



ਰਸ਼ੇਯਵੀ ਫਯਫਵਵ



The Derasar at Visa Oshwal Mahajanwadi is now open and conducts Pooja, Poojan, Jaap, Bhakti Bhavna, Aarti, Aangi and Mangal Divo on a daily basis.

To members interested in sponsoring these, kindly book at the Shree Visa Oshwal Community, Nairobi Offices.

To all members interested in observing these rituals, please visit the Derasar anyday

Morning: 6:00am to 12:30pm

Evening: 4:30pm to 8:00pm

ਦਰਸ਼ਨਿਕ ਤਫ਼ ਫਯਯਵਤ ਫ਼ ਇਫ਼ਟਦਲੋਫ਼ਰ ੨੦੨੨

RELIGION COMMITTEE – PARYUSHAN

Paryushan is the most important festival for all Jains. It is a festival of forgiveness and compassion and a festival where one focuses about their soul. It is a time when Jains break away from normal routine and go on a journey to discover themselves. Through the 8 days of the festival, many Jains engage in fasting (Athai) or eating one meal a day (Ekasna). Various other activities are done through the day like educational lectures, Pratikraman, various Arti's and prayer rituals. This is done to cleanse the mind and soul. The festival the aim to train all Jains is to abstain from hatred, anger, worry and all negative emotions that cloud our inner being.

This year for Paryushan, the Visa Oshwal Community Nairobi, had three teachers from Vardhaman Sanskar Dhaam, Hirenbhai Shah (Educational Speaker), Ketan Dedhia (Devotional Singer) and Abhay Shah (Children's Speaker). Through the Paryushan Festival, the religion committee organized events for all ages including pravachans for the elderly in the mornings and evenings, games sessions for children with a view to helping them understand religion through fun activities.

For those observing Ekasnas a lunch was organized for all eight days and over 250 people took part every day. The fifth day of Paryushan is normally celebrated as Mahavir Jayanti which is the celebration of Lord Mahavir's birthday and the recollection of the 14 dreams that his mother Trishla Mata had before the birth of Lord Mahavir. Over 1500 people attended the celebrations for Mahavir Jayanti.

On the 7th day of Paryushan, all Tapasvis (those fasting through the festival) are recognized and appreciated. The community had one person who had fasted for 35 days and a sixteen year old who had fasted for 16 days. Many children some as young as 8 years, also undertook the fasting.

RELIGION COMMITTEE - PARYUSHAN AANGI



RELIGION COMMITTEE - PARYUSHAN PRAVACHANS



ਠੰਡੇਵਾਲੀ ਆਵਾਜ਼ = Edition 33 = August & September 2022

RELIGION COMMITTEE - PARYUSHAN EKASANAS



ଠିକ୍‌କାଳୀ ବାରାହ = edition ୫୫ = ଅଗଷ୍ଟ ଓ ସେପ୍ଟେମ୍ବର ୨୦୨୨

RELIGION COMMITTEE - PARYUSHAN CHILDRENS PROGRAMME



ਰੋਹਿਤਾ ਅਵਾਜ਼ = edition 88 = august & september 2022

RELIGION COMMITTEE - PARYUSHAN SHREE MAHAVIRSWAMI JANMA VANCHAN 14 SWAPNA & PARNA UCCHAVNI



ਰਵੇਹਵਾਲੀ ਆਵਾਜ਼ = edition ੩੩ = ਅਗਸਤ & ਸਤੰਬਰ ੨੦੨੨

RELIGION COMMITTEE - PARYUSHAN BAHUMAN



ਰਵੇਹਵਾ ਅਵਾਜ਼ = edition ੪੪ = ਅਗਸਤ & ਸਤੰਬਰ ੨੦੨੨

RELIGION COMMITTEE - PANCH TIRTH YATRA



SAMVATSARI LUNCHEON



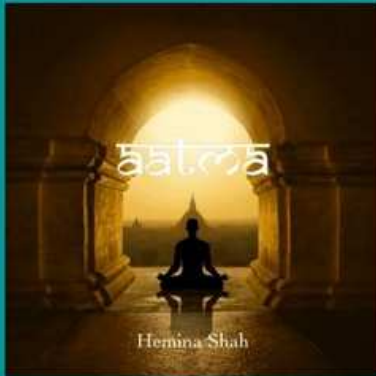
MUSICAL ALBUM – AATMA BY HEMINA SHAH

SHREE VISA OSHWAL COMMUNITY

REF: 175/2022

17TH SEPTEMBER 2022

AATMA BY HEMINA SHAH



Singapore-based British Halari Oshwal, Hemina Shah, produces an 11-track Stavan album which she kindly wishes to share with the Oshwal Community worldwide. The album is called 'Aatma,' which means soul, and is now available to all Oshwals as a free download from the Visa Oshwal Community Nairobi website.

Hemina was born in the UK and currently lives in Singapore with her husband, Jay Shah, and two children. She is the daughter of London-based Rekha and Ashwin Devchand Dodhia from Navagaam and daughter-in-law of Nairobi-based Minakshi and Ajitkumar Premchand Gudka (Slush Coffee World) from Kakabhai Sihan.

She was recently featured on BBC World News and many worldwide media stations for releasing the first-ever Hindi-Afrobeat track in collaboration with a Nigerian artist.

"I have always believed music is the one true universal language that transcends all barriers, cultural differences, and religions and can bring people together," says Hemina.

The world came to a standstill in 2020 with the worldwide lockdowns, and many people lost their loved ones. Therefore, when many families approached Hemina and asked her to put together tributes for the lost ones, she also thought about compiling a Jain Stavan Album. She started recording the Stavans and giving them a new life with modern music and aesthetically pleasing ensembles. "It was a soul-searching experience," said Hemina.

Hemina's Music can be found on YouTube - <https://www.youtube.com/c/HeminaShahMusic>

For more information on Hemina Shah and to download the Aatma Stavan Album, use the link below:

<https://www.oshwalnairobi.org/aatma-by-hemina-shah/>



Samir H. Chandaria
Secretary

LIBRARY COMMITTEE PRESENTS

HARRY POTTER QUIZ

On the 4th of September, young wizards, witches and muggles came to the Oshwal Centre for a magical Harry Potter quiz. Six rounds, excited whispers and even an audience led rapid fire filled the Sunday morning with adventure and adrenaline.

