



OSHWAAL NEWS

The power of community

SPRING 2023



Climate emergency

Active Travel
26 - 29

Technology

Does technology separate
or bind a community?
15

Diversity & Inclusion

Your gender does
not define you
24 - 25



Contents

NEWS

Editor's Note	Page 3
President's Message	Page 5
Newsround	Page 6

FEATURES

Fire-side Chat with the EC	Page 10
Book Review	Page 14
Technology	Page 15
Veganism	Page 16
Cooking Corner	Page 17
Meet our volunteers	Page 18
Your Gender does not define who you are	Page 24
Active Travel	Page 26
Managing Your Menopause	Page 31

Our institution, our heritage	Page 32
-------------------------------	---------

AREAS SPOTLIGHT

East Area	Page 35
Leicester Area	Page 36
Luton Area	Page 38
North Area	Page 39
Northampton Area	Page 41
North East Area	Page 42
North West Area	Page 43
South Area	Page 46
West Area	Page 47

OTHER ITEMS

Obituary	Page 49
Celebrations	Page 50
Competition	Page 51

Please visit our website and social media pages:

Page: <https://www.facebook.com/oshwaluk>
Group: <https://www.facebook.com/groups/oauk123/>

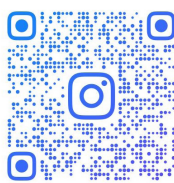
Insta ID: @oshwal_uk
LinkedIn: <https://www.linkedin.com/groups/14111748>
Tiktok: @oshwal_uk
Website: www.oshwal.org.uk



Facebook Page



Facebook Group



Instagram



Youtube



OAUK Website

DISCLAIMER

The Editor or Oshwal Association of the U.K. are not in any way responsible for the goods and services rendered by its advertisers. The Oshwal Association of the U.K. accepts all advertisements in good faith and it is entirely up to readers to verify advertisers' products and services should they feel the need to do so.

OSHWAL NEWS is the magazine of the OSHWAL ASSOCIATION OF THE U.K.

© Oshwal Association of the U.K.

Reg. Office: Coopers Lane Road, Northaw, Herts. EN6 4DG
Registered in accordance with the Charities Act 1960
Charity Reg. No. 267037

Cover Artwork: Khilna Shah



Camp fire!

Summer Camp

29/07/23 - 31/07/23

Register now!

Tents!

Loads of Games!

Capture the flag!

Wood walk!

Lots of food!



www.oshwal.org.uk/summercamp

Oshwal Association of the UK | Oshwal Centre, Coopers Lane Road, EN6 4DG | Charity Reg. No. 267037 | T&Cs apply: www.oshwal.org.uk/event-terms



Diwali Celebrations 2023

Saturday 11th November 2023

www.oshwal.org.uk/diwali-celebrations

Oshwal Association of the UK | Oshwal Centre, Coopers Lane Road, EN6 4DG | Charity Reg. No. 267037 | T&Cs apply: www.oshwal.org.uk/event-terms



OSHVAL SPORTS TOURNAMENT

09 DEC 2023
10 DEC 2023

16 DEC 2023
17 DEC 2023

OPEN TO ALL
OAUk MEMBERS
& NON-MEMBERS



HERTFORDSHIRE
SPORTS VILLAGE

SIGN UP
ONLINE

REGISTER BY
17 SEPT 2023

WWW.OSHWAL.ORG.UK/SPORTS

Oshwal Association of the UK | Oshwal Centre, Coopers Lane Road, EN6 4DG | Charity Reg. No. 267037 | T&Cs apply: www.oshwal.org.uk/event-terms



Editor's Note

A community volunteer (p18), a gay man (p24), an environmentalist (p26) and a teacher (p32) walk into a temple - and they are all Oshwals...!

Community. Regardless of what we consider to be a community, the word "community" creates a feeling of warmth, solidarity and belonging. There is a lot in our community (and indeed any community) that stays constant over time - customs and religion, common places to meet at, trustworthy relationships, you know it... everything that sits at the core of the power of our community.

However, we live in a world that is changing - fast. And those changes mean that many of us see the world differently than previous generations did. Sometimes, we may feel like we are part of several communities too. In this edition, we talk about a few issues that might not have featured in our community some years ago, but are increasingly relevant for our community to thrive for many years to come. We take a look at veganism, some of the dangers of over-subscribing to technology, health awareness, being gay and learn about active travel as one way of dealing with climate emergency. There is plenty more for us to cover in future editions. If you'd like to join the team, please email me.

It's always interesting to know who the Community Leaders are, and what makes them tick! I sat down with two OAUk trustees to understand their experiences over the last year (p10). In addition, members of the Oshwal community devote thousands of hours every month to identify the needs of our increasingly diverse population and organise events to bring people together. In this magazine, we celebrate some of our volunteers; we take inspiration from the stories of why they started volunteering and marvel at how much volunteering helped them.

OAUk's social media pages have incredible coverage of the various activities held in each Area. The Newsround (p6) puts a spotlight on the sheer number of activities that have been organised recently, and the Area pages from p35 share more on what's to come within each Area.

My deepest gratitude to everyone who has contributed to this issue. I hope you enjoy reading it!

Rikhav Kirit Shah

EDITOR

Rikhav.K.Shah@oshwal.org

SHARE YOUR FEEDBACK

We would love to have your feedback about the magazine. Please scan the QR code to take part in a quick survey. It's running all the time, so if a thought or idea pops into your head that you'd like to share then please fill it in.



Oshwal News Editorial Team: Poonam, Khilna, Anneka, Basanti, Rikhav



President's Message

Dear Oshwal Member,

Jai Jinendra & Pranam!

On behalf of the Executive Committee, I wish you a happy healthy, prosperous and successful new year.

The power of our community comes both from everything we do within the community and equally how we interact outside our community. Internally, the Executive Committee continues to focus on creating a vibrant and inclusive community for you. We want you to be able to utilise the vast capabilities, facilities and creativity that our community can offer to help you in all parts of your lives. We have made huge progress in creating programmes for our members all over the community over the past months. As a result, the usage of our centres has increased significantly by all sections of our membership, and we're getting more and more insightful feedback and ideas from you. I am delighted to see so many of you excited by the work that we're doing, and benefitting from it. The fantastic efforts of our tireless Area Committees and volunteers are invaluable.

Our properties have been essential in providing us spaces to meet and host events. We recently celebrated 10 years of Ekta Centre and the 50th anniversary of North West Area. The 10 year anniversary of Shakti Centre is coming up this year. We are in the process of acquiring a new centre in South London and disposing of the Windmill Road property subject to receiving relevant approvals. As the largest Jain organisation in the UK, we have become the torchbearers of the Jain faith by celebrating all the important festivals (including Ayambil, Paryushan and Diwali) and introducing many new and innovative ways of promoting, teaching and learning about Jainism. We are grateful to Jayeshbhai and all the volunteers involved in the various religious teams.

But we are aware that we cannot operate on our own, and our younger members certainly think of community being much wider than Oshwal. By being part of OneJain and the Institute of Jainology we have been able to influence important matters including helping to stop the opening up of the sacred site of Sametshikhar to tourism and have access to the All Party Jain Group in Parliament, etc. We have also been involved with the Jain Health Initiative. Collectively we are creating a bigger footprint, allowing us to help our members and the less fortunate in the wider local community.

The appointment of The Rt Hon Rishi Sunak as the first UK prime minister of Indian origin and Hindu faith is a sign of how much the UK has changed. It gives us the inspiration not to fear change and keep progressing. I had the privilege of meeting the prime minister at 10 Downing Street where he hosted a Diwali reception. One of our members, Rambhoben Ranmal Shah, from Leicester Area was also invited. Our presence at such events attended by various dignitaries, including His Excellency Vikram Doraiswami, the High Commissioner of India, is a sign of our presence in the wider UK community, and from which we can amplify our impact on society.

I would like to thank my colleagues on the Executive Committee, the Board of Advisors, Area Committees, all our staff and volunteers for all their hard work and dedication and all the members, sponsors and donors for their unwavering support at all times.

Rumit Shah
Hon. President

NEWSROUND

Here are our top stories on what's been happening in our community of late:

RELIGION

We've had lots of activity at our Derasar. Thank you to the regular volunteers who look after the Derasar, and are there to assist Jayeshbhai at all the major events we've held. We hold samuh bhakti every third Sunday at our Derasar at Oshwal Centre, Northaw. The atmosphere and vibe from experiencing bhakti in the Derasar cannot be matched. Come and experience this yourself!

We have had a number of visits to the Derasar. Over 100 Jain Sangh members visited us from New Jersey, USA. We also welcomed One Jain members who are launching the first course by a UK University (Birmingham) to cover Jainism in detail.

Our Sunday Satsang on YouTube continues to attract larger audiences, both live and on catch-up. New guest speakers such as Dr Vinodbhai Kapashi and Dr Kumarpal Desai have come in to discuss a variety of topics.

Jainism classes (in English) have been running since October. We now have over 40 people attending these classes every Tuesday evening on Zoom, and over 100 who catch-up on YouTube each week. An in-person session at Oshwal Centre was also attended by 40 people to continue their learning. An (adults) beginners' class is being organised, and will launch soon. All are welcome to join.

We have commenced training for volunteers to carry out the last rites and / or spiritual upliftment for those who are very ill or in the final hours of their lives. OAUk will offer this service shortly; volunteers in every area will be

available to be called upon by families.

Jayeshbhai has visited different OAUk areas over the last few months to give discourses. The attendance by local members has been good. More visits are planned in coming months.

YOUTH

In July 2022, we welcomed over 200 children to the Oshwal Centre for our OAUk Summer Camp. It was a fantastic two-night outdoor stay at Oshwal Centre, where children and young adults learnt how to pitch a tent, played loads of games and had an adventurous walk in the woods around the Oshwal Centre grounds followed by an evening campfire with bottomless hot chocolate!

OAUk Youth Sports Day also made a return in December 2022, with 400 Oshwal participants playing a range of sports together. Congratulations to North West Area for winning the overall trophy. We look forward to bringing back our Oshwal Summer Camp and Sports Day in 2023! Check out the posters for further information.

OSHWAL BUSINESS AND PROFESSIONALS NETWORK (OBPN)

The inaugural event of the OBPN was attended by over 250 people. This was an excellent opportunity for professionals to network, followed by insightful talks by Visesh Gosrani and Lord-Lieutenant Robert Voss, centred around the subject of Inspiring Entrepreneurship.

HEALTH AND WELLBEING

The OAUk Health and Wellbeing portfolio team organised a webinar on Sunday 27th November 2022 entitled "Managing Your Menopause: What You and Your Family Need to Know". This webinar was the first in a series organised by OAUk in collaboration with the Jain Health Initiative, with the aim of tackling key areas of health affecting the Oshwal and wider Jain community. The interest and response has been fantastic so far, with the video reaching 930 views within a few weeks.

A second webinar on Men's Health was held on Sunday 29th January 2023, which gave an insight into key diseases affecting men, a focus on Type 2 Diabetes, Heart Attacks & Strokes, Prostate Cancer, the resources available within the NHS and a personal story.

EAST AREA

Have a look at our social media posts on the Jivdaya and Anukampa donations made by East Area to the charity, Guide Dogs, who provide key support to those who are visually impaired. This donation was made during our Fun and Games Night, where 'Spoons' was the most popular and loudest game!

As part of their week of cultural learning, children from Bancroft's School will be visiting Oshwal Centre and Derasar on Monday, 3rd July to learn about Jainism and our organisation. They will be chaperoned by members of the East Area Committee and OAUk Trustees.

LEICESTER AREA

Rambhaben Ranmal Shah, a recipient of several awards for her dedication to community service was invited to 10 Downing Street, for the Diwali Celebrations with the Prime Minister.

We held an Eco Afternoon on Vegan Jainism and had a great turnout of young Oshwals at the Christmas party held on 11th December 2022. Everyone is encouraged to bring their own cutlery & crockery to our events in our commitment to a sustainable contribution to the environment.

LUTON AREA

Friday Club is where it's all been happening!

Members play bhukar, chokdi, table-tennis, darts and carrom. As the weather turns, barbecue and pizzas get their turn on the menu!

NORTH AREA

North Area held their first in-person Paryushan and held the Area's own Swamivatsalya after 6 years.

The Gujarati school continues to provide language lessons in 8 classes, and also teach harmonium, tabla, classical and contemporary dance. The Gujarati School Parents sub-committee was established and was active in organising successful events at Navratri and Diwali event, and a Christmas party. Students and parents also benefitted from a lecture by Dr Mukul Shah on the importance of Diwali.

NORTH EAST AREA

The North East Area held their inaugural Cards and Games Night in January 2023. It's been a great success, and is now a monthly event!

