



Navjivan Vadil Kendra

RECIPIENT: QUEEN'S AWARD FOR VOLUNTARY SERVICES 2015

Registered Charity No. 1121930

[NEWSLETTER ISSUE 10 VOL 28 October 2025]

FOR PHOTOS PLEASECLICK: <https://www.nvk.org.uk/photos>



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

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 October Newsletter, and wish all our members are keeping well.

DONATIONS: CHASS for the month of October was sponsored by Geetaben M Mehta and Madhugauri Sashikant Shah in memory of her late husband Sashikant R. Shah & her son late Umesh Sashikant Shah.

02/10: *£25 from Prabhulal Shah on the occasion of his wife Jayaben Shah's birthday On 2/10.

*Packets of biscuits from Sushilaben Rajnikant Mehta

*Packets of biscuits from Jaswantiben Shah in memory of her husband late Narotambhai Shah and her son late Bhupndrabhai Shah.

09/10:*£101 from Gauri Sheth on the occasion of the marriage of her son Rakesh to Jahnvi on 27 September. On behalf of the Kendra, thank you to Gauri Sheth and Many **congratulations** to Rakesh and Jahnvi.

*£101 from Indiraben Chandrakant Mehta on the occasion of her 75th birthday which she celebrated on 29/09.

*£51 from Kantaben Ramanbhai Mehta on the occasion of her grand-daughter Priyanka's wedding.

*£11 from Nareshbhai Doshi in memory of his late wife Pratibhaben Doshi.

16/10:*£51 from Vanechand (Batuk) Sanghrajka on the occasion of his 91st birthday on 13/10 and in memory of his late wife Binaben Sanghrajka.

*£11 from Nareshbhai Doshi, in memory of his late brother Ashwin Bhai Doshi.

23/10:*A bottle of water and packet of crisps from Seju and Priti Shah, son and daughter in law of late Shardaben Shah who was our member.

£40 FROM DHANVANT DAMANI.

***£35 FROM AN ANONYMOUS DONOR**

***£88 FROM HANSABEN PATANI FOR HER 88TH BIRTHDAY NEXT WEEK**

***£1001 FROM JAYSUKHLAL MEHTA IN LOVING MEMORY OF HIS WIFE LATE BHADRABEN MEHTA**

***£101 FROM KIRTI DESAI ON THE OCCASION OF HIS WIFE HARSHA DESAI'S BIRTHDAY ON 26TH OF OCTOBER**

***£35 FROM KUSUM PUNATER AS KHUSHI BHET FOR DIWALI.**

***5 raffle prizes were anonymously donated for this event.**

***2 Diwali hampers were donated by Lalit and Chandrika Mehta for best dressed male and best dress female traditional wear.**

***Bottle and packet of crisps which we gave in gift bags at the entrance was donated by Seju and Priti Shah, son and daughter in law of late Shardaben Shah, who was our member. Their family has always been a regular donor to NVK.**

30/10:* Anonymous donor donated cans of twinning's sparkling tea. They were given with lunch-one to each member.

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 OCTOBER:

02/10:In the morning yoga was conducted by Manishaben, in the afternoon we had guests who were the office bearers of a well-known Charity of India:- 'Life Global'. This charity does remarkable humanitarian and educational activities in Rajkot and surrounding districts of Gujarat. Many donors of the UK have contributed generously in building new schools in rural areas. Mr Rushikeshbhai Pandya explained their activities and his colleague Meetalben Koticha helped him. Jyotsnaben Shah of Gujarat Samachar accompanied them. Prior to their presentation Vinod Kapashi talked about Dussehra festival and explained the significance of this important festival.

(2ndOctober) was also the birthday of Mahatma Gandhi and Lal Bahadur Shastri. Vinodbhai talked about important Gandhian activities.

09/10: Today we had our Annual General Meeting for the year 2024. There was no Yoga on this day. AGM started at 11.30 am and we had lunch break at about 12.45 pm. We resumed our AGM after lunch at around 2.15 pm. The report of AGM including discussion and advice from the members will be included in the minutes which will be circulated at an appropriate time.

