

## Secretary Report - 2016

Namaste and welcome to my annual report – first one after completion of ten years of Navjivan Vadil Kendra.

In 2015 we were honoured with Queens Award. In 2016 we were busy planning to celebrate our 10<sup>th</sup> Anniversary.

We aim to create an atmosphere where members can come and form companionships and learn how to look after their bodies and health. We also try to help our members wherever and whenever help is required. We wrote to Dial a Ride when required, or Indian High Commission on issues of OCI or PIO – if and when members request us to do so. We get such requests and our president has dealt with those issues by writing to the right authority. We also help members if they wish to get Lasting Power of Attorney or if they wish to make a will. Please feel free to ask us if you need any help – and we will try to help to the best of our ability.

Over ten years we have set up regular activities and this year it has been no different. During the year we had a few full day or half day music programs. We celebrated Queens 90<sup>th</sup> birthday, and our president and I were invited to the Mall to celebrate her Majesty the Queen's 90<sup>th</sup> birthday. We both also had the opportunity to talk about our Kendra on MATV and I would like to thank Vinod Kapashi and Anil Bhagi for giving us that opportunity. As usual we had several medical programs this year including one on Dental Health and two workshops on Anxiety & Depression. We had a visit from Mayor of Harrow Cllr Rekha Shah.

Our in house entertainment has been getting better year by year and this year was no exception. Plays written, directed and produced by our members, quiz of different variety, bingo and antakhshri with a twist, whist drive and of course the cricket teaser which was a new idea, and Chai with Jasu which has its own flavour are some of the programs I can think of.

After several years our day trip to Stratford upon Avon with two coaches full was a great success, while the trip to Balaji temple was a disappointment. Yoga retreat was a great success with 40 members taking part and there were requests for doing such retreat more regularly. We did several yoga retreats in the earlier years but this was the most successful one with lot of dedication and devotion given by our yoga teacher Manisha. In overseas trips we had a cruise to Antarctica in February and a trip to Burma in November.

During the year we had donations from members amounting to £2305.00 and eleven lunches were sponsored. Our yoga sessions are going strong and lots of our members participate in those yoga sessions with great enthusiasm. Manisha is not only a good yoga teacher, but she comes up with new ideas and variations all the time which make her sessions interesting. She has been doing our yoga sessions

for 9 years. Her encouragement to those sitting on chairs to do some yoga exercises is commendable, and her home remedies and health tips are awaited with eagerness. A few members who do not take part in yoga entertain themselves with the card game of buxhar and enjoy that greatly.

After Cancer Awareness sponsored Walk n Talk session, a walking group has been established and that has become a regular feature of our activities. Many members come especially early to participate in walking.

Aim of Navjivan Vadil Kendra has been to improve the quality of life of our members, and I can say with pride that we have greatly succeeded in achieving this.

I will take this opportunity to thank:

- Sattavis Pattidar Centre and their staff for providing us the facilities to conduct our activities;
- Meera Catering for providing delicious food for last ten years.
- To Manisha for giving wonderful yoga lessons and encouraging everyone to take part.
- And to all our volunteers who provide wonderful service at all times with a smile. Our volunteers make us proud.

Also I am grateful to all the committee members for their help and cooperation in all the work we do. I would like to mention:

- Hasmukh Parekh who not only helps out in serving food, but makes tea for us all – helped by other volunteers;
- Vinod Parekh our vice President who ensures that everything runs smoothly at lunch time; and supervises other arrangements.
- Ashok Mehta who diligently carries out whatever is required to be done on the front desk;
- Praful Shah who prepares and makes announcements every week keeping members fully informed, and also sends out the same by email to all members, and sends other informative and interesting items.
- Ella Shah who has taken over writing the newsletter and is doing it so well.
- Pragna Mandalia who arranges medical programs, and every week looks after walking group with help from Ella Shah.
- Our treasurer Punam Patwa who has kept our finances and accounts in order, and has always been present to help out on the front table.
- Jasu Sheth who for 10 years has planned and presented varied and interesting programs after lunch and kept our activities going so strong. She has added interest by bringing new variation in old programs, and come up with new ideas all the time. She gets help from other members of the

committee such as Pragna Mandalia, Ella Shah, Rama Doshi and Vinod Kapashi.

- Our president Baburai Shah who since inception of NVK has been pillar of strength for us all and for me in particular. He helped out drafting the constitution and later to register it for charity. He stepped in when the treasurer had to resign for health reasons. As President he has been pillar of strength for NVK and for me in particular, being always present every Thursday and helping out wherever needed. He comes with ideas and suggestions to keep our activities going from strength to strength. He listens to members and helps out where required.
- Jayesh Shah who is always willing and ready to help out. Not only he helps out as volunteer but helps me out to make lists on computer whenever we arrange trips.
- Chiman Sheth who takes care of our website, takes photos at our events and ensures members receive those photos by email. He uploads photos on the website.
- Vinod Kapashi who writes plays, directs them and presents them with the help of our members. He helps out Jasu Sheth in arranging different types of entertainment programs also.
- Indrakant Bakhai who is always there serving food and helping other volunteers and always takes his lunch after everyone has taken it.
- And last, but not least, Rama Doshi, my wife, helps out other lady members in all the programs and has been a great support to me in my work in NVK.
- I would like to thank you all – all the members of Navjivan Vadil Kendra – for giving me respect and for trusting me to do the right thing. I started NVK with a particular aim in mind and after ten years I can say we have together succeeded in achieving that aim. I hope to continue serving NVK as long as my health and my body permit me to do so. But in doing that your cooperation, your affection towards me and your trust mean a lot to me.

We at NVK are giving a lot to our members, and setting a wonderful example to the community at large as to how we can improve the quality of life of elderly in the community – especially when we live longer than before. I hope that NVK will continue doing the work they are doing and I hope to be available as long as my services are needed.

Namaste.