



ઓશવાળ
સમાચાર

OSHWAL news

March 2013 Edition

www.oshwal.org



March 2013



Contents

Editor's Note

Jai Jinendra!

Welcome to the **March 2013** Edition of Oshwal News.

We are contact trying to improve Oshwal News magazine and would like to hear your feedback Please email: oshwalnews@oshwal.org.

We would like to thank all advertisers and contributors for their continued generous support of Oshwal News magazine. Without your input this magazine is not possible. Sometimes it is not possible to include everything sent in and for this please accept our apologies.

If submitting material for Oshwal News, 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. For more details, please visit: www.oshwal.co.uk/media

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), Oshwal Mahajanwadi (Croydon) or Oshwal Ekta Centre (Kingsbury) 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 any of the 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 open 7 days a week 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)

OSHWAL EKTA CENTRE

366A Stag Lane, Kingsbury,
NW9 9AA

Tel: 020 8206 1141

E-mail: ekta@oauk-nw.org

Marriage Registration

Oshwal Centre, Oshwal Mahajanwadi and Oshwal Ekta Centre 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, Oshwal Mahajanwadi or Oshwal Ekta Centre, 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

Pranam and Jai Jinendra,

A very Happy New Year to you all. I hope the holiday season was enjoyable, even though it seems so long ago.

Looking back on 2012, it was a very memorable year for Oshwal Association. In our brief 45 year history in the UK, we have continued to stride forward as individuals and as a community. 2012 is marked in our coming together and successfully acquiring our third community property. As Oshwals we should all be proud of this achievement. Something very few other community organisations can match.

Throughout the year, we had numerous local and central events which were all very well received. The Friday Derasar Visits have been particularly special as the enthusiasm of the organising volunteers and the participation of the members has made this a huge success. We re-launch these again in February. The religious and cultural events are always well supported and we thank you for your participation. We closed 2012 with a fantastic sports day event. This culminated in the finals and prize giving on Sunday 16th December. North Area were the overall winners and receive our congratulations. The team organising the events and the presentation dinner deserve special appreciation for their hard work in delivering yet another successful Oshwal Sports Day.

2013 promises to be an exciting year for our great Association. With the Areas all planning events, there is much to look forward to in the coming months. We encourage you to attend.

Oshwal Directory Project

The Directory Project is now about to move into the next phase. We have received well over 4,000 entries from the on line registration form. Shortly, we will be mailing out all registered households, details of their entry and what information will appear in the directory. This will be your opportunity to review and amend any details before finalising your entry for the new Directory. You will be required to sign and return the form to Oshwal Centre, marking any amendments as necessary.

Once forms are received, we can start to collate the information and begin the process of formatting the

directory. Provided the verification forms are received back in time, we anticipate having the new directory ready in time for Paryushan.

Pride of Oshwal

Many of you will have heard that Mr Popatlal Sojpar Nathoo Shah, was awarded an MBE in New Year's Honours List. His award was in recognition of his many years of fund raising for local causes whilst running his pharmacy in Edgware. Popatbhai is a great example of dedication to charity and as Oshwals we are proud of his achievements.

Oshwal Achievement Awards

Like Popatbhai, there are many Oshwals who do so much for the community at large, for charity and for good causes. I feel it is very important that we acknowledge Oshwals who work outside OAUk for the benefit of the wider community. The Executive Committee are pleased to launch The Oshwal Achievement Awards. More details are provided on these Awards in this magazine.

Oshwal Ekta Centre

It is over 6 months since we purchased Oshwal Ekta Centre. Many of you will have now visited the centre. Managed by a dedicated team of volunteers it has already become a hub for local and community activities.

Our fundraising drive continues and so far we have reached over £1.5M in pledges & donations. Our target is to raise £3M. So I urge all Oshwals; please let us have your donation. Whatever the amount, it all goes a long way towards reaching our goal. We have a number of fund raising schemes which are detailed in this issue of Oshwal News. I thank all Oshwal who have already donated and a list of all donors to date can be found in this magazine.

We are now planning for an official opening in Spring when all donor takti's will also be unveiled. The dates are being finalised and will be announced shortly.

There is much happening in the coming months. Details of all the local area events are listed in this magazine. Please be sure to book your tickets for some really exciting and fun programmes.

We have all the Area Annual General Meetings starting in March. Dates for each Area are listed in this magazine. Please do attend your local area AGM. This is your opportunity to hear what is happening in your area and express your ideas and views with the Area Committee.

The central AGM is on 29th April, please be sure to mark this date in your diary. We have some exciting and important announcements to share with you at the AGM and hope that you will make the time to attend.

Membership

For 2013, at all Oshwal events, proof of membership will be requested. Why? Well, you the members have all contributed and are a part of this community. It is your privilege to attend events at reduced rates, receive communications from OAUK and enjoy the benefits and facilities that membership of the association offers to you. In paying your membership, you have acknowledged your support for the community. Why should a 'non' member receive the same benefits?

North West Area have successfully implemented a strict policy requiring presentation of a Membership Card at all paid or registration events. No card, means non-member charges are payable. This policy will be adopted by all the areas in the coming months. Membership has a value and I am sure you will as members agree that this is a fair policy.

Fundraising

With big projects planned for 2013 and of course on going improvements to our facilities, fund raising remains central to the future of our association. You all know of the major fund raising drive for Oshwal Ekta Centre, however it is always good to re-cap on the existing schemes we have.

120 Scheme – Simply the easiest way to regularly donate to OAUK and something that I would encourage all members to sign up for. Why? Well of £120 donated, £60.00 is spent in your area for the benefit of area members. It funds education, it funds elderly events and it has tangible benefits for members locally. The remainder is used centrally to improve facilities and fund the many changes you see at the community centres.

240 Scheme – Launched in South Area to raise funds for a phased redevelopment of facilities at South London Mahajanwadi.

Car Park Scheme – At Oshwal Centre we have what are probably the best parking facilities of any community centre. There is a scheme still open to cover the cost of this major expenditure. For £1,001-00 your name can be added to the new donors board which is on display in the car park.

£108 – Villages Scheme – For just £108.00 you can have your name added to your ancestral village in India as can be seen in the 52 village otlas in the Derasar gardens.

We encourage members to support these schemes and welcome all donations towards the general fund at Oshwal Centre.

New Year Wishes

Many of us will have made a New Year's resolution. Hopefully, you are still following it. I have some wishes for 2013 which I would like to share and hope these may inspire you too.

- For 2013 – I would be delighted if every Oshwal signed up to become a Life Member
- For 2013 – I would be delighted if every Oshwal joined the £120 scheme
- For 2013 – I would be delighted if more volunteers came forward to help

It is our community. We all belong and are a part of it. In joining, in donating and in come forward to help, together we can scale even greater heights. Let's take pride in being Oshwals. Together we are stronger!

Finally, from me, on behalf of my fellow Office Bearers and the EC, I wish you all a good healthy and happy start to 2013. We look forward to seeing many of you over the coming months at local and central events. As always, we value your input and ideas, so please do get in touch.

Jai Oshwal,

Raaxeet Harakhchand Shah
OAUK President



Watch the first ever TV-style Oshwal News summary of what's been happening in our community and what's coming up. There are two versions, in English and Gujarati.

To view the news bulletins go to:
www.oshwal.co.uk/oshwal-news-online

To get involved contact the M&C Team on:
oshwalweb@oshwal.org



Editorial: Ashish Patani

સંપાદકીય : આશિષ પતાણી

Got a point to make? Send in your comments to the Editor on: oshwalnews@oshwal.org

Treat yourselves and each other with respect, and remind yourselves often of what brought you together; Give the highest priority to the tenderness, gentleness and kindness that your connection deserves; When frustration, difficulties and fear assail your relationship, as they threaten all relationships at one time or another, remember to focus on what is right between you, not only the part which seems wrong; In this way, you can ride out the storms when clouds hide the face of the sun in your lives...remembering that even if you lose sight of it for a moment, the sun is still there.

~ The Bible, Matthew 18:20

T.E.A.M. - Together Everyone Achieves More!

Almost in any situation, be it amongst family members, friends, work colleagues or community volunteers, the concept of teamwork is extremely important to the success of any endeavour. Teamwork and unselfishness create the backbone of any great organisation. "You can have a group of superstars, but if they do not work well as one unit, chances are they are not going to be as successful as you would think."¹ A team working as one cohesive unit is going to be the key to success.

Team Roles

Dr. R. Meredith Belbin², after studying teams at Henley Management College, summarised that teams normally included a number of different types of team members. These can be summarised as follows: those who are leading, those who are doing, those who are thinking, and those who are socialising. Essentially, Dr. Belbin concluded, that "teams work best when there is a balance of roles and when team members know their roles, work to their strengths and actively manage weaknesses."

Getting the Balance Right

While in a professional work environment, there are concerted efforts to ensure rigorous recruitment processes, have regular appraisals for staff and management development programmes to proactively strive towards the right balance of team roles. On the other hand, when it comes to communities and teams of volunteers it is often a whole different ball game.

With community and voluntary teams, it is imperative for those entrusted with the leadership of the teams to fully understand their role and those of other volunteers. To be clear the word 'role' here does not refer to what the team members do, but essentially their personal traits as

to whether they are a leader, doer, thinker or socialiser according to Dr. Belbin's research.

Furthermore, it is important to ensure that those given the responsibility of managing and leading teams are the right sort of leaders – i.e. a classic example is the difference between a boss and a leader, as follows:

Boss	Leader
Drives employees	...coaches them
Depends on authority	...on goodwill
Inspires fear	...generates enthusiasm
Says "I"	...says "we"
Places blame for the breakdown	...fixes the breakdown
Knows how it is done	...shows how it is done
Uses people	...develops people
Takes credit	...gives credit
Commands	...asks
Says "Go"	...says "Let's Go"

Knowing how to criticise

Criticism is sometimes necessary, although no one enjoys being criticised. Criticism can be constructive as well as destructive. An effective leader must understand the difference between the two, and the impact that each can make. Constructive criticism is feedback on how things can be improved, destructive criticism has the potential to drive away individuals from the team. Bosses are often oblivious to tactful criticism. Remember the "criticism is a sandwich: Positive recognition on one side, discipline and instruction in the middle, and positive reinforcement on the other." Identifying positive behaviour, discussing the item at hand, and only the item at hand, and finally reinforcing the positive, can be highly effective. Talk TO people, not talk DOWN to people, and keep the conversation centred on the action, not the person. It is particularly important to not allow any criticism to become personal, as this can have continuing negative impacts on team harmony and

¹ SUGARMAN, K. (2004) Understanding the Importance of Teamwork [WWW] Available from: <http://www.brianmac.co.uk/articles/scni13a2.htm> [Accessed 9/2/2013]

² Find out more about different Team Roles at: <http://changingminds.org/explanations/preferences/belbin.htm>

morale, making for a far less effective team. Don't be commanding, or that will just put the person on the defensive, and they won't hear you at all and any valid points will be lost. The ability to communicate effectively, especially when being critical, is a useful tool for a good leader.

Furthermore, it is important to be specific about the action and not make sweeping generalisations with little or no evidence to back-up the criticism. This will only drive people to frustration as they will feel blamed for doing something wrong and yet not be informed of what exactly they did wrong and no one likes that. Citing examples and providing evidence has the benefit of enhancing understanding of the criticism and its justification, whilst also ensuring that the criticism remains targeted, not allowing personal criticisms or likes/dislikes to cloud the issue.

Personal Experience

Having worked in community affairs for some time now, I have been fortunate to meet some truly inspiring leaders and also somewhat unfortunate to meet equally dreadful bosses. In the latter cases, I guess I have learnt that the key to ensuring continued team harmony is often knowing when to walk away where conflicts with

ineffective bosses would lead to a long protracted negative environment. Walking away can be a hugely painful process, especially when dealing with matters which one can be deeply passionate about, but having to deal with conflicts on an ongoing basis can be more demoralising. However, I have faith in the enigma of life to find a different path which will allow for meaningful contributions to be made and the work to be undertaken.

Why is teamwork so important?

Every job advertisement or prospective employer will consider a candidate's ability to work as part of a team. Great things can be achieved with well-rounded and balanced teams. Thus, having experience of working in different team set-ups, be it at work or within the community environment will greatly help develop experience of working with people from a diverse background. It is becoming more and more important to be able to demonstrate skills beyond simply academia in order to secure school, college, university places as well as finding employment. Therefore, being involved in community work, though at times very challenging, can instil greater understanding about diversity, communication skills, task management, team working – all essential qualities prospective employers will seek.

Enterprise Programme 2013

A good example of successful teamwork within the community is the continuing work, started last year between Oshwal Education & Relief Board, Kenya, and the Oshwal Association of the UK, to inspire the next generation of business leaders and entrepreneurs. A second Enterprise Programme will be run this year over the summer with a view to take two-groups of UK Oshwal students to Kenya to visit Oshwal businesses in Kenya. The aim is to learn from experienced entrepreneurs and business leaders how they developed their businesses. To read the full details, please go to: www.oshwal.co.uk/enterprise.

What's new on the Oshwal Website?

There is a vast amount of new information on the Oshwal website. Listed below are a few highlights, but please do visit the website and explore for yourself all the new material. The Oshwal website can be accessed by going to: www.oshwal.org.

Gujarati Section www.oshwal.co.uk/gujarati

A new section where you can download lots of information and articles in Gujarati.

Jain Kids www.oshwal.co.uk/jain-kids

A new section with simple to read and easy to understand information about Jainism for young Oshwals.

Education www.oshwal.co.uk/useful-websites

A list of useful website links for important educational issues and resources.

Links www.oshwal.co.uk/disability/links

A huge number of links to external websites have been added as a means of signposting sources of information for disability and special needs.

Key Dates www.oshwal.co.uk/articles/key-dates

A list of important health awareness dates throughout the year with links to relevant organisations for further information.

What's OhNO!!

OhNO!! is a new idea to have a monthly TV-style news summary of what's being happening in our Community and what's coming up. The summaries will be available in both English and Gujarati and anyone can get involved to report local news and events. To find out more, please go to: www.oshwal.co.uk/media

And finally...

Change is not only in the hands of the EC and Area Committee members or in the hands of the hundreds of volunteers – but in your hands – the Members of our Community. We are all part of the Oshwal Community, – part of the Oshwal Family – and only through teamwork can we ensure its long term strength and prosperity in all aspects of life.

The journey for change is a difficult one, but with the support of family and true friends it is a journey worth making for it can make the impossible possible.

Ashish Jayantilal Patani

Enterprise Programme 2013

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

Following on from the huge success of last year's Enterprise Programme, the Economic Council of Oshwals (a sub-committee of OERB) shall host a batch of UK Oshwal second-years or above university students in Kenya for a period of two-weeks. The Council will organise visits to various industries in Nairobi, Kenya, so that the students can see for themselves what entrepreneurship is all about and visit many industries, e.g. Plastics, Sweets, Pharmaceuticals, etc.

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

In 2012 we had limited space for only 10 UK Oshwal Students. In 2013, we have increased the capacity so that we are aiming to take two-groups of 12 UK Oshwal Students to Kenya over the Summer. Provisional dates (subject to confirmation) are:

Group 1: 8th to 19th July | Group 2: 22nd July to 2nd August

Please note a strict selection process will be in place. For more info and application details please visit the Oshwal website:

www.oshwal.co.uk/enterprise

**Deadline for applications:
30 April 2013**



Job Opportunity



ADMINISTRATION ASSISTANT

Oshwal Association of the UK, requires an Administrative Assistant to work at Oshwal Centre, Potters Bar. The successful candidate will work as part of a dedicated team committed to the efficient running of the Association and providing cordial service to members of public.

The job involves a variety of administrative duties, including, management of the centre, dealing with enquiries, maintaining records, filing, letter writing, assisting with publication of community communications, opening and closing of halls for hirers, and other tasks as and when required.

The applicants should have a good educational background and be proficient in both English and Gujarati and also be computer literate. As the position requires working in a community organisation, the candidate would be required to work flexible hours throughout the week, including bank holidays.

The role will require the successful candidate to be able to work calmly and efficiently meeting varied demands of the members.

Salary is negotiable.

The position is available on a full time or part time basis.

Closing date for applications: **22 March 2013.**

Please send your detailed CV by post, envelope marked "*Strictly Private & Confidential*" to:

**President
Oshwal Association of the UK
Oshwal Centre, Coopers Lane Road,
Northaw, Hertfordshire
EN6 4DG**

Or by E-mail to: **rex.shah@oshwal.org**



આયંબિલની ઓળી

શ્રી મહાવીરાય નમઃ

શ્રી સીદ્ધચક્રાય નમઃ

સવિનય જણાવવાનું કે જૈન ધર્મમાં વર્ષમાં બે વાર આવતું શાશ્વતું તહેવાર, જે વીસમાં તીર્થંકર શ્રી મુનિસુવ્રતસ્વામીના વખતમાં થઈ ગયેલ, શ્રીપાળ મહારાજા અને મયણાસુંદરીનું જીવનચરિત્ર બતાવતું 'શ્રીપાળરાજાનો રાસ' પ્રચલીત છે. તેના જ અનુસંધાનમાં આપણે બધા જૈનો હોંશે હોંશે ઉજવીએ છીએ જે કહેવાય છે આયંબિલની ઓળી.

શ્રી સિદ્ધચક્ર જેની અંદર દેવ-ગુરુ અને ધર્મ તત્વ સમાયેલ છે તેની લોકો ઘણા ભાવથી પૂજા આરાધના કરે છે અને છએ વિગત નો ત્યાગ કરી માત્ર એક જ ટંક સાદું ભોજન લે છે.

આ નવ પદની ઓળીનો પ્રારંભ થશે

ચૈત્ર સુદ સાત ને બુધવાર તા-૧૭-૪-૨૦૧૩ અને

પૂર્ણ થશે તા-૨૬-૪-૨૦૧૩ ને શુક્રવારે

આ વખત ની ઓળી કરાવનાર દાતા પરિવારનું નામ છે

- સ્વ. માતુશ્રી જેઠીબેન રાયશી સોજપાળ પરિવાર -

આવા મહાન અને પવિત્ર દિવસોમાં આપ સર્વ મહાનુભાવો બની શકે તેટલી બહોળી સંખ્યામાં તપ, જપ અને આરાધના કરી પ્રસંગને શોભાવશોજી અને કામ-કાજ માં બનતી મદદ કરશોજી.

દાતા પરિવાર આપ સર્વને સપ્તેમ અને ભાવથી આમંત્રણ પાઠવે છે. આ આમંત્રણ સ્વીકારી,

શ્રી દાતા પરિવાર તથા શ્રી સંઘને આભારી કરશોજી.

લી. રીલીજીઅસ ચેર પરસન -

શ્રીમતી સુશીલાબેન લક્ષ્મભાઈના સાદર પ્રણામ

*With the passage of time, the flow of a river passes away;
The wind of time flows away.
The high buildings also collapse, but the sweet;
remembrance of great people remains forever.*

When we remember great men, we surely remember Shripal and Mayana. Their worship is famous. The worship of Nav Pad gives nine types of wealth and meditative peace to the soul. The Panch Parmesh - this are on the topmost position. Their worship removes worries and gives mental peace. The Nav Padji Oli is known as Shashvati Oli. They are celebrated twice in a year- in the months of Chaitra and Ashwin. So the importance of this festival is shown in the following couplet :

*'The virtues of the Siddha Chakra are so many,
We can't describe them.
They fulfil the desires of the worshipper.
We pray them thousand times'.*

Each Pad in the Nav Pad gives eternal happiness to the soul if it is worshipped with inner heart. The soul becomes Arihant by worshipping the Arihant. The soul gets Siddhi Gati by worshipping the Siddha Pad. The Ritual of the Navpad Oli is done in the following way:

Day	NAME OF THE PAD	KAYOTSARGA IN LOGASSA	KHAMASANAS	SWASTIKS	NAVKAVALIS
1	Aum Rhim Namō Arihantanam	<u>12</u>	<u>12</u>	<u>12</u>	<u>20</u>
2	Aum Rhim Namō Siddhanam	<u>08</u>	<u>08</u>	<u>08</u>	<u>20</u>
3	Aum Rhim Namō Aayariyanam	<u>36</u>	<u>36</u>	<u>36</u>	<u>20</u>
4	Aum Rhim Namō Uvajzayanam	<u>25</u>	<u>25</u>	<u>25</u>	<u>20</u>
5	Aum Rhim Namō Loe Savva Sahunam	<u>27</u>	<u>27</u>	<u>27</u>	<u>20</u>
6	Aum Rhim Namō Dansanassa	<u>67</u>	<u>67</u>	<u>67</u>	<u>20</u>
7	Aum Rhim Namō Nanassa	<u>51</u>	<u>51</u>	<u>51</u>	<u>20</u>
8	Aum Rhim Namō Charittassa	<u>70</u>	<u>70</u>	<u>70</u>	<u>20</u>
9	Aum Rhim Namō Tavvasa	<u>50</u>	<u>50</u>	<u>50</u>	<u>20</u>

This Ayambil is sponsored by the family of late Mrs Jethiben Raishi Sojpar.

Everyone is welcome to participate and help wherever they can.

Mahavir Janma Kalyank is going to take place on the weekend of the 6th and 7th April 2013.

On behalf of OAUk Religion Committee



Ekta Centre Funding Report

It was in May 2012 we decided to purchase Oshwal Ekta Centre. As you all know we have now got possession and are making full use!

We are grateful for the generosity shown by you in pledging nearly £1.5m and indeed handing over nearly £900,000 already. We are still short by another £1.5 m and need the support of all as this is our place!

