

OSHWAL AWAAZ

EDITION 75



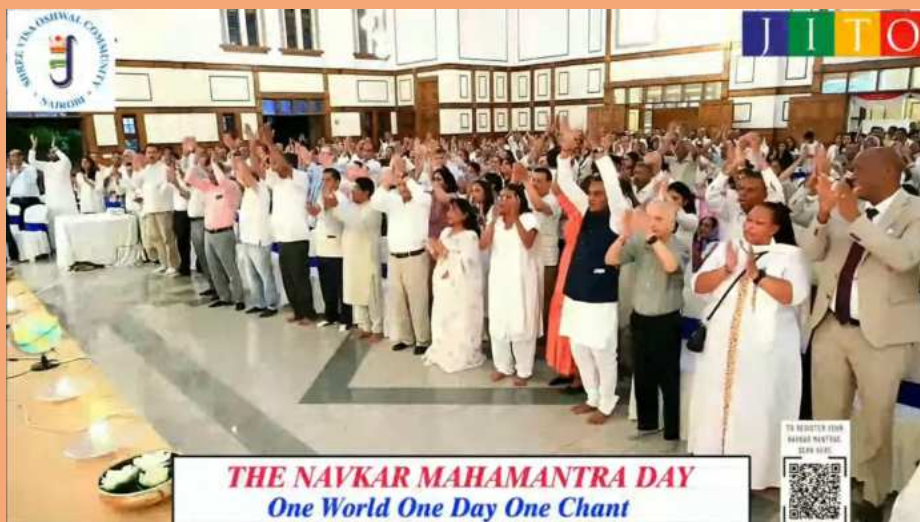
RELIGION COMMITTEE

SHREE VISA OSHWAL COMMUNITY, NAIROBI in Collaboration with Jain International Trade Organisation (JITO) Navkar Mahamantra Jaap – Wednesday, 9th April 2025

Shree Visa Oshwal Community, Nairobi, in collaboration with JITO, successfully held a spiritually enriching 12-Hour Navkar Mahamantra Jaap from 8:01 AM to 8:01 PM at Oshwal Centre, Nairobi, marking Navkar Mantra Divas and dedicated to World Peace. The event witnessed over 10,000 participants and an estimated 2.3 million chants of the Navkar Mahamantra, creating an atmosphere of unity, devotion, and serenity. It was streamed live on VOC Nairobi YouTube, garnering over 10,000 views worldwide.

Various members, singers and musicians led the chanting in hourly slots, with participation from spiritual leaders, interfaith representatives, and dignitaries including members of the High Commission of India, Hindu Council of Kenya, United Asian Network, Oshwal Youth League, Oshwal Mahila Mandal, and Oshwal Education & Relief Board, alongside renowned personalities from the business and diplomatic community.

The event concluded with a peaceful Shantipath, and refreshments were served throughout the day. It was a beautiful expression of spiritual harmony and collective prayer for global well-being.



LIBRARY COMMITTEE

TEXTURED ART WORKSHOP



Creativity in Texture Art!

The Texture Art Workshops held on March 1st and 8th, 2025 were a resounding success, bursting with imagination and artistic exploration.

Participants enthusiastically embraced the chance to learn a new art form, diving into the impasto technique a method that uses thick layers of paint to create textured surfaces. We experimented with both rough textures using sand and smooth finishes with modeling paste. Materials like palette knives, shells, paints, and other mixed media tools added to the creative mix.

The workshops were filled with vibrant energy as each participant expressed their originality through stunning artwork. The sessions were not just educational, but also engaging and interactive, sparking conversations and new ideas among all attendees.

Stay tuned for more exciting workshops—open to all and proudly hosted by the Library Committee!

LIBRARY COMMITTEE

MINI MOVIE NIGHT WITH SHREK & SNACKS



Movie Magic at the Library!

On April 5th, the Library Committee hosted a delightful mini movie night that brought the magic of storytelling to life. Children aged 8 and up gathered for an evening filled with laughter, friendship, and a fairy tale twist—starring everyone’s favorite grumpy ogre, Shrek!

With free popcorn in hand and Shrek lighting up the big screen, the library transformed into a cozy swamp of joy and fun.

Missed it? Don’t worry—this is just the beginning! Stay tuned for more exciting movie nights, brought to you by your Library Committee. You never know which beloved character will take the spotlight next!

RELIGION COMMITTEE



Chaitri Maas Aymbil Oli 2025 - by the Religion Committee of Shree Visa Oshwal Community
The Chaitri Maas Aymbil Oli was observed with great devotion and spiritual enthusiasm from Friday, 4th April 2025 to Saturday, 12th April 2025 at the VOC Mahajanwadi, Limuru Road. This sacred period provided Tapasvis with a beautiful opportunity to engage in spiritual upliftment through the practice of Aymbil – a form of penance in Jainism that involves consuming one simple meal a day without salt, oil, dairy, fruits, or vegetables.

