



In the month of June, we had a series of exciting events, with the highlight being the Noble Nineties Celebration by the Senior Social Committee. This special event honored our esteemed Members who have reached and surpassed the age of 90, recognizing their remarkable achievements and resilience. In addition to this, we hosted a vibrant singing competition that showcased the incredible talents of participants across all age groups. We also organized a dot art workshop, where attendees explored their creativity through unique and intricate art techniques. Alongside these, several other events added to the lively and enriching atmosphere, making June a month full of memorable and engaging activities for our Community.



## SENIOR SOCIAL COMMITTEE

### NOBLE NINETIES CELEBRATION



On Sunday, 30th June 2024, we had the pleasure of celebrating our Noble Nineties at the Dinesh & Mahesh Chandaria Auditorium at Oshwal Centre. Sponsored by Lataben & Bhimji Depar Shah Parivar of Bidco Africa, this special event was dedicated to honoring our remarkable members who have reached and surpassed the milestone of 90 years. Their resilience and inspiring life stories serve as a powerful reminder of the unyielding spirit of humanity.



The event was filled with warmth and gratitude as our seniors were recognized for their incredible achievements and contributions. After the formal celebrations, they were presented with thoughtful gifts as tokens of our appreciation. The highlight of the afternoon was the shared meal, which provided a wonderful opportunity for everyone to connect, share stories, and enjoy each other's company.



The Noble Nineties Celebration was a heartfelt tribute to the strength and wisdom of our Senior Members, leaving everyone with cherished memories and a deep sense of Community.





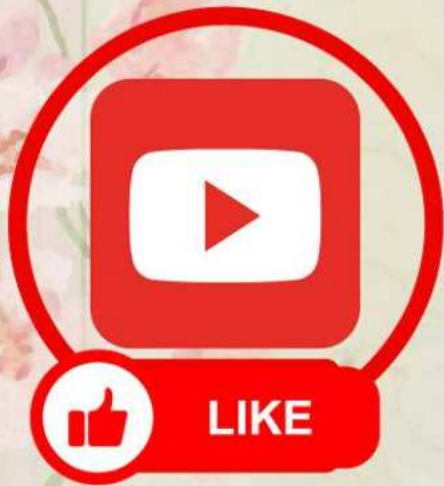
## SENIOR SOCIAL COMMITTEE

### NOBLE NINETIES CELEBRATION



**TO VIEW THE FULL NOBLE NINETIES CELEBRATIONS**

SCAN THE QR CODE BELOW:



**TO VIEW MESSAGES FROM THE OVER 90 YEARS MEMBERS**

SCAN THE QR CODE BELOW:





## LIBRARY COMMITTEE

### DOT ART WORKSHOP

On Saturday, 22nd June 2024, the Oshwal Library Foyer hosted a vibrant Dot Art Workshop. The event, presented by the Library Committee, featured the talented artist Kajal Dodia. It was open to everyone, inviting art enthusiasts of all ages to join in and explore the colorful and intricate world of dot painting.



During the workshop, Kajal Dodia guided participants through the fascinating history of dot art. She explained how dots were traditionally made with sticks to decorate pots and how this technique has evolved into a popular style of painting. Now, artists create stunning artworks by dotting paint onto a canvas.

Kajal demonstrated various techniques and styles, showing everyone how to create beautiful dot patterns. Participants eagerly followed her instructions, experimenting with different colors and designs. The atmosphere was lively and full of enthusiasm as everyone discovered their creative potential.

By the end of the workshop, each participant had crafted their own unique piece of dot art. The library foyer was transformed into a gallery of colorful masterpieces, each reflecting the personal artistic journey of its creator. It was a wonderful event that brought people together to celebrate and enjoy the joy of art.





## CULTURE & ARTS COMMITTEE

### SINGING COMPETITION ON SATURDAY, 22ND JUNE 2024

On Saturday, 22nd June 2024, the Dinesh & Mahesh Chandaria Auditorium at Oshwal Centre was alive with excitement as it hosted a wonderful singing competition. This event was a big celebration of musical talent, bringing together singers from the age of 6 years and above performing songs from 1900s to 2024s in solo performances & duets.

The competition was divided into several categories based on age. It started with the youngest participants and moved up to older age groups, ending with duets. Each singer took the stage with enthusiasm and dedication, impressing the audience with their heartfelt performances and strong voices. The atmosphere was vibrant, with the crowd cheering for each performer. The energy in the room was contagious, as everyone celebrated the effort and passion each singer put into their performance. The audience responded with loud applause and cheers, fully engaging in the spirit of the event. As the night went on, a strong sense of Community and joy filled the auditorium. The event not only showcased individual talents but also brought everyone together in a collective celebration. The highlight of the evening was the awards ceremony. Every participant received a certificate of participation, acknowledging their effort and bravery. The top singers were given trophies which were donated by Nairobi Sports House, making the conclusion of the event even more exciting.



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## **RELIGION COMMITTEE** **JIVO NI KARUNA AYAMBIL**



On Monday, 17th June 2024, the Community gathered to observe Jivo Ni Karuna Ayambil, a day dedicated to embodying compassion and reflection. This meaningful event highlighted the importance of empathy and kindness towards all living beings. The day began with meditation sessions that encouraged mindfulness and inner peace, followed by insightful discussions on living a life rooted in compassion.

A simple, wholesome Community meal was shared, symbolizing humility and unity

### Living a Life Rooted in Compassion

It involves recognizing the interconnection between all living beings and striving to reduce suffering in every aspect of our lives.

