

Oshwal Waza

19th Edition, October 2018



Fun & Games



Diwali Fair Opening Ceremony



Aymbel Tapasvis



Lunch being served

Aaso Maas Aymbel 2018.

This year the Aaso Maas Aymbel started on 16th October 2018 , ended on 24th October 2018 and the Parna was held on 25th October 2018.

Approximately 170 people did Aymbel on daily basis and other volunteers of 100 who came everyday to prepare the meals and also to serve the devotees.

Approximately 170 members had done oli and other 550 invited guests had lunch on the Parna day.

A group of 13 families sponsored this event this year.

The Shreepal Raja Raas was read daily in the morning and evening by Pandit Vipulbhai and Vykhan was read by Shree Acharyaji Maharaj.

The Navkar Mantra and Shantipath were recited daily before the serving of the meals.

The sponsors organized the following:

- Navpad Pooja
- Bhavana on Friday 19/10/18

On 25/10/18 Parna day speech by rc chairman mr kantilal devshi and voc chair gave their speeches along with the sponsorship vote of thanks by chandanben khimji and bahuman of the sponscors was also done.



Bahumaan being carried out



Prayers being recited

DIWALI FAIR 2018

The Annual Diwali fair is a concept designed to provide a platform for home based Oshwal entrepreneurs to showcase their products and skills.

The Diwali fair was started in the year 2010 making this year the 9th fair to be held.

The event took place over two days Saturday, 20th October and Sunday, 21st October 2018.

We had stalls for home based owners in the halls with food stalls and children entertainment on the field.

Participants

This year we had 52 participants from Nairobi, 5 participants from Mombasa, 1 from Kericho making up a total of 58 participants and 7 of them taking part for the first time.

We had a special category – with two participants following under this category that is OAN – IED and Bhavik Kiran Shah – these are children with special needs and use their hand to make items for sale e.g beads, ear-rings, homemade chocolates etc.

Visitors

A head count of the visitors was carried out at the entrance from Saturday afternoon as shown.

	Visitors
Saturday Morning (Estimated)	500
Saturday Afternoon	3000
Sunday	3819
Total	7319

Sponsorship

We had 3 sponsors on board as follows: -

- 1.Title sponsor – Bidco oil Africa doubling up as the Chief Guest
- 2.Silver – GT Bank
- 3.Bronze- BTB insurance Brokers



Opening Ceremony



Birds eye view of the fair

Book Review

Charlotte's Web by E.B White details the story of a beautiful friendship between the two unlikeliest of companions: a spider and a pig.

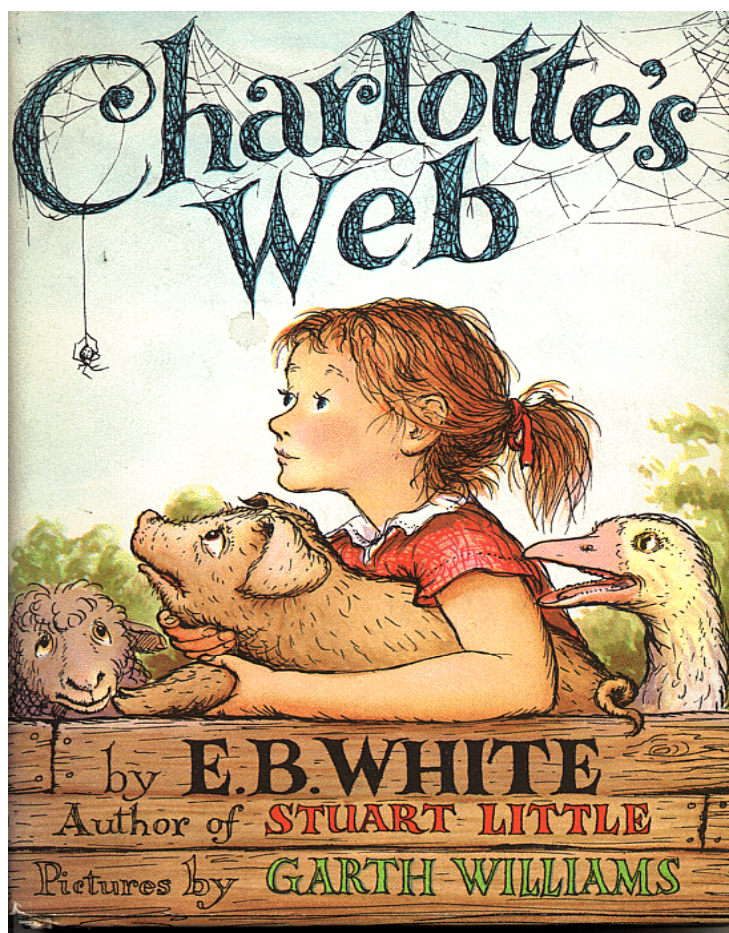
When Fern Arable saves the runt of the litter she christens him 'Wilbur.' When he gets too big to be housed at the family farm, her father sends him off to the Zuckerman's. Fern visits Wilbur all the time but her visits aren't enough to cure him of his loneliness in this new, bigger barn. This all changes when he meets Charlotte.

