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# Navjivan Vadil Kendra

*(Monthly Newsletter)*

Registered Charity No. 1121930

**Newsletter:** Issue 9. Vol-2 (February, 2015)

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

**Disclaimer:** *Navjivan Vadil Kendra is not liable for any personal injury, accident or mishap/s that may occur during any of its activities/events/outing.*

**Honorary Patron:**

Manick Choraria  
Pranlal V Parekh

**President:**

Baburai.T.Shah  
020 8440 9968

**Vice President:**

Mahendra P Kothary  
020 8907 7188

**Secretary:**

Jayant U Doshi  
32 Adelaide Close  
STANMORE

HA7 3EN

020 8954 1859

**Joint Secretary**

Vinod Parekh  
020 8537 5592

**P.R.O.**

Praful G Shah

**Treasurer:**

Punam Patwa  
020 8958 2714

## **SPONSORS**

1. Chas sponsored by Champaben Shantilal Mehta for the month of February.
2. On 8<sup>th</sup> January our guest Bina Shah sponsored ice cream for everyone.
3. On 15<sup>th</sup> January gajjar halwa with icecream was from Manjuben Pindoria.
4. Lunch with special menu was from Jayantilal Sheth. (read below).

## **Programs for January**

1. On 8<sup>th</sup> January we had our annual celebration of 8<sup>th</sup> Anniversary of NVK and the New Year. In spite of poor weather 270 members and guests participated. Good was excellent and music was enchanting. Everyone enjoyed the program and the committee received many compliments on the program. All the volunteers deserve our hearty thanks for their hard work and dedication.
2. On 15<sup>th</sup> January there was Bingo.
3. On 22<sup>nd</sup> January we had a different type of Quiz.
4. On 29<sup>th</sup> January India's Republic Day and Mahatma Gandhi's Nirvana were celebrated in style. Vinod Kapashi gave a glimpse of history. A few patriotic songs were sung by various members and the program ended with a parade with national flag and the national anthem.

**Webmaster :**

Chiman Sheth

**Entertainment :**

Jasuben Sheth

**Committee:**

Indrakant Bakhai  
Dr Vinod Kapashi  
Pragna Mandalia  
Hasmukh Parekh  
Jaykumar Shah  
Ella Shah

### Lunch

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

**Guest Members:**

**£5.00** is payable by guests.

**GIFT AID** : Punam Patwa, our treasurer, informed us that he applied for gift aid and managed to get a refund of £1700.00. Congratulations and thanks to the treasurer for his hard work.

## **LUNCH SPONSORSHIP**

*Jayantilal D Sheth has been involved with activities for elderly people for many years, and he served in the committee as treasurer and secretary for many years in Navnat Vadil Mandal. Ever since the formation of Navjivan Vadil Kendra in January 2007 he has been an avid and strong supporter and a source of inspiration for me in particular. His wife, Taramati, also a very strong supporter, celebrated her 80<sup>th</sup> birthday in December 2014. They also completed 62 years of blissful wedding in December 2014. Every year they sponsor lunch.*

*To celebrate these two occasions they sponsored a special menu lunch on 29<sup>th</sup> January. Members may wonder why such a big delay in sponsoring this special lunch. Well both Taraben and Jayantibhai hold me in great esteem and have always supported me and encouraged me in my activities. It was their wish that I should be present at this special lunch. As I was away till last week they postponed the lunch till now. I am grateful and have always appreciated their great support and respect for me – and we hope that they will keep supporting us and inspiring me as always.*

*I, and all members of NVK, wish Taranben a very happy birthday and our best wishes for a very healthy and joyous future. We also wish the couple a wonderful wedding anniversary. May they both keep supporting us for years to come.*

# 2014 In Perspective.

(In 2014 we completed eight years of existence of Navjivan Vadil Kendra and here is a brief glance at what we did in 2014.)

1. Our members are generous and remember us on every special family occasion and donate to NVK. Last year we had total donations of £4793.00.
2. Eleven lunches were sponsored by members during the year.
3. We had two full day music and special lunch programs but we also had after lunch bhajans, music mehfil, and hilarious talk from Shailesh Sagar.
4. We had a solo play from Nimuben and a gujarati play written and performed by our members.
5. We had many speakers during the year including C B Patel of Gujarat Samachar, Jay Lakhani on Spirituality, a talk on Wills, talk by Dr Sharma on medical issues, Councillor Anjana Patel, poetry recitation from Bharti and Pankaj Vora, Jayant Patel on Vegetarian food, spiritual talk by Sadhvi Sahejaji and Swami Saraswati, Bhadra Vadgama on Thumri, Balwant Jani on Indian culture, Varsha Bavishi and Jayshree Jani about carers and member of Lions advising members on how to keep medical records. We also had a talk on Wills and the speaker was so impressed that he sponsored lunch the following week.
6. On medical front we had BP & Health awareness Day with full day devoted to the same.
7. Our Walk & Talk program sponsored by Cancer Awareness was most successful with a grant of £500.00 and 30 members taking part in the same. Members were so much enthused by walking that they have decided to do regular walking on every Thursday.
8. Our visits in London included Houses of Parliament and the Shard.
9. Our day trips included visit to Beconscot Village and Leicester Derasar.
10. After several visits to Potters Resort where many members learnt Bowling, now some members have taken up Bowling and are enjoying the same.
11. In our in-house program there was lot of variation and interest. Musical chairs, quiz, bingo, Mr & Mrs, whist drive, family fortunes were played.
12. All important occasions or days were celebrated in style and included Mother's Day, victory of Narendra Modi, Raksha Bandhan, Independence Day, Sharad Purnima were all celebrated.
13. Our own Dr Kapashi gave a talk on meditation.
14. Christmas Bazaar was held with lot of participation.
15. Debates, with some different types of subjects, was the highlight of in-house entertainment. The subjects included Experiences after joining NVK, Parnela Sukhi ke Kuwara, and what we have learnt after coming to this country.
16. We did a trip to Manor House where members participated in various activities.
17. We arranged a cruise to Iceland when 26 members participated. .
18. We also arranged a trip to Turkey when 45 members took part.
19. Later in the year we started once a month film show when tickets were sold at subsidised price, and then members went for lunch making it an enjoyable days outing.

**BOWLING :** *One of the aims of Navjivan Vadil Kendra is to promote good health by making members more active. To be active one needs a regular activity that interests them and which they enjoy. With this in mind we started bowling. We found a wonderful club in Wembley and four members have already taken up this interesting activity. This game can be played by everyone, and we hope that more members will decide to take on this game which is easy and relaxing, engrossing and challenging, and at the same time it helps in keeping fit. It can be played any day and at any time and it can become a good way of building companionship and socialising.*