



ઓશવાળ
સમાચાર

OSHWAL news

January 2012 Edition

www.oshwal.org



**Oshwal Community &
its Future 2012**

Editor's Note

Jai Jinendra!

In this **January 2012 New Year** Edition of Oshwal News. The central theme of this edition is **Oshwal Community and its Future**.

Furthermore, it is a great pleasure in welcoming our Guest Editor, **Vijal Shah**, for this edition of Oshwal News, as well as the new editor of the Oshwal Youth magazine, **Kalpi Shah**.

We would like to hear from you and your thoughts on the new revamped Oshwal News as well as any comments you have on any of the articles. Please email: oshwalnews@oshwal.org.

We would like to thank all advertisers and contributors for their continued generous support of Oshwal News magazine. Sometimes it is not possible to include everything sent in and for that please accept our apologies.

Please note the next publication deadlines:

Edition	Estimated Publication Date	Material Submission Deadline*
Spring	12 Mar 2012	3 Feb 2012

Theme: Mahavir Jayanti Celebrations

* Please submit material in Word format wherever possible with any pictures in JPEG or BMP format. Any articles in Gujarati should be submitted in Word and PDF format. Submit your material by emailing: oshwalnews@oshwal.org but please note submitting an article does not guarantee publication and articles which do get published will be edited and Editor's decision is final.

Advertisers should contact the Office via email: admin@oshwal.org for any advertising related queries.

Ashish Jayantilal Patani

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Also, check out **Oshwal Youth** magazine – a new magazine for Young Oshwals!!

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General Information

As an Oshwal Member always first consider hiring facilities at Oshwal Centre (Potters Bars) or Oshwal Mahajanwadi (Croydon) for your functions. By hiring these Oshwal venues you will be supporting your community.

Weddings - Parties - Functions - Dances - Meetings - Conferences - etc.

Phone the Administrators at either booking offices regarding hall availability and charges.

OSHWAL CENTRE

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OSHWAL MAHAJANWADI (Croydon)

Oshwal house, 1 Campbell Road
Croydon, Surrey, CR0 2SQ

Tel: 020 8683 0258

(2pm to 5pm weekdays only)

Gujarati School Office

Tel: 020 8664 9807

(9.30am to 12.15pm Saturdays only)

Marriage Registration

Both Oshwal Centre and Oshwal Manajanwadi are registered buildings for the solemnisation of marriage. Registration of a marriage at both venues will be part of a religious ceremony, i.e. it will take place during and within the Jain / Hindu religious marriage ceremony. For further information, please phone the administrators.

Sadadi

If you would like to find out whether a Sadadi is being held at Oshwal Centre or Oshwal Mahajanwadi, in respect of any deceased Oshwal, you may ring the Information Line at the Oshwal Centre and a Recorded Message will advise of the time of the Sadadi and the name of the person in whose memory the Sadadi is being held.

Information Line Tel: 01707 661 066 (Recorded Message)

Obituary / Shraddhanjali Messages

The rate for inserting an Obituary / Shraddhanjali message in Oshwal News is £150.00 per page per issue.

Please ensure that wherever possible a passport sized photograph (preferably in black and white) is enclosed with the message which also should be **written out very clearly and neatly**. Please enclose your cheque and SAE for the return of any photos. Please note that it will not be possible to entertain any requests for proofs of these messages prior to printing.





Tushar Jayantilal Shah, OAUK President, meeting David Cameron, UK Prime Minister at 10 Downing Street.

President's Message

પ્રમુખ સંદેશો

FREE Gujarati Education

In 2011, we saw some Areas introduce FREE Gujarati and Cultural education to our young children. This has come about because of the £120 donation scheme. I am pleased to announce that from September 2012, the Trustees have agreed that the children of Oshwal members will be provided with FREE Gujarati and Cultural education (Subject to availability of room). This will have a major impact on the funds of the Association in providing this education to our children, and I repeat once more for all of you to support and join our £120 donation scheme. Our children are our future and we need to invest in them!

Transportation for the Elderly & Disabled

Oshwal Centre is a wonderful and peaceful place of worship and for community get-togethers, however it is under utilised by our Elders and by some disabled Oshwal members due in part to transportation, and to address this I would like to see the implementation of a regular transport service to Oshwal Centre for our Elders to come and worship at our beautiful Derasar, as well as to socialise with fellow Oshwals.

A Vibrant Community

The Oshwal Association of the UK is over 40 years old and each of us in some capacity has contributed to its resilience. From the early days when our forefathers settled in the UK, they brought with them a sense of community that served them well in East Africa and India. That same pioneering spirit led them to provide a home for the Oshwal family (via the Oshwal Centre formerly known as "Hook House") where we have gathered to celebrate weddings, mourned the loss of our nearest and dearest and rejoiced in our religious milestones at our Derasar.

As we have immersed ourselves in the UK, it fills me with great pride that the Oshwal community has provided us with a sense of belonging, a compass to our heritage and a connection with our wider Oshwal family.

The community is an evolving enigma and our job is not done. We have only laid the basic foundations but I believe one of the strengths of this community is that as much as it is focused on its cultural values of family and traditions, those same values encourage us all to embrace some of the positive aspects of the UK society that we have all become accustomed to. Working together and sharing ideas will give the next generation the necessary strength to take the pioneering lead of their forefathers and lead this community to greater prosperity.

The January 2012 edition of the Oshwal magazine provides a unique perspective of the future of the Oshwal community and from a personal viewpoint, it has been a privilege to play a small part in its destiny.

Jai Mahavir, Jai Oshwal,

Tushar Jayantilal Shah
President, OAUK

Jai Jinendra,
On behalf of the Executive Committee and all Area Committee members, may I take this opportunity to wish you a very happy and prosperous New Year.

Firstly on a sad note, I inform you that two prominent members of our Association sadly passed away recently. Shantibhai Lakhamshi Hirji Shah (Arikhana), our past President and one of the pioneer's of setting up of our Association over 40 years ago and the inspiration behind the purchase of our South London Mahajanwadi sadly passed away after a short illness. Hemrajbapa Hadha Boja Gosrani (Vav Beraja) our Honorary member and a dedicated Oshwal member who helped and supported so many Oshwals over 50 years, in Kenya, India and recently in UK, also sadly passed away after a short illness. May their souls rest in peace.

An Eventful 2011

2011 was a very eventful year with the 25th anniversary of the Ghar Derasar in July 2011, demonstrating the strong foundations we as a community have built in the UK over the last quarter of a century. Also in July 2011 we saw the community come together for a fun-filled day at the Oshwal Mela. The sun was not only shining in the sky, but on each and every person who attended and was thoroughly enjoyed by all. Later in October 2011, we had some truly great Diwali Celebrations at Oshwal Centre with a wonderful Arts & Craft Exhibition showcasing the great talents there are within the community. November 2011, saw the most important event of 2011 take place - the Oshwal Health Awareness Day (OHAD).

Congratulations to the organising committee of OHAD, for delivering a successful event for our Members. The program was well organised with a variety of Workshops, Lectures, Indulgences and lastly not forgetting the Alternative Healthy Menu. There has been nothing but praise for the organising, the content and delivery of the event. The work and effort put in was clearly visible and much knowledge and benefits gained by our members. Health can never be taken for granted and the event highlighted much that we all need to do to ensure a healthy lifestyle.

2012 – The Year of Change

A lot was done in 2011 but there is much still to do and 2012 will be equally challenging and an important year for our Community. Some of the key initiatives I would like to see implemented in 2012 are:



Guest Editorial

संपादकीय

Editor's Note

Welcome to the New Year Edition of Oshwal News. 2012 marks the 40th anniversary of the first publication of Oshwal News under the editorship of Rohit Shah. In this edition we are exploring the theme of Oshwal Community and its Future. It is a great pleasure in welcoming our Guest Editor for this Edition – Vijal Shah. Vijal is a Senior Manager at PricewaterhouseCoopers.

Jai Jinendra,

The January 2012 issue of the Oshwal magazine marks 40 years since our first publication in the UK. The house magazine has been a useful tool to unify our community and as much as we are proud about this achievement we should take a moment to reflect on what the future holds for the Oshwal community. Will our community survive in the next forty years? Is it of any relevance to the younger generation? Is it fit for purpose in the 21st century?

In this issue, we have the privilege of some contributors who have addressed these questions:

- A vision of our future as a community in Britain.
- The potential of the Oshwal centre.
- Engaging the young with the old - An anecdotal note of our historical struggles and where we come from.

It does not end here as I sincerely hope that the views articulated by these individuals will spur on a great many of our members to join in the debate. After all, the Oshwal community is an institution for all and not just the few and therefore incumbent on all of us to reflect on these very important issues.

To get this debate rolling, we asked a random sample of members, young and old to answer the simple question, "What does the Oshwal Community mean to you personally?" Whilst not a representative sample, it is

meant to provide a snap shot of people's views about the Community today. These are reproduced on the next page and provide an interesting insight on how our association is perceived. I would urge a great many of you to share your thoughts.

Personally, to meet a fellow Oshwal in any part of the world bursts open a level of filial affection that has no boundaries wrapped up in a deep connection of values, a common heritage, a shared ancestry, a historical thread that is continuously woven through our mutual experiences.

Whilst some views were indifferent, a lot of respondents described the Oshwal community as one great big family, an anchor to our cultural, moral and religious values. From the very outset, particularly when families arriving on these shores needed a cultural anchor, the community honourably tried to cultivate a feeling of unity and fraternity amongst its membership. You only need to see the milestones as evidence of how far the Oshwal community has progressed in stamping the "Oshwal" footprint in the UK.

However, our community needs to refresh itself in preparation for the next 40 years. It cannot continue with a vision that was relevant for challenges of forty years ago without addressing the demographic challenges of today. The consequence of this cannot be ignored. Not only will our religious faith be relevant only to a dwindling few but the Oshwal community will be seen as insignificant, marked only by events for a gathering of people who want to reminisce about old memories.

It does not have to be this way. In any organisation, when you share the same values and beliefs, you move together seamlessly towards the same goal and with the same mind-set. We need to articulate a vision, a strategy and this may mean a wholesale change to our governance strategy that will liberate and energise the association to take it towards the next forty years.

My vision for the Oshwal community is to enable, support and inspire each of our members to create a community that encourages service over individuality.

Personally, my view is that this vision and strategy must proactively embrace our youth. The Oshwal community needs to devise programmes that give our youngsters the life skills that encourage service and support. Around the world, we are seeing more and more community led projects that strive to help vulnerable groups with critical needs. Particularly in these times of austerity, we as a community need to provide some encouragement to our youth. Our community is immensely rich in talent that has embedded itself in all spheres of UK life. We need to

bring these individuals together and provide a platform where they can support our youth through mentoring opportunities, internships, work shadowing, tutoring assistance, university guidance. The traffic is not all one way as this in itself will enable our youth to generate ideas of community service and give back what has been given to them. Beyond academic study, community service will equip them with the necessary life skills in terms of engagement with the community, leadership skills, team work and lifelong networks that will support them in the future. More importantly, the welfare of our community will benefit from the energy and talents of these competent, motivated young people.

I strongly believe that as you get involved in helping the community, you feel part of the community which will be a self sustaining model for the long term future of our community.

Let me leave you with an extract from Barack Obama's November 2008 victory speech:

".....out of the many, we are one; that while we breathe, we hope; and where we are met with cynicism and doubt and those who tell us that we can't, we will respond with that timeless creed that sums up the spirit of a people: Yes we can."

Vijal Shah
Guest Editor

What does the Oshwal Community mean to you personally?

Here are some views from our community.

Bansi, 34

It is the foundation upon which we can build a future, allow our children to interact with one another and grow up in a community with like minded individuals from similar backgrounds, so as not lose our culture.

Bhavini, 25

I was born as an Oshwal. I grew up as an Oshwal. Being an Oshwal is in my blood. Volunteering in the community is in my blood. Oshwal is my identity. The community as a whole is part of my extended family.

Binit, 30

Oshwal Community is a very large home for both the young and old Oshwals. A place where there is unity, security, peace and satisfaction. A place where one can share views and experiences with each other, help each other and work towards a common goal to keep the community together

Deepen, 32

The Oshwal community resembles an organisation made up of people, aimed mostly at our parents generation to promote our culture and practice Jainism amongst a society.

Hiten, 40+

Oshwal community today faces an unprecedented scale of change. Issues emerging require innovation and agility across the community, including those spearheading the community. A strategic review is required and needs to be conducted critically and professionally.

Kalpi, 29

To me the Oshwal Community means "A big extended family!"

Millan, 34

The Oshwal community represents a unique focal point for those with a similar historic and cultural background. At the same time it provides a point for giving back, interaction in a social and cultural context, as well as meeting new people.

Radhika, 28

Means very little to me as I don't participate in any activities that involve the community.

Ragin, 35+

Oshwal, is a young and vibrant community which offers a lot of variety of spice to every age group.

Rakhee, 25

I'm not too big on this Oshwal thing. I never really go to their events. I don't know why - maybe because I think they could organise things that are more fun.

Ritula, 40+

For me, the Oshwal Community means, identity and belonging; valuing family life and respecting elders. We are hardworking and business minded, adaptable and flexible. We have plenty of accountants and not enough artists. We are united by a love of food and a need to know each others news.

Seema, 27

Unfortunately for me it is just a term used by fellow family members/friends when talking about our society and its values & morales. It does little to reach out to me largely due to its old fashioned nature. In the past I have thoroughly enjoyed being a part of this community, sharing ideas/thoughts and views from people in my age group growing up in London yet still maintaining cultural values. Sadly for me the community does little for my generation to improve interaction with Similar minded individuals, hence feel I'm not part of the community.

Sonal, 39

Gives a sense of belonging, friendship, laughter and culture. Something to be proud of, a way to meet people from our background, enjoy festivals together, smile and share ideas.

Urvina, 40+

Personally, to be an Oshwal is important to me because it tells me my story, it has moulded me through the beliefs I have been taught and have offered me a secure platform from which I partake in life's trials and tribulations. It is also important for me to give to the community because I know then that I will receive and all my family will benefit. These are my Oshwal values and I hope the story will continue through my children for generations to come.



ઉજવેલા પર્વોની આછી રૂપરેખા

ધર્મપ્રેમી ભાઈઓ તથા બહેનો,

આપ સર્વેને સાદર પ્રણામ. જૈન ધર્મમાં સારાચે વર્ષ દરમ્યાન નાના મોટા વીસ તહેવારો આવે છે. તે બધા તો અહીં પરદેશમાં રહીને સ્થળ, સમય અને સંજોગો અનુસાર સમુહમાં નથી ઉજવી શકતા. જોકે કોઈ કોઈ પુણ્યશાળી આત્માઓ પંચાંગ જોઈને દરેક તિથી અને તહેવારો પાળે છે અને તપ-જપ આરાધના કાયમ ચાલુ કરે છે. આપણાં જેવા આવા તપસ્વીઓની અનુમોદના કરીને સંતોષ અનુભવીએ છીએ. ગુજરાતી કેલેન્ડર આસો અમાસના પૂર્ણ થાય છે એ રીતે ૨૦૬૭ ની સાલ પૂર્ણ થયેલ છે. છેલ્લા થોડા મહિનામાં આપણે થોડાક પર્વો ઉજવ્યા તેની આછી રૂપરેખા આપું છું.

અઢાર અભિષેક

જુલાઈ તા- ૧૦-૭ ને રવિવાર આપણાં માટે મહાન અને પવિત્ર દિવસ હતો કારણકે આપણાં ચોવીસમાં તીર્થંકર ભગવાન શ્રી મહાવીર સ્વામીની પવિત્ર પ્રતિમાજીનું આગમન થયેલ જેને આ દિવસે પુરા પચ્ચીસ વર્ષ થયા, જેને આપણે ઘણા વર્ષ ઓશવાલ હાઉસના ઘર દેરાસરમાં બિરાજમાન કરી હતી અને દર્શન, પૂજા-ભક્તિ કરી ધર્મના સંસ્કારોને વેગ આપ્યો. આ પ્રતિમાજી સાથે એક સુશ્રાવક શ્રી ગુલાબભાઈને ખરી લગની હતી જેમણે ગમે તેવા હવામાનમાં પણ ઘણા વર્ષ ચાલુ સેવા પૂજા કરી પોતાનું જીવન ધન્ય બનાવ્યું ને પાલીતાણા જેવા પવિત્ર ધામમાં પ્રભુને ખ્યારા થઇ ગયા. આ હતી પ્રભુ શક્તિ.

જુલાઈ ૧૦ રોજ દેરાસરજીમાં અઢાર અભિષેક રાખેલ, જેમાં ઘણા ભાવિકોએ ભાગ લીધેલ અને બધા પરામાંથી ભાવિકો પધારેલ. વિધિકાર ભાઈશ્રી શ્રેણીકભાઈ મુંબઈથી પધારેલ અને આ દિવસે સાધર્મિક ભક્તિનો લાભ **સુશ્રાવિકા મણીબેન મણીલાલ હરિયા પરિવાર** લીધેલ. તેમ જ આનંદની વાત છે કે રજત જયંતી પ્રસંગે જુના બધા કાર્યકરોને યાદ કરીને ખાસ આમંત્રણ પાઠવેલ અને પધારેલ સુશ્રાવકોનું શાલ ઓઢાડીને બહુમાન કરેલ.

પર્યુષણ

ત્યાર બાદ દરેક પરામાં પર્વ પર્યુષણ ઉજવાય અને બધાને ધર્મમાં રસતરબોળ કરવા તપોવનના વીર સૈનિકો પધારેલ. ખરેખર ખુબ જ આનંદ અને ઉલ્લાસ વર્તાતો હતો. પહેલી વાર નોર્થહેમ્પ્ટન સંઘને આ લાભ મળ્યો અને તેમના શબ્દો છે કે હવે તો અમે દર વર્ષે આવા ભાવિકોને બોલાવીશું.

નોર્થ વેસ્ટ એરિયાનો સંવત્સરી ભોજન દિન હતો તા-૪-૮ ને રવિવારે. પ્રણાલિકા મુજબ આજ દિવસે જીનાલયની ધજા બદલાવી, તપોવનના યુવાનોની હાજરીમાં પ્રથમ સ્નાત્ર પૂજા, સત્તર ભેદી પૂજા વગેરે થયું એટલે સોનામાં સુગંધ ભલે તેવું વાતાવરણ સર્જાયું અને બધાએ ખુબ જ ભાવ વિભોર બની પ્રસંગ ઉજવ્યો. ધજા ચડાવનાર ભાગ્યશાળી હતા **માતુશ્રી જેઠીબહેન રાયશીભાઈ સોજપાળ પરિવાર દ. ચંપાબહેન નરેન્દ્રભાઈ** - ખુબ જ ઉદારતાથી તેમણે આ પ્રસંગ ઉજવ્યો અને જાણે સાચા મોતીઓ વરસતા હોય તેવો માહોલ ઉભો થયો હતો.

તા- ૪-૧૦ થી ૧૩-૧૦ સુધી આસો માસની આયંબીલ. સારાચે વર્ષ દરમ્યાન શાસ્ત્રમાં આવી છ ઓળી આવે છે જેમાંથી આ બે ઓળી શાશ્વતી કહેવાય. છ ઓળી - (૧) કારતક સુદ ૭ થી કાર્તિકી પૂનમ, (૨) ફાગણ સુદ સાતમથી (૩) ચૈત્ર સુદ

૭ થી શાશ્વતી (૪) અષાઢ સુદ સાતમ થી પૂનમ (૫) આવે પર્વ પર્યુષણ અને (૬) આસો મહિનાની સાતમથી તે પણ શાશ્વતી કહેવાય છે. શાશ્વતી એટલે જેનો ક્યારેય નાશ ન થાય.

આ વખતની આયંબિલમાં ૧૦ કુટુંબોએ એક એક દિવસનો નકરો આપી ભાગ લીધેલ. બધાએ ખુબ જ ખંતથી અને સંપથી આ કાર્ય પાર પાડેલ, ખરેખર કામ કરનારાઓને પણ ખુબ જ આનંદ થયેલ, કહેવત છે ને કે તમે રાજી તો અમે પણ રાજી.

અને પ્રથમવાર દેરાસર જીર્ણોદ્ધાર માટે પણ થોડું ફંડ એકઠું થયેલ જેની શુભ શરૂઆત બાઉન્ડસ ગ્રીન સત્સંગ મંડળ દ્વારા થયેલ, સર્વેની અનુમોદના કરીએ અને ધન્યવાદ પાઠવીએ, સાથે સાથે વોલેન્ટીઅર ભાઈ બહેનોનો પણ ખુબ ખુબ આભાર. ખરો યશ તો તેમને ફાળે જાય છે કારણકે વોલેન્ટીઅર્સ વગર કોઈ પણ સંસ્થા ચાલે જ નહિ.

દિવાળી

ત્યાર બાદ આપણાં ચોવીસમાં તીર્થંકર પરમ પૂજ્ય પ્રભુ મહાવીરનો નિર્વાણ દિન અને બીજે દિવસે અનંતલબ્ધિ નિધાન ગુરુ ગૌતમ સ્વામીનો કેવળજ્ઞાન કલ્યાણક દિન - આવા પવિત્ર દિવસોનું નામ દિવાળી. ધર્માત્માઓ તો ઉપવાસ કરી, પૌષધ લઈ ઉપાશ્રયમાં જ રાત્રી જાગો કરી પ્રભુ વીર અને ગુરુ ગૌતમ સ્વામીની માળા (ગળણું), દેવ વંદન, છંદ વગેરે વિધી કરતા કરતા પ્રભુમય બનીને પવિત્ર વાતાવરણમાં રાત્રી પસાર કરે છે. તેમ જ વેપારીઓ વર્ષની આખરે જુનો ચોપડો પૂરો થાય એટલે નવા ચોપડામાં જે વેપાર વાણીજ્ય લખવાનું ચાલુ કરે તેમાં પ્રથમ ભગવાનનું નામ ચોપડા પૂજન દ્વારા સારા વિચાર સાથે લખે. લક્ષ્મી પૂજન અને મા શારદા પૂજન કરી આપણે માંગીએ છીએ શાલિભદ્રની રિદ્ધિ સિદ્ધિ, અભયકુમારની બુદ્ધિ, બાહુબલીનું બળ, ગૌતમ સ્વામીની લબ્ધિ વગેરે વગેરે પણ સાથે સાથે એમના જેવા કામ આપણે કરીને નામ અમર કરવાનું છે આ પણ યાદ રાખીએ. આ ચોપડા પૂજન આપણે દિવાળીને સાંજે લાભ ચોઘડીએ કરેલ અને જમણનો નકરો પૂ. ભાઈશ્રી હંસરાજ દેવરાજ પરિવારે આપેલ. બીજી ખુશીની વાત છે કે પ્રથમ વાર ઓશવાલ હાઉસમાં ચાર બહેનોએ રાત્રી જાગો કરેલ. ત્યારબાદ સવારે ધ્વાર ઉદઘાટનનો લાભ ભાગ્યશાળી શ્રી. ભંડારી પરિવારે લીધેલ હતો.

આપ સર્વેને નવું વર્ષ સુખદાયી નીવડે તેવી શુભેચ્છાઓ પાઠવું છું.

જ્ઞાન પાંચમ સોમવાર તા-૩૧-૧૦ના હતી. કાર્તિકી પૂનમ તા-૧૦-૧૧ને ગુરુવારે ઉજવેલ. જેનો નકરો માતુશ્રી સંતોકબહેન લખમશીભાઈ પરિવારે આપેલ હતો. પદ્મ દર્શન, પાંચ ચૈત્યવંદન, ખમાસમણાં વગેરે વિધિ બધાએ આનંદથી કરેલ. આરતી, મંગળ દીવો વગેરે પૂર્ણ થયા બાદ ભાવિકોએ ભોજનને ન્યાય આપ્યો. લાભ લેનાર પરિવારે ઉદાર દિલે કાર્યક્રમને સફળ બનાવ્યો અને સર્વે યાત્રાળુઓને એમ થયુંકે અમારી યાત્રા સફળ થઈ.

