



During Paryushan

September was a vibrant month filled with a diverse range of events at our facilities, bringing our Community together in many wonderful ways. The Religion Committee hosted the Paryushan celebration, culminating in the spiritually enriching Samvatsari event, which fostered unity and reflection among participants.

The Senior Social Committee organized several enjoyable events, including Card game session, and a Face and Chair Yoga session led by Vinit Haria, promoting relaxation and well-being.



During Samvatsari



Library Naamkaran

The Library Committee organized the Library Naamkaran ceremony, giving our beloved Library a new name and honoring the legacy of the Prabhulal Premchand Shah family.

We invite everyone to join us for the upcoming events and experience the joy of connection, wellness, and celebration as we continue to grow and thrive together!



Religion Committee

CHILDREN'S PROGRAM



The Children's Program held on 31st August 2024 during the Paryushan was a delightful event that showcased the talents and enthusiasm of young participants. As part of the sacred and reflective festival of Paryushan, this program provided a platform for children to express their creativity while embracing the values of the occasion.

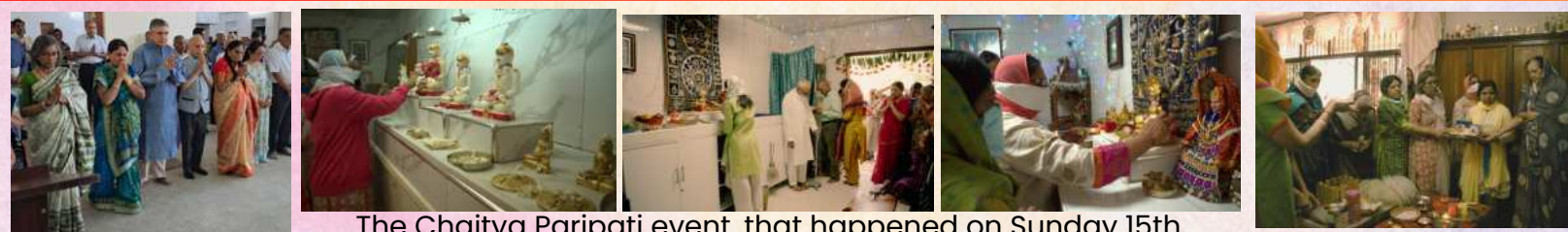
The event featured various performances, including devotional songs, skits, and recitations that revolved around the themes of compassion, forgiveness, and Jain values. The children put in a lot of effort, and their dedication was evident in their captivating performances. The audience, made up of proud parents, family members, and the Community, was filled with admiration and joy as they watched the young performers.

To honor their hard work and participation, each child was awarded a token of appreciation after their performance. These awards not only celebrated their efforts but also encouraged them to stay connected with the teachings and traditions of Paryushan. The event was a wonderful blend of education, entertainment, and Community spirit, leaving everyone inspired by the next generation's enthusiasm for their culture and values.



Religion Committee

CHAITYA PARIPATI



The Chaitya Paripati event, that happened on Sunday 15th September 2024, is a significant and spiritual gathering within the Jain Community. "Chaitya" refers to a place of worship, and "Paripati" denotes a pilgrimage or procession. This event is deeply rooted in Jain traditions and involves visiting various Jain temples and sacred sites, offering prayers, and performing rituals that reflect devotion and reverence.



During the Chaitya Paripati, devotees travel from one temple to another, often on foot, while chanting religious hymns and prayers. The purpose of this pilgrimage is to purify the soul through devotion and to seek blessings for oneself, loved ones, and the Community.

Participants engage in various forms of worship, including Abhishek (ritual bath of the deity), Aarti (ritual worship with light), and Pravachan (spiritual discourse). These activities are intended to strengthen one's spiritual path and foster a deep connection to the Jain teachings of non-violence, compassion, and self-discipline.

SHREE MAHAVIRSWAMI JANMA VANCHAN



The Shree Mahavirswami Janma Vanchan event on 4th September 2024, held during the 5th day of Paryushan, is a religious celebration that commemorates the birth of Lord Mahavira, the 24th Tirthankara of Jainism. During this event, the birth story (Janma Vanchan) of Mahavirswami is narrated, recounting the significance of his birth and his contributions to Jain teachings.



