



# 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 £501. 5 guests allowed. Special lunch for £1001. 5 guests. Guest Fee £10.00

Newsletter Issue 25 Vol-5(MAY 2023) 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 🙏

Dear Vadil Members,

Welcome to May Newsletter. Hope all the members are keeping well. Spring is here now and the temperatures are rising, so make the most of it.

## Donations:

“Chas” for the month of April was sponsored in memory of late Shardaben Jayantilal Shah, who was our member, by her son Seju and daughter in law Pritiben Shah.

**4/04:** \*£11 from Kanakrai Doshi on the occasion of his birthday on 6<sup>th</sup> April

**13/04:** \*£51 from Amritlal Chauhan

\*£25 from Damyantiben J Shah

\*£25 from an anonymous Donor

**20/04:** \*Lunch was sponsored by Pratimaben Mandalia in loving memory of her late husband Harshvadan's 3<sup>rd</sup> tithi.

\*£51 from Ramanlal Ratilal Mehta who celebrated his birthday on 20/04.

\*A Box of Lunch Plates by Arunaben Shah who is the sister of our member Dineshbhai S Shah.

**27/04:** \*£1000 from Amitbhai Shah, son of our members Ratilal Devchand Shah and Kantaben Shah on the occasion of the 77th Birthday of Ratilalbai which was on 26/04. This was a wonderful gesture as both of them have always loved to attend all our gatherings and even trips. Ratilalbai has devoted his life to many charitable causes and given his service to the Oshwal Association of UK for 55 years including being the President and Secretary. Even with the Lions Club international, Masonic Lodge and Hindu Council Wembley.

He has been a Recipient of MBE from the Queen. NVK is extremely proud to have such a dedicated member.

\*Packets of biscuits from Madhuben G. Shah.

**Kendra's heartiest thanks to the all the above Donors for their generosity and sharing their special occasions with us and our best wishes to them.**

## PROGRAMMES IN APRIL 2023:

**04/04:** Morning Zumba was conducted by Debjani. She started all the workout with music by giving instructions on how to perform the movements and she was really a perfectionist and pointed out to members doing the moves wrongly. She played very tuneful musical songs with the moves she conducted. Everyone enjoyed the session immensely and clapped after every song was played. Many Thanks to her from NVK. After lunch we had a quiz game conducted by Maheshbhai Savadia. The game started after distributing a question

sheet to all groups. All the questions needed one answer of a Girls name after a descriptive word was given. A very interesting game with all groups discussing what the correct answer will be. It was a fun game and members enjoyed it very much.

**13/04: We had whole day Music programme.**

As usual our members were so excited that many had turned up at the venue very early and everyone was full of enthusiasm wearing smart dresses, colourful saris or suits. They entered the Hall after presenting their tickets to the volunteers at the Main Table near the entrance in the Foyer.

We are indeed proud of those volunteers who sat there in the cold (as there was no heating in the Foyer) serving the members until nearly lunch time whilst others were enjoying the music. Music was provided by Marina Group, and they started around 11am with the hit songs of yester years. The atmosphere was awesome, members singing along and some dancing as well. At 12.45pm there was a break for lunch, and some announcements were made by President and Secretary. A vote of thanks was given to all the volunteers for their hard work and also our invited guest were honoured. Shital Haria son of our member Shobhnaben and late Dr Manu Haria (who always helped us in making photocopies in large quantities), which Shital has continued to do for us. Our thanks to him for continuing to print photocopies for us when needed. After that a very traditional occasion was performed by bestowing of "Saal" on our member Suryakant L. Mehta who had reached his milestone 90 years on 10<sup>th</sup> April. In the presence of Suryakantbhai's family and the entire Executive Committee the President and Vice President bestowed the "saal" and the Band played the Happy Birthday song. Suryakantbhai then gave a donation of £101 to NVK and thanked NVK for honouring him. After that members were called for lunch by table numbers, which went very smoothly. Everyone enjoyed the delicious lunch. The group started singing again with more hits of Bollywood music. Many members were on the floor dancing and doing "Garbas" as well. At 3pm Ice cream was served, which was donated by Sarojben Savadia on the occasion of her husband Maheshbhai's 80<sup>th</sup> birthday.

**20/04:** Morning yoga was conducted by Dineshbhai Shah & Manishaben. In the afternoon we had Bollywood Bingo which started with Dr Vinodbhai Kapashi giving full details of how the Bollywood Bingo was played. A list of 36 yesteryear Bollywood songs with its first lyric line was printed with 2 or 3 Bingo numbers next to it and a normal Bingo ticket was handed to members. A tune was then played, which members had to see on their list and check the numbers on the line, then cross their Bingo Ticket numbers. 3 prizes were given as usual. It was very nice to see nearly House full membership had joined to play this novelty game.

**27/04:** Morning yoga was conducted by Jayeshbhai & Manishaben. In the afternoon we had a talk on Spiritual Healing by way of Tao Wisdom and by practising forgiveness in our life by Mr Mayurbhai Shah. Dr Vinodbhai Kapashi welcomed Mayurbhai Shah and his team of seven and gave brief details of the Spiritual Healing. The Hall was packed with members to see the programme.

Mayurbhai Shah then gave full details of the Tao Healing technology which focused on health, wellness, personal growth and more to help overcome ones challenges and create happiness and success in their lives. He explained the Tao Calligraphy which brings the essential Taoist principles of following the way, uniting humanity and heaven and cultivating health and longevity with the power of soul, mind and body.

He demonstrated the technique of Healing Hands which transforms negative information and messages that cause pain, sickness and other blockages to health or happiness, restoring balance and harmony. A token of appreciation was given to Mayurbhai by Secretary Purnimaben Mehta.

A big thank you from Kendra, to Mayurbhai and his team for coming and giving an insight about their work.

## PICNIC:

**Kendra has organised for a day picnic to BRIGHTON & CRAWLEY:**

**Date: Tuesday 23<sup>rd</sup> May.**

**Price: £25.00 for members**

**£30.00 for non-members**

**1 coach is already full and in 2<sup>nd</sup> coach we might have few spaces. If any non-members wants to join us than give your names for the waiting list.**

## SAD NEWS:

We convey our deepest condolences to the Mehta family on the sad demise of our member late Manharlal Mohanlal Mehta, age 84 on 7/04/23. He was the husband of our member Vidyagauriben Mehta. 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 🙏

We convey our deepest condolences to Rupani family on the sad demise of our member late Rajesh Dhirajlal Rupani age 67 on 12/04/23. He was the husband of our member Parulben Rupani. 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 🙏