



The Queen's Award
for Voluntary Service

Navjivan Vadil Kendra

RECIPIENT: QUEEN'S AWARD FOR VOLUNTARY SERVICES 2015

Registered Charity No. 1121930

Newsletter: Issue 11. Vol-5 (May 2016)

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



www.nvk.org.uk

Honorary Patrons

Manick Choraria
Pranlal V Parekh

President

Baburai T. Shah
020 8440 9968

Vice President

Vinod Parekh
020 8537 5592

Secretary

Jayant U Doshi
32 Adelaide Close
STANMORE
HA7 3EN
020 8954 1859

Joint Secretary

Hasmukh Parekh
020 8904 4213

P.R.O.

Praful G Shah

Treasurer

Punam Patwa
020 8958 2714

Jt Treasurer

Ashok Mehta

Webmaster

Chiman Sheth

Entertainment

Jasuben Sheth

Committee

Indrakant Bakhai
Dr Vinod Kapashi
Pragna Mandalia
Rama Doshi
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

- 'Chaas' for the month of April was sponsored by Ushaben S. Mehta.
- £61 from Bhartiben and Kishorbhai Kotecha on the wedding of their son - Tejesh to Komal on the 26th March. Our heartiest congratulations to the couple.
- £151 from Hasmukh and the late Pranlal Parekh family in loving memory of his late father - Pranlalkaka (who was our past President).
- Eggless cake was sponsored by Kundanben and her son Anish on the occasion of the birthday of our Vice President - Vinod Parekh, which was on 18th April.

PROGRAMS IN APRIL 2016

7th April: AGM was started with prayers and minutes of the last AGM read by the Secretary and approved. After that Reports from our President, Secretary and Treasure were read out.

14th April: After lunch we had a talk on Vegetarianism by Nitinbhai Mehta. He spoke about what is classified as vegetarian.

21st April: A special lunch was organised today, as it was **90th Birthday of H.M. Queen Elizabeth**. After lunch we celebrated **H.M.'s Birthday** by singing the **National Anthem** and wishing her majesty for her health and longevity to reign. Nimaben and Vinod Kapashi recited poems in Gujarati written by themselves. After that we started with special celebrations for the **Walking Group** which was started a year ago. Jasuben gave a brief introduction about the formation of Walking Group. How we were encouraged by Cancer Equality to walk and by giving us a grant of £500.00. Walking Group was started in March 2015 with 15 regular walkers by walking for at least 30 minutes. All the walkers are given fresh fruit after the walk which is sponsored by the walkers themselves. Jasuben acknowledged and thanked the hard work of Pragna, Yashwant & Ella for organising the walks and fruit.

After that everyone joined the walkers on doing Zumba to the songs of **Jai Ho and Chammak Chalo**. Special thanks were given to Harenbhai for technology and Amit & Prashil of Sattavis Patidar for letting us use the hall for walking. Every member of the group was presented with a gift as an appreciation from the Kendra so that more members join the walking group. Jayantbhai Doshi

then made the closing remarks thanking and praising all the volunteers who made the programme so lively

28th April: A talk by Ben Sri Ratna Prabhu from Delhi of Shrimad Rajchandra Mission.

Her fundamental teachings are that the journey is circular, we have to return to the centre; 7 virtues of our self; and much more like the concept of Maya, the Science of Karma, etc.

The spiritual values and the qualities about the religion that leads to acceptance, peace, harmony and bliss within and around us. After that a short session of Meditation with music was conducted.

UPCOMING EVENTS

5th May: Cookery Demonstration

12th May: Quiz

The Gujarati Natak due to be held at Pattidar Association on 15th May has been postponed. This was due to circumstances beyond our control. A new date will be announced later. If you want to wait, we will give you further details as soon as Pattidar Association inform us. If this is not suitable, we will refund the cash on presentation of the tickets.

Age UK has yet again offered us the wonderful chance to visit the famous Lords Cricket Ground to see the Memories Match between Middlesex and Somerset on Sun – 22nd May. Only members above 55 years of age can go.

YOGA RETREAT

Kendra has arranged a Yoga Retreat from Mon -11th to Sat -16th July at the Pastoral Centre, Fareham, Hampshire (www.parkplacecentre.org.uk). Guests are welcome. Only 4 of places are left. Please inquire at the front desk with Punam Patwa.

Many Thanks

We take this opportunity to thank everyone for sharing their special occasions and giving generous donations to the Kendra.

Six Best Doctors in the World

- 1. Sunlight**
- 2. Rest**
- 3. Exercise**
- 4. Diet**
- 5. Self Confidence and**
- 6. Friends**

Maintain them in all stages of Life and enjoy healthy life.

