

ઓશવાળ  
સમાચાર

# OSHWAL news

March 2016 Edition



[www.oshwal.co.uk](http://www.oshwal.co.uk)



[www.facebook.com/oshwaluk](https://www.facebook.com/oshwaluk)



[www.twitter.com/oshwal\\_uk](https://www.twitter.com/oshwal_uk)



ELECTION ISSUE





## Jai Jinendra

I hope the New Year has started well for you and continues to bring much happiness and good times ahead. Very soon we will be

having our AGM's in the Areas and then followed by the EC Elections on 24th April. Before my term comes to end I thought it might be a good idea to give you a small brief outline about our Magazine and my thoughts for the future.

The Oshwal News has been in print for a number of years, our past Editors and previous Media team members all did a great job to produce this magazine. The task is never easy when you set yourself very high standards; I took over the role as Editor approx. two years ago with no past experience of doing magazines, so I had to learn pretty fast, but I received good help from our printers – Caprin Ltd, our office staff, the Area Media reps and our Translators. Many of the photos that we have printed were taken by our Photographers who have given their time freely at many Oshwal events.

Today Oshwal News has evolved into a very colourful & glossy publication, which our readers enjoy! It is always packed with lots of information and community related articles and the many pictures. We have tried to provide more Gujarati content but the bulk of our content is in English. I would like to thank our loyal Advertisers and the many new one's who are now coming forward.

All the information that we print has to be checked and fully verified for correctness before pressing the button to print 5000+ copies. If in the past if we have made any silly errors please accept my apologies. We are a large Charity and all the Trustees & Committee members have worked very hard arranging many events, some regular mainly to look after the welfare of our members. We have had so many Volunteers who are very keen to help. Our Community is now envied by many other communities and other large bodies.

I would like to see more members getting involved with our work, bring new ideas and take some responsibility to shape the future for our children. Health is always to be considered as our priority as we keep losing so many of our people due to bad health or diseases, it is very sad. that we have lost so many of our members over the past years. We have seen many weddings taking place at Oshwal Centre & other venues but I also find that so many of members are still remaining Single for one reason or other. My advice is to balance your work and free time

# Contents

Editor's Message & Content	1
AGM Dates	3
President's Message	4
<b>Area News &amp; Reports</b>	
East Area	13
Leicester Area	16
Luton Area	21
Northampton Area	23
North Area	28
North East Area	31
North West Area	36
South Area	45
West Area	48
<b>Articles Index</b>	
Religious Report	6
AAYAMBIL	8
Oshwal News photo highlights	11
OAUK Sports Day 2015 Report	53
Anand Yatra	57
Diwali Celebrations	58
Health & Wellbeing	59
Hero of Harrow - Chandulal Shah	61
Enabling Network presents IDDP 2015	62
Job searching - winning at interviews	64
My Enlightening Experience	66
A true Jain - Devkaurben Fulchand Shah	67
Paresh Merag Shah - to a special brother	68
<b>Obituary</b>	69
General Information	72

And get out more to mingle with new friends.

After the elections we will have soon have a new team in place who will be looking after this publication, so this is my good bye message, I would like to take this opportunity to thank all the Readers of our magazine & my family who have supported me throughout.

Wishing you all the Best Wishes for the Future.

Jai Oshwal

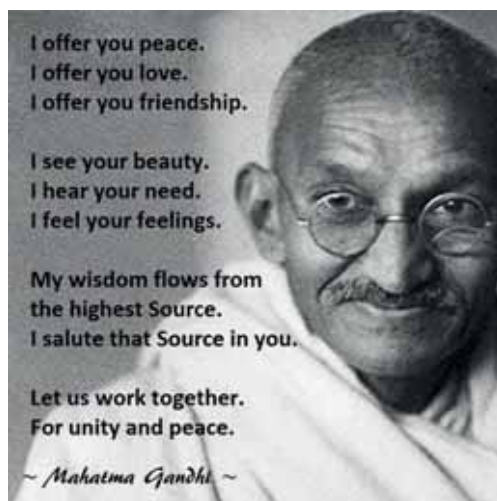
**Sudhir Meghji Shah**

*Trustee and Editor of Oshwal News*

sudhirmeghjishah@gmail.com

07785 710914





## AGM DATES

OSHWAL AREA	DATE	TIME	VENUE ADDRESS
LEICESTER AREA	13th March	4.30 pm start	Coleman Neighbourhood Centre, Balderstone Road, Leicester. LE5 4ES
NORTH WEST LONDON AREA	13th March	10.00 am start	Oshwal Ekta Centre, 366A Stag Lane, Kinsbury. NW9 9AA
NORTHAMPTON	19th March	7.30 pm start	Weston Favell Parish Hall, Booth Lane, Northampton. NN3 3EP
EAST LONDON AREA	19th March	7.00 pm start	St Albans Hall, Albert Road, Ilford, IG1 1HN
LUTON AREA	20th March	5.00 pm start	Lewsey Learning Centre, Tomlinson Avenue, Luton. LU4 0QQ
NORTH LONDON AREA	20th March	2.00 pm start	Compton School, Summers Lane, Finchley. N12 0QG
WEST LONDON AREA	20th March	12.00 pm start	Oshwal Shakti Centre, Inwood Centre, Hounslow, Middx. TW3 1UX
NORTH EAST LONDON AREA	3rd April	5.00 pm start	Oshwal House, Coopers Lane, Northaw, Potters Bar. EN6 4DG
SOUTH AREA	10 <sup>th</sup> April	10.30am start	Oshwal Mahajanwadi, 1 Campbell Road, Croydon, CR0 2SQ
EC ELECTIONS	24th April	All day	Oshwal Centre, Coopers Lane, Northaw, Potters Bar. EN6 4DG
<b>ALL MEMBERS WHO ARE ELIGIBLE TO VOTE PLEASE DO ATTEND, &amp; BRING YOUR MEMBERSHIP CARDS - Thank you</b>			

For future publication of Oshwal News, please submit your text in Word format and hi-res pictures in JPEG or BMP format. Gujarati articles should be submitted in a Microsoft Word document using Shruti font, and as a separate PDF file.

Submit your publication material by emailing: Sudhir Meghji Shah at [sudhirmeghji@shah.com](mailto:sudhirmeghji@shah.com)

**Printer's Note:** Paper used is from well-managed/sustainably managed forests.

#### Disclaimer Notice:

The Editor nor Oshwal Association of the U.K. is not in anyway responsible for the goods and services rendered by its Advertisers. The Oshwal Association of the U.K. accepts all advertisements in good faith and it is entirely up to readers to verify Advertisers products and services should they feel the need to do so.

OSHWAL NEWS is the magazine of the OSHWAL ASSOCIATION OF THE U.K. All articles, text and pictures © Oshwal Association of the U.K.

Reg. Office: Coopers Lane Road, Northaw, Herts. EN6 4DG Registered in accordance with the Charities Act 1960  
Charity Reg. No. 267037

# President's Message

Jai Jinendra



Welcome to the Spring issue of Oshwal News. By the time that you receive this magazine we will be close to the start of all the Area AGM's, leading up to the main central AGM on Sunday 24<sup>th</sup> April 2016.

As many of you are aware, this year is also election year for the Executive Committee. Having served Oshwal Association for 2 terms as President, I shall be stepping down and the elections will see a new Executive

Committee together with 4 new office bearers. This is therefore my final President's message for Oshwal News.

What can I write about the last 4 years? Perhaps in a few words; an education, inspirational, humbling, fulfilling.

Over the last 4 years I have learnt from so many people, I have met community leaders, dignitaries and spiritual heads. As a Committee we shared thoughts, ideas, we have pursued goals that seemed unattainable; and we have seen actions and heard words that have both humbled and inspired us. To say that 4 years as President has been a life changing opportunity is perhaps more true than might seem obvious. It has been a privilege and pleasure to lead the community and I thank you all for your support. The commitment has meant less time for family, friends and juggling work with all of this, has had its moments. Perhaps, I am most fortunate in having a supportive family who encouraged me to serve the community.

There is so much I could write about people, events and experiences over these last 4 years. I believe much of that has been covered in previous reports. What I would say is that I have worked with a tremendous group of Oshwals. Those who have served in the Executive Committee, the Area Committees, the Board of Advisors, Administration staff and the countless subcommittee members and volunteers. In 4 years, we have never had a raised voice or reached a point where differences could not be mutually agreed. Something I am very proud to share with you all.

The world is changing and increasingly we are leading more separate lives. Sons & daughters now moving out and living away from the family home. Smaller families and less interaction with the wider family. These changes are unstoppable as it is the lifestyle we chose in making the UK our home. What we all need to do is reinforce our culture, heritage and remember that the struggle to reach here was not that long ago.

There is a focus on green issues and healthy living which we all see on TV, read in the newspapers and magazines and is published widely on the internet. What has struck me is that so much of what is being promoted, resonates with the way of life we as Oshwals and Jains lead. Non violence, respect for life, not wasting resources, a vegetarian diet, fasting,

taking herbal remedies for minor ailments, practicing meditation, yoga etc. So many common threads. Sometimes, I feel we are forgetting our heritage in a race to adopt western life. The education of these values starts with us. We need to share with younger generations more about our culture, remind them of our history and encourage them to understand the very strong values that have seen our success.

Oshwal Association is in a great place. We have 4 established centres, a beautiful Derasar, perhaps the best community halls in the UK. There is a very strong and vibrant sense of community, all solid foundations for the future. Young and visionary Oshwals are coming forward to participate, we need to encourage them, and equally, we need to support the community by participating and bringing our own talents to help, rather than waiting to be asked.

There is still so much we need to do in the coming years to preserve what is good and to also accept that some changes are inevitable.

Finally, I thank you all for the encouragement, support and kind words over the last 4 years. If during my time as President I have said anything or my actions have caused any of you hurt or distress, I beg your forgiveness. Micchami Dukhadam.

I look forward to seeing you at the AGM.

With very best wishes

Raaxeet H Shah

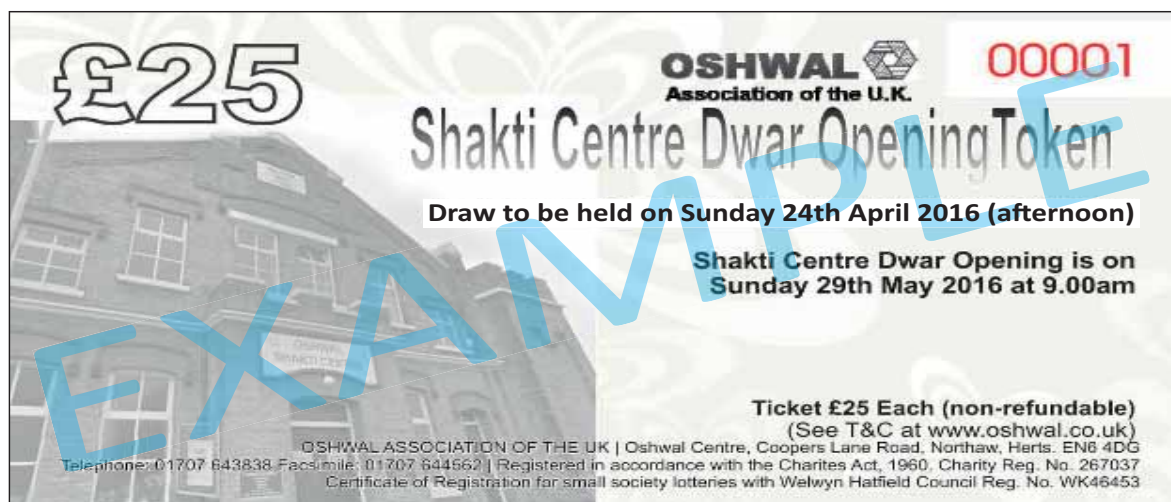
Raaxeet Harakhchand Shah  
Hon President  
Oshwal Association of the UK.  
[president@oshwal.org](mailto:president@oshwal.org)

---

## Shakti Centre Dwar Opening Ceremony - Sunday 29th May 2016

Please buy your token at £25 and only 800 tokens are for sale. The winning ticket does the opening ceremony and the winner will have a plaque on the wall at Shakti Centre. See page 76 for details.

Good luck.





Sushilaben Laxman Shah -  
EC Trustee Religion

તહેવારો - અંગુઠે અમૃત વસે લબ્ધિ તણા ભંડાર,  
શ્રી ગુરુ ગૌતમ સમરીએ મન વાંછિત ફળ દાતાર.  
મંગલં ભગવાન વીરો, મંગલં ગૌતમ પ્રભુ  
મંગલં સ્થૂલીભદ્રાય, જૈન ધર્મોસ્તુ મંગલં.

ગયા ઓશવાલ ન્યુઝમાં કાર્તિકી પુનમ સુધીના તહેવારો આવી ગયા છે.

હવે આપણે આગળના તહેવારો જાણીએ.

મૌન એકાદશી માગસર સુદ અગિયારસ, સોમવાર તા ૨૧-૧૨-૨૦૧૫

મહા મંગલકારી એવો દિવસ છે, કારણકે આ એકજ દિવસે ભૂત ભવિષ્ય અને વર્તમાનના થઈ ગયેલા તીર્થંકરો માથી ૧૫૦ કલ્યાણકો એકજ દિવસે થયા છે, એટલેજ જ્ઞાનીઓ એ આ દિવસને મહાન કહ્યો છે. આ દિવસે ભાવિકો તપશ્ચયા કરી મૌન વ્રત લઈ સ્વાદયાય કરશે.

પોષ દશમી માગસર વદ ૧૦, સોમવાર તા-૪-૨-૨૦૧૬

શ્રી પાશ્વનાથ પ્રભુનું જન્મ કલ્યાણક, ત્યારે એક દિવસ આગળ પાછળ ઉમેરી લાખો જૈન અક્રમ તપ કરશે. ખાસ કરીને ભારતમાં શ્રી શંખેશ્વર તીર્થમાં હજારો લોકો અને ગુરુ મહારાજો અક્રમ કરીને આરાધના કરશે. આપણે પણ અહીં રહ્યા તેમને કોટિ કોટિ વંદન કરીએ.

ફાગણ વદ૧૩ ચૈત્ર મહિનાની આયંબીલની ઓળી આવતા અંકે વાંચીશું.

આપણે જૈનો તો પ્રભુ મહાવીરના અનુયાયી છીએ અને જગત પિતા ત્રિલોકી નાથને ભાવ ભર્યા વંદન કરીએજ છીએ, પરંતુ બીજા અનેક મહાપુરુષો તેમના વિષે શું વાક્યો લખે છે તે લખવા મને પ્રેરણા થઈ છે.

કવિવર રવિન્દ્રનાથ ટાગોર,

ભગવાન મહાવીરે બુલંદ અવાજે એવો સંદેશ ફેલાવ્યો કે ધર્મ માત્ર સામાજિક રૂઢિચોંનું પાલન કરવાથી નહીં, પરંતુ સત્તય માર્ગનો આશ્રય લેવાથી પ્રાપ્ત થાય છે. ધર્મમાં મનુષ્ય મનુષ્ય વચ્ચે કોઈ સ્થાયી ભેદભાવ ન રાખી શકાય. જોતાં આશ્રય થાય છેકે ભગવાન મહાવીરના આ ઉપદેશે સમાજમાં, ઘર કરી ગયેલી આ ભેદ રેખાને: ઘણીજ ત્વરિતતાથી નષ્ટ કરી નાખી અને સમગ્રને પોતાને વશ કરી જીતી લીધા.

ચક્રવતી રાજ ગોપાલાચારી,

ભગવાન મહાવીરનો સંદેશ કોઈ ખાસ કોમકે જાતી માટે નહીં, પણ આખાય વિશ્વ માટે છે. જો માનવી મહાવીર સ્વામીના ઉપદેશ અનુસાર ચાલેતો પોતાના જીવનને આદર્શ જીવન બનાવી શકે. જગતમાં સુખ અને શાંતિ ત્યારે જ પ્રાપ્ત થાય જ્યારે આપણે ભગવાન મહાવીરે ચિંધેલા માર્ગ ઉપર ચાલીએ.

સર્વપલ્લી ડો રાધાકૃષ્ણ,

ભગવાન મહાવીરને જીન અર્થાત વિજેતાનું પદ પ્રાપ્ત થયું હતું એ માટે તેઓએ ન કોઈ દેશ જીત્યો હતો, કે કોઈ યુદ્ધ લડ્યા ન હતા; પરંતુ તેઓએ પોતાની આંતર વૃત્તિઓ સાથે સંગ્રામ ખેલી પોતાની જાત ઉપર વિજય પ્રાપ્ત કર્યો હતો. ભગવાન મહાવીરસ્વામી આપની સામે એક એવા આદર્શ રૂપે છે, જેમને સંસારના બધા પદાર્થોનો પરિ ત્યાગ કરી, ભૌતિક બંધનોથી છુટકારો મેળવ્યો, આ રીતે તેઓ આત્મ તત્વના ઉત્કૃષ્ઠ માટેનો અનુભવ મેળવવામાં વિજયી બન્યા હતા. આ દેશ તેના ઇતિહાસમાં પ્રારંભ થી તે આજ સુધી આ આદર્શ પર ખડો છે.



કવિ ન્હાનાલાલ દલપતરામ,

ગુજરાતને માથે જૈન ધર્મનું ઋણ મોટું છે, ગુજરાતના રાજવંસજનો ને જૈનો એ જાળવ્યો છે. જ્યારે ગુજરાતનું સાહિત્ય અસ્ત વ્યસ્ત દશામાં હતું ત્યારે જૈન મુનીઓએ રાસ લખીને ગુજરાતનો ભુસાઈ જતો ઇતિહાસ પ્રદીપ્ત રાખ્યો છે. ગુજરાત જ નહીં પરંતુ સમગ્ર જગતને માથે જૈનોનું મોટું ઋણ છે. બૌદ્ધ અને જૈન ધર્મોએ અહિંસા સદ્ગુપદેશનો પ્રચંદ અવાજ પ્રગટાવ્યો હતો. જૈન દાર્મ એજ એક એવો જગતમાં હૈયાતિ ભોગવી રહ્યો છે કે જેમાં સંપૂર્ણ દયાના તત્વો બોલી રહ્યા છે.

ડૉ. અનેસ્ટલાય (જર્મની)

ભગવાન મહાવીર દિવ્ય પુરુષ હતા, તેઓ તપસ્વીઓમાં આદર્શ વિચારકો માં મહાન, આત્મ વિકાસમાં અગ્રેસર અને દર્શનાદિ જ્ઞાનમાં સર્વજ્ઞ હતા. તેઓએ પોતાના તપોબળ વળે જન સમૂહની સમક્ષ એ બાબતોને રચનાત્મક રૂપે રજૂ કરી હતી.