Our yearly Remembrance Day event is always humbling and an opportunity to pay our respects to those who have passed away.

The Youth Club reopened in January on Sunday mornings, and they also run badminton sessions at Ashmole School on Fridays 8pm - 9pm.

NORTH WEST AREA

The North West team have taken things to all whole new level, and are now running events every day! If you've not seen the pictures and videos of all the fun they've been having, check out the OAUk pages on social media.

A number of Anand Yatras to Oshwal Centre were organised, and the Committee has held a number of religious workshops and lectures.

The Cards & Scrabble Club was launched, and operates every Thursday evening. This has grown from the 15-20 Bhukhar players who used to come to Ekta Centre, to nearly 200 registered annual members!

Yoga was always popular; sessions are now broadcast online every Monday, allowing more people to join in.

Thanks to a grant from Brent Council's Brent

Health Matters, a weekly garba keep fit class is held for elders on Thursday morning. The class is led by Satishbhai and already at full capacity, with a waiting list.



Mehfil Night to celebrate 50 years of NW Area

NORTHAMPTON AREA

The Northampton Area hosted a breakfast for 120 members of the Mahavir Foundation of Kenton on the same morning of their Savantsari Swamivatsalya Satsang and Bhojan. The following week, they hosted breakfast for three coaches from the Jain Samaj, who visited the Hindu Mandir on their way to Potters Bar, London.

SOUTH AREA

Various events are held monthly, and we are seeing our youth and young families re-kindling their interest with Oshwal.

On the health front, Yoga and Keep Fit classes have been very successful, together with talks from different speakers on different themes of managing healthy lifestyles. On the religion agenda, there are regular activities at the Derasar.

A record number of children have joined the Gujarati school! The sports club has now moved to Saturday mornings and runs in parallel to the Gujarati school – a fantastic success with record membership!

The Bridge Club has started face-to-face sessions and several new members have joined. Training sessions are also available to new players – what a great opportunity! We are in the process of acquiring a new centre

in South London and disposing of the Windmill Road property subject to receiving relevant approvals.

Two members, Radiatben Anandji Shah and Rupaben Devraj Shah, celebrated their 100th birthdays! Happy birthday!

WEST AREA

A very active weekly agenda is run featuring Yoga, Satsang, Cards, Games Evenings as well as the Gujarati school and Youth Club. The team also holds social monthly events which continue to be very successfully attended.

A grant from Hounslow Council has allowed West Area to participate in the Warm Spaces initiative for residents in the borough to support with the cost of living during the Winter months.

The Committee is gearing up for its grand celebration this year to celebrate the 10-year anniversary of Shakti Centre.



Fireside chat

with our Executive Committee

"Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for. We are the change we seek."

Barack Obama.

The OAUk Trustees are on a mission to build on the work done by previous generations and move the community forward with the times, to create a community that stands the test of time and does not stagnate or fade away. We sat down with Poonam Chimanlal Shah and Basanti Dilip Shah to find out what their journey as OAUk Trustees has been like.

Let's start with some background. Tell us a bit about your previous work and accomplishments within OAUk (or Oshwal elsewhere in the world).

Basanti: My earliest involvement with OAUk dates back to my teenage years. I have very fond memories of helping the kitchen crew prepare to feed hundreds of members for Samvatsari Bhojans at Oshwal Centre. At that time, I was typically the youngest member of the catering group and always felt very encouraged and welcomed. Since then, I have dipped in and out of volunteering (always seeming to gravitate towards the kitchen!). Coming in as a Trustee actually marks my first official role with OAUk.

Poonam: I lived close to Visa Oshwal Mahanjanwadi in Nairobi – it practically was my home! I have many fond memories of visiting the Derasar with my dad, eating the best bateta nu shak & daal, spending time in the library, and playing there with friends every day. I attended Oshwal schools from Nursery all the way to A levels. And that's where my deep affiliation and affection for the Oshwal community stems from

– a community that gives a solid foundation and a sense of belonging. Once I completed my education in the U.K., I knew it was time to give back to the community that gave us so much. I started volunteering at the Diwali events initially, with the Rangoli displays and talent shows before joining the Oshwal News team under the guidance of Sudhirbhai, then Trustee and Editor of Oshwal News.

What got you thinking about becoming a Trustee?

Basanti: It's been something that's been on and off my mind over the years. The memories of volunteering for Samvatsari Bhojans have always stayed with me and I've always wanted to contribute something back to our community. For me, becoming a Trustee centred around preserving and evolving our community for current and future generations. As Covid lockdowns ended, I felt like it was the right moment for me to put myself forward for this role.

Poonam: I wanted to bring in thinking that is more representative of our younger members. Oshwal Youth are very active at the Area level, participating and volunteering at Youth Clubs, Sports days and many more. However, very few are able to commit to the strategic needs that an organisation our size requires. In a country as cosmopolitan and metropolitan as the U.K., we live and interact with people from diverse backgrounds in our day to day lives, our friend circles & hobbies are much more diverse than previous generations'. I feel that we need to bridge the gap, to understand the differences in thoughts and the first step to bridging that gap, is to take a step in the right direction. That is why I decided to join the Executive Committee as a Trustee in 2018, oh and a gentle nudge from Sudhirbhai helped too!

What's the experience been so far?

Basanti: Let me tell you...it has been a steep learning curve! There have been highs and lows, as with any role, but I have learned so much about our community, how it is run, all the nuts and bolts that keep it together and have met so many amazing people - that is invaluable in my books!

Poonam: It has been a balanced experience. This is my fifth year as a trustee, and I've experienced incredible support and solidarity from numerous trustees & volunteers, past & present. For the major part, serving the Oshwal community has been a hugely gratifying experience. There is excellent camaraderie of working together, new friendships & ideas developing... lots of excitement! It's heart-warming to see that somehow, we're making a difference to someone's life, when we see the halls of Oshwal Centre filled with the laughter & screams of children, the Gujarati schools flourishing, Oshwals trekking in the U.K. or submitting Everest Base Camp or Kilimanjaro, Oshwals carrying out medical camps in other countries, and so many other events that bring us together.

There can be instances, especially in the age of social media & technology, where trustees have been wrongfully targeted; when people have felt entitled to attack us personally, just because we are trustees. That's when I've had to dig deep in my resolve and values, remind myself why I became a trustee - to serve, to make people feel valued, to give back to the community that gave me so much, to make a positive difference to members and to connect people.

You both hold senior positions in a professional capacity. How do you make time for what sounds like a full-time job?!

Basanti: The running joke in my house is that Oshwal Centre is my second home now! I would be lying if I said it hasn't been a challenge to juggle a demanding day job with the responsibilities of being an Oshwal Trustee. Many don't realise (and I certainly didn't before I took up this role) the sheer number of hours that are put in behind the scenes to run and look after our organisation. There are many instances where I will finish work at 7pm, travel home, very quickly scoff something to eat and then either travel to Oshwal Centre or dial into a meeting which may not finish until the early hours of the morning. It's not easy and requires a lot

of balancing and juggling of both my outlook calendars! Chai and coffee have become essentials (along with biscuits)!

Poonam: It needs some sacrifices and a little bit of organisation from my side. Waking up earlier or not watching the next episode of Manifest have all featured in my new routine. It is made easier also by having a very trustworthy team - we all have each other's backs. There are times we all have to prioritise our own lives; being able to rely on my co-trustees and area committees is vital.

We're talking about the power of our community. 30 / 40 years ago, many Oshwals would have had a similar response to their understanding of what community meant to them. That has changed materially today. In your view, what is the power of the Oshwal community today?

Basanti: That is a great question - it might sound a bit cliché but I think our power lies in our member engagement (which is why I feel it is important for us to keep evolving to their needs). Whether it's because they are volunteering, supporting our events or helping each other to make meaningful connections - without our members we are nothing.

Poonam: I totally agree with Basanti. We have to remember that we've come from humble beginnings in India, and created a dynamic and successful community in East Africa, to a thriving base in the U.K. We have some of the most successful businesses, professionals, philanthropists and individuals in our community globally and yet we have not lost sight of our key values and beliefs as a community - to live and let live, to do no harm and to be inclusive to all.

I also think our power extends to our abilities to support and help the wider global community. In time of need, our community is able to mobilise resources to help those in need. We have built schools and medical institutions in India & Kenya, raised funds and trekking trips to build schools in countries such as Nepal, organised several medical camps, supported pandemic relief efforts, and let us not forget the Oshwal community in Nairobi opening Oshwal Centre as a national rescue & medical shelter for the victims, families, Government and NGOs during the WestGate terrorist attack. Very few communities can do this.

What do you hope Oshwal will stand for in 50 years' time?

Basanti: 50 years is a long time and the world will look and feel very different by this point but I truly hope that Oshwal will remain a constant and be an example to other communities in the way in which we embrace diversity and practice sustainability. I also hope that we will have had more than a few female presidents by the year 2073!

Poonam: A connected, vibrant, forward-thinking, successful, agile and global Oshwal community! Those are a lot of big words, but the essence is to have a truly connected Global Oshwal Community for the next generation of Oshwals to call "home".

We are very fortunate in the UK to have so many causes and charities to support. What difference do think it creates for our 20- and 30-year-olds when they are close to the Oshwal community?

Basanti: I'd like our 20- and 30-year-olds to feel that Oshwal is not just for their parents, grandparents or their children – it's for all of us. Getting involved in our community provides a sense of purpose and also an opportunity to learn and connect with others. By being close to the community you have the ability to influence and shape its direction and make it relevant to you. We are extremely fortunate that we have the facilities and structures in place to support many activities. I'm always eager to hear from our members and their ideas so please do feel free to get in touch!

Poonam: They're making great strides in different areas of life. They are passionate about many global causes such as climate change. They also want to be successful financially, mentally, physically and spiritually. Often, we speak to members who feel somewhat overwhelmed and don't always know where/ who to turn to for guidance and advice. That's where the power of community comes through. The Oshwal Community is a global community with resources - time, knowledge, advice - to guide and help them meet their aspirations.

What achievement / contribution that you've made over the last year are you most proud of? Why?

Basanti: A tough one but I'd say organising our central Diwali event. I've never done anything of that nature before (and to note it was a true team effort) but it was incredibly

rewarding (I definitely exceeded my target step count that day!). From working with all of our wonderful volunteers to seeing members from all generations coming out and enjoying the festivities...it just filled my heart with joy. Save the date for 2023!

Poonam: For me, it was always about engaging our younger members. Along with our media trustees, we have reviewed the social media platforms that we use to engage with younger Oshwals. So far, we're seeing a healthy increase in their participation in OAUK initiatives. To be able to deliver content that interests the youth, well... that's quite an art.

Has your work as a trustee changed you? How?

Basanti: Yes! To start, I have a much deeper appreciation for all of our Oshwal volunteers and staff who keep our community going – they truly are our backbone. I have also realised that voluntary work can be quite addictive! Seeing all the positive energy and impact as a result of your contribution (no matter how big or small) makes you want to do it again and again! And lastly, it's let me step out of my comfort zone and up my average step count!

Poonam: Similarly, I've gained an even deeper appreciation for all our selfless Oshwal volunteers and visionaries, past and present in all the different countries. It is when I joined, I slowly realised the huge sacrifices Oshwals have made over decades.

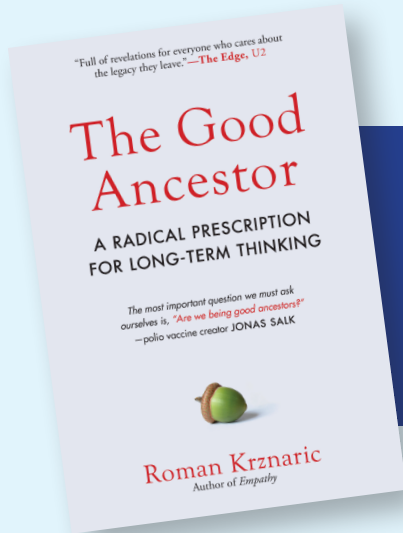
I've learnt the value of serving without expectations, to forgive, to value the comfort that I may be able to offer someone. And, I continue to learn to not under-estimate how positively powerful my contributions can be within a community like ours.

And perhaps, I have gained a lot of patience!





By Rikhav Shah



If not, he claims boldly, discounting the impact of our actions on future generations essentially signals that we are comfortable treating our future generations as slaves.

"Do unto others as you would them unto you."

- words preached by many religions. In this context, "others" are usually people who we know or, at the least, think of in some form, and not necessarily future generations.

Roman Krznaric argues that our way of living does not take account of the generations that will occupy earth many years from now. Many of us might disagree - we strive to grow wealth to be able to pass on; we want our descendants to have more comfortable lives. And indeed, that has been the thinking of our ancestors; they made all sorts of sacrifices that allow us to live as we do now. In so doing, our ancestors - in theory - voted for us. They made decisions that would benefit us.

