



Navjivan Vadil Kendra

RECIPIENT: QUEEN'S AWARD FOR VOLUNTARY SERVICES 2015

Registered Charity No. 1121930

[NEWSLETTER ISSUE 01 VOL 27- January 2025]

FOR PHOTOS PLEASE CLICK; 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

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nvkendra@gmail.com

Joint Secretary

Mahendra Vora

Treasurer

Jayesh Shah

Jt Treasurer

Kishor Doshi

Webmaster

Chiman Sheth

Entertainment

Vinod Kapashi

Kusum Punater

Committee

Ella Shah

Hasmukh Parekh

Hasu Mandalia

Karsan Bhudia

Pradip Patel

Praful 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 January 2025 Newsletter, hope all of you had enjoyed Christmas celebrations with your family and friends. The weather has become very cold, so please wrap up warm and be careful when you go out.

CHRISTMAS MESSAGE

It gives me great pleasure to wish you **ALL NVK MEMBERS** Merry Christmas and Happy New Year.

May this Christmas bring endless joy, cherished moments and peace & good health.

May this holiday season sprinkle your life with magic and make all your dreams come true.

Let's begin 2025 with a new approach and goodwill among all the members.

Regards.

Vinod Parekh

President

Navjivan Vadil Kendra

DONATIONS: CHASS for the month December was sponsored by: Hansaben Mandalia in memory of her husband late Surendrabhai Mandalia.

05/12: £101 from Jayantbhai and Ramaben Doshi on the occasion of their 59th wedding Anniversary which was on 23 December.

£101 from Madhulata Vibhakar who celebrated her 90th Birthday.

Respecting here wishes there was no shawl bestowing ceremony for Madhulata Vibhakar

Neetaben Chotai donated 4 tins of chocolates which were served at lunchtime on the occasion of her birthday on 8 December.

Kumudbhai and Bhartiben Mehta donated 2 tins of Biscuits.

19/12: Lunch was sponsored by Jyotiben Shah to celebrate her 80th birthday.

Krishnaben and Kirtibhai Mehta served cakes at lunchtime to celebrate Christmas

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 DECEMBER:

05/12: In the morning we had yoga by Manishaben, in the afternoon event we played Antakshri. Kusumben Punater and Prafulbhai Shah compared the Antakshri and members took part enthusiastically. All enjoyed and joined in.

12/12: Morning yoga was conducted by Manishaben, in the afternoon programme: we had our third Medical Seminar on Dementia/ Alzheimer by Dr. Abhishek Shashtri a Consultant Psychiatrist from Brent Memory Clinic. Kusumben Punater welcomed and introduced the team and informed members that many people are suffering in silence as they do not want to talk to anyone about their medical problems. This talk on Dementia was very informative on health awareness. Dr. Shashtri, with the aid of Projector and Slides gave a detailed talk on what Dementia is and its early signs of the symptoms and how to take action with GP. There was a complete silence and many members had stayed behind to take part in this very informative and educative talk. There was a Question and Answer session and some members took part. One member even narrated her own experience with how she dealt with her own situation.

After Dr. Shashtri's talk, there was a brief information by Debbie from the Dementia Hubs Project Brent on how to get support on Dementia with their experienced team if anyone needed it (they won the award for Brent Social Care in 2023)

The programme was thoroughly enjoyed by all present. A Vote of Thanks by Prafulbhai Shah on behalf of NVK and the Programme Committee was given to Dr. Shashtri, Debbie and also to Nazia Ali and her team from Brent Health Awareness.

President- Vinod Parekh spoke a few words on how such medical programmes are helping our membership.

19/12: Morning yoga was conducted by Manishaben, for the afternoon we had invited a group of Carol singers from The PCC of the Ecclesiastical Parish of St John the Baptist, Greenhill, Harrow to entertain us with singing Christmas Carols. The programme started around 2.15pm. Ellaben welcomed and introduced the group to the members, which was led by Doris and her 8 choir singers and Rev. Ajay with his team of 4 from his church. Doris and her group sang 4 carols, which were loved by our members and many joined in singing, clapping and dancing.

Then Rev Ajay playing on the Keyboard and his team members sang carols and 2 in Hindi and 1 in Gujarati as well. Everyone enjoyed them by singing and dancing together with them and the feel of festive period was very visible. As time was running out we had to stop it and all the group were thanked by President Vinodbhai Parekh for accepting our invitation for the fourth time to come to us. He also presented a small token of appreciation from the Kendra. Doris and Rev. Ajay said a few words by thanking the Kendra's hospitality to them, and how all of them look forward to visiting us, and also they all enjoy our food. Overall, it was a wonderful day for our members to say goodbye to 2024.

Dr. Shashtri and Debbie showing the slides.

