



JULY 2025



S A N G H M A I L

UK Takes to the Mat

International Day of Yoga

2025

Promoting Global Health, Harmony, and Peace

INFO@HSSUK.ORG | WWW.HSSUK.ORG | REGISTERED CHARITY NO. 1202635

| JULY 2025

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| INTERNATIONAL DAY OF YOGA 2025

Yoga Day



**MAHADEV PARIVAR, CARSHALTON CHANAKYA
(SUTTON) PARIVAR, SUTTON& SUTTON MITRA MANDAL**

The Summer Solstice in the Northern Hemisphere. True to form, it was a blazing hot day.

The venue's twin halls were filled with enthusiastic people of all ages and sizes. We were led by two very serene but bendy Yogacharyas, Lipsa ji and Vishali ji. With melodious chants in the background, they went through the next hour, gently guiding the people through pranayam and other asanas.

We wound up the evening with some icy popsicles and healthy fruits. Each of us left the halls in awe of the awesome Eternally thankful to Rishi Patanjali.



| INTERNATIONAL DAY OF YOGA 2025

Yoga Day

 SHARDA PARIVAAR SHAKHA – WOKINGHAM



A Journey of Unity, Health, and Inner Peace

On Friday, 20th June, our community gathered with a shared spirit of health, harmony, and unity to celebrate International Yoga Day. Though our shakha is relatively new, it was heartening to see a large number of participants, reflecting the growing enthusiasm for physical and mental well-being within our community.

The session was gracefully led by Vikas ji Srivastava from Yogakulam, whose calm and confident guidance ensured that everyone—from young children as young as 5 years to seniors up to the age of 70—could participate meaningfully.

| INTERNATIONAL DAY OF YOGA 2025



The program included a holistic blend of basic stretches, asanas for flexibility and strength, pranayama for breath control, and a brief meditation to calm and centre the mind. Vikasji also shared insights into the benefits of each posture, making the session both physically engaging and intellectually enriching.


Yoga is the path to self-realization and harmonious living with the world around us.

The event concluded with a shared sense of fulfilment and a renewed resolve to carry the practice of Yoga into our daily lives—not just for a day, but as a continuous journey toward holistic well-being.



| INTERNATIONAL DAY OF YOGA 2025

Yoga Day

 VICTORIA SQUARE, BIRMINGHAM

On 21st June 2025, as part of the celebrations of International Day of Yoga came to Victoria Square, City Centre, Birmingham.

Around **400** people participated in the event.



| INTERNATIONAL DAY OF YOGA 2025

Yoga Day

 SUTTON COLDFIELD, BIRMINGHAM



The event was attended by the Mayor of Sutton Coldfield, Councillor Cindy Yip. Shri Arun Kumar, Vice Counsel HCI, and the deputy mayor of Sutton Coldfield. Well attended by over 70 people and blessed with full sunshine. Our very own Madhuben Gowda supported the event, with Shri Ram Vaidya ji and Shri Raveendra ji Surange in attendance.



| INTERNATIONAL DAY OF YOGA 2025

Yoga Day



 NEWBURY



On 21st June 2025, Bharati Shakha Newbury proudly celebrated International Yoga Day at Victoria Park, Newbury, continuing its tradition for the fifth consecutive year. This inspiring event was organized in collaboration with Newbury Town Council and Swasti Yoga UK, and was attended by over 100 participants, including distinguished guests Newbury Mayor Cllr David Harman and former MP Laura Farris.

The 2025 theme, “Yoga for One Earth, One Health,” highlights the deep connection between human well-being and the health of our planet. It reminds us that true wellness is only possible when we live in harmony with nature.



| INTERNATIONAL DAY OF YOGA 2025



The event featured group yoga sessions, breathing exercises, and community interaction, embodying the core values of yoga: unity, balance, and holistic living.

At the close of the event, Mayor Cllr David Harman addressed the gathering. He spoke highly of the significance of International Yoga Day and lauded Bharati Shakha Newbury for its consistent efforts in promoting wellness and community service.



