



Navjivan Vadil Kendra



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

www.nvk.org.uk

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🙏 JAI JINENDRA & JAI SHREE KRISHNA 🙏

Dear Vadil Members,

Welcome to December Newsletter. Hope all the members are keeping well. Winter is here now so we request all our members to wrap up warm and stay safe.

THE EXECUTIVE COMMITTEE WISHES ALL THE MEMBERS



Donations:

02/11:*£51 from Kirit & Aruna Shah in celebration of coming festival of Diwali.

*£101 from Hansaben K Gosrani on the occasion of her birthday on 5/11.

*£125 from an anonymous donor on the occasion of celebration of a family event.

09/11:*£125 from Chandrakantbhai Mehta and Family, from Brighton.

*£20 from Radhaben Pindoria.

*£51 from Kundanben & Vinodbhai Parekh.

*£101 from Jayantbhai & Ramaben Doshi.

*£51 from Chimانبhai & Ushaben Sheth.

*£21 from Taraben & Mansukhlal Shah.

*£10 from Sushilaben J. Shah.

*£101 from Dhirubhai Shah on the occasion of his wife Rasilaben's 70th Birthday.

*£21 from Nareshbhai Doshi in memory of his late wife Pratibhaben's memory.

*£51 from Anonymous Donor.

*£51 from late Kantibhai & his family.

*£51 from Sarojben & Kishorbhai Lakhani.

*£75 from Taju Shah.

*£51 from Avantibhai Jasani.

Raffle Prizes for Diwali Dhamaka Donors:

Kirit & Kumudben Doshi: £100.00 M&S gift Vouchers.

Virendra & Maltiben Shah: Antique Sitting idol of Buddha.

Shantilal & Vanitaben Shah: Vego Multifood Chopper.

Krishnaben & Kirit Mehta: Crabtree Bath & Shower Gel & Scented

Honorary Patrons
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Pranlal V Parekh
President
Vinod Parekh
020 8907 1331
Vice President
Vinod Kapashi
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Committee
Ella Shah
Hasmukh Parekh
Jayant Doshi
Hasu Mandalia
Co-Opted
Member :
Karsan Bhudia

Lunch

Celebrating a special birthday, or wedding anniversary? Or in memory of someone dear? Then Sponsor a lunch for £501. 5 guests allowed. Special lunch for £1001. 5 guests. Guest Fee £10.00

Candle Jar.

Sunil & Meenaben Shah: Thermos Water Bottle and Umbrella.

21/11: *£1001 from Jaysukhlal B. Mehta in loving memory of his late wife Bhadrabala.

*£51 from Chhotalal P Kothari to celebrate the birthday of his wife Sushilaben on 21/11.

* Packets of Biscuits, Bottle of instant coffee and chocolates from Shardaben Modi.

Kendra's heartiest thanks to the all the above Donors for their generosity and sharing their special occasions with us and our best wishes to them.

PROGRAMMES IN November 2023:

02/11: Morning yoga was conducted by Shantaben Pindoria / Bakul Kothari & Manishaben. After lunch we had a cookery demonstration.

Members were asked to bring their items and explain to the audience their recipes step by step. *Jayshreeben D Doshi had made 'Coconut with nuts/dry fruit'. *Kusumben Punater had brought her 'Weetabix Ladu' *Bhartiben Malkan had brought 'Habsi Halva' *Sudhaben Kapashi had brought a cake with the name of 'Navjivan' and called on the President -Vinod Parekh to cut it as Happy Birthday to NVK. *Ramaben J Doshi came to give the Recipe of how to make 'Ghari'.

All the 'Vangi' made by the above members were kept on the table for tasting at Tea Time. There was plenty of these and everyone really enjoyed the delicious 'Vangis'. NVK's thanks to all the above ladies for their efforts.

09/11: We had our DIWALI DHAMAKA programme at BLUE ROOM, with live music.

Members had started to come very early to the venue, in colourful attires. The hall looked wonderful with round tables laid out sitting ten people. Members were given their table numbers in advance so it was easier for them to take their places. The programme started with the Music band singing famous Bollywood songs. Around 12.30 the mouth-watering starters were brought to each tables, while the band was singing away all the favourite songs. Then the table numbers were called for the main course buffet. Everyone enjoyed the delicious lunch. Overall our Diwali Dhamaka went very well enjoyed by members and guests. After lunch tea and coffee were served.

16/11: Morning yoga was conducted by Ravjibhai Pindoria & Manishaben. In the afternoon we had Bollywood Bingo conducted by Dr. Kapashi, enjoyed by all.

21/11: Morning yoga was conducted by Jayeshbhai Shah & Kishorbhai Lakhani & Jasuben Sheth. In the afternoon we played Antakshri, started with Dr. Vinodbhai Kapashi giving a short introduction on the current celebrations and events around us and in the world. Then he started the Antakshri by informing members that we will sing on 'Lagan Geets'. Later on members were given the first word to sing Gujarati songs. Members had joined in to sing many songs. Some members also came to the stage to sing their chosen song. Everyone enjoyed the programme.

30/11: Morning yoga was conducted by Dhirubhai Galani & Manishaben. In the afternoon we had a lecture by Dr. Vinodbhai Kapashi on the science of Mantra, Yantra and Tantra. He gave a brief introduction, then explained in detail how these were derived from the Sanskrit words. These three represent the three basic approaches available to human beings to harness the power of God and use it to perform their duties in their obligatory duties. These are employed in 'Karma Marg'- path of action, 'Janana Marg' - the path of knowledge and 'Sanyasa Marg' - path of renunciation. These can be used for constructive purposes to achieve peace and prosperity or liberation or for destructive ends to create chaos, cast evil spells or inflict pain and suffering upon others. He said all these had scientific meaning and have a lot of power if done in correct ways. He gave an example of mantra - like 'Om Hrim' (pronounced "hreem") which is a sacred mantra - specific mantra for the heart on all levels - whether the spiritual heart, the heart chakra, the emotional heart or the heart as a physical organ. It can energise the heart and provide warmth. He also

gave detailed explanations of Yantra and Tantra. It was a very interesting talk and members sat through to the end.

SAD NEWS:

We convey our deepest condolences to the Mehta family on the sad demise of our member late Bhadrabala Jaysukhlal Mehta, age 80 on 30/10/23. We pray to GOD that her soul rest in peace, and give strength to her family to grieve in this difficult times.



🙏 Om Shanti, Shanti, Shanti 🙏

We convey our deepest condolences to the Chotai family on the sad demise of our member late Manjulaben Gokaldas Chotai, age 84 on 10/11/23. We pray to GOD that her soul rest in peace, and give strength to her family to grieve in this difficult times.



🙏 Om Shanti, Shanti, Shanti 🙏

We convey our deepest condolences to the Shah family on the sad demise of our member late Kantibhai Jivraj Meghji Shah, age 89 on 17/11/23. We pray to GOD that his soul rest in peace, and give strength to his family to grieve in this difficult times.



🙏 Om Shanti, Shanti, Shanti 🙏