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સમાચાર

OSHWAL news

April 2017 Edition



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Spring Issue



JAIN PATHSALA CLASSES • BINGO NIGHT •
OSHWAL TREKKERS • VOLUNTEERS • RE-ACTIVE
CLUBS • BHAKTI EVENTS • HEALTH SEMINARS
• DERASAR EVENTS • DERASAR GARDENS •
OSHWAL CENTRE • SHAKTI CENTRE • EKTA
CENTRE • SOUTH LONDON (NEW) PROPERTY •
ANAND YATRA • DIWALI CELEBRATIONS • CHOPDA
PUJAN • E NEWSLETTERS • OSHWAL WEBSITE •
OSHWAL NEWS MAGAZINE • GUJARATI CLASSES
• CARD GAMES • BRIDGE CLUB • LOCAL EVENTS
• GREET & MEET • WEDDINGS • JINENDRA
BHAKTI MAHOTSAV • PRATHNA SHABHA •
PUJAS • CURRY NIGHTS • ENABLING EVENTS •
GARDEN PARTIES • VIP VISITORS TO DERASAR •
MEMBERSHIP CARDS & DIRECTORY • OSHWAL
SPORTS • PARYUSHAN • NETWORK CLUB





Jai Jinendra

I hope the New Year has started in the right direction for

you; I am waiting for the better weather and some sunshine! I hope you have booked your holidays! We have lots going on at OAUk, the reports in this magazine, E Newsletters that we send out, and the various write ups and pictures on the Oshwal website provides you with good information. I hope you find the time to see this? I have been looking at the long list of our members who have passed away; this is so sad and very unfortunate, over the last 12 months alone we have lost over 300 dearest people, and all the families affected will miss them so much. I hope they have found peace and harmony in a different place.

To stop us dying early we must take health matters very seriously, make improvements to our diet and do more exercise, relax and be happy, do not be put under pressure or give hard times to others, peace and harmony are key to a good life. If any member is having problems please approach anyone of the Trustees to have a one to one chat. All the problems can be solved.

All the various Committees and the EC Trustees have been very busy arranging events and programmes for our members; I send my thanks to everyone and also the Advertisers who support us regularly. I would be most delighted if more of our members would join the £120 scheme, this is a very small amount to pay if you are in full time employment and these days most people are doing so well in their careers or businesses. Our forefather worked hard to make futures more secure. In these difficult times the community can play a major role, so please give your support.

Next year we will be celebrating our 50th anniversary many events are being organised to mark this special occasion, please get involved and join us, we will publish full details in the next issue.

Jai Oshwal

Sudhir Meghji Shah

Trustee and Editor of Oshwal News

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07785 710914

**The deadline
for the next
magazine (late
July 2017 issue)
is 15th June
2017**

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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 seperate PDF file.

Submit your publication material by emailing:

Sudhir Meghji Shah at sudhir.shah@oshwal.org

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President's Message

Jai Jinendra

We are into the Spring of 2017. Our 49th year as an Oshwal Community organisation in the UK. Next year we celebrate 50 years! Who would have imagined the progress our community has made since those early days when we first started. We will all receive wedding invitations in the coming months, it is wonderful to see many 2nd generation Oshwals getting married at our Centre. Now more than ever, the importance of our community matters, in keeping our ties, strengthening our bonds and remembering our history.

April will see the current Executive Committee complete our first year of this current term. The time has flown by, and together we to continue the work and develop our Association further. By the time you receive this edition of Oshwal News, all our 9 Areas will have held their AGM's. Our Association's Central **AGM** is on **Sunday 30th April 2017**, and I encourage you all to attend. This is an opportunity for members to be briefed about the work we are undertaking, to ask questions and to hear about what we have planned for the future.

As you may be aware a Special General Meeting was held in February 2017, where members approved the purchase of a new site in South London to replace the current Mahajanwadi. We are in the process of obtaining a change of use for this property. We will share more information on this at the AGM.

Earlier in the year, we shared details of the Vision Plan. I am pleased to inform members that we are on track with our Consultants and Architects to plan and seek Pre-Planning approval for the construction of 200 Retirement flats, Sports hall and additional facilities on our site at Northaw. Plans have also been submitted to expand our Derasar and hopefully by mid-May we will have some positive news.

As you can see, there is much work being undertaken, and of course this means as a community we will need skilled and experienced members to continue and take this work forward if we are to succeed as an Association. Up until now we have had members being elected to lead the Association, and they have all successfully undertaken that role. Today, the role of the leaders has increased substantially. This

demands a considerable amount of time from their social and working life, to meet the demands of the Associations' work.

Going forward we will need to re-think, the structure of the Association, and as a first step, we are proposing some amendments to our Constitution to help us retain some skilled and talented Trustees. The changes we are proposing will ensure we have some continuity, subject to our normal election procedures. These resolutions will be explained during our AGM and we are seeking your blessings and approval. OAUk is embarking on a new chapter in its history. Over the next few years as we have major projects and expenditure being planned and do not wish to see experienced Trustee's skills wasted.

In this edition of Oshwal News, we have publish a list of our Members who are supporting us on our £120 scheme. I take this opportunity to thank all those who are supporting us in this scheme. However as you can see from the list, with a membership of just short of 15,000, we have a long way to go !!

I would like you all to consider that each Trustee, holds a full time job, has a family to look after, and is also serving the community in all the spare time and they are also contributing to the £120 scheme. Then why is it that so many of our members who are able to contribute to the sum of just 33p a day for their own community are not signing up immediately? For those not contributing, my fellow Trustees and I would be glad to hear from you and the reasons why?

A community only prospers with the involvement by all. Standing on the sideline is not an Oshwal Vision, which our senior members worked towards in their young age.

Jai Oshwal, Jai Mahavir

Tushar J. Shah
Hon. President, OAUk
Email :
president@oshwal.org
Tel. 07816 430808





Oshwal Association of UK

Scotland Highland Tour

An ideal tour through the scenic Scottish Highlands shadowing the mighty Ben Nevis surrounding yourself with spellbinding scenery

What you see:

- **Glasgow:** city tour, George's Square, Glasgow Cathedral, University of Glasgow, People Place
- **Nevis Range:** Gondola Ride
- **Pitlochry:** Cashmere shops
- **Inverness:** Aviemore, Cairngorm Mountain, Glencoe, Fort Williams, Loch Ness, Spean Bridge
- **Edinburgh:** Edinburgh Castle, St Giles Cathedral, Edinburgh Orientation tour
- **Stirling:** Stirling Castle & Wallace Monument (both from outside), Battle of Bannockburn



What you get:

- 3 nights in 3/4 star hotels with breakfast
- Entrances to all excursions as per the itinerary
- Light lunch, snacks and Indian dinner
- Executive coach transport
- Tour operators: Sona Tours
- All tips included

Pick up and Drop off points:

- Sona Tours Offices, Harrow
- Toddington Services, M1
- Catherine St, Leicester

26 May, Fri, Day 01	London – Leicester – Lake District – Glasgow – City Tour	[X] B'fast, [Y] Light Lunch, [Y] Dinner
27 May, Sat, Day 02	Loch Lomond – Glencoe – Nevis Range – Spean Bridge – Loch Ness – Inverness	[Y] B'fast, [Y] Light Lunch, [Y] Dinner
28 May, Sun, Day 03	Aviemore – Cairngorm Train ride - Pitlochry – Edinburgh Castle	[Y] B'fast, [Y] Light Lunch, [Y] Dinner
29 May, Mon, Day 04	Battle of Bannockburn – Stirling Castle – Wallace Monument – Gretna Green – Leicester - London	[Y] B'fast, [Y] Light Lunch, [X] Dinner

Adults	£360	Prices based on twin sharing OAUK members
Child 2-11 years	£245	Child price based on 2 adults sharing
2 nd child	£215	Maximum capacity of 3 in a room
Infant 0-23 mths	£90	2 nd child (no bed) to share with parents
Single traveler	£500	Infant price is for coach seat only

Booking by non-refundable £50 deposit payable to Sona Tours before 21st April 2017 with balance payment by first week of May
Booking form available on request by email to dravina.a.shah@areas.oshwal.org T&Cs apply.

For all enquiries contact, Bhavnaben Shah on 07515 868 291

***** All travelers to have their own travel insurance cover *****

This trip is organized by Sona Tours as the tour operator. Oshwal Association of the UK is facilitating this trip for its members and accepts no liability for the trip for any loss or damage howsoever occurred. Suitability to travel and participate in any activities is at the individuals own risk and if you are unsure, please consult your doctor before booking.




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Friday 5th May 2017

7.45pm Be seated
8.00-8.30pm Video Presentation
8.30-10.00pm Pravachan

Oshwal Association of the UK
Coopers Lane Road
Potters Bar EN6 4DG

FREE ADMISSION
DISCOURSE WILL BE IN GUJARATI



Above and right: The South London 'property purchase' Special General Meeting was held at Oshwal Centre, and drew a large crowd of interested members.

Congratulations on the decision to purchase the new property for South Area.



120 Donor Scheme Participants

OAUK fully appreciate that the following people have come forward and joined the £10 a month contribution scheme to help the community in many projects for your elderly and young. Thank you from all EC Trustees. Donation forms can be downloaded from the website: <https://www.oshwal.org.uk/members/>

EC Elected Trustees

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Ashok Mulchand Shah
Aswin Babulal Shah
Bhavni Amritlal Shah
Bhikhalal Velji Bidd
Chiman Samji Shah
Dhirajlal Devraj Shah
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Ashwin Virpar Shah
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Bhartiben Babulal Shah
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Lata Ashwin Shah
Rasikant Nathu Shah

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Bansi Chandulal Shah
Hiten Ramniklal Shah
Anonymous
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Narendra Dharamshi Shah
Navinchand Dharamshi Shah
Prakash Amritlal Shah
Rameshchandra Dharamshi Shah

Rasik Shamji Shah
Rasikant Nathu Shah
Sumita Shantilal Shah
Vinod Raichand Shah

Leicester Area Committee

Nil

Leicester Area Members

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Mansukhlal Nemchand Shah
Premchand Raishi Shah
Ramniklal Lalji Shah
Swerupa Ashwin Gosrani

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Ajita Rajesh Shah
Anonymous
Dipak Vidhu Shah
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Neil Bharat Shah
Rajesh Zaverchand Shah

Luton Area Members

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Ashokkumar Mohanlal Shah
Dipan Navin Shah
Hansaben Sobahg Shah
Hitesh Shantilal Shah
Kantilal Harakhchand Shah
Milan Zaverchand Shah
Navin Devraj Shah
Navin Mohanlal Shah
Priya Navin Shah
Rajendra Gulabchand Shah
Rashmikant Tejshi Shah
Rekha Sarad Shah
Subash Raichand Shah
Sulbha Dipak Shah
Suryakant Punja Shah
Taruna Ashwin Shah
Vilasben Somchand Shah

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Arvind Dharamshi Shah
Chandulal Devchand Shah

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Dilip Khetsi Maroo
Harsha Ketan Shah
Kuntesh Babulal Shah
Mayuri Mansukhlal Shah
Nitesh Panachand Shah
Shailan Premchand Shah
Suresh Velji Shah

North Area Members

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Amratlal Popatlal Shah
Anjana Arvind Shah
Aruna Somchand Shah
Aruna Dhirajlal Shah
Ashwin Nathoo Malde
Atul Jeshang Shah
Bajul Amratlal Shah
Chandra Bharmal Sumarria
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Dilipkumar Mohanlal Shah
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Gulabchand Mulchand Shah
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Harsha Ketan Shah
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Hasmukh Popatlal Chandria
Jitendra Meghji Shah
Kanchanben Shantilal Shah
Ketan Premchand Shah
Ketan Ratilal Shah
Lalitaben Lalji Shah
Meena Chandfra Sumaria
Milan Jayantilal Shah
Mitesh Ramji Shah
Narendra Ramniklal Shah
Anonymous
Nickil Ramesh Shah
Nilesh Meghji Shah
Nishma Milan Shah
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Prabha Narendra Shah
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Varshita Ashit Shah
Vijyaben Devshi Shah
Vimlaben Dilip Shah
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Viren Padamshi Shah
Vishaal Kantilal Shah
Yogesh Lalji Shah

North East Committee

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Rohit Zaverchand Bid

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Aruna Ashok Shah
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Prabodh Manilal Shah
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Ramesh Chhaganlal Shah
Rameshchandra Raishi Shah
Ranjan Ashwin Haria
Anonymous
Anonymous
Shashikant Gosar Haria
Anonymous
Sudhir Satyendra Shah
Tushin Vineshchandra Shah
Vinay Lalji Shah
Anonymous

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Hansaben Jayantilal Shah
Manjuben Bhikhalal Bidd
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Hasmukh Haria
Madhusudan Somchand Shah
Rajendra Zaverchand Shah
Suresh Popatlal Shah

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Jayantilal Lakhamshi Shah
Mahesh Liladhar Shah
Nirmal Chandrakant Shah
Sailesh Punja Shah
Vinodkumar Lakhamshi Shah

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Ajay Somchand Gudka
Ajitkumar Hirji Shah
Ajitkumar Punja Shah
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Alkesh Dinesh Shah
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Amit Ratilal Shah
Amit Ratilal Shah
Amratlal Karamshi Haria
Amratlal Velji Shah
Amritlal Kanji Shah
Anil Keshavlal Shah
Anil Motichand Shah
Anonymous
Anilkumar Premchand Malde
Anilkumar Shantilal Shah
Anilkumar Virchand Malde
Anish Shantilal Shah
Anita Jayantilal Shah
Anjana Satish Shah
Anjani Nirmal Shah
Anjali Deep Shah
Anooj Mahilesh Dodhia
Ansu Amritlal Shah
Anuj Ottamchand Shah
Anup Zaverchand Shah
Arunkumar Gunvantrai Haria
Ashik Arunkant Shah
Anonymous
Ashok Shah
Ashwin Motichand Shah
Atula Milan Shah
Bakul Mohanlal Shah
Bansi Hiren Shah
Anonymous
Anonymous
Anonymous
Anonymous
Bhaves Hasmukh Haria
Bijal Harakhchand Shah
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Chandrakant Khetshi Shah
Chandrakant Mepa Shah
Chandrakant Raishi Shah
Chandresh Manilal Shah
Daksha Raaxeet Shah
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Deep Dinesh Shah
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120 Donor Scheme Participants

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Dhiren Meghji Shah
Dilharlal Devraj Shah
Dilip Juthalal Shah
Anonymous
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Dilip Tejshi Shah
Dilipchand Nemchand Shah
Dipak Devshi Devji Shah
Dipali Hemal Shah
Dipen Jayantilal Malde
Dipti Jitesh Shah
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Rasila Pratul Shah
Rasmikant Khetshi Shah
Ratilal Devchand Shah
Raxa Mahilesh Dodhia
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Rekha Shashikant Shah
Rikhav Kirit Shah
Ritesh Keshavlal Gudka
Ritesh Maganlal Shah
Ritula Nikunj Shah
Sandeep Motichand Savla
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Anonymous
Sarad Chhaganlal Shah
Sarla Bhagwanji Shah
Sarlaben Dhirajlal Shah

Anonymous

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Savan Himatlal Shah
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Shailesh Juthalal Shah
Shakunt Vinodrai Shah
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Subhash Govindji Shah
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Umesh Jayantilal Shah
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Usha Suryakant Shah
Uttamchand Ranmal Shah
Vasanti Navin Shah
Anonymous

Vilash Dilip Shah

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Vimal Lalji Shah
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Vinaychand Kanji Shah
Vipin Ratilal Dodhia
Vishita Punit Shah
Anonymous
Anonymous

South Area Committee

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Hiten Panachnad Savla
Hitesh Panachand Shah
Neel Jayantilal Shah
Nipun Premchand Shah
Pravin Zaverchand Shah
Pushpa Bhimji Shah
Rajesh Sobhagchand shah
Sandip Premchand Shah
Shashikant Premchand Shah

South Area Members

Anonymous
Bharat Nemchand Shah
Bhimji Kachra Shah
Chhaganlal Virpar Gudka
Chunilal Kachra Shah
Girish Devchand Dodhia
Hasmukh Amritlal Shah
Hitesh Chandra Premchand Shah
Jayantilal Meghji Shah
Kalavati Kantilal Shah
Kantilal Lakhamshi Shah
Kantilal Premchand Shah
Kantilal Raichand Shah
Kaushik Samat Shah
Madhu Pankaj Shah
Mahendra Hansraj Shah
Minaxi Hasmukh Shah
Anonymous
Nayana Jayantilal Shah
Nesha Nimish Shah
Nimish Jayantilal Shah
Pankaj Virji Shah
Ramniklal Kachra Shah
Ramniklal Velji Shah

Anonymous

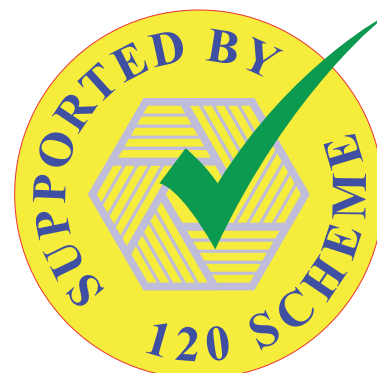
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Anonymous
Shrikesh Nemchand Malde
Velji Devraj Shah

West Area Committee

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Arvind Devchand Vora
Ashwin Lakhamshi Shah
Bhikubhai Devchand Shah
Dilip Ramniklal Shah
Keshavji Nathoo Shah
Kirit Nagshi Shah
Nijesh Jayantillal Shah

West Area Members

Anita Kirit Shah
Bindesh Premchand Shah
Divya Vipul Vora
Anonymous
Kantilal Premchand Shah
Karuna Harish Shah
Keshavlal Pethraj Shah
Kiranchandra Kachra Shah
Kusum Suresh Shah
Lalitkumar Nagshi Shah
Manju Bhikubhai Shah
Mukund Devji Shah
Neal Chunilal Shah
Nitin Gulabchand Maru
Rekha Dhirajlal Shah
Sarith Kirit Gada
Shantaben Dhirajlal Shah
Suresh Meghji Shah



We thank these individuals and families for joining the 120 Scheme to support the Oshwal community.
A 120 Scheme donation form is on page 98.

2016-2017: Remembering our beloved ones



**Late Paniben
Raichand Shah**



**Late Jashodaben
Meghji Shah**



**Late Puriben
Bhagwanji Ramji
Shah**



**Late Jiviben
Padamshi
Lakhamshi Shah**



**Late Kapurchand
Dayalal Devraj
Shah**



**Late Keshavlal
Jivraj Raja**



**Late Rambhaben
Punraj Depar
Dhanani**



**Late Nemchand
Kachara Depar
Savla**



**Late Chandrakant
Virchand Khimji
Shah**



**Late Shantaben
Devchand Hemraj
Shah
(Kharaberaja)**



**Late Anjli Ramesh
Mulji Shah**



**Late Ramniklal
Lakha Jivraj Malde**



**Late Nirmara
Gulabchand Popat
Jakharia**



**Late Jayaben
Rajnikant Shah**



**Late Jivibai
(Jayshreeben) Hirji
Ladha Mepa Haria**



**Late Dhirajlal
(BABU) Raishi
Karamshi
(Khimashia) Shah**



**Late Laxiben
Hansraj Popat
Shah**



**Late Popatlal
Lakhamshi Nagda**



**Late Gangaben
Bharmal Meghji
Raja Shah**



**Late Premchand
Sojpar Nathoo
Shah**



**Late Motiben
Hansraj Chandaria**



**Late Somchand
Meghji Parbat
Shah (Zakharia)**



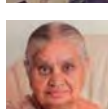
**Late Induben
Harakhchand
Govindji Maru**



**Late Amratlal
(AMU) Nemchand
Devshi
(JAKHARIA) Shah**



**Late Keshavlal
Makanji Bhoja
Shah (Dodhia)**



**Late Virmatiben
Harakhchand Shah
(Galaia)**



**Late Mahendra
Raishi Deva Shah**



**Late Pushpaben
(Paachiben)
Govindji Punja
Shah**



**Late Binduben
Rajen Velji Shah**



**Late Meghji Lalji
Khimji Karania**



**Late Jayaben Velji
Pethraj Gudka**



**Late Amritben
Bhimji Velji
Nongha Shah**



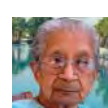
**Late Ratilal
Dharamshi Jesh
Shah (DODHIA)**



**Late Beju
Devchand Ramji
Govindji Shah**



**Late Khimji
Karman Mokar
Gudhka**



**Late Kasturben
Vaghji Raishi Shah**



**Late Chandulal
Devchand Kachra
Shah (Haria)**



**Late Bindu Devshi
Bharmal Shah**



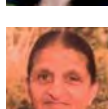
**Late Hiraben
Maganlal Devshi
Gosrani**



**Late Monghiben
(Rambhaben)
Virchand Pethraj
Khimasia**



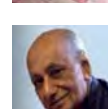
**Late Kasturben
Rajpar Nathu Maru**



**Late Shantaben
Chhaganlal Ramji
Shah**



**Late Jamnaben
Somchand Shah**



**Late Jayantilal
Somchand Hirji
Shah**



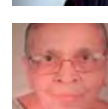
**Late Smruti Dilip
Kalidas Shah
(Sumaria)**



**Late Sarlaben
Amritlal Punja
Shah**



**Late Kanchanben
Jayantilal Punja
Patani**



**Late Savitaben
Raichand Nathoo
Lakhtir Malde**



**Late Praful
Karman Virji Shah**



**Late Sushilaben
Rajnikant
Devchand Haria**



**Late Shantaben
Dipchand Meghji
Maroo**



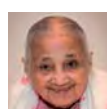
**Late Lalitaben
Jayantilal Haria**



**Late Miss Induben
Nemchand Anand
Chandaria**



**Late Arun
Harakhchand
Nemchand Shah**



**Late Kankuben
Hemraj Jesang
Shah**



**Late Chandulal
Jeshang Shah**



**Late Sarojben
Vijay Shah**



**Late Kasturben
Gulabchand
Bharmal Shah**



**Late Pravinchandra
(Batuk) Devchand
Karman Shah**



**Late Santokben
Mulchand
Panachand Rajpar
Sura Haria**



**Late Champaben
Premchand Kanji
Jakharia**



**Late Minakshiben
Vipin Panachand
Shah**



**Late Nirmalaben
(Nimuben)
Jayantilal Nathoo
Gada**



**Late Santokben
Ramji Tejshi Haria**

2016-2017: Remembering our beloved ones



Late Mrs Dipti (DIPU) Jasvir Singh



Late Amritben Raichand Dharamshi Shah



Late Motiben Zaverchand Shah



Late Champa Panachand Bharmal Shah



Late Mrs Ratan Motichand Virpal Shah



Late Shantilal (Babu) Velji Hirji Shah (Bidd)



Late Khimji Devji Maroo



Late Premchand Hemraj (Khetshi) Shah



Late Ashvinkumar Meghji Karman Shah



Late Dipak Zaverchand Pethraj Shah



Late Mrs Jayaben Bhagwanji Hansraj Shah



Late Vaghji Velji Depar Gudka



Late Paniben Devchand Khetshi Shah



Late Kanchanben Suresh Motichand Shah



Late Mulchand Panachand Rajpar Sura Haria



Late Chhaganlal Punja Devraj Harania



Late Laxmichandbhai (Bau) Velji Premchand Shah



Late Chhotalal Lakhamshi Jetha Dodhia



Late Maniben (Muktaben) Mohanlal Meghji Bid



Late Ladhiben Nemchand Hirji Gudka



Late Santokben Sojpar Rajpar Shah (Nagaria)



