

ओशवाल
समाचार

OSHWAL news

August 2014 Edition

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Paryushan 2014





AMRAPALI PAISLEY MANDAP



DIL EK MANDOR FOYER



KOHINOOR MANDAP



AMRAPALI OPEN PLAN MANDAP



RAJASTHANI HAVELI GATE

Contents



Jai Jinendra

It is a great privilege to serve you! Everyone is very special to me including my family shown below. In the coming months my entire team will be looking at ways to improve our "Oshwal News Magazine" so maximum of our readers will "LIKE" - Please do come forward and share your ideas or thoughts with me, I would like to see everyone getting involved into new projects.

Behind the scenes we have so many Helpers and Committee members who are doing a great job and I would like to thank you for giving your time & support to us, including all the past teams. Since those early days in East Africa we have all come a long way and made very good progress, both individually and as a community, we have very fond memories of the good old days! But now we have to think ahead for our children's future and make sure they are well looked after and are happy!

Jai Oshwal,

Sudhir Meghji Shah

Trustee and Oshwal News Editor

Email: Sudhirmeghji@oah.org



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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

Email: ekta@oauk-nw.org

OSHWAL SHAKTI CENTRE

Inwood Road
Hounslow
Middlesex
TW3 1UX

Tel: Dilip 07766 108506

Arvind 07920 68457

Email: dil_123@hotmail.co.uk

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.



FUND RAISING SCHEMES 2014-16



OSHWAL ASSOCIATION OF THE UK

Oshwal Centre, Coopers Lane Road, Northaw, Herts. EN6 4DG

Registered Charity no. 267037

Proud to be Oshwal

I would like to donate the sum of:

£50,000

£25,000

£20,000

£12,500

£10,000

£5,000

£ 2,500

£ 1,000

£ _____ Other (Please state amount)

Please allocate my donation to:

General Donation

Oshwal Centre Refurbishment

Oshwal Ekta Centre

Oshwal Shakti Centre

South London Mahajanwadi

To Oshwal Association of the U.K.

FOR MORE DETAILS OF FUNDRAISING SCHEME PLEASE SEE OVERLEAF OR VISIT www.oshwal.org

Payer's Details

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Tel: _____ Mob: _____ Email: _____

I confirm that I am a UK tax payer and would like any donations that I make, both now and in the future, to be treated as Gift Aid donations.

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Signature _____ Date: _____

Please tick this box if you do NOT want OAUk to publish your name:

Methods of Payment:

Cheque – Payable to Oshwal Association of the UK

BACS / On Line:

Please Remit to: Oshwal Association of the UK
Barclays Bank plc
Account No: 00757969
Sort Code: 20-35-90

Please quote your name / membership number as a reference

Please fill in the above details in CAPITALS and submit this completed form to the **The Fund Raising Team:**

✓ **By post:** Oshwal Centre Coopers Lane Road Northaw Herts EN6 4DG

✓ **By Email:** admin@oshwal.org

Please send the cheque to Oshwal Centre with your name & address on the back & a note that it is for the Fund Raising Scheme.

Takti Details will be by a separate form, we will contact you again to request details

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President's Message



Jai Jinendra

We are in the midst of summer. I am sure that many of you have been busy with weddings and celebrations over the last few weeks. All the GCSE & A Level students are waiting in anticipation for their results and the university students will have received theirs by now. To all the students, we hope you achieve the grades you had hoped for and the very best of luck for future.

Having attended a number of events at Oshwal Centre it has been very pleasing to see how well the new look centre operates and the very positive reaction we have had from almost everyone. In fact, at times, the excitement of the visitors has been quite overwhelming and this is truly appreciated. The refurbishment has been a mammoth undertaking and has been completed in a very short window. We are now virtually there with just minor finishing and the lift to install.

We now look forward to future projects which need to be undertaken. These include refurbishment of Oshwal House, improvements at Ekta Centre and Shakti Centre as well as a major long term project at South London Mahajanwadi.

Operationally, we are making changes too, there are a few new house rules to better manage the facilities. You may have seen that there are new staff at Oshwal Centre who are managing the grounds, looking after the halls and a duty manager who is on site at all events. Ekta Centre continues to be managed by a volunteer force, "The Ekta Tigers" and at Shakti Centre too, where there is a dedicated team of volunteers helping to run the centre. We appreciate all their help and assistance.

We launched the new Oshwal Directory which is currently online. <https://www.oaukdirectory.org> Details of how to access the Directory were published in the last Oshwal News. I know that many of you have now viewed your records and sent through updates and amendments. We have a small team who are

managing this, so please bear with us in getting the changes uploaded.

If you have not registered your details, you cannot access the site. To register your details, please complete the form which can be found on: <http://www.oshwal.co.uk/directory>. We will upload these in batches and notify you once your entry has been included. We urge all Oshwals to register their details. The Oshwal Directory is an opportunity to create a comprehensive record of all Oshwal Households.

Paryushan starts on 22nd August, together with my fellow office bearers and EC Trustees, we will be visiting all the Areas over the 8 days. We hope that many of you will participate in the programmes that have been arranged, full details can be found in this issue of Oshwal News. Again this year we are offering the opportunity for one lucky family to hoist the flag at the Derasar on Dhaj Dhin which is on Sunday 7th September. This ties in with the first Savansari which is being hosted by North West Area on the same day. Tokens for the Dhaj Dhin and Dwar Opening which happens on New Year's Day are available in all areas at just £5.00 per token. Please be sure to buy your token and you may be the lucky family to participate in either of the two auspicious ceremonies. On 7th September we have a number of guests and dignitaries also attending, including the Indian High Commissioner and Members of Parliament. We hope that many of you will be present.

We are currently planning the opening of the newly refurbished Oshwal Centre Assembly Halls. The date

has provisionally been set as Sunday 16th November. All donors will be notified shortly to provide their takti details. We plan to invite donors to dedicate their individual takti. If you have not donated as yet, now is the time to make that commitment. All donations of £1000.00+ received up to 30th September will be included in the taktis we are planning for the opening. This is a once in a lifetime opportunity to be a part of the project and to leave a lasting reminder to future generations. We have a number of schemes and our fund raising team is happy to explain these to you. Please get in touch with me or the office and we can arrange a time to speak or meet personally. We urge all families to support us. Please don't wait to be asked, come forward. Together we can achieve so much more.

Membership Are all your family members? If not, why not? In joining Oshwal Association not only are reinforcing your community identity, there are also benefits of membership too. All Areas offer reduced rates to Members at Oshwal paid events. Most Areas are now asking for proof of membership at their events. Please sign up, it's a once only fee for life membership.

Looking ahead, our EC and the Area Committees have so many plans for the next two years. There are a number of new initiatives from Oshwal Business &

Professional Network for the younger generation as well as the many professionals in our community. The first of these was a presentation on "The Successful Entrepreneur" which was held on 16th July. This gave budding entrepreneurs an insight into what it takes to start and build a successful business, what pitfalls to avoid and key steps to take when starting a new venture. Please look out for future events and be sure to inform your family members who might be interested.

Regular events continue in all the Areas and we hope that you will support them with your attendance

Finally, I thank you for all your good wishes and words of encouragement, we welcome your feedback and will always endeavour to do more for the community. Please feel free to contact me with your comments, thoughts and ideas. I will try and respond as soon as I can.

On behalf of my fellow Office Bearers, the Executive Committee and the Area Committees we thank you for your support and our very best wishes to you all for the summer and during Paryushan.

Jai Oshwal,

Raaxeet Harakhchand Shah, Hon President

Email: president@oshwal.org

OSHWAL Members have an opportunity to attend the **om yoga show 2014**. This show provides a total yoga experience, Europe's largest yoga event bringing together the whole yoga community for three fun-packed days of yoga.

Oshwal Members get 50% discount on the standard price, i.e. £10 tickets for the price of ONLY £5.00

Terms and Conditions of Offer: Discount is only valid on tickets that are purchased in advance through the website, and not on the door at the day of the show. It's also important you download the ticket, print it off and bring it with them to the show.

Additional Offer: When you book the ticket your ticket also lets you attend the Mind Body and Soul Exhibition as well.

Date: Friday 24th, Saturday 25th or Sunday 26th October 2014 Location: Olympia, London: Includes FREE pass to MBS Show Time: Fri 11am - 6pm, Sat 10am - 6pm and Sun 10am - 5pm

Booking: Go to link: <http://omtickets.com/cart> to making a booking and apply the discount code.





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On behalf of the directors and the Shah family, we wish the Jain community a very successful Paryushan festival



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ક્ષમાપના

ક્ષમાનું દાન એવું દિવ્ય છે કે તેના દાતારને તે વંદનીય બનાવે છે. ક્ષમા રાખો, ક્ષમા માગો, ક્ષમા આપો. ક્ષમા એ સતત પીવા જેવું અમૃત છે.

આત્માનો ખોરાક એટલે પ્રેમ, મૈત્રી, ક્ષમા, કારુણ્ય અને માધ્યસ્થ.

ક્રોધને મર્યાદા છે જ્યારે ક્ષમાએ અપરંપાર છે. અહિંસાનું હૃદય ક્ષમા છે, દયાનું દિલ ક્ષમા છે. ભૂલ તો બધાની થાય છે, કોની નથી થતી? ભૂલ થવી એ મોટી વાત નથી પણ તેની કબુલાત કરવી તે મોટી વાત છે, કારણકે ત્યારે આપણને આપણો અહં ઘવાતો દેખાય છે, જાણે આપણે નાના બની જતા હોઈએ તેવું લાગે છે. પણ તે આપણી ભૂલ છે, ક્ષમા માગનાર હમેશા મહાન છે. અંદર રહેલા અહમને હણી, ક્રોધને કાબુમાં રાખી જે ક્ષમા માંગે છે, ક્ષમા આપે છે તે પૂજનીય છે, વંદનીય છે. આઠ વીરોમાંથી ક્ષમાવીર સૌથી મહાન છે, અને એટલે જ કહેવાય છે –

ક્ષમા વીરસ્ય ભૂષણમં

જૈન શાસનનો પહેલો આદર્શ છે ખમો ને ખમાવો

જે જીતે તે જૈન છે વિષય કષાયને - આ પંક્તિ સૂચવે છે કે અંદર રહેલા રાગ-દ્વેષ ને જીતે તે જ જીનનો અનુયાયી છે અને તે જ ખરો જૈન છે.

આપણે બધા પ્રભુ વીરના અનુયાયી, વેર ઝેરની ગાંઠો બાંધીને તેમના શાસનની બહાર ફેંકાઈ ન જઈએ તે સંભાળવાનું છે. પ્રભુ મહાવીરે તો ક્ષમા ધર્મનો ઉચ્ચ આદર્શ તેમના જીવનમાં, સમગ્ર સાધના કાળમાં બરાબર વણી લીધો હતો અને એટલે જ અનેક ઉપસર્ગો સામે સમતા રૂપી નિર્મળ ગંગા જ વહાવી છે. સંગમ જેવા દેવે ભયંકર ઉપસર્ગો વરસાવ્યા, ત્યારે પ્રભુએ કરુણાના શીતલ જળથી નવડાવ્યો, ગોસાળો ગાળ દેતો આવ્યો એનોય હાથ ઝાલીને એને સદગતિ પમાડી, ચંડ કૌશિક જેવા ઝેરી નાગ પર પણ પ્રેમ વરસાવી દીધો. એવા તો બીજા અનેક અપરાધીઓ પ્રત્યે પ્રભુએ ઉત્કૃષ્ટ પ્રેમ ભાવ જ વહાવ્યો.

જેમના હૈયામાં પ્રેમ અને કરુણાનો સાગર જ છલકતો, તેમના મન મંદિરમાં એક જ ભાવના હતી કે, સામો થાય આગ તો તમે થાજો પાણી, આ એક જ છે પ્રભુની વીર વાણી

કર્મવશ કોઈએ ભૂલ કરી, બનવા કાળ બની ગયું, ભૂલનો તેણે એકરાર કર્યો તો તેને ભૂલી જાવ. હા, યાદ રાખવું હોય તો કરેલા સુકૃત્યોને યાદ રાખો. આપણા ઉપર કેટલાય જીવોના ઉપકાર છે, જાણતાં અજાણતાં અનેક જીવાત્મોના આપણા ઉપર ઋણ છે તેને યાદ કરો, કોઈએ આપણી લાગણી દુભવી હોય તેને ભૂલી જાવ.

આપણને કોઈ કાઈ બોલી ગયું, આપણી ખરાબ વાતો કરી, આપણને કોઈએ દગો દીધો, વિશ્વાતઘાત કર્યો એ બધું યાદ કરતા પહેલા એ જીવો પ્રત્યે ક્ષમા લાવવા માટે નિહાળીએ અનેક પ્રહારો સહન કરતી ધરતી માતાને, નજર કરીએ ગામની ગટરના પાણીથી મલીન થતી નદીના વહેણને, યાદ કરીએ અસંખ્ય ઉપકારી વૃક્ષોને, કે જેમણે કુહાડાના પ્રહાર સહીને પણ માનવને જન્મ થી મરણ સુધી આપ્યા જ કર્યું છે

આપણામાં એક બાજુ દાનવતા છે, બીજી બાજુ દિવ્યતા છે ને વચ્ચે માનવતાનો સેતુ છે. આપણે સૌએ પાશવતા છોડી દિવ્યતા તરફ પ્રયાણ કરવાનું છે, દિવ્યતાની ઝાંખી કરીએ તે આપણા જીવનનું મુખ્ય કાર્ય છે. આપણી અંદર પ્રકાશમય ખંડ છે જે સદા બંધ હોય છે તેને ઉઘાડવાની યાવી એટલે બધા સાથે પ્રેમ અને મૈત્રી, એના ધ્વારા અંદરનો ખંડ ખોલવાનો છે અને તે દિવ્ય પ્રકાશમય જ્યોતનો આહલાદ અનુભવી આનંદિત બનાવાનું છે

દુનિયામાં અનેક જાતના સંગીત છે પરંતુ માનવતાનું સંગીત, દિવ્યતાનું સંગીત અને ક્ષમારૂપી વાજિંત્ર વિશ્વમાં લાવવાની જરૂર છે તો આ પૃથ્વી પર થતા માનવ માનવ વચ્ચેના ઝઘડા, વેર-ઝેર, ખાના-ખરાબી, સતામણી, રીબમણી વગેરે નાશ પામે અને પૃથ્વી સ્વર્ગ જેવી સુંદર સોહામણી બની જાય. મગર વો દિન કબ? વધુ ભાવ અવસરે....

તહેવારો

સવિનય જણાવવાનું કે ગુજરાતી કેલેન્ડર પ્રમાણે શ્રાવણ-વદ 12, તા-22-8ને શુક્રવારે, પર્વ પર્યુષણ શરૂ થાય છે. અને તા-29-8 ને શુક્રવારના રોજ મહાન દિવસ હશે ક્ષમાપનાનો ખમીએ ને ખમાવીએરે.....

જેની ખાસ બધા નોંધ લેશોજી કારણકે મહાપુરુષોએ આપણા જેવા બાળ જીવો, જેઓ આરાધના સાધના દરરોજ નથી કરી શકતા તેના માટે વર્ષના 360 દિવસમાંથી 8 મહત્વના દિવસો મુક્યા છે, તે છે પર્વ પર્યુષણ.

પરિ-ઉષણ - આ આઠ દિવસમાં પ્રથમ ત્રણ દિવસ શ્રાવણના પાંચ કર્તવ્ય બતાવવામાં આવ્યા છે - અમારી (અહિંસા), સાધર્મિક ભક્તિ, ક્ષમાપના, અહમ અને ચૈત્ય પરિપાટી - તેમ જ મહાનુભાવોના મુખેથી નીકળતી વાણી કલ્પસૂત્ર, જૈનોના મૂળ આગમ ને શ્રવણ કરવાનો લાભ. તેમજ સવંત્સરી પ્રતિક્રમણ, સારા ચે વર્ષમાં થયેલ ભૂલોનું પ્રાયશ્ચિત - આપ સર્વને નમ્ર અરજ છે કે ચાલુ કામને ગૌણ ગણી, આરંભ સમારંભ ઓછા કરી ચોક્કસ યથા શક્તિ આરાધના કરી આપણે બધા આત્માની નજીક જવાની કોશિશ કરીએ. જે એરીયામાં આપણા માટે અનુકૂળ __

પર્યુષણ પર્વ બાદ દરેક એરિયામાંથી જુદા જુદા દિવસે સંવત્સરી ભોજનનું આયોજન કરી સાધર્મિક ભક્તિનો લાભ લેવાય છે. ઓશવાળ સેન્ટરમાં પ્રથમ સંવત્સરી નોર્થ વેસ્ટની હોય છે. તો આ વર્ષે પણ 7-9 ને રવિવારના તે યોજાશે.

જીનાલયની ધજા બદલી દિન 7-9 ને રવિવારે યોજાશે એના માટે ગત વર્ષની જેમ ટોકન રાખ્યા છે પ્રથમ સવારે નવ વાગ્યે સત્તરભેદી પૂજા શરૂ થશે અને ત્યારબાદ જે ભાગ્યશાળી હશે તેના હાથે ધજારોહણ થશે અને બીજા ભાગ્યશાળી દેરાસરજીના ધ્વાર ઉદઘાટન કરશે જે દિવસ હશે કાર્તિક સુદ એકમ. ગુજરાતી નવું વર્ષ શરૂ થશે તા-24-10 ને શુક્રવાર ત્યારે સવારે સાત વાગ્યે બધા જરૂરથી પધારશોજી.

આભાર

આસો મહિનામાં આવતી શાશ્વતી આયંબિલની ઓળી જે તા-30-9ને મંગળવારે શરૂ થશે અને તા-9-10 ને ગુરુવારે પૂર્ણ થશે. આયંબીલ કરાવવાનો લાભ લેનાર ભાગ્યશાળી પરિવાર છે માતુશ્રી શાંતાબેન મેગજીભાઈ પરિવાર, હસ્તે શ્રીમતી રમાબેન રમણીકભાઈ પરિવાર. તેઓની ખાસ ઈચ્છા છે કે આપ સર્વ જરૂરથી બહોળી સંખ્યામાં ભાવથી આયંબીલ કરવા પધારશોજી અને કામકાજમાં પણ મદદ કરશોજી. દાતા પરિવાર ખાસ આમંત્રણ પાઠવે છે.

વિ. વિ. સાથ લખવાનું, આ વર્ષે દિપાવલીનો શુભ દિન આવશે, તા-23-10-2014ને ગુરુવાર, આપ સર્વેને દિવાળીની શુભેચ્છા અને દર વર્ષની જેમ આ શુભ દિને ઓશવાળ સેન્ટરમાં ઉપરના હોલમાં સાંજે સાડાસાત વાગ્યાના શુભ ચોઘડીએ શ્રી લક્ષ્મીમા પૂજન અને શ્રી સરસ્વતીમા પૂજનની વિધિ શરૂ કરવામાં આવશે. જેને આપણે ચોપડા પૂજન કહીએ છીએ અને વિધિ પૂર્ણ થયા બાદ નીચેના હોલમાં જમવાની વ્યવસ્થા કરવામાં આવશે, તો આપ સર્વે બહોળી સંખ્યામાં ચોપડા પૂજનનો લાભ લેશોજી.

તા-6-11ને ગુરુવારે આવશે કાર્તિકી પૂનમ

શ્રી સિદ્ધાયલ તીર્થની ભાવ યાત્રા કરીશું -પદ્મના દર્શન-

આ શુભ પ્રસંગે સાધર્મિક ભક્તિ કરવાનો લાભ મળશે શ્રી એજવેર સત્સંગ મંડળને.

તો મંડળ તરફથી આપ સર્વેને જરૂરથી સમયસર પધારવા અને પ્રેમથી ભાગ લેવા નમ્ર વિનંતી અને ભાવભર્યું આમંત્રણ છે, આપનું આગમન એજ અમારી શોભા.

લી. રીલીજીયસ કમિટી

દ: સુશીલાબેન લક્ષ્મણભાઈના પ્રણામ



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Oshwal Centre Halls Refurbishment

Tushar Jayantilal Shah



As you are no doubt aware Oshwal Centre Assembly Halls have undergone a major renovation program over the last few months.

We are pleased with the feedback received from all members visiting for the first time and thereafter. The general reaction is “wow”. Obviously LV hall has been transformed dramatically, and the signs of the original halls not visible now. Unity halls transformation is simpler as we needed to cater primarily for the serving of meals rather than as a wedding venue, however the changes here are also grand. With the removal of the stages in the 2 halls and the construction of the 2 side extensions the capacity in both halls has increased.



Our sub-committee, has been together for the last 12 years and is largely unchanged. Together, we have undertaken many other refurbishment projects and have been involved in the operation of our centre at Northaw. These members are Ashokbhai Premchand Shah, Aswinbhai Babulal Shah, Dhirubhai Devraj Shah and Sureshbhai Hirji Shah.

The journey for the refurbishment of the halls started in April 2013 when the Trustees approved the project.. In June 2013 at the Special General Meeting, following a detailed presentation and budget, 96% of the members present approved the project.

Over 6 months since April 2013 our sub-committee in conjunction with the Architects, other contractors and the consultants met on a daily basis to plan and work out each aspect of the works involved. The planning was the most important aspect as we were aware, that if this was not carried out in detail, the costs could escalate after the project was started. Detailed planning

had to be done as the halls had also been let out from Mid April 2014 and we had to undertake a 9 to 10 month work schedule in to a 5 month period !.

In the planning stage many visits were made to other halls, suppliers, contractors as well as overseas trips to see at first hand all aspects of the project, materials and to negotiate the pricing. Downside on this large project (unlike the Deraser project) is that we are unable to claim back the VAT, due to our charitable status and this has had a huge impact on the costs.

As the project commenced, we had to alter some aspects, as we came across any issues or shortfalls. Also some aspects of the kitchen and plumbing had to be changed substantially as we needed to make the centre compliant with current regulations. Overall 34 variations were undertaken to make the centre compliant and improve some design and build aspects of the project. As you are aware, variations are unavoidable in any refurbishment project, and with this project, due to the size and scale of the building, extra construction costs are not minute.

We did have some difficulty in the final aspects of the marble installation as the events had started and with the contractors having to work at nights, so as to not disrupt any functions, This aspect has taken longer than planned. Fortunately this has been completed with minimal disruption and some understanding from the hirers.

Half way in to the build stage, we realized the impact of a large marble clad lift in our foyer, as it would have blocked some views and made the foyer look claustrophobic. We discussed the matter with our planning team and had the lift altered to a glass lift and this required some alterations and redesign. We have postponed the installation of the lift until August. The lift and the lifting gear/ beams are ready but needs 10 to 14 days to install and commission. As the functions had started we did not wish to cause further disruption.

During the construction phase we did organise open days so members could visit, view the work in progress and give us feedback and see what other facilities we could provide for. We have listened as a sub-committee and made changes/ improvements where it was possible. Obviously, not every change has been possible as there are often other factors we have to take in to consideration. Overall we hope you will agree, the facilities are very much enhanced and offer flexibility and technology to cater for almost all events.

Apart from the 4 walls everything has been stripped out with a total new wiring and lighting system. New wall finishing including marble cladding, new floor and wall finishes in upper foyers. Extra capacity has been created with a double story side Annex extension and a new modern fresh air heating and cooling system.

The Fresh Air AC systems is one of the most modern installations of its kind in the UK, offering regular air exchange, heating and cooling throughout the building. You will notice the air always feels fresh and the temperature is set to a fixed level to maintain an optimum temperature. Yes at times it can feel a little cool, this is something we will have to get accustomed to as air conditioning works on the overall room temperature. When the hall is full this is less noticeable. Perhaps our ladies may need a shawl when the hall is less occupied.

With refurbishment nearly complete we are keen to maintain the facilities and ensure that it continues to look good for many years to come. We have identified some areas where hirers may have to alter some minor aspects of their events. This is to help us maintain the centre to its highest level, something I am sure you will all agree with. The new facilities offer many

new options in the layout of the halls and our staff and our sub-committee will be pleased to guide wherever possible.



So much work and improvements have been carried out over the last few years to all our centres and after the Derasar construction this Project has been the largest.

Every person visiting the centre has complimented the works carried out and appreciated the improvements BUT SADLY this has not translated into support through their own financial contributions.

A refurbishment project of this nature does not happen every year, so I request EACH Family to be a part of this project. We are not requesting every family to contribute tens of thousands of pounds, as any amount would be appreciated. However **all donations over £1001 will be acknowledged with a Takti, which will be a permanent reminder of your support for generations to come!** This is your opportunity to be a part of this project. Please don't sit on the sidelines and wait for others to contribute, Support with your financial contribution and help take the community forward. We have a number of fund raising schemes which the fund raising team will be happy to explain.

Going forward, we have many other projects/ facilities we wish to develop, however without support from every member time will stand still. The future of OAUk rests in your hands !

