



Vanik Voice

Aug, 2019

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EDITOR'S REPORT

Live and Help Live is the motto of Vanik Council and is shared by all the Vanik members. For the past three years Vanik Council has been very much engaged in bringing to the attention a very important issue facing this Country and affecting our community in particular. Live organ donation is a subject we do not think of until some friend or relative is affected. Yet, there is so much we can all do to help those in need just by being aware of the issue and discussing this matter with our relatives and friends. Our religion and faith do not give importance to the body in which we live but more to the soul that dwells in the body. If some organ or tissue donated by one person can save a life or make some life more bearable we would be willing to help provided our own life continues unaffected. Laws for registration of organ Donation are changing and we should all be aware of the implications of these changes. Our Chairman, Shri Manharbhai and our committee has worked very hard to bring this matter to the attention of our community and represented our interests in various authorities.

It is very heartening to see that our consistent hard work in a selfless way for the country and community is recognized and rewarded. In the past few months Shri Vinodbhai Kapashi was awarded OBE, Shri Nitinbhai Parekh was made Mayor of London Borough of Harro, Mr Naymit Shah was awarded OBE. Our congratulations and best wishes to all concerned. -Anil Parekh

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AWARDS 2018

Naymit (Nike) Shah, son of the Late Ratilal Davji Shah and Late Kantaben Ratilal Shah (Mehta), an officer of the National Crime Agency (NCA) has been awarded an OBE for his services to Law Enforcement, Diversity and Charity in the Queen's new year Honours list 2018.

Naymit is currently deployed on an international posting in Africa as an NCA Liaison Officer.

He has served in law enforcement for over 30 years, having originally joined Wiltshire Police in the late 1980.

He was initially in uniform before becoming a detective early in his career. That has seen him work in Regional Crime Squads, National Crime Squad, Serious Organised Crime Agency (SOCA) and now the National Crime Agency.

Naymit has also been involved in the Fatboys Children's Cancer Charity for over two decades. The charity helps children who are suffering from a cancer or other life-threatening illness and has raised over £200,000.

NCA Director General Lynne Owens said: "Nick's contribution to law enforcement spans some three decades in policing and our national agencies.

"He has worked in a wide range of intelligence and investigator roles and, whilst the detail cannot be given here, I can say with confidence that the UK public has been protected as a result. I am delighted that his service is now being formally recognised – many congratulations on being made an OBE."

Vinod Kapashi has been awarded OBE (*Officer of the Most Excellent Order of the British Empire*) by Her Majesty The Queen in the 2019 New Year Honours list for services to Jainism.



Dr. Vinodbhai Kapashi is a Civil Engineer and moved to the UK in 1968 and worked for various construction companies in the beginning.

During his stay in the UK he took active interest in many literary activities and Jainism related works. As far as his literary journey is concerned, he wrote two novels, a booklet of Haiku and many articles for magazines in India and the UK. His novels were widely acclaimed by critics in India. He also wrote several plays, many of which were staged in London.

He started devoting more time for promoting Jainism and wrote many books and articles on Jain subjects. His book on Hemchandracharya (an 11th Century Jain Acharya of great distinction) was a result of four years

study and research. His mammoth work 'Nava Smarana- Nine sacred Recitations of Jainism' was a Ph.D. Thesis and the book with this title is being widely referred by people all over the world. In all he has written 20 books.

Vinodbhai became a founder trustee of a Jain Charity called Mahavir Foundation. Vinodbhai served as president of this Trust for 20 years. Mahavir Foundation has provided a temple for the people residing in North-West London area. This temple is very popular and serves as a hub for many religious activities.

During the course of his activities Vinodbhai has met members of the Royal Family and many dignitaries including the pope in the Vatican. Vinodbhai has attended Parliament of the World's Religions and presented his research papers there.

After the Gujarat earthquake in 2001, Vinodbhai organized a fund-raising drive, visited the affected areas and chose a village to be rebuilt. He was given the task of finally choosing a village that

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Vinod bhai did and chose Ninama village for rebuilding.

Vinodbhai is also working for the betterment of lonely and retired people through an organization called Navjivan Vadil Kendra. This charity has received Queens award for voluntary services.

Vinod Kapashi have written many social educational plays which were also staged by the members of this Charity.

Vinodbhai has previously served as an editor of the Navnat Darpan newsletter.

Vinodbhai has continuously received support from his wife Sudha and daughters.

We congratulate Shri Vinodbhai on receiving this prestigious award and wish the best for future,

Mr Ajay Gudka on being honoured with an MBE in the Queen's 2019 Honours Awards for services to Charity and the community in Gujarat, India.



Ajaybhai set up a registered charity, BEHT in UK in 1998 to help underprivileged children receive education in India. From starting a school for 100 children in Gujarat, the charity and its activities have grown and currently over 8,000 under-privileged children are receiving education and thousands more have done so over the last eighteen years in 5 educational centres all in Gujarat which BEHT helped to set up. There is also a school for blind children, a hospital which treats around 200,000 rural patients annually free of charge as well as several residential homes for the elderly all based on charitable purposes.

In summary, countless number of lives has been changed for the better, directly as a result of the path that Ajay chose to adopt and has followed so diligently for the past twenty years. We congratulate Ajaybhai on winning a prestigious award and wish him best for the future.

WHY BE GOOD? IT IS YOUR TRUE NATURE

There's almost no direct correlation between how good or spiritual you are, vis-à-vis how much suffering you may have to endure in your life. Being good or great cannot protect you from physical or mental diseases if you hit the genetic jackpot, for example. Being good has no bearing on prices of stocks owned by you or the life of your loved ones. In other words, goodness grants neither immunity from nor compensation for everything that we may deem as not good.

The question then arises: if that's the case, why be good at all? If my goodness does nothing to alleviate my suffering, why bother with all this goodness and kindness business? The answer is a lot more straightforward and simpler than the question itself. And that is: being good is our inherent nature. We are designed to experience happiness when we practise goodness. Therefore, people are good because that's our natural dharma. Goodness and its cousin kindness, give us the strength to face the challenges and difficulties this life brings as regularly as seasons.

We pray, we meditate, we act kindly, we do good because we must; that's what goodness is. It is an integral part of us.

We may prove ourselves right, eventually though it's not when we have our way, but when we make way that we experience joy and happiness. We must not relinquish goodness, because it infuses strength and resilience in us. What's even more amazing is that good people can't stop being good just because the rewards are not coming through. Good people remain good. They understand that it's not a choice. Think of some of the greatest human beings. Did they retort to violence or misdemeanour just because goodness wasn't paying off?

Our challenges test us but our attitude shapes us. Our difficulties don't break us, but they make us. They bring out what we have in us. Hence, good people become better, not bitter, when met with resistance.... A good person suffers in the same way like any other. Just because someone's a good mathematician or an artist doesn't mean, they can't fall sick. Rather, such a comparison is preposterous. Similarly, just because someone's spiritually evolved doesn't mean he is outside the purview of the laws of nature. Or in the words of Udaylal Pai: Just because you don't eat a lion doesn't mean the lion won't eat you.

Does that mean we should be bad? Let me tell you, it's not in your hands. Besides, how will that help? After all, the opposite of goodness doesn't shield you from suffering either. So what does, you ask? Your perspective, your attitude, your view of and your expectations from life do. When these are aligned, there may be challenges, resistance, pain, but no suffering. You may wince, but you won't cry. When all else fails, it's your inherent goodness alone that helps you steer the ship of life in choppy seas.

M K Gandhi, Nelson Mandela, Martin Luther King and many others before and after them used this basic principle to weather the ravaging storms. Goodness is a prayer, it is a meditation. In fact, goodness is God. Be good.

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SPEED DATING

Vanik Council, formerly known as The National Council of Vanik associations (UK), has for the last 37 years (since 1982) organized matrimonial gatherings, then known as Patra Parichaya and now known as Speed Dating events. These are usually organised once or twice a year. The aim of the event is to provide an opportunity for young Jains and Hindu to meet and find a partner. It is open all Gujarati Jains and Hindus. Most of the participants, grouped around similar ages, will meet around 40 to 60 people for approximately three minutes.

