



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-10 (October 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](http://www.nvk.org.uk/galleries/all)

**JAI JINENDRA & JAI SHREE KRISHNA**



## 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](mailto: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**.

5 guests allowed.

Special lunch for **£750.00**

Guest Fee **£7.00**

## Dear Vadil Members

Welcome to October Newsletter. I hope this newsletter finds you safe and well after what has been a very difficult period for all of us. Again the virus is on the rise and there are many restricted local **LOCKDOWNS**.

The most important thing we can do is to stay alert, control the virus, and in doing so, save lives.

When you leave your home, you should follow the guidelines on [meeting with others safely](#).

You should continue to avoid close contact and remain socially distant from anyone you do not live with or who is not in your [support bubble](#) – even inside other people's homes. It is critical that everybody observes the following key behaviours:

- **HANDS** - Wash your hands regularly and for 20 seconds.
- **FACE** - Wear a [face covering](#) in indoor settings where social distancing may be difficult, and where you will come into contact with people you do not normally meet.
- **SPACE** - Stay 2 metres apart from people you do not live with where possible, or 1 metre with extra precautions in place (such as wearing face coverings or increasing ventilation indoors).
- If you have symptoms, you should stay at home and arrange to have a test to see if you have coronavirus. From 28 September, you could be fined if you do not stay at home and self-isolate following a positive test result for COVID-19 or if you are contacted by NHS Test and Trace and instructed to self-isolate.

**Donations:** £101 from Purnimaben & Mahendrabhai Mehta on the birth of their granddaughter, AVA daughter to Ekta & Rajiv. Congratulations to all of them from NVK & big Thank you for your generosity.

## PROGRAMMES IN SEPTEMBER:

**3/09:** Attendance: am 127 pm 115. We had a programme of [Wedding Songs](#). About 10-12 members participated. It was nicely done and hearing the wedding songs brought the memories of the olden days.

**10/09:** Morning yoga was conducted by Manishaben, attendance: am 131 pm 110. [Parin Somani, a Philanthropist and Motivational speaker](#) gave a talk.

She spoke about how to remain positive during this Covid Pandemic, such as:

\*Associate motivation with positive behaviour

\*Happiness is a state of mind which comes from within to motivate us.

\*What could you do: Talk to a friend – learn something new – be occupied by helping others who need your help – make friendship with positive minded people – do yoga?

\*We can't change the future but we can change our habits and be motivated.

**17/09:** In the morning yoga with Manishaben, attendance: am 126 pm 88. The subject of afternoon was: **Buddhism and comparison with Hinduism and Jainism.** Dr. Vinodbhai Kapashi gave a deep insight on all the three religions of India, when they started, and how they spread worldwide. It was a very interesting talk.

**24/09:** Yoga was conducted by Manishaben, Attendance: am 117 pm 124. Today's topic was **THE BEAUTIFUL FLOWERS IN NVK GARDEN.** Dr. Kapashi started the programme by reciting a beautiful poem on flowers. There were about 15 members who participated, showing their talent in flower arrangements, gardening, singing songs related to flowers etc. It was a well organised programme, and enjoyed by everyone.



The highlight of the show was Nimaben and Surubhai Kakad's beautifully decorated swing with beautiful flowers. It shows that even in this difficult times, members are not missing out our Thursday sessions. Thanks to the Zoom team for providing us Yoga and Entertainment regularly every Thursdays.

### **RAMANLAL DEVABHAI MISTRY WITH HIS WIFE ON HIS 90<sup>th</sup> BIRTHDAY ON 16/09/20**

It is customary to recognise our members' 90th birthday by bestowing of a Saal in recognition of reaching this milestone. Due to current situation, it will not be possible to perform the ceremony now. However, Ramanlal will be honoured when NVK meets again. He has been a member since 20/03/2008 and is regularly attending our activities and specially Yoga. He always comes before time and does Yoga in the first line. Currently he is quite well and staying safe at home. We wish him a very Happy Birthday.



### **STAY SAFE FOLLOW SET OUT RULES STAY HOME:**

It is **SEVEN MONTHS** since we last met – and right now there is no idea when we will be able to meet again. Hopefully all members are taking advantage of yoga on ZOOM and afternoon entertainment program. **NORMALLY** at this time of the year all members are awaiting to renew their membership, and new members awaiting to see if their turn had come.

**THE COMMITTEE** has decided that under the circumstances **THERE WILL BE NO RENEWAL OF MEMBERSHIP AND PAYING OF ANY FEES** until we start our activities.

**THOSE WHO ARE MEMBERS FOR 2020 WILL CONTINUE THEIR MEMBERSHIP UNTIL FURTHER NOTICE.**

Let us hope and pray that we get over this pandemic with safety – and let us hope and pray that we start our weekly gatherings as soon as possible.

**Jayant Doshi – Secretary.**

**President's message: Jai Jinendra and Jai shree Krishna.**

I hope all of you are doing fine and keeping well. As you all know that second wave of Corona Virus is with us now, I would like to remind all our members to stay indoors, and only go out if it's very important. We all are in 70+ group, so we should take extra care, and follow the Government Guidelines.

**OUR PRO, Prafulbhai Shah** has sent the new guidelines in his weekly 'Interesting News of last Thursday. Also above in this letter we have written the Government Guidelines. **Thank you. Vinodbhai Parekh.**