

OSHWAL AWAAZ

August 2023
Edition 59

While the seniors are enjoying the music show & activities at the Senior's Lounge, the juniors are competing in sports against each other.



**AUDITORIUM
IMPROVEMENTS**

SENIORS LOUNGE

**SENIORS MUSIC
PROGRAM**

**SPORTING
TOURNAMENTS
(CRICKET &
FOOTBALL)**



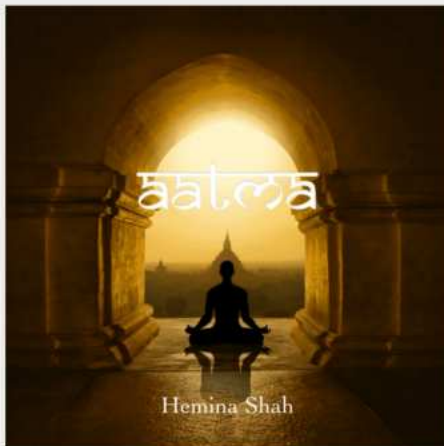
FOR YOUR BOOKINGS ENQUIRY EMAIL ON:

bookings@oshwalnairobi.org

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 Shah graced us with her presence on Sunday, 06th August 2023 with a live musical program at the Dinesh & Mahesh Chandaria Auditorium at Oshwal Centre, Nairobi. They were approximately 800 plus senior citizens that attended the show. Hemina Shah sang various songs from 1950's onwards including songs from the Shradanjali & songs of Lata Mangeshkar in the show.



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/>



ACTIVITIES AT THE SENIORS LOUNGE



Venue:

Visa Oshwal Mahajanwadi,
Limuru Road, Nairobi

We are glad to announce the re-opening of the Senior's Lounge, with several activities provided for the Seniors.

The Senior's Lounge is currently open on Mondays, Tuesdays, Wednesdays & Fridays.

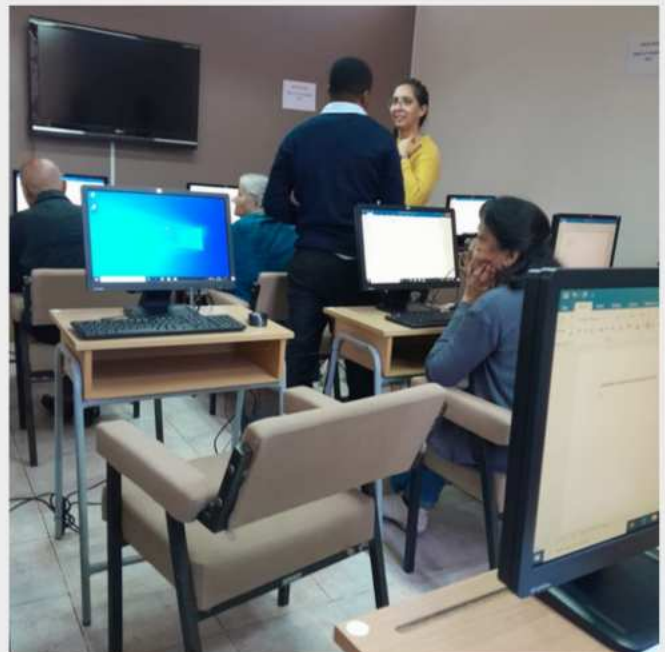
We have approximately 80 senior members attending our Seniors Lounge.

The activities schedule is shared monthly.

Currently we have English Classes, Computer Classes & Mobile Learning at the Seniors Lounge.

We have successfully held Dayro - Holidays, New Year Resolutions, Fun Games, Numerology, Physiotherapy, Musical, Yoga, Nutrition, Painting, Religious Stavans, Mandala Art, Reiki, One Minute Games, Skill Discussion,

Musical Games, Embroidery Demo, Reading Competition, Antakshri, Religious Jatra Experience, Talk on Nutrition, Board Games, Bhajan, One Minute Talking, Art, Self Motivation, Rotla Competition, Making Words, Talk by Doctor, Best from Waste, Memory Game, Painting, Music & Letter Antakshri.



