



Navjivan Vadil Kendra

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



www.nvk.org.uk

Newsletter: Issue 19 Vol-01 (JANUARY 2021)

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

JAI JINENDRA & JAI SHREE KRISHNA



Honorary

Patrons

Manick Choraria
Pranlal V Parekh

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Vinod Parekh
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Vinod Kapashi

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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**.

5 guests allowed.

Special lunch for **£750.00**

Guest Fee £7.00

Dear Vadil Members

Welcome to JANUARY Newsletter. The executive committee wishes all our members a very **HAPPY NEW YEAR**, we are in year 2021 now and what a year 2020 has been? It has been like a roller coaster, and it doesn't seem this Covid 19 is going to go away for a long time. At the moment there is a new strain of Variant, which is spreading like wild fire, so especially us elderly should take more care and follow the Government Guide Lines. Let's pray and hope that the vaccine helps and now the second one has been approved, we all are vaccinated soon. Then we will have some sort of normality in year 2021.

MESSAGE FROM PRESIDENT

I feel proud to write to you all, as we have not met for the past 9 months. I am happy, we all are safe and healthy as we have followed the Government guidelines and are staying indoors.

With the arrival of vaccination and now available to the citizens, it looks that life may return to normal in the distant future. I am hoping that the vaccination programme is rolled out effectively and efficiently. Meanwhile, our regular activities are held on ZOOM every Thursday. These programmes have been very popular among the members. Our yoga classes by Manisha Wala have been an asset for our good health. She puts a lot of effort into showing and teaches us various exercises, asanas etc. for our benefit. My special thanks to the ZOOM Team of Dr. Vinodbhai Kapashi, who is also Programme Coordinator, Mrs. Purnima Mehta, and Mr. Haren Meswani for their cooperation since March 2020. The support and the enthusiasm of the members for taking part in various items has been marvellous e.g. in singing, preparation of various food dishes during our festive days, games and decorations. In spite of being confined in homes, members did dress up smartly for the occasions or festivals All these kept our members busy and active in their respective homes.

Hope you all had a quiet Christmas, due to Government restrictions on family gatherings. We all missed the chance of family get-to-gather in the festive period.

Please make sure you take all the necessary precautions and follow Government guidelines. This NEW variant of Corona is spreading rapidly, so we must remain alert and stay indoors Looking forward to a "normal" year in 2021 [when?]

HAPPY NEW YEAR TO ALL MEMBERS. Jai Jinendra and Jai Shree Krishna.

VINOD PAREKH

PRESIDENT

PROGRAMMES IN DECEMBER 2020:

03/12: Morning Yoga was conducted by Manishaben. 128 devices were registered. In the afternoon we had a Music programme with Meena Trivedi. She has been a music teacher for 15 years. She sang beautiful songs, especially the golden oldies. All of us enjoyed the programme very much on this dark and miserable day. 186 devices were registered.

10/12: Morning yoga was conducted by Manishaben, 124 devices were registered. Afternoon we had lecture from Dr. Kapashi about our heritage of Upanishads and other Scriptures. He narrated story of Uddalak and Shevketu with the philosophy of our existence.

Shanti Mantra was translated and explained. He also talked about the environment and how we humans dispose of our daily waste. 96 devices were registered.

17/12: Morning yoga was conducted by Manishaben, 114 devices were registered. Afternoon we invited members, and their family members, especially grandchildren to show us festive cakes, puddings etc. Also to show their Christmas tree decoration and cards. It was very exciting to see few members displaying their cakes, brownies etc. Some members' grandchildren made Brownie cupcakes, sang Christmas carols with actions, Christmas cards etc. It was nice to see the children making effort to be creative and showing their talent. 125 devices were registered.

24/12: Morning, Manishaben conducted the Yoga, 100 devices were registered. In the afternoon we had invited Reverend Ajay Morae, who is an Associate Vicar at St John's Baptist Church in Harrow. Rev. Ajay, who originates from Maharashtra, studied microbiology and worked for A& E Department for 20 years before joining the Priestly Ministry. The opening song was sung by Danika Meswani (granddaughter of Purnima and Haren Meswani) it was a beautiful song which was written by her. Our thanks to Danika for singing this beautiful song. Rev Ajay explained about Christmas and how it is celebrated in India. In between Christmas carols were sung by the church gospel choir. He also sang a carol In Marathi (his mother tongue) with his wife. Also some dances were performed by his friend's daughters which was very colourful and beautiful and in Hindi. Overall it was a very nice festive programme to end this year of 2020 of covid.

The executive committee's thanks to Rev. Ajay and Doris and the church gospel choir members. 88 devices were registered.

31/12: Morning yoga was conducted by Jayeshbhai Shah, (our member) 84 devices were registered. Thanks Jayeshbhai for taking the yoga class.

Goodbye 2020
Welcome 2021

આવજો 2020

સ્વાગત છે 2021