



SEPTEMBER 2025



S A N G H M A I L

Celebrating 50 years of SSV 2025

Built on service & character, SSV has inspired generations, fostering community impact & developing tomorrow's leaders.

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

| SEPTEMBER 2025

In this edition

01 SSV
2025

02 Other
news

03 Essential
reading



|SSV 2025

HSS (UK) celebrates the golden anniversary of its annual flagship Leadership Programme

744 Attendees. **2** locations (London/Leicester).



Hindu Swamyamsevak Sangh (UK) has achieved a significant milestone, celebrating the 50th anniversary of its flagship leadership development programme - Sangh Shiksha Varg (SSV), with a record-breaking attendance of **605 participants** supported by **139 volunteers**, representing its highest attendance to date and demonstrating the enduring appeal of traditional value-based education and leadership training.



Participants travelled from 65 towns across all four home nations of the UK, whilst 167 working professionals willingly sacrificed their annual leave to serve as instructors and support teams to ensure smooth running of the camps and invest in the next generation's development.

A Programme Built on Service and Character

The four-year structured SSV programme focuses on developing what Baiju Shah (overall coordinator for one of the locations) describes as "Self-inspired future leaders without ego and a commitment to making society better,"

Through a comprehensive approach combining physical, intellectual, and spiritual development, participants, ranging from teenagers to adults in their fifties, engaged in a rigorous daily schedule from 6am to 10pm that includes yoga, team activities, structured lectures, meditation, and community service projects.



Remarkable Community Engagement

This year's SSV showcased exceptional intergenerational participation, with one family notably having a grandfather, father, and son attending the same camp.

The focus on community outreach was equally impressive, with over 190 representatives from external organisations invited to tour the facilities and experience the SSV learning environment.

Visitors included representatives from charities, community groups, religious organisations, Mayors, local councillors, and interfaith communities.

Mayor of Harrow, Councillor Anjana Patel, toured the camp and congratulated HSS (UK) on achieving this historic 50 year milestone and the excellent work HSS (UK) was doing in inspiring the young to volunteer and contribute to their local communities. Harrow Councillors Kanti Rabadia and Nitesh Hirani also visited the camp.



Pauline Jorgenson, councillor for Wokingham Borough Council, praised the organisation's impact: "HSS do a huge amount for education and charity, and the atmosphere for all attendees, young and old, was amazing."

Developing Tomorrow's Leaders

The SSV curriculum is built around three fundamental principles: Sanskar (cultivating Dharmic values and character), Sewa (selfless service to community), and Sanghathan (unity and organisation). Participants engage in activities designed to develop practical leadership skills alongside traditional Hindu values.

|SSV 2025

For university student Eeshaan, a former graduate of SSV, the experience offered unexpected insights: "We've spoken about how SSV is an environment orchestrated for participants to immerse in Sangh. But this year, I learnt that it's also an environment built to help teachers develop into better leaders."

The programme culminates in a presentation day where family members witness demonstrations of the skills and knowledge participants have developed throughout their week-long intensive training.



Five Decades of Impact

Since 1975, SSV has produced graduates who continue to serve their communities whilst taking their developed skills into professional careers, government, and entrepreneurship. The programme's emphasis on developing "responsible citizens" without ego continues to resonate with new generations.



SSV-2025: Where Discipline Met Devotion — A Journey of Sangh Awakening.

What a day it was — one we had been eagerly waiting for over two years! The excitement was high, the purpose was clear, and the destination was Sangh Shiksha Varg (SSV-2025) — a five-day journey filled with learning, discipline, and spiritual growth.

The day began with a joyful drive from Leamington to London. I sat in the passenger seat — a rare treat — as my fellow swayamsevak bandu, Raj ji, took the wheel. We reached a beautiful school transformed into a vibrant space for our Sangh Shiksha Varg-2025. At the entrance, HSS UK swayamsevaks bandhus welcomed us warmly with a sacred tilak on the Ajna Chakra — a truly heartwarming start. It felt like arriving home to our parivaar.



