



The Queen's Award
for Voluntary Service

in Vadil Kendra

RECIPIENT: QUEEN'S AWARD FOR VOLUNTARY SERVICES 2015

Registered Charity No. 1121930

Newsletter: Issue 11. Vol-8 (August 2016)

Thursday Meetings at: Sattavis Patidar Centre, Forty Avenue, Wembley, Middx HA9 9PE



www.nvk.org.uk

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Jaykumar Shah
Ella Shah

Lunch

Celebrating a special birthday, or wedding anniversary? Or in memory of someone dear? Then **Sponsor** a lunch for **£251.00**. 10 guests allowed.

Disclaimer: Navjivan Vadil Kendra is not liable for any personal injury, accident or mishaps that may occur during any of its activities/events/outings

DONATIONS:

- **Chaos** for the month of July was sponsored by Kundanben Vinod Parekh. Many thanks to her from Kendra.
- **£25** from Harilal Maniar on the occasion of his 84th birthday on 5/7. Kendra's Best Wishes and we pray that he enjoys many more birthdays to come.
- On **18th July** lunch was sponsored by Krishnaben and Kirtibhai Mehta on the occasion of Kirtibhai's birthday a few days ago and the couple's son Samir graduating to become the youngest Surgeon in the country as well as his forthcoming birthday on 30th July. Kendra's thanks, heartiest congratulations to the family and Samir for his wonderful achievement and Best Wishes in his future career. We wish a very happy birthday to both of them. The family also sponsored 'Keri no Ras', special salad and fruits during lunch.

An anonymous member gave copper/brass strainers which were given to many families. Many thanks to them.

PROGRAMS IN JULY 2016

5th July: 101 members went on our first day trip of this year to Stratford upon Avon in two coaches and all had such a wonderful time that everyone asked when is the next trip. The weather was mild and pleasant and when the Victoria Dance item at the Farm came up, 38 members joined in the same and later on they managed to have an item of gujarati garbas which they taught to many outsiders who had joined to learn the same.

6th July: After lunch Vinodbhai Kapashi had arranged a novelty Bingo game called "VANGI BINGO" - MAKE A PERFECT DISH with an interesting twist. He had given each number to a food dish and the players were asked to arrange a perfect dish. Members enjoyed the game

11th July: From 11th to 16th July, 40 members and Manishaben went to Yoga Retreat in Hampshire. All of them enjoyed the retreat very much.

As many members could not sit on floor Manishaben conducted chair yoga at 11.00 to 12.00 on chair. Also members who had some health issues were given 15 minutes each for face to face talk with Manishaben who suggested some home remedies or yoga postures for their problems.

There were 3 sessions of Yoga, walks, health talks and entertainment in the evening every day. Food was great too and our Indubhai cooked for us couple of times. Everyone enjoyed at Park Place a lot more and the reason seems to be the hospitality and

love we received from the nuns which made the big difference. Already people are asking when the next yoga retreat is.

14th July: Bhavnaben to conduct Yoga as Manishaben was at the Yoga retreat. Everyone enjoyed the Yoga with smiles and laughs in every move. She also gave several health tips. After lunch 2 games of Bingo were played.

18th July: Kishorbhai Kotecha (husband of our member Bhartiben Kotecha) conducted Yoga without any charge. He stressed on the correct method, timing and continuity of all Yoga 'Pranyams and asanas'. Many thanks to him from Kendra. We had a talk from Project Life Charity from India.

26th July: About 30 members and friends went to see the Hendon RAF Museum and 21 of them later joined in the picnic lunch, where everybody shared whatever they had brought from home. Thus everyone enjoyed the lunch and the museum's displays. The Aeronautic Interactive section was highly enjoyed by children and it is a must see for your grand- children. The day's outing was highly appreciated by all whilst the weather was quite mild.

29th July: After lunch today's topic was how would you spend your day if you are told not to worry about your daily duties for that day and just enjoy what you dream about? Quite a few ladies took part in telling their wishes.

UP COMING EVENTS:

4th August: A different kind of Antakshri

18th: Janmashtmi & Raksha Bhandan

Comments from yoga retreat:

"Our joy and happiness has been boundless that what a great combinations of best out the Best in this World was showered upon us that even there was no time enough to say Thank You to everyone personally who had sacrificed their time and tremendous efforts to organise & complete this beautiful trip so smoothly and smilingly.

We are all very grateful to you, your all volunteers and all the wonderful fellow trip contributors who have given us so much love and support and kindness throughout this trip."

"Lost for words as to sum up how I felt about last week.

Credit goes to you for all the hard work and effort put in to make it a great success. You heard the excellent feedback on the last evening there.

It takes a good organiser to take on this task and you did a "jolly good job" of it too.

I am now trying to do some simple yoga daily and thoroughly enjoyed being part of the Navjivan team.

Thanks once again for allowing me to join your group and hope that I will be included in the next one."

"Excellent comments, proud of our NVK fulfilling our goal. Special thanks goes to Jayubhai for organising such a wonderful yoga retreat. Please keep it up."

"We are all proud to be members of NVK

What can I add to everybody's comments on Yoga trip?

The enjoyment of joining this trip was awesome.

Thanks"

PLEASE TAKE NOTE:

We are grateful to members who bring items for distribution or sponsor something for the gathering. However we shall appreciate if whatever they bring is sufficient in quantity for all so that there are no complaints afterwards. If in doubt please speak with Jayantbhai Doshi or Vinod Parekh