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Navjivan Vadil Kendra

(Monthly Newsletter)

Registered Charity No. 1121930

Newsletter: Issue 8. Vol-9 (September, 2014)

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 mishap/s that may occur during any of its activities/events/outing.

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Committee:

Indrakant Bakhai
Dr Vinod Kapashi
Pragna Mandalia
Hasmukh Parekh
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.**

Guest

Members:

£5.00 is

payable

by guests.

Michchhami Dukkadam!

to forget and to forgive.

There are times in life,

when we do or say things,

which cause pain to our loved ones.

So if we have ever done such a thing,

by

thoughts, words and actions

knowingly or unknowingly,

We are really sorry for all our mistakes and

We beg your forgiveness from the bottom of our hearts.

From Members of the committee and all volunteers.

Sponsors for Month of August

LUNCH : Lunch on 7th August was sponsored by Urmila Shirish Parikh to celebrate 80th birthday on 10 August of her husband Shirishbhai. We wish him a very happy birthday and many more to come.

CHAS : Kutch Group of ladies sponsored chas for the month of August.

Tea & Biscuits : As announced in August newsletter, tea & biscuits for the month of August are by an anonymous donor.

Programs for August

- On 7th August rakshabandhan was celebrated with a quiz and appropriate songs.
- Picnic on 12th August was cancelled because of bad weather.
- India's Independence Day was celebrated with fanfare on 14th August which included decoration with flags, a parade in national colour costumes and flags and patriotic songs. Program was planned and led by Jasu Sheth & Nima Kakad.
- On 21st August we had a talk by Sadhvi Dr Sahejaji who has been invited by Mahavir Foundation. Our thanks to Mahavir Foundation and to Pujya Sadhviji for giving such an interesting talk.
- On 28th August we had a talk by Dr Balwant Jani, former Vice Chancellor of Saurashtra University. Because of Paryushan the attendance was less than half but talk was so interesting that all present stayed till the end.

WALK & TALK

NVK has participated in Walk & Talk program initiated by Cancer Awareness & Heart Foundation. 30 volunteers will walk for 30 minutes for 10 weeks and will get a talk on advantages of walking and how it can improve health. NVK received a **grant of £500.00** towards the cost of organising this project. Pragnaben has put lot of effort in planning this and our congratulations to her and all other volunteers.

This project has created lot of interest and there have been suggestions that such regular walking should be organised by NVK. Members enjoyed walking and talking and suggested that if such group walking is organised then only there will be incentive to walk on a regular basis. **Maybe the ladies who arranged this Walk & Talk project will take the initiative and do something about it.**

Blood Pressure & Health Awareness Day – 25th September.

Navjivan Vadil Kendra always gives highest priority to good health and over the years we have arranged many health talks and programs. This year we are having a Blood Pressure & Health Awareness Day on 25th September in collaboration with HPGEM & British Heart Foundation. This will be a very informative day and we recommend all members take part by arriving early on that day.

The highlights for the day will be :

- *Members will get a chance to get their blood pressure checked. We hope to start this from 9.30 in the morning and advice members to come early.*
- *There will be a talk on **Diet & Nutrition** which will emphasise how your diet can affect your health – and help to improve it also.*
- *There will be talk on **Blood Pressure** which will emphasize that keeping BP in control is essential, and how uncontrolled BP can lead to problems like stroke, heart failure etc.*
- *There will be a talk on **Physical Activity** and how physical activity can help to maintain good health at our age.*
- *There will be a talk on **Stroke** – what causes it, what are the implications of stroke and how a stroke can be prevented.*
- *And in between all this there will be **YOGA by Manishaben** as normal.*

(Full details on website.)

PARYUSHAN & TAPASYA

We express our best wishes to all our Jain members and hope that they had very satisfying and fulfilling celebrations during the Paryushan this year. The highlight of Paryushan is of course fasting and Tapsya done by devout followers of the religion. We wish all those who did fasting during the Paryushan Shata and good health. Our congratulations and best wishes go to :

1. *Our member Premlata Parekh who has this year done 94 fasts and we bow to her with admiration for her resilience and courage and wish her good health and Shata. Every year she does fasting for long periods but this must be the longest period done by anyone whom we know. Our congratulations.*
2. *Our newly elected president of Navnat Vanik Association and a member of NVK, Dhiru Galani, did first 3 fasts and we congratulate him also.*

Film shows : *NVK has come to agreement with Cineworld Staples Corner whereby we will be able to hire a full screen at a reasonable rate and also every week there will be a movie which can be seen at a cheap rate. We are launching the scheme by arranging lunch after the film show. The first show will be on Tuesday 9th September at 10.30 and the film will be KICK. After the show members will go to RAM RESTAURANT on Kenton Road. All tickets are almost sold out. We hope to have one such show per month.*

*Also every Tuesday there will be a film being shown at 10.30 and ticket price will be **£3.00 Only**. Films for September will be **EK VILLAIN** (16th), **ENTERTAINMENT** (23rd) & **HUMSHAKAL** (30th).*