwood Primary

5) Hesters Way school


6) Springbank primary

7) St Mary's Churchdown


8) Swindon Village Primary


9) St James CoE School

10) St Thomas More School



 SEWADAY.ORG

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DURGA SHAKHA'S VISIT TO LAKESIDE CARE HOME

A Heartwarming Coffee Morning



On 27th April, six Sevikas from Durga Shakha, Reading, took part in a special coffee morning at Lakeside Care Home, spending time with elderly residents — including those living with dementia. On 27th April, six Sevikas from Durga Shakha, Reading, took part in a special coffee

morning at Lakeside Care Home, spending time with elderly residents — including those living with dementia.

The morning was filled with joyful activities such as singing, dancing, colouring, puzzles, and finishing familiar phrases. These simple interactions brought smiles, laughter, and a sense of warmth to everyone involved. With care and patience, the Sevikas gently encouraged participation and made each resident feel included and valued.

We also supported the care home team by helping prepare and serve tea and coffee and ensuring the space was left clean and tidy. The staff expressed their heartfelt thanks, sharing that our presence made it possible to bring more residents down to enjoy the morning — something they're not always able to do. They have kindly invited us to return.

This visit was a beautiful reminder of how small acts of kindness can make a big difference. We are truly grateful for the opportunity and look forward to continuing this journey in the spirit of sewa with compassion and joy.



| SEWA WORK

BIRMINGHAM SEWA DAY *HALF-TERM SCHOOL HAMPERS CAMPAIGN*



- As with every Half Term, Sewa Day Birmingham provided food hampers to 21 schools.
- These hampers are distributed to children of families on low incomes.
- A sixth-form school, one family center, and the rest to infant and Junior schools.
- 49 volunteers signed up to come early on Sunday morning 18th May, to make the 316 hamper boxes.

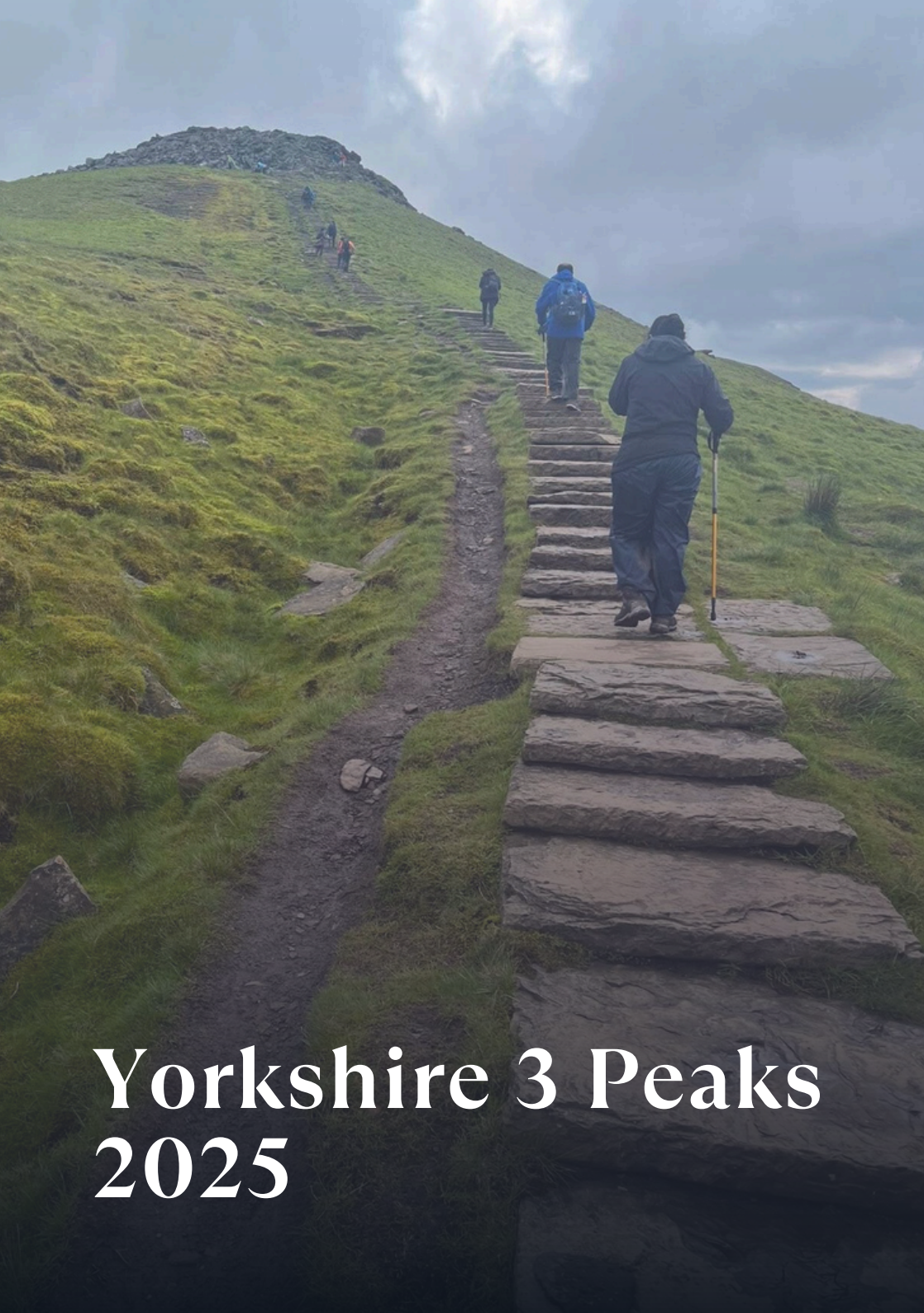
These were all delivered the next day. Sponsor on the day where Suraj Sweet Centre and Practical Van Hire. Shree Ram Mandir as always had hosted the event.