Late Shantaben (Santokben) Liladhar Samat Dodhia



Late Kapoorbhai Maganlal Popat Chandaria



Late Shantaben Premchand Kachra Savla



Late Motiben Virpal Shah



Late Amritlal Popatlal Naya (Dilip)



Late Fulchand Narshi Anand Shah



Late Kishore Premchand Shah



Late Priti Mukesh Shah



Late Kousoumben Santilal Shah



Late Sobhagchand Mepa Punja Malde



Late Gomiben Meghji Kachra Shah



Late Manchhaben Virchand Malde



Late Amritben Gulabchand Karamshi Shah



Late Gangaben Samat Rajpar Shah (Nagaria)



Late Chandrakant Ladhachai Raymal Shah



Late Ila Nayan Patel



Late Premchand Dharamshi Anand Shah



Late Kantaben (Maniben) Khimji Keshavji Haria



Late Nyalchand Velji Kachhra Sumaria



Late Hansaben Bhagwanji Manekchand Khimasia



Late Sushilaben Venichand Waghji Gosrani



Late Kanta (Bena) Velji Lalji Malde



Late Maghiben Ranmal Shah



Late Narmadaben Shah



Late Dr. Motichand Hansraj (Hadha) Gosrani



Late Nayan Zaverchand Shah



Late Motichand Vidhu Padamshi Shah



Late Merag (Meghji) Samat Dhanani



Late Zaverchand Dharamashi Shah



Late Mohan Khetshi Hansraj Shah



Late Shantilal Lakhamshi Shah



Late Ratilal Devchand Gudka



Late Kirtilal Narshi Shah



Late Kanjibhai Dharamshi Sura Shah



Late Kasturben Premchand Devraj Shah



Late Kasturben Premchand Savla



Late Jasodaben Meghji Haria



Late Sudhaben Rajnikant Fulchand Shah



Late Vijay Zaverchand Kalidas Bidd



Late Vipul Kapurchand Vora



Late Jethiben Mohanlal Ladha Shah



Late Radhaben Raichand Mulji Malde



Late Harshavadan (Harshad) Premchand Khetshi Shah

2016-2017: Remembering our beloved ones



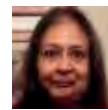
**Late Anuj (Anoj)
Nathalal Hirji Shah**



**Late Vinod
Mohanlal Hemraj
Shah**



**Late Sushilaben
Motichand Gosrani**



**Late Nisha Gulab
Raichand Punja**



**Late Premchand
Velji (Gudka) Shah**



**Late Ratilal
Dharamshi Mulji
Shah**



**Late Hemraj
Sangan Depar
Shah**



**Late Amrit (Ranju)
Pankaj Shah**



**Late Maganlal
Nemchand Shah
(Khimasia)**



**Late Ramniklal
Dharmshi Poonja
Dhanani**



**Late Radiatben
Ratilal Virpar Shah**



**Late Dipak
Premchand Raishi
Maru**



**Late Bhagwanji
Punja Merag Shah**



**Late Paras Udian
Amratlal Kachra
(Sumaria) Shah**



**Late Khimji
Raichand Shah**



**Late Jayantilal
Kanji Lalji Shah**



**Late Nirmalaben
Mansukhlal Shah**



**Late Jayaben Velji
Makanji Shah**



**Late Panachand
Jivraj Shah**



**Late Sailesh
Shantilal Devraj
Kachra Shah**



**Late Amratlal
Devraj Nongha
Galaiya**



**Late Santokbai
(Santaben)
Zaverchand Virpal
Shah**



**Late Jayendra
(Jayu) Khetshi
Karman Gudka**



**Late Mokar Narshi
Vira Shah (Savla)**



**Late Ratanben
Mulchand Ranmal
Shah**



**Late Rambhoben
Premchand Popat
Shah**



**Late Amratben
Govindji Ramji
Shah**



**Late Motichand
Lakhamshi Lalji
Shah**



**Late Maniben
Mohanlal Merag
Malde**



**Late Laxmi Babulal
Premchand
Chandaria**



**Late Maniben Kanji
Mepa Harania**



**Late Nemchand
Virpar Lakha Shah**



**Late Radiatben
Lalji Kachra Savla**



**Late Rasiklal
Lakhamshi Ladha
Gudka**



**Late Rameshbhai
Vaghji Gosrani**



**Late Pankaj Mulji
Nathoo Sumaria**



**Late Sonya Praful
Maganlal Shah**



**Late Nila
Yatinkumar Dodhia**



**Late Mukesh
Keshavlal
Bhagvanji Galaiya**



**Late Jitendra
Samji Meghji
Malde**



**Late Raichand
Lakha Parbat Haria**



**Late Harakchand
Devchand Kanji
Shah**



**Late Hemlataben
Amritlal Punja
Patani**



**Late Kirtikant
Punja Hirji Gudka
(KP Shah)**



**Late Hemkurben
Nemchand Devshi
Gudka**



**Late Kasturben
Kanji Khimji Shah**



**Late Kailashben
Pankaj Dhanani**



**Late Ratanben
Juthalal Punja
Maru**



**Late Bhikhubhai
Dharamshi
Lakhamshi**



**Late Sudhaben
Rasik Narshi Shah**



**Late Ratanbai
Juthalal Raishi
Haria**



**Late Dr. Nemchand
Nathoo Tejshi Vora**



**Late Ramji Khimji
Shah**



**Late Sarlaben
Rashmikant
Nemchand Shah**



**Late Anilkumar
(Ashok) Shantilal
Virpar Shah (Bid)**



**Late Kasturben
Somchand
Padamshi Shah**



**Late Alpesh
Rameshchandra
Shah**



**Late Jiviben
(Jyotsna)
Chimanlal Malde**



**Late Purvi Sanjay
Shah**



**Late Sumatiben
Lalchand Bhimji
Keshavji Gudka**



**Late Khimjibhai
Lalji Mepa Sumaria
Shah**



**Late Radiatben
Harakhchand
Venichand
Khimchand Shah**



**Late Smt.
Devkurben
Keshavji Lalji
Malde**



**Late Chetan
Keshavlal Velji
Dodhia**

2016-2017: Remembering our beloved ones



Late Gomiben Hirji Devraj Gudka



Late Kasturben Hemraj Pethraj Shah



Late Jayantilal Lalji Gosar



Late Amritben Panachand Mepa Shah



Late Mukesh Rajalal Harania Shah



Late Sureshchandra Ramji Shah



Late Mr Dhirajlal Virpal Devshi Shah



Late Navinchandra (BATUK) Shavji Kachara Zakharia



Late Chandulal Meghji Vira Shah



Late Mrs Lalitaben Somchand Lalji Chandaria



Late Narbadaben Kantilal Devchand Karman Shah



Late Mansukhlal Lakhamshi Mepa Shah



Late Nandlal Devshi Mepa Malde



Late Shantilal Popatlal Naya Shah (Batuk bhai)



Late Mahendra Jesang Devshi Khimasia



Late Rupaben Lakhamshi Pethraj Galaiya



Late Gulabchand Jesang Popat Haria



Late Mrs. Kasturben Raichand Hirji Shah



Late Jayantilal Sunderji Lalji Haria



Late Ratilal Mulchand Punja Shah



Late Hansaben Bharmal Devraj Shah



Late Shantilal Devraj Kachra Shah



Late Zaverbai (Javiben) Nemchand Mepa Shah



Late Rama Shantilal Shah



Late Kankuben (Kantaben) Premchand Govindji Shah



Late Kasturben Jayantilal Shah



Late Rupaben Gosar Devshi Haria



Late Raniben Bharmal Devraj Sumaria



Late Gulabchand Hirji Vidha Zakharia



Late Kasturben Somchand Pethraj Shah



Late Nirmala (Nimuben) Shantilal Kanji Lalji Shah



Late Mr. Mital Shashikant Shah (Tiku)



Late Shantaben Amritlal Shah



Late Suryakant Gosar Shah



Late Maniben Panachand



Late Rashminkumar (Rashmin) Velji Lalji Malde



Late Kanchanben (Benaben) Harilal Shah



Late Jyosmita (Mitu) Kirti Haria



Late Ramniklal Popatlal Dharamashi Haria



Late Maniben Khimji Ramji Shah



Late Amratben Somchand Bhimji Nagda



Late Ranmal Mulji Narshi Malde



Late Shantaben Mansukhlal Shah



Late Raichandbhai Rajpal Gada



Late Mr. Juthalal Bhoja Hadha Zakharia Shah



Late Merag Narshi Nathoo Shah



Late Savitaben Amritlal Nathoo Shah



Late Mr. Pramodkumar Keshavlal Shah



Late Ratilal Karman Pethraj Shah



Late Narmadaben Khimji (Bhagubhai) Lalji Shah



Late Kailas Bhupendra Khetshi Lakha Shah



Late Mahendra Meghji Virpar Haria



Late Rajesh Jayantilal Shah



Late Jayshree Dipak Chhaganlal Shah



Late Pushpaben Vaghji Hirji Shah



Late Sarojben Ratilal Meghji Gosrani



Late Jayantilal Lakha Jivraj Malde



Late Ratanben Jethalal Bharmal Shah



Late Parulben Shah



Late Mansukhlal Premchand Ramji Shah (Zakharia)



Late Laxmiben Keshavlal Chandaria



Late Kantilal Ramji Meghji Shah



Late Shantilal Hirji Karamshi Shah

કોણ નિયામક અથવા સર્વોપરી છે- મારા કર્મ કે હું?

પૂર્વના સંચિત સુકર્મો થી જ આપણને માનવ ભવ તથા જૈન કુળ માં જન્મ મળ્યો છે.” સવિ જીવ કરું શાસન રસી” એમ કહી વીર પ્રભુ એ તેમની કરુણા અને વાત્સલ્ય સમગ્ર વિશ્વ ના જીવ પર વરસાવ્યા છે. તેમનું આયમન કરવા આપણે વિશેષ ભાગ્યશાળી બન્યા છીએ. ધર્માનુરાગી રહેવા છતાં સંસારમાં રહેવા ને કારણે રાગ ધ્વેષ ની ઉત્પત્તિ ના કેટલાય કારણો નું આપણે ભોગ બનવું પડે છે. મન, વચન અને કર્મના પ્રમાદ જાણે અજાણ્યે થઈ જાય છે.

કર્મના બંધન માથી સંવર અને નિર્જરા ના રસ્તે મુક્તિ મેળવવા ઈશ્વર સ્મરણનો માર્ગ – રાજમાર્ગ છે. ઈશ્વરની ભક્તિ એ નિષ્કામ કર્મનું બીજું નામ છે. ફળની આસક્તિ માં લલચાયા વગર નિષ્કામ ભાવે કર્મ એજ ભક્તિ છે. સમકિત ભાવે રાગદ્વેષ રહિત કર્મ કરવાનો ઉપદેશ ધર્મ આપે છે, કારણ કે રાગદ્વેષ માટે ઇત્યાદિ દોષ આપની બુદ્ધિને કુઠિત કરી નાખે છે અને માનવીને અ વળે માર્ગે લઈ જાય છે. આસક્તિ રહિત જે કર્મ કરીએ તે ફળની આશા રાખ્યા વગર કરવું. કર્મ ફળ રહિત હોતું નથી .કર્મના ફળો નિષ્કામ ભાવે સ્વીકારવા. ભાવના કરતાં કર્તવ્ય મહાન છે. આપણે ધર્મ નિભાવ તા રહિએ તો બાકીનું બધુ ઈશ્વર સંભાળી લે છે. હાનિ, લાભ, માન, અપમાન, જીવન, મરણ, જશ, અપજશ એ બધુ પ્રારંભ ને વશ છે. આ મે કર્યું છે, મારા થકી એ બચી ગયો છે, મે તેને મદદ કરી છે, મે તેને મુસીબત માથી છોડાવ્યો છે એ બધુ મિથ્યા અભિમાન છે. એ જ્ઞાન દશાની નિરર્થક કલ્પના ઓ છે.

“હું કરું એજ અજ્ઞાનતા, શંકટનો ભાર શ્વાન તાણે”

જીવનની શતરંજ માં જીવ માત્ર પ્યાદું છે. જગતના નાટકમાં દરેક જીવને પોતાનો ભાગ ભજવવો જ પડે છે. કાળ ક્યારે રક્ષક બને અને ક્યારે ભક્ષક તે અનુમાન સર્વથા અશક્ય છે. સર્જન માટે સદી ઓ ઓછી પડે અને વિસર્જન માટે એક ક્ષણ પણ પૂરતી છે. પરમાત્માને સૃષ્ટિ નો સર્જક મહા કલાકાર માની એ અને માનવ ને એની કલાકૃતિ માની એ અથવા માનવ ના અપરિમિત ધન અને શ્રમ કલ્યાણર્થે કાર્યરત બનેલી ઇસ્પિતાલ કે ઘર મંદિર નોધારૂ અને અનાથ થઈ જાય ત્યારે એ બધાનું કારણ શું એ સવાલ જરૂર ઉપસ્થિત થાય. એવો પ્રશ્ન પણ થાય છે. સૃષ્ટિના સંચાલન મા અંધેર ચાલે છે? આવું થાય ત્યારે ઈશ્વર માથી ધર્મ માથી શ્રદ્ધા ડગી જાય છે. ત્યારે ખરી હકીકત તો એ છે આખું વિશ્વ કર્મના કાયદાને આધારે વ્યવસ્થિત ચાલે છે. એક જ વિશ્વસનીય ઉત્તર છે કર્મના સિદ્ધાંત, કાયદામાં કોઈ ઠેકાણે જરા અપવાદ કે બાંધછોડ નથી. કર્મની ગતિ ગહન છે અટપટી છે. તેમાં કોઈ નું ડાપણ કે ચુતરાઈ કામ આવતા નથી. કર્મની સત્તા પર કોઈ નું જોર ચાલતું નથી કોઈ પણ હોય રાજા, રંક, શ્રીમંત, તવંગર કે કોઈ પણ ક્ષેત્ર ની વ્યક્તિઓ હોય, બધા જીવ કર્મના તાબેદાર છે. તેથી જ હું નહીં, પણ મારા કર્મો જ સર્વોપરી અથવા નિયામક છે.

આપણા પ્રાચીન જૈન શાસ્ત્રો મા કર્મના સિદ્ધાંત નું ભારે મહત્વ સ્વીકારાયું છે. માણસને પોતાના કર્મ પ્રત્યે પૂરી નિષ્ઠા દાખવવી જોઈએ. કર્મ એ યજ્ઞ સમાન બને તો કર્મની એક આગવી સુવાસ પ્રસરે છે. કોઈ પણ કર્મની પાછળ માણસના વિચાર અને વિવેક શક્તિ તેના ભાવિ માટે નિર્ણાયક બને છે. તેથી દરેક માણસને પોતાના કર્મને ધર્મ રૂપ ગણી પૂરી નિષ્ઠાથી પાર પડવું જોઈએ.

જૈન ધર્મ કહે છે કે આત્મા અનાદિ કાળ થી જ કર્મથી બંધાયેલો છે અને જૈન ધર્મમાં જીવ અને કર્મ વિષે સૂક્ષ્મ, ગહન વિસ્તૃત વિચારણા કરવામાં આવી છે. જીવ અનાદિ અને શાશ્વત પદાર્થ છે. જીવ સ્વયં સિદ્ધ છે. આત્મા નિરંજન નિરાકાર છે. તે ચેતનમય અરૂપી સત્તા છે. જેને રૂપ, રંગ, ગંધ કે સ્પર્શ નથી. ચેતનાની ક્રિયા એ આત્મા નું લક્ષણ છે. જે જ્ઞાન દર્શન, સુખ, દુઃખ ધ્વારા અભિ વ્યક્ત થાય છે. આત્માના બાહ્ય લક્ષણો મા તે ઇન્દ્રિયો ધ્વારા ક્રિયા- પ્રક્રિયા કરે છે. જેમકે ખાવું પીવું, જાગવું વગેરે.

અંત રંગ લક્ષણો માં ચેતના એ આત્મા નું ભીતર લક્ષણ છે. કર્મો ના આવરણ પ્રમાણે તેની શક્તિ ઓછી વધુ જોવા મળે છે. આત્મા સમગ્ર શરીરમાં વ્યાપ્ત છે. તે કર્મ પુદગલ ને ગ્રહણ કરે છે. અને તે કર્માનુસાર અવ નવા જન્મ લે છે અને કર્મનો ક્ષય કરીને મુક્ત પણે બને છે. આથી જીવ ના બે પ્રકાર કહ્યા છે. મુક્ત જીવ અને સંસારી જીવ. જેમણે તમામ કરમો નો ક્ષય કર્યો છે અને જેમને ફરીથી જન્મ લેવાનો નથી એવા શરીર વિના ના નિરંજન

નિરાકાર આત્મા ને મુક્ત જીવ કહે છે. જેઓ વિવિધ ક્રમથી બદ્ધ છે અને પુન જન્મ મારગ ના આવાગમન માં ભીંસાઈ અવ નવા દેહો માં જીવે છે તે સંસારી જીવ કહેવાય છે. દેહધારી મનુષ્યો ના દેહથી થતાં કર્મો નિહાળી શકાય છે પરંતુ મનુષ્ય દેહ જેના અંકુશમાં છે તેવું મન તો સમયે પાપ કરતું જણાય છે. દારુ પિનાર કે ચોરી કરનાર કે વ્યભિચારી ને જોઈ શકાય પણ મનથી ચોરી કરનાર કે વ્યભિચારી ને જોઈ શકાય નહીં. તેવી ચોરી કરનાર ને ફક્ત પરમ તત્વ પરમાત્મા કે સિદ્ધ પુરુષો સિદ્ધ દશાએ પહોંચેલા સંતો જોઈ શકે છે.

સ્વાર્થ અને અહંકાર રહિત જે કર્મ કરાય, ફળની આશા રાખ્યા વગર કર્મયોગ કરાય તેવા કર્મો ને નિષ્કામ કર્મ કહેવા મા આવે છે. નિષ્કામ કર્મ શૂરા જીવનને સત્યમ, શીવં સુંદરમ બનાવવા તે આપણને પ્રબોધે છે. આમ જોઈએ તો કર્મ એ એક પ્રકારની પુજા છે. જેમ શુદ્ધ મન અને શુદ્ધ બુદ્ધિ વિના પુજા થઈ શક્તિ નથી તેમજ, શુદ્ધ મન અને શુદ્ધ બુદ્ધિ વિના શ્રેષ્ઠ કર્મ થઈ શકતું નથી કર્મને સાધન નહીં પણ સાધના બનાવો. સાધન બંધન આપે છે જ્યારે સાધના મુક્તિ પ્રદાન કરે છે. પણ આ સાધના ની: સ્વાર્થ અને ઈશ્વર સમર્પિત હોવી જોઈએ. પોતાનામાં આસક્તિ કે મિથ્યાચાર ન આવે તે માટે સાધકે જાગૃત રહેવું જોઈએ અને આવો સાધક હમેશાં સમસ્ત વિશ્વનું કલ્યાણ જ ઇચ્છે છે. ભોગ અને ઐશ્વર્યની કામના સાથે કર્મ કરવા મા આવે ત્યારે તેને સકામ કર્મ કહેવા મા આવે છે. જૈન ધર્મે પણ નિષ્કામ કર્મયોગ સાધવા નું કહ્યું છે.

આભામંડળ ઊગતો સૂર્યનો દાખલો લો પોતાનો સ્વધર્મ તે નિષ્કાથી નિયમિતતા સાથે બજાવે છે. અને કોઈને કહેતો નથી કે સૌ જાગો, પ્રવૃત્ત બનો, પુષ્પ ને પાંગરવા નું આહ્વાન આપતો નથી, સૂર્યોદય સમસ્ત સૃષ્ટિ ને ચેતનવંતી બનાવે છે. આમ કર્મયોગનું કર્મ સર્વ ના કલ્યાણ માટે જ હોય છે. સાગર ને મળવા જતી સરિતા પણ સૌને નિસ્વાર્થ ભાવે તૃપ્ત કરે છે. સકામ કર્મ તો કર્તા ના ક્ષુલ્લક સ્વાર્થ પૂરતું જ સીમિત હોય છે. જ્યારે નિષ્કામ કર્મ સર્વ ના શ્રેય અને કલ્યાણ માટે હોઈ બહુમૂલ્ય બની જાય છે. જ્યારે કોઈ પણ કર્મ નિર્ધારિત ફળની આશા સાથે કરવામાં આવે અને પૂરું પરિણામ મળતું નથી, ત્યારે કરતાં કર્મથી વિમુખ બને છે. માનસિક તણાવમાં ધકેલાઈ જાય છે અને કોઈ વખત આત્મહત્યા નાં નિર્ણય સુધી પહોંચે છે. માટે કોઈ પણ કર્મ કરીએ તો તેનું મુખ્ય ધ્યેય રાખી પૂર્ણ નિષ્કાથી સમગ્ર જ્ઞાન અને શક્તિથી કલ્યાણ માર્ગે કરવું જોઈએ.

લેખક કંચનબેન યુનીલાલ શાહ
મોમ્બાસા .



Oshwal Association UK deligation to the Vatican City

Oshwal Association UK is honoured and privileged to be part of delegation which went to Vatican City on Thursday 3rd November 2016 to part of address of His Holiness Pope Francis. It was on a theme of 'Mercy'.

Our Vice President Nilesbhaji Bhagwanji Shah represented OAUk and was introduced as part of Jain Community.

The delegation was organised by Institute of Jainology and OAUk is thankful and grateful to the IOJ for this visit.



Religious Events Calendar 2017

Day	Date	Programme	Time	Venue
Sunday	12th February	24 Tirthankar Satsang	2.00pm to 5.00pm	Oshwal House
Monday	6th, 13, 20th, 27th March	Jain Pathshala	8.30pm to 10.00pm	Oshwal House
Friday	10th March	Fagan Teras - 6 Gauv-ni Yatra*	8.00am to 2.00pm	Oshwal Centre
Saturday	11th March	Chaumasi Chaudas – Dev Vandan and Pratkraman	1.00pm to 7.00pm	TBC
Sunday	19th March	24 Tirthankar Satsang	2.00pm to 5.00pm	Oshwal House
Sunday	26th March	Jinendra Bhakti Motsav	8.30am to 5.00pm	Oshwal Centre
Monday to Wednesday	3rd April to 12th April	Ayambil*	8.00am to 3.00pm	Oshwal Centre
Sunday	9th April	Mahavir Janma Kalyanak Screen show	10.30am to 12.30pm 2.30pm to 5.00pm	Oshwal Centre
Monday	24th April	Jain Pathshala	8.30pm to 10.00pm	Oshwal House
Sunday	7th May	48 Verse Bhaktamar Stotra with meaning	10.00am to 13.00pm	Oshwal House
Not Monday	8th, 15th, 22nd May	Jain Pathshala	8.30pm to 10.00pm	Oshwal House
Sunday	14th May	24 Tirthankar Satsang	2.00pm to 5.00pm	Oshwal House
Sunday	4th June	24 Tirthankar Satsang	2.00pm to 5.00pm	Oshwal House
Monday	5th, 12th June	Jain Pathshala	8.30pm to 10.00pm	Oshwal House
Sunday	11th June	52 Gamni Jinalay Bhav Yatra -which ever Gam in India you are from - find the Mulnayank (main Tirthankar) and bring the picture.	10.00am to 1.00pm	Oshwal House
Sunday	16th July	24 Tirthankar Satsang	2.00pm to 5.00pm	Oshwal House
Sunday	6th August	24 Tirthankar Satsang	2.00pm to 5.00pm	Oshwal House
Sunday	13th August	Paryushan Workshop	10.00 to 1.00pm	Oshwal House
Friday to Friday	18th to 25th August	Paryushan	All Areas	All Areas
Sunday	3rd September	Dhaja Din with Swamivatsalya Snatra and Sattar Bhedi Pooja	12.39pm 8.00am	Oshwal Centre Oshwal Centre
Sunday	17th September	24 Tirthankar Satsang	2.00pm to 5.00pm	Oshwal House
Wednesday to Friday	27th September to 6th October	Ayambil*	8.00am to 3.00pm	Oshwal Centre
Sunday	8th October	24 Tirthankar Satsang	2.00pm to 5.00pm	Oshwal House
Thursday	19th October	Diwali Chopda Poojan	TBA	Oshwal Centre
Friday	20th October	Diwali New Year's Day	8.00am	Oshwal Centre
Wednesday	25th October	Gyan Panchami and Dev Vandan	8.00am	Oshwal House
Sunday	29th October	Saraswati Poojan and Gyan Aradna*	8.00am to 2.00pm	Oshwal Centre
Friday	3rd November	Chaumasi Chaudas – Dev Vandan and Pratkraman	1.00pm to 7.00pm	Oshwal Ekta Centre
Saturday	4th November	Kartak Poonam*	8.00am to 2.00pm	Oshwal Centre
Sunday	5th November	24 Tirthankar Satsang	2.00pm to 5.00pm	Oshwal House
Sunday	3rd December	24 Tirthankar Satsang	2.00pm to 5.00pm	Oshwal House

Every Sunday we have Ashta Prakari Puja 7.00am to 9.00am there after Snatra Pooja with Bhakti 10.00am to 12.00pm.