He also highlighted the organisation's commendable initiatives, such as tree planting, litter picking, and hosting charity coffee mornings. The Mayor extended special thanks to Swasti Yoga UK for conducting the yoga sessions and contributing to the success of the event.

| INTERNATIONAL DAY OF YOGA 2025

Yoga Day

 SUNDERLAND



As the world came together to celebrate International Yoga Day, the Sunderland Veer Hanuman Shakha took this as an opportunity to strengthen community ties through yoga.

From first-time yogis to experienced practitioners, it was inclusive, bringing individuals from the local community.

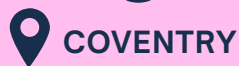
The highlight of the event was the Surya Namaskar. After completing the first round, the beginners were so inspired, they requested to repeat it. The joy of the moment was amplified when a person from the local community expressed a strong interest in continuing these sessions regularly,



The session blends physical and mental focus, with clear explanations of the movements, breathing techniques, and their purpose. Participants especially appreciated how accessible and informative it was, with several expressing that it helped them understand why yoga is more than just exercise.

| INTERNATIONAL DAY OF YOGA 2025

Yoga Day



Around 55 people across all ages, from kids to the elderly, enthusiastically took part. The opening introduction highlighted how Yoga is a gift from Bharat, along with its benefits and the importance of integrating yoga into our daily lives. The main yoga session consisted of light stretches to loosen muscles and joints, followed by basic asanas suitable for all ages, pranayama and breathing exercises, and a short meditation session. Finally, the yoga session ended with a short burst of laughter yoga! This wasn't just a yoga event, though; it was an introduction to new habits and positive change.





WORLD BUSINESS

Other news

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

New Parivaar Shakha in Bishopbriggs



We had an excellent start to our new Parivaar Shakha (Weekly) on Sunday, 29th June, in Bishopbriggs, Glasgow.

There was great enthusiasm and participation, with around 45 attendees.



Activities enjoyed by all included warmups, Khel, and Bauddhik.

The Shakha was also an opportunity for families to connect and get to know each other.

A name for Shakha will be confirmed soon.

Shikshak Vandan Diwas



NEWBURY NAGAR

TEACHER'S APPRECIATION DAY



A diverse group of students, ranging from nursery to A-level, played a crucial role in the event by inviting around 35 teachers from various schools across Newbury. During the program, students expressed their gratitude by felicitating their teachers, acknowledging their dedication, and seeking their blessings. The teachers, deeply touched by the appreciation, expressed heartfelt gratitude to the organizers for arranging such a meaningful event.

The celebration saw an impressive turnout of approximately 200 attendees, including teachers, students, and parents. The event successfully reinforced the cultural value of respect for teachers and highlighted the importance of education in shaping young minds.



| OTHER NEWS



The Bharati Sakha and HSS continue their efforts to foster community engagement and uphold the traditions of Guru-Shishya (teacher-student) reverence. The success of this year's Guru Vandana Divas sets a strong foundation for future celebrations, inspiring students and teachers alike.



| OTHER NEWS

West Midland Yuvati Shibir 2025

TAMASO MA JYOTIRGAMAYA

The West Midlands Yuvati Shibir, held on June 22nd, 2025, in Birmingham, was a resounding success. The event brought together 63 sevikas from 5 nagars, fostering bonding, learning, and fun. The sevikas participated in various activities, including yoga, thought-provoking discussions on Hindutva, and engaging games.

A role-play activity highlighting environmental conservation and a fun-filled "Megha Sandesh" session added to the excitement. The event concluded with an inspiring baudhik session by Neelima Cheerlaji, leaving a lasting impact on all attendees. The newly joined yuvatis provided positive feedback, praising the event's impact and inclusivity.

