



# Navjivan Vadil Kendra

RECIPIENT: QUEEN'S AWARD FOR VOLUNTARY SERVICES 2015

Registered Charity No. 1121930

Newsletter: Issue 11. Vol-11 (November 2016)

Thursday Meetings at: Sattavis Patidar Centre, Forty Avenue, Wembley, Middx HA9 9PE



www.nvk.org.uk

## Honorary Patrons

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## President

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## Treasurer

Punam Patwa  
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## Jt Treasurer

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 someone dear? Then **Sponsor** a lunch for **£251.00**. 10 guests allowed.

**Disclaimer:** Navjivan Vadil Kendra is not liable for any personal injury, accident or mishaps that may occur during any of its activities/events/outings

## DONATIONS:

Chaas for the month of October was sponsored by Gitaben Mehta and Tea and Biscuits were sponsored by Induben and Sobhagbhai Zaverchand Shah. Kendra's heartiest thanks to all the sponsors.

**On 6/10:** lunch was sponsored by Chandrikaben Mehta to celebrate 60th birthday of her husband Lalitrai B. Mehta, Kendra's Best Wishes to him.

**On 13/10:** £25 from Vanechandbhai (Batuk) Sanghrajka who recently celebrated his birthday. Kendra's heartiest congratulations and pray that he enjoys many more birthdays to come.

**On 20/10:** £51 from Dinaben Dilip Bilakhia, who is celebrating her 80<sup>th</sup> birthday on 20/10. Kendra's Heartiest Congratulations and Best Wishes to her and thanks for the donation. £25 from Shardaben Surendra Modi to celebrate the birth of a grand-son Madhav born on 16/9 to proud parents Devesh and Vrajgopi Modi. She also brought pendas for everyone to share. Many thanks to the Modi family.

**On 27/10:** lunch was sponsored by Ushaben Mehta in memory of her late husband Surendrabhai Mehta. Kendra's many thanks to her.

DIWALI DONATIONS: £50 from Adarsh Gujaral and £21 from Bhartiben Kotecha. Many thanks to both of them.

Krishnaben Mehta brought candle tea- lights decorated by her with Om, & sathio for distribution to all ladies. Many thanks to her from Kendra.

## PROGRAMS IN OCTOBER 2016

**On 6/10:** We had members had joined in playing thanks to all who



a garba and dandia programme. Many come dressed up in colourful attires and garba and dandias. Kendra's many had sponsored the prashad.

**On 13/10:** Talking Therapy Workshop on the topic of Anxiety and Depression was held at 10.30am in the Seminar Room. There were 15-17 participants for this group therapy. Several members came to me and said that the Seminar was very informative and useful. Thanks again to Pragnaben for organising such good health programmes.

Part II of the Cricket Teaser started after lunch and Team B came for batting and they scored over 30 runs to beat Team A, who scored 26 runs. Congratulations to Dr Mahendra Vora's team. This programme was highly enjoyable and it was very well organised by Dineshbhai Zaverchand Shah and Jasuben Sheth. The woman of the match was

Shantaben Pindoria and was presented with a trophy by our President BT. Many congratulations to her and thanks to the organisers, the Umpires, Scorers and Time Keeper.

**On 20/10:** We had cooking demonstration by Shakuben of Navnat Vadil Mandal. She gave recipes verbally of how to make Undhioo and green chutney, Maru Bhajia chutney. Also a quick sweet made from Weetabix, biscuits, nuts and desiccated coconut. Also she had brought a big bowl of Undhioo and chutneys to taste from home. Everyone enjoyed the testing. Many thanks to Shakuben for giving her time and sharing her recipes with us.



**On 27/10:** As is customary in Kendra to honour any member who reaches the age of 90 by bestowing a saal, immediately after lunch we honoured Juviben Shah who had already reached 90 years of age when she joined Kendra. Our President and Secretary bestowed a saal on Juviben and we wished that she enjoys many more years coming to the Kendra gatherings. We had Ankoot display organised by Krishnaben Mehta with the help of Nima Kakad, Malti Shah and Jayshree Sheth. The Ankoot display was arranged on a big table nicely arranged. Many members had brought various food dishes from home. Many thanks to all who brought these. Jasuben recited a special poem on the Diwali Ankoot display; Nimaben Kakad and Ramaben Doshi sang a song on NVK and Krishnaben gave a brief description of why Ankoot is celebrated. All the Ankoot Prasad was distributed to members during lunch.

After lunch a game of Vangi bingo was played which was conducted by Vinod Kapashi. Many thanks to him and Jasuben for providing the members with this kind of entertainment.

**On 28/10:** A coach full of 50 members went to Leicester. First stop was at Balaji Temple in Birmingham. Unfortunately we reached there just after 1pm due to traffic, and the temple was closed till 4pm. We had lunch there and decided not to stay there until 4pm and left for Leicester. We reached Leicester before 5pm and everyone had free time to wonder around the shops. The streets looked wonderful with colourful lights and Diwali decorations. All the shops were open and packed with people selling Diwali decorations and Restaurants with mouth-watering food. We left Leicester just after 8pm for our return trip back to London and arrived after 11pm. everyone enjoyed the trip and had lots of fun on the coach. Many thanks to all the sponsors who donated food and water and all the volunteers for their help.

### **UPCOMING EVENTS**

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