| SEWA WORK



Gracing the event was West Midlands Mayor, Richard Parker.

'The community spirit in the West Midlands is unmatched. This half-term, I visited Sewa Day West Midlands at Shree Ram Mandir Birmingham to see how they're supporting families with food hampers. While this work is vital, we must go further - by tackling the root causes of food poverty.'



Yorkshire 3 Peaks 2025



Y3Peaks Challenge 2025

CTA

Charity Through Adventure

STATISTICS

Sunday 25 May 2025

Total Attendance	617
3 Peaks Completed	213
2 Peaks Completed	116
1 Peak Completed	273
Volunteers non-walking	15

FUNDRAISED TO



£ 15,069

inc gift aid tax relief.

In aid of Sewa Int. UK.
On top four walkers raised
just over £1000 for
Dementia charity.

There were
many first-timers
and a few from ages
8 to 11 who
completed the
full 3 peaks.

THANK YOU

All Donors, CTA Volunteers, and
Participants for making Sunday 25th May,
a memorable day.

**“Do not lower your goal to the level of your abilities.
Instead, raise your abilities to the height of your goal”**

MY EXPERIENCE

HARSHAL GOLATKAR MILTON KEYNES SHAKHA



'Set Yourself Small Goals and Try to Achieve Them'

Thanks to our Shakha Karyakartas whose Sanskar-driven approach lifted us all from a slumber of daily routine, to join this adventure.

It was my first time doing anything like this—and honestly, it was tough, exciting, and truly unforgettable.

To prepare, I focused on building stamina and getting mentally ready. Thankfully, our shakha already helps with this through regular yoga sessions, Surya Namaskar, and other techniques. I added on some evenings, extra cycling, and leg workouts, and climbed staircases regularly.

But no matter how much you prepare, nothing fully gets you ready for climbing Pen-y-Ghent, Whernside, and Ingleborough - that's 25 miles in under 12 hours. It's a serious challenge.

