



Leuva Patidar Samaj of London

STAY AT HOME 

PROTECT THE NHS

 **save lives**

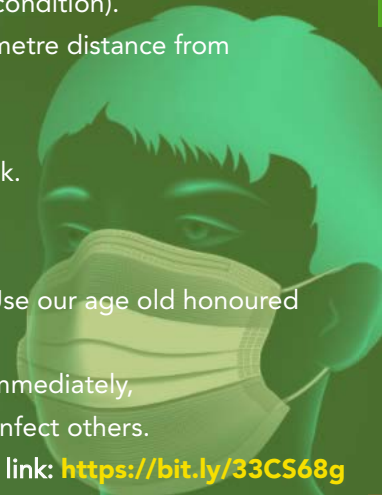
[NHS.UK/coronavirus](https://www.nhs.uk/coronavirus)

A big shout out, too, goes to all the members who volunteered to assist our Samaj members during the height of the lockdown. It is great to know that so many of us have done so much to help both LPSOL members and the wider community. In addition to clapping for the NHS, many members also put themselves forward for the NHS Volunteer scheme.

Congratulations to all our members if a new baby has joined your family. We know how tough it will have been to not see your new additions, but hopefully, things have improved now. Speaking of tough, we also want to acknowledge the many LPSOL families, along with others, who have had to face infection, shielding and, sadly, death, as a result of contracting Covid 19. Many weddings have been postponed and many people are at risk of losing their jobs as the global economic downturn starts to bite. It is up to all of us to now remain more careful than ever, to protect ourselves and our loved ones. It is expected that there will be a second peak, so better to be prepared than to be caught out unaware.

Here are some things that you can do:

- ➔ W1. Wash hands, (everytime you come in from outside, using soap and water for at least 20 seconds) Cover your face (ensure you are wearing a mask whenever you leave home, unless you have an underlying health condition).
- ➔ M2. Make Space (Wherever possible, please keep a 2-metre distance from people), especially when you are inside a public place.
- ➔ Travel away from home as little as possible.
- ➔ If you have to leave your home, please wear a face mask.
- ➔ Always carry a bottle of hand sanitiser with you.
- ➔ Avoid crowded places, especially if they are indoors.
- ➔ To say hello or goodbye, do not hug, or shake hands. Use our age old honoured 'Namaste' greeting instead.
- ➔ If you have any symptoms, please get yourself tested immediately, DO NOT PASS IT OFF AS A SIMPLE COLD, you could infect others.
- ➔ The latest Government guidelines can be found on this link: <https://bit.ly/33CS68g>



Please contact any

member of your Samaj Committee if you require any help or just wish to have a chat during these uncertain times.



A Big, Big thank you to all our essential workers who kept us going through the lockdown.

This included people such as:

Dr Hiteshbhai (Derod),

Kiritbhai pharmacist (Vihan),

Arunaben Bank branch (Pera),

Hasinaben Physio (Vihan),

Ushaben Nurse (Khoj Pardi)

and

Vijaybhai Bus Driver (Kuched).



And remember:

We are here for you and if you require assistance or accessibility needs to help you around your place of home please reach out to us and we can work with you to help where possible. We are conscious of the ever changing ways due to Covid 19 and are more than happy to continue serving you when permitted.

Covid 19 No events this year.

Future event updates will be posted on LPSOL website or next newsletter.



Leuva Patidar Samaj of London



Issue 11 August 2020
Summer/Autumn Edition

LPSOL AGM - VIRTUAL MEETING.

Date: Sunday 25th October 2020 at 17:30 • Virtual Meeting.

Due to the current COVID 19 government guidelines on Social distancing and restrictions on large gatherings, the AGM for 2020 will be a Virtual Meeting. An email with meeting/access details will be sent nearer the time to members.

Please note, this year was meant to be re-election for the committee, but this will be deferred for a year, due to these unprecedented times.

We are always looking for new people to join the committee to bring fresh new ideas and take the Samaj forward. If you would like to join and serve the community please contact: secretary@londonsamaj.com. We welcomed recently retired and grandparent, Ravibhai Manibhai (Tarbhon) to the team this month.

LEUVA PATIDAR SAMAJ (SNV) OF LONDON

The charity's full set of accounts for the year ended 31 Dec 2019 can be found at www.londonsamaj.com, but a summary is included in the table below.

