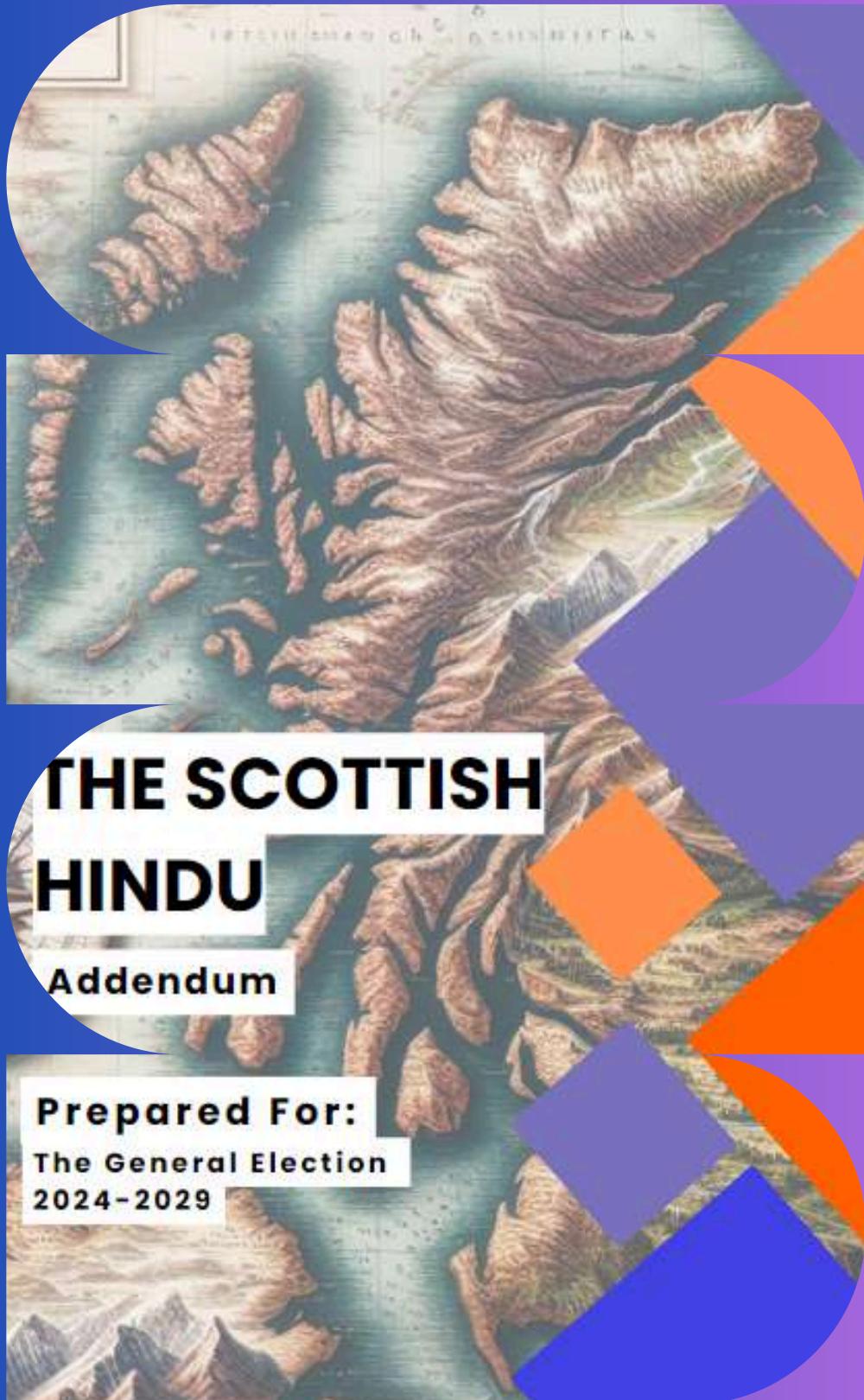


THE SCOTTISH HINDU FOUNDATION

VOL. 1 | NEWSLETTER | ISSUE 1



WWW.SCOTTISHHINDUFOUNDATION.COM

THE SHF NEWSLETTER

Aum May All Be Happy



SCOTTISH HINDU FOUNDATION
ॐ सर्वे भवन्तु सुखिनः AUM, MAY ALL BE HAPPY
AUM, GUM BI A H-UILE DUINE TOILICHE



NAMASTE SCOTLAND

Dr Yathish K Rangappa
Public Relations Team

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We welcome you to our newsletter showcasing some of our significant achievements through the last year. The Scottish Hindu Foundation celebrated its first birthday at the end of June this year. It has been active in the community, among the Mandirs, at schools & colleges, and at national and international events just in the last year.