The varg started with Ganesh Pooja, seeking blessings from Bappa. The first lesson was to hand over our mobile phones and gadgets — a symbolic start to an inward journey. We then attended the udhagathan for SSV-2025, received our daily schedules, and met our gana and thirteen fellow swayamsevaks with our shikshaks Atul ji & Sanjay ji — companions for the next five days. The Awas name was RANI ABBAKKA

Our first bhojan was a satvik lunch shared by over 300 swayamsevaks, beginning with the Bhojan Mantra. The vibrations in the lawn were powerful and filled us with energy. That evening, we experienced our first shakha and a deeply inspiring bauddhik (intellectual session) — learning about Bharat's ancient contributions to science, mathematics, medicine, and spirituality. We ended the night with geet practice and silent reflection.

The next few days followed a disciplined and energising routine. Wake-up was at 5:00 AM, with Ishchintan (morning contemplation) starting by 6:45 AM — a spiritually grounding way to begin. Physical training included warm-ups, Niyuddha, yoga, and Dand Abhyas. Every day was challenging but refreshing, sharpening both body and mind.

Wearing our Bhartiya vesh, we then moved to bauddhik halls. One memorable session focused on misson and the vision of the sangh which inspired us to commit ourselves to selfless service. In another bauddhik, we learned about the true meaning of Hindutva — living with dharma, compassion, unity, and pride.



Afternoons deepened our understanding of Sangh's values. Under the calm guidance of our shikshaks we deepened our knowledge about Achaar Paddhati, Shikshan Vidhi, and Karyapaddhati. We shared experiences with other ganas, built friendships, and soaked in knowledge. I even chose to learn the Shankh in Vishesh Shareerik Vishay — though still working on the swara, at least I made a sound out of it this one to break comfort zone !

The organisational discipline was inspiring. Every session — from meals to physical activities to discussions — ran precisely on time. Over 300 people moved together in harmony for what sangh is known for.

|SSV 2025

Even setting up plates for meals was done in silence and unity, teaching us the power of coordination and simplicity. Our prabadhaks ensure everything is in right place at right time.

Evenings were filled with joy and learning. We had engaging group activities like the Geet Pratiyogita and the “United Nations Game” — designed to demonstrate collaboration and the vision of Vasudhaiva Kutumbakam (the world is one family). These moments allowed us to express creativity, build confidence, and understand the value of teamwork. We were also joined by senior HSS UK adhikaris who answered our questions and inspired us with their vision.

A key realisation: we can live simply. No phones, no beds, no alarms — just purpose, discipline, and collective spirit. We learnt that a healthy body and clear mind are our best tools for serving society.

I also enjoyed doing bhojan vitran and sewa — small acts that grounded me in humility and connection.

One of the most powerful lessons came from the samarpan bauddhik on Bhagwan Ram — to live humbly and kindly, follow dharma, and stand strong against adharma. These timeless values are our anchors in life’s storms.

This year’s varg was extra special — it marked the 50th anniversary of the very first SSV in the UK. A proud moment for all of us.

SSV-2025 reminded us that Sangathan Mein Hi Shakti Hai — strength lies in unity again . It was here that we experienced self-discipline, spiritual growth, and the joy of serving together.

Charaiveti... Charaiveti... Let us keep walking in the path of Dharma.

See you in SSV-2026!

Shrishail Sangolli





|SSV 2025

Charaiveti, Celebrating 50 Years of Sevika Karya in UK



On Sat 2nd August, Sevikas hosted “Charaiveti”, celebrating 50 Years of Sevika Karya in the UK in Leicester, at the SSV Venue of Avanti Fields School. With a wonderful Sankhya of 70, Sevikas from all over the UK, including the pioneer Gruhinis who began Sevika Karya all the way back in 1975 in Birmingham and Leicester joined for a day of reminiscing.