Special thanks to the Vyavastha team for ensuring a smooth and successful event. The West Midlands Yuvati Shibir was a memorable experience that strengthened bonds among sevikas and promoted a sense of community and purpose.





| OTHER NEWS

Telford Aadarsh Parivaar Shakha hosts 'Vaani' Contest

On 27th June 2025, we had the pleasure of organising a Ramayana-themed 'Vaani' speech competition at Telford Aadarsh Parivaar shakha that brought together participants of all ages in a vibrant celebration of our cultural and spiritual heritage. The purpose of the event was to nurture public speaking skills (Vaani meaning eloquence in words) and intergenerational dialogue, through encouraging reflection on the moral lessons, character values, and timeless relevance of the Ramayana, which we had been focusing on during Bauddhik over the past two months. The speech competition was judged by two esteemed judges, Prashant Ji Ravi from Shrewsbury and Kajol ji Desai from Leicester, who both had significant public speaking experience.

| OTHER NEWS

Participants were judged based on the following criteria:-

- Clarity of purpose/message - does the speech contain a clear message and purpose?
- Audience engagement - does the talk engage?
- Content quality - does the talk showcase research and deeper thought into the subject matter?
- Eloquence - how has the speaker utilized pitch, pause, pace, posture, and passion in their delivery?
- Timing - has the talk been concluded within the allocated time of 5 minutes?



Participants ranged from young children to senior citizens, each bringing their unique perspective and enthusiasm to the stage, with the variety and depth of the speeches highlighting how the epic continues to inspire across generations.

The following list details the speakers and topics:- Primary school (all aged between 4 and 6 years old and given a participation prize):

- Aditya Mehta: What I like about Ram and Hanuman
- Tavish Patil: Ram Rameti Mantra
- Neevan Singh Mallick: My favourite character in the Ramayana
- Madhura Shenoy: How Hanuman got his name

| OTHER NEWS



Secondary school:

- Hriday Patel: Truth (Satya) and the Ramayana
- Srujay Bogaram: Jayatu
- **Neel Patel: Importance of Ramayana in the present era (winner)**
- Sanisa Golar: Agni
- Pariksha Rutvi Shah: Manthara

Over 18:

- Maahi Patel: Jatayu and Sampati
- Nagesh Shenoy: Lessons from the Ramayana for us today
- Nehal Patel: Sri Ramcharitmanas and Tulsidas
- Pankaj Shah: Bharat, an unsung hero of the Ramayana
- Priya Golar: The battle between Ram and Ravana
- **Heena Patel: Rishi Valmiki (winner)**

The event left a lasting impact on all who attended. Audiences and speakers came away enriched, inspired, and with a renewed appreciation for the values of truth, duty, humility, and resilience. The competition not only enhanced public speaking and critical thinking skills but also served as a meaningful reminder of the guiding principles and ancient wisdom that the Ramayana offers for personal growth and societal harmony.

Hindu Mandir Network Invited to Shri Swaminarayan Mandir Murti Pratishtha Ceremony



Shri Swaminarayan Mandir (SMVS) in Kingsbury, North London, invited Hindu Mandir Network(HMN) to the 'Murti Pratishtha Ceremony' on Friday, 25 July 2025.

HMN Coordinators for North London, Shri Krishnakant Kapadia and Shri Vinoobhai Wadher, were invited to take blessings and to garland HDH Swamishri. Honoured to attend, it was the first day of the Three-day function held in a large School hall attended by over 4000 devotees.





Sewa work

PHOTO BY DIVA PLAVALAGUNA FROM PEXELS



| SEWA WORK

HSS SEWA RUGBY WALKS FOR MYTON HOSPICE

Rugby Shakha undertook our annual Sewa Walkathon around Draycote Water, followed by the much-loved post-walk picnic.

Great fun was had by all - 85 walkers this year.

A total of £1081 was raised for this year's chosen local charity, Myton Hospice.





| SEWA WORK

HSS SEWA COFFEE MORNING FOR VICTORIA PARK NURSERY

The historic Newbury Town Hall came alive with warmth and generosity on Saturday morning as residents, local dignitaries, and volunteers gathered for the annual Charity Coffee Morning, jointly organised by Hindu Swayamsevak Sangh UK (HSS) and Sewa Day.

In just two hours, the event raised an impressive £2,000, which will go directly towards building the required infrastructure that would help create a better learning environment for so many children at Victoria Park Nursery School.

| SEWA WORK



Now in its fifth year, the charity coffee morning has become a much-anticipated fixture on the local calendar, supporting causes close to the heart of the Newbury community.

