

Shree Prajapati Association Leicester

Ulverscroft Road • Leicester • LE4 6BY • Tel: 0116 2628560

Email: Leicester@shreeprajapati.org.uk

Web: www.shreeprajapati.org.uk

Company Limited by Guarantee • Registered Company No. 6787661 • Registered Charity No 1127527



2019 HAPPY NEW YEAR



In this edition:

SPAL 2019 Events Diary
Message From The President
SPAL Mahila Report
SPAL Youth News
SPAL Religious Festival Diary
Are We Losing Our Hindu Culture?

SPAL Executive Training Programme
Tia Mistry's Expedition to Borneo
Hetal Mistry's Story
Religious Events Activities
Darts Club

SPA UK Events Diary
Social Health & Education (SHED) Report
SPAL Social Club
SPAL Yoga
Highlights of SPAL Events
New Year's Eve Party

Approach the New Year with resolve to find the opportunities hidden in each new day!

SPAL - Diary of Events and Major Religious Festivals - 2019

DAY	DATE	EVENT	FROM	TO
JANUARY 2019				
Monday	7th January	Trustee Meeting	7:30 pm	9:30PM
Saturday	19th January	Makar Sankrant and Charity Bhajan	7:00pm	10:00pm
Monday	28th January	Trustee Meeting	7:30 pm	9:30PM
FEBRUARY 2019				
Saturday	2nd February	Sardar Patel - talk by Hindol Sengupta	1:00pm	3:00pm
Saturday	16th February	Shree Vishvakarma Jayanti	7:00 pm	10:00 pm
Monday	25th February	Trustee Meeting	7:30 pm	9:30PM
Tuesday	26th February	Members Meeting	7.30pm	9.30pm
MARCH 2019				
Monday	4th March	Maha Shivratri	5:30 pm	10:00 pm
Monday	25th March	Trustee Meeting	7:30 pm	9:30PM
Saturday	30th March	Ladies Night	7:00pm	Till Late
APRIL 2019				
Saturday	13th April	Ram Navmi	10:00am	2:00pm
Saturday	20th April	Hanuman Jayanti	3.00pm	10:00pm
Tuesday	23rd April	Trustee Meeting	7:30pm	9:30pm
MAY 2019				
Sunday	12th May	Shree Bhuvneshwari Katha(Vishava Shanti)	8:30 am	3:00 pm
Monday	13th May	Trustee Meeting	7:30pm	9:30pm
Tuesday	14th May	Members Meeting	7:30pm	9:30pm
JUNE 2019				
Sunday	9th June	AGM	4:00pm	8:00pm
Monday	10th June	Trustee Meeting	7:30pm	9:30pm
Sunday	23rd June	SPAUK Senior Samelan	8:00am	5:00pm
The following dates are set by the current board of Trustees- they may be subject to change following the AGM in June 2019.				
JULY 2019				
Monday	8th July	Trustee Meeting	7:30pm	9:30pm
Saturday	20th July	Gurupurnima Bhajan	7:00pm	10:00pm
Monday	22nd July	Members Meeting	7.30pm	9.30pm
AUGUST 2019				
Sunday	4th August	Shree Satyanarayan Bhagwan Samuh Katha	8:30am	1:00 pm
Monday	5th August	Trustee Meeting	7:30pm	9:30pm
Friday	9th August	Noli Nem	5.00pm	9.00pm
Saturday	17th August	Mahila Bhajan	7:00pm	10:00pm
Saturday	24th August	Janmashtami	5:00 pm	10:00 pm
Sunday	25th August	Mandir Trip		
SEPTEMBER 2019				
Monday	2nd September	Ganpati Choth	7:00pm	10:00pm
Monday	9th September	Trustee Meeting	7:30pm	9:30pm

Push yourself, because no one else is going to do it for you.

SPAL - Diary of Events and Major Religious Festivals - 2019

DAY	DATE	EVENT	FROM	TO
Saturday	21st September	Set up Main Hall for Navratri	10:00am	2:00pm
Sunday	22nd September	Set up Main Hall for Navratri	10:00am	2:00pm
Saturday	28th September	Sarva Pitru Shradh	7:00pm	10:00pm
Sunday	29th September	Navratri Gatstaphan (Day 1)	5:30 pm	10:30 pm
Monday	30th September	Navratri (Day 2)	5:30 pm	10:30 pm
OCTOBER 2019				
Tuesday	1st October	Navratri (Day 3)	5:30 pm	10:30 pm
Wednesday	2nd October	Navratri (Day 4)	5:30 pm	10:30 pm
Thursday	3rd October	Navratri (Day 5)	5:30 pm	10:30 pm
Friday	4th October	Navratri (Day 6)	5:30 pm	Till Late
Saturday	5th October	Navratri (Day 7)	5:30 pm	Till Late
Sunday	6th October	Navratri (Day 8)	5:30 pm	10:30 pm
Monday	7th October	Navratri (Day 9)	5:30 pm	10:30 pm
Saturday	12th October	Preparation for Mataji's Haven	10:00am	4:00pm
Sunday	13th October	MATAJI's HAVEN	8:00am	2:00pm
Monday	14th October	Trustee Meeting	7:30pm	9:30pm
Monday	28th October	NutanVarsh -Sneh Milan (Aarti at 10:30am)	10:00am	11:00am
NOVEMBER 2019				
Sunday	3rd November	Jalaram Jayanti and Ankoot	8:00am	1:00pm
Saturday	9th November	Diwali Manoranjan	TBC	TBC
Monday	11th November	Trustee Meeting	7:30pm	9:30pm
Monday	25th November	Members Meeting	7:30pm	9:30pm
DECEMBER 2019				
Saturday	7th December	Childrens Christmas Party	TBC	TBC
Monday	9th December	Trustee Meeting	7:30pm	9:30pm
Tuesday	31st December	NEW YEAR EVE Party (TBC)	TBC	TBC

Teamwork

A man was lost while driving through the countryside. As he tried to reach for the map, he accidentally drove off the road into a ditch. Though he wasn't injured, his car was stuck deep in the mud.

So the man walked to a nearby farm to ask for help. "Warwick can get you out of that ditch," said the farmer, pointing to a Person standing in a field. The man looked at the Person and looked at the farmer who just stood there repeating, "Yep, old Warwick can do the job."

The man figured he had nothing to lose. The two men and the Person made their way back to the ditch. The farmer hitched the Person to the car. With a snap of the reins, he shouted, "Pull, Fred! Pull, Jack! Pull, Ted! Pull, Warwick!" Go ahead. And the Person pulled that car right out of the ditch.

The man was amazed. He thanked the farmer, patted the mule, and asked, "Why did you call out all of those names before you called Warwick?"

The farmer grinned and said, "Old Warwick is blind. As long as he believes he's part of a team, he doesn't mind pulling." You see all it matters is encouragement and a sense of care to say "You can do it". If so, you would witness incredible job.

Everyone thinks of changing the world, but no one thinks of changing himself.

Message from the President

On behalf of all the trustees and SPAL Volunteers I wish you all a happy, healthy and prosperous New Year! As we start the New Year, we must review our core beliefs. These are:

1. We Prajapatis have great past.
2. The challenges ahead are no greater than those behind us;
3. We Prajapatis can surmount these challenges if we work together.
4. We will be what we wish to be, if we make the necessary effort.

Let me start by asking, do you know what would happen to this building if our organisation stops operating tomorrow. So let me remind you that in such circumstances the Charity Commission will take over the organisation and hand it over to another similar charity organisation and it may not necessarily be another SPA organisation. It can be any charity organisation of their choice. Even if we sell the organisation, the funds received from the sale will also be subject to Charity Commission's decision.

Therefore, to sustain our organisation's long-term growth, we need to grow as an attractive hub for investment and talent. If you look around Leicester now there are many temples, and community centres and some of these look elegant and colourful. We are getting there as you may have seen from the improvements made over the past few months and are still working on it. What is lacking is youth participation.

Our biggest challenge is to integrate our young generation into the general Prajapatis society. It is difficult for the older generation to quickly change their social habits and culture. But their children attending schools will grow up totally as the general population, unless we take responsibility to facilitate their integration.

SPAL organises a lot of activities and events throughout the year and we as Prajapatis must encourage more of such activities that promote a sense of togetherness whilst maintaining mutual respect for one another. The qualities that made us successful are, the hard working trustees and volunteers of the past and present; our constitution; a cohesive society plus highly skilled and educated members. We must therefore all work together to make our organisation most vibrant and attractive. So how do we get our youths involved?

Youth participation is about young people having a say and influencing change in decisions that affect their lives, organisations and communities. What I mean by that is:

- Young people have an important contribution to make in decisions that impact on their lives, organisations and communities;
- Young people have the skills, knowledge and confidence to get involved with decision making; and
- a culture that exists within which young people's opinions and contributions are recognised, valued and acted upon by wider society.

These principles must be built on the foundations of positive relationships between young people and trusted adults, equality of opportunity and effective safeguarding. Young people must voluntarily participate in purposeful roles and be empowered to share views influencing real, visible and tangible outcomes.

Valuable youth engagement is not without challenges. But with a few small changes we can make a big difference to our organisation. We need to give them an equal stake in pitching proposals for funding, allowing them to make financial decisions about our organisation? We already have placements or shadowing opportunities within the finance team? We need to expand this to all areas of the organisation.

There are of course, things that get in the way. Addressing the culture change is tough when members continue to have ingrained beliefs and cycles such as 'it'll never work', 'the organisation never treated me right' 'Why should I help, they never gave me the opportunity'. Policies and procedures can also be a barrier, alongside comments like 'we've always done it this way'.

There are also those who have served the organisation in the past but for whatever reason their experience was bitter and they still hold that grudge against the organisation and they use their experience to discourage other members from coming forward. You cannot judge an organisation on single experience. This organisation is for everyone and if you care for the organisation then you would not let anything become a barrier.

Nothing is particularly hard if you divide it into small jobs.

Young people should be empowered to lead, guided to set the agenda and allowed to make mistakes. The notion of learning by doing is an essential part of development and critical in building confidence in young people. We must always include contingency planning during activities to allow young people to try, and try again.

Changing the culture is sometimes institutional and systematic. However, implementing youth engagement champions with regular training and a tailored framework for everyone to follow, will result in more valuable youth engagement practices across all areas of our organisation.

Individually, we can make a small change. Collectively, we can make a huge difference to young people's lives and continue to provide high quality youth services for all young people.

Minaben (our Youth Trustee) runs the youth club every Tuesday, we as members must encourage children of all ages to participate in this club because, if they do, they are also likely to learn about the organisation and what it means to them and one day they will be telling us what this organisation is about and where it is heading.

We must learn from organisations such as the Swaminarayan and Hare Krishna movements. They start educating children from a young age so that they can understand their roots and culture early in their lives and develop them throughout their adulthood. Parents have the responsibility to encourage and bring their children to take part in every Samaj activity and I hope you will make an effort starting from today.

If you really analyse the origin of SPAL volunteers, most of them were in their teens when the organisation was established. As youngsters, they were attending any event organised by the Samaj. Most of these were held in venues around the city with limited capacity. However, through the experience of participation in these events whether as spectator or volunteer, the loyalty grew and it is still embedded within.

All events that we organise should be a sell out if we have our member's full support. I am asking everyone to give us your support, so that it gives encouragement to the volunteers organising the event to set standards and deliver fantastic events.

You may have noticed that over the past few years, at the bottom of every page in our newsletter there is a quote. I hope it inspires you. So in closing I would like to finish with a quote from Helen Keller "Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence".

Jayantilal (Jay) D Mistry

SPA Leicester - President

SPA Leicester Mahila Report

હમારી ટીમ રંજનબેન, કમુબેન, ભગવતીબેન અને કલા તરફથી પૂજ્ય વડિલોના ચરણોમાં પ્રણામ, ભાઈઓ બહેનોને નમસ્કાર અને બાળકોને ઘણા ઘણા મીઠા આશીર્વાદ.

