



Monthly Newsletter

March 2025



WELCOME TO THE HOLI 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, 24th, 31st March (Every Monday) **GAA London Community Cafe, Kenton Hall**
Contact- **Dee Vara on 07951726958**

23rd March (Sunday) **Yoga and Soundbath Event**
2.5hrs of holistic, relaxing and rejuvenating wellness. Contact- **Devyani Parmar on 07944 557798**

25th March, 1st, 8th April (Tuesday) **Walking Football**
Non contact football suitable for players of all abilities and ages. Contact- **Pradeep Chavda on 07802 400404**

28th March (Friday) **Friday Social Bar**
Mothers Day special at Kenton Hall
Contact- **Uttam Parmar on 07951 561996**

29th March (Saturday) **GAA London Golf**
First golf event in 2025 is being held at the Hertsmere Golf Club
Contact- **Sanjay Gohil on 07843 601748**

Check out our Key Dates on page 4 for a yearly overview of events (new events underlined).

Happy HOLI - Festival of Colours

Holi is a Hindu festival that celebrates Spring, Love, and new life.

Some families hold religious ceremonies, but for many Holi is a time for fun. It's a colourful festival, with dancing, singing and throwing of powder paint and coloured water.

How has this tradition come about?

Holi celebrates a Hindu god. There are different stories of Holi, its history and how it began. One revolves around **Holika** and Prince Prahlad, and the other around **Krishna**.

Holi gets its name from Holika, the sister of the demon **King Hiranyakashyap**. The ancient story of Holi states Holika tried to kill Prahlad, who believed in god **Vishnu** and not in his father, the demon king. However, Prahlad survived, and Holika burned and died, and the demon King was defeated by Vishnu.

So, Holi originates in being a celebration of good triumphing over evil. People still re-enact this story on Holi, lighting bonfires the night before the Holi festival begins to keep away evil spirits.

Another story of Holi is about Krishna, and his love for Radha. Krishna used to playfully smear brightly coloured powder on Radha's face. Radha fell in love with Krishna and the two were married. Krishna was playful and mischievous, continuing to throw coloured water on people. And this is why the Holi festival is known as the 'Festival of Colours'.

GAA held its annual Holi Event "**Range Barse**" for children on Saturday 15th March. Keep an eye out for next months newsletter to see how our children celebrated Holi in style!

UPCOMING EVENTS

GAA London Golf Society

Throw Back to 2024 Events:

- 220 Golfers played in 7 Events
- Many prizes awarded for Winner, Runner-up, nearest the pin, longest drive and 31 'birdies' over the season
- A great time was had by all. Players from the ages of 15 to 80 enjoyed the selected golf courses
- Congratulations to all the golfers. Final results after 7 events:

OVERALL COMPETITION	
WINNER	Sanjay Gohil
RUNNER UP	Winky Singh
3 rd PLACE	Jiten Parmar
PAR 3 COMPETITION	
WINNER	Sanjay Gohil
RUNNER UP	Kamlesh Vara
3 rd PLACE	Vijay Oza

2025 Season

Membership is open. £40 (adults) / £10 (juniors)
Events:

DATE	COURSE
29 th March	The Hertsmere Golf and Country Club
26 th April	Winter Hill Golf Club
17 th May	The Club at Mill Green
14 th June	Aldwickbury Golf Club
19 th July	Chiltern Forest
16 th August	Aldenham Golf and Country Club
September 6th or 13th	Weekend away – location TBC
5 th October	Enfield

More information can be obtained by contacting
GAAL Golf Society on gaagolf2009@gmail.com

Kids Cookery Classes - Easter time

Tuesday 8th, Wednesday 9th and Thursday 10th April

Ready, Steady, Cook!!!

Calling all budding young chefs, are you ready to learn how to cook some yummy Gujarati dishes?

Sessions will be fully supervised and run in our kitchen at Kenton Hall, by our expert cooks from our GAAL Community.

Children will be taught how to make traditional Gujarati dishes and will be able to enjoy lunch after each class.

Times: 10am - 2pm

Ages: Suitable for children over the ages of 8 years

Cost: £12.50 (GAAL Members)/£17.50 (Guests)

Please contact **Dee Vara on 07951 726958**

Friday Social Bar

Welcome to GAA London at The Shoemakers Arms!