Dinesh & Mahesh Chandaria Auditorium Improvements

The Shree Visa Oshwal Community has over the last 4 months undertaken a massive upgrade of all the equipment in the Dinesh & Mahesh Chandaria Auditorium. Over the last few years we have had many auditoriums opening up around our facility. The management committee decided that it was time to upgrade the ageing lighting and sound systems in the auditorium to ensure that as a facility we are always top of the game. Quotes were sought from various providers and the best optimal provider shortlisted to upgrade the auditorium. A complete upgrade of all performance lights to LED and all the speaker systems was undertaken. This upgrade was successfully completed at the beginning of September 2023. Oshwal members will be pleased to know that the Dinesh & Mahesh Chandaria Auditorium now has the most updated lighting and sound system in Nairobi and we encourage more members to host their events at the auditorium. Efforts are also underway to attract more plays, concerts and other performance based events to the venue. Our rates are competitive and we request Oshwals to use our own facilities wherever possible rather than look at other similar venues.



Men's & Women's Oshwal Cricket Tournament

Venue:

Grass Field, Oshwal Centre, Nairobi

Dates:

Men's Oshwal Cricket Tournament: 13th August 2023, 20th August 2023, 27th August 2023 & 03rd September 2023

Women's Oshwal Cricket Tournament: 12th August 2023, 26th August 2023 & 03rd September 2023

The first VOC cricket tournament, which lasted three weeks of nonstop action, concluded on Sunday, 03rd September 2023, with the final rounds being played at the main grounds of the Oshwal Center. The confluence of a sizable number of cricket enthusiasts produced an exhilarating atmosphere, making for a day of cricket that will never be forgotten by the large audience who attended.

1

MEN'S OSHWAL CRICKET TOURNAMENT

The tournament's tight confrontations came to a spectacular conclusion in the Men's finals, as Global Warriors faced off against Oshwal Virus. The winning team, Global Warriors, set a goal of 110 runs and successfully defended it by winning by 28 runs.



2

WOMEN'S OSHWAL CRICKET TOURNAMENT

Nairobi Titans defeated Super Chargers in the women's tournament championship game after needing to score 99 runs in just 6 overs.

Oshwal Premier League (Cricket): Toto Edition

Venue:

Oshwal Youth League Astro Arena, Oshwal Centre, Nairobi

Date:

10th September 2023



On Sunday, 10th September 2023, at the Oshwal Youth League Astro Arena our first season of the Oshwal Premier League: Toto Edition was played. There were two Under 9 Mixed Teams and six Under 14 Mixed Teams competing. The eight teams gave it their all during the games, giving spectators a stunning display of talent and grit.

After a thrilling championship match versus Champs 7, the Kibera Titans won the Under 14s League by a margin of five wickets! Leo 7 and Master Blasters played a best-of-three match, with Leo 7 winning two of the three games. Leo 7 won the match by 11 runs. The Under 9s League was as exciting.

In the Under 9 division, Daksh Nagaria (Leo 7), Kairav Dhanani (Master Blasters), and Dian Gosrani (Master Blasters), who each took two wickets, made notable bowling performances. Daksh Nagaria (Leo 7) and Naksh Gudhka (Leo 7) both played fantastic cricket, scoring 68 and 53 runs each. Daksh Nagaria (Leo 7) and Kairav Dhanani (Master Blasters) both displayed excellent fielding, each with four dismissals. Daksh Nagaria was named the Under 9s Category MVP for his all-around efforts with the bat, the ball, and on the field.

The Under 14s performed admirably for the audience, playing a total of 10 games. Aarav Shah (Nairobi Super Kings), who took six wickets in three innings, and Jai Shah (Oshwal Titans), who took five wickets in three innings, both bowled exceptionally well. The Kibera Titans' Dhru Haria and the Oshwal Titans' Neer Malde amused the audience with their batting prowess by scoring 54 and 51 runs, respectively. With 5 dismissals apiece in their 4 games played, Dhairya Sumariya (Champs 7) and Naman Gada (Champs 7) both displayed excellent fielding! Henil Shah, the captain of the Kibera Titans, who helped them win the trophy for the Under 14 category, was named the MVP in that division.



Mr. Jinitbhai Shah
(Chairman of VOC,
Nairobi) giving a speech.



Runners up under 9 Master
Blasters Team



Winner under 9 Leo 7 Team



Runners up under 14 Champs 7
Team



Winners under 14 Kibera Titans
Team

Oshwal Super League Season 2: Women's & Men's

Venue:

Oshwal Youth League, Astro Arena, Oshwal Centre, Nairobi

Dates:

Oshwal Super League, Season 2, Women's: 02nd September 2023, 03rd September 2023 & 10th September 2023

Oshwal Super League, Season 2, Men's: 30th September 2023 to 08th October 2023, Weekends Only

On Saturday, September 02, 2023, the Oshwal Super League Season 2 began in the Oshwal Youth League Astro Arena at the Oshwal Center, drawing an increasing number of soccer enthusiasts.