Jai Mahavir Jai Oshwal
Tushar Jayantilal Shah



AREA SAMVATSARI BHOJAN DATES - A SUMMARY

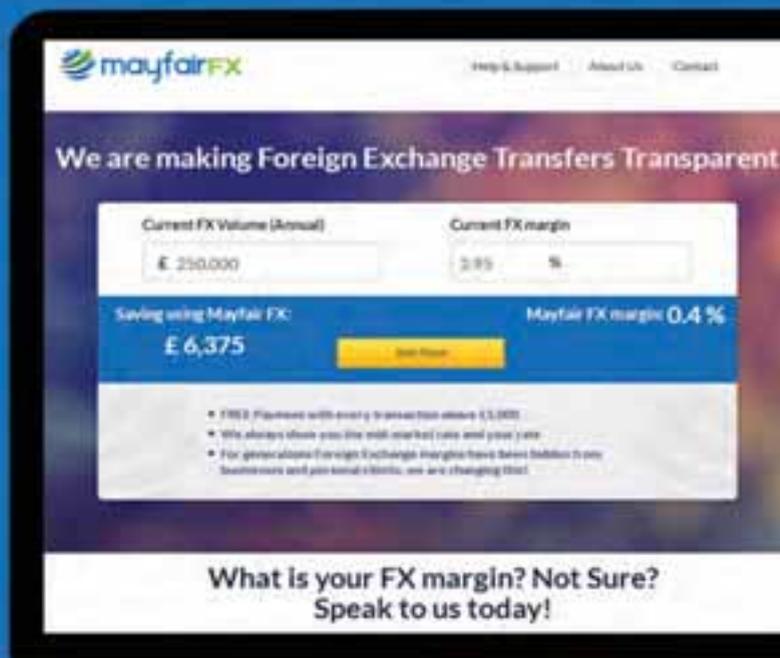
| <u>AREA</u> | <u>COMMITTEE CONTACTS</u> | <u>EMAILS</u> | <u>PHONES</u> | <u>DATE AND VENUE</u> |
|-------------|---|--|---|---|
| NORTH WEST | Nirmal C Shah Khilit M Shah Chetan M Shah | nirmal.shah@oauk-nw.org khilit.shah@oauk-nw.org chetan.shah@oauk-nw.org | 07962 177 326 07932 715 245 07949 459 090 | OSHWAL CENTRE ON 7TH SEPT 12.30 TO 4.00PM |
| NORTH | Daksha D Maroo | daksha.maroo@oshwal.org | 07775 514 286 | OSHWAL CENTRE ON 22ND SEPT. FROM 1.00 TO 3.00PM |
| NORTH EAST | Nishma R Shah | nishnortheast@hotmail.com | 07960 958 929 | OSHWAL CENTRE ON 14TH SEPT. FROM 12.30 TO 3.00PM |
| SOUTH | Dhirubhai K L Shah Rajesh S Shah | south.secretary@oshwal.org rajeshbid@btinternet.com | 07932 079 930 07711 749 842 | SOUTH LONDON MAHAJANWADI ON 14TH SEPTEMBER, 12.45 TO 3.30PM |
| WEST | Bhikhubhai D Shah Keshubhai N Shah | bhikhu.shah@devcofireworks.co.uk kncolumbo@hotmail.com | 0776 865 3387 07816 085 938 | OSHWAL SHAKTI CENTRE, INWOOD ROAD, HOUNSLOW, TW13 1UX, 2.30 TO 4.00PM |
| LEICESTER | Nikunj P Shah | anmol2002@hotmail.com | 07950 287 925 | AT SANATAN MANDIR, 84 WEYMOUTH ST. LEICESTER LE4 6FQ 12.00 TO 2.00PM |
| EAST | Rasik V Shah Rasik N Shah Hemini R Shah | rasik.gosrani@yahoo.com pravinarasik@yahoo.co.uk hemini_shah@hotmail.com | 020 8024 0124 020 8989 5089 07957 308 702 | OSHWAL CENTRE ON 28TH SEPT. FROM 4.30 TO 7.00PM |
| LUTON | Rajesh Z Shah Keval R Shah | rajshah82@gmail.com kevalshah_2000@hotmail.com | 01582 581302 07837 181 332 | AT SANATAN SAMAJ HINDU MANDIR, HEREFORD RD, LUTON, LU4 OBS 1.00 TO 3.00PM |
| NORTHAMPTON | Bhikhubhai V Bidd Usha A Haria | bhikhushah@hotmail.com ushashah60@hotmail.com | 01933 273986 01604 469436 | AT HINDU COMMUNITY CENTRE, 133 HIGHFIELD RD, WELLINGBOROUGH, NN8 1PL ON 14TH SEPT 12.00 TO 3.00PM |

WOULD ALL MEMBERS PLEASE ATTEND, FULL DETAILS OF THE PARYUSHAN EVENTS ARE SHOWN IN THE MAGAZINE AND OUR WEBSITE HELPERS ARE REQUIRED PLEASE CONTACT THE COMMITTEE MEMBERS

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East Area

East Area Pizza Party

On Sunday 15th June, East Area held their annual pizza party at Oshwal House. All the volunteers enthusiastically prepared the pizzas and the jikos were soon burning. The hot delicious pizzas were being eaten by the seconds, we also had a refreshing bean salad, seasoned potato salad accompanied with juicy watermelon. Everyone who came enjoyed themselves and even the weather was on our side! On behalf of the East Area Committee we would like to all the volunteers for their help in making this programme a success and a special thank you to Pravinaben Rasik Shah for the organisation and preparation of the pizzas and salads.



Hetalben Jitendra Shah



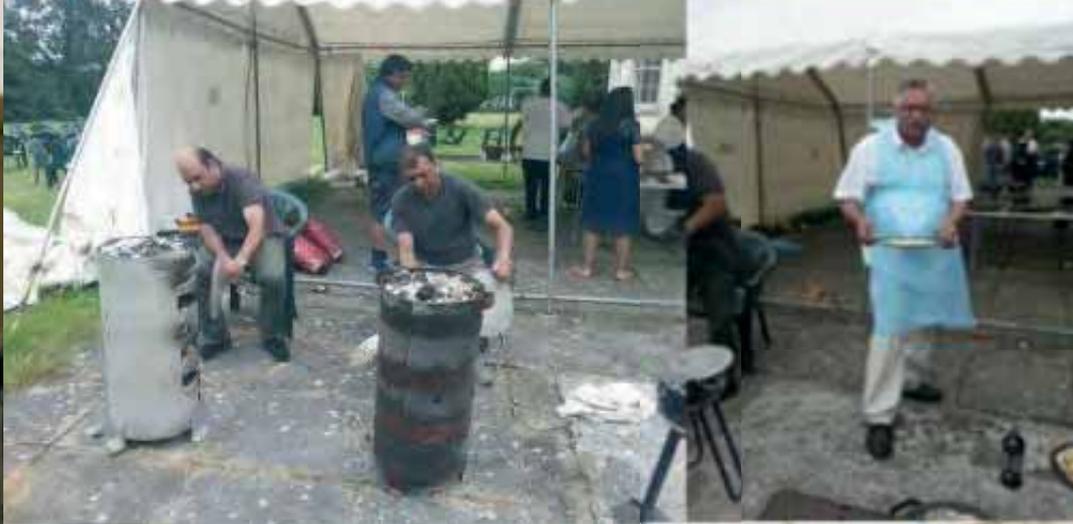
Heminiben Raju Shah



Arunaben Ramesh Shah



Shretaben Ketan Shah



Pravinaben serving the tasty curry

“How to Wear a Sari?”

On Saturday 28th June, East Area held a ‘How to wear a sari’ night. The evening began with everyone enjoying a dinner of Masala Rajma Curry and Naan. This was then followed by a demonstration on different ways to wear sarees by Varshaben Dhiru Shah. She was accompanied by Pushpaben Jayantilal Shah, Hashwinaben Ramesh Shah and Sonal Bhaveet Shah who had come over from North East. Whilst the ladies watched and learnt many new tips and styles, the men gathered and had a social gathering with the World Cup Match being the highlight! We would like to thank Rasik Virpar Shah for hosting the event at his house after there was a miscommunication with the booking made at the hall. Apologies to any inconveniences caused. A big thank you to Varshaben Dhiru Shah for the evening, those who participated and those who came and made the evening special.

Thursday Fitness Club

(गुरुवारना इटिनेस क्लब)

Thursday 28th November 2013 – Special Talk on Ahimsa

Article by Lalitaben Amritlal Shah

The East area members of Thursday fitness club were paid a special visit by Shree Nitinbhai Mehta, the founder of Young Indian Vegetarians. He spoke about Ahimsa, meaning “to not kill any living being”. He made us aware of facts such as:

1. Drugs, cosmetics and medicines are tested on animals before they are prescribed in the market. Are we aware of this? Are we doing anything about it?
2. Animals suffer enormously when people go hunting and train them for circus and zoo shows. Do we care?
3. Cows and other animals are injected to produce and reproduce for extra milk. If this does not happen, they are brutally slaughtered. Do we stop this happening?
4. The number of poultry and chickens is 3 to 4 times larger than the total population of the entire world. Their production is enhanced by cruel means so that the taste buds of humans are satisfied. Can we not stop this?
5. Many forests are cut down and grass is grown on this land. Animals are fed on this grass for their milk and meat to feed us humans. Cutting down these forests will result in less rainfall, therefore less water and vastly reduce production of vegetarian foods in the world. We do not need meat to survive!

Therefore, it is our duty to protect the animals, environment and all natural resources given as a gift to us. Nitinbhai also explained how Sheila Barber has been running an animal sanctuary (Court Lodge Farm) in East Sussex for almost 30 years. The Young Indian Vegetarians support by sending £700 each month to help with the daily running expenses. Nitinbhai also mentioned that if people wanted to become vegan instead of vegetarian, there is a great variety of vegan foods and substitutes for dairy products. Nitinbhai stated, **“It is in this human life that we can attain salvation, if we work at it. We can start by being self-conscious and practice ahimsa (non-violence) in all respects.”**

We would like to thank Nitinbhai for coming and enlightening us on this topic. Our Thursday fitness club members produced a collection of £168.59. This was presented to Nitinbhai by Khimiben, one of our senior female members, to donate to the animal sanctuary in East Sussex. A small token of appreciation was also presented to Nitinbhai by Mahendrabhai. Lalitaben thanked all the club members for their generous donations and hope that they will continue to support such important causes in the near future.



તા. ગુરુવાર ૨૮મી નોવેમ્બર ૨૦૧૩ - અહંસિા અને જીવદયા ઉપર ચર્ચા

જૈન કુળમાં આપણને જન્મ મલ્યો એ અતી દુલરભ છે. આ જન્મ સફર કરવા હેતુ આપણે બને તેટલી કોશીશ કરવી જોઈએ! દવિસો અને વરષો ઝડપથી પસાર થઈ રહ્યા છે અને આપણે જાગૃત થઈ અને કરુણાનું ભાથું ભરવાનું છે. આપણી અહંસિા કેટલી ઉડી છે?

૧. શું આપણે કોઈ જીવ, જંતુ અને પ્રાણીને અભયદાન આપીએ છીએ?
૨. શું આપણે આપણા સંતાનોમાં અહંસિાના સંસ્કારો સીચવીએ છીએ? આપણા સંતાનોને માંસ, માછલી, ઈંડા કદી ના ખાવા એવો આગૃહ રાખીએ છીએ?
૩. આ દેશમાં અનેક પ્રાણીઓની રક્ષા કરતી સંસ્થાઓ છે, શું આપણે એને સાથ આપીએ છીએ? આ દેશમાં ઘણા પાંજરાપોર પણ ચાલે છે, શું આપણે એને મદદ કરીએ છીએ?
૪. ચામડાની વસ્તુ કોઈ લેવી નહી અને પહેરવી નહી, કારણકે માંસ અને ચામડાનો ધંધો એક બીજા સાથે સંકડાયેલો છે. ચામડાના જોડા, પરસ, સોફા વગેરે લેવા નહી.
૫. દરરોજના જીવનમાં ટુથ પેસ્ટ, સ્વીટ્સ, કેક, બસ્કીટ, વગેરેમાં ઈંડા અને જેલેટીનનો ઉપયોગ થાય છે. શું તે આ લેવાનું ટાળી અને ચુસ્ત શાકાહારી ચીજોનો ઉપયોગ કરો છો?
૬. ઘરમાં ઉદર થઈ જાય તો તરતજ એને કેમ મારવા એની યોજના બનાવો છો કે તેને અહંસિક રીતે પકડી અને છોડવાનું પસંદ કરો છો? મચ્છરનો સ્વભાવ છે કરડવાનો પણ આપણને તેને મારવાનો હક નથી!
૭. તમે બહાર રેસ્ટોરન્ટમાં જમવા જાવ ત્યારે ફક્ત શાકાહારી રેસ્ટોરન્ટમાં જ જવાની આગૃહ રાખો છો?
૮. દરરોજના જીવનમાં કાંઈ જીવદયાનું કામ કરો છો? જેમકે કબુતરને ચણ નાખવું?
૯. અંજીરમાં નાના નાના જીવ હોય છે. એને ના ખાવું, તેમજ મધ ભેગું કરવામાં પણ હંસિા છે એ ના ખાવું જોઈએ. વરસમાં બે - ત્રણ લોકોને માંસાહાર જરૂર મુકાવવો. આપણે આપણા આહાર સાચવશું તો આપણી સંસ્કૃતી અને આપણા ધર્મને સાચવી શકીશું.



Daal Roti Night

On Saturday 31st May we had our monthly Daal Rotli event, after we had warmed up on some garam daal, we were fortunate enough to be shown a video of Gunwantiben being interviewed by her daughter Manjulaben. The video showed Gunwantiben talk about her past, expressing her childhood memories as well as growing up. She described the different lifestyles, cultures and transitions she experienced in India, Kenya and later London. We all shared some laughs and tears but we also learnt so much hearing about how the living conditions, work, adaptations to surroundings and family all played a vital role in her life. A special thanks to her family for sharing this footage with us, it truly was touching for all 75 people who attended. The programme was sponsored by Hansraj Lakhamshi Parivar.

Paryushan 2014 – Timetable

Area Name: East London & Essex Branch

Paryushan Programme: Friday 22nd August 2014 – Friday 29th August 2014

Venue: Canon Palmer School, Aldborough Road South, Ilford, Essex. IG3 8EU

Please note: Sunday 24th August 2014: Paryushan will be held at Ilford Sports Club Ltd, 3 Cricklefield Place, Ilford, Essex. IG1 1FY (Entrance through old swimming pool car park; opposite Cauliflower pub; behind Isaac Newton Academy).

| Date / Tithi | Time | Event Details | Additional Info |
|-------------------------|---------------|--|---|
| 22/08/14 (Friday) | 6pm – 10pm | Pratikraman (6:15pm); Nem/Rajul Saanji (8pm); Aarti & Mangal Divo (9pm) | Colour Scheme: Red/Green If interested in taking part, please contact Arunaben by 7 th August 2014. |
| 23/08/14 (Saturday) | 6pm – 10pm | Pratikraman (6:15pm); Nem/Rajul Play (8pm); Aarti & Mangal Divo (9pm) | Colour Scheme: Bhareli Sari |
| 24/08/14 (Sunday) | 4:15pm – 10pm | Pakhi Pratikraman (4:30pm); Bhavna (8pm); Aarti & Mangal Divo (9pm) | Colour Scheme: Blue/Pink <i>See venue change details above.</i> |
| 25/08/14 (Monday) | 6pm – 10pm | Pratikraman (6:15pm); Biddings for: Prabhujina Parnama Shrifal Padhravanu, Parnama Julawanu & Pokhvanu; Samu Aarti & Mangal Divo (9pm) | Colour Scheme: Ladies – Bordered Sari Men – Traditional Samu Aarti: Nakro - £11.25; you must bring your own Aarti thali |
| 26/08/14 (Tuesday) | 6pm – 11pm | Pratikraman (6:15pm); Mahavir Janma Kalyanak Vachan; Bidding for: 14 Swapnas; Parnu Julawanu; Aarti & Mangal Divo | Colour Scheme: Ladies – Badhani/Gharchora sari Men – Traditional |
| 27/08/14 (Wednesday) | 6pm – 10pm | Pratikraman (6:15pm); Ladies Garba (8pm); Aarti & Mangal Divo (9pm) | Colour Scheme: Purple/White |
| 28/08/14 (Thursday) | 6pm – 10pm | Pratikraman (6:15pm); Tapasvi Bahuman; Bhavna; Samu Aarti & Mangal Divo | Samu Aarti: Nakro - £11.25; you must bring your own Aarti thali |
| 29/08/14 (Friday) | 4:15pm – 10pm | Savantsari Pratikraman (4:30pm); Bhavna (8pm); Aarti & Mangal Divo (9pm); Micchami Dukaddam | Katasana Fees: £3 per person Colour Scheme: Red/Orange/Yellow |

Please note that Pratikraman will start promptly on the times given in the **Event Details** section above. Any late comers should take their seats at the rear. The dress-code/colour scheme is not compulsory; however, we are requesting members' support with the changes made this year. Time permitting we may have Raas-Garba on a few of the days during the festival. **Please make every effort to attend and support all the volunteers.**

Members wishing to take the opportunity to gift Prabhavna on any day during the festival, please contact Arunaben (01708 742 165). During the Samu Aarti, strictly max. 2 persons will be permitted to hold each Aarti thali; all other members must stand well behind.

SAVANTSARI (SWAMIVATSALYA) BHOJAN

Venue: Oshwal Centre (Unity Hall), Coopers Lane Road, Northaw, Herts. EN6 4DG

Date: Sunday 28th September 2014

Bhojan from: 4:30pm – 7pm; Nakro: £5 per person (Under 5's - free)

Anyone wishing to take the opportunity to sponsor the Savantsari Bhojan is requested to contact Arunaben (01708 742 165). For catering purposes, please can all members wishing to attend give their names to Arunaben

MICCHAMI DUKADDAM

Management committee reserves the right to amend any of the above programmes or schedule without prior notice, any changes will be announced on the previous day at the venue

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|-------------------------|------------------|---|--|
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| ૨૩/૮/૨૦૧૪ (શનિવાર) | ૬.૦૦ થી ૧૦.૦૦ | પ્રતિક્રમણ (૬.૧૫); (૮.૦૦); નેમ/રાજુલનો નાટક (૮.૦૦); આરતી/મંગળ દીવો (૯.૦૦) | જો બની શકે તો બધી બહેનો ભરેલી સાડી પહેરશો. |
| ૨૪/૮/૨૦૧૪ (રવિવાર) | ૪.૧૫ થી ૧૦.૦૦ | પખી પ્રતિક્રમણ (૪.૩૦); ભાવના (૮.૦૦); આરતી/મંગળ દીવો (૯.૦૦) | જો બની શકે તો બધી બહેનો વાદળી/ગુલાબી રંગની સાડી પહેરશો. આ દિવસનો સ્થળની વિગતો ઉપર લખેલ છે. |
| ૨૫/૮/૨૦૧૪ (સોમવાર) | ૬.૦૦ થી ૧૦.૦૦ | પ્રતિક્રમણ (૬.૧૫); પ્રભુજી ના પારણામાં શ્રીફળ પધારવવાની, પારણા ઝુલાવવાની અને પોખવાની ઉછવણી (૮.૦૦); સમુહ આરતી/મંગળ દીવો (૯.૦૦) | જો બની શકે તો બધી બહેનો પદ્મવાળી સાડી પહેરશો અને બધા ભાઈઓ કુર્તા પાયજામાં/દેશી કપડાં પહેરશો સમુહ આરતી નો નકો - £૧૧.૨૫; સમુહ આરતી માટે તમારી પોતાની આરતી થાળી લઈ આવશો |
| ૨૬/૮/૨૦૧૪ (મંગળવાર) | ૬.૦૦ થી ૧૧.૦૦ | પ્રતિક્રમણ (૬.૧૫); મહાવીર જન્મ કલ્યાણકનું વાચન; ૧૪ સ્વપ્નાની ઉછવણી (૮.૦૦); પારણું ઝુલાવવાનું; આરતી/મંગળ દીવો (૯.૦૦) | જો બની શકે તો બધી બહેનો બાંધણી/ઘરચોરા સાડી પહેરશો અને બધા ભાઈઓ કુર્તા પાયજામાં/દેશી કપડાં પહેરશો |
| ૨૭/૮/૨૦૧૪ (બુધવાર) | ૬.૦૦ થી ૧૦.૦૦ | પ્રતિક્રમણ (૬.૧૫); બહેનોના ગરબા (૮.૦૦); આરતી/મંગળ દીવો (૯.૦૦) | જો બની શકે તો બધી બહેનો જાંબુડી/સફેદ રંગની સાડી પહેરશો |
| ૨૮/૮/૨૦૧૪ (ગુરુવાર) | ૬.૦૦ થી ૧૦.૦૦ | પ્રતિક્રમણ (૬.૧૫); સંઘ વતી તપસ્વી નું બહુમાન (૮.૦૦); ભાવના; સમુહ આરતી/મંગળ દીવો (૯.૦૦) | સમુહ આરતી નો નકો - £૧૧.૨૫; સમુહ આરતી માટે તમારી પોતાની આરતી થાળી લઈ આવશો |
| ૨૯/૮/૨૦૧૪ (શુક્રવાર) | ૪.૧૫ થી ૧૦.૦૦ | સવંતસરી પ્રતિક્રમણ (૪.૩૦); ભાવના (૮.૦૦); આરતી/મંગળ દીવો (૯.૦૦); ક્ષમાપન મિચ્છામી દુક્કડં | કટાસણા નું લવાજમ £૩.૦૦ લેવામાં આવશે. જો બની શકે તો બધી બહેનો લાલ/કેસરી/પીળા રંગની સાડી પહેરશો |

ખાસ સુચનાઓ

પર્વ દરમિયાન સમયની અનુકૂળતા હશે તો છેલ્લે રાસ ગરબા રમાશે.

પર્વ દરમિયાન પ્રભાવના આપવાની ઈચ્છા હોય તો તેમને વિનંતી છે કે તેઓ અરુણાબેનને (૦૧૭૦૮ ૭૪૨ ૧૬૫) સંપર્ક સાંધે. સમુહ આરતી કરે તેની થાળી પાછળ ફક્ત બે વ્યક્તિ થાળી પકડે અને બીજા પાછળ ઊભીને લાલ લઈ શકે તેવી નમ્ર વિનંતી છે

સવંતસરી સ્વામી વાત્સલ્ય ભોજન ઈસ્ટ એરિયા. રવિવારે તા: ૨૮/૮/૨૦૧૪. સમય ૪:૩૦ થી ૭:૦૦

સ્થળ: ઓશવાળ સેન્ટર (યુનિટી હોલ), પોટર્સ બાર; નકો: £૫.૦૦ દર વ્યક્તિ દિઠે.

આ પરાના દરેક ઓશવાળ ભાઈઓ, બહેનો તથા બાળકો ને મહેમાન સહિત પધારવા આમંત્રણ પાઠવવામાં આવે છે.

સ્વામી વાત્સલ્ય ભોજન માટે પહેલેથી પૂરા નામ ઘર દિઠે નોંધાવશો જેથી રસોઈ કરવાનો ખ્યાલ આવે

સંજોગો વશાત કાર્યક્રમમાં ફેરફાર કરવાની જરૂરિયાત જણાશે તો કાર્યવાહી સમિતિ ઘટતું કરશે.

કાર્યવાહી સમિતિ તરફથી મિચ્છામી દુક્કડં



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Tel - 0208 9895089 Email - pravinarasik@yahoo.co.uk

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OAUK East Area & Essex Presents... Ex East Area Gujarati School Gathering (For ex- students & teachers)

Date: Saturday 29th November 2014

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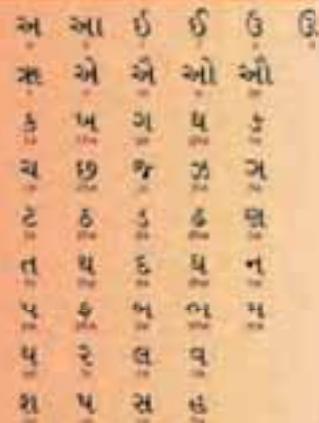
Venue: Canon Palmer High School (TVC)

Contact: Taraben Kishore Haria

Tel: 0208 503 9010

E-mail: tarliharhia@hotmail.com

Light Refreshments will be served



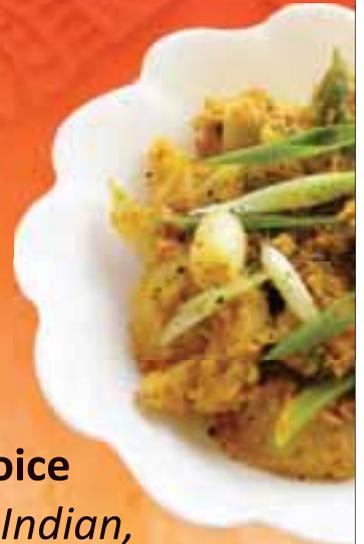
The evening will be a chance to meet, greet and share memories of our East Area Gujarati School. If you know anyone that was a part of the school please inform them about this gathering!



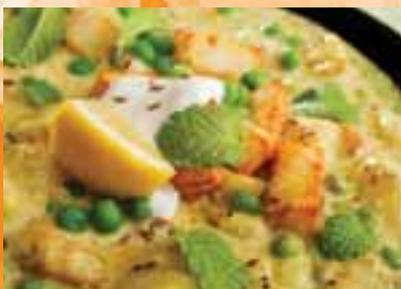
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Leicester Area

Leicester Oshwals Father's Day Picnic and Cricket Event

15th June 2014

They strolled to Evington Park with their chairs and picnic blankets in hand. Adults, children, teenagers and the elderly Oshwals all came together to have fun, play games and share some food. The event started with a prayer and a dedication to fathers and grandfathers all around the world. The daughters of Bachubhai sang a bhajan to remember their father.

The day started with everyone forming a giant circle and playing a bean bag game. Then the children had fun with the colourful giant parachute.

This was followed by several matches of cricket mostly played by the men while a lot of the ladies went for a walk, used the outdoor gym equipment, talked to each other and socialised.

After all this healthy activity everybody sat down to rest and have delicious food kindly sponsored and prepared by Sudhaben and family. There was bhel, jalebi, ganthia, dokra, sandwiches and wonderful eggless deserts plus drinks.

After lunch, we played Kho and other games. To end the day we had tea and biscuits while listening to the Enderby Brass Band which was playing in the park.

About 120 people attended and it was great to see so many youngsters actively participating. The weather was kind to us as the clouds only gave us a short sprinkling of rain.

This event was the first of its kind in Leicester and was organised by the Health, Social and Welfare portfolio. Thanks to all who supported the event and made it a success. We hope to hold more similar events in the future.