Management reserves the right to make changes to programmes due to unforeseen circumstances.

For further information please contact Varshaben via email on varsha.shah@oshwal.org or call 07710 230 377.

આગામી ધાર્મિક કાર્યક્રમ 2017

દિવસ	તારીખ	કાર્યક્રમ	સમય	સ્થળ
રવિવાર	૧૨/૦૨/૨૦૧૭	૨૪ તીર્થંકર ચરિત્ર સત્સંગ	૨-૦૦ થી ૫-૦૦ pm	ઓશવાલ હાઉસ
સોમવાર	૦૬/૦૩/૨૦૧૭	જૈન પાઠશાળા	૮-૩૦ થી ૧૦-૦૦ રાત્રે	ઓશવાલ હાઉસ
શુક્રવાર	૧૦/૦૩/૨૦૧૭	ફાગણ તેરસ છ ગાઉ ભાવ યાત્રા	૮ -૦૦ થી ૨-૦૦	ઓશવાલ સેન્ટર
શનિવાર	૧૧/૦૩/૨૦૧૭	ચોમાસી ૧૪ દેવ વંદન ચોમાસી પ્રતિક્રમણ	૧-૦૦ બપોરે થી ૭-૦૦	
સોમવાર	૧૩/૦૩/૨૦૧૭	જૈન પાઠશાળા	૮-૩૦ થી ૧૦-૦૦ રાત્રે	ઓશવાલ હાઉસ
રવિવાર	૧૮/૦૩/૨૦૧૭	૨૪ તીર્થંકર ચરિત્ર સત્સંગ	૨-૦૦ થી ૫-૦૦ pm	ઓશવાલ હાઉસ
સોમવાર	૨૦/૦૩/૨૦૧૭	જૈન પાઠશાળા	૮-૩૦ થી ૧૦-૦૦ રાત્રે	ઓશવાલ હાઉસ
રવિવાર	૨૬/૦૩/૨૦૧૭	જિનેન્દ્ર ભક્તિ મોહત્સવ	૮ -૩૦ સવાર થી ૫-૦૦	ઓશવાલ સેન્ટર
સોમવાર	૨૭/૦૩/૨૦૧૭	જૈન પાઠશાળા	૮-૩૦ થી ૧૦-૦૦ રાત્રે	ઓશવાલ હાઉસ
સોમવાર	૩/૪/૨૦૧૭	આયાંબીલ ઓલી	૮-૦૦ સવારે	ઓશવાલ સેન્ટર
શી બુધવાર	૧૨/૦૪/૨૦૧૭			
રવિવાર	૦૮/૦૪/૨૦૧૭	શ્રી મહાવીર જન્મ મહોત્સવ ધાર્મિક નાટક સ્ક્રીન શો	૧૦-૩૦ થી ૧૨-૩૦ ૨-૩૦ થી ૫-૦૦	ઓશવાલ સેન્ટર
સોમવાર	૨૪/૦૪/૨૦૧૭	જૈન પાઠશાળા	૮-૩૦ થી ૧૦-૦૦ રાત્રે	ઓશવાલ હાઉસ
રવિવાર	૦૭/૦૫/૨૦૧૭	ભક્તામર સ્તોત્ર મહિમા	સવારે ૧૦-૦૧	ઓશવાલ હાઉસ
રવિવાર	૦૮/૦૫/૨૦૧૭	જૈન પાઠશાળા	૮-૩૦ થી ૧૦-૦૦ રાત્રે	ઓશવાલ હાઉસ
રવિવાર	૧૪/૦૫/૨૦૧૭	૨૪ તીર્થંકર ચરિત્ર સત્સંગ	૨-૦૦ થી ૫-૦૦ pm	ઓશવાલ હાઉસ
રવિવાર	૧૫/૦૫/૨૦૧૭	જૈન પાઠશાળા	૮-૩૦ થી ૧૦-૦૦ રાત્રે	ઓશવાલ હાઉસ
રવિવાર	૨૨/૦૫/૨૦૧૭	જૈન પાઠશાળા	૮-૩૦ થી ૧૦-૦૦ રાત્રે	ઓશવાલ હાઉસ
રવિવાર	૦૪/૦૬/૨૦૧૭	૨૪ તીર્થંકર ચરિત્ર સત્સંગ	૨-૦૦ થી ૫-૦૦ pm	ઓશવાલ હાઉસ
રવિવાર	૦૫/૦૬/૨૦૧૭	જૈન પાઠશાળા	૮-૩૦ થી ૧૦-૦૦ રાત્રે	ઓશવાલ હાઉસ
રવિવાર	૧૧/૦૬/૨૦૧૭	બાવન ગામ જિનાલય ભાવ યાત્રા	૧૦-૦૦ થી ૧-૦૦	ઓશવાલ હાઉસ
સોમવાર	૧૨/૦૬/૨૦૧૭	જૈન પાઠશાળા	૮-૩૦ થી ૧૦-૦૦ રાત્રે	ઓશવાલ હાઉસ
રવિવાર	૧૬/૦૭/૨૦૧૭	૨૪ તીર્થંકર ચરિત્ર સત્સંગ	૨-૦૦ થી ૫-૦૦ pm	ઓશવાલ હાઉસ
રવિવાર	૦૬/૦૮/૨૦૧૭	૨૪ તીર્થંકર ચરિત્ર સત્સંગ	૨-૦૦ થી ૫-૦૦ pm	ઓશવાલ હાઉસ
રવિવાર	૧૩/૦૮/૨૦૧૭	પર્યુષણ વક્રે શોપ	૧૦-૦૦ થી ૧-૦૦	ઓશવાલ હાઉસ
શુક્રવાર થી	૧૮/૦૮/૨૦૧૭ થી	પર્યુષણ પર્વ	દરેક પરામા	
શુક્રવાર	૨૫/૦૮/૨૦૧૭			
રવિવાર	૦૩/૦૯/૨૦૧૭	ધજા દિન પૂજા અને સ્વામિ વાત્સલ્ય સ્નાત્ર અને સત્તર ભેદી પુજા	૧૨-૩૯ બપોરે ધજા ૮-૦૦ થી શરૂ	ઓશવાલ સેન્ટર
રવિવાર	૧૭/૦૯/૨૦૧૭	૨૪ તીર્થંકર ચરિત્ર સત્સંગ		
બુધવાર થી	૨૭/૦૯/૨૦૧૭	આયાંબીલ ઓલી	૮-૦૦ સવારે	ઓશવાલ સેન્ટર
શુક્રવાર	૦૬/૧૦/૨૦૧૭			
રવિવાર	૦૮/૧૦/૨૦૧૭	૨૪ તીર્થંકર ચરિત્ર સત્સંગ	૨-૦૦ થી ૫-૦૦ pm	
ગુરુવાર	૧૮/૧૦/૨૦૧૭	દિવાળી ચોપડા પૂજન		ઓશવાલ સેન્ટર
શુક્રવાર	૨૦/૧૦/૨૦૧૭	દિવાળી નુત્તન વષે સ્નાત્ર પુજા અને નવ સ્મરણ	૮-૦૦ સવારે શરૂ	ઓશવાલ સેન્ટર
બુધવાર	૨૫/૧૦/૨૦૧૭	જ્ઞાન પાયમ આરાધના	૧૦-૦૦ સવારે	ઓશવાલ હાઉસ
રવિવાર	૨૮/૧૦/૨૦૧૭	શ્રી સરસ્વતી દેવી પૂજન જ્ઞાન આરાધના	૮-૦૦ થી ૨-૦૦	ઓશવાલ સેન્ટર
શુક્રવાર	૦૩/૧૧/૨૦૧૭	ચોમાસી ૧૪ દેવ વંદન ચોમાસી પ્રતિક્રમણ	૧-૦૦ થી ૭-૦૦	એકતા સેન્ટર એકતા સેન્ટર
શનિવાર	૦૪/૧૧/૨૦૧૭	કારતક પુનમ સિદ્ધયાલજી પટ યાત્રા	સવારે ૮-૦૦ થી ૨-૦૦	ઓશવાલ સેન્ટર
રવિવાર	૫/૧૧/૨૦૧૭	૨૪ તીર્થંકર ચરિત્ર સત્સંગ	૨-૦૦ થી ૫-૦૦ pm	ઓશવાલ હાઉસ
રવિવાર	૦૩/૧૨/૨૦૧૭	૨૪ તીર્થંકર ચરિત્ર સત્સંગ	૨-૦૦ થી ૫-૦૦ pm	ઓશવાલ હાઉસ

દરેક રવિવાર અષ્ટ પ્રકારી પૂજા સવારે ૦૭ થી ૮-૦૦ ત્યારબાદ સ્નાત્ર પૂજા સમૂહમાં થશે.

ભોજન ની વ્યવસ્થા માટે નામ ઓફિસમાં લખવા વિનંતી.

અન્ય માહિતી માટે સંપર્ક વર્ષાબેન ને કરશો. મોબાઈલ ૦૭૭૧૦૨૩૦૩૭૭ EMAIL Varsha.shah@oshwal.org

ચાલો આપણે ચંપાનગરી, જૈન તીર્થની યાત્રા કરવા જઈએ.....

બિહાર પ્રદેશમાં, ગંગા નદીને કિનારે એક જૂનું અને પ્રખ્યાત નગરીનું નામ ચંપાપુરી. આ એકજ એવું તીર્થ છે જ્યાં આપણા તીર્થંકર ભગવાન, વાસુપૂજ્યસ્વામીના પાંચે કલ્યાણક થયા હોય. કલ્યાણક એટલે ભગવાનનું ચ્યવન, જન્મ, દીક્ષા, કેવલજ્ઞાન અને મોક્ષ.

શ્રી વસુપૂજ્ય અને માતા જ્યાદેવી, ચંપાનગરીના રાજા અને રાણી હતા. જન્મ સમયે દેવતાદ્વારા ધનની વૃષ્ટિ થવાથી ભગવાનનું નામ, વાસુપૂજ્ય સ્વામી રાખવામાં આવ્યું.



ચાલો આપણે પંચ કલ્યાણક મંદિરે જઈએ.

મૂળનાયક શ્રી વાસુપૂજ્ય સ્વામી, ડાબી બાજુ અજીતનાથ અને જમણી બાજુ ધર્મનાથ.



કહેવાય છે કે તમે જ્યારે પણ ભગવાનના મૂખને જોશો, તો તેના જૂદા જૂદા ભાવ જોવામાં આવશે. ગૌતમ સ્વામી અહીંથી અષ્ટાપદ પર્વત પર ગયા હતા. ઉપર ચૌમૂખી ભગવાન અને શ્રીપાલ અને મયણાનું જીવન ચરિત્ર ચિત્રો દ્વારા આપેલું છે.

ભોંયરામાં એક સુંદર ભગવાનની પ્રતિમા છે.



ભગવાન પોતે સાધના કરતાં, કેવલજ્ઞાન પામ્યા હતાં, ત્યાં તેમના ૨૨૫ વર્ષ જૂનાં ચરણ પાદુકા છે. મંદિર અરિસા વાળું છે.

આ ભૂમી એટલી પવિત્ર છે કે ત્યાં ઘણીવાર ઘંટ વાગતો કે હસવાનો, રડવાના અવાજ સંભળાય છે એવી માન્યતા છે. ભગવાન મંદારગીરી પર નિર્વાણ પામ્યા.



આ છે સતિ સૂભદ્રાનો ફૂવો. એક વખત મૂની ગોચરી લેવા આવે છે ત્યારે મૂનીની આંખમાં પડેલું તણખલું કાઢવા તે ફૂંક મારે છે. તેના સાસુ તેના સતિત્વ પર શંકા કરે છે. તેજ ઘડી નગરના દ્વાર બંધ થઈ જાય છે. આકાશવાણી થાય છે કે કોઈ સતિ કાચા સૂતરના તાંતણાથી ચાળણી વડે ફૂવામાંથી પાણી કાઢીને છાંટશે તો આ ચંપાપૂરી નગરીનાં દરવાજા ખૂલશે. આ કાર્ય સતી સુભદ્રાએ કરી બતાવ્યું. તેમણે અંતે દીક્ષા લઈ, મોક્ષે ગયા.

આદિનાથ, પાર્શ્વનાથ ભગવાને અહીં ચોમાસું વિતાવ્યું હતું. તેમજ મહાવીર ભગવાને ત્રીજું અને સાતમું ચોમાસું અહીં કર્યું.

ચંપાનગરીમાં સતી ચંદનબાળાનો પણ જન્મ અહીં થયો હતો. આ ચંદનબાળા, જેને પગમાં બેડી, માથે મૂંડી, એક પગ અંબર બહાર, આંખે આંસૂની ધારા વહી ત્યારે અળદના બાકુળા વ્હોરાવી, મહાવીર ભગવાનનાં, પારણું કરાવ્યું હતું.

મહાભારતના અંગરાજ પણ અહીં ચંપાપૂરીના રાજા હતા. બિહાર જાવ ત્યારે આ પાવન ભૂમી જોવાનું ચૂકશો નહીં.

રેખા શાહ, એડ્યુકેશન ટ્રસ્ટીનો નાનો લેખ વાંચશો.

ANAND YATRA

MRADULA BABULAL SHAH – Chairlady EC Culture & Heritage

Anand Yatra is a weekly programme organised for elderly members of our community to visit the Derasar and take part in social activities. It has been running successfully for the past seven years and takes place every Friday at the Oshwal Centre from March through to December. The day starts with darshan and various poojas performed by our pujari, Jayeshbhai in the Derasar, followed by aarti and mangaldivo.



A coach service is provided alternating from the North, North East and North West areas. See the schedule below, also starting from last year the West area is providing a coach service every third week from Hounslow to the Oshwal Centre.

Alongside, in the Oshwal House, members have the opportunity to engage in various activities, such as Yoga and card games (Bhukar or Bridge). A hot Jain lunch is prepared and served by a dedicated group of volunteers.



This is followed by Satsang by Jayeshbhai,

The day normally ends by 2.30pm.

Anand Yatra - dates & coach information

The coach service will operate from the following areas on these dates in 2017:

	<u>MARCH</u>	<u>APRIL</u>	<u>MAY</u>	<u>JUNE</u>	<u>JULY</u>
NORTH EAST	3rd & 24th	28th	19th	9th & 30th	21st
NORTH WEST	10th & 31st		5th & 26th	16th	7th & 28th
NORTH & WEST	17th	21st	12th	2nd & 23rd	14th

North East Area:	Starting from Bounds Green Station (9.30am) to Southgate Station to Cockfosters Station to Oshwal Centre
North West Area:	Starting from Kenton Library (9am) to Queensbury Station to Canons Park Station to Edgware Station to Oshwal Centre
North Area:	Starting from Lodge Lane (9am) to Waitrose, Totteridge to Odeon Cinema to Oshwal Centre
West Area:	Starting from Shakti Centre, Hounslow (8am) to Oshwal Centre

Cost - £3 for transport, £2 for lunch. Places must be registered beforehand with Area contacts person below

North	Sarojben S Shah	020 3091 3910	saroj_45@hotmail.co.uk
North East	Pushpaben J Shah	020 8886 9812	p4shi@hotmail.co.uk
North West	Sushilaben L Shah	020 8907 1570	sushila.shah@oshwal.org
West Area	Keshavji N Shah	020 8570 7585	kncolumbo@hotmail.com

Weekly sponsorship of £251 to help towards the cost of the lunch and £200 for the coach hire is very welcome. Please contact Mradulaben (0208 441 4387) for more information.



આનંદ યાત્રા

આનંદ અને પુષ્ટી કરનારી આપણી આનંદ યાત્રા છે. જેને છ વર્ષ પુર્ણ થઈને સાતમાં વર્ષમાં પ્રવેશ થઈ રહ્યો છે. જેમાં દર શુક્રવારે જૂદા જૂદા નક્કી કરેલા એરીયામાંથી કોચમાં ભાવિકો ઓશવાલ સેન્ટરમાં પધારે છે. સવારે ૧૦.૩૦ થી ૧૨.૩૦ જીનાલયમાં સમુહમાં દર્શન, પૂજા, સ્નાત્ર-પૂજા અને વિવિધ પૂજા ઉલ્લાસ પૂર્વક ભણાવીને બધાજ સાથે આરતિ, મંગળદીવો અને શાંતીકળશ નો લાભ લેતા હોય છે.

ઓશવાલ હાઉસમાં યોગા અને કાર્ડસ ઘણા સભ્યો રમતા હોય છે. દરેક સભ્યો માટે સાત્વીક તાજુ ભોજન આપણા સ્વયંસેવકો ભાવથી બનાવે છે. બપોરે એક વાગે દરેક સભ્યોને ઓશવાલ હાઉસમાં બેસાડીને દરેક જીવોની શાતા અને શાંતી માટેની પ્રાર્થના કરીને દરેકને ભોજન પીરસવામાં આવે છે. દરેક સભ્યો પરિવારની સાથે જમતા હોય છે. સ્વયંસેવકો પણ દરેકની ખૂબ સરસ સેવા કરતા હોય છે.

ભોજન બાદ અલગ અલગ ટોપીક ઉપર સતસંગ થાય છે. સતસંગમાં ઉત્સાહથી લાભ લઈને બપોરે અઢી વાગે કોચ ઓશવાલ સેન્ટરથી રવાની થાય છે. આમ દરેક ભાવિકો આનંદ યાત્રામાં આનંદ માણીને આનંદ અને સતસંગના વચનોની યાદી લઈને ઓશવાલ સેન્ટરથી જતા હોય છે. જે જે એરીયામાંથી કોચ આવતી હોય તેમાં દરેક સભ્યોને વિનંતી છે, આનંદ-યાત્રાનો લાભ લેતા રહે અને જરૂરથી પધારશો.



Education in 2016

Jai Jinendra

Dear Oshwal members,

The year 2016 has generated a lot of enthusiasm in our youth, with great representation at many of our events. In doing so, they have created a special attachment and a social belonging to our Oshwal Community. Youth EC members have organised events such as the summer camp at Oshwal Centre, the various workshop and presentations for the youth enterprise and the annual Olympic Sports event. A lot of children are also learning Gujarati again at our schools on Saturday mornings. These learning sessions have enabled the children to build a network of friends, including from other areas, develop communication skills and most important of all learn our mother tongue.

Presently, there are four Oshwal Gujarati schools running as supplementary schools. The task of running the schools is the same as a main-stream school. The rules, regulations, legal requirements, administration, registers, attendances, health and safety requirements, conduct in the classrooms, devising the curriculum, training and maintaining teacher standards all need to be taken into consideration. I appreciate all the volunteers who have helped in the smooth running of the schools, but we are always in need of any help that Oshwal members can give us, either at the schools on Saturday mornings, or behind the scenes with administration work and organising events.

Teachers were shown how to use resources such as music, songs, flash cards, white boards, and digital/computing to teach pupils pre-reading, oral and written language skills.



Achievements

This year 2015-2016, the GCSE results have been astounding, 31 in total took GCSE exams and 1 took AS

North/North East area: 2A*, 9A and 5Bs

South area: 1A*, 6A, 6Bs and 1A AS level

North West area: 1A and 1B

Most children achieve their Gujarati GCSE before they start their GCSEs in the mainstream school. Gujarati language can work as a template for them especially with respect to learning languages at mainstream school.

Training

This year, we have been successful in providing two training sessions for teachers, under the guidance of CGS (Consortium of Gujarati Schools). The training for both sessions was held at Ekta Centre. The first session in March 2016, attended by 87 teachers, and gave an insight into how a language is taught professionally with the use of video clips. The examples set were relevant to the modern way of teaching Gujarati. The second session in November 2016 was aimed at primary level teaching.

School Activities

Some of the children from all areas took part in the Oshwal Diwali play and in the Diwali celebration finale dance. NW and North area had made Diwali cards and these were displayed in the foyer at



The West area children performed small skits during Paryushan, speaking in Gujarati. The children performed during Diwali. I hope more children will take advantage of Shakti centre and our talented teachers.

Oshwal Centre. North West Area made a trip to Oshwal Centre in September, where the children were taken to the Derasar to pray, learn some prayers. They also played Gujarati games and in the playground. The teachers also prepared a quiz and drawings for the children.

The schools had a successful Christmas party, showing that you can also have fun at Gujarati School. We hope this encourages parents to enrol their children in the future.



The South area school had their 21st annual prefects program organised by the prefects. The whole event was proudly set up by the school prefects and all the school children took part in the cultural dances and other events. This is a prime example that given a little responsibility these children can be our future teachers, and who will keep our language and culture alive.

North Area Gujarati School had its annual variety programme in March 2016. The theme this year was on Mahavir Bhagwan. The children of all ages acted out the “chyavan kalyanak” (the transfer of the baby from Devananda to Trishala mata), and the “Janma Abhishek” of Mahavir Bhagwan (where the Devs were present at the meru parvat). The narration and some of the harder acting was done by the older children with a better grasp of Gujarati. The 56 digkumarikas were represented by a small group of girls who did the raas to celebrate the birth of Tirthankara. The younger girls did a halardu dance. The music classes performed on tabla and harmonium, with the



balmandir and class 1 singing beautiful bhajans like “mara prabhuji” and “chhoti chhoti ankhiyan”. The pictures below are from the variety program:

Should our children learn Gujarati?

We have managed to keep our schools running for over 40 years and so many of our children have thrived on learning our mother tongue, Gujarati. This is relevant as these children have grown up and now see their own children facing the same dilemma: Should they learn Gujarati? The answer to this should be a resounding yes. I thank all the parents who are bringing the children to learn and I hope more children will join the schools. I urge all parents to give it a serious consideration for their children as learning Gujarati will be an asset for them. I have seen that it has formed a foundation for their future endeavours for many already.

The future of our Gujarati Examinations

We have joined forces with all the Gujarati teaching schools, under the umbrella of Consortium of Gujarati schools. As the number of students taking GCSE and A level Gujarati are dwindling there is a risk that the examination boards will terminate the exams going forward. Fortunately, this has been postponed up

to 2018 and a new board is scheduled to take it up from 2019. We want to avoid this situation again and would even encourage adults to take GCSE exams in their spare time. If there is demand we can look into this further.

We are pleased to say that AS/A level Gujarati classes are scheduled for 19th January 2017, at Ekta Centre.

