

Oshwal Waza



3rd Edition
October, 2016

Chairman's message

Jai Jinendra to all of you readers. It's been a very busy October within the Oshwal Community with events like the Diwali Fair and Ayambel taking Centre stage.

The annual Diwali Fair, a flagship event for the Visa Oshwal Community has grown over the years to become the most sought after location for all Diwali shopping, and this year we were pleased to see over 14,000 shoppers walk through the doors. It brought us immense pleasure to see the creativity and flair of our Oshwal home based entrepreneurs and in the spirit of Oshwal empowerment we wish them all the success to take their enterprises to the next level.



The end of October also brings us the festival of lights - Diwali. In Jainism we commemorate the anniversary of Lord Mahavir's attainment of Moksha or freedom from the cycle of reincarnation.

We welcome all of you to celebrate Diwali with us beginning with a Bhavya Bhavna to be held at Oshwal Centre on 28th October 2016 at 8.00pm followed by a Chopda Poojan and Meet & Greet lunch on 30th October from 10.00am. We hope to bring you the true Diwali spirit at Oshwal Centre, so please enjoy the beautiful decoration and Rangoli, and let's all maintain the Oshwal Community spirit that makes us a great community.

JAI OSHWAL
Dhiraj Devan Dodhia

Happy Diwali



On behalf of the Trustees, Office Bearers, Managing Committee, Sub-Committee members and staff of Shree Visa Oshwal Community Nairobi we take this opportunity to wish you all a Happy Diwali and a Prosperous New Year.

Diwali Fair 2016

The annual Diwali Fair brought together over 80 'Home based Entrepreneurs' displaying their skills and wares, and for the first time ever a record number of shoppers numbering over 14,000 walking through the doors.

The theme of the 2016 Diwali Fair "**Magnificent One Stop Shop**" was enthusiastically embraced by all visitors who made the most of this opportunity and had their fill of Mithai, delightful ladoos, scrumptious savouries, yummy chocolates, jewellery, clothes, pickles, mukhwaas, cakes, health and beauty products, giftware, and exotic plants. We also had a stall by the Oshwal Academy IED department selling beautifully crafted gift items lovingly made by children with special needs.

Mrs. Zamkunvarben Zaverchand Shah a 79 year old home based entrepreneur and a participant graced the official launch as the Chief Guest. Her speech reflected her values of humility, resilience, hard work and an industrious nature against challenging circumstances. Her emotionally charged address moved the audience to tears and she was accorded a standing ovation. The audience included Chairman, office bearers and managing committee members of VOC, office bearers of various other institutions, sponsors, participants and invited guests.

The Special Programs Committee sends their sincere gratitude to those involved in making the event a success in particular VOC office bearers, the VOC admin and support staff, Sponsors, Participants, Volunteers and thousands of Visitors.

Some of the Exhibitors at the Fair

Need Gelato by Neeral Dodhia



Gelato is the Italian way of making ice cream, lower in calories, sugar and fats compared to traditional ice cream. Neeral Shah saw the need of making fine gelato in the country. She started by learning from various gelato and ice cream recipe books. Later on, she went through a professional course that saw her establish Need Gelato in Kenya.

Need Gelato is naturally made using locally available, natural and organic ingredients without compromising on quality.

Sakura Blossom by Krupali Malde



The whole idea started from the need to create a high quality skin care product that's strictly made from natural ingredients. Sakura products are 100% plant based, enriched with Vitamin E and are bursting with beneficial nutrients to transform the health of your skin and slow down the ageing process. Sakura Blossom offers innovative formulations with delicious aromas, luxurious textures and exceptional beautifying and youthful results.

B's Chocolates by Binal Malde



B's chocolates started five years ago and specializes in making bespoke chocolates for weddings, engagements, Diwali, Valentines and all other occasions. With a choice of over 52 different flavours and using the best ingredients she ensures that there's something to meet every one's taste buds.

Dare's Beauties by Darshna Savla



Six years ago Darshna Savla was introduced by a friend to sell clay products. From the clay business she got inspired to start her own brand focusing on beautiful art. The Oshwal annual fare has seen her business grow to greater heights and now she is able to source raw materials from India and make beautiful pieces.

Oozy Organics by Charmi Shah



Charmi had the idea of starting up something natural when her daughter was 2 years old and she started getting skin problems of extreme dryness, itchy skin which slowly converted into Eczema. She started using Shea Butter mixed with essential oil and the results were amazing. From that, she started hand crafting beauty products from natural ingredients.