The Visa Oshwal Community, Nairobi, Library Committee pulled together a Harry Potter quiz that had ten teams compete for the “Harry Potter Cup”. Potterheads, young and old, came dressed in Hogwarts regalia, were admitted into the hall with their Hogwarts letters, and those accompanying them had Hogwarts Express Tickets: adding to the mystique of the event.

Best team name and best dressed were awarded additional points and our top three teams were:

In first place: The Wizarding Warriors who won vouchers worth KES. 10,000/- from Bao Box (East Africa’s only board game café)

In second place: The Dumbledorks who happily left with vouchers worth KES. 5,000/- from PINS Entertainment (bowling)

In third place: Dumbledore’s Army who were awarded vouchers worth KES. 5,000/- from Chowpaty Kileleshwa.

We heartily thank our sponsors: The Visa Oshwal Community Nairobi, Bao Box Café, PINS Entertainment and Chowpaty Kileleshwa for their support.

The Oshwal Library Nairobi is a library that have membership options for all, has over 25,000 books of all genres to choose from and fantastic workshops, events and activities to choose from.

Facebook page: Oshwal Library, Nairobi
Email: library@oshwalnairobi.org

ਠੰਡੇਵਾਲੀ ਆਵਾਜ਼ = edition 58 = august & september 2022

LIBRARY COMMITTEE PRESENTS HARRY POTTER QUIZ



RECOMMENDED READING FOR VIRGOS



1. Water Lily by Susanna Jones
2. The Five Find- Outers: The Mystery Of Tally-
Ho Cottage by Enid Blyton
3. Sweet Fa by Siobhan Curham
4. Whatever You Think , Think The Opposite by
Paul Arden
5. Normal People by Sally Rooney
6. There Is No Me Without You by Fay Melissa
Greene

All titles available at Oshwal Library, Nairobi

ARTICLES FROM MEMBERS

OUR FORESTS NEED YOU!

THE FOREST CONSERVATION AND MANAGEMENT (AMENDMENT) BILL, 2021 PETITION

On 19th November, 2021 the National Assembly published a Forest Conservation and Management (Amendment) Bill, 2021. The new Bill proposes to allow any person to petition the National Assembly for variations of boundaries and revocation of registration of a State forest or a portion of a public forest.

The Bill also seeks to delete the requirement for those seeking variation of boundaries of State forests to get the agreement of the KFS first.

2,936 have signed East African Wild Life Society's petition. Let's get to 5,000!

PROCEDURE AND HOUSE RULES COMMITTEE OF THE 12TH PARLIAMENT, CALL FOR PUBLIC PARTICIPATION ON THE FOREST CONSERVATION AND MANAGEMENT (AMENDMENT) BILL, 2021 PETITION

Failure to conduct public participation in a legislative process is unconstitutional and undermines the national values and principles as enshrined in Article 10 (2) a, b and c: The national values and principles of governance include; democracy and participation of the people; inclusiveness; good governance, integrity, transparency and accountability.

Click the link below to sign this petition requesting the Procedure and House Rules Committee of the National Assembly of Kenya to call for proper public participation on the Forest Conservation and Management (Amendment) Bill, 2021.

For more information, visit: <https://www.change.org/p/the-forest-conservation-and-management-amendment-bill-2021-petition>



ARTICLES SIMILAR TO THESE CAN BE ACCESSED AT <https://www.change.org/>

CREDIT FOR SHARING THE PETITION: HIMAT DODHIA

ਠੰਡੇਵਾਲੀ ਆਵਾਜ਼ = edition 58 = ਅਗਸਤ & ਸਤੰਬਰ 2022

SPORTS – OSHWAL PREMIER LEAGUE SEASON 1 – AWARDS NIGHT



SPORTS – DARTS TOURNAMENT

SHREE VISA OSHWAL COMMUNITY

REF: 159/2022

2ND SEPTEMBER 2022

20TH ANNIVERSARY CELEBRATIONS OF OSHWAL CENTRE



DATES SCHEDULED

Under 16 and Ladies - Friday, 16th September 2022 at 5:00pm

Men's Singles - Saturday, 17th September 2022 at 2:00pm

Doubles - Sunday, 18th September 2022 at 9:00am

REGISTRATION DEADLINE - MONDAY, 12TH SEPTEMBER 2022

REGISTER ON - <https://forms.gle/Rgg34AdtXHQqTEb88>

REGISTRATION FEES

- Single - Kshs. 300/-
- Double - Kshs. 200/- per person

CATEGORIES

- Under 16 (Men & Ladies)
- Ladies over 16
- Men's overs 16
- Doubles over 16 (Men & Ladies)

LOCATION - OSHWAL SPORTS COMPLEX, WAMBUGU ROAD

THAT'S A BULLSEYE!

CONVENORS

Bhavesh Shah - 0720 884440

Mitesh Shah - 0775 358512



Samir H. Chandaria
Secretary

LADIES SINGLES

Winner : Pauline P. Dias

Runners up: Breejita Bhavet Chudasama

MENS SINGLES

Winner: Gurkamal Singh Phull

Runners up: Harmeet Khalsa

MIXED DOUBLES

Winners: Manpreet Kalsi & Gurkamal Phull

Runners up: Dhruv Mandalia & Hitesh Mandalia

HIGHEST FINISH:

(120) NEER SHAH

HIGHERS SCORE:

(180) MANPREET KALSI & HITESH MANDALIA.

