

Oshwal Awaaz



Honoring Dedication: A Celebration of Our Long-Serving Staff

In the spirit of gratitude and celebration, the Shree Visa Oshwal Community proudly honors our incredible staff members who have dedicated over 35 years of service to our community. Their unwavering commitment, hard work, and loyalty have been instrumental in shaping the success and growth of our community.

To mark this extraordinary milestone, a Staff Party & Recognition Ceremony was held to celebrate these exceptional individuals. Their selfless dedication serves as a reminder that our community thrives because of people who give so much of themselves.

This special event was organized to acknowledge their invaluable contributions and years of service, with heartfelt recognition by the office bearers, trustees, and managing committee members.

Library



The Visa Oshwal Library is thrilled to give a big shout-out to our incredible volunteers and participants who have brought new energy, creativity, and dedication to our space! This transformation kicked off with a vibrant mural painted by our talented artists, marking the renaming of the Prabhulal Premchand Shah Library into a more kid- and family-friendly paradise. We're sure this burst of color and personality will inspire both young readers and lifelong book lovers to dive into the world of books.



The fantastic turnout at our recent three-day book sale and Diwali Cottage Fair outreach is proof that the love for reading is still going strong. Our community's enthusiasm for books reminds us that the written word is far from dead. Readers of all ages continue to make the library a cultural, educational, and recreational hub for the wider community.

But we're not stopping there! Listening to our members' feedback, we're expanding our programming. One recent highlight was a webinar in partnership with Zazu Fit on fitness for healthy aging, where participants learned practical exercise routines to do at home. The response was so positive that there are now calls for in-person sessions.

We're excited about the future of the library and have more webinars, workshops, and 21st-century surprises in store. So sign up, read up, and be part of our evolving story!



Oshwal Sports Complex

Sign Up



EXCITING NEWS FROM OSHWAL SPORTS COMPLEX!

We are thrilled to announce that the Oshwal Sports Complex Gym has been upgraded with brand-new state-of-the-art equipment, now ready for use!

Whether you're looking to renew your fitness journey or take the first step, there's no better time to join!

Take advantage of our limited-time discounts:

- 10% off Annual Membership for the Oshwal Sports Complex.
- 5% off Annual Gym Membership, valid for the year 2025.

SPECIAL OFFER FOR SENIOR MEMBERS:

Oshwal Senior Members aged 70 years and above are entitled to FREE MEMBERSHIP!

Hurry—this offer is valid until Friday, 31st January 2025. Don't miss out on this fantastic opportunity to achieve your fitness goals at a great value.

For inquiries or to sign up, please contact:

☎ Oshwal Sports Complex - +254 790 710 024

Let's get fit together!



Donations



Gnan Pancham Stationery - Donation to Kajiado Schools

We are pleased to share that, as part of Gnan Pancham, we have donated stationery through Amara Charitable Trust to support primary schools in Kajiado West Sub-County. This initiative helps empower over 1,750 learners by enhancing their educational experience and promoting better learning opportunities.

Thank you for being part of this meaningful effort!

Giving Back to Society

At the heart of our community is the spirit of giving – through donations, charitable efforts, and dedicating our time to uplift society. True fulfillment comes from bringing hope, support, and opportunities to those who need it most.

Every contribution, whether big or small, creates a ripple effect of positive change, touching countless lives and building a stronger, more compassionate community. Let us continue to work together, turning kindness into action and making a meaningful impact in the lives of many.

Thank you to everyone who plays a role in making a difference.

Highlights

ON GOING CENSUS - 2025

We are excited to share that the ongoing census has been a great success so far, and we sincerely appreciate the active participation of our community members.

Your involvement is crucial in ensuring that our records are up-to-date and accurate, helping us serve you better and plan for future initiatives.

If you haven't yet completed the census, we encourage you to do so as soon as possible. Your input matters, and together, we can continue building a stronger, more connected community.

Thank you once again & Let's keep up the momentum!

Final Call: Census Deadline - 31st January 2025!

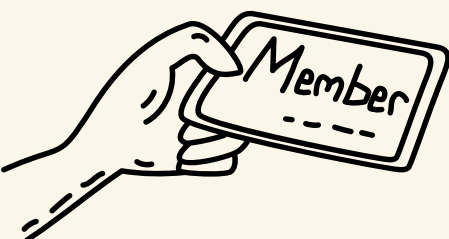
[Click Here To be Counted](#)



MEMBERSHIP RENEWALS AND NEW APPLICATIONS

This holiday season, we invite you to visit our office to check and renew your memberships. We also encourage applications for all individuals aged 18 and above who have not yet registered.

Thank you for your continued support!



Green Corner



**PARKINSON'S SUPPORT GROUP
OF KENYA**



Are You or a Loved One Experiencing Any of These Signs or Symptoms?

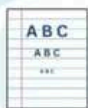


Tremors

Slight shaking in the hands, fingers, or chin when resting.

Loss of Smell

Difficulty detecting certain scents, such as bananas, pickles, and licorice.



Small Handwriting

Writing that has become smaller or more crowded together.

Sleep Issues

Sudden movements during sleep, or acting out dreams.



Stiffness

Feeling stiff in the limbs, body, or shoulders; feet feeling stuck to the floor.

Constipation

Struggling to have regular bowel movements.



Changes in Voice:

Voice becoming softer or hoarse.

Masked Facial Expression

An expression that appears serious or angry even when feeling happy.



Dizziness

Feeling lightheaded or faint when standing up.

Posture Changes:

Standing posture becoming more stooped or slouched.



Consult a healthcare professional for further advice and evaluation. If you have already been diagnosed with Parkinson's Disease, support is available.

Nairobi Chapter
Nadia 0735287118
Subira 0722315677
Hansa 0722722090

Kisumu Chapter
Richard
0707110928
Irene 0706470091

parkinsonkenya@gmail.com



Exciting News:

Paddle & Pickleball Court

We're thrilled to announce that preparations for the upcoming Paddle & Pickle Ball courts at Oshwal Centre are officially underway, introducing exciting new sports like paddle tennis & pickleball to bring more fun & fitness opportunities to our community.



Be a Part of Oshwal Awaaz!

Have a story to tell, a thought to share, or an idea to inspire? We're excited to hear from you! Whether it's a personal experience, an insightful article, or words of wisdom, your contributions bring Oshwal Awaaz to life and reflect the vibrant spirit of our community.

Let's make this edition truly special—together!

Share your stories, feedback, or comments with us at admin@oshwalnairobi.org.

We can't wait to hear from you!

