

GUJARATI ARYA ASSOCIATION LEICESTER - NEWSLETTER

ISSUE 6 - JULY 2026



WELCOME FROM OUR NEW PRESIDENT

Dear Members,

I am delighted to have been elected as the new President of Gujarati Arya Association. I have been a member of GAA since 2002 when I joined as a committee member.



Since then, I took the post as Assistant Secretary, then Secretary from 2015, and Hall Manager from 2017. Over the past eleven years, I have worked alongside dedicated volunteers to introduce procedures and systems that have helped our hall and community operate as efficiently and effectively as possible.

I hope that you will join me in welcoming our new Committee and Mahila Mandal members, who are looking forward to organising events for you all. .

I hope we continue to see the valued support of our long-standing members, whose dedication has been the foundation of our Association for many years, while also encouraging younger generations and new families to become actively involved. Together, we can build on our strong traditions and ensure the Gujarati Arya Association continues to thrive for many years to come.

Amratbhai Chauhan
President GAA Leicester

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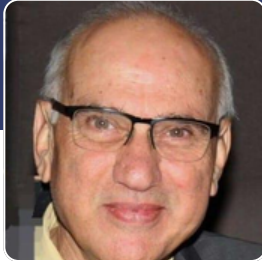
Contact

OUR NEW TRUSTEES

The role of the trustees is to guide the incumbent executive committee, ensuring that the constitution is upheld. It is a role held by members who have a wealth of experience in various areas, and therefore are able to offer advice, as and when required.