We have numerous takti schemes. Those remaining are briefly:

- | | | | |
|---------------------|--------------|------------------|----------------------|
| • Dining Area Donor | £50,001 | • Gold Leaf | £2,501 |
| • Platinum Donor | £50,000 PLUS | • Silver Leaf | £1,501 |
| • Lift Donor | £35,001 | • Bronze Leaf | £1,001 |
| • Gold Donor | £25,000 PLUS | • Chairs | £1,111 for 10 chairs |
| • Tree Stem | £20,001 | • Office | £11,001 |
| • Branch | £10,001 | • Boardroom | £11,001 |
| • Fruit | £5,001 | • Changing Rooms | £7,501 |

Any donation is welcome! If you need any further information please contact:

Rexbhai 07973 533 660 Ashokbhai 07957 563 164, Tusharbhai, 07816 430 808 Chetanbhai 0794 9459 090, Nirmalbhai 07962 177 326 Dipenbhai 07881 511 457, Mineshbhai 07725 707 005, or ANY OTHER COMMITTEE MEMBER, or Manubhai / Kirtibhai at Oshwal Centre 01707 643 838.

The official opening for Ekta Centre will be held this year (2013) when the official unveiling of all the plaques will take place.

The Wedding Filming Experts!
PLUMERIA STUDIOS

Let us film your Wedding Events - Civil Ceremony
 Mehndis - Wedding Day - Reception Parties

CALL: 07882-857-177

Oshwal Ekta Centre – Donors List (as at 31 December 2012)

We print below a list of all the donors as of 31 December 2012. Whilst we have tried to make the list as accurate as possible there may be errors and omissions therein. Please forgive us and guide us where we have got it wrong!

Aashish Gudka	DixitKunjal,Ruhi,Ayushi,Akshay	Kanchan Chandaria & Praful Chandaria
Achal & Preena Gandhi	Dr Kanti Shah	Kanchan Khimji Pethraj
Ajitkumar Punja Shah Parivar	Dr Vikash Rajnikant Dodhia	Kanchan Rajni Somchand Kachra Parivar
Amratben (Anita) Sobhag Narshi Shah	Edgware Satsang Mandal	Kanchan S Shah
Amrit D Shah	Girdharlal Nemchand Shah	Kanchanben Chimanlal Shah
Amritben Panachand Lalji	Girendra Fulchand Shah	Kantilal Hirji Savla
Amritben Shantilal Chandaria	Gulab Chetan Tejal Manan Sapna	Kantilal Jivraj Shah
Amritlal D Shah	Gulabchand Murag Haria	Kapurchand Karamshi Shah
Amritlal Goshar Shah & Family	Gulabchand Shah	Kasturben Jivraj Popat
Amritlal Premchand Shah	Hammonds Consultants Ltd	Kasturben Kanji Khimji Shah
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Anil M Shah	Hansa Shah	Kaushik Shah
Anilkumar Bhanuben, Simi & Family	Hansaben Chimanlal Meghji Shah	Keshavji Z Gudka & Family
Anjana Satish Mulji Shah	Hansaben Jayantilal Shah	Keya, Khilan, Banshi & Hiren
Anju & Sobhag Raichand Virji Haria	Hansaben Ratilal Devraj Shah	Khimji N Shah
Anurag Kantilal Shah	Hansraj Haria	Khushaal Kamini Anup Shah
Apoorva Saavan Nirav Hiten Chauhan	Harakhchand L Shah	Kinner Shah
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Arvind Fulchand Shah	Harakhchand. L.Nagaria Shah	Kirti Shah
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Ashok & Surbhi Gudka	Hasmukh Shah	Kirtikumari Dilip Shah
Ashwin Motichand Shah	Hasmukh Devshi & Saroj Shah	Kishore Motichand Pethraj
Asvin & Vasanti	Hasmukh Mohanlal & Vasu Shah	Komal D Shah
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Bhagwanji Hemraj Parivar	Himat Shah	Kusumben Pravinkant Shah & Vinit
Bhakti Mandal London	Hiruben Z Shah	Kuverben & Punja Jesang - Meru
Bharmal Sojpar Harania & Family	Hiten Shah	L Premchand Nathoo Chandaria
Bharti,Sailesh Punja Deva Shah	Hitesh Rajula PurviKash Dodhia	Ladhabhai Hira & Mrs Bhavalben Ladha
Bhavini Varsha Dilip V. Shah	Howun Limited	Ladhiben & Pethraj Narshi Nagda
Bhavni & Sharad Shah	Hussein Burmawala	Ladhiben & Pethraj Narshi Nagda
Bijal H Galaiya & family	Illa Pradip Shah	Ladhiben Premchand Jivraj
Bimal Kirtesh Bhavin Dylon	In memory of Late Amratben (Anita) &	Lataben & Jayaben
Binoy & Sonal Malde	Late Sobhag Narshi Panachand Shah	Late Gomiben Raichand Shah
Bipinchand P Gudka	In Memory of Mahendra L Dodhia	Late Harakhchand Tejpar Family
Biran Shantilal Shah	In memory of Nishit Panachand Shah	Late Kishor Harakhchand Shah
Champaben Babulal Lakhdhir Shah	Indira Ramesh Meghji Harania	Late Maniben Ramji & Parivar
Champaben Premchand Shah	Indravadan Jadavji Shah	Late Mansukhlal Meghji Hansraj
Chandrakant Z Malde	Indu Mansukh Chhaganlal Punja	Late Mrs Chandrika Mansukh
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Chandrika Pravin Hirji Nathoo	Jagdish Manilal & Family	Late Paniben & Rajpal Narshi Galaya
Chandu Pravina Rupen & Jagruti	Jagjit Chera	Late Raichand Khimji Shah
Chandulal Mohanlal Shah	Jashodaben H Shah	Late Usha & Shantilal Raichand Shah
Charulata & Kiran Shah	Jashodaben Hemraj Shah	Late Velji Raichand Shah
Chhaganlal & Manju Shah & Family	Jasodaben N. V. Shah & Family	Laxmi B Gudka
Chimanlal Virpar Shah & Family	Jatan Dhirajlal Virpar Shah	Laxmiben Keshavlal Parivar
Chirag Kumar Neena Aswin Shah	Jayiben Raichand Pethraj Shah (of	Lilaben Narshi Nongha Shah
Clara Ruby Rajiv Meena Ramesh	Dasco / Dynamix)	Lilaben Nathoo Meghji & Family
Daksha and Dilip Maroo Family	Jayaben Amritlal Parivar	Liladhar Kanji Shah, Mahesh & Nilam
Dayalji Meghji Shah & Family	Jayaben Keshavji Pethad	Liladharbhai & Shantaben GADA
Devchand Punja Patani Parivar	Jayaben Nathalal Ajay & Lata	Madhu Rajni Shah
Devi Gosar Parbat Nagda Kutumb	Jayandra Gudka	Madhulata Jayendrakumar Haria
Dhirajlal Gokalji Gudka & Madhuben	Jayandra Kumar Sojpar Shah	Madula & Sarit L. G. Shah
Dhirajlal Khimji Shah	Jayant, Divya, Ashish Patani	Madula Parker
Dhirubhai Karania and Family	Jayanti Prakash Shah	Maganlal Lalji Malde Parivar
Dilip & Bharatiya Shah	Jayantilal Jivraj Dhanani	Mahendra Chandaria
Dilip and Rakhsha Gudka	Jayendrakumar Maganlal Haria	Mahendra Lalji ChandariaFamily
Dilip Popatlal Unarket	Jehyaben&Liladhar Punja Family	Mahendra Shamji Malde
Dinesh Amratlal Nemchand	Jethiben Vrajpar Nagpar Haria Parivar	Mahendra V Shah & Family
Dinesh Meghji Dhanani	Jitendra Motichand Shah & Family	Mahishchandra Govindji Karman Shah
Dinesh, Aruna, Anoop & Rajen	Jitu & Hasu Dharamshi Shah	Malde Family & Malde & Co
Dinogauri Kirti Shah & Late Kirti	Jumana Darugar	Malinie Jayaswal
Padamshi Shah	Kailash Shah	Manchhaben Sobhagchand Shah
Dipak Lalsodagar	Kamal K Shah	Manhar, Dilhar, Premhar D K Shah
Dipesh and Jalpa Shah	Kanaiyalal S Depala	Maniben Govindji Mepa Shah
Dipesh S Shah	Kanchan Amu Kanji Shah & Family	Maniben Hirji Nathoo Parivar

Maniben Keshavji Anand Shah
 Maniben Keshavlal Gada
 Manish Kalpana Bhavin Sachin
 Manjari & Tarun Shah
 Manjulaben Velji Meghji Gudka
 Manorma Anil Malde
 Mansukh Shah
 Mansukh V Shah
 Mansukhlal Dhanraj Shah
 Mansukhlal Ramji Shah
 Manubhai & Sudhaben Patel
 Meena and Narendra J Shah
 Meghji Hirji Parivar of Thika
 Meghraj Charitable Foundation
 Mehul Kamlesh Shah
 Memory of Chetan Himatlal Shah
 Memory of Jivatsing Dansingani
 Minesh Shah
 Minesh Sureshchandra Shah
 Miss Premila & Gita Punjabhai Shah
 Mohanlal Meghji Deva Dodhia
 Monghiben Sojpar & Kanchan Rati
 Motiben Manilal Dharamshi Shah
 Mradulaben Babulal Shah
 Mukesh Nemchand Shah
 Mukesh Premchand Govindji Shah;
 Muktaben Nemchand Manek Shah
 Mulchand Vaghji Gosrani Parivar
 Musa Quadir
 Narendra Khimji Depar Shah
 Narendra Mepa Shah
 Navinchandra K Shah
 Nayendra Raichand Shah
 Nehul Shah
 Nerissa & Eashan Dylan & Shania
 Nihar Sangeeta Tanvi Saahil
 Nikhil Nimesh Nemchand Bid
 Nilesh M Gudka
 Nilesh Nemchand Shah
 Nileshkumar G Shah
 Nirmala Ramniklal Meghji Shah
 Nisha & Jitu Gokalji Gudka
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 P F & B P Chandaria & Families
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 Premchand D Shah
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 Punam Minesh Mala & Kirti Shah
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 Raishi Hemraj Shah Parivar
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 Rami & Dhiru Vidhu Padamshi Shah
 Ramnik & Rama in memory of Kunj
 Ramniklal Chandulal Shah
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 Rashmin Babita Kamini Surav Shah
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 Rumit Pravinchand Lakhamshi Shah
 Parivar
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 Santokben Lakhamshi & Family
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Savita J. Shah
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 Shantaben Govindji Manek family
 Shanti and Lekha Haria
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 Srujan Laxmichand Hemraj Shah
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 Suresh Lakhamshi Shah Parivar
 Suresh M Shah
 Sushila Jaychand Shah & Family
 Sushila Kantilal Shah
 Sushilaben Laxman Parivar
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 Tara Parma
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 Velji Meghji Haria
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 Vinoo Jethalal Khimji Shah
 Virchand M Haria & Mrs Jaya V Haria
 Virpal Meghji Shah
 Waliben Tejshi Haria
 Yashvant Raichand Shah Family
 Yogendra Gosar Sumaria
 Yogesh Shah & Kala Shah
 Zaverchand Lakhamshi Shah



What's been happening in our Community?

Oshwal Achievers Awards

Oshwals have been settled in the UK for over 50 years. In that time, we have seen the establishment of OAUk and the success of our community. Whilst we may know of Oshwals who have served the community, less is known of those working outside the community. With this in mind I feel it is very important that we acknowledge the valuable contribution made by Oshwals to the wider society. If there are members residing in the Areas who have;

- Raised substantial sums for a charitable cause
- Worked as School Governors for more than 5 years
- Served as a Magistrate for more than 5 years
- Received a Civic Award for community work
- Received an honour – OBE, MBE, honorary degree etc
- Any other achievement for charitable / social work other than with OAUk.

We want to know about these people.

To nominate an Oshwal for an award, please contact your Area Chairperson with details as soon as possible. With your assistance they will then

- Prepare a nomination from the Area – Outlining details of the person.
- A brief resume of the person and the area they have worked in.
- Reasons for the nomination.

All nominations must be received by the Oshwal Centre Office no later than 15th March. These will then be passed to the Board of Advisors for their consideration and recommendations. The recommendations will be reviewed by the EC and a final list of no more than 6 awardees will be presented with an honour from OAUk at the Annual General Meeting of the association in April 2013.

Please contact your local Area Chairperson as below:

- East – Rasik Virpar Shah – rasik.gosrani@yahoo.co.uk
- Leicester – Minaben Girish Shah – minashah389@hotmail.com
- Luton – Dipak Vidhu Shah – dipak.shah@doctors.org.uk
- Northampton – Bhikhu Velji Bidd – bhikhushah@hotmail.com
- North – Daksha Maroo – daksha.maroo@oshwal.org
- North East – Rakesh Amritlal Shah – rakeshshahn14@gmail.com
- North West – Nirmal Chandrakant Shah – nirmal.c.shah@gmail.com (note1)
- South – Dhirajlal Khetshi Shah – dlkshah@hotmail.com
- West – Bhikhu Devechand Shah – bhikhu.shah@devcofireworks.co.uk

If you require contact phone numbers for any of the above, please contact the office. Time is tight as the deadline is 15th March. Please think of worthy recipients for this very special award and contact your Area Chair.

Note 1: Also see details under North West Section of this magazine.



Oshwal Youth Magazine

For those wondering: Where the Oshwal Youth Magazine has gone?

The simple answer is that this time we didn't get sufficient material to produce the Oshwal Youth Magazine.

We would encourage all young Oshwals to contribute material towards the Oshwal Youth Magazine, so that next time we can have a bumper edition!!!

Email: oshwalnews@oshwal.org with your material, but remember Editor has the final decision on what material is included in the Magazine.

Diwali in London 2012

Diwali on Trafalgar Square 2012 Launch Event

The DIL 2012 launch took place on Thursday 4th October 2012 at the Ekta Centre to kick start the preparations for Diwali on Trafalgar Square on Sunday 28th October 2012. We had around 200 people attending with representation from OAUk, the various DIL organisations, key DIL 2012 sponsors and dignitaries. Overall the launch was very successful and a lot of positive feedback has been received, raising our profile amongst the wider community. The guests were very impressed with our recent acquisition and our hard work in delivering a wonderful event.



Diwali on Trafalgar Square 2012 Celebrations

Diwali on Trafalgar Square took place on Sunday 28th October 2012 and was attended by over 40,000 spectators. This year was definitely a record setting year where we achieved the highest attendance we have ever had at this event. I was delighted to see so many Oshwal faces (young and old) amongst the crowd too showing their support. Several EC Trustees had also attended. The day was filled with high energy garba dancing with music by Bali and Angrez, performances and acts selected by the DIL Committee, a fantastic stage show by our media sponsor Zee TV and closed with bhajan kirtan by Bhavik Haria on behalf of OAUk.



Rexbhai along with other Trustees from the various DIL organisations were invited on stage to perform the opening ceremony by providing offerings to Lord Ganesh. OAUk responsibilities on the day included assisting with the saree wearing stall which was managed by Varshaben and Aswinbhai and VIP hospitality. A special thanks to Anitaben, Tarunaben and Sudhirbhai for ensuring our guests and VIPs were well looked after on the day.

Lastly, a souvenir DIL magazine and 2013 DIL calendar was printed and was circulated to all those who attended the Diwali celebrations at Oshwal Centre. Thanks to Bhikubhai Devchand Shah and Raxeetbhai Harakhchand Shah for sponsoring a page in the magazine.

Diwali Celebrations at the House of Commons

Diwali celebrations at the House of Commons took place on Wednesday 31st October 2012 and were attended by myself, the Executive Committee Office Bearers and Trustees. This event was organised by BAPS Swaminarayan Mandir. Rexbhai had the opportunity of personally meeting all the MPs.



This was a tremendous event where politicians had gathered to celebrate Diwali and better understand the contributions to society of Jain, Hindu and Sikh communities.

Finally, I would like to thank you all for your support and assistance you have given me over the last 12 months to deliver such a successful event. I appreciate the sincere efforts and hard work the members of the Diwali in London Sub-Committee have put in as well as the Oshwal volunteers.

Chiman Shamji Shah, Ex-Officio

Special Diwali Celebrations

18 November 2012 at Oshwal Centre

As part of the Diwali Celebrations to demonstrate how Jains celebrate Diwali, Enabling Network organised a short skit about Mahavir Bhagwan's life and how Diwali came about. To read the full script of the skit and see pictures, please visit the Oshwal website:

<http://www.oshwal.co.uk/sites/default/files/EN-Diwali-2012-Script.pdf>.

Following this a special Rangoli was created with varied shapes, textures and colours to enable children and those with disabilities to participate in a fun and inclusive setting. To see pictures, please see the online photo gallery:

<http://www.oshwal.co.uk/content/ec-diwali-oshwal-centre>

A quote from one of the parents of a child with learning difficulties summed up the event perfectly and was an affirmation to what Enabling Network is aiming to achieve. *"We are thankful to you all for giving us this wonderful experience especially integration and sharing and look forward to more events such as these."*

Diwali Talent Show 2012

Don't forget to check out the pictures from the Diwali Talent Show held on 18 November 2012 at Oshwal Centre. Simply go to:

<http://www.oshwal.co.uk/content/ec-diwali-oshwal-centre>



22 November 2012 at Grand Connaught Room

The London Oshwal Youth team is an idea inspired from the 2012 Enterprise Programme, whereby UK university students went to Kenya to see a host of different businesses and industries. Thereafter there were suggestions of hosting regular events for the youth by the youth in Central London locations. With this in mind and with the 2012 Enterprise Programme students leading the way, the London Oshwal Youth team was hosted the first such event on Thursday 22 November 2012, at Grand Connaught Room.

The 2012 Enterprise Programme students shared their experiences about their trip and the benefits gained from the trip. Rexbhai (OAU President) commended the presentation done by the Enterprise Programme students: *"Inspirational – the enthusiasm and passion shown by the Enterprise Team in sharing their experience with the audience was very evident. Together they delivered an entertaining and factual overview of the trip. This certainly will inspire future Oshwals to participate in Enterprise programmes, the foundations of which have now been firmly laid."*

To get the full report, presentation slides, event pictures and lots more, please visit the Oshwal Website: <http://www.oshwal.co.uk/london>



Dazzling Diwali Trip

On Sunday 25 November 2012, the Victoria and Albert (V&A) Museum hosted a family event celebrating Diwali. Enabling Network organised a trip for those with special needs and their carers to visit this special exhibition. To read the full report and see the pictures, please visit the Oshwal website:

<http://www.oshwal.co.uk/dazzling-diwali-trip-va-museum>



International Day of Disabled Person 2012

3rd December each year is the United Nations International Day of Disabled Person (IDDP). To observe the 2012 IDDP, Enabling Network has put together a very special video presentation, looking at different experiences and perspectives of those with disability and their carers. To watch the video, go to:

<http://www.oshwal.co.uk/video-gallery>



London Oshwal Youth Team is looking for volunteers, please get in touch with:

Ashish – ashish.patani@oshwal.org or

Anjali – Anjali.gudhka@oshwal.org

for more details.

Heart Start Training

DO YOU KNOW WHAT TO DO IF SOMEONE AROUND YOU IS HAVING A HEART ATTACK OR A CARDIAC ARREST?

On Saturday 8th December, 22 Oshwal members (the youngest being 16) became trained "TO SAVE A LIFE", thanks to Shailesh Malde. Shailesh, a trained HEART START (sponsored by British Heart Foundation) instructor gave up his Saturday by presenting two training sessions at the Ekta Centre.

The hands-on, interactive training covered:

- Cardiac arrest
- How to recognise and manage a heart attack
- How to perform cardio-pulmonary resuscitation (CPR)
- Putting someone into the recovery position
- Treating major bleeding and adult choking
- Defibrillator familiarisation.

These are all life-saving skills, that one day might do just that although we all hope we never have to!

Some comments from participants:

- "Regardless of whether any action we are able to take might save a life we will be better for knowing that we tried!"
- "It was indeed very valuable course and time well spent. Big thank you to Shaileshbhai for his efforts."

MORE TRAINING SESSIONS ARE PLANNED FOR 2013. More info at: <http://www.oshwal.co.uk/health-welfare>.



પશુઓ કરે અંતર પોકાર..... અમને બચાવી હે નરનાર.....

જામનાગર કાલવાની સીધી મોટી

શ્રી હાલારી વિશા ઓશવાળ
સાર્વજનિક પાંજરાપોળની
વેદનાભરી અપીલ

આદરણીય સુન્ન મહોદય,

જય જેનેન્દ્ર સાથ જણાવવાનું કે, આ વર્ષે ભાદરવો મહીનો શક થવા છતાં હજુ સુધી આ તરફ વરસાદનો એક ટીપો પણ થયો નથી. ખેડૂતો પોતાના કીમતી એવા પશુઓને ઘાસના અભાવે અને અત્યંત મોંઘા ઘાસના હીસાને પશુઓનું પાલન કરી શકતા નથી અને જેના કારણે પશુઓને છોડતા જાય છે.

દુઃખાળના ઓળા વરતાઈ રહ્યા છે.....

અબોલ પશુઓ ઘાસ-પાણી વગર તરકડી રહ્યા છે.....

ઘાસ-પાણી ભાતો આટમાને થકવા છે.....

ત્યારે પશુઓને કોણ સાચવે ?

શ્રી હાલારી વિશા ઓશવાળ સાર્વજનિક પાંજરાપોળમાં ૨૩૦૦ જે પછ વધારે પશુઓ છે. તેમજ ગરીબ ખેડૂતો પશુઓને કતલખાને ન જાય તે માટે પાંજરાપોળના દરવાજે છોકીને ચાલ્યા જાય છે, જેથી રોજ બરોજ પશુઓની સંખ્યા વધતી જાય છે.

જો પશુઓને લેવામાં ન આવે તો આજુ-બાજુ આવ્યા વ્યક્તિઓ ઉપાડી જાય અને બીચારા પશુઓ કતલખાને ઘડેલાઈ જાય.

તો શું કરવું..... ?

ઘાસની ગાડીઓની કિંમત ત્રણથી ચાર ગણી હાલમાં ચુકવવી પડે તેવો સમય આવી ગયો છે.

તો.....!

