



The Oshwal Awaaz contains the information about the facilities, services, and activities we provide to the Members and how you can access them.

Shree Visa Oshwal Community, Nairobi facilities are now open to our Members following the revised Government COVID-19 protocols.

The Oshwal Awaaz is published once a month and is circulated for all the Members on our database.

Please refer to poster Ref. 126 - Derasar opening & Kesar Pooja timing and Ref. 127 - Facilities reopening as per the new Presidential Guidelines.

COVISHIELD COVID-19 VACCINE



As a Community, we continue to work with the relevant Authorities and Hospitals to ensure that our Senior Citizen Members get access to the 2nd dose of COVISHIELD COVID-19 vaccination.

Shree Visa Oshwal Community in partnership with M.P. Shah Hospital and Lions Sight First Eye Hospital have organized a COVID-19 Vaccination Drive (2nd Dose ONLY) on Wednesday, 7th July 2021 at Oshwal Centre. A free eye check up & a free diabetes check up will be provided for registered VOC Members!

79TH ADHIVESHAN

The 79th Oshwal Education and Relief Board Adhiveshan was hosted by Shree Visa Oshwal Community Nairobi, at Oshwal Centre on 5th June 2021 adhering to the Covid-19 guidelines and protocols. The Trustees, Chairman, Office Bearers, Managing Committee, of the Oshwal Education & Relief Board and Shree Visa Oshwal Community, Nairobi carried out the opening ceremony of the Adhiveshan. Oshwal Education & Relief Board Chairman and the Board Delegates appreciated the Adhiveshan arrangements by the Shree Visa Oshwal Community, Nairobi.



TASK FORCES

The following New Task Forces are now in place

RELIGION TASK FORCE	
NAME	DESIGNATION
Aparna Bhavin Gada	Member
Bharat Premchand Shah	Member
Chandni Dhireschandra Shah	Member
Ekta Naresh Dodhia	Member
Jinita Minal Gosrani	Member
Keval Mahendra Bid	Member
MAHAJANWADI REDEVELOPMENT TASK FORCE	
NAME	DESIGNATION
Aashiv Miloo Shah	Member
Devin Saylesh Shah	Member
Hetal Nilesh Shah	Member
Nimmit Umesh Shah	Member
Rajesh Premchand Shah	Member
Saryoo Narendra Shah	Member
Shayur Ashok Shah	Member
Shivanni Samir Chandaria	Member
Suraj Rohitkumar Shah	Member
Vishal Rajesh Malde	Member
MARKETING AND IT COMMITTEE	
NAME	DESIGNATION
Amrish Chandulal Shah	Member
Dhwani Vijay Karania	Member
Dipak Shantilal Galaiya	Member
Mayuri Shakunt Dodhia	Member
Mehul Kishorchand Shah	Member
Shivani Samir Chandaria	Member

OSHWAL SPORTS COMPLEX

ACTIVITIES AT THE SPORTS COMPLEX



Oshwal Sports Complex successfully organized a Virtual Sports Quiz on 29th May 2021.

The Quiz had Seven different rounds of sports questions.

7 Teams participated in the Quiz and both the players and spectators enjoyed the event.

Winners: 1st Position Team West Indies

Runners up: 2nd Position Team France

Teams which participated are as below:-

- Team France - Captained by Mr. Ashul Shah (Oshwal from Nairobi)
- Team Lakers - Captained by Mr. Yash Minesh Shah (Oshwal team from Nairobi)
- Team India - Captained by Mr. Jay Nilesh Doshi (Navnat team from Mombasa)
- Team Argentina - Captained by Aakash Ramesh Dodhiya (Oshwal team from Nairobi)
- Team Golden Warriors - Captained by Mrs. Rupri Mehul Devani (Lohana team from Nairobi)
- Team West Indies - Captained by Mr. Sanjay Gandhi (Lohana team from Nairobi)
- Team Italy - Captained by Mr. Hiren Kishorilal Shah (Oshwal team from Mombasa)



DONT MISS FAMILY FUN DAY!

SATURDAY 18TH JULY 2021

We all get a thrill when we are challenged to chase something down or seek something out. that's one of the main reason family scavenger hunt have the power to capture anyone's attention. it's the perfect recipe from escalating fun and also for one memorable event.

family game, family fun, family interactive, family unity

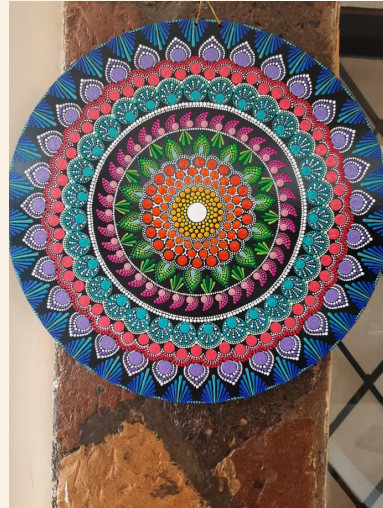
We request Members to come and join us, at the Oshwal Sports Complex for regular ongoing sports activities.

