

Oshwal Waar

23rd Edition, February 2019

SINGING COMPETITION



DONATED BY RAMJI MEGHJI GUDKA & FAMILY

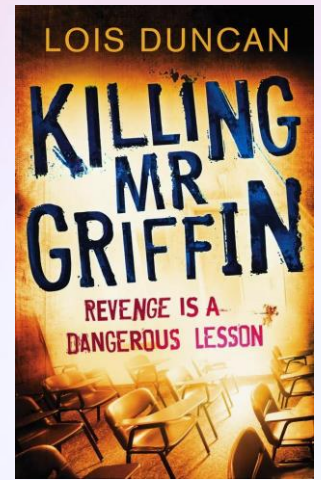
Visa Oshwal Community Religion Committee organized a Singing competition as a celebration of 35th Pratishta Mahotsav of Shree Munisruvat Swami Jinalay. Participants of age 4-20 years recited Jain Stavans in this competition.

The competition was divided into 3 categories of ages 3 to 6 years, 6 to 12 years, 12 to 20 years.

The Judges were Mrs. Leena Rathod & Mr. Vishal Shah(Thika).



LIBRARY



Killing Mr Griffin by Lois Duncan

This review has some serious throwback power and delves deep into our young adult collection (which, by the way, is not only for ‘young adults’).

Duncan’s novels have covered themes ranging from astral projection and murder to voodoo and blackmail. Three of her titles (including *Killing Mr. Griffin*) were made into movies – some more to her satisfaction than others. I say this because the well-known *I Know What You Did Last Summer* sorely disappointed her as her masterful teenage suspense story had been turned into a run-of-the-mill slasher flick.

A master of speculative fiction, in the controversial *Killing Mr. Griffin*, Duncan explored the darker side of three ordinary high school students as they plot to kidnap their teacher and justify his death and its cover up later. At a time when evil in young adult fiction is often represented in obvious and unimaginative ways, this novel is thought provoking and almost horrifying in how the villains lurk under perfect normalcy. Duncan, in this novel, also examined the effect of peer pressure, and its insidious pervasive nature. This book doesn’t need a fascinating back story, but what made it even more interesting to me was that the character of both the main antagonist as well as Mr. Griffin were based on people that Duncan knew in real life. As the plot unfolds, it makes the novel even more chilling.

Killing Mr. Griffin was my favorite book by her, and next in line is *Locked in Time*.

YOGA

Vipassana is one of India's most ancient meditation techniques.

The word Vipassana means seeing things as they really are. It is the process of self-purification by self-observation.

One begins by observing the natural breath to concentrate the mind.

With a sharpened awareness one proceeds to observe the changing nature of body and mind and experiences the universal truths of impermanence, suffering and egolessness.

This truth-realization by direct experience is the process of purification.

The entire path (Dhamma) is a universal remedy for universal problems and has nothing to do with any organized religion or sectarianism.

For this reason, it can be freely practiced by everyone, at any time, in any place, without conflict due to race, community or religion, and will prove equally beneficial to one and all.

1) What Vipassana is not:

It is not a rite or ritual based on blind faith.

It is neither an intellectual nor a philosophical entertainment.

It is not a rest cure, a holiday, or an opportunity for socializing.

It is not an escape from the trials and tribulations of everyday life.

2) What Vipassana is:

It is a technique that will eradicate suffering.

It is a method of mental purification which allows one to face life's tensions and problems in a calm, balanced way.

It is an art of living that one can use to make positive contributions to society.

Vipassana meditation aims at the highest spiritual goals of total liberation and full enlightenment. Its purpose is never simply to cure physical disease.

However, as a by-product of mental purification, many psychosomatic diseases are eradicated. In fact, Vipassana eliminates the three causes of all unhappiness: craving, aversion and ignorance.

With continued practice, the meditation releases the tensions developed in everyday life, opening the knots tied by the old habit of reacting in an unbalanced way to pleasant and unpleasant situations.

Although Vipassana was developed as a technique by the Buddha, its practice is not limited to Buddhists. There is absolutely no question of conversion.

The technique works on the simple basis that all human beings share the same problems and a technique which can eradicate these problems will have a universal application.

People from many religious denominations have experienced the benefits of Vipassana meditation, and have found no conflict with their profession of faith.