વખતો-વખત આવી પડેલી સંકટભરી સ્થિતિમાં શ્રી હાલારી વિશા ઓશવાળ મહાજનોએ તબ-મન-ધનથી પુરે પુરો સહયોગ સહકાર આપ્યો છે.....

તેથી રૂપ વર્ષથી આ સંસ્થા અણનમ ચાલી રહી છે.

હસી... આખા દેશમાં જ્યારે દુઃખાળનો સંકટ આવ્યો છે ત્યારે....

આપણી પાંજરાપોળ પણ ભવંકર પરિસ્થિતિમાંથી પસાર થઈ રહી છે. તેથી **હાલારી વિશા ઓશવાળ મહાજનો** સાથે હાર્દિક... વેદનાભરી અપીલ કરીએ છીએ કે આપ દાનની ગંગા વ્હાવીને અમને આવી પડેલી મુશીબતમાં સહાયક બનો....

આપને નમ્ર અરજ કરીએ છીએ કે આપ આપની સુકૃત લક્ષ્મીનો સહાયોગ કરી જીવ હયા માટે સારી રકમ **"શ્રી હાલારી વિશા ઓશવાળ સાર્વજનિક પાંજરાપોળ"** ના નામથી ચેક/ડ્રાફ્ટ ચા રોકડ રકમ મોકલાવશો.

અમે મુંગા-નિરાધાર-અબોલ દુઃખીચારા જીવોને બચાવા પુરા પ્રયત્નશીલ છીએ પણ આ ભગીરથ કાર્યે આપજીની આર્થિક સહયોગ વગર શક્ય નથી. માટે આપનો આર્થિક સહયોગ તો જોઈએ જ.....

તી, શ્રી હાલારી વિશા ઓશવાળ સાર્વજનિક પાંજરાપોળ



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29th OAUK Sports Day December 2012

The Sports day this year kicked off with a bang with the Volleyball games on 24th November 2012 under the capable leadership of Hitesh Gudka (Organising Secretary). After many falls, dives and tough games, North East emerged the leaders. The rest of the games took place at Grundy Park Leisure centre on 8th, 9th and 16th December 2012.

On the Saturday, all ages contested in some very intense games of Kho starting from the U12s to the Over 35s. The spirit displayed by all participants was fantastic and the atmosphere was charged with all areas supporting and cheering their teams.

Swimming followed Kho where once again the participants demonstrated their talent in the water starting from U10s to Over 40s. Basketball started the order of play on Sunday with some highly contested games and exceptional baskets, followed by netball where the ladies showed their prowess in the sport too. The U12 Benchball and Dodgeball games really generated excitement in the hall and culminated in a high with the parents also showing their competitiveness in some dodgeball games, some wonderful passing the ball races and mother and child races.

Darts was a spirited affair with yet again very high skills being demonstrated in the various levels of the game. Chokri had around 110 participants in total and was highly successful and enjoyable for all the participants once again of all age categories upto 89 years!!!

Football as usual proved exciting as all ages from U12 to mens fought hard for their side and showcasing tremendous skill and talent in the sport. Circuit training as usual brought the house down with its competitiveness and endurance levels, ending yet another Sports Day on a highly charged note.

A wonderful dinner prepared by our generous volunteers and sponsors and the much awaited presentation ceremony followed thereafter.

Special Congratulations also to Serena Shah and Niraj Shah who were awarded the Best Sports Girl and Sports Boy awards for 2012.

Congratulations to NORTH AREA who were declared the overall winners for 2012!

A special thanks to the organising Secretary Hitesh Gudka, organising committee, youth club volunteers, the participants, parents, sponsors and helpers on the day and before the event, for making this event a spectacular success!!

More info at: www.oshwal.co.uk/sports

Kho



Swimming Presentation



Basketball



Benchball



Football



Netball



Serena Shah

Best Sports Girl 2012



Niraj Shah

Best Sports Boy 2012



29th OAUK Sports Day Team Sport Results

EVENT	1 st Position	2 nd Position	3 rd Position
VOLLEYBALL	NORTH EAST – Rupesh Shah, Dhanji Dhanani, Chaand Rajendra Shah, Paras Shah, Mitesh Dhanani, Jinal K Shah, Rajendra Shah	NORTH – Dipen Shah, Jiten Shah, Miran Shah, Nicheel Shah, Paaras Dodhia, Pramit Shah, Sahil Shah, Vinit Shah	SOUTH – Hiten Savla, Hitesh Gudka, Vikesh Chandaria, Vijay Chandaria, Nitin Shah, Nipun Shah, Ashiv Malde, Sandip Shah
KHO U12	NORTH – Akshay Patel, Akshay Shah, Jinal Shah, Rushil Shah, Dhvani Shah, Preena Shah, Riya Shah, Ruhee Shah	NORTH EAST – Aaryan Kunjal Haria, Akshay Doshi, Rithik Popat, Kavi Dhinal Shah, Shaina Retesh Shah, Symran Jinal Shah, Maya Bhavesh Shah, Jaynie Shah	NORTH WEST – Rahil Shah, Anay Gudka, Shiv Shah, Suraj Shah, Krupa Shah, Tulsi Shah, Bhavini Shah, Neha Shah
KHO 12-16	NORTH WEST – Trishal Shah, Aman Patani, Sahil Shah, Kushal M Shah, Sarina Shah, Darshi Shah, Nikita Shah, Pooja Galaiya	NORTH EAST – Rahil Jitendra Shah, Nikhil Dixit Shah, Parus Amit Shah, Mikhil Hiten Dodhia, Piia Bhavesh Shah, Ria Krishna Malde, Keya Amit Patani, Payal Ashwin Shah	NORTH – Akhil Shah, Sahil Shah, Sajam Shah, Yash Shah, Aisha Patel, Priyanka Shah, Serena Dodia, Umika Patel
KHO16-35	NORTH – Miran Shah, Nayan Patel, Sahil Shah, Sajam Shah, Ami Shah, Bindiya Shah, Puja Dodhia, Rupa Dodhia	WEST – Rishi Shah, Niraj V Shah, Niraj Shah, Ketan K Shah, Chandini Shah, Arti, Radhika, Neha Rajani	NORTH EAST – Suraj Ketan Shah, Ajay Sunin Shah, Priyen Mukesh Shah, Rijul Rohit Shah, Jaina Retesh Shah, Piia Bhavesh Shah, Pooja Anil Shah, Darshini Mukesh Shah
KHO O35	NORTH – Dipen Shah, Jiten Shah, Ketan Shah, Nicheel Shah, Hina Shah, Mala Shah, Rakhee Shah, Sonal Patel	NORTH EAST – Bhavesh Shah, Jinal K Shah, Kunjal Haria, Sunin Shah, Sanjana Haria, Vipa Dhinal Shah, Dipti Shah, Naina Doshi	WEST – Vimal Dodhia, Jiten (Jaymin), Manish Chandaria, Jitu, Jyoti, Jinita, Darshna, Ani
NETBALL	NORTH EAST – Yasmin Rajen Shah, Piia Bhavesh Shah, Pooja Anil Shah, Diksha Ashwin Shah, Darshni Mukesh Shah, Ria Krishna Malde, Aashni Sunin Shah, Priyanka Popat, Jaimini Shah	WEST – Chandini Shah, Devina Shah, Serena Shah, Arti, Radhika, Neha Rajani, Binisha, Neha, Bansi	NORTH – Aisha Patel, Ami Shah, Bindiya Shah, Deeva Maroo, Priyanka Shah, Puja Dodhia, Roshni Goodka, Serena Dodia, Simran Shah
BENCHBALL (U12)	NORTH – Akshay Patel, Akshay Shah, Jinal Shah, Rushil Shah, Neha Master, Preena Shah, Riya Shah, Ruhee Shah	NORTH EAST – Aaryan Kunjal Haria, Akshay Doshi, Rithik Popat, Kavi Dhinal Shah, Shaina Retesh Shah, Symran Jinal Shah, Maya Bhavesh Shah, Jaynie Shah	WEST – Savan N Shah, Maan M Chandaria, Trishul J Shah, Chaand Rakshit Shah, Jesal Shah, Uma Shah, Diya Patel, Hiral Bijal Galaiya
DODGEBALL (U12)	NORTH – Akshay Patel, Akshay Shah, Jinal Shah, Rushil Shah, Preena Shah, Riya Shah, Serena Shah, Tia Hirani – Shah	SOUTH – Mihir Shah, Jay Shah, Jinay Shah, Jesal Shah, Maya Savla, Anjali Shah, Dhvani Shah, Neha Masters	NORTH WEST – Rahil Shah, Anay Gudka, Nikhil Shah, Sahil P. Shah, Tulsi Shah, Bhavini Shah, Pooja Shah, Kashvi Shah
DARTS – MENS SINGLES	SOUTH – Pravin Shah	LUTON – Neil Bharat Shah	NORTH WEST – Prabhulal Shah
DARTS – MENS DOUBLES	NORTH WEST – Prabhulal Shah, Paresh Maru	EAST – Ramesh Shah, Sundip Shah	SOUTH – Pradip Shah, Mahendra Shah
DARTS – LADIES SINGLES	WEST – Daxa	NORTH EAST – Sonal Shah	EAST – Nita Shah
DARTS – LADIES DOUBLES	NORTH EAST – Vipa Dhinal Shah, Sonal Shah	SOUTH – Dipika Shah, Kelly Chandaria	NORTH WEST – Ramila Shah, Aarti
DARTS – MIXED DOUBLES	NORTH WEST – Ramila Shah, Kiran Shah	SOUTH – Pravin Shah, Kelly Chandaria	NORTH EAST – Sonal Shah, Mitesh Dhanani

EVENT	1 st Position	2 nd Position	3 rd Position
BASKETBALL U16	NORTH WEST – Aman Patani, Sahil Shah, Rushil Shah, Harshil Shah, Sarina Shah, Darshi Shah, Jaini Shah	NORTH – Anuj Shah, Niren Shah, Sahil Shah, Yash Shah, Deeva Maroo, Priyanka Shah, Serena Dodhia	WEST – Priyan Shah, Jaymin Shah, Ankur Dodhia, Jessel J Shah, Devina Shah, Jainee N Shah, Serena Shah
BASKETBALL 16-21	WEST – Rishi Shah, Niraj V Shah, Jilan Y Shah, Kyle Shah, Chandni Shah, Radhika, Binisha	NORTH EAST – Darshan Ilesh Nagaria, Priyen Mukesh Shah, Rahul Atul Shah, Akshay Dipak Shah, Diksha Ashwin Shah, Darshni Mukesh Shah, Harshni Shah	NORTH WEST – Rishi Shah, Shil Shah, Mirav Shah, Kiran Shah, Tanvi Shah, Dhruti Shah, Archana Shah
BASKETBALL LADIES	WEST – Chandini Shah, Arti, Radhika, Neha Rajani, Binisha, Neha, Bansi	NORTH EAST – Yasmin Rajen Shah, Diksha Ashwin Shah, Darshni Mukesh Shah, Ria Krishna Malde, Aashni Sunin Shah, Jaimini Shah, Harshni Shah	NORTH – Ami Shah, Bindiya Shah, Khilna Shah, Reeta Hirani, Rupa Dodhia, Shivani Shah, Vandna Nimish
BASKETBALL MENS	NORTH WEST – Rishi Kiran Shah, Rishi Shah, Rishi Patel, Shil Shah, Rikki Shah, Mirav Shah, Prashit Gudhka	WEST – Rishi Shah, Niraj V Shah, Niraj Shah, Ketan K Shah, Miral Shah, Bakul, Sarith Gada	NORTH – Miran Shah, Nayan Patel, Nickeel Shah, Pramit Shah, Priyesh Patel, Sahil Shah, Vinit Shah
FOOTBALL U12	NORTH WEST – Rahil Shah, Anay Gudka, Rian Shah, Nikhil Shah, Sahil P Shah, Krish Shah, Shiv Shah	NORTH EAST – Aaryan Kunjal Haria, Akshay Doshi, Rithik Popat, Anish Doshi, Kavi Dhinal Shah, Ashish Anup Shah	NORTH – Akshay Patel, Akshay Shah, Aryan Jain, Dhruv Shah, Jinal Shah, Rushil Shah, Riya Shah
FOOTBALL 12-16	NORTH – Akhil Shah, Anuj Shah, Niren Shah, Ricky Shah, Ronak Shah, Sahil Shah, Yash Shah	WEST – Priyan Shah, Jaymin Shah, Ankur Dodhia, Shrenik Savla-Shah, Rahul Malde, Chandini Shah, Serena Shah	NORTH EAST – Rithik Popat, Ashil Dhirajlal Gudka, Rahil Jitendra Shah, Nikhil Dixit Shah, Parus Amit Shah, Suraj Ketan Shah, Mithul Shah
FOOTBALL LADIES	WEST – Chandini Shah, Serena Shah, Arti, Radhika, Neha Rajani, Binisha, Tich	NORTH – Aisha Patel, Ami Shah, Bindiya Shah, Khilna Shah, Reeta Hirani, Rupa Dodhia, Umika Patel	NORTH WEST – Tanvi Shah, Sarina Shah, Dhruti Shah, Darshi Shah, Aashni Shah, Nerissa Patel, Nikki Shah
FOOTBALL MENS	WEST – Rishi Shah, Niraj V Shah, Niraj Shah, Jilan Y Shah, Miral Shah, Bakul, Ashish	NORTH – Dipen Shah, Nayan Patel, Nickeel Shah, Priyesh Patel, Sahil Shah, Sajan Shah, Vinit Shah	NORTH WEST – Neel Shah, Rishi Patel, Bhaven Shah, Sawan Shah, Birju Shah, Shil Shah, Rikki Shah
CIRCUIT TRAINING U12	NORTH – Akshay Patel, Akshay Shah, Jinal Shah, Rushil Shah, Ariya Shah, Dhvani Shah, Preena Shah, Riya Shah	NORTH WEST – Anay Gudka, Shiv Shah, Suraj Shah, Ashish Shah, Krupa Shah, Tulsi Shah, Neha Shah, Juee Ladd	NORTH EAST – Aaryan Kunjal Haria, Akshay Doshi, Rithik Popat, Anish Doshi, Shaina Retesh Shah, Symran Jinal Shah, Maya Bhavesh Shah, Jaynie Shah
CIRCUIT TRAINING 12-14	NORTH WEST – Nihal Shah, Kushal M Shah, Harshil Shah, Samil Shah, Darshi Shah, Pooja Shah, Pooja Galaiya, Minal	NORTH – Akhil Shah, Roshan Shah, Sahil Shah, Sajan Shah, Aisha Patel, Chloe Jakharia, Simran Shah, Tanvi Shah	NORTH EAST – Rahil Jitendra Shah, Nikhil Dixit Shah, Rushabh Ramesh Shah, Dhillan Jinal Shah, Piia Bhavesh Shah, Ria Krishna Malde, Keya Amit Patani, Valishah Shah
CIRCUIT TRAINING MIXED	NORTH – Miran Shah, Nayan Patel, Niren Shah, Sahil Shah, Aisha Patel, Bindiya Shah, Preena Shah, Rupa Dodhia	NORTH WEST – Neel Shah, Rishi Shah, Aman Patani, Sahil Shah, Tanvi Shah, Sarina Shah, Dhruti Shah, Aashni Shah	NORTH EAST – Parus Amit Shah, Suraj Ketan Shah, Ajay Sunin Shah, Rijul Rohit Shah, Yasmin Rajen Shah, Jaina Retesh Shah, Pooja Anil Shah, Priyanka Popat
CHOKRI	SOUTH	WEST	NORTH WEST

29th OAUK Sports Day Swimming Results

CATEGORY	1 st Position	2 nd Position	3 rd Position
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BACKSTROKE

U10 Girls	Jesal (West)	Nerissa (Luton)	Ria (South)
U10 Boys	Ishaan (North)	Akash (Luton)	Aarav (East)
10-12 Girls	Riya (North)	Anyia (East)	Heera (North West)
10-12 Boys	Mihir (South)	Rushil (North)	Kavi (North East)
12-14 Girls	Devina (West)	Piia (North East)	Devika (East)
12-14 Boys	Sahil (North)	Jaimin (Luton)	Veer (North West)
14-16 Girls	Deeva (North)	Sarina (North West)	Chandni (West)
14-16 Boys	Mirav (North West)	Parus (North East)	Dil (South)
16-25 Ladies	Dhruti (North West)	Ami (North)	Darshni (North East)
16-25 Mens	Miran (North)	Harshil (North West)	Chaand (North East)
25-40 Ladies	Bansi (West)	Khilna (North)	Sanjna (North East)
25-40 Mens	Ketan (West)	Paaras (North)	Rupesh (North East)
O40 Ladies	Tina (North East)	Shital (Luton)	Jinita (West)
O40 Mens	Chetan (North West)	Hiten (South)	Madhu (West)

BREAST STROKE

U10 Girls	Jesal (West)	Neha (North)	Rhea (North West)
U10 Boys	Ishaan (North)	Akash (Luton)	Aarav (East)
10-12 Girls	Riya (North)	Maya (North East)	Bhavini (North West)
10-12 Boys	Rushil (North)	Mihir (South)	Kavi (North East)
12-14 Girls	Piia (North East)	Devina (West)	Devika (East)
12-14 Boys	Sahil (North)	Jaimin (Luton)	Veer (North West)
14-16 Girls	Sarina (North West)	Deeva (North)	Chandni (West)
14-16 Boys	Darshan (North West)	Suraj (North East)	Bhaveer (West)
16-25 Ladies	Ami (North)	Dhruti (North West)	Darshni (North East)
16-25 Mens	Miran (North)	Harshil (North West)	Rishi (West)
25-40 Ladies	Bansi (West)	Khilna (North)	Sanjna (North East)
25-40 Mens	Rupesh (North East)	Ketan (West)	Neel (North West)
O40 Ladies	Shital (Luton)	Tina (North East)	Jinita (West)
O40 Mens	Chetan (North West)	Ashit (South)	Sunin (North East)

FREE STYLE

U10 Girls	Ria (South)	Rhea (North West)	Diya (West)
U10 Boys	Ishaan (North)	Akash (Luton)	Aarav (East)
10-12 Girls	Riya (North)	Maya (North East)	Anyia (East)
10-12 Boys	Mihir (South)	Jinal (North)	Rithik (North East)
12-14 Girls	Keya (North East)	Devina (West)	Kaya (North)
12-14 Boys	Sahil (North)	Jaimin (Luton)	Veer (North West)

CATEGORY	1 st Position	2 nd Position	3 rd Position
14-16 Girls	Deeva (North)	Priyanka (North East)	Chandni (West)
14-16 Boys	Mirav (North West) & Parus (North East)		Dil (South)
16-25 Ladies	Dhruti (North West)	Ami (North)	Darshni (North East)
16-25 Mens	Harshil (North West)	Miran (North)	Chaand (North East)
25-40 Ladies	Bansi (West)	Khilna (North)	
25-40 Mens	Neel (North West)	Rupesh (North East)	Paaras (North)
O40 Ladies	Shital (Luton)	Jinita (West)	Naina (North East)
O40 Mens	Chetan (North West)	Ashit (South)	Madhu (West)

MIXED RELAY

U12 Girl	Riya (North)	Maya (North East)	Bhavini (North West)
U12 Boy	Ishaan (North)	Kavi (North East)	Chaand (North West)
U16 Girl	Kaya (North)	Piia (North East)	Kajol (North West)
U16 Boy	Sahil (North)	Parus (North East)	Darshan (North West)
O16 Ladies	Ami (North)	Darshni (North East)	Dhruti (North West)
O16 Mens	Miran (North)	Chaand (North East)	Harshil (North West)

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TABLE TENNIS	BOYS SINGLES BOYS DOUBLES GIRLS SINGLES GIRLS DOUBLES	BOYS SINGLES BOYS DOUBLES GIRLS SINGLES GIRLS DOUBLES	BOYS SINGLES BOYS DOUBLES GIRLS SINGLES GIRLS DOUBLES	MENS SINGLES MENS DOUBLES LADIES SINGLES LADIES DOUBLES
SQUASH	BOYS SINGLES GIRLS SINGLES	BOYS SINGLES GIRLS SINGLES	BOYS SINGLES GIRLS SINGLES	MENS SINGLES LADIES SINGLES

For any queries contact Anjali Gudhka on anjali.gudhka@oshwal.org
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on the Oshwal Website:

www.oshwal.co.uk/youth





OAAK is proud to announce that it has set up an Oshwal Business & Professional Group ("OBPN"). This initiative follows on from the very successful Oshwal Career & Development Fair. It taps into the vast resource that our Community has both in successful businesses and trades and in a wide variety of professionals. The need for OBPN is even more crucial in the current economic climate.

The primary vision of OBPN is to create and maintain a support structure for all Oshwal members, specifically in areas of mentoring, career guidance, recruitment, business helpline, work experience, internships, personal development, post work-life activities, etc. This will develop, harness and increase the overall wealth and intellectual capital of our community in the UK and globally.

The programme will be rolled out in stages during the course of this year. The first instalment, **The Oshwal Business & Professional Directory**, is now live for accepting registrations from Oshwal Businesses and Professionals. The benefit of this to OAAK Businesses and Professionals is huge as it enables us to raise Community business awareness, give opportunities for collaboration and enable us to promote our businesses and to network. At the same time it provides all Oshwals with an easy to use resource.

Are you an Oshwal Business or Professional? Do you want to take advantage of being in a Business and Professional Directory exclusively for the promotion of Oshwal Businesses and Professionals? Register now with OBPN to get your free listing.

The aim of OBPN:

Mentoring



To create and maintain a list of mentors from university students to recent and experienced professionals in various fields. Assist with career guidance and advice.

Work Experience/Internships



To create a register of business willing to provide work experience and internships

Jobs Bank



To create a bank of available jobs

CV Bank



To create a bank of CVs for potential employers looking for candidates

Personal Development



To enable members to develop their personal skills for example, CV writing, negotiating skills, presentation skills, interview techniques, public speaking, etc.

