



As we prepared for the festive season, our Diwali Fair was a highlight of the month. It was a beautiful celebration where community members came together to share in the spirit of Diwali. The fair featured a variety of stalls, delicious food, and fun activities that everyone enjoyed.

In the spirit of Diwali, our dedicated volunteers created stunning rangolis that adorned our spaces, adding a touch of beauty and festivity. Their creativity and hard work truly enhanced the atmosphere, making our celebrations even more special.

October was a vibrant month filled with joyful celebrations and meaningful events that brought our community together. We had the Aaso Maas Ayambil Oli event, fostering a spirit of togetherness and reflection.

Our seniors enjoyed a series of delightful social gatherings, including Relay and Minute Games, which sparked friendly competition and laughter. The Musical Masti event lifted spirits with lively tunes, while Palak Bhatt's meditation session provided a serene moment of tranquility. The Memory Game offered a fun challenge, keeping minds sharp and engaged.



Thank you to everyone who participated and contributed to making this month so memorable!

Religion Committee

Aaso Maas Ayambil Oli event

The Aaso Maas Ayambil Oli event on 18th October 2024 was a significant occasion celebrated with devotion and purpose. Ayambil Oli is an important Jain festival that takes place twice a year, during which participants observe a nine-day fasting period, following strict dietary restrictions. They partake in a special meal, known as ayambil, which consists of simple, bland food devoid of salt, spices, ghee, and sweets. This practice is believed to purify the soul and deepen one's spirituality, encouraging participants to cultivate self-discipline and compassion.



Throughout these nine days, devotees gather at the temple for prayers, discourses, and spiritual activities, each day highlighting the virtues of Jain teachings. This period is also marked by a sense of community, as participants come together to support and encourage one another in their spiritual journey.



At the conclusion of the Ayambil Oli, participants were awarded in recognition of their dedication and commitment. The awards serve as a gesture of appreciation and motivation for their sincere participation and adherence to the rituals, celebrating their strength, resilience, and devotion.



Senior Social Committee

Relay and Minute Games

On Tuesday, 1st October 2024, a fun-filled Relay and Minute Games event was organized exclusively for seniors, bringing energy, laughter, and a touch of friendly competition to the day.

The event featured a series of lively activities designed to engage participants in quick, entertaining challenges, including relay races, memory games, balancing acts, and other one-minute games that tested agility, focus, and teamwork.

These short, engaging games offered seniors a chance to enjoy lighthearted activities while promoting physical movement and mental stimulation. From balancing objects to completing mini puzzles within a minute, each game was a joyful challenge that kept everyone on their toes, encouraging laughter and interaction among friends.



Musical Masti event

On Tuesday, 8th October 2024, seniors gathered for an exciting Musical Masti event, a day dedicated to celebrating the joy of music and dance. The event featured a mix of nostalgic songs, sing-alongs, and interactive musical games, designed to evoke cherished memories and spark joy among participants.

Kicking off with classic tunes that took everyone back to the golden era, seniors joined in singing their favorite songs and even danced along to popular hits. From guessing song titles in a fun music trivia round to participating in Antakshari, the day was filled with lively activities that encouraged everyone to showcase their musical talents and enjoy a shared love for melody.

The highlight of the event was a karaoke session, where participants bravely took the mic and delighted the audience with heartfelt renditions of beloved songs.

Senior Social Committee

Meditation by Palak Bhatt

On Tuesday, 22nd October 2024, seniors gathered for a calming and insightful Meditation session led by Palak Bhatt. This session was designed to help participants find inner peace, relieve stress, and connect with a sense of tranquility. Palak Bhatt, a well-known meditation guide, gently introduced various mindfulness techniques, emphasizing the importance of breathing exercises, body awareness, and mental relaxation.

The session began with guided breathing exercises to help everyone settle into a peaceful state, followed by a series of mindfulness practices aimed at enhancing mental clarity and emotional well-being. Palak also introduced visualization techniques, guiding participants through imagery that fostered relaxation and positive energy.

As the meditation progressed, the room grew serene, with seniors fully immersed in the experience, feeling calm and rejuvenated. Palak concluded the session by encouraging everyone to incorporate meditation into their daily routines for long-term benefits.