Some benefits of Vipassana are:-

- Freedom from Mental Disorders (craving, aversion, illusion, fear)
- Relieve blind faith
- Character Building
- Live in Present
- Freedom from mental stress
- Lead a better life

Qualities of Vipassana are:-

- Pure Scientific
- Natural
- Non-sectarian
- Lack of Dogma
- Self-development through self-awareness
- Extraordinary in its simplicity

**By Dhiresch Amritlal Shah
Kenya Vipassana**



INFORMATION

SHREE VISA OSHWAL COMMUNITY

REF. NO. 16/2019

SENIOR SOCIAL TASK FORCE
PRESENTS

16TH MARCH 2019

SATURDAY
MARCH 30TH
2019
2.30PM - 5.00PM

VENUE:
Mahajanwadi,
Limuru Road

DISPLAY YOUR TALENT

YOU ARE INVITED TO COME, SHOW AND SHARE

YOUR HOBBIES AND TALENTS AT A FUN FILLED

ACTIVITY DAY, FOLLOWED BY REFRESHMENTS

FOR MORE INFORMATION

CONTACT: SHAINA S. SHAH 0733616136
BINDU S. SHAH 0737556084
KAILASH R. SHAH 0721208143



BINDI R. SHAH
HON. SECRETARY

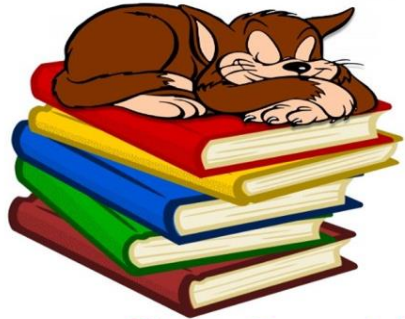
SHREE VISA OSHWAL COMMUNITY

REF: 011/2019

25/02/2019

LIBRARY COMMITTEE

Good Books Can Satisfy



Your Curiosity

The Oshwal Library
Now open Tuesdays and
Fridays until 8:30pm



Hetal C. Hariya
Assitant Secretary

SHREE VISA OSHWAL COMMUNITY

Ref. No. 010/2019

12th March 2019

SHREE VISA OSHWAL COMMUNITY
REQUESTS FOR VOLUNTEERS TO SERVE IN
THE FOLLOWING SUB COMMITTEES FOR
THE YEAR 2019/2020

*The volunteering spirit of VOC Members is
part of what makes our Community great!*

- Astro Turf
- Diwali Fair
- Donations & Fund Raising
- Library
- Maintenance
- Operations
- ORC
- Oshwal Medical Relief Scheme
- Oshwal Sports Complex
- Religion
- Senior Social
- Welfare & Counseling

If you wish to serve on any sub-committee or serve as a general volunteer, kindly submit your full details together with your VOC Membership Number to the VOC Office at Oshwal Centre or by e-mail to admin@oshwalnairobi.org by Saturday, 30th March 2019.



Bindi R. Shah
Hon. Secretary



UP COMING RELIGIOUS EVENTS

20.03.19	FAGUN SUD 14	CHOUMASI CHAUDAS
27.03.19	FAGUN VAD 7	VARSHITAP START
11.04.19	CHAITRA SUD 6	CHAITRA MAS NAV PAD AYMBEL OLI STARTS
17.04.19	CHAITRA SUD 13	SHREE MAHA VIR SWAMI JANAM KALYANAK
19.04.19	CHAITRA SUD 15	CHAITRI POONAM SHREE SIDHACHALJI BHAV YATRA
20.04.19	CHAITRA VAD 1	CHAITRA MAS AYM BEL OLI PARNA

GREEN CORNER

10 HEALTH BENEFITS OF Mango



Mango as Skin cleanser

Mangoes help you unclog your pores and add freshness to the face. Mangoes are applicable to any skin type. They help clear clogged pores that cause acne. Just slice a mango into thin pieces and keep them on your face for 10 to 15 minutes and then take bath or wash your face and see the results.



- 1 Lowers Cholesterol**
The high levels of fiber, pectin and vitamin C help to lower serum cholesterol levels.
- 2 Clears the Skin**
Mangoes help clear clogged pores and eliminate pimples.
- 3 Improves Eye Health**
Mangoes supplies 25 percent of the needed daily value of vitamin A, which promotes good eyesight.
- 4 Alkalizes the Whole Body**
The tartaric acid, malic acid, and a trace of citric acid help to maintain the alkali reserve of the body.
- 5 Help with Diabetes**
Mango leaves help normalize insulin levels in the blood.
- 6 Promotes Healthy Sex**
Connection between sex drive and vitamin E was created by a mistaken generalization on rat studies.
- 7 Boosts the Immune System**
The generous amounts of vitamin C and vitamin A keep your immune system healthy and strong.
- 8 Helps Fight Heat Stroke**
Helps to cool down the body and prevent harm from overheating.
- 9 Improves Digestion**
The fiber in mangos also helps digestion and elimination.
- 10 Regulate Blood Pressure**
Mangoes have an impressive vitamin content that assures overall health.

If you wish to contribute an article to the Awaaz please send it to oshwalawaaz@oshwalnairobi.org

📍 Visa Oshwal Community

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