

Navjivan Vadil Kendra

(Monthly Newsletter)

Registered Charity No. 1121930

Newsletter: Issue 5. Vol-4 (May, 2011)

Thursday Meeting at: Sattavis Patidar Centre, Forty Avenue, Wembley, MIDDX HA9 9PE



www.nvk.org.uk

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Entertainment :

Jasuben Sheth

Committee:

Indrakant Bakhai
Navnitlal Shah
Pragna Mandalia
Bhadra Sheth
Chandulal Parekh
Dr Vinod Kapashi
Co-op
Shashikant Malde

LuSponsorship

Celebrating a special birthday, or wedding anniversary! Or in memory of some one dear! Then *Sponsor* a lunch for **£225.00**.

Guest Members:

As we have enough members, we normally do not encourage any outsiders to come to our Thursday gathering. Only **existing members** can bring **guests** from out of town.
Guest fee is £5.00

Prince Wedding at Sattavis Patidar Centre

Prince William's wedding to Catherine Middleton was taking place on Friday 29th April. The Nation was celebrating the wedding in different ways by holding street parties, etc. We at Navjivan Vadil Kendra decided to celebrate the wedding in our own way by having a mock wedding with civil wedding before lunch and the traditional Hindu wedding after lunch. Our party and ceremony included the colour and glamour of our traditional wedding. Ladies came in colourful sarees and some men came in traditional Indian outfits. The highlights of the ceremony included:

- The groom was escorted on stage by the best man and the bride, appropriately dressed, was escorted by "father". Wedding vows as per the civil wedding ceremony were performed.
- Nicely prepared and printed wedding certificates were signed by the couple and witnessed and presented to the couple.
- Bride and groom put rings on each other's fingers and took their vows.
- This was followed by cake cutting and delicious lunch.
- After lunch another wedding couple and ceremony were performed in a comical Hindu ceremony. Arrival of the groom party, pokhana, hasta melap, kanya daan, exchange of garlands, four feras, seven vows, kansar, shobag and viday were all performed in the traditional, yet funny, way. During the ceremony the audience sang appropriate wedding songs and fatanas.
- The priest, who demanded his fees in advance, presented marriage certificate to the newly weds.

April Diary

- **Chas:** Chas for the month of April has been sponsored by Chandrabala Kakad.
- **Biscuits & Tea:** Sponsored by Rasilaben & Prabhudas Shah.
- **Donations Received with Thanks:**
 1. **£25.00** – khusibhets from Damayanti Jaysukhlal Shah
 2. **£25.00** - Mradula Maniar on the occasion birth of grandson Arrovo to Charmi and son Hitesh.
 3. **£25.00** - Himatlal Mehta on his 86th birthday. Our best wishes to him.
 4. **£51.00** - Vanitaben & Suryakant Mehta on their 56th wedding anniversary. Our best wishes to them.
 5. **£25.25** - Shashikant and Bhadraka Malde on the occasion of birth of twins Eesha and Shishna to their daughter Dipali and Ansul. Our congratulations to them.
 6. **£51.00** - Taraben & Jayantilal Sheth for being given the opportunity to perform kanyadan at the "royal wedding" celebrations.

April Events & Programs.

- Mr Bob Blackman, MP for E Harrow paid a visit to our centre on 7th April.
- We had bhajans from Sanatan Bhajan Mandal on 7th April to celebrate Ram Navmi.
- In our first day outing of 2011, 33 members took part in a visit to London Bridge Experience on 12th April. Another 33 enjoyed the same experience on 19th April.
- We had planned a video showing of a special yoga video made by Geeta Desai but had to cancel it at the last moment.

- On 21st April we had a program of musical chair with a difference – instead of participants running round the chairs; a garland was used to the same effect. The winners were Rasilaben Shah, Vanitaben Mehta, Sardaben Modi and Lilavanti Kothari. The losers had to pick a forfeit and perform the command. Over one hundred members stayed and enjoyed the program. Jasuben Sheth is doing a wonderful job and her innovative ideas are being enjoyed by all.
- On 28th April, members were entertained to a “mock” wedding to celebrate the forthcoming wedding of Prince William to Catherine (details elsewhere in this newsletter).

Programs for May

1. Our very first program in May will be on Tuesday 3rd May when Dr Ameet Bakhai will talk about taking care of our hearts, our health and how we can do so by changing our life style. As Dr Bakhai has a very busy schedule, the talk has been planned in the evening for his convenience. About 50 members have indicated they will be taking part.
2. With the arrival of summer we start our day trips, and we hope to come up with new ideas during the year. Our first day trip will be on 10th May going to the historical and university town of Cambridge, followed by a visit to Ely Cathedral. We hope to visit stained glass museum and have a lovely walk along the river side. Living in this country it is important that we appreciate and view the historical buildings and cultural places in this country.
3. London Experience was a resounding success. We all have Freedom Passes and it is high time we fully utilise them. With this in mind we are planning a few visits to places in London. Aim is to go in a group, and those who are hesitant to go alone are encouraged to take part. We will be announcing such trips in the near future. The proposed trips include Wembley Stadium, Buckingham Palace, Docklands and Canary Wharf, Museums etc.

Welcoming Hon Bob Blackman MP – transcript of message read by our secretary at NVK

“Hon Bob Blackman, President of NVK and members,

It is with great pleasure that we welcome you to our organisation. Navjivan Vadil Kendra - meaning New Life Elders Centre - was formed in January 2007 by a few well wishers who aimed to improve the quality of life of elderly members of the community. Within a short span of 4 years we have become a very successful and have 350 members and a waiting list of 250. Majority of our members are Harrow residents with some from Brent and Barnet.

Our aim has been to show to the elderly members of our community how to keep active, how to take care of their health and how to build companionships. We have two hours of yoga sessions every week which you witnessed. Our members report complete change in their health and life style. We also have entertainment programs, health talks, and many programs with member participation. We also arrange day trips and short holidays during summer.

Government has the pressure of taking care of ever increasing aging population. We have shown by setting an example how voluntary organisations can help. We have achieved this without any government help but perhaps the government can take up this model and encourage other community groups to follow our example. Mr Blackman we are honoured with your presence and hope that you will be able to take the message to the government about how we are facing up to old age, and how we are indirectly participating in the issues of aging population.

Sir, your office was kind enough to inform us about the social bank and I hope your office will keep us informed if we can receive any help from the social bank. After seeing our organisation, I hope that your office will inform us if there is anything that could benefit our organisation.

Sir, we are honoured with your presence and hope that you will take the message to the government about how we are facing up to old age, and how we are indirectly participating in the issues of aging population.”

Your Suggestions : We aim to improve our activities and programs. Please tell us what you think of what we have done or what we are planning. Please tell us if you have any new ideas or suggestions or comments.