

# Shree Prajapati Association Leicester

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## 2020 HAPPY NEW YEAR



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New Year, New Decade – Time to start a new chapter – make it happen!

# SPAL - Diary of Events and Major Religious Festivals - 2020

DAY	DATE	EVENT	FROM	TO
<b>JANUARY 2020</b>				
Monday	6th January	Trustee Meeting	7:30 pm	9:30 pm
Saturday	18th January	Makar Sankrant Bhajan	7:00 pm	10:00 pm
<b>FEBRUARY 2020</b>				
Monday	3rd February	Trustee Meeting	7.30 pm	9.30 pm
Saturday	8th February	Shree Vishvakarma Jayanti	7:00 pm	10:00 pm
Friday	21st February	Maha Shivratri	5:30 pm	10:00 pm
Tuesday	25th February	Members Meeting	7.30 pm	9.30 pm
<b>MARCH 2020</b>				
Monday	2nd March	Trustee Meeting	7:30 pm	9:30PM
<b>APRIL 2020</b>				
Thursday	2nd April	Ram Navmi	5:30 pm	10:00 pm
Saturday	4th April	SPA UK Mahila Samelan – Main Hall Preparation	10:00 am	4:00 pm
Sunday	5th April	SPA UK Mahila Samelan	7:00 am	6:00 pm
Monday	6th April	Trustee Meeting	7:30 pm	9:30 pm
Saturday	11th April	Hanuman Jayanti	2.00pm	10:00pm
<b>MAY 2020</b>				
Monday	4th May	Trustee Meeting	7:30pm	9:30pm
Sunday	10th May	Shree Bhuvneshwari – Rudhra Abhishek	8:30 am	3:00 pm
Tuesday	12th May	Members Meeting	7:30pm	9:30pm
<b>JUNE 2020</b>				
Monday	1st June	Trustee Meeting	7:30pm	9:30pm
Saturday	6th June	SPA UK Senior Samelan – Main Hall Preparation	10:00 am	4:00 pm
Sunday	7th June	SPA UK Senior Samelan	7:00 am	6:00 pm
Sunday	14th June	SPAL AGM	4:00 pm	8:00 pm
Sunday	21st June	International Yoga Day	5:00 pm	9:00 pm
The following dates are set by the current board of Trustees- they may be subject to change following the AGM in June 2020.				
<b>JULY 2020</b>				
Saturday	4th July	Gurupurnima Bhajan	7:00 pm	10:00pm
Monday	6th July	Trustee Meeting	7:30 pm	9:30pm
Sunday	19th July	Mandir Trip	TBC	TBC
Monday	20th July	Members Meeting	7.30 pm	9.30pm
Tuesday	28th July	Noli Nem	5:00 pm	9:00 pm
<b>AUGUST 2020</b>				
Monday	3rd August	Trustee Meeting	7:30pm	9:30pm
Saturday	8th August	Mahila Bhajan	7:00 pm	10:00 pm
Tuesday	11th August	Janmashtami	5:00 pm	10:00 pm
Sunday	16th August	Shree Satyanarayan Bhagwan Samuh Katha	8:30am	1:00 pm
Saturday	22nd August	Ganpati Choth	7:00pm	10:00pm
<b>SEPTEMBER 2020</b>				
Monday	7th September	Trustee Meeting	7:30pm	9:30pm
Saturday	12th September	Sarva Pitru Shradh	7:00pm	10:00pm

Tough times don't last – tough people do.

**SPAL - Diary of Events and Major Religious Festivals - 2020**

DAY	DATE	EVENT	FROM	TO
<b>OCTOBER 2020</b>				
Monday	5th October	Trustee Meeting	7:30 pm	9:30 pm
Saturday	10th October	Set up Main Hall for Navratri	10:00am	2:00pm
Sunday	11th October	Set up Main Hall for Navratri	10:00am	2:00pm
Saturday	17th October	Navratri Gatstaphan + (Navratri Day 1)	5:30 pm	Till Late
Sunday	18th October	Navratri (Day 2)	7:00 pm	10:30 pm
Monday	19th October	Navratri (Day 3)	7:00 pm	10:30 pm
Tuesday	20th October	Navratri (Day 4)	7:00 pm	10:30 pm
Wednesday	21st October	Navratri (Day 5)	7:00 pm	10:30 pm
Thursday	22nd October	Navratri (Day 6)	7:00 pm	10:30 pm
Friday	23rd October	Navratri (Day 7)	7:00 pm	Till Late
Saturday	24th October	Navratri (Day 8) + Preparation for Mataji's Havan	7:00 pm	Till Late
Sunday	25th October	MATAJI's HAVEN	8:00am	2:00pm
<b>NOVEMBER 2020</b>				
Monday	2nd November	Trustee Meeting	7:30pm	9:30pm
Tuesday	3rd November	Members Meeting	7.30pm	9.30pm
Sunday	15th November	NutanVarsh -Sneh Milan (Aarti at 10:30am)	10:00am	11:00am
Saturday	21st November	Jalaram Jayanti and Ankoot	8:00am	1:00pm
Saturday	28th November	Diwali Manoranjan	4:00 pm	9:00 pm
<b>DECEMBER 2020</b>				
Monday	7th December	Trustee Meeting	7.30pm	9.30pm
Saturday	12th December	Childrens Christmas Party/Pantomime	TBC	TBC

**SPA Leicester Mahila Report**

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

વિક્રમ સંવત ૨૦૭૫ અને અંગ્રેજી વર્ષ ૨૦૧૮ પુરું થઈ ગયું છે. આપણે ગુજરાતી વર્ષ ૨૦૭૬ અંગ્રેજી વર્ષ ૨૦૨૦માં પગલું માંડી લીધું છે. આ નવું વર્ષ આપ સૌને મોટે લાભદાયી, સમૃદ્ધિ અને તંદુરસ્ત ભર્યું જીવન લાવે એવી અંતઃકરણ થી પ્રભુ ને પ્રાર્થના સાથે મહિલાટીમ અને વોલેન્ટી મહિલા અને ટ્રસ્ટી મંડળ આપ સૌને નવા વર્ષ ના ઘણા ઘણા અભિનંદન પાઠવે છે.

ખાસ કરી ને પ્રજાપતિ એસોસિયન દ્વારા સામાજિક, સાંસ્કૃતિક અને ધાર્મિક એવી અનેક પ્રવૃત્તિઓ ચલાવવામા આવે છે. આપણી ભારતીય હિંદુ ધર્મનો વારસો સદાયે જળવાયેલો રહે એ મોટે કોસીસ કરીએ છે. આપણા યુથમા મીનાબેન, ભનીશાબેન બાળકો મોટે સારી એવી કોસીસ કરે જેવા કે હોળી અને નવરાત્રી વર્કસોપ. આવી રીતે વર્કસોપ કરે છે. દર મંગળવારે યુથ ક્લબ ચલાવે આ બાળકો આપણી આવતી પેઢી ના કાર્યકર્તા છે - તેઓને તમારા બધા ના સાથ સહકાર ની જરૂર છે. તમો બધા સાથ આપો તો બધા કાર્યકર્તા ને આગળ વધનાની હિમંત આવે જરૂરથી સાથ આપવા કૃપા કરશોજી.

આ વર્ષે ઉનાળા આવતા પહેલા લેડીસ નાઇટ નો આનંદ લીધો હશે. પછી મહિલા સંમેલન, ફેમીલી ફ્રન્ટે, ૨૧ જુન ઇન્ટરનેશનલ યોગા પણ ઉજવીયો, પછી ત્રણ મંદિર ની મુલાકાત કેમ ભુલી જવાય એ મુલાકાતે આવીયા એમને મજા આવી હશે.

હવે ખાસ અગત્યની વાત એકે આ વર્ષે ૨૦૨૦મા મહિલા સંમેલન અને સીનીયર સંમેલન લેસ્ટર તરફથી યોજવા મા આવ્યું છે, તો વોલેન્ટી સેવા આપવા તૈયાર રહેવા ખાસ વિનંતિ કરું છું.

હવે હમારી ટીમ રંજનબેન, કમુબેન, ભગવતીબેન, કલા ના ૫ વર્ષ પુરા થવા આવ્યા છે તો હું બહેનો ને વિનંતી કરું છું કે આગળ આવી થોડી સેવા આપવા કૃપા કરશોજી. અહીં લેસ્ટરમાં ઘણી બહેનો જુદા જુદા ક્ષેત્રમાં કામ કરી સફળતા મેળવી રીટાયર્ડ થયા હશે. આશા રાખું કે તમારા માંથી બહેનો આગળ આવી જરૂરથી ભાગ લેશો એવી આશા સાથે વિરમું છું.

અમારી ટીમ તરફથી સૌને જયશ્રી કૃપા



## Message from the President

On behalf of all the trustees and SPAL Volunteers I wish you all a happy, healthy and prosperous New Year!

In 2019, we focused on integrating our young generation in to the general prajapaties society. We made progress, but it is a little disappointing that the response has not been as great as was anticipated. Let me remind the youths that the asset we have in terms of our site is a result of time, monetary value, the labour and voluntary work invested by your parents and grand parents and it is their legacy that belongs to you as well.

In 2019, at all our events, if you really observe the participants you will find that the volunteers put in 100% of their effort to ensure the event is successful and that our Samaj continues in to the future. These are the same volunteers who were in their teens and twenties when this organisation was first established.

In general, all Hindu community organisations around Leicester are lacking youth participation. Within our organisation we currently have a very good dedicated youth team that is working very hard to ensure the continuity of SPAL. However, to sustain our organisation's long-term growth, we need to grow as an attractive hub for investment and talent. We as adults must take responsibilities to facilitate integration of our youths.

In 2019, the youths took on responsibilities to manage some events during Navratri, the Charity Dinner and Dance and other events to name a few. We as adults should be seen to be encouraging this support from the youth, but what I found was that experienced members sitting in the audience criticizing. Throughout the year, all I heard was criticism. I did not hear anyone coming up to me to say that the team did very well, not one. Yes mistakes are made, things do go wrong from time to time (this is not new, it has been happening since the organisation was first established only this time the criticism is directed by experienced members).

Our 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.

