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OSHWAL news

March 2015 Edition



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HRH Prince Charles



*HRH The Prince of Wales visit to Oshwal Centre
22nd January 2015*



Contents

Jai Jinendra

As Editor, I am most delighted to say this is our very special edition which features details of the visit of HRH Prince Charles on 22nd January 2015.

This historic visit by our future King to our Jain Derasar & Oshwal Centre marks a very special occasion for OAUk and IOJ.

Most of you have already seen the many pictures and reports in the newspapers, websites and on Facebook.

I hope you enjoy this magazine.

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For future publication of Oshwal News, please submit your material in Word format and pictures in JPEG or BMP format. Gujarati articles should be submitted in Word and PDF format using Shruti font in Microsoft Word.

Submit your publication material by emailing: Sudhir Meghji Shah at sudhirmeghjishah@gmail.com

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General Information

We would always encourage all Oshwals and Oshwal Members to always first consider hiring our venues at Oshwal Centre (Northaw), Oshwal Mahajanwadi (Croydon), Oshwal Ekta Centre (Kingsbury), Oshwal Shakti Centre (Hounslow). By hiring these Oshwal venues you will be supporting your community. All funds raised are for the benefit of the Oshwal Association of the UK

Weddings, Birthday and Anniversary Parties, Meetings, Sadadi, etc,

Please phone or email the administrators at any of the offices with regard to availability and charges.

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Middlesex, TW3 1UX

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Email: shakticentre@oshwal.org

Marriage Registration

Oshwal Centre & Oshwal Mahajanwadi are registered buildings for the solemnisation of marriage. Registration of a marriage at both venues will be part of a religious ceremony i.e. it will take place during and within the Jain / Hindu religious marriage ceremony. Oshwal Ekta Centre is registered for civil marriages thus religious ceremony is not needed. For further information please phone the administrators.

Sadadi Messages

If you would like to find out when and where any Sadadi are being held in respect of any deceased Oshwal, please call the information line on **01707 661 066** for further details.

All sadadi messages received will be placed on the website at www.oshwal.co.uk and also on the message line up to 4 days in advance only of the sadadi date. We request that all messages are kept very short & to the point. The reason is to avoid the engaged tone on the telephone line. Our admin staff will try to accommodate as much as they can but they will have a limitation on the length of the message. We wish to respect everyone wishes at such sad times for the family and request everyone for their kind cooperation in advance.

Obituary / Shraddhanjali Messages

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

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



President's Message

A Happy New Year to you all.

2015 has started with great excitement. We were honoured to have His Royal Highness **The Prince of Wales visit Oshwal Centre on 22nd January 2015.**

I think this is a true highpoint for our community. The visit had been in discussion for over 2 years and when the date was finally agreed, we were asked to not disclose any information until two weeks prior to the visit. This visit was arranged in conjunction with The Institute of Jainology under the banner of 'One Jain'. Numbers were strictly limited at the request of the office of HRH The Prince of Wales. Regrettably we could not invite everyone to attend, however a live feed was arranged on Oshwal.tv which many members did view.

Photographs and some highlights are featured in this issue of Oshwal News.

This year we celebrate the **10th anniversary of our Derasar.** We have planned a 4 day event at Oshwal Centre starting **Thursday 27th August 2015.** Please note the dates in your diary. Full details will be published in the next issue of Oshwal News.

To many, today religion plays a less important role in their day to day lives. However, I think as Jains, it is time to rethink what it is that Jainism is all about. Placing aside rituals, it is a philosophy of life. Interestingly despite being over 2600 years old, a philosophy that is more relevant today than ever before. Leaders across the World talk about raising awareness of all that is around us. Valuing resources, reducing waste, being aware of our carbon footprint, respecting life, non-violence and there is a strong movement towards a vegetarian based diet. All of



this and more are the central tenets of Jainism. HRH The Prince of Wales touched on these in his speech. Perhaps we need to remind ourselves of the values that we are born into and take pride in being known as Jains.

OAUk is 47 years old. We have reached some major milestones over the last few years and the community spirit is strong. There is a lot that is good in what we do and we should celebrate our collective achievements. We do however need to give more thought to the future. We need to instil the values of community, knowing one another, supporting one another and through that strength, building a community that will be relevant to the upcoming generations. Change will see us evolve and we cannot fear change. We have to shape our community to meet the changes and accept that not all things can remain the same. This is a huge discussion point and I am sure that many of you will have lots of views and opinions. The first step to making changes happen **is your involvement. Please participate, share your views and attend Oshwal events with your family.**

President's Message

On **Sunday 5th April, the last day of Ayembil**, we are planning the formal opening and dedication of taktis for the newly refurbished assembly halls. Programme details are being finalised and we will be writing to all donors with further details. Please mark the date in your diary.

AGM's are happening in all the Areas and are listed in this issue of Oshwal News. The central **AGM in on Sunday 26th April 2015**. We look forward to seeing many of you locally and centrally in the coming weeks.

Sadly, the winter months see an unusually higher number of deaths in our community. This year is no exception. These are sad moments for the family and wider social connections. On 2nd January, Oshwals lost a true elder of our community, Late Meghji Tejshi Shah who passed away at the grand age of 104. Quite a remarkable life.

Happily, we have a few members who are celebrating their centenary. Jasodaben Raichand Hansraj Haria, celebrated 100 years in September, Rupaben Lakhamshi Galaya celebrated 100 years in January and Dahiben Jivraj Karamshi Khimasia celebrates 100 years in February. Our congratulations and best wishes to them.

If there are other members who are celebrating 100 years+ we would like to know about them. Please contact us with details.

Finally, we wish you all the very best for the New Year and look forward to the upcoming events and your support as one community.

Jai Oshwal

Raaxeet Harakhchand Shah
Hon President
Oshwal Association of the UK





Ladies and gentlemen, I am most grateful and deeply touched by your generous gesture in giving me this award. Ahimsa is clearly a sacred principle which we should all follow as a matter of course, but if I have earned it at all, I can only imagine it

is because I have always felt compelled to do all I can to curb the violence we do to the one and only precious Earth that sustains us all.

I am enormously flattered that you have invited me here to open your newly refurbished Assembly Halls and to tour your magnificent temple. It was particularly fascinating to learn the meaning behind the many carved patterns and the structure of the Derasar even down to why it is aligned on its North Easterly axis. It is as if every inch of the building reflects the meaning of those universal principles which underpin all of the world's great sacred traditions. It is worth remembering, perhaps, that before the advent of the modern era, every culture around the world - and for thousands, if not tens of thousands of years - found that the same patterns and geometric relationships express the same principles that are universally considered sacred to life – which is a warning to us, surely, not to ignore them...

I was particularly struck by the fact that each carved stone or section of the building arrived here from Central India like bits of a giant jig saw, and they fitted together so precisely and perfectly that the pieces themselves hold up the entire structure. Not only is this a wonderful example of the sort of enduring excellence in engineering found in traditional architecture and traditional craftsmanship, but it is, of course, also profoundly symbolic of the truth about the very nature of the world in which we live. Every aspect of your remarkable temple serves to emphasize the fact that we live in an intricately

interconnected and inter-dependent, living universe, where no one thing exists separately from all the rest. Being Jains, of course, you know this, but I am afraid it is a fact all too often ignored or even rejected by the current mainstream approach, with all the terrifying environmental consequences that such denial is visiting upon us. How important, then, that in this corner of the English countryside you have created such a very special beacon of truth...

And because of the extraordinary inclusiveness of Jains, this is a place accessible to all; from visiting school groups to faith representatives of various creeds, all are welcomed and received so graciously. So, at a particularly heightened time of anxiety for us all, when horrific violence is being inflicted upon so many innocent people around the world supposedly in the name of a particular faith, it is of even greater importance to recognize your ancient, but constant message, of reverence and to appeal for greater understanding and tolerance between those of different faiths. We all have a duty to work for greater harmony between the religions of the world, especially when, as now, tolerance is being so severely tested. In this sense I was struck by the images in your temple that demonstrate so clearly how Nature, herself, depends upon diversity.

So, to have a diversity of faith traditions requires that very diversity to be informed by the imperatives of civility and of courtesy because, ultimately, as your own practice shows, each tradition is an expression of the same Divine truth. If I may say so, this is Jainism's great contribution. You demonstrate clearly that, rather than reject, we must embrace the "otherness" of the other. After all, in truth, there is no exclusion given that everything is bound by the benevolence of the Divine.

So thank you, ladies and gentlemen, for welcoming me here today and for showing me such civility and courtesy.

HRH The Prince of Wales

Your Royal Highness, on behalf of our community, I thank you, for your very thoughtful and inspirational words.

You express a clear understanding of the significance of the Derasar, and your comments on its architectural symbolism and beauty are insightful.

This, together with the marvel of the ancient engineering and construction skills are the elements that make the building so unique.

You speak of tolerance and accepting of other points of view, embracing nonviolence and seeking greater harmony. All of these resonate so closely with the Jain philosophy.

Whilst we can all aspire to do more, and change the way we relate with life and all that is around us, your words echo the very thoughts and sentiments of the Jain faith.

Sir, your visit to Oshwal Centre & the Jain Derasar

comes at an opportune time, as not only have we refurbished these halls, this year we also celebrate 10 years since the construction of the Derasar.

We thank you for gracing us with your presence and we look forward to welcoming you to our Derasar again, soon.

To mark your visit to Oshwal Centre, may I ask you to unveil a plaque in commemoration.

**For further information on
HRH The Prince of Wales, his charities
and the Institute of Jainology please
visit the following websites:**

<http://www.princeofwales.gov.uk/>

<http://www.princes-trust.org.uk/>

<http://www.britishasiantrust.org/>

<http://www.jainology.org/>



HRH The Prince of Wales receives the AHIMSA award from Mr Nemu Chandaria, the Chairman of IoJ.





HRH The Prince of Wales with The Lord Lieutenant of Hertfordshire – The Countess of Verulam, Office Bearers and their spouses.



Above: IOJ

Right: Civic dignitaries





HRH The Prince of Wales with Ahimsa award



OAUK Office Bearers, Civic Dignitaries and IOJ Committee members



Ritula with the Mayor Les Page and Mrs Bette Philpot





HRH PRINCE OF WALES VISIT TO THE JAIN DERASAR

On this historic day 22nd January 2015, many photos were taken by our Professional Photographer Jagdeepbhai.

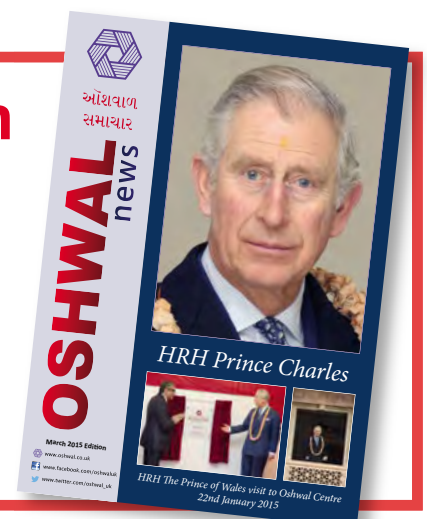
Please view all the photos on our website. Each photo has a unique reference number. If you would like to order a high quality print of the photos, then details on how to do this are available on the website. All the funds collected by Fotoview will be donated to OAUk – thanking you in advance.



Example picture reference: HRH-0224

The Media and Communication teams are looking for new members to join into the teams in all areas.

Please contact Sudhirbhai and Prabhaven via the email addresses on the Contents page (pp01)



Please read the following article on some of the Jain festivals.

સંકલન: સુશીલાબેન લક્ષ્મણભાઈ (January 2015)



સ્નાત્રપૂજા

ધર્મપ્રેમી ભાઈઓ તથા બહેનો,

આપ સર્વને પ્રણામ.

જૈન ધર્મમાં વિવિધ પ્રકારની પૂજાની બુકો પુ.ગુરુ ભગવંતોની લખેલી હોય છે. જેમ કે પંચકલ્યાણી પૂજા, અંતરાય કર્મની પૂજા, આયુષ્ય કર્મની પૂજા, નવપદની પૂજા, ચોસઠ પ્રકારી પૂજા વગેરે વગેરે. દરેક પૂજા ભણાવીએ ત્યારે પ્રથમ સ્નાત્ર પૂજા ભણાવવાની હોય છે અને હા, એકલી સ્નાત્ર પૂજા કાયમ પણ ભણાવી શકાય. માત્ર સ્નાત્ર પૂજામાં ઢાળો અને શબ્દોમાં ઘણું રહસ્ય છે. એમાં શ્રદ્ધા કેળવી અને તેનો થોડો અભ્યાસ કરી મય બનીએ તો આનંદ આવે. આજે સ્નાત્ર પૂજા વિષે થોડું વાંચીએ અને જાણીએ.

પ.પુ. આચાર્ય શ્રી વાત્સલ્ય દીપ સુરીશ્વરજીએ લખ્યું છે કે જૈન ધર્મના તત્ત્વનું રહસ્ય જાણવા અનેક મહાપુરુષોની રચેલી પુજાઓનો સ્વાધ્યાય કરીએ છીએ ત્યારે આત્માના સ્વરૂપનો ખ્યાલ આવે છે, આ આત્માના કલ્યાણ માટે ભગીરથ પુરુષાર્થ માટેનો આધાર ધર્મના રહસ્યમાંથી પ્રાપ્ત થાય છે. સ્વજનો, માનવી ચંદ્ર પર, મંગળ પર પહોંચ્યો છે, તે અવકાશયાનમાં બેસીને પૃથ્વીની આસપાસ મહિનાઓ સુધી ધુમી શકે છે. પરંતુ જે તેની તદન નજીક છે તે આત્માની તેને ઓળખાણ નથી. આત્માનો અનુભવ થાય તો તે માનવ જાતની સૌથી મોટી જીત છે. આત્મા અને આપણી વચ્ચે અનેક પ્રકારની સમસ્યાઓ આપણે ઉભી કરી છે. જીવનને શ્રેષ્ઠ બનાવવા માટે આત્માનો પરિચય કરવો જોઈએ પણ આપણે તે માટે પુરુષાર્થ જ ક્યાં કરીએ છીએ? પ્રત્યેક ક્રિયાઓ મહાન છે જે ધર્મ ક્રિયા કરો તેને પૂર્ણ વફાદારીથી વળગી રહો. સામાયિક એટલા માટે કરીએ છીએ કે સમતાના સદગુણ ની પ્રાપ્તિ થાય, પ્રતિક્રમણ એટલા માટે કરીએ છીએકે અશુભ કર્મોથી છુટાય, જીન પૂજા એટલા માટે કરીએ કે પ્રભુ જેવા બનવાની ભાવના જાગે, નવકારવાળી એટલા માટે ગણીએ કે પંચ પરમેષ્ઠીને વંદન થાય, તમે જે કરતા હો તે કરતા રહો, તેના મર્મ સુધી પહોંચો.

યોગી આનંદદાનજી જીન મંદિરમાં બેઠા હતા. પ્રભુજીની સુંદર આંગી રચાઈ હતી, યોગી આનંદદાનજીની પાસે બેઠેલા એક મુનિને થયું કે ભવ્ય અંગરચના વિષે હું યોગીજીને કઈક કહું, એટલે તેમણે આનંદદાનજીને કહ્યું, "પ્રભુજીની આંગી ખુબ સરસ બની છે નહિ?" યોગીજીએ કહ્યું, "ભાઈ તમે ક્યારના પ્રભુજીની આંગી જોયા કરો છો? હું તો પ્રભુજીને નિહાળું છું!" ધર્મનો મર્મ પકડ્યા વિના ચાલનારાઓ સાચી આરાધના કરતા નથી.

શ્રી વીરવિજયજી મહારાજ કૃત સ્નાત્ર પૂજાની આપણે વાતો કરી રહ્યા છીએ, દેવલોકના દેવો ભગવાનનો જન્માભિષેક કરવા માટે મેરુ શિખરે પહોંચ્યા છે. ભક્તિમય, ઉલ્લાસમય વાતાવરણ છે, દેવો અને દેવીઓ ગીત ગાય છે, નૃત્ય કરે છે, વાજિંત્રો વગાડે છે. ચારેકોર હર્ષ છવાયો છે. સૌધર્મ દેવલોકના ઇન્દ્ર મહારાજાની આપણે વાતો કરી રહ્યા હતા, ભક્તિનો કેવો સુર પ્રગટ થયો હશે તેની કલ્પના કરો. વિશ્વનો એક સમર્થ સત્તાધીશ વૃષભ(બળદ)નું રૂપ લઈ ને પ્રભુ સન્મુખ નૃત્ય કરે છે. ભગવાનની કૃપા મેળવવા માટે તે ભક્તિ પૂર્વક

તડપે છે. ભગવાનની કૃપા મળે તો સંસાર સાગર તરી જવાય, આવી પ્રાર્થના, સાચી પ્રાર્થના હૃદયમાંથી પ્રગટ થવી જોઈએ, પ્રાર્થના જ્યારે ઉંચે ચઢે ત્યારે આશીર્વાદ નીચે ઉતરે. પ્રાર્થનાનો અદ્ભુત પ્રભાવ છે, થાકેલા મનને અને હારેલા જીવનને પ્રાર્થનામાંથી અચિંત્ય શક્તિ મળે છે. શ્રી નવકાર મંત્ર શું છે? મહાન પ્રાર્થના સુત્ર છે. હૃદયમાંથી સાચી ભાવના સહીત શ્રી નવકાર મંત્રનું સ્મરણ કરો તો એક દી તમને પણ પંચ પરમેષ્ઠીમાં સ્થાન મળશે!

સૌધર્મ દેવલોકના ઇન્દ્ર મહારાજા પ્રભુ સન્મુખ નૃત્ય કરે છે, પુષ્પો વેરે છે, કેસર ઢોળે છે, ચંદન છાંટે છે. બીજા દેવો પાસેથી એક ક્ષણમાં પ્રભુને લઈ લે છે કે પ્રભુનો લાભ તો પોતાને જ મળવો જોઈએ. પ્રભુની આરતી અને મંગળ દીવો દેવો કરે છે, અને દેવો જયનાદ પોકારે છે, પાછા વળીને પ્રભુને તેમની માતા પાસે મુકે છે અને કહે છે કે તમારા પુત્ર અમારા સ્વામી છે, અમ જેવા સેવકનો આધાર છે. પ્રભુના રાજ મહેલ પર બત્રીસ કોડ સોનેયા, મણી માણેકની વૃષ્ટિ કરે છે.

ટુંકમાં, આપણે બધાએ જ્યારે મોકો મળે ત્યારે સ્નાત્ર પૂજા આવા ભાવોલ્લાસ સાથે કરવાની છે, કોઈ પણ કાર્ય ભાવ વિના દીપે નહિ.

આયંબીલની ઓળી

સહર્ષ જણાવવાનું કે,

ચૈત્ર મહિના ની આયંબીલની ઓળી તા-27-3-2015 ને શુક્રવારે શરૂ થશે, અને તા-5-4 ને રવિવારે પુર્ણાહુતી થશે. આ વખતની આયંબીલના એક એક દિવસના દાતા છે અને આ રીતે દસ નામ આવી ગયા છે. ખાસ જણાવવાનું કે આયંબીલ દરમ્યાન વડોદરાના ભાઈશ્રી હિતેશભાઈ વિધીકાર પધારશે તો આપ સર્વે સુશ્રાવક અને શ્રાવિકાઓને નમ્ર અરજ છે કે જરૂર બહોળી સંખ્યામાં પધારી લાભ લેશો. આયંબીલ દરમ્યાન બે પૂજન પણ રાખવામાં આવશે તેમ જ પ્રભુ મહાવીર સ્વામીનું જન્મ કલ્યાણક પણ ઉજવશું. એ જ દિવસે વિહારમાન વીસ જીનનું કેવળજ્ઞાન કલ્યાણક પણ આવે છે. કાર્યકરો કાર્ય કરી યોજના ગોઠવે પણ આ કાર્યક્રમને કેમ દિપાવવો તે તો આપ સર્વના હાથમાં છે. તો જરૂર આપ સર્વની હાજરી બહોળી સંખ્યામાં હશે એવી આશા રાખું છું.