We believe three minutes is enough time to find out about each other and decide if they wish to meet again. If the desire is to meet again, a form is provided for completion to the candidate and we would then pass on the contact details to both candidates

There have been many successful marriages that have started with a meeting at our speed dating events.

This year the event was held at Navnat Centre, on 19th May Sunday with a record turnout of 206 participants.



We had to close registration for boys two weeks before closing date and many were left disappointed as they could not register. The demand for spaces has been the highest we have seen and we highly recommend early registration for future events.

From last two years we have enhanced the process by providing photographs of individuals when the results are sent to those that are matched. We have acted on feedback received and believe this to be very positive, however there is a cost implication and therefore have had to increase prices slightly for the next event.

The event concluded with a delicious lunch that was well received by all candidates.

We continue to encourage candidates to give us feedback to allow us to enhance future events

Next Event will be in November or December 2019 either in London or In South London. Please visit our website www.vanikcouncil.uk for latest information

To participate in this event, please send your email address to speed.dating@vanikcouncil.uk

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BELIEF LEADS TO VIOLENCE

Only when the mind is completely free from conflict, it radiates peace, writes SAMEER GOLWELKAR

The mind, for ages, has been fed with information born out of experiences that got recorded unconsciously. These experiences gave birth to thoughts that were not simply stored, but became the foundation for a belief system. On the basis of accumulated thoughts, one jumped to conclusions and passed judgements to avoid pain and move towards pleasure. These opinions gave birth to belief systems.

Why does one believe?

Our beliefs, therefore, are nothing but a bunch of thoughts that carry momentum of emotions. Passion, will and obsession are the primary ingredients in the recipe of belief systems. Many belief systems evolved from such a recipe, religious, economic, social and political. These beliefs have also manifested into forms: religious schools, professions, knighthood and many more.

One simply believes, because one finds security in holding on to a bunch of thoughts. This psychological security breeds attachment and eventually dependency. Without the belief to rely on, one feels unsafe and isolated. Man, from time and again, has struggled with isolation.

One does not have the ability to stand alone as this was never encouraged. The mind is always conditioned to exist in groups and that's where one finds security. Human bonding is a prerequisite for coexisting in a group so that one can protect oneself from external natural threats; this gradually became psychological dependency.

How does the mind react when this belief is questioned or challenged? The mind sees this as a threat and reacts in an emotional way, which we term as violence. Either one threatens to hurt himself or the other, to safeguard his belief. The behavioural consequence is violence. Can violence thus exist without a belief? The answer is simply 'no' as there would be nothing to defend.

Let us also differentiate between belief and faith. Beliefs are defended whereas faith needs no defence. The faith got displaced with beliefs. We rarely have faith, but we all have strong beliefs.

One would ponder if the belief in non-violence is a form of violence, too. One questions why the peace-making missions use violence to succeed.

Violence exists in the mind. The mind that is completely free from conflict alone has the capacity to radiate peace. A mind that is struggling with its own thoughts cannot bring peace to anybody. What one is, one builds a society with it. The chaos that is seen in the outer world is actually a reflection of the inner world.

What is the solution?

The solution is not easy, but if we sow the seeds now, we may undo what took 40,000 years, in maybe 400!

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1. Address insecurity and encourage others to stand firm by assuring that one will survive without anything to rely on. The mind-body coordinate is equipped to defend itself against any threat for its survival, and it need not weave a fabric of thought-system to envelope itself in order to safeguard itself.
2. Understand that non-violence is a concept and what exists is violence. Once the mind perceives this fact, it would drop the struggle to be non-violent and thus, turn inward into questioning one's belief system rather than propagating the ideological projection of what is ideal.
3. Educate that courage lies in not holding to a belief, but letting it go.

■ *The author is a psychotherapist*



“No one has ever become poor by giving.”
– Anne Frank, diary of Anne Frank: the play

Jains support change in law on organ donation

Jain leaders gathered for a large meeting on 9 June 2019 at the Navnat Centre in Hayes to support the upcoming change in law on organ donation in England and explain the change to over 450 members of the community. The event was organised by the Vanik Council UK with support from NHS Blood and Transplant.



Mr. Kirit Modi addresses the audience at Navnat Centre

Manharbhai Mehta, Chairman of the Vanik Council said:

“I am delighted that Jains have gathered in large numbers to find out about the change in law on organ donation in England that comes into effect next spring. We welcome the change in law because it will provide us with more opportunities to encourage Jains to register on the NHS Organ Donor Register and save lives.”

The chief guest at this event was Lord Jitesh Gadhia who is a passionate supporter of organ donation and has helped establish the Jain and Hindu Organ Donation (JHOD) group.

The families of five people who donated their organs or tissue after death, as well as six living kidney donors were honoured at the meeting by the Vanik Council.

People were requested to fill the donor registration forms if they wish to do so while at the meeting. 50 people filled the form and handed in.

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Andrea Ttofa from NHS Blood and Transplant said:

“It was great to see so many people come together from the Jain community for an organ donation celebration day. This was a great opportunity for people to find out more about organ donation and the choices available to them as well as hear the real stories of people who have donated loved one’s organs or donated a kidney as a living donor.

“It is so important for people to keep talking about organ donation and sharing their decision with their families and our thanks go out to everyone who are setting up events like this to enable people to come together and have the conversation.”

There is a desperate need for more organ donors from the Jain community in the UK. In March 2018, there were 959 Asians were waiting for an organ transplant, mainly kidneys. In 2017/18, there were only 106 organ donors from the Asian community; 37 donors after death and 69 living kidney donors.

Kirit Modi, Chair of the JHOD steering group said:

“I am delighted to support this amazing event organised by the Vanik Council UK. Our message is simple. Please register your decision about organ donation; please talk to your family members about your decision and most importantly, please help save lives.”

Visit the [Organ Donation website](#) for more information about the change in the law around organ donation in England and for information on the Jain perspective on organ donation.

Key points

- From spring 2020, the law around organ and tissue donation in England is changing
- All adults in England will be considered as having agreed to donate their own organs when they die unless they record a decision not to donate or are in one of the excluded groups.
- Excluded groups include: those under 18, people who lack mental capacity, visitors to England, those not living here voluntarily and people who have lived in England for less than 12 months before their death
- Adults covered by the change will still have a choice whether they want to be an organ donor and their families will still be involved before organ donation goes ahead
- Whatever your decision, make your choice clear to your family and closest friends to ensure your choice is honoured

The above article was published by NHSBT on their web site.

We are also reprinting an article that appeared in Gujarat Samachar regarding Vanik Council event.

Let my soul smile through my heart and my heart smile through my eyes, that I may scatter rich smiles in sad hearts.

Paramahansa Yogananda

વણિક કાઉન્સિલ (યુ.કે.) યોજીત 'અંગ દાન' પ્રોજેક્ટની શાનદાર ઉજવણી: NHSના અંગ દાનના નવા કાયદાની મૂંબેશમાં જૈનોનો સાથ

- જ્યોત્સના શાહ

વણિક કાઉન્સિલ (યુ.કે.) એ રવિવાર ૯જુન ૨૦૧૯ના રોજ નવનાત સેન્ટર, હેડમાં "અવયવ દાન"ને મહત્વ આપવા સાથે NHSના અંગ દાનના કાયદામાં આવી રહેલ બદલાવ વિષે જાગૃતતા કેળવવા એક સુંદર કાર્યક્રમનું આયોજન NHS બ્લડ અને ટ્રાન્સફ્યુઝન સર્વિસના સંસ્થાઓના અગ્રણીઓ અને શુભેચ્છકોની લગભગ ૪૫૦ની વિશાળ હાજરીએ નવા કાયદાને આવકાર્યો હતો. માનવતાને મહેકાવતા અને સમાજસેવાની સુવાસ ફેલાવતા આ સુંદર કાર્યક્રમે અંગ દાનની મહત્તા સમજાવી ઉપસ્થિતોને પ્રેરણા આપવાનું પુણ્ય મેળવ્યું. મનોરંજન સાથે મનભાવન બોજનની મોજ માણવાનો આ કાર્યક્રમ પ્રેરક રહ્યો.

