



ઓશવાળ  
સમાચાર

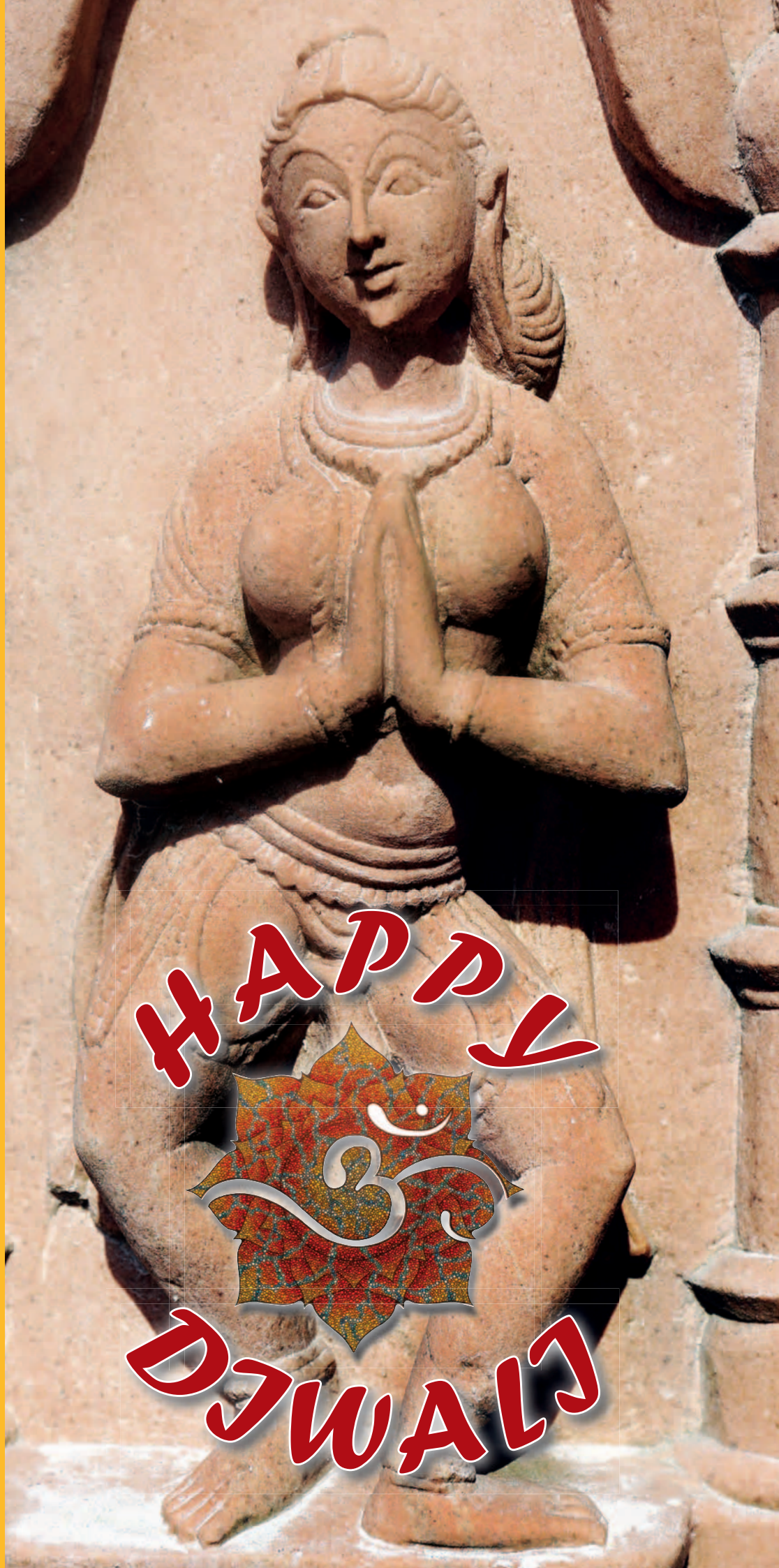
# OSHWAL news

October 2019 Edition

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HAPPY  
ઓશવાળ





# Best wishes to all Oshwals for Diwali and the New Year from the partners and staff of Lubbock Fine

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For an initial, no obligation chat, please contact either **Pankaj Shah** (pankajshah@lubbockfine.co.uk), **Naresh Shah** (nareshshah@lubbockfine.co.uk) or **Rohit Majithia** (rohitmajithia@lubbockfine.co.uk).

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## Editors message 2019

### Diwali greetings

Diwali is a great time to be with your family and friends - buy new clothes - visit the many temples - try the tasty food dishes / mithai – and much more – we wish you a wonderful Diwali & Best Wishes for the New Year ahead. Please come to our Oshwal Centre and other local venues where Diwali celebrations will be taking place. On 3rd November there is a special concert by Swati Natekar not to be missed, buy your tickets in advance to avoid disappointment. Full details of all the Diwali events are shown in this issue

### Sudhir Meghji Shah

Trustee and Editor of Oshwal News

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**Sudhir.M.Shah@Oshwal.org**

Pictures must be very high quality in Jpeg files

Articles from members should be max one page

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# **HAPPY DIWALI AND A PROSPEROUS NEW YEAR**



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all the Staff  
& Management  
at Oyster Properties

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# President's Message

Jai Jinendra and Pranam

## **Paryushan, Dhaja Din and Swamivatsalya Bhojan**

Between the last week of August and the first week of September we successfully celebrated the annual Paryushan Maha Parva. Following the completion of Paryushan festivities we then had a very successful Dhaja Din on Sunday 15th September 2019, which was followed by a Swamivatsalya Bhojan.

The lucky token for changing the Dhaja on our Deraser was drawn in the name of Late Viyan Shah (son of Binita and Mital Shah of Burton on Trent, Staffordshire). His grandparents, who reside in the North Area, had bought the lucky token in his name. It was a divine tribute to Viyan on a day that was just a week away from the first anniversary of his passing to the heavenly abode at a tender age of seven years.

It was a beautiful bright sunny day and the meticulous planning as well as the superb efforts of our every ready team of volunteers ensured that everyone attending on the day had a thoroughly enjoyable experience. On behalf of the Executive Committee I would like to express our sincere gratitude to EVERYONE, including all the Volunteers and the Members, who ensured that the day was a truly remarkable and memorable success.

## **Deraser Extension**

Everyone who attended on Sunday 15th September, and those who have visited Oshwal Centre in the last two months, will have seen the speedy progress made by the team of specialist workers from India who finally received their visas in July and arrived in the U.K. on 28th July 2019. By the time you read this message they will have completed much of the work on the Extension as well as the work inside the Deraser. We sincerely apologise for any inconvenience the devotees may have experienced as a result of the work being carried out and in particular with the temporary closure of the Deraser from 24th September to 29th September 2019.

We are also carrying out, at the same time, the much needed water-proofing works on the main dome to alleviate a long standing problem that we have been experiencing over the years.

## **Oshwal Shanti Centre – South London**

By now most of you will have heard that OAUk has been successful in getting the approval from Croydon Council for the change of use for the property that was purchased last year. We have already commenced working on the next stage of the refurbishment and development programme for the existing building to meet the requirements of the Council and create a Centre to similar standards and specifications as our other Centres. We will be providing you with updates through our regular monthly E-Shots as well as future issues of Oshwal News.

## **Chopda Pujan and Diwali 2019 Celebrations**

This year the auspicious festival of Diwali is on Sunday 27th October 2019. We will be holding a Chopda Pujan at Oshwal Centre, in the evening, on that day. Further details and information will be posted on the OAUk Website: [www.oshwal.org.uk](http://www.oshwal.org.uk)

We are also having a full day of Diwali related events on Sunday 3rd November 2019 at Oshwal Centre. Again further details and information will be available on the OAUk Website.

## **Other Events**

For details and further information on all other events, including those organized by the Areas, the Oshwal Wedding Show in November 2019 and the Annual Oshwal Sports Day in December 2019, please visit the OAUk Website.

***Finally, on behalf of the Executive Committee, All the Area Committee Members and the Board of Advisors I wish all of you A VERY HAPPY DIWALI and A VERY HEALTHY, HAPPY AND PROSPEROUS NEW YEAR.***

Jai Mahavir, Jai Oshwal  
Nilesch Bhagwanji Shah  
Hon. President – OAUk  
E-Mail: [president@oshwal.org](mailto:president@oshwal.org)





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***Wishing you  
health, wealth,  
peace and happiness  
for Diwali***

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and staff at Sigma

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The Oshwal Centre, Potters Bar proudly presents

**OAUK Diwali Celebration**

# **A Saga of Love and Devotion**

Meera & Krishna bhajans by the renowned singer

## **Swati Natekar**

with accomplished musicians

Sunday | 3, Nov 2019 | 5:30 - 7 PM

Oshwal Centre, Potters Bar EN6 4DG



Swati Natekar, daughter and disciple of Dr Sushila Pohankar, is a UK based Indian Classical, Thumri, Ghazal and World music singer, songwriter and composer, who is well known for her collaborations with artists like Ustad Zakir Hussain, Sonu Nigam, Nitin Sawhney, Talvin Singh, Craig Armstrong, Muzaffer Ali & many more. Swati has released several acclaimed albums and has performed at reputed international venues.

Her voice also features on a Hollywood Warner Brothers movie 'The In-Laws'. Recently Swati recorded, composed & sung a track for the Queen's gallery at Buckingham Palace, London. It has also been an honour for Swati to represent UK & record the Bhajan "Vaishnav Jan" for the celebration of 150th year of Gandhi Jayanti. More info on [www.swatinatekar.net](http://www.swatinatekar.net)

*Swatiji's CDs will be available to purchase at the event*

**Ticket prices: £7.50 (for members) & £10.00 (non-members)**

**Tickets are available via Oshwal website.**

**Please note that tickets are limited.**

# ਠਵਾਪੇ ਵੀਯਬੀ ਦੀਏbration



Sunday 3rd November  
Oshwal Centre, Potters Bar

OAUK wishes everyone -  
our members, friends and supporters,  
A Very Happy Diwali!

Diwali Card and Rangoli Competition

Kids Zone

- Flash Mob Dance

- Sansaar Interactive Workshop

A music workshop with the  
renowned singer Swati Natekar



# ਠਵਾਏ ਵੀਯਵੀ ਟਵੀਵਰਾਟੀਓਨ

## Diwali Card Competition:

Age Group: 3yrs -14yrs

Start time: 10:00am – Finish at 12 noon

## Rangoli Competition:

Age Groups: (A) 3yrs -16yrs (B) 17yrs +

Start time: 9:00am – Finish at 12 noon

## Kids Zone:

Age Group: 3yrs -14yrs

Start time: 1:00pm – Finish at 2:30pm

1. Interactive workshop by “Sansaar”.
2. Biscuit Decoration.

## An Evening of Musical Entertainment by Swati Natekar & Group

Start time: 5:30pm – 7:00pm

Ticket prices: £7.50 (members)  
£10 (non-members)

Tickets available via Oshwal Website.

Mouthwatering Food will be available  
to purchase from 12 noon to 5pm.

Please check the website for more information

# *Oshwal Wedding Show*

**Sun 24th Nov 2019**

**11am to 5pm at Oshwal Centre, Potters Bar**

**Fashion, Hair & Make-up, Mehndi,  
Jewellery, Bridal Couture, Photography,  
Videography, Catering & Wedding Cakes,  
Entertainment, Wedding Stationery,  
Marquees and much more!**



**REGISTER NOW FOR FREE ADMISSION**

**[www.oshwal.org.uk/weddingshow](http://www.oshwal.org.uk/weddingshow)**

**Tickets will be £5 on the door if not registered in advance**

**Oshwal Association of the UK (Charity Reg. No. 267037) | T&C apply, see website for details [www.oshwal.org.uk](http://www.oshwal.org.uk)**





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**INTERESTED IN EXHIBITING AT THE  
OSHWAL WEDDING SHOW**

**CALL 01707 643838 OR email  
[wedding@oshwal.org](mailto:wedding@oshwal.org)**

Forthcoming Religious Programmes at Oshwal Centre		
●	27/10/2019  Sunday  Diwali	<p>Festival of Diwali and Shri Mahavir Swami Nirvaan Kalyanak- 9.00am to 12.30 pm - Presentation of Shri Pavapuri Tirth together with Bhav Yatra and explanation of Mahavir Swamiji's last discourse. Arrangements have been made for lunch thereafter. Sadharmik Bhakti (Luch) has been sponsored by the family of Maniben Manilal Shah.</p> <p>To participate in the Pavapuri Bhav Yatra, a Nakro of £25 has been kept. Two persons will be able to take part and all items will be provided. Kindly register your names with Varshaben. Tel: 020 8020 8449 5708 / 07710 230377</p> <p>Shri Mahavir Swamiji Nirvaan Kalynak Aradhana - Those wishing to observe Chhat Tap (two day fasting), should observe the fast on Saturday, 27th and Sunday, 28th October. Chhat Tap has great significance so do try to observe the fast if possible.</p>
●	27/10/2019 Sunday	Chopda Pujan - 7.00 to 9.00 pm performed collectively. Members of all areas are kindly requested to take part.
●	29/10/19 Tuesday	New Year - Shri Gautam Swami Keval Gyan Day - the Derasar doors will be open from 6.00am. 6.30am to 7.30am - Abhishekh of Prabhuji followed by Puja. 8.00 to 10.00am - Snatra Puja and Navsmaran Mangal Path at the Derasar.
●	01/11/2019 Friday	Gyanpanchmi Aradhna - 10.00 am to 12.30pm at Oshwal House Agam Books will be displayed for Gyan Puja between 9.00am to 10.00 pm. Children as well as ladies and gentlemen are kindly requested to participate in the Gyan Puja.
●	11/11/2019 Monday	Chaumasi Chaudas Aradhna - Ekta Centre, 1.30 - 3.30pm Dev Vandan and 4.30 to 6.30pm Chaumasi Pratrikraman
●	12/11/2019 Tuesday	Kartiki Punam - 10.30am - Shri Sidhhachal Pat Darshan Yatra at Oshwal Centre.
		Varshaben Dilipbhai Shah - Religious Chairperson



ઓશવાલ સેન્ટરમાં થનાર આગામી ધાર્મિક કાર્યક્રમો		
•	૨૭/૧૦/૨૦૧૯	દિવાળી પર્વ અને શ્રી મહાવીર સ્વામીજી નિર્વાણ કલ્યાણક દિવસ નિમિત્તે સવારે ૯.૦૦ થી ૧૨.૩૦, શ્રી પાવાપુરીજી તીર્થની સુંદર રચના સાથે ભાવયાત્રા અને શ્રી મહાવીર સ્વામીજીની અંતિમ દેશનાના સંદેશ વિશે સમજાવવામાં આવશે. ત્યાર બાદ ભોજનની વ્યવસ્થા રાખેલ છે. સાધર્મિક ભક્તિ (ભોજન) નો લાભ મણિબહેન મણિલાલભાઈ પરિવાર તરફથી લેવામાં આવેલ છે.
	રવિવાર	પાવાપુરીની ભાવયાત્રામાં દ્રવ્ય પૂજા કરવાનો લાભ લેવા માટે ફરપનો નકરો રાખવામાં આવેલ છે તો જરૂર ભાગ લેશો. બે વ્યક્તિને લાભ મળશે અને બધી સામગ્રી આપવામાં આવશે. ભાગ લેનારના નામ વર્ષાબહેનને આપવા વિનંતિ. Tel: 020 8020 8449 5708 / 07710 230377
	દિવાળી પર્વ	શ્રી મહાવીર સ્વામીજી નિર્વાણ કલ્યાણક આરાધના - છઠ્ઠ તપ (બે ઉપવાસ) કરવા ઇચ્છનારે તારીખ ૨૭ અને ૨૮ ઓક્ટોબર, શનિવાર અને રવિવારે કરવો. છઠ્ઠ તપનો વિશેષ મહીમા હોવાથી શક્ય હોય તો તપ આરાધના કરવા વિનંતિ.
•	૨૭/૧૦/૨૦૧૯ રવિવાર	ચોપડા પૂજન - સાંજે ૭.૦૦ થી ૯.૦૦ સમુહમાં કરાવવામાં આવશે. દરેક પરાના સભ્યોને ભાગ લેવા વિનંતિ.
•	૨૮/૧૦/૨૦૧૯ મંગળવાર	નૂતન વર્ષ, શ્રી ગોતમ સ્વામીજી કેવલજ્ઞાન દિવસ - સવારે ૬.૦૦ વાગ્યે દેરાસરના દ્વાર ખોલવામાં આવશે. સવારે ૬.૩૦ વાગ્યે પ્રભુજીના અભિષેક બાદ પૂજા થશે. સવારે ૮.૦૦ થી ૧૦.૦૦ દેરાસરમાં સ્નાત્ર પૂજા અને નવસ્મરણ મંગલપાઠ થશે.
•	૦૧/૧૧/૨૦૧૯ શુક્રવાર	જ્ઞાનપંચમી આરાધના - સવારે ૧૦.૦૦ થી ૧૨.૩૦ ઓશવાલ હાઉસમાં રાખેલ છે. જ્ઞાન પૂજા માટે આગમગ્રંથો સવારે ૯.૦૦ થી સાંજે ૫.૦૦ વાગ્યા સુધી રાખવામાં આવશે. બાળકો તેમજ ભાઈ-બહેનોને અવશ્ય જ્ઞાન પૂજાનો ભાગ લેવા વિનંતિ.
•	૧૧/૧૧/૨૦૧૯ સોમવાર	ચૌમાસી ચૌદસની આરાધના - એક્તા સેન્ટરમાં, બપોરે ૧.૩૦ થી ૩.૩૦, દેવવંદન અને ૪.૩૦ થી ૬.૩૦, ચૌમાસી પ્રતિક્રમણ થશે.
•	૧૨/૧૧/૨૦૧૯ મંગળવાર	કાર્તિકી પૂનમ - શ્રી સિદ્ધાયલજી પટદર્શન યાત્રા સવારે ૧૦.૩૦ વાગ્યે ઓશવાલ સેન્ટરમાં થશે.
		વર્ષાબેન દિલીપભાઈ શાહ - ધાર્મિક સમિતિના અધ્યક્ષ

## જૈન પાઠશાળા - સત્ર ૪

આપણી જૈન પાઠશાળા સત્ર ૪ના ૬ વર્ગનો, 'પર્યુષણ પર્વ' પરનો કોર્સ, ૧૫ જુલાઈ થી ૧૯ ઓગસ્ટ ૨૦૧૯ સુધી ઓશવાલ સેન્ટરમાં કરાવેલ હતો, જેમાં પર્યુષણની આરાધના તેમજ પ્રતિક્રમણ વિધિની સમજણ ઉપર જાણકારી આપવામાં આવેલ હતી. લગભગ ૧૨૫ જેટલાં ભાઈ-બહેનોએ પધારીને લાભ લીધેલ હતો અને તેઓને આ વર્ગો ખૂબ જ રસપ્રદ લાગ્યા હતા.

પાઠશાળા સત્ર ૫ ના ૫ વર્ગનો કોર્સ - ઓક્ટોબર ૨૧ થી નવેમ્બર ૧૮ ૨૦૧૯ સુધી કરાવવામાં આવશે. અમે આશા રાખીએ છીએ કે આપ સૌ તેમાં જોડાશો અને દરેકના જોડાવા માટે પ્રેરણા આપશો.

## જૈન પાઠશાળા - ચૈત્યપરિપાટી યાત્રા

જૈન પાઠશાળા તરફથી રવિવાર, તારીખ ૮ સપ્ટેમ્બરના, એક દિવસની ચૈત્યપરિપાટી યાત્રાનું આયોજન કરવામાં આવેલ હતું, જેમાં ૫૫ જેટલા ભાવિકો જોડાયા હતા. સવારે ૭.૩૦ વાગ્યે ઓશવાલ સેન્ટર દેરાસરમાં થાળ, ચૈત્યવંદન, ભક્તિ અને આરતી કરીને શ્રી મહાવીર પ્રભુના આર્શિવાદથી યાત્રાનું પ્રયાણ કરેલ હતું. ત્યાર બાદ બુશીમાં સ્થિત શ્રીમદ રાજચંદ્રજ સેન્ટરના દેરાસરમાં, જિનઆજ્ઞા ભવન દેરાસરમાં તથા કેન્ટન દેરાસરમાં ઉલ્લાસપૂર્વક દર્શન ભક્તિ કરીને કોચડન દેરાસરે પહોંચ્યા હતા. સર્વેનું ખૂબ ભાવપૂર્વક સ્વાગત કરવામાં આવ્યું હતું. દરેક સ્થાને પૂજા દ્રવ્યનો થાળ, દર્શન, ચૈત્યવંદન, આરતી અને ભક્તિમાં ઉલ્લાસથી દરેકે લાભ લીધેલ હતો. ચૈત્યપરિપાટી યાત્રાની કોચના સ્પોન્સરનો લાભ શ્રીમતી રમાબહેન રમણીકભાઈ શાહ પરિવારે લીધેલ હતો. દરેકનો આભાર અને ખૂબ અનુમોદના કરીએ છીએ.