Oshwal Business & Professional Directory



To create a directory of Oshwal businesses providing goods and services

Business Helpline



To assist members who wish to set up businesses

Networking



To enable networking among Oshwals by organising events, workshops, etc

Registration is open to all OAAK Life members via : <https://obpn.oauk-nw.org>

For help or further information, please email us at : help@obpn.oauk-nw.org

Oshwal Ekta Centre

The perfect venue for your Special Day

366A Stag Lane
Kingsbury
London
NW9 9AA

Tel: 020 8206 1141

E-mail: ekta@oauk-nw.org



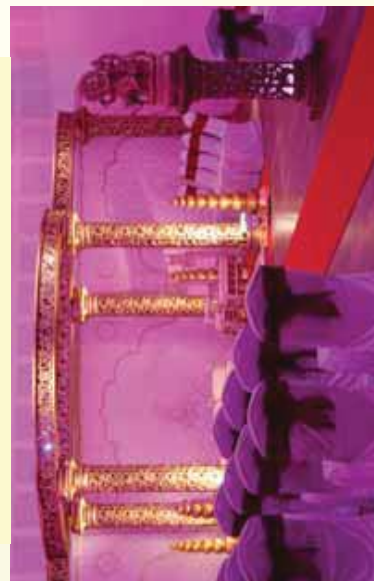
Ball & Conference Facilities

Deluben Gulchand Ball

- State of the art LED lighting
- 400 Seated Capacity
- Full Cooking Facilities
- Separate Dining / Serving Area
- Ideal for Banquets, Sanjis, Music Nights, Engagements, Bhajan Bhojans, Conferences, Lectures etc
- Wi-Fi Enabled
- Changing Room facilities

- ◆ Underfloor Heating

- ◆ Outside Catering welcome (Alcohol and Non-Vegetarian Food are not permitted)



Infinity Ball

- 100 Theatre Style Capacity
- Warming Up facilities
- Ideal for Birthday Parties, Conferences, Lectures & Family Gatherings
- Wi-Fi Enabled
- Air Conditioned / Central Heating

Ekta Ball

- 100 Seated Capacity
- Full cooking facilities
- Ideal for Family Gatherings
- ◆ Wi-Fi Enabled
- ◆ Air Conditioned / Central Heating

Meeting Room Facilities

- Available for up to 12 people
- Tea / Coffee making facilities
- Suitable for Meetings, Conferences, Workshops & Mediation
- Separate Break-out Rooms available
- Wi-Fi Enabled

Community

The facilities are available for holding

- Funeral Services
- ◆ Memorial Services (Sadris)
- ◆ Wakes (Chhas Piwanu)



Registered Office: Oshwal Centre, Coopers Lane Road, Northaw, Herts. EN6 4DG | Telephone: 01707 643838 Facsimile: 01707 644562 |
OSHWAL ASSOCIATION OF THE UK is a registered Charity in accordance with the Charities Act, 1960. Charity Reg. No. 267037



Community Events Summary

New Section

This is a new section of the Oshwal News magazine, with a view provide a concise summary of the huge number of events happening in our Community.

Transport Service to Oshwal Centre

Next Dates & Collection Points

1st Mar	North	starting from Kenton Library (9am) to Lodge Lane to Waitrose, Totteridge to Odeon Cinema to Centre
8th Mar	North East	starting from Bounds Green Stn (9.30am) to Southgate Stn to Cockfosters Stn to Centre

Contact Details

North: Saroj Shashi Shah Tel: 020 8420 4606 Email: saroj_45@hotmail.co.uk or Ramesh Govindji Shah Tel: 020 8446 3051

North East: Taraben Ratilal Patani Tel: 020 8886 4400 Email: tara@keya.co.uk or Ratilal Vidhubhai Shah Tel: 020 8361 2693 Email: ratilalmalde@googlemail.com

Overall Service details please contact EC Representative: Mradula Babulal Shah Tel: 020 8441 4387

Oshwal School of Music

Singing Lessons

Do you enjoy Indian Music? Would you like to learn the art of singing? Regular practice and proper training is very necessary to become a good singer - but anyone can do it - so why not Join our "SINGING CLASSES".

Venue: EKTA CENTRE, Stag Lane, Kingsbury NW9 9AA.

Date: Thursday evenings

Time: 8.30pm to 9.45pm

To register please email: oa-uk@yahoo.com or call Sudhirbhai on 07785 710 914 or Hina on 07732 440721 or contact anyone from the NW area Committee.



Tailor made packages to suit your every need



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www.jkbanqueting.co.uk

Contact Rajnikant

Email - info@jkbanqueting.co.uk

Tel - 07940711510

East Area – Upcoming Events



Funtakshari Night

Saturday 30th March 2013 - 7pm – 10pm

St Albans Church Hall, Albert Road, Ilford.

Entry price: £3 per person

Contact: Pravina/Rasik on 0208 989 5089

Happy Mahavir Jayanti



Mahavir Janma Kalyanak Celebrations

Saturday 27th April 2013 - 7pm – 10pm

St Albans Church Hall, Albert Road, Ilford.

If anyone wishes to give any Prabhavna please contact:

Arunaben on 01708 742 165 or Narottambhai on 07930 696 232



East Area AGM - Annual General Meeting

Saturday 25th May 2013 - 7pm – 10pm

St Albans Church Hall, Albert Road, Ilford.

Entry price: Free | Light refreshments will be provided

East Area – Regular Activities



Thursday Social Club

14th March 2013 onwards - 1pm – 3pm

St Albans Church Hall, Albert Road, Ilford

Entry: £1.50 per person

Activities include: Chair based exercises, ball games, debates, mind-games or Satsang (held on last Thursday of every month) & light lunch



Friday Sports Club

Every Friday - U12's 7:30pm – 8:30pm & O12's 9pm – 10pm

Canon Palmer School

£25 per person per 10 week term

Activities include: Basketball or Football.

Sports by Sundip R Shah on 07828 862 935



****Cards Night* NEW***

From Friday 8th February 2013 - 7:30pm – 10pm

Canon Palmer School

Entry: £1 per person

Please bring your own packs of cards. No food allowed, only water is permitted.

Contact Bansi on 07932 094 609



****Zumba Classes* NEW***

From Friday 1st March 2013 - 8pm – 9pm

Canon Palmer School

Entry: £1 per person

Professional Zumba Instructor will carry out the classes.

Contact Bansi on 07932 094 609

Leicester Area – Upcoming Events



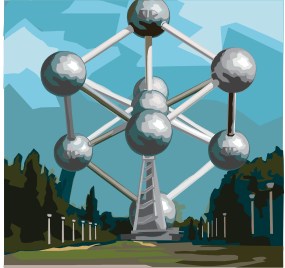
Mothering Sunday

Sunday 10 March 2013 - 2:30 pm to 5.30 pm

Venue: Thurmaston Silverdale Community Centre

Contact: Jyoti on 0116 210 8488 or Mradhulaben on 0116 268 2964

For more info: <http://www.oshwal.co.uk/events/mothering-sunday>



Trip to Belgium

A 2-nights / 3-days trips to visit the Jain Derasar in Belgium and other sight-seeing venues is being planned for during the May Bank holiday weekend. Cost is approximately £260 (members) and £300 (non-members). If you wish to register your interest, contact Smruti on 0116 266 5757 or Kanchan on 0116 276 8582.

Leicester Area – Regular Activities



Walking Group

Sunday Mornings from March 2013

Leicester Oshwal walking group will meet at 9am on Sunday mornings from March 2013 once the weather improves. We shall be holding the walks at different venues. Please contact either Rahul on 0116 266 5757 or Neeta on 0116 276 0820 for more details and to express an interest in coming along.

Luton Area – Regular Activities



Friday Club

Dates: 15 Mar, 19 Apr, 17 May, 19 Jul, 16 Aug, from 8-10pm

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



Friday Cards Club

Dates 1 Mar, 5 Apr, 3 May, 7 Jun, 5 Jul, 2 Aug, from 8-11pm

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



Luncheon Club

25th March 2013 - 11am – 3pm

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



Oshwal Gujarati School

Every Saturday morning during term time from 10am – 12pm

Venue: Denbigh High School, Alexandra Avenue, Luton

Northampton Area – Upcoming Events



Dal Roti and Antakshari Night

23rd February 2013 - 7.30pm-11.00pm

St Michael's Hall Tickets: £5.00 Members | £7.50 Non – Members

Open to all. More details on: www.oshwal.co.uk/events/dal-roti-and-antakshari-night



Annual General Meeting

2 Saturday March 2013 - 8.00 pm to 10.00 pm

Hesketh Centre, NN3 8JJ



Mahavir Janam Kalyanak

14 Sunday April 2013

Wellingborough Hindu Mandir

Note: Check Website for more details at a later stage

Northampton Area – Regular Activities



Fun Club

Every 3rd Saturday of the Month - 6.00 pm to 10.30 pm

Tickets £3 (members)

Children under 16 - £1.00

More details on: www.oshwal.co.uk/northampton-regular-activities



Jain Philosophy Classes

Every 2nd Friday of the Month - 8.00 pm to 9.30 pm

Free Event

More details on: www.oshwal.co.uk/northampton-regular-activities

North Area – Upcoming Events



43rd AGM of OAUk NORTH AREA

Sunday the 3rd March 2013 at 3.00pm

Gordon Hall (Scouts Hall), Huntley Drive, West Finchley. London, N3 1NU.

North Area – Regular Activities



Social Club

Friday (Term Time) 8pm to 10pm

Venue: Woodhouse College Woodhouse Road. N12 9EY

About the event: Come and meet fellow North Area members and join in a game of Bhukar, Chokadi and other activities. The club is open to all. Entrance is £1 and is a good way to catch up on news of North area.

Contact : Please e-mail or call Kuntesh Shah on kshah5@sky.com or 07952 708 592.



Bolly Aerobics

Saturday (Term Time) - 9.45am to 10.45am

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

About the event: GOOD WAY OF KEEPING FIT. Most of us love dancing and try to get keep fit. Put the two together and you get the perfect workout that none of us will mind stepping out for. So come and dance your way to fitness and have fun the Bollywood way!

Contact: Daksha Maroo on daksha.maroo@gmail.com or 07775 514 286.

Gujarati Classes

Saturday (Term Time) - 9.30am to 12.30am

Venue: Woodhouse College, Woodhouse Road, N12 9EY

About the event: Let your child learn to speak, read & write Gujarati which is taught through music, singing, dancing, acting, storytelling and art. Your child will also learn about our festivals such as Paryushan, Diwali and others events. Children can join from the age of 4 years.

Contact: Please e-mail or call Kuntesh Shah on kshah5@sky.com or 07952 708 592 or Daksha Maroo on daksha.maroo@gmail.com or 07775 514 286.

Youth Club

Fridays (Term Time) - Under 12's – 6-8pm / Over 12's – 8-10pm

Venue: Woodhouse College, Woodhouse Road, N12 9EY

About the event: Football, Basketball, Bench ball, Dodge ball, Netball and many more activities.

Contact: Youth Club Committee members:

- | | |
|-------------------------------|-------------------------------|
| • Sejal Shah - 07931 778 642 | • Khilna Shah - 07989 971 912 |
| • Sahil Shah - 07947 984 706 | • Sajan Shah - 07958 444 539 |
| • Rupa Dodhia - 07878 336 623 | • Sonal Patel - 07939 913 988 |
| • Vinit Shah - 07713 577 403 | • Rakhee Shah - 07956 231 007 |

Bhukhar

1st Saturday of month - 8.00pm to 11.00pm

Venue: Oshwal Centre, Oshwal House, Potters Bar. Herts.

About the event: Do you enjoy playing Bhukhar. Bhukhar Come and playing Bhukhar and make new friends.

Contact: Bijal Shah bijal_shah@hotmail.co.uk or 020 8906 3389 | Ashwin Shah hasp@hotmail.co.uk or 07921 400 328

Yoga

Fridays (Term Time) - 7pm -8.30pm

Venue: Woodhouse College, Woodhouse Road, N12 9EY

About the event: Yoga helps 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. Classes are held by Dr Mehul Shah.

Contact: Sejal Shah on 07931 778 642



North East Area – Upcoming Events



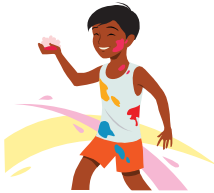
Zumba Fusion!

3rd March 2013 - 3pm – 7pm

Oshwal Centre

£12.00 members and £14.00 non-members | Includes food and drink

Contact: p4shi@hotmail.com



Holi!

24th March 2013

Oshwal Centre, Coopers Lane Road

Tickets: Children (5-10 years): £4.00 | Children (10-16years): £8.00 | Children (Non Oshwal): £10.00 | Adults: £8.00 | Adults (Non Oshwal): £10.00

Contact: dipak.shah@rentokil.com



African Night!

Saturday 26th October 2013 - 6.30pm - to 11pm

Oshwal Centre

Tickets: Members: £17.50 | Non-members: £20.00 | Children: £10.00 | Under 5 years: Free.

Contact: nshah619@aol.com

North East Area – Regular Activities



Youth Club

Sunday

Contact: dipak.shah@rentokil.com



Keep Fit!

Tuesday 8pm – 9.15pm

Trinity at Bowes Methodist Church

Contact: madula.savla@btinternet.com



Gujarati Classes

Every Saturday

Southgate Secondary School

Contact: dilipshah001@gmail.com



Yoga Classes

Available spaces at Tuesday class from 7-8.30pm at Southgate School

Contact: dilipshah001@gmail.com



Zumba Classes

Wednesday 7.30pm

Ruth Winston Centre

Contact: p4shi@hotmail.com

North West Area – Upcoming Events



Women's Networking Session

Venue: Oshwal EKTA Centre, 366a Stag Lane, Kingsbury, NW9 9AA

Wednesday 27th February 2013 8.00 – 11.00pm

Programme: Demonstration on Quick Puddings and Networking

Wednesday 24th April 2013 8.00 – 11.00pm

Programme: Saree Draping, Hair and Make-up and Networking



International Women's Day

3rd March 2013 – 10am to 4pm

Oshwal EKTA Centre, 366a Stag Lane, Kingsbury, NW9 9AA



North West Annual General Meeting

24th March 2013

Timings shall be confirmed and sent out with the AGM notice to the area.

North West Area – Regular Activities



Parent & Toddler Sessions

Every Saturday - 9:30 am – 11:30 am

Venue: Infinity Hall, Oshwal EKTA Centre, 366A Stag Lane, Kingsbury, London NW9 9AA

Price: £1.00 per session (Open to OAUk Members only)

Contact Details: Meera Shah: 07515 806 587 | Mehul Shah: 07944 107 222

E-mail: parentsandtoddlers@oauk-nw.org



Bhukar

**Dates: 16th March, 20th April, 18th May, 15th June - 8.00 pm - 11.45 pm
(Registration by 7.45 pm)**

Venue: All Saints Church Hall; Queensbury; Waltham Drive; Edgware; HA8 5PQ

Price: Annual: £30 (Members) | £50 (Non-Members)

Per Session: £4.50 (Members) | £7 (Non-Members)

Contact Details: Sailes Shah: 07745 871 62 | Mahendrabhai Chandaria: 07714 712 713

Amu Shah: 07816 368 157 | Satish Shah - 07506 550 448



Elderly Monthly Meets

Date: 9th March, 13th April, 11th May, 8th June - 11:30 am - 3.30 pm

Venue: Veluben Fulchand Hall, Oshwal EKTA Centre; 366A Stag Lane; Kingsbury; NW9 9AA

Price: £2.00 per session (Open to OAUk Members only.)

Contact Details: Amubhai Shah: 020 8907 7972 | Mahendrabhai Malde: 020 8864 2522

To sponsor the event contact the EMM Team.



Whist Drive

Date: 9th March, 13th April, 11th May, 8th June - 7:00 pm - 10.30 pm

Venue: Veluben Fulchand Hall, EKTA Centre; 366A Stag Lane; Kingsbury; NW9 9AA

Price: £5.00 (Members) £7.50 (Non-Members)

Contact Details: Dilharbhai D Shah: 07870 846 729 | Premharbhai D Shah: 020 8723 8368

Sailesbhai P Shah: 07745 871 623 | Vinaben J Dhanani: 020 8866 7223

To sponsor the event contact the Whist Drive Team.

Please Note: Proof of Membership is required for ALL North West Area events and failure to produce your membership card at the door will result in your being denied entry or having to pay non-member rates. Membership checking facilities will no longer be provided at the registration desk.

South Area – Upcoming Events



Oshwal South Sports & Social – Talent Show

Friday 1st March 2013

Oshwal Majanwadi South

Calling all singers, dancers, musicians, comedians, and all talented Oshwals!

If you have a talent to showcase please let us know details on southyouth@oshwal.org ASAP!

Or simply come along and enjoy spectacular entertainment! For more details see our Facebook page www.facebook.co/OshwalSAS or email southyouth@oshwal.org.



Annual General Meeting

24 March 2013

Further details to follow on website.

South Area – Regular Activities

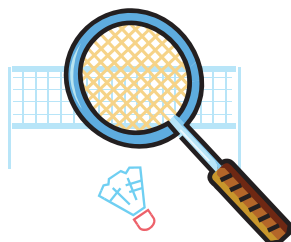


Oshwal South Sports & Social

Saturday – 6pm to 10.30pm

Lanfranc School, Mitcham Rd, Croydon.

Contact Vikesh Chandaria for info on 07738 112 580



Badminton

Sundays from 20th January - 4.30pm to 6pm

South Croydon Sports Club, for all ages, young and old, male and female.

Contact: Hiten Savla for more info on 07711 183 808

West Area – Upcoming Events



March 24th 2013

AGM

April 14th 2013

Over 50's dinner with entertainment

June 16th 2013

Over 50's dinner with entertainment

July 6th 2013

Quiz night

Aug 2013

Picnic in the Park

September 2013

Paryushan

October 6th 2013

Savantsari Bhojan

For more information and to book your tickets please contact:

Keshubhai (Colombo) Mobile: 07735 382657, Home: 020 8570 7585, (between 2.00pm and 10.00pm)

West Area – Regular Activities



West Area Gujarati School

Saturday mornings from 9.30 a.m. to 12.00 noon

Hounslow Manor School, Prince Regent Road, Hounslow, Middlesex TW3 1NE.

Contact: Ushaben Shah: 020 3532 2166 | Bhikhubhai Shah: 07768 653 387 (Evenings and Weekends only) or Email: Bhikhu.shah@devcofireworks.co.uk



Family Club

Every Friday from 7pm-10pm

Brentford Fountain Leisure Centre, 658 Chiswick High Road, Brentford, Middlesex, TW8 0HJ.

For more details, contact: Preetiben on 07779 798 384

Remember:

To find out all the details about all the events happening in our Community, please go to:

<http://www.oshwal.co.uk/events>



juhu + mumbai is hot!



beach treats



theatre



art exhibits



sandy walks



shopping



apartment suite



wellness spa



studio room



pure veg. restaurant



banquets / conferences



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East Area

East Area Members Latest Achievements!

- Congratulations to Babubhai, Bhartiben & Ranjanben for coming 3rd place in a Bukhar competition hosted by Northampton Area on 25th November 2012. Other members that also took part are Dhirubhai, Sheilaben and Bhartiben.
- Well done & Thank you to all those that took part in Oshwal Sports Competition 2012:
 - Men's Basketball – Hinal, Keval, Nikhil, Vijal & Vivek (from Northampton)
 - U12's Football – Avi, Aarav, Chirag, Rahil, Viraj & Vinesh.
 - Darts – Avni, Mila, Nita, Nikhil, Ramesh & Sundip – Ladies singles – 3rd place and Runners up in Men's doubles (3 trophies won in total)
 - Swimming – Anya, Devika & Aarav – All 3 children won bronze or silver medals.
 - Chokri – Bharti, Mila, Pragna, Narottam, Dilip, Dinesh, Chandrakant, Rasikant, Subhash & Vijay.
- Happy belated birthday to Manekchandbhai Hemraj Shah who recently celebrated his 97th birthday on 5th January 2013. We all wish you good health and prosperity.
- Happy belated birthday to Narendrabhai Meghji Samat – his birthday was celebrated with a special cake cutting ceremony at East area's Indian Republic Day event.
- Happy belated birthday to our Vicechairman Rasik Nathu who celebrated his birthday in January.

East Area Feeds The Homeless on National Sewa Day!

SEWA... commonly defined as "Selfless Service" I would define it as "Serving Enthusiastically, Without Attitude." On National Sewa Day, thousands of people around the world get together to carry out various acts of sewa for example, planting trees, visiting the elderly, fundraising for various charity organisations etc. Approximately 20 members from East Area volunteered on Sunday 7th October 2012 to help make a delicious Indian meal for the residents at Ilford Homeless Shelter (Jason Lee House) as well as donate 2 large boxes of food that was generously donated by a large number of members over 8 days of Paryushan. There are currently 18 residents at this shelter that have been made homeless due to various circumstances. There are several volunteers to help run the shelter daily making sure they provide food and comfort for these residents. We received great feedback from those at the shelter and as East area we hope to continue to carry out different acts of sewa throughout the upcoming years.

BUT... Sewa doesn't have to end there... every one of us can try to incorporate sewa into our daily lives... use your initiative to: "Do an act of Sewa once a day/week."



Kathiawadi Bhojan & “Live Panchayat” – Saturday 27th October 2012

A lot of East area members had heard good feedback about our involvement at the Oshwal Education Fair in August however many were unable to attend. Therefore it was decided that we would repeat our “Live Panchayat” role-play and top it off with a Kathiawadi themed menu of Khichdi and Rotla. The actors and actresses changed into their costumes and got into character as the five short dramas were performed. Although each drama had lots of comedy and humour, each drama also consisted of a reasonable portrayal of how villagers in India would go to the village council with various disputes and how they would be dealt with by the council members.