કાર્યક્રમનો શુભારંભ કાઉન્સિલના વાઈસ ચેરમેન શ્રી વિજય શેઠ અને ગ્રુપે નરકાર મંત્ર, ગાયત્રી મંત્ર અને મૈત્રીભાવનું ઝરણું ગીતથી કર્યું હતું. વણિક કાઉન્સિલના ચેરમેન શ્રી મનહરભાઈ મહેતાએ સંકુને આવકારતા કહ્યું કે, "આજનો પ્રસંગ અવયવ દાનના વર્ષ ૨૦૨૦ની વસંત ઋતુમાં આવી રહેલ નવા કાયદા વિષે અને અવયવ દાનની રાહ જોનારા માનવીઓને જીવન દાન આપવા અંગ દાનની તાતી જરૂરિયાત વિષે આપણે સૌ સમજ કળવીએ એ માટે વણિક કાઉન્સિલ તરફથી ગોઠવવામાં આવેલ છે. આ તકે આપણે અવયવ દાન આપનાર જીવંત વ્યક્તિઓ અને જેમના અવયવો મૃત્યુ બાદ દાનમાં આપાયેલ છે તેમના કુટુંબીજનોનું



શ્રી મહેશ ગાંધી



શ્રી સી. જી. પટેલ



લોકેશ ગઢિયા



શ્રી કિરીટભાઈ મોદી



શ્રી મનહરભાઈ મહેતા



શ્રી નીતિનભાઈ પારેખ



શ્રી વીરેન્દ્રભાઈ બાપાઈ અને શ્રી વિજયભાઈ શેઠ



એન્ક્રીશા ડોશ

બહુમાન કરીશું તે ઉપરાંત વણિક સમાજમાં સેવા આપનાર સેવાભાવીઓનું પણ બહુમાન કરીશું." આ પ્રસંગે અતિથિ વિશેષ લોઈ જીતેશ ગઢીયાએ એમના વક્તવ્યમાં વણિક કાઉન્સિલે સમયસર આ પ્રોજેક્ટ હાથ ધરી "જીવો અને જીવવા માટે મદદરૂપ બનો"ને સૂત્ર અપનાવ્યું અને હેલ્થ કેર વિષયક વાર્તાલાપનું આયોજન કરી આદરેલ અભિયાન માટે ચેરમેન શ્રી મનહરભાઈ મહેતા અને કમિટીને બિરદાવી. આ સાથે જ કિડની ફાઉન્ડેશનના ચેરમેન શ્રી કિરીટભાઈ મોદીને એમના પત્ની મીનાબેન મોદીએ કિડની દાન કર્યા બાદ એમને જીવંત દાન મળતા તેઓ આ અભિયાનમાં જોડાયા અને NHSના અંગ દાનના કાયદામાં આવી રહેલા બદલાવનું નેતૃત્વ

લઈ જૈન-હિન્દુ ઓરગન ડોનેશનના સ્ટીયરીંગ ગ્રુપમાં સક્રિય બન્યા એ અભિનંદનને પાત્ર છે એમ જણાવ્યું. આપણા જૈન અને હિન્દુ મૂલ્યોના પાયામાં વેદિક વારસામાં "સેવા" અને "દાન"ની ઉદાર પરંપરા મુજબ કોઈપણ જાતની અપેક્ષા વિના દાનની વાત કરાઈ છે. અંગ દાન પણ આપણી આધ્યાત્મિક ફીલોસોફીમાં આવી જાય. શરીર નાશવંત છે, આત્મા અમર છે તો અંગ દાન કરવામાં આપણા સિંધાંતો માર્ગમાં ઓડ આવતા નથી! બધી જ સંસ્કૃતિમાં મૃત્યુ એ સંવેદનશીલ મુદ્દો છે. સ્વજનના મૃત્યુના આઘાતજનક સમયે સ્વાભાવિક છે કે, આપણે માનસિક રીતે ભાંગી પડીએ છીએ અને સારા-નરસાનો વિવેક ભૂલી

જાય છે. આવા સંજોગો ઉભા ન થાય એ માટે અગાઉથી પોતાના મૃત્યુ બાદ અંગ દાન વિષયક ચર્ચા કરી પોતાનો ઈરાદો જણાવી દેવાનો અવસર આ નવા કાયદામાં મળે છે. વધુમાં જણાવ્યું કે, હેલ્થ કેરના કેટલાક પહેલુઓ તપાસતા અવયવ દાનની રાહ જોતા એશિયનોની સંખ્યા ૩૦% છે એ અસમતુલાને સમતોલ કરવા આપણે જાગૃત બનવું પડશે. એ માટે મારી આપને ત્રણ સરળ અપીલ છે: * મહેરબાની કરીને અવયવ દાન વિષેનો આપનો નિર્ણય રજીસ્ટર કરો. * તમારા કુટુંબીજનો અને મિત્રો સાથે અવયવ દાનના તમારા નિર્ણયની વાત કરો અને અન્યોને જીવન બક્ષવામાં મદદરૂપ બનો. * આ સંદેશનો પ્રચાર વિશાળ પાયે કરો. આ વર્ષે મહાત્મા ગાંધીની ૧૫૦મી જન્મ જયંતિનું વર્ષ છે અને એમનું સનાતન સૂત્ર " તમારે વિશ્વમાં જે પણ બદલાવ લાવવો હોય એને મધ્ય નજરે રાખી, મહત્વ આપી એને લક્ષ્ય બનાવવાય તો ધાર્યું પરિણામ લાવી શકાય છે." રીયા શ્રી વાસ્તવે શિવ ડાન્સ રજુ કરી

સભાજનોને મુખ્ય કરી દીધા હતા. હેરોના મેયર અને નવનાત વણિકના વાઈસ પ્રેસિડન્ટ કાઉન્સિલર નીતિનભાઈ પારેખે અને કાઉન્સિલર સચિન શાહે પણ આ અંગ દાનના પ્રોજેક્ટને પોતાનો ટેકો આપતા સભાજનોને અપીલ કરી કે, આપણા નથર દેહને અગ્નિ દાહ આપવા કરતા કોઈને જીવન બક્ષવાના પુણ્ય કાર્યમાં ઉપયોગ થાય તો માનવતા મહેકી છે. કિડની ફાઉન્ડેશનના ચેરમેન શ્રી કિરીટભાઈ મોદીએ નવા કાયદાની સમજ આપતા જણાવ્યું કે, નવા કાયદામાં "Opt out" નો વિકલ્પ છે. જો તમે અંગ દાનની તમારી સંમતિ કે અસંમતિ બાબત રજીસ્ટર નહિ કરાવો તો આપોઆપ અંગ દાનની તમારી સહમતિ છે એમ માની લેવામાં આવશે. વધુમાં એમણે અંગ દાન માટે રાહ જોનારાઓના આંકડા રજુ કરતા જણાવ્યું કે, એશિયનોને લાંબો સમય અંગ દાનની રાહ જોવી પડે છે જેથી કેટલાય અધવચ્ચે મોતના મુખમાં પહેલાઈ જાય છે. કેટલાકને એવો ભય સતાવે છે કે, અંગ દાનની એમણે આપેલ સંમતિને કારણે એમના આરોગ્ય પ્રતિ NHS બેદરકારી સેવે છે એ માન્યતા સંદેહ પેદાઈ છે. કેટલાક માને છે કે, અંગ દાન કરવાથી એમનું ક્યુનરલ વિધિસર નથી થતું. તો વળી કેટલાક માને છે કે, એક કિડનીના દાનથી બીજા જન્મમાં માત્ર એક કિડની સાથે જન્મ થાય છે... આ બધી ગેરમાન્યતાઓને રદિયો આપ્યો હતો. આપણા શાસ્ત્રો મુજબ આત્મા અને શરીર બે અલગ છે. આ નવો કાયદો આવવાથી અવયવોની અછત નહિ રહે અને અકાળે

જીવિત અને મૃત્યુ બાદ અંગોનું દાન કરી અન્યોને જીવન બક્ષનાર દાતાઓનું સન્માન

હર્ષાબેન કોઠારીના પતિ શ્રી કિરિટભાઈને પોતાની એક કિડની દાન કરવાનું વિચાર્યું અને ૨૦૧૬માં કિડની આપી ત્યારબાદ સદનસીબે એ બન્નેની તબિયત સારી છે.

