



ઓશવાળ
સમાચાર

OSHWAL news

August 2012 Edition

www.oshwal.org



Paryushan 2012

Editor's Note

Jai Jinendra!

Welcome to the **August 2012** Paryushan 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*
Diwali	29 Oct 2012	24 Sept 2012

Theme: Diwali 2012

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

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

Ashish Jayantilal Patani

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

Sadadi

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

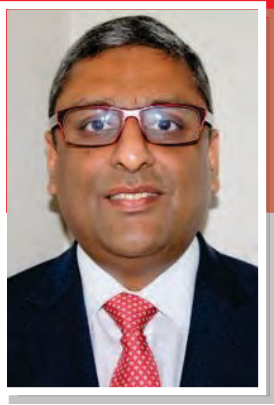
Information Line Tel: 01707 661 066 (Recorded Message)

Obituary / Shraddhanjali Messages

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

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





President's Message

પ્રમુખ સંદેશો

Dear Fellow Oshwals,

Jai Jinendra,

It is mid-July and as I write this, we are less than a week away from the start of the London 2012 Olympics. An historic event that is sure to capture our attention in the days to come. I am pleased to inform members that some Oshwals have been lucky enough to have been selected to participate in the Olympic Games. We know of Bhaveet Shah who had the opportunity to be part of the Olympic Torch Relay, and Runit Shah who will be part of the Paralympic Opening Ceremony. No doubt there may be others who we would be pleased to acknowledge if they inform the editor.

Traditionally summer is busy for all of us with weddings and social engagements, a time to meet friends and be with family. Oshwal activities continue both in the local areas and centrally.

Our next major event at Oshwal Centre is the Oshwal Enabling Education Fair which is being held on Sunday 19 August 2012. This is now a one day event packed with information, lectures, practical activities, entertainment and so much more. Full details can be found in the magazine as well as the Oshwal Website (www.oshwal.co.uk/enabling-education). We sincerely hope that you will all take time to attend.

Friday 31 August is a momentous date; we are scheduled to complete the purchase of the new property Oshwal Ekta Centre 366A Stag Lane Kingsbury. This will be the third property to be purchased by Oshwal Association of the UK. This new centre will provide facilities and serve the needs of Oshwal members, locally and nationally. As a community we should take pride in the progress that Oshwals' have made in establishing centres in Potters Bar, South London and now North West London.

It is with the blessings of our elders whose commitment to establishing our community in the UK over 40 years ago, that we are today, a strong and united Association, seen as a beacon by other communities.

This new property requires funding and we ask all members to please be generous in assisting our Association to acquire this property without the need to enter into long term borrowing. Details of the various fund raising schemes, takti and nakro items are explained more fully in the magazine.

Paryushan falls in September this year. The Areas are all busy preparing programmes for members. Paryushan is a time for introspection, meditation and reflection on what has been over the last year. Every Area will be holding a programme of events for members. Full details of what is happening in your Area can be found in the Paryushan Booklet enclosed with this issue of Oshwal News. The Executive Committee will be visiting the Areas and we hope to meet many of you at that time.

We are still a new committee and are getting to grips with the many projects and on-going activities of our great Association. As I have said in my previous messages, we remain open to receiving your comments suggestions and feedback. We will listen to you, and we will endeavour to bring improvements and changes where necessary. Above all, we are here to serve the members and with your support, working collectively, to take our Association forward.

In the spirit of Paryushan, we beg your forgiveness for any misdeeds or actions on our part which may have caused any of you hurt in any way.

Michhami Dukkadam.

Jai Oshwal,

Raaxeet Harakhchand Shah (Rex)

OAUK President





Jai Jinendra,
When I was asked to write this edition's editorial, I thought, 'what shall I write about?' There

were many strands of thought that I wanted to include and how to tie them all together? The conclusion I came to is that whilst Paryushan means different things to all of us, it is a time of year that is important to us in religious, community and cultural ways.

Period of Self-Reflection

In a religious sense we all mark Paryushan in different ways. Some people choose to do *athayi* and do *pratikraman*, whereas others will give up dairy products and/or root vegetables and greens to reduce the karma bound during this period. Denying ourselves these foods is part of the spiritual journey to reduce attachments to worldly pleasures. It can be used as a period of self-reflection on our achievements, our progress and our positive and negative actions throughout the last year and to assess the mistakes we have made and resolve not to make them again.

It is also an opportunity to ask for forgiveness and repent for acts of involuntary and voluntary harm. For those who do not consider themselves religious, Jainism influences our culture and values in other ways, e.g. for example by simply being vegetarian, you are demonstrating a respect for the lives of other living creatures - the Jain concept of *ahimsa* (non-violence).

A Community Spirit

The sense of community is reflected in the fact that many people will come together to do *pratikraman* or attend *pravachands* rather than doing *pratikraman* alone. At the end of the Paryushan period many of us will come together at *savansari bhojan*, where we meet other socially. However it is worth remembering the huge amount of volunteers needed to put these *savansari bhojans* together which is also demonstrative of a sense of community spirit.

Importance of Community

Recently, I had the opportunity to interview David Blunkett MP (former Secretary of State for Education) for the Oshwal Enabling Education Fair that is happening at Oshwal Centre on Sunday 19th August 2012. Whilst

talking about his experiences with education, disability and the success he has achieved despite this, we also touched on the importance of community and the support it can provide, particularly to those with disabilities. I hope as part of the self-reflection undertaken during Paryushan, you will take the time to set yourselves some goals for next year and look at how you can do more to use your skills and abilities to help others in the wider community.

Education is a Lifelong Journey

Education plays a big role in all of our lives, opens many doors for us and gives us the opportunity to develop our individual talents. Many of you out there will be receiving GCSE or A-level results at this time of year. I hope you all achieve or exceed the grades to which you aspired. However, education is not simply about school or university. It is a lifelong journey and does not just have to be related to your job or career; it is never too late to pursue other interests or learn other skills. One of the benefits of being part of a wider community is that we can learn from each other and share our knowledge for mutual benefit.

One Cohesive Community

I am not sure many of us ask about where our sense of being one community comes from – whether we are living in different areas within the UK, or wherever we are in the world – what makes us one Oshwal community? How often do we ask our parents or grandparents about the experiences that brought them to this country? We are all a product of where we come from, whether that is from here, Kenya, India or elsewhere but we can bring these diverse experiences and views together as one cohesive community for the benefit of each other.

At this time of year heading into the Paryushan period when we reflect on the good and the bad of the last year, I hope we can look at the community to which we belong, and instead of asking "what is the Oshwal Association for and what does it do?", we realise that the Oshwal Association consists of us and it is what we do that makes it what it is. I hope we can say to ourselves, to paraphrase John F Kennedy, *"Ask not what the Oshwal Community can do for you, but what can you do for the Oshwal Community."*

Michhami dukadam



OSHWAL

Enabling Education

Fair 2012

Sunday 19th August 2012
at Oshwal Centre (10am to 5pm)

The Oshwal Enabling Education Fair 2012 is a unique event which aims to educate and inspire all to achieve their highest potential. There will be lot of things going on at the Fair. Here are just some of the highlights.



Talks & Debates

Various **talks** will be held throughout the event encompassing a range of educational topics, such as:

- Bullying – how to spot the signs and how to deal with it
- Education law
- Interview: with David Blunkett MP (Former Secretary of State for Education)
- School / University financing
- Medical applications process...and many more.

Furthermore, Students and Adults will be able to participate in **debate** on a topical issue.



Practical Sessions

Various **practical sessions** will be held throughout the day such as:

- Technology demos of educational applications
- Sporting Challenge
- First Aid for Special Needs...and much more.



Stalls & Zones

We are aiming to include many **stalls** from educational and special needs related product and service providers and organisations. We are aiming to have several **zones** which will facilitate idea and experience sharing about education matters, such as:

- Gujarati Village
- Medical Zone
- Students' Zone
- Parents' Zone
- Internship & Apprenticeship Zone
- University Zone
- Professional Training Zone
- Teachers' Zone ...and more!

Find out more about the Zones over the page!!



Entertainment & Arts

There will be **performance shows** to highlight inclusive performance arts and watch out for the surprises!!



It's still not too late to get involved! Simply email us on:

volunteer@oshwal.org

Find out even more info on the Oshwal Website, simply go to:

www.oshwal.co.uk/enabling-education

Gujarati Village!!



Sunday 19th August 2012
at Oshwal Centre from 10am to 5pm

What's happening in the Gujarati Village?



- We have been inspired to create a Gujarati Village in order to help people, especially children, to learn about our culture and heritage and how our ancestors led their lives.
- At the Oshwal Enabling and Education Fair in August 2012, we will be creating a village where everyone can come and experience the life of a village.

Be part of this unique event!

More info at:

www.oshwal.co.uk/enabling-education

To get involved in the Gujarati Village, contact:
Mradulaben Shah Tel: 020 8441 4387 Email: mradula.shah@oshwal.org

Medical Zone!!



Sunday 19th August 2012
at Oshwal Centre from 10am to 5pm

What's happening in the Medical Zone?



- Do you want to learn and share Educational Experiences in the vast Medical Field (Medicine, Dentistry, Pharmacy, Optometry, Occupational Therapy, Nutrition and many more)?
- Come and meet our volunteers who are all at different stages of this process in the Medical Zone. This includes University students, new graduates, experts on Pre Reg training, Vocational Training, F1 and F2 years, Post Graduate exams, Specialists and Lecturers at Universities for both Undergraduate and Post Graduate level and the list goes on...

Be part of this unique event!

More info at:

www.oshwal.co.uk/enabling-education

To get involved in the Medical Zone, contact:
Shama Shah Tel: 07974 662 401 Email: shamas15@hotmail.com

Student's Zone!!



Sunday 19th August 2012
at Oshwal Centre from 10am to 5pm

What's happening in the Student's Zone?



- Did you go through the 7+ and 11+ Assessments to enter your secondary education?
- Have you just completed your GCSEs or A-Levels (or Equivalent)?
- What do you think helped you achieve in your school?
- Come share your experiences with others who are about to embark on the same path.

Be part of this unique event!

More info at:

www.oshwal.co.uk/enabling-education

To get involved in the Student's Zone, contact:
Urvina Shah Tel: 07875 630 879 Email: urvina.shah@oshwal.org
Oshwal News Magazine of the O.A.U.K.

Parent's Zone!!



Sunday 19th August 2012
at Oshwal Centre from 10am to 5pm

What's happening in the Parent's Zone?



- Which school should I send my child to?
- Should we send him/her to a Private school or public school?
- What strategies did you put in place to help your child achieve the needed results?
- Parents – are the above some of the dilemma's you had to go through when putting your child through school?
- Would you like to share your experiences/knowledge with new parents or other parents in similar situations?

Be part of this unique event!

More info at:

www.oshwal.co.uk/enabling-education

To get involved in the Parent's Zone, contact:
Urvina Shah Tel: 07875 630 879 Email: urvina.shah@oshwal.org
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Internship & Apprenticeship Zone!!



Sunday 19th August 2012
at Oshwal Centre from 10am to 5pm

What's happening in the Internship & Apprenticeship Zone?



- Have you had the opportunity to go on an internship programme or to work as an apprentice?
- Do you interview for internships and apprenticeships?
- Or do you have interns and apprentices working for you?
- Would you like to share your experience/knowledge with others who are looking for such opportunities and wanting to understand how to succeed once they have secured one?

Be part of this unique event!

More info at:

www.oshwal.co.uk/enabling-education

To get involved in the Internship & Apprenticeship Zone, contact:
Anjali Gudhka Tel: 07944 622 638 Email: anjali.gudhka@oshwal.org

University Zone!!



Sunday 19th August 2012
at Oshwal Centre from 10am to 5pm

What's happening in the University Zone?



- Are you studying at university?
- Are you a recently graduated university student? Have you recently completed a diploma programme, masters programme (including MBA) or PhD?
- Come share your experiences with others who are applying to, about to start or already at university.

Be part of this unique event!

More info at:

www.oshwal.co.uk/enabling-education

To get involved in the University Zone, contact:
Anjali Gudhka Tel: 07944 622 638 Email: anjali.gudhka@oshwal.org

Professional Training Zone!!



Sunday 19th August 2012
at Oshwal Centre from 10am to 5pm

What's happening in the Professional Training Zone?



- Are you a professional in your chosen field of studies be it accountant, actuary, banker, barrister, consultant, designer, human resources, retailer, solicitor or any other? Do you provide professional training?
- Come share how you got into your chosen profession from the subjects you chose to the education path you chose.

Be part of this unique event!

More info at:

www.oshwal.co.uk/enabling-education

To get involved in the Professional Training Zone, contact:
Anjali Gudhka Tel: 07944 622 638 Email: anjali.gudhka@oshwal.org
Oshwal News Magazine of the O.A.U.K.

Teaching Zone!!



Sunday 19th August 2012
at Oshwal Centre from 10am to 5pm

What's happening in the Teaching Zone?



- Teachers, teachers, teachers!! Are you one?
- Whether you are a Nursery teacher, a subject teacher or a University lecturer, Special Needs teacher or a private tutor.. Or are you about to become a teacher?
- We would like you to come and share your knowledge of how you got into the profession and the various routes to get into it.
- Come and share the joyous experience that teaching involves!

Be part of this unique event!

More info at:

www.oshwal.co.uk/enabling-education

To get involved in the Teaching Zone, contact:
Kalpi Shah Tel: 07779 662 289 Email: luckykalpi@hotmail.com
August 2012 Edition



The Situation is Dire! Or is it?

Ashok Mulchand Shah

We are a large community going through massive change into the 21st Century. The values that got us through the 20th Century are being lost and new sets of values are being

taken for granted. We live in a global village, most Oshwals have had good education, we have adopted a new language. We remain Jains and profess its values and strive to obey and implement the **rules by our own interpretation**. We have built a Deraser and more. So far so good!

But we want everything and want our community to provide a lot more than it does already through its volunteers. What we need is continued support of all. **We need moral, physical and financial support. Together we can continue to be the leader community. UNITED.**

You will read that we are going to take possession of the premises in Stag Lane shortly. So we are now the proud possessors of three properties in the UK. We want one for each area!

We also want to make improvements at Oshwal Centre like a lift in the assembly halls, South London Mahajanwadi, and now at Oshwal Ekta Centre.

Whilst we are generating income from lettings this income does help but as we all know it is not enough.

We are appealing for financial support from all.

Details of how you can send in your contribution are in the same article/appeal for Oshwal Ekta Centre. A list of the donors will be published in the next issue of Oshwal News.

We are still running the £120 Scheme. Grateful thanks to those who have contributed and continue to contribute. **Rest of us please help with the burden!** A list of current contributors will be published in the next issue. We will also be putting into place commitments to spend portions of this money for the care of elderly, the support of our children with their education etc.

We also have schemes that can be used to remember those who have been members of our family but sadly have had to depart. Car Park £1000, Play Pharm, Bhavan Gam £108, Jinodhar (funds for maintenance of Deraser) and some more. If you wish to participate please contact me or the office at Oshwal Centre

NO the situation is not dire! Indeed the future is rosy! Be a part of it.

For more info on fundraising please contact:

Ashok Mulchand Shah

Email: Ashok.shah@talktalk.net Tel: 07957 563 164

Diwali On Trafalgar Square

Sun 28 October 2012

This year the Oshwal Association of the UK will be leading the organisation of Diwali on Trafalgar Square, via the Diwali in London Committee.

Be sure to volunteer for this unique event! To take part, e-mail:

volunteer@oshwal.org



Recruitment:

Staff for Oshwal Ekta Centre

Oshwal Association of the UK – North West Area is looking for part-time staff for Oshwal Ekta Centre. Please contact:

Nirmal Shah 07962 177 326 or Chetan Shah 07949 459 090

Or Email: property@oauk-nw.org



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 for – A 50 seater Coach will be organised per area on a rotation basis – one area per week – at the moment 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. **On 13th July the coach will come from NW & Luton combined. On 10th August the coach will come from West & NW combined.**

When – Fridays – **the programme has been approved to continue until 31/08/13 subject to demand**

13 th July	North West & Luton	starting from Kenton Library(9am) to Travel Lodge Luton, 641 Dunstable Road to Centre – note programme later by 30min
20 th July	North East	starting from Bounds Green Stn (9.30am) to Southgate Stn to Cockfosters Stn to Centre
27 th July	North West	starting from Kenton Library (9am) to Queensbury Stn to Canons Park Stn to Edgware Stn to Centre
3 rd Aug	North	starting from Kenton Library(9am) to Lodge Lane (9.30am) to Totteridge-Waitrose to Odeon Cinema to Centre
10 th Aug	West & North West	West pickup point & time to be confirmed to Kenton Library (time tbc) to Centre
17 th Aug	North East	starting from Bounds Green Stn (9.30am) to Southgate Stn to Cockfosters Stn to Centre
24 th Aug	North West	starting from Kenton Library(9am) to Lodge Lane (9.30am) to Totteridge-Waitrose to Odeon Cinema to Centre

Cost – **Part-subsidised by the £120 Scheme** - £4 per member to include transport to & from centre inc Jain lunch – place must be registered beforehand with payment. If members want to come with own transport – £2 for lunch and place must be registered at least 3 days in advance with payment. **LIMITED PLACES.** If we get donations for coach or lunch we will not make charge respectively to the members. **From 1st Sept – £3 for Transport & £2 for Lunch when there is no donation**

Programme

9.45am – 10.00am – Arrival & Mingle
 10.00am - onwards – Deraser activities – including Snatra Pooja – NO nakro
 10.15am – 11.15am – Yoga – please bring your mat
 11.15am – 12.45pm – Bridge Classes – FREE – pre registration required
 11.45am - 12.45pm – Gentle exercises
 1pm - 1.45pm – Jain Lunch
 1.45pm - 2.15pm – Talk or Discussion or Games
 2.30pm – Depart

Donations

We welcome donations - £200 towards the coach & £201 in total for the lunch – Please contact the office at the centre or Rahul (details below).

