



ઓશવાળ  
સમાચાર

# OSHWAL news

March 2020 Edition

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## Pranam

Welcome to the New Year & the new decade, the 1st issue of 2020 - Oshwal News Magazine is here for you to enjoy, please read the news

reports on our events both at our Centres and other outside events. I have included many photographs, are you in one of the pictures? Over the past 12 months all the areas were busy arranging several events for you - some of these are now regular events. Most of our major events usually take place at Oshwal Centre - we recently saw the wonderful Wedding Show - and during Diwali we had the great concert by Swati Natekar. All this can only happen when we have dedicated Helpers / Committee members / our Trustees and the office staff. & without our good Donors and people who hire our halls we would be struggling to undertake any major projects like the Derasar Extension which you be able to see quite soon - our Warm thanks & Best Wishes to all

(Important) please note our AGM's - are taking place during March and April - see the dates on our website - every two years new Committees and Trustees are elected by the members who attend these important elections - please come on the day get involved and cast your votes. - Our future is in your hands  
Passed Away or Sick - Sadly during the past 12 months we have seen hundreds of members who have departed from us, this is the most difficult time for the families / friends affected losing their beloved family members - our Condolences goes to each of you, more recently our Honorary Treasurer - Dhirenbai Meghji Kachra Shah sadly passed away, I am aware that many members are suffering ill health or treatments' we pray for your speedy recovery

On happy side we have seen many Award winners - Retirements, Marriages, Engagements Promotions , people doing good Charity work in UK, Kenya or India - well done to all & our Congratulations

Derasar Extension works are nearly complete and our wonderful Derasar is looking even more beautiful than ever before - please attend our big celebrations on 15th March - more details in the magazine -

Jai Oshwal

## Sudhir Meghji Shah

*Trustee and Editor of Oshwal News*

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All other articles and reports to:

**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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# President's Message

Jai Jinendra and Pranam

With the start of year 2020 a Happy New Year to you all, even though it started few months ago! 2019 was a very busy year with so many activities that took place both at central and area levels. My special thanks to all the committees and members at all levels for the hard work and dedication they had given to our community. Special thanks are also extended to all the volunteers who had donated their valuable time last year. I hope that these efforts and the momentum will continue in 2020.

It is with great sadness we announce that our Hon.Treasurer Dhirenbbhai Meghji Shah passed away on 7th February 20 - on 19th February our highly regarded and long serving Trustee Mradulaben Babulal Shah also passed away. Both are tremendous losses for the Association. We recognise and appreciate all the hard work both trustees had given to the Association. Both of them will be dearly missed and we extend our sincerest condolences to both families.

## Derasar Canopy Extension and Grand Opening Ceremonies on 15th March 2020

We are pleased to announce that on 15th March 2020 a Grand Opening Ceremony will be hosted at Oshwal Centre, Potter Bar. It will be a full day event. It will begin with Snatra Puja at 7.00am followed by Dwar opening and other ceremonies at 8.30am. This will be followed by Adhhar Abhishek and other ceremonies. Lunch will be served at 12.30pm, and in order for us to be able to cater for this, please register by texting on 07538 675548 or by sending a WhatsApp Message to this number advising us on the number of persons who will be attending from your household. You can also register on our website.

After lunch, we are launching a Jin Darshan book, which is a useful guide to visiting and performing darshan and puja in the Derasar. Each household will receive a voucher which can be exchanged for a copy of the book on Sunday 15th March 2020 from 2.30pm.

On the same day we are organising a religious play in the afternoon. This will be a ticketed event and more detail will follow on our website for booking your tickets.

In the evening there will be a switch on ceremony of our Derasar lighting by donors who have participated in this event, followed by everybody taking part in the Samuh Aarti.

Please make a note of this event in your diaries; you are all invited to participate in the festivities on this grand day!

## Volunteers

As you will appreciate, it's a mammoth task for OAUk to organise the above ceremony and we need your help in whatever capacity you can give us with your valuable time. We will require your help on 14th and 15th March 2020. If you are able to volunteer, please register your name on our website.

## Fundraising

We have various Fundraising schemes for the Derasar Extension Canopy. Please do come forward and participate in these schemes to enable us to meet the costs of our Derasar Extension.

## New Year's Honour List

It is with great pride we announce that two of our Oshwals were recognised in the New Year's Honour list 2020; and they are:

Kantibhai Nagda awarded an MBE and

Nishmaben Gosrani awarded OBE

Our heartiest congratulations to both the Oshwals!

# President's Message

## Election and AGMS

As many of you know, this year there will be elections at our AGMS at both area level and at central level. Please consider yourself to take on board and be part of the committee and bring your expertise and talent to take forward the Association's work. We look forward to seeing you all in the forthcoming AGMS.

Finally, on behalf of my fellow trustees and committee members I seek your forgiveness for any misdeeds or actions on our part which may have hurt your feelings in any way.

Michammi Dukkadam  
Jai Mahavir, Jai Oshwal  
Nilesh Bhagwanji Shah  
Hon. President  
Oshwal Association of the UK



For your local events please see the OAUk  
website or E News Letters



## Derasar Canopy Extension and Other Refurbishment Works – FUND RAISING SCHEMES DONATION FORM

Date: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ Post Code: \_\_\_\_\_

Tel No: \_\_\_\_\_ Mobile No: \_\_\_\_\_ E-Mail: \_\_\_\_\_

I / We would here by like to donate towards one or more of the schemes listed below in respect of the Extension and Jinordhar works to the Deraser at Oshwal Centre, Coopers Lane Road, Northaw, Herts., EN6 4DG.

(PLEASE TICK THE APPROPRIATE BOX FOR THE SCHEME(S) YOU WISH TO PARTICIPATE IN)

☐

EXTENSION PILLAR ..... £20,000 (*See Note 1*)  
(AS AN INDIVIDUAL OR AS A FAMILY)

☐

PART DONATION TOWARDS AN EXTENSION PILLAR .....£1,000 PER DONOR

☐

DERASER JINORDHAR FUND ..... £1,000

☐

EXTERNAL LIGHTING ..... £500

☐

ANY OTHER AMOUNT TOWARDS DERASER EXTENSION / JINORDHAR .....£ \_\_\_\_\_

☐

KHUSIBET, GOLD, SILVER OR BRONZE BHOJAN DONATIONS.....£ \_\_\_\_\_

### PLEASE NOTE:

1. Only TWO Pillars in the Deraser Extension are available. (**Please confirm with our Administrators before taking this up to ensure a pillar is still available**)

Payment by **CASH** or **CHEQUE** (Cheques To Be Made Payable To: **Oshwal Association of the U.K.** and please write your Name & Address on the back of the cheque). (**Please do not send any CASH by POST**)

To Pay By **CREDIT** or **DEBIT CARD**: Please take this form to the Oshwal Centre office at the Address shown at the top of this Form.

For Payment by Bank Transfer: Barclays Bank Plc, Sort Code: 20-35-90, Account No: 00757969  
Please quote your **MOBILE NO.** or **TEL.NO.** as Ref No. & **You MUST also e-mail a copy of the Form to us as soon as payment is made.**

I confirm I am a Tax Payer in the U.K. Please treat my donation as a Gift Aid Donation and I authorize Oshwal Association of the U.K. to reclaim the relevant tax in respect of this donation. (**Please delete if not applicable**)

SIGNED: \_\_\_\_\_

Date: \_\_\_\_\_

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**Dhiren & Mradula, we will miss you both.**



# Mother and Daughter “a Sculpture” by Indira Kamal Shah



Mother and Daughter “a Sculpture” by Indira Kamal Shah (Sumaria)

Now on permanent display in the grounds of Oshwal Centre, opposite Oshwal House, please go and see and take a photo of this Wonderful Art Work – created by Indiraben

Indiraben’s message:

I would like to thank Oshwal Association of the UK for putting my “Mother and Daughter” Sculpture on permanent display at Oshwal Centre. I started doing pottery and working with ceramics over 30 years ago and I thoroughly enjoyed it. My various works have been influenced by my wide travels, visiting art galleries and my love of nature. I did this piece about 17 years ago, inspired by scenes of mothers and daughters in Africa and India going about their daily business, such as shopping in the markets and fetching water... often carrying things on their heads.

I have thoroughly enjoyed living with this sculpture in my front garden and, by giving it to the Oshwal Association, it is my hope that this enjoyment will now be shared by the wider Oshwal community and other visitors. I also hope that future generations will be inspired to get involved in the arts, especially pottery and ceramics.

Indira Kamal Shah (Sumaria)





Nightmarch – a report of her time with the Maoists and Adivasi civilians they govern – provides one of the most nuanced, informed accounts yet of this strange and awful conflict.

Between 2008 and 2010, the anthropologist Alpa Shah spent 18 months as a participant observer in India's largely rural state of Jharkhand. She lived among Adivasi's, tribal peoples outside the caste system who count among the communities most neglected by the government. Jharkhand is also one of the heartlands of India's Maoist insurgency, a civil war that in 2006 the country's prime minister identified as the "biggest internal security threat to the Indian state". For decades, Indian politicians and commentators have argued about the country's longstanding

Maoist war: are insurgents ideological terrorists fixated on an outdated creed, or are they desperate rebels with a cause, forced to take up guns by state brutality? Dissatisfied by this polarised debate, Shah decided to immerse herself in the communities who live alongside the insurgents, to explore what the rebellion looks like from the grassroots.

