



# Ipswich Hindu Samaj

Reg charity no. 1118790

Hindu Samaj's News Letter

No. 4

April 2009



## Welcome!

*Welcome to all for this first newsletter of year 2009.*

A year has passed with lots of activities that the Samaj held in 2008. The December issue of the newsletter recaptured all the events that the Samaj had organised in the previous quarter.

With this newsletter, the Samaj welcomes you in the year 2009. The Annual General Meeting was held on the 25<sup>th</sup> February, and the new committee & trustees for the Samaj were elected. You will find the details later in this newsletter.

The Executive Committee and Trustees are very conscious of the role of members from the Hindu Community, we are listening to them, and we would like them to join the Samaj and help us in promoting our objectives of building a Hindu Cultural Centre in Ipswich and to organise, social, cultural and religious activities. Please contact us and let us know, what you would like us to do and in what way you can help us to take the Samaj forward.

We are aware of health issues and requested Suffolk NHS Primary Care Trust to write on health issues for this newsletter. We are also aware of mental health problems, and the stigma attached to it, and we will have an article on this in our next newsletter.

### **Samaj's new address & telephone number**

We now have PO Box No 892, Ipswich, IP1 9NW, as the Ipswich Hindu Samaj new address and the contact no: 0844 3572846. You may also email us at: [info@ipswichhindusamaj.org.uk](mailto:info@ipswichhindusamaj.org.uk). For more information, please log on to: [www.ipswichhindusamaj.org.uk](http://www.ipswichhindusamaj.org.uk).

If you have any comments on the work of the Samaj, please contact us. We would also like to hear from you on the contents of the newsletters.

## **Samaj News**

### **Appointment of Co-ordinator**

From 1<sup>st</sup> February, the Samaj appointed Mrs Abha Bansal the Co-ordinator/Project & Development Officer of the Samaj. This has been made possible by Grassroot Grant received from The Suffolk Foundation. The appointment has been initially for three months, but we hope to extend it by another three months to until end July 2009.

Since Abha has joined the Samaj, she has brought new vigour and freshness in taking forward the work of the Samaj.

### **Annual General Meeting (AGM)**

The AGM for 2009, for our activities / accounts for the year 2008 was held on 25<sup>th</sup> Feb'09. The following are elected to Executive Committee (EC) and to Trusteeship.

EC: Dr Sushil Soni, Chairman; Umesh Patel, Vice-Chairman; Nirmala Patel, Secretary; Debajit Naha, Asst Secretary; Chandarvardan Patel, Treasurer; Harshad Patel, Asst Treasurer; Anil Khosla, Bhaskar Patel, Sachin Karale, Vinaya Kulkarni Vasudeva and Naina Patel, Committee Members; Ashok Nathwani and Sital Patel co-opted.

Trustees: Mrs Shakti Khosla, Mrs Hamlesh Soni, Mrs Sujata Gathani, Sanjay Martin Spettigue and Vinay Vasudeva.

Accounts, Annual Report and Trustees Chairman's Report were presented and approved at the meeting. All papers are on the website

### **IHS Development/Business Plan**

Early in January, we at last received the IHS Development/Business Plan from our consultancy Emica Ltd. A summary of the plan is on the website and any member who would like to read the plan can apply for an electronic copy.

### **Site/Premises for the Cultural Centre**

We have seen a couple of premises for the cultural centre. One was not suitable, and the other was suitable and prices at £450k. We will have to raise the matching amount, to secure a lottery funding, to buy or lease any premises which would be suitable for the Hindu community in Ipswich and Suffolk. We are constantly looking for suitable premises for our activities.