A Glimpse into Mahavir's Birth:

Lord Mahavira was born in 599 BCE in Kundagrama, Bihar, into a royal family. His parents, King Siddhartha and Queen Trishala, had dreams symbolizing the birth of a great soul destined to become either a monarch or a spiritual teacher. According to tradition, Queen Trishala dreamt of 14 auspicious symbols, signifying that the child would bring immense spiritual change to the world. Mahavira was known as Vardhamana in his childhood, meaning "the one who brings prosperity," reflecting the flourishing state of the land after his birth. During this Janma Vanchan event, devotees gather to listen to the birth narrative and participate in prayers, offering devotion to Mahavirswami. The event encourages reflection on his values of non-violence (Ahimsa), truth (Satya), and compassion (Karuna), inspiring participants to walk the path of righteousness and renunciation, especially during the spiritually significant time of Paryushan.

Religion Committee

TAPASVI BAHUMAN

The Tapasvi Bahuman event took place on 6th September 2024. It is a significant and heartfelt occasion within the Jain Community, held to honor individuals who have displayed remarkable dedication and discipline through their spiritual practices, especially during sacred times such as Paryushan. The term "Tapasvi" refers to those who engage in tapasya—acts of austerity that involve fasting, self-discipline, and meditation. Such practices are central to Jain philosophy, emphasizing the importance of purifying the soul, shedding karma, and attaining spiritual progress.



During the Tapasvi Bahuman ceremony, the Community gathers to recognize the Tapasvis for their devotion and sacrifices. The atmosphere is filled with reverence, as Community members express their appreciation for the efforts of these individuals. Tapasvis of all ages—young and elderly—who have undertaken different forms of austerities



Trustees & Office bearers with their families offer their blessings and shower the Tapasvis with gifts, and other tokens of appreciation, which symbolize support for their spiritual journey.

Special prayers and chants are also recited to bless the Tapasvis for their dedication and to invoke divine blessings for their spiritual growth.

The Tapasvi Bahuman event also serves as an inspiration to others in the Community, encouraging more individuals to engage in acts of austerity, reflection, and self-improvement. It underscores the importance of qualities such as non-attachment, patience, and self-control—values that Jainism holds dear. By celebrating the efforts of the Tapasvis, the Community collectively reaffirms its commitment to these ideals and to fostering an environment where spiritual growth is both encouraged and celebrated.

The event is a beautiful reminder of the strength of human willpower and the profound effect that spiritual discipline can have, not only on the individual but also on the entire Community. It is an occasion that highlights unity, shared values, and the collective pursuit of a higher purpose.



Religion Committee

PARYUSHAN PARNA



The Parna event, which took place on 8th September 2024 during Paryushan, is a significant and joyous occasion in Jain tradition. Parna marks the end of a period of fasting, particularly the conclusion of the Paryushan festival, which is an important spiritual time for Jains focused on reflection, self-discipline, and repentance.



What Happens at Parna?

Parna is the special event that celebrates the completion of these fasts. It's a time when family, friends, and Community members gather to mark the breaking of the fast. Here's what typically happens during the Parna:

Gathering and Prayers: The event often starts with prayers or chants of gratitude for the strength and guidance received during the fasting period. Devotees express thanks for completing their fasts and reflect on their spiritual growth.

Breaking the Fast: Those who have fasted, especially for several days, break their fast by consuming a simple meal. This is traditionally done with water or juice, followed by a light meal. In some cases, close family members or spiritual leaders may offer the first sip or bite, symbolizing love and respect.

Celebration: Parna is a joyous occasion, as it not only celebrates the completion of the fast but also brings the Community together in a spirit of unity and compassion. There's often a sense of accomplishment and positive energy in the air.

Community Meal (Alpahar): After breaking the fast, a communal meal is often shared. This is a simple, sattvic (pure) meal in line with the Jain principle of non-violence, and it usually avoids root vegetables, onions, and garlic.

