

## Big Events Due

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#### DAY CLUBS

- eClub (Elders Club) for our elders over the age of 65 every Tuesday.
- Chair  
Shila Vyas +44 7515 819120
- Trustee in Charge  
Sameet Pandya +44 7905 025715
- mClub (Men's Club) for Gentlemen over the age of 18 every Wednesday.
- Chair  
Bharat Desai +44 7512 715777
- Trustee in Charge  
Ramnik Joshi +44 7729 655424
- tClub (Thursday Club) for members over the age of 18 every Thursday
- Convener  
Anjana Thaker +44 7949 830273
- Trustee in Charge  
Vinod Mehta +44 7770 730202
- OM (Open Mic) for members over the age of 18 wishing to sing on Karaoke held on the last Friday of each month
- Chair  
Bipin Thanki +44 7774 895814
- Trustee in Charge  
Vinod Mehta +44 7770 730202

## Working Hard for our Members

## Important Message

### AGM 2022—2023.

This will be held on Sunday 14th of January 2024.

Members are advised any resolution that they wish to propose must reach BSNL Secretary at least 60 days prior to the AGM. This should be proposed by a full / Life member and seconded by a minimum of 9 full / Life members. Further information on AGM to follow.

# HAVAN 2023



Jai Mataji

The time for our renowned Havan is nearing so we wanted to share details with you so that you can ensure that you and your family are able to come and join us.

This year we are moving from our normal venue of SKLP in Northolt to Oakington Manor Primary School in Wembley due to availability. Please rest assured that the new venue has ample parking spaces.

As always, our Havan bidding will take place on Aatham day (22<sup>nd</sup> October) during Navratri. This is open to all who would like to bid. Being the Havan yajman is truly a great privilege and an opportunity to have a Havan planned and catered for you.

The Havan mahaprashad is prepared from food donations that we get from you all. If you are interested in donating any food item, please contact us. We will be looking for donors at Navratri as well so feel free to come and see us there.

## NEW VENUE :-

Oakington Manor Primary School, Oakington Manor Drive, Wembley

HA9 6NF

## Details:-

**Havan Bidding** Completed on - Aatham Day 22<sup>nd</sup> October at Garbas JFS School

**Utensil Washing** – Wednesday 1<sup>st</sup> November from 7:30pm at BSNL House

**Ladoo Making** - Thursday 2<sup>nd</sup> November from 9:30 am at BSNL House

**Van Loading** – Friday 3<sup>rd</sup> November from 5pm at BSNL House

**Havan Setup** - Friday 3<sup>rd</sup> November 8:00pm at Oakington Manor School, Wembley

**Havan** - Saturday 4<sup>th</sup> November 9am at Oakington Manor School, Wembley

**Mahaprashad** – After the Havan pooja at Oakington Manor School, Wembley

**We need your help :-** The Havan takes a lot of manpower. You can help in many ways so please get on touch with us. You can help with the Ladoo making, the haar preparation, the hall set up, hall clear up and so much more. Please do volunteer whether you can share an hour or a day. If you would like to join the subcommittee and help with the planning and the full event please contact us as per the details below before **October 15<sup>th</sup>**.

## Contact Details:-

Kamal Purohit 07946 344 075

Parul Jani - 07940 584 321

We look forward to seeing you all at the Havan - Jai Mataji





# Happy Diwali

## **BSNL DIWALI GET-TOGETHER PROGRAMME**

Dear Members

BSNL regrets to inform you that we are cancelling our Diwali Programme at the Blue Room on 19th November 2023 due poor response so far and in addition to a clash with the ICC Cricket World Cup final match in which India is very likely to be participating. BSNL apologises for any inconvenience and disappointment this may cause you. We have no choice but to adapt to the changing situation. Those who have already paid for their tickets will be given a full refund. We will try to rearrange another programme in due course. Thank you for your understanding and cooperation.

If anyone has paid for their tickets by Bank Transfer then for a refund please get in touch with our trustees Mr Vinod Mehta on 07770730202 or Mr Ashwin Thaker on 07811507546 or Ramnik Joshi on 07729655424.