The AGM agenda includes approval of these accounts (see AGM notice)

SUMMARY FOR THE YEAR ENDED 31 DECEMBER 2019

	Dec 2018	Dec 2019
Total Income	£57,845.	£45,349.
Admin costs	£4,423.	£4,018.
Charitable Donations (Mind & Samaritans 2019)	£1,881.	£1,501.
Aarti Donations	£1,521.	£1,655.
Charitable Events costs	£36,418.	£37,862.
Total Expenditure	£44,243.	£45,036.
Net Surplus/loss	£13,602.	£353.
Total Net Assets	£350,737.	£351,090.

Membership update

LPSUK Directory Printing

Work has begun on the long awaited LPSUK directory, which includes your details under London (if you consented) and many others from across the LPS family in the UK.

LPS London has been gathering consent from those members who want to be able to connect with their fellow LPS family around the UK. You may recall that the directory project started last year when members were asked for explicit consent if they wanted to be in the directory.

Just as a reminder for those who consented to be in the directory, a typical listing includes

- ✓ Main member Name and Gaam
- ✓ Spouse Name and Gaam
- ✓ Address
- ✓ Phone numbers (Landline/Mobile)
- ✓ Children's Names and Month and year of birth (not the exact date)
- ✓ Email address(s)



You do not need to take action if you are still happy with the consent you have already supplied. However, should you decide that there is something you previously consented to publish, but now do not want to include, or if you think you have missed details you would like to publish, please **EMAIL BOTH: vicese secretary@londonsamaj.com and membership@londonsamaj.com** with your last minute corrections, by 31st Aug 2020. Do not make the change on mojo as that will not reach the LPSUK directory team.

LPSUK have provided their GDPR Policies with regards to the Directory.

View their website for more details: <https://lpsamaj.co.uk/>

If you have any questions regarding the above please do not hesitate to contact us.



President's Special Members' Award



**Leuva Patidar
Samaj of London**



The first three years of the President's award has only ever been won by ladies. Mainly because of their caring attitude towards their elders.

This year, at long last, we have a gentleman getting an honourable mention. But there again there is also a lady winner, as I am reliably informed by the ladies on the committee, that blokes cannot do anything for themselves!



Jineshbhai and his sister, Meenaben cared for their grandmother (Maniben), until she passed away aged 100, their father (Naginbhai) who passed away after a long battle with jaundice related liver disease and are the carers for their mother, Shardaben, who is registered blind.

Caring for Manima became harder in the last three years of her life of a fall at home, and a second hip operation and long stay in hospital, before returning home where she remained and bed bound. They wanted her home rather than in a care home, which meant doing everything for her.

Despite the London pressure to conform and work, work and work all the time and leave the family unit, this year's gentleman award winner has something in common with our previous winners – and that's why he along with his sister are the joint winners – Jineshbhai Naginbhai (Chikhli Dungar) made the humbling choice of shunning a career, to become a family carer. Jineshbhai's sister, Meenaben Naginbhai has dedicated her evenings and weekends to family care and relief for her brother, as well as holding down a full-time job.

The LPSoL family applaud both Jineshbhai and Meenaben for their endless love and dedication to their family.



Leuva Patidar Samaj of London



Dinner & Dance 7th March 2020

Our "Carnival" themed dinner and dance this year was held at Riverside Banqueting Suite with again lots of food, drink and fun. Over 200 people attended the event. With special appearance from our Exotic Birds Parrots, which was a fantastic surprise to all, many photos were taken with these special birds. With the theme of Carnival, we also added some cultural music with a steel drum band and also a special music band from one of our own samaj members Sunilbhai Mohanlal Patel (Tarsadi).

We also had great ways of raising money for charity from Mehndi to having your own customised GlassBlock ornament. We would also like to thank our sponsors, who supports us year after year: Special thanks to Barclays Bank and Santander. We also celebrated the evening by recognising one of our long-term fund raisers, Nainaben Anilbhai (Kantali). Overall we raised in total £1,252 for Tiny Smiling Faces.



"The Dinner and Dance was a night to remember, and I'll be sure to attend year after year. It's a fantastic occasion to meet new people and to reunite with old friends and family. It's great to see so many people turn up, and a great big thank you to all the members who took their time out to coordinate such a successful night. The turnout is a testament to all the hard work the committee members put into these events every year to guarantee a successful night, and not to forget all the charity schemes and donations that run alongside these special nights.Ankur"

HasinaPhysio
and LPSoL are excited to announce:



Leuva Patidar
Samaj of London



FREE !