હવે અહીંના હવામાનને કારણે ત્રણ મહત્વના તહેવારો આપણે સમુહમાં ઉજવી નહિ શકીએ પરંતુ ભારતમાં તેની ઉજવણી થાય છે -

૧. મૌન એકાદશી - છ ડીસેમ્બર (માગસર સુદ અગિયારસ) - જે ખુબ જ ઉત્તમ અને પવિત્ર દિન મનાય છે કારણકે આ એક જ દિવસમાં ત્રણ ચોવીસીના તીર્થંકરોના ૧૫૦ કલ્યાણકો થયા છે.

૨. પોષ દસમી - ૧૯, ૨૦, ૨૧ ડીસેમ્બર (માગસર વદ નોમ, દસમ અને અગિયારસ) - આ દિવસોમાં પ્રભુ પાર્શ્વનાથનો જન્મ અને દીક્ષા આવે અને એક દિવસ આનંદનો ઉમેરી જ્યાં જ્યાં પાર્શ્વનાથ બિરાજમાન હોય ત્યાં ભાવિકો અઠમ (ત્રણ ઉપવાસ) કરી આરાધના કરશે. શંખેશ્વરમાં લોકો હજારોની સંખ્યામાં અઠમ કરવા ભેળા થશે, પૌષધ લઈ આરાધના કરશે.

૩. ફાગણ સુદ તેરસ - ૬ માર્ચ ના પાલીતાણામાં લગભગ દોઢ લાખ યાત્રાળુઓ ડુંગર ચડી, દાદાના દર્શન કરી (છ ગાઉં) બાર માઈલની ફેરી કરી, ઘેંટી પગ ઊતરી માર્કીમાં જશે. ત્યાં સો એક માર્કી બાંધેલ હશે અને ભાવિકો યાત્રાળુઓના પગ ધોઈને પીશે, પ્રભાવના કરશે અને આગ્રહ કરી જુદી જુદી વાનગીઓ જમાડશે. વહેલી સવારે બે વાગ્યાથી રાત્રીના દસ વાગ્યા સુધી આ માનવ મેદની હશે.

ધન્ય છે આ બધા ભાવિકોને.

લી. સુશીલાબેન લક્ષ્મણભાઈ શાહ

Saraswati - સરસ્વતી

આપણા ધર્મ માં સરસ્વતી કે શારદા માતાનું અનેરું અને અનોખું નામ છે. મા સરસ્વતી તે વિદ્યા દેવી છે. અજ્ઞાન ના તિમિરને દૂર કરનારી અને જ્ઞાન આપનારી માં શારદાનું જૈન ધર્મમાં પણ ઉચ્ચ સ્થાન છે. આપણે જૈન ધર્મમાં તેમને શ્રુત દેવી કહીએ છીએ. મંદ બુદ્ધિ વાળા જનો માટે બુદ્ધિની તેજસ્વિતાને પ્રગટ કરનાર માં શારદાના મનોહર સ્વરૂપને આપણે પૂજીએ છીએ. મા સરસ્વતીના એક હાથમાં કમળ છે જે સંસારની માયાજાળથી અલિપ્ત રહે છે. અને બીજા હાથમાં પુસ્તક છે તે જ્ઞાનની ઉપાસના કરવાનું સૂચવે છે તેવું વર્ણન છે. તેમના અન્ય એક હાથમાં વીણા છે જે કલા પ્રિયતાનું સુચન કરે છે. તેમનો ચોથો હાથ અભય મુદ્રા દર્શાવે છે જે જૈન ધર્મના સિદ્ધાન્તોને અનુરૂપ છે.

વિદ્યાની દેવી માં શારદાનું પૂજન અતિ લાભદાયી છે અને તેમના આશીર્વાદ થી આપણી બુદ્ધિ શક્તિ ખીલે છે.

ઓશવાલ એસોસિએશન દ્વારા સરસ્વતી માતાનું પૂજન તારીખ ૬ એપ્રિલ ૨૦૧૨ ના રોજ રાખેલું છે તેમાં ભાગ લેવા સર્વને આમંત્રણ છે.

Saraswati or Sharda is the goddess of wisdom and good education. She is revered in Hindu and Jain religion as one of the goddesses. She is called Shrut Devi in Jain religion and all devout Jains worship her as the goddess who disperses the darkness of ignorance. We should 'worship' her in this day and age because we all love to acquire knowledge and be enlightened.

Sarawati Devi's picture shows that she has four hands. She is holding Lotus-flower in one hand and a book in the other hand. The third hand is holding a musical instrument called Vina which shows her love for arts and music too. Her fourth hand is giving us a boon of fearlessness (abhay-mudra).

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જ્ઞાન, વિજ્ઞાન, સાહિત્ય અને કળાઓની શ્રેષ્ઠ સર્જનાત્મક શક્તિ એટલે સરસ્વતી દેવી લગભગ દરેક ધર્મના સંપ્રદાયોમાં સરસ્વતી દેવીનું મહાત્મ્ય છે અને પુજાય છે. હિંદુ અને જૈન ધર્મના સંપ્રદાયોમાં સરસ્વતી દેવીની સાધના કરીને દેવીની પ્રસન્નતા અને કૃપા પામીને સફળ દ્રવ્યંતો ઈતિહાસના પાનાઓ ઉપર આલેખાયા છે. એમાંથી અમુક પ્રષ્ટાંત અહીં રજૂ કરું છું.

એક વખત દેવોમાં વિવાદ જાગ્યા કે કોણ શ્રેષ્ઠ અને લોકોમાં પ્રથમ પુજનિક છે? ત્યારે સ્પર્ધા યોજવામાં આવી કે બ્રહ્માંડ ફરતી ત્રણ પ્રદક્ષિણા કરીને જે પહેલા આવે તેને સર્વ શ્રેષ્ઠ ગણવામાં આવે. દેવો તો પોતપોતાના વાહનો લઈને ઉપડ્યા પણ ગણેશજીનું વાહન મૂશક, જેની ઝડપ નહીં જેવી એટલે ગણેશજીએ સરસ્વતી દેવીની કૃપા પામીને પોતાના માતા પિતા (શીવ-પાર્વતી) ફરતે મૂશક પર બેસીને ત્રણ પ્રદક્ષિણા પૂરી કરી. બધા દેવો પાછા આવી ગયા ત્યારે વિજેતા તરીકે શ્રીગણેશજીને જાહેર કરવામાં આવ્યા અને ત્યારથી લોકોમાં દરેક શુભ પ્રસંગે ગણેશજીની સ્થાપના પુજન કરાય છે.

ઋષી ભારદ્વાજે વધુ ને વધુ જ્ઞાન પ્રાપ્તિ માટે ઇન્દ્રને પ્રસન્ન કરી વધારાનું સો વર્ષનું આયુષ્ય મેળવી જ્ઞાન પ્રાપ્તિની સાધના વધારી તો પણ સંતોષ ન થયો અને ફરીથી ઇન્દ્ર પાસે વધારે આયુષ્ય માંગ્યું ત્યારે ઇન્દ્રે સરસ્વતીદેવી પાસે જવા કહ્યું. ખૂબ સાધનાને અંતે સરસ્વતીદેવીએ પ્રસન્ન થઈને દર્શન આપીને કહ્યું, જ્ઞાનનો કોઈ અંત નથી, જે પ્રાપ્ત કર્યું છે તેનું વિભાજન કરી સાર્થક કર એટલે ઋષિએ ઘણા વિષયો ઉપર કેટલાયે ગ્રંથોની રચના કરી.

એક વખતના લુંટારા જીવનથી પરિવર્તન પામી સરસ્વતીદેવીની ઊપાસના કરી. સરસ્વતીદેવીની કૃપાથી રામાયણ જેવા ઉત્તમ ગ્રંથની રચના કરી વાલ્મિકી ઋષિએ.

એક વખતનો અબુઝ ભોળો કાલી સરસ્વતીદેવીની ઉપાસના દ્વારા સરસ્વતીદેવીની પ્રસન્નતાથી સંસ્કૃત કવિતાઓનો શ્રેષ્ઠ કવિ કાલીદાસ તરીકે પંકાયેલ.

દિવાળીના દિવસે ચોપડા પૂજનમાં સરસ્વતીદેવીને યાદ કરીને વેપારીઓ શારદાપૂજન તેમજ લક્ષ્મીપૂજન કર્યાનો ઉલ્લેખ આજે પણ અસ્તિત્વમાં છે.

પ્રાચીન કાળની સરસ્વતીદેવીની સાધના ભક્તિમાં દિવ્યતા (દેવી સ્તોત્ર)નો અંશ હોવાથી પ્રત્યક્ષ પરચા મળતા હતા. જ્યારે વર્તમાને એવા પરચા દેખાતા નથી વર્તમાને કેળવણી, વિજ્ઞાન વગેરે રોકેટ ઝડપે પ્રગતી પંથે છે પરંતુ તેમાં દિવ્યતાને બદલે આસુરી તત્વ વધતું જોવામાં આવે છે જેનું કારણ સરસ્વતીદેવી પ્રત્યેની ભક્તિ, સાધના અને શ્રદ્ધાનો અભાવ વતાર્ય છે.

કલિકાલ સર્વજ્ઞ આચાર્યદેવ શ્રીમદ વિજય હેમચંદ્રસૂરીશ્વરજી મહારાજ તીવ્ર મેઘા પ્રતિભાના સ્વામી હતા. તેઓ નિરંતર એકાગ્ર પણ સરસ્વતીદેવીનું ધ્યાન ધરતા હતાં. તેમને એક વાર એવી ઈચ્છા થઈ કે, કાશ્મીર જઈને સરસ્વતીદેવીની સાધના કરવી, તેમને પ્રસન્ન કરીને વરદાન મેળવ્યું. સિદ્ધસારસ્વત બનવું, કાશ્મીરપ્રતિ તેઓશ્રીએ વિહાર કર્યો. વરચે ખંભાતમાં રૈવતાવતાર મંદિરમાં એકાગ્રપણે સરસ્વતીદેવીનું ધ્યાન ધરતા દેવી ત્યાંજ પ્રત્યક્ષ થયા અને કહ્યું કે, તારે કાશ્મીર ધક્કો ખાવાની જરૂર નથી, હું પ્રસન્ન થઈ છું અને તારી બધી મનોકામના પરિપૂર્ણ થશે.

Article by, Sushilaben and Varshaben

Visit Oshwal Centre & Deraser

At Potters Bar by OAUk Organised Coach

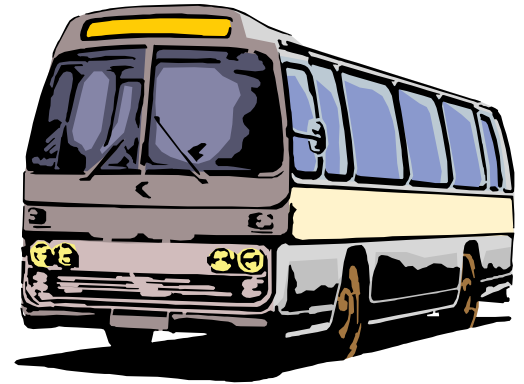
Concept – We want to give all life members an opportunity to visit the OAUk centre and Deraser – especially those who do not have personal transport during the week.

Who for – Coach will be organised per area on a rotation basis – one area per week – in the beginning this will be done for the 3 nearest areas to the centre – North, North East, North West.

When – Fridays from March 2012

Times – TBC

Cost – Part Subsidised by the £120 Scheme



Contacts for more info:

North

Rajni H Shah –07954 551 576

Saroj Shashi Shah –020 8420 4606

North East

Madhuben Amritlal Shah –020 8882 4391

Taraben Ratilal Patani –020 8886 4400

North West

Dipen Shantilal Shah –07881 511 457

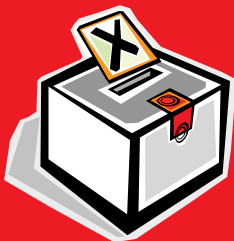
Minesh Venichand Shah –07725 707 005

Centre

Rahul Kachra Haria – 020 8954 3727 or mobile 07939 076 510 or email rahul@houseofharia.com

Sushilaben Laxman Shah and Varsha Dilip Shah –07710 230 377 or email varshashah71@yahoo.co.uk

Further details will be announced on the website, at the OAUk events, and in March 2012 Oshwal News.



OAUk – AGMs 2012

Save the dates – Make your Vote count

2012 is election year for the association – Area Committee Elections & Executive Committee Elections – hope all life members will attend the AGMs to acknowledge the hard work the committees have been doing for the benefit of all the members. At this year AGMs – all life members will have the opportunity to vote for their preferred candidates – in fact have you considered standing for the elections yourself? **Please note the following AGM dates in your diary.**

East

Sat 31st Mar 2012 – 7pm onwards

St Albans Church Hall, Albert Road, Ilford

North

Sun 25th Mar 2012 – 2pm-6pm

Moss Hall Junior School

North East

Sun 1st Apr 2012 – 2pm onwards

Upstairs Hall, Oshwal Centre, Potters Bar

Northampton

Sat 3rd Mar 2012 – 7.30pm-10.30pm

St. Michael's Church Hall, St. Michael's Mount, Off Perry Street, Northampton, NN1 4HL

South

Sun 11th Mar 2012 – 2pm onwards

South London Mahajanwadi

Note: Leicester, Luton, North West, West & OAUk – dates still to be announced

Rahul Haria, OAUk Membership Sub-committee Chairperson

Are you an Entrepreneur?

An Invitation to all Future Business Leaders

The Oshwal Association of the UK in partnership with Oshwal Education & Relief Board, Kenya, would like to invite all Future Business Leaders to this exciting opportunity.



The Economic Council of Oshwals (a sub-committee of OERB) shall host a batch of 14 degree students in Kenya for a period of 7-10 days. The Council will organise visits to various industries in Nairobi, Kenya, so that the students can see with their eyes what entrepreneurship is all about and visit many industries, e.g. Plastics, Sweets, Pharmaceuticals, etc.

Accommodation shall be provided by OERB at the Visa Oshwal Boarding with 3 meals a day. The students shall have to bear the cost of travelling to Nairobi, visa fees, incidentals, medical insurance, etc. **The Oshwal Association of the UK, shall part sponsor the cost of the return flights to Nairobi.**

This is a super opportunity for any penultimate year degree student who is born in UK to visit the diverse businesses in Kenya. If you are interested please register your interest by **Wed 29 Feb 2012**, by emailing oshwalnews@oshwal.org.

Please note a strict selection process will be in place, full guidance of which will be available to those who register their interest.

Why I'm paying £180 for the £120 Scheme?

By, Sureshchandra Manekchand Shah

You might have heard Tusharbhais (our President) speech or seen the video clip on 4th December 2011 at Oshwal Centre where you saw a BAR OF CADCURY CHOCOLATE or a CAN OF COKE being sold for 50p each.

I have been drinking 2 cans of coke everyday for a number of years costing me \$365 per year.

Since September 2011 this year I am only drinking one can of coke and therefore saving more than \$180 which I have now decided to give to our Association for the rest of my life. In short I have NOT lost anything FINANCIALLY (as people always complain) BUT gained health-wise for my own benefit.

Let me take you 20 years back when the £120 Scheme was originally launched by our Executive Committee. I am proud to say that I was the Fund Raising Chairperson of the North East Area at the time and we achieved 75% of contributions from our members in the Area. The overall average response from all the areas combined was 35%.

In this day and age, £120 twenty-years ago is equivalent to £12 current value according to my calculations. Amazingly less than 3% of our members are participating in this Scheme currently.

My humble request to everyone is that if we all participate then our motto "UNITY IS STRENGTH" will be fulfilled.

Jai Oshwal, Jai Mahavir

Sureshchandra Manekchand Shah

Fundraising

Grand Raffle & £120 Appreciation Dinner

Grand Raffle

I would like to personally thank the following three people.

- **Kantibhai Haria** of Inhouse Kitchens for personally selling the highest number of raffle tickets.
- **Ratibhai Devchand Shah** for personal purchase of the highest number of raffle tickets and generally with the help in the sale of the tickets.
- **Raj (Bhuty) Shah** for overall sale of the highest number of tickets and organising and getting the biggest discount for our 1st prize, a brand new Mini. He was also always there in all Oshwal functions to promote and selling of the raffle tickets, all the way leading up to the day of the draw.

Oshwal Grand Raffle Winners List

Draft held on 30 October 2011. To collect your prize, contact the Office on Tel: 01707 643 838

Prize no.	Prize	Donors	Winning Raffle Ticket	Winner's name
1	BRAND NEW MINI CAR	OAUK	14116	Sudha Shah
2	CROWN KITCHEN UNITS OF YOUR CHOICE UP TO THE VALUE OF £5555	INHOUSE KITCHEN	22953	Aryan A Masuria
3	50 INCH FLAT SCREEN TV	ANONYMOUS	19480	Samir
4	TWO RETURN TICKETS TO INDIA (Subject to terms & conditions)	SKYWAYS AIR SERVICES INDIA	30095	Shravani Chotai
5	NEFF STAINLESS STEEL FRIDGE FREEZER	INHOUSE KITCHEN	21796	Nikil Haria
6	SCHULTZMAN 32 PC KITCHEN SET	INHOUSE KITCHEN	159	Chandrs Shah
7	PRIMA 24 PC STAINLESS KNIFE SET	INHOUSE KITCHEN	37751	Ritesh Shah
8	BLANCO WALL MOUNTED COFFEE MAKER	INHOUSE KITCHEN	36211	Sobhaghbia
9	SIEMENS PORSCHE KETTLE AND TOASTER SET	INHOUSE KITCHEN	7491	Dipen Shah
10	MIELE VACUUM CLEANER	INHOUSE KITCHEN	3488	Jitu
11	NEFF DESIGNER SAUCE PAN	INHOUSE KITCHEN	38035	Komal Sidapara
12	MIELE 5PC KNIFE BLOCK SET	INHOUSE KITCHEN	35659	Rati Shah
13	SET OF BOSCH KETTLE, TOASTER AND HAND BLENDER	INHOUSE KITCHEN	21861	KTM Tourism Sevices
14	SAMSUNG GALAXY MOBIL PHONE	RAKESH AMRITLAL SHAH	35880	Rati Shah
15	CASIO KEYBOARD	ASHWIN BABULAL SHAH	11955	Dipesh Mehta
16	MULTIFOOD PROCESSOR	SUDHIR MEGHJI & TARUNA SHAH	30271	Dhirsh
17	GOLF SET---GOLFONLINE	GolfOnline.co.uk	2794	Jane Toor
18	ATERNON TEA FOR 4 AT HILTON HOLBORN	CHIMAN SHAMJI SHAH	31388	Kishore A Shah
19	SET OF HIS & HERS PERFUMERES & AFTER SHAVE	ANONYMOUS	39745	Mr Harish Shah
20	£50 cash prize	Ashok Mulchand Shah	19096	Mr Ashwin B Shah

£120 Appreciation Dinner – held on Sunday 4 December 2011 at Oshwal Centre

The annual £120 Appreciation Dinner for all £120 Scheme members was held on Sunday 4th December 2011 at Oshwal Centre and attended by hundreds of £120 scheme members, which was great to see.

The evening included a brief talk by **Tushar Jayantilal Shah**, OAUK President, of his vision for our Community, including bringing FREE Gujarati school education for all Oshwal children from September 2012; regular transportation services to Oshwal Centre from the Areas; supporting Oshwal children in the areas of business and entrepreneurship in partnership with OERB; and also touched upon long-term visions of building an Oshwal main-stream school for Oshwal children. **Mukesh Shah**, Chairperson of Oshwal Education & Relief Board, also gave a short talk on the various activities the OERB is currently involved in.

It was a fun-filled night with music and entertainment. If you would like to join the £120 donation scheme, a copy of the form can be obtained from the Office by calling 01707 643 838 or email admin@oshwal.org or look on the Oshwal Website.



Anil Gudka, Fundraising Team



Is your daughter / son between 16 and 21?

OAUK Membership

One of the best gifts one can give any Halari Oshwal turning 16 in my opinion is – life membership of OAUK for only **£50**. For a start after they are 21 years old it will cost **£125** – which Oshwal does not like a bargain! But there are more important positives to think of:

- It may make them attend a few more Oshwal events rather than otherwise
- It may make them realise the rich heritage they have a connection with
- It may help them meet people with similar values
- It may help keep a stronger connection with Jainism
- It may help them keep a better connection with the Oshwal elders
- It may help them stay vegetarian
- It may help them carry on understanding Gujarati
- It may help them understand Community Spirit

If every Halari Oshwal between 16 and 21 becomes a life member of OAUK – for sure – our Association will become stronger for many years to come!

Email admin@oshwal.org for a membership application form.

Rahul Haria

Membership Sub-Committee Chairperson



Oshwal Youth

A New Magazine for Young Oshwals

It is a great pleasure in introducing the Oshwal Youth magazine, which is aimed at younger Oshwals. In this Edition there are a number of articles including:

- The Youth & Future
- African Adventure!!
- CV Writing Tips
- Yoga for Kids
- ...and much more!

We would like feedback from parents and children as to what you think of Oshwal Youth magazine. What is good about it? What is bad about it? Email us on oshwalnews@oshwal.org. Any ideas or suggestions would be welcome and of course, any contribution of material is always welcome. Please see the Oshwal Youth magazine for details about contributing material.

Oshwal Media & Communication

ઓશવાળ મીડીઆ અને કમ્યુનિકેશન

Now, that we have your attention by printing this page UPSIDE down...please consider the following exciting opportunities to get involved in your Community magazine.

Guest Editor x1

About the Role

You will be Guest Editor for the **one** Edition of Oshwal News magazine, and will be reporting into the Editor & Oshwal M&C Chairperson.

Responsibilities

You will be helping the Editor and the rest of the Oshwal M&C team to put together an edition of Oshwal News. In particular, your responsibilities will include:

- Writing the Guest Editorial for Oshwal News
- Advising the Editor & M&C team to decide on which articles to include in Oshwal news
- Co-ordinating the receipt of material from various contributors
- Contributing to the overall theme of the magazine and ensuring the publication process runs smoothly to ensure timely delivery of Oshwal News to members

Qualifications Required

- A high fluency in English and Gujarati (both written, read, and spoken) is essential
- Willing to work with a dynamic team. Excellent team-working skills is a must
- Excellent inter-personal communication and IT skills are a pre-requisite
- Working to tight deadlines and under pressure is also essential
- Interested in, and knowledgeable of, one or more of the following fields: journalism and mass communications, media management, marketing, advertising, publishing and communications is also beneficial

Media Internship x2

About the Role

You will be helping the Editor & Oshwal M&C team to compile **one** Edition of Oshwal News magazine and help update the Oshwal Website. You will report into the Editor & Oshwal M&C Chairperson.