BSNL Trustees



## November Update

## ELDERS CLUB UPDATE

### ECLUB STRUCTURE

The day-to-day management and planning of the eClub is managed by the following members.

Chair

Shilaben Vyas

Secretary

Bhartiben Pandya

Treasurer

Jagdish Bhai Mehta

Committee Member

Pannaben Bhatt

Committee Member

Virblaben Bhatt

Trustee In Charge

Sameet Pandya

If you have any suggestions or inclusions for eClub, please contact the Sub Committee in the first instance.

Firstly, a warm welcome to our beloved eClub members. It was great to see many of you at Navratri listening to the great feedback on the eClub and how much you enjoy in attending and taking part.

To further enhance the eClub experience, I am reaching out you all to come forward and give your suggestions on what activities and trips you would like to see in the coming year ahead. Please put your suggestions forward in the first instance to Shilaben Vyas, or feel free to email me directly at [sameet.pandya@bsnl.org.uk](mailto:sameet.pandya@bsnl.org.uk)

You will have also noticed that our two long serving and loyal servants to BSNL ( Vinod Bhai Mehta & Gunvant Bhai Dave) have been attending the eClub on my behalf to further support the Committee and support you all on any day to day concerns or issues you may have.

### YOU SAID, WE DID

Further to feedback received, you will have noticed that fellow Trustee, Pramath Bhai Pandya recently had cooling fans fitted to the building ahead of an expected warm summer next year and the parking area made safe.

In addition, Pramath Bhai is seeking to have two benches installed at the entrance of the hall. This will aid in having a place to rest whilst you await to be collected/dropped off.

Finally, the Board of Trustees are aware that various requests have been made for a lift to be installed. Due to the building regulations and the complexities of the building, Pramth Bhai and the buildings committee are exploring avenues on the feasibility of having this facility installed.

## VOLUNTEERS NEEDED

With the ever growing demands of the eClub and the increase in attendance, The eClub are seeking the following volunteers to help on event days.

**Catering Manager** – This role manage the catering and distribution of food on event days. This is a real fulfilling role that will support the eClub - For further details, please contact Shilaben Vyas

## ECLUB ACTIVITY

The eClub continues to entertain our members, celebrating various functions throughout the year. Dancing with joy to welcome Ganpati Bapa on Ganesh Chaturthi. Praying together during a Rudra Abhishek puja for Shravan Mahino. Singing bhajans, Bollywood and traditional songs. Listening to Shraad bhajans by Nituben Shah. Enjoying garba, raas and ramjaniyu for Navratri with live music

There has also been the chance to just relax and catch up with friends whilst playing cards, carom whilst the hall is a buzz with antakshari.

Every session ends with a delicious lunch often kindly sponsored by those who wish to treat the elders either for personal celebrations or just the joy of festivals we are celebrating. We have enjoyed farrar, churma ladoo, undhiyu, dhoodhpak, ragda petis and much more. Anyone can sponsor an item or full lunch for the enjoyment of the group, so please contact us if you would like sponsor.



## Thursday tClub

Our Thursday club is going from strength to strength since opening, each week our numbers are increasing, and we welcome more Bsnl members who are wishing to join.

Venue: BSNL House

Time: Every Thursday 11.30am to 3.30pm

Entrance fee: Members £3 Non-members £5

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

So far, we have had varied activities including karaoke and live singing, cultural shows, and religious events.

If you wish to attend, kindly contact

Anjana Thaker (convener) 07949 830273

Vinod Mehta (Trustee in charge) 07770 730202



## Open Mic.

Our Open Mic Family is a social group who all enjoy music and love singing. We have people with varying abilities, but we will encourage everyone. We all sit together and share some lovely food and drink, whilst supporting each other in our passion for singing Karaoke. We also welcome audiences; you don't have to sing to be part of Open Mic. We meet once a month, mostly on the last Friday of the month, and host around 25 singers. Kishore Vyas is our inhouse compere who with his wit and charm makes it very enjoyable, Jyotiben Joshi is the great organiser with yummy food every time. Our team extend great harmony in music as well as working together as one!

