

Vanik Voice



LIVE AND HELP TO LIVE

Issue 23 - October 2008

Page 1 – Contents

Page 2 – Your committee

Page 2 - Diabetes UK 'Silent Assassin' campaign launched online

Page 3 - Groups affiliated to the NCVA

Page 3 - Expert Patient Programme by the Harrow Primary Care Trust

Page 3 – YJ event – Bridging the Gap

Page 3 - Did you know that you can find out about Harrow's past at Harrow museum?

Page 4 - What to do when someone passes away in the Navnat community

Page 5 - Items required for various rituals at time of death

Page 6 - Do you know your neighbours? What are the benefits of saying hello?

Page 6 - Have you heard of the vegan pledge?

Page 6 - Graduation ceremony

Page 6 - National Council of Vanik Associations presents Speed dating

Page 7 - Butter vs. margarine. What should we use?

Page 8 - Navjivan Vadil Kendra

Page 9 – 10 Vanik / Vania by Manhar Mehta

Page 11 - Diwali – celebrated by Hindus, Jains and Sikhs

Page 12 – 15 - The NCVA Matrimonial Register

Disclaimer

Disclaimer notice: ~ Articles and statements in this Newsletter are written in good faith and with utmost care but no responsibility can be accepted by the authors, National Council of Vanik Associations (NCVA) or the publishers for their accuracy or completeness. Opinions expressed in this issue should not be regarded as the official view of NCVA, except where stated

How you can contact or find out more about the NCVA

www.vaniks.co.uk

www.ncva.co.uk

VanikVoice@googlemail.com

This committee was elected on 12 August 2007
<u>Chairman</u> Mr. Manharlal L. Mehta 37 Howberry Road Edgware Middlesex HA8 6SS Tel: 020 8952 1165 E-mail: mahar_mehta@hotmail.com
<u>Regional Vice Chairmen</u> North: Piyush Mehta Midlands: Gajendra Chhatrishia London: Dhiru Galani South: Harkishan Mehta
<u>General Secretary</u> Paresh Gandhi
<u>Joint Secretary</u> Ramesh Shah <u>Editor</u> Miss. Heena R. Modi VanikVoice@googlemail.com
<u>I</u> <u>reasurer</u> Avanti Jasani
<u>Executive Committee Members</u> Bina Holden Dr Jagdish Shah Bharat Parekh Dr Natubhai Shah Vijay Sheth Saroj Varia Bharat Varia Jayman Mehta

Diabetes UK 'Silent Assassin' campaign launched online

Diabetes UK launched its huge new awareness campaign, 'Beware the Silent Assassin' yesterday (6th October). The campaign is backed by a microsite (www.diabetes.org.uk/SilentAssassin), built by Chameleon Net, which will help visitors to identify symptoms of diabetes.

The worst effects of diabetes can be avoided if the condition is picked up early enough, and the campaign is designed in part to alert the estimated half a million people in the UK who have Type 2 diabetes but have not yet been diagnosed.

Online respondents to the campaign will be led to the microsite where they will be able to answer a series of questions that will help to identify whether they have any symptoms of diabetes.

Daryl Irvine, Creative Director at Chameleon Net comments, "The key objective was to create more of a journey for visitors that provided as much useful information as possible about why certain questions were being asked. This allows Diabetes UK to educate participants during the course of questioning as well as providing an assessment of risk. An additional benefit is that of alleviating anxiety during the process of responding and also provides thought provoking advice to those visitors who may decide not to complete the journey."

Paul McDonald, Head of Media at Diabetes UK, added, "The online element of our new campaign is an important aspect of the overall impact on our target audience. We're pleased to be working with charity sector specialists Chameleon Net as the website is an important part of the call to action, and it provides a framework on which we can build and evolve the campaign over the course of its lifecycle."

Each question is carefully designed to be simple to answer and has an appended 'Did you know?' section which highlights why the question is being asked and provides useful information or statistics.

Once the survey has been completed a simple sign-up process is offered and users are encouraged to leave their contact details so that further, targeted information can be provided.

Source - http://www.chameleonnet.co.uk/news_item.aspx?id=61

Chameleon Net have recently developed an online tool for the charity Diabetes UK to take a short test and assess the risk level each person has of diabetes. Click and find out if you are at risk or not. <http://www.diabetesuk-awareness.org/>



**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

Expert Patient Programme by the Harrow Primary Care Trust

Namaskar Mitra

Please pass this message to your friends who may not have access to e-mails etc.

I have received a letter from Harrow Primary Care Trust. They are offering free Winter 2008/9 courses for Expert Patient Programme.

The courses are open to any Harrow resident that has a Harrow GP and is living with a long term health condition, for example: diabetes, anxiety, heart disease, asthma etc.

The courses run for six weeks.

1st course is from Thurs 9th Oct – Thurs 13th Nov, 6.30pm - 9pm at Beacon Centre Malcolm, Jeffery Place, Scott Crescent, Rayners Lane, South Harrow, HA3 7NS

2nd course in **Gujarati** from Wed 5th Nov- Wed 10th Dec, 10am - 12.30pm at Sangat Centre, Sancroft Road, Harrow, HA3 7NS

3rd course is Thurs 5th March – Thurs 9th April 2pm – 4.30pm at Wealdstone Centre, 38-40 High Street, Harrow, HA3 7AE

If you would like to register for a course, please contact Anne Whitehead.

E -anne.whitehead@harrowpct.nhs.uk or T - 020 8537 3173 or visit www.expertpatients.nhs.uk

Regards and God Bless

Dhiru

YJ event – Bridging the Gap

“Bridging the Gap' Now it's time to register for the Young Jains event, if you haven't already done so! Don't miss out!

To 'Bridge the Gap' is to bridge the gaps in our knowledge, to bridge the gap between what we know and what we practice, and most importantly, to cross this bridge to know our true blissful, peaceful, spiritual nature!

The event will be fun, interactive and lively. It will encourage you to participate and walk with us on this journey, and of course it will be a great way to meet new friends, or catchup with old friends!