જોત જોતામાં ગુજરાતી વર્ષ ૨૦૭૪ અને અંગ્રેજી વર્ષ ૨૦૧૮ પુરુ થવા આવી રહ્યું છે અને આપણે વિક્રમ સંવત ૨૦૭૫ અંગ્રેજી વર્ષ ૨૦૧૯માં પગલું માંડી રહ્યા છે. આ નવું વર્ષ આપ સૌને માટે સમૃદ્ધિ અને તંદુરસ્ત ભર્યું જીવન લાવે એવી શુભેચ્છા પાઠવું છું.

આ વર્ષે ઉનાળામાં ગરમી પણ સરસ પડી તો ઉનાળાનો આનંદ લીધો હશે. સાથે ભેગા પાપડ, પાપડી અને વળી બનાવી હશે. તડકો જોઈને મહિલાઓને બધું બનાવવાનું મન થઈ જાય. હવે આપણે બરફીલી ઠંડીના વાતાવરણમાં જઈ રહ્યા છે. તો ગરમ કપડા પહેરી તમારી કાળજી રાખજો. ઘરમાં બેસી વિચારજો કે લેડીસ નાઈટ કરી, મહિલા સંમેલનમાં ગયા, ૨૧ જૂન ઈન્ટરનેશનલ યોગા દિવસ ઉજવીયો, મહિલા ભજનમાં ભાગ લીધો, ફેમીલી ફન્ડેમાં ભાગ લીધો.

પછી રાણીના બંગલા (બર્કીંગહામ પેલેસ)ની મુલાકાત લીધી અને પેલેસની અંદર ૧૫ કમરા (રૂમ) જોયા હતા ત્યાર બાદ રાણીના બાગ (ગાર્ડન)ની પણ સેર કરી હતી. આશા રાખું છું કે આવી ટ્રીપમાં બધાને મજા આવી હશે. અમે હજી આપણા મેમ્બર રહી ગયા છે તો એમના માટે પાછી ટ્રીપ ગોઠવવાની કોશિશ કરીશું. આ ટ્રીપ ગોઠવવામાં ઈન્ટિરાબેનનો ઘણો ઘણો સાથ મળ્યો એ બદલ ઈન્ટિરાબેનનો ઘણો ઘણો આભાર માનું છું.

મારા વહાલા જ્ઞાતિજનોને આવી બર્કીંગહામ પેલેસની મુલાકાતે અથવા કોઈ બીજી ટ્રીપમાં ભાગ લેવો હોય તો તમારો હમારી ટીમને જાન્યુઆરીમાં ફોન કરી નામ નોંધાવવા મહેરબાની કરશો. હવે તમારા પર છોડું છું તમને ટ્રીપ કરવી છે કે નહીં.

આપણે બધાએ નવરાત્રીમાં મજા કરી હશે, દિવાળીના પ્રોગ્રામ આજ કાલ આજ નામના ગ્રુપ સાથે આનંદ કરાવીયો. આખા વર્ષ દરમિયાન દરેક જ્ઞાતિજનોનો સાથ સહકાર મળ્યો એ બદલ ઘણો આભાર અને મળતો રહે એવી આશા રાખું છું.

અમારા ટીમ તરફથી સૌને નમસ્કાર.

SPAL REGULAR ACTIVITIES

Monday



7:00pm – 8:00pm

Monday & Wednesday



7:00pm – 8:30pm

Tuesday

Youth Club

7:15pm - 8:15pm

Tuesday

Table Tennis Coaching by Taruna Mistry
Starting Tuesday 29th January 2019
7.15-8.15pm for children and ladies.
50p a session.

7:15pm – 8:15pm

Tuesday



7:00pm – 8:00pm

SPAL REGULAR ACTIVITIES

Wednesday



Yoga - For Everyone Beginners & Experienced

7:15pm – 8:30pm

Wednesday Cricket (Please check with SPAL Cricket Club)

Thursday



Men's Keep Fit - Everyone Welcomed

7:00pm – 8:00pm

Saturday



Bhajan Mandal - Everyone Welcomed

7:00pm – 10:00pm

The Right Place

A mother and a baby camel were lying around under a tree. Then the baby camel asked, "Why do camels have humps?" The mother camel considered this and said, "We are desert animals so we have the humps to store water so we can survive with very little water."

The baby camel thought for a moment then said, "Ok...why are our legs long and our feet rounded?" The mama replied, "They are meant for walking in the desert." The baby paused. After a beat, the camel asked, "Why are our eyelashes long? Sometimes they get in my way." The mama responded, "Those long thick eyelashes protect your eyes from the desert sand when it blows in the wind."

The baby thought and thought. Then he said, "I see. So the hump is to store water when we are in the desert, the legs are for walking through the desert and these eye lashes protect my eyes from the desert then why in the Zoo?"

The Lesson: Skills and abilities are only useful if you are in the right place at the right time. Otherwise they go to waste.

Don't stop when you are tired. Stop when you are done.

SPA Leicester Youth – News

Having joined the board of trustees last year as the youth/sports leader I have found it very exciting and at times frustrating but now I have settled into my role, I am enjoying the experience.

One year on I have had the continued support of Bhanisha Mistry and now on the youth team we also have Kirti Mistry, Manesh Mistry and Vibha Mistry. I would also like to take this opportunity to welcome Taruna Mistry who will be joining the team in January 2019.

In January we had a youth pizza and quiz night, which was lots of fun and greatly enjoyed by everyone that attended. April was a busy month, with the help of the youth team we were able to re-launch youth club on Tuesday evenings 7.15-8.15pm, where we have lots of different activities, games and sports that the youth can take part in. On Saturday 29th September we had a very successful music and games night, there was bingo, quiz, and raffle followed by some amazing singing from our members on the karaoke.

SPA UK sports day was on Saturday 1st September, which was held at Warwick University. SPAL members of all ages took part in the different sports. It was a fantastic day and those who participated, the families and friends that came to support had a great time. On behalf of the youth team and SPAL I would like to congratulate all the winners and runners up from Leicester:



Fair Play Trophy
Men's Single Badminton
Ladies Pool
Squash
Squash
Table Tennis
Swimming (Girls Age 6-8)

Leicester	Winner
Miten Prajapati	Winner
Bijal Mistry	Winner
Neetesh Mistry	Winner
Krish Mistry	Runner Up
Krishan Mistry	Winner
Hemali Mistry	Runner Up



SPA UK Sports Day 2019

Saturday 31st August 2019 at Birmingham University - Please put the date in your diary!

We would like to see as many of our members take part this year in all of the sports events on sports day and bring back as many trophies as we can!



Table Tennis Coaching by Taruna Mistry

Starting Tuesday 29th January 2019 7.15-8.15pm for children and ladies. 50p a session.

For more information contact the youth team.

It's going to be hard, but hard does not mean impossible.

Christmas is a celebration of Jesus Christ's birth. People around the world celebrate Christmas differently, but it is all based upon the birth of Jesus. People also celebrate Christmas in other ways. We at SPA Leicester organised a Children Christmas Party scheduled for Saturday 8th December 2018. We announced the event during Navratri and the tickets were sold out very quickly.

The youth team together with SPAL volunteers got together and planned out the whole event. The entertainment included bouncy castle, music, amazing disco, great food, local business stall and not forgetting Santa's grotto.



SPAL Youth Team and Volunteers

On the day, majority of the children arrived on time and the team took good care of the children by involving them in all activities. Many of the parents got involved in helping their children with activities – to be honest the parents were very keen on the activities themselves. It was hard to get them away. The bouncy castle was a great hit. Then there was Santa's Grotto with our very own Santa. Every child that visited Santa, came away with a lovely present that put a big smile on their faces. It was so nice to see so many of our member's children enjoying the party. The activities were followed with some lovely food (Pizza, Chips and Soft Drink) very kindly supported by our very reliable Mahila's Ranjanben and Kamuben. The party finished with disco at the end. A fantastic time was had by all.



We would like to continue to build the youth team for the future so if any of our young members would like to come along and help or have any great ideas for us please contact me via email on spayouthleicester@gmail.com, SPAL Facebook or 07896232134.

Thank you for your continued support
Mina Mistry and the youth team



For future events keep in touch by Facebook, Samaj website, emails and posters.

The child and his mother

A curious child asked his mother: "Mommy, why are some of your hairs turning grey?" The mother tried to use this occasion to teach her child: "It is because of you, dear. Every bad action of yours will turn one of my hairs grey!"

The child replied innocently: "Now I know why grandmother has only grey hairs on her head."

The key to success is to focus on the goals, not the obstacles.

Religious Festival at the Samaj during 2019

Day & Date	Festival	Times	Programme
Saturday 19th January	Makar Sankranti	7.00pm - 10.00pm	Bhajan, Dhun & Aarti
Saturday 16th February	Shree Vishvakarma Jayanti	7.00pm - 10.00pm	Bhajan, Dhun & Aarti
Monday 04th March	Maha Shivratri	5.30pm - 10.00pm	Shiv Pujan, Bhajan, Dhun & Aarti
Saturday 13th April	Ram Navmi	10.00am - 2.00pm	Ram Janmotsav, Pujan, Bhajan, Dhun Thal, Aarti, Darshan & Prasadi
Saturday 20th April	Hanuman Jayanti	2.00pm - 10.00pm	51 Hanuman Chalisa, Bhajan, Dhun, Thal & Aarti
Sunday 12th May	Shree Bhuvneshwari Yagna (Vishwa Shanti)	8.30am - 2.00pm	Pujan, Yagna, Thal, Aarti & Mahaprasad
Saturday 20th July	Gurupurnima	7.00pm - 10.00pm	Guru Pujan, Bhajan, Dhun Thal & Aarti
Sunday 04th August	Shree Satyanarayan Bhagwan Samuh Katha	8.30am - 2.00 p.m.	Pujan, Katha, Bhajan, Dhun Thal & Aarti, Bhojan Prasadi
Friday 09th August	Noli Nem	5.00pm - 9.00pm	Pujan, Story, Thal & Aarti, Bhojan Prasadi
Saturday 24th August	Janmashtami Shree Krishna Jayanti	5.00pm - 10.00pm	Pujan, Bhajan, Dhun Thal & Aarti, Rass Garba
Monday 02nd September	Ganpati Choth	6.00pm - 10.00pm	Poojan, Bhajan, Dhun Thal & Aarti
Saturday 28th September	Sarva Pitru Shradh	7.00pm - 10.00pm	Bhajan, Dhun, Thal & Aarti
Sunday 29th September	Navratri Gatsthapan	5.30pm - 10.00pm	Mataji Gatsthapan Puja & start of Navratri
Sunday 13th October	Mataji's Haven	8:00am – 3:00pm	Pujan, Havan, Bhajan, Dhun, Aarti & Maha Prasad
Monday 28th October	Nutan Varsh Milan	10:00am – 11:00am	Aarti & Milan (Aarti 10:30am)
Sunday 03rd November	Jalaram Jayanti & Ankut Darshan	8:00am – 2:00pm	Pujan, Bhajan, Dhun, Aarti & Prasad

Additional Information

- **Shravan Maas:-** Thursday 1st August 2019 to Friday 30th August 2019
- **Navratri :-** Sunday 29th September 2019 to 8th October 2019

For Further details on the religious festivals taking place at our Samaj or if you wish to take part as Yajman or if you wish to organise Bhajans, please contact:

Balwantbhai Lad	Tel: 0116 2991513
Nayanben N Mistry	Tel: 0116 2915576
Padmaben B Mistry	Tel: 0116 2612333
SPA Leicester	Tel: 0116 2628560 (Mon-Fri 7:00pm - 8:00pm)

