

Oshwalwala



10th Edition, July 2017



Astro Turf Update

The Astro Turf Pitches have now been laid under the supervision of a team from Netherlands. The finishing touches are being finalised and expected to be completed by the end of July at the latest. A proposal is on the table to have the VOC management committee play the first match on the turf so watch this space.



These are proceeding well and we request all members and readers to go and see the changes. The Oshwal Community is known for its spirituality and dedication to the principles of Jainism and we request all members and readers to make it a point to go to our Derasar at least once a month if not more. This Derasar is our derasar and all those who wish to contribute towards the renovation works please contact the Visa Oshwal Community Office.



Dev Dhravya Fund

At the last Visa Oshwal Community General meeting held on 14th June, the members voted to make certain changes to the Dev Dhravya Fund. The Derasar will now have two different Bhandars namely Sadharan and Dev Dhravya. Dev Dhravya means any income generated in or out of derasar, related to the idol of lord (arihant, siddha) or derasar activities. Funds from the Dev Dhravya Fund will be used towards the following:-

Devdravya fund can be used only for Idol of lord (Jin Murti) or for Jin Derasar and some uses are as follows:

1. Ornaments, bindi (tika), eyes (chakshu), smear (lap), aangi (decoration) of Lord's idol.
2. Repairing, Renovations & Maintenance of Derasar only (Upsharaya is not included).
3. To build a new Derasar or donate in the construction of Derasar elsewhere.
4. Flag (Dhwaj), Pot (Kalash) etc.
5. Any expense related in management of Dev Dravya.
6. Payment of tax and annual county land rates & rent relating to Derasar.
7. Expenses related to security of Derasar.
8. Insurance premium for Derasar.
9. Maintaining cleanliness of Derasar.

10. Salaries of Poojari

11. Cleaning materials for the Deraser.

12. Furniture & Fittings in Deraser.

13. Pichavadi & Parikar expenses.

14. Samagri for daily use in Deraser only like milk, kesar, sandlewood, pooja thali etc.

15. Items for Deraser i.e. Upkaran like throne (sihasan), bhandar, trigadu for snatra, dreams (swapna), cradle (parnu).

Constitution

The Last General Meeting on the 14th June was also a milestone of sorts. It marked the culmination of many years of discussion on the Visa Oshwal Community constitution. A vote took place on adoption of the new constitution for the community and it was adopted by an 81% majority votes of the members present. The new constitution has now come into effect from the 1st of July 2017.

Sports is a key factor in developing our youth and building personalities and leadership skills. One of the manifestos of the current VOC management committee is to improve competitive sports within the community with a view of creating future Global Oshwal Sports Champions. The Complex committee has taken on this mandate and towards the following actions/projects have been taken on :-

Squash Training Clinic

Over the years squash as a game had been losing popularity and player numbers have been declining. The complex committee this year under the stewardship of Nitin Mansukhlal Shah has undertaken to increase the usage of our complex sports facilities usage of our complex sports facilities and to promote sports amongst our Oshwals. Following the success of the table tennis coaching clinic in May 2017 by a German Coach, a squash Training clinic has been organised at the Oshwal Complex in July. Jordan Hardwick a British Level 2 player will be conducting this clinic and we hope to have over 40 squash players learning tips and skills to improve on their Squash game.



Oshwal Open Squash Tournament 2017

On July 2nd & 3rd 2017; Kenya Squash Rackets Association (KSRA) and VOC held the Oshwal Open 2017 Squash Tournament at Oshwal Sports Complex. The event went very well and had over 60 entries.

Top Men Kenyan National Team players including Hardeep Reel, Hartaj Bains, Otto Kwach, Abubakr Chaudry & Muqtadir Nimji participated. Ladies had top players like Khaaliqa Nimji & Elizabeth Mulwa taking part. Oshwal Open results count in the ranking points for National players. Oshwal players participated too and did very well. Jordan Hardwick from the UK also participated in the tournament and caused some upsets knocking out Hardeep Reel in early rounds All players, volunteers, organisers and spectators thoroughly enjoyed the tournament and really appreciated VOC hosting it. KSRA want Oshwal Open to become an annual event with hopefully more entries next year.