લી. સુશીલાબેન લક્ષ્મણભાઈ શાહના પ્રણામ

તા.ક. ફાગણ સુદ તેરસને મંગળવાર માર્યની ત્રીજી તારીખે છ ગાઉની યાત્રાનો તહેવાર આવે છે. પાલીતાણા આ દિવસે દોઢ લાખ યાત્રાળુ ભેગા થશે અને હર્ષોલ્લાસથી છ ગાઉની યાત્રા પૂરી કરી ઘેંટી પગ બાજુ દાતાઓએ સો એક પાલ (માર્કી) બાંધ્યા હશે અને ભાવિકો બધાને પ્રેમથી જમાડશે, ઠંડા પીણાં પીવડાવશે, પગ ધોઈને પીશે અને પ્રભાવના આપશે! વાહ ભાઈ વાહ, કેવો શોભે છે મારા દાદાનો દરબાર- આ કાર્યક્રમ આપણે ઓશવાળ સેન્ટર ઉજવશું તો જરૂર બધા પધારજો, પરંતુ આવવાના હો તે જરૂર જણાવશો તો રસોઈ કરવાની સુવિધા રહે. આભાર.

સુશીલાબેન.

Tel: 020 8907 1570

હંમેશા શ્રેષ્ઠ વિચારવું

ખૂબ સુરતી હંમેશા જોનાર ના મનમાં અને નજરમાં હોય છે નહિતર ભુલ કાઢનાર ને તો તાજમહેલમાં પણ ભુલ દેખાય છે.

કોઈને મદદ કરવા જ્યારે હાથ લંબાવો ત્યારે એના ચેહરા સામે ના જોવ.... કેમકે મજબૂર માણસ ની આંખમાં ઉગેલી શરમ આપણા દિલમાં અભીમાનનું બીજ વાવે છે.

ભૂલ આ જીવનનું પાનું છે, પણ સંબંધ આ આખું પુસ્તક છે. જરૂર પડ્યે ભૂલનું પાનું ફાળી નાખજો, પણ એક પાનાં માટે ક્યારેય આખું પુસ્તક ના ખોય બેસતા.

દોસ્તી ની કિંમત ક્યારેય પૈસાથી ના આપતા , વિશ્વાસ આપી દગો ના આપતા. જીવ જોયતો હોય તો મોઢે માંગી લેજો , પણ અમૃત કહી જેર ના આપતા.

જિંદગી જીવવાની બે રીત છે કાં તો કોઈ એક ખૂણે રડી લેવું અથવા તો વિશ્વના તમામ ખૂણે લડી લેવું.

મિત્રતા જીવન માં સારા વ્યક્તિ સાથે થાય તો જીવન તકલીફ માંથી સારી દિશા માં આવી જાય છે પણ જો ખરાબ વ્યક્તિ સાથે જો મિત્રતા થાય તો સારી જીંદગી પણ નર્ક માં બદલાય જાય છે.

આ દુનિયા ની અંદર જીવન ની કેવી કસોટી રહેલી છે? ડૂબેલા ને તારે છે ને તારનાર ને ડુબાડે છે.

જીવનરૂપી કોરા કાગળ પર ફક્ત એક શબ્દ એવો લખો કે બીજાને આપણા જીવનમાંથી સાચા માર્ગે જવાની પ્રેરણા મળે. જેમ કે ગાંધીજીના જીવનમાંથી અહિંસાની પ્રેરણા મળે છે.

એક બીજ ધારે તો આખી દુનિયાને હરિયાળી બનાવી શકે છે, તેવી જ રીતે એક વ્યક્તિ ધારે તો આખું જગ જીતી શકે છે.

દુઃખ એ અનુભવનું વિદ્યાલય છે. સુખ નથી આવતું દુઃખ વગર , પ્રેમ નથી મળતો નફરત વગર. માટે ભરોસો રાખજો ઇશ્વર ઉપર, કેમ કે ઇશ્વરે સાગર નથી બનાવ્યો કિનારા વગર.

જીવન મા જ્યારે પણ ગુચ પડે તો તેને ઉકેલજો ક્યારેય તેને તોડશો નહિ, કારણ કે તુટેલી ગુચ સઘાઈ જશે ,પણ વચ્ચે ગાઠ તો રહી જ જશે .

પડી જાય ઘર બન્યા પહેલાં તો ચણતરની ખામી છે, બેટા બાપ સામા થાય તો ભણતરની ખામી છે, રામ-શ્રવણની માતૃભક્તિ છે ભૂમિના કણકણમાં એ ભૂમિમાં આવું થાય તો નક્કી ઘડતરની ખામી છે.

જીવન ને ધબકતું રાખવા શ્વાસ જરૂરી છે, સંબંધ ને ધબકતું રાખવા વિશ્વાસ જરૂરી છે.

લોકો એમ કહે છે કે મીત્રો વિના જીવન અધુરું છે પણ હું કહૂ છું કે શત્રુ વગર જીવન જીવવા મા મજા નથી. મિત્રો બનાવતા આખું જીવન વિતી જાય છે જ્યારે શત્રુ 1 ક્ષણ મા 10 બની જાય છે.

તમે જે કહેશો એ વિશે લોકો કદાચ શંકા કરે, પણ તમે જે કરી બતાવશો એ તેઓ માનશે.

કોઈ એક ઊંચા આસન પર બેસવાથી કંઈ ગૌરવ વધતું નથી. ગૌરવ ગુણોને કારણે આવે છે, કાગડો રાજમહેલના શિખર પર બેઠો હોય તો તેથી તે ગરુડ કહેવાય નહીં.

પરાજય શું છે ? એ એક પ્રકારનું શિક્ષણ છે. કાંઈ પણ વધારે સારી વસ્તુ, સારી સ્થિતિ તરફ જવાનું તે પહેલું પગથિયું છે.

“અરીસો” મારો સૌથી શ્રેષ્ઠ મિત્ર છે, કારણ કે...હું જ્યારે રડું છું ત્યારે તે હસતો નથી.

નિર્ણય લેવાની શક્તિ અનુભવમાંથી આવે છે, પરંતુ સાચા અનુભવ ખોટા નિર્ણયમાંથી આવે છે.

કોઈની સલાહ પ્રમાણે ચાલવામાં જેટલું જોખમ છે એટલું જ જોખમ સલાહ આપવામાં છે.

જિંદગીમાં કોઈને પ્રેમ નાં કરતા, અને થઈ જાય તો ઇનકાર નાં કરતા, નિભાવી શકો તોજ ચાલજો તેના રસ્તા ઉપર, નહીતર કોઈની જીંદગી બરબાદ નાં કરતા.



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Note: new members will automatically receive the new membership cards.

Please contact the office at Oshwal Centre for more info.
Tel: +44 (0)1707 643 838 or email: admin@oshwal.org

If you are not a member, **NOW** its time to become a member



Membership forms are available on the website at the following address:

http://oshwal.co.uk/sites/default/files/OAUK%20Membership%20Form_0.pdf

Please check your address and other details are correct for inclusion in the new directory at the following address:

<http://oshwal.co.uk/articles/oshwal-directory>



Rexbhai is presenting an Honorary Life Membership Card to Keshubhai Nathoo Shah (Columbo)

ANNUAL GENERAL MEETINGS - SUMMARY OF ALL DATES				
Date & Time	Area	Venue Address	Main Contacts	Phone number
Sunday 15th March 2015 10am	North West	Oshwal Ekta Centre, 366 Stag Lane, Kingsbury, NW9 9AA 020 8206 1141	Chetan M Shah	07949 459 090
Sunday 21st March 2015 7:30pm	North East	Oshwal Centre, Potters Bar, Coopers Lane Road, Northaw, EN6 4DG 01707 643838	Hansa R Shah	020 8368 7527
Sunday 22nd March 2015 2pm	South	Oshwal Mahajanwadi, 1 Campbell Rd, off London Road, Croydon, Surrey, CR0 2SQ 020 8683 0258	Dhirubhai K L Shah Rajesh S Shah	07932 079 930 07711 749 842
Sunday 22nd March 2015 3:30pm	Leicester	Coleman Neighbourhood Centre, Balderstone Close, Leicester, LE5 4ES	Jyotika R Gudka	07886 102 164
Sunday 22nd March 2015 4pm	Luton	Warden Hill Community Centre, Wycombe Way, Luton, LU3 2BW	Irene Ajnis Shah	07767 758 372
Saturday 28th March 2015 7pm	East	St Albans Hall, Albert Road, Ilford, Essex, IG1 1HW	Hemini R Shah	07957 308 702
Sunday 29th March 2015 3:30pm	West	Oshwal Shakti Centre, Inwood Road, Hounslow, Middlesex, TW3 1UX 020 3441 1020	Anita C Shah	07903 830 844
Sunday 12th April 2015 2:30pm	Northamptonshire	Weston Favell Parish Hall, Booth Lane South, Northampton, NN3 3EP	Usha A Haria	07803 136 917
Sunday 12th April 2015 tba	North	TBA	Dilip Maroo	07745 508 308
Sunday 26th April 2015 2pm	EC	Oshwal Centre, Potters Bar, Coopers Lane Road, Northaw, EN6 4DG 01707 643838	Sailesh L Shah	07985 432 270

Anand Yatra



Anand yatra is a weekly event organised for the elderly members of our community to visit the Derasar and take part in social activities. It takes place on Fridays at the Oshwal Centre, and a coach service is provided for those who cannot make it by car.

The programme of the day is generally as follows:

The organised coach arrives at around 10am, and Snatra Pooja is recited in the Derasar. Social activities afterwards include playing card games, such as Bhukar or Bridge. There are also yoga sessions for everyone to take part in.

A team of dedicated volunteers prepare a hot Jain lunch which is served at around 1pm, followed by 45 minutes of other activities such as informative talks, discussions or entertainment.

The coach service will operate from the following areas on these dates in 2015:

North:	March 6th	April 10th	May 1st, 22nd	June 12th	July 3rd, 24th
North East:	March 13th	April 17th	May 8th, 29th	June 19th	July 10th 31st
North West:	March 20th	April 24th	May 15th	June 5th, 26th	July 17th

North East Area:	Starting from Bounds Green Station (9:30am) to Southgate Station to Cockfosters Station to Oshwal Centre
North West Area:	Starting from Kenton Library (9am) to Queensbury Station to Canons Park Station to Edgware Station to Oshwal Centre
North Area:	Starting from Lodge Lane (9:20am) to Waitrose, Totteridge to Odeon Cinema to Oshwal Centre

Cost - £3 for transport, £2 for lunch. Places must be registered beforehand with Area contact person (details below)

North

Sarojben Shashi Shah

Tel: 020 8420 4606

saroj_45@hotmail.co.uk

North East

Pushpaben Jayantilal Shah

Tel: 020 8886 9812

p4shi@hotmail.co.uk

North West

Sushilaben Laxman Shah

Tel: 020 8907 1570

sushila.shah@oshwal.org

Weekly sponsorship of £451 towards the cost of the lunch and coach hire is most welcome.

For more information please contact Mradulaben on 020 8441 4387

All funds are for the benefit of Oshwal Association of the UK



ANAND YATRA - Mradula Babulal Shah

(Culture & Heritage Chairlady)

The Anand Yatra committee members would sincerely like to thank all the volunteers for their hard work and dedication, and the following sponsors for their generous donations towards making the weekly event for the elderly members of our community such a success in 2014. We would also like to thank all those who donated in previous years for their generous support. In the past, members have sponsored the event to commemorate anniversaries, celebrate birthdays, or to remember loved ones, and we hope people will carry on supporting us through 2015 and beyond.

2014

7th March Jayaben Gulabchand Maroo
 14th March Devkurben Fulchand Shah
 21st March Rasikaben Rashmi Shah
 28th March North Area Satsang Mandal
 4th April Hansaben Kantilal Parivar
 25th April Kamlaben/Narotamdas Doshi
 2nd May Raksha Navin Shah
 9th May Chandriben R, Chandraben K
 16th May Keshavlal Vrajpal Shah
 23rd May Vimlaben Dilip Shah
 13th June Jayaben Amritlal, Rakikbhai
 Ladha, Jyotsnaben, Hiruben
 Zaverchand, Sushilaben
 Laxman, Ashaben Sureshbhai
 Lilaben Motichand, Kasturben
 Zaverchand, Sushilaben Shantilal

2014

20th June Kantilal Govindji
 27th June Late Hemaben Virchand Hadha
 4th July Dhirubhai Karania
 18th July Kantibhai Lakhamshi Haria
 25th July Vilash Suresh Lakhamshi Shah
 8th August Amratben Nathoobhai Shah
 19th Sept Rekhaben Rameshbhai Shah
 31st Oct Muktaben, Ushaben, Vimlaben,
 Arunaben
 7th Nov Neel Rameshbhai Shah
 21st Nov Jayaben Gulabchand Maroo
 28th Nov Ashwin Dharamshi Shah
 12th Dec Champaben & late Chandubhai

Anand Yatra Committee members: Mradulaben Babulal Shah
 Maltiben Jayant Shah
 Tusharbhair J Shah
 Kishorbhai F Shah

For any more information please contact Mradulaben on 02084414387



*Please note this date
27th-31st August 2015*

**Oshwal Association of UK is celebrating the 10th Anniversary of the Derasar
at Oshwal Centre, Potters Bar in August 2015**

To commemorate this special occasion OAUk is hosting a Gujarati play on 29th/30th August 2015. We are looking for participants for this play and auditions will be held from March onwards. More details on the auditions will follow soon.

If you are interested in taking part please could you send the following details to Nilesh B Shah either by post to Oshwal Centre or by email to nilesh_shah@outlook.com :

- Your full name and address
- Age
- Contact telephone number
- Email address

We want to hear from couples who got married at Oshwal Centre approximately 10 years ago when the Derasar was built.

Please send your name and contact details to Sudhirbhai at OA_UK@yahoo.com

Memories of Diwali Celebrations 2014

Culture & Heritage Committee





East Area

East Area Celebrates Diwali

On Friday 24th October, we held our local Diwali Celebrations. It was lovely to see many people had made an effort in bringing display items (Divas, Diwali cards, Mithai, Decorations and Rangoli). Well done to the members of the Thursday Club who had made handmade Diwali cards. The evening began with a Navkar Mantra Prayer. Following this, we all tucked into some Rajma Curry with Naan accompanied with Sambaro, Bundi (donated by Lalitaben A Shah), Gathia (donated by Kishore L Shah) and biscuits. A raffle was also drawn with the 1st prize won by Deepa V Shah and 2nd prize won by Vinesh R Shah. Soon after, a short children's programme, organised by Hemini R Shah took place. There was a dance performance, poems read by some children and a script on how Jains celebrate Diwali. Well done to all participants and volunteers for their efforts and commitments. By Hemini R Shah



Diwali Celebrations at Oshwal Centre

Diwali 2014 was celebrated with a slight twist this time, each area chose a different culture (based on the theme 'How is Diwali celebrated in India') and presented this in the form of display and drama. East area were eagerly up for a challenge and chose Bengal. The preparations soon began and we carried out countless days of research. As we were new to this culture it was indeed quite an experience trying to learn names and traditional customs. From reading articles, printing Diwali cards, making Rangoli patterns to gathering different Bengali Sweets and Snacks. We even had fresh banana leaves imported from India! With all the materials gathered, the set up began.



We created a Mandir for the public to come into and experience, with offerings displayed in front of the Kaali Maa and Durga Maa posters, soft Bengali Music and the scent of the fresh rose petals and carnations, the public really felt like it was Diwali in Bengal. The public also tasted sweets like Cham Cham, Rasgoola and Barfis. Overall the event was very successful and all those who participated had a brilliant time. Well done to all the areas who got involved, each had vibrant and unique displays and their efforts were truly valued, together the atmosphere in the halls was brilliant on the day.

By Hemini R Shah

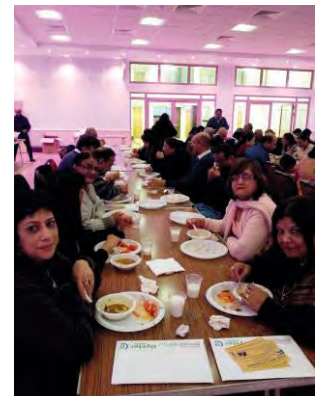
Gujarati School Programme

On Saturday 30th November East Area held an Ex-Gujarati School programme for ex-students (and their families), teachers and our members. The evening began with a short welcoming followed by a light meal of Bhel. The evening went well but there was a serious lack of participation from ex-students. Approximately 15 from a confirmed acceptance of 150 students were present. Primarily the event was for just the ex-students, ex-teachers, their spouses and their children but due to satisfaction voiced by some members, the event was then opened to all members as the event was a free programme. The students who attended gave positive feedback and expressed views that a continuation of the school would have benefited the younger generation. They mentioned in their speeches they initially disliked the idea of attending the school but now realise how beneficial it became. For example confidence building, encouragement and becoming socially active. Shushilaben C Shah in the presence of the other two initial teachers Mrs Pushpaben R Shah and Dinuben R Shah introduced how the Gujarati School Concept got established in 1971 and how it got flourished with learning and reading Gujarati and taking active parts in performing Stage Programmes like 'Salibhadra', 'Sekhchali na vichar' etc. The then Headteacher Mrs Taraben K Haria mentioned how she got pushed to head the school and with the help of other teachers managed the school to a new level of study to 'O' level. The school had 100% result in the first and subsequent years in 'O' level exam. Others teachers who were present at this event then introduced themselves and reported various activities of the school and the enjoyment they brought to the children.



Daal Rotli & Bingo Afternoon

Last Month, on the 28th December East Area held a Daal Rotli Afternoon at Oshwal Centre. With approx. 107 people attending, the afternoon began with prayers and a performance by Riya Shah. As everybody took their seats, the volunteers served up the freshly cooked meal. After all the Christmas dinners and parties we had enjoyed in the week, it was fair to say the Garam Daal and Rotli went down really quickly on the cold winters afternoon.



After Lunch, it was time to play Bingo! We had 3 games of bingo with a Tea & Cakes break in between. As we all ate the delicious fruit cake, we had a dance performance by

Vinesh Shah as well as songs sung by Riya Shah. Well done to all the Bingo Winners and a big thank you to all participants and volunteers for making this event successful. We hope you all enjoyed the afternoon. For more photos please join our Facebook Group 'OAUk East Area'.



UPCOMING EVENTS- COME ALONG & SUPPORT OUR AREA

THURSDAY CLUB

At our East Area Thursday Club, regular activities such as Satsangs, Exercise Classes, Talks, etc. take place. Light Refreshments are served and sometimes a full meal. The club is a chance to get together, share news and have a fun social afternoon with local members.

