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# Navjivan Vadil Kendra

(Monthly Newsletter)

Registered Charity No. 1121930

**Newsletter:** Issue 7. Vol-9 (September, 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.

**Honorary Patron:**

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**Webmaster :**

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.

## Mitchami Dukdum

*Our Jain Members celebrate Paryushan from 2<sup>nd</sup> September till 9<sup>th</sup> September. Knowingly or unknowingly if any of the committee members of NVK have hurt your feelings then WE ALL SEEK YOUR FORGIVENESS.*

### Sponsors for August

Chas : Manjulaben Chotai sponsored chas for the month of August.

### Donations :

- **£21.00** – from Prafulaben Shah on the occasion of her husband Maheshbhai's 63<sup>rd</sup> birthday. Our best wishes for a healthy life and many more birthdays to come.
- **£25.00** – from Kanchanben N.Mehta on her 80<sup>th</sup> birthday. Our best wishes for a healthy life and many more birthdays to come.
- **Projector Screen** has been donated by Purnimaben and Harenbhai Meswani. This will be a good asset for us and we wish to thank them for this generous donation.
- **£51.00** – from Bhikhalal Solanki on the birthday of his wife Kokilaben. Our best wishes for a healthy life and many more birthdays to come.
- **£101.00** – from Ushaben Mehta on birth of a baby girl (Saarkia Esha) Pukar & Meera (son & daughter-in-law of Usha & Surendra ). We wish the newly born a healthy happy life and lots of joy to the grand-mother.
- **£51.00** – from Damyantiben B Mehta on her 76<sup>th</sup> birthday. Our best wishes for a healthy life and many more birthdays to come.
- **£51.00** – from Urmilaben & Harshadbhai Sanghrajka on their grandson Shreyansh Mehol Sanghrajka for passing his 'O' levels from John Lyon School and passing Silver Level of Duke of Edinburgh Award and now joining Gold Level. Our hearty congratulations on such wonderful achievement and wishes for a bright future.
- **£51.00** – Dhanlaxmiben & Himatlal Mehta on the wedding of their grand-daughter Nikita. Our best wishes to the newly-weds.
- **£21.00** – from Bhanuben Davendra Mehta (sister of Premlataben Parekh) on her visit to the Kendra. She comes from Australia.

### Programs for August

- On 1<sup>st</sup> August we had a game based on films and picture cards. Members participated with enthusiasm with this new idea and enjoyed it.
- On 6<sup>th</sup> August we arranged a day trip to Sudley Castle. (report next page)
- On 8<sup>th</sup> August we had a dance performance by Parulben (our guest from India and daughter of our committee members Indrakant Bakhai) and her niece followed by a demonstration of garba where our members also took part.
- On 15<sup>th</sup> August we celebrated India's independence and raksha bandhan. (report on next page)
- On 19<sup>th</sup> August we had music program. (report next page)
- On 29<sup>th</sup> August we had reiki from Benaben and her group.

## AUGUST HIGHLIGHTS

1. On 6<sup>th</sup> August we went to the historical Sudley Castle with its beautiful gardens. Eighty people participated on this trip. The fact that lot of walking will be involved deterred others from joining. The historical castle was interesting with its museums and display of old artefacts. We were provided with a guide who took us around the gardens surrounding the castle and explained the history of this place. It was a wonderful peaceful and interesting day. While the coach journey was longer than expected everyone enjoyed the trip. In the morning jalebi ganthia were provided and for late lunch we had thepla, mug and vada with tea and pickles. Bananas completed the meal. We are thankful for the following donations :
  - Water bottles were donated by Rasilaben & Prabhudasbhai Shah.
  - Fruit was donated by Rama Jayantilal Doshi.
2. On 15<sup>th</sup> August we celebrated the Independence Day of India combined with Raksha Bandhan. The stage was appropriately decorated. Hundreds of rakshas were tied during lunch time. After lunch Vinod Kapashi presented a program on Independence Day. Dhuru Galani helped in setting up the projector. Haren Meswani had come with a DVD he had prepared containing video clips of patriotic songs from old films. Vinod Kapashi added his comments during the showing of the DVD. As a special treat it was decided to give Falooda at tea time. Our members (all from Kutchi Leva Patel Samaj – KLPS) volunteered to get all the ingredients and to make the Falooda. The committee gave the permission to spend whatever was necessary. However, later the ladies changed their mind. **They decided and told me that not only will they make Falooda but will pay all the costs.** Falooda was delicious and prepared by KLPS ladies and donated by them to our members. We thank them for their generosity and their wonderful participation in NVK in all its activities.
3. On 19<sup>th</sup> August we had a special music program with a delicious lunch. The musicians gave a feast of old and new songs. Music was provided by Surinder and Geeta Kothari. In between members came on the stage to dance to the lovely tunes. Sit down lunch was enjoyed by all. All volunteers did a wonderful job of decorating the stage and the tables. Our Vinod Parekh led and arranged everything meticulously. NVK is proud to have a dedicated volunteer like him who takes his responsibilities seriously.

## FORTHCOMING PROGRAMS.

1. First week of September is Paryushan and our Jain members will be celebrating the week. We will be open on 5<sup>th</sup> September for yoga and lunch but there will be no other program after lunch.
2. On 20<sup>th</sup> September NVK planned trip to Ireland will take off for 5 nights and 6 days trip. We wish them a wonderful trip. The itinerary will cover all the major sites in southern Ireland or Eire as it is called.
3. On 12<sup>th</sup> September we will have SOLO Gujarati play from Nimuben. She gave us a short display of her talents during our Cancer Awareness Program and we hope we will have a good laugh when she has more time to present her skills.
4. We have organised a special discussion program when ONLY MEN will sit around and discuss “their” issues – that is talk about issues relating to Prostrate. We hope all men will take part in the same.
5. In October we will celebrate Navratri by arranging Ras Garba one day.
6. In October we will also be having a “NVK has Got TALENT” . Jasuben has arranged this program over a few weeks and is taking names of those who wish to participate. It is still not late if you wish to take part.

## Tapasya

During Paryushan many of our members will be doing fasting and we take this opportunity to wish them all “shata”.

Our member Premlataben Parekh started her planned month long fasts sometimes back and will be completing her 30 days fasting by the time Paryushan finishes. We wish her “shata” and good health.