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
Surekha Amichand Shah
 Tel: 020 8346 2944
 Email: surekhashah@hotmail.co.uk
Ramesh Govindji Shah
 Tel: 020 8446 3051

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 Vidhubhai Shah
 Tel: 020 8361 2693
 Email: ratilalmalde@googlemail.com

North West

Ramnik Hirji Shah
 Tel: 020 8933 7247
Jayantilal Jivraj Khimasia
 Tel: 020 8908 0433
Shantilal Ranmal Shah
 Tel: 020 8907 0965
Sushilaben Laxman Shah
 Tel: 020 8907 1570

Centre

Project Co-ordinator: Rahul Kachra Haria–020 8954 3727 or mob: 07939 076 510 or Email: rahul@houseofharia.com
Co-Deputy Project Co-ordinator: Kishor Fulchand Shah – mobile 07887 500 818 email kishorfulshah@hotmail.com
Co-Deputy Project Co-ordinator: Malti Jayant Shah – mobile 07943 766 118 email maljay50@hotmail.co.uk

Visit Oshwal Centre & Deraser

At Potters Bar by OAUk Organised Coach

આ શરૂ કરવા નો એકજ દેય હતો. આપણાં વડીલો કે જેઓ મુસાફરી ના સાધનો નથી વાપરતાં તેઓ દેરાસરે આવી શકે. અત્યારે ત્રણ એરિયા નોર્થ વેસ્ટ, નોર્થ અને નોર્થ ઈસ્ટ માથી વારા ફરતા અઠવાડિયા માં એક વખત શરૂ કરેલ છે. જે વડીલોને બહુજ આનંદ આવે છે. નોર્થ વેસ્ટમાં વસ્તી વધારે છે એટલે તેઓ મહિના માં બે વખત આવે છે.

સમય પત્રક

૧૩ જુલાય નોર્થ વેસ્ટ અને લૂટન કોચ માં સાથે આવશે. કેન્ટન લાઈબ્રેરી સવારે ૯.૦૦ વાગ્યે. ત્યાં થી ટ્રાવેલ લોજ

લૂટન ૬૪૧ ડન્સટેબલ રોડ થી સેન્ટરે. કાર્યક્રમ માં ૩૦ મિનિટ નો ફેર પડશે.

૨૦ જુલાય નોર્થ ઈસ્ટ, બાઉન્સ ગ્રીન સ્ટેશન (૯.૩૦.) સાઉથ ગેઇટ, કોકફોસ્ટર થી સેન્ટરે.

૨૭ જુલાઈ નોર્થ વેસ્ટ ની કોચ કેન્ટન લાઈબ્રેરી સવારે ૯.૦૦ વાગ્યે, ક્વિન્સબરી, કેનન પાર્ક સ્ટેશન, એજવેર થી સેન્ટરે.

૩ ઓગસ્ટ નોર્થ કેન્ટન લાઈબ્રેરી સવારે ૯.૦૦ વાગ્યે, લોજ લેન (૯.૩૦) ટોટરીજ- વેઝઇટરોઝ, ઓડિયન સિનેમા થી સેન્ટરે

૧૦ ઓગસ્ટ ના વેસ્ટ અને નોર્થ વેસ્ટ સાથે આવશે. સમય પછી જણાવવામાં આવશે.

૧૭ ઓગસ્ટ ના નોર્થ ઈસ્ટ, બાઉન્સ ગ્રીન સ્ટેશન (૯.૩૦.) સાઉથ ગેઇટ, કોકફોસ્ટર થી સેન્ટરે.

૨૪ ઓગસ્ટ નોર્થ કેન્ટન લાઈબ્રેરી સવારે ૯.૦૦ વાગ્યે, લોજ લેન (૯.૩૦) ટોટરીજ- વેઝઇટરોઝ, ઓડિયન સિનેમા થી સેન્ટરે

તા- ૩૧/૮/૨૦૧૩ શુધ્ધી આ કાર્યક્રમ ની અનુમતિ મળેલ છે

ભાવ - £ ૧૨૦.૦૦ ની સ્કીમ માથી થોડી રાહત - મેમ્બર ના £ ૪.૦૦ બસ ભાડું અને જૈન ભોજન સાથે. પોતાની સગવડે

આવનાર ના £ ૨.૦૦ જમણ ના. ત્રણ દિવસ પહેલા આપના નામ રકમ સાથે લખાવવા મહેરબાની કરશો.

જમણ કે બસ ના દાતાર હશે, ત્યારે ભાડું કે જમણ ના પૈસા લેવામાં નહીં આવે.

સપ્ટેમ્બર થી જો દાતાર નહીં હોય તો ભાડા ના £ ૩.૦૦ અને જમવા ના £ ૨.૦૦ લેવામાં આવશે.

દાતાર :- જો કોઈ ને જાત્રા કરાવવા નો લાભ લેવો હોય તો :- બસ ના £ ૨૦૦.૦૦- જમણ ના £ ૨૦૧.૦૦ આપી

સમૂહ માં કરેલ સંઘ જાત્રા નું પુણ્ય નું ભાતું બાંધી શકશે. ઘર આંગણે સહેલાઈ થી મળેલ અવસર ચૂકશો નહીં.

Centre

Project Co-ordinator: Rahul Kachra Haria-020 8954 3727 or mob: 07939 076 510 or Email: rahul@houseofharia.com

Co-Deputy Project Co-ordinator: Kishor Fulchand Shah – mobile 07887 500 818 email kishorfshah@hotmail.com

Co-Deputy Project Co-ordinator: Malti Jayant Shah – mobile 07943 766 118 email maljay50@hotmail.co.uk

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

Surekha Amichand Shah

Tel: 020 8346 2944

Email: surekhashah@hotmail.co.uk

Ramesh Govindji Shah

Tel: 020 8446 3051

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 Vidhubhai Shah

Tel: 020 8361 2693

Email: ratilalmalde@googlemail.com

North West

Ramnik Hirji Shah

Tel: 020 8933 7247

Jayantilal Jivraj Khimasia

Tel: 020 8908 0433

Shantilal Ranmal Shah

Tel: 020 8907 0965

Sushilaben Laxman Shah

Tel: 020 8907 1570

East Area – Annual General Meeting – 31st March 2012

Light but complete Refreshment of 'Bhel' and drinks flagged off the AGM at 7.30pm

The AGM proceedings began by a welcome to the Members, Area Committee and the two EC Trustees, namely Our President, Mr Tusharbhaj J Shah and Mr Ratibhai D. Shah, Chairman of the Constitution Committee and an Observer Mr Keshubhai N Shah from West Area, by the Area Chairman Rasikbhai, followed by a Prayer and a minute silence for the departed souls from within the Area for their peace.

One apology was received from Avinben McGoech

The minutes of the last AGM had been circulated in advance and there being no amendments it was approved.

Secretary's Report

Secretary Mr Maheshbhai K Shah mentioned that he had not attended some programmes due to personal circumstances. The Walk he and others used to do every Sunday has currently stopped due to no response.

1. **Thursday Fitness Club** – It is running smoothly. It is held every week except the first Thursday of the month. We had a Council Sponsored Trainer for 20 weeks which has ended and currently

Mrs Vasantiben M Shah is being trained in the Chair based Exercise. She will continue the work in that field. The Club is managed by Chandanben V. Shah with the support of Lalitaben A. Shah and Mahendrabhai V. Shah.

2. **Social** - Lalitaben A Shah said she looks after the elderly members by paying them a visit and listening to their concerns. She said that each of us can do this if one can find an hour or so to spare.
3. **Sports** – Sundipbhai R. Shah mentioned that there is paid Basketball Trainer who coaches the players. At the moment there are only 8 players and he is looking for more youngsters to join the team. The Sport is held on Friday in the evening at Cannon Palmer School, Seven King. For the December Sports competition he had to form a team for under 16yr by borrowing players from other areas. The area is struggling for team formations both under 12 and over

16 due to poor response from Area Members' Children. Regarding Cricket – this could be started at Seven Kings Park from Late April every Saturday morning by 9 o'clock.

4. **Social Events** – Pravinaben R. Shah took a lead and a big challenge with West Area for preparing pizza and manning of the Pizza stand for the Mela event... She is the chief chef for the Area's Dal preparation on the Dal Rotli programmes.
5. **Paryusan** – (25 Aug 11 – 1 Sept 11) This event is well documented in the January 2012 Oshwal News.
6. **Savantsari** – (17 Sept 11) This time we managed to hire Ramghadia Hall where complete cooking for Savantsari was done. Paryusan and Savantsari Bhojan were at Canon Palmer School, Seven King.
7. **Christmas Party** - 10th December 2011. Unfortunately this was cancelled due to poor and very late response.

27 March 11 – Mahavir Janam Kaliyanak. Narottambhai R Shah the Assistant to Religious chairlady mentioned that besides 'stavan' there was 'Maha satrujan Panth' 'darsan' on this day. He was on the day of 18 'Abhishek' programme at Oshwal Centre. He with the help of Avniben and Hemini took full responsibility of that 'Marki' that was requested by our President.

Jayaben Jayantilal shah's services in the religious and cooking areas were appreciated and a 'Shawl' was presented to recognise this.

Chairman Rasikbhai's Closing Words

He mentioned that the 2 year mandate that was given to him and his committee to serve the community ends today and a new committee needs to be elected. He requested the members to take positive steps and the opportunity to serve the members by becoming part of the new committee. To encourage and build confidence he assured them that current Office Bearers will still be there as Ex-officials to help and guide the new committee for at least a year. So please take the bold step to serve the fellow members.

The Committee arranged a numerous programmes, small and large which all went well, thanks to the members for their support and requested to extend such support to the new committee. Though our Area is small, it does not hesitate to take bigger responsibility with courage and confidence which is seen when we took and fulfilled the responsibility of Pizza making for generating profit for the Mela Committee.

Dal Rotil programmes are mainly to bring the community together where they not only enjoy the Dal rotli but play card games, Bingo and songs and various gossips. He mentioned that we should not forget to thank Pravinaben R Shah for preparing tasty Dal and the ladies for serving warm rotlis and the gents for clearing up afterwards in such a loud way that our appreciation still stays in their hearts to encourage them to continue to help and serve.

Mahavir Janam Kaliyanak was well celebrated with the help of the children. As there was a double booking of the usual hall, the event was celebrated at Mrs Shushilaben C. Shah's residence with their approval and kind permission. We thank Shushilaben and her husband for the use of their residence and Avniben for preparing the children

Paryusan – All the 8 days were very well celebrated. Children took good part and their performance made the audience more joyful. He thanked the children and also those participants who performed in the play 'Sachha Shrivak Bano'. The sudden act of 'Mayaben' singing from the middle of the Audience and moving towards the stage surprised the audience a lot. The little gossip between the little father and our treasurer regarding the Raffle tickets was laughable and interesting. He requested the members to come forward to take a similar part in the forth coming Paryusan.

Thursday Fitness Club - He mentioned that Chandramaniben and Lalitaben have managed and progressed the club very well and requested the audience to appreciate in such a way their hearts commend them to carry on the work by joining the new committee very eagerly.

Cooking Facilities – Whenever the Area needed a place for cooking for the programmes, Lalitaben has always openly fulfilled the requirement by offering her residence particularly her garage without any hesitation. He hopes that such goodwill will be offered to the New committee if they so require. He thanked her for her eagerness to help the community and all the help given so far.

Transport - We all know we have a problem with transportation of utensils and cooked food but fortunately

for the kind gesture of Rameshbhai D Shah who very willing fulfils this loss. Our thanks go to him and his family.

Encouraging Children – We cannot forget to thank Narottumbhai for encouraging the children to take part in the programmes. He has taken active part in all the Area activities and has been a lead singer of stavas at Paryusan and other religious events. He also renders services to the EC Activities as and when requested.

Ex Officio Mr Shantibhai D Shah, though his term ended last year, he continued to train and guide out Treasurer in keeping accounts in the format that is required by the EC. Thank you Shantibhai.

Whenever need arises for shopping, Rasikbhai N Shah, Area's Vice chairman, is the Area's Eveready. He runs to do the whole list of shopping before opening his shop. He is very keen to organise large programmes. Does all the research on artists, cost, venue and suitability before knocking on the Committee for discussion. There is quite a bit of work involved but he enjoys the challenge. His thoughts are how to push the area boundaries further and thereby bring fruitful rewards. We must thank him very proudly so that he remains encouraged and keeps his thoughts live with a message that he continues the good work with the new committee.

Whenever there is Religious activity, we will notice not only the presence of Arunaben but her voice calling us all to take part and add juice and enjoyment to the event. She has already arranged for the Mahavir Janma kaliyanak programme which is on 7th June 2012. and she invites you to join her to induce some new ideas to make the event more tasteful.

On sports you all know we have a very small number. Sundipbhai is awaiting calls from you to give him names of your children so that new activity could be looked at.

Secretary's paper work is endless. Writing Area Minutes, distributing news from the EC and other areas is quite time consuming. Maheshbhai (Mahendra) has actively worked for at least if not more than 4years as the Area Secretary. I thank him for the enormous work he has done and at the same time caring for his disable mum.

Our treasurer Mr Kishorlal is very strict on expenditure. He cannot accept unnecessary expenditure however big or small. He advises that if we can manage the cost with 2p then we should not spend 3p. We should ensure that the Area fund keeps on increasing. My humble request is that he accepts the same portfolio in the new committee without any hesitation and makes use of the knowledge gained from Shantibhai. You will remember that he made

a big fuss when he marketed the sale of Raffle Tickets in that Play at Paryusan?

Chairman enquired if Oshwal News is read by all. January and March issues have our Area reports and detail of our future programmes.

ON £120 donation scheme, our President had fully explained this. This scheme will be most useful for future projects. If we all join in, then the Association will benefit, so please join the scheme, the forms are here, please collect them and after completing them, please bring them to us.

Future Programmes

These are listed in the Oshwal News, please read them but I shall inform you in short:

7 April 2012 – Mahavir Janam Kaliyanak – 7pm-11pm. Children's programme starts 7.30 - 8.30pm. Anybody wishing to take the benefit of 'Prabhavana' they should bring them on the day.

28 April 2012 – Dal Rotli

11 May 2012 – Trip to Antwerp Darasar (3 days)

26 May 2012 – Showing off Mahavir's Cassette that was shown half last year.

Thursday Fitness Club – Every Thursday of the month except the first week

10 June 2012 – Pizza Party at Oshwal House

12 Sept 2012 – 19 Sept 2012 Paryushan at Canon Palmer School Seven King

29 Sept 2012 – Savantsari Bhojan

13 Nov 12 – Diwali

As our terms ends today, we still have arranged the above programmes for the continuity of the community work.

EC Education Chairlady has requested that this area should start Gujarati School once again as this is the only London area that has no school. She expects the new committee will consider this very seriously.

The Chairman then informed the members that the Returning Officers will explain the responsibilities of the Committee members and especially of the Chairperson as he automatically becomes a Trustee of the EC and that he will have to attend EC meetings every month. Not only this, he should be aware of the Constitution, a copy

of which can be obtained from the EC Secretary. I had clearly mentioned in my last Oshwal News that whoever wants to become the Area Chairperson, he / she should read the Constitution to ensure awareness of the expected duties

He then invited the President to address the members.

The President's Speech

The President Mr. Tusharbhaj J Shah mentioned that parents and the elders should attend Area activities and also in the Centre and encourage children to attend. Use the fund for the right reasons. Join children in other areas for sports. He appreciated our efforts in this field. He mentioned that Leicester has organised Mahavir Janam Kaliyanak and has sent invitation to all the Areas and that we should try to attend. Hiteshbhai from India attended 'Aambel ni Holi' which is still on. On the outside activities they have gone to the Vatican and to Lambeth Palace to make others aware of who we are. He mentioned that we should join the Council activities. NW, North and NE areas have made coach trips to the Darasar. The EC has inspired the University Students for Kenya Enterprise Experience to inspire them for progression. EC will celebrate Mahavir Janma Kaliyanak in the House of Lords. He requested the members to attend the meeting on 29th April 2012 where the EC will explain the plan and the aims for the future progression of the Association...

Questions to the President – Shantibhai raised the issue that we were told that Gujarat Govt had promised to match £ to £ donation for the 'Viklang Melo arranged by Ratna Nidi Trust in Jamnagar but this seems to be untrue. The president replied that they have been give the summary of that field's account which showed Ratna Nindi Trust had contributed more than equal share, and it remains for them to obtain fund from Gujarat Govt.

Shantibhai mentioned that one group should not be allowed to dominate and in future to ensure such requests are vetted independently before making any decision

Venibhai (Amaritlal L Shah) raised the filthy condition of the disability toilets and requested that the toilet be locked and key be issued only to the disabled person. The president replied that it will not be possible to control this but will look into to improve cleanliness. Venibhai also enquired about the reasons for not providing hard copies

of the EC Meeting to the Area Chairpersons. The reply was to cut cost and to save paper and environment.