30 mins Zoom

EXERCISE & WELLBEING CLASSES

Thursday 20th August 2020

NHS Physiotherapist Hasina Patel will take you through the best exercises for the next stage of lockdown and will share her top wellbeing tips as we continue to socially distance.

15:30

OVER 60'S Pilates

Strength & Balance exercises
Breathing tips
& extra 10 mins - Socialising

16:30

FAMILY FUN!

Fun exercises..with some healthy in house competition!
Kids wellbeing tips

19:00

Core-antine WORKOUT

HIIT & Pilates for fitness & strength
Tips for wellbeing and desk working

Supported by Barclays

BOOK YOUR PLACE: Info@hasinaphysio.co.uk

Book at <https://forms.gle/XkmPtrSv75n1Sr928>





FREE
directory*

Want to be in the last ever printed UK directory?

Are you a resident of any of these places:
Bolton, Yorkshire, London, Luton, Preston, Loughborough,
B'ham (inc West Brom and Dudley), Darlaston, Warwickshire
(inc Coventry, Rugby and Nuneaton)?

NO

YES

To be included in the
directory, please give your
consent by visiting
www.lpsamaj.co.uk/consent
or scan the QR code.



Without your consent, we
cannot include you in the
directory or give you a
FREE copy.

You don't need to do
anything. Your local LPS
body will share the details
of the explicit consent you
have already given them,
to be in LPSUK directory.
They will be in touch when
your FREE copy is ready.

*You must be 18+ LPS
(SNV), by bloodline
or marriage, living
in the UK.
One free copy per entry
in the directory.



મુક્ત ડાયરી*

લેઉવા પાટીદાર સમાજની છેલ્લી મુક્ત ડાયરી કેવી રીતે મેળવવી?

શું તમો આ ટાઉનમાં રહેતા છો જેવા કે લંડન, યોરુકશાયર, લૂટન, પુરેસ્ટન,
લફબુરો, બરમીંગહામ (વેસ્ટ બરોમીય, ડડલી), ડાલેસ્ટન અને
વોસ્વકિશરિ (જેવાકે કોવેન્ટ્રી, રગ્બી અને નૈનીટન)?

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For further information
including GDPR
and FAQs please visit

www.lpsamaj.co.uk

ડાયરીમાં શામેલ થવા માટે, કૃપા કરીને
તમારી સંમતિ આપો.
www.lpsamaj.co.uk/consent

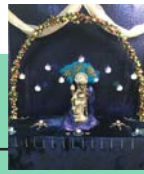


જો તમારી સંમતિ પુરાપૂર્ણ થઈ નહીં, તો
તમારી માહિતીને LPSUK ડાયરીમાં
છાપાવામાં આવશે નહીં અને તમને
મુક્ત ડાયરી મળશે નહીં.

તમારે કશું કરવાની જરૂરીયાત નથી. તમારા
સ્થાનિક સમાજે તમારી વગિત
પરવાનગીથી આપી છે. જ્યારે તમારી
મુક્ત ડાયરી તૈયાર થઈ જાય ત્યારે તમારા
સ્થાનિક સમાજે તમને જાણ કરશે.

Diwali Show

2019

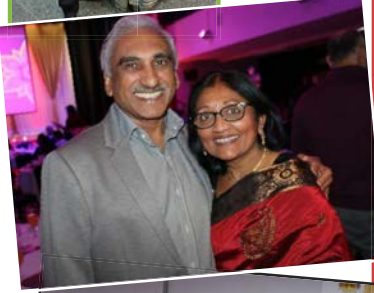


Leuva Patidar Samaj of London

As always Diwali has been one of the most enjoyable family events amongst the LPSOL members and friends. We have received some wonderful and heart warming comments from the guests who attended the show.

Thanks to all of you for making it another sold out and successful event. We would also like to inform our members to come forward with acts and performances, whether it be dances, playing an instruments, Natak (a play) etc.

Performances from our own members, friends and family can add that personal touch to the event, so please come forward and support our people, our community, and our events and continue to be proud of who we are!



Welcome to our new 'Spotlight' section

In each newsletter we will be featuring an LPSOL member.

Our spotlight heroes is Dr Hitesh Patel and Vijaybhai Rameshbhai Patel.

