

Late Mr. Nalinbhai Khimji Vora (1924 – 2020) *Visa Oshwal Community, Nairobi - Trustee*



Nalinbhai was born in Kenya in 1939 and was the eldest of 5 children. He undertook his primary education at the Government Indian Primary School and his secondary education at the Duke of Gloucester School where he completed his metric or the equivalent of O Levels in 1956. He soon joined the family business, Paris Bazaar or United Textile Industries which he was part of until his untimely passing away. He got married in 1963 and was blessed with 2 sons, Keval and Sujay.

Nalinbhai's journey in Community Work began in 1978. Whilst his sons were in Visa Oshwal Primary School, he was elected to the Parents Teachers Association. He then decided to volunteer within the Visa Oshwal Community and was elected to the Managing Committee in 1980. This was to be the beginning of a 40 year journey in Community Service. Over the years he was involved in many different positions which included: -

- The Manager of the Visa Oshwal Primary School.
- The Manager of the Visa Oshwal Girls Secondary School.
- Member of the School Committee for the Community.
- Member of the Coordinating team for the opening of the Munisuvrat Swami Jinalay which was opened in 1984.
- Joint Secretary and the Secretary of the Visa Oshwal Community, Nairobi.
- Member of the Planning and Coordinating team for construction of the Oshwal Centre.
- Vice Chairman of the Visa Oshwal Community.

He also held the Chairmanship of the Community in 2003 and once again in 2008.

He was a Trustee of the Community.

Nalinbhai was a passionate and caring gentleman. The prosperity and progress of the Oshwal Community was always his foremost agenda in any discussion one had with him. He was proud to be Oshwal and I recall a couple of years ago he brought some Lapel Pins with the Jain Om which he gave to members of the Managing Committee. He would proudly wear his lapel pin at any Community function he went to, because this to him was a marker of his Oshwal Roots. Over the last few years, as Trustee of the Community, he has been an amazing beacon for all the Office Bearers and the Management Committee, guiding us whenever required. He would go out of his way to attend all Community functions and never had a bad word to say about anything or anybody.

I had the pleasure of working with him over the last few years and he had become like a friend and adviser to me. No matter what time of the day I called him and no matter how stressed I was with anything to do with the Community, he would always calmly say *"Tu vyadhi nai kaar sort out thai jase."* Nalinbhai would never shy away from a challenging situation. Just a few weeks ago the Trustees hoisted a Dhaja at the Mahavir Swami Jinalay on Jainshala Road and he managed to climb all the way to the roof of the Jinalay without even one complaint or doubt even though our hearts were in our mouths. This spoke volumes about the type of person he was. No situation perplexed him.

Nalinbhai has left a huge void in the Oshwal Community that no one can fill. His commitment and passion for Community Service was par excellence and his smiling face, calm demeanour and spirit of Oshwalism will be deeply missed.

Nalinbhai was an avid speaker and whenever he made a speech at a community function his speech would be incomplete without a Shairi or singing a verse. If Nalinbhai is looking down on us today I believe he would say,

*"Muskan Banaye Rakho to sab saath hai Ghalib
Varna Aansuon ko to aankhon mein bhi panah nahi milti."*

On Behalf of the Trustees, Office Bearers, Management Committee and the Community at large, I would like to convey our condolences to Nalinbhai's Family. We pray for his soul to rest in peace.

Nalinbhai, wherever you are, we hope you will look down on the Oshwal Community and shower us with your blessings. You were a guiding angel and we shall forever be grateful. May you rest in Peace.

Om Shanti.

