

ઓશવાળ
સમાચાર

OSHWAL news

June 2013 Edition

www.oshwal.co.uk

Summer Edition



Contents

Editor's Note

Jai Jinendra!

Welcome to the **June 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. Please support Oshwal advertisers and contributors. Without their 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 using Shruti font in Microsoft Word. 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

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Ashish Jayantilal Patani

President's message (પ્રમુખ સંદેશો)	3
Special General Meeting Notice	6
Editorial (સંપાદકીય)	7

Executive Committee News, Reports & Articles:

Oshwal Heritage Project	9
Mini Picture Competition	10
What's been happening in our Community?	14

Event Summary

A new section summarising events happening In our community.	18
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Area News (એરિયા સમાચાર):

East (ઇસ્ટ)	23
Leicester (લેસ્ટર)	27
Luton (લુટન)	n/a
North (નોર્થ)	30
Northampton (નોર્થમ્પ્ટનશાયર)	32
North East (નોર્થ ઇસ્ટ)	35
North West (નોર્થ વેસ્ટ)	38
South (સાઉથ)	45
West (વેસ્ટ)	47

Other Feature Articles:

Viyan's Story (Childhood Cancer)	51
Experience with Ovarian Cancer	54
Gum Disease	58
Breakfast Time!	59
Tips for Engaging with Disabled People	61
Interview with Pujya Sadhvi Shilapiji Maharaj	63

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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,

It is now twelve months since I was elected to the post of Honorary President of Oshwal Association of the UK. It has been an incredible first year! Picking up the reins from what was a very dynamic previous committee was a challenge, however from day one; our entire EC has worked as a team, with a common vision of a strong and united community. Although the numerous and long meetings are still a part of being in the driving seat, it is a wonderful group to work with; and the enthusiasm to take on challenges is very much alive.

Engaging with other Communities

Throughout the year I have had the opportunity to meet with a number of community leaders, as well as wider community organisations. All of this has been interesting and enlightening. OAUUK are now recognised and widely acknowledged as the leading Jain organisation. Amongst other ethnic communities, we are viewed as a beacon of unity and an example of how to operate as a single Association serving all its members.

Our message of Non Violence and Ahimsa resonates more today, than at any other time.

With the AGM's now all over, a personal thank you to the members who managed to attend locally and for the main central AGM. The AGMs are an opportunity for us to present financial information and share with members what has been happening during the year as well as future plans.

There are a few points from the Central AGM that I would like to highlight.

Oshwal Achievers Awards

This year, we presented the first Oshwal Achievers Awards. Three Oshwals were selected to receive

these awards; Mr Dhirajlal Velji Shah, Mr Satish Anandji Shah & Mr Jatish Somchand Shah. All three have been involved in charitable work and made significant contributions to local causes.

In addition Mr Kantilal Jesang Haria was conferred Honorary Membership of Oshwal Association of the UK for his many years of fund raising and donations to the Association.

Did you know that our Association is celebrating an anniversary?

33 Years ago – a group of Elders together with a committed Executive Committee took a very bold step. They bought “Hook House” and 80 Acres of land including the barn, outbuildings and kennels which stood where we now have our assembly halls. The purchase was completed on 24th April 1980.

Thinking back to those days, it was a purchase steeped in contention with many strong and differing views. It was said; “It’s in the jungle”. “Who will go there?” “How will we ever build on it?”

The true visionaries with passion and commitment overcame the doubters and with the help and support of our members, we became owners of this wonderful site.

On the strength of that decision taken in 1980 we:

- Built the Assembly Halls
- Purchased South London Mahajanwadi
- Built the first Shikarband Derasar in the UK and more recently
- We purchased Oshwal Ekta Centre.

Everything we have achieved over the last 33 years is based upon the support of our members, fund raising from our members and the generosity of Oshwals prepared to give their time and effort towards, this, our community.

We are about to embark on a major renovation works at Oshwal Centre. At the Central AGM plans

~ President's Message ~

were presented to refurbish the Assembly halls and to carry out essential repairs and improvements to the exterior and interior of Oshwal House. South Area are also investigating the possibility of improving the existing Mahajanwadi and creating parking spaces.

We look to the community to support us in these projects and will shortly be launching fund raising schemes for the planned projects. We are calling a Special General Meeting on **Sunday 7th July** to present the refurbishment project for Oshwal Centre. Please note the date An AGM Notice is included with this magazine.

What else has been happening?

OSHWAL DIRECTORY – The new Oshwal Directory is progressing well and is on target to be ready by Autumn 2013. You will be receiving emails to verify your details. I urge you all to look out for the email and reply immediately. The sooner you reply, the faster the project can progress.

OBPN – Oshwal Business and Professional Network, is now live. This is a major step forward in providing a platform for much needed training, support and mentoring to the younger Oshwals. If you have not viewed the website, I recommend that you do and certainly encourage the younger Oshwals in your family to take a look.

LONDON OSHWAL YOUTH – This was launched last year and having successfully delivered two events in central London, it has captured the interest of a younger generation of Students and Oshwals working in the City, who ordinarily would not normally attend OAUUK events. More events are planned in for this year, again I ask all elders to mention this to Oshwals in your family aged between 18 and 35 who are either studying or working in London. Please check details on the website and encourage the younger generation in your family to attend.

ANAND YATRA – For the Elders, the Anand Yatra (Friday Derasar Visits) has become firmly established in the calendar of events of the Association. It is really pleasing to see a large presence of members at Oshwal Centre on Friday's, visiting the Derasar, participating in the activities, enjoying social time and sitting down to a delicious freshly prepared lunch. If you have not been to a Friday Anand Yatra event, I would encourage you to

attend. Further details of the forthcoming events are on our website and in this magazine.

SPORTS – An Open Oshwal Racquet Sports event was held at Harrow Leisure Centre in April. Organised by the Youth Committee, it was a very exciting day with young and old participating in Badminton, Table Tennis and Squash. Further events are planned.

AYEMBIL OLI – was celebrated at Oshwal Centre and South London Mahajanwadi for 9 days from 19th April. I was able to attend at Oshwal Centre for a few of the days. This Ayambil was sponsored by the family of Late Mrs Jethiben Raishi Sojpar. We thank them for their support and also especially all the volunteer who get together to prepare for Ayambil and then work throughout and 9 days helping with catering and looking after the Tapasvi's.

Central events and initiatives, as well as all the regular events organised by all the Areas I believe are a true reflection of how strong, progressive and inclusive our Association has become in the last few years.

It is in that same spirit that we must maintain this momentum and this can only be achieved by one thingYour Support.

Forthcoming Events

Cardinal Tauran visiting Oshwal Centre

On Friday 14th June – we have a dignitary from The Vatican City visiting Oshwal Centre – Cardinal Tauran. This is a very important guest and is a huge honour for OAUUK. The visit is being organised in conjunction with Institute of Jainology and further details will be made known on the website once the programme is finalised.

Oshwal Vision

At the AGM we reviewed what has been achieved, presented our current plans and shared our ideas for the immediate future. However we need to be thinking much further ahead. We have greater needs in the coming years which we must be aware of and should be at the forefront of our minds.

Under Tusharbhai's Presidency a Vision report was presented which set out a plan to develop Oshwal Centre in line with the changes that are likely to happen to the boundaries and the Green Belt. That plan is in motion; the document has been prepared

~ President's Message ~

and lodged with Welwyn & Hatfield Council. That is longer term vision; however there are some more immediate needs that we need to be thinking about.

Oshwal Demography

Based on some provisional data from the new Directory Project, an interesting picture of our Community is emerging.

- Under 21 represents 14%
- 21 to 35 represent 24%,
- 36 to 49 represent 16%
- over 50s represent 46%

What this tells us is that the 16% aged between 36 and 49, which we have dubbed the “parent generation” has enormous burdens placed upon them, not only do that look after the under 21s but also in many cases, the over 50s too. This generation has to deal with school and educational costs for their children and also potentially the health and care costs for their respected elders.

So how can we as an Association help? How can we forge a better path for all Oshwals in the UK over the next few decades?

To this end, we have started thinking and working on key areas, where we would like your thoughts and feedback.

Vision 2020

This is about the medium term developments that we as an Association should aspire towards by the end of this decade. We need to be thinking about:

Funding for Education similar to OERB?

With university fees currently at £15,000 – and more likely to rise in the next few years. There is a danger that a generation of Oshwals drowned by education costs could thus be limiting their potential. Is it time to plan for funding schemes for our young Oshwals?

Scholarships and Bursaries for our Oshwal Students

Hand in hand with university fees we need to begin thinking about scholarships schemes and look to see how we can start implementing this on a needs basis as well as rewarding excellence.

Setting up a Finance House / Credit Union

With the increasing difficulties securing mortgages and business finances, perhaps it is time to start looking into finance houses and credit unions.

Celebrating Milestones

We also have two very special milestones in our Community history to mark by the end of this decade:

- the anniversary of the Derasar – 10 Years in 2015; and
- 50 Years since OAUk was formally established in the UK in 1968

There are even bigger thoughts for 2030 and beyond, including establishing a Care Home for Elderly and possibly an Oshwal School. These thoughts need to be discussed thoroughly and immediate steps taken, to ensure that we, as a community, plan ahead, anticipate future needs and work towards common goals.

To safeguard every ones future today and for the next 50 years of Oshwal, the work must start now.

I welcome Members' thoughts, ideas and suggestions, about our future plans and also how we can take positive steps forward in achieving our aims. We have set up a suggestions box on the Oshwal website which allows you to leave your thoughts and comments. Please visit:

www.oshwal.co.uk/suggestion

I wish you all pleasant Summer and we look forward to serving you for the next year.

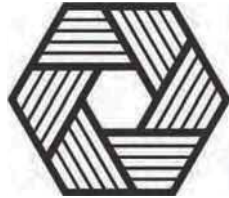
Thank you,

Jai Oshwal,

Raaxeet Harakhchand Shah
OAUk President



Oshwal Association of the UK



Registered Office:
Oshwal Centre
Oshwal House
Coopers Lane Road
Northaw
Herts EN6 4DG

EXECUTIVE COMMITTEE

Telephone: 01707 643838
Facsimile: 01707 644562

Email: admin@oshwal.org
Website: www.oshwal.co.uk

President: Raaxeet H. Shah
Secretary: Sailesh L. Shah

11th May 2013

To: The Members of OSHWAL ASSOCIATION of the UK.

As you are probably aware, at the Annual General Meeting of OAUk on 28th April 2013, a presentation for the proposed refurbishment of the Assembly Halls at Oshwal Centre was outlined to the Members. The scope of works include a side two storey extension, a complete renovation of LV Hall, installation of a lift, improvements to the upper foyer, middle foyer, lower foyer, installation of an extra disabled toilet in upper foyer and the general renovation and redecoration of Unity Hall.

The scheme was presented on the basis that detailed estimates and costing would be sought before a final decision was reached. This would then be presented to the members for approval in accordance with clause: 12.2 of the constitution of our Association. Accordingly:

PLEASE TAKE NOTICE that a **SPECIAL GENERAL MEETING** shall be held, in accordance with clause: 12.2 of the Constitution.

On Sunday 7th July 2013 at 2.00pm at Oshwal Centre, Coopers Lane Road, Northaw Herts EN6 4DG

To transact the following business:

AGENDA

- 1: Prayers
- 2: Apologies for absence
- 3: Presentation of the refurbishment plans of Oshwal Assembly Halls
- 4: Explanation of costs, budget and an overview of the schedule of works, timelines etc.
- 5: Approval of members to carry out the refurbishment of the Assembly Halls

Refreshments will be served at the end of the meeting

Jai Oshwal

Sailesh L. Shah

Sailesh Liladhar Shah
Hon. Secretary

In the interests of economy, only ONE copy of this notice is being sent to each household where a member of the Association resides. Kindly inform all members in your household of this Special General Meeting.

Please bring your membership card with you for identification. The Executive Committee reserves the right to withhold issuance of a ballot paper to anyone who is unable to provide adequate proof of membership.



For a list of Committee Members, please contact the Registered Office.

Registered Office: Coopers Lane Road | Northaw | Herts. EN6 4DG



Editorial: Ashish Patani

સંપાદકીય : આશિષ પતાણી

Jai Jinendra,

As always there is lots happening in our Community and I hope you find this edition of Oshwal News informative and engaging, but above all I hope you find it inspiring as there are many initiatives underway within our Community for young and old to get involved in. I would like to highlight one of the newest initiatives that you may not be aware of.

Sewa & Environment Team

Our Association has always undertaken sewa (i.e. charity) work, for example, the Jamnagar Camp for Disability in 2010, participation in Sewa Day in 2010 & 2011. However, these initiatives for sewa and environment have been somewhat irregular within our Association. What would be great is to embed greater sewa work within our Community, through ensuring regular observations of international days, like Earth Day (for environment) and Sewa Day (for tangible charity work), as well as trying to change attitudes to encourage more friendly behaviour at community events and in the day-to-day lives of members and to research into feasibility for OAUk

organising or jointly-participating in international sewa projects, like medical camps, school constructions, etc.



Furthermore, in an age of increasing awareness about the impact of humans on the natural world, and the greater drive for environmental protection and safeguarding the natural world, it is only right that our Association embarks on a committed and driven programme for sewa and environment work.

To this end we are pleased to introduce one of the newest teams in our Community – the Sewa and Environment Team! A new group has been formed to look at how as a community we can help those less fortunate than ourselves and how we can help protect the environment. The team has already been busy at work with the recently published E-magazine on Sewa & Environment.

If you have any others ideas and would like to get involved with sewa and environment projects, please email us on oshwalnews@oshwal.org with your thoughts and ideas.

Ashish Jayantilal Patani

Oshwal Directory Project

The new Oshwal Directory is progressing well and is on target to be ready by Autumn 2013. However, there is still a lot to do, and Oshwal Members are requested to reply back to any verification emails or letters received as soon as possible to ensure timely completion.

Directory Verification Process

The verification process is underway in all Areas. Over 3,500 verification emails have been sent out. For households without emails, verification letters have been sent to Leicester and East Areas.

Letters to other Areas will be going out later in June.

Directory Sponsorship

If you are interested in taking out an advertisement in the new Oshwal Directory, the rates have now been published. This is a great way to market your business.

More Information

For more details please see website: www.oshwal.co.uk/oshwal-directory





London Oshwal Youth

London Oshwal Youth aims to host events in Central London which are run by the youth for the youth – strictly no oldies!! The London Oshwal Youth team has already held two great events on the themes of Entrepreneurship (Nov 2012) and Negotiation Skills (Mar 2013) and you can find all the reports and pictures from the events on the website. The overall aim is to learn a few new skills, have fun and meet new people. To find out more information and details about how to get involved please see the Oshwal Website:

www.oshwal.co.uk/london



Media Team

Oshwal Media is being transformed and there are many opportunities for anyone to get involved in, such as helping with Oshwal News, website, e-magazines, graphic designs, etc.

Also remember for those who are Oshwal Members and under 18 years of age, we can provide you with Volunteer Certifications to confirm your voluntary work. This can be very helpful for your CV in the long-term. (Note T&C apply).

If you are an aspiring writer, graphic designer, movie director or just wanted to do something creative, get in touch with the Media Team. To find out more information and details about how to get involved please see the Oshwal Website:

www.oshwal.co.uk/media

Shedding Egos and Prejudice

High levels of self-inflated egos are a very common cause for us dismissing what would be otherwise reasonable and relevant facts and viewpoints or perspectives to consider in a given situation. In so doing, we don't always make optimal decisions and we find inefficiency starts creeping into our lives and what would have been a smooth road to travel down suddenly begins to have many potholes. This perpetuates the cycle further, as we find fault in others for the obstacles, as our egos won't allow us to blame ourselves, and we conclude others are to blame for our misfortunes and it would have been better had we done things all our own way.

Read the full article on Shedding Egos and Prejudice on the Oshwal Website, go to:

www.oshwal.co.uk/articles/editorial-may-2013



Got a point to make?

Introducing the new...

OSHWAL
Association of the U.K.

Suggestion Box!!

Comments, feedback, ideas, suggestions...go to:

www.oshwal.co.uk/suggestion

On the Oshwal Website

Here are some quick links to new Topical articles on the website:

Breast Cancer Awareness

www.oshwal.co.uk/articles/breast-cancer

Experience with Ovarian Cancer

www.oshwal.co.uk/articles/ovarian-cancer

Depression

www.oshwal.co.uk/articles/depression





This is about preserving our personal history and to transform memories into a cherished keepsake - starts 1st June 2013

The Oshwal Heritage Project is born from a belief that there is some uniqueness in every person, and the importance of preserving their stories, life experiences and wisdom. It is a personal approach to genealogy that provides an opportunity for all our brothers and sisters, of all age groups, but in particular those who have retired and have the time to write their personal stories. We will feature these articles on our website under the heading of 'Oshwal Heritage' – so all our members, young and old will be able to read these interesting true life stories and the historical records or pictures as provided by our members. From ancient campfires to modern living rooms this long honoured oral tradition has allowed families to share and enjoy their personal history, imagine the fun of revisiting old memories with those who you love and to record these stories for our future generations to come. Please start sending to us your written stories as soon as possible. Once or twice a year we will also arrange Heritage Evenings to invite people to share their stories.

More details:

Sudhir Meghji Shah
Culture & Heritage Committee

Mobile 07785 710 914
Email: oa_uk@yahoo.com

Website:

www.oshwal.co.uk/culture-heritage



The First Oshwal Ad Hoc Executive Committee in 1968

Mini Picture Competition



This photograph will bring back some memories! This is the FIRST Oshwal Ad Hoc Executive Committee formed in 1968. Thank you to Mohinder Devshi Jivraj Shah (Tamu) for sending us this photograph.

As a small challenge, we invite Oshwal Members to name ALL the faces in the photo. The first 10 correct answers will get a mention in our next e-shot. Please note people who are in the photo, you are excluded from the competition (for obvious reasons)!

Email: oshwalnews@oshwal.org with your answers.

A request to members who have similar historical images, we would welcome copies to publish and share with all our members.



Don't forget to check out the new E-MAGAZINE!!

Theme:
Sewa & Environment

Download at:
www.oshwal.co.uk/oshwal-e-magazine

Next E-Magazine will be in September 2013
on the theme of **University Life**

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



યુવા ઉત્કર્ષ શિબિર પૂ . મહારાજ .મહાબોધિ વિ

સમસ્ત દેશ વિદેશમાં ફેલાયેલા હાલારી વિશા ઓશવળ સમાજના સંસ્કરણ માટે બાંધવ બેલડી પૂ પન્થાસ શ્રી .મહાબોધિ વિએમાં પણ છેલ્લા પાંચ વર્ષથી દાદર .મહારાજ ગણીવર છેલ્લા વર્ષો થી પરિશ્રમ ઉઠાવી રહ્યા છે ., ઘાટકોપર, મૂલુંડ અને ભિવંડી માં શિબિર ના માધ્યમે પ્રવચનો કરી હજારો ની સંખ્યામાં ભાઈ બહેનો ને ધર્મના માર્ગે જોડી રહ્યા છેઆજ . શિબિરો સંપન્ન થયેલ છે ૧૧ સુધીમાં

૨૧ના દાદર હા ૨૦૧૧-૮-વિથી અધિક શિબિરાર્થી ઓએ લાભ લીધેલ ૮૦૦ મહાજન વાડી માં બારમી શિબિરમાં.ઓ., જેમાં પૂ.પન્થાસ શ્રી અક્ષયબોધિ વિ મહારાજે . જબાન ચે લગામ ‘ વિષય પર પ્રવચન આપેલપન્થાસ શ્રી .જ્યારે પૂ . મહારાજે .મહાબોધિ વિ’ હું માંણસ તો બનું ‘ વિષય પર પ્રવચન પ્રસ્તુત કરેલ .

પૂજ્યોના પ્રવચન નો સાર ભાગ “ હું માંણસ તો બનું .”

રોજ સવારે ઊઠીને પ્રત્યેક માનવીએ પોતાની જાતનું નિરીક્ષણ કરવું જોઈએ અને નક્કી કરવું જોઈએ કે મારી પ્રવૃત્તિ માનવ ને ઉચિત છે, કે પશુને ઉચિત? અફસોસ એ વાતનો છે આજે પરિવાર સાથે સંવાદ કરવા માટે માનવી પાસે સમય નથી, ત્યાં જાત સાથે વાર્તાલાપ કરવાનો સમય ક્યાંથી કાઢસે? પશુથી માણસને જુદો પડે એવા આઠ વૈભાવ તમારી સામે મૂકવા છે .

વિચાર વૈભાવ

પશુને મન મળ્યું છે, પણ પશુ કરતા પાવર ફૂલ મન માનવી પાસે છેસારા વિચાર માટે સાડું વાતાવરણ જરૂર છે ., પશુ પાસે સારા વાતાવરણ નો અભાવ છેજ્યારે માણસને જિનાલય ., ઉપાશ્રય, મહાત્મા, સત્સંગ જેવા અનેક શુભ પરિબળો નો સાથ મળે છે, છતાં દિવસ ના ૨૪ કલાક માંથી મોટા ભાગ નો સમય નબળા વિચાર માં જાય છેઅને શુભ સ્થાનો માં . યાદ રાખીએ મેલા શરીરે હજી કેવળજ્ઞાન મળી શકે છે પણ .ગયા પછી પણ શુભ ને બદલે અશુભ વિચારો કરી બેસે છે મેલા મન થી કોઈને ક્યારેય કેવળજ્ઞાન નથીમળ્યું .

વાણી વૈભવ

પશુની પાસે વાણી છે પણ શબ્દો ની મર્યાદા છેઅપેક્ષાએ કરી શકાય સંપત્તિ .માનવી પાસે વાણીનો અદ્ભુત વૈભવ છે . માણસ ધારેતો વાણીથી બે વ્યક્તિ વચ્ચે વોલ બનાવી શકે .ના વૈભવ કરતાં પણ વાણીનો વૈભવ ચડિયાતો છે, ધારે તો બ્રિજ પણ બનાવી શકે છેરામાયણ હો .ય કે મહાભારત હોય, દરેક ના મૂળમાં વાણીનો જ ચમત્કાર જોવા મળશેઆજે . એટલું નક્કી કરો કે અમારી વાણીમાં પાણીની જ વિશેષતા ભેળવી દેશું પાણી જેમ શીતળ, નિર્મળ અને કોમલ હોય છે , એમ વાણીથી કોઈ ગરમ થઈ જાય એવા શબ્દો નહીં બોલીએ. બીજાના ભાવો મલીન થાય એવા શબ્દો કે ગાલીના શબ્દો નો પ્રયોગ નહીં કરીએકોઈ ગમે તેવો કઠોર થઈને આવે ., તોયે કડુણા થી નીતરતા શબ્દો નો જ ઉપયોગ કરશું .

વ્યવહાર વૈભવ

દેવ, નરક અને પશુ યોનિ માં કયાય માતા પિતા, ભાઈ બહેન, પતિ પત્ની જેવા સંબંધો નો વ્યવહાર નથીઆ વ્યવહાર . પણ કરુ .માત્ર મનુષ્ય યોનિ માં જ છેણતા એ વાતની છે, આજે ઘરમાં કોઈને માં બાપ જોઈતા નથી-, પતિ પત્ની વચ્ચે વારંવાર ડાયવોર્સ ની ધંટીઓ વાગ્યા કરે છે., સગા દીકરા માટે માંસંયુક્ત કુટુંબની પ્રથા તૂટવા .બાપ પાસે સમય નથી - ચાર કે પાંચ નો પરિવાર હોય પણ એક સાથે - ઘરમાં ત્રણ .ને લીધે આજે સમાજને ઘણા કડવા ફળ ભોગવવા પડે છે આવા વ્યવહારો જોતાં એમ લાગે છે કે માણસ માં અન .ક્યારેય ભેગા થઈને ભજન કે ભોજન કરતો દેખાતો નથી પશુમાં ફરક શું?

