

Shree Prajapati Association Leicester

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

Email: Leicester@shreeprajapati.org.uk

Web: www.shreeprajapati.org.uk

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



2021 HAPPY NEW YEAR

What happened last year?

2020 was the 20th year of 21st Century

It was also a leap year and 1st year of the 2020 decade.

The United Nations had declared 2020 as the international year of Plant Health.

The World Health Organisation had designated 2020 as Year of the Nurse and Midwife yet 2020 had been heavily defined by the COVID 19 Pandemic, which has led to Global Social and Economic disruption and turmoil.

So how has it affected SPAL? ... Read On.....

In this edition:

SPAL 2020 Events Diary

Message From The President

Message From The Secretary

SPAL Youth News

SPAL Religious Festival Diary

Community Life

Coronavirus guidelines

SPAITF Report

Darts Club

Religious Events Activities

International Yoga

Facilities Report

Tribute to Jayantibhai G Mistry

Nothing is impossible, the word itself says "I'm possible"

At the time of going to print, the COVID-19 situation was going through a second lockdown. The Diary of Events for 2021 are therefore, subject to change depending on government guidelines. Please check our Facebook page or Website for the most up to date information.

SPAL - Diary of Events and Major Religious Festivals - 2021

| DAY | DATE | EVENT | FROM | TO |
|---|---------------|--|---------|----------|
| JANUARY 2021 | | | | |
| Monday | 11th January | Trustee Meeting | 7:30 pm | 9:30 pm |
| Saturday | 16th January | Makar Sankrant Bhajan | 7:00 pm | 10:00 pm |
| FEBRUARY 2021 | | | | |
| Monday | 15th February | Members Meeting | 7.30 pm | 9.30 pm |
| Monday | 21st February | Trustee Meeting | 7:30 pm | 9:30 pm |
| Saturday | 27th February | Shree Vishvakarma Jayanti | 7:00 pm | 10:00 pm |
| MARCH 2021 | | | | |
| Monday | 1st March | Trustee Meeting | 7:30 pm | 9:30PM |
| Thursday | 11th March | Maha Shivratri | 5:30 pm | 10:00 pm |
| APRIL 2021 | | | | |
| Monday | 12th April | Trustee Meeting | 7:30 pm | 9:30 pm |
| Wednesday | 21st April | Ram Navmi | 5:30 pm | 10:00 pm |
| MAY 2021 | | | | |
| Saturday | 1st May | Hanuman Jayanti | 2.00pm | 10:00pm |
| Monday | 10th May | Trustee Meeting | 7:30pm | 9:30pm |
| Monday | 17th May | Members Meeting | 7:30pm | 9:30pm |
| JUNE 2021 | | | | |
| Monday | 7th June | Trustee Meeting | 7:30pm | 9:30pm |
| Sunday | 13th June | SPAL AGM | 4:00 pm | 8:00 pm |
| Monday | 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 2021. | | | | |
| JULY 2021 | | | | |
| Monday | 5th July | Trustee Meeting | 7:30 pm | 9:30pm |
| Monday | 19th July | Members Meeting | 7.30 pm | 9.30pm |
| Saturday | 24th July | Gurupurnima Bhajan | 7:00 pm | 10:00pm |
| AUGUST 2021 | | | | |
| Monday | 2nd August | Trustee Meeting | 7:30pm | 9:30pm |
| Sunday | 15th August | Shree Satyanarayan Bhagwan Samuh Katha | 8:30am | 3:00pm |
| Monday | 16th August | Noli Nem | 5:00pm | 9:00pm |
| Monday | 30th August | Janmashtami | 5:00 pm | 10:00 pm |
| SEPTEMBER 2021 | | | | |
| Monday | 6th September | Trustee Meeting | 7:30pm | 9:30pm |
| Friday | 10 September | Ganpati Choth | 5:30pm | 10:00pm |

Learn from your problems

A man's favourite donkey falls into a deep precipice. He can't pull it out no matter how hard he tries. He therefore decides to bury it alive. Soil is poured onto the donkey from above. The donkey feels the load, shakes it off, and steps on it. More soil is poured.

It shakes it off and steps up. The more the load was poured, the higher it rose. By noon, the donkey was grazing in green pastures."

At the time of going to print, the COVID-19 situation was going through a second lockdown. The Diary of Events for 2021 are therefore, subject to change depending on government guidelines. Please check our Facebook page or Website for the most up to date information.

SPAL - Diary of Events and Major Religious Festivals - 2021

| DAY | DATE | EVENT | FROM | TO |
|----------------------|---------------|---|---------|-----------|
| OCTOBER 2021 | | | | |
| Saturday | 2nd October | Sarva Pitru Shradh | 7:00pm | 10:00pm |
| Saturday | 2nd October | Set up Main Hall for Navratri | 10:00am | 2:00pm |
| Sunday | 3rd October | Set up Main Hall for Navratri | 10:00am | 2:00pm |
| Monday | 4th October | Trustee Meeting | 7:30 pm | 9:30pm |
| Thursday | 7th October | Navratri Gatstaphan + (Navratri Day 1) | 5:30 pm | 10:30pm |
| Friday | 8th October | Navratri (Day 2) | 7:00pm | Till Late |
| Saturday | 9th October | Navratri (Day 3) | 7:00pm | Till Late |
| Sunday | 10th October | Navratri (Day 4) | 7:00pm | 10:30pm |
| Monday | 11th October | Navratri (Day 5) | 7:00pm | 10:30pm |
| Tuesday | 12th October | Navratri (Day 6) | 7:00pm | 10:30 pm |
| Wednesday | 13th October | Navratri (Day 7) | 7:00pm | 10:30pm |
| Thursday | 14th October | Navratri (Day 8) | 7:00pm | 10:30pm |
| Friday | 15th October | Navratri (Day 9) | 7:00pm | Till Late |
| Saturday | 16th October | Preparation for Mataji's Havan | 2:00pm | 6:00pm |
| Sunday | 17th October | MATAJI's HAVAN | 8:00am | 3:00pm |
| NOVEMBER 2021 | | | | |
| Monday | 1st November | Trustee Meeting | 7:30pm | 9:30pm |
| Friday | 5th November | NutanVarsh -Sneh Milan (Aarti at 10:30am) | 10:00am | 11:00am |
| Monday | 8th November | Members Meeting | 7.30pm | 9.30pm |
| Sunday | 14th November | Jalaram Jayanti and Ankoot | 8:00am | 3:00pm |
| DECEMBER 2021 | | | | |
| Monday | 6th December | Trustee Meeting | 7.30pm | 9.30pm |
| Saturday | 11th December | Children's Christmas Party/Pantomime | TBC | TBC |

Members Notice

Due to the Coronavirus Pandemic, most of SPAL events were cancelled and that included the Annual General Meeting that was scheduled for 14th June 2020.

Under the circumstances, it was not possible to re-arrange another date for the AGM and after consultation with the Charity Commission we were advised that we can hold the meeting later in the year subject to government guidelines.

After reviewing the status, the current board of trustees agreed to continue to serve SPAL until the next AGM now planned for 13th June 2021 in the best interest of SPAL and its members.

We thank you for your continued support.

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 2020 – COVID-19 had put a halt to the daily life as we knew it. Unless we are heroes like the doctors and nurses, supermarket staff keeping the shelves stocked, the most helpful thing we can do is stop doing certain things. We're staying home and social distancing in order to help save lives. We've put our daily routines and rituals on hold for the good of everyone and with no date in sight for when the pandemic will end, we need to be prepared for the long haul.

While 2020 will go down in history for a virus that knew no geographic boundaries, it will also be remembered as the year of what got cancelled. What didn't happen, in order to keep the crisis from becoming a worst-case catastrophe? A year from now what will you remember about this particular moment? Perhaps all the things you didn't do.

With schedules disrupted, you didn't find it easy to keep track of which day of the week it was. Weekends, once so precious, began to lose their importance. For what seemed like a long period of time, you didn't sit down for a nice meal inside a restaurant. Instead, you placed takeaway orders that were purchased online and dropped on your doorstep. You didn't go to the office, because you were working at home.

You didn't get to hug your parents or grandparents, because they had to lock their doors to visitors. You could talk on the phone, Skype or Zoom. You knew it was for the best. So why did it feel as if you were punishing them — and yourself?

The tragic reality of the pandemic eventually will end, of course. It will be safe again to come together in large groups. If you are blessed beyond measure, you won't lose a loved one to the virus. But almost without exception, you will know someone who died: a neighbour, a person who went to the Samaj, temple or health club, a shop owner, a local politician, a TV personality.

The toll of the pandemic will be too much to bear, and yet we will get through it, because that's what humanity does. We endure. We keep waking up and putting one foot in front of another until we're walking again, just as we did before, just as we've always done.

