

EDITION 78

OSHWAL AWAAZ



Oshwal Sports Complex Lift Opening

LIBRARY COMMITTEE

Let's Make Money Honey

Oshwal Center's Auditorium became a hub of networking and learning amongst enthusiastic women entrepreneurs on Friday 11th July 2025. The event was a successful partnership between the Library Committee and Pinky Ghelani's platform – What Women Want.

Apart from the great food and the chance to meet trailblazing women-owned businesses who were promoting and selling their wares and ideas (from clothes to jewelry to 3D printing workshops), the audience got to learn from some of the best minds in business, entrepreneurship and finance.

The auditorium was buzzing with excitement as Pinky Ghelani led a curated session that started with a strategy workshop from Danielle Anderson (a sought-after business coach). This was followed by keynote speeches from Moonika Jurgenfeldt (FxPesa), Kalpa Padia (Raka Milk Processors) & Rina Hicks (Faida Investment Bank) who all elaborated on their journeys to the top of their game.

The night was rounded out by an interactive panel session with some of the sharpest business and finance thinkers in Kenya – Flora Mutahi (Melvin's Tea), Mona Shah (The Pink Collar Consultancy), Chirag Solanki (Encap Kenya) & Shreya Karia (SHK Consulting). They left the audience with many tips on the best ways to manage their businesses and seek that all important 'balance' in lifestyle, the best ways to make their money work for them and top mindset tips to keep improving in their careers.

In a great finish to an enticing and educational night, a raffle draw offered up two prizes for a group of four and a couple to travel to the Masaai Mara all-inclusive. This was certainly an event for those seeking transformation in their business, their money mindset and their lives!



RELIGION COMMITTEE

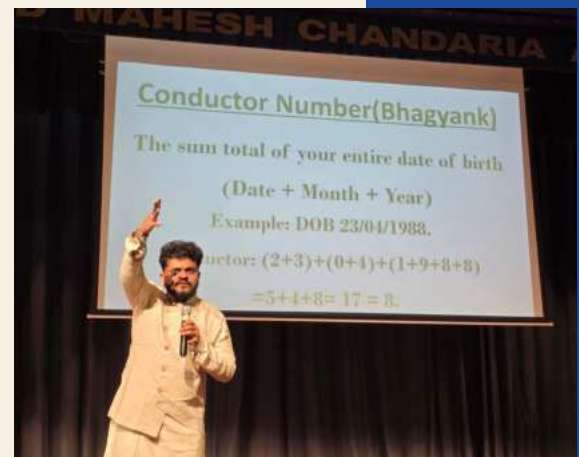
A Talk on Success with Happiness, Numerology & Vastu by Saketbhai Shah

The Religion Committee recently hosted an enlightening session titled “Success with Happiness” by Saketbhai Shah at the Oshwal Centre.

Over the course of two engaging talks, Saketbhai shared amazing insights and practical wisdom on how to achieve true success while balancing it with inner happiness. In addition, he introduced members to the fascinating concepts of numerology and vastu, highlighting how these sciences can be applied to enhance well-being and support success in daily life. His words deeply resonated with members, sparking thoughtful reflection and meaningful discussion.

In addition to the talks, many members also benefitted from a free 30-minute personal consultation, where Saketbhai offered guidance tailored to individual challenges and goals.

The event was well attended and left participants inspired to embrace success not only as an achievement, but as a journey aligned with happiness, values, and inner peace.



WHEELCHAIR DONATIONS

Donation of Wheelchairs

Donation of Wheelchairs on 16th July 2025 to Dr. Ribeiro Parklands Primary School. In a heartwarming gesture of care and support, five brand new wheelchairs were recently donated to Dr. Ribeiro Parklands Primary School to benefit children living with cerebral palsy.

The donation aims to enhance mobility, comfort, and independence for the young learners, many of whom face daily challenges in accessing education and social activities due to limited physical mobility. With these wheelchairs, the children will not only experience greater ease of movement within the school but will also be able to participate more actively in classroom and extracurricular activities.

Dr. Ribeiro Parklands Primary School has long been recognized for its inclusive approach to education, offering a nurturing environment for children with diverse abilities. The addition of the wheelchairs will go a long way in supporting the school's commitment to creating equal opportunities for all its students.

Speaking during the handover, the school administration expressed deep gratitude to the donors, noting that this act of generosity would make a lasting difference in the lives of the children and their families.

This initiative highlights the importance of community involvement and compassion in empowering differently-abled children to live with dignity, confidence, and joy.



THE ASTRO TURF & OSHWAL CENTRE GROUNDS COMMITTEE

Netball Tournament

The Astro Turf & Oshwal Centre Grounds Committee successfully hosted a vibrant Netball Tournament on Saturday, 12th July 2025 at the Oshwal Centre grounds.

