

## UTTHAPAN OF PRATIMAJIS AT SHREE MAHAVIRSWAMI JINALAY IN TOWN AND 37<sup>TH</sup> ANNIVERSARY OF THE PRATISHTHA OF SHREE MUNISUVRATSWAMI JINALAY

Shree Visa Oshwal Community, Nairobi celebrated the 37<sup>th</sup> Anniversary of the Shree Munisuvrat Swami Jinalay on Limuru Road with a week-long celebration commencing on Monday, 15<sup>th</sup> February 2021 to Sunday, 21<sup>st</sup> February 2021. All the rituals were performed very well by Pujaris Kishanbhai and Kamleshbhai and Members of the Community participated in this rituals and were assisted by various volunteers. The VOC staff assisted in the preparation of mails shots and creating the online platforms.

On Monday, 15<sup>th</sup> February 2021, Utthapan of 3 Pratimajis from Shree Mahavirswami Jinalay in Town was done and followed by Prabhu Pravesh and the Pratishtha (Installation) of the Pratimajis which was done at Shree Munisuvratswami Jinalay on Limuru Road. These rituals were done by Members of the Community who won in the lucky draw. This was followed by Bhakti Bhavna in the evening conducted by Keval, Jinita and Paras. A Darshniya Pratimaji of Shree Mahavirswami, which has been kindly donated by Amratben & Kachra Tejpar Jakharia, was placed at the Mahavirswami Jinalay in town for Members to do darshan.

On Tuesday, 16<sup>th</sup> February 2021 Shakrastav Abhishek with music provided by Nitinbhai Varsani was done at the Shree Munisuvratswami Jinalay and the Laab was taken by Ashaben Pareikh and parivar. In the evening a Quiz on Jainism was conducted online by Kishanbhai which was well attended.

On Wednesday, 17<sup>th</sup> February 2021 in the evening, Dr. Harsh Dedhia, a renowned Jain Scholar from Mumbai, gave a lecture on "Bhakti Ni Shakti" and this was very informative and well received by the Members.

On Thursday, 18<sup>th</sup> February 2021 evening, again Dr. Harsh Dedhia conducted a Mantra Sadhna of Shree Munisuvratswami and explained the various aspects of doing this ritual.

On Friday, 19<sup>th</sup> February 2021, there was Bhakti Bhavna conducted by Keval, Chandni and Twinkle at the Mahajanwadi.

On Saturday, 20<sup>th</sup> February 2021, 18 Abhishek was done at the Shree Munisuvratswami Jinalay and the ritual was conducted by Kishanbhai and accompanied in music by Mansukhbhai & Manishbhai. This is an annual ritual done to remove the impurities and charges the pratimajis with positive spiritual vibrations. In the evening, there was Bhakti Bhavna conducted by Keval and Jayshree. The entire Saturday's programme including Prabhavna was sponsored by Shree Lalji Virji Pariwaar.

On Sunday, 21<sup>st</sup> February 2021, the final day of the Pratishtha culminated in Sattar Bhedi Pooja and Flag Hoisting at the Shree Munisuvratswami Jinalay by Kishabhai, Keval, Rekhaben and Jayshreeben. The prabhavna was sponsored by Shantaben Kapurchand Parivar. The Flag hoisting was done Mrs. Shantaben Zaverchand Pariwaar.

Due to the Covid Pandemic, the entire programme was broadcast live online so Members could join in the celebrations from the comfort of their homes and all the celebrations were conducted very peacefully and punctually.



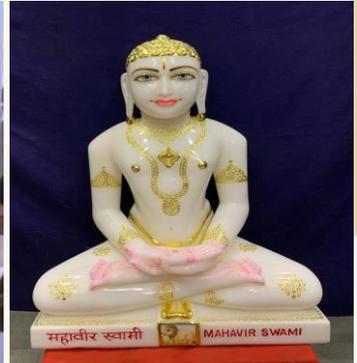
GADI POOJAN



WINNERS OF THE DRAW



37TH PRATISHTHA MAHOTSAV CELEBRATION



# 37TH PRATISHTHA MAHOTSAV CELEBRATION








# THE PLASTIC PROBLEM

**W**e know that we should avoid single-use, disposable plastic like straws and cutlery. But what do we do with the packaging of the actual products when plastic is all that is offered?