It is through this friendship that Wilbur learns the ways of the world under Charlotte's expert tutelage. We see the changes he has undergone from runt to pig. The two become inseparable and when Wilbur's life is threatened, his friend does everything she can to save him in a manner that first leaves the whole barn speechless and soon the whole town! It is through Charlotte's efforts that Wilbur is saved.

Pooling with lovable characters, the story is easy to fall in love with. Even the snarky little rat Templeton proves quite the hero by the book's conclusion.

From E.B White comes a story full of hope and love. He sees across barriers such as size, looks and hearsay. It proves that as long as you have people that believe and stand by you, nothing is impossible. Sometimes all you need in the darkest of moments is a friend, somebody you can lean on. It doesn't matter if that somebody has eight eyes and legs!

Charlotte's Web is a must read. With White's subtle messages about belonging and accepting individuals as they are, the novel will undoubtedly leave a long standing impression on people of all ages. He proves that there is nothing quite like the loyalty of a best friend, cementing it as a timeless classic.



Dear Reader,

Find this book and
many more available at
the Oshwal Library...



Tel: 020 236 4403

SHREE VISA OSHWAL COMMUNITY
IN CONJUNCTION WITH
MOYO HOLIDAYS



Ref.no.101/2018 17th October 2018

Presents
A festive journey through Sri Lanka
 Visiting *Negombo, Sigiriya, Kandy, Nuwara Eliya, Bentota and Colombo.*

20th December 2018 to 1st January 2019

LIMITED SPACES AVAILABLE ON FIRST COME FIRST SERVE BASIS

For more information contact :
admin@oshwalnairobi.org
 Pankaj Shah on 0727494555
inspire@moyo.co.ke

Bindi R. Shah
 Hon. Secretary

SHREE VISA OSHWAL COMMUNITY
 REF: 020/2018 4th October 2018

DIWALI FUND 2018

Dear Oshwal,

The Diwali donation was an initiative introduced by the Community many years ago to allow its members to participate in supporting the Community and to feel at one with our great Community. It is hard to imagine celebrating Diwali without thinking about giving charity which is an integral part of the festival. This year, we are calling on all Oshwals to come together and in the true spirit of Oshwalism, let us support our Community through our generosity.

Funds collected by the Community through the Diwali Donation initiative are used for:-

1. Improving and bettering our Oshwal facilities e.g. recent upgrade of the kitchen.
2. CSR activities such as school feeding program, wheelchair donation, Jipur foot etc.
3. Relief within the Community via supporting needy Oshwal Families to sustain themselves & medical assistance.
4. Promoting Jainism through classes, Bhakti Bhavna, Poojana etc.
5. The upgrade and renewal of reading material at the Oshwal Library.
6. Supporting and financing the neighbourhood security patrol initiative through the ORC.
7. Supporting and running the Senior Citizens Lounge at the Mahajanwadi where our senior citizens get an opportunity to mingle and socialise.
8. The upkeep and maintenance of our Oshwal Facilities including Mahajanwadi, Jain Shala Darasar, Oshwal Complex, Oshwal Residency and Oshwal Centre.

Please remember it is our duty as an Oshwal to support the greater Oshwal Family!

Let's be Proud to be Oshwal and take pride in giving to the Community for its betterment.

