

Navjivan Vadil Kendra - 2008 presented by *Jayant Doshi – Secretary*

After a very exciting and eventful first year of NVK, the second year was a year of consolidation. From a start with 20 members, the year ended with 221 members, and a long waiting list. In 2007 we got a grant from Awards for All and North London Development Fund. We also got a grant from City Bridge Trust to be used over 2008 and 2009.

The important events of the year were as follows :

1. On 3rd January 2008 a party was held to celebrate the New Year. We had a hilarious presentation of Kaun Banega Crorepati (Who Wants to be a Millionaire) followed by another game "Pass the Garland".
2. On 24th January Devina from Brent Primary Care Trust gave a talk on Bowel Cancer and the screening program launched by the government.
3. On 14th February there was anakashri (sing-along) competition followed by bingo on 21st February.
4. On 28th February we had a talk on diabetes.
5. In March Surendra Mehta started giving bridge lessons.
6. We had our AGM on 6th March.
7. Councillor Navin Shah (now a member of the London Assembly) visited us on 17th April and explained how the London Assembly works.
8. First day trip, arranged under funding from City Bridge Trust, we organised on 22nd April when three full coaches were taken to Bristol and Bath. Many others had to be disappointed as we could not afford to take fourth coach for administrative reasons.
9. On 20th May, another trip was organised to Margate. On this trip also some members were disappointed after three coaches were filled up.
10. On 22nd May we had an interesting talk on arthritis and joint pains from Swami Dharmanandji. He showed some exercises which could help in these conditions.
11. On 29th May we had visit from Chandrakant Shukla and Jogendra Patel (from Datta Yog Ashram) who gave a demonstration of yog exercises and showed their particular style of meditation.
12. From 22nd to 27th June, we had our second Yoga Retreat where 61 members participated (full house). It was a very successful retreat when each day four and half hours were spent on doing breathing and yoga exercises, and long country walks were done by the participants. Also there was teaching of massage techniques during the stay.
13. On 15th July we organised a grand picnic where about 180 members took part. We had one hour yoga in the open, followed by group games, a lunch followed by sing along. Some members walked to see Magna Carta and JFK memorials. This was very successful trip and members suggested that more such trips should be arranged.
14. On 8th July a group of 24 members visited the British Library in King's Cross to see a very interesting Ramayan Painting Exhibition - an exhibition of paintings based on the book of Ramayana. There was a guide to show around the exhibition.
15. The next trip was arranged with a difference. A cruise down River Thames, and a visit to Thames Barrier and Greenwich, followed by a ride on London Eye was enjoyed by many members who would otherwise never have ventured on such sight seeing.
16. On 8th August we had Swami Adhyatmandji who gave an in depth explanation of various yoga practices.
17. As Sayer Centre (where we met every Thursday) was getting too small for yoga and our gathering, search was put in place to find a bigger hall. At last we succeeded in getting a larger hall, and it was decided to move into the new venue from 2nd October. As the new Venue (Sangam Hall) could accommodate more members, we decided to take those on waiting list. But within days out membership reached 337 and we had to stop taking any more members. We moved to our new venue on auspicious day of the Gandhi Jayanti. We celebrated this event on that day with a brief presentation on the life of Mahatma Gandhi, in

the presence of several invited dignitaries. This was followed by Raas-Garba to celebrate the Hindu festival of Navratri.

18. On 1st November a trip to Blackpool was arranged, and this time an overnight stay was arranged so that members could relax and enjoy their stay in Blackpool.
19. On 27th November we had a visit from Rajenbhai Vakil who showed the 3 steps to Rhythmic breathing which members found very interesting and informative.
20. On 11th December, the normal yoga teacher gave a demonstration and talk on reflexology which members found very informative. Also the yoga session showed how those who cannot sit on the floor could do exercises. The whole session was greatly appreciated by all the participants.

Our achievements during the year 2008 were as follows :

1. A collection of £1500.00 was made to support a charity in Rajkot which supports poor people who need but could not afford dialysis.
2. A volunteer member of the organisation offered and prepared a wonderful web site for NVK without any cost to the organisation. (www.nvk.org.uk). NVK accounts, documents, policies, list of committee members, all the copies of newsletters since inception, and lot other information has been put on the web site. Photos of our activities have been put on the web site also.
3. Our monthly newsletter is being published promptly and keeping our members informed of all the news regards NVK.
4. Our regular yoga attendance has increased to between 120 and 150.