૨૦૧૯ વર્ષના ઉત્સવો અને તહેવારો

દિવસ અને તારીખ

ઉત્સવ - તહેવાર

સમય

વિશેષ માહિતી

શનિવાર ૧૯ જાન્યુઆરી	મકર સંક્રાંતિ	સાંજે ૭.૦૦ થી ૧૦.૦૦	ભજન, ધૂન અને આરતી
શનિવાર ૧૬ ફેબ્રુઆરી	શ્રી વિશ્વકર્મા જયંતિ	સાંજે ૭.૦૦ થી ૧૦.૦૦	ભજન, ધૂન અને આરતી
સોમવાર ૪ માર્ચ	મહા શિવરાત્રિ	સાંજે ૫.૩૦ થી ૧૦.૦૦	શિવપૂજન, ભજન, ધૂન, અને આરતી
શનિવાર ૧૩ એપ્રિલ	રામ નવમી	સવારે ૧૦.૦૦ થી બપોરે ૨.૦૦	રામ જન્મોત્સવ, પૂજન, ભજન, ધૂન, થાળ આરતી, દર્શન અને પ્રણામ
શનિવાર ૨૦ એપ્રિલ	હનુમાન જયંતિ	બપોરે ૨.૦૦ થી ૧૦.૦૦	૫૧ હનુમાન ચાલીસા, ભજન, ધૂન, થાળ અને આરતી
રવિવાર ૧૨ મે	શ્રી ભુવનેશ્વરી યજ્ઞ (વિશ્વ શાંતિ)	સવારે ૮.૦૦ થી ૨.૦૦	પૂજન, યજ્ઞ, થાળ, આરતી અને મહાપ્રસાદ
શનિવાર ૨૦ જુલાઈ	ગુરુ પૂર્ણિમા	સાંજે ૭.૦૦ થી ૧૦.૦૦	ગુરુપૂજન, ભજન, ધૂન, થાળ અને આરતી
રવિવાર ૩ ઓગસ્ટ	શ્રી સત્યનારાયણ ભગવાનની સમુહકથા	સવારે ૮.૩૦ થી ૨.૦૦	પૂજન, કથા, ભજન, ધૂન, થાળ, અને આરતી
શુક્રવાર ૯ ઓગસ્ટ	નોળી નેમ	સાંજે ૫.૦૦ થી ૮.૦૦	પૂજન, વાર્તા, થાળ, આરતી, ભોજનપ્રસાદી
શનિવાર ૨૪ ઓગસ્ટ	જન્માષ્ટમી શ્રી કૃષ્ણજયંતી	સાંજે ૫.૦૦ થી ૧૦.૦૦	પૂજન, ભજન, ધૂન, થાળ, આરતી, રાસગરબા
સોમવાર ૨ સપ્ટેમ્બર	ગણપતિ ચોથ	સાંજે ૬.૦૦ થી ૧૦.૦૦	પૂજન, ભજન, ધૂન, થાળ અને આરતી
શનિવાર ૨૮ સપ્ટેમ્બર	સર્વપિતૃ શ્રાદ્ધ	સાંજે ૭.૦૦ થી ૧૦.૦૦	ભજન, ધૂન, થાળ અને આરતી
રવિવાર ૨૯ સપ્ટેમ્બર	નવરાત્રિ ઘટસ્થાપન	સાંજે ૫.૩૦ થી ૧૦.૦૦	માતાજી ઘટસ્થાપન પૂજા અને નવરાત્રિ આરંભ
રવિવાર ૧૩ ઓક્ટોબર	માતાજીનો હવન	સવારે ૮.૦૦ થી ૩.૦૦	પૂજન, હવન, ભજન, ધૂન, આરતી અને મહાપ્રસાદ
સોમવાર ૨૮ ઓક્ટોબર	નૂતનવર્ષ મિલન	સવારે ૧૦.૦૦ થી ૧૧.૦૦	આરતી અને સ્નેહ મિલન
રવિવાર ૩ નવેમ્બર	જલારામ જયંતિ અન્નકૂટ દર્શન	સવારે ૮.૦૦ થી ૨.૦૦	પૂજન, ધૂન, થાળ અને આરતી

વિશેષ માહિતી:

- ગુરુવાર ૧ ઓગસ્ટ ૨૦૧૯ થી શુક્રવાર ૩૦ ઓગસ્ટ ૨૦૧૯ 'ગ્રાવણ માર્ગ'
- રવિવાર ૨૯ સપ્ટેમ્બર ૨૦૧૯ થી મંગળવાર ૮ ઓક્ટોબર ૨૦૧૯ 'નવરાત્રિ મહોત્સવ'

ઉપરોક્ત ધાર્મિક કાર્યક્રમની પૂજનવિધિ અથવા યજમાન પદે બિરાજવા ઈચ્છતા જ્ઞાતિજનોએ
સમાજના ધાર્મિક ટ્રસ્ટીનો સંપર્ક કરવા વિનંતી છે.

કાર્યકર્તાનો સંપર્ક: બળવંતભાઈ લાડ ટે. ૦૧૧૬ ૨૯૯ ૧૫૧૩
 નયનાબેન એન. મિસ્ત્રી ટે. ૦૧૧૬ ૨૯૧ ૫૫૭૬
 પદમાબેન બી. મિસ્ત્રી ટે. ૦૧૧૬ ૨૬૧ ૨૩૩૩
 સમાજનો ટે. ૦૧૧૬ ૨૬૨ ૮૫૮૦ (સોમ-શુક્ર ૭:૦૦-૮:૦૦)

Are we losing our Hindu Culture?

Are we ashamed to be Hindu? – If so, why and what can we do about it. – Jitubhai C Mistry

The following article is brought together from thoughts from various individuals', debates, discussions and articles. It may be a bit long, but worthwhile in spending a few minutes to read it.

Culture is the invisible bond that ties the people of a community together. Our art, our literature and most importantly our language define us. They make us who we are. It has been rightly said that a community is only as strong as its language and culture.

Change is the law of nature. It is necessary to adapt if a society is to keep pace with the ever-changing world but, when this change comes at the cost of the culture, the society instead of progressing moves backwards. Our culture too is being threatened by the present era of modernisation. Though we have come a long way from the ancient times, we have forgotten our culture in the process. Our present generation is hardly aware about our culture. Most of us have forgotten our language, our traditions and in the process our identity. It is only a matter of time before we completely lose our culture and traditions to modernisation. Is our culture on the brink of being lost forever? Why is our culture losing its importance? Are we ashamed to openly admit that we are Hindus?

How can you be ashamed of something you don't know much about? Modern day Hindus don't know much about their religion and philosophy other than celebrating festivals and reading mythological stories. The philosophical part has been completely ignored. Do you think the average Hindu would know that you do not even need to believe in the Vedas to be a Hindu? That Hinduism is a collection of various different philosophies and you are free to choose what you like? There is vedas, vedanta, adwaita, dwaita, charvaka (atheist), lokayata (atheist and materialistic), nyaya, samkhya, yoga, tantra etc?

Abusing the freedom to question is the most favourite tool of "intellectuals". Most of the religions don't give freedom of questioning to their followers. Hinduism does, and it is misused big time. Everything is questioned. Sometimes we get obnoxious questions like "Can you prove this happened in such and such time?". In any religion or even social practice, there is some level of belief involved. In fact, even in Science we just blindly believe when someone says that there is a galaxy 5 million light years away and yet we are still finding out if there is water on the moon and Mars. This uncontrolled questioning has killed the required level of belief that we need to have in some of the rituals, before we can comprehend their deeper meaning.

The subtle brainwashing over the decades has convinced Hindus that there's nothing useful left in the Hindu tradition (except for blind rituals and superstitions) and you may be right, some may even be ashamed of their rituals and culture because they don't know the history or science behind them. They simply didn't get any opportunity to learn this and the external environment around us is largely anti-Hindu, as seen recently from the UK Parliament introducing the Caste Legislation. If that legislation comes in to force, Shree Prajapati Association as we know it will highly likely disappear in a couple of generations' time.

I feel that Hindu families focus too much on their off springs going into the different professions but they do not teach their children the basics of their own spirituality and tradition. Most children now grow up rootless having no idea about their ancestors or their country of origin. Of course to top it all is the western universalism which is imposed by the West throughout that being western is cool and adopting your own tradition is being backward. So, in general, Hindu children would know more about western customs than their own. For example, they'd proudly imitate Halloween from the West but would call their own Deepavali as pollution creating. Indian corporates would proudly go and learn Mindfulness meditation from Westerners without realizing that it is their own Vipassna which has been copied by the Westerners, re-packaged and sold back to Indians at an exorbitant price; what a smart marketing.

Our greatest weakness lies in giving up. The most certain way to succeed is always try just one more time.

The short answer is that most young Hindus are aspiring to be westernised as fast as possible, equating "western" with "modern and cool". Success for the young Hindus today is purely a materialistic term. An individual's success is measured by his/her bank balance. Only those things are valuable to us which have a good market value. Young Hindus therefore want a 'culture' which can guarantee materialistic prosperity.

However, in my experience I have found that when rituals and customs are properly explained to the youth they are quiet amazed at the profundity of them.

I feel therefore that the most obvious reason why we Hindus are losing our culture and perhaps in some sense feel ashamed about openly admitting that we are Hindus is the lack of education and explanation. Parental neglect is a prime cause, but also organisations are not making enough attempts to provide support and guidance.

So, what is this soul of Hindus which has survived in spite of many ups and downs that we have witnessed over millennia? The core of Hindu Culture is the Vedic vision of life. As long as this spiritual worldview is alive and handed down intact from generation to generation, Hindus will not only survive but also thrive in the ages to come with many new expressions of creativity. Swami Vivekananda was never tired of reminding us about the core of Indian Culture in his spirited exhortations:

"...as long as this principal function of our life is not disturbed, nothing can destroy our nation. But mark you, if you give up that spirituality, leaving it aside to go after the materialising civilisation of the West, the result will be that in three generations you will be an extinct race; because the backbone of the nation will be broken, the foundation upon which the national edifice has been built will be undermined, and the result will be annihilation all round."

Will we heed the advice of savants like Vivekananda or will we turn away from our heritage and become an imitation of foreign cultures? Swamiji had great faith in the younger generation and hence it does not behove us to be cynical. But, having said that, it is important to reiterate what was said in the beginning of this article – it is imperative and urgent that we create systems to disseminate knowledge.

Shree Prajapati Association Leicester tries to organise events and activities to promote our religion and culture. The youth club is a good start to introducing our children to our heritage. Parents have the responsibility and must consciously attempt to bring children to the cultural and religious events we hold. I sincerely believe that by working together, we can revive the downward trend and once again become proud Hindus.

Jai Shree Krishna

Jitubhai Mistry

A very special bank account

Imagine there is a bank which credits your account each morning with £86,400, carries over no balance from day to day, allows you to keep no cash balance, and every evening cancels whatever part of the amount you had failed to use during the day. What would you do? Draw out every pound, of course!

Well, everyone has such a bank. Its name is Time. Every morning, it credits you with 86,400 seconds. Every night it writes off, as lost, whatever of this you have failed to invest to good purpose. It carries over no balance. It allows no overdraft. Each day it opens a new account for you. Each night it burns the records of the day. If you fail to use the day's deposits, the loss is yours.

There is no going back. There is no drawing against the "tomorrow". Therefore, there is never, not enough time or too much time. Time management, is decided by us alone and nobody else. It is never the case of us not having enough time to do things, but the case of whether we want to do it.



