



Navjivan Vadil Kendra



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

www.nvk.org.uk

Newsletter Issue 02 Vol-26(MARCH 2024) Patidar Centre, Forty Avenue, Wembley, Middx HA9 9PE

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For Photos click on: www.nvk.org.uk

🙏 **JAI JINENDRA & JAI SHREE KRISHNA** 🙏

Dear Vadil Members,

Welcome to March Newsletter. Hope all the members are keeping well.

Donations:

01/02:* £101 from Jyotiben Patwa in celebration of the arrival of her first Grand son to Purni & Sharmil Patwa.

08/02:* £101 from Hansaben S Mandalia in loving memory of her late husband - Surendra Mandalia. A further donation of £360 was also made by Hansaben in memory of late Surendrabhai Mandalia for sponsorship of 'Chaas' for 6 months at Lunch time.

NVK's many thanks for both the donations and we pray that the deceased's soul rests in eternal peace.

*Packets of Biscuits from Jasuben Shah and also Madhuben Shah.

15/02:* Lunch and the afternoon programme arranged in memory of late Dr Anilkumar Gandhi, sponsored by his wife Jyotiben Gandhi. We pray for his soul to rest in peace.

£101 from Suryakant Laxmichand Mehta in loving memory of his late wife - Vanitaben Mehta who passed away last month. We pray for her soul to rest in eternal peace.

*£25 from Pamiben Derodra who celebrated her birthday on 12/02/24.

22/02:* £51 from Bhartiben Kantilal Malkan on the occasion of Valentine Day.

*£15 from Jayshree Kothari as Khusi Bhet.

*Packets of Biscuits from Kalaben and Vasant Malde.

*Packets of Biscuits from Gitaben N Mehta in celebration of her grand-son's birthday last week.

*Packets of Biscuits from Madhuben G Shah.

29/02: £10 from Sushilaben Maniar for Shradh.

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 February 2024:

01/02: Morning yoga was conducted by Jayeshbhai & Shantaben Pindoria & Rupaliben. After lunch we had Guest Speakers from Brent Carers Centre, Mr Pourush Dixit, who

is a Community Engagement & Development Officer and Nina Vora from

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Vinod Parekh

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07817429113

Joint Secretary

Dr. Mahendra

Vora

Treasurer

Jayesh Shah

Jt Treasurer

Kishor Doshi

P.R.O.

Praful G. Shah

pgshah42@yahoo

.co.uk

Webmaster

Chiman Sheth

Entertainment

Vinod Kapashi

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Member :

Karsan Bhudia

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

Brent Carer Centre. First we had Nina Vora who spoke on supporting unpaid carers and full details of how anyone looking after someone who is disabled, frail, has a mental health issue etc. can get support from Brent. Then the second Guest speaker Mr Pourush Dixit who gave details on Parkinson's and help towards it. He said that Parkinson's is a progressive disorder that effects the nervous systems and parts of the body controlled by the nerves, some symptoms start early. There is no tests available for its diagnosis but can be diagnosed from a person's behaviour. Those who are interested can also attend the Group sessions held monthly over a cup of tea.

The Hall was full of members present to hear the interesting topics and everyone sat with pin drop silence to hear the Speakers. Questions from the members were answered by the Guest Speakers.

08/02: Morning yoga was conducted by Bakulbhai Kothari & Manishaben. The afternoon a few members demonstrated their budding talents. First came Naynaben performing a dance on the stage, then Nimaben Kakad recited a poem. After that Meenaben Shah made several paper craft articles and gave demonstration on how it's done.

Then the following sang songs: Shirishbhai Dodhia, Mahesh Savadia, and Ramaben J Doshi

& Priya Mandalia. Members applauded all participants and they were thanked by Secretary Purnimaben Mehta.

15/02: Morning yoga was conducted by Vijaybhai M. Shah & Manishaben. In the afternoon we had Bhajans & Kirtan by Atulbhai & Neetaben Kanabar, sponsored by Jyotiben Gandhi. They started with prayers and continued with devotional songs. The duo sang many Top Bhajans which were very popular and members really appreciated them and some also sang the lyrics with them. The Hall was packed full with members who had stayed behind for the programme and enjoyed the melodious voices of the Duo in silence.

22/02: Morning yoga was conducted by Jayeshbhai & Manishaben. In the afternoon we celebrated Valentine Day and played very interesting Couple games and some members sang romantic songs.

There were 5 couples who participated for this game. Questions were asked by Mahesh Savadia to the couples and marks were given by the Judge Dr Vinodbhai Kapashi. Marks were given when both wife and husband gave answers quickly and correctly, and the winning couple were Chandrikaben & Lalitbhai Mehta. It was a very interesting programme enjoyed by the members.

29/02: Morning yoga was conducted by Bakulbhai Kothari & Manishaben. In the afternoon we had a unique programme of "Our Social Dilemma" when sometimes there comes a time in our lives when we find ourselves are in situations where decision making is either difficult or is painful. Dr. Vinodbhai Kapashi choose the panel of four members: **Dhirubhai Galani, Sangitaben Mandalia, Jaysukhlal Mehta and Mitaben C Shah. The Hall was**

packed by members to listen to the interesting Topic which touched everyone's lives in some way or other. There was pin drop silence.

He presented two real-life events/stories and discussed the matter:

In the first example, he stated that a family of mother and her daughter came from East Africa to settle in UK. The mother was very religious but she never taught her daughter on their religion and she remained ignorant when she reached maturity because of lack of exposure to the religion. She then met a friend in her University who was of a different caste and fell in love with him and married him and one day the mother was told by the daughter that she was moving with the different cast boy to his country. It was then that she realised the mistake she made in not teaching her their own religion which was vastly different. She regretted all her life.

In the second example, he told a real life story of a mother and her son whom she gave all her life to educate and support him and made him a professional highly educated adult. She then married him to a girl from India. She was a very rich man's daughter, spoiled and a bit arrogant. Slowly she managed to get the boy in her favour and one day he convinced his mother to transfer all assets to him. He usurped all property and finance of his mother thus she lost everything and was forced out penniless.

After each example the panel members gave their opinion on the dilemma. Some members also gave their opinions. It was interesting to hear such wide difference of opinions from Religion to other factors. Members complemented NVK for organising such informative programme. Many thanks to Dr. Vinodbhai Kapashi for once more organising a highly educational and inspiring programme.

The Hall was packed by members to listen to the interesting Topic which touched everyone's lives in some way or other. There was pin drop silence.

SAD NEWS: We convey our deepest condolences to the family of Meenaben Dhirajlal Shah on the sad demise of her husband late Dhirajlal Ladhubhai Shah, age 73 on 26/02/24. He was our member since 2020. 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 🙏