Today, we hold the ballot. Our decisions influence what will come through in future generations. The difficulty is that the challenges we face are material and complex, ranging from the direction that politics take, the impact of technological automation, and of course, the biggest one - the impact of climate change. Krznaric argues that addressing these material threats to our future generations requires long-term thinking - far longer term than we currently do. He argues that we need to shift our perspective away from one dominated by the need for instant gratification and generally short-term psychology.

These subjects feature regularly in the press, and with increasing expectations that someone - an authority, a leader - will be able to enact new policies to deal with the threats we face. Yet, history shows that authorities are effective at taking action when crises hit, but resort to shorter term thinking.

Against this despairing backdrop, *The Good Ancestor* turns into a somewhat uplifting book by setting out six tools that help us foster long-term thinking. These start with methods to help us to extend our imaginations into the very long-term, then caring about unborn generations and finally, how to plan wisely for them. It's not easy, but the author is hopeful for a more sustainable future.

Krznaric sets out historical examples from around the world and in different aspects of human lives where people and communities have made sacrifices specifically for future generations to benefit from. And this is what gives him hope - the human race has great ability to think and imagine hundreds of years into the future, in all walks of life.

A number of themes in this book reflect the messages of caring for others that Jains (and others) believe in. Oshwals, globally, have witnessed the benefits of long-term thinking and inter-generational care; our experiences been enhanced by the collective long-term efforts of multiple generations of a strong community. This book reaffirms that so much can be accomplished through the power of community; it's a must-read for anyone interested in the future.

Does technology separate or bind our community?



By Anneka Shah

Technology is an integral part of everyday life, and will continue to grow into our daily routines. Whether it's a washing machine, or an Apple watch, technology makes our lives easier and often more interesting. But are there some aspects of life where we should be more cautious? And can technology solve every problem?

During Covid-19, technology provided a way for everyone to connect - scientists collaborated to develop vaccines, families separated by lockdowns came together virtually, and students were able to continue with their education. Technology proved to be a strong medium to bind communities. For Oshwals, it brought us closer together, with people across the globe being able to come together for certain events for the first time through the OAUk YouTube channel.

Now, as we move out of the pandemic, meeting people virtually remains normal and we are, perhaps, even more inseparable from our phones. So, the question that arises again is - does technology continue to bring us together? We all know that technology has allowed us to include more people in any event than ever before; the power of community has been embellished by technology. It has been so valuable for the elderly, the disabled and simply just anyone who has not been able to attend any event in person for any reason. It probably works equally well when the focus is on listening to a speaker or an artist. But I wonder if that's where the power of technology stops. Nothing can replace the excitement and feeling of belonging and being physically present with others. And above all, the ability to just focus on one event,

without the distraction of a new message or another irrelevant news story, brings a greater sense of satisfaction and accomplishment.

Whatsapp is almost the equivalent of a community centre now, offering people a place to catch-up on day-to-day news and share information with each other. You can even see if someone is there at the same time as you! The key is thinking about where we draw the line. The Irish Central Statistics Office estimated, in 2022, that 62% of all information on the internet is unreliable! As we educate the younger generation on the dangers of technology, we must remember also to educate ourselves and the older generations. Everyone in our community needs reminders about the dangers of fake news, hackers, and online scams.

"It's down to each one of us to figure out ourselves, what we choose to feed our minds with."

If we allow technology to feed our minds with positivity, we pass that inspiration on; if our phones feed us poor content, that negativity works its way through ourselves and our dear ones. Whilst technology has immense power to bring us together, it also has the power to tear us apart.

As we continue to champion the power of community, in times where isolation is becoming a greater social issue day by day, we must all take responsibility to use technology correctly, in a way that enables us to be inclusive, but avoids bringing harm and misinformation to communities who already struggle to survive and bind in an increasingly polarised world.

Veganism

- a lifestyle that fits with Jainism

Veganism is a way of life that increasingly more Jains are following, as it resonates closely with Ahimsa, the Jain tenet of non-violence, thus having Karunā, compassion, for all living beings.

The Vegan Society defines veganism as: "...a philosophy and way of living which seeks to exclude – as far as is possible and practicable – all forms of exploitation of, and cruelty to, animals for food, clothing or any other purpose; and by extension, promotes the development and use of animal-free alternatives for the benefit of humans, animals and the environment. In dietary terms it denotes the practice of dispensing with all products derived wholly or partly from animals."

As can be seen from this definition of veganism, it concerns not only diet but also all other products such as clothes, shoes, handbags, toiletries, furniture, etc. Veganism in a holistic form considers the wellbeing of not only animals but also humans and the environment, relating well to Jainism, which propounds looking after nature.

In addition to Ahimsa, veganism is linked to other Jain tenets: Asteya, non-stealing, and Aparigraha, non-attachment / non-possession. An example of Ahimsa is not consuming animal products as their production often involves considerable violence and cruelty to animals. An example of Asteya is not taking milk from a cow as it is not being given freely by the cow. An example of Aparigraha is not accumulating unnecessary material goods that use up much natural resource in their production and are not biodegradable.

In addition to the reasons linked to Jainism, in particular non-violence / being cruelty-free, there are other reasons for following a vegan lifestyle. Popular reasons include reducing the carbon footprint, health and wellbeing.

There is an abundance of literature freely available on veganism, with many websites devoted to helping those wishing to transition to veganism or learn more about this lifestyle that they may already be following. There are several resources available to help with understanding what is involved in the manufacture of animal products. Numerous websites are dedicated to vegan recipes, others offer reviews of vegan products, others give information on vegan nutrition, etc., all of which greatly help to navigate the available choices. With ever-increasing vegan alternatives available for almost all non-vegan items, it is getting easier to follow a vegan lifestyle that is compatible with Jain values.



Vegan Green Juice Recipe

As we approach spring, a time of rejuvenation, below is an energising vegan green juice recipe, with green being associated with the heart chakra – the chakra of love – linking to the Jain themes of unconditional love and compassion for all.

Luscious Green Juice
(raw, vegan, gluten-free, nut-free)
Serves 1

Ingredients:

1 cup of baby spinach leaves	3 celery sticks
1/2 cup of kale	1/2 a lemon
1 handful of parsley	1/4" slice of ginger
1/2 a cucumber	1 green apple

Method:

Wash and prepare the ingredients for juicing.
Remove the juice of 1/2 a lemon separately.
Blend all the other ingredients in your juicer.
Then combine the lemon juice with the rest of the juice.
The luscious green juice is best consumed immediately. It can be stored in the fridge and consumed within 24 hours.



Benefits:

Green juices are a wonderful way of getting many health benefits in an efficient way. They are a convenient way of getting multiple portions of fruits and vegetables. Juicing may encourage you to try a wider variety of vegetables into your diet. Green juices help to increase your energy levels because the nutrients are absorbed easily into the bloodstream when the pulp is removed. Your immunity is boosted with the array of enzymes, phytonutrients, antioxidants, vitamins and minerals in the green juices. Green vegetables help to alkalise your body and their chlorophyll detoxifies the blood. Cruciferous vegetables can be used in juicing, with their anti-cancer properties. To a vibrant you!

Sonal and Seema

<https://www.vegansociety.com/>

Cooking Corner

...because we all love some sweet and spice!

Katki Apple

Recipe prepared by Vasanti Mahendra Shah

Ingredients

750g Granny Smith apples	2 tsp Kashmiri chilli powder
2 large lemons	½ tsp Whole cumin seeds
600g sugar	A pinch of asafoetida (Hing)
2 tsp Salt	

Method

1. Wash the apples & lemons thoroughly in cold water.
2. Juice the lemons and put the juice in a glass bowl.
3. In a large bowl, add cold water, lemon peel and 2 teaspoons of the lemon juice.
4. Peel, core and cut the apples into quarters. Add to the lemon water to stop oxidation of the apples.
5. In a deep dish, add 2 tablespoons of sugar and 2 teaspoons of lemon juice and mix.
6. Make vertical and horizontal lines into each apples and cut criss-cross so that you have small cubes of apple
7. Add the cut apple to the sugar/ lemon mix.
8. Transfer to a larger bowl when the deep dish is filled.
9. Once all the apples have been cut, add the remainder of the sugar and lemon juice to the mix. Add in 2 teaspoons of salt & mix.
10. Leave the mix overnight for the katki to take a pickled, syrup form.
11. On the next day, take a clean bowl and pass all the kakti mix through a sieve, making sure all the syrup is squeezed out.
12. Place this syrup on heat for 15-20 minutes. The syrup will get thicker to a golden syrup consistency. Cool the syrup.
13. Once cool, add in the cut katki, 2 teaspoons of kashmiri chilli powder and additional salt to taste if needed. Mix thoroughly and leave overnight again.
14. On the next day, add ½ teaspoon of whole cumin and a pinch of asafoetida (hing).
15. Mix thoroughly and decant the katki into sterilised glass jars.

Marble Ladu

Recipe prepared by Hansaben Shah

Ingredients

½ lb mavo	¼ lb vermicelli
½ lb coarsely ground pistachios	2 teaspoon cardamom powder
½ lb coarsely ground almonds	½ lb ghee
½ lb coarsely ground cashew nuts	2-gram saffron powder
¼ lb desiccated coconut	

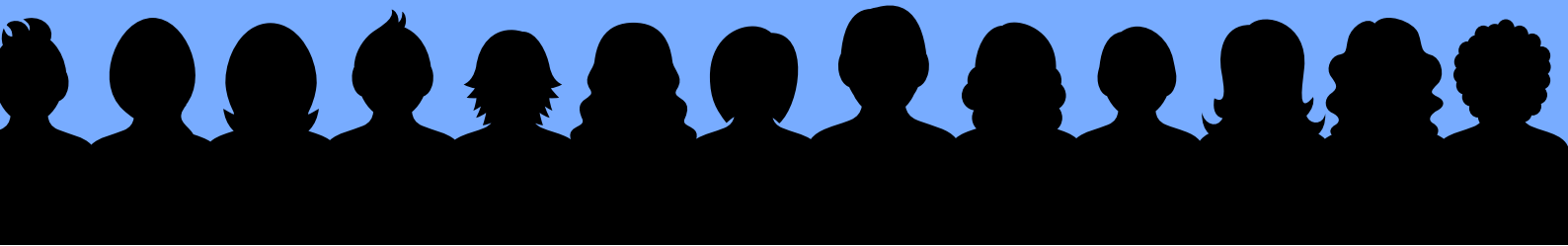
Method

Add 2 Tablespoons ghee in a saucepan and roast vermicelli and leave aside. This can also be roasted in the microwave.

Take another saucepan and add 2-3 tablespoons of ghee and roast mavo on low/medium heat for 8 to 10 minutes. Turn off the heat and add the rest of the ingredients. Also add the remainder of the ghee and mix thoroughly. Roll into small marble sized balls. If the mixture does not bind well add ghee.



MEET OUR VOLUNTEERS



A chat with North East Area Youth Chair, Aashni S Shah

We spoke to North East Area Youth Chair, Aashni, to understand what Oshwal means to her, and what it is like being a young Oshwal volunteer:

Q: Aashni, what does your role involve & how long have you been volunteering for?

A: I have been a volunteer with Oshwal for over ten years, and have been within the Committee for eight years. Being NE Youth Chair involves managing the operation of the youth club at Alexandra Park School. We have activities for kids from 9 - 11 and adults play badminton from 11 - 12:30 and football from 12:30 - 2. The kids indulge in a range of sports like circuit training, basketball, football, dodgeball, benchball, indoor cricket and indoor hockey. A coach comes in to teach Yoga too.

Being NE Youth Chair also involves organising events throughout the year, such as bowling and indoor climbing, as well as long weekend trips, and the recently held North East Christmas party.

Q: Why do you volunteer at Oshwal?

A: I originally started volunteering with Oshwal to help out some friends. Soon that turned into more of a passion. Thanks to the strong youth committee I was working with, I was able

to realise my passion to work with children, organise events and help out at the annual sports tournament. It is great to be able to encourage young people to pursue sports as a leisure activity, to see them building friendships and learn about teamwork and, importantly, to help them build up their own leadership skills. I strongly believe in Oshwal as a community, and very grateful for having these opportunities. Volunteering has also helped me to meet such a diverse group of people who encourage positivity and we all need that! And, I'm always growing my leadership and problem-solving skills as a volunteer.

Q: What's been your highlight Oshwal youth moment in the last year?

A: For a few years now, the NE youth club has been running on very low numbers. I attended the club as a child and saw it at its peak, with oversubscribed members, so seeing the depleting numbers was hugely discouraging. However, I was determined not to give up on the club. Seeing the huge new influx of children, all under 12 years old, with fresh minds and a lot of energy, has been an absolute highlight! They have really uplifted my spirits and reminded me why I volunteer.