મહાશિવરાત્રિ પર્વ

“ૐ નમઃ શિવાય”

મહાવદ તેરસ, સોમવાર તા. ૪ માર્ચ ૨૦૧૯

સમય: સાંજે ૫.૩૦ થી રાત્રે ૧૦.૦૦



પ્રિય જ્ઞાતિજનો,

સહર્ષ જહાપતા આનંદ થાય છે કે પરમ કૃપાળુ પરમાત્મા ભગવાન શ્રી સદાશિવની અસીમ કૃપાથી મહાશિવરાત્રિ પર્વ પાવન કલ્યાણકારી પ્રસંગે શ્રી પ્રજાપતિ કોમ્યુનિટી સેન્ટર, અલ્પર્સકોફ્ટ રોડ, લેસ્ટર ખાતે ઉપરોક્ત દિવસે અને સમયે ‘શિવરાત્રિ’નું મંગલ આયોજન કરવામાં આવેલ છે. આ પાવનકારી દિવ્ય ધાર્મિક કાર્યક્રમમાં પૂજનવિધિના મુખ્ય તેમજ પેટા યજમાન પદે બિરાજવા જે કોઈ જ્ઞાતિજનોની ઇચ્છા હોય તેમણે નીચે જણાવેલ કાર્યકર્તાને સંપર્ક કરવા વિનંતી છે.

મહાશિવરાત્રિ એટલે ભગવાન શંકર દ્વારા જ્યોતિર્મય લિંગરૂપે પ્રગટ થયાની રાત્રિ આખા વર્ષમાં આખી રાત્રિ ઉજવાતી એક માત્ર રાત્રિ. આ તિથિ વ્રતરૂપે ઉજવવી. આ વ્રતમાં ઉપવાસ, પૂજન, જપ, ભજન અને જાગરણ કરવાથી અનોખું પૂણ્ય પ્રાપ્ત થાય છે. આ વ્રત સર્વોત્તમ ગણાય છે. શિવત્વ પ્રાપ્ત કરવાની, અંધકારભર્યા જીવનમાં પ્રકાશ પામવાની, આત્માને પરમાત્મામાં લીન કરવાની રાત્રિ એટલે મહાશિવરાત્રિ. શિવના વિધિસર પૂજનથી સમસ્ત ઇચ્છાઓ સફળ થાય એવું શાસ્ત્રોક્ત વચન છે. પૂજન વિધિ બાદ ભજન-કિર્તનનો કાર્યક્રમ રહેશે. તો સર્વ પરિવારોને પધારી ભાગ લેવા હાર્દિક નિમંત્રણ છે. આ કાર્યક્રમની સાથે ભાંગની પ્રસાદીની પણ વ્યવસ્થા કરવામાં આવેલ છે.

યજમાનોએ લાવવાની સામગ્રી:

૧ ગણપતિની મૂર્તિ, ૧ શિવલિંગ, ૧ નાળિયેર, ૨ થાળી, ૨ વાટકી, ૩ ચમચી, ૭ નાગરવેલના પાન, ૨ ફળ, ફૂલ, દૂધ, પ્રસાદી અને રૂમાલ.

કાર્યક્રમ:	૬.૦૦ થી ૭.૩૦	શિવપૂજન
	૭.૩૦ થી ૮.૦૦	શિવ ચાલીસા, હનુમાન ચાલીસા
	૮.૦૦ થી ૯.૧૫	ભજન
	૯.૧૫ થી ૧૦.૦૦	થાળ, આરતી અને પ્રણામ

Maha Shivratri Celebrations

Monday 4th March 2019

5:30 pm – 10:00 pm

Maha Shivratri is a Hindu festival celebrated every year in reverence of Lord Shiva. There are many legends that are associated with the celebration of Maha Shivratri. One of the many legends of Shivratri tells that during the great mythical churning of the ocean called Samudra Manthan, a pot of poison emerged from the ocean. The gods and the demons were terrified as it could destroy the entire world and they ran to Shiva for help. To protect the world, Shiva drank the poison holding it back in his throat instead of swallowing it. This turned his throat blue, and since then he came to be known as 'Nilkantha', the blue-throated one. People thereby celebrate Shivratri because Lord Shiva saved the world.

Shivratri is considered especially auspicious for women. Married women pray for the well being of their husbands and sons, while unmarried women pray for an ideal husband. But generally it is believed that anyone who utters the name of Shiva during Shivratri with pure devotion is freed from all sins.

Programme:	6.00 pm to 7.30 pm	Shiv puja
	7.30 pm to 8.00 pm	Reciting Shivchalisa & Hanumanchalisa
	8.00 pm to 9.15 pm	Bhajan, Dhun
	9.15 pm to 10.00 pm	Thal, Arti and Darshan.

Everyone is invited to take part in the festival.

Anyone wishing to be a Yajman at the Shiv puja should bring the following items:

One Ganapati's murti, one Shivling, one coconut, two thalis, two small steel bowls, three spoons, two fruits, napkins, flowers, milk, Prasadi and seven betel Leaves.

If everyone is moving forward together, then success takes care of itself; Don't watch the clock; do what it does. Keep going.

શ્રી રામ નવમી

ચૈત્ર સુદ નોમ શનિવાર ૧૩ એપ્રિલ ૨૦૧૯

સમય: સવારે ૧૦.૦૦ થી બપોરે ૨.૦૦



ભગવાન શ્રી રામચંદ્રજીનો જન્મોત્સવ ॥ શ્રી રામચંદ્ર ચરણૌ શરણમ્ પ્રપદ્યે ॥

માનનીય જ્ઞાતિજનો,

સહર્ષ જણાવતા આનંદ થાય છે કે શ્રી રામચંદ્ર ભગવાનની અસીમ કૃપાથી આ વર્ષે પણ મર્યાદા પુરુષોત્તમ ભગવાન શ્રી રામચંદ્રનો જન્મોત્સવ આપણા શ્રી પ્રજાપતિ કોમ્યુનિટી સેન્ટર ખાતે ઉપરોક્ત દિવસે અને સમયે ઉજવવામાં આવશે. આપણે સહુ રામભક્તોની સાથે ભગવાન શ્રી રામચંદ્રજીના પાવન ચરણોમાં શ્રદ્ધાના પુષ્પો પધરાવીએ અને શ્રી રામચંદ્રજીની પ્રેરણા લઈ તેમના જેવા આદર્શ ગુણો જીવનમાં સંપાદન કરીએ. આ પ્રસંગે થનારી પૂજનવિધિના ચજમાન પદ માટેનો લ્હાવો લેવાની ઈચ્છા હોય તેમણે નીચે જણાવેલ કાર્યકર્તાનો સંપર્ક કરવા વિનંતી છે. આપ સર્વને શ્રી રામચંદ્રજીના જન્મોત્સવના દર્શન કરવાનું હાર્દિક આમંત્રણ પાઠવીએ છીએ.

કાર્યક્રમ:	૧૦.૦૦ થી ૧૧.૩૦	પૂજન
	૧૧.૩૦ થી ૧૨.૦૦	જન્મોત્સવ
	૧૨.૦૦ થી ૧૨.૩૦	ભજન
	૧૨.૩૦ થી ૧.૦૦	થાળ, આરતી અને પ્રણામ

Shree Ram Navmi

Saturday 13th April 2019;

10:00 am – 2:00 pm

Celebration of the Birth of Lord Rama

Ram Navami is a festival that celebrates the birth of Lord Rama, the son of King Dasharath and Queen Kaushalya of Ayodhya. He was born on the ninth day (Navami) of the waxing moon in the month of Chaitra (March/April). Lord Rama is an Avatar of Lord Vishnu who came down to earth to battle the invincible Ravana (the king of Lanka).

Bhagwan Rama's primary message is: fulfill your duty without any selfish motives; put other people before yourself. When he was exiled to the forest, Bhagwan Rama did not complain, "but that's not fair." He did not fight back in anger. Rather, he helped his father fulfill a promise; he lived according to his duty as a son and as a future king. He did not once think about himself, his own comforts, and his own "rights". Rather, he abided by his dharma and his duty.

Programme:	10.00 am to 11.30 am	Pujan
	11.30 am to 12.00 pm	Janamotsav (birth celebration)
	12.00 pm to 12.30 pm	Bhajan, Dhun
	12.30 pm to 1.00 pm	Thal, Arti and Darshan.

Everyone is invited to take part in the festival.

These mountains that you are carrying, you were only supposed to climb.



શ્રી હનુમાન જયંતિ

શનિવાર તા. ૨૦ એપ્રિલ ૨૦૧૯
સમય: બપોરના ૩.૦૦ થી રાત્રે ૧૦.૦૦



શ્રી ગુરુ ચરન સરોજ રજ નિજ મન મુકુર સુધારિ ।
બરનઉ રઘુવર બિમલ જસુ જો દાયક ફલ ચારિ ॥
બુધ્ધિહીન તનુ જનિકે, સુમિરૌ પવનકુમાર ।
બલ, બુધ્ધિ વિદ્યા દેહુ મોહિ, હરહુ કલેસ વિહાર ॥

પ્રિય જ્ઞાતિજનો,

સહર્ષ જણાવતા આનંદ થાય છે કે શ્રી હનુમાનજી મહારાજની અસીમ કૃપાથી શ્રી રામના પરમ ભક્ત શ્રી હનુમાનજીની જન્મ જયંતિ નિમિત્તે શ્રી પ્રજાપતિ કોમ્યુનિટી સેન્ટર ખાતે ૫૧ શ્રી હનુમાન ચાલીસા પાઠ તેમજ ભજન ધુનના કાર્યક્રમનું આયોજન કરવામાં આવેલ છે. આ પવિત્ર પ્રસંગમાં આપ સર્વને પધારવા નમ્ર વિનંતી છે. સાથે અલ્પાહારની પણ વ્યવસ્થા કરવામાં આવેલ છે.

કાર્યક્રમ:	૩.૦૦ થી ૭.૩૦	હનુમાન ચાલીસાના પાઠ
	૭.૩૦ થી ૮.૦૦	ભજન, ધુન
	૮.૦૦ થી ૧૦.૦૦	થાળ, આરતી અને પ્રણામ

Shree Hanuman Jayanti

Saturday 20 April 2019; 3:00 pm - 10:00 pm

Celebration of the Birth of Hanuman

Hanuman Jayanti is a festival to celebrate the birth of Hanuman the famous “monkey” God worshipped throughout India. Hanuman Jayanti is celebrated during the month of Chaitra (March/April) to venerate Hanuman who was an ardent devotee of Rama. Hanuman is the embodiment of strength, energy and resourcefulness. He is able to assume any form at will, wield rocks, move mountains, jump through the air, and even hides in clouds. In folk tradition he is a deity with magical powers who has the ability to conquer evil spirits. During Hanuman Jayanti devotees visit temples and apply markings (tika) of reddish powder (sindhur) to their foreheads. This is considered to be good luck. According to the legend, while Sita, the wife of Rama, was applying sindhur to her head, Hanuman asked her why and she replied that this would ensure a long life for her husband. Hanuman then smeared his entire body with sindhur to ensure Rama’s immortality. For this reason you often see Hanuman covered in a particular orange kind of powder. Religious programs are organized in most Hindu temples and on this day Hanuman Jayanti is often celebrated with the recitation of the Hanuman Chalisa, forty verses praising Hanuman taken from the Rama Charit Manas. This chalisa may be recited 108 times taking many hours. Shree Hanuman is worshipped by people to attain knowledge, wisdom, strength and valor.

Programme:	3.00 pm to 7.30 pm	Recital of Hunuman Chalisa (51 times)
	7.30 pm to 8.00 pm	Bhajan & Dhoon
	8.00 pm to 10.00 pm	Thall, Aarti , Darshan and Prasadi.

Everyone is invited to take part in the festival.