Responsibilities

You will be helping the Editor and the rest of the Oshwal M&C team to put together an edition of Oshwal News and help update the Oshwal Website. In particular, your responsibilities will include:

- Writing at least 1 article for Oshwal News and at least 1 article for Oshwal Website (theme to be decided between you and the Editor)
- Helping the Editor & M&C team with the magazine layouts and designs
- Contributing to the overall theme of the magazine and ensuring the publication process runs smoothly to ensure timely delivery of Oshwal News to members

Qualifications Required

- GCSE A-grade in English and Gujarati (both written, read, and spoken) is essential
- Willing to work with a dynamic team. Excellent team-working skills is a must
- Excellent inter-personal communication and IT skills are a pre-requisite
- Working to tight deadlines and under pressure is also essential
- Interested in, and knowledgeable of, one or more of the following fields: journalism and mass communications, media management, marketing, advertising, publishing and communications is also beneficial

Note: these are unpaid voluntary roles and in order to be considered for selection you must be an Oshwal Member or if under 16 years of age, both your parents (or surviving parent) must be Oshwal Members. Further notes and guidance can be found with the application form, which is available for download from the Oshwal Website, and deadline for application for the above roles is 30 March 2012. Any other questions, please contact the M&C Team on oshwalnews@oshwal.org

Next Edition	Article / Content where we need your help ¹	Deadline for submission
March 2012 (Spring) Edition	Theme: <u>Mahavir Jayanti Celebrations</u> At the auspicious time of the Mahavir Jayanti celebrations we would like to include articles about modern Jain thinking and what it means to be a Jain in the 21st Century. Lets us know your thoughts and views.	3 Feb 2012

Editor's Note

Just in case you are wondering, the M&C team is more than happy to consider articles submitted outside of the above themes for any of the Editions. So if you have ideas and thoughts about an article contact the M&C team on the email below. But remember, as always, submission of an article does not guarantee publication.

¹ PLEASE NOTE: Please submit material in Word format wherever possible with any pictures in JPEG or BMP format. Any articles in Gujarati should be submitted in Word and PDF format. Submitting an article is open to all Oshwal of any age group but submitting an article does not guarantee publication. Maximum words 500. Articles may be edited by the M&C Team prior to publication if selected for publication. Editor's decision is final.

So you know what I want!

by, Bernie Paulo

I knew what I needed,
Did you bother to ask?
How did you decide on what was my task?
I was ready at nine, as we'd agreed,
You arrived at ten,
No apology, obviously, no need.

I was always going to be there,
You just had to turn up,
Being on time would have showed that you care.
How clever you are to know what it is to be ME,
I don't know what it's like to be you.
Is it based on a book, or a previous case?

Have you read my notes?
Or are there assumptions from another place?
Do you wake up like me and follow my routines?
Or do you jump in the shower and rush out the door?
A shower every day, is what I want too,
So why do you think, for me, every other day will do?

Do you eat on the go, whilst driving your car?
Or are you spoon-fed or helped, are we on a par?
Do you sit waiting for transport, like many times before?
I would you like your independence, and to drive my own car.
Do you worry about access, or just walk through the door?
Do you think about flooring, carpet or hard?

And ease of manoeuvring, and will I fall?
Do you stroll through life, unaware of the stares and looks?
Or do you have your head stuck in your assessments and books.
Do you consider my opinion is as valuable as yours?
Or are you fitting me into budgets and resources, what a chore.
Is your aim to tick boxes and come up with a plan?

Are my thoughts important, or do you give a damn.
Am I your equal, or just a service user?
Do you look at my body, forget my brain and just stare
Not taking time to see who is really in there.
Does my speech make you feel awkward, so you finish my sentence?
And you look like you're listening, is this just pretence?

Do you feel good when you help me?
Because you have MISSED the point,
You have not empowered me,
Only built another fence.
What will you say when it all goes wrong,
What is your defence?

I am part of our world, our needs may differ
But how we both get there,
Sometimes, I need your help to deliver,
I want to partake in life, so think about ramps and lifts,
And when you provide toilets, make sure I will fit
I want to live with dignity and respect, the same as you,

I want independence and autonomy, just as you do.
So next time you come, just think and consider,
Be on time,
And forget the looks,
And books,
And good advice,

Just listen to me,
That would be nice.

Editor's Note

This poem was written to open everyone's eyes to perceptions of disability by Bernie Paulo for Shital Shah.

Ain't no mountain high enough!

BEHT's Kilimanjaro Challenge 28th August to 2nd September 2011

At 5,895m, Kili is Africa's tallest mountain and the world's highest walkable mountain.



In March 2011, a group of 20 of us ranging from 18 to 60+ decided to climb Africa's tallest mountain and raise funds for BEHT's Hospital project. Behind the scenes, a lot of hard work had gone to ensure everyone was well prepared, well kitted and raising lots of money for a great cause. We had decided to take the Marangu route as it meant staying in huts rather than camping and we also had an extra day of acclimatisation to give ourselves the best possible chance of success. We took 4 days to climb up and 2 days to descend. We had a team of 40 porters, 7 guides, and 2 cooks who carried our luggage, cooked vegetarian food and encouraged us along. All we had to carry was our own backpacks with some snacks, 3 litres of water and rain wear.

The first 2 days was easy walking, around 5-6 hours slowly ascending all the time. We started off walking in the rainforests, then moorland, and then alpine desert, the temperature becoming colder each day. By the time we got to Horombo, where we would spend an extra night, a few had started feeling the effects of altitude-headaches, nausea, fatigue etc. The next morning (Day 4) was an early start - a long hot dusty walk to Kibo and took us about 7 hours due to the thinning air. This camp has no running water and water carried by the porters is strictly for drinking and cooking, not to be wasted on luxuries like washing. We left for the final ascent (Day 5) that night at 11.45pm and started off in a single file carefully taking a single step at a time. It was really difficult to walk on the scree, you had to really plant your poles and pull yourself up. It was exhausting work. We'd been climbing for over 6 hours and now the sun was about to rise. Amani, our head guide, pointed out Gilman's - it still looked a fair way up but now the scree had given way to huge boulders. We finally got to Gilman's point - we had climbed Kilimanjaro!

But the peak is higher! A few minutes of rest and Amani shouted 'Uhuru!' We obliged by trudging along like zombies, on autopilot-when your body is tired, your legs feel like jelly, and your eyes ready to drop off to sleep, each step is a mammoth undertaking.

The views from Gilman's onwards were becoming more spectacular as you started seeing the icecaps, almost 2 storey high blocks of thick ice. We finally got to Uhuru - most of us totally exhausted and ready to drop. We all hugged each other and took some photos. Finally, we set off back down again to Kibo, a steep gruelling walk down, only to be told when we reached Kibo that we had 10 minutes to eat and pack our bags and then get down to Horombo - another 3 hours walk down! We got to Horombo at about 5.30pm - 18 hours after we'd started our night climb! The next day (Final - Day 6) we walked back to the gate (over 6 days we had walked over 100km!). 15 of us had made it to Uhuru, 3 to Gilman's and 2 had got to around 5,200m. It was an astounding success rate.

The next day we had a celebratory breakfast - jalebis, gathias and parathas, after which we all parted our different ways - It was barely a week since we had all met but in that time we had bonded, encouraged each other, gone through tough times and pulled through.

So if you are thinking about undertaking such a challenge - think no more - just do it!

BEHT would like to thank the following people who undertook the above challenge and in the process raised over £ 90,000 towards the equipment for the hospital project:

Ajay Gudka, Hitesh Shah, Shaila Lambert, Hasmita Shah, David Lambert, Bakul Patani, Kishor Shah, Babu Shah, Satish Shah, Shirley Briars, Jyoti Gudka, Kiran Malde, TM Lee, Roopa Malde, Bene Loy, Jaymal Gudka, Himesh Naik, Bhavik Shah, Sahil Shah, Sam Briars.

After the resounding success of this challenge, BEHT will be taking another group to Mount Kilimanjaro in August 2012. If you wish to take part in this challenge and also raise funds for a worthwhile cause, please contact via info@beht.org or see our website www.beht.org.

**Article by,
Hasmita Shah**





Oshwal Health Awareness Day

Sunday 13 November 2011

IT WAS TRULY A DAY THAT OSHWALS WILL REMEMBER!

WOW! is the only way I can describe the Oshwal Health Awareness Day.

Almost a year ago, I was given the daunting task of arranging a Health Awareness event for our Community by our President, Tusharbhair. It was a wonderful concept and I had a vision, but I was not very sure how I would go about arranging that. A working group was formed and Sandip Haria and Dilip

Maroo, two very selfless and motivated individuals came forward and took on the challenging task of co-ordinating the event. The Committee of the Oshwal Pharmacists (TOPs) also joined the Working Group and very soon we had a vision of what we would offer on the day.

With the help of the Working Group and many others, we were able to deliver such a fantastic event. My sincere thanks go to all the members of the Working Group and also to all the volunteers who helped us in various capacities during the project and on the day.

I was overwhelmed with the number of volunteers who came forward to help us on the day. All the volunteers were excellent ambassadors of the Oshwal Association and I felt very proud to be an Oshwal.

The feedback we received on the day and since shows that it was a very successful event which has benefited our community. We have had many people requesting to hold a similar event very soon.

I sincerely hope that those who attended have taken at least one thing back to improve their lifestyle to become a healthier person. I personally have certainly learnt a lot and am making every effort to lead a healthier lifestyle.

It has been a great honour and pleasure to lead this project and to work with the Working Party and supporters. On the day, everyone was very warm and compassionate towards each other and there was certainly a great Oshwal team spirit. I would like to thank each and everyone involved to make this project an enormous success – we can only do such events when there is unity and compassion towards each other.

Daksha Maroo

Chairperson - Oshwal Health Awareness Day

The day commenced in the Talks Marquee at 9.30am with the Opening Ceremony for the Oshwal Health Awareness Day. The symbolic lighting of a divo, by Nehal Shah, was followed with short prayers and inspirational words from Daksha Maroo (Chairperson, North Area), Tushar Shah (President, OAU), Dr Bharat Shah (Sigma Pharmaceuticals) and Sandip Haria (OHAD Coordinator).



Nehal Shah lighting Divo

Volunteers

We had over 450 volunteers pre-register to help at this event and many of them were new faces. There was dedication from all the volunteers to ensure the event ran smoothly and all were eager to help, guide, advise and assist. All worked as a TEAM and the age range of the volunteers was 15 years to 65 years plus.

Most stall holders commented on the volunteer workforce saying that they have not seen such dedication and warmth at other events. One even commented that it was sad there are only 4% of Oshwals in UK.

We knew that a lot of work was required on Saturday to convert Oshwal Centre into a mini health camp followed by the arduous task of tidying up on Sunday. It was anticipated that Saturday would be a long day with the possibility of working late into the night, but the TEAM we had working made sure the setup was completed by 7.30pm.

On Sunday, after the event, the volunteer workforce dismantled the stalls, removed all rubbish and moved back all items that had been moved out of the halls on Saturday. **Oshwal Centre was back to normal by 7.30pm on Sunday.**

A HUGE thanks to all volunteers for your hard work and for making this an event to be remembered.

Many of you have mentioned that you would like to volunteer for the next Health event, we will be in touch!

Thank you to Hitesh & Harish for taking photographs, Ashok for Talks video and Vijay Maharaj for Dignitaries Derasar tour.

Dinendra

Publication & Volunteers Coordinator

Sponsorship

Thank you to the following companies for their generous sponsorship.

Well Wishers, Aprirose Investments, G D Copper, Lubbock Fine, McNeil Products Ltd, Nelsons, Oral B, Sigma Pharmaceuticals, Spire Hospital - Bushey, Two Rivers Home and Unipack Worldwide Packaging.

Organisations

We thank the following Organisations for their support to make this event very successful.

Anthony Nolan Trust, Ashiana, Asthma UK, Bioforce, British Heart Foundation, Diabetes UK, Danone, Friends of Prostate Sufferers & Graham Fulford Charitable Trust, Kidney Research UK, Macmillan, Mind, NPA, Royal Free Hospital, Enabling Network, Sangat, Silver Star, St Luke's Hospice, The Oshwal Pharmacists and The Stroke Association.

Registration

The day started early at 7am with registration of volunteers and stallholders as they came in, followed a little later at 9am with registration of guests.

The day went smoothly with those attending ranging from minor children to guests aged 80 plus. Everybody was required to register and collect a Screening Card and a pre-screening questionnaire.

Basic non-personal data was collected to help with the planning of future events and to be used to get support from potential sponsors and health authorities.

With separate registration areas for Volunteers and show attendees, registration was completed very quickly and everyone collected Event Programme and Souvenir Health Awareness Day magazine.

An atmosphere of fun and gaiety prevailed throughout the day and everybody seemed to enjoy themselves.

The good humoured audience, the weather, the smooth flow of people, the variety of events and the good food made for the perfect day and a day to remember.

Most of all we feel content that people left with tangible long term benefits for themselves and their families.

Our gratitude to all those who helped make this a successful day, in particular the volunteers.

Dhiraj, Ketan & Tushar G

Indulgence

Living well and eating properly helps to have a better life but the stress of the modern fast paced world means we accumulate stress which translates into tired muscles, aching body and stiff joints.

Available to help alleviate the above effects are many therapies of which many were provided at Oshwal Health Awareness Day. These ranged from Indian Head massage to pedicure and all therapies were enjoyed by many who attended the event.

Therapies available on the day - **Indian Head Massage, Reflexology, Chair Massage, Reiki, Facial Massage, Ayurvedic Head & Shoulder Massage, Pranic Healing, Pedicure / Manicure.**

The aim was to offer everyone the opportunity to experience alternative treatments at an affordable price of just £10 for half an hour to discover the health benefits that holistic therapies can bring about and to tune into a more relaxed state.

Being on the stage attracted a lot of people to the area, who in turn tried some of the therapies. All of the therapies were very popular. Some 200 people had therapies on the day and sadly we had to disappoint some people due to the demand.

We have been asked to organise an Indulgence event on its own on a bigger scale so more people can benefit.



~ Oshwal Health Awareness Day ~

We would like to thank all the therapists for making the day very enjoyable and also all the volunteers for their help in setting up and managing the area.

Mila Haria & Hina Gudka



Exercise Zone

The communities of South Asian have learned the ways of the West while our forefathers had worked hard under the hot sun and we have adopted a more relaxed work attitude which has brought about its own tales of woe.

Nowadays people realise the benefits of exercise and many companies are now offering gyms at work. As part of healthy living, we need to exercise and as a taster the following workshops were available.

Yoga, Pilates, Aerobics, Chair Exercise, Exercise with Tennis Ball, Stretching / Conditioning, arm & hand exercise and Meditation.

All classes were led by expert teachers.



Food zone

Sunday the 13th November finally arrived and there was a buzz about Oshwal Centre, even at 7 am. Despite helping till late the previous night, a lot of the volunteers were already there first thing in the morning, raring to go.

Pradeep had previously briefed the sub-team leaders of their duties, so they had organised their own teams well and started to set up their stations. Divya and I had briefed the various cooking team leaders prior to the day, so each knew what to expect and came along with their teams and started chopping and washing and cooking.

The scrumptious food served on the day was: Healthy Bhel, Pasta, Khichdi, Rotla & Cobi shak, Idli Sambhar, Quinoa dish, and the drinks: Falooda (healthy version and dairy-free for vegans), freshly made fruit and vegetable juices, Kerala tea, Indian chai, coffee and herbal teas.

Food demonstrations were carried out in the food zone from 11.30am until 5.30pm, and the audience were able to see the delicious dishes being prepared and had a taste of the end result. (Recipes are available from Oshwal Website WWW.OSHWAL.ORG)

It was very heart warming to see the camaraderie between the different sub-teams, such as the tea servers dashing off to get the ice-cream for the Falooda Team when they had a long queue, and the Drinks Team mingling with the Food Demonstration Team as soon as Kumudben started talking about the fruit and veg, and the Cooking Teams lending each other a hand.



~ Oshwal Health Awareness Day ~

Under the watchful eye of Gita, everyone was served within 5 minutes, and all the volunteers managed to look around the stalls and screening as Gita had worked out a shift system.

The Food Team Leaders want to thank everyone for their commitment and for making it such fun. There were so many different highlights during the day, so it is difficult to narrow it down to any particular one, however, we must say that that it was very satisfying to see the public enjoying their food and visiting the activities in a relaxed fashion. To quote one of the stallholders “we had such great fun working with you all because you just let us get on with it, and there weren’t any chiefs bossing us about”.



Pradeep, Divya and Preeti

Health Awareness Talks

Recipe:

- 12 Eminent Clinicians including GPs, Cardiologists, Cardiothoracic Surgeon, Gastroenterologists, Oncologist, Respiratory Physician, Urologists, Psychiatrist
- 1 Naturopath
- 2 Pharmacists
- 5 Patients & Public Health Awareness Campaigners

Result:

- 8 full hours of valuable information, practical tips, useful advice and understandable explanations for the audience!!

The Health Awareness Talks Session ran continuously from 10.15am – 6.15pm and comprised 15 different presentations covering several important health issues that affect the Asian community. This was a fantastic plenary health awareness seminar for our community, and apart from being able to glean valuable health information from leading clinicians and health awareness campaigners, the enthralled audience had the opportunity to ask questions in an informal environment to get ‘best advice and practical tips’.



The Talks Marquee, with a seating capacity of 190, was packed for most of the day and at times overflowing. The young enthusiastic hard-working volunteers, including the Rikshawala Team, ensured that the programme was delivered with military precision and efficiency, despite the tightly packed schedule.

The core message that resounded from the programme, irrespective of medical condition or treatment, was:

- eat a well-balanced diet
- exercise regularly and stay fit
- keep an open mind and positive spirit

The motto for the event was **‘We may Just Save a Life’** and the Talks Team hope that the Talks Session has contributed somewhat towards fulfilling this and also achieved the objective of educating members of our community, patients and their families. Promoting good health awareness and encouraging participants to assume responsibility for their own health will help improve overall health and reduce risk of developing certain diseases in the long-term. One of the audience remarked that this session could be described simply as having achieved a ‘Milestone in Oshwal History’.



Sandip

Dental Advice & Mouth Cancer Screening

The Dental Zone offered two activities – Dental Advice and Mouth Cancer Screening.



Altogether 40 people volunteered at the Dental Zone – this included one dental nurse, 2 undergraduate dental students, 3 high school students (who wish to pursue dentistry as a career in the future) and 34 dentists. It was really amazing to see so many Oshwal dentists volunteering. Even more gratifying to see was the number of recently qualified dentists (qualified in the last 3 years), who were all very enthusiastic about volunteering and who worked tirelessly throughout the day to make the day a huge success.

All the volunteers in the Dental Zone were very flexible and in fact helped out with various other areas, often showing great initiative and ensuring things ran smoothly and efficiently. It was a great team even though most of the members had only met for the first time on that day. All the volunteers commented on how well things were organised overall, and especially in the dental zone, and most were actually prepared to help again if the event was to be repeated again in the future.

Statistics from the mouth cancer screening:

The initial eligibility criteria applicable for Mouth Cancer Screening were anyone over the age of 30 years and who had not seen a dentist in the previous 12 months. However as the day went on, with the excellent organisation and efficient teamwork, it was realised that there was spare capacity and the criteria were extended to include any adults.

A total of 142 people were screened on the day.

The age range of people seen was 22 years – 76 years old.

78 males and 64 females were screened.

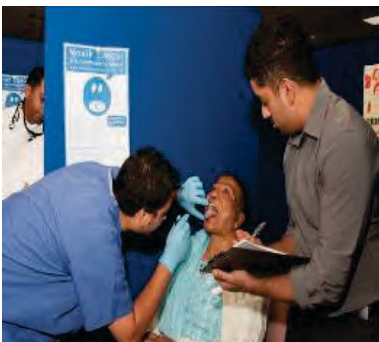
Of the 142 patients screened, 36 people were actually asked to see their dentist/doctor as soon as possible for further investigation of white/red patches, ulcers or lumps in the mouth or neck. This is quite a high percentage. Most of these people were unaware of the lesions in their mouths and quite a few of them had no known risk factors for mouth cancer.

All those who were screened were informed about the importance and need for regular dental check-ups. They were advised to register with a dentist for regular dental checkups. The NHS Direct telephone number was given to people who were looking for an NHS dentist to register with.

Many of the people who were being screened for mouth cancer were found to have gum disease, of varying severity, and were therefore seen by the dentists on the Dental Advice side mainly for advice on management of gum disease and oral hygiene (brushing/flossing) instruction. In fact, gum problems were one of the main incidental findings of the mouth cancer screening.

The Dental Advice Zone served a large number of people, ranging from children to the elderly. Apart from giving advice on general dental issues, specialist advice was also available to those thinking about brace (orthodontic) treatment. The main theme was prevention, and advice given included correct brushing and flossing techniques. There were charts available with information about the effects of acid erosion, gum disease, causes of dental decay and causes of mouth cancer – leaflets were also available to take away for these and other conditions.

Free toothpaste, sugar-free chewing gum and toothbrushes were given out at the Dental Advice Zone. Volunteers were also going around the rest of the screening area and health information hall distributing the free toothpaste and chewing gum. This proved to be hugely successful and well appreciated.



Posters highlighting information about mouth cancer had been strategically placed around the various zones including the Food Marquee, and it was quite good to see people reading these while waiting to get served. A few people also commented on how many mouth cancer awareness posters were placed all around, all contributing to increasing awareness about this serious condition.

The councillor from Harrow commended the dental team on a great job well done, as did many of the participants on the day. One of the team was a dental nurse (and non-Oshwal) and she could not stop singing praises about how great the day was and how it was so well organised and also inspiring to see so many young people volunteering. She also said that she felt that the people who had come for

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the screening all appeared to have benefited a great deal from it, even if it was just advice on registering with a dentist and having regular check-ups.

In conclusion the day was a great success, with all volunteers finding it a pleasure to work within a great team. It was inspiring to see so many young people in the community giving up their valuable time on a Sunday to volunteer. It showed amazing community spirit and teamwork. Hopefully some lasting friendships were formed on the day and also a great team of people brought together to organise future events to benefit the Oshwal community.

Welfare and Health Promotion

The Task – Manage the Welfare and Health Promotion zones and make available information and advise on varied health issues and related services available in UK.

Following a quiet start, the momentum picked up and there was a buzz of activity in all the stalls and the stage was busy with various therapies on offer. The activity on the stage as you entered the hall was certainly a crowd puller and made people inquisitive on what else was on offer.

There were various Health support organisations providing information and advice and stall holders offering products from skin care to mobility aids with lots of free giveaways. The feedback received from all the stall holders is very positive and on average each stall holder had 300 people making enquires with one stall holder stating they saw over a 1000 people through the day.

- 📌 Asthma UK advised around 500 people
- 📌 Anthony Nolan Trust very happy with the response
- 📌 British Heart Foundation signed up **312** for Emergency life support Skills petition, trained 40 people in Emergency Life Support Skills and 56 signed up for BHF magazine: Heart Matters.
- 📌 Diabetes UK spoke to a lot of people and were so pleased with the event that they offered to do Diabetes Risk assessment at our future event
- 📌 Kidney Research signed a **record 136** for Organ Donation and saw circa 400 people
- 📌 Indulgence Zone performed 200 therapies and sadly had to disappoint some
- 📌 Spire Hospital registered 53 people and gave information to lot more
- 📌 Enabling Network spoke to approximately 300
- 📌 Sigma had **1000+** people visiting them
- 📌 Skintology saw 250 people
- 📌 British Association of Ayurvedic Practitioners had 38 people make enquires



A record number of people signed up to various causes on the day. Comments from the organisations were that the day had been very successful and these were the highest signups in one day at any event and can be summed up by one of the comments received:

"I just wanted to say Congratulations on organising such a fantastic health event on Sunday! It was one of the best health events I've been to at a temple over the years, very well-organised and promoted. "



At the winding up stage most stallholders were congratulating on the successful day and many requested to be invited back for the next one!

Between us we managed to speak to most of the stall holders over the day. We would like to thank all the stallholders for their presence on the day and all the volunteers who helped out from Saturday onwards in setting up the stalls, putting up posters, serving refreshments, right up to the end, where the area was cleared up by 7.30 pm and the hall was ready to be used for another function!

