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Navjivan Vadil Kendra

(Monthly Newsletter)

Registered Charity No. 1121930

Newsletter: Issue 8. Vol-1 (January, 2014)

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 mishap/s that may occur during any of its activities/events/outing.

Honorary Patron:

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Pranlal V Parekh

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Treasurer:

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Himatlal Mehta

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Chiman Sheth

Entertainment :

Jasuben Sheth

Committee:

Indrakant Bakhai

Dr Vinod Kapashi

Pragna Mandalia

Hasmukh Parekh

Jaykumar Shah

Ella Shah

Lunch

Celebrating a special birthday, or wedding anniversary! Or in memory of some one dear! Then *Sponsor* a lunch for **£251.00**.

Guest

Members:

£5.00 is

payable

by guests.

Wish All Our Members a Very Healthy, Happy, Prosperous and Joyous New Year - - - 2014.

SPONSORS :

CHAS : Sponsored by Chandulal & Ramagauri Parekh for the month of December.

LUNCH :

- ☒ Lunch on 5th December was sponsored by Jayantilal Sheth to celebrate the 79th birthday of his wife Taraben. Our best wishes to Taraben on her birthday and many more to come.
- ☒ On 12th December lunch was sponsored by Hansa & Hasmmukh (son of our former president Pranlal Parekh) to celebrate 86th birthday of their mother Savitaben. Our best wishes for a Happy Birthday and many more to come.

DONATIONS :

- ☒ **£51.00** – from Hansa & Hasmmukh Parekh to celebrate the 86th birthday of their mother Savitaben. Thanks.
- ☒ **£101.00** – from Bhiren Patel & Vaishali Patel Shah (showing DVD of Kailas Mansarovar and giving a talk) and we thank them for this generous donation.
- ☒ **£51.00** - from Bhogilal Rupani on the first tithi of his wife Surekhaben who was also NVK member. Thanks for the donation. May her soul rest in peace.

Programs in December :

- ☒ In the absence of our regular yoga tutor, we had Bhavna Patel to conduct yoga on 5th and 12th December.
- ☒ On 19th December yoga session was shared between our secretary Jayant Doshi and Indrakant Bakhai. Everyone enjoyed yoga session by Indubhai and have decided to have another full session on 2nd January.
- ☒ On 5th December we had “Kaun Banega Corepati” based program where participants were asked questions on a similar format as the TV show where all participants and members enjoyed the program.
- ☒ On 12th December we had a DVD showing by Vaishali Patel Shah Kailas Mansarovar Yatra. DVD was professionally made and the commentary in Gujarati was well received and enjoyed by members.
- ☒ On 19th December we had Christmas party with carol singing and Santa Claus.

Our Forthcoming Programs

- ☒ On 9th January we celebrate 7th Anniversary of NVK and New Year. Members have to purchase tickets for £1.00 and guests have to pay £10.00 (but to be purchased in advance).
- ☒ 14th February visit to Houses of Parliament.
- ☒ On 4th May we have arranged a trip to Manor House for 5 nights 6 days. There are all types of sporting activities, arts and crafts and other facilities (all included in price) and we have limited number of rooms available. So it will be **First Come First Basis** allocation.
- ☒ In June we have planned **Iceland Cruise** on Queen Victoria.

2013 in Perspective.

- ☒ On 3rd January we celebrated our 6th Anniversary and New Year with a music mehfil and delicious lunch where almost 300 members and guests took part.
- ☒ During January we had talks on Mental Health and tips on First Aid.
- ☒ In March we had our Annual General Meeting when a new committee was elected.
- ☒ For the first time we arranged a Gujarati Play in Wembley and was a success.
- ☒ In April we had a talk on the pit falls of making a play by Kiran Purohit
- ☒ In April we had music mehfil by Dharam Varma and Indiraji.
- ☒ In April we had a talk by Nirmal Sagarji on Ram Navmi and Mahavir Jayanti.
- ☒ In May we had a talk on prostate cancer which affects men and is number one killer.
- ☒ In June we honoured two members who reached their 90th birthday.
- ☒ In June 24 members went on a tour of China and Tibet.
- ☒ In June we had a talk on Spirituality and Old Age by Tarla Doshi
- ☒ We had cookery demonstration by Jyoti Shah.
- ☒ In July we held our first ever Food Bazaar where members brought their special delicacies and which were sold and money given to charity.
- ☒ 40 members went to Potters Resort (our 4th trip) and enjoyed the resort and the company.
- ☒ We organised a cancer awareness day.
- ☒ In August our day trip was to Sudley Castle giving an in-sight in this country's historical heritage.
- ☒ In August we had full day music program.
- ☒ Members had a session of Reiki with experts and those interested were encouraged to attend Reiki classes.
- ☒ We had a visit from Lord Popat in September. We have planned a visit to Houses of Commons and House of Lords in February which has been booked by his secretary.
- ☒ 55 members took part in a 6 day trip to Ireland.
- ☒ In October we had a special discussion session for men members and the subject was Prostate and issues relating to that.
- ☒ In October we celebrated Sewa Day by inviting residents of care homes and other elderly, disabled and lonely people of the community.
- ☒ In October and November we had our very first Talent Show spread over three weeks. It showed that our members also have talent...and that when an opportunity is presented members do come forward and take part in such programs.
- ☒ In December we had a DVD screen viewing of Kailas Mansarovar Yatra.

Some Facts & Figures :

- ☒ A projector screen was donated by one member.
- ☒ Three folding tables & three flasks were donated for us in our picnics.
- ☒ We received £1643.81 from Gift Aid tax rebate.
- ☒ Our members gave over £2500.00 in donations on special family occasions. (birthday, anniversaries, in memory)
- ☒ NINE lunches were sponsored by members.
- ☒ Six large serving trays were donated.
- ☒ Six table clothes were donated (to cover serving tables)

2014 - Plans & Suggestions

- ☒ On 4th May we have planned a SIX day trip to **Manor house**.
- ☒ On 20th June we have planned a **cruise** on elegant and luxurious cruise ship Queen Elizabeth and going to Iceland.
- ☒ We will be planning some day trips and other programs. If you have any **suggestions** then please let us know.
- ☒ We arranged at least 3 Yoga Retreats but the fourth had to be cancelled because there was no response from members. Now a suggestion has been made that we need a Yoga Retreat. What do you think? Would you be interested?
- ☒ We hope to arrange a Gujarati Play in the near future.