ਰੋਜ਼ਾਨਾ ਅਵਾਜ਼ = edition ੩੩ = ਅਗਸਤ & ਸਤੰਬਰ ੨੦੨੨

SPORTS – DARTS TOURNAMENT



ਠੰਡੇਵਾਲੀ ਕਾਨਫਰੰਸ = edition 58 = ਅਗਸਤ & ਸਤੰਬਰ 2022

SPORTS - VOLLEYBALL TOURNAMENT



SPORTS – OSHWAL ASTRO CUP 6 – ASIDE FOOTBALL TOURNAMENT

SHREE VISA OSHWAL COMMUNITY
REF: 141/2022 12TH SEPTEMBER 2022
20TH ANNIVERSARY CELEBRATIONS OF OSHWAL CENTRE
ASTRO TURF & OSHWAL CENTRE GROUND COMMITTEE
PRESENTS

OPEN TO ALL

CATEGORIES:
UNDER 12
UNDER 16
LADIES
OVER 16

**OSHWAL
ASTRO CUP
6-ASIDE FOOTBALL TOURNAMENT**

REGISTRATION FORM AVAILABLE ON:
<https://forms.gle/WMLytW3XL4Kq4P3n7>
REGISTRATION DEADLINE EXTENDED: TUESDAY, 20TH SEPTEMBER 2022
REGISTRATION FEE FOR PRIVATE TEAMS KSHS. 10,000/- PER TEAM (10 PLAYERS)
REGISTRATION FEE FOR CORPORATES TEAMS - KSHS. 20,000/- PER TEAM (10 PLAYERS)
FRIDAY, 23RD SEPTEMBER 2022 TO SUNDAY, 25TH SEPTEMBER 2022
THIS THREE-DAY SPORTS FEST AIMS TO IMPROVE CONFIDENCE,
INSTILL HEALTHY COMPETITION

OSHWAL YOUTH LEAGUE, ASTRO ARENA,
OSHWAL CENTRE, NAIROBI

CORPORATE &
SPONSORSHIP PACKAGES
AVAILABLE

For any queries, contact on:
astro@oshwalnairobi.org /
+254 722 900 263

Samir H. Chandaria
Secretary

The Visa Oshwal Community, Astro Turf and Ground Committee hosted a fantastic 2nd AstroTurf tournament over the 24th and 25th of September at the Oshwal Youth League Astro Arena in Oshwal Centre, Nairobi.

Over 33 teams took part in various age categories and they all played with a strong sense of teamwork and sportsmanship spirit in the sun and rain. The atmosphere over the 2 days was electric!

Over a 1000 spectators came to watch & support the teams compete for the finals. Below are the results of the finals per age category

Under 12s

Diamond FC U12 (0) vs Total Disaster Totos (5)
Total Disaster Totos took the cup!

Under 16s

ANJ (1) vs Total Disaster Jnrs (3)
Total Disaster Jnrs took the cup!

Over 16s

Total Disaster (3) vs Diamond Fc (2)
Total Disaster took the cup!

Definitely an incredible experience for all who came!

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SPORTS – OSHWAL ASTRO CUP 6 – ASIDE FOOTBALL TOURNAMENT



SPORTS – TENNIS TOURNAMENT

SHREE VISA OSHWAL COMMUNITY
REF: 174/2022 17TH SEPTEMBER 2022

20TH ANNIVERSARY CELEBRATIONS OF OSHWAL CENTRE



OPEN TO ALL

Tennis

Tournament

25th September 2022

REGISTRATION FORM AVAILABLE ON:
<https://forms.gle/ZuQWHn5SChPE1TSp9>

REGISTRATION FEE - KSHS. 1,000/- PER PLAYER
REGISTRATION DEADLINE - THURSDAY, 22ND SEPTEMBER 2022

Oshwal Sports Complex,
Wambugu Road



Samir H. Chandaria
Secretary

Age Category – 12 to 17 years

Girls

Winner: Tiana Karania

Runner's Up: Heema Shah

Boys

Winner: Aaryan Khimasia

Runner's Up: Jay Shah

Age Category – 18 to 35 years

Ladies

Winner: Jaini Shah

Runner's Up: Ayushi Savla

Age Category – 35 to 60 years

Gents

Winner: Umesh Shah

Runner's Up: Bejul Gudka

ଠିକ୍‌ଠାକ୍‌ ବାର୍ଷିକ = edition ୫୫ = ଅଗଷ୍ଟ ଓ ସେପ୍ଟେମ୍ବର ୨୦୨୨

SPORTS – TENNIS TOURNAMENT



SPORTS – HOCKEY TOURNAMENT

SHREE VISA OSHWAL COMMUNITY

REF: 164/2022

03RD OCTOBER 2022

20TH ANNIVERSARY CELEBRATIONS OF OSHWAL CENTRE

ASTRO TURF & OSHWAL CENTRE GROUND COMMITTEE

PRESENTS

OPEN TO ALL

HOCKEY TOURNAMENT

**SATURDAY, 22ND OCTOBER 2022
& SUNDAY, 23RD OCTOBER 2022**

**AT OSHWAL YOUTH LEAGUE,
ASTRO ARENA, OSHWAL CENTRE**

AGE GROUP
- UNDER 16
- 16 TO 40 YEARS
- OVER 40 YEARS

**NO, TEAM? NO PROBLEM! REGISTERED INDIVIDUALS
WITHOUT A TEAM WILL BE ALLOCATED A TEAM**

**TEAM OF 6 PLAYERS & 4 SUBS
GAMES TO BE PLAYED 6V6.**

MIXED TEAMS REGISTRATION ENCOURAGED

**KSHS. 1,000/- PER PERSON OR
KSHS. 10,000/- PER TEAM**

**REGISTRATION DEADLINE - SATURDAY, 15TH OCTOBER 2022
REGISTER ON**

<https://forms.gle/ASUNRzsNS4goTV2F7>

CONVEYORS

SIDDHART - +254 733 976 737

PRASHIV - +254 789 663 789

EMAIL - astro@oshwalnairobi.org

Samir H. Chandaria
Secretary



SPORTS – ROUNDERS TOURNAMENT

SHREE VISA OSHWAL COMMUNITY

REF: 165/2022

08TH SEPTEMBER 2022

20TH ANNIVERSARY CELEBRATIONS OF OSHWAL CENTRE

ASTRO TURF & OSHWAL CENTRE GROUND COMMITTEE

PRESENTS



ROUNDERS TOURNAMENT



REGISTRATION DEADLINE - MONDAY, 17TH OCTOBER 2022

REGISTER INDIVIDUALLY ON -

<https://forms.gle/KSqhW93PxtSCwaj48>



REGISTER YOUR TEAM ON -

<https://forms.gle/epgJS5Wf4DHowD7D8>

DATES

Saturday, 29th October 2022 - Afternoon

Sunday, 30th October 2022 - All Day

LOCATION

Oshwal Centre, Grass Field

CHARGES

Individual

Kshs. 500/-

Team (of 10 players)