The chairman, Rasikbhai then announced the end of his and his committee's 2 year term and informed the members that the Returning Officers Mr Ratibhai D Shah and Tusharbhai J Shah take over the proceedings of electing a New Committee after Tea.

Ratibhai, after tea addressed the members and informed them to elect 4 Office Bearers and approx 8 Committee members. He then called for the election of the

Chairperson. Some names were mentioned but unfortunately there was no willing person to take that place. After discussions within the proposed names it was suggested that the present Chairman Mr Rasikbhai V Shah should take the chair but as there was a very strong thoughts spelled by his daughter Shreeta Shah on his workload and other family commitment, Rasikbhai was then not persuaded to take the lead. The Returning Officer explained the next procedure in case a Committee is not formed and after allowing some more time for members to bring out a chairperson, he closed the meeting and informed the members that the present Office Bearers will carry on till a new committee is elected at another meeting.

Mahavir Janam Kalyanak Day – 7 April 2012

This was well organised. Programme started with 'Chaityavandan' followed by stavan and related songs by 2 children who were especially prepared for this event with other children who could not attend by Avniben. Narottambhai, Kishorbhai and Avniben sang few prepared stavans. The public joined in for more stavans. Aarti was taken by the family of Kantibhai Meghgi Shah whilst Mangal Divo was taken by Sureshbhai Manekchand and family. The attendance was rather poor, only 45 people had turned up but everybody enjoyed the event. 'Prabhavana' was from the Area Committee.



Dal Rotli – 28 April 2012

As we could not get the facility of preparing Dal, the menu was changed to 'Pavva bateta' and 'patra. Again onions, garlic or ginger were not used, pure simple Jain type food it was. A film on the life of Mahavir was shown, tea and hot biscuits were served. Due to constant rain, there was a small attendance, only 18 members were present. They enjoyed the new recipe and were pleased with the film and the hot biscuits with hot tea.

3 day Trip to Antwerp Darasar and Floret – 11 May to 13 May 2012

Due to time and publication page restrain, a full report will be submitted for the next issue of Oshwal News.

Dal Rotli Programme 26 May 2012

Due to the in-availability of cooking place, this programme was changed to Kidney Beans, and Pitta bread,. The recipe was pure Jain without any taste of onions, garlic or ginger. After enjoying the food the members formed their own groups and played card games. Evening ended with tea and biscuits. There was a good gathering of some 45 people.

Pizza party – Oshwal House 10 June 2012

Charcoal based ovens were in sight with pizzas tuck in between the charcoal layers. They were served hot. To complement pizza, we had potato and bean salad, drinks and melon slices. The theme was to eat as much as ones

tummy can take and slightly over. We had expected a crowd of 200 but due to poor weather condition the attendance was reduced to 140 people. We thank all those who enjoyed our pizza event and to those who helped in preparing the dough and in rolling them in round shape. We must not forget to thank the 'COOKS' because without them there would be just 'LOT' We thank Manubhai, one of the Administrator of Oshwal House for releasing one hall for us to have a sitting food gathering. At the end the organisers and some members took part in Aarti at the Daraser which we normally could not have a chance.

The Special General Meeting (AGM) – 30 June 2012

We had to call a special general meeting for the sole purpose of electing an effective Committee which was not formed at the normal AGM of 31st March 2012.

Meeting started at 7.30 pm with a prayer. The Care Taker Ex Chairman, Rasikbhai welcomed the members and the Care Taker Ex Officios, and the members of the Executive Committee. He mentioned that today's gathering is to form a committee and requested the members to come forward to take active part by participating in forming the Area Committee. He mentioned that we should not make the Executive Committee's task merely negative. They have very large and important commitments. They are always busy attending various group meetings and sorting out any day to day problems, so please do not disappoint them.

He then requested The EC members to confirm who the Returning Officers would be. Ratibhai and Rajnibhai were accepted as Returning Officers. The task of these Returning Officers was made very easy as the following members accepted the required portfolios without hesitation.

Rasikbhai Virpar	Chairman	Pravinaben Rasikbhai	Committee Member
Rasikbhai Nathoo	Vice-Chairman	Heminiben Rajubhai	Committee Member
Bansiben Chandulal	Secretary	Rameshchandra Dharamshi	Committee Member
Kishorebhai Lalji	Treasurer	Narottambhai Raichand	Committee Member
Arunaben Rameshchandra	Committee Member	Sundip bhai Ranmal	Committee Member

The elected chairman thanked the members, the new committee members and the Returning Officers and Ashokbhai, the EC Fund Raising Chairman. He then invited all to join in the today's menu 'Khichhi', tea and biscuits. The evening ended with the members congratulating the new committee members.

LEICESTER AREA

SPONSORED WALK AND HEALTH CHECKS

Health Checks & Talks program was arranged for Sunday 17 June 2012. Three charities were invited for the program LOROS, Asthma UK and Silver Star. To raise funds for these charities a 5 mile sponsored walk was arranged on 10th



June 2012. 5 rounds each of 1 mile in Victoria park. For each round

Panaben gave a numbered token to each participant so as to know how many rounds they have done. It was a perfect day for walking. No rain or wind. It was sunny and warm. 14

participants took part and managed to raise £570.



Program for the Health Checks & Talks was altered at the very last moment due to Asthma UK representative taken ill and Rajiv Shah not been able to attend.

On the day of the program Nikunjibhai guided members to the registration desk where Minaben took the entrance fee. Jyotiben took down the names of the people who wanted which tests done. Nitaben called the person according to the list for the test. Saritaben helped to complete the forms for the Silver Star. All this made the program run smoothly and quietly.

Kaileshbhai started the program by welcoming the guests and the LOROS representatives Anjanaben and Madhuben.



LOROS is an independent local charity providing palliative care and support to around 2,500 people each year within Leicester, Leicestershire and Rutland. They provide specialised and respite care for those over eighteen with complex problems who have a life-limiting or terminal illness such as cancer or Motor Neurone Disease.

LOROS charge no fees for its services, which are available to all local people based upon medical need regardless of their ethnicity or faith. The charity relies upon the generosity and support of local people, organisations and businesses, which enables them to raise the £4 million needed each year to provide their valuable services to patients and their families. Their service includes a 31-bed hospice, outpatient services, day therapy and a team of nurses in the community. 90% of the money donated goes directly towards patient cars.

~ Leicester Area ~

Silver Star runs Mobile Diabetes Unit. They do a number of tests such as diabetes test, BMI, Visceral fat rating, Muscle mass, BMR etc.

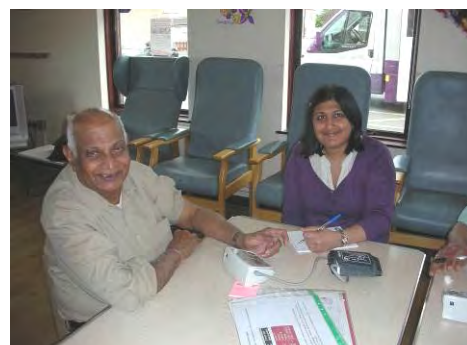


Diabetes is a long-term (chronic) condition caused by too much glucose (sugar) in the blood. It is also known as diabetes mellitus.

In the UK, diabetes affects approximately 2.3 million people, and it is thought there are at least half a million more people who have the condition but are not aware of it.



Suresh Bharmal Shah gave his valuable time and did blood pressure tests with the help of Janvika and Nutan Suresh Shah.



Dr. Sobhag Shah was kind enough to step in at the last minute due to Asthma UK representative taken ill, and gave a talk on hypnotherapy and Neuro-Linguistic Programming. Dr Sobhagbhai got the members to interact with him and informative discussions to place.

Sarita Maneckchand showed pressure points for various health issues relating to blood pressure and diabetes



Varshaben Dodhia from London gave a brief talk on organ donation with a short film on personal experiences by recipients of organ donation. It was an eye opener. A very small number of our community are registered for organ donation.

~ Leicester Area ~

All the guests who gave talk or did the tests were presented with healthy goody bags.



LOROS and Silver Star were each presented with a cheque for £285, raised during the sponsored walk.



Silver Star gave gifts in the form of a goody bag to all those who took part in the sponsored walk. LOROS also gave book-marker and a certificate to each participant.



The program ended with refreshments. Mrs Narabdaben Manekchand donated the fruits for nasta. Tea and biscuits were also served.

I am sure all those who attended the program had health checks done and went away with a lot of information on health related issues.

Thank you all for making this program a success.

Report by,

Bharati Kailesh Shah

લેસ્ટર થી ઓસવાલ સેન્ટરે જાત્રા એ આવેલ પ્રેમગૃપ અને એશિયન ટાવર નો અહેવાલ

માનનીય,

પ્રેમગૃપ ના પ્રેસિડન્ટ માનનીય રંભાબેન શાહ અને સર્વે મેમ્બરો તરફથી આપ સર્વને

જય શ્રી કૃષ્ણ, જય જિનેન્દ્ર.

ખુબજ આનંદ ની સાથે અમો તા-૧૭-૫-૨૦૧૨ ના લંડન આવ્યા. લેસ્ટર થી અમારી મુસાફરી કોચ માં આનંદથી શરૂ થઈ. દરેક ના હૃદય માં ખુબજ ભાવ હતો. પોટર્સબાર ના જૈન દેરાસર ના અમારે દર્શન કરવા છે. અને વોટફોર્ડ હરે કૃષ્ણ મંદિર ના દર્શન કરવા છે. હૈયા માં અનેરો આનંદ હતો. રસ્તામાં બધા એ પ્રભુ કીર્તન ખુબજ ભાવથી કર્યું. આપેલો નાસ્તો પ્રેમથી કર્યો. અમે સૌ રંભાબેન ના આભારી છીએ.

પોટર્સબારે કોચ માં ઊતરતા સુશીલાબેને બધાનું ભાવભીનું સ્વાગત કર્યું અને ભાવ ભર્યો સત્કાર આપ્યો. જૈન દેરાસરમાં મહાવીર ભગવાન ના દર્શન કરી અમો ખુબજ ભાવ વિભોર થઈ ગયા. આરતી નો પણ લાભ લીધો. બધા એ ખુબજ પ્રેમથી ભક્તિ કરી હૃદય ને બહુજ આનંદ આવ્યો.

ત્યાર બાદ અમો ભોજનાલય માં ગયા. ત્યાં આદર પૂર્વક કેસર ચંદન ના તીલ્લક કરી અમારું બહુમાન કર્યું, સાથે પ્રભાવ ના પણ કરી. ભોજન માં સુંદર પકવાનમાં શીરો,દાળ, ભાત, ભજીયા, રોટલી, પાપડ ગોરાશ (છાશ) ઉપરથી મુખવાસ અને દિલના પ્રેમ પૂર્વક સૌ ને જમાડ્યા. સુશીલાબેન તેમજ રસોડા ના સૌ કાર્યકરો એ જે સ્વાદીસ્ટ રસોઈ બનાવી ને જમાડ્યા તે માટે અમે સૌનો આભારી છીએ.

ત્યાંથી દેરાસરે પાછા આવ્યા. ત્યાં સમજાવવા માં આવ્યું કે દેરાસર ની રચના સ્વસ્તિક ઉપર એવા આકારે કરવા માં આવી છે. અમે ધ્યાન દઈને જોયું તો ખરેખર આનંદ થયો. અહિંસા બારામાં પણ અમને રંભાબેને સમજવું.

અહિંસા પરમો ધર્મ. જૈન ધર્મ વિષે જાણી અમોને ખુબજ આનંદ થયો. ભાવભીની વિદાય વેળાએ મીનાબેને હાથના બનાવેલા કાર્ડની અમોને પ્રેઝન્ટ આપી, જેનો અમો ઉપીયોગ કરીએ છીએ. મીનાબેન નો ખુબજ આભાર માંનીએ છીએ.

ત્યાંથી વોટફોર્ડ હરે કૃષ્ણ મંદિર ના દર્શન કરવા કોચ માં ગયા. ત્યાં આજુબાજું નું વાતાવરણ ખુબજ મનોરમ્ય છે. ત્યાં પણ આરતી નો લાભ લીધો. પ્રસાદ લઈ લેસ્ટર આવવા મીઠી યાદો સાથે રવાના થયા. રસ્તા માં આંતાક્ષરી રમ્યા. દરેક સભ્યો એ શાંતિ પૂર્વક સહકાર આપ્યો. અમોને આટલો આનંદ કરાવવા માટે. પ્રેમગૃપ અને એશિયન ટાવર ના સભ્યો પરમ પૂજ્ય રંભાબેન તમારો ખુબજ આભાર મને છે.



Meet our Committee

The Luton Oshwal committee would like to thank you for your continued support and patience whilst we develop and expand on our vision. We hope you are enjoying the new events and updates. Our new committee is up and running and we are recruiting new members for our new sub-committees!!! I have listed the committee members and their portfolios below:

CRB → <i>Ireneben</i>	Media and Communications → <i>Priyaben</i>
EC Trustee → <i>Dipakbhai</i>	Property/Friday Club (Culture & Heritage) → <i>Ashokbhai</i>
Education → <i>Rickybhai & Nitaben</i>	Religious & Welfare → <i>Vipinbhai</i>
Enabling Networks → <i>Nitaben</i>	Treasurer & Membership → <i>Beenaben</i>
Fundraising → <i>Rajeshbhai & Chandraben</i>	Youth/Friday Club (Culture & Heritage) → <i>Ninaben & Kevalbhai</i>

Do also remember to check out recent articles, upcoming events and photos via the website (<http://www.oshwal.co.uk/areas/luton>). Articles, updates and profiles of our new committee will be added shortly!

If you know of an Oshwal member in the Luton area that does not receive the monthly E-Newsletter, and would like to in the future, please email priya.shah@oshwal.org and I will endeavour to make sure our mailing list is updated.

Priya Dipak Shah

Friday Club Events Review

Firstly I would like to thank all the members who have been coming to the Friday Club and supporting us over the last few months. We have had two events from when the new committee has started, and I would like to thank the youth committee on helping with the events.

Quiz night

This was our first event for The Friday Club. The quiz night was prepared & presented by Nina and Nikhil.

The teams all had a mixture of ages, from youth to elderly. The quiz night was also a team building exercise as people worked in randomly mixed teams. We had round such as Missing Cartoons, General Knowledge, Memory games, Guess the Bollywood films, Identify the Bollywood eyes.

The committee would like to congratulate The Yogi Gang who came first with 110.5 points, followed by Char Chasma with 101, Liverpool FC with 100, and lastly The Booklets with 87 points.

Young Jains

This was our 2nd event and it was good to see several new faces to our Friday Club. We were lucky to have The Young Jain's visiting us to do a workshop on Happiness.

This workshop was for all ages and it was taken part by everyone who attended. Young Jain's had led the workshop and started with the Navkarmantra.



~ Luton Area ~

They then went on and asked us what we believe about Jainism.

Some of the ideas put forward were:

- Tolerance
- Non-Violence
- Darshun
- Puryuhan
- Ayambil
- Puja

The workshop then talked about our wants, and what makes us happy. In fact we realized that what, make us happy also can have an unhappy effect. We were asked to divided the page in half and put down ideas what makes up happy. Once we had finished we discussed this idea and discussed as a group some of the negative effects of these.

Some of the ideas put forward by our members were:

Positive Effects	Negative Effects
Sunshine	Rain
Walking	Injury
Family	Ill health
Watching India win at cricket	Pakistan winning at cricket
Body massage	Torture

Finally the committee would like to thank Young Jains for coming and hosting the event. It was a good event, which engaged our community, and hopefully we can do something similar again.

Future

We are planning to have the following over up the following month:

- Games night
- Arts & Craft evening

All of our events will be on our e-shots going out monthly. This is best way to keep to date. If you are not receiving them then can you please email Priya with your membership address priya.shah@oshwal.org and we will ensure that you get put onto our monthly e-shots.

Keval Shah

Updating Membership

We are in the process of updating the database for Luton Members and would appreciated if you can complete the area census for all members of your family and send it to the following address:

Beena Shah, OAUk – Membership, 142 Marsh Road, Luton, LU3 2NL

Or by e-mail to: beena.oshwal@yahoo.com

Forms are available for download from the Oshwal Website:

<http://www.oshwal.co.uk/sites/default/files/Luton-Membership-FillableForm.pdf>

Dates for Your Diary

Friday Club

Dates & Time: 8-10pm 20th July, 17th August, 16th November, 21st December

Venue: Warden Hill Community Centre, r/o The Warden, Wycombe Way, Luton, LU3 2BW

Luncheon Club

Time: 11am – 3pm

Venue: Hindu Temple, 9 Hereford Way, Luton, LU4 0PS

Upcoming dates for your diary: 30th July, 20th Aug, 24th Sept, 29th Oct, 26th Nov, 31st Dec

Oshwal Gujarati School

Time: 10am – 12pm, every Saturday morning during term time

Venue: Denbigh High School, Alexandra Avenue, Luton

Enabling Networks & Education Fair

Time and Venue: Sunday 19th August 2012, Oshwal Centre

One of the ideas is to recreate a village from India. We would be truly grateful if you are willing to donate/lend any props that you may feel will aid this cause. Please contact Nita Pankaj Shah on 01582 734573 for further information.

North Area Committee Message

Jai Jinendra,

At the SGM of 13th May a new committee was elected for North Area. Daksha Maroo was re-elected as the chair. It is indeed a privilege and an honour to serve the members of North Area. Details of the Committee members are below.

