



MIND, BODY AND SOUL


HEALTH & WELLBEING FAIR

EVENT INFORMATION PACK

SUNDAY 11TH JUNE


OSHWAL CENTRE, EN6 4DG

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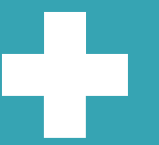
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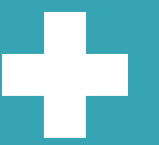
TICKETS



OAUK MEMBER £3 ADVANCE TICKETS

NON-MEMBER £5 ADVANCE TICKETS

U12 CHILDREN **FREE**



**CLICK HERE
TO BUY TICKETS**

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



EDUCATION ZONE

Time	Talk	Speaker
10:00	Bitesize Talks: Prostate Cancer, Organ Donation & Diabetes	Various
11:00	Importance of Good Gut Health	Rakhee Shah
12:00	Balance and Ageing: Preventing Falls in the Elderly	Anuja Shah
13:00	Power of the Subconscious Mind	Vishal U Shah
14:00	Carer Support & Care Options	Vishal O Shah
15:00	Autism, ADHD & Neurodiversity	Rakshita Parmar



EDUCATION ZONE

Bitesize Talk: Prostate Cancer

Speaker: **Jyoti Shah**



Jyoti Shah is a Consultant Urological Surgeon with 30-years experience in the medical field. She specialises in prostate cancer and has published extensively. She has won several national and international awards, most recently an MBE for Services to Medicine in the King's New Year's Honours List, in acknowledgement of her outstanding career and work in the screening and diagnosis of thousands of prostate cancer patients in the community.

Bitesize Talk: Organ Donation

Speaker: **Prafula Shah**



A living kidney donor, Prafula Shah is passionate about organ and stem cell donations. As a NHS Organ Donation Ambassador for many years, she has been raising awareness and helping to save lives. She is also the trustee and secretary of Jain & Hindu Organ Donation Alliance (JHOD).

Bitesize Talk: Managing your Diabetes

Speaker: **Nilma Shah**



Nilma is a qualified pharmacist with over 28 years of experience. Over the last 3 years she has been an Independent Prescriber, specialising in diagnosing, managing and treating diabetes for patients requiring both tablets and injectables, including insulin. Nilma is passionate about educating patients to give them a better outcome and quality of life.



EDUCATION ZONE

The Importance of Good Gut Health

Speaker: **Rakhee Shah**



Rakhee is a Holistic Fertility & Women's Health Therapist. Amongst other skills, she is trained in massage, reflexology and reiki and kinesiology. Rakhee is currently studying Advanced Nutrition Functional medicine with rapid relief homeopathy and coaching.

About the Talk: What we eat and how we eat impacts the balance between the good and bad bacteria in our digestive system. 80% of our immune system is in the gut and it is also where we get rid of waste and toxins. An unhealthy gut means we are likely to get sick more often and suffer from health conditions throughout the body. In this talk, we will learn how to recognise the symptoms of an unhealthy gut, identify factors that affect it, and learn how to improve it.

Balance and Ageing: Preventing Falls in the Elderly

Speaker: **Anuja Shah**



Anuja is GP partner, GP trainer & educator and ex-Primary Care Network lead with over 25 years of experience. Anuja has a special interest in women's health and is very passionate about health promotion and prevention.

Speaker: **Sushma Shethna**



In addition to her extensive experience in musculoskeletal, pelvic health and cardiorespiratory physiotherapy in both the NHS and private sectors, Sushma is a qualified Ayurveda Practitioner.

About the Talk: Ageing weakens our balance and increases fall and fracture risk, with longer healing times in the elderly. Lockdowns worsened inactivity, compounding the risk of serious injury. Our experts advise on fall prevention, body strengthening, and home adaptations for safety. Talk in Gujarati & English.



