



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 November Newsletter. Hope all the members are keeping well.

Donations:

“Chaos” for the month of October was sponsored by Gitaben Mehta and Madhuben Shashikant Shah.

05/10:*Biscuits packets from "RAM BHAROSE"

*Biscuit packets from an anonymous donor.

12/10:*Boxes of Biscuits from Krishnaben & Kirtibhai Mehta.

19/10:*£ 11 from Kantaben Ramanbhai Mehta.

*£10 from Dr. Suresh Parikh

*£11 from Shantaben Pindoria.

*£25 from an anonymous donor.

26/10:*£86 from Hansaben Patani on the occasion of her 86th birthday on 30/10/23.

*£51 from Laxmiben Meghani as 'Khusi Bhet'.

*£25 from Batukbhai Sanghrajka who celebrated his birthday two weeks ago.

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 October 2023:

05/10: Morning yoga was conducted by Dineshbhai & Shantaben Pindoria & Manishaben. After lunch we had a talk on Mahatma Gandhi. Dr. Vinodbhai Kapashi spoke on the life and legacy of Gandhi Bapu with many interesting events in his life. After this many members came on the stage to sing songs & Bhajans related to Gandhiji. Many members stayed behind to hear the interesting events in Bapuji's life. Everyone enjoyed the programme.

12/10: Morning yoga was conducted by Dineshbhai Shah & Manishaben. The afternoon programme Dr. Kapashi had arranged an interactive programme on our everyday lives and what happens when a spouse unfortunately passes away - is the other spouse fully in knowledge of their banking and financial matters etc. Dr. Vinodbhai Kapashi opened the programme and gave details of problems faced in our everyday lives when one spouse passes away and discussed whether the other spouse is fully prepared and ready to face their banking and financial problems etc. He then gave examples of several cases in which the remaining spouse had to face several problems. He also gave many crucial points that arise with the relevant authorities. Then BT Shah and Vinodbhai Malde also joined in the discussion by narrating their own experiences and what everyone should know how to proceed with monetary, banking,

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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

financial matters as well as property matters - held jointly or in India etc. Purnimaben Mehta spoke about the befriending services offered by Vanik Council UK. This service is available to our community who find themselves lonely and would benefit from a couple of hours a week of company from Vanik Council befriending volunteers. Vanik Council volunteers are trained befrienders and ready to help out.

19/10: It was 5th day of Navratri and we had arranged a whole day of RAAS-GARBA with live Band. Members and guests turned up with smart dresses and ladies in colourful attires for the Garbas.

The programme was arranged in the large Hall and soon all the Chairs laid out on both sides of the 'Mataji's madh which was in the centre. The stage for the Band was on the far side of the entrance door, and soon all the chairs were occupied. At 11.00 am sharp the music started with mataji's songs and members joined and formed a large round circle and started doing the Garbas. Members kept on joining in the circle and soon two circles were formed. The Band sang wonderful garba songs non-stop until 12.45 pm, when 'Aarti' was performed. Then announcements were made by our President, welcoming the members and guests.

Prasad was distributed with lunch and when everybody had finished their lunch, the programme resumed after 2.00 pm and members joined again with the tuneful music to perform Raas, garba and Dandia. The Band continued to sing some yesteryear famous Bollywood songs. The music stopped at 3.20 pm. Members had enjoyed playing garbas with the tuneful music. Overall it was a great day enjoyed by all.

26/10: Morning yoga was conducted by Dineshbhai & Manishaben. In the afternoon we had a programme on Health, Wellbeing and Nutrition, by Ms Nishaben Hirani who teaches many aspects of health related matters. She is an expert in health and Nutrition matters. She gave a very valuable advice on balanced diet and necessity of taking proper food supplements in our diet. Some of old age beliefs about the roughage in food, Source of Protein and Calcium etc. are not completely true. We need more roughage than we think as the real roughage comes from various leafy vegetables only. Modern milk does not give us Calcium. For real protein we can eat Soya products. (Doctors permitting).

Nishaben's colleague Chandrika Patel also spoke about her life. She had met with an unfortunate accident and was in bed for six years. She strictly followed the natural life-style and health related foods. She started doing Yoga etc. She has almost recovered now.

NVK thanked both the ladies for their very informative information. As a token of appreciation our Secretary Purnimaben Mehta presented a Rose Bouquet to Nishaben. The programme ended at 3.15 pm. Everyone enjoyed the talk specially as Nishaben gave hilarious examples and cracked jokes in between.



Diwali Dhamaka -

Our most eagerly awaited programme is on 9th November at Blue Room, if you have not booked your tickets, please do so quickly as we will close any more bookings after next Thursday - 2nd November. There will be no more booking after that. So far we have already booked around 300 and we have many member's guests this year.