

Vanik Voice



LIVE AND HELP TO LIVE

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Jyotsna Mehta
Nitin Parekh

Sachin Shah's journey from student to councilor

I joined the Labour party during my first year at university, although I had been interested in politics and current affairs since I was about 12. After coming back to Harrow after uni, I decided to get involved in Harrow politics. I did this because I saw how the Tories were running the council and was concerned about the way they were treating people who were most in need.

If people want to get involved in politics the first thing is to do is to get involved with a political party. I got involved with the Harrow west Labour party, first as youth officer, then as campaigns officer and then as treasurer. By doing this I was able to show commitment to the party and create a reputation for myself as a hard worker.

After this I put my name on the list of people who wanted to be a councilor. I was selected by Labour party members to stand as the candidate in Queensbury ward. After that, it was a year of knocking on doors, speaking to voters and setting out the reasons I thought they should vote for me and the Labour party.

The election campaign was hard work, but being a councilor can be very rewarding, especially when you are able to help people who come to you with a problem.

I would say to anyone who is interested in being involved in politics, if you are committed to helping people, go for it. It's hard work and normally a thankless task, but you will have fun, and there is nothing more humbling than people putting their trust in you to represent them.

If you would like to get involved in the Labour party, email me at sachin.shah@harrowLabour.org, and I am more than happy to help you.

Sachin Shah

The NCVA Matrimonial Register

The NCVA have a professional, anonymous structure in place to help you meet your possible soul mate.

Jayman Mehta is the person to contact if you wish to register for this service.

Once you register, you will receive a list of other people who are looking for a partner. 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. However, they cannot see the name of any other details that will identify those on the list.

For further information please contact: - Jayman Mehta

Contact time: Mon. to Fri. evening 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 matrimonial.register@ncva.co.uk

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

Should you say 'No' and mean it or say 'Yes' and not mean it?

I read this quote recently. It sat with me so much that, I saved it so that I could write about it later.

A 'No' uttered with the deepest conviction is better & greater than a 'Yes', merely uttered to please; or worse, to avoid trouble – M Gandhi

I know that for many people, saying 'No' is not easy. At work, with friends, family and in other contexts.

We don't want to let others down,
We want to be respected,
We want others to feel that we can help & perhaps even save them.

But what happens when one say 'Yes' but doesn't deliver?

A one off may be forgiven and even forgotten but someone who repeatedly says 'Yes' but means or delivers a 'No' won't be respected or liked.
Will they?

Do you have different thoughts about this?

Heena Modi

A brief introduction to Jainism

<http://www.scribd.com/doc/44694648/Jainism>

Children exploring the idea of the Aatma

Over the last 3 years I have been covering PPA, rather than, being a class teacher. I ended up teaching a lot of R.E. and P.E. and I ended up really enjoying teaching R.E., especially in Middle School. The children are able to articulate their thoughts, ask questions, reflect and more. It was truly amazing! One lesson stood out the most. The lesson was called 'Deep thoughts about deep ideas.' The objective was for the children to know about Hindu concepts of the atma (the true self). They also needed to understand the Hindu belief that God is within the heart and conscience. We discussed the soul and the various words that can be used to describe it. We also talked about the fact that many religions talk about the soul or the spirit. Many of the children had heard of it. 😊

Here are some of the things that the children said: -

Fred said that an example of the soul not needing a body was shown in Harry Potter. Moaning Myrtle lives in the in the toilet.

Dave said that the soul's trapped in the body.

Vijay said if the soul doesn't have a body it can live but if the body doesn't have a soul it can't live.

Danielle said that "the soul controls you. When you die it gets re-born into another body."

Sandy said "it's like a ghost. It leaves the body when you die"

Tommy said "the soul leaves the body when you die and goes somewhere. If you're knocked out you see yourself on the floor but you're see-through and like a silky wall. If your heart stops you see your soul raise out of your body and you go to heaven."

Natalie said "A child could see the soul that came out of the body of the dead person" so we discussed that many people believe children's minds are more open to this kind of thing and others believe that our minds becomes closed as we get older. Thus we lose the ability to see things like this. We discussed that others believe it's not possible at all.