EDUCATION ZONE

The Power of The Subconscious Mind: Healing Your Pain

Speaker: **Vishal U Shah**



Vishal empowers individuals by helping them clear their past so that they can create a bright future. He is an experienced trainer with over 7 years of experience in the self-development & leadership industry.

About the Talk:

Most of us address our pain at the symptomatic level, whether it is emotional, mental, physical or spiritual. With the subconscious mind it is possible to go to the root of that pain or illness, and eradicate the problem right from where it began. Vishal's approach is an inside out approach. He helps you to access your unconscious subconscious mind, freeing you from emotional and traumatic barriers that hold you back, empowering you to explore your intuition and inner self.

Carer Support & Care Options

Speaker: **Vishal O Shah**



Vishal is Founder of Banyan Home Care Services, Board Trustee and Treasurer of Care England, the leading representative body for independent care services in England, Vishal has over 18 years' experience working at a senior level capacity, across health and social care, including with national care providers Westminster Healthcare and Barchester Healthcare.

About the Talk:

By 2025, it's estimated that over one million people in the UK will have a diagnosis of dementia, or a neurological disease such as Parkinson's. Apart from those afflicted, these conditions take an enormous toll on family members caring for them- husbands, wives, siblings and children. The aim of this talk is to help this army of carers with practical advice on when to ask for help, where to find support, how to assess care options, and when to start forward-planning.



EDUCATION ZONE

Autism, ADHD & other forms of Neurodiversity

Speaker: **Rakshita Parmar**

Rakshita is a qualified Integrative Psychotherapist Counsellor, Coach and Consultant. She has over 20 years of experience in the education, volunteer and family support sector. She has worked with various professional bodies to help manage difficult situations and behaviours of children who have autism, dyslexia, global learning difficulties and emotional and social anxiety, that effect their academic learning.



About the Talk:

The word neurodiversity refers to the diversity of all people, but it is often used in the context of autism spectrum disorder (ASD), as well as other neurological or developmental conditions such as ADHD or learning disabilities. Stigma, a lack of awareness, and lack of appropriate infrastructure can cause exclusion of people with neurodevelopmental differences. It is important for all of us to foster an environment that is conducive to neurodiversity, and to recognize and emphasize each person's individual strengths and talents while also providing support for their differences and needs.



EXERCISE ZONE



Time	Activity	Facilitator
10:00	Pilates	Mina Haria
11:00	Garba-Fit	Satish Shah
12:00	Meditation & Mindful Movement	Rajvi Shah
13:00	Let's Get Physical	Bina Savla
14:00	Yoga Dynamix	Darsak Shah
15:00	Bollywood Keep Fit	Shahnal Shah



EXERCISE ZONE

Pilates by Mina Haria

Mina Haria is a Pilates Foundation qualified instructor and has been teaching for the past 14 years. She enjoys sharing what she has learnt and is still learning.



Activity: Pilates is an invigorating form of exercise for your mind and body. This will improve your strength, flexibility and mobility, and as a result, your posture will improve and movement will become more efficient. You will achieve a stronger core, develop longer, leaner muscles and enhance your overall sense of well being.

Ability: Pilates is a safe and effective method suitable for all and it is beneficial for general fitness and specific health conditions. Movements can be modified to those who prefer to sit or stand.

What to wear/bring: Light loose clothing and an exercise mat.

Garba-Fit by Satish Shah

Satish is a dance instructor, choreographer, and teacher with 40 years of experience, specializing in Indian folk, semi-classical, and Bollywood dance.



Activity: A gentle, enjoyable dance class will incorporate a variety of easy-to-follow steps, including raas garba, Bollywood, and a bit of semi-classical dance.

Ability: Suitable for ages six to over 80. Ideal for people who are able to stand. Movements will be adapted for those less able, and seated variations too.

What to wear/bring: Light loose clothing and flat sports shoes. Please bring a water bottle.