The event is on Sunday 9th November, 10am–5pm, lunch included, at Sayer Centre, Oxgate Lane, Cricklewood, London. NW2 7JN

To register, please contact Rishma(rishma@youngjains.org.uk) or call her on 07949 794312. Registration fee before 3rd Nov is £10 members / £13 Non members / £5 concession, prices rise after then

By attending this event you will get a discount to the YJUK International Convention in 2009. Look forward to seeing you there, it's going to be a very fulfilling day!

Did you know that you can find out about Harrow's past at Harrow museum?

Who can use it? - It's great for kids and adults alike!

Cost - Entry is free!

What does it offer us? - There are a number of [temporary exhibitions](#) and special events throughout the year so there is always something new to see or do. There are also permanent displays about the history of local industries, and an exhibition detailing the significance of this intriguing historical site.

The building - The [four remarkable buildings](#) which make up Harrow Museum are all located in the beautiful grounds of Headstone Manor, records of which date back to 825AD. All the buildings are listed by English Heritage, and the site as a whole is a Scheduled Ancient Monument.

Address: -

Harrow Museum

Headstone Manor, Pinner View

Harrow HA2 6PX

Tel: 020 8861 2626

Email: harrow.museum@harrow.gov.uk

Source - <http://www.heenamodi.com/2008/09/30/discover-harrows-historic-past-at-harrow-museum/>

**Groups Established by
NCVA**

Vanik Professional Group
Vanik Business Group

What to do when someone passes away in the Navnat community

This may seem morbid and I'm sorry if it does not seem helpful or causes offence in any way. I know death is not something that many people like to think about. However, when somebody close to you dies, it's often difficult to think straight or know what to do.

After my father passed away my uncle died soon after. I was around early on and tried to help reduce the load by booking the hall to hold the prayers, book the crematorium etc. Recently, my uncle's mother passed away very suddenly. Even without the suddenness of death, family and friends often become overwhelmed and cannot think straight. However, when it is sudden, it is often more difficult and shocking.

I'm hoping that this post will support you if the time arises.

What to do/think about: -

1. Think about when you want the Prarthna Sabha to be held: where, timings, availability of venue, informing people. If you want the Prarthna Sabha to be held at the Navnat Centre in Hayes, visit <http://www.navnat.com/> for the phone number of the hall secretary. He or she check the availability of the hall and inform you very quickly. The other choices of venue are Sangam Hall and Kadva Patidar Hall in Kenton. You will also need to decide whether you wish to have musicians, have family members singing or go for something other option.
2. Who you want the funeral director to be. This is the first thing you will need to organise. They will take a load off your shoulders.
3. When you want the funeral to be held. Discuss this with the Funeral Directors. They have contacts and availability information. If not call the crematorium/cemetery to make enquiries re when it's available, what the time slots are, parking and so on. If you are in London the number for Golder Green Crematorium is 020 8455 2374. Others are listed on Yell. Click [here](#) for more info.
4. Think about whether the body is going to be cremated or not.
5. Once you know when the funeral is going to be, decide when you want to bring the body home. Discuss this with the Funeral Directors as they will be able to advise re things like, distance/traffic/time.
6. How can you inform people? Who are the heads of families whom you can ring and then ask them to inform the rest of their family? You could also send an email to Dhiru Galani - d.galani@btinternet.com, Surendra Mehta - sdm@mehtafamily.co.uk, Mahendra Kothary - mpkothary@googlemail.com or myself and we will let those on our contact list know.
7. Who will assist with the rituals to be performed at home and recite farewell prayers at the crematorium. You will also need to decide whether you want Jain ritual or Vaishnav ritual. It would be helpful if someone could contact this person and give them enough time to prepare. Discuss the following with the key people. It's a hot topic but there are variations re what is acceptable when the body is brought to the home before the funeral and also during the Prarthna Sabha.
8. Decide on the whether you want speeches given at the Prarthna Sabha and at the funeral. If so, how many and who by? Try and avoid duplications. Also inform the neighbours that there will be lot of people visiting them during the few days leading to the funeral day and to bear with any inconvenience as there may be many cars. A polite letter to all the neighbours might be helpful.
9. Decide whether you want to buy flowers or donate money to a charity.
10. Would the deceased want females also to attend the funeral? Does the family have an opinion if they do not know what the deceased would have wanted? Traditionally, women did not attend funerals. Changes in lifestyle, which members of the family work etc. etc. has resulted in women being more involved with such occasions. Some people do not accept this and others do. I guess it's just something else to consider.
11. Decide with the Funeral Directors whether the utthamanu can be performed inside rather than outside. If so prepare things to be taken to the funeral for the utthamanu. The Funeral Directors can advise.
12. Discuss who will stay at home during the funeral to clean the rooms, remove all signs of rituals that were performed, vacuum and freshen up the place. They will also need to keep buckets of warm water outside the house with some napkins for people coming home to wash hands and face before entering the house.
13. Decide when you would like to perform the tithi. It is usually an odd number of days from the day of death e.g. 7, 9 or 11 days, for example. This is to release the relatives from observing bereavement. Sometimes it is done soon after the funeral on the same day, particularly if there are other other imminent auspicious events such is marriage in the family.
14. Decide whether you wish your relatives and close friends to come home in the evenings for bhakti, etc. until the day of tithi.
15. Think about whether you want to keep a box at home for visitors to donate to a particular charity?
16. Food. Do you want caterers for when those who attend the funeral come 'home' or do you want someone who stays behind to make the food? Also, you would need to decide whether there is going to be an open invitation for this meal or invited people only. If it is to be an open invitation, one could make an announcement after the funeral.
17. Do you want the ashes to be saved? If so do you want them disposed of by the Funeral Directors or do you want to scatter them yourself.

I hope this helps.

Please let me know if I've left anything out. I now leave you with a list of things that you may need to gather for the Prarthna Sabha, funeral & ceremonies.

