



# Navjivan Vadil Kendra

RECIPIENT: QUEEN'S AWARD FOR VOLUNTARY SERVICES 2015

Registered Charity No. 1121930

[ NEWSLETTER ISSUE 02 VOL 28- FEBRUARY 2025 ]

FOR PHOTOS PLEASE CLICK; [www.NVK.ORG.UK](http://www.NVK.ORG.UK)



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**

## Honorary Patrons

Late Manick Choraria  
Late Pranlal V Parekh  
Jayant U Doshi  
Baburai T Shah

## President

Vinod Parekh

## Vice President

Vinod Kapashi

## Secretary

Purnima Mehta

E-mail:

[nvkendra@gmail.com](mailto:nvkendra@gmail.com)

## Joint Secretary

Mahendra Vora

## Treasurer

Jayesh Shah

## Joint Treasurer

Kishor Doshi

## Webmaster

Chiman Sheth

## Entertainment

Vinod Kapashi

Kusum Punater

## Committee

Ella Shah

Hasmukh Parekh

Hasu Mandalia

Karsan Bhudia

Pradip Patel

Prful Shah

Shirish Mithani

## Lunch

Celebrating a special birthday, or wedding anniversary? Or in memory of someone dear? Then *Sponsor* a lunch for **£750.00**. 5 guests allowed.  
Special lunch for **£1500.00** 5 guests.  
Guest Fee **£10.00**



🙏 JAI JINENDRA & JAI SHREE KRISHNA 🙏

Dear Vadil Members,

Welcome to February Newsletter, hope all of you had a good start in the New Year. We are now in to 2<sup>nd</sup> month of 2025, so let's leave behind the past and embrace the opportunities ahead.

Life is a journey and every New Year is a chance to take the next step towards your dreams.

Wishing you all a fulfilling, healthy and peaceful 2025.

The weather has become very cold, so please wrap up warm and be careful when you go out.

**DONATIONS:** CHASS for the month of January was sponsored by Krishnaben Kirtibhai Mehta.

**02/01:** \*£21 from an Anonymous Donor.

**09/0:** \*Packets of Biscuits from Mradulaben Gulab Shah.

**23/01:** £101 from Nitinbhai and Kiranben Patel on the occasion of their 50<sup>th</sup> Wedding anniversary on 18\01. Also in celebration of Nitinbhai's birthday was on 25\01.

**30/01:** £51 from Jyotiben Patwa on the occasion of the 1<sup>st</sup> birthday of her grandson, Dhani, which was on 25\01.

**Kendra's heartiest thanks to all the above DONORS for their kind generosity for sharing their special occasions with us and our best wishes to them.**

## **PROGRAMMES IN DECEMER:**

**02/01:** In the morning we had yoga by Manishaben, in the afternoon event we had arranged to sing welcome New Year songs combined with celebrating 100<sup>th</sup> year of famous Bollywood star Late Raj Kapoor's songs. Prfulbhai Shah compared this assisted by Meenaben Shah and members took part enthusiastically. In one song Meenaben sang a few lines of the famous "Mera Joota he Japani" and Prabhulal Shah enacted the role of Raj Kapoor with the stick and tattered clothes on his shoulder. Members clapped for his performance. All enjoyed and joined in.

As there was some time left after all the songs were recited, and as NVK were celebrating 18<sup>th</sup> Anniversary on 5<sup>th</sup> January, members were informed about how our organisation – NVK was formed and that we were proud of the two initial organisers – Jayantbhai U Doshi and Babubhai T Shah were still our members and were present in the audience.

Everyone enjoyed the programme. All participants were thanked for taking part in the programme.

**09/01:** In the morning we had yoga by Manishaben, in the afternoon as Dr Kapashi was back, we continued with celebrations of our 17<sup>th</sup> anniversary of NVK and Bollywood actor Raj Kapoor's 100<sup>th</sup> anniversary.

**16/01:** We had yoga by Manishaben in the morning, in the afternoon we had

## ઉત્તરાયણ પર્વની ઉજવણી.

We celebrated the festival of Uttarayan by reciting Stories relating to and the Importance of Uttarayan festival. The importance of kite flying. Our members sang songs from old films relating to this festival. Dr Kapashi and Sudhaben had brought Sesame bites for everyone as per festivals custom, which was given to all during lunch time. All enjoyed taking part in singing.

**23/01:** In the morning we had yoga by Manishaben and in the afternoon we had an unique talk on Santharo, (Santharo is a kind of Vidhi (ritual) where someone voluntarily invites death. In Jain religion a person can take Santharo in certain circumstances: Terminal illness, fragility due to very old age, immense pressure from other cruel people or total helplessness because of some difficulties. Santharo can be taken after receiving permission from a Guru or elders, However a person taking Santharo forgives all living beings and begs forgiveness from all. He/she gradually cuts off all ties from relatives and friends. Also gives up taking food, medicine etc and after a certain period gives up water too. This way he/she dies in a state of bliss. The difference between suicide and Santharo is that suicide is committed due to worldly passions like extreme anger, greed, jealousy etc and person decides to die with such feelings where their state of mind is never peaceful, where as a person taking Santharo dies in a blissful state.

One of our member Sunitaben Mehta has started the ritual of Santharo and 23<sup>rd</sup> January was her 16<sup>th</sup> day without any medication and food. She was taking very little water. Her state of mind can be described as pleasant. All those who were present on 23<sup>rd</sup> at NVK gathering prayed for her and wished her a blissful Santharo. Dr. Kapashi explained the religious significance and answered members' questions. It was very educational talk and something new for their knowledge.

**30/01:** The afternoon programme started with Dr. Vinodbhai Kapashi welcoming all on this special occasion of the celebration of India's Republic Day with colourful saris and some dressed in India's 'Triranga' flag colours. He also gave a brief introduction with the background music of 'Vande Matram'

Then a procession from the main gate started with members joining and waving 'Triranga' flags with the music of India's National Anthem. After parading through the hall, they came to the stage and all sang together the National Anthem. Members joined in applauding and clapping. After the procession members came and sang patriotic songs.

Then we also celebrated India's Rashtrapati Mahatma Gandhi, who was assassinated on 30<sup>th</sup> January 1948, by singing songs and Bhajans or pay homage to our Gandhi Bapu. The Programme was enjoyed by all.

### **Achievement:**

Our member Nitinbhai Patel Who is also a member of London Platinum Jubilee Lions Club has been awarded the highest honour by Lions International, the Melvin Jones Fellowship Award, for his invaluable contribution to those people in need through London Platinum Jubilee Lions Club.

Many congratulations from NVK to Nitinbhai on this achievement.