- Nightmarch: Among India's Revolutionary Guerrillas is published by Hurst. To order a copy (RRP £20) go to [guardianbookshop.com](http://guardianbookshop.com) or call 0330 333 6846. Free UK p&p over £10, online orders only. Phone orders min p&p of £1.99.

**Alpa Shah.**



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**Guest Speaker:**

**Dr Alpa Shah**

**Topic:** Living with Adivasis, Dalits and Maoists in Jharkhand Bihar, India

**Date:** Thursday, 28<sup>th</sup> May 2019

**Programme:** 7:30pm Registration for 8:00pm start  
Followed by Tea & Biscuits. 10:30pm Finish

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

Opportunity to meet Milan Shah in person.  
Free event open to members and non members.  
No Registration

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

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Professor Atul Shah gave an exceptional talk at Oshwal Centre on 11 November 2019. The topic was Education – Past, Present and Future. He was introduced by Dr Lynne Sedgmore CBE who is next to him in the above photo.

**Draw to be held on Sunday 1st  
March 2020**



**OSHWAL**  
Association of the U.K.

**DERASAR DWAR AND GARBHA GRAHA OPENING DAY**

**on 15th March 2020**

**Draw 1 - Derasar Dwar Opening**



**Draw 2 - Garbha Graha Opening**



**Token @ £10**  
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Available from your Local Area Committee Members.

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We would like to congratulate all our members whom have been honoured by her Majesty the Queen



KANTI NAGDA CEO of Sangat Centre was invested with MBE (Most Excellent Order of the British Empire) by Her Majesty The Queen in New Year 2020 Honour List for services to charity in UK.

KANTI NAGDA is a distinguished social activist who has made a difference to his community. Kanti was a victim of Idi Amin's expulsion of Asians from Uganda in 1972. He arrived in the UK with £50 in his pocket. Kanti started charity work while working for a company and later on joined Harrow Council as a social worker. In 1982 Kanti founded Sangat Centre and bought a building. The building was inaugurated by Their Royal Highnesses The Earl and Countess of Wessex. The Centre today provides legal advice and representation at immigration and welfare benefits tribunals to over 2000 people of all nationalities and backgrounds per year.



Nishma Gosrani has been invested with an OBE in the Queen's New Year 2020 Honours List for promoting diversity and inclusion in all aspects of British life. She pioneered Gender Pay Gap reporting and the subsequent changes to the UK's Equality Act. Her address titled 'Equality Matters' on International Women's Day 2016 led to a rare standing ovation from the public gallery at the House of Commons.

Kenyan born but now London based Nishma Gosrani is a Director at Deloitte Consulting and leads People Transformation in Banking, Capital Markets and Asset Management with a key focus on partnering with clients on the 'Future of Work' agenda. She was recipient of Asian Professional of the Year Award in 2007.

She sponsors the Deloitte Multicultural Network which won 'Employee Network of the Year' at the BiTC Awards in 2015. She was listed as a Financial Times Top 35 Future leader in 2016. She is a board member of Tamasha Theatre Company which champions BAME artists from culturally diverse backgrounds. She has been recently appointed as a Governor and Trustee of St Alban's High School for Girls.

શ્રી નવપદજી આયંબિલની ઓળીના કાર્યક્રમો - ઓશવાલ સેન્ટર, પોટર્સ બાર		
•	31/03/2020 મંગળવારથી 04/04/2020 બુધવાર	શ્રી નવપદજી આયંબિલ ઓળીમાં નવ દિવસ દરરોજ સવારે 10.30થી બપોરે 12.15 વાગ્યા સુધી 'નવપદજી કેવા મજાના' ઉપર પ્રવચન આપવામાં આવશે તેમજ નીચે મુજબ વિવિધ કાર્યક્રમ થશે. નવપદજી ઓળીની આરાધનાનો લાભાર્થી એજવેર સત્સંગ મંડળ છે. દરેકને પધારવા ભાવભર્યું આમંત્રણ છે.
•	31/03/2020 મંગળવાર	શ્રી નવપદજી આયંબિલની ઓળીના પ્રથમ દિવસે સવારે 10.30 વાગ્યે, વાજતેગાજતે નવપદજીના મહાગ્રંથની સ્થાપના કરવામાં આવશે. ત્યાર બાદ પ્રવચન શરૂ થશે.
•	04/04/2020 શનિવાર	સવારે 6.00 વાગ્યે સ્નાત્ર પૂજા અને 10.00 વાગ્યે શ્રી નવપદજીની પૂજા ભણાવવામાં આવશે .
•	04/04/2020 રવિવાર	સવારે 10.00 વાગ્યે 'નવપદજીનો ખજાનો કેવો મજાનો' વિશે અવનવું જ્ઞાન મેળવવાની અનેરી તકનો લાભ લેવા જરૂર પધારશો. .
•	05/04/2020 સોમવાર	શ્રી મહાવીર જન્મ કલ્યાણક શુભ દિવસ હોવાથી સવારે 6.00 વાગ્યે સ્નાત્ર પૂજા અને 10.00 વાગ્યે શ્રી મહાવીર સ્વામી પંચ કલ્યાણક પૂજા. ભણાવવામાં આવશે.
•	08/04/2020 બુધવાર	ચૈત્ર પૂનમ - શ્રી સિદ્ધાચલજી પટ-દર્શન યાત્રા સવારે 10.00 વાગ્યે શરૂ થશે.
Shri Navpadji Aymbil Oli Programme - Oshwal Centre, Potters Bar		
•	31/03/2020 Tuesday to 08/04/2020 Wednesday	During the nine days of Shri Navpadji Aymbil Oli, there will be discourses everyday on 'Navpadji Keva Majan' from 10.30am - 12.15pm and various programmes as given below. The Navpadji Aymbil Oli is sponsored by the Edgware Satsang Mandal. All are warmly invited to attend.
•	31/03/2020 Tuesday	10.30am - Inauguration of Shri Navpadji Maha Granth. Pravachan to follow thereafter.
•	04/04/2020 Saturday	9.00am - Shri Snatra Puja will be conducted followed by Sri Navpadji Puja at 10.00am.
•	05/04/2020 Sunday	10.00am - Please attend to get a unique opportunity to attain knowledge on various aspects of 'Shri Navpadji No Khajano Kevo Majano'.
•	06/04/2020 Monday	Shri Mahavir Swami Janma Kalyanak auspicious Day 9.00am - Snatra Puja followed by Shri Mahavir Panch Kalyanak Puja at 10.00am.
•	08/04/2020 Wednesday	Chaitri Punam. 9.00am - Shri Siddhachal Pat Yatra Darshan.

Varshaben Dilipbhai Shah  
Religious Chairperson



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2020 SEMINAR DATES				
Dates	Time	Venue	Topic	Speaker
Wednesday 8 April 2020	Starting at 7.00 pm Meal and soft drinks provided	<b>Tai Pan Oriental Restaurant</b> 17-19 Maxwell Rd Northwood London HA6 2XY	<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
Wednesday 13 May 2020	Followed by Seminar talk: <b>'Inherently unfair'?</b>	The restaurant is a short walk from Northwood Station, with street parking available after 6.30pm.	This seminar talk will include a look at: Wills, Lasting Power of Attorney, Gifting, Trust Planning*, Business Relief, Protection for Inheritance Tax Planning.	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 10 June 2020	Q & A Session Finishing at 10.00pm			

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

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## **OAUK Gujarati Schools, Rekha Shah, Education EC**

### **Jai Jinendra to Oshwal members, parents, grandparents and children.**

The schools have seen some major changes since I took up the role as education trustee. There has been amazing achievements with the GCSE results and A level results . 4 out of the very few candidates who took A level Gujarati were from our schools.

Teaching has improved immensely, in the schools, adopting newer techniques use of white boards, games, music, learning through play. As the examination board has changed, there are now, new challenges to overcome, and every attempt is being made to build on resources for higher education to GCSE and A level. Although the standards have been raised at GCSE level, the exams are tiered and can be taken at two levels.

Our Schools offer cultural classes, additional magic maths classes and some incorporate all the cultural learning, participating in activities at festival times. Overall all four schools work very well on their own and have done some amazing events within the school. The South had a Summer Mela and the Prefects annual show, where the parents had a huge input and not only were they successful event, but managed to raise money. The West area school has recently increased their numbers, by fun learning, through play, every Friday evening.

In the past magazine, we told you about our exceptional variety programme. Although the schools are miles apart and the venue being Oshwal Centre, children performance was outstanding. We, also had the opportunity for a filming session to be done at Woodhouse College by Binduben , who is currently working on a documentary film on Halari Oshwals.

We had a teachers' training session in July, in conjunction with the Consortium of Gujarati schools, where, Jagdishbhai Dave, the legendary author of Gujarati books, the founder of Gujarati Literary honoured us with his presence and gave a presentation on Gujarati, how to incorporate grammar in our teaching, with an insight into Gujarati literature, which is now going to be a part of Gujarati A level exam. He had made the session so magical, with his expertise. CGS is now in the process of putting up a Gujarati website, "Educate to Inspire," for all the schools, aided by Ashishbhai. This will be a big achievement.