EXERCISE ZONE

Meditation & Mindful Movement by Rajvi Shah

Rajvi is a pain specialist physiotherapist, Yoga and Mindfulness coach. She assists individuals with chronic pain, illness and emotional wellbeing, through self-care and by building embodied awareness.



Activity: Mindful Movement for chronic illness and emotional wellbeing. Journey through meditation, breathwork and soft healing movement to soothe, ground and reconnect you with yourself. Self-care through self-awareness.

Ability: A seated and standing session. Accessible to all including wheelchair users.

What to wear/bring: Loose comfortable clothing. Turn your phone off and enjoy.

Let's Get Physical by Bina Savla

Bina is a Level 3 qualified Personal Trainer, whose own personal journey started over 4 years ago. She has completed over 800 hours of training and has participated in fitness competitions such as Tough Mudder and Hyrox. Having undergone her own transformation, Bina is keen to inspire others that it is never too late to start getting fit.



Activity: A strength and conditioning session using body weight movements. The aim is to strengthen bones, build muscle, improve mobility and flexibility.

Ability: Suitable for all ages with a degree of mobility.

What to wear/bring: Good supporting trainers and gym wear (leggings and T-shirts are ok - but no jeans, skirts or sarees please!). Please bring a yoga mat.



EXERCISE ZONE

Yoga Dynamix by Darsak Shah

Darsak runs Yoga Dynamix and has been teaching yoga to children, teens and families at Harrow Arts Centre, Hatch End for 15 years. He trained with Yoga Kids International (USA) and graduated as Certified YogaKids Teacher in 2009.



Activity: This family class will incorporate elements of Yoga Dynamix including traditional yoga, mindfulness, physical activity, games, storytelling, music and the creative arts to educate the 'whole' child. The use of partner poses will enable parents and children to have fun together.

Ability: For teens & children aged 5+ accompanied by parents. It will involve sitting, standing and lying down.

What to wear/bring: Comfortable clothing and bring a non-slip yoga mat for each family member.

Bollywood Keep Fit by Shahnal Shah

Shahnal is a trained Indian classical and folk dancer with 22 years of experience. She teaches adult and children's classes regularly and runs SKS Dance on social media platforms. Shahnal is a doctor by profession and has a strong interest in promoting fitness and wellbeing through dance.



Activity: A fun workout, where participants will learn high-energy dance steps and a short routine to a lively Bollywood song.

Ability: Open to all ages and abilities, There will be alternative steps shown for those less able, and seated variations too.

What to wear/bring: Comfortable clothing and please bring a water bottle.



ALTERNATIVE

THERAPY ZONE



Duration	Therapy	Notes
15 minutes	Accupressure	Booking required
15 minutes	Reflexology	Booking required
15 minutes	Massage	Booking required
15 minutes	Reiki	Booking required
15 minutes	Pranic Healing	Booking required
30 minutes	Master Sha Tao Healing	Booking required



Find the booking link on your e-ticket



ALTERNATIVE

THERAPY ZONE

Acupressure

Manual pressure is applied to specific points on the body to alleviate motion sickness, headaches, and muscle pain. The treatment is seated, starting with feet or hands, and progressing to legs, arms, back, neck, and head. Discomfort may occur but will subside within minutes.



Practitioner: **Prabhu Shah**

Prabhubhai took up yoga over 18 years ago as part of his daily routine and went on to train as a teacher. He found that acupressure helped significantly with pain relief, and has been incorporating them into an Integrated pain relief therapy ever since.

Who is it suitable for? Suitable for all ages. Children under 16 are to be accompanied by a parent/guardian.

What to wear/bring: Wear comfortable clothing and bring a handkerchief or tissues.

Reflexology

Reflexology is a technique that applies gentle pressure to your feet or hands. It aims to bring about a state of relaxation and help the body's own healing process.



Practitioner: **Sushila Shah**

Who is it suitable for? Suitable for all ages. Children under 16 are to be accompanied by a parent/guardian.

