

# Vanik Voice



**LIVE AND HELP TO LIVE**

Issue 30 ~ May 2009

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## Disclaimer

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## God 'will not give happy ending'

God will not intervene to prevent humanity from wreaking disastrous damage to the environment, the Archbishop of Canterbury has warned.

In a lecture, Dr Rowan Williams urged a "radical change of heart" to prevent runaway climate change.

At York Minster he said humanity should turn away from the selfishness and greed that leads it to ignore its interdependence with the natural world.

And God would not guarantee a "happy ending", he warned.

Dr Williams has often spoken out about environmental issues.

'Ultimate tragedy'

Speaking on Wednesday he said just as God gave humans free will to do "immeasurable damage" to themselves as individuals it seemed "clear" they had the same "terrible freedom" as a human race.

"I think that to suggest that God might intervene to protect us from the corporate folly of our practices is as unchristian and unbiblical as to suggest that he protects us from the results of our individual folly or sin," he said.

"God's faithfulness stands, assuring us that even in the most appalling disaster love will not let us go - but it will not be a safety net that guarantees a happy ending in this world."

Without a change of heart, Dr Williams warned, the world faced a number of "doomsday scenarios" including the "ultimate tragedy" of humanity gradually "choked, drowned, or starved by its own stupidity."

The poorest and most vulnerable and our children and grandchildren would pay the heaviest price for climate change, he added.

Source - <http://news.bbc.co.uk/1/hi/7964880.stm?lsm>

## Undercover Investigation Reveals Horrors in India's Dairy Industry

PETA India's recent undercover investigation of several dairy farms revealed shocking cruelty to cows and buffaloes. Tabelas – animal factories with no provisions for health care or animal welfare – are steadily replacing small family farms.

Buffaloes in Delhi's main dairy facility stand knee-deep in foul-smelling excrement, suffering from skin infections, foot disease and other illnesses. Garbage is piled up everywhere. Drainage, electricity and designated waste disposal sites are lacking.

In Mumbai, calves are tightly tethered on short ropes in order to prevent them from reaching their mothers, but in their struggle to get free, they often become entangled in the ropes and strangle themselves. One dairy owner reported that half the calves die shortly after birth

### An Endless Cycle of Abuse

Cows are beaten into submission and artificially inseminated so that they will keep producing milk. Although this practice should be performed by trained professionals, most cows are repeatedly inseminated by "barefoot healers" who ignore the most basic hygienic standards and use equipment that has not been sterilised, exposing cows to infections and diseases.

Most of a cow's day is spent confined to a narrow, filthy stall. Cows are injected with Oxytocin, an illegal drug that causes them to produce unnaturally large quantities of milk and suffer severe stomach cramps as though they were in labour. Cows are impregnated repeatedly. They grieve for every calf they deliver who is ripped away a few days after birth. Cows often develop mastitis – an infection of the udders – from rough handling and rumen acidosis from unwholesome food.

Other abuses [documented](#) by PETA's investigator include:

Calves were tethered with short chains, often without any shelter.

Workers kicked buffaloes to make them stand. Injured animals were hit with sticks and pulled by their tails.

Bleeding buffaloes were denied veterinary care.

Animals were covered in their own faeces.

Animals lived among heaps of garbage.

Drinking water was filthy.

### What You Can Do

Stop consuming dairy products – and encouraging your friends and family members to do so as well – you will be sending a powerful message that the cruel treatment of animals is unacceptable.

Provided by Subahu Shah

**Groups affiliated to the  
NCVA**

Aden Vanik Association  
UK

Digamber Jain Visa

Mevada Association UK

Jain Association of UK

Jain Samaj Europe

Jain Samaj Manchester

Jain Sangh Birmingham

Jain Sangh of Europe

Mahavir Foundation

Navnat Vanik Association  
UK

Navnat Youth Association

Oshwal Association of UK

Shree Jain Sangh East  
London & Essex

Shree Navyug Jain Pragati  
Mandal,

Shree Sidhpuria Vanik  
Samaj

Shrimali Soni Mandal  
London

Vanik Association UK

Vanik Samaj Leicester

Vanik Samaj Coventry

Vanik Samaj of UK  
Brighton

Vanik Samaj  
Southampton

Veerayatan UK

Young Jains

**Groups Established by  
NCVA**

Vanik Professional Group  
Vanik Business Group

Poem translated by Renu Malde

People have all the happiness here, but there is no time for laughter.  
Life is just so hectic that there's no time to live life.

We have a need for our mother's lullaby yet there's no time for the mother.  
It's as if all our relations are dead but there is simply no time to bury them.

Everyone's names are stored in our mobiles, but there is no time for friendship.  
How can we talk about others when there is no time for one's self?

There is deep sleep in the eyes but no time to sleep.  
There is grief in the heart but no time to weep.

We've run after money so fast that there is no time to feel tired.  
We never think of realising our own dreams,  
So how can we appreciate what others do for us?

You tell me what will happen to this life.  
When people who are dying in every moment do not have time to live their lives.

Find the original poem which was written in Gujarati here - <http://is.gd/kmZr>

The Red Colour in Lip Sticks and some Food Products

We went to Tenerife and whilst we were there our guide pointed out to us a species of cacti which are used for the cultivation of the **cochineal beetle**, the tiny insect from which the cochineal or carmine colouring is obtained. It is widely used in products like cosmetics, sweets and certain drinks. The insect lives an immobile life, its long proboscis embodied in the cactus sucking its juices. Their very dark red blood is used in the making of lip sticks and other food colouring.

Our guide also demonstrated this by crushing one of the beetles between his fingers, and dark red blood oozed out and covered part of the green cactus. ***If this is the only way such cosmetics and food colouring are obtained, then I would think that these products are not suitable for use by those of us who are purely vegetarian and specially, the non-violent Jains and Hindus.*** We cannot, albeit, indirectly get involved in the taking of any life form, be it that of a tiny cochineal beetle.

I hope this article would enlighten others as the experience did me!

