

Happy Reading

THE BEAUTY OF OSHWAL CENTRE CAPTURED IN A PAINTING



JUNE EVENTS UNFOLDED

1st June 2018:
Bhaktamar Poojan

10th June 2018:
Yoga Day-Oshwal Grounds

17th June 2018:
International Day of Yoga

21st June 2018:
Seniors Lunch Programme

24th June 2018:
Seniors Movie



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

Bhaktamar Poojan



Pujari Vipoolbhai recites the Bhaktamar



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.

There 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 co-sponsored 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 Swayamsevak 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.

Yoga Session



Session Practice

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.



Chandni Khetia Leads Yoga Session



During the Yoga Session

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.



Vice Chairman Jinit Shah participating



Young & Elderly braved chilly morning

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.



Leading Members of the Community



Loving the Seniors



Actor of Award Winning Movie

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.



Welcoming the Seniors to the Luncheon

Seniors Movie

The senior members of the Community were last month entertained with a Gujarati movie-Jagya Tyarthe 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.



Part of the Audience Watching



Selfless Service



Lunch is Served



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



On a Lighter Note...

It could be of interest for you to know the origins of some of the mitumba sold in our markets.

A reader (Deepak Shah) recently came across a pair of jeans branded "Prison Blues" made at the Portland Correction Centre in the US. The slogan on the label proclaimed, "Made on the inside to be worn on the outside". So behind those heavy steel doors a convicted killer cuts the cloth, a robber stitches the seams and a pickpocket sews on the pockets.

No wonder they seem to know exactly where the pockets are!

Writer - Deepak Shah



Green Corner

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.

Veganism

Diseases That Can Be Prevented Through Veganism

- Cardiovascular disease,
- Cholesterol problems,
- High blood pressure,
- Type 2 diabetes,
- Prostrate cancer,
- Colon cancer,
- Breast cancer,
- Arthritis,
- Osteoporosis and more ...



veganism

70percent
 Increase in food
 supply ...

Environmental Benefits

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



SHREE VISA OSHWAL COMMUNITY
 Ref. No. 054/2018 Wednesday, 04 July 2018



**Senior Social Committee
 ANTAKSHRI PROGRAMME**
With Lunch

On
Thursday 19th July 2018
at 10:30am at

**VISA OSHWAL
 MAHAJANWADI**
 Limuru Road, Ngara

Tickets Available at Kshs. 200/= Per Person From the VOC Office Or the Seniors Lounge at Mahajanwadi

**Last Date of Registration
 16th July, 2018!**



Bindi R. Shah
 Hon. Secretary

SHREE VISA OSHWAL COMMUNITY
 Ref. No. 054/2018 Wednesday, 11 July 2018

**Introducing Partnership
 with:**


Dear Members,
 We are soon announcing an exciting partnership with Rescue to give you an exclusive discount on life saving services. Rescue has the most comprehensive network of first responders. With over **50 road ambulances** in Nairobi alone, you no longer need to spend hours waiting for help.

Rescue members are guaranteed **quality ambulance service in minutes!**

- Rescue's fleet is staffed with experienced medical dispatchers, on call 24hrs a day, seven days a week.
- Equipped with First Emergency Response Technologies, they have real-time data on all available providers in Nairobi.
- Rescue can dispatch the best and closest Ambulance, wherever, no matter where you are located in Nairobi.

Save the Date: Saturday, 21st July 2018
 As we unveil the partnership and discount for Oshwal Members, where you can learn more about Rescue!

Bindi R. Shah
 Hon. Secretary



Picture hunt
POSTPONED TO 22 JULY
 EVENT BROUGHT BY



OPEN TO ALL
DEADLINE: 5 JUL

PAYBILL: 632340
ACCOUNT: OYL

22 JULY 2018
OSHWAL CENTRE @ 8:00AM
ENTRY: 2,000 PER TEAM OF 4 PAX

CHIRAG 0737 997 515
RUSHABH 0754 777 847
RUCHEET 0731 443 306
KRUSHIT 0780 840 711

SHREE VISA OSHWAL COMMUNITY
 Ref. 048/2018 RELIGION COMMITTEE 11th June 2018

JAINISM DHAMAKA
 Creativity Competition | Fun & Games | Branch | Music



Open for All Jains!

Date: Sunday, 11th August 2018.
Venue: Vico Delwadi Mahajanwadi, Limuru Road.
Participation Entry is free!

Kindly register your names with Vipulbhai on 0786576660
 Registration deadline extended to **5th July 2018.**
 Please see attached Entry Form and Rules and Regulations.

Bindi R. Shah
 Hon. Secretary

**THREE VISA OSHWAL COMMUNITY
DIWALI FAIR COMMITTEE**
Ref: 052/2018 Tuesday, 10 July 2018

ANNUAL BRINGS YOU

DIWALI FAIR 2018

Registration open to all Home Based
Oshwal Entrepreneurs
Venue: Oshwal Centre, Nairobi
Fair dates: Saturday 20th & Sunday 21st
October 2018
Registration deadline 31st August 2018

Forms can be collected from the
VOC Office during office hours.
For more information contact:
Lucy Makau & Lucy Wanjau
0733-469517, 0725-339801
& 0771-778187
Email: admin@oshwalnairobi.org



Bindi R. Shah
Hon. Secretary

VISA OSHWAL COMMUNITY PRESENTS

OSHWAL CUP ASTRO

6-A-SIDE FOOTBALL TOURNAMENT

POSTPONED TO 20TH-22ND SEPTEMBER
AT THE OSHWAL YOUTH LEAGUE NAIROBI
ASTRO ARENA, OSHWAL CENTRE

OPEN TO ALL

REGISTRATION FEE: 10,000/- PER TEAM

CATEGORIES:
UNDER 12, UNDER 16,
LADIES AND OVER 16

CONTACT: astro@oshwalnairobi.org
0722 900 783

Registration Deadline:
15th Sept 2018

Ref. No. 047/2018

Bindi R Shah
Hon. Secretary



REGISTRATION FORM AVAILABLE ON: <https://goo.gl/forms/6ec0TGmU19LH72V73>

jai jinendra



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