



The Queen's Award  
for Voluntary Service

# Navjivan Vadil Kendra

RECIPIENT: QUEEN'S AWARD FOR VOLUNTARY SERVICES 2015

Registered Charity No. 1121930



www.nvk.org.uk

**Newsletter:** Issue 9. Vol-9 (September, 2015)

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

## Sponsors for August

### Honorary Patrons

Manick Choraria  
Pranlal V Parekh

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Baburai T. Shah  
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### Vice President

Vinod Parekh  
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Jayant U Doshi  
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Ashok Mehta

### Webmaster

Chiman Sheth

### Entertainment

Jasuben Sheth

### Committee

Indrakant Bakhai  
Dr Vinod Kapashi  
Pragna Mandalia  
Rama Doshi  
Jaykumar Shah  
Ella Shah

### Lunch

Celebrating a special birthday, or wedding anniversary? Or in memory of some one dear? Then **Sponsor** a lunch for **£251.00**. 10 guests allowed.

**Chas** - for August sponsored by Vidyaben Manharlal Mehta.

**Biscuits** – for August sponsored by Seju & Priti Shah (daughters of Shardaben J Shah)

**£51.00** – from Rasilaben & Prabhudasbhai Shah on their grandson's success in passing finals of Pharmacy, and on wedding anniversary of their son Atulkumar & Alpa. Our congratulations to all.

**Chocolates** – given by Neetaben Shailesh Chotai on her wedding anniversary.

**Lunch** – on 6<sup>th</sup> August sponsored by Rasilaben & Prabhudasbhai Shah celebrating their Diamond Wedding Anniversary (60<sup>th</sup>). Token gifts were given to all present. Our hearty congratulations and best wishes for the future.

**£251.00** – from Bhikhubhai Solanki on 75<sup>th</sup> birthday of his wife Kokilaben. Our hearty congratulations and best wishes for a healthy joyous future.

**£51.00** – from Hansaben Khira on the wedding of her son Dipesh and birth of a grandson to her daughter. Our congratulations and best wishes.

**£25.00** – from father in law of Manisha(our yoga tutor) who visited us when he came from India and sent this gift in appreciation of our getting Queens Award.

**NVK Banner** – by Manjobhai Gandhi in memory of his mother.

**Banner Cover** – Our member Manjuben Pindoria made a nice cover for the new banner and donated it to NVK. Our thanks for this gesture.

**Ferraro Chcolates** – given on 13<sup>th</sup> August musical program were donated by Rasilaben & Prabhudasbhai Shah. Thanks.

**Bhajan CD** – were given to all present by Nitu Shah who gave the music program. Thanks .

**£101.00** – from Gauri & Ashwin Sheth on wedding of their daughter Reena to Amar on 18<sup>th</sup> July. Our best wishes to the newly weds.

**£65.00** – from Prafullaben on the 65<sup>th</sup> birthday of her husband Mahesh (Amitabh Bachan) on 15<sup>th</sup> August. Our best wishes for a healthy happy future.

**IceCream** – from Chandrikaben Kakkad to celebrate Shravan Maas. Thanks.

**Lunch** – on 27<sup>th</sup> August was sponsored by an anonymous donor to celebrate Shravan Maas.. Our thanks.

**£21.00** – from Bhartiben Kotecha who celebrated her 61<sup>st</sup> birthday. Our best wishes for a healthy happy future. She also brought chocolates.

**£25.00** from Damyantiben Bhogilal Mehta who celebrated her birthday. Our best wishes for a healthy happy future.

**Rotla** – with makhan was brought by Nimuben Kakkad. Thanks.

## YOGA RETREAT :

We have booked a YOGA RETREAT from 11<sup>th</sup> till 16<sup>th</sup> July 2016. For 5 nights and 6 days there will be lot of yoga, walking, talks on health issues, healthy eating and living, simple home remedies, Reiki, and bit of fun and enjoyment. Details will be published later. If you are interested then register your interest with [jubhai@aol.com](mailto:jubhai@aol.com)

## Well Done

Pragnaben helped by several volunteers stood outside stores in Brent cross for two days and made a wonderful collection of **£838.87** for Diabetes UK. Well done and deserve our congratulations.

60<sup>th</sup> Wedding Anniversary Rasilaben & Prabhudasbhai celebrated their Diamond Wedding Anniversary on 6<sup>th</sup> August with a special lunch. After lunch the secretary read out a card from the Queen and then Jasuben Sheth and Nimu Kakkad recited poems written for the occasion. The President presented a bouquet and some songs were sung to honour this occasion.

## Our Mid Summer Musical Mehfil.

The Music Mehfil on 13<sup>th</sup> August was a resounding success with presence of 340 members and guests which was a record. Everyone was greeted with a Ferrao Roche chocolate. Music was by Nitu Shah and party and everyone thoroughly enjoyed her selection of songs. Volunteers did a wonderful job by decorating all the tables, and then serving 340 people in less than 40 minutes. Vinod Parekh coordinated all the plans and the volunteers and deserve our congratulations for the successful program.

## Day Trip to South-end-on-Sea

We arranged a day trip to South-end-on-Sea for Tuesday 18<sup>th</sup> August. Initially response was poor and at the last minute we ended up with 51 participants – and first time when there was not a single vacant seat on the coach. But weather was nasty from morning with strong winds and drizzling rain whole day. Thanks to our members Kokilaben & Bhikhubhai Solanki (who reside in South-end-on-Sea) it turned out to be an enjoyable day for all. They changed the plans and took us to their beautiful house for our breakfast. After that we went to the pier and took a train ride. From the pier we went to a hall arranged by Bhikhubhai where we had late lunch. And finally we visited Swaminarayan Mandir where we had tea. While it rained whole day we had enjoyable time and our thanks for this go to Kokilaben & Bhikhubhai Solanki.

## 20<sup>th</sup> August :

On 20<sup>th</sup> August we had :

1. After the announcements members celebrated India's Independence Day in style by doing a march past to some patriotic songs.
2. Three members of Lions Club gave a small talk and distributed bottles and cards to store health information which can be useful in an emergency.
3. After lunch we had wonderful presentation of dances by Meera and sponsored by Skylink Travels.

## 27<sup>th</sup> August

On this day Raksha Bandhan and Janmastmi were celebrated in different style. There were decorations, a Qwalli in proper attire, some devotional songs and other celebrations in style. Nimu Kakkad arranged all the decorations and attire. She also brought home made rotlas (tiny ones) with makhan on them for lunch for all members present. It was a brilliant program and it is so impressive to note that our members have so much talent and they come out when encouraged to do so.

## Raise Funds for NVK by Shopping at Sainsburys

Raise free donations for us with the new Sainsbury's Everyday Shopping Card.

1. Sign up here [www.raisewithsainsburys.com/charity/navjivanvadilkendra](http://www.raisewithsainsburys.com/charity/navjivanvadilkendra).
2. Upload funds and raise 4% for us

3. Shop in store using your prepaid Everyday Shopping Card

**Shop On Line (4000 stores on list) and Raise Funds for NVK.**

You can also raise funds for us each time you shop online through Give as you Live, with over 4,000 different retailers.

1. Sign up here [www.giveasyoulive.com/join/navjivanvadilkendra](http://www.giveasyoulive.com/join/navjivanvadilkendra).
2. Activate your account via your activation email
3. Start shopping

**Lawn Bowling :** It is one year we started lawn bowling and nine members are taking regular part in the same. One member informed me yesterday that his blood tests showed good improvement in his cholesterol level and doctor attributes to his taking up lawn bowling.