ડૉ. મધુસૂદનભાઈ શાહે એમના ભાઈ પંકજ શાહને ૨૦૧૫માં નોટિંગહામ સીટી હોસ્પિટલમાં કિડની આપી હતી. બન્ને ભાઈઓની કિડની બરાબર કામ કરે છે.

મીનાબેન મોદી: મીનાબેને એમના પતિ કિરિટભાઈને ૨૦૦૧માં કિડની દાન કર્યા બાદ પોતાની હેડ શિક્ષિક તરીકેની કારકિર્દી ચાલુ રાખી. કિડની દાન બાદ વર્ષો સુધી શિક્ષણ કાર્ય ચાલુ રાખવા બદલ એમને OBE એવોર્ડથી નવાજાયા હતાં. લીસ્ટર હોસ્પિટલમાં ટ્રેઈનડ લીવીંગ ડોનાર પીઅર સપોર્ટર છે.

શ્રી રોહિત શાહ: ૫૫ વર્ષની વયે હાર્ટ એટેકને કા ર છે રોહિતભાઈનું અવસાન થતાં એમની ઈચ્છા મુજબ અંગ દાન જીવંત દાન મળ્યું.

દુ:ખદ અવસાન થતાં એમના અંગ દાનને કારણે ચાર જણને જીવંત દાન મળ્યું.



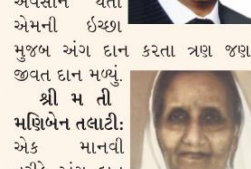
શ્રીમતી હર્ષાબેન કોઠારીનું બહુમાન કરી રહેલ શ્રી મનહરભાઈ મહેતા



ડૉ. મધુસૂદન શાહ (ડાબે)નું બહુમાન કરી રહેલ શ્રી નિતિનભાઈ પારેખ



શ્રીમતી મીનાબેન મોદી(જમણે)નું બહુમાન કરી રહેલ શ્રીમતી રેણુબેન મહેતા



શ્રી મ તી મણિબેન તલાટી: એક માનવી તરીકે અંગ દાન એ શ્રેષ્ઠ, નિ:સ્વાર્થ દાન છે. એમની આંખો બે અંધ આફ્રિકન મહિલાઓને મળતા એમને દ્રષ્ટિ મળી.



શ્રી મ તી કુંદનબાલા શાહ: એમની ઈચ્છા મુજબ બાદ પોતાના અંગ દાનથી બીજાને જીવંત દાન આપવાની હતી એ મુજબ ૨૦૧૨માં કિડની અને લીવરનું દાન કરાયું.

પ્રવિણાબેન કોઠારી : એમણે યુ.એસ.એ.માં રહેતા એમના દિયેર ડૉ. કિરિટભાઈ કોઠારીને ૨૦૦૯માં કિડની આપી હતી.

પ્રકુલા શાહ: ૨૦૧૭માં પ્રકુલાબેને એમની ભાણી શક્તિને નેશનલ લીવીંગ ડોનાર કિડની શેરીંગ સ્કીમમાં જોડાઈ જીવંત દાન આપ્યું. ૨૦૧૮માં આ સ્કીમમાં દાતા મળતા ૨૪ વર્ષની શક્તિને નવજીવન બચ્યું.

વૈશાલીબેન મહેતાએ એમના પ તિ શ્રી મીને શ ભાઈને ૨૦૧૦માં કિડની આ પ વા નો નિર્ણય લીધો. કારણ દાતાની રાહ જુએ તો પોષાય નહિ. કઠણાભાવ એક જૈન માટે હોવો એ સૌથી સારામાં સારો ગુણ છે.

શ્રી રાજન કોઠારી: પોતાના મૃત્યુ અગાઉ હંમેશા બીજાના હિતની ખેવના કરતા રાજનની આંખો, ત્વચા અને ટેન્ડોન્સનું દાન કરાયું.

શ્રી મુકેશ દોશી: એમના મૃત્યુ બાદ નેત્ર દાન કરવામાં આવ્યું હતું.



શ્રીમતી પ્રવિણાબેન કોઠારીનું સન્માન કરી રહેલ શ્રી રમેશભાઈ શાહ



સુશ્રી પ્રકુલાબેન શાહ (ડાબે)નું બહુમાન કરી રહેલ શ્રીમતી વિરાણી.



શ્રી કિરિટ કાંતિલાલ મહેતા: ૨૦૦૮માં કિરિટભાઈનું



શ્રી કરન મહેતાનું ૧૯ વર્ષની વયે ૨૦૧૮માં કાર અકસ્માતમાં મૃત્યુ બાદ કેટલાક અંગોનું દાન કરાયું હતું.



શ્રી કરન મહેતાનું ૧૯ વર્ષની વયે ૨૦૧૮માં કાર અકસ્માતમાં મૃત્યુ બાદ કેટલાક અંગોનું દાન કરાયું હતું.

મોતને ભેટનારાની જન સંખ્યા ઘટી જશે. સ્પેનમાં આ કાયદાને કારણે હવે અંગ દાતાની અછત રહી નથી. અંગ દાનમાં જૈનો અગ્રેસર છે અને ભવિષ્યમાં અંગ દાનની અછત નહિ રહે એમ ચોક્કસપણે કહી શકાય.

ગુજરાત સમાચાર અને એશિયન વોઈસના તંત્રી અને પ્રકાશક શ્રી સી.બી. પટેલે એમની હળવી શૈલીમાં જણાવ્યું કે, ધાર્મિક, આધ્યાત્મિક અને માનવતાની દ્રષ્ટિએ અંગ દાન કરવું એ તો ખરેખર પુણ્યનું કામ છે. એમાં કશો બાધ નથી! ગીતાના ૧૫મા અધ્યાયનો ઉલ્લેખ કરતા જણાવ્યું કે, વહેલા કે મોડા સોએ એક દિવસ જવાનું જ છે, જીવ નીકળી ગયા પછી ખોળીયાની જરૂર ના હોય તો એનું દાન કરી દેવામાં શું વાંધો હોઈ શકે? મારી દ્રષ્ટિએ અંગદાન એક અવસર છે. આ બાબતમાં હું એટલું કહીશ કે એમાં બહેનો આગળ છે. હું પણ વર્ષોથી ખિસ્સામાં ડોનર કાર્ડ લઈને જ ફરું છું.

વહિક કાઉન્સિલ, જેમણે આપણા સમાજને કંઈક આપ્યું હોય એમનું સન્માન કર્યું એ યથોચિત છે. શ્રી સુભાષભાઈએ નવનાત ભવન ઉભું કરવા લીધેલ જહેમતની તમે કદર કરી એનો મને આનંદ છે.

ત્યારબાદ NHS B Tના માર્કેટીંગ મેનેજર એન્ડ્રીઆ ટોકાએ નવા કાયદાની માહિતી આપતાં કહ્યું કે, ઓર્ગન ડોનેશનની વાત આપણે આપણા કુટુંબીજનો અને મિત્રોને કહેતા રહેવી જોઈએ.

સમાજ સેવકો અને અવયવ દાન આપનારનું સન્માન કરવાનો કાર્યક્રમ વહિક કાઉન્સિલના સેક્રેટરી શ્રી મહેશભાઈ ગાંધીએ સંભાળ્યો હતો.

