



The Mahajanwadi Foundation Stone was laid on 24th October 1948 & an opening ceremony was held on 25th December 1949.

Our Main Jain Festivals, Weddings, Events, CSR's, Seniors Lounge, Satsangs, Jaaps and many more are still being held at our Mahajanwadi.

The Mahajanwadi was a Community Centre for Badminton & Tennis before Oshwal Sports Complex was built and our Oshwal Library once resided at Mahajanwadi before shifting to Oshwal Centre.

The Oshwal Sports Complex Foundation Stone Laying Ceremony was on 16th July 1961 & an opening ceremony was held on 22nd July 1962 and was called The Sports Pavillion, at a later date, the swimming pool Foundation Stone was laid on 28th April 1974 and was later opened on 27th July 1975.

Later on 25th April 1982, the Foundation Stone for the Sports Complex was laid and opened on 22nd May 1983.

Over the years, the Sports Complex has become our main sporting hub, housing multiple sports like Volleyball, Lawn Tennis, Swimming, Table Tennis, Darts, Squash, Snooker & for the fit a Gym has been added to promote fitness

Our prestigious Oshwal Centre Foundation Stone Phase One was laid on 31st January 1988 & an opening ceremony for Phase One was performed on 10th September 1989. Later multiple foundation stones were laid on 22nd October 1995 and Oshwal Centre was opened on 31st March 2002. Our Library was shifted from Mahajanwadi and opened on 6th July 2008 at the Oshwal Centre. Our Darshnalay was opened on 6th July 2012. We later had an opening ceremony on 29th June 2014 for the Coffee Garden near the Dinesh & Mahesh Chandaria Auditorium. Oshwal Youth League Nairobi Astro Arena was opened on 25th February 2018 & later our Hiten & Bharti Raja Play Park was opened on 3rd March 2024.



FLOOD DONATION DRIVES

In the month of May, our Community rallied together to address the urgent needs of those affected by the devastating floods caused by heavy rains.

We launched a donation drive, urging Members to contribute, from food, blankets, mattresses to hygiene products, or any other necessities. The response was overwhelming as individuals generously offered support in these times of need.

Following the collection of donations, our Community Members took action, visiting various areas impacted by the floods. With empathy and determination, they extended a helping hand to the victims, providing much-needed assistance and comfort during this challenging time. Through our collective efforts, we aimed to alleviate the suffering and demonstrate solidarity with those facing adversity, embodying the spirit of compassion and Community that defines us.

GACHIE



SYOKIMAU



ATHI RIVER



FLOOD DONATION DRIVES

GITHOGORO, RUNDA



HURUMA, RUNDA



BARINGO



BABA DOGO





FOOTBALLS AND HAND PUMPS DONATION



During our recent visit to various primary schools in Machakos County, we generously donated footballs and hand pumps to every school visited. Additionally, in some of these schools, we extended our support by donating tissue rolls and fertilizers. The schools we had the pleasure of visiting included Katumani, Kwa Kavoo, Kyamuthinza, Mbaluku, Muumandu, Kwa Katheke, Ianzoni, Inuni, Konza, Kitonyini Comprehensive, and Nziani Primary Schools.



TUESDAY, 28TH MAY 2024
DONATION OF GNAN PANCHAM ITEMS



DID YOU KNOW?

The 5th day after Diwali is known as "Gnan Pancham". Gnan Pancham is celebrated as a day of honoring knowledge and holy books. In Jainism, this day is a time for students and scholars to celebrate Gnan, the divine or transcendent knowledge or wisdom. The books & stationery collected on Saturday, 18th November 2023 from Gnan Pancham were donated to Kaiyani School in Machakos and we are thrilled to have the opportunity to support the students' learning and development with these contributions.