Rekha Shah
Education Trustee



Message to all by the Education Trustee

My aspirations are to promote all kinds of learning through play and practice, using the Gujarati language as a tool for all aspects of Education. Please accept my report as just a highlight of some of things that we have achieved this year. There is a lot more work to be done by the schools and there is always room for improvement, but I am proud of our teachers, volunteers, committee members and the education portfolio holders, who have given their valuable time, efforts and devotion for Education.

Gujarati Schools	N.W. Area	North and N.E. area	South Area	West Area
Venue	Funskool, Stanmore	Woodhouse College, Finchley	Harris Academy, Kendra Hall Road, South Croydon	Shakti Centre
Times: Sat morning	9.15 to 11.30am	9.30am to 12.30am	9.30 to 12.30am	9.30 to 12 noon
Number of students	71	106	72	16
Number of teachers/ assistants	9 teachers, 3 reserve teachers, 3 helpers	12 teachers, 1 helper head-teacher, Committee members	9 teachers, 4 helpers headteacher, 1 admin, volunteers	2 teachers
Classes	8 classes including Balmandir	8 classes up to GCSE Balmandir, Adult Activity classes	Classes up to GCSE	4 enrolled for GCSE class. Others as separate class
Education Portfolio Holder	Bhartiben Shah	Kuntesh Shah,	Neel Shah	Chunibhai Shah
Contact E mail	Bhartisales@hotmail.com	Kshah5@sky.com	Neel.shah@virgin.net	chunipshah@hotmail.com

Nirmal Shah and Bakul Patani, as ex-portfolio holders are part of the sub-committee for Education.



The 2017 New Year's Honours list recognised the achievements and service of extraordinary people across the United Kingdom. Mukeshbhai was awarded the accolade of Member of the Order of the British Empire (MBE) for Charitable and Community Service in the UK and Abroad.

OAUK congratulates Mukeshbhai & Ninnaben for this great honour.

Mukesh was awarded the OAUK Achievement Award 2015 in recognition of Work in the Voluntary Sector and Services to the Wider Community



Shri Chandana Vidyapeeth (SCVP) Jain School

Shri Chandana Vidyapeeth (SCVP) Jain School is the longest established Jain School in the UK and has been running for more than 20 years. The school is run entirely by volunteers and has been free of charge for all students. SCVP has revolutionised Jain teaching in the western world by imparting knowledge and understanding of Jain

philosophy to children in English and in a structured and progressive manner. The unique feature of the classes is that they make the learning experience fun, relevant to modern society, encouraging debate and discussion to ensure understanding and enable the children to feel part of the community and work as part of a team.





Thanks to the London's Air Ambulance Service – they saved my life. I was just five minutes from home when I was hit by a car. Such was the force of impact; that I was thrown the length of two cars. Every bit of

her body was hurting. In addition to the London Ambulance Service crews, the London's Air Ambulance trauma team was dispatched in a rapid response car. I was conscious throughout and I was in so much pain. I remember the doctor and paramedic talking to me and I just begged them to help with the pain. By Sonal's side throughout was her husband Bhaveet. He was at home when the accident happened and was at the scene within minutes. Sonal said: *"He was amazing, he was so calm. Even though I could have died, he stayed so calm for me."* Sonal credits her husband, her family and her friends with helping her back on her feet again. *"When I left hospital, I needed a wheelchair. Everything changed for me. I was so dependent. It was very tough not being able to do what I used to take for granted."*



Above: Sonal at our Parliamentary Reception on 1 November 2016

Oshwals From Moshi – Our Reunion Party



Many people have come from Moshi, a most beautiful small town in the foothills of Mt Kilimanjaro, Tanzania. Oshwal friends from Moshi had arranged their first gathering on 11th December 2016. The function was organised following requests from Ex-Moshi residents to have a get together. Our team consisting of Prabhulalbbhai Malde, Sureshbhai Shah, Jayaben Shah and Chandrika (Bena) Shah took this task on. The response was overwhelming with around 200 attendees which resulted in a full house! It was clear that the attendees had an enjoyable time catching up with friends and relatives

and recapitulating on the old times and good memories of the yester years spent in Moshi.

OAAUK President Tusharbhai graced the occasion by his attendance and saying kind words about the gathering. Chairman of Oshwal Moshi, Mr Dineshbhai Shah and Members of Gnati of Moshi conveyed their good wishes for the event A very big thank you to all who attended and made this event successful and a huge appreciation to all the kind and generous sponsors and donors and last but not least to all those who helped out on the day and during the course of organizing this gathering.

The spirit of Moshi lives on here together like a one big family!



Japan

Santoshbhai (aged 13 years) and Vritikshaben (Aged 10 years), with parents, Jiteshbhai and Kunalben, grandma, Minaxiben and aunt (fi) Hetalben Shah made a visit to Japan in the summer holidays.

During the summer holidays we visited Japan: Osaka, Kobe, Kyoto, Okinawa, Kitakyushu, Hiroshima, Mount Fuji and Tokyo; with our parents, grandma and aunt. Japan is located in eastern Asia. It has the highest frequency of earthquakes and tsunamis. It is the seventh most expensive country in the world. Japan has over 127 million people living in the country. This leads to predictably high housing prices. Tokyo, the capital of Japan, is one of the most expensive cities in the world. Other Japanese cities are similarly expensive.

On Sunday 21st August 2016 we visited Kobe Jain Deraser. The Kobe Jain Deraser is the most famous in Japan; despite there only three Derasers. The Kobe Jain Deraser was opened on 1st June 1985. This temple is dedicated to our last thirthanker Lord Mahavir Swami which is the centre murti in the temple.

Another historical place we visited was the Hiroshima Peace Memorial [Atomic Bomb Dome]; a heritage site where the United States of America dropped an atomic bomb destroying the whole city. It was



The Islands of Japan.

dropped on 6th August 1945 at 08:15. We visited the Atomic Bomb Dome, the Flame, the Fountain and Memorial Arch. The Atomic Bomb Dome is the symbol of the “peace city.” It is a beautiful and tranquil space surrounded by water and greenery.

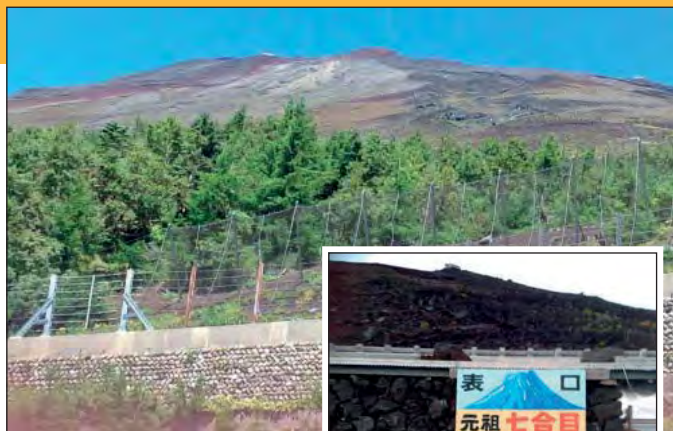
On 31st August and 1st September we ascended and descended Mount Fuji. Mount Fuji is an active volcano about 100 kilometres southwest of Tokyo. Commonly called “Fuji-san,” it’s the country’s tallest peak, at 3,776 meters. A pilgrimage site for centuries, it’s considered one of Japan’s 3 sacred mountains. There are four trails to climb Mount Fuji. These include: Gotemba Trail, Subashiri Trail, Yoshida Trail and Fujinomiya Trail. We climbed Mount Fuji by the Fujinomiya Trail and we successfully reached the 8th station.

These are some Japanese traditions:

1. The traditional clothing is called a kimono. It is a graceful full-length robe that falls from the wearers shoulders to the ankles.
2. The most popular Japanese foods are: Sushi, Tofu and Sake. As well, seafood plays an important role in Japanese cuisine although one can find all vegetables for Jains: bitter gourd, aubergines, lady fingers and various others.
3. Japanese gardens were developed under the influences of the Chinese gardens. Japanese gardens are traditional gardens that create miniature ideal landscapes.
4. Another Japanese tradition is to eat and sleep on the floor. This procedure is done by eating

and sleeping on the tatami mats. Traditionally, Japanese houses and buildings have soft mat floors known as tatami. A tatami is a mat made from rice straw or compressed wood chips. They have a covering of woven straw made of soft rush and an edge made of cloth. Tatami can be found in Japanese houses, apartments, temples, restaurants and hotels.

5. You cannot wear anything that has touched the ground (e.g. shoes) on a floor that is going to be sat on. This is because that would be a cardinal sin which is showing disrespect to the culture. Thus, you take off your shoes when entering a house.
6. It is disrespectful to sit cross- legged in front of a teacher so the tradition is to sit with both knees up in front of you.



Above: Mount Fuji.

Right: This is a picture of us at the 8th station.

Below: This is a picture of tatami mats in a room.

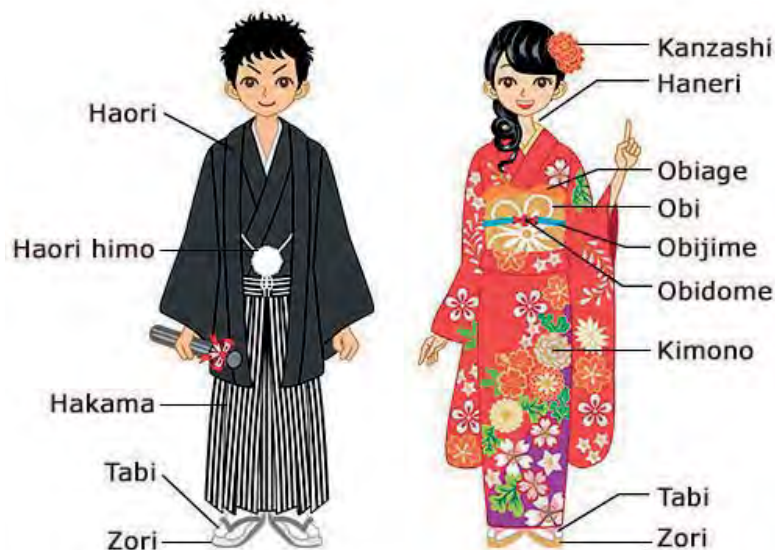


This is a picture of us at Kobe Jain Deraser.



This is a picture of the 3 murti in Kobe Jain Deraser.

This is traditional Japanese clothing [kimono].



These are a few websites which we found useful:

<http://experiencetokyo.net/discover-india-in-japan-kobe-jain-temple-in-kitano-cho/>

A website which has information on Kobe Jain Deraser.

<http://primaryfacts.com/3520/mount-fuji-facts-and-information/>

A website which has information about Mount Fuji.

[http://wiki.kidzsearch.com/wiki/Hiroshima_Peace_Memorial_\(Genbaku_Dome\)](http://wiki.kidzsearch.com/wiki/Hiroshima_Peace_Memorial_(Genbaku_Dome))

A website which has information about Hiroshima Peace Memorial Park.



This is a picture which has the Atomic Bomb Dome, the Flame and the Memorial Arch.

North East Area



Pranam, Jai Jinendra, Hello, Hi!

HAPPY NEW YEAR from the North East Area Committee! We wish you all a Happy & Prosperous 2017 filled with love, laughter and great times!

We have a lot to look forward to this and next year as the Oshwal community gets together to celebrate its 50th Anniversary in 2018. There are a huge number of activities and events taking place so please do keep checking the Oshwal Website and speak to your fellow Oshwal members on how you can take part, volunteer and get involved.

North East Area is taking the lead in organising a Fashion Show in 2018 to celebrate 50 years. If you would like to get involved please contact me ASAP! It is going to be a dazzling show - one not to be missed.

I would like to take this opportunity to congratulate our children who recently passed their Gujarati GCSE. A special thank you to Hasvinaben, our GCSE teacher who has continually worked hard to ensure our children achieve great results. WELL DONE to the following students (with their results), Jasmine Shah A*, Mohit A, Nikita A, Rahul Shah. A*, Riya A and Shyana B.

For our regular and forthcoming events, and for more information and tickets please contact any of the North East Area committee members.

I thank you for your continued support, help and attendance at our events and look forward to meeting you all soon.

Nish

OAUK Trustee and North East Area Chair

From all of us on the North East Area Committee, we wish you a fantastic 2017 and look forward to speaking with you, hearing from you and meeting you at all of our events!



DIWALI GET TOGETHER, KATHIAWADI NIGHT AND REMEMBRANCE DAY



NORTH EAST AREA FORTHCOMING EVENTS, INFORMATION AND PICTURES FROM SAKHI MANDAL MEHNDI CLASSES

HOLI 2017

12TH March 2017, 12pm – 5pm, Oshwal Centre

For more information contact:

nishma.shah@oshwal.org

ALL AREA FASHION SHOW 2017

For further information and/or should you wish to participate or help, contact:

fashionshow@oshwal.org

NE AREA SAKHI MANDAL MEHNDI CLASSES

For more information and to book your place contact:
Bindu 020 8367 0392

NE AREA SAKHI MANDAL STAINED GLASS PAINTING AND POT PAINTING

27TH April 2017, 8pm – 10pm

Trinity at Bowes Methodist Church, Palmerston Road,
London, N22 8RA

For more information contact:

Bindu 020 8367 0392

NE AREA SAKHI MANDAL MOTHERS & FATHERS DAY

4TH March 2017, 6:30pm-10:30pm

Elm Court, Mutton Lane

For more information and tickets contact:

Bindu 020 8367 0392

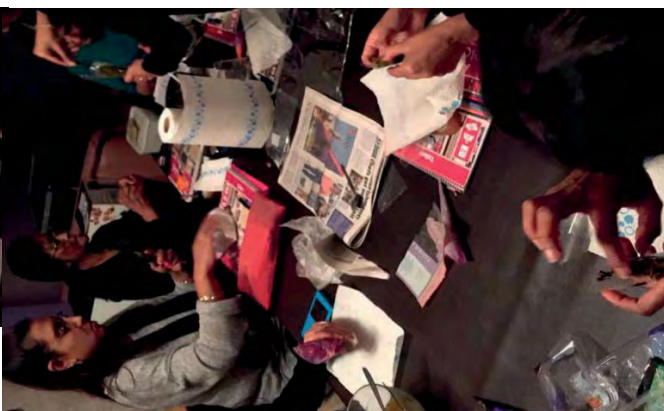
NE AREA SAKHI MANDAL GIFT WRAPPING, FLOWER ARRANGING AND GARLAND MAKING

25TH May 2017, 8pm – 10pm

Trinity at Bowes Methodist Church, Palmerston Road,
London, N22 8RA

For more information contact:

Bindu 020 8367 0392



NORTH EAST AREA REGULAR EVENTS AND INFORMATION

OSHWAL BABIES, BABY FUN!

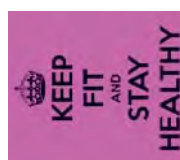
Calling all North East Area babies born from April 1st 2016!!! Get an OAU North East Area personalised baby gift pack!

For further information or to provide details of baby born contact: nishnortheast@hotmail.com



KEEP FIT

Tuesday 8pm – 9:15pm
Trinity at Bowes Methodist Church
Contact: madula.savla@btinternet.com



ZUMBA CLASSES

Wednesday 7pm – 8pm
Ruth Winston Centre
Contact: p4shi@hotmail.co.uk



'LET US WALK TOGETHER'

Broomfield Park by the main gate on Aldermans Hill.
For further info/early registration contact Rohitbhai:
rohitbiddnearea@aol.co.uk
07904639909



'LET US HAVE FUN TOGETHER'

£1 entry Thursday Club at Oshwal House!! Play games, cards and generally have fun! For further information contact Rohitbhai

YOGA CLASSES – SO MANY TO CHOOSE FROM

Southgate School

Monday and Tuesday: 7pm – 8:30pm

Woodhouse College

Saturday: 10am – 11:30am

Youth Club

Sunday morning

Contact any of the below:

maysuri@yahoo.co.uk / dilipshah001@gmail.com /

riteshshah67@hotmail.com



IDEAS AND INFORMATION

If you have any ideas or would like to be on the mailing list for future events please contact any of the committee members!



Management reserves the right to make amendments or cancel any event without prior notice



Highly Recommended... At Least One Good Cruise Holiday!

It was early 2013 when two of my cousins told me about their Cruise Ship Holiday Experience. I became so interested I mentioned to my family "we must do this...once in life!"

It took a long time planning around everyone's dates – school holidays, leave from work or business. My first cruise took place in April 2014. In fact for TWENTY of us (out of 22) it was everyone's first Ocean Cruise experience. We sailed on a ship called OASIS of the Seas. That ship is still one of the biggest Cruise Ships.

I have got the Cruising "bug" now. Soon I will be going on my 6th Cruise and I am already planning the 7th and 8th. I know of a few Oshwals who have been on many more cruises. The most satisfying thing about our cruises is that we were able to encourage and take along with us many friends and family members who had never been on a cruise. All got tremendous joy and superb memories from their cruise experiences.

Most Cruise Ships now are very large, quite stable, superbly designed, and like floating 5 Star Hotels. A couple of people in our group who feared sea-sickness came back ready to cruise again! Cruise Ships employ large numbers of staff, all aiming to provide superior customer service. They contain multiple restaurants, usually open long hours, and providing immense choice of menus / cuisine. Indian Vegetarian Catering has so far not been a problem. Most ships tend to have Indian catering staff, and they can usually make whatever one likes to eat..

Ships also provide lots and lots of activities and entertainment, and opportunities for leisure and

fitness too. A Gym, a Spa, Jacuzzi, a Jogging Track, Ball Games, Rock Climbing, and Swimming are available on most Ships. Of course there are Bars and at least one Casino. Every evening, there are superb musical or theatrical shows. And throughout the day there are musical performances all around the ship. There is plenty of walking opportunity on every Deck. Typically ships have between 15 and 20 Accommodation Decks with Hotel Room style Cabins. Most have balconies facing the Sea (and Land) and there are also cabins with no windows (much cheaper, of course)

Cruises essentially make a number of Port Stops, where one can get off the ship for up to 7 hours to take local tours or just explore by foot. However activities and catering on the ship continue during stops, so one can still keep enjoying the Ship's hospitality.

A cruise holiday is best enjoyed with a group of family or friends or a mix, and certainly very suitable for young and old to enjoy together. There is something for everyone all the time going on somewhere on the ship. Ships generally publish a Newsletter every night, setting out the full plan for the following day.

I hope this short article encourages more members to consider taking a Cruise Holiday. I strongly recommend it.

As a final note, on my 3rd Cruise holiday, we met an Oshwal family group with three senior members using a wheelchair, a walking frame and a walking stick. They too had a great time! Everyone that I have cruised with says that it really is a very relaxing holiday packed with lots of fun.

Anil Meghji Shah



North West Area



Jai Jinendra

As a new team, we were elected last year and our aim was continuity and building a better and stronger community. In embracing new ideas and with the involvement of the youth, our area has gone from strength to strength.

At the beginning of 2016 we had around 300 activities happening each year, for 2017 this count has now reached almost 400, quite an achievement. All this can only happen with the support of the Area Committee and of course all of you who attend and make all our events such a success.

It was a slightly daunting prospect taking the role of Area Chair, community work presents many challenges and we have had our fair share of obstacles and hurdles to overcome, however I am grateful to my fellow committee members for their guidance and the support of the Executive Committee. We are also grateful to the various sub-committees and volunteers.

It is particularly pleasing to see that since the acquisition of Oshwal Ekta Centre in August 2012, we have seen the centre and North West Area flourish.

We have a dedicated team of selfless volunteers who manage and run Ekta Centre on a daily basis. Without them so much of this would not be possible. We are truly grateful for their help and support.

Looking back, our Religious activities have grown, from just a few each year including Paryushan Parva, to a monthly Bhakti and sessions of weekly and bi-weekly religious classes. Regular cultural activities such as Whist Drive, Bhukhar and Curry nites happening on a monthly basis. Other cultural events include garba workshop and Mehfil nights are always well supported.

Welfare events remain ever popular with Ekta Mandals on Monday and Thursday each week, our Elderly Monthly Meets. In between we have hosted various welfare talks, demos including women's networking sessions.

2017 also marks another milestone for NorthWest area, when we celebrate 40th years of the youth club aka ReActive8. Over the years, the club has grown not only in its membership but also the range of activities it provides for both children and adults. We would like to congratulate and thank everyone for being a part of the youth club over the 40 years.

In 2016 we celebrated 40 years of the Gujarati school, which has also grown over the years. With the number of students increasing over the years and the increase in the scope of education from teaching Gujarati to a lot more, giving birth to NW Academy and FunSkool. We now provide education to all age groups. Alongside our normal Gujarati classes we have FunSkool, for children from the age of 3 onwards, a fun way of teaching Gujarati to the young ones. We have adult communicate classes that educate our adults on the use of technology including mobile phones, smart phones, computers, iPads, etc. We also have public speaking sessions that have helped build confidence in the students, again ranging from the young to adults. We are now introducing Adult Gujarati classes at Ekta Centre.

We continue to look for more ideas and regular events. For details of what is happening, do check out the What's going on section on our website.

The latter three are partly funded by the £120 scheme. In order to enhance the facilities for welfare, education and youth activities we need your support. You can do this by contributing as little as 33p a day by signing up to the £120 scheme.

Hina Ramesh Shah
Trustee & NW area Chairperson
on behalf of the NW Committee



Patshala Classes

Please come and join us in the classes which will help increase your knowledge and understanding of the Jain religion

Topic: Sutra classes

Date: Alternate Wednesdays starting 11th January
Time: 8:00pm to 9:00pm (doors open at 7:30 pm)
Venue: Infinity Hall, Oshwal EKTA Centre

Topic: Tattvartha Sutra (Revision)

Date: Every Thursday starting 2nd March
Time: 8:00pm to 10:00pm (doors open at 7:45 pm)
Venue: Oshwal EKTA Centre

Topic: Karma na Siddhant (The laws of Karma)

Date: Every Friday
Time: 8:30pm to 10:00pm (doors open at 8:00 pm)
Venue: Infinity Hall, Oshwal EKTA Centre

For further information please contact Mahesh Shah on 07804 648197 or mahesh.l.shah@areas.oshwal.org



ReActive8 Northwest
Harrow Leisure Centre, Harrow, HA3 5BD



40th Celebration

It all started with an enquiry
With a selective group over the age of forty!
Intoxicated to a certain degree
We banked it in our memory
A beautiful memento given for the family
As we posed for photography and not a selfie
Was it the scent of the paneer chapatti
That led us to finger licking food delights made with mastery
The young were entertained a plenty
By Mr. Marvel who was totally nutty
The evening grew swiftly
With such lovely company



The milkshakes and mocktails enticed us constantly
Whilst the entertainer sustained our mobility
The speeches were heard quietly
'Al is well said smilingly



Alongside sponsors and volunteers support jointly
Nominations took place by the volunteers secretly
Whilst surprised expressions on those faces told a story
All was revealed with awards in full glory



Showcased in style and held with joy
those Olympic trophies sang loudly
You have achieved North-West
Hold me proudly



There's no celebration without a cake,
literally
Its sight turned our mouths watery
Banked in our memory
Such a wonderful celebration of four
decades felt sincerely





OSHWAL ASSOCIATION OF THE UK

NORTH WEST AREA

REGULAR EVENTS



Oshwal EKTA Mandals

@ Oshwal Ekta Centre

Every Monday and Thursday
10:30am – 3:30pm
Start the day with a 2 hour
yoga session.