Once 2020 is firmly behind us the grief of what occurred could stay with us forever. Scars will run deep. Compassion might increase. It's possible that we will enter 2021 feeling more empathetic to those outside of our immediate circle. Maybe we'll care more about the sick, hurting and hungry, the bullied and belittled, the marginalised by hatred or poverty who surround us in the vast web of societal connections that we've taken for granted up to now.

If that's wishful thinking, then let the wish linger much longer than the virus.

In 2020 at SPAL we still managed to celebrate some of our festivals using the technologies (such as Zoom). Many of our members young and old took advantage of this. I hope that the challenges we faced during 2020 will inspire many of our younger members to come forward and take responsibility in ensuring the management of SPAL assets and events.

As it has not been possible to hold an AGM this year, I like to thank the board of trustees for supporting me in continuation of their services for the Samaj and its assets until the next AGM in 2021. In my message last year, I stated the fact that, I will be stepping down from my position of president of SPA Leicester. Due to the unforeseen circumstances, I together with all SPAL trustees will be continuing in the same position until the AGM in 2021. At which point I will be stepping down and I expect someone else to take the lead and take SPAL forward.

I would like to thank you all for your kindness, support, and friendship. With you, I experienced many positive moments that I will always remember. 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 2021, let us all work together and ensure that SPAL become stronger from this point forward.

Jay D Mistry

SPA Leicester - President

Message from the Secretary

Namaste All,

So what a year 2020 turned out to be!

Who would have predicted that Zoom, WhatsApp and Facetime would become our new best friends, and even our elder generation would be using these programs to keep in touch with friends and family.

At SPAL, we had grand plans to celebrate the 20th Mahila Samelan in April and then the Senior Samelan in June. As with any event, it takes lots of planning and background work and most of this had already been done.

Unfortunately, a pandemic called COVID 19 had other plans and the world came to a grinding halt.

It was with a heavy heart, that the decision was made to cancel these events. And in line with Government guidelines, the site and Mandir was closed and all religious events, weddings and gatherings were cancelled.

At the end of June, Jitubhai was contacted by The Ministry of Defence asking for permission to use the car park at our site, as a COVID testing station. We were happy to help especially as Leicester was one of the hot spots where the numbers of infections were on the rise. Volunteers and members of the Army were on site for a number of weeks, testing members of the public with symptoms.

So the Trustees have not been sitting around idly, and we have been holding meetings via Zoom every 2 weeks to discuss how we can still celebrate our future festivals.

Every Saturday evening we have Bhajans via Zoom and Yoga sessions are held every Wednesday. We also trialled Zumba, but unfortunately, this wasn't as much of a success.

We have just successfully celebrated Navratri via Zoom. 3 groups took it in turns to sing Raas and Garba and members joined in from the comfort of their own homes. These members dressed in their finery, danced at home and then performed Aarti every evening. The event was streamed live on Facebook and we even had members from as far as Canada who joined us on line to celebrate. The nine nights were a huge success and it was very well planned. I would like to thank all those involved who helped to make this a success.

We also successfully celebrated Sneh Samelan where everyone who joined were able to greet each other and the Jalaram Jayanti event both via Zoom.

As we head towards the end of 2020, it is unclear what the future will bring. This pandemic may be around for years to come, and at least until a suitable vaccination is found. Please keep yourselves and your loved ones safe and follow Government guidelines. Do not be tempted to get together from different households to celebrate Diwali, and this may also be the case with Christmas. Be mindful that the Police are actively handing out fines for those who break these rules. They are there for your safety.

Let us pray that things go back to normal soon. In the meantime, take care and keep safe.

Kalpna C Mistry

SPA Leicester - Secretary

Three Feet From Gold

During the gold rush, a man who had been mining in Colorado for several months quit his job, as he hadn't struck gold yet and the work was becoming tiresome. He sold his equipment to another man who resumed mining where it had been left off. The new miner was advised, by his engineer that there was gold only three feet away from where the first miner stopped digging.

The engineer was right, which means the first miner was a mere three feet away from striking gold before he quit.

The Moral of the Story: When things start to get hard, try to persevere through the adversity. Many people give up on following their dreams because the work becomes too difficult, tedious, or tiresome—but often, you're closer to the finish line than you may think, and if you push just a little harder, you will succeed.

SPAL REGULAR ACTIVITIES

PLEASE NOTE – DUE TO COVID-19 - ALL SPAL REGULAR ACTIVITIES ARE CURRENTLY CANCELLED
PLEASE CHECK OUR SOCIAL MEDIA OR WEBSITE FOR LATEST INFORMATION

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

**PLEASE NOTE – DUE TO COVID-19 - ALL SPAL REGULAR ACTIVITIES ARE CURRENTLY CANCELLED
PLEASE CHECK OUR SOCIAL MEDIA OR WEBSITE FOR LATEST INFORMATION**

Wednesday Keep Fit/Yoga Day Activity

10:40am - 11:40am



Wednesday

7:15pm – 8:30pm

Yoga - For Everyone Beginners & Experienced

**DUE TO THE CURRENT RESTRICTIONS, YOGA SESSIONS ARE HELD ON ZOOM VIDEO
CONFERENCING FACILITY FROM 7:15PM TO 8:30PM FREE OF CHARGE.
PLEASE CONTACT HARISHBHAI MISTRY ON 07801773714 FOR DETAILS.**

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

**DUE TO THE CURRENT RESTRICTIONS, BHAJAN PROGRAMMES ARE HELD
ON SATURDAYS VIA ZOOM VIDEO CONFERENCING FACILITY.
PLEASE CONTACT BALWANTBHAI LAD ON 07934671191 FOR DETAILS.**

દિવસના સમયે ચાલતા ડીપ-હીટ યોગા સેશન

કોણ પણ ફી વિનાના આ સેશનની સહજતા બાત સભ્યોની માંગણી રહી છે કે આવા સેશનથી ઘણા લોકોને ઘરમાંથી બહાર આવવાનો મોકો મળે છે તેથી 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 ઠાજરીને કારણે ગુરુવારે ચાલતા સેશન બંધ કરવામાં આવ્યા છે.

આ સેશનમા આવતા સભ્યોએ અન્ય એક્ટીવીટી શરૂ કરવા માટે પણ ઉત્સાહ બતાવ્યો છે જે માટે ટ્રસ્ટીઓ સાથે મંત્રણાઓ બાદ નિર્ણય લેવામાં આવશે. આ બધી પ્રવૃત્તિઓ માટે મદદ કરવા વોલન્ટીયર્સની જરૂર પડે છે તો જેઓની ઇચ્છા હોય તેમને અમારો સંપર્ક કરવા વિનંતિ છે. ઉપરના અંગ્રેજી વિભાગમાં પ્રવૃત્તિઓની સૂચિ આપેલી છે. આ બધી પ્રવૃત્તિઓ આપના સહકાર વિના થઈ શકે નહિ અને એટલે આપ સર્વનો આભાર માનું છું

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

SPA Leicester Youth – News

2020! What an unusual year it has been. Youth club was being enjoyed by the children at the start of the year and was continuing to be a great success.

We were planning on doing lots of things for the youth this year but unfortunately due to COVID-19 in March everything came to a stop and the centre was closed.

Planned events like Sports Day, Mahila and Senior Samelan, Navratri and Religious Festivals were cancelled and our annual children's Christmas party could not take place.

We are hoping that 2021 will be a positive year where we can get back to some normality, events can take place in some way and we can plan some fun activities for the youth.

I would like to say thank you to the continued support of the youth team - Kirti, Bhanisha, Taruna, Vibha and Manesh.

It would be great to see more of the youth and young adults come forward to help in Samaj events and attend youth club. The success of the Youth Team is to all the young people who come along and take part in the Samaj activities.

If you are interested in helping in any of our events/functions or have any ideas for things you would like to take place at the Samaj please contact me via email on spayouthleicester@gmail.com, SPAL Facebook or on Instagram@spaleicester.

For future events keep in touch by SPAL website, leaflets, Facebook, Instagram and emails.

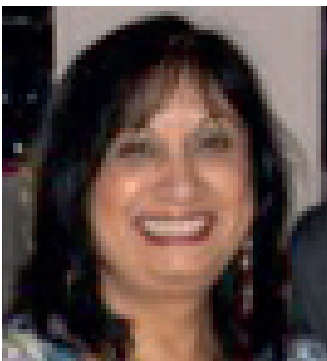
Thank you for your continued support.

Wishing you all a Happy New Year with family and friends. Stay safe and take care.

Mina Mistry and the youth team.

SPAL – Daytime Keep Fit Activities

Under the current circumstances all day time activities have also been stopped. We still intend to continue these activities once things return to normal. What we can't confirm at this point in time is the date. Please keep checking our social media sites and Website for latest information.