Rhiya and Sagar

This is our first Diwali Fair and we are very impressed by what each exhibitor is selling



Preet and Ronak

This year we have seen new concepts which is good because people always look for what is new in the shelves

This year's Diwali is very good and everybody is enjoying.

It's a very good platform for start ups and established entrepreneurs. We appreciate what the community is doing for them. Great job!

It's a special day & the first Diwali for our little boy. We love the colors and the good environment that the community has provided.



Chandu & Sushila



Kinde and Reshma



Rajesh Vagadia

Ayambel Oli

The nine day festival that comes twice a year attracted many people in the community. On the last day of the festival, the M.P for Westlands Hon. Timothy Wanyonyi gave the community a surprise visit and shared lunch at Mahajanwadi.

According to Rhekha Shah, Ayambel is the most difficult fasting festival since a person has to eat once a day and drink boiled water from midday to sunset.

“I have been doing Ayambel Oli for the past thirteen years. Over the years, Nairobi has had a record number of Ayambel participants and a notable achievement is that of Smt. Laxmiben Hansraj Shah who has been doing it for the past fifty years.” Rhekha said.



Ayambel sponsors



MP. Westlands Tim Wanyonyi, Dr. Manu Chandaria & Office Bearers, Jinit, Bindi and Hetal



Chairman appreciating one of the sponsors of Ayambel



Tapasvis

Navakar Laghu Poojan

The Religion Committee of Visa Oshwal Community organized Shree Navakar Langhu Poojan on Saturday 22nd October for the Pathshaala children and assisted by the teachers.

A beautiful Mandlo and Pat of Shree Navkar Mantra was done by the teachers and volunteers. Each child was given all items necessary for the Poojan together with the Yantra.

Guruji Hiteshbhai Doshi conducted the Poojan with music and explained in a simple language which could be understood by the children.

About 55 children aged between 5 to 15 took part and they thoroughly enjoyed performing the rituals in this Poojan.

The Poojan was sponsored by Mrs. Jayshree Navin Galaiya family.



Devoted young Oshwals



Following the rituals



Hitesh Doshi showing the rituals

Blood Drive



The organizers - Members of Oshwal Youth League & VOC - Health Awareness committee

Blood donation is a noble cause that every citizen in the country is encouraged to partake. Under the tagline 'One Pint Can Save 3 Lives – Donate Blood To Save a Life', the Health Awareness Committee in conjunction with Oshwal Youth League and The Kenya National Blood Transfusion Unit, organized a Blood Drive that attracted 200 people; the committee managed to collect 70 pints of blood. This was the first major blood drive organized in the community and we hope to organise more in the future.

In July this year, Kenyans celebrated World blood donor day and the director of Kenya National Blood Transfusion

Service, Margaret Oduor, said 80 per cent of blood donors are between 16 and 25 years. She commented that Kenyan hospitals blood banks have only 50 per cent of the total demand for blood.

The Secretary of Health Awareness Committee, Nixshi Shah said, "There's scarcity of blood in the country and after every 10 minutes, a Kenyan dies due to lack of adequate blood." According to the Ministry of Health statistics, in 2015, against a targeted 400,000 units of blood, the Ministry of Health collected 155,000 units, yet given the number of patients who need blood transfusion, this is hardly enough.

The Health Awareness Committee thanks everybody who attended the Blood Drive including the 14 students from the University of Nairobi who came to measure blood pressure, and the members of the National Blood Transfusion Service.

The camp was proudly sponsored by Visa Oshwal Community, Kenafric Ltd, Mjengo Ltd, Kenblest Group, Candy Kenya Ltd, L.G. Harris Ltd and O.E.R.B.