Bindi R. Shah
 Hon. Secretary

SHREE VISA OSHWAL COMMUNITY
 Ref. No. 110/2018 15th November 2018

RELIGION COMMITTEE PRESENTS
RE-ENERGIZING THE JAINISM WAY

Dear Members,
 We have organized Preksha Meditation & Lectures by Saman Shrutpragyaji as follows:

DAY	DATE	TIME	PROGRAMME	LOCATION
Saturday	1/12/2018	10:30am to 12:00pm	Healthy Habits (6-11yrs)	Mahajanwadi
		3:00pm to 4:30pm	Power of Self Discipline (12-17yrs)	Mahajanwadi
Sunday	2/12/2018	6:00am to 8:00am	Meditation and Yoga	Mahajanwadi
Monday	3/12/2018	6:00am to 7:00am	Preksha Meditation	Mahajanwadi
		8:00pm to 9:30pm	Practices followed by a true Jain	Oshwal Centre
Tuesday	4/12/2018	6:00am to 7:00am	Preksha Meditation	Mahajanwadi
		8:00pm to 9:30pm	Life is a gift & Living is an art	Oshwal Centre
Wednesday	5/12/2018	6:00am to 7:00am	Preksha Meditation	Mahajanwadi
		8:00pm to 9:30pm	Importance of Community	Oshwal Centre

All the above lectures are in English and Gujarati.

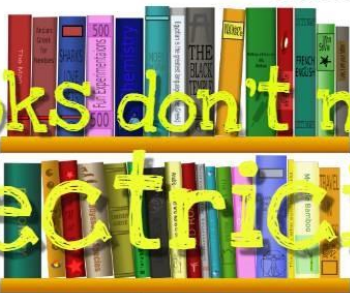
For More information kindly contact any member of the Religion Committee.

Bindi R. Shah
 Hon. Secretary

SHREE VISA OSHWAL COMMUNITY
 Ref: No.102/2018 Monday, 22 October 2018

Library Committee

We want to see! We are inviting you to take our **extreme Reading challenge!**



Books don't need Electricity

We can read them anywhere and everywhere!

Do you love to read in weird and wonderful places, or with unusual reading buddies?

Do you set your own reading challenges or spend time creating the ultimate reading den?

Have a picture taken of you enjoying a book in a different, exciting, fun and SAFE place.

Submit your photos (one copy print, and one digital) to the library at library@oshwalnairobi.org to be showcased on our noticeboard and Awaaz

Bindi R. Shah
 Hon. Secretary

TEL: 020 236 44 03

Green Corner

Upcoming Religious Tithis

22/11/18 – Kartak Sud 14
Chaumasi Chaudas

23/11/18 – Kartik Sud 15
Kartiki Poonam Shree
Sidhachal Bhav Yatra

02/12/18 – Kartik Vad 10
Shree Mahavir Swami
Diksha Kalyanak

31/12/18 – Magsur Vad 10
Posh Dusham, Shree
parshwanath Janma
Kalyanak Kheer Ekashna

If you wish to contribute
an article to the Awaaz
please send it to

oshwalawaaz@oshwalnairobi.org

Contacts: Oshwal Nairobi



telephone:
email: &
website:

0725339801 | 0733469517
www.oshwalnairobi.org
admin@oshwalnairobi.org

ALMONDS

20

ALMONDS MAKE UP
A HEALTHY HANDFUL



30g

PACKED WITH NUTRIENTS

HEALTHY FATS
VITAMIN E
ANTIOXIDANTS
FIBRE PLANT STEROLS
PLANT PROTEIN CALCIUM
MAGNESIUM POTASSIUM
LOW IN SODIUM



RICH IN VITAMIN E



A 30g HANDFUL OF
ALMONDS
PROVIDES
4.8mg Vit E



A DAILY HANDFUL + A HEALTHY DIET



MANAGES
WEIGHT

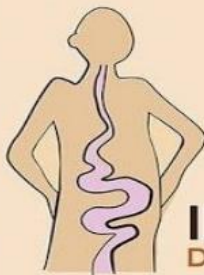
LOWERS
CHOLESTEROL



REDUCES
CELL DAMAGE



LOWER
RISK OF HEART DISEASE
AND TYPE 2 DIABETES



IMPROVES
DIGESTIVE HEALTH

A MEDITERRANEAN DIET
+ A 30g HANDFUL OF NUTS
CAN REDUCE THE RISK OF



HEART DISEASE
AND STROKE BY

28%

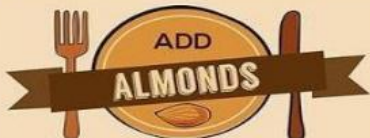


DIABETES BY

13%

AND METABOLIC
SYNDROME BY

26%



ADD
ALMONDS

TO A MEAL TO LOWER THE GI

LOW GI

MEALS PROVIDE
SUSTAINED ENERGY
AND KEEP YOU
FULL FOR LONGER