Open Mic aims to be inclusive and would like to serve our members of all ages. We will be holding a session on a Sunday soon so that our senior members are able to attend and participate as well as another for our much younger members. We encourage singing in whatever language one is comfortable in. Our Open Mic event last week had 2 songs in English! We welcome singers of all abilities and we are happy to assist anyone who would need any help to start.

I owe all my team members immense gratitude for their individual abilities, and amazing support. We all value the great support from all our Open Mic family too. Anyone wishing to join us, please contact any one of our team members

Trustee in Charge: Vinod Mehta - +44 7770 730202,

Chair: Bipin Thanki - +44 7774 895814,

Secretary: Jyoti Joshi - +44 7852 119507,

Treasurer: Kishor Vyas - +44 7903 429491,

Committee members: Smita Vyas - +44 7905 454286,

Dhirendra Dave - +44 7841 342209

## USEFUL INFORMATION

### What is diabetes

Diabetes is a lifelong condition that causes a person's blood sugar level to become too high.

About 90 per cent of diabetes sufferers in the UK have Type 2 diabetes, which is largely preventable through healthy living, which includes adding physical activity and a balanced diet into your lifestyle.

9.3% of Brent's residents suffer from diabetes, and it is estimated that 17% of all deaths in Brent can be attributed to diabetes. A study from NHS England revealed that one in three people (33.2%) who have died in hospital in England following a diagnosis of Covid-19 also had diabetes.

Diabetes can be managed and controlled but there is no cure, and sufferers are at increased risk of heart disease and stroke, nerve damage, retinopathy, kidney disease and foot problems .

Its very important therefore, that if you think you have diabetes, you see your doctor, as they will be able to help you to manage it correctly.

The following are the main symptoms of diabetes. If you suffer from these, you should visit your GP:

- passing urine more often than usual, especially at night
- increased thirst
- extreme tiredness
- unexplained weight loss
- genital itching or regular episodes of thrush
- slow healing of cuts and wounds
- Blurred vision.

The best way to prevent diabetes is through healthy living, including a balanced diet and plenty of physical activity.





## श्रद्धांजलि Shradhanjali

### OBITUARIES

In the sad event when a family loses a loved one, BSNL does provide, with the permission of the family, details of the loss of the loved one and further details of the funeral to all the members of BSNL. We use the digital social media of a Broadcast list on 'WhatsApp' messaging where members have provided BSNL with their mobile numbers and also through email on our database where these details have been provided. Please contact BSNL Chair or The Secretary for this service.



*Jai Mahadev*

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. email : secretary@bsnl.org.uk Tel : +44 7770 730202*
4. *Ramnik Joshi — Treasurer. email : treasurer@bsnl.org.uk Tel : +44 7729 655424*
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### EDITORIAL

Any news worthy article / Club Information should be passed on to the relevant committee who can discuss and communicate with the Trustee in charge. It is the Trustee in charge who decides the content and meet any deadline set for print. Please note that the newsletter is for information about the activities, events, etc., No politics or any contentious matter will be entertained.

*The Brahmin Society North London, BSNL House, 128 East Lane, Wembley, Middlesex, HA0 3NL*

*Registered Charity No. 287810*



*In loving memory of*  
***Naresh Mayashanker Pandya***  
*23<sup>rd</sup> October 1941 – 29<sup>th</sup> October 2023*



*Please join us for Prarthana Sabha  
And to celebrate the life of our beloved  
Naresh Pandya*

**Date & Time**

Thursday 2<sup>nd</sup> November 2023

7–9pm – Prarthana & Naresh's favourite melodies

9–9.30pm – Pay your respects to the family

Ghanshyam Hall  
Shree Swaminarayan Temple  
Wood Lane, Stanmore HA7 4LF

<https://us02web.zoom.us/j/86475252337?pwd=NIZlY3hzempLTVpmVkjhVFFoLzlkQT09>

Meeting ID: 864 7525 2337

Passcode: 12345

Contacts

*Nishaben* 0208 952 1966

*Nina* 07714 275681