લિ. વર્ષાબેન દિલીપભાઈ શાહ  
ધાર્મિક સમિતિના અધ્યક્ષ

## Jain Pathshala - Session 4

Our Jain Pathshala Session 4 of 6 classes on 'Paryushan Parva' was conducted at Oshwal Centre from 15 July – 18 August 2019. Information and explanation on worship during Paryushan and Pratikraman rituals was provided. Approximately 125 devotees benefited by attending this course and they found the classes very interesting.

The next course, Pathshala session 5, will commence on 21<sup>st</sup> October – 18<sup>th</sup> November 2019. We hope that you will all attend and also inspire others to attend.

## Jain Pathshala – Chaitya Paripati Yatra

A one-day Chaityaparipati Yatra, visiting five Jain pilgrimage sites, was organised by the Jain Pathshala on Sunday, 8<sup>th</sup> September 2019, when approximately 55 devotees participated. Following the presentation of Thaal, Chaityavandan, Bhakti and Aarti at Oshwal Centre Derasar, with the blessings of Mahavir Prabhu, all embarked on the Yatra devotionally worshipping at the Shrimad Rajchandraji Spiritual Centre Derasar, Bushey, Jin Agna Derasar, Kenton Derasar and finally reached the Derasar in Croydon. All were very warmly welcomed.

Everyone participated enthusiastically in the rituals of the presentation of Thaal, Chaityavandan, Aarti and Bhakti at every site. The family members of Mrs Ramaben Ramnikbhai Shah were sponsors for the Chaityaparipati Yatra coach. Our appreciation and sincere thanks to all.

Varshaben Dilipbhai Shah  
Religious Chairperson





A NEW SERIES OF REGULAR TALKS

OSHWAL ACADEMICIANS – EDUCATORS - INSPIRERS – ACHIEVERS



Guest Speakers: Professor Atul K. Shah, City University  
 Topic: Education- Past, Present and Future  
 Date: Monday 11<sup>th</sup> November 2019  
 Programme: 7:45pm Registration - 8:15 pm Start  
 Followed by Tea & Biscuits  
 10:30 pm Finish  
 Venue: Oshwal Centre, Coopers Lane Road, Potters Bar,

### Professor Atul K. Shah

An educator for four decades, Professor Atul K. Shah has a PhD from London School of Economics, and has taught at Universities of Bristol, LSE, Essex, Suffolk, Maryland (USA) and City University, London, where he is presently Professor. He has four published books, several hundred articles on Jainism, scientific journal publications on banking, accounting and finance, and is a popular University teacher and student mentor. His work has been profiled in the Financial Times, Guardian, Forbes, Economica and he was the founding editor of Jain Spirit international magazine.

Atul has also done a number of BBC Radio broadcasts, including Radio 2, Radio 4, World Service and has also appeared on Channel 4. He has lectured at international conferences all over the world, and is a sought after speaker on contemporary issues. In 2010, Atul embarked on a 1500 mile Masala Tour of Britain, widely broadcast on the BBC, educating the nation about the Asian contribution to British economy and society.

His books are available on Amazon. As a member of the Institute of Chartered Accountants, Atul is a regular commentator on ethics in the profession. Twitter @atulshah Email: [diverseethics@gmail.com](mailto:diverseethics@gmail.com)

Introduction of Professor Atul K. Shah by Education expert and Leader [Dr. Lynne Sedgmore CBE](#)

### Synopsis of Talk:

Education is the key to personal growth & progress - but what education? How can we raise children to be wise, not just studious? Can more education be more damaging? What is the Jain theory of education and knowledge? What about the costs and benefits of private education and higher education? These are some of the burning questions we often ask, but rarely have a forum to discuss and understand. Parents, teachers, professionals and educators from all backgrounds are welcome to attend this unique 'wisdom' conversation - the Question & Answer session will give you an opportunity to air your views and share in the wider dialogue.

Opportunity to meet Atul Shah. All are welcome – bring your friends

Event organised by Youth Culture, Professional Development, Membership Services Sub Committee.

#BeInspired #GrowOshwal #Achieve #Believe

[www.oshwal.org.uk](http://www.oshwal.org.uk) | [www.facebook.com/oshwaluk](https://www.facebook.com/oshwaluk) | Twitter @Oshwal\_uk | Instagram @oshwal\_uk

Management reserves the right to refuse admission and to make any changes to the event due to unforeseen circumstances. Please note photographs and videos may be taken at this event, and by attending you are giving permission to Oshwal Association of the UK for your image to be used in any post event publication such as Oshwal News Magazine, our website and/ or other media channels.

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Oshwal Centre: Coopers Lane Rd, Potters Bar EN6 4DG















Donation for Oshwal House Extension, generously received from:

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“Taking part in arts helps develop motor skills and stimulates the brain. Studies have shown that it helps in lowering the risk of developing dementia”.

The Ekta arts and crafts club has been running since January 2017. It is held on Monday afternoons between 1-3pm after the morning yoga sessions.

Under Bijalben Shah’s expert guidance we have worked in a number of different mediums – pencil sketching, watercolour, acrylic, bleach and ink, and the core group of 15 to 20 participants have come a long way from when they first started. Also, there are two elderly ladies in their 80’s who eagerly await the Monday sessions and are thrilled with the progress they have made in their colouring. Having had barely any schooling, when at first they could barely hold a pencil, now they have become confident artists!

Recently Raxaben taught us the art of zen doodling (using doodled patterns to create a recognisable object or an abstract picture) and zen tangle (the art of creating a beautiful image from a series of repetitive patterns), which is a great way of relaxing using just a rollerball pen and paper and can be done anywhere.

The craft activities have also included knitting and crochet where some complete novices have made hats, scarves, cardigans, slippers, blankets etc. Other craft activities have included making paper flowers, gift cards, birthday cards, colouring pots, and fruit carving . Such activities are led by members who have the relevant expertise in the field and want to share their knowledge

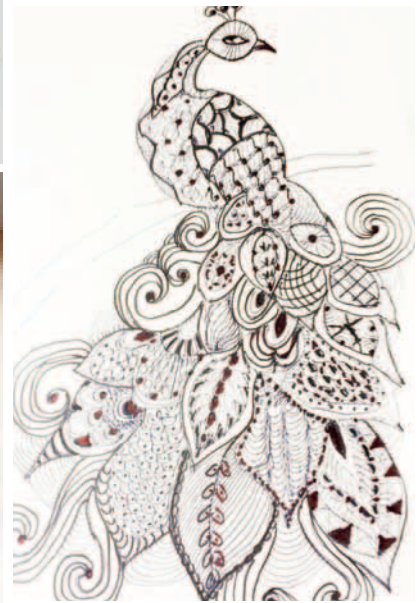
We have also had discussions on upcycling, reducing plastic waste and how to make the world a better place for future generations.

It is open to all (just £1 for Oshwal members) and is a fun and creative way to meet up with like minded people and learn new skills.

Please come and support the group, and if there is any activity you wish to share then please let us know.







On the 1st Spetmeber 2019 our youth took part in the 5th national Kho Kho cup tournament held in Hanwell. Our Oshwal clubs team came first and second, while our Oshwal Lioness came 3rd and Oshwal Lions came 4th

## CONGRATUALTIONS TO ALL THE PARTICIPANTS











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Welcome to Oakdale Financial Services Ltd, wealth management specialists serving the financial planning needs of individuals, families and businesses. Our philosophy focusses on maintaining a long-term and trusted relationship with our clients. Our core services include:

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Please find a list of our forthcoming seminars.

2019 SEMINAR DATES				
Dates	Time	Venue	Topic	Speaker
Wednesday 30th October 2019	7.00 pm – Indian Buffet Dinner (includes soft drinks)	Mumbai Junction Restaurant, 231 Watford Road, Harrow, Middlesex, HA1 3TU	<b>‘Inherently Unfair’?</b>  Inheritance Tax is widely viewed as unfair, and even the Chancellor agrees it’s complex, but only effective and early planning can minimise its impact on your estate.	Dipesh Shah DipPFS, CeMAP MSc BA (Hons) Wealth Manager & Company Director of Oakdale Financial Services Ltd  Dipesh has a wealth of experience advising his clients in the important subject of inheritance tax Planning. Dipesh enjoys helping his clients minimise the impact of this tax on their estate, leaving more for their loved ones after they have passed away.
Wednesday 27th November 2019	Followed by Seminar talk: <b>‘Inherently unfair’?</b>  Q & A Session 9.30pm – Finish	Limited parking available onsite		
Wednesday 7th November 2019	7.00 pm – Refreshments (soft drinks) and canapes provided Followed by Seminar talk: <b>‘Inherently unfair’?</b>  Q & A Session 9.30pm – Finish	Moor Park Golf Club, Rickmansworth, Hertfordshire, WD3 1QN  Parking available on site  When using the sat-nav, please use WD3 1QL		

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WE LOOK FORWARD TO MEETING YOU AT ONE OF OUR SEMINARS.



# ‘Inherently Unfair’

**Inheritance Tax is widely viewed as unfair, and even the chancellor agrees it's complex: only effective and early planning can minimise its impact on your estate.**

Well overdue, perhaps, was the news that Chancellor Philip Hammond had asked the Office of Tax Simplification (OTS) to review Inheritance Tax (IHT) with a view to simplifying the regime. In writing to the OTS, he acknowledged that “IHT, and the system within which it operates, is particularly complex”.

Currently, if your net estate is worth more than the standard nil-rate band of £325,000, 40p in tax is charged for every pound that exceeds the threshold; except that, broadly, if you leave your main residence to a lineal descendant, £150,000 is added to that nil-rate band (rising to £175,000 in 2020/21). Unused elements of both allowances are transferrable on death to a surviving spouse or civil partner.

The regime has been criticised also for being discriminatory against those who do not own their own home, those who do not have children, and those who are not married or in a civil partnership.

Even if there is potential to simplify IHT exemptions, it's probably too much to hope that the tax will be scrapped. After all, a cash-strapped Exchequer seems increasingly reliant on taxing people's estates posthumously. In 2022/23, the UK's Exchequer is expected to raise £6.38 billion from IHT.<sup>1</sup>

That said, several governments around the world have convinced themselves that reforming or repealing estate taxes is vital to their political survival. If Donald Trump's ambition is realised, the United States will join a growing list of nations where taxing people's estates is being phased out or abandoned. Sweden abolished the practice in 2004, while Hong Kong and Russia did the same in 2006. In Norway, inheritance and gift taxes were abolished in January 2014.<sup>2</sup>

IHT is often referred to as a ‘voluntary tax’, and it does seem that inertia or ignorance is largely to blame for wealth ending up in the hands of the taxman rather than surviving family members. The fact is that with some careful planning, those with estates currently worth more than the nil-rate band can legitimately reduce their IHT liability, or possibly pay nothing at all.

## In your gift

Gifts are normally included in the net estate for IHT purposes if they were made less than seven years before death. However, these gifts are ignored if they total less than £3,000 in any one tax year. This means that you can make gifts of up to £3,000 in total in any tax year without attracting IHT. The £3,000 can be given to one person or

it can be split between several people. If the exemption is not used in one tax year, it can be carried forward to the next year, potentially enabling a couple to remove £12,000 from their joint estate in just one tax year.

That money could be used to help with the financial challenges faced by younger family members; for example, topping up a child's pension or Junior ISA could go a long way to providing them with an invaluable head start in life. With the end of the tax year looming, this opportunity could be lost unless action is taken soon.

Those with sufficient surplus income may also want to take account of the ‘normal gifts out of income’ rule – if you make regular gifts out of income and in doing so don't affect your standard of living, the gifts are exempt from IHT. However, to reduce the possibility of a disagreement with HMRC, it is wise to seek professional help from a financial adviser or accountant.

While lifetime gifts can significantly reduce an IHT liability, it's worth noting that if you don't take time to write a valid Will\*, your estate will be handled according to the laws of intestacy. If you die intestate, you will have no control over how your estate is distributed, and rather than everything passing to a spouse or civil partner, a proportion could be transferred to descendants, triggering a potential IHT liability.

If your children's share is worth more than the individual IHT threshold, they could be liable to pay 40% tax on anything they inherit over that amount. This could be avoided by writing a Will that leaves assets worth up to the tax-free threshold of £325,000 to children, with the balance of the estate left to a surviving spouse. But there may be even better options, depending on circumstances, through the use of trusts.

## Take advice

IHT often falls on the ill-prepared and unadvised. That's why it's important to seek financial advice, so that all your assets are properly protected. Shockingly, fewer than a fifth of over-55s have taken action to reduce their potential IHT bill.<sup>3</sup>

The value of an investment with St. James's Place will be directly linked to the performance of the funds you select and the value can therefore go down as well as up. You may get back less than you invested.

The levels and bases of taxation, and reliefs from taxation, can change at any time and are generally dependent on individual circumstances.

<sup>1</sup> Office for Budget Responsibility, *Economic and fiscal outlook* – March 2018

<sup>2</sup> EY, *Worldwide Estate and Inheritance Tax Guide 2017*

<sup>3</sup> Prudential, May 2017

To receive a complimentary guide covering Inheritance Tax Planning, contact Dipesh Shah on 020 8150 7565 or email [Dipesh.Shah@sjpp.co.uk](mailto:Dipesh.Shah@sjpp.co.uk)



**Mr Dipesh Shah** DipPFS, MSc, BA (Hons)

Tel: 020 8150 7565 Mob: 07960 568644  
Email: [dipesh.shah@sjpp.co.uk](mailto:dipesh.shah@sjpp.co.uk)

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# Events in your area

## Northampton

**Monthly Fun Club-** Every 3rd Saturday of the Month  
Time – 19:00 pm – 22:45pm  
Venue – Weston Favell Parish Hall, Northampton  
Light Refreshment followed by fun and games  
i.e. board games or any suggested activities  
Contact – Gitaben Shah 01604 584971  
/ 07751982975 or gita.shah@oshwal.org

## South London

### Bridge Club-

Time: 8:00PM -11.00PM  
Contact: Ansuyaben Ansuya.h.shah@oshwal.org 07877  
410390

**Ramat Gamat & Welfare Club-** 1st Friday of every month  
Time: 11.00AM – 4.00PM  
Venue: Oshwal House  
Contact: Maiuriben – maiuri.v.chandaria@oshwal.org

**Gujarati School-** From ages 5 upwards  
Every Saturdays  
Time: 9.00AM – 12.00PM  
Venue: Harris Academy.

### Karata Club

Every Saturday evening  
Venue: Oshwal House

### Satsang Mandal

Every Saturday  
Time: 2.00PM – 4.00PM  
Venue: Oshwal House

## North London

### Friday Youth Club

Time: 6-8pm Under 12s, 8-10pm Over 12s  
Venue: Woodhouse College – Sports Hall  
Contact Rakhee, yc.north@oshwal.org

### Friday Yoga

Time: 7-8pm, Suitable for all levels ages 16+.  
Venue: Woodhouse College – Dance Studio  
For more information contact Simran:  
activities-n@oshwal.org

### Saturday Gujarati School

Time: 9.30- 12.30  
Venue: Woodhouse College – Main building  
From ages 4+ (including adult classes) Free trial classes  
available.  
Contact: Dipa/Kuntesh, education-n@oshwal.org

**Twin Heart Meditation (Pranic Healing-** Every 2nd  
and 4th Wednesday of the month  
Time – 19.30pm – 20.30pm  
Venue – Weston Favell Parish Hall, Northampton  
Contact – Gitaben Shah 01604 584971 /  
07751982975 or gita.shah@oshwal.org

### Sports and Social Club

Racquets and Kids Club  
Time 10-11.30am every 2nd and 4th Sunday  
Venue: Harris Academy, Purley (off Pampisford  
Road)  
Contact: southyouth@oshwal.org

### Walking4Health

Every Sunday morning  
TIME: 9.20am  
Venue: meeting point Oaks Road Car Park off  
Coombe Lane  
Contact: Nila (07941 300867)

### Wellbeing Events

Yoga Classes from Monday 7th January Time:  
7.30 – 9pm  
Venue: Mahanjanwadi.  
Contact:Kanchan on 07947 866402 for

### Friday Social Club

Time: 7.30 – 10.30 pm  
Venue: Woodhouse College – Foyer  
Contact: Kuntesh, social-n@oshwal.org

### Saturday Bollyaerobics

Time: 10am to 11am  
Venue: Woodhouse College Dance Studio  
Contact: Simran, activities-n@oshwal.org

### Friday Yoga

Time: 7-8pm, Suitable for all levels ages 16+.  
Venue: Woodhouse College – Dance Studio  
For more information contact Simran:  
activities-n@oshwal.org

### Saturday Cultural Activities

(included for all that attend Gujarati school) from  
£170 per year.  
Time: 11.30-12.30  
Contact: Dipa/Kuntesh education-n@oshwal.org



## North East London

### **Tuesday Welfare Club – Chair Yoga**

Time: Every Tuesday, 10:30 to 12:30

Venue: Oshwal Centre, Coopers Lane Road, EN4 4DG

Contact: Rohit, rohit.z.bidd@oshwal.org

### **Keep Fit – stay healthy with our exercise classes**

Time: Every Tuesday, 20:00 to 21:00

Venue: Trinity at Bowes Methodist Church, Palmerston Road, N22 8RA

Contact: Madula on 07944 010 464

### **Yoga Classes – unite the body and mind in one of our classes**

#### **Monday Class**

Time: Every Monday, 19:00 to 20:30

Venue: Southgate School, Sussex Way, EN4 0BL

Contact: Maysuri on 07960 127 100

#### **Tuesday Class**

Time: Every Tuesday, 19:00 to 20:30

Venue: Southgate School, Sussex Way, EN4 0BL

Contact: Dilipbhai on 07966 443 607

### **Gujarati School – learn the language of our ancestors**

Time: Every Saturday, 09:30 to 12:30

Venue: Woodhouse College, Woodhouse Road, NL2 9EY

Contact: Bakul, bakul.h.patani@oshwal.org

### **Sunday Youth Club Class**

Time: Every Sunday, 09:00 to 10:30

Venue: Alexandra Park School, Rhodes Avenue, N11 2AZ

Contact: Aashni, aashni.s.shah@oshwal.org

### **Zumba Classes – dance to energetic music**

Time: Every Wednesday, 19:00 to 20:00

Venue: Ruth Winston Centre, 190 Green Lanes, N13 5UE

Contact: Pushpa, pushpa.j.shah@oshwal.org

### **Youth Club – play a variety of sports and a free taster session**

Time: Every Sunday, 09:00 to 13:30

Venue: Alexandra Park School, Rhodes Avenue, N11 2AZ

Contact: Aashni, aashni.s.shah@oshwal.org

## North West London

### **Bhakti@ EKTA- Once a month on a Wednesday**

Time: 8:00PM- 10:00PM (doors open at 7:45PM) Venue:

Oshwal Ekta Centre; 366A Stag Lane NW99AA

Contact Mahesh Shah -07804 648 197

### **Weekly Bhukar- Every Thursday**

Time: 7:45PM- 10:30PM

Tickets: £2 for members - £3 for non-members

Venue: Oshwal Ekta Centre

Contact: Mahendra Chandaria- 07714 712713

### **Elderly Monthly Meets- Once a month on a Saturday.**

Tickets: £5 per session (OAUk Members Only) - payable at the door

Time: 11:00AM- 4:00PM

Venue: Oshwal Ekta Centre

Contact: Manjulaben Shah- 020 8864 2522

Contact: Pramilaaben Shah – 020 8907 2188

### **Oshwal Ekta Mandals**

Every Monday and Thursday (Except when hall is not available). Tickets: £2 per session (OAUk Members only)

Time: 10:30am- 12:30pm

Venue: Oshwal Ekta Centre

Contact: Vinaben Dhanani – 07970 426370

Contact: Mahendra Chandaria- 07714 712713

### **Oshwal Ekta Mandals (Arts & Craft)**

Every Monday (Except when hall is not available).

Tickets: £1 per session (OAUk Members only)

Time: 13:00pm- 15:00pm

Venue: Oshwal Ekta Centre

Contact: Vinaben Dhanani – 07970 426370

### **Whist Drive (Chokdi) - Once a month on a Saturday.**

Tickets: £7 for members - £9 for non-members

Time: 7.00pm to 11.00pm

Contact: Premharbhai Shah- 07961 048465

### **ReActive8 (Sports and Leisure)**

On Friday's (during term times) 7.30pm to 11.00pm

Harrow Leisure Centre, Christchurch Ave, Harrow, HA35BD

Contact: reactive8-nw@oshwal.org

### **Table Tennis (Sports and Leisure)**

On Tuesday's (during term times) 8.00pm to 11.00pm

Oshwal Ekta Centre, Karania Hall, 366A Stag Ln, London, NW9 9AA

Contact: reactive8-nw@oshwal.org

### **FunSkool, NWACAS & Communicate**

Every Saturday (term time)

Contact: education-nw@oshwal.org

## Luton

**Games Night-** 1st Friday every month.  
Time: 6-8pm Under 12s, 8-10pm Over 12s

Venue: Warden Hill Community Centre  
Contact Neil on 07880 310221.