Paryushan 2014 – Leicester Area Timetable

| Date/Tithi | Time | Event Details |
|---|---|--|
| Friday 22 nd August Shravan Vad Baaras | 6.30 pm 8.00 pm 9.30 pm | Pratikraman starts Stavans and songs by children Bhavna, Aarti and Mangal Divo |
| Saturday 23 rd August Shravan Vad Teras | 6.30 pm 8.00 pm 9.30 pm | Pratikraman starts Story-telling and talks by children & youth Bhavna, Aarti and Mangal Divo |
| Sunday 24 th August Shravan Vad Chaudas | 6.00 pm 8.00 pm 9.30 pm | Pratikraman starts 'Hun, Tame Ane Paryushan' by Institute of Jainology Bhavna, Aarti and Mangal Divo |
| Monday 25 th August Shravan Vad Amaas | 10.00 am 6.30 pm 8.00 pm 9.30 pm | 'Muhapatti Padilehan' & 'Asana and Mudra' during Pratikraman ritual by Institute of Jainology Pratikraman starts 12 Swapna Nakro £25.25 Uchavani for Laxmiji & Ratna no Dhaglo, Prabhu Parna Julawanu, take home & Pokhwanu Draw for Tapasvi Bahuman Bhavna, Aarti and Mangal Divo |
| Tuesday 26 th August Bhadarva Sud Ekam | 6.30 pm 8.00 pm 9.30 pm | Pratikraman starts Mahavir Janma Kalyanak, 14 Swapna Bhavna, Aarti and Mangal Divo |
| Wednesday 27 th August Bhadarva Sud Bij | 6.30 pm 8.00 pm 9.30 pm | Pratikraman starts Prabhu Parna Pokhwanu, Raas Garba Bhavna, Aarti and Mangal Divo |
| Thursday 28 th August Bhadarva Sud Treej | 6.30 pm 8.00 pm 9.30 pm | Pratikraman starts Tapasvi Bahuman Bhavna, Aarti and Mangal Divo |
| Friday 29 th August Bhadarva Sud Choth | 5.00 pm 5.30 pm 8.00 pm 9.30 pm | Sutra na ghee ni uchavani Pratikraman starts 108 Diva Aarti and Mangal Divo uchavani Kshamapana, Aarti and Mangal Divo |
| Saturday 30 th August Bhadarva Sud Pancham | 10.00 am | Tapasvi Parna |

The Management Committee reserves the right to amend any of the programs due to any unforeseen circumstances.

Paryushan 2014, Shree Sanatan Mandir, 84 Weymouth Street, Leicester LE4 6FQ

All events shall be held at the above venue including the interactive session by the Institute of Jainology on Sunday evening..

A daily nakro of £31.25 for Aarti and £21.25 for Mangal Divo has been set. A limited number of participants shall be allowed and to avoid disappointment please forward your names at the earliest – strictly first come, first served basis.

Daily cost of the hall hire is £125.00. Donations towards the hall hire, daily Prabhavna and refreshments during the Tapsvis' Parna are most welcome and appreciated. Please forward your names in advance to the contacts named below.

Savantsari Bhojan 2014, Shree Wanza Community Hall, Pasture Lane, Leicester LE1 4EY

Savantsari Bhojan will be held on Sunday 21st September 2014 between 12.00 noon and 2.00pm at the above venue. All Oswals and their guests are invited. Donations towards the cost of the hall hire for the day are most welcome.

Volunteers are kindly requested to help throughout the Paryushan and Savantsari Bhojan festivities. Preparations of the Savantsari Bhojan shall begin at 7.00am on the same day. Please forward your names to help towards this auspicious event.

Dhaja Din 2014, Oswal Centre, Potters Bar

A coach trip to Oswal Centre, Potters Bar, on Sunday 7th September 2014 has been organised. A nominal charge of £10.00 for Oswal members and £15.00 for non-members towards the transport cost plus an individual contribution of £2.00 towards the khushi bhet has been arranged.

All those wishing to attend should forward their names with full payment. Names shall be taken as from the evening of 22nd August 2014 – strictly first come, first served basis, with priority to Oswal members.

Contacts

For further information, to take part in the programmes, to register your support in form of donations or any help towards the festivities please contact any of the below mentioned:

Smrutiben 0116 266 5757

Rashmikaben 0116 271 8525

Kanchanben 0116 276 8582

Leicester Area Committee thank all the area Oswal Members in advance for their help and generosity wishing that we celebrate this auspicious occasion with joyous happiness.

Micchami Dukkadam

LEICESTER AREA

પર્યુષણ ૨૦૧૪ - પ્રવૃત્તિઓ

| તારીખ/ તિથિ | સમય | કાર્યક્રમ |
|-----------------------|-----------------|--|
| શુક્રવાર ૨૨.૮.૨૦૧૪ | ૬.૩૦ ૮.૦૦ | પ્રતિક્રમણ સ્તવન, અને ગીત બાળકો રજુ કરશે. |
| શ્રાવણ વદ બારસ | ૯.૩૦ | ભાવના, આરતી અને મંગળ દિવો |
| શનિવાર ૨૩.૮.૨૦૧૪ | ૬.૩૦ ૮.૦૦ | પ્રતિક્રમણ બાળકો અને યુવાનો વાર્તાલાપ રજુ કરશે. |
| શ્રાવણ વદ તેરશ | ૯.૩૦ | ભાવના, આરતી અને મંગળ દિવો |
| રવિવાર ૨૪.૮.૨૦૧૪ | ૬.૦૦ ૮.૦૦ | પ્રતિક્રમણ જૈનોલોજી સંસ્થા- હું, તમે અને પર્યુષણ |
| શ્રાવણ વદ ચૌદશ | ૯.૩૦ | ભાવના, આરતી અને મંગળ દિવો |
| સોમવાર ૨૫.૮.૨૦૧૪ | ૧૦.૦૦ સવારે | મુહપતિ કેવી રીતે પડિલેહવી અને પ્રતિક્રમણ કરતી વેળાના આસનો અને મુદ્રા સમજાવશે. |
| શ્રાવણ વદ અમાસ | ૬.૩૦ ૮.૦૦ | પ્રતિક્રમણ ૧૨ સ્વપનાનો નકો દરુપ.રુપ લક્ષ્મીજી, રત્નનો ઢગલો, પ્રભુજીનું પારણું જુલાવવાનું, ઘરે લઈ જવાનું અને પોંખવાનું ઉચ્ચવણી. તપસ્વીનું બહુમાન કરવા માટે ટીકડી ઉપાડવાની. |
| | ૯.૩૦ | ભાવના, આરતી અને મંગળ દિવો. |
| મંગળવાર ૨૬.૮.૨૦૧૪ | ૬.૩૦ ૮.૦૦ | પ્રતિક્રમણ મહાવીર જન્મ કલ્યાણના - ૧૪ સ્વપના |
| ભાદરવા સુદ એકમ | ૯.૩૦ | ભાવના, આરતી અને મંગળ દિવો. |
| બુધવાર ૨૭.૮.૨૦૧૪ | ૬.૩૦ ૮.૦૦ | પ્રતિક્રમણ પ્રભુજીનું પારણું પોંખાશે. રાસ- ગરબાની રમજટ |
| ભાદરવા સુદ બીજ | ૯.૩૦ | ભાવના, આરતી અને મંગળ દિવો. |
| ગુરુવાર ૨૮.૮.૨૦૧૪ | ૬.૩૦ ૮.૦૦ | પ્રતિક્રમણ તપસ્વીનું બહુમાન |
| ભાદરવા સુદ ત્રીજ | ૯.૩૦ | ભાવના, આરતી અને મંગળ દિવો |
| શુક્રવાર ૨૯.૮.૨૦૧૪ | ૫.૦૦ ૫.૩૦ | સુત્રના ધીની ઉચ્ચવણી. |
| ભાદરવા સુદ ચોથ | ૮.૦૦ ૯.૩૦ | સવંતસરી પ્રતિક્રમણ ૧૦૮ દિવાની આરતી અને મંગળ દિવાની ઉચ્ચવણી. ક્ષમાપના, આરતી અને મંગળ દિવો. |
| શનિવાર ૩૦.૮.૨૦૧૪ | સવારના ૧૦.૦૦ | તપસ્વીના પારણા |
| ભાદરવા સુદ પાંચમ | | |

પર્યુષણ ૨૦૧૪, શ્રી સનાતન મંદિર, ૮૪ વેમોથ સ્ટ્રીટ

સોમવાર સવાર સિવાયના બધા કાર્યક્રમ સનાતન મંદિરમાં છે. સોમવારના સવારનો કાર્યક્રમ નોથફિલ્ડસ નેબરહુડ સેન્ટરમાં રાખવામાં આવ્યો છે.

દરરોજના આરતી ઉતારવાનો નકો £૩૧.૨૫ અને મંગળ દિવાનો £૨૧.૨૫ રાખવામાં આવ્યો છે.

દરરોજના હોલનું ભાડું £ ૧૨૫.૦૦ છે. જે કોઇને પણ ભાડું આપવા ઈચ્છા હોઈ તો તે આવકારી છે. જે કોઈ ભાવિકને દરરોજ પ્રભાવના અને તપસ્વીના પારણાના નાસ્તા માટે નામ આપવા ઈચ્છા હોઈ તો તે વહેલાસર નામ આપી શકો છો.

સવંતસરી ભોજન ૨૦૧૪, શ્રી વાંઝા કોમ્યુનીટી હોલ, પેસ્ચર લેન

રવિવાર તા. ૨૧.૦૯.૨૦૧૪ના ઉપરોક્ત સ્થળે સવંતસરી ભોજન સામારંભ બપોરના ૧૨.૦૦ થી ૨.૦૦ રાખવામાં આવ્યું છે. સર્વે ઓશવાળને મહેમાન સહિત પધારવા આમંત્રણ છે. તે દિવસના હોલના ભાડા તરફ દાનભેટ આવકારી છે.

સવંસરી ભોજનની રસોઈ તે દિવસે સવારના ૭.૦૦ વાગ્યે શરૂ કરવામાં આવશે. સ્વયંમસેવકોએ પર્યુષણ અને સવંતસરી ભોજન દરમ્યાન મદદ કરવા નમ્ર વિનંતિ.

ધજાદિન ૨૦૧૪, ઓશવાળ સેન્ટર, પોર્ટ્સ બાર

રવિવાર તા. ૦૭.૦૯.૨૦૧૪ના રોજ ઓશવાળ સેન્ટર ધજાદિન માટે યાત્રા યોજવામાં આવી છે. બસના ભાડા ખર્ચ માટે ઓશવાળ મેમ્બર્સ ના £૧૦.૦૦ અને નોન મેમ્બર્સ ના £૧૫.૦૦, અને તે ઉપરાંત વ્યક્તિ દિઠ £૨.૦૦ ખુશીભેટ રાખવામાં આવ્યા છે.

જેઓ આ યાત્રામાં જોડાવવા ઈચ્છતા હોઈ તેઓ પોતાના નામ સાથે પૂરો ખર્ચ આપવા નમ્ર વિનંતિ. તા.

૨૨.૦૯.૨૦૧૪થી નામ લેવામાં આવશે. ઓશવાળ મેમ્બર્સને મહત્વ આપતા વહેલા તે પહેલા.

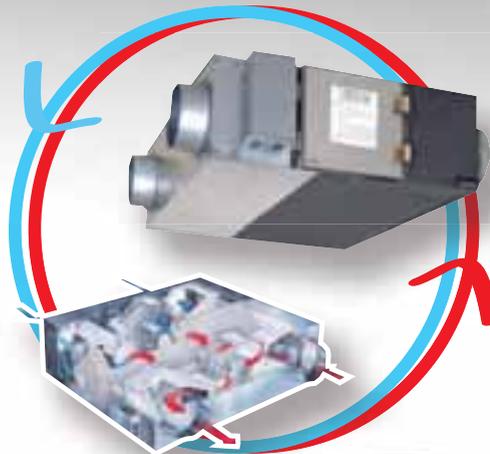
સંપર્ક

આ મહાપર્વ દરમ્યાન, કોઈ પણ કાર્યક્રમમાં ભાગ લેવો હોય, ક્યાંય પણ મદદ અથવા ખર્ચ માટે નામ નોંધાવવા હોય, કે પછી વધારે વિગત જાણવી હોય તો નીચેમાંથી કોઈ પણ એક વ્યક્તિ નો સંપર્ક સાંધો.

સ્મૃતિબેન ૦૧૧૬ ૨૬૬ ૫૭૫૭ રશ્મીકાબેન ૦૧૧૬ ૨૭૧ ૮૫૨૫ કંચનબેન ૦૧૧૬ ૨૭૬ ૮૫૮૨

લેસ્ટર એર્યા સમિતિ અગાવથી આપ સર્વે એર્યા ઓશવાળ નો આપની ઉદારતા અને મદદ માટે હૃદયપુર્વકથી આભાર માને છે. આ મહાપર્વ આપણે સાથે મળીને ખૂબજ ખુશીથી ઉજવીએ.

જય જીનેદ્ર અને મિચ્છામીદુક્કડમ



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LUTON AREA

Dates for your diary

Luncheon Club

20th Oct, 17th November, 22nd December

For further details contact Ella on: 07954173143

Cards Club

27th June 2014
26th July 2014
30th August 2014
27th September 2014
25th October 2014
29th November 2014
27th December 2014



Friday Club

| | |
|---------------------------------------|---------------------|
| 15th August 2014 | Cooking Demo |
| 19th September 2014 | Ras Garbha |
| 10th October 2014 | Jebebi Gathia |
| 21st November 2014 | Mexican Night |
| 19th December 2014 | Christmas Party |

For further details contact Nina on: 01582 581418



The committee reserves the right to change any of the above events. Please note fee may apply for the above events. The above events are partly funded by the £120.00 scheme. If you are interested in joining then please contact one of the committee members

Luton Area – Paryushan 2014 Timetable

Paryushan Programmer: Friday 22nd August 2014 – Friday 29th August 2014

Venue: Lewsey Learning Centre, Tomlinson Avenue, Luton, LU4 0QQ

(Tuesday 26th August 2014- Held at Hindu Mandir Centre)

| Date/Tithi | Pratikaman | Details |
|---|---|--|
| Friday 22nd August Shravan Vad Baras | 6pm-10.30pm | Bhavana, Aarti, Mangal Divo |
| Saturday 23rd August Teras | 6pm-10.30pm | Bhavana, Aarti, Mangal Divo |
| Sunday 24th August Chaudas | 5pm-10.30pm (Chaudas Pratikaman) | Bhavana, Aarti, Mangal Divo |
| Monday 25th August Amas | 6pm-10pm | Bhavana, Aarti, Mangal Divo |
| Tuesday 26th August Bhadrava Aekum | 5.45pm-10pm (Hindu Mandir Centre) | Aarti, Mangal Divo, 14 Sapana Mahavir, Janam Kalyanak, Vachan Parnu Julavanu |
| Wednesday 27th August Bij | 6pm-10pm | Bhavana, Aarti, Mangal Divo, Parnu Pokhvanu |
| Thursday 28th August Trij | 6pm-10pm | Bhavana, Aarti, Mangal Divo |
| Friday 29th August Choth | 5pm-10.30pm (Savantasari Pratikaman) | Tapasvi Bhavana, Samuh Aarti, Mangal Divo, Michhami Dukkhadam |

During Paryushnan there will be uchavni everyday for Aarti and Mangal Divo.

Katasna: There will be no nakro for this, however there will be a donation box so please donate kindly.

The Nakro for Samuh Aarti is £10.25 and for Sapna is £15.25 for anyone wishing to take labh of Samuh Aarti and Sapna. Please foward your name with the payment at the desk during Paryushan or earlier.

The Nakro for Parnu Pokhvanu is £25.25. Please foward your name to Ellaben.

If anyone wishes to provide Prabhavna please foward your name in advance rather than on the day.

During this auspicious festival, the Religious Committee would welcome donations towards hall hire:

Paryushan: £101/day

Swamivatsalya Bhojan Hall Hire: £600.00

During the Paryushan week, Kushi Bhatt and Savantsari bhojan are both welcome. Please donate with your heart.

During this festival, the Religious Committee has decided that a list of sutras will be prepared in advance for each day and those wishing to lead the sutras need to foward their names to Ellaben or Bijalben before the festival. The intention is to have the Pratikraman recited systematically.

This is a polite request that all bhaktos who have had the labh of having the Aarti, Mangal Divo, Samuh Arti, Sapna Parnu please make the payment on the day or by 14th September.

With any programme voluntary support is utmost important. The committee already has a volunteer list and will use the names from the list during any function unless you advise us to have your name removed from this list. The volunteers list will be held at the desk during the Paryushan so anyone wishing to join will be able to give their name.

In the event of unforeseen circumstances, Luton Area Committee reserves the right to alter the above programme accordingly.

Ellaben tel: 01582 402080

Bijalben: 01582 572979

Rajshreeben: 01582 579809

Minaben: 01582 651758

Rajeshbhai: 01582 402080

Nitaben: 01582 734573

Ireneben: 01582 581418

Kevalbhai: 01582 655365

Swami Vatsalya – Savantsari Bhojan

Venue: Shree Sanatan Samaj Hindu Mandir, Hereford Road, Luton, LU4 0BS

Date: 14th September 2014

Time: 12pm-1pm Satsung
1pm -3pm Bhojan

In order to cater for all please inform how many members of your household will be attending by contacting any committee member.

Jai Jinendra and Michhami Dukkhadam

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ઓશવાળ એસોસિએશન ઓફ ધી યુ.કે લુટન એરિયા

શ્રી પર્યુષણ મહાપર્વ શુક્રવાર, શ્રાવણ વદ ૧૨. તા- ૨૨/૮/૨૦૧૪ થી ભાદરવા સુદ ૪. તા ૨૯/૮/૨૦૧૪

Lewsey Farm Learning Centre, 92 Tomlinson Ave Luton LU4 0QQ

| દિવસ | તારીખ | તિથિ | પ્રતિક્રમણ | પ્રતિક્રમણ પછી |
|----------|----------------|----------------|---|---|
| શુક્રવાર | તા-૨૨-૮-૨૦૧૪ | શ્રાવણ વદ ૧૨ | ૬.૦૦ પ્રતિક્રમણ | ભાવના આરતી, મંગળ દીવો, |
| શનિવાર | તા-૨૩-૮-૨૦૧૪ | શ્રાવણ વદ ૧૩ | ૬.૦૦ પ્રતિક્રમણ | ભાવના આરતી, મંગળ દીવો |
| રવિવાર | તા-૨૪-૮-૨૦૧૪ | શ્રાવણ વદ ૧૪ | ૫.૦૦ પ્રતિક્રમણ | ભાવના આરતી, મંગળ દીવો |
| સોમવાર | તા-૨૫-૮-૨૦૧૪ | શ્રાવણ વદ ૦૧)) | ૬.૦૦ પ્રતિક્રમણ | ભાવના આરતી, મંગળ દીવો |
| મંગળવાર | તા-૨૬-૮-૨૦૧૪ | ભાદરવા સુદ ૧ | મહાવીર વાંચન નો કાર્યક્રમ હિન્દુ મંદિરમાં. સમય ૫.૪૫ કલ્પસૂત્ર વાંચન, ૧૪ સ્વપ્ના, પારણું ઝુલાવવાનું પ્રતિક્રમણ પછી ભાવના આરતી, મંગળ દીવો | |
| બુધવાર | તા-૨૭-૮-૨૦૧૪ | ભાદરવા સુદ ૨ | ૬.૦૦ પ્રતિક્રમણ | પ્રતિક્રમણ, ભાવના પારણું પોષવાનું આરતી, મંગળ દીવો |
| ગુરુવાર | તા- ૨૮-૮. ૨૦૧૪ | ભાદરવા સુદ૩ | ૬.૦૦ પ્રતિક્રમણ | ભાવના આરતી, મંગળ દીવો, |
| શુક્રવાર | તા- ૨૯-૮-૨૦૧૪ | ભાદરવા સુદ ૪ | ૫.૩૦ પ્રતિક્રમણ | સંવત્સરી પ્રતિક્રમણ. ક્ષમાપના, તપસ્વી બ્રહ્માન, ભાવના, સમૂહ આરતી, મંગળ દીવો |

Please note on 26th September, Pratikaman will be held at the

Hindu Mandir, Hereford Road, Luton

પર્યુષણ દરમ્યાન દરરોજના આરતી, મંગળ દીવાની ઉછમણી કરવામાં આવશે. જેથી ભાવિકો લાભ લઈ શકે.

કટાશણા માટે ડોનેશન બોક્સ રાખવામાં આવશે. પર્યુષણ પર્વના દિવસોમાં ભાવિકો દિલથી દાન કરી શકે.

સમૂહ આરતી નો નકરો £ ૧૦.૨૫ છે. સ્વપ્ના નો નકરો £ ૧૫.૨૫ છે.

પર્યુષણ પર્વ દરમ્યાન પ્રભાવના કરવી હોય તેમણે આગળથી તેમના નામ કાર્યવાહી સમિતિને જણાવવા.

£ ૧૦૧.૦૦ દરરોજ ના હોલના ભાડાના છે. પર્વના દિવસો માં હોલનું ભાડું આપી, પુષ્ટ્યનું ભાતું બાંધી લ્યો.

પ્રતિક્રમણના સુત્રોની યાદી પહેલેથી બનાવવામાં આવશે. જે કોઈને સૂત્રો ભણાવવા હોય તેમણે ઇલાબેનને આગળથી નામ આપવા.

પર્યુષણ પર્વના દિવસોમાં આપ સર્વે ના સાથ અને સહકારની ખાસ જરૂર છે જેથી આપણે આ પર્વ દરમ્યાન સારો ધર્મ લાભ પામી શકીએ.

ઓશવાળ એસોસિએશન ઓફ ધી યુ.કે લુટન એરિયા

સંવત્સરી સ્વામિવાત્સલ્ય ભોજન

સ્થળ ; શ્રી સનાતન સેવા સમાજ, હિન્દુ મંદિર,

હેરફોર્ડ રોડ લુટન, LU4 OBS

તારીખ ૧૪ સેપ્ટેમ્બર ૨૦૧૪. કાર્યક્રમ: ૧૨.૦૦ થી ૧.૦૦ સત્સંગ, ૧.૦૦ થી ૩.૦૦ ભોજન

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પરાના દરેક ઓશવાલ ભાઈઓ, બહેનો તથા બાળકોને મહેમાન સહિત પધારવા ભાવભીનું આમંત્રણ છે.

સ્વામિવાત્સલ્ય ભોજન માટે પહેલેથી પૂરા નામ ઘર ટિક નોંધાવશો, જેથી રસોઈ કરવાનો ખ્યાલ આવે.

જાણતા અજાણતા અમે કોઈ નું દીલ દુભવ્યું હોય તો, અંત: કરણ પૂર્વક સૌ પાસે ક્ષમા માંગી એ છીએ.

કાર્યવાહી કમિટી તરફથી સૌ ને " મિચ્છામી દુક્કડં"

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ઇલાબેન ૪૦૨૦૮૦

રાજશ્રીબેન ૫૭૯૮૦૯

કેવલભાઈ ૬૫૫૩૬૫

બીજલબેન ૫૭૨૯૭૯

નિતાબેન ૭૩૪૫૭૩

રાજેશભાઈ ૪૦૨૦૮૦

મીનાબેન ૬૬૧૭૫૮

આઈરીનબેન ૫૮૧૪ ૧૮

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Northampton Area

Valentine Kathiwadi Musical Evening – 8th February 2014

All the tickets were sold out for this event. Kathiwadi Dinner (Khichadi, Kadhi, Ringda bateta saak, Rotlas and Salad) was served before the musical part of the programme commenced. After having the delicious meal, everybody settled down to listen to our local artists, Mahendrabhai Shah and Jyotsnaben Shah. Their team also included Mahendrabhai's son Chiraag who played tablas, and Kumudben (Mahendraibhai's wife) who played tambourine. It was a very pleasant and enjoyable evening. Himetbhai's and Deepakbhai's jokes made the evening more interesting. Couple of guests from the audience also joined in singing songs. Then came the surprise, Bhikhubhai served a delicious cake in celebration of Hansaben and Jayantibhai's (Bhikhubhai's Sister and banevi)'s golden wedding anniversary. The evening ended with raas garbas.



Oshwal Association of the UK

Northamptonshire Area

presents

Open Bhukhar Competition

Open to all Areas

At Unity Hall, Oshwal centre, Coopers Lane Road Northaw, Hertfordshire EN6 4DG

Date: Sunday 30th November 2014 Time: 09:00am – 4:45 pm

(Please arrive before 9:00 am to register)

Entry fees: Members £10; Non-members £13 (Teams of 3 people required)

Includes breakfast (9:00 – 9:35) and Lunch (13:55 – 14:45)

Tea, Coffee, water and light refreshments will be available during the day.

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

For competition entries and further details please contact:

Usha Ashok Haria:

ushashah60@hotmail.com

01604 469436

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

Seminar on Financial Planning, Inheritance Tax, Wills & Trusts - 1st March 2014

After the introductions by Managing Partner Hitesh Shah, Dipesh explained about Tax and Financial Planning, Inheritance Tax and Estate Planning. Dipesh covered the topics "Financial Planning Landscape", "Financial Planning Overview" and "Tax Efficient Investments". He further explained about Inheritance Tax and Estate Planning giving examples. Dipesh also suggested a list of important considerations and what sort of assets to seek to do the planning for the future.

Shandip Shah from Balance Consultancy covered the topic of Wills - The importance of making Wills the things to consider when making the Will. He also explained about the Grant of Probate. Advice was given to avoid intestacy (where there is no will).

Questions and Answers session, led by Saileshbhai, went very well. The whole team supplied adequate answers to the queries and questions asked by the Seminar attendees.

Finally, Hiteshbhai delivered an inspiring message to the attendees of this Seminar-To be a good Jain and follow the teachings of Jainism - do good for others, help others wherever you can monetary wise or otherwise - 'Don't do unto others what you don't want others to do unto you'. It was an excellent speech. Thank you to Hiteshbhai.