**Dinesh Sheth**

Gay- and Lesbian-Rights Groups Report Pay Cuts

The Washington Blade, a newspaper in the nation's capital that writes about gay issues, recently reported that the leaders of several charities that advocate for gay, lesbian, and transgender rights are taking pay cuts because of the recession.

As part of [an article that examined pay at 30 nonprofit groups](#), the newspaper said that at least seven "executive directors had or would soon take a reduction in salary in 2009 due to problems associated with the nation's economic downturn."

For example, the newspaper reported that Joe Solmonese, president of the Human Rights Campaign, a gay advocacy group in Washington, reduced his salary by 10 percent, decreasing his total compensation from \$338,400 to \$302,200.

The president of the Gay & Lesbian Alliance Against Defamation, with offices in Los Angeles and New York, also agreed to a pay cut, reducing his salary by \$20,000. The official, Neil G. Giuliano, also told the newspaper he had declined health-insurance benefits from the organization.

What other nonprofit leaders have agreed to pay cuts because of the bad economy? Are such cost-cutting measures beneficial to an organization? Click on the comment button below to share your views.

Author - [Ian Wilhelm](#)

Source - <http://is.gd/qi2c>

## **The Vanik Directory**

Dear Vanik families

This is a special announcement from the National Council of Vanik Associations(UK)

Have you missed getting your family details in the Vanik Directory printed in July 2008?

Now the Opportunity knocks on your door!

Get your family entry in by 20 May 2009 for printing in the additional Directory to be published in July 2009 .

\* Add your family on-line at [www.vaniks.co.uk](http://www.vaniks.co.uk) . This is the most effective and preferred method

\* We request those families, who did not get included in the printed directory due to error, to contact Jaymanbhai Mehta on 020 8907 2428

\*Those who have added their families since printing of the 2008 directory, will be included in this additional printed version

\* All new families will get the 2008 printed directory free (current selling price £3.00) during our 30th anniversary celebration on 11th July 2009 at Harrow Leisure centre

**Do not miss this opportunity, act before 20th May  
2009**

Best wishes  
Manhar Mehta  
Chairman  
The National Council of Vanik Associations(UK)

## Those were the days

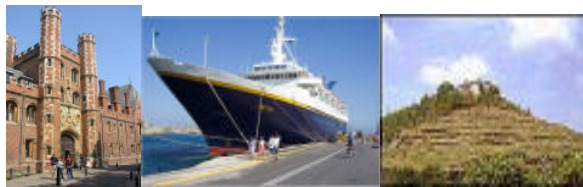
"I would like to encash some travellers' cheques, please." Sameer said to the girl at the Foreign Exchange counter of the Bank of India in Poona. The girl at the desk was deeply engrossed in her work with her head down oblivious to the world around her and was tapping away at the keys on her calculator. "What is today's rate against pound sterling?" Sameer enquired as the girl looked up. "Sameer? She let out with astonishment and disbelief and almost jumped up from her chair. "It is you".

It was some thirty years ago that Sameer had completed his education at Poona University and was boarding the ship, SS Karanja, at Bombay to return to Dar-es-Salaam. The ship was about to depart and Ratti was crying her eyes out and waving her arms as Sameer looked down from the passengers' deck to where Ratti was standing among other people who had come to say their farewells to the friends and relatives who were going on their long voyage from India to East Africa. As the ship was moving away, Sameer saw that Ratti was pointing to the five fingers of her hand and crying so uncontrollably that a couple of kindly looking elderly people were trying to comfort her. He knew what she was trying to say. A few hours ago before he boarded the ship, she had extracted a promise from him that he would write five letters to her every month. Her feelings were vividly expressed in her first letter to him in which she had written'... after your ship left the pier, I do not know what came over me. I went on crying and crying. I think I must have become hysteric, or God knows what. In my whole life I have never felt so miserable as I did when your ship went off taking you away from me forever, forever, forever...' That was a long time ago. More than thirty years had elapsed and Sameer had now moved to England where he had settled down with his family in London.

"Come let's go to the canteen and talk over a cup of coffee" she led him to the staff restaurant where they sat for hours reminiscing about the good old days when they were both studying at the same college. How they would bunk lectures and spend hours together either watching a film in the matinee show, holding hands, or just simply relaxing on the grass near the temple on Parvati Hills. She was a local girl born and brought up in Poona and knew the city like the back of her hand, while he had come from a small town in Africa. Those were the days when she would take him to different places and acquaint him with their history. They would cycle to the Bund Gardens, Shambhaji Park, Deccan Gymkhana, Kirkee and all the way to the far away Sinh Gadh. With her cousins and friends, they would play Antakshari and sing songs and he being a poet at heart would win them over with his emotion evoking songs. How he would cheat at the game of cards and when caught would be forgiven when he would sing the song from "Awaara" – "I am a thief but all I steal is hearts". Then he had written a poem about her that was published in the college magazine and the girls in the ladies hostel claimed that they were the subject of his poem!

Suddenly she looked at her watch. It was getting late. She had to finish work and go home to cook for her husband and daughter! He took a rickshaw to the hotel where his wife and son were waiting for him to take them on a sight seeing tour of the city where he went to college. As the rickshaw made its way in the mad rush hour traffic, he looked inside the brief case he was clutching in his hand. The travellers' cheques were still there. He had forgotten to convert them into Indian rupees!

Author - Dinesh Sheth



## Habits

Forming new habits isn't hard, nor does it require a lot of willpower. The problem is with our approach to habit-formation. There are two simple ways to habit-formation that makes it easy to accomplish: 1) Half Habits 2) Timeless Habits

**Half Habits:** Rather than aim to form a new habit fully, aim to make progress in the direction of the new habit. You will gradually re-adjust, and the approach is much more natural than expecting to form a new habit with a single leap

**Timeless Habits:** There are many, many habits we can develop that require absolutely no time commitment. Replacing coffee with green tea, or soft drinks with water doesn't take any extra time to do but can bring about great benefits into our lives

### Practice

**Half Habits:** For all the habits you intend on adopting, instead of focusing on the destination (forming the new habit fully), think of the next step you can take in the direction of these habits and make a slight adjustment to adopting these habits

**Timeless Habits:** Come up with ways you can make simple changes to what you eat, how you behave, etc. that can bring about positive results in your life, without needing to free up any time on your schedule to form these new habits

To read more from Haider Al-Mosawi,

Source - <http://is.gd/hPsG>

## Harrow Waste Time Capsule

Until recently we disposed of our rubbish by burying it in the ground, as landfill. As a result we filled the most convenient sites and had to use sites which were further away and more expensive, we became aware that we were disposing of potentially useful materials, and we faced increasing levels of landfill tax to discourage the practice.