Our teachers are extremely hard- working, dedicated, more time-focused and willing to adapt new methods to inspire children. Our Education meeting in November ,attended by teachers, education portfolio holders and area chairs, proposed new ideas , mainly, Parents meeting, sharing ideas and work, amongst teachers, one to one teachers meetings with the portfolio holders, bringing Jainism, organising central events like interschool camp at OC, making school trips. These will be the forthcoming changes in the near future.

Overall, the numbers of students are depleting in all our schools, it has become even more difficult to sustain the schools. I urge all prospective parents to consider enrolling their children to our schools. It is a rare opportunity for children to imbibe cultural, family, religious values in our children that will become their foundation of their future life.

I would like to build a younger sub-team to take over the organisation of meetings, functions, training sessions, centrally. All Oshwals, interested or involved within the Education system could make our community a much better place for our future generation, by giving some of their valuable time to us and supporting us.

Just to give a little flavour of teaching, I would like to include article, I wrote for the presentation at the teachers training, on our environment.

## " પ્લાસ્ટિક કે પ્લેનેટ"

આપણી આસપાસ નજર દોડાવીએ તો એ વાત માની ન શકાય કે માંડ એકાદ સદી પહેલાં, પ્લાસ્ટિક શું છે તે કોઈ જાણતું પણ ન હતું. આજે પ્લાસ્ટિક ચોતરફ છે. પ્લાસ્ટિક પોચું કે અકળ જોઈએ તેવું બનાવી શકાય; વાળ્યુ વળે અને મનગમતો આકાર આપી શકાય તેવો પદાર્થ છે. પ્લાસ્ટિકથી બનાવેલી સુવિધાઓ પાર વગરની છે.

ઘણા સમય વપરાય એવા તબીબી સાધનો, ગાડીઓમાં, કમ્પ્યુટરમાં, રમકડાંઓ બનાવવામાં પ્લાસ્ટિકનો વપરાશ થાય છે. તેમ છતાં, ઘણી એવી વસ્તુઓ પણ છે જે એકજ વખત વપરાતા પ્લાસ્ટિકની બનેલી હોય છે. પ્લાસ્ટિકની પાણી અને દૂધની બાટલીઓ, ખરીદીની થેલીઓ વગેરે ઘરોઘર, હાલતા-ચાલતા વાપરીએ છીએ.

અત્યારનાં ભાગદોડ જીવનમાં, સમય ઓછો હોવાના કારણે, કામેથી ઘરે આવતાં, ઉપહારગ્રહમાંથી "ટેક-અવે" મંગાવે છે (તૈયાર કરેલું ભોજન જે પ્લાસ્ટિકના વાસણોમાં પીરસાય કે વેંચાય છે તે). પ્લાસ્ટિકનાં ડબ્બાઓ, ઢાંકણાં, કપ, ચમચીઓ, નાના મસાલાના પડીકાઓ, બધુંજ ભોજન પીરસવામાં વપરાય અને જમ્યા બાદ ઘરમાં, કચેરીમાં, રસ્તામાં, રેલગાડી મથકે, વિમાનમથકે કચરાના ડબ્બામાં ભરપૂર જોવા મળે.

પ્લાસ્ટિકનો કચરો જમીન પર ભેગો થતાં, મોટા ઉકરડાં ભરાય છે જેને બાળવાથી હવાનું પ્રદૂષણ વધે છે. પ્લાસ્ટિકનો કચરો જ્યારે સમૂદ્રમાં પ્રવેશ કરે ત્યારે દરિયાઈ પ્રદૂષણ ઉદભવે છે. પ્લાસ્ટિકનાં ઝેરી રસાયણો પાણીમાં ભળે ત્યારે નાના રજકણો ચોટેલા હોય છે. આ રજકણો માછલી, પક્ષીઓ ખાય છે અને માણસો આહારમાં માછલી વગેરેનું ભોજન કરતાં, તેમના શરીરનું નુકસાન કરે છે.

આપણે જે પ્લાસ્ટિક ફેંકી દઈએ છીએ તેનો વિચાર વિજ્ઞાનિકો પણ, તેના તારણો જાણીને હેબતાય ગયા છે. ફક્ત ભારત દેશમાં, વર્ષે ચાર હજાર ટન પ્લાસ્ટિકનો કચરો ભેગો થાય છે અને ચારસો વર્ષ સુધી પણ નાશ પામશે નહીં. આ સમસ્યા કુદરત માટે ગંભીર છે અને સરકારને તેનું નિવારણ શોધવું પડશે.

પૃથ્વીને કેવું નુકસાન થઈ રહ્યું છે તે મૂલ્યે વિશ્વ સમક્ષ લાવવા 'નેશનલ જ્યોગ્રાફિકે' : "પ્લાસ્ટિક કે પ્લેનેટ" નામે ઝુંબેશ ઉપાડી છે. જગત પર્યાવરણનાં દિવસે, આ વર્ષે, ભારતમાં, "પ્લાસ્ટિક પ્રદૂષણથી બચાવો" નો મૂલ્યે જાહેર કર્યો છે પણ આ સમસ્યાનો નિવારણ લાવવો તે લક્ષમાં રાખશે કે નહીં તેની મને ખબર નથી.

Rekha Shah

Education EC Trustee





The wedding show recently arranged in 2019 was a fantastic, colourful event and a very joyous occasion. We would like to thank Ashishbhai Bhavniben (Mr and Mrs Patani) for all their hard work and excellent planning and deliverance for the first ever wedding show at the oshwal centre see the pictures and enjoy. There are more pictures on the website.



# Wedding & Fashion Show

Sunday 24 November 2019 at Oshwal Centre, Potters Bar

The Wedding and Fashion show on Sunday 24 November 2019 was a fantastic and large-scale event held at Oshwal Centre, Potters Bar. It was predominately held for future brides and grooms and their families to get inspiration for their special day. It attracted around 3,000 attendees.

Oshwal Centre was unrecognisable as it was completely transformed with spectacular décor adorned across the foyer, the two halls and marquee. The carpark sported luxury wedding cars!

The show brought together over 60 exhibitors varying in their professions such as; Fashion Clothing, Catering, Hair / Make-up / Mehndi, Hand-craft designs, Jewellery, Mandap Décor, Music & Entertainment, Photography / Videography, Wedding Cars. They were fused under one roof, to showcase, discuss and demonstrate their wedding products and services. Perfect for the busy couples and their families.

The event programmes ran smoothly under the conduct of two toastmasters. It opened with divo lighting by the Office Bearers followed by a child's performance. There was a wedding humdrum amongst the visitors, exhibitors and volunteers! This was definitely visible upstairs

with the four to five deep rows along the catwalk to behold the exquisite fashion show collection and the captivating dance shows. These were organised and performed by young talented volunteers alongside the committed and creative organisers.

Downstairs uniquely featured a beautiful mandvo which completely changed the way the hall looked. This was surrounded by busy stalls, some offering samples of unusual gola flavours, Mexican fusion tasters, South Indian bites and mouth fresheners (paan). Oshwal's catering team dished up delicious food. An adjoining marquee too housed a stunning mandvo and luxurious table decorations.

Well done and many thanks to all those who organised and participated in this amazing show. This includes the relentless organising committee, dedicated 150 volunteers, enthusiastic exhibitors – including the sponsors, the toastmasters and visitors.

We have received an overwhelming number of positive feedback from the exhibitors, many of whom have asked when the next event will be. In addition, our participants shared their experience. Here is their feedback:





(Left to right: Saloni, Nirav, Krishen, Nishi, Bhavni, Ashish, Nilma; Sitting: Snehal, Meera, Rajvi; not pictured: Aayushi, Divya, Harshi, Tanme Varshita)

Just wanted to say a huge thank you for organising this whole event and investing so much of their time and efforts to make sure this Wedding Show is a huge success. As a participant, I was looking forward to all the meetings held and practice sessions as we got to meet lovely people, have fun and enjoy the chai and biscuits. Meera and I also worked together closely as we choreographed the routine. Also, a big thank you to the clothes sponsor as we all looked absolutely beautiful on the day. I would also recommend Damyanti Chotalia for doing our hair and makeup and transforming us to gorgeous ladies. Finally, I made a lot of friends through this event and look forward to keeping in touch with them all. Thank you to everyone! Loads of Love and Best Wishes.

~ Nishi Shah, dance choreographer

I always wanted to be part of an Indian fashion show so took to courage to volunteer despite my siblings and friends not joining me. Having signed up for a fashion show and dance performance I was not sure what I was getting into. But after my first meeting I had a made great friends and learnt the moves of the first song of a 14-minute melody. Everyone was so easy to get on with and was felt I was definitely part of a likeminded group. I was looking forward to going for practices and learning more moves.

The show itself was an eye opener - I was not sure what I'll be looking like on the day as I got my outfit a day before and had no idea on the jewellery or hair and makeup. In the end I was very pleased with the outcome and what the sponsors provided. I enjoyed the whole experience itself and the setup of the mandap and catwalk was amazing. It was great to see my family and friends come to see me and support the event.