To the SPAL Youths, ask yourself one question, do we come on aboard and ensure the legacy continues or do we resign to the armchair and hope that it continues. Who will be the losers, it will be you as when you get to your parents and grand parents age this place may not be yours and if you want to enjoy the kind of activities that are run, you may still be able to enjoy it elsewhere, but it will come at a price. What is it that is stopping you? Remember as a volunteer, you are more likely to be the subject of criticism than praise. My answer to that is, ignore the criticism as long as you know you did your best. Don't let anyone's opinion about you become a reality. Remember, nowhere in the world has anyone built a statue of a critique.

I also like our long standing members to understand that there will be changes to the way we do things and we should learn to embrace the change only then we can move forward.

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. The Charity Dinner and Dance, the Pantomime and some aspect of Navratri programme were managed by our youths and from my point of view they were very well planned, executed and successful.

This year marks my 5th year as president and as you know that it is two years beyond what our constitution dictates. Therefore, at the AGM in June 2020, I will be stepping down from my position of president of SPA Leicester. I believe that this is the right time for me to step down and someone else to take the lead and take SPAL forward.

I would like to thank you all for your kindness, support, and friendship. You supported me in the difficult times. With you, I experienced many positive moments that I will always remember. I also remember when I fell ill, you helped me manage all my work. I will always remember every one of you, as you are my best friends and you will always hold this position in my heart. Of course, there were some misunderstandings between us, but by now I appreciate only the good and happy moments we experienced together.

Individually, we can make a small change. Collectively, we can make a huge difference. It is 2020 and a new decade, let's all work together and ensure that SPAL become stronger from this point forward.

*Jayantilal (Jay) D Mistry*

SPA Leicester - President

You have to be your strongest when you're feeling at your weakest.

## Message from the Secretary

Namaste, Merry Christmas and Happy New Year to you all.

This year has been busy for the SPAL with many events held on our site. We are fortunate to be centrally located, and have a fantastic site with great facilities and ample car parking which is attractive and obviously the most convenient location for all SPA events to be held.

I also take this opportunity to introduce Vinodbhai G Mistry who joined the board of trustees as Assistant Secretary and has been tremendous help over the last six months.

The Mahila Samelan hosted by London Branch was held at our hall on 7th April 2019 and what a great success it was. The tickets for the day were sold out and saw many of our members from up and down the country attend the event.

Other activities organised by SPAL includes the Rutland Water Trip in June organised by our Youth team, the Health and Wellbeing Event in August organised by our SHED team for which our SHED team managed to secure £2,500 grant for the day and that was also a great success.

In November, the Mahila team together with our volunteers organised the Diwali Monoranjan programme and with full support from our members it was an event enjoyed by all.

Also in November, our Youth Team organised the Charity Dinner and Dance night which was well planned and executed despite the lack of support from some of our members, the event was successful in raising funds in excess of £4000 for the 3 nominated charities - MIND, British Heart Foundation and Glenfield Hospital Congenital Heart Unit. The monies raised will be divided amongst these charities.

In December to finish off the year, the Youth Team also organised the children's pantomime (Cinderella) with an external performance team to entertain children and adults alike. The event was a great success.

I would like to thank the SPAL Youth Team for all the work they have put in to the events they have organised and the support they have given to all other SPAL events. Well done it is really appreciated.

Our site is also undergoing renovation work that has been carried out to the Main Hall and Prathna Hall kitchens, Replacement of the CCTV system, decorating the Boardroom, new PA system to name a few. The refurbishment of the Prathna Hall is in progress and the first phase is expected to complete by the end of January. Check out the progress report in this newsletter. On top of all this – we managed to achieve a 5\* hygiene rating for our facilities awarded by Leicester City Council.

As you can see we are constantly thriving to make SPAL a success and would encourage more of our members to get involved. It is rather disheartening that given the thousands of members that we have, only a handful attend the members meeting which are held for your benefit. We would encourage you to attend these meetings and give us your views and suggestions, and help the Trustees and Board members grow. Please remember that we are all volunteers and we too have families, full time jobs/working shifts but we give up some of our time to help and perform seva for the Samaj.

We get members making comments and criticism at every event. Please note the events are planned well in advance and there are planning meeting that take place prior to the event and the agreed plan is executed at the event. So when you make your comments/criticism at the event it is too late. We cannot change the plan at the last minute as it is not practical. That's why it is important you make your comments and suggestion at the right place and right time and that is at the members meeting. During Navratri, we had suggestion box and only 8 suggestions/comments were received.

So, with that in mind, we have 2 major events scheduled for 2020 – the Mahila Samelan in April and Senior Samelan in June, both to be hosted by SPAL at Leicester, so please come and give your support to ensure both of these are a great success.

Lastly, I wish to thank all the Trustees and volunteers for their continued help and support throughout the year.

*Kalpana C Mistry*

SPA Leicester - Secretary

## SPAL REGULAR ACTIVITIES

**Monday**



**Ladies Keep Fit & Zumba**

**7:00pm – 8:00pm**

**Monday & Wednesday**



**Table Tennis for Everyone**

**7:00pm – 8:30pm**

**Tuesday**

**Youth Club. (50p a session.)**

**7:15pm – 8:15pm**

**Tuesday**

**Table Tennis Coaching by Taruna Mistry for children and ladies. (50p a session.)**

**7:15pm – 8:15pm**

**Tuesday**



**Darts Club - For Everyone Beginners & Experienced**

**7:00pm – 8:30pm**



## SPAL REGULAR ACTIVITIES

Wednesday Keep Fit/Yoga Day Activity

10:40am - 11:40am

Wednesday



7:15pm – 8:30pm

Yoga - For Everyone Beginners & Experienced

Wednesday Cricket (Please check with SPAL Cricket Club)

Thursday



7:00pm – 8:00pm

Men's Keep Fit - Everyone Welcomed

Saturday



7:00pm – 10:00pm

Bhajan Mandal - Everyone Welcomed

### દિવસના સમયે ચાલતા ક્રીપ-ફીટ યોગ સેશન

આ સેશનની સફળતા બાદ સભ્યોની માંગણી રહી છે કે આવા સેશનથી ઘણા લોકોને ઘરમાંથી બહાર આવવાનો મોકો મળે છે તેથી તે ચાલુ રહેવા જોઈએ. અમને જણાવતા આનંદ થાય છે કે આ સેશન બુધવારે સવારે ૧૦.૩૦ થી ૧૧.૪૦ ચાલુ રહેશે. આ સેશન બધા માટે ખુલ્લા છે અને વડિલોને ભાગ લેવા ખાસ પ્રોત્સાહિત કરીએ છીએ.

ઓછી હાજરીને કારણે ગુરુવારે ચાલતા સેશન બંધ કરવાં આવ્યા છે.

આ સેશનમાં આવતા સભ્યોએ અન્ય એક્ટીવીટી શરુ કરવા માટે પણ ઉત્સાહ બતાવ્યો છે જે માટે ટ્રસ્ટીઓ સાથે મંત્રણાઓ બાદ નિર્ણય લેવામાં આવશે. આ બધી પ્રવૃત્તિઓ માટે મદદ કરવા વોલંટીયર્સની જરુર પડે છે તો જેઓની ઈચ્છા હોય તેમને અમારો સંપર્ક કરવા વિનંતિ છે. ઉપરના અગ્રજી વિભાગમાં પ્રવૃત્તિઓની સૂચિ આપેલી છે.

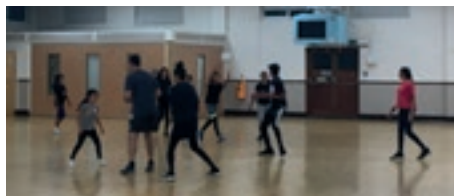
આ બધી પ્રવૃત્તિઓ આપના સહકાર વિના થઈ શકે નહિ અને એટલે આપ સર્વનો આભાર માનું છું.

વધુ માહિતિ માટે હસાબેન એસ. મિસ્ત્રીનો સંપર્ક કરશો. ટેલિફોન: ૦૧૧૬ ૨૬૨ ૮૫૬૦.

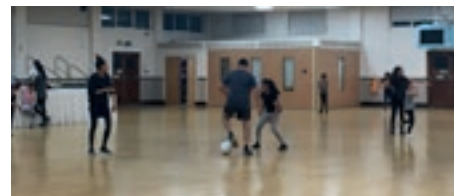
## SPA Leicester Youth – News

Wishing you all a Happy New Year!

The SPAL Youth Club on Tuesday evenings from 7:15-8:15pm has been a tremendous success. It has seen an increase in number of young people who attend the club on a regular basis. Thank you to Bhanisha, Manesh, Kirti and Taruna for their continued support as part of the youth team. With their help, we hope that this trend will continue and that in the coming year the Youth Club will have a lot more youth who will participate.



There are lots of activities that the youth can engage in and if anything is missing, put your suggestion forward. You never know where it may lead to.



## SPA UK Sports Day 2019

Saturday 31st August 2019 was SPA UK sports day, which was held at Birmingham University and Perfection snooker club. This year SPA Leicester had the largest number of members of all ages participating in various sporting events.

Those who participated were well supported by family and friends. There were also two yoga sessions during the day which some of our members took part in and thoroughly enjoyed. It was a day that was enjoyed by everyone who attended as volunteers, participants and spectators. The SPA Leicester youth team also helped to coordinate the swimming event on sports day, so a big thank you to them.

### Summary of some of the winners & runners up from SPA Leicester



Pool Mens  
Runner up Kamlesh Mistry



Tabel tennis  
Winner Kishen Mistry



Table Tennis Over 40s  
Winner Mahendra Mistry



Squash  
Winner – Neetesh Mistry  
Runner Up – Krish Mistry



Badminton Under 12  
Runner Up Kavi Mistry



SPAL Supporters and Volunteers



Girls (6-8 Yrs) Swimming  
Runner Up Meisha Mistry

### DATE FOR YOUR DIARY:

SPA UK Sports Day 2020 - Saturday 22nd August 2020 at Birmingham University  
It would be great if we can have even more members taking part next year in all of the sporting events!  
Let's set a target now - GO LEICESTER!

Look in the mirror – that's your competition.