Over the last 2 years much has been achieved in the area under the direction of Daksha Maroo and her committee. Gujarati School has evolved and now uses innovative methods to teach young children from the age of 4 years onwards in a fun way. Youth club is led by a young team and has organised many social events such as ten pin balling and Quazar. Religion Committee organises the Paryushan every year and also manages the trips to Derasar which are organised by EC and thoroughly enjoyed by all who take part. Friday Social Club has been well received with a regular attendance of approx. 25 people. Bhukar is held at Oshwal Centre every 1st Saturday of the month with participation from all areas. Sakhi Milap has been very active organising various events like Cooking Demonstration, Health talks and other events.

As of next September, there will be regular Whist Drive sessions 3rd Friday of the month at Woodhouse College. There are many talented members in our area and we would like you to come forward and share your talents. We are looking for people to plan cultural events which would be enjoyed by all ages and also involve the young generation. If you have an idea we would like to hear from you. A lot is possible with your help and we look forward to working with you.

Pizza & Bingo event will be held on 2nd September where we will take the opportunity to introduce the committee to the Area and where we can all share ideas and suggestion to take the Area forward. We look forward to seeing you all there.

Our thanks to the past committee for their dedication and wonderful work they have carried out. We endeavour to carry on with the good work and look forward to all the members' support.

Dinendra Haria, Vice Chair

North Area Committee Details & Portfolios

	Name	Contact No	Email	Portfolio
Chair Person	Daksha Dilip Maroo	07775 514286	daksha.maroo@gmail.com	
Vice Chair	Dinendra Zaverchand Haria	07916 324169	dinendraharia1@gmail.com	Media
Secretary	Dilip Khetshi Maroo	07745 508308	dilipkmaroo@gmail.com	
Treasurer	Nitesh Panachand Shah	07947 128593	nitesh.shah@btinternet.com	
Committee member	Sejal Divya Shah	07931 778642	sejalshah120@hotmail.com	Youth
Committee member	Ramesh Govindji Shah	0208 4463051	N/A	Fund Raising
Committee member	Kuntesh Shah	07952 708592	kshah5@sky.com	Gujarati School
Committee member	Prity Nitesh Shah	07825 795270	prity.shah@btinternet.com	Sakhi Milap
Committee member	Vacant			
Committee member	Vacant			
Committee member	Vacant			
Committee member	Vacant			
Ex- Officio	Mayuri Mansukhlal Shah	020-8349 2141	mayurishahoshwal@hotmail.com	
Ex- Officio	Harsha Ketan Shah	07989 220379	harsha1.shah@sky.com	
Ex- Officio	Bhavini Dilip Shah	N/A	bhavini.shah@oshwal.org	

North Area Committee is very pleased to welcome Kuntesh (Education) and Prity (Sakhi Milap), who have recently been co-opted.

Youth Club has had another successful year with over 60 members and an increasing waiting list for prospective members. Youth Club takes place every Friday between 6-10pm at Woodhouse College.

The aim of youth club is to encourage young people to get involved within the Oshwal community and be in touch with other young Oshwal's through sports, exercise and networking. It is evident that these aims have been achieved and that the youth club plays an integral part in continuing to strengthen these ties between young people within the North Area and the wider Oshwal community.

North Area Youth Club has been very active over the last year and have organised extra events outside of Youth Club. A day trip to Brighton was arranged during last summer for the youth club members, family and friends. A cake sale was held in October where many youth members had baked cakes for sell to raise money for youth club. Secret Santa was organised before the Christmas holidays where youth members bought one another presents and one of the Member Vinit dressed up as Santa Claus to give them out! During February half term break, a Quaser event was thoroughly enjoyed by everyone with a great turn out. A large majority of our members participated in Oshwal Olympics 2011 and achieved very good results working as a team. All the events were thoroughly enjoyed by everyone who attended and participated. Our final event of the year will be a Picnic in the Park held on Sunday 22nd July at Trent Park from 1pm onwards.

There is a dedicated young committee who have given a generous amount of their time to ensure that Youth Club is running smoothly every Friday without fail. Special thanks Youth Club Committee. Thank you to all the youth members and their parents for their continuing support.



North Area Youth Club

Venue:

**Woodhouse College
Sports Hall
Woodhouse Road
North Finchley N12**

Timings:

**Every Friday
Under 12's – 6-8pm
Over 12's – 8-10pm**

COME FOR A FREE TRIAL:

**Football, Basketball,
Benchball, Dodgeball,
Netball and many
more...**



Term Dates 2012/2013

- 21/09/2012 – 14/12/2012
- 11/01/2013 – 22/03/2013
- 19/04/2013 – 13/07/2013

For further information, please contact any of the Youth Club Committee members:

Sejal Shah	07931778642
Rupa Dodhia	07878336623
Khilna Shah	07989971912
Sonal Patel	07939913988

Sahil Shah	07947984706
Vinit Shah	07713577403
Sajan Shah	07958444539
Rakhee Shah	07956231007

Gujarati School We all learnt our first spoken language by listening, seeing, repeating and reacting and by the age of five we had a good command of the language and could also work out the complex rules of grammar with a little help from our parents.

North Area uses the same methods of teaching Gujarati, by letting children experience the language in the same way in a stress free, fun environment. The whole focus is on the spoken language, which is taught via interactive music, singing, dancing, acting, storytelling and art.

Alongside learning to speak and write Gujarati we feel it is important that children understand the Indian culture. During the year the children will learn about the Key Indian festivals such as Paryushan, Diwali and others. There will be creative activities around festivals throughout the year. Once a year, the School holds a Variety Show giving the students an opportunity to showcase what they have learnt to family and friends.

If you would like your child to speak and enjoy Gujarati, enroll them at the North area Gujarati School. We welcome anyone who wants to learn Gujarati and offer a 3 week free trial session. We also offer classes in Bollywood dancing, Tabla, Harmonium, Bharatnatyum, Arts & Crafts, and Gujarati for Adults.

Class	Age Group	Class	Age Group	Class	Age Group
Lower	Years 4 to 6	Middle	Years 7 to 12	Upper	Years 12 +

Saturday 9.30am to 12.30pm (term time)

Venue: Woodhouse College

Woodhouse Road

Finchley N12 9EY

All the teachers and school assistants are Criminal Record Bureau checked and approved.

Contact: Daksha Maroo 07775 514286 Kuntesh Shah 07952 708592

સારેગમ

Bollywood Dancing
Acting
Tabla
Indian Orchestra
Gujarati
Arts and Crafts
Harmonium
Bharatnatyam

They listen to the words
They move to the rhythm
They sing the songs
They dance to the music.

Then you find they are humming and
singing the songs in their spare time.
They thought they were just playing
but all the time they were learning.

**It is the new fun way
to learn Gujarati**

**Learn Gujarati
By Music and Movement**

BHUKHAR - OSHWAL HOUSE

1st Saturday of month

Time: 8.00pm until 11.00pm

Venue: Oshwal House

For further information please contact:

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

Ashwin Shah: hasp@hotmail.co.uk 07921 400 328



NORTH AREA SOCIAL CLUB

The Social Club meets every Friday from 8pm during term time at
Woodhouse College
Woodhouse Road
Finchley
N12 9EY



The club is open to all North Area Oshwal members. Entrance is only £1. This is a drop in club. Everyone is welcome, whether you come occasionally or regularly. Come play cards games like Bhukar, Chokdi, board games and also socialize. Other events can be scheduled like Quiz Night, Bingo etc.

Please contact North Area Committee members for more details or your suggestions.

BOLLY AEROBICS - A REALLY GOOD WAY OF KEEPING FIT

Most of us love dancing and most of us are trying to get fit (or even fitter!).

Put the two together and you get the perfect workout that none of us will mind stepping out for everyday. So come and dance your way to fitness and have fun the Bollywood way!

Enrol now for September 2012 classes
Saturday at 9:45am (term time)

Woodhouse College
Woodhouse Road
Finchley
N12 9EY



Please contact North Area Committee members for more details

WHIST DRIVE

Date
3rd Friday of Month
Woodhouse College



Time
8.00PM – 10.00PM
Finchley N12 9EY

From September 2012 come and play Whist Drive every 3rd Friday of the Month

£30 for year (OAUk Members)

£45 - Non-Members

~ North Area ~



AFTERNOON

SUNDAY

2nd September 2012

Woodhouse College



TIME

2.00PM – 5.00PM

Finchley N12 9EY

FOR A FUN-FILLED AFTERNOON

BRAINSTORMING SESSION



SHARE YOUR IDEAS

PLAN EVENTS



TO TAKE THE NORTH AREA FORWARD

Please note this event for North Area members only

Free Entry - advance booking only

£2.00 at the door

YOGA BASICS

Miti & Mehul Shah

Would you like to:

- Increase flexibility, stamina, posture and balance?
- Reduce stress and develop a calmer mind?
- Increase your sense of inner peace?
- Increase strength, muscle tone and bone density?
- Improve your respiratory, nervous, digestive, circulatory and immune systems?
- Increase resilience and the ability to cope with life's challenges?



Sign up now and improve your life style

The new Yoga Basics Class at Woodhouse College

Friday evenings from 21st September 2012

1 & half hour Lessons from 7pm

Term charge -10 lessons -£50 (OAUk Members) £70 (Non Members) (non Refundable)

For further information on any of the above events and booking,

Please contact North Area Committee members:

Daksha Maroo	07775 514286	Harsha Shah	07989 220379
Dinendra Haria	07916 324169	Mayuri Shah	0208 3492141
Dilip Maroo	07745 508308	Sejal D Shah	07931 778642
Nitesh Shah	07947 128593	Kuntesh Shah	07952 708592
Prity N Shah	07825 795270	Ramesh Shah	0208 4463051

Management reserves the right to amend or cancel any of the above programmes.



Let me start my greetings with Jai Jinendra.

Doesn't this give a feeling of bliss as

opposed to hello? To me it sparks a feeling and an inspiration to be like the Jinha.

I'm sure everyone is aware of what **Paryushan** means; with technology to hand, a lot of information can be derived from the website. Paryushan articles get published every year and so I would like to write something different which is indirectly connected to the Paryushan. As we all know, born in the Jain community- there are certain daily rituals a practicing jain needs to follow.

The main one is the **Pratrikramana**, quite literally means "introspection" in Sanskrit and therefore defines this procedure as the contemplation of your own thoughts and desires.

I would like to put this in the simplest terms of what this would really mean and there are a number of qualities we should think about in these modern times. The whole idea is to reduce bad karmas or avoid accumulating them and about change and evolution.

Respect - I'm sure our younger generation hear a lot from their parents about how they should be respected just because they are older. However, they should reciprocate the same behaviour, as we as adults are the teachers and should lead by example and.... Respect earns Respect.

Expectations - If we try and do things without any expectations a lot of happiness and bliss will be derived. For example, when a new person joins the family, particularly the daughter-in-laws – there are expectations that she picks up the life-style of the family she joins. The children are expected to achieve certain grades. This can create a lot of stress and hurt and this runs parallel with the next point I would like to make and that is....

Live and let live - Every one has the right to live the way they choose as long as this doesn't harm them or anybody else, as the saying goes "we only live once."

Consideration - Try and put others before you.

Gossip - My mind often wonders-wouldn't life be more pain-free if we stopped gossiping about others?? The pleasure of gossip is very short lived and always ends in un-happiness. I have noticed people doing this whilst attending important events like sadadis and weddings so maybe in the future we should have some awareness and ask ourselves the purpose we are there for and respect the ceremony and get involved.

Kindness - Kindness and pleasantness is something that touches everyone's heart and often people are remembered for this. You do not have to be a religious fanatic to be kind.

Smile – Remember a smile doesn't cost anything but works wonders. Have you ever thought of smiling at people you come across the street? It will be reciprocated. So try and wear a smile on your face.

Patience, tolerance and humility - Lord Mahavir had all these qualities as we have heard in the stories of the chandkoshik trying to sting Mahavir time and time again and he stayed calm and patient. It would be desirable for the jains to have these virtues.

Anger, lust greed - If we can try and control these, again it will bring peace and solace to our hearts and mind.

Meditate- We should take time to meditate more and focus for a few minutes towards the end of day and take score of the events and our behaviour of the day; continue what our inner conscience thinks we have done well and improve on what we could have avoided.

I would like to end by saying **Michchhammi dukaddam** from my heart and on behalf of Northamptonshire to each and every one of you. Enjoy the **Paryushan Mahaparwa**...!!!! ☺

Article by,

Jyoti Ajay Gada

OSHWAL ASSOCIATION OF THE UK – NORTHAMPTONSHIRE

JAIN PHILOSOPHY – GROUP DISCUSSION CLASSES

VENUE: KANTIBHAI AND VINABEN'S RESIDENCE:

60 GRANARY ROAD, EAST HUNSBURY, NORTHAMPTON NN4 OXA

SECOND FRIDAY OF EVERY MONTH

We have been very privileged to have Harshadbhai Sanghrajka, a renowned Jain Scholar to come from London to give us the benefit of his knowledge. Having taken early retirement, Harshadbhai decided to study religions and was accepted by the School of Oriental and African Studies (SOAS), University of London, for post-graduate study leading to Masters in Indian Religions. He continued his interest in Jainism to get a Doctorate from The Netherlands. He was appointed Lecturer by the Birkbeck College, University of London, on Jainism and now teaches Jainism in the community in the UK as well as abroad.

Year 2011 the group discussions concentrated on the 9 Reals or NavTatvas

by Sunandaben Vora.

Year 2012 we are going to discuss the aspect of Dravyas (Substances). So do please join us.

DO NOT MISS THE OPPORTUNITY TO LEARN HOW TO APPLY JAIN VALUES IN YOUR DAY TO DAY LIVES

Ring Fulvantiben at 01604 624 128 for more information

NORTHAMPTONSHIRE FUN CLUB—HELD EVERY 3RD FRIDAY OF THE MONTH

Northants Fun Club is attended by about 40 plus members. First, we provide dinner which has been prepared by volunteers, cooked at home. Then everybody is very anxious to start playing games. Mostly Bhukhar is played. We also have Rajubhai who kindly teaches how to play bridge to whoever wants to learn. Some teenagers bring other board games to play with. All age groups takes part and enjoys so much that nobody notices the time when it is the moment to wind up for the evening.



Northants Whist Drive Card Competition was held on Saturday 26th May 2012. A good attendance of 38 people out of which 36 people participated making 9 tables. Thanks to Pareshbhai who conducted the whole event very well.

Cash Prizes were awarded as follows:

1st : Deepak J Shah

2nd : Rashmi M Shah

3rd : Nitish R Shah

Knockout winners Fulvanti and Navin Shah

Knockout Runnersup Kaushika and Ashok Shah

Thanks to Hansaben, Manjuben and Ushaben for preparing the delicious Bhel and Chutney.



TWIN HEART MEDITATION

Every Thursday at Weston Bernard Pavillion (Playing Fields),

Penfold Lane, Great Billing, Northampton, NN3 9EF

Join us if you want to better your health, achieve higher level of intuition, achieve peace and harmony and much much more

Conducted by Gita Shah - Guided by Master Choa Kok Sui

Contact Gita **07751982975**

SAKHI MANDAL UPDATE

We have started planning our monthly meeting/events. Please keep the following dates free and keep a look out for more information in the coming months.

Date/Venue	Event
8 th September 2012 - Elm Court, Mutton Lane	Bollywood Night with Jay Kumar
23 rd November 2012 - St Michael's at Bowes	Annual Diwali get together
26 th January 2013 - Venue TBC	Antakshari/Karaoke Night
10 th March 2013 -	Mother's Day

For any further information please contact any of the ladies in the committee:

Binduben - 020 8367 0392

Kanchanben - 020 8368 7683

Sushiben Anil - 020 8886 0482

Smita - 020 8889 9630

Shila - 020 8807 0606

Hansaben - 020 8368 7527

Madula - 020 8368 3063

Ramaben - 020 8886 0871

Dipti - 020 8361 7222

Nishma - 020 8368 7527

Mita - 020 8886 0499

Nina - 020 8886 0482

DUE TO THE SUCCESS OF TUESDAY'S KEEP FIT CLASS FOR LADIES, NE SAKHI MANDAL
PRODULY PRESENT A SECOND **KEEP FIT CLASS ON FRIDAY'S**
STARTING IN SEPTEMBER 2012

EVERY FRIDAY 8PM - 9PM (Term Time)

Few places left, so book today to avoid disappointment

Please contact Madula on 0208 368 3063



Bollywood Night

WITH JAY KUMAR

Saturday 8th September 2012 - From 6.30pm

Elm Court Community Hall, Potters Bar, EN6 3BP

OSHWAL MEMBERS- £12.50 NON-MEMBERS £14

CHILDREN AGED 5-10 £7.50 CHILDREN UNDER 5 FREE

FOR TICKETS OR MORE INFORMATION PLEASE CONTACT:

Binduben - 020 8367 0392

Kanchanben - 020 8368 7683

Sushiben Anil - 020 8886 0482

Smita - 020 8889 9630

Shila - 020 8807 0606

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Dipti - 020 8361 7222

Nishma - 020 8368 7527

Mita - 020 8886 0499

Nina - 020 8886 0482



MANAGEMENT RESERVES THE RIGHT TO MAKE CHANGES DUE TO ANY UNFORESEEN CIRCUMSTANCES

NOT TO BE MISSED! Derasar & Shopping trip to Leicester on Saturday 25th August 2012

Depart between at 8.00am from Arnos Grove

Depart from Leicester between 6.30pm - 7.00pm

Cost - depending on numbers

Please give your names to any committee members and remember its first come first serve

SAKHI MANDAL UPDATE – EVENT REPORTS

CREATIVE CARVINGS AND COCKTAILS



On the 11th May 2012, North East Area Sakhi Mandal held an evening of Creative Carvings and Cocktails. Ramaben demonstrated vegetable and fruit carvings. She showed us how to carve flowers out of radishes, tomatoes, carrots and leeks. She also demonstrated a wedding table decor and for children's parties, etc. Our two youngest committee members, Nina with Nishma's help made Pina Colada (non-alcoholic) drink and Shilaben made a mixed fruit juice cocktail.