Once again, a big thank you - Ashvin and Hitesh (TOP)

Screening Zone

Health Screening! The plan of the OHAD Team was to deliver the screening events based on a model that the government is trying to achieve, an integrated National Health Service with different health care professionals working together and complementing



each other. **We managed to do this and the activity in Screening Zone was beyond our expectation with over 1700 screening tests being undertaken!**

The Oshwal Pharmacists (TOP) took up the challenge of organising the Health Promotion, Welfare and Screening zones. The zones were supported by BHR Pharmaceuticals Limited, Silver Star, A&D Medical, Graham Fulford Charitable Trust, Friends of Prostate Sufferers, Physical Wellbeing, Avicenna and Keystone Optical. Dr Devali Nair and her team from the Royal Free Hospital, in association with BAPS Charities, ran a Cardiovascular Screening Clinic. The dentists, optometrists, audiologist (Optometrist), doctors and nutritionists managed their own screening areas respectively. Members of TOP were involved in pre-screening and screening areas with nurses, students in the healthcare field, a teacher and accountants, all contributing to manage this zone efficiently.

It was amazing to see how the lower floor of Oshwal Centre was transformed into a **Mini Health Camp** overnight. Volunteers from the different screening areas added their final touches on Sunday morning, with information leaflets and booklets being neatly displayed, setting up screening equipment and patient forms kept ready for the day ahead. Posters had been strategically placed all over Oshwal Centre explaining the different types of screening available and detailing health awareness information.



Over 230 enthusiastic volunteers, the youngest being 15yrs and the oldest being in their 60's, worked tirelessly in shifts through the day. Feedback from a lot of people has been that the volunteers worked in a very professional manner and it was fantastic to see so many of our young adults there. One family alone had 13 of their members working in the screening zone!

There was a hive of organized activity, with the pre-screening forms being handed out and filled upstairs, checks and additional information being given in the middle lobby and pre-screensers in the lower lobby assessing nearly 747 forms and allocating appointments for relevant screening. With nearly 11 different screening areas, and dentists, doctors and nutritionists in their areas either conducting consultations or

giving advice, the Waiting Area Team were kept busy and managed the flow of patients efficiently.

The Screening Results suggest that a larger proportion of those screened (more than expected) needed further assessment with their doctors, dentists, or optometrists, and many will need to make adjustments to their lifestyles for a healthier life. Over 1720 different types of screening or one to one consultations were performed on the day. These are just some of the statistics of the day.

♥ **Of the 142 patients screened for mouth cancer, 36 people were actually asked to see their dentist/doctor as soon as possible for further investigation of white/red patches, ulcers or lumps in the mouth or neck.**

♥ **The audiologist single handedly screened 66 people** ranging from 24 years to 88 years. 21 of them have been advised to go for a full hearing test.

♥ **The team of optometrists screened nearly 203 patients on the day** with the help of screening machines from Keystone optical. A startling outcome here was that from the 100 people who had their vision assessed for suitability for driving, nearly a quarter were below the standard required and the legal implications of this were explained to them.

♥ **257 people were screened for high blood pressure.** Of the 257 screened, around 62 had high blood pressure on the day and were advised to go and see their GP for further tests. People may not know they have high blood pressure unless they have it checked.



♥ **Prevention is better than cure, so having a healthy BMI and Waist Circumference, you are less likely to suffer from heart disease, type2 diabetes and even certain cancers.** 128 people were screened for BMI of which 37 were found to be obese (one of them in their 20's) and only 38 had a healthy BMI. 122 were screened for waist circumference and except for 14 most were in the higher risk group.

♥ **Falls are the biggest cause of accidental death amongst older people in the UK and also a major cause of disability.** Of the 47 assessed, 14 were in the high-risk category. Avicenna provided the training and material for Falls Screening and their staff were helped by a couple of our pharmacists.

♥ **BHR screened 369 people for cholesterol and blood glucose levels.** 3 with further tests may prove to be suffering from diabetes. 21 will need to change their lifestyle so they may prevent/delay onset of diabetes in the

~ Oshwal Health Awareness Day ~

future. Results of cholesterol testing suggests that a number of those tested need to change their life style to reduce their risk of developing cardiac complications.

- ♥ **50 patients had a full cardiovascular test.** People who had the tests done were very impressed with the tests and the time spent by the team with them.
- ♥ **Silver Star screened 70 for diabetes** and we are awaiting their feedback.
- ♥ The **Nutritionists** provided 1-2-1 consultations raising awareness and giving information on healthy eating, weight management and where to access services. They also discussed how to improve health with better diet, management of type2 Diabetes and nutrition in children
- ♥ **The Prostate Team helped raise awareness of this taboo subject. Of 201 patients screened**, with the help of two phlebotomists, medical students and two doctors, **11 were found to have raised PSA and have been advised to have further tests.**
- ♥ **Physical Wellbeing attracted lot of attention. They screened over 40 people using two state of the art machines** and early analysis suggests that members of the Oshwal Community may as a group lack muscle mass, which indicates lack of protein in our diets. This being the first time he has worked with a South Asian community, Gary has offered to look into how he can take this further.
- ♥ Some of the doctors present on the day worked with some of the other teams above and some offered one-to-one consultations in privacy.

As well as carrying out Screening, all the teams were actively providing advice either by giving out leaflets, showing or counselling, making appropriate referrals, giving lifestyle advice for prevention and telling them where to access NHS services. The results were given out in a professional manner and explanations given where necessary. The hard work put in by a lot of people paid off on the day.

The above statistics prove that the day has been worthwhile and benefitted a lot of people.

Quotes from some of the volunteers and one from Graham Fulford Charitable Trust:-

'On the whole it was a good very well organised event and should be followed up once a year, learning from our experience this time'

'What can I say!!! Congratulations to the rest of the team. You must be very proud of what you achieved'

Hats off to you all. Thanks for allowing me a share of all the fun as a volunteer

It was a very successful event! Thanks for letting me be a part of it.

Thanks also for all the hard work behind the scenes

People have been pleased with the conduct and were very calm and well tempered.

You guys deserve a round of applause and hope we can work together in future projects.

Finally Rajula's quote **'The Oshwal community has a great future.'** **The Professionalism shown by all our volunteers especially the younger generation on the day and the enthusiasm they worked with showed this.** They have all volunteered for the next event. The comments we have received from other organisations at the event also echo the same feelings.

The Oshwal Health Awareness Day has been organised on this scale for the first time was very well planned and attended. The Oshwal Pharmacists (TOP) are honoured and privileged to have been associated in the organising of the event. The aims and objectives were all met and all the hard work of almost nine months of preparation had a fruitful result.

A number of recently qualified Oshwal Pharmacists attended and very enthusiastically assisted on the day. They are the future professionals of our community. However, there are a lot of recently qualified Oshwal Pharmacists whose details we do not hold. Please contact Dilip Maroo on dilip.maroo@talk21.com to be included in TOP mailing list.

Once again, congratulations to the organising committee of OHAD in making this event a huge success and I am sure similar future events will be welcomed by OAUk committee. Thanks also to the rest of the Main OHAD committee for all the support, especially for the up to date volunteers list, setting up the screening area, helping with pre screening and with the posters, advertising the event and guiding us along.

The Screening Team Co-ordinators and Team leaders

OHAD Committee

~ Oshwal Health Awareness Day ~

Following this event, Oshwal Health Awareness Day committee has been in discussions with Executive Committee of Oshwal Association on how to build on this event and with a view of organising future health related events. Details of the event will be published in Oshwal News and Oshwal website.

**THANK YOU TO ALL VOLUNTEERS, SPONSORS, STALL HOLDERS,
FOOD DEMONSTRATORS AND SPEAKERS FOR YOUR SUPPORT**

OHAD COMMITTEE

Hina Gudka, Harsha Shah (Treasurer), Surekha Shah, Mayuri Shah (Secretary), Usha Shah, Divya Shah, Preeti Shah, Mila Haria, Rajula Dodhia, Punita Shah, Pradeep Shah, Ketan Shah (Logistics Co-ordinator), Daksha Maroo (EC Lead), Dinendra Haria (Publications & Volunteers Co-ordinator), Dilip Maroo & Sandip Haria (Co-ordinators), Dhiraj Shah, Ashvin Shah, Hitesh Dodhia, Mukesh Shah, Tushar G Shah



Cultural Education Report

by, Mradula Shah

On Sunday 9th October 2011, the E.C. Education Committee organised a **Teachers Training Day** for all those who teach in our Gujarati schools. In all fifty of our teachers attended.

The day consisted of a series of seminars each of which was about an hour long which included time for questions.

We started with a session on Developing Writing Skills. This was delivered by Rekhaben from the North Area school. The presentation showed step by step ways in which children can develop writing skills from a basic level up to GCSE standard. Jyotiben, also from North Area contributed more ideas to developing writing skills during the question and answer session. Pooja Shah assisted with the presentation.

This was followed by training in Lesson Planning, given by Hasvinaben Shah from the North East Area school. The session included the importance of classroom management, and she provided ideas on organising the classroom with emphasis on preparedness and using the time efficiently.

Ushaben Shah, from the West Area school, then gave a presentation on Developing Speaking Skills. She showed how to proceed from the very beginning on the pronunciation of Gujarati letters up to the level of conversing in Gujarati. She showed with colourful slides, methods which would appeal to children learning Gujarati.

Finally, Training on Grammar was given by Kusumben Shah from the South Area school. This spanned a wide range, from understanding letters of the alphabet to the use of more complex language structures, such as nouns, adjectives, adverbs etc.

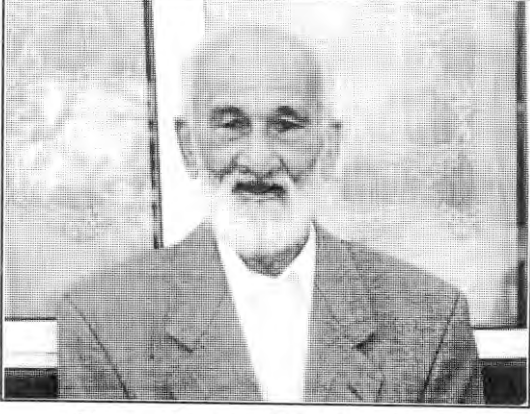
The day ended with lunch, with most of the teachers saying they had found the training informative and useful.



Pride of Oshwal

Hemraj Hadha Bhoja Shah

ઓશવાળ સમાજ માં પ્રતિભા ધરાવનાર વ્યક્તિ બાપા તરીકે પ્રખ્યાત
હેમરાજ હદધા ભોજા શાહ નું જીવન ઝરમર



Shree Hemraj Hadha Shah
Pioneer Founder Member of V.O.C. Nakuru

First chairman of O.C. Nakuru in 1949

Outstanding Leadership

Unselfish services to the community

Loyalty & devotion

Fundamental changes at the Boarding School

In Jamanagar

હેમરાજ ભાઈ નો જન્મ હાલાર ની ધરતી પર વાવબેરાજા માં થયેલ. તેઓ ચાર ભાઈ અને ચાર બહેન માથી સૌથી વડીલ હતા. ચૌદ વર્ષની ઉમરે, ૧૯૩૧ માં સ્ટીમર દ્વારા ચૌદ દિવસે કેન્યા પહોંચ્યા હતા. પ્રથમ સાબાસાબા ગામમાં છ માસ રહ્યા. ૧૯૩૨ માં નાઇરોબી આવી, મામા સાથે કામ કર્યું.

૧૯૩૭ માં ભારત જઈ મોઘીબેન સાથે લગ્ન કરી, પાછા નાઇરોબી આવ્યા. ત્યાર થી જ્ઞાતિ માટે સેવા કાર્ય શરૂ થયું. કોઈ પણ પરિવાર ના દુઃખદ સમયે ઘરે જઈ આશ્વાસન આપવાનું. કોઈ પણ વ્યક્તિ ની સ્મશાન યાત્રા હોય ત્યારે હેમરાજભાઈ ની ત્યાં હાજરી હોય.

૧૯૪૨ માં હેમરાજભાઈ નકુરુ માં સ્થાયી થયા. જાણીતી, જૂની જથ્થાબંધ અને પરચૂરણ ધંધાની પેઢી માં તેમના બે ભાઈ સાથે જોડાયા. ત્રણે ભાઈ તેમની ઉદારતા માં બહુજ પ્રખ્યાત હતા. ગામમાં કોઈ પણ અજાણ્યા મુસાફર આવે તો તેમને જમવા અને રહેવાની સગવડ આપે. તે સમયમાં નાઇરોબી અને મોમ્બાસા થી જાન કીસુમુ ટ્રેઇન મા જતી. સંધ્યા સમયે નકુરુ તેઓ પહોંચતાં, ગામ થી સ્ટેશન અડધો માઈલ દૂર હતું. તેમની પાસે બીજું કોઈ ત્યારે સાધન હતું નહીં. મોઘીબેન, રતનબેન અને કસ્તુરબેન ગરમ પરોઠા અને ચા બનાવી આપતા. પગે ચાલીને ચા અને પરોઠા બધા જાનૈયા ને ભોજન માટે ત્રણે ભાઈનો પરિવાર પહોંચાડતા હતા. .

હેમરાજભાઈ વિસા ઓશવાળ જ્ઞાતિ નકુરુના અગ્રેસર સ્થાપક સભ્ય હતા. જ્ઞાતીના પ્રમુખ પદે ૧૯૪૯, ૧૯૫૧, ૧૯૫૪ ના વરસોમાં નિસ્વાર્થ સેવા આપી. ઓશવાળના પ્રતિષ્ઠિત સર્વોચ્ચ આગેવાન નેતા શ્રીયુત હેમરાજભાઈ ને સમાજ નેતાગીરી માન પત્ર એનાયત કરેલ.

૧૯૬૯ તેમના ભાઈઓ ના પરિવાર સાથે જામનગર તેઓએ પરત વસવાટ કર્યો. ત્યાં તેઓ ઓશવાળ એજ્યુકેશન રિલિફ બોર્ડના સમિતિ સભ્ય બન્યા. ત્યાં તેઓએ આઠ વર્ષ સેવા આપી.

૧૯૭૭ હેમરાજભાઈ અને મોઘીબેન લંડન સ્થાય થવા આવ્યા. અહીં પણ તેઓ જ્ઞાતીનાં સક્રિય સભ્ય બની યોગ દાન શરૂ કર્યું. દર્દી ની હોસ્પિટલમાં અને ઘરે સંભાળ લેવા જવા નું સાદડી અને ફ્યૂનરલ માં તેમની અચૂક હાજરી હોય. આ સેવા ઓશવાળો પૂરતી મર્યાદીત નહિં પણ તેઓ નું વિવિધ સંસ્થા મા યોગદાન હતું.

તેમણે ૩૦૦૦ થી વધારે ફ્યૂનરલ માં હાજરી આપેલ. અમુક સમયે દિવસ ના ૨/૩ ફ્યૂનરલ માં જતાં. તેઓ દરરોજ ૧૦/૧૨ માઈલ ચાલતા. એક સમયે તેમણે એકલા એ £ ૪૦૦૦ ચેરિટી માટે એકઠા કરેલ. ઓશવાળ સેન્ટરે રાત્રે સાદડીમાં તેઓ કુપર્સ લેનમાં જ્યાં લાઇટ પણ નથી ત્યાં અંધારામાં ચાલી ને બાપા જતાં.

ઓશવાળ એસોસીએશન યુકે તરફ થી ૧૯૮૦ માં તેમના કાર્ય ની અવગણના કરી ઓશવાળ સમાજનાં સ્તંભ તરીકે બિરદાવ્યા, અને જ્ઞાતીના ઓનરરી મેમ્બર બનાવ્યા.

જામનગર સમાજે તેમની ૧૯૭૨ થી ૧૯૯૬ સુધી વિશિષ્ટ સેવા, પ્રમાણિકતા, વફાદારી માટે ભિન્ન ભિન્ન એવોર્ડ એનાયત કરેલ.

તેમના પુત્રનું અવસાન ૧૪ માર્ચ ૨૦૦૮ માં થયું, ત્યાર થી તેમની તબિયત બગડી છે. ૨૦૦૮ માં તેમને સ્ટ્રોક આવેલ, પોતાની સમતુલા જાળવી શકતા ન હતા. પરિવારે તેમની બહુજ સંભાળ રાખી. તેમને દિવસ રાત મદદ કરવા કેરર રાખેલ. ૨૦૧૦ માં તેમને બર્ચવૂડ ગ્રેજ કેર હોમ માં દાખલ કરેલ. ત્યાં થોડો વખત જરા સુધારો થયો. ઝીમર ફ્રેમ થી ચાલતા હતા.

બાપા એ ૨૬ નવેમ્બર ૨૦૧૧ ના બહુજ શાંતિ થી આ પાર્શિવ દેહ છોડ્યો. તેમનું આખું જીવન સેવા અને સમર્પણ ભરેલું હતું. તેમની દ્રષ્ટિ વ્યાપક અને વિશાળ હતી. હસ્તુ મુખ, દુખીના બેલી, કાર્ય કુશળ હેમરાજભાઈ ના પુરુષાર્થ ને ઓશવાળ સમાજ અંજલિ આપે છે. સ્વર્ગસ્થ ના આત્માની શાંતિ માટે પ્રાર્થના કરે છે.

વિનોદ હેમરાજ શાહ

Pride of Oshwal - Hemraj Hadha Bhoja Shah

Hemrajbhai was born in India, in the village of Vavberaja. He was the eldest in the family. In 1931 at the age of 14 years old, he went to Kenya by ship. He lived in Sabasaba for six months. In 1932 he moved to Nairobi to work with his uncle. In 1937 Hemrajbhai went to India to marry Monghiben. When he returned back to Nairobi his role in community work began. He devoted his time in attending funerals & supporting families in times of sadness.

In 1942 he moved to Nakuru. He and his brothers worked in a well established wholesale & retail business. All 3 brothers were well known for their generosity and hospitality. Any new visitors that arrived in Nakuru were most welcome to their home and they gave them food and a place to sleep.

Hemrajbhai and his family fed so many parties which travelled from Nairobi & Mombasa to Kisumu via Nakuru at around six in the evening. The station was about half a mile from his home. Hemrajbhai's family did not own any automobile. The three brother's wives prepared tea and paratha for the parties. All the men of the family carried food and walked two miles to the station, and they made sure that everyone in the party got enough to eat. This would never be possible without the support of the women in the household, Monghiben, Ratanben and Kasturben.

He was made a pioneer founder member of V.O.C. and received an award for his outstanding leadership Services as community chairman in 1949, 1951 and 1954.

In 1969 he relocated to Jamnagar. Bapa became a member of the Oshwal Education Relief Board. He carried out this role for eight years. He made some fundamental changes at the boarding school. The children were very grateful for the changes he made and were very happy and they still remember him till this day.

In May 1977 Hemrajbhai and his wife Monghiben came to London. Both of them adapted to London life very quickly and enjoyed spending time with family. Again soon after settling, he became an active member of the Oshwal community. He spent a lot of time visiting ill patients in hospital and at home. He attended sadris & funerals and he loved to walk where possible and participated in many charity walks and raised money for good causes. He has attended more than 3000 funerals and sometimes he would attend 2/3 funerals a day and not just in our community but other communities as well.

In the 1980's his work in the community was highly recognised and he became a "pillar" in the Oshwal Community. "He" was awarded various recognition awards. Also from Jamnagar he received an award for distinguished services "Loyalty & Devotion 1972/1996". In London he has been made an honorary member of the Community.

In 2009 he had a few strokes, which then made him less independent and he started to need more care at home.

In 2010 he was admitted at Birchwood Grange care Home where he was cared for. He was very popular in the home and always had a lot of visitors and he recognized most people till the end and at the age of 96, which was amazing. He will always be remembered for his kindness, his sense of humour, his wisdom and his knowledge of world affairs and his outlook on life and not forgetting his smiley face. He was a true saint.

He was respected by all.

Bapa left us early hour of Saturday 26th November. We Pray his soul rests in peace.

By Vinod Hemraj Shah

Picnic in the Park – 31 July 11

35 enthusiastic members gathered at Valentine Park in Ilford near the Boat House at 2pm. They brought various dishes and enjoyed the picnic. Played cricket, 'Kho Kho' game, knock and dodge ball game and firing and catching the cannon arrows. Zaverchandbhai at the tender age of nearly 78 managed to catch most of the fired cannons before they fell down. Quite a number of members missed out on this tension free and interesting outing.

Thursday Fitness Club – July 11

The club progress is very good. The members had Shantinath Pat on last Thursday. Participants donated generously for food. Vasantiben has now taken over the role of teaching Chair based exercises. Chandramaniben and Lalitaben went to see Tracy at CVS and were informed that funding is available to various bodies but as per previous enquiries, we do not qualify as our Area is not an independent Organisation.

Paryushan – 25 August 11 -1 September 11

We thank Mrs Taraben of N.E for translating the Paryushan programme in Gujarati at the most inconvenient time, the night before she was going abroad. Both the English and Gujarati versions together with the Area Report were e-mailed to Ashishbhai, the Oshwal News newly elected Media and Communication Chairman but when the Paryushan magazine arrived, it showed an incorrect date for Savantsari Bhojan in the English version. Area had to apologise for no mistakes of theirs to the Area members at the start of Paryushan gatherings. Paryushan started as per the event details published in the especial Oshwal Paryushan Magazine.

The Pratikraman reading, the 'sloks' and the related 'Kriyas' were carried out by Manekchandbhai, Veljibhai, Kishorbhai, just to name a few and others. Approx 60 to 70 people took part daily. After Pratikraman individuals distributed own 'prabhavanas' to the participants. After Pratikraman, people participated in 'Bhavna Geets' followed by Aarti and Mangal Divo and where time permitted, enjoyed Dandia Raas.

On the 2nd day, after few 'Bhavna Geets' children sang their own prepared religious songs and entertained the audience with their sweet and touchy voice. We had the honour of a visit from the EC. The vice-president Mr Ashokbhai Mulchand Shah accompanied by the Treasurer Mr Nileshbhai Shah and Chairlady of Enabling Network Miss Urvinaben Shah paid us a visit. The Area Chairman invited them to join in the proceedings and later introduced them to the audience. Ashokbhai being very pleased with the attendance mentioned about the £120 scheme and some other matters. Miss Urvinaben Shah talked about the disability project and requested participation at the Centre's forth coming event.



Children's Program



Divo Dance



Sachaa Shravak Play

On the 3rd day, Hemini and colleagues performed divo dance which was prepared at the very last moment. Audience was well impressed and all enjoyed this extra charm.

On the 4th day, before the start of the play, 'Sachaa Shravak' the Chairman emphasised the importance of the Diwali Raffle Tickets and strongly requested to support the raffle sale. He then briefly briefed the content of the play.

The play was based on the theme of becoming true 'Shravak' It was written by Shushilaben Chandrakant shah and slightly improved upon with added events by the Area Chairman. The play was performed by dedicated team of 5 ladies and 2 gents who had only one joint practice and direction. Besides becoming a true 'Shravak' the play went into the theme of giving and of less expecting by helping to sell and to buy Diwali raffle tickets and to encourage the audience to help the Association by remaining within the Jain principal of care, forgiving and giving without expectation by supporting the Raffle. One part of the play was set within the audience and the rest was in the front of the audience. The play had its own laughter. It was well received and thoroughly enjoyed by the audience but in spite of the wholesome efforts of 'Baa, 'Vahu' (Wife), Daughters, 'Bapoo' and the treasurers and converted 'Mayaben' the response from the audience for the purchase of raffle Tickets was not as great as expected which was the 2nd part of this play's theme. The Area made a true and real effort to sell the Raffles.

On the 5th day, Mahavir Janam, the birth of Lord Mahavir, was celebrated on this day. 'Parnu' was taken by Sailesh Hansraj Dodhia and family to his mum Mrs Gunvantiben Dodhia's residence where she had prepared the room for the follow up ceremony and the chanting of 'Bhavana Geet' for Lord Mahavir's blessings. Audience joined in the ceremony and sang songs of Bhavana Geet and praises of the Lord Mahavir for him to forgive our ill deeds and to guide us to self attainment as liberated souls.

On the 6th day, Normal paryushan activity took place. The function ended with the audience playing Dandia Raas with the help of our music and singing teams.