This year's event was attended by several distinguished guests, including former MP Laura Farris, Deputy Mayor Cllr David

Harman, Cllr Nigel Foot, Cllr Gary Norman, and Cllr Sarah Slack, who all praised the organisers for their continued dedication to local causes.

With steaming cups of coffee, home-baked cakes, and a strong sense of purpose, the morning offered more than just fundraising — it fostered connection, kindness, and a shared commitment to making Newbury a better place for all.

| SEWA WORK

Deputy Mayor Cllr Slack expressed her gratitude on behalf of the council:

“Nigel and I would like to thank you and everyone involved in organising the recent fundraising event for the Victoria Park Children's Nursery School tepee. The food at the coffee morning was delicious.



As a result of your hard work, dedication and kindness, the nursery will have a wonderful tepee, creating a safe, outdoor space where the children can enjoy fun learning and playing.

True to your 'selfless service' motto, your fantastic support for our community is greatly appreciated.”

The staff and leadership of the nursery school were equally touched by the gesture. Miss Lynda Shepherd, Headteacher of Victoria Park Nursery School & Family Hub, shared:

"We are incredibly grateful to the SEWA charity for their generous donation. We are very proud of our outdoor spaces at Victoria Park Nursery School and this funding will be instrumental in our continued commitment to outdoor learning, enabling us to enhance the gardens and provide further opportunities to develop children's communication skills and creativity among many other things. We cannot thank the charity enough for choosing to support us."



HSS SEWA EDINBURGH VALMIKI PARIVĀR SHAKHA WALKS FOR CHAS

On the bright morning of 31st May, over 60 spirited participants gathered at Holyrood Park to take on Edinburgh's iconic Arthur's Seat — all in support of a noble cause. Organised by HSS Edinburgh as part of our annual charity walk, this year's goal was to raise £555 for CHAS (Children's Hospices Across Scotland), a charity that provides vital support to children with life-shortening conditions and their families. This is 2nd year in a row we are supporting this charity with fundraising.



Starting at 10:30 AM, the group — made up of Swayamsevak/Sevika of all ages, from young children to parents, and even a few enthusiastic pets — began the steady climb to the summit. With every step, the sense of community, purpose, and seva grew stronger.

| SEWA WORK



Reaching the top together was both a physical and symbolic achievement, reminding us of the collective strength we hold when united by a meaningful goal. At the summit, the group paused to take a celebratory photo with Edinburgh's breathtaking skyline as the backdrop.

After descending, everyone gathered for well-earned snacks and conversation, reflecting on the morning's accomplishment and the impact of our contribution.

This walk has now become a cherished annual tradition for HSS Edinburgh, reinforcing our values of service, unity, and physical well-being. We are proud to continue supporting CHAS and look forward to next year's walk with even greater enthusiasm.



HIGH WYCOMBE SHAKHA VOLUNTEERS AT HARE KRISHNA TEMPLE – ISKCON



The HSS High Wycombe team of 55 members, aged 8 to 60, participated in a fulfilling Sewa activity at the Krishna Temple in Watford.

They were engaged in a day of service, devotion, and learning. The day began at 10 AM with Seva activities, followed by a soulful Aarti at 12:30 PM inside the temple and Prasad at 1 PM.

The contingent was divided into three teams of 20 to support 3 Sewa activities.

1. Farm – harvesting and planting vegetables
2. Temple garden – tidying and planting flowers
3. Kitchen – preparing samosas and cleaning

We got involved in the Farm where we planted beetroots. It was a grounding experience of getting your hands in the mud to dig, clean and plant the saplings. I was impressed with the support we received from all ages 10-50 years old. There were other volunteers of ages 7 years old.

A few sevikas were engaged on harvesting red amaranthus. It was good to see those bunches ending up on the stalls to be sold to raise money for the temple.

The team in the garden was made up of Swayamsevakas, Sevikas, Yuvati and Yuva to help clearing the leaves and planting flowers.

Another team supported the kitchen to prepare some samosas.