Here are a few key learning points to guide you on this compassionate journey:

#### 1. Understanding the Impact of Your Choices

Every decision we make, from the food we eat to the products we buy, affects other living beings and the planet. By choosing a plant-based diet, reducing plastic use, and supporting ethical companies, we can minimize harm and promote well-being.

#### 2. Practicing Empathy and Kindness

Empathy allows us to understand and share the feelings of others. Practicing kindness in daily interactions, whether through a smile, a helping hand, or a listening ear, fosters a more compassionate Community and reduces suffering.

#### 3. Supporting Conservation and Animal Welfare

Engaging in activities that support environmental conservation and animal welfare can have a profound impact.

Volunteering, donating to charities, and spreading awareness about these issues are ways to contribute positively to the world.

#### Documentary Recommendations

To deepen your understanding and commitment to living compassionately, consider watching these insightful documentaries:

**The Ivory Game:** This documentary exposes the dark world of ivory trafficking, highlighting the urgent need for conservation efforts to protect elephants from extinction.

**Mission Blue:** Follow oceanographer Sylvia Earle's campaign to create a global network of marine protected areas to safeguard the ocean's biodiversity from human threats.

**Live and Let Live:** Explore the ethical, environmental, and health reasons behind adopting a vegan lifestyle through the stories of various individuals who have made the switch.

These documentaries are available on Netflix and provide powerful insights into the importance of compassion in our daily lives and the broader impact of our choices on the world around us.



## RELIGION COMMITTEE

### POWER OF NAVKAR MANTRA, DIFFERENT WAYS OF SADHNA

On Sunday, 23rd June 2024, we were honored to host the event

"Power of Navkar Mantra: Different Ways of Sadhana" at the Dinesh & Mahesh Chandaria Auditorium. Led by the esteemed Shree Dineshbhai Gandhi, founder of the Shree Divyalabdhii Spiritual Research Center and a renowned expert in Mantra Shastra, the event delved into the profound secrets of ancient traditions and religious sciences. Shree Dineshbhai shared his deep insights on the Navkar Mantra, exploring various methods of Sadhna (spiritual practice) and demonstrating how these practices can address modern-day challenges, eradicate superstitions, and ignite the lamp of faith. The session was transformative, offering attendees practical wisdom to incorporate into their daily lives, bridging the gap between ancient wisdom and contemporary issues.



### RELIGION CLASSES BY KISHANBHAI

To create awareness for Jainism, the Religion Committee has organised various classes for both adults and the youth. These classes are conducted by our very own Pujari Kishanbhai

There are various topics related to Jainism. The timetable of the classes are as follows

#### Monday:

The class is in regards to the pronunciation of our Sutra and explanation's of the meaning of each Sutra.

#### Wednesday:

An interesting topic on our vast Jain religion is explained in-depth it could be a Festival or Thirthankar, or Samayik. With pre-planned activities to make the class interesting to all ages.

#### Friday:

The explanation of the meaning of Pooja and the tunes of the Poojas that are sung during the Pooja.

#### Saturday:

Different tunes of Stavans are taught along with instruments

#### Evening classes:

Sutra classes for Adults and for those who are unable to attend the weekday classes  
The session are very informative and helpful to understand our Jain religion







## HEALTH CORNER

## FENNEL (FOENICULUM VULGARE)



Fennel is a flowering plant species in the carrot family (Apiaceae). It is native to the Mediterranean region and has become widely naturalized in many parts of the world, especially on dry soils near the sea-coast and on riverbanks. Fennel is highly aromatic and flavorful, with culinary and medicinal applications. The plant is composed of a bulb, stalks, leaves, and seeds, all of which offer various benefits.

Parts of the Fennel Plant and Their Benefits1. Bulb:

**Culinary Use:** The fennel bulb is commonly used as a vegetable in various dishes. It can be eaten raw, grilled, sautéed, roasted, or braised.

**Nutritional Benefits:** The bulb is rich in dietary fiber, vitamin C, potassium, and folate. It is low in calories but high in important nutrients, making it a healthful addition to any diet.

**Health Benefits:** Consuming fennel bulb can aid in digestion, reduce inflammation, and support overall heart health due to its high fiber content.

2. Stalks:

**Culinary Use:** Fennel stalks can be used similarly to celery in soups, stews, and salads. They add a subtle licorice flavor to dishes.

**Nutritional Benefits:** Stalks are also a good source of fiber and contain small amounts of vitamins and minerals.

**Health Benefits:** Like the bulb, fennel stalks can help improve digestion and provide antioxidant benefits.

3. Leaves:

**Culinary Use:** Fennel leaves, also known as fronds, are often used as an herb to garnish dishes, adding a fresh, bright flavor.

**Nutritional Benefits:** The leaves contain vitamin C, calcium, magnesium, and other trace minerals.

**Health Benefits:** The leaves can aid in digestion and have antioxidant properties, supporting overall health.

4. Seeds:

**Culinary Use:** Fennel seeds are commonly used as a spice in cooking and baking. They are especially popular in Mediterranean, Indian, and Middle Eastern cuisines.

**Nutritional Benefits:** Fennel seeds are rich in essential oils, dietary fiber, and various vitamins and minerals such as iron, copper, calcium, potassium, and magnesium.

**Health Benefits:** Fennel seeds have carminative properties, meaning they can help reduce bloating and gas.

They are also known to improve digestion, reduce bad breath, and have antioxidant, anti-inflammatory, and antimicrobial effects. Additionally, fennel seeds are often used to prepare herbal teas that can soothe digestive issues and help regulate menstrual cycles.

Contribute to the Oshwal Awaaz by submitting articles for our esteemed members to read and appreciate.

We also welcome your valuable feedback and insights.

Please send your contributions to  
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