



Happy Reading







Activities, June 2018



During the Bhaktamar Poojan event held on 1st June 2018 at the Mahajanwadi, Nairobi-Kenya

Bhaktamar Poojan



Pujari Vipoolbhai recites the Bhakhtamar





In praise of Lord Adinath

The Religion Committee organised the Bhaktamar Poojan on: -

1st June 2018 at the Visa Oshwal Mahajanwadi.

Bhaktamar Stotra is a famous Jain Sanskrit prayer consisting of 44 sloks composed by Acharya Manatunga in praise of Lord Adinath.

44 slokas were recited and 2 couples conducted the Poojan for each sloka. This Poojan was attended by approximately 275 devotees and was followed by Aarti, Mangaldivo and Shanti Kalash. Coconut Prabhavna was done.

Upcoming Religious Tithis: -

18/7/2018 Ashadh Sud 6

Shree Mahavir Swami Chyavan Kalyanak

26/7/2018 Ashadh Sud 14

Choumasu starts





Religion Committee Members

4th International day of yoga celebration at the Oshwal Centre Ground.

Their was a large turnout on the morning of 10th June 2018 to celebrate the 4th international Day of Yoga. This annual event was open to all.

United Nations adopted 21st June as the International Yoga Day (IYD) in December 2014 which was cosponsored by 175 countries including Kenya. Practice of Yoga in daily life is a holistic approach to health and humanity. It is a science of activating one's inner energies. Yoga Postures and controlled breathing practice has proved to prevent and cure numerous diseases. Yoga Kenya Committee and Hindu Swayamsevek Sangh (KENYA) carried out a pre-event yoga session at the Oshwal Religious Centre on the morning of 10th June 2018

Over 150 yoga enthusiasts arrived early that morning for the yoga session. The yoga session was conducted by well experienced teachers and instructors from the Yoga Kenya Committee. Yoga Kenya committee was formed in 2015 in Kenya as a collaboration of various yoga organizations and individual yoga teachers. The aim of this committee is to create awareness about yoga and also facilitate the international day of yoga event held every year in Nairobi.

The session followed the Yoga Protocol set by the Ayush Ministry in India. This protocol intends to give a brief overview about yoga and yogic practices to orient one towards comprehensive health for an individual and the community.



Session Practice



During the Yoga Session



Young & Elderly braved chilly morning

Yoga Session

The Visa Oshwal Community celebrated International Day of Yoga (IDY) on Sunday,17th June 2018. This was done for the very first time by VOC to help create more awareness about wellbeing through Yoga as the primary channel. The official IDY is celebrated on the 21st of June.

Yoga means union. There are ways and means to explore different aspects of Yoga, through the Yogic Sciences approach, which can enhance one's experience of life immensely.

That is to say, simply by doing certain physical practices, pranayama and meditations a stillness of the body and mind can be developed. Furthermore, the spine which is held as the most important part of the body (according to the Yogic Sciences) can be strengthened.

Clarity and focus of attention, general wellbeing by means of hormonal and weight balance, efficient flow of energy within the human system and circulation of oxygen to the brain are some of the benefits that disciplined practice of Yoga can bring to one's life.

A Classical Hatha Yoga teacher Ms Chandni Khetia volunteered her service to create a meaningful experience for anyone who came to practice. A great turn out for an early morning Yoga session on the Oshwal Centre open grounds.

After the 90 mins practice, refreshments were served to all those who came forth to participate in the event.



Charlani Khetia Leaas Toga Session



Vice Chairman Jinit Shah participating



Activities, June 2018



The Main Actor greeting the Seniors at the Auditorium after the Seniors Movie

Seniors Lunch Mahajanwadi

A sumptuous lunch was organized for the seniors on the 21st June 2018. Members of the Management Committee including the Hon. Vice Chairman Mr. Jinit Shah and the Hon. Secretary Mrs. Bindi Shah were seen busily serving the seniors lunch and interacting with them one on one. About 250 seniors attended the event and they were visibly happy. The main idea was to encourage the seniors to interact which they did very cheerfully. This was a successful meet and greet event for the seniors everybody was happy with the organisers.

Seniors Movie

The senior members of the Community were last month entertained with a Gujarati movie-Jagya Tyarthi Savaar straight from the Bollywood Screens in India. This was thoroughly enjoyed by all and was followed by light refreshments. The film highlighted on the importance of organic farming versus chemically grown crops and the harmful effects of the latter in the environment. The main actor and his manager were both present as part of the audience and signed autographs and even took time to take pictures with them. Movie was attended by about 250 members.