## West London

### Kurru Klub

Time: First Saturday of the month, From 6:30pm  
Venue: Oshwal Shakti Centre  
Contact: Keshubhai (Columbo) on 07735 382 657 (between 2:30pm and 9:30pm only).

### Wednesday Social Club (Two sessions)

Time: Every Wednesday, 1st Session – From 1:45pm to 4:30pm (Tea and snacks at 4:00pm);  
2nd Session (card games only) – From 8:00pm to 11:00pm.  
Venue: Oshwal Shakti Centre  
Contact: Keshubhai (Columbo) on 07735 382 657 (between 2:30pm and 9:30pm only).

### Satsang Mandal

When: Second Thursday of the month, From 8:00pm to 10:00pm.  
Contact: Dipakben on 07908 780 589 or Chunibhai on 07904 878 657.

### English Classes (run by Centron Skills Training)

– Learn English in an Easy way.  
When: Every Thursday, From 12:30pm to 2:30pm.  
Contact: Chunibhai on 07904 878 657.

## East London

### Yoga Classes

Note: Bring your yoga mat and a bottle of water.  
Time: 8.00PM – 9.00PM (Every Tuesday)  
Venue: St. Johns Church Hall, St. Johns Road, Seven Kings, IG2 7BB  
Contact: Bhartiben Babulal Shah – 020 8590 0091.

### Gujarati School

When: Every Friday (term time), From 6.00pm to 8.00pm.  
Contact: Ushaben Shah on usha.shah@oshwal.org.

### OAUK Shakti Salon

When: Last Wednesday of the month, From: 2:00pm to 5.00pm.  
Contact: Shejal – 07825 371 875

### Friday Night Card Games .

When: Every Friday, From 8:30pm to Midnight.  
Charge: Each session: members: £1.00 pp and non-members £2.00 pp.  
Contact: Dhirubhai Nathoo Shah on 07960 631 602 after 7pm.

### Youth Club – Play sports and enhance your fitness.

When: Sunday Morning: Football, Basketball, Net-ball  
For further information and charges contact: Ketan K Shah.

### Monthly Social Gathering

Time: 7.00PM – 10.00PM (Last Saturday of the each Month)  
Venue: St. Johns Church Hall, St. Johns Road, Seven Kings, IG2 7BB  
Contact: Lalitaben Ambritlal Shah – 020 8220 8827 or 07557 901 321





# Oshwal Gujarati Schools Variety Program



24<sup>th</sup> March 2019 was the most spectacular day for the Oshwal Gujarati Schools of UK. A joint variety program was organised for the four schools to celebrate the 50<sup>th</sup> anniversary of the establishment of OAUK.

The program was held at Oshwal Centre, Potters Bar where the North West Area, North Area, South Area and West Area schools had only been practising from the beginning of this term and to produce such a sensational program can only be attributed to the hard work and perseverance by teachers, children and parents.

The children age ranging from 3 to 15 year olds gave an outstanding performance. We were all stunned by the acting and the sweet, melodious Gujarati spoken by these little ones.





The show began with the lighting of the Dipak, followed by the prarthana, “Ame to tara nana baal, Amaari tu leje sambhal.....”, Lovely, famous balgeet nani nani iyal, ek bilaadi jaadi, nani mari ankh. The fable narrated by Ashaben and acted the Funskool Children was hilarious. What a fun way of teaching colours to topiwalas in Gujarati and the moral behind the story. Unique presentations by the Shak bhaaji varg and the Aaj ni Duniya, the social media, the changing world and the rap on my mum, “ who has no time to spend on me but Facebook, Whats App ,” Say no more!!!

The two plays, by the children were impressive, emphasising the importance of parents and commemorating Mothers’ Day and making children realise what sacrifices, a mother makes for her children. What about the music, Anish sang a song on Maa, stealing everybody’s hearts, the songs by the harmonium and tabla band, Udi Udi jay, ..... and the beautiful bhajan in chorus...Tere jaisa Veer kahaan..... Could listen to the young band, whole afternoon.

Top of the list was the dance by the young girls, Choghada taara, Chhabila Taara.....



The programme items were so appropriate, timing up with Holi just gone by, and Mother’s day, expressing love for all. The patriotic talk on Gandhibapu, songs: Nanha Munha raaahi hoon and Yeh desh hai Veer jawanoka were fabulous but the FINALE, It just ROCKED. 135 children holding the Indian flags, wearing the Nehru chacha topis, marching across the hall to the stage and saluting to the national anthem was simply sensational.

Never seen it so grand, in the history of UK Gujarati schools. A commemorative day to be remembered by this new generation and for another fifty years to come!!! I recommend all to click on the link from the website and watch the show on catch up. Jai Oshwal.

Rekha Mahesh Shah  
Education Trustee, OAUk





પૂજ્ય વડીલો, વાલીઓ, બાળકો, શાળાના શિક્ષકો, શાળા સમિતિના સભ્યો , અન્ય સ્વયંસેવકો, હર્ષથી જણાવવાનું કે ઓશવાળ સમાજની ૫૦મી વર્ષગાંઠ ઉજવવા આપણી ચાર શાળાઓએ ભેગા મળીને મનોરંજન કાર્યક્રમ યોજેલ અને સફળતા પૂર્વક રજૂ કરેલ. આ આપણી સમાજ માટે એક ગર્વ લેવા જેવો પ્રસંગ બન્યો. નાના ફૂલકાઓને રસદાયક બાળગીત સંભળાવ્યા, તેમજ વાંદરા અને રંગબેરંગી ટોપીઓની વાર્તા ભજવીને સૌના દિલ જીતી લીધા. ત્યારબાદ અનેક રજુઆત અનોખી રીતે પ્રસ્તાવ કરેલ. શાકભાજીનો વર્ગ, અત્યારના ચાલતાં માધ્યમો, વોટ્સ એપ, ઇન્ટરનેટ, ટ્વિટરની અસર, એક આંધળી બાળા અને માતાનો પ્રેમભર્યો દાનનું નાટક, તેમજ શ્રવણકુમારની માતૃપિતાની સેવા કેવા ભાવથી કરી હતી નાટક ભજવવું એ કાંઈ નાની વાત નથી. નૃત્યની સાથે ગાંધીબાપુ, ભારતની આઝાદી, સિપાઈઓના લોકપ્રિય ગીત, સંગીતના ભજનો, ગુજરાતી ગરબો જોવાની ખૂબ મજા પડી. છેલ્લે શાળાઓએ ભારતનો ઝંડો ફરકાવતા રાષ્ટ્રગીત લશ્કરની સવારી કરી. અદ્ભુત! આ કાર્યક્રમને રજુ કરવામાં મદદરૂપી સભ્યો, ભોજન તૈયાર કરનાર જૂથ, સંગીતની, સ્ટેજની ગોઠવણ, બાળકોને સ્ટેજ પર પ્રસ્તુત કર્યાનો ફાળો સૌને જાય છે અને તેઓ પ્રસંસાને પાત્ર છે. મને સૌનો સાથ મળ્યો તે બદલ તમારી અસીમ કૃપા.

રેખાના હાર્દિક પ્રણામ.





# Incredible Tours LTD

Hamilton House, Mabledon Place, London, WC1H 9BB, Nearest Station; King's Cross

**Tel: 0207 953 0390, Mob: 07956599859**

Email: [info@incredibletours.co.uk](mailto:info@incredibletours.co.uk) / Website: [www.incredibletours.co.uk](http://www.incredibletours.co.uk)



## WHY INCREDIBLE TOURS

Why choose Incredible Tours because on our fully escorted tours everything is Included, International and Internal flights inclusive of taxes 4\* accommodation as stated with breakfast, All transfers and transportation with air-con vehicles, Local English speaking guides Meals (B/L/D) (Breakfast/Lunch/Dinner), Even shows that are indicated in the programme are included in the price. Also tips for guides and drivers are included in the price so no hidden extras. The only thing not included is your drinks with your meals. Also with Incredible tours we do not just show you the sites but our guides will give you an in-depth look at the lives of the local people so that when you come back from your tour it will stay with you in your heart. Don't take our word for it see what our family of travellers say about us.

### SHAILI HARIA

"Thank you for making a once-in-a-lifetime trip AMAZING. I have limited mobility but with the assistance of tour escort Jagnesh Shah (who also ensured the rest of the group didn't miss out on anything) I managed to cover all aspects of the tour."

### MEENA & NARESH

"Dear Jagnesh, Thank you very much for the Enchanting China Tour. It was an amazing trip. We did everything in the itinerary which was very full and included all the must see things. The tour was very well organised and the company we had was wonderful. We will definitely book our next holiday through Incredible Tours. "

### MISTRY & NAGDA FAMILY

"Wow! WHAT A TRIP! China has been a dream holiday for us. We had a wonderful 17 days holiday in China, starting from BEIJING and final destination in SHANGHAI, covering XIAN, GUILIN, YANGSHUO & CRUISE on YANGTZE RIVER. Very good itinerary, packed for all 17 days with very clean and comfortable hotels. We were worried about food, but funnily enough our tour operator had arranged for wonderful vegetarian meals throughout the trip, including Indian, Chinese and at times at the Buddhist cuisine. Not a single person on the trip suffered with any food problem. All the sight-seeing was amazing, can't ask for anything more, including 4 shows. Highlight of the tour was China Wall, Ming Tombs, LAMA TEMPLE, Terra - Cotta Warriors, Reed Flute cave, Longji Rice Terrace, Three Gorges, Chongqing Zoo (Panda), Yuyuan Garden and Pan Gate (Venice in China) and all this was supported by local guide at all times. Jagnesh made it Extra special by accompanying us throughout this trip. It was well organised tour and would recommend Incredible Tours at any time."

### JASHU PINDURIA

"MAGICAL JAPAN!! Booking with Incredible Tours, I found that they had a best knowledge of the destination and great experience and skill in organising the tour. I travelled with a group of 15 other people which meant that every individual was given special personal attention. I found that the whole tour had well organised and planned with precision with the thought and comfort of the traveller in mind all throughout the journey. All aspects of the tour were excellent, everything went well and according to the itinerary. 13 days in Japan and 3 days in Hong Kong every day brought forth a new adventure. Japan a mind – boggling balance of mystique and logic, Sense, order and precision juxtaposed against manicured beauty and palpable magic. I found to the waters sparking with an inexplicable emerald tint, landscapes preened to perfection, a heart-melting hospitality from unforgettable people. All the sightseeing visited was spectacular. Walking the whole day in a Kimido was an unforgettable experience as was the Samurai Sword experience as well as the Japanese tea ceremony. I would like to thank INCREDIBLE TOURS for organising such tour."





**Incredible Tours Ltd**  
Journeys from your Heart

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\*All our escorted tour prices are per person, full board and includes all flights, inclusive of taxes.



## Central American Discovery Fr £5693.00 P/P



25 Day tour covering 6 countries includes Panama City, Panama Canal, Las Cavernitas Waterfall, San Jose, Sarchi, La Paz Waterfall Gardens, Arenal Volcano, Sky Tram, Granada, Leon, San Salvador, Joya de Ceren, Suchitoto, Copan, Rio Dulce, Flores, Tikal, Guatemala City, Atitlan, Antigua

Tour Dates 5 January (50% sold out), 18 May & 9 November 2020

## Cambodia & Vietnam Fr £2780.00 P/P



18 Day Tour with optional 3 day add on tour for Laos

Includes 2 nights on Ha Long Bay Junk Boat

Tour Dates and 11 February, 10 March, 09 September, 06 October & 10 November 2020

## Enchanting China Fr £3150.00 P/P



17 Day Tour includes Beijing, Xian, Gulin, Longsheng, Yangshuo, Chongqing, Yangtze River Cruise, Shanghai, Suzhou, Including tips & Kung Fu Show, Dumpling Cooking Class, Tang Dynasty Show, Impression, Lijiang Show & Acrobatics Show in Shanghai Junk Boat

Travel Dates 05 March, 02 April, 07 May, 4 June 10 September 2020

## South American Discovery Fr 5747.00 P/P



25 Day Tour includes Lima, Arequipa, Coca Canyon, Cusco, Machu Picchu, Puno, Lake Titicaca, Sun Island, La Paz, Buenos Aires, Iguassu Falls, Rio De Janiero

Tour Dates 16th Apr & 8th Sept 2020

## Japan Highlights Tour



13 Day Tour includes Tokyo, Mt Fuji, Hakone, Hiroshima, Kyoto, Nara, Osaka

Travel Dates

02nd April 2020

**Fr £4750.00 P/P**

10th Nov 2020

**Fr £4550.00 P/P**

## Highlights of Myanmar Fr £2750.00 P/P



15 Day Tour includes Yangon, Golden Rock, Bago, Mandalay, Inwa, Bagan, Salay, Popa, Heho, Inle Lake, Ngapali.

Travel Dates 07 Jan, 18 February, 17 March, 06 October, 5 November 2020

## 13 Days Grand Inna Kuta Bali

From **£1240.00 P/P** based on 2 PAX includes flights transfers 3 full day tours and 2 ½ day tours.

## 5 Days A glimpse of Jordan

From **£979.00 P/P** based on 2 PAX Includes flights transfers tours & accommodation

## 14 Days North West Coast of Sri Lanka

From **£1414.00 P/P** based on 6 PAX Includes flights transfers tours & accommodation

## 11 Days Cambodian Highlights

From **£1483.00 P/P** based on 6 PAX Includes flights transfers tours & accommodation

## 15 Days Best of North India & Rajasthan

From **£1530.00 P/P** based on 4 PAX Includes flights transfers tours & accommodation

## 17 Days Journey to the Heart of Myanmar

From **£1982.00 P/P** based on 6 PAX Includes flights transfers tour & accommodation

## 14 Days Vietnam Highlights

From **£2021.00 P/P** based on 4 PAX Includes flights transfers tours & accommodation

## 13 Days Sri Lankan Explorer

From **£1630.00 P/P** based on 2 PAX Includes flights transfers tours & accommodation

## 9 Days Colours of Nepal

From **£1779.00 P/P** based on 2 PAX Includes flights transfers tours & accommodation

## 12 Days Golden Triangle with Khajuraho & Varanasi

From **£1784.00 P/P** based on 4 PAX Includes flights transfers tours & accommodation



Raniben Devshibhai Shah, aged 91 tells us why she enjoys her independent living:

Raniben moved into Nazarana in 2005, a self-contained one bedroom flat within a sheltered accommodation of twenty four flats located in Northampton. Nazarana is owned and managed by a housing association, who provide accommodation and services at regulated affordable rents.

I asked Raniben if she could tell me more about her experience of Nazarana and she invited me into her home. She showed me her large and bright living area, her spotless kitchen, a good size bedroom and a bathroom with a walk-in showering area, all on one level. She tells me that the accommodation is perfect for her needs and certainly looks it! Raniben first came to know of Nazarana when visiting from Kenya. She had come to see a friend living here many years ago and immediately liked the facilities and the environment.

Raniben strongly values her independence. At Nazarana, she is free to set her daily routine to suit her. Her typical day starts with her own prayer time during the morning, some routine housework, cooking, watching a little television and she also makes time to join other residents in the communal lounge for activities and socials. Regular group activities include bhajans, socials, meals and celebrating religious festivals. Raniben's daughter Ushaben along with her husband Ashokbhai regularly visit, they cook and eat together. She is very content with her life.

Raniben feels safe as she has access to the scheme manager's support as well as an emergency call facility. She does not have to worry about any upkeep of her flat or the building as this is done by Accord and is included within the affordable rent. Most of the residents at Nazarana originate from Gujarat so she enjoys the company of people with similar cultures and beliefs to herself.

Raniben has the comfort of living in her own flat but when she wants company she only has to take a few steps to meet with her friends.

I also met up with her daughter Ushaben, who told me that choosing independent living was important for her mother, and living at Nazarana has certainly contributed towards Raniben's good health, wellbeing and confidence. She also informed me that Raniben is very happy and relaxed at Nazarana. The group activities have helped to keep her mother's mind active and would like to see even more activities.

Both Raniben and Ushaben encourage independent living for an improved quality of life and would recommend Nazarana in Northampton or Nivas in Wellingborough for anyone seeking to live within a predominantly Gujarati community.

Anyone looking for a sheltered independent flat that offers cultural facilities and services for people with a Gujarati background can call Mohini Vithlani on 01604 710074 for more information. Both Nazarana and Nivas courts are managed by a housing association, who is required to provide accommodation to suitable tenants at lower than market prices. Those in receipt of Housing Benefit will normally not need to pay anything more towards the rental, although this will depend on individual circumstances.





## આત્માને તારે તે તિર્થોની યાત્રા ૨૦૧૯

અષ્ટ મંગલ મંગલ છે. સમેતશિખરની સંઘની યાત્રા તારીખ ૧૯ ફેબ્રુઆરીના પૂર્ણ થઈ અને બધા પોતાપોતાના સ્થાને જવા રવાના થયા. ત્યાર પછી અમે આઠ શ્રાવક, શ્રાવિકાઓએ ભેગા મળીને યાત્રાએ જવાનો આયોજન કર્યું હતું. એટલે આગળ બિહાર તથા ઉત્તરાખંડ તિર્થોમા જવાનું કર્યું. દાદાની કૃપાથી અમારી ઈચ્છા પરીપૂર્ણ થઈ. વર્ષોની તમન્ના હતી કે ઉત્તરાખંડની જાત્રા કરવી છે અને સ્વપ્ના સાકાર થયા.

“હે દૂર દૂરથી અમે આવીયા ..... તુજ દર્શનને કાજ  
હે દર્શન તારા પામતા ..... આનંદ આનંદ આજ”

અમારું પટનામા બે દિવસ રોકાણ થયું. આ સ્થૂલિભદ્રજીની પાવન કર્મ ભૂમી છે. અહીં ભવ્ય શિખરબંધ જિનાલય છે. ત્યાં દર્શન કર્યા. ૨૭૦૦ વર્ષ પ્રાચીન જિનાલય છે. ત્યાંથી બોધગાયા એક દિવસ માટે ગયા. અહીં મહાબોધિ મંદિર છે. વિશાળ બુદ્ધની જોવા જેવી મૂર્તિ છે. ત્યાર પછી ત્રણ દિવસ માટે વારાણસી ગયા.

“ચાલો, દર્શન કરીએ, પ્રભુ સુપાર્શ્વનાથ, પાર્શ્વનાથ, શ્રેયાંસનાથ, ચંદ્રપ્રભસ્વામીના  
ચાર ચાર કલ્યાણકો જ્યાં થયા છે તેવી વારાણસીની પાવન ભૂમી”

ત્યાં ભદ્રેની સૂપાર્શ્વનાથ ભગવાનના જિનાલયમાં સવારે ૫.૩૦ વાગ્યે ગયા. અહીં પૂર્વ દિશાએથી સૂર્યનું પ્રથમ કિરણ પ્રભુનો ચરણ સ્પર્શ કરે છે ત્યારે આ તિર્થનાયકની શોભા અવર્ણનીય બને છે. ત્યાં સવારે પૂજા કરી ત્યાર બાદ ભેલૂપૂર પાર્શ્વનાથ ભગવાનના જિનાલયમાં પ્રક્ષાલ, દર્શન કર્યા. પછી સિંહપૂરી શ્રેયાંસનાથ, ચંદ્રપૂરી ચંદ્રપ્રભસ્વામી અને બીજા શ્રેયાંસનાથના જિનાલયમાં દર્શન કર્યા. અહીં શ્રેયાંસનાથનું દેરાસર ખૂબજ અદ્ભૂત હતું અને તે જોઈને...

“દાદા તારી મુખમૂદ્રાને, અમિય નજરે નિહાળી રહ્યો  
તારા નયનોમાંથી ઝરતુ, દિવ્ય તેજ હું ઝીલી રહ્યો  
ક્ષણભર આ સંસારની માયા, તારી ભક્તિમા ભૂલી ગયો  
તુજ મુર્તિમા મસ્ત બનીને, આત્મિક આનંદ માણી રહ્યો”

અહીં બધી પ્રાચીન ૨૫૦૦-૨૭૦૦ વર્ષની મુર્તિઓ છે. અહીં અમારી પહેલી પંચતિથિ થઈ. ત્યાર પછી રત્નપૂરી ગયા. અહીં ધર્મનાથ ભગવાનના ૪ કલ્યાણકો થયા છે. ત્યાં દર્શન કર્યા. પ્રાચીન દેરાસર ૨૭૦૦ વર્ષ જુનું છે. અહીં કોઈ જૈન નથી પણ ખૂબજ પ્રભાવ છે. ત્યાં જિનાલયમાં વરસાદમાં કેસરના છાંટણા થાય છે. દર્શન કરતા ભગવાન ઉપર અમીઝરા થાય છે જાણે પ્રક્ષાલ થતું હોય તેવું દ્રષ્ય દેખાય છે. બાજુમા ચિંતામણી પાર્શ્વનાથ દેરીમા નાગની ફણામાંથી ચોમાસામા અમીઝરા થાય છે. મહારાજ સાહેબ આવે તો ઘંટ શરૂ થઈ જાય છે. ખૂબજ પ્રભાવીત છે. પછી અયોધ્યા ગયા.