But did we ever stop to think what became of the rubbish we buried, to consider how long it might last and whether the practice was a good idea?

When prestige buildings are built, or at special occasions like the Millennium, the developers of buildings might bury a time capsule in the ground, intending it to be opened, maybe 100 years later. What we can do, on a shorter timescale and on a more humble way, is to bury a time capsule of the waste materials we would once have put into our general rubbish and now put into our blue bin, and see what becomes of them in the ground.

We can do this with the Harrow Waste Time Capsule which is a project for schools (or other interested parties) to investigate what happens to waste materials when they are buried in the ground.

The Time Capsule is an open tray containing typical waste materials:

- newspaper
- supermarket plastic bag
- plastic milk bottle
- yoghurt pot
- Royal Mail rubber band
- wooden clothes peg
- aluminium can
- steel (ie tinsplate) tin
- glass jar and lid

The tray is an open tray of plastic-coated steel, which we believe will be long-lasting in the conditions it will experience (the prototype is the tray from a vegetable rack.)

The project uses three similar trays, all with the same materials. We need a patch of ground which is not going to be disturbed, or built on, or cultivated, ie not the school garden or flower bed, and not the area of the pitches on a sports field. We need somewhere that is accessible but not obvious, and we need it for 2 years.

The project starts with two trays and their contents being buried 1 foot deep (30 cm), the earth replaced, with the third tray being stored inside as the Control Sample, in dry conditions, out of direct sunlight. As the Control Sample looks like rubbish but is crucial for the experiment, it will need to be protected from anyone who might wish to tidy it away, throw it out, or pilfer the contents – it will need to be labelled as the Control Sample for the project, and dated.

The date of the project and the anniversary dates for future action should be entered in the school's diary and computer, and a prompt should be set up for the anniversary dates one and two years into the future.

At the first anniversary one capsule should be dug up, and the class or School Environment Club should examine the contents to see how and if they have changed. Maybe they have become brittle, crumbled, rusted, become weaker, possibly disappeared altogether, or maybe they stayed the same, just as flexible and solid as the day they were buried. The changes seen should be recorded in the class's notebooks and log for the project, and photographs taken.

At the second anniversary the second capsule is dug up, and examined in the same way, to show what effect the second year has had on the materials.

The aim of the project is for the class or Club to see how waste materials behave in the ground, understand what changes are taking place, enjoy themselves as they do so, and stimulate them to treat waste responsibly in the future.

Mick Oliver  
Chair of The Waste and Recycling group – Harrow

## The Energy of an Embrace

The need to touch and be touched is established early in our lives, as we develop and grow in the omnipresent embrace of our mother's womb. Once we are born, separated from that sanctuary of connectivity, we begin to crave the physical embrace of our parents. As we age, we become more independent. Yet during times of triumph or trouble and during those moments when we are in need of reassurance, we can't help but long for a hug.

Because a hug requires two active participants, each individual taking part in the embrace experiences the pleasure of being embraced and the joy that comes from hugging someone. As both individuals wrap their arms around one another, their energy blends together, and they experience a tangible feeling of togetherness that lingers long after physical contact has been broken. A heart hug is when you put your left arm over someone's shoulder and your right arm around their waist. As they do the same to you, your hearts become aligned with one another and loving, comforting energy flows between the two of you to flood your souls with feelings of love, caring, and compassion.

A hug is a pleasurable way to share your feelings with someone who is important to you. Depending on your relationship with the other person and the kind of message you wish to send to them, a hug can communicate love, friendship, romance, congratulations, support, greeting, and any other sentiment you wish to convey. A hug communicates to others that you are there for them in a positive way. In an instant, a hug can reestablish a bond between long lost friends and comfort those in pain. The next time you hug someone, focus all of your energy into the embrace. You will create a profound connection that infuses your feelings and sentiments into a single beautiful gesture.

Source - <http://discuss.dailyom.com/>

## Parents. Could you imagine being this way?

Children sing about how to treat our parents <http://is.gd/qSXo>

So real yet so unbelievable

People get angry, selfish, greedy and have a clouded vision. I can see how this can make people behave in a specific way.

I can also understand how children wouldn't necessarily know or really feel/remember what their parents have done for them because they were young, do not recall that far back, hadn't matured etc. But where's the humanity, compassion and respect for a fellow human, let alone our own parents, when we treat them like this.

We're probably all guilty of shouting, lying to get out of situations, being stubborn, ignoring what we're told etc. but I don't know what's in the video.

What do you think?

Heena Modi

## Reaching members of the NCVA

We have now set up the following e-mail addresses

[chairman@ncva.co.uk](mailto:chairman@ncva.co.uk) for Chairman

[secretary@ncva.co.uk](mailto:secretary@ncva.co.uk) for General Secretary

[treasurer@ncva.co.uk](mailto:treasurer@ncva.co.uk) for Treasurer to administer payment for speed dating through Paypal

[speed.dating@ncva.co.uk](mailto:speed.dating@ncva.co.uk) for Speed dating co-ordinator

[vanikvoice@vaniks.co.uk](mailto:vanikvoice@vaniks.co.uk) for Editor of Vanik Voice

[treasurer@vaniks.co.uk](mailto:treasurer@vaniks.co.uk) for treasurer to administer payment for On line-Matrimonial register through Google check.

Students lose out as lectures are cancelled.  
Have students become customers?

What do student newspapers complain about these days?

How about this headline in Swansea University's student paper following the recent bad weather.

"Students lose £20 a lecture after snow sends university into lockdown."