The Aymbil sessions were held daily in two sittings, allowing all age groups to participate with convenience and dedication. Alongside, various religious programs enriched the spiritual atmosphere:

- Shripal Raja Raas was conducted daily from 9:30 am to 11:00 am at the Upashray.
- Bhakti Bhavna sessions were held on Friday, 4th April and Thursday, 10th April at the Derasar from 8:15 pm to 9:30 pm, offering the community soulful evenings of devotional singing.
- A special Shree Mahavir Swami Janma Kalyanak Bhavna was observed on 10th April, in celebration of this auspicious occasion.
- On Saturday, 12th April, the Shree Shatrunjay Bhaav Yatra – Suku Bhatu event took place at the Pack Hall from 9:30 am to 11:00 am, inspiring all with its spiritual depth and meaning.

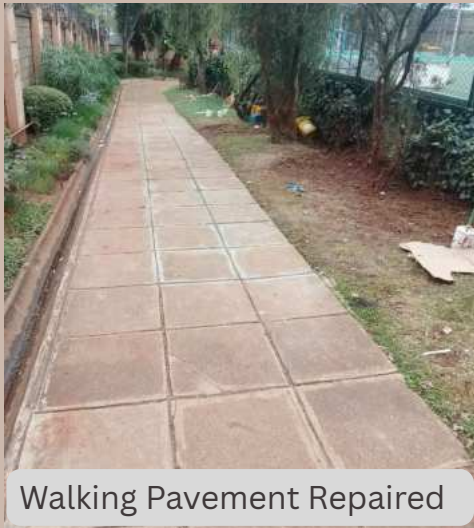
The observance concluded with a Parna ceremony on Sunday, 13th April 2025 at 10:30 am in the Bhojanshala, marking the successful completion of the Oli by all Tapasvis.

We extend heartfelt gratitude to the Friends of Aymbil Group for generously sponsoring the Aymbil and supporting this noble spiritual endeavor.

181 people did navpad Oli and 29 did Vardhman navpad Oli

MAINTENANCE COMMITTEE

A heartfelt thank you to our Maintenance Committee and team for their tireless efforts in keeping our facilities updated, reliable, and comfortable for all members always within impressively short timeframes. Your dedication truly deserves a round of applause!



Walking Pavement Repaired



ARTICLE

LATE MR. SANDIP VELJISHAH OSHWAL'S BRILLIANT CHESS MASTER



(10TH MAY, 1961 – 14TH JANUARY, 2022)

SANDIP and CHESS were household names in our Oshwal Community. Some would say he is still alive in the Chess. Whenever the topic of Chess arises, Sandip automatically comes to mind.

Sandip, the Chess Guru, dedicated his life, despite his challenges, by teaching the most beautiful game of chess to thousands of children. The Centre of activity was at the Oshwal Complex where Sandip trained some of the best minds in our community. Many of his students salute him for his patience, dedication and strong will and character. Sandip had a strong personality who always told his students to play to win and never take it easy on anyone. He was instrumental in helping so many of them to be patient, learn concentration and taught unity. Learning chess has definitely changed their analytical skills and thought process. Sandip was one of a kind. The students have so many stories about Sandip and so many experiences with him, spending countless hours playing chess wherever they could set up a board – in the canteen, by the swimming pool, in the lounge area, at the tournament etc. Chess was Sandip's passion and he took the game to a new level.

Sandip was a very intelligent and warm person. His handshake was a lifetime bond. One cannot forget his sharp mind in the stock exchange. He was fiercely independent and did not let his disability limit him.

The Late Veljibhai, Sandip's father, looked after Sandip very well and left no stone unturned to avail the best medical treatment possible for Sandip in Nairobi, India and the U.K. Sandip's mother, Savitaben, tirelessly took care of Sandip every single day of his life.

Sandip has left an indelible mark for us and his chess contribution to the society stands out.
He has left an amazing legacy for generations to come.

COLOUR OUTSIDE THE LINES - WHY DOODLING, PAINTING & COLOURING ARE GOOD FOR YOUR MIND.

IN A WORLD FULL OF DEADLINES, SCHEDULES, AND SCREENS, SOMETHING AS SIMPLE AS PICKING UP A PEN TO DOODLE OR A BRUSH TO PAINT MIGHT SEEM TRIVIAL, BUT IT'S ONE OF THE MOST POWERFUL THINGS YOU CAN DO FOR YOUR MENTAL HEALTH.



💡 1. Instant Calm

Just like meditation, creating art slows your breathing and quiets your mind. It lowers cortisol (the stress hormone) and helps you enter a flow state where worries fade and you're fully in the moment.

🧠 2. Mental Reset

Art allows your brain to shift gears from logic and pressure to creativity and freedom. It gives your overthinking mind a break and improves focus once you return to your tasks.

✍️ 3. Expression Without Words

Not everything needs to be said out loud. Sometimes emotions like joy, sadness, confusion can find their way onto a page through colours and shapes. Art becomes a safe space for self-expression and release.

✨ 4. Mood Booster

Colours lift your spirits. Even the simple act of filling in a colouring book can activate dopamine (the “feel-good” chemical) in your brain. Bright colours, smooth strokes, and seeing your own creation unfold all work like gentle therapy.

👐 5. No Rules, Just Relief

You don't need to be “good at art” to benefit from it. Whether you're scribbling swirls, painting flowers, or shading in mandalas, the process is what matters and not the product. So the next time you're overwhelmed, try this:

Put your phone away. Grab a few markers, pencils, or paints. And just let your hand move. Even 10 minutes can bring surprising peace.

*Because healing doesn't
always need a therapist
sometimes, it just needs a
brush.*



Thank
you **FOR**
READING