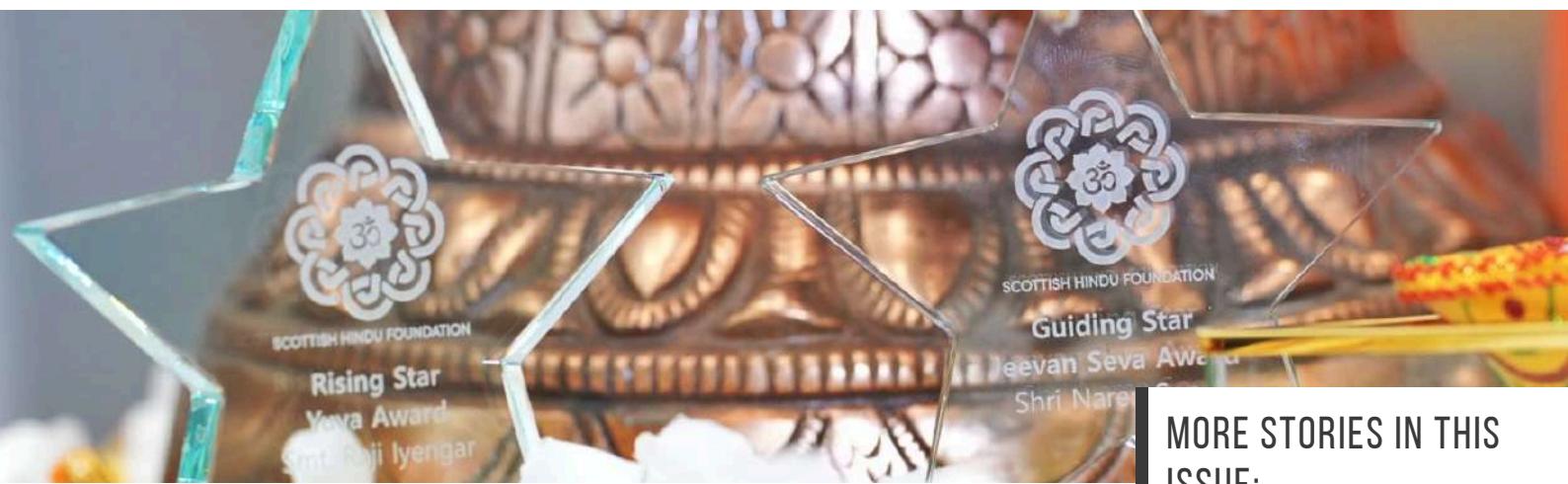
The Foundation has been contributing to fostering active participation of all people in the Scottish community pro actively contributed to policy making at the national level (The Hate Crime Bill 2021), has furthered and consolidated friendships with various multiple faith groups in Scotland via its active participation in multiple interfaith events. The SHF is also significantly nurturing the next level of leadership among its younger members.

The Mandirs as always are one of the central pillars and are going about doing their Dharma quietly day in day out without a fuss, just like Mother Earth going round the Sun, nurturing us, and enabling the seasons.

We hope you enjoy this first quarterly edition of the quarterly newsletter. The Scottish Hindu Foundation is your national representative body in Scotland.

SCOTTISH HINDU FOUNDATION

The Newsletter for Our Journey of Hindu-Scottish Togetherness



SHF EXECUTIVE:

By Dr Richa Sinha
President

The past few years have witnessed a remarkable transformation in the representation and influence of the Hindu community within the Scotland. Hinduphobia has been formally recognized, a significant milestone that underscores the need for greater understanding and respect for Hindu culture and beliefs. This representation has paved the way for engagement with the BBC's Religious and Ethics Programming, allowing for more inclusive and accurate portrayal of Hinduism in mainstream media.

An organised and structured approach to Interfaith work, has allowed the community to foster a dialogue that emphasizes mutual respect and understanding among different faiths. A dedicated area at Dundee Mandir Kids Zone has been established, creating a vibrant space for children to engage with their heritage in a fun and educational manner.

The community's commitment to health and wellness is evident in the successful execution of two Scotland's International Yoga Days, supporting the ongoing discussion with the NHS to include yoga in health solutions. This advocacy for holistic health is further supported by the establishment of the first Yoga Club in a primary school, promoting early adoption of healthy practices.

