



# Navjivan Vadil Kendra

RECIPIENT: QUEEN'S AWARD FOR VOLUNTARY SERVICES 2015

Registered Charity No. 1121930

Newsletter: Issue 25 Vol-8 (August 2022)



www.nvk.org.uk

## 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 **£501. 5**  
guests allowed.  
Special lunch for  
**£1001. 5** guests.  
**Guest Fee £10.00**

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](http://www.nvk.org.uk/galleries/all)



## JAI JINENDRA & JAI SHREE KRISHNA



### Dear Vadil Members

Welcome to AUGUST Newsletter. The weather has been good for the past two weeks and we hope all of you are making the most of it by going out and about. Please do take care when the sun is too hot.

## Chaas

There were 4 sponsors for the month of July 2022:

\*Mrs Ranjan S Sheth.

\*Mrs Jyoti P Patwa

\*Mrs Kantaben Shah & Mrs Niruben Shah - in memory of late

\*Vinodbhai and late Shantibhai.

\*Mrs Kusumben Dhanvantbhai Punater.

\*Many thanks to the above families from Kendra.

## Donations:

\*£71 from Manjuben Patwa on the occasion of her own birthday and birthday of her granddaughter Dishaya who is entering her teenage years

\*£50 from Chandrakantbhai Bakhai on the occasion of his birthday.

\*Received £20 by an anonymous donor.

\*£25 Donations received from an anonymous donor. Many thanks to the anonymous donor on behalf of Kendra.

\*NVK has received a grant of £1000 from GNANAM Foundation. On behalf of the Kendra, Vinodbhai Parekh thanked Vinodbhai Kapashi for his efforts in securing this grant.

\*£50 from Kantibhai Shah on the occasion of his grandson Sahil, son of Nikunj and Ritul Shah, who graduated with 1<sup>st</sup> class in Chinese language at Oxford University.

\*£25 from Mrs. Champaben Shantilal Mehta, who celebrated her 92<sup>nd</sup> birthday on 10/07.

\*£51 from Mrs. Manjulaben C. Shah on the occasion of her two grandsons Savan & Nirav sons of Hiten & Nishma, having successfully graduating in Dentistry and Pharmacy respectively.

\*£20 from anonymous donor for organising a wonderful music programme.

Many thanks from the Kendra to all the above donors for sharing their special occasions and generosity.

## PROGRAMMES IN JULY:

**07/07:** Morning yoga was conducted by Manishaben. In the afternoon we had invited Dr. Malaben Dalal to give a talk on general wellbeing, after effects of Covid and related issues. The talk was received exceptionally well by the audience. Malaben spoke on importance of

certain vitamins to prevent conditions like osteoporosis, prevention of falls, bone density and diabetes.

As these are conditions affecting good number of members there were many questions asked by the members. There was a big demand for a longer session that would benefit the members. Dr Dalal agreed to come back. Kendra will invite Dr Dalal again soon.

**14/07:** Morning yoga was conducted by Jayeshbhai Shah, in the afternoon Dr Kapashi, conducted a Quiz on general knowledge. Round 1 was very interesting with all members participating. 8 members with the highest score were divided into 2 teams of 4. This was whittled down to 1 team of 4. This was then divided into 2 teams of 2 each and the team with the highest score was declared the winner. Everyone enjoyed the quiz and participated with enthusiasm.



**Atamprit Shraddha of SRMD**



**Committee members with the Cheque from GNANAM**

**21/07:** Morning yoga was conducted by Manishaben. In the afternoon we had a talk by Atamprit Shraddha of SRMD. This was a very interesting talk on why we do yoga, what's the benefit of yoga, the difference between meditation and yoga, the difference between yoga and asanas. The talk raised awareness in people's mind of the reason for doing yoga. Atamprit Shraddha also talked about how to live a meaningful life. This programme was well received by the audience.

**26/07:** 40 members went on the picnic to Cassio bury Park in Watford. They all had a wonderful time there and the weather was very good as well.

**28/07:** We had a whole day of music by Meena Trivedi and Kishore Ladhwa. Some members came early to help set up the hall. Meenaben started singing at 11am with old Bollywood songs in her beautiful melodious voice. After a few songs her fellow male singer Kishore joined her. They sang some more duets together. Members were enjoying thoroughly and many were on the floor dancing. At 12.30pm there was a break for lunch. After lunch the music resumed with famous Bollywood oldies. The atmosphere in the hall very lively, members dancing and singing with the group. Overall it was a great day after our absence for nearly 3 years due to Covid. Thank you to Meenaben Trivedi and Kishore Ladhwa for entertaining us with lovely singing.

#### **MEMBERSHIP FEES:**

There are still many members who haven't paid their fees of £50 yet. So our kind request to all those who want to carry on with the membership please pay as soon as possible. If you are not renewing your membership, please do let us know as soon as possible, so we can take new members from our on waiting list. If you are paying by cheque, please write Navjivan Vadil Kendra in full as per Banks requirements.





Members sitting on their tables enjoying the music



Meenaben Trivedi

Kishorebhai Ladhwa





**Having Breakfast at the Picnic**



**Delicious Lunch**  
**Members enjoying the mouth-watering lunch**

