

ઓશવાળ
સમાચાર

OSHWAL news

March 2012 Edition

www.oshwal.org

Make your voice heard.
Vote at the Annual General
Meeting on 29 April 2012
at Oshwal Centre



Spring 2012

Editor's Note

Jai Jinendra!

In this **March 2012 Spring** Edition of Oshwal News. The central theme of this edition is **Mahavir Jayanti Celebrations**.

Furthermore, it is a great pleasure to announce the second edition of the new Oshwal Youth Magazine is included with this edition of Oshwal News.

We would like to hear from you and your thoughts on the new revamped Oshwal News and Oshwal Youth Magazine as well as any comments you may have on any of the articles in these magazines. 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*
Summer	4 Jun 2012	6 May 2012

Theme: An Oshwal Summer!

* 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.

^ Please note that the dates of the next publication and theme are subject to change, by the new Oshwal M&C team which will come into office, following on from the Annual General Meeting on 29 April 2012 at Oshwal Centre.

Ashish Jayantilal Patani

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Also, check out the second edition of **Oshwal Youth** magazine – a 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

Coopers Lane Road, Northaw
Hertfordshire, EN6 4DG

Tel: 01707 643 838

Fax: 01707 644 562

Info Line: 01707 661 066 (Recorded Messages)

Email: admin@oshwal.org

Website: www.oshwal.org

Office is open 7 days a week from 9am to 5pm

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 Mahajanwadi 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 speaking at the Oshwal Global Meet in Jamnagar, India, in January 2012

President's Message

પ્રમુખ સંદેશો

Nemubhai took the opportunity to present the Pope with a set of Jain Manuscripts.

We are hoping to reciprocate the visit by inviting the local leaders of the Catholic Church in the latter part of this year, to Oshwal Centre.

Oshwal Global Meet

In early January 2012, Ratibhai Devchand, Sushilaben Lakshman, some fellow Oshwal members and I attended the Oshwal Global Meet in Jamnagar, India. This was a well organised 3 day event by Oshwal Shikshan and Rahat Sangh of India (which is the equivalent of our Association in India). Full Details and pictures are further along in this magazine.

Key Initiatives Launched in 2012

Transportation Service – March 2012

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 am pleased to announce the implementation of a regular transport service to Oshwal Centre for all to come and worship at our beautiful Derasar, as well as to socialise with fellow Oshwals. More details of this can be found in this magazine and also on our Oshwal Website.

Enterprise Programme – Summer 2012

I am pleased to announce that the OAUUK has forged a partnership with the Oshwal Education and Relief Board (OERB), Kenya. OERB would like to host "our" Oshwal students to go and see various industries in Kenya to inspire the next generation of business leaders. This is an important Programme for Young Oshwals at the beginning of their Careers and I urge parents to guide and to encourage our Young Children to participate in this Programme. More details of this are enclosed in this magazine and also on our Oshwal Website.

Disability & Inclusive Education Fair – August 2012

The role of Education cannot be understated in the development of our Young Oshwals and to that end, I am very pleased to announce that our Association will be holding a mega 2-day event on 18th and 19th August 2012 on the theme of Education, Disability and Welfare. This is a hugely important event being organised by our newly formed committee, Enabling Network and the Education Committee

Jai Jinendra,
On behalf of the Executive Committee and all Area Committee members, may I take this opportunity to wish you peaceful Mahavir Janma Kalyanak celebrations. Mahavir Janma in the midst of Ayambil, is one of the most important religious festivals for the Jain community, marking the birth of Lord Mahavira. As ever, we have some splendid celebrations planned at Oshwal Centre and South London Oshwal Mahajanwadi to commemorate this auspicious occasion.

Jain Delegation to the Vatican, Rome

In early December 2011, Ashokbhai Mulchand, Ratibhai Devchand and I were invited to join a delegation led by Nemubhai Chandaria, Deputy Chairman of Institute of Jainology to meet some of the leaders of the Catholic Church in Vatican, Rome.

On the first day we had a joint meeting with President of the Pontifical Council, His Eminence, Cardinal Jean-Louis Tauran, Archbishop Pier Luigi Celata, Reverend Monsignor Andrew Vissanu, and Rev Father Santiago Michael, the latter being responsible for relationships with Jains and Buddhists.

Discussions were lively and we all concluded that through common elements we *"call upon the followers of both the traditions to promote mutual respect, truthfulness, honesty, freedom, peace, social harmony and to commit themselves to eliminate every form of violence against human beings, in particular injustice, poverty and exploitation of natural resources"*.



On the next day we were privileged to attend a sermon given by H H The Pope.

Sponsored Gujarati and Cultural Education

To preserve our culture and heritage and to strengthen community bonds, I am pleased to announce that from September 2012, the Trustees have agreed that the Association will sponsor the Gujarati and Cultural Education of our Children. There will be no cost to Oshwal Members and is a very important and necessary step to take, to ensure the preservation of our language and ultimately our culture and faith. Please encourage your children to join and be a part of the "Oshwal Family". Spaces are limited, due to availability of teachers, classrooms etc, so please contact the Area Schools early. This has been made possible from the support of the Oshwals who have supported our £120 Donation Scheme. I take this opportunity to thank all the Oshwals who are supporting us, and encourage all others to support. This is only the start with more benefits to come for all young and old!!

Provision of a Lift at Oshwal Centre

I am pleased to announce that we have approved the design and installation of a passenger lift to service both the halls at Oshwal Centre. Plans are being drawn up for this and will require approval by the Planning Authority. Subject to formal approval we are hoping to have this installed by the end of this year. Any member(s) who wish to donate towards this project, please contact any Trustee, or the Office. I am sure you will all agree that this facility will be a huge benefit to all of us.

Future development of Oshwal Centre and Oshwal Mahajanwadi

As you are all aware we have 2 centres, and both need to be developed over the coming years. South Area Committee, who are managing the property in Croydon are in the process of carrying out a feasibility study and consultation of the future development of the Mahajanwadi.

Likewise at Oshwal Centre, we have over 70 acres of land which we need to start planning over the development of this centre. As this site is under Green Belt planning restrictions, we are in the process of employing the services of a Green Belt Consultant to help us plan and discuss with the Planning Authority over the development of our site. This is a long term project and will need the expertise of a consultant to help us achieve the right balance of future projects which could include further Halls, Care/ Sheltered Homes, Sports Facility, etc. It is very crucial that we discuss and plan accordingly as rushing to carry out one project without due consideration of other projects will jeopardise the approval of the other projects with the planning authority in our Green Belt Site.

It is essentially that we take a long-term view with the aid of professional advice and not opt for a short-sighted view that will damage the long-term future of our Association.

Executive Committee

In April 2012, the term for the current Executive Committee will come to an end. The Area Committees, the Trustees and I have all thoroughly enjoyed our tasks. I take this opportunity to thank all Committee Members for their hard work and enormous personal sacrifice of time, in volunteering to work for the benefit of our great Community. Working together and sharing ideas will give the next generation the necessary strength to take the pioneering lead of our forefathers and lead this Community to even greater prosperity.

Finally I thank you all, for the warmth and support given to me during my term of 2 years as the President of our Association. Much change has happened, yet there are still many hills to climb, paths to take and through all your support and help, our Association will surely remain a great institution, for us all to be a part of! Our AGM this year is on **29th April 2012 at Oshwal Centre**, please do all make an effort to attend, and take a part in the future shaping of our Association.

Jai Mahavir, Jai Oshwal,

Tushar Jayantilal Shah

President, OAUk



Tushar Jayantilal Shah (far left), OAUk President, with a delegation to meet leaders of the Catholic Church in Vatican, Rome.



Jai Jinendra,
The greatest asset of the Oshwal Community is its people, and their passion for striving to achieve the highest levels in everything they do. Without a doubt 2012 is shaping up to be an amazing year for our Association.

The Year Ahead

With the arrival of Spring comes our first major Jain festival of the year, Mahavir Janma Kalyanak and Ayambil in March (page X). For Summer this year, there are various major events being planned, such as the Enterprise Programme (page X), Summer Camp (page X), Disability & Inclusive Education Fair (page X). In Autumn, there will be major Paryushan festivities and also our Association will be leading the Diwali in London celebrations in Trafalgar Square jointly with the Major of London. And in Winter of 2012, we will see the 29th Oshwal Sports Day.

Aside these major events, great new initiatives like the Transportation Service (page X), the Lift Installation Project at Oshwal Centre and the Sponsored Gujarati Education from September 2012 for young Oshwals (page X) have been sanctioned by our Association's President, Tusharbhai Jayantilal Shah and the Executive Committee. These are truly exciting times for our Association.

Voice of the People

None of these things will happen without the full engagement of Oshwal Members, giving their time and energy to volunteer for the advancement of our Association. To ensure the strength and continued prosperity of our Association all Oshwal Members are encouraged to attend the Annual General Meeting on 29 April 2012 at Oshwal Centre and make your voices heard and define a vision for your Association.

Community Work

There are two kinds of people, those who ask "what has the Community done for me?" and those that say "this is my Community, and I'm proud of it, and I'm going to make it better." If you foster the latter attitude, then you will find having your voice heard is a liberating and empowering experience. Having the opportunity to help others and advance the Community forward is very rewarding. We make the Community what it is today, so if you see something wrong in the Community – then roll up your sleeves and make your voice heard.

But equally, let us be frank, community work is not easy. During the time that I have been involved in our Community, I have met some truly great and inspirational people, who are totally giving and foster an amazingly positive attitude, imparting much valued advice and experience. Crucially they are positive role models for our youth which hopefully promotes social cohesion over the negative individuality that is far often irrationally pursued as the key to success and attainment.

At the same time I have met people who are indifferent to community spirit and in some regrettable cases, they are only interested in massaging their egos and gratification. Such people often come to the front with grandiose plans to build 'amazing' institutions and infrastructures but are all too often short-sighted with no real long-term plan or thought as to the long-term consequences for our Association.

Meeting such short-sighted people should not be a deterrent and negate your participation in Community affairs. If anything there should be a greater motivation to be part of the change which will see common sense prevail. And let us always remember that nothing good is easy to come by in life! So stand up and become actively involved in your Community. You make the Community what it is, no one else does!

Education and Career Essential

Being involved in Community affairs and undertaking voluntary work within a community environment is not only good for the Community, but is becoming an essential distinguishing feature when it comes to education and careers. Many top ranking universities and employers are looking beyond straight A's as a

means of evaluating whether to offer a place at a university or employment to a candidate.

Through Community work, young people can come in contact with a diverse range of people, with different attitudes and abilities; significantly different from their comfortable cohort at school or college. This helps in developing team-working and communications skills as well as a greater appreciation for the diversity of perspectives and talents in the world – all of which are a MUST have for anyone wanting to pursue a successful career. Parents should strongly encourage their children to take part in Community affairs. Beyond academia, it will provide children with essential life-skills.

Embracing all Abilities

There is no definitive list of life skills. Psychosocial and interpersonal skills are generally considered important when speaking about life skills. Furthermore, many skills are likely to be used simultaneously in practice. For example, decision-making often involves critical thinking ("what are my options?") and values clarification ("what is important to me?"). Ultimately, the interplay between the skills is what produces powerful behavioural outcomes.

It is important to remember that such interplay of different skills and behavioural outcomes transcend anyone's individual abilities or disabilities. When we shed our egos and co-operate and come to work together by channelling the different skills and talents within our Community, we will truly create a Community of openness, tolerance and social inclusion for all, irrespective of their abilities or disabilities.

Embracing all abilities is essential, as the Oshwal Community is one big, extended family, sharing a common ancestry, history and culture. Our Community's strength and prosperity comes from the diversity of the hugely talented family members working together.

And Finally...

On 29th April 2012, the current term for the Oshwal Media & Communication (M&C) team comes to an end at the Annual General Meeting. We would all like to say a big thank you to all who have supported us over the last year and helped bring about much of the changes you have seen in Oshwal News Magazine, the publication of the first ever electronic version (E-Magazine) of Oshwal News, the launch of the Oshwal Youth Magazine, and the re-launch of the Oshwal Website. The positive feedback and the increase in contribution of articles and material for the magazines and the website by Oshwal Members has been very encouraging. It has been a great year and we have learnt a lot and we thank all Oshwal Members for their kind support in allowing us this opportunity to serve our Community. If anyone of us have said or done anything which caused you hurt, then please accept our humble apologies and Micchhami Dukkadam.

Ashish Jayantilal Patani

*For and on behalf of the
Oshwal Media & Communication Team*





**For ages
12 to 17
years**



OSHWAL



Association of the U.K.

EC Youth Summer Camp! 17 August to 20 August 2012

Activities

- Archery
- Climbing
- Crag Climbing
- Dragon Boats
- Eco Trails
- Fencing
- First Aid
- Giant Swing
- High Ropes
- Jacob's Ladder
- Kayaking
- Motorsports
- Mountain Biking
- Orienteering
- Raft Building
- Rifle Shooting
- Sensory Trail
- Survivor
- Team Games
- Trampolining
- Trapeze
- Tunnel Trail
- Zip Wire

Price

£175.00 – Oshwal Members

£200.00 for Non-Members

(Includes Full Board – Vegetarian Meals).

For further information please contact:

Raj (Bhuty) on

raj.shah007@btinternet.com

Location

Osmington Bay, near Weymouth in Dorset,

Accommodation

All of the accommodation at Osmington Bay is in chalets with en suite bathrooms. Your group will stay in en suite rooms sleeping 4-6.

Facilities

Osmington Bay has a comprehensive programme of activities. The site includes excellent all-weather facilities including indoor abseiling and climbing walls in the Activity Zone.



Also, check out more details
on the Oshwal Website:

www.oshwal.co.uk/events/summer-camp

સહર્ષ જણાવવાનું કે

ચૈત્ર મહિનાની આયંબીલની ઓળી જે ચૈત્ર સુદ ને ગુરુવાર તા ૨૯- ૦૩-૨૦૧૨ ના શરૂ થશે અને તા ૯-૪- ૨૦૧૨ ને શનિવારે પૂર્ણાહુતી થશે.

ઓળી દરમ્યાન આયંબીલ કરનાર દરેક ભાવિકોને દાતા તરફથી અને શ્રી સંઘ તરફથી પધારવાનું ભાવભીનું આમંત્ર પાઠવવામાં આવે છે.

તેમ જ કામકાજમાં મદદ કરવા માટે જેમને અનુકુળતા હોય તે ભાઈ બેનો જરૂર પધારે સેવા કાર્યનું લાભ લેશે, અને આ કામ આપણા બધાનું સદીયારૂ સમજી અમને સાથ આપશોજી. અને ખાસ નોંધ - આયંબીલ દરમ્યાન આ વર્ષે બરોડાથી એક અરછાવિધિકાર ભાઈશ્રી હીતેશભાઈ પધારશે તેથી ચોકકસ પૂજન વગેરે ગોઠવીશું, અને હા આપણાં મૂળનાયક પ્રભુ મહાવીર સ્વામીનું જન્મકલ્યાણક પણ ચૈત્ર સુદ ૧૩ ના જ આવે એટલે આ દિવસને પણ ખૂબજ મહત્વ આપીને હર્ષ ભરે માણીશું.

આયંબીલ કરાવનાર દાતાઓના નામ નીચે મુજબ છે.

૧. સ્વ મોતીબેન પાનાચંદ નરસી હરીયા પરિવાર
૨. શ્રીમતી હંસાબેન રાયચંદ પરિવાર
૩. માતુશ્રી ડાહીબેન પરિવાર — શ્રીમતી જયાબેન મણિલાલ પરિવાર
૪. શ્રીમતી પ્રેમલતાબેન અમુભાઈ પરિવાર
૫. શ્રીમતી દક્ષાબેન રોહીત કુમાર
૬. શ્રીમતી જયાબેન અમતલાલ પરિવાર
૭. ભાઈશ્રી ઉમેરલાલ મોહનલાલ કોઠારી પરિવાર હ. ઈન્દુબેન
૮. માતુશ્રી ઝવેરબેન મેઘજી સામત — લલિતાબેન અમુભાઈ પરિવાર
૯. શ્રીમતી અનિલાબેન હસમુખરાઈ તેમજ જયાબેન ઝવેરચંદભાઈ પરિવાર
૧૦. શ્રીમતી મંજુબેન ધીરુભાઈ પરિવાર હ. રાજુભાઈ
- લી. શ્રીમતી સુશીલાબેન લક્ષમણભાઈના પ્રણામ



શ્રી સિધ્ધચક્ર પૂજન જાહેરાત

સહર્ષ જણાવવાનું કે ચૈત્ર મહીનાની આયંબીલ તા ૨૯-૩-૨૦૧૨ના રોજ શરૂ થશે, અને તા ૩૧-૩ ને શનિવારે ઓશવાળ સેન્ટર ઉપરના હોલમાં, બપોરના ૧૨ ને ૫ મિનિટે પૂજન શરૂ થશે.

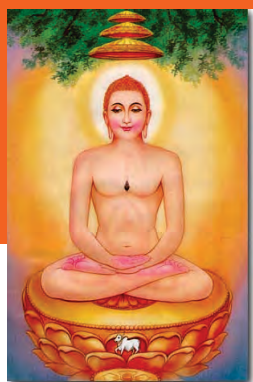
જે હશે શ્રી સિધ્ધચક્ર પૂજન. આ પૂજનમાં આપ સર્વ ભાવિકો લાભ લઈ શકશો જેનો નકરો અને પૂજનના નામ નીચે પ્રમાણે છે.

પૂજનનું નામ	કેટલી વ્યક્તિ ભાગ લઈ શકે	નકરો પા શેન્ટ
૧ અરિહંત પદ પૂજન	સજોડે + ૨	૨૫૧.૨૫
૨ સિધ્ધ પદ પૂજન	સજોડે + ૨	૫૧.૨૫
૩ આચાર્ય પદ પૂજન	સજોડે + ૨	૫૧.૨૫
૪ ઉપાધ્યાય પદ પૂજન	સજોડે + ૨	૫૧.૨૫
૫ સાધુ પદ પૂજન	સજોડે + ૨	૫૧.૨૫
૬ દર્શન પદ પૂજન	સજોડે + ૨	૫૧.૨૫
૭ જ્ઞાન પદ પૂજન	સજોડે + ૨	૫૧.૨૫
૮ ચારિત્ર પદ પૂજન	સજોડે + ૨	૧૦૧.૨૫
૯ તપ પદ પૂજન	સજોડે + ૨	૫૧.૨૫
૧૦ સ્વરરયંજન અનાહત	કોઈ પણ ચાર	૫૧.૨૫
૧૧ લબ્ધી પદ પૂજન	કોઈ પણ ચાર	૧૦૧.૨૫
૧૨ ગુરુ પાદુકા પૂજન	કોઈ પણ ચાર	૫૧.૨૫
૧૩ અવિષ્ઠાયક દેવ દેવી પૂજન	૨ કપલ	૧૦૧.૨૫
૧૪ જ્યાદિ દેવી પૂજન	સૌ બહેનો ૪	૫૧.૨૫
૧૫ વિદ્યા દેવી પૂજન	કુમારીકા ૪	૫૧.૨૫
૧૬ રજ યજ્ઞ પૂજન	ભાઈઓ ૪	૫૧.૨૫
૧૭ રજ યજ્ઞિણી પૂજન	બહેનો ૪	૫૧.૨૫
૧૮ દવારખલ વીર પૂજન	સજોડે + ૨	૫૧.૨૫
૧૯ દસ દિડખલ પૂજન	સજોડે + ૨	૫૧.૨૫
૨૦ નવગ્રહ નવનિધિ પૂજન	સજોડે + ૨	૧૦૧.૨૫
૨૧ પાંચ અભિષેક		૧૦૧.૨૫
૨૨ અષ્ટપ્રકારી પૂજા		૫૧.૨૫

બાકીની ત્રણ બોલી પૂજન વખતે બોલવામાં આવશે. આપ સર્વને નમ્રવિનંતિ છે કે જીવનમાં આવો અમૂલ્ય અવસર ક્યારેક જ મળે છે. બીજા સંસારીક કામોને ગોણાગણી પૂજનમાં જરૂર પધારશો. સાથે મળી આ મહા પૂજનને હૈયાના હેતથી અને અંતરના ઉમળકાથી ભણાવીએ.

