



OSHWAL AWAAZ

50TH EDITION



With the global Coronavirus Pandemic in its second year and vaccine safety concerns easing, governments are still struggling to vaccinate their populations to approach herd immunity levels. New variants are emerging as many locals plan to reopen schools, domestic and international travel is increasing, and people relax their vigilance around physical distancing, mask wearing, sanitizing & washing hands and other public health interventions.

ONGOING COVID-19 VACCINE DRIVE



Shree Visa Oshwal Community in conjunction with MP Shah Hospital and Lions Sight first Eye hospital have on-going Covid-19 vaccination drives for both 1st dose & 2nd dose vaccines. They also offer free Eye test and Diabetic test for the Members who are being vaccinated.

OSHWAL LIBRARY



DIY COOKIE DECORATION

As promised, the Library hosted a cookie decoration activity where participants could show off their artistic skills. The kits were provided and had to be collected from the Library before hand. Thereafter, participants would be able to let their creative juices flow and produce yummy works of art. The results were marvelous; just look at Keiya Raja's delicious work!

DRAWING AND SHADING CLASS

Was held on the Zoom platform on 3rd August, our young participants were treated to an engaging class on drawing and shading. The session was attended by over 20 children between the ages of 5-9. The experience was lively and satisfying.

COMPOSTING WORKSHOP

Many of us simply think of our garbage as useless. However, composting allows us to turn our garbage into gardens! The Library Committee hosted a home composting workshop on the 12th of August, which was headed by Maite Guardiola and Dhruvi Shethia who is the founder of Dudu Dunia Ltd. The talk was very informative and there were over 30 participants in attendance.

ZUMBA CLASS

This fun filled activity was held on 14th August and headed by Aarti Chandarana. We had 11 children in attendance who enjoyed the session immensely. Parents were encouraged to join in on the fun and boogie along with their kids. The session was held on Zoom platform, the Zumba class allowed for an enjoyable activity that could be enjoyed from the comfort of one's home.

RELIGION

PARYUSHAN PROGRAMME DATE/DAY/TITHI TIMINGS PROGRAMME

FRIDAY 3RD SEPTEMBER 2021

9.00 AM TO 11.00 AM AATHAI VYAKHYAN (LIVESTREAM ON FACEBOOK)
7.15 PM TO 8.00 PM AARTI, MANGAL DIVO AND AANGI DARSHAN FOLLOWED BY
BHAKTI BHAVNA (LIVESTREAM ON FACEBOOK)
SHRAVAN VAD 11 8.00 PM TO 9.30 PM STORY TELLING COMPETITION FOR
CHILDREN (VIA ZOOM)

SATURDAY, 4TH SEPTEMBER 2021

04-09-2021 9.00 AM TO 11.00 AM AATHAI VYAKHYAN (LIVESTREAM ON
FACEBOOK)
2.30 PM TO 4.30 PM DECORATING BHAGWAN COMPETITION FOR CHILDREN (VIA
ZOOM)
SHRAVAN VAD 12 7.15 PM TO 8.00 PM AARTI, MANGAL DIVO AND AANGI
DARSHAN FOLLOWED BY BHAKTI BHAVNA (LIVESTREAM ON FACEBOOK)
8.00 PM TO 9.30 PM ANTAKSHARI FOR ADULTS (VIA ZOOM)

SUNDAY, 5TH SEPTEMBER 2021

05-09-2021 9.00 AM TO 11.00 AM AATHAI VYAKHYAN (LIVESTREAM ON
FACEBOOK)
2.30 PM TO 4.00 PM FUN JAIN GAMES FOR CHILDREN (VIA ZOOM)
SHRAVAN VAD 13 7.15 PM TO 8.00 PM AARTI, MANGAL DIVO AND AANGI
DARSHAN FOLLOWED BY BHAKTI BHAVNA (LIVESTREAM ON FACEBOOK)
8.00 PM TO 9.30 PM PRAVACHAN BY MR. HARSH DEDHIA (VIA ZOOM)
TOPIC: MALYO MANAV BHAV MONGHERO

MONDAY, 6TH SEPTEMBER 2021

06-09-2021 9.00 AM KALPA SUTRA STHAAPAN (LIVESTREAM ON FACEBOOK)
9.30 AM TO 11.00 AM KALPA SUTRA VAACHAN (LIVESTREAM ON FACEBOOK)
SHRAVAN VAD 14/0 7.15 PM TO 8.00 PM AARTI, MANGAL DIVO AND AANGI
DARSHAN FOLLOWED BY BHAKTI BHAVNA (LIVESTREAM ON FACEBOOK)
8.00 PM TO 9.30 PM PRAVACHAN BY MR. HARSH DEDHIA (VIA ZOOM)
TOPIC: VARTAMAN NE VARDHAMAN NI AAVASHYAKTA CHHE