On Saturday and Sunday nights, a league lineup of 10 men's teams & 4 women's teams will face off against one another in the floodlit arena.

1

OSHWAL SUPER LEAGUE (FOOTBALL)SEASON 2: WOMEN'S

The women play a regular league format.

The league was played for 3 days.

Runners up: Brave Blues

Winners: Nairobi FC



2

OSHWAL SUPER LEAGUE (FOOTBALL)SEASON 2: MEN'S

The Men's league will be played in a round robin IPL format.

The league will resume on Saturday, 23rd September 2023, starting at 5.30pm onwards.

LEADERBOARD

Rank	TEAM	P	MP	W	D	L	F	A	GD
1	TREATOS UNITED	12	6	4	0	2	7	2	5
2	SIGNATURE STRIKERS	12	6	3	3	0	6	2	4
3	TEAM OSHWAL CARE TIGERS	11	6	3	2	1	5	2	3
4	SONA HOTSPURS	10	6	3	1	2	7	5	2
5	VELVEX LIONS	8	6	2	2	2	3	2	1
6	SWAN TITANS	7	6	2	1	3	7	7	0
7	KIFARU STARS	6	6	1	3	2	3	5	-2
8	SILVER UNITED	6	6	1	3	2	2	4	-2
9	PROMO SUPER GIANTS (PSG)	5	6	1	2	3	2	4	-2
10	MAROO UNDERDOGS	4	6	1	1	4	4	13	-9

Thank you Letter from a Member

To: Library Committee

Written by: Seeta Shah

VOC library – THANK YOU!

I seem to have discovered the joys of reading much later in life, and am so grateful to the VOC library for enabling this. My previous reading habits were to read a few books on my kindle, very selectively reading the first couple of chapters which are provided for free, before deciding to make the purchase. I would spend quite some time 'in the decision' of what to read. Since joining the library, I simply go to the library every month or so, and browse through only the 'new picks or highlighted books' in the small shelves near the check out desk and find a book of interest – which I personally would have never ventured near when I selected my own books. 9 times out of 10, I've loved the book I've borrowed and find I'm reading a much wider range than I had before.

Some of the memorable books I've read recently include:

The immortal life of Henrietta Lacks by Rebecca Skloot – tracing the evolution of cell biology's understanding and contribution to modern medicine, while exploring slavery and racism in the USA through a family's personal journey.

The boy who runs by John Bryant – which portrays the life of Julius Achon, an Olympic runner from Uganda who was abducted to serve in the Lords Resistance Army as a child, and integrates the politics of neighbouring countries and sports and the corporate world, and how so much can be salvaged through genuine family and friends support.

Amal Unbound by Aisha Saeed – a fictional story that is based on the life of Malala, and the challenge of access to education and feudal land rights.

The Watsons go to Birmingham 1963 by Christopher Paul Curtis – a look at the racial divide in USA around 1963 with a humorous lens of a loving black family that lives in the north and travels to the south

The content of many of these books may seem daunting, but the authors have all done an incredible job of making them very readable to the lay person who may not have much or any previously knowledge in the field.

Equally impressive is the VOC library app, where you can easily browse the whole library and extend your borrowed books etc.

THANK YOU to everyone who has worked on the library committee, all the library staff, and to VOC for supporting the ongoing purchases, to make the library so fresh and relevant.

Oshwal Youth League: Tree Planting

We are thrilled to announce that the Oshwal Youth League has made a substantial contribution to the Sukuma Twende Trust to plant 2450 trees, in support of their incredible tree planting initiatives.

