

Secretary's Annual Report – 2015

By Jayant Doshi

Navjivan Vadil Kendra completed 9 years in January this year. NVK started in 2007 with the aim of improving the lives of local community members and I can say today with pride that we have succeeded in this aim to a great extent. We are doing good work and we need to continue doing the same for years to come.

Our main activity, and the activity to fulfil our aim of improving the health of our members, has been yoga and Manisha has been wonderful with her yoga sessions, coming up with new ideas, and looking after those who sit on chairs and cannot sit on floor, and giving health tips and ideas for looking after ourselves. On behalf of us all I will say many thanks to Manisha.

Our activities would not survive without a meal and I cannot describe in words how much grateful we are to our caterers Meera Catering who has been generous and very considerate in providing our meals regularly in very professional manner since we started NVK. We are very thankful to them.

In 2014 we got a grant to encourage walking to improve our health. Since then a walking group has been started and every Thursday about 40 members come early and walk for half an hour. The volunteers arrange fruits and drinks for these people. It has become an integral part of our activity.

Our motto is “BE ACTIVE & KEEP HEALTHY” and to this end we encouraged members to joining bowling, a wonderful game, which has been taken up by ten members and has become a regular activity for them. We wish more members would consider joining this wonderful easy going activity.

Our work and our aims and objectives were given recognition when we were recipient of Queens Award for Voluntary Services. We understand that we were the first Gujarati organization to get this award and recognition. I was informed about this award in February 2015 but it stated clearly that if this became news before official announcement then the award would be annulled. I confided in our president and we two had to keep this secret for almost four months and that was the most difficult thing we had to do. In our minds we were all excited by the award but for that period we were not able to share or discuss that wonderful news with anyone.

2015 has been eventful and our activities have been varied and interesting. I will give some facts about our activities in 2015.:

- 1. 13 lunches were sponsored;*
- 2. We received general donations of £7961.00 during the year;*
- 3. We received £5061.00 for lunches, chas and biscuits;*
- 4. We celebrated all important festivals and important days during the year;*

5. *We had several talks and visits from people from various fields of interest including health subjects, religion and informative talks;*
6. *Our in house programs covered normal varieties and also some innovative new ideas like renewal of wedding vows, tea with Jasu, and play written and acted by our own members;*
7. *We arranged several film shows followed by lunch at a restaurant;*
8. *We arranged for a visit to a theatre in West End and music program in Royal Albert Hall;*
9. *We took our members for a cricket match in famous Lords Cricket ground;*
10. *We arranged trips that included Japan/Korea tour and an activity holiday to Manor House.*
11. *We arranged a Gujarati Play with Kiran Purohit.;*
12. *Interest in our day trips has been waning and this year only two trips arranged did not get much response.*
13. *Presentation of Queens Award by her representative and deputy Lord Lieutenant was the high light of the year's programs..*
14. *India's Prime Minister visited London in November and we were part of the organization that arranged for tickets to the Wembley Arena during Narendra Modi's visit there.*
15. *Our President and myself were interviewed on MATV channel where we he talked about our aims and objectives and the success we have had in achieving these.*
16. *We had a well planned full day health seminar this year.*

Our success and progress over the years, and specially getting Queens Award for Voluntary Services, is all because of thanks to our volunteers. We have some wonderful volunteers who come and do all the work without ever letting us down. I would salute all the volunteers who are doing a wonderful service to NVK. We are proud of these volunteers. Every time we have a program, and we as members are watching and enjoying the stage program these volunteers are working to make sure everything is running smoothly. And making tea for us. I am proud to be working with such dedicated volunteers.

Like the past years I expect 2016 to be exciting and full of activities and we will keep you fully informed and well in advance

The following programs are already planned:

1. *18 members and guests will go on a cruise of South America and Antarctica in February;*
2. *We had a full day spring day musical programme with live music by profession musical team*
3. *We have planned a Gujarati play on 15th May and details have already been announced. We are planning another play in June.*
4. *In July we have planned a yoga retreat and there are very few places left now.*

5. *As usual we will have a few day trips during the year depending on weather and interest from members.*
6. *Later in the year a trip to Burma is planned.*
7. *We will be celebrating our 10th Anniversary and preparations are well on hand*
8. *We hope to arrange a full day health Seminar.*
9. *Our weekly programs with variety and enthusiasm will continue as usual.*

I would like to thank the following people, without whose cooperation our activities would not have been possible:

1. *I have already mentioned and thanked Manishaben for her yoga sessions, Meera Catering for the food and for the services of our volunteers.*
2. *Sattavis Patidar Centre management and staff whose cooperation and assistance make our work easy.*
3. *To all the committee members who to stand by me, help out where and when required and taking on their responsibilities with enthusiasm.*
4. *Last but not the least, I want to thank my wife who has always fully supported me in all my activities and my work for NVK and since last year has positively contributed as a Committee member in committee decisions. So Thanks a lot to my wife Rama.*
5. *Last but not least I would like to thank all the members who take part in our activities with enthusiasm, who help and cooperate with us and accept our shortcomings.*

Last, but not least, I would like to apologize to everyone if knowingly or unknowingly I may have offended anyone or done or said something I should not have.

Thank you

Jayant U Doshi

Secretary