



## Dates for your diary

Wed 2<sup>nd</sup> Mar  
Maha Shivratri

Sat 19<sup>th</sup> Mar  
Holi Festival (see page 1)

Tues 12<sup>th</sup> Apr  
Ram Navmi

Sat 18<sup>th</sup> Jun  
Gujarat Samaj AGM

Sat 23<sup>rd</sup> Jul  
Gujarati School Anand Bazaar

Sun 31<sup>st</sup> Jul  
Family BBQ (details to follow)

Sat 13<sup>th</sup> Aug  
Raksha Bandhan

Mon 15<sup>th</sup> Aug  
India's Independence Day

Mon 22<sup>nd</sup> Aug  
Krishna Janmashatami

Thu 1<sup>st</sup> Sept  
Ganesh Chaturthi

Wed 28<sup>th</sup> Sep - Thu 6<sup>th</sup> Oct  
Navratri & Dusshera Festival

Tue 11<sup>th</sup> Oct  
Sharad Poonam

Wed 26<sup>th</sup> Oct  
Laxmi/Chopda Pooja &  
Diwali Get-together

Thu 27<sup>th</sup> Oct  
New Year

Sun 17<sup>th</sup> Dec  
Children's Party



# HAPPY HOLI

Saturday 19<sup>th</sup> March 2011 from 6pm to 8pm (prompt)

at Victoria Embankment Park, Green Street  
The Meadows, Nottingham, NG2 2LA

Junction of Green Street and Wilford Crescent East - next to Kings School  
(see map below)

As usual there will be a bonfire. Members will be allowed to play with colours. However, you will only be allowed to play in the marked off area and you should **be considerate to other patrons** who may not wish to be covered in colour. **Please remember to wear appropriate clothing.** We advise you not to come in your best clothes. If you bring your own colours please ensure that they are washable. There will be powder colours for sale on the day. For further details please contact **Hasmukh Mistry (07946643403) or Kirit Dabhi (07711877740).**

'Holi', the Festival of Colours marks the coming of Spring and is a celebration of new life and the seasons. Holi is the most vibrant Indian festival, when distinctions of caste, class, age or gender are set to one side and everyone has fun by smearing each other with paint and throwing powder colours at each other, all done in a spirit of celebration. There are many legends given as the reason for celebrating 'Holi'.

There is one popular legend that is reputed to bring about the birth of 'Holi'. It seems that long ago there was an evil king named King Hiranyakasipu. His son, prince Prahlad however was very holy and often prayed to God and this infuriated his father. One day, the wicked king ordered his sister, the demon Holika, to kill his son. The demon Holika, who was immune to fire, captured prince Prahlad and sat on a fire. She had done this to kill the prince, however it was she who was burnt to ashes. Prince Prahlad was safe and was not burnt at all. The legend goes that before the demon aunt died, she begged for prince Prahlad's forgiveness and the prince forgave her and announced that her name would be remembered once a year. Thus the festival 'Holi' was created.



## GET INVOLVED!

Make a difference to your Samaj

Navratri 2010 proved to be yet another successful event with everyone enjoying themselves. The participants and audience were entertained by a live group from India, Orchestra Rang. The festival was held at The ICCA (Indian Community Centre) for the second year running. We are very grateful to the management and staff of The ICCA, particularly Mr Resham Aujla, for their continued support. We were pleased to welcome students from University of Nottingham and Nottingham Trent University. The students took part in Raas and Garba as well as Aarti. Many young children came dressed in fabulous traditional costumes and we are grateful to the parents for putting in such an effort. We would like to thank our members for making the event such a success. We would also like to thank Nottingham Asian Arts Council for their financial support and look forward to working with them again this year. We thank the Swaminarayan Hindu Mission for providing the delicious refreshments during the festival. As they say, *a picture is worth a thousand words* and hence below is a selection of pictures from the event that tell the story and give a flavour of the event. For more pictures please see our Facebook page, which is being updated with new content.



Navratri 2010 in pictures

What can we say?! We were yet again sold out for our Annual Diwali Get-together! Over 360 people attended the event which included Chopda Poojan, Gujarati school prize giving, a live music group plus live performances, a great raffle, Rangoli competition and a delicious meal. For the first time, we also featured banquet-style seating which we think was appreciated by our guests. The event was enjoyed by all. We would like to thank everyone who took part in the Rangoli competition, they truly were superb! A big thank you to all the volunteers. We are also indebted to Vinodbhai Yagnik and Saritaben Saparia for their assistance with the Chopda Pooja ceremony. Onwards and upwards for the celebrations this year! For more photos, keep checking our Facebook page.