The Results for the Squash Tournament were as follows:-

Mens Main

Winner: MUQTADIR NIMJI
 Runner Up: JORDAN HARDWICK

Ladies Main

Winner: KHAALIQA NIMJI
 Runner Up: ELIZABETH MULWA

Plate Event

Winner: OSMAN CHAUDRY
 Runner Up: AMAAN KHALFAN

19 & Under

Winner: SHIV MALDE
 Runner Up: KHUSH SHAH

13 & Under

Winner: AARNA MALDE
 Runner U: DEELAN GUDKA

Girls U11

Winner: MAZARUNI KHAN
 Runner Up: LINDSEY MULEMIA



Table Tennis Coaching Workshop

The Oshwal Complex together with Kenya Table Tennis Association and Mr. Martin Adomeit from Germany held a 10 day coaching and training workshop at Oshwal Complex with the aim of introducing new skills to children. Mr Martin Adomeit is a German Table Tennis Coach who has previously coached the German Women's National Team. His Experience spans 30 years and he was the coach for Qudri Aruna who played for Nigeria in the 2012 and 2016 Olympics. The Coaching workshop trained over 25 students and some Kenyan Coaches as well over the 10 days. We hope the Oshwals who attended the workshop will benefit from the same and we shall soon see Oshwals representing Kenya at National and International levels like prior years.



Tennis

If you are looking to take up tennis as a sport or would like to attain training towards a competition level then Oshwal Sports complex in collaboration with Ace Tennis has evening, and weekend tennis classes. For more information on the same please contact **Upasna on 0790 710024.**

Who would have thought a movie as tragic as 'Everest' would actually inspire a girl to go to the Himalayas? That is how our journey began. A journey of 4 young women with a thirst for adventure! After a tiresome amount of research, we decided to embark on the Gokyo (long but scenic) route to the Everest Base Camp and then to attempt the Summit of Island Peak (6189m).

After almost 15 months of planning, buying gear, reading blogs, exercising and eating right, getting panic and anxiety attacks, feeling so excited that we could not sleep, hearing fearful speculation and doubts from others, but most of all encouragement and awe from those around us - our time finally came! On the 8th of April 2017 we flew to Kathmandu to begin our epic adventure. The group comprised of Ratna Hirani (Kenya), Hetal Shah (Kenya), Binny Malde (UK) and I, Poonam Nagda (Kenya)

The highlights of our trip were:

Lukla Airport (The World's Most Dangerous Airport!)- 2,800m (9,186 ft) - Day 1 in the mountains

The runway at Tenzing-Hillary Airport is known to be the shortest and most adventurous runway in the world. The runway itself was very short with a noticeable incline. Whilst landing, the plane ascends and whilst taking off the plane takes off on a downhill. This marked the beginning of our trek to Everest Base Camp.

Gokyo Valley - 4,800m (15,744ft) & Gokyo Ri - 5,357m (17,575ft) - Day 6 & 7 in the mountains

We had encountered a snow storm about 2 days before reaching this valley. This had laid a carpet of fresh white snow for our trek ahead and made the views all the more explicit! We trekked past 3 out of 6 blue Gokyo lakes and the third lake was almost frozen. On the day we reached Gokyo village, we had a short hike up one of the hills just behind the teahouse we were staying at, to get 360 degree views of the beauty around us. The panoramic view at the top offered us the Gokyo Glaciers and several snowy peaks against a backdrop of clear blue skies. Additionally, we could see the largest of the Gokyo lakes and the small



village beside it. If there was a Heaven on Earth, it would be this remote place in the Himalayas, I am sure! The ascent to Gokyo Ri is a grueling experience. Gokyo Ri stands at 5,357 m and is one of the highest points in the Nepal Himalayas. At the top, we saw four major peaks in the area- Mt. Everest (8,848m), Mt. Lhotse (8,300m), Mt. Cho Oyu (8,188m) and Mt. Makalu (8,365m). Other mountains we saw were Mt. Nuptse, Thamserku, Ama Dablam, Khangataka and Kusum Kangguru (also known as the 3 sisters).