OSHWAL LIBRARY

The Dot Art workshop was held by Kajal Dodhia for all the Members on the online Zoom platform and Oshwal Library Facebook page.

The library was closed for a period of time due to the COVID-19 pandemic. We officially reopened on 15th May 2021. Members are not allowed to sit in the library nor read and browse the internet. Members are required to make use of the online library portal to reserve books. Should you have any questions, feel free to contact the library and get assisted. This is in effort to adhere to social distancing regulations and keep our Members and Staff safe.

Due to the library's closure, we temporarily waived off late fees for overdue library books. This past month we reinstated the practice. Starting from the 23rd June 2021 Members will be fined for overdue books.



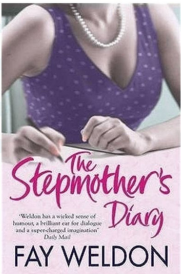
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internet for this edition

Reminder: We have these books at the library.

LIBRARIAN'S CHOICE

THE VISA OSHWAL COMMUNITY, NAIROBI: LIBRARY'S OFFICIAL BOOK RECOMMENDATIONS



The Stepmother's Diary by Fay Weldon
Recommended Age: 18+

The wicked stepmother is a classic figure of literature. From "Cinderella" to "Hamlet", she is portrayed as an evil manipulator out to do down her husband's children. Reality is all too often the reverse, with stepchildren using all their cunning to do down daddy's new wife in a no holds barred, down and dirty fight to the death. Being on the receiving end of that kind of attack is no fun at all, as Fay's heroine can tell you. And tell you she does in her only solace - her secret diary that is her lifeline. Fay's unique insights into the workings of the female mind, her comprehensive knowledge of family relationships and her wisdom about life in general are all brought brilliantly to bear in this fairytale for our times.

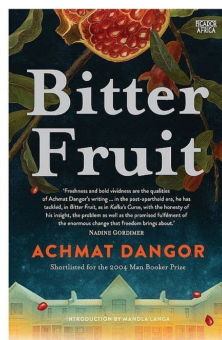
Bitter Fruit by Achmat Dangor

Recommended Age: 18+

With the publication of Kafka's Curse, Achmat Dangor established himself as an utterly singular voice in South African fiction. His new novel, a finalist for the Man Booker Prize and the IMPAC-Dublin Literary Award, is a clear-eyed, witty, yet deeply serious look at South Africa's political history and its damaging legacy in the lives of those who live there.

The last time Silas Ali encountered Lieutenant Du Boise, Silas was locked in the back of a police van and the lieutenant was conducting a vicious assault on Silas's wife, Lydia, in revenge for her husband's participation in Nelson Mandela's African National Congress. When Silas sees Du Boise by chance twenty years later, as the Truth and Reconciliation Commission is about to deliver its report, crimes from the past erupt into the present, splintering the Alis' fragile peace. Meanwhile Silas and Lydia's son, Mikey, a thoroughly contemporary young hip-hop lothario, contends in unforeseen ways with his parents' pasts.

A harrowing story of a brittle family on the crossroads of history and a fearless skewering of the pieties of revolutionary movements, Bitter Fruit is a cautionary tale of how we do, or do not, address the past's deepest wounds.



You can submit "Your Pick" of our library books to us on email: library@oshwalnairobi.org (and get featured in the upcoming newsletters.) If you've read any of these books, we would love to hear from you! Send us your thoughts.

Secretary Samir H Chandaria

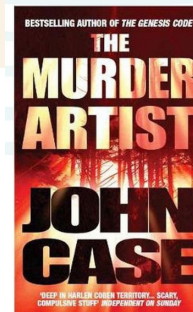
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Disclaimer: We do not own any of the pictures in this newsletter, reviews taken from the internet for this edition

Reminder: We have these books at the library

LIBRARIAN'S CHOICE

THE VISA OSHWAL COMMUNITY, NAIROBI: LIBRARY'S OFFICIAL BOOK RECOMMENDATIONS



Murder Artist by John Case
Recommended Age: 18+

As a television news correspondent, Alex Callahan has traveled to some of the most dangerous corners of the globe, covering famine, plague, and war. He's seen more than his share of blood and death, and knows what it means to be afraid. But what he's never known is the terror that grabs him when, on a tranquil summer afternoon, he ceases to be an observer of the dark side and, to his shock, becomes enmeshed in it.

Separated from his wife, and struggling not to become a stranger to his six-year-old twin sons, Alex is logging some all-too-rare quality time with the boys, when they vanish without a trace amid the hurly-burly of a countryside Renaissance Fair.

Then the phone call comes. A chilling silence; slow, steady breathing; and the familiar, plaintive voice of a child—"Daddy?"—complete the nightmare...

and set in motion a juggernaut of frenzy and agony.

The longer the police search, exhausting leads without success, the deeper Alex's certainty grows that time is running out. And when, at last, telltale signs reveal a hidden pattern of bizarre and ghoulish abductions, Alex vows to use his own relentless investigative skills to rescue his children from the shadowy figure dubbed The Piper.