MORE STORIES IN THIS ISSUE:

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Education and leadership have also been key focuses, with the launch of the Hindu Parents Council to empower parents in their roles and an internship program to bridge students with major Scottish industries.

The Future Leaders Forum has been instrumental in providing leadership training and coaching to Hindu students, ensuring they are well-equipped to lead with confidence.

Politically, the establishment of Dharmocracy Works marks a significant step in encouraging Hindu participation in politics. This initiative, alongside the community's positive relationships with major political spectrum, ensuring at Hindu voices are heard and represented.

Through these diverse initiatives, the Hindu community in Scotland is not only preserving its rich cultural heritage but also actively contributing to the broader societal fabric.

I would like to thank the Executive and family of volunteers, without their incredible support none of this and future success would be possible. I look forward to the future and achieving more for the generations to come.

HINDU PARENTS COUNCIL

The new role parents should embrace

The Scottish Hindu Foundation's Hindu Parent Council exemplifies a unique initiative in British society, fostering a supportive community for parents underpinned by a Dharmic ethos.

At its core, the council prioritizes mental health, recognizing the challenges faced by parents in contemporary times. By offering a platform for open discussions and sharing experiences, the council aims to break down the stigma surrounding mental health and create a nurturing environment where individuals can seek guidance without judgment.

Moreover, the council emphasizes access to existing support structures for new parents. In collaboration with healthcare providers and community resources, the Scottish Hindu Foundation ensures that parents receive comprehensive assistance, from prenatal care to postpartum support.

This holistic approach acknowledges the multifaceted needs of new parents and strives to make essential services readily available. Crucially, the Hindu Parent Council aspires to build a village of parents united by a common Dharmic ethos.

This communal approach seeks to foster a sense of shared responsibility, where experienced parents mentor newcomers, creating a support network that extends beyond immediate family.

By embracing the values of dharma, the council promotes a harmonious and interconnected community, reflecting the rich tapestry of Hindu cultural principles within the diverse landscape of British society.



How To Get Involved:

To get involved simply complete a short form on the Scottish Hindu Foundation Website.

Current groups cover, Edinburgh, Glasgow, Dundee and Aberdeen.

Info@ScottishHinduFoundation.com

“

Uplift yourself through your efforts, and do not degrade yourself. For, the mind can be the friend and also the enemy of the Self.

”

HINDU PARENTS COUNCIL

UN WOMEN UNITED KINGDOM

CSW68 Delegate*
Minakshi Pathak

Ensuring women's and girls' rights across all aspects of life is the only way to secure prosperous and just economies, and a healthy planet for future generations.

This International Women's Month, I'm officially volunteering with UN Women UK to help make that happen.

*Delegates are joining with UN Women UK to make change and are not representatives or spokespeople for UN Women UK



Matru Devo Bhava, Pitru Devo Bhava

The Scottish Hindu Parents Council is A Pillar of Support and Unity.

The Scottish Hindu Parents Council, a part of the Scottish Hindu Foundation, plays a pivotal role in supporting parents and fostering a sense of community among Hindu families across Scotland.

One of the council's key areas of focus is empowering parents to handle difficult conversations around bullying, Hinduphobia, and mental health. The council provides resources and guidance to help parents navigate these sensitive topics, fostering an environment where children feel safe and supported. By addressing these issues head-on, the council aims to ensure that every child can thrive in a respectful and understanding community.

The Scottish Hindu Parents Council also serves as a nationwide support network. It facilitates the sharing of learning materials and resources, helping parents provide their children with a well-rounded education that respects and celebrates their Hindu heritage.

This network also enables families to connect with each other, fostering strong bonds and a sense of belonging within the wider Hindu community in Scotland.

The council recognizes the importance of strong family networks in preserving and promoting Hindu culture such as Scotland's International Yoga Day. By providing a platform for families to connect and share their experiences, the council helps to strengthen these networks and ensure the continuity of Hindu traditions and values for future generations.

In conclusion, the Scottish Hindu Parents Council is a beacon of support for Hindu families in Scotland. Through its work in addressing challenging issues and fostering a sense of community, the council plays a crucial role in promoting understanding, respect, and unity among the diverse Hindu population in Scotland.

DHARMOGRAPHY WORKS

The Scottish Hindu Foundation (SHF) stands as a beacon for civic engagement within the Hindu community through its innovative Dharmocracy initiative. Dharmocracy Works, a portmanteau of "Dharma" and "Democracy," underscores the foundation's commitment to educating the Hindu community on the workings of democracy, encouraging active participation, and emphasizing the importance of voting.

