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Navjivan Vadil Kendra

(Monthly Newsletter)

Registered Charity No. 1121930

Newsletter: Issue 7. Vol-2 (February, 2013)

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

Honorary Patron:

Manick Choraria

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Joint Treasurer:

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Webmaster :

Madhusinh Rawji

Trip Organiser :

Vinod Parekh

Entertainment :

Jasuben Sheth

Committee:

Indrakant Bakhai
Navnitlal Shah
Pragna Mandalia
Bhadra Sheth
Chandulal Parekh
Dr Vinod Kapashi
Co-op
Shashikant Malde
Praful G Shah

Sponsors for January

Chas - Sponsored by Vidyaben Manharlal Mehta

Milk Shake : Milk Shake on 10th January was given by Manjulaben Pindoria.

Donations :

- **£51.00** - donated by Binaben Shah who was invited to our New Year and 6th Anniversary Lunch. Binaben regularly arranges tickets for free for various shows and our members benefit from the same. Our thanks to Binaben.
- Designer perfume sachets and testers were given to all attendees on 3rd January and donated by Bhanumati Praful Shah. Our thanks
- .Donation of £50.00 from an anonymous donor
- Our New PA System

We now have a new PA system which is much better quality and everyone can now hear clearly through out the hall. The system has been donated by the Mandalia family. Their first great grand daughter, Khyati, got married and her father Vinodbhai Mandalia announced this grand donation on that occasion. We wish the newly married couple a very healthy and happy life, and our thanks to the Mandalia family for this wonderful gift.

Every Thursday, after a full Yoga session, Manisha Wala, our Yoga Tutor gives excellent health tips and some were season related health tips which members found to be very helpful.

January programes:

3rd January was celebrated as New Year party and 6th Anniversary Celebrations The day was a full musical event and we had excellent support from members-see report that follows

10th Januiary Bingo game was conducted by Jasuben Mehta and Prafulbhai Shah. This programme is always supported by members and they wait till the end

17th January A sing along by members present was conducted by Pragnaben Mandalia and Bhadraben Sheth. The participation was excellent and we ran out of time. SORRY

24th January: Quiz programme was organised by Pragnaben Mandalia. This is a new concept to us and hope repeated programmes will create better participation

30th January To commemorate Gandhi Jayanti, Ghandhiji's favourite songs were recited by Ramaben ,Naynaben and Manjuben This was followed by a tribute to Gandhiji by Dr Vinod Kapasi. After lunch, a card game of Whist drive was supervised by Dr Mahendra Vora. However due to pre-booking of the hall, the game/s were played only upto 3.00pm.

This was unavoidable.

We request members to look after themselves as the winter has started and the coming month of February 2013 is forecast as equally cold.

So whenever you go out please wrap warn and eat/drink hot food and above all look after elderly neighbour/s and friends and relatives One phone call a day could suffice and comfort the recipient of your call

Lunch

Celebrating a special birthday, or wedding anniversary! Or in memory of some one dear! Then *Sponsor* a lunch for **£225.00.**

Guest Members:

£5.00 is payable by guests.

New Year & NVK 6th Anniversary

It has become our traditional celebration to have a New Year and our anniversary special music program and special lunch. This time we celebrated the day on 3rd January when almost 280 members and guests attended the program. Music was provided by Kismet Entertainment (Surinder) and enjoyed by all. Special delicious lunch was served and everyone was seated on table during whole of the program.

As per normal practice no announcements are made during such programs. However an exception was made and the secretary of NVK issued the following statement:

“On this joyous occasion I am obliged to make a sad statement and apologize for the same. In our culture, in our religious teachings and in our way of life, woman is given the respect of mother figure, and we worship many “mataji” as a respect to woman. But in today’s India it is sad to note that girls are killed on birth or even before birth, that girls are burnt if the boy’s relatives feel that enough dowry was not brought by the girl, wives are beaten by husbands and her in-laws as a routine and above all a woman does not feel secure in India whether it is village, town or a big city and cases of rape and attacks on women are on the increase. The recent case of brutal rape of a girl in Delhi, and her subsequent death from the injuries has brought awakening in India.

We as Indians should encourage this awakening. I ask everyone to stand in one minute silence as respect for the deceased victim of this horrendous crime.”

Survey

Recently we carried out a survey. 62 members took part in the survey. All the boxes generally are ticked as “very good” or “good” (with one or two exceptions) **except** in quality of lunch or quantity of lunch where most put it as “fair” or “poor” or comments like need improving.

Below are some of the comments written :

- Yoga quality is good but too long – too tired to stay for afternoon activity. (Most members enjoy 1 ½ hours or even 2 hours of yoga)
- Announcements should be short. – and only pertaining to coming fortnight activities.
- Prayers should be short and neutral – not only Jain.
- Quality & quantity of lunch is good – can be made simpler.
- Most of us have email – do we need newsletter? (Only few copies are printed for those who do not have email – rest are sent by email.)
- During summer organise more outdoor activity like walk along River Thames or picnic in the park. This can be arranged at short notice – using public transport and everyone bring their own food.
- How about a program where a person can tell us their bad or good experience in life.
- Prayers are too long.
- How about increasing duration of variety programs.
- Introduce more playing cards activity.
- Too much talking during programs – we need more discipline.
- We should have dinner in the evening once a year.
- Wonderful & happy to belong to NVK.
- Eating place so small – we need more tables.
- Healthy food would be appreciated.