There were about 50 attendees including committee members and everyone enjoyed watching the carving and cocktail making. Sakhi Mandal ladies served delicious Papdi- no- lot with the cocktails. Everyone had a good night.



QUIZ NIGHT

On the 8th June 2012, North East Area Sakhi Mandal held a quiz night. Tickets for the night were sold in no time. Nina and Nishma were the quiz masters who worked hard to put the questions on an interactive board. There were 6 rounds in total which included music, logos, general knowledge and sports/Olympics. There were about 7 tables, consisting of approximately 7 people each. The 3 winning tables were each given a box of chocolates as prizes and they shared the prizes amongst all.



Sakhi Mandal ladies served hot Khichi and Chikee while the quiz was being conducted. There were bowls of popcorn, crisps and savoury biscuits on the tables for people to munch on. Everyone had an enjoyable evening.



Forthcoming Culture & Heritage Events

YOGA WORKSHOP- 25 November 2012

An annual event to rejuvenate our mind and body!

REMEMBRANCE DAY – 23 December 2012

Let's remember and celebrate the lives of our dear ones

ZUMBA CLASSES – starting in September 2012

Zumba combines Latin and International music with a fun and effective workout system. Truly addictive! To put your names down for the ZUMBA classes or for information on Yoga Workshop or

Remembrance Day please contact :-

Pushpaben p4shi@hotmail.co.uk

Mayuri maysuri@yahoo.co.uk

Daksha daksha55@hotmail.com



NE area will be holding our very own chance to **REGISTER as an ORGAN DONAR** at the **Sanvatsari Bhojan on 30th September 2012**.

More information available on the day.



JATRA- FEBRUARY 2013

- Experience the GUIDED TOUR for Jatra in Gujarat with a tailor made itinerary.
 - Includes our very own cook, Jain meals, good accommodation and transfers with luxurious buses.
 - It will be an unforgettable trip and one you will regret missing out on!
- Group bookings are available however there are limited spaces.
- For further details please contact Taraben Patani on 020 8886 4400

NORTH EAST AREA OSHWAL ASSOCIATION OF THE UK...

Is raising money for the running of an **EYE CAMP** at the Samarpan Eye Hospital Jamnagar

PLEASE HELP US SUPPORT THIS AMAZING CAUSE

DONATE **JUST £25** WHICH WILL PAY FOR

ONE EYE CATARACT OPERATION

The patient will receive a full board service – accommodation and food, which they would not be able to afford without your help.

For further details please contact Taraben Patani on 020 8886 4400



Paryushan Programme

12th September – 19th September

Venue: Harrow Leisure Centre, Christchurch Avenue, Harrow, Middlesex, HA3 5BD

Paryushan is a time for meditation and contemplation, and also a time for coming together and rejoicing in our great culture and religion

Let us use this great opportunity not only to pray and reflect, but also to unite and come together to celebrate

Once again, this year's programme has been put together to ensure full participation from all members of our community, from our respected elders to our beloved children.



In order to ensure that our whole community, and particularly the children, can take part in this joyous occasion, a number of changes have been introduced to the normal planning. The main changes are as follows: -

1. There will be fixed Nakros for the Sapnas.
2. To involve our young children we have arranged for lectures in English on selected days to introduce our children to basic aspects of Jainism. All are welcome to attend.
3. All evening sessions will be conducted in simple Gujarati.
4. Paryushan for Kids activities shall be taking place. Keep an eye on our website and e-shot for more news.

Mahavir Jayanti Swapna details as follows

DATE	DETAILS	NAKRO
Saturday, 16 th September	Swapanas (x13)	£201 per swapana
Saturday, 16 th September	Laxmi Swapna	£501



Swami Vatsalya – Savantsari Bhojan

Venue: - Oshwal Centre, Coopers Lane Road, Pooters Barr, Northaw, Herts.

Date: 23rd September 2012

Time: 12.30 pm to 4.00 pm

All Oshwals are cordially invited.



Volunteers required for various duties from 9.00am, Saturday 22nd Sept. and from 7.00am, Sunday 23rd Sept.

Please contact Nirmal 07962 177326 or Minesh 07725 707005 or send us an email to paryushan@oauk-nw.org

Members wishing to provide **Prabhavna** or **Special Prabhavna for Children** during these auspicious days please contact Khilit – 07932 715245 or Minesh 07725 707005 or send us an email to paryushan@oauk-nw.org

PROJECT EKTA – A New Dawn

INTRODUCTION

PROJECT EKTA is the purchase of **OSHWAL EKTA** Centre at 366a Stag Lane, Kingsbury, London NW9 9AA by Oshwal Association of the U.K. in the North West Area.

With the growth of our Association and the increase in local Area activity, it is necessary to find a property that provides a suitable platform from which the Areas can continue to deliver their activities and which forms a focal point for our members and is a suitable local hub. This property joins Oshwal Centre in Potters Bar and Oshwal Mahajanwadi in Croydon as a third Oshwal property in the U.K.



PROJECT EKTA

- A New Dawn



Why EKTA

The strength of our Community is its' **UNITY**, its' **EKTA**. Project **EKTA** is a beacon of hope for our community as it will provide a hub where our respected elders, emerging youth and the future of our Community, our children can come together under one roof in peace, harmony and unity. It will engender the community spirit and bring a vibrancy within our Community.

Progress so Far

Members approved the purchase of **OSHWAL EKTA** Centre at a Special General Meeting on the 29th of April 2012. Contracts were exchanged on the 18th of May 2012 at a purchase price of £2,400,000. The completion date is the 31st of August 2012.

Funding

Funding for the purchase of the Property is being raised through the following means: -

- Utilisation of existing North West Area funds
- Raising Donations through the EKTA Centre Takti Schemes
- Raising general donations from all Members – Donations of any amount are welcome.

EKTA Tree Takti Scheme

There will be a painting in the centre of the EKTA tree and Taktis allocated for the parts of the tree are as follows: -

- | | |
|------------------------|--------------------------|
| ➤ Trunk – £20,001 + | ➤ Gold leaf – £2,501 + |
| ➤ Branches – £10,001 + | ➤ Silver leaf – £1,501 + |
| ➤ Fruit – £5,001 + | ➤ Bronze leaf – £1,001 + |

We urge all members to lend their support and to donate generously. To make a donation;

- ✓ Please complete and return the Donation Form (available for download from oshwal.org)
- ✓ e-mail property@oauk-nw.org ;
- ✓ or call:

Tushar Jayantilal Shah	07816 430808
Nirmal Chandrakant Shah	07962 177326
Dipen Shantilal Shah	07881 511457

VOLUNTEERS REQUIRED

We urgently require volunteers from all Areas to assist with Fund Raising for Project EKTA in their respective Areas. Please contact us on the above e-mail / telephone numbers

Elderly Monthly Meets

Over two years ago our Former President, Tushar Shah, had a vision to do more for the elders in our community via the £120 scheme. The NW Area has since started the Elderly Month Meets (EMMs).

The EMMs have proven to be very popular and have been running on a monthly basis, on the second Saturday, from February 2012.



The meets start at around half eleven, opened with a prayer and followed by a forty-five minute Yoga session conducted by either Mina Haria and Kirti (Kilu) Shah assisted by Daksha Modha.

This is followed by a scrumptious Gujarati lunch and an afternoon full of entertainment. The afternoon comes to an end around half past three with some tea and biscuits.



Entertaining Afternoons:

Antakshree, Bhajans, Famous Bollywood tunes, Card Games, Bingo, Stand-up Comedians, Advisory talks on various subjects. These are but a few of the entertaining programmes

that have been organised in the past and will follow in the future as well.

We would also like to encourage our professionals who can speak Gujarati to give advisory talks on various topics; finance, health, legal, etcetera.

Past events:

In February Mulchandbhai shared some of his life experiences and jokes. In March we had an afternoon of Bhajans and Stavans by Manher Prabhulal Shah. All the attendees sung along with devotion.

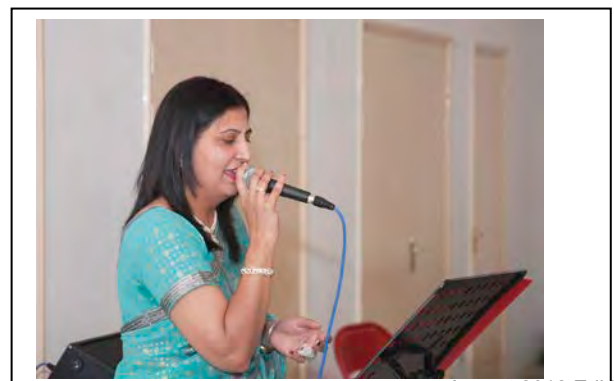
April saw Pandiya & Party perform Jokes & Old Hindi Songs, enticing all to join in as well. In May we had an afternoon of Bhajans and Stavans sung by all. June was challenging yet fun, with antakshree organised by Anjnaben and Nimuben.



Future Events:

In July we have arranged a sing along session with Gujarati and Hindi medleys. Enjoy traditional, folk and Bollywood tunes. August will be a special celebration of the Indian Independence Day. Dress up in colours of the Indian flag and celebrate with an afternoon of Karaoke reciting the famous Independence Day tunes.

In September, due to Paryushan, there will be no EMM, instead we shall be meeting at Harrow Leisure Centre, for the Paryushan.



In October, we shall enjoy the Navratri festival and dance to the melodious Raas Garba tunes. November will then bring the festival of lights, where we will enjoy sweet and savoury treats. All the elders of the community are invited to the NW to enjoy the Diwali Hunjama. December will bring the Christmas spirit and we will enjoy the benefits of an advisory session ending with a round Bingo.

Sub-committee and volunteers:



Meet some of our sub-committee members and volunteers with the help of whom the meets are flawless and colourful. We appreciate all their efforts and encourage more people to join in to volunteer at the meets.

The EMMs are organised and run by a sub-committee alongside other selfless volunteers, who help out during the meets and with the preparations beforehand.

The committee and helpers tend to distribute the preparation of food amongst themselves. Sometimes this is catered out, but most of the times it is prepared in-house. The sub-committee also ensures the Jain thithi is kept in mind while deciding the menu.

Sponsors:

We would like to show our appreciation to all the sponsors who have contributed towards the EMMs in the past and future.

Our heartiest thanks to all who have sponsored and contributed their time and service for the Elderly Monthly Meet event.

If you would like to sponsor an event please contact any NW committee member or speak to the EMM team at the event.



In May the meal and afternoon entertainment was sponsored by Menaben Amichand Somchand Shah in Memory of Jethiben & Somchand Jadvji Shah.

In July the meal and entertainment will be sponsored by Meena Narendra Shah in Memory of Jethalal Khimji Shah.

A sweet dish will be sponsored by Nirmal Chandrakant Shah, in celebration of Sushilaben Chandrakant Shah's birthday, in August.

Location Location Location:

For easier commute for the elders the EMMs are held in Kenton at St Aslems Church on Uppingham Avenue. We shall soon be able to hold these at Oshwal EKTA Centre on Stag Lane, which is equally easy to commute to.



Registration and further information:

Due to high demand, EMMs are now on pre- registration basis only. Please call Amritlal Premchand Shah, 0208 907 7972, for registration, enquiries and sponsorships options.

For Future EMM dates, visit the Oshwal website and check out the events page.

OAAK NW Area

Proudly Presents

Whist Drive

Saturday, 13th October
Saturday, 10th November
Saturday, 8th December

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 OAAK membership required at the door.

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



Contact:

Dilharbhai D Shah Tel : 07870 846 729

Email - dilharbhai@hotmail.com

Premharbhai D Shah Tel : 020 8723 8368

Email - drdvp@hotmail.co.uk

Saileshbhai P Shah Tel: 07745 871623

Email - bhartsailes@hotmail.com

Vinaben J Shah Tel : 020 8866 7223

Email - jyoti_dhanani@hotmail.co.uk

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

OAAK 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 OAAK membership required at the door.

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

Ages - 16 & over.



Bhukhar Team

Sailes Shah – 07745 871 623
bhartsailes@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

2012 Dates:

October 20th

November 17th

December 15th

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

ELDERLY MONTHLY MEETS (EMMs)



☛ Lunch

☛ Health & Welfare

☛ Board Games

☛ Karata

☛ Bhajans

☛ Yoga

☛ and much more....



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, Email: welfare@oauk-nw.org

Forthcoming Dates

Sat, 11th August (Independence day theme)

Sat, 13th October (Navratri Theme (dress up))

Sat, 10th November (Diwali Theme)

Sat, 15th December (Xmas Theme)

NOTE: For December, the EMM event shall be taking place during the 3rd week (15th)

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

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

We reserve right of admission

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

For bookings & information contact:

Amubhai Shah - 020 8907 7972

amuamu@hotmail.co.uk

Mahendrabhai Chandaria - 020 8958 8445

ml.chandaria@hotmail.com

Mahendrabhai Malde - 020 8864 2522

mmmalde@yahoo.com

Our heartiest thanks to all who have sponsored and contributed their time and service for the Elderly Monthly Meet event.

If you would like to sponsor an event please contact any NW committee member or speak to the EMM team at the event.



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

Funded by OSHWAL
£120 Donation Scheme



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

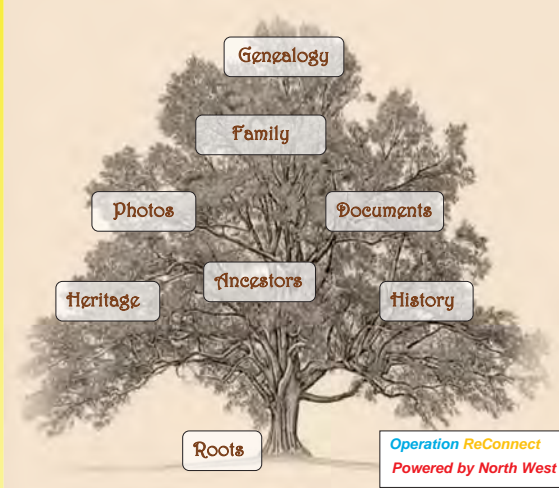
There is a £30.00 registration fee for new students.

For more information please contact Nirmal or Milan at

NWACAS@OAUk-NW.ORG



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



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
to register your interest today



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



£120

Funded by OSHWAL
£120 Donation Scheme

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 News Magazine of the O.A.U.K.



ઓશવાલ અસોસિએશન ઓફ ધ યૂ.કે નોર્થ વેસ્ટ એરિયા

રજુ કરે છે

કમ્યુનિકેટ !!!



- ક્યારે મોબાઈલ ફોન વાપરીયો નથી ?
- અંગ્રેજી માં વાત કરવી કે અંગ્રેજી સમજવું મુશ્કેલ પડે છે ?
- કમ્પ્યુટર, ઇ-મેલ અને ઇન્ટર્નેટ 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 ૮૮૦૭ ૧૫૧૭

દીપેન – ૦૭૮૮૧ ૫૧૧૪૫૭ / ૦૨૦ ૮૩૫૭ ૧૪૮૩

મિલન – ૦૭૯૬૮ ૮૧૭૦૪૩ / ૦૨૦ ૮૮૦૭૬૦૯૬

અરજી ફર્સ્ટ ફ્રમ ફર્સ્ટ લેવા માં આવશે

ફક્ત ઓશવાલ લાઇફ મેમ્બર માટે



£120

Funded by OSHWAL
£120 Donation Scheme

ઓશવાલ અસોસિએશન ઓફ ધ યૂ.કે | ઓશવાલ સેન્ટર, કોપર્સ લેન્ડ રોડ, નોર્થો, હર્ટ્સ. એન.કે. ૪.ડી.જી

ટેલીફોન: ૦૧૭૦૭ ૬૪૩૮૩૮ ચેરીટી રજીસ્ટ્રેશન નંબર: ૨૬૭૦૩૭

August 2012 Edition

What's been happening in your Area

12 th May 2012	Whist Drive – St Anslem's Church, Uppingham Avenue
12 May 2012	Elderly Monthly Meet – St Anslem's Church, Uppingham Avenue
19 th May 2012	Bhukhar Club – All Saints Church, Queensbury
9 th June 2012	Whist Drive – St Anslem's Church, Uppingham Avenue
9 th June 2012	Elderly Monthly Meet – St Anslem's Church, Uppingham Avenue
16 th June 2012	Bhukhar Club – All Saints Church, Queensbury
29 th June 2012	Re-Active8 Team Sports Relay Games for Under 7s and Under 12s
1 st July 2012	The Family Picnic II – Telematch Style
7 th July 2012	Workshop - Oshwal Women in the Modern World
14 th July 2012	Whist Drive – St Anslem's Church, Uppingham Avenue
14 th July 2012	Elderly Monthly Meet – St Anslem's Church, Uppingham Avenue
21 st July 2012	Bhukhar Club – All Saints Church, Queensbury



FUTURE EVENTS

Bridge Beginners Classes

Beginners course for learning bridge. The course will be 18 to 20 weeks and Normal Club fees will apply.

