



OSHWAL AWAAZ

STAY SAFE FROM COVID-19

MASK IS BETTER THAN VENTILATOR, HOME IS BETTER THAN ICU, PREVENTION IS BETTER THAN CURE!



**M.P. SHAH
HOSPITAL**

**SHREE VISA OSHWAL
COMMUNITY**

**LIONS SIGHTFIRST
EYE HOSPITAL**

LEFT TO RIGHT - MR. SAMIR CHANDARIA - VOC SECRETARY, DR. MANILAL DODHIA - CHAIRMAN - LIONS SIGHTFIRST EYE HOSPITAL, MR. JINIT SHAH - VOC CHAIRMAN, DR. MANOJ SHAH - CHAIRMAN - M.P. SHAH HOSPITAL, DR. DIN - M.P. SHAH HOSPITAL, DR. RIZWANA - LIONS SIGHTFIRST EYE HOSPITAL

49TH EDITION - JULY 2021

COVID VACCINATION DRIVE

THE 2ND DOSE COVID VACCINE DRIVE WAS ORGANISED BY SHREE VISA OSHWAL COMMUNITY NAIROBI TOGETHER WITH MP SHAH HOSPITAL AND LIONS SIGHTFIRST EYE HOSPITAL. A FREE BLOOD PRESSURE, BLOOD SUGAR AND EYE CHECK UP WAS OFFERED TO ATTENDEES OF THE DRIVE. THE DRIVE WAS HELD AT 9:00AM OSHWAL CENTRE ON WEDNESDAY, 7TH JULY 2021.



**A HEARTFELT THANK YOU
TO ALL OF OUR VOLUNTEERS!**
WE COULDN'T HAVE DONE WITHOUT YOU!

COVID VACCINATION DRIVE

A 2ND DOSE COVID VACCINE DRIVE WAS ORGANISED BY SHREE VISA OSHWAL COMMUNITY NAIROBI TOGETHER WITH MP SHAH HOSPITAL AND LIONS SIGHTFIRST EYE HOSPITAL. A FREE BLOOD PRESSURE, BLOOD SUGAR AND EYE CHECK UP WAS OFFERED TO ATTENDEES OF THE DRIVE. THE DRIVE WAS HELD AT 9:00AM OSHWAL CENTRE ON MONDAY, 19TH JULY 2021.

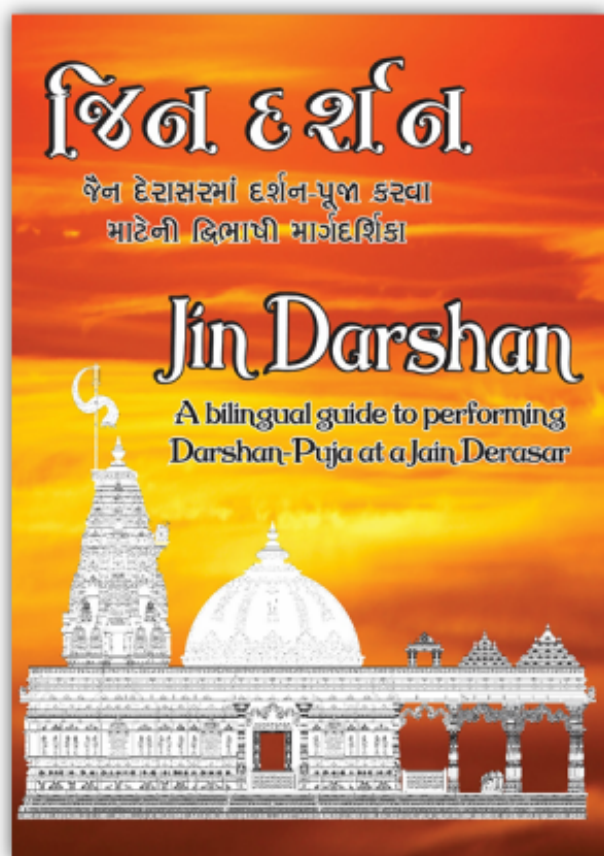


JIN DARSHAN BOOKS DISTRIBUTION

JIN DARSHAN BOOK – A BILINGUAL GUIDE TO PERFORMING DASHAN-PUJA AT A JAIN DERASAR HAS BEEN VERY KINDLY SPONSORED BY THE FAMILY OF LATE HANSRAJ DEVRAJ SHAH.