Exchange of Good Wishes: Family members, friends, and well-wishers often congratulate those who have fasted and offer blessings for their health and well-being. It's a time for strengthening relationships and mutual respect.

Spiritual Reflection: While Parna is celebratory, it's also a time for deeper reflection on the spiritual journey undertaken during Paryushan. The focus is on internal growth, the practice of forgiveness, and moving forward with compassion.



Religion Committee

SAMVATSARI

The Samvatsari Luncheon 2024, organized by Shree Visa Oshwal Community, Nairobi, took place on Sunday, 22nd September 2024, at the Oshwal Centre, Nairobi. This meaningful event gathered thousands of participants, fostering unity, reflection, and forgiveness.

Preparations began a day earlier, on Saturday, 21st September, with over 500 volunteers coming together to organize rations and logistics for the grand luncheon.



Preparation of food



Serving



Volunteers assisting to collect donations



Kitchen

Religion Committee

SAMVATSARI

Samvatsari, marking the culmination of the Paryushan festival, is the most spiritually significant day for Jains. It emphasizes introspection and reconciliation, where participants reflect on their actions, seeking and offering forgiveness by saying "Micchami Dukkadam"—a phrase meaning, "I seek forgiveness for any harm caused, knowingly or unknowingly." This practice embodies humility and compassion, inspiring individuals to release past grievances and nurture kindness towards all beings.



ORC assisting

The luncheon program was hosted in the Dinesh & Mahesh Chandaria Auditorium and began with a serene Navkar Mantra recitation by children, setting the spiritual atmosphere. Mrs. Bhavniben D. Dodhia, Chairlady of the Religion Committee, spoke on the significance of forgiveness in Jainism. This was followed by two vibrant dance performances by children, reflecting the joy and unity of the community.

Mrs. Bindiben R. Shah, Chairperson of the Community, addressed the gathering, underlining the importance of coming together for such auspicious events. The day concluded with Mr. Vikasbhai J. Shah, Community Secretary, expressing heartfelt gratitude to the volunteers and attendees for their dedication, which ensured the success of this special occasion.

Library Committee

LIBRARY NAAMKARAN



On 22nd September 2024, the Library Naamkaran Ceremony took place, marking a meaningful and memorable occasion for the Community.

The ceremony was performed by Hansaben Prabhulal Shah, held in memory of her loved ones: Prabhulal Pemchand Shah, Motiben Premchand Shah, Premchand Khimji Shah, and Meghji Rupshi Shah.



This event honored their legacy by renaming the Library in their memory, now known as the Prabhulal Premchand Shah Library.

The Naamkaran (naming) ceremony is a tradition that symbolizes the bestowal of a new name, often reflecting a deeper meaning or tribute. In this case, the ceremony carried a profound significance as it was a tribute to the family's contributions and lasting impact on the Community.

The newly named library is envisioned as a beacon of knowledge and community service, inspiring future generations to continue the legacy of learning and giving back. By dedicating the space to those cherished family members, the Community acknowledges their contributions and ensures that their impact will remain an integral part of its history.

The event was a reminder that individuals and families can leave lasting imprints through acts of kindness, learning, and generosity.



Senior Social Committee

CARD GAMES



On Wednesday, 18th September 2024, the seniors gathered for a lively card games event. This gathering was part of a series of engaging activities organized for the senior community, offering them a chance to socialize, relax, and enjoy friendly competition.



The event featured a variety of classic card games, allowing participants to showcase their skills and strategies while also learning new games from one another. Participants engaged in games like Judgement and bhukhar, where the main focus was not only on winning but also on enjoying each other's company and building friendships.

As with many senior events, this gathering fostered a strong sense of community, giving the attendees an opportunity to bond over shared interests. Such events help seniors stay mentally sharp, entertained, and socially active.



FACE AND CHAIR YOGA SESSION



On Wednesday, 18th September 2024, a Face and Chair Yoga session was held for seniors, led by Vinit Haria. This event focused on gentle exercises specifically tailored to suit seniors, including facial yoga techniques to improve relaxation and facial muscle tone, as well as chair yoga exercises for improved flexibility and circulation. Vinit Haria guided the participants through a series of simple, accessible movements, promoting relaxation, reducing stress, and enhancing overall well-being. The session was well-received, with seniors finding the exercises refreshing and beneficial for both body and mind, contributing to a positive and calming experience.