For More info and to register your names please contact:

Ashokbhai on 020 8679 0153 or Ramnikbhai on 020 8680 3200.

We are starting the 2nd term for those who have done course 1 or for those who have played bridge before and want to refresh on Wednesday 11th July. Please Contact Ashokbhai or Ramnikbhai.

Oshwal Volunteers Group

To register your name to help out at any of our events please contact Chunibhai for more info on 0208 689 7201

Media & Communications

If you wish to assist M&C, please contact:

Ravi by email ravishah100@yahoo.co.uk or

Mitul by email mitsky@hotmail.com

Music Classes

Music Classes run on Monday evenings for adults from 8.30 pm to 9.30 pm. There are 10 lessons per term. At these classes, Hindustani Music (North Indian Classical Music) is taught in group sessions. For further details, please contact Dhirubhai Shah on 020 8684 3592.

South Area Property

We would like to re-develop our Mahajanwadi, We would kindly urge you to join up to our £240.00 Mahajanwadi re-development Scheme. For more details contact Shashibhai Premchand Shah on 020 8644 4089

Oshwal Gujarati School Reunion

Date: TBA Time: TBA Venue: Oshwal Majanwadi South Area

For more info or if you wish to help with planning please contact:

Sureshbhai Anandji Shah – 020 8664 9170 or email gosrani2003@yahoo.co.uk

Ashokbhai Meghji Shah – 020 8679 0153 or email ashok_shah@hotmail.com

Kamalbhai Somchand Shah – 020 8684 3792 or email kamalshah33@googlemail.com

CALLING ALL SOUTH LONDON GUJARATI SCHOOL EX STUDENTS

Zumba Classes

Oshwal Majanwadi - Starting Date: TBA

Contact Kelly Chandaria for more info: kc3107@googlemail.com

Darshan in Derasar

We are holding classes on how to have darshan in the derasar for all ages. Basic Rituals will be shown.

Every Sunday Mornings 10.00 am to 11.00 am
South London Derasar, South London Mahanjanwadi.

This is a Unique Opportunity not to be missed by anyone. For more information please contact:
Shashikantbhai (Batukbhai) on 020 8684 0433
Dhirubhai 020 8684 3592
Please Come and Support us.

Bhavna In Derasar

Third Saturday of the Month when there is Daal Rotli.

For more information contact:

Shashikantbhai (Batukbhai) on 020 -8684 0433.

Please come and Support.

Trip to Antwerp Derasar

A Coach Trip is being organised on:

31st Aug to 2nd September 2012

Cost:

£220.00 (Oshwal Members)

£250.00 (Non Oshwal)

To book your space and more details contact:

Shashikantbhai (Batukbhai) on 020 -8684 0433

Dhirubhai 020-8684 3592

As Soon As Possible. First Come First Served.

This is a Unique Opportunity not to be missed by anyone.



Bhajan & Bhojan Night

Saturday 29th September 2012

South London Oshwal Mahajanwadi, Croydon

For Further Info and Tickets Please contact Kamalbhai Somchand Shah on 020 8684 3792

Oshwal Youth Club (South)

Easter trip (6th to 9th April 2012) to Tile Barn in Brockenhurst

The time was set for 10.00am Friday 6th April 2012 for all attendees to gather at the Oshwal Mahajanwadi to board the 2 minibuses taking them to the eagerly awaited Easter trip. The dilemma we faced was where to put the mountain of luggage and rations for the scrumptious meals planned for the weekend together with the fruits provided by Croydon Fruiterers. Luckily we had the van, driven by Nipun, to all carry these items separately otherwise everyone would have been sitting on their bags and would have had to survive on milk and bread.

The trip had been organised as a family outing and we had a total of 19 children and 17 adults or was it 20 children and 16 adults (Kelly could be deemed as a child as she got on spiffingly with the girls) As there were 36 members on the trip, they were split into 4 teams of 9 with all members being monitored over the weekend to look at interaction, leadership and teamwork, part of the development we try to encourage (or should I say, less work for us).

The journey to the venue took a bit longer than anticipated due to the Easter Friday gateway, but on arrival at Tile Barn, all the girls rushed straight to the washroom to check the facility. After the experience of the previous year, they were apprehensive of what awaited them, more spiders and creepy crawlies! What they found was a spick and span facility and the expected whinging was avoided to the relief of the organising committee. What was worse, was the boys at the end of the day, after the team building activities of the first day, spent longer than the girls in washroom. We had to send a team out to get them out.



The barn had two dorms each sleeping 16 people, which led to another mind scratching exercise of how to divide the groups; all adults in 1 room and the children in the other or boys in one room and the girls in the other. We went for the gender option to avoid the fighting which was expected to entail if all the adults were left together.

A regimented timetable had been prepared by Vikesh (all the experience of CCF/Duke of Edinburgh training) including lights out at 9.00pm for the children. This all went out of the window on the first night. We realised straightaway we had a rowdy bunch on our hands. Operation Tired Out went into action for the next day.

Everyone was woken up by 7.30am the following morning and after a sumptuous breakfast, everyone had to participate in activities planned for the day consisting of archery, climbing, hiking and Easter egg treasure hunt. The day had started with a slight drizzle so the first group on climbing had the most difficult task. The hikers had to walk a circuitous route of about 5 miles except for the two groups in the afternoon which ended up doing 10 miles as they

~ South Area ~

were dropped off at the wrong point. As always, the archery competition was won by Mitul, he of course has the unfair advantage of long limbs.

The evening entertainment was a variety of quizzes amongst the 4 groups. Why is it that the team that loses always feels cheated. There were claims of favouritism, unfair questions and down right slanging matches but I was having none of it. The evening was rounded off with hot chocolate and dessert. The children were ready to go to bed more readily.

Sunday started with a hot breakfast of hash brown, beans, tomatoes and toast and the group left the site at a leisurely pace to Bournemouth. Rain was expected but it turned out to be glorious sunny day. We found a spot on the beach and camped out with the children organising a game of Kabadi which the adults soon joined in. A crowd of onlookers gathered around to watch us play our traditional Indian game, some scratching their heads at someone suddenly rushing from one side shouting Kabadi, Kabadi, Kabadi trying to tap someone and wondering what on earth was going on. On returning to the minibus to return back to the barn, we found some of the participants had decided to bring a tonne of the Bournemouth sand as a souvenir.

An evening BBQ with a campfire had been planned for the last night and the barbecue veggieburgers and marinated vegetables were duly consumed. Everyone gathered around the campfire, with the heated marshmallows between chocolate biscuit and gave their opinions and feedback on the trip. It seemed the parents had enjoyed the trip as much if not more than the children.

Everyone trooped back to the barn for the last night of entertainment with some new games which had both the adults and the children flabbergasted. Nipun is still trying to figure one of these out. What was great to see, was a number of the adults travelling with us could recall similar trips they had attended with the youth club 20 or so years ago and how their children were enjoying the same again.

These trips build lasting friendships and also allow the younger members to develop their skills and this was highlighted on the last night when it was planned that one member from each team would have been nominated by their team leader to have shown extraordinary skills, whether it was leadership, team play, compassion or just plain organisational skill. On discussions among the team leaders, we were all surprised to find that each team had two members who had shown these abilities and they were duly nominated. Such characteristics among our members help make our community stronger and seeing this was truly the most satisfying outcome of the trip.



**Report written by,
Hiten Savla**

Always Consider Using Our Oshwal Majanwadi for Any Private Functions.

For charges enquire with the Office (020 8683 0258) or email adminsouth@oshwal.org

If you have any feedback or suggestion, please forward it to our secretary by email rajeshbid@btinternet.com

Please kindly support us in any events we do and volunteer beforehand.

Please visit our website at www.oshwal.co.uk for Regular Updates

Ravibhai Shantilal Shah

Media & Communication Chairperson, South

Ravishah100@yahoo.co.uk



OSHWAL

Association of the U.K.

WEST AREA



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

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

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



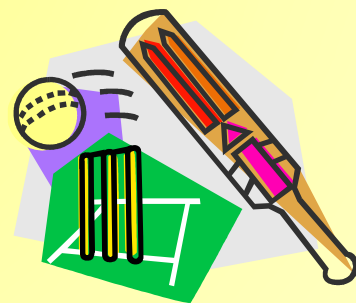
Family Club



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

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

**STILL NOT LATE TO JOIN IN FOR THIS YEAR .
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- Our experienced staff provide excellent teaching standards
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Ushaben Shah on 020 8230 6637 or

Bhikhubhai on 07768653387

(evenings and weekends only please)

email: ushashah15@hotmail.com



The Miracle of Life

Boys/Girls, we're all just souls

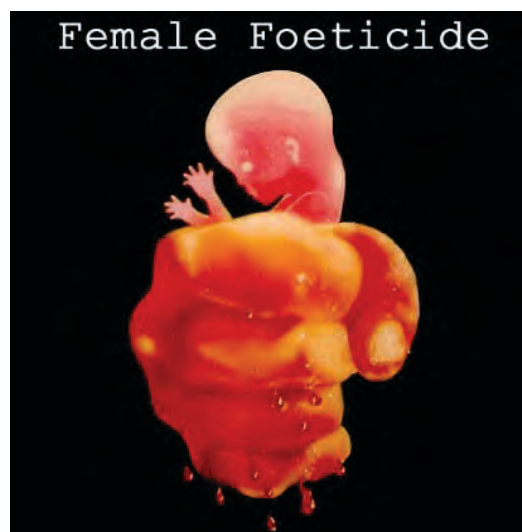
Brushed under the carpet no more

So, I'm going to make history by admitting that I've become a young British Indian who thoroughly looks forward to watching Star Plus on a Sunday. I watched the first episode of Satyamev Jayate with my parents one lovely Sunday morning. It was on female foeticide (gender-selected abortion), and it struck a chord in my heart. To those of you who know me personally; you'll know I have loving parents, a beautiful little sister and three addictive nieces whom I adore. Those of you know me slightly better will know that my parents have brought up my sister and I, as their sons. We have the mindset that anything is possible, regardless of gender. Finally, those of you who know me best will realise that not even my parents are to blame for how opinionated I am and how I'm convinced that I could potentially better a man at anything I turn my hand to. Women should be seen and heard, men aren't the only ones who can play sport or fix things. It is this passion and determination that I hope to pass on to my sister, nieces and women of all ages. So, when I watched 'Daughters are Precious' – I knew this had to be the focus of this article.

You may be thinking that in this day and age, it's incredible to think that parents would still prefer to have sons over daughters. I beg to differ. Even from personal experience I've seen this truth. After the birth of my sister and me, my parents were faced with 'condolence-like' comments from a select few, as opposed to congratulations. I guess I actually have to thank these individuals, as it's made me the feisty tomboy I am today. However, the killing of unborn girls (female foeticide) is a sickening reality in some parts of the world, especially India. Who's to blame?? One could say the unscrupulous doctors who allow or even promote these procedures, and some may say it is the society, culture and traditions that are so deeply ingrained in Indian heritage that encourages this desire for a male heir.

My mother is the centre of my life. She is there for me day or night – even at this age. When I'm on long night shifts, she'll stay awake texting me to make sure I'm ok. When I'm not well, or simply just too tired, she'll know straight away and be there with medicines and shak rotli. She is my confidant and inspiration, and I truly wish to look out for my own children in the same way. This concept of a loving, nurturing, doting mother runs deep in the Indian psyche. So why is it that mothers – who were once born daughters – can be so mistreated?

Amir Khan explored some sad stories of women forced into gender selected foeticide. One woman from Ahmedabad forcibly underwent numerous abortions, as her husband and in-laws did not want a daughter. After her eighth abortion, this unfortunate woman could take it no more, and turned to her parents for help when she next fell pregnant. Luckily, she managed to save this baby's life and is now blessed with a healthy 8 year old daughter, Kamyra. In fact, many people believe it is the woman who controls the gender of the child. Science has proven this completely incorrect. Within each of us, there are millions of cells and each of these cells has a special code (DNA) which is unique to each of us and makes us who we are. Part of this genetic code defines whether we are a boy or girl. A father's sperm, can contain either 'X' or 'Y' chromosomes, whereas a female egg contains all 'X' chromosomes. Thus, to conceive a boy, a sperm containing a 'Y' chromosome must bind to a female egg, and to conceive a girl, a sperm containing an 'X' chromosome must bind to a female egg. So, it is the father who unknowingly determines the gender of the child.



It has been estimated that between 3 and 5 million girls have been killed due to female foeticide. Contrary to popular belief, this shocking truth occurs in urban, educated sections more than in rural areas. Census figures in India show that in 2011, for every 1000 boys, there were only 914 girls. This might not seem a lot, but for every 10,000 boys this is

9140 girls... and for every 1 million girls, this is only 914000!! Disgustingly, some clinics offer 'package deals' of sonography combined with abortion, despite this being illegal.

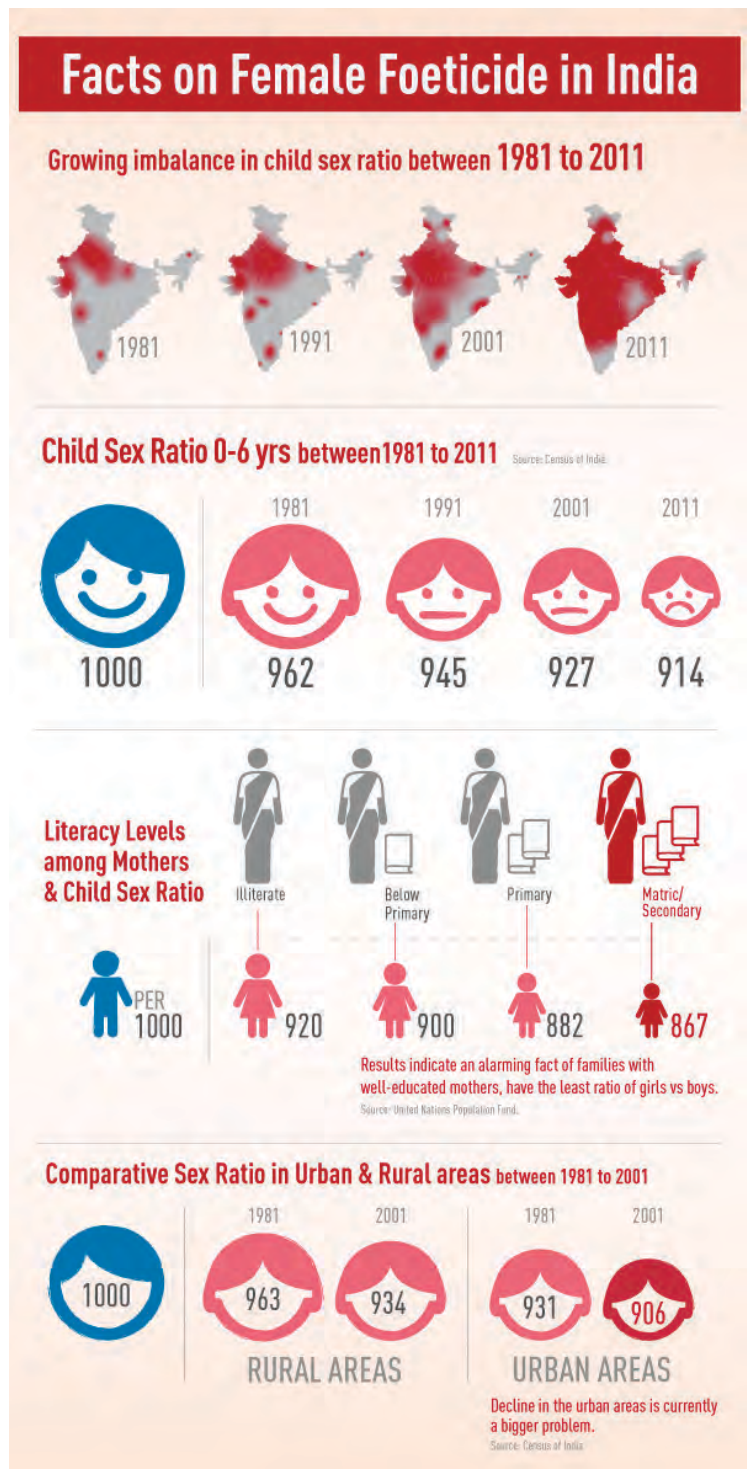
Female foeticide began to occur in the 1970's, when there was a huge rise in the population size. It was believed that if girls were eliminated before birth, people would have fewer children and so this would be a solution to the population problem. This soon became illegal, but the damage had already been done. With the development of ultrasound technology, corrupt doctors were able to illegally disclose the sex of a baby for extortionate amounts of money. But it's 2012; it's the age of modern technology, fair-trade and gender equality. You'd expect that the Indian government and its heads of court would not take such disgusting behaviour lightly. Wrong. It's estimated that 50,000 doctors are involved in fuelling this malpractice, but the Indian Medical Council has not struck off a single doctor so far. Even the judges in courts are not against it. This in itself is condoning the killing of these female fetuses.