**THE 82ND OSHWAL EDUCATION & RELIEF BOARD
ADHIVESHAN**



On 3rd May 2024, VOC Nairobi hosted the 82nd Adhiveshan (Annual General Meeting) of the Oshwal Education and Relief Board (OERB) at the Oshwal Centre. Exciting, vibrant, and colorful dance performances by numerous Members were staged at the Dinesh & Mahesh Chandaria Auditorium to start off the OERB Adhiveshan. The Adhiveshan was officially opened with a ribbon-cutting ceremony after the dance performances.

SENIOR SOCIAL COMMITTEE

MONDAY, 20TH MAY 2024 - SU VICHAR

On Monday, 20th May, 2024, we hosted the event called "Su Vichar" at the Seniors Lounge. This event was a celebration of insightful discussions and reflections, bringing together Senior Community Members to share wisdom and positive thoughts. The day was filled with enlightening speeches, interactive sessions, and inspiring presentations that fostered a sense of unity and growth amongst the participants.



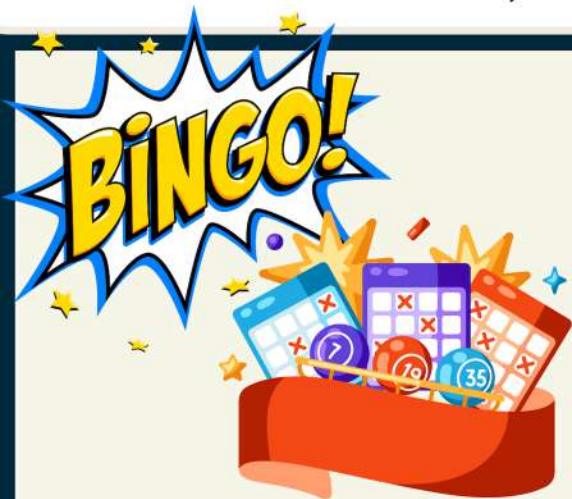
WEDNESDAY, 22ND MAY 2024 - BOARD GAMES



On Wednesday, 22nd May, 2024, an event featuring board games for Seniors was organized. This event was part of our ongoing efforts to engage and enrich the lives of our Senior Community Members. Held at the Seniors Lounge, the day was filled with excitement as participants enjoyed a variety of classic and modern board games. The event not only provided entertainment but also encouraged mental stimulation and social interaction among the seniors.

It was a heartwarming sight to see everyone actively participating, sharing stories, and creating new friendships. The positive feedback we received underscores the importance of such activities in fostering a sense of Community and well-being among our Senior Members.

FRIDAY, 24TH MAY 2024 - HOUSIE(BINGO)



On Friday, 24th May 2024, we hosted a delightful Housie (Bingo) event for Seniors, bringing joy and excitement to the Community. The event was filled with lively interactions, laughter, and friendly competition as participants eagerly marked their cards, hoping to shout "Bingo!" The atmosphere was warm and welcoming, creating a memorable experience for all attendees. Our goal was to provide an enjoyable and engaging activity, and we were thrilled to see the smiles and hear the cheers of our senior participants throughout the day.

SENIOR SOCIAL COMMITTEE



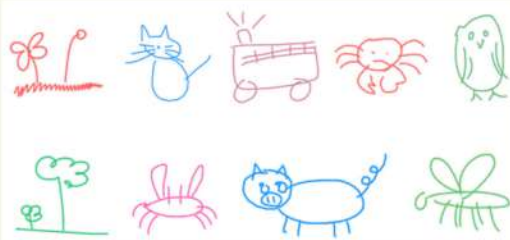
MONDAY, 27TH MAY 2024 - MUSICAL GAMES



On Monday, 27th May, 2024, we hosted a delightful day of musical games for Seniors as part of our ongoing Community engagement activities. The event took place at the Seniors Lounge and was specifically designed to provide our Senior Members with a fun and interactive experience. The atmosphere was filled with joy as participants engaged in various musical games that not only entertained but also promoted mental agility and social interaction. The seniors thoroughly enjoyed the activities, which included musical chairs, rhythm-based exercises, and sing-alongs.