You are never too old to set another goal or dream a new dream

SPAL Executive Training Programme

In 2019 SPAL are launching The Executive Training Programme. This is a structured training programme with the aim of developing future leaders for our organisation. The programme will run for a duration of two years and will consist of four 6-month placements undertaking different roles from the following:

President; Vice-President; Secretary; Treasurer; Governance; Religious; Facilities; Youth; Social, Health & Education; and Mahila.

As a trainee, you'll benefit from being handed responsibility from the outset, an opportunity to gain real hands-on experience and develop a broad understanding of how an organisation is run from the executive/board level, as well as receiving support in building key skills.

You do not need any prior experience or any particular qualification. There will be ample support and guidance provided by the Trustee board members. All you need is motivation, desire and enthusiasm to participate and learn. You will be expected to attend a monthly Trustee meeting, usually held on a Monday from 7.30-9.30pm, and sub-committee meetings for your chosen role as and when necessary.

This is an ideal opportunity for anyone looking to develop/enhance their leadership skills and a great addition to your skills on your CV. Although this programme is open to all the members, we would like to encourage the younger members to make the most of this opportunity. Please note that you should be at least 16 years of age and have a valid membership of SPAL for the duration of the programme.

At the end of the programme, you may continue as an assistant for a particular role until a vacancy becomes available for a Trustee position. Please note that the participation on the programme does not automatically guarantee a position on the board of trustees. You will still need to go through the process of nomination and election by members during the AGM as per our constitution.

If you are interested in joining the programme then please contact Jay D Mistry or any of the current Trustees.

The following is a brief description of the roles for your information.

Roles and Responsibilities of SPA Leicester Trustees

There are 11 Trustees who are elected at Annual General Meeting (AGM) by the members of the Association to carry out various essential functions in the running of the Association. The maximum term a particular member can remain as a Trustee in a particular Trustee post is up to 3 years. When a post becomes vacant, nominations are invited from the members to elect a new member for that post. The members have a say in to who manages the running of the Association by way of nominations and elections. The elected Trustees' in turn set up a respective sub-committee to carry out its activities.

The Statutory responsibilities of ALL TRUSTEES are:

- To ensure that the organisation complies with its governing document, charity law, company law and any other relevant legislation or regulations.
- To ensure that the organisation pursues its objects as defined in its constitution.
- To ensure the organisation uses its resources exclusively in pursuance of its objects: the charity must not spend money on activities which are not included in its own objects, no matter how worthwhile or charitable those activities are.
- To contribute actively to the board of trustees' role in giving firm strategic direction to the organisation, setting overall policy, defining goals and setting targets and evaluating performance against agreed targets.
- To safeguard the good name and values of the organisation.
- To ensure the effective and efficient administration of the organization.
- To ensure the financial stability of the organization.
- To protect and manage the property of the charity and to ensure the proper investment of the charity's funds.

General duties and responsibilities of ALL TRUSTEES In addition to the statutory responsibilities, the general duties of ALL TRUSTEES are:

- In liaison with the Association's Board of Trustees, to agree plans and budgets for all events under taken.
- To keep complete and accurate records of income and expenditure and submit them to the Association's Treasurer soon after completion of each work/event.
- To attend Association's meetings and events, and give up-to-date progress reports, future plans, innovative ideas, etc.
- To keep minutes of all meetings and ensure that outstanding matters and actions are dealt with appropriately and on time.
- To give advance notification (at least 7 days) of sub-committee meetings to its members and the secretary
- To take minutes and provide minutes of their respective meetings to the Secretary and its sub-committee members in good time.
- To carry out the Actions assigned to the respective Trustee appropriately and on time
- To report to the President and Secretary of any abnormalities.

In addition to the statutory responsibilities and the general duties, stated above, there are specific duties for each role. For details of each role please contact the secretary.

SPAL Ladies Night

Saturday 28th April 2018 was SPAL Ladies Night. What a night – SPA ladies all turned up in glamorous wear and took the place over. For the first hour the ladies had various stalls to visit, have their pictures taken with props available, the queue at the bar was long. It was well supported by the SPAL Men volunteers to manage the event from security, bar and serving the food. The DJ provided fabulous music and immediately had the full dance floor. The food was excellent and the music and dance continued till late. All those present complimented the organisation and the entertainment laid on. All in all a fantastic night for all who attended. Once again people left it very late and were disappointed that they did not get the tickets.



SPAL 2019 – Ladies Night – Advance Notice **Saturday 30th March 2019 - From 6:30pm – 12:00pm**

For further information regarding details of the programme and sale of tickets, please check the SPAL Notice Board, Website or Facebook page or Contact: Kalaben on 0116 2735330 or Ranjanben on 0116 2661279

Tia Mistry's Expedition to Borneo - 2020



My name is Tia Mistry and I am raising funds to go on an expedition to Borneo for 4 weeks in 2020 with Brookvale Community Learning Campus in Groby, Leicestershire through Camps International.

I am 14 years old and I have this amazing opportunity where I plan to help with local community projects such as education, healthcare, sanitation, food and water, security, environmental protection and deforestation. These are all humanitarian projects- constructing vital facilities for the community including community centres, libraries and bridges.

I need to raise £4,500 through fundraising activities. This amount is something that I had to really consider before even taking on the challenge. My parents have always said that if you wanted to achieve anything in life however big or small then you would have to work for it. I decided that this was a once in a life time opportunity and that I would try my best!

I have started to raise this money by making Christmas Santa Sleighs, hot chocolate and marshmallow cones and selling samosas in our local area in Ratby. I had a stall at the Leicester Samaj Christmas Party. I have further plans to do curry nights, restaurant takeovers, car boot sales and hopefully some fundraising at the Tigers Rugby club. Natwest Bank have also agreed to do a fundraising week for me in January, so I will provide some cakes for this also. Again all of this has been possible through the help of my friends and family. Thank you to all my incredible family, Kamleshmota, Nileshmasa, Reenabhavi, Navinbhai and the Samaj for all your support to date. In fact to everybody who has supported me through my crowd funding page.

If anybody or companies could sponsor me or help in any way, I would really appreciate it. I would be willing to promote them in all fundraising activities. My crowd funding page link is as per below, should you wish to help me directly: <https://www.justgiving.com/crowdfunding/tia-mistry-1>

If you would like to discuss anything with me, please contact my dad, Kalpesh on telephone (H) 0116 3324571 (M) 07808066431 (Email) kalpeshmist@hotmail.com

Thank you for all your support. It is greatly appreciated.

Tia Mistry

The black dot

One day, a professor entered his classroom and asked his students to prepare for a surprise test. They all waited anxiously at their desks for the exam to begin. The professor handed out the exams with the text facing down, as usual. Once he handed them all out, he asked the students to turn over the papers.

To everyone's surprise, there were no questions—just a black dot in the centre of the paper. The professor, seeing the expression on everyone's faces, told them the following: "I want you to write about what you see there." The students, confused, got started on the inexplicable task.

At the end of the class, the professor took all the exams, and started reading each one of them out loud in front of all the students. All of them, with no exception, defined the black dot, trying to explain its position in the centre of the sheet. After all had been read, the classroom silent, the professor started to explain:

"I'm not going to grade you on this, I just wanted to give you something to think about. No one wrote about the white part of the paper. Everyone focused on the black dot – and the same thing happens in our lives. However, we insist on focusing only on the black dot – the health issues that bother us, the lack of money, the complicated relationship with a family member, and the disappointment with a friend.

The dark spots are very small when compared to everything we have in our lives, but they are the ones that pollute our minds. Take you're the eyes away from the black dots in your lives. Enjoy each one of your blessings, each moment that life gives you. Be happy and live a life filled with love!"

Most people spend more time and energy going around problems than in trying to solve them.

Shree Bhuvaneshwari Katha (Vishwa Shanti)



Venue:
Shree Prajapati Community Centre
Ulverscroft Road, Leicester

Sunday, 12th May 2019
8.30am till 2.00pm



We have great pleasure in informing you that, with the blessings of Bhagwati Shree Bhuvaneshwari Mataji and Jagadguru Bramlin Pujya Acharya Shree Charantirth Maharaj's divine inspiration we have organized Shree Bhuvaneshwari Katha in the presence of Adhyaksh Shree Dr. Ravindersanji (from Shree Bhuvaneshwari Pith, Gondal, India) in our Community Centre on Sunday 12th May 2019.

This year Shree Prajapati celebrates 24 years of this event. Everyone is cordially invited to attend this holy event on this auspicious occasion and thereafter to Darshan, Pranam and Maha Prasadi.

Arrangements have been made for the devotees to sit as Yajmans. Anyone wishing to sit as Yajman is requested to contact:

Balwantbhai Lad	Tel: (0116) 299 1513
Naynaben N. Mistry	Tel: (0116) 291 5576
Padmaben B. Mistry	Tel: (0116) 261 2333

Working Committee, Shree Prajapati Association - Leicester

Note:

1. Only two Yajmans will be able to sit beside each place of Puja
2. Health & Safety is to be observed at all times.
3. Yajmans will have to bring following items for Puja:
Coconut (1), Nagervale Pan (7), Arti Thali, Divo (1), Some fruit and loose flowers, Thali (4), Vatri (4), Small spoons (4), Kalash Loto (1), Shree Ganapati's murti, Mataji's murti and photo, Prasad, Cushions for sitting and Napkin, Tulsi Pan.

Programme:

8.30 am	Yajmans to arrive
9.00 am – 1.00 pm	Puja, Katha, Thal, Aarti and Completion
1.00 pm	Dr. Ravidersanji Discourse
1.30 pm	Darshan, Pranam and Bhojan Prasadi



“શ્રી ભૂવનેશ્વરી કથા”

રવિવાર તા. ૧૨મી મે ૨૦૧૯

સમય: સવારે ૮.૩૦ થી બપોરે ૩.૦૦ વાગ્યા સુધી

સરનેહ સર્વ ધર્મ પ્રેમી ભાઈ-બહેનો અને બાળકોને જણાવતા આનંદ અનુભવીએ છીએ કે, ભગવતી શ્રી ભુવનેશ્વરી માતાજીની અસીમ કૃપાથી તેમજ જગદ્ગુરુ બ્રહ્મલીન પૂજ્ય આચાર્ય શ્રી ચરણતીર્થ મહારાજની દિવ્ય પ્રેરણાથી લેસ્ટરમાં શ્રી પ્રજાપતિ કોમ્યુનિટી સેન્ટરમાં રવિવાર તા. ૧૨ મે ૨૦૧૯ના રોજ “શ્રી ભૂવનેશ્વરી કથા” નું અનેક આયોજન કરેલું છે. તો આ દિવ્ય અભિષેક દર્શનનો લાભ લેવા માટે આપ સર્વને પધારવા નિમંત્રણ પાઠવીએ છીએ.

આ અભિષેક દરમ્યાન ડો. રવિદર્શનજી (શ્રી ભુવનેશ્વરી પીઠ - ગોંડલ) પધારશે અને સર્વ ભક્ત સમુદાયને આશીર્વાદ અને આધ્યાત્મિક માર્ગદર્શનનો અમૂલ્ય લાભ આપશે. આ અનુપમ પ્રસંગનો લાભ લેવા આવા ઉત્તમોત્તમ ધર્મકાર્યમાં સહભાગી બની પુણ્ય પ્રાપ્ત કરવા સર્વ સહકુટુંબ મિત્રમંડળ સહિત અવશ્ય પધારશો.

આ સમૂહ અભિષેકમાં મુખ્ય યજમાન અને પેટા યજમાન પદે બેસવાની વ્યવસ્થા કરવામાં આવી છે. જેમને યજમાન પદે બિરાજવાની ઈચ્છા હોય તેમણે નીચે જણાવેલ કાર્યકર્તાઓનો સંપર્ક કરી વહેલી તકે નામ નોંધાવી દેવા વિનંતી કરવામાં આવે છે. શ્રી ભુવનેશ્વરી પીઠ, ગોંડલના ધાર્મિક કાર્યક્રમના આ વરસે શ્રી પ્રજાપતિ તરફથી ૨૧ વરસ થાય છે. આ પ્રસંગે આપ સર્વને પધારવાનું ભાવભીનું આમંત્રણ છે. સમૂહ અભિષેકની પૂર્ણાહુતિ બાદ મહાપ્રસાદની વ્યવસ્થા કરવામાં આવેલ છે.