SHREE VISA OSHWAL COMMUNITY, NAIROBI IS FACILITATING THE DISTRIBUTION OF THESE BOOKS ON BEHALF OF THE FAMILY OF THE LATE HANSRAJ DEVRAJ SHAH.

THE BOOKS ARE AVAILABLE FOR COLLECTION FROM THE VISA OSHWAL COMMUNITY FRONT OFFICE, OSHWAL CENTRE BETWEEN 9.00AM AND 12.00NOON FROM MONDAY TO SATURDAY.



SOME OF THE MEMBERS RECEIVING THE JIN DARSHAN BOOKS.

INSIGHT AND MOTIVATION FROM OSHWAL SPORTS STARS

THURSDAY, 22ND JULY 2021 A DAY BEFORE THE TOKYO OLYMPICS 2021, VISA OSHWAL COMMUNITY HOSTED A SPORTS TALK WITH OSHWAL SPORTS LEGENDS TO INSPIRE OUR YOUTH AND OSHWALS MEMBERS TO TAKE UP SPORTS MORE SERIOUSLY. THE MC OF THE PROGRAM WAS VISHAL SHAH AND HE ALSO INTERVIEWED THE PANELISTS.

TOPICS THAT WERE COVERED WERE COACHING, NUTRITION, TRAINING OF MIND, HOW OSHWAL SPORTS CAN BE IMPROVED. TOWARDS THE END THERE WAS A FUN PART WHERE ALL PANELISTS WERE ASKED A QUICK FIRE ROUND OF QUESTIONS.

THERE WAS A LOT OF POSITIVE COMMENTS ON THIS EVENT AND THE MEMBERS REQUESTED FOR SIMILAR TALKS.



VISHAL SHAH - ASSISTANT TREASURER- SHREE VISA OSHWAL COMMUNITY

THE PANELISTS



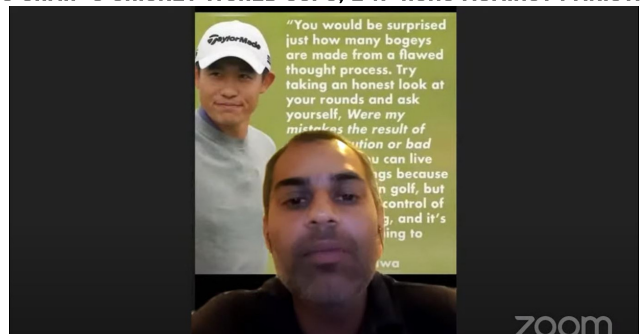
MAYUR SHAH - WORLD TABLE TENNIS CHAMPIONSHIP IN NORTH KOREA



RAVINDU SHAH- 3 CRICKET WORLD CUPS, 247 RUNS AGAINST PAKISTAN A



MILI SHAH - REPRESENTED GREAT BRITAIN IN TENNIS.



BHAVNISH CHANDARIA-KENYA JR GOLF CHAMPION & NATIONAL TEAM CAPTAIN



CHIRAG SHAH - COMMONWEALTH GAMES SQUASH & NATIONAL CHAMPION



KAMAL SHAH-RECORD BREAKING SWIMMER

LIBRARY COMMITTEE



SHREE VISA OSHWAL COMMUNITY
LIBRARY COMMITTEE
PRESENTS

Ref No. 119/2021 Date : 21/07/2021

DIY COOKIES
DECORATING
COMPETITION

COOKIE DECORATING KITS AVAILABLE @ 1500/= PER KIT

PRE-ORDER AND PAY BY : 24/07/2021
AND COLLECT ON : 26/07/2021
OR
PRE-ORDER AND PAY BY : 29/07/2021
AND COLLECT ON : 31/07/2021

Enter to win something special!
Decorate your cookie with your favorite book cover or character!
Email us a photo of your decorated cookie including your Full name and age by
06/08/2021

Payment Details - M-pesa
Pay bill: 781609
Account: Participant name

CONTACTS OF THE KIT INCLUDE:
6 Cookies
4 colours of eggless royal icing
2 packets of sprinkles

Contact us:
library@oshwalnairobi.org
020 2364403

Samir H Chandaria
Secretary

SOAP MAKING WORKSHOP

A soap making workshop was held by the Library Committee on 17th July. The session was held virtually, via Zoom and was headed by Nishma Hiren Shah from Heavenly Scents and Soapery. Participants were provided with soap making kits that they had to collect from the library beforehand. The kits allowed them 2 soaps and the class was lively, fun and packed with energy. There were a total of 8 participants.

