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Navjivan Vadil Kendra

(Monthly Newsletter)

Registered Charity No. 1121930

Newsletter: Issue 7. Vol-11 (November, 2013)

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.

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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.

A Very Happy Diwali & Prosperous Healthy Year to all Our Members.

Sponsors :

Lunch :

- ☒ Lunch on 10th October was sponsored by Hansaben Mandalia on the occasion of 75th birthday of her husband Surendrabhai. We wish him a very happy birthday and many more to come.
- ☒ Lunch on 24th October sponsored by Jyoti Patwa to celebrate 75th birthday of her husband Punam Patwa (and our treasurer)> We wish him a very happy birthday and many more to come.

Chas : Krishna and Kirti Mehta sponsored chas for the month of October.

Donations :

- ☒ **£51.00** from Geetaben Mehta on the occasion of the birth of her grandson – Ayush – son of Jalpa and Nixit Mehta. We wish the newly born a healthy happy life.
- ☒ **£25.00** from Kundanben Parekh on speedy recovery of Vinod Parekh who is back on his duty and we are pleased to see him in action.
- ☒ **£25.00** from Dinuben Bilakhia on her 75th birthday (20th October). Our best wishes on her birthday and many more to come.
- ☒ **£25.00** from Batukbhai Sanghrajka on his 79th birthday (13th October). Our best wishes on his birthday and many more to come.
- ☒ **£5.00** from Savitaben – a care home guest on Sewa Day. Our thanks.
- ☒ **£51.00** – from Jasuben Sheth on successful operation of her husband Dolatray Sheth. We wish him speedy recovery and a healthy life.
- ☒ **£51.00** – from Bharatbhai M Parekh on the first tithi of his wife Ushaben. May her soul rest in peace.
- ☒ **£15.00** – from Premlataben N Parekh on successful completion of Ayambil. Our hearty congratulations.
- ☒ **£51.00** – from Bina Prabhudas Shah who was invited to attend our Diwali Lunch. Our thanks on this generous donation.
- ☒ Jasuben Mehta has donated 6 table clothes and 6 serving trays. Our thanks for these very useful items.

Programs - October

- ☒ On 3rd October a special discussion and informative talk on Prostrate for male members was arranged while others enjoyed some games in the main hall. Our Vinod Parekh gave a talk on his own experience and others participated in the discussion also. It was greatly successful and time seemed to be short. It was agreed that we should have similar program for ladies on breast cancer.
- ☒ On 10th October we celebrated Navratri with dandia ras and garba.
- ☒ On 17th October we celebrated Sewa Day (report on next page).
- ☒ On 24th October we had a first instalment eagerly awaited “Talent Show”. The items presented very interesting and amusing and shows that there is so much hidden talent in our members.
- ☒ On 31st October we celebrated Diwali with a special lunch and special Talent Show program after lunch. This simple celebration was planned to avoid cancelling too many yoga sessions.

National Sewa Day

For the past four years we have been participating in the National Sewa Day. For the past three years we have been inviting residents of various care homes to come to our Thursday gathering where they can take part in light exercises, have delicious lunch, and then we entertain them. This year we had Sewa day on Thursday 17th October. About 40 residents of care homes, other elderly and less mobile neighbours or friends of our members, and carers came on this day. One care home cancelled at the last minute because they could not arrange transport.

Firstly we had a surprise and unscheduled dance and exercise session by Harby which members enjoyed a lot. Because of our normal yoga we had to curtail her exercises based on music but we will certainly arrange a full session in the future. After chair yoga from Manisha when many of our guests had already arrived, we had a dance by two ladies.

Everyone had lunch. Sandwiches, cakes and fruit were arranged for those who may not like our traditional Indian food. This was followed by dance by Kalpana Bhatt and Daksha Patel. The crowd joined with clapping to the hot tune and enjoyed the dance thoroughly. On demand from the crowd the girls gave another dance at the end of the program again. This was followed by dandia ras and garba when one of the guests joined in.

Each female guest was given a shawl and each male guest was given a scarf as a token of our appreciation. Mahendra Kothary donated the shawls and the scarves in loving memory of his parents. Pragna Mandalia put a lot of effort in organising this Sewa Day, and she was helped by lots of volunteers who all deserve our heartfelt congratulations.

Leicester Trip :

We have received following donations for Leicester trip :

- ☒ Water bottles donated by Bhartiben Malkan.
- ☒ Fruit donated by Hansaben Mistry.
- ☒ Chocolates donated by Naliniben Tailor.
- ☒ Crisps donated by Shardaben Shah through Priti & Seju Jayantilal Shah

NVK donated :

- ☒ £25,00 to Gurdwara
- ☒ £200.00 Jain Derasar Leicester
- ☒ £30.00 Sanatan Mandir (collected from Navratri arti)

At Gurdwara we had langar for our breakfast. Jain Samaj Europe served us delicious lunch. We appreciate and thank them for this wonderful hospitality. In the evening members spent walking on the "Golden Mile" of Leicester decorated with Diwali lights, did some shopping and had some snacks in restaurants. Overall the trip was enjoyed by all participants.

Diwali Lunch

As per tradition we have special lunch for Diwali and the following have donated each £51.00 to sponsor this special Festive lunch. :

1. Rama Jayantilal Doshi
2. Pragna Yaswantraai Mandalai
3. Adarsh Gujral
4. Pushpa Mansukhlal Patel
5. Priti & Seju Jayantilal Shah from Shardaben Shah
6. Shardaben Surendra Modi
7. Usha & Purshottam Bilaney.
7. Shardaben & Indravadan Sheth.

YOGA : Our Yoga teacher Manishaben is going on an extended holiday in India. We wish her and her family a wonderful holiday with their families. In her absence alternate arrangements will be made for yoga.

PLEASE NOTE : Instead of Thursday 28th November we will be meeting on **Tuesday 26th November.**

TREKKING 4 Charity : Our secretary Jayant Doshi is going a trek in the Everest region in Nepal (from 7th November) to raise funds for Sarawati Vidalya which run one teacher schools in remote parts of Nepal and India. He will be trekking on Mt Mera (6654 metres or 21825 ft height). We wish him good luck and hope he completes the trek.