ચાર સમાજ સેવકોનું સન્માન :

શ્રી જયમનભાઈ

મહેતા : શ્રી જયમનભાઈને સમાજ-સેવાનો વારસો એમના પિતા તરફથી મળેલ છે. વહિક કાઉન્સિલમાં દસ કરતા વધુ વર્ષોથી સેવા આપવા સાથે નવનાત, નવયુગ વગેરે સંસ્થાઓમાં પણ ધાર્મિક, શૈક્ષણિક અને સામાજિક ક્ષેત્રે નોંધપાત્ર યોગદાન આપી રહ્યા છે. આઈ.ટી નિષ્ણાત હોવાને કારણે જૈન સ્પીરીટ્યુઅલ કેર પ્રોજેક્ટ સહિત વિવિધ પ્રોજેક્ટોમાં કો-ઓર્ડિનેટ કરી રહ્યા છે. નવનાત દર્પણમાં શ્રદ્ધાંજલિ પેજ લખવામાં, ગુજરાતી ટાઈપ સેટીંગ વગેરેમાં એમની સેવા સાદર કરે છે.

શ્રી રમેશભાઈ શાહ :

વહિક કાઉન્સિલ અગાઉ NCVA થી જાણીતી હતી ત્યારથી અને ૧૯૭૯થી નવનાત વહિક



એસોસિએશનની કમિટી સભ્ય, મેમ્બરશીપ સેક્રેટરી, ટ્રેજરર આદી હોદ્દેથી સેવા આપી રહ્યા છે. સમાજસેવા માટેની પ્રેરણા એમને એમના સસરા શ્રી તંબકલાલ શાહ (નવનાતના પૂર્વ પ્રમુખ) તરફથી મળેલ છે. હાલ નવનાત વહિક મંડળના વાઈસ પ્રેસિડન્ટ છે. પાંચીસેક વર્ષથી સમાજ સેવામાં જોતરાયેલા છે. એમના પત્ની ભારતીબેન પણ એમની સાથે ખભેખભા મિલાવી સમાજસેવામાં સક્રિય છે. રમેશભાઈ પોતાની સમાજસેવા કરવાની પ્રવૃત્તિનો યશ ભારતીબેન અને ફેમીલીને આપે છે.

શ્રી સુભાષભાઈ

બાબાઈ : સુભાષભાઈ સમાજને લગભગ પચીસેક વર્ષથી સેવા સાદર કરી રહ્યા છે. ૧૯૮૬માં NVKના સેક્રેટરી પદેથી સેવાનો શુભારંભ કર્યો. ૧૯૮૮માં એડન વહિક એસોસિએશનના સ્થાપક પ્રેસિડન્ટ તરીકે ૧૯૯૬ સુધી સેવા આપ્યા બાદ નવનાતના પ્રેસિડન્ટ બન્યા અને નવનાતને સમર્પિત બની નવનાત ભવનનું સંપનું ૨૦૦૫માં સાકાર કરી દેવા મુક્ત બનાવવા સાથે જ ૨૦૦૭માં ૩૦૦,૦૦૦ પાઉન્ડ સરખસ કરવા સુધીની એમની સેવા જર્નીમાં ૧૩ વર્ષ પ્રમુખપદ શોભાવ્યું.

એમની સેવાની સફળ સફરમાં જીવન સંગિણી

હંસાબેનનો ફાળો અનન્ય છે.

શ્રી જયંતિભાઈ

ધેલાણી : વહિક કાઉન્સિલ યુ.કે.ની ફ્યુનરલ રાઈટ્સ ટીમમાં શ્રી જયંતિભાઈ ધેલાણી ૨૦૦૭થી જોડાયા છે. જે કુટુંબે એના સ્વજન



ગુમાથા હોય એના ગમના ભાગીદાર બની આશ્વાસન આપવાનું અને ધાર્મિક વિધિ કરાવવાનું આ સામાજિક કાર્ય જયંતિભાઈને સ્પર્શી ગયું. એમણે ૪૦૦ જેટલી શ્રદ્ધાંજલિ પુસ્તકોનું વિતરણ ૨૦૦૭ થી ૨૦૦૮ દરમિયાન શ્રી હંસરાજ દેવરાજ શાહ ફેમીલીના સૌજન્યથી કર્યું હતું. એમાં સારા-નરસાં પ્રસંગોએ ગવાતી પ્રાર્થનાઓનું સંકલન કરવામાં આવ્યું છે જે સમાજના સભ્યો માટે ઉપયોગી છે. યુ.કે. આવતા પહેલા પણ સ્થાનકવાસી જેન મંડળમાં તેઓ સક્રિય હતા.

વહિક કાઉન્સિલના લંડન એશિયાના વાઈસ ચેરમેન શ્રી વિજયભાઈ શેઠે તથા સાઉથ યુ.કે. એશિયાના વાઈસ ચેરમેન શ્રી વિરેન્દ્ર બાબાઈએ આભાર દર્શનની વિધિ કર્યા બાદ રેફલ ડ્રો કરાયેલ અને છેલ્લે બધા કલાકારોનો "ફીનાલ" કાર્યક્રમ જોઈ સહુ વિખરાયાં હતા.

આવા સુંદર આયોજન માટે જય હો વહિક કાઉન્સિલ અને એના સેવાભાવી કાર્યકરોની!



વિરાટ જનમેદનીને સંબોધી રહેલ વહિક કાઉન્સિલના ચેરમેન શ્રી મનહરભાઈ મહેતા



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વહિક કાઉન્સિલ યુ.કે.

LIVE AND HELP TO LIVE

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Vanik Council Honours Organ Donors

Vanik Council, established 41 years ago in 1978, gathered community members at the Navnat Centre to support the upcoming change in law on organ donation and honour members of our community who donated organs. Over 450 community members attended including Lord Jitesh Gadhia a passionate supporter of organ donation, Mayor, Councillor Nitinbhai Prekh recently appointed Mayor of Harrow, Kiritbhai Modi-Hon President of the National BAME Transplant Alliance and Chair of the Jain and Hindu Organ Donation Steering group (JHOD), Andrea Tofta Head of Organ Donation at NHS Blood and Transplant. Our thanks to all the Presidents, Secretaries and committee members of our affiliated organisations who attended and supported this event. The day started with delicious food being served on arrival. A souvenir and information pack on organ donations was made available to all those who attended



The event included entertainment from a number of professional that included performances in Kathak, Folk, Punjabi, and dances were of exceptional quality and thoroughly enjoyed by included presentations from invited guests on the introduction and details on organ donation.

Within our community there are a number of individuals who



artists with dances Bollywood . The all. The event of the new law

dedicate their



time and effort and excel in providing service to our community. Vanik council was pleased to honour four such individuals – **Rameshbhai Shah, Jaymanbhai Mehta, Jayantibhai Ghelani, Subushbhai Bakhai.**

Diseases have a significant impact on a patient and their families. Organ donation can be life transforming. Vanik Council was also pleased to honour those individuals who have donated their organs transforming the recipient's life.

The following people were honoured. **Harsha Kothary , Vaishali Mehta, Pravina**

Kothari ,Meena Modi, Madhusudan Shah and Prafula Shah

Choosing to donate organs is a generous and worthwhile decision and will save lives, Vanik Council honoured individuals who passed away but have helped many others and whose lives have been transformed. The following individuals were honoured **Rohit Shah, Maniben Chunilal Talati, Rajen Kothary, Kirit Mehta, Kundan Bala Shah, Mukesh Doshi.**

Following the event and the appeal for organ donation after death, **55**



people signed the forms for registering on The National Organ Donor Register. A great result. Overall the event was a great success and has had a lot of good and positive feedback from members who attended.

Vanik Council would like to thank all volunteers, affiliated organisations, VIPS artists for their wonderful performance and all members of our community who attended this event.