Q: What does the future of Oshwal look like to you?

A: I would like more young people to take part in Oshwal activities and events - the time commitment isn't much at all. Two hours on a Sunday to attend the youth club, a great place to develop sporting and teamwork skills, and re-energise before hitting the books again. Everyone, adults and kids, who I speak to seems

to have gained much more from attending NE area events than they were expecting to when they attended their first one.

Q: What might you say to other young Oshwals who aren't yet involved with the community or want to volunteer in the future?

A: I strongly encourage volunteering. It doesn't have to take up a lot of your time and can be done alongside your work or studies and your social life. There is a super-supportive group of people around to help.. You are the future generation and will be able to show us how we can also do things differently and better.

Volunteering is probably the most accessible ways to help you to gain confidence, learn to solve problems, and improve your leadership skills.

Without Oshwal and volunteering with the Youth Club, I don't believe I would be where I am in my career today.



A month in the life of North West Area Committee Member, the 'Never Tiring' Dynamo, Nikaeta

Nikaeta has been volunteering at the North West Area Youth Club for the last 7 years, coaching children between five and eight years of age. She now leads the portfolio for Volunteers Management and Sports & Leisure, and is also involved in the Culture & Heritage portfolio. Every Friday, she spends five hours at Harrow Leisure Centre running the Youth Club with the main portfolio holder, Dhanesh. Alongside the 30+ Volunteers, they ensure all the activities run smoothly. Here are some excerpts from her diary:

It's Friday 11th November. I am at the Youth Club at Harrow Leisure Centre; the evening is busy as we practice for the 37th Annual Oshwal Games. We're trying to select our teams - a difficult task as we have so many active members and not enough participant places.

The next day, I reach Ekta Centre at 7am to help Vinaben (our Culture & Heritage Portfolio Holder) and her team of volunteers to prepare

for the Ekta Monthly Meet (EMM). The EMM finishes at 4pm, but the work continues on until 6pm. Sunday is a morning of household chores followed by an extra practice session for all ReActive8 club participants from 12pm to 5pm, helped by our dedicated volunteers.

I have attended at least two sub-committee meetings every week to prepare for the Mehfil Night and Ekta's 10th Anniversary celebrations. The Family Social Evening is held on the 3rd Wednesday of every month, so I am there straight after work on Wednesday 17th November, helping out the team. We finish at 11.30pm.

On Friday 2nd December, the final preparations continue for the weekend ahead of the Oshwal Games. My alarm is set for 6am on Saturday; I'm out early on my way to London Academy. The whole place is buzzing; I'm delighted to see all the children competing hard! The excitement keeps me awake all night.

Sunday 4th December - the final day of the Games, it's an early start again. The atmosphere is electric! We finish off the two days of the games and head over to Ekta Centre for the presentation ceremony. My heart bursts with pride for the entire ceremony, as I watch the medals being awarded to the winners. I'm trying to get some good views, take a few pictures, and throughout all of it, I am at the edge of my seat, as we wait to hear the overall winner. I jump with joy when North West is announced as the Overall Winners - what an achievement! There are beaming smiles on the faces of Dhanesh, all the participants and the hardworking and dedicated volunteers of the ReActive8 Youth Club.

We meet in the evening on Tuesday 6th December for final preparations for the upcoming Mehfil Night on Saturday 10th December and the Ekta 10th Anniversary on the 11th December. There's lots of planning done by the committee members in the background for the food, drinks, tablecloths, decorations, guest lists, music and much more. I start in the afternoon and take over from other committee members who worked all morning. The Mehfil Night is immensely successful. We clear up and I get home at midnight. I'm at Ekta Centre at 8am the next day; expecting guests to arrive from 10am. Having the chance to meet many dignitaries such as the local MPs and

Councillors, is such an honour. We finish at 6pm and it's time to head home for a much-deserved rest!

Life at North West is certainly busy, but the key to this success lies in how we are there to support and guide each other. All our achievements in the past year could not have been possible without the enthusiasm and achievements of the young and the elderly. I admire and deeply thank the volunteers who have been engaging for many years. They have taught me so much and have welcomed me to the new committee with open arms. I hope to continue to do my best and encourage more young volunteers to come on board. I've learnt a lot and it's been a highly enjoyable experience!

I'm ever so grateful to my husband Ritesh and our children Rishi, Miren, Yashni and Diva, without whose support my role as a committee member would not be possible.



North West Vice Chairman Nehul Shah interviewed Ekta Tiger Jayantibhai to find out about the Ekta Tigers and learn from the experiences that they had.

Nehul: What made you so passionate about community work, and in particular the Oshwal community? What inspired you?

Jayantibhai: Around the same time as the purchase of Ekta Centre, I had retired from my job at London Underground. I met Mahendra Malde at my first ever Aymbil. Mahendrabhai was actually looking for my brother, Vinu, but as we look very similar, he confused me with my brother! The next week, Mahendrabhai asked me to come to Ekta centre and help out at a Sadadi. I went and he showed me around and explained how to work the lights and open and close Ekta Centre.

The following day, I went in the morning and met more volunteers who used to go regularly. They were cleaning up all the walls and kitchen and I started helping them. That's how I started.

Nehul: When you started, was it just a small team of volunteers or was there already a large team?

Jayantibhai: There were a lot of elderly people. I didn't know so many people were helping out!

Nehul: Can you think of a moment at Ekta Centre that still inspires you to come to Ekta Centre.

Jayantibhai: One such moment was when I was speaking to Chetan, who was responsible for Property maintenance at that time. Whilst helping out, I used to hear the phones all the time and wondered who was answering them as we had no office at that time. I wasn't aware that Chetan and Ashwinbhai were answering calls offsite. I had a meeting with Chetan and asked if we could open an office; I was willing to help manage the office. He was really pleased.

Nehul: Who started running the office with you?

Jayantibhai: Late Shobhagbhai, who used to help at Oshwal Centre prior to Ekta Centre, showed me around and gave me good ideas of how to operate the office, based on his experience at Oshwal Centre. Sadly, he passed away shortly after, and I took over. I had the privilege of working with the Late Pravinbhai too. He helped me a lot. Mohanbhai came in after and saw that there was lot of work and that one person was not enough so he spoke to Dipan, the treasurer, and decided to join me in the office. And, slowly, the team started to grow.

Nehul; So, how did the name Ekta Tigers come about?

Jayantibhai: I think the reason was that we were ready at any time to get on with the work and help out at any functions that was going on. Ekta started buzzing with a lot of events and anytime that we were required, the volunteers were ready to help.

Nehul: Can you describe the team of the Tigers.

Jayantibhai: Mahendra Malde "recruited" most of the volunteers. Rameshbhai is one volunteer who I greatly appreciate. He has helped out in the kitchen, done the garden, looked after the property so well, and has never said that he is

tired or can't do something. And he always has a smile on his face! Mohanbhai ran the office and took over the finance. He did an immaculate job. I learnt a lot from him, including accounts, which I never thought I could do! The Late Parenbhai was very good with computers and the booking system. Later, we had Bhikhubhai who took over when I had to take some time off. Bhikhubhai and Vinubhai helped in the office regularly. Amubhai is most likeable - present whenever we needed him. He had the key and was always there at night. Venibhai, Jayantibhai, Navinbhai and Shantilalbhai all used to come in regularly. They have all worked hard and made my life easy, as they would take over work without being asked to. Although Ashwinbhai was working, prior to going to work, he would come and clean up the car park. If the bins were full up, he would jump on them!

Nehul: You had a great team, but was there ever a disagreement within your own team and how did you resolve it? We want to learn from past experience.

Jayantibhai: We used to have arguments like any organisation. However, there was no animosity. Once said, the small disagreements were forgotten and we got on and were friends again. We had no big arguments.

Nehul: You have seen OAUK moving through different waves and tides. What would your advice be for our association going forward?

Jayantibhai: We have ongoing problem as it has been difficult to recruit the younger generation to help out to join the Oshwal Association. There is a big gap. Previously everything was mostly done by elders; youngsters were never encouraged. I see your committee at the moment bringing in the youngsters, who will now experience Oshwal, and may inspire more young volunteers to join.





INCLUSION AND DIVERSITY: YOUR GENDER DOES NOT DEFINE WHO YOU ARE

Community is all about the relationships that we have with one another. The power of our community is stronger when we understand the diversity amongst us. The Editorial Team spoke to Rahul Pravin Malde, who came out as gay at the age of 23. In 2022, he married the love of his life, Sushank Chibber.

Tell us a bit about yourself.

I'm from Wembley and work as a procurement manager for the UK government in humanitarian aid. With my sister, Payal, I also do bridal hair and make-up as a hobby. Oshwal has been a big part of my and my family's life.

When did you realise your identity? What was going through your mind as you had this realisation?

I realised this in my mid-teens, and a lot of that came through name-calling at school. For a few years, I just pushed it to the back burner. Sometimes I acknowledged who I was, but didn't really know how to act without people knowing. This was partly a function of being at a school that was attended predominantly by Asians. When I went to university in Birmingham, I was in a much more diverse community by race, sexuality, etc, and that really opened me up. When I started working professionally, my first job was at Harrods, where there were lots of gay people, which helped me to open up further.

What was it like telling your family and friends? How did they react?

My sister and I were very close, and she knew from very early on. With my parents, I didn't ever know when the right time would be.

One day, I went for a walk with my mum, and she, somewhat uncomfortably, asked me if I was gay. My response was along the lines

of "No, no, no, nothing like that" and I brushed it away. Then a couple of weeks later, while my dad was in India, she asked me again. When I refused to acknowledge it, she mentioned that my sister had told her! At that point, I had to say the truth. Mum didn't expect that, and there was only so much I could say to explain it; she needed more time.

When my dad got back, my mum just said it out loud at the dinner table. "Uh oh!" I thought to myself. I always thought it would be harder to discuss this with my dad than my mum. Surprisingly, my dad was quite ok with it. His reaction was "if you're happy, then I'm happy for you." I wasn't expecting that.

Looking back, I'm grateful that my sister had been open with my mum. I also had a second cousin who helped my mum and really supported me. Mum's big fear was that this was not normal, and she didn't know how to react or expect. The big question for her to get over was "What about society?" It was the perception (from society) rather than reality that influenced her initial reactions.



At what point did you find it comfortable to be open about your sexual orientation more widely?

With friends, it was easy; I didn't have to tell them, and they just got it. Family found out when I introduced my partner to them. Nobody said anything awkward, including family in India. The family showed us lots of support and love. My nani used to come to my house every Friday and Sushank would be there. Initially, my mum would say, "it's Rahul's friend" but over time, my mum told my nani that he was my partner. In truth, that was the generation that I would have been most scared of, but that generation was very open. My nani told Sushank directly, "your gender does not define who you are." That was very sweet of her!

Sushank's experience was similar. We're both very grateful to have had so much family support. His elderly nani came all the way from Canada to the wedding.

Do you feel that being open about being gay helped your family?

Definitely. There's just a lot more awareness. We've been approached by people from different parts of the world, asking for help in how they can come out, how to tell others etc. I've seen a big difference between my family and others', and I'm very grateful for them.

How might our culture have affected your experience in speaking openly about who you are?

Unfortunately, it is more difficult for us, than for example, Caucasians. In some other cultures it's less frowned upon. After university, a person's life is very much their own - they don't have to live in the same way as their family did. Our situation is different. As Jains, Hindus, we often know multiple generations of our families - culture and community is a part of this discussion. We are conscious that our parents and families have worked hard to build their footprint and be known in the community, and we just don't want our parents to feel ashamed. Jainism teaches about peace and care for all.

To what extent do you think that as a community, our religion makes us more accepting / inclusive of the LGBTQ+ community?

Jainism is both a religion and also a spiritual way of living. It's all valuable, as it gives you



your values and provides great guidance on our relationships with different people.

There is a lot of what is written in our scriptures that has just worked its way through generations. However, this forces us to think within a box, and so I feel that the religion aspects potentially hinder inclusivity. This is not just about sexuality; it extends to so many other things which just don't get spoken about.

This is changing somewhat; our generation actually wants to understand the reasoning behind anything that is taught under a religious banner, and if there is no answer, we don't simply accept it! This is where we lean more into the spiritual and cultural aspects of Jainism, as it helps us understand different individuals more openly.

What's your advice to Communities such as OAUk in relation to LGBTQ+, recognising that most may not have any active agenda in this area?

Education and awareness are really important; that's the cornerstone. Finding the positives, praising and celebrating people's stories just empowers all of us. And we do have people who are able to talk about more difficult subjects. There is nothing that we can't do to be more inclusive. Just be creative! One of my favourite finds has been a gay garba group - they hold fantastic events!