Date/Time- The Club runs on every 2nd- Last Thursday of the month from 1pm-3pm at St Albans Church Hall, Albert Road, Ilford, IG1 1HW. **(Starting from the 2nd Thursday in March 2015)**

Entry- £1.50- All ages are welcome

Contact- Lalitaben Amratlal Shah on 02082208827

PROGRAMME	EVENT INFORMATION
East Area AGM: The Annual General meeting will take place for East Area. A short presentation of the events of 2014 will be shown. A meal of Mung Debra will be served.	March 28 th - 7pm-10:30pm St Albans Hall, Albert Road, IG1 1HW Entry- Free Contact- Rasikbhai V- 0208 9240124 rasik.gosrani@yahoo.co.uk
Quiz Night with a Meal: Come along and participate in the 10 rounds of the East Area Quiz! Prize for the winning team and also a prize for the losing team. The evening will start off with a freshly cooked meal.	April 25 th - 7pm-10:30pm St Albans Hall, Albert Road, IG1 1HW Entry- £3.00 Contact- Heminiben- 07957308702 hemini_shah@hotmail.com
Trip to Antwerp/Paris or Italy or Northern Ireland: The trip costs will include accommodation, meals, coach journeys, taxes and more	May 22 nd -25 th May (Dates may change) More Details are to follow regarding the trip at a later date. Contact- Rasikbhai Nathoo- 0208 9895089 pravinarasik@yahoo.co.uk
East Area's Annual Pizza Party: An afternoon of freshly prepared Pizza & More with fun & games.	June 14 th – 1pm-5pm Oshwal House, Potters Bar, EN6 4DG More details are to follow later to the date.

ગુરુવાર ક્લબનો રીપોર્ટ ૨૦૧૪ - ભાગ ૧

ગુરુવાર ક્લબની શરૂઆત ૧૩ માર્ચ ૨૦૧૪ ના સત્સંગથી કરેલ અને આ વર્ષમાં શું નવું નવું કરવાનું છે તેની વિચારણા કરેલ હતી.

વર્ષ દરમિયાન ઘણા કાર્યક્રમો જેવાકે "ટાઈ ચી" ની કસરત, ખુરશી પર બેસીને કસરત, "ડિમેન્શિયા" ઉપર વાતચીત ને માહિતી, અંતાક્ષરી, જુદા જુદા વિષયો પર સતસંગ, ભારતના સ્વતંત્ર દિવસની ઉજવણી અને બીજા ઘણા કાર્યક્રમો ગોઠવેલ હતા.

૨૯-૩-૨૦૧૪ ના અમોએ ડિમેન્શિયા (મગજની બીમારી) ઉપર એક માહિતી આપતો પ્રોગ્રામ રાખેલ હતો. "રેડ્બ્રીજ સીવીએસ" જે રેડ્બ્રીજ પરાની ઘણી વોલન્ટરી સંસ્થાઓ સાથે જોડાયેલ છે તેઓ તરફથી નૈસીમાબેન

પટેલ અમોને ડિમેન્શિયા ઉપર જાણ આપવા આપેલ હતા. તેઓએ બન્ને ગુજરાતી તેમજ અંગ્રેજીમાં અમોને સરળ ભાષામાં બધું સમજાવ્યું હતું. સાથે સાથે જુદા જુદા દર્દીઓના કિસ્સાઓ દર્શાવતો વિડીઓ પણ બતાવેલ હતા. ગુરુવારની સંસ્થા નૈસીમાબેન તેમજ સીવીએસ ના ખુબજ આભારી છે.

તારીખ ૧૦-૪-૨૦૧૪ ના અમે આંબેલ હોવાથી સિદ્ધચક્ર પૂજન કરેલ. આમાં અમે દરેકને નવપદની મહીમાં ખુબજ ધ્યાનથી સમજાવ્યો ને નવપદના દરેક શબ્દો, રંગો ને તેના મહત્વ સમજાવ્યા. સતસંગ પછી બધાએ આંબેલનો પ્રસાદ ગ્રહણ કર્યો.

તારીખ ૨૨-૫-૨૦૧૪ ના ગુરુવારના અમોએ સમેતશિખરની ભાવ યાત્રા રાખેલ હતી. દરેક વ્યક્તિ દીઠ બે ટ્રંકની યાત્રા માટે £૫.૦૦ નકરો રાખેલ હતો. લગભગ બધા પાસે સમેતશિખરની ભાવ યાત્રાની ચોપડી હતી. આ માટે અમે ભાનુબેન રતિલાલ તેમજ બાઉન્સગ્રીન સતસંગ મંડળના ખુબજ આભારી છીએ. આ સાથે સાથે બીજા પરામાંથી મણીબેન મણીલાલ, દેવકુવરબેન, મણીબેન લાલજી અને જયાબેન વગેરેએ હાજરી આપીને આ પ્રસંગની શોભા વધારી હતી.

બધા £૫.૦૦ નો નકરો કુલ મળીને લગભગ £૧૪૦.૦૦ થયેલ. આ રકમ આમોએ અનુકંપા દાન રૂપે "અમારા ચેરીટેબલ ટ્રસ્ટ" નૈરોબીને મોકલી આપેલ. તેઓએ આ રકમ બાળકો માટે ભોજન તેમજ ચોપડીઓને વ્યવસ્થામાં વાપર્યા બધાએ ભાવ યાત્રાનો ખુબજ આનંદ લીધો હતો, પછી અમે પ્રસાદ ગ્રહણ કરેલ.

(More to follow in the next edition of Oshwal News)

October Sewa Month 2014 - Working with Redbridge Foodbank

This year East area had decided to collect food tins during Paryushan again as it was so successful last year. However, after thinking about where to donate the tins I came across an organisation called Redbridge Foodbank.

"When you have no financial safety net, a sudden crisis, such as bereavement, benefit delay, redundancy or illness, it can leave you unable to feed yourself or your family. Redbridge Foodbank provides short term emergency food to an individual or family in crisis while a long-term strategy is developed."

So how do they do this?

Food is donated by the community of Redbridge and beyond, volunteers sort and pack the food into food boxes. Each food box contains enough food for 3 days. People in crisis are given a food voucher which they take to the Foodbank centre. Here people receive a warm welcome, a hot drink and a food box. As East area we managed to donate 88 kg of food tins and toiletries and had 3 - 4 volunteers helping out at Redbridge foodbank each Saturday. Those that went thoroughly enjoyed themselves and some have continued volunteering. A massive thank you to everyone that donated and volunteered, as doing sewa for others is a very big part of Jainism.

Articles written by Lalitaben A Shah & Bansiben C Shah

East Area would like to wish you all a Happy New Year 2015. We wish you & your families a joyful, healthy and prosperous new year ahead!

We are hoping to get the East Area page on the Oshwal Website up and running by the end of the month, keep your eyes peeled for area events, news and photos of past programmes! For more information you can also visit our 'OAU East Area' Facebook Page.

Jai Jinendra

Leicester Area

DIWALI REPORT

Leicester's Got Talent

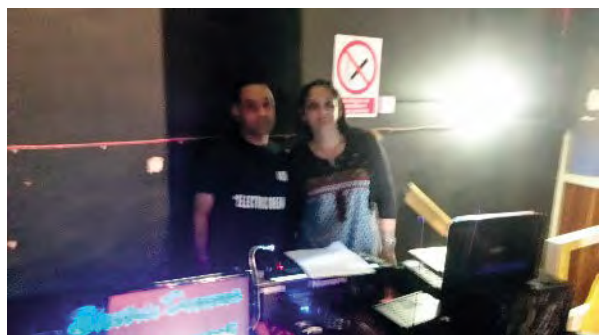
This year's Diwali Celebrations took place on 26th October 2014, at the Braunstone Civic Centre.

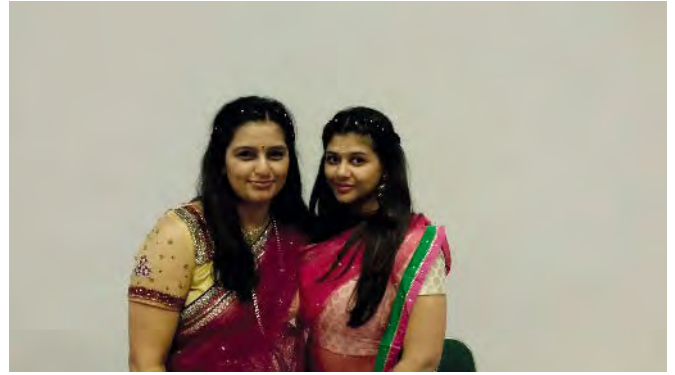
This event was organised by the Culture and Heritage Team. We had a 3 hour Culture Programme where members took part showing their talent in Bollywood Dances, Play, Stand up Comedy, Singing Bollywood and English Songs. Thereafter a mouth-watering meal was served.

There was a wonderful turn out and the show was sold out. All those who attended have thoroughly enjoyed themselves and have praised the event. As the holder of Culture and Heritage Portfolio, I would like to thank all committee members and volunteers who helped without hesitation to put this event together and a BIG THANK YOU TO ALL THE PARTICIPANTS without whom this would have not happened.

Please carry on supporting all our future programmes.

Article by, DRAVINA AJAY SHAH





Sunday 19th April 2015 ---Mahavir Jayanti

Venue: Shree Wanza Community Centre

Venue: Pasture Lane

Leicester, LE1 4EY

CHRISTMAS PARTY 2014

We all had a lot of fun!!

The Culture and Heritage Committee organised a Christmas Party on 14th December 2014. About 50 people attended. Everyone enjoyed playing musical chairs and bingo. There was a surprise Santa and a lady Santa. Everyone enjoyed the party food which consisted of ondhwo, carrot and cabbage salad, french sticks, sandwiches, samosas, kachoris, tea and soft drinks followed by dessert of mince pies and apple pies with custard. Everybody had a great time and said they were looking forward to attending more such fun events in the future.

Oshwal Youth Is Hosting An Abseiling Afternoon

On Saturday The 7th Of March 2015

Venue: Outdoor Pursuits Centre

Loughborough Rd, Leicester, LE4 5PN

Price: £6 for all ages, this includes refreshments

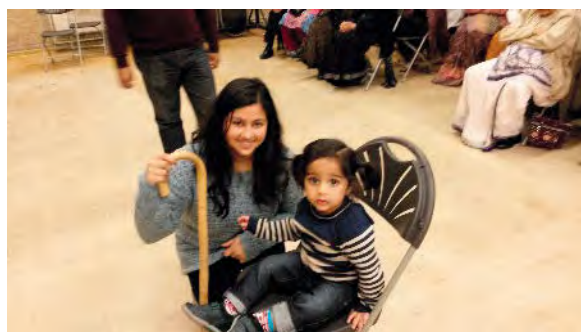
Time: 3:30pm onwards

Contact Details: Nita Shah- 0116 2760820 or

Rashmika Shah 0116 2718525



More Pictures from the CHRISTMAS PARTY 2014



My Kilimanjaro climb

By, Maya Shah

Area Youth achievement

On the stroke of midnight, Christmas day 2014, Maya (aged 13, from Nottingham) set off from Kibo Hut (height 4720m above sea level) to climb Uhuru, the peak of Mt Kilimanjaro. This was the moment Maya had been waiting for over a year, when she first got the idea to climb 'Kili'. At 5895m, this is Africa's highest mountain, and the world's highest free-standing mountain.

Maya decided to support two charities with her efforts: Framework, and Ujamaa in Arusha, at the foothills of Kilimanjaro. Through the support of friends, family, school and other well-wishers, Maya raised £1,355 to be shared equally between the two charities.

Maya began the climb on 21 December. The group was supported by a team of guides, porters and

chef, most of whom originated from the Chagga tribe living at the foothills of the mountain.

Maya and her teenage companions set off for the peak after a few hours sleep, but altitude sickness overcame them at various points. Maya says "even though I didn't make it to the very top this time, it was a great adventure, testing my limits of endurance, making new friends."



ART OF LIVING REPORT

The Art of Living event held on 16th November 2014 was well attended with over 50 people present, including one child. We learnt unique breathing techniques to help us relax and reduce stress. Afterwards everyone enjoyed gathiya and dhokli, biscuits and tea. People also used this opportunity to socialize with the rest of the community. Thanks to all of you who supported the event. Also heartfelt thanks to Rashmibhai and Rajbhai Fulchand, the teachers from the Art of living.

RASHMIKA SHAH



Sunday 22nd March 2015 ---Annual General meeting
 Venue: Coleman Neighbourhood Centre
 Balderstone Close
 Leicester, LE5 4ES
 Light refreshments will be served

Luton Area

Message from Rajesh Jethalal Shah, Luton Area Chairman

Jai Jinendra and Happy New Year!

One of our last events of 2014 was the daal rotli social evening on 21st December. Members young and old joined together to enjoy good food, good company, fun and games. Glitzy parties and restaurants may be preferred sometimes, but for many it is more likely that simpler things in life and relations developed at such events lead to more precious memories and hold their values over time. A number of you wanted to know when the next daal rotli social evening will be. It will be held on Sunday 1st March 2015 at Lewsey Learning Centre from 4.30pm so please note this in your diaries.



Other similar regular events such as the Friday Club, Luncheon Club and Youth organised events promote good social interaction and contribute towards improving our health and wellbeing as well as consolidate the longer term success of our Association. It is always encouraging to see youngsters wanting to take active part, not just within their age group, but also with members of every age.

Our Luton Area Committee has been very active during 2014 and members have wished that we continue with the Friday and luncheon clubs, youth events and daal rotli socials during 2015. Dates are listed below and our website will soon be updated with regular bulletins so please look out for this. Come along and join in if you have not had the opportunity to do so as yet. You will be made most welcome!

There are also a number of social, religious, networking and learning events being regularly programmed by other Areas and at Oshwal Centre and this information is regularly updated on our website. Most families will have someone who can access online information so please try and look this up regularly and convey this to your families and friends who are not able to access online information. We are encouraging our Luton members to attend events organised by other Areas and also for them to join us in our events. This way, our young and not so young meet and get to know new people and open their minds to sharing ideas and information.

I thank all of you who so generously donate funds and also give your time in helping us with our activities. Many of you also continue to generously donate through the 120 scheme, a proportion of which is used towards our Area activities.

Luton Area Chair's Message (cont)

This is a small contribution in terms of most people's affordability, equivalent to 33p a day and I request that those who can afford this, to contribute. Your funds are carefully utilised for the benefit of our Association members. All Committee members are volunteers, freely providing their time.

Our next Annual General Meeting will be held on 22nd March, 4.00pm at Warden Community Centre. This is your Association, so please come along and join us to review the past year and to contribute towards shaping our plans for the coming years. Your opinions and suggestions are most welcome so please feel free to contribute at the AGM or contact me or any committee member.

The Association is always seeking new members who are willing to give their time as Committee members and contribute towards our current and future plans. For a healthy and forward looking organisation, we should look to rotating members. Embracing change is good and necessary for the longer term success of our Association. Anyone who has not served previously or has served in the past is especially encouraged to make yourself available for selection in 2016.

Luton Area Schedule of events for 2015:

Games Nights at Warden Hill Community Centre, 8-10pm (contact Nina 01582 581418):
31/1, 28/2, 28/3, 25/4, 30/5, 27/6, 25/7, 29/8, 26/9, 31/10, 28/11, 26/12

Friday Club at Warden Hill Community Centre, 8-10pm (contact Nina 01582 581418):
16/1, 20/2, 20/3, 17/4, 15/5, 19/6, 17/7, 21/8, 18/9, 16/10, 20/11, 18/12

Luncheon Club- yoga, satsang and other activities at Hindu Mandir, 11am-3pm (contact Ella 01582 402080):
26/1, 23/2, 23/3, 27/4, 18/5, 15/6, 27/7, 26/10, 23/11, 28/12

Daal Rotli- dinner, fun and games at Lewsey Learning Centre, time varies so please contact Ella 01582 402080 nearer the date:
1/3, 3/5, 6/9



સંદેશ રાજેશ જેઠાલાલ શાહ લૂટન વિસ્તારની સમિતિના સભાપતિના જય જિનેન્દ્ર અને નવ વર્ષની શુભેચ્છાઓ

૨૧મી ડિસેમ્બર ૨૦૧૪ ના દિવસે દાળરોટલીનો નવો કાર્યક્રમ સરસ રીતે ઉજવાયો હતો. નાના મોટા સહુએ સાથે મળીને સ્વાદિષ્ટ ભોજન જમી અને રમતગમતનો આનંદ માણ્યો હતો. ઘણીવાર મોટી પાર્ટીઓમાં અથવા રેસ્ટોરાંમાં યોજેલા મિલન કરતા આવા સામાજિક મેળા થકી જે નવા સંબંધો બંધાય છે તે જીંદગીમાં મુલ્યવાન યાદગીરી મૂકી જાય છે.

આગામી દાળરોટલીનો કાર્યક્રમ રવિવાર ૧ માર્ચ ૨૦૧૫નાં લ્યૂસી ફાર્મ લર્નિંગ સેન્ટર ખાતે ૪.૩૦ વાગ્યે શરુ થશે તેની નોંધ લેશો. બીજા કાર્યક્રમો જેવાકે શુક્રવાર કલબ અને યુથ કલબે આયોજેલા કાર્યક્રમોએ લોકોમાં તંદુરસ્તી અને જીવનમાં હકારાત્મક વલણ વધારવામાં ફાળો આપ્યો હતો. લૂટનનો યુવાવર્ગ પોતાની ઉમરના જ નહિ પણ મોટી ઉમરના લોકો સાથે પણ હળીમળી કાર્યક્રમોમાં ઉતસાહથી જોડાયો હતો.

આપણી લૂટન વિસ્તારની સમિતિએ ૨૦૧૪માં ઘણો સક્રિય ભાગ લીધો અને સદસ્યોની ઈચ્છા મુજબ શુક્રવાર કલબ, લંચિયન કલબ, યુથ કલબ તેમજ દાળરોટલીના કાર્યક્રમો ૨૦૧૫ની સાલમાં પણ ચાલુ રહેશે. આ કાર્યક્રમોની તારીખો નીચે મુજબ છે. આપણી વેબસાઈટ નજીકમાં ચાલુ થશે તો મહેરબાની કરીને તે જોતા રહેશો. જેઓએ હજી સુધી આ કાર્યક્રમોમાં ભાગ ના લીધો હોય, તેઓ કાર્યક્રમોનો હવેથી જરૂર લાભ ઉઠાવે.

બીજા વિસ્તારોમાં તેમજ ઓશવાળ સેન્ટરમાં પણ ઘણાં સામાજિક તેમજ ધાર્મિક તથા શિક્ષણ પર આધારિત કાર્યક્રમો યોજવામાં આવે છે જેની માહિતી વેબસાઈટ પર આપવામાં આવે છે. જે મેમ્બર વેબસાઈટ વિષે જાણતા હોય તેમને પોતાના કુટુંબીજનોને તેમજ મિત્રોને તેમાં દર્શાવેલ કાર્યક્રમોની માહિતી જણાવવા પ્રાર્થના છે.

અમે લૂટનના મેમ્બરોને બીજા વિસ્તારોમાં આયોજાયેલા કાર્યક્રમોમાં જોડાવા તેમજ બીજા વિસ્તારોના મેમ્બરોને આપણે આયોજાયેલા કાર્યક્રમોમાં જોડાવા વિનંતિ કરીએ છીએ. જે સહુએ ઉદારતાથી દાન કર્યું તેમજ અમારા કાર્યક્રમોમાં પોતાનો કિમતી સમય આપી મદદ કરી તે બદલ બધાને મારો આભાર.