It pointed out that fee-paying students are not getting full value for money if lectures are cancelled.

Students were seeing their "money disappear quicker than the snow melted".

It illustrates something about changed attitudes on campus when students are complaining that they are not getting enough lectures.

Paying fees means that students are customers as well as learners.

The student union president at Swansea University, James Houston, says that going to university is "still different from a shopping experience" - but that paying fees is pushing it in that direction.

#### 'Customer service'

"There is a strong argument that if you charge more, then people will want to know where their money is going," he says.

Universities are more than a business, he says. But he fears that fees are driving a campus consumer ethic.

The students' union already has complaints from students about not getting "value for money".

This shift in attitude is also reflected in an increase in complaints by students to the Office of the Independent Adjudicator for Higher Education - which it attributes to fees.

"We believe that one reason for the increase is the rise in tuition fees. There is also more consumerist thinking amongst students. Students have become more assertive about their rights, and the services they are entitled to," said chief executive, Rob Behrens. While the debate about fees was once about whether it would be a social barrier to poorer students, in practice there have been other less expected changes. The combination of fees and debts from student loans means that university courses are judged by their price tags as well as academic worth.

Frank Furedi, social commentator and academic at the University of Kent, says that the campus culture is "unrecognisable" from a generation ago. Students now ring lecturers at home at the weekend, he says, seeing this as being part of the service they are buying with their fees.

"They feel they can make all kinds of demands," says Prof Furedi.

"Fees give a clear and tangible form to the idea of students as consumers.

"The relationship with the student is no longer academic, it's a service provider and customer. The academic relationship is an endangered species."

There are still students who want to be inspired and intellectually challenged, he says.

Extended school. But the landscape is one in which many students expect to have everything done for them.

"School has extended into higher education. Students behave like schoolchildren."

If tuition fees are hiked further, he says it will intensify the sense of consumerism among students.

There are other signs of how fees have changed life on campus.

Students are more careers-focused than ever before, the accumulation of large debts putting pressure on them to get a degree that will help them in the jobs market.

Beginning a university degree course is a serious financial undertaking and that now shapes the experience of student life.

There are other practical changes. More students than ever are living at home while at university - with surveys suggesting that perhaps a fifth of students continue to live with their parents.

This in turn means that more students, particularly from less well-off families, are choosing from universities close to where they live.

#### Helicopter parents

The role of parents, who pay towards student costs, has also been seen as becoming more prominent.

This has been caricatured as "helicopter parents" who hover over every decision taken by their student offspring, including contacting lecturers. Parents can now act as agents for their children in university applications - and have even been allowed to sit in on admissions interviews.

Cary Cooper, pro-vice chancellor at Lancaster University, also points to the structural consequences of a further increase in fees. At present, he says, the current level of student debt means that many more students have to take part-time jobs to pay their way.

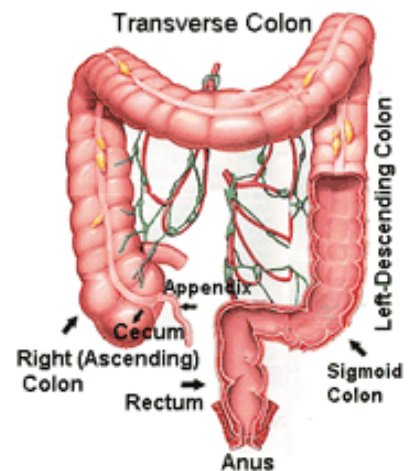
Another hike in fees will mean even more students will need to work - including those who will only be able to study part-time. This will mean universities will have to adapt, such as providing courses which can be passed in individual units, accumulating credits over a number of years.

Professor Cooper says this could mean a fundamental change for higher education, moving away from the traditional model of 18 to 21-year-olds taking a three-year degree course.

### What Is Colorectal Cancer?

Colon cancer is one of the commonest cancers in both men and women. Each year almost 35000 new patients are diagnosed in the UK . However colon cancer is both preventable and easy to treat if diagnosed in early stages.

Colorectal cancer (cancer of the colon( large bowel) or rectum(back passage)) develops in the digestive tract . The digestive system processes food for energy and rids the body of solid waste matter (fecal matter or stool). After food is chewed and swallowed, it travels through the foodpipe (oesophagus)to the stomach. There it is partly broken down and then sent to the small intestine, also known as the small bowel.. The small intestine joins the large intestine or large bowel, a muscular tube about 5 feet long. The first part of the large bowel, called the colon continues to absorb water and mineral nutrients from the food matter and serves as a storage place for waste matter. The waste matter left after this process goes into the rectum, the final 6 inches or so of the large bowel. From there it passes out of the body through the anus



The colon has been described in 4 parts . The first part is called the ascending colon. It extends upward on the right side of the abdomen. The second section is called the transverse colon since it goes across the body to the left side. There it joins the descending colon, which continues downward on the left side. The fourth section is known as the sigmoid colon because of its S-shape. The sigmoid colon joins the rectum, which in turn joins the anus, or the opening where waste matter passes out of the body.

Cancer can develop in any section of the colon or in the rectum. Cancer beginning in these different areas may cause different symptoms. Some tests are better at finding cancer on the right side of the colon while others work better at finding cancer on the left side of the colon or in the rectum.

Colorectal cancers are thought to develop slowly over a period of several years. Before a true cancer develops, it usually begins as a polyp, which may eventually change into cancer. A polyp is a growth of tissue into the center of the colon or rectum. Having a certain kind of these polyps, called adenomatous polyps, also known as adenomas, increases a person's risk of developing cancer, especially if there are many polyps or they are large. There are other kinds of polyps called hyperplastic and inflammatory polyps. Inflammatory polyps are not precancerous. Neither are most hyperplastic polyps. But recently it was discovered that some hyperplastic polyps may be precancerous, particularly if they grow in the right or ascending colon. Another kind of precancerous condition is called dysplasia. This is usually seen in people with diseases such as ulcerative colitis which cause chronic inflammation of the colon.