વસ્ત્ર વૈભવ

પશુ થી માણસને જુદો પાડનાર એક મજા નો વૈભવઆજના કાળમાં સ્ત્રીઓ માટે વસ્ત્રએ વૈભવ છે કે કલંક એજ .વસ્ત્ર-સ્કૂલ કોલેજ .દેહને ઢાંકવા ને બદલે વધુ ને વધુ અંગો ઉઘાડા રહે એના માટે જાણે વસ્ત્રો પહેરાય છે .ખબર નથી, પિકનિક, આ હરીફાઈ માટેના જાણે અખાડા બની ગયા છેસિરિયલો એડવર્ટાઈઝમેન્ટ અને પિક્ચર એ તો આ હરીફાઈમાં .વી.ટી . કમસે કમ આજના બહેનો એટલુ નક્કી કરીદે કે દેરાસર .દિવાસળી ચાંપવાનુ કામ કર્યું છે, ઉપાશ્રય અને તીર્થ સ્થાનોમાં તો ઉદભટ વેશ નહીજ પહેરીએ, તોએ ઘણાના ખરાબ ભાવોની વૃદ્ધિ થતી અટકી જશે.

વીત વૈભવ

વીત એટલે પૈસો, પૈસો પશુને પણ આ બાબતથી જુદો નથી પડતો કારણ કે માણસ ની જેમ પશુને પરિગ્રહ સંજ્ઞા હોય છે . માણસ જુદો પડે છે સંપતિ ને સાચવવા થી નહીં વાપરવા થી, અહીં બેઠેલા ને પુછવું છે સંપતિ આવતા ભવમાં તમારી સાથે આવવાની હોય તો તમે તમારા સંતાનો માટે કેટલી મૂકીને જાવ ? યાદ રહે સંપતિને સાચવનાર ને આ દેશે જેટલા યાદ નથી કર્યા, એ કરતાં વધુ આ સંપત્તી ને વાપરનાર ને કર્યા છેજાર વર્ષ પછી પણ વિમાલમંત્રીના નામ માઉન્ટ . આબુના જિનાલય જોતાં લેવાય છે, તો મળેલ .ભૂલાતા નથી (રાણકપુર નિર્માતા) વર્ષ પછી પણ ધરણાંશા 500 સંપતિને વ્યસન કે ફેસનમાં વેડફનારા કે પોતાના સુખ સગવડ માટે વાપરનારા ઘણા છે, પણ જુન શાસનના સાત ક્ષેત્ર માં વાપરનારા ઓછા છે.વૈભવ બની ગયા વગર નહીં રહે - તમારો નંબર જો એમાં લાગી જાય તો તમને મળેલું વીત .

વિગઈ વૈભવ

વિગઈ શબ્દથી ભોજન સમજવાનું છેપશુ પાસે ભોજનનો . વિવેક નથીજ્યાં મળે ., જ્યારે મળે જેવું મળે અને જેટલું મળે ખાઈ લેવું આ પશુની દુનિયા છે જ્યારે .where, when, what અને how વિવેક રાખે તે માણસની દુનિયા છેઉભા ઉભા . ખાવું, રસ્તા પર ઉભા રહી લારી ગલ્લા પર ખાવું, ટીજોતાં ખાવું રાત્રે ખાવું.વી., અભક્ષ્ય ખાવું, અપરિચિત ખાવું આ બધો ભોજન નો આવિવેક છેઆવા ભોજનથી શારીરીક ., માનસિક, આધ્યાત્મિક, એમ ત્રણ પ્રકારના નુકશાન થાય છે, અપેક્ષાએ માણસ કરતાં પશુ આ બાબતમાં ઘણીવાર વિવેકી દેખાય છેઘણા પશુ પક્ષી ઓ . રાત્રે નથી ખાતા તો બીમાર પડતાની સાથેજ ઘણા પશુઓ ખાવાનું બંધ કરી દેછે જ્યારે માણસ માં આથી ઊલટું જોવા મળે છે .આવું જાણ્યા પછી હવે આમાં સુધારો લાવવા નો પ્રયત્ન કરો .

વિદ્યા વૈભવ

અહીં વિદ્યા શબ્દથી કોલેજની કોઈ ડિગ્રીઓ ની વાત નથી થતી .વિદ્યા શબ્દથી ધર્મ અને અધ્યાત્મની વિદ્યા સમજવાની છે . પ્રત્યેક શ્રાવક .જે પશુ પાસે સરેઆમ નથીશ્રાવિકાને પાંચ પ્રતિક્રમણ, જીવ વિચાર અને નવતત્ત્વ અર્થ સહિત આવડવા

જોઈએ .ઘણા ગ્રેજ્યુએટો બેકાર ફરે છે .આજે આલોક માટે કામ નથી લાગતી (ડિગ્રીઓ) આ લોક માટે ભણેલી વિદ્યા .
.જ્યારે ધર્મ અધ્યાત્મની વિદ્યા આ લોકમાં સમાધિ આપશે અને પરલોકમાં સદગતિ આપશે

વૈરાગ્ય વૈભવ

આઠમો અને અંતિમ વૈભવ છે વૈરાગ્યનોપશુની દુનિયામાં રાગ ., દ્વેષ, મોહ સિવાય બીજું કંઈ નથીએજ કામ જો માનવ .
જન્મ પામ્યા પછી કરવાનો હોય તો આપણા માં અને પશુમાં ફરક શું? આ જન્મ મળ્યા પછી પ્રતિદિન રાગદ્વેષ ને -
ઘટાડવાનો પ્રયત્ન કરવો જોઈએ, આભવમાં રાગ દ્વેષ,નો સંપૂર્ણ નાસ કરી વિતરાગી ન બની શકીએ શકીએ તોય રાગ
દ્વેષ નો નિગ્રહ કરી વૈરાગી તો જરૂર બનીએહજારો સાધુ સાધ્વીઓ આજે પણ વૈરાગ્ય ના વૈભવ આગળ તમને તમારા .
બંગલા, ગાડી, સંપત્તિ, ફેક્ટ્રી ના વૈભવ ફિક્કા લાગશેઅંતમાં જો એક વૈરાગ્યનો વૈભવ આવી જાયતો એની પાછાળ .
બાકીના સાતે વૈભવ દોડતા આવશેએટલેકે વિચારો માં ઊંચાઈ .એટલુજ નહીં એ પ્રત્યેક વૈભવ સુગંધિત બની જશે .
વાણીમાં મીઠાસ આવશે .આવશે, વ્યવહારમાં આદર આવશે, વસ્ત્રમાં મર્યાદા આવશેવિતમાં સંતોષ આવશે ., વિગઈમાં
સંયમ આવશે અને વિધ્યામાં પરિશ્રમ આવશેઆ તમામ વૈભવના તને સહુ સ્વામી બનો એ .જ મંગળ કામના .

દિગંબર પંથની સ્થાપના

એ પ્રાકૃતિક પ્રવૃત્તિ ઓથી પર છેમાં પાટલિપુત્રમાં ભયંકર દુષ્કાળ પડ્યો ૩૬૦-પૂ.સ.ઈ .. શ્રુત કેવલી આચાર્ય ભદ્રબાહુ
સ્વામીએ પોતાના શિષ્યો અને શ્રમણો સાથે દક્ષિણમાં પ્રસ્થાન કર્યું શ્રુત કેવલી આચાર્ય સ્થૂલભદ્ર પોતાના શિષ્યો .સાથે
પાટલિપુત્રમાંજ રહ્યાદક્ષિણમાં ગયેલ આચાર્ય મહારાજ તથા શ્રમણોએ ત્યાની હવામાન ., રાજકીય અને સામાજિક
પરિસ્થિતિ અનુસાર ધર્મ વાંચના , ધાર્મિક વિધિ વિધાન ,આચાર વિચારોમાં પરિવર્તન કર્યું, જેથી આચાર્ય સ્થૂલભદ્ર
ઈમાં પાટલિપુત્રમાં ભારતવર્ષના સમગ્ર જૈન સાધુઓની એક સભા બોલાવી અને આચાર્ય ભદ્રબાહુ તથા ૩૨૭ પૂર્વ.સ.
આચાર્ય ભદ્રબાહુ તથા તેમના શિષ્યગણ કોઈ કારણોસર આ સભામાં હજાર ન રહી .તેમના શિષ્યગણને આંમત્રીત કર્યા
પરંતુ ત્યાં લેવાયેલા નિર્ણયોન .શક્યાે પણ માન્ય ન કર્યામાં શિવકોટીએ ૮૨ .સ.ઈ .આમ વિભાજનની શરૂઆત થઈ .
દિગંબર નામના અલગ પંથની સ્થાપના કરી. પછીતો મતમતાંતર વધતો ચાલ્યો અને ઘણા ફાંટા ફિરકાઓના જન્મ
થયોસાથે બેસી સમાધાન થાય .વ્યવહારિક અને સામાન્ય સમજથી વિચારીએ તો મતભેદો તદન સામાન્ય અને ગૌણ છે .
તેવાછે.,પરંતુ પોતાની પકકડ મજબૂત રાખવા, પોતાનો અહં પોષવા બંને પક્ષના આચાર્ય મહારાજો પોતાના મંતવ્યોને
ચગાવેછે અને શક્ય છે તેને અશક્ય બનાવેછે .સ્ત્રીની મુક્તિ સંભવ નથી (૧).ફક્ત ત્રણ મુદા પર બધાનું ધ્યાન કેન્દ્રિતછે .
.કેવલી ભગવંતો આહાર કરતાં નથી (૩) અપરિગ્રહ (૨)

સંકલન

સુશિલાબેન લક્ષ્મણ શાહ -



Community News

Anand Yatra

Mradula Babulal Shah (EC Education Chairperson)

Anand Yatra is a weekly event organised for the elderly members of our community to visit the Derasar and take part in social activities. It takes place on Fridays and has been running for over a year. A coach service is provided for those who cannot make it by car. This was initially provided for the North, North East and North West Areas, and was then extended to some of the other areas because of its popularity.

The coach arrives at 9.30 a.m. and Snatra Pooja is recited in the Derasar. The social activities include playing cards such as Bhukar and Bridge. There is a yoga session from 12.00 to 1.00 p.m. which everyone takes part in it, young and old.

A dedicated team of volunteers prepare a hot meal, which is served at 1.00p.m., and is followed by 45 minutes of other activities such as informative talks, entertainment and cultural activities.

The numbers attending over the course of the year has been gradually increasing. The regular turnout is now between 130 and 150 members, but more are always welcome.



*Pictures from Anand Yatra
Event on 8 March 2013*



Asset Exams

Oshwal Centre and South London Mahajanwadi

Asset Languages Examinations are offered by the O.C.R. Examining Body. These exams can only be taken at the centres approved by the O.C.R. Board.

As it was difficult to find a mainstream centre that would enter our Gujarati School candidates, four years ago the South Area Oshwal Mahajanwadi applied to the O.C.R. Board to become an official examination centre, followed by the Oshwal Centre two years later. Both the applications were approved.

Exams in Gujarati are offered in three levels – Breakthrough, Preliminary and Intermediate.

To date more than 100+ Gujarati School children have taken the exams at the South London Mahajanwadi, with a further 39 at the Oshwal Centre – all passing with flying colours and receiving an O.C.R. Certificate.

This year 38 candidates have enrolled in South Area and 22 candidates at the Oshwal Centre. We wish them the best of luck.



Be sure to check out the latest report from the London Oshwal Youth team in the Youth Magazine.

Read about the negotiation skills and also how to get involved!

www.oshwal.co.uk/london



Riya Shah

Black Belt in Tae Kwon Do

Nine-year old Riya Shah (of Leicester Area) achieved her black belt in Tae Kwon Do (TKD) in April 2013 at the first time of asking. Nottingham-based Riya has trained with Master Tony Sewell's TKD academy since the age of five, and was examined by a panel of five judges.

Parents Dhrupand and Anisha said "It's an important milestone for Riya and a fantastic achievement by a young Oshwal. We hope she continues progressing in the martial art, although we are leaving the decision up to her. The whole family are proud of her, including grandparents Dhirubhai and Pushpaben, and elder sister Maya. Well done Riya!" Well done to 'Black Belt Riya' for a marvellous achievement.

Sports Tournament

Leicester Area had 2 members who participated in the Racquet Sports Tournament which was held at the Harrow Leisure Centre. The pair took part in the Badminton event - Meer played under 16 singles and paired up with Nikunj to play in the Men's Open doubles event. Whilst Nikunj reached the quarter finals in the Men's Open Singles, Meer, with a last-minute partner from Edgware - Rahil, came runners-up in the under 16s doubles. Congratulations, Meer & Rahil.

Note: See the Oshwal Youth Magazine for a full report on the Tournament as well as a list of winners.



Keya Patani

U13 Doubles National Badminton Champion

Over the weekend of 16th/17th March, Nottingham saw the top badminton players from all over the country gather for the U13 English National Age Group Badminton Championships. This was the culmination of the season after many months of hard training and competitive tournaments.

Keya Patani (of North East Area), trained by Hitesh Shah and Clive Palmer, and her partner Molly Chapman were seeded second in the level doubles. After winning through the group stages, they overcame a tough pair in the semi-final to face the top seeds in an exciting final. With adrenalin flowing, anxious parents on the sidelines and cheering supporters,



Ajit Shah

Tae Kwon Do

Tae Kwon Do is a martial art which was first developed in Korea but now practiced the world over. In April 2012 Ajit Shah (of North East Area) attained a 4th degree black belt. This grade was attained after a period of 15 years of perseverance, hard work and dedication. Ajit said, *"Having this grade now allows me to teach internationally and to examine students up to second degree black belt. I started teaching Tae Kwon Do soon after I attained my first degree black belt and have been passing on my knowledge to students of all ages. My aim is to, hopefully, be promoted to a master in Tae Kwon Do. This will take another 14 years of training."*

Tell us about your achievements!!
Email: oshwalnews@oshwal.org

ધર્મ પ્રેમી ભાઈઓ અને બહેનો આપ સર્વ ને પ્રણામ.

અમે સોમવાર તા-૨૫-૩-૨૦૧૩ ના E.C ના આશરા હેઠળ ફાગણ ૧૩ નો પ્રોગ્રામ ઓસવાલ સેન્ટરે, ઉજવવા ભેગા થયા હતા. વિક ડેઇસ માં શુંબ્યાં થોડી ઓછી થાય, પરંતુ પ્રોગ્રામ ખુબજ સરસ ગયેલ.

દિવસો બહુ સારા ન હતા, સ્નો પણ ચાલુ હતો પરંતુ ભગવાન ની કૃપાથી આ દિવસે સ્નો કે વરસાદ કંઈ ન હતું, હા હવામાન થોડું ઠંડુ હતું.

એજવેર સત્સંગ મંડળની બે બસ આવેલ અને બીજા ગાડી થી ભાવિકો ૬ ગાઉ ની યાત્રા કરવા આવ્યા હતા. બીજા પરામાથી થોડા ભાવિકો પણ પધારેલ.

પ્રથમ દેરાસર માં દર્શન પુજા, આરતી મંગળ દીવો વગેરે રાખેલ. પછી હોલમાં છ ગાઉ ની યાત્રા ડી.વી.ડી અને ભક્તિ ભાવના, સ્નાત્ર પુજા આરતી મંગળ દીવો અને શાંતિ કળશ રાખેલ. સંઘની ઊપજ પણ સારી થયેલ. જીવ દયા ની ટેલ નાખતા માત્ર ૧૫ મિનિટમાં £ ૧૦૦૦ નું દાન જીવદયા માટે ભેગા થયેલ.

નીચેના હોલમાં જમવાની વ્યવસ્થા સુંદર કરેલ, વાતાવરણ એવું આનંદમય બન્યું હતું જાણે ખરેખર પાલિતાણા ૬ ગાઉ ની યાત્રા પૂરી કરી અને પાલમાં સાધાર્મિક ભક્તિ નો માહોલ જામેલ છે. ટુંકમાં આવા કાર્યક્રમ ક્યારેક ગોઠવાય તો તહેવારોની યાદ તાજી થાય અને તે ખાસ જરૂરી છે.



લી: સુશીલાબેન લક્ષ્મણ શાહ.
June 2013 Edition



Kanti Jesang Haria

Honorary Membership

Kanti Jesang Haria (of North West Area) was awarded Honorary Membership at the Annual General Meeting on the 28th of April 2013 in recognition of his outstanding fund raising work in support for the Association.

From door to door fundraising, to raising donations from customer and suppliers, providing raffle prizes to taking part in two walks from Jamnagar to Palitana, Kantibhai has been an active fund raiser.



Keshubhai (aka Colombo)

Ipad Generation!!

An Honorary Member and Vadil in our community Keshubhai uses his Ipad to follow meetings and access the Oshwal Website. If he can, surely you can too?

Be sure to check out the Oshwal Website or ask your family members and friends to help to.

www.oshwal.co.uk

Oshwal Achievers Awards 2013

The first Oshwal Achievers Awards were presented during the Central EC Annual General Meeting on Sunday 28th April 2013, for recognition of the work carried out in the voluntary sector and services to the wider community. The 2013 recipients were Dhirajlal Velji Shah (of East Area), Jatish Somchand Shah (of Northampton Area) and Satish Anandji Shah (of Leicester Area). The following is a brief summary of their key achievements over the years.

Dhirajlal Velji Shah (Malde)

- A postmaster (1986 – 2009) and the Chairman of sub-postmasters of the East London area. He was awarded the best post-office in 1997 in the community.
- Awarded the Golden Jubilee Unsung Hero award by Daily Mail 2002 which was presented to him by Prince Charles at Highgrove.
- Completed 25km sponsored walk in 1976.
- Completed the TESSA's challenge in aid of children in hospital.
- Undertaken fund-raising for various charities: MENCAP Society, Great Ormond Street Hospital, Whizz Kids, Ethel Davis School (handicapped children), Tsunami Disaster appeal for Meads Lane Sewa Mandal, Macmillan Cancer Relief (15 years) and various Redbridge schools to date.
- Currently supporting various communities e.g. Shree Ramji Mandir, Hanumanji Mandir, Mahadev Mandir Trust of Navsari, Old People's Welfare, Manav Kalyan Trust of Navsari supporting orphan, disabled and blind children (approx 400), Kathiawar Nirashrit Balashram (Rajkot) supporting children's orphanage from new born to age 22.



Jatish Somchand Shah

- School Parent Governor and Community Governor.
- Service of over 30 Years as Governor.
- Awarded – Long Service Governor Award in 2004.
- Unison Activist and International Officer for over 10 Years.
- Member of Race Equality in Northamptonshire.
- Chairman of OAUUK Northampton Area.
- Received IMPACT award for reducing road casualties.

Satish Anandji Shah

Bradford based Satish Anandji Shah, a Chartered Accountant by profession, Satishbhai spends a lot of his time encouraging and motivating people to take up hill walking and to provide training for high altitude trekking. The money that he raises through outdoor activities has helped to improve lives of the communities in Kenya, Tanzania and India. His other activities include:

- Ran 11 Half marathons from 1986.
- Completed 230 scuba dives.
- Climbed Mount Kenya in 1994 & Killimanjaro in 1996.
- All these for Charities.
- Raised Funds for SEWA UK from 2006 to 2011.
- In 2012 Everest Trek and raised £30,000 for schools in Nepal

OBPN Update

The Oshwal Business and Professional Directory, Jobs Bank and CV Bank modules are now live.



Oshwal Business & Professional Directory ("OBPD")

Are you an Oshwal Business or Professional? OBPD is a Business and Professional Directory exclusively for the promotion of Oshwal Businesses and Professionals. Register now with OBPN to get your free listing.

Jobs Bank

We are pleased to announce that we now have 20 large corporate organisations that have signed up to provide details of jobs vacancies within their organisations. This effectively gives our members an advantage as they will find out about the jobs before these are posted in other public medium. Organisations include Bank of America Merrill Lynch, Deloitte, Barclays, Google and Oracle. This has only been possible because we have members working within these organisations, or who know people working in these organisations. You, your employers or colleagues may be able to assist us by getting more organisations, whether small or large to sign up to OBPN.

Work Experience / Internships

The Work Experience / Work Shadow modules will shortly be going live and we currently have over 70 businesses, trades and professionals from various sectors willing to provide work experience.

We are looking for more businesses, trades and professionals to assist us with the delivery of OBPN. You can help us by providing work experience, details of any job vacancies that you have, and by becoming mentors. In addition, if you know anyone else that can help, please encourage them to help us.

Registration is open to all OAUUK Life members via:

<https://obpn.oauk-nw.org>

For help or further information, please email us at:

help@obpn.oauk-nw.org

Mentoring	Work experience / Internship
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.	To create a register of business willing to provide work experience and internships.
Job Bank	CV Bank
To create a bank of available jobs.	To create a bank of CVs for potential employers looking for candidates.
Personal Development	Oshwal Business & Professional Directory
To enable members to develop their personal skills for example, CV writing, negotiating skills, presentation skills, interview techniques, public speaking, etc.	To create a directory of Oshwal businesses providing goods and services.
Business Helpline	Networking
To assist members who wish to set up businesses.	To enable networking among Oshwals by organising events, workshops, etc.

Oshwal Directory Project

The new Oshwal Directory is progressing well and is on target to be ready by Autumn 2013. However, there is still a lot to do, and Oshwal Members are requested to reply back to any verification emails or letters received as soon as possible to ensure timely completion.

Directory Verification Process

Verification process is underway in all Areas. Over 3,500 verification emails have been sent out. For households without emails verification letters have been sent to Leicester and East Area. Letters to

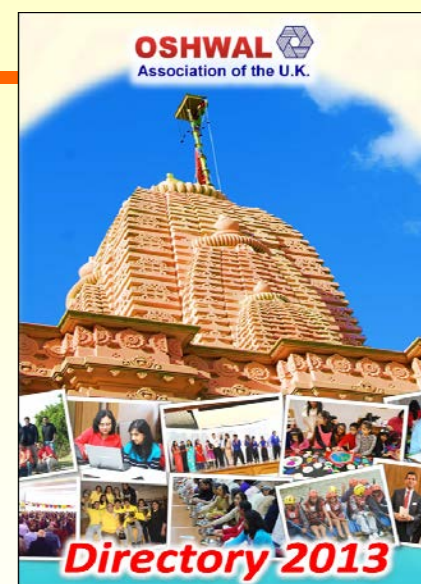
other Area will be going out later in June.

Directory Sponsorship

If you are interested in taking out an advertisement in the new Oshwal Directory, the rates have now been published. This is a great way to market your business.

More Information

For more details please see website: www.oshwal.co.uk/oshwal-directory



June 2013 Edition



Community Events Summary

EC – Upcoming Events



Summer Funday

Sunday 23 June 2013 - 11:00am to 4:00pm

Metropolitan Police Bushey Sports Club, Aldenham Road, Bushey, WD23 2TR

Fun day for those with special needs and their carers. Enabling Network is organising a visit for those with special needs and their carers to the Lions Club Fun Day.

More details at: <http://www.oshwal.co.uk/events/summer-funday>



Youth Camp




Friday 16 August 2013 to Monday 19 August 2013

Osmington Bay near Weymouth in Dorset




Take part in some amazing activities like: Abseiling, Archery, Climbing, Dragon Boat, Racing, Giant Swing, Kayaking, Mountain Biking, Orienteering, Raft Building, Trapeze, Tunnel Trail, Zip Wire, and much more!!!