Everest Base Camp - 5,335m (17,500ft) - Day 10 in the mountains

Having spent the journey so far laughing, singing and dancing, it was a slight surprise when we got to Everest Base Camp! This was the first major milestone that we had expected (not knowing that Gokyo Ri and Chola Pass were great achievements for those who know the region). Our second expected milestone was Kala Patthar and the third Island Peak. Unfortunately only those who plan to summit Mount Everest are permitted to stay at the Base Camp, therefore we spent our nights at a small village called Gorekshep which is a 3 hour trek (200 vertical meters below) from the Base Camp. Most trekkers we talked to had very negative comments about Everest Base Camp because once there, they spent a few minutes taking photos and then headed back. A bit of an anti-climax after taking days of tiresome trekking to get there!

It is also well-known that Summiters camps are very private and they discourage Base Camp trekkers to linger around. But the Universe had worked hard to make this trip absolutely perfect for us. You end up meeting a lot of individuals on these treks, but our highlight was meeting a group of young men from the Indian Navy who later became our friends. They consisted of 18 brave souls planning to summit Mt. Everest between May and June 2017, with a support team to ensure they were successful. The morning we were due to trek to the Base Camp, we had the privilege of being invited to the Indian Navy campsite. It was exciting to see their setup and spend a little time chatting with them in their mess tent. Seeing how relaxed and high-spirited they were gave us strength to endure what we feared most- Island Peak!

Getting to Everest Base Camp was truly a great experience as we not only got to see a private camp, but we also walked across the entire length of it (an hour's hike) to get closer to the infamous Khumbu Ice Fall and the Khumbu Glaciers and were mind-boggled by the route the summiters take to the higher camps.

The Khumbu Ice Fall was even more scary and intimidating in real life than in the documentaries we had watched. All you can see is a steep ice wall. We saw many summiters practicing climbing the ice wall on the glacier and also chatted to a few Sherpa's along the way! A truly humbling experience!

Kala Patthar - 5,643m (18,514 ft) - Day 11 in the mountains

Generally, the primary goal of Everest Base Camp trekking is to see Mt Everest, but ironically, Everest cannot be seen from the Base Camp. Kala Patthar, meaning 'black rock' in Nepali and Hindi, is a notable landmark located on the south ridge of Pumori in the Nepalese Himalayas above Gorekshep, and is a classic attraction of the area, offering the best view point of Mt Everest, its base camp, the glacier and more than 20 trekking peaks and high mountains! We managed to get to Kala Patthar without any altitude sickness and got great views of Mt Everest,

the base camp and the Khumbhu Glacier.



Island Peak Summit - 6,189m (20,305ft) - Day 13 & 14 in the mountains

Island Peak is also known as Imja Tse, a popular trekking peak located in the Khumbu region of Nepal. It is named after its appearance as an island from afar, one set adrift in the sea of ice that surrounds it. It is known as a trekking (as opposed to climbing) peak as it is below 7,000m but is a moderate challenge for climbers. While Island Peak is used as a training peak by those who aim for higher and more precipitous peaks (such as Mount Everest), the climb is extraordinarily scenic and exhilarating!

This was the most anticipated part of our trip. None of us had ventured into such an adventurous climb before. We had never even seen so much ice and snow! And of course, to top it all off, we were blessed with 3 days worth of fresh snow which would make the climb even more interesting! This trek was truly an experience as we got to walk in snow shoes for the first time - not so comfortable! We also had to cross many Crevices (Cracks in the snow) using ladders and this was an intimidating experience as sometimes one could barely see the bottom.