In contrast to the inward growth of a polyp, a true cancer can grow inward toward the hollow part of the colon or rectum, and/or outward through the wall of these organs. If not treated, cells from the tumor may break away and spread through the bloodstream or lymph system to other parts of the body. There, they can form "colony" tumors. This process is called metastasis.

### What should we look out for?

Some colorectal cancers can also be found early if people report any symptoms right away to their doctors. Other conditions such as infections, hemorrhoids, and inflammatory bowel disease can also cause these symptoms. But only a doctor can determine the cause of the same symptoms. It is important to talk to your doctor since finding colorectal cancer early makes successful treatment more likely. It is also possible to have colon cancer and not have any symptoms. If the doctor suspects colon cancer, more tests will need to be done.

### Screening at the age of 50-55 is recommended even if there are no symptoms.

Symptoms to watch out are

- A change in bowel habits such as diarrhea, constipation, or narrowing of the stool that lasts for more than a few days
- A feeling that you need to have a bowel movement that is not relieved by doing so
- Rectal bleeding or blood in the stool
- Cramping or steady abdominal (stomach area) pain
- Weakness and fatigue

### Importance of Prevention and Early Diagnosis

The goal of screening for colorectal cancer is to find polyps and cancers before they cause symptoms. These tests offer the best opportunity to detect colorectal cancer at an early stage when successful treatment is likely, and to prevent some cancers by detection and removal of polyps.

There are several tests used to screen for colorectal cancer ranging from stool tests to colonoscopy which can reliably identify colon cancer even before it can cause any symptoms.

Continued below

### **Risk Factors For Colorectal Cancer**

A risk factor is anything that increases your chance of getting a disease such as cancer. Different cancers have different risk factors. For example, unprotected exposure to strong sunlight is a risk factor for skin cancer and smoking is a risk factor for cancers of the lungs, larynx, mouth, throat, esophagus, kidneys, bladder and several other organs. Researchers have identified several risk factors that increase a person's chance of developing colorectal cancer.

A family history of colorectal cancer: However majority of cancers happen to people who have no family history

- A personal history of intestinal polyps: little swellings on the lining of the bowel.
- A personal history of chronic inflammatory bowel disease like ulcerative colitis
- Age more than 50: Your chances of developing colorectal cancer increase markedly after age 50. About 90% of people found to have colorectal cancer are older than 50.
- A diet mostly from animal sources: A diet mostly of foods that are high in fat, especially from animal sources, can increase your risk of colorectal cancer. It is recommended that we eat at least 5 servings of fruits and vegetables every day and several servings of other foods from plant sources such as breads, cereals, grain products, rice, pasta, or beans. Many fruits and vegetables contain substances that interfere with the process of cancer formation.
- Physical inactivity: If you are not physically active, you have an increased risk of developing colorectal cancer.
- Obesity: If you are very overweight, your risk of developing colorectal cancer is increased. This is particularly true if you are fatter in your waist area than in your thighs or hips. Researchers suggest that the excess fat changes metabolism in a way that increases growth of cells in the colon and rectum, and that fat cells in the waist area have the largest impact on metabolism.
- Diabetes: People with diabetes have a 30% to 40% increased chance of developing colon cancer. They also tend to have a higher death rate after diagnosis.

### **The Benefits of Early Detection Colorectal Cancer Screening**

Non-cancerous polyps that develop in the colon can be found through colorectal cancer screening and removed before they become cancerous. If colorectal cancer does occur, early detection and treatment dramatically increase chances of survival. The relative 5-year survival rate for colorectal cancer, when diagnosed at an early stage, is 90% opposed to an only 65% survival rate when diagnosed after the cancer has spread to involve nearby organs or lymph nodes.

Not only does colorectal cancer screening save lives, but it also reduces health care costs.

**So if you are above 50- 55 years, man or woman,  
please consider having your colon checked even if  
you have no problems**

Your health check at 55 will save you problems in later life and keep you fit and active to enjoy your advanced years.

If you need any further information about colon cancer or any other bowel problems please feel free to contact him via his PA on 02070999333 or email- [gastrosurgery@gmail.com](mailto:gastrosurgery@gmail.com) .

Dr Abhay Chopada ,Consultant Surgeon , Clementine Churchill Hospital ,Cromwell Hospital and Ealing Hospital

Material from community organisations online

View the amended constitution for the Navnat Vanik Association here - <http://is.gd/qTOJ>

View the April issue of Navjivan Vadil Kendra newsletter <http://is.gd/qTPT>

Keep Britain Tidy has warned postal workers they could face fines for dropping their rubber bands on the ground.

We have seen red over the issue and believe posties should not be above the law.

Anyone caught dropping litter can receive an on-the-spot fine of £80 - with the penalty rising to a maximum of £2,500 if the case goes to court.

Dickie Felton, from Keep Britain Tidy, said: "Elastic bands may not be as visually offensive as dog dirt or half eaten pizza, but they are most definitely litter.

"Royal Mail staff who drop elastic bands could potentially face prosecution for littering. "Is it really too much to ask them to put the rubber bands in their pocket as they do their daily rounds?" "It's difficult for us to assess the real scale of the problem as bands are often dropped on garden paths or driveways and our surveyors don't look at what litter is dropped on private land. "What we do know is that around 6% of all England's streets have red rubber bands on them."

Aside from the litter aspect, there are concerns that dropped bands could also pose a danger to animals if swallowed.

Keep Britain Tidy today urged Royal Mail to get to grips with the problem and has asked residents to collect discarded red rubber bands as part of its Big Tidy Up campaign.

The Big Tidy Up is seeing thousands of litter picks take place nationwide. To date 12,000 litter picks have taken place and more than 25,000 bags of rubbish collected.

Mr Felton added:"Between now and the end of April we want residents to collect any red rubber bands they find and send them to Keep Britain Tidy. In early May we will then send them back to Royal Mail.

"Maybe this action can help clean our streets and save Royal Mail a few quid in the process."

