

Oshwalwaz

24th Edition, March 2019

SENIOR SOCIAL TASK FORCE

Members of the Seniors Social
Task Force



Saturday 30th March 2019 - The Senior Social Task Force arranged a program "DISPLAY YOUR TALENT" where over 100 Seniors displayed their talents and spoke about their interests, serving to be a learning lesson for all the other members present. They enjoyed and had a fun Yoga session and games after which refreshments were served.

LIBRARY

Our writing competition was an amazing success, and after months of judging, organizing prizes and certificates, here are a couple of our amazing winners.

Writing is good for your brain and your soul, and we couldn't be more pleased to get such fabulous pieces of writing on a very difficult topic "A picture speaks a thousand words." This was our image (see attached). We will definitely be bringing more writing challenges and look forward to receiving your creative writing!



SHREE VISA OSHWAL COMMUNITY
Ref. no.: 022/2019 3rd April 2019

Oshwal Library PRESENTS

Handmade with Love

JOURNALING WORKSHOP

LIBRARY MEMBER: 1200/-
NON LIBRARY MEMBER: 1500/-
Adults, and Children 12+ Welcome!

ALL MATERIALS PROVIDED.
LIMITED SPACES!

Sunday 28th April
10:30 to 12pm
Registration Deadline: 25/04/2019
Contact: 020 2364403

WRITE YOUR WAY TO BETTER HEALTH

Journaling and writing for reflection carries many benefits for our physical, mental and emotional health. Here are just a few...

by Hannah Brown

1 IT REDUCES STRESS

Reflective writing gives us a chance to express and process events and situations. As well as being a cathartic act in itself, journaling can help us get new perspectives and solutions for tricky situations.

2 IT IMPROVES MEMORY

Writing things down helps us remember them. When we journal about new understandings and epiphanies, they are more likely to stick for the future.

3 IT PROMOTES SELF-AWARENESS AND MINDFULNESS

...Which in turn promotes happiness and a sense of wellbeing. Journaling encourages us to focus on our present thoughts and feelings.

4 IT IMPROVES PHYSICAL HEALTH

Research has suggested that regular journaling strengthens immune cells called T lymphocytes.

5 IT IMPROVES OUR SENSE OF OPTIMISM

Regular gratitude journaling has been shown to promote greater optimism, enthusiasm, and energy.

6 IT IMPROVES OUR PROBLEM-SOLVING ABILITIES

Writing helps us understand complex issues, see patterns and gives us a chance to reflect on solutions.

7 IT ENHANCES OUR CREATIVITY

Journaling is an opportunity for creative self-expression. Regular practice enhances our creativity across the board.

8 IT IMPROVES OUR SELF-DISCIPLINE AND WILLPOWER

Willpower is like a muscle; the more we use it, the stronger it gets. Regular journaling gives us an opportunity to exercise and strengthen our willpower.


INFORMATION

SHREE VISA OSHWAL COMMUNITY
Ref. No. D18/2019 19th March 2019


RELIGION COMMITTEE PRESENTS

JAIN SHIBIR
Date: 03.05.2019 – 05.05.2019
Venue: Visa Oshwal Mahajanwadi, Limuru Road

Learn Jainism in a unique way by, Meditation, Yog & Enthusiasm in English & Gujarati.



Registration is open. Hurry!! Limited space. First come first serve basis.



By Saman Shastripragnyaji

Bindi R. Shah
Secretary

For more information contact:
Rohitbhai – 0722686671
Kantibhai – 0788184388

SHREE VISA OSHWAL COMMUNITY
Ref: 021/19 30th March 2019

OSHWAL MEDICAL RELIEF SCHEME
10TH TERM – 1st MAY 2019 TO 30th APRIL 2022

Dear Members,

The 10th Term of Oshwal Medical Relief Scheme commences on 1st May 2019. Application for membership is now open.

If you are not a Member of the Oshwal Medical Relief Scheme, you are requested to take advantage of the Scheme. The Scheme offers great benefits. Any member with pre-existing conditions can also get covered under this Scheme, subject to the rules and regulations of the Scheme.

Forms can be obtained from the attached files, the Visa Oshwal Community Office, or can be downloaded from the website – https://www.oshwalnairobi.org/medical_forms/

Please Note
The deadline for the applications is 30th April 2019. There will be a waiting period of 6 months for all applications received after 30th April 2019.

Bindi R. Shah
Secretary

Ref No: 008/2019

VISA OSHWAL COMMUNITY NAIROBI
In conjunction with **OSHWAL YOUTH LEAGUE NAIROBI**
PRESENTS



THE DIWALI MELA 2019

VENUE: OSHWAL CENTRE GROUNDS
DATE: 13TH OCTOBER 2019
TIME: 10AM ONWARDS

FOR ENQUIRIES ON ENTERTAINMENT, FOOD STALLS, GAMES, SPONSORSHIP, CORPORATE STALLS & VOLUNTEERS
PLEASE CONTACT
VIKAS SHAH +254 722 900 263
EMAIL: VOCMELA@GMAIL.COM

Bindi R. Shah
Hon. Secretary

SHREE VISA OSHWAL COMMUNITY
Ref. No. 028/2019 1st APRIL 2019

SENIOR SOCIAL TASK FORCE PRESENTS

BHUKHAR TOURNAMENT

PLEASE REGISTER AT THE VOC OFFICE DURING THE OFFICE HOURS.
PLEASE MAKE YOUR OWN TEAMS

TIME – 8:00AM – 5.00 PM
DATE - WEDNESDAY, 1ST MAY 2019
(With Mid Morning Tea, Lunch & Afternoon Tea)
Ksh 850/- per person
Last date for Registration 26th April 2019

VENUE - VISA OSHWAL MAHAJANWADI, LIMURU ROAD.



