



Navjivan Vadil Kendra

RECIPIENT: QUEEN'S AWARD FOR VOLUNTARY SERVICES 2015

Registered Charity No. 1121930

[NEWSLETTER ISSUE 05 VOL 28 MAY 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

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 May Newsletter, and wish all our members are keeping well. Many members are still away on holiday. Welcome to the month of Spring, and see flowers sprouting in our gardens.

DONATIONS: CHASS for the month of APRIL were sponsored by Seju and Priti Shah in memory of their late mother Mrs Shardaben Shah. & *Jyotiben Hiralal Gandhi

03/04: *£25 from a well-wisher.

10/04: *Mrs. Pushpaben Patel donated a bottle of special tea masala for teatime. Many thanks to Pushpaben Patel.

*One packet of various biscuits donated by Mrs. Ranjanben *Sheth.

*£101 from Ramanbhai R Mehta who is celebrating his 90th birthday on the 19th of April. Our heartiest **congratulations** from NVK. Many thanks to Ramanbhai Mehta.

*£101 from Mrs. Dayaben Mansukhlal Shah who celebrated her 90th birthday a few weeks ago. Many thanks to Dayaben Shah.

*£201 from Shobagbhai L Bharmal (non-member), brother of our member Vanitaben Shantilal Shah in memory of their mother Late Rupaben Lakmashi Shah. Many thanks to Vanitaben and her brother Shobagbhai.

17/04: *70 from Radhaben Pindoria on her 70th Birthday on 10/04.

*£50 from Suryakantbhai Mehta for his Birthday On 10/04.

*£50 from a well-wisher.

*Biscuit packets from Sushilaben J Shah.

22/04: *£21 Khushi Bhet from an anonymous well-wisher.

*Packets of biscuits from Madhuben Gulabbhai Shah.

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:

03/04: In the morning we had yoga by Bhavnaben, in afternoon Dr. Vora our own member and our assistant secretary, demonstrated how to conduct CPR on someone if someone

suddenly faints or has a breathing problem. It was a very interesting and useful demonstration with many members coming forward to be trained on dummies. This is an important skill that could save someone's life in an emergency. Thank you to Dr Pragnaben Mandalia and Dhirubhai Galani who assisted in the delivery of this event.

10/04: In the morning we had yoga by Manishaben, in the afternoon we celebrated RAM NAVMI and MAHAVIR JAYANTI. Dr. Kapashi gave a brief description on both the

festivals and then some of our members participated in singing and a short play was performed by some members.

Vijayshri Rajput

Meenaben Shah

Pamiben

Naynaben Shah

Purnima Meswani

Ushaben Sheth

Four of our members took part in a very short play on Ramayana. This was written and directed by Sudha Kapashi.

Lalit Mehta as Bhagvan Ram

Surendra Shah as Bharat

Sudha Kapashi as Kaikeyi

Maya Parikh as Manthra

17/04: In the morning we had Zumba by Nitaben Hirani, in the afternoon we had invited the Brent Health Care team. This time the subject of discussion and presentation was "chronic health issues on pain and musculoskeletal issues" Ms Babita Ganglani, a physiotherapist explained various problems and answered questions from our members.

22/04: In the morning we had a Zumba session with Nitaben Hirani, with a lively music. As one of our member Pushpaben's grand daughter had come with her Nitaben called her on stage and put on Nursery Rhymes, with actions and everyone enjoyed dancing with it. In the afternoon we played Bingo, everyone enjoyed playing it.

REMINDER:

Members please make a note in your diaries -Thursday 12 June for our 10th anniversary celebration for receipt of the Queens Award for voluntary services. Details to follow.

SAD NEWS

We convey our deepest condolences to Menaben and family on the sad demise of our member late Anilkumar Trambaklal Shah, age 82 on 07/04/25. We pray to GOD that his soul rests in peace, and give strength to his family to grieve in this difficult times.

Anilbhai was very kind, always smiling, and used to help in serving food at lunch time. Lately due to his health he stopped and attended NVK regularly.



🙏 Om Shanti, Shanti, Shanti 🙏