What advice would you give to LGBTQ+ people in the Oshwal community?

First and foremost, accept and love yourself before expecting others to love you. And that applies to anything, not just about being gay. Don't feel pressured to come out. There's no hurry.

Do what's right for you, and be respectful for your wider family and community. Make it easy for them to engage with the community, regardless of how you intend to interact with the community.

Active Travel

By Anup Shah



We are living in interesting times... "Permacrisis", the feeling of living through multiple large-scale issues that seem to keep coming, with an impending sense of doom has become the word of the year for 2022. It may be different things for different people: the climate emergency, Brexit, COVID, war, political instability (internationally as well as domestically - I am almost losing count of how many Prime Ministers we are going through!), a cost-of-living crisis, an energy crisis, a biodiversity crisis (species crashing), a health crisis (apart from COVID, think longer term like diabetes, in particular in our Asian communities) and more!

In this article I am going to talk about one angle that can help tackle some (though not all) of these issues: **"active travel"**. A way to contribute to tackling climate, health, and cost of living crises at an individual, community and societal level. We also touch upon what obstacles there may be to this.

What is Active Travel and what are its benefits?

Active travel refers to modes of transportation that involve physical activity, such as walking, biking, or using a wheelchair or other assistive device. There are many benefits to incorporating active travel into your daily routine, including:

1. **Improved physical health:** Active travel can help improve cardiovascular health, increase muscle strength and flexibility, and reduce the risk of obesity and other chronic health conditions.
2. **Mental health benefits:** Active travel can help reduce stress and improve mood by providing an opportunity for physical activity and exposure to nature.
3. **Environmental benefits:** Active travel can help reduce greenhouse gas emissions and improve air quality by reducing the number of cars on the road.
4. **Economic benefits:** Active travel can save money on fuel and vehicle maintenance costs, as well as reduce the need for expensive infrastructure such as roads and parking facilities.
5. **Community benefits:** Active travel can promote a sense of community by providing opportunities for social interaction and promoting walkable, bikeable neighbourhoods. Overall, active travel can have numerous benefits for individuals and communities and can be an enjoyable and convenient way to get around.

What are some of the obstacles to adopting it?

There are several obstacles that can make it difficult for people to adopt active travel as a regular mode of transportation:

1. **Lack of infrastructure:** In some areas, there may be a lack of pavements, appropriate cycle lanes, or other infrastructure that makes active travel safe and convenient.
2. **Safety concerns:** People may feel unsafe walking or cycling in areas with high traffic or a lack of pedestrian- or cycle-friendly infrastructure.
3. **Distance:** Active travel may not be practical for longer distances, especially for those who are unable to walk or cycle for long periods of time due to physical limitations and some of our cities are currently oriented towards car travel or transporting people in and out of the centre, with less connectivity around the areas people live.
4. **Weather:** Inclement weather, such as extreme heat or cold, may make active travel less appealing.
5. **Cultural and social norms:** In some cultures and communities, active travel may not be seen as a practical or acceptable mode of transportation, which can discourage people from adopting it. In some societies, car culture is so engrained it can be difficult to break from that way of thinking, especially when the other obstacles are all combined.

Scaling up the challenge

Individuals can be encouraged to take more responsibility for their health and minimise their own carbon footprint. But if climate change and environment degradation are to be tackled, active travel requires scaling up to societal transformation.

This requires significant investment in infrastructure to address the above obstacles and engaging in educational and marketing campaigns to promote the desirable change in our behaviour as a society. And this is where some of the political obstacles will therefore be found.

For example, there have been various efforts by driving enthusiasts and car companies to oppose or discourage the adoption of active

travel. These efforts can include lobbying against the construction of bike lanes or pedestrian infrastructure or promoting the perceived benefits of driving over other modes of transportation, such as the convenience and comfort of driving, and positioning cars as a status symbol. After all, car companies have a lot to lose if entire societies are to change their travel habits!

Additionally, car companies and driving enthusiasts may argue that active travel is inconvenient or impractical for certain trips, such as long-distance travel or travel in areas with harsh weather conditions and given a dilapidated train service in countries like ours, it is easy to reach for the car if traveling within the country.

As an aside, electrification of transportation is seen as a critical part of tackling climate change, and electric cars are a big talking point. But by themselves electric cars don't address other issues car-oriented transportation create such as implications of mass lithium mining and the need to decarbonise the supply chain, to local issues such as traffic and safety, less healthy activities, maintaining large highways and



suburban sprawl (ironically often to accommodate more cars), etc. Studies show they will produce fewer greenhouse gas emissions over their life cycle compared to fossil fuel-powered cars. However, the amount of infrastructure needed to support them and the time it will take to provide it also isn't compatible with the timeframes scientists say we have to keep global temperature rises in check. So, although electric cars aren't going to be a silver bullet by themselves, they may form a part of the solutions needed to help address climate change.

Low-traffic neighbourhoods (LTNs) invite

perhaps the most controversy, but perhaps unfairly. While confrontation can make for good headlines, research has shown that as well as reducing air pollution LTNs can also reduce traffic in surrounding boundaries, contrary to the main arguments against them. And where traffic is too high, is it really due to LTNs or because there were too many cars in the first place?

Similarly, opposition to London's expanded Ultra Low Emissions Zone can be seen as baffling if viewed from the lens of health.

Why would you oppose breathing cleaner air?

On their own, these schemes can perhaps be seen as not good enough or flawed and are more easily opposed, especially if alternatives are not readily available. But as part of an overall set of measures at local and regional levels to improve infrastructure, to support pedestrian and public transportation, these schemes have a part to play.

It requires a mindset shift, which is not easy to do in isolation. Our consumerist societies encourage our individual freedoms and actions but shy away from wider political participation (ignoring how off-putting current British politics is!).

Individuals need to take courageous first steps (even a small thing as taking a bus or walking/cycling where you'd normally take a car) and then finding like-minded groups to campaign for better facilities for communities around us. At the same time, from a climate emergency point of view, it also requires action and campaigning at regional and national levels for change to be significant rather than just localised. But it has been done before. The Netherlands took these transformative steps and did not lose their standard of living in the process. They improved it. Many cities and regions are following suit. So we don't have to look far for inspiration.

Conclusion

"A developed country is not a place where the poor have cars. It's where the rich use public transportation" – Gustavo Petro

Active travel provides numerous benefits for individuals, communities, and the environment, and is an important part of a sustainable future. It is important that we recognise the potential negative impacts of driving and car culture, and work together to promote and facilitate active travel as an alternative to driving.

We must look beyond the attempts of those who oppose these efforts for selfish reasons and strive for a future where active travel is a viable, safe, and accessible option for all. It's not just for our own individual benefits, but for our neighbours, communities, and society in general.

It is encouraging that schools are teaching about some of these issues. Many are more aware of climate change than parents! I am sure many parents reading this have seen their children nagging them to turn lights off, or recycling more. Or even to drive less. That said, I am sure parents are increasingly nagging their kids to listen and do their homework!

As the earlier quote hints, it is not about taking away cars, but to make alternatives better; make cities and neighbourhoods and public transport so good that you don't want to take a car because it would be less convenient.

We are (rightly) taught to respect our elders. We would do well to hear and respect everyone, including our future generations.



HEALTH MATTERS: Managing Your Menopause



Did you know....

- *There are 34 common symptoms of the menopause*
- *Many women start having symptoms in their late thirties/early forties*
- *Most hormone -replacement therapy (HRT) treatments are derived from plants*

Women are living longer, are healthier, are more educated, and are more present in the workforce than ever before. However, one thing that has not changed is the menopause when the body changes dramatically, losing the capacity to bear children. The accompanying symptoms can be debilitating and affect everyday activities. Without appropriate care, this can have a severe impact on physical and mental health, personal relationships, and workplace participation. It is therefore essential that women are proactive in managing menopause and that women, as well as men, discuss this topic more openly and knowledgeably.

On 27 November 2022, the OAUk organised a webinar entitled **"Managing Your Menopause: What You and Your Family Need to Know"** (a recording can be viewed via the OAUk website and the Oshwal YouTube channel).

The webinar opened with a personal story from **Reshma Datta**, a Commercial Healthcare Pharmacist. Reshma's symptoms started at the age of 38 and like many women, included night sweats and broken sleep, which resulted in exhaustion. She made various lifestyle changes to help her cope. After years of suffering, she finally went to see her GP who recommended hormone replacement therapy (HRT). Initially reluctant, Reshma did some research, weighed up the pros and cons and decided to go ahead. The treatment worked and, to her relief, her symptoms subsided, allowing her to enjoy a good night's sleep and high energy levels again. Reshma's key message was that your menopause can be managed, as long as you are open to different treatment options and make informed choices.

Dr Komal Shah, a GP, then described the different stages of the menopause and the wide range of associated symptoms. Lesser-known symptoms affecting the mouth, gums and eyes were also highlighted. One of the most concerning statistics mentioned was that the average age of menopause

has lowered from 57 to 51, which means women need to be aware of changes to their bodies at a much earlier age when compared to their mothers. Komal went on to describe premature menopause and the dangers of postmenopausal problems such as osteoporosis and urinary problems. Although every woman's menopause journey is unique, there is no need to suffer alone - seek help from your GP.

Dr Anuja Shah, a GP, then gave a comprehensive overview of practical tips, lifestyle changes and treatment options available to relieve the symptoms of menopause. She explained the importance of sleep, exercise, and strategies to improve mood and stress-levels. Anuja then went on to describe the different types of HRT treatments, how they work and when best to start them. An important part of the talk addressed the myths around risks associated with HRT. Anuja also explained the benefits of starting HRT treatment early, and recommended using resources such as the Balance app, and the Menopause Matters website.

Sushma Shethna, a registered Ayurveda Practitioner and Acupuncture Clinician, then pivoted from conventional medicine to a more holistic approach. Sushma explained some of the principles underlying ayurveda and acupuncture and how these approaches can help treat the symptoms of menopause. She recommended taking up yoga and meditation and using natural home remedies such as pomegranate and fresh lime to counter hot flushes, and nutmeg and turmeric in milk to help with sleep. Sushma's take-home message was that holistic treatment is a journey rather than a quick fix, and so patience is required. Each woman is unique and so the course of treatment needs to be tailored for her specific psychophysical and spiritual make up.

Dr. Rajvee Punatar
EC Trustee, Health & Wellbeing Co-chair



OUR INSTITUTION, OUR HERITAGE



આપણી સંસ્થા, આપણી ધરોહર

શ્રી ઓશવાળ એસોસીએશન યુ.કે, નોર્થ વેસ્ટ એરિયાની ગુજરાતી શાળા તરફથી શ્રીમતી સોનલ રાજેશ શાહના સાદર પ્રણામ. આજે મારે આપ સૌને એક નાની, પણ મનને ખુશ કરી દે એવી વાત જણાવવી છે. ગયા અઠવાડિયે હું વર્ગ પરીક્ષણ માટે અમારા ખાસ વર્ગમાં ગઈ હતી. સૌ પ્રથમ તો ખાસ વર્ગ એટલે શું તે જણાવી દઉં. આ વર્ગમાં બાળકો જુદી જુદી ઉંમરના છે અને તેઓનું ભાષાકીય કૌશલ્ય પણ જુદાં જુદાં તબક્કે છે તેથી તે એક ખાસ વર્ગ છે. વર્ગ પરીક્ષણ કરતાં મને બાળકોએ તેઓની ચોપડીમાં કરેલ ધરકામ બતાવ્યું અને સાથે સાથે એ પણ જણાવ્યું કે એક વિદ્યાર્થી જે આગલા અઠવાડિયે ગેરહાજર હતો તે પણ હોમવર્ક કરીને લઈ આવ્યો હતો. બાળકોએ હસતા હસતા સહજરૂપે મને જણાવ્યું કે કેવી રીતે તેઓએ આ વિદ્યાર્થીને સમજાવીને તેને ધરકામ કરવા પ્રેર્યો. બીજા સહકર્મીઓનો સહકાર અને ઉત્તેજન મળતા આ વિદ્યાર્થી તેનું ધરકામ શુક્રવારે પૂરું કરી શનિવારે નિશાળમાં લઈ આવ્યો. વાત સાવ નાની છે અને પ્રથમ દૃષ્ટિએ મામૂલી લાગે તેવી છે પણ જો વિચારીએ તો આ નવથી અગિયાર વર્ષના વિદ્યાર્થીઓએ એકબીજાનું ધ્યાન રાખી, સાથે મળીને કાર્ય પાર પાડ્યું જેથી વર્ગમાંથી કોઈ એક બાળક પાછળ ના પડી જાય અને સૌ સાથે આગળ પ્રગતિ કરે. આ એક મજબૂત સંગઠનની શરૂઆતનો પાયો છે! એક શક્તિશાળી સંઘની રચના ત્યારે જ થાય જ્યારે સર્વે સભ્યો સાથે મળીને એક ધ્યેયથી સર્વે કાર્યો પાર પાડે. અહીં તે શરૂઆત ગુજરાતી શાળામાંથી થઈ જે જોઈને મને ખૂબ જ આનંદ થયો અને લાગ્યું કે જો આ રીતે હળીમળીને કામ કરશે તો આજની આ કુમળી પેઢી જ આપણી સંસ્થાને, આપણી ધરોહરને આગળ લઈ જશે! સમાજ સેવાનાં સંસ્કાર અને સંસ્કૃતિની ઝલકનાં બીજ મને દેખાઈ રહ્યાં છે.