What to wear/bring: No specific clothing requirements.



ALTERNATIVE

THERAPY ZONE

Massage

Swedish-based massage therapy focuses on the head, neck, back, arms, or feet and legs up to knees while seated or lying down. Benefits include reduced stress, muscular tension relief, immune system boost, and improved sleep.



Practitioner: **Jayashree Shah**

Jayashree has a BSc in Biomedical Science and is a qualified beauty therapist, holistic massage therapist and reflexology practitioner. She provides all these services to clients from her home-based salon.

Who is it suitable for? Suitable for anyone, except pregnant ladies and infants.

What to wear/bring: Comfortable clothing.

Reiki

Reiki is universal light energy that flows through the healer's palms. This energy is given to the seven chakra of the person receiving the treatment and sent to other parts of the body according to the needs of a person.

Lead Practitioner: **Bena D Shah**

Bena is a member of the Lotus Healing Sewa Group UK, who are a Reiki Healing group based in London. She will be joined by 3 other members of the group.

Who is it suitable for? Suitable for all ages. Children under 16 are to be accompanied by a parent or guardian.

What to wear/bring: Comfortable loose clothing and a water bottle.



ALTERNATIVE

THERAPY ZONE

Pranic Healing

Pranic Healing accelerates the body's self-healing with non-touch complementary therapy. It treats physical and psychological conditions preventatively or restoratively.

Lead Practitioner: **Pragna Shah**

Pragna was always interested in holistic therapies, and started her journey into Pranic Healing nearly 10 years ago. Pragna will be joined by her husband Hitesh, and colleagues Angela & Sangeeta.

Who is it suitable for? Suitable for all ages. Children under 16 are to be accompanied by a parent or guardian.

What to wear/bring: No specific requirements.

Master Sha Tao Healing Therapy

Master Sha's teachings and practices work on physical, energetic, mental, heart, and soul levels for greater health and happiness. Learn Soul Techniques for fast transformation in all aspects of life with a group healing session.

Lead Practitioner: **Mayur Shah & David Lusch**

Mayur & David are from the Master Sha Tao Centre in London and will lead a team of eight healers.

Who is it suitable for? Suitable for all ages. Children under 16 are to be accompanied by a parent/guardian.

What to wear/bring: No specific requirements.



OUTDOOR ZONE

Time	Talk	Duration
11:00	Off-site Trek with Oshwal Trekkers	1 hour
11:00	Guided walk around Oshwal Centre	30 minutes
13:00	Guided walk around Oshwal Centre	30 minutes
15:00	Off-site Trek with Oshwal Trekkers	1 hour
15:00	Guided walk around Oshwal Centre	30 minutes

Find the booking link on your e-ticket



OUTDOOR ZONE

Gentle Guided Walk around Oshwal Centre

This 30 min walk is a great opportunity to explore the extent of the beautiful grounds that we have at Oshwal Centre, get some fresh air, release happy hormones and meet some cool people. There will be volunteers on hand to help and escort participants.



About your guide: **Chandni Shah**

Chandni is physiotherapist by background, but her main purpose in life is to create positive change and help the community. She enjoys staying active alongside running her own physiotherapy clinic in Hounslow.

Ability: This walk is suitable for most. However, as it is on grass, it is not recommended for anyone at high risk of falls or for wheelchair users. If you are concerned about the distance, do not worry – our volunteers will escort participants back if they wish to return before completing the full distance.

What to wear/bring: Appropriate walking trainers or boots, walking poles if you need them and bring a waterproof jacket in case it rains (optional). Don't forget to bring water, and if you are diabetic or have any other health condition please ensure you have sugar/medication.



OUTDOOR ZONE

Off-site Trek

Join the Oshwal Trekkers on a fun and challenging walk in the Fir and Ponds Woods nature reserve, across the road from Oshwal Centre. They will be going at medium pace over challenging terrain and will guide you back to Oshwal Centre within the hour.