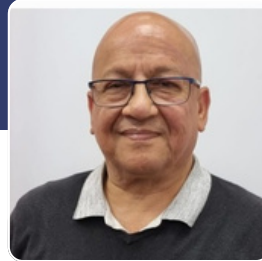
Kishorbhai Solanki
Trustee



Pravinbhai Parmar
Trustee



Bipinbhai Chauhan
Trustee



Vijaybhai Rathod
Trustee



Bhaskarbhai Solanki
Trustee

NEW EXECUTIVE COMMITTEE MEMBERS



Amratbhai Chauhan
President



Hersheyben Champaneri
Vice President



Hemaben Parmar
Secretary



Tanujaben Chauhan
Assistant Secretary



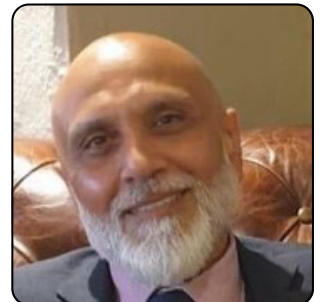
Navinbhai C Parmar
Treasurer



Narendrabhai Parmar
Vice Treasurer



Arvindbhai Chauhan
Cultural Secretary



Mahendrabhai Parmar
Ass. Cultural Secretary



Jagdishbhai Gopal
Store Keeper

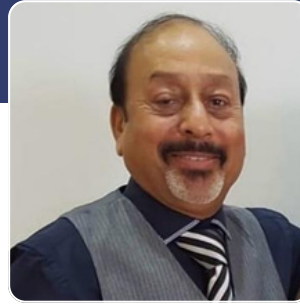
COMMITTEE MEMBERS



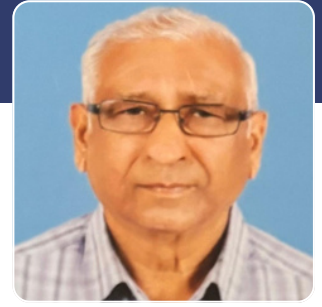
Kishorbhai Chauhan
Committee Member



Navin Chauhan
Committee Member



Dipakbhai Parmar
Committee Member



Somchandbhai Chauhan
Committee Member



Prabhaven Gopal
Committee Member



Pratibhaben Parmar
Committee Member



Rashmikaben Jethwa
Committee Member

CO-OP MEMBERS



Mukeshbhai Chouhan



Meenben Chouhan



Sharmilaben Chavda



Minaxiben Parmar



Kokilaben Parmar



Dakshaben Chavda



Hemaben Jagjivan

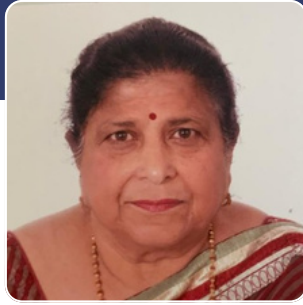


Monica Chauhan
Public Relations Officer

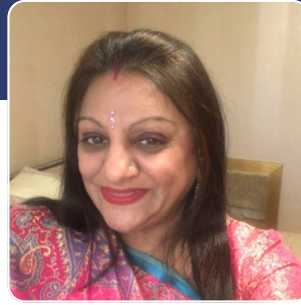
MAHILA MANDAL EXECUTIVE COMMITTEE



Minaben Chauhan
MM President



Induben Rathod
MM Vice President



Ushaben Chohan
MM Secretary



Hinaben Chauhan
MM Assistant Secretary

MAHILA MANDAL COMMITTEE MEMBERS



Dakshaben Parmar



Madhuben Champaneri



Jayshreeben Chauhan



Bhaven Chauhan



Jagdishbhai Chauhan



Gitaben Chauhan

SPORTS COMMITTEE



Khelan Champaneri
Sports Manager



Bharatbhai Parmar
Vice Sports Manager

INTRODUCING OUR NEW MEMBERS



Bhaskerbhai Solanki (Trustee)

Bhasker Solanki is an award-winning BBC News cameraman/producer, who has worked in over 100 countries in the last 45 years, including war zones and disaster effected areas. He co-founded a UK based charity, the Rushey Mead Foundation, which runs the Rushey Mead School in Gujarat providing secondary education to underprivileged children in a village environment for over 20 years.

He is also researching the Mochi heritage and migration history from Gujarat to Africa to the UK.



Narendrabhai Parmar (Assistant Treasurer)

Narendra Parmar is a retired Design Engineer with more than 45 years of experience in emergency safety systems within the international oil and gas industry. Throughout his career, he also provided bespoke control system for The Ministry of Defence & The BBC. Based in Leicester, Narendra has been an active member of the Mochi Samaj community for over 40 years. He began playing cricket for GAA Sports in 1985 and later served as Sports Secretary and Treasurer for both GAA Sports and GAKM, making a longstanding contribution to community and sporting activities.



Mahendrabhai Parmar (Assistant Cultural Secretary)

Mahendra Parmar is a qualified mechanical engineer. He is thrilled to be stepping into a new venture as our Assistant Cultural Secretary, as a dedicated member of the GAA since 1977. For over 35 years, he has shares his love of music by playing the dhol, dholak, and tabla at Navratri. He also loved taking part in Diwali dances, dramas, cricket matches for Aryans cc, and The Voice Group. Outside of the GAA, he volunteers at our Baba's temple in Leicester to help with religious music and dramas. At work, he is on the health and safety team.



Navin D. Parmar (Committee Member)

As a new committee member of our GAA community, Navin currently works full-time as a civil engineer. With over 30 years of experience involving structural design and quality management, he is looking forward to helping and supporting our community, wherever possible and contributing to the success and wellbeing of the community.



Khelan Champaneri (Sports Manager)

Khelan is passionate about sports and living an active lifestyle, having played a variety of sports including football and badminton. He believes sport is a great way to bring people together, promote teamwork, and encourage healthy living within our community. Alongside his sporting background, he brings strong organisational, communication, and leadership skills from his professional career. He is committed to helping organise engaging sporting events, encouraging participation across all age groups, and contributing fresh ideas to grow the GAA Sports Community.



Bharatbhai Parmar (Vice Sports Manager)

Bharatbhai Parmar recently retired following on from a career in the Travel and Tourism sector. During his career, he was recognised in the Inner City 100 Small Companies Growth Index. Bharatbhai brings his organisation experience, community spirit and passion for bringing people together. he is particularly keen to encourage young people to get more involved in GAA. He is proud to follow in the footsteps of his mother Manjuben Parmar who was a founding member of the Mahila Mandal in Leicester. Continuing her legacy of community service is something that inspires and motivates his involvement today.

A HUGE THANK YOU!

Some final words from our outgoing President, Dhirajlalbhai Chauhan

Dear Members,

Firstly, I would like to thank you all for your support over the last two years during my tenure as President of Gujarati Arya Association, Leicester.