આજે જે જે સમાજ આગળ પડતા ગણાય છે અને જેને સરકાર પણ ઘણી મદદ કરે છે તે તે સમુદાયને જો આપણે ઝીણવટપૂર્વક તપાસીએ તો ખ્યાલ આવશે કે એના મોટા ભાગના સભ્યોનો એમાં કેટલો મોટો ફાળો રહેલ છે. એક અવાજ, એક હાથે અને સેવાના ભાવ સાથે જો કાર્ય પાર પાડવામાં આવે તો દરેકે દરેક લોકો આપણા સમાજની ચોક્કસ જ નોંધ લેશે.

બે-ત્રણ વર્ષના કોરોનાના કપરા કાળમાં ઘેર બેસીને આપણે એટલું તો શીખી જ ગયા છીએ કે જ્યારે આપણે જુથમાં/ગ્રુપમાં ભેગા મળીને કામ કરીએ તો એની મજા કંઈક અલગ જ છે! જો તમને આ અનુભવ લેવાનો લક્ષ્યો ન મળ્યો હોય તો ક્યારેક એકતા સેન્ટરમાં સ્વયંસેવક તરીકે સેવા આપવા જરૂર આવજો, તમને ખૂબ જ મજા આવશે સાથે મળીને કામ કરવાની. મારી પાસે ઘણાં વાલીઓ આવે છે જેઓ મને કહે છે કે ગુજરાતી ભાષા શીખવાની સાથે સંસ્કાર અને સંસ્કૃતિની સમજ પણ ગુજરાતી શાળામાંથી મળે તેવી તેઓની અપેક્ષા છે તો મારો સંદેશો આપ સૌને એ જ છે એક વાર તમે ગુજરાતી નિશાળના પરિવારમાં, સમાજની પ્રવૃત્તિઓમાં તન અને મનથી સામેલ થઈને જોડાવ તો આપોઆપ સંસ્કૃતિ અને સંસ્કાર બાળકોમાં આવશે જ.

Today I want to share a small, but heartwarming, story. Last week, I went to our special class for a class observation. The children in this class are of different ages and their language skills are also at different stages, which is why it is a special class.

During the class observation, the children showed me their notebooks with the homework they had completed. They also mentioned that a student who had been absent the previous week had also brought in the homework. The children, brimming with happiness, told me how they had persuaded this student to do his homework. With the support and encouragement of other classmates, this student completed his homework on Friday and brought it to the Gujarati school on Saturday. The matter is very small and at first sight seems trivial but if you think about it, these students of nine to eleven years of age took care of each other, worked together to ensure no child in the class fell behind; they all progressed together. This is the foundation for a strong organisation! A powerful union is formed only when all the members work together with a common goal. Here it started with the Gujarati school which I was very happy to see. I felt that if they work together like this, the young generation of today will take our institution, our heritage forward! I am seeing the seeds of unity and the culture of volunteering & supporting.

If we closely examine the communities and organisations that are well organised and also recognised by the government, we realise how much contribution most of its members have made to it. If the work is done with one voice, with one hand (unity) and with the spirit of service, then our organisation will surely get the recognition it deserves.

Being housebound over the last two to three years, over the Covid-19 pandemic lockdown, has taught us all that when we work together in a team/a group, the fun is at a totally different level. If you have not had the privilege of having this experience, do consider volunteering at the Ekta Centre, you will have a lot of fun working with others.

Many parents come to me with the desire for their children to learn the Gujarati language and also understand our culture and customs by attending Gujarati school. So my message to all of you is the same; the children learn from the adults. Once you join our Gujarati Schools' family and get involved in the activities of the society, the culture, customs and knowledge automatically follows.

Sonal Rajesh Shah

Gujarati School of North-West Area

Oshwal Gujarati School North West Area

2022-23 Registration open
for children 4 to 16 yrs

Oshwal and Non-Oshwal welcome



<https://oshwal.org.uk/gujarati-school-application-form/>

Learn to
Read, Write
and speak
Gujarati
confidently



Activities

- play games
- art
- stories and songs
- Indoor activities



Saturday (term-time)

for 5-16 yr

from 9:30 to 11:30 am

For 4-5 yr

from 9:30 to 10:30 am at
Avanti House Primary School,
Common road
Stanmore, HA7 3JB

Thank you to the
teachers and
volunteers. My son has
thoroughly enjoyed his
first term.



Thank you for organising a
lovely morning for the
children.



Thank you
for a
wonderful
session



WEST AREA GUJARATI SCHOOL

Oshwal and Non-Oshwal Welcome

CHILDREN AGED 4 +

LEARNING TO SPEAK GUJARATI WITH ACTIVITIES
SUCH AS YOGA, DANCING, STORYTIME
EVERY FRIDAY

From 6.15PM - 7:45PM
OSHVAL SHAKTI CENTRE

INWOOD Road, HOUNSLOW TW3 1UX

CONTACT MAHESHBHAI ON
07984624639 OR EMAIL

MAHESH.V.SHAH@OSHVAL.ORG FOR
MORE INFORMATION

FOR A FULL LIST OF TERMS AND CONDITIONS PLEASE SEE THE OSHVAL WEBSITE (WWW.OSHVAL.ORG.UK)
Made with PosterMyWall.com CHARITY NO. 267037



WHO CAN ENROL?

We welcome anyone
who is over 5 years

SCAN QR CODE:



WHAT MAKES US UNIQUE?

We are an inclusive, supportive and diverse school where you can learn how to read, write and speak Gujarati in exciting and fun lessons, which could lead to a GCSE qualification.

We encourage students to be resourceful, ethical and effective problem-solvers and help develop a strong sense of their culture identity and roots, built on the Jain values of Non-violence, Truth, Respect and Kindness for all.



WHAT ACTIVITIES ARE THERE?

We offer a range of cultural activities:

- A variety of musical styles
- Classical to Contemporary Dance
- Arts and Crafts
- And more!



SCHOOL INFORMATION

Location: Woodhouse College, London N12 9EY

Timings: Doors open 9.15am to 12.30pm on Saturdays

Contact: education-n@oshwal.org

To enrol: www.oshwal.org.uk/gujarati-school-application-form

Oshwal Association of the UK (Charity Reg. No. 267037) | T&Cs apply

See the website <https://www.oshwal.org.uk/education> for details

OSHVAL GUJARATI SCHOOL SOUTH AREA



SATURDAYS

AGES: 3-5

TIME: 9:00AM - 10:20AM

LOCATION: HARRIS ACADEMY, KENDRA
HALL ROAD, SURREY, CR2 6DT



We are excited to have started Bal Mandir classes for ages 3-5 years. Gujarati is taught through games, poems and stories. Please encourage your balako to come.

For more information please email us at: ogssouth@oshwal.org or
phone Anil: 07970 897 002

OSHVAL ASSOCIATION OF THE UK is a registered Charity in accordance with the Charities Act, 1960. Charity No. 267037
<https://oshwal.org.uk/event-terms/>



AREA

The **East area** has a new, young committee, with many joining for the very first time. The committee has gelled together well, and the support from the area members has been vital in this first stretch.

We have tried to build upon the foundations set by past committees, but also seen a particular need to engage more with our younger members. So far, we have seen an increase in their attendance, with ongoing support from the older members.

Our key objective is to refresh the area with a variety of programmes, as well as identifying repeatable, regular favourites. We are here for our members and will always keep our door open for your thoughts and suggestions.

New activities...

We're running several activities very regularly and want to continue expanding the range of activities

to cater for all our members' interests and needs:

- **Sunday Stroll with Paras.** Want to feel grounded? One with nature, yet in the company of others? Paras will be leading regular scenic walks through Epping Forest. Watch this space!
- **Mindful Meditation.** Feel zen and be one with yourself. Group meditation sessions led by Paras, coming soon.
- **Online Gujarati Classes for beginners.** Contact Dipesh (Area Education Lead) for further details/to register your interest.
- **Mahavir Jayanti Satsang** from 8pm to 10pm on Tuesday, 4th April 2023 at St John's Church, St John's Road, Seven Kings, Ilford IG2 7BB
- After a successful games night, we're putting on **another evening full of fun, games and good food.** 7pm - 11pm on Saturday, 20th May at St John's Church.

Shreena R Dedhia decided to join the Leicester Area Committee to find new ways of encouraging young people to attend our events and be a part of our community. Here is her story so far...

I am impaired visually but I have never thought of my impairment as an obstacle in my day-to-day life. Initially, I thought it would be challenging to become a young committee member with an impairment. However, I have received an immense amount of encouragement and guidance from both committee and community members. This has made it easier for me to settle into my new role.

"I am impaired visually but I have never thought of my impairment as an obstacle in my day-to-day life."

This role has enhanced my confidence in everything I do as a committee member from talking to new people, organising events, public speaking and making executive decisions. I am passionate about serving the community and making a positive impact for the future. All the skills I have gained from being a part of the committee help me in other areas of my life.

In December 2022 I helped organise a Christmas party. We invited people of all ages to join in. The idea of this event was to encourage people to interact with each other through playing a variety of small group games. For the first time in many years, we had young people between the ages of 7 and 28 years old attend the event. I personally enjoyed myself, as I met new people who were of similar age and had similar ideas and opinions to me. This was a positive outcome and we look forward to seeing more young people and building our network for years to come.

Being responsible for the youth portfolio, it is very important for me to combine both our traditional values and the constantly changing modern world. To survive we must adapt to the current time, but never forget our roots, our story.





Rambhoben Ranmal Shah

Born in 1933, Rambhoben arrived in the UK in 1971 and resides in Leicester. She has dedicated her life to community service and is an inspiration to so many people, young and elderly.

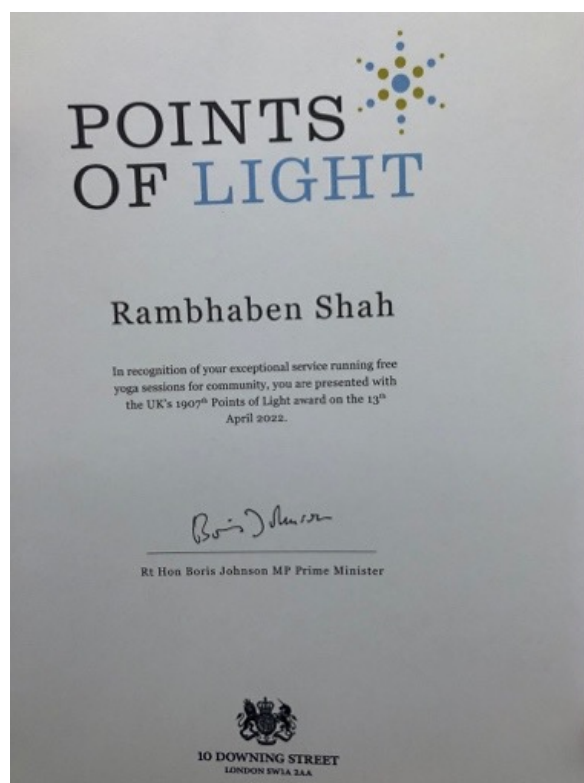
Rambhoben led the 'Asian Towers Lunch Club' which has served over 70,000 meals to the elderly all over Leicester. Twenty years ago, she successfully set up Prem Yoga, giving out 32,000 free yoga lessons. The classes helped keep the older Asian community healthy and reduce loneliness. Since it began, the group has grown and has become a place for people to socialise, stay active and gain practical support.

At the Leicester Neighbourhood Centre, the Saturday Club for elderly people provided Jain food and a place to socialise and build and improve friendships. All the food that was served was purely Jain. Every detail was guided and supervised by Rambhoben including shopping for ingredients and the cooking process. The club ran into some financial difficulties and Rambhoben thought she would have to close the club. However, her husband encouraged her to continue, and so she decided to personally fund the cause. People from the community heard about her efforts to keep the club

open and decided to help her by applying for a grant. The money from the grant was put towards the management of the club!