Kshs. 5000/-

**Payment to be made on Mpesa while
registering on the Google Form**

**No Team? No problem!
Registered individuals without a team, will
be allocated a team!**

CONVEYORS

Kunj

+254 733 807 006

Shivanni

+254 789 522 018

Email

astro@oshwalnairobi.org



Samir H. Chandaria
Secretary

SPORTS – FESTIVAL OF FRIENDSHIP 2022

SHREE VISA OSHWAL COMMUNITY

REF: 180/2022

21ST SEPTEMBER 2022

FESTIVAL OF FRIENDSHIP(FOF) 2022

06th November 2022 to 12th December 2022



**TO ALL INTERESTED MEMBERS,
FESTIVAL OF FRIENDSHIP 2022 IS BACK AND
WE WILL BE HOLDING A MEETING SOON.**

Registration to be done on
www.fof.co.ke

- ARCHERY
- BADMINTON
- BOWLING
- BOX CRICKET
- BRIDGE
- CARROM
- CHESS
- CRAZY GOLF
- DARTS
- DANCE
- DODGEBALL
- FIFA V. 2022
- FOOTBALL
- GOLF
- GO - KARTING
- HOCKEY
- KABADDI
- KHO-KHO
- RACKETLON
- 8 BALL POOL
- ROUNDERS
- SNOOKER
- SQUASH
- SWIMMING & WATER POLO
- SCRABBLE
- TABLE TENNIS
- TENNIS
- THROWBALL
- VOLLEYBALL
- WALK & CYCLING & MARATHON



SAMIR H. CHANDARIA
SECRETARY

SPORTS – FESTIVAL OF FRIENDSHIP 2022

SHREE VISA OSHWAL COMMUNITY

REF: 193/2022

06TH OCTOBER 2022

FESTIVAL OF FRIENDSHIP

06th November 2022 to 12th December 2022

Registration Link (Deadline Monday, 10th October 2022):

https://fof.co.ke/registration_2022.php

Registration Fee (including caution deposit of Kshs. 500/-) - Kshs.2,000/-

**KINDLY FILL IN ALL YOUR DETAILS ON THE FORM AND PLEASE CHOOSE
COMMUNITY AS SHREE VISA OSHWAL COMMUNITY.**

**SELECT THE DATE OF BIRTH FROM THE DROP DOWN LIST ONLY (DO NOT
MANUALLY ENTER IT)**

ADDITIONAL CHARGES

EVENT	CHARGES PER EVENT
GO - KARTING	KSHS. 2,500/- PER PARTICIPANT
MWIKOS & JIKOS (BANDA TO BE BOOKED BY PARTICIPANT AT RED GINGER)	KSHS. 4,000/- PER TEAM
NATIONAL PARK - HUNT IN THE WILD (LUNCH INCLUDED) (PARK FEES & CAR FEES TO BE PAID BY PARTICIPANT)	KSHS. 1,000/- PER TEAM

IF NO TEAM HAS BEEN SELECTED FOR TEAM SPORTS, TYPE "TEAM OSHWAL"

**PAYMENTS TO BE MADE TO VOC ON: PAYBILL NO: 781609 | A/C NO: FOF + FULL
NAME (FIRST, MIDDLE & LAST NAME)**

**KINDLY EMAIL US THE PAYMENT CONFIRMATION WITH VOC CARD NUMBER
& COPY OF BIRTH CERTIFICATE (FOR UNDER 18 YEARS) TO**

frontoffice@oshwalnairobi.org

IN CASE OF ANY QUERIES, KINDLY CONTACT:

LUCY / MARGARET ON: +254 733 469 517



**SAMIR H. CHANDARIA
SECRETARY**

SPORTS – BERLIN MARATHON 2022

We would like to congratulate our Chairman – Jinitbhai for participating and completing Berlin Marathon in 5 Hrs and 10 Minutes on Sunday, 25th September 2022.

A sheer Determination and Test of Endurance. He must have enjoyed every minute and perhaps seconds of this Patience and Perseverance. Amazing efforts and well deserved finish.

With Jinitbhai, we had 4 other Kenyans who participated at the Berlin Marathon and Eliud Kipchoge broke a record by finishing the marathon within 2 hours 1 minute.





SPORTS – TOURNAMENT CALENDAR

SPORT TOURNAMENT	VENUE	DATES
HOCKEY TOURNAMENT	OSHWAL YOUTH LEAGUE, ASTRO ARENA, OSHWAL CENTRE, NAIROBI	22ND OCTOBER 2022 & 23RD OCTOBER 2022
ROUNDERS TOURNAMENT	GRASS FIELD, OSHWAL CENTRE, NAIROBI	29TH OCTOBER 2022 & 30TH OCTOBER 2022
FESTIVAL OF FRIENDSHIP (FOF) 2022	VENUE DEPENDS ON THE SPORT APPLIED FOR	06TH NOVEMBER 2022 TO 12TH DECEMBER 2022
OSHWAL PREMIER LEAGUE SEASON 2 (CRICKET TOURNAMENT)	OSHWAL YOUTH LEAGUE, ASTRO ARENA, OSHWAL CENTRE, NAIROBI	07TH JANUARY 2023 ONWARDS

SHREE VISA OSHWAL COMMUNITY

Ref: 074/2022


17th May 2022

BOOK FOR CRICKET, ROUNDERS OR NETBALL AT OSHWAL CENTRE GROUNDS.

FOR ALL BOOKING ENQUIRIES, CONTACT US VIA
EMAIL ON bookings@oshwalnairobi.org

Terms & Conditions Apply*



Samir H. Chandaria

Secretary

SPORTS – TABLE TENNIS TRIP

Author: Heeray Dipesh Shah

On the 17th of July earlier this year a few players from the Kenya national under 15 and 19 team commenced our travels to the ITTF all Africa Championships held in Tunisia arriving on the 18th. Our team consisted of 8 players ranging from 17 to 14, 4 of which were our own Oshwal's these including Dev Shah, Kavan Gudkha, myself (Heeray Shah) and Khushi Malde, the only female representative on the team. After reaching our accommodation we proceeded to the Stade Olympique de Radès where the championships would be held and for a lot of us the entire set up was a lot different to any tournament we had participated in Kenya, from the specialised carpets, to the brand-new tables, the organization and the spacing, although these all seem like small things individually when put together it created this amazing professional feeling atmosphere which did indeed set the tone for the competition that lay ahead. On the 21st the events began after having a few training sessions whilst surrounded by high level table tennis playing from countries such as Nigeria, Cameroon, Egypt, Libya, New Guinea, Morocco and many more.