Hansaben S Mistry
0116 2628560



Bhanuben B Mistry (pictured)
or **Ranjanben Mistry**
Wednesdays at the centre
between 10:15am- 1145am



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

The Lioness

A CONTROVERSY prevailed among the beasts of the field as to which of the animals deserved the most credit for producing the greatest number of whelps at a birth. They rushed clamorously into the presence of the Lioness and demanded of her the settlement of the dispute. "And you," they said, "how many sons have you at a birth?" The Lioness laughed at them, and said: "Why! I have only one; but that one is altogether a thoroughbred Lion.

Moral: *The value is in the worth, not in the number*

The only person you are destined to become is the person you decide to be.

Religious Festival at the Samaj during 2021

| Day & Date | Festival | Times | Programme |
|------------------------|--|--------------------|--|
| Saturday 16th January | Makar Sankranti | 7.00pm - 10.00pm | Bhajan, Dhun & Aarti |
| Saturday 27th February | Shree Vishvakarma Jayanti | 7.00pm - 10.00pm | Bhajan, Dhun & Aarti |
| Thursday 11th March | Maha Shivratri | 5.30pm - 10.00pm | Shiv Pujan, Bhajan, Dhun & Aarti |
| Wednesday 21st April | Ram Navmi | 5:30pm - 10.00pm | Ram Janmotsav, Pujan, Bhajan, Dhun, Thal, Aarti, Darshan & Prasadi |
| Saturday 1st May | Hanuman Jayanti | 2.00pm - 10.00pm | 51 Hanuman Chalisa, Bhajan, Dhun, Thal & Arti |
| Saturday 24th July | Gurupurnima | 7.00pm - 10.00pm | Guru Pujan, Bhajan, Dhun Thal & Aarti |
| Sunday 15th August | Shree Satyanarayan Bhagwan Samuh Katha | 8.30am - 3.00 p.m. | Pujan, Kataha, Bhajan, Dhun Thal & Aarti, Bhojan Prasadi |
| Monday 16th August | Noli Nem | 5.00pm - 9.00pm | Pujan, Story, Thal & Aarti, Bhojan Prasadi |
| Monday 30th August | Janmashtami Shree Krishna Jayanti | 5.00pm - 10.00pm | Pujan, Bhajan, Dhun Thal & Aarti, Rass Garba |
| Friday 10th September | Ganpati Choth | 5.30pm - 10.00pm | Poojan, Bhajan, Dhun Thal & Aarti |
| Saturday 2nd October | Sarva Pitru Shradh | 7.00pm - 10.00pm | Bhajan, Dhun, Thal & Aarti |
| Thursday 7th October | Navratri Gatsthapan | 5.30pm - 10:30pm | Mataji Gatsthapan Puja & start of Navratri |
| Sunday 17th October | Mataji's Haven | 8:00am - 3:00pm | Pujan, Havan, Bhajan, Dhun, Aarti & Maha Prasad |
| Friday 5th November | Nutan Varsh Sneh Milan | 10:00am - 11:00am | Aarti & Milan (Aarti 10:30am) |
| Sunday 14th November | Jalaram Jayanti & Ankut Darshan | 8:30am - 2:00pm | Pujan, Bhajan, Dhun, Aarti & Prasad |

Additional Information

- **Shravan Maas:-** Monday 9th August 2021 to Wednesday 06th September 2021
- **Navratri :-** Thursday 7th October 2021 to 15th October 2021

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

| | |
|--------------------|--|
| Balwantbhai Lad | Tel: 0116 2991513 |
| Savitaben K Mistry | Tel: 0116 2419134 |
| Kishorbhai Mistry | Tel: 0116 2419134 |
| SPA Leicester | Tel: 0116 262860 (Mon-Fri 7:00pm - 8:00pm) |

૨૦૨૧ વર્ષના ઉત્સવો અને તહેવારો

દિવસ અને તારીખ

ઉત્સવ - તહેવાર

સમય

વિશેષ માહિતી

| | | | |
|-----------------------|---------------------------------|----------------------|--|
| શનિવાર ૧૬ જાન્યુઆરી | મકર સંક્રાંતિ | સાંજે ૭.૦૦ થી ૧૦.૦૦ | ભજન, ઘૂન અને આરતી |
| શનિવાર ૨૭ ફેબ્રુઆરી | શ્રી વિશ્વકર્મા જયંતિ | સાંજે ૭.૦૦ થી ૧૦.૦૦ | ભજન, ઘૂન અને આરતી |
| ગુરુવાર ૧૧ માર્ચ | મહા શિવરાત્રિ | સાંજે ૫.૩૦ થી ૧૦.૦૦ | શિવપૂજન, ભજન, ઘૂન, અને આરતી |
| બુધવાર ૨૧ એપ્રિલ | રામ નવમી | સાંજે ૫.૩૦ થી ૧૦.૦૦ | રામ જન્મોત્સવ, પૂજન, ભજન, ઘૂન, થાળ આરતી, દર્શન અને પ્રસાદી |
| શનિવાર ૧ મે | હનુમાન જયંતિ | બપોલે ૨.૦૦ થી ૧૦.૦૦ | ૫૧ હનુમાન ચાલીસા, ભજન, ઘૂન, થાળ અને આરતી |
| શનિવાર ૨૪ જુલાઈ | ગુરુ પૂર્ણિમા | સાંજે ૭.૦૦ થી ૧૦.૦૦ | ગુરુપૂજન, ભજન, ઘૂન, થાળ અને આરતી |
| રવિવાર ૧૫ ઓગષ્ટ | શ્રી સત્યનારાયણ ભગવાનની સમુહકથા | સવારે ૮.૩૦ થી ૩.૦૦ | પૂજન, કથા, ભજન, ઘૂન, થાળ, અને આરતી |
| સોમવાર ૧૬ ઓગષ્ટ | નોળી નેમ | સાંજે ૫.૦૦ થી ૮.૦૦ | પૂજન, વાર્તા, થાળ, આરતી, ભોજનપ્રસાદી |
| સોમવાર ૩૦ ઓગષ્ટ | જન્માષ્ટમી શ્રી કૃષ્ણજયંતિ | સાંજે ૫.૦૦ થી ૧૦.૦૦ | પૂજન, ભજન, ઘૂન, થાળ, આરતી, રાસગરબા |
| શુક્રવાર ૧૦ સપ્ટેમ્બર | ગણપતિ ચોથ | સાંજે ૫.૩૦ થી ૧૦.૦૦ | પૂજન, ભજન, ઘૂન, થાળ અને આરતી |
| શનિવાર ૨ ઓક્ટોબર | સર્વપિતૃ શ્રાદ્ધ | સાંજે ૭.૦૦ થી ૧૦.૦૦ | ભજન, ઘૂન, થાળ અને આરતી |
| ગુરુવાર ૭ ઓક્ટોબર | નવરાત્રિ ઘટસ્થાપન | સાંજે ૫.૩૦ થી ૧૦.૩૦ | માતાજી ઘટસ્થાપન પૂજા અને નવરાત્રિ આરંભ |
| રવિવાર ૧૭ ઓક્ટોબર | માતાજીનો દવન | સવારે ૮.૦૦ થી ૩.૦૦ | પૂજન, દવન, ભજન, ઘૂન, આરતી અને મહાપ્રસાદ |
| શુક્રવાર ૫ નવેમ્બર | નૂતનવર્ષ રનેહ મિલન | સવારે ૧૦.૦૦ થી ૧૧.૦૦ | આરતી અને રનેહ મિલન |
| રવિવાર ૧૪ નવેમ્બર | જ્જલારામ જયંતિ અક્ષરૂટ દર્શન | સવારે ૮.૦૦ થી ૨.૦૦ | પૂજન, ઘૂન, થાળ અને આરતી |

વિશેષ માહિતી:

- સોમવાર ૯ ઓગષ્ટ ૨૦૨૧ થી સોમવાર ૬ સપ્ટેમ્બર ૨૦૨૧ 'શ્રાવાણ માસ'
- ગુરુવાર ૭ ઓક્ટોબર ૨૦૨૧ થી શુક્રવાર ૧૫ ઓક્ટોબર ૨૦૨૧ 'નવરાત્રિ મહોત્સવ' ઉપરોક્ત ધાર્મિક કાર્યક્રમનો પૂજનવિધિ અથવા વજ્રમાન પદે બિરાજવા ઈચ્છતા જ્ઞાતિજનોએ સમાજના ધાર્મિક ટ્રસ્ટીનો સંપર્ક કરવા વિનંતી છે.