For further information on Organ Donation, please visit www.organdonation.nhs.uk or www.vanikcouncil.uk

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Photographs of event at Navnat Centre on 9th June 2019



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Mr. Jayman Mehta honoured for his services to the community by Mr. Vijay Sheth



Mr. Rameshbhai Shah honored for his services to the community by Mr. Virendra Bakhai

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Mr. Jayantibhai Ghelani honoured for his services to the community by Mr. Bharat Mehta



Mr Subhash Bakhai honoured for his services to the community by Mr. Jaykumar Shah



Mrs. Minaben Modi Honoured for kidney donation by Mrs. Renuka Mehta

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Dr. Madhusudan Shah honoured for kidney donation by Mr. Nalin Udani



Mrs. Pratulaben Shah honoured for Kidney donation by Mrs. Virani



Mrs. Harshaben Kothari honoured for kidney Donation by Mr. Manhar Mehta

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Mrs. Pravinaben Kothari was honoured for Kidney donation by Mr. Ramesh Shah



Vaishaliben Mehta donated her Kidney to her husband

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Honoured for organ donation after death



Karan Mehta -Donation of multiple organs after Death



**Smt. Kundanbala Shah
Donated Kidney & Liver after death**



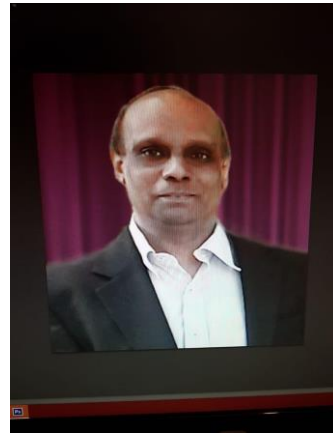
**Kirit Kantilal Mehta
Organ donation after death
benefitted 4 people**



**Mr. Rohit Shah
Organs after death**



Smt. Maniben Talati- Donated eyes

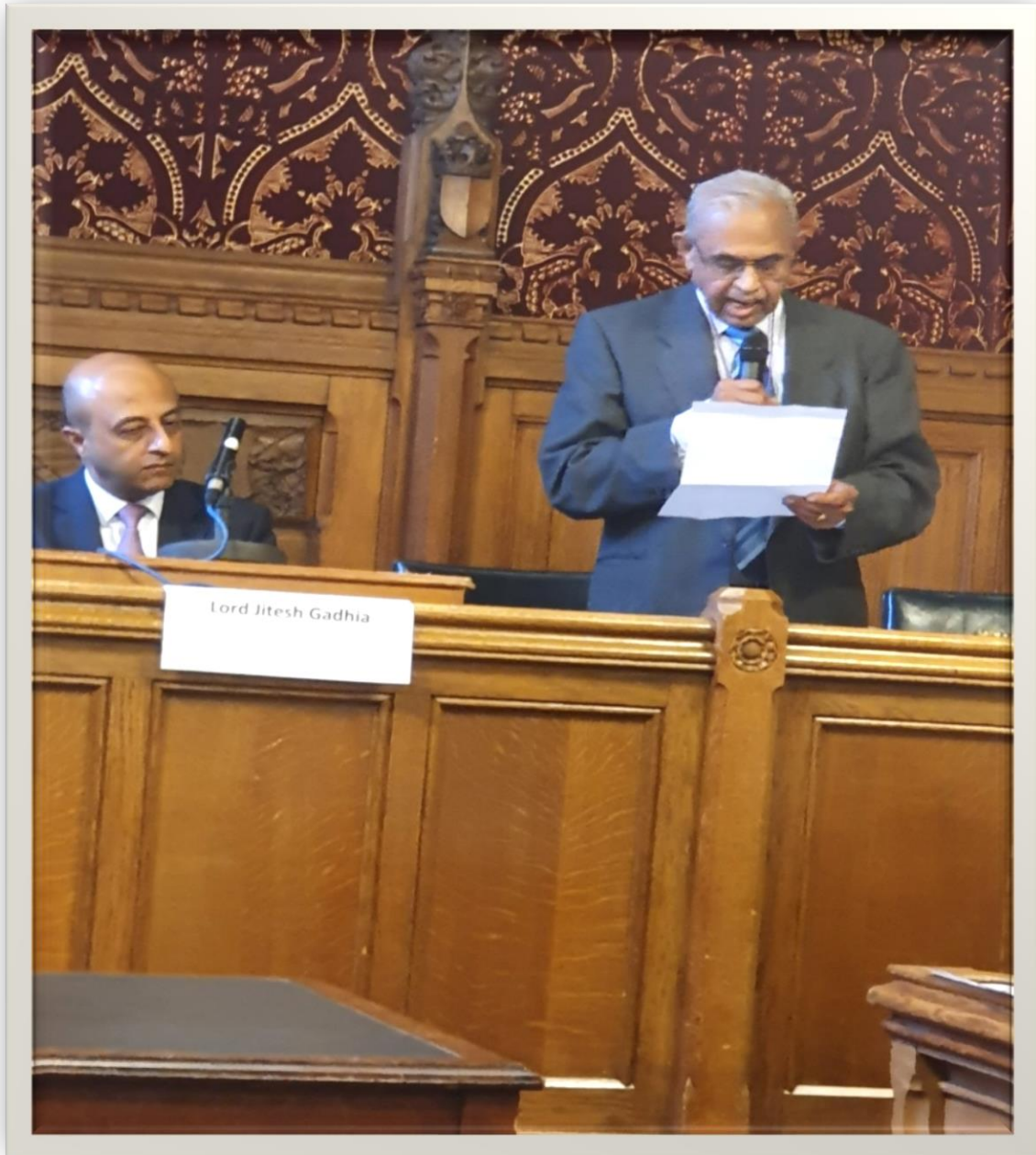


Shree Mukesh Doshi Donated eyes after death



Mr. Rajen Kothati Donated Eyes, Tissue & Tendon after Death

Hindus and Jains launch campaign to explain change in law on organ donation



Vanik Council Chairman Shri Manharbhai Mehta Launching the Jain Leaflet at the Launch of Jain Hindu Organ Donation Campaign at House of Parliament organized and chaired by Lord Jitesh Gadhia

A campaign to raise awareness of the upcoming change in law around organ donation in England, was launched at a packed meeting of Hindus and Jains in Parliament on 10 July 2019.

The meeting was chaired by Lord Jitesh Gadhia and the chief guest was the Rt. Hon Matt Hancock, Secretary of State for Health and Social Care.

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Hindus and Jains are generally positive about organ donation but there is a huge need to explain organ donation to members of both communities in the context of the change in law, which will come into force in England from spring 2020.

Lord Jitesh Gadhia said:

“The forthcoming change in the law has provided a new impetus to understand how Organ Donation impacts the British Indian community and how we can best respond and get ready. It is particularly important to understand the facts and not be taken-in by fake news.

“I do appreciate that what happens at the time of death is always a sensitive topic in all cultures. There is natural human instinct to mentally block-out this subject. But I sincerely believe that we owe it to ourselves and our families to have these difficult conversations at an early stage. It falls into the same category as writing a will.

“The legal change allows us to influence social acceptance and gain access to new resources such as the Government’s Community Investment Fund and the Faith Specific Donor Card. It also allows us to push for appropriate investment in shortage areas for example the recruitment of more Specialist Nurses for Organ Donation, ensure that we collect the right data to inform policy and not forget about the vital role which living donation can also play.”

A national group called the Jain and Hindu Organ Donation (JHOD) steering group was established last year to lead on this work. JHOD has been working in partnership with NHS Blood and Transplant, the organisation responsible for organ donation across the UK, in developing videos and leaflets on the change in law from a Hindu and Jain perspective.

Rt Hon Matt Hancock said:

“I was delighted to join the Jain and Hindu Organ Donation event on Wednesday. This campaign is a brilliant example of the community-based work that is vital to raising awareness and understanding around organ donation. When the change in law comes into force next year, everyone must be provided with the right information and support to make the best possible choice for themselves.