PARYUSHAN PROGRAMME

DATE/DAY/TITHI TIMINGS PROGRAMME

TUESDAY, 9TH SEPTEMBER 2021

9.00 AM TO 11.00 AM KALPA SUTRA VAACHAN (LIVESTREAM ON FACEBOOK)

2.30 PM TO 5.00 PM SHREE MAHAVIRSWAMI JANMA VAACHAN (LIVESTREAM ON FACEBOOK)

BHADARVO SUD 1 7.15 PM TO 8.00 PM AARTI, MANGAL DIVO AND AANGI DARSHAN FOLLOWED BY BHAKTI BHAVNA (LIVESTREAM ON FACEBOOK)

8.00 PM TO 9.30 PM PRAVACHAN BY MR. HARSH DEDHIA (VIA ZOOM)

TOPIC: TAPASYA NO NAVO ANGLE

WEDNESDAY, 8TH SEPTEMBER 2021

9.00 AM TO 11.00 AM KALPA SUTRA VAACHAN (LIVESTREAM ON FACEBOOK)

7.15 PM TO 8.00 PM AARTI, MANGAL DIVO AND AANGI DARSHAN FOLLOWED BY BHAKTI BHAVNA (LIVESTREAM ON FACEBOOK)

BHADARVO SUD 2 8.00 PM TO 9.30 PM PRAVACHAN BY MR. HARSH DEDHIA (VIA ZOOM)

TOPIC: AVDHOT NU AMRUT

THURSDAY, 9TH SEPTEMBER 2021

9.00 AM TO 11.00 AM KALPA SUTRA VAACHAN (LIVESTREAM ON FACEBOOK)

7.15 PM TO 8.00 PM AARTI, MANGAL DIVO AND AANGI DARSHAN FOLLOWED BY BHAKTI BHAVNA (LIVESTREAM ON FACEBOOK)

BHADARVO SUD 3 8.00 PM TO 8.30 PM SPEECH OF TAPASVI BAHUMAAN (VIA ZOOM)

8.30 PM TO 9.30 PM PRAVACHAN BY MR. HARSH DEDHIA (VIA ZOOM)

TOPIC: KSHAMA VEERASYA BHUSHANAM

FRIDAY, 10TH SEPTEMBER 2021

9.30 AM TO 10.30 AM BARSASUTRA DARSHAN (LIVESTREAM ON FACEBOOK)

BHADARVO SUD 4 7.15 PM TO 8.00 PM AARTI, MANGAL DIVO AND AANGI DARSHAN FOLLOWED BY BHAKTI BHAVNA (LIVESTREAM ON FACEBOOK)

8.00 PM TO 9.30 PM PRAVACHAN BY MR. HARSH DEDHIA (VIA ZOOM)

TOPIC: SAADHAK NE HITSIKSHA

OSHWAL SPORTS COMPLEX & ASTRO COMMITTEE

OSHWAL PREMIER LEAGUE - CRICKET

A cricket tournament was held in the month of July 2021. 7 Teams participated against each other as it was a league.

Winner of the league were team Oshwal Virus and Runners up team Oshwal Tigers .

Chairman Jinit Jayantilal Shah presented the awards and a speech.



VOLLYBALL TOURNAMENT

The Oshwal Sports Complex organized a volleyball tournament from 2nd August 2021 to 10th August 2021.

The electrifying finale forced Oshwal Daredevils to settle down with runners up and Oshwal Shooters claimed a well deserved victory.

Chairman Mr. Nitin Shah witnessed the final and boosted morale of young upcoming players and winners with his words and rewarded the winners.

Winners - Oshwal Shooters - Captain Jitendra shah

Runners up Oshwal Daredevils - Captain Mitesh shah

Man of the series Mr. Sanjay Malde received award from the Chairman of Oshwal Sports Complex.



RECIPE CORNER

TOFU SATAY WITH PEANUT SAUCE

DELICIOUS VEGAN TOFU SATAY SERVED WITH A LOVELY PEANUT SAUCE

Ingredients

Tofu Satay

- 2 200 g block of tofu firm
- 2 tablespoon soy sauce
- 1/2 tablespoon maple syrup
- 1/4 cup coconut milk
- 1/2 tablespoon sriracha
- 1/2 teaspoon ginger powder

Peanut Sauce

- 1/3 cup peanut butter room temperature
- 1 teaspoon brown sugar
- 1/2 tablespoon soy sauce
- 2 teaspoons lime juice
- 1 teaspoon rice vinegar
- 1/2 teaspoon ginger powder or freshly grated ginger
- 1/3 cup warm water