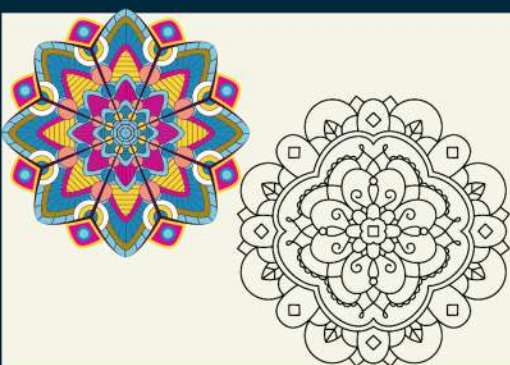


WEDNESDAY, 29TH MAY 2024 - Pictionary



On Wednesday, 29th May, 2024, a delightful Pictionary event specifically made for our Senior Community Members. The event was filled with laughter and creativity as participants enthusiastically engaged in the drawing and guessing game. It was heartwarming to see the Seniors showcasing their artistic talents and enjoying friendly competition. The atmosphere was lively, with everyone contributing to the fun of the occasion. This event not only provided entertainment but also fostered a sense of Community and connection among our seniors, making it a memorable and cherished day for all involved.

FRIDAY, 31ST MAY 2024 - COLORING ACTIVITIES (MANDALA)



On Friday, 31st May, 2024 an event dedicated to engaging and creative mandala coloring activities. This event was designed to promote relaxation, mindfulness, and social interaction among our Seniors. The vibrant and intricate designs of the mandalas provided a wonderful opportunity for artistic expression and mental stimulation.

Participants enjoyed the serene atmosphere, fostering a sense of Community and well-being. It was a heartwarming and fulfilling experience for everyone involved, highlighting the importance of creativity and connection in our lives.

SUNDAY BRUNCH



Senior Social Committee has sponsors for Brunch on Sundays which is held from 10:30am to 11:30am. Approximately 150 people attend the event.



RELIGION COMMITTEE

FRIDAY, 10TH MAY 2024 - VARSHITAP PARNA

On Friday, 10th May 2024, a Religious event Varshitap Parna was held at Mahajanwadi. This special occasion marked the conclusion of a year-long fast, celebrated with devotion and gratitude.



Participants who completed the fast gathered to break it together, sharing prayers and blessings. The event was filled with a sense of spiritual fulfillment, as everyone came together to honor this important religious tradition.

SUNDAY, 19TH MAY 2024 - VAISAKH SUD AGYARUS SHASAN STHAPNA DIVAS

To honor our last Tirthankar Shree Mahavir Swami who attained Keval Gyan on Vaisakh Sud Dasam and he established the four fold Jain Sangh on Vaisakh Sud Agyarus. Shree Mahavir Swami chose his disciple Guru Gautum Swami and other disciples with a Tripadi was given to each Disciple.

Religion Committee held the first Vaisakh Sud Agyarus Shasan Sthapna Divas on Sunday Evening at the Upashray, Shree Munisuvratswami Jinalay, starting with prayers by Kishanbhai, followed by speeches, Stavans & a dance by our children making it a small and sweet celebration.

The event was concluded with a Question and Answer session, the questions were answered by Kishanbhai.

Good Gifts and Prabhavna were gifted to the children after the event was concluded.



BE TALKATIVE



Senior citizens often exhibit a tendency to be more talkative. This characteristic, while sometimes perceived as merely a social trait, has significant benefits for their health and well-being. Doctors emphasize that this increased talkativeness is generally positive and should be encouraged.

Key Benefits:

Enhanced Cognitive Function:

Activation of the Brain: Speaking activates various regions of the brain, keeping it engaged and functioning. Language and thought processes are closely linked, especially during rapid conversations, which promotes faster thinking and better memory retention.

Memory Enhancement: Regular verbal interactions help improve memory. Seniors who frequently engage in conversations are less likely to experience memory loss compared to those who remain silent.

