



Navjivan Vadil Kendra

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



www.nvk.org.uk

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Lunch

Celebrating a special birthday, or wedding anniversary? Or in memory of someone dear? Then Sponsor a lunch for £601. 5 guests allowed. Special lunch for £1001. 5 guests. Guest Fee £10.00

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

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🙏 JAI JINENDRA & JAI SHREE KRISHNA 🙏

Dear Vadil Members,

Welcome to April Newsletter. Hope all the members are keeping well. Spring is here now but still it's very cold, so we urge our members to wrap up in warm clothes.

Donations:

9/03: *£25 from Anantbhai Parekh on the occasion of his wife Hansaben's 79th Birthday which was on 6/03. Kendra's heartiest congratulations and best wishes.

*Packets of Biscuits for Tea Time donated by Shantilal D. Shah and Vanitaben family and also by Jasuben N Shah. Many thanks to all of them from NVK.

16/03: £60 from Sarojben Pramod Shah as "Chaas" sponsor for the month of March 2023. Many thanks from Kendra.

***£101** from Purnimaben Meswani in Loving memory of her beloved husband – late Harendrabhai. May the Almighty Rest his soul in eternal peace. Many thanks from NVK.

*Packets of Biscuits donated by Maltiben and Virendra Shah. Many thanks from NVK.

23/03: Lunch was sponsored by Latikaben Dinesh Shah and Induben Shobhagchand Shah to celebrate the 79th Birthday of Dinesh Z Shah (on 13/3) and 83rd Birthday of Shobhagchand Z Shah (on 16/3). Kendra's Congratulations and Best wishes and many thanks.

***£50** from Sarojben and Hasmukhbhai Shah who celebrated their 50th Wedding Anniversary. Kendra's congratulations and many thanks to them.

*Large Box of Biscuits by Gitaben Esmailji. Many thanks from Kendra.

*Packet of Biscuits by Madhuben Gulab Shah. Many thanks from Kendra.

28/03: *Today's Lunch was sponsored by Jayshukbhai Mehta to celebrate 80th Birthday of his wife Bhadraben which was on 30/03. NVK's Best Wishes and Heartiest Congratulations to Bhadraben.

***£101** was also donated by Jayshukbhai, Kendra's thanks to him and his family for their generosity.

*Packets of Biscuits from Jyotiben Vibhakar and Late Harikantbhai. Many thanks from NVK.

PROGRAMMES IN MARCH 2023:

02/03: Morning yoga was conducted by Bhavnaben Jogi, assisted by Ushaben Mehta. After lunch we had a talk on Plant Based Diet by Dr Tila Kansagra, who is a Plant Promoting Doctor. She started her talk with the help of screen and slides, and gave a very detailed explanation on what is plant based diet and its benefits. A plant based diet is natural foods that are not heavily processed and are whole, unrefined or minimally refined ingredients and the food comes from

plants and is free from animal ingredients such as meat, milk, eggs or honey. If one wants to improve their health, boost energy levels, and prevent chronic diseases, plant based diet has been proven to be very helpful. There is scientific evidence that many chronic diseases can be prevented or controlled. After the talk some members asked questions which were answered by Tilaben. Dr. Vinodbhai Kapashi gave a vote of thanks. Secretary Purnimaben Mehta gave a Bouquet of Flowers as a Token of Appreciation. Everybody enjoyed the interesting talk.

09/03: Morning yoga was conducted by Jayeshbhai and Manishaben, in the afternoon we celebrated International Women's Day. Purnimaben Mehta opened the session with a few words followed by Naliniben Mehta. Then Jasuben Sheth gave a brief History on how the movement started in 1857, with unfair working hours and discriminations against women. After that few members talked about their experiences and a short play by Dr. Vinodbhai & Sudhaben Kapashi based Ramayana. There was also a group dance by a few ladies. It was a very well presented programme. Kendra's thanks to all the participants and members.

16/03: Morning yoga was conducted by Ushaben Mehta & Manishaben. In the afternoon we had Holi Celebrations which began with Dr. Vinodbhai Kapashi welcoming everyone and giving a very short but detailed explanation on why we celebrate Holi. Then a group Garba was performed by members. A Holi song was performed by Nimaben & Surubhai Kakad followed by songs, a skit on Holi, a poem, songs, and finishing off with a garba. It was a very entertaining Holi celebrations presented by our members and enjoyed thoroughly by the audience.

23/03: Morning yoga was conducted by Dineshbhai & Manishaben, in the afternoon we had a talk on Befriendly Service by Manharbhai Mehta of Vanik Council UK. Dr. Vinodbhai Kapashi introduced Manharbhai Mehta and the work done by the Vanik Council of UK. Manharbhai gave a detailed talk on the wonderful humanitarian work being done by their Association on Befriendly Services to the elderly and lonely people on how their members go and visit to help and cheer them. The group also helps families in performing religious final rites when someone passes away. They have been doing this excellent work in our Society, by visiting and spending their valuable time for others. They now need such social workers who can devote their time.

28/03: Morning yoga was conducted by Nishaben Hirani assisted by Chandrikaben Patel. Everyone enjoyed their style of Zumba very much. In the afternoon we celebrated Ram Navami and Mahavir Jayanti. The Programme started with introduction of the celebration of Ram Navami by Mahesh Savadia and then Naynaben J Shah sang "Jai Raghunandan song.

Mahesh Savadia welcomed the trio of Shree Ram (Bhupendrabhai Vasa), Sita Mata (Naliniben Vasa) and Bharat (Rameshbhai Shah). All three came dressed in wonderful costumes and paraded round the Hall led by President Vinod Parekh and then sat on the stage. After Ram Dhun Raghupati raghav raja ram.... by Mahesh Savadia in which everyone joined, Naliniben asked questions to Bharat, Shree Ram and Sitamata, which were answered. After that a few members sang songs on Ram and Maheshbhai Savadia recited Navkarmantra and Jain Stavans on Mahavir Bhagwan. Overall another beautiful presentation of talent performed by our members. Well-done all.

UPCOMING EVENT FOR APRIL:

Please note that we are meeting on 4th April instead of our Thursday's gathering.

GRAND SPRING MUSICAL PROGRAMME - 13TH APRIL '23
AT SATTAVIS PATIDAR CENTRE - MELODIOUS MUSIC BY
MARINA & PARTY

THIS WILL BE OUR FIRST FULL DAY SPRING MUSICAL PROGRAMME THIS YEAR

DATE: THURSDAY - 13TH APRIL 23

PLACE: SATTAVIS PATIDAR CENTRE, WEMBLEY

TIME: 11.00 AM TO 3.15 PM

(LUNCH BREAK AT 1.0)

MUSIC: MARINA & PARTY

LUNCH: SPECIAL LUNCH TO BE SERVED

CHARGE: MEMBERS - £2 pp

GUESTS: £15 pp

SEATING PLAN: FREE SEATING ON 'FIRST COME FIRST BASIS

We have reached our capacity on the selling of the tickets.

So please members buy your tickets by Tuesday 4th April.

SAD NEWS:

We convey our deepest condolences to the family of Late Kanubhai, on the sad demise of our member Kanubhai Kashalchand Shah age 86 on 027/02/2023. He was the husband of our member Damuben. He has been our member since 2010 and mostly lived in Dubai. We pray to GOD that his soul rest in peace, and give strength to his family to grieve in this difficult times.



Om Shanti

Shanti

Shanti 🙏