Ben said "It helps you make hard decisions. The soul helps you face your fears."

Ali remembered the episode of Tom and Jerry when Tom died and 9 souls came out. They all showed different feelings – playful, bossy etc.

Tammy said the same as Ali but she remembered a similar episode from Garfield.

It may not read as well as it felt. The lesson was buzzing. The children were so into it. their hands were shooting up all the time because they wanted to explore their ideas together. They felt curious, safe & most of all, they all showed respect for all faiths as they spoke. It was amazing!

Heena Modi

Groups Established by NCVA

Vanik Professional Group
Vanik Business Group

Chanakya's Quotes - Worth reading a million times...

"A person should not be too honest.

**Straight trees are cut first
and Honest people are victimized first."**

Chanakya quotes (Indian politician, strategist and writer, 350 BC -275 BC)

**"Even if a snake is not poisonous,
it should pretend to be venomous."**

Chanakya quotes (Indian politician, strategist and writer, 350 BC-275 BC)

"The biggest guru-mantra is:

**Never share your secrets with anybody. !
It will destroy you."**

Chanakya quotes (Indian politician, strategist and writer, 350 BC-275 BC)

"There is some self-interest behind every friendship.

**There is no Friendship without self-interests.
This is a bitter truth."**

Chanakya quotes (Indian politician, strategist and writer, 350 BC-275 BC)

"Before you start some work, always ask yourself three questions -

**Why am I doing it,
What the results might be and
Will I be successful.**

Only when you think deeply and find satisfactory answers to these questions, go ahead."

Chanakya quotes (Indian politician, strategist and writer, 350 BC-275 BC)

**"As soon as the fear approaches near,
attack and destroy it."**

Chanakya quotes (Indian politician, strategist and writer, 350 BC-275 BC)

**"Once you start a working on something,
don't be afraid of failure and don't abandon it.
People who work sincerely are the happiest."**

Chanakya quotes (Indian politician, strategist and writer, 350 BC-275BC)

**"The fragrance of flowers spreads only in the direction of the wind.
But the goodness of a person spreads in all direction.."**

Chanakya quotes (Indian politician, strategist and writer, 350 BC-275BC)

"A man is great by deeds, not by birth."

Chanakya quotes (Indian politician, strategist and writer, 350 BC-275BC)]

"Treat your kid like a darling for the first five years. For the next five years, scold them.

By the time they turn sixteen, treat them like a friend.. Your grown up children are your best friends."

Chanakya quotes (Indian politician, strategist and writer, 350 BC-275BC)

**"Books are as useful to a stupid person
as a mirror is useful to a blind person."**

Chanakya quotes (Indian politician, strategist and writer, 350 BC-275BC)

"Education is the best friend.

**An educated person is respected everywhere.
Education beats the beauty and the youth."**

Chanakya quotes (Indian politician, strategist and writer, 350 BC-275BC)

Put Gujarati first! In the safe haven of the parent's protection

In the safe haven of the parent's protection,
Please them with words of affection, watch their happiness,
After their lips are half-closed,
What will be the benefit of putting water from the Ganges in it

Those who bless you with sincerity,
Hug them for a moment with true heart,
When they are no more,
What will be the benefit of bowing down to their photos

Time will take its toll, they will depart,
Nobody will be there to stroke your head with love,
That love will not be experienced at any cost,
What will be the benefit of putting their photos in the lounge.. ..

