

# OSHWAL AWAAZ



## PARYUSHAN – THE FESTIVAL OF FORGIVENESS

SHREE VISA OSHWAL COMMUNITY NAIROBI CELEBRATED THE  
PARYUSHAN FESTIVAL FROM FRIDAY, 3RD SEPTEMBER 2021 -  
FRIDAY, 10TH SEPTEMBER 2021.



# PARYUSHAN – THE FESTIVAL OF FORGIVENESS

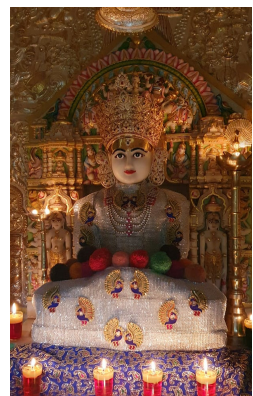


Shree Visa Oshwal Community Nairobi celebrated the Paryushan Festival from Friday, 3rd September 2021 until Friday, 10th September 2021.

Mahavir Janma Vanchan was celebrated on Tuesday, 7th September 2021 being the fifth day of Paryushan at the Shree Visa Oshwal Community Mahajanwadi. On this day, Jains celebrate the 14 dreams that Trishala Mata (Mahavir Bhagwan's mother) has when Lord Mahavir was to be born. The actual auspicious time of Lord Mahavir's Birth is read out and thereafter, the cradle of Lord Mahavir is swung by Devotees.

On Thursday, 9th September 2021, Shree Visa Oshwal Community Nairobi together with the Religion Task Force honored all those who had observed 6 or more fasts.

Friday, 10th September 2021 was the most important day of the year for Jains where they seek for forgiveness for their sins by saying Micchami Dukkadam to each other, open their hearts and forgive all.





# SAMVATSARI

Shree Visa Oshwal Community, Nairobi celebrated Samvatsari 2021 on Sunday, 26th September 2021. History was created this Samvatsari whereby a first drive-through Prabhavna distribution & collection took place at the Oshwal Centre.

Due to the COVID-19 Pandemic, the Samvatsari was not celebrated during 2020. This year, the Management Committee came up with a first ever unique system of distribution. The Samvatsari Prabhavna were packed with help of over 200 volunteers on Saturday 25th September 2021.

Registration of Volunteers and Dignitaries took place between 7:00am and 7:30am with the main program starting at 7:30am onwards.

Prayers were recited by our Pujari Kishanbhai together with a couple of Members from the Religion Task Force. Mr. Kiran Ratilal Shah, the convenor of the event welcomed all the guests, followed by a speech from the Chairman, Mr. Jinit Jayantilal Shah, which was then followed by a vote of thanks speech by the Vice Chairman, Mr. Hetul Dinesh Chandaria. Thereafter, the drive through was flagged off at 9:45 am by the Trustees of Shree Visa Oshwal Community Nairobi.

Members were allocated time slots for the Prabhavna collection. On arrival at Oshwal Center, Members were received by the Anna Collection team where the Trustees & Volunteers personally attended to Members who wished to pledge for Annas. Members then proceeded to the Registration Desk where they presented their VOC Membership Cards to obtain a token for the number of Prabhavna they requested. Finally, Members drove to the dispatch point where they happily collected their Prabhavna from enthusiastic volunteers and dignitaries. The overall process took an average of 5 minutes from point of entry to exit and a total of 5200 Prabhavna packs were distributed to all Jains on the day.

This event would have not been successful without the Shree Visa Oshwal Community Management Committee, Sub Committees, office staff, ground staff, Team Oshwal Care, Oshwal Mahila Mandal, Oshwal Youth League, ORC and Volunteers and General Members.

With deepest gratitude for your commitment to serve the Community, on behalf of Shree Visa Oshwal Community Nairobi, we are humbled by your generosity.

