

Shree Mandhata Youth and Community Association East London and Essex

Secretary: Natu Soma Patel

Treasurer: Natverlal N Patel

President: Parshottambhai Patel

V. President Bhanuben H Patel

Auditor: Parbhubhai S Patel

NEWS LETTER: APRIL 2024

CHARITY NO.1015211

<http://www.mandhata.org/>

JAI RAMJI KI !! ॐॐ Jai Shree Krishna Hari ॐ JAI AMBE MA!! ॐॐॐॐॐ

KARAGRE VASTE LAXMI, KAR MOOLE SARASWATI,

KAR MADHYE TU GOVINDA, PRABHATE KAR DARSHANAM

PLEASE KEEP THIS LETTER UNTIL November 2024 NEWS SUMMARY AND DIARY 2024

Our Annual General Meeting will take place on Sunday 12th May 2024. Summer coach trip 23rd June. Picnic in the park date is 14th July. **Navaratri 2024:** Raas/Garba starts on Friday 4th October to Sunday 6th October and Friday 11th October 2024.

1 Annual General Meeting: Our Annual General Meeting AGM will take place on **Sunday 12th May 2024 at The Froud Community Centre, 1 Toronto Avenue (Romford Road), Manor Park, London E12 5JF** from 4.15 PM.to 7.00 PM. It is open to everyone from our Samaj. The agenda are as follows: (i) Prayers (ii) The Chairman and Secretary's report together with an account produced by the Treasurer. (iii) Questions and dissolve the present committee and elect a new committee for the 2024/25. (v) Refreshments after the AGM.

2. Before we commence the AGM Natverlal our treasurer will present the 2023/24 account to the Management Committee for their approval. There will also be a memorial service for members who recently left this world are no longer with us.

3. **Summer Activities:** (i) We are planning on the sea side trip for Sunday 23rd June 2024. place and price to be finalised at the AGM. (ii) We are also planning to organise a puja/bhajan in the month of Shraavan. Details to be agreed at the AGM. (iii) We are planning to organise a picnic in the park on Sunday 14th July 2024, Cranbrook Road Ilford IG1 4TG from 11AM. This will give us an opportunity to be get together. Please come with family and friends. We would be grateful if you would bring your own picnic and share it with other families. There will be some sports activities and games. We look forward to seeing you then. Please contact Bhanuben H or Hasmukhbhai, 07538135272 for more details.

4. Navaratri: Raas, Dandiya and Garba 2024: Will take place from Friday 4th October to Sunday 6th October; as well as Friday 11th October 2024 (Atham). Time from 8.00pm to 11.00 PM at Sandringham School, Sandringham Road, Forest Gate London E7. We hope to celebrate Diwali on Saturday 9th November. Final details will be announced during the Navaratri events.

5. I wish to thank the Management Committee members for their continued help and support.

6. We give big thanks to everyone for their generous donations during the last Navaratri and Diwali.

7. AMSUK diary Mandhata Samaj UK: Please visit AMSUK website.

8. Prayers 3 times a day: Trikal Sandhya: Morning, afternoon and evening: In order to develop our selves, to improve our quality of life and appreciate the human life it would help if we pray three times a day and thank God for everything and do the God's work. If you need a copy of TRIKAL SANDHYA or need any clarification please contact Natu

Thank you for giving me an opportunity to serve our community. On behalf of Management Committee. Jai Shree Krishna. Natu Patel 07504536293

WELLNESS, WELL BEING AND A HEALTHY LIVING: Your body is your temple and God lives within us. We owe it to ourselves to look after this body so that we can continue to do God's work and do good. Healthy eating is essential like fruits, veg and some nuts in our routine diet. It is also very important to visit your GP regularly and carry out MOT on your body and monitor hearts, kidneys etc. LET US ALL BE HAPPY AND HEALTHY.