“

*Satyam vada! Dharmam
cara! - Speak the truth!
Practice Virtue!*

”

Taittiriya Upanishad Chapter
I, section 11, Verse 1

Dharmocracy Works serves as an educational platform, demystifying the democratic process for the Hindu community in Scotland. Through workshops, seminars, and outreach programs, the foundation elucidates the principles of democracy, elucidating how individuals can play an integral role in shaping the political landscape. This initiative recognizes that a well-informed citizenry is fundamental to a thriving democracy.

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Current groups cover, Edinburgh, Glasgow, Dundee and Aberdeen.

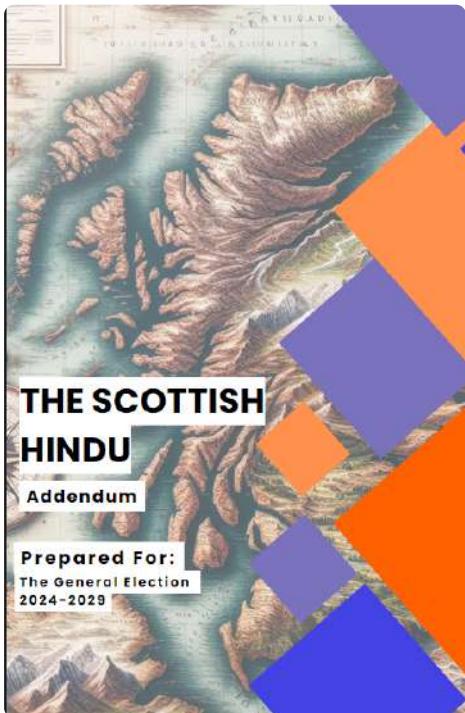
Info@ScottishHinduFoundation.com

The SHF, through Dharmocracy Works, empowers the Hindu community to actively engage in civic life by highlighting the significance of voting. By articulating how the democratic process aligns with Dharmic values of justice, equality, and social responsibility.

The foundation fosters a sense of duty among its members. In doing so, it cultivates a community that not only understands the democratic system but actively contributes to it, ensuring the voices of the Scottish Hindu community are heard in the broader democratic discourse.



DHARMOGRAPHY WORKS



Scottish Hindu Addendum/Hustings & Chai

The Scottish Hindu Addendum, developed by the Scottish Hindu Foundation, emphasizes the Dharmic Framework. This framework, rooted in Hindu philosophy, guides the community's interactions and aspirations. It fosters understanding and cultural exchange between the Hindu community and wider Scottish society, reflecting a harmonious blend of heritage, spirituality, and upliftment.

In support of the Addendum The Foundation held the first of its kind Hustings & Chai event with community members actively interacting with our candidates in the run up to 2024 July general UK election.

The first event was rescheduled to a local popular pub in Glasgow due to a Hinduphobic incident, our Mandir at La Belle Place. We had all five candidates who took questions sportingly and answered them all with clarity and honesty. The event generated an impression on social media, showcasing the capability of our community, the addendum being received with sincerity and warmly

The second event was scheduled at Milngavie Scouts Hall, and again all the candidates took active participation in the Q and A, with the Hindu community.

Needless to say, these were extremely successful events which will pave way for further more robust interactions with more elections coming soon in the near future. The hindu community was actively also encouraged to register to vote and to contribute their part in the democratic process.

The younger members of the Hindu community are already taking part in the democratic process. They are representing us in the Youth Parliament, and the schools, colleges, and universities have their Hindu chapters actively participating in all events.

These initiatives not only facilitate dialogue and interaction between the Hindu community and political candidates, but also promote understanding and cultural exchange within the wider Scottish society. The active participation of the Hindu community, including its younger members, in the democratic process is a testament to the community's commitment to civic responsibility.

Please See Scottish Hindu Foundation Website for the Full Addendum.



No place for Hinduphobia in UK, says Labour leader

NAOMI CANTON / TNN / Updated: Jun 30, 2024, 07:12 IST

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Hinduphobia/Hate Crime Legislation

We are delighted to share the incredible journey that the Scottish Hindu Foundation has undertaken to champion the rights and recognition of Scottish Hindus. This monumental effort began with our proactive engagement with the Scottish Government where we were invited to provide crucial evidence on the challenges faced by our community.

This marked the beginning of an intensive period of research and analysis, as we sought to comprehensively understand and document the issues at hand. Our team embarked on thorough research, gathering data and insights from both local and global contexts.