Surprisingly, the first challenge hit me just 15–20 minutes into the hike. The ascent started right away and didn't stop until the first summit. I was sweating heavily and thought, "I'm not even going to make it up the first peak... forget about three!" I felt completely exhausted within the first hour.

| Y3 PEAKS

But thanks to the tips shared by our leaders. I decided to slow down, take deep breaths, and set small goals. I told myself: “Just get to that rock... now that bend...” And one important reminder: don’t compete with others.

Just because someone else is going faster doesn't mean you need to. Trust me, those same people might be resting at the second peak while you're still going strong.

Give your body time. Take it one peak at a time.

That shift in mindset helped me reach the first summit—and yes, I might’ve started a bit behind, but I reached the top on time. It was windy and rainy, and the clouds covered everything. But seeing Ramnikji at the end of 1st doing Sewa felt like a moment straight out of a storybook. (These ppl have done 3 peaks a day before and are now helping others).

This journey is like life - you’ll meet people smiling, struggling, encouraging, and pushing through their personal battles. That first summit gave me a big confidence boost. I knew I could keep going and complete all 3.

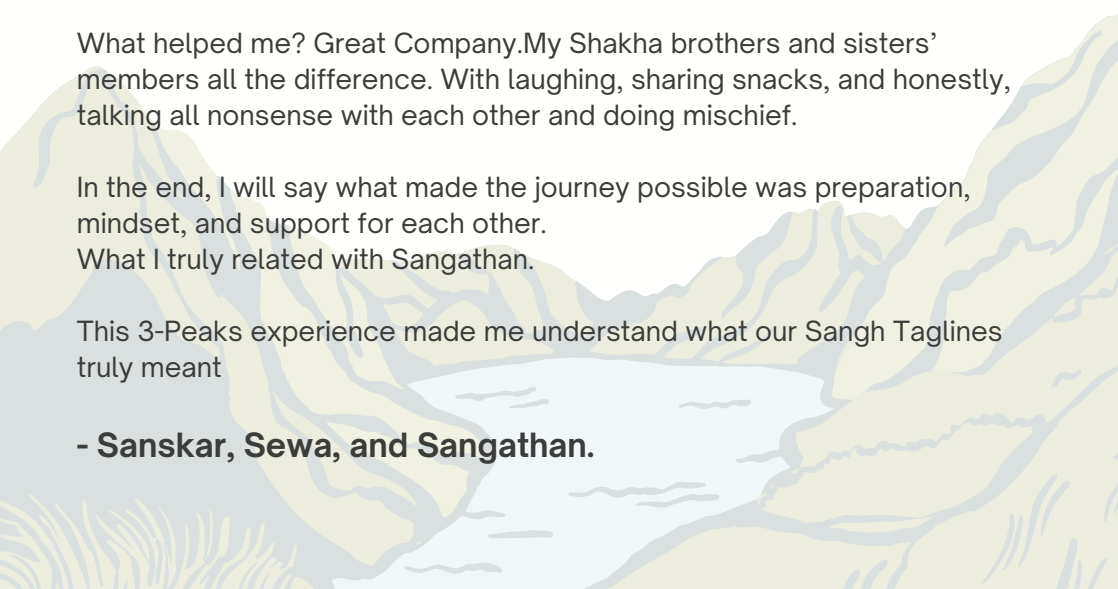
The second big hurdle came later in the day. My energy dropped, my legs were sore, and we still had another peak left. I started doubting myself.

What helped me? Great Company. My Shakha brothers and sisters’ members all the difference. With laughing, sharing snacks, and honestly, talking all nonsense with each other and doing mischief.

In the end, I will say what made the journey possible was preparation, mindset, and support for each other.
What I truly related with Sangathan.

This 3-Peaks experience made me understand what our Sangh Taglines truly meant

- Sanskar, Sewa, and Sangathan.