Further Information  
contact Keep Britain Tidy press office:  
Dickie Felton: 01942 612 617. Mob: 07768 880016



## Dates for your Diary

### Jain Samaj Leicester

3rd May 09 (Sun) Satsangh 3 pm to 5 pm by Itchhaben Babulal Vora family

Shree Shantinath Bhaghwana- Janma, Diksha and Moksha Kalyanak Aradhana

22nd May 09 (Fri) 9.00 am to 10.30 Snatra Puja

11.00 am Two Samuh Samayik ( Shree Shantinath Bhaghwana Charitra)

1.00 pm Ekashana

6.00 pm Pratikraman and 8.00 pm to 10 pm Bhakti and Arti/ Mangal Divo

23rd May 09 (Sat) 9.00 am Snatra Puja & 10.00 am Shree Santikaram Mahapujan

1.00 pm Ekashana

6.00 pm Pratikraman and 8.00 pm to 10.00pm Bhakti & Arti/Mangal Divo

2 day event well wisher nakro is £20.00 ( Labh of Ekashana and pujan)

2 day event Main Nakro is £201.00 (Labh of 2 snatra puja, samuh samayik and Main Shantinath Bhaghwana Puja)

7th June 09 (Sun) Satsangh 3.00 pm to 5.00 pm by Liladhar Dahyalal Mehta family.

28th June 2009 (Sun) Saterbhedi Puja and Dhaja Badali in both Jinalay

### Navjivan Vadil Kendra

- NVK will have a Ram Navmi celebration on 2<sup>nd</sup> April.
- A talk by Dr Kumarpal Desai on 9<sup>th</sup> April who has written many books on Jainism and Hinduism – A learned speaker and talk not to be missed.
- Dr Jayshree Shah will give a talk on "How to be Effective Patient" on 23rd April.
- Bridge Lessons by Harold Schogger start on 21<sup>st</sup> April – at 8.00 p.m. Lessons will take place in the same hall as last set of lessons by Ashok Shah (St Lawrence Close near Canons Park Station.)
- Kamal Patel will give an awareness talk on "Benefits and Pensions" on 7<sup>th</sup> May.

## News from Navjivan Vadil Kendra

**Annual General Meeting:** The annual general meeting of NVK was held on Thursday 12<sup>th</sup> March at 2.00 p.m. when about 150 members took part. After prayers, and one-minute silence for the departed souls during the past year, the president presented his report. He talked about our progress and activities during the past year. He mentioned the great work and support given by all the committee members. He expressed his hope that the work and progress of NVK will continue over the coming years. Even after moving to Sangam, we had to stop taking more members as it was not possible to accommodate or handle more members. The secretary presented his annual report wherein he listed each and every activity carried out during the year. These included the parties we held, the guests we had invited during the year, the day outings, the successful yoga retreat, the creation of a very good web site, and regular publication of the monthly newsletter. Our website now carries all our past records, and lot of useful information on yoga, reflexology and other subjects that might interest our members. Both the President and the Secretary thanked all the committee members for their hard work during the year.

The treasurer presented his accounts and detailed all the items on the accounts. There were very few questions on the accounts. Our bank balance is healthy and members suggested that we use those funds. The accounts were passed. In any other business a few suggestions were made. One suggestion was that we should not have separate lunch queues for men and women. A member suggested that we should consider expanding by hiring the hall downstairs also. A suggestion was made that special lunch should be ordered for Jains even if we have to pay more. The secretary replied that as it is the caterer was doing us a favour by taking our small order, and also catering for Jains. The caterer, who normally cooks for large orders, could not be expected to cook especially for a few people.

The constitution was amended to allow for an increased committee of fifteen. There were 16 nominations but before the voting could take place, one nominee withdrew his name, and all the nominees were declared as elected. Soon after the AGM, the committee decided on various posts. The new committee, with the allocation of responsibilities, are listed on this page in the left column.

The very first committee meeting came up with lots of new ideas. Plans for day trips were discussed. Also it was decided that we will try to organise once a month medical talk. An NVK member suggested and prepared a ballot of various activities, and a poll of the members was taken to decide on what other activities to arrange.

**Our Thanks:** Dilip Mithani has donated 300 neck straps and a box of biros to NVK. The neck straps have been very useful to hang membership cards, and we would like to thank Dilip Mithani for this generous donation.

**Reiki:** Most members are present in Sangam just after 10.00 and our yoga tutor comes at 11.00. So normally Jayant Doshi has been conducting "yoga revision" from 10.30 till 11.00. To bring variation and interest in this we will be asking other members to come and take up this half hour pre-session. Next week we will have a session from Dr Pragna Mandalia, who will demonstrate Reiki and meditation.

On 9<sup>th</sup> April we will have Jasuben Mehta giving a session on yoga in her own style. Ushaben Mehta also will be doing yoga some other day. Dhuru Galani conducted a pre-Yoga session on 19<sup>th</sup> March.

**IMAX Experience:** The chief objective of NVK is to improve the quality of life of elderly, retired and lonely people in our community. In pursuance of the same, one of the aims is to take our members to places they would normally never venture to go on their own. In the past we took them to V & A Museum, British library, Thames Barrier, Greenwich and London Eye. On 24<sup>th</sup> March 30 members took advantage of experiencing IMAX theatre, a cinema with a huge screen. To some of them the picture ('Watchman') may not have been to their taste, but the effects and the impact of the huge screen was impressive. Those who went all enjoyed the outing. To encourage members to take part in this, the ticket prices were subsidised by the NVK. We hope to arrange a Bollywood cinema show in a nearby location so that maximum number of our members can avail of the opportunity, and we also hope to subsidise those tickets.

**Jiv Daya Donation:** NVK was given four tickets for a concert performed by a Chinese touring company (Divine Performing Arts from New York). They have performed in eight different cities. The tickets donated by Dilip Babulal Mehta were auctioned and the proceeds (£40) were passed onto NVK Jiv Daya Fund. NVK wishes to thank to Dilip Mehta and his family

**3rd Yoga Retreat:** Members are reminded that the 3<sup>rd</sup> Yoga Retreat will be taking place from 14<sup>th</sup> till 19<sup>th</sup> June in the beautiful Buckland Hall in Wales. We still have some places. Members and non-members are welcome to join in and learn the art of healthy living.