તેમજ ત્યાર બાદ આયંબીલના છેલ્લા દિવસે ચૈત્રીપૂનમને દિવસે સવારે ૮ વાગ્યે શત્રુંજયગિરિરાજની ભાવ યાત્રા પદ દવારા અને બપોરે ૧ વાગ્યે બીજું પૂજન રાખવામાં આવશે. તે હશે માતા સરસ્વતીદેવીનું પૂજન. મા સરસ્વતી એટલે વિદ્યાદેવી. મારી ભાવના છે કે યુવાનો અને યુવતીઓ, બની શકે તો ચોક્કસ આ પૂજનમાં જરૂર લાભ લેશો. એક પૂજનમાં બે વ્યક્તિ લાભ લઈ શકશે અને ગમેતે આ પૂજનમાં નકરો લખાવી શકશે.

આ પૂજનનો નકરો હશે પર પૂજન ૬૦ પાઉન્ડ અને હા જે પ્રતિમાં પર તેઓ પૂજન કરશે તે પ્રતિમા પોતે ફ્રી ઘેર લઈ જઈ શકશે. સ્ટેજ ઉપર જે મા સરસ્વતીની મોટી મૂર્તિ હશે તેનો નકરો અલગ હશે. આયંબીલ દરમ્યાન શ્રીપાળ રાજાનો રાસ સાંજે ૮ થી ૧૦ વાગ્યા સુધી ઓશવાળ સેન્ટરમાં શ્રી હીતેશભાઈ વાંચશે તો જરૂર પધારશોજી.



Ayambil & Mahavir Jayanti

Ayambil

Ayambil for the month of Chaitra Starts on **Thursday 29 March 2012** and finishes on **Saturday 7 April 2012**.

Shree Pal Raja's Raas will be read during Ayambil in the evening from 8.00pm to 10.00pm.

On **Saturday 31 March 2012** there is going to be a Siddha-chakra Poojan which will start at 12.15 (afternoon).

Siddha-chakra is one of the Jain Yantras. The Siddha Chakra Mahayantra which is the most auspicious in the Jain religion.

The Siddha Chakra Mahapuja or the Siddha-Chakra ritual was first performed by King Shripal and Queen Mayana to celebrate the completion of Ayambil Oli.

The Siddha-chakra Yantra depicts our whole religion, the principal nine elements and the whole dharma, the whole religion is presented in this Siddha-Chakra. The Siddha-Chakra means - 'siddha' means liberated and 'chakra' means release of karmic bondages. When we worship the Siddha Chakra one soul becomes liberated of karmic bondages.

Everyone is invited to participate in the Pooja.

Name of Poojan	How many participants	Price
Arihant Padh Poojan	Couple + 2	£251.25
Sidha Padh Poojan	Couple + 2	£51.25
Upadiya Padh Poojan	Couple + 2	£51.25
Sadhu Padh Poojan	Couple + 2	£51.25
Darshan Padh Poojan	Couple + 2	£51.25
Gananan Padh Poojan	Couple + 2	£51.25
Charitra Padh Poojan	Couple + 2	£101.25
Tapa Padh Poojan	Couple + 2	£51.25
Sarvarajan Anahath Poojan	Any 4 (Ladies or Gents or Children)	£51.25
Labhdhi Padh Poojan	Any 4 (Ladies or Gents or Children)	£51.25
Guru Paduka Poojan	Any 4 (Ladies or Gents or Children)	£51.25
Adidayak Dev, Devi Poojan	2 Couples	£101.25
Jaya Devi Poojan	4 Ladies	£51.25
Vidiya Devi Poojan	4 Girls	£51.25
24 Yaksha Poojan	4 Gents	£51.25
24 Yakshiru Poojan	4 Ladies	£51.25
Dvarpal Veer Poojan	Couple + 2	£51.25
Harsh Dikpal Poojan	Couple + 2	£51.25
Navgra Nav Nidhi Poojan	Couple + 2	£101.25
5 Abishek		£101.25
Asta Prakatri Pooja		£101.25

During the Poojan there will be 3 Uchavani's.

Ek Raaj Doora No Janma

Raas Garba Night to Celebrate the Birth of the 24th Tirthankar Lord Mahavir

In the evening of **Saturday 31 March 2012** we will all be celebrating Mahavir Bhagwan's Birthday by having a raas garba night. This is from 7.30pm onwards till 10.30pm.

The last day of Ayambil is Chaitri Poonam day. At 8.00am there will be a Bhav Yatra of Satrujay Giriraj.

At noon there will be a Saraswati Poojan For this Pooja we would like younger members to participate.

Two participants can take part in one Poojan and there will be a Saraswati Murti Murti which can be taken home.

A larger Murti will be on the stage which will have a different Nakro.

All children between the ages of 10 years to 16 years who want to take part in this Pooja are welcome to. There will be no charge but you have to notify us in advance so we can make the appropriate arrangements.

For further information on any of these events or to book a place in either of the Poojas please kindly call Oshwal Centre on 01707 643 838 or Varshaben on 0208 449 5708 between 7.30pm to 10.00pm or Sushilaben 0208 907 1530 between 8.00pm to 10.00pm.



Oshwal Global Meet

2nd to 4th January 2012



Oshwal Global Meet (OGM) was held over 3 days in Jamnagar, India, to celebrate 75 years of the Boarding School in Jamnagar. The planning for this 3 day event started back in June 2011 and I was appointed to head and develop this program.

Aim of the Event

The aim of the event was to make the meeting global, so that representatives of Halari Visa Oshwal Community worldwide could meet, thoughts and views could be exchanged. Mutual concepts and bondages of feelings might become stronger so that they would be helpful to one another. Such a great and noble feeling was behind the concept of "Global Meet".

An Open Forum

The 3 day event consisted of many open forum discussions on various topics with Oshwals worldwide taking part, Audio Visuals, Cultural and Educational Programs. It was so pleasing to see our youth taking a lead in this to arrange a variety of Cultural events. In the evenings we also had many leading Gujarat Artists who brought much laughter, music, songs and knowledge for our benefit.

Message from Narendra Modi

On day 2 of the event, we had arranged a video conference with Narendra Modi, Chief Minister of Gujarat with all the leaders of Oshwal Samaj from the various corners of the world. Shree Narendrabhai praised the

Oshwal Community worldwide with the progress made by all Oshwals and wished all the best for the future. In addition we were also blessed with the attendance of various ministers and leaders of other faiths, who all had nothing but praise for the OGM.

Oshwal World Federation

On the last day, Shree Ashokbhai Maru, President of Oshwal Shikshan and Rahat Sangh, India, Shree Mukeshbhai Shah, President of Kenya Education Relief Board, and Shree Tusharbhai Shah, President of Oshwal Association of UK, jointly announced the thought process of forming an **Oshwal World Federation** whereby Oshwals worldwide could find a medium through which we are all able to benefit and exchange ideas.

OGM was truly a success with much exchange of ideas from Oshwals worldwide and I take this opportunity to thank Shree Tusharbhai, other Trustees of OAUk and many Oshwals from UK for attending and being a part of the OGM.

Going Forward

Our aim is that the OGM should not be a one-off event and should be organized every 3 to 5 years so that Oshwal Community worldwide are able to meet, share and exchange ideas for the future benefit of all Oshwals.

Report by,

Parag Gulabchand Shah
Chairman Oshwal Global Meet, Jamnagar, INDIA





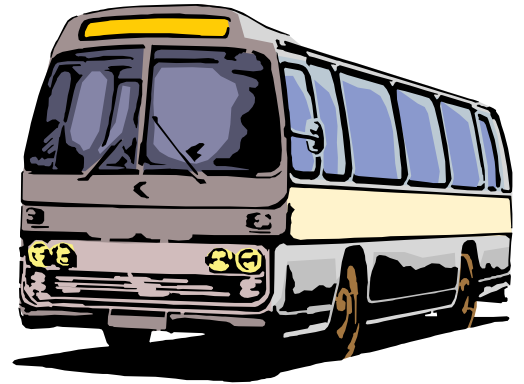
Visit Oshwal Centre & Deraser

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 transport.

Who – A 50 seater Coach will be organised per area on a rotation basis – one area per week – in the beginning will be done for the 3 nearest areas to the centre – North, North East, North West - North West will have the opportunity every other week as they have over half the OAUk members.

When – Fridays from March 2012



New Service!

2nd Mar	North West	starting from Kenton Library to Queensbury Station to Stanmore Station (tbc) to Centre
9th Mar	North	starting Lodge Lane to B&Q Totteridge(tbc) to Odean Cinema (tbc) to Centre
16th Mar	North West	starting from Kenton Library to Queensbury Station to Stanmore Station (tbc) to Centre
23rd Mar	North East	starting Bounds Green Station(tbc) to Southgate Stn (tbc) to Cockfosters Stn (tbc) to Centre

And so on in a 4 week cycle

Times – 9-45am to 2.15pm

Cost – **Subsidised by the £120 Scheme** – £4 per member to include transport to & from centre + Jain lunch – place must be registered beforehand with payment. If members want to come with own transport – we intend to charge £2 for lunch – again place must be registered at least 3 days in advance with payment. **LIMITED PLACES.**

Programme

9.45am-10.15am – Arrival & Mingle
10.15am-11.15am – Deraser activities
11.30am-12.15pm – Gentle exercises
12.30pm-1.30pm – Lunch
1.30pm-2.00pm – Talk or Discussion or Games
2.00pm-2.15pm – Depart

Volunteers

We need volunteers for each Friday sessions

Any elders in your family, friend circles, members at large who can help in any of the following teams:

Catering, Transportation, Luncheon, Activities, Admin

Contacts for more info (if phoning please only call between 5pm -9pm):

North

Saroj Shashi Shah

Tel: 020 8420 4606

Email: saroj_45@hotmail.co.uk

Kishor F Shah

Mobile: 07887 500 818

Email: kishorshah@hotmail.com

Jyoti K Shah

Mobile: 07926 074 106

Email: jyotikakshah@hotmail.co.uk

North East

Madhuben Amritlal Shah

Tel: 020 8882 4391

Email: rakeshshah@virginmobile.com

Taraben Ratilal Patani

Tel: 020 8886 4400

Email: tara@keya.co.uk

Ratilal Patani

Tel: 020 8886 4400

North West

Ramnik Hirji Shah

Tel: 020 8933 7247

Dipen Shantilal Shah

Mobile: 07881 511 457

E-mail: dipen238@yahoo.co.uk

Minesh Venichand Shah

Mobile: 07725 707 005

Email: tinubetashah@hotmail.com

Centre

Project Co-ordinator: 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

OSHWAL WEDNESDAY CLUB

Oshwal Wednesday Club was started three years ago by four enterprising young ladies and since then has gone from strength to strength with the tremendous support from our members. We have nine committee members and meet on the first and third Wednesday of the month. The success of the club has been due to active participation of the members who are encouraged to share their special skills with all.

The first hour and half is dedicated to exercises like yoga (hatha, kundalini laughter and other types), pilates, breathing, meditation, exercises with tennis balls etc. Some of these sessions have been conducted by professional tutors while others by members and the committee. These sessions have proved to be very popular with most people continuing the exercises at home and reaping huge benefits.

We have had professional speakers from various organisations on the following topics:

- Osteoporosis – special advice about diet especially as we are vegetarians
- Cancer awareness and the available support groups
- AFP a London based charity doing charitable work in India,
- Sakhee Sewa – a group of young ladies who went to India to help a number of charities in Gujarat
- St Lukes Hospice, and following the talk, OWC members did the Midnight walk and raised funds for them
- How to do puja and the reasons behind the rituals
- And many many more

For the art and craft sessions various types of crafts have been started. These include the following:

- Art drawing and painting by professionals
- Pot painting
- Tile painting
- Card making
- Rangoli workshops
- Knitting – all members knitted squares which were made into blankets and were donated to St Mary's Mission Hospital in Kenya. This project is still ongoing and to date about 50 blankets have been made and donated
- And many more

There have also been sessions of public speaking in small groups, which has given a tremendous boost to the confidence of members in this nerve wrecking area.

We have had a variety of cooking demonstrations which are always a big crowd puller and it is encouraging to see that many members have become health conscious in their eating habits. Lunch is usually brought by all to share and the variety of food is unbelievable. There is usually an exchange of recipe at the end of the session. This would have kept all the hubbies happy!

Our most successful projects have been during Diwali. For the past two years we have hosted an arts and crafts exhibition at Oshwal Centre where members from our community were encouraged to display any form of art and craft. The response was amazing and I am sure a lot of you must have attended these shows and appreciated the displays. The amount of hidden art talent within our community is fantastic and these shows have definitely demonstrated this. We hope this opens up even more opportunities for members to teach us some of the new types of arts and crafts which were displayed.

We have actively participated at major functions held at Oshwal Centre viz. Health Zone at the Mela, Health Fair, Diwali elderly luncheon etc.

The Kathiawadi nite with the traditional Gujarati food, costumes and folk dances was an evening enjoyed by all young and old.

Please join us for our future sessions and make OWC even more successful!



NAVAGAM REUNION

An Invitation for a reunion of Oshwals

DESCENDED FROM NAVAGAM

A reunion lunch has been organised for those who have their origins in Navagam. The invitation is extended to all those born in Navagam, their children, grandchildren and married daughters and their spouses.

Venue: Oshwal Centre Potters Bar

Date: Sunday 20th May 2012

Time: 11am to 4pm

Please register your details with the following coordinator by 20th April 2012 at the latest and confirm the numbers attending:

Mr Bhikhubhai Shah

21Norman Way,

Wellingborough,

Northants NNB 3PA

Tel:01933 273986

Email: bhikhushah@hotmail.com

Please convey the above information to all those who are from Navagam.

નવાગામનો મેળાવળો

નવાગામના વંશવેલામાંથી આવતા ઓશવાળોના મિલન માટે
આમંત્રણ

જે લોકોના મૂળ નવાગામના હોય, તેઓ માટે એક જમણું
ગોઠવવામાં આવ્યું છે. જેઓ નવાગામમાં જન્મેલા હોય, તેમનાં
પુત્રપુત્રીઓ, પૌત્રોપૌત્રીઓ, તથા તેમનાં સર્વે બાળકો પરિણિત
દીકરીઓના પતિઓ માટે આ આમંત્રણ છે.

જગા: ઓશવાળ સેન્ટર. પોટર્સ બાર

તારીખ: રવિવાર, ૨૦ મે ૨૦૧૨

સમય: સવારે ૧૧.૦૦ થી બપોરે ૪.૦૦ વાગ્યા સુધી

મહેરબાની કરીને નીચે આપેલા વ્યવસ્થાકરને ૨૦ એપ્રિલ સુધીમાં
તમારી વિગતો નોંધાવો અને કેટલા સભ્યો આવવાના છે તેની
જાણ આપો:

શ્રી ભિખુભાઈ શાહ

૨૧ નોર્મન વે

વેલિંગબોરો

નોર્થાન્ટ્સ NNB 3PA

ટેલિફોન: ૦૧૯૩૩ ૨૭૩૯૮૬

ઇમેઇલ: bhikhushah@hotmail.com

ઉપરનો સંદેશો સર્વે નવાગામના લોકોને પહોંચાડવા
મહેરબાની કરશો



Oshwal Network Club

Join the Club – For fun and to make new friends!

The Network Club has been in existence for over three years now; with over 200+ registered members. We arrange several events for fun and enjoyment..

If you would like to join the Network Club, please send us your details by email: oscclub@gmail.com.

Contact Numbers for Information: Sudhir on 07785 710914
or Hina on 07732 440721

Enterprise Programme

Are you an Entrepreneur?

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.**

The provisional Programme dates are from **7 July to 15 July 2012** in Kenya.

This is a super opportunity for any penultimate year degree student to visit the diverse businesses in Kenya. Please note a strict selection process will be in place, full guidance of which will be available to those who register their interest. **There are limited places so register your interest now by emailing:**

enterprise@oshwal.org



28th Oshwal Sports Day

December 10th, 11th and 18th 2011

In December 2011, the EC Youth Sports and Culture Committee held the 28th annual Sports day at Grundy Park Leisure Centre. We had teams from 6 areas taking part in this year's sports day; they were East, North, North East, North West, West and South.

This has been my ninth year taking part and the second year that I have been involved of organising in what I feel is one of the best events that we have in our Oshwal calendar. There were many new faces this year and as always it was great to see the smiles on all of their faces throughout the days no matter how tired they were. What we had set out to achieve at this year's event was unity. No matter which form it will come in, whether we are a team that is united or united in the teams that we support at the event. Unity within your area can make your team feel like they are part of a strong bond that is united not only now, but also in the future.



As a committee, we always like to try out new events that we can introduce to the sports day. Last year it was 12 – 34 khor which we continued with this year. This year we tried something completely different by introducing two new events, Chokri and an exhibition match of Dodgeball in which the organising committee would take on our Executive Committee. Being on both committees it was great to see adults taking part in the game to see if they could outwit the younger organising committee but it wasn't to be. The Executive Committee tried their best but lost to the organising committee. Comments that I have received is that the Executive Committee would like to do it again.



One of my favourite events at sports day is circuit training. It always has the best support and in the past few years has made a difference to the overall standings to see who will finish in 1st place to win the overall trophy. Some of my best memories come from this event but the one that will always stand out is when I and one of the organising secretaries for the sports day were trying to spur on a competitor for West area in the 12 – 14 age category, with me doing the sit ups and step ups and the organising secretary running. With me running in the mixed category it was challenging, having been put back in to last place by a team mate I was running like a person possessed but to prevail on the organising secretary that ran with me before spurred me on to complete the race.

After a more relaxed Saturday where we finished all the age categories for khor, it was a nice early start for most on the Sunday where we witnessed amazing basketball and netball games, fantastic bench ball games, breath taking football matches, brilliant volleyball rallies. For all those that were either taking part or watching and supporting their teams, they were in for a real treat this year with teams showing tremendous athleticism.



28th Oshwal Sports Day

December 10th, 11th and 18th 2011

Once again a big congratulation goes to North East Area who has won the volleyball event a staggering 26 out of 28 times. Again without a full strength squad, it is a brilliant achievement and one that will be very difficult to match. Many thanks go to East area, despite not having many people to choose from they were still able to make some teams by borrowing players from other areas and take part.



One achievement that truly does stand out is South Area's under 16's football team taking on areas that in the past would have beaten them but this time round, going all the way to the final and taking on North West area where they were eventually beaten. It truly was a giant killing performance by them where they reminded us all to never underestimate the underdogs.

Well done to North Area who showed us all that when it comes to playing sports, speed and good tactics are everything especially when playing khor. With some mastermind tactics and the team tagging out the other teams faster, it seemed like it would be destined for them to win the overall trophy again this year.



Brilliant effort goes to West area team who show us year in year out why they are the team to beat when it comes to mixed circuit training. They are truly phenomenal when running over the short and long distance! That is what makes circuit training a great final event to end the sports day.



28th Oshwal Sports Day

December 10th, 11th and 18th 2011

I would like to congratulate everyone who helped organise teams and all those that helped train them on a weekly basis. A special 'thank you' goes to the participants, the supporters for coming along and cheering the teams, the volunteers who gave up their time to set up all the trophies the night before amongst other duties and the referees who selflessly volunteered their time to make this sports day a success. It is one that truly stands out for me. A round of applause goes to the organising committee for the 28th sports day. Without their hard work and dedication in working towards the event, it would not have been such a successful event!

Lastly I would like to thank everyone who donated towards the cost of the trophies and first aiders for the event, a special 'thank you' to Ashok Mulchand Shah and family for the lovely dinner and to all EC members and other volunteers who helped serve food at Oshwal centre



It gives me great pleasure to announce the final positions, the overall winners of the 28th sports day and for the 1st time in 26 years the winners are:-

1 st	126 points	NORTH WEST
2 nd	99 points	WEST
3 rd	93points	NORTH
4 th	72points	NORTH EAST
5 th	39 points	SOUTH
6 th	11 points	EAST



Information for the 29th Oshwal Sports Day.

Earlier this year the EC committee approved a proposal for free sports day for Oshwal Members. If you are under 16, both your (or surviving) parents must be an Oshwal life member and if you are over 16, you yourself must be an Oshwal life member. These are the only ways that you will not be charged. Non member charges To Be Confirmed.

