



# Navjivan Vadil Kendra

RECIPIENT: QUEEN'S AWARD FOR VOLUNTARY SERVICES 2015

Registered Charity No. 1121930

[ NEWSLETTER ISSUE 03 VOL 28 MARCH 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

Karsan Bhudia

Pradip Patel

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 March Newsletter, and wish all our members are keeping well. Many members are still away on holiday.

As Spring is approaching soon, we will start having some warm weather.

### **CORRECTION      CORRECTION      CORRECTION** \*\*\*\*\*IMPORTANT NEWS\*\*\*\*\*

We are sorry to inform the membership that 2 Executive Committee members have resigned from the EC. Prafulbhai Shah resigned on 10 February and Hasubhai Mandalia resigned on 14 February.

The Committee met on Wednesday 19 February and have unanimously accepted their resignations.

The committee appreciates their illustrious and hardworking contributions to NVK while serving as Executive Committee members and wishes them the best for the future.

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

**06/02:** \*A gift of pocket size Vaseline tubs for all the members were **donated** by Ushaben Lakhani.

\*£51 from Bhartiben Malkan on the occasion of her birthday.

\*£21 from Bhavikaben Patel, who is a carer to one of our member, in memory of her late father who recently passed away in India.

\*Packets of biscuits from: Ranjanben Sheth, Bhartiben Malkan, Bhavika Patel and Vasantbhai & Kalaben Malde.

**13/02:** \*£51 from Vinodbhai Kapashi on the occasion of his wife Sudhaben's birthday on 14/02.

\*£80 from Naynaben J. Shah on the occasion of her husband Jayeshbhai's 80<sup>th</sup> birthday on 12/02.

\*£25 from Bhartiben Mehta on the occasion of her husband Kumudbhai's birthday on 9/02.

\*Packets of biscuits from Kantaben Vinodrai Shah and Madhuben Gulab Shah.

**20/02:** \*Packets of biscuits from Kundanben Malde in memory of her late husband Jayantilal N. Malde's 14<sup>th</sup> tithi.

**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 FEBRUARY:**

**06/02:** In the morning we had yoga by Manishaben, in the afternoon we had an interactive session on random general knowledge questions. Some members shared their life experiences and answered questions asked by Dr. Kapashi.

**13/02:** In the morning we had yoga by Manishaben, in afternoon we celebrated valentine's day. To start with we chose one couple and asked husband and wife to come forward separately. Mr Kishorebhai Lakhani and Mrs Sarojben Lakhani came forward to answer the questions. First Sarojben was asked the questions about their family routine and habits. Then Kishorebhai was asked the same questions and we are glad to report that most of the answers matched perfectly well. Congratulations.

After this, a few of our members sang songs from the Bollywood films. One or two members spoke about Valentine day. The programme was enjoyed by all those who remained present.

**20/02:** In the morning we had a session of Tai Chi by Marlene, as our yoga teacher Manishaben is away for few weeks. In the afternoon we had a talk on Blood Pressure and Mrs Purvi Shah, a Pharmacist was our guest of the day. She has two pharmacy outlets; one in Belmont circle and another one in Colindale. She is very helpful in all aspects of medications. She advises and guides customers/patients as per their needs. Purviben came with Mr Chirag Shah and two other colleagues. Programme started at 2.15 pm. Her colleagues were busy measuring peoples' blood pressure and offering general advice to them. Purviben spoke about all aspects related to Blood Pressure. She talked in Gujarati and English and advised everybody. There were quite a few questions about the medication and side effects etc. Our members were very happy and appreciative of the presentation of slide show by Purviben. Programme finished at 3.20 pm.

**27/02:** In the morning we had Zumba by Nitaben Hirani, in the afternoon we celebrated Maha Shiv Ratri. First, Vinodbhai Kapashi explained about the Maha Kumbh Mela which was held in India. He provided information about the history of the Mela, planetary alignment and how the Mela is being organised by the authorities in India. Our committee member Mr Pradip Patel had visited the site of this great mela recently. He described his journey and experiences over there, which was very interesting. After that Vinodbhai explained about the importance of Maha Shiv Ratri, which was celebrated on 26th February everywhere. Few participants filled the atmosphere with divine vibrations while singing beautiful hymns and poems in praise of Lord Shiva. This session was enjoyed by all and there was a lot to learn.

### SAD NEWS

We convey our deepest condolences to late family on the sad demise of our member late Indrakant Jayantilal Bakhai, age 87 on 12/02/25. We pray to GOD that his soul rests in peace, and give strength to his family to grieve in this difficult times. Indrakantbhai was one of the founder member of Navjivan Vadil Kendra and was an executive committee member for a long time.



ॐ Om Shanti, Shanti, Shanti ॐ