

OSHWAL AWAAZ



Throughout the first month of the year, many engaging activities unfolded at community level including senior social events like Holiday Mood, Sudoku challenges, discussions on homeopathy, thrilling treasure hunts, and insightful talks on pressure points, among various other captivating happenings.

FOR YOUR BOOKINGS ENQUIRY EMAIL ON:
bookings@oshwalnairobi.org

SENIOR SOCIAL COMMITTEE

23rd Jan 2024

Treasure Hunt

The Treasure Hunt was hosted by Binduben. They were various nuts and other items, hidden in the C & P Lobby and the seniors were given a paper to note down what they found. The hunt is to engage participants in an entertaining and often interactive experience. A reward was provided by Binduben to the senior who found the most treasures. More than 120 seniors attended the Treasure Hunt & luncheon.

SENIOR SOCIAL COMMITTEE MEMBERS
BINDUBEN, SHAINABEN & RAJESHBHAI



SENIORS ATTENDED A FUN TREASURE HUNT

30th Jan 2024

Talk on Pressure Points

Dr. Shruti Sankpal, MD (Homoeopathy) & Holistic Healing Motivational Speaker was the speaker for the talk and requested all the senior members to write a love letter to themselves and indicate what accomplishments they had gotten over the years. More than 150 seniors attended the Talk & luncheon.



TALK ONGOING IN C & P LOBBY



SENIORS WRITING A LETTER TO SELF

SENIOR SOCIAL COMMITTEE

Would you like celebrate your birthday, anniversary or any special occasion in a unique way?

Why not, come celebrate with our Community's Senior Members? Kindly see the sponsorship packages options below.



SPONSORSHIP PACKAGES



PACKAGE	VENUE	NUMBER OF PAX	PACKAGE AMOUNT
SENIORS LUNCH & EVENT, (DOES NOT INCLUDE CATERING & ENTERTAINMENT COST)	DINESH & MAHESH CHANDARIA AUDITORIUM & KARANIA HALL	TOTAL: 1,200 PAX SENIORS: 1,000 PAX SPONSORS: 200 PAX	KSHS. 100,000/-
SENIORS SUNDAY BRUNCH	SENIORS LOUNGE	TOTAL: 120 PAX SENIORS: 100 PAX SPONSORS: 20 PAX	KSHS. 30,000/-
SENIORS WEEKDAY REFRESHMENTS	SENIORS LOUNGE	TOTAL: 70 PAX SENIORS: 60 PAX SPONSORS: 10 PAX	KSHS. 20,000/-
SENIORS LUNCH	SENIORS LOUNGE	TOTAL: 120 PAX SENIORS: 100 PAX SPONSORS: 20 PAX	KSHS. 50,000/-
SENIORS LUNCH	PACK HALL	TOTAL: 150 PAX SENIORS: 130 PAX SPONSORS: 20 PAX	KSHS. 60,000/-
SENIORS LUNCH	PACK HALL	TOTAL: 200 PAX SENIORS: 180 PAX SPONSORS: 20 PAX	KSHS. 80,000/-

TERMS & CONDITIONS APPLY*

**FOR SPONSORING ANY OF THE EVENTS, KINDLY CONTACT
SHREE VISA OSHWAL COMMUNITY, NAIROBI OFFICES:
MOBILE: +254 733 469 517 / EMAIL: bookings@oshwalnairobi.org**

RELIGION COMMITTEE

5th & 6th Jan 2024

Saakar Pani & Kheer na Ekasna

Posh Dashmi - Saakar Pani Ekasna & Kheer na Ekasna



Posh Dashmi celebrates the birth & renunciation of Shree Parshwanath Bhagwan, the 23rd Tirthankar. During this 3 day observance, people perform fasts for 3 consecutive days or have one meal a day for 3 days in reflection of Shree Parshwanath Bhagwan's life of compassion & respect towards any living being. Saakar Pani Ekasna was performed by 10 Members. The Ekasna was held on Friday, 5th January 2024 at the Pack Hall, Mahajanwadi. 96 Members took part in the Kheer na Ekasna sponsored by **Kanchanben Vinodray Shah**. The Ekasna was held on Saturday, 6th January 2024 at the Pack Hall, Mahajanwadi. Saakar Pani & Kheer na Ekasnas were organised by the Religion Committee.