## SPA Leicester Youth – News

During the Navratri Festival at SPAL, the Youth Team contributed everyday by performing Samaj Sewa in setting up the Prasadi Serving stations, managing and serving the prasadi to the members and then clearing up every night.

On Aatham (8th day) they were on hand to manage and coordinate the 108 aarti. Ensuring the registration process, organisation of Aarti plates display and making sure that everything was in place when the aarti took place.

The Youth Team also organised an aarti plate decoration competition for the Aatham day with lots of members participating and bringing in some amazingly decorated plates. Hasumkhabhai, Prakshaben, Sandeep and myself were appointed



as judges and we used the judging criteria as designed by Hasumkhabhai to score points for each plate. Prizes being given to the top three decorated plates (pictured from the left 3rd, 2nd and 1st Prize).

On Saturday 30th November we had our charity dinner dance which was organised and coordinated by the youth team with support from SPAL volunteers. The event was a great success and lots of money raised on the night. (See separate report)

Christmas is celebrated in different ways all around the world. At SPA Leicester this year we had a Cinderella pantomime on Saturday 14th December 2019. With over 200 tickets sold, it was very popular with both the young and the adults.



The children and adults all had a great time. The pantomime involved lot of singing by the cast and they were very successful in getting all the children involved in the show. There was lots of laughter from the audience and big smiles on all the children's faces while watching the pantomime. The children were also able to have their photo's taken with Cinderella, Prince Charming and the Fairy Godmother.



Refreshments were also available to purchase with all the monies raised being donated to MIND, British Heart Foundation and Glenfield Hospital Congenital Heart Unit. Children present, all received a present, that was kindly donated by Mash Motors.

The success of the Youth Team is credit to all youth members. We would like to continue to build our youth team and

would like our younger members to join the team. If you are interested in helping or have any great ideas of things you would like to do please contact me via email on [spayouthleicester@gmail.com](mailto:spayouthleicester@gmail.com), SPAL Facebook or on Instagram @spaleicester. For future events keep in touch by Facebook, SPAL Website, Instagram, emails and SPAL Leaflets.

It's 2020 and start of a new decade – Lets make it a memorable one. Thank you for your continued support

**Mina Mistry and the youth team**



## Religious Festival at the Samaj during 2020

Day & Date	Festival	Times	Programme
Saturday 18th January	Makar Sankranti	7.00pm - 10.00pm	Bhajan, Dhun & Aarti
Saturday 8th February	Shree Vishvakarma Jayanti	7.00pm - 10.00pm	Bhajan, Dhun & Aarti
Friday 21st February	Maha Shivratri	5.30pm - 10.00pm	Shiv Pujan, Bhajan, Dhun & Aarti
Thursday 2nd April	Ram Navmi	5:30pm - 10.00pm	Ram Janmotsav, Pujan, Bhajan, Dhun Thal, Aarti, Darshan & Prasadi
Saturday 11th April	Hanuman Jayanti	2.00pm - 10.00pm	51 Hanuman Chalisa, Bhajan, Dhun, Thal & Aarti
Sunday 10th May	Shree Bhuvneshwari ( Rudhrs Abhishek)	8.30am - 2.00pm	Pujan, Abhishek, Thal, Aarti & Mahaprasad
Saturday 4th July	Gurupurnima	7.00pm - 10.00pm	Guru Pujan, Bhajan, Dhun Thal & Aarti
Tuesday 28th July	Noli Nem	5.00pm - 9.00pm	Pujan, Story, Thal & Aarti Bhojan Prasadi
Tuesday 11th August	Janmashtami Shree Krishna Jayanti	5.00pm - 10.00pm	Pujan, Bhajan, Dhun Thal & Aarti, Rass Garba
Sunday 16th August	Shree Satyanarayan Bhagwan Samuh Katha	8.30am - 2.00 p.m.	Pujan, Kataha, Bhajan, Dhun Thal & Aarti, Bhojan Prasadi
Saturday 22nd August	Ganpati Choth	6.00pm - 10.00pm	Poojan ,Bhajan, Dhun Thal & Aarti
Saturday 12th September	Sarva Pitru Shradh	7.00pm - 10.00pm	Bhajan, Dhun, Thal & Aarti
Saturday 17th October	Navratri Gatsthapan	5.30pm – Till Late	Mataji Gatsthapan Puja & start of Navratri
Sunday 25th October	Mataji's Haven	8:00am – 3:00pm	Pujan, Havan, Bhajan, Dhun, Aarti & Maha Prasad
Sunday 15th November	Nutan Varsh Milan	10:00am – 11:00am	Aarti & Milan (Aarti 10:30am)
Saturday 21st November	Jalaram Jayanti & Ankut Darshan	8:00am – 2:00pm	Pujan, Bhajan, Dhun, Aarti & Prasad

### Additional Information

- Shravan Maas:- Thursday 21st July 2020 to Friday 20th August 2020
- Navratri :- Saturday 17th October 2020 to 24th October 2020

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:

Savitaben N Mistry

Tel: 0116 2419134

Kishorbhai Mistry

Tel: 0116 2419134

Balwantbhai Lad

Tel: 0116 2991513

SPA Leicester

Tel: 0116 262860 (Mon-Fri 7:00pm – 8:00pm)

# ૨૦૨૦ વર્ષના ઉત્સવો અને તહેવારો

દિવસ અને તારીખ      ઉત્સવ - તહેવાર      સમય      વિશેષ માહિતી

શનિવાર ૧૮ જાન્યુઆરી	મકર સંક્રાંતિ	સાંજે ૭.૦૦ થી ૧૦.૦૦	ભજન, ધૂન અને આરતી
શનિવાર ૮ ફેબ્રુઆરી	શ્રી વિશ્વકર્મા જયંતિ	સાંજે ૭.૦૦ થી ૧૦.૦૦	ભજન, ધૂન અને આરતી
શુક્રવાર ૨૧ ફેબ્રુઆરી	મહા શિવરાત્રિ	સાંજે ૫.૩૦ થી ૧૦.૦૦	શિવપૂજન, ભજન, ધૂન, અને આરતી
ગુરુવાર ૨ એપ્રિલ	રામ નવમી	સાંજે ૫.૩૦ થી ૧૦.૦૦	રામ જન્મોત્સવ, પૂજન, ભજન, ધૂન, થાળ આરતી, દર્શન અને પ્રણામ
શનિવાર ૧૧ એપ્રિલ	હનુમાન જયંતિ	બપોળે ૨.૦૦ થી ૧૦.૦૦	૫૧ હનુમાન ચાલીસા, ભજન, ધૂન, થાળ અને આરતી
રવિવાર ૧૦ મે	શ્રી ભુવનેશ્વરી રુદ્રા અભિષેક	સવારે ૮.૦૦ થી ૨.૦૦	પૂજન, અભિષેક, થાળ, આરતી અને મહાપ્રસાદ
શનિવાર ૪ જુલાઈ	ગુરુ પૂર્ણિમા	સાંજે ૭.૦૦ થી ૧૦.૦૦	ગુરુપૂજન, ભજન, ધૂન, થાળ અને આરતી
ગુરુવાર ૨૮ જુલાઈ	નોળી નેમ	સાંજે ૫.૦૦ થી ૮.૦૦	પૂજન, વાર્તા, થાળ, આરતી, ભોજનપ્રસાદી
મંગળવાર ૧૧ ઓગસ્ટ	જન્માષ્ટમી શ્રી કૃષ્ણજયંતી	સાંજે ૫.૦૦ થી ૧૦.૦૦	પૂજન, ભજન, ધૂન, થાળ, આરતી, રાસગરબા
રવિવાર ૧૬ ઓગસ્ટ	શ્રી સત્યનારાયણ ભગવાનની સમુદ્ઘટા	સવારે ૮.૩૦ થી ૨.૦૦	પૂજન, કથા, ભજન, ધૂન, થાળ, અને આરતી
શનિવાર ૨૨ ઓગસ્ટ	ગણપતિ ચોથ	સાંજે ૬.૦૦ થી ૧૦.૦૦	પૂજન, ભજન, ધૂન, થાળ અને આરતી
શનિવાર ૧૨ સપ્ટેમ્બર	સર્વપિતૃ શ્રાદ્ધ	સાંજે ૭.૦૦ થી ૧૦.૦૦	ભજન, ધૂન, થાળ અને આરતી
રવિવાર ૧૭ ઓક્ટોબર	નવરાત્રિ ઘટસ્થાપન	સાંજે ૫.૩૦ થી ૧૦.૦૦	માતાજી ઘટસ્થાપન પૂજા અને નવરાત્રિ આરંભ
રવિવાર ૨૫ ઓક્ટોબર	માતાજીનો હવન	સવારે ૮.૦૦ થી ૩.૦૦	પૂજન, હવન, ભજન, ધૂન, આરતી અને મહાપ્રસાદ
રવિવાર ૧૫ નવેમ્બર	નૂતનવર્ષ મિલન	સવારે ૧૦.૦૦ થી ૧૧.૦૦	આરતી અને રોનેહ મિલન
શનિવાર ૨૧ નવેમ્બર	જલારામ જયંતિ અક્ષકૂટ દર્શન	સવારે ૮.૦૦ થી ૨.૦૦	પૂજન, ધૂન, થાળ અને આરતી

## વિશેષ માહિતી:

- ગુરુવાર ૨૧ જુલાઈ ૨૦૨૦ થી શુક્રવાર ૨૦ ઓગસ્ટ ૨૦૨૦ 'શ્રાવણ માસ'
  - શનિવાર ૧૭ ઓક્ટોબર ૨૦૨૦ થી શનિવાર ૨૪ ઓક્ટોબર ૨૦૦૨ 'નવરાત્રિ મહોત્સવ'
- ઉપરોક્ત ધાર્મિક કાર્યક્રમો પૂજનવિધિ અથવા વર્તમાન પદે બિરાજવા ઈચ્છતા જ્ઞાતિજનોએ સમાજના ધાર્મિક ટ્રસ્ટીનો સંપર્ક કરવા વિનંતી છે.