ડૉ વિલિયમ હેનીર ટાલ્વાર ( ઇંગલેન્ડ )

ભગવાન મહાવીરનું નામ અહિંસા, સંસ્કૃતિ, પરમ શાંતિ અને મોક્ષથી પરિપૂર્ણ છે. તેઓ પવિત્ર મહા પવિત્ર હતા.

ડૉ, ફેલીક્સ વાલ્થી (હંગેરી)

મનો વીજ્ઞાનની દ્રષ્ટિ એ ભગવાન મહાવીરની વિશેષતાઓ માં પણ સૌથી વધુ ધ્યાન ખેંચે એવો બાબત તેમની અદ્ભુત આત્મ શક્તિ છે. તેઓની ઉચ્ચ વિચાર ધારા ઇતિહાસમાં મહત્વપૂર્ણ અને વિશિષ્ટ લેખાય છે.

પૂ. મહાત્મા ગાંધીજી.

વર્તમાન સમયમાં ભગવાન મહાવીર સ્વામીનું નામ જો કોઈ પણ સિદ્ધાંત કાજે વિશેષ પૂજાતું હોય તો તે અહિંસા છે. કોઈ પણ ધર્મની શ્રેષ્ઠતા એ વાતમાં છે કે તે ધર્મમાં – અહિંસા-તત્વની કેટલી પ્રધાનતા છે. આવા અહિંસાના તત્વને જો કોઈએ વધારેમાં વધારે વિકસાવ્યું હોય તો તે ભગવાન મહાવીર સ્વામીએ.

વિનોબાભાવે,

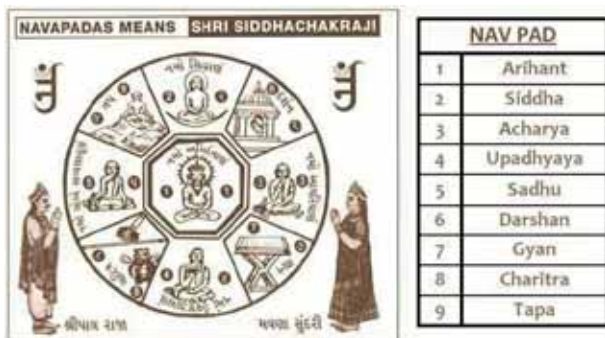
તમે એક દ્રશ્ય સામે રખો કે –એક મહાપુરુષ ઉભા છે. તેમના દેહ પર વસ્ત્ર નથી, તેમનું અંતઃકરણ દયાથી પરિપૂર્ણ છે. અસંખ્ય જીવ જંતુ તેમના શરીર પર બેસી ડંખ મારી રહ્યા છે. તો પણ તેમને અંશ માત્ર ક્રોધ થતો નથી. અરે દુઃખની કોઈ વેદના પણ નથી; આનું નામ જ મહાવીર છે.

જૈન દાર્મ આચાર પ્રધાન છે પ્રચાર પ્રધાન નથી, એને જો સમજીને જીવનમાં ઉતારીએ તો સરળ છે. ભગવાન મહાવીરે પ્રરૂપેલો માર્ગ છે, જેમકે જીવન માં ધર્મ- અર્થ- કામ અને મોક્ષ આ ચાર પાયા છે. એજ રીતે પંચાંચાર, જે બધા ધર્મ માં કહેવામા આવ્યું છે. પરંતુ જૈન ધર્મમાં વિશેષતા એ છે કે સમ્યક સાચી શ્રદ્ધા મુખ્ય પાત્રો છે. અને પાળે, પળાવે –દર્શનાચાર- જ્ઞાનચર-ચરિત્રાચાર-તપાચાર અને વિર્યાચાર – ઉત્સાહ મોખરે છે. આ સાચી સમજણ આજે આપણે જાણવાની ખાસ જરૂર છે. શરીર કુષ્ટ પુષ્ટ હોય પણ આત્માનું ઓજસ ગુમાવી બેઠા છીએ.

જય મહાવીર                      જય મહાવીર                      જય મહાવીર

સંકલન: સુશીલાબેન લક્ષ્મણભાઈ ના પ્રણામ સ્વીકારશોજી

## AAAYAMBIL STARTS ON 14<sup>th</sup> APRIL TO 23<sup>RD</sup> APRIL 2016.



### Day 1,

**ARIHANT PAD - means the one who has conquered the inner enemies such as Anger, Greed, Ego, and Deceit**

Arihant is the supreme power of nature. He is the purest soul in the universe with a physical body. Ari means Enemy and Hant means destroyer. Here enemies are internal and these are Raga(Craving or attachment) and Dvesha(Hatred). Hence, Arihant is free from earthly attachments and hatred and referred as Veetrage. He lives in the world with a physical body in perfect equilibrium. He is also universal observer having complete wisdom that is Kevala Jnyana (Omniscience). Jain worship Arihant Pada in Shukla Saptami, the first day of Navapad Oli. They perform Ayambil by eating boiled rice only. Color of Arihant is white, hence the grain chosen for Ayambil is white i.e. rice. They also pray, worship and meditate for Arihant during the day.



### Day 2,

#### SIDDHA PAD - liberated soul

This is the second post of Navpad and is posted in the top of SIDDHACHAKRA YANTRA. It is also considered as one of the Deva Tatva . Siddha is the supreme power of nature. He is the purest soul in the universe without a physical body. One becomes Siddha after attaining salvation. The Siddha is also a Veetrage and universal observer but does not preach because he does not have any physical body. He lives in perfect equilibrium, eternal peace and joy. He also remains in perfect motionless rest.



### Day 3,

#### ACHARYA PAD - spiritual master

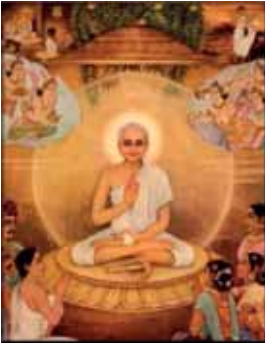
Acharya is the third post in Navpad and placed in the right side of Arihant in Siddhachakra Yantra. He is the first among Guru Tatva. Acharya is the successor of Arihant and leader of the four fold Sangh established by the Arihant. He is the Supremo and ultimate decision making authority in all the matters related to Sangha in absence of Arihant. He is also the ultimate authority in interpretation of the Jain Agam (Holy Scriptures). He observes and motivates Monks and Nuns for five spiritual conducts Jnyanachara, Darshanachara, Charitrachara, Tapachara and Veeryachara. The first four are related to last four Padas of Siddhachakra. Veeryachara, the fifth is enthusiasm and power to observe these four. Acharya has thirty six attributes and symbolizes by Golden yellow color.

**Sponsored by Sangh**



**Day 4,**

**UPADHYA PAD - spiritual teacher**

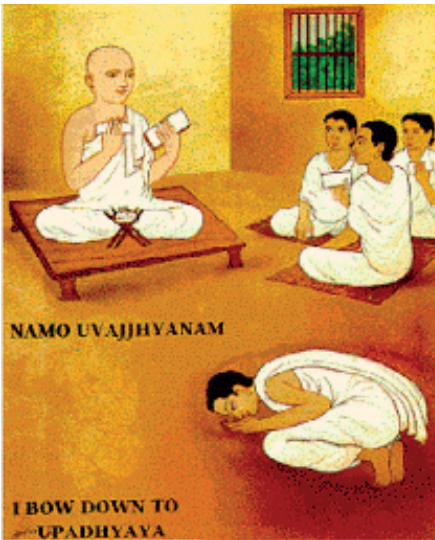


Upadhyaya is the fourth post in Navpad and placed in the lower side of Arihant in Siddhachakra Yantra.

He is the second among Guru Tatva. He is supposed to know all Jain Agams, eleven Anga and fourteen Purva twenty five et al. These are his twenty five attributes. He is responsible for academic activities in The Sangha. He preaches and teaches Monks and Nuns. He is like a lieutenant and minister of Acharya. Some sacred Jain scriptures depict him as Prince in Kingdom of Acharya.

**Day 5,**

**SADHU PAD - monk**



Sadhu: Sadhu is the fifth post in Navpad and placed in the left side of Arihant in Siddhachakra Yantra. He is the third among Guru Tatva. He has leaved house and renunciated. He has devoted himself to the holy path preached by Arihant and disciplined by Acharya. He devotes himself for the noble path that leads to salvation and practices four sacred virtues.

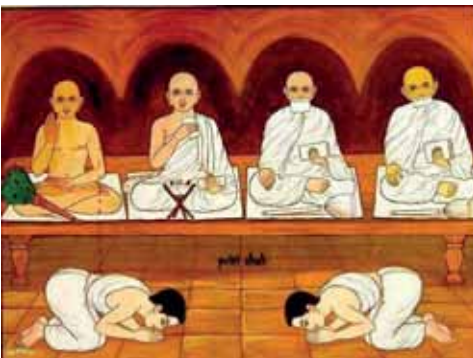
He or she have five supreme vows i.e. completely abstaining from 1. Violence 2. Lie 3. Stealing 4. Sexual conducts and 5. Possessions of earthly things. He practices to

live in equilibrium in all conditions and states and knows that tranquillity is the essence of asceticism. He walks bare foot and does not use any type of vehicles. He does not cook for himself or others and live on food provided by households. He does not also keep money in any form or holds any earthly assets. He practices austerity and penance to his optimum capacity and lives under discipline of Acharya and Upadhyaya. He has twenty seven attributes and is symbolized with colour black.

Jain followers worship Sadhu Pada in Shukla Ekadashi, the fifth day of Navapad Oli. They perform Ayambil by eating boiled Udad only. Colour of Sadhu is black, hence the grain chosen for Ayambil is black i.e. Udad. They also pray, worship and meditate for Sadhu during the day. Dharma Tatva

**Day 6,**

**Samyag Darshan - Right Faith**



Samyag in Sanskrit means "Right" and Darshan means view. Thus Samyag Darshan means to have the Right View. It also refers to the faith in the preaching of the Arihant. Samyag Darshan is the root of all the Dharma. Only with the right perspective, Dharma can be practiced. This is the first of the Three Gems in Jainism to attain salvation. Samyag Darshan is symbolised by the colour white. Ayambil is observed on Shukla Dwadashi by eating boiled rice.



**Day 7,**

## **Samyag Jnan - Right Knowledge**

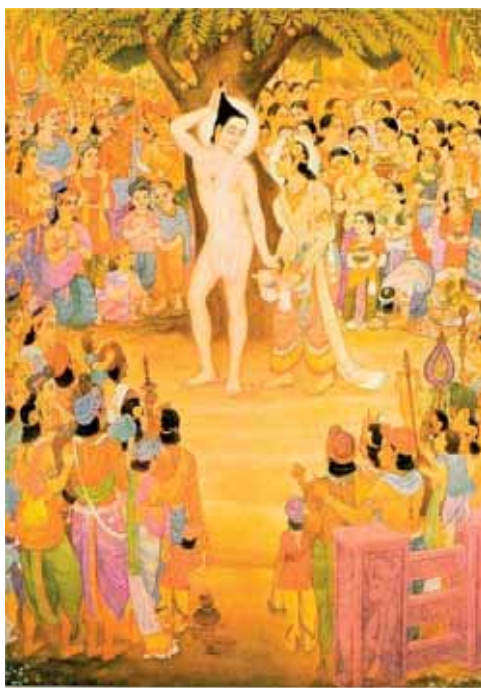
Samyag Jnan refers to the right knowledge or wisdom. According to the scriptures, all actions should be preceded by right knowledge. This is the second gem to attain salvation. It has five sub divisions and fifty one attributes and is symbolised by the colour white. Ayambil is observed on Shukla Triyodashi by eating boiled rice only.



**Day 8,**

## **Samyag Charitra - Right Conduct**

Charitra in Sanskrit means conduct. Thus Samyag Charitra means Right Conduct. This is the third of the three gems to attain salvation. This has seventy attributes and is symbolised by the colour white. Ayambil is observed on Shukla Chaturdashi by eating boiled rice only.



**Day 9,**

## **Samyag Tapa - Right Austerities**

Refers to austerity or penance. Hence Samyag Tap means austerity in the right perspective. Austerity in this context means to abstain from worldly desires. The objective of Samyag Tapa is to live in equilibrium. Equilibrium is further classified into two types: Internal and external. Fast, penance etc are some of the types of external equilibrium. Modesty, nursing and meditation are some of the types of internal equilibrium. Samyag Tapa is symbolised by the colour white. Ayambil is observed on the last day of Navapad Oli, Shukla Poornima by eating boiled rice only.

If you are unable to do Aayambil, PLEASE try to do the following:

1. Do not eat roots in these 9 days.
2. Do Chauvihar as many days as possible
3. Do Loggasa Khamasana and Navkarvalis











# 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 will start from 10<sup>th</sup> March 2016. The Club runs on every 2<sup>nd</sup> - Last Thursday of the month from 1pm-3pm at St Albans Church Hall, Albert Road, Ilford, IG1 1HW.

**Entry-** Please note new Payment Methods: Members can choose method to their preference

- a) £50 for the year- This entitles you to 33 sessions
- b) £10 non- refundable deposit to become a registered member and then £1.50 per entry
- c) £2 per entry

**Please Contact-** Lalitaben Amratlal Shah on 02082208827

PROGRAMME	EVENT INFORMATION
<b>East Area AGM</b> Light meal will be served prior to the Meeting. This is your chance to have your say/give your ideas and support our area! Come & Join the Committee!	<b>Date-</b> Saturday 26 <sup>th</sup> March 2016 <b>Time-</b> 7pm-10pm <b>Venue-</b> St Albans Church Hall, Albert Road, Ilford, Essex, IG1 1HN
<b>MJK Programme</b> We will Celebrate Mahavir Janma Kalyanak together with stavans, Aarti, Mangal Divo & Prashad.	<b>Date-</b> Saturday 30 <sup>th</sup> April 2016 <b>Time-</b> 7pm-10pm <b>Venue-</b> St Albans Church Hall, Albert Road, Ilford, Essex, IG1 1HN

### ORANGE & CHOCOLATE CHIP COOKIES

Try this Simple recipe that's loved by the young, old & in between!

#### **Ingredients:**

- ½ cup butter
- ¼ cup granulated sugar
- 1 tsp vanilla extract
- Zest of a small orange
- ¼ cup fresh orange juice
- 1 cup plain flour
- ½ teaspoon bicarbonate of soda
- ½ cup chocolate chips



#### **Method**

- Preheat the oven to 180 degrees and line a baking tray with greaseproof paper
- Mix together the soft butter, sugar, extract, juice and zest.
- Add in the Chocolate chips and mix
- Finally add the flour and bicarbonate of soda to the mixture
- Stir and make a dough- leave this to set in the fridge for 10 minutes
- Take the dough and make 12-15 round balls and flatten them to a cookie shape and place on tray
- Bake for 15-20 minutes until light brown in colour
- You can serve the cookies warm with ice-cream.

## Oshwal Sports Day 2015

Article written by Hinesh Ramniklal Shah

The 32nd Oshwal Sports Event took place over the weekend of Saturday 5th December at the Laura Trott Leisure in Cheshunt, Hertfordshire.

While East area were not able to send a team for the main sports, some of our participants took part in the swimming competition on Saturday evening with great success. Our three competitors participated in seven events of which we medalled in six. That was one of the highest totals for any area. Aarav Shah achieved three straight gold medals in all events

The breakdown was as follows:



Aarav Shah- Under 11 boys  
- 3 gold medals- Backstroke, breaststroke and freestyle

Anya Shah- Under 14 girls  
- 2 bronze- Backstroke and Freestyle  
Anavi Shah- 9 and under girls  
-1 gold- freestyle



Congratulations to them and to all you budding swimmers and sportsman out there please come forward and participate so that East area can send a bigger team next year.



Stavan Night Event dedicated to East Area members who have passed away- Oct 31<sup>st</sup>



East Area brings Mexico to Oshwal Centre  
Diwali Celebrations- Nov 15<sup>th</sup>





Manekchandbhai Hemraj

## માણેકચંદભાઈ હેમરાજ

### સમાજ ના ખંતીલા કાર્યકર

Manekchandbhai Hemraj Shah

1916 – 2015

ઈસ્ટ એરિયાના રહેવાસી વડીલ શ્રી માણેકચંદભાઈ હેમરાજ, આ દેસ માં આવ્યા ત્યારથી ઈસ્ટ એરિયા ઓશવાલ સમાજ ના કાર્ય નું સુકાન સંભાળેલ. ખાસ કરીને પર્યુષણ માં ૪૧ વર્ષ સુધી

પ્રતિક્રમણ ભણાવેલ. તેમાં આવતા સજાઈ, સ્તવનો તેમને મોઢે આવડતા. કાયમ માટે પ્રતિક્રમણમાં તેઓ મધુર સ્વરમાં બોલતા. આરતી, મંગળ દીવાની ઉછમણિ કાયમ માટે તેઓ કરાવતા. તબિયત થોડી નરમ ના કારણે ચંદુભાઈ. આરતી, મંગળ દીવાની ઉછમણિ કરાવાનું સારું કર્યું પણ માણેકચંદભાઈ તેમની સાથે ઊભા રહીને પ્રોત્સાહન આપતા. ઈસ્ટ એરિયાની રસોઈ તેમના હાથે થતી. સંવત્સરી પ્રતિક્રમણના દિવસે પ્રભાવના કાયમ તેમના તરફ થી થતી. છેવટ સુધી તેમની યાદ શક્તિ સારી હતી. પરિવારે તેમની બહુજ સાર સંભાળ રાખેલ.

૨૯ ઓક્ટોબર ૨૦૧૫ ના તેમનું દેહાંત થયું. એરિયાના વડીલ ની અમે સૌએ છત્ર છાંયા ગુમાવી છે . ઈસ્ટ એરિયાને ન પૂરી શકાય તેવી ખોટ પડી છે. પ્રભુ તેમના આત્માને ચીર શાંતિ આપે. વહેલી તકે મોક્ષ માર્ગે સિધાવે.તેજ પ્રાર્થના કરીએ.

ૐ શાંતિ, શાંતિ, શાંતિ,

લી: ઈસ્ટ એરિયા સંઘ

# Leicester Area

## Manchester-Leeds Yatra on 11<sup>th</sup> October 2015

Approximately 40 members attended this yatra. The cost of the coach was partly sponsored by well-wishers from Leicester. Fellow Oshwals joined us in both Leeds and Manchester. We were given warm welcomes at both centres by the respective hosts and enjoyed snacks at Leeds provided by local Oshwals and had dinner at the Manchester Derasar. The trip was enjoyed by all and when the weather improves everybody wants to go on another such trip.