Continued below - Items required for various rituals at time of death - Provided by Surendra Mehta

Prathna sabha

- Photograph of the one who died
- Ghee wick (vat)
- A small tin full of ghee
- Divo holder
- Thali for divo
- Matches or lighter
- Josticks (Agarbati)
- Agarbati holder
- A photo of a deity

Items required for the ritual at home when the coffin arrives

This may vary slightly depending on who is conducting the funeral rites

- One white piece of poplin cloth (about 2.5m or 3 yds) to cover the body
- One large white bed sheet on which the coffin stands
- Nara chadi
- Abil
- Galal
- Small packaet of Sukhad powder
- Kanku
- 4 coconuts
- Taal
- Jav
- Sukhad garland

Uthamnu items

This may vary slightly depending on who is conducting the funeral rites

- Photo of Shanker Bhagwan (usually available at Golders' Green – confirm with funeral director)
- Ghee wick (vat)
- A small tin of ghee
- Divo holder
- Thali for divo
- Matches or lighter
- Josticks (Agarbati)
- Agarbati holder
- Large white handkerchief (for jiv daya collection)
- Small stool

Guidance re what to send when circulating information about a death in the community - Provided by Gajendra Chhatrishia

1. Full Name of the demise followed by husband/wife of.....and
2. Father/Mother of.....names of sons and daughters where applicable.
3. Present domicile.....London/ Leicester etc. and formerly of Nairobi/Mombasa/Mumbai etc.
4. Contact Address, Telephone Numbers and e-mail i/d.

Suggested time-table for Prathna-sabha

- Up to 8.30pm Navkar mantra
 - 8.30 - 9.10pm Selected stavans
 - 9.10 - 9.20pm Speeches (including life sketch and condolences from community leader + one or two others)
 - 9.20 - 9.25pm Kavsag
 - 9.25 - 9.28pm Announcements which could include such items (suggestions only) as
 - (a) no flowers (charity)
 - (b) details of funeral time/place
 - (c) request that only close family should come home
 - (d) request that (except for the very close family) ladies should not come to the funeral
 - 9.28 - 9.30pm Vote of thanks
- Family ladies line up on one side and gents on the other side.

Check list for planning the day of funeral

- Decide who is going to sit in which car
- Decide who is going to initially lift the coffin at each stage
- Decide who is going to press the button
- Decide who is going to go into furnace room
- Decide who is going to stay at home and keep food ready when everyone returns from the funeral

Suggested time-table on the day of funeral

Timing will need to be changed accordingly

- 10.00 am Body arrives
 - 10.00 – 10.40am Rituals/last respect
 - 10:50am Those going to Golders' Green to take their place in allocated cars (..... responsible for the allocation)
 - 10.40 – 10:50am Immediate family members pay the last respect in private
 - 10:55am Coffin Closes - 6 close family members lift the coffin and take it to the funeral car
 - 11:00am Everyone depart for the crematorium
 - 12:00 noon Body arrives at Crematorium (reserve first few rows for the family) - 6 close family members initially lift the coffin (subsequently joined by others) and take the coffin to the crematorium hall where the ceremony is conducted.
 - 12.15 – 12.25pm Prayers and other religious rituals incl Manglik (.....)
 - 12:25 – 12:400pm Speeches
 - Life Sketch (.....)
 - Other speeches (.....)
 - Condolences from community leader (.....)
 - Vote of thanks/Announcements (.....)
 - 12.40 - 12.42pm Antim prathna (shradhanjali)
 - 12.44pm press the button (accompanied by someone reciting 'mangal mandir kholo') - then the family members (usually six) go into the furnace room
 - 12.55 - 1.20pm Uthamnu (in the grounds of Crematorium or inside, if time permits)
- Family ladies line up on one side and gents on the other side.
- Close relations come home for chhas rotlo and the 'tithi' (for lifting of shock).

Do you know your neighbours? What are the benefits of saying hello?

Recently, a friend of mine was telling me that his neighbour was paying an electrician to come and change her light bulbs at £40 a visit. She is an elderly lady who cannot work where she used to because her husband had a stroke and he needs full time care. She now works from home as a seamstress. This way she can do her work when she can and care for her hubby when he needs her. Anyway my friend got talking to her when he saw this chap leaving and she told him what he had visited her for. He was horrified! All this because she can't climb on chairs and do the necessary. Her hubby obviously can't and they don't know anyone who is close and can attend when they need things like this done.

I don't blame the electrician. I'm sure others would charge more! It is a small job and after you've taken travelling into account, I guess he needs to make it worth his while.

Anyway my friend now does these things for her and for free!

It got me thinking. How many of us will be in a similar position as the years pass us by? So many of us live so far away from family who may help. So many of us don't know our neighbours at all! What will happen to us?

Source - <http://www.heenamodi.com/2008/10/21/do-you-know-your-neighbours-what-are-the-benefits-of-saying-hello/>

Have you heard of [the vegan pledge](#)?

There are three levels to this pledge. It's all about non-vegans becoming vegan for a specific amount of time - one week, fourteen days or one month

Bronze - I'm belting for bronze. I want to vote with my knife and fork against animal cruelty, environmental destruction and world hunger. I pledge to eat only vegan food for 7 days.

Silver - I'm seeking silver. I want to vote with my knife and fork against animal cruelty, environmental destruction and world hunger. I pledge to eat only vegan food for 14 days.

Gold - I'm going for gold. I want to vote with my knife and fork against animal cruelty, environmental destruction and world hunger. I pledge to eat only vegan food for 30 days.

The Vegan Society are offering mentors, a vegan pledge pack with recipes and guidance and plenty of support. If you would like to find out more please contact the Vegan Society office: info@vegansociety.com or 0121 523 1735/6.

Find out more here - <http://www.heenamodi.com/2008/10/17/the-vegan-society-pledge-can-you-become-vegan-for-a-limited-period/>

Graduation ceremony

This is a great way for Navnat to honour those who have graduated this year. There will be a free dinner for the graduate and two guests and a free photo taken by a professional photographer.

