



Navjivan Vadil Kendra

RECIPIENT: QUEEN'S AWARD FOR VOLUNTARY SERVICES 2015

Registered Charity No. 1121930

[NEWSLETTER ISSUE 05 VOL 29- MAY 2026]

FOR PHOTOS PLEASECLICK: <https://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 Pranal V Parekh

Jayant U Doshi

Baburai T Shah

President

Vinod Parekh

Vice President

Vinod Kapashi

Secretary

Purnima Mehta

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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 standard lunch for **£551.00**. 5 guests allowed.

Special lunch for **£1500.00** 5 guests.

Guest Fee **£10.00**

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

Dear Vadil Members,

Welcome to MAY Newsletter, and wish all our members are keeping well. Our summer has arrived and hope all of you are looking forward to see warmer weather.

DONATIONS: 07/05: CHASS for the month of May was sponsored by an anonymous Donor.

*Packets of Biscuits from Madhuben Gulab Shah.

21/05: *£50 from Laxmiben Meghani on the occasion of her son Sanjay's 50th Birthday and her husband Devji's birthday. Both birthdays on 22 May 2026.

*£200 from an anonymous, ex member, on the occasion of Purushottam Maas (Adhik maas).

*£101 from a visiting guest who remains anonymous.

*£20 from another visiting guest who remains anonymous.

28//05: *£51 from Rashmikanth & Naynaben Patel on the occasion of their 53rd Wedding Anniversary on 24th May.

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 APRIL:

07/05: In the morning yoga was conducted by Manisha, in the afternoon we had arranged a visit from Mr. Nachiket Gandhi who runs Dunstable Mobility Shop in Dunstable. He brought various equipment, health aid tools and gadgets which were useful for senior citizens and especially for people with disabilities. He demonstrated this products and how they help to live a normal life with their help. This session was very interesting and useful

for our members which can make their life easier. Our thanks to Nachiketbhai for coming to the Kendra and bringing many equipment.

14/05: In the morning yoga was conducted by Manishaben, in the afternoon we had invited representatives from Metropolitan Police to give us a talk on knife crime and fraud prevention. Mr. Jitendra Singh Solanki from the Police department and one lady officer came to enlighten us on a few important aspects of crime. Mr. Solanki's talk was

very interesting, informative and useful for the senior citizens. He advised us on how to guard our assets and what sort of Passwords we should use. Ms Indie asked people to register their names for MET-ENGAGE NEWS PORTAL. This portal keeps us informed about the local activities in our area. Kendra's thanks to both of them to give this talk.

21/05: In the morning we had yoga by Manishaben, in the afternoon we had sponsored music programme of Bhajans, kindly sponsored by Ramanbhai & Kantaben Mehta. As it was Purushottam Maas (Adhik Mass) considered an auspicious month in Hindu Calendar, Aarti and Thaal ceremonies were also performed. Decoration and Bhagvan Purushottam's Sthapna were done in the hall and many members had brought Prasad which was served during the lunch time. Members were full of enthusiasm and joy. Mr & Mrs Kanabar sang some beautiful Bhajans, and our members took part with full devotions. Kendra's thank you to all the volunteers who did the religious decorations, and brought Prasad. Also thanks to Kantaben & Ramanbhai for sponsoring today's Bojan and Bhajan programme.

28/05: In the morning yoga was conducted by Manishaben, in the afternoon we had decided to recite and explain the 15th Adhyay of the Bhagvad Gita. Vinodbhai Kapashi explained the background of this chapter and the deep significance of this Adhyay during the Purushottam Maas. The whole Aadhyaya teaches us the importance of the basic values in our life, whilst narrating the deeper meaning behind the terms like Kshar Purush, Akshar Purush and the Paramatma. Vinodbhai explained it with some slides. Our members who were present during this session liked it very much and requested for more sessions like this.

SAD NEWS:

We convey our deepest condolences to the Shah family on the sad demise of late Manjulaben Shah, aged 89 years on 25th May 2026. She was a long standing member of Navjivan Vadil Kendra and regularly attended with her carer. Her last attendance was on 21st May and looked very happy. She will be remembered for her kindness, gentle nature, We pray to GOD that her soul rests in peace, and give strength to her family to grieve in this difficult times.



OM SHANTI OM SHANTI