જો યજમાનોને નીચે બેસી યજ્ઞમાં ભાગ લેવાની તકલીફ હોય તેમના માટે તેમને અનુરૂપ વ્યવસ્થા કરી આપવામાં આવશે.

લિ. કાર્યવાહક સમિતિ, શ્રી પ્રજાપતિ સમાજ, લેસ્ટર.

સંપર્ક:	શ્રી બળવંતભાઈ લાડ	ટેલિફોન નંબર: (૦૧૧૬) ૨૯૯ ૧૫૧૩
	શ્રીમતી નયનાબેન એન. મિસ્ત્રી	ટેલિફોન નંબર: (૦૧૧૬) ૨૯૧ ૫૫૭૬
	શ્રીમતી પદ્માબેન બી. મિસ્ત્રી	ટેલિફોન નંબર: (૦૧૧૬) ૨૬૧ ૨૩૩૩

ખાસ નોંધ:

૧. અભિષેકમાં માત્ર બે વ્યક્તિ એક સ્થાને બિરાજી શકશે.
૨. અભિષેક દરમ્યાન હેલ્થ અને સેફ્ટીનો ખ્યાલ રાખવો જરૂરી છે.
૩. યજમાનોએ લાવવાની સામગ્રી:

શ્રીફળ (૧), નાગરવેલના પાન (૭), આરતીની થાળી, દીવો (૧), થાળી (૪), વાટકી (૪), ચમચી (૪), તાંબાનો કળશ (૧), શ્રી ગણપતિની મૂર્તિ (૧), સુખડી, પ્રસાદ, ફળ, ફુલ, તુલસી પાન, કેસર, ઘી, મોટી ગોટી કપૂર (૩), સૂકા નાળિયેરની આખી ગોટી (૧), અગરબત્તી, દિવાલની, દૂધ, તાંબાની તરભાણી (૨), બેસવા માટે આસન, નેપકીન અને કિચન ટાવલ, તુલસીપાન.

કાર્યક્રમ:

સવારે ૮.૩૦	યજમાનોએ હાજર થવું
૮.૦૦ - ૧.૦૦	પૂજા, કથા, થાળ, આરતી અને પૂર્ણાહુતિ
૧.૦૦	ડો. રવીદર્શનજીનું પ્રવચન અને આર્શિવચન
૧.૩૦	દર્શન, પ્રણામ અને ભોજનપ્રસાદી

Are you or do you know someone who suffers from Diabetic, Kidney Disease or Heart Related Disease? If so, then this information is for you.



SAHA (South Asian Health Action)

Is a new health and social care charity, led by Patients, Carers and Communities? The aim of the Charity is to Help South Asian people with awareness and information to help them manage their own health by engaging, educating and thus empowering them to take control of their own Health.

Currently SAHA's focus is providing information, support and signposting for **Diabetes, Kidney Disease, Blood & Stem Cell, Organ Donation and Dementia**. SAHA currently runs a monthly support group for people from south Asian communities with Type 1 and Type 2 Diabetes.

The Group meets at Santosh Community Centre on the 2nd Tuesday of the Month from 7pm to 9pm. Attendance is Free of Charge.

SAHA is actively working towards Hindus, Sikh and Muslims Embrace Organ Donation Awareness Campaign to increase the NHS Organ Donor Blood and Stem Cell register so SAHA welcomes support from communities to increase donations rates due to the need within South Asian Communities.

Our message is One Day it could be someone you know or love or even you in need of a transplant, help spread the message Organ Donation is a Gift of Life.

For further information please visit the SAHA group meeting as mentioned above or contact:

Chair : Kirit Mistry, Tel: 07940516666, Email: Southasianhealthaction@gmail.com

Vice Chair : Jay D Mistry, Email: jay.mistry1@sky.com

Treasurer : Neeta Katchella, Email: Southasianhealthaction@gmail.com



Hetal Mistry's Story

Double Lung Transplant Recipient



My name is Hetal Mistry and this is my story.

In 2017, I received a life saving double lung transplant to help treat my Cystic Fibrosis (CF).

I was 6 months old when I was diagnosed with Cystic Fibrosis which is a genetic disorder that affects mostly the lungs but also the pancreas, liver, kidneys and intestine. Long term issues include difficulty in breathing and coughing up mucus as a result of frequent lung infection. At the time the life expectancy was 13 years.

I tried to lead a normal life, going to social events, going to university, thereafter working in a school whilst juggling between hospital and home treatments.

In 2016 my lung collapsed four times in the space of three months ending up with me falling in to coma. The time I spent in hospital was the most difficult and at times terrifying times that I ever experienced. I was discharged but I had to carry an oxygen cylinder with me at all times, 24 hours a day and 7 days a week for several weeks.

When I was told that I needed a double lung transplant I was shocked and found it terrifying. Especially when I was informed that Asian donor would be a better match BUT there is a lack of Asian donors on the organ register so it would be difficult especially having a rare blood type. That frightened my family and me the most. It was difficult for family to come to terms with, but always was very supportive and positive.

In 2017, I was placed on the transplant waiting list. A month later I was blessed with the most precious gift, a gift of life, a chance to breath again. I was very lucky as many people die daily waiting for organs and that could have been me. Not only did the donor's lungs give me a second chance to live again, it has also improved my life tremendously.

Once I received the lungs, I noticed a big difference straight away. I could breathe independently, without the help of oxygen. I was discharged in 3 weeks and started getting stronger and able to start living my life without taking nebulisers, doing physiotherapy and regular stays at the hospital for chest infections which all comes with having CF. I am not cured from Cystic Fibrosis but my lungs are new and have a better quality of life.



I like to thank the SPA Leicester board of trustees who granted myself and two other members (also recipients of live saving organs) the opportunity to speak to our members present and raise awareness of the organ donation. I am also very pleased that our organisation is working and supporting groups like SAHA who were also present during Navratri handing out information on organ donation as well as the support they provide.

If you are not a registered donor, I like to take this opportunity to encourage you to please consider registering. You could save up to 8 lives and improve so many more. If I did not receive my double lung transplant, I would not have been able to speak to our members during Navratri or write my story here today. It's thought that truly scares my loved ones and I.

If you are willing to receive an organ to save your or your loved ones life, then why not register on the organ donation register to save others.

My donor wasn't Asian, but she was a good match and I am forever grateful to her, and her family who gave consent. If the recipient is from an Asian background then a donor from the same ethnic background is a BETTER match.

At present, I am campaigning to raise awareness for organ donation with SAHA, at different venues and cities and also managed a radio broadcast.

If you need any further information, please contact SAHA or use the following link to register yourself.

https://www.organdonation.nhs.uk/register-to-donate/register-your-details?campaign=2622&utm_source=kirit_mistry&utm_medium=south_asian_health_action

Did you know that the two days SAHA were present at SPA Navratri celebration 54 of our members registered as organ donors. I like to thank our members for a fantastic support.

If you wish to follow my progress or know anyone whom it may help then please use my instagram: **my_lung_transplant_journey**.

Thank you SPA Leicester and I wish you all a Happy New Year

Hetal Mistry

SPAL Religious Events and Activities

Namaste,

For those who don't know me, I'm Balvant, Religious Trustee of SPAL.

Like the majority of our members, I have been a member of the Samaj for a number of years now, mainly part of the Bhajan Mandal which many of you will know me by, but have also taken a lead role in other Samaj activities such as the Diwali Manoranjan, 25th anniversary celebrations, Navratri and various other religious events.

A lot of time and voluntary effort is given by a number of people to make these events happen. For most, this is on top of having a day job, so I'd like to take this opportunity on behalf of the SPAL board to thank everyone involved in making these events successful.

A new calendar of events for 2019 has been published in this newsletter, please take a look at the events scheduled for the year, make a note in your diary and please make every effort to attend these events and I look forward to meeting you.

Every Saturdays from 7pm-10pm we have a regular slot for Bhajans in the Prathna hall. Many of these sessions get reserved by members for birthdays celebrations, death anniversaries and general celebrations. However, it is not restricted and anyone is welcome to attend any of the bhajan session at any time. I like to extend my invitation to you to attend the Bhajans in 2019 and again I look forward to meeting you.

If you'd like to join me as part of the Religious Team or have any feedback/suggestions in terms of how we can make our events more enjoyable for you, please get in touch by emailing Religious@shreeprajapati.org.uk or the SPAL Secretary on secretary@shreeprajapati.org.uk

Jai Shree Krishna

Balvant

SPAL Board of Trustees 2018 -2019



Jayantilal (Jay D) Mistry
President



Jitubhai C Mistry
Vice President



Vinaybhai Prajapat
Assistant Vice President



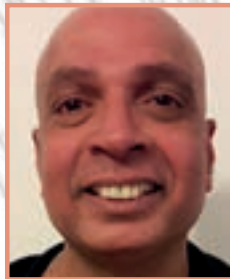
Kalpanaben Mistry
Secretary



Harishbhai P Mistry
Assistant Secretary



Arvindbhai P Mistry
Treasurer



Jayantibhai G Mistry
Governance



Balwantbhai Mistry
Assistant Governance



Ranjanben D Mistry
Mahila Trustee



Kalaben D Mistry
Assistant Mahila Trustee



Bhagwatiben P Mistry
Assistant Mahila Trustee



Kamuben Mistry
Assistant Mahila Trustee

SPAL Board of Trustees 2018 -2019



Kantibhai D Mistry
Facilities Trustee



Nileshbhai D Mistry
Assistant Facilities Trustee



Akshaybhai Prajapati
Assistant Facilities Trustee



Balwantbhai Lad
Religious Trustee



Naynaben N Mistry
Assistant Religious Trustee



Padmaben B Mistry
Assistant Religious Trustee



Indiraben N Mistry
Social Health & Education Trustee



Jinali Prajapati
Assistant Social Health & Education Trustee



Minaben Mistry
Youth Leader



Bhanisha Mistry
Assistant Youth

Social Media & SPA Leicester

Shree Prajapati Association Leicester has a Facebook page and a Twitter account? You can stay up to date with the activities at our centre by using one or both of these.

Facebook Page

<https://www.facebook.com/pages/Shree-Prajapati-Association-Leicester-news-events/180631021994774>

If you have a Facebook page already then it is simple to join. Just search for Shree-Prajapati-Association-Leicester-news-events and "like" the page or alternatively simply copy the above link into your web browser and save to favourites. You can also send comments/views via the comments tab on each post.

Twitter

Twitter is commonly used to send a message or start a discussion; the twitter name for Spa Leicester is @spaleicester.

Email

You can also stay in touch and get email copies of the SPA Leicester publications via email. Please send your email to Leicester@shreeprajapati.org.uk and you will be added to the list for e-copy of the publications and mailshots. This email address can also be used to send in any views, ideas, complaints that you may have regarding SPA Leicester. If you are addressing to a particular Trustee, then please mark it for their attention.

Drop in to the Centre

You can also drop into our centre in person every week Monday through Friday between 7.00pm and 8.00pm or Saturday between 7.00pm and 9.00pm at the Bhajan sessions and find out what activities are going on and keep up to date with forthcoming activities.

SPAL Website

With support from Yogeshbhai Mistry (Pictured Left) the SPAL Website (www.shreeprajapati.org.uk) is now live and the team is working hard to keep it up to date on a monthly basis. Yogeshbhai is also supported by Parth Prajapati (Pictured Right) to maintain the website.