On the 7th day, After finishing the 'pratikraman' the two 'Tapasvis' Bansi Chandulal and Mrs Lalitaben were honoured (Bahuman) by the Chairman accompanied by his wife Bhanuben and the Religious Chairlady accompanied by her husband, Rameshbhai. Bansi did 8 fasts whilst Lalitaben did 7 fasts known as Shir Samundra. Bahuman was followed by Aarti and Mangle divo.



Tapasvis - Bansi Chandulal and Mrs Lalitaben

On the 8th day, After 'pratikraman' people gathered in the hall to hear the sweet voice of the Religious Chairlady, Arunaben. She summarised how the paryushan days passed by. She thanked the participants for their efforts for making the event lively and colourful. She also thanked the audience for their attendance and participation, and everyone else who contributed towards making the evening very interesting. She then excused herself from faults and ill feelings, if any, by saying 'Michhami Dukkadam'

The Area chairman said a few words. He thanked everyone who participated in one way or another in the whole 8 days event. He mentioned that he was encouraged to see the public's enthusiasm in participating and making the event very successful and enjoyable. He mentioned the children and the play participant's effort was very good and most encouraging. He ended his speech by wishing the audience 'Michhami Dukkadam'

Promoting £120 Scheme

The Chairman emphasised the importance and the advantages of this scheme and made a strong appeal to the audience. He analyzed the cost to a weekly cost of £2.35 which comes down to £0.35 pence a day, less than the cost of a bar of chocolate or a packet of crisps. In spite of his explanation and emphasis to the future development of Oshwal House and the Association, the response to this practically did not come forth. Some of the reasons the audience gave when approached individually that the times are hard. Some mentioned that they do not have the security of their job as their jobs may be affected due to redundancies yet to come.



Swami Vatsalya Bhojan 17th September 2011

'Dhosa na Ladoos' were prepared at Ramgadhiya Gurudwar hall in Forest Gate on Friday the 16th September and the rest of the food on 17th September for expected attendance of nearly 500 members. The event was held at Cannon Parmer Catholic School from 5 to 10 pm. The Chairman welcomed every one and invited them to Swami Vatsalya Bhojan. He mentioned that the 8 days of Paryushan were celebrated with love and peace. These 8 days event helps everyone to straighten the principals of Jainism and on the last day we seek forgiveness for our mistakes.

Today, he said, we join together in a real effort to forget ill and harsh feels by sharing and enjoying the food together in peace and thereby create sweetness in our tired relationships. He requested everyone to keep such beautiful feeling and thoughts in the mind whilst enjoying the food. He mentioned that a very large sum was received as donation towards the cost of this event from the members of Mrs Prabhaben Shantilal Vora's family for which the area committee was very thankful for their generosity and wished that the goodness of this stays with them for a long period. He then analysed the list of the future programmes.

Narottombhai on behalf of the committee invited Mahendrabhai and his team for an evening's performance who very kindly accepted that invitation to entertain us with their sweet melody, music and songs. This performance was after the food. It was well attended and everyone enjoyed the entertainment. The evening ended at 10pm.

We take this opportunity to sincerely thank Mahendrabhai and his dedicated team for their kind gesture to accept our invitation and for making their own way from Northampton to just entertain and keep the evening live and interesting.

Diwali Celebration on 28 October 2011

This was held at Cannon Palmer Catholic School, Seven Kings in the evening between the 7.30 to 10 pm.

Initially the plan was to have a children's programme and display of Diwali Cards and Rangolis. As we did not receive the required response from the children Miss Hemini Rajnikant was approached by the Chairman who readily agreed to perform a dance and to train her brother and sister too. The members started coming in from 7.30. They were entertained by Hemini and her brother and sister's dances. A further dance was performed by Pritika a young lady who was looked after by Mrs Bhanuben since she was just 2 months old.



Dances were followed by a short speech from the Chairman who welcomed the members and greeted them by wishing them 'a happy new year' and invited them to the Diwali Dinner which was prepared by committee members and volunteers. He thanked Heminiben for organising the dances and Pritika for performing at last minute request and the volunteers. He then reminded the audience about the future programmes yet to come on 26th November and on the 10th December. He also requested to the youngsters to come forward and form teams to take part in the All Area Sports Competition He also suggested another way to contribute towards the area fund if members find that they cannot take the £120 scheme.

After the speech the Chairman requested Mrs Jayaben Jayantilal Shah to come forward to the stage. He then informed the audience that Mrs Jayaben who is a prominent member of the Area and who has given a very long and devoted service in regards to religious events and food preparing is soon leaving the Area to be nearer her sons' residences. She is a loving, kind hearted, informative and ever so helpful a lady. Not only did she guided us on religious matters but also devoted time to teach 'Slokas' and the style of reading to a number of our willing members at her own residence at no cost to the participants.

The Area will feel her absence. The Chairman thanked her for her time and help and expressed his wish that she will endeavour to be with us at all our religious functions. As a token of remembrance, the Vice Chairman Mr Rasiklal Nathoo Shah and Mrs Pravinaben Rasik Shah presented her a 'Shawl' which we expect will keep her memory of the Area warm and alive as and when she makes its use.

Display of Diwali Cards and Rangoli. Only two rangolis were received. They were from Anjali Shailesh Shah, a very nice work of art was displayed for viewing. The dances and the food were commented as excellent.



Dal Rotli on 28th January 2012

This will be held at St Albans Church Hall, Albert Road, Ilford in the evening from 7 to 10 pm. Card games will be played followed by tea and biscuits. Names in advance, at least 3 days before the day of the event to Mrs Bhanuben Shah on 020 8924 0124 to allow for the numbers to be catered for. **There will be an open forum for members to discussion any subject of their choice.**

Dal Rotli on 28th February 2012

At the usual Hall in the evening between 7 to 10pm followed by card games or the Bingo. Members are asked to ring Mrs Bhanuben Shah in advance at least 3 days prior to the day of the event. Normal charge of £2 if notified in advance or £4 at the door. Children under 5years are allowed free. **Once again we will have an open forum for members to raise issues concerning on any matters.**

An additional Dal Rotli will be held on 28 April 2012.

Thursday Fitness Club – March 2012

There will be no Thursday Fitness club during the months of January and February 2012 because of bad and unbearable weather condition prevailing during these months.

The Club activities resumes from the 2nd Week in March 2012 and every week thereafter except the 1st week of every month. Members are welcomed to participate and rejoin their activities. A charge of £2 is made on any Thursday in which lunch is to be provided; otherwise the normal £1 is levied to cover the cost of the hall hire.

So far the club has run very smoothly. The participants, mostly over the age of 50 enjoy the exercises and the food and are thankful to the Club Management. The committee is thankful to Mrs Chandramaniben Vinu Shah and Mrs Lalitaben Amratlal Shah for managing the club to the expectation of its members and for the hard work in laying out the schedules for the forth coming Thursdays and for arranging or preparing the food and afters. Please keep the enthusiasm and the good work live, every one loves you both.

Area AGM 31st March 2012 – Election of a New Committee

Please make a note that the AGM for the Area will take place on 31.3.2012 at St. Albans Church Hall, Albert Road, Ilford. A new Committee is required to be elected. **Any one taking the Chairmanship of the Area Committee must remember that he / she automatically becomes a Trustee of The Executive Committee and he / she will be required to attend all the EC Meetings.** Please get prepared and make yourself aware of the content of the Constitution, if you do not have one, please put a request to the EC Secretary for a copy.

Mahavir Jayanti – Saturday 7th April 2012 between 7 to 10 pm

This will be organised at St Albans Church Hall, Albert Road, Ilford. A religious Programme is being considered to celebrate this event in style. More details at the AGM.

Visit to Antwerp Derasar – May 2012

A 4 day trip to Visit Antwerp Derasar, Tulip Gardens in Holland and the Diamond Factory in 2nd or 3rd week in May 2012.

Possible Date of departure will be either the Friday of the 11th May or 18th May 2012. Possible cost is £275 per person including 3 nights in 4-star hotel in Antwerp. More details nearer the time BUT please indicate your interest at the earliest so that actual arrangement can be made. Names to Mrs Bhanuben on 0208 924 0124 please

Pizza Party to be hosted at Oshwal House – June 2012

Provided availability of the space at Oshwal House. This event though is under consideration, will be arranged provided suitable space availability, more details nearer the time. BUT please indicate your interest at the earliest. This party is open to all the areas but only certain numbers will be catered for, so please forward your names at the earliest as it will hurt us to refuse late indication. Names to Bhanuben on 0208 924 0124 only. Names will be taken from February 2012 onwards but will close when enough names have been received. Possible cost will be £5 to £6. Pizzas, bean and potato salads, soft drinks, possibly ending on melon slices- what more would one expect then these.

Honouring and awarding an appreciation Plaque - Manekchand Hemraj Shah

Manekchandbhai is a founding member of the East Area committee. He is a strong pillar to the Area. He was the Area's 'Kothari' for the utensils, and the chef for the area's functions. He is a very good cook (rasoyo) an art he developed when he was in Nairobi. He prepared mouth watering dishes for the area functions that called for food in their programmes. Other than recently because of his poor health, food was always prepared by him and under his guidance. He is approachable, will give true guidance to anyone seeking right path, does not upset any one but expresses his views very strongly on subject and adoption of Jainism. He is a strong believer in Jainism and he has adopted its principals from a tender age of 15. He is our main man at the pratikraman where he recites religious scripts and guides us through the pratikraman ceremony. He was born on 18th August 1917 in 'Nani Rafudal' India, helped his father on the farmland, then moved to Kenya where he started the soap making business which he had to close later due to his father's death and had to move back to India, but later returned to Kenya from where he eventually migrated with his family to Ilford in East London. With his and the efforts of other elders, The East Area Committee was born.

The Area at the last Area AGM presented him with a Plaque to honour him for his long and devoted service to the Area and as a remembrance and appreciation of what he did to this Area. The Plaque was presented by our President Mr Tusharbhai Shah at the request of the Area Chairman.



Reports by, Chairman: Rasikbhai Shah



Religious Assistant: Narottamlal Shah

Diwali Programme 2011

This year's Diwali Get Together Programme was held on Sunday 23 October between 4pm and 8pm with the Sanatan Mandir Hall being transformed by colourful decorations and divas. The programme started with a welcome address given by the Chairman of the area, Kailesh Shah. There were over 200 people in attendance with most having arrived well on time from as far away as London and Milton Keynes.

The evening started with a few rounds of Garba played to the melodious tunes of traditional Gujarati folksongs, gently setting the mood for the evening ahead. It was great to see not only the women but also some men joining in and dancing gracefully to the beat.

This was followed by an entertaining medley of Bollywood dance routines by Bindya Sheth and Rita Shah.

By this time, the various mouth-watering dishes from members had been set up and everybody lined up for the display. There were over 40 entries ranging from savoury chevdo mix to sweet jambus, from the oriental Chinese spring rolls to the traditional Indian rotlas and from refreshing pan mixes to the organic macaroons.

Whilst all the food was being laid out, the children had a game of musical chairs. It was interesting and amusing to see the various tactics used by them to ensure they secured a seat to go through to the next round! All the children were handed out a small goody bag of sweets.

At last, it was time for the most awaited agenda of the evening – the Diwali feast! Though the varied, rich menu had been 'targeted' upon eagerly earlier during the display, the people formed an orderly queue waiting patiently for their turn to be served. From the famous Leicester gathias to the garam garam chai with the mithais in between, everybody filled themselves to their content.



Oshwal Association of the U.K.



~ Leicester Area ~



Shona Mayur Shah from Milton Keynes then gave a splendid solo display of dances to popular hindi film songs. Leicester's Jayantibhai then capped it with a stand-up comedy performance – a probable entry to next year's Britain's Got Talent!



The evening ended with presentation of certificates to all the participants followed by the raffle draw.

Leicester Area committee wishes to thank all participants, donors and volunteers for making this programme successful and wish everyone a happy, joyous and prosperous 2012



Area Chairperson's Message

Jai Jinendra,

Luton Area members have been busy with many activities in 2011 and it has been a sheer joy to see an increased participation by the members from all age groups in our activities.

An Eventful Year

The **Paryushan** and **Savantsari** festival were well attended. Our members enjoyed preparing the meal themselves at the Savantsari bhojan. The community spirit and selfless participation by our members made the day a success and brought back old memories in many.

The **Luncheon Club** funded through our 1 year, Big Lottery Fund, grant has been a success and we have about 40+ members attending on every occasion. It was a joy to see the old and young creating diya holders in September and the beautiful rangolis at the October Diwali Luncheon club. Similarly the children at the **Gujarati School** enjoyed the Diwali activities by drawing cards.

The six a side cricket tournament on 4th September organised by the youth sub-committee was once again a success. The rain did not deter the players and the tournament was also played indoors. It was conducted in a friendly but professional manner. Congratulations to the South area team for winning the cup once again and it was good to have Luton area team as the well deserved runners up.

The **Diwali programme** on 22nd October was attended by many local Oshwal members and we were truly overwhelmed by performance by the young Stars of the Sangeet Vidya Progression.

Our area members have participated in the arts and craft exhibition during the Diwali festival at Potters bar. I am pleased to see many Luton Oshwals and friends contributing towards the raffle draw to raise money for the charity.

Many of our area members volunteered to help at the **Mahavir Janma Kalyanak**, Gujarati school children programme, the Mela in July and the **Oshwal Health Awareness Day** on 13th November and these events truly demonstrate how oneness can promote success.

We had our first **Friday Club** meeting on 18th November. This was attended by people young and old and we were honoured to have the presence of our president Tusharbhai. Workshop conducted during this session helped us collate the members' views of what activities we should run for the club. These were: starting a card club, holding cooking demonstrations, organising

children's games or to just meet each other. Our aim is to fund the Friday club partly from the £120 scheme and hold it once a month.

£120 Scheme

To date, 28 Luton area members have signed onto the **£120 scheme**. We sincerely hope that the participants for this scheme will continue to increase and this would in turn enable us to increase opportunities to run more local activities for all age groups. **The money raised from the scheme can provide free Gujarati school education to the children whose both parents (or surviving parent) are/is Oshwal members.** The £120 fund money in future may be used to sustain the current Luncheon club activities after the Big Lottery Fund grant finishes in May 2012. I sincerely urge members to continue to be proactive with our activities and contribute to this scheme.

Luncheon Club & Organ Donation

On Sunday 26th February 2012, the Luncheon club is organising a lunch and music programme and promoting Organ Donor at the Oshwal Centre in Potters Bar. A volunteers' meeting for this programme was held on 25th November. We want to see all our area members, young and old, at this programme and it will be a pleasure to invite members from other areas too.

Annual General Meeting

We are planning to have an AGM in March 2012. At this AGM, I would like to see a lot more participation from our area members. We need to sustain the current activities and develop new ones. In this age of e-mails, new generation of mobile phones, facebook and twitter communications, we need to devise better methods of communications for our members. We would like new faces in the new elected committee who bring new ideas and vigour to our area. Parents, please encourage your children to be part of the new committee. Remember we have a legacy to carry forward.

Thank you!

Finally, I would like to thank all our Luton members for taking part in our activities and all the committee, sub-committee members and volunteers who are helping to sustain our regular activities. Well done.

Jai Oshwal and Jai Jinendra,

Dr Dipak Vidhu Shah

Chairperson - Luton Area

Luton Area Paryushan Report

By, Chandra Dhiraj Shah

Paryushan Mahaparva was celebrated from 25th August to 1st September 2011 at Lewsey Learning Centre, Tomlinson Avenue, Luton.

Every day Pratikraman Sutra was recited by older and younger members. Aarti, Mangal Divo Ras Garba were performed daily by devotees.

Daily Prabhavna was donated generously by various families. Mahavir Janam was celebrated on 29th August 2011. Dilesh Jayantilal was fortunate to bid for parnu and they took parnu home and further celebrations and Satsang took place at their residence.

Members of the E.C. visited our Area during Paryushan and we would like to thank them for their devoted time.

Young Jains performed Pratikraman Workshop on 30th August, 2011 and the devotees all enjoyed the workshop. We would like to thank the Young Jains for their efforts and time.

Kiranben Kantilal Gathani donated Prabhavna of penda to all the devotees who attended. On 31st August 2011 Samu Aarti was performed and Luton Area was honoured to have eight Tapasvis. On the last day Bahuman celebration was performed for all Tapasavis.

The Luton Area Committee, the Religious Sub-committee and the Luton community would like to convey special congratulations to the Tapasavis below.

The Religious Sub-committee would like to take this opportunity to thank all the volunteers and the main Committee for their help and support in making this Paryushan Parva very successful.

Finally we ask for your forgiveness if we have knowingly or unknowingly hurt your feelings in any respect.

MICHHAMI DUKKADAM

Religious Committee - Chandra Dhiraj Shah

Luton Area Education Report

By, Nita Shah

Aarti Thali competition was held at Gujarati School on 1st October 2011. Students thoroughly enjoyed decorating their Thalies and had created some wonderful designs. The winners of the Aarti competition were Vidhi Chohan, Nikhil Malde and Roshni Khetia. Students made Rangolis at Gujarati School on 15th October 2011.

This year we had 2 students doing the Rangoli for the first time. Students had created beautiful Rangolis and some with intricate patterns.

We would like to thank teachers, helpers and education committee members for their support in assisting students with Rangolis. Parents were invited to view the Rangolis and were impressed and proud of the Rangolis done by their children.

To Advertise in Oshwal News

Contact the office at:

OSHWAL CENTRE

Coopers Lane Road, Northaw

Hertfordshire, EN6 4DG

Tel: 01707 643 838

Fax: 01707 644 562



Savantsari Bhojan was celebrated on 11th September 2011 at Sanatan Seva Samaj (Hindu Mandir). Many volunteers arrived at 7.00 am to help prepare the delicious food. Satsang was performed before lunch was served and everyone enjoyed the home cooked food.

Thanks to our EC Secretary, Chimanbhai and family who joined us for the Savantsari Bhojan.

Luton Cricket Sixes Tournament

4th September 2011

On 4th September 2011, Luton's second Cricket Sixes Tournament took place at the picturesque Dunstable Town Cricket Club. The day started on a positive note as it was dry and the first game got underway. In contrast to last year, OAUk cricket fans were not blessed with the promise of clear skies and a sunny day. Rain interrupted play and we were forced to have an early lunch. Torrential rain poured down for the remaining part of the afternoon. This did not stop proceedings as the Youth Sub-committee and volunteers pulled together to save the day and arranged an indoor tournament.

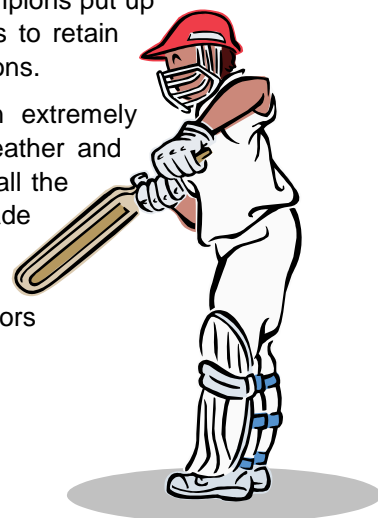
The indoor games were thoroughly enjoyed and as the tournament progressed, the tension and drama began to build as the local team's crowd got behind the home teams. The Luton spectators were out in force to support their home teams throughout the day. Seven teams took part in the tournament from Luton, East Area and South Area. Once the group stages were complete, Luton Lions, Luton Tigers, South Stallions and South Scorpions battled it out in the knock out semi-finals.

In the first semi-final, South Scorpions played the Luton Tigers. It was a tightly fought match however, South Scorpions went on to win the match. In the second semi-final, Luton Lions prevailed over the South Stallions to secure themselves a place in the final against the reigning champions.

The third place play-off and the final were played outdoors as the afternoon rain cleared. The final was well contested and the reigning champions put up some outstanding performances to retain their title as tournament champions.

The day turned out to be an extremely enjoyable event despite the weather and much thanks must be given to all the volunteers and players that made this event possible. I would also like to express our thanks and gratitude to all the sponsors that supported this event.

Report by,
Ricky and Priya Shah



Luton Luncheon Club

Presents

'Bhooli Bisri Yaadein Ka Ek Suhana Safar'

on **26 February 2012**

Time 11am-5pm with Lunch at 12:30-2pm

Music by Nitu Shah and party

Tickets: £5.00 for members and £15.00 for non members

Promoting Organ Donation

Only 29% of the UK population have joined the organ donor register. More than 10,000 people in the UK currently need a transplant. Of these, 1000 each year, that is three a day- will die waiting as there are not enough organs available. Would you take an organ if you need one? Yes!!!! Then please register at the stall.

FOR LUTON AREA CONTACT

Taraben - 01582 450777
Dipakbhai - 01525 222349
Beenaben - 07913905789

Zaverchandbhai - 01582 611172
Vipinbhai - 01582 490885

FOR OTHER AREAS PLEASE CONTACT YOUR AREA CHAIRPERSON
OR AREA COMMITTEE MEMBER



Sakhi Milap's Whist Drive Held 19th November 2011

Our annual Whist Drive has become an event that the enthusiastic players and the committee look forward to. This year we had 88 players of whom some were very experienced and some who were new to the game. What mattered was taking part and enjoying the experience. Very delicious and healthy wheatwonder and white dhokra were on the menu for snacks followed by tea, cake and biscuits. We had a very positive feedback on the food. Everybody thoroughly enjoyed themselves. There was a big request for holding more whist drives.

First prize: Bijalbhai (North Area culture portfolio holder).

Second prize: Jayshreeben

Third prize: Bhagwanjibhai

Booby prize: Neetaben.



Bhukhar

Oshwal House – 1st Saturday of every month

Now taking bookings for bhukhar in 2012.

Charges

£35.00 per annum for Members

£50.00 per annum for Non-members

Time: 8.00pm until 11.00pm

Venue: Oshwal House

For further information please contact:

Bijal Shah 020 8906 3389 bijal_shah@hotmail.co.uk

Pradeep Shah 07958 506 856 pradeepanddivya@gmail.com



Bolly Aerobics

A Really Good Way of keeping Fit

We are taking bookings for new sessions starting from January 2012

Choice of two sessions - Friday evenings or Saturday mornings

for more details contact

Mayuri 020 8349 2141 mayurishah@cumberlandellis.com

Daksha 01707 657 560 maroo@dmaroo.freemove.co.uk



Cooking Demonstration by DAKSHA – Finalist of BBC MasterChef 2006

Date: 17th Jan 2012

Time: 8pm-10pm

Venue: Woodhouse College,
Woodhouse Road, London N12 9EY

Charges Members £2.00 Non-members £3.00

All welcome, men, women and children.

Places will be limited. Please book your space with

Kishori on kish_77@hotmail.co.uk

Anji on anji.shah@yahoo.co.uk

Text only: 07834222384

We have a New Year surprise for you; you can have the rare opportunity of watching Daksha's cooking demonstration.

As a finalist, Daksha won high praise from veteran Restaurant critics Charles Campion, Mathew Fort & Kate Spicer. After the show, she worked at numerous Michelin Star restaurants and The Ritz, to hone her skills and has now established her own unique catering service specialising in top end Indian cuisine that blends western style with eastern ambience.



Social Club – Every Friday

North Area Committee members realise that after 35 years of active service for the members we still do not own an inch of land in our area that our members can call their own. We have dreamed of having our own place within the area that members can walk into at any time and feel at home.

In real term with the current property prices we have to accept the fact that owning a property within the area has to stay a dream for a long time.

Your committee members feel that we should go for the second alternative and lease a place which we can call our own. But before we ask our members to commit to a long lease we wanted to check the response of our members to see if they would make use of any such place. To this end the committee took a decision six months ago to hire a regular place and invite the members to come and use it free of charge. In practice it took us bit of a time to put the matter into practice and from 10th September 2011 we have hired the canteen at Woodhouse College from 8.00pm to 10.00pm every Friday during term time.