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**The answer is:**  
If you can't refuse, you can reduce and recycle. Humans have spent a lot of time devising methods that make our lives a little less inconvenient, but with the tough side effect of creating unnecessary waste and polluting our planet while harming our wildlife.

Plastic products have little numbers on them that let you know whether they are recyclable or not. If they aren't recyclable, I highly encourage you to refuse. If you do not, that product will be in the environment "forever", causing an unimaginable amount of pain and suffering.

A great option is picking goods that have already been recycled. They usually come in attractive bright or dark colors and are very durable.

**Plastics that can be recycled, with its corresponding number:**

- 1 PET (Polyethylene Terephthalate). Clothing fibers and soft drink bottles are popular products made from PET.
- 2 HDPE (High-Density Polyethylene). Used to produce gallons and pipes.
- 4 - LDPE (Low-Density Polyethylene). Usually used to make plastic bags and can sometimes be difficult to recycle.
- 5 - PP (Polypropylene). Used when manufacturing plastic boxes, plastic furniture, and plastic jar lids.

**The following types of plastics cannot be recycled:**

- 3 - PVC (Polyvinyl Chloride). Used to produce wires, pipes, bottles, and cling film.
- 6 - PS (Polystyrene). Plastic cutlery and yogurt containers are made of PS.
- 7 - Other. Examples include toothbrushes, CDs, toothpaste tubes, toys, Lego bricks, spectacle lenses, etc.

**Kenyan companies that recycle plastic in Kenya:**  
 1. Premier Industries Limited (everything except PVC & PET)  
 2. PETCO (PET recyclers)  
 3. Mr. Green Africa (PET, PVC, LDPE, HDPE and PP)  
 4. Gjenge Makers (recycles plastic bottle tops and cooking oil containers)

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**How to be a good recycler:**

1. Have a box specifically for your plastic (and paper) waste where all household waste can be gathered and sorted.
2. Remove bottle caps from bottles.
3. Wash off food residue.
4. Remove paper/plastic labels.
5. Figure out what plastic products you have and whether they are recyclable such as shampoo and conditioner bottles, cleaning product bottles, plastic wrapping for food and other goods, etc.
6. Re-use whatever you can. This may include items like takeaway boxes, jugs, jars.
7. Gravitate towards re-usable products like cutlery, plates, glasses, jars, and jugs instead of single-use products. But also take the time to dispose of single-use products efficiently "if" they are recyclable (if they aren't, try not to use them at all even if they are really convenient).
8. Create a collection drive between friends and family so that you are helping other people recycle products too! There are a lot of collection and drop-off points available in various locations.
9. Do not ignore other products that can be recycled such as aluminum, glass, metal, electronic waste, etc. You can also sort and safely dispose of these items.
10. Look at your packaging if you run your own business: Are you using the most eco-friendly and recyclable options for your clients?
11. Definitely switch to alternatives once you are done using the plastic options e.g. bamboo toothbrushes, toothpaste tablets, glass or metal jars and tins, aluminum or glass bottles, fabric/sisal sponges, and scrubbers. You definitely do have a variety to choose from and making that decision should be quite easy if you care about the health of our planet.

Article written by:  
Ayushi Dandia Dodhia  
E: ayushidodhia@gmail.com

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## OSHWAL YOUTH LEAGUE

The Oshwal Youth League Nairobi hosted a pot painting competition on 13<sup>th</sup> & 14<sup>th</sup> February 2021. The competition took place at Bidwood suites. The participants were given an opportunity to apply a base coat to the clay pots on Saturday before they came back on Sunday morning to finish off with much finer details in hopes to scoop the coveted first prize in their respective categories. Miss Vaishali Morjoria, a well known artist, fashion designer and an actress took up the challenge of judging this event and was instantly impressed with the talent displayed as soon as she walked into the competition hall.

The below are the winners in each of their categories -

**Winners**

- 6 - 9 yrs - Krish Mehul Bhavsar
- 9 - 13 yrs - Neeya Nipul Shah
- 13 - 18 yrs - Ishika Ragin Shah
- 18 yrs and above - Dipal Paras Shah

**Runners up**

- Dhanushya Kosimin
- Yukti Vyas

The prizes were sponsored by - Falafel House, Feaston Eatery and Baobox.  
Event convenors - Jinagna Shah and Neha Gudhka



## HEALTH BENEFITS OF DARK CHOCOLATE



Eating about 1 or 2 ounces of organic dark chocolate every day could have major health benefits.