Finally thank you to Hiteshbhai, Saileshbhai, Dipeshbhai and Shandipbhai for coming to Northampton and delivering a superb Seminar. Going forward I hope everybody is thinking for the future and start planning and making wills, which is a necessity in this day and age.

By Gita Shah



નોર્થમપ્ટન એરિયા

પર્યુષણ કાર્યક્રમ ૨૨ ઓગષ્ટ ૨૦૧૪ - ૨૯ ઓગષ્ટ ૨૦૧૪

સ્થળ- પ્રતિક્રમણ- હિન્દુ કોમ્યુનિટી સેન્ટર, હાઈકિલ્સ રોડ, વેલીંગબરો, એન એન૮ ૧ પી એલ
ભક્તિ ભાવના, આરતિ મંગલ દીવો- હિન્દુ મંદિર

| Date / Tithi | Time | Event | Dress Code |
|--|---------------------|---|-------------------|
| શુક્રવાર ૨૨મી ઓગષ્ટ શ્રાવણ વદ બારસ | સાંજે ૬.૪૫ થી ૧૦.૦૦ | પ્રતિક્રમણ- સાંજે ૬.૪૫ થી ૮.૦૦ ભક્તિ ભાવના- સાંજે ૮.૦૦ થી ૯.૩૦ | લીલા રંગ |
| શનિવાર ૨૩મી ઓગષ્ટ શ્રાવણ વદ તેરસ | સાંજે ૬.૪૫ થી ૧૦.૦૦ | ધાટી કર્મ વર્કશોપ- બપોરે ૨.૦૦ થી ૪.૦૦ અંગ્રેજી પ્રતિક્રમણ- સાંજે ૬.૪૫ થી ૮.૦૦ ભક્તિ ભાવના- સાંજે ૮.૦૦ થી ૯.૩૦ | પીળો, કેસરીયો રંગ |
| રવિવાર ૨૪મી ઓગષ્ટ શ્રાવણ વદ ચોથ | સાંજે ૬.૪૫ થી ૧૦.૦૦ | અધાટી કર્મ વર્કશોપ- સવારે ૧૦.૦૦ થી ૧.૦૦ પ્રતિક્રમણ- સાંજે ૬.૪૫ થી ૮.૦૦ ભક્તિ ભાવના- સાંજે ૮.૦૦ થી ૯.૩૦ | બાંધણી |
| સોમવાર ૨૫મી ઓગષ્ટ અમાસ | સાંજે ૬.૪૫ થી ૧૦.૦૦ | પ્રતિક્રમણ- સાંજે ૬.૪૫ થી ૮.૦૦ ભક્તિ ભાવના- સાંજે ૮.૦૦ થી ૯.૩૦ | ગુલાબી રંગ |
| મંગળવાર ૨૬મી ઓગષ્ટ ભદ્રપદ સુદ અક્ષમ મહાવીર સ્વામી જન્મ જયંતિ | સાંજે ૬.૪૫ થી ૧૦.૦૦ | પ્રતિક્રમણ- સાંજે ૬.૪૫ થી ૮.૦૦ આ દિવસે ઉષવણી, આરતિ, પારણુ ઝુલાવવું અને મંગલદિવો સાંજે ૮.૦૦ વાગ્યે. ૧૪ સ્વાપ્ન નકરો પૌંડ ૧૦.૦૦ ભક્તિ ભાવના સાંજે ૮.૦૦ થી ૯.૩૦ | ગરચોળું લાલ, |
| બુધવાર ૨૭મી ઓગષ્ટ ભાદરવા સુદ બીજ | સાંજે ૬.૪૫ થી ૧૦.૦૦ | પ્રતિક્રમણ- સાંજે ૬.૪૫ થી ૮.૦૦ ભક્તિ ભાવના- સાંજે ૮.૦૦ થી ૯.૩૦ | જાંબુડી રંગ |
| ગુરુવાર ૨૮મી ઓગષ્ટ ભાદરવા સુદ ત્રીજ | સાંજે ૬.૪૫ થી ૧૦.૦૦ | પ્રતિક્રમણ- સાંજે ૬.૪૫ થી ૮.૦૦ ભક્તિ ભાવના- તપસ્વીનું બહુમાન સાંજે ૮.૦૦ થી ૯.૩૦ | બ્લુ રંગ |
| શુક્રવાર ૨૯મી ઓગષ્ટ ભાદરવા સુદ ચોથ | સાંજે ૪.૩૦ થી ૧૦.૦૦ | સંવત્સરી પ્રતિક્રમણ-શ્રી સમાપના બપોરે ૪.૩૦ થી ૭.૩૦ ભક્તિ ભાવના- રાત્રે ૮.૦૦ થી ૯.૩૦ ૧૦૮ દિવા આરતી, મંગલદિવો- રાત્રે ૯.૪૫ થી ૧૦.૦૦ ફીકસડ નકરો પૌંડ ૧૫.૦૦ આરતી અને મંગલ દિવા માટે | સફેદ-ક્રીમ રંગ |

શુક્રવાર ૨૨, શનિવાર ૨૩, રવિવાર ૨૪, સોમવાર ૨૫, બુધવાર ૨૭, ગુરુવાર ૨૮ ઓગષ્ટ ૨૦૧૪
નકરો આરતી માટે-પૌંડ ૨૫.૨૫ અને મંગલદિવો પૌંડ ૧૫.૨૫
આરતી મંગલદિવો- રાત્રે ૯.૪૫-૧૦.૦૦

કટાસણું-પૌંડ ૫.૦૦ ફીકસડ નકરો

સાઉથ લાંડનના વીરાયતન ટીમના સભ્યો વર્કશોપની માહિતિ આપશે
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તા ૧૪મી સપ્ટેમ્બરના રોજ વોલ્યુન્ટરી સેવા માટે મહેરબાની કરી ઉષાબેન શાહનો સંપર્ક કરશો.

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સ્વામીવત્સલ્ય ભોજન માટે કૃપા કરી આપના નામ તા ૫મી સપ્ટેમ્બર ૨૦૧૪ સુધી
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North Area News

June 2014

North Area Chairpersons message



"I hope you are all enjoying the summer. By the time you receive this edition of Oshwal News, the North Area Gujarati School will have been to London Zoo, our Youth Club on a long weekend holiday to Norfolk and the Social Club on a day trip to sunny Southend-on-Sea. I hope everyone has had fun on these trips and made new friends!

It is now time to detox the mind, body and soul! Please join us for the Parva Paryushan celebrations. We have a fun filled programme for the children and people of all ages. Sarojben and Dilipbhai have been working hard to put an exciting programme together. Please support them and encourage your children and grand children to attend and participate on this special occasion. Enjoy the rest of the summer and look forward to seeing everyone soon. Best Wishes. Daksha."

Daksha Maroo – Chair Person



North Area Youth Club

Whilst we have closed for the summer holidays, we hope you are all being super active and playing lots of sport.

YOUTH CLUB DATES AND TIMINGS FROM SEPTEMBER

Our first day back will be Friday 12th September 2014 and will run from 6pm to 7:30pm for Under 12s and 7:30pm to 10pm for Over 12s at Woodhouse College.

Due to the size our Youth Club we decided to adjust the timings to ensure each member gets sufficient play time.

The annual membership will be:

| | Under 12s | Over 12s |
|------------------|-----------|----------|
| OAUk Members | £100 | £160 |
| Non OAUk Members | £130 | £190 |

We do have a waiting list but if you are interested in joining or know someone who loves sport, please approach a youth club committee member or our club chairperson Sahil Shah.

NORTH AREA SAKHI MILAP – CAKE DECORATING EVENT AND AGM REPORT



On 17th June we held the long awaited Sakhi Milap Cup Cake Decorating and Ice-cream making demonstration.

With an intriguing table laid out of sprinkles, brightly coloured decorations and icing equipment, our audience of 50+ Sakhi's of all ages sat in anticipation, whilst Margaret and Becky, the two professional demonstrators, prepared their

demonstration.

We were also lucky enough to have the help of some more technical minded men who put up a projector screen connected to a camera, so that all the intricacies of the demonstrations were easy to see by everyone.



The event began as usual with the navkar mantra and a short agenda for the evening. As planned, after the cake decorating we held the biannual Sakhi Milap elections followed by a quick eggless, no churn, ice cream demonstration lead by our own Parul and Sheela The event culminated in delicious ice cream and cakes (home made by Sakhi's) for all to enjoy at the end.



Margaret and Becky gave us some excellent tips for colouring icings, piping accurately and making cute fondant butterflies, roses as well as caterpillars and lady birds. The demo was highly interactive as many of our Sakhi's are avid bakers and had some questions and queries for the experts. A few Sakhi's even had a go at piping and decorating themselves. By the end of the hour we were left with some beautifully decorated cakes.

Thereafter, Pritiben gave her final closing speech as chair-lady and was clearly very proud of the team she had led. The Sakhi Milap biannual election led by Dakshaben took place. Nilamben was elected as the new chair-lady leading a team of 8 other Sakhis .





Parul and Sheela's ice cream demonstration also went down a treat. The live demo gave our Sakhis the opportunity to understand the method of a very simple recipe but most delicious taste. With summer upon us everyone was keen to have a simple and reliable homemade eggless ice cream recipe up their sleeve! Overall, the event was a great success and enjoyed by everyone who attended.

Report on the Music and Bhojan night

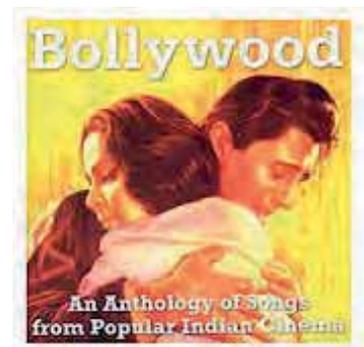
The warm, hazy sunshine of Saturday evening in late May provided the ideal backdrop for the first of many events for the new Culture and Heritage North Area committee, as the audience was treated to an entertaining bhojan and music night at Compton School.

For many the evening truly began well-before the stated 6.30pm start, with the hall buzzing with volunteers teased with the tantalising aroma emanating from the nearby kitchen. People slowly trickled into the dining hall where they were served with freshly made naan, methi corn, channa masala, mattar rice and kadhi, alongside a selection of side dishes including tasty samosas and Shrikhand. The delicious food set the mood for the evening.



A variety of old and new remixes played by Anilbhai and his team had people pouring onto the dancefloor. The versatile song selection

revived memories of classic film favourites including Gujarati, Swahili and Qawaali songs. Of course, the evening could not end without playing Garbas. Everyone had a wonderful time, with one of the attendees commenting: "We enjoyed the Qawaali best where both the men and women stood opposite each other and danced towards each other in the traditional manner!"



Kirit Haria and Ila Shah - Culture and Heritage sub committee

Oshwal North Area Gujarati School



Adult IT Classes

Learn to use computers

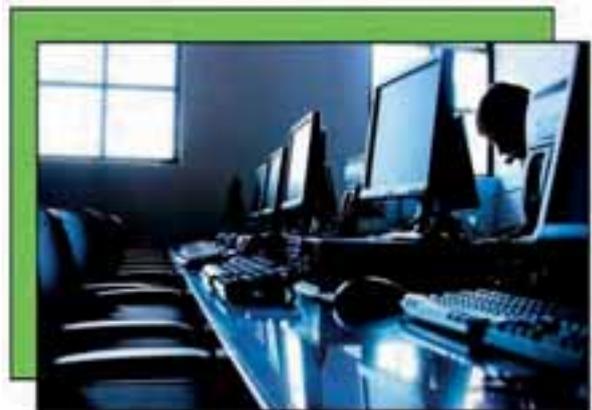
Learn to send emails

Learn how to be safe on the internet

£5 per Session

The sessions will include how to use tablets and your mobile phones (including smart phones)

Sessions will be led by a qualified instructor and in Gujarati



Every Saturday between 11am and 12.30pm commencing September 2014. For more details please contact Kuntesh Shah or email gujschool@gmail.com

Paryushan Parva 22nd August – 29th August 2014

Venue: Moss Hall Junior School, Nether Street, Finchley, London N3 1NR

Area Name: NORTH

| Date / Tithi | Time | Event Details | Additional Info | Colour scheme for the day |
|-----------------------|--------|---|--|---------------------------|
| Friday 22/08/14 | 6.00pm | Pratikraman @ 6.00pm Aarti/Mangal Deevo Debate on 'Is Taap Necessary during Paryushan?' Stavans and Garba time permitting | Looking for people to participate in the debate. | Green |
| Saturday 23/08/14 | 6.00pm | Pratikraman @ 6.00pm Aarti/MangalDeevo followed by Stavan singing and Garba with music by Ajitbhai and party | | Pink/Purple |
| Sunday 24/08/14 | 5.00pm | Chaudas Pratikraman @ 5.00pm – Aarti/Mangal Deevo followed by Stavan singing and Garba with music by Ajitbhai and party | | Orange/Peach |
| Monday 25/08/14 | 6.00pm | Pratikraman @ 6.00pm – Aarti/Mangal Deevo followed by Talk on the meaning of Dharma and its practice in daily life by the renowned Vinodbhai Kapashi followed by Garba time permitting | | Bandhani |
| Tuesday 26/08/14 | 5.30pm | Pratikraman @ 5.300pm – Aarti/Mangal Deevo/14 Swapnas, Mahavir Janma Vanchan Stavans on janma Kalyan | Children will recite the meaning of the 14 swapnas. | Red/Maroon/Gharchoru |
| Wednesday 27/08/14 | 6.00pm | Pratikraman @ 6.00pm – Aarti/Mangal Deevo/ North Area has got talent in Stavan singing. Pass the parcel game for children. | Looking for North Area members to show their talents in Jain stavan singing individually or in groups. Limited items so please enrol your interest. | Yellow/Mustard |
| Thursday 28/08/14 | 6.00pm | Pratikraman @ 6.00pm. Aarti/Mangal Deevo/Tapasvi Bahuman and stavan singing. | | Blue |
| Friday 29/09/14 | 4.30pm | Savansri Pratikraman @ 4.30pm – 108 Diva Aarti/ | A grand 108 diva aarti performed by | |

| | | | | |
|--|--|---------------------|---|----------------------------|
| | | Mangal Deevo | 108 people (nakro is £10.00 each). One main Aarti thali with £108.00 nakro. There will be a Nakro of £5.00 katasnu charge. | White/Cream/Panetar |
|--|--|---------------------|---|----------------------------|

On all the days, time permitting, we will have raas garba.

CHILDREN PARTICIPATION DURING PARYUSHAN

On each day during Paryushan, we will organise activities where children can participate.

| | | | |
|--------------------|--------------------------|---------------------|--|
| Friday 22 | Story telling | Saturday 23 | Navkar Mantra Recital |
| Sunday 24 | Story telling | Monday 25 | Display of Decorated Aarti Thalıs |
| Tuesday 26 | Meaning of Swapna | Wednesday 27 | Stavan singing |
| Thursday 28 | Pass the Parcel | Friday 29 | Micchami Dukadam |

Announcements will be made during the Paryushan about these activities. Please encourage all children to participate in these activities.

Darshan Vidhi before pratikraman.

There will be a nakro of £5 for the recital of the full Darshan Vidhi.

Pratikraman Sutras

For Pratikraman Sutras there is a nakro of £5.00 for each Sutra, except on Chaudas and Choth when the nakro is £10.00 for each Sutra. Shanti Sutra nakro will be £10.00 daily.

Aarti and Mangal Divo

Like last year, the aarti and mangal deevo will be performed by participating in a nakro system. There is a nakro of £25.25 for each Aarti and each Mangal Divo and there will be a maximum of 20 thalis for each available each day. This will be allocated on a first come first served basis and a maximum of 4 people per thali will be allowed. Book early to avoid disappointment.



Mahavir Janma - Sapnas

There will be a nakro of £101.00 for each sapna except for Lakshmijee and Ratnano dhaglo. These two will be allocated by bidding during Paryushan.

Please book early to avoid disappointment – this will be done on a first come first served basis.

Thalis

There will be a display of diva Thalis on Wednesday 27th August 2014. Please bring your decorated thalis to the venue after pratikaman. Encourage children to participate.



Prabhavna

Any members wishing to take the opportunity to provide prabhavnas during these auspicious days should contact Sarojben or any Committee members. Any members wishing to make donations during the Paryushan festival should complete Gift Aid Form and return it with the payment to any committee member.

Donation towards the hall hire

The cost of hall hire is £400 per day. Donations are very welcome towards this.

Swamivatsalya Bhojan

Venue: Oshwal Centre, Coopers Lane Road, Potters Bar, Northaw, Herts EN6 4DG

Date: Sunday 22 September 2013

Time: Lunch 1.00pm – 3.00pm



Swamivatsalya Bhojan Nakro: £51.25

Volunteers needed from 8.00am on the day for various duties. Breakfast will be provided.



For further information, please contact:

Sarojben Shashi Shah on 0208 4204606 or Dilip Maroo on 07745508308 or any North Area Committee members.

Management Committee reserves the right to amend any of the above programme without any notice.

નોર્થ એરીયા

પર્યુષણા મહાપર્વની આરાધના

શ્રાવણ વદ૧૨ શુક્રવાર - ભાદરવા સુદ ૪ શુક્રવાર
સ્થળ: ધ કોમ્પટન સ્કુલ, સમરસ લેન. ફ્રીન્યલી N12 OQG

| દિવસ | તારીખ | પ્રતિક્રમણ શરૂ કરવાનો સમય |
|----------|---------|---|
| શુક્રવાર | ૨૨-૮-૧૪ | સાંજે ૬ . ૦૦ વાગ્યે |
| શનીવાર | ૨૩-૮-૧૪ | સાંજે ૬ . ૦૦ વાગ્યે |
| રવીવાર | ૨૪-૮-૧૪ | સાંજે ૫ . ૦૦ વાગ્યે ચૌદસ |
| સોમવાર | ૨૫-૮-૧૪ | સાંજે ૬ . ૦૦ વાગ્યે |
| મંગળવાર | ૨૬-૮-૧૪ | સાંજે ૫ . ૩૦ વાગ્યે |
| બુધવાર | ૨૭-૮-૧૪ | સાંજે ૬ . ૦૦ વાગ્યે |
| ગુરુવાર | ૨૮-૮-૧૪ | સાંજે ૬ . ૦૦ વાગ્યે |
| શુક્રવાર | ૨૯-૮-૧૪ | સાંજે ૪ . ૩૦ વાગ્યે શ્રી સંવત્સરી મહાપર્વ |

સંમપુર્ણ દર્શનવિધિ માટે રૂ૫ . ૨૫ દર રાખેલ છે.

આરતી અને મંગળ દીવો - પ્રતિક્રમણ સમાપ્ત થયા બાદ દરરોજ આરતી અને મંગળ દીવાની કરવામાં આવશે.

અમારી વિનંતી છે બહેનોએ દરરોજ જુદા જુદા રંગની સાડી પહેરવી.

દિવસ ૧ . લીલો ૨ . જાંબુડી ૩ . કેસરી ૪ . બાંધણી ૫ . લાલ

૬ . પીળો ૭ . આસમાની ૮ . બાંધણી અથવા ભરેલી.

શ્રી મહાવીર જન્મ કલ્યાણક-મંગળવાર તા. ૨૬-૮-૧૪ ના સાંજના પ્રતિક્રમણ થયા બાદ ચૌદ સ્વપનાની અને પારણું ઝુલાવવાની ઉછવણી કરવામાં આવશે. શ્રી મહાવીર પ્રભુ જન્મ કલ્યાણક વાંચન.

ભાગ્યસાગી પારણું ઝુલાવશે

તપસ્વીઓના બહુમાન -ગુરુવાર તા. ૨૮-૮-૧૪ સાંજના તપસ્વીઓ ના બહુમાન કરવામાં આવશે.

પ્રભાવના- પર્યુષણા દરમ્યાન પ્રભાવના કરવાની ઈચ્છા હોય તેમણે તેમના નામ સમિતિ ને જણાવશો.

પર્યુષણા દરમ્યાન કોઈ પણ ભાઈઓ, બહેનોને હોલનું ભાડુ આપવાની ઈચ્છા હોય તો કાર્યવાહી સમિતિને જણાવશો.

મહાવીર જન્મ કલ્યાણક ને દિવસે પ્રભાવનાનો ખર્ચ દેવાની ઈચ્છા હોય તો સમિતિને જણાવશો.

ખાસ નોંધ- પ્રતિક્રમણના એક એક સૂત્ર રૂ૫ . ૦૦ નકરો રાખવામાં આવેલ છે.

શાંતી સુત્ર ખોલવાના રૂ૧૦ . ૦૦ નકરો રાખવામાં આવેલ છે.

ચૌદસ અને સંવત્સરી પ્રતિક્રમણ સુત્ર ખોલવાના રૂ૧૦.૦૦ નકરો છે.

લાભ દરેક ભાવિકો લઈ શકશે, પણ સુત્ર ફક્ત પુરુષો ભણાવશે.

સ્વામી વાત્સલ્ય ભોજન

સ્થળ- ઓશવાળ સેન્ટર, પોટર્સ બાર

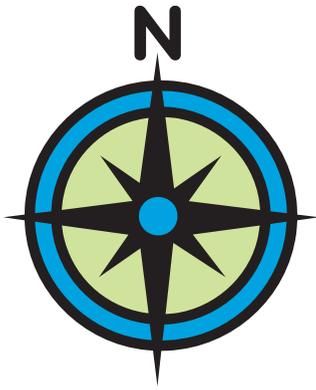
રવિવાર તા. ૨૧-૮-૧૪

સમય-બપોરના ભોજન: ૧ . ૦૦- ૩ . ૦૦ વાગ્યા સુધી

સ્વામી વાત્સલ્યનો દર રૂ૫૧ . ૨૫ નક્કી કરેલ છે,

આ કાર્યક્રમ માટે સ્વયંસેવકોની જરૂર છે, આપ સહુ તમારા નામ સમિતિને જરૂર નોંધાવશો.

સંજોગો વસાત ફેરફાર કરવાનો હક્ક કાર્યવાહી સમિતિને રહેશે.



Upcoming Event

Adult I.T. Classes

Learn how to use you're a computer, tablet, or mobile device. See our full page advertisement for details.

REGULAR EVENTS



Social Club

Fridays (Term Time)

Time: 8pm to 10pm

Venue: Woodhouse College

Info: A great social night with Bhukar, Chokadi and other activities. Come along and join in the fun.

Entrance £1.



Bolly Aerobics

Saturdays (Term Time)

Time: 9.45am to 10.45am

Venue: Woodhouse College

Info: Dance your way to fitness! Enjoy the perfect workout . Contact Daksha Maroo



Gujarati School

Saturdays (Term Time)

Time: 9.30am to 12.30pm

Venue: Woodhouse College

Info: Let your child learn to speak and enjoy Gujarati, which is taught through music, singing, dancing, acting, storytelling and art! From ages 4 upwards. We also offer Bollywood dancing, Table, Harmonium, Bharat Natyam, Arts and Crafts, and Gujarati for adults.



Youth Club

Fridays (Term Time)

Time: Under 12s 6-7.30pm Over 12s 7.30-10pm

Venue: Woodhouse College

Info: Come and play football, basketball, bench ball, dodge ball, netball and much more.



Yoga

Fridays (Term Time)

Time: 7pm to 8.30 pm

Venue: Woodhouse College

Info: Yoga helps in so many ways. Come and join in these classes led by Dr Mehul Shah.

Contact Sejal Shah 07931 778 642



Key Contacts

Chairperson

Daksha Maroo
daksha.maroo@gmail.com
07775 514 286

Education

Kuntesh Shah
kshah5@sky.com
07952 708 592

Sakhi Milap

Nilam Shah
shahnilam@hotmail.co.uk
07941 076 115

Youth Club

SahilShah
sahil.shah@hotmail.co.uk
07947 984 706



WALKING
NEW EVENT!

Every Sunday

Time: 8am to 9am

Venue: Trent Park, Cockfosters Road,
Barnet EN4 0PS

Info: A great way to keep fit, take in the
fresh air, and make new friends!

Contact Hema Shah 07714 418 081





14 Days China

Price from £2370

Book online 12 weeks before
Save up to £100

Dep date: Sep 6 (LAST 10 SEATS)

Includes: all 5 star hotels, Beijing, Xian, Guilin, Shanghai and 3 nights on 5 star Yangtze cruise plus much more...

With Indian Chef



14 Days Brazil & Amazon

Price from £3790

Book online 16 weeks before
Save up to £100

Departure date: Oct 27 & Dec 01

Includes: Iguazu Falls, Manaus, Recife, Salvador, Rio, San Paulo and much much more.

With Indian Chef



After this years success tour

27 Days Australia - New Zealand - Fiji

Dates 2014: Nov 11, Feb 10 (2015) - Price from £4939

Includes: Australia: Perth city tour, Sydney City Tour, Opera House, Blue Mountains, Melbourne and 12 Apostles drive, Kuranda train journey, Skyrail Cableway over the rainforest, The Great Barrier Reef

New Zealand: Sights of Rotorua, New Zealand's thermal region, Auckland harbour Cruise, Join a cruise on spectacular Milford Sound, Mount Cook

Fiji: Fiji Islands, Viti Levu Island tour

Dubai - shopping and relax

Our BEST selling tour!



16 Days Vietnam, Cambodia & Laos

Price from £2505

Book online 12 weeks before
Save up to £70

Dep date: Nov 15, Feb 25

Includes: Siem Reap, Angkor Wat, Ho Chi Minn City, Hoi An, Hue, Ha Noi, Halong Bay, Luang Prabang and much more...

Jain food on tour



20 Days Peru, Bolivia & Chile

Price from £4100

Book online 16 weeks before
Save up to £100

Departure date: Nov 06

Includes: Lima, Nasca, Arequipa, Colca, Cusco, Puno, La Paz, Uyuni, Calama, Ojo De Perdiz Lagoons, El tatio Geysers and much more...