Throughout the events we competed in these including singles, doubles, mixed doubles and team categories, the environment was a highly competitive one. Although the Kenya team didn't make it quite far in any of the events, I was able to see how far behind table tennis is as a sport in Kenya and playing alongside Africa's best youth players who have dedicated their lives to table tennis opened my eyes to the fact that there is actually a path to be followed in table tennis and although this was an incredible experience, Kenya should expand itself allowing more championships to be attended and encouraging table tennis to be a sport our youth can dedicate themselves to.

My passion for table tennis was spurred at 7 years old after watching my brother begin to play and eventually travelling to Egypt for the ITTF all Africa Championships. Watching him grow as a player inspired me to begin playing the sport professionally at the age of 9. In 2018 my current teammates and I represented Kenya in a training camp in China followed by the ITTF- Africa Eastern Region Junior Championships held in Rwanda later that same year which were again was once in a lifetime experiences.

From each of these I learnt so much and brought that all back into my play of the game. One of the biggest take aways from each was the difference in facilities and in some sense the lack of facilities provided by the Government for the Kenyan teams. This is a barrier that we as a country must overcome and as a community too by raising more awareness for the sport and backing this with the facilities to properly execute the correct training and fully utilise the talent the members of our community offer.

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SPORTS – TABLE TENNIS TRIP

Author: Heeray Dipesh Shah



OSHWAL ACADEMY NAIROBI

IN RECOGNITION OF KHUSHI BHAVESH MALDE



In these photos, Khushi Bhavesh Malde is serious at the game in Tunisia where she represented Kenya in the Africa Youth Championship.



This photo presents the team of players that travelled to Tunisia alongside Khushi Malde to represent Kenya in Table Tennis (Photo captured in Tunisia)

Khushi Bhavesh Malde of age 14 years represented Kenya in Africa Youth Championship in Tunisia from 21st July to 27th July 2022.

In singles in round of 32 she beat one of the top Tunisian players who won three medals which was one of the big upsets.

In pre quarter finals she lost to the top seed from Egypt who won the under 15 singles girls category. She finished in top 16 in singles in Africa and got a world ranking of 314.

In mixed doubles category they lost to the top seed from Egypt and they were given a world ranking of 55.

"Tunisia was a very good experience and exposure to see our players with top African players and the Kenyan team did very well." Says our Co-Curricular Co-Ordinator, Mrs. Nita Jankharia.

OSHWAL ACADEMY NAIROBI

SPECIAL RECOGNITION !



IN THIS PHOTO, VRAJESH MODASHIYA CLASS 10D AND MAADHAV DODIA CLASS 9E SHOW CASE THE TROPHY AND CERTIFICATE AFTER CLINCHING THE FIRST POSITION.

The tremendous effort of Maadhav dodia class 9E and Vrajesh Modashiya class 10D who represented the Gujarat origin team for Kenya LIFE_MVM won the World Robot Olympiad Kenya now will represent Kenya at the international round which will be held in Dortmund, Germany.



OSHWAL ACADEMY NAIROBI



OSHWAL ACADEMY NAIROBI OPEN JUNIOR CHESS TOURNAMENT 2021



We would like to acknowledge the outstanding performance from Janvi Nipul Shah in the Oshwal Academy Nairobi Junior Open Chess tournament for being the winner in the girls under 11 category. Janvi also participated in the African schools individual chess championship Nairobi regionals where she emerged 4th position.

Further she participated in the 5th Rising Stars Rapids Chess Series where she was the 2nd Runners Up in the under 12 category and 3rd in the under 18 category.

WELL
DONE!
Janvi



OSHWAL ACADEMY NAIROBI



In this photo, Krish Beiju Shah displays the trophy he scooped after emerging tops in the NCBA Junior Golf Series held at the Karen Country Club.

We proudly continue to associate ourselves with Krish Beiju Shah's achievements as he scales the heights of Golf, one step at a time. We support him fully and wish to recognize his success. He is a role model to many of our students.

On 12th of July this year, Krish Beiju Shah representing Kenya in the junior Golf Tournament and emerged a champion alongside his South African counterpart (Tokollo Dhlamini) adding to his bag one more trophy as his name swells further in golf circles.

This was no mean feat, considering that the tournament brought together a total of 130 golfers from 11 nationalities in the NCBA Junior Golf Series.

OSHWAL ACADEMY NAIROBI

IED SPECIAL OLYMPICS

On 10th of September 2022, our students from the Inclusive Education Department (IED) represented us in the Special Olympics Kenya Regional games, at the University of Nairobi grounds from 8:30 a.m to 4:00 p.m. The games included Basketball, Athletics, Badminton and Bocce.

Armaan Gupta represented Nairobi region, He attained 1st position in Bocce division II, first position in Standing Long Jump and third position in 50 metres Race. **Nikhil Maru** represented the region in Bocce division II and attained first position. Carine Musinga attained 2nd position in Bocce division II, and 2nd Position in Standing Ling Jump. Sonali Shah came 2nd position in Bocce division I. Both **Armaan and Nikhil** were among the best in their respective areas and will proceed to the next level of the special Olympics which will be held at Kasarani international Stadium between 21st and 23rd September 2022. We are hopeful that they will qualify for the Special Olympics World Summer games which are scheduled for 17th -25th June 2023 in Berlin Germany.

Basketball was a unified game where two of our students **Vivan Anand and Mwangi Ngai** assisted three of our IED students. They were presented with participants medals. The players were: Nikhil Maru, Enoch Muthini and Nicholas Nyaguto. They all made it to the next level which will be held on 17th September at Oshwal Academy Nairobi – Primary Campus.