Maintenance Committee

MAINTENANCE

Oshwal Sport Complex



Table Tennis and Bridge Hall repainted



Security wall repaired

Visa Oshwal Mahajanwadi



Path way repaired



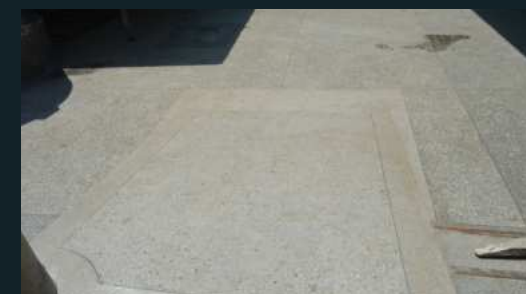
Kitchen during maintenance



Wall repainted



Kitchen after maintenance



Floor repaired



After the repair, it can supply water for both Mahajanwadi and residency



Bhojanshala after maintenance

Green Corner

Managing "paper products" and "fiber-based materials" waste to reduce environmental impact, save resources, and promote sustainability.

• **Ways to Manage Waste:**

- **Sorting and Separation:** Set up designated bins to separate paper and fiber-based materials from other waste.
- **Collection and Storage:** Store materials properly to prevent moisture or contamination.
- **Regular Disposal:** Arrange regular collection by recycling centers.

• **How to Reduce Usage:**

- **Digital Alternatives:** Switch to digital solutions like e-documents and online storage.
- **Double-Sided Printing:** Encourage printing on both sides to reduce waste.
- **Reusable Products:** Use reusable alternatives like whiteboards and cloth napkins.
- **Paperless Meetings:** Use digital devices for meetings instead of paper.
- **Controlled Distribution:** Print only when necessary and minimize printed copies.

• **How to Reduce Pollution:**

- **Sustainable Sourcing:** Choose paper products from recycled or sustainably managed sources.
- **Eco-Friendly Production:** Opt for products made with reduced chemical use.
- **Proper Disposal:** Avoid burning waste and ensure proper recycling.
- **Reduce Plastic-Coated Paper:** Choose fully recyclable alternatives.

• **Recycling:**

- **Collection:** Collect paper for recycling through local programs.
- **Sorting and Cleaning:** Ensure materials are clean and free of contaminants.
- **Processing:** Recycle paper into new products like notebooks or packaging.
- **Composting:** Compost shredded paper if free from toxic ink or plastic.

• **Reuse and Repurposing:**

- **Reuse for Packaging:** Use boxes and paper for packing.
- **Arts and Crafts:** Use materials for DIY projects or school activities.
- **Storage Solutions:** Repurpose boxes for organizing items.
- **Upcycling Projects:** Use paper and cardboard creatively, such as making furniture.
- **Note Pads:** Use one-sided paper for scratch pads.

• **Innovative Ways to Utilize Waste:**

- **Paper Briquettes:** Press shredded paper into briquettes for fuel.
- **Insulation:** Use old paper and cardboard for insulation.
- **Seed Starters:** Use biodegradable cartons as seed starters.

• **Educate and Raise Awareness:**

- **Workshops and Training:** Conduct workshops on reducing paper usage and recycling.
- **Campaigns:** Promote the benefits of recycling through Community campaigns.
- **Incentive Programs:** Encourage recycling by offering incentives.

Effective management, reducing consumption, recycling, and innovative reuse can help individuals and organizations reduce their environmental footprint and contribute to a cleaner planet.

Be a Voice in Oshwal Awaaz!

Share your stories, thoughts, and insights for fellow members to enjoy and cherish! We'd love to hear from you—your articles, feedback, and comments help us make Oshwal Awaaz even more engaging for everyone. Let's create something wonderful together!

Send your contributions to: admin@oshwalnairobi.org

Your voice matters—be part of the conversation!