More details at: <http://www.oshwal.co.uk/events/ec-youth-camp-2013>

<p>East Area – Upcoming Events</p>	
 <p>Pizza Party Sunday 30th June 2013 2pm – 5pm Oshwal House, Pottery Bar, EN6 4DG. £6 members, £7.50 non-members To book contact: Rasik N/Pravina – 020 8989 5089 Email: pravinarasik@yahoo.co.uk</p>	
 <p>Picnic in the Park Saturday 27th July 2013 Valentines Park, Ilford. Details TBC</p>	
 <p>Paryushan 2013 Mon 2nd September – Mon 9th September 2013 We have special programmes lined up during this week but we really need children from our Area to take part, please give names to Narottambhai 07930 696 232 or Bansil (07932 094 609) by latest 30th June 2013.</p>	
<p>East Area – Regular Activities</p>	
 <p>Thursdays Social Club Every 2nd Thurs – last Thurs of each month 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 & light lunch</p>	
 <p>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. Contact Sundip: (07828 862 935)</p>	
 <p>Friday Cards Club Every Friday 7:30pm – 10pm Canon Palmer School Entry: £1.50 per person Please bring your own packs of cards. No food allowed, only water is permitted. Contact Bansil on 07932 094 609</p>	
 <p>Friday Fitness Classes Friday 28th June 2013 onwards 8pm – 9pm Canon Palmer School Zumba sessions with Tasneem are free and paid for by Redbridge CVS Fit for Fun exercise programme. Professional Zumba Instructor Tasneem Hussain will take the Zumba classes for a further 16 weeks as 4 of the 20 sessions have already taken place. Strictly for over 12's only. Contact Bansil: 079320 946 094 To pay for hall hire: £8 for continuous 4 sessions beginning on 28th June 2013. (If you miss a session, your £2 will not be refunded). NB: The fees are to cover the cost of the dance studio; the Zumba sessions themselves are free of charge.</p>	

<p>Leicester Area – Regular Activities</p>	
 <p>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.</p>	
<p>Luton Area – Regular Activities</p>	
 <p>Friday Club Dates: 19 Jul, 16 Aug, from 8-10pm Venue: Warden Hill Community Centre, r/o The Warden, Wycombe Way, Luton, LU3 2BW</p>	
 <p>Friday Cards Club Dates 7 Jun, 5 Jul, 2 Aug, from 8-10pm Venue: Warden Hill Community Centre, r/o The Warden, Wycombe Way, Luton, LU3 2BW</p>	
 <p>Oshwal Gujarati School Every Saturday morning during term time from 10am – 12pm Venue: Denbigh High School, Alexandra Avenue, Luton</p>	
<p>Northampton Area – Upcoming Event</p>	
 <p>Bhukhar Competition 24th November 2013 - 9.00am – 17.00 pm Oshwal Ekta Centre Tickets: Members £10.00 each and Non-Members £12.00 each Need Teams of 3 people</p>	
<p>Northampton Area – Regular Activities</p>	
 <p>Fun Club Every 3rd Saturday of the Month - 6.00 pm to 10.30 pm Hesketh Centre, NN3 8JJ Tickets £3 (members) Children under 16 - £1.00 each More details on: www.oshwal.co.uk/northampton-regular-activities</p>	
 <p>Jain Philosophy Classes Every 2nd Friday of the Month - 8.00 pm to 9.30 pm At Vinaben and Kantibhai's residence. Free Event More details on: www.oshwal.co.uk/northampton-regular-activities</p>	

<p>North Area – Upcoming Events</p>	
	<p>Baap aur Beta Evening - Fathers Day Tuesday 11 June 2013 - 8:00pm to 10:00pm Venue: Woodhouse College, Woodhouse Road, North Finchley, London, N12 9EY Members £2.00 Non-members £3.00 Prity Shah - 020 8445 0716; Kailash Haria - 020 8445 2017; Nilam - 020 8445 9546; Hina Shah - 07889 515 756; Anjana Shah - 020 8349 2759; Kailash Shah - 020 8441 9679</p>
	<p>Yoga for Stress Relief Sunday 16 June 2013 - 2:30pm to 6:00pm Gordon Hall (Scouts Hall) Huntley Drive West Finchley N3 1NX Oshwal Members - £15 per person (non-refundable) Non Oshwal Members - £20.00 per person (non-refundable) (Light snacks and drinks will be served) Sejal Shah Tel: 07931 778 642 or Email: sejalshah120@hotmail.com</p>
	<p>NORTH AREA YOUTH CLUB ANNUAL EVENT BBQ ON Saturday 13th July at OSHWAL CENTRE Further details to follow</p>
<p>North Area – Regular Activities</p>	
	<p>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, Choklati 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.</p>
	<p>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 sleeping 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.</p>
	<p>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.</p>

	<p>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 • Sajjan Shah - 07958 444 539 • Rupa Doshia - 07878 336 623 • Sonal Patel - 07939 913 988 • Vinit Shah - 07713 577 403 • Rakhee Shah - 07956 231 007</p>
	<p>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 07821 400 328</p>
	<p>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</p>
<p>North East Area – Upcoming Events</p>	
	<p>Maari Honey- Ne Bhawe Money – (Cultural and Heritage) Sunday 25th August Wylyotts Theatre, Darkes Lane, Potters Bar, EN6 2HN). Contact pdsh1@hotmail.co.uk</p>
	<p>Gujarati Evening – (Sakhi Mandal) Saturday 21st September – 8pm St Michael at Bowes Church, 99 Palmerston Road, N22 8QX. Contact nshah619@aol.com</p>
	<p>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</p>

	
 <p>Youth Club Sunday Contact: dipak.shah@rentokil.com</p>	<p>Keep Fit! Tuesday 8pm – 9.15pm Trinity at Bowes Methodist Church Contact: madula.savla@btinternet.com</p>
 <p>Gujarati Classes Every Saturday Southgate Secondary School Contact: dilipshah001@gmail.com</p>	<p>Yoga Classes Available spaces at Tuesday class from 7-8.30pm at Southgate School Contact: dilipshah001@gmail.com</p>
 <p>Zumba Classes Wednesday 7.30pm Ruth Winston Centre Contact: p4shi@hotmail.com</p>	
<p>North West Area – Upcoming Events</p> <p>All events held at Oshwal EKTA Centre, 366A Stag Lane, Kingsbury, London NW9 9AA unless otherwise stated.</p>	
 <p>Cake decoration competition and Cake decoration class Sunday 16th June (Competition 10am to 1pm) (Class 2pm to 4pm) Contact details: Hina Gudka - hina.gudka@oauk-nw.org (0773 244 0721) Meena Shah - meena.shah@oauk-nw.org (0777 192 7290) Details for Competition at: http://www.oshwal.co.uk/events/cake-decoration-competition Details for Class at: http://www.oshwal.co.uk/events/cake-decoration-class</p>	<p>Wealth Management and Investment Strategies Part 1: Wednesday 19 June 2013 - 8:30pm to 11:00pm Part 2: Wednesday 3 July 2013 - 8:30pm to 11:00pm Full details at: http://www.oshwal.co.uk/events/wealth-management-and-investment-strategies</p>

 <p>Antakshri - The Great Challenge Sunday 23 June 2013 - 2:00pm to 8:30pm Contact Details: Minesh Shah - mines.shah@oauk-nw.org (07725 707005) Harish Shah - harishkumar.shah@oauk-nw.org (07737 124853) Tulash Shah - 07817 891153 Full details at: http://www.oshwal.co.uk/events/antakshri-great-challenge</p>	<p>Women's Networking Session Wednesday 26 June 2013 - 8:00pm to 11:00pm Theme: Quick and easy way to a healthy lifestyle for the busy woman Contact Details: Hina Gudka - hina.gudka@oauk-nw.org (0773 244 0721) Meena Shah - meena.shah@oauk-nw.org (0777 192 7290) Full details at: http://www.oshwal.co.uk/events/women%E2%80%99s-networking-session</p>
 <p>Operation Re-Connect Picnic Chessington Pirate Adventure Saturday 20 July 2013 To register your interest and get a favourable group discount rate, contact: Milan Shah (milan.shah@oauk-nw.org) - 07968 817 043 Khilit Shah (khilit.shah@oauk-nw.org) - 07932 715 245 Full details at: http://www.oshwal.co.uk/events/chessington-world-adventures</p>	<p>James Bond Night Saturday 6 July 2013 - 6:30pm to 11:00pm Contact Details: Khilit Shah : khilit.shah@oauk-nw.org (07932 715 245) Minesh Shah : mines.shah@oauk-nw.org (07725 707 005) Milan Shah : milan.shah@oauk-nw.org (07968 817 043) Nirmal Shah : nirmal.shah@oauk-nw.org (07962 177 326) Full details at: http://www.oshwal.co.uk/events/james-bond-night</p>
 <p>Wild West Night Saturday 17 August 2013 - 6:30pm to 11:00pm Contact details: Minesh Shah - mines.shah@oauk-nw.org (07725 707 005) Neha Shah – (07968 078 379) Full details: http://www.oshwal.co.uk/events/wild-west-night</p>	<p>Rangoli Workshops & Competition 20th Sept, 27th Sept - 7:30 pm – 9:30pm Full details: http://www.oshwal.co.uk/events/rangoli-workshop</p>
<p>North West Area – Regular Activities</p> <p>Full details about all NW Regular activities at: http://www.oshwal.co.uk/articles/nw-regular-activities</p>	
 <p>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: parentsandtoddler@oauk-nw.org</p>	

North West Area – Regular Activities

Full details about all NW Regular activities at: <http://www.oshwal.co.uk/articles/nw-regular-activities>

Bhukar

Dates: 15th June, 20th July, 17th Aug, 28th Sept

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: Salles Shah: 07745 871 62 | Mahendrabhai Chandania: 07714 712 713

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

Elderly Monthly Meets

Date: 8th June, 13th July, 10th Aug, 21st Sept - 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 Oshwal Members only.)

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

Email: welfare@oauk-nw.org To sponsor the event contact the EMM Team.

Oshwal Ekta Mandal

Starting from Monday 3rd June 2013 and then every Monday

10.30am to 3.30pm Price: FREE

A great opportunity to have a fun day out and meet friends and relations and pursue your leisure activities. Please bring your own packed lunch and share a picnic with your friends.

Whist Drive

Date: 8th June, 13th July, 10th Aug, 21st Sept - 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: Diharbhai D Shah: 07870 846 729 | Premharbhai D Shah: 020 8723 8368

Sallesbhai 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

Saturday 13th July 2013

More details: www.facebook.co/OshwalSAS or email southyouth@oshwal.org.

Bhajan / Bhojan

Sunday 30th June

11am – 2pm Bhajan 2pm TO 4pm BHOJAN

All the members are invited. If you attending then please give your names for catering purposes.

Contacts: Batukbhai L Shah Tel 0208 684 0433 Dhirubhai K Shah Tel 0208 684 3592

South Area – Regular Activities

Oshwal South Sports & Social

Saturday – 6pm to 10.30pm

Lanfranc School, Mitcham Rd, Croydon.

Contact Vikesh Chandania for info on 07738 112 580

Yoga Classes

Sundays 8.30am to 10am

£20 for 10 sessions

Contact Nemubhai: 07828 232 691

South Area – Key dates for the Year

June

Sat 15 June (Social) Daal Rotli

Sun 16 June Father's Day

Sat 29 June (Education) OGS Fee Collection

Sun 30 June (C&H) Bhajan Bhojan

July

Sat 6 July (Education) OGS Parents Day Celebration

Sat 13 July (Sports&Social) 35th Anniversary Re-union, Treasure Hunt & BBQ

Sat 20 July (Social) Daal Rotli

August

Sat 17 Aug (Social) Daal Rotli

September

Mon 2 Sep – Mon 9 Sep (Religion) Paryushan

Sat 7 Sep (Education) Gujarati School Opens

Fri 13 Sep (Sports&Social) Quiz Night

Sat 21 Sep (Social) Daal Rotli

TBC (Religion) Swamivatsalya Bhojan & Dhaja Din

West Area – Regular Activities

West Area Gujarati School

Saturday mornings from 9.30 a.m. to 12.00 noon

Kingsley Academy (Formerly 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

Religion

Pathshala classes are run every Sunday 9.00 – 10.30

For more information please contact Keshubhai (Colombo) Tel: 020 8570 7585 or Mobile: 07735 382 657 between 02.00pm and 10.00pm.

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

22

June 2013 Edition



East Area ઈસ્ટ એરિયા

“Pyaar ka Sagar” – Maya Deepak musical programme – 24th February 2013

This beautifully scripted musical programme was based on songs related to different love-filled relationships between: Parmatma and atma, matrubhumi and our-selves, Guru and shishya, father and son/daughter, mother and son/daughter, friends, husband and wife, our country and our mother-tongue etc. Maya Deepak was accompanied by musicians from India; Ritesh Upadhyay, Manish Kansara, Deepak Panchal and Kamlesh Zala. Kamleshbhai played the violin so exquisitely, that it made the show extra-ordinary. There was plenty of laughter in the audience as Maya Deepak shared some amusing stories of different love-filled relationships, but the most breath-taking moment was when she sang, “Yeh Mere Watan Ke Logon.” Everyone was upstanding; the room was full of emotion and patriotism as we remembered those great people that sacrificed their lives to fight for India’s Independence. The audience were taken on a trip down memory lane and left feeling in awe. We were honoured to be accompanied by Mr C.B. Patel, his wife and sister and Alka Shah from Gujarat Samachar who praised our efforts for producing such an entertaining programme.



We would like to thank: The Sports and Youth Cultural Activities Department, Government of Gujarat and Gujarat Samachar for promoting this event and Indian music, art and culture through artists like Maya Deepak. Thanks to Bharat Gangaram caterers for their delicious food, Rasikbhai N and Pravinaben for the Mukhwas and Roshan Mandap for their stage decorations. Special thanks goes to all the volunteers from East area, North East area and Sashikunj that helped set up, serve food, make tea and clear up on the day as we would not be able to produce such events without these hard-working volunteers in the background.

આ સુંદર સંગીત કાર્યક્રમ વચ્ચે વિવિધ પ્રેમ ભરેલા સંબંધો સંબંધિત ગીતો પર આધારિત હતું: પરમાત્મા અને આત્મા, માતૃભૂમિ અને આપણે, ગુરુ અને શિષ્ય, પિતા અને પુત્ર/પુત્રી, માતા અને પુત્ર/પુત્રી, મિત્રો, પતિ અને પત્ની, આપણો દેશ અને આપણી માતૃભાષા, વગેરે. માયા દિપક સાથે ભારતથી આવેલા સંગીતકારો હતા; રીતેશ ઉપાધ્યાય; મનીશ કંસારા; દિપક પંચાલ અને કમલેશ ઝાલા. કમલેશભાઈએ વાયોલીન ખુબજ સુંદર રીતે વગાડ્યું હતું તેથી આખો કાર્યક્રમ અનોખું હતું. જ્યારે માયા દીપકે વિવિધ પ્રેમ ભરેલા સંબંધો કેટલાક રમુજી કથાઓ શેર કર્યા ત્યારે પ્રેક્ષકોમાં ખુબજ હાસ્ય ફેલાઈ ગયું હતું, પરંતુ જ્યારે તેને “યે મેરે વતન કે લોગો” ગાયું, ત્યારે બધાએ એકદમ ઉંડોશ્વાસ લીધો હતો. બધા લાગણીથી ખંડમાં ઉભા થઈ ગયા હતા. બધાને દેશભક્તિ અને ભારતની સ્વતંત્રતા માટે લડવાની અને લડવૈયાની ભોગની યાદ કરાવી હતી. પ્રેક્ષકોને મેમરી લેન નીચે એક સફર પર લેવામાં આવી હતી અને ધાકમાં લાગણી છોડી હતી. ગુજરાત સમાચારના મિસ્ટર સી. બી. પટેલ, તેમના પત્ની અને બહેન અને અલકા શાહનું બહુમાન કરવામાં આવ્યું હતું. તેઓએ કાર્યક્રમનો ખુબજ વખાણ કર્યો હતો.

અમે ગુજરાત સરકાર અને ગુજરાત સમાચારનો આભાર માનીએ છીએ કે જેઓએ આ કાર્યક્રમ ધ્વારા અને માયા દિપક અને કલાકારોના સાથથી ભારતની સંસ્કૃતિ અને સંગીત કલાને પ્રોત્સાહન આપેલ છે. સ્વાદિષ્ટ ખોરાક માટે ભરત ગંગારામ કેટરર્સને, મુખવાસ માટે રસિકભાઈ અને પ્રવીણાબહેનને, સ્ટેજ સજાવટ માટે રોશન મંડપનો ખુબજ આભાર. ખાસ આભાર, ઈસ્ટ એરિયા, નોર્થ ઈસ્ટ એરિયા અને સશીકુંજના સ્વયંસેવકોને જેને ખોરાક પીરસવામાં, ચા બનાવવામાં અને હોલ સાફ કરવામાં મદદ કરી હતી. બધા સ્વયંસેવકોની મદદ વગર આ કાર્યક્રમ આપણે સરખી રીતે રજુ ના કરી શકત.

FUNtakshari & Dal Rotli – Saturday 30th March 2013

This evening started with everyone tucking into delicious dal and rotli made by various committee members. Then two mixed teams were created and the FUNtakshari began. Everyone had a chance to sing a song, whether it was a Bollywood film song, Gujarati stavan, and garba song or lagna geet. Vadilalbhai sang an impressively amusing song about a "bicharo" husband and wife relationship where the husband is forever giving into his wife's demands. It truly ended the night on a high and got everyone laughing away! A special clip was recorded and reported in the April 2013 Edition of Oshwal News Online (OhNO!).

<http://vimeo.com/64028728>



આ કાર્યક્રમ દરેક વિવિધ સમિતિ સભ્યો દ્વારા કરવામાં સ્વાદિષ્ટ દાળ અને રોટલી સાથે શરૂવાત કરી હતી. પછી બે મિક્ષ ટીમો બનાવી અને ફન્ટાક્ષરી શરૂ કર્યું. દરેક વ્યક્તિને ગીત ગાવા માટે તક આપી હતી જેવું કે તે ફિલ્મના ગીત, ગુજરાતી સ્તાવન, ગરબાના ગીત અથવા લગનના ગીત હોય. વાડીલાલભાઈએ એક અસરકારક રમુજી ગીત ગાયું હતું જે એક "બિચારો" પતિ પત્નીના સંબંધ વિશે જ્યાં પત્ની હમેશા તેની પત્ની ની માંગ પૂરી કરે છે. બધાને ખુબ મજા પડી અને બધા ખુબજ હસ્યા. એક ખાસ ક્લિપ રેકૉર્ડ કરી છે અને તે એપ્રિલ ૨૦૧૩ ઓશવાળ ન્યુઝ ઓનલાઇનમાં જોઈ શકો છો. <http://vimeo.com/64028728>

Thursday Fitness Club – St Alban's Church Hall, Ilford.

From the second Thursday to the last Thursday of the month, East area members get together to take part in chair-based exercises, discussions or satsangs. Of those I personally attended, there was a group forum held whereby everyone was given a chance to express their opinions on how the club's activities are currently run and give any ideas of activities each member would like to be arranged over the upcoming year. Majority wanted talks on various health issues, quizzes, games, debates, bingo, card games and talks on the meaning behind Jain mantras and stavans that they sing. One week, Lalitaben and Susilaben explained the meaning of the verses of Maitri Bhavnu. Everyone was able to gain a better understanding of how we can all try to incorporate our Jain principles into our daily lives.

On 18th April, Kanchanben held a special satsang in memory of her late husband Zaverchandbhai. As it was the second day of Ayambil, chaitya vandan was carried out along with worship of the siddhachakra. After Aarti and Mangal Divo, everyone sat down and enjoyed the special food that various members had made usually served during Ayambil. We enjoyed eating rotli, rotla, khakhra, boiled wheat, mixed dal, muthiya (dry and rasia), chana, popcorn and drinking Indian tea. We have never celebrated Ayambil in East area and it was great to see members getting together to commemorate the occasion.



દર મહિનાના બીજા થી છેલ્લા ગુરુવારના બધા સભ્યો હોલમાં મળે છે અને ઘણી પ્રવૃત્તિઓ કરે છે જેવી કે ખુરસીની કસરતો, ચર્ચાઓ અથવા સત્સંગ. મે જ્યારે જાતે હાજરી આપી હતી ત્યારે એક ગ્રુપ ફોરમ કર્યું હતું અને તેમાં બધાને પોતાના વિચારો દર્શાવાના હતા કે હોલમાં ક્લબની પ્રવૃત્તિઓ ચાલે છે તેના વિશે અને આગામી વર્ષમાં તેઓને કેવી કેવી પ્રવૃત્તિઓ જોઈએ છે કે કરાવી છે. લગભગ બધાને આરોગ્ય મુદ્દાઓ પર ચર્ચા જોતી હતી, ક્વીઝ, રમતો, ચર્ચાઓ, બિન્ગો, કરાતા રમતો અને જૈન મંત્રના તથા સ્તાવનના જે તેઓ ગાય છે તેના અર્થ સમજાવાના. એક અઠવાડિયે, લલિતાબહેન તથા સુશીલાબહેન એ આખું "મૈત્રી ભાવનું" નો અર્થ સમજાવ્યો હતો. તે ખુબજ માહિતીપ્રદ હતો અને બધાને સારી રીતે સમજાવ્યું હતું. આપણા રોજીન્દા જીવનમાં જૈન સિધ્ધાંતો ને કેવી રીતે સમજાવી શકાય છે, તેનું થોડું સમજાવ્યું હતું.

૧૮મી એપ્રિલના, કંચનબેનએ તેમના પતિ ઝવેરચંદભાઈના યાદમાં ખાસ સત્સંગ રાખ્યું હતું. તે આંબેલનો બીજો દિવસ હતો. ચૈત્યવંદન કરેલ અને સિધ્ધચક્રના દર્શન કરેલ, આરતી ને મંગલ દીવો પછી દરેકને આંબેલનું ખોરાક પીરસવામાં આવ્યું હતું જે ઘણા સભ્યોએ બનાવીને લાવ્યા હતા. તે રોટલી, રોટલા, ખાખરા, બાફેલા ઘઉં, મિક્ષ દાળ, મુઠીયા (સુકા અને રસિયા), ચણા, ઘાણી અને ચા જે બધાએ ખાવાથી આનંદ માણ્યો હતો. અમે ઈસ્ટ એરિયામાં આંબેલની ઉજવણી ક્યારેય નથી કરી અને બહુજ બધા ભેગા મળીને ઉજવણી કરી અને તેઓને મજા આવી હતી.



Friday Sports & Social Club – Canon Palmer Catholic School, Ilford.

East area has made a few changes, not only do we have our regular under 12's football and over 12's basketball...we have now introduced Zumba/Body Combat classes for those wanting to keep fit and for those that are not the sporty type we have a new cards club! (See events section for more details)

Zumba is a Latin-inspired dance fitness programme that blends international music with easy to follow, energetic, calorie-burning dance moves. The over 12's Zumba classes are run by a professional instructor. The Zumba instructor and classes are funded by Redbridge CVS Fit for Fun exercise programme for 20 weeks. The Fit for Fun exercise programme run by Redbridge CVS provide health and exercise activities for voluntary and community sector groups. This allows us, OAU East area to hold 20 weeks of Zumba classes free of charge. The fees are purely to cover the cost of the dance studio used each week. Body combat is another cardio-based workout which incorporates moves inspired by mixed martial arts e.g. boxing, karate, taekwondo and tai chi. How often can you say that you have fun exercising? We welcome all of you to come along and try out the Zumba or Body Combat classes for yourselves and see how much fun exercising can be and I'm sure you will be pleasantly surprised at how many calories you can burn!