Religious upcoming events

In the beautiful city of Nairobi, the capital city of Kenya, almost 85 years after the first Oshwal set foot in Kenya, a magnificent Skikharbandh Jain Temple built of white marble and enriched with Indian religious sculptures and architecture was opened on 11th February 1984 in the Shree Visa Oshwal Mahajanwadi premises on Limuru Road. The Religion Committee of Shree Visa Oshwal Community, Nairobi is celebrating, the 40th Pratishtha Anniversary of Shree Munisuvrat Swami Jinalay from Saturday, 10th February 2024 to Sunday, 18th February 2024. A detailed programme is attached below. We invite all Jains and Volunteer where necessary. Let us all unite and come together to celebrate this wonderful heritage which will be remembered in years to come.

DATE	TIME	EVENT	VENUE
10 th February 2024 Saturday	8:00pm to 9:30pm	CHILDREN'S SKIT COMPETITION	DINESH & MAHESH CHANDARIA AUDITORIUM, OSHWAL CENTRE, RING ROAD
11 th February 2024 Sunday	8:00am to 11:00am	RATH YATRA FOLLOWED BY BRUNCH DRESS CODE: RED	OSHWAL CENTRE, RING ROAD / VISA OSHWAL MAHAJANWADI, LIMURU ROAD
	8:00pm to 9:30pm	BHAVNA	VISA OSHWAL MAHAJANWADI, LIMURU ROAD
12 th February 2024 Monday	9:00am to 11:45am	18 ABHISHEK POOJAN	VISA OSHWAL MAHAJANWADI, LIMURU ROAD
	8:00pm to 9:30pm	SHATRUNJAY NAVTUK BHAAV YATRA	DINESH & MAHESH CHANDARIA AUDITORIUM, OSHWAL CENTRE, RING ROAD
13 th February 2024 Tuesday	9:00am to 11:45am	MANTRA SADHNA WORKSHOP	VISA OSHWAL MAHAJANWADI, LIMURU ROAD
	8:00pm to 9:30pm	JAIN STAVAN ANTAKSHRI	DINESH & MAHESH CHANDARIA AUDITORIUM, OSHWAL CENTRE, RING ROAD
14 th February 2024 Wednesday	9:00am to 11:45am	SARASWATI DEVI POOJAN DRESS CODE: WHITE	VISA OSHWAL MAHAJANWADI, LIMURU ROAD
	8:00pm to 9:30pm	GIRNAR BHAAV YATRA	DINESH & MAHESH CHANDARIA AUDITORIUM, OSHWAL CENTRE, RING ROAD
15 th February 2024 Thursday	9:00am to 11:45am	GAUTAM SWAMI POOJAN DRESS CODE: YELLOW	VISA OSHWAL MAHAJANWADI, LIMURU ROAD
	8:00pm to 9:30pm	SIMANDHAR SWAMI BHAAV YATRA	DINESH & MAHESH CHANDARIA AUDITORIUM, OSHWAL CENTRE, RING ROAD
16 th February 2024 Friday	9:00am to 11:45am	RUSHI MANDAL STOTRA POOJAN DRESS CODE: RED	VISA OSHWAL MAHAJANWADI, LIMURU ROAD
	8:00pm to 9:30pm	KUMARPAL RAJA ARTI WITH MEANING	VISA OSHWAL MAHAJANWADI, LIMURU ROAD
17 th February 2024 Saturday	9:00am to 11:45am	NAVKAR MANTRA NU BHASYA JAAP POOJAN DRESS CODE: MEN'S: WHITE WOMEN'S: RED	VISA OSHWAL MAHAJANWADI, LIMURU ROAD
	8:00pm to 9:30pm	ADULTS VARIETY PROGRAMME	DINESH & MAHESH CHANDARIA AUDITORIUM, OSHWAL CENTRE, RING ROAD
18 th February 2024 Sunday	9:00am to 12:00 noon	SATTARBHEDI POOJA AND DHAJA	VISA OSHWAL MAHAJANWADI, LIMURU ROAD
	12:30pm	SWAMIVATSALYA LUNCH	VISA OSHWAL MAHAJANWADI, LIMURU ROAD