We started the day with a welcome from our current Saha Karyawahika Madhviben Haria, followed a tribute Shraddhanjali to Mananeeya Swargvasi Pramila Thai Medhe, the former Pramukh Sanchalika of Rashtra Sevika Samiti.

|SSV 2025

As the day went on, Sevikas took part in Khel, Geet and enjoyed a great Panel discussion of Gruhinis and Sevikas and their generational journey of HSS, UK. Many photos were also shared and we all enjoyed taking a trip down memory lane. It was so great to relive our childhood days, attending shibirs and SSV's with all our old friends.

The day ended with a Dikshant Samarop and an enlightening Bauddhik given by Janhaviben Dadarkar, reminded us all to keep Sevika Karya within our hearts and continue in whatever way we can to help protect, preserve, practice and promote Hindu Dharma.

Charaiveti, Charaiveti!



Community outreach at SSV 2025

This year we had 149 guests who attended SSV across the two locations in London and Leicester. Guests were given a comprehensive overview of the work carried out by HSS in the UK, as well as its broader initiatives and projects.

The groups covered: Hindu Community Leaders, Youth Leaders from other national Hindu organisations, Mayors and Councillors, Swami's from the BAPS Swaminarayan Mandir in Neasden and also Jewish organisations.







Other news

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

Shikshak Vandana Diwas celebrated by Rugby Nagar



Rugby Nagar held a Shikshak Vandana Diwas programme which was led by the Kishor/Kishori gana. 92 participants attended the event, including 10 teachers from several schools in Rugby.

The teachers were greeted on arrival with a traditional Namaste and a Tilak by their students & parents and participated in a range of activities. Following the activities, all participants returned to the main hall where one of our guests lit a Diya. This was followed by a recitation of the Guru Vandana in Sanskrit with the meaning explained in English and a talk on the Guru/Shishya relationship. The guests were then treated to a cultural dance.

Kishor/Kishoris also spoke about the motto Swayameva Mrugendrata which is on the HSS (UK) logo and on Sanskar, Sewa and Sanghathan.

All the Teachers were moved by the heartfelt speeches by their students when they were invited to the front by their students.

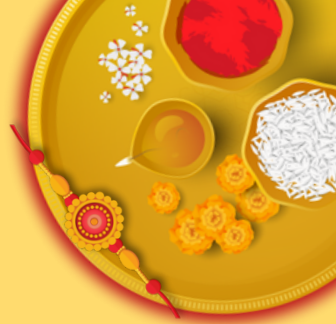
Light refreshments were served to all participants at the end, and the teachers gave some amazing feedback of their experience of the evening.



| OTHER NEWS

Raksha Bandhan

 AT JEWISH SYNAGOGUE IN NORTH LONDON



Rakshabandhan is a perfect festival to celebrate friendships with all communities.

Chief Rabbi Jonathan Wittenberg and community engagement director Susan Reuben welcomed us to New North London Synagogue to tie Rakhi and explain it's significance - The rakhi is not just a decorative thread but is a spiritual bond that protects, unites and expresses gratitude.

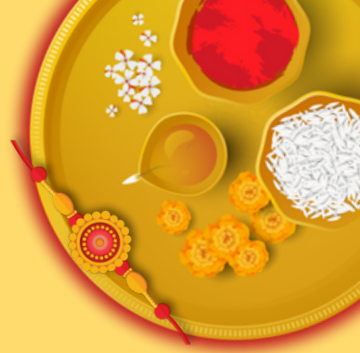
After tilak, rakhi tying and chocolates all round, Susan commented, ' we very much look forward to continuing and building on our connection with HSS'. A Kho Kho game with children from the synagogue will be planned.





Raksha Bandhan

 HIGH WYCOMBE ORGANISED A VISIT TO THE THAMES VALLEY AIR AMBULANCE



On Friday, 19th September, as part of the Raksha Bandhan celebrations, HSS Adishankara Shakha, High Wycombe organised a visit to the Thames Valley Air Ambulance in Stokenchurch. Around 18 sevaks and sevikas, including tarun/tarunis, bal joined us on this amazing hour long visit. Despite being a weekday and timings close to school hours, we had good sankhya on the day. Most paramedics were out on call when we arrived, the team still managed to gave us a fascinating behind-the-scenes tour.