Diwali 2010 in pictures

# Gujarati Supplementary School

Happy New Year! We hope you all had a good Christmas Holiday and that you had a relaxing time.

Our 2010 Christmas Party was outstandingly successful. The children had a great time. A BIG THANK YOU to all the volunteers, helpers and especially Santa for delivering presents. We couldn't have done it without him!!

On the 11th December at the Royal Concert Hall, Preeni Shah, Milan Parmar, Dhillon Makhecha, Jaishiv Nandha and Rayhan Mistry represented Gujarati Supplementary School and gave a fantastic talk about Diwali.

Also, well done to Class 3 for their Makar Sankrant Presentation on 22nd January 2011. The children throughly enjoyed making kites and the weather was perfect to fly them too!

Head over to our Facebook page to check out some more photos.

## We have some exciting months ahead...

19th March – The children from Class 2 are doing a Holi Presentation at 10 o'clock at Bramcote Hill School and Community College, please come and support them.

9th April – We have a Gujarati Sponsored Spell to raise funds to support the continuation of Gujarati Supplementary School. If you would like to sponsor someone during this fund raising event, please contact Dharini Mistry (contact details below).

During the month of June children of all classes will be participating in the annual exams, it is essential that all pupils must attend during examination period.

23rd July – We are having an Anand Bazaar. There will be lots of stalls; books, tombola, games, plants, mendhi and not forgetting lots of food and drinks. All family members and friends are welcome.

## Welcome Devja!

Congratulations to Janki and Maulik Jhaveri who gave birth to a beautiful baby girl. Devja was born on 11/1/11 weighing a healthy 5lbs. All the best from the Gujarat Samaj, we look forward to seeing her at the next event!



## New Joiners

Anyone within the Gujarat Samaj Community who has children (age 5+) wanting to join Gujarati School on a Saturday morning, and would like to have a tour around the school to see what goes on, please contact Rajesri Parmar (07900970132).

## Our Governors

Rajesri Parmar (07900970132) Education Secretary  
Manish Makecha (0115 9259986) Governor  
Dharini Mistry (07958594175) Governor  
Mukesh Mistry (07505119524) Governor  
Kumar Seth (07949220154) Governor



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NTU HINDU SOCIETY PRESENTS

# Shyaam

*Dancing in the Moonlight*

VENUE:  
NOTTINGHAM TRENT STUDENTS UNION  
SHAKESPEARE STREET  
NOTTINGHAM NG1 4GH

DATE:  
WEDNESDAY  
16<sup>TH</sup> MARCH 2011

TIME:  
7PM TILL LATE

ADVANCE TICKETS: £12  
ALSO AVAILABLE AT THE DOOR

TICKETS INCLUDE  
DANDIA AND FOOD

FOR TICKETS AND MORE INFORMATION CONTACT  
PUNAM MISTRY - 07531661550  
MAYUR SHIKOTRA - 07535687366  
NTUHINDUSOC@GMAIL.COM

IN ASSOCIATION WITH GUJARAT SAMAJ NOTTINGHAM WITH SUPPORT FROM SANGAM MANDAPS

## Shyaam - Dancing in the Moonlight

16th March 2011

Nottingham Trent University Hindu Society have organised a night of Raas garba in association with Gujarat Samaj Nottingham.

The event is open to anyone aged 18 or over and the night promises to be fun-filled, including live dance performances, raas garba and dandiya, plus delicious food - all included in the ticket price.

This is a terrific opportunity to practice your dancing skills for Navratri later in the year!

Please support the dedicated students from NTU's Hindu Society committee who are organising this event!

With thanks to Sangam Mandaps for their support.

Tickets are available from Kumar Seth (07949220154) or Anek Mehta (07811499058).

# SANGAM

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### What do people think of JUGGLE?

"I felt I might only need one session but attended them all as I felt they were so valuable"

"I thoroughly enjoyed the whole experience, sharing information with all the participants. I have totally changed my lifestyle"

"I now eat better after coming to this course, the course was educating and interesting"

"It reinforced and confirmed what I knew but it also tweaked the important things. It gave reassurance. Very good indeed!"