Thank you for giving me an opportunity to be part of this event.

~ Varshita Shah, fashion and dance volunteer



(Left to right: Savitaben and Chhaganlalbhai – special thanks for your dedication)

Phenomenal and energising are just two of the words I would use to describe the experience. The dance rehearsals were very structured with creative dance routine, this was super enjoyable, and I loved the moves and steps we did. It felt exhilarating and fun coming to dance every time and I didn't want the sessions to stop!

Performing brought excitement and nervousness as well but when you're on stage and your time comes everything falls into place and your heart races as you dance to the beat.

Overall it was a thoroughly good experience and would be glad to continue performing.

~ Krishen Vaya, fashion and dance volunteer

As I love to dance and wanted to improve my skills and confidence, I thought the Oshwal Wedding show would be a great experience for this. For several Friday's before the main event, I would drive to the Ekta Centre for dance rehearsals. However, feeling tired from the working week and drive to the Ekta centre being stuck on the north circular, sometimes I would think I'd rather be at home relaxing on my Friday night. However, soon as arrived and met the team and we began practising the dance routine. I felt so uplifted, it was such a great atmosphere during practice, and we had such fun. It actually became a place where I would not think about the stresses of daily life and just enjoy myself.

On the day of the event, as I walked into the Oshwal Centre I was stunned, I could hardly recognise the place. The two main halls were completely transformed. Both the halls were beautifully decorated with so many exhibitors and visitors. It made me realise how many people would be there to view our dance! Finally, the moment came for us to perform, and I was feeling really nervous. However, I then thought to myself we have spent so much time together practising and perfecting our routine this was our moment to shine! Everyone gave their best for the dance and we all had a great

time, walking off stage breathless but buzzing! It was all such an amazing experience not only on the day but all the practice sessions, the laughs and the time we all spent together. I made some really great friends and was sad that we would not be seeing each other again on the following Friday for another rehearsal!

*~ Nirav Shah, dance volunteer*

Community events are a great way to make new friends, build on team working skills, give something back to the community and most importantly have lots of fun! I got involved with the Wedding Show in the last couple of months leading up to the event and it definitely has been a great experience! The dance and fashion show practices were the best as there was lots of masti, our group bonded really well, and I got my cardio workout without going to the gym.

The choreography was very creative and energetic dance routine and the organisers put together a wonderful wedding fashion show. The choice of songs was superb and showed their imaginative thinking. A massive thank you to them for being patient with the group during the practices who all had different levels of experience. After the event I had withdrawal symptoms as there were no more weekly practices at Ekta Centre. The volunteers and guests created a brilliant atmosphere and an exceptional buzz on the event day.

The positive feedback from the wider public and exhibitors speaks for itself. I was glad to be a small part of this huge event in the community.

*~ Rajvi Shah, fashion and dance volunteer*

November 2019 people volunteered to take part in this show as dancers as well as models and much more. I volunteered as a model however I took part in the dances. Being a part of this event was incredible due to the fact I met many people and made friends that are going to be part of my life for a long time. I enjoyed every weekend practising and organising the event with them it was great fun. The main organisers did a wonderful job without them they would not have had a successful event. I'm so proud and honoured to have been a part of this show. Doing this show I gained a lot more confidence. Well done to all the organisers, volunteers, exhibitors. Thank you everyone for all the support and wonderful memories.

*~ Saloni Shah, fashion and dance volunteer*

The storyline of the dance show was based on a sequence of events leading up to an Asian wedding from the Chaab (gifts for the bride); a sangeet; Vidhai and the actual wedding ceremony.

Choreographed by Meera and Nishi Shah, the dance routines boasted of a variety of Indian dance styles including a Bollywood fusion, Bhangra, a Raas and Garba. There was a range of Bollywood numbers from well-known Bollywood movies including Odhini from Made in China; Morni banke from Baadhai Ho; Nagada Dhol Sang from Goliyon Ki Rasleela Ram-Leela and Subraman from Kai Po Che, just to name a few.

We had a dedicated dance team that practiced tremendously. The dancers included Ayushi, Ashokbhai, Kishan, Meera, Nishi, Nirav, Rajvi, Saloni, Savitaben and Varshista. Our very own Bhavni and Ashish played the roles of the bride and groom.

The audience thoroughly enjoyed the performance and felt as though they were part of a wedding celebration. They were filled with excitement, nostalgia, tearful (when giving the bride away) and laughter.

*~ Meera Shah, dance choreographer*





## START OF A NEW DECADE

1ST JANUARY 2020

The Navkar Mantra Maha Pujan was a special day for the family of Amratben Nathoo Shah as we spent the whole day in the presence of such divine energy and blessings. It was a momentous occasion to partake in this Pujan in the presence of Ba and Bapuji, along with all their family and friends. The Pujan was beautifully organised and there was a sense of delight in waking up on the 1st day of the new decade, dressed in pure clothes and bonding together as a family in seeking to attain peace and tranquillity.

It was a great learning experience for all family members, whilst preparing for the Pujan as for many of the younger generation, it was the first time experiencing such a Pujan.

We would like to thank the elders of our family who gave us the opportunity to partake in this auspicious Pujan.

We spent the last hours before the end of the decade at Oshwal Centre alongside other devoted volunteers arranging the halls, creating the 'mandlu' on the floor by using lentils and coloured rice together with all the other Pujan items.

Jayeshbhai led the Pujan and explained the nine stages of the prayer to everyone. He explained how the Navkar Mantra doesn't address any specific god's or saints. The prayer resonates the qualities, attainments and characteristics of the noble souls who descended on this earth. It is one of the first Jain sutras we learn as children. This Pujan brought back all those teachings and reignited within us what this mantra truly means.

During the Pujan various fruits and mithai were placed in each section of the mandlu, which signified each letter of the sutra whilst a mantra was chanted and were placed from inside moving outwards. We were lucky to have family and friends, who were involved in different parts of the three hour ceremony.

Even for those of us that didn't fully understand all the steps and spiritual teachings, we shared a sense of presence, being in the moment and at peace together. What better way to bring in the new year!

We would like to extend our thanks to everyone who attended the Pujan and helped make it a very memorable day. A special thanks to all the volunteers for helping to set up and prepare for the Pujan, Jayeshbhai for conducting the ceremony, all the musicians and singers for making it lively and entertaining, and to all the dedicated helpers in the kitchen who prepared the delicious food.

It has been an incredibly powerful and inspirational occasion for our family and we cannot forget the main reason of why we took part in the Pujan, our elders and spirituals leaders of our family, Ba and Bapuji.







## Chandrapur Medical Camp December 2019

As the dust starts to settle, the enormity of what was achieved begins to dawn on us.

Between 17th-23rd December in the remote town of Chandrapur, in Maharashtra, within a district infamous for Naxalites, the MZ & KZ Shah Foundation realised a dream to treat 10,000+ patients in a mega medical camp. With an economy primarily dependent on mining, Chandrapur remains severely underdeveloped with limited access to



quality medical facilities, and residents exposed to increased health risks. Excessive tobacco consumption has led to severe dental problems with many of them being at a pre-cancerous stage (9 out of 10 men consume Khara/chewing tobacco). Malnutrition has led to stunted growth and low immunity in children. Back and knee pains are common amongst those working in manual jobs within the farms and cotton fields.

26 volunteers from the UK and a host of volunteers from Mumbai decided Christmas is best served serving others. This may sound egocentric but volunteering in this way is one of the most rewarding acts one can do. The spirit of volunteering and sewa was seen here in its purest form.

The planning started a year ago with our NGO partner Ratna Nidhi Charitable Trust and a cement company, ACC Limited. ACC provided the premises, 8 minibuses to collect patients, snacks and tea, volunteer's accommodation and logistics. Ratna Nidhi provided the prosthetics team, the medical contacts and helped build the vision.

The first day provided us with many teething problems; doctors, queueing, clothing, food and medicine problems to name just a few. However, our team was superb. So superb I wish to give them the kudos they deserve. From age 19 to 78 our team was Mukesh, Ninna, Niyanta, Champa, Hitesh, Pratula, Rasmita, Ansuya, Nirmala, Paras, Parul, Rashmita, Dhruv, Amit, Dina, Lalji, Mahesh, Mahendra, Mahesh, Dhuru, Vipul, Joytika, Kalpana, Priti, Yogesh and myself, Ajay. This team came up with ideas to resolve all issues that were in our hands. From a queuing system with raffle tickets to making the cooks start earlier and to alternate between making samosa and bateta vada and giving the doctors, dentists and optometrists some of the medications at their respective stations so the patients didn't have to then queue again at the pharmacy. Each evening the team would have a debrief to troubleshoot problems and share stories and ideas. There was no hierarchy, and everyone was equal. All ideas were listened to, even Mukesh's, and some implemented.

The team lived and breathed the camp for a week. Each member of the team will have numerous stories to tell and will have an overall feeling of gratitude and thankfulness from the lives they lead and the comforts they have.