SPORTS CORNER

20th Jan 2024

Oshwal Premier League Season 3
Opening Ceremony



CONVERNORS: RUSHABH, PRAKASH, VIMAL, SACHIN, SHIVANNI & BEENA



FLOATING TROPHY
SAMIR, RONAK & JINIT

Oshwal Premier League Season 3 the much awaited Cricket Tournament kicked off on Saturday, 20th January 2024 at Oshwal Centre's Oshwal Youth League Nairobi Astro Arena. The number of the participants has consistently been increasing over time, from 159 in season 1, to 238 in season 2 and now 288 in the current season. The women's League consist of 10 teams with 80 players, while men 16 teams with 208 players.

Despite unfavorable weather conditions, the winners of OPL Season 2 women's league (Geopackers) opened the league against the runners up (Rosy Divas) while men's side , Reaktor Simbas played TOC Super Kings. The league will be played over the next 6 weekends with finals to be played on Sunday, 3rd March 2024 from 5:00pm onwards.

SPORTS CORNER

Tennis Stars - Kean and Kael Shah



Brothers Kean and Kael Shah showed an aptitude for tennis early in their lives, were so encouraged by their doting parents. They both moved to Spain not just for academic studies but also to further their game. This dedication has paid off big. Kael used to play a lot of tournaments locally and did well which helped him. Kean also used to play a lot of tournaments around the country which allowed him achieve number one ranking in his age group. They represented Kenya 3 times for Africa Junior Championships giving them experience and opportunity to compete internationally. Kael used to play a lot of tournaments locally and did well which helped him. They represented Kenya in Davis Cup in Rwanda July 2023. Kael won Men's Singles at Kenya open 2023. They both won the men's doubles at the same tournament. Both have been in world ranking winning at least 4/5 international doubles titles each and going deep into singles draws in many different countries in the world.

Moving to Spain was a great decision for them and allowed them to to train with better players and coaches and exposed them a much higher level of tennis and really opened their eyes to the amount of work needed to really exceed.

Their future plans is to finish university while playing tennis at high level. They will also try to play professional tournaments in the winter and summer breaks and after university to go pro and be excited to start the new chapter

remember

Today's dedication to your passion may become tomorrow's success story. Don't abandon what you love; let it be the compass guiding you to unforeseen opportunities. Keep honing your skills, for in the pursuit of your passions, you may find the sustenance that fuels your future. Never give up, for your talents are the seeds of your potential harvest!"



WHY DO WE PROSTRATE BEFORE PARENTS AND ELDERS?

Indians prostrate to their parents, elder, leader and noble souls by touching their feet. The elder in turn blesses us by placing his or her hand on or over our heads. Prostration is done daily, when we meet elders and particularly on important occasions like the beginning of a new task, birthdays, festivals etc.

In certain traditional circles, prostration is accompanied by *abbivaadana* which serves to introduce one-self, announce one's family and social stature.

WHY DO WE OFFER PROSTRATIONS?

Man stands on his feet. Touching the feet in prostration is a sign of respect for the age, maturity, nobility and divinity that our elders personify. It symbolizes our recognition of their selfless love for us and the sacrifices that they have done for our welfare. It is a way of humbly acknowledging the greatness of another. This tradition reflects the strong Family ties which has been one of India's enduring strengths.

The good wishes (*sankalpa*) and blessings (*aashirvaada*) of elders are highly valued in India.

We prostrate to seek them. Good thoughts create positive vibrations. Good wishes springing from a heart full of love, divinity and nobility have a tremendous strength. When we prostrate with humility and respect, we invoke the good wishes and blessings of elders which flow in the form of positive energy to envelop us. This is why the posture assumed whether it is in the standing or prone position, enables the entire body to receive the energy thus received.