કાર્યકર્તાનો સંપર્ક: સવિતાબેન મિસ્ત્રી      ટે. ૦૧૧૬ ૨૪૧ ૬૧૩૪  
 કિશોરભાઈ મિસ્ત્રી      ટે. ૦૧૧૬ ૨૪૧ ૬૧૩૪  
 બળવંતભાઈ લાડ      ટે. ૦૧૧૬ ૨૬૬ ૧૫૧૩  
 સમાજની      ટે. ૦૧૧૬ ૨૬૨ ૮૫૮૦ (સોમ-શુક્ર ૭:૦૦-૮:૦૦)



## Can we influence Political Outcome?

Namaste Members

I am sure all of you must have noticed that over five weeks in November and December the country was feverishly preparing for the General Election 2019. Polling day has passed and the results have come out surprising many. The majority achieved by the Conservatives was staggering. Now we hope that there will be some stability and the country will move in a positive direction promoting peace, improving services and bringing prosperity.

So why have I picked this subject to write about? I have always been talking about how important it is to have political engagement. We are all given a chance to vote and we should always exercise that right. In GE2019 Brexit was the main issue for many. For the Indian Origin community, the long standing anti Hindu/ anti India stance by the Labour party was a key issue. To cap it all the motion passed at the Labour Party conference on the abrogation of Article 370 by the Indian Government was a major turning point.

With that in mind People of Indian Origin (PIO) throughout the UK had set up political engagement groups and articulated themselves in sharing views and ideas to help people to make informed choices on whom to vote for. I was active in one of the groups based in Leicester and in that process I have learnt quite a lot about how politics work and how to influence politicians.

We are currently analysing results from a number of constituencies about the effect of our groups' influences on the result of the elections. Early indications suggest that we have had a significant influence. As an example, although there are other factors, in Leicester East the Labour Party's majority of over 22,000 in 2017 was reduced to 6,000. That is a significant turnaround. I believe that the engagement group set up in Leicester contributed to that to a large degree.

I still feel that the majority of our community does not want to engage in politics and tend to vote without analysing the issues on hand. I keep repeating that we should take more interest in politics than what we do now. For example, there was a session arranged at our Samaj building where representatives from all the parties were invited for a question and answer session. It was well advertised but apart from some volunteers there were no SPA officers or members who attended the session. That was a missed opportunity.

Going forward, I urge every member especially the younger generation to actively challenge our politicians. If we want the system to favour our cause, whatever those causes may be, we should make our feelings known to the authorities. Other faith communities are very articulate on this matter and you can see that their members are benefiting from that. We as Hindus are not taken seriously because of the "let it be" attitude. Are we not proud of being a Hindu? Do we want our Hindu identity wiped out? I will leave the decision to you as the actions you take today will have an impact on generations to come.

**Jitubhai C Mistry**

## Stop Wasting your time complaining

"People visit a wise man complaining about the same problems over and over again. One day, he decided to tell them a joke and they all roared with laughter.

After a few minutes, he told them the same joke and only a few of them smiled.

Then he told the same joke for a third time, but no one laughed or smiled anymore.

The wise man smiled and said: "You can't laugh at the same joke over and over. So why are you always crying about the same problem?"



# મહાશિવરાત્રિ પર્વ

ૐ નમઃ શિવાય

મહાવદ તેરસ, શુક્રવાર તા. ૨૧ ફેબ્રુઆરી ૨૦૨૦

સમય: સાંજે ૫.૩૦ થી રાત્રે ૧૦.૦૦



પ્રિય જ્ઞાતિજનો,

સહર્ષ જણાવતા 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 ચજમાન પદે બિરાજવા જે કોઈ જ્ઞાતિજનોની ઇચ્છા હોય તેમણે નીચે જણાવેલ કાર્યકર્તાને સંપર્ક કરવા વિનંતી છે.

મહાશિવરાત્રિ એટલે ભગવાન શંકર દ્વારા જ્યોતિર્મય લગરૂપે 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.

ચજમાનોએ લાવવાની સામગ્રી: ૧ ગણપતિની મૂર્તિ, ૧ શિવલીંગ, ૧ નાળિયૈર, ૨ થાળી, ૨ વાટકી, ૩ ચમચી, ૧૦ નાગરવેલના પાન, ૧ કળશ, ૨ તરભાણ, ફળ, ફૂલ, દૂધ, પ્રસાદી અને રૂમાલ.

કાર્યક્રમ:

૬.૦૦ થી ૭.૩૦

૭.૩૦ થી ૮.૦૦

૮.૦૦ થી ૮.૧૫

૮.૧૫ થી ૧૦.૦૦

શિવપૂજન

શિવ ચાલીસા, હનુમાન ચાલીસા

ભજન

થાળ, આરતી અને પ્રણામ

## Maha Shivratri Celebrations

Friday 21st February 2020

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

7.30 pm to 8.00 pm

8.00 pm to 9.15 pm

9.15 pm to 10.00 pm

Shiv puja

Reciting Shivchalisa & Hanumanchalisa

Bhajan, Dhun

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, fruits, napkins, flowers, milk, Prasadi and ten betel Leaves.

For further information contact Savitaben Mistry or Kishorbhai Mistry on 0116 2419134

# શ્રી રામ નવમી

ચૈત્ર સુદ નોમ ગુરુવાર ૨ એપ્રિલ ૨૦૨૦

સમય: સાંજે ૫.૩૦ થી રાતે ૧૦.૦૦



## 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 પુરૂષોત્તમ 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 ઇચ્છા હોય તેમણે નીચે જણાવેલ કાર્યકર્તાનો સંપર્ક કરવા વિનંતી છે. આપ સર્વને શ્રી રામચંદ્રજીના જન્મોત્સવના દર્શન કરવાનું હાર્દિક આમંત્રણ પાઠવીએ છીએ.

લાવાની સામગ્રી: ૧૦ પાન, ૧ નાળિયર, ફુલ, ફુટ, પંચામૃત

કાર્યક્રમ:	૫.૩૦ થી ૭.૦૦	પૂજન
	૭.૦૦ થી ૭.૩૦	જન્મોત્સવ
	૭.૩૦ થી ૯.૩૦	ભજન
	૯.૦૦ થી ૧૦.૦૦	થાળ, આરતી અને પ્રણામ

## Shree Ram Navmi

Tuesday 2nd April 2020;

5:30 pm – 10:00 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:	5.30 pm to 7.00 pm	Pujan
	7.00 pm to 7.30 pm	Janamotsav (birth celebration)
	7.30 pm to 9.00 pm	Bhajan, Dhun
	9.00 pm to 10.00 pm	Thal, Arti and Darshan.

Everyone is invited to take part in the festival.

For further information contact Savitaben Mistry or Kishorbhai Mistry on 0116 2419134





# શ્રી હનુમાન જયંતિ

## શનિવાર તા. ૧૧ એપ્રિલ ૨૦૨૦

### સમય: બપોરના ૨.૦૦ થી રાત્રે ૧૦.૦૦



શ્રી ગુરુ ચરન સરોજ રજ નિજ મન મુકુર સુધારિ - I  
બરનઉ રઘુવર બિમલ જસુ જો દાયક ફલ ચારિ - II  
બુદ્ધિહીન તનુ જાનિકે, સુમિરો પવનકુમાર - I  
બલ, બુદ્ધિ વિદ્યા દેહુ મોહિ, રરહુ કલેસ વિકાર - II

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.

લાવાની સામગ્રી: ૧ શ્રીફળ, ૭ પાન, ફુલ, ફુટ, તેલ, અળદ, પંચામૃત

કાર્યક્રમ:	૨.૦૦ 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 11 April 2020; 2:00 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.

<b>Programme:</b>	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.**

**For further information contact Savitaben Mistry or Kishorbhai Mistry on 0116 2419134**

## SPAL Cricket Club Report

Namaste,

My name is Akshay and I am the secretary of SPA (Leicester) Cricket Club and it is my pleasure to give you a report of the 2019 season.

This season we played in Division 7 East at Uplands Park in Oadby as our home ground. This was our 3rd year at Uplands Park. We finished in the 11th position of 12 teams. This unfortunately means it is very likely that we will be relegated to Division 8.



This was the second season where the win or lose format was used by L&RCL. We had 11 other teams in our division and from 22 matches we played, we won five, lost fourteen and had three games abandoned due to bad weather. It was a tough season with some close games not finishing in our favour. However, there were some great individual performances over the season and lot of lessons have been learnt as a team and experience gained by playing in Division 7.

The committee members of SPA CC include Vishal Mistry as the Captain, Sachin Fakir as the Vice-Captain, Mahesh P Mistry as the Welfare Officer, and Jay Nanudra as the Treasurer. This year's post-season presentations evening was held on 19th October which was very well attended and enjoyed by all. The trophies were presented by Bhikhubhai and Taraben Mistry.



Shyam Mistry won Batsman of the year, I won the Bowler of the year award and Parth Prajapati won the Young Player of the year award. Shyam Mistry also won the Players Player of the year award for his excellent all-round performance over the season scoring more than 400 runs and taking 19 wickets.

In comparison to previous season, the availability of the regular players for the match days was bit of an issue again for this season. However, this presented a great opportunity for young and non-regular players and we played all games with a full team. We had great commitments from some of our younger members. Also, we had very good turnout of members for training and practice sessions.

Like every year, this year we as a club have helped Samaj with serving for Bhuneshvari Katha and Mataji's Havan. We also helped with set-up of the hall for few events. I would like to thank all the club members for coming forward to help out with events at Samaj. Equally I would like to thank 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 2020.

So if you are interested then please contact me (07753492371) or any other SPA CC committee member.

**Akshay Prajapati, Secretary SPA CC**

## Social Health & Education (SHeD) Report

Happy New Year to everyone. Wow, what a fantastic year this has been, another year of success.

In the past year with the help from my SHED team, we have managed to organise and assist with some fantastic events along with the support from the trustees and SPAL Volunteers. Here's brief summary of some of the major events.

### World Kidney & Organ Donation day (March)

This year we were able to host a World Kidney Day & Organ donation – awareness day facilitated by SPAL along with SAHA. Members of the Samaj and the general community were able to get an understanding of what patients and their families go through and how they support each other through the process due to organ failures. There were several people who have been affected in one way or another and were willing to share their experience. During the event, we had our very own members Jashuben, Hetalben and Jayantibhai G who shared their personal and emotional journeys, truly touching.