The five dramas were as follows:

1. **Water Disputes** – “પાણીની ખટપટ” – Two neighbouring farmers Bhimjibhai and Ketubhai have disputes over one getting lots of water for their crops early in the morning and the other getting very little.
2. **Marriage** – “લગ્ન” – Chhaganbhai’s daughter is getting married however he doesn’t have enough money or gold for her dowry. Maganbhai decides to ask the council for help on behalf of Chhaganbhai.
3. **Justice over Books** – “પુસ્તકનો ન્યાય” – Kanjibhai, Ramjibhai and Mavjibhai ask the council for help to provide poor children with school books so they can also study.
4. **Living in India... Living Abroad** – “દેશ... પરદેશ” – Devshibhai and Lakhamshibhai have disputes with their brother Chaapshibhai who lives in London over their father’s land in India.

5. **Bansi Becomes A Sad Old Woman** – “બંસી બની દુઃખીયારી ડોસી” – Champabaa complains to the council that her two sons Raju and Jivla are not looking after her or feeding her properly and are threatening to send her away.

The roaring laughter from the audience created a brilliant atmosphere and people were talking about it for several weeks! A big thank you to all those that helped with the entertainment: Rasikbhai V, Rasikbhai N, Kishorebhai, Sundipbhai, Narottambhai, Nikeshbhai and Bansiben. A big thank you goes to Lalitaben Amritlal Shah for her generous donation towards this event. This event was a huge success and so final thanks goes to all the East area members that came along to watch the dramas, we hope to continue to see regular attendance at each monthly event.



In the Photo: Narottambhai, Nikeshbhai, Sundipbhai, Rasikbhai V, Rasikbhai N, Kishorebhai – Acting out a scene from Desh - Pardesh

Thursday Club's Xmas Party

Thursday 20th December 2012

The elderly members of our community got together for a Xmas party. They played pass the parcel and musical chairs. Everyone had a competitive spirit and there was lots of laughter as those that had to open the parcel were given a special task to do in each round for example, 3 exercises, tell a joke, go and shake everyone’s hand etc. It was great to see that despite not having any musical instruments, they used their initiative to use an old fashioned saucepan lid and cutlery to create a catchy beat! Alongside this, it has been almost 10 years since this club was started in 2003, so the club members also invited the founder of the club, Bhartiben and presented her with a special gift to show their appreciation. A second gift was presented to one of the eldest active members of this club Meghjibhai, who despite being 95 years old, always makes the effort to attend every Thursday to socialise with everyone and take part in the activities. Both gave heartfelt speeches and the party was ended with a delicious meal of idly, sambhar, samosas, kachori, bundi and a Xmas tradition of mince pies with fresh cream.



In the photo: Lalitaben, Ranjanben & Vasantiben giving Bhartiben a gift as a small token of appreciation.



In the photo: Venibhai & Mahendrabhai giving Meghjibhai a gift for his continual support even at the age of 95!

East Area Celebrates Indian Republic Day!

સારે જહાન સે અછા હિંદુસ્તાન હમારો...unveiling the spirit of Republic day, the committee members marched into the room with a large Indian flag proudly held in front and others behind waving their mini flags. There was a splash of orange, green and white amongst the audience radiating patriotism. After we all stood to sing our Jain Navkar mantra, the programme started with a surprise addition of a poem reading prepared by Manjulaben followed by a selection of patriotic songs with their videos:

- આવો બચ્ચો તુમહે દિખાયે – જાગ્રીતી
- મેરે દેશ કી ધરતી – ઉપકાર
- મા તુજહે સલામ – એ. આર. રહમાન
- વંદે માતરમ – આનંદ મઠ
- એ મેરે વતન કે લોગો – લતા મંગેશકર

Everyone was stood & singing along as Lata Mangeshkar's voice echoed around the room. After this, a special speech was delivered about Republic day in English by youngsters Chirag & Rahul and in Gujarati by Hinal & Urvi. A special patriotic dance choreographed by Hemini was performed by Vinesh & Kreeya, an inspirational video about all the leaders that played a part in the Indian Constitution and India's Independence coming to effect was shown and finally everyone stood to proudly sing the National Anthem (Jan Gan Man) from the bottom of their hearts before tucking into a delicious meal of idli – daar, cake, fruit salad & masala chai was served.

We would like to thank: Pragnaben, Bhartiben, Bhanuben, Arunaben, Pravinaben and Rasikbhai Nathu for making all the food provided, Lalitaben for providing the beautiful & tasty cake, Chirag, Pragnaben & Narrottambhai for setting up the hall, to anyone that helped with serving, washing up and clearing up at the end, Tarliben for writing the Republic day speech and finally the biggest thank you of all goes to all the youngsters: Chirag, Rahul, Urvi, Hinal, Vinesh, Kreeya and Hemini for all their efforts and contributions towards the presentation which made it extra special.

WE SALUTE ALL THOSE GREAT HEROES THAT SACRIFICED THEIR LIVES FOR A FREE INDIA.... VANDE MATARAM & JAI HIND!



Left: Vinesh & Kreeya, Middle: Hinal, Chirag, Rahul & Urvi, Right: Chandrikaben, Susilaben, Pragnaben, Bhanuben & Heminiben

Here is a short summary of crucial movements that led to India's independence:

- 1857 – **Mangal Pandey** revolted against the British.
- 1858 - **Rani Lakshmi Bai** (Jhansi ki Rani) – the brave Queen revolted against the British rule and fought til her last breath.
- 1885 - ~ 73 **Indian delegates** met in Bombay and founded the **Indian National Congress**.
- **Swami Dayanand Saraswati, Raja Ram Mohan Roy, Sri Aurobindo, Subramanya Bharathy, Bankin Chandra Chatterjee, Syed Ahmed Khan, Rabindranath Tagore, Dadabhai Naoroji & Sister Nivedita** – all spread passion for rejuvenation and freedom amongst the common man.
- 1905 - **Lala Rajput Rai, Lokmanya Keshav, Baal Gangadhar Tilak, Bipin Chandra Pal** led the Partition of Bengal – “Swadeshi Movement,” – “Swaraj is my birth right and I shall have it.”
- 1915 - **Mohandas Karamchand Gandhi** – arrives to India, who knew then that this common man would soon become the hero in the hearts of millions of Indians in the coming days.

- 1919 - **Jallianwallah Bagh Massacre** – **General Michael 'O' Dwyer** and his men killing over 1000 people on the auspicious day of Baisakhi, have still remained the stains in the hearts of many people even today.
- 1920 – The **1st Satyagraha movement** that raised voices to support Khadi and Boycott Britain dresses. Amidst the protests, leaders emerged – **C. Rajagopalachari, Jawaharlal Nehru, Sardar Vallabhbhai Patel.**
- 26th Jan 1930 – Under the leadership of **Jawaharlal Nehru**, Indian observed this day as Purna Swaraj with great pride & honour.
- 1930 – The Great Salt March- **“Salt Satyagraha”** – **Gandhiji** marched 400 km against British taxes on salt.
- 1931 – **“Inquilab Zindabad”** – Rise of **Bhagat Singh, Chandrashekhar Azad, Rajguru & Sukhdev.**
- 1942 – **“Bharat Chhodo Andolan”** (Quit India Movement) was called by **Gandhiji** with slogans raising **“Do or Die.”**
- 1943 – Azad Hind Forge – The 1st Indian National Army was formed by **Netaji Subash Chandra Bose.**
- 15th Aug 1947 – **“FREE INDIA”** was declared by the last British Governor General of India, **Lord Louis Mountbatten** with the **Indian Independence Act.**
- 26th Jan 1950 – **Dr. Bhimrao Ramji Ambedkar** + 6 others drafted the **“Constitution of India”** which came into force on this date declaring the **real independence** to India establishing the **“Republic of India.”**

East Area's Website Section

Please find these event articles below on the Oshwal website:

- Homage to Maa Programme
- Diwali Bhojan & Variety Show
- Xmas Dal Rotli & Cards Night

More info at: <http://www.oshwal.co.uk/areas/east/area-reports>

To view all of the photos from all of the events from October 2012 onwards go to:

<http://www.oshwal.co.uk/photo-galleries/east>



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Leicester Area

Diwali Celebrations 2012

In 2012 there were 2 different events organised by the committee to celebrate Diwali.

Diwali Party 2012

This was held on Saturday, 17th November at the Blaby & District Social Centre. The hall was buzzing with volunteers well before the programmes started at 07:30pm. The colourful sarees used for the decorations transformed the hall into a party venue! The tables were laid out with snacks – crisps, vol-au-vonts and fried chick peas – and people soon started filling up the hall.

The evening started off by a recital of prayers. There were then rounds of musical chairs for children and adults alike. It wasn't just the children who ran for the chairs when the music stopped - 'Usain Bolt' would have been put to shame when the adults came on! Children had a game of 'Statues' – who said children can't keep still.

Whilst the younger members were served chips and pizza, the older ones were invited to build up their appetites by a session of Zumba! It's always inspiring to see that the ladies, and a few men, participate to create a dynamic Zumba exercise sequence on the dance floor. For some, this was the highlight of the evening – our own version of 'Leicester Oshwals' Got Talent!'

Meanwhile, the aroma of the food being warmed up in the kitchen soon drifted through. Bhel, vegetable biryani and daal bhajias accompanied by salad, 'pili pili' and raitu were served. This was topped up by delicious gulab jamuns made by Jayaben!

Activities including colouring and puzzles were laid out for the younger members whilst a queue soon formed to have mehndi laid down by Harshi and Bhavnaben for the festive season. A talk on Diwali by one of the youngest members, Anika, was inspiring to listen to. Children were presented gift boxes with chocolates, courtesy of Premchandbhai, whilst the winners got trophies.

Ice cream capped the evening as the raffle was drawn for the lucky winners. However, the night was not over yet as the young and not so young moved onto the dance floor to the beats of popular dance music by Ash. All in all, about 120 people attended & enjoyed the party – a big 'thank you' to all the volunteers, sponsors, participants and members who attended to make the program a success.



Diwali Get-together 2012

A get-together for members simply to meet and greet was organised at the Braunstone Community Hall on Sunday 25th November.



The program started at 6:30 pm with prayers recited by Sunitaben, Meenaben, Kamlaben, Chandraben and Smrutiben. This was followed by New Year messages and a talk on the Festival of Lights, Diwali. Whilst this was going on, 'garam garam' khitchi and masala tea was being prepared; boondi was being warmed up as was the makai pawa! All this, together with home made biscuits, was served to the 150 people who turned up for the event. Not a serving of the khichi remained!

People mingled over the light but delicious meal. This was a time to just catch up – be it Diwali or home or upcoming Xmas holidays – “What mishtan have you made?” or “Come home and try the Chocolate Barfi!” or “What a party last week, eh!”

Prizes were awarded to the lucky winners once again for the raffle! By 9:30 pm, with the help of so many volunteers, the hall was vacated and cleaned up. A simple and pleasant evening to enjoy Diwali as a community!



Stress Management & Daal Rotli

On Sunday 9th December 2012, members filled into Rushey Mead Community Centre in the afternoon to hear what Pravinbhai Navekar had to say about managing stress - an issue that affects many in various ways. After a brief reflection on his own personal experiences, he soon captured the attention of the audience.

With the discussions in Gujarati and English, it was simple to follow and understand. He explained the various issues that can affect daily lives leading to stress. He engaged the audience actively and members soon joined in to give their own views. From 'Shayaris' to Bollywood songs to anecdotes, it didn't take long for members to share their experiences and knowledge of the subject. Pravinbhai passed on the formula of $E+R=O$ as well as the causes and effects of human ego. Finally, a session of meditation calmed the members ready for the next item on the agenda.




“With the discussions in Gujarati and English, it was simple to follow and understand.”

With everybody helping out, the hall was soon transformed into a dining venue. Tables and chairs were arranged neatly, the food was warmed up and laid down ready to be served. Hot daal and rotli were dished up complemented by papad, chaas and a salad. Some did suggest that good food is the best answer to managing stress!


On the whole, there was an overwhelming and unexpectedly positive response to the event. The program was oversubscribed and some members sadly did have to be turned down. The committee appreciates the support and compliments received for the events and shall strive to take on board the guidance given for future programs.




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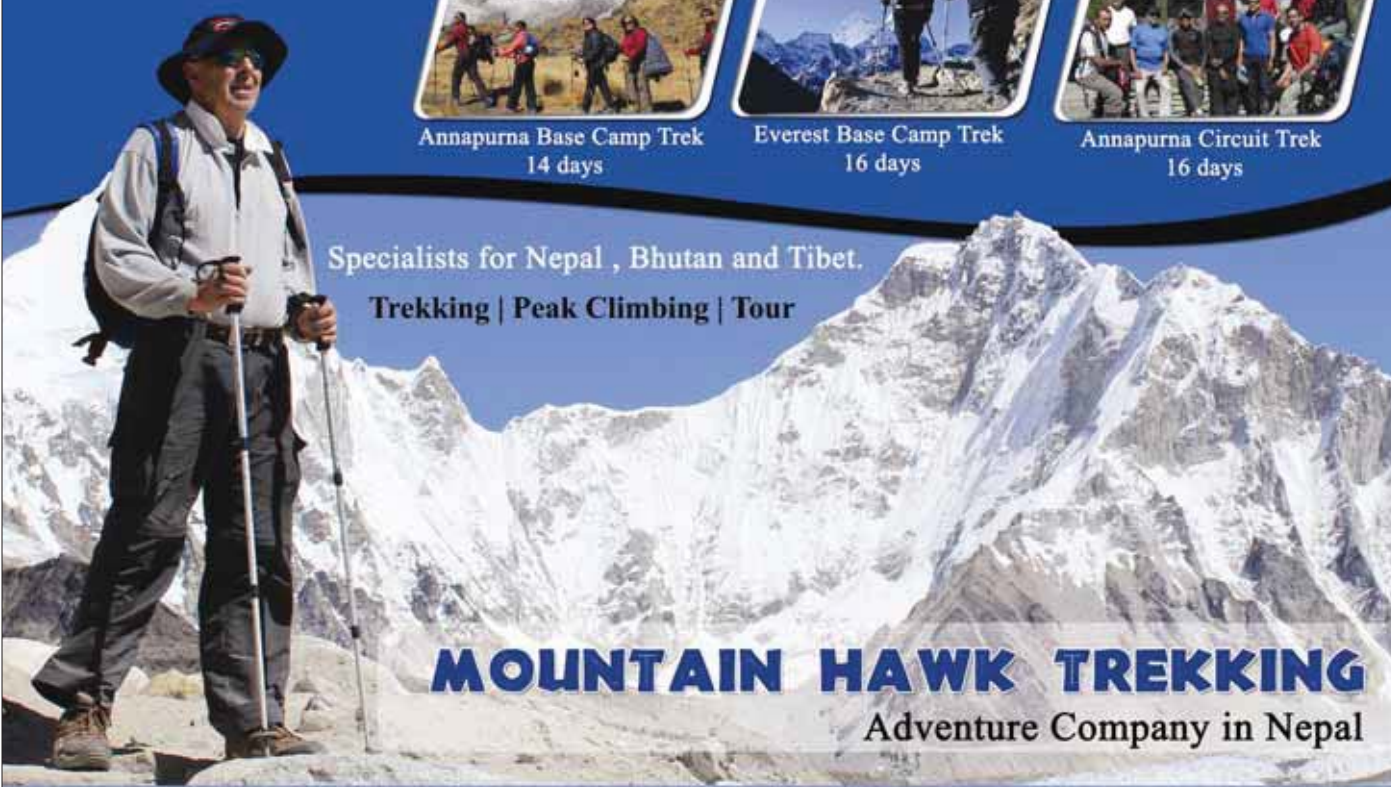
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Luton Area

An Ode to 2012 by Dipak Vidhu Shah

As we move swiftly onto the next year
 We reflect on the events of past twelve months
 Bhooli Bisri Yaaden Ka Suhaana Safar
 Captured the hearts and minds on all fronts

United we stood to capture the past occasions
 Taught we were of Depression and Dementia
 In doing so raised awareness of organ donations
 The films songs of the past broke the inertia

Then came the Annual General Meeting
 New area committee was elected with a mandate
 Here many a new folk came seeking
 A youthful new look made the date

Thereon we marched with a new drive
 Initially with a sound reflection
 The Lotto fund known not to survive
 Luncheon club though lasted with new dedication

Satsang for starters made our lunch hearty
 Many a talk engaged our elders
 Gujarati school survived the needs of many
 Language and cultures nurtured in our children

Friday club was run for youth and cards
 Young Jains workshop taught peace and harmony
 Then came the twist with the Whist lads
 And the monthly meet became fortnightly

We rode the peaceful path of Paryushan
 Singing many a hymn and song
 Many a soul purified from Pratikraman
 Savantsari bhojan a group triumph

Then came the charitable deed
 Jivadaya to the needy deaf kids
 And the Diwali Youth Ball just an amazing feat
 What a boost for the neonatal babes

Best to the last came the youth sports
 Back was Luton in the fold
 Partaking in many of the events
 We didn't win many but in our eyes we had gold

The heart of the community is warm
 And rekindled with our kindred spirit
 Oshwal pride and joy as good as yesteryear
 May the Jain spirit live on in our soul

Health & Welfare/Religious Update

As we celebrate the festive season let us not forget the less fortunate and donate openly to charities of our choice. Our 19th Luncheon club in Luton took place on Monday 26th November. As part of our regular satsang during the club, chaitya vandan were recited. We celebrated Diwali and Motia Ladoos were distributed to all members.



The money collected throughout Puryushan for Jiv Daya (£207.36) was presented to Dr Paul Choudhury who is a senior General Medical Practitioner in a large general practice in Bedfordshire. He has a vast degree of experience in ENT departments in NHS hospitals and therefore has a keen interest in childhood deafness and its prevention.

Dr Choudhury has visited several developing countries to pursue his dream and worked with his Wife in Uganda to help the deaf children. A cheque for £207.36 was made out to Ian Hutcheon Clinic for Deaf Children.

Let us have food for thought and celebrate birthdays, anniversaries or any special occasion during our Luncheon Club which will continue in the New Year. Once again may I take this opportunity to thank all the people who help during the club.

Happy New Year!

Report by, Vipin Mulji Shah



Sports Day Review

After a number of years of not taking part, Luton area has again partaken in sports day where we could get teams together. We were thrilled to enter teams to 3 events (swimming, darts & chori). The Oshwal sports day was held over 3 days - 8th, 9th & 16th December.

Swimming – Saturday 8th December 2012

Firstly I will explain the format of the competition. Within each category where there were more than 7 swimmers, heats were conducted. If there were less than 6 contenders then there was a straight final. This year there were only heats in 10-12 age group for boys in backstroke & freestyle. Under 10's and over 40's did 25 metres (1 length), and everyone else did 50 metres (2 lengths)

We had a team of 7 swimmers, 4 from our own area (Piya Maroo, Meera Shah, Nerissa Patel, Shital Shah) and 3 from different areas (Avika Shah, Akash Shah, Jaimin Shah) who wanted to swim for Luton.

The swimmers entered into 15 different events, winning medals in 10 events, 2 in 1st place and 8 in 2nd place.



Darts - Sunday 9th December

This year the darts competition was on the 1st Sunday of December. Men's and mixed double had to play 501 down, and ladies 301 down: Our teams consisted of: Bharat Shah, Neil Shah, Nita Shah, Chandra Shah

Bharat Shah played in our Mens singles and came 2nd, and in Men doubles.

Neil Shah took part in Mens doubles, and Mixed doubles and came 4th in both places

Nita Shah took part in Ladies & Mixed doubles

Chandra Shah took part in Ladies Singles and Ladies Doubles and came 4th in all events.



Chroki – Sunday 16th December

This year chroki was played on the 2nd Sunday of December. This is a game of skill and luck. The luck is the card you are dealt and the skill is how to make those cards the winning sets. Each time one has to play pairs from different area, and each game won gets 1 point. If they got the first 7 tricks, the players were giving an extra point and if they got all 13 tricks then they got extra 5 points. Our chroki consisted of:

- Ela Chandlal Shah
- Hansa Subash Shah
- Irene Ajnis Shah
- Nina Ajnis Shah
- Jyoti Dilip Shah
- Chandra Dhirajlal Shah
- Vilas Somach Shah
- Ajita Rajesh Shah
- Priti Navin Shah
- Nita Pankaj Shah
- Chandlal Raichand Shah
- Subash Raichand Shah
- Dilip Raichand Shah
- Lavin Devraj Shah

Our chroki team came 5th overall in the tournament. Overall Luton came 6th in sports day, and only 7 areas entered. I would like to thank all of our players who took part this year, and our team captain Ajnis.

Report by, Keval Shah

Oshwal Gujarati School



We had a Christmas Party on 16th December 2012 at Denbigh High School. Some children performed dances, played tabla and harmonium and the children talked about Christmas. Students, Parents and Grandparents enjoyed playing pass the parcel. Certificates were presented to all the students who had passed their Asset Exams. First and second prize Aarti Competition winners were awarded prizes. Thereafter we had pizza and light refreshments.

Congratulations to all the participants in the Aarti competition. All entries were beautiful and showed a lot of thought and effort had gone into their preparation. A particular mention to those who received prizes:

First Prizes

- Karishma Magan
- Jasica Patel
- Dharmesh Mistry
- Chetana Mistry
- Anjali Malde

Second Prizes

- Karishma Patel
- Dhruv Patel
- Nikhil Malde
- Roshni Khetia



The Education Committee would like to thank Nitaben Pankaj Shah, Chandrabhen Dhiraj Shah, Vaishali Pravin Patel, Neekita Pankaj Shah, Hetal and Tina Rajnikant Mistry for their support during 2012.

If you would like Educational materials or any achievements then please forward your articles to us and for more details contact Nita 01582 734573 or Ricky 01582 581418.

Report by, Nita Pankaj Shah



Luton Annual General Meeting

Sunday 24th March 2013

Time to be confirmed.


Venue: The Luton Mandir, Hereford Road

Luton Area Media

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.

Note by, Priya Dipak Shah



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North Area

North Area Chairperson's Message

The end of the year is always a time for reflection and looking back, the North Area Committee members, subcommittee members and volunteers have done a wonderful job throughout the year, organising activities for people of all ages.