If sports aren't for you, then we also have a cards club. Members have been getting together to play chokri or bukhaar for some weeks now and I'm sure they will tell you that they look forward to getting together every Friday to play cards and socialise with other members. It is great to see members laughing and smiling, whilst also trying to work out their opponent's next move! Socialising with other people can be a great stress reliever; it is always good to take your mind off your daily grinds and take part in activities you enjoy. So if after a long week at work you feel like doing something different on a Friday evening, come and join the cards club.

આ રમતગમતની ક્લબમાં, બાર વર્ષની અંદરના માટે ફૂટબોલ અને બાર વર્ષના ઉપર માટે બાસ્કેટબોલ નિયમિત હોય છે. પણ તેમા થોડા ફેરફાર કર્યા છે. આપણે ફીટ રહેવા માટે ફીટનેસ વર્ગો (ઝુંબા અથવા બોડી કોમ્બેટ) શરૂ કર્યું અને જે સપોર્ટી પ્રકાર નથી તેઓ માટે કરાતા ક્લબ શરૂ કરી છે. (વધુ વિગતો માટે ઇવેન્ટનો વિભાગ જુઓ)

રમતો તમારી માટે નહીં હોય તો કરાતા ક્લબ છે. ઘણા અઠવાડિયાથી ઘણા સભ્યો ભેગા થઈને ચોકડી અથવા બુખાર રમે છે અને મને ખાતરી છે કે તેઓ તમને જરૂર જણાવશે કે તેઓ શુક્રવારની આતુરતાથી રાહ જોતા હોઈ કે તેઓ ક્યારે કરાતા રમી શકે અને સભ્યો સાથે મેળાવડો કરી શકે. બધા હસ્તા અને મસતી કરતા રમતા હોઈ અને સાથે સાથ જોતા હોય કે તેઓની બીજી ટીમવારો કેવી રીતે આગળ રમશે. સ્ટ્રેસને દૂર કરવા માટે બધા સાથે મળવું અને જાતજાતની પ્રવૃત્તિઓ કરવી અને આનંદ માણવો. કામ પર લાંબા સપ્તાહ પછી, શુક્રવાર સાંજના તમને કોઈ જુદું કરવાનું મન થાય તો જરૂર તમે કરાતા ક્લબમાં જોડાઈ જાવ.



Mahavir Janma Kalyanak – Saturday 27th April 2013

This evening started with chaityavandan being carried out by Arunaben R Shah, followed by East area members singing some Jain stavans to kick start our Mahavir Janma Kalyanak celebrations. As it can be seen in the photo below, special guests were invited by Narottambhai to East area to conduct a selection of Jain stavans with live music which started with Navkar Mantra. They truly made the evening extra-ordinary as everyone in the audience sang and clapped along to some beautiful stavans. The atmosphere felt electric as soon as the music started and you could sense the spiritual ambience around the hall during the course of the evening.

The evening ended with Aarti which was conducted by Bhanuben Rasiklal Shah and Mangal Divo which was conducted by Santokben Devshi Shah and family. Everyone that attended was gifted prabhavna of bundi/gathia which was from the East Area committee and tal-sakri from Dinuben Rasiklal Shah at the end of the evening.

Thank you to South Area Chairperson Dhirajlal Khetshi on the harmonium/vocals, his wife Manjuben Dhirajlal on the manjiras/vocals, his two talented daughters Anjali Sonesh (tabla) and Rakhi Atish (singer), Kenton based Riteshbhai on the dholki

and his wife Bhartiben (tambourine) and the group's lead singer Ranjanben Ashok Shah. We truly enjoyed the night and hope that you will continue to do religious programmes like this with us in the near future.

Special thanks go to Narottambhai for liaising with Dhirubhai and making sure our Mahavir Janma Kalyanak programme ran smoothly. Finally, thank you to all the members that attended we had a larger turnout of approx. 70 people and your support and involvement produced a great atmosphere.



મહાવીર જન્મ કલ્યાણકની ઉજવણી આપણા એરિયામાં તા. ૨૯.૦૪.૧૩ ના દિવસે કરવામાં આવેલ હતું. હોલ ટાઈમ સર ખુલી ગયેલો હતો અને આપણા સંગીતકારો જે સાઉથ તથા કેન્ટન એરિયામાંથી આવવાના હતા તે લોકો પણ વખત સટ આવી ગયેલા હતા. આ વર્ષે લગભગ ૭૦ જેટલા ભાગ્યશાસી લોકોએ પધારીને આ ઉજવણીમાં ભાગ લીધેલ હતો. સૌવ પ્રથમ ૭:૩૦ વાગ્યે ચૈત્યવંદન શરૂ કર્યું ને ત્યાર પછી આપણા એરિયાના ભાગ્યશાસીઓએ સ્તવનો ગાયા. પછી ૮ થી ૯:૩૦ વાગ્યા સુધી સાઉથ એરિયાના ચેર-પરસન ભાઈશ્રી ધીરજલાલ ખેતશી, તેમના ધર્મ પત્ની મંજુબેન ધીરજલાલ, તેમના બન્ને દીકરીઓ અંજલી સૌનેશ અને રાખી અતીશ, તેમના સાથે આવેલ રીતેશભાઈ ભગવાનજી અને તેમના ધર્મ પત્ની ભારતીબેન રીતેશ અને તેઓના મુખ્ય ગાયિકા રંજનબેન અશોક શાહ આપણને સ્તવન જાત જાતના વાંજિત્રો સાથે કરાવ્યા અને વચ્ચે વચ્ચે રીતેશભાઈ રમજી દ્રવકા પણ કહીને લોકોને ખુબજ હસાડ્યા. ધીરજલાલભાઈ ને ખાસ ધન્યવાદ કે આવો સરસ મજાનો સંગીતનો લહાવો આપણને આપ્યો. તે પણ વિના મુલ્યે અને વિના મુલ્યે તેમના બધા વાંજિત્રો સાથે લઈ આવ્યા અને આવા ધર્મના કામ હમેશા કરતા રહેશો.

ત્યાર પછી નરોત્તમભાઈએ સંગીતકારોની ઓળખાણ આપી અને આપણા ચેર-પરસન રસિકભાઈએ એરિયાના ચાલતા કાર્યક્રમોની વિગતો આપી. ત્યાર પછી આરતી અને મંગલ દીવાની ઉજવણી કરવામાં આવેલું હતું. આરતીનો લાવો લેનાર હતા ભાનુબેન રસિકલાલ શાહ તથા મંગલ દીવાની લાવો લેનાર હતા સંતોકબેન દેવશી હસ્તે બાબુલાલભાઈ.

છેલ્લે અંતમાં પધારેલા સ્વજનોને પ્રભાવના આપવામાં આવેલ હતી; એક આપણા ઈસ્ટ એરિયા સમિતિ તરફથી બુંદી ને ગાઠીયા અને બીજું દીનુબેન રસિકલાલ તરફથી તલસાકડી. દરેક સભ્યોને મજા આવી હતી અને લોકોને અંતના સમયે આધ્યાત્મિક અનુભૂતિ લાગી હતી.



Reported by: Bansi Chandulal Shah, Gujarati translation by Tarli Kishore Haria and Narottam Raichand Shah (Mahavir Janma Kalyanak report)



Leicester Area

Mothering Sunday – 10th March 2013

About 85 people, young and old, attended the programme which started off by the youth helping the elders brush up their skills on using their mobile phones. It was a delight to see them sending and receiving texts as well as capturing events on their phone cameras for the first time.

Mradulaben M Shah effectively co-ordinated a programme where the participants came together to appreciate the various forms and duties of a Mother. This was done via a short skit with Vilasben as the 'dadimaa' accompanied by children and elders alike.

Each one presented their interpretation of a mother - from the natural mother/child relationship to the Mother India that many of us relate to. Dadimaa took everyone back to her youth highlighting the activities that were carried out and the knowledge that was passed over from the mother to the child.

The afternoon ended with refreshments which were kindly donated by CK Shah and Mradulaben. 'A wonderful program' – summed up one member noting the high number of turnout.



Leicester Area AGM - 14th April 2013

This year's AGM was held at Thurmaston's Silverdale Community Centre. The meeting was attended by about 50 people. A big 'Thank You' to all who made an effort to attend the AGM. A note of appreciation to the 9 EC members who travelled from London and helped out in setting up the hall, clearing up after the meeting as well as making the delicious masala tea!



Ayambil - April 2013

Gratitude to Vaghjibhai who had again offered the use of his residence to conduct the pratikraman during Ayambil which was held between 17th and 25th April. Between 12 and 15 local area members attended the event daily. There was Aarti and Mangal Divi after the pratikraman reflecting upon the holy festival. Compliments also to Harshi for doing her first Ayambil at a young age.



Whist Drive Tournament - 21 April 2013

This tournament was initially scheduled to be held earlier in February this year but had to be postponed due to adverse weather conditions on the day. Though a few had dropped out, a good number of 28 members participated in the tournament with others encouraging, helping out and joining in for a chit chat in the afternoon at the Rushey Mead Recreation Centre.

The tournament started at 2.30pm and was conducted smoothly. Thanks goes to all the participants for making it a great event. The winners of the tournament were Ishwarlal Raichand Gudka (1st), Nila Sudhir Haria (2nd) and Chimanlal Haria (3rd). They were presented with trophies kindly donated by Rajesh P Shah. The evening ended with refreshments including tea, biscuits and gathia donated by Rajesh and Rekha of Rushey Mead Recreation Centre.

Note:

Remember to check out all the reports in full and see the photo galleries on the Oshwal Website. For Leicester Area please go to: <http://www.oshwal.co.uk/areas/leicester/area-reports>

નોટિંગહામ

રીયા શાહ પાંચ વર્ષની હતી ત્યારથી અધ્યાપક ટોની સેવેલ પાસે ટવાયકોનડોની તાલીમ મેળવે છે. અત્યારે નવ વર્ષની ઉમરે તેણે પાંચ જજની સામે પરીક્ષામાં ઉત્તીર્ણ થઈ કાળો પટ્ટો મેળવ્યો છે.

તેના માત-પિતા, અનીશા અને ધ્રુપંદે કહ્યું, "રીયા માટે ખુબ ગર્વ છે અને આશા છે કે તે કોઈ પણ દબાણ વગર આ તાલીમ ચાલું રાખે. તેના દાદા ધીરુભાઈ, દાદી પુષ્પાબેન, મોટી બેન માયા અને આખા પરિવારને તેના માટે ખુબ ગર્વ છે.

આ પુરસ્કાર મેળવવા માટે રીયા તને ખુબ ખુબ અભિનંદન.



ઓશવાળ એચીવમેંટ એવોર્ડ (28-04-2013)

બ્રેડફોર્ડ

લેસ્ટર એરીયામાં વસતા સતીષ શાહ, ઓશવાળની બહાર કાર્યસાધના કરી અને ગરીબ લોકોને મદદ કરે છે. સેંટરની એ.જી.એમ વખતે આ કાર્યસાધના કરવા બદલ તેમનું બહુમાન કરી અને પુરસ્કાર મળ્યું છે. સતીષભાઈને ઘણાં અભિનંદન.

લેસ્ટર એરીયા એ.જી.એમ (14-04-2013)

આ વર્ષની એ.જી.એમ થ્રમસ્ટોન સીલવરડેલ કોમ્યુનીટી સેંટરમાં રાખવામાં આવી હતી. આસરે 50 મેમ્બર હાજર હતા, જેઓનો ખુબ આભાર. લંડનથી ઇ.સી. કમીટીના 9 મેમ્બર આવ્યા હતા, અને તેઓએ હોલ સેટ કરવામાં, મસાલાવાળી ચા બનાવવામાં અને છેલ્લે બધું સાફ કરવામાં પણ મદદ કરી હતી. તેઓના અમે ખુબ આભારી છીએ.

માતૃદિન (મધરિંગ સન્ડે) 10-04-2013

નાના - મોટા બધા મળીને 85 જણે ભાગ લીધો હતો. પ્રોગ્રામની શરૂઆત મોટેરાઓને મોબાઈલ ફોન માં સંદેશા મોકલાવતા અને મેળવતા શીખવાડ્યું. અને બીજાઓને તેમના ફોનમાં ફોટા કેવી રીતે પાડવા તે બતાવ્યું. તેઓને ખુબ આનંદ થયો.



મૃદુલાબેન શાહએ સજતાથી નાના અને મોટાને સાથે કરી ટુંકા નાટક જેવું ગોઠવ્યું, જેમાં વિલાસબેન દાદીમા બન્યા હતા. દરેકે પોતાની રીતે માતાની જુદી જુદી ભુમિકા વિષે બોલ્યું હતું, જેવુંકે માતા, માતૃભુમી, વગેરે. પહેલાના વખતમાં માતાઓ તેના બળકોને શું અને કેવી રીતે કામ શીખવતી તે દાદીમાએ સમજાવ્યું. સાંજે બધા ચા - નાસ્તા કરીને છૂટા પડ્યા. ચા - નાસ્તા મૃદુલાબેન અને સી.કે. શાહ તરફથી આપવામાં આવ્યા હતા.



વિસ્ટ ડ્રાઈવ ટુરનાર્મોટ (21-04-2013)

આ સ્પર્ધા ફેબ્રુઆરીમાં હતી પણ ખરાબ વાતાવરણને લીધે મુલતવામાં આવી હતી. થોડા લોકો આ વખતે ભાગ ન લઈ શક્યા. રૂશીમીડ રીકીએશન સેંટર 28 ભાગલેનારા હતા તેઓની ગપસપથી ગાજી ઊઠ્યું હતું. થોડા જણની મદદ અને પ્રોત્સાહનથી સ્પર્ધા બપોરે 2.30 વાગ્યે શરૂ થઈ અને વ્યવસ્થિત રીતે રમાડી. બધાંએ ખુબ મજા માણી.

આ કાર્યક્રમ સફળ બનાવવા માટે બધા ભાગલેનારનો ખૂબ આભાર.

- પહેલું ઇનામ - ઈશ્વરલાલ રાયચંદ ગુડકા
- બીજું ઇનામ - નીલા સુધીર હરીયા
- ત્રીજું ઇનામ - ચીમનલાલ હરીયા

ઇનામની ટ્રોફીઝ અને નાસ્તો રાજેશ. પી. શાહ તરફથી આપેલ હતો.

યા, રેખાબેન રૂશીમીડના કાર્યકરતા તરફથી હતો.

તેઓ બન્નેનો ખુબ આભાર

આંચબેલની ઓળી (17-25 એપ્રિલ)

દરરોજ આંચબેલનું પ્રતિક્રમણ, આરતી અને મંગળ દિવો વાઘજીભાઈના ઘરે કરવામાં આવતું હતું. 12-15 ભાવીકો દરરોજ ભાગ લેતા.અમે વાઘજીભાઈના ખૂબ આભારી છીએ.

હર્ષીએ નાની ઉમરમાં પહેલી આંચબેલ કરી. તેને ખુબ અભીનંદન.

રેકેટ સ્પોર્ટ્સ ટુરનામેંટ (21-04-2013)

ઓ.એ.યુ.કે એ હેરો લેઝર સેંટરમાં, ટેબલ ટેનીસ,બેડમીનટન અને સ્કવોશની સ્પર્ધા ગોઠવી હતી. લેસ્ટર એરીયામાંથી મીર અને નીકુંજે બેડમીનટનમાં ભાગ લીધો હતો. મીર સોળ વર્ષની નીચેની કક્ષામાં એકલો રમ્યો હતો. છેલ્લી ઘડીએ એજવેરના રાહિલ સાથે જોડી થતા, ડબલ્સમાં બીજું ઇનામ મેળવ્યું. મીર તને ખુબ ખુબ અભિનંદન.



North Area

Since the last publication of Oshwal News, North area has held very successful events, Gujarati play, Bachu ne Baatlma Utaaro in Feb 2013, mehfil event in March 2013, Gujarati School variety program and North area AGM in April.

Shaam-e-Mehfil in Hyderabad – 9 March 2013

North Area Sakhi Milaap ladies are constantly trying to think of new ideas for events and in one September 2012 meeting, Anjanaben Shah, a Sakhi member suggested a novel idea of

introducing a new cuisine for our Mehfil evening to coincide with Mother's Day 2013 in March. Anjanaben was born and brought up in Hyderabad and is a very committed and valuable member of our team and holds the office of Vice Chairperson. She persuaded us into believing that food cooked the Hyderabad way was going to hold the key to the success of our event. We planned a taster session one evening when she made a variety of Begara Baingan, Dum Aloo, Hyderabad Biryani, Mirchi Ki Salaan and Dudh Sevia. Every sakhi who tasted the food was bowled over and immediately recognised the enormous taste difference over normal shaak, puri, daal bhat that is often the standard menu offered generally.

"Superbly managed – top food, top music, top decor – we had a fantastic time."

The sakhis started meticulous planning of the whole evening thinking about a Hyderabad experience that would be doubled with a melodious mehfil and



decorations to match the style of the Nawabis who ruled Hyderabad for two centuries. Hyderabad, the capital of Andra Pradesh, has a population mix of half Muslims and half South Indian, namely

Telugu. Hyderabad cuisine became prominent with the Nizams who ruled from 1724-1948. It comprises a broad repertoire of rice, wheat and meat dishes and the skilled use of various spices. Hyderabad Biryani has become an iconic dish of India.

"Well done Sakhi Milaap Ladies – you should do more of these."

Since food is the language of love, we put our emphasis on delivering the tastiest and novel cuisine and demonstrated the recipes and the skills to use to our caterers to try and duplicate the authentic taste of Hyderabad spices. The sakhis worked hard to decorate both halls with as much Nawabi style objects as possible so as to add a true ambience – lanterns, hookas, paintings, facts on Hyderabad, etc.

"We had a great time; all the preparations for the novel cuisine were worth it."

The event soon sold out and it became the hottest ticket in town! Oshwal Centre was the place to be! Crowds started arriving at 6.15 pm



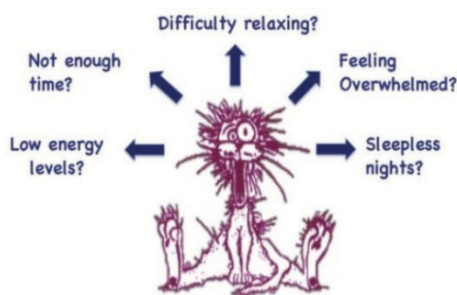
and dined in a relaxed way enjoying the food. The best calcutti paan was on sale. The music started promptly at 8 pm in the upper hall. The gorgeous pair, Amit Kansara and Meera Patel, sang with such passion and gave a superb heart rendering performance of popular Bollywood, Kawali, Gujarati and shairi mixes. We had tea, coffee and biscuits at 9.30pm and returned to the upper hall, where the atmosphere turned emotional when Amit sang a melodious Mother's Day song. As the music heated up, so did the crowds who danced non-stop until the end. The audience were the perfect partner to the most perfect evening and we sakhis cannot believe how the event became a runaway success. To put the icing on the cake, part proceeds are going to be donated to Water Aid Charity. My thanks goes to the entire hard working Sakhi Milaap Team and their husbands, other helpers who supported us and especially to Raj Shah (of Laaj), who volunteered to coordinate the entire evening maintaining impeccable timing to handle a crowd of 450 people.

Prity Nitesh Shah
North Area Sakhi Milap Chairperson

Yoga for Stress Relief

In today's frantic world we face several different types of stresses that can wear us down and lead to serious mental, physical and emotional problems. Constant exposure to high levels of stress is responsible for many of modern day illnesses, including Diabetes, Heart Attacks, High Blood Pressure, Strokes and Depression. In fact, it has been labelled as "The NUMBER ONE KILLER in the Western World".

Yoga, with its emphasis on relaxation, is the perfect anti-dote to stress. In this fun-filled, interactive workshop we will explore a number of simple, yet highly effective, yoga relaxation techniques for conquering stress; techniques that can easily be incorporated into our busy lives. We will offer gentle yoga exercises and utilise various aspects of yoga, including asana, pranayama and meditation. We shall also share tips on how to apply the ancient wisdom of yoga philosophy to help cope with today's fast paced world.



Feeling Stressed?

Sunday 16th June 2013

2.30pm – 6.00pm

Gordon Hall, (Scouts Hall), Huntley Drive,
West Finchley, N3 1NX

Oshwal Members - £15 per person (non refundable)

Non Oshwal Members - £ 20.00 per person (non refundable)

(Light snacks and drinks will be served)

Places are limited and will be allocated on a "first come first serve" basis with full payment. Please contact Sejal Shah on 07931778642 or email sejalshah120@hotmail.com

O.A.U.K. (Charity No: 267037)

North Area Sakhi Milap Celebrates Father's Day

Baap aur Beta Evening

Dads do you want to learn how to cook mouthwatering food?
Come and join us with your family for
a demonstration of delicious
and fragrant Thai food

By
Nitesh Shah and Beta



Tuesday, 11 June 2013 8-10pm

Woodhouse College, Woodhouse Road, North Finchley, London N12

Members £2.00 Non-members £3.00

Please bring membership cards

Further details contact:

Prity Shah 0208 4450716

Nilam 0208 4459546

Anjana Shah 0208 3492759

Kailas Haria 0208 4452017

Hina Shah 07889515756

Kailash Shah 0208 4419679

Management Reserves Right of Admission



NORTH AREA YOUTH CLUB ANNUAL EVENT

BBQ ON SAT 13TH JULY 2013

AT OSHWAL CENTRE

FURTHER DETAILS TO FOLLOW



Northampton Area

Dal Roti held on 23rd February 2013

After the delicious Dal Roti made by of course our Hansaben, all the members were ready for a night full of fun.

This time the Dal Roti Antakshri was organised differently. Four Teams were formed namely Deewane, Mastana, Afsane and Parwane. The leaders of the Teams were chosen. The team members were chosen by picking the team names from a jar. Eventually four teams were chosen. Unfortunately the team Afsane ended up with less number of team members, as we had quite a number of absentees.

Nevertheless the game started. The fun started. The game was divided into four sections.

First round was on stavans. The second round – the player team had to pick up a word from the jar and the word to appear in the song they sing. Third Round – pictures of different objects to be picked and the song had to consist that object. Fourth round – with selected alphabets and then continued as normal game.

Scores were kept and they were few penalties and despite having less number in the team, Afsane won by one point. All the other teams were runners up. Well done to all the teams. Thank you all for participating in this event.

The night was concluded with a few jokes by Himatbhai and Deepakbhai.

Jai Jinedra

Gita Shah



New Area Committee Members

Nitishbhai was co-opted into the Northampton Area Committee on Sat 2 March at the Northampton Area AGM.

Mahavir Jamna Kalyanak

On this auspicious day of choth we celebrated Mahavir Janma Kalaynak. We had a good attendance of people joining us with the celebrations.

Jayeshbhai from Leicester was invited to conduct the Mahavir Jamna Kalyanak celebrations, we were privileged to have Jayeshbhai accompanied by some of Jain members from Leicester, about seven members from Luton Oswal Association and few dignitaries from our EC Committee

Jayesh bhail started off talking about Mahavir's different bhav's. He talked about when Mahavir was Naisar, Marichi (he was Rushabhdev's grandson) and the final bhav.