Date - 16th November 2008

The Navnat Youth Association will also offer one year's free membership to all those graduates who take part. If you would like to apply, please email ramesh_shah14@hotmail.com

National Council of Vanik Associations presents Speed dating

When? - Sunday 9th November 2008

Where? - VIP Lounge, 47 High Street, Edgware, HA8 7DD

Timings - 11 am to 4 pm

Details - Includes a vegetarian lunch and unlimited free soft drinks

Open to all Gujarati-speaking Jains & Hindus of all ages

Please contact Ramesh J. Shah for booking & information:

H 020 8248 0935, H 020 8422 8988 M 07742 045 154 E ramesh_shah14@hotmail.com

Price –

£15 if paid before October 19th

£20 if paid before November 1st

£25 if paid before November 5th

Please make cheques payable to National Council Of Vanik Association & send to 19 Primrose Close, Harrow HA2 9AT

Management reserves right to accept /reject any entry without giving any reason

Butter vs. margarine. What should we use?

I received a particular email about butter being better than margarine a few times and I'd heard people telling others it was true and that we should change what we eat to fit this theory. Thus I asked a medical Dr (as opposed to someone who has a PhD) to tell me whether it was true or not. I have put his response first and the 'hoax' email that I received originally last.

So here's what he said: -

Hmm, this one's been doing the rounds since about 2003. Cut and paste a few words from the posting into Google and see how many hits you get.

There are margarines and there are margarines. However the writer of this posting seems to think that all margarines are made in the same way. Nowadays, margarines are prepared from animal fats, vegetable fats, or mixtures of animal and vegetable fats. The level of saturation, and hydrogenation, can vary.

Indeed we've been subjected to a number of adverts of margarine-type products that actually reduce bad cholesterol - there are even reasonably decent clinical studies that underpin the claims. So, to suggest that margarine is (always) less healthy than butter is nonsense.

And the guff about margarine being one molecule away from being plastic takes the biscuit! Utter drivell!

I suspect the history of margarine as related in this posting has come out of the same trash can as the science. I doubt very much if margarine had been invented to fatten turkeys.

These sorts of postings feed on people's gullability and, in my view, can be damaging. For a less strident view about this than mine, have a look at - <http://www.snopes.com/food/warnings/butter.asp>

Pass The Butter.. Please.

Margarine was originally manufactured to fatten turkeys. When it killed the turkeys, the people who had put all the money into the research wanted a payback so they put their heads together to figure out what to do with this product to get their money back. It was a white substance with no food appeal so they added the yellow coloring and sold it to people to use in place of butter. How do you like it? They have come out with some clever new flavorings.

DO YOU KNOW... the difference between margarine and butter?

Both have the same amount of calories.

Butter is slightly higher in saturated fats at 8 grams compared to 5 grams.

Eating margarine can increase heart disease in women by 53% over eating the same amount of butter, according to a recent Harvard Medical Study.

Eating butter increases the absorption of many other nutrients in other foods.

Butter has many nutritional benefits where margarine has a few only because they are added!

Butter tastes much better than margarine and it can enhance the flavors of other foods.

Butter has been around for centuries where margarine has been around for less than 100 years.

And now, for Margarine..

Very high in Trans fatty acids.

Triple risk of coronary heart disease.

Increases total cholesterol and LDL (this is the bad cholesterol) and lowers HDL cholesterol, (the good cholesterol) .

Increases the risk of cancers up to five fold.

Lowers quality of breast milk.

Decreases immune response.

Decreases insulin response.

And here's the most disturbing fact....

HERE IS THE PART THAT IS VERY INTERESTING!

Margarine is but ONE MOLECULE away from being PLASTIC..

This fact alone was enough to have me avoiding margarine for life and anything else that is hydrogenated (this means hydrogen is added, changing the molecular structure of the substance).

You can try this yourself: & It; BR>

Purchase a tub of margarine and leave it in your garage or shaded area. Within a couple of days you will note a couple of things:

* no flies, not even those pesky fruit flies will go near it (that should tell you something)

* it does not rot or smell differently because it has no nutritional value; nothing will grow on it.

Even those teeny weeny microorganisms will not find a home to grow. Why?

Because it is nearly plastic.

Would you melt your Tupperware and spread that on your toast?

Navjivan Vadil Kendra

Farewell to Sayer Centre: Thursday 25th September 2008 was our last day at Sayer Centre. Manick Choraria and his mother came as guests of honour and the two resident Shramanijis accompanied the two. Kendra President, Pranal Parekh, welcomed them and talked about the progress made by the Kendra in a short time in Sayer Centre, and how the generous offer from Manickji made this possible. Jayant Doshi then read out the Manpatra which was presented to Manickji by the President (which is published in full in this newsletter) together with the plaque honouring him with his appointment as the very first Honorary Patron of the Kendra. A cheque for £3000.00 was also given to Jain Vishwa Bharti. Manickji in a brief statement praised the hard work of the committee members for the success of the Kendra. Shramaniji gave a brief talk on the activity of the Kendra, and the need for creating another such grouping on a different day of the week. A plaque of appreciation was also presented to Narendrabhai of Meera Catering.

Bridge Training: Harrow Elders Group received a grant of £9932.00 for bridge training, and NVK members have been given priority in those bridge classes. We appreciate that gesture. A weekend trip in Winchester Hotel has been planned for 28th to 30th November. Anyone interested, please get in touch with our secretary.

Blackpool: A trip to Blackpool, where every one stays overnight in a hotel, has been planned during the illuminations. The coach will leave on 1st November and return on 2nd November. The hotel can take only 49 passengers, and we have received 49 names so far. Plan to arrange another coach on the next day has been cancelled due to lack of response.

