

Navjivan Vadil Kendra

Report of the Secretary for the year ended 31st December 2010

We completed four years of Navjivan Vadil Kenra earlier in January, and our progress has been remarkable. Year 2010 has been notable and impressive in the range of activities undertaken during the year. In April we moved to the present larger and more spacious Sattavis Patidar Centre. I wish to thank management and staff of this centre for welcoming us and for their great cooperation and help to us in this centre. I am glad to report that our finances are healthy and our organisation is stronger than ever before. We got a grant of £3000.00 from Harrow Council for which we thank them.

The year 2010 started with 291 members and added 40 members to reach total of 331 members as at 31st Dec 2010. Subsequently since January 2011 we have added more 16 members and presently we have 347 paid members and are awaiting acceptance from 3 more applicants acceptance to reach our target for 2011 of 350. My apology to almost 250 applicants who are on the waiting list. Space constraints at this venue, namely Sattaivs Patidar Centre and need for active volunteers during outings and events are the biggest obstacle in taking on more applicants as our members

During the year we had vast variety of programmes to entertain our members. We aimed to give wider variety, more member participation, more entertainment and enjoyment for our members.

I give here the highlights of our activities during the year:

- We had a range of talks on health subjects demonstrating that health consciousness for our members is our highest priority. The talks included subjects like dementia, diabetes and the impact from social view point, therapeutic massage, osteoporosis, rhythmic breathing techniques and a talk on issues related to old age.
- We had talks on various types of benefits we are entitled to and the work of Victim Support.
- We arranged Bollywood film shows at a very nominal rate and managed to arrange four shows. Unfortunately the Cinema management withdrew the offer.
- We organised seven full day musical programs during the year and these were greatly enjoyed by members.
- We had a performance of sitar vadan which was a novelty for many members.
- We had lesson in Bhangra and dancing and many members participated in the same.

- We had two boys from Shishukunj who gave a performance of songs to every one's delight.
- We had many programs with full participation from members and guided by some of our lady committee members. We had three sessions of bingo, antakashri, two sessions of ras garba, two sessions of quiz and games, a talent show, cat walk, members reciting their experiences with their grand children and recalling memories of earlier years in this country
- We had four DVD showing of a Gujarati play and of the trekking in the Himalayas done by our secretary.
- We invited two different comedians to tell us jokes.
- We organised two long trips – six day trip to Potters Resort and one week to Scotland
- We celebrated 90th birthday of our President. Our organisation is proud to have Pranlalkaka as our President and his age and health is an inspiration to us all.
- We participated in the first ever National Sewa Day with great enthusiasm. Our volunteers visited three Care Homes and entertained the residents. We hope to carry on participating in Sewa Day every year.
- Our yoga sessions are going well and many members enjoy two hours of yoga. Our tutor Manishaben is doing a wonderful job and we should all thank her for the same.
- Those who do not participate in Yoga sessions enjoy playing cards in especially allocated rooms within the building

Lots of programs are planned for this year, especially with member participation. But we need your ideas and views. What should we do? What sort of day trips should we organise and what places? What sort of long trips should we organise? Our first three yoga retreats were great success but with the fourth one we are struggling to get much support. Our two trips to Potters Resort were great success, but the one planned this year to a new and even better resort has received no response. So we need to know – what do you want?

Success of Navjivan Vadil Kenra and its programs depends on all the volunteers who work with dedication and I will be failing in my duty if I do not mention them. Without their help and dedication we could not have achieved what we have achieved today and have done in the past and will do in the future. While thanking all the volunteers I would like to mention::

- Our thanks to all the volunteers who help to bring food from the van, arrange it on the tables and serve our members, check membership cards, and later on make tea for us all. These volunteers are working hard and with dedication and quite often

go without food, and they deserve our hearty thanks. Please give them a round of applause.

- Our committee members Navnitbhai Shah, Vinod Parekh, Indrakant Bakhai and Chandubhai Parekh do a wonderful job of supervising and helping out during lunch.
- Vinod Parekh always comes in the centre before many members arrive, takes out signing-in book, arrange drinking water and the PA system and ensure that we are all set for the yoga session. He also now oversees orderly queuing at lunch time. Himatbhai Mehta ensures that everyone signs the book and guests pay their dues.
- Surendra Mehta, our Public Relations officer, is doing a wonderful job. He makes announcements in a very methodical way and then circulates the same to all members, by e-mail, with lots of interesting links, jokes and information. He keeps our members informed of any social programs, trips or any other changes, again by e-mail. He maintains a Directory of all members with their full contact details, and also a list of all those on the waiting list.
- Our Treasurer, Baburai Shah, better known as BT, also comes to the Centre before most of us arrive even though he lives quite far. He takes care of our finances and does the job in a very methodical way. He originally got Charity Registration for NVK, and now he has received approval from Tax Office so that we will be able to claim tax refund on donations where members have signed Gift Aid form.
- Madhusinh Rawji, another Committee member, who may not be seen by many of us doing anything, but he is doing wonderful work in the background. He was instrumental in creating our web site and now ensures that it is kept up to date.
- Jasuben Sheth, Pragnaben Mandalia and Bhadraben Sheth are other Committee members who ensure that appropriate decorations are done at each and every important event or festival which we celebrate. They organise, arrange and take a lead in programs with full member participation. Besides the normal programs such as Bingo, antakhsri, and ras garba, they come with some innovative and wonderful ideas such as fashion show, cat walk, past experiences, small play etc. We hope they will continue with their good work.
- Dr Vinod Kapashi , another Committee member, with his quiet nature but lot of experience and with an ability to write is always there to help out and advise when necessary. When the ladies are looking for a sketch he always comes up with a lovely idea.
- Mahendra Kothary, our Vice President is always around when technology needs help whether it is our PA system or setting up the video or taking photos of various events. He may not be there always early in the morning, but he is one person I

know who will help out at any time when asked. And of course he is excellent at shopping when we do our day trips.

- Our President, Pranalalkaka, even at this age puts us all to shame. He may not do any physical work, but he is always there when needed and his quiet and thoughtful advice is always very helpful. He has set an example to us all as to how one can keep active and fit in life.
- Our thanks to Meera Catering for providing us with delicious lunch every week for the past four years.
- I would like to thank Dipak Shah for reviewing our accounts.
- Our monthly newsletter keeps all members, whether they attend every Thursday or not, about our activities, our progress, our programmes, about member celebrations, sponsored lunches, chas tea, about donations received on happy occasions and about our future planned activities.

We are fortunate to have a team of such dedicated volunteers within the committee and outside the committee also. I sincerely thank each and every one of the volunteers, whether I have mentioned them or not, for their dedication and hard work. We aimed to improve the quality of life of the elders in the local community and we have greatly succeeded in doing so. I hope that we continue with the good work for years to come and that we do even better things in future.

Under item 8 on the Agenda the present committee will soon resign

Under item 10 on the Agenda you will elect 15 members to run our Kendra for the year 2011/2012 and I seek your co-operation and support to this Committee in the same spirit and with the same enthusiasm as you have given to the out going Committee

If during the year if I have made any mistakes or if I have offended any one or if I have neglected any of my duties, then I ask for your forgiveness.

Before I finish my report I would like to ask you to put forth your suggestions for future programs, day trips, long trips so that we can recommend them to the new Committee.

Thank you your undivided attention during my report.

Jaynat U Doshi

Secretary