## Sunday 28<sup>th</sup> June 2015 - Institute of Jainology presentation

An interactive session on Jiva and Ajiva was held at the Coleman Neighbourhood Centre. About 40 members attended and participated actively in the question and answer format of presentation. The session was very much appreciated by all those who attended. Afterwards, everybody enjoyed snacks kindly donated by Lataben and Hasmukhbhai. Our heartfelt thanks to both the Jyotsnabens and Trusitben for making the session very easy to understand and lively. We hope to host similar sessions in future.





### Savantsari Bhojan 2015

This took place on 4<sup>th</sup> October at the Wanza Samaj in Leicester. Almost 300 people attended and partook of the Prasad. Many thanks to all the volunteers, those contributed in time and in money to make this a memorable event.



### Jiv Daya collection donated to Leicestershire Wildlife Hospital, Kibworth



It was decided to support a local animal charity this year with the Jiv Daya donations received from members of the community. Leicestershire Wildlife Hospital is a voluntary organisation dedicated to the care of injured and orphaned animals. On behalf of OAUUK Leicester area, Hari, Sami and Maya went to see the work carried out at the hospital and to make the donation of £162 on 23<sup>rd</sup> October, 2015. They felt great to witness where part of their donation was being put to such virtuous Seva.



## Diwali 2015



Leicester Area Diwali Celebrations took place on Sunday, 15<sup>th</sup> November 2015, at the Braunstone Civic Centre. This event was organised by the Culture and Heritage Team. This year a band called “Bollywood Rhythms” entertained everybody. Members were serenaded by hit songs from Bollywood as well as Gujarati and Swahili songs, both old and new. There was a wonderful turn out, over 150 members thoroughly enjoyed the music and members from all ages came to the dance floor to swing and sway and then enjoyed the mouth-watering food. Report by event convenor: Dravinaben Shah



## Xmas 2015

Oshwal Association of UK Leicester Area organised a Christmas Party on 13<sup>th</sup> December 2015 where 55 people attended. Musical chairs and bingo were played, this was followed by party food consisting of pizzas, garlic bread, salad, apple pie and custard. Everyone enjoyed the event and members are looking forward to more such events for the community to mingle and have fun.

Report by event convenor: Nitaben N Shah





## Daan is an important part of Jainism

When we are invited to a birthday party the first thing we might think about is what we are going to give as a gift. Mahvir Janma Kalyanak is a time to celebrate our Lord Mahavir's birthday and a fantastic opportunity to give a gift.

In April 2015, during the Mahvir Janma Kalyanak celebration, Leicester Oshwals brought generous gifts of food and hygiene items, such as shampoo, soap, toothbrushes, vests, socks, rice, sugar, tinned food and dry foods, to help asylum seeker and refugee families in their time of need. There was also a cash donation of £20 that we spent on perishable food items for street sleepers.

These items were presented to the Asylum seeker and refugee service at the Red Cross on behalf of OAUUK, Leicester area. In recent years, there has been a rapid increase in the number of our fellow citizens as well as refugee & asylum seekers facing destitution. Thousands, each year, find themselves cut off from welfare benefits and are entirely dependent on charitable organizations such as the Red Cross.



'Daan' is an important part of Jainism. This was just one way of giving 'daan'. Let us all play our part as Jains by giving a little 'Daan'. Imagine the collective difference we can make if each person gave just one item!

Report by Rashmikaben Shah  
Health, Social and Welfare portfolio



## Annual General Meeting

Venue: Coleman Neighbourhood Centre, Balderstone Close, Leicester, LE5 4ES

Time: 4.30 pm

Date: Sunday, 13<sup>th</sup> March 2016

Please attend in large numbers. Kindly be reminded you need to bring your membership card to be able to vote.



The new membership cards are available to existing members for replacement at a **cost of £5**, if you desire the new membership card.

*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](mailto:admin@oshwal.org)



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

[http://oshwal.co.uk/sites/default/files/OAUK%20Membership%20Form\\_0.pdf](http://oshwal.co.uk/sites/default/files/OAUK%20Membership%20Form_0.pdf)



## An afternoon of Physical Activity, 24<sup>th</sup> January 2016

Exercise and physical activity are key activities in controlling and preventing illness. In some cases, one could say regular exercise is better than taking medicines. However, sometimes we feel lazy and need motivation. We are more likely to attend an exercise session if it is enjoyable and perhaps with a group of friends.



On Sunday 24<sup>th</sup> January 2016, Leicester area Health Social and Welfare portfolio organized an "Afternoon of Fun and Physical Activity" at Parklands Leisure Centre. The afternoon started at 3 o'clock with a welcome speech and prayers. This was followed by half an hour each of **Garba-fit** and **Bhangra-fit**.



Next came **Walking Football** where we had 4 teams playing 6 aside football. It was really hard *not to run* for the ball but we still got a good workout *walking* the distance of the football pitch several times over. It was fun to see the competitive nature of some of our sari-clad female members! While some played football, others had a chance to rest and have a healthy snack of fruit, vegetables with a yoghurt dip, almonds, peanuts, daria and popcorn. A little bit of something naughty is also nice – biscuits!



The afternoon ended with a very informative Tai Chi session. Not only did we learn how to do the movements but we were also reminded of the benefits of activities we did as children - the question being why we have stopped skipping, squatting and playing active games? The session ran over time as the members were hungry for knowledge.



Physical activity releases endorphins. This was certainly evident as there was a buzz and lots of happy smiles as the program came to an end. Most people stayed behind for a chat. People asked for more programs of this kind.

The program was supported by Oadby and Wigston County council. Following the success of this event, we are in the process of planning regular garba/bhangra fit classes. To register your interest please contact any committee member or Rashmika Shah on 07760725929.



# Luton Area



## Message from Rajesh Jethalal Manekchand, Chair, Luton Area

**Jai Jinendra-** Our Area Committee's 2-year term is almost over. From my personal point of view, it has been a wholly enjoyable and rewarding experience to represent our community and accept the responsibilities of EC Trustee.

Our Luton Area mission has been to engage and involve our members, particularly youngsters, and to promote tolerance and inclusion.

We have encouraged our Committee members to practice and promote this at our gatherings and events. Feedback has been positive and we are pleased to have youngsters taking on responsibilities and also regularly attending EC meetings as observers. This is very encouraging, as these youngsters are the life blood for the continuity of our Association. We are regularly informed that very few people wish to commit and take responsibility. I personally believe that our Association is enriched with talented people of all ages. We need to consider how we can open up our existing structures and approach so that new people are encouraged to take part. Of course, it is an easy option to retain the same people year after year. However, I truly believe that this leads to apathy amongst the community. Carefully managed change is essential to maintain the vitality of our Association. So please consider how you can contribute towards making a positive difference by standing to serve at the next elections. Anyone wishing to know more about volunteering for the Area Committee or as a EC Trustee is invited to an event organised by the EC Trustees from 10am on 21<sup>st</sup> February at Oshwal Centre.

We have continued with our regular events such as our luncheon, Friday Clubs and daal rotli. Paryushan and Savantsari Bhojan are well attended. My heartfelt thanks to many of you who continue to volunteer, support and encourage our committee.

Our Religious and Welfare Committee has planned to convene a Shraddhanjali from 4pm on 13th March 2016 at Lewsey Learning Centre. This is in memory of all Luton Area Members who have sadly passed away. Please support this worthy event. Further information is provided below.

Please note 20<sup>th</sup> March in your diary for our AGM and elections, to be held at Lewsey Learning Centre, 5pm, followed by refreshments.

Wishing everyone a Happy, Healthy and Peaceful New Year.

Michhami Dukkadam.

### Dates for your diaries:

**Luncheon Club-** held at Lewsey Learning Centre from 11am: 19<sup>th</sup> Feb, 18<sup>th</sup> March, 22<sup>nd</sup> April, 20<sup>th</sup> May, 17<sup>th</sup> June, 22<sup>nd</sup> July

**Daal Rotli-** held at Lewsey Learning Centre, 26<sup>th</sup> June from 4pm

**Shraddhanjali (bhajan, bhojan)-** held at Lewsey Learning Centre on 13<sup>th</sup> March, 4pm. This is a free event, but the hall has limited capacity so please reserve your place well in advance. This will also assist us with our catering. Ella and her committee will be pleased to receive details of your family members that you wish to be remembered. Please contact Ella (01582-402080) or Bijal (01582-572979) for further details.

Friday Club and Games Nights, held at Warden Hill Community Centre:

Friday Club- 22/01, 19/02, 18/03, 15/04, 20/05, 17/06, 15/07, 19/08, 16/09, 21/10, 18/11, 16/12

Games night-30/01, 26/02, 26/03, 30/04, 28/05, 25/06, 30/07, 27/08, 24/09, 29/10, 26/11





Paryushan



Paryushan



Paryushan Catering Team



Luncheon Club

# Northampton Area

## **Report on Puryushan and Workshop in Northamptonshire September 2015**

Daily pratikraman we had attendance of between 25 and 30 persons and on the Savantsari around 40 persons. Many thanks to Jivrajibhai who conducted daily pratikraman with various ladies reciting the stavans, thoi, stuthi, shanti etc. Keeping in mind the elderly this year pratikraman was held in hall of a quiet residential old people's home not far from the temple.

In the evenings we had daily aarti and mangal divo followed by bhavna and as usual Mahendrabhai, Jyotshnaben and Chirag gave beautiful renditions of stavans. This time a lot of members also joined in to provide tuneful stavans. On the last day 108 diva aarti was done, and it is a beautiful site when the lights are turned down and the divas lighted.

This year we had 4 tapsvis. Gitaben, Kumudben, Jyotshnaben and Meeraben. They were all in good saata,

Workshops – Topic this year was on Kriyas – Ritual or SpiRitual.

The Workshops were conducted by South London Shree Chandana Vidyapeeth in conjunction with Institute of Jainology (IOJ). Jyotshnaben Samji, Trusitben Shah and Jyotshnaben Shah accompanied by Prakeshbhai Patalia who very kindly drove them to Northamptonshire.

Saturday afternoon workshop was introduction of the upkarans used for samayik or pratikraman and the reasons behind them i.e. Muhapati, Charvalo, Katasuna, Sthapna and Mala. There was a very interactive session and the overall thought for the use of these upkarans was to be ever mindful of speaking, sitting, moving. The Team also conducted the Essence of Pratikraman in English on Saturday evening and all who attended understood the reasons why the upkarans were used in Pratikraman.

Sunday morning the workshop was on Aarti and Mangal Divo. The team had done extensive research into the origin of Aarti and Mangal Divo. It was in the time of Kumarpal Raja. Questions were asked as to why we have 5 divas in an aarti, to remind us of the 5 Parmestres, 5 senses, and many more reasons why we only have 5 and not more or less. The Mangal Divo only has one and this reflects on a single soul rising towards Moksha.

Our thanks go to the team, so much research and work had gone into to deliver the two workshops and all who attended went away with the knowledge of the spirituality behind all the kriyas that we do.

This was followed by a light lunch for all participants who attended the workshops.

On Sunday afternoon we were also privileged to have Pravinbhai of Jaina USA to deliver a talk on the teachings of Mahavir and was very well delivered. He was accompanied by the EC members and members from Leicester and Luton.

This was followed by Mahavir Janmakalyanak. Though normally this is celebrated on the 5<sup>th</sup> day as we do not read the Kalpasutra the Committee decided to have the celebrations on a Sunday to encourage more members to attend.

A big thank you to Hansaben, Manjuben, Gangaben, Punjabhai and Ushaben, who do daily puja of Mahavir Swami's Pratima at the Wellingborough Temple throughout the whole year and they ensured that the aarti and divo was all ready for the evening programme. A big thank you to Manjuben who prepared the divas for the 108 divas.

Samvatsari Bhojan was on 27 September and approximately 160 people attended. So overall this year's Puryushan Festival was well attended and celebrated.

*By Fulvanti Shah*



## ૨૦૧૫ નોર્થમ્પ્ટનશાયરના પર્યુષણ પર્વનો સંક્ષેપ આહેવાલ

આ વર્ષ અમે બે દીવસ વર્કશોપ ગોઠવેલી. સાઉથ લંડન ચંદનાવીધાપીઠ તેમજ ઇન્સ્ટીટ્યૂટ ઓફ જૈનોલોજી ના નામાર્કિત મહાનુભાવોએ તેનું સંચાલન કર્યું. શનીવારે ઉપકર્ણો એટલે કે પ્રતિક્રમણ તેમજ સામાયિકમા ઊપયોગમાં લેવાતી સામાગ્રિ વીશે વર્કશોપ કરી.

ગુપ બનાવ્યા ને દરેક ગુપને માળા, કટાસણ, ચરવલો, મુંડપત્તિ વીશે ચર્ચા કરવાનું કહ્યું. ત્યારબાદ દરેક ગુપે તેનું પ્રેસન્ટેશન કર્યું. આવેલ મહેમાનો એ તેમના ઊપયોગની સમજણ પાડી. આપણે બોલતા ચાલતા કોઈ પણ કાર્ય કરતા પહેલા હંમેશા વીચાર કરવો જોઈએ.

તેઓએ એસેન્સ ઓફ પ્રતિક્રમણ અંગ્રેજીમાં સાંજે ભણાવ્યું જેથી બધાને આ ઉપકર્ણોના ઊપયોગ વીશે સમજ પાડી. રવીવારે સવારે આરતી તેમજ મંગળદીવો વીશે વર્કશોપ કરી. પાંચ દીવા પંચપરમેષ્ઠીનું પ્રતીક છે. જ્યારે મંગળદીવો આપણા આત્માને પરમાત્મા તરફ પ્રેરિત કરે છે. આજ દીવસે પ્રવીણભાઈ (જૈના યૂ એસ એ) મહાવીરની દેશના વીશે પર્વચન કર્યું.

અમે જ્યોત્સનાબહેન સામજી, જ્યોત્સનાબહેન શાહ, તૃશીતબહેન શાહ, પ્રકાશભાઈ પાટલીયા તેમજ પ્રવીણભાઈનો કીર્મતી સમય અને શીખ માટે હાર્દિક આભાર વ્યક્ત કરીએ છીએ.

આશા છે દર વર્ષ અમે આવી વર્કશોપ યોજી શકીએ ને આપ સહુ પણ તેનો લાભ લઈ શકો. તમારી ડાયરીમા નોંધ કરવાનું ભૂલશો નહીં હો!!!

જર મહાવીર

જ્યોતિ અજય ગડા

## Diwali Celebrations in Northampton – 8<sup>th</sup> November 2015

This year we celebrated Diwali differently. Members started arriving for the event and wished Diwali Mubarak to each other and mingled together – a chance to meet and chat with people they might not have met for a very long time as we lead a very busy hectic life these days. Then delicious Bundi, Gathia, Kachori, chutney and drinks, made by Hansaben, were served. Thereafter Raag garba started. Everybody really enjoyed playing the ras garbas and I am sure burnt some calories. Thank you to Deepakbhai for providing the music and borrowing some dandias for this event. **A bit disappointing to know that some members who had given their names to attend this event did not have the courtesy to notify of their absenteeism for the event.**

*Photos can be reviewed on the website*

## 32<sup>nd</sup> Oshwal Sports Tournament 2015 - Northamptonshire Report

As always the crowds were looking a bit 'fast and furious' and were in full competitive spirit, and I'm sure for many as the nerves and excitement were starting to kick in at the start. Basketball has always been a great passion of mine, and it felt amazing to be back on the full court after many years. I enjoyed playing football too and in true style dived into the seating area at one point, luckily no spectators were sat on the front row!

It was highly encouraging to see some familiar friendly faces as well as fresh new talent on the court. Also, lovely to see support from other areas and the community coming together and partaking in various sports to encompass all. This year Northampton participated in the following sports: *Mixed: Volleyball, Dodgeball, Men's: Basketball & Football, Women's: Basketball & Football, Swimming and Darts.*

Our area won trophies in the following sports: **Dodgeball:** 3rd place, **Volleyball:** 4th place, **Men's Football:** 4th place, **Darts:** Men's single - Vivak Shah: 3rd place / Mixed double darts: 4th place, **Swimming:** Front crawl - Amar Shah (Gold) & Vivak Shah (Bronze) / Back stroke - Amar Shah (Gold) & Vivak Shah (Bronze) / Breast stroke - Amar Shah (Silver).

Enlightening thoughts from a first time player for Northampton: "Taking part in the Oshwal Games was incredible. Not only did it provide a great competitive spirit, but meeting so many Oshwal's from across the country was a highlight. Looking forward to Oshwal Games 2016." - *Dixy Shah*

A few words from our motivational Northampton team captain this year: "It was fantastic to see Northampton youth team put together its largest team ever for Oshwal Sports Day. A well organised tournament that has been revitalised by the inclusion of the enabling network." - *Vivak Shah*

All in all a memorable 32nd Oshwal Sports Tournament where Northampton played full out with great energy and zeal! The following quote sums up the Northampton team for me this year: "One thing I believe to the fullest is that if you think and achieve as a team, the individual accolades will take care of themselves." - *Michael Jordan*

Yet another exhilarating and inspiring few weekends of sport for all areas!

## Report by Zeel Shah Northampton



## Regular Events



**Twin Heart Meditation** every 3<sup>rd</sup> and 4<sup>th</sup> Thursday of the month at Weston Time 7.30pm – 9.00pm. Free Healing Session offered. Contact Gita Shah at [07751982975/aitashah54@hotmail.co.uk](mailto:07751982975/aitashah54@hotmail.co.uk) for more details



Fun Club held every 3<sup>rd</sup> Saturday of the month at Favell Parish Hall, Booth Lane South, Northampton  
NN3 3EP Contact details: Vina Shah at 01604 877418/vinashaht2014gmail.com



## Bhukhar Competition – 29 November 2015.

We had approx. 180 players this year from several Oshwal Association of UK Areas. After the delicious breakfast was served and enjoyed by all the participants the game rules were briefly explained. The competition started. In between the games delicious lunch was served. Northamptonshire Area had arranged the breakfast and the lunch to be prepared by Anand Yatra this time.

### Winners:



1st Prize - Team Name: London 2015 - Avinash Shah, Mahesh Savadia, Mahendra Vora



2nd Prize - Team Name: Three Gadas - Daksha Shah, Rajnikant Shah, Sushila Shah



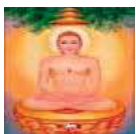
3rd Prize - Team Name: Jambo - Milan, Bansri Shah, Milan Shah, Savlin Shah



Natodio Cup - Team Name: Three Musketeers - Rahul Shah, Bharat Shah, Sahil Rupani

## Forth coming Events

**AGM** – 19<sup>th</sup> March 2016 - 7.30pm – 11pm at Weston Favell Parish Hall, Booth Lane South, Northampton NN3 3EP



**Mahavir JANMA Kalayank Celebrations-**  
At Wellingborough Hindu Mandi

Saturday 16<sup>th</sup> April 2016 from 8pm -10.30pm



25 Years Anniversary Celebrations on formation of Oshwal Association of UK Northamptonshire Area  
Date: 1 May 2016  
Venue: Highfield Community Centre, Highfield Road, Wellingborough. Northants NN8 1PL



## New Year's Event at Potters Bar-15 November 2015

This year the theme was New Year Celebrations in various countries of the world.

