



# Navjivan Vadil Kendra

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



www.nvk.org.uk

Newsletter Issue 01 Vol-26(JANUARY 2024) 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*

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**JAI JINENDRA & JAI SHREE KRISHNA**



**Dear Vadil Members,**

Welcome to JANUARY Newsletter. Hope all the members are keeping well. We welcome the Year 2024 with open arms, and look forward to new adventures, wishing all our members good health.

## Donations:

**07/12:**\*£30 from Amritlal Chauhan as Khushi Bhet.

\*Samosas & Jain Kachoris for all members at Lunch time, from Neetaben Chotai to celebrate her birthday.

**14/12:**\*Presents for all 16 members of both the choir groups from Ramaben and Jayantbhai U Doshi. Ladies were given a scarf and earring and Gents were given Cuff links and Tie Pin.

\*Mahesh Savadia had brought chocolates and sweets for distribution as Father Christmas.

**Kendra's heartiest thanks to the all the above Donors for their generosity and sharing their special occasions with us and our best wishes to them.**

## PROGRAMMES IN December 2023:

**07/12:** Morning yoga was conducted by Bakul Kothari & Manishaben. After lunch we had a Quiz programme conducted by Dr. Kapashi. He asked some interesting questions on general knowledge to members. Members gave replies that they knew of. Vinodbhai then gave the correct answers with details for some questions. Members enjoyed the quiz.

**14/12:** Morning yoga was conducted by Nishaben Hirani assisted by Chandrikaben Patel, as Manishaben is away for 4 weeks. It was quite a change in contrast with our regular yoga session. Everyone enjoyed the Zumba session with rhythmic moves and lively music. In the afternoon we had invited Choir group from St. John's Church, Greenhill. First St. John's Gospel Choir sang traditional Christmas Carols, which was enjoyed by our members by joining in with clapping. Then, the second Group 'Naya Jivan Church' from the same Church, with Rev. Ajay More started the Hindi and Gujarati Carols. Again many members joined in singing and dancing with

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## Lunch

Celebrating a special birthday, or wedding anniversary? Or in memory of someone dear? Then *Sponsor* a lunch for £501. 5 guests allowed. Special lunch for £1001. 5 guests. Guest Fee £10.00

them. The choirs then sang the final carol of 'We wish you a Merry Christmas and a Happy New Year.

All our members joined and wished everyone a Merry Xmas.

Ellaben Shah, who had made all the arrangements to bring the choir Groups to our Programme, gave Vote of Thanks. A token of Appreciation to the St. John's Church was also given from NVK. Yet again the programme was a huge success and everyone enjoyed their day. Many Thanks to both of them.

**21/12:** Morning Zumba was conducted by Nishaben and Chandrikaben, again with very energetic music. In the afternoon we had a session of Jokes by our members. Many members took part in telling jokes which were very funny.

**28/12:** Morning yoga was conducted by Nirmalaben Iyer of the Yoga Global Life. She conducted Yogic poses in slow motion toning up body joints and muscles. She also did 'Savasana' and 'Surya Namaskar' emphasising how to do the same correctly. Members enjoyed doing the Yogic poses with her. Many thanks from NVK. Being the last gathering of 2023, the afternoon programme started by Dr. Vinodbhai Kapashi, giving a brief introduction on the many people who lost their lives in conflicts, wars etc. Thus we need to pray for peace.

Malaben Mithani then sang the 'Hanuman Chalisa' a devotional hymn and then other members came and recited Stavans, Bhajans and poetry for peace. The programme ended with the tune 'Maitri Bhav nu Pavitra Zarnu' - bringing friendship, love and respect for all others, initiating a feeling of brotherhood among all and in turn leaves no room for harm, deceit or quarrelsomeness with anybody.

Members enjoyed the programme by singing together with the reciters.

**SAD NEWS:** We convey our deepest condolences to the Mistry family on the sad demise of our member late Hansaben Mistry age 82 on 29/11/23. She had joined NVK since January 2008. She was a very friendly and kind person with a smile on her face we pray to GOD that her soul rest in peace, and give strength to her family to grieve in this difficult times.



🙏 Om Shanti, Shanti, Shanti 🙏

We convey our deepest condolences to the Gandhi family on the sad demise of our member late Dr. Anilkumar Gandhi age 81 on 08/12/23. He was husband of Jaindrabala (Jyotiben) we pray to GOD that his soul rest in peace, and give strength to his family to grieve in this difficult times.



🙏 Om Shanti, Shanti, Shanti 🙏