ઘણાં લોકો £૧૨૦ની યોજનામાં ફાળો આપે છે. આનો થોડો અંશ આપણાં વિસ્તારમાં યોજાયેલા કાર્યક્રમોમાં વપરાય છે. આ યોજનામાં વરસનાં એકેએક દિવસનાં ફક્ત ૩૩ પેન્સ જ દાન આપવાનું રહે છે તેથી સર્વને પ્રાર્થના છે કે વધુને વધુ મેમ્બરો આ યોજનામાં જોડાઈને સહકાર આપે.

આપણા વિસ્તારની વાર્ષિક સાધારણ સભા (**AGM**) ૨૨મી માર્ચ ૨૦૧૫નાં દિનાંકે વોર્ડન કમ્યુનિટી હોલ ખાતે ૪ વાગ્યે રાખવામાં આવેલ છે. તો સહુને વિનંતિ છે કે આ મિટિંગમાં હાજરી આપે. આપના મત અને સલાહ સુચન આવકારવામાં આવશે. તેથી વિના સંકોચે તમારા સુચન સાધારણ સભા (**AGM**) માં અથવા મને કે મારી સમિતિના સભ્યોને જણાવી શકો છો. જે ખુશીથી પોતાનો સમય કમિટિને આપી શકે અને વર્તમાન તેમજ ભવિષ્યમાં કાર્યક્રમોમાં ફાળો આપી શકે તેવા નવા મેમ્બરો (સ્વયંસેવકો **volunteers**)ને એસોશિએશન હંમેશા આવકારે છે. એસોશિએશનની લાંબા સમયની સફળતા માટે પરિવર્તન લાભદાયક તેમજ જરૂરી છે.

જેઓ પહેલા ક્યારેય કમિટિમાં નથી જોડાયા અથવા જેઓ પહેલા ક્યારેક કમિટિમાં હતા તેઓ ૨૦૧૬ની કમિટિમાં શામેલ થાય તેવી આશા સાથે.મિચ્છામિ દુકકડંમ

લૂટન વિસ્તારના ૨૦૧૫ કાર્યક્રમોની સમયપત્રિકા

વોર્ડન હિલ સેન્ટર ગેઈમ્સ નાઈટ ટથી ૧૦ સાંજે સંપર્ક નીના ૦૧૫૮૨ ૫૮૧૪૧૮

મહિનાનો છેલ્લો શનિવાર ૩૧/૧ ૨૮/૨ ૨૮/૩ ૨૫/૪ ૩૦/૫ ૨૭/૬ ૨૫/૭ ૨૮/૮ ૨૬/૯ ૩૧/૧૦ ૨૮/૧૧ ૨૬/૧૨

વોર્ડન હિલ સેન્ટર શુક્રવાર કલબ ટથી ૧૦ સાંજે સંપર્ક નીના ૦૧૫૮૨ ૫૮૧૪૧૮

મહિનાનો ત્રીજો શુક્રવાર ૧૬/૧ ૨૦/૨ ૨૦/૩ ૧૭/૪ ૧૫/૫ ૧૮/૬ ૧૭/૭ ૨૧/૮ ૧૮/૯ ૧૬/૧૦ ૨૦/૧૧ ૧૮/૧૨

હિંદુ મંદિર લંચિયન કલબ ૧૧થી ૩ બપોરે સંપર્ક ઈલા ૦૧૫૮૨ ૪૦૨૦૮૦

મહિનાનો ચોથો સોમવાર (મે જૂન અપવાદ ત્રીજો સોમવાર) ૨૬/૧ ૨૩/૨ ૨૩/૩ ૨૭/૪ ૧૮/૫ ૧૫/૬ ૨૭/૭ (ઓગષ્ટ સપ્ટેમ્બરમાં ૨જા) ૨૬/૧૦ ૨૩/૧૧ ૨૮/૧૨

લ્યૂસી લર્નિંગ સેન્ટર યોગ સત્સંગ ભોજન રમત ગમત અને બીજા કાર્યક્રમો ૪ ૩૦ બપોરે સાંજે સંપર્ક ઈલા ૦૧૫૮૨ ૪૦૨૦૮૦

૧/૩ ૩/૫ ૬/૮

Luton Area – History and Future Direction

Serving around 390 members, our Luton area committee continues to be very active in providing welfare, religious, youth and other social activities to our community. Although relatively small, Luton has a history of special achievements. We are thankful to our visionary past leaders and volunteers who have so generously devoted their time to represent this community and to firmly establish this area for generations to come.

During the late 1960s and early 1970s a small number of Oshwal families emigrated from East Africa and settled in Luton, drawn by the employment opportunities available at that time in the motor car production and associated industries. Growing number of Oshwal families continued to settle in Luton during this period, sharing similar community spirit, culture and outlook which they enjoyed in East Africa. Some of the individuals recognised the need to continue with this and founded OAUK Luton in 1973. Jethalal and Dipchand Manekchand, Shantilal and Ratilal Devraj, Gulabchand Dharamshi, Amritlal Sumaria, Nemchand Mulchand and Manilalbhai were some of our founding members who took active part in establishing this Area and many continued to serve as committee members for a number of years.

Our focus during the initial years was to continue with our religious activities and traditions such as celebrating Paryushan Parva, Savantsari Bhojan, Diwali and regular satsangs. In the mid 70s, regular youth and women's clubs (mahila mandal) were established and a Saturday morning Gujarati language education classes was started. The late Mukesh Shantilal secured weekly use of sporting facilities at Lealands High School during the mid eighties which members of all ages continued to enjoy for several years. This also became a hub for many of our other community gatherings and created a strong community bond. Many younger persons volunteered and some took active roles in the area committee and became future leaders. The Mahila Mandal has also been very active with programmes such as cooking demos, hair dressing, antakshari, music evenings and sea side trips.

One particular event our Luton area is so fondly remembered for is Jinendra Bhakti Mahotsava, a religious celebration hosted by the Luton area and enjoyed by as many as 3,000 visitors on the day from all over UK. The first of the Mahotsava was held at Queensway Hall, Dunstable in 1984, followed by 12 more until regretfully this facility was demolished for redevelopment in 1999. Our small team of dedicated volunteers and committee members expertly organised and managed these events and made sure freshly cooked food was provided to

all. This is a tribute dedicated to the detailed planning expertise, commitment and hard work of Luton area leaders and volunteers of this period.

During the past 15 years, there has been a gradual decline in the number of younger persons within the community and many families have moved to other areas. Our youth, mahila and education activities have been reviewed and some programmes reduced. Smaller but more regular social gatherings such as the midday luncheons, evening food nights, cards and games clubs as well as yoga and computer technology training for the elderly are offered instead. We are encouraged by the number of younger persons who are keen to take on important roles in our area committee. Our youth are the lifeblood of our association and they need to continue to be encouraged and engaged into more participation in our community affairs. We regularly seek new members to join our committee to provide a new dimension and outlook.

Luton has supported worthy local, national and international charities by raising funds during our events. The good causes that we have recently supported are Keech Hospice, Little Princess Trust, Plan UK and Animal Rescue.

Change is inevitable and should be embraced. Digital technology has made a huge difference to how we access and store information as well as the speed with which we communicate and share our ideas and knowledge. New technology is continually being introduced through our base at Oshwal Centre. We are mindful that not everyone will be familiar with use of this technology so traditional methods will also continue to be offered for some time.

With changing demographics, and for many areas reduced numbers, it makes sense sometimes to share resources and hold joint events. We are encouraging our committee members to actively consider programmes that can be partnered with other areas.

We have a challenging but exciting future ahead of us. New opportunities and initiatives will be made available to improve the participation, health and well being of our members. We need to make sure that we have the vision and resources to make positive use of these opportunities.

Our programmes cannot be delivered without the support of our team of committed and hard working volunteers. A special thanks to all of you.

Rajesh Jethalal Shah, Luton Area Chair

Northampton Area

Cooking Demonstration – 4th October 2014

The demonstration was organised just before Diwali so that members could take part in Oshwal Association Northamptonshire's Diwali Function Competition which included Ghari competition.

Three items demonstrated were how to make Ghari, Ghughra and Cake Pops. Demonstrators were Hansaben, Ushaben and Grishmaben respectively.



Champa Shah from East Sussex conducted a dance workshop. She started with a demonstration of a short prayer to Lord Shiva, the Lord of Dance. She talked briefly about how the folk dances originated in Gujarat and Rajasthan regions and the participants tried the folk dance moves to traditional and modern music.

Deepwali Get-to-gether 25th October 2014

This event was attended by approx 100 members.

As low number of members entered the Rangoli and mithai competition, all the participants were declared winners.

All the children who took part in the Diwali card and Rangoli competition were also declared winners. Each and every one of the competitors in all the competitions were given gifts.

Diwali Display at Oshwal Centre, Potters Bar

Hansaben was approached by Mraduben and was requested that Northamptonshire Area display Mitthai at the Diwali Event on 26th October, 2014. Hansaben accepted the challenge.

At the meetings discussions started how to create the display. Committee Members brought various items like sarees, net pieces, different candles, display stools and that is how we started to build up ideas on how to display mitthais. Gita also made two rough sketches of potential displays. Gita suggested for the Committee Members to meet at her house as she had two foldable tables which were similar sizes to the tables to be used for the display at the Oshwal Centre. All the committee members were requested to bring whatever ornaments, murtis, display dishes, different coloured sarees or pieces of coloured materials each one had at home so that we could have a trial. The size of plates to be used for displaying mitthais was decided. We also decided to buy sturdy cake stands.

All the women Committee members, with the help of Mona, tried alternatives how to make the display attractive and eye catching. The idea was to make the display symmetrical.

We went to Potters Bar on Saturday 25th October, 2014 to start setting up the table for display. Having a fair idea, everybody started to drape the table first with white table cloths and coloured material and tied the sides to make bows. Then the stools

were laid in the middle of the four tables which were covered with golden yellow saree. The plates, candles and cake stands were put in position. In the meantime Manjuben and Ushaben got a Rangoli ready which was going to be displayed in the front of our display with two murtis.

Sunday, 26th October, 2014 arrived and we set off from Northampton again early morning to finish our display for the event. Everybody got busy displaying the sweets on to the plates, name labels were put in place, candles were alighted and bingo were display was ready for the public.

Thanks to everybody in the team, we achieved the result we envisaged and it was a fantastic effort.



REGULAR EVENTS 2015

JAIN PHILOSOPHY CLASSES - EVERY MON - FULVANTIBEN'S RESIDENCE -SUBJECT - TATVASUTRA

FUN CLUB EVERY 3RD SAT OF THE MONTH - 7.30PM-11.00PM-WESTON FAVELL PARISH HALL

TWIN HEART MEDITATION - EVERY 3RD AND 4TH THURSDAY OF THE MONTH - 7.30PM - 9.00PM-WESTON FAVELL PARISH HALL

EXTRA EVENTS

PAMPERING DAY - SAT 21ST MARCH - WESTON FAVELL PARISH HALL - 4.30PM ONWARDS

CELEBRATION ON THE 25TH ANNIVERSARY OF THE FORMATION OF OSHWAL ASSOCIATION OF UK NORTHAMPTONSHIRE AREA IN 2016

BHUKHAR COMPETITION – 30TH NOVEMBER 2014 RESULTS



**First Prize -
Peponi**
Sonal Shah,
Hemali Shah and
Rupali Shah



**Second Prize -
Trio**
Rajni Shah, Madhu Shah,
Narendra Shah



**Third Prize -
Three Muskateers**
Rahul Kachra Haria
Pradeep Keshavji Shah
Bharat Nemchand Shah



**Natodia Cup -
Karata Crazy Team**
Harish, Rita and Minadevi



OSHWAL ASSOCIATION OF UK NORTHAMPTONSHIRE

P a m p e r i n g D a y

21ST MARCH 2015

Venue: Weston Favell Parish Hall
Northampton
Booth Lane South
Northampton
NN3 3EP

Time: 4.30pm-8.30pm

OPEN TO ALL
ENTRY FEE £2.00

Treatment Prices Range from £5.00- £15.00

PROGRAMME STARTING WITH YOGA THERAPY WORKSHOP

Treatments Available:

Head, Shoulder and Back Massage
Manicure, Pedicure and Foot Massage
Reflexology
Reiki, Pranic Healing
Podiatry
Nail Art, Mehndi
Beauty Treatments; Facial, Threading

BREAK: 7PM-7.30PM

**CONFIRM
ATTENDANCE
BY
16 MARCH 2015**

Treat yourself and
bring your family
and friends.

**Finishing with Zumba Dancing, Bollywood Dancing and Garba
Workshop by Sujata—Did you know Dancing increases
flexibility of your joints more than conventional exercise.**

Contacts: Jayshree Shah: 01604 844895/jasu@nalin.fsnet.co.uk
Fulvanti Sumaria: 01604 624128/fulishah@googlemail.com
Manjuben Bidd: 01933 273986 //bhikhushah@hotmail.com

COMMITTEE RESERVES THE RIGHT TO CANCEL OR
MAKE ANY AMENDMENTS TO THE EVENT

All funds are raised for OAUk
CHARITY REG NO 267087



OSHWAL ASSOCIATION OF UK NORTHAMPTONSHIRE



CELEBRATION OF THE ESTABLISHMENT OF OSHWAL ASSOCIATION OF UK NORTHAMPTONSHIRE AREA

On **Sunday 1st March 2016** from **10am** to **5pm**

At: Highfield Community Centre,
Highfield Road,
Wellingborough,
Northants,
NN8 1PL

Oshwal Association of UK Northamptonshire Area is celebrating the above event. We would like members to come forward if they have any memories, photos, videos which they would like to share with us on this Day. If you know anybody who has moved from Northampton please pass this message to them and they are most welcome to share their experiences. For example they might be the first ones to settle in Northamptonshire. How did they manage? Why did you decide to settle in Northampton? etc etc etc

Any ideas would also be welcome to make this event successful. Also please encourage children, teenagers to take part in this event. There will be lots of different things happening.

More details to be released later on.

Please contact Rashmibhai for more information on 01604 587466

Jai Jinendra

North Area

North Area Chairpersons message

The New Year has started brightly with the North Area Committee and Sub-Committees planning and organising some wonderful events for the forthcoming year, catering for people of all ages. I hope that you can participate in some, if not all of the events.

Spring is my favourite time of the year when trees start blossoming and everything starts looking bright, fresh and colourful. With that in mind I am really pleased that the North and North East Committees have teamed up and are organising a spring festival to celebrate Holi. This will be a fun-filled and exciting event for the whole family. Nishma, North East Area Chair and I are very excited about the two areas working together and we look forward to all your support. Finally I look forward to seeing many of you at the forthcoming North Area Annual General Meeting on 12 April.

Daksha Maroo – Chair Person



Last Diwali may be a distant memory but we wanted to share some pictures from the excellent Diwali event we held. North Area Sakhi Milap and Social Club together held a wonderful sell-out event which brought people together through art & craft activities. The very talented “Crafty Sisters”, Daksha Modha and Priti Malde, demonstrated how plain Kuria's can be transformed into a beautiful magical looking Kuria's for Diwali or any other occasion. Everyone got

thoroughly immersed in decorating their Kuria's using colour, glitter & stones. The artistic “Crafty Sisters” demonstrated how we can recycle wedding invitations into professional looking Diwali cards. They gave us many ideas as to how to use everyday



house hold items, broken jewellery, dal's, rice and flowers, to make wonderful Rangoli's and beautiful display pieces.



All who attended, young & old, ladies & gents found this to be a very relaxing and calming evening. They enjoyed the delicious food, yummy barfi's made by the Sakhi's and went home with their hands painted with Mehndi. What a lovely way for all to celebrate Diwali together!

North Area Youth Club

31st Oshwal Sports Day



After the brilliant time we all had in December 2013 in South London, we were all waiting in anticipation for another magical 3 days of sport with our friends and family from across the Oshwal areas. Our committee made sure there was lots of training and that meant some early starts and everyone coming together for extra practice on Sundays. This year the event took place a little closer to home for everyone from North Area so we had a great audience to cheer us on over the course of the weekend. North Area had a lot of new participants taking part for the first time as well as some more familiar faces. Here's what some of the younger members of North Area's youth club thought of the event.

Samir Shah:

Last December, I participated in the 31st annual Oshwal Sports Day. It was the first time I had ever competed in them and I had absolutely no idea on what to expect.

I was completely overwhelmed by the masses of people who were competing for their area. I was really excited and I felt a huge rush of adrenalin when they started to put out the benches for benchball. I was really anxious as I walked on to the playing area and before I knew it we started playing. When we actually started playing all my nerves were forgotten and we got going. For the rest of the day I wasn't nervous at all for any of my games. I was really glad that I had completed my first Oshwal Sports Day and I had a great time doing it.

Preena Shah :

Well, where shall I start!? The Oshwal 31st Sports Day was an absolutely amazing experience. It being my last year in under 12's, I gave it my all. The atmosphere was buzzing and electric, with everyone cheering on their teams. When I played, it was encouraging to spot a sea of yellow supporters shouting our names. It was fun competing against other areas and great to see so many participants because as they say it's the taking part that counts! The icing on the cake for me, though, was being nominated by North area as 'Under 12 Sports Girl of the Year' and also the final reveal that North were the overall winners AGAIN!

Akshay Patel and Akshay Shah:

Olympics has been amazing. The first day, Saturday, we started off on a high, winning our first 2 games. The majority of Harrow leisure was filled with yellow north supporters. It was great having swimming back this year and our squad were astonishing. The second day was a very early start and a late finish made the day very tiring. Nevertheless North still had so much support (as always)! We enjoyed playing benchball and winning with an awesome 21 points. The last sunday was the best! Khor was the most interesting sport to watch and all the ages groups did really well. We can all agree the funniest moment was when our mums were playing over 35s dodgeball. Before we knew it, it was the last event - circuit training!



The crowd was cheering wildly and the atmosphere was out of this world! After that competition we all headed to Oshwal centre, and like always the food was delicious! Thank you to the food sponsor! Then the presentation started and all the trophies got handed out. Then they announced the winner. And of course NORTH WON!

We would like to thank North West for being fantastic hosts, the organising committee, all the participants, parents, supporters and volunteers for making Oshwal sports day an amazing annual event bringing all of us Oshwals together.

Jim Jackson – part of our extended Oshwal family has a double celebration!

Jim Jackson, Caretaker at Woodhouse College recently celebrated his 65th Birthday. Jim has worked with the North Area Oshwal Committee for many years and is regarded as part of our extended family.

Woodhouse College is the hub for the North Area and Jim is always there to ensure that all the events, whether they are regular or one off, are run smoothly and everyone is safe and comfortable. Jim has an admirable personality – he always goes that extra mile and is always smiling.



To help celebrate Jim's special birthday, the North Area Gujarati School, with the help of Anup Shah organised a huge Birthday cake for him on the last day of the term on 20 December at their end of term party. Excited children sang 'Happy Birthday' to a totally surprised Jim! He said that he felt really honoured by the appreciation shown and that he had built a special bond with the Oshwal Community.

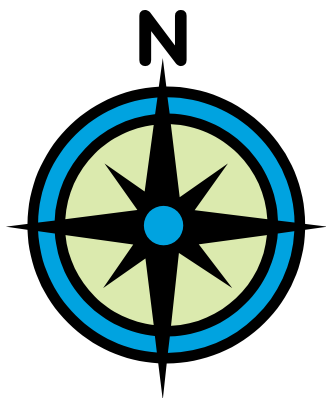
Jim had a second reason to celebrate as he was deservedly awarded a British Empire Medal (BEM) in the new year's honours list in recognition of his services to education in Barnet.