COOKIE DECORATING WORKSHOP

The Library Committee shall host a cookie decorating workshop in August 2021. Cookie Decorating kits are entirely eggless and will be available for collection from the Library prior to the event.

There will be a prize for the best decorated cookie!

Get your creative side going and go crazy with putting your favourite book covers/characters down on these delicious treats. Kits include 6 cookies, 4 colours of royal icing and 2 packets of sprinkles.

RELIGION TASK FORCE

JIVO NI KARUNA NIMITE AYMBEL



JIVO NI KARUNA NIMITE AYMBE; WAS HELD ON WEDNESDAY, 21ST JULY 2021. THE AYMBEL WAS SPONSORED BY DHIRAJ DEVAN DODHIA & FAMILY. THE AYMBEL IS OBSERVED TO ASK FOR FORGIVENESS FOR THE KILLING OF ANIMALS DURING EID. BY DOING AYMBEL, WE ENSURE THAT THE SOULS OF THESE ANIMALS REST IN PEACE. THE EVENT STARTED WITH A SPEECH FROM SHREE VISA OSHWAL COMMUNITY CHAIRMAN, JINITBHAI SHAH, FOLLOWED BY VINUBHAI JHAKHARIA AND BHARATBHAI MALDE. THROUGH THESE SPEECHES WORDS OF APPRECIATION WERE SAID FOR THE SPONSORS FAMILY DHIRAJ DEVAN DODHIA FAMILY AND THE KITCHEN TEAM LED BY BHARTIBEN DODHIA AND JOSHNA BEN VORA. SHREE VISA OSHWAL COMMUNITY SECRETARY, SAMIRBHAI CHANDARIA INTRODUCED THE TRUSTEES, THE MANAGING COMMITTEE MEMBERS, THE OFFICE BEARERS, AND THE RELIGION TASK FORCE MEMBERS PRESENT AT THE EVENT.

OSHWAL SPORTS COMPLEX



THROWBALL IS PLAYED AROUND THE WORLD BUT IT IS IN THE INDIAN SUBCONTINENT THAT IT IS MOST POPULAR AND ITS OVERSEAS HUBS OF POPULARITY TEND TO BE WHERE THERE ARE SIZEABLE INDIAN COMMUNITIES. IN KENYA, IT IS FINALLY BEING RECOGNISED ON A BIGGER SCALE.

THROWBALL IS AN EXCITING NON-CONTACT SPORT THAT IS PLAYED BY TWO TEAMS OF NINE PLAYERS, THE GAME SHARES ITS ROOTS WITH VOLLEYBALL. LIKE VOLLEYBALL, IT IS PLAYED ON A COURT THAT IS SPLIT INTO TWO WITH A NET IN THE MIDDLE BUT THE PLAYING SURFACE OF THE COURT IS MUCH LARGER THAN A REGULAR VOLLEYBALL COURT.

THE OTHER FUNDAMENTAL DIFFERENCE IS THAT THERE IS NO 'VOLLEYING' IN THROWBALL. AS THE NAME WOULD SUGGEST, THE OBJECTIVE OF THE GAME IS FOR THE BALL TO BE THROWN INTO THE OPPOSITION AREA, WHO THEN MUST PREVENT A POINT BEING SCORED BY CATCHING IT AND IMMEDIATELY RETURNING IT. IT'S A THRILLING, DYNAMIC SPORT THAT IS FULL OF ACTION FROM THE FIRST MINUTE WHICH IS WHY AS A SPORT IT CONTINUES TO GROW IN POPULARITY AROUND THE WORLD.

