

DIS Newsletter

Summary of all year activities

Clacton-on-Sea 2018



Sunday 5th August 2018, We had a wonderful day out at Clacton-on-Sea with just perfect conditions. Big thanks you to Sureshbhai for donating water for the trip and Nisa Crabtree for the Alpen fruit bars.

Two full coaches were booked and on route we had our traditional Jalibi Gathya break. On the seaside we all had a fantastic day with lots to do, swimming, building sand castles, picnicking, pier, walking, or just getting a tan etc.

After a long day and some return traffic we returned home.

Some pics of our day out.

Yoga Retreat Trip - Little Cumbrae



From Dis Friday yoga group, 15 of us went to Little Cumbrae a small island known as Peace Island. We spent there 3 nights. The island is owned by Patanjali yoga Peeth UK and is a charity trust. It is an amazing, beautiful and peaceful place. We all thoroughly enjoyed the retreat.



Activities included were Pranayama, asanas, meditation, stunning hill walks in private natural fields.

Shravan mahino trip 2018



In August 2018 a coach trip was organised to the SSE Arena Wembley to attend Bhagwad katha by our spiritual leader Pujya Shree Rameshbhai Oza. As we were slightly early in getting there, some people made most of the time by visiting the Hindu temple on Ealing Road, so well done to them!

The peaceful and sacred ambience within the arena was all thanks to Pujya Rameshbhai who imparted his divine knowledge by telling Lord Krishna stories in a simple way which everyone could understand. Unfortunately, there was not enough time to receive prasadam, as the coach had already arrived to collect the people but everyone had a great day out.

Navratri 2018



DIS organised 4 days of Navratri this year where there was plenty of dancing followed by a variety of fancy dress & dancing competitions for children of different age categories. To top this up we had some very artistic young children take part in an aarti competition where it was wonderful to see the creative flair of young individuals stand out in Dacorum.

There was plenty of high energy dancing going on this year with the young & old taking part.

We were also graced with the presence of the Mayoress of Hemel Hempstead (Councillor Rosie Sutton) & with the Rt Honourable Sir Mike Penning MP attending on the same day as well.

There were plenty of stalls during the Navratri festival with lots of designer jewellery & dresses for sale as well as wholesale food items followed by delicious ready made food with different flavours of ice cream & to top this up we had sugar cane juice. Please do contact one of the committee members if you would like to take advantage of having a stall during the Navratri festival this year

Jalaram Jayanti 2018



Jalaram Bapa's birthday was celebrated on the 14th November 2018 at Wood Hall farm community centre.

As usual, the satsangi ladies sang bhajans and kirtans , followed by 'thaad' and aarti . All were served with the traditional mouth-watering prasad of khichdi, rotla , shaak and kadhi and other prasadam.

Christmas Party 2018



15th December 2018, DIS organised Christmas party. As always it was very popular event amongst parents with young children.

Started off with Christmas songs, followed by lot of children activities. Santa certainly arrived at the end with lot of gifts for all children.

Delicious Food was served in the end...

Those who attended certainly enjoyed the evening at Adeyfield community centre.

Diwali 2018



'Diwali Annakut', one of our biggest festival according to the Hindu culture was celebrated on Saturday 10th November at the JFK school. This is one event which everyone looks forward to as they all come together to make this event a huge success either through bringing lovely food offering or helping with the performances, or helping with other duties required within the hall.

The event started with a short speech by the Chairman, followed with Sonu Nigams version of 'Om

Bhur Bhuva swaha' sung by the kids and then followed by devotional singing of bhajans and hymns by our satsangi ladies.

After that the audience was treated to the Ramayan play which was the highlight of the evening. Thanks to all the kids who participated in the play and especially to Dipal Jhala, Amrita Patel and Archana Thesia in particular for making up the costumes and props and spending many hours practicing with the kids.

