

Navjivan Vadil Kendra Secretary's Annual Report - 2014.

Navjivan Vadil Kendra completed eight years early this year. We have progressed with leaps and bounds over the years. We have 400 members and a very long waiting list which shows not only the success of NVK but also need for such an organisation for elderly people in the community - as we now live longer and longer. Our aim is to improve the quality of life of our elderly and lonely members and to that aim we have consolidated our activities during the year 2014.

This year I will start my report by thanking all those who have made this success possible:

1. When an organisation like ours meets week after week, feeding 200 to 250 members every week, and to arrange programs week after week then the backbone of such success is the support and help given by volunteers. Volunteers come early and set up everything in the hall before members start coming, volunteers check membership cards and maintain presence book, volunteers help out to serve food to everyone before they take their meal and quite often do not get enough food, volunteers make tea when others are enjoying programs, and the same volunteers spend lot of effort to make our musical full day programs a great success. Words fail me and I will not name any volunteers but I say with humility and great pride "THANK YOU" from the depth of my heart to all the volunteers.
2. Our activities and our existence may not be possible but for the fact that we have this wonderful venue as our home. I would like to thank the management and staff of Sattavis Pattidar Centre for their cooperation and help in our work. Staff here have been wonderful and have always listened to our needs and concerns. Our sincere thanks to the staff and management of this centre.
3. We would not be able to meet for the full day and do all the activities if we did not provide lunch. Every week, and week after week, we provide delicious lunch supplied by Meera Catering. I do not have words to describe how generous and wonderful they have been to us. If there is one thing that stands out in the progress and history of NVK then it is food supplied by Meera. From the depth of my heart I will say THANK YOU to Meera Catering.
4. I have been doing yoga for a long time and I have been through many yoga tutors but we are so lucky to have a yoga tutor like Manisha whose understanding and variations are amazing. Not only she is sincere and dedicated but she comes up with new ideas and exercises week after week. I think all our members appreciate her yoga classes and that is centre piece of our activities. On behalf of all members I would like to thank Manisha for her wonderful contribution to achieve our aims. NVK was formed to bring better health awareness and our yoga sessions have succeeded in doing that to a great extent.
5. No organisation can work successfully without the cooperation and help from its committee. I can say with pride that I am lucky to have a wonderful committee – and without naming individually any one- I can say that each one gives great contribution to our work that creates our success and makes me so proud to be working with such a group of people. We have distributed responsibilities in the committee and each member carries out his/her responsibilities with great enthusiasm and dedication. I do not have to worry about day to day running of NVK. I plan and coordinate everything with the help and cooperation of all the committee members. I am lucky to have such a dedicated team.
6. Our thanks to Dipak Shah who audits our accounts every year. This is totally a voluntary service he gives and we really appreciate it. Our thanks to Dipak Shah.
7. My thanks to all our members for their generosity by donating on all occasions. Without the hearty participation and full cooperation of you all members our work will have no meaning. It was so wonderful when one member decided to give £1000.00 to NVK. Their son expressed his desire to give that amount to a worthy charity and the parents chose NVK.
8. My last thanks to my wife Rama whose patience, cooperation and help makes my work so much easier. She gets ready early so we can come here early, her patience in taking phone calls and

passing messages to me, and her patience when I spend hours planning and working on the computer. She cooperates in all my activities which makes my work so much easier.

NVK aims to improve the quality of life of our members and with this in mind we had:

- 1. Several talks on medical issues, and a few full day medical seminars. We took part in Walk & Talk sponsored by Cancer Awareness and our members took part in the same with enthusiasm and have started walking on a regular basis. We had a visit and talk from C B Patel (editor of Gujarat Samachar) who did a wonderful write up in the newspaper.*
- 2. We arranged talks on subjects that might interest our members. We had talks on Lasting Power of Attorney and Wills. When members approached me for advice and guidance I helped them. So far I have helped to make 5 Lasting Powers of Attorneys and have drafted wills for a few members.*
- 3. We arranged music mehfil, comedy programs and other entertainment to bring enjoyment in your lives.*
- 4. We invited religious speakers to talk to our members.*
- 5. Once a member remarked that going to film on one's own is not same as going in a group. We arrange plays and film shows. Our monthly film show is followed by going for lunch and enthusiasm shown by members is encouraging. Not only does it lead to an enjoyable day of entertainment but gives a wonderful chance to build companionships. At our age the last thing we need is loneliness and depression.*
- 6. We encourage and take members on London Underground to visit places of interest; we arrange day trips by coach.*
- 7. We arrange short holidays and last year we did Turkey. We also had longer cruise to Iceland.*

NVK aims to impress the point that being active at our age is important in keeping ourselves mobile and fit. To this aim:

- 1. We have yoga every week and we try not to cancel that as far as possible. Members who hardly did any physical activity are now enjoying their weekly yoga and seeing the benefits in their lives.*
- 2. We arrange activity holidays. Before we used to go to Potters Resort but last year we tried Manor House. Members take advantage of several activities at the resort.*
- 3. At these activity holidays many members played bowling and showed interest in starting to play that on a regular basis. We found a wonderful bowling club and seven members have already joined and are enjoying their bowling on a regular basis. Such regular activity keeps one focused in life, gives something to look forwards to and helps in one's health and fitness. I will strongly advise other members, including ladies, to consider taking up this easy going but interesting sport.*

This year we have arranged a trip to Japan and Korea which is already full. We are have planned our annual activity trip to Manor House in July this year. Later in the year we may arrange a trip to Zanzibar and Uganda. Our monthly film shows are becoming an interesting day out for members.

We get invitations from other organisations and we are thankful to them. We had invitations from Institute of Jainology and Mahavir Foundation. Navnat Vadil Mandal has similar aims as us and recently we have increased level of cooperation with each other. They invited a few of our members to their programs and we do the same. We also have decided to offer them film show tickets at special rate. Both organisations have many common members and have same aims and objectives, and it is nice to see them working hand in hand.

We always are looking for new ideas. Please come and tell us if you have any suggestions. This year we have elections and we hope that the new committee will bring some new faces and new ideas and refresh our work.

And I will end this report by saying that if I have failed in my duties or responsibilities, if I have hurt anyone while doing my duty, then I seek your forgiveness.

Jayant Doshi

Secretary

Navjivan Vadil Kendra.