*Bring your packed lunch and
enjoy with friends and family*

£2.00 (OAUK Members Only)



Bhakti@Ekta

@ Oshwal Ekta Centre

Last Wednesday of the month

Time: 8pm – 10pm

Contact: Mahesh Shah

07804 648 197



Elderly Monthly Meets

@ Oshwal Ekta Centre

2nd Saturday of the month

Book 4 days in advance

Harshidaben (7-10pm):

0208 177 2786

Manjuben: 0208 864 2522

Pramilaben: 0208 907 2188

£5.00 (OAUK Members Only)



Bhukhar

@ Oshwal Ekta Centre

Yearly subscription

35.00 for members

£50.00 for non-members

Pay As you go

£5.00 members

£8.00 for non-members

Contact Details:

Sailesbhai - 07745 871 623

Mahendrabhai - 07714 712 713

Yashubhai - 07985 511 947

Ajitbhai - 07737 418 603

Uttamchandbhai - 07909 513 362



Ekta Curry Nites

@ Oshwal Ekta Centre

1st Wednesday of the Month

Book 4 days in advance

7.30pm – 10.30pm

Email to confirm your attendance:

ektacurrynites@areas.oshwal.org

£6.00 (members)

£7.50 (non-members)



@ Stanmore College
Every Saturday
(Term time only)

&
Adult Gujarati @
Oshwal Ekta Centre

For more information,
please contact:
Bhartiben: 07742 598 789



Whist Drive

@ Oshwal Ekta Centre
2nd Saturday of the month
7pm – 11pm

£6.00 (Members)
£8.50 (Non-Members)

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



Re-Active8

@ Harrow Leisure Centre
Every Friday
(Term Time only)
7.00pm – 10.45pm

For more information contact:
Reactive8admin@oauk-nw.org

Bhakti Sandhya at EKTA Centre

Regular monthly Bhakti Sandhya@ekta which started in Jun 2014 continues with very good attendance and everyone enjoying it thoroughly. The success of bhakti Sandhya has encouraged sponsorships and we have had 6 of the 9 bhakti's sponsored with great feedback received from the families. My special thanks to the sponsors and everyone who have helped make the bhakti Sandhya a successful, enjoyable and spiritually uplifting event.



- Jan 17: Bhakti sponsored by Mrs Gangaben Punja Raimal in memory of Punjabhai's 10th punya tithi



- Nov 16: Bhakti sponsored by Rishibhai Ramesh Gudka in memory of Kanchanben



- Oct 16: Bhakti sponsored by Himatblalbhair Mulchand Lakha Shah parivar in memory of Chetanbhai, Mulchandbhai, Dematben, Laljibhai & Jayantibhai



- Sep 16: Bhakti sponsored by Devrajbhai Karamshi Shah parivar haste Manharbhai, Dilharbhai & Premharbhai in memory of Benaben



- Aug 16: Bhakti sponsored by Kasturben Somchand Shah parivar in memory of Somchandbhai's 5th punya tithi



- July 16: Bhakti sponsored Kanchanben Amratlal Shah in celebration of Amubhai's 73rd birthday



- May 16: Bhakti sponsored by Nilam Mahesh Shah parivar in memory of Liladhar Kanji Shah & Viraben Liladhar Shah

Come and join us at our next bhakti on 29nd Mar 17

North Area

Jai Jinendra

We from the North Area take this opportunity to wish you and Your Family a Very Happy, Healthy and a Successful New Year full of Fun, Peace and Forgiveness.

North Area had a busy few months to bring us into the New Year. Gujarati School celebrated Diwali in style with the making of Diwali cards, Rangoli's and had fun and games. Around 300 people attended the party where scrumptious food was served to all.

Sakhi Milap had a Diwali cooking demonstration with Hansaben and her team from Northampton. Delicious mistaan was made and served to all those who attended. We had another successful Whist Drive event which was thoroughly enjoyed. A light



meal was served before the event and tea and biscuits were served at the end. Sakhi Milap also had a Christmas Chocolate making demonstration which was attended by over 60 people.

CONGRATULATIONS to our Youth Club for coming 2nd once again after having kept the trophy for 5

years. The spirit of all the members, participants and parents was tremendous. Well done North Area Youth Club for making us proud once more. Keep up the Good Work.

Oshwal Association is embarking on great new projects which will require a lot of funding from our members. I urge all our members to support the £120 scheme which will be beneficial to our community. For all those who are over 16 and not members of the OAUk, please become members at the earliest.

Laxmichand Shah
North Area Chairperson



Finchley Satsang Mandal

Finchley Satsang Mandal celebrated the end of the Year 2016 and embraced Year 2017 by holding a party. During the party the members sang stavans, played garbas and had scrumptious meal and contemplated new ideas for Year 2017.

Finchley Satsang Mandal is held every Wednesday.

TIME: 12.00noon - 2.30pm

VENUE: The Scouts Hall, 104 Grove Road, N12 9EA.

For further details please contact Saroj Shashi Shah on 020 3091 3910



Family Day!

Oshwal Centre, Saturday 21st January

On a quiet, cold, average winters day on the edges of the Hertfordshire village of Northaw, a flickering of movement emerged as Oshwals emerged from hibernation and started to congregate at their Mahajanwadi. The grey day was quickly descending into a dark night, the air still but with a sense of stirring that something was about to happen. By 4pm when so many would ordinarily be glued to their 'smart' phones checking the football scores and snap chatting yet another facial expression, many cars had filled the car park and many more were arriving. Doors opened and out popped Oshwals of all shapes and sizes. Young children, whose wide opened eyes gave away their obvious sense of anticipation. Older Oshwals, some with walking sticks, dressed as elegantly as ever, started marching quietly towards Hook House. The first ever winter Oshwal Family Day was about to begin!

In the upstairs main hall, the young children, teenagers and even some parents had congregated, all smiling and greeting each other, and not before long the games began! From musical chairs, and a testing general knowledge quiz, to the incredibly fun Queen of Sheba, everyone was superbly entertained.

In the downstairs hall, the cards were shuffled as the Sakhi Milap team got a Whist Drive underway. And over in Hook House, our vidhikar Jayeshbhai led over a hundred people through a spiritual afternoon of bhajans and stavaans.

Over in the kitchens, the fires were lit and heating up an assortment of delectable delights. The strong aromas wafted through the hall, up the stairs and into the main lobby where crowds were growing, their stomachs being teased. And shortly after 6, the queues had formed, tickets were being collected and the crowds filed up and patiently made their way down to the buffet awaiting them. Feasting underway, many wandered back for seconds and even thirds!

Dinner done, stomachs full, and energy levels high, the crowds gathered in the upstairs hall, where



North Area Youth Club presented awards following Decembers 33rd Oshwal Sports Day. Youth chairperson Vinit Shah and North area sports day captain Bejal Mehta told the crowd how proud they were of all the participants efforts and for coming a commendable second overall in the tournament. The following individuals received trophies for their exceptional commitment and performance at youth club: Anish, Maya, Ruhee, Preena, Akhil (S) and Sajan (D).

There followed a few words from Laxmichandbhai and Tusharbhai and before long the first musical notes were heard and feet could be heard tapping as our guest band Saggarr Malde and Friends got the evening show underway. Within seconds of the first garba starting, 13 year old Ishaan M Shah and Oshwal Sports Man of the year Sahil D Shah were the first on the floor, breaking the ice and leading to a flood of older and younger Oshwals gracing the dance floor. For the next two hours, thousands of calories were shed (much needed in some cases!) as Saggarr and his band entertained with a fusion of traditional garba folk songs and classic Bollywood tunes. And then the evening came to a finale, the last notes played, laughter and chatter filling the lobby as the guests made their way back to their cars, doors closing, engines revving and making their way out



onto Coopers Lane Road. Over six hundred tickets sold out for this show piece event and many people slept with a smile and sweet dreams that night. Thank you to Hiteshbhai, Laxmichandbhai, their committee and splendid volunteers for a magical day. Roll on 2018 Family Day!



OAUK PRESENTS



Ahimsa in Action!

VEGAN HEALTH AND AWARENESS DAY SUNDAY 16TH JULY 10am to 3pm



Come and learn why a plant based diet is healthy, compassionate, and easy to switch to

Cooking Demonstrations
Speakers ♦ Lunch
Samples ♦ Goody Bags
and more!

Venue: Ekta Centre
366A Stag Lane, Kingsbury, NW9 9AA

Go online for more details
and purchase tickets
www.oshwal.org.uk

Oshwal reserve the right to refuse admission and to make any changes to the event due to unforeseen circumstances. Oshwal Association of the UK is a registered charity (No. 267367)

Why is everyone talking about a vegan diet?

You may have noticed that many people are talking about a vegan lifestyle in recent months. In November, national media outlets covered stories about how the new £5 notes aren't vegan. And in December, there were 2500 adverts on the London Underground encouraging passengers to start the new year with a pledge to go vegan for January. Many of you may have had to cater for vegan guests at home or when organising a function.

So what exactly is a vegan, why is it relevant for Oshwals, and what does it mean in practice?

What does vegan mean?

The word vegan refers to a way of living that seeks to avoid, as far as is practical and possible, all forms of exploitation of animals. In a dietary context, this means avoiding all food products derived from animals (including meat, fish, milk, eggs, and honey). And as part of a broader lifestyle, it also means seeking to avoid using animals for clothing (e.g. silk, leather, wool), entertainment (e.g. circuses and zoos) or any other purposes (e.g. cosmetics, cleaning products).



Plant based milks

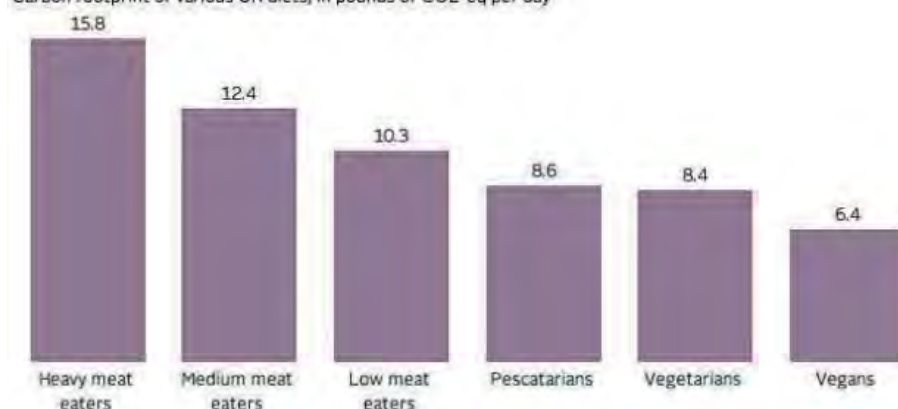
Why choose a vegan lifestyle?

There are many reasons why a vegan lifestyle is relevant for the Oshwal community.

First, the principles underpinning a vegan lifestyle closely align with the Jain principle of **ahimsa**. The killing of male calves and retired dairy cows in milk production is a key reason why many vegans choose a vegan diet over a lacto-vegetarian one. More broadly, the avoidance of harm to other living beings is a key motivation for many features of the Jain diet.

Second, some Jains are motivated to go vegan for the potential health benefits it may bring. For example, following talks by Sharan India last year, many Oshwals in London and Kenya have experimented with a low-oil, whole-food, plant-based diet to help manage type 2 diabetes. Many have found improvements from this shift, and have spread the word to friends to family.

Carbon footprint of various UK diets, in pounds of CO₂-eq per day



Source: Scarborough et. al. (2014)

Oxford University study suggested that the carbon footprint of a typical UK lacto-vegetarian diet was around 30% higher than that of typical UK vegan diet.

Third, as Jains, we care about the environment. Dairy products tend to be much worse for the environment than plant-based alternatives. This because a lot of the energy cows obtain from the food they eat is used up keeping their bodies warm. Cows also emit methane, one of the most potent greenhouse gases. A recent

What does going vegan mean in practice?

For Gujaratis, going vegan at home is surprisingly straight forward. Most of the dairy products we use as ingredients can be easily substituted with plant-based alternatives.

Dairy milk, butter, yoghurt and ice-cream can be replaced with plant-based milks versions, either made from soya, coconut, almond or rice. A range alternatives can all be found in most mainstream supermarkets, and most work exactly the same way in cooking. Dairy-free vegetable ghee is stocked in most Indian supermarkets, and is often cheaper than the dairy-based version. Tofu works great as a healthy substitute for paneer, and vegan alternatives to cheese are also widely available in major supermarkets. Many dark chocolates are also vegan.



Vegan chocolate brownies at Jain wedding

Getting vegan food when out and about is also becoming easier and easier. Many of the caterers that prepare food for Oshwal functions are experienced at making vegan versions of mithai and farsan, and some also make vegan kadhi! A growing number of chain restaurants now have dedicated vegan menus, or clearly label when vegetarian dishes contain eggs or dairy.

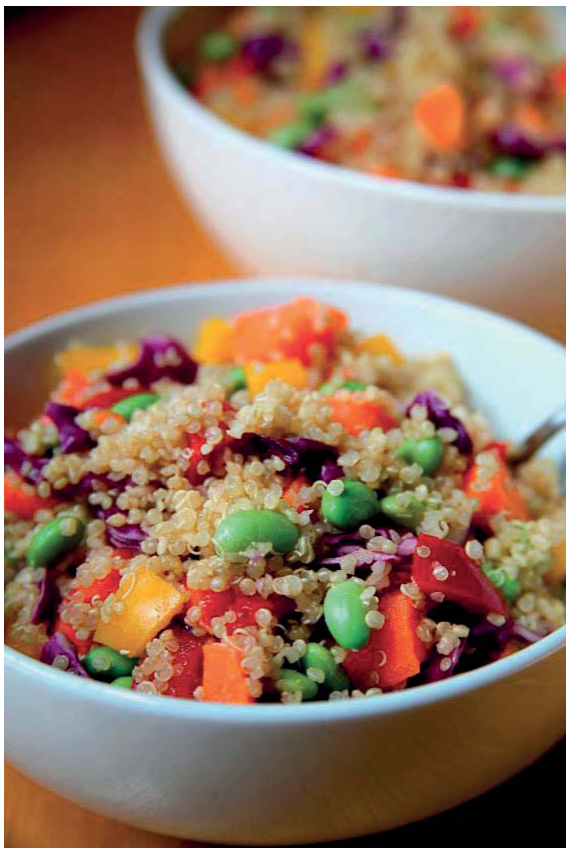
In terms of nutrition, NHS guidance suggests that a well-planned vegan diet can provide all the nutrients our bodies need. Special attention is required for certain nutrients, most notably vitamin B12 and vitamin D. The best way to guarantee an adequate supply is to regularly eat

fortified foods, such as plant-milks or breakfast cereals, or to take a supplement.

Vitamin D can be also made by the body in the through sun exposure in the summer, but lifestyle shifts mean most Oshwals in the UK don't spend sufficient time outdoors to get enough. Most other nutrients can be obtained by consuming a wide variety of pulses, vegetables, grains and fruits.



Vegan Diwali sweet



Quinoa Salad

To find out more about more about a vegan lifestyle, why not attend the Oshwal Vegan Health and Awareness Day on Sunday 16th July 2017 at Oshwal Ekta Centre (10:00am to 3pm).

North Area Social Club

The Social Club continues to be very popular taking place every Friday attended by over 50 people at its peak. We have members attending from North East and North West Area on a regular basis. Different card games are played by members who enjoy a cup of Tea, Coffee and Biscuits half way through the evening. A special thanks to Kasturben Chandaria who co-ordinates and organises all the events such as Independence Day for India, Diwali, Christmas and any other special occasion where food including Jalebi, Ganthia, Kachori's, Cakes etc is served.



This regular event is funded by the £120.00 scheme and we encourage more members to join this scheme.

North Area is unique in giving you this all this fun and enjoyment for ONLY £1.00 per evening.

Venue for the Social Club: Woodhouse College, Woodhouse Road, London, N12 9EY

Day and Time: Every Friday from 7.30pm - 10.00pm



Sakhi Milap Report

A Happy New Year and wishing everyone lots of fun, laughter and a wonderful year ahead.

This year it will be 40 years since Sakhi Milap was first launched in North Area. Many of the original members of the team are still very active in the community and are now the pillars of our community.

Back then people were new to this country and getting to know the ways of life in this country. They didn't have many places to socialise other than meet up at cousins and friend's houses. Sakhi Milap was a place that they could go to meet people, talk about their experiences and to share their feelings. From talking to the past members, it was a time that they could share with our community and not feel isolated. It was also a great opportunity to share and learn new ideas from each other.

Today life is very different. Many of us are juggling with time. We are having to spend longer hours at work, look after the family and our children (young and old!). We are having to support our children with their careers, their families as well as look after the elders in the family. However, we are still having a good progressive life. We are able to travel more, are having more and





more opportunities to get involved in outside projects and get involved with our community. We are proud and grateful that Sakhi Milap continues organising enjoyable and successful contemporary events that benefit our community.

In the past year, we have had Health talk with Dr Bajekal, Diwali Mistan demonstration by Hansaben Shah from Wellingborough, Chocolate making demonstration by Niteshbhai Shah, Whist Drive, Whist drive with games, Salsa Night and are currently working on a session on mindfulness. As you all know this is all managed by volunteers who are working and managing their families too. We are open to ideas and feed backs. If you are always thinking about something special that you would like to introduce to the rest of the members, please contact the team and we can work together. If you are a professional and would like to share your knowledge with the community, then come and talk to us. All our contact details are on the Oshwal website.

The Sakhi team would like to thank all the members for supporting us through all the events. To see all our future events please log onto the Oshwal website and look under North Area.

Nilam Shah
North Area Sakhi Chair

Chocolate Making Demonstration

On 6th December Sakhi Milap hosted a Chocolate Making demonstration at Woodhouse College. More than 60 people attended the evening which started off with tasting a delicious glass of freshly made hot chocolate.

The audience were shown how to make a variety of professional types of chocolates and ganache using the tempering method and special moulds.

Niteshbhai had also made different types of ganache and truffle chocolates from home for all to taste. The chocolates were scrumptious. A big thank you to Niteshbhai and Prityben for a great and very informative demonstration. Everyone had great fun and took home some excellent tips!



North Area Gujarati School



The North Area Gujarati School had another successful year where all the students who took GCSE exams in 2016 passed and some achieved 100% in one or more modules. The grades achieved were 2A*, 9A and 5B's. CONGRATULATIONS goes to all the students, teachers and helpers for their dedication and hard work.

You probably are aware the OCR board is no longer going to conduct exams for Gujarati from 2019 as the number of students participating in exams in this country has gone down to about 600. Luckily another body called Pearson has agreed to take over from 2019 but has an option to pull out in 2024 if numbers continue to fall. So it is important for all parents to encourage and send their children to study Gujarati and learn our culture. We offer a variety of classes such as Adult Classes for Gujarati, Music &

Movement for ages 3+, and cultural activities such as Harmonium, Tabla, Bollywood Dancing and Arts & Crafts. At present we have 106 students enrolled with enquiries from parents wanting to join so this number could go up.

Photos below are taken from the last day of term in December 2016 where Year 3 did an assembly on Christmas and the Tabla and Harmonium students performed what they had been learning during the year.

Venue for the Social Club:

Woodhouse College, Woodhouse Road, London, N12 9EY

Day and Time:

Term-time Only - Saturday from 9.30am - 12.30pm



Luton Area



*Rajesh Jethalal Shah,
Luton Area Chair*

Jai Jinendra

At the turn of the year many people take this as an opportunity to re-focus on their individual priorities by making resolutions. Choices will be made depending on individual circumstances, priorities and

age. Younger persons may be looking to find ways to set out their career goals, learning and to enhance their circle of friends. Those with established careers and families may be seeking new challenges and promising to make more time for their families and friends. Many of us who are towards the end of their working lives may be seeking new activities, interests, volunteering and more time devoted towards our religion.

It is important to have a purpose in life so that we can set out our individual plans around this. Our mind and body require regular activity to maintain good health and equally important, a good state of mind. Many also enjoy being with other people at social gatherings and activities.

Members of our Association are very fortunate to have access to a choice of many such activities and events, at local areas, Oshwal Centre, around the UK and overseas! Please look up our Oshwal Web Site for up- coming and regular events and you will be certain to find something that will interest you. You are especially encouraged to take part in activities hosted by other local areas, meeting new people and making new friends. Such host of activities can only be provided through hard work and dedication of our volunteers, those who serve on Area Committees, Executive Committees as well as our army of dedicated individuals who are always readily available to make our events a success. Our volunteers are the back bone of our Association. They selflessly devote their precious time so that

our members can enjoy religious programmes, social gatherings, great food, social and business networking, health and career guidance, activities catered for special needs, walks and treks, yoga, etc. This list continues to grow, so please do not miss out and look up our web site at www.oshwal.org.uk now!

A special thanks to all our volunteers who make all this possible. Giving your precious time volunteering is one of the greatest personal gifts to society. Try it, offer to help in any way you can, make it unconditional, and I can assure you will enjoy this.

Congratulations to our Luton representatives who successfully took part in the annual Sports Day.

AGM - Our next Annual General Meeting is to be held on Sunday 19th March 2017, 4.30pm at Warden Hill Community Centre, Wycombe Way, Luton. Formal notices have been forwarded. Please make a point of noting this in your calendar to attend. It is your organisation, so please take part. Your collective views will make a difference.

Rajesh Jethalal Shah
Luton Area Chairman

Forthcoming Activities:

Luncheon Club – Last Luncheon Club was held on 17th February, sponsored by Shantaben Jayantilal Shah. We are considering holding future events on Sundays so working members can join us. Information for the next event will be issued shortly.

Daal Rotli – Last event was held on Sunday 22.01.17, with many attending and enjoying socialising and good fresh food.

Sunday Walking Club – Please contact Rajesh Zaverchand Shah on 01582 581302 for latest information on venue and timing.

Michhami Dukkudam,
Rajesh Jethalal Shah

Sports Activities in Luton – by Keval Rajnikant Shah

Last year several teams from the Luton area took part in the Darts, Chorki & Swimming competitions – well done to all the participants. Ajnishbhai helped me in setting up the teams for our sports day in November 2016

The darts team consisted of:

Bharatkumar Meghji Shah	Neil Bharatkumar Shah
Nita Pankaj Shah	Anjula Bharatkumar Shah

The team picked up 3 out of a possible 5 trophies. This year is the first time in 5 years that our Ladies have picked up a trophy. Bhartbhai came 2nd in the men's single. Bhart & Neil came 1st in the men's double.

The swimmers were:

Saira & Siyanni Haria from Hitchin	Akash & Shettal from Stevanage
Udai & Nikhil Shah from London	

The swimming team picked up a total of 9 medals – Congratulations to all the swimmers.

This year we also had an event for enabling networks. Congratulations to Paras (from Harpenden) who came 1st.

For the final day Luton had two teams who took part – The Boccia team & the Chorki teams, our Boccia team had never practised together, and one of the team members – Master Viyan Shah (only 5 years old) had travelled from Burton on Trent to take part and play for Luton area.

Our Boccia team consisted of:

Paras & Binti Shah from Harpenden	Nikhil & Runil Shah from Harpenden
Shital Shah from Harrow	Viyan Shah from Burton on Trent

Our Chorki team consisted of:

Ajita Shah	Ajnish Shah	Anunja Shah	Chandrakant Doshi
Irene Shah	Nita Shah	Priya Doshi	Rajnikant Shah

Unfortunately our above teams did not pick up any medals – but it was great fun!

Thanks for taking part and supporting OAUk

Many Luton members have not taken part in sports before, we encourage you to come forward now and join us for our future events in 2017. The events that we would like to organise are: Football, Dodgeball, Volley Ball, Netball, Bench ball, and Circuit Training.

Please contact me on my mobile 07837 181332 or by email keval.r.shah@areas.oshwal.org

Keval Rajnikant Shah

We are looking for interviewers all over the UK who can gather and write interesting and informative articles about our members' lives.

**If you can help please write to The Editor at
sudhir.shah@oshwal.org or call 07785 710914**

Born in Debasang, India in 1935, with birth name of Shantaben Bhimji Karamsi Nagra, at the age of 3 she migrated with her family to Kenya and settled in Kisumu in 1938.