Whoever this elusive stranger is, the profile that slowly emerges—from previous crimes involving twins, from the zealously secret world of professional magicians, and from the eerie culture of voodoo—suggests that The Piper is a predator unlike any other. A twisted soul hell-bent on fulfilling an unspeakably dark dream. A fiend with a terrifying true calling. What Alex Callahan is closing in on is a monster with a mission.

You can submit "Your Pick" of our library books to us on email: library@oshwalnairobi.org (and get featured in the upcoming newsletters.) If you've read any of these books, we would love to hear from you! Send us your thoughts.

Secretary Samir H Chandaria

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WELFARE COMMITTEE

IF ANYBODY WOULD LIKE TO CONTRIBUTE TO THE WELFARE SUBCOMMITTEE FOR RELIEF HOUSEHOLDS, PLEASE CONTACT BUNSIBEN ON 0732572139 OR EMAIL: BUNSI@YAHOO.COM

OSHWAL ACHIEVERS

**ANISHA IS A DEVELOPER, VEGETARIAN FOODIE AND
ADVOCATE FOR WOMEN IN TECH.
THE OVERALL WINNER IN UK FOR RISING STAR AWARDS.**

Anisha grew up in Nairobi, Kenya and later moved to the UK where she gained a 1st class Masters in Biomedical Engineering from Imperial College. Her outstanding all round performance at Imperial - including helping to raise over £9,000 for the Anthony Nolan Trust - made her a finalist for female undergraduate of the year. During her masters, Anisha landed a very prestigious internship at Rolls Royce in Service Engineering. She's now a frontend developer within IBM's Digital Agency iX, with expertise in Blockchain, the futuristic technology behind cryptocurrencies like Bitcoin.



RECIPE CORNER

Kavita Zakharia from Kavz Kuizine presented a live demo on the Shree Visa Oshwal Community, Nairobi Zoom platform.



Oat Choc Chip Muffins By Kavita Zakharia - Kavz Kuizine

Makes 12 muffins

Ingredients:

**2 large ripe bananas
1 tbsp chia seeds soaked in 3 tbsp water
3 tbsp avocado oil
1 tsp vanilla extract
½ tsp baking soda
½ tsp baking powder
½ cup wholemeal spelt flour
½ cup oats
1 tsp cinnamon powder
A pinch of nutmeg powder
⅓ cup dark chocolate chips
2 tbsp almond milk**

Method:

- Mash the bananas using a fork
- Add the chia seeds, avocado oil and vanilla extract and mix well
- Next add the baking soda, baking powder, spelt flour, oats, cinnamon and nutmeg and mix well
- Fold in the chocolate chips and if the mixture looks dry mix in the almond milk
- Add a spoonful of the mixture into 12 muffin cases
- Bake in a preheated oven at 180°C for 20 minutes
- Enjoy!




STAY HOME. SAVE LIVES.


Help stop coronavirus


- Clean your hands often. Use soap and water, or an alcohol-based hand rub.
- Maintain a safe distance from anyone who is coughing or sneezing.
- Don't touch your eyes, nose or mouth. Cover your nose and mouth with your bent elbow or a tissue when you cough or sneeze.
- Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention. Call in advance.
- Follow the directions of your local health authority.


Foods Mood


TO IMPROVE YOUR


Grapes  Grapes are full of vitamin C and natural sugars, both of which enhance mood and boost energy.


Tomatoes  Tomato skins help stop the pro-inflammatory compounds that are linked to depression.


Green Tea  Green Tea contains L-Theanine, an amino acid that decreases anxiety and stress.


Dark Chocolate  Dark Chocolate improves blood flow to the brain, and is almost immediately noticeable in brightening your mood!


Spinach  Spinach contains vitamins B6, B12, and B3, all of which are essential in producing serotonin.


Walnuts  Walnuts have omega 3s and antioxidants, both which have benefits. They also contain magnesium, which can reduce irritability, anxiety and depression.


Water  Water may not be a food, but it is important for our mood! Dehydration can impair our brain's ability to function.


Bananas  Bananas can increase the production of serotonin and dopamine. Important neurotransmitters for happiness.


Almonds  Almonds contain good fats for skin and brain health. They also increase dopamine levels.

Strawberries  Strawberries are a great source of potassium and vitamin C. Potassium can help generate nerve impulses.

Avocado  Avocados are great for your skin and hair, but they also increase dopamine levels and increase endorphins!

Yogurt  Yogurt in can help boost your vitamin D, just like the sun can. Lack of vitamin D can cause depression.

Asparagus  Asparagus is one of the highest plant-based sources for tryptophan, which creates serotonin.

Raw Honey  Honey is a source of sweetness without the negative effects of sugar. It helps reduce inflammation in the brain.

Be a part of the Oshwal Awaaz by contributing articles for Members to read & enjoy.

Please Email it to:

Shree Visa Oshwal Community

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Email: admin@oshwalnairobi.org

www.oshwalnairobi.org