As Mahatma Gandhi famously said, "The best way to find yourself is to lose yourself in the service of others." Once again, a big thank you to all the Volunteers for supporting in making this historic event a great success.

**"Superstar service with a smile, our Volunteers go the extra mile"**





# SAMVATSARI





# SAMVATSARI





# OSHWAL SPORTS COMPLEX



This year, we saw coming together of a new Oshwal throwball team(s). We have worked hard on reaching the Oshwal Community to draw excitement and engagement towards the team and the sport itself. This bore rewards, as within less than 2 months of determination and perseverance through training and coaching, we participated in our first throwball tournament this year at the Shree Cutchi Leva Youth League Tournament held over the weekend of 10th - 12th September 2021. This was an exciting and fruitful opportunity for the team as it built our team morale, garnered interest of many others to participate in throwball, put the Oshwal name in the throwball community, as well as praise for our achievement so far. It was a wonderful opportunity and pleasure to be part of the tournament and the Throwball community, which involved many communities coming together to inspire, learn, have fun and present skill sets to further hone skill present in each player.

A brief on throwball, it is a non-contact team sport played predominantly by women in teams of 9 (and 2 substitutes). The aim of the game is to toss the ball within the prescribed rules of the game, and earn points against the opposition team.

The Oshwal Community first started Throwball in 2016, and has been playing on and off over the years. We have come back with a new zest and vigour to ensure continuity and inclusivity of all those interested in the game. We currently have active participants and are looking forward to inviting and encouraging more interested players to form more than one team. The words of encouragement from the Captain & Vice Captain, as well as other Communities when being hosted by them or hosting them has been a source of immense pride for us as a team, how far we have come in a short time, and our vision for the future. We look forward to more people joining in for Throwball practices, or learn more about the sport, or support the community team. **You can reach out to Vandana Shah (Captain) on 0723743502 or 0785 878742.**

*"Someone gives you an opportunity, say yes to it. So what if you fail? You wouldn't know if you fail or succeed unless you try." – Ann Meyers*

## Ongoing and upcoming activities at the Oshwal Sports complex.

- Oshwal Sports Complex have on-going FREE activities (Areobics, Yoga Toning, Pilates & Boxercising) from Monday - Friday every week. Many Members have been enjoying the online activities.
- Darts tournament took place from 24th-26th September 2021 in conjunction with Oshwal Youth League.
- Squash tournament took place from 2nd -3rd October 2021.
- Oshwal open badminton tournament in conjunction with Oshwal Youth League will be taking place from 15-17th October 2021.

***"Find no more excuses and don't let anything hold you back towards your journey to a fitter you!"***



# RELIGION TASK FORCE

The Religion Task Force organized a Bhagwan Decoration Competition during Paryushan for various age groups.



*Heartfelt Anumodhna to all the Tapasvis; Bahuman to be followed.*

## Upcoming events

- Aaso Maas Aymbel - Members are advised to do the Aymbel from their homes.
- During the 9 days of Aymbel, Shripal Raja Raas will be read every morning between 9:30am and 10:30am by Pujari Kishanbhai from Tuesday, 12th October 2021 up to Wednesday, 20th October 2021. This shall be relayed online to Members via Zoom.
- The Navpad Pooja will be conducted on Wednesday, 20th October 2021 and the Siddh Chakra Poojan will be conducted on Sunday, 24th October 2021.