Dr Hitesh Patel technically, as consultant surgeon, is no longer a 'Dr' but a 'Mr'! Hiteshbhai and his wife, Bhumikaben, have been active members of the Samaj for many years.

Hiteshbhai, of course, has been risking himself daily, through the lockdown, helping to keep vital medical services open for patients.

Firstly, a big thank you, Hiteshbhai for the amazing service you have provided.

Here are a few words from Hiteshbhai in the light of Covid19:

Dear fellow LPSOL members

My name is Hitesh, and I am a substantive NHS consultant surgeon working for Barts Health NHS Trust in East London. I have a busy NHS practice covering all aspects of general and colorectal surgery and I routinely perform laparoscopic (key-hole) surgery for colorectal cancer, gallstones, and hernias.

Due to the current COVID-19 pandemic all surgery in the NHS has been postponed, apart from emergency/urgent cases. During this period my working pattern has changed to 12-hour shifts. Thankfully, I have been able to continue surgery for my cancer patients in a private hospital located in central London. The NHS is very grateful to the Independent sector for providing this extra capacity during these unfortunate times.

I am sure that you all support our wonderful NHS and I urge you all to please follow the UK government guidelines regarding essential travel and social distancing. This is helping to reduce transmission of the virus, which in turn helps the already stretched NHS.

If you have an urgent medical condition, such as problems with diabetes control, worsening pain in your abdomen or if you experience any of the symptoms in the examples below, call the emergency services immediately.

Let them assess your symptoms.

Some examples are:

Abdominal (tummy) Pain symptoms

- Particularly if your tummy pain persists for more than a few hours and the severity suddenly or gradually increases.
- If your pain is associated with tenderness to touch.
- If your abdomen becomes distended (swollen).
- If your pain is associated with a fever/high temperature.
- If you have associated symptoms including burning/stinging sensation when passing urine, your body shaking uncontrollably, heavy rectal bleeding (from back passage), persistent vomiting or uncontrollable diarrhoea.

Heart attack symptoms

- If you have worsening chest pains.
- If you experience palpitations (heartbeats that become increasingly noticeable).
- If you are becoming short of breath.
- If you experience fainting.

Stroke symptoms

- If you notice facial drooping.
- If you have arm weakness.
- If you experience speech difficulties.

**Remember:
Even during the
pandemic, do not
delay.**

**Every minute counts.
Hospitals will do their
utmost to treat you in
a segregated,
safe environment.**



Ways to Improve your mental and physical wellbeing:

This is an anxious time for everyone. Here are some tips to help you cope with the uncertainties surrounding a pandemic, of which there is no harm in incorporating into your daily lives.

Eat well, regularly and healthily. You need to keep your bodily strength up, but good food also gives you vital vitamins and minerals which help combat anxiety. Whole grains, fruit and vegetables (all the colours) will work on your anxiety levels and help to reduce them. I know cakes, biscuits and chocolate are delicious, but the extra sugar hit really isn't good for anxiety. A little now and then is a good thing, but in fact eating sweets can make you feel psychologically worse. The same goes for alcohol; keep it to a minimum.

Drink plenty of water. It's important to stay adequately hydrated with at least 8 glasses of water per day. This may seem like a lot and you may have heard it many times before, but I cannot stress this enough. Have a designated bottle or glass and count the number of glasses you have through the day. A nice cup of tea or coffee in a quiet place is also surprisingly helpful for calming and soothing anxious thoughts.

Exercise. Although we all have to keep a safe distance from each other now, this doesn't mean that you can't go out. In fact, going out in the daylight (even if it's cloudy) will be beneficial for your mental health. If you have a garden, walking around the garden, performing gentle (or not so gentle, depending on your ability) aerobic exercises, skipping with a rope, stepping up and down on a low step to music, all these are examples of exercise you can perform which will help alleviate anxiety. If you haven't got a garden, think of a route you can take from your home where you will not have to be in close proximity to others and go for a walk.

Yoga and meditation. Yoga can help with relaxation and ease stress, as well as help improve your flexibility and balance. If you are interested then my wife Bhumika, who is a Yoga teacher, is offering free online yoga lessons - please contact her on 07809208714 for more details on how to join.

Use virtual methods of socialising. If you are able to Facetime/Skype friends and family do this, even once a day, to the same or a different person each day, to take your mind off your anxiety. Or ring them. It will give you a plan - something to look forward to - and will keep you in touch with your world. Thinking of others, listening to what's happening to them and offering support works surprising well in helping to reduce your own anxiety.