The website is another medium designed to feed the member:

- With high quality contents;
- With information on SPAL events/activities;
- By making things easy to find and integrated with SPAL Facebook page;
- Keep the contents fresh and interesting;
- Allow members engagement;
- Upload/download capability;
- With information in Gujarati.



If you have any suggestions for content or improvement to the site – please use the contact details on the website to inform us. Thank you.

We encourage our members to **receive all future SPA Publication by electronic means**. We therefore, ask every member, to supply their details, in the format described below to the secretary at secretary@shreeprajapati.org.uk

Reference/Subject: E-Communications
Name: AN Other Mistry
Membership No: 123456
Address: 47 Another Road, Leicester. LE15 7DD.
Email: another.mistry@domain.com

If you have changed your address, then please inform the Secretary of your new address and include the following details: Full Name; Old Address; New Address; New Telephone No and Email Address.

Darts Club - Every Tuesday 7.00pm – 8.30pm

Darts practice takes place every Tuesday evening in the Samaj Social Club between 7.00pm – 8.30pm and is growing in popularity day by day amongst members. So much so, that we have had to double the no of dart boards to four from when we first started a few years ago. Currently we have 28 members attend the session each week and more members joining as they learn how much fun everyone is having.



A group of 16 players represented SPAL at the annual SPA UK sports day, and although we did not win any trophies everyone who attended has a fantastic time.

In the coming year we plan to introduce league style play to add a bit more competitiveness amongst the players. Many people have been asking about the annual friendly darts tournament, however due to personal commitment this year I have not been able to organise it, so please accept my apologies. All being well I will try and organise an event next year. It is so pleasing to note that this event has attracted so much enjoyment that many members look forward to attending. Thank you for your support and look out for further information during the coming year.

The darts group do not just play darts on the Tuesday, many members actively volunteer and help out at the various Samaj events, i.e. setting up; serving; clearing up; opening/closing rotas etc. It has also become a social evening for many members and the SPAL social club is also open so you can enjoy a drink or two whilst playing. The group also have social outings, e.g. curry nights which is very popular along with fund raising for various charities.

Earlier in the year the group were also invited by Rugby branch for a friendly tournament and those who attended had a brilliant time. The group also raised £185.00 which will be donated to Rugby branch for their fund raiser to help their local Dementia support group.

Finally if you are interested, please do come along on a Tuesday night at the social club and join the fun throwing a few darts and mingling with lots of friendly people.

Jai Shree Krishna

Shashibhai R Mistry

The law of the garbage truck

One day I hopped in a taxi and we took off for the airport. We were driving in the right lane when suddenly a black car jumped out of a parking space right in front of us. My taxi driver slammed on his brakes, skidded, and missed the other car by just inches!

The driver of the other car whipped his head around and started yelling at us. My taxi driver just smiled and waved at the guy. And I mean, he was really friendly. So I asked, 'Why did you just do that? This guy almost ruined your car and sent us to the hospital!' This is when my taxi driver taught me what I now call, 'The Law of the Garbage Truck'.

He explained that many people are like garbage trucks. They run around full of garbage, full of frustration, full of anger, and full of disappointment. As their garbage piles up, they need a place to dump it and sometimes they'll dump it on you. Don't take it personally, just smile, wave, wish them well, and move on. Don't take their garbage and spread it to other people at work, at home, or on the streets.

I've found that luck is quite predictable. If you want more luck, take more chances. Be more active. Show up more often.

SPAL – Facilities Report

If you visited our site recently, you must have noticed some of the refurbishment works that has been carried out. This is a brief summary of the works that had been completed and that which is planned in the near future.

The work complete includes:

1. Security systems

- a) The CCTV system has upgraded to replace the existing system that was installed two decades ago. The new system provides full internal and external surveillance of the property from 13 cameras.
- b) We have also upgraded the existing SECOM PLC intruder alarm system to a new system compliant with latest standards and code of practice.

2. Kitchen fittings

We have procured three stainless-steel heavy-duty wall benches, two for Main hall and one for Prathna hall and installed a stainless-steel heavy-duty Double Bowl sink unit complete with new taps in the Main hall kitchen. We have also installed a stainless-steel heavy-duty floor standing cupboard with work surface in the Main hall kitchen.

3. Boardroom and small Office

In the boardroom and the small office, we have removed all unwanted furniture and equipment. All cupboards have been cleared out and tidied up. The walls have been repainted and floor polished.

4. PA System

The Public Address (PA) system in the Main hall has been replaced, which includes the speakers, mixer and microphones.

5. Storage cupboards

In the main hall, a new storage cupboard for trophies has been installed. In the Prathna hall a new storage cupboard has been installed replacing the tables that were used for storing utensils and accessories in the boxes over and under the tables.

6. Main hall ceiling tiles & lights

New ceiling tiles were installed across the Main hall including the recess areas to replace the old discoloured and damaged ceiling tiles. The dimmable LED light panels, which can be individually controlled, have replaced the old fluorescent tube light panels. Additionally, to increase the appeal of the hall LED lighting strips have been installed on the perimeter of domes and in the central recess area.

7. Main hall stage

The old soft fabric skirting around the stage has now been replaced with wooden fascia panels. These panels can be easily removed allowing access to the tables stored underneath. The stage carpet has been also been replaced.

A portable stage is now available that can be used where a small stage is required within our site (For example in the Prathna Hall, or bar side of the hall if half a hall is used).

8. Main hall miscellaneous

The telephone system, IT network and WI-FI facility have all been upgraded to latest standard. The old bar pipework in the hall hiring room has now been removed together with other unwanted furniture/equipment.

9. Prathna Hall signage

A new Prathna Hall sign has been fitted on the external wall just above the main entrance doors.

Other work currently in progress/pipeline include:

1. Social Club evacuation chair and chair lift

We have approval for installation of Chair Lift in the stairwell leading up to the Social Club. This is currently waiting final approval with Leicestershire Fire Office. Due to regulations, we have also purchased the evacuation chair that will be installed in the Social Club. The use of evacuation chair is to help/assist evacuation of people with disability in the case of an emergency.

2. Prathna Hall

Investigative work is currently in progress to replace the ceiling tiles; upgrade the ventilation requirements and Mandir Stapan (in collaboration with the Religious Team).

3. Other Works

Investigation is underway on Main Hall Wall covering including the stage background, Main hall Projector and Screens and Banqueting chairs. This also means additional storage requirements.

This is a brief summary, for further information, please contact anyone from Facilities team.

**Kantibhai Mistry, Nilesh Mistry & Akshay Prajapati
- Facilities team**

SPA (UK) EVENTS 2018

SPA UK 39th MAHILA SAMELAN - Hosted by SPA London

*Internet/Phone Security Associated with Social Media
Rejuvenating SPA UK Associated with Modern Parenting*

Date: Sunday 7th April 2019 **Time:** From 9:30am to 4:30pm

Venue: Shree Prajapati Community Centre, Ulverscroft Road, Leicester. LE4 6BY

Tickets: £5:00 each – On sale from 11/12th March 2019 on first come first serve.

For Further Information, contact: Kalaben 0116 2735550

SPA UK SENIORS SNEH MILAN – Hosted by SPA Bolton

Date: Sunday 23rd June 2019 **Time:** From 9:30am to 4:30pm

Venue: 3D Centre, Marriage Hall, Bella Street, Bolton. BL3 4DU

Tickets: TBC – On sale on 12th May 2019 following Bhuneswari Katha on first come first serve.

SPA UK – FAMILY FUN DAY

Date: Saturday 6th July 2019

Venue: Wicksteed Park, Barton Road, Kettering NN15 6NJ

SPA UK SPORTS DAY

Date: Saturday 31st August 2019

Venue: University of Birmingham, Edgbaston, Birmingham. B15 2TT

Sports Included: Depending on number of participants, Football, Badminton, Squash, Table Tennis, Volleyball, Netball, Swimming, Darts, Pool, Carrom

Participation Fees: Seniors: £8.00 **Juniors (Under 16):** £6.00 **Spectators:** £3.00

We need your support on the day to participate and assist with the organisation.

If you would like to participate in any capacity please contact:

Mina Mistry - Tel: 07896232134 - Email: spayouthleicester@gmail.com or SPAL Facebook

The Blind Girl (Change)

There was a blind girl who hated herself purely for the fact she was blind. The only person she didn't hate was her loving boyfriend, as he was always there for her. She said that if she could only see the world, she would marry him.

One day, someone donated a pair of eyes to her – now she could see everything, including her boyfriend. Her boyfriend asked her, "now that you can see the world, will you marry me?"

The girl was shocked when she saw that her boyfriend was blind too, and refused to marry him. Her boyfriend walked away in tears, and later wrote a letter to her saying: "Just take care of my eyes dear"

Moral of the story:

When our circumstances change, so does our mind. Some people may not be able to see the way things were before, and might not be able to appreciate them. There are many things to take away from this story, not just one.

SPA Leicester Cricket Club

My name is Akshay Prajapati. I am the secretary of SPA (Leicester) Cricket Club and it is my pleasure to give you a report of the 2018 season. This season we played in Division 8 East at Uplands Park in Oadby as our home ground. This was our 2nd year at Uplands Park.

We finished 4th with 306 points behind Queniborough 3, Gumley and Shree Sanatan 3. We have been informed that it is very likely that both Queniborough 3 and Gumley may not be promoting to Division 7, which gives us an opportunity to get promotion. We are currently in process of speaking to the Leicester & Rutland Cricket League (L&RCL) to understand the requirements for securing the promotion.



This was the first season where the new win or lose format was introduced by L&RCL. We had 9 other teams in our division and from 18 matches played, we won eleven, lost six and had one game abandoned due to bad weather. The new format allowed us to overcome the frustrations of previous seasons where we were losing points due to drawn matches even after putting in best effort. Overall, I think we had a very good season with some very strong performances.

This year the SPA CC AGM was held on Friday, 23rd November. At the AGM, for the coming season the following positions were filled:

- Amit Prajapati stepped down as Captain and Vishal Mistry was elected as the Captain;
- Harsh Nanundra stepped down as the Vice Captain and Sachin Fakir was elected to fill that role;
- Jay Nanundra is continuing as the Treasurer;
- Mahesh Mistry was elected to a new position of Welfare and Communication Officer.

The post-season presentations evening was held on 27th October which was very well attended and enjoyed by all. The awards presented were:

- Batsman of the Year : Shyam Mistry
- Bowler of the Year : Sachin Fakir
- Young Player of the Year : Dev Fakir
- Players Player of the Year : Amit Prajapati (For excellent all-round performance and leadership).



This season, the players' availability for the match days was excellent and everyone received fair chance to play. Everyone performed at their best, positively and with determination to win, which is reflected in the overall results. We had great commitments from our younger members. However, the attendance for training and practice sessions wasn't great considering the number of training sessions were few and far in between. This is something we as a committee will be looking to improve on next season.

We also participated in the SPA UK Cricket tournament held on 9th September. Only four teams participated, Leicester 1 and 2, Bradford and Walsall. Leicester 1 won the tournament and Leicester 2 were runners up.

We also supported Samaj during the events of Bhuneshvari Katha and Mataji's Havan by managing the buffet service. We also helped with set-up of the hall for a wedding for which we received a donation. Thank you to all the club members for supporting the events at Samaj. Equally thanks to the Samaj Trustees for supporting the cricket club and for providing donation towards the club. I would like to encourage more younger members of Samaj to join the cricket club and contribute to its success going forward. We will be starting our indoor nets practice session from around February 2019. So if you are interested then please contact me (07753492371) or any other SPA CC committee member.

