



## HINDU YUVA

Bringing Together Hindu Youth on Campus

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The uniqueness of Hindu Dharma and the culture as practiced by the Hindu community has a significant contribution to make for the benefit of humanity. It is therefore essential for Hindus living in America to develop unity and harmony in their community to effectively promote these salient features. There are around two million Hindus in the US. Their contributions to the economic, social and cultural life is widely acclaimed.

Hindu YUVA is a project for youth by [Hindu Swayamsevak Sangh \(HSS\), USA](#).

HSS USA is a voluntary, non-profit, social and cultural organization. Sangh, as the organization is popularly known, aims to organize the Hindu community in order to preserve, practice and promote Hindu ideals and values. HSS conducts structured programs of regular athletic and academic activities to develop strong character and leadership skills in its members (known as *swayamsevaks* for men and *sevikas* for women), emphasizing values such as self-discipline, self-confidence and a spirit of selfless service (*seva*) for humanity. It encourages maintaining Hindu cultural identity in harmony with the larger community.

Sangh is inspired by the idea that the whole world is one family and conducts activities across the United States in order to spread this message widely. Sangh in the United States started in the early 1989s and today has over 100 weekly meeting centers (*shakhas*) across the country.

### Shakha Activities

Each chapter of HSS is known as Shakha - a weekly 90 min program. Activities such as games, songs, discussions, and lectures on Hindu culture are conducted. There is a strong emphasize on the physical, intellectual and spiritual growth of each individual and also promote a sense of discipline.

### Yoga

In order to promote spiritual growth, a sense of unity with the environment and general well being, yoga is an important part of the shakha program.

### Games

There are a variety of games, including kabaddi and kho-kho, that are played in shakha. The games enhance our ability to work as a team, our stamina, our physical strength or even our strategic skills. These games bring about a spirit of cooperation and create a light, free atmosphere in shakha.

