

OSHWAL AWAAZ



May the light of Diwali bring peace, joy, and prosperity to all. As we step into the New Year, let us continue to grow together in unity and strength as a community.

Happy New Year Oshwals!!



Diwali Lanterns by our Pathshala & SCVP Children

With the guidance of their teachers, the children of Pathshala and Shree Chandana Vidya Peeth handmade 350 beautiful paper lanterns that beautifully decorated Sumaria Court. The vibrant lanterns added a magical touch, creating a stunning and festive atmosphere for Diwali. Thank you to all the children and teachers for their hard work and creativity in making this celebration truly special!



Diwali & New Year Meet and Greet

On 31st October 2024 and 2nd November 2024, our Office Bearers and Trustees had the pleasure of welcoming members at the Shree Visa Oshwal Community, Oshwal Centre. It was a delightful occasion to connect, celebrate the spirit of Diwali and the New Year, and strengthen our community bonds. Thank you to all who joined us for this wonderful event!



Dwaar Opening on New Year's Day.

We celebrated the auspicious opening of the Dwaar on 2nd November 2024, marking a significant moment of unity and spirituality.

As we step into this New Year, it is important to reflect on the year that has passed.

Practice gratitude for everything that you already have and what you will receive through your hard work, dedication and discipline.

Diwali 2024 Rangoli Team

This Years Diwali Rangoli was beautifully done by the below members:

Parita Shailan Shah, Sonal Samir Shah, Punita Neelkamal Shah, Rajvi Chirag Shah, Neha Prit Shah, Kripali Paresh Jankharia, Neeyam Paresh Jankharia, Jilan Dipak Shah, Shreya Girish Malde, Toral Piyush Shah, Mital Paresh Haria, Nidhi Urmil Shah, Rasmita Ashok Gudka, Ashee Ashok Gudka, Krishma Hitesh Shah, Parita Sachin Visariya, Shweta Jitendra Shah, Krishiv Jitendra Shah, Nehal Keval Sumaria, Khushbu Ramesh Shah, Aarti Kunjal Shah.

Ghar Anagan Team 2024

This Years Ghar Aangan Decoaration was displayed by the below members:
Punita Neelkamal Shah, Krishma Hitesh Shah, Raashmita Ashok Gudka and Krupti Rajiv Shah

Soulful Melodies

On 16th November 2024, the Shree Visa Oshwal Community Nairobi hosted a magical evening of music at the Oshwal Centre Auditorium with the much-anticipated Soulful Melodies concert. Over 650 attendees were captivated by Bhavik Haria's mesmerizing vocals, accompanied by Nitin Varsani on the keyboard & Akhil Bharadva on the tabla.

The concert raised funds for the Neighborhood Watch Initiative and blended music and community spirit beautifully. A big thank you to our sponsors for their support in making this evening unforgettable!



Festival of Friendship



We are incredibly proud to share that Team Oshwal has secured 1st position in archery at the Festival of Friendship Games!



We're proud to see our MC member, Mehul Malde, demonstrating his impressive archery skills! His focus and precision are truly inspiring. 🎯🏹

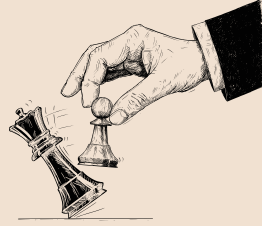
Great Results for Team VOC at Festival of Friendship's Chess Tournament Under 14 Category:

- 🏆 1st Position: Siddhi Jakharia
- 🥈 2nd Position: Neeyan Shah

Open Category:

- 🥈 2nd Position: Savan Haria

Congratulations to our champions for their outstanding performance and for bringing home the trophies on behalf of VOC! 🎉👏



Team Oshwal brought their A Game at the FOF Talent Show 🏆 and brought home a gorgeous trophy



Team Oshwal Shines in Hockey!

We are proud to announce Team Oshwal's outstanding participation in Hockey at the FOF Games!

Your dedication and sportsmanship have truly brought to light your love for the sport.

Team Oshwal has won the gold medal in bowling at the Festival of Friendship Games!

This incredible achievement is a testament to the team's dedication, skill and unwavering determination. It's a proud moment for our community



Festival of Friendship - Squash 2024 15 to 39

Results

Under 14

- 🥈 Runner-Up: Nahel Shah (VOC)
- 🏆 Champion: Rohan Shah (VOC)

Over 40

- 🥈 Runner-Up: Shamik Patel (Patel)
- 🏆 Champion: Jimmy Bhatti (SPO)

- 🥈 Runner-Up: Tauseef Khan (SPO)
- 🏆 Champion: Vivaan Sagar (Pattni Brotherhood)

Plate Category

- 🥈 Runner-Up: Vikash Bhaghani (LYL)
- 🏆 Champion: Trishna Shah (VOC)

Congratulations to all the players for their incredible performances! 🎉👏

Oshwal Teams Shine in Padel!

We are proud to share that one Oshwal team reached the finals, while another made it to the semi-finals. Additionally, three more teams advanced to the quarter-finals.

Fantastic effort and determination from all the teams - well done!



Oshwal Team at Scrabble - Great Participation!

We had full attendance with 28 participants from Team Oshwal at the Scrabble competition.