Lucky are those who get the spiritual wealth of their parents,
Their feet are as auspicious as 68 places of pilgrimage, visit no other,
The tide of love will come and go in an instance,
What will be the benefit of picking sea-shells on the beach

When they are present, please them with serenity,
Let your behaviour be like 'spring in the autumn',
After they have been cremated,
What will be the benefit of disposing their ashes in the Ganges

Like Shravan, be their walking stick in old age,
Hold their hands and go with them on pilgrimage,
That parents are divine beings is universally true,
What will be the benefit of chanting 'Ram's name is truth' on their death

You may buy all you wish with money, but not parents,
Time gone by will never return, what will be the benefit of your millions,
Nobody will stroke you with love and call you 'son',
What will be the benefit of borrowed love, and dribbling tears

Source – unknown

**Wishing you a
Merry Christmas**

Inside the Indian Dairy Industry: A Report on the Abuse of Cows and Buffaloes Exploited for Milk

Dangerous to the Environment

Tabelas have been directly linked to the spread of leptospira, bacteria which are common among animals but have been proved to be deadly to humans. Dozens have died when monsoons and the filthy conditions of the cattle sheds encouraged the spread of leptospira through cattle urine along with that of rodents and other domestic and wild animals. That is the reason why the Kalyan Dombivli Municipal Corporation in the Thane district of Maharashtra wants cattle sheds to be moved out of the city.

At a news conference in Mumbai, Dr Shobha Raul, chair of the Child and Welfare Committee, reported that most cattle in the city are afflicted with tuberculosis (TB), which contaminates the milk consumed by lakhs of Mumbaikars. One of the main causes of TB is the consumption of infected milk; not surprisingly, 20,000 cases of TB are reported annually in Mumbai. Dr Shobha stated that "bovines in Mumbai suffer from intestinal TB, which occurs if they come into contact with droplets infected with the pathogen Tubercular Bacilli. Most cattle owners do not provide regular cattle-feed and the animals are generally left to roam the streets in search of food".

Alternatives to Dairy Products

An article published in DNA on 6 August 2007 reported, "As babies, our mothers' milk provided the protein that we needed to grow healthy and strong. Cow's milk has about three times the amount of protein found in human breast milk. Once babies start eating solid foods, plant sources can easily provide them with all the protein that they need. Only 10 per cent of the total calories consumed by the average human being need to be in the form of protein. The recommended dietary allowance for both men and women is 0.80 grams of protein for every kilogram (2.2 pounds) of body weight.

According to Whole Foods nutritionist and director Ishi Khosla, the easiest option to get protein is through soya beans. Soya beans are the best alternative to dairy products. Just one serving (30 grams) of soya beans provides almost the same amount of protein as comparable non-vegetarian foods. According to a recent study, soya shakes help reduce fat in post-menopausal women.

People with special dietary needs, such as pregnant women, are advised to get a little more protein. If a vegan (a vegetarian who does not eat dairy products) eats a reasonably varied diet and consumes a sufficient amount of calories, he or she will undoubtedly get enough protein. Milk is related to gynaecomastia, which causes male breasts ("moobs"). Hormone-treated cows' milk contains high levels of insulin growth factor (IGF-1), and a 1995 article in Cancer Research linked high levels of IGF-1 to gynaecomastia. Vegans can also easily get all the calcium their bodies need from beans, peas, almonds, raspberries, watermelons, lettuce, oranges, parsley, carrots, guavas, apples, pears, turnips, cabbage greens, grains, and broccoli and other leafy green vegetables. The calcium in these foods is readily absorbed by the body.

What You Can Do

Say "No!" to slices of cheese and glasses of milk. There are so many more nutritious, delicious and cruelty-free recipes available now. Soya milk is available almost everywhere in India. In addition to being cruelty-free, soya products are rich in protein and nutritious.

Urge your local municipal corporation to enforce the law and ensure that tabelas across the city are hygienically maintained and that basic animal welfare laws are put in place.

By choosing veganism instead of a diet loaded with animal products, you can dramatically reduce the amount of land, water and oil resources you consume and the amount of pollution you cause. Of course, reducing your ecological footprint should also mean causing less harm to the Earth's non-human inhabitants: by switching to a vegan diet, you can save many animals each year from the horrific cruelty of the dairy industry. Please help yourself and cows by dumping dairy products and choosing vegan foods which are loaded with calcium, such as saag, daal and other pulses.

Visit www.PETAIndia.com to read PETA's "Vegetarian Starter Kit", which is full of tips for healthy dairy-free living.

For more information about the problems associated with dairy products, go to www.DumpDairy.com.

**All the best for the
New Year**