Northamptonshire got the privilege to exhibit how the different states of India celebrated New Year. We also had to prepare two performances of 4 to 5 minutes.

India is a country of vibrant colours, dance and music. Image of India is not complete without dance and music representation. We approached Champa Shah, Director of Dance Creations and she suggested a Ras based on popular and familiar song from film called "Lagaan"- Radha Kasana Jale. At first the ladies were reluctant but we persuaded them. Majority of the ladies, who were grandmothers and mothers, who took part hadn't done this kind of performance ever before. But nevertheless all of them took the challenge and worked very hard and gave their full commitment despite their normal routine responsibilities and attended the rehearsals every day for over 2 hours for the last week before the event. Not counting the practice hours put before the last week. All the ladies persevered and rose to the challenge and were able to perform twice on the event day in front of a large audience. Hopefully you will be able to view the performance on the website soon.

**MESSAGE HERE – IF ANYBODY PUTS THEIR MINDS TO DO SOMETHING, ANYTHING IS POSSIBLE.**

Similarly, preparations for the display of New Year celebrations in different states of India started two week prior to the event. All the committee members brought in various items which could be displayed. Some were borrowed from the members of our community. A team of 10 committee members went the day before to decorate the table ready for the next day's event. Some deities, rangolis, divas, peacock, candles were displayed. Mithai, made by our very own Hansaben, was also displayed for offering to the public for greeting New Year from Northamptonshire Area.

Research was done and displayed on how different states of India celebrated their New Year. As India is a diverse country, research showed that some different states had different ways of celebrating this auspicious day. We also displayed how some states greeted "New Year" on the table.

At the end all the men recited India's National Anthem – "Jana Gana Mana.."

Thank you to all the committee members, Champa and Kumud (helped the ladies to get ready for their performance) for making this event a very successful one. A very good team effort.

Photos available on the website.

Compiled by  
Gita and Jayshri Shah of Northampton.



Northamptonshire reciting India's "National Anthem" for Indian New Year Celebrations .



Northamptonshire Area Display



Northamptonshire Area – Members who took part.  
Anju Haria, Mona Shah, Kaushika Shah, Fulvanti Shah, (Champa Shah – Teacher, Mruduben) Vinaben Shah, Jayshri Shah, Simki Shah



# North Area

## North Area Chairpersons message

Jai Jinendra and Pranam

It is six years since I become Chair of North Area. Over the three terms of my appointment, I have enjoyed working with various Committee and Sub-Committee members of different ages and have learnt a lot from them.

One of the greatest gift you can give back to the community is **sharing your skills and talents**. It has been a **privilege** for me to work with the people who have worked selflessly and made a significant impact to the community.

I would like to thank all the Committee and Sub-Committee members and volunteers who have made a great contribution and I sincerely hope that this will **inspire** new people to join in and carry on with the good work for our wonderful community.

I very much look forward to all our forthcoming events and at the North Area AGM on 20 March 2016.

With very best wishes.

**Daksha Maroo – Chair Person**

## NORTH AREA MEMBERS

Please consider stepping forward and joining the North Area Oshwal committee. There are many positions to consider from office bearing roles



such as Chair, Vice Chair, Treasurer, Secretary, plus other exciting portfolios including Youth, Media, Religion, Health and Welfare, Sakhi Milap, Fundraising and Culture and Heritage plus more. If you want to know more before the AGM contact any existing committee member or call our current Chair Dakshaben on 07775 514 286.

The key to our success continues to be a supportive team of individuals who are **energetic, innovative** and want to **give something back** to their community. Whatever your age, men and ladies, girls and boys, please get in touch. You will be welcomed with open arms!

## Sports Day

North area were once again well represented in all areas of this magnificent competition and it was heart-warming to see young and old all coming together for four fun packed days. This year North came a close second by just fourteen points! Our congratulations to North West for winning the overall trophy and to all the contestants from all areas for their great sportsmanship and for the continuing friendships growing across all areas.

In particular we would like to thank the organising committee and all the referees, volunteers and everyone else who contributed their time and effort to such a wonderful tournament. Many thanks to Car Spares for sponsoring our North area T Shirts and also to all those who generously donated to the running of the competition and to the trophies.

## Sakhi Milap



It's been a busy few months! Last October at our **Diwali demonstration** we learnt about using natural ingredients and sugarless recipes for making mithai. In December we had our ever popular **Whist Drive** – an evening of food, fun and games! And most recently in February we had the pleasure of Dr Nitu Bajekal (pictured) at our **Nutrition and Lifestyle** event. She addressed an appreciative audience on womens health issues including the menopause and painful periods. The event also included a demonstration on healthy salads and smoothies! Good nutrition is so important to preparing your body for the future challenges it will have. We are very thankful to Dr Bajekal for giving up her invaluable time to be with us. The Sakhi Milap team would also like to thank all its supporters for making 2015 such a success and look forward to an equally eventful educating and entertaining 2016!



## NEW ADULT SPORTS CLUB

Are you interested in playing sports on a Friday night in the Finchley area? Want to keep fit, get some exercise and stay healthy?

Kho ... Netball ... Yoga  
... Benchball .... Zumba  
... Badminton ...  
Basketball ... Table  
tennis ... Volleyball...  
and much more!



Register your interest now! This project will only go ahead once we get a minimum level of interest. Don't delay. Drop a line to [northareayouth@gmail.com](mailto:northareayouth@gmail.com) or call Shailan on 07748064712





## VOLLEYBALL CLUB

Weekly practice and games for men and women aged 14+.

**\*\*Join us\*\***

Contact Paaras for details on  
07738 755 327  
paarasddodhia@gmail.com

## 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

## 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.



# ANNUAL GENERAL MEETING

**Sunday 20th March 2016**

**2.00 pm to 4.00 pm**

Followed by a light dinner

## Compton School

Summers Lane, Finchley N12  
Please bring your membership card.

2.00pm – 2.10pm	Registration
2.10pm – 4.00pm	AGM and Election of new committee
4.30pm – 5.30pm	Light Dinner
5.30pm – 6.00pm	Carriages



# North East Area

**Pranam, Jai Jinendra, Hello, Hi!**

I hope you are all well and are having a great start to 2016.

For the North East area committee, it is the beginning and the end – the start of 2016 and the end of our term 2014/2016 term.

On behalf of the committee, I would like to say a massive THANK YOU. It has been an incredible journey for us all made even more exciting with the area's continued support and passion.



I joined the committee as secretary, moving to vice and then Chair and Trustee. I have served the area for six years and have thoroughly enjoyed every moment. Meeting different people along the way, being a part of event organisation being a part of a wider “family”, seeing the area grow...and so much more...has been a great feeling and I am inspired and eager to see how much more we can do as an area.

We need to learn from the past, enhance the present, and think about the future...

**The AGM and Elections for the new committee will take place on Sunday 3<sup>rd</sup> April at Oshwal Centre.** The current committee will talk about its successes, hardships and recommendations. I urge you all to come to the AGM and support the forthcoming committee and the future of the North East Area.

I cannot say thank you enough to all who have supported me and I hope you continue to support the forthcoming committee and the wonderful North East Area.

See you all at the AGM!

Nishma Shah  
Chair (NE Area)



# WANTED

As you all know the elections are coming up. We would love to see new faces who can bring their own talents and ideas to North East area. Below are the profiles of what each role consists of. If you are interested (and we know so many of you have so much to bring to the community!) or want any further information please do not hesitate to contact any of the committee members who can forward you on to the right person! It is important we have more Oshwal Members (all ages) bringing the North East area forward and keeping the community spirit alive!

**Chair:** An enthusiastic individual who strives to lead the area and the committee. Will also be a trustee of the OAUk.

**Vice Chair:** To support the Chair in all duties for the benefit of the area and the wider Oshwal community.

**Secretary:** To keep all administration up to date and write minutes of meetings. Also an office bearer.

**Treasurer:** To keep North East area accounts up to date.

**Education:** To work in collaboration with the North area Chair to serve and look after the Gujarati school and to encourage the education of the Gujarati language and culture.

**Culture & Heritage:** Work with the area committee and sub-committee in organising cultural events and educating the members about the Jain heritage.

**Media & Communications:** To manage content for the Website, E-Shots and Oshwal magazine. Also in designing posters for area events.

**Religious:** Manage the religious activities in the area and wider Oshwal community. Become the lead in the organisation of Paryushan activities.

**Sakhi Mandal:** Educate and organise activities/events for the benefit of the females within the community.

**Welfare:** Educate and organise activities/events for the welfare of the community of all ages- priority elderly.

**Youth:** Engage the youth of the area to come together via sports and other events.

Thank you all in advance

### **Our Illuminating Trip to Blackpool, 7<sup>th</sup>-8<sup>th</sup> November 2015**

At 8am on a grey, dull, Saturday morning my Mum, sister Nikita and I arrived at Arnos Grove Station to begin our weekend adventure to Blackpool. Mr Tango, our bus driver, loaded our luggage and we set off, all very excited! We began the journey by introducing ourselves to one another, then played games and did some quizzes- on general knowledge, Bollywood and Diwali! It was a fantastic atmosphere with everyone singing and laughing along.

On the way to our hotel in Preston, we stopped off at Preston Mandir for Darshan and lunch. After relaxing and refreshing ourselves at the hotel we left for Blackpool at 3.30pm. It was drizzly outside but the rain did not dampen our spirits!

The group split up in Blackpool. My family went to the funfair first. My favourite ride was on the duplicate of the London Eye. It was a wonderful sight as you could see the entire view of Blackpool City from the top!

Around 7.30pm we boarded the coach to see the wonderful Blackpool illuminations where we saw lots of brightly coloured lights, different characters and themes! I was sad to leave Blackpool and go back to the hotel as I had enjoyed myself very much!

The next day, after a wonderful night's sleep and a hearty breakfast, we made our way to Leicester. We visited Ram Mandir and then everyone had free time. The ladies of course went shopping!! My mum bought a few Indian sweets (Mithai) as it was Diwali! We then headed back to London.

Everybody that went on this trip enjoyed themselves very much and I cannot wait for the next one!

**Written by Ishan J Mistry (age 13)**



### **India Republic Day- The Amazing Little Stars, 17<sup>th</sup> January 2016**

What an apt name for The Amazing Little Stars! They truly are amazing. We had a fantastic afternoon listening and singing along to various patriotic, Bollywood and traditional songs sung and played by the children. This was followed by a delicious dinner.





## Why We Love North East Area Youth Club!!!

North East Youth Club has enjoyed an exciting and challenging 2015. Over the last twelve months we have come so far as a team and the spirit within the club is phenomenal. **(Rithik Popat)**

I enjoy NE Youth club as I get to play a variety of games which I don't play at school. From nine to ten o'clock the children play badminton. After that, we play dodgeball, kho or football which are all very enjoyable games. In between games we drink juice and eat delicious fruit and snacks. **(Akshata Jain)**

Our first year at NE youth club has been fantastic. Me and my brother were very shy at first and had no friends, however the organisers made us feel very welcome. Thank you for giving me and my brother an opportunity to take part in our first ever Oshwal Olympics. We felt timid at first but when we actually started playing our games we realised our fear had gone yaaay! **(Tanvi & Veer Sumaria)**

The games were a lot of fun and all of us were able to participate in something. Our teams worked well together and although we didn't win all of our games, we managed to come back stronger in the next matches and as a result we came THIRD overall which we were all very proud of! It was a great atmosphere as our team was extremely encouraging and supportive, always cheering us on in every game. It also gave us an opportunity to talk to people from other areas which was nice as we could make new friends. **(Niraali & Riah)**

When I first came to youth club I didn't know how to play badminton or any of the other sports and games they played. However I have improved a lot and made lots of new friends. Everyone wanted me on their team! **(Meera Shah)**

As the games drew closer one could see the determination within the youth club! During this period, the Kho Kho Federation of England came to the club and taught us numerous techniques which motivated us even more! **(Rithik Popat)**

The one thing I hope for this year is that our North East family grows as more people join our youth club. We had a few trips over the last year such as Go Ape, bowling and Haven. I think everyone really bonded at Haven. I am really looking forward to the trips that are to come this year. **(Aanya Gudka)**



<p><b>Keep Fit</b></p> <p>Tuesday 8.00pm – 9.15pm Trinity at Bowes Methodist Church Contact: <a href="mailto:madula.savla@btinternet.com">madula.savla@btinternet.com</a></p>		<p><b>Zumba classes</b></p> <p>Wednesday 7.00pm – 8.00pm Ruth Winston Centre Contact: <a href="mailto:p4shi@hotmail.co.uk">p4shi@hotmail.co.uk</a></p>	
<p><b>Yoga Classes</b></p> <p>Monday and Tuesday 7.00pm – 8.30pm Southgate School <a href="mailto:dilipshah0011@googlemail.com">dilipshah0011@googlemail.com</a>; <a href="mailto:maysuri@yahoo.co.uk">maysuri@yahoo.co.uk</a></p> <p>Saturday 10.00am – 11.30am Southgate School <a href="mailto:thepillbox@gmail.com">thepillbox@gmail.com</a></p> <p>Sunday - Youth Club <a href="mailto:dipak.shah@rentokill.com">dipak.shah@rentokill.com</a></p>		<p><b>Youth Club</b></p> <p>Sunday Alexandra Park School, Muswell Hill Contact: <a href="mailto:dipak.shah@rentokil.com">dipak.shah@rentokil.com</a></p> <p>Yoga Classes Geetupalaben – 8:45am – 10:00am Reteshbhai – 9:00am – 10:30am (Pranayam)</p>	



**OSHWAL**  
ASSOCIATION OF THE U.K.  
Registered Charity No. 267037



**FOOD BANK**  
Donate your spare tins!!

**Celebrate**

# holi

**with North & North East Area!!**

**Oshwal Centre, March 13th 2016, 12pm - 5pm**

**Ticket Prices:**

**Under 12's- £5**

**12 years and over- £9**

**12 years and over (non members)- £11**

**Indian Street Food**  
**will be served!** (included in price)

**Fun & Games; Holi Fire & Story;**  
**Hot Chocolate; Pot painting;**  
**Biscuit Decorating**

For more Info contact:  
[nishnortheast@hotmail.com](mailto:nishnortheast@hotmail.com)  
Nish: 07960 958 929  
Kiritbhai: 020 8445 2017

All funds from this event are for the benefit of the O.A.U.K. Management reserves the right to admission and to make any changes to the event due to unforeseen circumstances



# North West Area

## Chairperson's Message

**"Don't be sad because it is coming to an end, smile because it happened. Rejoice the part you played in it."**

It is being part of something very special, and being part of a team that epitomised the best in me that I will miss the most.

The thrill of being part of Oshwal is never going to be an individual experience, it is the TEAM experience.

**"A team that can Work together can realise Dreams together"**

In March 2010, the guardianship of NW area was passed on from very able and experienced custodians to a team of novices. Today when I look back, individually we may have been novices when it came to running a community, but as a team we have overcome some immense challenges and shown resolve to deliver our best. This is purely because there was tremendous team spirit we all shared.

**"We do not grow when things are easy, we grow because we have the collective courage to face our challenges head on"**

We also had some great mentors who kept our focus and resolve on our objectives:

1. Reconnecting with our community
2. Building a stronger foundation for our future generations
3. Building a supporting community

2010, was the year **Operation Reconnect** was born and since then every member of the NW Area committee has made it a personal objective to reach out and reconnect with the community. **Operation Reconnect** had a simple guiding principle:

**"Be the change you want to see in the world" – Mahatma Gandhi**

The landscape of North West area has changed significantly since the early days in 2010. Today we have thriving community centred around a vibrant community centre – Oshwal Ekta Centre which epitomises the best you get in volunteers.

As the curtain closes on our time here at NW area, the job we took on of reconnecting with the community is far from over. This community needs new and youthful leadership that will continue the work that was started back in 2010 and bring new and innovative ideas and projects to bring this community together. Our promise to this team will be – "We will stand with you and support you whenever you need us".

Over the last 6 years, knowingly or unknowingly, if we have caused you any harm or ill-feeling through our words or deeds, on behalf of the North West Area Committee, we seek forgiveness from you. – Micchammi Dukhdum.

The **North West Area AGM** is on **13<sup>th</sup> March 2016 at 10:30 AM at Oshwal Ekta Centre**. Please make every effort to attend and make your voice be heard in this community.

Jai Jinendra

Nirmal Chandrakant Shah, NW Area Chairman – on behalf of NW Area Committee



## 44<sup>th</sup> North West Area AGM



7,500+ members, 300+ volunteers, 30+ sub-committee members, 12 committee members, One Area, One Community!

***Making a Difference! Are you the one?***

***This is your opportunity to get involved.*** There will be a number of vacancies arising in the North West Area Committee this year as some committee members step down having served the community for a number of years.

***Change is important!*** For any project to succeed, change is important. In order to drive this change, it is necessary for new ideas to build on the work already carried out.

***Become a Committee Member! Be a part of the Oshwal Vision!***

***To find out more or to speak to a Committee Member, contact [chetan.shah@oauk-nw.org](mailto:chetan.shah@oauk-nw.org)***

### ***Oshwal Association of the U.K. North West Area 44th Annual General Meeting***

**Date:** Sunday, 13th March 2016

**Time:** 10:00 am - 12:00 pm

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

**OAUK Members Only**

**We encourage all members to attend the AGM**

***Your Community! Your Voice!***



**School's 40th  
Anniversary Celebration**



**14<sup>th</sup> November** is a momentous occasion in India when they celebrate Nehru Jayanti aka "Baal Din", but this year, in addition to celebrating Baal Din, the North West Area celebrated 40 years of its Gujarati school (Funskool and North West Academy Cultural and Arts School as presently known) at Oshwal EKTA Centre.





The programme started at 5pm with meet and greet. A scrumptious meal was served to all invitees prepared in house by our own chefs!



The evening started with Ganesh Stuti dance (by Meera Amal Shah), Navkar Mantra and lighting of candles by the 1<sup>st</sup> teachers of the school Mrs Sudhaben and Mrs Kantaben Shah.



The evening was packed with stage items from Funschool and North West Academy.