“યે હે પાવન ભૂમી, યહા બાર બાર આના  
પ્રભુ કે ચરણોમે, આ કરકે ઝુક જાના...”

અહીં બે દિવસ રોકાણા. બધા પ્રાચીન ૨૫૦૦૧૨૭૦૦ વર્ષ જુના જિનાલય છે. અહીં પાંચ તિર્થંકરોના ૧૯ કલ્યાણકો થયા છે. ઋષભદેવ (૩) અજિતનાથ (૪) અનંતનાથ (૪) અભિનંદન સ્વામી (૪) સૂમતિનાથ (૪). અહીં અમે બીજી પંચતિથી કરી. અહીં સમોવસરણ પણ હતું. કોઈ જૈન પૂજા કરવા આવતુ નથી. બધાજ જિનાલય એકજ સંકુલમાં હતા. અહીં રામ જન્મભૂમીના પણ દર્શન કર્યા. ત્યાર પછી અમે કાનપૂર ગયા. અહીં ખૂબજ સુંદર કાચનુ જિનાલય હતુ. ત્યાં દર્શન કર્યા અને એક દિવસ રોકાણા અને લખનવ ગયાં. અહીં ઘણા બધા જિનાલયો હતા. એક સંકુલમાં શાંતિનાથ ભગવાન, કુંથુનાથ, પાર્શ્વનાથ, વાસુપૂજ્ય સ્વામી, સીમંધર સ્વામી હતા. અહીં ત્રીજી પંચતિથી થઈ. બીજી સંકુલમાં સંભવનાથ, મહાવીર સ્વામી, આદિનાથ, સૂપાર્શ્વનાથ અને મહાવીર સ્વામી બંને જગ્યાએ દર્શન કર્યા. અહીં ચોથી પંચ તિથિ કરી.

ચાર પંચતિથી થઈ ગઈ એટલે મનમાં એકજ અભિલાષા હતી કે હવે પાંચમી પંચ તિથી કરવી છે અને મનની મનોકામના પૂરી થઈ અને પાંચમી પંચતિથી કોલકતામા કરી. બે દિવસ લખનવમાં રોકાણ કરી અમે પ્લેનમાં કોલકતા ગયા. અહીં દાદા વાડીમાં કાચનું ભવ્ય જિનાલય છે. અહીં પણ એકજ સંકુલમાં શિતલનાથ, મહાવીર સ્વામી, આદિનાથ, નમિનાથ, ચંદ્રપ્રભસ્વામીના જિનાલય છે. ૧૭૫ વર્ષ જૂનું છે. ખનન વિધી કરી ત્યારે જલતો દિવો નિકળ્યો હતો તે આજે પણ જલે છે. અહીં અમારી પાંચમી પંચતિથી થઈ.

બધા મળીને ૭૩ કલ્યાણકો તિર્થંકરોની ભૂમીના દર્શન કર્યા અને પાંચ પંચતિથી કરી.

“અહો ભાગ્ય જાગ્યા અમારા.....”

ભાવ સાથે અભિલાષા રાખીએ છીએ કે આવીજ રીતે બીજી વખત જાત્રા કરવાની તક મળે. આ બધી જાત્રા કરવી કઠીન છે. જિનાલયો સાંકડી ગલી ગલીમા હોય, શોધવા અઘરા પડે પણ ગાઈડ સાથે હોવાથી બધુ શક્ય બન્યું અને આ જાત્રા તો કરવા જેવીજ છે અને જીવન ભર ભૂલાશે નહીં.

“રમાબહેન રમણિકભાઈ, શુશીલાબહેન અનિલભાઈ, કાન્તાબહેન કપૂરભાઈ,  
પુષ્પાબહેન જયંતીભાઈ, શારદાબહેન ના સાદર પ્રણામ”

લેખક: શારદાબહેનના ભાવભર્યા પ્રણામ











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**Contact Balance Consultancy for further details.**



**Shandip Nathalal Shah ASWW, ACIB, MBA**

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Email: **shandip@balanceconsultancy.co.uk**

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*'It's a Dead Cert, so plan for it'*





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**Wishing all our clients, family and friends  
a Happy Diwali and a Prosperous New Year.**



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CHARTERED  
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CHARTERED  
TAX ADVISERS

# Northampton Area



Jai Jinedra to all

By the time you receive this Diwali issue everybody would have enjoyed Paryushan Parva celebrations and Savantsari Swamivatsalya satsang and bhojan. I hope you achieved what you desired for your soul, peace and clarity. Michhami dukhdam to all

Our next event is Diwali is on 20th October, 2019 whereby we are envisaging to exhibit Diwali Rangolis and cards, so please come forward and let us know if you desire your creation to be exhibited on the event.

“Diwali is the festival of Holi, which is celebrated by Hindus, Jains, Sikhs and some Buddhists. One of the most popular festivals of Hinduism, Diwali symbolises the spiritual “victory of light over darkness, good over evil and knowledge over ignorance.” Light is a metaphor for knowledge and consciousness. During the celebration, temples, homes, shops and office buildings are brightly illuminated. The preparations, and rituals, for the festival typically last five days. In the Gregorian calendar, the festival generally falls between mid-October and mid-November”

Diwali has a very special significance in Jainism. It marks the anniversary of Nirvana (final release) or liberation of Mahavira’s soul, the twenty fourth and last Jain Tirthankara of present cosmic age”

Navkar Jaap is to be held on 17th November 2019. More details to follow.

Last event of the year is a Christmas Party on 14th December 2019 with lots of organised fun and games. So please join us.

Happy new year to you all and a very prosperous one with lots of abundance

Jai Jinedra

Gita Shah  
On behalf of Bhikhalal V Bidd (Chairman)





## Barbeque - 28th July 2019



Nareshbhai Virani kindly offered his residence to hold our barbeque event on 28th July 2019. It rained for the majority of the day but we were not going to let a bit of rain stop the fun. Well laid out plans had to be shelved at the last moment with the barbeque fires having to be moved into the garage and guests had to mingle indoors instead of out in the lush garden.



We had roasted corn on the cob, chilli paneers, sweet potato wedges as starters, for mains there was jiko pizza and bean salad and for afters there was water melon and falooda.



Despite the rain, it was a fun filled day and everyone thoroughly enjoyed themselves. A big thank you to everyone who help with the preparation of the food and all those who help clearing up.



## Waterside Campus Tour – University of Northampton 13th July 2019



On a beautiful sunny Saturday 13th July 2019, a group of over 30, had the unmissable opportunity to have a private tour of the new, ultramodern, state of the art Waterside Campus of University of Northampton.

The campus was built by the River Nene which housed derelict buildings including the old Northampton power station and an old Victorian rail shed. The environment and atmosphere was so calm and serene with plenty of pocket parks and paths.



The tour took us through all the buildings of the campus as it was the University's open day a lot of the buildings were open. The highlight of the tour was the medical block in the nursing and midwifery rooms there were life size dummies that literally felt and moved like humans – I think some of the women fell in love with the baby. In the paramedics room there was an ambulance that has been installed to give the students a real feel of the working conditions.



## DAAL ROTI – 17 AUGUST 2019



On this day of our Fun Club we had scheduled Daal Roti Programme.

After having garam garam daal and garam garam rotli with onion tomato salad accompanied by garlic chutney and chaas, we started our Karoke Programme. Mahendrabhai, Chiraag, Jyotsnaben and our guests Ketanbhai and Naina who came all the way from Farnborough kept us entertained throughout the evening. In the last hour before the end of the programme Antakshri with a twist was played. Certain words were picked up from the kitty and the members had to sing songs with those words in the song. Members could join in with the singing and were also encouraged to come forward if they wanted to sing any songs of their own choice.

Overall, it was a very melodious and enjoyable evening. A memory lane of the old songs.

Thank you to all the volunteers who helped us with the food and helping to run this event successfully.

By Gita Shah

## Paryushan and Workshops 2019

What is Paryushan: In a nutshell, to move close to one's own soul, to read scriptures, meditate and endeavor to shed all types of karmas and to suppress one passions (anger, ego, deceit and greed). It is also a period of repentance for acts of the previous year. Jains endeavor to exercise self-discipline and do penance to purify our soul to the best of our capacity.

Northampton Area celebrated Paryushan Parva 2019 with great joy, sincerity and devotion.

Every evening we had the evening Pratikraman under the guidance of Punjabhai and Jivubhai. After Pratikraman every evening we had Bhakti, Aarti and Mangal Divo. Our very talented singers Mahendrabhai, Jyotshnaben, Chiragbhai, Nitishbhai and Rushabbhai sang some very uplifting melodious stavans every evening. Arti and Mangal Divo follows this. The atmosphere within the Mandir was positively vibrating over the Paryushan Parva. We had a good attendance of between 30 – 40 people for Pratikraman each evening.

This year we had four Tapasvi

Gita Anil Haria  
Kumud Rashmi Khimasia  
Kanchan Steve Wade  
Narendra Manekchand Sumaria

On Friday 30th August we celebrated the 14 Saptas with great pomp and joy. Ucchavni for Parnu Julvanu, Aarti and Mangal Divo was done too. On Sunday 1st September was Tapasvinu Bahuman. And on Monday 2nd September we had 108 Diva Aarti and Mangal Divo. Almost all families that attended gave a nakro for the 108 Diva Aarti and got the blessed chance to perform this Aarti.





# Northampton Area Workshops

Two workshops were organised over the Paryushan period.

On Monday 26th August we had a workshop on “Paryushan Parva no Sandesh” where Jayeshbhai gave an insightful talk on the ‘levels’ of how we observe our principles. He talked about there being three modes: ‘Sadaiya’ meaning observing introspection daily, ‘Bhadaiya’ meaning observing introspection only during the month of ‘Bhadar’ and ‘Kadaiya’ meaning those of whom observe the principles as and when they can. He went on to talk about how with time and learning people move from the Kadaiya to Bhadaiya and then towards Sadaiya. He went on to talk about the Maha Mantra (Navkar Mantra), the Maha Shashtra (Kalpa Sutra) and the Maha Parva (Shatrunjaya). One memorable statement that he mentioned was that if you count the number of rocks or pebbles found on Shatrunjaya that is the number of souls that had obtained Moksha. His talk was enjoyable to follow and understand. For lunch we served bundi, chora shaak, puri, gathia, apple pickle.



On Sunday 1st September we were honoured to host Harshadbhai and his team from South London Sri Chandana Vidyapeeth Team. This year we had an in-depth look at the Jain Logo based on loka-purusha in the morning session. The logo is a congregation of various symbols, each having a deeper meaning. This logo was adopted by all sects of Jainism while commemorating the 2500th anniversary of the nirvana of Lord Mahavir.

We had the pleasure and company of three member from the Board of Advisors (Nirmalbhair, Rumitbhair, and Mineshbhai) who joined us the part of the morning session and had lunch with us. For lunch there was duudh wari sev, white mung shaak, puri, gathia, apple pickle, and poppadum.

The afternoon workshop was about The Path to Moksha – The Three Jewels. Here we concentrated on the Jain path of liberation. The workshop was very successful and all agreed that these workshops are a great vehicle to understand, broaden and create interest in our beliefs.

Finally, Michhamni Dukadaam from the whole of Northamptonshire Area Committee if we have hurt anyone knowingly or unknowingly.

By Mona Rupen Shah



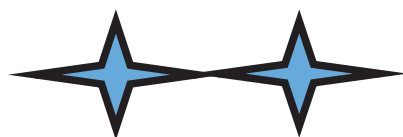




## OSHWAL ASSOCIATION OF UK NORTHAMPTONSHIRE

# DEEPWALI GET-TOGETHER SUNDAY 20 OCTOBER 2019

**Venue:** Highfield Community Centre,  
33 Highfield Road,  
Wellingborough. NN 1PL  
**Time-15.00pm—19.30pm**



*Display of Rangoli and Diwali cards*

**NON-OSHWAL MEMBERS-£10.00**

## OSHWAL MEMBERS FREE

### FULL MEAL WILL BE PROVIDED

***We wish you all a Very Happy Diwali and a Very Prosperous New Year***

***Members wishing to attend this event please contact***

***Usha Shah at 01604 469436 by 15 October 2019***

Management reserves the right to refuse admission and to make any changes to the event due to unforeseen circumstances. Any surplus from the event will go towards the Oshwal General Funds. Please note photographs and videos may be taken at this event, and by attending you are giving permission to Oshwal Association of the UK for your image to be used in any post-event publication such as Oshwal News magazine, our Website and/or other media channels.

Oshwal Association of the UK is a registered charity (No. 267037)



OSHWAL ASSOCIATION NORTHAMPTONSHIRE UK

**XMAS PARTY**  
**SAT 14 DECEMBER 2019**

**VENUE: WESTON FAVELL PARISH HALL**

**BOOTH LANE SOUTH  
NORTHAMPTON  
NN3 3EP**

**TIME: 7.15-10.45PM**



*Variety of Xmas  
Party Games etc*



*Party food  
Refreshments*

**Price: Members £5.00  
Non-Members £7.50  
Children under 12 free**

**Please confirm your attendance by 9 Dec 2019**  
**Contacts: Mona Shah—01604 404610/07754666814**  
**Pravin Shah – 01604 406268/07770145186**

Management reserves the right to refuse admission and to make any changes to the event due to unforeseen circumstances. Any surplus from the event will go towards the Oshwal General Funds. Please note photographs and videos may be taken at this event, and by attending you are giving permission to Oshwal Association of the UK for your image to be used in any post-event publication such as Oshwal News magazine, our Website and/or other media channels.

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Sept 01: Price from ~~£3050~~ now at **£2800**

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Direct Flights with AIR CANADA from Heathrow 7 nights Cruise in 5 star Celebrity inside cabin. Includes: Calgary, Banff, Jasper, Kamloops, Hope, Vancouver, Columbia Ice Field Glacier & Skywalk and much more



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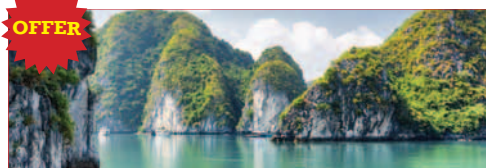
## North India & Nepal 24 Days

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**OFFER**



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## Australia, New Zealand & Fiji - 26 days

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Dep dates: Feb 25

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## Burma 14 days

Dep date: Nov 16, Feb 15 Mar 14

Price from **£2850**

Includes: Mandalay, Bagan, Mt Popo, Heho, Inle Lake, Ngapali Beach, Bago, Yangon and more

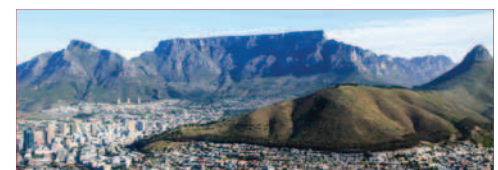


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Dep dates: Nov 24, Feb 09 and Mar 08



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**Venue:** Kadwa Patidar Centre,  
Kenmore Avenue, Harrow HA3 8LU



# South Area



I hope you all had a wonderful time celebrating paryushan parva in our various centres. I now take this opportunity to convey michhami dukkadam on behalf of South Area. It seems like we are constantly moving on from one event to another and at times it feels like a roller coaster but as always after a dramatic ride it feels good.

If you feel you have a little spare time to help support your area, please do approach any of our committee members. We're always open to any assistance, especially whilst we also juggle the much awaited new Hall!

Many Thanks!  
Maiuri (OAU South Health & Welfare)

## Paryushan

The festivities were superb this year and our two guests from Tapovan – Nimeshbhai and Kiranbhai delivered amazing programmes over the 8 days and left us with some incredible memories and food for thought.

This wonderful programme could not have been delivered without out countless volunteers so a huge round of thank you to them all.

Official pictures available on the Oshwal Website for the south area and a selection below:





## Ramat Gamat

Held on the first Friday of the month. This continues to be an event everyone eagerly awaits.

In August we all went to Worthing Beach and had a wonderful “bhaji on the beach” style picnic – you can see all the fun and laughter in the photos:



## Luncheon club

Our monthly is another ongoing thriving activity and again all eagerly await the next “jamawanu” So what next on this fairground of rides...

**Celebration of Aaso Maas Ni Aayembil At Oshwal House**

**1 Campbell Road, Croydon, CR0 2SQ**

**Saturday 5 October 2019 to 13 October 2019**

Aaso Maas Ni Aayembil is commencing on Saturday 5th of October 2019 and ending on Sunday 13th October 2019, from 8.00 am to 2.30 pm and is organised at our Derasar and Oshwal House.

Any member wishing to sponsor this Aaso Maas Ni Aayembil is requested to get in touch with the Religion Portfolio for confirmation.

On default of sponsor(s), the Ayambil will be by sponsoring an individual day on an individual basis as stated below:

The Nakro for sponsoring any day of the Aayembil is set for £151.00

The Nakro for Poonam Ni Jatra, Sunday 13th October 2019 will be £51.00

The Nakro for Tapasvees' Parna on Monday 14th October is set at £251.00

The Nakro for Nivi on Tuesday 15th October 2019 is set at £40.00

# South Area

Multiple sponsors will be accepted.

Please note that for the smooth running of this festival some set rules will have to be followed by the sponsors and all the members attending the function.

The Area Committee reserves the right to review/amend the procedure at any time without notice.

Oshwal House,  
1 Campbell Road,  
Croydon,  
CR0 2SQ

Saturday 5 October 2019 to 13 October 2019, 8.00 am to 2.30 pm

To reserve your sponsor please contact

Pushpa B Shah on 020 8684 2962 (Home) 0784747 0012 (M)

Pushpaben V Shah on 020 8684 7168



## Diwali

The South Area Diwali Mingle will take place on Sunday 20th October at Oshwal House/Mahjanwadi from 3.30 pm – 5.30pm. This will include Rangoli viewing and a light lunch.

Preparations for Diwali will start on Saturday 19th October and if you wish to help with this please contact Ansuyaben or Maiuriben

## Wellbeing Sessions

We hold several wellbeing events such as Yoga sessions, sewing, cooking and arts and crafts workshops, and health seminars.

We would like to continue these and have planned several more.

Research has shown that these days for our health to be optimum it is no longer just ok to be busy – we need to look at that activities we are doing to make us this busy....

Doing the same activity day in and out does not make our brains work more and age is no barrier to learning and does not make our bodies/bones stronger.

We all need to do a varied set of activities including new ones.

Some of the feedback we have received from our sessions:

Sewing - “all my tension as gone” “I feel so happy” “I created something amazing”

Yoga – “oh this is so good, It hurt on the day but 3 days later my body felt so good”

“My back does not hurt as much” “My heel pain has gone



So we urge you all to please come and take part in these activities. The volunteers who set these up put in a tremendous effort and so it needs your support.





## Sports & Social

SAS is back and up and “running” (Harris, Kendra Hall Road). Please do come down to play Badminton, Table Tennis alongside the Kids club.

# SAS PRESENTS: RACQUETS & KIDS CLUB

**Starting 8th September**

**10am -11:30am**  
**Every 2nd and 4th Sunday**  
**of the month**

**Harris Academy**  
**Kendra Hall, CR2 6DT**

- Racquets: Badminton & Table Tennis
- Kids clubs: mixed games
- Open to all ages and ability
- £5 Adults / £3 under 12's
- Under 5's free (guardian to accompany)

**FOR FURTHER INFORMATION CONTACT:**  
**HITESH SRAN**  
**TEL: 07782335967**  
**EMAIL: HITESH.SRAN@OSHWAL.ORG**

**SAS**  
Sports and Social Activities

## Gujarati School

The new school term has started on the 7th September at Harris (Kendra Hall | Road). The Oshwal website has an application form if you would like to attend classes.

# South Area Oshwal Gujarati & Cultural School ગુજરાતી શાળા

**We have changed! Now give your child the opportunity to enjoy learning about our language & culture**

**Role Play & Skits**

**End of Term Presentations**

**Reading & Writing**

**Yoga sessions**

**Learning Garba**

**Music Lessons**

**Positive reactions from the children to changes introduced**

- Emphasis on Gujarati Speaking, Listening, Cultural & Personal Development
- Fun and Interactive Lessons
- Developing Confidence

**New school year starts 7th Sept 2019**

**Register your children**

**Only £220 per year for Oshwal members**  
**Less than £3.50/hr**

**For additional information or application form, please email: [ogssouth@oshwal.org](mailto:ogssouth@oshwal.org)**

**Respect & 'Maan'**

**Mothers Day**

**Fathers Day**

**Cookery Classes**

**Diwali Pooja & Party**

**Learning about Sewa**

**School Venue : Harris Academy, Kendra Hall Road, South Croydon, CR2 6DT**  
**Timing : 9am - 11am (5 years to 13 years age) Pre GCSE Class & GCSE Class : 9am – 12.00noon**

Learning our mother tongue provides a valuable educational, social and cultural experience for our children. It will help them to develop communication skills of speaking and listening and more importantly, learning Gujarati will give children a new perspective and encourage them to understand their own culture.