For further details Contact:
KAILASHBEN – 0721208143
MINABEN SHAH – 0735631688
SHAINABEN SHAH – 0733616136

Bindi R. Shah
Secretary



Oshwal Association of UK take pleasure in congratulating Mr Ajay Somchand Mulchand Gudka on being honored with an MBE (Most excellent Order of the British Empire) in the Queen's 2019 Honors Awards. The MBE was awarded for services to Charity and the community in Gujarat, India.

Ajay was born in Kenya and did his early schooling at Visa Oshwal Primary school in Nairobi and then came to UK in 1971 for further studies. At Mill Hill School, he did his O & A levels and went on to do a degree in Print Technology at Watford college. An active sportsman, in 1979 he toured Far East with Angels Hockey team on a month-long tour – the team was one of the first British teams to go to China.

After getting some work experience in the print industry, he helped to start the family print business in St. Albans in 1987. Caprin Printers is still in business today and services small & medium size companies & organizations throughout London & Hertfordshire. As years passed, Ajay felt satisfied with his financial goals but found something deeply lacking in his personal life. From early on, especially after having lost his father at a young age, Ajay had an interest in spiritual matters and in discovering what happens to the soul once one's last breath leaves the body.

He found his calling when he met Pujya Muktanandji (affectionately known as Babu) on a visit to Chaparda (Gujarat) in 1995. Babu satisfied his thirst for spiritual knowledge and inspired Ajay on to the Nishkam Karma path (to provide selfless service to the poor and needy, without any expectation of any form of recognition or reward). In 1998 Bhagvatinandji Education & Health Trust ("BEHT"), a charitable Trust (Registration No. 1072109) was set up in the UK.

Since that time, in the past 20 years, under Ajay's tireless and enthusiastic guidance and leadership BEHT has organized countless number of fund-raising events (Swimathons, Walkathons, Mehfil, Gujarati Naataks to name just a few!) to not only raise funds but also raise awareness within potential and actual donors of the situation in Gujarat and keep them posted of how the funds are being applied. Throughout this period, Ajay has been in weekly contact with Babu, and on average has personally visited Chaparda and the other rural areas of need about twice a year (often with his family, and entirely at his own expense). Therefore, he has been able to keep tabs on what has been going on and provide reliable first-hand reports to all donors thereby giving them the necessary assurances. Collectively, through all these efforts and including some very generous donations from a few individual philanthropists but largely with the backing of the general Gujarati diaspora in the UK, some £3.5 million has been raised to date.

That level of funding has been the catalyst for the establishment of 5 educational centres in Gujarat, in what was previously "zero" or just rural farmland space twenty years ago. Over 8,000 under-privileged children are currently receiving education and thousands more have done so over the last eighteen years, something that would not otherwise have happened. A school for blind children as well as several residential homes for the elderly have also been built in Chaparda.

In 2012, a hospital was built in Chaparda to serve the local community. After a few years of teething problems, the hospital is now treating about 200,000 patients annually, free of charge. The poverty level in rural areas is such that many people avoid going to a doctor when they have a health issue. They bear their pain in silence which in many cases ends up as a tragic fatality. In 2012, under BEHT's banner, Ajay led a group of 40 trekkers (20 from UK & 20 from USA) on Mt. Kilimanjaro Trek where they raised about £ 200K in total for the Hospital project.



*Ajay Gudka with Pujya Muktanandji
(just recently appointed President of all Sadhus in India)*



5 Educational Centre's

When severe earthquakes struck Kutchh (Gujarat) in 2001 and Nepal in 2015 with devastating effects, Babu was extremely prompt in mobilising relief efforts when they were most urgently required, and Ajay made sure, that BEHT raised as much funding as possible in a short space of time to support these efforts.

In summary, countless number of lives have been changed for the better, directly as a result of the path that Ajay chose to adopt and has followed so diligently for the past twenty years.

It is a proud moment for the whole Jain and Oshwal community that one of its member has been recognized for his service to the poor and needy people and that in India.

A well-deserved honour indeed!

Article submitted by Ajay Gudka

UP COMING RELIGIOUS EVENTS

17.04.19	CHAITRA SUD 13	SHREE MAHAVIR SWAMI JANAM KALYANAK
19.04.19	CHAITRA SUD 15	CHAITRI POONAM SHREE SIDHACHALJI BHAV YATRA
20.04.19	CHAITRA VAD 1	CHAITRA MAS AYMBEL OLI PARNA

If you wish to contribute an article to the Awaaz please send it to oshwalawaaz@oshwalnairobi.org

📍 Visa Oshwal Community

☎ 0732377475 / 0724177293

✉ admin@oshwalnairobi.org

🌐 www.oshwalnairobi.org