After lunch, the group enjoyed a temple tour at 2 PM, followed by a more extensive visit to the main building and grounds, including the serene temple gardens, the cow protection centre (go-shala), and the woodland walk, making the day a holistic experience of selfless service, spiritual upliftment, and community bonding.



COMMUNITY SPIRIT SHINES AT LEAMINGTON HALF MARATHON



On 15th June, the Ramkrishna Parivar Shakha once again demonstrated its unwavering commitment to community service by actively participating in the Leamington Half Marathon. This marks the fifth consecutive year of volunteering at the event.

This year's involvement was particularly inspiring. A dedicated team of 12 Parivar Shakha Sevaks and Sevikas volunteered at various stations including water distribution, medal handouts, and marshalling for the Kids Fun Run. Their enthusiasm and energy helped uplift the spirits of marathon runners and engaged the local community, truly embodying the spirit of Vasudhaiva Kutumbakam – the world is one family.

In addition to volunteering, 14 Swayamsevakas took part in the marathon itself, raising an impressive £5,000 towards the Shree Krishna Mandir reconstruction fund.

A total of 35 children from the Sanskar Baal Shakha joined the run and thoroughly enjoyed the experience. The event concluded with a cheerful medal distribution ceremony for the young participants.

This year's Sewa event was a beautiful blend of service, culture, and community spirit, leaving a lasting impact on everyone involved.



News from Other Dharmic Organisations

PHOTO BY DIVA PLAVALAGUNA FROM PEXELS



| OTHER NEWS

Yog-Kulam Teachers Training Course 2025

Week week-long Yog-Kulam Teachers Training Residential Retreat was conducted from 23 - 29 June 2025 in the scenic settings at Stone, Staffordshire. Over the next 12 weeks, online theory sessions will be conducted, followed by the Closing Ceremony in September 2025.

Here is a short write-up on his experience by Yash.

| OTHER NEWS

Yash Hirani's Anubhav

I've always wanted to do a yoga course, not just for the asanas, but to see what it's like to live like a yogi. Last week, through Yog-Kulam, I got that chance, and honestly, it was one of the most amazing experiences I've ever had.

I went in thinking it would be a lot of yoga poses, with a teacher showing us what to do and us repeating them. But it was so much more than that. It wasn't just a teacher-student kind of setup; it felt much deeper than that. There was a real bond, like a guru-shishya connection but also something beyond. What I didn't expect was how much it would feel like a full-on lifestyle shift. There's a whole world within yoga, and I realised how important it is to explore that world for ourselves.

Our days started early at 7 am sharp with four hours of yoga. In the beginning, that felt impossible. A lot of us were overwhelmed, wondering how we'd even manage. But Hetalji and Devraji guided us so patiently, with so much love and care. Every little detail mattered to them, and they made sure we did everything properly. After just seven days, I already noticed my flexibility had improved.

The food was another thing I didn't expect to enjoy—but I did. At first, I wasn't looking forward to it. But we had such a good variety: fruits, millets, lentils, vegetables, simple but nourishing meals. Something I noticed when we eat the right food, our senses are more in control. It's like food becomes a second thought, rather than something we're constantly craving. That was very eye-opening.

We also had a few theory sessions where we dove deeper into the world of yoga— understanding the mind (manas), body, and how to balance both. Devraji and Hetalji were so clear and informative in everything they shared. They showed us not just physical techniques but also ways to fulfill ourselves internally. They gave us a yogi's Dinacharya, a daily routine which I plan to bring into my own life.