OSHWAL ASSOCIATION OF THE UK is a registered Charity in accordance with the Charities Act, 1960. Charity No. 267037. Admission of new students will be at the sole discretion of the Heads of School and its Management team



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Rajwadi Rajasthan	14	₹ 88000/-	₹ 69500/-	₹ 68500/-
Hilly Himachal	10	₹ 64500/-	₹ 51750/-	₹ 50250/-
Himachal With Golden Temple	13	₹ 81250/-	₹ 65000/-	₹ 63000/-
Superb South India	10	₹ 60000/-	₹ 47500/-	₹ 45750/-
Classic Kerala	10	₹ 59250/-	₹ 46500/-	₹ 47750/-
Thrilling Tamil Nadu	11	₹ 69500/-	₹ 54500/-	₹ 53750/-
Magical Maharashtra	10	₹ 59750/-	₹ 47500/-	₹ 46000/-
Garvi Gujarat	13	₹ 78500/-	₹ 63500/-	₹ 59000/-
Kutch Rann Utsav	08	₹ 66250/-	₹ 56000/-	₹ 53500/-

- ✦ Accommodation in 3 / 4 Star Hotels, Daily Buffet Breakfast, A/c Vehicle for Transfers, Sightseeing & Traveling from One City To Other City at Disposal, Goods & Service Tax Etc.
- ✦ The Above Rates Are Valid Between 01 October 2018 to 31 March 2019 Except 20 December 2018 To 10 January 2019.

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# North East Area



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

Hope you are all well and have had a great summer. Although the days are getting shorter we are still seeing a few rays of sun shining down on us in preparation for Diwali. Yes, that's right, as we see the end of our annual Paryushun festival, we start the celebrations for our Festival of Light.

I would like to take this opportunity to say on behalf of the North East Area committee, Michammi Dukkdam

North East area celebrated Paryushun 2019 in its full vibrancy. This was one of the best Paryushun festivals we have celebrated. It was great to see the members stay until the end each evening and a huge part of this was because of our Tapovan guests; Mangalambhai, Chetanbhai and Parshvabhai who joined us on this auspicious occasion. They educated us, danced with us and were extremely jolly throughout the whole festival. A huge thank you to them.

In addition, I would like to say a huge thank you to all our volunteers. The list is endless, we had volunteers helping in the kitchen, decorating, setting up the hall, at the back our usual two or three volunteers who sit there throughout the afternoon and evening, our musicians and many more.

North East Area Tapasvi names:

Deepa Ramnik Shah	8 days
Ankitaben Dipen Shah	8 days
Meenaben Illesh Nagaria	8 days
Meenaben Ashok Shah	8 days
Swetaben Hasmukhbhai Shah	8 days
Ramilaben Kantibhai Shah	8 days
Darshan Illesh Nagaria	8 days
Vivek Jayesh Shah	8 days
Retesh Nemchand Shah	8 days
Ashok Tejsi Mulji Malde	9 days

**A HUGE PERSONAL THANK YOU TO ALL THOSE WHO ATTENDED AND HELPED IN OUR SEPTEMBER EVENTS;**

- **OAAUK Puja Dhaja Din and Swamivatsalya Bhojan, 15<sup>TH</sup> September.**
- **Panch Tirth Bhav Yatra, 22<sup>nd</sup> September.**
- **North East Area Savantsari, 29<sup>th</sup> September.**

Without you, you all know who you are, we could not have run these events as smoothly as we did. Your efforts, endless help and support to me, the committee and the area is what makes us great, **THANK YOU.**

For those of you who are wondering, yes we will be holding a Holi event next year, keep your eyes peeled for more information!

That's all for now folks, see you soon!

**Nish**

**EC Trustee and North East Area Chair**













## ઓશવાળ એસોસિએશન નોર્થ ઈસ્ટ એરિઆ પર્યુષણ મહાપર્વ નોર્થ ઈસ્ટ રિલીજિયસ કમિટી ના સાદર પ્રણામ

પરમ કૃપાળુ મહાવીર ભગવાનની અસીમ કૃપા તેમજ ગુરુ ભગવંતોની પ્રેરણાની પર્યુષણ પર્વની શરૂઆત થઈ. આંખના પલકારામાંજ પર્વાધિરાજ પર્યુષણ પર્વના આઠ દિવસો સમાપ્ત થયા. આ આઠ પર્વના દિવસોમાં ધર્મ આરાધના સુંદર રીતે થઈ. લાગેલા પાપોનું પ્રાયશ્ચિત્ત અને પુણ્યનું ઊપાર્જન કરવા માટેની અમૂલ્ય તકને ભાવિકોએ ઝડપી લીધી. આપણા આમંત્રણને માન આપી તપોવન સંસ્કાર ધામના વીર સૈનિકો જૈન ધર્મના મહા અનુભવી ચેતનભાઈ, મંગલમભાઈ અને પાર્શ્વભાઈ અહીં પર્વ દરમિયાન આવી સરસ આરાધના કરાવેલ તેમની ઘણી ઘણી અનુમોદના કરીએ છે. ચેતનભાઈ, મંગલમભાઈએ ખૂબજ સરળતાથી અષ્ટાનિહકા, કલ્પસૂત્ર તેમજ બારસા સૂત્ર ઢાળ અને ચિત્રપદ સાથે વાંચન કર્યું. મંગલમભાઈ અને પાર્શ્વભાઈ તો તેમના મીઠા સૂરના અવાજથી બધાને ખૂબજ સંગીતમાં મગ્ન કરી દિધા હતા.

“નાનકડી ઝૂંપડી ને નાનકડું હૈયું  
તુજ નામ લેવું મને નિત્ય ગમે છે  
હૈયે રમે છે, તું મારા હૈયે વસે છે”

બધાના મનમાં આજ સ્તવન ગુંજ્યા કરે છે. સાંજે પ્રતિક્રમણમાં પણ બહુજ મોટી સંખ્યામાં હાજરી હતી ને ચેતનભાઈ દરરોજ થોડું સમજાવતા હતા. ટોપીક હતા

*“By Chance, By Choice and Why Only Me”*

*Why can't we eat Root Vegetable but can eat Ginger and Turmeric.*

ત્રણ દિવસ બધા ભાવીકજનો ઓશવાળ સેન્ટર ભેગા થયા. વાંચન સાંભળી, ભક્તજનો એ સાધર્મિક ભક્તિ કરાવી. સાધર્મિક ભક્તિનો લાભ શનિવારે સુશિલાબહેન રમણીકભાઈ, સોનયા, યશ અને નંદીની અને રવિવારે બોઉન્ડસગીન સતસંગ મંડળના ભાઈઓ અને બહેનોએ લીધો હતો. પછી પ્રતિક્રમણ કર્યું. આખો દિવસ બધા ભાવીકો પ્રભુ ભક્તિમાં લીન હતા. મહાવીર જન્મ વાંચનાના દિવસે શ્રાવકોની હાજરી ઘણી હતી. સર્વના દિલ નાચી ઊઠ્યા હતા અને સરસ રીતે ચૌદ સ્વપનાની ઊજવણી સર્વ શ્રેતાજનોએ ભાગ લીધેલ હતો. મહાવીર પ્રભુનો જન્મ થયો ને પારણું ઝુલાવવાના ભાગ્યશાળી ભગવાનજીભાઈ દેઢિયા અને ભરતભાઈ ડોશી પરિવારે લાભ લીધેલ હતો. સાધર્મિક ભક્તિ કરાવવાનો લાભ પુણ્યશાળી ઘણા વ્યક્તિએ લીધેલ હતો. સહુની અનુમોદના કરીએ.

શનીવારે કુમારપાળ રાજાની આરતી ભવ્યતાથી થયેલ. એવું લાગતું કે કુમારપાળ રાજા હાજરા હજુર છે. આરતી ના લાભાર્થ રેખાબહેન મહેશભાઈ પરિવાર અને સ્વેતાબહેન હસમુખભાઈ બીદ હતા. રાજ દરબારમાં પરિવાર સાથે આવ્યા ત્યારે સહુ શ્રેતાજનોએ રાસ ગરબા અને સંગીતના સૂર સાથે ખરા ભાવથી વધાવેલ હતા. જીવદયાનું સર્વ ભક્તજનો એ ઊદાર દિલે પાલન કર્યું. પર્વમાં ભાવિકો એ ભાવપૂર્વક કઠીન તપસ્યા કરી, જૈન શાસનની શોભા વધારી. તપસ્વીના બહુમાનનો કાર્યક્રમ સુંદર રીતે ઊજવાયો. સંઘમાં ધર્મ ભાવના વધારવામાં તપોવનથી પધારેલા વીર સૈનિકો નિમિત્ત થયા છે. કમિટી આ સભ્યોના ઋણી છે.

ચોથના દિવસે બારસા સૂત્ર, ઢાળ સાથે સહુ ભાવીકો એ સૂર સાથે વાંચેલ ને પ્રભુના જીવન ચારિત્ર ચિત્રપદ સાથે કરાવેલ. સાંજે સંવત્સરી પ્રતિક્રમણ બંધુજનો એ બહુજ સરસ રીતે કરાવેલ. નાના નાના બાળકો પણ સૂત્ર બોલવામાં જોડાયેલા હતા. બાળકોની અનુમોદના કરીએ છે. સમયના અભાવે બધું













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# North West Area



Organised by Oshwal North West Pratikraman in English was delivered for all eight days at Masefield Hall, Harrow Leisure Centre by teachers of SCVP Jain School. Event was well attended and it was fantastic to see number of young people participating in this beautiful ritual!

## So what is unique about Pratikraman in English?

- It is delivered using a PowerPoint presentation so that all are able to see and follow the content easily.
- Many sutras are recited together either in the original language, slowly and clearly, or in both languages and key sutras, like Vandittu and the transgressions are recited in English - as these outline the transgressions for which one needs to seek repentance – so that everyone is involved and are learning at the same time.
- The meaning of the various sutras, the logical sequence and the process is explained gradually and meaningfully over 3-4 days.
- Detailed explanation of 1-2 sutras are included – this year the focus was on Iriyavahiyam sutra and Khamemi Savva jive.
- Everyday a short meditation is conducted so people can reflect on a key aspect for their own personal development.



And the benefits.....

- Deeper understanding of this beautiful ritual and religion.
- Developing awareness and promoting mindfulness at all times.
- Those attending can take away key actions for personal growth.

## Excellent Feedback Received: -

*“The energy created with collective recitation has been spiritually uplifting and the power to go within – I hope the meditation practice, especially connecting with the soul (atma) within – I can practice at home. Blessings and love to all teachers....” (A participant)*

*‘It is very brilliant as it enables young minds to participate and understand about Pratikraman and what it is. It has also allowed me to understand the reason for Pratikraman and has allowed me to also acknowledge small rituals that are sometimes forgotten. Very well explained by the adults and children.....’ (A participant)*



## Friendship with all - Paryushan4Kidz 2019

Nearly 100 children (from ages 3-12), all excited and eager to get on with the learning and various activities, got together for Paryushan4Kidz, themed 'Friendship with all' on 1 September at Harrow Leisure Centre. Organised by Oshwal North West, learning and activities delivered by the teachers of SCVP Jain School, for three hours there was an amazing buzz and joy everywhere! The active participation from the children showed how engaged they were with what was being taught and the fun they were having whilst learning.

3-5 year old group enjoyed colouring/decoration images of Jain symbol, Saathiyo, Mahavir Bhagwan.



In a very short time the 5-7 year old group learnt Khammemi Savva Jive, a prayer of universal friendship and used their creative genius to show who within nature they wanted to develop friendship with! Then the children in their small groups depicted the story of Neminath Bhagwan.

The 8-10 year olds went through the significance of the Paryushan festival and then for the rest of the time concentrated on the friendship theme. They explored the qualities of a good friend. They had art work of making a tree using outline of their hand as the branches and their hand as the trunk and on this they wrote down the qualities they wanted to nurture to increase friendship with all living beings such as: Compassion, Love, Respect, Kindness, Sharing, Caring, Patience, Responsibility and Tolerance.



And the 11-12 year olds learnt about the importance of human life and how we need to use time wisely and support all living beings and their artwork was based around drawing the saathiyo and understanding what it represents.

And all the children learnt a beautiful song which talks about how nature shares with all and we should be like that as well....

*The Sun shines on Everyone, It doesn't make choices  
When it rains, it rains on everyone, It doesn't make choices  
When we pray, we pray for everyone, We don't make choices.... Etc.....*

# **Happy Diwali to all our members & friends**

## OAUk TABLE TENNIS TOURNAMENT 2019



This tournament was played on Saturday 13<sup>th</sup> July 2019 at Ekta Centre, 366A Stag Lane, London NW9 9AA. There were two sessions. First one started at 8:30 for Men and Over 50 in the morning, second one started at 13:00 for Girls Under 12, Boys under 12, Boys under 16, Boys Under 25 and Ladies in afternoon. All the players were so excited, and everyone arrived on time, this helped to start the tournament in good time.

There were 13 different categories, this catered for all the different ages of the players. This showed that there was no upper or lower limit for age to participate in table tennis tournament.

There was lot of seriousness within all the participants within all the age categories. There was great tension and great determination to win each point, as each point was valuable to win each game. They exhibited their super ability for looping the ball and returning the ball on opponent side.

These matches were played at professional level with each player showing their excellent skills in backhand & forehand, backspin & fore spin & topspin & under spin. They demonstrated the knowledge of their short, long, fast, slow serves including chop and flat. There were various kill shots and High Toss serves used to gain important points to win the game.

Category	Winner's Name	Runner up's Name
Boys Singles Under 12	Janak Ajay Shah	Rahul Shah
Boys Doubles Under 12	Saaj Malde & Ishaan Keval Shah	Rahil Shah & Sayan Niraj Shah
Boys Singles Under 16	Chaand Shah	Shiv Galaiya
Boys Doubles Under 16	Saaj Malde & Sahil Dodhia	Shiv Galaiya & Sayan Shah
Men Singles Under 25	Chaand Shah	Sarit Shah
Men Doubles Under 25	Sahil Dodhia & Sarit Shah	Chaand Shah & Rian Samir Shah
Men Singles Open	Darshan Shah	Paras Shah
Men Doubles Open	Paras Shah & Mitesh Dhanani	Darshan Shah & Savan Shah
Men Singles Over 50	Mahesh Shah	Nilesh Shah
Men Doubles Over 50	Mahesh Shah & Nilesh Shah	Bipin Gosrani & Prabhu Shah
Girls Singles Under 12	Maya Shah	Anaiya Shah
Ladies Singles Open	Maya Shah	Riya Shah
Ladies Doubles Open	Riya Shah & Bhavini Shah	Khilna Shah & Maya Shah



## Bhakti Sandhya@EKTA

Regular monthly Bhakti Sandhya@ekta which started in Jun 2014 has grown from strength to strength with excellent attendance and everyone enjoying it thoroughly. The success of bhakti Sandhya with great feedback from the families has encouraged sponsorships and we had managed to get sponsorships for all bhaktis for 2019. My special thanks to the sponsors, singers, musicians and all volunteers who have helped make the bhakti Sandhya a very successful, enjoyable and spiritually uplifting event.

29th May 19 - Bhakti was sponsored by Parivar of Late Liladhar Kanji Bharmal Shah & Late Viraben Liladhar Kanji Shah - Haste Nilam & Mahesh.



29th Jun 19 - Bhakti was sponsored by Parivar Late Chhaganlalbhai Punja Shah & Late Shantaben Chhaganlalbhai Shah - Haste Varshaben & Nileshbhai.



25th Jul 19 - Bhakti sponsored by Rambhaben Devchand Shah - Haste , Vimalbhai , Ritaben , Jaymalbhai, Mariaben AND Chandrakantbhai Somchand Shah, Atulaben Kamleshbhai & Kalaben.





21st Aug 19 - Bhakti was sponsored by Diptiben, Rumitbhai, Jyotiben, Michaelbhai and Sienna



## Come and join us at our next bhakti on 30th Oct 2019

### Donate your old Sarees for a good cause

OAUk together with twelve other Indian Communities form the DIL Committee. Jointly we organize the Diwali Celebrations on the Square. The date for this year is 3rd November. 12.00 noon to 7.00 pm

There will be many stalls plus the big musical stage shows - music & dances. At the Saree stall free Sarees are given out to the many visiting ladies from around the World some have never seen or touched a Saree? There will be the option for individuals to give a voluntary donation at the stall and the proceeds go towards the Mayor of London's nominated charity.

More information for this event can be found on: <http://www.diwaliinlondon.com/>  
If you have any spare sarees in Good condition that you would like to get rid of, please bring them to Oshwal House before the end of October. If you would like to volunteer for the draping of the Sarees Please send your interest to:

Sudhir M Shah  
Mob: 07785710914  
Email: [sudhir.m.shah@oshwal.org](mailto:sudhir.m.shah@oshwal.org)  
Thank you.





**OSHWAL ASSOCIATION OF THE UK****NORTH WEST AREA - Elderly Monthly Meets (EMM)**

Venue: Oshwal EKTA Centre, 366A Stag Lane, Kingsbury, NW9 9AA.  
 (OAUK Members Only - Proof of Membership is required at the door)

**Diwali Utsav****Sunday, 20<sup>th</sup> October 2019**

**Time: 12.00noon-5.30pm|Tickets: £15|This is a ticketed event and will be available  
 @ EKTA Office and Paryushan (First come basis and members only).**

**|Tickets are non-refundable|**

**For more information please call -**

**Manjulaben - 020 8864 2522**

**Pramilaben - 020 8907 2188**

\*\*\*\*\*

**With Special Dinner, Live Music, Chai & biscuits**

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

Further contact details - Vinaben 079704 26370 or Mahendrabhai 077147 12713

EKTA Office (020 8206 1141)

Please note photographs and videos may be taken at this event, and by attending you are giving permission to OAUK for images to be used in any post-event publications such as Oshwal News Magazines, our website and/or other media channels.

Organisers reserve the right to make changes to the advertised programme and right of admission

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Wishing you a  
Happy Diwali

# North Area



Jai Jinendra

North area's Paryushan program was amazing and my thanks to Anilaben and the religious sub-committee, all other volunteers, our partners at SCVP and the Jain Vegan Working Group, our guests Shri Jayeshbhai and Shri Vinodbhai, the garba DJs and musicians, all the generous donors, and most importantly the general public for coming together for a spiritually charged week.

Thank you all for the great support for the collections we organised for food as well as money in aid of Homeless Action in Barnet.

We are now looking forward to Diwali and Christmas and of course to Sports day. Good luck to all participants in this magnificent competition and to North Area in particular, who we want to bring the cup back again.

Over the next few months we have some exciting events which we want you to come along to and enjoy. Our ever popular Whist Drive night returns on Saturday 23rd November, followed a week later with the Gujarati comedy play "Baap Amaro Baap Re Baap!" on Saturday 30th November. Both events are at Woodhouse College, N12. And then in January 2020 we return to Oshwal Centre for the second year to celebrate India Republic Day, with another spectacular night of live music, excellent food and DJs playing the latest and greatest Bollywood and RnB. Following last January's excellent set from BOTOWN, this time we have Londoners JIYA taking to the stage. All five members have a true passion for music and have been playing together since 2006. Presenting their eclectic fusion of Hindi and English music, the band promise to bring a true spark whenever they perform. JIYA have performed across the world from Thailand, Japan and India through to Europe and the USA. Some of the bands highlights include performing alongside Bollywood Playback singer Harshdeep Kaur at the BBC London Mela; appearing at the BBC Commonwealth Games in Glasgow; closing the event for the Mayor of London's Diwali in London in front of 20,000 people in Trafalgar Square; performing concerts at some of the UKs most prestigious venues such as the O2 Arena, the Barbican Arts Centre and the London Palladium. Get your tickets online.

Looking ahead, in March 2020 we will have our area AGM. Elections will be held for a new committee so please start thinking of how you can play a role. As I will be stepping down, we need someone to come forward to be North Area Chairperson. If you would like more information on the different roles and responsibilities drop me an email.

Micchami Dukkadam

Shailan  
shailan.p.shah@oshwal.org



# Paryushan Maha Parva

Monday 26th August to Monday 2nd September 2019

This festival has also been called PARVARDHIRAJ (parv = auspicious days, adhiraj = highest power). This eight-days of festival is a time for introspection. It is a happy celebration with fasting, forgiveness, introspective meditation and charitable giving. Paryushan in North Area is celebrated very calmly and gracefully which is enjoyed by members.

This year members attendance was in good numbers. Financial donations were well received for Aarti, Mangal Divo, Swamivatsalya Bhojan, Hall Rental and General Donations.