# LIBRARY

## LIBRARIAN'S CHOICE

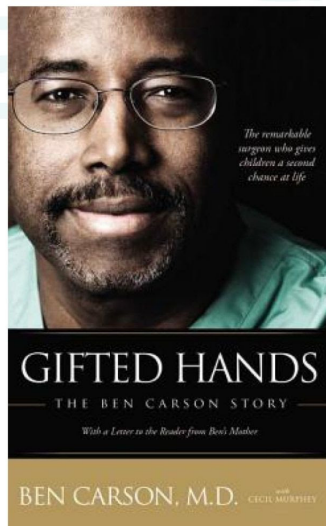
THE VISA OSHWAL COMMUNITY, NAIROBI: LIBRARY'S OFFICIAL BOOK RECOMMENDATIONS

### Gifted Hands by Ben Carson

**Recommended Age: 15+**

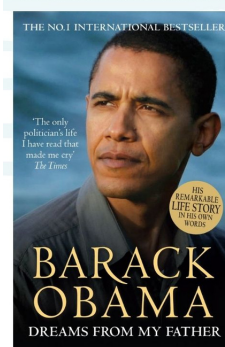
Gifted Hands by and about Ben Carson, M.D., is the inspiring story of an inner-city kid with poor grades and little motivation, who, at age thirty-three, became director of pediatric neurosurgery at Johns Hopkins University Hospital. Gifted Hands will transplace you into the operating room to witness surgeries that made headlines around the world, and into the private mind of a compassionate, God-fearing physician who lives to help others.

In 1987, Dr. Carson gained worldwide recognition for his part in the first successful separation of Siamese twins joined at the back of the head -- an extremely complex and delicate operation that was five months of planning and twenty-two hours of actual surgery, involving a surgical plan that Carson helped initiate. Gifted Hands reveals a man with humility, decency, compassion, courage, and sensitivity who serves as a role model for young people (and everyone else) in need of encouragement to attempt the seemingly impossible and to excel in whatever they attempt. Dr. Carson also describes the key role that his highly intelligent though relatively uneducated mother played in his metamorphosis from an unmotivated ghetto youngster into one of the most respected neurosurgeons in the world.



## LIBRARIAN'S CHOICE

THE VISA OSHWAL COMMUNITY, NAIROBI: LIBRARY'S OFFICIAL BOOK RECOMMENDATIONS



**Dreams from my father by Barack Obama**

**Recommended Age: 15+**

In this lyrical, unsentimental, and compelling memoir, the son of a black African father and a white American mother searches for a workable meaning to his life as a black American. It begins in New York, where Barack Obama learns that his father—a figure he knows more as a myth than as a man—has been killed in a car accident.

This sudden death inspires an emotional odyssey—first to a small town in Kansas, from which he retraces the migration of his mother's family to Hawaii, and then to Kenya, where he meets the African side of his family, confronts the bitter truth of his father's life, and at last reconciles his divided inheritance.

**Rainbows in my cloud by Radhika Lee**

**Recommended Age: 15+**

"Radhika Lee is an extraordinary woman whose story of thriving through adversity will inspire and move you."

— Nigel Barlow, MA Oxon, Author and business speaker

"A life so rich, yet so marred by seemingly railroading circumstances. If you've ever been at the very bottom of the rock, this book is for you!"

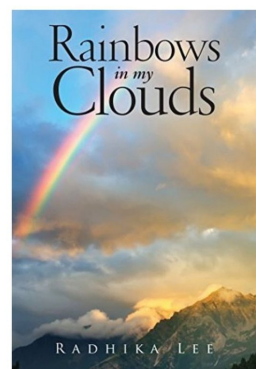
—Jackson Biko, Writer, journalist and blogger

"An engrossing tapestry of love, heartbreak, intrigue, fortitude and triumph... masterfully woven."

—David Waweru, Author, entrepreneur & Chair, Kenya Publishers Association

"A story of resilience, persistence and overcoming insurmountable odds. Radhika Lee is the epitome of courageousness and consistency... and a never-say-die spirit. A riveting page-turner!"

