



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 18 Vol-9 (SEPTEMBER 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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Lunch

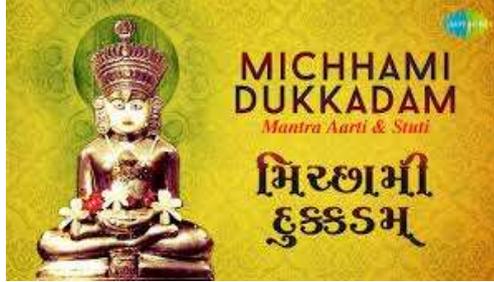
Celebrating a special birthday, or wedding anniversary? Or in memory of someone dear?

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

5 guests allowed.

Special lunch for **£750.00**

Guest Fee **£7.00**



Dear Vadil Members

Welcome to September Newsletter. I hope this newsletter finds you safe and well after what has been a very difficult period for all of us. It's now 6 months, since we closed down due the COVID 19 Pandemic. And we don't think there are any chances for opening in near future. At least thanks to our Zoom team, we have kept our activities running every Thursday. It's been a positive to see the numbers of the Covid 19 are falling down. Also the schools are opening from 2nd September, it will be so much relief for parents that their children are going back to school after nearly 5 months. Yet we still have to be very cautious, by keeping the social distance and wearing the face masks.

In August we celebrated many cultural and religious festivals. Just a few Important ones: Raksha Bandhan, Janmastami, Ganesh Chaturthi, India's 72nd Independence day and Jains, Maha Parva Paryushan.

Paryushan Parva is celebrated every year by members of the Jain community for spiritual upliftment and self-purification. This festival is the most sacred festival of their entire year.

Jains all across the globe celebrate this festival with great religiousness. It is a very important festival for them. They gear up for 8 or 10 days of fasting and praying. The Shwetambar Jains observe it for a period of 8 days and the Digambar Jains observe it for a period of 10 days.

Purpose and Significance of Paryushan

The real purpose and true significance of this festival is to repent and seek forgiveness for any kind of sins committed. As they observe the fast, they forget the bodily needs and focus more on enriching the mind and soul. They atone for their sins and take vows to not do any kind of wrong in the future. Fasting helps in purifying the mind and body and the festival provides an opportunity to reflect and introspect. Jains believe that **Ratna -Tray**, or the three jewels of Jainism, namely **right knowledge, right faith, and right conduct** are very important facets of their religion. In order to achieve these, they are encouraged to be non-violent, truthful, non-stealing, and celibate and renounce all attachments. While most Jains find it difficult to follow these tenets all year round, they try to follow as many of these directives they can during Paryushan.

PROGRAMMES IN AUGUST 2020:

6/08/2020:

In the morning yoga was conducted by Manishaben, about 133 devices were registered. In the afternoon we had Members Grandchildren Talent Show. There were 12 children who participated, showing their talent in singing, dancing, painting and playing musical instruments such as: Tabla, Flute and Piano. It was a lovely

programme enjoyed by everyone, and to see such gifted children pursuing their desired talents. 140 devices were registered.

13/08/2020: Yoga was conducted by Manishaben in the morning, 112 devices were registered. In the afternoon, All the Hindu festivals of the month Of August were celebrated. Dr. Vinodbhai Kapashi gave an insight on Janmastami, India's Independence and Paryushan. After that about 12 members participated in singing.

20/08/2020: Manishaben conducted the yoga as usual, and 51 devices were registered. Due to Paryushan, there was no afternoon session.

26/08/2020: Manishaben conducted the yoga in the morning, attendance was 90. In the afternoon the Zoom team had organised Gujarati jokes by various artists from India, on videos. It was very hilarious and members enjoyed watching the clips and laughing. 62 devices were registered.

A Message from our Secretary Jayantbhai Doshi:

It was 9th March when we last met for our weekly activities...we complete six months without our meetings and activities on 9th September. For many of us, meeting every Thursday and doing all the various activities has become a routine of our lives - and members report they are missing that.

With the advent of Corona Virus and ensuing lockdown, we had no option but to suddenly decide to close down our Thursday meeting and all the activities. When the decision was taken it was assumed that it will be a temporary measure, but now it seems it could last for much longer time. The law right now states that any gathering of more than thirty people is a criminal offence. It is not possible to know when this law will be changed – and until then our weekly meetings will not be possible.

Our members miss Thursday meeting, walking with friends, yoga to keep fit, delicious lunch, followed by some entertainment, and of course looking forwards to short breaks with lots of friends. We hope you all are following government guidelines, looking after your health and keeping safe. Modern technology has allowed us to relay yoga on Zoom, and keep our afternoon entertainment as we have had regularly in the past. Vinod Kapashi is arranging varying entertainment programmes every week, and the Zoom team led by Purnima Mehta is doing a wonderful job.

Any member who reaches the age of 90 is honoured by NVK but this year it has not been possible. However we take note of two members who reached 90 this year.

- Smt Champaben Shantilal Mehta who completed 90 on 10th July.
- Shree Ramanlal Devabhai Mistry who will complete 90 on 16th Sept.

We wish them Happy Birthday and best wishes for the future.

Our annual meeting is overdue but it is not possible to hold the meeting under present circumstances. We have to wait and see what happens and when we will be able to meet again. While members are at home we hope they are taking care of their health, and do yoga and walking to keep themselves healthy. If any member needs any help or guidance please feel free to contact me or any committee member.

Jayant Doshi

Secretary – NVK.