Jim, who lives with his wife and has three grandchildren, said: "I've had a very enjoyable life and a fantastic career. "They say if the music is too loud you're getting older, but I say turn it up because I have no intention of slowing down. Children keep you young. They are always happy and never see anything bad or wrong in life, which is what I love about working with them."

"Every day is a challenge and I like to inspire the children to see that, and to do their best. I tell them to do the best they can in life. If you've got a negative outlook, bad things will happen to you. But if you think positive, things can only go up. The other thing I love about my job is the way I meet so many different people. It's not just a job – it's a place to make lifelong friendships too."

Daskha Maroo says "Danke" to Deutsche Bank

North area chairperson Dakshaben was very happy to see that Deutsche Bank had kindly agreed to donate £500 to Oshwal North Area youth club for the second year running. Germany's largest bank runs a scheme where its staff who volunteer in a community organisation can apply for a donation to that organisation. Shailan Shah from Mill Hill who has worked at Deutsche for 13 years and has been on the youth club committee for the past two years has applied for this funding which has made a big difference to youth club and its members.



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
Sahil Shah
sahil.shah@hotmail.co.uk
07947 984 706

North Area Sakhi Milap are proud to present:

Whist Drive & Games Evening!

Saturday 18th April

Time: 6.45 to 11pm

Venue: Woodhouse College, North Finchley, N12

Games galore, a challenging quiz, and a wonderful Whist drive!

Entrance £7.00 members, £8.00 non-members. Includes light Meal!

Contact Hema 07714 418 081

Ila 07828 951 762, Nilam 07941 076 115,

Kailash 07825 339 317, Bharti 07508 718 267

Upcoming Events

North Area AGM

Sunday 12th April. Watch out for further details

Yoga Workshop

Sunday 10th May. See advert for further 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.

★★★★★★★★★★

Chi Kri Classical 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 Shivani Shah 07903 873 759

★★★★★★★★★★



OSHWAL ASSOCIATION OF THE UK.

(charity Registration No. 267037)

NORTH AREA WELFARE AND HEALTH COMMITTEE PRESENTS....

YOGA WORKSHOP

Sunday 10th May 2015

Time: 10:15am—4:15pm

Venue: The Tenth Finchley Scout Group
Gordon hall
Huntly drive
West Finchley
N3 1NX

Take a day out of your hectic schedule to focus on you. Our well know professional instructors Manishbhai and Meenaben Shah will be leading us through workshops covering breathing techniques, pilates, meditation and yoga postures. This workshop will be the perfect environment to take your personal development to the next level and there will be time for you to ask questions.

A healthy lunch will be provided as well as tips on nutrition and healthy eating.

Tickets:

Oshwal members: £15 Non—members: £20

For tickets please contact

Hema shah	07714 418 081
Nilam Shah	07941 076 115
Kirit Haria	07879 010 721
Daksha Maroo	07775 514 286

MANAGEMENT RESERVES THE RIGHT TO CHANGE THE DATE, CANCEL OR ALTER THE EVENT AND THE RIGHT TO ENTRY. REGISTERED IN ACCORDANCE WITH THE CHARITIES ACT 1960. CHARITY REG. 267037



Come and Celebrate Holi with North & North East Area!!

March 8th 2015, Oshwal Centre, 12pm - 5pm



INDIAN STREET FOOD WILL BE SERVED!!



For more info contact:
nishnortheast@hotmail.com
 Nish - 07960 958 929
 Kiritbhai - 020 8445 2017

Card Making	Biscuit Decorating	Pot Painting
"Play your cards right"	Hot Chocolate	
Holi Fire	Holi Songs	Golf Archery

Ticket Prices:

16 and under - £5
 Over 16 Oshwal Members - £8
 Over 16 Non Members - £10

All funds raised at this event are for the benefit of the Oshwal Association of the UK.
 Management reserves the right to admission and to make any changes to the event due to unforeseen circumstances

Below: North East Area – here is a collage of photos from the Paryushan 2014 festivities and a Gujarati school trip to Woburn Safari Park



North East Area

Chair Message

Pranam, Jai Jinendra, Hello, Hi!

****HAPPY NEW YEAR**** (may be a little late but...) I hope you have all had a fantastic start to the New Year and I wish you all a prosperous 2015.

I would like to thank all the volunteers that have helped throughout the North East area committee's first year and to all that have supported our events.



We began the year with the Cultural and Heritage **Remembrance Day** and I would like to commend them for the magnificent aura they created in their emotional and peaceful event.

Collaboration of Areas!

I am proud to say **North East and North area are joining together as ONE** and will be bringing you a colourful and fun-for-all **Holi celebration event** on **8th March 2015**. Check out the poster in this magazine and contact any of the area committees for tickets and information!

AGM!

Our important annual **AGM** is being held at **Oshwal House on 21st March 2015**. I hope to see our area members there for support, scrutiny, encouragement and positivity! **The North East area committee is working for YOU**, so it is only right that you come along and tell us what we are doing right and more importantly what we can do better. We are all working to the best of our ability and seeing you there to support us will motivate us even more for the forthcoming year.

Events!

We look forward to seeing you at our forthcoming events, details to be announced throughout the year, however, in the meantime please do check out our regular events including;

Keep Fit

Tuesday 8.00pm – 9.15pm
Trinity at Bowes Methodist Church
Contact: madula.savla@btinternet.com

Zumba classes

Wednesday 7.00pm – 8.00pm
Ruth Winston Centre
Contact: p4shi@hotmail.co.uk

Yoga Classes

Monday and Tuesday 7.00pm – 8.30pm
Southgate School
Contact: dilipshah0011@googlemail.com or maysuri@yahoo.co.uk

Saturday 10.00am – 11.30am
Southgate School
Contact thepillbox@gmail.com

Yoga Classes

Manishbhai – 8:45am – 10:00am
Reteshbhai – 9:00am – 10:30am (Pranayam)
Contact - dipak.shah@rentokill.com

Youth Club

Sunday
Alexandra Park School, Muswell Hill
Contact: dipak.shah@rentokill.com

Gujarati School!

Learn Ka, Kha, Ga, Ek, Be, Tran and more! Gujarati school runs every Saturday from 9:30am to 12:00pm. We also run Yoga and Taekwondo classes!

For more information please contact thepillbox@gmail.com or nishnortheast@hotmail.com.

North East Area Committee!

My heartfelt thanks go to the North East Area committee for all your hard work throughout the year. I have thoroughly enjoyed working with you all and cannot express enough gratitude for the support you have given me throughout the year. Let us continue with our hard work and positive attitude to drive success in our next year. **THANK YOU to the North East Area Committee**

Members;

- Dipakbhai – Vice Chair / Youth
- Parit – Treasurer
- Hansaben – Secretary
- Bakulbhai - Education
- Binduben – Sakhi Mandal
- Madhuben – Welfare
- Nishul – Youth and Social
- Pushpaben – Cultural and Heritage
- Tanvi – Media and Communications
- Taraben – Religious
- Rakesh – Ex Chair and Ex Officio
- Dilipbhai – Ex Treasurer and Ex Officio

Royal Visit!

Thursday 22nd January 2015 - the most important date in the 2015 Calendar for all Jains and all Oshwals.

A day that saw the Oshwal Association of the UK and the Institute of Jainology working together to transform Oshwal Centre into a Royal Home for a few hours.

The day that **His Royal Highness, the Prince of Wales, Prince Charles** visited Oshwal Centre at 10:45am and did not leave until 1:00pm, an hour over his scheduled departure time. Clearly he felt extremely welcomed!

For many this was a **dream come true**, for me it was a lifetime wish. **Oshwal Centre welcoming the future King of England was an once-in-a-lifetime experience**, albeit Rexbhai's cheeky mention of a returning visit in his address to the Royal Highness is something we all hope for!

Genuinely engaged in his surroundings and an interest to speak to as many as he could, His Royal Highness was softly spoken, polite, enthusiastic and incredibly knowledgeable of the Jain religion.

The **visit by the Prince of Wales should make each and every Jain and Oshwal proud** and ensure that we continue to be proud of this great religion and never to stop letting others know who we are and what we believe in.

On behalf of the North East Area committee and myself, I would like to **Congratulate All** that were involved in the weeks of planning. You have all achieved what most cannot in a lifetime and created a day that was fit for a Royal, literally!

WELL DONE!

Final Words!

This will be my last address to you before the AGM. From the whole committee we seek forgiveness for any hurt we may have caused knowingly or unknowingly.

See you all soon!

Nishma (Nish)
North East Area Chair

North West Area



43rd North West - Annual General Meeting

Firstly, we would like to wish all our Members a very happy and prosperous New Year.

We are grateful to all our members for the support over the past year and as always, it has been a pleasure to serve the Community and to work jointly with our ever growing team of volunteers and we look forward to working jointly with all our members in the forthcoming year.

Additionally, your area's 43rd AGM for its members shall be taking place. Details as follows:

Venue: Oshwal EKTA Centre

Date: 15th March

Time: 10:00 am

Light refreshments shall be available following the AGM. An accurate RSVP count is critical for avoidance of food wastage, so please RSVP (khilit.shah@oauk-nw.org) only if you plan to stay for refreshments following the AGM.

Let's be the Change this community needs

Let's be proud to be Oshwal

Let's Re-Connect

Oshwal Achievements Award

Two years ago, we launched The Oshwal Achievement Awards. Last year one Oshwal was recognised for his charitable work outside the community. Once again this year we are looking for new nominations for 2015



If there are members you know who have:

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

We want to know about these Oshwal's.

To nominate an Oshwal for an award, please contact Nirmal Shah (nirmal.shah@oauk-nw.org) with details as soon as possible. The last date for these nominations is 10th March 2015. The Areas will then

- Prepare a nomination from the Area – Outlining details of the person.
- A brief resume of the person.
- Reasons for the nomination.



Corrections (Diwali edition of Oshwal News)

Page 58: (omitted) - Barsa Sutra Darsan : Mrs. Savitaben Ratilal Dodhia

Page 61: (typo) - Savantsari Bhojan Sponsor : Late Shantaben Mohanlal Popatlal
Shah haste Shailesh Mohanlal Parivar.

Please rest assured that this was not deliberate and we unreservedly apologise for any upset that this may have caused.

PAST EVENT UPDATES



22nd November 2014

Another sold out star-spangled event organised by the area, filled with celebrity lookalikes. The guests were welcomed with a cocktail reception and had the opportunity to pose with the Oshwal Oscars on the red carpet as they arrived. The walls of the hall were decorated with film posters and tables decorated with director clapper boards. Shama and Chirag were the entertainers on the night. A prize was given to the best dressed couple. The guests had a great time who danced the night away.



*Event photo's available to
view on*

www.oauk-nw.org/media/gallery



OSHWAL ASSOCIATION OF THE UK
NORTH WEST AREA
PRESENTS...



Elderly Monthly Meets (EMMs)

Come and enjoy a fun filled day. Start the day with yoga, followed by a hearty meal, ending with an afternoon of entertainment.

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

Timings: 11:30 am - 4.00 pm

Entrance - £4.00 (Members Only) (Proof of Membership required at the door)



Dates

10th January	14th February	14th March
11th April	9th May	13th June
11th July	8th August	5th September
10th October	12th December	

Diwali Special - 8th November

Tickets for this shall be sold separately



For booking call:

Harshidaben (7-10pm)	0208 177 2786
Manjuben	0208 864 2522
Rasikbhai	0208 907 2188

**Sponsorship - If you wish to sponsor EMMs, please contact
EKTA Office (020 8206 1141) or speak to the EMM team.**

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

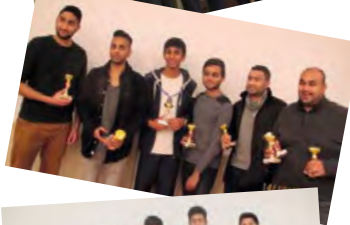
31st Oshwal Games



North West area would like to thank and congratulate all participants, winners and volunteers during the 31st Annual Oshwal Games.

This year, Oshwal Games took place at Harrow Leisure Centre. After a fierce competition, North West area achieved 2nd position overall. A full list of participants / winners shall be made available on our website.

Our congratulations go to North area for winning the cup (this year!) and to all other areas and participants for engaging competitively with great sportsmanship.



Who says you have to be young to have fun with sports! A phenomenal number of 95 participants entered from ReActive8 NorthWest, aged 8 to 70+. These sports loving enthusiasts showcased their skills at our "home ground" for the 31st Oshwal Olympic Games.

The show of talent was unquestionable by our under 12s football team. Of course the under 16s, ladies and men teams equally shared this talent. Needless to say, they brought home the football floating trophy.

The short practise didn't seem to faze our young ladies netball team as they walked the court with undisputed possession of the ball. They nailed it- bringing home the floating trophy too. As always basketball lured in the crowd with some long distance dribbling and some serious dodging by our team.

Their moves earned them the floating trophy as well.

The old Indian game, Kho, certainly got the crowd shouting "get him, get her" with intermittent "yeahs"! This knee jerking, hamstring pulling, tactical game brought home the floating trophy too!

Dodgeball brought some surprises...maybe more for the over 35s!

With great laughter and a few twists and turns.

Proudly we can state that our circuit training participants showed off their stamina and perseverance in one seriously entertaining event, the last one! It truly reflected the physical strength from each of the participants.

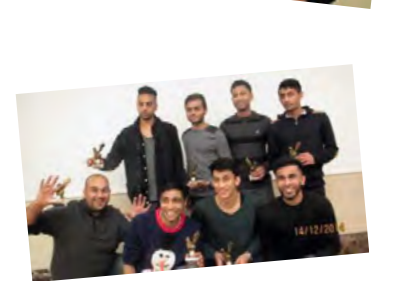
Hats off to all our participants and of course, to all those who have supported us throughout this event.

Special thanks to all those parents who prepared the sandwiches and to all those parents who sponsored the food. With this support we provided lunch throughout the 3 days for all the participants, volunteers and supporters.

Another special thanks goes to all our sports managers who trained all the participants with their knowledge, skill and passion for their sport.

Our final message:

Lets keep the competitive fire burning within us and head to the 32nd Oshwal Olympic Games.





Re-Active8

NORTH WEST

We provide a vast variety of games for Children from age 4 and onwards such as



Koor
Dodgeball
Benchball
Circuit training
5 a side football



YOGA
ZUMBA



Basketball
Badminton
Table tennis
Squash

We are very enthusiastic about our youth club Activities as we try and make sure that every week all the Children are having fun.



Venue: Harrow Leisure Centre, Christchurch Avenue, Harrow, Middlesex HA3 5BD
Every Friday (term time) : 7pm to 10:45pm

For more information
Contact:

reactive8admin@oauk-nw.org

FORTHCOMING EVENTS

Key Religious Dates for 2015

Date	Day	Details
3rd Mar	Tue	Fagan Sudh Teras 6 Goan Siddhachal Bhav Yatra
27th Mar - 4th Apr	Fri	Ayambil Oli starts (9 Days)
2nd Apr	Thur	Mahavirswami Janma Kalyanak
4th Apr	Sat	Chaitri Poonam (Siddhachal Bhav Yatra - Pat Darsan)
5th Apr	Sun	Ayambil Oli Parna
2nd May	Fri	Varshitap Parna
10th Sep	Thur	Paryushan Maha Parva
13th Sep	Sun	Kalpa Sutra Vanchan
14th Sep	Mon	Mahavirswami Janma Vanchan & Sapna Darsan
17th Sep	Thur	Barsa Sutra Darsan & Samvantsari Pratikaman
18th Sep	Fri	Tapasya Parna
19th Oct - 28th Oct	Mon	Ayambil Oli starts (9 days)
28th Oct	Tue	Ayambil Oli Parna
11th Nov	Wed	Diwali
12th Nov	Thur	New Years Day (Nutan Varash)
25th Nov	Wed	Kartik Poonam (Siddhachal Bhav Yatra- Pat Darsan)



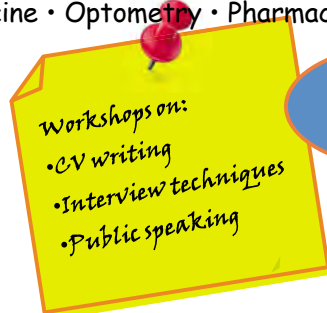

CBPN
Oshwal Business & Professional Network

mini CareerFair 2015
Your future in your hands

Sunday 22nd March 2015 • Ekta Centre, 366a Stag Lane, Kingsbury NW9 9AA • 10am to 6pm

Stalls

...Accountancy • Actuary • Banking • Business Helpdesk • Dentistry • Financial Advisory • Wealth Management • Information Technology • Investment Banking • Law • Management Consultancy • Media & Public Relations • Medicine • Optometry • Pharmacy • Risk Management • Taxation ...and many more ...



Creche
Facility

Food &
Networking
zone...

Attendance is free but Registration is mandatory for workshop sessions as places are limited.
Register by visiting the website: www.obpn.oauk-nw.org

...a Fair for all
age groups...

for Parents • Students • Graduates • Young Professionals • Entrepreneurs

DATES AT A GLANCE

February 2015

14th EMM
14th Whist Drive / Scrabble
21st Bhukhar
25th OBPN Networking - (Preserving Assets for future generations)

March 2015

3rd Fagan Teras
7th International Women's Day
14th EMM
14th Whist Drive / Scrabble
15th NW AGM
22nd Mini Careers Fair
25th Bhakti @ EKTA
29th Inter Area Bhukhar Competition

April 2015

11th EMM
11th Whist Drive / Scrabble
17th Street Support Network
22nd 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
Thursday*

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

£6.00 members

£8.50 for non members

Dilharbhai -

07870 846 729

Premharbhai -

020 8723 8368

Sailesbhai -

07745 871 623



Scrabble Club

@Oshwal Ekta Centre

£6.00 - Members

£8.50 - Non Members

Mina Haria -
07904 728870



Bhakti Sandhya

@EKTA

Every last Wednesday
of the Month*

8:15pm – 9:45pm

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

MAHESH SHAH

780 464 8197

* Date's may change.

Updated information available on
oshwal.co.uk/areas/northwest



Bhukhar

@ All Saints Church Hall
Queensbury; HA8 5PQ

Yearly subscription

£35.00 (members)

£50.00 (non-members)

Pay As you go

£5.00 (members)

£8.00 (non-members)

Contact Details

Sailes Shah -

07745 871 623

Mahendra Chandaria -

07714 712713

Amu Shah - 07816 368 157

Satish Shah-07506 550448

South Area

Chairman's message

Dear Oshwal Members

At the Annual General Meeting, on Sunday, 24 March 2014, a new committee was elected to serve for the next two years.

Going forward, many activities, programmes and events have been organised. Many of you have attended these functions and your support is very much appreciated. Please continue to support these functions.

We have volunteers who are able to come and help whenever they can. I would like to put on record their help and this is very much appreciated. I would like to make an appeal for more volunteers. Please come and help wherever, and whenever you can. It is of benefit to all of us.

We have our Gujarati School where pupils are able to learn our mother tongue. We have staff and parents and extended families who are dedicated for helping where possible. I would like to express our appreciation and gratitude and also thank all of you.

There are different clubs and activities running where you are most welcome to take part. The respective Portfolio Holder will be able to provide further information. Do contact them.

We have allocated the various portfolios to the elected committee members. These are listed below.

We hold South Area Committee meetings on Tuesday evenings on a monthly basis. You are welcome to attend these meetings as observers. If you wish to avail yourself of this opportunity, please let me know in advance and I will make arrangements.

