



Navjivan Vadil Kendra

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



www.nvk.org.uk

Newsletter: Issue 16 Vol-5 (June 2020)

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

JAI JINENDRA & JAI SHREE KRISHNA

Coronavirus (COVID 19)

Wash your hands more often for 20 seconds



Honorary

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Manick Choraria
Pranlal V Parekh

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Vinod Parekh
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Vinod Kapashi

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Close

Pinner

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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**

Dear Vadil Members

Welcome to **JUNE Newsletter**. We hope that all of you have been keeping well and safe over the past two months. The Coronavirus has had a great impact on our lives, as most of us have never faced such a situation in our lifetime. However, we believe that by listening to the advice from the government we look out for ourselves and our family and neighbours. Hopefully this want last for very long, but it will take a long time to recover from this traumatic experience.

Message from our President:

Jai Jinendra & Jai Shree Krishna to all.

Our last gathering at Sattavis Patidar Centre was on 12th March. Soon after that, we had the lockdown.

Since then, we are now in 10th week of it. And not only

that, but we still have no idea, at present, as to when we will meet again.

Social distancing of 2 meters is important, and we have to follow it strictly.

I hope, you all are safe in your homes and keeping healthy. Make sure that

you do not go out of your home to keep safe. First few weeks must have

been difficult to adjust being indoors, but by now, all of you must be busy

and made some sort of routine to pass the valuable free time. In order to

keep you all active and busy, we have got web blast of ZOOM to show

Manisha's yoga and to perform afternoon entertainment programmes every

Thursday. I hope you all are joining it. If not yet, please, do join and I am

sure you will definitely enjoy it. Our afternoon programme co-ordinator, Dr.

Vinodbhai Kapashi, is working hard to bring good speakers with lot of

valuable information.

Finally, wish you all good health and make sure you do exercise and keep

active, and eat healthy food.

KIND Regards

Vinod Parekh President

As all of you know our yoga and afternoon activities are running very well,

every Thursday on Zoom. Many of our members are participating in this

and enjoying it.

7/05/2020: MORNING SESSION: MANISHABEN: YOGA &

PRANAYAMS. 171 DEVICES were registered.

AFTERNOON SESSION: 118 Devices were registered. TALK ON

NUTRITION BY DIETICIAN RICHI SHAH visiting Mumbai Practitioner.



She gave a talk on **Dietary needs for Cancer and Diabetic Patients**. It was very interesting talk. **HER CONTACT TEL: 00917506909677**

14/05/2020: MORNING SESSION: MANISHABEN: YOGA & PRANAYAMS
179 DEVICES were registered.

AFTERNOON SESSION: 106 Devices were registered. **BINGO** was **CONDUCTED BY ELLABEN SHAH**.

21/05/2020: MORNING SESSION: MANISHABEN: YOGA & PRANAYAMS 203 DEVICES were registered.

AFTERNOON SESSION: 155 Devices were registered. **4 SPEAKERS** came to talk about their experiences with working in hospital, distributing food to vulnerable and isolated people, brother and sister team raising money for NHS, and our committee member and his wife, talking about their holiday where they were stuck abroad on a cruise ship for many days.

1st: Khusaliben: how she survived corona virus while working in hospital.

2nd: Hemaliben: and her team of volunteers, from **Deshi Dabha and Sewa**, are distributing freshly cooked meals to elderly and isolated people.

3rd: Jaimin & Jasmine: Both siblings are doing **100 laps of walking, running and cycling to raise £1000 for NHS**.

4th: Hasubhai & Sangitaben Mandalia, talked about their experience of away from home while on holiday on a Cruise Ship when the Pandemic struck.

28/05: Morning Session: 171 registered. Dhirubhai Galani & Jayantbhai conducted Yoga & Pranayama. Many thanks to both of them.

Afternoon Session: 89 devices were registered. **Dr. Vinodbhai Kapashi** had, invited the newly elected **Greater London Assembly Leader NAVIN SHAH & his wife Rekhaben** to talk the members. **Navin Shah is the first Indian to be elected as the chairman of GLA.** He explained about his role in **GLA** and how it runs to guide the 32 Councils around London. After that he answered the questions asked by some of the members. We would like to thank, **Vinodbhai Kapashi for bringing us all this speakers and entertainment every Thursday during this terrible times. Also to Co-hosts Purnima Mehta and Harenbhai Meswani.**

30/05/2020: Manishaben conducted the morning session with yoga & pranayams. **100 devices** were registered.

Donations for the month of May 2020:



***£500 from Ramaben & Jayantbhai Doshi** for meals which were delivered to **NHS staff** on 22nd May, to **St Georges, Tooting and Harefield Hospitals**. Our thanks to **Doshi parivar** for their generous donations.



***£25 from Jyotiben & Punambhai Patwa** towards the meals for **NHS**. Many thanks from **NVK**.

***£51 from Damyantiben Jayshukbhai Shah**, in memory of her loving **Husband Jayshukbhai Shah** who passed away on 14th May 2020, after a short illness. We pray to **Lord Mahavir** for eternal peace to his soul and give courage to his family at this difficult time of the Pandemic. **OM SHANTI**.

Congratulations:

Bingo Winners: First 9 Numbers: **Kokilaben Sanghrajka, Anilbhai Bhuva, Kumudlal Mehta, Rasilaben Shah, Madhuben S. Shah & Nimuben Doshi.**

All 15 Numbers: **Ranjanben Gandhi & Arvind Shah.**

***Our congratulations to Chandrakantbhai Shah** who has started a charity walk, (**WALK 100**) walking 100 miles for **Sewa Day**. We wish him Good luck for this great gesture.

Ella Shah.