



The Queen's Award

Navjivan Vadil Kendra

RECIPIENT: QUEEN'S AWARD FOR VOLUNTARY SERVICES 2015

Registered Charity No. 1121930

Newsletter: Issue 25 Vol-5 (MAY 2022)

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

For Photos click on: www.nvk.org.uk/galleries/all



www.nvk.org.uk

Honorary

Patrons

Manick Choraria
Pranlal V Parekh

President

Vinod Parekh
020 8907 1331

Vice President

Vinod Kapashi

Secretary

Jayant U Doshi
16 Haywood

Close

Pinner

HA5 3LQ

020 8954 1859

Joint Secretary

Purnima Mehta

Treasurer

Punam Patwa
020 8958 2714

Jt Treasurer

Kishor Doshi

P.R.O.

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Chiman Sheth

Entertainment

Vinod Kapashi

Committee

Ella Shah

Dr Mahendra

Vora

B.T. Shah

Hasmukh Parekh

Kusum Punater

Harendra

Meswani

Hasu Mandalia

Lunch

Celebrating a special birthday, or wedding anniversary? Or in memory of someone dear?

Then *Sponsor* a lunch for **£350.00**.
5 guests allowed.

Special lunch for **£750.00**

Guest Fee £10.00

🙏 **JAI JINENDRA & JAI SHREE KRISHNA** 🙏

Dear Vadil Members

Welcome to MAY Newsletter. Hope everybody is keeping well and looking after themselves.

PROGRAMMES IN APRIL:

07/04: Morning Yoga was conducted by Manishaben. 64 devices were registered. In the afternoon we had invited Dr. Ajit Shah to give a talk on Covid 19.

Dr Ajit, explained about covid and how it has affected the whole world. After more than 2 years the virus has slowed down but still on the rise in many countries.

Being fully vaccinated helps, and this will become like a normal vaccination annually. His advice was for us, especially the elderly to be careful and wear mask and keep ourselves and others safe. It was a very informative talk, and he answered many questions asked by our members. Kendra's thanks to Dr. Ajitbhai for giving us this talk. 70 devices were registered.

14/04: Morning yoga was conducted by Jayeshbhai Shah 38 devices were registered.

21/04: Morning yoga was conducted by Manishaben, 54 devices were registered.

28/04: Morning yoga was conducted by Manishaben, 56 devices were registered. In the afternoon we had invited Dr Anil Sharma to deliver a talk on Yogic Neuro Therapy which helps in activating your IMMUNE SYSTEM. Dr. Anil Sharma explained about the meaning of Yogic: Yogic comes from Yoga/ Yoga: posture. Yogic: by doing pressure points on our organs, nerves and glands therapy. Sometimes we don't need regular medicines, it works with certain yoga positions with pressure points. Our blood circulates with message, bend down, do exercise etc.

It was again a very informative talk, he also answered the questions from members. Kendra's thanks to him for giving his valuable time. 46 devices were registered.

Opening of Kendra: As you all know by now that we are opening the Kendra from 5th May. We look forward to seeing our members again and enjoying our activities. Please follow the guidelines we have set to keep everybody safe.

Membership Fees: All the past members are requested to bring £50 for this year's membership fees. If you are paying by cheque, please write Navjivan Vadil Kendra in full, as the Banks requirement.

SAD NEWS: We convey our deepest condolences to Dhirubhai Galani and his family on the sad loss of his beloved wife, Indiraben Galani age 74 on 29/04/2022. We pray to god that her soul rests in peace, and give strength to his family to grieve in this difficult times.



LATE INDUMATI DHIRENDRA GALANI

🙏 RIP 🙏

We convey our deepest condolences to Jyotiben Patwa and her family on the sad loss of her beloved husband, Punambhai Patwa, age 84 on 2/05/22. We pray to god that his soul rests in peace, and give strength to his family to grieve in this difficult times. Punambhai was Kendra's Treasurer since 2013, and he was a very friendly and warm hearted person. He will be sadly missed by the Kendra and everyone who knew him.



LATE PUNAMBHAI M PATWA

🙏 RIP 🙏