Her family consists of 7 siblings, 4 brothers and 2 sisters, with Shantaben being the eldest. She attended school until the age of 15 and married at age of 18 to Late Jayantilal Kachra Shah Gosrani. They had five children, 1 daughter and 4 sons. Shantaben has had to suffer the loss of her husband, and further tragedy of the death of 3 of her grown sons as well as her daughter who died at an early age of one from a penicillin reaction. Throughout her time in Kenya, Shantaben's role was that of a wife, mum, looking after the household, and also worked as seamstress to help with family business of textiles and clothing. In order to improve their livelihood, they had to lead a somewhat nomadic life, moving around Kenya for better business opportunities. The family migrated to UK in 1972 and settled in Luton with their 4 children, eldest aged 17, and youngest 4. It was difficult times with Shantaben working 10 hours a day to earn £4 as a seamstress in order to make ends meet financially. This is in addition to her household duties and caring for her family. Having lost her husband, three sons and a daughter, her Jain faith and family has given her the strength to face up to challenges of life. Shantaben lives life to the full, devoting herself to her immediate and extended family, who continue to dote on her. One sad fact is that her eldest son, Ashwin died on the same day of the opening ceremony of our Derasar at Oshwal Centre.



એક મુસાફરનો પોકાર.....

એક પથિક રણમાં પ્રવાસ કરી રહ્યો છે. તેને મુસાફરી કરવી પડે એમ છે અને તે પણ એકલાને. સાથે કોઈ સંગાથી નથી. આવા કપરા સમયે તેમને ભાવ જાયો. એકલો એકલો ક્યાં સુધી મુસાફરી કરીશ. પ્રભુતો કૃષ્ણાસાગર છે. તેઓને હું પ્રાર્થના કરું તો મારી સાથે ન ચાલે?

સરળ ભાવે તે ભગવાનને વિનંતી કરે છે, " તમે મારી સાથે ચાલો!" પુર્ણ શ્રદ્ધાથી પ્રભુ સાથે વાતો કરે છે. પાછળ જુએ તો પોતાના પગલાં પાસે બીજા બે પગલાં. આનંદ થતો આગળ ચાલે છે.....

રસ્તો કઠીન છે. પાણી ક્યાંય દેખાતું નથી. તરસ લાગી છે. થાકથી અતિ દુઃખી છે. પગલાં ક્યાં ગુમ થઈ ગયાં? પ્રભુને પોકાર કરવા લાગ્યો, " પ્રભુ, તમે ક્યાં છો? તમે મને મૂકીને ન જાવ! જલ્દી આવો, જલ્દી આવો! "

ત્યાંતો અવાજ સંભળાયો, " વત્સ, હું તારી સાથે જ છું. ગરમી અને તૃષ્ણાને કારણે, તું બેભાન થઈ ગયો હતો. તને તેડીને હું એકલો ચાલી રહ્યો છું. તારી અપૂર્વ શ્રદ્ધા મારામાં જોઈને હું, તને કદી મૂકીને ન જાઉં. તને તેડ્યો હતો એટલે ફક્ત મારા બે પગલાંજ તને દેખાયા."

પથિકને તો ભાન થયું કે ભગવાન મારી સાથેજ છે. આનંદમાં હિલોળે ઝુલવા લાગ્યો.

આવી પરમ શ્રદ્ધા, આત્મ-કલ્યાણના દ્વાર ઉઘાડી દે છે !!!!!

વાર્તાના લેખક : શાન્તાબેન જયંતિલાલ શાહ.

શાન્તાબેન, લૂટનના નિવાસી અને ૮૧ વર્ષની ઊંમરે આ એક સુંદર વાર્તા મને રાજેશભાઈએ મોકલાવેલ.

આશા રાખું છું કે તેમની વાર્તાનો ઉલ્લેખ મેં બરાબર કર્યો હોઈ.

વાર્તાનું પ્રકાશન: રેખા શાહ, એડ્યુકેશન ટ્રસ્ટી.

Nikhil Climbs To The Roof of Africa

I am a student at Coventry University in my 3rd and final year studying BSc Sports Therapy.

I decided to climb Kilimanjaro for charity when I saw a poster about it at uni and thought that this would be a good challenge and a once in a lifetime opportunity.

I have never done a climb like this before, but I have raised money for a couple of charities in the past with my sister (Uttama Dodhia). In 2010 we did a charity swim to raise money for the Luton & Dunstable Hospital NICU (Neonatal Intensive Care Unit), we raised £1,700 for the hospital. In 2012 we began raising money for The Little Princess Trust and together raising over £3,500 by shaving all my hair off and my sister donating 21 inches of her hair to the charity.

My first couple days in Tanzania involved going to a school that the charity (Childreach International) is sponsoring to see first-hand how the money being raised

is helping to change the lives of the children.

This was easily the toughest thing I have ever done, not only was it physically challenging, but mentally and emotionally too. On the whole it was an awesome experience, meeting lots of amazing people and achieving something very special by reaching the summit, the Roof Top of Africa.

The charity we all raised money for was Childreach International which aims to improve children's access to healthcare, education and child protection. They also aim to empower children to create positive change and to establish a global movement of child rights supporters. Childreach have a vision to have a world where all children have the opportunity to unlock their potential in life. When I went to the school in Tanzania that Childreach were sponsoring I could see how the new facilities gave the children a better learning environment.

They help in many countries to give more opportunities to children who don't get a chance.

I have raised £2965.37, but as a team we have raised over £83,000.

Nikhil Vipin Shah
Luton Area



Leicester Area

Diwali 2016 Report



Leicester Area Diwali Celebrations took place on Sunday, 6th November 2016, at Braunstone Civic Centre. This event was organised by the Culture and Heritage Team. This year we invited a live band called "Rangeela".

There was a wonderful turn out with over 150 members attending the event including members all the way from London and Northampton. The afternoon started off with prayers after which Rangeela took over with all time Bollywood, Gujarati and Swahili hit songs. The music was thoroughly entertaining and many took to the floor to dance the evening away.

Our gratitude to the generosity of the local area members who donated towards the ever popular raffle. Prizes ranged from sarees to perfumes, watches to kitchen appliances!

I was overwhelmed and delighted by the comments I received from our members who enjoyed the celebrations and mouth-watering food. In the true spirit of Jainism and the auspicious Diwali festival food was also donated to Red Cross Asylum Seeker Refugee Service.

As the holder of Culture and Heritage portfolio, I would like to thank all Committee members and volunteers who helped without hesitation to put this event together. A big 'thank you' also to all our members in supporting this event – with your help we can make all our future programmes bigger and better!



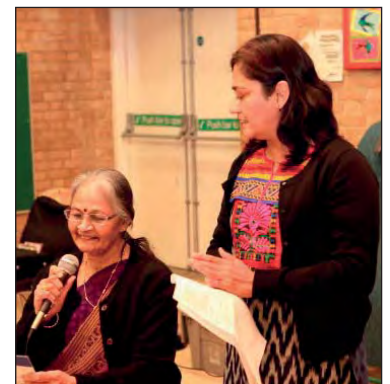
'Leicester Oshwal's Got Talent' 2016 Report

Leicester Oshwal's Got Talent event was held on 27th November 2016 at Coleman Neighbourhood Centre. Over 50 members attended the event to show their support and encouragement for the participants of all ages who took part.



Jay, Dillon and Meer hosted the afternoon's show taking over from the committee members. Vaghjibhai started off with narrating a story in Gujarati.

Jay played a couple of pieces on the guitar including the theme song to James Bond to the delight of the audience! Dillon invited the audience to guess the tune he played on the trombone - he played so well that all the tunes were guessed correctly! Vijay had written a poem on his experience of Palitana. Meer followed on the digital piano with classics from different genres.



'Tum agar saath dene ka' and 'Jahu Kaha Bataye Dil' ... Pravinbhai's personal favourite songs ... sung with so much emotion! Nutan got the whole crowd involved clapping to her song – I'm Alive (Celine Dion)! Hemal and Kamlaben performed a duet of the golden oldies bringing back joyful memories for so many!

The food and prizes were donated by individuals from the Leicester community. A special thank you to all the participants who took part and made this event a success.



Christmas Party Celebrations 2016

Leicester's Christmas party was held on 18th December 2016 at Coleman Neighbourhood Centre. The party started off playing 'pass the parcel' by all ages where members had to perform dares such as acting, singing and dancing.



Members loved the mouth watering snacks such as bhel, pani puri, mogo with coconut milk and apple pie served with hot custard prepared by the committee members. It was a wonderful afternoon to enjoy the festive season, lots of fun and laughter with delicious food - a real Xmas treat! A memorable day for those who attended.

Instructions For Sending Articles, Pictures, Reports and Adverts in for OSHWAL NEWS Magazine – please note the following important notes.

1. Please send all pictures for publication as **high quality .jpeg images** with a minimum resolution of 2180 pixels wide (height may vary depending on your picture shape).
2. Full or half-page adverts that run over the page edges should include a 3mm bleed all around, i.e. for an 210mm x 297mm A4 page the advert size should be 216mm x 303mm inc. bleed. Text should be at least 15mm within the A4 page margins.
2. Articles must be clearly written and checked for spelling and grammar.
3. All articles and material that we publish has to be approved by the Publishing Committee and the Editor.
4. All adverts should be sent to oshwalnews@oshwal.org
5. The deadline for the next issue is **15th June**.

For any queries or questions please contact Sudhir Meghji Shah at email sudhir.shah@oshwal.org or telephone 07785 710914.



Winter Wellness – 12th February 2017

Winter brings unforgiving cold days and long dark nights. For some it might be a time to hibernate on the sofa with a cosy blanket, sitting in front of Star TV.

To help shake off the lethargy and boost energy levels, Leicester Oshwals got together for an afternoon of fun, fitness and food at Coleman Neighbourhood Centre. This was a free event and over 40 members attended.

The afternoon consisted of welcome and prayers followed by a couple of games, a Garbafit class and best of all - a shared meal. We played a game called 'Name the Person'. This was a tough test on how well the participants knew each other by their first name. The second game was called 'Take a seat'. The games were simple but unusual and a lot of people would probably not have known them before. Almost everyone engaged in the games and they were played with a sense of fun and enthusiasm.

After the fun and laughter came the serious subject of keeping fit. We hired a professional fitness instructor to do a culturally appropriate fitness class. The main bulk of the class was a Garbafit routine but he also added a bit of Bhangrafit and ended with some gentle exercises to cool down. Well done to all those who took part as the class lasted an hour and it is not easy to keep going for that long!



After all that exercise, there was a chance to have a drink, rest and chat. Volunteers and committee members prepared the meal and organised tables and chairs for us all to sit and share a hearty bowl of vegetable soup, croutons and garlic bread. Jain options of soup and French bread were also served.

Everyone who attended seemed to enjoy themselves as they voiced their appreciation and left with smiles on their faces. It must be something to do with all those endorphins!!! We hope this winter event helped to invigorate what can be a dull time of year.

Garbafit classes are held on Sundays

Walter Charles Centre, Wigston Road, Oadby, Leicester LE2 5QE

4.30 to 5.30pm. £2 members £3 non-members

Wear comfortable clothes and shoes. Bring a bottle of water.

Contact: Rashmika Shah for more details. 07760725929 or 0116 2718525

Leicester Oshwal Climbing Group

At the time of writing this update, we are almost at the end of our first 6 week course learning to rock climb. We have been training at the Leicester Tower Climbing Centre every Wednesday evening 19:30 to 21:00. Well, we actually carry on till 21:30 when the centre closes – showing how enthusiastic everyone is and just how much fun we are all having, spectators and participants alike! The youngest in the group is 13 and the not so old is approaching 60, showing that any age can learn a new skill with some perseverance, positive attitude and guts!

At the end of every session all were exhausted and felt like they'd done a really good workout – and despite aching hands, shoulders and legs for a couple of days after, everyone felt fitter and stronger each week.



Health & Safety first - learning the basics



Some sort of knocking heads ritual?!

Week one was quite scary – the wall (and it was only the small wall!) seemed like a really big task to those who had never done anything like this – some even prepared to quit! But then with the encouragement and support of the trainers and participants everyone stayed with it and unbelievably are now climbing the really big tall wall in the main climbing hall.



Week 1: Climbing the small wall



Week 4: Now climbing the really big wall!

More updates at the end of the course!

Leicester Oshwals' are going Bowling!

Where: Hollywood Bowl, Meridian Leisure Park
Lubbesthorpe Way, Braunstone,
Leicestershire LE19 1JZ

Date: Saturday 20th May 2017

Time: To be confirmed

Cost: £6.50



There is already a lot of interest for this popular event and we need to book lanes to accommodate all.

*Contact Shilpa on
07866 567 100
to confirm your place.*

*Remember, the deadline for your place and payment is
10th April 2017*

Leicester Oshwals – Let's keep in touch!

Would you like to know what's being organised by the committee? Are you missing out on some of the activities or information? Would you like to receive e-newsletters or be contacted by phone, text or WhatsApp in case of an event at short notice?

In order to ensure you are aware of any activities we are trying to organise please can you let us know your up to date contact information. For consistency and completeness, kindly fill out even if you have already given your details previously. Please write clearly to avoid confusion of letters and numbers.

Name: Membership no:.....

Year of birth (optional for adults but would be helpful for children):

Contact email: Mobile number:.....

Would you mind being contacted on WhatsApp? Yes / No

Address: Post code:

For children under 16, parents/guardians name and contact details:

.....
.....

Please adapt as required if you have more than one child or member in the family. Kindly email (preferred) or hand this information to any of the committee members at your earliest. Many thanks for your cooperation!

Shilpa, phone: 07866 567 100 or email: shilpa.s.shah@areas.oshwal.org

Daal Rotli - 22nd January 2017

Approximately 60 members attended the afternoon event at Coleman Neighbourhood Centre. Mrs Mradulaben Shah conducted an interactive session on 'Positivity'. From listing positive thoughts to depicting human traits by 'monkeys', she got everybody involved in one way or another. There was even a short quiz too! What was meant to be a 20 minute session lasted more than an hour but thoroughly enjoyed by all – not a single negative comment from anyone!

Thereafter members had a good time to mingle and enjoy the delicious, mouth-watering Daal Rotli prepared by the Committee Members. Everyone enjoyed the programme and members said that they looked forward to more such events.



We encourage all Oshwals to become members of our Association

Please note all of our fee paying events have a differential rates for Members and Non-members. Please present your membership card to be eligible for Member's entry to these events.

With an increase in usage of our facilities and centres, we have seen a huge increase on members hiring our centres for Non-members events. OAUk has now changed it's policy. To be eligible for a members rate for the hire of any of our centres, the beneficiary of the event must be a member. E.g. an Oshwal boy or girl getting married must be life members. If a person chooses not to become a life member, our facilities and centres are still available but at Non-members rates.

The office staff may request certain proof to be eligible as a member and these documents are kept on file by us for OAUk use only. We do not share any information with any other Organisation. OAUk reserves the right to refuse membership and rules for eligibility are determined by our constitution.

Replacement membership cards are available from the office in case you have lost or misplaced the card. An admin fee of £5.00 applies.

Tushar J. Shah
Hon. President



Oshwal Association of UK, Leicester Area



Invites you in celebrating

Mahavir Janma Kalyanak



At Shree Sanatan Mandir

Weymouth St, Leicester LE4 6EP

Sunday, 23rd April 2017

Decorating the Siddhachakra Pat 9.30am – 11.00am

Lunch: 12.30pm – 2.00pm

Bhakti 2.00pm – 4.30pm

Arti, Divo Uchavani

All volunteers are kindly requested to arrive at 8am



Did you know ...

One of the easiest ways to reduce the Himsa (violence) arising from our dietary choices is to simply reduce the amount of food that we waste?

On this holy occasion, let us commit to reduce food wastage - we humbly request that you forward names of those family members who shall be attending the luncheon to Chimanbhai on 0116 270 9438 by 14th April 2017

Donations towards the cost of the function are welcome

Ayambil Oli: Monday 3rd April 2017 – Tuesday 11th April, 2017
Pratikraman starts 7pm at Vaghjibhai's & Maniben's residence.

Chaudas Pratikraman starts at 6.00pm.

After Pratikraman, there shall be Vanchan and arti-Divo with fixed nakro.

Daan is an important part of Jainism

In the past 2 years, we had collected a significant amount of food items that were donated to the Red Cross to be distributed to street sleepers, asylum seekers and refugee families. We have the opportunity to do the same again this year. If you wish to donate towards this worthy cause, please give essential items such as toothbrushes, shampoo, soap or food items like pot noodles, bottles of water, rice, sugar, coconuts, cornmeal, tinned tomatoes, beans, pulses and lentils, etc. These items will be collected at the MJK celebration and presenting it collectively later to the Red Cross on behalf of the Oshwal Association UK, Leicester Area.

We are also going to be observing Earth Day at the same time ... looking at ways to protect our surroundings and the planet as a whole. Please contact Rashmika if you wish to get involved!

For more details please contact: Lataben on 0116 271 2642 or 07940 994622

The Committee reserves the right to alter or cancel the programme due to any unforeseen circumstances that may arise
 Registered Office: Oshwal Centre, Coopers Lane, Northaw, Herts (Phone: 01707 643838)
 Registered in accordance with the Charities Act 1960 Charity Reg. No. 267037 E&OE

East Area

Savanstri Bhojan on Sunday 18th September 2016

Venue Cannon Palmer School, Aldborough Road South, Seven Kings, IG3 8EU

The Savanstri Bhojan was sponsored by Mrs Lalitaben Amritlal Lakhamshi Shah and her family, in the memory of the loved ones departed from her family. The East Area OAUk is very grateful for her kind generosity. The food was prepared at Mrs Lalitaben's residence with the help of many Volunteers. Our thanks to everyone and the members who attended our Bhojan

Mr Kishorbhai Lalji Haria & Bhartiben Babulal Shah welcomed all the guests and there was a minute silence observed in memory of the departed souls. We were very honoured by the attendance of so many EC Trustees including our President Tusharbhai. Mahendrabhai, Kumudben and son Chirag sang many bhajans and entertained our members.





Left to Right:
Aayushi,
Aarav, Anya
and Anavi

East Area Sports Day

East Area participated in the swimming events at the Oshwal Sports Competition held at the Laura Trott Sports Centre in December 2016. We brought home a total of 7 medals. Well done to all participants and we hope that many of you will take part again in the near future.

Congratulations to:

Aarav Shah

Gold (backstroke), Silver (freestyle),
Bronze (breaststroke)

Anya Shah

Gold (backstroke), Silver (freestyle)

Anavi Shah

Bronze (backstroke), Bronze (freestyle),
Bronze (relay)

DIWALI AND NEW YEAR'S CELEBRATION 2016

East Area celebrated diwali and new years festival at Canon Palmer School, Aldborough Road, Seven Kings, Ilford, Essex, IG3 8TU on 28th October 2016. with an attendance of 140 members and was a very successful event.

The program started with a prayer and one minute silence for peace on earth.

There was a play by the elderly members of the Thursday Club and was about why we celebrate diwali.

Anya Hiten Shah age 14 played two bollywood songs on the violin. This was enjoyed by everyone and appreciated by all.

Next was a garba by the Thursday Club and this was presented by the elderly members of Thursday Club. Only our chairperson was youngest. East area is thankful to Avni in training for garba.

This is probably the first ever garba I have seen in Oshwal Association done by Elderly members over 70's and three cheers to them. Keep it up!!!

To end we had a tasty meal of hot Mohanthal, Bhatura, Chickpeas curry, Salad, Sev-boondi and chutney.

The event was thoroughly enjoyed by all the members.

My message to all parents to prepare their children for some talent and bring to our events to play in public, to build their confidence.



East-ern Talent

East Area's young talent - Aarav Hinesh Shah (13) has been playing the Violin since he was nine years old. During our Paryushan event last year he played two Jain Stavans for us, which was very enjoyable! Thank you and well done!



Dall Roti Event

27th December 2016 @ Oshwal Centre

Over 170 members attended our Dal Roti event at Oshwal Centre, thanks to everyone who made this a very successful event toward the end of last year. Durgesh and his party performed popular Indian songs for our guests.

A raffle draw was held to win three prizes; telephone, grinder and set of socks. During this chai and biscuits were served as refreshment.

Towards the evening our guests took part in Garba to burn off all the dal and roti consumed. The stars of the day were twin daughters of Asul for their delightful dancing and for winning first prize in the raffle draw.

East area committee members convey their thanks to all the helpers and guests for a very successful event.

Rangoli Demonstration In East Area "2016"

Few days before Diwali and our New Year's Day East Area arranged an event to show 'How to make Colourful Rangolis – We would like to thank Bijalben Milan Shah and her mother in law Mrs Suryakalaben Laxmichand Shah who came all the way from North West London to help us with this event which was very much enjoyed by our members, pictures can be seen on the Oshwal Website





ASHVINKUMAR MEGHJI KARMAN SHAH

7th February 1949 – 8th December 2016

Tributes have been paid to Ashvinkumar Meghji Karman Shah who died unexpectedly at the age of 67 whilst on holiday in India. His family origins are from Chela, near Jamnagar, the town where he passed away.

Ashvinbhai's bapuji, Meghji Karman, left Chela at the age of 14 for Kenya and it was in 1949 that Ashvinbhai was born in Nairobi. He had a happy childhood there with his three sisters Kusumben, Chandrikaben, and Anilaben, and numerous cousins and extended family. He finished school at the age of 16 and then wished to train as a Chartered Accountant in the UK. Being the only son, his parents were reluctant for him to leave Nairobi but he worked in the family shop for eighteen months and convinced them that he should go to London. So, in 1967 he arrived in the UK at the age of 18 and began studying for his Articles.

When he wasn't studying, Ashvinbhai enjoyed socialising and it is during a trip to Nottingham to visit one of his cousins that he first got to know Dakshaben his wife-to-be. They decided to marry a few years later and with Dakshaben's family being based in Mombasa, they went to her home town for the wedding in February 1973. Soon after the wedding, he received news that he had successfully passed his final accountancy exams, and was pleased to have passed them all at the first attempt.

Upon returning to the UK after the wedding they moved into their first home together in Redbridge, East London. Their two sons, Keval and Bhavin were born a few years later in the UK, as the family were in the midst of moving back to Nairobi at the turn of the decade. The move motivated by the ill health of Ashvinbhai's mother, Dematben. She passed away in 1981 but the family continued to live in Nairobi until 1989.

While in Nairobi, Ashvinbhai embarked on a successful career at the accountancy firm Kassim Lakha (later KLSA PKF). He was made a Partner in Nairobi and transferred with the firm to their London office. Along with his wife and children, he also brought his father back to the UK.

Ashvinbhai loved his work and made wonderful friends through it. His job did not define him, however, as he had so many interests: whether they involved socialising, charitable works, or keeping fit by going to the gym and playing golf. Ashvinbhai had a passion for travel which was passed on to the family from an early age. Even when his children were toddlers - and

unlikely to remember much - Ashvinbhai and Dakshaben embarked on a 6 week road trip across the USA!

Ashvinbhai was active in the community, giving of his time in numerous roles for the Oshwal Community in both Nairobi and London. He served on the Oshwal Committee in Kenya when the Derasar was being built. He was also a member of the Managing Committee of the Visa Oshwal Girls Secondary School. On moving to the UK, he joined the East London area Committee eventually fulfilling the role of Chairman following a period as Treasurer. He regularly attended meetings of the Executive Committee of OAUk, subsequently serving on the Board of Trustees including a period as Secretary. Committee members have often recounted how Ashvinbhai always conducted himself in a courteous manner. He would carefully listen to the group before clearly putting his point across, and would have no need to raise his voice during any animated discussions.