We were also taken into the equipment room, where all the specialist medical bags and kits are stored, ready to be grabbed at a moment's notice. Each bag is set up for different emergencies whether it's helping someone in cardiac arrest, managing airways, or treating trauma and bleeding. We also got to see the fully equipped response car, which carries the same life saving kit as the air ambulance. Even without the paramedics there, the visit gave us a deep appreciation for their service. Seeing the preparation and organisation behind the scenes made us truly grateful for the incredible work Thames Valley Air Ambulance does for our community.

| OTHER NEWS



As part of the visit, we tied rakhis to two crew members as a gesture of gratitude and respect, honouring their dedication to serving the community. We also presented a box of chocolates, a flower bouquet, and funds totalling £211, generously contributed by Shakha members.

A few children had the opportunity to share the significance of Raksha Bandhan, highlighting the festival's importance in strengthening bonds, expressing care, and appreciating those who protect and support us.

The visit left everyone with a profound sense of admiration for the remarkable work carried out by the Thames Valley Air Ambulance team.

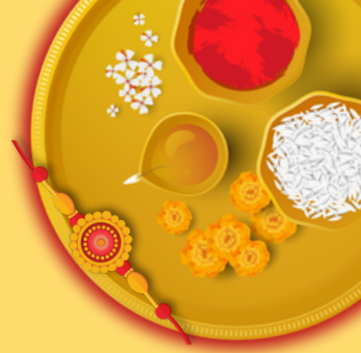


| OTHER NEWS

Raksha Bandhan



WITH MADAM MAYOR OF RUGBY



Rugby Nagar celebrated Raksha Bandhan Utsav with Madam Mayor Barbara Brown of Rugby, the Emergency services and guests Mr Ramesh Srivastava & Mrs Manjuben Srivastava from the Rotary Club.

Explanation of the importance of Raksha Bandhan was led by our young Sevika.

These two words - Raksha and Bandhan when put together cross all religions and cultures.

Raksha means "protection" and Bandhan means "Tie" but together it means much more. It means a "Vow of protection"
The thread is tied to the right hand and serves as a reminder to the brother throughout the year. As the year progresses, the rakhee fades in colour but is refreshed every year with the vow being re-asserted. Everyone joined in the warm ups & khel.
Rakhee were tied to all our guests, the fire engine & police cars







| OTHER NEWS

Northern Ireland's 'Charaiveti' Shibir

100 enthusiastic swayamsewaks and sevikas came together for this year's Shibir in Northern Ireland. Themed as "Charaiveti", it truly proved to be the perfect choice, reminding all of us to keep moving forward despite challenges.

Many new families joined this year, and they shared that the Shibir was a wonderful example of Sangh discipline, values, sewa, and sanskars.

A special highlight of this Shibir was the active participation of our Kishor-Kishoris, who took up responsibilities as gana shikshaks, prepared baudhik content, captured drone videos, presented Subhashits and Amrut Vachans, anchored the Ratri Karyakram and much more!

Overall, it was a truly enriching and inspiring experience for everyone.

Charaiveti, Charaiveti!





| OTHER NEWS

Taruni Shibir

The first weekend of September saw an energetic gathering of 38 Tarunis along with 6 Karyakartas, making a total of 44 participants who came together from all Vibhāgs with full utsāh for the Taruni Shibir in North London. The atmosphere throughout the weekend was one of learning, bonding, laughter, and growth.

We delved into a wide range of vishays, incorporating both bauddhik sessions and khel. Mornings began with the theory and practice of Yoga. Candle meditation and woodland walks were the perfect start to the day. Bauddhiks explored topics such as Demystifying Feminism and the power of Sampark in Sangh. There were also fun khel sessions including Football, Ring, and Kho. The highlight of the Shibir was rafting, which showcased teamwork, focus, and plenty of playful energy.

| OTHER NEWS

Despite the packed schedule, everyone participated with great enthusiasm, creating a shared sense of purpose and belonging. For many, it was also a wonderful chance to reconnect with friends they hadn't seen in a while.