The interesting fact was, that even when Mahavir was in the embryo status – he knew his mum (Trishlamata) was experiencing discomfort due to his movements- he curled up and stayed still in the womb. It's only when his mother started worrying that he decided to move.

Jayeshbhai continued his talk about Mahavir's birth and celebrations. As much as Mahavir wanted to renounce the world, he did not want to cause any grief to his parents and gained Diksha after they passed away.

We did the sidhgiri bhaw yatra and Jayeshbhai again talked about the importance of Palitana. This is where Rushabh dev gave his first surmon. Shatrunjaya is associated with the Nirvana of Pundarika, son of Bharata (the Chakravarti,



after whom India is named Bhaarat) and grandson and Ganadhar of Rishabh, the first Jina (also called Adi-nath) It is said that 23Tirthankara (a human being who helps in achieving liberation and enlightenment), except Neminath (a liberated soul which has destroyed all of its karma), sanctified the hill temples by their visits.

Jayeshbhai talked and explained the importance on any spiritual significance we passed on our way to the top.

Jayeshbhai also explained the importance of Kartik poonam and Chaitri Poonam.

This was followed by Samuh chaityawandana, aarti and mangal diwo and Prasad which was **donated by Bhikhubhai, Shantibhai, Hansaben and their families in honour of their parents.**

There is a celebration at the Leicester temple on the 12,13th and 14th of July and Jayesh bhai has invited everyone to attend. A play depicting Mahavir's bhav's is going to be performed as part of the celebration.

I hope most of you can make it

Jyoti Ajay Gada

મહાવીર જમના કલ્યાનક - ૧૪ એપ્રિલ ૨૦૧૩

આ ચોથ શુભ દિવસ પર અમે મહાવીર જન્મ કલ્યાનક ઊજવ્યુ હતુ. આ શુભ દીવસે ઘણા બધા ભેગા થયા હતા. લેસ્ટરથી જયેશભાઈ ને આ મહાવીર જમના કલ્યાનક ઊજવવા માટે આમંત્રણ આપવામાં આવ્યું હતું, જયેશભાઈ સાથે લેસ્ટરથી તેમના મેમ્બરસ તથા લુટનથી ઘણા સભ્યો આ ઇવેન્ટમા હાજર હતા. અમૂક ઈસી મેમ્બરસ પણ આવ્યા હતા. જયેશભાઈ મહાવીરના આગલા ભવની વાતથી શરૂ કર્યું. મહાવીર ત્રીશલામાતાના પૂત્ર હતા.

મહાવીર ભગવાનના માતાપીતાને દુખ ન પોંચે તે માટે દીક્ષા પણ તેઓના મૃત્યુ પછી લીધી.

જયેશભાઈ ભધાને સીધગીરી ભાવ યાત્રાથી વાત શરૂ કરી. પાલીટાણાની યાત્રા શરૂ કરી. ઊપર જતા જતા બધા દેરાસર અને જુદા જુદા ભગવાન વીશે સમજાવ્યું.

જયેશભાઈ કાર્તિક પૂનમ અને ચૈત્રી પૂનમ મહત્વ સમજાવ્યું.

આખરે સમાહ ચયત્યાવંદમા, આરતી અને મંગલ દીવો કર્યો હતો.

આ આખુ ઇવેન્ટ ભીખુભાઈ, શાંતીભાઈ, હંસાબહેન અને તેઓના પરિવાર તરફથી તેમના માતા પિતાના માનમા દાન કરેલુ હતુ.

૧૨, ૧૩, ૧૪ જુલાય ૨૦૧૩ - લેસ્ટરમા જેઈન દેરાસરમા મહાવીર ભગવાન વીશે રાખ્યો છે. મહાવીર ભગવાનના બધા ભવનુ નાટક રજુ થવાનુ છે. બધાનએ આમંત્રણ છે. આશા છે તમો બધા પહોચી શકશો.

Oshwal Association of the UK Northamptonshire Area

presents

Open Bhukhar Competition Open to all areas

At Oshwal Ekta Centre, 366A Stag Lane
Kingsbury, NW9 9AA

Sunday 24th November 2013

09:00 am – 5.00 pm

(Please arrive before 9:00 am to register)

Entry fees: Members £10; Non-members £12

Teams of 3 people required

Includes Breakfast (9.00-9:35am)

And

Lunch (13.55-14.35pm)

A set of rules in English and Gujarati will be available from the OAUk Website

For competition entries and further details please contact:

Usha Ashok Haria: ushashah60@hotmail.com

01604 469436



BOOKING FORM – Open Bhukhar Event

Please reply by 17th November 2013 to: Usha Ashok Haria, 3 Cottagewell Court, Standens Barn, Northampton, NN3 9UA Tel. 01604 469436

Team Name.....Telephone No.....

Team Contact Address.....Email:.....

Team member 1.....Team member 2.....Team member 3.....

OAUk Membership No 1.....OAUk Membership No 2.....OAUk Membership No 3.....

I have enclosed a cheque for the sum of £30.00/ £36.00 (Cheques payable to Oshwal Association Northamptonshire). Please note that bookings will be taken on a first come first served basis and must be accompanied by a cheque. This flyer and application form and rules can be downloaded from www.oshwal.org

Organisers reserve the right of admission and the right to amend date and venue and timings



North East Area

Eye Camp at Jamnagar

Oshwal Association of the UK, North East Area sponsored an Eye Camp in association with Samarpan Hospital, Jamnagar, India on 28 January 2013.

This Eye Camp was sponsored with the help of all the generous donations received for this wonderful humanitarian cause of treating and helping the people in need.

North East Area Committee is very grateful to all the generous donors and we would like to say a massive thank you to everybody!

Eye check-ups, cataract operations and lens implants were carried out free of charge. On the day of the Eye Camp, the patients had started arriving very early before 7am for OPD. By 9am the hospital ground was full of patients and their attendants. Patients had arrived from far away with the hope of gaining their eye sight back. For any human being, their eyesight is vital, and their life support.

In total 368 operations were carried out. Forty-five people were first treated to bring their Diabetes and Blood Pressure under control and after that their operations were carried out. Six people were treated for Naksur before their operation. All the patients were provided tea, food and accommodation free of charge by the organisers. All the medicines were provided free of charge also. The patients were also going to be examined twice after the operations. Mahant Jagdish Maharaj, trustee Vastabhai Keshavlal and other Trustees of Samarpan Hospital had found that there was limited availability of cancer treatment in Jamnagar and so they had started to provide cancer treatment at Samarpan Hospital. Therefore, cancer patients living in Jamnagar and nearby no longer have to travel far away to get their treatment. In addition Samarpan Hospital is treating heart

patients with blocked arteries without the need to perform open heart surgeries. This treatment is done with the help of the 2 machines that the Hospital is fortunate to have. The patient is required to spend one hour per day for 35 days to cure the blockage without the need of the operation.



Next to the Samarpan Hospital, there is a Gaushala. There are 130 cows that are looked after with the highest standard of cleanliness and care. Milk and buttermilk from these cows is used to provide the patients and the staff of the hospital free of charge.



There is the added facility of Kabir Ashram which provides accommodation to visitors from outside Jamnagar. A mobile Pharmacy Van with a Doctor goes to nearby villages and gives free medicines and primary treatment.

North East Area Committee Members, Taraben, Pushpaben and Dilipbhai accompanied by Ratibhai

and Dakshaben were very fortunate to be present at this Eye Camp. Jamnagar Oshwal Committee Members were invited and Otubhai, Harshvadanbhai, Somchandbhai Gosrani and others took up the invitation and attended the Eye Camp.

We were highly impressed with the high standard of work carried out by the doctors and the staff of Samarpan Hospital. Kabir Ashram is also a very good organisation which gives humanitarian assistance to the poor and needy. In this present world, these sorts of facilities are rare to find.

Report by, Taraben Ratilal Patani

નેત્ર નિદાન કેમ્પ

ઓશવાલ અસોશિએશન ઓફ ધ યુ કે નોર્થ ઈસ્ટ એરિયા.
એ સંયુક્ત ઉપક્રમે

જામનગર સમર્પણ હોસ્પિટલમાં વિના મૂલ્યે નેત્ર યજ્ઞ નું
આયોજન તા.કરેલ ૨૦૧૩-૧-૨૮.

સૌ પ્રથમ આ યોજના માં સહાયક થનારા સર્વે
પુણ્યશાળી કે જેમણે આ કાર્યમાં દાન આપી અંધજનો
તેમજ અમુક નિરાધાર લોકો ને સહાય થયા નો લાભ લીધો
છે તેઓ સૌને ધન્યવાદ આપું છું .

આ કેમ્પમાં દર્દીઓ ને આંખનાં રોગનું નિદાન,
જામર તથા મોતિયા ના ઓપરેશન તથા નેત્રમણિ
આરોપણ કરેલ .

ખુશી ની સાથ જણાવવાનું કે ૩૬૮ વ્યક્તિ ના
ઓપરેશન થયા ની બ્લડપ્રેશર ને ડાયાબિટીસ ને વ્યક્તિ ૪૫ .
થયા ઓપરેશન બાદ કર્યા સારવારક વ્યક્તિ ને નાકસૂર ની
સારવાર કર્યા બાદ ઓપરેશન થયા.

દર્દીઓ ને રહેવાજમવા-, ચા, પાણી ની વ્યવસ્થા
આયોજકો દ્વારા મફત કરવામાં આવેલવિના મૂલ્ય તેમને ..
ઓપરેશન બાદ બે વખત દર્દીઓ .દવા આપવામાં આવેલ
.ને તપાસવામાં આવશે

સવારના સાત વાગ્યાથી OPD માટે લોકો આવી
ગયા હતાનવ વાગ્યા માં તો સમર્પણ હોસ્પિટલના .
પ્રાંગરણ માં દર્દી તેમજ તેમના સહાયક થી બેસવાની
જગ્યા ભરાઈ ગઈ હતીલોકો દૂર દૂરથી નજર પાછી .
નિસહાય લોકો માટે નેત્ર .મેળવવાની આશાએ આવ્યા હતા
.એજ તેમનું જીવન આધાર છે

મહંત જગદીશ મહારાજ, ટ્રસ્ટી વાસ્તાભાઈ
કેશવાલા તથા અન્ય ટ્રસ્ટી મંડળ ને કેન્સર ની સારવાર ની
જરૂરિયાત ખ્યાલ માં આવતા તેઓ એ સમર્પણ
હોસ્પિટલમાં શરૂ કરેલ છેજામનગર તેમજ આજુ બાજુ ના .
કેન્સર ના દર્દી ને બધી સારવાર હવે થી જામનગર માં
તેમજ વગર ઓપરેશન હાર્ટ ના દર્દી ની .મળી શકશે
ભારતમાં આવા ત્રણ .બ્લોક નળી ની સારવાર કરે છે

દરરોજ એક કલાકની દિવસ ૩૫ મશીનો છેટ્રીટમેન્ટ કર્યા
પછી સર્જરી ની જરૂર પડતી નથી .

સમર્પણ હોસ્પિટલ ની નજીક ગૌ શાળામાં ૧૩૦ ગાયો
ની બહુજ યોખ્ખાઈ થી સંભાળ રાખે છે છાશ અને દૂધ .
ડોક્ટર .છે આપે મફત ને કાર્યકરો સઘળાં તેમજ દર્દી
જઈ ગામે જુદા જુદા વાન મોબાઇલ સાથે ફાર્મસી
મ ને ગરીબો દવા તેમજ સારવારફત આપે છે આશ્રમ .
સગવડ રહેવાની ને યાત્રિક આવતા થી બહારથી માં
છે આપે

નોર્થ ઈસ્ટ એરિયા કમિટી ના દિલીપભાઈ,
પુષ્પાબેન તારાબેન સાથે રતીભાઈ અને દક્ષાબેન, તેમજ
જામનગર સમાજ ના કાર્યકરો ઓતુભાઈ તથા
હર્ષવદનભાઈ સોમચંદ ગોસરણી ની હાજરી હતી .

સમર્પણ હોસ્પિટલના સર્વ કાર્યકરો નો સહયોગ ને
કાર્ય પદ્ધતિ જોઈ અમે સૌ બહુજ પ્રભાવિત થયા. કબીર
આશ્રમ ખરેખર એક સેવા સંસ્થા છેગરીબો ની અંતકરણ .
જગતમાં બધુ .થી સેવા કરી પુણ્યનું કાર્ય કરી રહ્યા છે
.મળશે પણ અંતકરણ થી દુઆ મેળવવી બહુજ મુશ્કેલ છે

તારા રતીલાલ પતાણી

OSHWAL ASSOCIATION OF THE UK Charity Reg No 267037
NORTH EAST AREA CULTURAL AND HERITAGE COMMITTEE
IN ASSOCIATION WITH SHIVAM THEATRE PRESENTS

Gujarati Musical Comedy Play
MAARI HONEYNE BHAVE MONEY
Produced by Amita Purohit

મારી હનીને ભાવે મની


OSHVAL Association of the U.K.
& Shivam

FOR SHOW ENQUIRIES
KIRAN PUROHIT
07887 930618

Written - Directed & Lyrics by
Kiran Purohit
Music - Ashit Desai

SUN 25 AUGUST 2013
@ 5:00 PM
WYLLYOTTS THEATRE
DARKES LANE
POTTERS BAR
HERTS EN6 2HN

TICKETS £15 £12.50 £10
PUSHABEN 0208 886 9812 p-shi@hotmail.co.uk
KANAKBEN 0208 361 1650 kanak_shah@hotmail.co.uk
SUSHILABEN ANIL SHAH 0208 886 0482
sushilanil@googlemail.com
MAYURIBEN 0208 886 2815 mayuri@yahoo.co.uk
SHIRPA SHAH 0208 368 7683 shirpa.shah@gmail.com
DAKSHA SHAH 0208 888 0688 daksha55@hotmail.com



Oshwal Association of the UK
(Registered Charity No. 267537)

NORTH EAST AREA SAKHI MANDAL
PRESENTS

African Night

26th October 2013 ~ 6.30pm ~ 10.30pm


"Karibuni rafiki kwa machazo yetu"

WELCOME! come as African friends, clothing to suit, only the spirit of the night

Please note ticket price includes full African dinner and entertainment for the evening

TICKET PRICES:
Members £17.50
Non-Members £20
Children (aged 5-10): £10
Children (under 5): FREE

**FOR FURTHER INFORMATION OR TO RESERVE YOUR PLACE PLEASE CONTACT ANY
SAKHI MANDAL COMMITTEE MEMBER**



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



North West Area

Chairperson's Message

The interim AGM season has now come to a close giving us the opportunity to reflect on what has been achieved over the past year and to plan for the current year. A significant part of the committee's energy has been focussed on the acquisition of Oshwal EKTA Centre and in establishing the management of the Centre. The unwavering support from the community has been overwhelming, be they volunteers or donors. To the eyes of the outside world, Oshwals have once again achieved an impossible task which other communities only dream of. However, more importantly, to the eyes of our members, and especially the youth, we have together shown what we can achieve as a strong and united community, standing shoulder to shoulder.

Whilst this has been going on, the Committee has also been working on key projects focussing on Care and Support from the community. These include the Oshwal Business and Professional Network which has now received the endorsement and support of leading businessmen and women and professionals of our Association, and also the support of several corporate organisations such as Barclays, Merrill Lynch and Google, just to name a few. Women's Welfare has also kicked off with a flying start and regular events are being delivered based on the needs of our Oshwal women. The Street Support Network

will be mobilised very shortly and at present we have over 650 households covered. Our other social and welfare programmes and institutions that have already been established such as the Elderly Monthly Meets, Bhukhar, Whist Drive, ReActive8, Funskool, NWACAS, Parent and Toddler group continue to flourish.

Having established the management of Oshwal EKTA Centre, the Committee are considering various proposals for the weekly usage of Oshwal EKTA Centre for the benefit of our Members. I am pleased to announce that the first such programme, the Oshwal Ekta Mandal, will be commencing on the 3rd of June and will be running on Mondays. There are a number of other projects that are in the final stages of planning and will be announced very shortly.

The Committee, in the spirit of **Operation Reconnect**, is also working on building ties with other Jain organizations, such as SCVP, Young Jains & IOJ, with whom we share a common goal, the advancement of the Jain faith, and the first such event is the talks by Sadhvi Shri Shilapiji Maharaj titled "The Threefold Path to Inner Peace" which has been organized in collaboration with SCVP. Working together will allow us to increase our strengths and reduce our weaknesses.

All that has been achieved, can only be achieved with the help and support of our volunteers, whose work and commitment is truly inspirational to us, and makes us feel proud to be part of such a community



As always to grow and prosper, we need more volunteers. Please visit the North West Area section on the website which sets out what projects currently require volunteers. Become part of the growing team that is making a difference to the face of our Community.

"Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for. We are the change that we seek"

US President Barack Obama

The time to work together is now. Let's work together to make this community a home for us and our future generations.

Let's be the change this community needs.

Let's **Reconnect**.

Nirmal Chandrakant Shah
Chairperson
OAUK – North West Area

Street Support Network Update

Over 650 Oshwal North West Households have been allocated & 270 Roads covered.

Why create the Street Support Network?

With an extremely busy social and professional life, it is very easy to forget Community ties. It is our Community that gives us our heritage and our sanskar, our identity. Without these, we become just a statistic, one of the many million Britons in the Country.

We owe our children and grandchildren the best upbringing we can offer to them. If we truly believe that our upbringing, our heritage and our sanskar makes us the unique individuals that we are, then the time to act is now, not tomorrow when it may be too late.

The Aim: Communicate, Support, Unite

The Purpose: To create a Supporting and Caring Community.



What Next?

The Street Support Network Volunteers have been sent details of the roads that have been allocated to them. Further details will be provided to them at a briefing meeting on Wednesday, 22 May 2013 when the volunteers will be given a final briefing and the Street Support Network Packs before they hit the road.

FAQs

Why does my Road not appear on the List?

The Street Support Network is entirely reliant on volunteers, and to ensure success of the programme, it is crucial to ensure that the volunteers are not over-burdened to the extent that they cannot cope. For this reason, all volunteers are allocated only a limited number of households.

If your road is not included in the list, this means that we do not have any volunteers from your Area.

What Can I do to make sure that my Road is covered?

You can volunteer to be part of the Street Support Network to ensure that your Road, and nearby Roads benefit from the Street Support Network. If you are unable to do so, there may be other Oshwals nearby who may be able to volunteer.

I am just round the corner of a Road that this covered? Why can't I be allocated to an existing Volunteer?

As explained above, we need to ensure that Volunteers are not over-burdened. Households are allocated on the basis of proximity and numbers, so unfortunately, no further numbers will be added to existing volunteer lists.

Street Support Network
An Operation Re-Connect Initiative
Be Proud to be Oshwal!

Who will you turn to?

A recent Yorkshire Building Society survey reveals that only 30% of 16 – 24 year olds trust their neighbour as opposed to 62% of those over the age of 65. 26% do not even know who lives next door to them!

Prof Karen Pine, of the University of Hertfordshire's School of Psychology, said:

"Social mobility is increasing and fewer people are being raised in and living in close-knit communities. This means that people are increasingly less likely to form strong bonds with people who live near them"

VOLUNTEERS!

We need more volunteers to help us with the various on-going projects and events. Do you fit the bill to be a North West Volunteer? Find out by logging on to www.oshwal.co.uk/areas/northwest/nw-volunteers

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.

Essential NW Contact Details

Funskool & NWACAS:	ReActive8
Milan: 07968 817 043	Satishbhai: 020 8357 4062
funskool@oauk-nw.org	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
Meena.shah@oauk-nw.org
Hina: 07732 440 721
Hina.gudka@oauk-nw.org

Street Support Network – Roads currently covered.

HA0	HA1	HA3	HA4	HA7	HA8	HA8	HA9
Abbotts Drive	Northwick Park Road	Branksome Way	College Drive	Hilary Gardens	Edgware Way	Regents Crt, Stonegrove	St. Augustine Ave.
Blockley Road	Station Road	Briar Road	Evelyn Avenue	Jersey Avenue	Elmgate Gardens	Rosens Walk	NW9
Campden Crescent	Woodway Crescent	Chantry Close	Field End Road	Julias Caesar Way	Franklyn Gardens	110 - 140 Stag Lane	Buck Lane
Carlton Avenue West	HA2	Charlton Road	Hardy Avenue	Kerry Avenue	Gibbs Green	50 - 55 Stonegrove	Elmwood Crescent
Charterhouse Avenue	Alexandra Avenue	Churchill Avenue	High Street	Kerry Court	Glengall Road	Stonegrove Gardens	Evelyn Avenue
190 - 270 East Lane	Allerford Court	Dovedale Avenue	Jubilee Drive	Laburnum Court	Grange Hill	Stoneyfields Lane	Fairfield Crescent
Eton Avenue	Allington Road	Draycott Avenue	Lime Grove	Lady Ayesford Avenue	15 - 120 Green Lane	Tayside	Fairway Avenue
Holt Road	Apsley Clsoe	Greystone Gardens	Lynmouth Drive	Lemark Close	Grove Road	The Grove	Grove Crescent
Langham Gardens	Arundel Drive	Hinkler Road	Pembroke Road	London Road	Hale Lane	Upcroft Avenue	Grove Park
Nathans Road	Balmoral Road	Hunters Grove	Queens Walk	4 - 118 Marsh Lane	Handle Close	Warwick Avenue	Highfield Close
Norval Road	Carlyon Avenue	Kenmore Road	St Margarets Road	Morley Crescent East	Harrowes Meade	Warwick Avenue	Northway
Oldborough Road	Chester Drive	4 - 136 Kenton Lane	Sunnigdale Avenue	Morley Crescent West	Hartland Drive	Whitchurch Avenue	Northway
Pasture Close	Church Drive	Kenton Park Crescent	Victoria Road	Queens Avenue	Hillersdon Avenue	Whitchurch Close	Rose Glen
Pasture Road,	Churchfield Close	Kenton Park Road	West End Road	Reenglass Road	Hillside Drive	Whitchurch Gardens	Springfield Gardens
Paxford Road	Dukes Avenue	309 - 315 Kenton Road	West Mead	Rockland Drive	Holmstall Avenue	120 - 300 Whitchurch Lane	Springfield Mount
Rugby Avenue	Earlsmead	595 - 599 Kenton Road	Whitby Road	Silverston Way	Holyrood Gardens	Windsor Avenue	250 - 270 Stag Lane
Shelly Gardens	Hawthorn Drive	71- 75 Kenton Road	HA5	St Andrews Drive	Kenilworth Road	Wyre Grove	Tewkesbury Gardens
Spencer Road	Hazlewood Close	Kenyngton Place	505 - 525 Rayners Lane	Uppingham Avenue	Lake View	HA9	Tintern Avenue
Stapenhill Road	Kingfield Avenue	Lapstone Gardens	HA7	Ventnor Avenue	Laneside	Acacia Avenue	
Stilecroft Gardens	Kingsway Crescent	Lindsay Drive	Albemarle Park	Warren Lane	Limesdale Gardens	Beechcroft Gardens	
Sudbury Avenue	Lankers Drive	Moorhouse Road	Aran drive	York Avenue	Lodge Close	Castleton Avenue	
The Dell	Lincoln Road	Norcombe Gardens	Brockley Avenue	HA8	Longcrofte Road	Castleton Avenue	
The Fairway	Ludlow Close	Northwick Avenue	Brockleyside	Alders Close	Lynford Gardens	Clarendon Garden	
The Fairway	Mount Drive	Ormesby Way	Chambers Walk	Birchwood Court	Manor Park Gardens	Dagmar Avenue	
West Court	Mulberry Place	Preston Hill	Chenduit Way	Broadfield Avenue	Marlborough Avenue	Dennis Avenue	
HA1	Northumberland Road	Rowland Avenue	Claudius Close	Buckingham Road	Mead Field	Forty Avenue	
Ashburnham Avenue	Norwood Drive	Rushout Avenue	Clifton Avenue	Bullescroft Road	Melrose Gardens	Kingsway	
Bonnarsfield Lane	Parkside Way	Sedgcombe Avenue	Copley Road	Burnt Oak Broadway	Mill Ridge	Lanover Road	
Croft Road	Priory Way	Shooters Avenue	Crowshott Avenue	Bushfield Cresent	Northolm	Linden Avenue	
Duffield Close	Somervell Road	Totternhoe Close	Culver Grove	Calthorpe Gardens	Oakleigh Court	London Road	
Elmgrove Gardens	Southfield Park	Waghorn Road	Dennis Lane	Canon Drive	Oakleigh Gardens	Manor Drive	
Flambard Road	The Ridgeway	Warnerford Road	Dennis Lane	Canons Crt, Stonegrove	Orchard Crt, Stonegrove	Meadow way	
Francis Road	Walton Avenue	Wellacre Road	Ennerdale Avenue	Cavendish Drive	Orchard Crescent	Park Lane	
Gerard Road	Warwick Avenue	Winchfield Close	Fauna Close	Chestnut Avenue	Park Grove	Pellatt Road	
Grange Road	Woodberry Avenue	HA4	Formby Avenue	Cranmer Road	Priory Field Drive	Queens Court	
Hill Road	HA3	Aldridge Avenue	Goodhall Close	Deans Lane	Priory Field Drive	Roslyn Crescent	
Manor Road	Alicia Avenue	Aragon Drive	Grange Avenue	Deans Way	Purcells Avenue	Sheepcote Road	
Moelyn Mews	Alicia Gardens	Bideford Road	Hall Farm Close	Edgware Court	Redhill Drive		

Is your road not listed?
Volunteer to join the Street Support Network.
e-mail:
chetan.shah@oauk-nw.org



Street Support Network
A Operation Re-Connect Initiative



Women's Welfare

Women's Welfare

The ladies have got off to a flying start this year, holding three extremely successful events, with many more events lined up for the remaining year. Reaching out to both the youth and the elderly, and spanning all portfolios, these events are aimed at our Oshwal women and are a classic example of a joint and united approach to delivering what is in the interest of our Community.