Although earlier in the year we had difficulty in forming a committee, and still not having a full committee, the Area has done well in organising functions and various regular activities. My sincere thanks goes to all the Committee and Sub-Committee members and volunteers for their hard work and effort in ensuring everything is run smoothly.

My thanks also go to all North Area Oshwals and families for their continued support in enabling us to continue organising such events.

Regular activities are held by the, Education, Sakhi Milap and Youth Committees led by Kunteshbhai, Prityben and Sejalben and I am very grateful to everyone involved and the efforts they put in organising the events to cater for people of all ages. The Bhukhar club is run very well under the leadership of Bijalbhai. The Friday social club is well attended and my thanks go to Kasturben and Kunteshbhai for looking after this activity.

I would also like to thank Sarojben, Varshaben and Mayuriben and their team for organising the Paryushan festival which was conducted very peacefully and Swamivatsalya Bhojan which was very well attended.

I would like to thank all the teachers at Gujarati School and the Youth Club members who work extremely hard to ensure the children strive, enjoy themselves and achieve good results. This was portrayed in the Gujarati GCSEs this year and the recent Inter-Area Olympics where North Area came first. This was definitely an icing on the cake and I

am extremely proud of the way the Youth Club organisers engage with the children in ensuring they have fun during the year, make good friends and motivate each other to achieve good results. North area takes pride in investing in the children of the area, our future leaders.

Rameshbhai, who holds the Fund Raising Portfolio, is working hard to engage people in various fund raising activities. Please support him in any way you can.

My thanks go to Dinendrabhai for handling the media portfolio and ensuring all reports and materials go out in time for the oshwal news, website and other communication ports.

All this would not be possible without the strong support of the Office bearers, Dinendrabhai, Niteshbhai and Dilipbhai who have worked extremely hard in guiding and encouraging the Committee members. I would also like to thank ex-officios, Harshaben and Mayuriben for all their support and guidance.

I would like to wish everyone a Happy, Healthy and a Prosperous New Year.

Daksha Maroo

Chairperson, North Area



NORTH AREA BHUKHAR CLUB REPORT

North Area has been running the Bhukhar club for two years and currently has about 90 members. The Bhukhar club meets once a month on the first Saturday of the month in the evening at Oshwal House Potters Bar.

The North Area Bhukhar Club held a mini competition and Dinner as the last Session of the year on Saturday 1st December 2012 at Oshwal House. 20 teams took part in the competition followed by a delicious dinner enjoyed by all.

The competition was played in a very friendly atmosphere and everyone thoroughly enjoyed the evening and prizes were given to the 3 winning teams. A big thank you to Bharatbhai and Pradeepbhai for conducting the competition.

The Bhukhar Clubs runs from January to December (12 Sessions). Recruiting is taking place for 2013, please contact Bijalbhai on 07974988036 or email bijal_shah@hotmail.co.uk. Annual charges are £35.00 for the year. Lessons are provided for those who do not know how to play. It is open to all areas and the evenings are thoroughly enjoyable and are an opportunity to meet new people and make friends.

Sakhi Milaap Diwali Event

Tuesday 9 October 2012

Oh what a night to remember – North Area started Diwali celebrations early this year on 9 October 2012. It was Diwali Dhamaka for the first event organised by the new SM committee and it was very enjoyable and truly memorable for all who came. Three distinguished Oshwal ladies demonstrated diwali mistaan/farshaan and a fabulous flower arrangement and rangoli presentation.

Lavniben started off with her lovely fruit ghari and corn pastry, followed by a truly artistic floral demonstration by Pratibhaben with tips on making instant rangolis which were simple yet breathtakingly superb. Jayaben Malde showed how to make Chinese bhel along with gulaab halwa, white fairy and kesar kali. The mistaan is quick and easy to make and tastes delicious. The recipe names alone made our mouths water.

The audience sat and watched intently. After the treat of 3 demonstrators, we all gathered to have a Diwali feast of over 40 different dishes that people had brought in to share.

The Sakhis worked hard to decorate with diwas and bhaandni saree draping a long table full of lovely food brought in by everyone. The table was overflowing with colourful, tasty dishes that looked absolutely sensational. Around 115 ladies and (2 men) had gathered and it was one of the most enjoyable and successful events Sakhi Milaap has planned in a long time. The feedback and the wide smiles said it all. Oh what a fantastic Diwali feast!



North Area Sakhi Milaap Whist Drive Event

Despite the cold, wet and miserable weather on Saturday evening of 24.11.12, North Area Sakhi Milaap welcomed a whole host of 72 oshwal and non oshwal members for their annual whist drive event at Woodhouse College.

It was wonderful to see the mix of generations participating in a light hearted contest with so much enthusiasm. Participants were guided by the rules of the game by a Sakhi Milaap team member. The players were deeply engrossed in friendly competition. They were then treated to some heart-warming tasty refreshment in the form of Zanzibar Bhel which was enjoyed by all in the first break. This also gave a chance for everyone to mingle and the savvy competitors to discuss tactics.

After playing a total of 24 games, everyone was looking forward to a hot cup of tea/coffee and biscuits at which point the total scores were counted. Trophies were awarded to the overall winner and two runners up. The overall loser did not go empty handed - He was sent off with a pack of cards to practice, ready to compete again next year!

This was a wonderful event. Don't miss the chance to join in the fun next year.



Reprot by, Nilam Shah, Sakhi Milaap Secretary

Oshwal 29th Olympics

North Area Youth wins once again

The 29th Oshwal Olympics has once again exceeded its high expectations and proved to be a great success. It ran very smoothly and therefore we would firstly like to start by congratulating the organising committee for their remarkable efforts. There is a lot more to the Oshwal Olympics than what really is presented; the fluctuating emotions that the Olympics stimulate develop us as individuals as well as a community. It has allowed us to gel as a unit in all areas, making us feel as part of a team/family and as individuals has increased confidence and self-worth through friendships and support formed. The countless opportunities it has to offer for all ages sustain us as a community through generations and spawns attainment as an overall organisation and as characters/personalities.

Every year, in the run up to and during the Olympics, there is always a buzz running through members of the North Area Youth Club. The club has become a passion for many of its members, especially Vinit Shah, who valiantly stepped up to the plate and took on the role of Area captain at such a young age. With great responsibility, comes great reward and that was evident throughout the 29th Oshwal Olympics. Whilst taking on a calm approach, Vinit's dedication and determination positively influenced North Area's members and with fantastic support and motivation from the rest of the youth and main committee, we are proud to say that the cup has been brought back where it belongs.

Vinit's football performance was also one of the most memorable moments of the 29th Oshwal Olympics. His



In the Photo: Youth Committee (Top Left – Bottom Right) Rakhee, Sonal, Rupa, Sona, Vinit, Sejal, Sahil, Sajan, Khilna, Paras (Absent)



back heel in the semi-finals and his clinical finish in the final were few of the key highlights in the games this year. Other outstanding performances include Jinal Shah's last sprint in U12's circuit training to secure 1st place and Sahil D Shah's consistently high performances in all 16-34 Khor games. Aisha Patel also made a courageous effort participating in the ladies football at only 12 years old, whilst Riya J Shah took part in every possible U12 sport and without a doubt, played to the best of her ability in every game. It goes without saying that there have been plenty of other brilliant performances this year and this became obvious after being rewarded floating trophies in Football, Dodgeball, Benchball, Circuit Training, Khor and Swimming.



There were plenty of helpers beyond the youth committee who spent their time and effort to help the area in various ways and therefore, we would like to make some special mentions to Nickeel Shah, Dipen Shah, Jiten Shah, Pramit Shah, Paaras Dodhia and Hetal Shah. Nickeel and Dipen are both valuable assets to North Area Youth Club with their experience in all sports and knowledge behind the games; presented as they maintained a high level of performance in all selected events and stepped up to ref any games when required. Jiten captained the O35's Khor team, pushing them to their boundaries and once again managing to grab 1st place for the fourth year running. Both Pramit and Paaras attended training sessions when able to, giving advice in games, such as basketball, where they have experience and strengths. Hetal also helped significantly throughout the period of the Olympics with her expertise as a previous Area captain, organising an exceptional swimming team. We would lastly like to individually mention and thank Khiina Shah, our secretary, who has constantly kept parents well communicated and has contributed to the efficiency and organisation of North Area throughout the intense term leading to the Olympics.

Personally, as committee members, it fills us with enormous satisfaction to see the children and adults, not only playing their hearts out on the sports court, but also cheering and supporting from the stands, expressing what North Area youth club really is about; UNITY.

Like any organisation, there have been ups and downs throughout the year, however, as the Olympics came closer, the family feeling that the youth club provides became more dominant. Alongside some tremendous talent, the strength of the bonds between parents/guardians, children and committee members collectively is and has been one of the key contributors to a well-deserved 1st place.

On behalf of the North Area youth club, we would like to thank everyone who generously donated towards the Olympics Khor trophies. Also, we would like to show an appreciation for everyone's efforts resulting in a successful year, whether it be a participator, supporter or just a member of North Area and we hope we can take this success onto the New Year.

Report by, Sajjan D Shah, North Area Youth Committee

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Northampton Area

Mehfil by Alibhai

Our first event of the year was held on 12th January 2013. We had a little hitch on the evening. Alibhai's car got broken down on the Motorway. Thanks to Bhikhubhai and Deepakbhai who went to fetch him that the event went ahead. Alibhai and his team provided a wonderful performance. His versatile music talent kept everybody entertained throughout the whole evening. Lots of memories of old movies with old songs were revived. His talent includes singing Kawalis, gujarati songs, Swahili songs. Two or three garbas were played as well. Bhagvatiben and daughter sang beautifully too. We were also honoured to have a friend of Alibhai who played table beautifully. He was not part of the act but he came down to Northampton to take Alibhai back to London after the performance. In the interval, light refreshment of delicious bhel and a drink were served. When Alibhai was congratulated on giving such a wonderful performance, he said "the lively audience was an asset to our success as well". Therefore thank you to all supported this event by attending it. A cheque worth £200 was presented to "IHWO" our local Hindu Association who has initiated a project of building a "Kutumb Centre" which is going to serve the whole of Hindu Community in Northamptonshire. Lastly thanks to all Committee Members for all their hard work.

An Interview with Hinesh Shah

Interview by Jyoti Gada

An Interview was conducted by Jyoti Gada with Hinesh Shah who is a music enthusiast.

What age did you start playing and what instruments did you start off with?

I started at the age of seven- started playing the keyboard, at the Gujarati school with Mr Singh and then learning to play the harmonium six months later.

What instruments do you currently play?

I play Tabla, Vocal, Harmonium and some sitar.

Which instrument do you love the most and what style?

All of them, however my main focus goes towards tabla and vocal. I would love to start learning sitar again. I learnt in the Delhi and Punjab gharanas of tabla.

Where did you get the influence from?

My teachers and listening to other artists like Ustd Zakir Hussein, Pt BhimsenJoshi, Pt Swapan Chaudhuri etc. Listening is just as important as playing.

What is the most fun part of being a musician?

The most fun part is probably the practice and also listening and learning from others.



Hinesh Shah, Northampton

What is the hardest part?

Keeping a regular set time for riyaz, and so some days more riyaz is done than other days.

Following on from this conversation, how many hours do you practice?

I try to practice for 1 to 2 hours a day, or as much as I can. I mainly focus on tabla and vocal.

What are the some things you do as a musician?

Student performance in Leicester and Diwali performances in and around Northampton and Wellingborough. I performed a solo Sitar in 2009 for Indian Hindu Welfare Organisation and supplementary school concert.

How do you balance your education and music since you had you have recently scored excellent grades in the A-levels and what support do you get?

It is mainly passion, hard work and commitment. I do get a lot of support from my parents, people within the community.

Have you any plans to record?

No plans as such, still lots to learn and lots of practice to do before that happens! I would like to start taking Sitar lessons.

What do you do in your spare time?

The main portion of my time goes into practice and my involvement with Sangh and shakha.

What do you enjoy most in reference to music and what do you think is important?

Practicing and sitting with my teachers. Learning is endless, and the two most important aspects of learning are listening and riyaz.

May we all bless Hinesh with all the success in his life. May his dreams come true.

Check out the updated Northampton Section on Oshwal Website

Find the latest reports on: <http://www.oshwal.co.uk/areas/northampton/area-reports>

Find details of all regular Northampton events on: <http://www.oshwal.co.uk/northampton-regular-activities>

If you have any questions / comments relating to Northampton Media, please contact:

Gitaben Shah, M&C, Tel: 01604 584 971 / 07751 982 975 or Email: gitashah54@hotmail.co.uk



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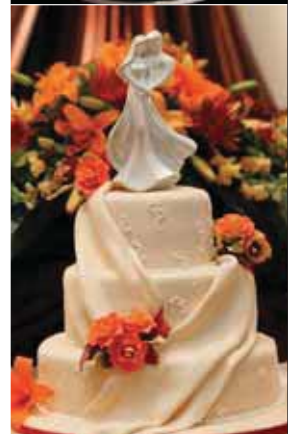
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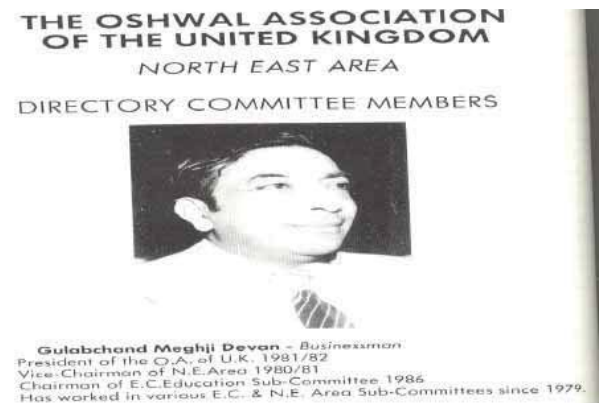
North East Area

The First Oshwal North East Area Directory!

Gulabchand Meghji Devan was the first person in the North East area to have the idea of putting together an Oshwal Directory for the North East Area. He was in the committee from 1979 till the late 1980's. It is because of people like him we as a community have grown and strived for the best! An article has been written about his hard work and perseverance he put into the directory to make it easier for us all to communicate with one another!

Please have a read at:

<http://www.oshwal.co.uk/areas/northeast/area-reports>



Fruit Juices!

Fruit juices are an amazing source of vital vitamins and minerals that are needed in our body. It is said that juices may provide higher amounts of the vitamins and minerals than the whole fruits themselves. Juices with vibrant colours are said to have high anti-inflammatory properties and are supposed to be more beneficial to the body! Fresh juices are very good for detoxifying, as they are packed with nutrients, extremely cleansing and much easier to digest. The high water content in fruits help to flush our digestive tract, our kidneys and purifies our bloodstream.

Fruit juices promote good digestion, prevent intestinal fermentation and reduce inflammation, hence improve or prevent constipation.

Have a read at <http://www.oshwal.co.uk/areas/northeast/area-reports> for a list of fruit juices and their benefits!

Making resolutions.

It has been described that a New Year's resolution is a commitment that a person makes to one or more personal goals, projects, or the reforming of a habit. A key element to a New Year's Resolution that sets it apart from other resolutions is that it is made in anticipation of the New Year and new beginnings.

Visit our web page for a few helpful tips for the New Year to make it an even better year than the last!

<http://www.oshwal.co.uk/areas/northeast/area-reports>

What's Been Happening?

North East Area Sakhi Mandal held their first programme of the year, an evening of Antakshri/Karaoke on 26th January 2013. This event was held at a local venue for three hours. In the first hour, members were served with Idli Sambhar, fruit cake, chikki, tea and soft drinks.

The next two hours were devoted to Antakshri/Karaoke. Three teams of around 20 people were formed. Being the Republic Day of India, the event started off with the Indian National Anthem, followed by patriotic songs, songs for Maa, children's songs and other themed ideas.

Many individuals were keen to see how far their vocal cords could stretch, however, due to time constraint, not all members had the opportunity to participate in the Karaoke.

The evening ended with smiles on people's faces, which said it all. Everyone had a great time, with warm food on a cold Saturday evening and lovely musical theme. Thanks to everyone who supported this event.



Playing Antakshari



Singing karaoke!



Take Control of your Health: Be Weight Wise

Article by, Sonal S Shah BSc (Hons), MSc, MRSPH

The purpose of this article is to inform and educate the South Asian public on the long term adverse effects of being above a healthy weight and/or being physically inactive.

I have been a qualified Nutritionist for six years. I have worked with people of all ages (toddlers, children and adults), ethnicities across different boroughs of London, promoting healthy eating and living through cook and eat sessions, weight management and physical activity programmes, as well as training professionals on obesity assessment and awareness.

I was present at the Health Awareness day in November 2011, and found that most individuals who came for a consultation were primarily concerned with weight management; therefore I felt it was useful to write an article on why weight management in the South Asian community is important.

The prevalence of developing type 2 diabetes mellitus and cardiovascular disease amongst the South Asian community is increasing. In 2009, Diabetes UK published that South Asians were 6 times more likely than the white European population to develop type 2 diabetes, whilst Department of Health (DoH) have documented that South Asians are 50% more likely to suffer from cardiovascular disease than the population as a whole. In the UK "Heart Disease is the biggest killer" (DoH: 2012). For both types of diseases there are modifiable and non-modifiable risk factors which can contribute to the development of these diseases.

Non- Modifiable Risk Factors (things you cannot change)

- Family History
- Gender
- Ethnicity
- Age

Modifiable Risk Factors (things you CAN change)

- Lifestyle
- Diet
- Physical Inactivity
- Alcohol intake
- Tobacco usage
- Hypertension

Look to the future

It's not all doom and gloom as you can still make changes even if you have been diagnosed with cardiovascular and/ or type 2 diabetes mellitus. Taking control of your health is for everyone and it's the small manageable changes that make the big difference. Here are some tips to promote better living by changing modifiable risk factors:



Dietary

Include a variety of foods in your diet and try adding salads and vegetables with your lunch and dinner as a third of your meal. Throughout the day you should include proteins, dairy (if you are not lactose intolerant) carbohydrates and healthy fats. Aim to drink 6-8 cups of water a day



Physical Activity

Engaging in daily physical activity is beneficial for good health. Exercise is not only good for managing your weight but it also releases endorphins (feel good hormones) which can reduce anxiety, stress and depression and promotes wellbeing.



Behaviour and lifestyle

Sustaining a positive behaviour can be difficult, but writing down a manageable goal that you want to achieve within a timeframe is a good way to taking the first steps and also asking someone to join you can encourage you both to continue. Your health is in your own hands, only you can make the change; stay focused and motivated start off by making a small goal. Have faith and confidence in yourself that you can and will achieve what you have set your mind to.

For the full article please visit <http://www.oshwal.co.uk/areas/northeast/area-reports>

OAUK
Charity No 267037

**NE Area
Cultural & Heritage Committee
presents...**

ZUMBA DANCE FUSION

**Dance to the hottest latin and global rhythms
Merengue, Cumbia, Salsa, Tango, Cha-Cha-cha ...**

Sunday, 3rd March 2013

4-7 pm

**OSHWAL CENTRE
PROPER LANE ROAD
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FOR TICKETS PLEASE CONTACT

Pushpaben	0208 886 9812	p-shi@hotmail.co.uk
Sripa	0208 368 7683	sripa.shah@gmail.com
Sushiben A	0208 886 0482	sushilani1@goolemail.com
Mayuri	0208 886 2815	mayuri@yahoo.co.uk
Sushiben R	0208 368 9221	

TICKETS

£12.50 (members) £14.00 (non-members)
Includes food and drink

Book early to avoid disappointment

The committee reserves the right to amend the programme without prior warning



Lots of different activities will be happening during the day!!!

Venue:

Oshwal Centre, Coopers Lane Road

Date:

March 24th 2013

Let's Play Holi...!

Time: 12pm – 6pm

Contact: Dipak- dipak.shah@rentokil.com

Rakesh- rakeshshahn14@gmail.com

Nishma- nishnortheast@hotmail.com

Tanvi- tanvih@hotmail.co.uk

Ticket Prices:

Children (5-10 years): £4.00

Children (10-16 years): £8.00

Children (Non Oshwal): £10.00

Adults: £8.00

Adults (Non Oshwal): £10.00



The committee reserves the right to amend the programme without prior warning



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Eggless Cake Delights is a one stop destination to learn all the techniques to make home made eggless goodies, like cakes, cupcakes, cookies etc and decorate them beautifully. Classes involves baking ,decorating , sugar craft and usage of different kind of glitter and dusts to give a complete and stunning look to you eggless goodies. Our hands on classes are held in fun and friendly environment in small groups.

You can join us on facebook for more updates...

[http://www.facebook.com/pages/Eggless-Cake Delights/171470232921506](http://www.facebook.com/pages/Eggless-Cake-Delights/171470232921506)

Eggless Cake Delights

Harrow -Kenton

M: 0044 759 0337 823 / 07737847405

E: info@egglesscakedelights.com

W: www.egglesscakedelights.com





North West Area

Chairman's Message

"Why say YES, when NO is short and easy."

Time is scarce, and work and family commitments overwhelming, so why take on more work? It is easy to say "NO" and get on with our own lives. Wind the clock back 40 years and ask yourselves where we would be if our elders had taken the same easy path.

A recent episode of "The British" on TV had a true pre WWII story of a female explorer who crash landed in Burma due to bad weather. Dis-heartened and dejected, she gave up hope. However, a number of locals ran up. Little did she know that she had crash landed outside an engineering institute set up by the Colonial British government. The locals immediately set about repairing the plane and she was soon on her way.

This is a reminder that life is not always plain sailing and accidents can happen without warning. You may feel dejected, lonely and helpless, but with the support of your Community, you can recover. Any one of us could be in need of the care and support tomorrow that we spend the time and effort to set up today.

As a Community, it is our role to support our fellow members and provide as much care and support that we can. We are already providing support by educating our members in the fields of health, welfare, education, youth activities, elderly education and communication and are working on projects to provide much needed professional and business help

and assistance, mentoring, networking and much more.