3-4 year old children performing the 'Gor Gor'



4-5 year old performing to the 'Fugavado song'



5-6 year old children reciting "Ek Hatu Gaam K Kadiya Gaam"



*Aa Vaat Kaadi Na Bhoolay* by 7 – 10 year old children



*Play 'Ghar Kaam Na Karwana Bahana'* by 11 – 13 year old children



*Sha Maate Gujarati Shivu Joye – A play by past and current teachers of NW Gujarati School*



*NW Area Chairman Mr Nirmal Chandrakant Shah present the Award for the longest serving teacher to Mrs Anajanben Satish Shah (27 years of continuous service)*



*THE CURRENT TEACHING TEAM*

The North West Area committee presented to all the current teachers, a token of appreciation for their dedication and commitment to Funkskool and North West Academy. Every child currently attending either Funkskool or North West Academy received a school bag.

It goes without saying that an event like this is only possible with excellent co-workers supporting you all the way and I would like to take this opportunity to thank the North West Area committee, parents and all volunteers involved in making this event a memorable and successful event.

Report By: Milan C Shah  
(Education Portfolio Holder)

## નોર્થ વેસ્ટ એરિયાનાં ગુજરાતી શાળાના ૪૦ વર્ષગાંઠની ઉજવણી

૧૪મી નવેમ્બર ૨૦૧૫ દિને શાળાએ એકતા સેન્ટરમાં ૪૦ વરસની ઉજવણી કરી હતી. મહેમાનો, વાલીઓ અને બાળકોનું આગમન સાંજના પાંચ વાગે શરૂ થયું. સૌ પ્રથમ સ્વાદિષ્ટ ભોજન પીરસવામાં આવ્યું.

સુધાબેન અને કાન્તાબેને જ્યોત પ્રગટાવી કાર્યક્રમનું ઉદ્ઘાટન કર્યું. પહેલાં બધાંએ સાથે મળી નવકાર મંત્ર ગાયું. ગણેશની શ્રુતિ પર નૃત્ય થયું. કાર્યક્રમની જાણકારી રુહિબેન, રુમીતભાઈ અને આશાબેન આપતાં હતાં. બાળ કાર્યક્રમની રૂપરેખા શાળાના આચાર્ય કંચનબેને લખી હતી.

૧૪મી નવેમ્બરનાં ચાચા નહેરુનો જન્મદિન (બાલદિન) હોવાથી બાળકોએ ત્રિરંગી ઝંડા ફરકાવતા હોલમાં પ્રવેશ કર્યો. બાળકોએ સમુદમાં પ્રાર્થના ગાઈ. શાળાનાં દરેક બાળકોએ કાર્યક્રમમાં ભાગ લીધો હતો. સમિતિનાં સભ્યોએ ૪૦ વર્ષગાંઠનો કેક કાપ્યો.



ફનસ્કૂલનાં નાનાં બાળકોએ બાળગીતો 'ગોળ ગોળ' અને 'ફુગાવાળો'થી સહુનો મનોરંજન કર્યો. વર્ગ ૧ નાં બાળકોએ 'કખડિયા નામે ગામ' ગીતથી સહુને સરળતાથી ગુજરાતી મૂળાક્ષર શીખવાડ્યા. વર્ગ ૨, ૩ અને ૪ નાં બાળકોએ 'આ વાત કદી ન ભૂલાય' મધુર ગીત દ્વારા સહુને સુંદર સંદેશો આપ્યો. વર્ગ ૫ અને ૬ નાં બાળકોએ ઘરકામ ન કરી આવવાના અનેક બહાનાઓ આપી સહુને ખૂબ હસાવ્યાં અને બાળવાર્તા 'દીકરીને ઘેર જવા દે' શીખ્યા.

વર્ગ ૪ અને ૬ ની બહેનોએ લોકપ્રિય ગીતો પર નૃત્ય કર્યું. મોટા વર્ગના બાળકોએ 'શા માટે ગુજરાતી શીખવું જોઈએ' તે વિશે પોતાના ગુજરાતીમાં લખેલ નિબંધ વાંચ્યા. શાળાના ભૂતપૂર્વનાં શિક્ષિકાઓએ 'ગુજરાતી ભાષાનો મહિમા' નામની રમુજી નાટિકા રજૂ કરી.

નોર્થ વેસ્ટનાં પ્રમુખ નિર્મલભાઈએ અંજનાબેનનાં ૨૭ વર્ષની સેવાનું સન્માન કર્યું. તેમજ અંજનાબેને પોતાના અનુભવ કલ્યા અને સહુનો આભાર માન્યો. નિર્મલભાઈએ પણ સમાજનાં સભ્યોને પ્રોત્સાહન આપ્યું કે શા માટે બાળકોને આપણી માતૃભાષા અને સંસ્કૃતિ શીખવાડવી જોઈએ. અંતે શિક્ષણ સમિતિના મિલનભાઈએ બધાં અભિયોગીઓ, વાલીઓ, શિક્ષકો, સમિતિનાં સભ્યો અને બાળકોનો આભાર વ્યક્ત કર્યો. સમિતિનાં સભ્યોએ બાળકોને શાળાના નામનું લખેલ દફતર ભેટ આપ્યું અને શિક્ષકોને ટ્રોફી આપી.

કેક અને ચાયની મજા માણી કાર્યક્રમનું સમાપન થયું.

અહેવાલ લખનાર: કંચનબેન કમલ શાહ

## ગુજરાતી ભાષા શા માટે શીખવી જોઈએ?

અમે રોજબરોજમી વાતચીત અંગ્રેજીમાં કરીએ છીએ. શાળામાં, ઘરમાં અને દુકાનમાં વાતચીત અંગ્રેજીમાં થાય છે.

બ્રિટનમાં બધાં લોકોની માતૃભાષા અંગ્રેજી છે. આથી અમે મિત્રો, શિક્ષકો, માતા-પિતા અને ભાઈબહેનો સાથે પણ અંગ્રેજીમાં વાતચીત કરીએ છીએ. આથી મારે ગુજરાતી ભાષા શા માટે શીખવી જોઈએ?

આપણી ગુજરાતી માતૃભાષા છે. જેઓ ભારતનાં ગુજરાત રાજ્યમાં રહેતા લોકોની ભાષા ગુજરાતી છે. અમારી યુવા-પેઢી અહીં જન્મી છે તે ઉપરાંત અમે ગુજરાત પણ જોયું નથી, પરંતુ અમારા વંશનાં મૂળિયાં ગુજરાતમાં છે. અમારા નાના-નાની, દાદા-દાદી તો ગુજરાતમાં જન્મ્યા હતાં. તેઓ કેન્યા ગયા સાથે પોતાની ભાષા, પોશાક અને ખોરાક પણ સાથે લઈ ગયા, ત્યાંથી બ્રિટન આવ્યા તો પણ પોતાની માતૃભાષા ભૂલ્યા નથી.

આજે હું ભલે બ્રિટન જન્મી હોઉં પરંતુ મને વંશમાં મળેલી ભાષાને કેવી રીતે ભૂલી જાઉં.

લિ. દિયાનાબેન શાહ

# A Triumph for NorthWest Sports

**Wow!**

What a year 2015 has been - A triumphant win with an 18 points difference brought home the overall winner's trophy, including floating trophies in 6 team sports - Basketball, Circuit Training, Dodgeball, Kho, Netball and Swimming.



Wow - what a way to end 2015!

All of these achievements were made possible with the undying support



and commitment from the participants, volunteers, parents & supporters alike. Truly, I thank you - each & every one of you, for bringing NW ReActive8 back to the top.

The 32nd Sports Day was one of the best Sport's day I have been a part of. The huge turnout from participants and supporters was a pleasure to witness. By far, the talent which was on show was outstanding. The level of play has increased year on year of which credit goes to the coaches in making sure this was made possible.



A new sport was introduced at this year's Sports Day - Boccia, which captivated the spectators and raised the spirits of all participants. Welcome Boccia - a Paralympic Sport to the Oshwal Olympics. Congratulations to South Area for winning the very 1st floating trophy for Boccia. I am sure North West will be waiting this year to lift that trophy.



Samil and Darshi, both of North West, were awarded the Sports Boy and Sports Girl award, respectively.

Their determination to improve in different sports and their ability to help others and coach youngsters is a testament of the ReActive8 Club. They both truly deserve this award. We're all very proud of you. Well done to both of you!



It is now time to prepare for the 33rd Oshwal Sports Day & I encourage everyone to continue to attend the club every Friday in order to participate and improve on their skills. Together we can keep the momentum flowing, together we can help and support each other and with this togetherness we will put our efforts into bringing the trophy back to us and keeping it.



"There's only one North West, one North West. Walking along, singing a song, walking in a winter wonderland!"

Sawan Shah  
Area Captain





"It was inspiring to see all the participants performing to the best of their ability during the tournament, showing their determination for victory. Personally, their motivation encouraged me to perform to my absolute best. It has been an absolute pleasure to see participants, children and adults from different areas interacting with each other and making new friends. I am very grateful for being awarded the Sports Girl of the 32nd Oshwal Tournament and I hope to inspire the under twelve's and younger children and help them develop their skills in all sports, inside and out of Oshwal Youth Club." -

Darshi



"Sports Boy award means a lot to me as I've been at the youth club since I was 6 years old, so for me to get the award from what I've seen all the older members get, made it all the more special. I'd advice those children who want to receive the award to just keep on practising and working hard whilst enjoying themselves as that's the way I managed to improve." -

Samil



We are overjoyed with the outcome and feel our success emerged from a combination of these very special ingredients-

A handful of committed coaches,

A dozen behind the scenes volunteers,

An army of supportive parents,

A club full of training team mates,

A large group of talented sports persons,

And of course,

The magic ingredient - the love of sport.



With every ounce of pride and joy we thank all those who are part of ReActive8 club and beyond for using their individual special ingredient to make this happen....



An added bonus is that we are blessed with talented participants coming together through sport. It is a pleasure to embrace and absorb the sporting atmosphere over the Oshwal Olympic days.

Long Live Sport for all the opportunities it brings – togetherness in the community, friendships, competitiveness and more!

Thank you – The ReActive8 Sub-committee

*Edited by Priya*





## FLASHBACK 2015

These pictures  
recap some of the  
events that took  
place within the  
area.

Browse over to  
[www.oauk-nw.org/media/gallery](http://www.oauk-nw.org/media/gallery)  
to view our media  
gallery.





## DATES AT A GLANCE

### **March 2016**

2nd Ekta Curry Nite  
5th International Women's Day  
12th EMM  
12th Whist Drive  
13th NW AGM  
26th Bhukhar  
30th Bhakti

### **April 2016**

6th Ekta Curry Nite  
9th EMM  
9th Whist Drive  
23rd Bhukhar  
27th Bhakti

### **May 2016**

4th Ekta Curry Nite  
14th EMM  
12th Whist Drive  
21st Bhukhar  
25th Bhakti

## **Essential Contact Details**

**Oshwal EKTA Centre:**  
020 8206 1141  
[ekta@oauk-nw.org](mailto:ekta@oauk-nw.org)

**Funkskool & NWACAS:**  
Milan: 07968 817 043  
[funkskool@oauk-nw.org](mailto:funkskool@oauk-nw.org)

**ReActive8**  
[Reactive8@oauk-nw.org](mailto:Reactive8@oauk-nw.org)

**Street Support Network**  
Nirmal: 07962 177 326  
Chetan: 07949 45 9090  
Rumit: 07507 668247  
[ssn@oauk-nw.org](mailto:ssn@oauk-nw.org)

**Oshwal Business & Professional Network**  
Nirmal: 07962 177 326  
Chetan: 07949 45 9090  
[obpn@oauk-nw.org](mailto:obpn@oauk-nw.org)

**Women's Welfare**  
Meena: 07771 927 290  
[Meena.shah@oauk-nw.org](mailto:Meena.shah@oauk-nw.org)  
Hina: 07732 440 721  
[Hina.gudka@oauk-nw.org](mailto:Hina.gudka@oauk-nw.org)

**eCommunications**  
Khilit  
[khilit.shah@oauk-nw.org](mailto:khilit.shah@oauk-nw.org)



### **Oshwal EKTA Mandals**

*Every Monday and Friday*

10:30am – 3:30pm

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

(OAUK Members Only)



### **Whist Drive**

@Oshwal Ekta Centre

Dilharbhai - 07870 846 729  
Premharbhai - 020 8723 8368  
Sailesbhai - 07745 871 623  
Vinaben - 020 8866 7223

## **E K T A Curry Nites**

@Oshwal Ekta Centre

Come down to Oshwal EKTA Centre  
and enjoy a homemade curry at the  
venue. Each month, our chef has  
something different lined up for  
you.

Call EKTA Centre (020 8206 1141)  
to confirm your attendance.



### **Elderly Monthly Meets**

Tickets available at  
EKTA Centre in advance or call  
Harshidaben (7-10pm)  
0208 177 2786  
Manjuben 0208 864 2522  
Pramilaben 0208 907 2188

(OAUK Members Only)

### **Sponsorship**

Many of these events have been  
sponsored to celebrate births of new  
family members, birthdays, and  
anniversaries or in remembrance /  
memory of loved ones.

If you wish to sponsor any of the above  
events, please speak to the respective  
sub-committee or a member of the NW  
committee



### **Bhukhar**

@ All Saints Church Hall  
Queensbury; HA8 5PQ

### **Contact Details**

Sailes Shah - 07745 871 623  
Mahendra Chandaria –  
07714 712713  
Amu Shah - 07816 368 157  
Satish Shah - 07506 550 448

# South Area

## Chairperson's message



Chairperson's message: Dhirajlal Khetshi Lakhman Shah  
Thursday 21 January 2016  
Namaste and Pranaam

A very happy New Year to you all. (Saal Mubarak)

I trust you enjoyed the festivities during the Christmas break and managed to catch up with family and friends and have been energised to start 2016 with gusto.

As a community, 2016, will be a defining year for South London Oshwals. The decision to sell the South London Oshwal Mahajanwadi (overwhelmingly approved at the SGM on Sunday 18 October 2015) and the search for an ideal replacement is under way with a dedicated team of well-wishers' group working very hard to find the right property for our needs.

2016 will also be a year for change of the committee and we call upon you, our members, to attend the AGM on 10 April 2016 and put yourselves forward to be part of a team who can drive our community forward. There are some exciting projects that will be delivered by the new team, together with the review of what we need to do to support the community.

Other regular events are organised for the benefit of all. Sports and Social Club meets every Saturday evenings at Harris Academy, Purley. Gujarati School runs on Saturday mornings at Oshwal Mahajanwadi. You are welcome to enrol your children in this School. Satsang Mandal meets on Saturdays as well other days according to the Jain Panchang. Patthshaala is on Thursday evenings. Medavdo Day (aka Ramat Gamat) is held on first Friday of each month. Bridge Club meets on Wednesday evenings. Karata Club meets every Saturday evenings. Dal Rotli is held once a month on Saturdays. Music Classes for adults are held on Monday evenings. These are the regular activities provided for the benefit of our members, do come along and participate. Other lectures on health and social skills are also arranged throughout the year by the respective Portfolioholders. Please support these.

The South Area Committee meets once a month to plan various activities and programmes. You are most welcome to attend these meetings as observers. Please contact the Chairman if you wish to attend. Apart from these monthly meetings, other meetings are held by the relevant Portfolio Holders as and when the need arises.

As with all charitable/community based groups, programmes require volunteers, and I am requesting you to please come forward and give up some of your time in helping deliver the regular and annual programmes. You will feel immense satisfaction at the end of the day.

On behalf of the South Area Committee, I wish all of you and parivaar a very happy new year!

You can contact me by email. My email address is shown below.

dklshah@hotmail.co.uk



## Events

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



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

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

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

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

Please encourage your children / grandchildren to attend and sit these exams.

For more info contact

School Office: 020 8664 9807 / Yogeshbhai, Head of School: 07817 079 963 / e-mail:

[ogssouth@oshwal.org.uk](mailto:ogssouth@oshwal.org.uk)

---



### **RAMAT GAMAT AND MEDAVADO DIVAS**

This club is geared towards providing a meeting place for our elderly with opportunity to participate in a variety of activities.

1<sup>st</sup> Friday of the month

Contact: Ansuyaben

Email: [anushah38@yahoo.com](mailto:anushah38@yahoo.com)

Tel: 07877 410390

Tel: Maiuriben – 07738 385 175

---

### **BRIDGE CLUB**

Wednesday - 8pm -11pm

Contact: Ansuyaben – [anushah38@yahoo.com](mailto:anushah38@yahoo.com) Tel : 07877 410390

Please contact Naresh Shah - 07713 095488 for further details



## Important dates for our religious calendar

---

### Chaitra Maas Ayambil Ori:

Date: Thursday, 14<sup>th</sup> April 2016 to Friday, 22<sup>nd</sup> April 2016  
 Painaa: Saturday, 23<sup>rd</sup> April 2016  
 Nivi: Sunday 24<sup>th</sup> April 2016

### Paryushan Mahaparva Festival:

Date: Monday, 29<sup>th</sup> August 2016 to Monday, 5<sup>th</sup> September 2016  
 Painaa: Tuesday, 6<sup>th</sup> September, 2016

### Chaitia Purry Patti (Paanch Tirth Yatra) [TBC]

**Dhaja Din / Swamivatsalya Bhojan:** 2nd Week after Painaa day *[date to be set]*

### Aassoo Maas Ayambil Ori:

Date: Saturday 8<sup>th</sup> October 2016 to Sunday, 16<sup>th</sup> October 2016  
 Painaa: Monday 17<sup>th</sup> October, 2016  
 Nivi: Tuesday 18<sup>th</sup> October, 2016

### Diwali Programmes:

Saturday and Sunday, 29<sup>th</sup> October 2016 & 30<sup>th</sup> October 2016 (tentatively)

**For further details of above and/or other religious functions, please contact  
 Area Committee members;**

Hasmukh K L Shah [Religious Chairman]:  
 020 8684 0920 or M. 07940044207  
 Nemubhai D Shah [Religious Deputy Chairman]  
 020 8684 1985 or M. 07828232691  
 Dhirubhai K L Shah [Chairman]  
 020 8684 3592 or M. 07932079930

---

## SPORTS AND SOCIAL – SATURDAY CLUB

The Saturday club has moved to a bigger and better modern venue.  
 Come and try out your hand at a number of new activities  
 Please let us know if you are interested in a particular activity

Time: 6pm – 8.30pm  
 Venue: Harris Academy Purley  
 Kendra Hall Road, South Croydon  
 Bus routes: 405,455



<https://www.youtube.com/watch?v=MYG-0tPgQyY>

For further information email: [southyouth@oshwal.org](mailto:southyouth@oshwal.org)



# West Area

## **DWAR OPENING MAY 2016**

The formal Dwar Opening Ceremony, for Shakti Centre is scheduled to take place on **Sunday 29th May 2016**.

