



Navjivan Vadil Kendra

RECIPIENT: QUEEN'S AWARD FOR VOLUNTARY SERVICES 2015

Registered Charity No. 1121930

Newsletter: Issue 11 Vol-3 (March 2016)

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



www.nvk.org.uk

Honorary Patrons

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Chiman Sheth

Entertainment

Jasuben Sheth

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 February was sponsored by Induben and Sobhagbhai Zaverchand Shah. Many thanks to them from Kendra.

* **£51** from Dinker Kothari on the occasion of his wife – Kumudben who celebrated her birthday in January. Our Congratulations and Best Wishes to her and pray that she enjoys many more birthdays.

***On 11th February** 'Dhosana Ladoo' at lunch time was sponsored by Manjulaben Chandrakant Shah in memory of her late husband Chandrakant Dharamshi Shah's **16th 'Tithi'** and also the **10th 'Tithi'** of her younger sister Tinakumari Bharat Shah daughter in law of Manjulaben Gulabchand. May their souls rest in eternal peace. They also sponsored homemade biscuits at tea time. Many thanks to both the Manjulaben and the Ladoos and biscuits were very delicious and everyone enjoyed them.

***On 18th February £25** from Urmilaben and Dharendra Sanghrajka on the occasion of their wedding anniversary. Kendra's thanks and heartiest congratulations to them and pray that they enjoy many more anniversaries.

* **£51** from Dr. Vinodbhai Kapashi on the occasion of Sudhaben's birthday, which was on **14th February**. Kendra's thanks and heartiest congratulations to Sudhaben and pray that she enjoy many more birthdays to come.

PROGRAMS IN February

4th February: After lunch a different kind of Antakshri was played which was conducted by Vinodbhai Kapashi. Everyone enjoyed it.

11th February: We celebrated Valentine's Day by inviting 7 couples to participate in taking the vows for their time together. Again it was devised and conducted by Vinodbhai Kapashi.

18th February: We played Whist Drive and everyone enjoyed playing. Highest and lowest scores winners were given Presents which were kindly donated by Rasilaben Prabhudas Shah. Our thanks to them.

25th February

After lunch we played a special "Antakshri and Memory Quiz" organised by Dr. Vinodbhai Kapashi was played by 2 teams and every-

one enjoyed it. Thanks to Vinodbhai Kapashi for organising it. The present given to winning team was donated by Rasilaben Prabhudas Shah.

WELCOME

We welcome back all members who had gone on the South America and Antarctica cruise. The trip was highly successful and here is the **Report** from Jayantibhai Doshi who organised the trip.

*18 members (10 from London, 2 from India and 6 from Canada) went on this cruise. We booked a coach and got services of a guide in Santiago and Buenos Aires which gave us a chance to do sightseeing in those places. Fears were raised that sea will be rough, it will be very cold and that sea sickness will be an issue but luckily no such problems arose and all members had a pleasant and enjoyable trip. To go to Antarctica is a once in a life time opportunity. Jayant Doshi will be writing a report on the trip and photos will be circulated in due course. Also some photos and videos will be shown at our Thursday gathering. The long flights from and to South America went quite well when there were fears that they will be tiring and exhausting. We as a group met every evening and we had some wonderful singers in our group who entertained all. We also managed to do ras garba and dandia during our cruise.

UP COMING EVENTS

3rd March, we will have an interesting discussion programme on the topic of “**TAMARA MAT PRAMANE IDEAL COUPLE KONE KEHEVAY**”.

10th March, We will celebrate Mothers Day.

17th March, there will be a talk on vegetarianism.

YOGA RETREAT

Kendra has arranged a Yoga Retreat from Mon -11th to Sat -16th July at the Pastoral Centre, Fareham, Hampshire (www.parkplacecentre.org.uk.) Guests are welcome. Only a limited number of places are left. Please inquire at the front desk with Punam Patwa.

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 o'clock for a half an hour walk. Walking in group helps to socialise combined with Physical and Mental wellbeing. Contact Pragnaben or Ellaben for more details.

MANY THANKS

On behalf of the Kendra the committee would like to thank and congratulate the members and their family for sharing their special occasions with us and by giving a very generous donations to the Kendra. We wish everyone best wishes on whatever they are celebrating and a happy future.

Thanks to Mr Ashwin Sheth and his wife for inviting our members at Annual Gathering of Lions Club which was held on Sunday 28th February 2016 at Byron Hall Harrow Leisure Centre. This was coordinated at our end by Mr Subash Shah and attended by ten of our members and they all thoroughly enjoyed this event

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.