



The Queen's Award
for Voluntary Service

Navjivan Vadil Kendra

RECIPIENT: QUEEN'S AWARD FOR VOLUNTARY SERVICES 2015

Registered Charity No. 1121930

Newsletter: Issue 11. Vol-2 (February 2016)

Thursday Meetings at: Sattavis Patidar Centre, Forty Avenue, Wembley, Middx HA9 9PE



www.nvk.org.uk

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Committee

Indrakant Bakhai
Dr Vinod Kapashi
Pragna Mandalia
Rama Doshi
Jaykumar Shah
Ella Shah

Lunch

Celebrating a special birthday, or wedding anniversary? Or in memory of someone dear? Then **Sponsor** a lunch for **£251.00**. 10 guests allowed.

Disclaimer: Navjivan Vadil Kendra is not liable for any personal injury, accident or mishaps that may occur during any of its activities/events/outings

SPONSORS & DONATIONS:

Chaos

For the month of January is sponsored by Dhanlaxmiben Mehta and Hadraben J Mehta.

Donations

£21 from the new member – Naliniben Pramod Mehta on joining Kendra this year

£25 from Bhagwandas Bakhai on the occasion of his wife – Nainaben's birthday which was celebrated on 1st January. Our heartiest congratulations and pray that she enjoys many more to come.

PROGRAMS IN JANUARY

- **7th Jan** – On the first day back we had a brilliant Gujarati Natak written, produced and directed by Vinod Kapasi. The Natak was done to raise the awareness of Alzheimer's disease.
- **17th Jan** – Lunch and Ice cream was sponsored by Ramaben & Jayantibhai Doshi on the occasion of their 50th Wedding Anniversary. The lunch was delicious and everyone enjoyed it. After lunch, the happy couple were treated to a performance reflecting their 50 years together. Ice-cream was served after the show.
- **21st Jan** – After lunch, a singer from Rajkot, Shailesh Vyas, gave a beautiful performance of olden Bollywood songs. Everyone thoroughly enjoyed his singing. The respect given by the audience to this singer during his singing was incredible.
- **28th Jan** – The Health Awareness session on Dental Health was given by Dr Ketan Shah and Sapna Mandalia (a qualified Dental Nurse and Oral Health Promoter for Brent Council.)

A very interesting and quite informative talk was given by both above experts with the aid of projector and slides in Gujarati and English. A vote of thanks was given by Jayantibhai Doshi and Pragnaben Mandalia. Sapna Mandalia had also brought several items for promotion of Dental health and distributed to members. This was yet another well organised health programme by Pragnaben Mandalia.

On the 29th of January 18 people have gone on the South America and Antarctica cruise until 22nd Feb. There are 8 Kendra members and other people joining from India and Canada. Kendra wish them a very happy holiday and safe journey.

Kendra has arranged a Yoga Retreat from Mon -11th to Sat -16th July at the Pastoral Centre, Fareham, Hampshire (www.parkplacecentre.org.uk). There are

only a limited number of places are available, and if you are interested, you need to complete the forms and return with the £100 deposit by the end of February.

WALKING GROUP

The Walking Group is proving to be very successful with more members signing up every week – so if you haven't already done so, why not join?

Every Thursday members of the group arrive at around 10.00 walk for half an hour. Walking in group helps to socialise combined with Physical and Mental wellbeing. Contact Pragnaben or Ellaben for more details.

We are going to have a grand 10th Anniversary programme early next year and it has been decided to produce a souvenir to mark this occasion. We need contributions by way of articles, stories, poems from members and advertisements to cover the cost of the souvenir. We request all members to give us their support in getting adverts and submitting articles.

UPCOMING EVENTS

On the 11th February there will be a Valentine's Day Programme. We need the names of seven couples to participate in this programme.

HEALTH TIPS

Ayurvedic Health Tips : by Manisha Wala

(PLEASE NOTE: You must continue with your medication until doctor advises otherwise.)

Controlling Blood Pressure.

1. Butter Milk (or chaas) without salt or sugar 2 Glasses....Take two walnuts and crush them to powder.....Drink one glass in the morning (put 10 drops of lemon juice fresh at the time of drinking) and one glass in the evening same as above).
2. Water Melon seeds and Khas (in equal quantities) and make paste in grinder and take one spoon every morning with either warm water or warm milk.
3. Take red onion and make juice....mix onion juice with honey and take it.
4. After meal eat two pieces of garlic (either raw or cooked in ghee).
5. Eat onions with meal.
6. Make Amla into a paste and have it every day.
7. Make paste of Methi seeds and take a spoon every morning.
8. Drink water from copper utensil. (Fill copper utensil and keep it overnight for best results).
9. Mix wheat flour in equal quantity with gram flour and make roti.
10. Try to eat at least 33% RAW uncooked foods (salad, fruits etc.)
11. Drink lots of water.
12. Have soup every day.

