



The Queen's Award

Navjivan Vadil Kendra

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



www.nvk.org.uk

Newsletter: Issue 15 Vol-4 (MAY 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



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Patrons

Manick Choraria
Pranlal V Parekh

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Vinod Parekh
020 8907 1331

Vice President

Vinod Kapashi

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Jayant U Doshi
16 Haywood

Close

Pinner

HA5 3LQ

020 8954 1859

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Purnima Mehta

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Punam Patwa
020 8958 2714

Jt Treasurer

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pgshah42@yahoo.co.uk

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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**.
5 guests allowed.
Special lunch for **£750.00**
Guest Fee **£7.00**

Dear Vadil Members

Welcome to **MAY Newsletter**. My apologies for the delay in sending out the Newsletter.

At this difficult times we all are stuck indoors. We don't know how long this Covid 19 is going to last, so we have to listen to the advice of the Government and stay indoors. You can keep moving around the house, and if you have a garden please try to walk twice daily.

Hope everybody is safe and looking after themselves. As many of you are doing yoga every Thursday on Zoom with Manishaben, and enjoying it too. **For the first 3 weeks after the lockdown our members did yoga with Dhirubhai Galani on Zoom.** After that we sat up our own **ZOOM sessions** with the help form Dhirubhai. Thank you to Dhirubhai for assisting in this. Also our afternoon programmes are running very well.

THANK YOU:

Our heartiest thanks to Dhirubhai, Purnimaben, Harenbhai and all those who have helped in setting up this services.

23/04: Attendance was **180 for Yoga with Manishaben**, and afternoon programme conducted by **Dr. Vinod Kapashi was 115.**

30/04: Yoga- 182, Afternoon- 113.

Well done **Dr. Vinod Kapashi (Coordinator) and Purnimaben Mehta and Harenbhai Meswani for hosting this sessions.**

Those who still want to join our Thursday sessions, Zoom details are: Zoom Code: 564 718038. Password: 564718038.

COTSWOLDS TRIP.

The above trip has been cancelled. **PLEASE NOTE that:**

* All cheques will be destroyed by end of this month.

*All those who paid cash please provide your bank account details to **Purnima Mehta WHO** will arrange to credit your bank account for the amount. PLEASE send bank account details to her mobile No.

07817429113

MEERA CATERERS:

Since formation of NVK in January 2007 Meera has been supplying us with tasty food, always in good quantity and has looked after us with good heart. Without their support NVK would not be what it is today. During the present difficult times of Corona virus, Meera is supplying food to various hospitals at a very nominal rate.

NVK has contribute £500.00 towards this wonderful work. On our behalf Meera delivered the food on 4th May 2020 to two hospitals, Charing Cross and Barnet Hospitals. We are very grateful to Meera Caterers for providing this service in this difficult times.

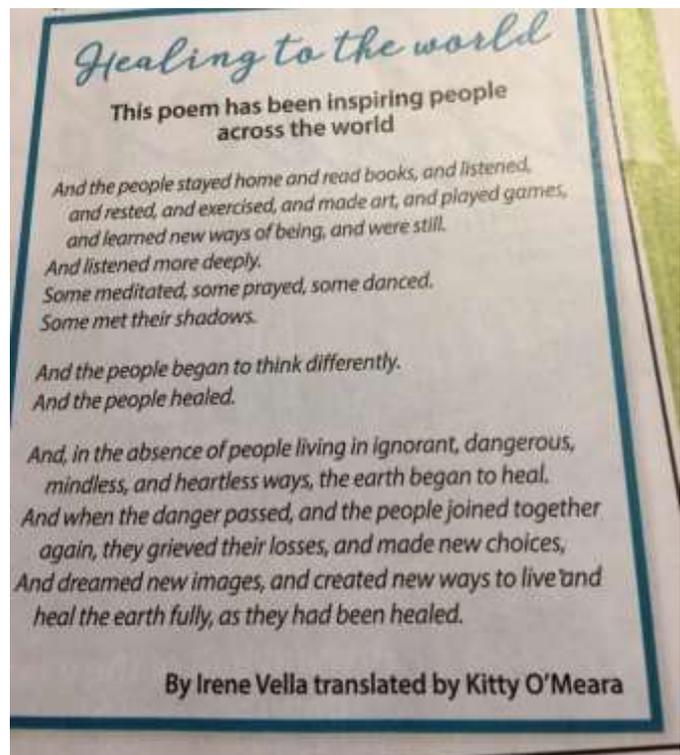


Vegetable Biryani



Navjivan Vadil Kendra Labels

Something interesting came up while I was reading and would like to share with you all. Hope you will enjoy reading it and understand the reality of present time.



SAD LOSS:

We convey our deepest condolences to Pratimaben Mandalia and her family on the sad loss of her beloved husband, Harshvadan N. Mandalia age 79 on 21/04/2020. We pray to god that his soul rest in peace, and give strength to his family to grieve in this difficult times.

Ella Shah.