Essential reading

PHOTO BY REY SEVEN ON [UNSPASH](#)

GURU POORNIMA

**Jīvane yāvadādānaṃ syāt pradānaṃ tato'dhikam ityeṣā
prārthanāsmākaṃ bhagavan paripūryatām**

The principle of giving more than we receive is the ideal for life. O Lord we pray to You to fulfil this prayer of ours.

'Bhagwa Dhwaj, the greatest national symbol, signifies sacrifice, knowledge, renunciation, and service. Real worship is to become the Guru himself.'

Sri Guru Poornima, which is also called Vyasa Poornima, is an occasion of great significance and sanctity for us. It was the great sage Vyasa who classified and organized the vast storehouse of knowledge, the Vedas.

He highlighted the sublime virtues and values of life evolved in Bharat Varsha over the ages and offered a beautiful synthesis of thought and practice, embedded therein. His work stands as a lighthouse of guidance not only for our countrymen but for the entire humanity. Veda Vyasa, therefore, is rightly called Jagad-Guru, the world preceptor, it is because of this, that Guru Pooja is also known as Vyasa Poojan.

On this day we offer worship to our Guru, whoever he may be, and place at his feet our humble offering. We seek his blessings and resolve to march ahead on the path of our life ideal in the light of his guidance.

So far as our organization is concerned, we have not looked upon any particular individual as the Guru. Our scriptures have eulogized in glowing terms the qualities of the Guru and placed him on a pedestal equal to God Himself.

| ESSENTIAL READING

Naturally, it would be impossible to find such a Guru in the person of any human being. No mortal can ever be expected to be perfect, without any blemish or shortcoming. A human being is a fleeting entity. He can't be a permanent guide for a nation from generation to generation.

We, In Sangh, have therefore chosen a symbol, which would at once reflect the highest, and the noblest in our national heritage. And that is the sacred Bhagwa Dhvaj.

Yagna Symbolised

Yagna - sacrifice - Occupies a pivotal position in our cultural heritage.

The term yagna carries several meanings.

Offering one's individual life as the cause of social regeneration is Yagna.

To offer as oblation all that is unworthy, undesirable, and unholy in us in the fire of virtues, too, is Yagna. And to take to a fiery path of dedication, sacrifices, service, and penance is the very essence of Yagna. The presiding deity of Yagna is fire. Flames represent fire and the sacred Bhagwa flag is the symbol of the orange-colored sacrificial flames.

Flag of Bhagwan

We are the devotees of Shraddha (faith) and not of superstition. We are devotees of knowledge and not of ignorance. Our seers and sages did severe penance to get rid of ignorance and to attain the light of true and everlasting knowledge. Darkness represents ignorance and the sun represents light or knowledge. In our ancient literature, the sun - Suryanarayana - is described as sitting in a chariot drawn by seven horses. And before he arrives in the sky, the saffron-colored flag fluttering from his chariot appears on the eastern horizon in shining colors.

| ESSENTIAL READING

It is symbolic of the saffron hue or the eastern effulgence at sunrise, dispelling darkness and heralding the coming of daylight. That flag of Bhagwan Suryanarayana is the flag of Bhagwan -God - Himself. That term later became Bhagwa Dhvaj.

The highest stage of human development is represented by the fourth and final ashram, the Sanyasa which demands a spirit of total renunciation and service. The Sanyasi has to tread unflinchingly on the fiery path of self-sacrifice. And as a constant reminder of his sacrificial life, the Sanyasi wears the Bhagwa.

True Worship

Thus, Bhagwa has been the symbol of the highest principles and practices that evolved over the ages in this sacred land.

Now, what is the attitude that we cherish while worshipping such a Guru? Offering flowers, sandal paste, and waving lights form only the externals. The true import of worship, however, lies in trying to assimilate in our life the qualities symbolized by the Guru. Thus, to become more and more identified with the Guru himself would be the real worship. There is an old saying, which says that he who worships Shiva should become Shiva himself - Shivo Bhutva Shivam Bhajet.