### Ladies Night – March

The SPAL Mahila Team is going from strength to strength and this year they organised fantastic Ladies Night. It was a great evening from start to finish and the feedback received from the ladies present summed it all up – “what a fantastic evening – are you going to do this again next year?” – the event was enjoyed by all the ladies present. During the event the ladies had various marketplace stalls to visit such as the Henna Artist, Specialist Indian Jewellery and a stall serving snacks. In addition, Our very own Savitaben had set up a wonderful photo booth that provided a great photo and “Selfie” opportunities that was enjoyed by all the ladies.

The evening entertainment was provided by MK Roadshow who provided DJ and live music. It was well supported by the SPAL Men Volunteers to manage the event from security, bar and serving food. All in all a fantastic night was had by all.



### Jaya Row Lecture – June - Overcoming Life Challenges



Once again SPAL hosted the Jaya Row lecture in our Prathna Hall in June 2019. Approximately 80 people attended the event. The general feedback received from those attended was very interesting, captivating and enriching experience. Majority of the audience present were following Jaya Row to all other venues in Leicester (and in the country) where she was delivering lectures on other subjects.

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.



## Mahila Outing - August

This year the Mahila team organised a London mandir trip where they visited the Shree Jalaram mandir in Greenford, Shree Sanatan Hindu mandir in Wembley and the Shri Swaminarayan Mandir in Neasden.

All that attended had a fabulous time.



## Gita by Chinmaya Mission UK – Once a month in Prathna Hall

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 Shripiya Chaitanya.

Shripiya 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.

## Health and Well Being Event / Samuh Katha - August

This year the SPAL SHED team organised an exciting event, promoting a free Health & Wellbeing day for all communities. Funding for the event was sponsored by NHS, Leicester City Clinical Commissioning Group as part of their Health in your hands project. In collaboration with the Religious team, we arranged the Health event to be on the same day as the Samu Katha, to enable most of our members to take advantage of the event and the Samuh Katha.

To accompany the event, the SHED team also produced an Information Booklet which holds some fantastic sign posting to health & wellbeing organisations that would benefit the community of Leicester.



All stalls at the event provided valuable and beneficial information to those that visited from the variety of information stalls on health and wellbeing.

Alone, we can do so little; together we can do so much

Information talks were received from the Alzheimer's society; NHS Carers support and NHS Colon Cancer support. In addition, we also had activity sessions by Temple Learning & Wellness centre and our Bhartiben who provided sessions to help increase energy and yoga activities to help the mind and body to reduce stress and get energised.



As part of this event, the funding received from the NHS LCC Clinical Commissioning Group enabled SPAL to offer morning & afternoon taster sessions for Yoga and Keep fit sessions on Wednesday mornings and Thursday afternoon for a total of 6 weeks. We had a great demand for these sessions and are pleased to confirm that we have continued these sessions since at a nominal cost.



### Samuh Katha and Charity Donations

On the same day as the Health and Well being event, we also had our Shree Satyanarayan Bhagwan Samuh Katha. It was so nice to see that majority of our Yanjmans participating on the day were from our younger membership. It was a glorious day and what a turn out. The Prathna hall was packed and most of the members who attended the Katha also took advantage of the Health and Well being event staged in the main hall. The Katha was followed by Bhojan Prasad in the main hall.



Throughout 2018-2019 financial year, SPAL had various fund raising activities which resulted in the total sum of £4005 being raised. For this period, SPAL nominated 3 charities namely, Prostrate Cancer UK, British Heart Foundation UK and South Asian Health Action (SAHA). The Samuh Katha provided a great opportunity to present the funds raised to the representatives from each of the charities in presence of our members. A cheque to the value of £1335.0 was presented to the representative of each charity and SPAL have received a letter together with a certificate from each charity as an acknowledgement and a thank you.



Health & Well Being and Samuh Katha Organising Team



## Navratri – September-October

Another great year in successfully planning for this annual festival, supported by all the Trustees and volunteers coming forward to ensure members have a fantastic time. I would like to thank Savitaben & Kishorbhai for organising the Religious activities with support from the Mahila team, the facilities team for organising the hall logistics, the Youth team for co-ordinating the Atham Aarti and Prasadi distribution, Naynaben for organising the Nav durgas and not forgetting our music bands led by Harishbhai, Kalaben and Balwantbhai.



This year we held a competition for the aarti plates decoration which was sponsored by Jayantibhai D. At the weekend (Friday and Saturday) we changed the format slightly and had the aarti taking place later than usual. We had some members complained that it was too late but in general majority of the feedback received was in favour of the new format. We have taken the feedback and it will be reviewed at the Navratri Planning meeting in July. In general the Navratri was well received by the members and it was a fantastic event.



## Diwali Manoranjan - November

The Diwali Manoranjan programme was once again organised by our Mahila Team. What a fantastic turn out as always, Kalaben and the team managed to gather various groups to provide the entertainment which included many dances routines (solo and groups), comedy sketches, singing and more. The entertainment was absolutely brilliant and enjoyed by all the members that were present on the night. During the dinner break our very own Kalaben & Jayantibhai G, kept members entertained by hosting antakshari, loved by all those sitting, queuing for food or drinks, fantastic, what a buzz created





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 the lahnis.



Thank you to all the participants and volunteers for a wonderful show.

This financial year (2019-2020), SPAL have agreed to support the following charities that will benefit from our fund raising:

- MIND – (Medical Investigation of Neurodevelopmental Disorders) provide advice and support to empower anyone experiencing a mental health problem. They campaign to improve services, raise awareness and promote understanding.
- Help for Heroes - provide lifelong support to Service Personnel and Military Veterans with injuries, illnesses and wounds sustained while serving in the British Armed Forces
- Glenfield Heart foundation known as EAST MIDLANDS Congenital Heart Centre.

We hope that you will continue to support us yet again this year at our fundraising events. Without your support we would not be able to achieve the fabulous goals for raising funds...so thanks goes to you all for your contributions.

Jai Shree Krishna

**Indira Mistry - SHED Trustee**

## Why is Hanuman Called Bajrangbali?

The ever-curious Hanuman once saw Sita adorning her forehead with vermilion. Hanuman asked, "Sita Mata, why are putting vermilion on your forehead?" Sita was amused by the curiosity of Hanuman and answered, "I apply it to ensure the long life of Lord Rama."

Listening to this, Hanuman smeared his whole body with vermilion.

Lord Rama was so amused that he burst into laughter. He called Hanuman close to him, and said, "I am amazed by your love and devotion towards me, and from now on, people will also know you as Bajrangbali." "Bajrang" in the word Bajrangbali means orange.

*It's only after you've stepped outside your comfort zone that you begin to change, grow, and transform.*

## SPA International Trust Fund (SPAITF) Report

SPAITF is managed by the Holding Trustees of SPA UK. Each of the affiliated branches nominates a representative who is known as the Holding Trustees. A Chair and Secretary are elected amongst them by these officers to manage the activities of SPAITF. The role of the representative is to act as the link between SPAITF and the local branch as well as helping to administer the trust fund.

Although the day to day financial matter of SPAUK is handled by the Executives of SPAUK, any title deeds of land, investment in stocks and shares etc., that may be owned by SPAUK is held under the names of five nominated Custodian Trustees.

SPAITF supports young Prajapati Students, Prajapati organisations in India and also carries out charity work locally and internationally and raise funds to support natural disasters. The primary focus of the fund is supporting students from low income families by providing higher education grants.

Prajapati students complete online application giving details of their education, family circumstances and expected university/college cost with supporting evidence. Applications that meet the SPAITF criteria are considered by the holding trustees at a meeting in March and October each year and grants approved as appropriate. Applicants are then informed and grants transferred on receipt of required paperwork.



In addition SPAITF takes on board the SPA UK nominated charity and liaises with branches to raise funds for this, as well as fund raising for any natural disasters that occur e.g. Gujarat Earthquake, Tamil Nadu Tsunami, Wateraid, Navsari Ashram Girls Hostel etc etc

This year we have been raising fund to top up the education fund so that SPAITF can continue to support as many students as possible. I am extremely pleased to report that in addition to Leicester branch donating £250.00, Leicester members have pledged to support five students and donated a staggering £3540.00 in total towards the SPAITF education fund in a matter of a few days during Navratri! The generosity of the Leicester members has been overwhelming and I would like to take this opportunity to say a BIG THANKS to everyone that donated towards this worthy cause. I would also like to advise that 100% of the funds donated by members will go towards the education of students in India. All the work put in to administer the fund by SPAITF is done by unpaid volunteers.

Once again thanks to Leicester members and trustees for supporting with the fund raising and hope this will continue going forward. If you need any further information about SPAITF please do not hesitate to contact me.

Jai Shree Krishna

**Hansaben S Mistry**  
**SPAL – SPAITF Trustee**

# Shree Bhuvaneshwari Rudhra Abhisekh



**Venue:**  
**Shree Prajapati Community Centre**  
**Ulverscroft Road, Leicester**

**Sunday, 10th May 2020**  
**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 Rudhra Abhisekh in the presence of Adhyaksh Shree Dr. Ravindersanji (from Shree Bhuvaneshwari Pith, Gondal, India) in our Community Centre on Sunday 10th May 2020.

**This year Shree Prajapati celebrates 25 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:

Savitaben Mistry  
Kishorbhai Mistry

Tel: (0116) 241 9134  
Tel: (0116) 241 9134

**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 (10), Arti Thali, Divo (1), Some fruit and loose flowers, Thali (4), Vatki (4), Small spoons (4), Kalash Loto (1), Shree Ganapati's murti, Mataji's murti and photo, Prasad, Cushions for sitting and Napkin, Tulsi Pan, Shiv Ling, Billi Patra, Panchamrut.