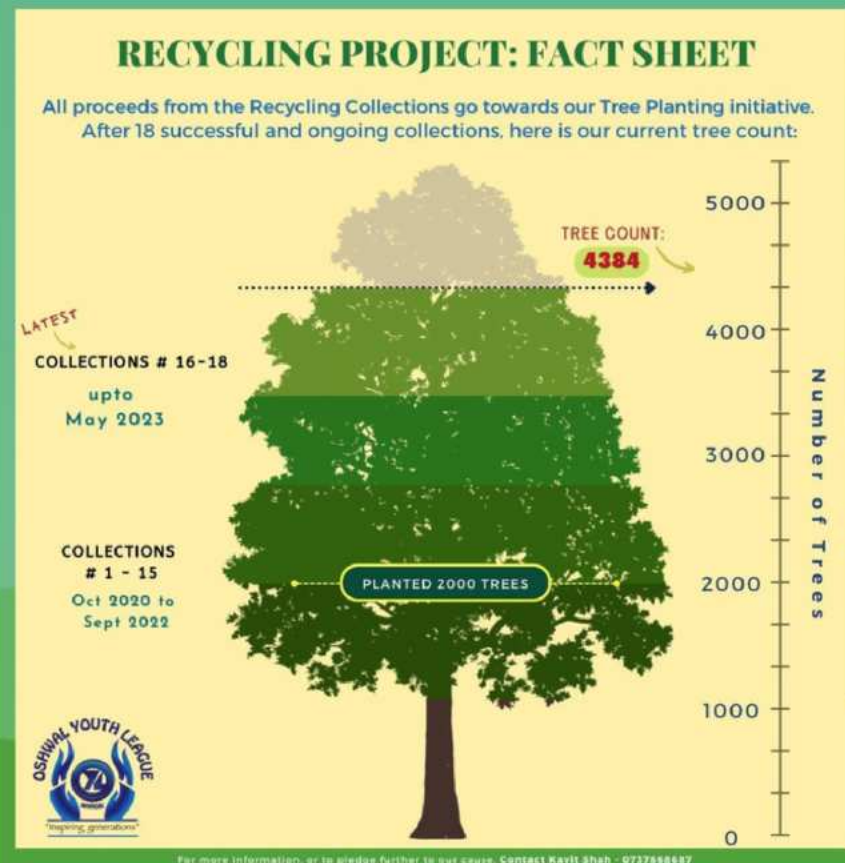
With a shared vision for a greener future, we are proud to contribute towards nurturing our environment and creating a sustainable world. Every tree planted is a step towards combating climate change and preserving our planet for generations to come.

This donation will strengthen the efforts of the Sukuma Twende Trust to continue their impactful work in planting trees, protecting ecosystems, and promoting environmental awareness.

Together, we are making a tangible difference in our communities.

A heartfelt thank you to all our dedicated members and supporters who have made this possible. Your generosity is driving positive change and inspiring others to take action. Let's continue this journey towards a greener and healthier planet!

Join us in this meaningful cause and let's make a lasting impact through tree planting. Together, we can create a more sustainable and vibrant world for all.



Why do we do Namaste?



Indians greet each other with Namaste. The two palms are placed together in front of the chest and the head bows whilst saying the word Namaste. This greeting is for all - people younger than us, of our own age, those older than us, friends and even strangers. There are five forms of formal traditional greeting enjoined in the Shaastras of which Namaskaaram is one. This is understood as prostration but it actually refers to paying homage as we do today when we greet each other with a Namaste.

Why do we do Namaste?

Namaste could be just a casual or formal greet-ing, a cultural convention or an act of worship. However there is much more to it than meets the eye.

In Sanskrit

Namah + te = Namaste.

It means - I bow to you - my greetings, salutations or prostration to you.

Namaha can also be literally interpreted as "na ma" (not mine). It has a spiritual significance of negating or reducing one's ego in the presence of another.

The real meeting between people is the meeting of their minds. When we greet another, we do so with Namaste, which means, "may our minds meet," indicated by the folded palms placed before the chest.

The bowing down of the head is a gracious form of extending friendship in love and humility.

The spiritual meaning is even deeper. The life force, the divinity, the Self or the Lord in me is the same in all. Recognising this oneness with the meeting of the palms, we salute with head bowed the Divinity in the person we meet. That is why some-times, we close our eyes as we do Namaste to a revered person or the Lord - as if to look within. The gesture is often accompanied by words like "Ram Ram", "Jai Shri Krishna", "Namo Narayana", "Jai Siya Ram", "Om Shanti" etc - indicating the recognition of this divinity.

When we know this significance, our greeting does not remain just a superficial gesture or word but paves the way for a deeper communion with another in an atmosphere of love and respect.