Jinit Jayantilal Shah

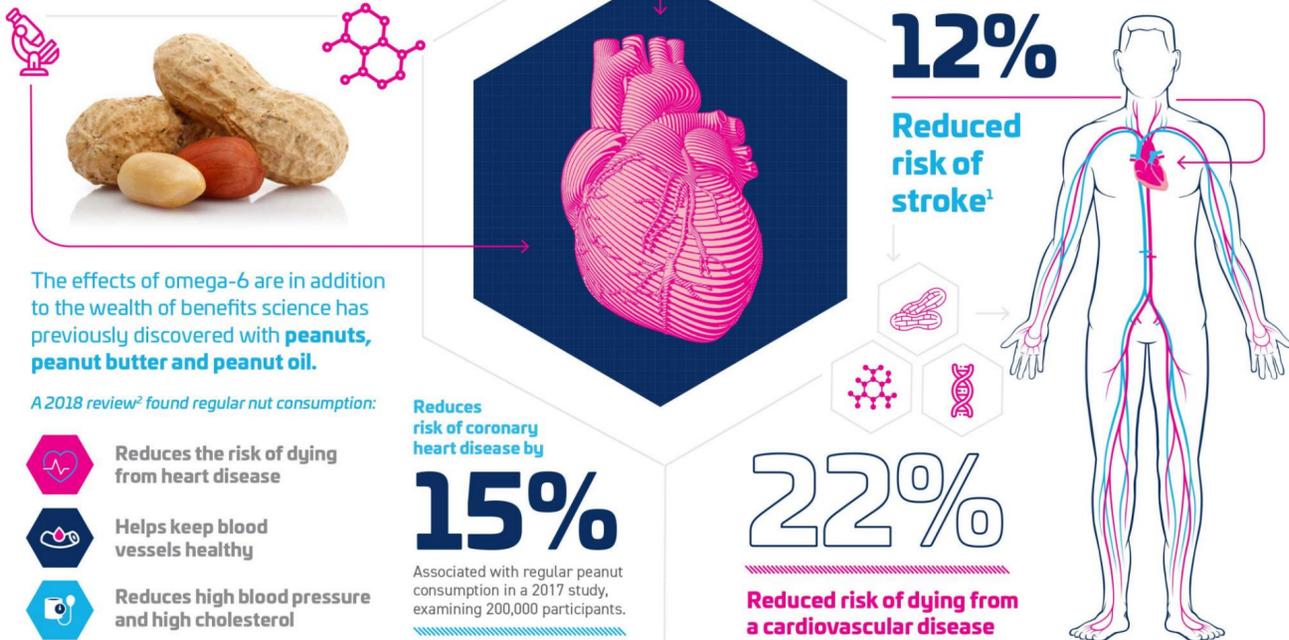
How Peanuts Help the Heart

It's no secret that peanuts have a lot to offer heart health, but what's this superfood's secret to making it happen? It turns out, we're still discovering all the benefits of enjoying every daily serving!

Linoleic Acid is the main omega-6 fat in peanuts

THE POWER OF OMEGA-6 IN PEANUTS

Peanuts contain healthy fats including monounsaturated fats and essential fats like omega-6. Linoleic acid is the main omega-6 fat in peanuts. The American Heart Association's journal recently published a study which showed having high levels of linoleic acid in the body was associated with some pretty impressive numbers:



6 FACTS ABOUT AVOCADOS

Avocados are a fruit, more specifically, a berry.

An avocado has more potassium than a banana.

Avocados contain four grams of protein, making them the fruit with the highest protein content.

Avocados facilitate blood flow to the brain, keeping you alert and focused.

Avocados are gluten free, dairy free, vegan, vegetarian, and cholesterol-free.

Avocados are filled with loads of Vitamin E, giving your skin a radiant, youthful glow.

What's your story?

The C-19 Storybook

Covid-19 has impacted each and every one of us. For some it has brought about more time to connect with loved ones and engage in new found hobbies, but for others it has brought sadness, loss and confusion. Many of us will have faced extreme and challenging working environments. No matter the impact, each one of us has a story. We would like you to share your stories.

For the writer this is an opportunity to record experiences and feelings to ensure they do not get lost in history. For the reader the stories will bring these moments to life and we hope will inspire and motivate our community, both now and in the future, when they learn about our lives during these unprecedented times.

As many of your stories as possible will be published into a book and made available to the Oshwal community. All entries will be entered into a raffle draw, with 10 participants winning £100 gift vouchers.

- All ages are encouraged to participate, from grandparents to grandchildren.
- Stories in Gujarati are welcome.
- Hand written stories will be accepted.
- If you wish to remain anonymous, please let us know with your submission.
- Suggested length of 500 to 2,000 words.
- You can include photos to tell your story.

How to submit:

Please submit your stories by 31st October 2020, including your full name and contact number;

Email: rupal@dvsproperty.com
 Post: DVS House, 4 Spring Villa Road, Edgware, Middlesex HA8 7EB

DVS foundation

The future holds infinite possibilities
www.dvsproperty.com/foundation

All gift and publication costs will be sponsored by DVS Foundation.

INFORMATION

SHREE VISA OSHWAL COMMUNITY

Ref. No. 173/2020

2nd October 2020

UPDATE ON SHREE MUNISUVRAT SWAMI JINALAY & SHREE MAHAVIR SWAMI JINALAY

Further to the Government Directive on Monday, 28th September 2020 and further to the mailshot ref. no. 165/2020, please note that effective **2nd October 2020**, the Derasar shall be open for **DARSHAN ONLY** at times stated below. All Devotees **MUST** follow the Rules and Regulations as stated below.