The tournament officially kicked off at 8:40am, bringing together 48 enthusiastic participants across 6 teams.

The matches followed a round robin format consisting of 15 games, each played in 4 quarters of 7.5 minutes (total 30 minutes per game). This ensured that all teams had ample opportunity to compete, showcase their skills, and enjoy the spirit of the game. The top 4 teams advanced to the semi-finals, followed by an exciting final match. After an action-packed day of competition:

- Runners-up: Elite 7
- Winners: Panthers 1



OSHWAL SPORTS COMPLEX

New Lift Installed at Oshwal Sports Complex

On Sunday, 3rd August at 5:00pm, the Oshwal Sports Complex proudly inaugurated a newly installed lift facility, a significant addition designed to provide seniors and individuals with mobility challenges easier access to the upper levels of the complex, including the gym. This thoughtful enhancement ensures that members of all ages and abilities can enjoy the sports complex with greater comfort, independence, and dignity.

The lift was generously donated in memory of the Late Ratilal Popatlal Shah, Late Savitaben (Gogo) Ratilal Shah, Late Chandravadan (C.D.) Shah, and Late Jayshree Mukesh Shah by UShaben Chandravadan Shah. Their legacy of care and community service will continue to uplift members through this vital facility.

The opening ceremony was graced by community members and well-wishers, followed by refreshments kindly sponsored by Ushaben Chandravadan Shah.

The Managing Committee expressed sincere appreciation to the family for their generosity and foresight in supporting an initiative that will greatly benefit the community. The lift not only improves accessibility but also reinforces the community's vision of creating inclusive spaces for all.

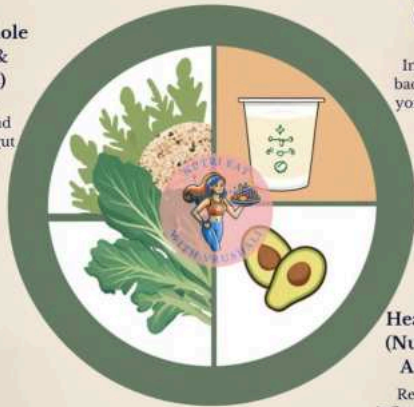
This milestone marks yet another step forward in ensuring that the Oshwal Sports Complex remains a welcoming and accessible hub for health, wellness, and togetherness.



GREEN VIBES

3 Essentials for Every Gut-Friendly Plate

Fiber (Whole Grains & Veggies)
Supports digestion and feeds good gut bacteria.



Probiotics (Yogurt & Kefir)
Introduces good bacteria to balance your microbiome.

Healthy Fats (Nuts, Seeds, Avocado)
Reduces gut inflammation and supports digestion.

*Balance your plate for better digestion!
Follow for more gut-friendly nutrition tips.*

Gut Wisdom Tip “Balance your plate, balance your gut”

If you want better digestion, less bloating, and steady energy — your plate needs 3 powerful elements:

Fiber — whole grains + veggies to feed your good gut bacteria

Probiotics — like curd or kefir to add healthy bacteria

Healthy Fats — nuts, seeds, avocado for reducing gut inflammation

✅ This tip breaks down how to build a complete gut-healing meal — using regular Indian foods!

Your gut doesn't need a fancy diet — it needs the right combination on your plate.

Let's make that happen!

Plant of the Month – Passionflower (*Passiflora incarnata*)

This month, we celebrate the exotic and enchanting Passionflower, also known as Maypop. With its striking star-shaped blossoms in shades of purple, white, and blue, this vigorous vine captures attention wherever it grows. Native to the southeastern United States, the Passionflower is a hardy perennial that bursts into bloom during the warm summer months, making August its peak season of beauty.

Beyond its visual appeal, Passionflower is a true gift to nature. Its nectar attracts butterflies, bees, and other pollinators, bringing life and movement into gardens. As a climber, it is perfect for covering fences, trellises, and arbors, offering both greenery and natural shade during hot days.

The plant also carries a rich history its unique flower structure was once said to symbolize the Passion of Christ, giving it both spiritual and botanical significance. Today, it is also appreciated for its calming properties, with parts of the plant traditionally used in herbal teas and remedies.

Growing Passionflower is simple: it thrives in full sun to partial shade, loves well-drained soil, and flourishes when given sturdy support to climb. Hardy in USDA zones 5–9, it's a reliable addition for gardeners who enjoy plants that are both decorative and beneficial to the ecosystem.

So, as August blooms in full swing, let the Passionflower remind us of nature's ability to combine beauty, function, and meaning all in one stunning vine.