Report by,

Neel Shah
EC Member and Organiser for 28th Oshwal Sports Day



Apart from sports, East Area's activities take place at St Albans Church Hall, Albert Road, Ilford unless otherwise stated.

Sports – Every Fridays – Cannon Parmer School, Seven Kings, Ilford

Currently only Basket Ball is being played and coached by a qualified Coach, but we need more young people, to take active part in this and any other sports. Any young people wishing to take an active and real part are strongly requested to contact Sundip Shah, telephone number 020 8252 4306.

Dal Rotli – Saturday 28th January 2011 – 7pm to 10pm

This was the First Dal Rotli event in the New Year. 76 people attended. The comments received were 'the Dal was very tasty, full of body and flavour. It was prepared at Rameshbhai Dharamshi's house with a real and true help from Arunaben. Very warm thanks to Rameshbhai and Arunaben.

The evening was thrown open for discussion, but it seemed that members were not quite prepared for this though they all had read about this in the January 2012 Oshwal News. One member did put forward a suggestion that we should provide food at the coming AGM to attract large numbers.

Shantibhai Pethraj shah was unexpectedly requested to talk on India's Republic Day. He briefly talked about this and empathised on the Management calibre of the various 'Talukas' (states) that manage the huge population of over 30 billion and comparing it to UK's 70 million population. The evening ended in members playing cards and finished with tea and biscuits.

At Dal Rotli evenings there is a small charge of £2 payable by all except under the age of 5.

Dal Rotli – Saturday 25th February 2011 – 7pm to 10pm

In previous Report we mentioned that there will be an Open Discussion on matters concerning area past activities, future plans, suggestions, comments and feedback. We will have an Open Discussion and this time we expect more outward thoughts and suggestions to come freely from the members than present. Besides Dal Rotli and discussions, card games will be played till tea and biscuits get finished.

Wedding Albums display at Dal Rotli Event

Married couples are requested to bring their WEDDING ALBUMS for display at this gathering. Those who got married some 30 years ago will notice a remarkable change in their appearance and personality. Flipping through the albums, one will live fresh memories of their younger times.

Future Dal Rotli Events

28th April 2012

Besides the usual Dal Rotli, we may have a game of Bingo or the usual Card games.

26th May 2012 – Special time 7 to 11pm

At this evening we will show Mahavir Swami's Cassette that was part shown last year.

Thursday Fitness Club

This resumes from the 2nd Thursday of March 2012 on **8th March 2012**. It is on every Thursday except the 1st Thursday of the month. Chair based exercises are taught, followed by light refreshment and general talks. At times a light Lunch may be provided by the club, but mostly light refreshments, tea and biscuits are donated by the attendees.

~ East Area ~

Entrance fee is £1 and if lunch is provided by the Club, the charge increases to £2 but when food is donated then there is no extra charge.

East Area AGM – Saturday 31st March 2012 – 7 to 10.30 pm

We invite all Oshwal Members from East Area to come to the Annual General Meeting. Light refreshment will be served before the start of the AGM between 7.30 and 8.00pm as per suggestion by one of the members at an earlier Open Discussion session.

Light refreshment	7.30 to 8.00pm
AGM	8.15pm
Tea break	Possibly after Dissolving the present Committee
Election of New Committee	After Tea Break followed by Message from the New Chairman

Mahavir Jayanti – Saturday 7th April 2012 – 7pm to 11pm

Event has been planned as follows:

Children's programme	7.30pm
Stavan, Bhajan	8.30pm
Aarti and Mangal Divo Uchhamani	9.30pm
Aarti and Mangal Divo and Parnu Julavanu	10.00pm

Pizza Party at Oshwal House – 10th June 2012

The Pizza Party is arranged for the 10th June at 2pm to 5pm. This event is open to all the Areas but we can only accept limited numbers. Please indicate your interest at the earliest to Bhanuben on 020 8924 0124. Possible cost £5 to £6 and it includes Charcoal baked Pizza, Bean and potato Salads, soft drinks, possibly ending on Melon slices.

Paryushan Festivity - 12th September to 19th September 2012 Cannon Palmer School – Seven Kings, Ilford

Open to all Jains and Members. We will be arranging a small children's programme, and possibly a small Drama on the first 2 days after pratikram ritual ends. Usual Paryushan rituals every day. Details of the event will be published centrally and circulated to the members in the middle of August 2012.

Savantsari Bhojan – 29th September 2012

Canon Pamer school has been booked for this event.

Diwali – 13th November 2012 – Canon Parmer School, Seven Kings, Ilford

More details will be published nearer to the time.

3 Day Trip to Visit Antwerp – Friday 11 May to 13 May 2012

Visit: (1) Antwerp Derasar

(2) Flower show in Netherland which is held only once in 10years, and

(3) Bruges city tour

Itinerary

Day 1 Friday 11th May 2012

Depart from VB Kingsbury at 6.00 am

Proceed to Ilford Library for 2nd pick up point

Depart from Ilford Library at 7.00 am

To Calais via Dover and ferry crossing

To Brussels City Tour, then to Antwerp for Dinner and to the Derasar for Aarti and then to the Hotel.



Day 2 Saturday 12th May 2012

After breakfast we proceed to Holland to see the Floriade – a flower and agricultural show which is held only once in 10 years. Leave Floriade at 5pm to Return to Antwerp for Dinner and to the hotel.

Day 3 Sunday 13th May 2012

Those wishing to take part in Pooja, will proceed to the Derasar at 6.30 am. Rest of the group will enjoy the breakfast and get ready for pick up at 9.30 am. Pooja people will be picked up from Derasar at 10 am. Coach will then proceed to Bruges for site seeing and from there to the ferry to return to London.

What one gets

2 nights in 3 - 4 star hotels with breakfast

Evening Meals

Entrances to all the Excursions as per itinerary

Return ferry crossing from Dover to Calais

Coach transportation

Cost

£220 per adult based on twin sharing,

Child 2-11 years £155 price based on 2 adults sharing

Single traveller £265

Please book early. You will be required to send a photo copy of your passport and £100 non refundable deposit. Without this your place cannot be confirmed. The trip is arranged with a Tour Company for security and peace of mind.

Contact

Bhanuben or Rasikbhai on 0208 924 0124.

Address to post passport copy and Deposit: 46 Dunkeld Road, Dagenham, RM8 2PR

Cheque payable to: Oshwal Association of UK (OAUK) – East Area

Art & Craft Program held on 18th December 2011



Program started with Chairman Kaileshbhai welcoming everyone.

Anyone who brought a present placed the present under the Christmas tree for the Secret Santa. Bharati Kailesh Shah showed how to make paper flowers and Sarita Manekhchand Shah demonstrated wood burning art. Some of the members also tried their hand at wood burning art. While the children were making creative Christmas cards, "young at heart" adults played musical chairs. Everyone enjoyed tea and hot panini sandwiches as the weather was cold outside.



Blood Donation and Bingo Program held on 15th January 2012

Anna Kerr from NHS blood transfusion came and gave a talk with presentation slides on blood donation, organ donation and bone marrow. Anna was accompanied by Harshaben to translate in Gujarati. The role of the National Blood Service is to save and improve the lives of patients. Blood is used in A & E Department, planned operations, mothers during birth, etc. 7000 units are needed per day.

96% of us rely on the other 4% to give blood. Out of the 4% of population who donate, only a small number are from ethnic minority.

What is blood?

It carries nutrients to every part of your body, and carries waste products away. Blood cells are formed in the bone marrow. Every person has 5 litres of blood

Common myths and misconceptions for not giving blood are:

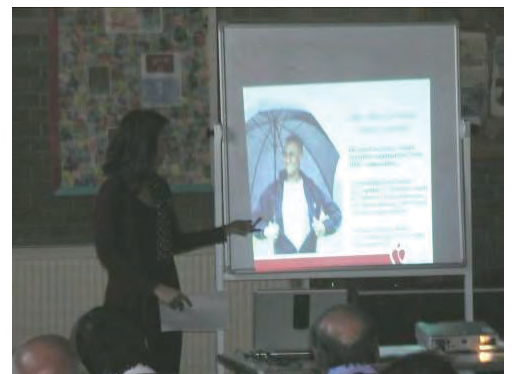
"I could die", "I might catch something", "You do not want my blood", "You experiment on our blood", "It hurts", or "I will faint".

Who can donate?

Anyone of the age of 17 – 65yrs (new donors), minimum weight of 7st 12 lbs, in generally good health and all types of blood groups.

Group of blood

The 4 main groups of blood are A, B, AB and O. These are positive and negative. 25% of Asians are Group B. Group O is the most common which can be given to any group. U negative blood is only found in black group.



How to donate

1. Making the call – Telephone No: 03001232323
2. Fill out the questionnaire about your lifestyle, travel and medical history
3. Arrive at session
4. The donation - A tiny drop of blood is taken from your fingertip. This allows them to check your haemoglobin levels and ensure that giving blood won't make you anaemic. If all is well, you will be able to donate blood. You will donate about 470ml of blood - this amount of blood is quickly replaced by your body.
5. Aftercare - Once you have given blood, you should have a short rest before being given some refreshments usually a drink and biscuits. All in all giving blood shouldn't take more than an hour.

It is replaced within 16 hours and you can donate every 16 weeks.

Do something amazing today Give blood.

Anna then explained what bone marrow is and to get a match from thousands of bone marrow register is very rare.

Many people are waiting for organ donation, so it is very important that we all carry a donor card.

Kaileshbhai gave his experience of donating platelets. He is treated like royalty while donating. Lying on a couch for one and half hours, watching TV and given snacks and drinks on a tray while the process is going on. He has made over 70 donations by donating blood, plasma and platelets.

Bharatiben similarly has made over 70 donations.



After the talk people were given the opportunity to ask questions. Information leaflets were available to take and to give to friends and family. A number of people registered for donations.

Anna Kerr and Harshaben were presented with bouquets of flowers.

Tea, biscuits and ganthia were provided for refreshments. Biscuits were donated by Sarita Manekhchand Shah and ganthia by Rambhaben Ranmal Shah.



Bingo

After a short break a game of **Bingo** took place. 44 people took part while some were spectators. With their heads down and pin drop silence waiting for numbers to be called out.



1st prize won by Nemchand Lalji Shah



2nd prize went to Bharati Kailesh Shah



3rd prize to Sunita Jayantilal Shah

Chairperson's address

The North Area Committee has worked very hard during the last two years organising various programmes by the sub-committees which have been very successful. My heartfelt thanks goes to the whole committee and volunteers for all their hard work. We are very pleased with the responses we have had with the regular activities that we have organised such as the Bhukhar sessions, Bolly Aerobics on Fridays and Saturdays and the Social Club. The Gujarati School and the Youth Club are running very well. The Paryushan celebration and Swami Vatsalya bhojan went very well too.

All the success we have had is because of all of you - your support at all these events has been greatly appreciated by the Committee. A big thanks to all of you supporters for making our efforts worthwhile - without your support it would not be possible to organise these activities.



Thank you to everyone who helped at the recent Health Awareness Day, where our area took the lead - I was really touched by everyone's commitment and I am very proud of all of you. With everyone's help, the day went so smoothly and we were able to promote health awareness within our community and reach another milestone. The most important thing is - you all did this with a smile!

It was really good to catch up with some of you at the recent Inter-Area Olympics and to see the community spirit amongst the North Area participants on both the weekends, whether we were winning or losing. This is what I really appreciate and it is good to see people enjoying themselves with friends and families.

On behalf of the North Area Committee and Subcommittees, I would like to wish you all Very Warm Wishes and hope that you all have a relaxing time with your friends and family.

By the time this issue reaches your door we will be preparing for our Area's AGM. This is an election year. It is now the time for other talented people to take over the running of the area's affairs and I hope we will have many new candidates.

Hope to see you all at the meeting.

Daksha Maroo

Chairperson North Area

Sakhi Milap

Daksha's Cookery Demonstration 17th Jan 2012

We were lucky and honoured by the presence of Daksha of Daksha's catering. This was a very rare opportunity to observe an experienced chef at work first hand. Daksha selected a fusion of Italian and Indian dishes bringing East and West together. The dishes on demonstration were:



~ North Area ~

- 1) Polenta in rich tomato gravy
- 2) Dhokhri fettuccine with spiced roasted vegetables in Basil & Coriander pesto
- 3) Fruit tartlets



It was amazing to see how she brought each dish together from beginning to end. The audience watched with such enthusiasm and eagerness. Her fine dining expertise was in evidence when she presented the dishes in a very professional manner. The tasting session of the final product only proved how good a chef Daksha is. A question and answer session followed when quite a few good cooking tips were exchanged. Response from audience was very positive and we have requested that Daksha in future can come back for another fusion demonstration.

Bhukhar - Oshwal House- 1st Saturday of every month

2012 has got off to a great start for the Bhukhar club. 60 people played in January. There are still spaces for few more.

Charges: £35.00 per annum for Members £50.00 per annum for Non-members

Time: 8.00pm until 11.00pm **Venue:** Oshwal House

If you would like to join please contact:

Anil 020 8906 0087 or Ashwin 07921 400 328 and email: hasp@hotmail.co.uk

Finchley Satsang Mandal

Finchley Satsang Mandal started 35 years ago. It is now coming up to the first anniversary of the move to our new address which is The Scout Hall, 104 Grove Road, N12 9EA. Currently we have 100 members. We hold a Satsang every Thursday between 12.00 noon – 3.00pm.

Once a month, there is a luncheon after the Satsang. North Area has got plenty of members who are at home and we would welcome you to join us. We have members of all ages and more the merrier.

For further information please contact:

Sarojben 020 8420 4606

Ushaben 020 8368 5294

Vimlaben 020 8361 3385



Gujarati School is not just for learning Gujarati

In every issue of Oshwal News it is the same “*send your child to our school to learn Gujarati*”. Most people must be fed up of reading that. But there is an intangible benefit to attending the OAUK Gujarati schools which is not mentioned much. For over eight to nine years, in our schools, they form friendship with other children who all have one thing in common, **India**, their ancestral home. Some of these friendships last beyond school and University days.

North Area Gujarati School has a scheme whereby ex-students come back as Young Volunteers to assist in the running of the school. They are guided and given responsibilities to build up their self-confidence and make them responsible members of society. It is during this year, away from the pressure of studying, but instead working together that these friendships become lifelong.

A group of friends who cemented their friendship while in Gujarati School are now embarking on a life enhancing project for a worthy cause. They will all come back with experiences few of us will ever have the opportunity to encounter and also raise funds for a charity. We wish them all the best. You can read about them in the article below.

Ex Gujarati School Students do a Charity Rickshaw Run!

We are a group of ex North Area Gujarati School students who are embarking on an adventure of a lifetime. Going through the Gujarati School and then helping in the school as young volunteers has given us confidence and a sense of responsibility towards the less fortunate. We work with a charity called the CAREducation Trust UK (CARE), a charity founded with the objective of bettering the lives of underprivileged children through education. We formed the 'CARE Youth Team' and want to carry on the fantastic work that CARE has achieved so far.

The Rickshaw Run is CARE Youth's latest and most ambitious project to date. We will be driving Rickshaws ourselves from Gujarat, through the deserts of Rajasthan, the lush farmlands of Punjab and up the steep inclines of the Himalayas to Manali to raise money for the various projects. This is an 1800km adventure that promises to be an experience of a lifetime! The Rickshaw is one of the most robust, jagged edge and popular forms of transport in India and by travelling in this way, not only will we be able to experience the culture of India, but also see India for what it really is. The Rickshawalas are not your average youngsters, they are a group of thrill-seeking boys and girls who want to help those less fortunate than us in a unique and exciting way!



It is a chance for us to see the difference CARE has made to lives of thousands of children, who otherwise may not have had this opportunity for a better future. Along our route we will be visiting various Jain Derasars, Sikh Gurudwaras and Hindu temples, staying in dharamshalas and ashrams, allowing us to experience the diverse range of cultures and religions within India.

Alongside raising funds to enhance the educational and medical facilities available for some of the most deprived children in India, the Rickshawalas are going to film a full HD documentary of their trip to be broadcasted on National TV.

Along the principles of the Charity, **every penny donated goes to the grass root level**, and all expenses for travel, admin etc. are borne by the Rickshawalas. For more information on our project or how to get involved take a look at our website **www.rickshawalas.com**. You

can also LIKE our facebook page **www.facebook.com/rickshawalas** and follow us on **[@rickshawalas](https://twitter.com/rickshawalas)**! To donate please visit our JustGiving page **www.justgiving.com/careyouth**

We need your help raising awareness for our cause, spread the word and get in touch to participate in future adventures.



Mahavir Jayanti

Jai Jinendra,

Mahavir the last tirthankara or the prophet of the Jain religion, was born on the

13th day of the rising moon of Chaitra. The birth year is 599 BC as per Svetambara Jains and 615BC as per Digambara Jains at Kundagrama in the kingdom of Vaishali, near Patna, Bihar. His father was Siddhartha, a chieftain of Kundagrama.



His arrival was preceded by a series of auspicious dreams to mother Trishala. Astrologers by dream interpretation suggested that Mahavir would be an emperor or a Tirthankara.

He was named Vardhmana i.e, he who brings prosperity because his father's wealth had increased during the pregnancy of his mother. He is, however popularly called Mahavir, the great hero, because he subdued passions-the greatest conquest.

As a young boy, Vardhmana was handsome, brave and fearless. He was liked by one and all. Once he was playing in the mango-grove when a huge snake curled itself around the trunk of the tree nearby. Other boys fled, but Vardhmana coolly held the serpent by its hood and with a jerk threw it away like a piece of rope.

From his childhood, he was very quiet, resolute and indifferent to worldly matters. Although he was surrounded by comfort and luxuries, he had a strong sense of detachment. At the age of thirty, after the passing away of his parents and with the consent of his elder brother he renounced the world and became a Shramana or a wandering monk. He did rigorous austerities, including prolonged fasts, for twelve and a half years till he achieved Kevala-Jnana (omniscience).

Mahavir faced numerous hardships and indignities during this long Samnyasa period but he proved to be an incarnation of forbearance and forgiveness.

After attaining omniscience, Shramana Bhagwan Mahavir began to preach, wandering from one place to the other on foot.

On hearing his teachings, eleven eminent Brahmin scholars led by Indrabhuti Gautama became his chief disciples, and formed the religious order which transmitted teachings to the others.

In Sangha so established, there was no difference between men and women. Both were regarded equally. The women were also initiated as nuns, which was a great revolutionary step at the time.

For thirty one years Mahavir went about preaching the religion of Ahimsa (non-violence), Anekanta (non-absolutism) and Aparigraha (non-possession). At the age of 72, he gave up the body at Pavapuri in Bihar.

The people of Northampton and Wellingborough get together at the Wellingborough Hindu Mandir where we have the pratima of Mahavir and celebrate by having the parnu, chaud swapna, and recite nice stavans and not to forget the garbas.

Everybody takes it in turn to rock the parnu and the one that is fortunate with the highest bid gets to do the pratrikrama.- with others following singing and dancing.



With the Mahavir Jayanti approaching, I hope all the Areas enjoy the celebrations.

Happy Mahavir Jayanti.

Article by,

Jyoti Ajay Gadda

Northants committee members

A jolly team of twelve are we
Full of fun and glee
Bhikhubhai is our chair person and EC rep
Very dedicated and committed in every step
Anil is the vice chair person
Often funds our excursions
Ashok is the treasurer
Looks after our funds like an emperor
Usha is our secretary and communication
Excellent with her presentation
Hansaben our religious and culture
Makes yummy food to satisfy the hunger
Manjuben looks after Mahila Mandal
Participates during paryushan doing kirtan mangal
Deepak is welfare and health
Plays the music instruments from the shelf
Kaushika is the secretery's assistant
Produces minutes in an instant
Rashmikant youth and fund raising
Well known for his chips and cycling
Fulvanti in charge of religion
Runs Jain philosophy classes and makes it fun
Rasik again cultural and heritage
Takes care of the kitchen and encourages no wastage
Last but not least is me Jyoti Gadda
Looks after the publicity and media

Poem by,

Jyoti Ajay Gadda

To Advertise in Oshwal News

Contact the Office at:

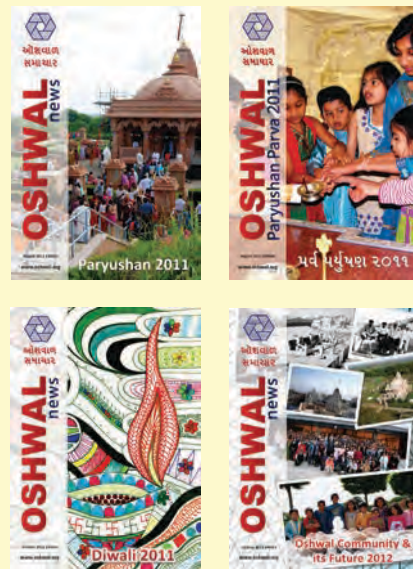
OSHWAL CENTRE

Coopers Lane Road, Northaw

Hertfordshire, EN6 4DG

Tel: 01707 643 838

Fax: 01707 644 562



Volunteers Party Report

On the 27th December 2011, we organised an appreciation dinner for those who have volunteered alongside this committee in the last two years and also for those who have joined the £120 scheme in our area.