About your guides: **The Oshwal Trekkers Team**

The Oshwal Trekkers organise monthly treks for our community to explore the wonderful outdoors, keep fit and make new friends. This is a great opportunity to sample what the monthly Oshwal Treks are about and meet some of the team.

Ability: Suitable for children aged 6 and over and adults. Participants need to be able to walk unaided and be reasonably fit.

What to wear/bring: Please wear walking boots or sturdy footwear, walking poles if you have them and a waterproof jacket if it's raining. Don't forget to bring water, and if you are diabetic or have any other health condition please ensure you bring sugar/your medication with you.



BHAKTI ZONE

Time		Duration
10:00	Aarti	15 minutes
11:00	Aarti	15 minutes
12:00	Aarti	15 minutes
13:00	Aarti	15 minutes
14:00	Aarti	15 minutes
15:00	Samuh Bhakti	2 hours



SCREENING ZONE



Duration	Therapy	Notes
15 minutes	Ear Examination (Otoscopy)	Booking required
30 minutes	Falls Assessment & Memory Test	Booking required
30 minutes	CPR First Aid Training	Booking required



Find the booking link on your e-ticket



SCREENING ZONE

Ear Examination (Otoscopy)

This clinical procedure examines the ear's structures using high-definition images which can be seen through a smartphone to diagnose symptoms like earache, fullness, or hearing loss.



Specialist: **Mital Patel**

Mital is a highly experienced Senior Pharmacist and a certified ear care practitioner. She is passionate about making sure patients feel their best and improving their hearing health and capacity. Mital is proficient at wax micro-suctioning, delivering otoscopy, hearing screening ear diagnostics as well as other services at her practice in Harrow.

Who is it suitable for? Anyone over the age of 18.

What to wear/bring: No requirements.

Falls Assessment & Memory Test

Assessment will involve taking a brief history, medication review, BP check, and possible memory test. This will be followed by an assessment of gait, and a get-up-and-go test by a physiotherapist. People with co-morbidities such as stroke, Parkinson's, diabetes etc will benefit.

The Assessment Team: A fantastic team of GPs & physiotherapists. Dr Anuja Shah, Dr Urvi Shah & Dr Shahnal Shah, Suraj Bafna & Sushma Shethna

Who is it Suitable for? Age 65 and over and anyone who has a neurological condition causing balance issues.

What to wear/bring: Wear loose-fitting clothes and bring a list of your medication.



SCREENING ZONE

Learn Basic CPR

Cardiopulmonary resuscitation (CPR) combines chest compressions and rescue breaths to give a person the best chance of survival following a cardiac arrest. A cardiac arrest is when the heart stops beating and the person is clinically dead. There are approximately 10,000 out-of-hospital cardiac arrests in London and fewer than 1 in 10 people survive these. Early application of CPR can increase the survival rate from 10% to around 70%.

During this 30 min session, you will learn 3 key skills:

1. Patient Assessment
2. How to Perform CPR
3. How to use Defibrillator (AED)



Your instructor: **Shailesh Malde**

Shailesh is a yoga coach and Personal Trainer, focused on helping with obesity, diabetes, and pain management. He volunteers for Brent Health Matters, the British Heart Foundation and the London Ambulance Service (LAS), and is focused on promoting a healthy lifestyle. Shailesh teaches life-saving skills on behalf of LAS.

Who is it suitable for? For ages 16 to 80, as long as you can kneel for a prolonged time. If you find this difficult, then this activity is not recommended for you.

What to wear/bring: Suitable clothes as participants will spend most of the time on their knees.



HEALTH

INFO ZONE

Don't forget to visit our Health Information Stands
Prostate Cancer, Organ Donation, DKMS Stem Cells,
RNIB, Diabetes & Emotional Wellbeing

NUTRITION ZONE

Exciting stalls focussing on diabetes, low potassium,
vegan food, gut health & intermittent fasting.