The offering that we make on this day of Guru Pooja in the form of money is to remind ourselves that the earnings that we make all our lives are made possible because of the cooperation of society around us. Not only the financial earnings but our entire security and happiness is a thing vouchsafed by society. As such it becomes our duty to pay back that social debt, to the maximum extent possible for us. The daily one-hour Shakha wherein we offer our body, mind, and intellect is intended to fulfill that social obligation in our daily life. It is in tune with this spirit of self-offering nurtured in Sangh that the system of Guru Dakshina also has evolved.

| ESSENTIAL READING

Madhukar Dattatreya (Alias Balasaheb) Deoras - A Life of Sacrifice

Having been initiated into the Sangh in his early teens, Sri Madhukar Dattatreya alias Balasaheb Deoras was a senior Swayamsevak in the 'Kusha Pathak', the group of youths that were fortunate to have been molded directly by P.P. Doctorji. Bal, as he was then known to all, had a brilliant school and college record. Due to his intimate interaction with Doctorji, his attitude underwent a radical change. Once convinced of the historical need of the Sangh work, he dedicated his heart and soul to it. After his post-graduation, for some time he was Pracharak in Bengal but later was designated to look after the Sangh work at Nagpur, which was the nerve center of the organization.

He was credited with inspiring hundreds of youths in Nagpur to become Pracharaks, whom he deployed to distant corners of the country. From being a bal gatnayak in his early career, his elevation to that of Sarsanghachalak, speaks for his maturity and insight into the organizational intricacies. Due to his long association with Doctorji, he had an accurate grasp of the latter's thinking, which in later years made him a master organizer.

In his 21-year-long tenure as the third Sarsanghachalak, the Sangh grew in leaps and bounds, with service activities of the Sangh also receiving particular attention.

He stood for the total eradication of untouchability, which is a deep-rooted bane of Hindu society. "If untouchability is not a sin, then nothing is sin in this universe"- this statement of his bears testimony to his firm conviction in this regard.

-Excerpts from 'Daksha' - HSS(UK) Bauddhik Vibhag

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.

We're excited to hear from you!



Follow us on Social media

Keep up with the latest updates and future events.



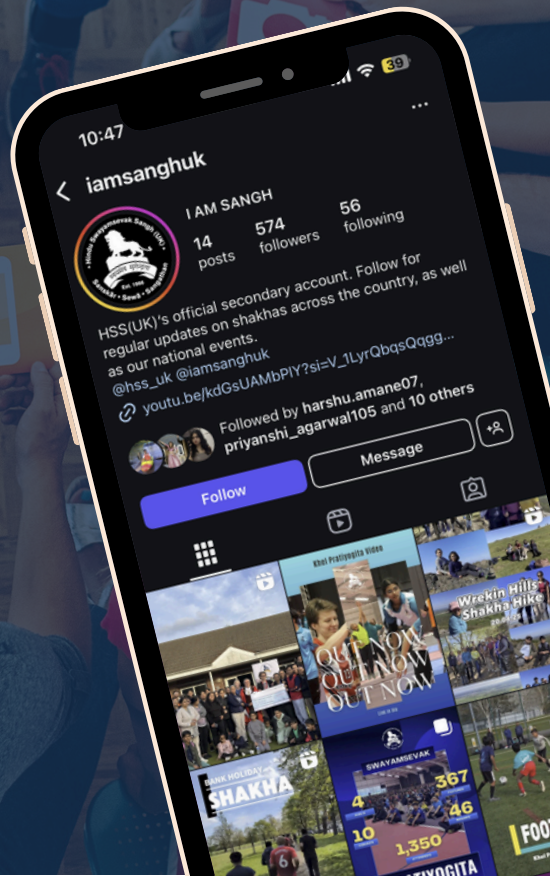
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We want to hear from you!

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



Provide a summary

Don't forget to include your Shakra 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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