Stay busy with chores. Make a list of things you can do. i.e. Clear out that cupboard, rearrange the room, declutter the wardrobe, weed the garden, etc. You do not have to do everything on the list, and not all at once, but it gives you further plans for you to tackle when you are feeling anxious. The feel-good factor when you have achieved something on your list is priceless. The completion of things we find laboursome during our 'normal' lives actually gives us a little positive mood boost, so why stop now!

Recreational activity. Listen to music, read a book, tackle crosswords, knit, sew, paint, draw, etc. Any of the things which you enjoy doing but often haven't the time to do. Anything which will either provide an escape from anxious thoughts or will require concentration, will help you. What better time than now to acquire a new hobby. This will keep your mind busy and you can come out of this stressful period with a new skill.

Please stay well and safe.

Thank you, Hiteshbhai, for this invaluable advice and for the amazing service you are giving.



Vijaybhai Rameshbhai (Kuched)

I have been working as a bus driver since August 2009, and whilst covid 19 had started I have continued serving the public in the safest way possible. It's been daunting some nights and challenging whilst wondering will I return to my family safely.

My continued advice would be to follow the government guidelines, keep social distancing and only travel by bus if required. Be alert and be safe. Your safety and that of others is important. But my safety and my colleagues is as just important so we can continue to provide a service to the public. Thank you.



Leuva Patidar Samaj of London



The LPSoL Benevolent Fund

As we announced at the last Amazing Diwali celebration, your management committee is delighted to have established a benevolent fund.

We are aware that there are, and likely will be more, LPSOL members who fall upon hard times, manage on the national minimum wage and often maybe find it hard to manage some of the things most of us take for granted. For those members in need, we can provide a discount on annual membership fees and we will look for sponsorship to enable them to join in with some of our annual functions such as Navratri, Diwali, and the annual dinner and dance.

Please note, this is not charity, IT IS FAMILY HELPING FAMILY.

As members of LPSOL we are all part of the LPSOL family.

Having said that, we know how difficult it can be for members to come forward to say they are experiencing difficulties. Please be assured that, if you do contact us, it will be totally private and confidential. Only select Management Committee members will know and that, to, strictly on a need to know basis. We are bound by the GDPR rules so you know that whatever information you give us is protected under the Data Protection Act 2018.



The nominated Management Committee Members, who will be known as Fund Custodians, are:

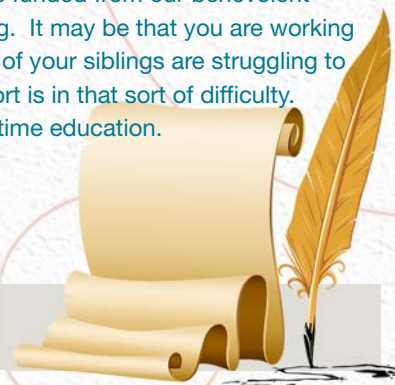
- Jitenbhai, 07875 310824, Anandbhai 07903 502155 and Rajubhai, 07867 832163

If you contact one of us, your names will not be mentioned outside of these these committee members and the treasurers' team, without your consent. As mentioned, we will listen to you and your need, and do our best to help you out with LPSOL membership and event costs. Where possible we will also look at supporting other needs. For example, if you have a bereavement and may need support with funeral costs. We must emphasise that this is totally confidential.

To launch the fund, we are delighted to announce a competition which will be funded from our benevolent fund. If you, or someone you know, are in need of a laptop and are struggling. It may be that you are working from home and have only one laptop, which means that your children or one of your siblings are struggling to study from home. Maybe one of your neighbours or a local charity you support is in that sort of difficulty. This competition is open to all students from age 8, providing they are in full time education. Here's what you need to do:

Write an essay of no more than 500 words on why you think you
(or the person who needs the laptop) on the title of:

“Why the Need”



The winning essay will be published but your name will not be announced (to preserve privacy) and the winner will receive a prize of a laptop we will choose with the winner. We are delighted to announce that we have received match funding from Barclays Bank plc for this wonderful initiative. Thank you, Barclays, for your support of LPSOL.

Closing date for entries: 30th September 2020.

