



Navjivan Vadil Kendra

RECIPIENT: QUEEN'S AWARD FOR VOLUNTARY SERVICES 2015

Registered Charity No. 1121930

[NEWSLETTER ISSUE 08 VOL 28-July 2025]

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 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 JULY Newsletter, and wish all our members are keeping well. As the weather is much warmer now, we see more members attending.

DONATIONS: CHASS for the month of JULY was sponsored by Rasilaben Prabhudasbhai Shah.

03/07: *£251 as 'Khushi Bhet' from Bhupatbhai and Ranjanben Gandhi.

10/07: *£50 from Manjulaben Patwa on the occasion of her birthday, which was on 7 July and her grand-daughter Dishya's 18th birthday also on 7 July.

*£60 from Rasilaben Prabhudas Shah for Chaas donation for the month of July.

*Packets of Biscuits by Jesuben Mehta.

*Packets of sweets donated by Kishorbhai and Bhartiben Kotecha and family. They are delighted to offer all NVK members some sweets to mark the wedding of their 'Bhanej' Milan to Priya Shah.

17/07: *£51 from Ranjanben Sheth on the happy occasion of her grandson Akshil (daughter's son) achieving a First Class honours degree in Economics.

*£101 from Chimanbhai and Ushaben Sheth towards the Little Hampton Day trip on the happy occasion of their grandson Akshil achieving a First Class honours degree in Economics.

*Packets of biscuits from Madhuben Gulab Shah.

*£101 from Dr Shirishbhai Parikh on the occasion of his birthday which was on 9th July.

24/07: *£60 Chaas for the month of September from Taraben Shah in honour of her 80th birthday which is on 25 July.

*£60 Chaas for the month of September from Manjuben Patwa in honour of her husband's Tithi.

*£60 Chaas for the month of October from an anonymous donor.

*£60 Chaas for the month of October from Nimuben Doshi.

*£25 from Jasuben Narrotam Shah as she celebrated her birthday 2 weeks ago.

*£25 from Bharatbhai Parekh in memory of his late wife Ushaben Parekh's birthday.

*£51 from Vinodbhai Kapashi on the occasion of his birthday which was on 23 July.

*Jalebi from Neetaben Chotai. This was served at Lunchtime on the occasion of the birth of a baby girl named Veera to Neetaben's son Hiten and Pooja.

31/07: *£21 from Lalitbhai Mehta on his successful recovery from his knee surgery.

*£25 from Sarojben Savadia on the occasion of her birthday.

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 JULY:

03/07: In the morning yoga was conducted by Manishaben, in the afternoon we had Nisha Hirani, who gave an hours presentation on 'Diet and Nutrition'. This was very interesting and the members were very attentive and enjoyed the information given by Nisha. Nisha explained the benefits of exercise, eating early, eating the right food and the right amount of food. How to train you mind to make lifestyle changes.

10/07: In the morning we had yoga by Manishaben and in the afternoon in the afternoon we played bingo. All enjoyed playing bingo.

17/07: In the morning yoga was conducted by Manishaben, in the afternoon we played Anakshri, hosted by Sudhaben Kapashi.

23/07: NVK had organised a trip to Little Hampton Day Trip which was very successful. Well done to the trip team - Shirishbhai Mithani, Pradipbhai Patel and Kishorbhai Doshi. All on the trip expressed that the food was delicious and they enjoyed the outing and were looked after very well by the organisers. We received very positive feed-back from those who went to Little Hampton.

24/07: In the morning we had yoga by Manishaben, in the afternoon a programme of Jokes and real life hilarious incidents. Many of our members told good jokes and one or two members narrated their funny incidents.

31/07: Morning Yoga was conducted by Manishaben, in the afternoon we all collectively sang some nostalgic and beautiful melodious song. Vinodbhai Kapashi narrated the meanings of some of the songs. All enjoyed the afternoon programme.

PHOTOS FROM LITTLE HAMPTON PICNIC



PRADIPBHAI, KISHORBHAI & SHIRISHBHAI



GROUP