**Hopton-on-Sea:** We have organised a 4 night 5 day trip to this resort at a very special price. The holiday will take place from 18<sup>th</sup> till 22<sup>nd</sup> May 2009. All meals and transport are all included. The resort has numerous activities, yoga, bridge competition, and long walks along the beach.

**Guests:** We do not have space especially in yoga. We are not allowing guests unless in exceptional circumstances. Please inform us before bringing any guests.

**Congratulations:** Manharlal Mehta, a member of NVK, has been appointed Chairman of Inter-faith Council. Our hearty congratulations and hope he carries doing the good work he is doing for the community.

## The NCVA Matrimonial Register

For those of you who are unaware, the NCVA have a very professional, anonymous structure in place to help you meet your possible soul mate.

Jayman Mehta is the person to contact if you view details of a person that wish you learn more about. He will check whether you are a member and then pass on our details to the person that you're interested in.

The list is organised so that the reader can learn the height, qualifications, age and reference number of each member. Viewers can see whether the members on the list are male or female by looking at the letter at the beginning of the reference number.

For contact details of members on the list OR to become a member please contact: ~ Jayman Mehta

Contact time: Mon. to Fri. eve. between 5.30 p.m. & 7.30 p.m. ONLY, on Tel. no. 020 8907 2428

Please DO NOT contact outside above days and time

You can also receive this list by e-mailing [mehtajayman@yahoo.co.uk](mailto:mehtajayman@yahoo.co.uk) or [manhar\\_mehta@hotmail.com](mailto:manhar_mehta@hotmail.com)

Attention!!

If you are a member and you have got engaged or married, please phone the administrator as early as possible. This will prevent people enquiring about you. It will also save your time, the caller's time and the administrator's time. Above all, it will prevent any embarrassment or awkwardness to you or the caller.

### The NCVA Matrimonial Register – males

Ref No	DOB	Ht	Qualifications
M 511	15-Oct-61	5'3"	SSC High School Graduation
M 469	15-Dec-68	5'7"	BA Hons Information management and Finance
M 617	17-Jul-72	5' 10"	BSc (Hons), MSc, PhD
M 636	02-Nov-72	5'11"	B.Sc.(Hon). MBBS. MRCP. FRCR.
M 645	29-May-73	5' 7"	ACA, BSc (Hon)
M 465	10-Jul-73	5'5"	Computer & Accounting
M 538	16-Feb-74	6' 0"	Optometrist
M 635	11-Jul-74	5' 8"	BTEC Nat. Dip. In Business & Finance
M 589	14-Mar-75	5' 4"	BSc (Hons) Management Science
M 631	09-Jun-75	5' 4"	F.Y.B.Com(Ind). GCDL & Partime Courses(UK)
M 621	05-Oct-75	5' 7"	MBA
M 601	18-Feb-76	6' 0"	CIMA Finalist, BA (Hons) Business Studies
M 639	04-Mar-76	6' 0"	B.Sc.(Hon) Optometry
M 590	09-Nov-76	5' 10"	BSc(Hons) Economics
M 505	08-Dec-76	5'10"	MA, BSc Accounting & Finance
M 624	25-Mar-77	5'10"	B.Sc. Multi Media. IT HND
M 661	19-Jul-77	5' 10"	B.Sc.(Hon) Physics
M 623	04-Oct-77	5' 5"	B.Sc. M.Sc. Optician
M 655	26-Oct-77	5' 4"	MBBS. BSc. MRCPG
M 533	15-Apr-78	6' 0"	MPharmS(Hons), MRPharmS
M 658	05-May-78	5' 10"	GNVQ Computing
M 553	29-May-78	5' 10"	BA (Hons), ACA Chartered Accountant

The NCVA Matrimonial Register continued

Ref No	DOB	Ht	Qualifications
M 643	21-Jun-78	5' 6"	GCSC
M 570	15-Nov-78	5' 10"	BSc (Econ), MSc(Econ), CIMA Finalist
M 593	11-Dec-78	5' 8"	BSc Business Management Msci Biomedical Sc. Msc Pharma. Technology
M 660	23-Mar-79	5' 9"	
M 653	03-Apr-79	5'11"	MA(Cantab) BM; Bch; MRCS(Eng)
M 634	24-Sep-79	5' 9"	Bsc.(Maths & Eco), ACA
M 591	07-Oct-79	5' 6"	BA(Hons) Accounting & Finance, ACCA
M 637	09-Feb-80	5'11"	M.Com.CIMA (Mngmt. Act.)
M 657	03-Mar-80	5' 7"	Master in Info.Syst.Engineering
M 609	14-Mar-80	5' 9"	Master in Pharmacy
M 627	03-Jun-80	5' 7"	B.Sc.(Comp. Eng), MBA(Finance)
M 641	09-Jun-80	5' 5"	BDS MFDS(Dentistry)
M 651	29-Sep-80	6' 0"	ACCA
M 600	30-Oct-80	5' 8"	BA (hons) Media Production Management
M 644	11-May-81	6' 1"	MBChB,(Manchester), DRCOG
M 642	27-Aug-81	5'11"	MRPharms (Pharmacist)
M 585	18-Sep-81	5' 5"	BSc (Hons) Computer Science
M 638	21-Nov-81	5' 5"	B.Eng.Computing & Masters in Finance
M 611	11-Feb-82	5' 8"	BSc Bio Chemistry
M 659	11-Apr-82	6' 2"	BA Accounting
M 652	04-May-82	5' 8"	BDS MFDS(Dentistry)
M 647	22-May-82	5'10"	BSc.(Hon) Air Transport studies ACCA(Finalist), BA(Hon) Accounting & Finance
M 646	18-Sep-82	5' 7"	
M 648	30-Sep-82	5'11"	BA(Hons) Business Economics
M 654	14-Oct-82	5' 7"	Degree in Computing/Business
M 656	14-Oct-82	6' 0"	BDS (Bachelor Of Dental Surgery) M.Eng. With Economics & Management(oxford)
M 650	02-Oct-83	5' 7"	
M 649	31-Oct-83	5' 6"	B.Com, Level 2 In Food & Drink Mfg. Food Safety
M 640	28-Jan-84	5' 7"	B.Sc (Upper Sec. Hon) Sta. & Mkt.