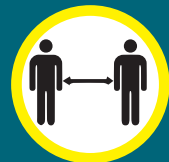
The essays will be judged by the members of the Fund Custodians.
Judges' decisions will be final.

The winning essay will be published on the LPSOL website (anonymously). In addition to donating the laptop to the person of the winner's choice (based on need). The writer of the winning essay will also win a £25 book token to assist them with their studies.





Leuva Patidar
Samaj of London



The Samaj Kids Christmas party 2019 was held at Oxygen Free Jumping Park in Park Royal. We had about 30 kids and adults taking part in lots of fun jumping and trampolining across the different areas the park (indoor) had to offer.

Food and drinks followed which was enjoyed by all and all the kids left with Book vouchers that they could use on a book of their choice. Overall a great day for everyone.

We plan to do another kids event but very likely this will now happen next year. If you have any ideas for future kids' events then please get in contact with any of the committee.

KIDS CHRISTMAS

EVENT





**Leuva Patidar
Samaj of London**



**Spotlight
on LPSoL businesses**

THE NEW SWEET REVELATION

ARTISAN BARFI

After the great success of Raksha Bandhan we found this a perfect time to introduce Barfi Bites to you. Put simply, our product is chocolate with traditional barfi inside.

The company was set up in September 2019 by one of our samaj members (Minesh Patel - Ruva) and has been a successful concept since inception. It is now a family run business with quality and service at the forefront of its operation.



CREATIVITY WITH FOOD

This is not just your standard barfi.. This is bitesized pieces of art, using the finest ingredients including imported Belgian chocolate to create our delicious Barfi Bites. Visit our website www.barfi-bites.co.uk to see what else we do. P.S The Jalebi in a white Belgian Chocolate Dome is the current favourite.

The Private Island Podcast

Whilst the world came to a standstill and my Weddings and events were cancelled, I decided to work on a small project; The Private Island Podcast. On my podcast, I will be speaking to Private Island Owners on discovering their journey, how they bought the island, what it takes to maintain an island and finally how a normal person like you and me can buy one!

Hope you enjoy it and would love any feedback! Follow on Instagram :@privateislandpodcast

Or check out my website <https://privateislandpodcast.com/>

Alisha Patel www.zealandayuda.com wedding planner



Leuva Patidar Samaj of London

Sep 2019 Fun Day - Nearly 200 people attended, including our oldest yoga participant – Ramiben Dahyabhai (New Malden who is more flexible than her pensioner son and grandson!). It was great to see the increasing number of younger samaj members attending. The weather was fantastic. The personal highlight for me was the free ice cream courtesy of a few committee members. The day consisted of activities including Zumba, yoga, cricket, football, rounders and an obstacle course. Thanks to the Barclays team who looked after the face painting and other children activities. This event is growing every year and it's been encouraging to see more and more younger families attending.

Look forward to seeing you all the next time we are allowed to hold such an event!
Feedback from guests who attended:

"Well done to the Committee. A lot work goes into these events and it has been great".



"I love the community spirit of your Charity. Love the food and always made to feel so welcomed"



"I have had the best time. I have come for the first time and my daughter loved it. Coming back next year!"



"There is something for everyone. Football, Games, Zumba, Yoga, Relaxation, propping up the bar, yummy food, arts, Bouncy castles and face painting. You covered it all!"



"The icecream was the best. Coming back next year just for that!"



"The arts & crafts section that Barclays organises is so amazing. We go away with something different each year. Thank you Barclays"



" My children enjoyed the day so much. We did too. So lucky with the weather and it has been a very fun day getting everyone involved".



LPSUK 2020 directory

Want your business to be seen by 2,500 homes over the next 10 years?

The forthcoming LPSUK directory is expected to have a long lifespan as it will be the last printed one. Once distributed, your A5 colour ad will be found in approx. 2,500 LPS persons homes across the UK. The sturdy directory, expected to last over 10 years will be given for FREE to each and every listed LPS household.

What do I need to do?

All you need to do is provide the A5 colour artwork in a printer-friendly format and an indication of where you would like the ad (e.g. in a particular region's listing, in the general pages near the front etc).