We have called this our **Social Club (or Drop in Club)**. You do not have to be a member of this club and can just come in without having to make any appointments, without having to buy any tickets or without informing anyone in advance that you will be coming. North Area Committee will pay the rent as long as members are interested in coming together. Also we will provide biscuits and tea during the evening.

We are very pleased to report that already we have had over 50 members come to the club and on average we have about 25 members per evening. Currently two main activities are playing cards and Caroom. We will introduce more activities if members ask for them e.g. chess, draughts, other board games, etc.

On Friday nights you do not have to stay at home by yourself. Come and spend time with other Oshwals. If you do not have transport let us know and we will try and arrange with regular attendees to give you lift. You do not even have to take part in any of the activities we provide but just come and sit on a side and read your book or just sit and talk with other friends and family members. But instead of staying at home like all the other nights of the week why not come and spend some time in the company of other Oshwals.

We originally were hoping to keep the club totally free and during first five weeks all the expenses were paid by the Committee (from north Area's fund). But now that the club is running with support from the regular members feel that we should charge one pound per person every time they come. This obviously does not cover all the cost. But by putting in the charge what we can do is open our Social Club to all the Oshwals, not just North Area members.

We hope that on certain days we will have formal programmes like a Bingo Night or a get a professional singer, or a Karokee Night etc, like a



proper Social Club.

Currently most of the people attending are over a certain age and we really would like more of our younger members to come. If you have friends and relations who are not in North Area they can also come to the Social club. It will give you a good excuse to spend sometime together and have a good time.

We are hoping that **Friday Social Club** will be so popular that we will think of hiring halls on regular basis on other nights and eventually we can lease a place day and night, 7 days a week, for our members where they can drop in at anytime and feel at home.

નોર્થ પરા સામાજિક મંડળ

આપણા પરામાં આપણી માલીકીની જમીન કે હોલ નથી તેથી નોર્થ પરાની સમિતિનો અભિપ્રાય છે કે એક હોલ કાયમી ભાડા પેટે લઈ શકાય તો આપણી પ્રવૃત્તિ સહેલાઈથી ચાલી શકે.

પણ આવો ભાડાનો ખર્ચ કરતા પહેલા સમિતિને જાણ કરવી છે કે આપણા સભ્યો આ હોલનો બરાબર વપરાશ કરશે કે નહીં.

આ વિચારધારાને અમલમાં લાવવા તા. ૨૩/૦૮/૧૧ થી દર શુક્રવારે સાંજના ૮.૦૦ થી ૧૦.૦૦ સુધી વુડહાઉસ કોલેજમાં હોલ ભાડે રાખ્યો છે. આ સમય સામાજિક મંડળની પ્રવૃત્તિ માટે ફાળવવામાં આવ્યો છે જેથી આપણા પરાના સભ્યો એક બીજાના પરીચયમાં આવે અને નવા મિત્રો બનાવી શકે.

આમા ભાગ લેવા માટે તમારે સામાજિક મંડળના સભ્ય થવાની જરૂર નથી, અથવા કોઈ ટીકીટ લેવાની નથી અને નામ નોંધાવાની જરૂર નથી. ફક્ત તમારે આ સમયે હોલમાં હાજર થઈ અને પ્રવૃત્તિમાં ભાગ લેવાનો છે.

ખુશીથી જણાવવાનું કે આશરે ૫૦ સભ્યો આમા ભાગ લ્યે છે અને દર શુક્રવારે લગભગ ૨૫ સભ્યો આ પ્રવૃત્તિનો આનંદ માણે છે. અત્યારે રમતમાં વધારે ચોકડી, બુખાર, કેરમ વગેરે રમાય છે, સભ્યોને બીજી રમતમાં રસ હોય તો સુચન જરૂર આપશો અને તેની સગવડ કરવાનો પ્રયત્ન કરવામાં આવશે.

સર્વ સભ્યોને નમ્ર વિનંતી છે કે શક્યારે ટી. વી. સામે બેસી રહેવા કરતા આપણા સામાજિક મંડળમાં આવો. હોલના ભાડાના ખર્ચ પહોંચી વળવા ફક્ત £ ૧.૦૦ દર રાખવામાં આવ્યો છે, ચાઈ અને બીસ્કીટની વ્યવસ્થા કરવામાં આવી છે. ભવિષ્યમાં બીંગો, અંતાકશ્રી, કરચોકી, જેવા કાર્યક્રમ રાખવાનો વિચાર છે.

અત્યાર અમુક ઉંમર ઉપરના સભ્યો જ ભાગ લ્યે છે અને જો યુવાન સભ્યો પણ આ મંડળમાં આવે તો આપણી સંસ્થાને ઘણો લાભ થાય.

નોર્થ પરાની સમિતિ આ મંડળ શરૂ કરવામાં ઘણો ઉત્સાહ છે અને આશા છે કે જો પરાના સભ્યો આ પ્રવૃત્તિમાં સાથ આપશે તો કાયમ માટે હોલ ભાડે રાખી શકાશે.

નોર્થ પરાની સંસ્થા તમારી જ છે અને તેને કેટલો સાથ આપવો તે તમારા હાથમાં છે.



Saturday Morning Walks

Every Saturday morning at 9.30 am a team of members do a regular walk for one hour.

Walk starts from Woodhouse College, North Finchley. If you want to join them just turn up.



OAUK North Area
Sakhi Milap
presents

An evening of
entertainment
with

MAN from AFRICA

Saturday 18th February 2012
6.00pm to 10.30pm
Dinner at 6.00pm
Entertainment from 7.30pm

Delicious Food
Qwaali
Karaoke
Songs
Jokes
Dance

Charges: Oshwal members £10.00

Non members £12.50

Venue: Unity hall

Oshwal Centre

Coopers Lane Road

Potters Bar EN6 4DG

Contact Details:

Kishori Shah 0208 346 8640

Priti Shah 0208 445 4277

Mila Haria 0208 445 9207

Nishma shah 0208 440 5095

Kailash Shah 0208 441 9679

Anjana Shah 0208 349 2759

Hina Shah 0208 361 8205

Jyoti Shah 0208 906 3389

Sheela Shah 0208 346 0588

Hema Shah 0208 216 3728



Management Reserves Right of Admission

OSHWAL ASSOCIATION OF THE UK CHARITY REGISTRATION NO. 267037

North Area Gujarati School

At the North Area Gujarati School, this is the second year of our new method of teaching Gujarati. In September 2011, again we have had a good response to our new method of teaching Gujarati from the new parents.

Majority of the new parents are more interested in having their children speak and understand Gujarati. While we still provide full Gujarati teaching up to GCSE level we have changed the structure and the method in lower years so that more emphasis is placed on speaking and understanding.

One of ways we have done this is by introducing the Music and Movement class using the Sansaar method of teaching. But in addition to that learning has been made into more fun by introducing arts and crafts and games in the classroom.

For other Modern Foreign languages like French, Spanish, German etc there are hundreds of books, games and resources available for schools to buy. For Gujarati except for couple of software and few CDs only resources available are old style books, majority of which are not suitable for a child born outside of Gujarat. So the staff, helpers, volunteers and committee members are always trying to think of and create new resources for our school.

It is challenging but extremely satisfying work. Unfortunately the demand for new resources is high and so we always need help from other Oshwal members. If you can help in any way please get in touch with anyone on the Education Committee. You do not need to come to the school every Saturday to help as lot of the resources have to be developed during weekdays at home. If you

have IT Skills, graphics skill, multimedia skills, or are good at arts and crafts, or if you can think outside of the box about teaching you can help.

Our community has done many good things in the UK, but the best thing it has done is keeping Gujarati language alive for our children. Over the last thirty years thousands of children have learned Gujarati in the schools run by our community. Not just Oshwal children but also Gujarati children from other communities who are in very small number in UK and so not able to arrange their own schools. The blessings that these other community parents shower on Oshwals can only be heard if you sit at one of the schools on a Saturday morning.

In North Area four active members of the current Education Committee have between them given over 40 years service to the Gujarati school. They have indicated their desire to retire. Now the time has come for the new generation to come and take over the work of keeping our schools running for another 30 years. None of the current Education Committee members will be standing up for the post of Education chair at next AGM. A new Education sub-committee needs to be formed and the current committee will help and support as when we can.

This is an appeal to all North Area Oshwals and not just the new parents. Please come forward to keep our school operating. Running the school is a very satisfying vocation There is unbound pleasure in the knowledge that your actions are helping the children.

Northampton Area

નોર્થમ્પટનશાયર એરિયા



Jai Jinendra,

On the 27th of November 2011, Northamptonshire hosted the Bukhar competition at Potters Bar .This was attended in great numbers - we had 36 teams of 3 participating from all areas.

We set off at 7 AM from Northampton and the day wasn't over till 6PM. It was a long enjoyable day. All enjoyed making bateta paua, toast and ganthiya complimented by Shailesh's sambharo for breakfast in the morning.

We were very privileged to have participants of all ages starting from the youngest being 14 to the eldest being 79. We also had a family participate that had members from three generations and a good event catering for all ages. It was fascinating to see how different people played the game, some extremely serious playing to win, some just having fun and a laugh whilst others socializing.

After the registration in the morning, we played a few games –under the rules and guidance from Bharat, Rahul and Pradeep. In the afternoon, we had a break for lunch- yummy Hansaben's food – followed by a few more games, tea-coffee/biscuits and prize distribution.

The first trophy awarded to the team with the max points was Spirit – the participants Hemal Shah, Kunjal Shah and Kishori Shah.

The second trophy was awarded to the team Rhinos - Divya Shah, Rajesh Shah and Trupti Shah

The third trophy was awarded to the team North - Laxmichand Shah, Mukta Shah and Sejal Shah

Not to mention the team with the highest game score was Namesless with Chandrika, Minaldevi and Kantilal shah as participants.

Each of the top three winning teams got a floating cup to keep till the next competition – these cups have been awarded for the last 6 Oshwal Bhukhar Competitions (& also a token cash prize from the Northamptonshire area)

Our thanks and appreciation goes out to all the volunteers and the trio who supported us to make this event a success. We are equally thankful to the Oshwal for allowing the use of the venue to host the function. Many thanks to all the participants - in our eyes they were all winners.

Wishing you all a happy New Year ...!!!

Article by, **Jyoti Ajay Gadda**



Dance is an Art

Dance is an art form that generally refers to the movement of the body, usually rhythmic and to music. It is also used as a form of expression, social interaction or presented in a spiritual performance setting.

For many centuries dance has played an important part of life. In more recent years it has become a way of exercising with the rise of activities like ZUMBA. **How many of us realise that dancing also helps us with our learning process?** It helps us think, teaches us discipline and helps us enhance our communication when the more mainstream methods may not be possible. A holistic method that I firmly believe works!

Every year the North-East area uses the interest they have gained from the banks and donates to a local charity. The criteria is that it has to go to those charities that help kids, the elderly and charities that help people with disabilities. This year we decided to donate to an organisation called ICANDANCE. The

organisation believes that everyone regardless of disability can access their own creativity within. Everyone has a story to tell and ICANDANCE teaches them to tell it. Their approach is based on theories of dance, movement therapy, thinking skills and ballet. ICANDANCE was founded by Juliet Diener. She has a wealth of qualifications and

experience and coupled with her passion for ballet she has made a BIG change in the lives of children at her school. We chose this charity as one of our youngest members uses this

school. The decision was unanimous. What a worthwhile cause it is and one that can help build the life of a child not just physically but mentally too. **Our donation will pay for a child's tuition for a year.** I feel so proud that we as an organisation do this. We help other communities selflessly and directly in turn help our members and future members too. **Be proud – we are OSHWAL UK.**

If you would like to know more about the charity then please visit: www.icandance.org.uk



TAPASVI ASHOKBHAI TEJSHI MULJI

FAST FOR 39 DAYS

With the blessings of Lord Mahavir, Ashokbhai Tejshi Mulji Shah of North East Area celebrated his 39 days of fasting on 18 September 2011.

N E Area Committee was given the auspicious opportunity to organise the “Parna” of Ashokbhai on 18 September 2011 at Oshwal Centre. North East Area Committee is very grateful to Ashokbhai, Sarlaben and Tejshi Mulji Family for giving them such an auspicious opportunity.

Ashokbhai managed the difficult task of fasting continuously for 39 days despite us not having the presence of Guru Bhagwant, the Jain Derasar is quite far and the daily fluctuations in British weather. In addition, Ashokbhai took part in “Pag Yatra” on 11 September 2011 and walked 7 and half miles from Arnos Grove to Oshwal Centre.

North East Area’s Swamivatsalya Bhojan was held on 18 September at Oshwal Centre. This was celebrated in a joyous way by having a procession from the Derasar, Chaitya Vandan was done together by everyone, followed by Ashokbhai’s Parna. Leicester Area Oshwal Sangh also was welcomed by N E area and given the invitation to take part in the Parna and Swamivatsalya Bhojan.

N E Area Committee would like to offer their heartfelt gratitude to all the volunteers who have worked hard for 2 days in making this important occasion a huge success.



નોર્થ ઈસ્ટ ના રહીશ ઓશવાળ એસોસિએશન નાં નામ ને રોશન કરનાર

તપસ્વી અશોકભાઈ તેજશી મૂલજી ના ૩૯ ઉપવાસ રવિવાર તા ૧૮/૯ ના પૂર્ણ થયા છે.

પરમ કૃપાળુ દેવાધિદેવ પરમાત્મા ની અસીમ કૃપાથી, પૂજ્ય ગુરુ ભગવંતો ના આશીર્વાદ થી ૪૦ માં દિવસે તેમના પારણા નું આયોજન નોર્થ ઈસ્ટ એરિયા ના સંઘ ને ઉપલબ્ધ થયેલ છે. તો આ તકે સરલાબેન, અશોકભાઈ, તેમજ તેજશી મૂલજી પરિવારના દરેક સભ્યો નો નોર્થ ઈસ્ટ એરિયા નો સંઘ અનુમોદન વ્યક્ત કરે છે.

ધન્ય છે કે જ્યાં ગુરુ ભગવંત ની હાજરી નથી, દેરાસર ઘર થી થોડું દૂર છે, હવામાન દિવસ માં ત્રણ વખત બદલે છે, ત્યાં આટલી કઠીન તપસ્યા કરી કર્મ ની નિર્જરા કરી. આટલું જ નહીં, રવિવારે દેરાસરે ૭. ૧/૨ માઈલ ચાલીને જાત્રા કરી. આવા મહાન તપસ્વી ના ચરણો માં શિર ઝુકી જાય છે. ધન્ય છે જીન શાસન ના રખવાળા ને. આવા મહાન તપસ્વી થી જીન શાસન નો ઝંડો સદા ફરકતો રહેશે.

નોર્થ ઈસ્ટ એરિયા નું સ્વામિવાત્સલ્ય રવિવાર તા ૧૮/૯ ના બહુજ આનંદ ઉલ્લાસ થી થયેલ.

સવારે તપસ્વી નો વરઘોડો, શત્રુંજય ના પટ પાસે ચૈત્ય વંદન, તપસ્વી ના પારણા, લેસ્ટર સંઘને આવકાર તેમજ સાધર્મિક ભક્તિ નો આનંદ. બે દિવસ સ્વયં સેવકો ની પૂરી કામ કાજ માં હાજરી. આ આનંદ સૌનાં સાથ વગર અસંભવ હોય. કામ કાજ માં મદદ કરનાર સૌ નો નોર્થ ઈસ્ટ એરિયા ની કમિટી ખુબજ આભાર માને છે

Jai Jinendra,

“Everyone here has the sense that right now is one of those moments when we are influencing the future” Steve Jobs.

If we want a bright future, our present must be strong and bold enough to take these first steps. Change will always drive the fear of failure within an individual. Don't waste your energy trying to cover up a failure. Learn from that failure and go on to the next challenge. Failure is the stepping stone of success.

Knowing change is not enough, it has to be applied. Willing to drive change is not enough, change has to be driven. An ounce of practice is worth more than tonnes of preaching.

In March 2010, we had a vision. **A vision for change.** Change that would deliver:

- A strong and united community.
- A community that is connected with all its members regardless of age, gender or ability.
- A community that will provide for its members and one where members will step up to fulfil the community's role.

In April 2010, we launched Operation Reconnect. At the time this was just a programme that would allow us to connect with the young members of our community. As time has progressed this has become an ideology that has driven every member of the NW area committee to ensure that everything they do will have the reconnection aspect at the centre of their plans. With the recent bandings of age groups, my fellow office bearers and I have taken this responsibility further to ensure that reconnection with all members of our community remains our primary focus.

To keep the community connected, we must ensure that we bring the community together regularly. The team has worked hard to bring the community together with a regular stream of events:

Month	Event
April 2010	The Lost Youth
June 2010	The Lost Play Ground Sugam Sangeet
July 2010	Healthy Heart – Health Talk
August 2010	Kite Flying Day
Sept 2010	Paryushan & Savantsari
Oct 2010	Oshwal Career and Development Fair The Lost Halloween Elders Diwali Lunch
Dec 2010	Elders X'Mas Lunch

Month	Event
	The Lost X'Mas Party
February 2011	Ek Masti Bhara Din
May 2011	Family Picnic
June 2011	Golden Reconnect Death and Taxes Trilogy
July 2011	Table Tennis Open Tournament
August 2011	Paryushan and Savantsari Paryushan4Kidz
Sept 2011	Get Up and Go – Health Talk
Oct 2011	Garba@Skool Diwali@Skool Diwali Hungama
Dec 2011	The Quiz Nite The X'Mas Pantomine Extravaganza

These along with the revamp of our institutions and clubs have seen the reconnection exercise connect us regularly with our old and young Oshwals:

Month	Event
Sept 2010	FunSkool
April 2011	NW Academy & Cultural Arts School Whist Drive
Sept 2011	Re-Active8

Our academic institutions have seen numbers soar to 107 children from 52 in April 2010 while both Whist Drive and Re-Active8 have also seen numbers increase. All these institutions and clubs are run with the help of our sub-committees and volunteers who have all stepped up to ensure the community provides a service to its members.

At the end of 2011, when we look back, we see the community more strong and united. We see more members connecting with us and most of all we see so many new faces stepping up to fulfil the community's commitment to its members. All that has been achieved to date has been at the behest of your continuing support. We will continue to count on that as we build the next stages of our community's future, based on support, unity and the need for continuing change which will make our future generations become proud of an institution which has now been in existence for 4 decades.

Let's be the Change this community needs

Let's be proud to be Oshwal

Let's Re-Connect

Nirmal Chandrakant Shah

Chairperson North West

OAAK Membership

Have you got your OAAK membership card?

Diwali Hungama is where OAAK NW introduced a stringent policy of checking membership cards. We would like to thank all who brought their membership cards with them. May we remind all that this check shall continue for **ALL events** and all members will be required to show their membership cards as proof of membership at the door on the day of the event. If a membership card is not produced, the person will be charged non-member rates or will be denied entry if it is a members' only event.

If you have lost your membership cards, please contact the Office at Oshwal Centre to obtain a replacement card.

Membership application forms are also available for download on the oshwal.org website or you can get an application form from the office at the OAAK office.

Correction

We would like to make the following correction to the Tapasvi list 2011. The names to appear should have been:

Madhubala Ajit Galaya-SHAH

Shailen Maheshchandra SHAH

Also to note, Mr. Satishbhai Mulji Shah (Sports and Leisure / ReActive8) number changed - 07506 550 448.

NWACAS – North West Academy and Cultural Arts School

Achievers Award

Our congratulations to all GCSE students from last year who have passed with flying colours and are now volunteering at NWACAS.



Bijal Shah

(A)



Jaimin Shah

(B)



Kewal Shah

(A)



Riyan Shah

(B)

Saloni S. Shah – (B) (Photo not available)

Sports and Leisure – ReActive8

Achievers Award

These awards amongst other criteria reflect attendance, participation, sportsmanship, team spirit and helping nature of the individual receiving the trophy. Our past achievers have been:

2008-2009 : Mstr. Samil Hitesh Shah and Miss. Ishira Jagdeep Shah

2009-2010 : Mstr. Sahil Hiten Shah and Miss. Sarena Kiran Shah

For 2010-2011 the trophies have been awarded to:

Mstr. Neer Milan Sumaria and Miss Darshi Bhavesh Shah.

Neer has been a punctual individual at ReActive8. He plans on the activities he wishes to participate and gets right down to the action at the earliest opportunity. His favourite sport for now has been dodge ball but that does not stop him from also participating in all under 12 activities ReActive8 have been able to offer. His only downside, as quoted .. "he's a Man U supporter".

Likewise Darshi, yet another regular, had displayed unfound energy and enthusiasm for the activities available. Earlier during the year, she identified her passion, Basket ball, which she participates endlessly. After a long and tiring game, still hungry with energy, she quickly starts playing the u12 activities that are still going on. Yet another quote from the support network helping out at ReActive8..."Please let us have our Darshi back full time for u12 activities".

On behalf of the NW committee and area, our heartiest congratulations to both for their achievers award.

~ North West Area ~



North West ReActive8 (S&L) club have been presenting a floating trophy and a medal to the sports boy and girl as part of its annual achievers award.

These trophies have been kindly donated by Mr. Bipinbhai Juthalal Shah and Mrs. Jyotikaben Bipin Shah in loving memory of their son Sagar, who sadly passed away in 2009 at a tender age of 19.





Oshwal Association of the UK
North West Area
www.oshwal.org



Announcement

Coming soon ... EMMs

(Elderly Monthly Meets)

NW Area is launching the start of regular meetings for elders of our community from Feb 2012 @ Uppingham Av hall.

Initially, these will be on a monthly basis but as demand grows, we will increase the frequency of these EMMs.

Further information will be provided in Jan 2012 through:

- 1) NW Area page on OAUK website
- 2) NW Area / Health & Welfare committee members
- 3) NW e-shots
- 4) Announcements at Edgware Satsang Mandal
- 5) Word of mouth

Ideas for EMMs

Chokri
Music
Bhajans
Movies
Lunch
Antakshri
and much, much more


Bhakti
Yoga
Entertainment
Health issues
Bhukhar
Food demos

Register to receive details by sending an email to welfare@oauk-nw.org


If you are interested in helping to organise these EMMs, contact:

- Nirmal 07764 565 647
- Dipen 07881 511 457
- Minesh 07725 707 005

Organisers reserve the right to make changes to any advertised programme & right of admission.
OAUK membership cards will be required at all events. Oshwal Association of the U.K. is a Registered Charity No. 267037.



Oshwal Association of the U.K.
North West Area



Presents

Oshwal Elderly

X

Factor

A talent competition for the elderly
Come and show your talent

For more details or to register your interest today
contact:

Chetan Shah on 07949 45 90 90
Minesh Shah on 07725 707 005
Or e-mail: eldxfactor@oauk-nw.org

Operation
Reconnect



Oshwal Association of the UK North West Area Presents

Communicate !!!



- Never used a mobile phone before?
- found it difficult to talk to someone in English?
- want to learn how to surf the web and write e-mails?



Do you want to learn to do any of these?

There are 8 week basic and 16 week advanced courses for the above starting from January.

Courses will be held at
Bentleywood High School for Girls, Bridges Road, Stanmore, Middlesex, HA7 3NA
11:45 AM to 1 PM every Saturday during School term time

There is a £10 Registration Fee per application

Application forms available from FunSkool and NWACAS
Applications will be on a first-come-first serve basis

For more information or to enrol please contact
Nirmal - 07962 177326 / 020 8907 1517
Dipen - 07881 511457 / 020 83571483
Milan - 07968 817043 / 020 89076096

£120

This programme is only open for OAU Life Members.