All together there were 110 attendees. Guests were welcomed by a warm refreshing glass of non-alcoholic punch (made in house by Pushpaben), which tasted a bit like mulled wine. Tables were set out and everybody began the evening by mingling. The atmosphere was very much party like, with our Chairman, Rakesh DJing to provide background music. Once most of the tables were filled, Nishma welcomed the guests and Rakesh set out the agenda of the evening.

We also had a short awards ceremony to appreciate some gems within the community who have been vital in one way or another in contributing to the success of our area. Dilipbhai and Dipakbhai hosted this part of the evening. Four individuals were chosen after a great deal of consideration in the months leading up to the dinner party. The awards went to:

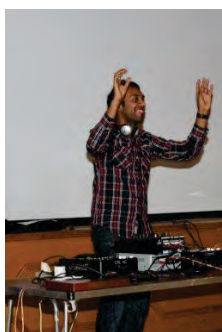
- Sushiben Praful was awarded in recognition of over 35 years of service to the NE area, which has included being on a number of different committee's and also she was a teacher when the NE Gujarati School was established 28 years ago.
- Pratibaben, although a Non Oshwal has helped us over the last few years by encouraging people to train to become yoga teachers, which has enabled us to run 4 yoga classes in our area. As a yoga teacher, she has never been paid and has offered all of her expertise for free.
- Mayuriben has been active in the NE area for many years as a member on various committees and is also a yoga teacher on a regular voluntary basis.
- Saileshbhai has been involved in the NE Youth Club for at least 14 years. He has always encouraged children to do their best. Although he will be stepping down he will always be around to help and advise when needed. Unfortunately Saileshbhai couldn't make the party.



After this, we enjoyed a delicious dinner, catered by Dips, that was served by the committee. Once everybody had eaten guests were asked to sit around tables for a quiz. The quiz was very fun and consisted of rounds such as guess the logo, name the song/movie and popular television characters. The winning team was given a box of chocolates. There was also a table of children who did well in participating and were also given chocolates.

We took a short break, for tea and biscuits whilst setting up for a game of musical chairs. As you can see below most of the guests participated and it was a lot of fun. The winner was Chandriben (Mansukh).

Once again we would like to take this opportunity to thank everyone who has supported us during the last two years. We hope to see your continued support to keep North East going.



~ North East ~ North East Youth Club 2012

All Children from the age of 4 to 6 are invited to come and join us at the youth club from 9am till 10am every Sunday morning. Mums and Dads are welcome as well!

Children between the ages of 6 to 8 can also join - **Free of all charges** (as long as both parents are Oshwal Members)
Children play a number of sports every week, including football and badminton - an excellent way to make new friends and keep active

Adult Social Badminton play for all skill levels

As for our senior citizens and anyone who would like, we have an area free which would be ideal to start playing card games or even board games every Sunday morning

For 2012 we are offering family membership at a discounted rate:

2 Adults with 2 children under 12s would be £300.00 now only £240.00

2 Adults with 2 children under 16s would be £340.00 now only £260.00

Couples would be £180.00 now only £150.00

All OAP - Free

This offer is available until the end of March

We want everyone to get involved as it's the year of the olympics

NE Youth Club - 'Sports Award Scheme'

Award for Best Youth Girl and Boy in 3 categories EVERY QUARTER (under 12's, 12 – 16's & 16+)

Award will be based on what you **ACHIEVE**

Attendance record

Competitive attitude

Helping other youth members to perform

Individual sports performance

Energetic

Volunteer to help and provide ideas for improvement

Excellent behaviour



The award will consist of:

- A floating trophy by category
- A gift voucher
- A photo display in our NE Youth Club 'Wall of Fame'



Note: Awards will be decided by NE Youth Couch Panel

NORTH EAST SNOOKER TOURNAMENT 2012

All Snooker players please give your names in by the end of March, so we can collect numbers and assess the number of members who will participate.



Dates and Venue TBA – register your interest by contacting Dipak @ dipak.shah@rentokil.com

Two Yoga Classes every Sunday @ NE Youth Club

Yoga Class 1 Taught by Manish Shah
Yoga Class 2 Taught by Retesh Shah

Spaces available in both classes – please contact Dipak @ dipak.shah@rentokil.com

YOGA WORKSHOP

As taught by Swami Ramdev

On 4 December 2011, NE Area Culture & Heritage Committee organised a yoga workshop with a primary focus on rejuvenating the whole body from head to toe.

The programme started promptly at 8:30 with a short welcome and prayers. Pratibhaben started the workshop by showing techniques of looking after our hair. This was followed by head, eyes, nose and so on until finally legs, knees and ankles. Appropriate pranayam, asana and acupressure points were demonstrated for each area. After a brief session of laughter yoga breakfast was served.

A healthy fresh fruit and vegetable juice was served followed by hot porridge and a healthy salad consisting of quinoa, sprouted moong & pomegranate.

After breakfast there was a session on hand and facial massage.

Here various acupressure points were introduced. The workshop finished with a Question & Answer session.

75 people from all age groups participated in the workshop. It was thoroughly enjoyed by everyone and there was a high demand for monthly workshops. Some of the comments received

“Excellent event, very enlightening and look forward to the next workshop”

“Excellent workshop! Congratulations to the NE Area Committee and the organisers. Very well organised, informative, enjoyable and beneficial”

“Very knowledgeable, excellent – please do more of these”

Thank you to the North East Area committee members and ALL the volunteers for helping on the day. Without your help, it would not be possible to organise such a smooth running event.

Forthcoming event - On Sunday 25 March 2012, Cultural & Heritage Committee has organised a Day Trip for the NE Area yoga students to Dhammadipa, the UK Vipassana Centre.

Culture & Heritage Committee ~ North East Area

North West Area

નોર્થ વેસ્ટ એરિયા



Your Community! Your Voice!

OAUK - North West Area 40th Annual General Meeting (AGM)

Venue: Canons High School,
Shaldon Road, Edgware, Middlesex, HA8 6AN
Time: T.B.C. (please check www.oshwal.co.uk for timings)
Date: 25th March 2012

"For a democratic process to work, we need all members of our community to be participants, not observers."

There may be a great debate in your living room on what is right and how things should be done. However the motivation of this debate if only limited to living rooms or social gatherings, will bring no fruit.

This is our community where our views and our options should be valued. Please give a voice at our forthcoming North West Annual General Meeting (AGM) on Sunday, 25 March 2012.

Our community is 40 years old this year. 40 years – 4 decades, which makes it older than majority of the current committee members. The word "old" does not do our community any justice. In the words of the youth of yesterday, this community still shows the energy and vibrancy seen during its teenage years. We will never be able to predict where and in which form this community will be in the next 40 years, but our "Now" is in our hands and how we shape our "today" will guide the "tomorrow" of this community.

Let's work together to build a stronger and united now for our tomorrow.

Let's be the change this community needs.



Re-Activate – Something's in the Air! (and it's not just the basketball!)



Remember the good old days? Going to Friday Youth club, mingling around, chatting to friends, giving the volunteers a run around, hanging around in the stairwells, just killing time until parents return to pick the kids from the cheapest crèche in North West? Well, that's all now discarded to the history books.

Children and parents who have come to the club will have noticed a huge difference...A more energised and vigorous presence, enthusiastic kids and volunteers and not to forget, the parents sitting in the balconies watching their children with pride (or rather, exchanging the latest gossip, recipes, and generally just catching up. There continues to be a steady increase in numbers and not a single week has gone by without more parents signing up their kids. The club now exceeds 150 members, but there are still a few places available, so if you want your children to join, you'd better get your skates on and come down to the club on Fridays.

Hard work pays dividends

Meetings?? But why?? We are Volunteers!!! Sorry guys, unfortunately, when you volunteer for Oshwal North West and become part of the Re-connect exercise, it's a whole different ball game!

Who best to have on the Sports and Leisure Sub-Committee than the volunteers who run the place and know it best? The sub-committee met regularly every fortnight (besides their usual commitments on Fridays) to thrash out a plan for changing the fortunes of the club. The club took on new vigour and strength as the sub-committee sunk its teeth into the challenge of turning the fortunes of the club. And the results could not have been more apparent!

The hard graft continues as the club goes from strength to strength. With increasing numbers in children, Ricky Karman (Badminton) and Nikki (Basketball), both professional coaches in their own rights, are now working at a programme to provide coaching training to all volunteers to enhance the quality of training our children receive. Other professional coaches at the club include Rikki (Basketball), Sawan (Football) and Milan (Table Tennis)



Read more on the Oshwal Website go to www.oshwal.co.uk/articles/nw-re-activate

28th Oshwal Sports Day 2011 – North West Area Participants

Bhavini Milan Shah, Darshi Bhavesh Shah, Neha Rakshit Shah, Aneeka Nimish Shah, Samil Hitesh Shah, Kushal Mahesh Shah, Nihal Mitin Shah, Anish Venilal Shah	Under 12 Benchball – 1st Place
Bhavini Milan Shah, Darshi Bhavesh Shah, Krupa Nitin Shah, Aneeka Nimish Shah, Rahil Ajay Shah, Kushal Mahesh Shah, Nihal Mitin Shah, Anish Venilal Shah	Under 12 Dodgeball – 2nd Place
Bhavini Milan Shah, Darshi Bhavesh Shah, Aneeka Nimish Shah, Nirali Vinay Shah, Kushal Mahesh Shah, Nihal Mitin Shah, Anish Venilal Shah, Samil Hitesh Shah	Under 12 Koor – 2nd Place
Darshi Bhavesh Shah, Neha Rakshit Shah, Aneeka Nimish Shah, Krupa Nitin Shah, Samil Hitesh Shah, Kushal Mahesh Shah, Nihal Mitin Shah, Shiv Rajesh Shah	Under 12 Circuit Training – 2nd Place
Samil Hitesh Shah, Kushal Mahesh Shah, Nihal Mitin Shah, Shiv Rajesh Shah, Anish Venilal Shah, Rahil Ajay Shah, Kush Nimish Shah	Under 12 Football – 1st Place
Darshi Bhavesh Shah, Aashni Ashish Shah, Archana Ajit Shah, Rushil Hitesh Shah, Sahil Hiten Shah, Punit Bharat Shah, Aman Deep Patani	12-15 Mixed Basketball – 3rd Place
Sarina Kiran Shah, Tanvi Kiren Shah, Dhruti Hitesh Shah, Punit Bharat Shah, Mirav Bhavesh Shah, Jatin Shah, Rishi Shah	16-19 Mixed Basketball – 2nd Place
Darshi Bhavesh Shah, Sarina Kiran Shah, Archana Ajit Shah, Tanvi Kiren Shah, Dhruti Hitesh Shah, Nikki Nitin Shah, Rupal Shah	Ladies Basketball – 2nd Place
Rikki Nitin Shah, Jatin Shah, Rishi Shah, Rishi Patel, Rishi Kiran Shah, Kiran Shah, Mirav Bhavesh Shah	Men's Basketball – 1st Place
Rushil Hitesh Shah, Sahil Hiten Shah, Punit Bharat Shah, Aman Deep Patani, Prasann Prakash Sumaria, Rushil Hiten Gala Shah, Miraj Jitesh Shah	Under 16 Football – 1st Place
Nikki Nitin Shah, Rupal Shah, Darshi Bhavesh Shah, Aashni Ashish Shah, Sarina Kiran Shah, Archana Ajit Shah, Nerissa Patel	Ladies Football – 2nd Place
Jaini Dixit Shah, Sarina Kiran Shah, Tanvi Kiren Shah, Dhruti Hitesh Shah, Nikki Nitin Shah, Rupal Shah, Urvi Nilesh Shah, Nikita Jitesh Shah, Kajol Chandrakant Malde	Netball – 1st Place
Sawan Alkesh Shah, Bhaven Shah, Neel Shah, Rikki Nitin Shah, Nikki Nitin Shah, Prasann Prakash Sumaria, Rishi Patel, Kishan Doshi	Volleyball – 2nd Place
Kajal Shah, Mita Shah, Rashmita Shah, Shima Shah, Hasmukh Gosar, Jiten Malde, Kiran Shah, Sunil Shah	Over 35 Koor – 3rd Place
Sarina Kiran Shah, Archana Ajit Shah, Kajol Chandrakant Malde, Ashni Nitin Shah, Rushil Hitesh Shah, Punit Bharat Shah, Aman Deep Patani, Ryan Anup Shah	12-14 Mixed Circuit Training – 1st Place
Prabhulal Narshi Shah, Alkesh Shah, Birju Alkesh Shah, Paresh Shah, Shima Milan Shah	Darts – 2nd Place
Sawan Alkesh Shah, Bhaven Shah, Neel Shah, Rikki Nitin Shah, Akhil Shah, Punal Shah, Dipesh Shah	Men's football
Sawan Alkesh Shah, Rikki Nitin Shah, Nikki Nitin Shah, Neel Shah, Jatin Shah, Dhruti Hitesh Shah, Tanvi Kiren Shah, Sarina Kiran Shah	12 – 34 Koor
Aashni Ashish Shah, Sarina Kiran Shah, Rupal Shah, Dhruti Hitesh Shah, Sahil Hiten Shah, Aman Deep Patani, Rikki Nitin Shah, Neel Shah	Mixed Circuitry Training
Anjana Satish Shah, Kasturben Ratilal Shah, Jashodaben Hemtaj Shah, Premalataben Shah, Jyotiben Pravin Shah, Varsha Jayesh Shah, Ranjan M Chandaria, Bharati Jaymain Shah, Priti Ajit Shah, Ashwina Shah, Shetal Gudka, Sunil Shah, Ratilal Nathod Shah, Mulchand Vershi Shah, Amritlal P Shah, Chirag Nilesh Gudka, Kunj Mayush Shah, Jayesh Gudka, Mahendra Chandaria, Ramesh Somchand Shah, Ajit Shah, Uttamchand Shah, Darshan Shah, Amar Shah	Chokri



Working Hard and need to let off steam? Or are you a housewife looking for something more demanding than looking after the brats (husbands included!)?

Sometimes the only reason we don't go out and exercise or play sports is because we don't have the company. Well, we've got a community of approximately 6,000 members just in the North West.....

If you would be interested in sports activities/clubs being set up during the day, or evenings other than Fridays, just send an e-mail to Chetan Shah: chetan.shah@oauk-nw.org, giving your name, contact details, what sport you are interested in, and what days you can manage. Subject to receiving sufficient interest, we can look into widening the Sports and Leisure activities the North West Area currently provides.

Be proud to be Oshwal - Let's Re-Connect and have some fun!



Re-Active8 signs up it's newest recruit!

It is with great pride that we announce that Re-Active8 has signed up its' newest member yet. Coming in at a very young 86, having recently taken part in the Oshwal Open Table Tennis Tournament organised by North West Area, Mulchandbhai has decided to dust off the table tennis bats and join the club. Still frisky with a good many tricks up his sleeve he's become the latest addition to our growing numbers.

What's New??

Fed up with seeing all the parents sitting around gossiping whilst the kids did all the hard work, Prabhulalbhai had one of his hare brained ideas..... ZUMBA.....This got on with a cracking start with a complete sign up for the two taster sessions. Zumba runs from 8.00 pm – 9.00 pm. For all those who were not quick off the mark, unfortunately, we are now completely signed up. However, don't hesitate in contacting us to add your name to the list.



Oshwals reach Got To Dance Semi Finals!

A group of talented young Oshwals have shown that the sky is the limit, having recently reached the Semi-Finals of Got to Dance that was televised on Sky 1.

The three Oshwals (Kavit Haria, son of Pinakin & Nishma Haria, Yashni Shah, daughter of Ritesh Meghji shah and Nikaeta Shah and Nikita Shah, daughter of Bhagdesb Motichand Shah and Trupti Shah) form part of the group called Sapnay, whose Bollywood dance routine has impressed the judges who commented that they are a force to be reckoned with.

The Semi-Finals were televised Sunday 5th February 2012 and you can follow their progress on <http://www.facebook.com/#!/sapnay2012>. Their dance performance can also be seen on You Tube <http://www.youtube.com/watch?v=dGDjJLO22GI>.

We wish them the best and let's give them all the support we can!



North West Appreciates its' Volunteers!

Volunteers' Appreciation Dinner 14 January 2012

What happens when you put 300 enthusiastic North West Volunteers together in one hall? Absolute Mayhem and Hungama!!! Starting off with what is now becoming a North West tradition on a cold winter's night, a warm welcome drink, our valued volunteers poured in looking forward to a good meal and (with the usual trepidation) hours of speeches. The first question on most lips? Tell us what needs to be done....the answer to which was.....don't you dare lift a finger tonight or else you will be tied to your chair!

The evening seemed to progress well, with a tasty meal served by the committee, spouses and kids and the volunteers remained unfazed even when the lights went out and an on screen video recalling all the hard work and dedication by our volunteers. So, far so good..... and then the speeches!!! What? A speech lasting no more than 2 minutes? You've got to be kidding right???? Well, leave it to us and you are bound to find some unusual entertainment!

The evening started off with a dance show put together by Ruhi, Yashi and Chandni who decided they would like to do a dance especially for the volunteers. For a dance entirely choreographed by the girls (aged between 9-10) and with only two weeks to perform, it was an absolutely fantastic performance to show the wealth of talent we have in our community. So far, so good.....



This was quickly followed by the NW Committee spouses having a game of charades with the public – Unfortunately there were some volunteers who watch too much star plus who were able to make quick mincemeat of the questions.....!



"That's the culprit"

For all those volunteers' breathing a sigh of relief thinking the evening was going to be normal..... think again. No one knows how to put a spanner in the marital bliss like us..... Any candidates for the next game? Of course not! We soon had a nice selection of couples lined up for the next game. How well do you know your spouse? A round that definitely guarantees a good few arguments for months to come! Congratulations to

Milan and Shima who won the round answering 9 out of 10 questions correctly. The losing team scored 3..... no names to be mentioned here... Our local neighbourhood masi tells us that the banging of pots and pans has almost subsided and the husband no longer walks out wearing dark glasses on a dark and gloomy winter's day! And the participants were.....

Nice relaxed smiles..... Of course we know our wife inside out... been married for so many years..... I know her like the back of my hand... Throw your worst at us!



The wives in a more realistic mood... the sombre looks and years of failed expectations clearly visible on their faces.....

[Editorial note: We have no photos of the contestants after the game as they ran off the stage before their wives got to them]

To give the husbands some time to think of how to placate their wives (and from what we have heard, they have not been very successful!) who had all rushed downstairs looking for the solid good old 'vellans' (rolling pins) there was another performance, this time by the girls from our very own NWACAS (North West Academy and Cultural Arts School).

Come on, it can never be that easy for the volunteers! Remember all those chairs laid out in a row? Guess what..... Musical chairs! Yes! But only this time.....with a twist! Only the mad hatters from the NW Committee can come up with an idea like couples' musical chairs! Sounds innocent enough? Yeah,



~ North West Area ~

well, the fun started as soon as the wrong chairs started disappearing, couples got mixed up, participants started cheating and..... well have a look at the photos and see! Clear evidence that "our elderly" still have some life, fun and romance left in them! And for those who were single? ... Partners were provided!