**Programme:**

8.00 am	Yajmans to arrive
8.30 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 રૂદ્ર અભિષેક"

**રવિવાર તા. ૧૦મી મે ૨૦૨૦**

**સમય: સવારે ૮.૦૦ 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 પ્રેમણાથી લેસ્ટરમાં શ્રી પ્રજાપતિ કોમ્યુનિટી સેન્ટરમાં રવિવાર તા. ૧૦ મે ૨૦૨૦ના રોજ "શ્રી ભૂવનેશ્વરી રૂદ્ર અભિષેક" નું અનેરૂ 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 પાત્ર કરવા સર્વ સહકુટુંબ મિત્રમંડળ સહિત અવશ્ય પધારશો.

આ સમૂહ અભિષેકમાં મુખ્ય ચજમાન અને પેટા ચજમાન પદે બેસવાની વ્યવસ્થા કરવામાં આવી છે. જેમને ચજમાન પદે બિરાજવાની ઇચ્છા 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 સર્વેને પધારવાનું ભાવભીનું આમંત્રણ છે. સમૂહ અભિષેકની પૂર્ણાહુતિ બાદ મહાપ્રસાદની વ્યવસ્થા કરવામાં આવેલ છે.

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

**લિ. કાર્યવાહક સમિતિ, શ્રી પ્રજાપતિ સમાજ, લેસ્ટર.**

**સંપર્ક:**

**શ્રીમતી સવિતાબેન મિસ્ત્રી**  
**શ્રી કિશોરભાઈ મિસ્ત્રી**

**ટેલિફોન નંબર: (૦૧૧૬) ૨૪૧ ૯૧૩૪**

**ટેલિફોન નંબર: (૦૧૧૬) ૨૪૧ ૯૧૩૪**

**ખાસ નોંધ:**

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

શ્રીફળ (૧), નાગરવેલના પાન (૧૦), આરતીની થાળી, દીવો (૧), થાળી (૪), વાટકી (૪), ચમચી (૪), શિવલીંગ (૧), તાંબાનો કળશ (૧), શ્રી ગણપતિની મૂર્તિ (૧), સુખડી, પ્રસાદ, ફળ, ફુલ, તુલસી પાન, કેસર, ઘી, અગરબત્તી, દિવાસળી, દૂધ, તાંબાની તરભાણી (૨), બેસવા માટે આસન, નેપકીન અને કિચન ટાવલ, તુલસીપાન, બીલીપત્ર, પંચામૃત,

**કાર્યક્રમ:**

સવારે ૮.૦૦  
૮.૩૦ - ૧.૦૦  
૧.૦૦  
૧.૩૦

ચજમાનોએ હાજર થવું  
પૂજા, કથા, થાળ, આરતી અને પૂર્ણાહુતિ  
ડો. રવિદર્શનજીનું પ્રવચન અને આર્શિવચન  
દર્શન, પ્રણામ અને ભોજનપ્રસાદી

## Darts Club – Every Tuesday 7:00pm – 8:30pm

What an incredible year this has been for the Leicester darts team and personally, for myself and my darts partner Chhagan.

After competing in the SPA UK sports day darts tournament for over 10 years and with one runners' up trophy in the bag a few years ago, we finally won the number one trophy in darts doubles this year!

Everyone that attended the sports day had a great time.

The regular weekly practice finally paid off. Darts practice takes place every Tuesday evening in the Samaj Social Club between 7.00pm – 8.30pm with new members joining each year. We have even had enquiries from some of our ladies wanting to start practicing which we welcome.



SPA UK – Darts Doubles Winners  
Shashi & Chhagan

### Friendly Darts Tournament at SPAL

After missing out one year and by popular demand, the friendly darts tournament returns to SPAL on Saturday 7th March 2020. So please make a note of this date in your diaries. Tickets will be limited so if you are interested please let me have your contact details so that I can let you know when the tickets go on sale, which will be on a first come first served basis.

### Not just about playing darts....It's much more!



The darts group do not just play darts on the Tuesday and have a drink or two (the Social Club is also open), many members actively volunteer and help out at the various Samaj events, i.e. setting up; serving; clearing up; opening/closing rotas etc. We also have social outings e.g. curry nights which is very popular along with fund raising for various charities.

So if you are interested in joining this friendly team, please do come along on a Tuesday night at the social club and join the fun of throwing a few darts!

Jai Shree Krishna

**Shashibhai R Mistry**

## The Trouble Tree

The carpenter I hired to help me restore an old farm house had just finished a rough first day on the job. A flat tire had caused him to miss an hour of work, his electric saw quit, and now his ancient pick-up truck refused to start.

As I drove him home, he sat in stony silence. When we arrived he invited me in to meet his family. As we walked to the front door, he paused briefly at a small tree, touching the tips of the branches with both hands. When opening the front door he underwent an amazing transformation. His tanned face was wreathed in smiles; He hugged his tow children and give his wife a kiss.

Afterwards he walked me to the car. We passed by the tree and my curiosity got the better of me. I asked him about what I had seen him do earlier.

"Oh, that's my trouble tree," he replied. I know I can't help having trouble on the job, but one thing or sure, they don't belong in the house with my family. So I just hang them on the tree when I come home in the evening and then I just pick them up again in the morning."

"Funny thing, though," he smiled, "when I come out in the morning to pick 'em up, there ain't nearly as many as I remembered hanging there the night before."

# SPAL Religious Events and Activities

Namaste,

My name is a Savitaben and I have been a member of SPA Leicester for over 35 years. I am passionate about serving our community as I see this as my seva. I have always involved myself in participating as well as volunteering for all events that are staged by SPA Leicester. This year, I volunteered to take the position of the SPAL Religious Trustee, which was something I had never done before.

I really enjoy the art of singing and dancing and I have had great opportunity through our Samaj during events such as Navrati, Diwali Manoranjan and the weekly Bhajan Mandal.

The Samaj is a great platform to help us fulfill our spiritual and religious duties. Thanks to our volunteers who work with all their heart and love to make all our events the best they can be.

With my assistants Kishorbhai and Balvantbhai, we are pleased to announce the religious events planned for 2020 which have been published in this newsletter. On behalf of SPAL Trustees, it gives me great pleasure to extend our invitation and welcome to each and every one of you to these events and look forward and meeting you.

We have a regular slot for bhajans every Saturday from 7-10pm in the Prathna Hall. If you would like to sponsor a bhajan for birthday celebrations, death anniversaries or any other occasions, please do not hesitate to contact the religious team. These events are open to all and everyone is welcome to attend. I look forward to meeting you at all the events in 2020.

I would like to welcome all our members to continue to support us. The religious team is open to take on any suggestions or feedback, please feel free to get in touch by e-mailing us: Religious@shreeprajapati.org.uk or the SPAL Secretary on secretary@shreeprajapati.org.uk.

SPAL calendar is always busy and this year it is no different. Many thanks to Naynaben, Padmaben, Balwantbhai and SPAL Volunteers who managed all religious events prior to the AGM in June 2019 and we both, myself and Kishorbhai value their continued support following the AGM. I like to take this opportunity to highlight some of the events at SPAL not covered elsewhere in the newsletter.

## Hanuman Chalisa



## Shree Bhuneswari Katha (Vishva Shanti)



People Who Are Crazy Enough To Think They Can Change The World, Are The Ones Who Do



## Janmasthanmi Celebrations 2018



Editor's Apology:

Due to an oversight last year (2018), we missed a couple of photos from Janmasthanmi Celebrations.

These photos are from 2018.

## Janmasthanmi Celebrations 2019



## Nutan Varsh – Snehan Milan

Monday 28th October was Hindu New Year 2076. It was a great start, the weather was a bit dull at first but brightened up. It was good to see the Prathna Hall full again and everyone had enough time to meet and greet.



## Jalaram Jayanti - November

What a beautiful day it was – the Prathna Hall was full to the capacity. The Ankut was again very very well received. Thank you to all the members for your contribution. This was followed by bhojan prasadi that was enjoyed by all. Thank you to all the volunteers for your help and support on the day.



Many thanks for all your help, support and encouragement.

Jai Shree Krishna

**Savitaben – Religious Trustee**



## SPAL Board of Trustees 2019 -2020



Jayantilal (Jay D) Mistry  
**President**



Jitubhai C Mistry  
**Vice President**



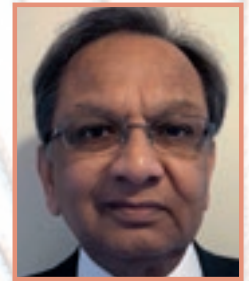
Vinaybhai Prajapat  
**Assistant Vice President**



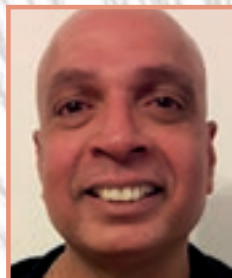
Kalpanaben Mistry  
**Secretary**



Vinodbhai G Mistry  
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Jayantibhai G Mistry  
**Governance**



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Kalaben D Mistry  
**Assitant Mahila Trustee**



Bhagwatiben P Mistry  
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Kamuben Mistry  
**Assistant Mahila Trustee**



## SPAL Board of Trustees 2019 -2020



Kantibhai D Mistry  
**Facilities Trustee**



Nileshbhai D Mistry  
**Assistant Facilities Trustee**



Akshaybhai Prajapati  
**Assistant Facilities Trustee**



Savitaben K Mistry  
**Religious Trustee**



Kishorbhai Mistry  
**Assistant Religious Trustee**



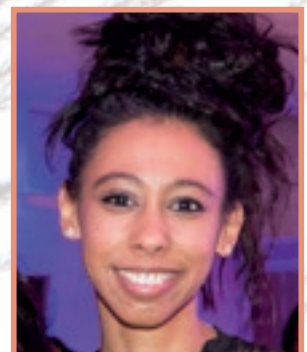
Indiraben N Mistry  
**Social Health & Education Trustee**



Hetal Mistry  
**Assistant Social Health & Education Trustee**



Minaben Mistry  
**Youth Leader**



Bhanisha Mistry  
**Assistant Youth**



## SPA Leicester - Yoga

Yoga derives from Hindu and Eastern religious practices as a form of meditation and exercise meant to unite mind and body. 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 some how 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 7:15pm and 8:30pm in the Prathna Hall, Entrance is £2.00. The session is a mixed and we extend an invitation to all our members.**

### International Day of Yoga 2020

**COME AND CELEBRATE INTERNATIONAL YOGA DAY  
AT THE SHREE PRAJAPATI COMMUNITY CENTRE  
ULVERSCROFT ROAD, LEICESTER. LE4 6BY  
SUNDAY 21st JUNE 2020**

**Time: 5:00pm to 9:00pm – Entrance Fee: £2.00 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/>



## Social Media & SPA Leicester

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

### Facebook Page

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

### Twitter

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

### Instagram

Instagram is a photo and video sharing social networking service; the instagram name for SPA Leicester is Instagram@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](mailto: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](http://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@shreeprajapatiorg.uk](mailto:secretary@shreeprajapatiorg.uk)

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

## SPAL – Daytime Keep-Fit Yoga Session

Following on from the success of the free taster session for keep-fit and yoga, members have requested to continue this activity during the daytime. Attendees have advised us that it is helping them counter loneliness and get them out of the house and to do exercise which in turn has been beneficial to their health.