Price list

Prime

Regional Page¹: £500*

(at the start of a region's section)

Standard

Regional page²: £350*

(anywhere else)

Inside front, inside back & outside back: Offers of £1,000+* will be considered

- "In memory of" or other non-business messages can be sponsored for £151

- B&W footers across regions or across the whole directory area also available on application

¹ *Prime Regional Page: The page that precedes the page listing the committee members/trustees for the region. The advert will be on the left hand page, the local Samaj details will be on the right.*

² *Standard Regional Page: These will be different to the 2010 diary, where all adverts were featured together in the front. This time around advertisers have the option to choose in which area they would like to advertise.*

** The prices above are all-inclusive ie there are no add-ons and there is no VAT.*

Contact us:

To discuss this unique exciting opportunity, please

Email: uksecretary@lpsamaj.co.uk

Call: Shayleshbhai Ishwerbhai (Sevni-London) on 07880 788 865



Leuva Patidar Samaj of London

Births



Sanaiya Esha Patel
27th January 2020
to the proud parents
of Sachin and
Tejal Patel
and to big brother
Shail
(Pinsad)



Bhavin & Gulshan Patel
(Sampura) are please to
announce the birth of
their first child
Riyan Bhavinkumar
Patel born
21st February 2020

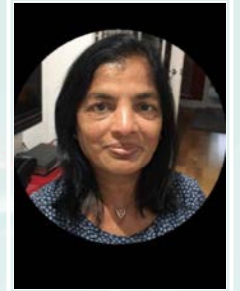


Kaiden Patel
Born:
12th March 2020
To proud parents
Jayesh, Protima and
big brother
Rian Patel
(Nogama Pardi)



Jiten & Monica
Magan
(Kharvasa)
Sutton are Blessed to
introduce baby
Myla Jiten Magan

Born 23rd May 2020



Hamlataben
Shankerbhai Patel
(Sampura), London

Bereavements

We have sadly lost the following LPSoL members.



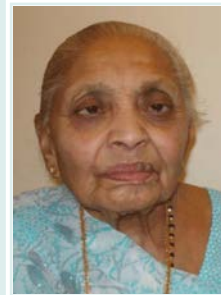
Naginbhai Kalyanibhai Patel
(Chkhli Dugar)
High Wycombe



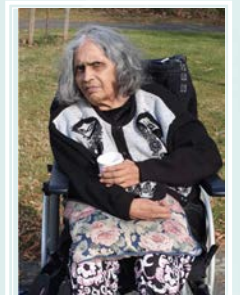
Parvatiben Bhavanbhai Patel
(Ambheti) Ruislip



Gulabben Vallabhbai Patel
(Soyani) Wembley



Kamlabhai (Dhudiben)
Govindbhai Patel
(Bhutsad) Wembley



Gitaben Thakorbbhai Patel
(Kharvasa)



Pramodbhai Naranbhai
Dullabhai Patel
(Kharvasa) London Member
Resided in USA



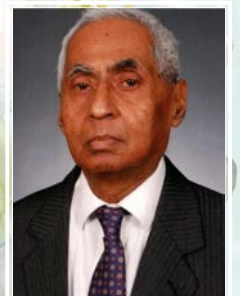
Manhorbhai Maganbhai Patel
(Siyod) Edgware



Hiralal M Patel
(Arak Pardi)



Bhartiben Ramanbhai Patel
(Amabheti), Harrow



Ramanbhai
Ranchodbhai Patel
(Varad) Stanmore



Dahyeben Chottubhai Patel
(Vadhvania) Harrow



Ranchodbhai Dullabhai Patel
(Ninat) London Member
Resided in USA



Savitaben Jivanbhai Patel
(Ninat), London



Pareshbhai Thakorbbhai Patel
(Bhuvasan), London
Harare Zimbabwe



Sheilaben (Dhamben) Gordon
Patel (Kuched), London



**Leuva Patidar
Samaj of London**

May you and all your
family and friends
be blessed by
Lord Hanuman this
Hanuman Jayanti.



**Hanuman
Jayanti**

Hanuman Jayanti is celebrated on Chaitra Poonam. This year, it fell on 7th/8th April 2020

It is said that Hanuman is the 11th Avatar (incarnation) of Mahaa Rudra (otherwise known as Lord Shiva). There are many reasons given in the Vedantic scriptures for the birth of Lord Rama and Hanuman. One such reason is the story of Naarada. Naarada is known as the roaming rishi who has no fixed abode but travels all the worlds and passes on what he sees and hears. Owing to his knack for putting a provocative slant on stories, he is often thought of as the founder of modern-day journalism.