“It was inspiring to see so many supporters from the Hindu and Jain communities come together for this new campaign, stimulating conversation on this important topic. My heartfelt thanks to everyone who has worked on this campaign.”

Mille Banerjee, Chair of the NHSBT Board, spoke at the meeting and said:

“It is wonderful to see so many Hindus and Jains coming together to show their support for the organ donation law change which will come into force next year. It is so important for people to keep talking about organ donation and sharing their decision with their families.

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I would like to personally congratulate all of those working so hard to raise awareness of organ donation across the country and amongst different communities and religious groups. I very much hope that these fantastic efforts will see more people prepared to donate and ultimately more lives saved.”

JHOD will now encourage Hindus and Jains to start talking about organ donation in the lead up to the law coming into force next year.

Kirit Modi, Chair of JHOD steering group said:

“We have a unique opportunity over the next nine months to encourage members of the Hindu and Jain communities to make a decision about organ donation based on facts. Many Hindu and Jain communities are keen to get this information to their local community members. JHOD is ready to support such activities by offering practical support by using the extensive experience of members of its steering group. Hindus and Jains can make a significant contribution to organ donation and help save lives”.

There was great enthusiasm and support for organ donation expressed at the meeting and many community leaders present at the meeting responded positively to the “Call to Action” to meet this challenge.

For more information about the change in the law around organ donation in England and for information on the Jain perspective on organ donation, visit: www.organdonation.nhs.uk

Bob Blackman, MP for Harrow East:

“This is a very serious issue and I am happy that we now have an ongoing dialogue and the event on Wednesday evening is testament to the progress made. Religious leaders can greatly aid the cause by promoting the donation of organs to enable transplants to take place as a part of their sewa.”

Key points to remember:

- From spring 2020, the law around organ and tissue donation in England is changing
- All adults in England will be considered as having agreed to donate their own organs when they die unless they record a decision not to donate or are in one of the excluded groups.
- Excluded groups include: those under 18, people who lack mental capacity, visitors to England, those not living here voluntarily and people who have lived in England for less than 12 months before their death

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- Adults covered by the change will still have a choice whether they want to be an organ donor and their families will still be involved before organ donation goes ahead
- Whatever your decision, make your choice clear to your family and closest friends to ensure your choice is honoured



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Matrimonial Register - Boys

REF NO	AGE	HEIGHT	Qualification	Diet	Occupation
M 906	25	5'5"	MSc	Vegetarian	Engineer
M 861	25	5'4"	MSc	Vegetarian	Engineer
M 946	26	5'9"	ACA	Vegetarian	Auditor
M 898	26	5'9"	ACA		Senior Associate
M 897	26	5'10"			Finance Director
M 858	26	5'11"	MBBS	Vegetarian	Doctor
M 955	27	5'8"	MPharm, PgDip	Vegetarian	Cancer Pharmacist
M 949	27	5'4"	MA	Vegetarian	Actuary
M 936	27	5'11"	MBBS	Vegetarian	Doctor
M 928	27	5'3"	BSc (Hons)	Vegetarian	IT Analyst
M 921	27	5'4"	MBBS	Vegetarian	Doctor
M 900	27	5'8"	Chemistry Lab Analyst		Analyst
M 896	27	5'11"	ACA		Accountant (Financial)
M 893	27	5'0"	ACA		Senior Finance Analyst
M 888	27	5'11"	ACA		Accountant
M 880	27	5'5"	Undergraduate	Vegetarian	Data Scientist
M 866	27	5'7"	Other	Vegetarian	Management Consultant
M 863	27	5'5"	Undergraduate	Vegetarian	Software Engineer
M 953	28	5'4"	BSc (Hons)	Non-veg	Management Consultant
M 948	28	5'5"	BSc (Hons)	Vegetarian	Banker
M 945	28	5'8"	ACA	Vegetarian	Credit Analyst
M 933	28	6'2"	BSc	Vegetarian	Accountant (Management)
M 930	28	5'5"	A-Level	Non-veg	Administrator
M 922	28	5'11"	ACCA	Non-veg	Accountant (Financial)
M 895	28	6'0"	BDS		Dentist
M 890	28	5'5"	BSc		Senior compliance officer i
M 859	28	5'6"	M.Sc.	Vegetarian	Marketing Executive/Manager
M 943	29	5'5"	MA	Vegetarian	Project Engineer
M 941	29	5'10"	MBBS	Vegetarian	Doctor
M 935	29	6'0"	MBBS	Vegetarian	Doctor
M 918	29	5'11"	PhD	Vegetarian	Economist
M 905	29	6'0"	BA (Hons)	Vegetarian	Accountant (Financial)
M 902	29	5'10"	A-Level/AS-Level	Non-Veg	3rd Line Network Engineer
M 879	29	5'6"	BSc (Hons)	Vegetarian	Business Analyst
M 860	29	5'3"	BSC (Hons)	Vegetarian	Trader
M 854	29	5'11"	MBBS	Vegetarian	Doctor
M 939	30	5'11"	BA (Hons)	Non-veg	Engineer
M 938	30	5'10"	BSc (Hons)	Vegetarian	Investment Analyst
M 927	30	5'7"	MPharm	Non-veg	Pharmacist
M 910	30	5'4"	BSc (Hons)	Vegetarian	Investment Analyst
M 909	30	5'10"	MPharm	Vegetarian	Pharmacist
M 894	30	5'72	B.Com		Order Processor

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Matrimonial Register - Boys

REF NO	AGE	HEIGHT	Qualification	Diet	Occupation
M 865	30	5'4"	ACCA	Non-veg	Accountant (Management)
M 864	30	5'8"	ACCA	Vegetarian	Management Accountant
M 857	30	5'10"	BDS	Vegetarian	Dentist
M 937	31	5'6"	MBBS	Non-veg	Doctor
M 924	31	5'11"	BA (Hons)	Vegetarian	Travel Agent
M 911	31	5'9"	LLB (Hons)	Vegetarian	Company Director
M 800	31	5'7"	BSc, MSc	Vegetarian	Owner of a 1V1 Soccer Academy
M 947	32	5'9"	MPharm	Vegetarian	Pharmacist
M 940	32	5'11"	BSc (Hons)	Vegetarian	Corporate Marketing Manager
M 925	32	5'7"	BCom	Vegetarian	Other
M 917	32	5'8"	BSc (Hons)	Vegetarian	Software Developer
M 913	32	5'11"	MSc	Vegetarian	Trader
M 908	32	5'4"	ACCA	Non-veg	Accountant (Financial)
M 862	32	5'8"	BSc (Hons)	Vegetarian	Banker
M 951	33	5'10"	MSc	Vegetarian	Other
M 950	33	5'6"	BSc	Vegetarian	IT Analyst
M 907	33	5'10"	BA (Hons)	Non-veg	Portfolio Manager
M 874	33	5'11"	MSc Actu Science	Vegetarian	Actuary
M 867	33	5'8"	Other	Vegetarian	Other
M 929	34	5'11"	MSc	Vegetarian	Analyst
M 944	35	5'10"	BSc (Hons)	Vegetarian	Trader
M 904	35	5'7"	M Sc	Vegetarian	Senior Manager
M 901	35	5'6"	MSc		IT Analyst, Sr.Developer
M 899	35	5'6"	BA (Hon)		Programme Manager
M 875	35	6'1"	B.Sc. Hon		Merchandiser
M 942	36	5'7"	LLB (Hons)	Vegetarian	Entrepreneur/Self-Employed
M 934	36	5'11"	ACCA	Non-veg	Accountant (Management)
M 926	36	5'7"	MA	Vegetarian	Company Director
M 919	36	5'6"	BSc (Hons)	Vegetarian	Business Analyst
M 916	36	5'8"	MBBS	Vegetarian	Doctor
M 915	36	5'8"	MBA	Vegetarian	Business Manager
M 912	36	5'7"	BSc (Hons)	Vegetarian	Circus Trainer
M 887	36	5'11"	MBA	Non-veg	Accountant (Financial)
M 840	36	5'9"	BSc.	Vegetarian	Medical IT Consultant
M 923	37	5'9"	ACMA	Vegetarian	Accountant (Management)
M 914	37	5'8"	LLB (Hons)	Vegetarian	Banker
M 952	38	5'7"	PhD	Vegetarian	Software Engineer
M 932	38	5'8"	MA	Non-veg	Actuary
M 868	38	5'8"	ACA	Non-veg	Entrepreneur/Self-Employed
M 841	38	5'9"	BSc	Vegetarian	Management Accounting
M 931	39	5'11"	ACMA	Non-veg	Financial Analyst
M 848	39	5'6"	MSc	Vegetarian	IT Consultant
M 954	40	5'6"	BSc (Hons)	Vegetarian	Teacher/Teaching Assistant
M 920	41	5'9"	ACCA	Vegetarian	Accountant (Financial)
M 903	57	5'10"	BPharm	Vegetarian	Pharmacist