કાર્યકર્તાનો સંપર્ક: સવિતાબેન મિસ્ત્રી
કિશોરભાઈ મિસ્ત્રી
બળવંતભાઈ લાડ
સમાજની

ટે. ૦૧૧૬ ૨૪૧ ૯૧૩૪

ટે. ૦૧૧૬ ૨૪૧ ૯૧૩૪

ટે. ૦૧૧૬ ૨૯૯ ૧૫૧૩

ટે. ૦૧૧૬ ૨૬૨ ૮૫૮૦ (સોમ-શુક્ર ૭:૦૦-૮:૦૦)

Community Life Essential for Health & Well Being

– Jitubhai C Mistry

Namaste

As I write this article, we are just entering the 2nd wave of restrictions following the COVID-19 pandemic. Many people have spent months keeping themselves and their families' safe by following guidelines. However some have not done so and as a result infection rates have increased and further restrictions have been imposed. I therefore urge all our members to follow the guidelines at the time and do our bit to get to normality. The current restrictions are expected to last at least until 2 December 2020, but there are no guarantees that it may not be extended in some form.

Community life is essential for health and wellbeing, and we are all more aware of the value of social connections, neighbourliness, sense of belonging, control, and mutual trust. Neighbours are connecting and looking out for each other more than usual, informal support groups in local areas have organised to support people in need. Communities have shown and built their resilience over recent weeks, but extra support is needed to support the seldom heard, isolated and excluded individuals and communities.

Although there are a number of vulnerable groups, I have picked two to see how we as individuals and a community can help.

1. People living with dementia.

Some people with dementia may have difficulty understanding complex instructions, for example about self-isolation or hand washing. They may lack awareness of and be less able to report symptoms because of communication difficulties. Also people with dementia in their own homes may already feel isolated and if they need to further self-isolate, additional assistance and support may be needed to mitigate the practical and emotional impact of separation. Relatives and friends not being allowed to see a person in a care home could have a detrimental effect on residents with dementia.

The forms of help we may be able to provide to this group could be:

- Encourage all to be alert to the presence of signs and symptoms of the virus for people living with dementia ("look beyond words").
- Consider encouraging volunteer community groups, with appropriate expertise, to provide support for carers and people with dementia, particularly those living alone.
- Ensure care plans reflect the impact of self isolation, including updated Lasting Power of Attorney documentation and advance directives.
- Promote the use of technology to help improve communication between families both at home and in care homes.

2. Older People

Elderly people are strongly advised to social distance for an extended period. This may lead to an increase in social isolation and impact on physical activity levels; it may also affect mental health, physical capacity and, increased risk of falls as well as overall health and wellbeing.

Considering how communication is delivered is important, to ensure the most vulnerable older adults are reached, including those who may not have internet access.

Having identified these impacts we may be able to help them by the following:

I have been impressed with the urgency of doing. Knowing is not enough; we must apply. Being willing is not enough; we must do.

Community Life Essential for Health & Well Being

- Promote ways of ensuring that physical distances do not mean losing all social contact especially for those who may not have access to the internet. For example, promote telephone contact and alternative ways of providing traditional befriending services
- Signpost advice on how people can help themselves and others to manage feelings of loneliness, and sources of support through a number of online activities. SPAL run a number of activities via zoom
- Provide clear and practical advice about structuring the day and keeping mentally as well as physically active. This might include making time for hobbies or learning new skills
- Ensure consistent messaging for older people to drink plenty of fluids to stay hydrated
- Promote importance of physical activity including strength and balance exercises, for maintaining physical function and good mental health
- Maintain support for older people who cannot access essential supplies (groceries, prescriptions)
- Most importantly remind people that health services can still be accessed when needed. Just because of the current situation people should not be afraid of contacting their GP and going into hospital if needed.
- Provide appropriate bereavement and grief support as the impact at this time is likely to be worse
- Encourage contingency planning in case of an emergency

I have only picked two vulnerable groups but there are many others. Help and support is available and if you need any support from SPAL, please do not hesitate to contact me or any of the Trustee.

You may all know that, as a result of our community centre being closed, a number of activities such as weekly Bhajan and Yoga sessions are being held through Zoom.

Key religious activities are also held in the same way. We understand that some of our members may not have access to laptops/Ipads etc, but I request people who look after vulnerable people to make the extra effort to ensure that we can support them by allowing them to use such devices.

As a responsible community organisation, SPAL is making every effort to help our members and the general community. I will encourage people who may require practical help or advice to contact us without hesitation

Look after yourselves and the vulnerable people and be safe.

Jitubhai

Two Friends

Two friends were walking through the desert. During some point of the journey they had an argument, and one friend slapped the other one in the face. The one who got slapped was hurt, but without saying anything, wrote in the sand: ***"Today my best friend slapped me in the face."***

They kept on walking until they found an oasis, where they decided to take a bath. The one who had been slapped got stuck in the mire and started drowning, but the friend saved him. After he recovered from the near drowning, he wrote on a stone: ***"Today my best friend saved my life."***

The friend who had slapped and saved his best friend asked him: ***"After I hurt you, you wrote in the sand and now, you write on a stone, why?"***

The other friend replied; ***"When someone hurts us we should write it down in sand where winds of forgiveness can erase it away. But, when someone does something good for us, we must engrave it in stone where no wind can ever erase it."***

Moral of the story: Don't value the things you have in your life. But value who you have in your life.

If you want to lift yourself up, lift up someone else.

Community Life Essential for Health & Well Being ■■■

જાતિજનોને નમસ્તે,

કોવિડ-૧૯ વાયરસને કારણે આપણે ફરીથી બંધનમા મુકાઈ ગયા છીએ. સરકાર તરફથી બતાવવામાં આવેલી સૂચનાઓનો અમલ કરી ઘણા લોકો સુરક્ષિત રહી શક્યા છે પરંતુ કેટલાક લોકોએ અમલ ન કરતાં વાયરસની અસર ફરીથી વધી રહી છે. આથી અમે આપ સૌને સરકારી સૂચનાઓને અનુસરવાનો અનુરોધ કરીએ છીએ. અત્યારના આ આપદકાળમાં સામાજિક સંબંધો અને આપણી તંદુરસ્તી બાબતે આપણે વધુ સજાગ થયા છીએ. પડોશી અને આજુબાજુ રહેતા લોકો એકબીજાને વિવિધ રુપે મદદરુપ થવા અને સાભળ લેવા જાગૃત થયા છે. આમ છતાં કેટલાંક એકલા અટુલા, અને એવા લોકો છે જેમને મદદની જરુર છે. નીચે બતાવેલા બે વર્ગમાં આવતા માણસોને મારા મંતવ્ય પ્રમાણે વધારે સહકારની જરુરત છે જે આપણે એક સંસ્થા તરીકે અથવા એક વ્યક્તિ તરીકે મદદરુપ થઈ શકીએ.

૧. જે લોકોને 'ડિમેન્શીઆ'ની બિમારી છે.

આ વર્ગમાં આવતા લોકોને સામાન્ય સૂચનાઓ સમજવાની તકલીફ પડે છે, જેમકે નિયમીત હાથ ધોવાની જરુર. તેમને રોગના લક્ષણો બાબતની જાણકારી અને તેના વિશે કોઈને જણાવવાની અગત્યતા ઓછી હોય છે. આ સંજોગમાં જો તેમને અલગ રાખવાની જરુર પડે તો વધારે મદદ અને સહકારની જરુરત રહે. આ વર્ગમાં આવતા લોકોને આપણે આ રીતે મદદરુપ થઈ શકીએ.

- એમની સાથે રહેતા અને સંપર્કમાં આવતા દરેકને રોગના લક્ષણો બાબતે જાગૃત રહેવા સહકાર આપીએ.
- જે લોકો એકલા રહે છે અને ડિમેન્શીઆની અસર હેઠળ જીવે છે તેમને જે વોલંટરી ગ્રુપ મદદરુપ થાય છે તે ગ્રુપને ખાસ સહકાર આપી પ્રોત્સાહિત કરીએ.
- આ વર્ગમાં આવતા લોકોને સંભાળ રાખવાના પ્લાનમાં જ્યાં જરુર હોય ત્યાં સુધારો-વધારો કરવામા મદદ કરીએ.

૨. મોટી વયના લોકો:

મોટી વયના લોકોને ખાસ ભલામણ કરવામાં આવે છે કે તેમણે થોડા વધુ સમય માટે ' સોશિઅલ ડિસ્ટન્સ' જાળવવું પડશે. આને લઈને એમને થોડી વધારે મુશીબતો પડશે જેવીકે શારિરીક કામો જાતે કરવા પડે, હાલતા ચાલતા પડી જવાય, માનસિક ઉત્પાત રહે વિગેરે. આ વર્ગને કેવી રીતે સંપર્કમા રાખી શકીએ તે વિચારવું જરુરી છે.