The evening was rounded up with the last entertainment item, a skit by the committee showing the inner workings of an Oshwal Committee. Item 1 on the agenda? Food for the break! And that was just for starters! The skit went on to become increasingly uncomfortable for any serious committee member present! The dialogue contained references or dialogues from 12 movies that the audience had to guess. With lines forgotten.... dialogues improvised.... a script full of innuendos and only four practice sessions, it could only be a comedy of errors, and only seeing the audience in stitches could tell us how good things were going..... As with all events.... something always goes wrong..... this time, someone forgot to plug in the power to the camcorder.....Aaarghhhhh! We were hoping to place a recording of the skit on the website.....but.....well, you'll just have to be a NW Volunteer to see something like that again!

On behalf of North West Area and OAUk, the North West Area committee would like to thank all its volunteers for their sheer hard work, dedication, determination and unconditional support. Thank You!

We are sitting in the presence of Angels today all disguised as ordinary Human Beings..... You!

We are humbled by your support and forever indebted to you as without you, this Community is lifeless!

This was a special appreciation event held for our volunteers who have helped with our North West Area events and attendance was by invitation only.

Every effort was made to ensure that all volunteers were invited, but if any volunteer was omitted in error, please accept our unreserved apologies.

If you were omitted, or if you would like to volunteer, please contact Chetan Shah on chetan.shah@oauk-nw.org

To read the full report and see more pictures, go to the Oshwal Website:

www.oshwal.co.uk/articles/nw-volunteers-appreciation-dinner

The Xmas Panto – December 2011

The year would not have been complete without the Xmas Panto Party. Unfortunately we could not provide a back drop of snow like last time, but we still managed to have lots of fun. This year's theme was Pantos and the hall was filled as you would expect with Fairies, Elves, Reindeers, Father Christmases and other assorted characters. There were also one or two Pirates hunting for treasure around Santa's Grotto. Even Shrek decided to get in on the act and join us for the celebrations!

The children played games such as Christmas statues, pin the tail on the donkey, wacky snowball races and other assorted games. On top of this all were treated to an excellent glow light show that particularly gripped the children's attention.

Parents too were invited to entertain the audience through a dance off competition where the children chose which parents were eliminated and which parents would entertain all further.



Who let the Elf in?

All the Santabhai's sqaure up for the punch up!





Shrek and Captain Jack Sparrow runners up



Best dressed boy and girl of the evening

All the children got a gift and had a picture taken with Father Christmas. Two children got extra special prizes for being the best dressed!

An excellent choice of food was enjoyed by all with the children particularly enjoying the chips, pasta, delicious cake made to look like something out of fairy land, vegetarian marshmallows and wobbly strawberry jelly!

All in all a good time was had by all and the children are already looking forward to the 2012 Christmas festivities.

Quiz Night – 3rd December 2011

Attending Quiz Night for fun? Seriously?

We'll leave it to the two jokers (Minesh and Dipen) and anything can be made entertaining! After spending months researching the obvious (which a quick enquiry on Google would have resolved in a matter of seconds!) and endless rehearsals (mostly in front of the mirror), everything was ready and fingers were crossed!

14 teams with participants as young as 60 and as old as 8 (yes, we do have it the right way round! We all know that the kids know it all and only age brings wisdom and the understanding that you can learn something new every day) were ready to engage gears and win the ultimate prize. Questions flowed in fast and furious ranging from general knowledge to Oshwal History, with a few fun rounds of brain teasers. And what better to rock the boat than making the bottom two teams compete for 3 bonus points. How do you choose the winner? Easy, just get them to carry M&Ms using chop sticks from one end of the table to the other (Oops! we forgot to mention that the jokers do have a sadistic streak in them!)

Snack time? All planned with a generous helping of 'khitchi' and plain and 'masala chips', followed by the inevitable round of tea and biscuits in the end.

The winners walked away with vases for each player and the runners up had to settle for sets of ice cream bowls. Be ready for the next round for an evening to enjoy with light hearted fun!





OSHWAL ASSOCIATION OF THE UK



OAUK NW Area

Proudly Presents

Whist Drive

Saturday 11th February

Saturday 10th March

Saturday 14th April

Saturday 12th May

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 OAUK membership required at the door.

Failure to produce a valid OAUK membership card will result in paying Non Member rates.
Management Reserve right of admission



Contact:

Dilharbhai D Shah Tel: - 07870 846 729
Email - dilharbhai@hotmail.com

Premharbhai D Shah Tel: - 020 8723 8368
Email - drpdvp@hotmail.co.uk

Saileshbhai P Shah Tel: - 07745 871623
Email - bhartsailesh@hotmail.com

Vinaben J Shah Tel: - 020 8866 7223
Email - jyotu_dhanani@hotmail.co

Oshwal Association of the U.K. is a Registered Charity No. 267037



OSHWAL ASSOCIATION OF THE UK



OAUK North West

Proudly Presents

Bhukhar Night

Timing:

Please arrive by 7.30pm for registration

Bhukhar: 8.00 pm - 11.45 pm

A fun filled evening with **Karata** for all card lovers. **Limited spaces.**

Please book your place soon.

Fee Structure

£30.00 (Members - for 2012)

£50.00 (Non Members - for 2012)

£4.50 (Members - Per Session)

£7.00 (Non Members - Per Session)

Please contact the Bhukhar team to register your interest.

NOTE: Proof of individual OAUK membership required at the door.
Failure to produce a valid OAUK membership card will result in paying Non Member rates.

Management Reserve right of admission
Non Refundable.

Ages - 16 & over.



Bhukhar Team

Sailesh Shah - 07745 871 623
bhartsailesh@hotmail.com

Mahendra Chandaria - 07714 712 713

Amu Shah - 07816 368 157

Satish Shah - 07506 550 448

Minesh Shah - 07725 707 005

Venue

All Saints Church Hall
Queensbury, Waltham Drive
Edgware, HA8 5PQ

Dates for 2012

February 18th March 17th

April 21st May 19th

June 16th July 28th

August 18th September 29th

October 20th November 24th

December 22nd (TBC)

Oshwal Association of the U.K. is a Registered Charity No. 267037



OSHWAL ASSOCIATION OF THE UK

NORTH WEST AREA

Presents

ELDERLY MONTHLY MEETS (EMMs)



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

Time: 11.30am - 3.30 pm

Entrance Fee: £2.00 per session

Entry is by pre-registration only. Spaces are limited and will be confirmed on a first come basis.

To register, or for more information, please contact Amubhai on 07816 368 315.

Forthcoming Dates

Saturday, 11th February 2012

Saturday, 10th March 2012

Saturday, 14th April 2012

Saturday, 12th May 2012

Open to OAUK Members only
(Proof of Membership required at the door)

Failure to produce a valid OAUK membership card will result in entry being refused.

We reserve right of admission

For more information, contact
Amubhai on 07816 368315
or e-mail: welfare@oauk-nw.org

Oshwal Association of the U.K. is a Registered Charity No. 267037



OSHWAL ASSOCIATION OF THE UK North West Area

FunSkool !!!

A new and fun way to learn Gujarati adopting the highly popular

Sansaar method

Of teaching through dance, music and fun together with Cultural and Religious education via Music, Art, Storytelling and Drama



For Further Details:

e-mail: FunSkool@oauk-nw.org

Visit: www.oshwal.org North West Area section

FunSkool is powered by Operation Reconnect



OSHWAL ASSOCIATION OF THE UK | Oshwal Centre, Coopers Lane Road, Northaw, Herts. EN6 4DG | Telephone: 01707 643838
Registered in accordance with the Charities Act, 1960. Charity Reg. No. 267037



Oshwal Association of the UK North West Area

Presents

Music Class



Fusion Dance
Class



Now Enrolling

Age: 5 - 15 years

Venue: Main Hall, Bentleywood High School for Girls, Bridges Road, Stanmore, Middlesex, HA7 3NA

12:15 PM to 1:30 PM every Saturday during School term time

Members Children: £75.00 per term

(Both Parents have to be a Member)

Non Members Children: £100.00 per term

There is a **£30.00 registration fee** for new students.

For more information please contact Nirmal or Milan at

NWACAS@OAUk-NW.ORG



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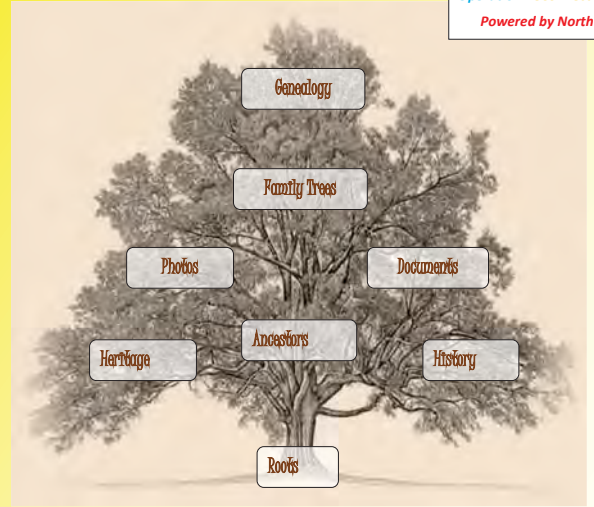


OAUk - North West

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@oauk-nw.org



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

This programme is only open for OAUk Life Members.

Management will reserve the right of admission



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Oshwal Association of the U.K.



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-મેલ અને ઇન્ટરનેટ વાપરતા નથી આવડતું ?



તમને શીખવું છે ?

૮ વીકના બેસિક અને ૧૬ વીકના અડવાન્સડ ક્લાસ જાન્યુઆરી માં સુરુ

થશે

વિડ્યાલય સ્થળ:

બેન્ટલી વૂડ હાઈ સ્કૂલ ફોર ગર્લ્સ, બ્રીડ્જ રોડ, સ્ટાન્મોર, એચ.એ. ૭ ૩. એન. એ

૧૧:૪૫ થી ૧:૦૦ દર સનીવાર

£૧૦ રજિસ્ટ્રેશન ફી

વધારે વિગત કે ક્લાસમાં જગા લખાવા માટે:

નિર્મલ - ૦૭૯૬૨ ૧૭૭૩૨૬ / ૦૨૦ ૮૯૦૭ ૧૫૧૭

દીપેન - ૦૭૮૮૧ ૫૧૧૪૫૭ / ૦૨૦ ૮૩૫૭ ૧૪૮૩

મિલન - ૦૭૯૬૮ ૮૧૭૦૪૩ / ૦૨૦ ૮૯૦૭૬૦૯૬

અરજી ફર્સ્ટ ફ્રમ ફર્સ્ટ લેવા માં આવશે

ફક્ત ઓશવાલ લાઇફ મેમ્બર માટે



ઓશવાલ અસોસિએશન ઓફ ધ યૂ.કે | ઓશવાલ સેન્ટર, કોપર્સ લેન રોડ નોર્થાવ, ઇ.એન.૬ ૪.ડી.જી

ટેલીફોન: ૦૧૭૦૭ ૬૪૩૮૩૮ ચેરીટી રજ નંબર. ૨૬૭૦૩૭

March 2012 Edition

“FAMILY-NO FALUDO” - A Hilarious Gujarati Play

“Family-No Faludo” is a comical drama based around a modern, cultural and dysfunctional Gujarati family. Only someone with a boring personality would have found this play anything other than an excellent effort by the whole team.



Let's get the non-dramatic points out of the way first. The volunteering teams had really pulled off a near enough professionally catered lunch. I mean the taste was just right and the serving team were wonderful. Time management was pretty much on the dot which really meant that no time was really wasted. There, however, was one negative at the pre-start. The queuing system to get from the holding area into the main performance hall was a bit of a chaos. The people who came early weren't rewarded for being early and the waiting time within the queue was too long. However, the food was so good that this can be overlooked and the play itself was worth that queuing.

The set was simple yet effective for the play. If one wants to see how a typical Gujarati-Shah family decorates their living room, it was to be seen at the sets there. The effort of the decorative team and the vision of the director should be applauded here. The picture of the daughter and goddess, the sofa set with un-matching head covers - it all reminds me of my aunt's place! Wonderful..!



Now let's get on to the real stuff – the play itself.



The Director (Sajni Galaiya) pulled off a coup to make sure that the right people were casted for the right characters and I must say that they didn't disappoint at all. The best compliment here to give is that during the play we forgot the respective actors and really thought they were the actual characters. The story line was superb, with dialogs, punch lines and comic timing impeccable!

The role of Baa (Grandmother) pulled the story together and was the centre of the play, the actions and dress sense shown by the character would make you remind you of your baa. However the role of Bapuji (Grandfather) made the play what it was! Comically excellent and captivating! The one-liners from him and the timing was impeccable.

The whole cast had an impact and showed how a typical Shah family would interact. There were guests who also appeared and did a good job at some well-choreographed dance moves which made the play lively. However, the music & dance part could have been made shorter – but who am I to complain about wonderful moves being shown live on stage – especially by the lovely ladies!

~ SOUTH AREA ~

All in all, my conclusion is that those who missed it, missed a treat! The word on the street is that this is probably not going to be repeated in the UK again. Well then I was privileged to be there and for your sake would pray that there is a much larger showing of this play very soon.

Review by,
Adarsh Dilip Shah



Kachra Bapa: Rasik Zaverchand Shah

Ramesh: Ashok Ambalal Parmar

Mona: Aashni Hitesh Shah (Choreographer)

Raj: Ronak Jitendra Gudhka (Co-Director)

Popat: Yogesh Mansukhlal Shah

Hitesh: Dipesh Hashwin Galaiya (Photographer)

Magan: Shantilal Devchand Shah

Tanuj: Rajesh Sobhagchand Shah (PA System)

Mahendra: Mitul Velji Shah

Premchand Bhai: Chunilal Khetshi Shah

Kastur Baa: Sajni Hashwin Galaiya (Director)

Chandni: Nutan Sandip Shah

Surajsi: Vishal Hasmukh Shah

Ruchi: Pooja Nareshkumar Patel

Babita: Roshni Dhirajlal Shah

Bharti: Rekha Nilesh Dodhia (Stage & Make-up)

Nila: Joshna Hitan Shah

Tina: Rina Rajesh Shah

Mina: Nila Dinesh Gudka

DJ Neex: Anika Sandip Shah

Photos by,
Dipesh Hashwin Galaiya



ફેમેલીનો ફાલુદો

‘ફેમેલીનો ફાલુદો’ એ એક છૂટથી હાસ્યરસ પીરસતી નાટિકા છે. આ નાટિકાની વાર્તાને એક આધુનિક, સાંસ્કૃતિક પણ કંઈક અંશે વેરવિખેર એવા કુટુંબની આસપાસ ગૂંથવામાં આવી છે. કોઈ સાવ નિરસ હોય એવી વ્યક્તિ જ આ નાટિકાને આખી ટીમની ઉત્કૃષ્ટ કામગીરી સિવાયનું કંઈ બીજું માની શકે.

ચાલો, સૌ પ્રથમ આપણે બિન-નાટકીય મુદ્દાઓની વાત કરી લઈએ. સ્વયંસેવકોની ટીમે ખરેખર એક વ્યવસાયી કહી શકાય તેવું જમણ પીરસ્યું હતું. મારો કહેવાનો મતલબ છે કે ભોજનનો સ્વાદ એકદમ જોઈએ તેવો જ હતો અને પીરસનારાઓની ટીમ ઉત્તમ હતી. સમયનું નિયંત્રણ સુંદર હતું એટલે ખરેખર જરા પણ સમય બરબાદ થયો ન હતો. જો કે, નાટિકાની શરૂઆત પહેલાં થોડી મુશ્કેલી ઊભી થઈ હતી. નાના હોલમાંથી, જ્યાં નાટિકા ભજવવાની હતી તે મુખ્ય હોલમાં જવાની હારમાં થોડો ગોટાળો થયો હતો. જે લોકો નાટક જોવા માટે વહેલા આવ્યા હતા તેમને વહેલા આવવાનો લાભ મળ્યો નહિ અને સૌને લાંબા સમય સુધી હારમાં રાહ જોવી પડી હતી. આમ છતાં, ભોજન એટલું સરસ હતું કે આ મુશ્કેલી આંખ આડા કાન કરી શકાય તેમ હતું અને આવી સુંદર નાટિકા જોવા માટે હારમાં ઊભા રહેવાની કોઈ જ રંજ ન હોય શકે.

મંચ પરની ગોઠવણી સાદી પણ અસરકારક હતી. જો કોઈને જોવું-જાણવું હોય કે એક ગુજરાતી – શાહ પરિવાર પોતાના બેઠકખંડને કેવી રીતે સજાવે છે તો તેમને અહીં તે જોવા મળી શકત. શણગાર ટીમની મહેનત અને ડાયરેક્ટરની દૂરંદેશીને અહીં બિરદાવવી જોઈએ. પરિવારની પુત્રી અને દેવીમાનાં ચિત્રો, એક બીજાને મળતાં ન હોય તેવા રૂમાલવાળાં સોફાસેટ – આ બધું મને મારા આન્ડીના ઘરની યાદ અપાવે છે! અદ્ભુત.

ચાલો હવે આપણે કામની વાત કરીએ – સ્વયં નાટિકાની. ડાયરેક્ટર સજની ગલૈયાએ દરેક પાત્ર માટે ખરેખર યોગ્ય હોય એવા લોકોને ચૂંટીને એક સુમેળ સર્જ્યો હતો અને હું સાચે

જ કહી શકું છું કે તે પાત્રોએ આપણને જરા પણ નારાજ નહોતા કર્યા. પાત્રોનું અભિવાદન કરવા કહું કે નાટિકા દરમિયાન અમે સૌ અભિનેતા કોણ છે તે ભૂલી ગયા હતા અને અમને ખરેખર લાગ્યું હતું કે તેઓ એ પાત્રો જ હતા. કોઈ પણ જાતની ક્ષતિઓ વગરના વાર્તાલાપ, વિનોદમય વાક્યરચના અને સમયસરની રમૂજ સાથેનો વાર્તાનો દોર દિલચસ્પ હતો!

બા એટલે કે દાદીમાનું પાત્ર નાટિકાનું કેન્દ્રપાત્ર હતું અને આખી વાર્તાને સાંકળી રાખતું હતું. આ કલાકારના હાવભાવ અને વેશપરિધાનની સૂઝ આપણને આપણાં દાદીમાની યાદ અપાવી ગયું. તેમ છતાં, બાપુજીનું પાત્ર નાટિકાને ખરેખર બનાવી-સજાવી ગયું! રમૂજમાં શ્રેષ્ઠ અને આપણને જકડી રાખનાર કલાકાર હતા તેઓ! તેમનાં મુખમાંથી વહેતા એક એક વાક્યો અને તેની સમયસૂચકતા ખરેખર અપ્રતિમ હતાં.

આખી કલાકાર મંડળીનો પ્રભાવ પડતો હતો અને સૌએ બતાવી આપ્યું કે એક લાક્ષણિક શાહ પરિવાર એકબીજા સાથે કેવી રીતે વ્યવહાર કરે છે. મહેમાનોએ પણ સુંદર નૃત્ય મુદ્રાઓ રજૂ કરીને નાટિકાને ઉલ્લાસમય બનાવવામાં સારો ફાળો આપ્યો હતો. જો કે, સંગીત – નૃત્યને થોડું ટૂંકાવી શકાયું હોત, પણ મંચ પર ખૂબસૂરત મહિલાઓની અદ્ભુત જીવંત મુદ્રાઓ જોવા વિશે ફરિયાદ કરવાવાળો હું કોણ!

અંતમાં મારું માનવું છે કે જેમણે આ નાટિકા ના જોઈ તેમણે કંઈક સુંદર ગુમાવ્યું છે! વાયરામાં વાત વહે છે કે આ નાટિકા યુ. કે.માં ફરીથી ભજવવામાં નહિ આવે. વારુ, તો પછી મને આ નાટિકા માણવાનો મોકો મળ્યો તે મારો વિશિષ્ટ લાભ અને જેણે આ નાટિકા ન જોઈ હોય તેમને માટે હું પ્રાર્થના કરું કે ટૂંક સમયમાં ઘણાં બધાં લોકો તેને નિહાળી શકે.