As per previous years Pratikraman Sutras for all eight days were sponsored by the members and recited by members between the age of 14 years and 92 years. North Area acknowledges the talent of members who conducted the Pratikraman calmly, patiently, clearly and competently.

Pratikraman in English was arranged for Saturday and Sunday alongside Pratikraman in Gujarati. Teachers from SCVP Jain School delivered Pratikraman in English which was attended by some 30/40 members each evening.

This year we were honoured to have 7 tapasvis who had fasted during these auspicious days.

Ashiv Atishbhai Shah(8)

Paren Manubhai Shah(8)

Bhavna Milan Shah(8)

Pushaben Surendrabhai Shah(8)

Urmilaben Mahendrabhai Shah(8)

Vilashben Jayantilal Dodhia(8)

Dineshbhai Lakhamshibhai Dodhia(8)

The Hon. President of OAUK, Nileshebhai Bhagwanji and his team of Trustees from the Executive Committee honoured the members with their presence on Tuesday. He highlighted the work being carried out on the Derasar and mentioned about some future programmes.

North area members welcomed the presence of Pujya Shree Jayeshbhai for two days. In his lectures he highlighted the reasons and importance of fasting. During Pratikraman Pujya Shree Jayeshbhai explained meanings of various sutras.

On Wednesday, the third day of Paryushan members were graced by the presence of Dr. Vinodbhai Kapasi OBE. He drew members attention on Paryushan and the festival of forgiveness, environment, compassion towards all living souls, etc.

This year we tried something different – instead of live music we were entertained by DJ music supported by Innaben, Vivek and Kenil. All members (youngest being 3 years of age) thoroughly enjoyed listening to the Jain songs and playing garba, dandia and sanedo.

During Paryushan many members donated cash, food items, toiletries and clothing for the Homeless Action in Barnet. HAB is a local charity that supports vulnerable people so that they gain access to housing, health and other services in order to achieve dignity; to make their own effective choices; and to express themselves as fully independent members of society.

On Sunday we also had a workshop entitled “Should Jains Be Vegan”, hosted by the Jain Vegan Working Group. Lively discussions were had and the attendees had a clearer understanding of the violence undertaken in the production of milk and eggs.

On behalf of myself and Religious sub-committee I would like to thank all the members for their full co-operation and support for making this great festival a memorable event. A special thanks to the management of Scouts Hall for allowing us to use their facility at a very short notice. We take this opportunity to thank the staff and the site managers at Woodhouse College for their help and guidance.

I wish all a MICCHAMI DUKKADAM

Anila Hasmukhrai Shah

OAUK – North Area Religious Committee

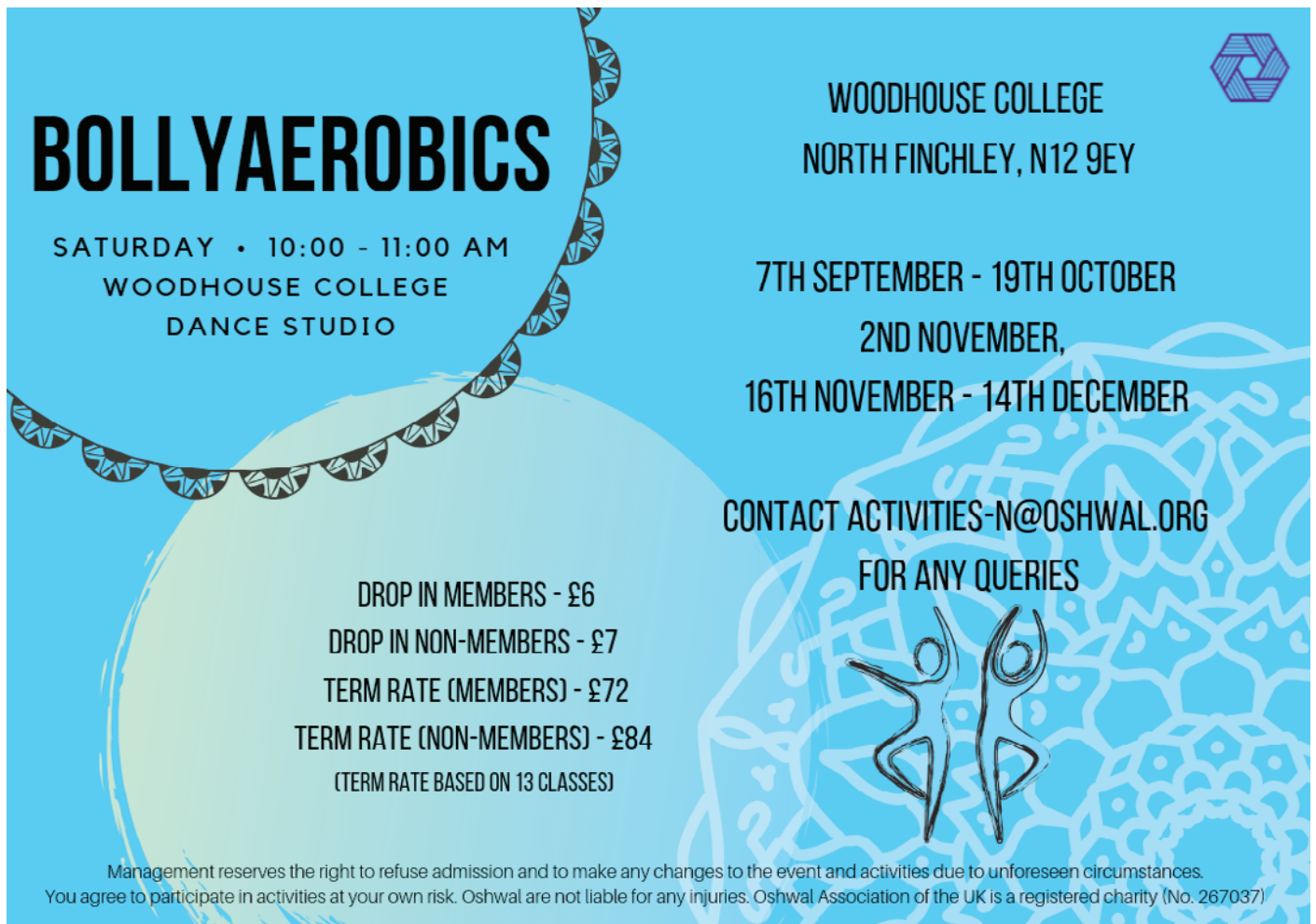












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**SATURDAY  
25 JAN 2020**



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**The play is two and a half hours with a short interval.**

**Tickets: £10 OAUk members, £15 non-OAUk  
members**

**Available online at [www.oshwal.org.uk/boxoffice/](http://www.oshwal.org.uk/boxoffice/)  
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***Happy Diwali to all our members & friends***



# SOCIAL CLUB

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North Area Presents

## WHIST DRIVE

**Saturday 23rd November**  
**7pm till 10pm**

**Light refreshments included**  
**Woodhouse College, Woodhouse Road, N12 9EY**

**Contact: Kuntesh Shah - 07952 708592 or**  
**social-n@oshwal.org**

*Prices:*

**Members: £5**

**Non-Members £7**

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## NORTH AREA YOUTH CLUB




# Come And Join Us At WOODHOUSE COLLEGE

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yc.north@oshwal.org

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# Luton Area



Jai Jinedra.

On behalf of the committee we would like to thank all members for their presence and making in the Paryushan celebrations wonderful and a hub of positive vibes.

This year we have had the pleasure of welcoming Jayesh bhai (our priest) on Wednesday and his positive talks (Pravachan) were thoroughly enjoyed and appreciated by all present.

As always we would like to thank our members who have been generously donated during the Paryushan evens and had also helped us to make the celebrations a success.

Mahavir Janti was blissfully celebrated this year and we had experienced positive vibes through harmonious collective Bhakti and arti/s.

On the final day we had our bahuman ceremony and this year we had a lot of Tapsvi's as follows:

Nitin Bhai M Shah – 31 Upvaas

Ranjan Ben K Sumaria, Shanta Ben Z Shah, Nita Ben P Shah – Atham

Keval R Shah – 8 Ekasana.

We now look forward to the festivities of Diwali as the year progresses towards end of October, with many of us will be spending time with family, and enjoying the festivities which we all have every year.

The committee wish you all a prosperous new year.

2020 will see some important changes such as, change in law with the organ donation.

Please note if you do not wish to donate your organs, than you will need to opt out if you do not want your organs to be donated.

An amazing fact – you can help up to 9 people by donating your organs. The question I always ask myself is what would I want? It is a debate but always worth considering.

Looking into the future in March 2020 there will a new committee elected in Luton.

I joined the committee in 2012 and it has been an amazing experience.

This year I will be have completed 8 years and an experience that I have thoroughly enjoyed.

In order for the Luton oshwal committee to evolve, it is important to ensure we encourage change through new members which will influence fresh ideas and different perspective to bring change.

In order for this to happen we would need to members to come on board.

Looking back in March 2018 the current committee did not have vision to stand (including myself), however on the day we all took a view to carry on to keep the community services intact.

My humble request is for people to and stand take the work forward for 2 years. This is your organisation, and it needs you to support it.

On a personal note I would like to thank the committee members who have served alongside myself, I have had an amazing experience which will stay with me.

I would also need to thank all the members who have helped through the last 8 years.

If you like to get involved to help through volunteering especially at our forth coming savansari Bhojan this year organise an event, than please speak to one of the committee members.

The Games night for this year will be on Friday 5th October, Friday 1st November, and Friday 7th December. This is funded by £120 scheme and no charge to members. For non-members there is a nominal charge for £1.00.

The sports day is in December and if you are interest in swimming, chokri, darts or Bocia then please contact Neil on 07880 310221.

We would like to seek for your forgiveness in case we may have caused any harm in any way.

Michami Dukhadam  
Keval Rajnikant Shah







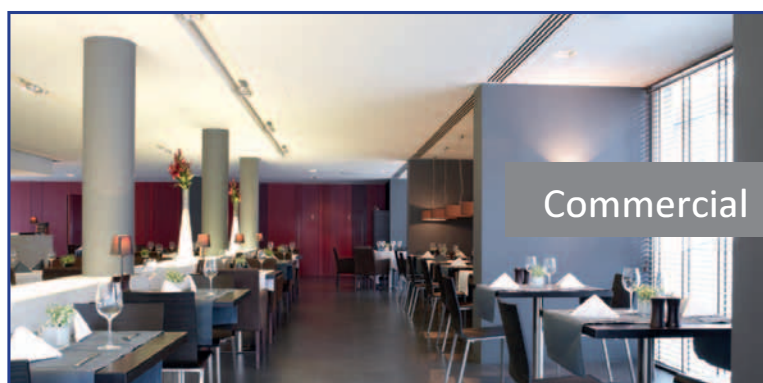
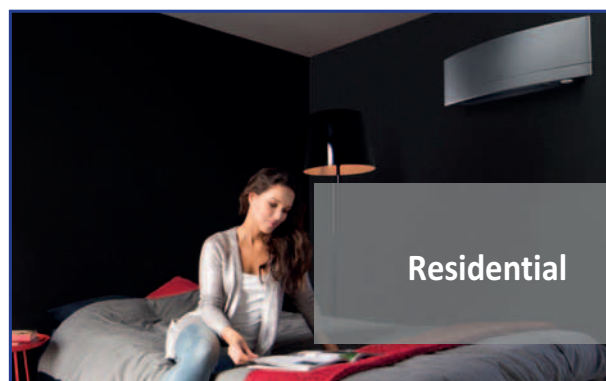


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A Very Happy Diwali*

# Leicester Area

## Anand Yatra: Friday 9th August 2019 at Oshwal Centre, Potters Bar, London

Leicester Oshwals arranged for a mini bus to travel to Oshwal Centre and 16 members attended to take part in social activities. During the trip members sang stavans and also had a little picnic at one of the service stations where we served ganthia, salted sata, biscuits, sambharo which was kindly donated by Rajesh Panachand Shah along with a nice cup of tea made by Lata Hasmukh Shah.

On arriving at Oshwal Centre, members took part in Snatra Pooja and some members participated in the yoga. Thereafter we all had a delicious hot Jain lunch which was prepared by the volunteers at Oshwal Centre. Again Rajesh Panachand Shah contributed for Leicester Oshwals.

After lunch everyone went to listen to the talk given by Jayeshbhai Shah which was very informative.

It was an enjoyable day for all those who attend and we have had very positive feedback about the whole Anand Yatra experience from the participants.

A BIG THANK YOU TO LEICESTER MEMBERS WHO ATTENDED. PLEASE KEEP ON SUPPORTING THE LEICESTER AREA IN ALL FUTURE EVENTS.

### Pre-Paryushan Seminar and Workshop

This year we have organised the above seminar and workshop to be held on 11th August in conjunction with the Institute of Jainology.

The purpose of the event is to provide a greater understanding of the relevance of Paryushan in Jainism. An open forum interactive session, this whole day program is bound to inspire us all spiritually in readiness for the Paryushana Parva to follow!

Details can be found in the schedule below and we do hope that many of you shall be able to attend.















## **“Leicester Area – Calling all young at heart over 75s!!!”**

The area committee is planning an event for all Leicester Area members aged 75 and over. If you are, or know of anybody, in this category please forward your names & contact details latest by 15th October 2019 to any committee member.

*Happy Diwali to all families in the Leicester areas*



# Happy Diwali



**Oshwal Association UK (Leicester)**



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**Children Under 5 – FREE**



**Reserve your place by 20<sup>th</sup> October 2019 - Call Bhavna on  
07515868291**

Management reserves the right to refuse admission and make changes to the event due to unforeseen circumstances. Please note photographs and videos may be taken at this event and by attending you are permitting Oshwal Association of the UK for use of your image in any post-event publication, such as Oshwal News Magazine, our website and/or other media channels. Oshwal Association of the UK is a registered Charity (NO.267037) Oshwal Centre: Coopers Lane, Potters Bar, EN6 4DG.



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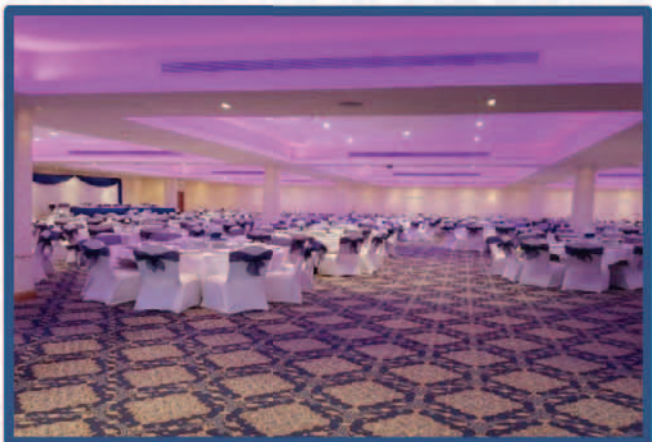
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*Happy Diwali and  
a Happy New Year*

*from Nish Shah  
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..❧❧❧.. happy diwali ..❧❧❧..

*from all of us at*

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# East Area



## **Jai Jinendra to all**

My committee and myself wish you all a Happy Diwali and a happy healthy and prosperous new year,

Our local Diwali programme is on Friday 25th of October all are cordially invited to attend it. There is Diwali and New years programmes at Oshwal Centre check the website and try to attend it. Best wishes to all

Jai Mahavir

***Kishore Lalji Haria***

## **EAST AREA CELEBRATES DIWALI GET TOGETHER EVENING**

### **FRIDAY 25th OCTOBER 2019**

PLEASE NOTE THAT THE ENTRANCE FOR CARS AND THE PEDESTRIANS TO THE SCHOOL HALL IS FROM LOMBARD AVENUE ( IG3 8ER) AND STRICTLY USE THIS ROAD TO COME INTO THE HALLS. PLEASE OBSERVE SILENCE AND DO NOT DISTURB NEIGHBOURS.

### **DIWALI GET TOGETHER**

PLEASE COME WITH YOUR FAMILY

This is the celebration of Diwali and the new year and comes with your family to celebrate this occasion. There will be rangoli, Diwali card and misthan demonstration which anyone can bring for display.

A delicious dinner will be served and the start of the Diwali festival.

A special request to everyone that a collection box will be kept and funds collected will go towards today's expenses.

Admission: FREE (please inform if you are coming)

Date: 25th OCTOBER 2019 ( FRIDAY )

Time: 7.00 PM to 10:00 PM (please try to come in time)

THE VENUE: CANON PALMER ACADEMY, ALDBOROUGH ROAD SOUTH,  
SEVEN KING, ESSEX. IG3 8EU

Prior to the event please Contact for any inquiries:

Kishore Lalji Haria Home 02085039010 Mobile: 07920068513

Ashwin Virpar Shah Home: 02085513776 Mobile: 07931228973E

Lalitaben Shah Home: 02082208827 (leave a message)

### **PLEASE ATTEND THIS EVENING AND SUPPORT EAST AREA COMMITTEE**

#### **NEXT MONTHLY SATURDAY SOCIAL PROGRAMME**

30th November Daal Roti.

28th December is Xmas Party.

Management committee reserves the right to amend any programmer or schedule without prior notice, any changes will be announced on the website. Please note photographs and videos may be taken at this event, and by attending you are giving permission to Oshwal Association of the UK for your image to be used in any post-event publication such as Oshwal News magazine, our Website and/or other media channels. Oshwal Association of the UK is a registered charity (No. 267037 )



## MONTHLY PROGRAMMES REPORT

### Dal Roti on 29th June and 27th July 2019

We had two monthly events on 29th June and 27th July 2019, both held at St Johns Church Hall, Sevenkings, Essex. And both were dal Doti with card games. As the editor of East Area, unfortunately, I was not present at both the programmes. My sincere apologies to everyone. I have not taken any photographs and a report from other committee members is that both the events went very well, and the members enjoyed dal and hot roti. There were members from other areas who attended and they really enjoyed. Also, the Bingo was cancelled in the second event and instead card games were played. Many thanks to the committee members for helping out and Lataben Ashvinbhai to cook a tasty dal.

We have always had good attendance and all enjoy the monthly event.

## EAST AREA THURSDAY CLUB

In September 2003, Mrs Santokben Devji Shah of Mbale went to an elderly club in Ilford and she did not like the club as she could not communicate with others, nor did not drink tea, eat biscuits and came home and mentioned that we should have a club of our own for elders. Retired people and people who are at home can come and enjoy the day and exchange views, do some activities and at the same time, they do not have the language barrier. The first social club was formed and to meet once a week and thanks to all those attending and to the volunteers running the club. Many thanks go to Lalitaben who has continuously created new ideas and have kept the club going. The club runs every Thursday from 12.45 pm to 2.45 pm at St Johns Church Hall, St Johns Road, SevenKings, Essex. We have regular attendance from members taking part, All who attend enjoys the day and takes part in all the activities.

The club starts with a prayer, Navkar Mantra, followed by a minute of silence. The club has a regular chair-based exercise taught by Vasantiben and Nandlalbhai. Then there are other activities like playing cards, board games, painting etc. There is a Satsang once every last Thursday of the month with aarti and Mangal Divo. There are special lectures on health, diabetes, dementia and many other topics. These talks are done by specialists from CVS team of Redbridge. There are recipes demonstration and also a place where someone speaks can about themselves. The good thing about the club is that a hot healthy meal is given to those who attend, and some days they have a treat of hot khichi.

This Thursday the club was on 15th August and as for India Independence day. The club was fortunate to celebrate with few Azadi songs and wave the Indian flag. And bringing the memories of all the nations Azadi fighters. The programme ended with a nice meal and chanting of Vande Mataram. Please come and join in and join the club.

*Report from Lalitaben Ambritlal Shah (Vice Chairlady)*

## PATHSALA

It was Mr Kishorebhai Haria our who wished to start pathsala in the East Area and after a lot of hard work, we were able to start the pathsala from last year and was very successful. The new term for pathsala has already begun and we already have finished two classes with Jayeshbhai. Jayeshbhai is teaching about Jainism and also the kriya we do in derasar. There are so many small things to learn and also understand why we do such kriya. The first class Jayeshbhai was collected by Anjuben Patel and was returned to Oshwal Centre by Ashvinbhai. Second class Vijaybhai collected from Oshwal Centre and was returned by Anjuben Patel. East area thanks to you all for giving this noble work and Seva to the community.

The pathshala classes are very popular in the east area and we have good attendance.

We look forward to more members to join in and also to take advantage of the teachings of Jayeshbhai.

## EAST AREA CELEBRATES PARYUSHAN 2019

The paryushan was celebrated very peacefully, calmly with lots of Aradhana in East London, at The Canon Palmer Academy, Aldborough Road South, Seven Kings, Essex. IG3 8EU. It started with pratikraman daily, Maharaj Saheb vanchan, bhavna geet with tabla, and garba by ladies, and concluding with Aarti and Mangal Divo. There was a children's programme one day where the children sang Aarti Mangaldivo and few bhavna songs. Jayeshbhai our vidhikar came on choth and the choth pratikraman was recited by him. Mahavir Janmastmi was celebrated with the 14 sapnas and Parnu Julavanu, and Aarti Mangaldivo.

