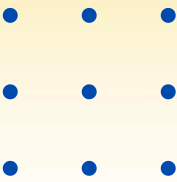


Are you planning an event and looking for the perfect venue? Look no further than Shree Visa Oshwal Community, Nairobi! We offer a range of spacious and versatile halls ideal for hosting a variety of events, including weddings, meet-and-greet sessions, graduations, forums, product showcases, and much more. Our halls are designed to accommodate gatherings of all sizes, ensuring your event is a memorable success.



In addition to our impressive halls, we have a state-of-the-art auditorium equipped with excellent sound and lighting systems, perfect for conferences, performances, and presentations. For sports enthusiasts, our extensive facilities include fields for football, volleyball, basketball, cricket, and other activities. Our astro turf caters to various games, providing a high-quality playing surface.



Moreover, our sports complex features a gym, swimming pool, tennis courts, and more, offering a comprehensive range of fitness and recreational options.



Feel free to book our halls or any of our sports facilities and experience the excellent amenities Shree Visa Oshwal Community, Nairobi has to offer. We look forward to working with you and making your event a resounding success!



LIBRARY COMMITTEE MURAL PAINTING



From 18th July 2024 to 24th July 2024, Oshwal Library hosted an inspiring Mural Painting event that brought together Volunteers from the Community to transform the library's children's section walls into a vibrant work of art. The event, aimed at art enthusiasts aged 14 years and above with some prior experience. It was a wonderful opportunity for individuals to showcase their creativity and contribute to a Community project.

Throughout the day, the library buzzed with energy and collaboration as participants worked side by side, blending their artistic styles and ideas to create a cohesive and colorful mural. The sense of Community and teamwork was palpable, as everyone contributed their unique touch to the artwork.

In recognition of their efforts, all participants were awarded certificates for their Community service, acknowledging their contribution to this meaningful project. The mural, now a permanent fixture at Oshwal Library, stands as a testament to the creativity and spirit of the Community, making the space more inviting and lively for all visitors.



RELIGION COMMITTEE OM CHANTING AND PRAYERS FOR PEACE IN KENYA

On Sunday, 28th July 2024, the Community gathered at the Upashray, Visa Oshwal Mahajanwadi, Limuru Road, for a deeply spiritual and unifying event titled "OM Chanting and Prayers for Peace in Kenya."

The event encourages reflection on these values, bringing together people from diverse backgrounds with a shared vision of promoting tranquility and understanding.

Through the resonance of OM and the collective prayers, the event aims to inspire positive change and strengthen the sense of Community and solidarity among attendees

Following the OM chanting, participants engaged in a jaap, which is a meditative practice involving the repetitive chanting of a mantra.

This jaap was performed to deepen the sense of peace and spiritual connection fostered by the OM chanting. Participants typically focused on a specific mantra, repeating it either silently or aloud, often using a mala (a string of beads) to keep count of the repetitions.

The rhythmic repetition of the mantra helps to quiet the mind, center the thoughts, and invoke a sense of inner tranquility and spiritual presence.

This collective practice creates a powerful, harmonious energy, enhancing the overall meditative experience and fostering a deep sense of community and spiritual alignment among the participants.



IT COMMITTEE DATA PROTECTION AWARENESS



On 20th July 2024, Oshwal Centre hosted an insightful Data Protection Awareness Seminar, drawing a diverse audience keen on understanding the importance of safeguarding personal and organizational data. This seminar aimed to educate attendees on the latest trends, best practices, and regulatory requirements related to data protection.

The event featured a series of engaging talks and discussions led by industry experts, who covered a wide range of topics essential for data security. One of the highlights was a comprehensive talk on the principles of data protection, emphasizing the significance of maintaining confidentiality, integrity, and availability of data. The speaker delved into the legal frameworks governing data protection, such as GDPR and other relevant regulations, providing attendees with a clear understanding of their rights and responsibilities.



Another key session focused on practical strategies for implementing robust data protection measures within organizations. This included insights on data encryption, secure data storage solutions, and effective access control mechanisms. Attendees learned about the latest tools and technologies available to enhance data security, as well as the importance of regular audits and compliance checks.

The seminar also addressed the growing concerns around data breaches and cyber threats. Experts shared real-world case studies highlighting the impact of data breaches on businesses and individuals, underscoring the need for proactive risk management. Practical advice on incident response planning and crisis management was provided, equipping attendees with the knowledge to effectively handle potential data breaches.

Interactive Q&A sessions allowed participants to engage directly with the speakers, seeking clarification on complex topics and discussing specific challenges they faced in their organizations.





Maintaining close relationships with parents and children is vital for several reasons, benefiting both individuals and families as a whole.