The different forms of showing respect are:

- + *Pratuthana* - rising to welcome a person.
- + *Namaskaara* - paying homage in the form of *namaste* (article in the *Oshwal Awaaz* 59).
- + *Upasangrahan* - touching the feet of elders or teachers.
- + *Shaashtaanga* - prostrating fully with the feet, knees, stomach, chest, forehead and arms touching the ground in front of the elder.
- + *Pratyabivaadana* - returning a greeting.

Rules are prescribed in our scriptures as to who should prostrate to whom. Wealth, family name, age, moral strength and spiritual knowledge in ascending order of importance qualified men to receive respect.

This is why a king though the ruler of the land, would prostrate before a spiritual master. Epics like the *Ramavana* and *Mahabharata* have many stories highlighting this aspect.

This tradition thus creates an environment of mutual love and respect among people ensuring harmony in the family and society.

UPCOMING EVENTS

Stay updated on upcoming events; reach out to the relevant contacts for more information.

SHREE VISA OSHWAL COMMUNITY LIBRARY COMMITTEE

REF: 007/2024 DATE: 26.01.2024

MANDALA MAGIC

BY JASKIRAN

- Learn the basics of Mandala making
- Tips & tricks for symmetrical patterns
- Creative ideas for exploration
- Tips on using acrylic paints on patterns

Please carry your own ruler, pencil, eraser, sharpener, protractor and compass. All other materials will be provided.

Saturday, the 3rd of February 2024
from 2:30 pm. to 8:00 pm. at the Oshwal Centre Library Foyer.

Kshs. **2,000** per person

Mpesa Paybill: **781609**
Account: Participant's Name / Mandala

REGISTRATION DEADLINE: **15+** AGE OPEN TO ALL 25TH JANUARY 2024

OSHWAL SPORTS COMPLEX COMMITTEE PRESENTS:

TELEGAMES & FANCY DRESS

COORDINATED BY JEEPEE VISION

OPEN TO OSHWALS ONLY

FIRST TIME EVER

AGE CATEGORY: 8 YEARS & ABOVE



REGISTRATION FORM AVAILABLE ON:
<https://forms.gle/4d1a94h78mhCm6a6>

REGISTRATION FEE: KSHS. 500/- PER PLAYER
REGISTRATION DEADLINE: THURSDAY, 8TH FEBRUARY 2024

DATE: SUNDAY, 25TH FEBRUARY 2024
TIME: FROM 2:00PM ONWARDS

VENUE:
GRASS FIELD, OSHWAL CENTRE, RING ROAD

Battle on the ground with teamwork

OSHWAL CENTRE LIBRARY
SAMIR H. CHANDARA
Secretary

FOR MORE INFORMATION, KINDLY CONTACT:
Himanshu Khirrodia - +254 716 154 458
Kishal Veerappa - +254 733 281 252
Jishu Shah - +254 702 844 544



Library Committee Presents

REF: 019/2024 DATE: 27/01/2024

An Acrylic Painting workshop

Kiddo Krafte

FEBRUARY 10TH 2024, 2PM TO 4PM
AGES 6 TO 12
OPEN TO ALL

ALL MATERIALS PROVIDED
2,000/- PER PARTICIPANT
MPESA PAYBILL NO: 781609
ACCOUNT: PARTICIPANT NAME/PAINTING

REGISTRATION DEADLINE: 7TH FEBRUARY 2024

FOR MORE INFO CONTACT:
LIBRARY@OSHWALNAIROBI.ORG
+254 733 729175

OSHWAL CENTRE LIBRARY
SAMIR H. CHANDARA
SECRETARY

GREEN CORNER PLASTIC DISPOSAL AND RECYCLING

The Community is a believer in recycling of plastic and in line with it, we have setup a recycling point with Oshwal Youth League Nairobi near the generator room at Oshwal Centre where plastic can be deposited. We urge Members to make use of this and deposit their used but cleaned plastic. Together let's make a difference to the world.

Reduce
Reuse
Recycle



BE A PART OF OUR OSHWAL AWAAZ

Join the Oshwal Awaaz by submitting articles for members to read and enjoy. We also welcome your feedback and comments. Kindly send your contributions to admin@oshwalnairobi.org