Sangam: We move to Sangam on 2nd October. A celebration of Gandhi Jayanti has been organised on the day followed by garba and dandia to celebrate Navratri. Yoga will take place as normal, and there is facility for change of clothes if so desired. Everyone is asked to bring dandias on the occasion. We are asking our members to:

- ✓ Treat the hall as our own, and try to keep it clean.
- ✓ There is parking available at the rear, but if the car park is full then please park in side streets.
- ✓ When you put your mat for yoga, please consider others also and take minimum space required.
- ✓ Navnitbhai and Indubhai have been given the responsibility for catering. Please help them as much as possible.
- ✓ Jasuben Sheth has been given the responsibility for entertainment. Give your ideas to her to make our Thursday more vibrant.
- ✓ Vinod Parekh will promote regular Bridge play.
- ✓ Mahendra Kothary will arrange day trips....give your ideas to him.

Our LOGO: We are asking our members to come up with a design for a logo. We will use the logo on our website, our letter head and our membership cards. The logo should be small in size and reflect on our objectives. Actual logo will be small, but when members present the logo it has to be larger (size max 2" x 2") for clarity. A prize will be given to the winning entry.

Manpatra

Adarniya Shri Manickji and all Members of the Choraria family.
Jaya Jinedra and our Namaskar.

We had a vision to create a community group that would provide companionship and enhance the quality of life of elderly and retired community members. To fulfil this vision, we needed a venue, and when we approached you, you showed your magnanimity and gave us hope, you gave us encouragement and above all, Manickji you gave us a home. You offered us the use of Sayer Centre at any time, however much time and for as long as we needed it – but you also offered the use of Sayer Centre without any time limitation, preconditions or financial commitment.

Your generosity and big hearted offer allowed us to establish Navjivan Vadil Kendra on 5th January 2007. The Kendra provided guidance and help to its members, taught them to take care of their health, gave them companionship and a hot meal. Without your generous offer and great support and Pujya Samaniji's blessings the Kendra would not have achieved this great success in such a short time.

From a gathering of twenty members, the Kendra expanded to 221 members with a huge waiting list by early 2008. The success of the Kendra in such a short time can be attributed to the efforts of volunteers and the enthusiasm of the members, but without the use of Sayer Centre and your great support this would not have been possible. The success of the Kendra has now brought us to a threshold of reconsideration. Our membership has outgrown the size of Sayer Centre, and we would fail the aims of the Kendra if we did not satisfy all those who wish to join the Kendra. It is with heavy hearts and sadness that we had to make the decision to move to larger premises. Sayer Centre is where the Kendra was born, this is where we nurtured our roots and created a strong organisation. The Kendra is moving to another venue, but our hearts will always be with Sayer Centre, and we know in our hearts, that if the need arises then we will come back to our "home".

Dear Manickji, no words can truly express your generosity and wonderful support. We can express our feelings of appreciation by making you a permanent member of our family. Members of the Kendra today would like to make you the very first Honorary Patron of the Kendra so that all present and future members of the Kendra will continue to appreciate your generosity and remember that it was your contribution which made the formation of the Kendra possible. It is your kindness which has resulted in the pleasure and enjoyment of hundreds of our pensioners and their blessings will always be with you.

We pray to almighty Lord for your and your family's well-being and wish you greater success in the fields of religion, education and service to humanity. Please accept this appointment as Honorary Patron with grace and oblige us.

On behalf of all the members of the Navjivan Vadil Kendra
Pranal V Parekh, President

Vanik / Vania by Manhar Mehta

This being a Directory of Vaniks, I feel it is appropriate to include an explanation of the Vanik (or Vania) Gnati that make up our community (Gnati, Naat, Jaat have the same meaning).

The basis of the Indian Caste system, as commonly understood, is summarised in the following extract.

“There are four main castes into which everyone was categorized. At the very top were the Brahmins - the priests, scholars, and philosophers. The second highest caste was the Kshatriyas. These were the warriors, rulers, and those concerned with the defense and administration of the village or state. Third came the Vaishyas, who were traders, merchants, and people involved in agricultural production. The lowest caste was the Shudras -- the laborers and servants for the other castes. Each caste included many hierarchical subcastes divided by [occupation](#).

Caste was determined by [birth](#) - you fell into the same caste as your parents, and there was almost no way to change it. The caste system dictated your occupation, choice of spouse, and many other aspects of your life. You could only do the jobs allowed by your caste.

Many believe the caste system began as a form of subjugation of local populations by the Aryan peoples who invaded and settled India. The Aryans were in the higher castes, and they put the native peoples of the subcontinent into the lower castes. The system favored those at the top economically, so they were motivated to maintain the status quo. Both Buddhism and Jainism sought to reform the caste system, but were unsuccessful. Finally, the [Industrial Revolution](#) had an impact on centuries of history.”

It is mentioned above that Caste was determined by birth but, historically, this was not the case.

In his article “Hindu Caste System & Hinduism: Vedic vocations (Hindu castes) were not related to heredity (birth)” Dr. Subhash C. Sharma explains how people move from one caste to other depending upon their ability and work they did. The article states:

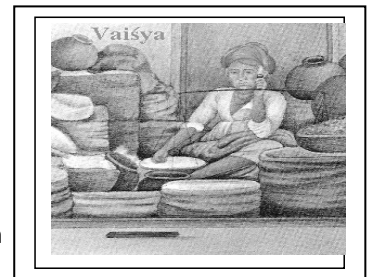
“To meet the liturgical needs of the society, the Vaishya - from among themselves - would select, on the basis of skills in elocution, the Brahmins (students or orators of the Vedas - compiled knowledge). Similarly, for administrative purposes, Vaishya with qualities of leadership would be selected as Kshatriya (sovereign, tribal chieftain, administrator of Kshatar - dominion or tribal area / town). Furthermore, a Visha (tribe) - in addition to having the Vaishyas (including Brahmins, Kshatriya, cowherders and woodworkers etc.) - also embodied people known as Shudra (meaning - not of tribe) representing all the newcomers (immigrants) to that particular tribe.

