



The Queen's Award

# Navjivan Vadil Kendra

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



www.nvk.org.uk

Newsletter: Issue 23 Vol-08 (August 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)

## 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

### 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**



**JAI JINENDRA & JAI SHREE KRISHNA**



## Dear Vadil Members

Welcome to August Newsletter. Hope everybody is keeping well and looking after themselves. We have to learn to live with Covid 19 for a long period of time now. Please do wear your masks, keep the distance, when you are out and about. Our request to all those members who haven't taken their Vaccination by now, please do so. When we open in near future, we will only allow members, who have had their both jobs.

### Donations:

\*£51 from a non-member, Jayshreeben Modi, who regularly joins our Programmes and enjoys them. Kendra's thank you for her kind donations.

\*£101 from our committee member Kusumben Punater, on the 23<sup>rd</sup> Punya Tithi of her late husband Dhanvantbhai Punater. Kendra's thank you to the Punater family for their generous donations.

### PROGRAMMES IN JULY:

01/07: Morning Yoga was conducted by Manishaben. 90 devices were registered. In the afternoon, we had Bollywood Quiz. 1<sup>st</sup> round was started with, questions on golden oldies films by Kusumben Punater. Then Sudhaben Kapashi followed by Jayshreeben Rajkotia. Members enjoyed the programme, by giving their answers on the chat. Well done, to the Zoom team for organising such good programmes, and keeping our members busy and sane. 66 devices were registered.

08/07 Morning yoga was conducted by Manishaben, 90 devices were registered. Afternoon programme was Religious Quiz, started by Purnimaben Mehta asking questions from Ramayana & Mahabharata and followed by Jasuben Sheth and Purnimaben Meswani, from many other Religions of the world. It was a very interesting topic and our members were very knowledgeable to answer the questions. 67 devices were registered.



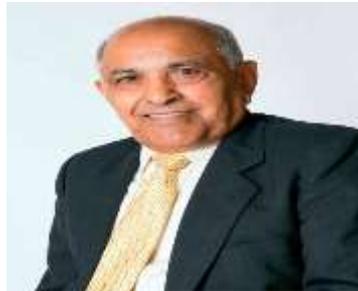
15/07: Morning yoga was conducted by Manishaben, 88 devices were registered. Afternoon we had Bhajans and Stavans Programme by a versatile singer Kanakben Trivedi, sponsored by Ramaben & Jayantbhai Doshi. She sang a good

selection of songs. As usual our members enjoyed the afternoon, listening to her melodious voice. 212 devices were registered.

22/07: Morning yoga was conducted by Manishaben, 80 devices were registered. In the afternoon we had a lecture by Ms Hina Modi, on our food habits, health and especially plant based food and dairy products. Hina believes in true love and Ahimsa. She talked about benefits of being Vegan. There are plenty of advantages of being a Vegan and plant based food, such as: Weight loss, Blood pressure, Diabetes, Corns, allergies, intolerance etc. It also reduces negative input in the mind and body. It was a very knowledgeable talk and enjoyed by our members. Kendra's thanks to Hinaben to give this life enhancing talk, on our wellbeing. 84 devices were registered.

29/07: Morning yoga was conducted by Manishaben, 77 devices were registered. Afternoon programme was sponsored by Kusumben Punater, on the 23<sup>rd</sup> Punya Tithi Of her late Husband Dhanvantbhai Punater. They had arranged the music by Vijay Sheth, to sing Bhajans & Stavans, which were enjoyed by the members. 78 devices were registered.

## SAD LOSS:



It is with a heavy heart and deep sadness that we inform the passing away of our member HAKKACHAND DEVRAJ SHAH (HARISH) Age 80 on 29th July 2021. He was the husband to our member KANCHANBEN SHAH. Both of them were members since 2012. We pray to God that his soul rests in peace and gives the strength to his family on their sad loss.

Om Shanti Om

## A Message from our Secretary

Dear Members

We are going through a difficult situation and it is difficult to decide when we could and should resume our weekly Thursday gathering. For large gathering advice (not law) is to wear masks but it is not convenient when you are doing yoga or having lunch.

Only option is to wait and see how things happen as time goes by. Till then keep enjoying Zoom.

Jayant Doshi - Secretary

*Jayant Doshi*

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