



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 21 Vol-03 (MARCH 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



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

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**

Dear Vadil Members

Welcome to March Newsletter. Hope all of you are keeping fit and healthy.

Finally after most of us having a first jab of the vaccination are a bit relaxed. Still there is a long wait to start living our normal life.

Message from the Secretary:

To all the members of NVK, my Namaste and hope all of You are keeping well during this period of the Pandemic.

And hope are keeping fit by doing yoga via our Zoom.

As you all know that because of the Vaccination and the Lockdown, things are improving and government has

Announced plans for the future step by step.

NVK had its last gathering on 12th March 2020. As per the

announcement we will possibly start meeting towards the end of June onwards...and Members are so much looking forward to our weekly gatherings.

Right now we have to wait and see how things work out. ALSO we will have to consider safety rules and what action we need to take per Government guidelines. I hope and assume that all our members will have taken their both vaccination by that time.

We will inform the members in time before the first meeting date, and explain what rules to be followed.

Jayant Doshi – Secretary NVK.

Donations: £51 from an anonymous Donor. Kendra's thank you.

£ 75 from Yashvantbhai Mandalia on celebration of his beloved wife Pragnaben's, 80th Birthday who was on 1st February.

£21 from Dr. Kapashi on celebration of his beloved wife Sudhaben who celebrated it on 14th February.

Kendra wishes both a very Happy Birthday and thank you for their donations.

PROGRAMMES IN FEBRUARY:

04/02: Morning Yoga was conducted by Manishaben, 132 devices were registered. In the afternoon we celebrated, India Republic day. 18 members participated in singing Patriotic songs. Most of them were wearing tricolour dresses representing flag of India. It was very joyful atmosphere and everyone enjoyed the afternoon. 135 devices were registered.

11/02: Morning yoga was conducted by Manishaben, 127 devices were registered. Afternoon programme was Laughter Yoga, presented by Vinodray Shah from New York, USA. He explained how important laughter is in our lives. It is good for medical reasons, it's contagious as well. It helps to work with relief of stress anxiety etc. Overall members enjoyed it and thank you to him for bringing some laughter

to us in this difficult times. Thanks to Dr. Kapashi for arranging this session. 123 devices were registered.

18/02: Morning yoga was conducted by Jayeshbhai Shah, 108 devices were registered. Afternoon we celebrated Valentine Day which was on 14th February. As we had more entries, we had to do it in two parts. 12 participants took part in reciting shairi's, songs, and ghazals. NVK members are very talented and during this pandemic we came to know that they are very enthusiastic to take part in our activities. Well done all, and thank you to Dr. Kapashi, Sudhaben, Purnimaben Mehta, Kusumben and Harenbhai for their hard work.150 devices were registered

25/02: Morning, Manishaben conducted the Yoga. 123 devices were registered. In the afternoon we continued with the second part of our Valentine day celebrations. There were 16 participants, and showed their talent like professionals. The selection of songs and ghazals were varied from old to new. The whole event ran very smoothly as participant were up to speed with the zoom technology. Kendra's big thank you to all the participants and the Zoom team, and hope this trend will continue. 111 devices were registered.

Sad Loss:



We convey our deepest condolences to Parekh Family on sad demise of their mother Premlataben on 5/02/21. She was a member of the Kendra since 21/02/2008. Kendra offers its sincere condolences to Parekh family and pray to God that her soul rests in peace. Om Shanti Om.



We convey our deepest condolences to Vasa family on sad Demise of Ranjanbala Gunvantrai Vasa on 25/02/2021. She was a member of the Kendra since 1/02/2007. Kendra offers its sincere condolences to Vasa family and Pray to God that her soul rests in peace. Om Shanti Om.

PHOTO GALLERY: 4th February 2021. Celebration of India's Republic Day: 26/01/2021



Nima & Suru Kakad



Purnima&Haren Meswani



Lalitbhai Mehta



Sudhaben Kapashi



Ushaben Sheth



Jitubhai Mehta



Saroj & Mahesh Savadia



Manjulaben Sheth



Surendrabhai Shah



Lataben Shah



Kusumben Punater



Ramaben Doshi



Priyaben Mandalia



Harenbhai Meswani



Bhartiben Malkan



Jayshreeben Sheth



Chandrakant Shah



Kiranben Malkan



Vinodbhai & Kundanben Parekh



**Pragnaben & Yaswantbhai
Mandalia**