



## Press Release

### #ThisHinduSocietyCan

National Hindu Students' Forum (UK)'s annual National Sports Competition will be taking place on Saturday 16th February 2019. The event will take place at the Tipton Sports Academy in Birmingham and will be attended by students representing their NHSF (UK)-affiliated Hindu societies from all across the country.

NHSF (UK) supports and works with over 46 universities across the UK, with the aim of developing and cultivating skills and values by providing a 'home away from home' environment through various events we host, enhancing students' opportunities to become leaders of the future.

The upcoming sports competition aims to highlight and develop key characteristics such as honesty, integrity and respect, as well as the skills of leadership, through encouraging students to take ownership for the world around them and being the drivers of change in the world; and compassion, through developing a selfless mindset. This will be done through the continuing theme of #ThisHinduSocietyCan, bringing together the whole NHSF (UK) community supporting one another through sport and creating an environment of enrichment within which students are able to push themselves to achieve their best and pursue a sustained healthy lifestyle through sport and exercise as well as proudly expressing the values mentioned above.

Students will compete against each other in the traditional Indian sports of kho-kho and kabaddi, as well as football, netball and badminton. Our badminton competition will feature fixtures with the Army's badminton team, and the Army will also provide a climbing wall for our students. Students will have the opportunity to engage in other activities to build our core values, such as learning about the environmental impact of single plastic use and discussing how we can come together and do more, by engaging in selfless service and helping our local communities. Participants and spectators alike will have the opportunity to delve further into understanding what it means to have a healthy lifestyle and how dharmic (Hindu) values can assist to manifest this.

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For further information, please contact:  
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