Instructions

- Drain any excess of water from the tofu by placing it in between two plates and adding something heavy like a can of tomatoes for example. Leave for at least 20 minutes. After this, you can freeze the tofu overnight, or use it straight away. Freezing the tofu overnight makes it more spongy and it will absorb the marinade and the peanut sauce a lot better.
- If you are freezing the tofu overnight, to unfreeze it place it under running warm water and they remove any excess of water from it by pressing it again.
- While the tofu is draining, mix in a small bowl the ingredients for the marinade: Soy sauce, maple syrup, coconut milk, sriracha, garlic powder and ginger powder. Combine all the ingredients until you have a uniform mixture.
- Preheat the oven to 200°C or 400F°
- Once the tofu is ready, cut each block of tofu into 5-6 strips crosswise. They need to be thick enough to be able to place the stick after baking. Place them in the container where you are going to pour the marinade and using a baking brush or a spoon add the marinade on the tofu until all the tofu strips are completely coated. Leave marinating for at least 20 minutes in the fridge.
- When the tofu has been marinating for at least 20 minutes, place it on a baking tray and bake at 200°C or 400F° for 10-12 minutes. Flip them and bake for further 10-12 minutes.
- When your tofu is completely cooked, leave it to cool before skewering them on the satay sticks. Once they are on the stick, place them on a plate to serve.
- To prepare the peanut sauce, add into a medium-size bowl peanut butter, brown sugar, soy sauce, lime juice, rice vinegar, ginger powder and the warm water. Mix well all the ingredients until everything is completely combined and the sauce looks homogeneous. If your sauce is too thick, add some extra water and if it looks too liquidy, add some more peanut sauce.
- Transfer the peanut sauce into a small serving bowl and add crushed peanuts on the top. Add to the plate together with the tofu skewers.
- Sprinkle some fresh chopped coriander and sesame seeds on the top for better presentation.



Peanut Butter.

For the peanut sauce, you will need to use smooth or creamy peanut butter. You can as well, make your own peanut butter. All you need to do is add roasted (unsalted) peanuts into a food processor with a pinch of salt. Blend until you get a creamy consistency. It may take a little bit to reach that consistency and you may need to stop a few times to push the peanuts down the processor walls but it's definitely worth it.

Brown sugar -To give a bit of sweetness to the sauce you can use as well maple syrup or honey.

Soy sauce - Dark or light soy sauce will both work for your peanut sauce. If you are using light soy sauce, as it's saltier, adjust the amount. Use tamari for a gluten-free option.

Lime juice - The freshly squeezed lime juice will give your peanut dip that lovely tanginess.

Rice vinegar - Optional. We love adding a little bit of rice vinegar as it's umami-rich and adds a lovely punch to the sauce.

Ginger powder - Use freshly grated ginger or ginger powder.

Warm water. Adding warm water to your dip will bring the sauce together. You can adjust this ingredient depending on your taste or the use you want to give to the peanut sauce to make it thicker or more liquid.

METHOD

Once you have your ingredients prepared, all you need to do is combine them all! Leave the water for the very end and adjust to taste. Garnish the sauce with some crushed peanuts. We recommend using unsalted roasted peanuts.

ACTIVITY CORNER

SUDOKU

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Send your answer with your full names on admin@oshwalnairobi.org by Friday, 10th September 2021

There Is Something Wrong In This Image. See If You Can Find It In Less Than 5 Seconds...

Can you find the
the **mistake?**

1 2 3 4 5 6 7 8 9

Because Romans believed even numbers to be unlucky, each month had an odd number of days, which alternated between 29 and 31. But, in order to reach 355 days, one month had to be an even number. February was chosen to be the unlucky month with 28 days.

GREEN CORNER



HEALTHY COOKING OILS

Replacing bad fats (saturated and trans) with healthier fats (monounsaturated and polyunsaturated) is good for your heart.

One way you can do this is by choosing healthier non tropical vegetable oils for cooking and preparing food.

Use these oils instead of solid fats (including butter, shortening, lard and hard stick margarine) and tropical oils (including palm and coconut oil), which can have a lot of saturated fat.

Here's a list of common cooking oils that contain more of the "better-for-you" fats and less saturated fat.

- Canola
- Corn
- Olive
- Peanut
- Safflower
- Soybean
- Sunflower

Blends or combinations of these oils, often sold under the name "vegetable oil," and cooking sprays made from these oils are also good choices. Some specialty oils, like avocado, grapeseed, rice bran and sesame, can be healthy choices but may cost a bit more or be harder to find.

In general, choose oils with less than 4 grams of saturated fat per tablespoon, and no partially hydrogenated oils or trans fats.

You may find that some oils have distinctive flavors, so try different types to discover which ones you like. Also, some oils are better for certain types of cooking than others, so you may want to have more than one type in your pantry.

You can usually use cooking oils just like solid cooking fats. For example:

- Make your own salad dressings, marinades, dips and sauces.
- Grill, sauté, stir fry, bake or roast foods.
- Coat pans to keep food from sticking.
- Spread or drizzle on foods for flavor.
- "Season" cast-iron cookware.
- Substitute for butter, margarine or solid fats in recipes.

Tips for cooking with healthy oils:

- The healthier oils listed here are generally safe for most home-cooking uses, including higher temperature cooking such as stir-frying and pan frying. We do not recommend deep-fat frying as a cooking method.
- Any oil starts to degrade once it reaches its smoke point. So, if you accidentally let your oil smoke or catch fire, get rid of it and start over.
- If oil smells bad, don't use it. When an oil is stored too long it can become oxidized or rancid. It will have a distinct smell, and you should get rid of it.
- Don't reuse or reheat any cooking oil.
- Buy cooking oils in smaller containers to avoid waste, and store them in a dark, cool place to keep them fresh longer.

Be a part of the Oshwal Awaaz

by contributing any articles for Members to read & enjoy.

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