27th February – Demonstration of Quick Puddings and Networking

Lavni Shah, well known within our Community for her successful food demonstrations, once again did an outstanding job in showing the audience how to make tasty desserts, starting with a black forest pudding made from brown bread crumbs, followed by a cranberries and pineapple pudding and rounding the demonstration off with some hot fruit spiced with cinnamon, cloves and sprinkled with sugar.

The Networking sessions are aimed at providing a platform for Oshwal women to get to know each other, share ideas and develop business and professional relations, and also a great evening out.

3rd March – International Women's Day Celebrations

NW Area took a unique step in celebrating International Women's Day by holding an all day event centring around the common theme of this year's International Women Day, "Support". The event was organised as part of the committee's programme to promote the involvement of women within our Association.

The event started with a "Question Time" style debate on 'The Role of Oshwal Women in the Modern World'. Chaired by **Rumit Devchand Shah**, a well known face in Oshwal and former Chair of the Board of Advisors', the debate featured a distinguished panel of speakers including **Nina Amin**, Partner at KPMG, **Councillor Krishna James**, London Borough of Harrow, **Raxeet Harakhchand Shah**, President of OAUk, **Tushar Jayantilal Shah**, Trustee and immediate past President of OAUk, **Nirmal Chandrakant Shah**, Chairperson of North West Area and Trustee of OAUk and **Urvina Vijal Shah**, Trustee of OAUk. A video of the highlights of the debate will be available shortly on the website.

The afternoon session was a series of talks which started off with an introduction to the Oshwal Business and Professional Network by Nirmal Chandrakant Shah and Rumit Devchand Shah and the role that it will play in supporting Oshwal Women. This was followed by a talk

on 'Financial Safeguards for Women' presented by Meena Narendra Shah and Chetan Magan Shah which focused on various matters such as wills, life time gifts, lasting powers of attorneys, guardians, care home fees and mortgage protection. To see an article on this, please visit www.oshwal.co.uk/areas/northwest/womens-welfare. The final talk of the day was a presentation by the Metropolitan Police on Self Defence, personal safety and prevention of muggings and burglaries. Leaflets are available at EKTA Centre and more information is on the metropolitan police website: <http://content.met.police.uk>.

24th April - Saree Draping, Hair & Make Up

Got to get ready for a wedding or an evening out? Kids driving you potty with demands and squabbles? Household chores still undone? Useless husband sitting in front of the telly watching footy instead of looking after the kids, and not even helping with putting on the saree? Sound familiar?.....well, attending the last Women's Networking Session would have provided a wonderful insight on how to make it all fall into place.

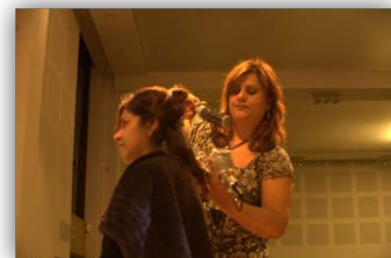
The latest event delivered at the Women's Networking Session was aimed at our Oshwal ladies who live a busy lifestyle juggling their responsibilities as a daughter, wife, daughter-in-law, mother, professional and home maker and yet would like to make that extra effort to look glamorous at an event.

The evening kicked off with a hairdressing session that was demonstrated by Rinaben Minesh Shah, a professional hair dresser who

used a member of the audience, Ushna Shah, as a model to show some hair dressing styles and techniques including blow drying, twisting and securing it with hair grips, back-combing and using a hair cushion to add volume to your hair. Rinaben also gave some hints and tips on the type of hair spray to use, choosing the right hair colour for your hair, how to condition your hair and some do's and don'ts about your hair.

Make-up is also an important aspect when going for a wedding as it enhances the features of a woman. The make-up session was demonstrated by Smitaben Patel, who used Nishita Dipen Shah, as a model. Smitaben showed a concise step by step process of how to put on make-up. She showed how to apply foundation, concealer, eye make-up, lipstick and finishing off with contouring which help tone down some of the features that one may wants to hide whilst emphasising their best features.

The highlight of the evening was the saree draping session that was demonstrated by Smita Patel. A well draped saree brings out a hint of elegance, style,



gracefulness and class in a lady. The popularity of the saree is recognised through its simplicity (as being a four to nine yards strip of unstitched cloth); its comfort; and that sense of femininity that a woman feels when she wears one.

A saree that is draped well brings out one's personality where as a saree that is poorly draped, makes one look clumsy and brings down the look of the saree. To master the art of saree draping requires practice, practice and more practice. Once you have perfected this technique, you are bound to be a head turner at that special occasion whether it's a wedding or a party. It is also important to note that you need to choose a style that suits the texture and drape of your saree; the cut of your blouse as well as the occasion that you are wearing the saree for. A saree is one of the easiest and surest ways to get the attention of the crowd.



You can never go wrong with a saree as it flatters most figures.

Smitaben showed five different styles of saree draping using Chiffon, Net, Silk and Georgette, again using members from the audience, Meera, Millie, Payal, Anjali and Nishita.

Overall, the evening was very interesting and illuminating and was attended by over 180 ladies. Feedback from the attendees was fantastic. "Very professionally done and a lot of useful tips" – N. Shah, "I attended the sari draping session on Wednesday and really enjoyed the evening" – R Shah and "A fantastic evening packed full of useful tips and ideas, looking forward to your future events" – D. Shah

For Tips and more information on the Sarees, please visit www.oshwal.co.uk/areas/northwest/womens-welfare.

41st North West Area AGM – Your Community, Your Voice!

.....or just politics?

The 41st AGM took place on the 24th of March 2013. As with all AGMs turnout is disproportionate to the number of members. What is the reason for this? Do members still perceive that it is all just politics? Or do they feel that there is no point attending as the Community is running fine as it is? Or is it that it makes no difference whether they attend or not?

Some Issues Raised

Donations for Oshwal EKTA Centre – Have we done enough?

How many households have been approached for donations for Oshwal EKTA Centre? An appeal has gone to each and every household in the Association via Oshwal News and e-shots. The process of door to door collection (D2D) is an ongoing task reliant on volunteers. However, should members come forward and donate or should they wait until someone has knocked on their door?

Spending on Children and Elders – A Deficit or an Investment?

Is it justified to spend on children and elders and incur deficits in Gujarati School and elderly welfare programmes when we need to raise money towards Oshwal EKTA Centre? We believe that the role of a community, particularly in today's world, is to provide care and support for its' members and the money that we spend on our children is an investment for the future.

Religion – What works for us?

Should we establish links with existing local organisations such as Young Jains and Shri Chandana Vidyapeeth (SCVP) or rely on talent from India?

The Committee is actively looking at how we can all work together to deliver a common goal, the promotion of Jainism. We have recently delivered a joint programme with SCVP called "The Threefold Path to Inner Peace" delivered by Sadhvi Shri Shilapiji Maharaj. During Paryushan, we invite learned scholars from Tapovan for the period of Paryushan.

Should we focus on talent from India only, or should we run this in parallel with other Jain organisations in the U.K. (not forgetting that a large number of members of OAUk are also members of these organisations and play a leading role in these organisations?

We would like to hear your views, so please e-mail chetan.shah@oauk-nw.org. Please note that we may publish these in forthcoming e-shots / Oshwal News.

Operation Re-Connect

**Powered By North West Area
Be Proud to be Oshwal!**

Focus on Volunteers

Husband recently retired? Always coming in the way of your household chores? Send him to Oshwal EKTA Centre and he is guaranteed to come back disciplined with DIY life skills to boot! The EKTA Tigers have been extremely busy playing with their power tools and living their childhood dreams. From installing facias to putting up plasterboards, the team have been busy under the eagle eyes of Mahendrabhai Malde who has built up an efficient team of DIY volunteers, whose simple motto is "why pay when we are here!"

In this edition of Oshwal News, we bring you two more volunteers from the North West Area, whose background cannot be more different than chalk and cheese, but who have come together with one united desire, to volunteer for their community!



Jayantilal Lakhamshi Shah (Sumaria) (Dabasang)

Born in Nairobi in 1939, Jayantibhai completed his O'Level education at Technical High School, and within one week of leaving school, started his first job at Wilcon Aviation as a store manager at the tender age of 16 in December 1966. Following changes to Kenyan Employment regulations and the introduction of work permits, Jayantibhai came to settle in the U.K. and started work in a milling factory as a store manager. When the factory decided to re-locate outside London, Jayantibhai joined the London Underground, starting as a guard and eventually, after 39 years of dedicated service, and going through various jobs within London Underground and rising through the ranks, ended as Duty Manager, a position from which he finally retired in December 2010.

Jayantibhai is married to Arunaben and has three children, two boys and girl and one grandson. He has been an active member of the London Transport Social Club and has played darts in the Brent League pitting his skills against the legendary Eric Bristow and Bobby George.

His voluntary work started approximately 8 months ago, following a phone call from another member asking him if he would like to come and help during Savantsari Bhojan. This followed on to volunteering at Oshwal EKTA Centre, and as Jayantibhai states "one minute I was cleaning the floor, and the next thing I knew, I was answering phonecalls at Oshwal EKTA Centre." Jayantibhai, along with Shobhagbhai, is one of the first Volunteer Administrators at Oshwal EKTA Centre. Apart from volunteering at Oshwal EKTA Centre from Monday to Thursday, he is a volunteer on the Friday Anand Yatras at Potters Bar and

also on the Elderly Monthly Meets sub-committee and is one of the lead co-ordinators of Oshwal EKTA Mandal along with Mahendrabhai Malde, which will be starting on the 3rd of June.

Jayantibhai's motivation to volunteer: the team spirit amongst the volunteers.



Pravinchandra Khetshi Lakhamshi Shah (Padana)

Born in Nairobi in 1948, Pravinbhai did his BSc. In Economics at LSE in 1971 and a PhD in Law in 2000. He started as a Chartered Accountant in 1972 until 1979. During this time he was married to Sumantiben, who sadly has passed away. They had two daughters. In 1979 he started working for Local Government in Housing Law and carried on until 1989 and from there worked in a managerial role in the Civil Service until June 2010 when he retired.

Pravinbhai continues to follow his passion for law offering mediation services and sitting as a lay magistrate three to four days a week. He spends the other days volunteering as an administrator at Oshwal EKTA Centre. He has been the chair of the Asian Action Group since 1987 and Legal and General Secretary of the Harrow Justice League.

Pravinbhai has been involved in the Community for more than 30 years and has served in varying capacities, including Secretary, Treasurer and Chairperson of the North West Area, and as a Trustee of the Association as well.

Pravinbhai's motivation to Volunteer: The drive to see the community come forward and improve the life of the members and to see justice done.

Area News Update

Funskool Kids shine at Sansaar Show

The Funskool children were given a unique opportunity to show their talent on stage at this year's Sansaar panto "Ramat Gamat" which took place on the 27th and 28th of April. The children gave an overwhelming performance holding their own amongst the likes of Jambubhai, Jalebi, Kakdi, Limbu, Tametu and Tarbooch. Special mention was given of the achievements of Funskool in delivering an innovative method of teaching Gujarati to little children.

MJK Celebrations at Oshwal EKTA Centre

This year's Mahavir Janma Kalyanak to celebrate the birth of Bhagwan Mahavir took place at Oshwal EKTA Centre on the 14th of April 2013. As part of the Committee's vision to reach out to other organisations and promote unity, the event was delivered with the assistance of both Edgware Satsang Mandal and Bhakti Mandal. We would like to thank both organisations and look forward to forging close links going forward.

Communicate Update

The latest bunch of "school kids" started their term shortly after Easter, with a gentle introduction on how to switch on a computer, how to use a keyboard and how hold a mouse (with a little theory behind the use of computers), followed with life skills on using the Internet, emailing and finishing off with writing emails in Gujarati.

NW Area now has a bank of 10 laptops and each lesson has demonstrations which are followed by practical sessions that allow the students to get hands-on with the laptops they use. Finally, each week, the students continue reinforcing what they have learnt by completing the homework we set them (although unknown to Bhavin and Ketan, we have heard through the grapevine that the grandparents are giving the homework to their grandchildren to complete – a refreshing reversal to the times when we had to Gujarati homework!). This allows them to become fluent in their new IT skills and ready for the next step. Students are also provided with handouts of the presentations that we show on the projector so they can refer to them at any time or make notes on them.

Whenever we meet our previous students, they tell us how much they have benefited from the classes and are

eagerly waiting for the intermediate and advanced classes. We have to tell them to have patience and wait until we have finished teaching everyone the basics first.

Parent & Toddler update

As word spreads, the number of parents and toddlers attending have been increasing. The toddlers (and parents) are entertained with rhyme time, storytelling and toys, including ad hoc sessions of yoga, Sansaar actions, Simon Says (...but it all depends on how long we can keep the toddlers occupied!) In the coming months we are planning a P&T family day out locally to allow for interaction between parents, toddlers and siblings.

FunSkool and NWA update

This is the final term for the academic year 2012/13 and the dreaded end of year exams are just round the corner. However, to wind down the year, this year's Operation Re-Connect Picnic is planned at Chessington World of Adventures on 30 June. Places are still available so if you are interested, please send email to funskool@oauk-nw.org.

OSHWAL EKTA MANDAL

Starting from Monday, 3rd June 2013

A great opportunity to have a fun day out and meet friends and relations and pursue your leisure activities. Please bring your own packed lunch and share a picnic with your friends.



**Satsangs, Bhajans, Health & Welfare,
Board Games, Carram, Table Tennis,
Karata, Yoga and much more....**



Date: Every Monday

(except Bank Holidays and other pre-booked days)

Time: 10:30 am – 3.30 pm

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

Entrance: Free (Open to OAUk Members Only)

Membership Card must be produced at the door on every occasion.

Failure to do so will result in entry being refused!





South Area સાઉથ એરિયા

Prefects Show 2012 presented 'Rangila'

8th December 2012

Every year at Gujarati School, the prefects of year 10 host a show, where they have to organise entertainment, food and most importantly a night of fun and enjoyment. This year it was our turn. Our class had to organise a show and involve all the kids at Gujarati school. We choreographed dances as well as musical acts and called in a live band that would entertain us for the rest of the night. We had great fun organising this show and learnt many things along the way.

The theme that we picked for our show was 'Rangila' which meant colourful so we decorated the hall with colourful sheets of cloth, and also had a multi coloured backdrop which had sparkly lights embedded in them. We had to collect many sponsors and sell as many tickets as we could to be able to afford food which cost us an overall amount of £1,050 and a live band which was £370! At the end of our show we did a count up of all the money we raised and although spending this huge amount of money, we were able to raise £1,047 for our school! We were all extremely pleased with the result.

Our show lasted around one and a half hours. In the duration of this time we had different acts from different year groups. Our class had to choose songs and choreograph dances and teach them to younger kids so that they could perform on the day. All the dances went really well and we used many props such as glow sticks and used different costumes as well. All the children that took part in our show had a lot of fun and it was an incredible experience for all of us. We will all treasure this once in a lifetime opportunity.

To make this night possible we had to do many things as a class and work together for example we had to sort of lighting, costumes, props, hall and stage decorations etc. One of the main things I have learnt from this experience is that working out the figures is a very important stage. We also had to make a rota or organise practises and book the hall on time. Sometimes this could be confusing and stressful, but we all managed in the end.

We would like to thank all of the participants and teachers who devoted their own time to make this show possible.

I have learnt that being Head Girl at Gujarati School comes with a lot of responsibilities and planning and organising a show is not an easy task. I have learnt a lot from this experience and I look forward to carry out the responsibilities throughout the rest of this year as Head Girl.

~ Priya Shah (Head Girl)

As Head Boy of Gujarati School, I too have realised that important roles come with a lot of responsibilities. The organising and production of this show has improved my team working skills and I have also had the pleasure in meeting a lot of people whilst looking for donations and sponsorship. I was very humbled with the generosity of those whom I approached. The experience I have gained from making speeches in front of a crowd of 400 people and helping set up and structure the entire show will hopefully benefit me in the future. I know that all the participants and all members of the audience had a fantastic time.

~ Shanil Shah (Head Boy)





Oshwal Gujarati School (South) takes pride in teaching and promoting Gujarati Language and culture.

The School specialises in teaching various skills in the Gujarati language: speaking, listening, reading & writing.

We also offer other various cultural, drama, music and learning of religion as a part of the school curriculum.

Classes run on Saturday mornings from 9.30 am to 12.15 pm in line with mainstream school terms.

Enrolment starts from the age of 5 upwards, starting from year 1 up to GCSE and A Level.

Make sure you enrol your children NOW for the new school year starting September 2013.

Fee collection date is Saturday 29th June.

Please encourage your children / grandchildren to attend and obtain these qualifications and at the same time have fun & make lots of friends.

For more info contact:

School Office: 020 8664 9807 / Yogeshbhai, Head of School: 07817 079 963 / e-mail: ogssouth@oshwal.org



Saturday 13th July 2013

12pm onwards

Treasure Hunt followed by a picnic

Venue TBC

A reunion for all past, present and future
members of Oshwal South Youth Club

For more details see our facebook page:

<https://www.facebook.com/OshwalSAS>



West Area

Luncheons – 14th April

On 14th April we held another in our series of luncheons for those over the age of 50 at a new venue, the Cafe Society on Great West Road. Altogether over 80 people attended and enjoyed an excellent Punjabi Style meal and equally elegant music by Nixon Music Group. We tried a new approach by starting with a Welcome drink, music group performance followed by dinner with a cuisine different than usual. This overall strategy was very well received by those present judging from their positive written comments. All the volunteers who help before and on the day were greatly appreciated. We would like to see an even stronger presence of volunteers next time. The next 50+ luncheon, at the same venue, is on Sunday 23rd June.

Please write in your views to west.area@oshwal.org, all comments/suggestions will be looked into.

૧૪ મી એપ્રિલ ના રોજ અમે ગ્રેટ વેસ્ટ રોડ પર આવેલા નવા સ્થળ, કાફે સોસાયટી ખાતે ૫૦ વર્ષથી ઉપર ના સભ્યો માટે લંચની અમારી શ્રેણીમાં એક બીજા લંચનું આયોજન કર્યું હતું. કુલ મળીને ૮૦ થી વધુ લોકોએ હાજરી આપી હતી અને એક ઉત્તમ પ્રકારના પંજાબી ભોજન અને નિક્સન મ્યુઝિક ગ્રુપ દ્વારા એટલા જ મનોહર સંગીતનો આનંદ માણ્યો હતો. અમે સ્વાગત માટે એક પીણાની સાથે શરૂઆત કરીને એક નવીન વલણનો પ્રયાસ કર્યો. ત્યાર બાદ સૌએ મ્યુઝિક ગ્રુપના સંગીતનો આનંદ માણ્યો અને પછી એક સામાન્ય કરતાં અલગ વાનગીઓ વાળું સ્વાદિષ્ટ ડિનર લીધું હતું. હાજર રહેલા લોકો પાસેથી લખેલ હકારાત્મક ટિપ્પણીઓ માંથી એ અભિપ્રાય બાંધી શકાયો કે એકંદરે આ ગોઠવણ ખૂબ જ સારી રીતે આવકારવામાં આવી હતી. તમામ સ્વયંસેવકોએ આ પહેલાં અને તે દિવસે જે મદદ કરી છે તે બહુજ આવકાર્ય હતી. અમે આગામી સમયે સ્વયંસેવકોની તેનાથી પણ એક વધુ મજબૂત હાજરી જોવા ઇચ્છીએ છીએ આગામી ૫૦+ બપોરનું ભોજન, કદાચ આ જ સ્થળ પર, કામચલાઉ રવિવાર ૨૩ જૂન માટે આયોજિત થયેલ છે.



West Area Youth Reunion - 17th March 2013

Thinking behind the West Area Reunion

A few months ago, we overheard two youngsters (now in their 40's) chatting about their good old youth club days and catching up with the lost time.

This led us to thinking that there's something in this and we should think about organising a function to reunite past youth club members.

Soon after, we put together a committee and decided to invite previous youth club members, from the start of the club to the year 2006.

Compiling the list of past members

In order to make this happen we went through previous Oshwal Directories and used our networks to compile a list of email address and phone numbers. Personal invites were sent out to as many members as possible inviting them to this event.

Reunion day

Come 17th March, the day started early for all the volunteers, who met at 8am, to start the cooking for the event.

At 12.30pm the first of the guests started arriving. Firstly it was a handful of people who came. They were presented with welcome drinks and snacks. Slowly but surely, more and more people started coming. By 1.30pm the hall was filled with previous youth club members, young and old, many of whom had their own children. They were chatting and reminiscing about the good old days, the exact reason that this event was organised!

Shortly after 1.45pm, we gathered everyone for a short presentation. One person from each generation of previous youth committee members, and a parent whose child had attended the club, presented their experiences achievements and gains of being part of the West Area Youth Club.

E.C. Office Bearers, Anjaliben (Youth Rep), Urvinaben (EN) and Ashishbhai (M&C) were also present to grace the occasion.

Soon after the presentation ended the guests were able to mingle and continue to catch up. Whilst this was going on, the final touches were being put together for the dinner.

After a delicious meal, tea and biscuits were also served. There was a lot of excitement and before we knew it, we actually had to let people know to go home, as the doors had to be shut at 6pm.