Management will reserve the right of admission

OSHVAL ASSOCIATION OF THE UK | Oshwal Centre, Coopers Lane Road, Northway, Herts. EN6 4DG | Telephone: 01707 643833
Registered in accordance with the Charities Act, 1960. Charity Reg. No. 257037



ઓશવાલ અસોસિએશન ઓફ ધ યૂ.કે નોર્થ વેસ્ટ એરિયા રજુ કરે છે

કમ્યુનિકેટ !!!



- ક્યારે મોબાઇલ ફોન વાપરીયો નથી ?
- અંગ્રેજી માં વાત કરવી કે અંગ્રેજી સમજવું મુશ્કેલ પડે છે ?
- કમ્પ્યુટર, ઇ-મેઇલ અને ઇન્ટર્નેટ વાપરતા નથી આવડતું ?



તમને શીખવું છે ?

૮ વીકના બેસિક અને ૧૬ વીકના અડવાન્સડ ક્લાસ જાન્યુઅરી માં સુરુ થશે

વિડ્યાલય સ્થળ:
બેન્ટલી વુડ હાઈ સ્કૂલ ફોર ગર્લ્સ, બ્રિજ્સ રોડ, સ્ટાન્મોર, એચ.એ. ડી. ૩. એન. એ
૧૧:૪૫ થી ૧:૦૦ દર સનીવાર
£૧૦ રજિસ્ટ્રેશન ફી

વધારે વિગત કે ક્લાસમાં જગ્યા લખાવા માટે:

નિર્મલ - ૦૭૯૬૨ ૧૭૭૩૨૬ / ૦૨૦ ૮૯૦૭ ૧૫૧૭
દીપેન - ૦૭૮૮૧ ૫૧૧૪૫૭ / ૦૨૦ ૮૩૫૭ ૧૪૮૩
મિલન - ૦૭૯૬૮ ૮૧૭૦૪૩ / ૦૨૦ ૮૯૦૭૬૦૬૬

અરજી ફર્સ્ટ-ફર્સ્ટ લેવા માં આવશે

ફક્ત ઓશવાલ લાઇફ મેમ્બર માટે

£120

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OAU NW Area

Proudly Presents

Whist Drive

Saturday 21st January 2012
Saturday 11th February 2012
Saturday 10th March 2012

At
St Anselm's Community Hall
Uppingham Avenue, Stanmore
Middlesex HA7 2HW

Timing:
Dinner: 7.00 pm to 8.00 pm
Whist Drive: 8.30 pm to 10.30 pm


A fun filled evening with **Dinner and Karata party** for all card lovers. **Limited spaces.** Please book your place soon.

Members £5.00
Non Members £7.50


NOTE: Proof of individual OAU membership required at the door.
Failure to produce a valid OAU membership card will result in paying Non Member rates.
Management Reserve right of admission
Non Refundable




Contact:
Dilharbhai D Shah Tel.: 07870 846 729
Email - dilharbhai@hotmail.com
Premharbhai D Shah Tel.: 020 8723 8368
Email - grapva@hotmail.co.uk
Sallekshai P Shah Tel.: 07745 871623
Email - sallekshai@hotmail.co.uk
Vinaaben J Shah Tel.: 020 8866 7223
Email - vinaaben.dhanani@hotmail.co.uk



OAU - North West presents



*Operation ReConnect
Powered by North West*



Recording our Heritage, History and Roots for Future Generations

The Oshwal Genealogy Project

Interested in family trees? Want to find the missing links?
Want to store photos and records for future generations?

for more information contact Chetan Shah on
07949 459090 / chetan.shah@oau-nw.org

South Area

શાઉથ એરીયા

Diwali Celebrations 2011

On 23rd October South area Mahajanwadi was twinkling with Diwali diwas. Please view our slide show of the photos on the Oshwal Website, to see what tremendous fun we had - preparing the rangolis, performing aarti in the Derasar, eating delicious dinner and finally dancing to the wonderful sounds of Rajoo Barot and his band.



Youth Club

South Area Youth Club AGM & Elections

Date: Saturday 28th January 2012, Time: 6pm

Venue: Upper Assembly Hall, Oshwal Mahajanwadi, 1 Campbell Road, Croydon, CR0 2SQ

For more info contact Vikesh: 07738 112 580

South are looking to organise inter Area cricket matches. Please contact your Area Committee if you are interested.

Mahila Mandal

South Area Mahila Mandal AGM & Elections

Date: Sunday 29th January 2012, Time: 2pm

Venue: Lower Assembly Hall, Oshwal Mahajanwadi, 1 Campbell Road, Croydon, CR0 2SQ

Chai and nasto will be served after the AGM.

This is your opportunity to join the committee, introduce new ideas, generate enthusiasm and have some fun as well as giving something back to the Oshwal community.

Please come and give us your full support!!

South Area Gujarati School Diwali Party and Saraswati Poojan [15/10/11]



South Area Gujarati School celebrated Diwali with great exuberance and festive spirit on 15th October 2011. Approximately 160 children and guests performed a delightful Saraswati Poojan, which was beautifully led by Kusumben V Shah.

Thereafter, there was an enjoyable Diwali Party with refreshments and music to complete a very productive half term. Much appreciation to all the teachers and staff for their tireless dedication and attention to detail in ensuring we can provide such memorable and enriching events.

Report and photographs prepared by
Jeeger G Dodhia
(Education Chairperson, South Area)

SWAY

Social of West Area Youth (SWAY) is a social network for young West Area adults as a means to reintegrate into the Oshwal community. Recent events have been local pub meetings, bowling and a night out in Richmond. Future events being organised include a Valentine's disco, paintballing and further pub events. For more information, please contact us on ouksway@gmail.com.

West Area Easter Bonanza

West Area Youth Club are organising an Easter 2012 event for the whole family...An Easter Bonanza.

It will be held at Oshwal Centre for the day and have different activities from a treasure hunt to team building events.

Date is to be confirmed.

West Area Gujarati School

Education Chairperson: Bhikhubhai Shah

Nine students sat the full GCSE examination from our Gujarati school last summer. The results included two A's and six B's. Some of the students sitting the examination were only 13 years old. These excellent results were achieved during a period of major infrastructural change at our school. Congratulations to all the students, teachers, helpers and volunteers.

Where both parents are Oshwal Life Members, West Area is funding the Oshwal school age student's Gujarati School fees for the academic year 2011/12. The monies to fund this will be coming from the £120 Scheme of which you are all familiar with.

This year we have 31 students of which nearly half are Oshwals. This year we have seen a significant increase in new students joining our school. All the students are eager to learn and are being assisted in their learning by the dedicated teachers and many helpers to whom we are grateful in giving their time on Saturday mornings.

We can always do with an extra pair of hands and request for more helpers even on an ad-hoc basis, please contact Ushaben on 020 8230 6637 if you are able to help at the Gujarati school in any capacity.

Mehfil Event

Sunday 20th November 2011 was a day to remember by all who came to the Mehfil event.

The Music group was brilliant and the home made food was mouth watering.

People started arriving at 2pm and made their way to the food (mouth-watering Chilli Paneer, Briyani, Raito and Gulab Jamboo).

The music was meant to start at 3pm but there was no sign of the music group, Dilip was in a panic, what to do? Entertainment was found from the audience, which was a relief. At last the group arrived (they were stuck in Hounslow traffic). They set up their musical equipment and the event started with old songs, requests and also new songs. Some of the audience started dancing and encouraged others to join in.



~ West Area ~

Everyone enjoyed the mix of music and all participated in a fun filled day. The event was about 20 people short of a sell out. We hope to hold another similar event in the future and your support for this and all upcoming events is much appreciated.

We would like to thank all volunteers for their help before/ during and after the event.



Oshwal Association of the UK – WEST AREA

Presents

Bhajan & Bhojan Event

On **Sunday 15 January 2012**

at **Oshwal Centre**

between **12.00-6.00pm**



Jai Jinendra,

We cordially invite you all to join us on this special event to participate in our Bhajan-Bhojan programme. Please come and enjoy your favourite Bhajans, participate in the Bhajans and enjoy a delicious lunch. We would be grateful if each area can put a group of 4-5 individuals to sing some Bhajans/Stavans. This programme is free of charge and all Oshwal members are invited.

West area members should inform Keshubhai of their intention to come by 12th January 2012. All other areas kindly give your names to your area secretary.

We also require volunteers for the day and would be grateful if you can inform Keshubhai by 12th January 2011.

Please contact Keshubhai (Colombo) **between 2pm and 10pm** on:

0208 570 7585 (Home)

0773 538 2657 (Mobile – 1)

0781 608 5938 (Mobile – 2)

જય જીનેન્દ્ર,

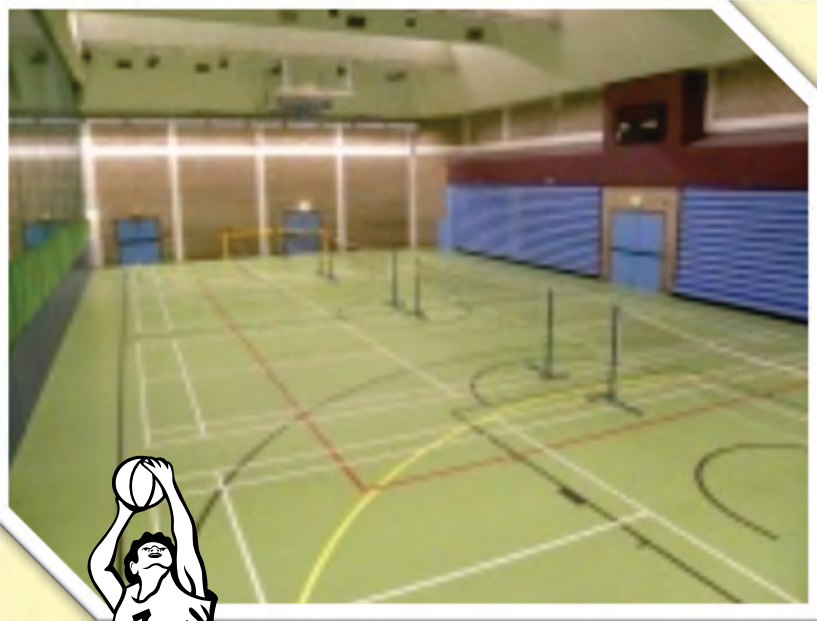
આપણે સર્વે ભાઈઓ, બહેનો ભેગા મળીને આ સતસંગનો મંગળ દિવસ ઉજવી શકીએ એવી આપણને તક મળી છે. મનગમતાં ભજન અને ભક્તિ અને સાથે સ્વાદીષ્ટ ભોજનનો લહાવો લઈએ. ભજન સંભળાવવા માટે પાંચ વ્યક્તિઓના ગ્રુપની જરૂર છે. ભજન ગાવા માટે દરેક એરીયામાંથી પાંચ વ્યક્તિઓના જરૂર રહેશે. આ આપણા કાર્યક્રમનો કોઈ ચાર્જ રાખવામાં આવેલ નથી અને ટાઈમ ટુંકો હોવાથી વહેલી તકે તમારા નામ તમારા એરીયાના સેક્રેટરીને તા. ૧૨.૦૧.૨૦૧૨ સુધી જણાવવી દેશો. વેસ્ટ એરીયાના ઓશવણ મેમ્બરોને જણાવવાનું કે તમારા નામ તા. ૧૨.૦૧.૨૦૧૨ સુધી કેશુભાઈ (કોલંબો) ને જણાવવા ખાસ વિનંતી છે.

કેશુભાઈ (કોલંબો) ના ફોન નંબર : ૦૨૦ ૮૫૭૦ ૭૫૮૫ (ઘરના) : ૦૭૭૩૫ ૩૮ ૨૬ ૫૭ (મોબાઈલ ૧) : ૦૭૮૧૬ ૦૮ ૫૮ ૩૮ (મોબાઈલ ૨), બપોરના ૨.૦૦ થી સાંજના ૧૦.૦૦ સુધી.

આ ભજન-ભોજનનો પ્રોગ્રામ રવિવાર તા. ૧૫.૧.૨૦૧૨ ના ઓશવણ સેન્ટર, પોટર્સબારમાં રાખવામાં આવેલ છે.

ટાઈમ : બપોરે ૧૨.૦૦ વાગ્યાથી સાંજના ૬.૦૦ વાગ્યા સુધી છે.

રવિવાર તા. ૧૫.૧.૨૦૧૨ ના વોલીયન્ટીયર્સની / સ્વયંસેવકની ખાસ જરૂર છે. તમારા નામ તા. ૧૨.૧.૨૦૧૨ સુધી કેશુભાઈ (કોલંબો) ને જણાવી દેશો.



OSHWAL 
 Association of the U.K.
WEST AREA



Brentford Fountain Leisure Centre has a state of the art Gym consisting of cardio vascular and resistance machines – there is also separate free weights and stretching areas too. The Sports Hall can be used for 5-a-side Football, Basketball, Netball, Benchball, Khor, Dodgeball and a host of other fun games for all ages. There is also Badminton, Yoga and the Swimming pool can be enjoyed by all just for fun or for serious swimmers

If all that is not enough for the 3 hours then there is also a seating area where you can catch up with your friends and family.

New members are urgently required so that we can carry on with this club.

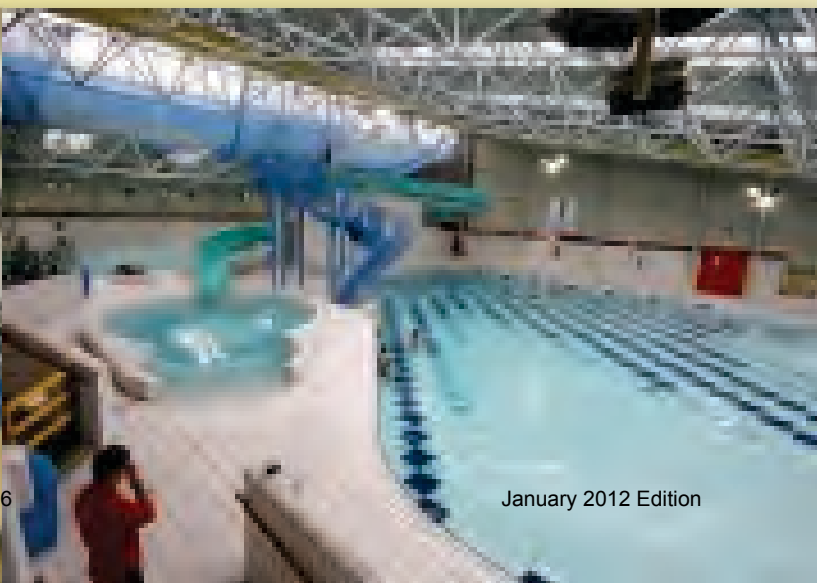
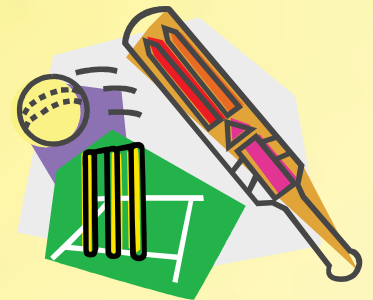


Family Club

**From 7pm-10pm every Friday at
 Brentford Fountain Leisure Centre
 658 Chiswick High Road, Brentford, Middlesex, TW8 0HJ.**

For more details, contact:
 Mahesh 07984 624 639 / Jinita 07732 670 688

**WE ARE NOW ENROLLING FOR JANUARY 2012.
 PLEASE CONTACT ABOVE FOR FURTHER DETAILS.**



Oshwal Community & its Future

Strength through Unity

Editor's Note: The central theme of this edition of Oshwal News is Oshwal Community and its Future. To this end, here is a selection of articles submitted by Oshwals expressing their views on Oshwal Community & its Future. We would like to hear from you, please email your feedback to oshwalnews@oshwal.org

The Future is Bright, but is yet to be lit!

To be an Oshwal is a privilege – a privilege, which continues to be unrecognised and undervalued. However, the irony is that those outside our community understand the ethos and richness of the Oshwal way of life. Our community has a long history of spiritual wealth, respect and ability. As we've extended our reach globally, we have succeeded in carrying our roots and traits. However, increasingly, our community is becoming more materialistic and less able to find happiness and joy from the smaller things in life. We are fortunate to have been blessed with the Jain religion; a religion that is widely misinterpreted both within and outside our community. The essence is self-recognition— ridding ourselves of attachment - making all efforts to avoid causing harm – being mindful of our thoughts and actions. Surely, any community founded on such pillars must have the strength and conviction to be a model to the wider society?

In the UK alone, we are outnumbered by many Gujarati communities – however our voice has a presence – our views are respected. This is a great feat in the competitive world we're in – this stems from our emphasis on education, on learning and most of all the professionalism we demonstrate in all ways of life. One mustn't become complacent; we have embedded the seeds but the plant needs nurturing.

It is fact that until these last two years, our community had failed to engage our youth (this remains the sad truth in many areas). The Oshwal Mela awakened many to just how many of us there are. I'm of the view that until committees stop being run top down, this problem will continue to worsen. Younger members of our community have incredible passion, drive and capability – they achieve outstanding results year on year and embark on highly sought after careers – but one thing these people do not have time for is political gesturing. Attracting such a diverse and vibrant section of our community could instil the fresh dynamism, which we desperately need. We need to put on the right events to bring in our fellow Oshwals; we must ensure our loved ones understand the values of learning our mother tongue and religion. The Oshwal Careers & Development Fair and Oshwal Health Awareness Day were all steps in the right direction – more of this is needed.

Oshwal is our identity – nothing can ever change this. It is a fantastic identity to have but we must contribute to its sustainability and development. I think you'd be hard pushed to find another community which feels like a large family. A

community is only the joint values and ambitions, which its members hold. Our future should shine given that we have some of the brightest minds around. We must ensure that we engage these people back into the fold and tap this wisdom and enthusiasm.

Jai Oshwal,

Jeeger Girish Dodhia

South Area Education Chairperson

Inspiring Youngsters

As an Oshwal settled in London since 1974, the following facts led to the build up Oshwal centre.

- Buying the site through the hard work and generous donations of members of our community.
- Planning permission to build the two Halls.

I feel the following points will enable and ensure we utilise the Oshwal Centre to full capacity.

- Development of a transport facility to the Centre.
- Increase use of the facilities for such things as weddings and other celebrations. Oshwal centre should be subsidised for its members during those times when it is not used like airlines selling tickets at low price to fly at full capacity.
- Additional benches on the grounds particularly for the elderly.
- Organise events that allow the youngsters the freedom to utilise their talents and be able to thrive and encourage stories from one generation to the next about the struggle our forefathers went through.
- Change attitudes towards the disabled and the elderly through compassion at all times and not only "during Paryushan".
- During festivals, embrace Jain concepts of spirituality by utilising Jain experts from the UK, who understand the way of life here, rather than from India.

Jyoti Shah

Oshwal Futures

We are fortunate to have been born into one of the oldest living cultures of the world, and have a set of ethics and values which are very relevant to life today. Above all, we have kept these wisdoms alive, and continue to get together as a community, to



have faith and belief, and to have strong family values and traditions. We are blessed with a beautiful cultural DNA.

So what is our future in Britain? How can we keep alive this culture and values and attain lasting happiness? How do we help our youth develop an ethical identity? How do we adapt to such a fast-changing world? I believe young people are the key to this future, and we need to engage with them and help them to feel connected and inspired by their history and faith. Here are few of my suggestions:

Education

It is important that alongside the academic education, we give our youth the cultural education that they richly deserve. This can be done through our daily practices like family relationships, behaviour patterns and spoken language, and also through books, activities and debates. Festivals are huge injections of cultural heritage, and the more we celebrate them in their spirit and involve young people, the more they will respond and retain. Youth conferences and retreats are very powerful ways of encouraging and supporting young people in their quest for joy, truth and wisdom. Also the more we provide them with a platform to meet and engage with one another, the more connected they will feel.

Faith

Belief is like a steer which helps one sail in any storm. It is the reason for progress and success. And we have inherited a huge reservoir of belief in the Jain tradition which is so scientific and authentic, and highly relevant to modernity. We should not force belief on our youth, but show them its meaning, its art, and its role in developing self-confidence and coping with problems and uncertainty. We should take them to our sacred places, and help them to enjoy the spirit of our prayers and festivals. Ritual helps to cleanse and colour our life – they are a beautiful way of expressing and nurturing faith and peace. We must fight the agnosticism of modern science and the scientific prejudice against faith – for science also at some level is founded on faith and need not contradict belief at all times.

Family and Community

We live in times when families and communities are breaking apart. Family values are key to our future, and young people should be able to experience family harmony and feel the stability that this brings. We are very fortunate to have such a strong community, but young people should not take this for granted and instead be supported in getting involved at a young age in protecting, preserving and growing our community. As they live and study in a multi-cultural society, we need to be careful to ensure that they do not see ours as an exclusivist community or faith, but one which is open-minded and welcoming. Their friends should feel welcome to our community centre.

Work and Careers

Employment and professional life is critical to the future of our youth. The culture and values they have inherited and nurtured will be a huge asset going forward as they will be hard-working, disciplined, self-motivated and fully engaged employees in whatever they do. Unfortunately, most employers do not know about our culture and values, so if we can build bridges and connect with UK businesses and professions at a community level, it can be hugely beneficial to us. The Oshwal Careers & Development Fair was an excellent example of this. We could do more through a seminar series, and also through having a pro-active mentoring scheme where young people can benefit

from advice and support of established professionals and entrepreneurs.

Health and Well-being

To have a strong future, we must preserve the health and well-being of our community. Again we have fortunately inherited a good diet and faith, which can help us stay firmly on a healthy path. Our mental health is as important as our physical health, and we must support our young to value and preserve both. Faith can be an excellent antidote to good mental health, and this importance should not be underestimated. A good diet and exercise are key to a healthy future, and the genetic illnesses we have inherited as a community like diabetes and heart disease should be tackled with sensitivity. The Oshwal Health Awareness Day is an excellent initiative in this respect.

Integration

It is important that we integrate with wider British society. We need to recognise that our culture, beliefs and lifestyle are very attractive to many people, and they love visiting our community and interacting with it. We should make it a point to keep this public relations and dialogue and use our resources and skill to connect with other cultures and communities in a variety of ways. Young people fortunately are very good at this and have a wide circle of friends and relationships. This asset should be harnessed and they should not feel that our community is a closed island, disconnected with wider Britain.

Leadership

Leadership is innate to us – we are natural at it. We are leaders in business, the professions, arts and in faith and community. Our leadership stems from our strong values and integrity, and this propels us to very high levels of trust and respect. We are living in times when the world is crying out for such leadership. This asset should be supported, nurtured and harnessed by the community through regular leadership dialogues and networks, to inspire and encourage our wider contribution to society. We must be very careful not to allow our strong leadership to lead to conflicting egos and a lack of unity and harmony. Humility should be practiced through our words and deeds, and we must support existing leaders. Young people brought up in two cultures, east and west, are highly talented and resourceful and make wonderful future leaders. We need to ensure that they are allowed to grow and flourish.

Dr. Atul K. Shah

Writer, broadcaster and consultant at Diverse Ethics

Attention!!

Remember to read about what young Oshwal's think about the "*Oshwal Community and its Future*" in the **Oshwal Youth Magazine**, where you'll find an article by 15 year old Priya Shah about **The Youth and Future**.

Future of Oshwal Community

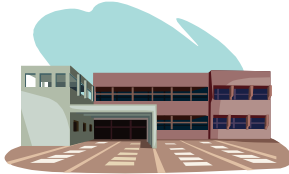
Ideas to Think About

Guest Editor's Note

Here are a selection of ideas from Community Members to consider when thinking about the Future of the Oshwal Community.

Oshwal School

An Oshwal School that is modelled on main-stream traditional academic rigour, cultural awareness but training our youngsters to provide service to the community at large.



Care home for the elderly

A facility for our elderly who have require full-time care but in an environment that they understand and feel comfortable with.

Oshwal Future Fund

An endowment fund that is used to provide financial support for a particular cause based on various criteria e.g. a bursary for a school or university place.