We are really pleased to learn this and have therefore continued with these sessions on Wednesday mornings between 10.40 and 11.40am. These sessions are open to all ages, and to both men and women. You can take part and do as much or as little as you wish and do exercise at your own pace. We encourage our vadhilos to come and see how much fun and beneficial this is for your health and hopefully joins the session.



For those who are less mobile you can also do exercise sitting on a chair! The Wednesday sessions have seen a great turn out of between 30 – 50 people each week of all ages between 2 – 80 plus!

Unfortunately due to low turnout, the Thursday session has now been stopped until further notice.



## Introduction of other activities

In addition to the keep-fit and yoga sessions, attendees have requested other activities they would like introduced at the centre during the day. To determine what activities people were interested in, we held a meeting on Wednesday 6th November 2019 where over 50 people attended. Some of the topics that came up are listed below:

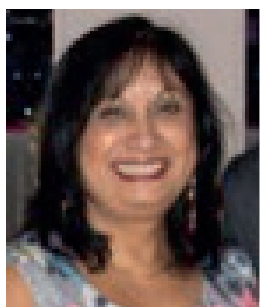
Coffee Morning	Mind Games	Exercise to Garbas/ Bhangras	Tai Chi	Table Tennis
Arts & Craft	Walking group	Singing/Antakshri	Meditation/Bhajansa	Darts
Nutritional cooking	Skill share	Life experiences	Mehndhi	Nail painting
Rangoli	Flower arranging	Hair/beauty		
Speakers on various topics e.g. Diabetes, Heart disease, Depression/counsellors, Dementia/Alzheimer etc, etc.				

As you can see the topics are varied, some can be introduced quite easily, other topics need a bit more thought, therefore over the next few months I will be working through these ideas with the volunteers and the trustees and formulate a plan. If you do not attend the Wednesday Keep fit sessions but are interested in attending any of these additional activities, then please let us know so we can keep you updated as and when these are programmed in.

Of course all these activities cannot take place without the help of the volunteers, therefore if anyone would like to help out organising the events, or help during the events, or with opening/closing the site, then again please do let us know.

Finally I would like to say huge thanks first of all to all the participants for making this activity a success and of course it goes without saying, this would not be possible without the help of all the volunteers who are helping out. So thank you to all the Volunteers too and look forward to your continued support going forward.

For further information, please contact:



Hansaben S  
Mistry  
  
0116  
2628560



Bhanuben B  
Mistry (pictured)  
or Ranjanben  
Mistry  
  
Wednesdays  
at the centre  
between  
10:15am-  
11:45am



Bhartiben  
Mistry  
  
Wednesdays  
at the centre  
between  
7:15pm –  
8:15pm



## SPAL – Facilities Report

Namaste,

My name is Akshay and I am the Assistant Facilities trustee. I like to take this opportunity to give you an update on the Prathna Hall refurbishment project that I am currently managing. Early in 2019, I was given the responsibility to manage the Prathna Hall Refurbishment project. My initial task was to develop the project plan based on known issues and requirements gathered through feedback from members and the religious committee.

Some of the major concerns included leak through the roof in both Prathna Hall and Block C building; space/movement restrictions around God idols in the sthapan; howling noises through windows, and the cold open space between Prathna Hall and kitchen area.

With this in mind and with help from Kantibhai and Nileshbhai, quotations for different pieces of works was acquired to fix the issues identified. Two further options were also considered, namely the extension of the current Prathna Hall encompassing Block C, and demolition of and complete rebuild of the Prathna Hall and quotation for these options were also acquired. The refurbishment option is envisaged to cost around £120,000, while the extension project and complete rebuild options are envisaged to cost in excess of £350,000 and £900,000 respectively. These options were presented at special members meeting organised just after Diwali where the members voted in favour of the refurbishment option. At the time of writing the progress is as follows:

### Roof works

The roof works are now complete. We have fitted a new metal sheet with insulation on top of the existing sheet roof on Prathna Hall building and fitted a new slate-green mineral capping sheet on the flat roof of Block C. For the passageway between Block C and Prathna Hall, we have completely removed the existing metal sheeting and associated timber support and replaced it with new timber supports and ply boarding and fitted a new three-layer high performance felt roofing system. Additionally, in the passageway we have installed three new opening roof light domes with winding handles.

### Passageway

We have now engaged with the architect and Building Control Inspector and we have got approval for our proposals to block of the passageway and integrate with Prathna Hall building and Block C. Our proposal is to build a brick wall at the end closer to kitchen and build a storage area next to the kitchen. To accommodate the storage space, we will be removing the existing double fire exit doors and installing a new single door further along the passageway to allow easy access to kitchen area from within the Prathna Hall. The near end of the passageway will also be bricked up but will have a fire exit door. The flooring area in the passageway will be carpeted and the walls plastered and painted. The toilets and kitchen areas will also be repainted and redecorated as required.

### Prathna Hall Interior

One of the main requirements from Mahila committee has been to raise the height of the sthapan area to allow easy access to and movement around murtis. The idea is to achieve this by replacing the existing pillars with longer pillars whilst retaining the existing domes and other features around sthapan area. In order to achieve this, we need to increase the air space above the sthapan area by completely removing the false ceiling tiles just above the sthapan and raising the false ceiling height by about two feet for rest of the Prathna Hall. The ceiling works are likely to be completed in January. Only once the ceiling works are complete, we will have a better understanding of how high the sthapan roof along with domes can be raised. I will have further engagement with relevant members closer to time when we are ready to discuss options for sthapan works in a very near future.

Whilst we are getting the ceiling works done, we will also be fitting new dimmable LED light panels similar to that in Main Hall in Prathna Hall. We are also going to replace existing windows with a new set of double-glazed windows with manual winders to allow easy operation of the windows. This along with the new roof will improve the overall insulation of the building and will stop the draught and the howling noise. Additionally, Prathna Hall will be redecorated with new paint and new carpet, along with general clear out and tidying up of storage areas.

If you need any further information please feel free to contact the facilities team (Kantibhai Mistry, Nilesh Mistry & Akshay Prajapati)

Jay Shree Krishna

**Akshay Prajapati**

## SPAL Youth – Ladies & Children Table Tennis

Namaste

I am delighted to be able to introduce myself as one of the newer members of the SPA Youth team. Having previously been an active SPA youth leader when I was a teenager (going back a few years!) I feel honoured and privileged to be able to give back something to our samaj which gave me so much when I was a young girl.

I coach table tennis sessions for children, and ladies on Tuesdays from 7.15pm to 8.15pm at the youth club and would love to see more people attending. There are lots of other activities going on including badminton, arts and crafts, football and netball practice. It's definitely a great way to keep fit, have fun and make friends.

During those early years of our samaj we had no permanent building, our youth club was held at the Belgrave Neighbourhood centre, for those of you who remember that far back! I have wonderful memories of playing lots of sports, going on trips and making friends within our community.

The annual SPA sports day was the highlight of our year and there was great excitement and a competitive spirit for all those involved in the competition and the spectators who supported us.

Having come back to our samaj, after a 25year break, I feel proud to see how our samaj has flourished into a vibrant organisation for our community, with amazing facilities and all those volunteers who give so much. This is thanks to the pioneers in the early years who were brave enough to take those decisions to give our generations to come a lasting legacy.

I look forward to seeing lots of new faces at our Youth club this year so we can build a youth club to be proud of. Finally, may I take this opportunity to say a huge THANK YOU to those individuals who have supported and inspired me in the past year.

Best wishes to everyone for the year ahead.

**Taruna Mistry**



## Financial Planning – Inheritance Tax Seminar

Inheritance Tax is widely viewed as unfair, and even the Chancellor agrees it's complex, but only effective and early planning can minimise its impact on your estate. SPA Leicester in collaboration with Oakfield Financial Services Ltd brings to you a seminar talk that will include a look at Wills, Lasting Power of Attorney, Gifting, Trust Planning, Business Relief, Protection of Inheritance Tax Planning.

### **SPA Leicester presents Financial Planning – Inheritance Tax Seminar**

At Shree Prajapati Association Leicester, Ulverscroft Road, Leicester LE4 6BY

**THURSDAY 27th FEBRUARY 2020 - Time: 7:00pm to 8:30pm**

Speaker: Dipesh Shah DipPFS, CeMAP MSc BA (Hons)

Wealth Manager & Company Director of Oakdale Financial Services Ltd.

The seminar is free to attend - Dipesh has a wealth of experience advising his clients in the importance subject of inheritance tax planning. Dipesh enjoys helping his clients minimise the impact of this tax on their estate, leaving more for their loved ones after they have passed away.

## For the attention of any MBA student

I have a number of textbooks on Economics, Management, etc. that may be useful an MBA student. If you are interested for your personal use, please contact Jitubhai on 07982260176.

## Short Stories

### Parable of the Pencil

The Pencil Maker took the pencil aside, just before putting him into the box.

"There are 5 things you need to know," he told the pencil, "before I send you out into the world. Always remember them and never forget, and you will become the best pencil you can be."

One: "You will be able to do many great things, but only if you allow yourself to be held in someone's hand."

Two: "You will experience a painful sharpening from time to time, but you'll need it to become a better pencil."

Three: "You will be able to correct any mistakes you might make."

Four: "The most important part of you will always be what's inside."

Five: "On every surface you are used on, you must leave your mark. No matter what the condition, you must continue to write."