Experiences

"It was great to see new Tarunis open up over the course of the weekend, stepping into roles of responsibility and showing curiosity during discussions." Damini Apte, Amersham

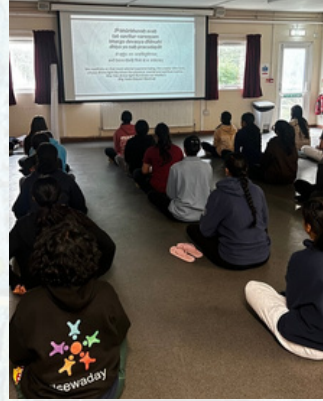
"Taruni shibir was such a fun and unique opportunity. It gave me the chance to make so many new friends with girls across the UK. The khels and activities were so much fun, and the boudhiks were inspiring and left me wanting to go away and do more research. I will definitely be going again next year" Kairavi Pandit, Newcastle.

"I had such a great time at my first Taruni Shibhir - everyone was genuinely so welcoming and I made friends really quickly. I especially enjoyed the activities, the khels and morning walk.

Mukta Chintan was also a great highlight because it gave us such a nice space for open and thoughtful discussion! I personally really enjoyed the Bauddhik sessions - they were very engaging and inspiring. I will definitely be coming back next year and would absolutely recommend Taruni Shibir for all the Tarunis!!" Lalita Varahabhotla, Chelmsford

"Taruni Shibir was a re-energising Shibir of sisterhood, bonding, and fun. It is always uplifting and encouraging to be there!" Pallavi Dadarkar, Slough

"It was rejuvenating and energising. Truly a meaningful experience as I helped in the kitchen!" Kruti Vyas, Preston





| OTHER NEWS

Tarun Shibir

Tarun shibir was held this year in North London from 5th–7th September, welcoming around 85 participants. The shibir provided a powerful environment where enthusiasm and friendship could flourish.

The weekend began with a warm welcome and light-hearted activities to break the ice. Straight away, there was a sense of excitement – Taruns were eager to connect, laugh, and dive into the shibir spirit.

Saturday was the heart of the shibir, blending physical, intellectual, and creative sessions. Mornings started with refreshing yog and khel. Throughout the day, bauddhik sessions and small-group charchas encouraged Taruns to reflect on meaningful topics, openly share their views, and explore ways they could contribute both personally and to society.

| OTHER NEWS

Afternoon mahakhel kept the energy high, while workshops allowed younger Taruns to try new activities and older ones to step into leadership-style discussions. The campfire in the evening created a special moment of togetherness, with laughter, stories, and a collective sense of belonging.

On Sunday, the spirit remained just as strong. With more bauddhik sessions, opportunities for self-reflection, and the closing samarop, the shibir came to an end with participants visibly inspired and motivated. Many Taruns expressed eagerness to take on projects in their shakhas and to contribute more actively to Sangh karya.

Overall, the shibir was marked by high energy, genuine bonding, and a clear desire among Taruns to step up, take ownership, and grow as leaders. It was not only a fun and memorable weekend but also a reminder of the strength and potential of our Tarun parivaar.





HSS Bradford community event



The Hindu Swayamsevak Sangh (HSS) Bradford brought the community together at The Beacon, Lister Park on Tuesday, 2nd September 2025, with a vibrant celebration as part of City of Bradford Culture 2025.

Organised by the Madhav Kendra Elderly Centre, the event highlighted the richness of Hindu culture through prayer, music, dance and wellbeing activities. Guests enjoyed Aarti (Hindu prayer), mantra recitations by children, and colourful performances ranging from a Gujarati Dandia Raas performed by twenty-four elderly members of Madhav Kendra to lively dances by younger participants.