Oshwal Gujarati School

2011 External Examination Results

Many congratulations on behalf of OAUk to the students of South Area Gujarati School for their remarkable academic achievements in 2011. A 100% A/A* pass rate at GCSE is an incredible feat. AS and A2 level Gujarati necessitate an impressive command of the language and are both intellectually challenging courses. We are incredibly proud to have so many students excelling at this level. Our warmest appreciation to the teachers and support staff for their relentless dedication and best wishes to all those taking examinations in 2012.

GCSEs

Aakash Ashish Desai	A*
Devika Keya Kaushik Jethwa	A*
Kavish Bharatkumar Shah	A*
Priyanka Pratik Shah	A*
Suchita Mahendra Pankhania	A*
Amiy Jayesh Doshi	A
Heer Vinay Shah	A
Kinari Nilesh Shah	A
Nachiket Naresh Patel	A
Nikul Chetan Bhadasia	A
Nishma Sailesh Bechar	A
Parth Urmish Malkan	A
Punita Vijay Shah	A
Sona Kineri Pratik Shah	A

AS Level

Bijal Jagdish Trivedi	A
Dipali Rajesh Shah	B
Fagvi Devendra Raval	A
Jigna Jayesh Shah	A
Karishma Paresh Patel	B
Kavit Anil Shah	A
Nand-Kishore Pilkesh Shah	D
Neel Mayur Rana	B
Pooja Dinkar Makwana	A
Priyank Kalpesh Shah	B
Rishan Shamir Gudka	C

A2 Level

Aashiv Shrikesh Malde	C
Niva Bijal Shah	A
Payal Dharmesh Chheda	A*
Pooja Nareshkumar Patel	A*
Saagar Harish Parmar	B
Shriya Bipin Shah	B
Vaneesha Paresh Patel	D

Report by,

Jeeger Girish Dodhia (South Area, Education Chair)

Youth Club

New Committee elected on Saturday 28th January!

Chair: Vikesh Chandaria, Vice Chair: Hitesh Shah

Secretary: Ashiv Malde, Treasurer: Mitul Shah

Committee Members: Hiten Savla, Kelly Chandaria, Sujal Shah

Upcoming events

- Regular Youth Club, Saturday evenings at Lanfranc School
- Badminton, Sunday afternoons, please contact us for info
- Easter Trip for families, Friday 6th to Monday 9th April, more info TBA
- Euro 2012 @ the Mahajanwadi, TBC
- Summer Activity Evenings @ Mahajanwadi, more info TBA



Don't just sit on your sofa watching TV! Get up and get involved! Tell us if you want to do anything: anytime, anywhere!

ચૈત્ર માસની આયંબિલની ઓળી

વહાલા ઓશવાળો તેમજ ધર્મપ્રેમીઓ,

સવિનય અને સહર્ષ જણાવવાનું કે ચૈત્ર માસની આયંબિલની ઓળી વીર સવંત ૨૫૩૮ ચૈત્ર સુદ ને ગુરુવાર તા-૨૯.૩.૨૦૧૨ના રોજ શરૂ થશે અને ચૈત્ર સુદ પુનમને શુક્રવાર તા-૬.૪.૨૦૧૨ના રોજ સમાપ્ત થશે.

આ આયંબિલની ઓળી કરાવવાનો આદેશ શ્રી કાન્તાબેન નરેનદ્ર શાહ પરીવાર તરફથી આવેલ છે. આયંબિલની ઓળી અગર છુટક આયંબિલ કરનાર દરેકને આ પરિપત્ર મારફત ભાવભર્યું આમંત્રણ પાઠવવામાં આવે છે. આયંબિલ દરમિયાન નીચે મુજબ કાર્યક્રમ રાખવામાં આવશે.

દરરોજ સવારના ૯.૦૦ વાગ્યે સ્નાત્ર પૂજા. ત્યાર બાદ દેવદર્શન અને બપોરના આયંબિલનું ભોજન. ભોજન બાદ દરરોજ બપોરના ૨.૦૦ થી ૪.૦૦ વાગ્યા સુધી શ્રીપાળરાજાના રાસનું વાંચન થશે અને ૪.૩૦ વાગ્યે પ્રતિક્રમણ ભણાવવામાં આવશે.

ચૈત્ર સુદ ૧૨ને બુધવાર તા-૪.૪.૨૦૧૨ના બપોરે ૨.૦૦ વાગ્યે શ્રી મહાવીર પ્રભુનું જન્મ કલ્યાણક ઉજવવામાં આવશે.

ચૈત્ર સુદ પુનમને શુક્રવાર તા-૬.૪.૨૦૧૨ના સવારે ૧૧.૦૦ વાગ્યે પુનમ યાત્રા શરૂ થશે.

ચૈત્ર વદ ૧ ને શનિવાર તા-૭.૪.૨૦૧૨ બપોરે ૧૨.૩૦ વાગ્યે તપસ્વીઓને પારણા કરાવવામાં આવશે.

ચૈત્ર વદ ૨ ને રવિવાર તા-૮.૪.૨૦૧૨ના બપોરે ૧૨.૦૦ વાગ્યે નીવીનો કાર્યક્રમ અને ત્યાર બાદ બપોરના દોઢ વાગ્યે નવપદની પૂજા ભણાવવામાં આવશે.

આયંબિલ દરમિયાન રસોઈ તેમજ અન્ય કામકાજમાં મદદરૂપ થવા દરેક ભાઈ બહેનોને નમ્ર વિનંતિ છે.

ખાશ નોંધ: જણાવતા આનંદ થાય છે કે આયંબિલ દરમિયાન શનિવાર તા-૩૧.૩.૨૦૧૨ના ભારતના રાજસોભગ સતસંગ મંડળ સાઈલાના મુખ્ય માર્ગદર્શક પરમ પુ. ભાઈશ્રી નલીનભાઈ કોથારી અને એમના સાથીદારો તેમજ લંડન મંડળના સભ્યોનું સંઘ આપણે ત્યાં પધારશે અને દેરાસરમાં સમુહમાં ચઈત્યવંદન કરશે. આપણી ગુજરાતી શાળાના બાળકો સાથે ધર્મની વાર્તા કરશે. બપોરના દોઢ વાગ્યે પ્રીતી ભોજન અને ત્યાર બાદ મોટા હોલમાં સ્વાધીયાયનો કાર્યક્રમ રાખવામાં આવશે.

સર્વેને આ કાર્યક્રમમાં તેમજ ભોજન માટે ભાવભર્યું આમંત્રણ પાઠવવામાં આવે છે.

ખાસ સુચના: દરેકને નમ્ર વીનંતી કે અગાઉથી નામ નોંધાવી દેશો જેથી કરીને ભોજનની વ્યવસ્થા કરવામાં સગવળતા રહે.

ઉપરના કાર્યક્રમમાં ફેરફાર કરવાનું જરૂરી જણાશે તો કાર્યવાહી સમિતિ ઘટનું કરશે.

વધારે માહિતી અગર નામ નોંધાવવા માટે ભાઈશ્રી નેમુભાઈને ટે.ન. 020 8684 1985 Mobile -07828232691 અગર ભાઈશ્રી ધીરુભાઈને ટે.ન. 020 8684 3592 Mob-07947734647 સંપર્ક કરશો.

લિ. કાર્યવાહી સીમતી

નેમુના જયજીનેનદ્ર

શ્રી મહાવીરાય નમ:

પુનમ યાત્રા અને ભક્તી મહોત્સવ રવિવાર તા-૬.૫.૨૦૧૨

દેવગુરૂની કૃપાથી ઓશવાળ એસોસિએશન ઓફ યુ.કે. સાઉથ એરીયાએ વૈશાખ સુદ પુનમને રવિવાર તા-૬.૫.૨૦૧૨ના રોજ પુનમની જળ જાત્રા અને ભક્તી મહોત્સવ ઓશવાળ મહાજનવાડીમાં રાખેલ છે તો દરેક એરીયાના સર્વે ઓશવાળ સભ્યો તેમજ દરેક જૈન ધર્મપ્રેમીઓને હાર્દિક ભાવભર્યું આમંત્રણ પાઠવીએ છીએ.

એ દિવસે નીચે મુજબ કાર્યક્રમ રાખવામાં આવશે.

સવારના ૯.૦૦ વાગ્યે સ્નાત્ર પૂજા શરૂ થશે.

સવારના ૧૦.૩૦ વાગ્યે પૂનમની જળ જાત્રા શરૂ થશે

એ પુર્ણ થયા બાદ આરતી, મંગળદીવો અને શાંતીકળશ કરવામાં આવશે. પછી પ્રીતી ભોજન અને ત્યાર પછી સમુહ ભક્તી.

સર્વેને નમ્ર વિનંતી કે તમો તમારા એરિયાના રીલીજન ચેરપરસનને વહેલી તકે જણાવશો અને મોટી સંખ્યામાં પધારીને આ મહોત્સવને દિપાવશો.

વધારે વિગત માટે ભાઈશ્રી નેમુભાઈને (ટે.ન. 020 8684 1985 Mobile 07828232691)

અગર ભાઈશ્રી ધીરુભાઈને ટે.ન. (020 8684 3592 Mobile 07947734647) સંપર્ક કરશો.

લિ. કાર્યવાહી સમિતી

નેમુના જયજીનેનદ્ર

Report from Membership – Religion and Welfare

By, Mr K N Shah (Columbo)

Total number of Oshwals in the West Area are 1,118 approx of that 838 are members.

15 years old are 84, from 16 to 59 are 795 and sixty and over are 239.

Total households are approx 364.

Total number of cards sent for:

Item	Narrative	Total
1	Membership Application Form Received: Life Members – 2011 Total Life Members	7 838
2	New Born Baby Cards Sent	6
3	16 th Birthday Cards Sent	7
4	21st Birthday Cards Sent	10
5	60 th Birthday Cards Sent	19
6	75 th Birthday Cards Sent	6
7	Engagement Cards Sent	7
8	Wedding Cards Sent	3
9	Get Well Cards Sent	17
10	Sympathy Cards Sent	24

Northampton Area had invited West Area on Sunday 20 February 2011 for Bhajan Bhojan event at Oshwal Centre and 28 members attended.

We took one coach – 50 members to Leicester on Sunday 15 May 2011 for the celebration of Mahavir Janma Kalyanak

We took one coach – 52 members to Oshwal Centre for 25 Anniversary for Ghar Derasar.

The Paryushan festival was celebrated at Beavers Community Primary School from Thursday 25 August to Thursday 1 September 2011. Savantsari Bhojan was on Sunday 25th September at Oshwal Centre. 350 members attended.

We had organised Bhajan Bhojan event on Sunday 15 January 2012 at Oshwal Centre inviting all areas. 475 people took part. We would like to thank Mahendra bhai and his supporters for entertaining with lovely stavans.

Thank you to all areas for participating in Bhajan Bhojan event.

I would like to thank all Committee Members, Mahila Mandal and Volunteers who helped out during the year and on the special occasion of Bhajan Bhojan on Sunday 15 January 2012.

Lastly we would like to ask for forgiveness for any wrong doing during the year.

Michami Dukadam

Jai Oshwal

વેસ્ટ એરિયાના ઓશવાળોની ગણતરી

૧૫ વર્ષની ઉમર સુધી	૮૪
૧૬ થી ૫૯ વર્ષની ઉમર સુધી	૭૯૫
૬૦ થી ઉપર ઉમર વાળા	૨૩૯
ટોટલ વસ્તીની ગણતરી આશરે	૧૧૧૮
ઓશવાળ મેમ્બર્સ આશરે	૮૩૮
ટોટલ ઘર આશરે	૩૬૪

નીચે મુજબ કાર્ડ મોકલવામાં આવ્યાં હતાં

બાળકોના જન્મ પ્રસંગ પર	૬
૧૬ વર્ષના થયા તેમને	૭
૨૧ વર્ષના થયા તેમને	૧૦
૬૦ વર્ષના થયા તેમને	૧૯
૭૫ વર્ષના થયા તેમને	૬
સગપણ થયેલ તેમને	૭
લગ્ન થયેલ તેમને	૩
બીમાર તથા હોસ્પિટલમાં રહી આવેલ તેમને	૧૭
સ્વર્ગવાસ થયા તેમના કુટુંબીજનોને	
દિલગીરીના	૨૪

રવિવાર તા. ૨૦-૨-૨૦૧૧ ના રોજે નોર્થહેમ્પટન એરિયાએ ભજન-ભોજન નો કાર્યક્રમ રાખેલો હતો અને તે પ્રસંગે આપણને આમંત્રણ મળ્યું હતું. આપણા પરાના આશરે ૨૮ ભાઈઓ, બહેનો તથા બાળકોએ આ પ્રસંગનો આનંદ માણ્યો હતો.

રવિવાર તા. ૧૫-૫-૨૦૧૧ ના રોજે લેસ્ટર એરિયાએ મહાવીર જન્મ કલ્યાણક ઉજવેલ હતું. તે પ્રસંગ પર આપણને આમંત્રણ મળ્યું હતું. આપણે એક કોચ લઈ ગયા હતાં અને ૫૦ ભાઈઓ, બહેનો અને બાળકોએ આ શુભ અવસરનો આનંદ માણ્યો હતો.

રવિવાર તા. ૧૦-૭-૨૦૧૧ ના રોજે ઘર દેરાસરને ૨૫ વર્ષ પુરા થયાં તેની ઉજવણી ના પ્રસંગે આપણે ઓશવાળ સેન્ટર પર એક કોચ લઈ ગયા હતાં અને ૫૦ ભાઈઓ, બહેનો અને બાળકોએ હાજરી આપી હતી..

ગુરુવાર તા. ૨૫-૮-૨૦૧૧ થી ગુરુવાર તા. ૧-૯-૨૦૧૧ સુધી પર્યુષણ પર્વ ઊજવ્યો હતો.. તા. ૨૫-૯-૨૦૧૧ ના રોજે ઓશવાળ સેન્ટર પર સવંત્સરી ભોજન આયોજિત કર્યું હતું અને ત્યાં ૩૫૦ ઓશવાળો એ ભોજનનો આનંદ લીધો હતો.

રવિવાર તા. ૧૫-૧-૨૦૧૨ ના રોજે ઓશવાળ સેન્ટર પર ભજન-ભોજન નો કાર્યક્રમ રાખેલો હતો આ પ્રસંગ પર દરેક એરિયાઓં ને આમંત્રિત કર્યા હતાં. આમાં ભાગ લેવા માટે ૫૦૦ વ્યક્તિઓના નામ આવ્યા હતાં તેમાંથી ૪૭૫ લોકોએ ભજન-ભોજનનો લહાવો લીધો. આ પ્રસંગે દરેક એરિયાના ઓશવાળ ભાઈઓ, બહેનો અને બાળકો જેઓ વેસ્ટ એરિયાના આમંત્રણને માન આપીને પધાર્યા હતાં તેઓ સર્વેનો ખુબ ખુબ આભાર.

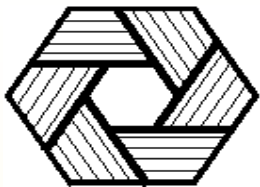
આખા વર્ષ દરમ્યાન અને તા. ૧૫-૧-૨૦૧૨ ના રોજ સહીત સ્વયંસેવકોએ અમારા કામકાજમાં મદદ કરી હતી તેઓ સૌનો ખુબ ખુબ આભાર માનીએ છીએ.

આ પ્રસંગે શ્રી મહેન્દ્રભાઈ તથા તેમના સાથીદારોએ સરસ એવા સ્તવનો નો પ્રસાદ પીરસ્યો હતો તે બદલ તેમનો અને તેમના સાથીદારોનો હાર્દિક આભાર પાઠવીએ છીએ.

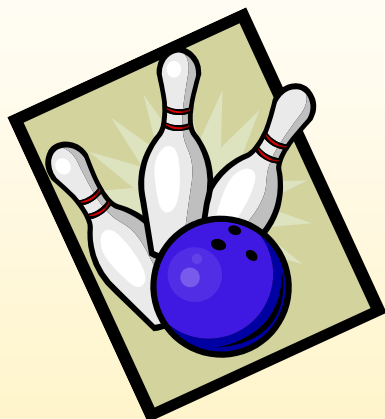
આખા વર્ષ દરમ્યાન કોઈને પણ અમારાથી જાણતા કે અજાણતા કશું અજુગતું કહેવાઈ ગયું હોય તો સૌને મિચ્છામી દુકડમ.

લી. મેમ્બરશીપ - રીલીજીયસ અને વેલ્ફેર સમિતિ અને સબ-સમિતિ ના સભ્યો.

જય ઓશવાળ



Oshwal Association of the UK



Fun Day

by West Area

Entrance £2 p/person



Tokens on sale for the following activities:

- Olympic Challenge
- Sponge West Area
- Scalextric
- Sumo Wrestling
- Beat The Goalie
- Name The Teddy
- Cake Decorating
- Wii Competitions
- Face Painting
- Plane Toss
- Triathlon with a twist
- Mega Bowling
- and many more....



Date: Saturday, 14th April 2012
**Venue: Oshwal Centre, Potters Bar,
Coopers Lane Road,
Northaw, EN6 4DG**

Time: 2-6pm

ON THE DAY:



- *Raffle tickets are available!*
- *Raffle draw after the Fun Day!*
- *Food and refreshments on sale!*
- *The day/evening is open to all ages!*
- *Volunteers required!*



Evening Disco

Following The Fun Day

7-10pm



Evening Disco and Meal
Tickets are £5 per person

*****family discount available*****



For any queries, contact:

westareafunday@gmail.com

Jinita: 07732670688

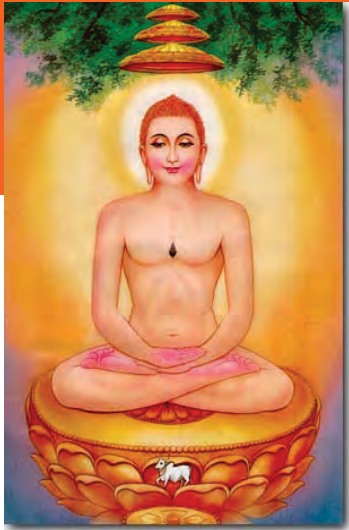
Bansi: 07888894268

Sarith: 07787563396

Ketan: 07984654047

Mahesh: 07984624639

Organisers reserve the right of admission and make any changes to the FUN DAY & EVENING DISCO programme. Charity Reg No 267037



Story of Bhagawän Mahävïr

Article by, Varsha Dilip Shah

About 2600 years ago, religion in India took on a very ugly turn. The management of the original four classes of society - Brahmins, Kshatriyas, Vaishyas, and Shudras had deteriorated.

Brahmins were learned people and considered themselves to be very superior. The fate of Shudras or untouchables was terrible and they were required to serve the other castes forever performing the most degrading tasks. They were not allowed to engage in other professions. The importance of sacrifices as a symbol of giving up and renouncing had been misconstrued and it had taken on a very violent form. Animal sacrifices were performed regularly and people believed that these sacrifices would please the Gods and in return their wishes would be fulfilled.

Under such social and religious conditions, Mahävïr was born in the month of Chaitra on the 13th day of the waxing (increasing in size) cycle of the moon in 599 BC as per the Indian calendar. This day falls in the month of April and is celebrated as Mahävïr Janma Kalyänak day. He was born in the region known as Kshatriya-kund or Kundalpur in the present-day state of Bihar, India. His parents were King Siddhärtha and Queen Trishalä. Queen Trishalä was the sister of King Chetak, the King of Vaishäli. Bhagawän Mahävïr had an older brother named Nandivardhan and a sister named Sudarshanä. The family's prosperity started increasing ever since Queen Trishalä conceived Bhagawän Mahävïr, so they named him Vardhamän, which means to "increase".

From his early childhood he was intelligent, affectionate, and compassionate. At school he hardly needed any instruction. He excelled in all his subjects. He also proved to be quite fearless. Once when he was playing with his friends, a big snake appeared in the field. His friends were scared and ran away when they saw the snake but Vardhamän

was unafraid. He caught the snake and put it in the nearby trees. On another occasion a giant monster came to frighten him but Vardhamän was unmoved. He was popularly known as Mahävïr (very brave) since he showed a high level of courage and fearlessness.