- તેમની સાથે અવાર નવાર ટેલિફોનથી વાતચીત કરી માહિતી મેળવવી અને જરુર લાગે ત્યાં સહકાર આપવો.
- તેમને જણાવો કે તેઓ કઈ રીતે વ્યસ્ત રહી શકે અને સમય ગુજારી શકે. તેમને 'ઓન લાઈન' ચાલતી પ્રવૃત્તિમાં ભાગ લેવા પ્રોત્સાહિત કરી શકાય. આપણા સમાજ તરફથી 'જુમ' દ્વારા કેટલીક પ્રવૃત્તિ ચાલે છે.
- તેઓને તેમની ગમતી પ્રવૃત્તિમાં ભાગ લેવા સહકાર આપવો, તેમને નિયમિત દવા લેવાનું, પાણી અને ખોરાક લેવાનું યાદ કરાવવું જરુરી બને છે.

આ ઉપરાંત બીજા પણ એવા લોકો હશે જેમને સહાયની જરુરત હશે. આપણા સમાજ તરફથી પણ આપને મદદની જરુર હોય તો મળી રહેશે. તમે મને અથવા કોઈપણ ટ્રસ્ટી મંડળના સભ્યને જણાવશો તો ઘટતુ કરવામાં આવશે. આપને ખબર હશે જ કે હાલમાં આપણું સેન્ટર બંધ રહે છે અને ભજન તેમજ યોગાના ક્લાસ ઓન લાઈન 'જુમ' ના માધ્યમથી ચાલે છે. અમને ખબર છે કે કેટલાંક લોકોને કોમ્પ્યુટર કે સમાર્ટ ફોનની સગવડ 'ઓન લાઈન' પ્રવૃત્તિ માટે ન હોય શકે. આથી અમે વિનંતિ કરીએ છીએ કે જેઓ એમની સંભાળ રાખે છે તેઓ તેમને આ માટે સગવડ કરી આપવાનો પ્રયત્ન કરે.

વિના સંકોચે તમારી જરુરત માટે સમાજનો સંપર્ક કરશો તેમજ પોતે સલામત રહી વડિલો અને વનરેબલ લોકોને સહાય કરશો.

લિ. જીતુભાઈ મિસ્ત્રી



મહાશિવરાત્રિ પર્વ

ॐ નમઃ શિવાય

મહાવદ તેરસ, ગુરુવાર તા. ૧૧ માર્ચ ૨૦૨૧

સમય: સાંજે ૫.૩૦ થી રાત્રે ૧૦.૦૦



પ્રિય જ્ઞાતિજનો,

સહર્ષ જલાપતા આનંદ થાય છે કે પરમ કૃપાળુ પરમાત્મા ભગવાન શ્રી સદાશિવની અસીમ કૃપાથી મહાશિવરાત્રિ પર્વ પાવન કલ્યાણકારી પ્રસંગે શ્રી પ્રજાપતિ કોમ્યુનિટી સેન્ટર, અલ્વર્સક્રોફ્ટ 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 ઈચ્છા હોય તેમણે નીચે જલાવેલ કાર્યકર્તાને સંપર્ક કરવા વિનંતી છે.

મહાશિવરાત્રિ એટલે ભગવાન શંકર દ્વારા જ્યોતિર્ભય 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 ઈચ્છાઓ 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 તરભાણા, ૧ ફળ, ૧ કૂલ, ૧ દૂધ, પ્રસાદી અને રૂમાલ.

કાર્યક્રમ:

૬.૦૦ થી ૭.૩૦

૭.૩૦ થી ૮.૦૦

૮.૦૦ થી ૯.૧૫

૯.૧૫ થી ૧૦.૦૦

શિવપૂજન

શિવ ચાલીસા, હનુમાન ચાલીસા

ભજન

થાળ, આરતી અને પ્રસાદી

Maha Shivratri Celebrations

Thursday 11 March 2021

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

The most difficult thing is the decision to act, the rest is merely tenacity.



શ્રી હનુમાન જયંતિ

શનિવાર તા. ૧ મે ૨૦૨૧

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, સુભિરો પવનકુમાર - I
બલ, બુદ્ધિ વિદ્યા દેહુ મોહિ, હરહુ 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 પ્રસાદી

Shree Hanuman Jayanti

Saturday 1 May 2021; 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.

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

Everyone is invited to take part in the festival.

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

I would rather die of passion than of boredom.

શ્રી રામ નવમી

ચૈત્ર સુદ નોમુ બુધવાર ૨૧ એપ્રિલ ૨૦૨૧

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 ૯.૦૦ | ભજન |
| | ૯.૦૦ થી ૧૦.૦૦ | થાળ, આરતી અને પ્રસાદી |

Shree Ram Navmi

Wednesday 21 April 2021;

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

A truly rich man is one whose children run into his arms when his hands are empty.

Coronavirus in Leicester : Latest Advise

At the time of going to print – this was the latest advice from the Leicester City Council website. We recommend that you check www.Leicester.gov.uk website for the most up to date information.

From Thursday 5 November 2020 a new set of national restrictions comes into effect across England. These will stay in place until Wednesday 2 December 2020. Non-essential shops and leisure facilities must close. Pubs and restaurants will close although takeaways can remain open. We should stay at home apart from for specific reasons, such as work or education. Schools and universities will remain open. We will not be able to mix with other households indoors or in private gardens. We can only meet one person outdoors in a public place.

Until 5 November we should continue to follow the rules for tier 2 of England's three-tier system of coronavirus restrictions.

Tier 2 "high" alert restrictions can be found at GOV.UK.

Please help stop the spread of infection.

- Limit your contact with other people.
- Work from home if you can.
- Reduce the number of journeys you make as much as you can.
- Walk or cycle if possible, or use buses outside peak times if you can
- Stay 2m apart from anyone you do not live with.
- Wash or sanitise your hands regularly.
- Wear a face covering on buses, in shops, when dropping or collecting children at school, and in any space where distancing is difficult.
- Book a test and self-isolate as soon as you get symptoms.
- If you test positive, continue to stay at home for at least 10 days and until you feel better. Members of your household should stay at home for 14 days.

Get Tested

If you have symptoms of coronavirus, please get tested as soon as you can. We are aware of the current difficulties people are having booking tests. This is a national issue and is outside the control of the city council. Our advice is to keep trying, or to try alternative testing sites until a test becomes available.

The main symptoms of coronavirus are:

- high temperature
- continuous new cough
- loss of smell
- loss of taste.

Book your test online at: nhs.uk/ask-for-a-coronavirus-test or call 119.

Find answers to common questions about testing.

<https://www.leicester.gov.uk/your-council/coronavirus/coronavirus-in-leicester-latest-news/your-questions-answered-on-testing/>

Coronavirus in Leicester : Latest Advise

Leicester, currently have test centres open at:

- Aylestone Leisure Centre
- Bede Park Piazza
- Belgrave Neighbourhood Centre
- Birstall Park and Ride
- Highfields Centre
- Humberstone Park
- Jubilee Square
- Overton Road
- Victoria Park

When you go for your test, wear a face covering and bring a photo ID as well as your booking number.

If you test positive for coronavirus, you must stay at home for at least 10 days and until you feel better. People in your household should stay at home for 14 days.

લેસ્ટરમાં કોરોનાવાઇરસ

લેસ્ટરમાં જે લોકોના કોરોનાવાઇરસ (કોવિડ-19) માટેના પરિક્ષણો (ટેસ્ટ) કરવામાં આવે છે, તેઓમાં આ ટેસ્ટ પોઝિટિવ (બિમારીની હાજરી) દેખાવવામાં વધારો થયો છે.

આપણે સૌએ કોરોનાવાઇરસના ફેલાવને અટકાવવામાં મદદ કરવી, અને આપણા સમાજને તેમજ NHS (એનએચએસ)ને સુરક્ષિત રાખવા માટે પગલા લેવા જોઈએ.

તમને ખુદને તેમજ બીજાઓને પણ સુરક્ષિત રાખવા માટે કૃપા કરીને નીચે મુજબ વર્તો....



બની શકે ત્યાં સુધી ઘરમાં જ રહો, ફક્ત કામે જવા કે જરૂરી કારણો (દા.ત. સામગ્રી ખરીદવા, બીજાઓની સંભાળ લેવા) માટે બહાર નીકળવું.