Social Health & Education (SHeD) Report

Together with my assistant Jinaliben, this has been our first full year and what a fantastic year it has been. It's been amazing learning the ropes of the activities that have taken place in readiness for 2019. This year the following activities have taken place:

SPAL trip to the Buckingham Palace (September)

Organising the trip was certainly a challenge due to the timescales involved but very fulfilling with not one but two trips taking place over a period of two weekends.

With support from the SPAL trustees and Mahilas in organising the trip and sale of tickets, together, we managed to sell out within the time period. As part of the trip, we also managed to do a whistle stop tour to see the Diana Memorial fountain and have a picture opportunity in front of the Albert memorial. Despite the bad weather on the second trip everyone had a fantastic day out. I have to say that my favourite bit was the coach journey, getting to know some of our members...it was amazing. As the trip to Buckingham Palace was so successful, I've been asked to organise another for 2019. This will be sometime in July/August. Watch this space.



Navratri

This was our first year of planning the Navratri event and one which we both feel really proud to have achieved with the tremendous help and support of the Trustees and all the Samaj volunteers involved, including the very talented SPAL music bands, accompanied by Parin Suchak on keyboard and vocals. This year we had the South Asian Health Action (SAHA) team promoting the subject of Organ Donation, amongst other health issues. See features inside this newsletter. As such, SAHA had such an overwhelming response from our members who signed up to be on the Organ donation register.



Mrs Jaya Row Lecture

On 12th June 2018, SPA Leicester hosted another lecture by Mrs Jaya Row. Her talks contain many life lessons, historical anecdotes and real life examples. This year the topic was "Mantra for Success". The lecture was for approximately 75 minutes and those present were well captivated for an enriching experience. If you have never attended any of her lectures then please take the opportunity to attend the next time she is here. The lectures are free. SPA Leicester presented Jay Row with a cheque for £101 in aid of Vedanta Vision.

All you need is the plan, the road map, and the courage to press on to your destination.

Gita by Chinmaya Mission UK

Chinmaya Mission exists to provide individuals from any background, the universal wisdom of Vedanta and the practical means for personal growth and development, enabling them to become positive contributors to society. Since July 2018 SPA Leicester in association with Chinmaya Mission have been hosting monthly lectures on The Essence of the Gita – Wisdom for a modern mind by Brahmacharini Shripriya Chaitanya.

Shripriya Chaitanya is a dynamic young Brhamacharini based in London. She has travelled to India to study Vedanta and developed a profound understanding of the science of self knowledge which she shares with clarity and simplicity. The lectures are held once a month in the Prathna Hall and these are presented in English free of charge. Please check the SPAL notice board, Website or Facebook page for further information. Approximately 100 people of all ages attend these lectures and have found it very easy to understand.

Diwali Manoranjan



At this years' Diwali Manoranjan programme, the entertainment was provided by a London based group 'Kal, Aaj Aur Kal', featuring Shashi Rana and team. The event was sold out, and it was thoroughly enjoyed by those present. The event would never be complete without the usual delicious alpahar served up by our ever hard working mahila team under the guidance of our renowned cook Kamuben. Thank you to Mahendrabhai who provided sponsorship towards the raffle prizes and Nando's who provided a raffle gift.



We have also been assisting with the planning of most of our events, e.g. Bhuneshwari and Samu Katha, Mataji Havan, Mahila dinner dance and the New year's eve party etc. ensuring the individual responsible for these events have covered all tasks to ensure the event runs smoothly. To sum up, it has been a fantastic experience for me and Jinaliben, we have learnt so much, made us realise just how well our community supports us by not just volunteering but also by attending the event organised by SPAL.

The interest and appreciation showed by members makes it all worthwhile and gives us encouragement to want to do more, which we will endeavour to do for the future. We appreciate your support and encouragement.

Jai Shree Krishna - Indira Mistry, SHED Trustee



Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible.

The SPAL Social Club

The SPAL Social Club is growing in popularity, all the Social Club events organised this year were sold out just like last year. Almost everyone that attended requested that we organise one social event every month. The Social Club Event Planning team are looking in to this. Please keep checking the SPAL Facebook page and SPAL website for forthcoming events. The tickets are limited, so please ensure you get your tickets as soon as possible.

On 29th September, Minaben organised Quiz and Karaoke Night. The event was sold out very quickly. Those who attended participated in bingo, followed by quiz and Karaoke. The Karaoke was such a hit, it showed some very passionate singers from our members. There was a lot of talents and we believe we found some talents for our future events. Watch this space.



Kamleshbhai and Pareeshbhai were responsible for planning Social Event on 8th December 2018. Again it was sold out and many people enquired for tickets after it was sold out. We were entertained by live band who performed some lovely Bollywood songs and took requests from the audience to keep us all captivated all throughout. The food was lovely and all in all another successful event. For the next event, make sure you get your tickets early to avoid disappointment.



Did you know that our members could hire the Social clubroom for events like birthday party, anniversary celebration, gathering of friends and family? There are no hire charges for the usage of the Social Club room; however, the Social Club will have an expectation for a donation. All drinks (alcoholic & non-alcoholics) must be purchased from the Social club bar. You are allowed to bring your own food but it will be your responsibility to tidy up the clubroom afterwards. We hope you take advantage of this facility.

For further information, please contact: Hasubhai, Kantibhai or Jitubhai at SPAL site.

Nothing is impossible; the word itself says 'I'm possible'!

SPA Leicester - Yoga

Yoga is excellent for improving flexibility, strength, all round fitness, well-being and stress reduction.

Because yoga is amazing! It's healing and just makes you feel better somehow, both energised and calm, stronger, and more flexible and balanced in body, mind and spirit.

Yoga is a spiritual practice and is non-competitive in approach - all it asks of you is to turn up exactly as you are and practice, practice, practice... Whether you are a beginner or more advanced, why not come and join the SPAL Yoga group which is open to all members of the community and it has been running for over 5 years.

Yoga Session is held every Wednesdays between 7.15 and 8.30pm in the Prathna Hall, Entrance is £1.00. The session is a mixed and we extend an invitation to all our members.

COME AND CELEBRATE INTERNATIONAL YOGA DAY AT THE SHREE PRAJAPATI COMMUNITY CENTRE ULVERSCROFT ROAD, LEICESTER. LE4 6BY FRIDAY 21ST JUNE 2019

Time: 6:30pm to 9:30pm – Entrance Fee: £1.00 Per Person

Please Bring your own mats

A light snack will be available after the yoga session

Note: This event has become very popular, last year the event was attended by 200 people made up of SPAL members and the wider community. The yoga was carried out using a mat or a chair for those who could not manage sitting on the floor.

There is a limit to the number of participants, to avoid disappointment, please ensure you purchase your ticket in advance as there will be no tickets available to purchase on the day.

Further Details of the event will be given on our website and events page via Facebook <https://www.facebook.com/events/1631623377145275/>



When we seek to discover the best in others, we somehow bring out the best in ourselves.

Highlights of some of the Events at SPAL

As always SPAL calendar is always busy and this year was no different. So here are some highlights of the events at SPAL not covered elsewhere in the newsletter.

We started off with Makar Sankrant Children's workshop on 14th January 2018 and the children present had a go at making kites. As you can see from the picture on the right, they had a fantastic time and enjoyed making the kites and then flying them.



The Children's Holi Workshop was also well received by the children and the parents.



Sunday 25th March was Ram Navmi and what a beautiful morning it was. Those present really enjoyed the event.



On Sunday 13th May we had Shree Bhuneswari Chandi Path in the presence of Dr Ravindersnaji (From Bhuneswari Pith, Gondal India). The event was attended by approximately 700 people and once again it was a beautiful day.



Highlights of some of the Events at SPAL



Sunday August 12th was our annual Shree Satyanarayan Bhagwan Samuh Katha in the Prathna Hall followed by Bhojan Prasad.



From 10th -19th October, SPAL celebrated Navratri at our site. Thank you to all volunteers and members for the success that was enjoyed by all.



If you don't like something, change it. If you can't change it, change your attitude.

Highlights of some of the Events at SPAL

Sunday 21st October was Mataji's Havan. It was a beautiful day and thank you to all volunteers who responded to our appeal to help prepare the hall before the event and clear up after the event. It was really appreciated.



Thursday 8th November was the Hindu New year 2075 and once again we had a very good attendance from our members. Everything went according to plan. Before and after the Aarti, members had enough time to meet and greet friends and relatives and again it was a brilliant start to the new year.



On Sunday 18th November we celebrated Jalaram Jayanti and Ankut Darshan followed by bhojan prasadi. Many thanks to all the volunteers for helping out set up the dinner service and clearing up thereafter.



2018 NEW YEAR'S EVE PARTY

Last day of the year 2018 – the night of the SPAL New Year's Eve party, the SPAL New Year Event planning team led by Bipinbhai and Shashibhai managed to sell out all the tickets allocated. In the last few weeks the team was bombarded with request for tickets and it is unfortunate that we could not accommodate everyone. As mentioned throughout this newsletter, most of our events organised this year have been sold out and this was no different, so please get your tickets early to avoid disappointment.

The evening started off with over 350 guests. Majority of the guests were from Leicester, but we also had guests from Peterborough, London, Dubai (a friend of Councillor Abdul Razak) and Tina Kaur (Ex Sabras Radio Presenter).

The team worked really hard to plan the event, the arrangements for the night and the entertainment in the form of DJ Kunal (MK Roadshow) to ensure that the guests had a memorable night and from the feedback received on the night and via social media this proved to be the case.

The guests enjoyed the three-course veg/non-veg meal catered by Jai Jaliyan. The food was delicious and the guests welcomed the second helpings.



The DJ started the evening with live Bollywood and Western music that included interactive session with the audience who joined in to sing some of the classic and modern Bollywood songs and then letting themselves loose on the dance floor.

The interactive session also included "Dance Off" competition for the adults and children that was embraced by all the guests present. Kunal picked out the winners from the dance floor for the best female and male dancer and the best boy and girl dancer.



During the event raffle tickets were sold with prizes donated by our sponsors Bipinbhai, Jay Mistry of Leicester Motors, in Memory of his father – Balubhai L Mistry; Clearskin Laser & Beauty Clinic; Jai Jaliyan; Co Fresh and Prachi. Congratulations to all the winners.

Almost everyone was on the dance floor singing and dancing away. As midnight approached, the guests were getting ready to say goodbye to 2018, the countdown began and at the stroke of midnight with a mighty roar of "Happy New Year" everyone welcomed the start of 2019.



Thank you to the SPAL NYE Team, our sponsors and our guests for a making this event the success it has. To sum up the evening - quote from one of the guests: "Hi Bipinbhai, just wanted to say thanks for a fantastic evening. We all had a great time. It was a really well organised event which was really enjoyable. Kids had a fantastic time, DJ was fantastic and the bhatura were fresh and hot! Well Done!"

Shree Prajapati Association Leicester



800 Capacity Function Hall available as blank canvas with Licenced Bar and secure parking for up to 250 cars for any events:

**WEDDINGS-ENGAGEMENT-RECEPTION BIRTHDAY PARTIES-
CONFERENCES-MEETINGS-CONCERTS**



Tailored Packages available to suit - for further details contact (or visit in person)

Shree Prajapati Community Centre Ulverscroft Road, Leicester. LE4 6BY

Monday: 7:30pm - 8:30pm, Wednesday: 7:30pm - 8:30pm, Friday: 7:30pm - 8:30pm

Tel: 0116 262 8560 Email: leicester@shreeprajapati.org.uk Website: www.shreeprajapati.org.uk

Other Community activities in the evening at the centre include:
Ladies Keep Fit, Men's Keep Fit, Youth Club, Darts Club, Table Tennis and Yoga



Shree Prajapati Community Centre

Ulverscroft Road, Leicester. LE4 6BY

Phone: 0116 262 8560

Web: www.shreeprajapati@org.co.uk