Welcoming the Seniors to the Luncheon



Part of the Audience Watching









Time for refreshments

Vice Chairman serving Seniors

Jalebi Gathia Programme at the Seniors Lounge



More reasons for the seniors to smile and be happy

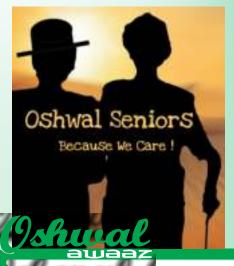
_Happy is the feeling here

Seniors Lounge

On Sunday, 1st July 2018, the seniors were treated to Jalebi Gathia, kindly sponsored by the family of Mr. K.P. Nagaria.

Over 150 people attended the event and the seniors enjoyed meeting their colleagues.

We urge members to come forward and celebrate their birthdays, anniversaries and light up the seniors faces by sponsoring such events.







At the Seniors Lounge





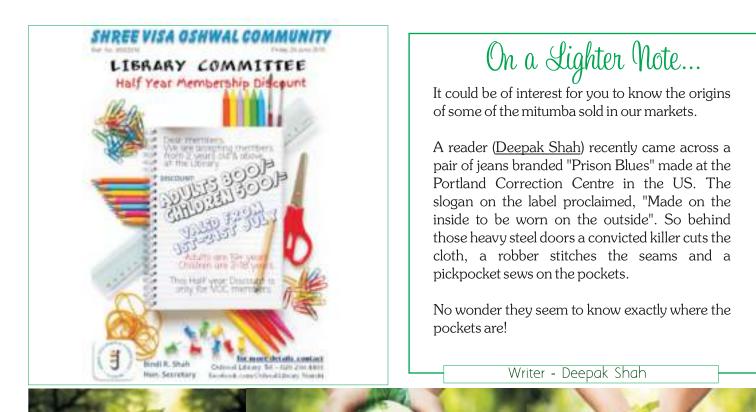
Constructive discussions & Dialogue



Lighting Elderly Hearts 15th Edition, June 2018

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Information, June 2018



What are the Benefits of Veganism?



We bet you've considered becoming a vegan. Maybe you've considered taking the vegan route for health reasons, or to save animals or possibly just to be kinder to our planet in general. But chances are that the idea has crossed your mind at some point!

Veganism has recently become very trendy; every year people are choosing to live a vegan lifestyle and it's not just because of animal cruelty or our love for animals. Veganism's benefits include helping the environment and improving your own health.

Veganism and Skincare

Aging is a growing concern for most of us. Following a vegan lifestyle might be able to assist in the prevention of aging as well as giving you a youthful glow to your skin.

We need to be 60% water by weight to maintain a healthy body but unfortunately, as we get older we start to lose the ability to stay hydrated. Following a vegan diet, you consume lots of fruit and vegetables which contain plenty of water, this will add up and give your body so much more hydration.



Keeping a Healthy body weight Researchers have found that veganism is one of the best diets to control your weight.

Diseases That Can Be Prevented Through Veganism

- $_{\Box}~$ Cardiovascular disease,
- □ Cholesterol problems,
- □ High blood pressure,
- \Box Type 2 diabetes,
- □ Prostrate cancer,
- \Box Colon cancer,
- □ Breast cancer,
- □ Arthritis,
- □ Osteoporosis and more ...

Environmental Benefits

- Reduces air pollution,
- Reduced water consumption/wastage
- Increase in Global Food Supply by 70%
- Promotes Animal Welfare



70percent

Increase in food

supply ...

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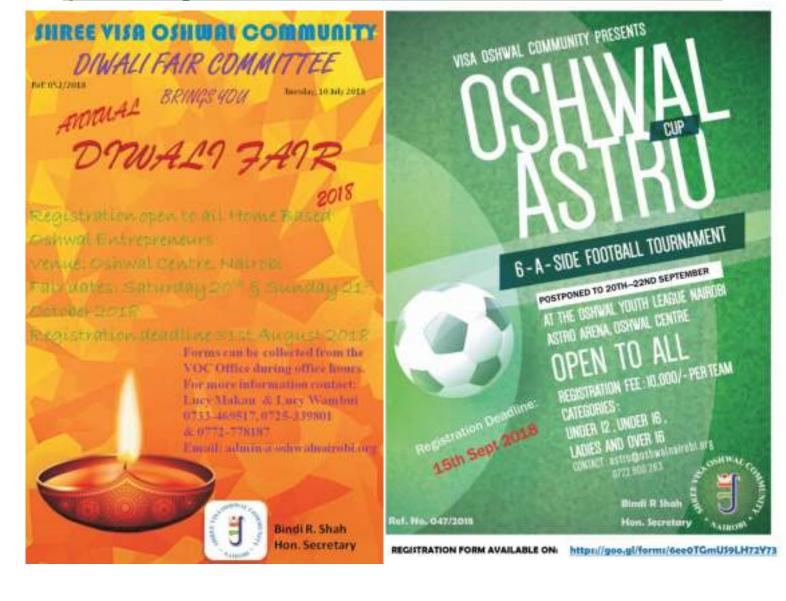






Upcoming Events, June 2018

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