### **Buy a Token to WIN.**

\*Only 800 Tokens available.

\*Takti(PLAQUE) in the winner name and family will be put inside the SHAKTI CENTRE.

\*Officially opening of the Dwar to be done by the winner and Family.

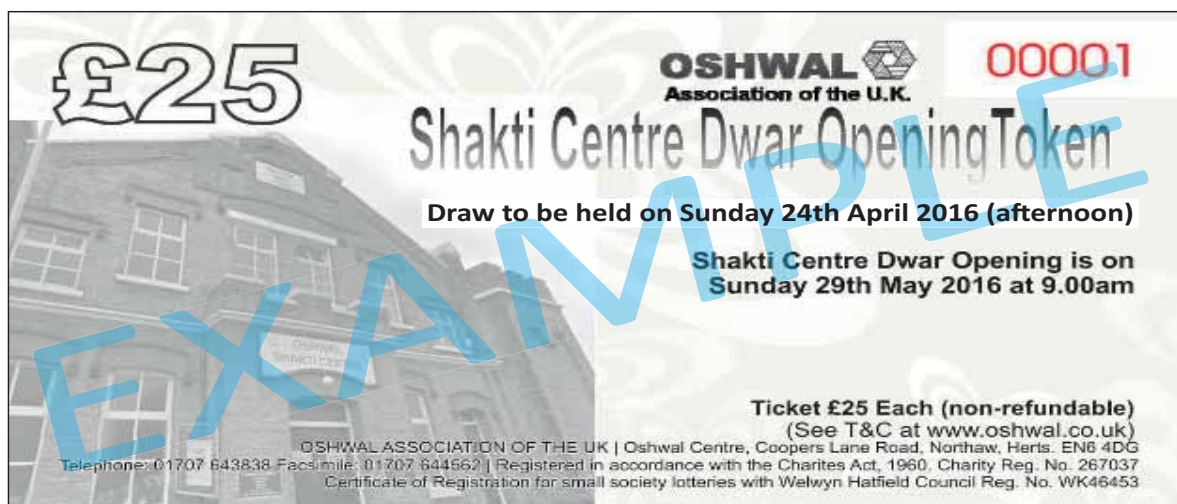
\*Support the OAUk charity.

**The draw revealing the lucky winner will take place on 24th April 2016 at EC AGM at Oshwal Centre, so be sure to purchase your ticket before then.**

The lucky winner and family will have the pleasure of opening the Dwar. Tokens are £25 each and can be purchased from:

*Keshubhai (07735 382657 between 2pm and 8pm) or Ajit (07949729267).*

Both before and on the day of this auspicious event we will need help from all our volunteers. We will be grateful if potential volunteers could register their names with Keshubhai (Columbo) on 07735 382657 2pm to 8pm.



## West Area Youth Club Report

*Ready for 2016! We wanted to take the opportunity to highlight some key points:*

### 1. 32nd Oshwal Sports Day

West Area had recently participated in the 32nd Oshwal Sports Day coming in a respectable 4th place.

Entering in a full team under 12s, ladies and men's events was a great achievement. Not to mention a testament to the hard work of our volunteers, parents and most importantly attendees of our clubs. Congratulations to all the participants, a huge thank you to the supporters that attended the 4 days. It was a lot of fun and the highlights included ladies basketball coming 1st place, men's football coming 1st for the 6th year in a row, an amazing 1-1 draw in our U12s football along with West Area hosting the darts tournament for sports day for the first time – an excellent event for all involved. Huge congratulations to **Neha Rajani** and **Niraj Vijay Shah** on winning the overall sportswoman and sportsman awards, a prestigious prize recognising their hard work, individual skill, performances and determination. Whilst both will humbly credit their teammates for their successes, we as an area are proud of their achievements and representation of our area.

Snehin.....	1st, two 2nd places
Jesal.....	Three 1st places
Devina.....	Three 1st places
Sajni.....	3rd place
Ketan.....	3rd place
Palaviben.....	Two 2nd places
Madhubhai.....	Three 2nd places
Netball.....	2nd place
Basketball.....	Ladies 1st, Men's 3rd
Kho (16-34).....	3rd place
Football.....	Ladies 3rd, Men's 1st
Darts.....	1st place Mixed Doubles

### 2. FRIDAY CLUB

Our Friday club is targeting under 12's primarily to help them develop new skills, make new friends and have lots of fun. Our club runs from 8-10pm at Shakti Centre in Hounslow and each week it's a variety of activities to encourage all the kids and parents/guardians to get involved.

### 3. SUNDAY CLUB

Sunday club has been resurrected and running for a number of years now at Lampton School. A variety of sports are played. Whilst primarily playing basketball and football, we have also played Kho, Volleyball and Netball too. If you are interested in coming along then please contact us on [westareacub@oshwal.org](mailto:westareacub@oshwal.org). This year the club will be expanding further with plans to include badminton and extend the time of the club even further as we continue to grow.

Thanks to **Enabling Network** for coming to the **Shakti Centre** and showing us how **Boccia** was played (some pictures below).

Following the success of the darts tournament at THE SHAKTI CENTRE in November keep an eye out for the next darts tournament. Aside from this there will be a number of non-sporting social events where we welcome all areas to come and participate. Ideas and plans are being gathered and created and we will be looking to provide events for all ages and interests. We all have the ability to give back to our community and if you have an idea or suggestion then please come forward and get involved. There is a support unit and framework that you can benefit from to help you bring an idea to fruition.

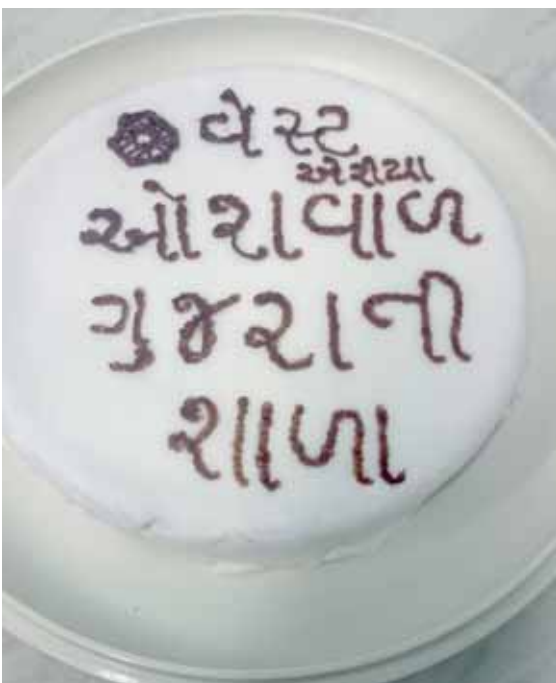
Start 2016 off with a great start by coming to our clubs and keep an eye out for event information and please show your support for the Youth of Today!





## Gujarati School

As always pictures speak louder than words. Some of the pictures from the gujarati school Christmas party.





## WEST AREA AGM

### Sunday 20<sup>th</sup> March 2016

West Area AGM will be held at the Shakti Centre on the above date at 12.00 noon.

We are looking for Oshwal members; who can help with the running of the Shakti Centre, as well as a Chair, Vice-chair, Secretary, Treasurer, Media Person, Social organiser, and many more.

If you have a skill and want to do some charity work, please put your name forward.

This year is an election year, therefore if you are interested in joining the committee please talk to a member of the current committee or contact Keshubhai.

We would really appreciate your support so please arrive early and bring your family and friends. Refreshments will be served.

(Only open to Oshwal members, please bring your membership cards!)

### Pictures from various events





Our gratitude and thanks to the many Donors for Shakti Centre.

Anjana Bipin Keshubahi  
(Colombo) Shah..... Hounslow  
Ajit Jayantilal Shah..... Ealing  
Anant Mohanlal Shah..... Hounslow  
Anil Dhanji Haria..... Hounslow  
Anilaben Keshavlal  
Vrajpar Shah..... Northwood  
Anita Chiman Shamji Shah..... Hounslow  
Anjana Satish Shah..... Edgware  
Anuj Prabhulal Raishi Shah..... Stanmore  
Arunaben Ashwin Nathoo  
Maya Shah..... Heston  
Arvind Devchand Vora..... Hounslow  
Ashwin Lakhamshi Shah..... Hounslow  
Bhagwanji Virchand Shah..... Hounslow  
Bharat Gulabchand Shah..... Twickenham  
Bharti Rohit Bhimji Shah..... Hounslow  
Bhavika Sailesh Shah..... Isleworth  
Bhikhubhai Devchand Shah..... Twickenham  
Bijal Navnitlal Lakhamshi Shah..... Hounslow  
Bindesh P Shah..... Hounslow  
Chandrakant Jadavji Shah..... Hounslow  
Chandulal Devchand Shah..... Hounslow  
Chhotalal Nathoo  
(Bhivindi India) Shah..... Isleworth  
Chunilal Premchand Shah..... Hounslow  
Dhirajlal Raishi Shah..... Heston  
Dhiru Nathoo Shah..... Hounslow  
Dhiru Padamshi  
(Premchandbhai M.) Shah..... Hounslow  
Dhiru Padamshi Shah..... Hounslow  
Dhiru-Rekha (Dal-Roti group)  
Dilip Ramniklal (haste Ramniklal  
& Shantaben Shah) Shah..... Twickenham  
Dina Raichand Shah..... Hounslow  
Dinesh Karman Devraj Shah..... Hounslow  
Dinesh Mohanlal Ladhu Shah..... Hounslow  
Dips Foods Limited..... Stanmore  
Dr Sureshchandra Mulji Shah..... Hounslow  
Fulchand Virchand &  
Kishore Virchand Shah..... Hounslow  
Late Harakhchand Depar Haria..... Hounslow  
Harish Zaverchand Shah..... Hounslow  
Hasindra Panacharnd Shah..... Hounslow  
Himaltal Raishi Shah..... Heston  
Hirji Ramji Shah..... Isleworth  
Hitesh Devji Shah..... Hounslow  
Indumati Arvin lalji  
Dharamshi Shah..... Hounslow  
Jagdish Devji Shah..... Hounslow  
Ms Jaya Shah..... Hounslow  
Jayaben Sobhagchand Shah..... Hounslow  
Jayandra Virchand Shah..... London  
Jayantilal Kachra Shah..... Hounslow  
Jayantilal Lakhamshi Shah..... Hounslow  
Jayshukh Devchand Shah..... Hounslow  
Jinal Bhikhubhai Shah..... Twickenham  
Jinit Sailesh Shah..... Isleworth

Jita Devchand Shah..... Teddington  
Jitendra Hirji Shah..... Hounslow  
Jitendra Jayantilal Shah..... Southall  
Jitesh Shantilal Shah..... Hounslow  
Kamal Liladhar  
(Anderson Shaw) Shah..... London  
Kanti Devshi Raishi Shah..... Hounslow  
Kantilal Premchand Mepa Shah..... Hounslow  
Karuna Harish padamshi Shah..... Hounslow  
Keshavlal Kachra Shah..... Bicester  
Keshavlal Pethraj Shah..... Feltham  
Khushalchand  
Lakhamshi Shah..... Hounslow  
Kiran Kachra Shah..... Isleworth  
Kishor Meghji Shah..... Hayes  
Kunden Bhagwanji  
Jesang Shah..... Hounslow  
Kusum Chandrakant Shah..... Hounslow  
Lalit Nagshi Shah..... Hounslow  
Lalit Nagshi (Ashok) Shah..... Hounslow  
Lalit Nagshi (Kirit) Shah..... Hounslow  
Lalit Nagshi (Zaverben) Shah..... Hounslow  
Late Laxmi Bhimji Kanji Shah..... Hounslow  
Late Laxmiben Ramniklal Shah..... Hounslow  
Laxmichand Meghji Shah..... Hounslow  
Madhubala Shah..... Hounslow  
Madhusudan Devji Shah..... Hounslow  
Mahendrakumar  
Motichand Shah..... Isleworth  
Mahesh Velji Shah..... Hounslow  
Maniben Keshavlal Shah..... Hounslow  
Manjula Bhikhubhai Shah..... Twickenham  
Manoj Meghi Haria..... Hounslow  
Mansukh Hirji Shah..... Southall  
Mayur & Vimal Mohanlal  
Nathoo Tejpar Dodhia..... Heston  
Mayur Jayantilal Shah..... Hounslow  
Mayur Ratilal Shah..... Isleworth  
Mayuri Rajendra Shah..... Hounslow  
Meenaxi Raventiben lalji  
Bhmji Shah..... Hounslow  
Miren & Hiran Dhrajlal  
Hemraj Shah..... Hounslow  
Late Motichand Mepa  
Vershi Shah..... Cricklewood  
Mukesh Champshibhai Shah..... Hounslow  
Mukund Devji Shah..... Hounslow  
Navin Lakhamshi &  
Veluben Lakhamshi Savla  
Nayna Sudhir Shantilal Shah..... Hounslow  
Nemchand Hemraj Shah..... Hounslow  
Nikesh Jayantilal Malde..... Hounslow  
Nikhil Hasmukh Shah..... Heston  
Nilesh Keshavlal Shah..... Hounslow  
Niranjan Bhimji Vershi Shah..... Hounslow  
Nirmala Jayantilal Nathoo Shah..... Hounslow  
Nishma Pankaj Shah..... Isleworth  
Nitin Zaverchand Shah..... Hounslow  
Nyalchand Velji Shah..... Hounslow

Parshva Shantilal Shah..... Heston  
Poonam Ketan Lalji Dhanani..... Northholt  
Prabhulal Govindji Shah..... Hounslow  
Prabhulal Nathoo Shah..... Ickenham  
Praful Liladhar Shah..... Hounslow  
Praful Velji Shah..... Hounslow  
Pramila Jantilal Vershi Shah..... Hounslow  
Preeti Shantilal Shah..... Heston  
Premchand Depar Haria..... Hounslow  
Pulin Jayantilal Shah..... Isleworth  
Punit Rajnikant,  
Radiatben Rajnikant Shah..... Baldock  
Pushpa Hasmukh Sheth..... Isleworth  
Pushpaben Mohanlal  
Karman Shah..... Datchet  
Raaxeet Harakhchand Haria..... Bushy, Herts  
Raivat (Ashok) Khimji  
Meghji Shah..... Staines  
Rajni Bharmal Shah..... Wembley  
Rajnikant Narshi Shah..... Hounslow  
Raju Raichand Shah..... Hounslow  
Rakesh Devchand Shah..... Hounslow  
Ramesh Lakhamshi Shah..... Hounslow  
Ramesh Velji Shah..... Hounslow  
Ramniklal Narshi Shah..... Shepperton  
Rasik Virpar Shah..... Dagenham  
Reena Chiman Shah..... Hounslow  
Rekha & Rumit Hirji  
Karamshi Shah..... Osterley  
Sailesh Liladhar Shah..... Heston  
Sailesh Motichand Shah..... Isleworth  
Sanjai Ratilal Shah..... Cranford  
Sanjaykumar Sonecha..... Osterley  
Satish Hemraj Shah..... Brentford  
Seema Bhikhubhai Shah..... Twickenham  
Shantaben Dhirajlal Shah..... Cranford  
Shantaben Harakhchand Shah..... Heston  
Shantilal Juthalal Shah..... Hounslow  
Shashi Premchand Lalji Shah..... Sutton  
Shilpa Sailesh Shah..... Isleworth  
Shri Radhe Foundation..... Twickenham  
Shubhas Virchand Shah..... Hounslow  
Sobhagchand Narshi Shah..... Twickenham  
Subash Raichand Shah..... Hounslow  
Subhash Zaverchand Shah..... Hounslow  
Suresh Meghji Shah..... Hounslow  
Suresh Mohanlal Shah..... Twickenham  
Sureshchandra  
Manekchand Shah..... London  
Shantilal Punraj Shah..... Ealing  
Tejal Ashwin Shah..... Ealing  
Umesh Bhaichand Shah..... Hounslow  
Uttamchand Bhimji Shah..... Cranford  
Velji Devraj Haria..... Thornton Heath, Surrey  
Venichand Ranmal Harania..... Pinner  
Vimal Keshavlal Dodhia..... London  
Virchand Velji Shah..... Hounslow  
Yashvin P Shah..... Hounslow

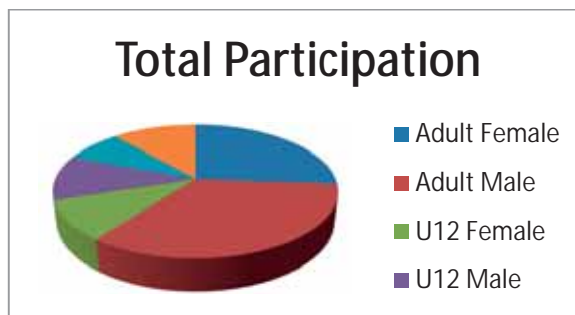




## 32<sup>nd</sup> Oshwal Sports Day 2015 - Report

RIGHT!!!!

The 32<sup>nd</sup> Oshwal sports day took place in late November and early December 2015 at Brunel University, Shakti Centre and Laura Trott Leisure Centre. This year we had eight areas taking part; North, North East, North West, South, West, Luton, Northampton and East as well as Enabling Network. Below is a representation of the total participation we had.



Sports day started in Brunel University on 29<sup>th</sup> November where volleyball and netball were played to a finish, with some players doing absolutely everything and anything to keep the great rallies in volleyball going showcasing great athleticism. However hard some tried this was all in vain with North East carrying on their tradition of winning the volleyball competition now winning it 30 times out of 32.

At the same time, Netball was being played with great speed and agility by the ladies. After some brilliant games it came down to a nail biting finish as to who was going to come in 1<sup>st</sup> place.

While all of this was going on, Darts was being played at Shakti Centre in Hounslow. This was also played to a finish with some high scoring darts being thrown until 10:30pm. The West area committee had kindly arranged refreshments for all the participants.

Saturday December 5<sup>th</sup> saw the second day of sports taking place. For the many years that we have been coming to sports day and taking part, sports day is always the greatest event in our Oshwal calendar with many new friendships being made, older ones continuing or renewing acquaintances. Like every year we see some outstanding performances by all competitors in all sports. There are some moments that stood out for us in Basketball with some skill full passing leading to some baskets being scored and in Kho with excellent tactical play to eliminate the opposition, along with some shocking results in Football where you can never underestimate the underdogs.

Like always children love watching their parents playing and being a big kid again in the over 35's Dodgeball and in Swimming. The latter of which brought everyone ~~one~~ in attendance to a standing ovation and a tear to many eyes.