We have a Ghar Dehraser. The members of the Satsang Mandal come together on Saturday afternoons and also on other days to carry out religious activities. Please come and support these.

I would like to make an appeal to all of you – we have a Mahajanwadi – your Mahajanwadi. Do please come and support the events and functions that are organised. This is a place where you can meet and relax.

Dhirubhai K L Shah

Notice of Annual General Meeting 2015

Sunday 22 March 2015

Start time – 2pm onwards

South London Mahajanwadi

1 Campbell Road, Croydon CR0 2SQ

Email: dklshah@hotmail.co.uk

DATES FOR YOUR DIARY – RELIGIOUS FESTIVALS

CHAITRA MAAS AYAMBIL ORI

27 MAR 2015 – 4 APR 2015

PAINAAS – 5 APR 2015, NEEVI 6 APR 2015

PARYUSHAN MAHAPRAVHA FESTIVAL 2015

10 SEP 2015 - 17 SEP 2015

PAINAAS – 18 SEP 2015

AASO MAAS AYAMBIL ORI

19 OCT 2015 – 27 OCT 2015

PAINAAS – 28 OCT 2015, NEEVI 29 OCT 2015

For further details please contact:

Hasmukh Khetshi Shah (Portfolio Holder- Religious Chairman) - 020 8684 0920

Nemubhai D Shah - 020 8684 1985

Dhirubhai K L Shah - 020 8684 3592

RAMAT GAMAT EVENT

Friday 6th March 2015

Contact – Ansuyaben

Email: anushah38@hotmail.co.uk



Bridge Club

Wednesday 8pm -11pm

Contact – Ansuyaben



SPORTS AND SOCIAL CALENDER OF EVENTS FOR 2015

Dates for
the Diary:

Calendar of Events 2015

Weekly Sports Saturday Club, Netball <i>Enquire for more details</i>	Fri 23rd January Burger n' Bowl <i>Mingle with other members through a friendly/competitive game of bowling and/or a burger</i>	Fri 27th February Family Quiz Night <i>From those that brought you 'Quiz Your Senses' comes another quiz night with a twist!</i>
3rd - 6th April Annual Easter Trip <i>The countryside, activities, relaxation and great company. Reserve your places fast as this trip is always oversubscribed!</i>	Sat 4th July Music & Masti <i>An evening of well known music & tasty food</i>	Sat 18th July Thorpe Park <i>Enjoy a day out at a top UK attraction - for BIG kids too!</i>
Fri 11th September Car Treasure Hunt <i>Compete against other teams in a hunt for clues. Who will win?</i>	Fri 16th October Twilight Top Golf <i>The sport where anyone can win! Hit the ball into the coloured zones for points to win</i>	December Annual Inter-Area Sports Competition



South Area Oshwal Gujarati School hosted its annual Parents' Day celebration on 5th Jul'14 with dazzling vibrancy and enthusiasm. 2014 marks the school's 40th Anniversary, a remarkable achievement. The longevity and success (both academic and extracurricular) of the School is down to the unrivalled support of the staff, volunteers, donors, parents but most importantly the students. Thousands of students (and now their children) have been fortunate to pass through the School; they have learnt not only about their mothertongue and culture but the School has also shaped their character and confidence. [Congratulations!!!](#)



West Area

HAPPY NEW YEAR

2014 has been a very busy and fantastic first full year at the Shakti Centre. Let's make this year even better.

Last year the Social Committee organised events throughout the year, most of them on a monthly basis. Attendance to them was very high. It helped that they were so entertaining.

The members we have talked to said that they appreciated the time put in by the committee in organising them, so we would like to give a very big thank you to Anitaben Chiman Shah and all the volunteers for all their time and hard work they had given up to organise the events and to make them so successful.

The events began with a big celebration at the first ever Christmas party. This was followed by cuisine nights. We had a lot of scrumptious food from South India, China, including traditional Gujarati, Punjabi to Jiko Pizza. Each one had different themes. It was fun dressing up too.

Other events were held on a regular basis included beauty days.

During the year many activities have taken place at the Shakti centre.

The members of the West Area had participated in:

- | | |
|---------------------------|---|
| Wednesday Club | – Yoga, cards, social gathering along with Tea and snacks. |
| Karate Club | – Chokri, Bhukar or any other game. Refreshments are served. |
| Youth club for under 12's | – Fridays at 8pm - 10pm (parental participation is required). |
| Pathsala classes | – Sunday Mornings. |

The Youth Committee also organised Youth Social Events and attendance here was also high. It was a great way for the next generation to enjoy the facilities of the Centre.

Finally the Diwali party and the live stage comedy play at Oshwal centre finished a fantastic year in great style.

For the first time Paryushan was celebrated at the new Centre. It was the biggest turn out ever in West London. We hope 2015 will be even bigger.

The Property committee has worked very hard and have been very busy maintaining and improving the Centre. It has been neat and tidy for all occasions. The centre was also hired for parties and other community events.

As always, more volunteers to help with the general upkeep and maintenance of the Shakti centre are welcome. In fact the more the merrier!!!!

If any Members like to put forward ideas for future events/activities, then please approach a member of the committee. You never know this idea/ activity may be the biggest event of 2015.

Jai Oshwal

To all West Area members be aware. Do you know what's happening in your area?



The committee have been instrumental in promoting all our activities at an individual level to the members via e-shots, Oshwal news, posters and noticeboard at the Shakti Centre, rolling screen at Oshwal Centre and the Oshwal website. The youth have a Facebook page too. Anyone not on the e-shot mailing list and wishes to receive periodic newsletters are requested to email

shakticentre@oshwal.org to be added to the distribution list.

Report of the 31st Sports day.

West Area came in a respectable 4th place overall. We had 36 participants across all age ranges, including 4 under 12s who played for us and other areas in a number of different events. As an area we fielded teams in all men's and ladies sports, chokri, darts and swimming. Our men's team retained their double title from last year by again winning the basketball and football events and ladies came second across all their events. All the under 12s that participated went home with medals and trophies too. The 8-man swimming team did extremely well as a unit with almost everyone achieving positions in the top three in their respective events.

Unfortunately, this year was the first time we did not field any of our own under 12s or under 16s teams due to a lack of participants in that age range making themselves available or turning up to youth club. This is a big deficit for our area and is a target for something to work on in 2015.

Overall I would like to say well done and a big thank-you to all the participants, volunteers and supporters from West area as this year we have done a fantastic job with the limited number of people we have.

A summary of all the fantastic achievements by West Area at sports day are below:

- 1st 10-11 girls freestyle (Jesal)
- 1st 10-11 girls backstroke (Jesal)
- 3rd 10-11 boys backstroke (Mann)
- 1st 14-24 girls breaststroke (Devi)
- 2nd 14-24 girls freestyle (Devi)
- 1st 16-24 mens breaststroke (Rishi)
- 3rd 25-35 ladies backstroke (Bansi)
- 3rd 25-35 ladies freestyle (Bansi)
- 2nd 25-35 mens backstroke (Ketan)
- 3rd 25-35 mens breaststroke (Ketan)
- 2nd 35+ mens breaststroke (Madhu uncle)
- 3rd 35+ mens backstroke (Madhu uncle)
- 1st place Mens Football
- 1st place Mens Basketball
- 2nd place Ladies Football
- 2nd place Ladies Basketball
- 2nd place Netball
- 4th place Volleyball
- 2nd place 16-34 mixed Kho
- 3rd place over 16s mixed Circuit Training
- 3rd place U12s Benchball (Jesal playing for South)
- 3rd place U12s Kho (Jesal and Vinaya playing for South)
- 3rd place U12s Football (Mann and Nihir playing for South)
- 3rd place U12s Dodgeball (Jesal, Vinaya and Mann playing for South)



*"I'll tell you why we need you on our team...
you've got your finger on the pulse of today's
youth."*

News Articles

Three Oshwal Gujarati School students sat GCSE exams this year, we are very proud to say that our pass rate was 100% and the students attained grades 'A' or 'B'.

We would like to thank Ushaben our Gujarati Headteacher for her great leadership.

Deepti Ajit Shah (one of our active members) was a runner up in the recently prestigious MCC cake competition celebrating the **Bicentenary** (200years) of the present LORD'S ground. One of the judges was Mike Gatting, a former England Captain and current President of the MCC.



The cake was eggless - this attracted a lot of attention.

Culture and Heritage - Diwali at Oshwal Centre (Oct 2014)



The Culture and Heritage committee organised a display to show how Diwali was celebrated in a traditional Gujarati village in India which included food, colourful clothes and decorations.

Thank you again to the many volunteers who made this event so much fun!

Props, entertainment and food were provided by West Area members for the display. It was a great success enjoyed by all who attended.

Diwali Party @ Shakti Centre

This social event organised by Anitaben and was a brilliant success.

All the guests complemented the delicious food and enjoyed the live music group that sang old Bollywood Melodies. The group was so good the audience were up singing and dancing till 1am.



The police also attended this gathering, not to arrest anyone but to inform the community about the dark nights, house security and safety awareness in general. The talk was very informative and the presence of local police was welcomed.

The ambience of singing, dancing, community and the aroma of good food, what more can you ask for.

For those of you that were there don't forget to tell others, for those that missed out make sure you book in advance for our next social event.



VAHALI AAVI SAPNA LAVI

On Sunday 23rd November the West Area proudly hosted a Gujarati play produced by Indo-UK Arts at Oshwal Centre.

In front of a full house, people enjoyed a great afternoon which was full of laughter and entertainment with lunch provided.



Thank you to all the Areas,
Friends and Family who
came and supported us.



"Vahali Aavi Sapana Laavi" (Vahali comes and brings Dreams) was a Guj-lish (Gujarati and English) family oriented comic play.

The play revolved around "Vahali", a European girl who came to the Patel's house to learn Gujarati language and its traditional verses. The Patel family is busy preparing their son for an arranged marriage and has called their family friend and daughter from abroad especially for this occasion.

The play displays various twists and turns of arranged marriage scenarios at the Patel's family home and ends up amicably in the end to everybody's satisfaction. **Anita Chiman exquisitely organised this function. She was ably supported by the West Area Committee and our dedicated volunteers.**

Coming events to look forward to

Hand Craft classes	Monday 16 th March 2015 from 8pm to 9pm at Shakti Centre.
AGM West Area	Sunday 29 th March 2015 at Shakti Centre, Time – 3.30pm till 6pm (refreshments will be served)
Beauty Day	End of March. For more details contact Shejal on 07825 371 875.

Regular Events at Shakti Centre during 2015

Pathsala classes held every Sunday between 9am & 10am.

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

Wednesday Social Club held every Wednesday from 2pm to 5pm.

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

NEED A HAIRCUT? Come and have one on the last Wednesday of every month. All are welcome. Please contact **Keshubhai** for further information.

New in 2015 Arts and craft evening classes – contact Trupti 07883 071242 (evenings and weekends)

Karata Club – contact Dhirubhai 07960 631602

50+ Luncheon – contact Keshubhai

Youth Club – contact westareacub@oshwal.org

Sponsorship

Many of the above 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 2pm and 10pm only.**

Oshwal Association of the UK

DO YOU RECOGNISE THIS...

BE YOURSELF?

TIRED OF TRYING NEW WAYS?
GAIN CLARITY AND PERSPECTIVE

WANT TO START A NEW PROJECT?
BOOST YOUR CONFIDENCE

WANT TO MAKE CHANGES WHICH MATTER?
TAKING THE FIRST STEP SEEMS A LONG WAY AWAY?

NOT SATISFIED AND RESTLESS?
OVERCOME FEAR AND DOUBT

RECONNECT WITH YOURSELF

WANT TO BE HEALTHIER, HAPPIER OR LOSE WEIGHT?
ACHIEVE YOUR GOALS

WANT TO SEE RESULTS?

LIFE COACHING IS LIFE CHANGING

MORE INFO AND OFFERS jmind2more@gmail.com

ALL PROCEEDS WILL GO TO OSHWAL SHAKTI CENTRE

Life Coaching

Jayaben, is a qualified Life coach who has kindly offered her services to help raise funds for the Oshwal Shakti Centre, as well as to help people achieve their goals.

To contact Jayaben: email jmind2more@gmail.com or text on 07572 122938.

Jayaben is available to all areas.

Shakti Centre

Available for private hire for parties, gatherings or other functions.

Please enquire at the centre.

The Fundraising Committee would like to take this opportunity to thank all those who have made donations towards the Oshwal Shakti Centre. More funds are still required for the purchase cost of the centre. If you would like to donate please contact the office.



ENABLING NETWORK
Embracing all abilities

Sports / Social Activities 4 Special Needs & their family & friends



Buzzing atmosphere



bOUNCES of fun

Making Friends

Embracing ALL
Abilities and all
ages



acceptance



laughter

A special community



Family
orientated

Preston Manor School Gym

**2 Alternate Fridays a month. Spring terms
starts 16th Jan 2015, 8-9.30pm.**

**For more details contact Sanjay 07552187315
or Sarita 07739506850 or en@oshwal.org**



OAUK Racquet Sports Tournament 2014

By Paras J Shah

The Oshwal Youth Committee hosted a very successful Racquet Sports Tournament on 12th October 2014 at Harrow Leisure Centre where we saw 270+ participants battle it out in **Badminton**, **Table Tennis**, **Squash** and for the first time ever **Polybat**!

Polybat is a bat/ball net game which is played on a table tennis table with the net removed. The aim of the game is to hit the ball over the opponent's end of the table, or cause them to play a fault by lifting the ball off the table surface. Thank you to the OAUK Enabling Network in helping run the event.

The talent, competitiveness and camaraderie that was displayed on the day was fantastic and the atmosphere throughout was invigorating.

Thanks for organising such a great event, it was a very enjoyable day and met so many familiar faces after long gaps. We as a family had a fabulous time."



A special mention goes to the Organising Committee – Paras Shah, Anjali Gudhka, Hitesh Gudka, Khilna Shah, Kunjal Haria, Amit and Dina Patani, Nirav Shah, Nishul Shah and Sanjay Shah. Also to those who helped run events on the day, we are truly grateful:

"It was an amazing tournament and we are lucky as a community to have such opportunities. Well done and look forward to next year."

Squash – Rajeev Shah, Ronak Shah and Keval Shah
TT & Polybat – Sanjay Shah, Nilesh Shah, Anuj Shah, Urvina Shah and Kalpi Shah
Badminton – Hitesh Gudka, Jinal Shah, Rishi Shah, Jiten Shah and Narendra Shah
Photographer – Rakhee Shah

Many other people also helped on the day, and the whole Youth Committee thanks you, as the event would not be able to run without your support.



The level of play across the sports was stepped up again this year, especially in Squash where the 45+ Mens category exhibited quality throughout the field.

OAK Racquet Sports Tournament

Table Tennis saw some great rallies with the ball flying back and forth at speeds of 100mph+! The skills demonstrated by keeping the ball on the table as well as the agility of the players was very exciting to watch.

Badminton players were stretched to their limits playing in the round robin format before progressing to knock-out stages; it was great to see so many different ages partaking and many are already looking forward to next year!



"A massive thanks for organising the day - everything ran very smoothly and on time - that can only be attributed to your team's hard work and commitment in the run up to the tournament. The boys had a fantastic time - even their dad is now enthused about training up to participate next year!"



"We would like to CONGRATULATE you and your team in organising such a fantastic tournament. Your team did a fantastic job organising and running all the matches in a very calm and collective way. There was great sportsmanship and fantastic games. Our family had a lovely time, thank you and well done."



"Just to say Thank You very much for organising such a wonderful event bringing together so many keen sports enthusiasts and participants of different age groups.

The event was extremely well organised and a great job done by all the volunteers. Everyone I spoke to was so polite and helpful giving the correct advice.

We as participants, had a great time playing with fellow Oshwals creating friendship and fellowship amongst ourselves.

Keep It Up and we all look forward to the next event soon."



"Thank you so much; my daughter had so much fun and is keen to return next year. Please keep our name on your list for such events."

Thank you to our Sponsors:

* Ramnikbhai and Ramaben (North East Area) provided light refreshments, in memory of Kunj Shah and Krutika Shah.

* <http://www.tennisnuts.com/> have given each OAK Members 5% discount on all their products online and in store. CODE: OAK.

* Pictures will be available soon on the Oshwal website! www.oshwal.co.uk/sports



Our congratulations to the winners in all the events and our thanks to all the participants and volunteers who made this event the success it was. Looking forward to the 2015 edition!!!

				WINNER	RUNNER UP	THIRD PLACE
BADMINTON	U12	BOYS	SINGLES	Aaryan Haria	Anish Doshi	Chaand Shah
BADMINTON	U12/U16	BOYS	DOUBLES	Chaand Shah / Meer Shah	Aaryan Haria / Anish Doshi	Akshay Doshi / Shivam Dahya
BADMINTON	U12	GIRLS	SINGLES	Riana Shah	Kreeya Shah	Radha Haria
BADMINTON	U16	BOYS	SINGLES	Meer Nikunj Shah	Kian Shah	Rahil Haria
BADMINTON	U16	GIRLS	SINGLES	Neha Shah	Symran Shah	Aanya Gudka
BADMINTON	U25	MENS	SINGLES	Nirav J Shah	Ishan Shah	Nishul Shah
BADMINTON	U25	MENS	DOUBLES	Nirav Shah / Punit Shah	Nirav J Shah / Rikesh Shah	Adarsh G Shah / Meer Nikunj Shah
BADMINTON	U25	LADIES	SINGLES	Keya Patani	Jaina Shah	Meera Ashok Shah
BADMINTON	U25	MIXED	DOUBLES	Arjun Shah / Keya Patani	Nirav J Shah / Krushita Shah	Raaj Bipin Shah / Sonam Shah
BADMINTON	OPEN	MENS	SINGLES	Arjun Shah	Jinesh Shah	Nikhil Shah
BADMINTON	OPEN	MENS	DOUBLES	Jinesh Shah / Nishil Shah	Bandish Shah / Mahendra Nagda	Arjun Shah / Hitesh Shah
BADMINTON	OPEN	LADIES	SINGLES	Keya Patani	Neena Binesh Shah	Anjali Gudhka
BADMINTON	OPEN	LADIES	DOUBLES	Nikki Shah / Preena Gandhi	Neena Binesh Shah / Sangita Shah	Anupa Shah / Sonali Shah
BADMINTON	OPEN	MIXED	DOUBLES	Ashish Patani / Preena Gandhi	Jinesh Shah / Priya Shah	Arjun Shah / Keya Patani
BADMINTON	45+	MENS	SINGLES	Punil Shah	Hitesh Shah	Shyam Gudka
BADMINTON	45+	MENS	DOUBLES	Mahendra Nagda / Punil Shah	Nitin Shah / Sanjay Shah	Jiten Shah / Narendra Shah
BADMINTON	45+	MIXED	DOUBLES	Kirit Shah / Swapna Shah	Vinod Hemraj Shah / Neeshma Shah	-

POLYBAT	OPEN	MIXED	SINGLES	Nehal Shah	Nirav Shah	Parul Shah
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SQUASH	U12	MIXED	SINGLES	Anya Shah	Vyaan Milan Shah	Meha Shah
SQUASH	U16	BOYS	SINGLES	Kush Anuj Shah	Dhruv Shah	Jaimin Shah
SQUASH	U25	MENS	SINGLES	Ishan Shah	Kush Anuj Shah	Dil Shah
SQUASH	OPEN	MENS	SINGLES	Nikhil Shah	Nitin Shah	Dilip Shah
SQUASH	OPEN	LADIES	SINGLES	Meera Ashok Shah	Anya Shah	Jyotika Shah
SQUASH	45+	MENS	SINGLES	Dilip Shah	Nitin Shah	Apul Shah

TABLE TENNIS	U12	BOYS	SINGLES	Chaand Shah	Akshay Shah	Akash Shah
TABLE TENNIS	U12	GIRLS	SINGLES	Ariya Shah	Raina Shah	Neha Shah
TABLE TENNIS	U16	BOYS	SINGLES	Nikhil Shah	Rithik Popat	Akash Shah
TABLE TENNIS	U16	BOYS	DOUBLES	Jaimin Shah / Akash Shah	Akshay Doshi / Rithik Popat	-
TABLE TENNIS	U25	MENS	SINGLES	Khushil Shah	Tej Shah	Kush Anuj Shah
TABLE TENNIS	U25	MENS	DOUBLES	Tej Shah / Vishal Malde	Kush Anuj Shah / Sarit Shah	-
TABLE TENNIS	OPEN	MENS	SINGLES	Ajay Shah	Khushil Shah	Paras Shah
TABLE TENNIS	OPEN	MENS	DOUBLES	Ajay Shah / Avin Shah	Mitesh Dhanani / Paras Shah	Khushil Shah / Savan B Shah
TABLE TENNIS	OPEN	LADIES	SINGLES	Raksha Gudka	Purvi Shah	Ananti Milan Shah
TABLE TENNIS	45+	MENS	SINGLES	Ajay Shah	Anuj Shah	Jitendra Shah
TABLE TENNIS	45+	MENS	DOUBLES	Sandip Shah / Sanjay Shah	Nilesh Shah / Anuj Shah	Ashok Hemraj Shah / Vinod Hemraj Shah

~ 31ST Oshwal Sports Day – Organising Secretaries Report ~

For many Oshwals the end of 2014 was marked by the 31st Oshwal Sports Day. After months of the planning the three day tournament kicked off with a bang on Saturday 6th December and continued on Sunday 7th and 14th December at Harrow Leisure Centre.