A student from the IED is representing Nairobi region in the Bocce games at the Special Olympics



IED students are representing Nairobi region in the Bocce games at the Special Olympics

OSHWAL ACADEMY NAIROBI

IED SPECIAL OLYMPICS PHOTOS



IED students receiving medals during the Special Olympics



IED students receiving medals during the Special Olympics

COLORING PAGE



SUDOKU

1	2				9	4		5
						2		3
		8			5			7
			7	8				9
	7	2	9				3	1
	5	4				8	7	2
4			5		6		8	
		6			8		5	4
			2			3		

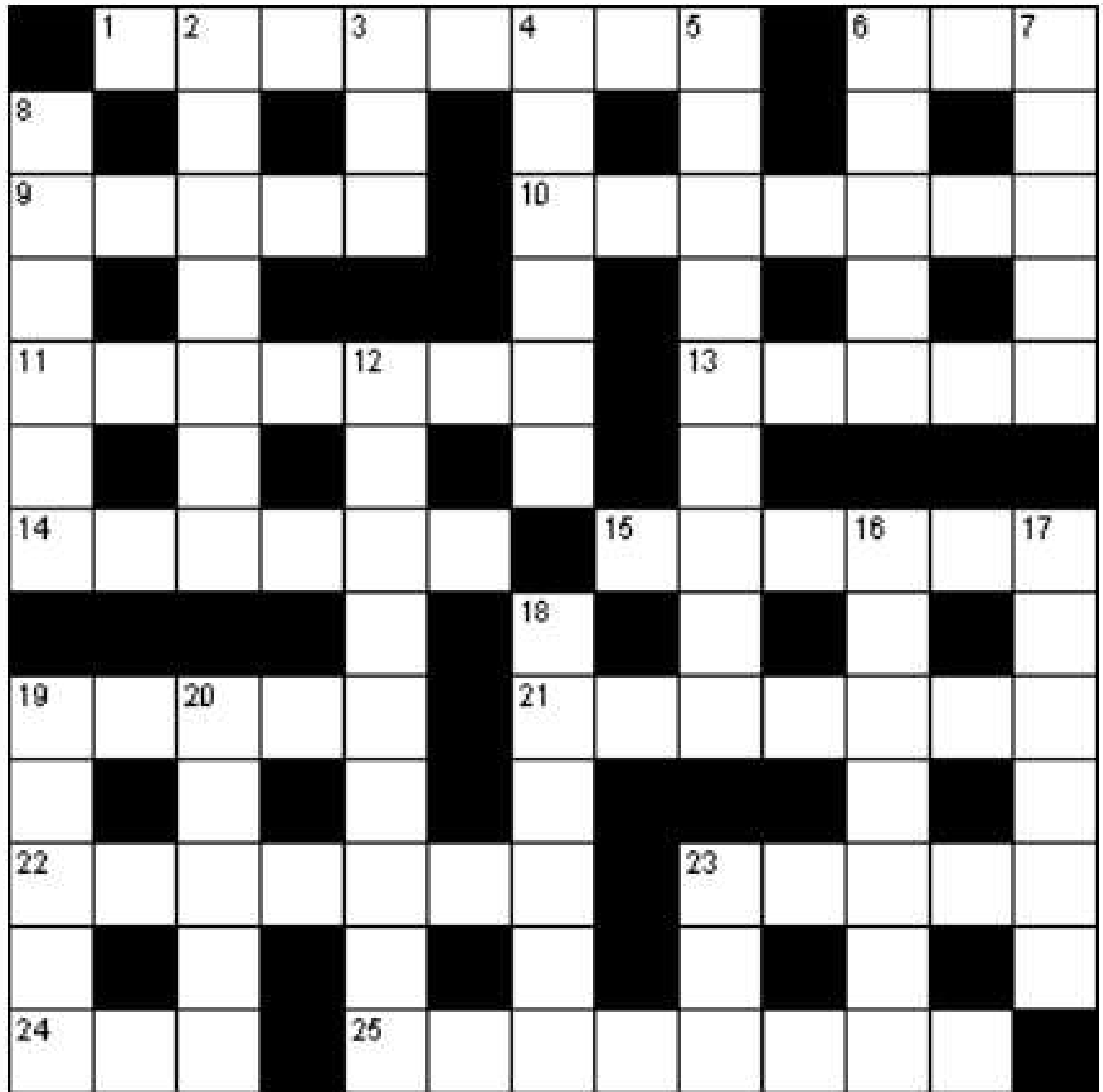
SUDOKU RULES

1. ONLY USE THE NUMBERS 1 TO 9
2. AVOID TRYING TO GUESS THE SOLUTION TO THE PUZZLE
3. ONLY USE EACH NUMBER ONCE IN EACH ROW, COLUMN, & GRID
4. USE THE PROCESS OF ELIMINATION AS A TACTIC

ANSWER FOR OSHWAL AWAAZ EDITION 57 - JULY EDITION 2022

4	6	9	7	5	3	2	8	1
8	1	2	4	9	6	5	7	3
7	3	5	2	1	8	4	9	6
2	8	4	3	6	7	1	5	9
9	5	3	1	8	2	6	4	7
1	7	6	9	4	5	3	2	8
5	9	7	6	3	4	8	1	2
3	2	8	5	7	1	9	6	4
6	4	1	8	2	9	7	3	5

CROSSWORD



Across

- 1 Disadvantage (8)
- 6 Curve (3)
- 9 Lithe (5)
- 10 Slavery (7)
- 11 Stare down (7)
- 13 Maladroit (5)
- 14 Something uncommon (6)
- 15 Sporting swordsman (6)
- 19 Carved brooch (5)
- 21 Platform for public speaking (7)
- 22 Side by side (7)
- 23 Long, pine (5)
- 24 A measure of 45 inches (3)
- 25 Song-thrush (8)

Down

- 2 Airman (7)
- 3 Female deer (3)
- 4 Telegraphed (6)
- 5 Very poor (9)
- 6 Astound (5)
- 7 Play unfairly (5)
- 8 Taste (6)
- 12 Space traveller (9)
- 16 Cut short (7)
- 17 Gypsy (6)
- 18 Author (6)
- 19 Pursue (5)
- 20 Wall painting (5)
- 23 Positive answer (3)

ANSWER FOR OSHWAL AWAAZ EDITION 57 - JULY EDITION 2022



WHY DO WE? ...

Most homes have a prayer room. A diya is lit and God worshipped.

Other spiritual practices like japa (repetition of the Lord's name), meditation, paaraayana (reading of the scriptures), prayers, devotional singing etc. is also done here. Special worship is done on auspicious occasions like birthdays, anniversaries, festivals and the like. Each member of the family – young or old – communes with and worships the Divine here.