I WAS INTRODUCED TO THIS SPORT A FEW YEARS AGO, AND I FELL IN LOVE WITH IT. WE ARE IN PROCESS OF GETTING AN OSHWAL TEAM READY SO THOSE LADIES WHO ARE INTERESTED IN PLAYING OR JUST KNOWING WHAT THROW BALL IS ABOUT CAN CONTACT VANDANA SHAH ON 0723743502/0785878742.

WE LOOK FORWARD TO SEEING MOST OF THE LADIES IN HUGE NUMBERS.



HINDU SWAYAMSEVAK SANGH & HINDU COUNCIL OF KENYA PRESENTS 7TH INTERNATIONAL YOGA DAY AT THE OSHWAL CENTRE GROUNDS

7TH INTERNATIONAL YOGA DAY

11 Yoga Instructors from various Yoga Centres came together at the Oshwal Centre grounds on Sunday, 20th June 2021 from 6:30 am to 8:45 am to celebrate the International Day of Yoga which was organized by Hindu Swayamsevak Sangh and Hindu Council of Kenya.

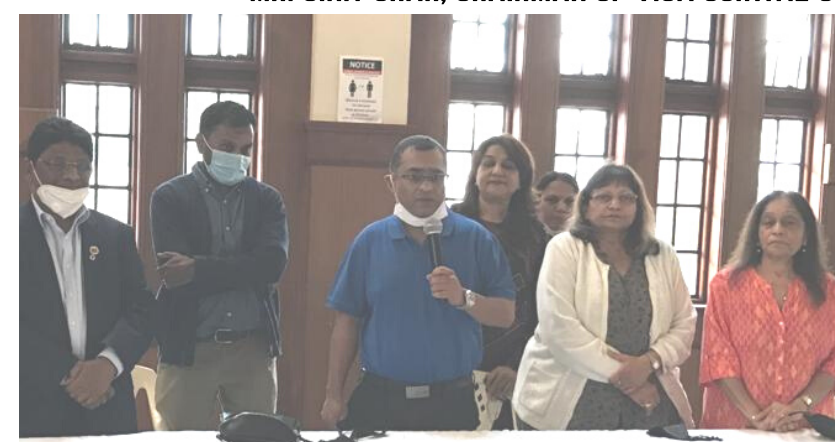
The event was aimed at spreading the positivity of yoga. The event was officially opened by the High Commissioner of India Dr. Virendra Paul.

Due to the Covid-19 restrictions only 160 people were allowed to participate on the ground while there was a live broadcast of the event on social media, Zoom and TV.

SENIOR SOCIAL COMMITTEE



MR. JINIT SHAH, CHAIRMAN OF VISA OSHWAL COMMUNITY & SENIOR SOCIAL COMMITTEE



THE VICE CHAIRMAN OF VISA OSHWAL COMMUNITY, MR. HETUL CHANDARIA ADDRESSING THE AUDIENCE



SENIOR MEMBERS OF THE COMMUNITY PARTICIPATING CHAIR YOGA

CHAIR YOGA FOR THE SENIOR MEMBERS OF THE COMMUNITY

On Saturday, 10th July, 2021 Chair Yoga Senior Members of the Community was organized by the Senior Social Committee of Visa Oshwal Community. Chair Yoga was the first physical program after almost one and a half years of the Covid-19 pandemic.

The program started at 3.00 p.m. with prayers. Shaina Shah welcomed all Members and informed them that the Committee is delighted to be with all the Seniors after a long time. The Chairman of Visa Oshwal Community, Mr. Jinit Shah welcomed the Senior Members and informed them that he looked forward to meeting with them more as per all the programs planned by the Senior Social Committee.

GREEN CORNER

THE COVID-19 VACCINE IS HIGHLY EFFECTIVE. HOWEVER, A PERCENTAGE OF PEOPLE MAY CONTRACT COVID-19 EVEN AFTER BEING FULLY VACCINATED. ENSURE YOU CONTINUE TAKING PRECAUTIONS TO PROTECT YOURSELF, FAMILY & FRIENDS BY WEARING A MASK, SOCIAL DISTANCING & SANITIZING YOUR HANDS REGULARLY.

