

# Oshwalwaz



27<sup>TH</sup> Edition, June 2019

## VOC - 75<sup>TH</sup> ANNIVERSARY LOGO COMPETITION



Award presentation ceremony for the logo competition of "75 years of Existence of Shree Visa Oshwal Community" was held on Tuesday 25<sup>th</sup> June 2019, at Oshwal Centre.

Winners announced :- 1<sup>st</sup> Kundanbala Kirti Shah, 2<sup>nd</sup> Aarti Keshavlal Shah and 3<sup>rd</sup> Aditi & Viral Shah.

Trophies donated by :- Red Dot Engraving

## SENIOR SOCIAL

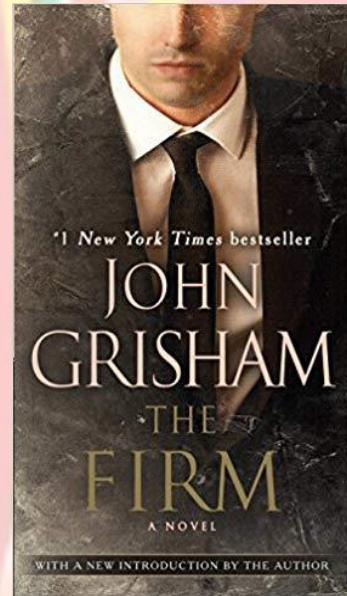
Thursday, 4th July 2019 Senior Social Committee of Visa Oshwal Community organized a sponsored Luncheon for 300 Senior Members of the Community. A Treasure Hunt was organized by the senior Social Committee where 16 Teams consisting of three Participants each totaling to 48 Participants. It was game of 45 Minutes. The Members who did not participate in the Treasure Hunt did Yoga. All present thoroughly enjoyed it. The Winners were Madhuben, Nirmalaben, Rekhaben, Anilaben, Hasumatiben, Shilaben, Nilaben, Rekhaben and Vijayaben.



LIBRARY

"The Firm" by John Grisham

"This is a gripping fiction debut by Grisham's which describes the inner workings of a law firm. Set up by the Mafia to launder money and concoct tax evasions, we follow Mitchell McDeere, third in his class at Harvard Law, who is wooed relentlessly by the prestigious Memphis tax firm of Bendini, Lambert and Locke. After succumbing to the firm's high-powered salesmanship, he rejects a few of the country's best-known law firms to join the firm, and is awed by the opulent lifestyle pressed upon him. But the company has ruthless, underhanded methods of gathering information (they wire the homes of all associates) and ensuring loyalty (social situations are severely monitored). The firm's mania for security and secrecy, combined with the fact that the only lawyers who have ever left did so in coffins--five in 15 years--arouse Mitch and wife Abby's curiosity, and they rapidly find themselves in a labyrinth of intrigue and danger."



JULY THEMED TABLE  
BOOK PAIRING

"MADE FOR EACH OTHER"



SHREE VISA OSHWAL COMMUNITY LIBRARY COMMITTEE PRESENTS

1 JULY 2019

REF NO. 049/2019



Book  
SALE

From 18 July to 18 August 2019

OSHWAL LIBRARY, OSHWAL RELIGIOUS CENTRE  
TITLES ARE SUBJECT TO AVAILABILITY  
PRICES ARE NON-NEGOTIABLE



OSHWAL LIBRARY, NAIROBI  
020 2364403,  
library@oshwalnairobi.org



BINDI R SHAH  
HON SECRETARY



## INFORMATION

### SHREE VISA OSHWAL COMMUNITY

Ref. No. 051/2019

4<sup>th</sup> July 2019

#### OSHWAL MEDICAL RELIEF SCHEME

#### MEDICAL CARDS

Dear Members,

Please note that the Oshwal Medical Relief Scheme (OMRS) Cards which were being issued every term, have now been discontinued and the current Visa Oshwal Membership cards have been linked with the systems.

The VOC Membership Card will enable discounts & services offered at various Medical Centers.

For any queries please call Lucy Makau on 0732377475/0724177293

*Kindly pass on this information to any Oshwal members who may not have access to internet facilities, such as elderly relatives.*



Bindi R. Shah  
Hon. Secretary



### SHREE VISA OSHWAL COMMUNITY

Ref No.053/2019

9<sup>th</sup> July 2019

#### SENIOR SOCIAL COMMITTEE

PRESENTS



**Dr. Nita Thakre M.D**  
**Consultant Gynecologist & Uro Gynecologist**

Talk and interactive session on:

1. Heavy menstrual bleeding.
2. Urinary leakage (urinary incontinence).



**Dr. Mahima Bhatt M.B.B.S. D.M.C.**  
**Medical Cosmetologist.**

Talk and Interactive session on:

1. Anti Aging Miracles.
2. Hair fall, Hair loss and Baldness.

Saturday 20<sup>th</sup> July 2019 at 3.00 PM

Venue: Visa Oshwal Mahajanwadi

Followed by refreshments.

One to one free consultation at Mahajanwadi on Monday, 22nd July from 10.00 to 12.00 noon.