Volunteers from University of Nairobi



Chairman assisted by Elishua Ngina



Volunteers from the Ministry of Health



Vimal Shah

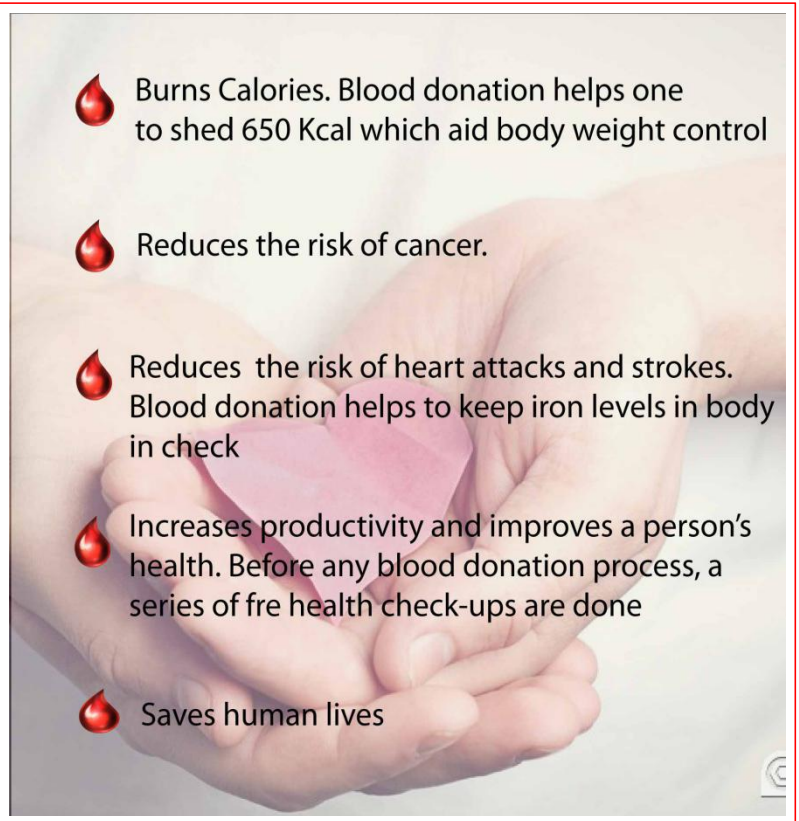


Amrit Bansal & nurse



Benefits of Blood Donation

By Pallavi Shah



- 🔥 Burns Calories. Blood donation helps one to shed 650 Kcal which aid body weight control
- 🔥 Reduces the risk of cancer.
- 🔥 Reduces the risk of heart attacks and strokes. Blood donation helps to keep iron levels in body in check
- 🔥 Increases productivity and improves a person's health. Before any blood donation process, a series of free health check-ups are done
- 🔥 Saves human lives



Adarsh Shah



Vijay Patel

Health tips

- ✓ Take probiotics like banana, oats while taking antibiotics.
- ✓ Drink Aloe vera juice after every meal to ease digestion.
- ✓ Drink 2 Litres of water everyday.
- ✓ Exercise for an hour a day.
- ✓ Cooking food in Aluminum utensils is dangerous since they may cause hormonal imbalance.
- ✓ Probiotic food like asparagus and bananas also help in digestion and absorption of food.

Nutrition Talk

The Health Awareness Committee organized a nutrition talk titled 'Different approach to a healthier you' on 20th September at the Oshwal Auditorium.

The Nutrition Talk was facilitated by Mrs. Josephine Mwedekeli, a clinical nutritionist with a huge experience in health and diet. The talk enlightened our members on digestive health, and health in general. It expounded on how drugs, alcohol, lack of exercise, aluminum utensils affect the digestive health. She further talked about how our gut shapes affects our entire body systems. The talk saw an audience of 80 people and was well received.

The Navratri Dhamaal 2016



The Oshwal Youth League this year hosted the Navratri Dhamaal 2016 at Oshwal Centre on 7th & 8th October. The entire crowd enjoyed playing garba, dandiya and Kaka Bapa. The event attracted more than 2,500 people on each day.

Many children and adults won prizes for garba in several categories.

The main sponsors for the event were Mahitaji Enterprises & Napro Industries.

Other sponsors were Prime Bank, Jade Ltd. & Orange Pharma.

Essentially, Navratri is an important festival celebrated all around the world.

The celebrations run for nine nights once every year during the beginning of October, although as the dates of the festival are determined according to the lunar calendar, the festival may be held for a day more or a day less.

Upcoming events

Bhavya Bhavna
28 October 2016
8.00 pm
At
Oshwal Centre
(Dandiya, Ras Garba)

**Shree Sharda &
Laxmi Poojan**
30th October 2016
10.00am
At
Oshwal Centre

**Official opening of Oshwal Residency
New Year's Meet & Greet
Followed by Lunch**
30th October, 2016
11:30 am
At
Oshwal Centre