But over time, like a modern day immigrant, he would surpass the tribal or social barriers so as to fully assimilate in that society and pursue other professions. Thus, all the responsibilities related to a Visha could be grouped into four sub-categories: Brahmin, Kshatriya, Vaishya and Shudra; the duties and skills involved with”

(The Word ‘Visha’ given above is not to be confused with another word ‘Visha’; a name given to sub-sub castes of Vaishyas. Notes about the sub castes of Vaishya and their further divisions are given below.)

Vaishya

The traders, merchants, and people involved in agricultural production were classed as Vaishyas. Vaishyas were divided to reflect the kind of business or trade they were doing. Those in the business of clothing, groceries and involved in foreign trade were called Vania or Vanik. The word “Vania” could have been derived from Vahania; the people using boats as transport for their foreign trade. Others were Lohana, Bhatia etc.



Vaniks

Many years ago I had read that there are about 100 sub castes of Vaniks. One article mentions that there was a record of 84 sub-divisions of Vaniks in the time of Vastupal (early 13th century). In my effort to identify these sub-divisions, I have managed to name 19 main divisions and, with the inclusion of their sub-divisions, I have reached a total of 50.

The main sub divisions of Vaniks (Vania) are:

Nima, Zarola, Porwad, Shrimali, Oshwal, Khadayta, Kapol, Laad, Sorathia, Naagar, Modh, Maheshwari, Zarovi, Gurjar, Dishawal, Agarwal, Soni, Kandoi and Ghanchi.

Many of these are based on names of places (region, town or village). These divisions can be traced back to migration of the Indus Valley peoples into different parts of India. For example, those that settled in the Shrimal area of Marwad (Rajasthan) were called Shrimali, in Osia were Oshwal, in Sorath were Sorathia, in Skandpur were Skandayta (Khadayta), in the area around Bharooch which was ‘Lat’ province were Laad, in Modhera were Modh etc.

There were further sub divisions; that were based on small areas of a province. Ghoghari (near Ghogha/Bhavnagar), Halari (near Jamnagar, Zalawadi (near Surendranagar), Machchhu Kantha (towns on Machchhu river i.e. Morbi, Wankaner) , Golwad, Kuchchhi and similar.

But not all the major divisions are location based. Some, such as Soni, Kandoi and Ghanchi, were names given to people in those specific trades.

Most of the above were further divided into Dasha and Visha, thus nearly doubling the count. There is no definite reasoning found for the division of Vaniks as Dasha and Visha. A few explanations, none very convincing, are given below.

A situation arose where there was a confrontation between two groups of Vaniks. There were 10 (Dash) on one side and 20 (Vish) on the other side. They and their descendants have since been known as Dasha and Visha respectively.

In a family of two brothers, the children of the younger brother were called Dasha (Desh means smaller) and those of elder brother were called Visaha

During a migration, a group of Vaniks that remained in the original area (Desh) were called Dasha and those who moved to another area (Videsh) were known as Visha.

Again based on the issue of migration, those originally of an area/country (Desh) were known as Dasha and the ones who came in from another area/country (Videsh) were named Visha.

The following list which numbers around 50, takes all the variations and divisions described above.

Dash Nima, Visha Nima, Virpur Dasha Nima, Balasinor Dasha Nima

Dasha Zarola, Visha Zarola

Dasha Porwad, Visha Porwad, Marwad Visha Porwad, Sattavish Dasha Porwad, Dasha Porwad Meshri

Ghoghri Dasha Shrimali, Ghoghri Visha Shrimali, Machhu Kantha Visha Shrimali, Sorath Dasha Shrimali, Sorath Visha Shrimali,

Zalavadi Dasha Shrimali, Zalavadi Visha Shrimali, Halari Visha Shrimali, 108 na gol Visha Shrimali, Patan Visha Shrimali,

Dasha Oshwal, Ghoghari Visha Oshwal, Halari Visha Oshwal, Kachchhi Visha Oshwal, Kachchhi Dasha Oshwal, Godwad Oshwal,

Surat Visha Oshwal,

Dasha Khadayta, Visha Khadayta, Modasa Ekda Dasha Khadayta,

Kapol (have not noticed Dasha/Visha divisions) but have divisions based on Gotra

Dasha Lad, Visha Lad, Surti Visha Lad, Damania Visha Lad,

Dash Sorathia, Visha Sorathia, Dasha Nagar, Visah Nagar, Dasha Zarovi, Visha Zarovi, Dash Modh, Visah Modh, Dasha Modh

Mandalia, Ghoghari Modh,

Dasha Maheshvari, Visha Maheshvari, Dandu Maheshvari, Dasha Gurjar, Visha Gurjar, Vagad Be Chovishi Gurjar, Dasha Dishawal,

Visha Dishawal, Surti Dasha Dishawal,

Shrimali Soni (are there any Dasha/Visha or other divisions?), Kandoi, Ghanchi etc.

Religions followed by Vaniks

The main religions followed within the Vanik community are Jain and Vaishnav (Hindu). In ancient time, people used to change religion to follow what their king would support. Changing from Hindu to Jain and vice-versa was accepted and was done without any pomp or ceremony.

Here's a list of 84 nats provided by Mansukh Shah - http://farm4.static.flickr.com/3058/2981900740_9186635ba9.jpg?v=0

A large, stylized graphic of the text "Happy Diwali" in a blue-to-teal gradient font with a 3D shadow effect, set against a white background within a black rectangular border.

Diwali – celebrated by Hindus, Jains and Sikhs.

Diwali for Sikhs

Sikhs celebrate Diwali because their sixth Guru, Guru Hargobindji returned from a great victory on that day. He freed many innocent people who had been imprisoned without any form of violence.

Diwali for Hindus

In Northern India Hindus celebrate Diwali to mark the triumph of Lord Ram over the demon Raksah.

In Eastern India Hindus celebrate Diwali for a different reason, which is to honour the Goddess Kali destroying Bakasura (demon).

In Southern India Hindus celebrate Diwali for yet another reason which is to commemorate Lord Krishna killing Narakasura (demon?).

