



# Monthly Newsletter

February 2025



## WELCOME TO THE FEBRUARY EDITION OF THE GAAL NEWSLETTER

We have a host of exciting updates and events to share with you. Thank you for all your contributions - keep them coming in! Happy reading!

## Upcoming Events

**17th, 23rd February (Every Monday)**

**GAA London Community Cafe, Kenton Hall**  
Contact- **Dee Vara on 07951726958**

**9th March (Sunday)**

**Mens Wellness Event, Kenton Hall**  
Listen to our 3 key speakers; Juggy Sidhu, Prashil Mistry and Priyesh Patel talk about mental health wellbeing.  
Contact- **Seema Parmar on 07944 305 750**

**15th March (Saturday)**

**Childrens Holi Event**  
Contact- **Priya Vara on 07967 826260**

**23rd March (Sunday)**

**Yoga and Soundbath Event**  
2.5hrs of holistic, relaxing and rejuvenating wellness experience  
Contact- **Devyani Parmar on 07944 557798**

## Mens Wellness Event

**Breaking the Silence: Mens Mental health Sunday 9th March**

Join us for an honest and impactful discussion on men's mental health with Juggy Sidhu (The Indian Body Coach) and Prashil Mistry (The Indian Life Coach). This event is designed to challenge the stigma surrounding men's mental well-being and foster open, supportive conversations. The host for the event is Priyesh Patel.

Key Themes Include:

- Why men often suppress emotions and the impact on mental health
- Building safe spaces for vulnerability without judgment
- The connection between physical fitness and mental well-being
- Strategies for mental resilience and breaking generational cycles

Tickets are £10 and are available through Eventbrite link- <https://GAAMENSHEALTH.eventbrite.co.uk>

## Sound Bath Relax and Rejuvenation Sunday 23rd March 4-7PM

GAAL is running a holistic, relaxing wellness experience to promote mental clarity, emotional balance, and physical relaxation.

This will include:

- Breathwork and meditation
- Yin yoga
- Sound healing and energy clearing

The session is restricted to 25 participants and will cost £17.50 for GAA members (£25 for non-members).

Please contact **Devyani Parmar on 07944 557798**

## GAA London Community Cafe

**EVERY MONDAY - 1pm to 3pm**

The Cafe has been running now for 4 weeks and it's so great to see some of our members attending alongside with our local neighbours from the wider community. We would love to see more of our GAA members attending.

Those attending the cafe have enjoyed fun games and activities and most of all getting together with other people.

We have :

- run gentle stretching and breathing exercises
- played fun rounds of bingo
- taken on some enjoyable quizzes and thinking skills games
- enjoyed music & singing popular songs
- shared some lovely stories over Tea, Coffee, and Biscuits

More information can be obtained by contacting **Dee Vara on 07951-726958** (WhatsApp Only)

## Kids Corner!

### Maha Shivratri: The Night of Lord Shiva

Maha Shivratri is a special festival celebrated by Hindus all over the world in honour of Lord Shiva, one of the most powerful gods in Hindu mythology. This year Maha Shivratri falls on Wednesday 26th February.

Many stories explain the significance of this night. Here are a few fascinating ones:

1. The Marriage of Shiva and Parvati
2. Shiva Saves the World
3. The Story of the Hunter and the Shivaling

On this special night, people visit temples, offer milk and flowers to the Shivling, and chant "Om Namah Shivaya"

### "Chant 'Om Namah Shivaya' in a Minute" Challenge!

Here is a fun and peaceful challenge. The "Om Namah Shivaya in a Minute" challenge is a great way to connect with Lord Shiva while having fun!

#### How to Play:

- Find a quiet, comfortable place and take a deep breath.
- Set a timer for one minute.
- Start chanting "Om Namah Shivaya" repeatedly, as many times as you can.
- Count how many times you chanted in one minute!
- Challenge your family and friends to beat your score.

This mantra is powerful and helps bring peace, focus, and happiness. The more you chant, the calmer you feel! Ready, set, chant! Om Namah Shivaya!

## GAA Yoga Class



The GAA weekly Yoga Classes continue each Monday at 11am. Please join us!

The classes are thriving with new joiners able to start at beginner level or join the regular attendees, at a more progressed level.

YOGA is beneficial for physical and mental wellbeing helping with fitness and calmness.

Contact **Kala Parmar on 07956 122109**

## Stay in touch with GAAL



### Email Subscription

If you are not receiving emails please (i) check your spam folder or (ii) Subscribe or resubscribe for emails by using the link on [gaalondon.org.uk](https://gaalondon.org.uk) website. <https://gaalondon.org.uk/email-subscription/>



**Facebook@gaalondon**



**Instagram@gaalondon**



### WhatsApp Community

**Group**- Scan the QR code or use the link below to join the new GAAL community group

<https://chat.whatsapp.com/IUG03URL5di3dOT0wL5DjQ>



## Guest Editor- Rani Vara

If you are interested in contributing to the monthly newsletter, please **contact Rani Vara on 07903672170**

# KEY 2025 DATES

## JANUARY

**20th** Community Cafe  
**27th** Community Cafe

## FEBRUARY

**10th** Community Cafe  
**17th** Community Cafe  
**24th** Community Cafe

## MARCH

**9th** Mens Wellness  
**12th** Carers Health & Wellbeing Day  
**15th** Holi Event  
**18th** Senior Citizen  
**23rd** Sound Bath

## APRIL

**W/B 7th** Childrens Cookery Classes  
**15th** Senior Citizen Luncheon

## MAY

**20th** Senior Citizen Luncheon

## JUNE

**17th** Senior Citizen Luncheon (Fathers Day)  
**22nd** Pool Tournament

## JULY

**6th** Funday  
**15th** Senior Citizen Luncheon

## AUGUST

**2nd** Nori Nem  
**19th** Senior Citizen Luncheon

## SEPTEMBER

**7th** Start of Shraadh  
**14th** Charity Bike Ride  
**16th** SCC Luncheon  
**22nd** Navratri Starts  
**26th** Seniors Garba  
**27th** Childrens Garba

## OCTOBER

**1st** Navratri Ends  
**11th/12th** Diwali Basket Brigade  
**18th** Dhanteras Puja  
**20th** Diwali  
**22nd** Bestu Varas

## NOVEMBER

**18th** Senior Citizen Luncheon  
**TBC** Mahasabha Diwali Gathering (Birmingham)

## DECEMBER

**13th** Neighbours Xmas Party  
**14th** Childrens Xmas Party  
**17th** Xmas Senior Citizen  
**31st** NYE Party