તમારા ઘરના માણસો ના હોય તેવા બીજાઓથી હર વખત 2 મીટરનું અંતર રાખો



તમારા હાથ નિયમિતપણે અને કમ સે કમ 20 (વીસ) સેકન્ડ સુધી ધુવો અથવા તો હેન્ડ સેનિટાઇઝર (હાથ સાફ કરવા જંતુ નાશક દ્રવ્ય)નો વપરાશ કરો



જાહેર વાહનોમાં કે બંધિયાર જગ્યાઓમાં, જેમાં કામના સ્થળોનો પણ સમાવેશ થાય છે ત્યાં હંમેશા મોંઢું ઢાંકેલું રાખો

Coronavirus in Leicester : Latest Advise

ઓનલાઇન leicester.gov.uk/coronavirus પર કોરોનાવાઇરસ વિષેના તાજા સમાચાર વિષે માહિતગાર રહો

તમારી ટેસ્ટ (પરિક્ષણ) કરાવો

જો તમને કોરોનાવાઇરસના લક્ષણ જણાય અથવા તો તમે એવી કોઇ વ્યક્તિની નજીક આવ્યા હોય જેને આ લક્ષણ જણાયા હોય, તો કૃપા કરીને બની શકે એટલું જલદી તમારું ટેસ્ટ કરાવી લો.

યાદ રાખો કે કોરોનાવાઇરસના મુખ્ય લક્ષણો શું છે (નીચે જુઓ):



સખત તાવ (શરીરનું ઉંચું તાપમાન)



નવી ઉધરસ થઇ હોય જે ચાલુ આવ્યા જ કરે



સુંઘવાની સંવેદના ના હોવી



સ્વાદ ના આવવો

તમારી ટેસ્ટ અહિંથી બુક કરો:

ઓનલાઇન પર nhs.uk/ask-for-a-coronavirus-test

ફોન કરો 119 પર

જો તમારા ટેસ્ટમાં એવું જણાય કે તમને કોરોનાવાઇરસ છે (પોઝીટિવ), તો તમારે કમ સે કમ 7 (સાત) દિવસ સુધી ઘરમાં જ રહેવું અને તમારી સાથે જે લોકો રહેતા હોય તેઓને 14 (ચૌદ) દિવસ ઘરમાં જ રહેવું જોઇએ.

leicester.gov.uk/coronavirus

The Traveler and Fortune Fable

A TRAVELER wearied from a long journey lay down, overcome with fatigue, on the very brink of a deep well. Just as he was about to fall into the water, Dame Fortune, it is said, appeared to him and waking him from his slumber thus addressed him: "Good Sir, pray wake up: for if you fall into the well, the blame will be thrown on me, and I shall get an ill name among mortals; for I find that men are sure to impute their calamities to me, however much by their own folly they have really brought them on themselves.

Moral: *Everyone is more or less master of his own fate*

I can't change the direction of the wind, but I can adjust my sails to always reach my destination.

SPA International Trust Fund (SPAITF) Report

Namaste everyone,

I hope you are all well and keeping safe in this current pandemic times which has devastated the world. Here is the summary of my report from SPAITF.

Grant to Students

As reported last year, SPAITF normally meets twice a year in March and October to assess grant applications and discuss any other projects or matters as appropriate. Like many other organisation SPAITF have had to resort to online zoom meetings this year due to restriction set by the Government. During the meeting in March 2020:

- The trustees assessed the applications that were received in January and a total of 8 applicants were approved and 1 was not approved. A total of £2000.00 in grant was approved.
- Individual members of Leicester branch who had agreed to sponsor a student in 2019 have been allocated and most of the members have agreed to continue to sponsor the students this year too. So a big thanks to them.
- Grant applications for the October round had to be postponed to January 2021 due to Covid 19 and many of the universities and colleges in India are closed. It is anticipated as things get back to normal, the students will be able to apply in January 2021.

Update on previous projects

Kasturba and Muni Seva Ashram

All funds to Muni Seva have been transferred. 50% for Kasturba is still outstanding, as the work has been halted at the moment due to Covid-19. As soon as ITF are notified that works has resumed the remaining funds will be transferred.

New projects

Computers for Nepal school - Sewa International

Following support to a school in Nepal from SPA UK via Sewa International a few years ago, a request has been received for funding for computers for the same school. This is currently being discussed at HQ level.

Daxin Gujarat Prajapati Health Care Trust - DGPHT

A joint venture with support of all organisations of Prajapati Community in South Gujarat and Dahnu (Maharashtra), was established in 2013 to give financial assistance for medical care to Prajapatis in India for disease such as cancer; kidney; heart and medical assistance in cases of injuries due to fire, accidents etc.

Pratinidhis had agreed for SPA UK to pledge support for DGPHT in 2014, however were waiting for Indian Government to give approval for DGPHT to receive donations from overseas which they granted in January 2020. SPA UK trustees along with SPATIF are currently reviewing how best to support the organisation. Detailed information to follow.

Other activities

Charity Strategy - SPAITF trustees are also currently reviewing the Charity Strategy that will cover the period 2021 – 2024. If anyone would like to contribute to the strategy, please contact me discuss your ideas.

Prajapati student survey in the UK – SPAITF will shortly be sending out a survey to ascertain what support (if any) SPA UK can provide to students in the UK and it is anticipated the findings can then be fed into the charity strategy going forward. Again I would urge Prajapati students who are currently at University or just completed studies to complete the survey. In addition, please contact us if you want to tell us ways in which SPAUK can assist students for higher education in the UK.

If anyone would like any further information of the work of SPAITF, or any of the old/new projects or would like to sponsor students please do not hesitate to contact me.

Once again thanks to Leicester members and trustees for all the support to SPAITF.

....Continued on next page

SPA International Trust Fund (SPAITF) Report

2020 has been an extremely difficult year and has affected everyone in some way or another. Not being able to be with our loved ones has been very hard, particularly for our “vadilos” and my deepest condolences to those who have lost loved ones in the pandemic.

Please keep safe and follow government guidance and let us pray we can get back to some kind of normality safely in 2021.

Jai Shree Krishna
Hansaben S Mistry
SPAL – SPAITF Trustee

લેસ્ટરશાખાના ટ્રસ્ટફંડ ટ્રસ્ટીનો રીપોર્ટ

સર્વને મારા નમસ્કાર,
આશા રાખું છું કે આપ સર્વ આ મહામારીના મુશ્કેલ દિવસોમાં ક્ષેમકુશળ હશો.

વિદ્યાર્થીઓને સહાય

દર વર્ષની જેમ આ વર્ષ પણ ટ્રસ્ટફંડની બે મિટીંગ રાખવામાં આવી હતી. મહામારીને કારણે આ મિટીંગ ઓન લાઇન ‘ઝૂમ’ના માધ્યમથી યોજવામાં આવી હતી. માર્ચ મહિનાની મિટીંગમાં નવ માંથી આઠ અરજીઓને મંજૂર કરી પાઉંડ ૨૦૦૦ની સહાય ફાળવવામાં આવી હતી. લેસ્ટરના સભ્યો તરફથી વ્યક્તિગત રીતે સ્પોન્સર કરેલા વિદ્યાર્થીઓને તેઓ તરફથી ફરી એક વર્ષ માટે સ્પોન્સર કરવામાં આવ્યા છે તે માટે તેમનો ખૂબ આભાર માનવામાં આવે છે. આવતા વર્ષની અરજીઓનું કામકાજ આ મહામારીને લઈને જાન્યુઆરી પછી થશે.

કસ્તુરબા અને મુનીસેવા આશ્રમ

મુનીસેવા આશ્રમને આપવાના બધા પૈસા તેમને પહોંચી ગયા છે. કસ્તુરબા આશ્રમના ૫૦ ટકા રકમ બાકી છે જે તેમને મહામારીને લઈને અટકેલું કામ ચાલુ થશે એટલે આપવામાં આવશે.

નવા પ્રોજેક્ટ

નેપાળમાં ‘સેવા ઈન્ટરનેશનલ’ અને શ્રી પ્રજાપતિ સમાજના સહયોગમાં જે સ્કુલને મદદ કરી હતી તેમના તરફથી તે શાળામાં કોમ્પ્યુટર માટે ફંડ આપવા બાબતે ચર્ચા ચાલે છે.
૨૦૧૩માં દક્ષિણ ગુજરાત અને દહાણુની પ્રજાપતિ સંસ્થાઓ તરફથી ‘દક્ષિણ ગુજરાત પ્રજાપતિ હેલ્થકેર ટ્રસ્ટ’ નામનું એક ટ્રસ્ટ બનાવવામાં આવેલ છે જે પ્રજાપતિ સમાજના માણસોને કેન્સર, કીડનીની સારવાર, હૃદય રોગ જેવી ગંભીર બિમારીમાં સહાય થવા મદદ આપી શકે. ૨૦૧૪માં સમાજની પ્રતિનીધી સભામાં તેમને સહકાર આપવાની ખાતરી આપવામાં આવી હતી. ભારત સરકાર તરફથી આ વર્ષ જાન્યુઆરીમાં તેમને પરદેશથી ફંડ મેળવવાની મંજૂરી મળી છે. હાલમાં ‘ટ્રસ્ટફંડ’ એમને મદદરૂપ થવા તેમની અરજી ઉપર વિચારણા કરી રહ્યા છે.