16/10: In the morning, yoga was conducted by Manishaben, in the afternoon we had a programme of quizzes. This time some direct questions were asked to our members who were present in the auditorium. Questions covering general knowledge were given out first. Then a few questions about Bollywood were also asked which proved more interesting. Then towards the end members were asked some questions about the Urdu/Arabic/ Farsi words. These words have become part of our film industry and part of everyday conversation.

23/10 🌸 Our Annual Diwali Damaka Programme.

The President wished all members and guest Happy New Year and welcomed them to our Diwali Damaka 2025 event.

The gates were opened around 10:25 am. Members scanned their cards and entered the hall, in colourful saris, and Indian attires. At the entrance members received Diwali gift bags, which contained a bottle of water, one packet of crisps and Ferrero Roché chocolate. Members were very pleased with the presentation. Slowly more and more members started to come. Our volunteers were at the entrance to check and help members with their sitting arrangements. By around 11am, nearly 200 members had turned up.

At 11:05am, the President welcomed members and guests and requested all to be seated in their places so that Marina and her group can start the programme with religious offering songs. This was followed by Bollywood hit songs which saw the dance floor full of members enjoying the dancing. Out in the foyer committee members were busy sorting out various issues of members coming in. Marina and her group entertained the members with their melody of various songs.

Part 1of the day was stopped at around 12:40 pm so that we can start with announcements and draw winning tickets for the raffle prizes donated.

WINNERS OF THE RAFFLE PRIZES AS FOLLOWS:

*1st prize a cake stand again from Stacey Solomon range donated anonymously and won by Harshaben Desai.

*2nd prize a tea pot from the Stacey Solomon range donated by an anonymous donor and won by Bharati Doshi.

*3rd prize a serving tray from the Stacey Solomon range donated by an anonymous donor and won by Shobhna Shah.

*4th prize was a ladies wristwatch donated by anonymous donor and won by Kundanben Parekh

*5th prize was a men's wrist watch donated by BT Shah and won by Naresh Doshi.

*Diwali hamper for best dressed female was won by Rajniben Damani.

*Diwali Hamper for best dressed male was won by Prabhulal Narsi Shah.

On behalf of the Kendra many congratulations to all the winners, and donors.

The band sang happy birthday song for Hansaben and Harshaben, joined by all.

Lunch was served from around 1 pm. The delicious lunch had 11 variety items plus one sweet paan for all. Members had enjoyed their lunch and praised good taste of food by our caterers Meera's.

Part 2 of the day started with more melodious songs from the group. All members and guests were once again on the floor enjoying the music. The last item was a garba following which the day had come to an end. All those who attended left having thoroughly enjoyed our Diwali Dhamaka event. Over all it went very well as planned, many thanks to all the volunteers and the committee members for their hard work. All photos of the Diwali Dhamaka event has now been uploaded on our website:

<https://www.nvk.org.uk/content/album/nvk23102025diwali-dhamaka?page=13>

30/10: In the morning we had yoga by Manishaben, in the afternoon we had special guests from India- Nirva Ayurvedic Healthcare Hub. They were Dr Shruthi, Dr Abirami and Dr Lalkrishna. Dr Shruthi explained about the common problems in older people. She said that Gut Health is very important and suggested a few very useful natural products which can be used to improve our Gut Health. She also gave tips for Arthritis pain and a few other ailments. She explained what the three Doshas (दोष) are (Vaat, Pitta and Cough = वात, पित्त, कफ) and how the imbalance of these cause problems in our health. Her session was very informative. Another very short lecture was by Dr Abirami who explained about Asana and Pranayama. Due to lack of time she had to cut short. There were many questions and they were answered by our visiting team.

NVK is thankful for their time and presentation. Many members asked us to hold a session from 11 am to 3 pm next time with the lunch break in between.

SAD NEWS:

We convey our deepest condolences to late Vanitaben Rameshbhai Mehta's family on the sad demise of our member late Vanitaben R. Mehta, age 76 on 30/10/25. We pray to GOD that her soul rests in peace, and give strength to her family to grieve in this difficult times. She was member of NVK and regularly attended the Kendra.



🙏 Om Shanti, Shanti, Shanti 🙏