With Indian Chef



16 Days Mexico

Price from £2100

Book online 12 weeks before
Save up to £70

Dep dates: Oct 01, Dec 03 & Feb 25

Includes: Mexico City, Pyramids Teotihuacan, Oaxaca, Sumidero Canyon, San Cristobal de las Casas, Chichen Itza, Cancun and much more...

With Indian Chef



14 Days: Las Vegas & Hawaii Cruise

Price from £2600

Book before 12 weeks and get £150 off

Departure date: Oct 20 & Nov 24

Visit: Las Vegas, Grand Canyon, Los Angeles, Honolulu, Kahului Amu. 7 nights Cruise on the Norwegian Pride of America.

With Ashwin Shah of Finchley



14 Days Bali with Borneo

Price from £2350

Book online 12 weeks before
Save up to £100

Departure date: Oct 25, Dec 06, Feb 07

Includes: Bali, Uluwatu temple, Kintamani, Jeep Safari, Samboja, Orang-Utans sanctuary, Yogyakarta and much more...

Jain food on tour



16 Days: South Africa

Price From £2700

Book before 12 weeks £100 off

Departure date: Oct 04, Dec 06 and Feb 28

Visit: Johannesburg, Sun City, Durban, Garden Route Cape Town, Port Elizabeth, Kynsna and much more...

Jain food on tour



11 Days: New York & Bahamas Cruise

Price from £1299

Book early for discounts

Departure date: Oct 03 & Oct 31

Visit: New York City tour, and much more. 7 nights cruise on the Norwegian Breakaway.

Jain food on tour



10 Days: Sri Lanka Ramayana Trails

Price from £1480

Book 12 weeks before and get £70 off

Dep date: Oct 04, Dec 06, Feb 07

Visit: Colombo, Sigiriya, Dambulla, Kandy, Galle and much much more...

Jain food on tour

CALL TODAY: 020 8951 0111 *Divyakumar Nemchand Shah*

North East Area

Pranam, Jai Jinendra, Hello, Hi!

Hope you are all well and have enjoyed the recent bursts of hot sunshine! I am sure many of you have had BBQ's with scrumptious and colourful Paneer and Pepper kebabs! Although we may be eating more at our BBQs! Our regular Keep Fit, Yoga and Zumba classes are running well and keeping our fellow members active and healthy.



Hopefully you all enjoyed watching the World Cup. As I write this, England have unfortunately lost and are coming home. I would have loved to see an England World Cup WIN in my lifetime as unfortunately, back in 1966; I was not even a twinkle in my parents' eye! Maybe next time, fingers crossed!

As you will read, we have started a travel section. We all love holidays and sight-seeing whether it is within the UK or abroad. So, we thought, why not tempt readers to visit places they may not have been to before. I invite you to send in your travel stories (and pictures!) so that we can publish them for all to read.

Our major event this year will be the Diwali Bazaar in October. We will endeavour to continually keep you updated during events and publications. I hope together we can make it a great success fuelled with scrumptious food, a variety of stalls, plenty of sunshine and FUN!

If you or anyone you know may be interested in booking a stall space, please contact one of our committee members.

Please note we will be holding a Macmillan Cancer Event on 28th September, time and date to be confirmed.

Finally, I look forward to seeing and speaking with you at our forthcoming events and during the Paryushun festivities.

Nishma (Nish)
North East Area Chair

We want to hear YOUR stories, YOUR successes and YOUR news!

**To submit any articles for the Oshwal magazine or website (North East section) please contact
tanvine@hotmail.co.uk**

What's been happening in North East?

SARI DEMONSTRATION - THURSDAY 29TH MAY 2014

The first monthly meeting organised by the new Sakhi Mandal committee (2014-2016) was a Sari Demonstration! The meeting took place at St Michael at Bowes Church and we had a great turn out.



We started off with prayers and one of our committee members gave a short introduction on the history of saris and how different parts of India wear different styles. The sari is India's national dress and it is a long piece of cloth, that has no stitching, which is usually around six yards long. It is said the word "sari" originates from the Sanskrit word "sati" which translates to "strip of cloth".

The sari demonstration was conducted by Nita Shah along with Bina's assistance. Three volunteers from the audience kindly agreed to become models for the evening! Nita draped saris on them showing us Gujarati, Bengali and South Indian styles. She also showed how to use sari to create a chania choli effect. Ready pleated saris, which are in fashion at the moment, were shown how to be draped and they looked extremely beautiful and elegant!



It was a fantastic evening and everybody took something away with them. At the next wedding event everybody will be looking like models! It was lovely to see so many faces, regular ladies and new ones, and we hope to see you all at the forthcoming events.

SALADS AND MOCKTAILS - THURSDAY 26TH JUNE 2014

This is a great accompaniment to the summer BBQ (which, of course, is men's domain) so why did we not see any gentleman to this lovely demo? We had only one young lad in the crowd which was lovely to see.

A wife and husband (ladies first!) team, Maltiben and Jayantbhai showed us how to make salads with new ingredients, some of which never heard of (in any case by some of us!).



These salads were crunchy and flavoursome, not forgetting to mention also healthy.

And what can we say about mocktails! Refreshingly soothing made with raspberries and strawberries which is plentiful in season at the moment. So everybody get making and do not forget to invite the N.E Area Sakhi Mandal team.

North East Area

O.A.U.K. NORTH EAST AREA PARYUSHAN FESTIVAL 22nd August - 29th August 2014

| Day /Date August 2014 | Kalpasutra Vanchan 1 11.00 AM / 2.00 PM | Dev Vandan | Evening Programme at Oshwal Centre |
|--|--|------------|--|
| Friday 22 nd August Shravan vad 12 | Astahnika Pravachan 11.00 to 2.00 PM United Reformed Church | 6.20 | 6.45 pm Pratikraman Bhavna/ Lecture Mangal Divo/Aarti every day |
| Saturday 23 rd August Shravan vad 13 | Oshwal centre Shree Kalpsutra Pooja Time: 11.00/ 3.00 pm Sadharmik Bhakati /Bhojan Only 4.00.to 5.00 pm | 5.30 | 6.00 pm Pratikraman English Lecture by Mehoolbhai Sanghrajka Understand Pratikraman and Paryushan, and lots more on Jain Religion |
| Sunday 24 th August Shravan vad 14 | Astahnika Pravachan 11.00 to 2.00 pm United Reformed Church | 4.30 | 5.00 pm Pratikraman Bhavna /Lecture |
| Monday 25 th August Shravan vad 0 | Kalpasutra Vanchan 11.00 to 2.00 pm United Reformed Church | 6.20 | 6.45 pm Pratikraman , Dada Aadesvar Ne Bhetva Saturnjai Ni Bhav Yatra |
| Tuesday 26 th August Bhadarva sud 1 | Mahavir Vanchan programme at Oshwal Centre from 1.30pm onwards Kalpasutra Vanchan, 14 Swapna, Parnu Julavanu. Followed by dinner from 5.00 pm - 6.00 pm only Sadharmiks are invited for dinner. After Pratikraman, Bhakti with musicians to celebrate <i>Mahavir</i> Swami's Janma | | |
| Wednesday 27 th August Bhadarva sud 2 | Kalpasutra Vanchan 11.00 to 2.00 pm United Reformed Church | 5.55 | 6.15 pm Pratikraman. Kumarpal Maharaja Ni Aarti |
| Thursday 28 th August Bhadarva sud 3 | Kalpasutra Vanchan 11.00 to 2.00 pm United Reformed Church | 5.55 | 6.15 pm. Pratikraman Tapasvi Nu Bahuman. |
| Friday 29 th Auhust Bhadarva sud 4 | Barsa Sutra Vanchan: 10.00 am / 1.00 pm | 4.10 | 4.45.pm.Samvantsari Pratikraman Followed by Kshmapana 108 Diva Aarti, Mangal Divo |

Venue: Kalpasutra Vanchan at United Reformed Church, Fox Lane, Palmers Green, N13.

Daily Colour Code:

Friday-yellow; Saturday-red; Sunday-green; Monday-pink/brown; Tuesday-bandhani/Garchoda; Wednesday-heavy saree; Thursday-colourful; Friday-Soft colour.

O.A.U.K. NORTH EAST AREA PARYUSHAN FESTIVAL

During Paryushan, we will have trained devotees from Tapovan India to give us spiritual lectures and discourses on our Jain Religion.

Shree Kalpsutra Pooja at Oshwal Centre

Saturday 23/8/14 Pooja for the first time at Paryushan time to know the value of our Aagam, why is Shree Kalpsutra so important in Jain Religion?

Nakro of £11.25 each to take part in Pooja . 8 People well get chance to do Pooja.

Donate £25.00 to be part of Sadharmik dinner after Pooja on Saturday 23/8/2014 at Oshwal Centre.

23/8/14 - A donation of £5.00 can be made towards the daily use of items in the Derasar and for Jirnodhvar (maintaining and repairing of Derasar.)

English Lecture by Mehoolbhai on Saturday 23/8 /2014 after Pratikraman

Many of us know that Paryushan is an important Jain festival. Some of us try and sit for a couple of hours to do Pratikraman because we wish to keep our religion alive. But, how many of us actually understand it? Can we achieve spiritual benefit if all we do is follow a ritual without meaning? During Paryushan, come and listen to the what, how, when and why of both Pratikraman and Paryushana in simple, logical English, and learn how to enjoy this important festival!

Mahavir Janma celebration Tuesday 26/8 at Oshwal Centre

Donate Nakro of £25.00 and be part of Sadharmik dinner on Mahavir Swami Janma Vanchan day Celebration.

Swami Vatsalya Bhojan Sunday 14th Sept 2014.

Venue: Oshwal Centre. Time 12.30 pm to 3.00 pm

Samvantsari Bhojan Nakro £ 501 each. 12 people will get chance.

Contact any committee member for Nakra donation.

Micchami Dukkadam.

We seek your forgiveness if we have caused any ill feelings or hurt anyone knowingly or unknowingly.

During Paryushan we need volunteers so please come forward to help.

The committee reserves the right to make any changes in the program

OSHWAL
Association of the UK

Charity No: 267037

North East Area



Seniors Club



Please let us know if you, or anybody you know, would be interested!

Time and Venue: To be Confirmed



Contact: Binduben 020 8367 0392

Dipakbhai 07866268021

Hansaben 020 8368 7527

Madhuben 020 8882 4391

Pushpaben 020 8886 9812



સિનિયર કલબ

વડીલો, ભાઈઓ તથા બહેનો .

નોર્થ ઈસ્ટ કમિટી નજીકમાં વડીલો માટે જુદી જુદી પ્રવૃત્તિ કરવા સિનિયર કલબ શરૂ કરવાની તૈયારી કરી રહ્યા છે .
.આવો સાથે ઇળી મળી બે ઘડી આનંદ મજા કરીએ

પ્રવૃત્તિમાં : યોગા, કાર્ડ ની રમત, જેવાકે ચોકડી, છકડી, ભુખાર વિગેરે, રમૂજી દુચકા, સંગીત, વિતેલી પળોની યાદી તેમજ જીવનના ઘરેલા અનુભવો, સાથે યા નાસ્તા ની પણ મજા માણીએ.

આ કાર્ય ની શરૂઆત કરવા નિવૃત્ત સભ્યો આપના સાથ અને સહકાર ની કમિટીને ખાસ જરૂર છે. આપના નામ જણાવો. તેમજ સમય અને સ્થળ ની જાણકારી માટે ફોન કરો .

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Management reserves the right to change or cancel programme

Iceland

Travel Success tion

Reykjavik - one of the coldest cities but one of the most enjoyable cities I have visited. It all started with a discussion with a friend about the Northern Lights. Everyone has seen them, whether it be on TV or in pictures. I always have the "wow" factor and am mesmerized by them. To see them has always been a dream. Unfortunately, like my experience with the Pyramids, I am yet to be amazed. You will feel my frustration more below. For now, I would like to tell you about the other two activities that were fun and adrenaline filled and something I would definitely recommend.

The Golden Circle Tour with Snowmobiling

With excursions to the best and biggest Icelandic Natural attractions this tour took me to the Geysir Geothermal Area, Thingvellir Nation Park and the Gullfoss Waterfall. We then ended with a fun-fuelled snowmobile tour on top of Iceland's largest glacier.



I had an early start (me being a late riser) for an all day tour but it was great! In the Geothermal area I saw hot pools and hot springs. Although the Geysir does not erupt anymore, the Srokkur was sprouting as high as 40m every few minutes. The heat was great, the smell not so much!

The waterfall was amazing. Standing close to the edge, I could feel the spray on my face and the earth shake. Don't expect to talk to anyone near this, the sound of the thundering water is extremely loud - you can't even hear your inner voice!

My favourite part of the tour was the snowmobiling activity. I still speak to my friends about this a year later. Travelling through a glacier and imagining myself in an Ice Age movie, this was not only beautiful and mesmerising but I was most definitely appealed to my inner competitor mode as I sped through the snow trying to beat my other tour members! By the way, wearing a jump suit and feeling like an astronaut on the moon was not a bad feeling either!



Blue Lagoon

Imagine a massive spa, and then throw that out of your mind. Now image a spa in Heaven! The Blue Lagoon is the most amazing spa in the world (according to me). An outdoor heated ocean with in-water massages was pure bliss after an activity filled holiday. Book your massages in advance to avoid disappointment and enjoy a great spot of lunch or dinner in the lovely indoor restaurant. There are also natural exfoliating products that are on the rocks on the side of the ocean. Enjoy seeing everyone swim with their heads above the water in white exfoliating masks - fun sight! On a serious note, this is one of the greatest places for relaxation and I most definitely recommend anyone to visit even if it is for a weekend.



As I stated earlier, this was a dream to see. But unfortunately I was disappointed. Of course, if anyone asked me if it worth going to Iceland to see the lights I would say YES but you would have to be extremely lucky to actually see them. It was frustrating not being able to experience what you see in the pictures but, I guess sometimes it is just pot luck. We had landed in the evening and found a tour that night. It was extremely cold and I was not used to such extreme temperatures, plus I was tired. The tour started



at 12 midnight and lasted for 2 hours. We drove to the outskirts and then had to disembark the coach and look up to the sky which was pitch black. I guess if I had seen what I had dreamt, I would be writing a different account, but

unfortunately you do need to be prepared to see nothing and just settle for the pictures! The Northern Lights did not shine for me that night.

Iceland is amazing. The food and drink is lovely and the hotels are accommodating. I had a great time and would recommend the destination to anyone. I would most definitely go back just for the snowmobiling and blue lagoon, and maybe next time I will get lucky and see the Northern Lights!

Written by: Nishma Shah

Travel Section

Find the words given below in the word search.

| | | | |
|--------|------------|-------|----------|
| ଘରମ | Hot | ଊଢ଼ | Leg/Feet |
| ମାଢ଼ା | Crocodile | ଊଊଊ | Wind |
| ସାହା | Good | ମାଢ଼ା | Peas |
| ମାଝାଝା | Apple | ରମ | To play |
| ଊଢ଼ା | Duck | ଊଢ଼ା | Ice |
| ଝାଝା | Pen/Pencil | ଝାଝା | Fruit |
| ଝା | To eat | ଝାଝା | Tag |
| ଝାଝା | Free | ଝାଝା | Button |
| ଝା | To swim | ଝାଝା | Exercise |

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Tea & Coffee Afternoon

28th September 2014
Time and Venue: TBC

For Macmillan Cancer Support



OSHWAL
ASSOCIATION OF THE U.K.
Registered Charity No. 287077

**NORTH EAST AREA
DIWALI BAZAAR**
Sunday 19th October 2014

Alexandra Park School,
Rhodes Avenue, London
N22 7UR

2pm – 6pm

What to expect:

- Games & Entertainment
- Diwali Activities,
- Magician/Clown,
- Many stalls offering products/services,
- Lots of delicious food stalls.

What we need:

- Volunteers
- Raffle Prizes
- Sponsors for crucial elements

Please come forward with any ideas you have by emailing us: diwalibazaar@hotmail.com

If you are a business/service and would like to enquire about having a stall on the day, please contact: sripa.shah@gmail.com



Are you married? Divorced? Widowed ? Have children?
Own a property? In business ?
Have parents living with you? Likely to inherit ?



**BUT HAVE STILL NOT
MADE A WILL?**

Don't leave a mess behind

Think about your loved ones and do the right thing today!

DO YOUR PARENTS/GRAND PARENTS HAVE A WILL? When was it last reviewed? Ensure it is still in line with their wishes. Are they more anxious because they cannot speak English fully? Don't worry as I can explain everything in Gujarati. Take the small step now and avoid issues later on. Happy to meet with entire family if required.



CONTACT DETAILS

Shandip N Shah MSWW, ACIB, MBA

Tel: 020 8429 5295 or Mob: 07780 690432

Office in Talbot House, Imperial Drive, Rayners Lane, Harrow, Middlesex.HA2 7HH

Email: shandip@balanceconsultancy.co.uk

Web: www.balanceconsultancy.co.uk

Evening & Weekend Appointments

Services provided by Balance Consultancy

- Wills
- Lasting Powers of Attorney
- Probate – Fixed Price Probate Work
- Will Storage and Will Reviews
- Trusts
- Funeral Plans: For over 50s. Pay now and save £££
- IHT & Estate Planning
- Attestation (signing & witnessing) service

Everyone knows you should write a will to make sure your loved ones are provided for when you die, **but what happens if you are left mentally unable to make decisions because of an accident or illness?**

**Think about taking out a
Lasting Power of Attorney**



'It's a Dead Cert, So Plan for It' ... Leave a Lasting Legacy ... Not a Mess!

FREE Information pack available with literature in GUJARATI & ENGLISH. Please contact me today by phone or email.

North West Area



Chairperson's Message



Paryushan marks a focal point in our Jain calendar. As the world around us is full of personal conflict and financial turmoil, it becomes increasingly important for us to understand the true nature of Jainism. Our work commitments and family and social obligations have become an extremely heavy burden on our lives, leading to stress, despair, family disputes and depression.

Conflict has become a routine occurrence in our daily lives. It is all too natural and normal to go to work, get stressed due to the pressure to perform, come home and snap at our dear ones and upset them, simply because we are not at peace with ourselves. By ensuring that we follow the basic tenets of Jainism*, we can ensure that we reduce the instances of conflict within our personal lives and the lives of those around us.

Paryushan is a time to reflect on our actions and take stock and to focus on what it means to be a true Jain. Let us come together and ensure that we live

our lives in the true spirit of Jainism thereby reducing the conflict around us and creating a harmonious environment for us and our loved ones.

On behalf of the North West Area Committee, "Mithchami Dukhdum".

** Please see article **Basic Tenets of Jainism in the 21st Century***

Nirmal Chandrakant Shah
Chairperson
OAUK – North West Area



OAUK NORTH WEST PRESENTS

Bhakti Sandhya

@ Oshwal EKTA Centre, 366A Stag Lane, Kingsbury, NW9 9AA

Dates: Wed 24th September, Wed 29th October, Wed 26th November

Time: 8:15 PM to 9.45 PM (doors open : 8:00 PM)

(Open to all)

Aimed at people of all ages.

Come and immerse yourself in Bhakti through devotional songs (stavans) performed by talented young singers and musicians

FOR FURTHER DETAILS CONTACT : MAHESH LILADHAR SHAH 07711 439543

OSHWAL EKTA TREE – Planned Update

Planned update of the EKTA Tree will take place towards the end of this year. If you would like to donate and ensure that your takti is listed, we will require all donation forms and donations to be received by no later than 15th September 2014.

Please contact EKTA Admin Office on 020 8206 1141 for donation forms or download from www.oshwal.co.uk

On your Bike!

Operation ReConnect enters a team on the L2B

UPDATE!

"For me at least, it is not just about taking part in the prestigious London to Brighton Bike Ride..... It is a life changing challenge to get healthy..... If in the process I manage to complete the L2B, it's a huge bonus."



Sejul Suryakant Shah, Bhavni Sejul Shah, Chetan Magan Shah, Nirmal Chandrakant Shah, Bijal Harakhchand Galaiya, Nihar Dineshchandra Shah, Minesh Venichand Shah, Dixit Dhirajlal Shah, Paresh Amritlal Shah, Milan Shah, Ansu Amritlal Shah

And we did it! From couch potato to London to Brighton finisher, in just two months. Call us certifiable, mad or senile (and we were called all this by our spouses), it required a certain mix of lunacy and just sheer determination to sign up to the London to Brighton bike ride (before even owning a bike). Collectively, we raised over £2,000 for the British Heart Foundation.

How did we do it? Just simple. The first day I purchased the bike, I rode home with my wife and son following in the car making sure I did not get knocked down (or more likely I did not injure someone.) It's approximately 2.5 miles. After that it was a 10 mile ride and the muscles did ache but there was a sense of achievement. Over a period of time, this gradually increased to 25 miles and I knew that I was positively in contention when I managed 39 miles, got home, showered and had enough energy to go out and mow the lawn! We had 2 months to reach to that stage. You have 10 months!

If we can do it, so can you. Just remember, we had two asthmatics and two diabetics, three of which are circumferentially well endowed (well, it's not politically correct to be called obese any more I am told). The task sounds challenging, but in the end, it was a doddle! We were all back to work the following day.

No saddle sores, aches or pains. There were a couple of minor injuries without which there was no evidence of having actually been on the ride - thanks Nirmal and Dixit for spilling some blood for a good cause!

Sign up for L2B 2015. Yes, we **are** senile, and already aiming for 2015! We already have four new team members signed on (voluntarily!) on the day after the bike ride. All four are fitter than I am, but its' just the fear of the unknown that kept them at bay.

Even if it is not L2B 2015 there is no harm in joining us. I started with one goal in mind - cycle to get healthy. For me at least, no certainty that I would even reach the starting line, leave alone the finishing line.

Join the Oshwal Cycling Network. For further details, routes and how to join the cycling network contact letsbikeit@oauk-nw.org.

Not a confident cyclist? Do not worry, we have sessions for beginners.

Do not know how to cycle? Both Harrow and Brent Council offer free courses for children and adults. I would highly recommend this. My children learnt how to cycle in just three 45 minute sessions.

This was a challenge we took up to promote health awareness within our community. We are extremely pleased to announce that as a direct result of this promotion, we have had five new cyclists who have joined the group, four further cyclists who have taken up the **L2B 2015** challenge and four who are signing up for the free government cycling courses.

**2014 – 2016 – Operation ReConnect Health Awareness
Building a Healthy and Prosperous Community**



Basic Tenets of Jainism in the 21st Century

So, it's Paryushan again. What does it mean to us? 8 days of staying off root vegetables, doing Pratikraman and saying Mitchchami Dukhdum at the end of the 8 days, and then probably getting back to normal straight after?

What relevance do principles set down more than 2,500 years ago have today? We have to drive cars to get anywhere, walk, talk and socialise. By doing so we are killing millions of life forms. Let's be practical. Is Jainism really suitable for life in the 21st Century? Fine, I can be vegetarian. Surely that is what Jain Religion is about, not killing or eating another living being. What more can I do? I can't leave my family, take off my clothes and

start wondering the streets of London dressed like a Jain monk, can I? I am attached to my family, and not yet, and probably will not be in this life anyway, ready to take up Diksha.

Over time, our concept of Jainism religion has become shrouded behind rituals full of words that we do not understand. Perhaps it is time to go back to basics.

Firstly, it is important to think of Jainism not as a religion but as a way of life

Secondly, it would probably take years and years of study to understand everything about Jainism.

There are many questions that have to wait to be answered until we have the actual ability to understand the answers – After all, a child in kindergarten cannot expect to understand the principles of nuclear fusion

So, how are Jain principles relevant to us today, and can they really make a difference in our lives today?

Our work commitments and family and social obligations have become an extremely heavy burden on our lives, leading to stress, despair, family disputes and depression and conflict is a daily occurrence in our lives.

Just simply dropping the children to school and being stuck in a traffic jam increases our stress. Being late for work and having uncooperative work mates and consumers does not help. Coming home after a stressful day to a demanding family just increases the stress.

To look at how Jainism can help us, we need to understand the basic principles and understand how these will apply in the 21st Century.

AHIMSA

Avoiding causing harm or injury to another living being, in mind speech or action. By making a conscious decision not to hurt or injure others, we will automatically reduce the instances of confrontation in our lives. It is all too easy to enter into an argument, or say things which will hurt or provoke others. In this day, especially with the advent of e-mail and social media, it is so easy to press the "send" button without reflecting. Take a few minutes. Think of the effects of what you intend to say or do.

SATYA

Ensuring that we are always truthful and honest. By ensuring that we do not lie and are always honest and transparent, we will avoid findings ourselves in awkward and difficult situations.

ASTEYA

Ensuring that we do not take what does not rightfully belong to us.

APARIGRAHA

(Non-Possessiveness) Ensuring that we limit our possessions to what we require. Be satisfied with what you have, do not spend beyond your means and do not spend the whole of your life working to accumulate greater wealth at the expense of your health and family life. "Everything in moderation" is probably the 21st Century equivalent to the lay Jain to what Aparigraha was 2,500 years ago.

BRAHMACHARYA

(Celibacy). For the layperson, this does **not** mean total abstinence. It means confining to conjugal relationship to the marriage and not being tempted into affairs outside the marriage.

Ensuring that we have the five basic tenets of Jainism as the forefront of our minds as we go about our daily lives will ensure a reduction in daily conflict and stress in our daily lives. By being at peace with ourselves, we will be at peace with our family members and others around us.

Stress is known to increase the risk of diseases such as heart diseases, strokes, cancer and diabetes. By following the five basic tenets of Jainism, we also ensure that we reduce the risk of suffering from these diseases.

2014 – 2016 – Operation ReConnect Health Awareness

Building a Healthy and Prosperous Community An article on religion or a Health Awareness Campaign? You decide.

Perhaps, Jainism is geared towards us achieving optimum health in life?

We all have dreams, and sometimes when we wake up we want to know what those dreams mean.