- 🥉 3rd Place: Dipal Shah
- 🥈 4th Place: Ashmira Malde
- 🥉 5th Place: Mehul Malde
- 🥈 6th Place: Nidhi Shah

Congratulations to all the participants for their impressive performances!

Oshwals in Table Tennis!

- Men's 14-39 Singles Winner - Harshil Shah
- Ladies Singles Winner - Khushi Malde
- Mixed Doubles Winners - Bhavesh Malde & Khushi Malde
- Men's 14-39 Doubles Winners - Rushil Dodhia & Sayam Jakharia - the youngest pair ever (14 and 15 years old) to win this title!

A huge congratulations to our talented players, led by Captain Rahul Shah, who won multiple titles at the Festival of Friendship. See photos below



A huge congratulations to each and every one of you who participated in the Festival of Friendship Games!

Team Oshwal's spirit, dedication, and enthusiasm have been truly inspiring.

By simply participating, you have already made our Community proud. Your commitment to the games showcases the strength, unity, and passion that define us as a community.

Shree Visa Oshwal Community is incredibly proud of your involvement, and we hope this spirit of unity, sportsmanship and excellence continues to grow and inspire future generations.

Thank you for making us proud, and we look forward to even greater achievements together in the future!



Dr. Manu Chandaria received a well-deserved Lifetime Achievement Award in Philanthropy from fellow advocates for impactful philanthropy, Triad Foundation.



Dr. Shaina Chandaria, received a 2024 National Heroes Award by The National Heroes Council CEO, Charles Wambia. Dr. Shaina was honoured for her tireless philanthropic work and impact across multiple communities through various community development projects and humanitarian initiatives.



Fun Activity for Seniors "Recipe Exchange"

Let's celebrate the culinary heritage of our Senior members with a fun & flavorful activity!

Here's How to Participate: - Share Your Signature Recipe

Write down a favorite recipe that has been a hit. It could be a traditional dish, a festival special or a traditional comfort food recipe.

Include a short story or memory associated with the dish, like when it was first made or why it's meaningful to you.

Submit Your Recipe: - Drop off your recipe at the VOC office or email it to admin@oswalnairobi.org by 2:00pm by Friday, 20th December 2024.

Recipe Collection Display: - All submitted recipes will be compiled and displayed at the Oshwal Center for viewing.



How to Get Your Children Featured - A Fun Activity for Ages 3-7years

We're excited to invite our young Community Members to showcase their creativity this holidays!

Here's How:

Download the Attached Artwork:

Click the link on the email to download the coloring, painting, decorate the template.

Color or Paint - Let your imagination run wild and fill the template with vibrant colors.

How to Submit your work:

Drop off your completed artwork at the VOC office by 2:00 PM on 20th December 2024.

Get Featured!

Your artwork will be proudly displayed as part of our creative exhibit, celebrating the talent and imagination of our young stars. Don't miss this chance to shine!

Let's bring out the artist in you!

Be a Part of Oshwal Awaaz!

Got a story to tell, a thought to share, or an idea to inspire? We're excited to hear from you!

Whether it's a Experience, insightful article, or words of wisdom, your contributions make Oshwal Awaaz a true reflection of our vibrant community.

Let's make this edition together!

Share your stories, feedback, or comments by emailing us at admin@oswalnairobi.org.

1. Start Your Day with Gratitude

Begin each morning by listing three things you're grateful for. It helps set a positive tone for the day and improves mental health.

Combine this with a few minutes of deep breathing to energize your mind and body.

2. Eat the Rainbow

Include a variety of colorful fruits and vegetables in your meals. Each color represents different nutrients essential for your health.

Example: Red for heart health (tomatoes), green for detox (spinach), and yellow for immunity (lemons).

3. Get Moving with Simple Exercises

Aim for at least 30 minutes of physical activity daily. If you're short on time, try simple activities like walking, stretching, or even dancing to your favorite song.

Fun Idea- Join a group activity or play an outdoor game with family or friends.

4. Stay Hydrated

Drink at least 8 glasses of water a day. Add slices of cucumber, lemon, or mint for a refreshing twist.

5. Practice Digital Detox

Reduce screen time, especially before bed. Unplug from devices for at least an hour daily to relax your mind.

Activity: Use this time to read, meditate, or take a leisurely walk.

6. Prioritize Sleep

Aim for 7-9 hours of quality sleep every night. A consistent bedtime routine can significantly improve your energy levels and mood.

7. Connect with Nature

Spend time outdoors—walk in a garden, or sit by a window with natural light. Fresh air and sunlight can work wonders for your mental and physical health.

Bonus: Nature walks are a great opportunity for mindfulness and relaxation.

8. Snack Smarter

Replace processed snacks with healthy options like nuts, seeds, yogurt, or fresh fruit.

Fun Tip: Make your own trail mix with almonds, raisins, and sunflower seeds.

9. Laugh More

Laughter boosts immunity, reduces stress, and improves overall well-being. Watch a funny show, share jokes, or spend time with people who make you smile.

10. Mind Your Posture

Pay attention to your posture, especially when sitting for long periods. Poor posture can lead to back pain and other issues.

11. Learn Something New

Keep your brain active by learning a new skill, language, or hobby. Lifelong learning keeps the mind sharp and engaged.

Fun Challenge: Try cooking a new recipe or taking up an online course.