Final thought

After executing the event and the enthusiasm shown by the members, it is felt that Facebook page, interlinking between the members and mentoring, should be encouraged between youth members so as to keep up communications. As soon as we are able to set up something, we shall contact you via your e-mails.

As with all things, when organising large events, some mistakes can be made.

In spite of making every effort possible to compile e-mail addresses, we may have missed out a few members. This was largely down to not having a centralised database of names and email address specific to the West Area Youth. Likewise, when sending out the invites, due to technical difficulties, some members may not have received these. For this we humbly and whole heartedly apologise.

For future events, if you were a past Youth Club member and would like to be included as part of these great functions we kindly ask you to send your details to west.area@oshwal.org.

We look forward to be able to organise more events to enable past youth members to reunite!

50+ Luncheons

After a great success of the last 50+ Luncheon on 14th April there are now 2 more dates for your Calendar

- 1) Sunday 23rd June 2013 with jokes by famous artist
- 2) Sunday 4th August 2013

All 50+ events will take place at: Café Society, Next to PC World, 5 Windsor Close, Off Great West Road, Brentford. TW8 9DZ

Together with this keep an eye on the following months

- 1) August 2013 – Picnic in the park
- 2) 9th August – Anand Yatra – Visit Oshwal Centre & Deraser Coach Trip
- 3) 2nd September start of Paryushan, last day 9th September at Beavers Community Primary School, Arundel Road, Hounslow, TW4 6HR. (Bus Route 423)
- 4) October 2013 – Savantsari Bhojan at Oshwal Centre, Potters Bar.

Please send your thoughts/ideas/compliments and also complaints to us so that we can make these events bigger and better.

It is all about learning and changing that makes every event better than the last.

We require volunteers to help us organise these events so if you can help in any way please contact Keshubhai ASAP

For further details please contact Keshubhai (Columbo) on 07735 382657 or 0208 570 7585 between 2-10pm

Full details of all events will be on our website Oshwal.org

Are you receiving e-letters once a month? If not you may not be on the database , would you like to be included in this useful informative e-letter then please pass your details on to Keshubhai my e-mail:- west.area@oshwal.org or kncolumbo@hotmail.com.

૧૪ મી એપ્રિલના ૫૦+ લંચની એક મહાન સફળતા બાદ

તમારા કેલેન્ડર માટે હવે ૨ વધુ તારીખો છે

- ૧) રવિવાર ૨૩ જૂન ૨૦૧૩
- ૨) રવિવાર ૪ ઓગસ્ટ ૨૦૧૩

બધા ૫૦+ ના કાર્યક્રમો નીચેના સ્થળે રાખવામાં આવશે

Café Society, Next to PC World, 5 Windsor Close, Off Great West Road, Brentford, TW8 9DZ

આ સાથે નીચેના આગામી મહિનાઓ દરમિયાન આયોજિત કાર્યક્રમો પર પણ નજર રાખશો

- ૧) ઓગસ્ટ ૨૦૧૩ - પાર્ક માં પિકનીક
- ૨) કોચ ટ્રીપ ૯ ઓગસ્ટ - આનંદ યાત્રા - ઓશવાળ સેન્ટરની મુલાકાત લો અને દેરાસરે દર્શન કરવા આવો
- ૩) ૨ થી ૯ જુ સપ્ટેમ્બર ૨૦૧૩ પર્યુષણ મહા પર્વ
- ૪) ૬ ઓક્ટોબર ૨૦૧૩ - ઓશવાળ સેન્ટર ખાતે સવંતસરી ભોજન

અમને આ પ્રસંગો ગોઠવવા માટે મદદ કરવા માટે સ્વયંસેવકોની ખાસ જરૂર છે તે માટે તમે કોઈપણ રીતે મદદ કરી શકો છો તો કેશુભાઈનો વિના વિલંબ સંપર્ક કરો.

વધુ વિગતો માટે કૃપા કરીને કેશુભાઈ (કોલંબો) નો ૨ થી ૧૦ વચ્ચે **07735 382657** અથવા **0208 570 7585** પર સંપર્ક કરો

તમામ સભ્યોને વિનંતી કરવામાં આવે છે કે તમારા પરિવારમાં કોઈપણ ઉજવણી નો પ્રસંગ હોય તો કેશુભાઈ (કોલંબો)ને જાણ કરશો જેથી વેસ્ટ એરિયા વતી તેમને કાર્ડ મોકલી શકાય

આપણી એરિયામાં કોઈ પણ નવા રહેવા આવ્યા હોય, કોઈની સગાઈ થઈ, કોઈના લગ્ન થયા, કોઈને ઘરે બાળકનો જન્મ થયો હોય અથવા કોઈ હોસ્પિટલમાં બીમાર છે અથવા અમારા એરિયામાં મૃત્યુ પામ્યા હતા તો કૃપા કરીને કેશુભાઈ (કોલંબો)ને જણાવવા વિનંતી છે.

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Viyan

Our brave little boy

One year ago cancer destroyed our baby boy's happy childhood. Today we are trying to rebuild it and we are on a constant watch.

My name is Mital (s/o Anilaben and Shashikant Shantilal Popatlal Haria of Finchley). I am married to Binita (d/o Champaben and Shantilal Jeshang Dahya Karania of Mombasa) and we have a 4 year old daughter, Neev and a 2 year old son, Viyan. We live in Burton-Upon-Trent which is in the Oshwal Leicester Area.

I am writing to tell you about how our brave little son has battled with a rare aggressive brain tumour which was diagnosed at the age of 14 months. We are hoping that his story will help others in our community who might be facing a similar situation.

Viyan was born on 11th March 2011 and he was developing well and had no health issues. In May 2012, we had his balmuvara (in London) and had a great celebration with family and friends all present.

A couple of weeks before the ceremony we had noticed that his head had tilted slightly to the right and he had started losing his balance. We were referred to a paediatrician at our local hospital in Burton by our GP. When we got back home from London (on Monday) we had a phone message that the appointment was for that Tuesday. The paediatrician asked a few questions and when we mentioned the fact that Viyan was falling down although he had been able to walk and run perfectly since he was 10 months old, the paediatrician suggested doing a CT scan to rule out anything neurological.

The scan was done on Wednesday at Burton Hospital and we were told the devastating news that evening that he has a brain tumour. They immediately rang Birmingham Children's Hospital (BCH) and were advised by them to admit him and not let him home. Next day we were transferred by ambulance to BCH and his long battle began! We were going through a roller-coaster of emotions and trying to get to grips about a whole new reality that we hadn't ever imagined.

Viyan had a MRI Scan on the Friday for his full body and brain. After the scan we were told that the tumour looks aggressive and had 2-3 months growth. It was 3 cm in diameter and wrapped around the brain stem.

We were fortunate to have a very good neuro-surgeon who told us that he will be aggressive during the operation to remove it. He originally decided to do the operation in a sleeping position, but on the day of the operation he came to see us and told us that he had changed his mind. He was now going to do the operation keeping Viyan seated so that he wouldn't be chasing the tumour into his brain. We were like sponges taking in everything that was being told to us. We were also warned that the operation may leave him with a left side paralysis. We felt like we were sinking deeper and deeper into this black hole. There was bad news after bad news. On the other hand we had to stay as positive as possible for Viyan and Neev as they both felt our vibes.

He had the operation on the Monday, 5 days after the diagnosis. The operation lasted over 10 hours. It was successful in that they were able to take out 95% of the tumour. The rest we were told would have to be treated with chemotherapy and radiotherapy. After coming out of theatre, we thought he was sleepy as he kept dosing off but a nurse realised that his breathing had slowed down, blood pressure had dropped and he was on the verge of stopping to breathe. An emergency bell was rung and ICU doctors ran in! We didn't know what was going on and we were in total shock.

As Viyan was not responding, he was taken to the ICU and he had an emergency CT scan to ensure there was no internal bleeding in the brain. He was sedated and put on a ventilator. This was done so that his heart would not have to work hard. He was kept sedated for 8 days to allow his body to heal. After 9 days in ICU, Binita got to hold Viyan for the first time since the operation. This was for the briefest of moments, but made mother and child very happy.

They unsuccessfully tried to take him off the ventilator 3 times in the 15 days he was in the ICU. Subsequently, we were told that his left vocal cord had been paralysed by the tumour and therefore anything he swallowed (food, liquids, saliva) was going into his lungs. This meant he needed a tracheotomy which would allow us to suction out fluids and help clear his lungs. It also meant that he wouldn't be able to eat anything by mouth. This was heart-breaking and still is, as he loved his food and was adventurous when it came to food. Although he has now accepted that he can't eat by mouth it's still very difficult

for us to eat in front of him. We do tend to tell him to lick the food so at least he can get the taste but he refuses.

A few days after the operation the Paediatric-Oncologist took us into a room (we have now learnt that this means it's bad news!) to inform us that the biopsy results were back and it is what they suspected. "It was a Posterior Fossa Atypical Teratoid Rhabdoid (AT/RT) tumour". This is an aggressive tumour of the Central Nervous System. Inevitably, we asked the question: "What are his chances of survival?" Hearing the answer left us numb and not able to leave the room for quite a while ... and seeing him after that was really difficult. "10% ... and it is age related ... the older they are the better the prognosis." He told us that they get a case here in the UK only once every few years.

We eventually gathered enough courage to Google AT/RT and discovered that most blogs and Facebook entries relate to AT/RT cases in USA. About 30 out of an estimated 1,000,000 cases are actually diagnosed every year. Statistically things looked bad. We decided to contact doctors in the US to see if there were any differences in treatments. We were informed that the treatment Viyan was going to receive was the latest in the fight against AT/RT.

His chemotherapy was started while he was still in ICU. Being an aggressive tumour they wanted to hit it while it was small in size. He underwent 9 cycles of chemo (each cycle involved on average 3 treatment sessions every 2 weeks; each session had between 2 and 4 types of drugs). He also had intrathecal chemo (injected directly into his spine) every 2 weeks. At the same time, they performed a lumbar puncture to check for any cancer cells that might be migrating from the brain to other parts of the body in his cerebral spinal fluid.

He had numerous infections during chemotherapy as his immunity was zero. He also needed many blood and platelet transfusions.

Every 6 weeks a MRI scan was done of his brain and spine to check on the progress of the tumour and to look out for any secondary tumours. The scans revealed that it was shrinking in size which meant the chemotherapy was working.

As Viyan had a tracheotomy, we weren't allowed to take him off the ward without a nurse present, which was never possible (except for scans and x-rays) as there was always a shortage of staff. This spurred us on to learn

how to suction him and how to deal with his tracheotomy and feeds. It was a steep learning curve but it gave us a lot of freedom when he was well and not stuck by his bedside in the ward.

We were given a couple of weeks off after his chemo cycles finished before being readmitted for a final high dose chemotherapy and autologous stem cell rescue (stem cell transplant). This treatment lasted 8 weeks and Viyan suffered quite badly during it. He required strong pain killers and numerous blood and platelet transfusions.

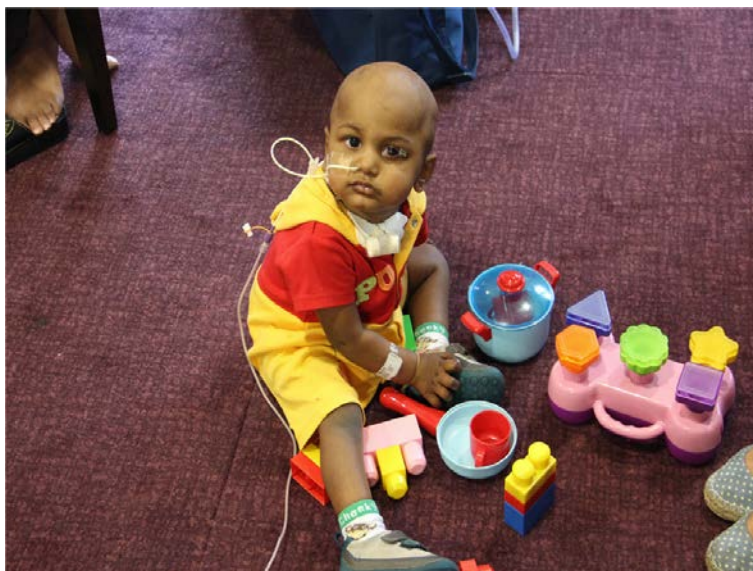
During one platelet transfusion he had an anaphylactic shock where his hands, legs and throat swelled up and his blood pressure dropped. We were fortunate he had a tracheotomy as the throat swelling would have stopped him from breathing. This was treated immediately but it was shocking to see his body just swell in a matter of seconds!

Some of the other complications included facial cellulitis and pneumonia. All these were acted upon immediately by the doctors. They all commented on how good a fighter Viyan is but also how much he kept them on their feet! He gained notoriety among the doctors in most departments as at one stage or another they all had to see him because of his complications.

The scan they did after his high dose chemotherapy revealed no tumour present. Viyan's oncologist and his team were happy, but we had read numerous stories on Facebook and elsewhere regarding AT/RT and all needed radiotherapy.

The oncologist consulted other colleagues and they came to the conclusion that radiotherapy was not avoidable. Their argument was that there is a chance there is microscopic tumour left that is not visible in the MRI scans and if we didn't do anything now it will come back and will require a higher dose of radiation. Our biggest fear was the long term side effects of conventional radiotherapy.

Prior to this decision we had read up on Proton Therapy and contacted centres in the US as it is not available in the UK (we have since found out that it has recently become available in Switzerland). Proton therapy is standard treatment for AT/RT patients and it has been suggested that there are fewer long term side effects with it. When we met the radiologist we mentioned proton therapy and he said he would consult his colleague in Florida regarding Viyan's case.



In our next meeting we were assured that the best treatment was Intensity Modulated Radiotherapy (IMR, localised radiotherapy) and that IMR would be similar to proton therapy because no tumour was visible i.e. they were going to irradiate the area localised to the tumour. The IMR dose would not cause as much harm as we feared from conventional radiotherapy.

The 6 week treatment started at the end of January and we were taken daily (5 days a week) to the Queen Elizabeth Hospital in Birmingham from BCH by ambulance. This was Viyan's highlight of the day ... his "nee noh nee noh" ride! There he went under general anaesthetic before each session.

In March, Viyan celebrated his second birthday in the hospital. On his birthday, instead of being with family and friends, like a normal 2 year old, he had a party with other patients in the ward. A few days after this, he was discharged.

The tumour and treatment of it have left their marks on him. He can't speak, has a tracheotomy, has a nasal gastric tube for eating (fluids only through his nose into his stomach), weakness on his entire left side, can't walk as a result (but with physiotherapy he will be able to eventually), left hand coordination is slow, can't hear from his left ear, very little sight in his left eye.

They have said that children are quite resilient and with time some of these things will get better.

With all this, he still fights with his big sister, won't lay still for nappy changes, is on the go all the time ... typical 2 year old with no fear ... we have to constantly watch him!

Our daughter, Neev, has been a star through all this. We were very honest with her from day one and always told her what was happening. We tried to keep things normal for her i.e. made sure she didn't miss her dance classes, swimming lessons etc. She started in reception class in September 2012. We got special permission from the consultant to take Viyan home for a night so we could take Neev to school as a family on her first day. To date, we make sure we attend all school functions so Neev doesn't feel neglected.

Without the continuous help and support of our families we wouldn't have been able to cope with all that has happened. My parents moved in with us and helped with our daughter, looked after the house and cooked meals for me to take to the hospital. My mother-in-law (who lives in Mombasa, Kenya) stayed at the hospital with Binita throughout, leaving my father-in-law on his own in Mombasa. We truly appreciate such sacrifices.

Family members brought food, visited often and prayed for him. Both our employers have been very supportive of us during this time and put us under no pressure to return until we were ready. Some friends and work colleagues visited us and others, including

those we don't know or don't have any connection with were all sending messages of support and prayers too. Numerous people from far and near have been healing Viyan and are continuing to do so. We are very, very grateful for all this support.

The staff at the hospital have been excellent. We have had input from a lot of departments at the hospital who have all been brilliant with their pro-activeness when it came to Viyan's treatment. With the help of physiotherapy, Viyan was back to sitting in a very short time after his operation. He is now crawling and cruising along sofas and can climb up the stairs. We are hoping he will be able to walk again soon. Occupational therapists have helped him with the movement and usage of his left hand. They helped him with hand co-ordination. Play specialists had play sessions with Viyan whereby they were encouraging him to play, paint, sticking, etc. Various times we took him to the play centre at the hospital which is very well equipped with toys for all ages. Viyan really enjoyed these sessions. Speech and language therapists taught us Makaton (a sign language). Viyan learnt some of the basic signs very quickly and is continuing to do so.

We were given accommodation next to the hospital in Ronald MacDonald house (parents' accommodation supported by MacDonald's charities) which was extremely appreciated as the journey from home to Birmingham can take over an hour each way in traffic.

We have been lucky that we live in this country where we have had such fantastic help for Viyan. We were awarded 50 hours a week of community care where a support worker comes and looks after and plays with Viyan which will help in his development. In the near future he will be starting nursery again.

Through all this, over the last 10 months, not once has Viyan expressed his fear or cried about what he was going through. He has fought bravely against cancer and he will have to continue to do so.

Our lives have completely changed but we thank God that Viyan is alive and with us!





પિંડના કેનસરનો મારો અનુભવ

નીલા ભરત શાહ

માર્ચે ૨૦૦૭ નો દિવસ નિત્યક્રમ પ્રમાણે શરૂ થયો, પણ કામે પહોંચીને થોડીજ વારમાં મને હોસ્પિટાલમાં લઈ જવામાં આવી .પેટના દુખાવાથી દવાખાનામાં ચક્કર આવવાથી હું બેભાન થઈ ગઈ, જે મારા માટે અસાધારણ હતું . હું મારી ત્રણ પ્રસ્તુતી વખતે પણ બિમાર નથી થઈ .થોડી તપાસ અને અલ્ટ્રા સાઉન્ડ સ્કેન પરથી જણાયું કે મને એક પિંડ ગ્રંથિ પર મોટી (બાળકના માથા જેવડી) ગાંઠ છે. દાકતરે સહલા આપી કે મારે ગર્ભાશયનું ઓપરેશન કરાવવું પડશે. બે અઢવાડિયામાં મારું ઓપરેશન કર્યું અને હું ઘરે આરામ કરતી હતી ત્યારે મને ફોન આવ્યો કે મારે બીજે જ દિવસે દાકતર ને મળવા જવું. મને નવાઈ લાગી કારણકે મારે તો તપાસ માટે થોડો વખત પછી જવાનું હતું. પણ મને તેની ચીંતા નહતી.

હું મારા પતિ ભરત સાથે ગઈ, અને દાકતરે અમને કહ્યુંકે મારા પિંડ ગ્રંથિ પર કેનસરની ગાંઠ છે. હું અવાચક થઈ ગઈ અને ભરતનો હાથ પકડી રાખ્યો. મારા કુટુંબમાં કોઈને કેનસર હોવાનું મને ખબર નહતી, તેથી એક મીનીટ માટે મને થયું કે આ નિદાન ખોટું હશે. આપણે બધાં કેનસર શબ્દથી જાણીતા છીએ, પણ આપણને થાય તે વિચાર પણ ન કરી શકીએ. મારા વિચાર તરત મારા પરીવાર માટે થયા. તેઓનું શું થશે? મારી દિકરીઓ, શીના અને વિશ્ના, વિશ્વવિદ્યાલયમાં આખરી વર્ષમાં હતી, અને થોડા મહિનામાં પરીક્ષા હતી. તેઓ કેવી રીતે સામનો કરશે? મારો દિકરો, કવિશ, સારા નશીબે હમણાજ ૧૧+ ની પરીક્ષા પાસ થયો. ભરત બધું કેવી રીતે સંભાળશે? આના માટે અમે જરાયે તૈયાર ન હતા.

મારા સારા નસીબે આ નિદાન વહેલું થયું. હું દવાખાનામાં બેભાન ન થઈ હોત તો આ તપાસ અને નીદાન ના થયા હોત. એટલે આ પણ એક આશીર્વાદ રૂપ હતું. પિંડ ગ્રંથિના કેનસર ની ચિલ્ડન પણ બીજા બધાં કેનસર જેવીજ હોઈ. પેટ ભરેલું લાગે, કમર વધવા લાગે, ભૂખ ના લાગે, ચક્કર આવે, છાતીમાં બળતરા થાય,કમર અને પેટમાં દુખાવો થાય, પેશાબમાં તકલીફ પડે, સંસાસના નિત્યક્રમમાં ફેરફાર થાય અને વાંસાનો દુખાવો થાય.

મેં છ કલાક પહેલા ખાધું હોય તો પણ મારું પેટ ભરેલું જ હોઈ અને કઠણ લાગે. આ હું બેભાન થઈ તેના પાંચ-છ દિવસ પહેલાંજ મને જણાયું હતું. તે ઉપરાંત મને કોઈ બીજા ચિલ્ડન ન હતા. હું

હમેશા તંદુરસ્ત અને કાર્યરત રહેતી. મારો ખોરક પણ તાજા ફળ અને અનાજ નો હતો. એટલે મને કેનસર કેમ થયું તે મને સમજાતું ન હતું.

મને છ કેમોથેરાપી ત્રણ અઢવાડિયાના અંતરે કરાવવા માટે ભલામણ કરી. કેમોથેરાપી શબ્દજ કેનસર શબ્દ કરતાં મને ડરામણો લાગ્યો. કેમોના ઘણાં પ્રત્યાઘાત હોય. મને ખબર હતી કે મારા વાળ ઉતરી જશે, પણ કવિશને કેવું લાગશે? હું મુંજવણમાં હતી કે હું તેને આ કેવી રીતે કહીશ? પણ તે એક દિવસ મારી પાસે આવ્યો અને પૂછ્યું, "મમ્મી કેમોના શું પ્રત્યાઘાત હોઈ?" એટલે મેં તેને સામે પૂછ્યું કે તેને તે વિષે શું જાણ હતી. અને તેણે સહજ જવાબ આપ્યો "મને ખબર છે કે તમારા વાળ ખરી જશે." તેને આ ખબર હતી તે જાણી મને શાતા વળી, એટલે મેં તેને પૂછ્યું "કવિશ તો પણ તું મને પ્રેમ કરશે?" તેનો જવાબ હાસ્ય લાવ્યો, "મારા પિતાને ટાલ છે અને હવે મારી મમ્મીને પણ ટાલ હશે."

કેમોના ઘણાજ પ્રત્યાઘાત હોય, પણ તેનાથી મારો જીવ બચતો હોય તો તે સહન કરવા હું તૈયાર હતી. મારી શક્તિના પ્રમાણ વધતા ઘટતા. મારામાં શક્તિ હોઈ ત્યારે બપોરના અડધા કલાકનો આરામ થઈ રહેતો, જ્યારે બીજા દિવસોમાં સ્નાન કરીને કપડા પહેરવા જેટલી પણ શક્તિ ના હોઈ. એમ લાગેકે લાંબી દોડ કરીને આવી છું. કોઈક દિવસે મને ગમે ત્યારે આરામની જરૂર જણાતી. મેં મારા શરીરનું સાંભળવાનું શીખી લીધું હતું. પહેલાં હું કાયેમ કાર્યરત રહેતી, તેથી હવે હું બેચેન થઈ જતી. મારી સ્વાદની ઇંદ્રિયો નાબૂદ થઈ ગઈ હતી. મને ખાવામાં કોઈ સ્વાદ ન આવતો. મારી નસોમાં દર્દ થતું તે હું કોઈને વણવી શકતી નહિં. તે દર્દ ઓચિંતું આવતું, અને એમ થતું જાણે કોઈ મારી નસોમાં સોઈ ભોંકતું હોઈ. રોટલી વણતા, ઊભી હોવ, અથવા અડધી રાત્રે નિંદ્રામાંથી આ દર્દથી જાગ્રત થઈ જતી.