Trishla Mata, the mother of Lord Mahavir had fourteen dreams when Lord Mahavir was going to be born. Can you guess what they meant? If you do not understand the words, ask your parents to explain these to you. Why not play the 14 Sapna Game? See who can remember what these dreams mean, and if you want to make it even more difficult, recite the dreams in order.



The first dream Queen Trishala had was of a four tusked Elephant. This dream indicated that she would give birth to a child with exceptionally high character. The four tusks signified that he would guide the spiritual chariot with its four components: monks, nuns, laymen, and laywomen.

The second dream Queen Trishala had was of a Bull. This dream indicated that her son would be highly religious and a great spiritual teacher. He would help cultivate the religion.



The third dream Queen Trishala had was of a Magnificent Lion. This dream indicated that her son would be as powerful and strong as the lion. He would be fearless, almighty, and capable of ruling the world.

The fourth dream Queen Trishala had was of the Goddess Laxmi, the goddess of wealth, prosperity, and power. This dream indicated that her son would enjoy great wealth and splendor. He would be a Tirthankar, the supreme benefactor of all.



The fifth dream Queen Trishala had was of a Beautiful Garland descending from the sky. This dream indicated that the fragrance of her son's teaching will spread throughout the universe, and he would be respected by all.

The sixth dream Queen Trishala had was of a Full Moon. This dream indicated that the child would help lessen the suffering of the all living beings. He would bring the peace to the world. He would help the spiritual progress of entire humanity at large.



The seventh dream Queen Trishala had was of the Bright Sun. This dream indicated that her son would have the supreme knowledge and would dispel the darkness of the delusions.

The eighth dream Queen Trishala had was of a Large Flag flying on a golden stick. This dream indicated that her son would carry the banner of the religion. He would reinstate the religious order throughout the universe.



The ninth dream Queen Trishala had was of a Golden Vase filled with the clear water. This dream indicated that her son would be perfect in all virtues and would be full of compassion for all living beings. He would be a supreme religious personality.

The tenth dream Queen Trishala had was of a Lake full of Lotuses. This dream indicated that her son would be beyond worldly attachment. He would help liberate human beings who were tangled in the cycles of birth, death, and misery.



The eleventh dream Queen Trishala had was of an Ocean. This dream indicated that her son would have a serene and pleasant personality. He would achieve the infinite perception and knowledge and would escape from worldly life which is the ocean of birth and death and the misery. This would lead his soul to the Moksha (liberation).

The twelfth dream Queen Trishala had was of a Celestial plane. This dream indicated that all of the Angels in the heaven would respect, honor, and salute her son's spiritual teachings.





The thirteenth dream Queen Trishala had was of a Big Heap of Jewels. This dream indicated that her son would have infinite virtues and wisdom and he would attain the supreme spirit.



The fourteenth dream Queen Trishala had was of a Smokeless Fire. This dream indicated that her son would reform and restore the religious order. He would remove blind faith and orthodox rituals. Furthermore, he would burn or destroy his karmas and attain salvation.

All these dreams meant that the child would be very strong, courageous, and filled with virtues. He would be very religious and would become a great king or a spiritual leader. He would reform and restore the religious order and guide all the creatures of the universe to attain salvation. He would also be liberated.



Basic Public Speaking Class Graduates:

Hiral Hitesh Haria, Pranav Chetan Shah, Naavya Khilit Shah, Neha Raksheet Shah and Chaand Raksheet Shah

The children completed their basic public speaking course which included learning how to create power point presentations on a topic of their choice, deciding what information to include on the slides, how to deliver their talk and how to answer questions from the audience. The topics they covered were:

Chand Raksheet Shah – Cricket - all you need to know

Naavya Khilit Shah – Ancient Egypt

Pranav Chetan Shah – Prehistoric Reptiles

Hiral Hitesh Haria – The American Flag

Chandni Chetan Shah – Swimming – All you need to know

Neha Raksheet Shah – Healthy Living

Advanced Public Speaking Graduates – “The Debate”

Ruhi Minesh Shah, Khushaal Anup Shah, Hiral Bijal Galaiya

The children completed the Advanced Public Speaking Course honing on their debating skills. This included training on how to present their arguments, doing their submissions and conclusions and answering questions from the audience.

The debate topics were then given just a few sessions before the debate and the children were expected to carry out their own research and preparation. They then had to pick out from a hat whether they would be for or against the motions.

Looking after our Elders is the responsibility of the State and not ours – Ruhi Minesh Shah –v- Hiral Bijal Galaiya

Gujarati, our mother tongue, gives us no added value
Khushaal Anup Shah –v- Ruhi Minesh Shah

Social Media has distanced us from our Social Circles
Khushaal Anup Shah –v- Hiral Bijal Galaiya



The next set of Public Speaking courses will commence in September 2014

For more information, contact milan.c.shah@oauk-nw.org

Telematch & Picnic – 6th July 2014



"We all had a really good time at the telematch. The weather was perfect, the vibe was friendly and it was wonderful to watch the kids making their own friends. It is not often that kids and adults play together when at an event. The planning on the activities and the catering effort were clearly considerable. The food was yummy. It was a great family day out... and great value!"

"Telematch was really well organised & heads off to you all. Everyone really enjoyed & it went smoothly. So definitely we should have this every year, it was hard work but all fun !"

"Hello all. Wonderful event yesterday! Beautifully organised and food was delicious! Thanks to all the volunteers."



"A very well organised event. The games were catered for all ages and were fun and the food was absolutely delicious. There was a sporting spirit felt just like the good old times in Mombasa. Both my kids (3 and 6) really enjoyed it. We can't wait for the next one."



A great big thank you to all the participants and volunteers for helping with this fantastic event. It was great to see smiling faces everywhere and seeing everyone working together in great team spirit.

Look out for some more Operation ReConnect events coming soon.



Want to bring back memories of Kenya?

Help us to deliver more events.

Be it games, treasure hunts, debates, let us work together to deliver more events to bring our Community closer.

Contact us: reconnect@oauk-nw.org

North West Area



ReActive8

Venue: Harrow Leisure Centre, Harrow, HA3 5BD

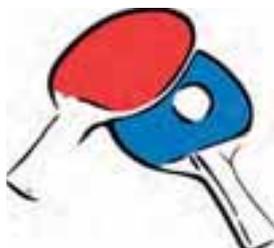
Time: Fridays (Term Time)

Timings: 7:00 PM to 10:45 PM



Activities include:

**Koor, Dodgeball, Benchball, Circuit Training,
5 a-side Football, Basketball, Badminton,
Table Tennis, Squash,
Yoga and Zumba**



Registration Now Open

**For Further Information and enrolment:
Contact: Reactive8admin@oauk-nw.org**





Paryushan 2014

Kids ... fancy some fun, games
and festive activities?

Date: 23rd August
Venue: Maesfield Suite,
Harrow Leisure Centre
Time: 10:00am – 12:30pm



To register, email us at:-
paryushan4kids@oauk-nw.org



Garba classes @ EKTA Centre

Learn the latest yet graceful garba steps, dazzling dandiya styles and intricate ramzaniyo in just two sessions.

Dates: 3rd & 10th Sept
Time: 8.30pm – 10.30pm

Rates (per session):
£5.00 (Members) £7.00 (Non Members)

Register by 22nd August 2014 (limited spaces)

Proof of membership is a requirement
Organisers reserve the right to amend the programme.

Oshwal Association of the UK is a Registered Charity – Reg No 267037



Rangoli classes @ EKTA Centre

Learn the beautiful art of Rangoli in only three sessions

Dates: 5th, 12th & 19th September

Time: 7.30pm - 10.30pm

Rates: £40 (Members); £50 (Non Members)

Register by 31st August

Rangoli Competition @ EKTA Centre

Date: 18th October

Time: 9.30am - 1.00pm

Rates: £10 (Members) £12 (Non Members)

Register by 22nd September

Rangoli viewing

Date: 19th October

Time: 4.00pm to 8.30pm

Free viewing

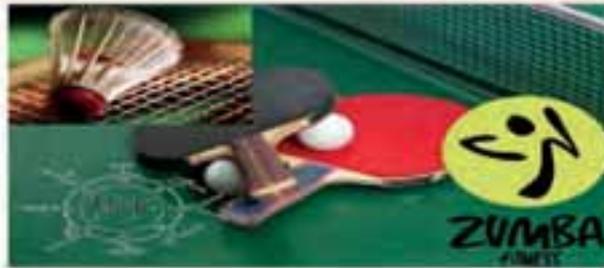
To register for Garba and Rangoli, and for more information,
contact:

Meera – 07846960201 – Meera.shah@oauk-nw.org

Minesh – 07725707005 – Minesh.shah@oauk-nw.org

Oshwal Association of the UK is a Registered Charity – Reg

INTRODUCING ReActive8@EKTA



"Take care of your body. It's the only place you have to live."

- Date:** Every Tuesday's (except Bank Holidays and other pre-booked days)
All activities during term time only.
- Time:** 7:30 pm – 10.30 pm
- Venue:** Oshwal EKTA Centre, 366A Stag Lane, Kingsbury, London NW9 9AA
- Entrance:** Various (Open to OAUk Members only)



Badminton - hourly sessions from 7:30 PM to 10:30 PM
Table tennis - hourly sessions from 7:30 PM to 10:30 PM
Other table games available on request

Zumba - 8 PM to 9 PM
Yoga - 8 PM to 9 PM

Badminton - Under 16s - £1.50 per session / per person
Badminton - 16+ - £2.50 per session / per person

Table Tennis - £1.00 per session / per person

Zumba - (20 spaces) – POA (Price on Application)
Yoga - (20 spaces per class) – POA (Price on Application)

Application form downloadable from www.oauk-nw.org/media/2014_REACTIVE8@EKTA.pdf

Completed forms can either be emailed or sent to Oshwal EKTA Centre (attn of ReActive8@EKTA)

For more information please e-mail reactive8@oauk-nw.org

Organisers reserve the right to make changes to the advertised programme and right of admission
Oshwal Association of the U.K. is a Registered Charity No. 267037

DATES AT A GLANCE

August 2014

9th EMM

9th Whist Drive / Scrabble

16th Bhukhar

21st Paryushan Setup@ Byron Hall

22nd – 29th Paryushan

September 2014

3rd Garba Class

5th Rangoli Class

6th Savantsari preparation

7th Savantsari

10th Garba Class

12th Rangoli Class

13th EMM

13th Whist Drive / Scrabble

17th Women's Networking

19th Rangoli Class

20th Bhukhar

24th Bhakti @ EKTA

October 2014

11th Bhukhar

15th Street Support Network

18th Whist Drive / Scrabble

19th Diwali Special Hungama

29th Bhakti @ EKTA

Essential Contact Details

Oshwal EKTA Centre:

020 8206 1141

ekta@oauk-nw.org

Funskool & NWACAS:

Milan: 07968 817 043

funskool@oauk-nw.org

ReActive8

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

eCommunications

Khilit

khilit.shah@oauk-nw.org



Oshwal EKTA Mandals

Every Monday and
Friday

10:30am – 3:30pm

Please bring packed lunch with you
and enjoy with your friends and
relatives

£2.00 per session

(OAUK Members Only)



Whist Drive

@Oshwal Ekta Centre

(April onwards)

£6.00 members

£8.50 for non members

Dilharbhai - 07870 846 729

Premharbhai - 020 8723 8368

Sailesbhai - 07745 871 623

Vinaben - 020 8866 7223



Scrabble Club

@Oshwal Ekta Centre

£6.00 - Members

£8.50 – Non Members

Mina Haria – 07904 728870



Elderly Monthly Meets

Tickets available at
EKTA Centre in advance

For telephone bookings
(8pm – 10pm only)

Amritlal Premchand Shah –
0208 907 7972

Manjuben Mahendra Malde –
0208 886 2522

Pramilaben Rasik Shah –
0208 907 2188

£4.00 per session

(OAUK Members Only)



Bhukhar

@ All Saints Church Hall
Queensbury; HA8 5PQ

Yearly subscription

£35.00 for members

£50.00 for non-members

Pay As you go

£5.00 members

£8.00 for non-members

Contact Details

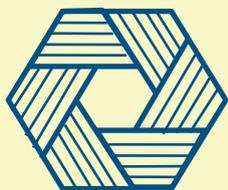
Sailes Shah - 07745 871 623

Mahendra Chandaria –

07714 712713

Amu Shah - 07816 368 157

Satish Shah - 07506 550 448



**Oshwal Association of the UK
NORTH WEST AREA**



**PARYUSHAN PROGRAMME
22nd August 2014 – 29th August 2014**

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

| Date / Tithi | Time | Event Details | Colour Scheme |
|----------------------------|---|---|--------------------------|
| Friday, 22 Aug. Baras | 8.30 am – 9.30 am 10.00 am – 12.30 pm 6.00 pm sharp 8.00 pm | Murti Padhravanu ,Pakshal & Pooja followed by Aarti & Mangal Divo Gujarati Vyakhyan (Lecture) Pratikraman starts Lecture, Bhavna, Aarti & Mangal Divo | Bandhani |
| Saturday, 23 Aug. Teras | 8.30 am – 9.30 am 10.00 am – 12.30 pm 6.00 pm sharp 8.00 pm | Pakshal & Pooja, followed by Aarti & Mangal Divo Gujarati Vyakhyan (Lecture) Pratikraman starts Lecture, Bhavna, Aarti & Mangal Divo | Blue |
| Sunday, 24 Aug. Chaudas | 8.30 am – 9.30 am 10.00 am – 1.00 pm 6.00 pm sharp 8.00 pm | Pakshal & Pooja, followed by Aarti & Mangal Divo Snatra Mahotsav Pratikraman starts Lecture, Bhavna, Aarti & Mangal Divo & Raas Garba | Pink |
| Monday, 25 Aug. Amas | 8.30 am – 9.30 am 10.00 am 6.00 pm sharp 8.00 pm | Pakshal & Pooja Aarti & Mangal Divo, Gujarati Vyakhyan (Kalpa Sutra Vanchan starts) Pratikraman starts Lecture, Bhavna, Aarti & Mangal Divo & Raas Garba | Green |
| Tuesday, 26 Aug. Aekum | 8.30 am – 9.30 am 10.00 am – 12.30 pm 6.00 pm sharp 8.00 pm | Pakshal & Pooja, followed by Aarti & Mangal Divo Gujarati Vyakhyan (Lecture) Pratikraman starts Aarti & Mangal Divo Celebration of the birth of Lord Mahavir with 14 Sapna, Parnu Julavanu | Red/Maroon/ Gharchoru |
| Wednesday, 27 Aug. Bij | 8.30 am – 9.30 am 10.00 am – 12.30 pm 6.00 pm sharp 8.00 pm | Pakshal & Pooja, followed by Aarti & Mangal Divo Gujarati Vyakhyan (Lecture) Pratikraman starts Aarti & Mangal Divo, Parnu Pokhnu & Bhavna | Orange/Peach |
| Thursday, 28 Aug. Trij | 8.30 am – 9.30 am 10.00 am – 1.00 pm 6.00 pm sharp Followed by: | Pakshal & Pooja, followed by Aarti & Mangal Divo Gujarati Vyakhyan (Lecture) Pratikraman starts Tapasvi Bahuman Aarti & Mangal Divo & Bhavna | Yellow |
| Friday, 29 Aug. Choth | 8.30 am – 9.30 am 10.00 am – 12.00 pm 2.00 pm sharp Followed by: | Pakshal & Pooja, followed by Aarti & Mangal Divo Gujarati Vyakhyan (Lecture) Sutra Bolis /Savantsari Pratikraman starts Kumarpal Raja Varghodo 108 Aarti & Mangal Divo, Michhami Dukkadam (Kshamaapna) | White/Cream/ Panetar |

Mahavir Janma Kalyanak Swapna (14 Dreams)

| Date | Details | Nakro |
|---------------------------------|--------------|-----------|
| Tuesday 26 th August | 13 Swapnas | £201 each |
| Tuesday 26 th August | Laxmi Swapna | £501 |

Morning Pakshal & 1st Pooja, Aarti and Mangal Divo

| Date | Details | Nakro |
|---|--|-----------|
| Saturday 23 rd to Friday 29 th August | Pakshal & 1st Pooja, Aarti and Mangal Divo | £51 each. |

Lectures & Bhakti

For this Paryusan also , we have invited Veer Sainiks from Tapovan to come and impart us with their spiritual knowledge through discourses & bhakti.

Prabhavna

Anyone wishing to provide Prabhavna during these auspicious days please contact Minesh - 07725 707005 or Mahesh - 07711 439543

Swamivatsalya – Savantsari Bhojan

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

Date : 7th September 2014

Time : 12.30 pm to 4.00 pm

Volunteers

Volunteers required for various duties during paryusan time. Please contact Nirmal on 07962 177326 or Minesh on 07725 707005



Professional service at an affordable cost

C S LAW

Solicitors & Commissioners for Oaths

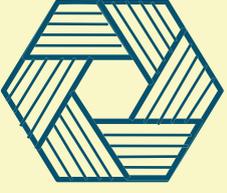
- *Conveyancing (Residential and Commercial)*
- *Landlord and Tenant Matters*
- *Family and Matrimonial Disputes*
- *Wills, Probate and Estate Planning & Lasting Powers of Attorney*
- *Civil Litigation*

Chetan M.L. Shah LLB (Hons.)

PLEASE NOTE OUR NEW ADDRESS AND CONTACT DETAILS

Talbot House Business Centre, 204-226 Imperial Drive, Rayners Lane, Harrow, Middlesex HA2 7HH

Tel: 020 8429 5209 | Fax: 020 8711 3410 | e-mail: cshah@cslawuk.com



ઓશવાળ એસોશીયેસન ઓફ ધી યકે
નોર્થ વેસ્ટ એરીયા



પેટ્રોષણ કાર્યક્રમ

૨૨ ઓગસ્ટ ૨૦૧૪ થી ૨૯ ઓગસ્ટ ૨૦૧૪

સ્થળ : હેરો લેન્ડ ૨ સેન્ટર, ક્રાઇસ્ટચર્ચ એવન્યુ, હેરો મિડલસેક્સ HA8 5BD

| તારીખ/ તિથિ | સમય | આયોજન | પહેરવેશ/ રંગ |
|--|--|--|--------------------------|
| શુક્રવાર ૨૨ ઓગસ્ટ શ્રાવણ વદ બારસ | સવારના : ૮.૩૦ થી ૯.૩૦ ૧૦.૦૦ થી ૧૨.૩૦ સાંજના : ૬.૦૦ સમયસર ૮.૦૦ | મૂર્તિ પધરાવવાનું, પક્ષાલ, પૂજા, આરતી અને મંગલ દીવો ગુજરાતી વ્યાખ્યાન પ્રતિક્રમણ શરૂ વ્યાખ્યાન , ભાવના, આરતી આને મંગલ દીવો | બાંધણી |
| શનિવાર ૨૩ ઓગસ્ટ શ્રાવણ વદ તેરશ | સવારના : ૮.૩૦ થી ૯.૩૦ ૧૦.૦૦ થી ૧૨.૩૦ સાંજના : ૬.૦૦ સમયસર ૮.૦૦ | પક્ષાલ, પૂજા, આરતી અને મંગલ દીવો ગુજરાતી વ્યાખ્યાન પ્રતિક્રમણ શરૂ વ્યાખ્યાન , ભાવના, આરતી આને મંગલ દીવો | ભૂરો / વાદળી |
| રવિવાર ૨૪ ઓગસ્ટ શ્રાવણ વદ ચૌદશ | સવારના : ૮.૩૦ થી ૯.૩૦ ૧૦.૦૦ થી ૧.૦૦ સાંજના : ૫.૩૦ સમયસર ૮.૦૦ | પક્ષાલ, પૂજા, આરતી અને મંગલ દીવો સ્નાત્ર મહોત્સવ પ્રતિક્રમણ શરૂ વ્યાખ્યાન , ભાવના, આરતી આને મંગલ દીવો અને રાસ ગરબા | ગુલાબી |
| સોમવાર ૨૫ ઓગસ્ટ શ્રાવણ અમાસ | સવારના : ૮.૩૦ થી ૯.૩૦ ૧૦.૦૦ થી ૧૨.૩૦ સાંજના : ૬.૦૦ સમયસર ૮.૦૦ | પક્ષાલ, પૂજા, આરતી અને મંગલ દીવો કલ્પસુત્રનુ વાંચન પ્રતિક્રમણ શરૂ વ્યાખ્યાન , ભાવના, આરતી આને મંગલ દીવો અને રાસ ગરબા | લીલો |
| મંગળવાર ૨૬ ઓગસ્ટ ભાદરવો સુદ એકમ | સવારના : ૮.૩૦ થી ૯.૩૦ ૧૦.૦૦ થી ૧૨.૩૦ સાંજના : ૬.૦૦ સમયસર ૮.૦૦ | પક્ષાલ, પૂજા, આરતી અને મંગલ દીવો ગુજરાતી વ્યાખ્યાન પ્રતિક્રમણ શરૂ મહાવીર જન્મ કલ્યાણક , ૧૪ સપનાની ઉજવણી, પારણું ઝુલાવવાનું | લાલ અથવા મરુન ધરયોળું |

| | | | |
|---|---|--|----------------------|
| બુધવાર ૨૭ ઓગસ્ટ ભાદરવો સુદ બીજ | સવારના : ૮.૩૦ થી ૯.૩૦ ૧૦.૦૦ થી ૧૨.૩૦ સાંજના : ૬.૦૦ સમયસર ૮.૦૦ | પક્ષાલ, પૂજા, આરતી અને મંગલ દીવો ગુજરાતી વ્યાખ્યાન પ્રતિક્રમણ શરૂ આરતી અને મંગલ દીવો, પારણું પોષવાનું અને ભાવના | કેસરી અથવા ભૂરો |
| ગુરુવાર ૨૮ ઓગસ્ટ ભાદરવો સુદ ત્રીજ | સવારના : ૮.૩૦ થી ૯.૩૦ ૧૦.૦૦ થી ૧.૦૦ સાંજના : ૬.૦૦ સમયસર ૮.૦૦ | પક્ષાલ, પૂજા, આરતી અને મંગલ દીવો ગુજરાતી વ્યાખ્યાન પ્રતિક્રમણ શરૂ તપસ્વીનુ બહુમાન, આરતી અને મંગલ દીવો, ભાવના | પીળો અથવા મસ્ટર્ડ |
| શુક્રવાર ૨૯ ઓગસ્ટ ભાદરવો સુદ ચોથ | સવારના : ૮.૩૦ થી ૯.૩૦ ૧૦.૦૦ થી ૧૨.૩૦ સાંજના : ૨.૦૦ સમયસર ત્યાર પછી | પક્ષાલ, પૂજા, આરતી અને મંગલ દીવો ગુજરાતી વ્યાખ્યાન સવંતસરી પ્રતિક્રમણ શરૂ કુમારપાળ રાજાનો વરઘોડો, ૧૦૮ દીવાની આરતી, મંગલ દીવો, મીચ્છામી ડુકકડંમ | શકેદ અથવા કીમ પાનેતર |

૧૪ સ્વપ્ના ની ઉજવણી

૧૪ સ્વપ્નાના નકરા આ પ્રમાણે રાખવામા આવેલ છે : ૧ સ્વપ્નાના - ૬૨૦૧ (લક્ષ્મી - ૬૫૦૧)

સ્વપ્ના વધાવવાનો લાભ લેવાની ભાવના હોય તેઓ વહેલી તકે તમારુ નામ મીનેશ (૦૭૭૨૫૭૦૭૦૦૫) અથવા મહેશ (૦૭૭૧૧૪૩૯૫૪૩) પાસે નોંધાવશો.

સવારના પક્ષાલ, પૂજા, આરતી અને મંગલ દીવો (સનિવાર ૨૩ ઓગસ્ટ થી ૨૯ શુક્રવાર)

આ પ્રમાણે નકરા રાખવામા આવેલ છે : પક્ષાલ/પહેલી પુજા - ૬૫૧ / આરતી - ૬૫૧ / મંગલ દીવો - ૬૫૧

વ્યાખ્યાન/ભક્તી

પેયુષણની આરાધના કરાવવા તપોવનથી જૈન ધર્મના વ્યાખ્યાનકારો અને સંગીતકાર અહી પધારી આરાધના કરાવશે.

પ્રભાવના

જે ભાવીકોને પેયુષણ દરમીયાન પ્રભાવના કરવાની ભાવના હોય તેઓ વહેલી તકે મીનેશ (૦૭૭૨૫૭૦૭૦૦૫) અથવા મહેશ (૦૭૭૧૧૪૩૯૫૪૩) પાસે નોંધાવશો.

સંવત્સરી સ્વામી વાત્સલ્ય ભોજન

તારીખ : રવિવારે ૭-૯-૨૦૧૪

સમય : ૧૨:૩૦ થી ૪:૦૦ વાગ્યા સુધી

સ્થળ : ઓસવાલ સેન્ટર

સ્વયં સેવકોની

પવે દરમ્યાન સ્વયં સેવકોની મદદ ની ખાસ જરૂર છે. નામ નોંધાવા નીરમલ (૦૭૯૬૨૧૭૭૩૨૬) અથવા મીનેશ (૦૭૭૨૫૭૦૭૦૦૫) નો સંપેક કરસો.

સંનજોગો અનુસાર કાર્યક્રમમા ફેરફાર કરવાની કાર્યાવાહી સમિતીને પુરી સતા રહેશે.

ઓશવાલ એસોસિએશન ઓફ ધ ઉ કે - શ્રી પર્વાધિરાજ મહા પર્વ પર્યુષણ

સહર્ષ જૈન ભાવિકોને જણાવવાનુંકે શ્રી પર્વાધિરાજ મહા પર્વ પર્યુષણની શુભ શરુઆત ઋવણ વદ ૧૨ ને શુક્રવાર ૨૨ ઓગસ્ટ ૨૦૧૪ ના રોજ થશે, અને પૂર્નાહૂતી ભાદરવો સુદ ૪ ને શુક્રવાર ૨૯ ઓગસ્ટ ૨૦૧૪ ના રોજ થશે.