A lot more needs to be done and we seek your help in delivering the much needed support so that our future generations can take pride in being part of a Supporting and Caring community.

As always a lot has been happening in our community. The first phase of the Oshwal Business and Professional Network (OBPN), the Oshwal Business and Professional Directory is now live and we encourage all Oshwal businesses and professionals to apply for their free listing we are also looking for mentors, job vacancies, businesses that can offer work placements and apprenticeships, professionals and entrepreneurs to provide business helpline assistance.

Can you help build a strong community for us and our future generations? Can you help in driving the change our community needs?

With so much happening in this community, would it still be difficult to answer – "YES WE CAN"?

In November 2012, we launched the Street Support Network to provide a communication and support network for all households in the NW Area. We are pleased to announce that from the response we have received, we are able to cover over 500 households. Again, your help is needed in delivering this to our community and we encourage you to volunteer and attend the next Street Support Network Volunteers Meeting.



In March 2013, the Committee has organised an event to coincide with the

International Women's day. The role of modern women has changed today. The event focuses on how community can support the role of a modern woman who in many cases juggles the roles of being a wife, a mother and a career woman. We urge all of you to take part in this event. A number of Networking events are also planned throughout the year, so please look out for these details.

The work that needs to be done within our Community to take it to a Caring and Supporting Community cannot be done just by 12 people sitting on the committee. It needs the efforts of all of us working together, working in unity, working with Pride in our Community.

Over the past few years, it is with great pride we have seen more and more volunteers, especially young members, step forward which has helped us expand the activities we do. We still need more volunteers for the various projects, especially the Oshwal Business and Professional Network and the Street Support Network.

Take the next step now.

E-mail volunteers@oauk-nw.org.

Nirmal Chandrakant Shah

Chairperson, OAUK – North West Area

Volunteers Required: Volunteers are required to assist with data input and data verification for the Directory Project. If you know how to use a computer and can assist with this task, please e-mail to chetan.shah@oauk-nw.org using the subject "Directory Project Volunteer"

Your Community, Your Voice

Do you have a comment to make? Why not send us an e-mail and we will try and include it in the next issue, e-shot or on the website. Please send an e-mail to: khilit.shah@oauk-nw.org

We do request all contributors to ensure that they are courteous and any letters are not of a personal nature.

The ultimate decision to publish an article will rest with the Committee and the M&C Team.

Focus on Volunteers

Our Volunteers are the life force of our Community and it is due to their selfless dedication that we have come so far. At the time of planning this publication, we decided to recognise the work done by our Volunteers for the benefit of our Community and to introduce a column recognising some of these Volunteers.

It is with bitter sweet feelings that we dedicate the first column to Sobhagchand Narshi Shah for the Voluntary work that he has done during his lifetime.



SOBHAGCHAND NARSHI SHAH

Born in Baricho, Kenya in 1937, Sobhagbhai married Amratben (Anita) at the age 22. They had 3 children. He started his profession working as an accountant at Pfizer.

He moved to the UK in 1972 with his family in search of a better life and worked as a chief accountant at a city law firm for 25 years. Whilst in the UK, Sobhagbhai helped many others who followed to the UK by helping them settle and encouraging them to find work and often offering shelter in his own house whilst they sought alternative accommodation. Sobhagbhai loved to play sports, particularly Volleyball which he continued to play until he was just over 70.

In 1993, Anitaben became ill with kidney failure and Sobhagbhai gave up his work to look after her which he did for 5 years.

Sobhagbhai played an active role within our Community, serving on the North West Area Committee and also as editor of Oshwal News. He also served as an Administrator at Oshwal Centre, Potters Bar where his thorough precision, integrity and skill with numbers were put to excellent use for the benefit of the Community, and particularly during the Derasar project.

NW AREA VOLUNTEERS RECOGNITION

We would like to acknowledge work done by Oshwal Members within the Community (past and present) and we would therefore invite nominations from Oshwal members.

Please send nominations to chetan.shah@oauk-nw.org under title "NW Area Volunteers Recognition" together with a brief resume of the person, the work done and reasons for nomination. Please also include a photo (passport profile preferred).

In the final days of his life, Sobhagbhai was one of the first Volunteer Administrator of Oshwal EKTA Centre. When approached to ask if he would have a couple of hours to spare due to his administration skills and experience, his simple reply was "why, don't you like my work? I go for dialysis on Tuesdays, Thursdays and Saturdays. I am free the rest of the days and will be there from opening time to closing time". To the day before he went into hospital he lived a fully independent life managing a household and a job while dialysing three times a week. He continued to help others and continued to give his time, energy laughter and advice to others. As well as in the literal sense, he was generous in spirit.

In true voluntary spirit for which Sobhagbhai was known for, he completed a full day's work on Friday, 28th December 2012, and went for dialysis the following day. Sadly, Sobhagbhai's health deteriorated and he passed away the following Tuesday, just having turned 75 on Sunday, 30th December 2012.

Sobhagbhai will be remembered by all those who knew him for his soft spoken manner, his diplomacy and his dedication. He will be sadly missed by his family, the Committee, his fellow Volunteer Administrators and the Community at large.

Recognition of Oshwal Achievements: The Executive Committee has announced that it will acknowledge the achievement of what Oshwals do outside of the community. Please see full articles at the beginning of this magazine for full details. Please send nomination for North West Area members to chetan.shah@oauk-nw.org under title "Oshwal Recognition Awards" together with a brief resume of the person and the area they have worked in and reasons for the nomination.

Deadline for receipt of nominations by the Area is 21 February 2013. A shortlist will be submitted by Areas to be reviewed by the Executive Committee. Please note that no reasons will be given for inclusion or non-inclusion of any nominations.

North West Area launches the Street Support Network



The Street Support Network was launched on the 19th of November 2012 marking the latest part of the **Operation Re-Connect** initiative which is aimed at re-connecting our community and providing support for its' members.

The Aim:

The aim of the Street Support Network is to: -

1. Help us Communicate better with our members
2. Help us to provide Support to our members to help them move further in life, may it be mobility, communication, help during bereavement, security, employment and many other aspects
3. Help us Unite with our members

The Purpose of The Network

"The purpose of a Community is to provide SUPPORT to its' members in all facets of life, Support from Cradle to Grave".

The purpose of the Street Support Network will be to establish the initial foundations for creating a working structure for the role of our Community as a Supporting and Caring Community.

How It Will Work

The Street Support Network is reliant on volunteers from our Community.

Each volunteer will be allocated 25 Oshwal households in his/her vicinity and will be the point of contact for the households that have been allocated to him/her. The role of the volunteer is to keep the members aware of what is happening within the Community and to be the first point of contact for any households that require any assistance or support from the Community.

What Next?

We already have volunteers to cover 500+ households in the Area and they will be going out on the streets to introduce themselves to "their" households shortly. We will publish lists of the streets and houses that are covered and the appointed volunteers for these.

Interested in volunteering for the Street Support Network? Please e-mail volunteer@oauk-nw.org and come to the next volunteers briefing meeting on the 19th March 2013 at Oshwal EKTA Centre at 8.30 pm

Re-Active8

Sad to say that "Basanti"* fell out of our grasp for this year, but the NW Team put on another fantastic performance during the Oshwal 29th Annual Sports day and came a respectable second despite a number of players being very young and playing for the first time. Both children and adults hit the floor running and played with their usual dedication and enthusiasm showing the best spirits in sportsmanship and the credit once again goes to our Volunteers who spend every

Friday during term times training the children.

As usual, nothing can restrain North West and we are proud to say that we once again set off the decibel cut off meter at Oshwal Centre, Potters Bar, with our vocal efforts at cheering the North West Area and had the raised the roof to the sounds of "Who's the Best? North West!".

Our congratulations go to North Area for a truly fantastic effort and winning the cup

(this year!) and to all the



participants, but watch out, North West will be coming back to bring Basanti back home again!

*Basanti is the nickname given to the Winner's Trophy.

To see a full list of participants, please visit the website.

Elderly Monthly Meets

January saw the third monthly EMM session take place at Oshwal EKTA Centre which provided a warm and cosy place on a cold winter's day to our elderly. With the increased hall capacity, we are now able to accommodate more members, and this session saw the numbers at 160 despite the fact that many of our regular attendees are presently away in India for religious functions.

The regular "entertainment" took a different turn with an introduction to the caste of the Star Plus TV serial of Saathiya (including the twin dogs allegedly adopted by the family) who were playfully used in a power point illustration on a welfare talk aimed at educating the members on why they should consider making gifts of property and assets with caution. This was followed by Bingo.

EMMs provide a great opportunity for our elderly to meet and mingle and have an entertaining afternoon, so if you are "elderly", or have parents and/or grandparents at home who do not attend, please encourage them to attend.

Essential North West Contact Details

Oshwal EKTA Centre
020 8206 1141
ekta@oauk-nw.org

Funskool & NWACAS
Milan: 07968 817 043
funskool@oauk-nw.org

ReActive8
Satishbhai: 020 8357 4062
Reactive8@oauk-nw.org

Street Support Network
Nirmal: 07962 177 326
Chetan: 07949 45 9090
ssn@oauk-nw.org

Oshwal Business & Professional Network
Nirmal: 07962 177 326
Chetan: 07949 45 9090
obpn@oauk-nw.org

Women's Welfare
Meena: 07771 927 290
Hina: 07732 440 721



Oshwal Ekta Centre Update

It's now month 5 since we took possession of Oshwal EKTA Centre and it has been a very busy time and one needs to step back and wonder how we ever managed without a local Area property!

Activities

Oshwal EKTA Centre has been put through its paces and has been used for Navratri (all 10 days!), Diwali Celebrations, the 2012 Inter Area workshop, the launch of Diwali in London 2012, Paryushan4Kidz, a local charity's AGM, Diwali Hungama, The NW Halloween Party, Diwali@Skool, Qawali Night with the legendary band Strings, the Pre-Launch of the Oshwal Business and Professional Network, the launch of the North West Area Street Support Network and the Bhukhar Christmas Event.

Oshwal EKTA Centre has now become the permanent home for our monthly Elderly Monthly Meets and Whist Drive club.

We have seen four health events, the 3D Trilogy "Diwali, Diabetes and Diet" organised by the NW Area and the Health Start Training organised by the Executive Committee.

Weekly events that are taking place include cards on Wednesdays and singing classes on Thursday evenings. Jain classes were conducted by Dr Ajit Shah on Fridays. Parent and Toddler Sessions have now commenced and run every Saturday from 9.30 am to 11.30 am on the 5th of January 2013 and we are currently looking at holding Yoga and Zumba sessions on Tuesday evenings from 8.00 pm – 11.00 pm.

The upstairs hall (Infinity Hall) has been booked for Birthday parties whilst the Dining Area has been used for small family gatherings where cooking facilities are essential but the use of the main hall is not required. The main hall (Veluben Fulchand Hall) has been used for Bhajan Bhojans and Engagement Ceremonies. Bookings are already coming in for 2013 for Engagement Ceremonies, Sanjis, Receptions, Birthday parties and Family Gatherings.

On a more sombre note, the Centre provides a much needed Community facility for Sadris and Chhas Piwanu and is being utilised almost on a weekly basis for this purpose both by members of our Community and other communities.

The EKTA Boardroom is also in full use and has already seen several committee and sub-committee meetings.

The EKTA Office is now in full swing manned by dedicated volunteers. Opening Hours are:

Monday to Saturdays:

10.30 am – 3.30 pm

Tel: 020 8206 1141

with the telephone lines now being diverted between the hours of 9.00 am – 10.30 am and 3.30 pm – 5.30 pm to a mobile.

Fund Raising

To date (Dec 2012) a total sum of £1,197,333.43 has been pledged, of which £886,066.93 has already been received. The Fund Raising efforts continue with a determination to reach the £3 million target that was set.

If you have not already donated, please download a donation form from the website and do so today.

Membership Benefits

All our accountants have been keeping their head down this past month whilst they desperately try and complete the tax returns by the 31st of January deadline. The process of checks and balances and profits and losses is in our genetic make-up, and that's the only reason why we ever bargained with the "mama bhogas" back home. This leads to the one question that we may have asked, but probably never got a satisfactory reply to. What is the value of the OAUk green card? Well, here are some of the benefits you are entitled to as an OAUk Member: -

1. Reduced prices for OAUk events;
2. Substantially reduced Hall Hire rates at OAUk Venues
3. Exclusive membership for children to the North West Area Re-Active8 club
4. Subsidised / Free entry to North West Area Re-Active8 club and FunSkool
5. Exclusive entry to Elderly Monthly Meets (open to OAUk Members only)
6. Exclusive entry to OAUk –NW Health & Welfare talks (open to OAUk Members only)
7. Exclusive entry for ladies to OAUk North West Area Women's Networking Sessions
8. Exclusive free listing in the Oshwal Professional and Business Directory
9. Exclusive free membership of the Oshwal Business and Professional Network
10. Exclusive discount for OAUk members at the Harrow Leisure Centre gym

Did you know that besides Oshwal News, we also communicate with our members through regular monthly e-shots? If you have not been receiving these e-shots, please send an e-mail to khilit.shah@oauk-nw.org using subject "add to subscriber list"

INTERNATIONAL WOMEN'S DAY

3rd March 2013

This year's theme: **"SUPPORT FOR WOMEN"**

Your Community! Your Voice! Your Questions!

Join a distinguished panel of speakers as they debate

'The Role of Oshwal Women in the Modern World'

If you have a question you would like to ask the panel, please send an e-mail to reconnect-women@oauk-nw.org stating your name, address and the question. Submission deadline: 28th February 2013. The Committee will notify you if your question is chosen

TALKS AND DEMONSTRATIONS

SUPPORT FOR WOMEN IN BUSINESS AND PROFESSIONS

SELF DEFENCE TALK & DEMO BY THE METROPOLITAN POLICE

FINANCIAL SAFEGUARDS FOR WOMEN

Entry: Free for OAUK Members, £2.50 for Non-Members

[Proof of Membership will be required at the door]

Programme: Registration: 10.00am
Debate: 11.00am - 12.30pm
Lunch & Networking: 12.30 - 2.00pm
Talks & Demonstrations: 2.00 pm – 4.00 pm
Venue: Oshwal EKTA Centre, 366a Stag Lane,
Kingsbury, NW9 9AA

PRE-REGISTRATION EVENT ONLY

Register by 28th February 2013

Hina – 0773 244 0721 Meena – 0777 192 7290

Hina.gudka@oauk-nw.org

Meena.shah@oauk-nw.org

This event is not limited to women! Men are also welcome!

WOMEN'S NETWORKING SESSIONS

Meet New People, Socialise And Share Ideas

Wednesday, 27th February 2013

Programme: Demonstration on Quick Puddings and Networking
Entry: OAUK Members Only – First Session Free (Pre Registration Required by 23 February 2013)
Time: 8.00 – 11.00pm
Venue: Oshwal EKTA Centre, 366a Stag Lane, Kingsbury, NW9 9AA

Wednesday, 24th April 2013

Programme: Saree Draping, Hair and Make-up and Networking
Entry: OAUK Members Only – £2.50 per person (Pre Registration Required by 17 April 2013)
Time: 8.00 – 11.00pm
Venue: Oshwal EKTA Centre, 366a Stag Lane, Kingsbury, NW9 9AA

To register: e-mail: hina.gudka@oauk-nw.org / meena.shah@oauk-nw.org

[Proof of Membership will be required at the door]



South Area

Antwerp Trip On Friday 31st August for 3 days and 2 nights

We had 33 members for the trip to Antwerp.

We departed From Oshwal Mahajanwadi around 6.45 am heading towards Dover. We reached Dover at around 11 am and boarded the ferry and we had our breakfast on the ferry (Sandwich and Drinks which was provided by one of the members).

We reached Calais at around 1 pm and headed towards Brussels and there we had sightseeing and then we headed towards Amersterdam. Here we stayed the night in the hotel and the following morning left for sightseeing and channel cruise of the city and the headed for Antwerp.

We had dinner in the restaurant and we went to the Derasar just in time for aarti. We viewed the derasar and it was brilliantly constructed so many different ideas. We retired to our hotel and in the morning the about 25 of us went to the derasar for pakshal pooja.

The hosts in Antwerp were very helpful. They guided us to perform pakshal and pooja. Afterwards we were shown around the whole complex. A delicious lunch was also provided by our hosts. All of us appreciated the hospitality which was accorded to us.

Finally we left Antwerp for Calais and boarded the ferry for Dover. A fault had developed on the ferry as we were about to arrive at Dover. This resulted in our arrival being late by one hour. We reached Oshwal Mahajanwadi at around 11 pm.

It was a very memorable pilgrimage (Jatra) and could also be called a holiday. Everyone enjoyed this trip.

We appreciated all the members who helped us and the tour manager, the two drivers and also the owner of Sona Tours who organised it so well and were very helpfull right throughout the trip.

Paryushan Festival 2012

Maha Paryushan started on Wedensday 12th September 2012. The Scholars from Tapovan Sanskaar Pith (Ahemdabad), Shree Tejashbhai and Shree Sampratibhai arrived on Tuesday. They were collected from the Heathrow Airport.

The programmes as per the Payushan Festival took place on a daily basis. Shree Tejashbhai read the Kalpa Sutra daily from the fourth day and there were approximately 40 persons in the mornings. The rendition of the stavans by Shree Sampratibhai was brilliant, They were accompanied by Shree Bharatbhai Koria and Shree Jayeshbhai who provided the music.

Everyday was unique and on Sunday we kept the Sapana Vadhavava ni vidhi in the afternoon. This is the first time that this was held in the afternoon.

Luncheon was provided everyday and the attendance varied from approximately 50 during the weekdays to around 120 at the weekends.



Tapasvio

The tapasvio together with their days of fasting are listed below:

Kumari Jaini Nilesh Khetshi Lakhman Shah	8 Upavas
Shree Mati Anjuben Suresh Shah	10 Upavas
Shree Mati Rinaben Rajesh Shah (Bid)	8 Upavas
Shree Mati Suriyaben Mehta	8 Upavas
Shree Mati Anjali Hitesh Mehta	8 Upavas
Shree Mati Puspaben Velji Shah	Chhatha atham
Shree Mati Shushilaben Shashikant Shah	Chhatha atham
Shree Mati Shardaben Jivubhai Shah	Chhatha atham
Shree Mati Nimishaben Nikunj Shah	Chhatha atham
Shree Mati Chandrikaben Bhagwanji Keshavji Malde	Chhatha Atham
Shree Harish Dalichand Shah	10 Upavas
Shree Chunilal Khetshi Lakhman Shah	8 Upavas
Shree Neel Chunilal Khetshi Lakhman Shah	8 Upavas
Shree Anupbhai Shah	Chhatha atham

Tapasvio Amar Raho

On Tuesday Bahuman of Tapasivo was carried out by Shree Mati Manjulaben Hirji Lalji Shah. On the day of Sawantsari Pratikaman we had around 350 people

Overall Maya Paryushan was well celebrated and the two scholars from Topvan were extremely brilliant and Shree Sampribhai was a very good singer

Dhajadin and Swamivatsalay Bhojan

The poonayshali for Dhaja was Shree Shrireshbhai Nemchand Malde.

The Dhajadin and Swamivatsaliya bhojan went well and we had an attendance of around 700 members swami vatsalay bhojan

The pooja was well conducted by Members under the guidance of Shree Mati Nimuben Ijit Shah and Shree Mati Gitaben Bharat Dalal.

Ayambil Oli

Ayambil started on Sunday, 21st October and there are about 20 who do the Ayambil Oli. Poonyashali for October Ayambil is Shree Mati Manjulaben Ramniklal Shah.

Volunteers

All our programmes have been successful because of the work undertaken by the volunteers. Without all of you, it would be an immense struggle for the members of the community. Your work is highly regarded by all of us. We would like to take this opportunity to thank all the volunteers for helping to make all the events successful. Your work is greatly appreciated and it is also hoped that you will continue supporting us in our future programmes. Thank you.

KEY DATE: South Area AGM: Sunday 24th March. Further details to follow.



OAUk SOUTH SPORTS AND SOCIAL

Oshwal Youth Club has rebranded as OAUk South Sports and Social (*S.A.S for short*) with the aim of encouraging community integration through sporting and social events for ALL AGES

Memberships Available to run through Jan till Dec 2013:

- Saturday Sports Club
- Badminton Club
- Social Club

...see overleaf for a calendar of events!

Become a member and enjoy benefits of discounted rates for our social events as well as other sporting events organised throughout the year!

Contact us for more information on our membership rates



Facebook: www.facebook.com/OshwalSAS



Email: southyouth@oshwal.org



Calendar of Events 2013

<p>Weekly Sports</p> <p>Saturday Club, Badminton and tournaments throughout the year</p>	<p>1st February</p> <p>The Mingle</p> <p><i>A chance to mingle with other members of the community over some drinks and nibbles</i></p>	<p>1st March</p> <p>Talent Show</p>
<p>5th-7th April</p> <p>Easter Residential Trip Open to all ages, young and old! Barton Camp, Somerset</p>	<p>13th July</p> <p>35th Anniversary Reunion Treasure Hunt & BBQ</p>	<p>13th September</p> <p>Quiz Night</p>
<p>4th October</p> <p>Twilight Top Golf</p>	<p>1st November</p> <p>Murder Mystery Evening</p>	<p>December</p> <p>30th Annual Oshwal Sports Days</p>



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Email: Bhikhu.shah@devcofireworks.co.uk





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WEST AREA

YOUR SPORTS CLUB NEED YOU



A plea to all West Area Youth - we need your help!!!!

At our sports club, our kids are diminishing into thin air. If we are to make sports day this year, this is not going to happen for our younger youth. We have at present 5-10 children attending at the most. We need to have more children attending, the older group returning to help, train the younger groups on a regular basis.

*Please, Please, Please, support our Youth Club
in any which way you can.*

Brentford Fountain Leisure Centre has one of the best facilities on offer, with state of the art Gym consisting of cardio vascular and resistance machines – there is also separate free weights and stretching areas too.