When we got to the summit of Island Peak, we were shocked that we had made it, and in good time! It was the most surreal feeling. After 8 grueling

hours, we felt like we were on top of the World! We had pushed our bodies to do well at the highest altitude we had ever been at- 6189m. We were surrounded by the most awe-inspiring views one could not even have dreamt of! The gigantic Mt. Lhotse (4th highest in the world) looked like it was an arm's length away! We reached out as if we could touch it. Mt. Makalu, Mt. Baruntse and Ama Dablam, and some of the villages could be viewed from the top as well. Imja Lake was frozen but what a wonderful site!

Our journey in the Himalayas was as much inward as all the physical feats we achieved! Each one of us had a different reason for being there, and what we took away was also unique. Whether one travels to the Himalayas to search for God, or is trying to escape their Demons, the 'Land where God Resides' shall embrace them with open arms

Spending 18 days on any mountain changes you and how you perceive Life. Being on the Himalayan Range for 18 days, we had the valuable opportunity to soak in the sacred energies of these majestic mountains and absorb the immense peace and tranquility that this range had to offer. Positive thinking and our high spirits in this enchanting place made this the most memorable trip of our lives. As I reminisce the wonderful time we spent in the Himalayas, I know that I am a changed woman. As with every journey



you choose in this life, you learn valuable lessons along the way and make choices that determine who you become. If you are open to them, Mother Nature offers you soul-searching moments that question your thinking, your entire Being and enlighten you with the magic of the Universe. You will return from such a journey with eyes shining so bright, one wonders whether it is your soul they see; A mind so still, no human storm can stir; A smile so beautiful it radiates the warmth of the Sun; And a heart so courageous, it would seem to belong to an Angel. No one else may see it but you. For what you will bring back is Love- a pure Love for yourself, the Divine and of the Universe we live in. For some, a trek is the means to a beautiful view and an adrenaline rush, but for me, it is a Pilgrimage where we seek the Divine in our hearts and see it around us.

One of the most skeptical comments we faced before and during our trip was why we would plan for something so difficult without any MEN joining us. We were asked "How will you manage? As girls, do not push yourselves, walk when it is easy, enjoy yourselves and turn back if it gets tough". Even during our hike, people would raise eyebrows at the route we chose or the fact that we planned to climb Island Peak, all doubting our potential to succeed. Women have scaled the heights of Mt Everest but society still questions whether they can walk at all. They cut our legs before we can stand up on our own two feet. But they do not know that we were made to fly instead! They tried to bury us, but they did not know we were seeds, and we would sprout again! For those reading this, I urge you to change your mind-sets. Teach your children to walk with their heads held high, to run and to fly! To break all boundaries set by others. Teach them the power and abundance our minds hold to overcome every obstacle life places before us. Teach them to question. Teach them right from wrong, good from bad. Show them the magic of the Universe. And before you know it, the World will be a better place!

Ref No: 067/2017 20TH JUNE 2017




VISA OSHWAL COMMUNITY NAIROBI
In conjunction with **OSHWAL YOUTH LEAGUE NAIROBI**
PRESENTS



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Bindi R. Shah
Hon. Secretary

Ref No. 075/2017 Monday, 17th July 2017

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DIWALI FAIR COMMITTEE
BRINGS TO YOU



ANNUAL दीवाली Fair 2017

7th & 8th October 2017
at the Oshwal Centre, Nairobi

Participation is open to all Visa Oshwals who are home based entrepreneurs and wish to showcase their talents / hobbies.

For further details & registration forms kindly contact V.O.C offices:
Lucy Makau: 0720 949 382 or Lucy Wambui: 0724 967 069
during office hours between 9am to 5pm on weekdays and 9am to 12 noon on Saturdays
or email: diwalifair@oshwalnairobi.org

Bindi R. Shah
Hon. Secretary

*Registration Deadline:
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