Rambhoben has received many awards for her service:

- *In 2007 she was awarded the NCT Star Award for providing service to the community.*
- *The Induben Shroff Trust presented her with The Women of The Year Award.*
- *In 2018 Oshwal presented Rambhoben with an Achievement Award.*
- *She has also received the Prime Minister's prestigious Points of Light Award.*
- *In recognition of her exceptional service for the community, she was invited to meet our Prime Minister last Diwali.*





AREA

The Committee was elected at the AGM in June 2022. Some of the Committee members had held different roles in the past. Newer roles for different people is introducing them to different tasks, and we are learning different skills too!

Our Friday clubs, held on the first Friday of each month, are a great combination of games and socialising! In addition, we have the following future events coming soon:

- **Picnic and Games in the Park on Sunday, 25th June 2023 from 12.30pm to 4.30pm. More details to follow in due course.**
- **Pizza and Games Night**
- **Chair Yoga**
- **Dal rotli**



GAMES NIGHT

**WARDEN HILL
WYCOMBE WAY
COMMUNITY CENTRE
LUTON LU3 2BW
FRIDAY 5TH MAY 2023
8-10PM**

OAUK MEMBERS FREE | NON OAUK MEMBERS £1

Contact: Keval 07837181332

NOTE: PHOTOS & VIDEOS MAY BE TAKEN DURING THE EVENING. BY ATTENDING YOU ARE GIVING PERMISSION TO OAUK TO USE THESE IN ANY POST-EVENT PUBLICITY. OSHWAAL ASSOCIATION OF THE UK/CHARITY NO 267037 TERMS AND CONDITIONS APPLY. MANAGEMENT RESERVE THE RIGHT TO MAKE ANY NECESSARY CHANGES

More details will be shared on the above soon.

If you would like to receive e-newsletters, or receive updates via Whatsapp, please send your details to **Nita P Shah** on **07504 527141** or **nita.p.shah@oshwal.org**



AREA

We continue a lot of the excitement from previous years. Our Youth Club, Social Club and Luncheon Club are all running smoothly.

The Gujarati School has done well last year. Student numbers continue to be healthy,

and we'd love to have more children joining. In 2022, our GCSE students attained 6 passing grades at Grade 4 and above.

New activities...

We have exciting plans for this year.

- ***A trip to Antwerp Jain Derasar, together with the Kuekenhof Flower Gardens has been planned for the 21st April 2023***
- ***We are going to host a Gujarati Comedy Play in the summer (more details to follow)***
- ***An all-inclusive adult weekend trip is also being planned for the summer. Dates to be confirmed.***

North Area

Social Club

CARD GAMES, TEA, COFFEE AND BISCUITS

EVERY FRIDAY 7.30pm to 10pm

MEMBERS £2 NON MEMBERS £3

WOODHOUSE COLLEGE

N12 9EY

Contact Rajesh
social-n@oshwal.org
07846055809

Management reserves the right to refuse admission and to make any changes to the event due to unforeseen circumstances. Any surplus from the event will go towards the Oshwal General Fund. These rules photographs and videos may be taken at the event and by attending you are giving permission to Oshwal Association of the UK for your image to be used in any print or online publication such as Oshwal News magazine, our Website and/or other media channels. Oshwal Association of the UK is a registered charity (No. 287031)



Northampton

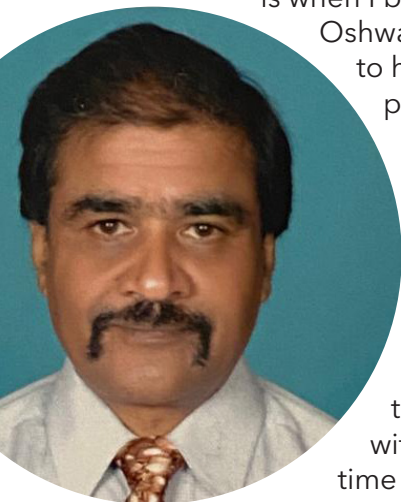
AREA

Small communities become closer and stronger when the will to volunteer and help others comes from within. Like many other Areas, and indeed Oshwal communities around the world, we have been fortunate to have had inspiration from keen members who volunteered and built a community. Here are two of our many great volunteers:

Rasik Shah

My name is Rasik Shah and I came to the UK from Kenya in 1970 to settle down in Wellingborough, Northamptonshire. I previously worked in the local industry, and I am now retired.

In 1975, I met Bhikhubhai and Kishor Motichand and we started organising Oshwal events. This is when I became a volunteer for Oshwal. My main duties were to help out in the kitchen preparing meals and then tidy up after the events.



I like to volunteer to our community and it gives me pleasure to give seva. I have been a committee member for many years. Following the sad passing of my wife, I have become a full-time carer for my mother, who is 101 years old. Since then, I have

been unable to help at Oshwal, however Bhikhubhai continues to help and do a great amount for Oshwal. Looking forwards, I would ask young people to take part and support our Oshwal community - you'll learn so much.

Kaushika Kanta Shah

Kaushika Kanta Shah volunteers at Oshwal whenever she is able to. A few years ago, she helped prepare for dance performances and also helped at a Health Pampering Day organised to celebrate Mother's Day.

During the pandemic, she set up for a Zoom platform so regular activities could be held during isolation periods. She trained Oshwals on how to use Zoom, helped prepare the events, and hosted the sessions. More recently, she helped at the Northamptonshire Samvatsari.



Volunteering has always been a part of Kaushika's life; it's a passion. In Leicester, she volunteered at local events and helped stage performances during Diwali. She is currently volunteering with different organisations in Northampton too. She volunteered at CEMC and Dostiyo (an Asian Women & Girls' group). She helps the Indian Hindu Welfare Organisation at many of their events and also works as a mentor at Asha Deep (a local project). She has started walking groups to help members achieve a holistic balance of mind, body, spiritual and social connectedness. She helps out as a Counsellor too.

Kaushika was awarded the "Rose of Northamptonshire" for her volunteer work during the pandemic and has been awarded a volunteering achievement by the Lord Lieutenant of Northampton.

"My favourite thing about being a volunteer is to see the smiles of joy on people's faces when I have helped them and enabled their empowerment and progression. To anyone thinking about volunteering, I would say: volunteer selflessly with kindness and love, without having any expectation at all of getting something in return, Volunteer so you bring a smile on the recipient's face and you get joy and satisfaction that you have made someone's day a little bit brighter."

North East

AREA

When **Poonam Alkesh Shah** attended the North East Area AGM in April 2022, her intention was perhaps to volunteer in the Committee. She left the building having been elected the Area Chair! Can you imagine what a surprise that must have come to her family?!

"Our mission is simple - to serve our members through organising events and being there for them when they need us."

Taking on the role of Area Chair has already taught me so many skills that can be applied to different situations. I have a new appreciation of what is really involved in producing a successful event.

This role comes with a huge responsibility. It is made easier by the help of my supportive team. It has been overwhelming to see the love and support from our members in the area, many of whom have been very helpful and kind to me while I've settled into the role.

I'm very grateful to have a team with some

people who are new and are bringing in great ideas, together with experienced members, who are helping to pass on the learnings through the generations! We have realised that although we are a small team, working well together is what matters most to organise events and help our members.

"Come and join us - either to attend an event or give a helping hand. You'll have a great time!"

Our activities...

Aside from our Youth Club on Sunday mornings, **Oshwal House of Cards** has been an excellent way to meet each other. The event is held one Sunday each month, and is an exciting affair of cards, board games and of course, dinner!

Chair Yoga is hosted every Tuesday morning at Oshwal House.

Keep a look out for more exciting events, including a Bollywood night, Garba, and day trips.

A North East Area Original

OSHWAL HOUSE of CARDS

Join us every month at Oshwal House, Potters Bar.

One Sunday per month (see [website](#) for dates). 4pm-9pm

Members £5. Non members £8. 10 years and under go FREE.

Chokri, Bhukhar, Bridge, Board games (feel free to bring your own).

Dinner included from 5.30pm to 7pm.



Please register in advance by contacting:
prasit.r.shah@oshwal.org

T&Cs Apply: www.oshwal.org.uk/event-terms
Oshwal Association of the UK | Oshwal Centre, Coppens Lane Road, Hemel Hempstead, HX6 4DG | Charity Reg. No. 247037

North West

AREA

NW area has a new dynamic committee with a mixture of experience and skills. It has been a learning curve for the committee, and we continue to settle into our new roles.

Our aim & vision is to bring back the Community to Ekta Centre. We want to see Ekta Centre thriving as a place for all generations and not just for private commercial hire. We are especially focused on bringing the Youth to our community, whether that is to learn about Jainism or play cards & games, sports or entertainment.



Volunteers - Our Heart and Soul

We are amazed at the dedication and commitment of our volunteers in keeping Ekta Centre running, volunteering at our regular events and also at our one-off events. It's been fantastic seeing so many friendships forming through volunteering, with so many able to help each other in their personal lives!

Did you know that behind every single event, such as the Ekta Monthly Meet (EMM), we estimate at least 20 full working days - 480 hours of Volunteer time dedicated to make an event successful. This equates to 30 people working each day for 2 working days to make one event possible!

New activities...

We're running several activities very regularly and want to continue expanding the range of activities to cater for all our members' interests and needs.

- We are planning a **Weekly Darts Club** at Ekta Centre.
- **Colours of Jainism** - a new monthly evening session with Pujya Jayeshbhai has started at Ekta Centre to bring the treasures of Jainism to all generations. These sessions start with a presentation and a question-and-answer session and is aimed at families and young people.
- We will be starting a new Jainism class at Ekta Centre from March 2023. Our popular monthly bhakti will also return soon, but in a new format - watch this space!


OSHWAL
ASSOCIATION OF THE UK

NORTH WEST AREA

Weekly Events @ Ekta Centre

Monday Day Time: Yoga, Lunch, Arts & Crafts
Monday Evening: Bollywood Dance Classes
Tuesday & Wednesday Evening: Table Tennis
Thursday Morning: Free Garba Keep Fit
Thursday Evening: Bhukhar, Canasta, Scrabble
Friday Evening: Youth Club @ Harrow Leisure Centre
Saturday Morning: Gujarati school @ Avanti Primary School
Sunday Morning: Table Tennis Coaching

Oshwal Association of the UK | Charity No: 267037 | <https://oshsal.org.uk/event-terms/>
Management reserve the right to make any necessary changes


OSHWAL
ASSOCIATION OF THE UK

NORTH WEST AREA

Monthly Events @ Ekta Centre

Whist Drive Nite: 1st Saturday of the Month
Ekta Monthly Meet (EMM): 2nd Saturday of the Month
C&S Club Nite: 2nd Saturday of the Month
Family Social Evening: 3rd Wednesday of the Month
Colours of Jainism: 2nd Wednesday of the Month

Oshwal Association of the UK | Charity No: 267037 | <https://oshsal.org.uk/event-terms/>
Management reserve the right to make any necessary changes



AREA

Our vision to respect our members, re-model our activities, and re-engage our membership is taking shape. The community experience is becoming more vibrant.

There are lots of opportunities to participate in, and lots of experiences that can be gained, as many of our volunteers have found. Please do join our WhatsApp groups using the QR code on this page – it's the easiest way to stay up-to-date with all our events.

The Committee's experience over the last year...

"Becoming area chair put me in uncharted territory with huge responsibility. I have been amazed by the willingness of members to come forward to support and help; hugely satisfying to see clubs and activities prospering and seeing many members attending events after a long time and with smiles on their faces. Thank you everyone..." **Nipun P Shah**

"Having been involved with the youth for so many years it is so heartening to see the restart of the youth club in collaboration with the Gujarati School. It's a joy to see happy children taking part in Youth activities and making new friends." **Hitesh P Shah**

"It has been a challenging, eye-opening and an exciting experience so far. I have been met with great support, enthusiasm and dedication from my fellow committee members. Personally, being involved in voluntary community work, especially for my own Oshwal Community, gives me sense of purpose. I am learning a lot about creating events, organising talks and networking with others including other voluntary sectors. This commitment has pushed my own boundaries to achieve outside of my own comfort zone."