We have three tapasvi and all did Chaath Atham. ( 6 upvaas )

Hiten Ramniklal Shah, Hinesh Ramniklal Shah, and Rupen Dhilajlal Malde

The festival comes to an end with now next year to wait. Thank you to all who took part in the paryushan and to all who volunteered during this festive period. Special thanks to East Area committee and all the volunteers who worked so hard.

*Report by Babubhai Devji Shah*







## ઈસ્ટ એરિયા માં પર્યુષણ ની ઉજવણી ૨૦૧૯

ઈસ્ટ એરિયા પરા માં ખુબજ ઉત્સાહ, આનંદ અને ખંત પૂર્વક પર્યુષણ ઉજવાયા. બધાએ ખુબજ આરાધના કરી અને અમુક ભાઈ બહેનોએ તપસ્યા કરી.

હરરોજ હોલ માં પ્રતિક્રમણ કરતા, પછી મહારાજ સાહેબ ના વાંચન, બહેનો ભાવનાના ગીતો ગાતા, તબલા ખુબજ જોશ માં વાગતા, અને ગરબા કરવામાં આવતા. ત્યાર બાદ ભારતીબેન તેમનો સંદેશો આપતા અને પછી આરતી અને મંગલ દીવો કરવામાં આવતા.

એક દિવસ જયેશભાઈ આવેલ અને જેમને પ્રતિક્રમણ કરાવેલ, અને ભાવના, અને પછી કલ્પસૂત્ર વાંચન અને તેનો જૈનો ના જીવન માં સુ મહત્વ છે તેની સમજણ આપી. મહાવીર જન્માષ્ટમી ઉજવવામાં આવેલ અને ૧૪ સ્વપ્ન ની બોલી કરવામાં આવી, અને બોલી લે-નાર લાભાર્થી એ સ્વપ્નાને વધાવેલ. પારણું જુલાવામાં આવ્યું અને આરતી મંગલ દીવો કરવામાં આવેલ. એક દિવસ બાળકોનો કાર્યક્રમ ગોઠવવામાં આવેલ, અને બાળકોએ ખુબજ સરસ ભાગ લીધો અને કાર્યક્રમ સફળતા પામેલ. હોલ માં વસ્તી એ બાળકોને ખુબજ તાળી થી વધાવી લીધા.

આ વર્ષ ત્રણ તપસ્વી ભાઈ હતા અને ૬ ઉપવાસ કરેલ છે. શ્રી સંઘ તેમના સાટા પુછિયે છીએ અને શ્રી સંઘ એ તેમનું બહુમાન કરેલ. તપસ્વી ના નામ આ પ્રમાણે છે.

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આ વર્ષ પર્યુષણ ખુબજ જલદી વહી ગયા અને આવતા વર્ષ ની રાહ જોવાની. સર્વેને મારા જય જિનેન્દ્ર રિપોર્ટ દેનાર બાબુલાલ દેવજી શાહ













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# West Area



Jai Jinendra and Pranam,

Fresh from celebrating our most auspicious religious festival, Paryushan and Swamivatsalya bhojan, I am sure you are now looking forward to Diwali which is just round the corner followed by Bestu Varash.

Diwali – the festival of lights - symbolises the victory of good over evil and is a joyful time for all to get together with your loved ones, enjoy the festive food and drink and of course there is no escaping the fireworks.

This will be a very busy period for us all as various events have been organised by EC and locally. Be sure to attend/participate in as many of these as you can.

All our regular activities are now in full swing and I am sure you will find something that interests you. Gujarati school new term has just started but it is not too late to enrol any children (or adults) for the classes.

As always we have a number of events lined up between now and early next year which we will be revealing nearer the time so keep your eyes peeled to your usual channels (Whatsapp/E-newsletter/Website/Oshwal News) and look forward to seeing you all then.

I would like to take this opportunity to thank you all for your continued support and encouragement. Wishing you all “A VERY HAPPY AND JOYOUS DIWALI” and “ A HEALTHY AND PROSPEROUS NUTAN VARSH”.

**Nikesh Jayantilal Malde**  
Media and Communications







## PARYUSHAN PARVA – 26th August 2019 to 2nd September 2019

We celebrated Paryushan at Shakti Centre. The daily Pratikraman was conducted by Kiranbhai and Dipakben.

Pratikraman was followed by recital of Prarthna after which uchavnis for Aarti, Mangal Divo (on the days where no nakro was kept) and the 14 Swapnas were done. Thereafter the Aarti and Mangal Divo were performed and the evenings ended with Bhavna, sung by the devotees, and/or garba. On Saturday 31st August we had a garba/dandiya raas which was enjoyed by all.

On Friday 30th August, we were honoured with the presence of Jayeshbhai who arrived in the afternoon and gave pravachan to the attending members. We had over 70 attendees for this event even though it was arranged at short notice. Jayeshbhai also conducted the Pratikraman on the day and lead in celebrating the Mahavir Jayanti. Members of the EC also attended on that day. Nileshbhai, our president, informed us about the progress of the derasar works and invited all to the dhaja din and swamivatsalya bhojan at Oshwal Centre. He also had several other messages about organ donation, etc.

Jayeshbhai performed the rituals of each of the 14 Swapnas together with the families and friends who had bidden for them. All the devotees joyously celebrated the occasion commemorating the birth of Lord Mahavir with rituals, recitals and dancing (garba). This was followed by Lord Mahavir's Parnu Podhadvanu and Julavanu. Thereafter the rituals were performed before the Parnu being taken "home" and the Pokhavanu was done on return the following day.

On Sunday 1st September we performed Tapasvi Bahuman of the two Tapasvi. After this all members came to khamava tapasvi.

We had two Tapasvi, Raivatbhai (Ashok) Khimji Dodhia and Dinaben Raichand Shah, who had done "Athai" (8 upvas).

During this evening we also had the students from the Gujarati school perform a dance on the Navkar Mantra and a gujarati play performed by adults titled "koi-nee dekha dekhee kar-vathi aa-p-an ne th-tee nukshanee-o" which were appreciated by all. Although the play was quiet amusing it had a serious message about "keeping up with the Joneses and the harm it causes". Both the dance and play was prepared by Ushaben Shah.

The final day of the Paryushan Parva ended peacefully and all asked for forgiveness by saying Micchami Dukkadam to each other.

Our sincere thanks to all the volunteers, donors, members and of course Jayeshbhai for making this a memorable celebration of Paryushan Parva.

On Wednesday 4th September we had two bhakto from Tapovan come to Shakti Centre. They performed bhakti and gave pravachan to the sangh. A thank-you to Pareshbhai, South Area chair, for being their (uber) driver!



## West Area Gujarati School

An end of year party was held in July for the students and parents. There were three performances on the night, two by the students (a dance and a play) and one by the parents (a play). The food/drinks were provided by the parents and everyone had a lot of fun.

The regular classes started last month but it is not too late to give your child or yourself the opportunity to enjoy learning our language in a fun and interactive environment.

Exam success:

West area committee would like to congratulate the following students for achieving a 100% pass in the recent GCSE exam:

Name	Grade
Deep	A*
Sohan	B
Deep S	B
Trishul	B

Well done to all the students and the teachers for these great results!

Forthcoming Events:

October 2019:

Anand Yatra  
Over 50s Lunch  
Halloween Party for young children

November 2019:

Festival Night with Dinner and Live Music  
Anand Yatra

December 2019:

Annual Sports Day  
Anand Yatra

March 2020:

Remembrance Day

Look out for further details in your usual channels or contact a committee member.

## Regular Activities (All events take place at Shakti Centre except Youth Club)

Kurru Klub – Nothing brings people together like a good curry! Come and enjoy a variety of dishes every month.

When: First Saturday of the month, From 6:30pm till late. Charge: Yearly subscription: £60 per person or Per session: £7.50 per person. Contact: Keshubhai (Columbo) on 07735 382 657 (between 3:00pm and 9:00pm only).

Wednesday Social Club (Two sessions) – Yoga workout, play games and cards.

When: Every Wednesday, 1st Session – From 1:45pm to 4:30pm (Tea and snacks at 4:00pm);  
2nd Session (card games only) – From 8:00pm to 11:00pm.

Charge Per Session: members: £1.00 pp and non-members £2.00 pp. Contact: Keshubhai (Columbo) on 07735 382 657 (between 3:00pm and 9:00pm only).

Satsang Mandal – Sing along for a Spiritual well-being.

When: Second Thursday of the month, From 8:00pm to 10:00pm. Contact: Dipakben on 07908 780 589 or Chunibhai on 07904 878 657.



Gujarati School – Learn to speak and write our mother tongue.

When: Every Friday (term time), From: 6:00pm to 7:30pm

Contact: Ushaben Shah on [usha.shah@oshwal.org](mailto:usha.shah@oshwal.org).

OAUk Shakti Salon – Get your locks trimmed by an expert.

When: Last Wednesday of the month, From: 2:00pm to 5:00pm.

Contact: Shejal – 07825 371 875

Friday Night Card Games – Play cards.

When: Every Friday, From 8:30pm to Midnight.

Charge: Each session: members: £1.00 pp and non-members £2.00 pp.

Contact: Dhirubhai Nathoo Shah on 07960 631 602 after 7pm.

Youth Club – Play sports and enhance your fitness.

When: Sunday Morning: Football, Basketball, Netball.

For further information and charges contact: Ketan K Shah.

## 50 PLUS LUNCH AT SHAKTI CENTRE - JULY 2019

Firstly, let me start by saying a thank-you to all the members who support the £120 scheme at OAUk. These events are not possible for individual committees to organise without the help from these individual members. On a sunny Sunday morning volunteers arrived at the centre to prepare food for around 70 members expected for a late lunch at 2pm. The summer weather has been kind to us and therefore we had quite a few members who had put their names down for this “Sunday lavish lunch”.

After prayers were recited, lunch was served, and as an Oshwal, I was heartened to see a lot of volunteers help the less abled by serving them food at the table. Somehow there are always a lot of volunteers at Shakti Centre especially at the end when the “TAPELA/SUFARIA” need cleaning. Nobody has an issue doing the cleaning, including cleaning the toilets. Everything was done inhouse.

At this day-and-age when we are so busy with our lives this is a good opportunity to see people meet socially at our centres, have a meal and a get together, so much so that I was approached by members and asked when the next one is, I replied to say as soon as possible as it is always lovely to see our community members. Notwithstanding that no entertainment was organised for this event, the members were more than happy with just the lunch and having a good old catch up with friends and family. We also had guests from Kenya and India, this makes it enjoyable for all.

Having our own community hall meant there were no time restrictions and members are happy to sit around and chat away with friends and family with news from around the world. One other benefit is that we can organise impromptu events of certain types and can be assured of full support from the members.

Thank-you to the anonymous donor who donated £111 towards the food.

By Shejalben Shah

## ANAND YATRA AUGUST

More than 20 members started the journey at 8.30am in the morning to travel to Oshwal Centre, Potters Bar. West area members joined members from other areas for a Puja at the DERASAR. The DERASAR is under the much-needed refurbishment at the moment, with sculptors from India doing a great job.

Jayeshbhai as always makes the Puja at the DERASAR lively for all members to participate and enjoy the STAVANS. The Oshwal House was being used for Yoga for the enthusiastic participants who always bring calmness and vitality to the class. Taking place in the library was a fun cards game that was being played by those that love a good game of "CHOKRI". There were members who were simply enjoying the grounds and went for a long walk.

Jain Lunch was prepared by the volunteers who always cook an amazing meal. Tea and biscuits were also served. Jayeshbhai then gave an inspirational talk on "THE KALPA SUTRA ", why we read it and the different meanings it has for different people, but first and foremost it is all about FORGIVENESS to the mind, body and soul. Jayeshbhai had the audience inspired.

After this we all departed the centre in our coaches to go back home. A message to members who were unable to attend - put the next Anand Yatra date in your diary and come along. You will be surprised to see people whom you haven't seen in years as well as an amazing day out. For further details contact Keshubhai or Chunibhai.





## OSHWAL MEMBERS IN WEST AREA

TOWN/AREA	NO. OF MEMBERS	NO. OF HOUSE-HOLDS		TOWN/AREA	NO. OF MEMBERS	NO. OF HOUSE-HOLDS
Ashford (Middx)	2	2		Bedfont (Middx)	6	2
Berkshire	34	18		Brentford (Middx)	8	3
Bristol	13	7		Buckinghamshire	17	9
Cranford (Middx)	25	10		Egham (Surrey)	2	1
Farnborough (Hampshire)	4	1		Feltham (Middx)	4	3
Gloucestershire	4	4		Hampton (Middx)	3	2
Hanworth (Middx)	9	3		Harefield (Middx)	11	4
Hayes (Middx)	27	11		Heston (Middx)	67	25
Hillingdon (Middx)	20	8		Hounslow (Middx)	329	115
Ickenham (Middx)	17	9		Isleworth (Middx)	47	22
London WC1 (King's Cross)	-	-		London W1	7	4
London W2 (Bayswater)	13	8		London W3 (Acton)	-	-
London W4 (Chiswick)	2	2		London W5 (Ealing)	17	9
London W6 (Hammersmith)	-	-		London W7	4	3
London W8	-	-		London W9	4	3
London W10	-	-		London W11	1	1
London W12 (Shepherdsbush)	-	-		London W13	10	4
London W14	7	3		London SW14 (East Sheen)	4	1
Northolt (Middx)	9	7		Osterley (Middx)	11	3
Oxfordshire	15	9		Somerset (Axbridge)	2	1
Southall (Middx)	41	16		Staines (Middx)	14	8
Sunbury (Middx)	5	3		Teddington (Middx)	1	1
Twickenham (Middx)	29	11		Uxbridge (Middx)	9	4
WALES	6	4		West Drayton (Middx)	2	2

Source: West Area Membership  
Data correct at time of compilation  
E&OE



Dear family, friends and well-wishers,

Having just returned from 2 weeks in Kenya, I had never imagined that I will be participating in the Paryushan 8 Day Religious fast.

On Monday 26th August I decided to Fast on this first day, No breakfast, No lunch and then No Dinner, a very difficult day.

On Tuesday morning the 2nd Day I decided to fast for at least 3 days. Believe me it was difficult but the Navkar Mantra has great powers.

Having done the most difficult days I imagined the following days will be easier.

On Day 5, fortunately I went to Shakti Centre for prayers with Jayeshbhai, our Oshwal Centre Temple Priest. His guidance was a great help as he told me how to occupy my time saved, during breakfast, lunch and dinner.

Days 7 and 8 were easier as by now I had no appetite, I was feeling happy with lots of goodwill and encouragement from my mother-in-law, Gunvantiben, residing in Meru ( Kenya ).

Someone asked me if I had checked my weight and yes I did, but that was not the reason.

I just wish to add that it was not an easy task, if you do attempt and cannot continue, please just stop.

The best part was when I was sitting for Bahuman, the feeling was unimaginable, committee members, community elders, relatives, friends and many fellow Oshwals lined up to bow before me, congratulate me, bless me and hug me. Memories I will cherish all my life.

In my younger days when I used to trade in Forex, I believed that everything in this world has a price, but my friends, the feelings I have received from you all are priceless.

Thank you all again and Michammi Dukhdam.

Raivat ( Ashok ) Khimji Meghji Dodhia ( Staines upon Thames, formerly of Voi Kenya )



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**For booking contact: Keshubhai (Colombo) - 07735 382657 (Between 3pm-9pm) or Chunibhai – 07904878657**

Management reserves the right to refuse admission and to make any changes to the event due to unforeseen circumstances. Any surplus from the event will go towards the Oshwal General Funds. Please note photographs and videos may be taken at this event, and by attending you are giving permission to Oshwal Association of the UK for your image to be used in any post-event publication such as Oshwal News magazine, our Website and/or other media channels. Oshwal Association of the UK is a registered charity (No. 267037)







The Oshwal Health & care Awareness Fair was held on Sunday 2 June 2019 at the Oshwal Centre in Potters Bar.



The organising team (pictured above) spent over 6 months putting together the Fair. The organising team was Hitesh Shah, Arvind Shah, Rumit Shah, Nirmal Shah, Meena Shah, Minesh Shah, Mukesh Shah, Ashwin Shah, Nilesh Chavda, Ninna Shah and Kunjal Haria.

There was something for everybody including talks, diagnostic checks, first aid & holistic workshops, cookery demonstrations, a market place and a food court. There were some 500 volunteers (including some 200 medical professionals). It was an amazing day, professionally organised, with a turnout of some 2800 people.

The feedback from the attendees has been very positive. There was a real buzz around Oshwal Centre. It showed how well the community can be connected with all age groups.

We could not have asked for better weather. It was a beautiful day. The day opened with prayers by Jayeshbhai followed by a diva lighting ceremony by Richard Harrington MP, Lord Dolar Popat, Mayor of Harrow, Nitin Parekh, the sponsors including Sigma Pharmaceuticals, Aprirose Real Property Investment and Motor Parts Direct as lead sponsors and the other sponsors Shah & Shin, Amichand Fulchand Shah Family, Top Op Foods, Mango Friends Group and Chamberlains.



Richard Harrington, Lord Popat and Nitin Parekh all spoke about the need for such events and the importance of community work, sewa and role in the

wider community.

During the day we had various other guests who visited the Fair including among others the leader of Brent Council Mohammed Butt and Brent Councillor Krupesh Roopani, Rohan Samant, First Secretary, High Commission of India and the local Parish Councillors. The guests were very impressed.

Oshwal Centre was completely transformed. Both the main halls and the Oshwal House at Oshwal Centre were fully used. These were augmented by the use of three large marquees, one in the first car park bay, the second behind Oshwal House and the third by the side of Oshwal House adding in total some 11000 square feet.



On arrival everyone came through the car park marquee which had a registration desk where people collected a bag which had the Fair booklet and a pen. This marquee also had the Health & Career Advisory stands including doctors, dentists, pharmacists, opticians, nutritionists, physiotherapists, chiropractors and alternative therapy. The stands were manned by professionals with various specialist skills. There was also the organ donation stand signing up people for the organ donation scheme and the mobility stand which showed people how special robotic aids can help with and increase mobility.

People then proceeded to the main halls. The upstairs hall was set up as an auditorium where there were talks every hour by leading specialists including Mr Sunil Bhudhia, Consultant Cardiac Surgeon, Paul Mulholland, Consultant Medical Oncologist, Mr







Jiten Tolia, Consultant Ophthalmologist, Pratik Shah, Consultant Gynaecologist, Lena Chauhan CEO Rise IQ,, Dr Vinay Shah, General Practitioner, Dr Mahesh Shah, General Practitioner, Dr Deepti Shah-Armon Clinical Director of Addiction Services for CNWL, Dr Chirag Gorasia Clinical Psychologist, Mitesh Dhanak Chairman Precious Homes and Vishal Shah, MD of Banyan Care Group.

The talks were on Heart Disease/Stroke, Dementia/Alzheimers, Cancer, Diabetes, Mental Health, Drugs, Smoking and Alcohol and Care & Finance requirements

The mezzanine level and downstairs hall were used for the diagnostic tests. More than 1200 people had basic diagnostic tests including BMI, blood glucose, blood pressure and peakflow, oral and eye checks, physiotherapy, chiropractor check or alternative therapy including pranic healing, Reiki, reflexology, acupressure and message.

The diagnostic area was very busy throughout the day. Some 200 were advised to go and see their GP either because they had high blood pressure or blood glucose levels. Others were given lifestyle advice and



increase the level of physical activity.

In addition on the mezzanine level one of the rooms was used for basic first aid workshops conducted by Dr Jamie Shah and helped by Kaivan Shah, a young St John's cadet. These workshops were extremely popular especially those aimed specifically at children between 5 to 16 years of age.

The second marquee behind Oshwal House was the food and rest zone where people could rest a for a while and try some delicious freshly prepared food which included falafel, a multi grain salad, idli sambhar and kanki (a special version of kichi). The people loved the beautiful food which was lovingly prepared by an army of catering volunteers.

The second marquee led to the third marquee which was split into two – the cookery demonstration area and the market zone. There were cookery demonstrations by professional chefs including Chef B S Rao of Noon Products, Kajal Mehta, Chef Waseem Khan and Lavniben Shah. A fully equipped demonstration kitchen enabled some mouth-watering dishes to be demonstrated to full houses. These were a huge hit. The dishes included avocado chocolate mousse, lentil pancake, scrambled breakfast tofu,



vegan luscious museli, raw food sprouted bhel, all seeds health biscuits, vegetable lasagne, red thai vegetable curry, lentil moussaka with cream coconut béchamel, California quinoa and avocado salad, green juice salad, bloody mary chutney, love bites (a special version of pani puri), mixed beans shaak and jackfruit shakuti. The recipes for these are on the Oshwal website.

The market zone was a bustling market place where there were stalls selling organic flours, sugar free items, nutrition ideas to vegan bread. This was a very busy area.

In the Oshwal house there were very popular holistic workshops every hour which featured among others Qi gong, pilates, yoga, laughter yoga, meditation and chanting.