During his short retirement, Ashvinbhai still supported Oshwal community events as an enthusiastic participant, as well as other charitable organisations such as the Lion's Club of Seven Kings. He also revived his interest in golf – with lessons shaving a few shots off his still large scores. He always loved spending time with his grandkids – Keval and Kathy's children – Dylan (9), Carys (7) and Seren (3).

Ashvinbhai's family have been touched by the messages of support they have received from around the world and from stories detailing the impact he had on people's lives. He was a well-liked member of his family and his community; but he also reached beyond this sphere through his work. Several of his colleagues have commented that he was a respected mentor and friend. He will be remembered for his humility – not seeking the limelight, but rather quiet satisfaction in achieving results – and for his positive attitude and smile. He will be greatly missed.



West Area

Jai Jinendra

Although we are in March Happy New Year. Last year ended with a very memorable event, as our lost and forgotten CHILDREN celebrated the 1st Kids Christmas Party, hosted by the Social Committee, at the Shakti Centre on the Saturday 17th December 2016. Several Activities were arranged for the children and our special thanks to Neha Mukesh Shah for the face painting station, Trupti Rajanikant Shah for the Mehndi station, and Sejal Jitesh Shah

for the card making table. All the children received a goody bag present from Santa together with a snap photo. We also had the privilege of the Hounslow Councillor playing the part of Father Christmas.

As you can see from the photos below, we had children of various ages and some as young as 6 months old attending, all with happy faces enjoying the activities. Wonderful feedback received from the young parents and the grandparents. Next event on the 08th April 2017, Easter treasure hunt.



Directory - I am pleased to inform you that Shejalben, Keshubhai and Chunibhai have completed the directory project for our area and households in West Area would have received verification emails and letters by now.

Taktis - Following the very generous and auspicious donation of £15,000.00 from the Oshwal Walkers Group, we are in the process of reviewing our Taktis at the centre. Please advise Keshubhai, if any corrections are required to your current taktis. There are other opportunities to donate and be part of the project Shakti. Please contact either myself or Keshubhai and we will be happy to explain the Taktis

that are available and all donations over £1,000.00 will be acknowledged on the takti boards.

Finally, the first Annual General Meeting of the new committee will take place on the Saturday 25th March 2017 at the Shakti Centre from 7.00pm onwards. Ashwinbhai, our Secretary, is in the process of preparing his report, which will be sent to households at the beginning of March.

Jai Oshwal

Chiman Shah
West Area Chairman



Bhakti Bhojan with Jayeshbhai

Despite a short notice, the centre was filled to capacity and members joined in with the Bhakti, the elated faces at the end and members coming over at the end to ask when the next one will be held was music to our ears. The Bhojan prepared by volunteers was greatly enjoyed by all.

This is the first of many events Jayeshbhai will be attending at the Shakti Centre, for more information about future events check at the centre, ask a committee member or check the website.

We as a committee are looking forward to welcoming Jayeshbhai to our 'LITTLE CENTRE', and with all our members as welcoming to him again. Thank you to Tusharbhai and Varshaben for attending and supporting our event.

Don't forget the ANAND YATRA is another opportunity to see Jayeshbhai at the Oshwal Centre and we have a MINI coach that goes from Hounslow on a regular basis, for dates and times check at the centre, ask a committee member or check the website.

Quiz Night

Youth sub-committee first quiz night of 2016. Participants were divided into teams and given a table each and asked to choose a name for their TEAM. All teams came up with some wacky and wonderful names. Quizmasters Roopal and Prakash then began the fun-filled quiz.

Everyone was ready and had their thinking caps on. As the rounds went on great competitive energy was flying around the hall. Kunjalbhai, EC member for Youth Sports gave a short speech on sports day, other youth activities happening centrally and thanked West Area youth for holding a great quiz night.

Right time for the answers! Answer sheets were swapped between tables. Prakash took all the participants through each round revealing the answers and the hall was full of cheering and laughter as people realised they either knew it or



didn't! WE ENDED UP WITH A TIE, sudden death for the 2 teams. Three questions later the winning team was announced 'TEAM NAME.' The youth sub-committee then presented Dhilan, Raivat (Ashok), Christine, Niraj and Amit their winning medals.



Diwali Celebrations – Bhooli Bisri Yaadein

Preparations started on Saturday morning with the volunteers making delicious dishes and transforming Oshwal Shakti Centre. Who would have thought the venue could look this good!

Guests started arriving from 6.30pm, and were welcomed with mithai and a glass of 'pure heaven'. After the mouth-watering starters, the band 'Roopal Shah and Friends' took to the stage and sang some wonderful songs from the 50s, 60s, 70s and 80s that took everyone down memory lane!

With a mixture of fantastic songs from different genres, there was something for everyone! As

soon as the music started with the dance melodies practically all were on the floor. After a couple of hours of great music, it was time for the finger licking main course which everyone enjoyed. After dinner it was time to get the dance floor rocking! The lights were dimmed and the place was jazzed up even more with disco lights! The band stepped up the music and sang popular olden golden dancing songs, while everyone filled up the dance floor from young to old and danced the night away! Finally, a special thanks to Rohit for the loan of the sarees which transformed the centre.



Sports Woman of the Year

Congratulations to Jesal Navin Shah for winning the Sports Woman of the Year Award for the second time, this time playing for West Area. She previously won the award in 2007 for East Area. She also achieved 2nd place in Ladies Basketball, 3rd place in Ladies Football, 3rd place in Netball and 3rd place in Circuit Training. Jesal was also the first female to referee a football match during the tournament.

Well done to Mila Navin Shah, Chandan Raju Malde and Raju Mulchand Malde who also took part in the Chokri competition for West Area, achieving 3rd place.

The participants would like to say a big thank-you to Rishi Shah and Ketan Shah of West Area for giving them the opportunity to take part.



MURDER MYSTERY A HALLOWEEN THEME

Youth sub-committee organised West Area's first-ever Murder Mystery Night. The event was designed to be an opportunity for people to experience something new – a chance to be a detective to investigate several murders enacted by the Youth sub-committee who transitioned into fine actors on the night. Guests wore some truly horrifying and gruesome costumes that were truly horrifying and gruesome costumes. The venue was transformed overnight with lots of spooky decorations including our very own hand carved pumpkins which were candle lit to reveal some creative designs. There were several other ghostly decorations and spine-tingling Halloween music just to add to the scare factor!

The plot itself was under the guise that everyone was attending a corporate Halloween party in honour of the recently deceased CEO, Jay Shah – a fictional character who owned a technology empire and had amassed a huge fortune over his lifetime. Jay loved Halloween and held a Halloween themed party each year as part of his annual tradition. However, this time given his death, the party was in his memory as well as to find out who would be the new CEO... The evening concluded with guests providing their best guesses on who killed who and why. Everyone made a great effort with great attention to detail and team work to solve the murders. It was an extremely enjoyable evening with the added benefit of many talented, budding detectives being discovered in the process! Congratulations again to the winning team



'Colombo', which consisted of Keshubhai, Bipinbhai, Anjuben, Binita, Jinit, Bhavika and Chandni who it seems aptly named themselves at the start of the event, although it does help that Keshubhai's nickname is Colombo.

There were also exciting raffle prizes and additional prizes for those with the best Halloween dessert and fancy dress costume. Congratulations to Daxaben for taking the time to create the best Halloween themed dessert, it was delicious! Finally, thanks again for everyone taking part in the Halloween fancy dress and huge congratulations to Raivatbhai (Ashokbhai), Daxaben, Sheelna and Dipan for their amazing effort on their extremely terrifying costumes! By the end of the event people were truly excitedly spooked and there were even requests for similar future events! Thank you to our Youth sub-committee for the outstanding commitment, dedication and hard work for organising such a brilliant event which would not have been possible without Ketan, Arti, Nimita, Rishma, Sarith, Niraj and Prakash. In addition, thank you to all our volunteers including Roopal, Christine and the cooking team Subhasbhai, Vijaybhai, Daxaben, Ushaben, Mayuriben and Anitaben.



A Special SAtory – “Mahenat ni Roti”

મહેનતની રોટી

“ભગવાને નામે કંઈ આપો. બે દિવસથી ભૂખ્યો છું, ભગવાન તમારું ભલું કરે” એમ બોલતો એક ભિખારી એક સાહેબ બેઠા હતા ત્યાં ગયો.

સાહેબને તે ભિખારીનું શરીર મજબૂત દેખાયું. તે મહેનત મજૂરી કરી પોતાનો રોટલો સારી રીતે મેળવી શકે તેવો લાગતો હતો.

બહુ જ હેતથી ભિખારીને પોતાની નજીક બોલાવી સાહેબે પુછ્યું “ભાઈ તારી પાસે કાંઈ જ નથી?” સાહેબ મારી પાસે બે વાસણ અને ફાટીતુટી ચટાઈ છે. બીજું કાંઈ નથી. ખાવાને અનાજ નથી રહેવાને ઘર નથી.

સાહેબે કહ્યું, “કાંઈ વાંધો નહીં. એટલું છે તે ઘણું છે, પણ તું એક કામ કરીશ?”

જરૂર કરીશ. “આપ જે ફરમાવશો તે જરૂર કરીશ”. “તો ભાઈ, તારા એ બે વાસણ લઈ આવ”

ભિખારી તેના બે વાસણ લઈ આવ્યો. તેને સાથે લઈ સાહેબે કંસારાની દુકાને તે વાસણ વેચી દીધા. વાસણના ઉપજેલા પૈસા લઈ બન્ને ચાલ્યા. ભિખારી મનમા બોલ્યો. અરે ભગવાન, મારા બે વાસણ હતાં તે પણ ગયા.

આગળ જાતા લુહારની દુકાન આવી. સાહેબ ત્યાં ઉભા રહ્યા. તેમણે ત્યાંથી કુહાડી ખરીદી. સુધારને ત્યાં જઈ તેમાં હાથો નખાવ્યો. ભિખારીને આ જોઈ નવાઈ લાગી. છેવટે વધેલા પૈસા પેલા ભિખારીના હાથમાં મુકી સાહેબે કહ્યું આ તારા સાંજની રોટી માટે, કાલે સવારે તું જંગલમાં જજે ને આ કુહાડીથી લાકડાં કાપી તે આ ગામમાં વેચજે. રોટી માટે તારે કદી ભિખ માંગવી નહીં પડે. તું જાતમહેનત કરી તે મેળવી શકીશ.

ભિખારી બહુ જ ખુશ થઈ ગયો. જાતે મહેનત કરી ખુબ કમાયો.

Written by Ushaben Shah



OSHVAL
Association of the UK

LIFE MEMBER

Oshwal Member Name

Number 12345

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

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No. 1969

MEMBERSHIP CARD

OSHVAL ASSOCIATION OF UNITED KINGDOM

Name JAYANTILAL P. SHAH

Subscription p.a. £1 Date 20 March 17

Ushaben Shah
Hon. Secretary

Upcoming Events @West Area



Saree Wearing Event

18th March

8pm – 10pm @
Shakti Centre

£1 Members, £2
non-members



Easter Egg Hunt

8th April

3pm – 5pm @ Shakti
Centre

Admission (under 12s
must be accompanied



South Indian Night

24th June 2017

7pm – Late

For more details,
please visit the
online calendar

Anand Yatra visit to Oshwal Deraser

Date: 17th March 2017

Coach arranged and will depart from Shakti Centre check web site for more information

Pooja conducted by Jayeshbhai@ Shakti Centre

Date: 23rd April 2017

Further Details to be confirmed

Kurry Klub – 1st Saturday of every month@ Shakti Centre

For all future events please visit the website www.oshwal.org.uk/Calendar



OSHWAL ASSOCIATION OF THE UK

Invites you to

***Snatra Pooja &
Bhakti Bhojan***

With

Jayeshbhai Shah

Sunday 23rd April 2017

Venue: Oshwal Shakti Centre,

Inwood Road, Hounslow. TW3 1UX

Pooja: 10.00 am to 12.00 pm

(Nakro of £11.25 each to take part in the Pooja)

Bhojan: 12.00 pm to 1.30 pm

Earth Day Celebrations 1.30 pm to 2.00pm

Bhakti: 2.00 pm to 4.00 pm

Donations Welcome

BOOK EARLY TO AVOID DISAPPOINTMENT!

For Sponsorship and Registration please contact:

Keshubhai: 07735 382657 (between 2pm and 8pm)

Anita: 07903 830844

Shejal: 07825 0371875

Chunibhai: 07904 878657



Registered in accordance with the Charities Act, 1960. Charity Reg. No. 267037
Management reserves the right to amend or cancel the programme.

Northampton Area

Jai Jinendra

Hope everyone has had a good start to the New Year 2017. Time is flying very quickly; two months have fled so fast. Hoping everyone is thriving with good health and prosperity. And looking forward to spring season. All our programmes last year were very successful. I would like to thank all the Committee Members and volunteers for the support and help in making this happen. With unity, anything can be

achieved so keep it up.

Watch out for more programmes to be scheduled this year, the details will be emailed to all the members. If you are not getting emails, please let us know your email addresses and we will add your name to the database.

Bhikhubhai Bid
Chair (Northamptonshire Area)

Northamptonshire Area Christmas Party 17th December 2016

It was a fun filled evening with over 60 people attending. The party started off at 7:30 with meet and greet, at 8pm food was served. There was something for most tastes, kachri bateta, chilli paneer, mixed vegetable bhajias, samosas, papdi khichi, and variety of humus with vegetable slices and selection of sandwiches for the kids. There was also various different soft drinks available.

After the food it was time for games. We started off with passing the parcel where everyone participate. There were many token prizes and loads of dares which all participated towards with much energy.

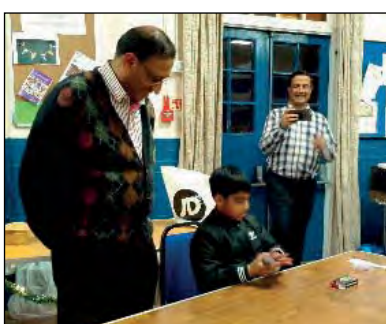
Next the tempo went a little upbeat with musical chairs with both the young and old running to claim their chairs.

After the much running around it was time for a little rest and young Kiran Makwana amazed everyone with some of his mind-blowing magic tricks.

Desert came in the form of warm apple crumble and custard and tea, coffee and biscuits.

To end the evening there was a challenge for team of 4-5 to make the tallest structure with marshmallows and toothpicks. In some teams the marshmallows ended up in the players' tummies rather than on the structure.

All in all, it was a fun filled evening with loads of food, games and laughter – there could be no better way to usher the forthcoming holiday spirit.



Bhukhar 2016

This was our 7th Bhukhar Competition event and we received highest record number of entries, a total number of 72 entries from Luton, South West, North, North East, East, Northants and North West areas.

Everybody enjoyed delicious breakfast which was made up of Makai-pawa, biscuits, assorted khakhras, bananas, tea and coffee. Everybody settled down to play after a brief explanation of rules by Bharatbhai, whilst soft melodious music was playing in the background.

This year, two winner groups were formed- Premier and Champion Group. Second half of the competition was organised to be played differently.

Before the prizes were awarded, Ushaben made a speech, whereby she thanked "Three Musketeers" namely Rahulbhai, Bharatbhai and Pradeepbhai for the co-ordinated organisation of this event which enabled it to run very smoothly,

Special thanks were conveyed to:

- a) Saileshbhai and North West Area for letting us borrow table cloths, playing cards, clip boards, table numbers, pens etc.

- b) Rahulbhai, Pradeepbhai and Bharatbhai and all the volunteers coming in so early to set the upstairs hall and clearing up after the games.
- c) All the Northamptonshire Committee Members, who were present, for setting up the downstairs hall, preparing tea, serving breakfast, lunch and afternoon refreshments.
- d) Dips catering for preparing lunch. Hansaben for preparing the delicious ladoos.
- e) Aswin Babulal Shah for arranging transportation on tables and EC committee for allowing us the use of Oshwal Centre.
- f) Manubhai and Kirtibhai for ensuring venue requirements are met.
- g) Deepak for arranging the music.

Oshwal Centre has provisionally been booked for 5th November 2017 for next year's competition and once again Rahulbhai and the Northants committee will work together to ensure maximum participation.

By Gita Suresh Shah

PREMIER GROUP



WINNERS

Diamonds

Jayaben, Taraben and Pankajbhai

Runners Up

Aces

Manoj Gudka,
Kewal Shah
and Sujan
Shah



2nd Runners Up

Lucky Stars

Pravina Shah
Tanuja Shah and
Raju Shah

CHAMPIONS GROUP



WINNER

HUGGERS

Vipul Shah, Kishor Batavia and Jyostna Shah

RUNNERS UP

Rajubabu

Hemal Shah, Rajesh
Harakchand Shah,
Sarojben Shah



2nd Runners Up

3 Amigos

Pradeep Shah,
Sahil Rupani,
Bharat Nemchand



Diwali Get-To-Gather 2016



On Saturday 29th October we held Northamptonshire's annual Diwali get-together, children's rangoli and article on Diwali competition. We had a respectful attendance of over 125 members.

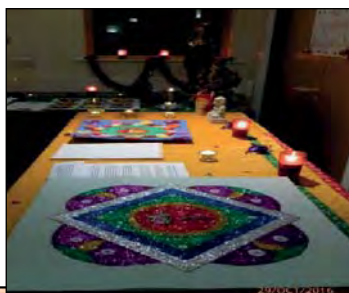
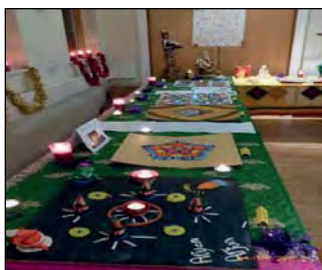
The rangoli competition for children was split into two levels – one being 5 years to 10 years and the second being 11 years to 17 years. All the children were also asked to write an article about Diwali. We had a total of 7 entries and the Committee decided to award each participant with a token of appreciation rather than try and pick winners – this decision was



widely welcomed as it encourages more children to participate.

The event started off with guests arriving from 7pm and the first half an hour was dedicated to meeting and greeting. This was the ideal opportunity to look at the beautiful rangolis and read the write ups about Diwali.

Deepakbhai gave a short welcome speech and a few announcements. It was Hansaben's 75th birthday, she was presented with a vase of flowers to show our appreciation of the invaluable contribution she makes to our area. Hansaben said a few words, when asked





“when would she retire?” she responded “God willing, NEVER, because when you take the letters ‘RE’ out of the word ‘RETIRED’ then you are left with ‘TIRED’ – not something she wants to face” – this particular phrase is one that desires reflecting upon.



Each rangoli participant was given a token of appreciation and an opportunity to read out a bit of their Diwali write-up. Some of the youngsters were very brave and stood up in front of over 100 people and managed to read a few lines from their articles. Hansaben provided all the light refreshments. There was ever popular jalebee, gathia, hot hot fried marcha and garam garam kachori and chutney to go with it. A big thank you to all the volunteers who helped in the serving and clearing up afterwards. We would like to thank all the volunteers, including the helpers in the kitchen.

With some fuel in our bellies it was time to put our vocal cords to test. Fulvantiben, Jyotsnaben and Nitish

organised antakshri. We had 7 teams and the game was split into various different rounds – for the first time ever we had a men’s team too. Throughout the various rounds of the antakshri the atmosphere was one of fun and laughter with a bit of healthy friendly competition

between the teams.

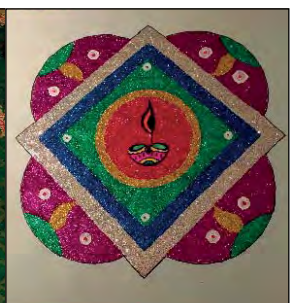
Halfway through antakshri we had Rasmalai for desert. This scrumptious desert was provided by Jyotshnaben Naren as it was her birthday. Happy birthday Jyotshnaben.

Once the antakshri was over, it was time for some impromptu raas garba. The evening came to an end at 11p.m.

We wish you all a very Happy, Healthy and a Prosperous New Year.

For more photos of the Diwali celebrations and the children’s Rangoli pictures and essays please click [here](#).

by Mona Rupen Shah





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Picture Source: <https://istocknap.io>

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Title

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Signature of UK taxpayer

Date

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Date

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Thank You!

Charity Reg. No. 267037



South Area

Chairperson's message

Jai Jinendra

Our Mahajanwadi has been a home for nearly 35 years for our members. It has served us well with all our social, religious and community activities. Many of us have got married at this place. It holds a special place in our heart for many reasons and will be remembered fondly.

The Mahajanwadi was bought at the similar time to Oshwal Centre by some passionate people with a vision to have a centre for Oshwals residing in South London and the surrounding areas. They made bold decisions to give us the Mahajanwadi we have enjoyed for the past 35 years. We thank these individuals for their contribution in making South Area what it is today.

In October 2015 a decision was made at the Special General Meeting to sell the Mahajanwadi. Our building is a unique, Grade II listed building and very large compared to anything nearby.

The selling of this property, taking into account its current use and the views of the Croydon Council, was very difficult and, with the advice from various experts, we have placed a price tag of £3.75 million. We have had a number of interested parties all of whom showed an interest in the Mahajanwadi. However, interest in the property is not enough – we needed interested parties who had available funds to purchase the property; this was a stumbling block. Sure there were people willing to buy subject to planning making us wait till they got planning permission and still we would be unsure of getting what we wanted. There have been parties willing to purchase the property subject to planning permission, however this was not a given and the timeframe in which planning permission would be given was substantially extended due to the Mahajanwadi being a Grade II listed building.

Finally, we were introduced to a buyer, a Christian Church group looking to expand their work. They were willing to make an offer and following negotiations we agreed to move forward with them. Our initial plan was to exchange in March and complete in October 2016. We had started to plan for the future with these dates in mind: moving the Gujarati school to a new location, adjusting bookings and looking for new venues for future programmes and suchlike. Our agreement with the buyers included the intention to rent the Oshwal House annex of the building for a further two years after the purchase of the Mahajanwadi in order that we were able to carry out small activities and keep the derasar open whilst we looked for a permanent home for South Area.

However, we encountered some delays in that the buyers had not gathered sufficient funds to complete the purchase on schedule. We subsequently met with them, and they explained in detail their predicament. Being a similar organisation we understood the difficulties that arise for charitable organisations when raising funds. We recognised this and, after allowing for the costs we would incur due to the delays, both parties agreed on the price of £3.85 million with completion at the end of September 2017. The reason why we asked for an additional £100,000 on top of the initial asking price was due to the costs incurred in lost booking, school hire costs as well as compensation for the delays. We saw this delay as a blessing in disguise allowing us a further 9 months to find a suitable new home.

We are pleased to confirm that contracts have been exchanged in December 2016, and completion will take place at the end of September 2017.

The proceeds from the sales of our Mahajanwadi are earmarked for purchase of another property for South Area, these funds will not be used for any other purpose.

During this period of huge change and upheaval it is now time to make some bold decisions and provide the future generations of South Area a place they are proud to call home. We are actively seeking properties within the local area. We have viewed many properties but are yet to find one that fits the criteria. Our requirements are something similar to Ekta Centre, a modern facility that fulfils the needs of our community today and in the future.

The end of one era brings the dawn of a new era and one person who has been instrumental to all of this is Yemma. For 27 years he has been a great servant to our community and is remembered fondly by every member of South Area. As his service to the community ends he has continued his selfless service in the form of a donation of £1001 to Oshwal Gujarati School. Yemma has served us with pride and with great dignity, looking after the children and elders. On behalf of the whole of South Area I would like to thank him.

To say the next few months and years will be a challenge is an understatement, however, with support from each and every Oshwal member we will take the steps needed to ensure the future of South Area is bright and secure.

