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# SBBS Leicester (UK) Newsletter Summer 2016

BY VARSHA & VIGNA MODHA



## FOOTIE PRACTICE

**Venue:** Judgemeanow Sports Hall

**When:** Sundays 1.30-4pm

Since January 2016, the SBBS Youth Club has been running with Vigna Modha & Devanshi Thanki, with over 40 children regularly attending. We try to offer a wide range of activities to suit all ages including Badminton, indoor Football, Basketball and recently indoor Cricket. We teach the game, promote safety and good behaviour, as well as maintaining a healthy competitive spirit during all activities and above all encourage participation.

The under 10s have done bouncing exercises on the rebounder & dancing with Vigna, Sheetal Joshi & Urvi Modha.

Our Gujarati words and cultural story telling has increased children's curiosity.

## THE RAMAYAN PLAY

This was presented at the 2016 Ram Navmi Event and was very well appreciated by all. We are looking forward to doing another play soon.

**LOVE TO DANCE?** Join us for Garba practice in September, and get ready to show your moves this Navratri with confidence.

**ART THERAPY** Are you arty or want to have a go? We are planning to do arty-crafty workshops from September for children. Did you know that doing some colouring or painting/drawing can boost the production of happy hormones which your body uses to relieve pain and mental stress? If you have a special skill, we want to know about it, please come and show off your special talent. Register your name if you are interested in doing some Art Therapy.



Rebounder exercise with Vigna

## Forthcoming Youth Club dates.

**July-September** - 2-5pm Cricket at Abbey Park with Ravi Dave. Open to all adults & children, families and friends.

**August 2016** - A visit to Leicester Aerodrome – to be arranged by Varsha Modha

**4<sup>th</sup> September 2016** – Boat Trip from Loughborough-Mountsorrel – for more details contact Varsha Modha 07739 333695.

**Christmas Party** – to be arranged

If you would like to suggest an Activity or a Day Trip – please contact [secretary@bardaionline.com](mailto:secretary@bardaionline.com). We would love to hear from you.



### Visit to BAPS Leicester

We took the Youth Club to visit BAPS Mandir in Leicester. Shagun Dave (6 years old) was amazing with her knowledge and understanding of words on a scripture in the Mandir. Veer Thanki stated the nine names for Ganesh. We also circled the shrines and Vigna told the story of when Lord Krishna was born. Jatan Dave showed everyone how to formally do a 'Pranaam' to the Deities. Wow!

### LADIES GROUP

Meets usually on the last Sunday of each month.

**Activities:** Meditation, Walking, Positive thinking, Singing, celebrating each other's successes, supporting one another, Yoga and much more. If you want to Share your talent or give tips, you are most welcome.

**Fee:** none.

### Ladies Group Dates:

Meet in Room 7, Belgrave Neighbourhood Centre, Rothley Street, Leicester.

Sunday 24.7.16 Time: 1.30 to 3.30 pm (topic for 25 minutes: Our Sanskruti, Speaker from Shri Gayatri Parivar).

Saturday 20.8.16 Time: 2pm to 4pm

Contact Hansaben Rajyaguru or Ushaben Modha via [secretary@bardaionline.com](mailto:secretary@bardaionline.com) should you wish to join. All Bardai members are welcome.



### LET'S PLAY HOLI

This year, we had the first open Holi celebration at Cossington Park. Thanks to Ravikumar Dave for organizing the event and getting the colours. Harishbhai Dave & family provided the Jalebi-gathiya snacks. The idea was suggested by Varsha + Vigna Modha. Everyone young and old arrived dressed in white to be plastered with colour on the cool breezy day. Rajen Thanki took photos. Varsha Modha was totally covered with powder whilst taking a movie for the SBBS – clever planning! There was some careful scheming by certain youths to target unsuspecting members all in good fun. Thankfully, there were no health & safety issues or allergy reported from this event.

Check out the photos on [www.bardaionline.com](http://www.bardaionline.com)

### Love Garba, but not a confident dancer?

Worry not! From September, we are planning to run Navratri workshop where you can learn basic or more complex Garba steps with Varsha Modha and Ravi Dave.

It will take place at the same time & venue as the Youth/Sports Club. So come along, dress up if you want to and get into the swing of things.

Children will be practicing singing Aarti, learn to decorate their dandiya, aarti plate and garbo.

**If you'd like to help out during Navratri, please register your name as a Volunteer via [secretary@bardaionline.com](mailto:secretary@bardaionline.com). We are a team!**