Why We Need to Be Close to Parents

Emotional Support:

Unconditional Love: Parents often provide a unique form of unconditional love and support that can be a crucial emotional foundation.

Guidance and Wisdom: Parents offer valuable life experience and advice that can help navigate personal and professional challenges.

Social and Psychological Well-being:

Sense of Belonging: Close relationships with parents foster a sense of belonging and identity, enhancing self-esteem and resilience.

Mental Health: Strong familial bonds are associated with lower rates of depression, anxiety, and stress.

Practical Support:

Assistance: Parents can provide practical help, whether it's financial support, childcare, or help with household tasks.

Role Modeling: Positive relationships with parents can serve as a model for developing healthy relationships with others.

Reciprocity and Care:

Mutual Care: As parents age, close relationships ensure that they receive the care and support they need from their children.

Legacy and Continuity: Maintaining strong ties helps preserve family traditions and values, passing them on to future generations.

Why Children Need to Be Close to Parents

Emotional Development:

Security and Trust: Close relationships with parents provide

children with a sense of security and trust, essential for healthy emotional development.

Attachment: Strong bonds with parents form the basis of secure attachment, which is crucial for future relationship building.

Cognitive and Social Development:

Learning and Growth: Parents play a key role in their children's learning and development, offering guidance, education, and opportunities for growth.

Social Skills: Interaction with parents helps children develop social skills, empathy, and communication abilities.

Moral and Ethical Development:

Values and Ethics: Parents are primary influencers in teaching children values, ethics, and cultural norms.

Behavioral Modeling: Children learn behaviors, coping mechanisms, and problem-solving skills by observing their parents.

Health and Well-being:

Physical Health: Close parental relationships are linked to better health outcomes for children, including lower rates of illness and healthier lifestyle choices.

Emotional Resilience: Supportive parents help children develop emotional resilience, enabling them to cope with stress and adversity.

Overall Benefits:

Strengthening Family Bonds: Close relationships between parents and children reinforce family cohesion, creating a supportive and nurturing environment.

Intergenerational Continuity: These relationships ensure the transmission of family history, culture, and traditions across generations, fostering a sense of continuity and identity.





Holy Basil (Ocimum sanctum)



Holy Basil (*Ocimum sanctum*), also known as Tulsi, is revered in Ayurvedic medicine and has been traditionally used for its numerous health benefits. It can provide a holistic boost to your health, addressing physical, mental, and emotional well-being. It can be consumed in various forms, including fresh leaves, dried powder, teas, and supplements.

Stress Relief and Adaptogenic Properties:

Adaptogen: Helps the body adapt to stress and promotes mental balance.

Cortisol Regulation: Reduces cortisol levels, helping to manage stress and anxiety.

Respiratory Health:

Antimicrobial: Fights respiratory infections and alleviates symptoms of conditions like asthma, bronchitis, and colds.

Expectorant: Helps clear mucus from the lungs and respiratory tract.

Anti-Inflammatory and Pain Relief:

Anti-Inflammatory: Contains compounds like eugenol that reduce inflammation and pain.

Analgesic: Provides relief from headaches and other types of pain.

Immune Support:

Immunomodulatory: Strengthens the immune system, enhancing the body's ability to fight infections.

Antioxidant: Contains antioxidants like flavonoids that protect against oxidative stress and boost immunity.

Digestive Health:

Digestive Aid: Improves digestion and helps alleviate digestive issues like bloating and gas.

Gastroprotective: Protects the stomach lining and may help prevent ulcers.

Cardiovascular Health:

Cholesterol Management: Lowers LDL cholesterol and triglycerides, promoting heart health.

Blood Pressure Regulation: Helps maintain healthy blood pressure levels.

Metabolic and Blood Sugar Regulation:

Blood Sugar Control: Helps regulate blood sugar levels, making it beneficial for diabetics.

Metabolic Boost: Enhances metabolism and supports weight management.

Skin and Oral Health:

Skin Health: Treats various skin conditions like acne, eczema, and fungal infections. Has antibacterial properties that promote wound healing.

Oral Health: Prevents gum diseases, reduces bad breath, and maintains oral hygiene.

Cognitive Function and Mental Health:

Cognitive Enhancement: Improves memory and cognitive function.

Neuroprotective: Protects against neurodegenerative diseases and supports mental clarity.

Anti-Aging and Longevity:

Antioxidant Properties: Protects against cellular damage caused by free radicals, promoting longevity and slowing the aging process.

Detoxification: Helps detoxify the body, promoting overall health and vitality.

Become a part of the Oshwal Awaaz by sharing your articles for fellow Members to read and relish. We eagerly invite your valuable feedback and comments to enhance our community engagement. Kindly submit your contributions to admin@oshwalnairob.org

