



**The Queen's Award
for Voluntary Service**

Navjivan Vadil Kendra

RECIPIENT: QUEEN'S AWARD FOR VOLUNTARY SERVICES 2015

Registered Charity No. 1121930

Newsletter: Issue 10. Vol-1 (January, 2016)

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

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



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.

Wish All Our Members a Very Happy 2016
May you ALL have Good Health, Lots of Joy and
Happiness in your lives.

SPONSORS & DONATIONS.

1. **CHAAS** - for the month of December from Ansuya Bavisha & Kokila Sanghrajka.
2. **LUNCH** – on 17th December was sponsored by Jyotiben Dhirajlal Shah in memory of her late husband Dhirajlal Shah, her late mother Chanchalben, and her birthday.
3. **£51.00** – from Vanlilaben & Sharad Mehta on their wedding anniversary. Our best wishes for many more to come.
4. **£25.00** - from Manorma Chandulal Parekh as her contribution towards NVK first Christmas party.
5. **£51.00** – from Nimaben Kakad on the 74th birthday of her husband Surubhai Kakad. Our best wishes for many more to come.

Programs for December.

- On 10th December we had a full day Health Program (more details on next Page)
- On 17th December we had Bingo.
- On 23rd December we held a Christmas party for grand children of our members and it was a great success. (details on next page)

2016 - Planned Programs.

1. *18 members go the cruise of South America and Antartica at the end of January. We wish them a good journey.*
2. *A Yoga Retreat is planned from 11th July till 16th July. Details and the form will be distributed soon.*

Navjvian Vadil Kendra

We normally hold Anniversary and New Year Party at the beginning January. It was felt that many members go away at this time of the year. Also full day music program with sit down lunch puts a lot of strain on our volunteers and as such it was decided not to have a formal program in the first week of the year when NVK was formed. (5th January).

We complete NINE years on 5th January 2016. We will celebrate our 10th Anniversary in 2017, and the committee feels members deserve a grand celebration on 10th Anniversary. The committee will be considering proposals during the year.

Health Seminar on 10th December.

We are lucky to have a medical person on our committee who every year arranges a few health and medical programs which benefit and interest our members and impart lot of information. Dr Pragnaben Mandalia has been on the committee for several years and she has arranged some interesting and informative programs.

In 2014 we had walking program where many members took part and we also got a small grant for the same. Now we have about 30 members doing regular walking on Thursday before start of yoga.

On 10th December Dr Ameet Bakhai who gave a wonderful talk on "How to deal with diagnosis of heart failure". It was an interactive talk with members being involved in the subject. Unfortunately Dr Ameet Bakhai had an urgent call and he had to go early. He is a very dedicated doctor and a

wonderful speaker. Our members always enjoy his talks. While we will invite him again in future he is so busy in his job that he finds it difficult to come on a Thursday.

Varshaben Dodhiia talked about "Mental Well Bring in Old Age." Members were given an opportunity to ask questions in a after lunch session.

Join the Walking Group.

For over a year a walking group has been formed. Every Thursday members of the group come at around 10.00 and do half an hour of walking. Walking is good for health and when walking is done in group with people one knows then it becomes more interesting. **Why do you not join the walking group?** Contact Pragnaben or Ellaben for more details.

First Ever Xmas Party at NVK.

On Wednesday 23rd December **first ever** Xmas party at NVK was organised. The party was arranged for grand children of our members. When the idea was proposed it was assumed that about ten grand children might attend. But we were surprised when 57 names of grand children were enrolled before the party (and many others were disappointed as they were late in putting down their names).

It was decided to have the party after the usual morning yoga. Pizza, cakes and drinks were ordered for the children and they were served lunch before the lunch for members was served. When the caterer found out about this party he sent shikhand for lunch which was enjoyed by all the grand-parents.

Bharti and Kanesh Gandhi were kindly offered to give presents to all the children. Presents were packed nicely in Xmas paper, put in wonderful shiny bags, and each bag had name of the child who was getting the present. Great care was taken that the present was suitable for the child who was getting it. Presents were donated in memory of the late parents of Bharti Gandhi and Kanesh Gandhi. This was a wonderful gesture and greatly appreciated by all. We would like to take this opportunity to thank **Bharti & Kanesh Gandhi** for this wonderful gesture.

While our members were having lunch all the children were entertained by Dr Uday Mandalia and his wife in the other hall. After lunch all the children came to the hall where some of them gave a presentation of their individual talent such as singing, telling jokes or a story or playing musical instrument. Later ice cream was served to all the children and members. Even at this time of the year and in the rainy and cold weather the presence of over 210 people was very encouraging and surprising.

With the success of this party we will have to plan and think harder for holding such a party in years to come. Efforts of all volunteers and organisers and donors, and participation of so many children, made this a very successful party – **and perhaps made it into an annual event.**