Following that there were garba performances by the kids group as well as the ladies group who performed on a peppy garba 'Chogada Tara' and a traditional 'Ghoomar' song from Rajasthan. There was also a selection of amazing Bollywood dance performances by the kids' group, as well as individual performances by Jiya Jhalawadia, Puja Shah and Mila Bhatt.

As usual, food was the major focus with families and friends bringing in traditional food and mithai. DIS would like to say a special thanks to the wonderful effort put in by Pragnaben Trivedi in organising the menu and getting people involved in the community spirit.

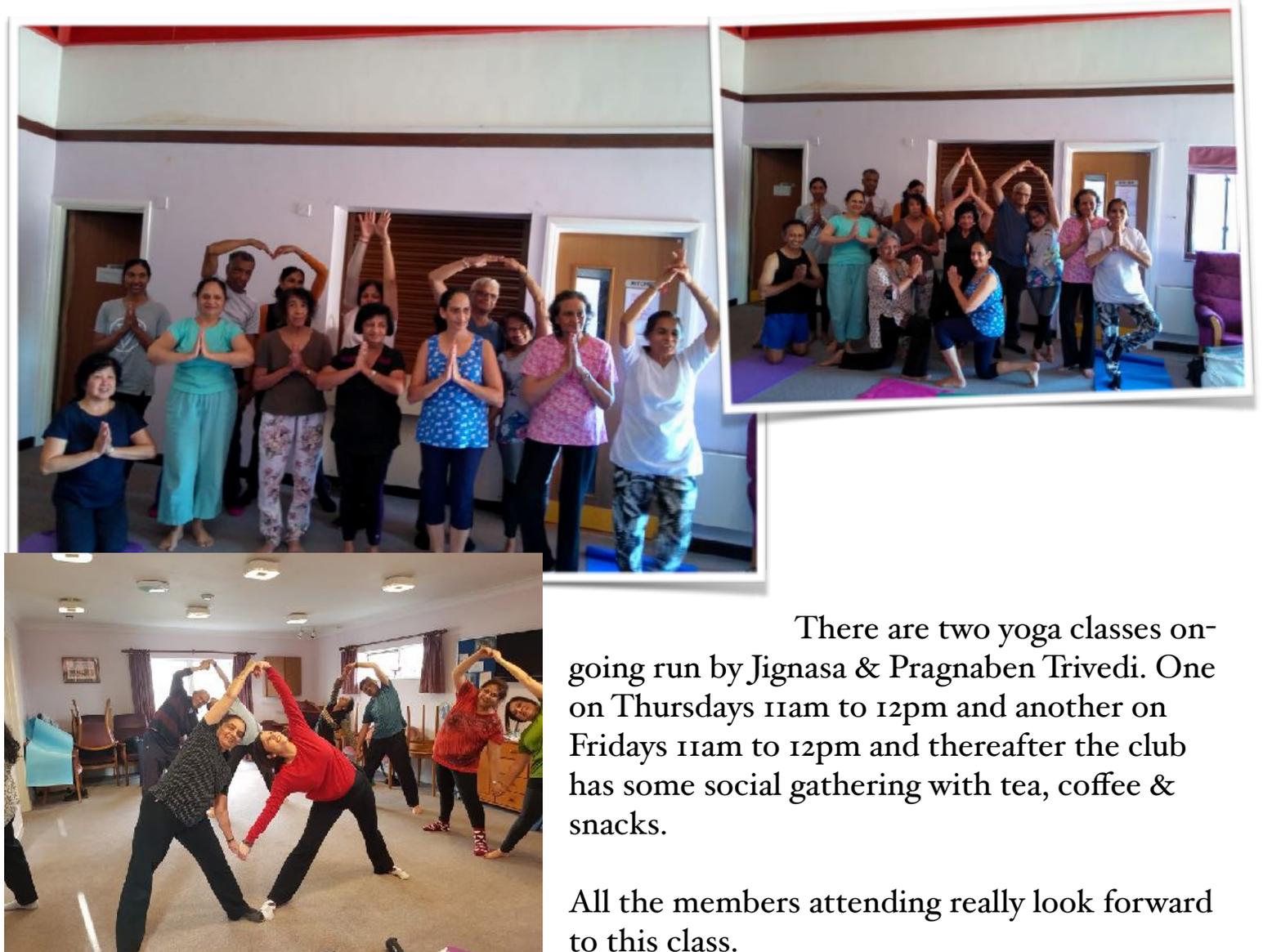
Holi 2019



Holi celebrations this year was very small but successful event, started off with a Pooja and a young girl, Palasha Patel aged 15, explained to the younger generation about the reason and rituals of celebrations of holi.

