



The Queen's Award

Navjivan Vadil Kendra

RECIPIENT: QUEEN'S AWARD FOR VOLUNTARY SERVICES 2015
Registered Charity No. 1121930



www.nvk.org.uk

Newsletter: Issue 18 Vol-8 (AUGUST 2020)

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 mishaps that may occur during any of its activities/events/outings*

For Photos click on: www.nvk.org.uk/galleries/all

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Vinod Parekh
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pgshah42@yahoo.co.uk

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Lunch

Celebrating a special birthday, or wedding anniversary? Or in memory of someone dear?

Then *Sponsor* a lunch for **£350.00**.

5 guests allowed.

Special lunch for

£750.00

Guest Fee **£7.00**

Dear Vadil Members

Welcome to August Newsletter. I hope this newsletter finds you safe and well after what has been a very difficult period for all of us.

It's been a positive to see the numbers of the Covid 19 are falling down. Also now many non-essential shops and restaurants have opened for a past couple of weeks now. I hope for those of you that can, have enjoyed seeing your family and friends in person for the first time after a very long time. Still we have to remember that we have to follow the Government Advice.

Face coverings has been now compulsory in England since 24th July and for that reason we have to wear them in closed areas & London transport.

Donations:

***£151.00** from Mrs Pratimaben Harshvadan Mandalia, in the loving memory of her husband Harshvadan who passed away on 22nd April 2020. May god rest his soul in peace.

***£51** from the family of Mrs. Champaben Shantilal Mehta, who celebrated her 90th Birthday on 10th July 2020. Kendra's heartiest congratulations and best wishes.

***£31.00** from Mrs. Jasumati Harikant Vibhakar, on the 79th Birthday of her husband Harikant Vibhakar which is on 5th August 2020. Kendra's heartiest congratulations and best wishes.

Our thanks to all the above Donors for their generosity.

All donations by members are welcome. Those who wish to give Donations please contact Punambhai Patwa (020 8958 2714) or

Vinodbhai Parekh on 020 8907 1331.

PROGRAMMES IN JULY 2020:

02/07: We had Saileshbhai Vyas, who entertained us by singing old melodious songs, live from Baroda. It was a very entertaining afternoon, and enjoyable to hear him sing golden oldies. Also Bhanubhai Pandya and P. R. Patel told a few jokes in between. Attendance for yoga was 168 and afternoon was 158.

09/07: Dr. Vinodbhai Kapashi explained the meanings of hymns like GAYATRI MANTRA, SHANTI PATH from UPNISHADS and JAIN MANGLIK AND NAVKAR MANTRA. He also explained in detail the meaning and important aspects of these sacred verses. Attendance: yoga 187 and afternoon 110 devices were registered.

16/07: We welcomed Manishaben as our yoga Guru after a 4 weeks, due to her injury. 158 devices were registered for Yoga and 83 for pm.

We had an entertaining programme of Kathiawadi Doha and Jokes from our member Lalitbhai Mehta. He wore Kathiawadi attire and entertained us with humour and Rass-Garba. Also a short play was performed by Bhanubhai Pandya and P. R. Patel.

23/07: Attendance for yoga 141, & 121 for afternoon. Dr. Bhavin, Consultant Microbiologist from Ahmedabad gave an in-depth account of Covid 19.

*He explained the difference between viral and bacterial infections.

*How Corona virus spreads.

*Its symptoms and how to protect from it and what preventive measures to be taken.

*In the end he said don't fear, take precautions and follow the government guidelines to stay safe. It was a very interesting talk. He also showed some humorous clips at the end after this serious topic.

30/07: 140 devices for yoga and 143 for the afternoon were registered. We had Fancy Dress show. Members were asked to take part in this fun programme by wearing their favourite fancy dress, act a film dialogue etc. There were about 10 participants, some dressed as Spanish Senora, Bollywood character, Meerabai (singing a Bhajan with Sitar, Models parading a designer outfits, a wedding Priest conducting a Wedding and Anarkali & Salim with dance. It was a really good programme and hats off to all the participants for taking part in this fun show.

We would like to thank all the above presenters for giving their valuable time by entertainment and sharing their knowledge on Corona Virus.

A big thankyou to Dr. Vinodbhai Kapashi for arranging the afternoon programmes.

Thanks to the Zoom Team and the volunteers for helping out.

The latest Government guidelines form 31st July:

To stop the spread of COVID-19 you must continue to follow the Government Rules on Social Distancing.

The **latest Government Guidelines** state that the risk of coronavirus being passed on to others outdoor is considered to be low as long as **people maintain Social Distancing.**

You can meet in groups of:

*Up to two households (your support bubble counts as one household) indoors or outdoors.

*Up to six people from different households only outdoors.

It's against the law to gather in groups larger than 30 people, except for a limited setoff circumstances also set out in law.

Reading the above latest advice, there is little hope that we all will meet in near future, perhaps may be next year. Please carry on doing exercises, and walking whenever you can. Also thanks to our Zoom Team that we can participate in our weekly activities regularly.

Kendra's Congratulations & Best Wishes to Champaben Shantilal Mehta, on reaching a milestone- 90 years on 10/07 2020.



THANK YOU:

Kendra's thanks to Dr. Vinodbhai Kapashi, Purnima Mehta, Kusumben Punater and Harenbhai Meswani for their hard work, bringing us our weekly Programmes.