### **Activities Held**

**16th January:** Makar Sankranthi celebrated

**20th February:** Maha Shivratri celebrated

**8th March:** The Samaj participated in Mayors' Community Celebration, held at the New Wolsey Theatre.

**15th March:** Holi was celebrated with great enthusiasm at St. Clements' Hall.

**3rd April:** Ram Navami at Quakers' meeting hall

**Bhajan evenings** continue to be held every 3<sup>rd</sup> Friday of the month.

### **Upcoming events**

**17th April:** Bhajan evening

**28th June:** Charity Walk (more details will be up on the website)

**12th July:** Indian Summer Mela at Christchurch Park

**14th Aug:** Krishna Janmashtami

**23rd Aug- 29th Aug:** Ganesh Chaturthi festival

**19th Sept-28th Sep:** Navratri festival at Gurudwara

### **THE GAME OF DICE (A story from Mahabharata)**

The game of dice is of divine origin. Who introduced the game? It was Lord Shiva and nobody else. He and his consort Parvati, used to play the game. Shiva taught Parvati how to play because it was her wish to become as good as him in as many ways as possible. In playing dice, Siva and Parvati maintained their highest consciousness. They played for the sake of the game. But for ordinary human beings it has always been a dangerous game. One has to lose. One has to win. After playing for a while, people lose their brains and become senseless! People who are addicted to the game do not remain normal and the intoxication of the game can prove to be their ruin.

So it was that many of the events recounted in the Mahabharata, right up to the epic battle of Kurukshetra between the Kauravas and the Pandavas, came about as the result of a fateful game of dice. For even Yudhishtira, the most pious, generous and kind hearted of men, was fond of this game. Knowing this, Duryodhana of the Kauravas tempted him into playing against him. Needless to say, Duryodhana won. Yudhishtira pledged his wealth, then his kingdom, his brothers and himself and finally his dear wife Draupadi. In spite of all this, Yudhishtira played yet another game! He lost again and this time he and the rest of the Pandavas had to go into exile for thirteen long years.

## **Message from NHS Suffolk**

**NHS Suffolk**, the county's primary care trust, is delighted to have been accepted as a member of the Ipswich Hindu Samaj, and as a new member, thought it might be helpful to share some information about us! We're responsible for developing healthcare for the county of Suffolk that helps people stay healthy, and which makes sure that high-quality accessible healthcare is provided where and when people need it.

**Hearing your views** - To do this, we're working closely with individuals and groups in Suffolk to listen to their views and ideas and to develop health services with them for the future. For instance, we've just launched a consultation that invites everyone in Suffolk to have their say about GP and dentist services available outside normal surgery times – or 'out of hours'. The out of hours consultation will run for 13 weeks until 22 May 2009 and will give people across Suffolk the chance to give their views of the current service and what improvements they think could be made. Copies of the consultation and questionnaire, including details of meetings being held across the county are now on our website at [www.suffolk.nhs.uk](http://www.suffolk.nhs.uk). These documents are available in different languages on request, and we are keen to come along to any meetings members may hold, to listen to people's views.

**Healthy ambitions** - Over the next five years we want to focus specifically on 12 key areas to improve the well-being of people in Suffolk. This is an ambitious healthy-living initiative, which was launched in November 2008, involving more than 20 key partner organisations in Suffolk, including local councils and businesses, Ipswich and Suffolk Council for Racial Equality, and voluntary groups. It aims to improve the overall health of people in the county over the next 20 years – and make Suffolk the healthiest county in the UK by 2028. It includes support and advice for schools, businesses and older people on how to make the rest of their lives healthier. To find out more, take a look at the *Healthy Ambitions Suffolk* website at [www.healthymbitionsuffolk.nhs.uk](http://www.healthymbitionsuffolk.nhs.uk).

### **Tell us your news!**

As part of our commitment to equality and diversity we are particularly keen to work with individuals and organisations representing different cultures and beliefs. We are therefore very excited to have been accepted as a member of the Ipswich Hindu Samaj and look forward to working with members in the future. We'd also like to publish information about the Samaj and its activities in the Religion and Belief section of our website if you would like to forward any information to us. If you have any questions, please get in touch.

Jennie Fisher, Community engagement manager, NHS Suffolk

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