A special highlight was a 45-minute chair yoga session led by yoga practitioner Satish Shah, promoting health and wellbeing among attendees. The atmosphere was further uplifted by group Garba singing and dancing, inviting all to join in.

| OTHER NEWS

The programme also featured a presentation on the work of HSS (UK) in Bradford and across the country, showcasing how the organisation promotes cultural understanding, community service, and wellbeing initiatives nationwide. Over 220 people from diverse ages, faiths and backgrounds attended, including City Ward Councillors and officers from the Neighbourhood Ward team.

The afternoon concluded with a shared Indian lunch. "This event beautifully reflected the cultural vibrancy and unity of our city. It was wonderful to see people of all generations and backgrounds celebrating together," said Ashwin Mistry, organiser from HSS Bradford.



Ekata Shakha, Milton Keynes visits the UK Parliament



On 29th July, few Swayamsevak and Sevikas from Ekata Shakha, Milton Keynes, had a unique opportunity to visit the UK Parliament and experience firsthand how democracy functions. During the visit, they learned about the workings of Parliament and even took part in an engaging workshop where they

practiced tabling three bills, giving them a hands-on experience of how parliamentary discussions and decision-making take place. The day offered them a memorable opportunity to step into the shoes of lawmakers, sparking curiosity and interest in civic engagement and public service.



Impact of UK Parliament Week

As the annual UK Parliament Week approaches in November, Bromley Sanskaar Parivaar Shakha would like to share some reflections, to emphasise the importance of being aware and participating in local and national government activities, that influence each and every one of us in all aspects of life. Under the able guidance of Dr Harshaji Jani, Bromley Shakha first participated in UK Parliament Week in 2018. Now in the eighth year of local participation, the impact of UKPW on sevaks and sevikas in our shakha has been immense.

Over the years, the shakha has welcomed local MPs (Jo Johnson and Gareth Bacon), Mayor of Bromley (Councillor Mike Botting) and Councillors (Raj Singh and Sunil Gupta), visited the Houses of Parliament, participated in the outreach workshops and organised local activities. The attendees have learnt about the intricate workings of the UK government, including the role of the sitting and opposition parties, how laws are made, the importance of bills and white papers, the role of the select committees etc. Participating in mock parliament has provided insight into how parliamentary debates are conducted, the role of the Speaker and the publication in Hansaard. The role of women suffragettes in gaining equality and voting rights for women have empowered our young and younger sevikas to participate in local/national elections as well as stand as candidates, canvas and win school elections. The debate on voting rights for sixteen-year olds has prompted the younger sevaks and sevikas to exercise this right in the relevant elections. A young reporter also had an article on UKPW at the shakha published in the local newspaper.

The UKPW activities and the relationships built with the local politicians encouraged the shakha to support the local candidate in door-to-door canvassing, distributing leaflets and participating in the hustings.



| OTHER NEWS

The local political party teams are now more aware of HSSUK and Bromley shakha and have supported our other events such as Holi celebrations and International Yoga Day. A couple of sevaks also got the opportunity to see live action in the Parliament, attend meetings and got exposure to an MP's diary events as part of their work experience week. One Sevika is now studying Politics and International Relations at University and another sevak is embarking on the path to become a lawyer.

The journey of Aishwaryaji Apte from Amersham shakha standing for councillor in the recent local elections and Premji Raghvani representing Oldham as Member of Youth Parliament has been inspirational and something our sevaks and sevikas are aspiring for as well.

We hope these activities will, in the near future, translate in to more meaningful exchanges and interactions with policy makers as well as relevant career choices, helping to express Hindu interests and influence policies with a positive outcome.

The intangible improvements in other crucial skills such as teamwork, leadership, communication, innovation and creativity will stand the sevaks and sevikas in good stead in their future person and professional lives.

Through relevant khel and bauddhik activities it has been possible to include the youngest to the oldest in UKPW, resulting in better engagement and empowerment to make our voices heard.