આ વર્ષ પર્યુષણની આરાધના કરાવવા સમીતીએ તપોવનથી જૈન ધર્મના વ્યાખ્યાનકારો અને વિધીકારો અહી પધારી પર્યુષણની આરાધના કરાવશે.

રુડા પર્યુષણ આવ્યા અને સાથે મળીને આરાધના, તપ અને જૈન ધર્મની ઉજવણ કરશું. આઠ દિવસ તન, મન અને ધનથી અહિન્સાનુ પાલન કરવું અને કરાવવું.

અગત્યની માહિતી

૧. આ પર્વએ ત્રિશલા માતાના ૧૪ સ્વપ્ના વધાવવાની તથા ઘર દેરાસર ઉપર ધજા બદલાવવાના નીચે મુજબ નકરા રાખવામા આવેલ છે.

જે પૂણ્યશાળીઓને સ્વપ્ના વધાવવાનો લાભ લેવાની ભાવના હોય તેઓને વહેલી તકે નામ શ્રિ હસમુખભાઈ (૦૨૦ ૮૬૮૪ ૦૯૨૦) અથવા શ્રિ નેમુભાઈ (૦૨૦ ૮૬૮૪ ૧૯૮૫), ધીરુભાઈ (૦૨૦ ૮૬૮૪ ૩૫૯૨) પાસે નોંધાવી દેવા ખાસ વીનંતી.

૨. જે સ્વપ્નાનો આદેશ નહી આવે તો તેની ઉછવણી શ્રિ પર્યુષણ દરમીયાન કરવામાં આવશે.

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|---|------------|-----------|----|----------|-----------|
| ૧ | ગજવર | પૌ ૧૨૧.૦૦ | ૮ | ધજા | પૌ ૧૨૧.૦૦ |
| ૨ | ઋષભ | પૌ ૧૨૧.૦૦ | ૯ | કળશ | પૌ ૧૨૧.૦૦ |
| ૩ | વનરાજકેસરી | પૌ ૧૨૧.૦૦ | ૧૦ | પદમસરોવર | પૌ ૧૨૧.૦૦ |
| ૪ | લકશ્મી | પૌ ૫૫૧.૦૦ | ૧૧ | શીરસમુદ | પૌ ૧૨૧.૦૦ |
| ૫ | પુષ્પમાળા | પૌ ૧૨૧.૦૦ | ૧૨ | દેવવિમાન | પૌ ૧૨૧.૦૦ |
| ૬ | ચંદ્ર | પૌ ૧૨૧.૦૦ | ૧૩ | રતતનરાશિ | પૌ ૨૨૧.૦૦ |
| ૭ | સૂરજ | પૌ ૧૨૧.૦૦ | ૧૪ | નિધૂમઆગ | પૌ ૧૨૧.૦૦ |

ઘર દેરાસર ઉપર ધજા બદલાવવા માટે આપણે એક “લોટરી” જેમ રાખયુ છે. એક “લોટરી” ટીકીટનો દર પૌ ૬૨૫.૦૦ રાખેલ છે. અને શુક્રવાર તારીખ ૨૯-૦૮-૨૦૧૪ એક ટીકીટ ઉપાડવામાં આવશે. જે પુન્યશાળીનું નામ હશે તેમને પૂજા અને ધજા તથા ધજા બદલવાનો લાભ મળશે.

શ્રી પર્યુષણ મહા પર્વ શુક્રવાર ૨૨ ઓગસ્ટ ૨૦૧૪ થી શુક્રવાર ૨૯ ઓગસ્ટ ૨૦૧૪ - સુચના

(૧) પ્રતિક્રમણ મોટા હોલમાં રાખવામાં આવેલ છે.

(૨) કાર્યક્રમની રૂપરેખામાં પ્રતિક્રમણનો જે શરૂ કરવાનો સમય આપેલ છે તેના કરતા ૩૦ મીનિટ પહેલા દેવ વંદન કરવામાં આવશે. જે મોડા થાય તેમને નવકાર મંત્ર ગણીને પ્રતિક્રમણમાં જોડાય જવા નમ્ર વિનંતી છે.

(૩) જે ભાવિકોને પ્રભાવના આપવા ઈછ્યા હોય તેઓ નામ શ્રી હસમુખભાઈ (૦૨૦ ૮૬૮૪ ૦૯૨૦) અથવા શ્રી નેમુભાઈ (૦૨૦ ૮૬૮૪ ૧૯૮૫), અથવા શ્રી ધીરુભાઈ (૦૨૦ ૮૬૮૪ ૩૫૯૨) પાસે નોંધાવો.

(૪) જે ભાવિકોને સનાત્ર પૂજાનો તારીખ શુક્રવાર ૨૨ ઓગસ્ટ ૨૦૧૪ થી શુક્રવાર ૨૯ ઓગસ્ટ ૨૦૧૪ દરમિયાન લાભ લેવો હોય તે નામ શ્રીમતી નીમુબેન ઇજીતભાઈ શાહ (૦૨૦ ૮૬૭૯ ૫૦૨૦) અથવા શ્રીમતી પુશપાબેન વેલજીભાઈ શાહ (૦૨૦ ૮૬૮૪ ૭૧૬૮) પાસે વહેલેસર લખાવે એવી નમ્ર વિનંતી છે,

(૫) પર્યુષણ મહા પર્વ દરમિયાન દરરોજ સવારે ૧૧.૦૦વાગયે વ્યાખ્યાન અને કલ્પસૂત્રનું વાંચન કરવામાં આવશે.

(૬) પર્યુષણ મહાપર્વ દરમિયાન દરરોજ બપોરે ૧.૧૫ વાગે ભોજનની સગવડ કરવામાં આવશે. જે ભાવિકોને આનો લાભ લેવા ભાવના હોય તે નામ શ્રી કમલભાઈ શાહ (૦૨૦ ૮૬૮૪ ૩૭૯૨) અથવા ધીરુભાઈ શાહ (૦૨૦ ૮૬૮૪ ૩૫૯૨) પાસે વહેલેસર લખાવવા નમ્ર વિનંતી છે.

(૭) તપસવીઓનું બહુમાન માટે શ્રી સંઘ તરફથી પભાવના આપવામાં આવશે.

(૮) પર્યુષણ મહાપર્વની અનેક તૈયારી ગુરૂવાર તારીખ ૨૧-૦૮-૨૦૧૪ના બપોરે ૨.૩૦ વાગે શરૂ થાશે. તમે આમાં પધારી આપની સેવા આપવા કૃપા કરશો.

સંજોગો અનુસાર કાર્યક્રમમાં ફેરફાર કરવાની કાર્યવાહી સમિતીને પૂરી સત્તા રહેશે.

વધુ માહિતી માટે શ્રી હસમુખભાઈ (૦૨૦ ૮૬૮૪ ૦૯૨૦) અથવા શ્રી નેમુભાઈ (૦૨૦ ૮૬૮૪ ૧૯૮૫), અથવા ધીરુભાઈને (૦૨૦ ૮૬૮૪ ૩૫૯૨) ઉપર સંપર્ક સાધો.

ધજાદિન અને સંવતસરી સવામિવાતસલય ભોજન — સાઉથ એરિયા

આ વર્ષે સાઉથ લંડન મહાજનવાડીમાં ઘરદેરાસર ઉપર ધજા બદલાવવાનો તથા સંવતસરી સવામિવાતસલય ભોજનનો કાયક્રમ રવિવાર તારીખ ૧૪-૦૯-૨૦૧૪ ના રોજ યોજાયેલ છે.

ધજા બદલાવવામાટે એક ટીકીટનો દર પૌ. ૨૫.૦૦ છે. આ બધી ટીકીટમાંથી એક ઉપાડવામા આવશે. આ ટીકીટમાં જે ભાગ્યશાળીનું નામ હશે તેમને તારીખ ૧૪-૦૯-૨૦૧૪ ના રોજ ધજા બદલાવવાનો લાભ મળશે.

ધજાદિન રવિવાર તારીખ ૧૪-૦૯-૨૦૧૪ નો કાર્યક્રમ

સવારના ૮.૦૦ વાગે સનાત્ર પૂજા

સવારના ૯.૦૦ વાગે સતરભેદી પૂજા

સવારના ૧૧.૦૦ વાગે વરઘોડો કાઢવામાં આવશે.

બપોરના ૧૨.૩૯ વાગે ઘરદેરાસર ઉપર ધજા બદલાવવામાં આવશે.

ત્યાર પછી આરતી, મંગળદીવો, શાંતિ કળશ અને સંવતસરી સવામિવાતસલય ભોજનનો કાયક્રમ.

દરેક પરના ધર્મ પેમી ભાઈઓ, બહેનો અને બાળકોને આ પ્રસંગમાં પધારવા ભાવભર્યું આમંત્રણ પાઠવિયે છીએ.

રસોઈમાં સગવળતા રહે તે માટે તમારા નામ ઇનફોર્મેશન ડેસ્ક ઉપર કાર્યકરતાઓને પર્યુષણ દરમયાન અથવા પછી શ્રી કમલભાઈ શાહ (૦૨૦ ૮૬૮૪ ૩૭૯૨) પાસે ગુરૂવાર તા. ૨૧-૮-૨૦૧૪ પહેલા લખાવશો એ વીનંતી.

ખાસ નોંધ - દરેક કાર્યમાં શુક્રવાર ૨૨ ઓગસ્ટ ૨૦૧૪ ના બપોરે ૨.૦૦ થી અને શનિવાર તા. ૨૯-૦૮-૨૦૧૪ ના સવારના ૬.૦૦ વાગેથી સેવાભાવિકોની જરૂર રહેશે. આપ સર્વેનો કામમાં પુરતો સહકાર મળશે તેવી આશા રાખીએ છીએ. તો આપની સેવા માટે આપના નામ પર્યુષણ મહાપર્વ દરમયાન સમિતીના સભ્યોને લખાવશો એ વીનંતી.

સંનજોગો અનુસાર કાર્યક્રમમાં ફેરફાર કરવાની કાર્યવાહી સમિતીને પૂરી સત્તા રહેશે.

લી. કાર્યવાહી સમિતીના સાદર પ્રણામ. જય જીનેંદ્ર. મિછલામી દુકડમ.

ઓશવાલ એસોસિએશન ઓફ થ ડે – સાઉથ એરિયા શ્રી પર્વાધિરાજ મહા પર્વ પર્યુષણ

| દિવસ – તારીખ | સવારનો કાર્યક્રમ | સાંજના પ્રતિક્રમણ સમય | પ્રતિક્રમણ પછી કાર્યક્રમ |
|--|--|----------------------------|---|
| શ્રાવણ વદ ૧૨ શુક્રવાર ૨૨-૦૮-૨૦૧૪ | ૯:૩૦ સનાત્ર પૂજા ૧૧:૦૦ થી ૧૨:૩૦ પ્રવચન | ૬:૩૦ | પ્રાર્થના, ભાવના, ૧૦૮ દીવા આરતી, મંગળ દીવો, પ્રવચન |
| શ્રાવણ વદ ૧૩ શનિવાર ૨૩- ૦૮-૨૦૧૪ | ૯:૩૦ સનાત્ર પૂજા ૧૧:૦૦ થી ૧૨:૩૦ પ્રવચન | ૬:૩૦ | પ્રાર્થના ગીત, ભાવના, પ્રવચન, આરતી/મંગળ દીવો |
| શ્રાવણ વદ ૧૪ રવિવાર ૨૪- ૦૮-૨૦૧૪ | ૯:૩૦ સનાત્ર પૂજા ૧૧:૦૦ થી ૧૨:૩૦ પ્રવચન | ૬:૦૦ | પ્રાર્થના ગીત, ભાવના, કલ્પસૂત્ર પધરાવવાની ઉચ્ચવણી. આરતી, મંગળ દીવો, પ્રવચન |
| શ્રાવણ વદ અમાસ સોમવાર ૨૫- ૦૮-૨૦૧૪ | ૯:૩૦ સનાત્ર પૂજા ૧૧:૦૦ થી ૧:૦૦ કલ્પસૂત્રનું વાંચન | ૬:૩૦ | પ્રાર્થના ગીત, ભાવના, સુપનની, પશુ મહાવીરના પારણાની ઉચ્ચવણી. સમુહ આરતી, મંગળ દીવો, પ્રવચન |
| ભાદરવા સુદ ૧ મંગળવાર ૨૬- ૦૮-૨૦૧૪ | ૯:૩૦ સનાત્ર પૂજા ૧૧:૦૦ થી ૧:૦૦ કલ્પસૂત્રનું વાંચન | ૬:૦૦ | પ્રાર્થના ગીત, ભાવના, ૧૪ સુપનને વધાવવાની વીધી, શ્રીમહાવીર પશુના જનમની ઉજ્જવણી. પારણુ જુલાવવાનું, આરતી, મંગળ દીવો |
| ભાદરવા સુદ ૨ બુધવાર ૨૭- ૦૮-૨૦૧૪ | ૯:૩૦ સનાત્ર પૂજા ૧૧:૦૦ થી ૧:૦૦ કલ્પસૂત્રનું વાંચન | ૬:૩૦ | પ્રાર્થના ગીત, ભાવના, રાસ ગરબા. નકરો સમુહ આરતી અને મંગળ દીવો, |
| ભાદરવા સુદ ૩ ગુરુવાર ૨૮- ૦૮-૨૦૧૪ | ૯:૩૦ સનાત્ર પૂજા ૧૧:૦૦ થી ૧:૦૦ કલ્પસૂત્રનું વાંચન | ૬:૩૦ | પ્રાર્થના ગીત, ભાવના, આરતી/મંગળ દીવો, ઘર દેરાસર ઉપર ધજા ચઢાવવાની, શ્રી કુમારપાળ મહારાજાની આરતીની અને ચોથની સનાત્ર પૂજાની ઉચ્ચવણી, તપસવીઓનું બહુમાન, બારસા સુત્ર પધરાવવાની ઉચ્ચવણી |
| ભાદરવા સુદ ૪ શુક્રવાર ૨૯- ૦૮-૨૦૧૪ | ૯:૩૦ સનાત્ર પૂજા ૧૧:૦૦ થી ૧:૦૦ બારસાસૂત્રનું વાંચન | સંવતસરી પ્રતિક્રમણ ૫:૦૦ | પ્રાર્થના ગીત, ભાવના, શ્રી કુમારપાળ મહારાજાની આરતી/મંગળ દીવો, સતરભદી પુજાની ઉચ્ચવણી ઝક્ષમાપના, સંવતસરી મહા પર્વ ખમત ખમાવવાનો કાર્યક્રમ |

ખાસ નોંધ

સંવતસરી ભોજન માટે જાહેરાત સભા શનિવાર ૧૬ ઓગસ્ટ ૨૦૧૪ ના (Saturday, 16 August 2014) સાંજે ૮:૩૦ (8.30 pm) મહાજનવાડીમાં રાખેલ છે. તમને બધાને આમાં પધારવાનું ભાવ ભર્યું આમંત્ર છે.

સમીતીની ખાસ વીનંતી છે કે તમો બધા આવીને સભામાં ભાગ લેસો.

| DATE, TITHI | MORNING PROGRAMME | PRATIKRAMAN START TIME | DAILY EVENING PROGRAMME |
|---------------------------------------|---|--|--|
| Friday 22-8-2014 Shravan Vad 12 | 9.30 am Snatra Pooja Discourse from 11.00 am to 12.30 pm | 6.30 pm (English Pratikraman – Essence) | Prayer / Bhavna 108 Diva Arti, Mangal Divo Discourses |
| Saturday 23-8-2014 Shravan Vad 13 | 9.30 am Snatra Pooja Discourse from 11.00 am to 12.30 pm | 6.30 pm | Prayer / Bhavna Arti, Mangal Divo Discourses, Pravachan |
| Sunday 24-8-2014 Shravan Vad 14 | 9.30 am Snatra Pooja Discourse from 11.00 am to 12.30 pm | 6.00 pm | Prayer / Bhavna Kalpa Sutra Padhravavaani Uchavni, Arti, Mangal Divo Discourses, Pravachan |
| Monday 25-8-2014 Shravan Vad Amaas | 9.30 am Snatra Pooja 11.00 am to 1.00 pm Kalpa Sutra Vaanchan | 5.30 pm (English Pratikraman – Essence) | Prayer / Bhavna Bidding for Sapnas and Prabhu Mahavir Na Parnani Uchavani, Samuh Arti, Mangal Divo Discourses, Pravachan |
| Tuesday 26-8-2014 Bhadarva Sud 1 | 9.30 am Snatra Pooja 11.00 am to 1.00 pm Kalpa Sutra Vaanchan | 6.00 pm | Prayer / Bhavna Shree Prabhu Mahavir Na Janma Kalyanak ni Ujavani, 14 Sapna ni Vidhi, Paarnoo Zulaav vaani Vidhi, Arti, Mangal Divo |
| Wednesday 27-8-2014 Bhadarva Sud 2 | 9.30 am Snatra Pooja 11.00 am to 1.00 pm Kalpa Sutra Vaanchan | 6.30 pm | Prayer / Bhavna. Pravachan Arti Mangal Divo by Sangh |
| Thursday 28-8-2014 Bhadarva Sud 3 | 9.30 am Snatra Pooja 11.00 am to 1.00 pm Kalpa Sutra Vaanchan | 6.30 pm | Prayer / Bhavna. Arti Mangal Divo There are 4 Uchavani as follows : Kumarpal Maharajah Arti Snatra Pooja on Chothe, Dhaja Din, Barsaa Sutra, and then Tapasvee Bahuman |
| Friday 29-8-2014 Bhadarva Sud 4 | 9.30 am Snatra Pooja 11.00 am to 1.00 pm Barsah Sutra Vaanchan | SAVANTASARI PRATIKRAMAN 5.00 PM | Prayer / Bhavna. Kumarpal Maharajah Arti, Mangal Divo, Uchavni for Sattar Bhedi Pooja Kshmapnaa. Michami Dukkadam |

Please note:

Sunday 17th August 2014 - Workshop on Paryushan with a skit and recital of some Sutras and stavans and explanation about the upkaran.

The meeting for Savantasari Bhojan will be held on Saturday, 16 August 2014 at 8.30 pm at the South London Mahajanwadi.

You are all invited to please attend this and take part in the discussions. This meeting is open to all Oshwal members..

MANY HELPERS NEEDED

Paryushan festival dates are - 22nd to 29th August 2014 and at our Swami Vatsalya Bhojan is on 14th Sept 2014. Everyone must make a point and attend our most **auspicious** religious event of the year; we will also require your help to clean the Centre before the events starts and also to serve our Visitors at the Vatsalya Bhojan. Please start registering your names as soon as possible. This will be highly appreciated! Please contact me at pravinsumaria@gmail.com or south.secretary@oswal.org

SOUTH AREA

Religious Festivals: **Paryushan Mahaparva -2014**

Workshop & English Pratikraman

1] Workshop on SUNDAY 17TH AUGUST 2014

[From 11.00 am to 4.00 pm, with a lunch break of 45mins.]

2] Pratikraman in ENGLISH (Essence) on

FRIDAY 22ND AUGUST 2014 - (6.00 pm to 7.30pm)

3] Pratikraman in ENGLISH (Essence) on

MONDAY 25TH AUGUST 2014 from - (6.00pm to 7.30pm)

at **South London Mahajanwadi**

[Upper assembly halls]

You are all cordially invited to attend this religious function.

Further details can be obtained from:

Hasmukhbhai K Shah - Telephone 020 8684 0920 or 07940044207

Nemubhai D Shah Telephone - 07828 232691 and

Dhirubhai K L Shah - Telephone 020 8684 3592 or 07932 079 930

Religious Committee – South Area



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West Area

Re-Unite 50+ Luncheon

All West Area members who are 50+ in age are invited to attend this Luncheon.

Venue: Oshwal Shakti Centre

Time: 2pm to 5 pm

Entertainment: Yes, Music – Stavans and talks on different things.

Free to members (Donations welcome, we are looking for donors to fund the event)

Non-Members £20

Have you turned the big 50yrs? Then this is for you.

There is limited capacity so book your place now.

For more information and to book your place please contact Keshubhai, for details see right →

Themed Social Nights

All Area Members are invited.

Last Saturday of the month

Venue: Oshwal Shakti Centre

Time: 7pm till late

Entertainment: Music, games or Demonstrations

PUNJABI NIGHT on September 27th 2014

All proceeds go towards the Oshwal Shakti Centre, so please show your support.

For more information and to book your place please contact: Anita Chiman on 07903 830 844

Keshubhai (Colombo) Tel: 020 8570 7585 or Mobile: 07735 382657 between 02.00pm and 10.00pm.

Cards & Board Games

BUKHAR, BRIDGE, RUMMY, GAANDI RUMMY, CHOKDI, POKER, MONOPOLY, SCRABBLE

AND MANY MORE



Date: Saturday 16th August 2014
FROM 8.00p.m. TILL LATE AT OSHWAL SHAKTI CENTRE

OSHWAL MEMBERS £2 & NON-MEMBERS £5

(MAKE YOUR OWN GROUPS)



CONTACT: DHIRUBHAI NATHOO: 07960 631 602, JAGDISH: 07903 813 243 & ARVIND: 07920 068 457

Sponsorship

Many of the events can be sponsored to celebrate Birthdays, Anniversaries, or in Remembrance/Memory of loved ones. If you would like to sponsor an event or find out anything else Oshwal related, please Contact Keshubhai (Colombo) Tel: 020 8570 7585 or Mobile: 07735 382657 between 02.00pm and 10.00pm.

Volunteers

We would like to thank all the volunteers who have generously donated their time and effort and continued support for all our activities. We would also like more members to come forward to help us.

Hair and Beauty day

Ladies Only

Sunday 17th August 2014

At the Shakti Centre

12pm – 6pm



Manicure, Pedicure, Head Massage, Foot Massage, Mini Facial, Waxing
& other treatments available

Entrance Fee £2 Members & £3 non members

One voucher per treatment (One voucher = £10)

Please contact Shejal on 07825371875 (phone or text) for bookings and further information.

Pathsala

Every Sunday 9-10am

Oshwal Shakti Centre

For more information please call
Diptiben on 0208 737 7746 or
Dipakben on 0208 230 1694

Wednesday Social Club

Every Wednesday 2-5pm

Oshwal Shakti Centre

Come and play cards, enjoy a yoga class, join in the Satsang or simply socialise.

NEED A HAIRCUT? Come and have one on last Wednesday of every month, for a minimum donation of £5. Men and women all welcome.

Please contact Keshubhai for further information.

Satsang

Oshwal Shakti Centre

1st Thursday of every month

8-10pm

All welcome

If anyone would like to hold a Satsang for Births, Anniversaries, or any occasion please feel free to contact Anilbhai Haria, email hariaanilkumar@hotmail.com



West Area

Paryushan Programme 22nd August 2014 – 29th August 2014

Vikram Samvat 2070

Venue: Oshwal Shakti Centre, Inwood Road, Hounslow, TW3 1UX

(Bus Route 81,111,110, 222,423,120,H32,H22,H28,H98,237.235,117,116,281)

(Nearest Tube Station: Hounslow East)

| Date | Time | Event | Uchavni |
|--------------------------------------|----------------------|---|---|
| Friday 22 nd August | 5.00pm to 11.00pm | Pratikraman starts 7.00pm Bhavna | None Arti and Divo performed by all |
| Saturday 23 rd August | 4.00pm to 11.00pm | Pratikraman starts 6.00pm Bhavna | Arti ,Divo and Sapnas 1. Elephant 2. Bull 3. Lion |
| Sunday 24 th August | 4.00pm to 11.00pm | Pakhi Pratikraman starts 5.00pm Bhavna | Arti ,Divo and Sapnas 4. Laxmi 5. Garland 6. Full Moon |
| Monday 25 th August | 4.00pm to 11.00pm | Pratikraman starts 5.00pm Bhavna | Arti, Divo, Sapnas and Parnu: 7. Bright Sun 8. Flag 9. Water Pot 10. Lake full of Lotus a. Take Home c. Pokhavanu |
| Tuesday 26 th August | 4.00pm to 12.00am | Pratikraman starts 6.30pm Mahavir Jayanti Parnu take home | Arti, Divo, Sapnas and Parnu: 11. Ocean of Milk 12. Divine Plane 13. Mine of Jewels 14. Smokeless fire a. Pokhavanu & Julavanu |
| Wednesday 27 th August | 4.00pm to 11.00pm | Pratikraman starts 7.30pm * Parnu Pokhavanu will be conducted before Pratikraman | Arti and Divo |
| Thursday 28 th August | 4.00pm to 11.00pm | Pratikraman starts 7.00pm Tapasvi Bahuman Bhavna | Arti and Divo |
| Friday 29 th August | 4.00pm to 11.00pm | Savantsari Pratikraman starts 6.30pm Michami Dukadham. | Arti and Divo |

Comments:

On Friday 22/08/14 Arti and Divo will be performed by everyone.

Anyone wishing to donate prabhavna is requested to contact Keshubhai by 15/08/14

Savantsari Bhojan 2014
 Sunday 14th September 2014
 Venue: Oshwal Shakti Centre
 Doors open: 1.30pm; Prayers 2.00pm
 Dinner: 2.30pm to 4.00pm.

Please fill in the form and give it to Keshubhai by 29th August 2014, how many members of your household will be attending the Savantsari Bhojan so that we can cater for all. Names of volunteers are required for the cooking of Savantsari Bhojan so, please forward your name in good time to Keshubhai. (Contact Keshubhai Between 3pm-10pm Mobile: 07735382657 Home: 020 8570 7585).