Emotional Well-being:

Stress Relief: Engaging in conversations can significantly reduce stress levels. Speaking about one's thoughts and experiences helps avoid mental illness and alleviates stress. When people keep their thoughts to themselves, they might feel overwhelmed and suffocated. Providing seniors with opportunities to talk can help them manage and relieve their stress effectively.

Improved Mood: Talking can boost emotional well-being by alleviating feelings of loneliness and isolation. Social interactions release endorphins, natural mood enhancers that reduce the risk of depression and anxiety.

Physical Health Benefits:

Facial and Throat Muscle Activation: Speaking exercises the facial muscles and throat, which helps maintain muscle tone and function.

Lung Capacity: Regular conversation can increase lung capacity by encouraging deep breathing, which is beneficial for respiratory health.

Sensory Health: Engaging in discussions can also reduce the risk of sensory deterioration. Regular use of the voice, eyes, and ears in communication can mitigate issues such as dizziness, hearing loss, and vision problems.

Social Connectivity:

Building Relationships: Being talkative helps seniors build and maintain social connections, providing a crucial support network for emotional and practical support.

Sense of Belonging: Regular interaction with family, friends, and Community members fosters a sense of belonging and Community, which is vital for overall well-being.

Doctor's Recommendations:

Encourage Social Activities: Seniors should be encouraged to participate in group activities, clubs, or social gatherings where they can engage in conversations.

Promote Family Interaction: Families should make an effort to regularly communicate with their elderly members, allowing them to share their thoughts and experiences.

Leverage Technology: Using technology, such as video calls, can help seniors stay connected with loved ones who are not nearby, providing more opportunities for conversation.

Listen Actively: It is important for caregivers and family members to listen actively and patiently to seniors, validating their need to talk and share.

Conclusion:

Increased talkativeness in senior citizens is beneficial and should be viewed positively. By encouraging regular conversation and social interaction, we can help improve their cognitive functions, emotional well-being, physical health, and overall quality of life. Doctors advocate for creating environments that foster communication and social engagement for seniors, ensuring they remain active and mentally stimulated.

In short, for retirees (senior citizens), actively talking and engaging in conversations is a key strategy to mitigate memory loss and potentially prevent conditions like Alzheimer's. Encouraging seniors to communicate as much as possible is a simple yet powerful way to support their overall health and well-being.

GREEN CORNER



Benefits of Chia Seeds

Chia seeds are an excellent source of vitamins, minerals, and powerful antioxidants. The nutrients in chia seeds can help provide many significant health benefits. May combat free radicals. Antioxidants found in chia seeds can help to fight free radicals in your body.

Weight Loss:

Chia seeds include fiber, protein, and healthy fats, which can help decrease hunger, enhance feelings of fullness, and lower overall calorie intake.

Improves Hydration Level

When soaked in water or other liquids, Chia seeds form a gel-like substance due to their high soluble fiber content. this gel helps retain water and keeps you hydrated

contains Antioxidants

They are high in antioxidants, which protect cells and skin and lower the risk of aging, cancer, and heart disease.

Enhance Bone Health

They have high amounts of calcium, magnesium and phosphorus, which are needed for strong bones and optimal muscle functioning.

Chia Seeds for weight loss

Chia Seed Weight Loss Drink

Ingredients:

- 1 tablespoon of chia seeds
- 1 cup of water (or you can use coconut water for extra flavor)
- 1 lemon or lime
- A teaspoon of honey or a natural sweetener (optional)

Method:

Hydrate the Chia Seeds: Place 1 tablespoon of chia seeds in a glass.

Add Liquid: Pour 1 cup of water (or coconut water) over the chia seeds.

Stir and Soak: Stir the mixture well to prevent the chia seeds from clumping together. Let it sit for about 10-15 minutes until the seeds expand and form a gel-like consistency.

Add Lemon or Lime: Squeeze the juice of one lemon or lime into the mixture. This adds a refreshing flavor and boosts the drink with vitamin C.