At the camp, the villagers were provided with health consultations, cancer treatments, cataract surgeries, spectacles, prosthetic limbs, gynaecology checks, dental extractions, fillings, medicines, back and joint supports, walking sticks, wheelchairs, physiotherapy, clothes, refreshments, etc for FREE OF COST. Several awareness workshops were also held to educate people on mitigating and better managing lifestyle-related problems and high-risk diseases.

To tell you how many lives we've touched,  
It's 10,402!

Gynaecology: 195 ladies screened for pap smears/mammography (awaiting results)

Dental: Over 2000 dental check-ups and over 200 pre-cancerous lesions detected and treated

Pharmacy: Over 6000 prescription checked and medicines given

Prosthetics: Over 900 new limbs given

Ophthalmology: 200+ cataract operations have been scheduled, 400 pairs of spectacles given to school kids, 700+ sunglasses given out

Physiotherapy: 2000+ physiotherapy consultations where we diagnosed common local issues giving out 900+ lumbar belts, collars and knee braces, 3 new cancer cases were detected, 9000+ garments given, 40,000+ cups of tea, 20,000



samosas And thousands of bananas, biscuits, books, pens given.

Some significant cases

Priyanka Maya, a young lady with cerebral palsy came with her parents who were looking for some cream. Her parents were alarmingly unaware of the complexities and details of cerebral palsy and sadly they thought that a cream would heal their daughter's condition. Her story was sad, her mother had lost four babies during childbirth. Her father earns only £60 a month and uses alcohol to relieve stress and for the same reason, her mother eats Khara. Priyanka is uneducated and she doesn't speak but understood everything. She was so small for her age and her parents used to carry her around and this took up most of their time. We gave her a wheelchair for a start, and have applied for an Aadhaar card. Getting registered will ensure she gets onto the correct healthcare systems and some much-needed help. We arranged treatment at a private clinic which has now started and will give Priyanka a hope for better days ahead.

Pramila Kampli has a severe case of cleft palate which her mum had refused to allow the simple operation when she was a child. Priyanka is married but has zero confidence in life and can't talk to her husband. Whenever Pramila drinks water the liquid comes out of her nose, she can't eat properly and has never been able to. A surgery consultation was arranged and treatment is currently underway. It is quite a basic operation that is needed. The follow up team will keep an eye on her as her case progresses.

Ravi Gadamwar had a boil which was previously treated two months back but Ravi continued to eat Khara and the boil has now turned cancerous. In front of everyone, Ravi declared he will stop eating Khara and only then will he likely live more than one year and receive the treatment that he badly needs. Ravi is currently being treated and the team from Mumbai will continue to follow up his case.

These cases highlight how this mega camp was different from other medical camps. We arranged for immediate hospital treatment for many other people and will continue to monitor their progress via local doctors and proactive volunteers.

Astonishingly Khara is cheaper than sweets! Boys and girls as young as 5 are given this harmful tobacco by their parents. Older children get it from their Shooter, the dealer. The general awareness of cancer is starkly lacking and people use Khara to suppress their hunger and avoid tiredness. Life expectancy is lower than 50 for many addicts in this part of Maharashtra. This is a figure similar to war-torn parts of Africa. India is supposed to be developing fast but, in the villages, this is not the case.

A lady whose husband was killed by local gangsters also suffered when she witnessed her son, Vishnu Sant's leg being cut off on the train tracks so that he could beg. They live on these same rail tracks! This is not a Bollywood film this is real life and was all witnessed at the camp. As this is a gang led area, I'm sure these stories are common.

We even helped little 15-year-old Sakshi Gokuldas who was getting eye pain and was struggling in school. All she needed was some spectacles and whilst we take for granted that we can go to the optician and get glasses this is not the case for many school children. Their parents simply can't afford the transport or the treatment

I even had a 60+-year-old farmer touching my feet as a sign of respect as a result of simply receiving a jumper. Such simple things we can all do in our lives even in the UK.

We're looking to improve more and more lives every year and if you're reading this and feel like you'd like to do sewa, keep in touch with us and see you at the next camp. We especially need the volunteering services of medical professionals.

If you would like to donate to this project, please contact one of the team.

Thank you

The UK Volunteer team Questions to - [ajayshah1@gmail.com](mailto:ajayshah1@gmail.com) & [mshah@mpdonline.co.uk](mailto:mshah@mpdonline.co.uk)

Sports and fitness is becoming more popular amongst the Oshwal Community and we are embracing some events which a few years ago one may never have thought of taking part in.

Marathon running (26.2 miles / 42.2 km) is a classic example. The first recorded Oshwals to run the London Marathon were in 1994 (Mrs Chandra Pravin Malde, Mr Vipool Khetshi Shah, Mr Paresh Dodhia and Mr Piyush Zaverchand Gudka). Since then many more have participated in London and other marathons.

Every year there are new participants in the London Marathon, some of whom know each other because they have trained together or through friendship/relationship. Others are “anonymous”, and below is a summary of the number of Oshwal London Marathoners from 2003 to 2018.

Meanwhile, Ms Rupal Ramesh Shah, ex Moshi in Tanzania, living in USA, completed her 10th international marathon on the continent of Antarctica in March 2019, and her 11th international marathon in Sydney Australia in Sept 2019, making her the first Oshwal to have run a marathon in all seven continents in the

## Oshwal London Marathoners: 2003 to 2018

Group / Individuals	Number	Percentage
Piyush Gudka trained (Stanmore-Active Group)	72	29.5%
Piyush Gudka trained (Email / Tel Training)	19	7.8%
Others (Individuals)	153	62.7%
<b>Total</b>	<b>244</b>	<b>100.0%</b>

world.

**Piyush completed his 25th London Marathon (102nd overall) on 28th April 2019 and 106th marathon on 3rd November 2019 – the Istanbul Marathon in Turkey running from Asia to Europe.**

He is an unassuming 63 years old Kenyan born from coastal city of Mombasa, where he was active in sports, swimming and athletics, the latter without the marathons. It was much later in life in London that he took up marathon running. What has generally kept him going is the training, motivation and inspiration he could provide to hundreds of people, young and old from 18 to 67 years old.

On average, Piyush gives 300 – 400 hours (including admin) of his time every year to advise, support and run with different people to help them realise their dreams and raise money at the same time. That is a huge sacrifice, given how busy and demanding modern life is. In total, his group has raised over US\$ 1 million for charities.

To keep his own flame burning, Piyush set up 6 ambitious milestones along the way which were critical for him to explain how he achieved all this:

1. The key strategy was dreaming big. He ran a major marathon in each of the six continents in under 11 months in 1997/1998 (South America, North America, Africa, Australia, Asia, and Europe).
2. The second was pushing the boundaries. Piyush ran two Ultra marathons - the 89km Comrades Marathon in South Africa, and the Laugavegur Ultra Trail Marathon - 55km in Iceland through volcanic ash, rocks, snow, rivers, mud, gravel, fog, rain and sunshine. It is only when you read the fuller details of Piyush's ultra marathons that you understand Art Turock's observation

**There's a difference between interest and commitment. When you're interested in doing something, you do it only when circumstance permit. When you're committed to something you accept no excuse, only results**

3. The third was accessing with his spiritual roots and connecting his mind with his body. In fact he competed the 2011 London marathon as iconic role model Mahatma Gandhi in every detail including costume, except running shoes and mobile phone.

4. The fourth came courtesy of a challenge posed to him of completing 60/60 – Piyush completed sixty marathons on his 60th birthday in 2016!

5. It was then that the fifth “think really big” strategy got into his system and things went into overdrive. Piyush’s 61st marathon to the 101st marathon (40 marathons) He completed this in early March 2019 when he competed in Tokyo.

Piyush summarises these angles as follows and the magic and power of his message is that these key principles are not marathon specific. They apply to any endeavor you undertake at any juncture in your life:

1. You have to enjoy what you’re doing, be committed to your goal and crucially have sufficient time to fulfil your realistic goal.
2. There will be ups and downs along the way and plenty of lessons to learn.
3. Everyone’s abilities are different and one should never compare oneself with another.
4. Be inspired and do the best according to your ability and circumstances.

Final word from the Centurion: “Marathon is a race where all are equal at the start line, but one can end up becoming a hero at the finish line ! But seriously, all are winners !”



Piyush's 6 Stars World Marathon Majors Medal



Piyush Gudka – ACE charity Ambassador for the Tokyo Marathon 2020

## CONGRATULATIONS TO PIYUSH GUDKA FOR YOUR GOOD WORK AND EXCELLENT ACHIEVEMENTS

## Sigma Pharmaceuticals plc donation to Medaid UK for Northern Uganda

Watford based Sigma Pharmaceuticals plc have just donated 52 pallets of stock in a 40ft container of daily living aids, destined to a Ugandan Hospital, based in a town called Lira, which is about a 212 mile drive from Kampala, the capital city of Uganda. Sigma's generous gesture is in response to an appeal put forth by the charitable organisation

Medaid United Kingdom, UK Registered Charity. Conservative MP for Watford, Dean Russell, was a helper at Sigma's warehouse helping load up the massive container. Dean said, "It was an honour to be invited to help with the loading up of these essential mobility goods. The medical supplies have been donated free of charge by Sigma Pharmaceuticals plc, the UK's leading Independent pharmaceutical wholesaler based in Watford. It's heart-warming to see such excellent humanitarian work taking place in Watford."