## Do you have DIABETES?

### Is your diabetes treated by diet or diet and tablets?

Do you want to learn more about your diabetes and how to look after it?

If so come to the JUGGLE programme

### How can I get involved?

What is Juggle?

- Join this fun programme and learn about diabetes
- Understand what you can eat and drink
- Get free support from trained NHS diabetes educators
- Gain confidence by finding out what you can do
- Listen to others with diabetes and share ideas
- Experience this 4-week programme and then tell your friends about it!

To find out where your nearest Juggle programme is being held telephone: **0300 300 0045** (local rate) and then it's simple - book yourself in.

Do you have type 2 diabetes? If yes, do you want to know more about how to look after your diabetes?

The Juggle diabetes education programme is now available in Nottingham and is for people with type 2 diabetes who do not take insulin and want to learn more about how to look after their condition. The programme consists of 4 sessions. Each session covers a different aspect of diabetes care such as how your tablets work, what foods affect your cholesterol or what to eat to control your blood sugar levels. It is friendly, fun and interactive and you can bring someone with you. The Juggle programme is delivered by trained NHS diabetes educators in English, Urdu, Punjabi or Gujarati. You can also contact: Shayasta Taj, Asian Diabetes Liaison Worker on 0115 883 4062 (Urdu speaker) or Sneha Kashyap, Community Liaison Worker on 0115 883 4363 (Hindi/Gujarati/Punjabi speaker). Your doctor or nurse can also refer you to the service if you prefer.

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For further enquiries call **07946 643403** or **0115 9536317**

Jay Chohan	Nila Chauhan
Kirit Dabhi	Dilip Desai
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Bharat Mistry	Hasmukh Mistry
Mitesh Mistry	Rajesri Parmar
Milan Patel	Shirishbhai Patel
Kumar Seth	Shash Shoma
Purnima Vadera	Manish Vadolia
Chandri Vora	Anantbhai Jani (Religious ceremonies)

The Annual General Meeting of the Samaj will be held on **Saturday 18<sup>th</sup> June 2011**. Details of time and venue will be announced nearer the time, please check our website for updates. The Samaj is keen to introduce new blood in the committee and encourages all those able to help. If you are interested in joining the committee or know someone who might be, please contact **Hasmukh Mistry (07946643403), Kirit Dabhi (0115 9164199) or Kumar Seth (07949220154)**.

### Samaj Membership

#### Annual Membership

Adults £2, Children 12 - 18 yrs £1 Under 12 yrs - Free

#### Life Membership

Adults and Children £51

Membership runs from April to March each year. Please check the details and/or update the information on the enclosed form and return it as soon as possible with the correct remittance. New membership cards will be sent in the next few weeks to those who have already renewed.



Do you have any items, articles or adverts you would like published in the Newsletter? If so, please email them for the attention of the Secretary to the address below.

#### Email Us!

Please send an email to [gujaratsamaj@hotmail.com](mailto:gujaratsamaj@hotmail.com) to opt-in for regular future announcements and e-newsletters.



Have you seen our Facebook page? View photos from past events, find friends, keep up to date with future events and make suggestions for improvement. Add us as a friend, search: *Gujarat Samaj Nottingham*

### Samaj Activities - Photographs

We will be publishing photos taken at various Samaj events over the last few years. The photos will be published on the Samaj website, Facebook, Newsletters and other communication to members and registered families on our database. If you have any comments please write to: **The Secretary, Gujarat Samaj Nottingham, 28 Handle Street, Nottingham, NG3 1JE.**

### Going paperless!

The Gujarat Samaj continually strive to move with the times! Aside from reducing our carbon footprint, with the ever increasing costs to print, pack and mail our publicity material, we are keen to maximise the funds we have available for activities throughout the year. We are considering the benefits of sending newsletters via e-mail only to those members who opt-in. We would like to know your thoughts on this topic, please get in touch with us if you have any comments. Contact **Kumar Seth (07949220154) or [gujaratsamaj@hotmail.com](mailto:gujaratsamaj@hotmail.com)**

### National Sewa Day – 21<sup>st</sup> November 2010

There were various activities that took place locally and nationally to celebrate National Sewa Day. Nottingham Hindu Youth team took up the task to clean up the Hindu Temple Nottingham. A special thanks to all the participants.