Paresh Raishi Shah
South Area Chairman
Paresh.shah@oshwal.org or Tel. 07958 213075

Yemmabhai –

Thanks for 27 years of service

Known as Yemma to all of us but his real name is Joseph Kidega

Yemma was born in Kisumu, Kenya in 1959 and moved to Uganda in 1972 where he served in the military and was part of the infantry from in 1982 & 1983. In 1984, he started working for Uganda Airlines and was transferred to Entebbe to be a mailing clerk.

He first came to United Kingdom in 1989 as an opportunity to further his prospects and financially look after his family who were in Uganda. He moved to South London and his first encounter of engagement with the Oshwals was when he helped out Dhirubhai Jayantilal Shah (JJ and DJ) at his shop in Thornton Heath by helping him in the shop and accompanying him when he went to cash & carry. During this time, this shop in Thornton Heath was a prime gathering point and it is here where he was introduced to Ramjibhai Hemraj Shah who was our office manager/caretaker at the South London Mahajanwadi.

In Yemma's words, the common ground was speaking in Kiswahili. Ramjibhai asked him to come and help at the Oshwal Mahanjawadi in the evenings to do some cleaning. From then on he started doing more jobs to eventually become the main caretaker with a distinguished service of 27 years where he has served under many chairmen, the first one being Raichand Lalji.

He particularly recalls the cleaning of the main hall from the pigeons that used to inhabit and to do this in the Jain way of not harming them. He has served us as a community very well and always around when needed with a smiling face. He manages to do all the DIY jobs within the property and is also entrusted to do the bookings for the hall and all the banking.



He has been truly part of the Oshwal family through his dedication of service and it is very clear that he has a deep admiration for our community in the strength and unity it has. He observes that this philosophy



of unity and strength of community must be passed on to the young and is concerned with the decline in attendance at the Gujarati school.

He has donated £1,001 to the Gujarati School. This is truly astounding from a person who doesn't have much but feels that these are his children and wants them to remember their culture and values.

He has also donated to the elderly Ramat Gamat group as well

His best memories of working for the Oshwal community when he feels truly serene is during Pratikraman and Aarti during Paryushan.

The South London Oshwal committees past and present are extremely grateful for having him as part of the team and have valued Yemmabhai's contribution to a long and dedicated term of service.

'Thank you' from the Committee members

"Yemma has been with us a long time and we have been so comfortable having him around helping us and understanding our language. He will be missed by our elderly who he looked after with great care"

"Yemma – you done a great job especially looking after the children. We will miss you and good luck for the future."

"Yemma has an infectious beaming smile and his thoughts and views on today's South Oshwal community are very relevant and caring."

"Yemma is part of our family now, with his years of dedicated service he is now a true Oshwal amongst us. I remember the day when we were having a conversation on how to communicate with people and if someone was taking advantage, he had our backing and should speak to us as he is part of our family and you could see tears well up in his eyes, this showed the level of compassion Yemma has."

"None of us got to where we are alone. Whether the assistance we received was obvious or subtle, acknowledging your help is a big part of understanding the importance of saying thank you."

Yemma you will always be missed by the children and the teachers."

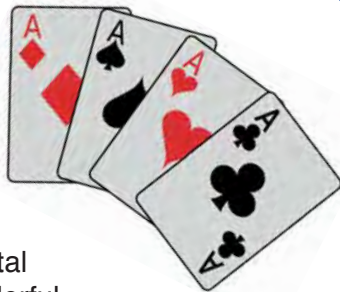
Congratulations to Hiruben at 100

"We, the Oshwal Community of South Area, are proud to announce that Mrs Hiruben Meghji Virpar Haria, mother of Late Mansukhlal Meghji Haria (ex Chairman & Secretary of South Area), celebrated her 100th birthday on 1st January 2017.

We congratulate her on achieving this milestone and wish her all the best for the future. We are sure Hiruben will be only too pleased to show you her card from the queen, should you wish to visit her at the nursing home in Balham where she is currently residing."



South London Oshwal Bridge Club



Bridge is a great mental challenge and a wonderful social game. Come and learn a new skill, meet new people and have fun.

We meet Wednesday and Saturday evenings.

For more information please contact:

Ansuya 07877 410390

Naresh 07713 095488

Newcomers to the game are more than welcome to join our beginners' classes.

We welcome you to our friendly club!!!



Daal Rotli Club

Every 3rd Saturday of the month from 6.00 pm till late. Come and join and enjoy the delicious food and social evening of Saturday.

Bridge Club

Every Wednesday from 7.30 - 11.00 pm Also there will lessons in mid-February for new players. Please come and join.

Karata Club

Every Saturday evening from 8.30 pm till late.

Ramat Gamat Club

Every 1st Friday of the month. Next session will start in March.

Further information please contact Ansuya on 07877410390 or ansuya.h.shah@areas.oshwal.org

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

**Send to The Editor
Sudhir M Shah
email: sudhir.shah@oshwal.org**



Oshwal Gujarati School (South)

Taking pride in teaching and promoting Gujarati language and culture.



The school specialises in teaching: speaking, listening, reading & writing.

અમારી નિશાળ ગુજરાતી ભાષામાં સંભાષણ, શ્રવણ, વાંચન અને લેખનના કૌશલ્યો શીખવવાનો ખાસ અનુભવ ધરાવે છે.

**Enrol
NOW**

We also offer other various cultural, drama, music and learning of religion.

અમે વર્ષ દરમિયાન વિદ્યાર્થીઓને નાટક, સંગીત, અને ધર્મ શિક્ષણ જેવી બીજી સાંસ્કૃતિક પ્રવૃત્તિઓ કરાવતાં રહીએ છીએ.

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

નિશાળના વર્ગો મુખ્યપ્રવાહની નિશાળના સત્ર પ્રમાણે શનિવારે સવારે ૯:૩૦ થી ૧૨:૧૫ સુધી ચાલે છે.

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

બાળકો ૫ વર્ષની ઉંમરે નિશાળમાં પ્રવેશ કરી શકે છે અને વર્ષ ૧ થી માંડીને જિ.સી.એસ.ઈ.

**Bal Mandir classes starting soon.
Please ask for details**

**Yogeshbhai, Head of School: 07817079963
ogssouth@oshwal.org.uk**

**Harris Academy Purley
Kendra Hall Rd,
South Croydon,
CR2 6DT**

REAL LIFE STORIES

In this section we feature true life stories of our members. You can write about your life experiences in Kenya, the UK, your hobbies and talents, family etc. Send pictures from the past; to find out if your story will be considered for publication, write to the EDITOR at oshwalnews@oshwal.org

Vinod Hemraj Hadha Shah

I was born in Nakuru in January 1943. Growing up in Nakuru, I went to Menengai High School. I have very fond memories of the life we had in Kenya. I went to Bombay to sit my SSC (GCSES) in 1961 and stayed there with my family for 2 years, then returned back to Nairobi. I couldn't stay away from badminton so joined the Patel badminton club where I played regularly. At weekends I used to play volleyball and entered many tournaments. Our family had its own volleyball team and I played with my cousins every Sunday. I took part in the Oshwal Games in Mombasa and I was also the Rift Valley badminton champion in singles and doubles for a few years. For a short period we had moved to Jamnagar where I continued playing badminton at the Summair Club almost every day and I won the singles, doubles and mixed doubles titles.

I came to London in 1970 and I joined the Flying Feathers Badminton Club in Finchley, also playing badminton for the Barnet & Middlesex League. In 1972 I went to Nairobi to marry and returned to London with my wife Sanu (Narbda). We lived in Palmers Green, had twins a boy & girl Anup & Anupa in December 1975. Unfortunately Anup was born with muscular dystrophy from birth. My parents came to London in 1977 from India to live with us and it was a great help especially with the twins. My brother Ashok lived with us and extended family stayed with us at different times. We moved to Southgate

in 1984 where we lived for 29 years. We had some of our best years there and had a lot of support from family. Our house was like "Piccadilly Circus" always busy with lots of visitors.

My father Hemraj Hadha Shah was very well known in our Oshwal Community in India, Kenya and London as well as other Asian communities. He had a white beard and always had a smile on his face and a selfless man. He loved to walk everywhere and was very fit. He was a spokesperson at many funerals parlours. My father thoroughly enjoyed Sports and took part in many charity walks. My dear father passed away at the age of 96 in November 2011 and will remain a true legend.

My mother Monghiben was very hard-working, had a heart of gold and was the glue of our family and most of all an amazing cook. She passed away in January 2004 aged 80.

My younger brother Ashwin lived in Detroit in the state of Michigan, America for 35 years. He was a doctor and a sportsman. He had a heart of gold with a great sense of humour. Unfortunately due to a massive heart attack when he was visiting London in March 2008 he passed away at a young age of 62. My sister Usha and youngest brother Ashok live in North East London.

Whilst working for STC - I represented the company





in the inter location badminton and table tennis tournaments. I also travelled to Harlow and Ireland to represent the team. In 1986 I won the badminton mixed doubles titles in Worthing.

I went to Mombasa to take part in the Oshwal Games in 1992 where I won 1st prize in table tennis - doubles and in badminton I came 3rd in doubles and again in 1997 I had a great trip. I have taken part in 6 charity walks over the years raising money for various charities. I took part in the Bradford Hindu half Marathon in July 1997.

I have worked at various chemists over a period of 14 years and gained a certificate in "Medicine Counter Assistants" in September 2000.

I was self-taught in badminton like my brothers and sisters and the game came very naturally to all of us. My brother and sister are still keeping up with sports and all our children and grand-children are getting involved in various sports.

Losing our son Anup was very hard for the whole family. He passed away in Kenya in July 1993 aged 17.5 years old. I have fond memories of playing table tennis with him in our living room when we lived in Southgate and he used to play badminton in the garden whilst in his electric wheelchair. Even though he could not walk he was very precious, clever and he was fun to be with and the light of our house. My wife gave up her job to care for Anup for almost 18 years and then looked after my parents.

My daughter Anupa is an artist, also a mum to two beautiful girls and has taken a career break to care for them. My wife and I moved to Stanmore in November

2013 to be close to our daughter. I am now enjoying spending time with my grand - daughters Anaiya and Serena who brighten up my life.

I am very lucky to have a supportive wife who's been by my side and has let me pursue my career in sport without her support I couldn't have got this far! I have joined a badminton club called Springfield Club based at University Halls Northwick Park where I play occasionally. I also play table-tennis for the NW area Oshwal League. Both Anupa and my son-in law Rupen belong to a badminton club locally.

I have been playing badminton and table tennis for approx 30 years while in NE area from 1986-2013. I have been very privileged to have a career in badminton spanning over 50 years and have collected over 150 trophies.

It's never too late to start a sport and there are so many clubs locally and many opportunities out there. Now in retired life my wife and I take part in activities that our local NW area organise which includes playing cards.



Oshwal Sports – 33 years young...the future is bright

20th November – Oshwal Lionesses Roar!

Oshwal Lionesses beat off strong competition to finish first in the inaugural Female national Kho Kho Championship held at Harrow Leisure Centre.

Oshwal Lions finished their day at a very respectable third place. Six lions were selected for squad training and we are very proud of the two lions will be boarding the flight on Kho England's tour of India in February 2017.

Kids, keep playing "it" and "catch" – who knows where it may take you...

27th November – U16 All-Stars show 'Dad's Army' how it's done

A bright and early 8.30 am Sunday morning start for the netball and volleyball competitors, alongside their supporters at Brunel University.

The netball round robin competition saw ladies from four areas demonstrating excellent passing and goal shooting skills.

Whilst NorthEast secured the volleyball cup for the 27th year, the match of the day was the three-set thriller between North and NorthWest which had the crowd fully engaged as North came from one set down to take the victory.

Not to be outdone, the U-16s played a best of three exhibition volleyball match and "gave" a few points to "dad's army" in both games, just to make sure the ride back home in time for lunch was indeed in the family car!

It was also a bright and early start for the Shakti Centre volunteers, to prepare a feast to maintain the energy levels of the darts players who completed in best of three matches for over eight hours. For those at Shakti Centre, it was a joy to watch Oshwal's version of "let's play darts" and the scorers' impersonations of "un-hunnnnnnddddrrrrred and eighty".



3rd December – EN swimmers cause flood with spectators' tears

On to Laura Trott Leisure Centre for a slightly later start of 11.00am. The early birds helped out with the various court markings to set up the day.

Basketball got off to a brisk start with the U-16s demonstrating excellent young talent. The passion for each sporting event was evident in the manner in which the rest of the day unfolded with Kho, benchball, dodgeball and some football. It was anyone's guess who'd be finishing first this year...

The swimming gala begun around 6.15pm with plenty of races for U9s to Over 40s. Everyone raced their hardest, and there were some very tight races, notably the 14-18 girls freestyle which ended with only 0.1 seconds separating the top two.

The highlight of the night was without a shadow of doubt the enabling network races where children from as far as Derby showed extreme courage and fight as they swam in a much captivating race. Each and every spectator was on their feet, clapping and wiping tears of pride...and then all waded home to get some much deserved respite.

4th December – International Kho rules are the way forward

Basketballs bouncing at 7.45am? What? No jalebi gathias? Everyone was full of energy and excitement to get the day underway.

The men's matches were very close, with three teams so close in points, it was anyone's for the taking and as a result incredible skills and baskets were demonstrated. The under 16's and ladies once again showed some commanding performances throughout.

Kho, as usual, was extremely entertaining for everyone to watch – clever tactics were used by all teams to the last few seconds – Oshwal's got talent!

The Lions and Lionesses played an exhibition Kho match, using different markings and rules to show everyone how international Kho is played – next year's rules have been set so Over 35s can start practicing.

Soon it was time for that "déjà vu" moment.....how could any sports day be complete without thelpas....and masala chai?

The football matches at the end, were, as always, a crowd favourite with supporters getting right behind their teams.

Monday morning blues started setting in slightly earlier...



11th December – Circuit training and chokri justifies jambus!

7.45am at Laura Trott Leisure Centre... pin drop silence... as all walk into the arena to contest the overall winners' cup. This meant that the games would be extra intense as all the teams fought for every victory they could.

The morning concluded with the final basketball and Kho games – some very enjoyable performances.

Boccia games once again showcased how talented and composed our Enabling Network participants are in intense situations.

Chokri got underway at Oshwal Centre soon after the players had undergone their usual warm up routines of saying "Kem-cho? Majama" to all.

Circuit training, as always, completes the sports day events. Spectators' hearts were thumping through the gruelling relays of the athletes speed, agility and fitness – in the over 12s race the fight for second and third place literally came down to one second. Many in the arena mentally resolved to become fitter in 2017.

6.30pm – all made their way to Oshwal Centre for dinner and the trophy presentation ceremony.

Gulab jambus! Surely an extra one, two or three were well justified.... but some went above those numbers claiming that it counts towards overall points!

The final presentations got underway soon after and ran smoothly as trophies for the top three were awarded, followed by the floating sports trophies.

A huge congratulations to the winners of the sports girl, boy, lady and man where besides their talents, attitudes did not go unnoticed.

Place	Points	Area	No. of Participants
1st	153	North West	110
2nd	111	North	87
3rd	92	North East	90
4th	65	West	63
5th	10	Luton	24
6th	9	South	25
7th	3	East	5
8th	2	Northampton	6

To conclude the night the much-awaited overall points were announced and NorthWest, the reigning champions once again lifted the cup! (Why they call it "Basanti" is anyone's guess)

Gratitude

This 33rd sports day would not have been possible without the commitment and efforts of all those who selflessly give up their time, and generously contribute towards the funding of trophies, hall hiring and catering costs.

A huge congratulations to all participants for the time you put into practicing your skills to perform to a very high standard.

A special "thank you" you to the organising committee for their dedication and energy to put on a great sports day for 400 plus participants and everyone else to enjoy.

Report by "Wishing Well"



Home-made Dip Trio

– Tried & Tested Recipes
by Kavita Shah,
Nutritionist

VEGAN CASHEW SOUR CREAM

– Makes 1 large bowl

Ingredients:

- 1 cup raw cashew nuts
- 1 tbsp apple cider vinegar
- 1 tbsp lemon juice
- 1 tbsp nutritional yeast flakes
- ¼ tsp pink Himalayan salt, 1 handful of chopped chives

Method:

1. Place the cashews in a small bowl and cover with hot water
2. Soak for 30 minutes
3. Drain the cashews and place in a blender with the apple cider vinegar, lemon juice, nutritional yeast flakes and salt
4. Add about 1/4 cup water
5. Blend until smooth, adding more water as required to puree the mixture, mix in the Chives
6. Enjoy as dips with nachos or as an accompaniment to any meal!



TOMATO SALSA – Makes 1 large bowl

Ingredients:

- 4 large tomatoes
- ½ red onion
- ½ red pepper
- 1 garlic clove
- Handful of coriander
- 4 jalapeno slices (add more for a spicier salsa)
- ¼ tsp pink Himalayan salt (adjust to taste)
- ¼ tsp black pepper, Juice from half a lemon

Method:

1. Place all the ingredients in a food processor and blend until a chunky salsa has formed.
2. Enjoy as dips with nachos or as an accompaniment to any meal!

GUACAMOLE – Makes 1 large bowl

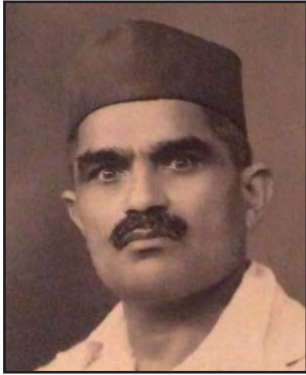
Ingredients:

- 4 avocados (mashed)
- ¼ red onion (chopped into tiny pieces)
- 12 cherry tomatoes (chopped into small pieces)
- Juice from ½ a lemon
- ¼ tsp pink Himalayan salt (adjust to taste)
- A sprinkle of black pepper

Method:

1. Mix all the ingredients together
2. Enjoy as dips with nachos or as an accompaniment to any meal!

IN LOVING MEMORY



MR KHETSHI VIRJI DODHIA

Born January 1908 Kansumra

Died 1 January 1954 Nairobi

We never got to know you as sadly you were assassinated by the Mau Mau who were fighting for the freedom of Kenya. Also, this was when Baa was in India with Jayant for his balmovara! What we do know is that you were an incredibly caring, kind, humble, honest and hardworking selfless man. You led a simple life and always helped others. You worked tirelessly to provide for us all. You only ever saw two of your daughters get married and the birth of two grandsons. Your life was cut short before you could see your other four daughters and son get married, your grandchildren and your great and great great grandchildren too. You would have been a very happy person to have experienced all this but God Almighty had more need of you than us all and so you were taken away to serve Him. Although you were not on this earth, you kept showering your blessings upon us giving us the strength to keep your name eternal. Baa joined you after fifty years and we pray that both of you keep showering your blessings upon us all.



MRS GOMIBEN KHETSHI DODHIA

Born December 1910 Dabasang

Died 14 February 2004 London

The most lovable relation in this world for any person is called Mother or Baa as our Mother was fondly called. We remember your pure love and care for us and will never forget that. You used to be by far the strongest woman we have ever known. After losing Bapuji, for 50 years you had many trials and tragedies in life, yet you overcame all of them! You became stronger and this kept you moving forward. You worked without tiring and taught us the principles and tenets of life. You were a selfless individual and an inspiration to us always encouraging us to face all trials with strength and courage. Your kindness, generosity, humbleness and intelligence were admired by all and you inspired us to instil these values in us. Your warm, loving and affectionate nature and your wonderful smile with that twinkle in your eyes will remain in our hearts forever. You are now united with Bapuji and every time we look at the heavens, we see two of the brightest stars showering their blessings upon us all.

Forever in our hearts –

Jayant & Meena, Amar

Priya & Punit, Sapna & Parus, Reshma & Mihir,

Dillan, Niyam & Akira Leeya

APPRECIATION



Late Vaghji Velji Gudka

Born: 1923, Navagam, Gujarat, India
Expired: 14 September 2016, Mombasa, Kenya

Eldest son of Late Maghiben & Late Velji Depar Gudka
Son-in-law of Late Lakhmaben & Late Govindji Vira Khimasia
Husband of Late Jayaben Vaghji Velji Gudka

Father to Mridula (London), Dhiresb , Harsha & Daxa (all of Mombasa)
Father-in-law to Ramniklal (London), late Vasanti, Mahesh and Jitendra (both of Mombasa)
Grandfather/Grandfather-in-law to Bijal-Binita, Nihal-Priya, Payal-Keval, Sejal-Jiten, Meera-Ricky, Priya, Sonia-Avi & Paras-Mehwaesh
Great grandfather to Niyam, Maya, Rhea, Millie, Ishaan, Kian, Saaj, Rian, Kai & Aneya Lani
Brother of late Jashodaben Lakhamshi Khimasia, Late Monghiben Lalji Shah, Late Premchand Govindji Gudka, Hiraben Punamchand Shah (Jamnagar), Lalji Velji Gudka (London) & Panachand Velji Gudka (Mombasa)

Grief is a complex and immensely personal process. As we each progress through our personal journey of sorrow we would like to take this opportunity to express our gratitude to you for your messages and actions of support in the days that followed the demise of our Bapuji, Vaghjibhai Velji Gudka, on the morning of 14 September 2016 in Mombasa.

Bapuji's involvement was in various social services ranging from the Visa Oshwal Community, the Jain Derawasi Sangh, the Social Service League, Pandya Hospital to the Hindu Council of Kenya. It touches us deeply to know that his life continue to be celebrated and his legacy will endure through your memories of him.

*"When someone leaves your life unexpectedly,
look for the gift that that person has bestowed upon you."*
- from The Quest of the Phoenix (Niraj Shah, 2002)

Bapuji, you will be dearly missed by us.
May your soul rest in eternal peace
Ohm Shanti Shanti Shanti

Mridula Ramnik Shah (London)
Dhiresb Vaghji Gudka (Mombasa)
Harsha Mahesh Chandaria (Mombasa)
Daxa Jitendra Shah (Mombasa)



Dipak Shah

1st September 1958, Mombasa – 2nd November 2016, Birmingham

Dipak was born in Mombasa to Radiatben and Zaverchand Pethraj Shah. He was the embodiment of Shravan Putra and Lakshman for our family and demonstrated the ideal qualities of a son and brother. Papa was an amazing father and incredibly supportive to us and the extended family.

His passion, dedication and commitment to his work and Sangh (shakha) was unwavering. He was an inspiration and source of light (as his name depicts), not only for our family, but for many in the wider community.

His will power saw no bounds and was something that was noticed by everyone. It was a true manifestation of the incredible inner strength he had, to be present with a radiant smile regardless of the situation he was in, but to us that was Papa – ever resilient, forever humble and in the service of others.

One of the last pieces of advice Papa left us was, “to develop oneself it will take time, but if you concentrate and take up one task you should be able to achieve it.”

Papa has left a huge legacy and wonderful memories behind and we are sure he will continue to be our guiding beacon.

*Nadiyaa na piye kabhi apnaa jal, Vriksh na khaaye kabhi apnaa phal
Apne tan kaa, man kaa, dhan kaa, Dyeya prati ho daan re,
Vo sachaa insaan re, vo sachaa insaan*

*A river never drinks its own water, a tree never eats its own fruit.
In the same way a true person is one that gives his mind, body and wealth to the mission.*

We wish to express our heartfelt gratitude to all friends,
family and well-wishers for your kind messages and support.

Bindiya Dipak Shah (B'ham)
Radiatben and Zaverchand Pethraj Shah (B'ham)
Ramaben and Late Shantilal Devchand Shah (London)
Late Lilavantiben & Late Depar Pethraj
Late Kanchanben & Navinlal Pethraj(Jamnagar)
Narabdaben & Jayantilal Pethraj (Nairobi)
& Families
Shivani, Rishi & Vivek