SUDOKU

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

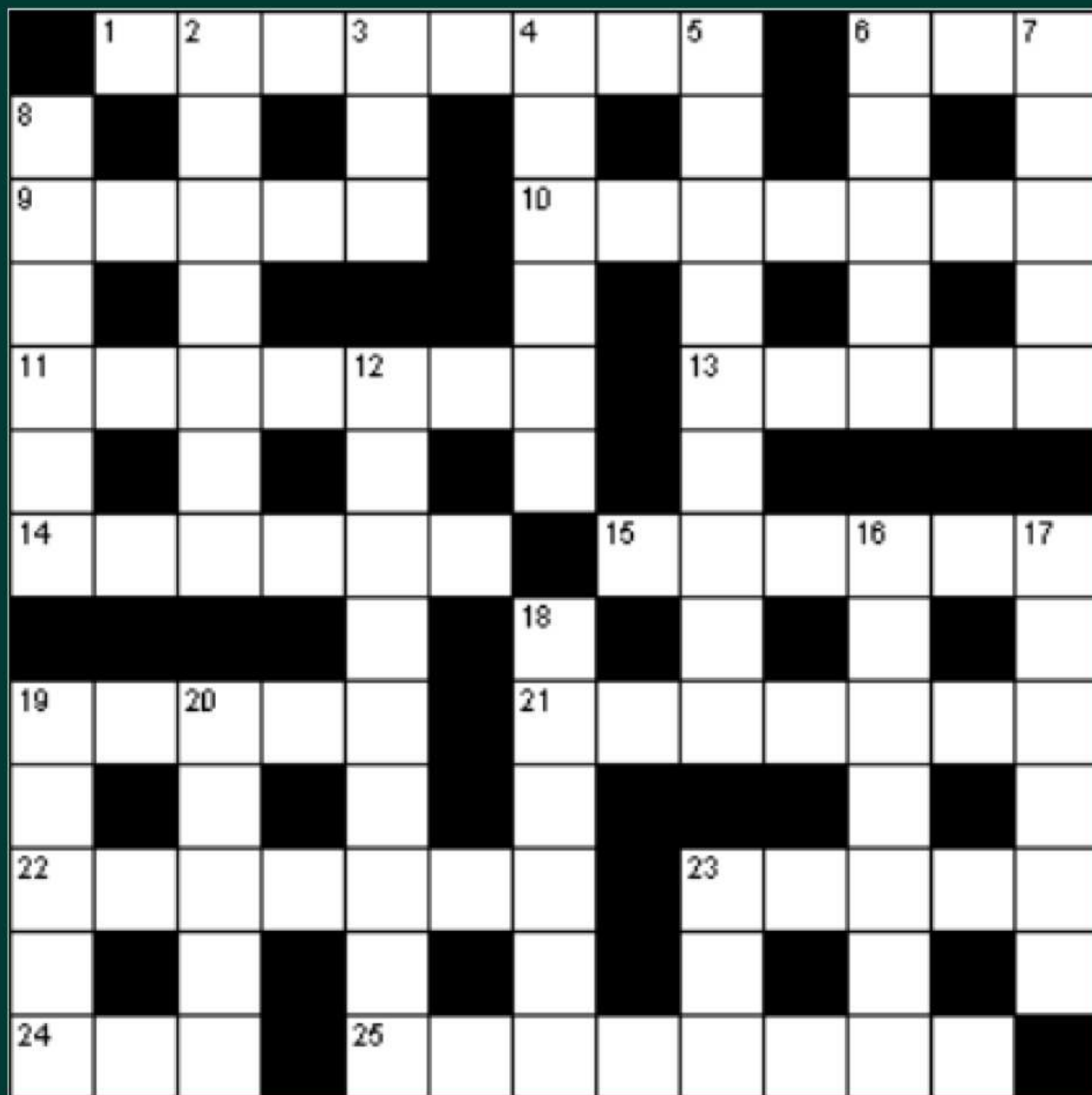
SUDOKU RULES

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 58 -

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

CROSSWORD



Across

- 1** Return on savings (8)
6 Mischievous little creature (3)
9 Intended (5)
10 Sumptuous meal (7)
11 Lurch (7)
13 Capture (5)
14 More expensive (6)
15 Sea trip (6)
19 Arrive at (5)
21 Immediate (7)
22 Upset, agitate (7)
23 Milk delivery vehicle (5)
24 Be indebted (3)
25 False teeth (8)

Down

- 2** North American falls (7)
3 Devour (3)
4 Go aboard (6)
5 Dogged, unyielding (9)
6 Burst forth (5)
7 Go and get (5)
8 Entertained (6)
12 Racing dog (9)
16 Fashionable (1,2,4)
17 Housing area (6)
18 The capital of Portugal (6)
19 Wild West show (5)
20 Gangway (5)
23 Common viral infection (3)

ANSWER FOR OSHWAL AWAAZ

EDITION 58 -



Answers will be revealed on Oshwal Awaaz Edition 60