So, what is the reality of the situation? It's not hard to work out that if you kill all female fetuses, and leave just male children, you will end up with a surplus of males or indeed bring an end to procreation altogether! In India, there are now huge numbers of unmarried men, over 30 and unable to find life partners, simply because there are not enough girls! This in itself could lead to horrific circumstances, where women may be traded like commodities as brides. Crimes against women will only increase.

It is OUR responsibility to educate each other and to make sure the daughters of India are not denied the right to live. We may be halfway across the world, but we can do so much. Educating midwives and doctors etc is only half the battle. More drastic action needs to be taken to persuade the courts to take these cases seriously and to reprimand and punish anyone involved in these heinous acts. And no, this isn't just a problem in India. Did you know that recently three doctors in this country were struck off for this very reason?

Our obsession with gender is a shameful facet of archaic and backward thinking, and raises a fundamental question. What do we want our **motherland** to be known for? Female foeticide or the Taj Mahal (built for a woman, remember!!) Firstly, I urge each of you to watch the previous and upcoming episodes of this brilliant series. It is available on YouTube with subtitles, and is suitable for the young and old. But most of all, to those of you with daughters, I urge you to instil them with the knowledge that they are on a par with men, and to those of you with sons, I urge you to instil within them the respect that women deserve.

Article by, Priya Dipak Shah





Summer Sun Safety

Priya Dipak Shah

Summer is here! Let's face it, we may be darker skinned than the average UK resident, but we still love topping up on our vitamin D and spending quality time outside in the sun. Be it going on holiday to tropical corners of the world; picnics with family and friends; playing cricket at the local park or simply doing a spot of gardening – it's inevitable that we're all exposed to the sun at some stage of the summer. Those of you, who are lucky enough not to be chained to an office desk, may also be exposed to the elements. During this season of fun and frolicking, it is imperative to remember that although sunshine can be blessing, it can also be a curse.

UV Radiation

The sun can cause damage to our bodies when its ultraviolet (UV) rays penetrate the skin, causing damage to cells. UV rays are just some of the components of the radiation emitted from the sun; however these rays can also be emitted from artificial sources such as tanning lamps. Unlike other components of sunlight, UV rays cannot be seen or felt, which makes sun safety even more important! The UV spectrum can be subdivided into UVA, UVB and UVC light. UVC rays do not reach the Earth's surface, however UVA and UVB radiation are responsible for sunlight's harmful effects on the body.

What affects the intensity of solar UV radiation?

- Sun height – the higher the sun in the sky, the higher the UV level
- Latitude – the closer you are to the equator, the higher the UV level
- Cloud cover – heavy clouds can reduce UV levels
- Ozone – layer of the atmosphere absorbs UV radiation, thus preventing it from reaching the Earth's surface
- Altitude – higher altitudes mean a thinner atmosphere and so filters less UV radiation
- Environment – different surfaces reflect or scatter UV rays to different extents. For example, snow reflects 80% of UV radiation.

But why is this all relevant?

Now I know what you may be thinking – these healthcare professionals, first they say 'go in the sunlight to ensure your vitamin D levels are high', now they're saying the sun is dangerous! Well, you're right. The sun enables our body to produce vitamin D which is vital for bones, immunity and blood cells. Sunlight can have short term and long term effects on the body.

In the short term, excessive exposure to sunlight (and thus UV radiation) causes sunburn. This can cause reddening of the skin, pain and blistering. However, the more concerning effects of sun exposure are long term ones. Over time, UV exposure can accelerate skin ageing, induce mutations in skin cells and these have the potential to lead to skin cancer. Skin cancers are not necessarily related to sun burn, but definitely are related to long term exposure to sunlight. It is not only the skin at risk from sun damage. The eyes can develop cataracts (clouding of the lens) and pterygium (growth on the eye) with long term exposure to UV radiation.

Who is most at risk in the sun?

It is important to remember that **anyone** can get skin cancer. Granted, those with darker skin have increased protection than those with fairer skin. Nevertheless, no matter what our skin colour, we are all potentially susceptible to skin damage. The following groups of individuals must take extra precautions:

- Fair skin that burns in strong sun
- Red or fair hair
- A lot of moles or freckles
- A personal or family history of skin cancer

- Been sunburned before

Top Tips for Skin & Eye Safety in the Sun

1. Limit time in the sun

By avoiding spending time in the sun when UV radiation is at its most (between 10am and 4pm), this reduces risk of sun damage to the body. During these hours, indoor activities should be planned if possible. If it is necessary to remain outdoors during these periods, it is imperative to make maximum use of the shade.

2. Dress with care

If you are going to be spending time outside, try and cover as much of your skin as possible. Garments that are loose fitting, long sleeved or full length trousers/skirts are most effective. It is also advisable to wear a wide brimmed hat to provide shade for the face, neck and ears

3. Sunscreen

Sunscreen is imperative for all parts of the body exposed directly or indirectly to the sun. To ensure protections against both UVA and UVB rays, choose a sunscreen with a sun protection factor (SPF) of at least 15. The higher the SPF, the better the protection against UV rays. Remember, if you're likely to be in contact with water – choose a water resistant sunscreen! Here are some extra handy tips:

- Apply the recommended amount evenly to all uncovered skin
- Apply 15 minutes before going out in the sun
- If you don't have much hair, apply sunscreen to the top of your head too
- Reapply as recommended
- Babies and children require extra care in the sun. Apply sunscreen to children older than 6 months, every time they go out.

4. Avoid sunlamps and tanning parlours

5. Sunglasses

Did you know, eyes can get sunburnt too? A long day sitting on the beach or in the snow without adequate eyewear can cause short term reversible sunburn of the cornea. To prevent the short and long term effects of sun damage on the eyes, invest in a pair of sunglasses. No, this doesn't mean that the most expensive designer pair will protect you best from UV rays. Ensure sunglasses are labelled as being 99 -100% UV protective and aren't just to accessorize your outfit! You may want to check there is no colour distortion – remember you're likely to wear your sunnies whilst driving, and you don't want to get caught jumping a red (and mistaking it for a green light), or possibly more embarrassingly, the other way round... Your children's eyes are just as fragile as yours, if not more so. Make sure their sunglasses are UV protective too!

So that brings my sun safety advice to a close! For further information on sun safety in children please see the Oshwal Youth Magazine!

The following sites have been used to compile this article, and may also be of interest to you:

<http://www.nhs.uk/LiveWell/Summerhealth/Pages/Summerhealthhome.aspx>

<http://www.who.int/uv/en/>

<http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm049090.htm>

Article by,

Priya Dipak Shah

and Gujarati Translation by,

Ramilaben Suryakant Shah

ઉનાળો, સુરજ અને સલામતી

ઉનાળો નજીકમાં આવ્યો સમજો ! તો તેનો સામનો તો કરવોજ પડશે .આપણે ભલે ગોરા લોકો કરતા ઘઉંવર્ણીય ચામડીવાળા હોઈએ, પણ છતાં આપણ ને વિટામીન "ડી"ની જરૂર છે.તેથી તે માટે આપણે સૂર્યના તાપને માણવાની જરૂર છે. દુનિયાના ટ્રોપિકલ દેશોમાં રજાઓ ગાળવા જવાનું હોઈ, કુટુંબ કે દોસ્તો સાથે પર્યટન અથવા ઉજાણી કરવા જવાનું હોઈ, પાર્કમાં ક્રિકેટ રમવાનું હોઈ અથવા બગીચામાં બાગકામ કરવાનું હોઈ --તો ઉનાળાના તાપથી આપની ચામડીને એક યા બીજી રીતે બચાવવી અનિવાર્ય છે. જેઓનું કામકાજ બહાર ધૂપમાં જવાનું હોઈ તો તેમની ચામડી સૂર્યના કિરણોના સંપર્કમાં આવે છે. આ દેશમાં ખરો ઉનાળો માણવો અઘરો છે પણ છતાં જેટલો મળે તેટલાની મોજ માણતાં યાદ રાખવું જરૂરી છે કે સૂર્યતાપ એક આશીર્વાદ પણ છે તેટલો ચામડી માટે શ્રાપરૂપ પણ છે.

વર્ણપટના અદ્રશ્ય કિરણોનું વિકિરણ (યુવી રેડીએશન)

સૂર્યના અલ્ટ્રાવાયોલેટ (યુવી) કિરણો આપણીચામડીને નુકશાન કરે છે. આ યુવી કિરણો નરી આંખે દેખાઈ નહિ અને આપણને જણાઈ પણ નહિ. તેથી તાપથી સુરક્ષા રાખવી વધારે મહત્વની છે. આવર્ણપટના ત્રણ વિભાગ છે--યુવી "એ", યુવી" બી" અને યુવી "સી". યુવી" સી" ના કિરણો પૃથ્વીની સપાટી સુધી નથી પહોંચતા. પરંતુ યુવી "એ" અને યુવી "બી"ના કિરણો આપણા શરીરની ચામડીને નુકશાન કરે છે.

સોલાર(સૂર્યના) યુવી રેડીએશનની તીવ્રતા શેને લેધે ?

- ૧) સૂર્યતાપ - આકાશમાં સુરજ જેટલો ઉંચાઈ પર તેટલું વધુ યુવીનું પ્રમાણ .
- ૨) અક્ષાંશ (લેટીટુડ)- વિષુવવૃત(એક્વેટોર)ની જેટલા નજીક તેટલું યુવીનું પ્રમાણ વધુ.
- ૩) વાદળા - કાળા વાદળા યુવીના પ્રમાણને ઘટાડે છે.
- ૪) ઓઝોન - હવામાનમાં ઓઝોનની સપાટી યુવી રેડીએશન ને ધરતીની સપાટી સુધી પહોંચવા નથી દેતી .
- ૫) દરિયાની સપાટીથી ઉંચાઈ - (એલટીટુડ) જેટલી ઉંચાઈ વધારે તેટલી હવામાનની હવા પાતળી જેથી રેડીએશન ઓછું ગળાય .
- ૬) વાતાવરણ - જુદી જુદી સપાટીઓ પર યુવી કિરણો જુદા જુદા પ્રમાણમાં પ્રતિબિંબ પાડે છે . દા. ત. બરફ ૮૦% યુવી રેડીએશનનું પ્રતિબિંબ પાડે છે.

પણ શું આ બધું સુસંગત છે?

આરોગ્ય નિષ્ણાંતો બંનેબાજુ બોલે છે- બહાર સૂર્ય પ્રકાશ લ્યો કારણકે તમને વિટામીન "ડી" મળે છે જે હાડકાં માટે, તમારી અંદરની તાકાત માટે અને લોહીના કણો માટે બહુજ જરૂરી છે.

સૂર્ય પ્રકાશ બે રીતે શરીરને અસર કરે છે:-

૧) ટૂંકા ગાળે- સૂર્ય પ્રકાશમાં વધારે પડતું રહેવાથી યુવી રેડીએશન ચામડીને દગડે છે ,જેથી ત્વચા લાલ થઈ જાય, દર્દ થાય અને ફોલ્લા પણ ઉપાડી પડે.

૨) લાંબે ગાળે - લાંબા સમય સુધી ધૂપમાં રહેવાથી યુવી રેડીએશનથી ચામડીમાં વયોવૃધ્ધી આવે છે. ચામડીના કણોમાં પરિવર્તન થવાથી ત્વચાનું કેન્સર થવાનો ભય રહે છે.સૂર્ય જલનથી ચામડીનું કેન્સર નથી થતું પરંતુ લાંબા ગાળા સુધી ધૂપમાં રહેવાથી થાય છે.ફક્ત ત્વાચાજ નહિ પણ આંખોમાં પણ મોતીબિંદુ થવાની શક્યતા રહે છે. અને ટેરીજ્યમ -આંખ ઉપર કચાંક ગાંઠ વધે છે.

સૂર્ય પ્રકાશથી કોને વધારે નુકશાન

એ યાદ રાખવું જરૂરી છે કે કોઈને પણ ત્વચાનું કેન્સર થઈ શકે છે.કાળી ચામડીવાળાને ગોરી ચામડી કરતાં વધારે રક્ષણ મળે છે. છતાં પણ ચામડીનો રંગ ગમે તે હોઈ પણ તેને નુકશાન થવાની શક્યતાતો છે જ.

નીચેની વ્યક્તિઓએ વધારે સાવધાની રાખવી જોઈએ :-

- ૧) ગોરી ચામડીવાળાની ત્વચા સુરજના વધુ પડતા તાપથી દાઝી જાય છે .
- ૨) લાલ અથવા સફેદ વાળવાળાઓએ.
- ૩) ચામડી પર અધિક મસાઓ અથવા બદામી ટપકાંઓ હોય તેમણે.
- ૪) ચામડીનું કેન્સર વારસાગત પણ હોઈ શકે .
- ૫) પહેલાં ક્યારેય ત્વચા ધૂપને લીધે દાઝી ગઈ હોઈ તો.

ધૂપમાં ત્વચા અને આંખને બચાવવા માટે શું કરવું તે માટે થોડી સલાહો

૧) સૂર્ય તાપમાં ઓછો સમય ગાળવો

ત્વચાને નુકશાન ન થાય તે માટે સવારના ૧૦ વાગ્યાથી બપોરના ૪ વાગ્યા સુધી ધૂપમાં યુવી રેડીએશન અધિક હોઈ ત્યારે બહાર ન જવું . આ વચલા ગાળામાં બંને તો ઘરની અંદરની પ્રવૃત્તિઓ કરવી. અને જો આ ધૂમ તડકામાં બહાર જવાનું થાય તો છાયડામાં રહેવું.

૨) અનુકુળ વસ્ત્રો પહેરવાં

બહાર જ રહેવાનું થાય તો જેમ બંને તેમ વધારે શરીરને ઢાંકેલું રાખવું. ઢીલા, પાતળા કપડાં, લાંબી બાય વાળા અથવા લાંબા પાટલુન/સ્કર્ટ પહેરવાં . માથે પહોળી ટોપી પહેરવી જેથી મોઢું ,માથું ,ગળું અને કાનને રક્ષણ મળે.

૩) સનસ્ક્રીન

શરીરના ભાગો એક યા બીજીરીતે જો તાપમાં ખુલ્લાં રહેતાં હોઈ તો સનસ્ક્રીન વાપેરવું. સૂર્યથી બચવા અને યુવી "એ" અને યુવી "બી"થી રક્ષણ મેળવવા "એસ પી એફ "(સૂર્યથી બચાવવા માટેના ફેક્ટર) ૧૫ વાળું સનસ્ક્રીન વાપરવું. "એસ પી એફ " જેટલું વધારે તેટલું વધારે રક્ષણ મળે. પાણીમાં જવાનું થાય તો તેવું સનસ્ક્રીન વાપરવું .

થોડી જરૂરી સૂચનાઓ :-

- શરીરના ખુલ્લાં ભાગો ઉપર જરૂર પ્રમાણે સનસ્ક્રીન ક્રીમ વાપરવું.
- તાપમાં જતાં પહેલાં ૧૫ મિનીટ પહેલાં તે વાપરવું.

- માથામાં વધારે વાળ ન હોઈ તો ટાલમાં પણ તે ક્રીમ લગાડવું .
- આ ક્રીમનાં પાકેટ ઉપર ભલામણ કરેલ હોઈ તેટલીવાર ફરીથી લગાવવું .
- તાપમાં શિશુઓને અને બાળકોની વધારે ધ્યાન રાખવાની હોઈ .છ મહિનાથી ઉપરના બાળકોને જેટલીવાર બહાર તાપમાં જાય તેટલીવાર બાળકોનું સનસ્ક્રીન લગાવવું.

૪) સૂર્ય દિવાઓ અને ટેનિંગ પાર્લરમાં જવાનું ટાળવું

૫) સૂર્યના ચશ્માં - કાળા ચશ્માં

આપને કદાચ ખબર નહિ હોઈ, પણ આંખો પણ સૂર્યતાપથી દાઝી જાય છે. જો દરિયા કિનારે તાપમાં આંખો ઉપર કંઈ પહેર્યા વિના બેઠાં હોઈએ અથવા બરફમાં હોઈએ તો આંખના પડદાને ટૂંકાગાળા માટે નુકશાન થઈ શકે. આનાથી બચવા કાળા ચશ્માં પહેરવાં જોઈએ. આના માટે તમારે મોંઘા ચશ્માં ખરીદવાની જરૂર નથી . તે ચશ્માં ૯૯-૧૦૦% યુવી કિરણોથી બચાવે તેવા હોવા જોઈએ . આ કાળા ચશ્માંમાં રંગો બદલાઈ જવા ન જોઈએ. દા.ત . જો તમે ગાડી ચલાવતા હો અને ટ્રાફિક લાઈટમાં લીલી બત્તી લાલ હોઈ અથવા લાલ બત્તી લીલી સમજીને ગાડી હાંકી મુકો તો દંડ ભરવો પડશે.

બાળકોની આંખો પણ એટલીજ નાજુક હોઈ છે. તો તેમના કાળા ચશ્માં પણ યુવી કિરણોથી બચાવે તેવા હોવા જોઈએ . આ હતી સૂરજથી બચવાની માહિતીઓ. બાળકોને આ બાબતની વધારે માહિતી ઓશવાલ યુથ મેગેઝીન માંથી મળી શકશે.

નીચેની વેબ સાઈટમાંથી અંગ્રેજીનો આ લેખ લીધેલ છે અને વધારે માહિતી માટે જુઓ .