I was honoured to be elected President of GAA Leicester. Throughout my presidency, I endeavoured to make a positive difference and gave the role my full commitment. One of the achievements during my term was the refurbishment of the toilets within the hall, helping to improve the facilities for all our members and visitors. For this, I would like to express my sincere thanks to Amratbhai Chauhan, who successfully managed this project.

I would also like to take this opportunity to thank all committee members for their support during my presidency. Running and maintaining the hall is not the responsibility of one individual; it requires the dedication, teamwork, and commitment of the entire committee working together.

As I step down from my role, I would like to wish the new committee every success for the future. In particular, I would like to congratulate Amratbhai Chauhan on becoming the new President of GAA Leicester. This is a role that is truly well deserved, and I have every confidence that, under his leadership, GAA Leicester will continue to grow and thrive.

Thank you once again for your friendship, encouragement, and support over the years. It has been an honour and privilege to serve as President of GAA Leicester.

With best wishes,
Dhirajlal Mohanbhai Chauhan
Former President GAA Leicester



Jaya Parvati Vrat begins – Mon 27 July

Shravan Begins – Thurs 13 August

Nag Pancham – Mon 17 August

Randhan Chhath – Tues 18 August

Shitla Satam – Wed 19 August

Nori Nom – Fri 21 August

Raksha Bandhan – Fri 28 August

Janmashtami – 4 September

Shravan Ends – 10 September

Shraadh Begins – 26 September

Shraadh Bhajan – Fri 2 October

Shraadh Ends – Sun 10 October

Navratri Begins – Sun 11 October

Ashtami – Sun 18 October

Vijaya Dashmi / Dashera – Tues 20 Oct

Dhanteras – Fri 6 November

Diwali – Sun 8 November

Besta Varas – Mon 9 November

Bhai Bhij – Tues 10 November

SAVE THE DATE

NORI NOM

We will be holding Nori Nom celebrations at our GAA Hall on **Friday 21st August 2026.** Further details will follow soon.



WHY IS SHRAVAN SO IMPORTANT?

According to Hindu mythology, the universe was waded during the Samudra Manthan when Lord Shiva consumed a lethal poison. To cool his burning throat, devotees perform Abhishek by pouring holy water & milk over Shivlings throughout the month.

Gujarat is home to the revered Somnath Temple. Millions of devotees visit Somnath and local Shiva temples daily during Shravan to seek blessings. Fasting is an important part of Gujarati culture in this month. Women traditionally fast every Monday (Somwar) for a happy family life & unmarried women often participate in the Jaya Parvati vrat to pray for a virtuous husband.

Important festivals in this month include: Randhan Chhath – the day where food is prepared in advance; Shitala Satam – The day when kitchens are kept cold to worship Goddess Shitala; Nag Panchami – Rituals dedicated to worshipping snake deities for protection; Janmashtami – The celebration of the birth of Lord Krishna.

EVENTS

OVER 60'S EVENT

On Sunday 10th May 2026, we held our Over 60's Gathering. We had a packed out hall, with games, food and music. It was wonderful to see members of our community coming together. Thank you to all the members who donated. We appreciate your support.



DONATIONS

Name	Amount	Name	Amount
AMRATBHAI M PARMAR	£10.00	KASHIBEN C CHAUHAN	£10.00
ANIL & CHAMAPABEN CHAUHAN	£20.00	KIRANBHAI CHAUHAN	£20.00
ANJALABEN C PARMAR	£11.00	KISHORBHAI BHAGUBHAI PARMAR	£20.00
BALUBHAI PARMAR	£10.00	KISHORBHAI CHAUHAN	£10.00
BHANUBEN PARDIWALA	£25.00	KISHORBHAI GOHIL	£20.00
BHANUBEN S CHAUHAN	£20.00	KISHORBHAI MAGANBHAI PARMAR	£20.00
BHARAT & PRATIBHA PARMAR	£10.00	KISHORBHAI PARMAR	£10.00
BHARTIBEN CHAUHAN	£20.00	KISHORBHAI SOLANKI	£20.00
BODHANI BROTHERS	£30.00	KOKILA HARISHBHAI CHAUHAN	£20.00
CHAMPABEN CHAVDA	£10.00	KOKILABEN D PARMAR	£11.00
CHAMPABEN I SURTI	£11.00	LALITABEN P PARMAR	£20.00