Day One

On Saturday, the opening event was Basketball witnessing exceptional baskets, quick tags in Kho followed by Benchball and Football. This year it was a great pleasure to re-introduce Swimming, a great event for participants to demonstrate their talent in water. We saw participants from age 6 to over 36 swimming three different strokes; back stroke, breast stroke and freestyle. We closed Swimming with a final team event, the “relay”.



(Basketball)



(Benchball)

Day Two

The second day began with an early start continuing the games from the previous day where we observed wonderful passes in Benchball and parents showed off their competitiveness by dodging the ball in Dodgeball. As we approached the middle of the day, the spectators starting moving around watching many falls, dives and tough games of Volleyball in Arena One whilst the ladies showed off their stamina and strength in Netball in Arena Three. Let's not forget about Darts which was also taking place on Sunday in the Multi-Purpose room where we saw exceptional skills and determination from players.



(Volleyball)



(Netball)



(Kho)



(Dodgeball)

Day Three

A milestone was achieved in our Sports tournament where members of Enabling Network came to the arena and demonstrated their exceptional talent and skills. All games from the Sports tournament were stopped and all spectators came together to watch, support and cheer 20 Oshwal Enabling Network members playing a game of Boccia. Boccia is a recognised Paralympic game where the aim is to throw balls close to the white target ball.



(Boccia – Enabling Network team)



(Football)

We witnessed intense games of Football admiring remarkable goals and astonishing saves by the goal keeper. As we embarked on the final event of the tournament, the participants got ready to show off their endurance and speed. The crowd went wild as the first team reached the finishing line in Circuit Training. Meanwhile, Chokri was taking place at Oshwal Centre which was enjoyed by participants of all ages.

The final day was completed by a wonderful dinner prepared by generous volunteers and the much awaited presentation ceremony.

We began the presentation ceremony by presenting each member of the Enabling Network with an award to recognise their amazing talent and determination to succeed. The atmosphere was electric with all areas supporting and cheering the teams and the winners.

Congratulations to NORTH AREA who were declared the overall winners of 2014!

Special congratulations to Radha Haria and Aaron Somaia who were awarded the Best Sports Girl and Sports Boy awards and Aisha Patel and Amar Gudka who were awarded the Best Sports Lady and Sports Man award.



(Aaron Somaia, Aisha Patel, Amar Gudka, Radha Haria)

We would like to take this opportunity to say thank you to the sponsors, volunteers, participants and spectators for making this event a spectacular success and congratulations to all the winners!

Khilna Shah & Hitesh Gudka
Organising Secretaries

For detailed results and more photos of the day, please visit www.oshwal.co.uk/sports

RESULTS

EVENT	1 ST POSITION	2 ND POSITION	3 RD POSITION
U12 BENCHBALL	NORTH	NORTH WEST	SOUTH
U12 DODGEBALL	NORTH	NORTH WEST	SOUTH
O35 DODGEBALL	NORTH	NORTH WEST	SOUTH
U12 KHO	NORTH WEST	NORTH	SOUTH
U16 KHO	NORTH WEST	NORTH	NORTH EAST
16-34 KHO	NORTH	WEST	NORTH WEST
U16 BASKETBALL	NORTH WEST	NORTH	SOUTH
LADIES BASKETBALL	NORTH WEST	WEST	NORTH
MENS BASKETBALL	WEST	NORTH WEST	NORTH
U12 FOOTBALL	NORTH WEST	NORTH	SOUTH
U16 FOOTBALL	NORTH WEST	NORTH	NORTH EAST
LADIES FOOTBALL	NORTH	WEST	NORTH WEST
MENS FOOTBALL	WEST	NORTH WEST	NORTH EAST
NETBALL	NORTH WEST	WEST	NORTH EAST
VOLLEYBALL	NORTH EAST	NORTH	NORTH WEST
CHOKRI	NORTH	NORTH EAST	NORTH WEST
U16 CIRCUIT TRAINING	NORTH WEST	NORTH	SOUTH
O16 CIRCUIT TRAINING	NORTH WEST	NORTH	WEST
DARTS - LADIES SINGLES	NORTH	NORTH EAST	NORTH WEST
DARTS - MENS SINGLES	LUTON	NORTH	NORTH EAST
DARTS - LADIES DOUBLES	NORTH	NORTH EAST	NORTH WEST
DARTS - MENS DOUBLES	NORTH	NORTH WEST	SOUTH
DARTS - MIXED DOUBLE	NORTH	NORTH WEST	SOUTH

SWIMMING	CATEGORY	1 ST POSITION	2 ND POSITION	3 RD POSITION
BACKSTROKE	FEMALE: 9 AND UNDER	SOUTH	NORTH	NORTH WEST
BACKSTROKE	MALE: 9 AND UNDER	NORTH	NORTH WEST	NORTH EAST
BACKSTROKE	FEMALE: 10-11	NORTH WEST	SOUTH	NORTH
BACKSTROKE	MALE: 10-11	NORTH WEST	NORTH	WEST
BACKSTROKE	FEMALE: 12-13	EAST	NORTH	NORTH WEST
BACKSTROKE	MALE: 12-13	SOUTH	NORTH	NORTH WEST
BACKSTROKE	FEMALE: 14-24	WEST	NORTH	NORTH EAST
BACKSTROKE	FEMALE: 25-35	NORTH WEST	NORTH	WEST
BACKSTROKE	MALE: 25-35	NORTH WEST	WEST	NORTHAMPTON
BACKSTROKE	FEMALE: OVER 36	NORTH WEST	NORTH	NORTH EAST
BACKSTROKE	MALE: OVER 36	NORTH WEST	SOUTH	NORTH EAST
BREASTROKE	FEMALE: 9 AND UNDER	SOUTH	NORTH	NORTH EAST
BREASTROKE	MALE: 9 AND UNDER	NORTH WEST	NORTH EAST	NORTH
BREASTROKE	FEMALE: 10-11	WEST	NORTH	NORTH WEST
BREASTROKE	MALE: 10-11	NORTH	LUTON	EAST
BREASTROKE	FEMALE: 12-13	NORTH WEST	NORTH	NORTH EAST
BREASTROKE	MALE: 12-13	NORTH	NORTH WEST	NORTH EAST
BREASTROKE	MALE: 14-15	LUTON	NORTH	NORTH WEST
BREASTROKE	FEMALE: 14-24	NORTH	WEST	NORTH WEST
BREASTROKE	MALE: 16-24	WEST	NORTH WEST	NORTH EAST
BREASTROKE	MALE: 25-35	NORTH WEST	NORTH	WEST
BREASTROKE	FEMALE: OVER 36	NORTH WEST	LUTON	NORTH EAST
BREASTROKE	MALE: OVER 36	SOUTH	WEST	NORTH WEST
FREESTYLE	FEMALE: 9 AND UNDER	NORTH WEST	NORTH	SOUTH
FREESTYLE	MALE: 9 AND UNDER	NORTH	NORTH WEST	NORTH EAST
FREESTYLE	FEMALE: 10-11	WEST	NORTH WEST	SOUTH
FREESTYLE	MALE: 10-11	NORTH	LUTON	EAST
FREESTYLE	FEMALE: 12-13	NORTH	EAST	NORTH EAST
FREESTYLE	MALE: 12-13	SOUTH	NORTH EAST	NORTH
FREESTYLE	MALE: 14-15	NORTH	LUTON	NORTH WEST
FREESTYLE	MALE: 16-24	WEST	NORTH EAST	SOUTH
FREESTYLE	FEMALE: 25-35	NORTH EAST	NORTH WEST	WEST
FREESTYLE	MALE: 25-35	NORTH	NORTH WEST	SOUTH
FREESTYLE	FEMALE: OVER 36	LUTON	NORTH WEST	NORTH
FREESTYLE	MALE: OVER 36	NORTH WEST	SOUTH	WEST
RELAY		NORTH	NORTH WEST	NORTH EAST

RUPABEN LAKHAMSHI PETHRAJ SHAH A HUNDRED-YEAR LIFE OF CONTENTMENT

Last month Rupaben turned 100 years old and was thrilled to receive a birthday card from Her Majesty the Queen.

Born on 1 January 1915 in the village of Goinj, Rupaben was the youngest of four sisters and one brother born to Vejiben and Lakhtir Raja Haria, previously of Padana. She remembers her father working on a farm and crushing tobacco to make bidis. As was the case in those times, she did not have any formal education.

She married at a young age to Lakhamshi Pethraj Galaiya of Lakhabawal and three months later she emigrated from India to Kenya to settle in Nairobi, never to see her parents again. Lakhamshibhai owned a provision store in Njugu Lane and was known for wearing a distinctive white long coat and a black topi. Lakhamshibhai's previous wives, Puriben and Himaben, had passed away and Rupaben joined the family which consisted of Devchandbhai (son of Puriben) and Kasturben and Chunilal (children of Himaben).

Devchandbhai married Jomabai one and a half years into Rupaben's marriage. Later, Kasturben married Ottamchandbhai and Chunilal married Rambhaben.

Rupaben learnt cooking from her sister-in-law, Muriben, who was the mother of Vrajpar Sojpar Shah and a neighbour Lakhmiben. Rupaben and her daughter-in-law Jomabai, who were of a similar age, had a very close relationship and Rupaben was taught cooking and embroidery by Jomabai, who passed away over a year ago.

Rupaben's first son Somchand (m. Sushila) was born when she was 18 years of age. She then had a daughter Rambhaben (m Keshavlal) and two sons Naresh (m. Sila) & Bharat (m. Leena).

The early years of her marriage were hard as Rupaben took on a lot of responsibilities and looked after the children. Rupaben is known for her calm demeanor and was particularly fond of her nephew Nathalal (son of Khetshi Pethraj), who she considered one of her own. She is affectionately regarded as "Mota Ba" by all her nephews & nieces.

Her husband Lakhamshibhai died of a heart attack in 1964. Thereafter, in the 1970s she moved back to India and resided in Jamnagar before coming to the UK in 1981 and currently lives with her son Bharat and daughter-in-law Leena.



Her hundred years have been marked by both happiness - in the form of family weddings and births of so many grandchildren (22), great-grandchildren (29) and great great grandchildren (6) - and by sadness through the death of some of her children, grandchildren, great-grandchildren or their spouses.

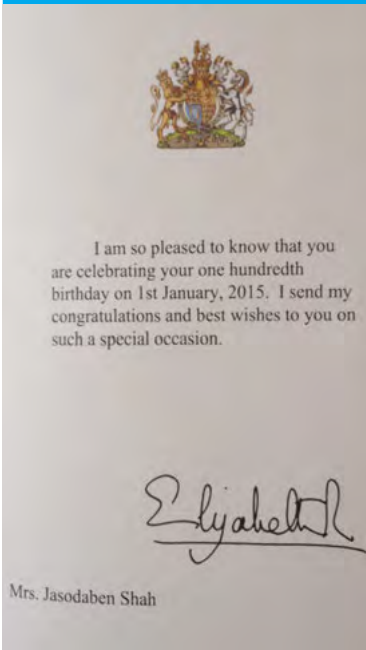
Despite her age, Rupaben is extremely mobile and is able to look after herself. She was a very good cook and is particularly fond of mung curry and dhebra and has a sweet tooth for motia ladoo and boondi ladoo. She enjoys the company of visitors.

We would like to wish her many happy and healthy returns.

We would like to feature other interesting stories from our members so please send us your stories for future publications.

**Send to The Editor
Sudhir M Shah
sudhirmeghjishah@gmail.com**

Jasodaben Raichand Hansraj Shah - 100 on 1.1.2015



Born Padana 1.1.1915. Parents Karamshi Khimji and Pachiben. Jasodaben came to Thika at a young age of 10 months. Her schooling was in Nairobi as there were no schools in Thika. Jasodaben is a truly remarkable lady. Despite her age she has a remarkable memory and takes interest in everything happening locally & internationally.

Profile reader in Gujarati ... She forgets everything around her and is lost in her reading ... be it newspaper or a magazine or a religious book. She also manages to read simple English and reads the Headlines in English newspapers. Also watches News and Hindi / Gujarati Serials. Her memory is so good that she remembers the names of not only her immediate family but also many people whom she came to know in her younger days and also whom she is related to.

During her visits to London she travelled in most of the London buses and knew which bus to take. She knew most of the Bus routes. When travelling in a car, if the person driving the car takes a different route from the

normal route she is familiar with, she immediately comments on the changed route ... such is her memory.

A very practical wise person who got married at a very young age (15 / 16 yrs). She brought up seven sons and four daughters; and also took care of her sister-in-law (Jethani's) children when her Jethani passed away.

Very alert mentally with a sharp memory. Remembers Names / connections of family members / relatives and Oshwal community members from years ago.

She is able to sign her name in English. Very inquisitive & keen to learn about modern times. She conducted business in her younger days. Used to go & buy material at Whiteways in Nairobi where mainly English people used to shop in the Colonial days. She then traded in this material in her locality.

Jasodaben now resides in Kenton, Harrow with her daughter in law.

જન્મ: પદાણા, તા. ૧-૧-૧૯૧૫
પિતા: કરમશીભાઈ ખીમજીભાઈ
માતા: પાંચીબહેન

જશોદા બહેન ૧૦ મહિનાની ઉંમરે થીકા આવ્યા હતા. થીકામાં શાળા ન હોવાથી તેમનું ભણતર નૈરોબીમાં થયું હતું. જશોદાબહેન સાચા અર્થમાં નોંધનીય સન્મારી હતા. ઉંમરના પ્રમાણમાં તેમની યાદશક્તિ તેજ હતી અને તેઓ સ્થાનિક અને આંતરરાષ્ટ્રિય બાબતોમાં ખૂબ રસ લીએ છે.

ગુજરાતીના તેઓ પ્રખર વાંચનારા છે. સમાચાર પત્ર, મેગેઝિન કે ધાર્મિક પુસ્તક વાંચવામાં આવે ત્યારે તેઓ પોતાની આજુબાજુ બધું જ ભૂલી અને વાંચવામાં લાગી જાય છે.

તેઓ સાદુ અંગ્રેજી વાંચવાનો પ્રયત્ન કરતા અને અંગ્રેજી વર્તમાનપત્રોના મથાળા વાંચતા રહે છે. સાથે સાથે સમાચારો અને હિન્દી, ગુજરાતી સિરીયલો જોઈ છે. તેમની યાદશક્તિ એટલી સરસ છે કે તેઓ ફક્ત કાયમના સંબંધીઓના નામ નહીં પણ યુવાનવયે જેમના સંબંધમાં આવ્યા હોય તે બધાના નામ અને સગાઓના નામ યાદ રાખે છે.

તેમની લંડનની મુલાકાત વખતે તેમણે મોટા ભાગની બધી બસોમાં મુસાફરી કરી છે અને કઈ

બસ પકડવી તે તેઓ જાણે છે. મોટા ભાગના બસ રૂટ પણ તેઓ જાણે છે.

તેમની યાદશક્તિ એટલી સરસ છે કે જ્યારે કારમાં મુસાફરી કરતા હોય અને ડ્રાઈવર સામાન્ય રૂટને બદલે બીજો રૂટ પકડે તો તેઓ તરત જ બદલાએલા રૂટ વિશે ડ્રાઈવરને જાણ કરતા.

એક ખૂબ જ વ્યવહારુ ડાહ્યા વ્યક્તિને જેમ તેમણે ૧૫-૧૬ વર્ષની નાની ઉંમરે લગ્ન કર્યા હતા. તેમને સાત દિકરા અને ચાર દીકરીઓ છે. સાથે સાથે તેમણે તેમના જેઠાણીના મૃત્યુ પછી તેમના બાળકોની કાળજી લીધી હતી.

માનસિક અને જાગૃત અને તીવ્ર યાદશક્તિને કારણે તેઓ નામ, કુટુંબના માણસોના સંબંધો, સગાઓ અને ઓશવાળ જાતિના બધા સભ્યોને બહુ વર્ષોથી જાણે છે. દરેક વસ્તુની જાણકારી માટે તેઓ ઉત્સુક રહે છે. તે યુવાનવયે વ્યવસાય કરતા હતા. નૈરોબીની વ્હાઈટવેસમાં કે જ્યાં અંગ્રેજી લોકો જતા અને પોતાના માણસોમાં વસ્તુ વેચતા ત્યાં જતા અને વસ્તુઓ ખરીદતા.

આવા ગોરાઓના વિસ્તારમાં કોલોનીયલ સમયે સામાન્ય રીતે કોઈ જતું ન હતું.

- લિ. ઈન્દુ એસ. શાહ



Jasodaben with the Mayor of Harrow (left) & Councillor of Harrow (right)



Jasodaben at home

“ઓશવાળ ફાર્મસી” [ટોપ]

ચેરિટી વોકમાં [પગપાળે ચાલીને] સેવા ફાળો ઉઘરાવવામાં પૂર્વ સિદ્ધિને વટી ગયા

ઓશવાળ ફાર્મસીના સભ્યો લગભગ વીસેક વર્ષથી ચેરિટી વોકની યોજના કરતા આવ્યા છે અને જુદા જુદા ઔષધ સંબંધીના અર્થે તથા બીજી સહાયક સંસ્થાઓ માટે તેઓએ અત્યાર સુધીમાં પાંચ લાખ [૫૦૦,૦૦૦] પાઉન્ડથી વધારે ઉઘરાવ્યા છે.