અન્ય પ્રવૃત્તિઓ

આગામી વર્ષ ૨૦૨૧ થી ૨૦૨૪ દરમિયાન ચેરીટીની પ્રવૃત્તિઓ અંગે હાલમાં વિચારણા ચાલે છે. જો તમારે તમારા વિચારો જણાવવા હોય તો મારો સંપર્ક કરશો.
પ્રજાપતિ સમાજ અહીંના (યુ.કે.) વિદ્યાર્થીઓને કઈ રીતે ઉપયોગી થઈ શકે અંગે એક સર્વેનું આયોજન કરી રહ્યું છે. આ સર્વેના પરિણામ ટ્રસ્ટફંડની આગામી પ્રવૃત્તિ માટે ઉપયોગી થઈ શકશે. આ માટે હાલમાં યુનિવર્સિટીમાં અભ્યાસ કરતા વિદ્યાર્થીઓને આ સર્વેમાં ભાગ લેવા વિનંતિ કરું છું.

આપની કુશળતા ઈચ્છું છું અને સર્વનો આભાર માનું છું.

હંસાબેન એસ. મિસ્ત્રી

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

Tragically like all the other SPAL activities, we have not been able to continue with our regular darts practice due to Covid 19 which has impacted on all of us.

We are deeply sorry for the loss of one of team member Jayantibhai G Mistry who will be greatly missed.

Friendly Darts Tournament at SPAL



The darts team were lucky enough to hold the friendly darts tournament just before the pandemic hit us and the site was closed.

To ensure safety of our guests, all the volunteers helped out with additional cleaning and guests were greeted with hand sanitisers and requested to wash their hands regularly during the event.



The tournament took place on 7th March 2020, and was attended by 120 members not just from Leicester but from Coventry, Rugby, and Loughborough and everyone thoroughly enjoyed the event and generated a surplus of just over £200.00



Shashibhai and Chhaganbhai

The winner of the elite group were our national champions of 2019 Shashibhai and Chhaganbhai and Runners up are Kishorbhai and Raj.



Kishorbhai and Raj



Nalinbhai and Jayantibhai

The winners of the fun group were Jayantibhai (our very own president) and Nalinbhai, and the runners up are Raman and Krishan.

Thanks to all the darts team and other volunteers who helped out with the event and helping out with all of the Samaj events during the year. Special thanks to Dhirubhai and Kalaben for the wonderful catering that everyone loved. Without all your support we



Raman and Krishan

would not be able to hold these events which have become very popular, so this is greatly appreciated.



Fingers crossed this mad pandemic will be over soon and we can go back to our normal lives. If you are interested in joining the friendly darts team, please do come along on a Tuesday night at the social club and join the fun of throwing a few darts when the site re-opens.



Until then everyone keep safe. **Jai Shree Krishna Shashibhai R Mistry**

SPAL Religious Events and Activities

આ વર્ષ નો રીલીઝયસ રીપોર્ટ ૨૦૨૦

નમસ્તે,

મારી ને મારા આસિસ્ટન્ટ કિશોરભાઈ તરફથી પૂજ્ય વડીલો ના ચરણોમાં કોટી કોટી પ્રણામ. ભાઈઓ, બહેનો અને બાળકોને મારા નમસ્કાર અને જય માતાજી.

આપણું આ વર્ષ સવંત ૨૦૧૭ પુરુ થવા આવ્યું છે અને ૨૦૧૭ ચાલું થશે તો આપ સૌને મારા અને કિશોરભાઈ ના તરફથી નુતન વર્ષના અભિનંદન પાઠવું છું. આ આખું વર્ષ ૨૦૨૦ કોવીડ-૧૯ નો વાઇરસ ક્રોનાને લીધે આપણાથી કોઇ ધાર્મિક તેહવારો સમાજને પ્રાર્થના હોલમાં ઉજવી ના શક્યા. આપણે છેલ્લો તેહવાર શિવરાત્રી ઉજવ્યો હતો, ત્યાર બાદ ક્રોના લોકડાઉનના હિસાબે આપણે બધા તેહવારો જેવા કે, દર શનિવારનાં ભજનો, જન્માષ્ટમી, ગણેશ ચતુર્થી, સર્વ પીત્રુ શ્રાધ, શ્રાવણ મહિનાના તેહવારો, અધિક મહિનો અને નવરાત્રી જેવા બધા તેહવારો ઝુમ પર ઉજવવામાં આવ્યા હતા. અને આ તેહવારો ધાર્મિક કમીટી ને તમારા બધાના સાથ અને સહકારથી કરવાં આવ્યા હતા, તો આપ સર્વના હું દિલથી આભાર માનું છું. અને આવીજ રીતે આપ સૌ મને અને સમાજને આપનો સાથ આપતા રહેશો.

બીજું આપણે ૧૫.૧૧.૨૦૨૦ નૂતન વર્ષ સ્નેહ મિલન પણ ઝુમ પર રાખવામાં આવ્યું હતું અને ૨૧.૧૧.૨૦૨૦ જલારામ જયંતિ પણ ઉજવી હતી અને યજમાન પણ મળી ગયા હતા. જે કોઇ ભાઈ-બહેનો ભજન રાખવા હોય કે તેહવારોમાં યજમાન તરીકે નામ લખાવું હોય તો લખાવી શકો છો. તમે મારે યાં તો બળવંતભાઈને સંપર્ક સાથજો.

આ વરસ ૨૦૨૦ આપણા બધા માટે સાફ ના ગયું, પણ આપણે બધા ભગવાનને પ્રાર્થના કરીએ કે ૨૦૨૧ સાફ જાય અને આ ક્રોનાની બિમારી જલ્દીથી મટી જાય, આ બિમારીને કારણે ઘણા પરિવારમાં મરણ-અવસાનો પણ થયા છે. ભગવાન એ સૌ આત્માને શાંતિ આપે અને એમના પરિવારને હિંમત ને શક્તિ આપે.

આ વરસમાં મારાથી કોઇ પણ ભાઈ-બહેનોને કાંઇ પણ ખોટું બોલાઇ ગયું હોય તો માફી ચાહું છું.

બધા ને મારા જય અંબે ને જયશ્રી કૃષ્ણ

લી. સવિતાબેનના નમસ્કાર

SPAL calendar is always busy and this year it is was no different, however, Covid-19 had different plans and we were only able to complete the Maha Shivratri event out of so many.

Mahashivratri



Every person on the planet has a story!

A 24 year old boy seeing out from the train's window shouted... "Dad, look the trees are going behind!" Dad smiled and a young couple sitting nearby, looked at the 24 year old's childish behavior with pity, suddenly he again exclaimed... "Dad, look the clouds are running with us!"

The couple couldn't resist and said to the old man... "Why don't you take your son to a good doctor?" The old man smiled and said... "I did and we are just coming from the hospital, my son was blind from birth, he just got his eyes today." Every single person on the planet has a story. Don't judge people before you truly know them.

The truth might surprise you.

Every exit is an entry somewhere else.

SPAL Religious Events and Activities

Bhajans via Zoom Video Conferencing Facility

COVID-19 put a stop to lot of SPAL activities but SPAL had other ideas. In May 2020 we arranged our first Bhajan Session via Zoom led by our Bhajan Mandal leader Balwantbhai Lad. Since the first session we have had Bhajan Sessions regularly every Saturday without fail. The session is so well organised and controlled and the attendance is very good. The feedback received from the attendees has been very good. At the time of going to print, we have got Bhajan Sessions booked until end of December which is very good news indeed. Well done to Balwantbhai and the Bahajan Mandal.

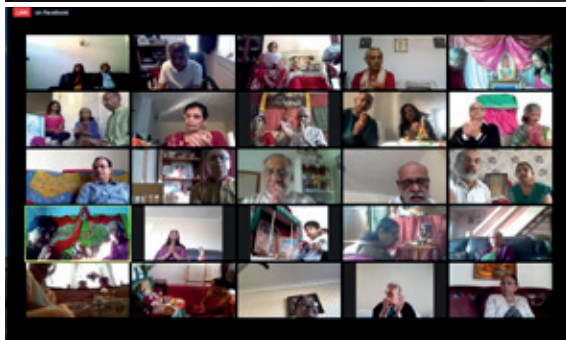
Janmasthanmi, Ganpati Choth and Sarva Pitru Shradh via Zoom

Following the success of the Bhajan Sessions on Zoom, we extend it to celebrate Janmasthanmi and Ganpati Choth via Zoom. This too, was very successful with over 70 people tuning in on each occasion. The participants carried out the rituals in the safety of their own home and used the Zoom facility to share the ceremony with all the participants. It was really nice to see everyone joining in and celebrating together.