Memory Game

On Tuesday, 29th October 2024, seniors came together for an engaging Memory Game event, an activity designed to challenge and sharpen their cognitive skills in a fun, supportive setting.

This event encouraged participants to exercise their memory, attention to detail, and recall abilities through a variety of interactive games.

The session began with a classic memory matching game, where participants paired up cards featuring matching images. This was followed by a “Memory Tray” game, where seniors observed a tray filled with everyday objects for a limited time, then tried to recall and list as many items as possible after the tray was hidden. The laughter and excitement were infectious as everyone strove to remember each item!

In another round, participants listened to short stories or sequences and then took turns recalling details from memory.

Diwali Fair

The Diwali Fair 2024, held from 19th to 21st October 2024, was a vibrant celebration of culture, unity, and festive spirit.

Organized as a grand community event, it aimed to bring people together to mark the joyous occasion of Diwali, the Festival of Lights.



Opening Ceremony and Guests

The event kicked off with a beautiful opening ceremony at the Dinesh & Mahesh Chandaria Auditorium, where guests were warmly welcomed to the fair. The presence of prestigious visitors added to the event's significance, including representatives from the Hindu Council of India and High Commission of India, along with other honored guests.

Media Coverage

The event was covered by East FM Radio, known as **Kenya's Premier Asian Mix**, adding excitement and visibility to the fair.



Awarding Ceremony

The final day incorporated a special awarding ceremony led by the Chairperson, marking the first time ever that participants were awarded for excellence in display presentation and customer service. Individuals were celebrated for their contributions to the event's success, with awards judged by an external panel. This recognition highlighted the fair's spirit of community appreciation and encouraged continued involvement in future events.

Highlights and Activities

The Diwali Fair showcased a variety of exciting attractions, including shopping stalls featuring diverse businesses. Vendors offered everything from ethnic clothing, jewelry, and home décor to artisan crafts and festive sweets, making the fair a shopping paradise.

Each day of the fair presented new opportunities for attendees to discover unique products, support local businesses, and immerse themselves in the festive spirit of Diwali.



Invitation for Future Events

The Diwali Fair 2024 reflected the community's spirit of unity, gratitude, and joy. If you missed it this year, we invite you to join us next time and experience the festive energy firsthand. Let's make every Diwali brighter and more memorable together!

Pumpkins are packed with nutrients and provide several health benefits.

BENEFITS

1. Rich in Nutrients, Low in Calories

High in Fiber: Supports digestion and promotes satiety.

Low in Calories: Ideal for weight management (only 49 calories per cup of cooked pumpkin).

2. Boosts Immunity

Vitamin A: Helps strengthen the immune system and protects against infections.

Vitamin C: Enhances white blood cell function and accelerates healing.

Antioxidants: Beta-carotene in pumpkins combats oxidative stress.

3. Good for Eye Health

Beta-Carotene: Converts to vitamin A, improving vision and reducing the risk of night blindness.

Lutein and Zeaxanthin: Protect against age-related macular degeneration and cataracts.

4. Heart Health

Potassium: Helps manage blood pressure and reduces the risk of stroke.

Fiber: Lowers cholesterol levels, promoting cardiovascular health.

Antioxidants: Reduce inflammation linked to heart disease.

5. Supports Healthy Skin

Vitamin A and C: Promote skin repair and help maintain skin elasticity.

Carotenoids: Act as natural sunblock, reducing UV damage to the skin.

6. Aids in Weight Loss

High Fiber Content: Keeps you fuller for longer, reducing overall calorie intake.

Low-Calorie Food: Offers a filling option with fewer calories.

7. Improves Mood and Sleep

Tryptophan: An amino acid in pumpkin seeds that promotes serotonin production, helping to improve mood and sleep quality.

8. Anti-Inflammatory Properties

Antioxidants: Help reduce chronic inflammation linked to conditions like arthritis and heart disease.

9. Promotes Digestive Health

High in Soluble Fiber: Helps prevent constipation and regulates bowel movements.

10. Versatile in Cooking

Can be used in soups, smoothies, baked goods, and more, offering both sweet and savory options.

Including pumpkin and pumpkin seeds in your diet can provide a nutrient boost and improve overall well-being!