Diwali for Jains

Diwali for Jains is the celebration of Mahavir Bhagwan's attainment of Moksha ~ abundant, infinite, eternal, bliss ~ ultimate liberation, and absolute freedom from all karmic bondage of the cycle of birth and rebirths. The reasons why Jains celebrate Diwali is also down to a 'conquest'. This time the conquest is about Lord Mahaveer attaining Nirvana. It is also an illuminating time to contemplate on the path to Moksha, which is shown to us through the teachings of Mahavir Bhagwan. The significance of the light thus represents the sharing of the knowledge.

Deepavali is a sanskrit word which means 'rows and row of light'. Deepavali is usually shortened to Diwali. The core activity (as we should all know!) associated with Diwali is to give thanks to the Gods and to share good will with others. Countless festivals are celebrated in India, but as you can see above, Diwali is unusual in that many people of different faiths mark this occasion.

In essence these reasons for celebrating Diwali have one thing in common ~ they are about 'Good' conquering 'Evil'.

Happy Deepavali to you all!

'Shubh diwali ane nutan varsh abhinanda - Through the momentum of the light, hoping that all your dreams shine bright.'



Something for us to think about and strive towards: -

Asato ma sadgamaya
From untruth to reality

Tamaso ma jyotirgamaya
From darkness to enlightenment

Mrtyor ma amrtamgamaya
From mortality to immortality

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 or 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 451	21-May-75	5'9"	ACCA. (Chartered Certified Accountant)
M 465	10-Jul-73	5'5"	Computer & Accounting
M 469	15-Dec-68	5'7"	BA Hons Information management and Finance
M 505	08-Dec-76	5'10"	MA, BSc Accounting & Finance
M 511	15-Oct-61	5'3"	SSC High School Graduation
M 526	23-Feb-70	5' 5"	BTEC Eng. FPC
M 533	15-Apr-78	6' 0"	MPharmS(Hons), MRPharmS
M 538	16-Feb-74	6' 0"	Optometrist
M 553	29-May-78	5' 10"	BA (Hons), ACA Chartered Accountant
M 570	15-Nov-78	5' 10"	BSc (Econ), MSc(Econ), CIMA Finalist
M 585	18-Sep-81	5' 5"	BSc (Hons) Computer Science
M 589	14-Mar-75	5' 4" 5'	BSc (Hons) Management Science
M 590	09-Nov-76	10"	BSc(Hons) Economics
M 591	07-Oct-79	5' 6"	BA(Hons) Accounting & Finance, ACCA
M 593	11-Dec-78	5' 8"	BSc Business Management
M 598	19-Apr-83	5' 9"	A Levels. IT Dip.
M 600	30-Oct-80	5' 8"	BA (hons) Media Production Management
M 601	18-Feb-76	6' 0"	CIMA Finalist, BA (Hons) Business Studies
M 603	26-Aug-68	5' 6"	Chartered Accountant
M 608	18-Jan-81	5' 9"	BSc (Hons) Business Information Technology
M 609	14-Mar-80	5' 9"	Master in Pharmacy
M 611	11-Feb-82	5' 8"	BSc Bio Chemistry

The NCVA Matrimonial Register continued

Ref No	DOB	Ht	Qualifications
M 614	26-Oct-81	5' 10"	ACA, BSc Maths with management
M 617	17-Jul-72	5' 10"	BSc (Hons), MSc, PhD
M 621	05-Oct-75	5' 7"	MBA
M 623	04-Oct-77	5' 5"	B.Sc. M.Sc. Optician
M 624	25-Mar-77	5'10"	B.Sc. Multi Media. IT HND
M 625	23-Mar-71	5' 3"	ACCA
M 627	03-Jun-80	5' 7"	B.Sc.(Comp. Eng), MBA(Finance)
M 629	01-Aug-81	5' 7"	B.Sc.(Acturial Sc.), ACMA
M 630	03-Nov-80	5- 6"	B.Sc.(Hon) Business Info Systems.
M 631	09-Jun-75	5' 4"	F.Y.B.Com(Ind). GCDL & Partime Courses(UK)
M 632	21-Nov-79	5'10"	Comp. Sc./D.T.P
M 634	24-Sep-79	5' 9"	Bsc.(Maths & Eco), ACA
M 635	11-Jul-74	5' 8"	BTEC Nat. Dip. In Business & Finance
M 636	02-Nov-72	5'11"	B.Sc.(Hon). MBBS. MRCP. FRCR.
M 637	09-Feb-80	5'11"	M.Com.CIMA (Mngmt. Act.)
M 638	21-Nov-81	5' 5"	B.Eng.Computing & Masters in Finance
M 639	04-Mar-76	6' 0"	B.Sc.(Hon) Optometry
M 640	28-Jan-84	5' 7"	B.Sc (Upper Sec. Hon) Sta. & Mkt.
M 641	09-Jun-80	5' 5"	BDS MFDS(Dentistry)
M 642	27-Aug-81	5'11"	MRPharms (Pharmacist)
M 643	21-Jun-78	5' 6"	GCSC
M 644	11-May-81	6' 1"	MBChB,(Manchester), DRCOG
M 645	29-May-73	5' 7"	ACA, BSc (Hon)
M 646	18-Sep-82	5' 7"	ACCA(Finalist), BA(Hon) Accounting & Finance
M 647	22-May-82	5'10"	BSc.(Hon) Air Transport studies
M 648	30-Sep-82	5'11"	BA(Hons) Business Economics
M 649	31-Oct-83	5' 6"	B.Com, Level 2 In Food & Drink Mfg. Food Safety