At an early age, he realized that worldly happiness and pleasures do not last forever and are based mostly on the inconvenience, miseries, and unhappiness of others. He therefore planned to renounce his worldly life, his possessions, and worldly pleasures in search of true spiritual happiness. However, he knew that his parents would be very sad and hurt if he did this so he decided not to renounce his current life while they were still alive. His parents passed away when he was 28 years old. He was now ready to renounce his worldly life by giving up his family, friends, and possessions; but again postponed it for two more years at the request of his older brother, Nandivardhan. During this period he donated all his wealth to the poor and the needy.

Finally, at the age of 30, he renounced his worldly life and became a monk. Mahävïr spent the next twelve and a half years in deep silence and meditation to conquer his desires, feelings, and attachments. He carefully avoided harming or annoying other living beings including animals, birds, and plants. During this time he also observed severe austerities, fasting most of the time, moving bare feet from place to place, and facing all types of hardships peacefully.

During this meditation period of twelve and a half years:

- He faced a fierce and poisonous snake, Chandkaushik, and calmed him down with his compassionate approach

~ Story of Bhagawān Mahāvīr ~

- He suffered peacefully when a farmer put nails in his ears
- He accepted food from a house-maid, named Chandanbālā, to break his approximately 6 month long fast
- He endured all adverse conditions and hardships caused by uncivilized people with patience and forgiveness

During this period, he progressed spiritually and ultimately destroyed all four destructive (Ghāti) Karmas. In doing so, he realized perfect perception, perfect knowledge, perfect power, and perfect bliss. This realization is known as Keval-jñān (omniscience or perfect enlightenment). Now, Mahāvīr became Bhagawān Mahāvīr or Mahāvīr-swāmi. Bhagawān Mahāvīr spent the next thirty years travelling bare feet throughout India preaching the eternal truth that he had realized.

He attracted people from all walks of life, rich and poor, kings and commoners, men and women, princes and priests, touchables and untouchables. In matters of spiritual advancement, Bhagawān Mahāvīr envisioned that men and women were equal. The lure of renunciation and liberation attracted women as well. Many women followed Mahāvīr's path and renounced the world in search of the ultimate truth and happiness. He categorized his followers into a fourfold order: monks (Sādhus), nuns (Sādhvis), laymen (Shrāvaks), and laywomen (Shrāvikās). This order is known as the Jain Sangha.

Bhagawān Mahāvīr's sermons were compiled orally in 12 books in the form of Sutras by his immediate disciples. These books are called Anga Āgam Sutras. Later, several learned Āchāryas (Shruta Kevali Monks) compiled many more books to further explain the Anga Āgam Sutras. All these books are called Āgams or Āgam Sutras and are considered as the scriptures of Jain religion. These Āgam Sutras were passed on orally to future generations of ascetics. Over the course of time some of the Āgam Sutras were lost. Approximately one thousand

years later the memorized Āgam Sutras were organized and recorded on Tādpātris (palm leaves used as paper to preserve records for future references).

The ultimate objective of His teaching was how to attain total freedom from the cycle of birth and death and achieve a permanent blissful state. This blissful state is also known as liberation, nirvana, absolute freedom or Moksha.

This state is achieved when we get rid of our Karmas. We accumulate Karma through our vices such as anger, ego, deceit, and greed. Under the influence of Karma, the soul seeks pleasure in materialistic belongings and possessions. This is the deep-rooted cause of selfishness, anger, hatred, greed, violent thoughts & deeds, and other such vices. These result in further accumulation of Karmas. Bhagawān Mahāvīr preached that Right Faith (Samyag-Darshan), Right Knowledge (Samyag-Jñān), and Right Conduct (Samyag-Chāritra) together form the real path to get rid of Karmas, which are attached to the soul.

At the heart of right conduct, lie the five great vows:

Non-violence (Ahimsa)	Not to cause harm to any living beings
Truthfulness (Satya)	To speak only the harmless truth
Non-stealing (Achaurya)	Not to take anything that is not properly given
Celibacy (Brahmacharya)	Not to indulge in sensual pleasures
Non-possession and Non-attachment (Aparigraha)	Complete detachment from people, places, and material things

Jains hold these vows as the guiding principles of their lives. These vows can be fully implemented only with the acceptance of the philosophy of non-absolutism (Anekāntavāda). Monks and nuns follow these vows strictly and totally, while Shrāvaks and

~ Story of Bhagawān Mahāvīr ~

Shrāvikās (lay followers) follow the vows as far as their ability and desire permits.

If the principles of Jainism are properly understood and faithfully adhered to, they will bring contentment, inner happiness, and joy in the present life. This will elevate the soul in future reincarnations to a higher spiritual level, ultimately achieving perfect enlightenment.

At the age of seventy-two (527 B.C.), Bhagawān Mahāvīr attained Nirvana and his purified soul left his mortal body and achieved complete liberation. He became a Siddha, a pure consciousness, a liberated soul, living in a state of complete bliss forever. This event, known as Nirvana, occurred on the last day of the Hindu and Jain calendar. We celebrate it as Diwāli or Deepāvali (festival of lights). Significant points of the Teachings of Bhagawān Mahāvīr:

Mahāvīr-swāmi made religion simple and natural, and free from elaborate ritual complexities. His teachings reflected the internal beauty and harmony of the soul.

Mahāvīr-swāmi taught the significance of human life and stressed the importance of a positive attitude in life.

Bhagawān Mahāvīr's message of non-violence (Ahimsa), truth (Satya), non-stealing (Achaurya), celibacy (Brahmacharya), and non-possession/non-attachment (Aparigraha) is full of universal compassion.

Bhagawān Mahāvīr said, "A living body is not merely an integration of limbs and flesh, but it is the abode of the soul which has the potential for infinite knowledge (Anant-Jñān), infinite perception (Anant-Darshan), infinite happiness (Anant-Sukha), and infinite power and energy (Anant-Virya)." Mahāvīr's message reflects the freedom and spiritual joy of living beings.

Mahāvīr-swāmi emphasized that all living beings, irrespective of their size, shape, form, and level of spiritual development are equal, and that we should love and respect them all. In this way, he preached the gospel of universal love.

Mahāvīr rejected the concept of God as a creator, protector, and destroyer of the universe. He also denounced the worshiping of gods and goddesses as a means of material gain and personal benefits.



Article by,
Varsha Dilip Shah

Editor's Note:

Also remember to read about Jain Religion and Rituals at Temple in the Oshwal Youth Magazine.

House Rules

Author: Jodi Picoult

ISBN No: 978-0340979051

Book review by, Urvina Shah

This is an elegantly written thriller about a boy, Jacob, who is accused of murder. The twist is that Jacob has Aspergers syndrome.

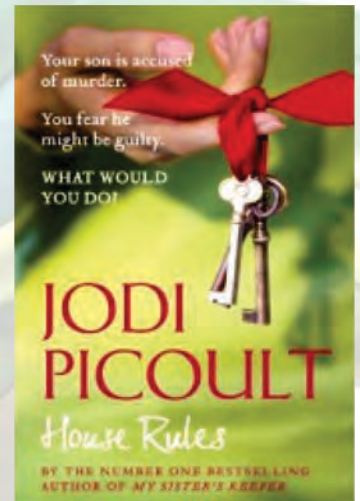
Although highly intelligent, obsessed with solving crimes and hugely knowledgeable about criminal law, his condition leads him to lack in social skills, communication skills and the rational order of the world around him. His worldview is very black and white which leads him to inappropriate actions giving the perception of guilt hanging over him.

Emma, his mum knows that he will be misunderstood, be ridiculed and get himself into trouble. Being aware of his condition she will do anything to help him but his erratic behaviour leads even her to doubt and suspect him.

Jodi Picoult bases the novel on four characters and keeps you gripped at all times. It is sad, sensitive, funny (especially Jacob), thrilling, holds you in suspense till the end and provides an insight into Aspergers in a clever way.

I thoroughly enjoyed this book as I could relate to some of Jacob's idiosyncrasies and its impact on a family to that of my own child who has learning difficulties and how it affects my family life.

If you enjoy thrillers, or are curious about Aspergers, this is the book for you.



Editor's Note

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

Pome

Arguing with Dad

Arguing with Dad
Is such a crazy thing
But it makes me sad
He thinks he is the king of everything

Arguing with Dad
He says 'make your room sparkle and gleam'
He makes me really mad
It makes me a drama queen

Arguing with Dad
He says 'use that thing between your ears'

He does not think I am a good lad
That is when I have my tears
He thinks I am really bad

Arguing with Dad
I have to admit
Perhaps he is right
So we both hug each other tight
No more arguing with Dad

Pome by, Ravi Shah (Aged 9)



Bharat Shah

The 10 Minute Interview

Editor's Note

In this edition of "The 10 Minute Interview" we are asking some quick-fire questions to Bharatbhai Shah, of Sigma Pharmaceuticals.



1. What is it about pharmacy that triggered your interest rather than other 'standard' career choices amongst our community such as medical doctor, lawyer or accountant?

I finished my secondary education in 1965 in Kenya. My parents were uneducated and in the textile trading business. They had no ideas for a career for me and I relied on choosing my further education and career by advice from my friends. It was therefore, common for the majority of Asians students senior to me (who were a very close community) to do pharmacy or accounts. I chose pharmacy. In fact it is true that most Asians from East Africa in the 1960s and 70s ended up doing pharmacy or accountancy and a few went on to study medicine. The recent diversified careers in Oshwals and Asian community in general has happened because of education in UK and educated parents.

2. Please describe your current role.

My current role in Sigma Pharmaceuticals plc is Managing Director, but being a family company, our working practice is much more family orientated than corporate. I look after generics, manufacturing, sales and marketing but being a family company each family member ends up doing 'what is necessary'.

3. What are the factors that have provided you with the stepping stones to success in your career from a community pharmacist to the head of a national pharmaceutical distribution company?

Sigma started when my younger brother Manish qualified as a Chartered Accountant. We wanted him to join the family business but being in retail pharmacy there was little scope for a Chartered Accountant. Therefore, Sigma was started by both of us whereby I used my pharmaceutical knowledge and skills and Manish used his finance and management knowledge and skills. However, both of us ended up doing 'what was necessary'. The most important stepping stone for our business was policy change in NHS. Use of generics was encouraged from 1985 and as blockbuster branded drugs came out of patent, generics entered the NHS market and because we were 'at the right place, at the right time, we got certain market share. The market share was only possible because of the tremendous support given to Sigma by the Asian pharmacists from East Africa. Since 1980s Asian pharmacists have gradually penetrated and now dominate the independent pharmacy market. My youngest brother Kamal joined Sigma in 1989 to expand the business. In 1990s the competition in wholeselling increased and Sigma took the step of going in to manufacturing. Then in 2002 the next generation in the family qualified as pharmacist and Sigma has now diversified into retail pharmacy. We can therefore say that we are truly a vertically integrated company.

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

In any business there are several challenges but the main one in my career has been to change from a dispensing

pharmacist to a wholesaler. Skills required in both businesses are different and one learns from mistakes. One has to persevere and have faith in one self to succeed.

5. Who or what has been the biggest influence in your career?

Undoubtedly, the biggest influence in my career has been my dad and my family who had taught me the basic principles in trading. These are hard work, trust and working with people.

6. You have managed and achieved a successful career as an entrepreneur. What else would you like to achieve?

I do not consider being an entrepreneur as business is a continuous process and one has to create and adapt to move forward. I would like to continue with what I am doing now but with the extended family now involved I want to see Sigma to be a much-diversified company. I do not see myself retiring.

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

The book that has influenced my career recently is 'Who Moved My Cheese' by Spencer Johnson. This is a very simple book that was published in 2004 but still very relevant in today's business environment.

8. Where do you see the Oshwal community in the next 10-15 years?

I would like to see Oshwal Community progress in business as our community has a lot of very well educated graduates. I would also like to see our community integrate with other Vanik communities and play a vital role within Asian communities in the UK.

9. What are your thoughts on how the disengaged young Oshwals can contribute more to the Oshwal community?

The reason for the disengagement of young Oshwals is mainly due to inappropriate directions from our community leaders. This is a bold statement but I do believe that the Oshwal community has not engaged and encouraged young people in community work. However, in recent years it is slowly changing and I am sure the momentum of the change will make more young Oshwals participate in our community.

10. In these times of austerity where job prospects for the youth seem to be grim and who are competing in a global arena, what advice would you give them?

Education is the key but one also needs to venture out from the 'comfort zones' that we all have. There are a lot of opportunities out there in UK and overseas.

11. The coalition government is now focussing on building up a network of apprenticeship opportunities to help train the youth. Do you see a role for like-minded entrepreneurs in our community to take the government's lead?

To take such a role is difficult as taking on apprenticeship requires a lot of dedication and time and the way our businesses are moving (at a fast pace), it is difficult to manage training apprentice. However, it is a good initiative as the next generation of business people and workers can only emerge if they have had a good foundation.

10 Easy Steps for you to *LOSE IT!!*

Article by, Dr. Komal Shah

Obesity is on the rise, of which Britain ranking in the top five. It is important to conduct a weight-loss program in an appropriate manner, because we ought to maintain both the physical and mental health during and after the program.

Losing weight is now becoming a fad. Crash diets for 2-4 weeks help us to lose weight and look great, but what is the net result? We end up hogging more of the deprived foods once we are off the diet and put back the weight which is lost – at times even more! Overtime, such diets disturb the metabolic rate.

One of the worst ways to lose weight is to skip meals! Many people think skipping meals is a great way to cut calories. By not eating regular meals you'll be more likely to overeat or even binge (when you finally do eat). Plus your body may go into "starvation mode" if don't eat enough, causing you to maintain (or even gain) rather than lose weight!

1. Change Your Attitude

The first thing I say to my clients when they enroll for a weight loss program is "change your attitude" – dieting is not a program; rather it is a way of life. It is impossible to live without cakes or chips for the rest of our lives. But how we incorporate these negative foods in our diet is the trick. Cooking techniques need to be changed so that we can consume our favourite foods too.

Deprivation of anything eventually increases the craving for it. It is necessary to modify our current recipes so that we enjoy them and remain healthy too (see no. 10).

2. Snack Smart

Aim for a healthy, satisfying snack, such as an apple and or a cup of herbal or green tea with one tablespoon of flaxseeds. Thirst can be mistaken for hunger, causing you to binge between meals. Proper hydration improves your sense of well-being, which will keep up your motivation to lose weight. Avoid drinking water during meal-times as it hinders with the digestion process. Drink half an hour before or after meals or anytime during the day.

3. Eat Enzyme Rich Foods like Vegetables and Fruits

Whole grains and fruits and veggies do more than provide nutrients that improve your health and reduce disease-risk; they can also help you lose weight. They're naturally low in calories, so you can eat more of them and have less room in your diet for less-than-healthy foods. They are rich in digestive enzymes too, which means they can self-break themselves and are not a tax on the digestive and excretory system as most refined foods. Refined foods not only tend to rot in the colon (sometimes for decades), but also creates multiple indigestion and hormonal problems in both sexes. Preferably either breakfast or lunch should comprise of raw foods only – dinners should comprise of cooked foods.

4. Eat Till You Are $\frac{3}{4}$ Full

This is a very important rule. Never eat till you feel that you cannot move

or experience a feeling of laziness. It is very important to keep some space in the stomach for the food to move and churn itself for good digestion. Secondly when foods are chewed well, you will not over eat. As the food remains in the mouth for a longer time, the taste buds will be fully satisfied.

Golden Rule: EAT YOUR LIQUIDS, DRINK YOUR SOLIDS – Chew Your Food!

5. Get Moving

It is virtually impossible to lose weight and maintain it without exercising regularly. Exercise boosts your metabolism, making it even easier to lose weight.

Start out today by taking a brisk walk or riding a bike or swimming. Work your way up from 10 minutes to 40-50 minutes a day, most days of the week. Someone who hasn't exercised for months shouldn't rush into a severe program. Not only will you struggle to do it, but will also leave you feeling disheartened and demotivated. Plus, you're also far more likely to injure yourself and set your fitness levels further back.

6. Breath Is Life

It has been scientifically proven that negative patterns such as repressed emotions, stress, fatigue, feeling of loneliness etc can permanently heal by coming in contact with positive patterns i.e. oxygen is a high frequency energy when in contact with emotional body (low frequency energy body) diffuses this negative energy and allows the free flow of the energy within the

meridians. And so, once again the individual regains back mental, physical and emotional health. Hence cravings of our “favourite” foods decrease and portion size reduce too automatically, as the mind relaxes. Try to do some deep breathing before every meal (5 mins). Avoid eating and working at the same time.

7. Write It Down

Keep a food diary. All you have to do is jot down what, when, and how much you eat in a notebook. A food diary will give you a clear picture of your current eating habits so you can identify the changes you need to make to lose weight. Initially make small changes, then gradually and patiently make further changes step by step.

8. Take Assistance

Many at times people on a weight loss (or gain) program need assistance from a professional – be it a Nutritionist or a Psychologist or both. At times you may be starting of the program with positivity and determination but this is lost somewhere along the way. Hence professional help is advisable to achieve your goal.

9. Fat Doesn't Make You Fat

Consumption of good fats like flaxseed oil, olive oil, sesame oil, avocado and nuts are health promoting – they do not make you fat, as these can be processed by the liver. Frying foods or consuming poorly processed oils, lards and

cheeses cannot be processed by the liver and digestive system, hence are deteriorating to one's health and a trigger to many diseases such as obesity, arthritis, cancer, cholesterol etc. Yes, you are what you eat!

10. Eat, Live and Laugh!

Do not deprive yourself of the foods you are used to or like eating. Modify ways of cooking and the ingredients. Below is a list of foods which are not only health promoting but taste great too!

Article by,

Dr. Komal Shah

Naturopathic Doctor (N.D), Yoga Therapist (P.G.D.Y.T), Nutritionist (BSc. Hons., U.K).

Dr. Shah works at the Oshwal Academy Primary – Special Education Department (Nairobi, Kenya) as a Yoga Therapist.

	Instead of	Rather
1	Using refined table sugar	Sweeten with brown sugar, jaggery powder, Stevia, molasses and dried fruits (where practical)
2	Using “energy” drinks	Energy drinks are laced with sugar hence should be avoided. Use fresh fruit, dates and lemon water to make energy drinks
3	Using butter/margarine/chocolate spreads on bread	Use avocado and tomatoes paste (guacamole) or; make a coriander and green chilly paste with peanuts or; date syrup with nuts or; chickpea paste (hummus)
4	Using white rice or white flour products	Use brown rice and wholegrain products such as whole wheat flour. Use whole food cereals such as muesli, granola and seed mixes. The fibre and enzyme content is high in these foods as compared to refined foods.
5	Using fried chips	Par-boil cut chips, brush little olive oil/sesame oil. Place in a flat pan. Oven bake it with some herbs.
6	Boiling vegetables	Why leave a wealth of valuable nutrients in the water? Rather steam your vegetables. Steamers are inexpensive or bake your veges in an oven.
7	Cooking at high temperatures	Cook everything at the lowest temperature possible. Heat destroys the nutrients in food. In frying temperature is as high as 500 degree celsius
8	Three starch meals a day	If you are not involved in heavy manual work, you should derive great benefit from a two starch meal day plan. Those who are ill should try this – the results are gratifying. In either case, we should always have a very light meal at night. CHEW well.



Rajnikant Shamji Shah, author of Bapa's Story

Bapa's Story

Article by, Rajvee Punatar

Like many pioneering Indians of the time, Shamji Jivraj Haria left his home in Gujarat and travelled to East Africa, in the hope of forging a better life for himself. The year was 1895 and he was just 15 years old.

Bapa's Story, written by

Rajnikant Shamji Shah, is not only a book about his father's life and family, but also describes a time and place that would have been familiar to many migrating Oshwals at the turn of the twentieth century.

This project has been a five-year labour of love for Rajnibhai and is a wonderful achievement for someone in his seventies, who has had very little formal education. To make it appealing for the younger generation, Bapa's Story is written in clear and simple English, and is brought to life by over 70 photographs, maps and illustrations. There are detailed descriptions of Mombasa and Nairobi at the turn of the 20th century, explanations of how the Shah and Haria surnames originated, as well as a glossary of Gujarati and Kutchhi words used in the text. In addition, Rajnibhai has cited sources for key facts and statistics wherever possible in the form of official records, publications or private correspondence.

Below is a message sent by Gulab Khimchand Shah, from Scottsdale, Arizona, USA.

