



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 14 Vol-3 (MARCH 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

JAI JINENDRA & JAI SHREE KRISHNA

Dear Vadil Members

Welcome to MARCH Newsletter.

DONATIONS:

6/02: *Chaas for February was sponsored by Gauriben Sheth.

£101 from Kishor Mehta to celebrate his wife Hansaben's 80th birthday, which was on 25th Jan.

*£175 from Ramanlal Mistry who celebrated his 85th birthday on 4/02.

13/02: *£31 from Kumudlal P Mehta, who celebrated his 80th birthday on 9th Feb.

27/02: *Lunch was sponsored by Vanik Council of UK.

*£51 from Hansaben & Kishorbhai Mehta on the occasion of both their grandparents Punya Tithi.

Kendra takes this opportunity to thank all the above donors.

PROGRAMMES IN FEBRUARY 2020:

6/02:



After lunch we had Whist Drive. There were 11 Tables and the winners were Vina Kishor Doshi (Pink card) and Manjuben Shah (white card)

Congratulations to both of them from Kendra.

13/02:



After lunch we celebrated Valentine Day, Kusumben started the programme with a song and then Jasuben Sheth took over and recited several shayaries. Few members sang songs, recited shayaries and each one was presented with a fresh rose and another rose, which was donated by Krishnaben K Mehta. Kendra's many thanks to her. There were two games of Bingo with four prizes for each game. Winners of Quick Five, one line, two lines and full house were presented with prizes and chocolate roses which were presented to the winners by their spouses. Many members stayed behind to watch the programme & Bingo and enjoyed thoroughly.

Honorary

Patrons

Manick Choraria
Pranlal V Parekh

President

Vinod Parekh
020 8907 1331

Vice President

Vinod Kapashi

Secretary

Jayant U Doshi
16 Haywood

Close

Pinner

HA5 3LQ

020 8954 1859

Joint Secretary

Purnima Mehta

Treasurer

Punam Patwa
020 8958 2714

Jt Treasurer

Kishor Doshi

P.R.O.

Praful G. Shah
pgshah42@yahoo.co.uk

Webmaster

Chiman Sheth

Entertainment

Vinod Kapashi

Committee

Ella Shah

Dr Mahendra

Vora

B.T. Shah

Hasmukh Parekh

Kusum Punater

Harendra

Meswani

Hasu Mandalia

Lunch

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

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

10 guests allowed.

Special lunch for

£750.00

Guest Fee **£7.00**

19/02: NVK's 9th visit to care home was organised by Purnimaben Mehta, to Copland Nursing Home in Wembley. With care home's request chair yoga was conducted by the visiting volunteers for 30 minutes. There were about 20 residents, and of mixed cultures. They sang English songs, and one resident sang a solo song joined by everyone. The visit was attended by Vinod Parekh, Dr Vora, Dineshbhai Shah, Naynaben Shah and Purnimaben Mehta. Many thanks to Purnimaben for organising this visit.

20/02:



After a delicious Farari lunch and Thandai made by Indubhai Bakhai, in celebration of Maha Shivratri. Many thanks to Indubhai for preparing the Thandai. NVK has got Talent programme started by Kusumben giving an introduction of the participants, and members came in turn and recited songs, shayaries, incidents in their life, sketch on 'chai and biscuit', stories etc. There was also a garba. Vinodbhai Kapashi gave a short talk on his visit to India and summed up the programme. Members enjoyed the programme.

27/02:



After lunch we had a very interesting talk on Organ donations presented by our lunch sponsor, Vanik Council UK. Vanik Council UK is doing a wonderful work of promoting organ donations in the Vanik community. The programme started after a short introduction by Vinodbhai Kapashi. Vanik Council UK members then gave talks on the organ donations with the help of projector. They started by distributing 'Organ Donation' forms to members and explained how the form is to be filled by giving explanation. Then their speakers informed how they have joined the UK wide campaign to address the urgent need for more lifesaving organ donors after death and also details of their new programme of breaking down the myths and increase support for donation and ensue that people know the law in England is changing this spring and their choices. Some donor's family members then spoke about their experiences and were presented with certificates.

NVK Tour of Kerala.(1st for 2020)

Sixteen members took part in Kerala trip. Weather was fine and everyone enjoyed the trip. We started from Trivandrum, and had a boat ride in the back waters of Kerala. Greenery and beauty of Kerala was fascinating.

The high light of the trip was seven days stay in Ayurvedic Health Farm where we had two sessions of yoga per day and two massages per day. Each time massage was different with use herbs and medicines to help the person.

Group provided good company and entertainment in spare time.

COTSWOLD TRIP:

NVK has organised a trip to Cotswold from May 11th-15th May. Please give your names with the payment to Purnimaben Mehta.

THANK YOU:

During Manishben's absence yoga was conducted by following teachers: Panaben Panchal, Valiben, Bhavnaben, and on the last day our members Jayeshbhai Shah, Dineshbhai Shah, Indubhai Bakhai and Jasuben Sheth. Kendra's heartiest thank you to all of them.