The pencil understood and promised to remember, and went into the box with purpose in its heart. Now replacing the pencil with you, if you remember these lessons and never forget them, you will become the best person you can be.

One: "You will be able to do many great things, but only if you allow yourself to be held in God's hand. And allow other human beings to access you for the many gifts you possess."

Two: "You will experience a painful sharpening from time to time, by going through various problems in life, but you'll need it to become a stronger and better person."

Three: "You will be able to correct any mistakes you might make. So do not be afraid of making mistakes."

Four: "The most important part of you will always be what's on the inside. What you think and feel is more important than how you look."

Five: "On every surface you walk through, you must leave your mark. No matter what the situation, you must continue to do your duties. Leave your legacy when you leave this world."

**You are special. Only you can fulfill the purpose for which you were born.**

### The Oranges

This is the story of a man, which can change the way you see the world.

First Give, Then Get.

The moto, he follows in his life. Lets read his short incident. He always bought oranges from an old lady.

After they were weighed, placed in his bag, and paid the price. He would always pick one from his bag, peel it, put a segment in his mouth then complain that it's sour and hand over the orange to the old lady.

The old lady would put one segment in her mouth and reply "why? it's sweet," however, by then, he was gone with his bag.

His wife always noticed it but today she asked, "the oranges are always sweet, then why this drama every time?"

He smiled and aforesaid, "the old lady sells oranges but never eats herself. By this trick, I just try to get her to eat one, without losing her money. That's it."

The vegetable vendor next to the old lady saw this every day.

She argues, "each day this man comes and buys and then fusses over your oranges, and I see that you always weigh a few extra for him. Why?"

The old lady with a small smile on her face said, "I know what he tries to do. Each time he just wants me to feed me an orange, he thinks I do not know that. I never weigh extra. His love tilts the scale slightly every time."

Life's joys are in these sweet little gestures of affection and respect for our fellow beings. And real happiness is in giving... Not in money.



## SPAL Charity Dinner & Dance

During 2018-2019 SPAL administration period, the trustees agreed to organise a charity event to raise funds for the charities that we were supporting. The charities were:

- **MIND – (Medical Investigation of Neurodevelopmental Disorders)** – The charity provides advice and support to empower anyone experiencing a mental health problem. It is an issue that we agreed needs to be brought to the forefront of our South Asian community and raise awareness of it.
- **The British Heart Foundation** - is a UK based charity organisation that funds research to beat heartbreak from heart and circulatory diseases and their risk factors. The charity has helped many people from our community in to the awareness of the different heart conditions and how best to manage these. It was also agreed that part of the funds raised at the charity event would go to Leicester Glenfield Hospital - East Midlands Congenital Heart centre, which is a local unit where patients with heart disease from birth to adulthood can get treatment.

I took on the responsibility for this event with Pareshbhai, Nileshbhai and the youth team (Bhanisha, Kirti, Manesh and Taruna). The planning for the event was started in November 2018 and in January 2019; a proposal was submitted to the trustees for approval. The detailed proposal presented to the board together with the draft budget was approved in principal and that gave us the green light to bring the team together and start the planning for the event.

My self and Nileshbhai spent a lot of time contacting service providers and with hard work and some very hard negotiations we secured the services of Platinum Sounds, Fine Entertainment Ltd (Jamie Docherty - magician, casino and photo booth), Bandhan Events and Chandani Group caterers. Maheshbhai also worked hard to secure the services of the The Michelle Ann School of Dance group.



**SPAL – Charity Dinner & Dance Team**

team, we drafted out the full plan for the preparation prior to the event and the event day. The plan on the day of the event was scheduled from the start to the to the last minute. This was a great effort on all parts and it was well rehearsed.

Two days prior to the event, with support from SPA volunteers, Men's keep fit club and the SPAL cricket club members came together to arrange the tables/chairs and decorate the SPAL Main hall.

Thank you guys for all your help. Platinum Sounds and Chandani caterers arrived early on Saturday to complete the set up.

By 5:00pm on the day of the event, the full team was present as per schedule ensuring everything was in place. The teams from service providers, Casino, Catering, Photo Booth and Platinum Sounds were also working with us as a team in readiness.

At 6:00pm as the doors opened, the team members welcomed the guests with big smiles and drinks. All the guests on arrival were greeted by one of the team and were personally involved in escorting the guests to their tables. Many of the guests commended the politeness and helpful nature of the dedicated team of volunteers.

Whilst this was going on, the rest of the team were working hard negotiating with local businesses for sponsorship, prizes and donations.

The effort was rewarded with prizes worth over £1500 donated by various local companies and businesses and individuals. We thank them for their support.

By end of May, the event was planned in full, the tickets and posters were printed and we were ready.

Leading up to the event, the team spent a lot of time planning the day of the event. With support from Maheshbhai and the rest of the

## SPAL Charity Dinner & Dance



At 7pm the night started off with a fabulous dance by Michelle Ann School of Dance of Bombalao! It was a great start and what a performance.

This led to introduction of the hosts for the evening.



Nileshbhai



Minaben



Bhanishaben

The hosts for the evening, Nileshbhai, Bhanisha and myself welcomed the guests and talked about the importance of the charity event that was being held and gave a brief outline of the charities.

We introduced our guest Jessica Chauhan who gave a very informative talk on mental health awareness followed by Nileshbhai's talk on heart illnesses.

This was followed by a second dance by the Michelle Ann School of dance performing another fantastic light/colour dance from the film Ram Leela (Nagada sang dhol).

By this time the event was well underway, the photo booth was open with some great pictures being taken to remember the night, the bar was busy with drinks flowing and lovely food was being served.



At 8pm the casino opened and there was a mad dash for people to get to the tables (roulette and black jack). The guests had great fun playing at the tables and we even had lots of people who had never played before having a fantastic time.



It appeared at one point that almost 90% of the guests were around the Casino tables. It was pointed out that we may have just identified a problem of gambling in our community!!! Rest assured everyone was having great fun.



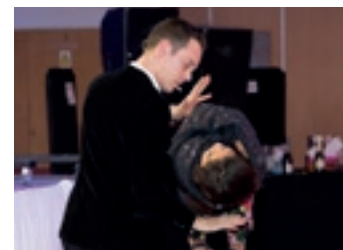


## SPAL Charity Dinner & Dance



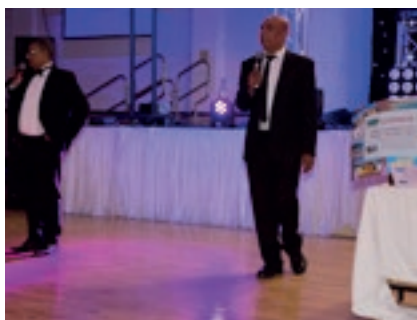
Whilst this was all going on, Jamie Docherty, the magician was busy going around the tables doing some up close magic with the guests and wowing the people around table.

The guests were all enjoying themselves and it was very nice to get lots of compliments from the general audience about the arrangements, the food and the pleasantness of the volunteers.



After dinner, Jamie came on to do his finale of his magic act with a memory trick and levitating a young girl into the air to the gasps of the audience. It was great performance and everyone present appreciated the act. During the event raffle tickets were sold with amazing prizes being donated by Shimla Pinks, Boots Plc, Deepa Saris, A to Z Jewellers, Vibe Therapy, Desi Bites and LORD'S.

Jamie's act was followed by the Raffle Draw hosted by Kirti and Taruna members of the Youth Team, with help from Amna from Leicestershire County Cricket Club.



Then it was over to Nileshbhai and Jayantibhai G for the auction. This was hilarious; the way the team led the auction and raised some fantastic sum for the charity.

They started the auction with holiday apartment in Cyprus kindly donated by Bipinbhai Mistry and then onto the Photo Shoot with framed photo donated by MAZ Photography.



Finally, we arrived at the Donation Envelopes Draw, hosted by Indiraben and Manesh. The prizes were donated by Boden and Leicestershire County Cricket Club.

Individually, we are one drop. Together, we are an ocean



## SPAL Charity Dinner & Dance

Kailash from Platinum Sounds then took control of the show and got almost everybody on the floor with Bollywood, bhangra and western music. The music continued until 12:30am and majority of the guests stayed well until the end. It was a fantastic evening had by all.

The night was ended with the winners of the casino prizes announced which were donated by Burleighs Gin, Dunelm, Mash Autos, The Spine Clinic, Hughes-Total Fitness, Omron, Boots Plc and Vibe Therapy.



Congratulations to all the winners of the prizes during the night. On the night, the team raised funds in excess of £4000. On behalf of the Events team, the Youth team and SPAL trustees we like to thank everyone who came along and supported us with our charity event.

**Mina Mistry – SPAL Youth Trustee**

## SPA (UK) EVENTS 2020

### SPA UK 40th MAHILA SAMELAN Hosted by SPA Mahilas & SPA Leicester

**Date:** Sunday 5th April 2020 **Time:** From 9:30am to 4:30pm

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

**Tickets:** £5:00 each – On sale from 24th February 2020 from 7:00pm on first come first serve.

Please Note – Tickets are for Ladies only. Only one ticket per membership card will be provided.

Partners may purchase ticket for their spouse (Ladies Only) on presentation of the membership card

**For Further Information:** Contact Kalaben 0116 2735330 or Ranjanben on 0116 2661279

### SPA UK SENIORS SNEH MILAN Hosted by SPA Leicester

**Date:** Sunday 7th June 2020 **Time:** From 9:30am to 4:30pm

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

**Tickets:** £2:00 each - On sale on 10th May 2020 following Bhuneswari Katha on first come first serve.

**For Further Information:** Contact: Kalaben 0116 2735330 or Ranjanben on 0116 2661279

### SPA UK – FAMILY FUN DAY

**Date:** Saturday 27th June 2020 – Details to be advised

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

### SPA UK SPORTS DAY

**Date:** Saturday 22nd August 2020

**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](mailto:spayouthleicester@gmail.com) or SPAL Facebook

# 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](mailto:leicester@shreeprajapati.org.uk)    Website: [www.shreeprajapati.org.uk](http://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](http://www.shreeprajapati@org.co.uk)