We reached out to Hindu organizations worldwide, fostering a collaborative environment where best practices were shared and discussed. This international dialogue enriched our perspective and informed our approach, ensuring that our report would be thorough and globally relevant.

Legal consultations played a pivotal role in our journey. We sought to understand the implications of our findings and developed a robust definition and classification of Hinduphobia. These consultations ensured that our report was not only comprehensive but also legally sound, laying a strong foundation for future advocacy and policy-making.

The culmination of our efforts was the writing of a detailed report aimed at safeguarding future generations of Scottish Hindus. A testament to the team's dedication and hard work, was submitted to the government and received with great enthusiasm by then-First Minister Humza Yousaf.

We were honored to announce that former Prime Minister Rishi Sunak graciously wrote a foreword, acknowledging the significance of our work and its potential impact on the wider community. Additionally, Hindu organizations from around Scotland contributed an afterward, sharing their views and reinforcing the importance of our findings.

This collective effort has been instrumental in advancing the cause of Scottish Hindus. We extend our heartfelt gratitude to everyone involved, including the Scottish Government, legal experts, international Hindu organizations, and community members. Together, we have taken a significant step towards fostering a safer, more inclusive Scotland for all.

ADVOCACY



10 DOWNING STREET
LONDON SW1A 2AA

THE PRIME MINISTER



I am committed to a zero-tolerance approach to all forms of religious prejudice. There is no place in this country for any hatred, racism or prejudice of any kind. Our democracy depends on retaining and championing our shared values of freedom, tolerance and respect.

Understand the devastating impacts hate crime have on victims and our communities is essential. The Government will continue to work closely with community groups, charities and school funding projects to inform our position on tackling racially and religiously motivated hatred as a whole.

We will continue to work tirelessly to eradicate this deplorable crime from our society.

My faith has always been incredibly important to me and I am proud to support the Hindu community.

SCOTTISH HINDU YOUTH FOUNDATION

ARISE, AWAKE

The Scottish Hindu Foundation (SHF) has taken a visionary step towards nurturing the next generation with its Youth Foundation, drawing inspiration from iconic figures like Swami Vivekananda, who emphasized the harmonious development of both knowledge and practical skills.

The Youth Foundation aspires to create a platform where young individuals can delve into the richness of Hinduism while simultaneously honing essential life skills. Informed by the spirit of Swami Vivekananda's teachings, the Youth Foundation encourages a holistic approach to education.

It offers a safe space for exploration, where the youth can delve into the depths of Hindu philosophy, traditions, and values. Simultaneously, the foundation recognizes the importance of practical skills in navigating the complexities of the modern world.

With an emphasis on skill cultivation, the Youth Foundation provides opportunities for the acquisition of leadership, communication, and critical thinking skills.

Through workshops, mentorship programs, and hands-on experiences, the foundation equips the youth with tools that extend beyond religious understanding, preparing them for the challenges of the future while fostering a deep appreciation for their cultural and spiritual heritage.

This holistic vision reflects the SHF's commitment to shaping a well-rounded, capable, and culturally connected next generation.



SCOTTISH HINDU YOUTH FOUNDATION
ARISE, AWAKE

How To Get Involved:

To get involved simply complete a short form on the Scottish Hindu Foundation Website.

Current groups cover, Edinburgh, Glasgow, Dundee and Aberdeen.

www.ScottishHinduFoundation.com

“

When an idea exclusively occupies the mind, it is transformed into an actual physical or mental state.

”

Swami Vivekananda

SCOTTISH HINDU YOUTH FOUNDATION



Investing In Youth, Growing Future Leaders

The Future Leaders Forum has been a beacon of success in the realm of leadership development and internships. The forum operates on the fundamental belief that leaders are not simply born, but rather, they are grown, coached, and mentored. This philosophy underscores the forum's commitment to nurturing leadership qualities in individuals, fostering a growth mindset that encourages continuous learning and improvement.

The forum's internship program is a shining example of this belief in action. It provides a platform for passionate, talented, and hardworking young individuals to gain practical experience, learn from seasoned professionals, and develop their leadership skills. The foundation is deeply committed to supporting these young individuals' dreams, recognizing that today's interns are tomorrow's leaders.

The Future Leaders Forum's success lies in its commitment to invest in the future by nurturing the leaders of tomorrow. It understands that leadership is a journey, and it is dedicated to being a part of that journey to aid in achieving their dreams.

This commitment to growing leaders, rather than merely finding them, is what sets the Future Leaders Forum apart and contributes to its ongoing success. The forum's approach to leadership development is holistic, focusing not only on professional growth but also on personal development.