Up again at the crack of dawn on Sunday 6<sup>th</sup> December, it was back to the leisure centre for another round of games planned with Basketball being played first to decide who would make it to the final four in the men's event. Bench ball started on the day with great passing and space awareness where there was one team that really stood out above the rest. Dodgeball was played to a finish to allow for Boccia to be included for the first time which would be played on the final day of the competition. Football gave some surprising turn of events again with two teams being eliminated from the men's event and with all other age categories vying to gather as many points as possible for their respective areas.

The last day of the tournament, 12<sup>th</sup> December, arrived and everyone was up at the crack of dawn for what would be a great final day of sports. The day jumped off to a start with Basketball once again; the games were intense with teams fighting to get the lead in what was a nail biting finals.

This year the Organising Committee decided to include Boccia for the games. For those who are thinking 'what is Boccia?' The game is very similar to bowls where you have a jack and roll another ball towards it with the closest ball to the jack winning, although Boccia balls are a lot lighter and roll differently which proved to be a challenge for most taking part. With Enabling Network putting forward 15 participants, each area consisted of three EN members and its own area members to form a team. Having only briefly seen how the game was to be played

and only with a handful of practices under their belts as a squad it made a memorable event. The skill of the players was evident in the strategy employed by the teams and the way the game could change with the last roll of the ball!

With the final events taking place all the areas rallied in full support of their teams to see who would be coming out on top, especially with everyone giving that little bit extra to get their team points on the board. Circuit Training is where that last push is really tested with the loudest cheering in the background giving participants that extra support to get them to the finish line.

Like every year all games were competed in a very competitive and friendly manner. We would like to congratulate everyone who helped organise the teams and all those who helped train them on a weekly basis. A special thank you goes to the participants, the supporters for coming along and cheering your teams, the volunteers who gave up their time to set up all the trophies the night before and helped run the events on the days and the referees who selflessly volunteered their time to make this sports day a success. It is one that truly stands out for us. Putting together an event like this is never an easy task so we would like to thank the organising committee for the 32<sup>nd</sup> sports day- without their hard work and dedication in working towards the event it would not have been possible to put it all together.

We would also like to thank all our sponsors who donated towards trophies, hall hire and the lovely dinner and to all those who helped serve and clean up after the dinner.

It gives us great pleasure to announce the overall standing for the 32<sup>nd</sup> sports day, and after 4 years we now have a new overall winner. RIGHT!!!!

1 <sup>st</sup> place	142 points	North West
2 <sup>nd</sup> place	128 points	North
3 <sup>rd</sup> place	100 points	North East
4 <sup>th</sup> place	68 points	West
5 <sup>th</sup> place	20 points	South
6 <sup>th</sup> place	14 points	Northampton
7 <sup>th</sup> place	10 points	Luton
8 <sup>th</sup> place	3 points	East

If you would like to be involved in the 2016 sports day, please contact your area rep or the EC Youth Chairperson ([anjali.gudhka@oshwal.org](mailto:anjali.gudhka@oshwal.org)). If you are interested in sponsoring any of the events for the 2016 Sports day, please contact Anjali at the above email address.

For detailed results from the sports day, visit [www.oshwal.co.uk/sports](http://www.oshwal.co.uk/sports)









# ANAND YATRA

Report By Mradula Babulal Shah

ANAND YATRA is a weekly programme organised for the elderly members of our community to visit the Derasar and take part in social activities, and has been running successfully for the last five years. It takes place every Friday at the Oshwal Centre from March through to December.

A coach service is provided alternating from the North, North East and North West areas.

The day starts with various poojas recited in the Derasar, and then aarti and mangal divo are performed. This is then followed by different activities in the Oshwal House, which include:

- Yoga/exercises, which improves health and wellbeing
- Card games, such as bhukar and bridge
- Informative talks on varying subjects from health to religion
- Highlights this year have included Diwali and Christmas celebrations.
- A hot Jain lunch is prepared and served by a dedicated team of volunteers.

The committee and I would like to sincerely thank all the volunteers and sponsors who supported the event throughout the year.





## DIWALI IN LONDON

### Culture & Heritage Committee

For the last few years, OAUK has been one of thirteen charitable organisations involved in the “Diwali in London” event in Trafalgar Square, organised by the Mayor of London. This year it was held on 11th October 2015.

Our role, as in previous years, was helping members of the public in the draping of saris and distributing mithai. Representatives of each organisation are invited on the main stage marquee to say a few words about their particular charity, and this year Raxitbhai represented OAUK.

Many thanks, to all the volunteers for their time and effort, and also to Chimanbhai and Anitaben, for preparing sweets for distribution.

## CULTURE & HERITAGE COMMITTEE DIWALI CELEBRATIONS

### Report By Mradula Babulal Shah

This year the Diwali Programme was held at the Oshwal Centre on Sunday 15th November 2015. The theme was “New Year Celebrations around the World”

Five areas participated (North, North East, North West, East and Northampton) and each area’s C&H committee created a display/performance from different countries to showcase celebrations of different cultures.

Many thanks to all those involved for all their efforts in creating the superb colourful, informative and entertaining displays that made the Diwali programme such a success again.

Thanks must also go to the Anand Yatra team, under Maltiben and Jayantbhai Shah, for preparing and serving the delicious hot snacks enjoyed by many on the day.



# Oshwal Health & Wellbeing Day 20th Nov 2015

On Sunday 20th November 2015 over 1000 members of the Oshwal Community attended the Health & Wellbeing day at Oshwal Centre. After days of heavy rain, strong winds and the cold weather sweeping in, the H & W team breathed a sigh of relief when the sun shone and the wind calmed down to present a beautiful crisp day on Nov 20th. A year of planning had finally come to fruition!



(From left to right) Preeti Shah, Sandip Haria, Dipak Shah, Sujan Shah, Urvina Shah, Dilip Maroo, Daksha Maroo. Not in photo and also part of the team are Raj Haria, Tejal Shah, Ketan Shah.



Teresa Villiers, MP for Chipping Barnet, opened the day and to check out her blog about it, please visit her website at <http://www.theresavilliers.co.uk/news/villiers-supports-health-and-wellbeing-day-south-asian-community>.



The day was aimed to offer a variety of items to meet all needs with the theme focused around education, prevention and fun. The upstairs hall was filled with commercial and charity stalls that covered cancer, healthy foods and drinks, physiotherapy, mental health, disability, alternative therapies, British Heart foundation (BHF) and many more. It was a lively place with a constant flow of people with a vast amount of information on living healthily. 'Artie beat', the BHF mascot particularly enjoyed the day.



In the annex, alternative therapies such as reiki, massage, reflexology and pranic healing were delivered all day and provided for deserved relaxation for many people.

The middle floor housed defibrillator and CPR training in one room and yoga/pilates in the other. CPR/ defibrillator training was provided by an experienced BHF volunteer to a very high standard.

The downstairs hall provided a spacious environment for screening of BMI, diabetes, blood pressure, cholesterol, waist size, eyes, teeth, diet advice and physiotherapy advice. It's startling to know that 50% of people were referred. It seems such days are definitely a worthwhile exercise! Talks were varied and interesting and focused on healthy lifestyles and living longer, mental health, women's health, dental health, healthy heart management and back pain. These were delivered in the marquee near Oshwal house.

The mouth watering and healthy cooking demonstrations in Oshwal house were a big hit and always fully attended. Of course no such day would be successful without food and the volunteers. The variety of delicious, colourful and healthy food went down a treat. The healthy bhel and chutnies were my particular favourite. There were about 300 volunteers that helped throughout the day and performed their duties calmly and always with a smile despite the cold. The 'chai wallas' that went around delivering tea and drinks were the talk of the day!

Finally, my heartfelt thanks go to the H & W team to work tirelessly throughout the year to put this day together. Going forward, we hope such days occur every few years to ensure our community is educated to understand the importance of their health and wellbeing.

**A summary by Urvina Shah**











I was born in Nairobi, Kenya, having primary and secondary education, until the end of 1959. I have worked in Kenya from January 1960 to October 1974. My volunteering interest started at a very young age of 9, joining the scouting group in 1950 followed by being actively involved in Red Cross and St. John's Ambulance, from 1955. I became a troop leader for scouts and a leader for St. John's Ambulance and Red Cross at high school. I passed my examinations in First Aid, Nursing and Health & Hygiene. As a keen first aider, I took part in local and National competitions winning medals and prizes. At high school I was awarded first aider of the year. After leaving school in 1960, I was appointed as a superintendent of St John's Ambulance and later was appointed as a lecturer and examiner plus public duty

officer to be responsible for arranging for Ambulance, first aiders, doctor, nurse at various events including, East Africa Safari Rally, Nairobi Show, Horse Races and sporting events and others where first aid was to be covered. I also volunteered at various hospitals, police, fire brigade, ambulance services, airports etc. In the 1960s I also introduced first aid at all Oshwal schools - primary, boys secondary, girls secondary plus ran first aid courses at the weekend at Nairobi Oshwal Mahajanwadi. All our Oshwal children and adults were trained and then took part in competitions winning local and national competitions. The most important part of this was also doing voluntary services for St John's Ambulance by going on first aid duties at public events throughout the year. I also started first aid training in Kiambu where a lot of Oshwal and other few community members took part. Kiambu was the first town in Kenya where St John's Ambulance social club was opened.

My keen interest took me to lecture and examine airline staff, police, railway, fire brigade, hospital staff and medical students. During my active volunteering service with St John's Ambulance, Red Cross and Scouts I was awarded gold and other medals, certificates, honours, honorary and life membership, and a long service medal which were presented by the president of Kenya, mayor of Nairobi and governor general. On 24th February 1965, I was honoured by Her Majesty the Queen, making me an Associate Serving Brother of the Order of St John. On 21st February 1973, I was honoured again by Her Majesty the Queen who sanctioned my promotion to Associate Officer (Brother). The above honours were given at the investiture ceremony held by His Excellency the President of Kenya Mzee John Kenyatta.

I arrived in England on 1st November 1974 and joined St. John's Ambulance, moving to Red Cross, helping in training First Aid to local's in Harrow, and volunteering in helping the disabled at Harrow Leisure Swimming Pool. I also covered some first aid duties at various events. During my working life, up to March 2006, I was responsible for First Aid and I was also a Fire Officer and Health and Safety Officer. I retired in March 2006 and have been actively busy volunteering for nearly 10 years. I was Chair of Patient Participation Group (PPG) at the Savita Medical Centre in Harrow for many years and have now moved to Civic Medical Centre as Vice Chair of PPG. I am a Carer Council Committee member of the Central Northwest London (NHS) Trust. I also attend various meetings, forums, etc. with recent involvement in designing a single point of access for mental health services plus 111 services.

I take an active role on the Harrow Clinical Commission Group (CCG), and am a lay partner of Embedding Partnership - Whole System Integrated Care, and Like Minded and took part in video promotions. I also volunteer for Time to Change, promoting mental health awareness through various media forums e.g. leaflets, newspaper articles etc. I am also an active volunteer with Mind in Harrow (EKTA Group), Harrow Carers, Carers Champion Group, Harrow Patients Participation Network, Oshwal Disabled Group, Harrow Men Cap and Harrow Council.

I have been awarded Mind in Harrow (EKTA) certificate for being outstanding EKTA volunteer. I have been nominated for the Harrow Heroes award for the past 4 years. In 2015, I won the highest top award for Harrow Heroes by getting the Judges Award trophy and certificate, presented by the Mayor of Harrow, councillor Krishna Suresh. I also received certificates for my other nominations; Bringing People Together award, Inspiring Volunteer award, Gold Star Lifelong Volunteering award and Volunteer Team award for Mind in Harrow (EKTA).



After graduating from the London School of Economics in 1989, after starting his Chartered Accountancy training in the same year, my son developed Obsessive Compulsive Disorder (OCD). My wife and I have been caring for him since 1989. When he was first diagnosed, there was not much help or support given to us. This was what motivated me to become an active volunteer promoting mental health within the South Asian community. I have presented my story to various surgeries and organisations and provided information about the support and help available to both patients and carers. In 2016 and beyond, I will continue to provide voluntary services to the community.

*Chandulal Shah of Harrow Oshwal Hero*





## Enabling Network presents IDDP 2015

### What is IDDP?

International Day of Disabled Persons (IDDP) is celebrated on the 3<sup>rd</sup> of December every year to promote awareness and inclusion of persons with disabilities in society. The theme of 2015 fits really well with the Enabling Network's vision of integration and inclusivity as per the examples below.

### The 2015 IDDP theme: Inclusion matters: access and empowerment for people of all abilities.

- Enabling Network (EN) with great support from the Sports committee achieved an epic milestone in including Boccia (a disability friendly sport) in the 32nd Oshwal Sports day in December! 15 participants with special needs (children and young adults) alongside their able team members jointly showcased their sportsmanship! This collaboration was truly empowering – long may it continue.
- At the 10<sup>th</sup> Anniversary Derasar celebrations, EN with their special needs members and volunteers led and organised the food serving in the area for those with special needs.
- The lift installed at Oshwal Centre will tremendously improve the accessibility for physically challenged people.





At EN's 5th anniversary celebrations last October, our members and their families told us what inspires and gives them strength to overcome any issues they face. We have created the "IDDP" using their responses written on post it notes. Here are some of their thoughts from the notes and clearly shows that there are no big differences in how we all derive strength irrespective of our abilities:

- I get strength when I see other people do it because then I know it is fine.
- Believe in yourself and faith
- Independence of thought
- This has been the best experience for all! Your words inspire all!
- Inner strength from family support and positive thoughts
- From people like you who make me welcome and try and motivate me.
- Every time my kids surprise me with their potential, it excites me and motivates me in doing more
- Think positive, putting yourself as with disabled; helping other with disabilities in any way you can
- My sister gives me strength – I like doing what she does
- Strength from our kids, energies from them
- My friends give me courage by helping me!
- Passion and encouragement



# ‘Winning at Interviews, Getting the Job That **YOU** Want’

By Amit Shah

There are lots of general job searching, self-development and self-help books out there to enable you to get the job that you want. I personally have never bought such books. My knowledge and the techniques in short are entirely based on what I have learnt in a classroom (e.g. Management Consultancy courses, formal training, MBA lectures and classes, etc.) coupled with largely what I have learnt on the job in the various consulting and project management roles that I've had over the years.

The following short section will give you a small insight into my experience and why I'm trying to help others using my experience and learnings. Anyone can apply these various learnings and insights

Over the years, I have worked at a few companies and have been to hundreds of interviews!

From these I have gathered various insights that I would like to share with others in order to help them in their job searches and careers.

To start off, as I was graduating with my undergraduate degree, I noticed that there were thousands of individuals graduating each year and of course the job market was becoming increasingly competitive. Having no work experience behind me, I decided that studying a post graduate degree will help differentiate me from other graduates and make my job search that much easier. Damn, was I wrong!

What I learnt the hard way was having a qualification like a degree was always good but getting real work and professional experience was much more powerful. I and many of my friends and class mates were under the illusion that as long we get a 2.1 as a minimum that we'll all walk into a good job and progress up the corporate ladder effortlessly. Damn - were we all

very wrong and deluded!

If you're currently applying or plan to apply for graduate positions, then you must have noticed that majority of organisations use various filtering techniques given how many graduates and soon to be graduates there are in the marketplace. A key filter / requirement are that the individual must have graduated from a leading university and have at least a 2.1 (upper second class) degree. To me it seems as though this academic requirement is getting stronger as the number of job seekers increase. More and more companies are employing these filtering criteria.

Many of my friends and class mates went on the hunt for their 1st graduate roles. But I decided, in order to differentiate myself from the growing competition, to study for a Masters straight after my Bachelor's degree. I was one of the lucky ones to get myself into a University with a great reputation and a school of study that was leading in its field.

I believed this decision would enable me to more easily secure a good graduate role and earn a higher starting salary. Damn – I was again wrong and mistaken!

Even while I was studying for my Masters, I was fortunate enough to attend some milk rounds and be invited to attend some interviews. Unfortunately none of these converted to a job offer. Therefore after finishing and being armed with a strong B.Sc. (Hons) and a specialist M.Sc., I started applying for many jobs. By many I mean into the hundreds because a global recession just began as I finished my Masters in 2001 and so many of the roles that I applied for while studying vanished (literally) overnight.

After some time of being unemployed, I made a key decision and began applying for non-

graduate roles as well just to get some work experience and in my mind I made the starting salary a secondary priority as the key priority for me was getting a job and gaining that invaluable work experience.

Over time, it became a numbers game where nearly every day I would go to an internet café (yes – these were the times where not every home had broadband access) and apply for approximately 5 jobs a day. 5 jobs a day now might sound like something you can do in an hour but in 2001 / 2002, internet speeds were much slower and the cost of using internet access in café's was very expensive. So given that I was unemployed, I naturally had very little money to play with and I had my self-pride so only in desperate times would I ask my parents for some money to help me out.

My numbers game started paying off and I was getting the interviews and on many occasions, I went through to the final interview or final stage. If I was a betting man, then I would have placed a bet that I would have secured a role shortly given the number of final interviews or final stages I was achieving. However, for different reasons, I never managed to secure a role. These reasons, I may share with the world at a later date and for the time-being let's focus on what's important at the moment.

This made me think why or how can I be so unlucky not to even get a single offer. The more I thought and analysed this situation, the more I learnt about how to play this career and recruitment game. I use the word, game, deliberately as this can be likened to a game of chess. In that there are some moves that you have control over and some moves you don't have control over but you can still predict with some sense of accuracy what moves or options are available to yourself and the other players.

As you can imagine, being in this situation, it becomes demoralising and depressing and you start doubting your self-worth. No doubt, this is a bad place to be but you have to keep going.

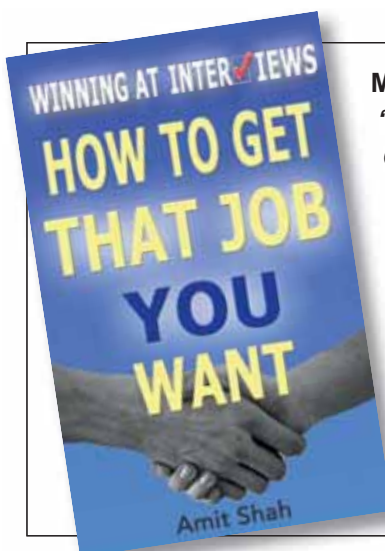


My break came when I managed to beat approximately 6000 applicants (nationally) and I was 1 of 7 individuals who was offered a graduate trainee role with a leading global organisation. The application and assessment process was long and gruelling but definitely worth it in the end.

In essence what I'm saying is that you need to view getting that job that YOU want as a project in itself and it should be managed in that way as well. Hence my short book will walk you through the practical steps that you can take and help get YOU that job that YOU want.