Those attending enjoyed the evening at Crawley drive.

Yoga - Regular activity



There are two yoga classes on-going run by Jignasa & Pragnaben Trivedi. One on Thursdays 11am to 12pm and another on Fridays 11am to 12pm and thereafter the club has some social gathering with tea, coffee & snacks.

All the members attending really look forward to this class.

In both the classes there are very enthusiastic members who take yoga very seriously and attend the classes with devotion. Thanks to Jignasa & Pragna.

One of the most popular activities DIS has been supporting though lately it is self supported.

Zumba Classes - Regular activity



DIS Zumba classes are now running successfully for almost more than two years, every Thursdays at Adeyfield Community centre. This is offering free trial lessons and very minimal charge to community members.

Our Zumba teacher Mili has kept all age groups engaged through her vibrant and varied choice of Latin and Bollywood music and dance steps.

Mili had to take a break this year due to pregnancy but she has found us another teacher who has taken charge of Zumba.

These classes are open to non-DIS members too and the class is a lot of fun and offers a great workout.

BBQ & Sports day 2019



BBQ is one of our most favourite event and it was proved that way again this year. We had almost 200+ attendees joining. Weather did support us with beautiful sunny day.

Veg and Non-veg BBQ food was very well prepared by our committee members and hard working volunteers - kudos to committee members wives working very hard on the day.

Sports activities were very well organised with lot of adult and children participating in games like cricket, tough of war. We also had ENG v IND world cup match on a projector running parallel to keep our cricket lovers engaged :) - Thanks to SV & Vishwa for sorting out all that bit.

We had Tambola as an addition this year and it proved to be very successful amongst the members raising fair amount on the day - Thanks to Jay Vaid and Varsha Patel for their persistence efforts getting this organised.

Overall it was very successful event which our community members have enjoyed thoroughly.

Seaside 2019 - Bournemouth



On Sunday 4th August a coach full of DIS guests departed Hemel at 8am followed by some talented individual artists showing off their singing vocal chords where both journeys were entertaining & both arrival & departure times seemed like this was a very short journey.. Thank you to all those singers out there that made the journey an entertaining experience.

When we arrived it was a little cloudy but as the day went on the blue sky came out & we all had plenty of sunshine. The children were very brave and decided to venture into the sea where from a distance this looked very cold, but this did not deter young souls closely followed by the adults. There were many sports activities played on the day from cricket to football to volleyball where both teams including the children were very competitive.

Lunch was highly enjoyable with plenty of variety to choose from & especially sitting near the beach enjoying the feeling of the wonderful breeze & eating pau bhaji on the beach.. This was followed by many taking an afternoon walk near the sea followed by the delights of ice cream for the long walk.

We departed at approximately 6pm to head back home to Hemel Hempstead where there was a little traffic due to various music festivals along the journey but overall a wonderful day with plenty of sunshine with good friends and family.

Janmasthanmi 2019



On Saturday 24th Aug, we celebrated Janmashtami in Adeyfield Community Centre. It was a wonderful event hosted by Sajanbens grandson as our Kano for the day.

As always our young, Paalasha Gandhi narrated the story of Janmasthanmi beautifully.

We had lots of generous donations from quite a few people — a huge, huge thank you as this will help cover the hire and food costs. As well as a big thank you to all volunteers who helped tirelessly before, during and after the event.

As usual, we all looked forward to having yummy farali prasad which consisted of farali potato shaak, samo khichdi, chevado and toprapak.