વેસ્ટ એરિયા

શ્રી પર્યુષણ પર્વ કાર્યક્રમ ૨૨ ઓગસ્ટ ૨૦૧૪ - ૨૯ ઓગસ્ટ ૨૦૧૪

વિક્રમ સંવત ૨૦૭૦

સ્થળ: ઓશવાળ શક્તિ સેન્ટર, ઇન્વુડ રોડ, હંસલો, TW3 1UX

(બસ રૂટ 81,111,110, 222,423,120,H32,H22,H28,H98,237.235,117,116,281)

(નજીકનું ટ્યુબ સ્ટેશન: હંસલો ઇસ્ટ)

| તિથિ - દિવસ | સમય સાંજે | કાર્યક્રમ | ઉછવણી |
|--------------------------------------|---------------|---|--|
| શુક્રવાર ૨૨ ઓગસ્ટ શ્રાવણ વદ બારસ | ૫.૦૦ થી ૧૧.૦૦ | ❖ પ્રતિક્રમણ ૭.૦૦ વાગ્યે શરૂ થશે ❖ ભાવના | ❖ ઉછવણી કરવામાં આવશે નહીં ❖ આરતી અને દીવો બધા સમહુમાં કરશે |
| શનિવાર ૨૩ ઓગસ્ટ શ્રાવણ વદ તેરસ | ૪.૦૦ થી ૧૧.૦૦ | ❖ પ્રતિક્રમણ ૬.૦૦ વાગ્યે શરૂ થશે ❖ ભાવના | ❖ આરતી, દીવો અને ત્રિશલા માતાના સ્વપ્ના: ૧-ગજવર, ૨-ઋષભ, ૩- કેસરી સિંહ |
| રવિવાર ૨૪ ઓગસ્ટ શ્રાવણ વદ ચૌદસ | ૪.૦૦ થી ૧૧.૦૦ | ❖ પાખી પ્રતિક્રમણ ૫.૦૦ વાગ્યે શરૂ થશે ❖ ભાવના | ❖ આરતી, દીવો અને ત્રિશલા માતાના સ્વપ્ના: ૪-લક્ષ્મી, ૫-પુષ્પ માળા, ૬-પૂર્ણ ચંદ્ર |
| સોમવાર ૨૫ ઓગસ્ટ શ્રાવણ વદ અમાસ | ૪.૦૦ થી ૧૧.૦૦ | ❖ પ્રતિક્રમણ ૫.૦૦ વાગ્યે શરૂ થશે ❖ ભાવના | ❖ આરતી, દીવો, ત્રિશલા માતાના સ્વપ્ના અને પારણું: ❖ પારણું ઘરે લઈ જવાનું ❖ પારણું પોખવાનું ૭- તેજસ્વી સૂર્ય, ૮-ધ્વજા, ૯-કુંભ કળશ, ૧૦-પદ્મ સરોવર |
| મંગળવાર ૨૬ ઓગસ્ટ ભાદરવા સુદ એકમ | ૪.૦૦ થી ૧૨.૦૦ | ❖ પ્રતિક્રમણ ૬.૩૦વાગ્યે શરૂ થશે ❖ મહાવીર જયંતી ❖ પારણું ઘરે લઈ જવામાં આવશે | ❖ આરતી, દીવો, ત્રિશલા માતાના સ્વપ્ના અને પારણું: ❖ પારણું પોખવાનું અને જુલાવાનું ૧૧-ક્ષીરસમુદ્ર, ૧૨-દેવવિમાન, ૧૩-રત્નરાશિ, ૧૪-નિર્ધૂમઅગ્નિ |
| બુધવાર ૨૭ ઓગસ્ટ ભાદરવા સુદ બીજ | ૪.૦૦ થી ૧૧.૦૦ | ❖ પ્રતિક્રમણ ૭.૩૦વાગ્યે શરૂ થશે ❖ પ્રતિક્રમણ શરૂ કરતાં પહેલા પારણું પોખવામાં આવશે | ❖ આરતી અને દીવો |
| ગુરુવાર ૨૮ ઓગસ્ટ ભાદરવા સુદ ત્રીજ | ૪.૦૦ થી ૧૧.૦૦ | ❖ પ્રતિક્રમણ ૭.૦૦ વાગ્યે શરૂ થશે ❖ તપસ્વીઓનું બહુમાન ❖ ભાવના | ❖ આરતી અને દીવો |
| શુક્રવાર ૨૯ ઓગસ્ટ ભાદરવા સુદ ચોથ | ૪.૦૦ થી ૧૧.૦૦ | સવંત્સરી પ્રતિક્રમણ ૬.૩૦ વાગ્યે શરૂ થશે ક્ષમાપના સાથે પર્યુષણ મહા પર્વનું સમાપન મિચ્છામી દુકડંમ | ❖ આરતી અને દીવો |

કૃપા કરીને નોંધ લેશો:

- શુક્રવારે ૨૨ ઓગસ્ટ ૨૦૧૪ આરતી અને દીવો દરેકને દ્વારા કરવામાં આવશે.
- કોઈપણ પ્રભાવનાનું દાન કરવા ઇચ્છતાં હોય તેમને વિનંતી કરવામાં આવે છે કે ૧૫ ઓગસ્ટ ૨૦૧૪ સુધીમાં કેશુભાઈનો સંપર્ક કરે.

સવંત્સરી ભોજન ૨૦૧૪

રવિવાર ૧૪ સપ્ટેમ્બર ૨૦૧૪

સ્થળ: ઓશવાળ શક્તિ સેન્ટર, ઇન્વુડ રોડ, હંસલો, TW3 1UX

દરવાજા ખુલશે: ૧.૩૦ વાગ્યે; પ્રાર્થના ૨.૦૦ વાગ્યે

ભોજન: ૨.૩૦ થી ૪.૦૦ વાગ્યા સુધી

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Radha Dodhia – an active member of the Enabling Network



My name is Radha and I am 24 years old. I have a younger brother, Anooj, and my parents are Mahilesh and Raxa. I was born in Croydon and lived there until I was five, when we moved to Bushey.

My Condition

I was born with a genetic condition, a type of muscular dystrophy called Merosin-Deficient congenital muscular dystrophy. To know more about this condition please read my dad's article below. From the age of ten I have also suffered from epilepsy.

Schooling and learning

My first schooling was at a Special Needs nursery in Croydon, St Giles School. The move to Bushey changed this to mainstream schooling right up to A levels, at first to Little Reddings Primary and then to Bushey Meads School. I finished my primary schooling being able to scribe for myself, however, part way through secondary schooling I needed help of an amanuensis to scribe for me. Since then I have taken exams with such support. In 2007, I decided to pursue further education at Hereward College in Coventry, a residential college catering for both my care and educational support needs. In 2009, I came back home to Bushey and started an undergraduate course in Psychology at Middlesex University. Unfortunately, my health deteriorated to the extent that I could not continue with this course after the first year.

I can speak and understand Gujarati and have very fond memories of attending the Oshwal Gujarati school, first at Priestmead and then at Wembley High. My first lesson at Priestmead was

taught by Amit Shah, who at the time was doing his A levels. I used to go around on my tricycle. At Wembley High they made a special ramp for me to get from the Hall to the classrooms in my wheelchair. I took part in many Rangoli competitions through Gujarati school.

Sports and music

Whilst at primary school I attended swimming lessons with the rest of my class which I enjoyed. My mum came to help as I was not able to swim on my own and she helped me to get in and out of the pool. At this school I also achieved Grade 1 in Recorder; a special recorder holder was made for me to hold it. When I was at secondary school I played wheelchair football with other wheelchair users. In 2003 I received a medal for being a team member of the Bushey Meads wheelchair football team. I also won a trophy for being the most improved player.

Brownies and Girl Guides

As an after school activity I joined Brownies, aged six, for three years and then went on to Girl Guides for a further three. One of the activities that I took part in was the special needs camps in Potters Bar and in Norfolk where I thoroughly enjoyed some of the activities such as kayaking. After my time at Girl Guides I became a Young Leader for the Brownies where I helped with various activities.

Pastime activities

Currently, I enjoy doing activities such as arts and crafts (needlework, card-making, personalised gifts and sequin art), baking/cooking (cakes/cake decorating and biscuits) and planting. I also like going to the cinema and watching TV. My favourite films are The Twilight Saga, Harry Potter, James Bond, Home Alone and Police Academy. My favourite TV programme is NCIS as well as watching sports, such as, Formula 1, cricket and the 2012 Olympics and Paralympics. I love to do 'sing along' on some Wii games.

Charity work

I help with fund raising for a local charity, The Disability Foundation (TDF), which offers various therapies to disabled people. It is based on the grounds of the Royal National Orthopaedic Hospital in Stanmore. I have a weekly treatment at the TDF.

Respite and home help

Two to three times year I go to respite care. Respite care is a temporary care arrangement. It gives my parents time away from their day-to-day routine and caring responsibilities, as well as, giving them the time they need to do other important things. Respite care is also a valuable break for me, it allows me a change from the usual routine by spending time in a different place and with different people. Up until the age of sixteen I went to Keech Cottage Hospice near Luton. Currently, I go to Helen & Douglas House (Helen House is for children and Douglas House is for young adults) in Oxford. During my time at

respite I have taken part in various activities such as art and craft, going to the cinema and going out for meals. I have also been to Silverstone and went on a trip to Japan, which were organised by the hospice.

At home I have care workers that support me with my needs and daily tasks to enable me to be as independent as possible. Homecare also enables me to access my local community and take part in various activities.

Keeping in touch

I enjoy communicating with family and friends. As I have difficulty holding a telephone I communicate through Facebook and Skype.

~~~~~  
**Mahilesh Premchand Lakhamshi Dodhia –** is Radha’s dad (see above article) and writes more about her condition: how they found out; the medical breakthroughs; the prevalence of the condition in our community; and the changing attitudes to disability.

long eye lashes she has’ are the first words that I hear as Radha is thrust into my arms.

### **Back Home - Essenden Road, Sanderstead, Surrey**

After a normal short stay in hospital both Raxa and Radha are at home and my joy would not be quelled. The next few months entailed the enjoyment of this new born, with the normal check-ups at our local clinic, and before we know it 1989 is nearing its end. I am in the midst of changing jobs and have an opportunity to take some time out and we hurriedly decide to visit family in Kenya. We take a 24 hour journey from Gatwick-Mombasa-Nairobi and finally to Thika, reaching there in the evening. My Ba’s (grandmother’s) first instincts on taking Radha is to question why she is not putting weight on her feet and tells me to get this checked out without delay. I tell her about the doctors and weekly clinics in the UK and try to deflect her concerns but she would have none of it; Ba has raised a brood of children.



### **An Angel is born - May Day Hospital, Thornton Heath, Surrey**

It is 17 June 1989 and an angel is born in the Dodhia household. I had already sought a name for her, Radha. Had we had a son, I know that I would be in trouble for naming him Radha. The midwife turns out to be an Oshwal lady who knows my mum. It has gone past 1pm – a time for change in staff, and Raxa is still in labour – but fate has it that Radha is delivered by this same midwife at 1:51pm, who insisted on staying on beyond her call of duty. ‘It is a girl and what lovely

### **Medical Rollercoaster**

The next six months are a rollercoaster, our concerns waxing and waning and continually being thwarted by the doctors at the clinic. We are deemed to be over concerned parents. These paediatricians’ are clearly making mistakes but we are none the wiser. Matters come to a head when the health visitor, at the child-minder where Radha used to go, raises her own concerns and

we once again return to the clinic voicing our repeated concerns. No joy – same doctors! Our GP is more helpful and we get a referral to a local children's hospital in Sutton. It takes just a short first visit to confirm that things are not right – further tests are required and carried out but these are not sufficient to know Radha's condition. We are given a choice of Great Ormond Street or Hammersmith Hospitals for onward referral. My university friend, Jay, a GP suggests going to Hammersmith given that the internationally recognised Professor Dubowitz was there at the time (there is now Dubowitz Nueromuscular Centre linked to Great Ormond Street hospital). Following a three day stay and after many further tests including a muscle biopsy confirms that Radha has a condition termed Congenital Muscular Dystrophy. Congenital means from birth and Muscular Dystrophy is to do with muscle weakness.

### **Genetics – the key**

*'Are you two related?'*, the doctor asks Raxa and me. *'No, but we do come from a small community'*. There are many types of muscular dystrophy and it takes a few years' worth of gene research to establish that there is a protein called Merosin, which is either missing or deficient in conditions such as Radha's and finally in the mid 1990's we are told that the condition is termed Merosin Deficient Congenital Muscular Dystrophy.

There is a very simple model that reflects the inheritance of the particular defective gene. Raxa and I are 'carriers' of this defective gene, whilst neither of us are 'sufferers'. Assuming that the defective chromosome is termed X and a non-defective one Y, then a carrier (both Raxa and me) has XY or YX. Radha has inherited the X from me and X from Raxa, giving her XX and making her a sufferer of the condition. A 'non-carrier' has YY. Randomly there is a 50% chance of me passing on X or Y to Radha and the same applies for Raxa, thus each of our off-spring would have a 25% (0.5x0.5) chance of being a 'sufferer', 25% chance of being a 'non-carrier' and a 50% chance of being a 'carrier'. Fate has it that Radha falls into the 'sufferer' group.

### **Prevalence of this condition in the Oshwal community**

Given that I am a carrier of the defective gene, I have inherited it from my parents, thus one of

them is definitely a 'carrier' (and there is a chance that it could be both). The same applies for Raxa. There is a chance that siblings could be 'carriers' as well. Going back one step, my 'carrier' parent must also have a 'carrier' parent (i.e. my grand-parent), and so on. There are a number of others in the Oshwal community who like Radha are sufferers of this condition. With a worldwide community of say 100,000 Oshwals, random mutation of genes is unlikely to result in such number of sufferers. Remember the question from the doctors at the hospital – *'is Raxa related to you?'* and my reply *'no, but we are from a small community'*. The gene pool in the Oshwal community is small and therefore more prone to such fates.

Note that both parents would need to be carriers of the gene for there to be a risk of a child being born with the condition. If only one parent is a 'carrier' then the only risk is that the child could also be a 'carrier'.

### **Medical advancement - detection**

When Radha was born the only way to establish her condition was by way of a muscle biopsy. This condition can now be tested for by a blood test. This has two very important implications. First, anyone who feels that they are at risk of being a 'carrier' can be tested. Second, if say both parents are 'carriers' then there is an opportunity to have good ante-natal counselling; we have cases in the Oshwal community where the first child is in the sufferer group and the parents underwent ante-natal counselling to establish that the unborn child was not a sufferer. For us, Raxa was already expecting our son, Anooj, when we found out about Radha's condition and the only thing we could do was to wait and see (and obviously pray) whether Anooj is born showing signs of muscle weakness, in which case a muscle biopsy would have been done. Luckily, Anooj did not show any signs of muscle weakness and therefore was not in the sufferer group.

### **Medical advancement - treatment**

For the sufferers of this condition the key treatment tool remains health management and a big part of this is physiotherapy. Radha used callipers to stand and walk until the age of 10 years and since then has used a wheelchair. In the early years Radha used a tricycle to get

around. She uses a ventilator to help regulate her breathing during sleep, this was an important introduction in her care management when she was about 12 years. Contractures of joints creep up and need managing.

Just as no two people are the same, sufferers of this condition will experience health, emotional and spiritual issues differently and to a different extent. Radha has suffered from epilepsy since the age of 10 which was well managed until she was in her late teens when she experienced very challenging times suffering from apnoea seizures and on many occasions she had gone blue in the face unable to breathe. Without our interventions outcomes could have been very serious and we had to keep a watchful eye 24/7.

### **Unconditional acceptance**

A few years before Radha was born I had experienced a significant health challenge myself – I had had a spinal cord injury and could have been left paralysed waist down. Despite an emergency operation I was left with injuries which meant that I could not run nor walk with a good gait. Nerves had been damaged and the doctors had stated that this was to be the extent of my recovery. Three years on in 1987, I was blessed by listening to a talk given by one of our most respected Oshwal ladies at the South London Mahajanwadi. She talked about the negativity we project by not appreciating what we have and always hankering for what we don't have, this resulting in a continual unhappy and unfulfilled state. I contemplated on this for a few days and I came to an appreciation that I had my legs albeit not fully functional and thereafter concentrated on making use of what I had, and not worrying about what I didn't. Within months I had overcome the limitations stated by the doctors. I could run and walk with a good gait – people would not realise that I continue to carry significant nerve damage to this day.

The above experience was timely - we accepted Radha the way she was and continue to do this. Never have we waivered from this.

### **Positive changing attitudes**

The early experiences of people from both our and the wider community to Radha's condition

was to question about the things that she could not do, *'does she not do this or that?'* or show amazement on things she did *'Oh, she can talk!'*. Times were not easy as attitudes were not conducive to promoting inclusiveness. Sometimes, prejudices are hard to overcome. Like us, many families in a similar position are distraught by these negative attitudes. Luckily, attitudes have changed in the broader society as well as our community – sometimes trailing legal enforcements. The setting up of the Enabling Network, and giving it direct access to the Executive Board, is a very important step in this and I commend the foresight of our office bearers for this.

### **25 years on**

By the time you read this article Radha will be 25 years old and we will have been in Bushey for 20 years. Life continues to be a challenge but we wouldn't have it any other way.

### **Further information or advice**

If you need further advice, or information, on congenital muscular dystrophy, in general, or merosin deficient muscular dystrophy, in particular, please visit the following websites:

<http://www.muscular-dystrophy.org/>

<http://www.nhs.uk/conditions/Muscular-dystrophy/Pages/Introduction.aspx>

<http://mda.org/disease/congenital-muscular-dystrophy/types-cmd/chart#chart>

You can also discuss matters with your health professional and I would urge young couples who know of someone in their wider family with a muscle weakness problem to discuss this with their doctor when considering family planning.

Finally, I need your help. I am trying to set up a database of people who suffer (or did suffer) from this condition and also a database of possible 'carriers' of this gene. If you are able to share such information please get in touch with me by contacting the Enabling Network team at [en@oshwal.org](mailto:en@oshwal.org).



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# Will your child be the next Oshwal Millionaire?

*Article by, Ashish Patani*

## Starting a pension for your child

What a crazy idea you might say - starting a pension for a new born baby - given that whatever goes into the pension fund will not be accessible at the earliest for another 55 years! Furthermore, there are bucket loads of other expenses to cover first like school fee, university tuition fees, helping to get on the housing ladder, etc. So why on earth, would you consider starting a pension for your child?

Well few advantages include:

- A child's pension gets the same tax relief as any other pension, so can be highly tax efficient.
- 55 years of compounded growth, even at minimum growth rates, can have a huge impact on the value of the initial amounts contributed.
- When the child comes to draw on the pension, they can take 25% as a tax-free lump sum.
- A child can be encouraged to get into the saving habit from an early age.

## Tax Relief

It is highly likely that your child is not a taxpayer, however, HMRC will add 20% to the payments, to an annual maximum value of £3,600\* per tax year. So you simply need to contribute £2,880 to your child's pension and the Government will provide £720 in tax relief.

So as an example, if you start a pension for your newly born child and contribute the full amount annually till their 18th birthday - assuming no change in contribution amounts or tax relief and with a net 5% growth rate - your total contribution amount would be £51,480 and the tax relief received would be £12,960 giving a fund of £64,800. With the 5% growth compounded over 18 years the value of the pension fund would be £106,340 - essentially double would you put in.

## Transferring the Pension Fund to the Child

Upon the child's 18th birthday, the pension is transferred to the Child, to manage for themselves. One of two things can happen - either the child will continue putting in contribution themselves or stop contributing into the pension fund.

If the latter is the case, then with the net 5% growth rate assumed above, the £106,340 can continue to passively grow to a value of about £646,700.

If the child decides to continue to make £2,880 annual contributions into the pension fund and with the related tax relief, the pension fund can continue to grow to a value of about £1,030,854. Furthermore, in this case the child would have got into the saving habit right from their 18th birthday. This may be a tall ask for a child about to go through University and see their part-time work income, expensed out with university related costs. Nonetheless, any small amount of savings and contributions into the pension fund would see a massive growth potential in the long-term and also encourage good financial discipline by saving regularly.

## A Junior ISA for your Child

While you can categorise Child pensions as a super-long-term strategy, a junior ISA can be part of a medium-to-long-term strategy. In that, it can deliver a tax-free savings pot to your Child at the age of 18.

Working very similarly to a child's pension fund, annual contributions of £3,840\* from year of birth can yield a tax-free saving pot of £113,430 by the child's 18th birthday. This could help towards university tuition fees as well helping your child get on the property ladder as their start their career.

## Combined impact

Setting aside £2,880 for your child's pension and £3,840\* for a junior ISA, you the parent, would need

to be able to set aside £6,720 per year for at least 18 years. Doing this, you can potentially provide a combined pension and junior ISA value of £219,770 to your child at the age of 18.

## Message for the next generation of parents

At the age of 18, personally I had £0 savings, so to be given a head-start of over £200,000 would be amazing. Of course, not every parent can afford to give such a financial head start but my parents provided for me in many other ways for which I am enormously thankful.

My point here is not for the previous generation of parents - but for the next generation for parents - for all new-parents or soon-to-be-new-parents - many of whom are working in well paid professional jobs - start reading up on these important financial matters, do your research, get professional advice and give your child a head-start.

The world is getting more and more competitive and following the motto "survival of the fittest" only you the new-parents or soon-to-be-new-parents have the power to help the next generation of Oshwal children prosper.

## And finally...

A final food for thought - there are enough financial experts, pension specialist and investment professionals within our Oshwal community here in the UK. Perhaps we as a community need to establish a co-operative Oshwal Pension and Saving Fund for the benefit of all Oshwal Members?

### **Autor's Note:**

*My intention in this article is to start debate, discussion and spur Oshwals' into action about the matters raised in this article. So I would love to hear your feedback on my article - good or bad, all feedback is welcome. Please feel free to drop me an email: ashishpatani@gmail.com*

### **Disclaimer:**

*Nothing in this article is meant to be investment advice. My intention is simply to get the Reader thinking about the matters covered within this article. This article is meant for UK based Readers, as the investment environment, rules and regulations outside of UK may be different from that described herewith. Remember, value of investments can go down as well as up. You should always do your own research and seek professional advice when making investment decisions.*

### **Note about numbers:**

*Numbers & calculations here are for illustrative purposes only. They are not meant to be 100% accurate and based upon few assumptions as mentioned above. Where applicable, numbers marked with an asterisk (\*) are annual allowances, which can change depending on the tax year.*

## More information

### **HMR&C Pension Schemes**

[www.hmrc.gov.uk/pensionschemes/index.htm](http://www.hmrc.gov.uk/pensionschemes/index.htm)

### **Tax relief on pension contributions**

[www.hmrc.gov.uk/incometax/relief-pension.htm](http://www.hmrc.gov.uk/incometax/relief-pension.htm)

### **The Pensions Advisory Service (TPAS)**

[www.pensionsadvisoryservice.org.uk](http://www.pensionsadvisoryservice.org.uk)

### **HMR&C Tax efficient Savings & Investments**

[www.hmrc.gov.uk/taxon/savings.htm](http://www.hmrc.gov.uk/taxon/savings.htm)

### **HMR&C Individual Savings Account**

[www.hmrc.gov.uk/isa/index.htm](http://www.hmrc.gov.uk/isa/index.htm)

### **Junior Individual Savings Accounts (ISA)**

[www.gov.uk/junior-individual-savings-accounts](http://www.gov.uk/junior-individual-savings-accounts)

### **Child Trust Fund**

[www.gov.uk/child-trust-funds/overview](http://www.gov.uk/child-trust-funds/overview)



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# My Dream became Rushabh Creation's Dream and is turning to reality...

*By Nila Ashok Shah*



It all started with the effect my Mother, Savitaben Premchand Shah's death five years ago had on me. Her passing away left me wondering what really had happened and what life is really all about? I recalled her saying quite often that when a soul departs from the body, all that goes along with the soul are the merits and bad karmas. The body is just a cover which will keep changing forms in all births and thus not permanent, but the soul is the same one within and births and rebirths give opportunity to shed off the bad karmas to make it pure, thus nearing to Moksha (Liberation)! An image of Jina provides that opportunity of producing merits and at the same time destroying the bad karmas.

My Mother's life and her second home was 'Derasar' and all connected activities. Since my childhood, I had always seen her performing all Jain rituals, especially 'Darshan Puja', worshipping of Tirthankar Idol daily. The seed had already been planted within me and bloomed to inspire me at the perfect time in my life's destiny!

I thought of all those numerous Svetamber Jains who may be lacking confidence to perform the Darshan Puja ritual due to various reasons. I instantly made the decision to have a film made about this ritual as a complete Vidhi with the intention that this DVD should reach each Jain household. My passion was embraced with open arms by Raju Mehta of Rushabh Creation and together we progressed successfully. But without my husband, Ashok's support nothing would have



**Savitaben Premchand Shah**

materialised. I would like to thank various sponsors for their help.

We had launched 'Jina Worship' made up as a set of two DVDs, at SOAS in March 2011 and since then have made changes, including the voice-over in English recorded in UK. The pack now comprises a DVD and a book of explanatory material and is available in English, Gujarati and Hindi.

The DVD explains the Darshan Puja Vidhi (method) with precise details and simple explanations along with beautifully rendered songs in the background. The DVD is not just for children but is for all who want to know, learn and carry out the ritual of performing Ashtaparakari Puja through which we can accelerate the speed of our journey towards Moksha. It is our sincere wish that after watching this film, those who do not perform Jina Puja presently will be inspired to do so.

My primary objective is to promote Jainism by making it accessible to the youngsters in UK and USA . Participating with Rushabh Creation helps me to achieve this. For this distribution in UK, I selected to go for Jina Worship in English as it will facilitate the needs of majority of the audience. Hopefully this DVD will encourage Jains in UK to visit our magnificent Derasar in Potters Bar to perform the rituals



**Ashok Shah**

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**Day 10:** Hoi An Freeday (B)  
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**DAY 13:** Hue - Hanoi (B,L,D)  
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**DAY 14:** Hanoi Full-Day City Tour (B,L,D)  
Note: Ho Chi Minh complex closes on Monday, Friday and Ho Chi Minh Mausoleum closes in every afternoon. All Museums in Hanoi closes on Monday.

**DAY 15:** Hanoi – Halong Bay (B, L, D)  
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