So, if you haven't signed up for this year's UKPW (24-30 Nov 2025), what are you waiting for? Sign up today and reap the benefits!



SANGH SARITA

Who

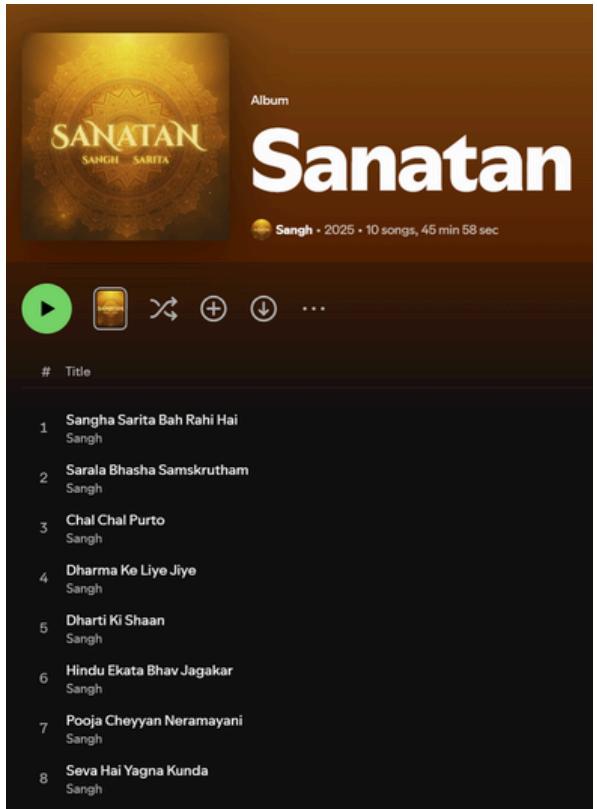
Welcome to **Sangh Sarita**, a platform dedicated to Sangh Geet traditions. At its heart, this we seeks to weave together devotion, culture, and community giving life to our Sangh Geets.

Why

Sangh Sarita exists to preserve and promote the musical heritage of our Sangh. Through this space, devotees and lovers of bhakti music can discover, revisit, and celebrate our repertoire from timeless classics to new compositions. We want Sangh Geet to be accessible to all!

What

We shre excerpts and full versions of Sangh Geet. Alongside the songs, we explore their meaning, the lives of their authors, and the history behind them, showing why they continue to inspire today. We also keep you updated with the latest Sangh Geet releases.



Click here
and start
listening on
spotify



Click here to
follow Sangh
Sarita on
Instagram



Essential Reading

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

ARE HINDUS DIFFERENT? UNDERSTANDING THE LEGACY OF SANĀTANA DHARMA

For thousands of years, countless civilizations have come and gone—swept away by invasions, ideologies, and the erosion of time. And yet, one ancient way of life continues to thrive: **Sanātana Dharma**. Often referred to today as Hinduism, it is far more than a religion. It is a living, breathing civilization—deeply rooted in nature, shaped by wisdom, and built to sustain itself and the world around it.

At the heart of **Sanātana Dharma are Dharma and Karma**—two guiding principles that uphold personal responsibility and the long-term harmony of the cosmos.

In today's world, where identities are blurred and traditions questioned, many Hindu parents and children find themselves wondering: What makes us different? Why does our heritage matter? These aren't just philosophical curiosities—they're deeply personal questions in an increasingly rootless world.

And the answer? It lies in the fact that **this isn't just about religion**. It's about a **civilizational identity** that has thrived for thousands of years—despite colonization, persecution, violent invasions, and relentless ideological attacks.

Through it all, Sanātana Dharma has endured—unbroken, unbowed, and evolving.

This article is for every Hindu parent and child asking, “Where do we belong in today's world?” The answer lies in our **legacy**, our **values**, and our **unshakable connection to Dharma and Karma**.



Follow us on Social media

Keep up with the latest updates and future events.



@hss_uk



@iamsanghuk



@HSSUK



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>

OR



SCAN ME