- 1) <http://www.nhs.uk/LiveWell/Summerhealth/Pages/Summerhealthhome.aspx>
- 2) <http://www.who.int/uv/en/>
- 3) <http://www.fda.gov/ForConsumers/ConsumerUpdate/ucm049090.htm>

લેખક પ્રિયા દીપક શાહ અને ભાષાંતર કર્યું શ્રીમતી રમીલા સૂર્યકાંત શાહ



Running with the Olympic Torch

Many people have been able to see the Olympic Torch going around the country. A small number of people have had the opportunity to touch or hold the torch. I'm happy to be one of the people who has been able to run with the torch.

My moment to shine as an Olympic torchbearer for the London 2012 Olympics was on Sunday 20th May in the lovely coastal town of Paignton in Devon. This is the story of how I got chosen...

I work in software engineering, and have been in this field for nearly 10 years. From the moment I got my own computer, this is the area I've wanted to go in, and tailored my education in that direction. I've also kept myself aware of the advances in the field. It's been my hobby since my teenage years!

For the last 4 years I have been a STEM Ambassador, which is run by a non-profit organisation called STEMNET. Their vision is to increase young people's choice and chances through science, technology, engineering and mathematics. For the past 2 years, I've been visiting a school one day a week during lunch to help with a robotics club. We teach students at the school how to program robots to race around a track, perform dance routines, and sumo wrestling.

I remember back to my own days at school when I was learning, and I owe it to all the teachers who have helped me become who I am today. This is my bit to help the future software engineers along their path.

I was nominated to become a torchbearer by my dad at the end of last year. At that time I wasn't expecting it to happen. Why would they choose me? I'm not doing anything special! In the end, he filled the form in and we went through the process.

On Friday 16th March I found out that I had been selected. This was a complete shock and surprise. I told people about it, but to be honest I don't think it ever really sunk in that I was actually going to be running with the Olympic torch.

In fact, many people have asked me whether I trained for it. I'd love to say yes I did, but my wife will probably be quick at correcting that - I did not do any training at all!

It all finally sunk in, that this was happening, when I reached Paignton on Sunday morning to sign in, get a

quick briefing on the process. I went there with my wife, who then had to go get lunch and get in place to see me run.

There were about 20 other torchbearers here, each with their own story. Many people have been chosen for similar reasons to me – helping young people in sports. Others are doing it because they've done extraordinary things for charity.

At midday, we got on a bus to be dropped off at our designated points. This is where the flame would be given to us, and we would start our run. As I got to my spot, the number of people outside waiting and cheering was large. As soon as I got off the bus, people were around me. Wanting to know who I was, why I was there, and take pictures with the torch,

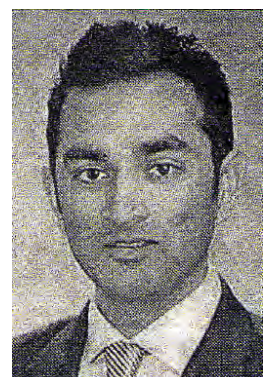
I waited a few minutes, and then I saw the other torchbearer running towards me with the flame. She kissed my torch with hers, and gave me the flame, and my run started. I started trying to jog, but my run was downhill, so I was soon running. Holding the torch, smiling and waving at the many people cheering me on.

I then saw the person I was going to pass the flame onto in my view. I don't know how, but I slowed down, passed the flame onto her, and was able to stand and get my breath back as the flame continued its journey. My wife came and congratulated me quickly, and then I was whisked away onto the bus with the other torchbearers back to where we started.

It had been a very quick run, but this was a day I will never forget.

MD at Golman Sachs

Kunal Shah, 29, managing director at Goldman Sachs, is one of the 10 Indians on the Forbes list of under-30 achievers after he became the firm's youngest MD at 27. A promotion to the post of MD before 30 is rare at Goldman Sachs, the most profitable securities firm in Wall Street history. Kunal Shah is an emerging markets trader for Goldman in London. The Cambridge math graduate joined Goldman in 2004, analysis interest rate products, before trading on the global macro desk.





Life Coaching for Everyday Life

Sheena Tanna-Shah

Life coaching is a way of motivating individuals to move forward in their life and it is spreading worldwide. Many large corporate organizations

use coaches to motivate their team players into becoming successful business people, sports players use coaches for mental preparation before a big event and individuals use it to help achieve their goals. The results of coaching can be phenomenal and can be used by everyone no matter what your job role, it can be used for confidence building, weight management, parents, and for me it gave me the courage to change my career.

Do you ever at some point in the day tell yourself 'if only I had a better job I would be much happier', 'if only I did the degree at university I truly wanted instead of the safe option I would be happier in my career', 'if only I had more time for myself', 'if only I was a bit younger', 'if only.....' Well now is the time to stop the 'if only' thoughts because you can't change the past but you can definitely control your future. Living your dream life won't come overnight but you can start exploring ways to live some of your dream life now.

Procrastination is one of life's greatest barriers, but it doesn't need to be yours. This is why coaching is essential to everyday life. Coaching can help bridge the gap from where you are now to WHERE YOU WANT TO BE. It allows you to turn your dreams into goals with a date.

A coach will assess your individual needs, explore in depth your chosen goal and support you in finding a way forward. Coaching believes you are an expert in your own life, and that you have all the answers locked within you, a coach simply facilitates you in unlocking them.

I have been a qualified optometrist for 7 years and even though I love the job and it gave me the security I needed, I knew I wanted to do something different. I

thought I couldn't afford to change my career as I needed to pay the mortgage etc, but could I really carry on for the next 5 years without giving it a go? I began seeing a life coach who showed me my world in a new light. The impact coaching had on me made me decide that I wanted to help others realise and act on their dreams.

Becoming a new parent I wanted my child to have the same support and motivation and what better way than to become a role model. I stopped procrastinating I kept my day job but I also found the courage to begin studying again to become a successful qualified personal performance coach and NLP practitioner.

One of the common issues that arise when exploring goals and daring to dream is negative self-talk. The 'ifs' 'buts' and all the reasons not to move forward can start to appear. The first task when you hear this negative inner voice is to reframe it into a positive statement. For example, 'I will never have enough money to start a new business' can be changed to 'I will start my business on the side until it becomes successful to run full time' or 'I just don't have time' can be reframed to 'I will prioritise my jobs and make time for what I want' or 'I am too old' can be changed to 'I have great experience which will help me in my goal'. Practice this in everyday life so that it becomes second nature.

Time is one of the key excuses people use in not being able to achieve their goals. However I am sure if someone was to offer you a free 'shopping trip' 'meal out' 'holiday' etc then you would somehow 'MAKE TIME'. Time is precious but can be prioritised and managed using various techniques such as sitting together as a family once a week with an open calendar, delegating tasks etc.

With time, another issue is finances, and saying you are not able to afford a change in direction. However MONEY DOES NOT NEED TO CONTROL YOUR LIFE AND THE WAY YOU LIVE IT.

A crucial thing not to do is envy that rich neighbour or relative, this is self-destructive and the energy placed into

envying them is a waste and can be spent in looking at ways on how you can change your own situation. If anything you can learn from that person and get any tips that may be useful to you.

If you want a better paid job then explore other careers, improve your interview skills, further your knowledge but just remember the grass isn't always greener. You may be in a job that is in a great location and the hours are ideal however the pay isn't great, you need to question is the extra money worth losing the quality in life you are getting now? You may be spending money outside of work to keep you happy inside i.e. on clothes, days out etc maybe if you reduced that spending you could afford to reduce your working hours to focus on your goals.

Time and money make great excuses but they don't have to stop you moving forward and achieving that goal, it may not be easy, it may take a little longer but it's better than not trying at all.

When looking at your action plan in achieving your goal you will come across obstacles. You need to find ways to overcome these, do you have friends and family that can give support? What resources do you need? Do you need to attend further courses? Now move forward, because where there is a will there is a way!

Below are self-help tips to becoming the new you in time for summer

- Think of 5 things you would like to achieve in the next 5 years
- Prioritise them
- Pick your top goal and put a date next to it for when you would like to achieve it by
- List 5 things that will help you move one step towards that goal
- Now pick the most easiest/cheapest/comfortable thing on that list and GO FOR IT!

YOU ARE ALREADY 1 STEP CLOSER TOWARDS YOUR GOAL

Article by,

Sheena Tanna-Shah

Top 10 Exercises for Arthritis of Knee

Knee Strengthening Exercises

1

Warming up with 5 minutes of low-impact [aerobics](#), such as [walking](#) or riding a stationary exercise [bike](#), increases blood supply to the muscles and helps prevent injury and stiffness. Position yourself lying on your back with a rolled up towel under your knee and a weight around your ankle. Start with your knee bent (pressing down). Finish with your knee straight. (Fig-1).

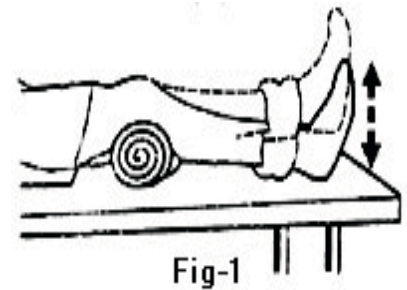


Fig-1

2

Sit in a chair. Extend leg parallel to floor. Keep knees straight (or as straight as possible if you have arthritis). Tighten [thigh](#) muscles. Hold for count of 10. Relax for count of 3. Do 10 repetitions. You can do this several times throughout the day. You can build up to 2 or 3 sets of 10 repetitions at a time. (Fig-2).

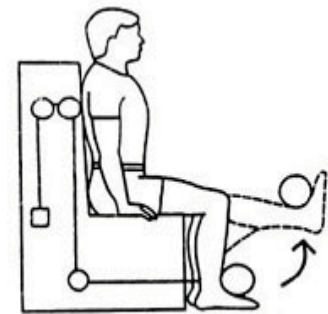


Fig-2

3

Position yourself sitting with your toes on a line in front of your knee. Practice sliding your foot back so that your heel touches a line behind your knee. (Fig-3). Place the lines closer to the heel and toes. Place the lines further away from the heel and toes.



Fig-3

4

Position yourself standing with your feet together. Start with your heels on the ground. Finish with your heels off the ground. (Fig-4).

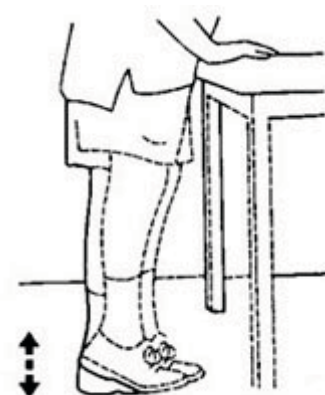


Fig-4

5

Lie on the floor or table on your right side, shoulder and hips aligned. Use your right hand to prop up your head. Place the left hand on floor or any other surface e.g. table top in front of you to help balance yourself. Bend left leg and bring leg about 10 inches off the floor, hold for one second, and then slowly lower leg to ground. Lift 10 times on each side. (Fig-5).

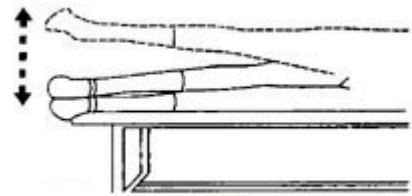


Fig-5

6

Position yourself sitting with your hips and knees bent to each side and your feet together. Push your knees gently towards the floor with your elbows. (Fig-6).



Fig-6

7

Keep one leg on ground; put one foot on chair with leg straight. Bend forward at the hip. Do not attempt to touch your toes as this will stretch your back, and the goal of this exercise is to isolate your hamstring muscle in the leg that is being supported by the chair. Hold for 30 seconds. Repeat on other side. (Fig-7).



Fig-7

8

Lie flat on back. Bend left knee at 90-degree angle, keeping foot flat on floor. Keeping the right leg straight, slowly lift it to the height of the left knee. Hold for a count of 3. Repeat 10 times. Switch sides. Work up to 10 sets of 10 over several weeks.

Precaution: Lifting both legs at the same time causes excessive stress on your lower back so lift only one leg at a time; the opposite leg should be kept slightly bent with foot on floor.

9

Walking backwards helps to develop the hamstrings. When walking backwards, your weight is distributed more evenly, resulting in less strain on your knees.

10

Sit in a chair, put fist between knees, squeeze together knees. Hold for count of 10. Relax for count of 3. Do 10 repetitions

Source: Information provided by Jayantilal Devraj Pethraj Shah and Dr. M. A. Rama Murthy

Commemorating the Diamond Jubilee

Article by, Ashit Shah

Kool Cakes Bakery had a once in a lifetime opportunity to present a special cake at Buckingham Palace for the Queens Diamond Jubilee celebrations. With the assistance of Mr Virendra Sharma who is our local Member of Parliament for Ealing and Southall, we sent a letter to the Queen explaining that we wanted to be part of her Jubilee celebrations and requested if we could gift her a special cake to be used during one of the functions over the Jubilee weekend. Our request was accepted and we were presented with this wonderful opportunity.



"This is the biggest thing that has happened to me in over 20 years of me being in this business and this is a dream come true for me" said Kulwinder Kumar (Paul), one of the directors at Kool Cakes Bakery. He added, "Upon receiving the acceptance letter from Buckingham Palace, I started masterminding the design of the cake. It took over 3 weeks of careful planning, designing and crafting the cake. Each and every part of the cake was personally and individually crafted by me. Every piece and part of the cake is edible except for the pearls in the crown and the '60' Diamante pin. The cake was designed over 5 tiers which were one on top of the other with the crown right at the top. The cake was 42 inches high and weighed approximately 35 to 40 kilos."

On Friday 1 June 2012 we took the cake to a temple in Southall to be blessed by the priest and also to pray for Her Majesty the Queens long life. Ashit Shah, one of the other directors of Kool Cakes Bakery said, "This is an honour and a proud moment for Kool Cakes Bakery to get such an opportunity and be part of the Queens Jubilee celebrations. We are proud to be Asian and part of the Asian community that has done and are doing a lot in the UK." After leaving the temple, Mr Virendra Sharma, MP, Mr Kulwinder Kumar (Paul), Mr Ashit Shah and Miss Jennifer Bagha (Paul's daughter) accompanied the cake and took it to Buckingham Palace where it was delivered and set up. It was going to be used for one of the functions during the weekend of the Jubilee Celebrations.

This is what Paul's daughter, Jennifer had to say, "I have seen my dad work very, very hard for over 20 years in this business and this is the ultimate reward of his hard work. He deserves it and I and my family are very proud of him and his achievements. This is the icing on the cake. You rock Dad!!"

Kool Cakes Bakery wishes Her Majesty the Queen and the entire Royal family long reign over the country and long life!!

London Photo Festival

Article by, Hasmukh Jethalal Shah

Chaitan Shah the son of Hasmukh Jethalal Shah (Khimasia) runs HCK Photography. HCK Photography co- founded and co-organised the first ever London Photo Festival which was run in October 2011 at London Bridge. The festival was received with great success, offering the opportunity to 30 amateur and semi-professional photographers to exhibit and sell their work while also gaining valuable professional feedback and the ability to network with other photographers. The festival was featured in The Independent, Amateur Photography magazine, Timeout magazine and many others.



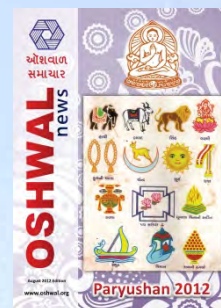
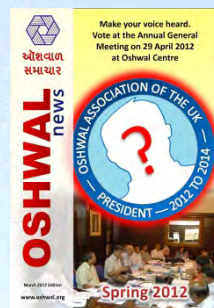
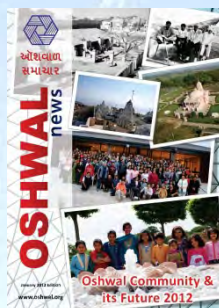
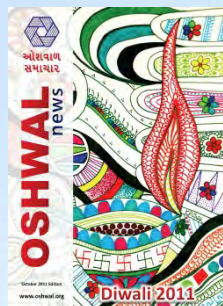
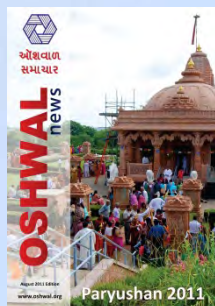
In May 2012 they held their second Festival with a theme 'Your London' this was in keeping with the London Jubilee celebrations and also the London Olympics. Many visitors of all ages and nationalities came to appreciate the wide range of both photographic styles and subject matter. This time 50 exhibitors were involved. The festival was open to the public from Thursday to Saturday. The festival attracted over 900 people and many of the art pieces were sold.

There was a 'Best in Show' competition; which was judged by Simon Norfolk who this year won the world- renowned World Press Photo competition. There was an inspirational talk from prize-winning photographer Giles Duley, who in 2010 was blown up by a landmine in Afghanistan. He became a triple amputee, losing his left arm and both legs. He is planning to return to Afghanistan to photograph again.

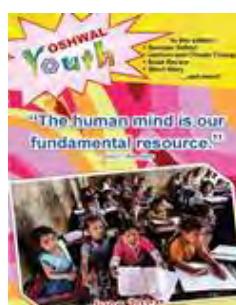
The London Photo Festival already has a large amount of interest for the October 2012 festival and may expand further. The festival is growing to be London's most prominent photo festival for introducing new talent to the market. The next London Photo Festival will start with a Private View on the 24th October 2012, and the festival will be open to the public from the 25th - 27th October 2012. If you would like to exhibit or would like more information about the event please join the mailing list. www.londonphotofestival.org. If you would like to visit the show, details are on the website and admission is free to the public.

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