OAUk appreciates the hard work by Sigma team, helpers from Shishukunj and Mr Kirti Shah from Oshwal Association of the UK all gave up their weekend to make this happen, including two of the joint Chairmen and a Director of Sigma, who were present to oversee the huge operation.



## Liberal Democrat leader Jo Swinson MP visits Sigma Pharmaceuticals plc



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## Profile of the author and more about the book

Ramnik (RKD) Shah was born in 1941 in Mombasa, the youngest child of Paniben and Khimji Devji (Sumaria) Shah (ex-Khirasara) who had migrated to Kenya in 1917. After his schooling he came over to England for further education and qualified as a Barrister in 1962. He finally returned to Kenya on 11 December 1963, on the exact eve of independence. His personal account of that exciting homecoming appears in Robin Neillands' *A Fighting Retreat: The British Empire 1947-97* (ISBN 0 340 635207) at p 4/5. He was among the last of his generation to go back to Kenya after studies in the UK; most of those who came later simply stayed on here.

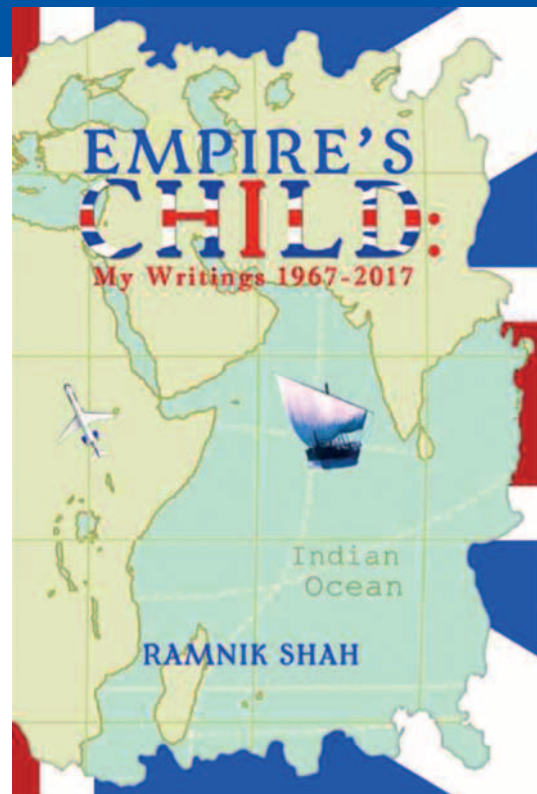
Ramnikbhai then practised as an advocate in Nairobi from 1964 to 1974. This was a period of enormous change and challenges in Kenya and he is proud to have witnessed and been part of all that was happening then. He was a regular contributor to the op-ed pages of the local newspapers, and reports of court cases he was involved in also enhanced his media profile. He played a leading role in the fight against the 1968 legislation barring the free entry of British Asians into the UK, both in Kenya and subsequently in Britain. In the wake of the 'exodus' crisis, he was appointed Acting Secretary of the Kenya Indian Congress. He was also elected to the Council of the Law Society of Kenya, of which he was later to become Vice-Chairman. He represented Kenya at the 4th Commonwealth Law Conference in New Delhi in January 1971, where he openly criticised the British government for the racially discriminatory nature of the 1968 Commonwealth Immigrants Act. Towards the end of 1974, Ramnikbhai (together with his wife and their young son) left Kenya to settle permanently in Britain. In 1975 he was enrolled as a Solicitor (the first Oshwal to be so admitted) and practised as such at Mitcham in south London for the next 30 years until retirement. Since then he has been engaged in academic research and writing, travel and other pursuits.

Ramnikbhai became active on the Oshwal front in the 1980s and '90s. He was elected as an OAUK Trustee sometime in 1984/5 but resigned after a short spell. He was also an integral member of the Oshwal Accountants Group and participated in many of its activities. During those years, he also used to appear frequently on the BBC Question Time programme as a member of the audience who put and debated questions from the floor, and likewise on its sister programme 'Any Answers' on Radio 4 (at a time when Asian presence on such forums was rare) on matters of domestic and international policy and public issues generally. His letters in *The Times* and other British national and local (and previously Kenyan) papers, over the last six decades, are a veritable record of his views on all manner of topics.

The broad range of Ramnikbhai's work and interests can be glimpsed from this book. As described in the publishers' synopsis, it is a selective compilation of articles, magazine columns, book and film reviews, blogposts, travelogues and academic papers from a variety of historical, legal and cultural perspectives on our lived experience of the postcolonial movement into Britain of the East African Asians. The book is divided into ten parts, each with a number of chapters, pointing to their varied subject matter ('The History', 'The Law', 'The Culture' etc.), with a detailed list of contents.

The opening chapter, 'The Nationality Factor in the Migration of Indians to East Africa and Beyond', should be read by everyone. It will serve as a valuable point of reference to Oshwals who may be interested to know (and/or explain to their friends, colleagues and others) that what lay at the root of our migration from India to East Africa and from there to the UK was the British Empire connection.

The colourful graphics on the front cover of the book are a striking illustration of the Empire motif – the interconnectedness between India, East Africa and the UK. This is also neatly captured in Chapter 6 of Part One: 'They came in Dhows and Left in Jets'. Other chapters deal with different aspects of our story – settlement and betterment, struggles with the colonial establishment, the politics of independence, uprooting and dispersal and so on.





In the first chapter under Part Two, 'The Law', we learn more about the 1968 'exodus' and the part Ramnikbhai played in the fight against the 1968 Act, both at the time of its passing and over the next 34 years until that wrong was 'righted' in 2002.

As regards Part Three, all the books reviewed have an African or a diaspora related theme and Ramnikbhai hopes that these will stimulate an interest in contemporary English literature, outside of the specialist areas of professional concern to most Oshwals. As for films, he says that if you have

seen any of them, the reviews will refresh your memory and add new insights; if not, you may want to see some of them!

Individual chapters in other parts of the book have their own focus. The one on 'Barack Obama: An Accidental Mwananchi' should be of general interest - an accidental 'citizen' of where? Another, 'The Imperial Capital 1910 to 2010', is about London over a hundred year period, with an imposing miniaturised photo of A M Jeevanjee (of Nairobi's Jeevanjee Gardens fame) addressing a gathering of Victorian society's metropolitan elite at a luncheon hosted by him at a leading hotel in, yes, 1910!

Then there is a piece about Wangari Maathai in London in 2007 and another on Pandit Nehru's first tv interview in 1953. But the one that will appeal to the younger folk is, wait for it, on 'FRIENDS', the American sit-com series, of which Ramnikbhai is a fan!

Other examples are an academic study of Gandhi and Jinnah and another on V S Naipaul and Paul Theroux's writings about India; a sub-chapter on Muslim related topics and Travelogues on Cuba, India and the Americas. There is lots more, and in overall terms the message of the book is that we have come a long way from the land of our ancestors.

The softcover paperback has a nice feel, in appearance, size, colour and print. There is also an e-book edition, and both are available via the publishers' website or through Amazon, WH Smith, Waterstones and other major outlets at a modest price.

## HEALTH WELFARE & ENABLING NETWORK PORTFOLIO Report

One of the highlights is the OAUk Funding arrangement with NHSBT for Organ Donation Awareness Campaign and the UK Law Change affecting Donors in 2020. OAUk project (Title Save Lives - Pass it ON ) campaign will complete in March 2021. Many Black and Ethnic Minorities (BAME) organisations are party to this and have won funding from NHSBT for this programme. Generally speaking Organ Donation awareness amongst minorities is relatively low and so is the number of registered donors. Many recipients have therefore a long wait for a suitable transplant to improve their life. UK government have therefore agreed to bring in a new law (Spring 2020) to change the donor registration. In effect, Donor registration from OPT IN will change to Donor registration OPT OUT to improve potential donor pool. OAUk has held and will continue to hold stalls at key events to highlight Donor issues. Please make every effort to visit and register to become a donor.



OAUk have agreed a Policy Statement (May 2019) for Carers accompanying Oshwal Members with disabilities to OAUk organised ticketed events. This means that one accompanying carer is admitted without a fee.

Enabling Network (EN) has been active for the last 9 years and will be celebrating 10th Anniversary this year. To commemorate this, a special event is being planned in the Autumn at Oshwal Centre. Please look out for further details. ESSC sessions (Social & Sports Sessions) are now held at Ekta Centre and Preston Manor High School. Oshwal members with disabilities are encouraged to join in. I would like to thank EN Committee for their dedicated support.

Jai Oshwal  
EC Portfolio Chair Ashwin J Shah  
en@oshwal.org



To commemorate the 150th birth anniversary of Mahatma Gandhi over 250 members of the Jain and Interfaith community gathered at Kenton Recreation Ground on Saturday 16th November to plant an incredible 1000 trees to create the “Ahimsa Peace Forest”. The event was attended by Deputy High Commissioner of India in UK, Mr Charanjeet Singh and the Mayor of Harrow, Councillor Nitin Parekh.