1. Improves blood flow
2. Improves gastrointestinal flora
3. Reduces stress
4. Improves brain function
5. Helps fight fatigue
6. Helps prevent diabetes
7. Good for teeth
8. Lowers risk of heart disease

## Keep Yourself HEALTHY During the COVID-19 Pandemic



**WASH**  
Wash hands frequently with soap and water for at least 20 seconds.



**DON'T TOUCH**  
Avoid touching your eyes, nose or mouth.



**CLEAN**  
Clean and disinfect surfaces that may have been contaminated.



**COVER**  
Cover your coughs/sneezes with a tissue and dispose. Use your elbow, not your hands.



**AVOID**  
AVOID contact with sick people. Stay home if you are sick.



**STAY IN PLACE**  
Except Essential Personnel Stay Home. Public Gatherings are prohibited per Riverside County Order.



**MAINTAIN YOUR SPACE**  
Maintain Social Distance of 6 feet when in public.



**COVER YOUR FACE**  
Follow Riverside County Order Cover mouth and nose when around others or in public.



**SELF MONITOR**  
Non-Health care essential personnel should self monitor daily. Take your temperature & log any symptoms twice a day in the AM & PM.



**IF CHANGE OCCURS**  
If you have a fever of 100.4 or greater and/or develop symptoms, stay home & report to your supervisor.

### SHREE VISA OSHWAL COMMUNITY

Ref. No: 025/2021

9th February 2021

## APARTMENTS TO LET AT JASHODABEN K.D. RESIDENCY

Please note we have Two,1-Bedroom studio apartments vacant at the Jashodaben K. D. Residency. One is available for rent immediately and the 2<sup>nd</sup> one will be available in April 2021.

Those interested, kindly fill in the attached form and submit it to the V.O.C. Office at Oshwal Centre or e-mail: [admin@oshwalnairobi.org](mailto:admin@oshwalnairobi.org)



Bindi R. Shah  
Secretary

### SHREE VISA OSHWAL COMMUNITY

Ref No. 027/2021

10<sup>th</sup> February 2021

## SENIORS' WORKOUT SESSIONS

To promote health benefits of exercising to treat, prevent and reduce risks of common chronic diseases like Diabetes, Heart Disease, Cancer, Alzheimer's & Osteoporosis, you can join free work out sessions with Lavina Mehta, MBE.

Regular exercise will help you stay strong and feel good, both mentally & physically, as well as tackling the national obesity crisis and strengthening your immune system during the coronavirus pandemic.

**JOIN LAVINA MEHTA - FREE SENIOR'S WORKOUT SESSIONS EVERY FRIDAY AT 10.00 AM (UK) & 1.00 PM (KENYAN TIME), ON ZOOM, YOUTUBE, FACEBOOK & INSTAGRAM@FEELGOODWITHLAVINA**

**LOGIN INFORMATION for Fridays at 10.00 AM (UK Time) & 1.00 PM (KENYAN TIME):**

Join her on Zoom, meeting ID: "996 3346 9094" Password: "161020"

Or you can watch on social media channels, as follows:

Youtube - <https://www.youtube.com/feelgoodwithlavina>

Facebook - <https://www.facebook.com/feelgoodwithlavina>

Instagram - <https://www.instagram.com/feelgoodwithlavina>

**FREE SAVED SESSIONS:**

There are over 50+ saved Seniors Sessions on her YouTube Channel, that she been doing with her 73 year old Mother-in-Law since March, in Gujarati and English, just subscribe for FREE at <https://www.youtube.com/feelgoodwithlavina>

Join her Seniors WhatsApp group for login information, reminders, saved workouts and any important information about the sessions.

<https://chat.whatsapp.com/CEyYb7BwA2UzPjmkZZzN>  
Please share with all your family and friends so they can benefit from these sessions and stay healthy safely from home.



Bindi R. Shah  
Secretary

If you wish to contribute an article to the Oshwal Awaaz please send it to:

📍 Visa Oshwal Community

☎ +254 733 469517

✉ [admin@oshwalnairobi.org](mailto:admin@oshwalnairobi.org)

🌐 [www.oshwalnairobi.org](http://www.oshwalnairobi.org)