Education & Internships

Not so much about the academic side but more on life skills. We have a rich reservoir of talent, professional skills, business leadership which can give back to the community and provide guidance to our youngsters.

Work experience opportunities, apprenticeships, mentoring, role models, work shadowing. In a competitive world, we have an instant knowhow and opportunity pipeline that can provide our youngsters a competitive advantage.

Counselling / Oshwal Helpline

For many members of our community, when faced with difficulties, their cultural dynamic is to bury it and move on. Whether it is dealing with bereavement, illness, financial concerns, domestic issues, or even advice on dealing with external agencies, we as a community should be able to provide a counselling facility to enable particularly members an opportunity to explore these issues without any sense of feeling weak.



Health call-in / Advice

Named professionals who are Gujarati speakers can be organised to provide health call-in or advice to Oshwal Members.

Recreation facility

The Oshwal centre is in a unique location where we as a community can be bold and create an environment where members can engage freely.

A recreation facility that provides for leisure facilities (swimming, gym, tennis, bridge and chess club etc), meeting rooms for hire, reading library, games room. Members of our community (particularly the older generation) may feel at ease to participate in these activities with their peer group with whom they have a common shared values.

Oshwal Book & Film Club

An opportunity for our members to read books that they would never have considered and make it a social as well as a personal pleasure.

A forum for members to gather, meet socially and enjoy and discuss films from round the world including Hindi.

Historical Archive

An archive that records our heritage and cultural history both ancestral as well as modern history of Oshwals in the UK.

IT facility

IT tutoring and support for the non-IT literate amongst our community, especially the Elderly. Workshop on how to conduct transactions on the internet / e-mail.





Ritula Shah

The 10 Minute Interview

Editor's Note

"The 10 Minute Interview" is a new feature of Oshwal News, asking quick-fire questions to some interesting Oshwal Members. We would like your feedback on this new feature and possible suggestions for future interviewees. Email us on oshwalnews@oshwal.org

1. What triggered your interest in journalism – after all it is not necessarily a “standard” career choice amongst our community?

I grew up discussing current affairs around the dinner table on a daily basis. My Dad was interested in politics and cared passionately about justice so we always talked about what was going on in the world and as a family we were never short of opinions. I'm terrible at maths (I'm told it's because I refuse to eat bhinda...) so accountancy was never an option.

2. What is your actual role in the BBC?

I present the World Tonight on Radio 4 – a daily news programme which focuses on international affairs but there's a fair amount of politics and economics too. So in short, I get to talk about interesting and important stuff for a living

3. What is appealing about Radio – would you consider transferring to the TV medium and challenge Mr. Paxman?

I've always listened to lots of radio; one of my earliest memories is of my Mum waking me up by switching on Radio 4. (No, I didn't rush to switch it off, although as I got older, I did retune to (shh) Capital...but Radio 4 clearly got its claws into me at a tender age!) Radio's a very intimate medium and often more satisfying intellectually. The pictures are better on radio but there's no denying the power of TV. So never say never but I don't think Mr Paxman need worry anytime soon.

4. What are the factors that have provided you with the stepping stones to success in your career?

Determination, tact, a sense of humour and LOTS of night shifts.

5. What challenges have you faced in your career and how did you overcome them?

I worked an awful lot of nightshifts for the first 15 years or so of my career - I didn't sleep nearly enough.

6. How do you manage your work life balance particularly as you present shows like the World Tonight or report from different parts of the world?

My name, "tula" means balance or justice but I'm not terribly good at the work life juggling thing. I tend to do lots of work or lots of life. Nick and the boys are resigned to it.

7. You have had the privilege of meeting and interviewing people who literally make the world go round. Which of these individuals has inspired you the most and why?

It's not politicians or celebrities who are inspiring, it's ordinary people. This year, I've spoken to men and women across the Middle East who are fighting for democracy. Sometimes they're risking their lives by talking to you – it makes me feel very humble and privileged.

8. Your job has taken you to different parts of the world and you have had to report from some rather unpredictable situations. What has been the most challenging?

Iran was fairly horrible. We were followed and our phones were tapped. There was very little vegetarian food – one place refused to serve me when I said I would just have plain rice (everything else on the menu was meat). In Russia it was minus 15 degrees Celsius and we were trying to do a live broadcast in the snow – that wasn't a whole bunch of laughs either.

9. What book are you currently reading and what have you learnt from it?

The Map of Love by Ahdaf Soueif. As the title suggests, it's a love story, published more than a decade ago but part of it is set at the turn of 19th Century when the Egyptians were trying to gain independence from the British. The debates feel far more relevant and contemporary than I expected. The writer, Ahdaf Soueif now lives in Britain but has been spending time in Egypt since this year's revolution began and she has been a powerful advocate for change.

10. What would you like to see in the Oshwal news magazine and what is your assessment of the magazine?

I always flick through it and promise myself that I'll get more involved with everything that's going on. I'd like to see more debate about the issues which affect us as a community. That could be everything from changes to taxation to the latest health advice. There's an awful lot of knowledge and expertise out there – we should share it in the magazine.

11. Where do you see the Oshwal community in the next 10 – 15 years?

That's a tough one. I feel very strongly about being an Oshwal but I think it will be a challenge to make the community remain relevant to the generations going forward. I would like us to be defined by more than just religion. When I was growing up, I thought of Oshwals as being people who usually had their own business. That's no longer as true as it was but we have to keep emphasising our shared values and think of ourselves as a real life "Linked In". We should make the most of our connections, which go back generations and continue to support each other as we always have done.

12. What message would you like to leave for the younger generation of our community?

We're dynamic and successful; it's time to be more daring and more generous.

Book Review

The In-Between World of Vikram Lall

Editor's Note

"Book Review" is a new feature of Oshwal News. We would like your feedback on this new feature and possible suggestions for future book reviews. Email us on oshwalnews@oshwal.org

The In-Between World of Vikram Lall

Author: M G Vassanji

ISBN No: 1 84195 538 8 HBK

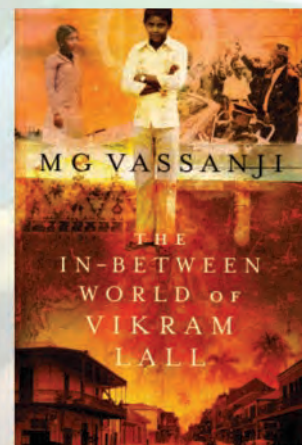
Book review by, Vijal Shah

Like many of you reading this book review, I was born in Kenya and can claim to have an East African heritage. However, the reality is that this is only a fleeting connection lasting no more than 4 years. The focal point of my whole life has revolved around England with no real understanding of this East African heritage.

My understanding of Kenya has been through anecdotal stories of life as it was for my parents, elder cousins, aunts and uncles through the years straddling pre and post independence Kenya. Not having visited my birth place, these stories were a curiosity without any emotional connection.

M G Vassanji's "In-Between World of Vikram Lall" shone a light on this period and revealed a colourful mix of cultures and traditions in and around Kenya. It is a vivid description from a perspective of an Indian boy (Vikram Lall) growing up in the 1950s in a railway town of Nakuru, the friendships he forges with the children of the Mau Mau and the colonialists and how these were maintained in the post independence period.

For anyone desirous of a glimpse of life on the ground in those turbulent pre and post independence period in Kenya, this book provides a grandstand view.



Editor's Note

Make sure you check out another Book Review in the Oshwal Youth Magazine as well!!

ENABLING NETWORK (or “EN”) has been formed with the guiding principle of “Embracing all Abilities”. The key aims of EN are to change perspectives, raise awareness and instil an understanding about disabilities (such as physical disability, learning difficulties, visual difficulties, etc) to create a community of openness, tolerance and social inclusion at all levels (such as religious functions, social events, sports activities, etc).

Workshop on Disability Issues

To this end the EN team organised a workshop back in September 2011 to both highlight disability issues within our community as well as engage people with special needs to see what we as a community can do better. Since the workshop, the EN team has been busy analysing the data collected and devised some plans to take this feedback forward. The flow chart below summarises this analysis.



Since the Workshop on Disability Issues the EN team has been engaged in a number of activities, highlighted below, to raise awareness of disability issues within our Oshwal community.

Oshwal Health Awareness Day

Overview

The EN team took part during the recent Oshwal Health Awareness Day on 13 November 2011 at Oshwal Centre, to raise awareness about disabilities issues. The focus was on guiding Oshwals affected by disability to external sources of help as well as raising awareness about what the requirements of disabled persons are, such as to have occluded spectacles to demonstrate the difficulties faced by the visually impaired.

Volunteers Help

Aside from the EN Committee Members, many volunteers helped out at the EN stall at OHAD. These volunteers came directly from the attendees of the EN Workshop, which was held earlier in the year on 25 September 2011 at Oshwal Centre. The volunteers included: Bakul Shah, Deep Shah, Hiten Shah, Jyoti Shah, Parul Shah, Roshni Shah, Sanjay Shah, Suresh Shah, Varsha Shah, Vijal Shah.

It was great to see so many volunteers come on board and help the EN team out. Many of the volunteers were directly affected by disabilities themselves and provided valuable insights into raising awareness of disability issues.

Making Contacts

The OHAD was a great forum for making new contacts within the wider Oshwal and Asian community with organisations which cater for the needs of the disabled. EN team members took the opportunity to network with several of these organisations and will be looking to see how these can be developed to see how benefits to Oshwal members can be realised.



Oshwal News E-Magazine

Published in December 2011 on the Oshwal Website

EN worked with Oshwal M&C team to produce an e-magazine to celebrate the International Day of Disabled Person 2011.

The annual observance of the International Day of Disabled Persons was proclaimed in 1992, by the United Nations General Assembly. The observance of the Day aims to promote an understanding of disability issues and mobilize support for the dignity, rights and well-being of persons with disabilities. It also seeks to increase awareness of gains to be derived from the integration of persons with disabilities in every aspect of political, social, economic and cultural life.

This E-Magazine is available for download from the Oshwal website (www.oshwal.org). The EN team are pleased to report that various articles have been contributed towards this E-Magazine and hopes it will greatly help to raise awareness about disability issues.



For more information, contact the Enabling Network team on:

E-mail: en@oshwal.org | **Mobile No:** 07981 130 471 | **Website:** www.oshwal.org

Oshwal Lift Project

Improving Accessibility at Oshwal Centre

One of the primary needs for many people both disabled and elderly, is better accessibility at Oshwal Centre between the upstairs and downstairs halls. EN team have been researching various options for the installation of a disabled lift facility at Oshwal Centre.

EN members have drafted a report for the Oshwal Lift Project and have submitted a copy to the Property Management Committee for their consideration.

EN team would encourage and urge the EC members to put in place a formal plan for the installation of a lift at Oshwal Centre to improve accessibility.



Forthcoming EN Events

The following activities are planned by EN for 2012. Watch out for more details soon on E-newsletters and Oshwal Website.

Spring time: Be Informed Talk and Social Event

Short presentations by speakers on learning differences, Autism, Cerebral palsy and visual/hearing impairment.

Informal social to share information and ideas.

**Watch this
Space!!**

Summer time: Disability and Inclusive Education weekend

A mega 2-day event will be a combination of talks, workshops for advice and benefits, practical sessions for various disabilities and educational needs such as educational statements. A play/movie may be planned for this event too, all with a view of raising awareness about disability issues and to encourage more integration of able and disabled members of our community.

Dates, venues and times for the above events to be confirmed and may be subject to some changes.

The following are also being worked on by the EN team:

Sports Inclusion – integration of sporting activities for able and disabled members.

Making it happen!

EN has been recognised as an official sub-committee of the EC and all 14 members of the sub-committee are either directly or indirectly affected by disability and we will do our utmost to fulfil the role expected of us by the community for the community.

Our hope is, that this in turn, will empower and inspire both the able and less able to be part of a community that is rich in talent, knowledge and skill and are willing to share this with each other.

For more information, contact the Enabling Network team on:

E-mail: en@oshwal.org | Mobile No: 07981 130 471 | Website: www.oshwal.org

The Partnership Act 1890

Article by, Rati Shah MBE

“A partnership is the relation which subsists between persons carrying on a business in common with a view of profit”. Section 1 of Partnership Act 1890.

A partnership arises when a number of individuals are in business together, rather than in an employer-employee relationship. The legislation governing partnerships is the Partnership Act 1890.

A partnership relationship can only arise by mutual consent. The agreement which gives rise to the partnership relationship may be express or inferred from the parties' conduct.

Under the Partnership Act 1890, there is no formal registration process for partnerships and no obligation to make the accounts of the business public. Unlike a company, there is requirement of a memorandum of association or articles of association.

A partnership need not necessarily be recognised as such by the parties since the existence of a partnership depends on whether or not the definition contained in section 1 of the Partnership Act 1890 applies. Section 1 states that a 'partnership is the relation which subsists between persons carrying on a business in common with a view of profit'.

An example of the effect of section 1 is the case of *Khan v Miah* [2000] 1 WLR 2123 in which the House of Lords held that a partnership in the case had been established even though the business in question (a restaurant) had not opened before the partnership between the parties had broken down.

Partnerships are generally created for the following:

1. a specific purpose or for a set amount of time;
2. for it to continue for as long as the parties wish ('partnership at will')

Partnerships do not enjoy separate legal personality such as other company structures and that means that the liabilities for the debts of the partnership are unlimited and are shared by the partners jointly and severally. Therefore, if the debts of the partnership become un-manageable the directors may become personally liable and may even be liable for their partners share of the debt.

Under the Partnership Act 1890, the following rights and responsibilities are enshrined to the partners:

1. the right to be involved in making decisions which affect the business;
2. the right to share in the profits of the business;
3. the right to examine the accounts of the business;
4. the right to insist on openness and honesty from fellow partners;
5. the right to veto the introduction of a new partner; and
6. the responsibility for sharing any losses made by the business.

These rights and responsibilities can be varied by a 'Partnership Agreement'. A partnership agreement should be seen as a key

document in any partnership as this enshrines the rights and responsibilities of the partners and can act as a constitution for the business.

Whereas the Partnership Act 1890 sets out a basic framework for the governance of a partnership, a partnership agreement can be much more specific to the business being pursued by the partners.

In the absence of a partnership agreement, all profits and losses in the partnership are to be shared equally between all the partners irrespective of how much work they have individually put into the business. Under English law, any change in the make up of the partnership automatically terminates that partnership. In the absence of an agreement to the contrary, the withdrawal of a partner or a partner's death or bankruptcy means that the partnership is dissolved. If a new partner is admitted to the partnership, the partnership ends and a new one is created.

A retired partner remains liable for debts incurred in the partnership before his departure and remains so after his departure if it appears to the third party that he is still a partner or holds himself out to be one. A new partner entering the partnership is not liable to creditors for any debt incurred before his joining the partnership.

A partnership agreement is a key document and, for the reasons mentioned above, should be drafted at the beginning of any partnership.

Overall, a partnership can be a very successful way in which to run your business due to the relative ease of incorporation, not being required to publicise the accounts of the business and the non-disclosure of partners. However, due to the antiquated Partnership Act 1890, in the 21st century business world, the only suitable way for the partners to protect themselves and their business is to have a partnership agreement in place which can shore up the partners rights and responsibilities to the partnership.

This information is not intended to constitute legal advice and should not be relied upon in lieu of consultation with appropriate legal advisors.

Article by,
Rati Shah MBE
Solicitor at Darlington Solicitors



Ahimsa – A Jewel in Jainism

Article by, Nitin Mehta MBE

The concept of Ahimsa or non violence is a jewel which Jainism propagates. The greatest good a Jain can do is called, '*Abhay Daan*'. This means giving someone protection from the fear of death. I was around 10 years old when along with my brother I threw a stone at a dog which was barking at us. As the stone hit the dog it made that painful noise and I knew that my action had hurt it. It was an incident which bugged me a lot and I resolved that I will protect all living beings which are at our mercy to the best of my ability

There was another incident that troubled me a lot. A group of older children had come across a tortoise and were hitting it with a hammer to try and break its shell. We humans can be so insensitive to other living beings. Jain's believe that this human form of life that we have got is priceless. It is rare to get a human birth. There are 6,400,000 forms of life and our next birth will depend on our deeds in this present life. It is therefore imperative that we do as much Ahimsa as possible now. Time is at a premium as there is no certainty of how long we will live. There is a poem I recall:

You pass through this world but once, if there is any good you can do, or any kindness that you can show to any human being, dumb animals and birds, you may do it now and not defer it, for you will not pass this way again!

Let us ask ourselves how much Ahimsa we are practicing in our daily lives. So here is an example: Say you have a bumble bee in your room and it is trying to get out, you are in a hurry to get to work. Would you take a few minutes to open the door and windows and let it out? This small act of compassion will encourage you to look around and feel for millions of animals who suffer at the hands of human beings. Sometimes we have mice in our homes, how many of us think immediately of putting poison traps? Can we not treat them as guests and have them caught in a safe trap which would not harm them and then release them in a field!? How strong is our faith in Ahimsa? Mosquitoes are a big problem in some countries, it is in their nature to bite but it is not up to us to kill them. Yes protect yourself as much as you can but don't harm them! This is compassion in action.

When the first Europeans came to India in the 17th century they documented the amazing phenomena of a race of people who were vegetarian and amongst them were Jains who were seen with their arm stretched out for blood sucking small insects to feed on! Many great thinkers and philosophers of the time brought the Indian ideal of Ahimsa back to Europe and many animal welfare as well as vegetarian movements started here. It was the English vegetarians who had been inspired by India, who by a strange coincidence inspired Mahatma Gandhi when he came to London in 1888. Gandhiji's first public speech was as a secretary of the Bayswater branch of the vegetarian society. His early ideas were formed by coming in contact with people like Anne Basant, Madame Blavatsky and Henry Salt, all of whom were vegetarians and radical thinkers of the time. Here we have to give credit to Gandhiji's mother who insisted that he take a vow not to eat meat. The vow was given by a Jain monk. Here we can see Gandhiji's mother's priorities. Even though he was going to a totally different country there was no compromise on the principle of vegetarianism. These days parents say: Since our son or daughter is going to University we have not insisted on them being vegetarian! We should tell our children that whatever the circumstances don't eat meat. Nothing will happen to them. God will look after them. **65 billion animals are killed worldwide every year for meat.**

All marine life from fish, turtles to dolphins and whales has been decimated. Huge trawlers are sweeping the bed of the sea killing indiscriminately. Coral Reefs and Mangrove forests are disappearing. Animals are hunted; tens of thousands are exported to other countries in appalling conditions for meat. There are countries where dogs, horses and whales are killed for meat. From animals performing in circuses to donkeys and horses treated with utmost cruelty as beasts of burden we fail god's creatures that are at our mercy. The experiments that are carried out on animals in the name of science can bring tears to your eyes. Human beings crave for peace but inflict so much pain on animals.

As Jain's we should be at the forefront in the battle to reduce animal suffering. How many of us support League against Cruel Sports, Compassion in World Farming, and hundreds of other organisations working day and night to reduce the suffering of animals? Hens are kept in small cages, pigs are confined in small crates, millions of male

chicks are suffocated as they are no use to the egg industry, male calves are killed or brought up for beef as they are no good to the dairy industry. It is due to this reason that more and more people are going Vegan. There are hundreds of animal sanctuaries in UK run by people who have given up everything, they are always struggling financially. Do we support them? Our Ahimsa is the Ahimsa of the brave not of cowards. Before fox hunting was banned, brave people used to go and disrupt the hunt and many times they were badly beaten but they never gave up. How many of us make a special effort to persuade people to give up meat eating? Do we impress upon our children and grand children that whatever happens even if you have to starve you should not eat meat? Do we ensure that we avoid all products in which animals have been abused? Do we avoid leather goods such as shoes, sofas? Do we buy shares in enterprises which exploit animals; do we insist on going only to vegetarian restaurants? Do you go and feed stray animals or birds? Let me tell you an interesting story. Ken Livingstone decided to get rid of pigeons from Trafalgar square and banned any one from feeding them. There are volunteers who go and feed them even today. Just consider their compassion, are they not Jains? I am urging everyone to become proactive. Ask yourself what you will do for compassion from today. Every animal welfare activity should be getting Jain support. We have to have the generosity of mind.

Ahimsa is the central pillar on which Jainism stands and as long as we practice Ahimsa, Jainism will thrive and prosper. Someone has said, '*Kutch Baat He Ayse Ke Hasti Mit Ti Nahi Hamare*' There is something about Indian civilisation unlike many other civilisations which have disappeared in the course of History. Though it is the oldest civilisation it remains vibrant and very much alive. The secret behind its survival is Ahimsa. God protects those who protect others. So let us resolve to bring about a world in which animals will have fundamental rights and all forms of animal abuse will cease. Let us change the human / animal relationship from abuse to compassion. Let us be the change that we want to bring.

Nitin Mehta MBE

Editor's Note: The above article is an extract from a speech given by Nitin Mehta at the House of Commons on 12 October 2011, upon receipt of the Institute of Jainology annual Ahimsa award. Amongst the previous recipients of this award are the Dalai Lama and Nelson Mandela.

Preconception & Pregnancy

"Having a baby is one of the most exciting things that can happen to you".

But it is natural to feel nervous too. If it is your first baby, it is hard to know what to do. If you are trying to conceive, think about the lifestyle factors that might affect your ability to get pregnant and have a healthy pregnancy. This applies to both partners.

You are more likely to get pregnant if you both are in good health. If you are trying to conceive, you should try to eat a good balanced diet, maintain healthy weight, stop smoking if you are, avoid drinking alcohol, start taking 400 micrograms of folic acid a day during preconception and continue to do so until you are 12 weeks pregnant, and discuss any pre-existing health condition with a midwife or your GP.

The best time to take a pregnancy test is from the first day of your missed period. As soon as you know you are pregnant, get in touch with your midwife or GP. You can begin to think about where you want to have your baby - the options are: at a hospital, a Midwifery Unit, a Birthing Centre or you can also opt for a home delivery.

Continue to eat a balanced diet and take 10 micrograms of vitamin D throughout your pregnancy and while you are breastfeeding.

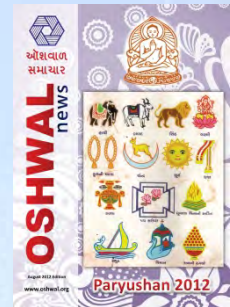
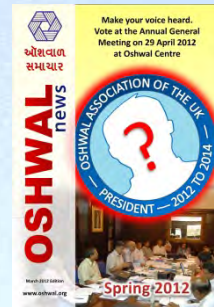
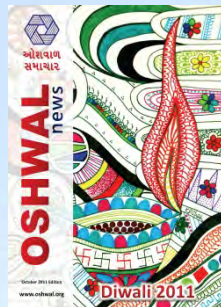
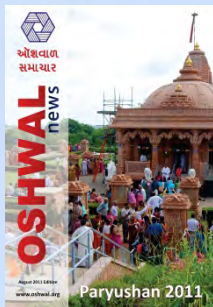
Refer to your pregnancy book provided by the NHS and try to avoid doing too much in-depth research on the internet - it only tends to stress people out. You can go to your midwife or GP with any questions that are making you feel overwhelmed.

Overall, I think expectant mothers can make the whole journey less daunting and more enjoyable by remembering to listen to your own body when you continue to maintain your normal routine for the majority of your pregnancy. This should make the whole experience more pleasant for both you and your baby."

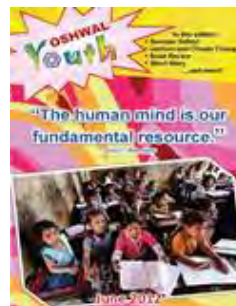
Sunanda Gudka has been a practising midwife since 1977 and in Family Planning since 1980. In that time, she has delivered more than 200 babies and advised thousands of excited but nervous expectant and new parents.

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