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REF NO	AGE	HEIGHT	Qualification	Diet	Occupation
F 1094	23	5'7"	BA (Hons)	Vegetarian	Other
F 1073	24	5'1"	B. Sc	Vegetarian	Capital Modelling Analyst
F 1144	25	5'5"	BSc (Hons)	Vegetarian	Project/Programme Manager
F 1112	25	5'1"	BSc (Hons)	Vegetarian	Credit Analyst
F 1107	25	5'6"	BSc (Hons)	Vegetarian	Market Researcher
F 1079	25	5'6"	BSC (Hons)	Vegetarian	Market Researcher
F 1078	25	5'7"	BDS	Vegan	Dentist
F 1111	26	5'3"	MA	Vegetarian	Banker
F 1100	26	5'7"	BSc (Hons)	Vegetarian	Physiotherapist
F 1084	26	5'2"	MPharm	Vegetarian	Pharmacist
F 1074	26	5'7"	MBBS M.A (Cantab)	Vegetarian	Doctor
F 1071	26	5'4"	Other	Vegetarian	Software Developer
F 1146	27	5'3"	MBBS	Vegetarian	Doctor
F 1141	27	5'0"	MBA	Vegetarian	Student
F 1134	27	5'4"	BSc	Vegetarian	Product Manager
F 1118	27	5'8"	MSc	Non-veg	Engineer
F 1097	27	5'8"	BSc (Hons)	Vegetarian	Teacher
F 1087	27	4'10"	L.L.B (Singapore)	Vegetarian	Risk & Compliance, M/S Dow Jones
F 1067	27	5'4"	BSc (Hons)	Vegetarian	Physiotherapist
F 1044	27	5'5"	BA (Hons)	Vegetarian	Human Resources Executive
F 1142	28	4'11"	BA (Hons)	Vegetarian	Finance Assistant
F 1140	28	5'5"	MSc	Vegetarian	Business Manager
F 1139	28	5'3"	BSc (Hons)	Vegetarian	Other
F 1120	28	5'2"	BDS	Vegetarian	Dentist
F 1093	28	5'3"	MPharm	Vegetarian	Pharmacist
F 1090	28	5'4"	BA (Hons)	Vegetarian	Teacher
F 1148	29	5'3"	MBBS, MD Anaesthesia	Vegetarian	Anaesthetist
F 1132	29	5'3"	MBBS	Vegetarian	Doctor
F 1130	29	5'2"	MSc	Vegetarian	Scientist
F 1119	29	5'5"	ACCA	Non-veg	Analyst
F 1104	29	5'1"	BSc (Hons)	Vegetarian	Accountant (Financial)
F 1095	29	5'0"	MPharm	Vegetarian	Pharmacist
F 1138	30	5'5"	BA (Hons)	Vegetarian	Merchandiser
F 1137	30	5'4"	LLB (Hons)	Vegetarian	Lawyer
F 1117	30	5'6"	BSc (Hons)	Vegetarian	Business Development
F 1105	30	5'6"	ACCA	Vegetarian	Accountant (Management)
F 1102	30	5'6"	BSc (Hons)	Vegetarian	Sales & Marketing Executive
F 1096	30	5'6"	MPharm	Vegetarian	Pharmacist
F 1147	31	5'4"	BSC (Hons)	Vegetarian	Project Manager/Director

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REF NO	AGE	HEIGHT	Qualification	Diet	Occupation
F 1135	31	4'11"	MBBS	Vegetarian	Doctor
F 1126	31	5'3"	BSc (Hons)	Vegetarian	Banker
F 1110	31	5'0"	BSc (Hons)	Vegan	Optometrist
F 1056	31	5'8"	CIMA	Vegetarian	Accountant (Management)
F 1127	32	5'1"	MSc	Vegetarian	Psychological Case Manager
F 1124	32	5'7"	BA (Hons)	Vegetarian	Marketing Consultant
F 1069	32	5'8"	MBA	Vegetarian	Solicitor
F 1063	32	5'2"	BSc (Hons)	Vegetarian	Charity Worker
F 1122	33	5'4"	MPharm	Vegan	Pharmacist
F 1089	33	5'0"	BSc (Hons)	Vegetarian	Finance Banking
F 1085	33	5'0"	MPharm	Vegetarian	Pharmacist
F 1070	33	5'4"	MA	Vegetarian	Lawyer
F 1145	34	5'3"	BCom	Vegetarian	Business Manager, Bunker Trader
F 1143	34	5'2"	MA	Vegetarian	Human Resources Manager
F 1131	34	5'4"	BA	Non-veg	Marketing Executive
F 1123	34	5'4"	MSc	Vegetarian	Business Development
F 1113	34	5'0"	CIMA	Vegetarian	Accountant (Financial)
F 1108	34	5'3"	BA (Hons)	Vegetarian	Business Manager
F 1106	34	5'6"	LLB (Hons)	Vegetarian	Lawyer
F 1098	34	5'3"	BSc (Hons)	Vegetarian	Optometrist
F 1136	35	5'4"	CIMA	Vegetarian	Financial Planning
F 1128	35	5'2"	BSc (Hons)	Non-veg	Other
F 1109	35	5'3"	BSc (Hons)	Non-veg	Project/Programme Manager
F 1064	35	5'2"	BSc (Hons)	Vegetarian	Other
F 1125	36	5'8"	ACCA	Vegetarian	Business Analyst
F 1121	36	5'3"	PhD	Vegetarian	Scientist
F 1115	36	5'2"	PhD	Vegetarian	Lecturer
F 1091	36	5'4"	BSc (Hons)	Vegetarian	Accountant (Management)
F 1088	36	5'4"	Beauty Therapist	Vegetarian	Therapist
F 1129	37	5'2"	BSc (Hons)	Vegetarian	Clinical project manager (pharmaceutical)
F 1092	37	4'11"	A-Level	Non-veg	Property Manager
F 1080	37		ACCA		Regulatory Professional
F 1075	37	5'3"	Undergraduate	Vegetarian	Administrator
F 1055	37	5'2"	MSc	Vegetarian	Banker
F 1103	38	5'5"	BA	Vegan	Administrator
F 1099	38	5'4"	ACCA	Vegetarian	Accountant (Financial)
F 1101	39	5'2"	MBA	Vegetarian	Entrepreneur/Self-Employed
F 1086	39	5'8"	Diploma in Beauty therapy & Teaching	Vegetarian	Global Education Manager
F 1076	39	5'2"	MA	Vegetarian	Creative Designer
F 1133	40	5'1"	ACCA	Vegetarian	Accountant (Management)
F 1116	40	5'4"	ACA	Vegetarian	Financial Controller
F 1114	40	5'0"	BA (Hons)	Non-veg	Property Manager
F 1083	41	5'3"	BEng	Vegetarian	Software Engineer
F 1082	41	5'5"	BA (Hons)		Financial Planning, Senior Paraplanner