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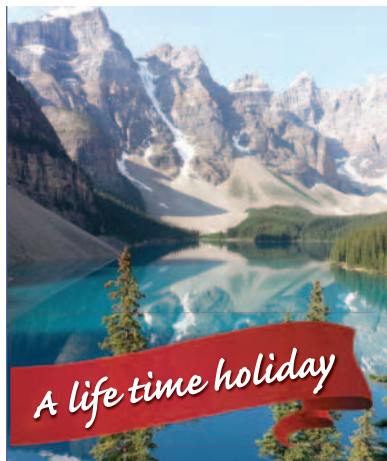
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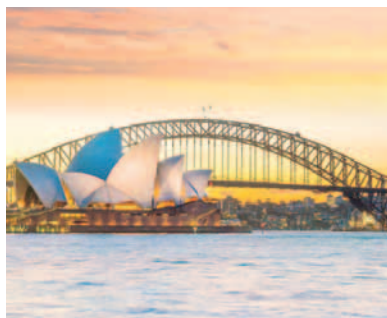
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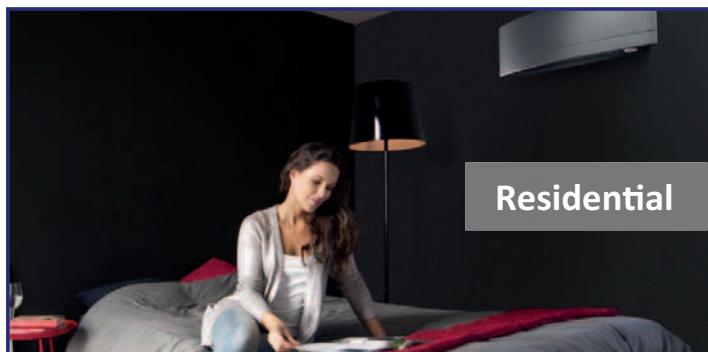
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# West Area



Jai Jinendra and Pranam,

Happy New year and welcome to a new decade of Oshwal community. I hope this magazine finds you in good health. By the time you read this message we will already be a few months into the new year, the weather will be getting brighter and warmer. It is an important year for all Oshwals as it is ELECTION year and we are hoping to see as many members as possible to our local election and help pick a new committee for the next two years. This is a great opportunity to get involved and contribute your time and talent to our community. Just remember to put the date in your Diary Saturday 21st March 2020, to welcome the new committee in. I take this opportunity to say thank-you to all committee members who have

dedicated the last 2 years in the running of the Oshwal west area, they have done an amazing job (each and every one of them).

The committee and I would like to thank all the members and volunteers for the continued support, suggestions, help and enthusiasm these past 2 years (we could not have done it without you). I would also like to thank all EC members for their continued support in the area.

Jai Oshwal,  
**Shejal Shah**

## DERASAR DWAR AND GARBHA GRAHA OPENING DAY – 15TH MARCH 2020

A coach is being organised to Oshwal Centre for the above ceremony. We kindly request that you book your place now as spaces are limited. Please note a waiting list may operate if we receive more names than places available. Any enquiries or to register your names please contact Keshubhai on 07735 382657 (between 3.00pm and 9.00pm).

## FUSION 2019 FOR YOUNG OSHWALS

Fusion2019 was held on 26th October at Oshwal Shakti Centre. Our youth Subcommittee came up with this brilliant idea through requests from our members on celebrating both Diwali and Halloween together. One is our heritage, and the other is the culture our kids grow up in day to day. This year the event was opened up to non-member children for a small fee as we felt this was a great step towards being as inclusive as possible, and we will try to continue opening up all events going forward.

The amazing fusion costumes from half witches with Indian CHANYA (Skirt) to pumpkins with Indian Kotis (waistcoats) were impressive. The children got to make Diwali Rangolis, and decorate their own clay diva (candle) holders,



for which they were given tee-lights to take home. The subcommittee designed some great Halloween based games such as Bucket Toss (getting the sweets in to buckets of different points) and Musical Monsters (a fun variation on musical chairs).

The afternoon ended with a mouth-watering meal of Puri, Bateta shaak and Kheer. We would like to thank the subcommittee and the volunteers for everything from organisation to food prep, decorations and clean-up. In addition, we would like to thank all the children and their parents for making our events successful with your overwhelming kindness and support. Last but not least we would like to thank everyone who donated to the event, from the prizes, the clay holders, the food, monetary amounts and especially to TRUPTIBEN for her amazing mehndi skills.

None of this would be possible without the 120 scheme donors: <https://www.oshwal.org.uk/wp-content/uploads/2016/02/OAUK-120-Donation-Form-2016.pdf>. Hope you all had as much fun as we did!

### FESTIVAL NIGHT AT SHAKTI

Over 80 music lovers gathered at Shakti Centre for the long awaited and sell out Festival Night incorporating Diwali and Christmas celebrations combo (2 for the price of 1!) featuring live music with dinner.

The day started with our team of volunteers preparing the food and decorating the tables for the evening. These sort of programmes are always very popular and not only did we have members from our local area but also from other areas.

The scrumptious meal was followed by musical entertainment provided by Sur Aangan Orchestra who sang the melodies of past decades with some current filmi hits together with a few "requests" from the revellers. From the very first song the ravers were on the dance floor and also joined in with the singing and clapping. The band also threw in some Garba songs and we played some traditional garbas as well.

There was a refreshment break midway through the evening for some masala chai. Not to be outdone by the Diwali menu which boasted sweet Gulab Jamuns, the Christmas offering was home-made Mince Pies kindly donated by Induben which went down a treat with the masala chai. Thank you Induben.

The second musical session then got underway with even more singing and dancing.

At the finale the band played/sang a medley of Hindi songs to bring an unforgettable evening to a close with all guests joining hands and dancing in a circle.

All who attended enjoyed the programme and agreed that it was a fantastic evening. A huge thank you to all the volunteers for making the evening a success. Special thanks to Pragnaben for the floating candles and table decorations, Pritiben J and Minaben for the Rangoli display and last but not least, thanks to the few gents for the washing up at the end!

If you would like to be part of any future events, you know the drill – buy/reserve your place straightaway to avoid any disappointment.

For a selection of the photos of the event check the website.



## GUJARATI SCHOOL – End of Term 1 2019 Show and Party

West Area Gujarati School held our end of term party on Friday 20th December.

The evening started with all the children reciting the Navkar Mantra. Next, our little ones from the beginner class performed a cute dance and showcased their verbal and listening skills for our audience which was made up of current parents as well as all other parents of under 12s in the area. Everyone was so impressed to see all the new words and numbers that the children had learnt in just the first 12 weeks.

We then moved on to our second class of older students who also performed a beautifully choreographed dance by the students. This was followed by a short play where children of both classes were speaking in Gujarati and interacting with each other. The audience was captured by the talent and enjoyed the skit.

The evening ended with a delicious meal of Pav Bhaji which was kindly prepared by our volunteers! We would like to thank all the donors of the food for the event as well as those who donated towards the book bags and colouring pencils for the children. The whole evening was enjoyed by all those who attended.



The above show was only possible after the success of our Open Day held in November 2019 showcasing our new and improved Gujarati School which resulted in 7 additional new students (and counting) enrolling since then bringing the total to 17 for this academic year.

As always we do not want to stop here, so do encourage your children/grand children to enroll if not done so already!

Please contact Maheshbhai on email: [mahesh.v.shah@oshwal.org](mailto:mahesh.v.shah@oshwal.org) for further details.

## Health Awareness Seminar

Background: On 14th September 2019 Oshwal West Area held a Health Awareness Seminar at Oshwal Shakti Centre. This was a historical event for Oshwals in UK! Why? Because for the first time in Oshwal history, a Healthy, Tasty, Jain, Vegan, Raw and Gluten-free dinner with fresh fruits, vegetables and other wholesome ingredients was served.

We had an early morning start to the day with volunteers preparing fresh food. One of the side benefits of the raw food was that the washing up only took a few minutes as there was no grease in the pots.

Learning: We learnt from the Lecture that our body is a natural object and nature can cure us and keep us healthy.





The 4 steps we need to become healthy are:-

1. Fast for a 16 hour period daily \*
2. Break the fast with a green juice (fibre filtered out)
3. When hungry, eat raw vegan food \*\*
4. Take enema

\* Fasting can be achieved in 1 of 2 ways: No food or drink for 6-8 hours after waking up. Alternatively, aim to achieve a 16-hour period daily when no food or water is taken. For example, finish by 4pm, resume at 8am the next morning.

\*\* Remember that hungerless-eating and over-eating are harmful.

It usually takes three months of following these 4 steps strictly to cleanse yourself of toxins. Stubborn issues like skin or blood may take longer. The process can be intensified by replacing step 3 with just vegetable juice (fibre to be filtered out). During this process, sometimes a “healing crisis” can occur such as diarrhoea, headache, temperature, vomiting, etc.. This is a sign that the body is now eliminating toxins.

Testimonials: Afterwards came testimonials by a number of people who have cured themselves without conventional medicines.

1. A 70 year old explained how she cured herself of high blood pressure, knee problems and diabetes. As a bonus, lost quite a bit of weight!
2. A 57 year old explained how she cured herself of severe arthritis which she had suffered from the age of 21. Now she is able to play hockey with people in their 20's!
3. A 10 year old described how she used to constantly suffered from colds and coughs. Her parents put her on this diet and all the problems simply disappeared!

