



Navjivan Vadil Kendra

RECIPIENT: QUEEN'S AWARD FOR VOLUNTARY SERVICES 2015
Registered Charity No. 1121930



www.nvk.org.uk

Newsletter: Issue 14 Vol-4 (APRIL 2020)

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 mishaps that may occur during any of its activities/events/outings*

For Photos click on: www.nvk.org.uk/galleries/all

JAI JINENDRA & JAI SHREE KRISHNA

Dear Vadil Members

Welcome to APRIL Newsletter. Hope all our members are listening to the government's strict advice to stay at home due to Corona Virus. Please take note that there want be any Yoga at Sattavis Patidar Centre until further notice.

DONATIONS:

5/03: *Chas for March was sponsored jointly by Chandrakanta Parmar, Champaben Bhatt and Madhukanta Vibhakar.

*£151 from an anonymous donor member whose wife celebrated her 75th birthday.

*£251.00 donation from Manjulaben R Sheth on the wedding of her grandson Sachin to Sheena Shah (son of Bharat & Harsha Sheth) which took place in Goa on 20th February. Our best wishes and blessings to the newlyweds.

Our thanks to all the above Donors.

PROGRAMMES IN MARCH 2020:

5/03: At 11am, we started with our whole day Medical programme. Dr. Pragnaben Mandalia had arranged this programme of Knee and Hip problems as this was common problem for many of our members. She had brought specialist medical professionals to give us full information with the help of projector and slides. Pragnaben gave a brief introduction of the speakers. The following specialists gave their very detailed and informative talk on their specialised professions.



Dr Hinesh Bhutt. Orthopaedic surgeon



Shital Parikh. Physiotherapist.

Specialising in Hip & Knee surgery.



Uday Mandalia. Consultant Radiologist.



Chetna Parmar specialist in Podiatric Medicine

Honorary

Patrons

Manick Choraria
Pranlal V Parekh

President

Vinod Parekh
020 8907 1331

Vice President

Vinod Kapashi

Secretary

Jayant U Doshi
16 Haywood

Close

Pinner

HA5 3LQ

020 8954 1859

Joint Secretary

Purnima Mehta

Treasurer

Punam Patwa
020 8958 2714

Jt Treasurer

Kishor Doshi

P.R.O.

Praful G. Shah
pgshah42@yahoo.co.uk

Webmaster

Chiman Sheth

Entertainment

Vinod Kapashi

Committee

Ella Shah

Dr Mahendra

Vora

B.T. Shah

Hasmukh Parekh

Kusum Punater

Harendra

Meswani

Hasu Mandalia

Lunch

Celebrating a special birthday, or wedding anniversary? Or in memory of someone dear?

Then **Sponsor** a lunch for **£350.00**.

10 guests allowed.

Special lunch for

£750.00

Guest Fee £7.00

12/03: After lunch we closed the afternoon session due to Corona Virus. Based on the Guidance from World Health Organisation, the executive committee had decided to close our Thursday gatherings for next two weeks. (19th & 26th March) Members will be advised if we continue our meetings from Thursday 2nd April.

The committee has taken this step with heavy heart, but we are certain that our members will understand the grave situation we are facing.

26/03: SESSION OF YOGA ON ZOOM. CORONA Virus has changed our lives and we do not know how long we will be advised to stay in-doors. OUR weekly meetings on Thursdays were stopped for two weeks but we don't know how long this restriction and advise will last. Majority of our members are in 70+ age range and as per medical advice this age group is most vulnerable. That is why advice is given to isolate ourselves in our homes and not to even see our children and grandchildren. Under the circumstances we have to learn to stay at home, but keep ourselves occupied and active. Yoga has been our main and the central activity, and we are glad to inform our members that NVK has started YOGA lessons on screen in your homes. We have already sent a link to all the members how to set up ZOOM on your Computers, Lap tops, I pads and Smart phones.

GOODNEWS:

- 95 members (plus if more than one in household those will be extra) took part.
- Manishaben did excellent yoga as usual and instead of ONE hour as decided did it for ONE & HALF hours.
- Dhirubhai Galani did an excellent job, spending time mastering the ZOOM app and handling the yoga session superbly.
- Purnimaben Mehta worked with Dhirubhai Galani and supported him all the way.
- Congratulations to Dhirubhai Galani & Purnima Mehta for doing EXCELLENT management of the event.

YOGA SESSIONS WILL CONTINUE EVERY THURSDAY AT 11.00 A.M. ON ZOOM, UNTIL WE ARE ADVISED TO STAY IN OUR HOUSES.

Information for very vulnerable members:

Government has set up a link for very vulnerable people, who live alone and has no family to help them in this difficult times. Please click on the link below to register yourself. You will need your NHS number to register for this services.

<https://www.gov.uk/coronavirus-extremely-vulnerable?fbclid=IwAR1ecxI1dsDiiO-xiNYTplUn4DrJizf18Pi0bluYZfOasgDdHvYM>

Other ways to apply:

Get coronavirus support as an extremely vulnerable person

Telephone: 0800 028 8327 [Find out about call charges](#)