મને થયું કે મારા વાળ ખરી જશે તે માટે હું તૈયાર હતી, પણ જ્યારે તેમ થયું ત્યારે હું ખુબ ભાવનાશીલ થઈ ગઈ. મારા વાળ શનિ-રવીવારમાં ખરી ગયા, અને હું કવિશને સોમવારના બસ સ્ટોપ પર મળવાની હતી. તે દિવસે હું ખુબ રડી. હું તે દિવસે ઘરે એકલી હતી, અને કોઈનો પણ ફોન આવતો તો હું એકદમ રડી પડતી. મારા માથા પર રૂમાલ બાંધેલો ના રહેતો, તેથી મેં ટોપીવાળો કોટ પહેર્યો, એ આશાએ કે કોઈ મને જોઈ ન શકે. હું

નીચું જોઈને ચાલવા માંડી, અને જેવો કવિશ બસમાંથી ઉતરીને સામે આવ્યો કે હું રડી પડી. કવિશે મારો હાથ પકડ્યો અને કહ્યું "મમ્મી તેથી કોઈ ફરક નથી પડતો." અને તે કેટલો સાચો હતો. મારા વાળ હતા કે નહિ અને મને તેવી જોઈ તે કાંઈ મહત્વનું હતું? આપણે બીજા શું વિચારશે તેની બહુજ ચિંતા કરીએ, પણ કવિશે મને સમજાવ્યું કે તેથી કોઈ ફરક નથી પડતું.

મારા વાળ ખરી ગયા, મરી ભ્રમર અને પાપણના વાળ પણ ન રહ્યા. અને ઉનાળાની ગરમીને લીધે હું માર માથું ઘરમાં ખુણા રાખતી. જ્યારે અમે બહાર જતા ત્યારે હું રૂમાલ બાંધતી અથવા વિગ પહેરતી. થોડાજ વખતમાં તેનાથી હું ટેવાવ્યા લાગી. મારી ભ્રમરને પણ હું પેન્સિલથી આકાર આપવા લાગી. મને સારું હતું ત્યારે મેં થોડા લગ્ન અને કાર્યક્રમમાં હાજરી પણ આપી હતી. મને સંગાથ ગમતો, તેથી બહાર જવાનું ગમતું. મને ડર હતો કે હું મારી એકેય દિકરીઓનું ગ્રેજ્યુએશનમાં હાજરી નહિ આપી શકું, પણ સારા નસીબે હું કેમ્બ્રીજ અને માનચેસ્ટર સફર કરી અને અભીમાનથી બન્નેનું ગ્રેજ્યુએશન માણી શકી.

મારી પાસે પ્રેમાળ પરીવાર છે અને મારી બિમારીના સમય દરમ્યાન મને ખબર પડી કે દુનિયા પણ ખુબ સરસ માણસોથી ભરેલી છે. મારી બિમારી વિષે અમે બધાંને કહ્યું હતું, તેથી અમને પાડોશી, મિત્રો, સંબંધી, અને સહ-કર્મચારી, બધાંની ખુબ મદદ મળતી. આજના ખુબ વ્યસ્ત જીવન વખતે પણ તેઓને બિજાને મદદ કરવા માટે સમય મળતો. અમે બધાંને આવકારતા પણ કોઈક વખતે મારામાં જરા પણ શકિત ના હોઈ ત્યારે ના પાડતા અને પછી આવવા કહેતા તો તેઓ સમજતા.

સહેલીઓ અને સ્નેહીઓ ચિંતા કરતા કે ઘરે રહી મારો સમય કેવી રીતે પસાર થશે, પણ હું વાંચન કરતી, સુડોકું રમતી, ચિત્રકામ કરતી અને ભજન કાયમ વગાડતા. મને ટી.વી. પર કાઉન્ટડાઉન બહુજ ગમતું.

મારી છેલ્લી કેમોથેરાપી વખતે મને સાઉથ-ઈસ્ટ કેન્સર હેલ્થ સેન્ટરની જાણ થઈ. ત્યાં હું અઢવાડિયામાં એક વખત જવા લાગી. પહેલી મુલાકાતમાં મેં એક સરસ કાર્ડ બનાવ્યો અને હું ખુબ રાજી થઈ. મને ચિત્રકામ કરવું બહુજ ગમતું અને હું ગુરૂવારની વાટ જોતી. મને ચિત્રકામ કરવાથી સારું લાગ્યું. ત્યાં બધાં ખુબ મળતાવળા હતા. બધાં કેન્સરનાં દર્દિ અથવા તેમની સંભાળ રાખવાવાળા હતા. પણ કોઈ બિમારીની વાત ન કરતા. અમે બધાં હસી મજાક કરતા.

મારા માટે જીવનનો મોલ સાવ બદલાઈ ગયો હતો. દરરોજ એક ખાસ દિવસ હતો. મારી જીંદગી એક અર્થરૂપ બની ગઈ. મેં બ્રિજ રમવાનું શરૂ કર્યું, વાંચન કરું છું (પહેલા કામ પૂરતું વાંચતી), ઘરે સાદા કાર્ડઝ બનાવવું, અને રોજીંદી ડાયરી લખવાની પણ શરૂ કરી કે જેથી હું જોઈ શકું કે મેં કોઈ સારા કામ કર્યા છે, અને ખાસ કરીને તો ભગવાને આપેલી જીંદગીની ભેટ વેડફી નથી નાખતીને. હું નશીબદાર હતી કે મારું કેન્સરનું નિદાન વહેલું થયું. બધાં એટલા નશીબદાર ના હોઈ. મારી એક ભલામણ છે કે ચુપ રહીને સહન ના કરવું. આપણને ખુબ મદદ મળી શકે છે અને આ દુનિયા ભલા મનુષ્યથી ભરેલી છે.



Gum Disease

Article by Dr Nihir Shah

In my first article published in the last edition of Oshwal News on dental tourism, I mentioned that healthy gums are a major contributor to the success of complex dental treatment. Gum disease is one of the most common ailments that affect humans but is the least treated as most people are not aware that they have it.

What are the symptoms?

- 1) red gums that bleed on brushing or, even worse, spontaneously bleed
- 2) bad breath
- 3) loosening teeth that then develop gaps between them (drifting) and then are just lost!
- 4) receding gums over time
- 5) pain, swelling and infections associated with the gums and teeth

Who is affected?

There are various risk factors which are linked to healing and inflammation:

- Smokers seem to be the most affected
- People with diabetes. Interestingly, there are many cases where a gum specialist has been the first one to diagnose a previously unknown diabetic
- Genetic factors - Asians and Afro-Caribbeans have a higher risk of gum disease
- Level of oral hygiene - how well you clean your teeth

Does it matter if I have gum disease?

Of course the consequence of uncontrolled gum disease, over time, is teeth loss. Our community seems to be less concerned about this and several times I hear "...but I can always have dentures". This is not always the answer as denture wearing, apart from a social nuisance and embarrassment, becomes more and more difficult with time and implants are not always possible as I mentioned in my previous article.

Most people's dental health as a priority, especially in our community, comes much lower than general health. We are naturally more concerned about heart disease, diabetes and cancer as this afflicts our community more. However, there is now clear research showing the link between gum disease and heart disease and both these are intricately linked to diabetes! Therefore our effort at

reducing heart disease, in addition to dietary modification and exercise, should include measures to control gum disease. The additional benefits of retaining teeth, a fresh breath and a pain free mouth are obvious!

"there is now clear research showing the link between gum disease and heart disease"

What can I do about it?

Stopping smoking and control of diabetes have a major impact on gum disease. Of course, you cannot change your genes so how well you clean your teeth is sometimes the only way you can alter the course of the disease. As part of your regular dental check up your dentist should check for gum disease. We carry out a gum health screen called a Basic Periodontal Exam (BPE) which gives us an indication of the severity of gum disease in your mouth. The scores range from 0 to 4 with 4 being the worst and also give us an indication of what sort of gum treatment you require.

Treatment ranges from oral hygiene instructions and routine cleaning to seeing a gum specialist who can carry out gum and regenerative surgery. For the first two, I would definitely recommend seeing a dental hygienist. Most people's response is that "...but I brush my teeth twice a day." My answer to this is that it is not how often you brush your teeth but how well you do it. Most patients have never been shown the correct way to clean and there are now many different aids, especially interdental brushes that help to improve oral hygiene.

This is where it is beneficial to spend the time and money for the expertise of a hygienist rather than rely on the dentist to do a 'quick clean' on your teeth. Typical costs for a hygienist range from £45-55 per half hour - think of it as a MOT for your mouth! If your dentist does not have a hygienist then you can be referred to one. Spending money on regular hygienist appointments is more cost effective and less painful than going through a lengthy gum disease treatment.

Since my last article, I have already had patients contact me as they realised the importance that taking care of their gums has not only for their dental health but also for their general well being.



Breakfast Time!

Article by Aarti Rumeet Shah

Importance of eating a well-balanced breakfast

Start the day as you mean to go on - with a great breakfast!

Why not brighten up your day with a well-balanced breakfast? Here are a few reasons why eating a balanced breakfast is important for your health.

1. Break the fast.

Have you ever asked yourself what 'breakfast' actually means? Your body responds to not eating for many hours by slowing down its metabolic rate. By eating breakfast, you wake up your metabolism and prepare yourself for the day ahead.

2. Improve your performance at work and school.

Eating a well-balanced breakfast will be sure to wake you up and kick-start your day.

Studies show that people who eat breakfast are more alert and are more focused on the task at hand than people who skip breakfast. Conversely, a hungry child can be bored, disinterested, and irritable when faced with difficult tasks. Breakfast is the solution. No doubt adults need breakfast just as much as kids do.



Get yourself into a routine with a healthy breakfast each day, and you'll be ready to take on the world!

3. Skipping breakfast can affect your mood.

Studies have shown that people who eat breakfast tend to be in better moods. Eating breakfast can truly lift your mood and set you on the right track for the day. If you start out with a healthy breakfast, then you set the mood for lunch. You're more likely to choose something reasonable for lunch if you have paid some attention to your breakfast choices.

- Researchers believe that eating first thing in the morning may help to stabilise blood sugar levels, which regulate appetite and energy.
- They suggest people who eat breakfast are less likely to be hungry during the rest of the day and are, therefore less likely to overeat.

4. Eating breakfast helps with weight loss.

Researchers have repeatedly shown that people who eat breakfast have a better chance of losing weight, and keeping it off. When you skip meals, you are so hungry by lunchtime that you are likely to eat a lot more than you should!

- Studies from Harvard Medical School showed that people who ate breakfast every day were three times less likely to be obese compared to those who skipped the meal.
- In addition, they were half as likely to have blood-sugar problems, which increase the risk of developing diabetes or having high cholesterol, which is a known risk factor for heart disease.



5. Avoid sugary foods and cereal bars first thing in the morning.

These will cause a blood sugar dip a few hours later and may lead to unhealthy bingeing. If you think a cereal bar with 30g of sugar is a suitable alternative to breakfast, think again. This is equivalent to eating a regular chocolate bar with just as much sugar and fat. For kids, avoid pre-sweetened cereals, as this will encourage children to get hooked onto them. Kids' cereals often contain more sugar than sweets.

Make your breakfast enjoyable...

Breakfast is your chance to experiment and eat foods which you may not eat the rest of the day.

Add some variety to your breakfast each day. Experiment with different fruits. Try adding sliced banana, blueberries or strawberries to your muesli or sultanas in your porridge - this is your fibre, folic acid and calcium all in one easy-to-grab bowl.

If you're a parent, set a good example.

By skipping breakfast, your kids will think it is alright to do the same and develop a mindset that eating breakfast is not important. Try and get into the habit of eating a well-balanced breakfast (it doesn't have to be a lengthy meal!). You will soon find your kids following in your footsteps.

For younger kids, be a bit creative and make breakfast fun for them! If you have a bit of time in the morning, why not sit and enjoy this meal together.

What better way to set a great example than you eating breakfast together?

Eating a balanced breakfast is one of the most important things you can do for your health. It helps to prepare you for the day ahead. The better your breakfast, the better your day!

Remember...a good breakfast is a balanced one!





Tips for Engaging with Disabled People

Changing the way Oshwal events are planned and organised

Editor's Note:

Back in Summer of 2012, as part of the planning for Oshwal Enabling Education Fair, one of the key aims was to make Oshwal events more accessible to those with special needs. With that in mind, as part of the Volunteer Information Pack which was sent to all volunteers who participated in the Oshwal Enabling Education Fair, the following tips for engaging those with special needs were provided. We have re-produced this article with a view that it will aid better understanding of engaging with those with special needs in any circumstances, not just at Oshwal events.

Also, recently, some Oshwal events like the Central Annual general Meeting held on Sunday 28th April 2013 at Oshwal Centre, provided a range of aids to accessibility, such as hearing loop and large print material. You can learn more about all the different facilities by visiting the Oshwal website: www.oshwal.co.uk/accessibility.

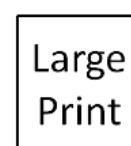
Watch out for Accessibility Logos



British Sign Language



Braille



Large Print



Hearing Loop



Wheelchair Access



Guide Dogs

Guidance for engaging with disabled people

- Put the person first. For example, say: 'Seema Shah, who uses a wheelchair' instead of 'wheelchair-user Seema Shah'.
- Remember that people are not their medical conditions, so do not give them labels, such as 'epileptics', 'suffering from', 'afflicted by' or 'invalids'.
- Treat adults as adults. Address people who have disabilities by their first names only when extending the same familiarity to all others.
- Focus on what people can do; do not assume ability or disability.
- Disability does not equal ill health. Most disabled people are no more likely to become ill than anyone else.
- Remember that medical details are private – so avoid asking unnecessary personal questions

- Do not be embarrassed about using common expressions such as 'see you later' to someone who has a visual impairment or 'you will hear from me soon' to someone who is hard of hearing.

Creating an accessible environment for disabled people

How to include...

Individuals with Visual Impairments

- Speak to the individual when you approach him or her.
- State clearly who you are; speak in a normal tone of voice.
- When conversing in a group, remember to identify yourself and the person to whom you are speaking.
- Never touch or distract a service dog without first asking the owner.
- Tell the individual when you are leaving.

~ Tips for Engaging with Disabled People ~

- Do not attempt to lead the individual without first asking; allow the person to hold your arm and control her or his own movements.
- Try to keep the area obstacle free.
- Be descriptive when giving directions; verbally give the person information that is visually obvious to individuals who can see. For example, if you are approaching steps, mention how many steps.
- If you are offering a seat, gently place the individual's hand on the back or arm of the chair so that the person can locate the seat.
- Be patient. Take as much time as necessary.
- Try to ask questions which require only short answers or a nod of the head.
- Concentrate on what the individual is saying.
- Do not speak for the individual or attempt to finish her or his sentences.
- If you are having difficulty understanding the individual, consider writing as an alternative means of communicating, but first ask the individual if this is acceptable.

Individuals with Hearing impairments

- Gain the person's attention before starting a conversation (i.e. tap the person gently on the shoulder or arm).
- Look directly at the individual, face the light, speak clearly, in a normal tone of voice, and keep your hands away from your face. Use short, simple sentences.
- If the individual uses a sign language interpreter, speak directly to the person, not the interpreter.
- Avoid more than one person talking at a time.
- Written conversation may be appropriate
- Ensure alternative strategy to sound alarms i.e. fire alarm

Individuals with Mobility Impairments

- If possible, put yourself at the wheelchair user's eye level.
- Do not lean on a wheelchair or any other assistive device.
- Never patronise people who use wheelchairs by patting them on the head or shoulder.
- Do not assume the individual wants to be pushed — ask first.
- Don't be afraid to offer assistance if the individual appears to be having difficulty.

Individuals with Speech Impairments

- If you do not understand something the individual says, do not pretend that you do. Ask the individual to repeat what he or she said and then repeat it back.

Individuals with Cognitive Disabilities

- If you are in a public area with many distractions, consider moving to a quiet or private location.
- Use everyday language. Avoid abstract terms.
- Be prepared to repeat what you say, orally or in writing.
- Offer assistance completing forms or understanding written instructions and provide extra time for decision-making. Wait for the individual to accept the offer of assistance; do not "over-assist" or be patronising.
- Be patient, flexible and supportive. Take time to understand the individual and make sure the individual understands you.

Always remember...

- Relax.
- Treat the individual with dignity, respect and courtesy.
- If you are not used to dealing with a person with disability, it is important to remember language is very important and can have a negative impact on the experience of the person with whom you are communicating, hence be mindful of how you speak to a person with disability.
- Listen to the individual.
- Treat them like you would like to be treated – with equality.
- Offer assistance but do not insist or be offended if your offer is not accepted.
- However, most people would rather be included and acknowledged despite the use of the odd incorrect word, than be excluded.



Interview with Pujya Sadhvi Shilapiji Maharaj

By Prafulaben Shah

Pujya Sadhvi Shilapiji Maharaj from Veerayatan has travelled around the world, giving inspirational lectures and talks to spread Tirthankar Mahavir's messages to thousands of people, both young and old. Her mesmerising presence and the unique way she conveys Tirthankar Mahavir's message has touched many hearts. She appeals to people from every faith and from all walks of life. With her simple approach to the tenets of Jainism she dispels our lack of courage and by her unflinching faith in the power of change, she gets to the true essence of the religion.

Sadhvi Sadhviji Maharaj was in London recently and gave three outstanding lectures to packed audiences at Ekta Centre. Prafulaben Shah caught up with her later to ask some questions

Q1. *How do you think people today can apply Bhagwan Mahavir's teachings to achieve inner peace?*

A1. Sadhvi Shilapiji: Tirthankar Mahavir says that this world is nothing but an echo. Everything is cause and effect. Whatever we give to the world, the world gives back to us. So, if we want peace in our lives, then we have to give peace to others. If we want love in our lives, then we should distribute love to others. Whatever we give to the world comes back to us.

This message of Tirthankar Mahavir is as relevant today as it was 2,600 years ago.

Q2. *Do you think a day should have 25 hours? If not, then should we take one hour from every 24 for ourselves?*

A2. Sadhvi Shilapiji: Even if the day had 25 hours, we will not be able to make time for ourselves unless we are aware that this life is so precious and every effort needs to be made to connect to our inner beauty. We should take time to develop our life to become a loving and peaceful human being and maintain our inner equilibrium in whatever life brings to us – whether good or bad.

Q3. *With today's hectic lifestyle and the world of everything 'instant' what lessons from Jainism can be applied to make time for ourselves?*

A3. Sadhvi Shilapiji: I am not concerned about hectic lifestyles. There is no problem with hectic lives. What I am concerned about is that we should make enough effort to bring awareness in whatever we do. If we know how to connect with our inner self, then whatever we do will be blissful. Just as a spinning wheel is centred and remains focussed even if the wheel is going really fast, similarly once we connect to our inner centre, no matter how busy and fast we are, we will always remain centred.

Right understanding, introspection and meditation can help connect to our inner beauty. The Jain practice of Pratikraman is analysis of our everyday deeds and 20 minutes of introspection everyday is also highly effective.

Q4. *What part do you think Seva plays in instilling Jain values in young people?*

A4. Sadhvi Shilapiji: Seva is a powerful medium by which young people can be connected to our beautiful religion. Ahimsa – the core value of Jainism – it means not harming others but it also means unconditionally loving and giving to people - which is Seva. Seva means connectivity to all humanity without any distinction of creed, caste, race or religion. When we do give unconditionally,

we are contributing not only to the betterment of the world but through selfless acts we can enhance our own spirituality.

Q5. *You are an amazingly inspirational person – what/who is your inspiration?*

A5. Sadhvi Shilapiji: Tirthankar Mahavir. Tirthankar Mahavir's capacity to love one and all really amazes me. His love for all, including animals, plants, living and non living - is my real inspiration. As Tirthankar Mahavir could love one and all, why can't we do the same – the real aim of our life is to enhance this capacity of loving all.

Q6. *Can you give us 5 easy steps to achieve tranquillity in our lives?*

A6. Sadhvi Shilapiji:

1. Faith: Faith in ourselves
2. Purushat (effort): Continuous practice to connect to your inner soul
3. Awareness: Constant awareness to maintain our inner tranquillity
4. Silence: Moments of silence to experience yourself
5. Connect with Nature: As nature gives unconditionally, we need to inspire ourselves also to give unconditionally

Q7. *Is the internet a bad thing?*

A7. Sadhvi Shilapiji: No, the internet is not a bad thing ... addiction to the internet is a bad thing. Misuse and overuse of anything can be harmful. Internet and social media are good instruments to make our lives easier but when we are addicted to something, it can be detrimental to our lives.

Q8. *Bhagwan Mahavir was a visionary, a pioneer and a saviour. Is there anyone similar?*

A8. Sadhvi Shilapiji: All prophets have made difference in people's lives. Tirthankar Mahavir was indeed a visionary, whose vision is true and relevant today as it was 2,600 years ago.

Q9. *Have you noticed anything different about your visit to the UK this time compared to previous times?*

A9. Sadhvi Shilapiji: Yes, I have noticed an amazing thirst and passion amongst young people to learn and know more about our religion.

There is a sea of change young people are getting more involved in community work and eager to learn. It is our responsibility to run our organisations more harmoniously as this will inspire young people to get involved and bring new energy into organisations and in turn to the community. I noticed at Ekta Centre how young people are motivated and enthusiastic in working without barriers and willing to join hands with others. There is a positive change happening that I hope will bring unity for the whole Jain community.

“The flame of one candle can light thousands of others.” Bhagwan Mahavir

Veerayatan is an international non-governmental, charitable organisation, established and run by a group of Jain Sadhvis, headed by Pujya Acharya Chandanaji Maharaj with centres in Kutch - Gujarat and Bihar and aims to support and empower people through spiritual development, quality education and selfless service without discrimination against caste, creed, race or gender. In the UK, Veerayatan runs Shri Chandana Vidyapeeth (SCVP) that teaches children and adults about our Jain religion and values in a fun and interactive manner. For further information, see www.veerayatan.org and www.scvp.org.uk.

The **Oshwal Sewa & Environment Team** aims to provide a forum and encourage partnership for the relief of poverty, advancement of education, protection of health to those less fortunate than us, and care for the environment by inspiring a passion for greater sewa work to be undertaken by the Oshwal community.

"It's not how much we give but how much love we put into giving."
~ Mother Teresa

Be sure to check out the latest E-magazine on Sewa & Environment at:
www.oshwal.co.uk/oshwal-e-magazine

MAKE A DIFFERENCE!

"No one has ever become poor by giving."
~ Anne Frank

Don't forget Sewa Day this year is
6th October!

To get involved, and for more info, please contact Bini on:
bini.chandaria@oshwal.org

"You must be the change you want to see in the world."
~ Mahatma Gandhi



- Some ideas:
- Assisting at homeless shelters or elderly homes
 - Blood & organ donation
 - Medical camps
 - School building projects
 - Tree plantation
 - Facilitating volunteer work abroad, e.g. teaching English, Maths, etc.
 - Sponsored sky diving, abseiling, runs, walks, cycling, car washes for charity



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If you are an Oshwal Member and under 18 years and need a letter confirming your voluntary work for Oshwal M&C Team, we will provide you with a certification for your work. This can be hugely helpful for your CV and those looking to build their media work portfolios!! (T&C Apply)

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