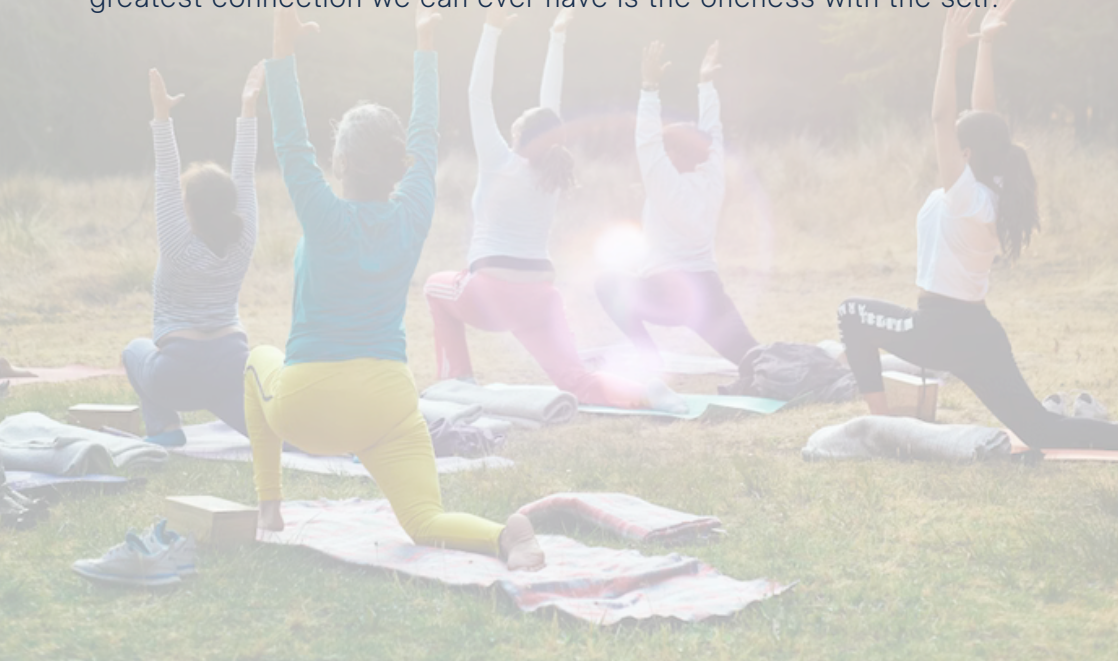
| OTHER NEWS

What stood out to me was how they explained the science behind yoga. They connected ancient practices with modern anatomy, showing how yoga helps with cardiovascular health, muscle recovery, and so much more. It made everything feel very real and applicable.

And I have to say something about Devraji and Hetalji. The impact they had on me was massive. They supported all of us with so much genuine care and love. Any questions we had, they explained with their full heart. Even the way they walked, talked, and carried themselves was all so calm, so composed. They're both Karyakartas from San Antonio, Texas, and travelled across the Atlantic just to teach us yoga. Out of their own will. That says a lot.

I'm going to stay in touch with them. And I'm grateful for the experience. It wasn't just a yoga course—it was a reminder of how powerful it is to slow down, look inward, and take care of your body, mind, and soul.

One of the biggest things I took away from this retreat is that the greatest connection we can ever have is the oneness with the self.





| OTHER NEWS

UTHO Annual Parivar Shibir 2025

– CELEBRATING YUVA

UTHO successfully hosted its annual Parivar Shibir on 6th July 2025, with over 300 enthusiastic members from the Telugu community in attendance. Themed "Yuva", the event focused on energizing and inspiring youth and families through a vibrant blend of STEM, Bharatiya knowledge systems, and cultural wisdom.

| OTHER NEWS

HIGHLIGHTS OF THE DAY:

For Youth (Age 12+):

- Inspiring Stories of Indian Scholars: Snapshots of scientific giants like Aryabhata, Ramanujan, Sushruta, and Charaka.
- STEM Challenges & Workshop: Interactive tasks and problem-solving sessions promoting curiosity and teamwork.
- Career Connect: Practical guidance to help youth explore and navigate future career paths.