Why do we have a prayer room?

The Lord is the owner of the entire creation. He is therefore the true owner of the house we live in too. The prayer room is the Master room of the house.

We are the earthly occupants of His property. This notion rids us of false pride and possessiveness.

The ideal attitude to take is to regard the Lord as the true owner of our homes and ourselves as caretakers of His home. But if that is rather difficult, we could at least think of Him as a very welcome guest. Just as we would house an important guest in the best comfort, so too we felicitate the Lord's presence in our homes by having a prayer room or altar, which is, at all times, kept clean and well-decorated.

Also the Lord is all-pervading. To remind us that He resides in our homes with us, we have prayer rooms. Without the grace of the Lord, no task can be successfully or easily accomplished. We invoke His grace by communing with Him in the prayer room each day and on special occasions. Each room in a house is dedicated to a specific function like the bedroom for resting, the drawing room to receive guests, the kitchen for cooking etc. The furniture, decor and the atmosphere of each room are made conducive to the purpose it serves. So too for the purpose of meditation, worship and prayer, we should have a conducive atmosphere – hence the need for a prayer room

Sacred thoughts and sound vibrations pervade the place and influence the minds of those who spend time here. Spiritual thoughts and vibrations accumulated through regular meditation, worship and chant. ing done there pervade the prayer room. Even when we are tired or agitated, by just sitting in the prayer room for a while, we feel calm, rejuvenated and spiritually uplifted.

INFORMATION

SHREE VISA OSHWAL COMMUNITY
REF: 163/2022 08TH SEPTEMBER 2022

Fitness Classes

by
Varinder Vasisht

FREE ENTRY



For registration click on - <https://forms.gle/6sKF7b2fdGdScLn6A>

Open to all ages & Genders
Oshwal Centre Grounds
Classes to begin on Tuesday, 13th September 2022

AVAILABLE DAYS & TIME	AVAILABLE EXERCISES
Tuesdays - 6:00am to 7:00am	1. Walking exercises
Thursdays - 6:00am to 7:00am	2. Breathing exercises
Saturdays - 6:00am to 7:00am	3. Weight loss exercises
	4. Exercises for muscle building
	5. High intensity Interval workouts
	6. Stretching

 Samir H. Chandaria
Secretary

SHREE VISA OSHWAL COMMUNITY
REF: 068/2022 DATE: 27TH APRIL 2022

MAILSHOT PROMOTION SCHEME

ADVERTISE YOUR BUSINESS THROUGH
VOC MAILSHOT DATABASE

OSHWAL COMPANY
KSH. 10,000/- + VAT
PER MAILSHOT
<https://forms.gle/9RvWUT3XJzbBhfRr8>

NON OSHWAL COMPANY
KSH. 25,000/- + VAT
PER MAILSHOT
<https://forms.gle/EvgABqjzEcpKs5He7>

VALID FROM
1st May 2022 to 31st December 2022

A maximum of 3 advertising mailshots will be sent per day, based on first come first serve basis.
For more information, please contact:
bookings@oshwalnairobi.org

 SAMIR H. CHANDARIA
SECRETARY

**PAY FOR 3
GET 1 FREE**

SHREE VISA OSHWAL COMMUNITY
REF: 102/2022 20TH JUNE 2022

ARE YOU PLANNING A MEETING, CONFERENCE, ETC?



BOARDROOM AND MEETING ROOMS AVAILABLE AT OSHWAL CENTRE FOR HIRE

Enquire at the VOC Office +254 733469517
Rules and regulations apply*

 SAMIR H. CHANDARIA
SECRETARY

SHREE VISA OSHWAL COMMUNITY
REF: 114/2022 05TH JULY 2022

Dear Members,
Please see the notice below from NHIF

0800 720 601

**PUBLIC NOTICE ON REMINDER TO
CHOOSE, CHANGE OR CONFIRM
OUTPATIENT FACILITIES**



Dear NHIF Members and Health Care Providers,

NHIF wishes to announce the commencement of the new benefits package for the 2022/2024 contracting cycle, effective 1st July 2022. The new hospital contracts presents new opportunities for NHIF members to access quality and essential care services for both Inpatient and Outpatient services.

For continuous access to outpatient services, NHIF members are reminded to choose, change or confirm their preferred outpatient facilities by dialing *155#, downloading 'My NHIF' App, or visiting the NHIF website: www.nhif.or.ke.

Members are also advised to update their contact details and current telephone numbers with NHIF to access the above services conveniently.

For further enquiries and assistance, visit the nearest branch office or Huduma Center or call us TOLL FREE on 0800 720 601

#AfyaYanguBilaStress

 Samir H. Chandaria
Secretary

INFORMATION

SHREE VISA OSHWAL COMMUNITY
REF: 112/2022 2ND JULY 2022

HAVE YOU SUBSCRIBED TO OUR WHATSAPP?

WHATSAPP

BROADCAST SERVICE
DO NOT MISS OUT ON IMPORTANT
SHREE VISA OSHWAL COMMUNITY, NAIROBI
MESSAGES.



**SAVE THE NUMBER TO YOUR WHATSAPP PHONE
+254 748 058 157**

FILL IN THE GOOGLE FORM LINK
<https://forms.gle/ofXb6ijgtpV5Kw7NA>



SAMIR H. CHANDARIA
SECRETARY

SHREE VISA OSHWAL COMMUNITY
REF: 187/2022 26TH SEPTEMBER 2022

**UPCOUNTRY & OVERSEAS VOC MEMBERS
WHATSAPP BROADCAST**

HAVE YOU SUBSCRIBED TO OUR WHATSAPP?

Are you staying outside Nairobi, Kenya?
Are you willing to receive details of events of
Shree Visa Oshwal Community, Nairobi?

If yes, kindly fill in the details required and join our Whatsapp Broadcast.