"Thank you very much for the book.... It is interesting to know the struggles your Bapa and Mother went through. It mirrors the struggles so many of our pioneers went through and really gives insight of what our lives were like just two generations ago. It portrays our village life so well. Our new generations have grown up in the western world with all the comforts of life and good financial resources. It is very important for them to know how we got there and appreciate the contributions of our parents and grandparents to get them there."

Here, in Rajnibhai's own words, is what inspired him to write the book.

Firstly, can you tell us something about yourself?

I was born in Padana, India and moved to Nairobi, Kenya in 1949. There, I married Previna Bhimji Anand Bid and we immigrated to the UK in 1967. We have lived in London ever since, firstly in Finchley and now in North Harrow. I worked for London Transport for over 33 years, and retired in 2003. I am actively involved in the lives of my three daughters and their families, (including eight grandchildren), and am a keen gardener, snooker player and DIY enthusiast.

When did you first become interested in your family history?

I spent many hours in the 1970's with my mother, Dematbai, discussing our past. She could remember in great detail, the names of previous generations of the Haria family, as well as the connections between them. I

felt it was important to record all this while she was still alive, or the information would be lost. I also contacted elderly and distant relatives around the world. In this way I was able to trace the male line back seven generations and compile the first Haria family tree (a fold-out version of this is in the book). My nephew, Kamlesh Haria, now updates and maintains the family tree on a website- <http://kamlesh1960.tribalpages.com>,

What prompted you to write this book?

While I was compiling the family tree I realised that I knew very little about the early life of my father, whom I called Bapa. I started to collect information about him firstly from my mother and my elder siblings and then from the wider family. Then, about 6 years ago my eldest grandchild, Tanvi, asked me questions about our family history as she had a school project on migration. She told me that I should write it down in a book, as it was an interesting story. My wife and daughters also encouraged me.

How did you go about writing it?

In December 2006, my youngest daughter, Seema Amey, bought me a computer and installed it in my house. Until then I had not touched a computer and did not know how to use one. Seema guided me step by step and showed me how to send emails, search the internet and use word processing programmes. She encouraged me to research and write down my family history using the computer.

In what way did your family get involved?

All three of my daughters were closely involved. The eldest, Rajvee Punatar spent many hours editing my writing and correcting my grammar mistakes. This was not an easy task for her as I am not a writer and English is not my first language. My youngest daughter, Seema, also spent many hours finalising the illustrations, layout, and cover design, and brought it to a professional standard. Finally, some of the best suggestions for improving the book were made by my middle daughter, Neera Johnson, after her critical reading of the manuscript.

How has your extended family reacted?

It has been wonderful. I have received many positive phone calls, emails, and even Facebook messages from all over the world. Also, in January this year, my nephews Anil and Sudhir Meghji Shah, together with the help of my extended family organised a party to celebrate the publication of the book. Over 110 of Bapa's descendants were able to attend, including several great-great grandchildren. We also had a "Meet the Family" session where younger members of the family were asked to talk about themselves and explain how they were related to Bapa. It was a great way for everyone to get together and celebrate a common history.

What would you like to achieve with the book?

I have dedicated this book to my children, grandchildren and the generations after them. I hope they will learn something valuable about their roots and their heritage, just as I have, in writing this book. I also hope it will encourage others in the community to research and record their family history – if someone like me can do it then anyone can!

My Journey with Visual Impairment

Article by, Bakul Shah

My wife Samixa recently posted a message on Facebook: "Enjoy the present moment. It is often said, the past is gone, the future is yet to come and the present is the gift we have to enjoy."

I have an eye condition called **Retinitis Pigmentosa**, a name given to conditions of the retina (back of the eye) which generally result in a gradual progressive reduction in vision. Difficulties with night vision and peripheral (surrounding) vision are the first things that are noticed. Later, reading vision (central vision) and colour vision are affected. The age at which symptoms start is variable and the speed of visual loss varies from person to person.

I would like to share my personal story to provide you with an insight into how important it is to understand visual impairment so that people can interact more effectively with someone who has this condition. I also hope that my experiences will help people with visual impairment manage their condition more effectively.

I was born in Kitale, Kenya some 50 years ago. My eye condition was identified when I was at high school. The Ophthalmologist stated that I had this rare eye condition that will lead to blindness and no one knew how long this would take.

The news was devastating! As is the case with many disabilities, I went through a period of denial and a frantic search for cures. Well there were no real cures and fake cures seemed so enticing.

I soon discovered that this was not going away and the only way to deal with it was to confront it. The sight loss meant that I could not do many things that teenagers did e.g. drive a car, play cricket / squash. I was comfortable to share this information with close family and friends only. I was not comfortable on how this would be received by other people and was afraid of being made fun of since this had already happened on one occasion.

This dark winter period of my life changed when I met my wife, Samixa, 24 years ago. Her love,

radiant personality and selflessness injected a dose of hope and strength, which, coupled with my determination, enabled me to discover the limits of my abilities without fear. She reminded me to live for today and has encouraged me to live by the quote above over the years.

I work full time as a Tax Advisor. I qualified as an Accountant and over time I realised that I needed to look at a career that would be feasible with gradual loss of vision. I therefore went on to gain a further qualification of a Chartered Tax Adviser as this area interested me and I now work in this field.

I am severely sight impaired (used to be termed "blind"). I travel to work by train using my very limited vision, which helps me to identify known landmarks and with the use of a white cane. Of course this does have challenges, however the public in general are most helpful and makes one appreciate humanity from a different perspective. I started to use my white cane in the office and while commuting about 10 years ago and with hindsight, I should have used it much earlier for my own safety and that of the others around me.

I had told my employer of my visual disability, however, using the white cane reinforced to everyone around me that I needed certain help and adjustments in the workplace. As a result, my employer provided me with all the help that I need to make working possible, for example computer software that speaks out what is on the screen of a computer (Text to Speech Software called JAWS). In order to plan ahead for when my sight would become very limited and I would no longer be able to see the keyboard, I decided to learn touch typing. Given this advance in technology, I have not needed to learn Braille. Having informed my work colleagues



of my condition, I have found them to be extremely helpful by assisting me at lunchtime and when I need to go to unfamiliar places.

In my spare time, I love walking, travelling, going to the theatre, listening to hindi music, audio books and news podcasts on my Ipod, and something I discovered recently, Hindi karaoke singing. Sure I can't play golf or bridge, however I realise that I have found enough hobbies to ensure that I have a fulfilling life with my friends and family.

I have a great soul mate in my wife, a son who does me proud and family and friends who together have made this to be the summer time of my life! I am fortunate that I get all this help and support out of love and not pity and of course I give back in return too and this creates healthy and fulfilling relationships.

From a visually impaired perspective, I would urge the public to take the following messages:

- Do announce who you are when you approach or leave someone who is visually impaired, instead of asking the person to guess who is in front of them.
- Don't be afraid of speaking directly with the person. They only have a sight problem, so should be able to converse very competently.
- Speak naturally and normally.
- Don't be afraid of asking whether someone would like some help.
- Try not to be judgmental; be a true Jain and empathise.

My message to visually impaired people is:

- **D**o use your white cane earlier rather than later to alert people of your disability and to be safe.
- **I**nform people around you of your needs both socially and at work. There is no shame in having a disability; it is no different to someone having a stroke or diabetes for example.
- **S**eek out help and receive any help from the public gratefully.

These simple messages should remove the **DIS** from a disability and empower you to a more fulfilling life.



Oshwal Disability & Inclusive Education Weekend

Sat 18 & Sun 19 August 2012
at Oshwal Centre

Enabling Network and the **Education Committee** are working together to hold a unique event over 2 days focusing on education for special needs and the able bodied and how the needs of the two can be inclusive and integrated.

The weekend is targeted at those with special needs, parents, carers, professionals who support and are involved in mainstream education, professionals working within the special needs sector and the youth.

Talks such as welfare and benefits and other educational themes, education stalls, one to one sessions for advice or help, demos of sports, games and technology and entertainment are planned.

Final and further details will be available at a future date so **watch this space!**

Contact the Enabling Network team on:

Mobile: 07981 130 471

Email: en@oshwal.org

Website www.oshwal.co.uk/disability



To My Mother

Poem by, Rakhee Shah from Mombasa, Kenya

For as long as I can remember
You were always by my side
To give me support
To give me confidence
To give me help.

For as long as I can remember
You were always the person
I looked up to
So strong
So sensitive.

For as long as I can remember
You always provided stability within our family
Full of laughter
Full of tears
Full of love ...

For as long as I can remember
You were always listening
thoughtfully to all my problems
So sensitive to my mood
Which has carried me through
The darkest hours of sadness and desperation.

For as long as I can remember
You have shared my troubles
Laughed with me when I was happy
And loved me when I was hurt
And always given of yourself.

For as long as I can remember
You have been as firm as a palm tree
Yet as gentle as morning dew
And as lovely as sunset and always there
when no one else was around.

You have not only been my mum
And my best friend But also the woman
I most want to be like in life
And I thank you Forever
For our relationship.

Rakhee

"So much do I owe to you oh my mother,
That a hundred births won't suffice!"

***Editor's Note:** The above poem is an extract from a book written by Rakhee Shah from Mombasa, in 2011. Rakhee suffers from severe cerebral palsy. Thank you Rakhee for giving us permission to re-print this poem.*

My Experience with Vitamin D

By, Jyoti Shah



After struggling with weight gain, low moods and weakening muscles for several years, my doctor finally gave me vitamin D3 capsules in a high, weekly dose. The results were remarkable. (I had been on normal, prophylactic doses of calcium with vitamin D before, which gave disappointing results).

I felt good, full of energy with the first dose. By the third dose, I noticed my hair and nails started growing faster. I was able to take longer walks and not getting aching limbs or backache. I also found to my surprise that my leg muscles were getting stronger. (My muscles had been slowly losing strength for the last 10 years and I had difficulty sitting or getting up from the floor). I

had put it all down to ageing.

I decided to do some research. Vitamin D does, indeed, help improve muscle power. Lack of vitamin D may also be associated with obesity, high blood pressure, diabetes and some cancers. These conditions are more prevalent in Asians compared to other people. Since we, Asians, have darker skins and do not get adequate exposure of our skin to sunshine in this country (Vitamin D is made by body from sunlight), it is possible that most of us have low vitamin D levels in the body.

If your body is lacking vitamin D, a supplement could help prevent diabetes, abnormal blood pressure, weight gain, cancer and will, of course, increase bone density. So do consider requesting your GP for a blood test for Vitamin D. It could greatly improve your health.

Article by,
Jyoti Shah, Pharmacist

Editor's Note:

Always check with your doctor before taking any medication.

Spice up your Life!

By, Ronak Bid

Spices don't just add flavour to food – they can also add years to your life. A sprinkling a day could help you to fight cancer, treat acne and reduce the symptoms of arthritis. It's really easy to add a few spices to your food when you are cooking. It will not only make it taste better, but you will also be giving your body a boost. Here is how you can spice up your life.

Cayenne pepper is made from dried pots of pungent chilli peppers. Packed with Vitamin A which crushes winter viruses. It is also brilliant for circulation as it helps keep veins and arteries healthy.



Although all spices are good sources of antioxidants, cloves rank as the richest source of antioxidants known. The all-around health benefits of cloves have been well known for centuries. Cloves have an impressive number of medicinal uses. Cloves reduce joint inflammation. They are also a good source of dietary fibre, calcium and omega – 3 fatty acids, which boost the brain.

You know you love it, but you may not believe the many health benefits of ginger! It has been used in Asian, Arabic, and Indian cultures as an herbal medicine since ancient times. For thousands of years, ginger has been used to aid digestion, nausea, menstrual cramps, and flu symptoms, but did you know it's been traditionally used to treat arthritis and heart conditions too? The REALLY interesting thing is that, more and more, studies are proving these traditional uses to be scientifically sound!



Black Mustard seed is one of the oldest spices that is known to man and is highly regarded for its medicinal properties. Black Mustard seed powder is used to relieve stiffness and soreness of arthritis and rheumatism. When taken in a small amount it is an appetite stimulant and helps with digestion. This herb works well as a laxative due to its oil and fat content. The seeds work well for a soothing footbath, the leaves treat bladder inflammation and the oil from the mustard seed are used for massage therapy. Black mustard seeds lower the risk of colon cancer. They are also a great source of omega – 3 fatty acids, iron and protein.

Cardamom also keeps your teeth and gums healthy, relieves muscle cramps and ease symptoms of asthma.



Chilli reduces the risk of diabetes. Study has shown that chilli can provide pain relief for migraine and sinus headaches.

Like most spices, Cumin contains a very high concentration of antioxidant compounds that provide numerous health benefits. Cumin health benefits have been used to promote well-being and treat various diseases and disorders for thousands of years.

Cumin helps to enhance immunity. It increases metabolism and improves the absorption of nutrients throughout the body. Cumin is extremely helpful in preventing and treating digestive disorders and other related problems.

Cumin is rich in iron, which bolsters your immune system and is also full of cancer – busting antioxidants.



Fennel seeds cut stroke risk and keep vision healthy. Some studies have said that fennel seeds may have potential to cure glaucoma.

Turmeric is a member of the ginger family. It helps your liver flush bad LDL cholesterol. It can also be used as an acne treatment and an antiseptic for cuts and bruises.



Nutmeg helps you to sleep and nutmeg oil applied to gums may help reduce toothaches and sore gums.

Star Anise streamlines digestion. It can also help the body fight many types of flu. Experts added it to Tamiflu during the swine flu outbreak.



Cinnamon is the bark of one of a group of trees that all belong to the same family.

In traditional medicine, cinnamon has been used for digestive ailments such as indigestion, gas and bloating, stomach upset, and diarrhoea. More recently, modern medical research has turned its eye on cinnamon and is coming up with some intriguing results. It has a mild anti-inflammatory effect. It also slows the spoiling of food (which is probably related to why it was used as an embalming agent in ancient Egypt), and has anti-fungal properties as well.

In one fun (but unpublished) study, researchers found that sniffing cinnamon resulted in improved brain function – subjects did better on memory and attention tasks when taking whiffs of cinnamon as opposed to other odours or no odour. However, the potential health benefits of cinnamon that have received the most attention have to do with its effects on blood glucose and cholesterol.

Cinnamon may improve type 2 diabetes and insulin resistance.

Editor's Note:

Ronak has compiled this article from various newspaper sources. Also, remember always check with your doctor before taking any medication.

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Is it time to give Leather the Boot?

Article by, Sagar Kirit Shah



In a world dominated by greed and materialism, the Jain community are leaders when it comes to demonstrating how to live a peaceful, low himsa lifestyle. For thousands of years, Jains have followed a strict vegetarian diet and lived in harmony with nature. And Jain monks and nuns illustrate how it is possible to live an empowering and fulfilling life without material possessions.

Jains in the West continue to try to live by traditional principles. We try to lead modest lifestyles and participate in charitable activities when we can. We steer clear of activities and professions that involve violence or exploitation of other humans and animals. Despite being confronted with a variety of temptations, large numbers of us have continued to follow a strict vegetarian diet.

While I'm tremendously proud of the example set by members of our community, I've always found it very difficult to understand why Jains, Hindus and other vegetarians seem to find it acceptable to wear leather?

As a young child, I often used to ask my mum why it was wrong to kill cows to eat them, yet acceptable to kill them for clothing. My mum would explain to me that leather was taken from cows that were already dead. I accepted her response, but always found the prospect of buying leather shoes deeply uncomfortable. I remember wishing that it would be possible to obtain shoes made from synthetic materials so I wouldn't need to wear the skin of a dead animal on my feet. But I never found any. And I never came across anyone who seemed to care.

After a while, I gave up, and just tried not to think about it...

As I got older and learned to how to use the internet, I started to do research on where leather comes from. I discovered that my mum was both right and wrong. From a historical perspective, my mum was right. But she was completely wrong about the leather products that I grew up wearing and about the leather products that can be found in shops in the West today.

While many Jains in India actually abstained from wearing leather, my mum was correct that many others found it acceptable to wear leather from cows that were already dead. Historically, Jain households would have had their own cows, treated them as members of the family and looked after them until death. While I'm not sure if I could ever feel comfortable wearing the skin of a being I consider to have been a member of my family, I see how using such leather could be viewed as acceptable for adherents of Jain principles. But just because wearing leather may have been acceptable then, it doesn't mean it should be considered acceptable today.

It is an unfortunate reality that none of the leather that we buy in shops today will come from cows that have died from natural causes. Almost all of the cows will have lived a life full of suffering and exploitation. And while we may try to fool ourselves into thinking that the cows are killed purely for the meat industry and that leather is a harmless by-product – this argument falls to pieces if you subject it to some simple economic analysis.

A farmer does not rear cows to just produce meat. A farmer rears cows to make money. And every source of revenue is important. The International Council of Tanners estimates that the skins may be worth up to 15% of the value of the entire animal. By purchasing leather, members of the Jain community are effectively subsidising the meat industry. We are handing money to farmers who rear cows to kill them, and we are incentivising them

~ Is it time to give Leather the Boot? ~

to kill more. If everyone stopped buying leather, farmers would generate less money per cow, and this would reduce their incentives to rear and kill cows.

The killing of cows is not the only problem with leather. There are also environmental issues to consider too; processing leather is a polluting and resource intensive activity. Most leather is chrome tanned, which can result in chromium being pumped into the water table. Up to 8,000 litres of water may be required to process the leather needed to produce just one pair of shoes.

But if members of the Jain community don't wear leather, what will we wear? Fortunately, abstaining from wearing leather doesn't mean that we will have to walk barefoot or go around wearing plastic flip-flops. In the UK and US, we are fortunate to have a number of companies which specialise in making shoes suitable for vegetarians and vegans. These include:

Bourgeois Boheme (www.bboheme.com) - BoBo make fashionable shoes and accessories (belts, gloves, wallets, handbags, etc) from high-quality alternatives to leather and have a retail show room in Notting Hill, London.

Vegetarian Shoes (www.vegetarian-shoes.co.uk) - A vegetarian shoe shop in Brighton with over twenty years' experience in making leather free shoes.

Free Rangers (www.freerangers.co.uk) - Handmade

breathable shoes made to order.

Moo Shoes (www.mooshoes.com) - A vegan-owned vegetarian shoe shop in the Lower East Side of Manhattan, New York.

Despite Vegetarian Shoes operating in the UK since 1990, I only became aware of the existence of specialist vegetarian shoe shops in 2007 when I stumbled across Moo Shoes in New York. After discovering the range of high-quality alternatives to leather at Moo Shoes, I decided to stop purchasing leather. And I'm not alone. Members of the Jain community in the UK and US are slowly making the switch from leather to non-leather alternatives.

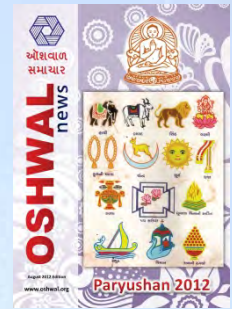
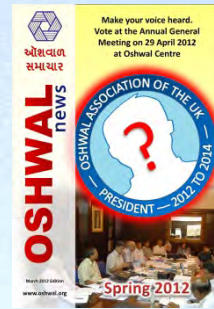
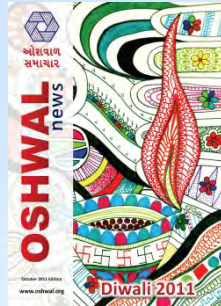
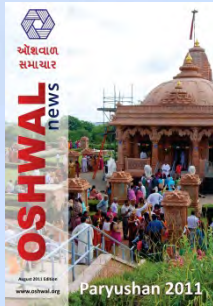
I believe that all of the businesses listed above are run in ways which are consistent with the timeless Jain principle of Ahimsa – and that we, the Jain community, should openly embrace what they are doing. The more of us that actively support these businesses, the easier it will be for everyone else to get hold of high-quality low himsa alternatives to leather, and the easier it will be for us all to live a life that is consistent with Jain values and principles.

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Sagar Kirit Shah**

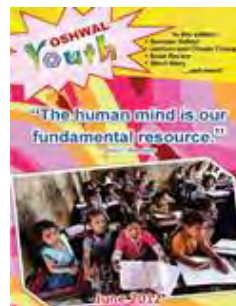


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