EXERCISE TIPS FOR A FLAT STOMACH



FOODS FOR A FLAT BELLY

Lose stomach fat and build ab muscles with these foods



ALMONDS AND OTHER NUTS (With Skins Intact)

Superpowers: Build muscle, reduce cravings
Fights: Obesity, heart disease, muscle loss, wrinkles, cancer, high blood pressure



BEANS AND LEGUMES

Superpowers: Build muscle, help burn fat, regulate digestion
Fights: Obesity, colon cancer, heart disease, high blood pressure



SPINACH AND OTHER GREEN VEGETABLES

Superpowers: Neutralize free radicals (molecules that accelerate the aging process)
Fights: Cancer, heart disease, stroke, obesity, osteoporosis

FIGHT-4-FIT / TUMBLR

Damage of Too Much Screen Time

If your screen time has increased in the past year (and whose hasn't?), you're probably getting more exposure to blue light — a leading cause of vision-related issues. That nagging pain behind your eyes after staring at your devices all day could be eye fatigue or eye strain. The good news? It's preventable! Try these tips.

- Maintain a one-arm distance from your laptop while working.
- Tilt your screen slightly downwards to reduce glare. You can also use a blue-light-blocking screen cover for your laptop or wear blue-light glasses.
- If you use your devices at night (hello, doom scrolling), be sure to turn on the warm light scale so the blue light doesn't impact your sleep-wake cycle.
- Follow the 20-20-20 rule. When you're working on a laptop, take a break every 20 minutes. Look at an object 20 feet away for 20 seconds to give your eyes a chance to relax.
- Ensure that you get regular eye check-ups. If your doctor recommends it, you can also use an eye lubricant or artificial tear drops to prevent your eyes from drying out.
- Finally, keep track of what you eat. Consume green, leafy vegetables and foods that are high in Omega-3 oils.

DID YOU KNOW?

Some of the most successful long distance runner are Kenyans.

Eliud Kipchoge, Brigid Kosgei, Hellen Obiri, Faith Chepngetich and Beatrice Chepkoech are among the world record-holders named on Kenya's team for the Tokyo Olympic Games.

BRAIN TEASER

Say the Color of each Word!

(Don't read the word)

How Fast can you say it?

black white yellow green red blue
yellow red black green white red
white green red black yellow green
black white yellow green red blue
white green red black yellow green
yellow red black green white red
white green red black yellow green

RECIPE BY KAVITA- KAVZ KUZINE

BLACK BEAN & SOYA MINCE BURGERS

Makes 6 burgers

Ingredients:

- ½ cup dried soya mince soaked in ½ cup of water- mix and allow to hydrate for a few minutes
- ½ cup black beans (cooked until soft, drain the water and then mash)
- 6 tbsp chickpea (gram) flour- mix in 6 tbsp of water to form a gooey consistency mixture
- 1 cup breadcrumbs
- 1 tbsp avocado oil
- ½ tsp paprika
- ¼ tsp chilli flakes (optional)
- 2 tsp cumin powder
- 1 tsp pink Himalayan salt- adjust to taste
- A sprinkle of black pepper
- 1 tsp mustard



Method:

- In a large bowl, mix the soaked soya mince, mashed black beans and breadcrumbs together
 - In a frying pan, heat the avocado oil .
 - Then add in the paprika, chilli flakes, cumin powder, salt and pepper and mix well
 - Add the chickpea flour mixture and mix well
 - Then mix in the mustard
 - Pour the chickpea flour mixture into the beans and soya mince mixture and mix well using your hands to form a dough- like consistency
 - Divide into 6 portions, make into balls and then flatten these into patties
 - Heat some oil in a frying pan and cook the patties on both sides until golden brown
 - Serve the burgers on a bun with salad leaves, tomatoes, onions, jalapenos, ketchup and vegan mayo
- Enjoy!

*BE A PART OF THE OSHWAL AWAAZ
BY
CONTRIBUTING ARTICLES FOR MEMBERS
TO READ & ENJOY.
PLEASE EMAIL:
ADMIN@OSHWALNAIROBI.ORG
TEL:+254733469517
WWW.OSHWALNAIROBI.ORG*