Quick Jain Pumpkin Sabzi Recipe

Serves: 4 Preparation Time: 10 mins Cook Time: 15 mins

Ingredients: 500g pumpkin (preferably red or orange-skinned), peeled and cubed, 1 tbsp oil or ghee, 1/2 tsp mustard seeds (rai), 1/2 tsp cumin seeds (jeera), 1/4 tsp hing (asafoetida), 1 green chili, chopped finely (adjust to taste), 1/2 tsp turmeric powder, 1 tsp coriander powder (dhaniya powder), 1/2 tsp cumin powder (jeera powder), 1 tsp jaggery (optional, for slight sweetness), Salt to taste, Fresh coriander leaves for garnish

Instructions:

Prepare Pumpkin: Wash, peel, and cut the pumpkin into small cubes. Set aside.

Heat Oil and Temper Spices: In a pan, heat the oil or ghee. Add mustard seeds, and let them splutter. Then, add cumin seeds and hing. Sauté until fragrant.

Add Green Chili and Spices: Add the chopped green chili, turmeric powder, coriander powder, and cumin powder. Sauté the spices on low heat for about 30 seconds.

Cook the Pumpkin: Add the cubed pumpkin, salt, and a splash of water. Mix well, cover, and cook on medium-low heat for about 10–12 minutes, stirring occasionally. The pumpkin should become soft and easy to mash with a spoon.

Add Jaggery (Optional): Once the pumpkin is tender, add jaggery to balance the flavors. Mix and cook for another 2 minutes until jaggery dissolves.

Garnish and Serve: Garnish with fresh coriander leaves and serve warm.

Serving Suggestion: Serve this Jain Pumpkin Sabzi with rotis, phulkas, or rice for a light and wholesome meal.

Enjoy the delicious simplicity of this flavorful Jain dish!

Culture and Arts Committee

A heartfelt thank you to our talented volunteers who crafted beautiful rangolis and Ghaar Angan Decoration that added a splash of color and charm to our surroundings. Their intricate designs captivated the attention of many, drawing community members to stop by and admire their art. In recognition of their creativity and dedication, we proudly awarded them certificates, celebrating their wonderful contribution. 🌸



Volunteers: Aarti Kunjal Shah, Ashee Ashok Gudhka, Jilan Dipak Shah, Khushbu Ramesh Shah, Kripali Paresh Jankharia, Krishiv Jitendra Shah, Krishma Hitesh Shah, Mital Paresh Haria, Neeyam Paresh Jankharia, Neha Prit Shah, Neha Keval Sumaria



Volunteers for Ghaar Angan: Krishma Hitesh Shah, Krupti Rajiv Shah, Putina Neelkamal Shah, Rasmita Ashok Gudhka

Volunteers for Rangoli Display (small):

Sonal Samir Shah and Komal Nikunj Chheda
Bhavik Shah and Shrenik Shah



Did You Know?



Happiness isn't found in grand moments—it sneaks into the little things we do every day!

- ✨ Waking up early to a quiet morning, sipping that perfect cup of tea or coffee, and enjoying the first rays of sunshine.
- ✨ Helping a friend or stranger—a kind word or simple act of generosity can light up our entire day.
- ✨ Sharing a meal with loved ones or taking a walk outside—small joys that bring us closer to nature and each other.
- ✨ Dancing to our favorite song in the kitchen or getting lost in a good book—those little escapes recharge us.
- ✨ Unplugging from our phones for a moment and being fully present—whether it's watching the sunset or just laughing with a friend.

Happiness isn't always about achievements; it's hidden in moments we often overlook.

🌸 When we pause to appreciate these everyday wonders, life becomes richer—and so do we!

😊 So, what's that little thing that made you smile today?



Make Your Voice Heard in Oshwal Awaaz! ✨

Have a story, thought, or insight to share? Now's your chance to shine in Oshwal Awaaz! 🗣️

Whether it's an inspiring article, heartfelt reflections, or a bit of wisdom, we'd love to hear from you. Your contributions bring our community magazine to life and keep it meaningful for everyone! 🌟

Let's create something memorable together!
Send your stories, feedback, or comments to
admin@oshwalnairobi.org