

Navjivan Vadil Kendra

(Monthly Newsletter)

Registered Charity No. 1121930

Newsletter: Issue 8. Vol-10 (October, 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.



www.nvk.org.uk

Honorary Patron:

Manick Choraria

Pranlal V Parekh

President:

Baburai.T.Shah

020 8440 9968

Vice President:

Mahendra P Kothary

020 8907 7188

Secretary:

Jayant U Doshi

32 Adelaide Close

STANMORE

HA7 3EN

020 8954 1859

Joint Secretary

Vinod Parekh

020 8537 5592

P.R.O.

Praful G Shah

Treasurer:

Punam Patwa

020 8958 2714

Webmaster :

Chiman Sheth

Entertainment :

Jasuben Sheth

Committee:

Indrakant Bakhai

Dr Vinod Kapashi

Pragna Mandalia

Hasmukh Parekh

Jaykumar Shah

Ella Shah

unch

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.

Sponsors for Month of September

CHAS : Sponsored by Manjulaben Patwa.

Donations :

- **£50.00** from an anonymous donor....thanks.
- **£25.00** from Kusumben Doshi on her birthday. Our best wishes for a healthy happy life and birthday.

Programs for September

1. Antakshri on 3rd September
2. Film show and lunch on 9th September.
3. Bingo on 11th September.
4. Visit to National Science Museum.
5. Whist Drive on 18th September.
6. Blood Pressure & Health Awareness Day on 25th September.

OUR CONDOLENCES

Our member Vasantben Anoopchand Parekh passed away on 5th September. We convey our condolences to the family and may her soul rest in peace. Om Shanti Shanti Shanti.

OUR CONGRATULATIONS

1. *To our President Baburai T Shah who was awarded a badge and honoured for 15 years of voluntary services rendered to Victim Support. Our congratulations and hope that he carries on with this excellent voluntary work.*
2. *Kyle Kothari (grandson of our members Chhotalal & Sushila Kothari) won bronze medal in diving World Championship competition after winning gold medal in European Championships. Our best wishes and hope one day he will win at the Olympics.*
3. *To Premlataben N Parekh on completing 95 fasts successfully. NVK president honoured her by bestowing a shawl. Our congratulations and wish her shata and healthy happy future.*

OCTOBER PROGRAMS

1. *On 2nd October we will celebrate Gandhi Jayanti with talks and songs.*
2. *On 7th October Tuesday we have **Film Show MARDANI** at Cineworld Staples Corner.*
3. *On 9th October we will celebrate Sharad Purnima with live music group and whole day program. There will be **NO YOGA**. Guest fee for the day will be **£10.00** and guests must inform us in advance.*
4. *On 16th October we will have talk on*
5. *On 23rd October we will have special Diwali lunch and Diwali celebration after lunch.*

TURKEY

Navjivan Vadil Kendra arranged a trip to Turkey for 12 days. Forty members went on the trip. Two members cancelled at the last minute for health reasons while five cancelled earlier for various reasons. Weather was good and overall the trip was a great success. While there was some long coach driving involved the time passed away in games and singing.

Normally such trips have lunch included which meant going to restaurants and spending lot of time on lunch. This time we did not include lunch in the tour but arranged our own lunch by taking essential items from here. It was a great success and members enjoyed that a lot and all the credit goes to the volunteers who arranged it all. Lassi or chas (which is available in Turkey) was provided every day, tea was made and served and at times local delicacies were bought and served. We had stuffed paratha lunch (a local dish), local lunch, ice cream, halva etc on the way. We visited a Sufi dance performance. Some members were so impressed by the trip that they donated the following to NVK :

1. £51.00 from Tarlaben & Ramesh Doshi
2. £51.00 from Geeta Parekh
3. £51.00 from Meera Parekh.

FILM SHOW & LUNCH.

1. Our first Film Show (after several years) took place on 9th September (KICK) at Cineworld Staples Corner. We sold all the tickets (101) and after the show 54 members enjoyed delicious hot lunch at a restaurant. (Rams)
2. Our next Film Show will be on 7th October and the film will be **MARDANI**. Ticket prices will be as follows :
 - For members of NVK £1.00 (only Film) & £5.00 (with lunch)
 - For non-members £3.00 (only film) & £8.00 (with lunch)

BLOOD PRESSURE & HEALTH AWARENESS DAY.

We had a very successful Health day on 25th September. Volunteers had come by 9.00 and hall was half full when program started soon after 10.00. Total attendance on the day was almost 240. Tables were set up so that members could have blood pressure check-up. After introduction a talk was given on Diet & Nutrition followed by a short session of yoga. This was followed by an informative talk on Blood Pressure and a demonstration of physical activity by an expert. After lunch we had a talk on stroke. British Heart Foundation sponsored the lunch and NVK donated £151.00 to British Heart Foundation. Raffle tickets were issued to members and members in return put donations in the box. Three raffle winners got blood pressure monitoring unit.

All the volunteers did a wonderful job. Our Pragnaben Mandalia put in a lot of effort to arrange this program and deserve our thanks for the same.

MEMBERSHIP 2015.

In spite of increased costs the committee has decided to keep annual fees at the same level as 2014 i.e. £85.00. Forms have been sent by email Please **complete the form & sign it as instructed**. Current members must submit their application by 15th December.

The committee has also decided to keep the total membership as at present at 400. After it is known how many vacancies are available those on waiting list will be offered membership.

PLEASE NOTE : There will be a charge of £2.00 for issuing of a duplicate card.

WALK & TALK: Walk & Talk program will resume from 2nd October. Those who take part in this must be at Sattavis Patidar Centre by 9.45 on 2nd October.