Also in the Oshwal House in the new extension there was another auditorium which also had talks every hour by leading specialists which included Oral Health by Dr Shama Shah, dentist; Nutrition by Smita Shah, dietician; Will Writing and Legal Powers of Attorney by Shandip Shah; Stress & Happiness by Shaileen Shah, Happiness Coach; Breast Cancer by Dr Noyko S Stanilov, Consultant Oncoplastic Breast Surgeon; Sports Injuries by Rushabh Savla, Physiotherapist; and Chiropractic by Dr Lalit Sodha, Chiropractor.

A 140 page booklet full of articles and information on various ailments and alternative therapies was produced specially for the Fair.

To finish off the event there was a sit down dinner for all the volunteers and sponsors in the evening. The organising committee would like to specially thank all the volunteers, the stall holders, advertisers and the generosity of all the sponsors. Without all of these the Fair would not have been possible.

The Fair was featured on the "Out and About" show on Zee TV on Saturday 22 June 2019. It was also covered in the Gujarati press.

Some of the comments received are as follows:

*"I just wanted to say a big congratulations on hosting such an informative health seminar. Really enjoyed it and as it was my first time attending I was very impressed how professional it was put together. It had a vast amount of services and information that was relevant and current which was great."* Reena Patel

*"I would like to congratulate the Core Team for being brave enough to take up such a mammoth task, and for making it such a huge Success with your Great Organisational skills, Lots of late nights and sheer hard work. Well Done....I felt privileged to be able to help for the day. I am not sure about my feet, but I had a lot of fun and met some inspirational people on the way and went home with lots of Healthy tips and ideas... All the people, I have seen subsequently have made a point of complimenting the fair and are looking forward to the next one as am I."* Suni Shah

*"Amazing to see how quickly the team cleared everything after the event....Count me in on the next project."* Harish Shah

*"The whole event was just buzzing, everywhere you went. It also was an experience of a different kind for our Non Oshwal team."* Pragna Shah

*"I was thoroughly impressed with the whole exhibition. As I commented in my speech, we should use this opportunity to empower the next generation of British Indians to take our community to the next level. This is also a timely opportunity to address key issues facing our community which are often overlooked, such as; loneliness, care for the elderly, empowering young members and succession planning."* Lord Dolar Popat

*"Talking to many of the doctors and pharmacists, who were involved in diagnostic activities, they reported that many of our community individuals were diagnosed with mild to severe illnesses and this in itself makes the event a huge success....We were very happy for the comments from Richard Harrington that he was extremely impressed at visiting our centre for the first time. He has offered whatever help he can give to the community if needed....Rest assured of our family's support to the Oshwal Community and we thank the executive committee and yourself for organising such fantastic events."*

Bharat Shah, Sigma

*"Congratulations on the success, galvanising so many able volunteers"* Veni Harania

*"Thank you and all the organisers for organising a wonderful fair. You all gave up so much of your time. You are right that the community can achieve a lot if we work together, but we need people like you all who drive these things."* Sarla Shah





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Dep: 5 Jun, 14 Sep, 05 Oct, 01 Nov, 29 Nov, 10 Mar, 02 Apr

**15 DAY - KENYA SAFARI & EXOTIC SEYCHELLES** **£3099pp**

Dep: 2 Oct, 5 Nov, 25 Jan, 20 Feb, 16 Mar, 20 Apr

**14 DAY - CLASSIC JAVA & SUMATRA** **£2599pp**

Dep: 25 Oct, 20 Nov, 10 Dec, 20 Jan, 25 Feb, 14 Mar, 20 Apr

**16 DAY - CULTURAL CHINA** **£2499pp**

Dep: 18 May, 02 Jun, 30 Jun, 25 Aug, 14 Sep, 6 Oct

**08 DAY - CLASSIC JORDAN TOUR** **£1699pp**

Dep: 10 Oct, 1 Nov, 16 Nov, 25 Feb, 10 Mar, 15 Apr

**16 DAY - EXOTIC KERALA & MALDIVES** **£2799pp**

Dep: 16 Oct, 5 Nov, 2 Dec, 16 Jan, 6 Feb, 5 Mar, 2 Apr

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Dep: 11 Oct, 2 Nov, 25 Nov, 14 Jan, 10 Feb, 6 Mar, 5 Apr

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Dep: 5 Oct, 2 Nov, 1 Dec, 15 Jan, 20 Feb, 15 Mar, 5 Apr

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Dep: 16 Oct, 5 Nov, 2 Dec, 15 Jan, 10 Feb, 5 Mar, 2 Apr

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Dep: 20 Oct, 15 Jan, 10 Feb, 2 Mar, 25 Mar, 16 Apr

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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.
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For any queries or questions please contact Sudhir Meghji Shah  
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Viyan was born on March 11, 2011, to Binita and Mital Shah and was a younger brother to Neev. He was a happy and healthy baby and instantly won the hearts of everyone who met him with his cheeky personality and sweet smile.

On Saturday 9th March 2019, children from Viyan's school, together with teachers, family, friends and neighbours (around 250 in all) went along to Acacia Avenue in Branston, Burton-on-Trent, where bulbs, a memorial garden and a fruit orchard were planted to celebrate Viyan's life and his 1st heavenly birthday. To mark 7 years of his life, 5 fruit trees and 2 blossoms were planted. A memorial bench has also been placed in the garden.



A memorial bench has been placed in the garden

As part of the memorial service, Viyan's sister, Neev, 10, read out a poem she had written for her little brother, while his father, Mital, gave a heartwarming speech dedicated to his "best friend and his son". Children from the school painted stones which were laid around the pathway of the orchard. Blue ribbons were tied around the trees to signify his favourite colour. The school headteacher led the children and guests by singing lovely hymns and songs; followed by reading a butterfly poem. Viyan's cousins together with Neev released butterflies into the air. During the actual tree planting ceremony, our family sang Navkar Mantra. Reverend Les also blessed the orchard and garden in Viyan's memory.



This all came about as neighbours were devastated when he died and said they wanted to do something to keep his memory alive in the community he called his home. With the help of the local housing developer, who gave a small area of land near our estate, the East Staffordshire Borough council and all our wonderful neighbours, it culminated in us having a fantastic Fruit Orchard which is a perfect living tribute and will be enjoyed by all for years to come!

Viyan was just 14 months old when he was diagnosed with a rare and aggressive form of cancer, but he was determined to beat his illness.

He underwent major surgery, radiotherapy and chemotherapy treatment and was placed in remission.

However, in July 2014, doctors found the tumour had returned to Viyan's spine and he was given chemotherapy once again, but this time we were given the devastating news that he would not get better.

As parents we were faced with a heartbreaking decision of stopping his chemotherapy to give him a better quality of life, and a better life is exactly what Viyan had.



No matter what he was going through, Viyan always had a smile on his face

The bright and witty young boy lived life to the full and in just seven years, he did more than most do in a lifetime. He visited Dubai and Kenya several times, went on a Mediterranean cruise, rode in a helicopter, swam with dolphins, met his TV hero, Mr Tumble, and was even a mascot at The Burton Albion Football club.

Due to his medical requirements, Viyan was unable to attend school in the last 15 months. However, school provided a teacher who would come home to him and his friends visited him regularly after school. He enjoyed learning and writing and communicated by using Makaton sign language. Viyan and Neev also learnt to sign songs using Makaton. Viyan was known for being an UNO champion! School are now going to hold an annual UNO tournament in Viyan's memory. Also in his memory, they will be awarding a courage and determination award to a child in school every year. His passion for Trains, Lego, Rummikub and Shopkins are still talked about amongst his friends.



Viyan loved it when he swam with dolphins

In June 2017, doctors gave Viyan, 48 hours to live, but he defied the odds to recover enough to carry on doing "anything his heart desired".

He was nominated for a Burton Mail Heroes award for his courage, winning the hearts of readers and the staff at the Mail.

Viyan delighted to receive his award!

Viyan fell asleep peacefully at home in his mum's arms surrounded by his loved ones on September 21st 2018. His Funeral held on 30th September 2018 in Burton-on-Trent, was attended by over 400 people, which included, family and friends from far and near, our school community and all those involved in his medical and social needs and our neighbours. The farewell was very positive to reflect Viyan and the love he spread.

Viyan was a special little boy and a superstar. No matter what was going on he would never complain, he knew his own mind and would always tell us if we did something he didn't like. He





attracted everybody towards him, touched so many hearts and brought the best out of people. We are overwhelmed and truly touched by all the love and support we have had from everyone. We deeply appreciate all the generosity, thoughtfulness, kindness, sympathy and great comfort that has been extended to us during this very difficult time.

Viyan your life was a blessing,  
Your memory a treasure,  
You are loved beyond words and missed beyond measure.



Viyan adored his family, pictured are Viyan, Mital, Neev and Binita



## Eye Donation

Part 1 of the article has been written from the Jain perspective and its views on eye (and organ) donation. Part 2 deals with aspects of eye donation and forthcoming changes in organ donation laws which take effect in spring 2020. It is important that our community members are aware of the changes and their implications.

### Background to Jain belief regarding body and soul

Jains believe in reincarnation and that the body and soul are separate entities. At the time of death the worldly soul departs the body and transmigrates to a new body in an instant. The new body is determined by the soul's previously bound karmas. Hence, the worldly souls are caught up in this endless cycle of birth, death and rebirth, which is the cause of unhappiness.

The soul is eternal and indestructible and death is really the departure of the soul from the body. The soul or atman is eternal and never dies. The highest happiness is to escape from this cycle of births and deaths and be liberated as a pure soul, that is, to obtain moksha.

The body is temporary which is discarded at death. It is physical matter which is cremated after death according to the Jain tradition. The cremated body includes the organs, senses and the brain, which do not function without the soul. Hence, from the Jain perspective the body after death is of no value to the departed soul. Importance of daan or donation in Jainism Daan, means 'giving' in the context of donation or charity and plays an important part in the lives of Jains. It is considered as a virtue and duty. It is an act of compassion and must be done with no desire for material gain. There are four types of daan discussed in Jain texts: ahara-daan (donation of food), aushadha-daan (donation of medicine), jnana-daan (donation of knowledge) and abhaya-daan (giving of protection or freedom from fear, refuge to any living being under threat). By doing daan, one is reducing one's antaray karmas which are responsible for the obstacles we face in our lives. Hence, by doing daan, one is reducing the potentiality of obstacles in ones desired goals in the present or future lives. It is a misconception that the karmas (good or bad) of the recipient can affect the donor after organ donation whether it be a live donation or after death, as daan is done without desire for material gain. For the donor, once the organs are pledged for donation, it indicates that he/she has given up the sense of ownership of their body which is only temporary. Or considered oneself separate from their body. Only the soul is one's true identity and is eternal. This is an important concept for all Jains to comprehend.

Eye donation could be classed as abhaya-daan as it reduces fear of loss of sight or loss of meaningful life for the recipient. For Jains, abhaya-daan is considered as the greatest gift. Eye donation could also be considered as a form of aushadha-daan as the organ parts are often used as medical treatment.

## Importance of eyesight

Darshan from the Jain perspective means the auspicious viewing of the idol of the Tirthankara when visiting the temple. The sensing of objects carried out by means of eyes is known as chakshu darshan, which aids in spiritual progress, if used appropriately.

In our daily living, eyesight plays an important role in a person's health and well-being. It helps connect with people and the environment, and in carrying out daily activities to see what you are doing and helping with navigation. Eyesight also keeps us safe by providing awareness of the dangers around us. It also helps keep our minds sharp and alert through reading and gathering information. Finally, the eyes play a significant role in compensating for loss of other senses as they can help understand others through understanding their facial expression, gestures and body language.





## Part 2

In the previous issue part 1 was written from the Jain perspective of eye (and organ) donation. Part 2 deals with aspects of eye donation and forthcoming changes in organ donation laws which take effect in spring 2020. It is important that our community members are aware of the changes and their implications.

### Which part of the eye is used for transplantation?

The cornea, which is the clear tissue in front of the coloured part of the eye, is used for transplantation. Corneal transplantation is indicated where cornea is diseased or scarred and affecting eyesight. With modern technology, only the damaged or diseased part of the cornea can be transplanted, instead of transplanting the full thickness. Potentially up to four people can benefit from a single cornea donation, where transplant material can be obtained using the different layers or surrounding parts of the cornea retrieved from the donor.

### About the author

Shruti Malde is a Specialist Optometrist at Queen Victoria Hospital (QVH) in East Grinstead, West Sussex. She has a special interest in Jainism and undertook MA Study of Religions (Major in Jainism) at SOAS University 2008 - 2010 and is a member of the Jain Education Team which is part of the Institute of Jainology.

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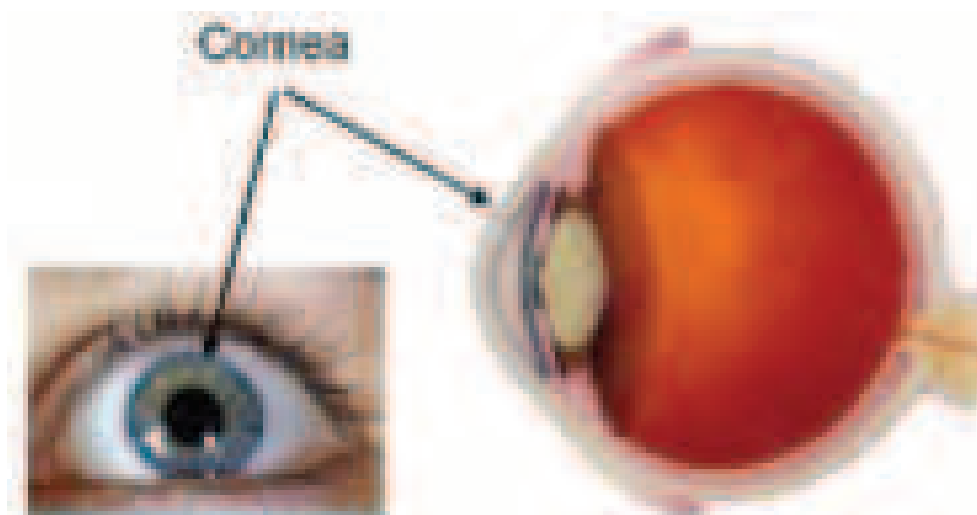


Figure 1 showing the cornea

Fortunately tissue matching is not required for cornea donor and recipient as cornea is an avascular tissue.

Who can donate corneas?

Most cancers patients

Heart and lung disease

Aged up to 80 (up to 85 in times of great shortage)

Many infectious causes

Wear glasses

Sufferers of Cataracts or glaucoma

Die in hospital

Die at home

Die in hospice

### Who cannot donate corneas?

Very elderly – age limit will vary depending on current shortage X Degenerative neurological conditions, possible dementia, Parkinson's, Multiple Sclerosis, Motor Neurone Disease X Metastatic malignant melanoma,

lymphoma, leukaemia or myeloma X Known HIV or Hepatitis B/C (or risk factors) X Previous transplants recipients X High social behaviour risk such as intravenous drug users X

## Retrieval of corneas following death

It needs to take place within 24 hours after death. It is important that the family of the deceased is aware of their wishes and the nurses at the hospital or the GP are notified of this as soon as possible.

Corneas, unlike other organs, do not need to be transplanted immediately to the recipient as they can be stored for 30 days in a hyperthermic solution in Eye banks.

## Factors regarding funeral arrangements

Eye donation will not affect funeral arrangements. The procedure takes about 30 minutes and can be performed in a hospital, hospice, and nursing home or at the funeral directors.

Great care is taken to reconstruct the donor's appearance after eye retrieval and the face looks close enough to normal. The family is able to view the deceased after donation.

## Forthcoming changes in laws regarding organ donation

Currently one has to opt-in or register if you wish to be an organ donor. Currently there is a great shortage of organ donors especially within MBE (Minority Black and Ethnic) groups. For certain organs like kidneys and heart, tissue matching is important and there are more chances of getting a match if the donor and recipient is from the same ethnic background. From spring 2020, NHSBT is bringing about changes. For full details visit the NHSBT website <https://www.organdonation.nhs.uk/faq/what-is-opt-out/> Following information is verbatim from NHSBT website.

### ***What is changing?***

*The law around organ donation is changing in England. This means that from spring 2020, all adults in England will be considered an organ donor when they die unless they had recorded a decision not to donate or are in one of the excluded groups.*

*This is commonly referred to as an 'opt out' system.*

*You can record your decision to opt in or out on the Organ Donor Register.*

*Those excluded will be people under 18, people who have been ordinarily resident in England for less than 12 months, and people who lack the capacity to understand the change.*

*Adults covered by the change will still have a choice whether they want to be an organ donor and their families will still be involved before organ donation goes ahead.*

### ***Does the law apply to everyone in England?***

*No. There are certain groups of people who are not included in the law:*

- People under the age of 18*
- People who lack mental capacity to understand the new arrangements and take the necessary action*
- People who have not been ordinarily resident in England for at least 12 months immediately before their death*

*Anyone can sign up to be a donor at any age. But if someone dies under the age of 18 in England, their parents would still be asked to consent on their child's behalf before organ donation can go ahead. If there was a decision recorded on the NHS Organ Donor Register, this information would be shared with the family.*



## ***Am I losing control of what happens to my body?***

*No. It will still be for you to choose if you want to be an organ donor. And if you don't want to donate, it's really quick and simple to record your decision on the NHS Organ Donor Register. The quickest and easiest way to do this is online. If you don't have internet access, you can also call our contact centre on 0300 123 23 23.*

*You can update your preferences on the NHS Organ Donor Register quickly and easily at any time. We will not take people's organs without permission.*

*Your family will always be consulted before donation takes place. It is important that your family and friends know your choice. This makes it easier for them to honour your choice, whatever that choice is.*

## ***Will you automatically take my organs if I don't opt out?***

*No. Organ donation can only happen in a small number of cases. Around 500,000 people die every year in the UK, but only around 1 in 100 of them die in circumstances where they are able to donate their organs. Organs can only be transplanted very soon after someone has died and they need to be in a usable condition. Donors can usually only be people who have died in a hospital intensive care unit or accident and emergency department. Because of these constraints, every potential donor is precious.*

## ***I want to donate, do I still need to register?***

*If you want to donate, the best way to make sure your decision is honoured is to register as a donor and tell your family. The NHS Organ Donor Register will be accessed by a specialist nurse prior to a conversation with your family to check if any donation decision has been recorded.*

*Telling your family you want to donate and carrying an organ donor card are equally valid forms of consent, but sometimes cards are not available at such a critical time. We would always advocate that you register your decision on the NHS Organ Donor Register and share this decision with your family.*

*Once the new system comes into effect in England, if you have not expressed your decision to opt out of organ donation and are not in an excluded group, it will be considered that you consent to donate your organs. So even if you don't record a decision that you want to be an organ donor, you should let your family know what you want.*

***The full article can be accessed on the OAUk website by following this link:***

### ***About the author***

***Shruti Malde is a Specialist Optometrist at Queen Victoria Hospital (QVH) in East Grinstead, West Sussex. She has a special interest in Jainism and undertook MA Study of Religions (Major in Jainism) at SOAS University 2008 - 2010 and is a member of the Jain Education Team which is part of the Institute of Jainology. To contact email: shrutimalde@blueyonder.co.uk***

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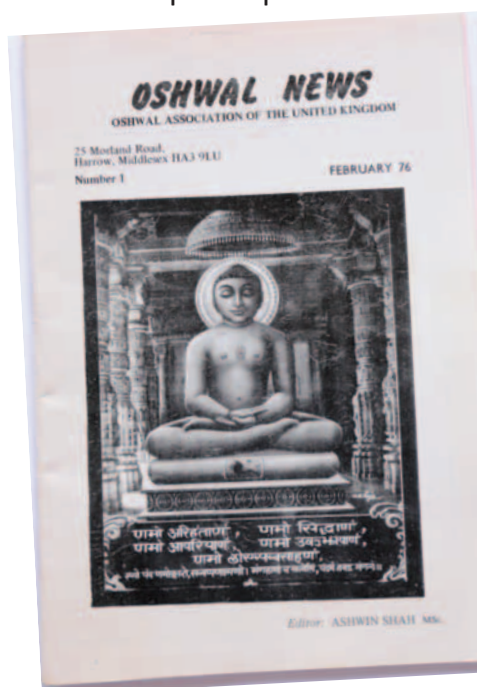


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# General Information

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

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

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

### OSHWAL CENTRE (Northaw)

Coopers Lane Road  
Northaw  
Hertfordshire EN6 4DG

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

### OSHWAL MAHAJANWADI (Croydon)

366A Stag Lane  
Kingsbury  
NW9 9AA

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

### OSHWAL EKTA CENTRE (Kingsbury)

### OSHWAL SHAKTI CENTRE (Hounslow)

Inwood Road  
Hounslow  
Middlesex, TW3 1UX

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

## Marriage Registration

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

### Sadadi Messages

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

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

### Obituary / Shraddhanjali Messages

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

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





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