DONATIONS CONTINUED

CHAMPAKBHAI CHAUHAN	£20.00	LILLAVATI DHIRAJLAL CHAUHAN	£10.00
CHAMPAKLAL & DAKSHABEN PARMAR	£25.00	MANHERBHAI V SOLANKI	£15.00
CHANCHALBEN A CHAUHAN	£10.00	MANIBEN & RAMANBHAI PARMAR	£10.00
CHANCHALBEN G PARMAR	£10.00	MANJULABEN A PARMAR	£10.00
CHANDRAKANT CHAMPANERI	£25.00	MANJULABEN C SOLANKI	£10.00
CHANDRIKABEN A CHAUHAN	£10.00	MANJULABEN R BULSARA	£15.00
CHANDUBHAI CHAVDA	£10.00	MUKESH & MEENABEN CHOUHAN	£25.00
DALPATBHAI & USHABEN SOLANKI	£20.00	MUKESHBHAI BULSARA	£20.00
DAMYANTIBEN C CHAUHAN	£11.00	NALINBHAI VARMA	£20.00
DAXABEN PARMAR	£10.00	NARMADABEN UTTANBHAI CHAUHAN	£10.00
DHANSUKHBHAI & ILLA CHAMPANERI	£11.00	NARENDRABHAI CHAUHAN	£10.00
DHIRUBHAI PARMAR	£10.00	NATWARLAL & MADHUBEN	£10.00
DILIPBHAI & RAMILA CHAUHAN	£21.00	NATWARLAL D CHAMPANERI	£16.00
GANPATBHAI CHAUHAN	£10.00	NAYANBHAI CHAUHAN	£10.00
GUPT DAN	£20.00	NITINBHAI J SOLANKI	£20.00
HANSABEN CHAMPANERI	£10.00	PADMABEN U SOLANKI	£20.00
HANSABEN K CHAUHAN	£15.00	PRAMODBHAI & ARUNABEN RATHOD	£15.00
HANSABEN N SURTI	£20.00	PRAVINBHAI & KOKILA PARMAR	£15.00
HARISH & LATA CHAUHAN	£20.00	PRAVINBHAI D DABHI	£20.00
HARISHBHAI G SOLANKI	£20.00	PRAVINBHAI PARMAR	£11.00
HARKISHANBHAI CHAUHAN	£10.00	PRAVINBHAI SHUSHILA PARMAR	£20.00
ISHVERBHAI SOLANKI	£25.00	PUSHPABEN & PRAVIN B PARMAR	£10.00
ISHWARBHAI K CHAUHAN	£10.00	RAJU & ANITA CHAUHAN	£20.00
ISHWARBHAI L PARMAR	£10.00	RAMESHBHAI CHAUHAN	£20.00
JAGDISH P PARMAR	£10.00	RAMESHBHAI CHAVDA	£20.00

DONATIONS CONTINUED

JASHUBEN C CHAUHAN	£20.00	RAMESHBHAI D PARMAR	£10.00
JAYABEN CHAMPANERIA	£10.00	RAMESHBHAI G SOLANKI	£20.00
JAYANTIBHAI CHAUHAN	£10.00	RASHIBEN P GOHIL	£25.00
JAYANTILAL H SOLANKI	£10.00	RUXMANIBEN CHAUHAN	£10.00
JAYASHBHAI P PARMAR	£10.00	SASHIBHAI MODI	£25.00
JAYSHREE PARMAR	£10.00	SATISHBHAI CHAUHAN	£20.00
KANCHANBHAI PARMAR	£20.00	SAVITABEN G CHAUHAN	£20.00
SAVITABEN GOVINDBHAI PARMAR	£10.00	TARUNABEN	£10.00
SAVITABEN I PARMAR	£10.00	UMESH MOHANLAL	£10.00
SAVITABEN SOLANKI	£10.00	VALLABHBHAI CHAUHAN	£11.00
SOMCHANDBHAI V CHAUHAN	£10.00	VASANTBHAI CHAUHAN	£20.00
SUNANDABEN D CHAUHAN	£15.00	VEENABEN KANTIBHAI PARMAR	£20.00
SURENDRABHAI C PARMAR	£21.00	VERSHA SUMAN PARMAR	£10.00
SURENDRABHAI CHAUHAN	£20.00	VIMLABEN CHAMPAERIE	£11.00
SURESHBHAI CHAUHAN	£11.00	VIMLABEN N AMLIWALA	£25.00
SURESHBHAI & RAMILABEN PARMAR	£10.00	VIRANDRABHAI UMERIA	£20.00
SUSHILABEN CHAUHAN	£10.00	VISHAL CHAUHAN	£10.00

Thank you to all our members who donated at this event.
We appreciate your support & hope to see you at
our next Over 60's Gathering.