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The NCVA Matrimonial Register – females

Ref No	DOB	Ht	Qualifications
F 520	13-Apr-63	5' 0"	Diploma in Business Studies, Management Training
F 744	17-Jul-70	5' 1"	CIMA Qualified.
F 689	18-Jan-73	5' 3"	BSc, ACA (Chartered Accountant), MBA
F 735	29-Oct-73	5' 2"	LLB Law
F 753	28-Feb-74	5' 2"	BA (Hon). Business Admin.
F 612	18-May-74	5' 6"	LLB Solicitor
F 728	15-Sep-75	5' 7"	BA (Hon)
F 759	23-Nov-75	5' 4"	Actuary
F 568	30-Jun-76	5' 2"	MSCI Medical Physics (Hon)
F 749	07-Jul-76	5' 0"	BSc. Comp Sc Undergraduate(3rd Year)
F 534	28-Aug-76	5' 4"	M Pharm, M R Pharm S
F 741	07-Dec-76	5' 2"	Char. CIPD, MA, BA (Hon)
F 733	25-Feb-77	5' 0"	Char. Inst.of Marketing, BA (Hon) Business Stud.
F 672	31-Mar-77	5' 4"	BDS, MFDSRCS, Dentist (Specialist Trainee)
F 736	25-Jun-77	5' 1"	ACCA Part Qualified
F 673	04-Aug-77	5' 5"	BA, MBA
F 555	16-Nov-77	5' 7"	BDS (Dentist)
F 730	02-Feb-78	5' 1"	Diploma in Business Studies
F 682	06-Feb-78	5' 2"	B Eng(Hons) Computer Sy.Eng. (MBCS, MIET)
F 760	22-Feb-78	5' 2"	B.Sc.(Maths)
F 654	24-Jun-78	5' 0"	HND Graphic Design
F 729	09-Aug-78	5' 2"	B.Sc(Hon). IT
F 739	27-Dec-78	5' 3"	B.A.(Hon) Joint Law & Psychology
F 737	10-Jul-79	5' 5"	B.A.(Hon) Visual Merchandising Mgmt.
F 731	13-Jul-79	5' 3"	B.Sc. Medical Biology.
F 637	19-Aug-79	5' 4"	BA(Hons) MGMT Accounting, ACCA
F 757	28-Aug-79	5' 2"	B. Eng (Chemical)
F 747	18-Oct-79	5' 1"	Masters in pharmacy, MRPharms
F 701	02-Dec-79	5' 7"	B.Sc.(Hon), PGC.
F 717	26-Jan-80	5' 1"	Pharmacist (Master)
F 703	15-Feb-80	5' 3"	B.A.(Hon) Business Studies(UK)., MBA (USA)
F 719	10-Apr-80	5' 6"	MBCHB, MRCSed
F 721	17-Apr-80	5' 2"	B.Sc.(Hon), McOptom
F 615	08-Jun-80	5' 1"	BSc(Hons) Biochemistry+Microbiology
F 613	19-Jun-80	5' 3"	B Sc Computer Science
F 587	31-Jul-80	5' 4"	MPharm(Hons), MRPharms

The NCVA Matrimonial Register continued

Ref No	DOB	Ht	Qualifications
F 726	14-Sep-80	5' 4"	B.A(Hon) Accounting with BIS, ACA
F 748	16-Oct-80	5' 4"	B.A.(Hon) A/C & Finance
F 582	02-Nov-80	5' 6"	BSc (Hons) Mathematics, Studying CFA exams
F 745	19-Aug-81	5' 1"	LLB (Hon). LPC
F 671	30-Oct-81	5' 0"	BSc (Hons), MC optom
F 752	02-Jan-82	5' 8"	MBBS. BSc
F 734	21-Jan-82	5' 6"	Mpharm
F 761	04-Feb-82	5' 1"	B.Sc. (Medical Bio Chemistry)
F 742	07-Feb-82	5' 6"	B.A. Turism & Business Studies
F 686	04-Mar-82	5' 0"	ACCA
F 696	13-Mar-82	5' 8"	ACCA. BSc.(Hon.)
F 722	19-Aug-82	5' 0"	Business Info. System. (B.S.I.)
F 746	16-Oct-82	5' 6"	ACA , BSc.(A/C & Finance)
F 756	16-Oct-82	5' 4"	BA(Hon) Business Info. Systems
F 754	21-Oct-82	5' 0"	Intercalated BSc. MBBS
F 762	27-Nov-82	5' 2"	PhD-neuro Science
F 725	23-Feb-83	5' 1"	BDS (Hon) Dentistry, MJDF(Dentist)
F 738	27-Feb-83	5' 3"	B.Sc(Hon). Business Info. Tec.
F 740	17-Mar-83	5' 5"	B.Sc. (Hon) Optometry
F 743	27-Mar-83	5' 4"	B.Sc.in Fine Chemical & Pharma Sciences.
F 712	28-Jun-83	5' 7"	BA(Hon)HRM - 2:1 Honours.
F 724	28-Jun-83	5' 6"	M.B.B.S. B.Sc.
F 720	08-Aug-83	5' 7"	Business With Computing
F 710	01-Sep-83	5' 4"	B.Sc (Comp.Sc.) ACA Final Year.
F 718	02-Oct-83	5' 2"	M. Pharmacy
F 690	04-Oct-83	5' 4"	BSc Pharmacology, 2.1
F 705	07-Dec-83	5' 0"	B.Sc. (Acturial Sc.)
F 751	02-Jan-84	5' 3"	B.Sc.(Hon). In Information Systems
F 758	10-Jul-84	5' 0"	BA (Hon) Sociology & Criminology
F 755	29-Jul-84	5' 2"	LLB Law
F 750	09-Apr-85	5' 3"	M.Eng, Civil Eng from Imperial College

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