



Navjivan Vadil Kendra

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



www.nvk.org.uk

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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

Newsletter Issue 25 Vol-7(JULY 2023) 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



Dear Vadil Members,

Welcome to July Newsletter. Hope all the members are keeping well. Summer is here now and the temperatures are rising, so make the most of it.

Donations:

“Chaas” for the month of June was sponsored by Meenaxiben Arvind Shah.

01/06: Krishnaben Mehta brought “Keri no Ras” for all members at lunch time to celebrate her husband Kiritbhai's birthday in two weeks' time.

08/06:* £61 and 3 tins of Chocolates from Madhuben and Ramanbhai Shah who celebrated their 60th Wedding Anniversary on 1st June. *£101 from Rameshbhai and Ranjanben Sheth on the occasion of the wedding of their daughter Dimple.

22/06:* £75 from Daxaben Arunkant Doshi on the occasion of her 75th birthday which was on 16th June.

*£151 from Jayantbhai U Doshi on the occasion of his wife Ramaben's birthday which was previous week.

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 JUNE 2023:

01/06: Morning yoga was conducted by Dineshbhai & Manishaben. After lunch we had a lecture from Tarlaben Doshi, a very knowledgeable lady from India. She gave a very interesting talk on religion and lifestyle in our daily life. Everyone enjoyed the talk.

08/06: Morning yoga was conducted by Dineshbhai & Manishaben. The afternoon programme started with Dr. Vinodbhai Kapashi giving an introduction of the guest Nipaben Shah from India. She started by giving full details of the fingers in our hands and the various mudras. Then she showed the various points in our hands, how to fold various fingers etc. She even played games with all the members by reciting numbers. Also she called 4 ladies to the round table with their partner lady to do some 'mehendi' artwork on their friends' hands. All these ladies were then called to show the mehendi artwork and the best one was chosen by the audience which was Chhayaben N Savadia done by Niruben Doshi. NVK's congratulations to both.

Similarly in another game she called some more ladies with a partner lady to a table and gave a long strip of crape paper tassel to wrap the same as a design on their partner. Songs pertaining to hands 'haath' were also sung. Everyone thoroughly enjoyed the programme which maintained attention and participation till the end and praised with

claps all the time to Nipaben's games etc. This was a very good programme enjoyed by a large group of members. A vote of thanks was given and Secretary Purnimaben Mehta gave a token of appreciation to Nipaben

15/06: Morning yoga was conducted by Jayeshbhai Shah & Manishaben. In the afternoon we had a Bingo game with Gujarati songs and garbas. Dr. Kapashi announced the rules of the game and said there will be 3 prizes. Pradipbhai Patel played the Gujarati songs/garbas music and Ellaben Shah gave 3 numbers for the songs, which were checked against the Bingo tickets. When the music was played, audience were asked about the songs origins and sing them as well. Everyone enjoyed the Bingo. The three winners were: 1 line: Niruben S. Shah, 2 lines: Urmilaben Parikh and Full house went to Chandrakantbhai Mehta.

22/06: Morning CHAIR YOGA was conducted by Manishaben. In the afternoon we had "natak" which told the amazing story of three generations in India, Africa and England. The play written by Dr. Kapashi some 25-30 years ago, and performed by our own 11 actors on the stage.

The play narrated the saga of three generations. The first one lived in a village in India. Here a young boy Jayanti is attracted by the wealth and a gold watch chain worn by a visitor from East Africa. The visitor Jamnadasbhai takes him to East Africa and there he works hard and establishes his own business.

This was the second Generation. Jayanti's family was happy there but had to leave Africa due to upheaval. They had to leave everything behind and went to England. Their daughter had gone to study in London and had established her own Accountancy Office there.

The third Generation is that of Jayantbhai's daughter Sudha. Her business dealings are the sign of her prosperity. One day her Secretary Vina finds an old watch which she hands over to Sudha. The watch brings back all memories of the past two Generations. She remembers her grandparents and life in Africa and London. The philosophy of migration and some old memories comes to the surface. The play ends with a message that shall we have to leave this country too? The play was watched by many members and they all enjoyed it very much. Everyone congratulated Dr. Kapashi and his actors for displaying their brilliant talent. Our thanks to Dr. Kapashi for presenting such wonderful programmes and all of the participants.

Senior Citizen actors were our members:

Rameshbhai Shah as Chimanbhai ---- Mitaben Shah as Maniben

Kishor Doshi as young Jayanti ---- Ashokbhai Mehta as "Diwan Saheb"

Kishorebhai Lakhani as Jamnadasbhai ---- Jyotiben Bakhai as Jamnadasbhai's wife.

Mahesh Savadia as older Jayanti ---- Kusumben Punater as Jayanti's wife.

Sarojben Lakhani as customer in Jayanti's shop in Africa.

Sudhaben Kapashi as Sudha in their Accountancy Business.

Vina Doshi as Secretary – Vina.

29/06: Morning yoga was conducted by Dineshbhai & Manishaben. In the afternoon we had 2nd part of NVK has got talent. The programme started at 2.00 pm with our member Malaben Mithani and a Guest from Norwich Sandhyaben, who both sang many yesteryear Bollywood songs with music. Everyone enjoyed their tuneful songs. Three other members also sang.

TOUR OF BOURNEMOUTH, DORCHESTER & WEYMOUTH - 24TH TO 28 JULY 2023

1. 5 Days and 4 Nights tour with "Just Go Holidays"

2. Dates: Monday 24th to Friday 28th July 2023

3. Cost: Sharing £385 pp. Singles with supplement: £ 465pp.

4. Included in the Tour: Dinners, Bed and Breakfasts. PLEASE NOTE LUNCH IS NOT INCLUDED.

5. Pick up from Kenton Sainsbury's Car Park. 6. Only one Coach of 53 persons.

We still have 4 spaces available, so if you want to join then please contact Purnimaben Mehta asp. Her Number is: 07817429113 Guests are welcome.