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 – females

Ref No	DOB	Ht	Qualifications
F 435	24-Mar-75	5' 3"	Pharmacy
F 490	19-Mar-78	5' 7"	B.A. Social Science
F 520	13-Apr-63	5' 0"	Diploma in Business Studies, Management Training
F 522	25-Jun-58	5' 2"	B.Sc. M.I Phar. M.M.R.P.S
F 525	30-Nov-67	5' 2"	BA(Hon) ACMA
F 534	28-Aug-76	5' 4"	M Pharm, M R Pharm S
F 555	16-Nov-77	5' 7"	BDS (Dentist)
F 568	30-Jun-76	5' 2"	MSCI Medical Physics (Hon)
F 577	22-Dec-74	5' 4"	BSc(French), MSc(Comp.Sc.)
F 582	02-Nov-80	5' 6"	BSc (Hons) Mathematics, Studying CFA exams
F 587	31-Jul-80	5' 4"	MPharm(Hons), MRPharmS
F 601	26-Feb-79	5' 0"	BA Management. Business Info
F 612	18-May-74	5' 6"	LLB Solicitor
F 613	19-Jun-80	5' 3"	B Sc Computer Science
F 615	08-Jun-80	5' 1"	BSc(Hons) Biochemistry+Microbiology
F 637	19-Aug-79	5' 4"	BA(Hons) MGMT Accounting, ACCA
F 654	24-Jun-78	5' 0"	HND Graphic Design
F 658	23-Aug-81	5' 2"	BSc Pharmacology, MSc Finance
F 667	09-Nov-84	5' 2"	Final Year BSc (Hons) in Radiology
F 671	30-Oct-81	5' 0"	BSc (Hons), MC optom
F 672	31-Mar-77	5' 4"	BDS, MFDSRCS, Dentist (Specialist Trainee)
F 673	04-Aug-77	5' 5"	BA, MBA
F 682	06-Feb-78	5' 2"	B Eng(Hons) Computer Sy.Eng. (MBCS, MIET)
F 686	04-Mar-82	5' 0"	ACCA
F 689	18-Jan-73	5' 3"	BSc, ACA (Chartered Accountant), MBA
F 690	04-Oct-83	5' 4"	BSc Pharmacology, 2.1
F 696	13-Mar-82	5' 8"	ACCA. BSc.(Hon.)
F 700	02-Oct-83	5' 1'	B.A. Business Studies. & IT
F 701	02-Dec-79	5' 7"	B.Sc.(Hon), PGC.
F 702	11-Nov-85	5' 1"	B.Com.
F 703	15-Feb-80	5' 3"	B.A.(Hon) Business Studies(UK)., MBA (USA)
F 704	27-Nov-82	5' 2"	B.Sc (Biomed.Sc.)
F 705	07-Dec-83	5' 0"	B.Sc. (Actuarial Sc.)
F 706	29-Sep-80	5' 2"	BA (Hon) Edu. With QTS
F 709	11-Feb-75	5' 4"	Dentist
F 710	01-Sep-83	5' 4"	B.Sc (Comp.Sc.) ACA Final Year.

The NCVA Matrimonial Register continued

Ref No	DOB	Ht	Qualifications
F 712	28-Jun-83	5' 7"	BA(Hon)HRM - 2:1 Honours.
F 713	09-Jul-82	5' 7"	B.Sc. Psychology, MSc Child Dev.
F 714	06-Oct-83	5' 0"	B.Com.
F 715	16-Oct-82	5' 5"	B.A.(Hon) (BIS).
F 716	07-Oct-80	5' 5"	M.A.(1ST-Dist Mgmt.Sc)B.A.(Hon) European Lang.
F 717	26-Jan-80	5' 1"	Pharmacist (Master)
F 718	02-Oct-83	5' 2"	M. Pharmacy
F 719	10-Apr-80	5' 6"	MBCHB, MRCSed
F 720	08-Aug-83	5' 7"	Business With Computing
F 721	17-Apr-80	5' 2"	B.Sc.(Hon), McOptom
F 722	19-Aug-82	5' 0"	Business Info. System. (B.S.I.)
F 723	28-Jul-84	5' 3"	Form Four(O'Levels), Studying for ACCA
F 724	28-Jun-83	5' 6"	M.B.B.S. B.Sc.
F 725	23-Feb-83	5' 1"	BDS (Hon) Dentistry, MJDF(Dentist)
F 726	14-Sep-80	5' 4"	B.A(Hon) Accounting with BIS, ACA
F 727	02-Aug-83	5' 0"	MBCHB, BSc(Hon) 1St Class
F 728	15-Sep-75	5' 7"	BA (Hon)
F 729	09-Aug-78	5' 2"	B.Sc(Hon). IT
F 730	02-Feb-78	5' 1"	Diploma in Business Studies
F 731	13-Jul-79	5' 3"	B.Sc. Medical Biology.
F 733	25-Feb-77	5' 0"	Char. Inst.of Marketing, BA (Hon) Business Stud.
F 734	21-Jan-82	5' 6"	Mpharm
F 735	29-Oct-73	5' 2"	LLB Law
F 736	25-Jun-77	5' 1"	ACCA Part Qualified
F 737	10-Jul-79	5' 5"	B.A.(Hon) Visual Merchandising Mgmt.
F 738	27-Feb-83	5' 3"	B.Sc(Hon). Business Info. Tec.
F 739	27-Dec-78	5' 3"	B.A.(Hon) Joint Law & Psychology
F 740	17-Mar-83	5' 5"	B.Sc. (Hon) Optometry
F 741	07-Dec-76	5' 2"	Char. CIPD, MA, BA (Hon)
F 742	07-Feb-82	5' 6"	B.A. Turism & Business Studies
F 743	27-Mar-83	5' 4"	B.Sc.in Fine Chemical & Pharma Sciences.
F 744	17-Jul-70	5' 1"	CIMA Qualified.
F 745	19-Aug-81	5' 1"	LLB (Hon). LPC
F 746	16-Oct-82	5' 6"	ACA , BSc.(A/C & Finance)
F 747	18-Oct-79	5' 1"	Masters in pharmacy, MRPharms
F 748	16-Oct-80	5' 4"	B.A.(Hon) A/C & Finance
F 749	07-Jul-76	5' 0"	BSc. Comp Sc Undergraduate(3rd Year)
F 750	09-Apr-85	5' 3"	M.Eng, Civil Eng from Imperial College

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.