For any help on guidance please give me a call or send an Email.

**Amit Shah**  
**Mobile 07967 758 574**  
**[Amishah\\_uk@yahoo.co.uk](mailto:Amishah_uk@yahoo.co.uk)**



My book is called *'Winning at Interviews, Getting the Job That YOU Want'* and is available on Amazon, Apple, Barnes and Noble and many other online retailers. Please note that it's only available digitally and not as a paper version.



## My enlightening experience

For the last few years I have wanted to go to Bharatiya Grameen Mahila Sangh (BGMS) Bangalore Shishukunj to volunteer but I kept postponing it for one reason or another (not a usually important reason). I had read various updates about the work done at BGMS and how it had progressed over the years, particularly the students who had been performing well in their final exams and pursuing further education - this motivated me to definitely go to the ashram and help them prosper even more.

In October 2015, I finally made it to Bangalore. Initially I was a little nervous going to Bangalore by myself, but once I got to the ashram it instantly felt like my home for the next 6 weeks. The children were very welcoming, helpful and respectful and made sure I was comfortable at the ashram. The food provided was delicious and all the kitchen staff made sure I was very well fed (including cooking less chilli food separately for me which was appreciated).

The children are from various backgrounds with different abilities, and Kannada is their mother tongue. Some children knew a little English but some children had not learnt any English until they came to the ashram. I helped the children with their English grammar, reading and pronunciation and worked with children up to the age of 9. Spending time with the children individually and learning about their development points helped me tailor the one-on-one session to their level. The aim was to get the children to speak to each other in English rather than Kannada.

I helped some children from Class 1 to Class 3 individually in Maths to help them understand some of the concepts and clear any confusions they may have had, but also helped the rest of the students up to GCSE-level where required. Some of the topics are taught through play, for example, using coins and blocks to teach the concept of addition and subtraction. Taking a different approach to teaching maths made it enjoyable for the children. The rewards have been seeing the children progress over the 6 weeks in both English and Maths, especially those who were falling behind in their studies. The results range from a child developing a much better comprehension of the basics of the English language and being able to read a sentence more fluently, to being able to do two-digit subtraction. Every little step forward takes you to the destination of your journey!

The children have a desire to learn and are actively involved in yoga and sports. They have progressed on to play various sports at State level and District level like Volleyball, Cricket, Kabaddi and Table tennis to name a few. Playing various sports games with the children made me realise I am very physically unfit, but it was great to rediscover a world without technology.

Some of the children had not seen their families for a few years, because it was not affordable to make the long distance journey even for a day. For those whose parents stay in Bangalore, it is not affordable to even take half a day off work because that wage means a lot to them. This worthwhile experience has opened my eyes to a lot of things and makes you realise how lucky you are. The things we take for granted is a privilege for these children and their families. Life's too short so make the most of it, be happy and help those who require your assistance.

Leaving the ashram was the most difficult moment of my trip. The children asked me why I was going back and when I said I cannot get any more time off work, they told me to leave my job and stay at the ashram. They all called me didi [sister] and definitely treated me as their sister. It's the little gestures from the children that make it very memorable like the hugs from the children, the nicknames, their daily greetings, the hand-made leaving cards and their smiling faces!

Volunteering at the ashram has been one of the best experiences of my life and I would recommend it to anyone. The smiles, warmth, love and happiness from the children is something I will always cherish. Over the 6 weeks I became part of the Shishukunj Bangalore family which made it all the more difficult to leave. It was a great feeling being able to contribute in a positive way, rather than just passing through like a tourist. I hope to be back there soon.



Feel free to contact me on [rajvishah@hotmail.com](mailto:rajvishah@hotmail.com) if you require any more information regarding my volunteering experience or the ashram.



By Rajvi Harish Shah



## A True Jain - Devkaurben Fulchand Shah

Devkaurben Fulchand Shah was born in Naghardi in India in 1931. She came to Mombasa, Kenya in 1949. She spent a little time in Ruiru in Kenya and then Mombasa and then came to UK in 1972.

From early age she had complete faith in Jain religion. As a true Jain she would fast on many occasions and has many fasting feasts to her credit. She had completed a worshitaap in eight & half years. She also accomplished 3 Updhan Taaps, one Maas Khaman, one 16 upvas, one Navpad Holi, 24 Vardhman Taaps. For 50 years she did numerable fasts for 8 to 9 days during each

Pajoshan festival. She would also fast for departed souls of friends & family until he or she was cremated.

She was like a breath of fresh air. She won the hearts of anyone she came in contact with. She was simple, selfless and generous.

She would give generously to religious causes. In fact she would always bid where there was bidding for religious festivals. She contributed to many religious causes. Her contributions are well known in Jamnagar, Palitana, Shankeshwar, Botad, London and many other places.

In July 2015 she went to Palitana to participate in Chomasu organised by Bounds Green Satsang Mandal. In fact, she completed the 24th Vardhman Taap in Palitana and started the eight days of fasting for the Pajoshan festival.

On 15th September 2015, She went to Taleti and did a sanatra pooja. She experienced pain in the back and went to rest for a little while, where she had a heart attack and died peacefully that day. She will always be remembered for her great faith in Jain religion, generosity and kind nature.

She had three sons, four daughters, thirteen grandchildren and five great grandchildren and she will be greatly missed not only by the family but the whole Oshwal community.

## લંડન ની ધરતી પર જૈન સાશન ના હિરલા દેવકુરબેન કુલચંદ

દેવકુરબેનનો જન્મ ૧૯૩૧માં નાઘરડી ગામમાં થયેલ. ૧૯૪૯ માં તેઓ મોમ્બાસા આવ્યા. થોડો વખત રૂઢરૂમાં પણ વિતાવેલ. ૧૯૭૨માં લંડન સ્થાઈ થયા.

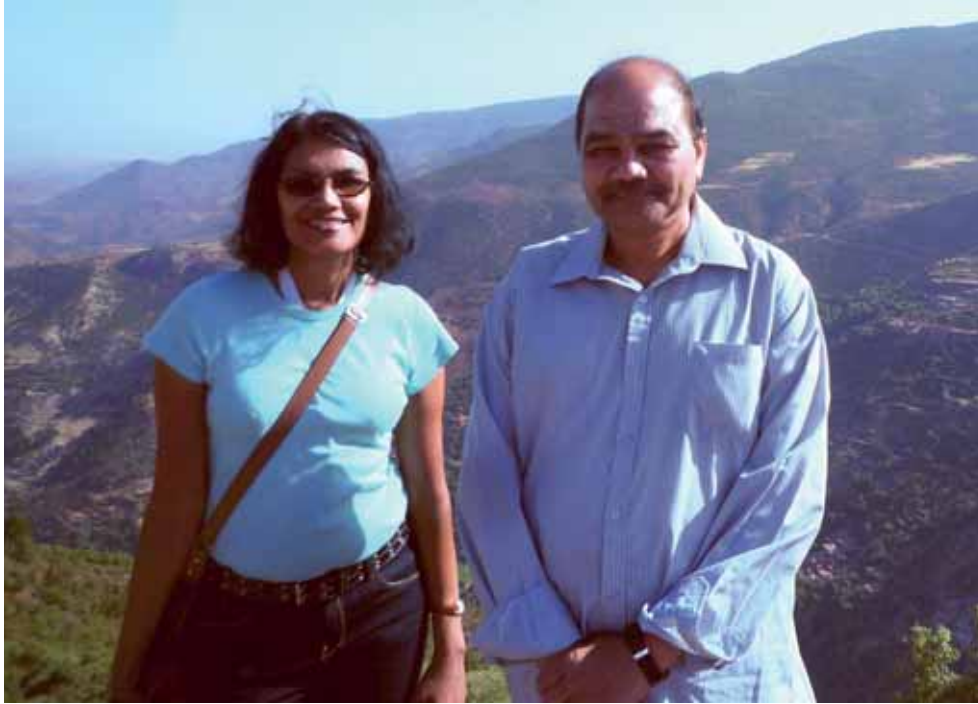
નાનપણથી જૈન ધર્મ તરફ રુચી હતી. જીવનમાં તેમની તપસ્યા નો હિસાબજ નથી. સળંગ આઠ વર્ષી તપ, ત્રણ ઉપવાસ તપ, માસક્રમણ, સોળ ઉપવાસ, નવપદની ઓળી, વર્ધમાન તપની ૨૪મી ઓળી, અને છેલ્લા પચાસ વર્ષમાં તો અઘાઈ અને નવાઈનો તો હિસાબ જ નથી. વચ્ચે નજીકના સ્વજનનું મૃત્યુ થાય કે તરતજ પચ્ચાણ લેતા અને જ્યાં સુધી સ્મશાન થાય ત્યાં સુધી ફક્ત પાણીજ વાપરતા. અને છઠ અઠમ તેમના ચાલુ થઈ જતાં.

આ જગતમાં ફૂલ ખીલે છે અને કરમાય છે તેની મહત્તા નથી, પણ એની વિશેષતા જે સુવાસથી જગતને મહેકાવે તે છે. તેવી રીતે દેવકુરબેને પોતાના સુવાસથી બધાના દીલ જીત્યા. તેઓ બહુજ દયાળુ, દાતાર, સંમતાધારી, હીમતવાળા હતા. તેમણે પોતાના સૌજન્ય અને સ્નેહથી જીવન વિતાવ્યું.

ગુરુ મહારાજ કે સગા સબંધી નો ફોન કે ટપાલ આવે તો પૈસાની સગવડ કરી તરત મોકલાવતા. બોલી બોલાતી હોય ત્યાં તેમની દાનની સરવાણી ચાલુજ હોય. તેમના નામની તકતી લંડન, જામનગર, પાલીતાણા, શંખેશ્વર, બોટાદ, ૨૪ જિનાલય વગેરે જગ્યાએ જોવા મળશે. અનેક જગ્યાએ આચંબેલ શાળા માં તિથિ લખાવેલ છે. કુલચંદભાઈ પેરેલાઈઝ હતા છતાં દેશમાં જાત્રા કરવા લઈ ગયા હતા.

જુલાઈ ૨૦૧૫ તેઓ ચાર્તુમાસ કરવા સિદ્ધાચલની શીતળ છાયામાં, દાદાજીની પાવન, નિશ્રામાં, પૂજ્ય ગુરુદેવના શુભ આશીર્વાદથી પાલિતાણા પધાર્યા. પર્યુષણમા અઘાઈ તપની શરૂઆત કરી, ૧૫ સપ્ટેમ્બરના છ ઉપવાસે તળેટીની જાત્રા કરી પાછા આવી સ્નાત્ર પુજા કરી. એટલેક આવતા દાદાનું સ્મરણ તેમનું ચાલુજ હતું. થોડા કલાક ની બીમારીમાં અરિહંત શરણ થયા. મોક્ષ નગરીની વાતે સંચરી ગયા. તેમના આત્માને ચીર શાંતિ મળે તેજ પ્રાર્થના ઐ શાંતિ





It said that when your parents die, you lose your past and when your child dies you lose your future. However, when your sibling dies, you lose a part of your past, your present, and your future. My brother, Paresh Shah, who has died aged 60, worked as a Telecom Engineer at British Telecom and was a keen fund-raiser and supporter of many charities. Including OAUK. He was born in Mombasa, Kenya, fourth of five children of Amritben and Meragbhai (Shah Merag Dharamshi). He was educated at Oshwal School.

In 1976, after the demise of his father and eldest brother, Paresh came to the UK ahead of his mother and sister. Extremely hard working, he attended night school while working full time during the day. As a child he loved taking things apart and putting them together again, so it seemed natural that we would become an engineer.

As a baby, Paresh won a baby show, at our Oshwal Mahajanwadi. He made his first debut into the public arena aged eight months in his mother's arms when she was invited to make a speech at a meeting. Both his parents were public-spirited and imbued Paresh with the same sense of altruism, compassion, consideration, thoughtfulness and willingness to lend a hand.

Of very adventurous spirit, Paresh and his friends discovered a place called Gombesar outside Mombasa, Kenya, when it was a jungle. They walked or cycled there, made their way into the undergrowth, and cleared the place. Today, it is a shrine and place of pilgrimage visited by many.

As a member of the Leo Club where he was the Tail Twister, he was the first in Mombasa to organise a Raas-Garba night of Gujarati folk dancing to raise money for charity.

He was a bright, intelligent and funny man. On the Thursday before he passed away, he took a lead role in carrying out mock elections at the group he attended to coincide with the General Election in the country. With his characteristic sense of humour, he named his party "The Banana Bunch Party" and came up with zany policies delivered with his typical dead-pan face. He was voted the winner! Even now, of his friends who have spoken with me, all mention his enormous sense of humour and wit, his gentleness and immense kindness.

In recent years Paresh's health deteriorated. He suffered two heart attacks and a stroke but still led an independent life. He had great strength of character, was full of fortitude, and had an optimistic personality. In particular he still found the energy to be a tower of strength to his little sister, Meena. Through every tragedy that they experienced, including the death of their father, mother and two brothers, Paresh and Meena confronted it together.

He passed away suddenly and unexpectedly but peacefully in his sleep at home in the early morning of Sunday, 10th May 2015. Wherever he is, we hope and pray that God grants him eternal peace and wish him a better, joyful, peaceful and happy next life, and move forwards in his journey towards salvation.

**Om Shanti, Shanti, Shanti**

## In loving memory of

### Birth

1<sup>st</sup> January 1927  
Gajana, India



### Death

1<sup>st</sup> December 2014  
Nairobi, Kenya

### **Late Maniben Devchand Ramji Shah**

A year has passed since you left us. While your physical presence has left a void, you continue to remain in our hearts and minds every day and we will always endeavour to walk in your steps and always remain in your eternal shadow.

Ba, you were a selfless individual, who always put the interests of others ahead of yours.

You were always an inspiration to us, always encouraging us, always proud of our achievements, our partners or our children's achievements be it cooking, driving tests, exams, university or other things we did.

Our bond as an extended family remains strong in testing times and in good times and that is a testament of the legacy that Bapuji and you have instilled in us. We will forever remain indebted to both of you for all that you have done for us.

**“Even in your absence, we feel your presence and that comforts all of us in knowing that your guiding star will always shine a light of hope for us.”**

**May your soul rest in external peace.**

***Om Shanti   Om Shanti   Om Shanti***

**Late Devchand Ramji Shah and family**

**With love from all your children, grandchildren and great grandchildren**



Om Vitragaya namah

Om Mahavirya namah

1922  
Sakhpar  
India



17.10.2015  
Thornton Heath  
Surrey

It is with great sadness we announce the demise of our beloved Ba, Maniben also known as Maniba. She left her mortal body on 17th October 2015 after a short illness at the age of 93 years. Our Ba was the daughter of Kachra Maya Haria and Khimiben Kachra Haria and one of eight siblings.

Our Ba was a woman of substance and in spite of losing her husband Meghji Shamji (our father) in 1967, she maintained her dignity and with courage she supported her family in hardship. She never lost faith in herself and always encouraged us to do the right thing. Our Ba was always optimistic and would say 'everything will be better tomorrow'.

She always supported her extended family and our relatives in their hour of hardship. She was a very religious person and it is fair to say that her second home was Palitana in India. She visited Palitana every year and sometimes twice a year; on each occasion she would stay in Palitana for months at a time. Our Ba was very well known in Palitana and everybody knew her as 'Bacha na Ba' or 'Maniba'.

In London she was one of the pioneers in establishing the Oshwal Mahajanwadi and Ghar Derasar in South London.

Those who knew her were touched by her presence and aura. She was such a kind and humble person and was always smiling. She was truly one in a million. Our Ba has left a huge legacy which will be cherished forever. We wish to thank all those who expressed their sorrow and grief in our time of need.

We will always remember our Ba.

With love

Mahendra (Manu), Surya, Khilan, Susan, Jacob, Reya, Rahul, Jenisha & Jaiden  
Ashok, Ranjan, Ritul, Dimple, Shaylen, Alpa, Dipan & Shamaya  
Shashi, Nayana, Keval, Deepa, Meera & Mitesh  
Dilip, Ila, Suraj, Rima, Sienna & Paras  
Kirit, Shaenaz, Amil, Virginia, Evan & Aaraa  
Narobdaben, Chagganbanevi, Nisha, Gulab, Paras, Abhay, Sailesh, Hansa, Sagar, Sarit,  
Mita, Atul, Sonia & Parit



In Loving Memory Of  
**SHANTILAL RANMAL MULJI SHAH**  
**(SUMARIA)**

Born: 3<sup>rd</sup> October 1941 (Nairobi, Kenya)  
Passed away: 26<sup>th</sup> September 2015 (London, UK)

Shantibhai was a kind and humble man whose greatest pleasure was to be in the company of those he cared for, be they family or friends.

He was selfless in all that he did, and worked tirelessly throughout his lifetime for his immediate & extended family, for his friends and the community. He was always there to lend a helping hand without expectation for anything in return. It's through this generous attitude that he built strong relationships with so many people and it is why he was so well respected.

His departure leaves a significant void in the life of our Mum, Ramaben, his wife of over 50 years, with whom he did everything - from regularly playing cards to travelling the world since their retirement. He is deeply missed by us, his three children and our respective partners, as well as his four grandchildren whom he loved dearly.

We, your family, love you and would like to thank you for being our guiding beacon in everything we do. You will always be in our hearts. May your soul rest in peace.

Om Shanti, Shanti, Shanti

We wish to express our heartfelt gratitude to all the family, friends and well-wishers who shared our grief and gave us strength and comfort through this sad time.

Ramaben  
Nishma & Glenn  
Sejal, Vijay, Mya & Kushul  
Rupen, Sushma, Aarush & Akshay



# 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.

### **OSHWAL CENTRE (Northaw)**

Coopers Lane Road  
Northaw  
Hertfordshire EN6 4DG

Tel: 01707 643838  
Info line 01707 661066  
Email: [admin@oshwal.org](mailto:admin@oshwal.org)  
Website: [www.oshwal.co.uk](http://www.oshwal.co.uk)

### **OSHWAL MAHAJANWADI (Croydon)**

1 Campbell Road  
Croydon,  
Surrey, CR0 2SQ

Tel: 0208 6830258

### **OSHWAL EKTA CENTRE (Kingsbury)**

366A Stag Lane  
Kingsbury  
NW9 9AA

Tel: 020 8206 1141  
Email: [ekta@oauk-nw.org](mailto:ekta@oauk-nw.org)

### **OSHWAL SHAKTI CENTRE (Hounslow)**

Inwood Road  
Hounslow  
Middlesex, TW3 1UX

Tel: 020 3441 1020  
Email: [shakticentre@oshwal.org](mailto: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](http://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.