Sweeten (Optional): If you prefer a sweeter taste, add a teaspoon of honey or another natural sweetener. Stir well.

How to Use:

Morning Boost: Drink this chia seed mixture in the morning on an empty stomach to kickstart your metabolism.

Hydration and Satiety: Drink it between meals to stay hydrated and feel fuller, which can help reduce unnecessary snacking.

SHREE VISA OSHWAL COMMUNITY

REF: 079/2024

20TH MAY 2024

WHATSAPP

BROADCAST SERVICE

Join Our WhatsApp Broadcast!

- ★ Be the First to Know: Get VOC updates, announcements and important information directly to your phone!
- 📱 Stay Connected: Join our Community on WhatsApp and connect with like-minded members instantly.
- 🔔 Instant Notifications: Never miss out on important events
- 🎁 Exclusive Benefits: Enjoy privileges reserved for our WhatsApp Broadcast Members only. Get access to exclusive content.
- 🌐 Join Now: Simply scan the QR code or click the link to join our WhatsApp Broadcast and start experiencing the benefits today!



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VIKAS J. SHAH
SECRETARY



On a lighter note...



Join for updates

Be Aware of What You Wear!

Different Prints on Clothes: What You Need to Know
Cultural Sensitivity: Some prints and symbols may have cultural or religious significance. It's important to understand the meaning behind the designs to show respect and appreciation rather than unintentionally offend.

Historical Context: Certain prints might be associated with historical events or movements. Wearing these prints can convey unintended messages, so it's good to be informed about their background.

Environmental Impact: The inks and dyes used in printing can have varying environmental impacts. Choosing eco-friendly and sustainable prints helps protect our planet.

Quality and Durability: Different printing techniques (such as screen printing, digital printing, and sublimation) affect the longevity and quality of the design. Knowing these can help you make better choices for long-lasting wear.

Personal Expression: Prints on clothes can be a form of personal expression. Be mindful of what your clothing communicates about you and whether it aligns with your values and beliefs.

SHREE VISA OSHWAL COMMUNITY

Ref: 088/2024

27th May 2024

Special Rates



**Planning on hosting an event?
Enjoy up to 50% discount on Halls booked at Oshwal
Centre with our Exclusive Special Rates.**

**For any queries kindly contact: Shree Visa Oshwal
Community Office: ☎ 0733469517/0725339801 or
bookings@oshwalnairobi.org**

Offer valid from 1st June 2024 to 31st December 2024.

TERMS & CONDITIONS APPLY

- THE OSHWAL CENTRE HALLS, LOBBY, AND AUDITORIUM CAN BE BOOKED AT 50% OFF (APPLICABLE TO HALL RATES ONLY) FOR EVENTS TAKING PLACE WITHIN 14 DAYS OF THE BOOKING DATE.
- NO PROVISIONAL BOOKINGS ALLOWED
- ONE MEAL PER BOOKING
- HALL RATE VALID FOR 6 HOURS (INCLUDING DECOR TIME)
- UTILITIES CHARGED AT PUBLISHED RATES
- NO RESTRICTION ON TYPE OF EVENT
- SPECIAL RATE IS APPLICABLE TO EVENTS HOSTING UP TO 500 PAX
- FULL PAYMENT REQUIRED (NON REFUNDABLE UPON CANCELLATION)
- DEPOSIT REQUIRED AS PER POLICY
- OFFER APPLICABLE TO OSHWAL EVENTS ONLY



**VIKAS J. SHAH
SECRETARY**

Halls for hire

**DINESH & MAHESH
CHANDARIA AUDITORIUM**



C&P LOBBY



KARANIA HALL



CHANDRAMI HALL



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venues. Don't miss out on this limited-time
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event!**

REGAL LOBBY



KHETSHI DHARAMSHI HALL



SUMARIA COURT



Join the Oshwal Awaaz by submitting articles for members to read and enjoy.

We also welcome your feedback and comments. Kindly send your contributions to admin@oshwalnairobi.org