Komal J Shah

"It has been great to be able to reconnect with so many people in the community. It has also made clear the many challenges we face, together as a community." **Manish V Shah**

"From the first meeting of the new committee, I knew that the task ahead would be challenging. The committee brings dynamism, professionalism and importantly, teamwork. I want members to be looking forward to a new community centre for the South area. The wellness and yoga programmes are excellent – please do come and join. I'd also love for our youth to get involved in and lead community projects." **Dhirajlal R Shah**

EVENTS 2023

REGULAR

WEEKLY

CARDS NIGHT & BOARD GAMES

SATURDAY SATSANG

SATURDAY SPORTS CLUB (TERM TIME)

YOGA CLASSES

FORTNIGHTLY

KNITTING & CROCHET

MONTHLY

CHAI NASTO AFTERNOON

ARTS & CRAFT EVENING

QUARTERLY

ACTIVITIES DAY

UPCOMING

HEALTH RELATED TALKS

DIWALI PROGRAMME

BOLLYWOOD WORKSHOP FOR KIDS

LOCAL WALKS

PICNIC OUTING

BEACH DAY



**SOUTH AREA
OSHWAL**
ASSOCIATION OF THE UK

**OAUK SOUTH
WHATSAPP GROUP
FOR DATES/TIMES**

OSHWAL ASSOCIATION OF THE UK IS A REGISTERED CHARITY IN ACCORDANCE WITH THE CHARITIES ACT 1960 CHARITY NUMBER 267037; [HTTPS://OSHWAL.ORG.UK/EVENT-TERMS/](https://oshwal.org.uk/event-terms/)





AREA

The West Area Committee continues the work of serving members in the West area. Our key areas of focus are:

- *To continue organising activities for all age groups;*
- *To persist with the objective of much-needed refurbishment of Shakti Centre; and*
- *To continue to engage our youth, and increase participation.*

Special Event... 2013 – 2023: 10 Years of Shakti Centre

This year, we celebrate the 10th anniversary of Shakti Centre.

To commemorate this special milestone this year, we have planned one (free) event each month for OAUK members.

Some of these events are as follows:

April 2023: **Health talk and walk**

May 2023 – **Pooja at Shakti Centre**

June 2023 – **Event by the Youth**

July 2023 – **Volunteers lunch**

August 2023 – **Bollywood songs event (time for our members to shine!)**

September 2023 – **Youth social**

September 2023 – **Grand Celebration event**

October – **tbc**

Oshwal Association of the UK

Shakti Centre
Inwood Road
Hounslow
TW3 1UX

Warm Place
Every Thursday

Open for all!
12pm - 4pm

Free refreshments
Help with technology
Free WIFI
Access to toilets
Free Board Games
And MORE!

For a full list of terms and conditions please see the oshwal website
(<https://oshwal.org.uk>) CHARITY NO. 267037
and
https://www.hounslow.gov.uk/homepage/256/warm_spaces#?text=Unit%20March%202023%20%20warm%20spaces&id=30¬%20not%20come%20provided
Made with PosterMyWall.com

WEST AREA EVENTS

WEEKLY EVENTS:

- Mondays from midday - Yoga/ Satsang/ Karata
- Wednesdays from 8pm till midnight - Cards Club (Rummy, Bhukar)
- Thursdays from midday till 4pm - Warm Place
- Friday term time 6.15pm till 7.45 pm - Gujarati School
- Friday from 8.30pm till midnight - Games Evening
- Sundays from 10 am - Youth Club

MONTHLY EVENTS:

- Last Saturday of every month from 6.30pm - Dal Rotli Evening (with games)
- Every few months - Elderly Luncheons (look out for dates)
- Every 2 months - Anand Yatra, coach to Oshwal Centre

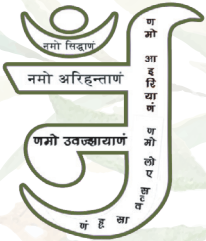
Ad-hoc events are advertised on the OAUK website and on the West Area Whatsapp Members group

Made with PosterMyWall.com
Oshwal Association of the UK | Charity No: 267037 | T&Cs apply <https://oshwal.org.uk/event-terms/>

IN LOVING MEMORY

TEN YEARS ANNIVERSARY

Mahavirai Namah



Sati Sacchai Maa Namah



LATE MR. CHIMANLAL MEGHJI NAYA SHAH

23rd April 1944 - 23rd March 2013

Integrity, Compassion, Humility

Your Guidance, So Pure
Your Vision, So Profound
Your Personality, So Powerful
Your Charm, So Enigmatic
Your Mind, So Sharp
Your Humour, So Infectious
Your Pranks, So Perfect
Your Charisma, So Magical
Your Faith, So Relentless
Your Trust, So Everlasting
Your Love, So Unconditional

Your Hard Working Hands Fell To Rest Ten Years Ago.

We Think Of You, Living In The Hearts Of Those You Touched, For Nothing Loved Is Ever Lost And You Were Loved So Much!

The Most Humble Gent And The Most Caring Husband And Father,

We Know You Would Have Been The Most Loving Dada To Our Little Aaliah.

Fondly Remembered And Forever Loved By
Your Most Loving Wife, Leela
Your Loving Children Niksha, Poonam, Darshan, Preet
And Your Most Beloved Little Granddaughter Miss Aaliah Shah

Forever Loved, Forever In Our Thoughts, Forever In Our Hearts

Om Shanti Shanti Shanti

CELEBRATIONS!

Hundred and going strong!

Huge Congratulations from OAUK to Radiatben Anandji Shah and Rupaben Devraj Haria



Radiatben Anandji Shah

Radiatben Anandji was born in 1923 in the village of Vasai near Jamnagar. She is the daughter of Hemaben and

Punjabhai Depar Visaria.

Radiatben was raised up in a house without electricity or running water. There were no schools for the girls and therefore at that time she could not read or write. Just before the age of 16 she got engaged to Anandji Nanchand who, at that time, lived in Kenya. They settled down in Njoro before moving to Nakuru.

Radiatben raised 10 children, all in Kenya. In 1972, the family moved to Croydon. The family are active members of the Oshwal community and Radiatben attended the satsang mandal every Saturday.

At the age of 93 she suffered a mild stroke but recovered within few months. In September 2022 she got a severe stroke affecting her right side. She has returned home, and is looked after by her family and carers. Her memory remains strong.

Rupaben Devraj Haria

Born in Mota Ambala village, Jamnagar, Gujarat in 1922, Rupaben is the daughter of Khimiben & Karman Bhima Gosrani. She married Devraj Rupa Haria in February 1937.



In 1941 they took a steam boat from Porbandar to Mombasa, Kenya. They ran a shop in a sugar cane farm in Nageeta and then moved to Kisumu in 1951. Between 1942 and 1953 they had 5 children: Velji (Pushpa), Mansukh (Saroj), Mahendra (Rama), Shanti (Jasu) and Nirmala (Satish).

Rupaben and Devrajbhai moved to Croydon, UK, in November 1972 where they continued to help raise 12 grandchildren - Varsha (Girish), Bhavneet, Nishit, Sareet, Mitul, Jaimini (Chirag), Dipa (Siral), Bipul (Roshni), Kalpa, Hemash, Rakhi and Shaila (Jake). Now she enjoys watching her 9 great grandchildren grow up - Rajan, Chetan, Niam, Riya, Yahvi, Aarav, Shanaya, Ridhi and Lupo.

She lives with Mahendra, Rama & Sareet, remains an active member of Croydon Satsang group and also enjoys knitting, sewing and using her exercise bike! Her secret to long healthy life is having simple healthy food, walking and still lending a helping hand in and around the house.

Congratulations to **Khilna Shah** and **Samal Parbat**, who got married at Oshwal Centre on 24 October 2021



COMPETITION TIME



10 Years of Shakti Centre

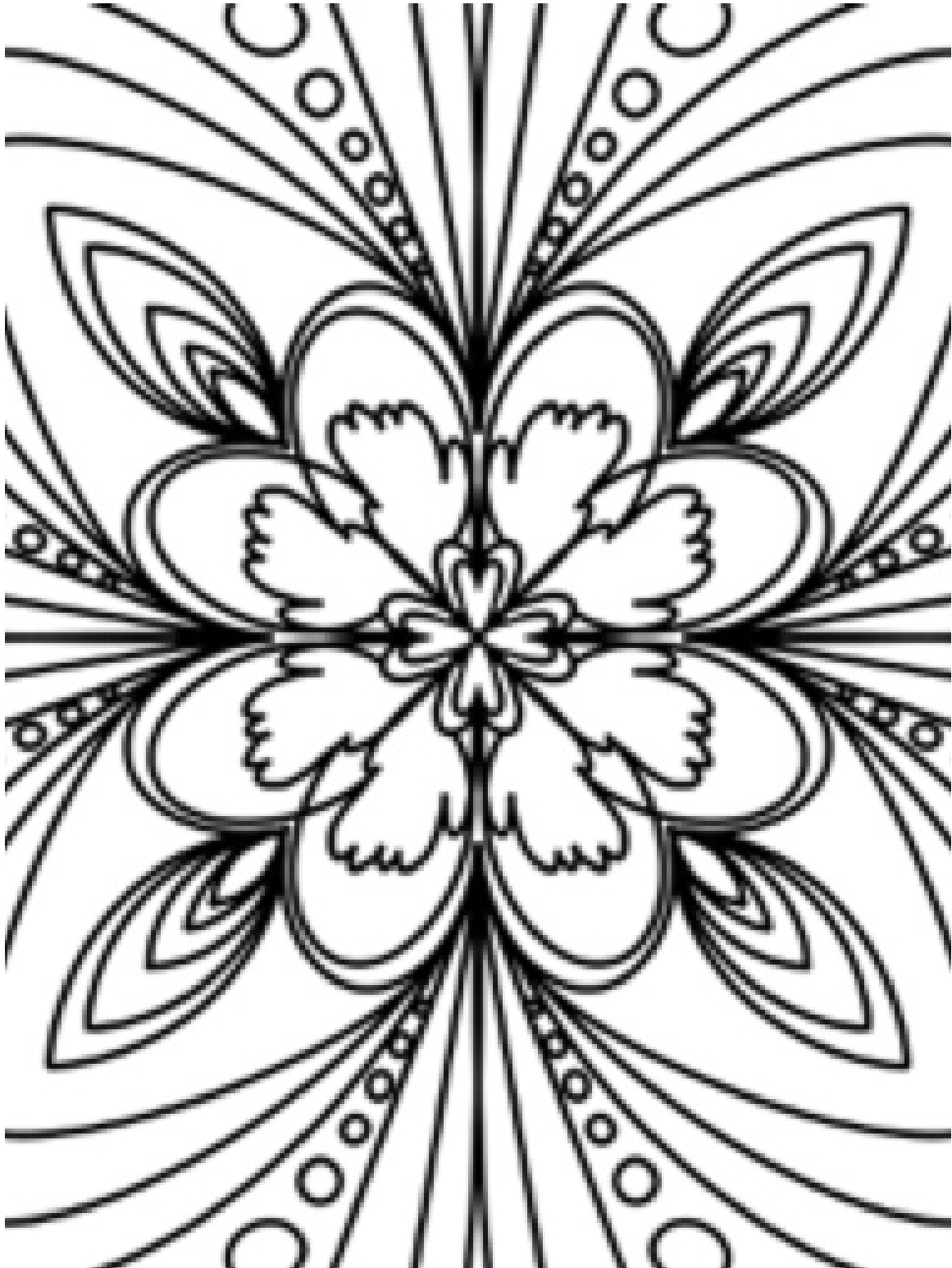
To mark our upcoming celebrations, test your knowledge of Shakti Centre:

1. Who was the President of OAUk when Shakti Centre was purchased?
2. Who was the Chairperson of West area when Shakti Centre was acquired?
3. What was the property formerly known as before owned by OAUk?
4. What was the first OAUk event that took place at Shakti Centre?
5. How many West area chairpersons have there been since acquisition of Shakti centre?
6. What is the single biggest change in the internal appearance of the property since the purchase?
7. What was the colour of the original entrance doors before the new replacement?
8. When was the official 'Dwar' opening ceremony held (month and year)?
9. How many Donors plaques are currently displayed (as of March 2023)?
10. What is the name of the main hall?

Send your answers, full name, OAUk area and contact details by email to nikesh.malde@oshwal.org by 30th April 2023. The winner, who will be drawn from all correct entries, will have the opportunity to take part in the Grand Celebrations event in September 2023.

CALM TIME

Repetition in art can be a simple form of therapy to calm the mind and focus the mind. Our Art Editor, Khilna, designed the piece below to help you get some zen... get some markers and colour in!





OSHWAL YOUTH CLUBS

EMAIL US: YOUTH@OSHWAL.ORG

NORTH WEST AREA

Friday Evenings
Harrow Leisure
Centre, HA3 5BD

NORTH AREA

Friday Evenings
Woodhouse
College, N12 9EY

NORTH EAST AREA

Sunday Mornings
Alexandra Park
School, N11 2AZ

EAST AREA

Coming soon!

All ages are
welcome!

Members and
Non-members

WEST AREA

Sunday Mornings
Lampton School,
TW3 4EP

SOUTH AREA

Saturday Mornings
Harris Academy,
CR2 6DT

T&C's apply: www.oshwal.org.uk/event-terms

Oshwal Association of the UK

Charity Reg. No. 267037