—Jeff Koinange, Award-winning journalist and author, Through My African Eyes





# GREEN CORNER

## CARROT & BEETROOT HALWA

Serves 3-4

Ingredients:

- 1 tbsp coconut oil
- A pinch of saffron
- 3 carrots- grated
- 2 beetroots- grated
- 1 cup coconut milk (use coconut cream if you like it creamier)
- 1 ½ tsp cardamom powder
- 1 ½ tsp cinnamon powder



Toppings: Chopped almonds and pistachios

Method:

- Heat the coconut oil in a pan and then add the saffron
- Next add the grated carrots and beetroot and mix well
- Cover and cook on a medium heat for 10 minutes mixing occasionally
- Then add the coconut milk, cardamom and cinnamon, mix well and continue to simmer on a low heat for 15-20 minutes until the carrots and beetroots are soft
- Serve hot or refrigerate to serve cold
- When ready to serve, sprinkle on the chopped almonds and pistachios

BY  
KAVZ KUZINE

## Five Secrets That'll Help You Stay Lean And Fit For Life

Don't forget about weight training: Bodyweight training, resistance training and weight training are essential exercises you should continue in the long term. They help kick-start metabolism and are an excellent way to trigger long-term fat burning.

Hit the weight room before cardio: Both are important, but lifting weights first helps build muscle glycogen — AKA muscle carbs — which store up and can be used as energy.

Switch up your cardio routine: Instead of putting in endless miles and running for hours, you can do quicker and more intense cardio sets, like high-intensity interval (HIIT) training, which can last between five and 10 minutes.

Start jumping rope: This gives your entire body intense exercise while toning it. One study of a group of college students showed that 10 minutes of jumping rope showed similar cardiovascular health benefits to 30 minutes of running.

Whatever you do, make it fun: Consistency is key, but so is keeping things interesting. Studies show people who were consistent but inventive with their workouts out enjoyed them more. You can get friends to tag along, or get experimental and try new things.

## The Wonders of Coconut

- Fights cardiovascular disease
  - Prevents heart disease
  - Restores damaged hair
  - Fights acne
  - Supports thyroid function
- and is jam packed full of vitamins and minerals!



## Coconut is Jam Packed With Vitamins and Minerals! Coconut milk has high amount of Vitamin B,C, E.

Coconuts are also filled to the brim with antioxidants. It's tasty but with the benefits of a coconut can go on and on (not kidding). It's rich in Lauric acid which is useful in fighting viruses, fungi and bacteria that can cause debilitating health ailments. It might also be effective in reducing triglyceride and cholesterol levels, which reduces the chances of having a stroke or cardiovascular disease. Still need more proof...keep reading the insane benefits of the Mighty Coconut below.

### Helps Prevent Heart Disease

The meat of the coconut is high in substances known as monoglyceride. Monoglycerides are used by the body for energy rather than being stored in the body, which helps maintain a healthy blood flow to the heart and arteries.

### Restores Damaged Hair and Fights Acne

Coconut oil has an antimicrobial effect, which can help to restore damaged hair and acne. The bacterial count is lowered due to the high amount of lauric acid in the coconut, which enters the blood and goes straight to the glands of your skin. It also helps people with fine, thinning or damaged hair and can be applied topically or ingested for greater benefits.

### Aids in Weight Loss

Consuming coconut oil each day helps stimulate the metabolism naturally..

Research has shown that women who ingested coconut oil daily showed a reduction in waist circumference compared to those who exercised with the same regimen but were not taking coconut oil.

### Promotes Healthy Energy Levels

Unlike other foods that are high in long chain fatty acids, coconut oil is instead high in medium chain fatty acids. These types of acids are healthier, because they don't need to be digested in the gallbladder or liver. If you eat a lot of coconut oil, the energy you get from it is immediate.

### Aids in Insulin Secretion

One of the benefits of eating coconut is that it aids in the secretion of insulin. This makes it a good thing to eat if you suffer from diabetes or pre-diabetes.

### Supports Thyroid Function

Coconut oil is truly a jam-packed therapeutic bullet that can tackle even some of the most health-destroying conditions, including thyroid problems. It is rich in fatty acids, which support metabolism and provide energy.

*Be a part of the Oshwal Awaaz*

*by contributing any articles for Members to read & enjoy.*

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