ઔષધ સંબંધીના અર્થેની સંસ્થાઓમાં બ્રિટિશ હાર્ટ ફાઉન્ડેશન, બ્રિટિશ ડાયાબેટિક એસોસિયેશન, મેકમિલન કેન્સર રિસર્ચ, પાર્કિન્સન્સ યુ.કે. આસ્થમા યુ.કે., નેશનલ ઓસ્ટિયોપોરોસિસ કેમ્પેઇન, એઇજ કન્સર્ન, પ્રોસ્ટેટ કેન્સર ચેરિટી, માઇન્ડ [MIND], સેરિબ્રા યુ.કે., ગ્રેટ ઓર્મ્સ હોસ્પિટલ વગેરેનો સમાવેશ થાય છે.

બીજી આદરપાત્ર સંસ્થાઓ જેને સહાય કરેલી છે તે છે: ભારતમાં પટનાની આંખો માટેની હોસ્પિટલ, યુ.કે. ઓશવાળ એસોસિયેશન, આશિયાના ઓટિઝમ અપીલ મુમ્બઈ, નારાયણ સેવા સંસ્થા [ઉદયપુરમાં પોલિયો કેન્દ્ર], ભારતમાં વિરાયતન સ્કૂલ ઓફ ફાર્મસી, બીજી સંસ્થાઓ સાથે ગુજરાતના ધરતીકંપ સમયે.

છેલ્લે ૨૯ જૂન ૨૦૧૪ના ચેરિટી વોકની યોજના થયેલી ત્યારે ૪૩,૦૦૦ પાઉન્ડ ઉઘરાવ્યા હતા. આ ફંડ સૈથી મોટું “ટોપ” દ્વારા ચેરિટી વોકમાં થયું છે. તેમાં ૩૦૦ વ્યક્તિઓએ ભાગ લીધો હતો જેમાં ૪૦ સોળ વર્ષ નીચેના બાળકો હતા. માર્ગમાં આને વચ્ચે નાસ્તાપાણીનો બંદોબસ્ત કરેલો હતો. ગરમ બુફે જમવાનાની સગવડ ચાલવામાં ભાગ લેનારાઓ તથા સેવા આપનારાઓ માટે કરવામાં આવી હતી.

આ વખતે છ સેવા સંસ્થાઓને મદદ કરી હતી:

પાર્કિન્સન્સ યુ.કે.

માઇન્ડ - [મોટર ન્યૂરોન ડિઝીઝ]

આઇ.એચ.સી.સી. [સાબળવામાં તકલીફ હોય તેવા બાળકો-યુગાન્ડામાં]

મેકમિલન કેન્સર

કેન્સર વાળા બાળકો

ઓરબિસ [આંખની નજર માટે મદદ]

ટોપના કમિટીના સભ્યો છે: મુકેશ, દિલિપ, હિતેશ, રાજુલા, ઉષા, ભરત, કિરન, જયુ, પરેશ, અશ્વિન, રિતેશ અને અનિલ

" THE OSHWAL PHARMACISTS " (TOP)

Breaks a record amount raised at a Charity Walk

The Oshwal Pharmacists have been organising Charity Walks for almost 20 years and have raised well over £ 500,000 for various medical and other Charities.

The medical Charities include British Heart Foundation, British Diabetic Association, Macmillan Cancer Research, Parkinson's UK, Asthma UK, National Osteoporosis campaign, Age Concern, Prostate Cancer Charity, MIND, Cerebra UK, Great Ormond Hospital

Other worthy Charities supported were : Veerayatan Eye Hospital in Patna, India, Oshwal Association of the UK., Ashiana Autism Appeal Mumbai, Narayan Seva Sanstha (polio centre in Udaipur), Veerayatan School of Pharmacy in India, Jointly with other organisations during Gujarat earthquake.

Once again a Charity Walk was organised on Sunday 29 June 2014 when a substantial sum of over £ 43,000 was raised. This is the highest amount raised in a walk organised by TOP. 300 walkers participated out of which almost 40 were

children under 16. Refreshments were provided on the route and at mid-point check. A hot buffet lunch was provided to both, walkers and volunteers. 50 volunteers assisted during the walk on the route and at lunch time.

Six Charities supported this year are :

- PARKINSON'S UK
- MND (MOTOR NEURONE DISEASE)
- IHCC (HELPING CHILDREN WITH HEARING DIFFICULTY IN UGANDA)
- MACMILLAN CANCER
- CHILDREN WITH CANCER
- ORBIS (HELPING WITH EYE SIGHT)

TOP committee members are Mukesh, Dilip, Hitesh, Rajula, Usha, Bharat, Kiran, Jayu, Paresh, Ashvin, Ritesh and Anil



14 Day Trek to Everest Base Camp via Gokyo Lakes, Chola Pass and Kala Patthar

'Resham phiriri, Resham phiriri...' Like a silk ribbon flying in the air, I wish to fly over the hills... A fitting sound track to the fourteen days we spent playing in God's back garden; the general air of camaraderie and laughs greeted us as we trekked through the breathtaking, albeit formidable, mountain range of the Himalayas. Our two week trek, during which we ascended four summits, all over 5200m, in four days, was certainly a surreal yet strenuous experience. Most of us signed up for this 'bucket list' challenge aware of the toll it would inevitably take on our bodies, but as none of us are getting younger, we decided to attempt it before it was too late.

Climbing in the Himalayas, where the air is thinner as it only has 50% of regular oxygen levels, requires a reasonable degree of fitness, and so everyone was warned that being unfit would have a huge impact not only on the individual but also on the group and so our journey began with a 20 week training schedule, which enabled us to get to know each other and soon a strong bond was formed with all the trekkers. Training took place in rain, hail, snow and ice at Chess Valley, Dunstable Downs, Chiltern Hills, Yorkshire and Derbyshire 3 peaks, Boxhill, with the biggest challenge being Mount Toubkal in Morocco.

Prior to the trek, planning meetings were held by Mukeshbhai our group co-ordinator, where a comprehensive kit list was sent to everyone and over the weeks people gathered their paraphernalia. It was important to organise such a large group into three smaller teams to facilitate different leaving times and to pass on information efficiently, and consisted of a Captain, Vice-Captain, Medic and a photographer. Before our departure, we met one evening and packed 400kgs of old clothes, shoes, books and stationary to take with us to give to the local villagers in Nepal. This was not intended to be a charitable trip, however as a bonus achievement, all the walkers donated over £5k in total. This sponsored 2 teachers, 12 school children, 3 university students and the construction of 2 roofs for old people's homes.

Finally, on 1st November 2014, the K2K group of 29 people started their trek from Kathmandu to Kala Patthar. Our adventure began in Lukla; an airstrip classified as one of the most dangerous in the world. Over the 14 days we trekked up and down from Lukla, Phakding, Namche, Dhole, Machhermo, Gokyo, Gokyo Ri, Thangna, Chola Pass, Dzongla, Lobuche,

GorakShep, Kala Patthar, Everest Base Camp, Periche, Tengboche and Manju. The walks ranged from 3-12 hours a day, and the terrain varied in terms of incline, boulders, narrow ridges, snow, ice, valleys, trees and glaciers.

The views on this trek were unworldly, and the first remarkable scene we were treated to was three cobalt-blue lakes encased by towering, snow-veiled mountains, on the way to Gokyo. The hardest part of the trek would have to be after Gokyo; waking up very early to see the stunning sunrise at Gokyo Ri was worth the steep 500m hike up at 3am cloaked by the morning darkness; fumbling up the mountain in the ice box caging us was only made possible with the unwavering support of fellow walkers and guides. Our longest walk day was 12 hours on Chola pass, made unforgettable by the myriad of coloured glaciers en route; this brilliant walk was made all the more exciting by the danger of clambering down the treacherous path, armed with only ice picks and our infallible guides. We were consumed by awe to see nature revealing its menacing power in the form of an avalanche, which we witnessed whilst heading towards Everest Base Camp. The sunrise again at Kala Patthar gave us mountains capped in orange radiance; the panoramic view from here was particularly special as it is one of the few places in the world from where one can see three peaks over 8000 meters, namely, Everest, Lhotse and Makalu, all having the illusion of being a mere arm's reach away.

The whole group stayed together in simple and basic tea houses en route; and always had breakfast, lunch and dinner together. Each day the captains and the head guide would plan the ideal timings for the next day. Most days it was 5, 6, 7 am schedule; which meant that we wake up at 5, breakfast at 6 and leave by 7. Breakfast consisted of porridge and Tibetan bread with masala tea, whilst hot lunch varied from pasta to momos (Nepalese delicacy which is like Chinese dumplings that melt in your mouth), and dinner started with garlic soup and dhaalbhat. Most days when we reached our destination at the tea houses the guides would have hot ginger tea ready which we enjoyed with chevdo, paak and other nasto. In the evenings we would sit around the bamboo fire and reflect upon our journey in good humour and high spirits, whilst the medics would help everyone with their ailments and altitude sickness.

The conditions in which we trekked presented a significant aspect of the challenge we had embarked on, which was not just physical but also mental. The sanitation was poor and occasionally dire; tea houses varied from having one or two sinks to be shared amongst the 29 of us, to some even having en-suites! By far the bitter cold was the most challenging to endure, with temperatures hovering around 0 degrees and plummeting to -20 degrees on the summit nights. The limited source of heat came from kerosene heaters for a few precious hours in the communal areas at each camp. To add to the lack of 'necessities', the electricity was finite, whilst the phone signal and wifi connections became sparser the further up we ascended. As we had expected, endurance was as essential as the walking itself for going a fortnight without the daily comforts we were so accustomed to having.

This wasn't a walk in the park by any stretch of imagination. We all pushed our bodies to the limit and to add to our drama there were four casualties who suffered altitude sickness and had to be helicoptered down to Kathmandu. A highlight of the journey was the abundance of local people we met on the mountain; the school children were talkative yet adorable, and the teenagers were carrying heavy loads of up to 110 kgs up and down the mountains - they were certainly an eye opener into how easy our lives are in comparison. However, the best part of this trek was the company. The bonding through the sharing of food, banter, dancing, impromptu sing-a-longs and the

support we provided for each other made this already extraordinary trip an unforgettable experience. This adventure was undoubtedly no small feat, and one we are proud to have achieved for the sights bestowed upon us, memories we will treasure, and the inner strength we found in conquering this formidably stunning Himalayan trek.

For those we have hopefully convinced to embark upon this experience, all you need to enjoy the adventure is good shoes, eye for nature, peaceful silence, encouraging friends, voice for singing, sense of humour, and huge heart and lungs to take in the breath taking scenery!

Here are the names of all the K2K trekkers: Alka Patel, Bakul Patani, Dhimant Shah, Dilan Shah, Dilip Shah, Dipak Shah, Hema Patel, Kamel Bhadresha, Kaushik Patel, Kirit Shah, Mayoore Patel, Maysuri Patani, Mila Shah, Minat Patel, Mukesh Shah, Nalin Patel, Nilesh Chavda, Nirmal Shah, Pankaj Shah, Parimal Patel, Praful Shah, Pravin Shah, Rishma Shah, Sima Halai, Sneha Patel, Suresh Shah, Vijay Sood, Vinit Patel, and Vipul Shah.

This trip was organised by Mukeshbhai Zaverchand Shah. Photograph by Mayoorebhai Patel

Article written by Mila Dhimant Shah (Mobile: 07962255975 Email: miladhimant@hotmail.co.uk) and Ria Chavda.



International Day for Disabled Persons 2014

The 3rd of December marks the International Day of People with Disabilities. The observance of this day aims to promote an understanding of disability issues and mobilise support for the dignity, rights and wellbeing of persons with disabilities. Every year, the day focuses on a different issue. The theme for 2014 was Sustainable Development: The Promise of Technology.

On behalf of EN and OAUk and to celebrate this day, we have prepared an e-book to demonstrate how technology has impacted those with special needs within our community.

Please join us in celebrating these persons who in our minds are the real unsung heroes of our community.

Below are a couple of articles extracted from the e-book which is going to be published on the Oshwal Website. To read other articles, please visit the link to access the e-book on: www.oshwal.co.uk/disability.



How technology has changed my life!

By Radha Dodhia

I am 25 years old with limited mobility, including limited reach. There are a number of items of technology that I have used over the years, some I continue using regularly whilst others I have had difficulty using.

In this article I write about 4 technology items, namely:

- On screen keyboard software, Wivik;
- Voice recognised typing software, ViaVoice and Dragon Naturally Speaking;
- Environmental Control systems, which I used both at a residential college and at home;
- iPad for gaming and reading E-books.

Wivik

When I was young I could access a computer keyboard easily, however, as I got older I have had difficulty because of the contractures.

Wivik is an onscreen keyboard and word prediction programme which helps me to type. I need Wivik because I cannot reach or see the keyboard due to muscle contractures in my arms and neck. I use a touchpad mouse to click and select the keys on the Wivik keyboard.

Below is an image of the screen which appears on the computer and I just have to take the cursor to the letter or word and click.

This software has been an extremely useful tool for me to continue to use my laptop. It is the only way for me to type independently. I used it to do my coursework both at college and university. Now I mainly use it to stay in touch with my friends via Facebook.

Voice Recognised Typing Software

There are many types of voice recognised typing software packages. These software packages predict the words that I speak and write them on a computer screen. It requires a lot of training to recognise the voice and the words correctly. Although it is a good piece of software, it was a lot of effort for me to use as I could not speak clearly for a long time. Also it picks up a lot of background noises so I had to sit in a very quiet place. At home we bought a package called ViaVoice but I never really used it well.

At university, I was given Dragon naturally speaking but I had similar problems as sometimes my speech was not very clear. When I went to university it seems that voice recognition software could help with my writing,



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however, although the idea of using this was good it didn't work well for me.

Environmental Control

There are many different types of Environmental Control systems that can be used to help disabled people to be more independent in everyday life. Some systems have voice activated functions whilst others are programmed to use buttons like a TV remote control. It can operate anything with the use of radio waves. I have used a number of different systems over the last few years. When I was in college, I used Environmental Control to open my bedroom door, switch the lights on and off and call the nurses when I needed help. At home, I use Environmental Control to answer the phone, operate the TV and HiFi system and the DVD player.

iPad

The iPad gives me leisure time and physiotherapy at the same time. This is because I am stretching my arms to reach the screen.

There are many apps available that are educational in different ways. Many of these are through gaming. The apps that I have on my iPad are: Star Chef, CSI, Kindle, Starmaker, True or False and Magic puzzles.

When I was young I used to love reading books. I could sit and read for a long time as I could turn the pages by myself. For the last few years, I have lost the ability to do this so my parents or carers had to keep turning pages for me. However, Kindle has given me the pleasure of taking up this activity again as now I can turn the pages independently.

My current favourite games are Star Chef and CSI, and I regularly do a sing along using Starmaker.



How technology has changed my life!

By Ronak Shah

My name is Ronak Shah, I am 22 years old, and have recently graduated in BA Hons degree in Business and Management at Middlesex University. I'm a special needs person with an Undiagnosed Neurological Condition which affects my speech, learning (i.e. scribing taking notes) and mobility.

Let's be honest, technology is a constant update that will keep being developed to enhance life as we know it. Technology has advanced so much since the early 1950's, from the first ever mobile to what we have currently, iPhones, Androids and Windows. Now a

Days, we have Facebook, WhatsApp messenger, emails and etc, which makes communication that much more easier, as all the Oldies (aka Over 50's) say that life used to be so much simpler back when we were kids. But I can't ever imagine life without Technology!

During my life, technology has continuously improved the way we think and act. During the past 3 years, where I have been at university, I feel that Technology has amended my lifestyle significantly as it has enhanced my ability and drive to succeed in life. Without technology available for me I wouldn't be where I am today, here's how the technology which I used have benefited me and my learning:

The use of technology available when I started my 3 year degree was the use of many different software packages for my computer and the use of a Dictaphone (known as the DM-5 Voice Recorder).

How technology has impacted my learning?

Through the various computer software packages, the different software's available for students with special needs are incredible and mind-blowing, as there are so many packages in order to assist and support students learning and contribution with their futures. The packages which I used were:

Mindjet MindManager - The Mindjet Manager software is quite a useful tool, as it enabled me to draw up brainstorm for all my assignments, to give me a starting point for any assignment, and then export those brainstorm to various other programs such as Microsoft Word, Excel, Publisher, PowerPoint and many more.

Read and Write 10 Gold - The Read and Write program is exactly what it says in the title, it reads all text which has been wrote either as a word documentation or on the internet and also is compatible with Microsoft Office programs. Read and Write enabled me to read through my finalised assignments before printing them out to make any corrections.

Olympus Sonority - The Olympus Sonority software is connected with a Dictaphone which allowed me to use my recorded files taken from my DM-5 Voice Recorder and convert them into audio files, allowing me to listen to lectures.

Olympus DM-5 Voice Recorder - As stated, the Olympus DM-5 Voice Recorder, is a necessity device as it not only allowed me to record and transfer audio presentations during my lectures, seminars and workshops, but also allowed me to highlight and make notes of the information which was being recorded. Not only did I find this a very vital instrument in my learning, but also as I found it difficult to read my

scribers notes, therefore allowing me to make my own notes, without even lifting a finger.

Plustek OptiBook 3800 Scanner - A dynamic piece of equipment is my Plustek OptiBook scanner, it was extremely important to have, as unlike a normal scanner, this one allows you to scan text books and have the scanned pages read out, and will also send the copied text into a document format. I found this incredibly useful as with the large textbooks we had to memorise and relate it to various assignments.

Apple iPad Air - I received the iPad Air for my 22nd birthday, for my final year at university to enhance my presentations and assist with creative designs for work. Although, I mainly used my iPad for studies, I have a few games within the iPad, just in case I get bored. I found the iPad really useful, as well as allowing me to have my well-deserved break, it also was useful because I had enormous amounts of group work, so I didn't need to take out a laptop for meetings, therefore saving me time and energy.

Apple iPhone 4 - I've had this phone for around 4 years, although it is quite an old model, I am not bothered, as it gets the job done, sending texts via WhatsApp, iMessaging and general text messaging. I feel that my iPhone is my main use of technology as it allows me to use download apps and keep in constant contact with friends and family.

How technology has impacted my mobility?

In terms of mobility, I use a Kaye Walker, which allows me to walk around everywhere I go. However, during the past years at university I was given an electric wheelchair, as it was extremely difficult to use my Kaye Walker around university and to get to my different lectures, seminars and other activities on time.

The use of the electric wheelchair gave me the freedom and the ability to do many activities, such as; going to the gym, meeting with friends on a regular basis, going out to do different restaurants, visiting shops and it allowed me to see life from a different prospective.

Om Mahaviray Namah

In Loving Memory

Birth: 14 January 1930
Sika, India



Death: 20 December 2014
Nairobi, Kenya

Late Gomiben Motichand Bharmal Shah

Our Beloved Baa

You will be dearly missed and never forgotten. We will hold you fondly in our memories forever.

You were always there to give us support, courage and with your wisdom, always advised us on the right path.

You were blessed with amazing strength and through your generosity, humility, love and laughter, you brought us so much joy.

Your ability to connect with everyone, your love for life and people around you was immense.

You have left behind a legacy with memories that we will cherish everyday. You truly were an inspiration to all.

May Your Soul Rest In Eternal Peace.

Om shanti! Om shanti! Om shanti!

Motichand Bharmal Shah and Family

With love from your children, grandchildren and great grandchildren

Kishor & Saroj
Mahendra & Rashmi
Ashwin & Rashila

Chandrika & Suresh
Anila & Dipak

Grandchildren: Seena, Nishi & Vishal, Rupali & Paras, Roshni & Collin,
Sonali, Sapna, Rakhi and Meera

Great Grandchildren: Aryan and Diya