For Adults:

- STEM-Based Group Games: Light, engaging activities sparking interest in science and innovation.
- Ancient Indian Thinkers: Showcasing India's rich legacy in science and medicine.
- Hindutva Charcha: A reflective discussion on the values and vision of Hindutva.
- Inspirational Workshop: Deep dives into the lives of Swami Vivekananda, Adi Shankaracharya, Chanakya, and Bhaskaracharya.

| OTHER NEWS

For Younger Children (Below 12):

- Activity Packs: Engaging materials introducing key personalities through age-appropriate formats.
- Games & Shloka Learning: Traditional games, chanting, and storytelling to foster values and cultural pride.
- The event concluded with a thought-provoking Samarope Boudhik delivered by Dr. Yogesh Joshi, HSS(UK), Sah Karya waha, tying together the theme of Yuva with the timeless vision of Bharat's spiritual and intellectual legacy







| OTHER NEWS

KAHO-UK Shibir 2025

KAHO-UK organised an annual Shibira for the South region at Orpington, themed Karavaliya Sobagina Shibira, i.e, Glories of the Malabar region. Over 120 members participated. The Shibira served as an inspiring platform to delve into Coastal Karnataka's contribution to Sanatana Dharma, highlighting its historical significance, the challenges it has faced, and the resilience shown in overcoming them. The event featured deeply insightful Bauddhik sessions led by eminent speakers: Shri Digant Das ji, Pracharak, shared how important to preserve the coastal culture. Shri Sreekanth Shetty ji, Hindu Activist, Udupi - Highlighted about contributions made and richness of coastal Hindu traditions. Shri Sushil Pandit ji, Kashmir Activist - provided insight on how coastal Karnataka and Kashmir were connected for 1000s of years.

| OTHER NEWS



These sessions sparked meaningful discussions and reflections on the role of the Karavali region in preserving and promoting dharmic values. Children participated in parallel tracks with Workshops, Traditional games (Khel), and art activities, while adults engaged in thought-provoking sessions & Role plays.

The Karavaliya Shibira was a resounding success, energising the community and inspiring new Karyakarthis to join the Parivar. Looking ahead, the same themed Shibira is scheduled to be held in Manchester in September 2025, extending this cultural journey to the North of the UK.







Essential reading

PHOTO BY REY SEVEN ON [UNSPASH](#)

REBUTTAL TO CLAIMS OF HINDU NATIONALISM THREAT IN THE UK

- Published by insightuk.org

Articles, including those published by the BBC and Hope Not Hate, have raised concerns about the supposed threat of Hindu nationalism or “extremism” in the United Kingdom. These pieces, notably the BBC’s coverage of the 2022 Leicester unrest and Hope Not Hate’s report on Hindu nationalism, suggest that Hindu extremist ideologies pose a growing danger to community cohesion. However, a critical examination reveals that these claims lack robust empirical evidence and rely heavily on speculative narratives, often intertwined with misinformation.



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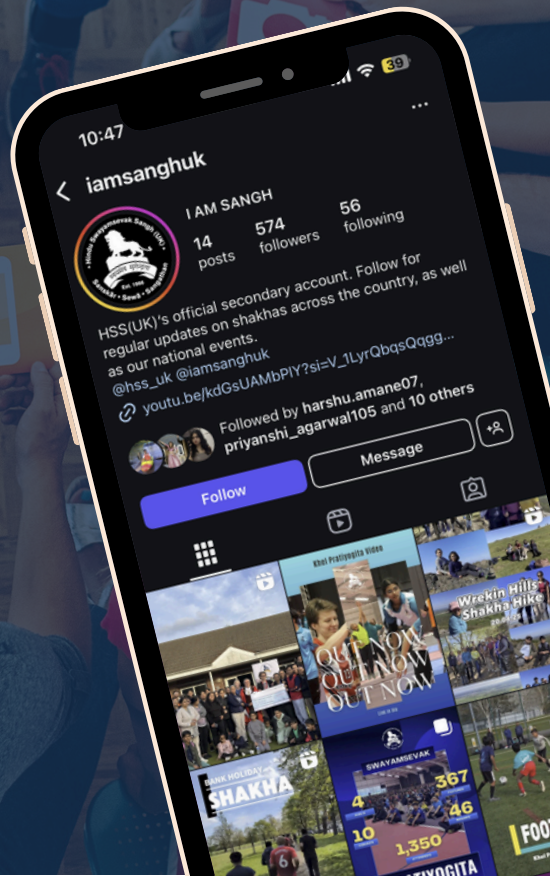
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We want to hear from you!

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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