**DO NOT MISS OUT ON IMPORTANT
SHREE VISA OSHWAL COMMUNITY, NAIROBI MESSAGES.**

SAVE THE NUMBER +254 748 058 157 ON YOUR
WHATSAPP PHONE

**UPCOUNTRY
(OUTSIDE NAIROBI WITHIN KENYA)
REGISTRATION LINK**
<https://forms.gle/q8mGXfyj1Bo8JNmzk9>

OVERSEAS REGISTRATION LINK
<https://forms.gle/ffJY5QjJkGkitsux6>



SAMIR H. CHANDARIA
SECRETARY

Diwali 2022 ART COMPETITION

**15 & 16 OCTOBER 2022
OSHWAL RELIGIOUS CENTRE**

CATEGORIES:
Rangoli • Diwali Cards •
Arti-thali • Candle Decoration
(FOR DIFFERENT AGE GROUPS)

OPEN TO ALL

Contact:
Hitesri 0735977724
Vani 0755 808306

Venue Sponsor:





Exciting
Prizes
to be won!

SAVE THE DATE!

PEDAL KART 2023

18-19 FEBRUARY

FOR ENQUIRIES & SPONSORSHIPS CONTACT:
RUSHAB 0754777847 | KARAN 0738963321

More Details to follow...

BIRTH ANNOUNCEMENT

SHREE VISA OSHWAL COMMUNITY

REF:XXX/2022

30TH MAY 2022

WE WOULD LOVE TO CONGRATULATE
MUMMY SHAH & DADDY SHAH FOR THE NEW
ADDITION TO THE FAMILY



DATE OF BIRTH: 19.02.2023

MATERNAL GRANDPARENTS: NANI SHAH & NANA SHAH

PATERNAL GRANDPARENTS: DADI SHAH & DADA SHAH

Should you wish to
announce the birth of a
child in your family, kindly
send the name, date of
birth and family details to:
admin@oshwalnairobi.org

DEATH ANNOUNCEMENTS

FULL NAME	
Mr. Jayantilal Kachra Narshi Shah	27th December 1935 – 31st July 2022
Mrs. Savitaben Amratlal Vira Shah	3rd August 2022
Dr Nimish Gosrani	28th July 1966 – 29th July 2022
Mrs. Hansaben Dhirajlal Jakharia	1st August 1956 – 03rd August 2022
Mrs. Manchaben Pravinchandra Haria	7th August 1948 – 16th August 2022
Mr. Ramesh Zaverchand Karania	20th December 1954 – 17th August 2022
Mrs. Lalitaben Mansukhlal Gudka	08th March 1933 – 23rd August 2022
Mrs Paniben Jayantilal Govindji Shah	01st January 1935 – 26th August 2022
Mr. Kantilal Hirji Ramji Shah	04th April 1936 – 25th August 2022
Mr. Dhirajlal Amritlal Rajpal Haria (Bakul)	12th June 1949 – 28th August 2022
Mrs. Anilaben Mohanlal Shah	06th June 1938 – 29th August 2022
Mrs. Madhuben Kishore Sumaria	19th November 1963 – 29th August 2022
Mrs. Narmadaben Meghji Tejshi Haria	10th January 1936 – 30th August 2022
Mrs. Champaben Jayant Malde	02nd September 1958 – 30th August 2022
Mr. Rameshchandra Meghji Shah	24th February 1940 – 30th August 2022
Mr. Rajnikant Juthalal Raishi Haria	17th July 2022 – 29th August 2022
Mr. Minesh Liladhar Shah	28th January 1967 – 03rd September 2022
Mr. Rajnikant Devchand Punja Patani	07th September 1947 – 05th September 2022
Mr. Niraj Arvind Manekchand Shah	30th December 1975 – 08th September 2022
Mrs. Dipti (Dipu) Ashok Shah	09th November 1962 – 09th September 2022

On behalf of the TRUSTEES, Chairman, Office Bearers, Managing Committee & Staff of Shree Visa Oshwal Community Nairobi we send our heartfelt condolences to the families OF ALL DECEASED MEMBERS.

We pray to the almighty THAT THE DEPARTED SOULS ATTAIN MOKSHA and give your family the courage & strength to get through this difficult time.

Om Shanti! Om Shanti! Om Shanti!

DEATH ANNOUNCEMENTS

FULL NAME	
Mrs. Zaverben Bhagwanji Shah	09th November 1943 – 12th September 2022
Mrs. Sumatiben Chandulal Shah	30th March 1938 – 14th September 2022
Mr. Chandulal Jethalal Kachra Nagaria	03rd July 1945 – 17th September 2022
Mr. Keshavji Vrajpal B. Shah	10th December 1924 – 20th September 2022
Mrs. Hirabai Dhanji Punja Shah (Chheda)	01st January 1924 – 16th September 2022
Mrs. Chandramani Sobhagchand Chandaria	03rd March 1935 – 18th September 2022
Mrs. Subhadra Ratilal Malde	11th March 1925 – 23rd September 2022
Mr. Rajnikant Amratlal Shah	13th January 1939 – 23rd September 2022
Mr. Narendrabhai Premchand Shah (Babu)	14th October 1938 – 22nd September 2022
Mr Gulabchand Virpar Pancha Shah	14th October 1938 – 22nd September 2022
Mr. Vinod Lakhamshi Karamshi Shah	16th November 1951 – 26th September 2022
Mrs. Sushila Chandulal Shah	20th May 1941 – 27th September 2022
Mr. Ratilal Devan Kara Shah	27th July 1944 – 27th September 2022
Mrs. Monghiben Motichand Keshavji Gada	01st July 1922 – 27th September 2022
Mrs. Maniben Virchand Mald	17th November 1928 – 29th September 2022
Mrs. Prafullaben Hasmukh Shah	20th February 1944 – 28th September 2022
Mrs. Kasturben Premchand Popat	01st June 1933 – 30th September 2022

On behalf of the TRUSTEES, Chairman, Office Bearers, Managing Committee & Staff of Shree Visa Oshwal Community Nairobi we send our heartfelt condolences to the families OF ALL DECEASED MEMBERS.

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Om Shanti! Om Shanti! Om Shanti!

BE A PART OF THE OSHWAL AWAAZ

Do you have any
recommendations for the
Oshwal Awaaz?
Email us on:
admin@oshwalnairobi.org

Do you have any feedback
or comments for the
Oshwal Awaaz?
Please email on
admin@oshwalnairobi.org

Should you wish to
announce the birth of a
child in your family, kindly
send the name, date of
birth and family details to:
admin@oshwalnairobi.org

Be a part of the Oshwal
Awaaz by contributing
articles for Members to
read and enjoy.
Please email on
admin@oshwalnairobi.org