It encourages interns to step out of their comfort zones, take on new challenges, and learn from their experiences. This hands-on approach to leadership development ensures that interns are well-equipped to navigate the complexities of the professional world.

Moreover, the forum fosters a supportive and inclusive environment where interns feel valued and heard. It believes that every intern brings unique perspectives and ideas to the table, and it is keen to harness this diversity for collective growth and success.

In conclusion, the Future Leaders Forum's success in developing internships and nurturing future leaders is a testament to its commitment to growth, coaching, and mentorship. It is a shining example of how investing in passionate, talented, and hardworking young individuals can yield remarkable results, shaping the leaders of tomorrow and contributing to a brighter future.

SHF PAST EVENTS



International Yoga Day 2023

DYNAMIC EARTH, EDINBURGH

Successful collaborative and immersive event showcasing Yoga to one and all, an all day event that received widespread praise and support.



HCI Visit 2023

OM HINDU MANDIR, GLASGOW

The Indian Consulate visited the Hindu Mandir and listened to the Hindu community, and the newer facilities being ordered by the Consulate



Iftar/ Eid Celebrations 2023

BUTE HOUSE, EDINBURGH

The first of its kind in Scotland. The First Minister's invite was extended to the SHF to break the Ramadan fast at an Interfaith Iftar.



Interfaith Week Scotland 2023

CITY CHAMBERS, GLASGOW

The event's highlight was HRH Princess Anne interacting with the Hindu community

SHF PAST EVENTS



Diwali 2023

QUEEN ELIZABETH HOUSE,
EDINBURGH

A heartwarming Scottish Hindu Diwali / Deepawali with the Hindu community and elected members of the parliament, academics and distinguished members of Scotland



Generations Working Together

KELVINGROVE PARK,
GLASGOW

SHF joined the Intergenerational Learning Roadshow Movement organised by Generations Working Together partnered with Scottish Ahlul Bayt Society - SABS.



International Yoga Day 2024

KELVINHALL, GLASGOW

Following on its success in 2023, this annual event was a stupendous success. We hosted eight different Yoga masters and Yoga classes, with our younger volunteers leading the day



Glasgow Mela 2024

KELVINGROVE PARK,
GLASGOW

An annual colourful event hosted by the Glasgow Mela committee, and The Scottish Hindu Foundation took part with a stall and interacted with the festival goers.

SCOTLAND'S INTERNATIONAL YOGA DAY 2024

Kelvin Hall, Glasgow

We hosted our annual (second) International Yoga day in June 2024 at Kelvin Hall, Glasgow. This flagship event was a runaway success. It was an all day event, hosting eight different Yoga teachers instructing eager participants lapping up all the Yoga instructions intently. We had Mrs Mary Morgan The of Chief Executive of NHS Scotland extolling the virtues of Yoga.

Our keynote speaker was Dr Shalini Kakar a practicing full time NHS GP, presenting data and evidences from the UK and from the rest of the world, explaining to us all the benefits of Yoga in preventing illnesses including obesity, mobility related illnesses, and mental health issues including anxiety, depression. All participants were delighted to hear that there is an increasing awareness and appetite for intermediate and higher levels of Yoga.

The day's activities were centered around workshops, cultural items and relaxation, capturing the true essence of yoga. Participants from various parts of Scotland gathered to engage in yoga practices, creating a sense of unity and shared spiritual heritage. This celebration not only honored the practice of yoga but also highlighted Scotland's Hindu community and their contribution to the rich multicultural tapestry.

As part of a global observance, the International Yoga Scotland showcased the widespread appeal and numerous benefits of yoga. This annual event brought together people of all ages, backgrounds, and abilities, promoting health, peace, and harmony through collective practice.

The 2024 celebration was another testament to Scotland's dedication to fostering wellness and spiritual growth through yoga. As the popularity of yoga continues to rise in Scotland, such events play a crucial role in building a supportive community of practitioners and enthusiasts.



MEET THE EXECUTIVE



Dr Richa Sinha
Chairperson



**Mrs Naina
Penman**
Vice-Chair



Dr Punit Bedi
General
Secretary



**Dr Manjula
Kumarasamy**
Assistant General
Secretary



Mr Andrew Lal
Treasurer



**Dr Yathish
Rangappa**
Public Relations
Officer



Mr Karan Rathod
Youth Office

SAVE THE DATE

SCOTLAND YOGA DAY

21/06/2025

