



**The Queen's Award
for Voluntary Service**

Navjivan Vadil Kendra

RECIPIENT: QUEEN'S AWARD FOR VOLUNTARY SERVICES 2015

Registered Charity No. 1121930

Newsletter: Issue 11. Vol-10 (October 2016)

Thursday Meetings at: Sattavis Patidar Centre, Forty Avenue, Wembley, Middx HA9 9PE



www.nvk.org.uk

Honorary Patrons

Manick Choraria
Pranlal V Parekh

President

Baburai T. Shah
020 8440 9968

Vice President

Vinod Parekh
020 8537 5592

Secretary

Jayant U Doshi
32 Adelaide Close
STANMORE
HA7 3EN
020 8954 1859

Joint Secretary

Hasmukh Parekh
020 8904 4213

P.R.O.

Praful G Shah

Treasurer

Punam Patwa
020 8958 2714

Jt Treasurer

Ashok Mehta

Webmaster

Chiman Sheth

Entertainment

Jasuben Sheth

Committee

Indrakant Bakhai
Dr Vinod Kapashi
Pragna Mandalia
Rama Doshi
Jaykumar Shah
Ella Shah

Lunch

Celebrating a special birthday, or wedding anniversary? Or in memory of someone dear? Then **Sponsor** a lunch for **£251.00**. 10 guests allowed.

Disclaimer: Navjivan Vadil Kendra is not liable for any personal injury, accident or mishaps that may occur during any of its activities/events/outings

DONATIONS:

- Chaas for the month of September was sponsored by Bhartiben Bharat Bhanji. Many thanks to her.
- £51 from Champuben and Vinubhai Malde in celebration of the birth of a grand-daughter Lola to their son Sejul and daughter in law Katrina.

Kendra's thanks and Best Wishes to the family.

- £101 from Avantilal Nottamlal Jasani, who celebrated his 81st birthday on 2/9. Kendra's best Wishes.
- £51 from Kantilal Jivraj Shah and family in celebration of the following results obtained by their grandchildren: Their daughter Priya got 1st Class at her exams at the Oxford University. Other daughter Rianna got 5 A* in her A level exams and was admitted to the Oxford University. Their grand-son Sahil got 13 A* in his GCSE exams, including French and Maths.

Kendra's Heartiest Congratulations and Best Wishes to all family members.

- On 15th September lunch was sponsored by Dhanlaxmiben Mehta on the occasion of her 80th birthday. Best wishes to her from Kendra.
- £50 from Jasumati Dolatrai Sheth (Jasuben) who celebrated her birthday on 22/9. Kendra's best wishes to her.
- £101 from Harendrabhai Meswani who celebrated his 75th birthday on 17/9. Kendra's best wishes to him.
- On 29th September, Home-made Pendas were given to all members at lunch were sponsored by Dr Mahendra Vora and Meenaben Vora on the occasion of the birth of their grand-daughter named Senaya to proud parents Meetul and Sangita Vora.
- Biscuits On 29/9 were sponsored by Sobhagchand Zaverchand Shah and Induben Shah. Kendra's thanks to them.
- £25 from Has mukhrai & Jasvantiben Kothari on the birth of a grand-son Leo to their son Ravi and daughter in law Reena.
- £21 from Daxaben Arunkant Doshi in living memory of her late husband – Arunkant – who would have celebrated his 80th birthday on 24/9.
- Kendra's Heartiest Thanks and Best Wishes to all above.

PROGRAMS IN September2016

On 8th September we had a talk by Mr Chauhan who talked about Raw Food Diet and its benefits and how he has cured himself and others.

On 15th September we had Sudoku competition which was arranged by Dr Mahendra Vora. He stressed the importance of the Sudoku game and how it is beneficial for Dementia and Parkinson's. Many thanks to him and Meena for organising this. About 50 members participated in the game. There was a prize for the first person to finish the Sudoku which was won by Ella Shah.

On 29th September: we had an interesting game of Cricket Teaser consisting of two teams A & B captained by Praful Shah and Dr Mahendra Vora respectively. The two Umpires were Dr Harshadbhai Sanghrajka and Dr Vinodbhai Kapashi and the two scorers were Punambhai and Jyotiben Patwa. Time Keeper was Dhirubhai Galani.

Dinesh Zaverchand Shah gave full details of how the game was to be played. It was a very interesting game with intelligent questions to be answered in 20 seconds by the Batsman after the Bowler drawing a card from the four bowls and selecting a number which Jasuben referred to the pre-set question.

The game adjourned at 3pm and will resume on 13th October with Team B bating.

On 6th Oct we will have Navratri garbas. There will be Chair Yoga only. Members requested to wear colourful dresses.

UP COMING EVENTS:

6th October: Navratri garbas after lunch.

13th Oct Dr Pragnaben Mandalia has arranged a 'Talking Therapy workshop on the topic: Anxiety and Depression at 10.30am on the upper Seminar Room.

Our 10th Year Celebrations:

NVK celebrate 10 years in 2017. The Kendra was established on 5th January 2007 and our progress over 10 years has been remarkable. Today we have 406 members and a very long waiting list. The highlight has been receipt of Queens Award for Voluntary Services in 2015.

The plans are progressing well. We will have a full day music program and lunch on Thursday 16th February 2017 in VIP Lounge in Edgware. Tickets will be on sale in the near future. Members will be paying £5.00 only while guests will have to pay full charge.

Also a Souvenir is being published to commemorate the occasion. We ask all members:

- If you wish to contribute any article or poem or anything of interest please do let us know.
- If you know anyone in business or profession and if you can ask them for advertisement then please do so.
- If you feel like it you can also give a good will message in the Souvenir. We have received many such messages.

Condolences

It was with deep sorrow that we had to inform the sad news of passing away of our member Pankajbhai Kantilal Shah –Age 67- husband of our member Shailiniben who passed away on 11/9. Our sincere condolences to his family.