BINDI R SHAH  
SECRETARY

FOR MORE INFORMATION CONTACT :  
SHAINA SHAH 0733616136

Ref No: 008/2019



VISA OSHWAL COMMUNITY NAIROBI

In conjunction with OSHWAL YOUTH LEAGUE NAIROBI  
PRESENTS



**VENUE: OSHWAL CENTRE GROUNDS**  
**DATE: 13TH OCTOBER 2019**  
**TIME: 10AM ONWARDS**

# THE DIWALI MELA 2019

FOR ENQUIRIES ON ENTERTAINMENT, FOOD STALLS, GAMES, SPONSORSHIP, CORPORATE STALLS & VOLUNTEERS

PLEASE CONTACT  
VIKAS SHAH +254 722 900 263  
EMAIL: VOCMELA@GMAIL.COM



Bindi R. Shah  
Hon. Secretary

### SHREE VISA OSHWAL COMMUNITY

Ref. No. 047/2019

26<sup>th</sup> June 2019

#### RELIGION COMMITTEE

PRESENTS

**LECTURES BY**  
**MR. HARSHADBHAI MANIAR**  
**FROM SOUTHERN CALIFORNIA**

MONDAY 22 <sup>ND</sup> July 2019	TREMENDOUS POWER OF FORGIVENESS THROUGH PRATIKRAMANA	8.15 PM TO 9.30 PM
TUESDAY 23 <sup>RD</sup> July 2019	JAIN UNIVERSE VS MODERN SCIENCE	8.15 PM TO 9.30 PM

Venue: Dinesh & Mahesh Chandaria Auditorium, Oshwal Centre.

All lectures will be conducted in English & Gujarati.  
Please carry your writing materials.



Bindi R. Shah  
Secretary

For more information contact:  
Kantibhai - 0788184388

## SPECIAL OLYMPICS IN ABU DHABI- WORLD GAMES 2019



**“Great opportunity comes to those who make the most of the small ones”**

Determination, resilience, confidence and believing in oneself leads to success! The Kenya Special Olympics team that is currently in Abu Dhabi for world Special Olympics games has done Kenya and Oshwal Academy proud. The Bocce team comprising of Deep Deepak Sanghvi and Paramveer Singh Sehm beat other competitors from around the globe to scoop gold medals while Sonali Ritesh Shah, who was representing team Kenya in swimming, made waves when she won a silver medal. These students played like the real champions they are, and we are greatly proud of them. Their success will not only motivate them to further their talents, but also inspire other upcoming competitors.

This is part of the journey of nurturing sporting talent among children living with special needs which started three years ago.



It's a humbling accomplishment to be the 1st Indian Kenyan to have completed the Six Star Abbott World Marathon Majors (WMM) challenge in a short 2 years (2017 – 2019). The WMM challenge comprises of running 42.2 km (26.2 miles) in the six largest and most prestigious marathon races in the world (London, Berlin, Chicago, New York Tokyo and Boston).

I am a member of a recreational running group called URBAN SWARAS based in Nairobi, comprising of over 200 like-minded runners. To date only 7 Kenyans have completed the Majors, 5 of whom are Urban Swaras members and 2 are elite runners. 6,100 people in the world have completed the Majors and earned a six-star medal which is given upon completion of the sixth major marathon.

I ran London, Berlin and Tokyo by raising funds for different charities. Raising the funds was not an easy task, I had to buy and sell things to raise 80% of my charity funds and the rest was raised by pleading to family and friends. I always felt guilty asking people for funds for my passion even though the charity funds I raised helped a vast number of people.

For the London marathon I raised funds for Action Aid charity that helped the drought in Turkana in 2017. For Berlin, the charity helped children with disability in sports. For Tokyo, the charity helped rehabilitate exploited children used for prostitution by rescuing them.

Running a marathon is no child's play. It takes a lot of hard work, dedication, perseverance, determination, strong will and focus. One Marathon preparation involves 16 to 18 weeks training cycle.

I used to run 6 times a week (covering between 70 -85km each week) with Pilates, strength training and yoga incorporated in between the days.

Running makes me happy, it gives me time in a zone of happiness. It has helped me in various situations when I had to deal with the grief of losing loved ones, when under stress it has helped me find solace. It really is a great way to de-stress.

I have been running for 11 years and hope to continue into my old age. I have run over 40 half marathons (21km) and 8 full marathons (42.2km) to date. Some of the other marathons I have done are: The Two Oceans Marathon (21km) in South Africa, the Victoria falls half marathon (21km) in Zimbabwe, the Kilimanjaro Full Marathon (once) and half marathon (7 times) in Tanzania, Lewa full Marathon (once) as my debut full marathon and Lewa half marathon (6 times), Standard Chartered half marathon (7 times), trail runs: Havoc (30km) in Naivasha, Lukenya trail run, resolution trail run etc. In 2017 I ran over 1800km, and in 2018 I ran over 2000km.



My friends call me a marathon tourist as I love to combine travelling and running with an opportunity to explore different cultures, cities and food as I am big foodie. I have met so many different people from all over the world during my travels, united through the one thing we have in common 'running'.

Article submitted by Avani Niraj Shah

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

✉ [info@oshwalnairobi.org](mailto:info@oshwalnairobi.org)

📍 Visa Oshwal Community

☎ 0732377475/0724177293

🌐 [www.oshwalnairobi.org](http://www.oshwalnairobi.org)