

BSNL NEWS

Newsletter

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Big Events Planned

The Trustees have been working hard and have secured venues for our BSNL Navratri event in conjunction with Valam Samaj at JFS, Kingsbury and The Havan this year will be in Wembley which will be easy to get to for majority of our members.

Working Hard for our Members

Membership Renewals

Our Members are reminded that your annual membership is now due for renewal and the fees remain unchanged. BSNL has a digital platform

<http://bsnl.wildapricot.org>

for renewals. If you experience any difficulty you can also make contact with the membership Trustee.

Chandrashekhar Thaker

Tel : +44 7483 952957

We wish to remind our members that Membership renewals before Navratri will enable you to purchase tickets in advance and will enable you to facilitate easy entry.

Please provide us with your correct email address and your mobile number so that you are kept fully informed of ALL BSNL news and information.

Opportunity.

We would like to invite any budding Desktop Publisher to approach us and enhance the publishing of BSNL Newsletters. Your creativity will be seen by ALL BSNL Members.

Thursday Club

BSNL are pleased to announce that the brand-new Thursday club will be starting on 31st August 2023.

Venue: BSNL House

Time: Every Thursday 11.30am to 3.30pm

Entrance fee: Members £3 Non-members £5

Trustee in Charge: Vinod Mehta

This club will be open for members of ALL ages above 18 yrs., male and female.

There will be varied activities including music, singing, games, quiz sessions, outings, cultural shows and much more...

If you wish to attend, kindly contact

Anjana Thaker (convener) 07949 830273

Vinod Mehta (Trustee in charge) 07770 730202



*Navratri: 15th to 24th October,
Sharad Purnima 28th October 2023
Venue: JFS, Kingsbury*



*Navchandi Havan -
4th November 2023
Venue: Oakington Manor School
Wembley*



*More Information for the above Exciting Events will be published
within the next few weeks.*



DIWALI
IN LONDON
www.bsnlondon.com

**Have you performed at
Diwali on Trafalgar Square before?
If not and you would like to we have an
opportunity for you to showcase your talent!**

**We are looking for performances that are geared
towards Diwali and suitable for the whole family.**

**Ideas of the types of performances we are looking for are:
Dances that depict different regions of India
It could be bhangra from Punjab or Bharatnatyam from the South**

Music or songs selected must be meaningful.

Dance movements must not be vulgar or provocative.

Stage costumes must ensure that dancers are well covered.

The performance can have a minimum of 6 and a maximum of 12 performers.

The performance should not exceed 10 minutes.

Please send your digital audition to:

dil.performance@outlook.com

Deadline: 31 August 2023

Results will be notified by email on Friday 8 September 2023

- 1. Parul Jani — Chair of Trustees.
email: chair@bsnl.org.uk Tel : +44 7940 584321**
- 2. Gunvant Dave — Deputy Chair.
email : gunvant.dave@bsnl.org.uk Tel : +44 7877 565747**
- 3. Vinod Mehta — Secretary.
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- 9. Ashwin Thaker. email : ashwin.thaker@bsnl.org.uk
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Top tips to improve your mental wellbeing

We all need good mental health and wellbeing – it's essential to living happy and healthy lives. Here are 7 areas of life where simple changes can make a big difference. Why not start today?

What is good mental health?

Looking after your mental health is not something we should just do if we are struggling, or feeling low, anxious or stressed. It's actually something we should think about all the time and really invest in, just like with our physical health.

Staying on top of our mental wellbeing is good for us now but also helps us deal manage difficult times in the future. Over time, it can also reduce our risk of physical health problems.

There are lots of things we can do to look after our mental health and wellbeing every day – make a start with these 7 top tips.

1. Reframe unhelpful thoughts

The way we think, feel and behave are linked. Sometimes we develop patterns of thoughts or behaviours that are unhelpful so recognising them, and taking steps to think about things differently, can improve your mental health and wellbeing.

2. Be in the present

If we take time to be aware of ourselves and be in the present moment, noticing our own thoughts and feelings, and the world around us, we can gain a better perspective. Sometimes this is known as being more mindful.

3. Get good sleep

Good-quality sleep makes a big difference to how we feel mentally and physically, so it's important to get enough.

4. Connect with others

Spending quality time with friends or family, talking to someone about how we are feeling or finding ways to help other people can all help stop you from feeling lonely and improve your mental health and wellbeing. This can be online, by phone or seeing someone in person.

5. Live a healthy life

Being active, enjoying the outdoors and having a healthy, balanced diet all impact how we feel. Also, binning bad habits like smoking, and cutting down on alcohol and caffeine can have a positive effect on our mood

6. Do something for yourself

From enjoying your favourite hobby, learning something new or simply taking time to relax, it's important to do things that make you happy, like trying a new hobby or learning a new skill.

7. Write a letter to future you

When you're feeling good, think about what you would want to tell your future self if things get harder and you find you need more support. Reminding yourself of what's keeping you feeling positive right now can help you through those more difficult times in the future.