



# Navjivan Vadil Kendra

RECIPIENT: QUEEN'S AWARD FOR VOLUNTARY SERVICES 2015  
Registered Charity No. 1121930



www.nvk.org.uk

Newsletter: Issue 22 Vol-04 (APRIL 2021)

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

For Photos click on: [www.nvk.org.uk/galleries/all](http://www.nvk.org.uk/galleries/all)



**JAI JINENDRA & JAI SHREE KRISHNA**



## Honorary

### Patrons

Manick Choraria  
Pranlal V Parekh

### President

Vinod Parekh  
020 8907 1331

### Vice President

Vinod Kapashi

## Secretary

Jayant U Doshi  
16 Haywood

Close

Pinner

HA5 3LQ

020 8954 1859

## Joint Secretary

Purnima Mehta

## Treasurer

Punam Patwa  
020 8958 2714

## Jt Treasurer

Kishor Doshi

## P.R.O.

Praful G. Shah  
[pgshah42@yahoo.co.uk](mailto:pgshah42@yahoo.co.uk)

## Webmaster

Chiman Sheth

## Entertainment

Vinod Kapashi

## Committee

Ella Shah

Dr Mahendra

Vora

B.T. Shah

Hasmukh Parekh

Kusum Punater

Harendra

Meswani

Hasu Mandalia

## Lunch

Celebrating a special birthday, or wedding anniversary? Or in memory of someone dear?

Then **Sponsor** a lunch for **£350.00**.

5 guests allowed.

Special lunch for **£750.00**

Guest Fee **£7.00**



**Easter is celebrated** by Christians as a joyous holiday because it represents the fulfilment of the prophecies of the Old Testament and the revelation of God's salvific plan for all of humankind. In commemorating the Resurrection of Jesus, **Easter** also celebrates the defeat of death and the hope of salvation.

## Dear Vadil Members

Welcome to March Newsletter. Hope all of you are well. Finally we are on the way out of lockdown step by step.

From 29<sup>th</sup> March 6 people can meet outside, and 2 households as well.

As the weather is improving now, we can see our friends and family, in the park or our gardens. Most of our members have had their 1<sup>st</sup> vaccination, and many will have had their 2<sup>nd</sup> one by now.

Still it's not all over and as our Prime minister is saying, go out and enjoy the fresh air, but be cautious by keeping the two meter distance and wearing face mask.

**Donations: £50 from Manjulaben M. Shah on the loving memory of her late husband Dr. Manmohan, who passed away on January 2021. Our deepest condolences to her and the family. God bless his soul.**

**£51 from Bhartiben Malkan in the loving memory of her late husband, Kantilal Malkan, whose 11<sup>th</sup> Tithi was on 8<sup>th</sup> March. Thank you for her kind donation to the Kendra.**

**£50 from a non-member, Charuben Kakad, all the way from Birmingham, for joining our yoga and afternoon programme every Thursday. A big thank you to her for appreciating our Zoom sessions.**

## **PROGRAMMES IN MARCH:**

**04/03: Morning Yoga was conducted by Manishaben 133 devices were registered.**

In the afternoon we had a talk on Will writing and Power of Attorney, by Shandip Shah. It was a very interesting and knowledgeable talk, and as he spoke in Gujarati, it was very beneficial for our members. His main aim was to explain that it is very important to have a valid Will, stating your wishes clearly that how your estate and assets are to be shared by their children. Also having Power of Attorney, while you are mentally well is very important. So when you die, your children can easily deal with it. Thank you to Shandip Shah for giving this talk virtually. 121 devices were registered.

11/03: Morning yoga was conducted by Manishaben, 113 devices were registered. We celebrated Maha Shiv Raatri in the afternoon. Dr. Kapashi gave a brief description about why it's celebrated in the Indian community all over the world. After the introduction, members and non-members showed their talent, with dancing and singing. It was a very colourful and vibrant entertainment. Well done to all the participants and the Zoom team. 117 devices were registered.

18/03: Morning yoga was conducted by Manishaben, 110 devices were registered. In the afternoon our Guest Speaker was Kantibhai Nagda MBE, from the Sangat Centre. He talked about, how he arrived in UK in 1972 from Uganda, with little possessions and money.

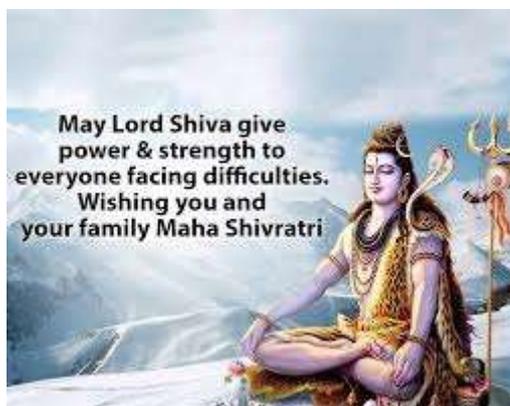
At that time he saw many elderly people from Uganda, suffering due to language barrier and very little money. He saw a need for establishing an advice centre, and opening a day centre for the elderly, where they can go and spend their day by doing some sort of activities. From the demand of needs by the Indian community, Sangat was established in 1982 in Harrow. Since then it has progressed very much. They give advice on, benefits, matrimonial, immigration etc. Kendra's thanks to Kantibhai for giving his valuable time to give this information. 98 devices were registered.

25/03: Morning, Manishaben conducted the Yoga. 115 devices were registered. In the afternoon our Guest Speaker was, Radha Govinda Das from Hare Krishna Mandir. He started the programme by doing Kirtan. He explained about how Krishna came to earth, Bhagvata Gita, Bhagvata Purna and Swami Prabhupada. Also he talked about what is Atma and Parmatma?

Atma: spiritual being, inside your body it's not you but its Atma.

Parmatma: relationship of love, we all are God's shevak in this world.

It was a very enlightening talk, ended by chanting Hare Krishna. Thank you to Radha Govinda Das and his wife Kishoriji for joining us and sharing his experiences. 80 devices were registered.



It is celebrated as an anniversary of Lord Shiva and Goddess Parvati. It is also celebrated as a day when Shiva saved the world from the pot of poison. And also, this day marks when Brahma and Vishnu got involved in an argument about their supremacy. It is celebrated as an Anniversary of Lord Shiva and Goddess Parvati. It is also celebrated as a day when Shiva saved the world from the pot of poison.