We're excited to kick off our monthly Friday Social Bar once again. Be sure to sign up for our FSB notice and menu updates. Our wonderful, hardworking FSB ladies will be serving up a variety of delicious dishes, both vegetarian and non-vegetarian.

Our next FSB will be held on **Friday, 28th March**, where we'll be celebrating Mother's Day! To mark the occasion, all mums will receive a complimentary drink upon arrival. So, bring along the whole family and pamper the mums!

The Friday Social Bar is great place for us Mochi's to meet and socialise with family.

Please make sure to register early, as space is limited to 50 attendees to ensure a comfortable experience for everyone.

We look forward to seeing you there!

MENS MENTAL HEALTH EVENT



Over **50 Men** attended GAAL's talk on mental health and 'Breaking the Silence' on **Sunday 9th March**

The 3 hour session was hosted by Priyesh Patel (the Unfiltered Coach) and together with Juggy Sidhu (The Indian Body Coach) and Prashil Mistry (The Indian Life Coach), they shared their personal stories and insights with the audience.

Difficult subjects of addiction, stress, personal conflicts and family related issues were discussed in an open and safe space. Many stories were amazing and emotional and the key message was that 'its okay to not be okay'

It was great to see a wide range of ages attending the event. We had men in their twenties attending as well as grand fathers. In past years, men would not share their issues due to cultural upbringing and a sense of community judgement. In a way their emotions were suppressed.

It was agreed that in todays society, suppressing emotions is not healthy and can result in mental health issues.

Member Spotlight- Janisha Parmar



Janisha is the daughter of Harish and Chanda Parmar (Bham) and an Optometrist at Moorfields Eye Hospital. In August 2024, she climbed Mount Kilimanjaro, the highest freestanding mountain in the world and at the same time she raised £5,183 for cataract operations. Cataracts are the leading cause of blindness worldwide affecting millions of people, particularly in underserved communities where the cost of this life-changing procedure is often out of reach. Janisha's proceeds

funded 43 operations and enabled many people regain the gift of sight. Janisha says her journey of climbing Mount Kilimanjaro was a truly humbling and amazing experience. The climb was a total of 7 days with the summit day being day 5. The summit day, was a long day, slowed down by the altitude, starting at 3am and reaching the beautiful peak at 1pm. The whole experience was so much more than climbing a mountain, the journey led Janisha to a more aligned purpose, advocating for others, especially women and mums, to prioritise their wellness and become the best version of themselves.

Members Hall Hire

Get upto 50% discount on hall hire

We would like our Members to use Kenton Hall for their own events. Whether your organising a birthday party, reception, wedding event or family get together, please consider using your Hall.

Members are entitled to discounted hire as follows:

- Non Paid Members - **10%**
- Paid up Life Members - **20%**
- Building project donor upto £1001 - **30%**
- Building project donor upto £2001 - **40%**
- Building project donor more than £2001 - **50%**

For all enquiries please contact
Bharat Chauhan on 07809 026704
or **Kamlesh Vara on 07796 940057**

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 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**

Kids Corner!

Give this recipe from our last cooking class a try!!



Gajar Ka Halwa

4-6 servings 45 minutes



Ingredients

- 4 tbsp Ghee
- 2 kg Carrots, grated
- 500g milk powder (mawa)
- 1 litre Full-Fat Milk
- 250g Sugar
- 1 tbsp of Chopped Almond
- 1 tbsp of Chopped Pistachios
- 1 tsp Green Cardamom powder
- 1 tsp Cashews

How to make:

1. Heat ghee in a pan and add the carrots. Saute for a few minutes on a low-medium heat.
2. Add milk and milk powder (mawa).
3. Cook the carrots in the milk for 30-45 minutes until the milk dries. Keep stirring occasionally.
4. Add sugar, almonds, cashew, pistachios, green cardamom powder. Cook the halwa until the milk has completely reduced.
5. Your Gajar Ka Halwa (carrot halwa) is now ready!
6. Serve with ice-cream and enjoy!!

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

2nd Chaiteri Norta Garba
W/B 7th Kids Cookery Classes
15th Senior Citizen
30th Senior Ladies Health Event

MAY

15th Kew Gardens Trip
20th Senior Citizen Luncheon

JUNE

6th Gayantri Haven
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