Shree Munisuvrat Swami Jinalay – Limuru Road	
Morning	6.30 am till 9.30 am
Evening	6.30 pm till 7.30 pm
Shree Mahavir Swami Jinalay – Jainshala Road	
Morning	10.30 am till 11.30 am

- **The Jinalay is open to all Members.**
- All Members visiting the Jinalay to carry an **Identification Card**.
- Handwashing to be done before entering the Jinalay is a **MUST**.
- If there are any signs of illness please refrain from going to the Jinalay.
- A maximum of **10 people** will be allowed in the Derasar at any given time.
- Strictly open for **Darshan ONLY**. No Pooja to be conducted by any members.
- No Tilak, Naman and Dhavya (Fruits, Rice, Flowers etc), will be allowed in the Derasar.
- Members to follow the set path for **ENTRY** to and **EXIT** from the Derasar.
- Please refrain from touching any surfaces.
- Members will stand within the floor markings.
- All footwear must be placed in the allocated shoe racks.
- The Upashray will remain closed until further notice.
- Devotees should leave the premises immediately after completing the Darshan.

ANYBODY FOUND TO BE IN BREACH OF THE ABOVE RULES MAY LEAD TO THE FOLLOWING:-

- SUSPENSION OF THE MEMBER FROM VISITING THE FACILITY UNTIL THE PANDEMIC IS OVER.
- PROSECUTION OF THE OFFENDER BY MINISTRY OF HEALTH OFFICIALS UNDER EXISTING LAWS
- RANDOM CHECKS WILL BE DONE BY THE GOVERNMENT OFFICIALS.

THE MANAGEMENT COMMITTEE RESERVES THE RIGHT TO CLOSE ANY FACILITY INCASE THE ABOVE RULES AND REGULATIONS ARE NOT FOLLOWED.



Bindi R. Shah
Secretary

Oshwal Awaaz

SHREE VISA OSHWAL COMMUNITY

Ref. No. 164/2020

14th September 2020

RE-OPENING OF LIBRARY- OSHWAL CENTRE

We are pleased to inform you that the Oshwal Library will be reopened on **Wednesday, 16th September 2020** as per the Government Directives.

All Members who wish to use the Library will do so at their own risk and **MUST** always observe the **Rules & Regulations** as stated below.

OPENING TIMINGS:

Mondays & Public Holidays : Closed
Tuesday – Friday : 8.15 am – 5.00 pm
Saturday : 9.00 am – 5.00 pm
Sunday : 9.00 am – 1.00 pm

- **Entry** to Oshwal Centre will be from **Mpaka Road Gate** & **Exit** from **Ring Road Gate ONLY**.
- Please carry your Membership card and register your full name and contact details as a requirement.
- If there are any signs of illness please refrain from going to the Library.
- No loitering will be allowed within Oshwal Centre.
- Sitting is not allowed.
- Place your books in the **drop box** provided by the Librarian when returning the books.
- Members will need to reserve the books online on the Oshwal APP.
- Kindly cooperate with the security personnel and staff during these trying times.

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Bindi R. Shah
Secretary

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SHREE VISA OSHWAL COMMUNITY

Ref.no. 175/2020

02nd October 2020

OMRS 10TH TERM - MEMBERSHIP

Dear Members,

This is to inform you that any Member interested in becoming an OMRS member for the 10th Term and requires financial assistance should contact the OERB via on email – dhruvita.shah@oerb.org or telephone +254772264486.

This will be the **Final** chance of becoming an OMRS Member for the 10th Term Scheme.

Please note the 10th Term scheme will run until **30th April 2022**, no new members will be enrolled after the end of October 2020.

All new members will still be subject to a waiting period of 6 months from the date of receiving the application and payment.



Bindi R. Shah
Secretary

SHREE VISA OSHWAL COMMUNITY

172/2020

30/09/2020

MAILSHOT PROMOTION SCHEME

EXTENDED TO 31/10/2020
DUE TO HIGH DEMAND

ADVERTISE YOUR BUSINESS VIA THE VOC MAILSHOT DATABASE!

KSH. 5,000/- PER MAILSHOT*

*ONLY FOR OSHWAL MEMBERS

CLICK THE BELOW LINK TO APPLY

COMPANY - [HTTPS://BIT.LY/37PQYYJ](https://bit.ly/37PQYYJ)
INDIVIDUALS - [HTTPS://BIT.LY/3FHJX5](https://bit.ly/3FHJX5)

A maximum of 3 advertising mailshots will be sent per day, based on a first come first serve basis.

If you wish to unsubscribe only from advertising mailshots, click on the unsubscribe button below the mailshot.

For more information please contact bookings@oshwalnairobi.org



Bindi R. Shah
Secretary

If you wish to contribute an article to the Oshwal Awaaz please send it to admin@oshwalnairobi.org
Visa Oshwal Community
0732377475/0724177293
www.oshwalnairobi.org