Navratri and Gayatri Mantra Ayogen

The success of Janmasthanmi and Ganpati Choth gave confidence to our Religious and Mahila Team and the Bahajan Mandal to plan out and deliver the Navratri programme to our members via Zoom. After several weeks of discussions and planning the team were ready and we were also ready to share the programme by using our Social Media facility so that wider audience can take part. We had our usual 3 SPAL Groups led by Balwantbhai, Kalaben and Harishbhai and they took in turn to follow the same pattern that we usually do at our site during Navratri. The only difference this time that they were performing from the safety of their own home. The music groups delivered a wonderful programme for the full nine days and we have an average audience of 70 on Zoom and 80 on Facebook. The feedback received was very favourable. Under the current circumstances it was not possible to have Mataji's Havan, so Kalaben organised a 108 Gayatri Mantra Ayogen which was well received and each participant recited 6 Gayatri Mantra. Considering it was being done from each participants house, it was well co-ordinated and appreciated by all. Well done to the Religious and Mahila team and the Bahajan Mandal.



SPAL Board of Trustees 2020 -2021



Jayantilal (Jay D) Mistry
President



Jitubhai C Mistry
Vice President



Vinaybhai Prajapat
Assistant Vice President



Kalpanaben Mistry
Secretary



Vinodbhai G Mistry
Assistant Secretary



Arvindbhai P Mistry
Treasurer



Balwantbhai Mistry
Governance



Ranjanben D Mistry
Mahila Trustee



Kalaben D Mistry
Assistant Mahila Trustee



Bhagwatiben P Mistry
Assitant Mahila Trustee



Kamuben Mistry
Assistant Mahila Trustee

SPAL Board of Trustees 2020 -2021



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



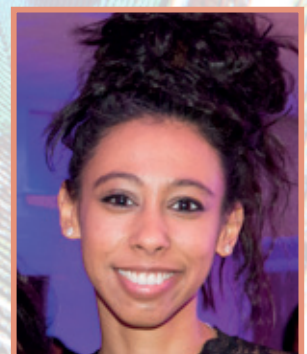
Indiraben N Mistry
Social Health & Education Trustee



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 £1.00. The session is mixed and we extend an invitation to all our members.

International Day of Yoga 2021

**COME AND CELEBRATE INTERNATIONAL YOGA DAY
AT THE SHREE PRAJAPATI COMMUNITY CENTRE
ULVERSCROFT ROAD, LEICESTER. LE4 6BY
MONDAY 21st JUNE 2021**

Time: 5:00pm to 9:00pm (Provisional) – 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. In 2019 the event was attended by 200 people made up of SPAL members and the wider community. In 2020, due to the COVID-19 pandemic, the Yoga Session was carried out using Zoom Video Conferencing facility (Contact Harishbhai P Mistry (07802773724) for details) with over 200 people participating. Hopefully, that will not be the case in 2021. 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/>**



To handle yourself, use your head; to handle others, use your heart.

Social Media & SPA Leicester

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

Facebook Page

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

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 and you will be added to the list for e-copy of the publications and mailshots. This email address can also be used to send in any views, ideas, complaints that you may have regarding SPA Leicester. If you are addressing to a particular Trustee, then please mark it for their attention.

Drop in to the Centre

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

SPAL Website

With support from Yogeshbhai Mistry (Pictured Left) the SPAL Website (www.shreeprajapati.org.uk) is now live and the team is working has 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 Leicester@shreeprajapati.org.uk

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

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

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

SPAL – Facilities Report

Namaste,

2020 has been an unprecedented year given the COVID-19 pandemic that brought several challenges for everyone across the globe. Even for us as the Facilities team at SPAL it wasn't the usual given all the uncertainties and lockdown measures.

Last year we completed fixing the new roof to the Prathna Hall, relined the roof on Block C and installed a new roof in the passageway. Last year we had reported on several projects that were being scoped and developed for delivery this year to make improvements to our site. However, most of the projects lined up for delivery in 2020 have been unfortunately delayed due to COVID-19 pandemic and the ensuing lockdown.

Main Hall Roof

One of the major refurbishments works that was completed prior to March lockdown was fixing of the leaks in the Main Hall roof by replacing all the fixings and relining the gutter in the middle.

Passageway

We had communicated last year our proposals to block off the passageway and integrate it with the Prathna Hall building and Block C. This project was delayed due to lockdown and unavailability of the builder and materials. It is anticipated that this work will be completed by the end of 2020.

Prathna Hall Interior

In order to raise the height of the sthapan, it was necessary to raise the false ceiling. The ceiling works have now been completed along with installation of new dimmable LED panels similar to that in Main Hall.

All the windows in the Prathana Hall have also now been replaced. We have had further engagements to discuss our proposal to raise the sthapan roof which have now been approved and contract awarded. The Sthapan work is anticipated to be completed in December 2020.

Additionally, Prathna Hall will be redecorated with new paint and new carpet, along with general clear out and tidying up of storage areas.

Blinds in Main Hall

We are currently engaging with suppliers to get quotes for installation of black-out blinds in Main Hall.

Utilities Supplier Contracts

This year we have renewed our gas and electricity supply agreements and secured a new 3-year deal on some very competitive tariffs. We were out of contract and were getting charged at standard variable tariff. We engaged with Utility Bidder, an energy tariff comparing company, to secure new deals for us with our existing suppliers. We even received a £300 cashback from Utility Bidder as part of the deal. New revised tariffs and the cashback will provide a significant saving.

Lockdown Measures and Hall Hire update

In line with government's and Leicester City council's guidance on COVID-19, two new guidance policies for our site were drafted earlier this year by Facilities team. First, the usage of site by members during pandemic and second, for hall hire. Copy of the document is available to our members upon request. Please email the secretary on Leicester@shreeprajapati.org.uk.

Wedding at SPAL during the pandemic (see next page for details).

If you need any further information please feel free to contact the facilities team.

Kantibhai, Nileshbhai, Akshay

Wedding at SPAL in 2020

Following the first lockdown all the weddings that were booked at SPAL site were cancelled or rescheduled for 2021. However, in September 2020, the facility team received a request to hold a wedding at our site on 1st November 2020.

Facilities team consulted Leicester City Council for guidance and with support of the document "COVID-19 Guidance for use of SPAL site during pandemic" that Akshaybhai produced in July 2020 the LCC were happy for us to proceed with the wedding. The same guideline was discussed with the wedding party and they were happy to comply.

The wedding guests were restricted to 15 people maximum. The wedding party complied with the rules efficiently and the wedding was a success. The facility team: Kantibhai, Nileshbhai and Akshaybhai were present throughout the event to ensure the guidelines were followed and the whole event was a success without any issues.

Only half the hall (nearest to the kitchen side) was hired. The event only involved the wedding and lunch. Bar facility was not used.

Attached are some pictures taken by the facility team.



Tribute



Jayantibhai G Mistry

One of our Trustees, Shree Jayantilal Gopalji Mistry (Navsari) sadly passed away on 12 July 2020.

Jayantibhai was the Trustee responsible for Governance. After shadowing me for a couple of years he volunteered to take over the role and he quickly started to make positive contributions to the running of SPAL.

Jayantibhai's character was such that he got on well with everyone. He carried out his responsibilities diligently and professionally. He always came forward to volunteer for tasks that needed to be carried out.

We will sadly miss his ever smiling face and his jovial character. Albert Einstein said, "The value of a man should be seen in what he gives and not in what he is able to receive." In one word, Jayantibhai was a man who gave. He gave so much to his colleagues and SPAL, that we will be forever indebted to him.

On behalf of all our members, I offer sincere condolences to his wife Leenaben and his son Elesh.

Aum Shanti

Jitubhai C Mistry

Your Priorities Matter

"Imagine you had a bank account that deposited \$86,400 each morning. The account carries over no balance from day to day, allows you to keep no cash balance, and every evening cancels whatever part of the amount you had failed to use during the day. What would you do? Draw out every dollar each day!

We all have such a bank. Its name is Time. Every morning, it credits you with 86,400 seconds. Every night it writes off, as lost, whatever time you have failed to use wisely. It carries over no balance from day to day. It allows no overdraft so you can't borrow against yourself or use more time than you have.

Each day, the account starts fresh. Each night, it destroys an unused time. If you fail to use the day's deposits, it's your loss and you can't appeal to get it back.

There is never any borrowing time. You can't take a loan out on your time or against someone else's. The time you have is the time you have and that is that. Time management is yours to decide how you spend the time, just as with money you decide how you spend the money. It is never the case of us not having enough time to do things, but the case of whether we want to do them and where they fall in our priorities."

Shree Prajapati Association Leicester



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

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



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

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

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

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

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



Shree Prajapati Community Centre

Ulverscroft Road, Leicester. LE4 6BY

Phone: 0116 262 8560

Web: www.shreeprajapati@org.co.uk