Coming back to the birth of Hanuman, as the story goes, once Naarada was performing a penance in a cave in the Himalayas. Indra became fearful that, upon completing his Penance, Naarada might try to usurp Indra's position as the king of the Heavenly Realm. He, therefore, sent Kaamdev (A western equivalent of Kaamdev would be Cupid or Eros) to disrupt Naarada's penance. All of Kaamdev's efforts were unsuccessful because Naarada was doing penance at the same place where Lord Shiva had meditated. In the end, Indra acknowledged his defeat and praised Naarada for completing his penance and for winning against Kaamdev. In that moment, Naarada became arrogant that he had mastered anger, something even Lord Shiva had not done (A story for another time). He went to Kailash mountain and narrated his 'win' to Lord Shiva, of how he had conquered anger by not punishing Kaamdev.

Lord Shiva listened to him and was amused at Naarada's arrogance. Being compassionate, Lord Shiva advised Naarada not to reveal this secret to anybody and especially not to Lord Vishnu. But Naarada had become full of Ahankaar (excessive pride and vanity) and justified it by telling himself that Lord Shiva was jealous of him because he had won against Kaamdev, when Lord Shiva had been unable to. He could not help himself, but brag of his 'win' to Lord Brahma, and then to Lord Vishnu, too. As Naarada's Ishadev (chosen and cherished form of divinity), Lord Vishnu, took on the responsibility to save his devotee from the this sense of inflated ego, and manifested a grand illusion:

Naarada was roaming and becoming ever prouder of his 'win', after having informed Lord Vishnu of the great control he had over his senses, he noticed a beautiful city (part of the grand illusion) which had a great deal of activity. On enquiry he learnt that the daughter of King Silnidhi was about to choose a husband for herself (Swayamvar) from the assembly which was being organised for this specific purpose. The king welcomed Naarada and, introducing him to his daughter, sought his blessings.



The king also requested Naarada (who was adept in astrology) to detail the qualities of his daughter's would be bride-groom. Naarada was besotted by her beauty and wanted to marry her. He told the King that her bridegroom would be as handsome as Vishnu. Naarada then departed and went to Vishnu to seek his help in making his (Naarada's) appearance look like 'Hari' (another of Lord Vishnu's names). Vishnu said that He would do for his patient, exactly what a good physician (think of plastic surgeon in today's age) would do for his patient, as Naarada was very dear to him.

Hearing such endearing words, Naarada believed that he would look like Vishnu. He was delighted to find that whatever he could see of his body looked like that of Vishnu. Lord Vishnu made Naarada's whole body very beautiful except his face, which he made like a monkey. In Sanskrit, 'Hari' also means "brown, yellow, tawny", and by extension "monkey, horse, lion". Naarada being unaware of this happily went back to the Swayamvar site. Naarada sat among the kings – unaware his face resembled a monkey. Lord Vishnu too was present there, as a handsome prince. The princess saw Naarada, with the monkey face and was amused that he thought himself a suitable match for her (She was actually Mahaa Maya – part of Lord Vishnu's grand illusion). Ultimately, she put the garland around the neck of Lord Vishnu and went to Vaikuntha Loka along with him.

Naarada was despondent that the princess had not chosen him, when he overheard others laughing and joking behind his back about how he could possibly ever hope to have won the Princess with a face like that! It was only then that Naarada went to see his reflection in the water and saw a monkey face staring back at him. He became furious, rushed straight to Lord Vishnu and cursed him, You too will suffer the pain of separation from the one you love, during your incarnation of Ram, and will need to seek the help of monkey in your time of need.

Lord Vishnu accepted Naarada's curse without any hesitation and then made Naarada aware that he, Vishnu, had created this grand illusion, because Naarada had become full of Ego and this was an obstacle to Naarada's chosen path of spirituality. Naarada realised the error of him being ruled by his own Ego and regretted his actions. Vishnu guided Naarada to pray to Lord Shiva for forgiveness. Lord Shiva, for his part, decided that in fulfilment of Naarada's curse, he would allow a part of himself to be born as Hanuman because Lord Vishnu is Lord Shiva's Ishadev and so, in this way, as Hanuman, he could continue his devotion to Vishnu who incarnated as Ram, the 7th Avatar of Lord Vishnu.

For those of you with younger children here is a You Tube link to an animated movie of Hanuman which is in English. Something you might like to all watch together during Lockdown. <https://www.youtube.com/watch?v=sWWXxNGRHik>