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**From 7pm-10pm every Friday at
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**Family
Club**

**For more details, contact:
Preetiben : 07779798384**



*Swimming pool can be enjoyed by
all just for fun or for serious.*



Crisis at Christmas

By, Bini Chandaria

Like many people, I had time off during the Christmas week last year (2012) and instead of sitting at home not doing much, I had a very rewarding experience volunteering at a homeless shelter as part of the Crisis at Christmas programme.

What Crisis does?

Crisis is a national charity for homeless people. Its main focus is single homeless people. Every year, over the festive period, Crisis sets up shelters in various locations, run almost entirely by volunteers, some of which are open 24 hours a day. This year they had 10 centres in total, located across central London and one, smaller centre open on Christmas Day and Boxing Day in Newcastle.

Crisis at Christmas not only provides immediate help for homeless people at a critical time, but it lays the foundations for a more positive year ahead. The homeless people are treated as and referred to as guests, which means that all the volunteers do their best to make them feel welcome. For me, this was particularly important, as vulnerable people on the streets they're often used to being treated like a nuisance or a waste of space but at Crisis, they're 'waited on like they're at the Ritz' to paraphrase what one of the guests said.

Guests receive healthcare, including doctors, dentists, opticians and specialist advice on housing, work and benefits. These services are mostly provided by volunteers. It is possible to have other services like hairdressing, manicures, clothing repair and IT provision, depending on the facilities and volunteers available.

This year they had approximately 3,400 guests and with over 8,000 volunteers, Crisis at Christmas is one of the largest volunteer-led events in the UK.

How I got involved?

This was my first experience of volunteering at Crisis. I did this through a joint collaboration between Young Jains and Shree Chandana Vidyapeeth (SCVP). This effort was open to everybody and I learned about it through an event on Facebook.

The volunteers at Crisis register online and they pick the days, times and locations (not exact) of their shift. They are given a code for creating a group with others. By using the group code at registration time you'll automatically be allocated the same shift. The registration process opens in October. Usually if you have a large group it is better to register early, but I was lucky that some more places became available only a few days before Christmas and I was still able to register. Approximately 15-20 people volunteered in the same group as me and others who had heard about this through Young Jains and SCVP also volunteered on different shifts.



Tasks

As we chose to do a day shift (from 7.45am-4pm), we had a very early start. The first 15 minutes of the shift were spent in briefing us about the duties

available and the health and safety issues of which we needed to be aware. One of the main duties was known as 'Gap Duty' – this involves sitting at the entrance to different facilities to ensure that too many people aren't trying to use them at once, to provide information about the facilities and give directions. Another purpose of this is to give the opportunity to volunteers and guests to have a chat. I was on gap duty in some places on my first day of volunteering. I met many different people and found the types of conversations varied according to the location. In the quieter places, such as the IT room, it was possible to have in-depth conversations, learn about the guests and hear their unique stories. Hearing the different stories was very moving and made me more aware that anyone can end up in such circumstances. There is no such thing as a 'stereotypical' homeless person.

There is a big focus on keeping the building and the surroundings clean and tidy. I did some cleaning in the surrounding area, other volunteers cleaned around the building quite frequently. Clothes and shoes were donated and had to be sorted into men and women's clothes, different sizes and into winter wear and summer wear. I also helped in this task. Guests can request clothes in certain sizes and they were provided with these. Other jobs for volunteers included running the storage room, where the guests left their possessions and preparing and serving three meals a day. These were both good ways to interact with the guests.

What I learnt?

On my second day, I was lucky enough to be 'Task Desk', this involved me having walkie-talkie, receiving requests for volunteers in certain areas and fulfilling these by asking volunteers to go where they were needed. This was very different to my first day as I spent most of the day in the volunteer area and didn't see many guests. However, I did learn a lot about how much effort goes into keeping the centre running. I learnt that they arranged for guests to go for things like job interviews, medical appointments and to access other services off site if required. They also arranged excursions for the guests, like a trip to the Tate Modern gallery, and arranged for some entertainment and activities. A lot of effort goes in to organise these things. At the end of each day, when we were having our debrief, the lead volunteers shared all the things that they had been able to do as the result of our contribution, which may have not seemed much, gave them the time to target the specific needs of individual guests.

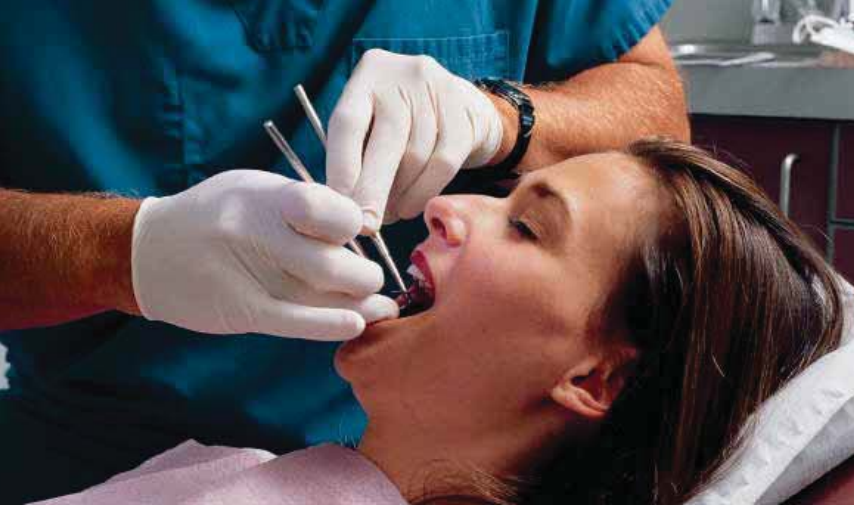
The other benefit of being 'Task Desk' was that I got to meet almost all the volunteers for that day. The volunteers came from various backgrounds and all had interesting reasons for volunteering. I enjoyed meeting them and learning about their experiences at Crisis but also the other places that they volunteered.

Conclusion

Volunteering at Crisis was a very rewarding experience. I met many amazing people and hopefully contributed, even if only in a small way, to a positive change in the lives of the guests and is definitely something that I would recommend others try. It was far better than sitting at home watching TV and eating too much over the Christmas period.

If you are interested in volunteering for Crisis at Christmas or at any other time throughout the year, please look at their website www.crisis.org.uk. The website also gives you information about volunteering for other homeless charities. I'm planning to volunteer for next year's programme along with others for the Young Jains group; I hope you can join me.





Dental Tourism

By, Dr. Nihir Shah

Medical tourism is now well established in the UK, with patients travelling to Eastern European countries, South Africa, India and the Far East for various procedures including plastic and orthopaedic surgery, skin ailments and fertility procedures.

For dental tourism, patients are travelling for cosmetic treatment and dental implants to countries like Hungary and in our community, mainly India. Unfortunately, I have seen a rise in the number of patients presenting to my clinic with problems in my field of dental implants. That is not to say that all treatment carried out abroad is bad as those satisfied patients will not present to me. Indeed, some of the actual treatment is good but I am now seeing major problems in the treatment planning and more importantly, once done people forget that things should be maintained. Let me highlight a few issues:

1) Cost - is the major decision in seeking treatment abroad. There is no doubt that implant costs are significantly less than the UK. However, when you factor in the costs of flights and accommodation the benefit is reduced.

2) Treatment planning - I have seen many cases in which the dentist has placed too many implants and often in the wrong position to be useful for chewing. You do not need 32 (or 28 if you discount the wisdom) teeth for chewing effectively. One of the other major problems we are seeing is that the mouth is not ready for complex treatment mainly due to gum disease. As you would not build a house without a proper foundation the same applies in that you would not carry out complex dental treatment unless the mouth was free of any infection and had healthy gums and other teeth for a stable foundation.

3) Time - to get the mouth healthy takes time and therefore a lot of the treating dentists abroad are then pressurised into hurrying the treatment as the

patient is only there for a specific period. The normal sequence for an implant is to place the titanium implant into the jawbone first and then wait 3 months prior to placing the crown (cap) on top. I have seen cases where the whole treatment has been done in one go and then failed within 4 months of the patient returning back to the UK!

4) Problems - like any treatment on the human body, dental implants also cannot be 100 percent guaranteed. There are currently about 400 dental implant systems worldwide, each with their own components, which are often not interchangeable with other systems. I have had to order parts from India to resolve problems once the patient has returned to the UK.

5) Maintenance - often the forgotten bit of the treatment. Once the implants are placed they are like an expensive car and need monitoring and servicing. Like gum disease affects teeth, gum disease can also affect implants and may lead to their failure in the long term.

So what things should you consider if you are considering dental treatment abroad, especially dental implants?

First of all, see your local dentist to make sure your mouth is healthy and free of infection and gum disease. Get an opinion and a costing from a local implantologist - there are many who are offering free consultations.

If you are considering treatment abroad then do your research! Make sure that the dentist abroad has the necessary qualifications and experience and that the treatment is right for you. In the UK, to provide dental implants one has to have the mandatory advanced training and additional qualifications like an MSc or be on a specialist register. If you are

going ahead with the treatment, make sure that the implant system used is reputable and has a distributor in the UK who is able to offer some backup or warranties on the parts. Once the treatment is complete, ask for a copy of the records including the final x-rays which act as a baseline for future comparison. And finally, once back in the UK make sure you visit a hygienist regularly to professionally maintain the implants. If your dentist does not have a hygienist then you can be referred to one.

Remember that on a pure cost basis the UK can never compete with treatment offered abroad. However, once you factor in the travelling, the reassurance that the treatment offered is right for you and, in the event of problems which can be rectified locally, the decision to have implant therapy in the UK may be worth it!

If you are going to have treatment abroad then the following checklist (from nhs.uk/livewell/treatment abroad) may be helpful. Questions you can ask include:

1. What are your qualifications and where can I verify them?
2. Do you have a specialism and where can I verify this information?
3. What treatment options do I have?
4. How many times have you carried out this procedure?
5. What are your rates of success, complication and infection?
6. Are there any side effects or risks associated with the procedure?
7. What are the post-operative infection rates at this clinic?
8. How would the clinic deal with an emergency if serious complications were to arise during the procedure?
9. What should I expect immediately after the procedure? For example, will I experience pain, swelling or bruising?
10. At what stage will I be able to judge the results of the treatment?
11. What type of care will I need after the treatment? Who will provide check-ups in the UK?
12. How long will I need to stay abroad before I'm well enough to travel back to the UK?
13. What happens if I'm unhappy with the treatment or there are complications after the procedure?

14. Who would pay for remedial treatment (corrective treatment) and associated costs?
15. Can you put me in touch with anyone else you have treated?
16. How will I communicate with the doctors, dentists, nurses and other health workers involved in my care?
17. What language will my medical notes be in?
18. Who can I contact for advice once I'm back in the UK?
19. Does the doctor, clinic or hospital have insurance that covers my procedure?
20. What happens if I change my mind at the last minute?

This list is just a start. Once you begin doing your research, you may have many more questions.

If you can't get satisfactory answers to all your questions, ask yourself if it's wise to go ahead with the treatment.



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MEDIATION ...the way forward!

By, Madhu Colwill

What is mediation?

Broadly speaking, mediation is a form of alternative dispute resolution in which a fully qualified mediator utilises various negotiation based techniques to open or improve dialogue between disputing parties, with the aim of reaching a resolution to the dispute which is agreeable to all parties involved. Crucially, it is a process which is both private and confidential-creating a space for all parties to be open and honest with one another.

Despite the numerous benefits of mediation, most people are either not aware of its value as a potential alternative to court proceedings, or do not think that mediation will be able to assist them with their particular issue. In reality, mediation can be used to settle a wide variety of disputes including: commercial, workplace, legal, community, family and probate.

What is a mediator?

A mediator is an individual who has undergone intensive training in negotiation techniques. Importantly, during a mediation session, it is the mediator's job to remain impartial and to facilitate, not direct, dialogue between the disputing parties by using the skills they have developed. The mediator will help the parties to think 'outside the box' for possible solutions to the dispute. It is important to ensure that your mediator is fully accredited by the Mediation Council in order to ensure that your session(s) will be as effective as possible.

What are the benefits?

There are a number of benefits to using mediation as a precursor, or possible alternative to court proceedings:

Cost

In the vast majority of cases, mediation takes significantly less time to complete than court proceedings. Whilst a case in the hands of a lawyer or a court may take months or years to resolve, mediation usually achieves a resolution in a matter of hours. Taking less time means expending less money on hourly fees and costs as well having the 'feel good factor' of having made early progress.

Control

Mediation ensures that the parties involved in the dispute remain in control of the resolution. In court proceedings, resolution is ultimately reached by the judge or jury and there are many forms of resolution which can be reached through mediation which a court cannot provide. Additionally, mediation is more likely to produce a resolution that is mutually agreeable for both parties involved. Often feeling that you still have ownership of an issue inspires confidence.

Confidentiality

Confidentiality is central to the mediation process and is a key difference to court hearings, which are normally public. Confidentiality in mediation is so important that in most cases, the legal system cannot force a mediator to testify in court as to the content and progress of mediation.

Compliance

As any resolution attained through mediation is the result of the two disputing parties working together to reach a solution, compliance rates amongst mediated agreement is high. As individuals are responsible for the decision, you feel more obliged to reach a final outcome.



Depression: One person's experience

Cause of depression

People suffer from depression for many different reasons. Every case is different. Some people are predisposed to it and an event can trigger its onset, in other cases people can suffer from depression without an identifiable trigger.

I can't speak for anyone else but in my case the trigger was going through a long period of illness. I found coping with this illness very difficult. The physical effects of the illness meant I could no longer do all the things I wanted to do and these restrictions impacted on me emotionally and mentally too.

How it made me feel?

The overwhelming feeling was one of isolation. It was difficult to explain to people why I was feeling down. It may have been easier if I was prepared to be open about being unwell. However, speaking about personal medical matters was not something I was comfortable doing.

The sense of being alone was also emphasised by the fact that no one could know how I felt, however much I tried to explain. In the end, I felt that as I was limited in my social life, even when I was speaking to people I had nothing to talk about, which made me feel even less like being sociable. I didn't want to speak about my illness though that was my main preoccupation, so I gradually started speaking to people less and less, increasing my sense of isolation.

Why I could not ask family or friends for help?

You may be wondering when I was feeling so lonely, where were all my friends and family? And even if I

didn't want to speak to everybody, surely my family would have been ok.

This is a difficult subject. The fact that I was feeling low is not a reflection on my friends and family and I would like to make clear that it wasn't that they weren't supportive or understanding, it's just that there was not a lot they could have done.

Some were more understanding than others but there is also the wider family to consider. I didn't want everyone discussing me and my health and by admitting to being unwell, let alone feeling depressed I felt like I was admitting to being weak in some way, which I didn't want to admit to myself let alone anyone else.

Depression is one of the few illnesses where the person who is suffering has to be prepared to ask for help and to want to get better.

Unless someone has suffered from depression, it can be difficult for them to understand why people don't just 'pull themselves together' or 'snap out of it'. No one ever said that to me thankfully, but I think they did struggle to get through to me sometimes.

On a practical level, my family were very supportive. I never had to worry about all the day to day issues which could have made me feel even more incapable and I think that helped me suffer less than I could have done.

I was very lucky that in the end I could talk to a couple of my closest friends and explain at least some of what I was feeling. That meant that I wasn't bottling everything up completely. It also allowed me to go out and do some things within my limitations, which was also very helpful.

Where I went for help?

I went to see my GP. My GP offered me antidepressants on more than one occasion. I wasn't too keen on the idea of taking

antidepressants. This was because that was partly because I was already on medication for my illness and didn't want to take more medication, partly because I was worried about the side effects of taking antidepressants and probably the main reason was if I took antidepressants, there was no denying to myself, or anyone else that I was 'Depressed', and I felt there was a stigma attached to that.

How I got better?

I was very lucky that my GP referred me to CBT (Cognitive Behavioural Therapy), but this was not just counselling for depression, it was specially designed for people suffering from chronic pain or chronic illness.

I found this very helpful. It helped me cope mentally and emotionally with the pain and illness I was struggling from, and which I felt was holding me back. It made me look at what I could do rather than focus on what I couldn't and looked at how I was pushing away the people who wanted to help me.

It gave me confidence to make plans and to pace myself so that I wasn't trying to do too much and then feeling bad that I could not do all those things or feeling like I was letting people down.

As I gradually felt more confident and as I learnt to manage my illness and I recovered, everything got better.

Going forward

I am now better but I have learnt to be more understanding to those who are suffering from depression. I am also more aware of my own mental and emotional state, and so far I have had no relapses and I have been able to cope with life.

I think I have probably changed as a person as I have learnt that I am not strong enough to cope with everything by myself, but it is alright to admit to that and ask for help when needed.

I would say to anyone who is suffering from depression, whatever the cause, that even if you are worried about what other people may think, don't be scared to ask for help. You can go to your GP or other organisations and speak to them in complete confidence.

More info:

Find links to useful websites and organisations at:

www.oshwal.co.uk/articles/links-mental-health

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TAX INVESTIGATION

By, Navin Shah, FCA, CTA

How to survive a Tax investigation by HM Revenue & Customs

Tax investigations by HMRC have been a vital part of the control and monitoring of the tax system to ensure that everyone pays the right amount of tax and usually any literature thereon is tucked away in the middle pages of the tax adviser's journals. However, the very recent initiative by The Times Newspaper on their front page for several days has attracted national interest in the exciting world of tax avoidance and tax investigations. Even our Prime Minister gave an impromptu input whilst in the middle of a G20 summit in Mexico. The purpose of this article is not so much to identify where the divide line between the genuine tax planning (and hence tax saving) and the "morally repugnant" tax avoidance schemes is, but to provide some general guidance on what to do should you or your business be unfortunate to be under an investigation by HMRC.

These investigations can take the form of a very simple one liner question from HMRC as to whether you appear to have missed a source of income to a full blown detailed examination of all your business records and a request for a meeting, when very searching questions can ensue. In extreme cases, "dawn raids" have been carried out. In recent times, a lot of new tax initiatives have been launched by HMRC to collect unpaid taxes and the following are just a few of them:

- **Offshore Disclosure Facility** which was aimed at people who had not disclosed interest received from their offshore accounts. Those who owned up within a given time limit were able to sort out their affairs for a tax penalty of just 10%. If the deadline was missed, then the 10% "sale" penalty was replaced by much harsher penalties (escalating up to 100%) and possible prosecution. Following the success of this facility, a number of new initiatives have been launched targeting a particular sector of the business community which have included electricians and plumbers, doctors and dentist as well as the now popular online e-bay traders.
- **Liechtenstein Disclosure Facility (LDF)** is a currently on "offer" and whilst aimed initially at holders of bank account in Liechtenstein is available to

persons with undisclosed bank accounts in other countries provided certain conditions are met. Although this facility has just been extended to 5 April 2016, it is always wiser to address the issue earlier rather than later because the preferential terms of the LDF are not available if the HMRC discovers the matter first before you approached them.

- **UK/Swiss tax agreement** was signed last year and is expected to raise huge revenue for the UK Government as it will enable the taxpayer to retain anonymity. Under the agreement, there will be a one-off levy ranging between 21% and 41% of the relevant assets as at 31 December 2010.
- **Specialist Investigations Office** deal with the heavy weight cases involving tax schemes and suspected fraud cases (usually involving large amounts of tax). These offices are armed with a high level of skill and information from within the UK as well as data obtained from other countries under the exchange of information agreements. One should be on full guard if a letter is received from this office. Examples where this office has recently been used is where HMRC purchased the data about bank accounts from an ex-employee of HSBC, Switzerland and they have now written to all the holders of those accounts to come forward or face possible prosecution.

Any tax investigation or a dispute with HMRC can create difficult and stressful times and very often it can drag on for months if not years. If you are unfortunate to receive a letter to the effect that you or your business is under investigation, the following will help:

1. Keep Calm

An investigation often provokes a number of violent emotions in those under scrutiny – not least sheer terror at the thought of ending up in jail. In reality, very few cases end in a custodial sentence. So there's no need to expect the worst.

2. Get Specialist advice at the very outset

If you are being investigated by HMRC, it is highly recommended that you seek out independent advice from a tax adviser who specialises in this field. You will need somebody on your side who understands the jargon,

knows how HMRC operates and who can take some of the emotional strain from your shoulders. The adviser will discuss the nature of the enquiry at the outset, ask you to collate various papers and agree a plan of action. The use of the right adviser will enable you to do what you do best – run your own business.

3. Keep your affairs private

Tempting though it might be to offload your woes at the pub or the golf club, it's never a good idea – unless you want the whole town to know the details of your case; and that might include a taxman. Also, the use of this "gin and tonic" advice from a friend can often prove lethal.

4. Honest is the best policy

This is the simplest and most reliable way of avoiding that jail sentence!

An HMRC investigator has a huge number of resources at his disposal and is not afraid to ask questions. HMRC take a serious view of a case where evidence is either deliberately destroyed or created after the enquiry has commenced. Also, do not suffer from selective amnesia when disclosing information involuntarily – this is particularly distasteful to HMRC and is likely to lead to a more punitive settlement since the HMRC will take into account your lack of co-operation when determining the penalty you have to pay as part of your settlement.

5. Be well prepared for any meetings

Remember the motto "no one prepares to fail – they fail to prepare". It is pointless trying to evade the HMRC's questions with insufficient preparation – the investigator will simply use his statutory powers to force you to give him the answers he seeks and your lack of preparation will be deemed to be "lack of co-operation" which normally can mean heavier penalties when the case is finalised.

6. Make significant (but relevant) payments on account

HMRC sees this as an important sign of a willingness to co-operate. It may also save you a huge amount in interest, which accrues from the date when the tax should have been paid to the day it is actually paid. On the other hand, overpayment of the outstanding liabilities may lead HMRC to an unrealistic expectation of the amount you owe.

If you follow these rules you should survive a tax investigation – and may even do so with your sanity intact!

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120 High Street
Edgware
Middlesex
HA8 7EL

Please contact:
Navin Shah FCA CTA
Email : navin@vinshaw.co.uk
Tel : 020 8905 6380
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