Protein First

In this newsletter we focus on protein. Protein is an essential building block for our muscles. It helps maintain muscle strength, repair the body, supports bone health and helps with weight management.

Why is it important as we grow older?

As we age, we lose muscle mass and become less efficient at using it. Adults start losing muscle mass from around 30 years old and the rate increases with age and other factors such as perimenopause. Losing strength can affect our balance and ability to do simple tasks such as carry shopping, so it is vital that we ensure we keep our protein levels up.

How much protein do we need?

Most adults need around 0.75g of protein per kilogram of body weight. You will require more if you are more active. It is always a good idea to consult a health professional if you are unsure.

How can I include Protein if I am Vegetarian?

There are plenty of great options for vegetarians, especially during Shravan. Try including some of these foods in your diet.



Greek Yogurt is a quick & easy way to increase protein. Use it in Raitha, drink it Chaas or add fruit. Use a lower fat yogurt to maximise protein intake.



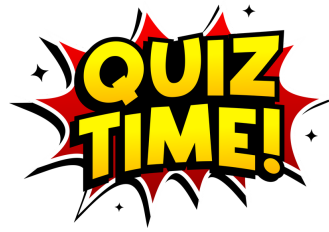
Try swapping your normal bread to a high protein bread. This Aldi Protein bread contains 10g of protein per slice.



Tofu is one of the quickest and easiest ingredients to use in meals. Add to instant noodles, scramble and put on toast or stir fry with lots of vegetables.



High protein cottage cheese is another versatile addition. Add into homemade soup to make it creamy, or use it to make sweet desserts.



Let's test your knowledge of the Mochi Community?

Which traditional craft is the Mochi community historically associated with?

a) Pottery b) Leatherwork and Shoemaking c) Weaving d) Farming

In which Indian state is the Mochi community especially well known?

a) Gujarat b) Kerala c) Assam d) Himachal Pradesh

What year was our GAA Leicester Hall opened for the Leicester Mochi community?

a) 1945 b) 1990 c) 2000 d) 1993

What is the name of the colourful embroidered footwear traditionally made in Gujarat and Rajasthan?

a) Kolhapuri b) Mojari c) Sandals d) Khadau

Learn About Money, the Fun Way!

Have you always wondered where money comes from? Learn about this and lots more at Smart Kids Money.

The short videos cover topics like cash, saving, spending, banking, investing, shares, scams, credit, digital money & much more.

Search '**Smart Kids Money**' on
You Tube to watch for free.



FOOTBALL CLUB

We're looking for new
members aged between
7-12 years old for our
Leicester football team.

If you are interested,
contact **Khelan** on
07708 839212





Venue Hire

✓ WEDDINGS

✓ PARTIES

✓ COMMUNITY SHOWS

✓ RELIGIOUS EVENTS

**FOR BOOKING ENQUIRIES,
CONTACT AMRATBHAI ON
07877 594 780 BETWEEN
5PM AND 7PM**

Shok Sabha Services

Our hall is available for Shok Sabha, khichdi (after funeral services) and bharmu/tehermu for a nominal fee.

This is subject to availability.



To book our hall,
please contact
Amratbhai.



ESSENTIAL CONTACT NUMBERS

HALL BOOKING CONTACT

Email: info@gaaleicester.com

Call: Amratbhai Chauhan on
07877 594 780 between 5pm-7pm only

BIRTHS, DEATHS & MARRIAGES

Call/Text Monica on 07711 707551

SUGGESTIONS FOR FUTURE EVENTS

Email: events@gaaleicester.com

GENERAL ENQUIRIES

Email: info@gaaleicester.com

WHATSAPP CHANNEL

Call/Text Monica on 07711 707551
or scan the QR code below

Follow all our updates on our
GAA Leicester WhatsApp



DONATE



If you would like to support any of our
events by donating money or gifts,
please get in touch with our team.
Your donations are very appreciated.