

Navjivan Vadil Kendra

Report of the Secretary for the year ended 31st December 2013

Navjivan Vadil Kendra completed 7 years in January this year with a well organised and planned celebration. As the founding members of NVK were from Navnat community there is a misconception that we are a "vania" organisation. This is not true. We have been open to all in the local community – no one has ever been refused membership on grounds of caste or race or religion. But right from the beginning we have had waiting list and only those on waiting list are taken for membership. For the information of members we not have members of various Gujarati communities but we also have one member from Rajasthan and one member from Punjab. We had one member from Bengal also.

We have regular announcements at our Thursday gathering, and the same are circulated by email and put on the website. We also publish a monthly newsletter which details all the month's activities, donations, sponsorships and any other news. Our website is now totally revamped and fully functional and hope all members will use it regularly.

We have now 400 members and still a long waiting list of 333 and growing everyday. Our activities and programs have been getting better over the years. During 2013 :

1. We had several local and overseas trips organised for our members and these included :
 - 24 members went on a tour of China and Tibet.
 - 40 members took part in our 3rd visit to Potters Resort.
 - 55 members took part in our tour of South Ireland.
2. Because of bad weather and too many other plans and unavailability of coaches due to Olympics we did not have many day trips. In August we went to the historical Sudley Castle and its gardens which was different from our day trips in the past. Also during Diwali we arranged a trip to Leicester.
3. We celebrated our anniversary with a full day music mehfil at the beginning of the year and we had another music mehfil in August. We were also lucky to have Dharamji and Indiraji give us a music program during the year.
4. We arrange a complete show of a Gujarati play in Wembley followed later by a talk by Kiran Purohit on the perils of making a play.
5. As usual we had several health related talks and these included :
 - We had a talk on mental health followed by tips on first aid.
 - There was talk on prostate cancer. Later in the year we had a special session for mainly men members where they had a chance to ask questions and discuss the subject with experts.
 - A day of Cancer Awareness Seminar
 - Talk and demonstration of Reiki.
6. We also arranged programs based on religion. We had :
 - Nirmal Sagarji gave a talk on Ram Navmi and Mahavir Jayanti.
 - Tarla Doshi gave a talk on spirituality and old age.
7. While providing good lunch every week we arranged:
 - A cooking demonstration

- *A food bazaar where members brought different homemade items and were bought by other members and all proceeds were given to charity.*
8. *We were honoured by a visit from Lord Popat who gave an inspirational talk. We were requested to contact him to arrange a visit to the houses of Parliament.*
 9. *We participated in the Sewa Day as usual by inviting elderly and lonely people from care homes and neighbourhood.*
 10. *We had a short talk and showing of the Kailas Mansarovar Yatra DVD.*
 11. *Our in house entertainment was topped by an ambitious 3 week “NVK has Got Talent.” It was very successful. It showed that when given an opportunity members will come forward and display their talents.*
 12. *Our in house entertainment has always been wonderful under the direction of Jasuben Sheth. These as usual have included bingo, quiz, Whist Drive, singing, debates etc.*
 13. *NVK was formed to bring more interest in the lives of our elderly in the community and I believe we are achieving this. We also honour any member achieves age of 90 and this year we had two members who celebrated their 90th birthday and we honoured them with a shawl.*

We hope to carry on our activities with same vigour and variety as in the past.

I would like to take this opportunity to convey my thanks to those who make our activities possible and our work so successful:

- *Manishaben, our yoga teacher, who has transformed lives of many of our members and comes up with new exercises and ideas all the time.*
- *To the management of Sattavis Patidar Centre and specially the staff who work here and take care of our needs and arrange everything for us.*
- *We also take care of the staff at the centre asking them to join for lunch with us. When one of them went to India and got married members collected £185.00 as wedding gift to give it to Amit who works here since we moved to this centre.*
- *To Meera Catering for providing delicious lunch week after week, delivering it on time and overall for their generosity and looking after our needs.*
- *Without dedicated volunteers no organisation can last or be perfect in its activities. We have been lucky that we have so many dedicated volunteers. Without naming anyone in particular I would like to thank each and every volunteer from the bottom of my heart. Thank you very much for all you do – and thank you for being there when we need you.*
- *An organisation also needs a good coherent and dedicated committee to make possible arrangement of such successful programs week after week throughout the year. I would like to thank each and every member of the committee for participating in our activities, planning, organizing and finally delivering as and where needed.*
- *Dipak Shah who has for several years been auditing our accounts on an honorary basis.*
- *All the members and donors who have sponsored lunch, or chas or donated biscuits or given cash on some occasion. We thank them all for supporting us all the time.*
- *Last, but not least, thank you very much for being here, for taking part and for showing to the community and country at large what can be achieved and what is needed for elderly and retired people.*

We are here to help you. Last year I helped to make four Lasting Power of Attorneys. Also I am helping some members to make simple wills. I and others in NVK offer these services without charging for anything.

Members will have noticed how healthy our finances are. This is thanks to the committee who have been very prudent in spending money. But it is thanks to you all for your generosity in donating to NVK on special events in your life.

NVK is our organization. I seek your support, your help and above all your support in our programs – and with your support I can assure you we can and will achieve lot more in coming years.

During the year if I have made any mistakes, if I have knowingly or unknowingly offended any one, than I ask for your forgiveness.

Jayant Doshi

Secretary

Navjivan Vadil Kendra