Demonstration & food: Afterwards a demonstration of how to make some recipes was conducted. This made everyone's mouth water and prepared them for the meal.

Finally, people started to enjoy the Tasty, Healthy, Jain, Raw, Vegan and Gluten-Free dinner prepared by our volunteers earlier in the day. Dishes served were Stuffed Tomato, Petis, Raw Mung Dal Shaak, Vegetable Bhel, Sweet Red Chutney, Hot Green Chutney and Double-Melon Fruit Salad with Home Made Nut & Seed Milk.

There was a great demand for the recipes of the food served on the day. These and many more recipes are now available at:-

1. [AtmaDharma.org/jainVeganRecipes.html](http://AtmaDharma.org/jainVeganRecipes.html)
2. [AtmaDharma.com/jainVeganRecipes.html](http://AtmaDharma.com/jainVeganRecipes.html)

Finally: Our heartfelt thanks goes to each and every volunteer. Also, we would like to thank the volunteers for putting the recipes on the AtmaDharma website for people to enjoy.

Take-away: To start your journey to health, select a recipe from the links above and make it today. Then repeat daily and watch how your health changes. Just implement some of these recipes into your weekly routine and you will have a tasty way of getting to a healthier diet.

## Annual Sports Day 2019

As always, West Area took part in the Annual Oshwal Sports Competition which just ran for its 36th year!

The events highlights included our very own Jesal Atul Shah winning the coveted sports lady of the year trophy, the ladies winning netball comfortably and several strong performers coming back with golds in swimming!

Our U12s showed good spirit and teamwork to keep fighting and competing despite being significantly younger and smaller than all the other u12 teams. We also had several members of West Area playing for the first time this year including Tia Haria and Deep Shah.

Overall, everyone who played showed great team spirit as well as enthusiasm and we would like to thank you all for making West Area proud! A special thank you to our Team Captain, Kyle Shah. If you would like to play this year, or join the West Area Sunday club which runs from 9am to 11am at Lampton School in Hounslow, please contact a member of the committee.

## 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 (Jan-Dec): Members: £65 per person or Per session: £8.50 per person.

Non-members £80 per person or Per session: £12 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 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: Shejalben – 07825 371 875

Friday Night Card Games – Play your cards right.

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

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

Contact: Dhirubhai N 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: Dilan on 07889 892318.

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# Northampton Area



Jai Jinendra

Happy New Year to you all. Me and my committee members wish you a very prosperous one with lots of abundance and lots of blessings. We start our new year events first with “Whist Drive” on 18 January 2020. I am sure all of you have had detailed email regarding this event. Please let Ushaben know if you wish to take part in this competition. Please observe the deadline. A light meal will be provided.

## Annual General Election- 21st March 2019.

This year is the election of Committee Members. Please come and support Northamptonshire Area, nominate oshwal members whom you would like to be in the Committee for the next term or if you wish to be part of the Committee please come forward. We need new members with different ideas. Encourage your children – a way to look forward to a future – creating a belonging feeling to a community.

As always here follows the reports of the events which took place in the last part of 2019 by our Northamptonshire Media Team.

Bhikhalal Velji Bid – The Chairman.

## Navkaar Kare Bhav Paar-17 November 2019

Oshwal Association of UK Northamptonshire Area hosted the above programme at Oshwal Centre. A warm welcome was given by Hansaben Jayantilal Shah to all who attended. This programme was conducted by Pujya Shree Jayeshbhai. It was started off with Navkaar Mantra Dhun followed by reciting Namaskar Maha Mantra twelve times by everybody present.

Namo Arihantanam  
Namo Siddhanam  
Namo Ayariyanam  
Namo Uvajjhayanam  
Namo Loe Savva sahoonam  
(Pada - 5, guru -3, laghu - 32, total alphabets – 35)  
Aeso Pancha Namukkaro,  
Savva Pavappanasano.  
Manglalanam cha Savvesim  
Padhamam Havai Mangalam  
(Pada - 5, guru -3, laghu - 32, total alphabets – 35)

The five worships below are destroyer of all sins and this is the first beneficent among all benefactions

1. I bow to the Arihantas (with body), the omniscient (knowing everything).
2. I bow to the Siddhas, the bodiless liberated souls.
3. I bow to the Acharyas, the heads of the four – fold order.
4. I bow to the Upadhyays who are next to the head.
5. I bow to all the Saints in the universe.

We call the above as the Namaskar Mantra because all Jains bow to all the padas mentioned above with mind, body and speech and honour it highly. The Mantra has two Lords: - Arihantas and Siddhas, three Gurus: - Acharya, Upadhyaya and Sadhu. These five collectively known as the five excellent Souls make up of five padas.

Arihant Pad –First post in Navpad- a person who is purest soul in the universal with a physical body. No anger, greed, hatred, ego and deceitfulness would be present in this soul.

Siddha Pad – Second Post in Navpad - Liberated Soul. He is the purest soul in the universe without a physical body. One becomes Siddha after attaining salvation.



Acharya Pad -Third post in Navpad. Acharya is the successor of Arihant and leader of the four-fold Sangh established by the Arihant.

Upadhyaya Pad - Fourth post in Navpad. He preaches monks and nuns.

Saadhu Pad - Fifth post in Navpad. He would practice 5 vows – abstaining completely from violence, lie, stealing, sexual conducts and possessions of earthly things.

More details descriptions, found on this link: <https://www.oshwal.org.uk/what-is-ayambil/>

Paying heartiest obeisance to these five great Souls helps the devotee annihilates all his sins and is highly benevolent to the Soul. It bestows physical and spiritual gains. Navkar Mantra is relevant not only to the Jains but to each and everyone who wants to get rid of the wheel of worldly existence and attain liberation as the ultimate aim of every Soul is 'Moksha'.

Devotees from all 9 areas, satsang mandalas were called in turns for Naived, Fal and Vaakshep rituals. Whilst this ceremony was being conducted, Jayeshbhai explained the importance of the 5 Pads (Arihant, Siddha, Acharya, Upadhyaya and Saadhu) and Navkaar Mantra. Melodious Bhav geet were sung by Jayeshbhai, Vivakbhai, Inaben, Pushpaben, Shobhaben, Shobhaben, Shardaben. Thank you to Manishbhai for playing the keyboard, Kenil for controlling the sound system and most importantly Dilipbhai Mohanlal for ensuring all lyrics were displayed on the TV screens in a timely manner.

Uchavni for Aarti, Mangal Divo and Haar for Navkaar Pad was commenced by Jayeshbhai.

Thal and Haar ceremony was performed by Ranjanben, Jayaben, Hansaben Laxmichand, Ashok Tejshi, Pushpaben.

Navkaar Mantra Aarti was performed by Prafula Shah, Kasturben Somchand Shah in memory of late Somchand Meghji Shah

Mangal Divo was performed by Rashmikant Mohanlal Khimasia and family in memory of Late Mohanlal Shah

A tribute to Pujya Gachchapati Gurudevshri Jaygoshurishvarji Maharaj –Smaranjali was also conducted by Jayeshbhai.

We were very privileged to have the opportunity to do bahuman of Manoramaben Anilbkumar Malde, as with blessings of god, she celebrated her 75th Vardaman tap Ayambil holi.

Sangh Poojan ceremony by Northamptonshire Area took place in unity hall as all the devotees, ravenously hungry, queued up for a piping hot delicious lunch.

Preparations for this event started early in the early. The area is very thankful to Pujya Shree Jayeshbhai, Pushpaben Jayantilal and team for all preparations for setting all the stands etc on the stage, Sobhagbhai for putting up the backdrop and to all the musicians. A big thank you to Hansaben, Jaiwantiben and team for providing catering services. The area is also thankful to Anilbhai and Rasikbhai to oversee all duties in the kitchen area which ran very smoothly. We also convey thanks to all the volunteers from all areas who helped with setting up tables, chairs and clearing up after the event.

Thank you to Ushaben and Hansaben, our religious portfolio holders, for organising such a successful event. All the attendees must have derived a very educational spiritual experience.

## Diwali Party 20th October 2019

On Sunday 20th October 2019 Northamptonshire area hosted Diwali Party at Highfield Centre Wellingborough from 3:00 pm onwards. It was a lovely dry, yet cold, October afternoon and we had over a 100 people who attended.

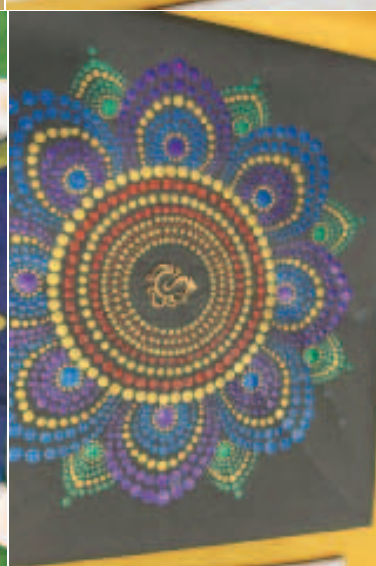
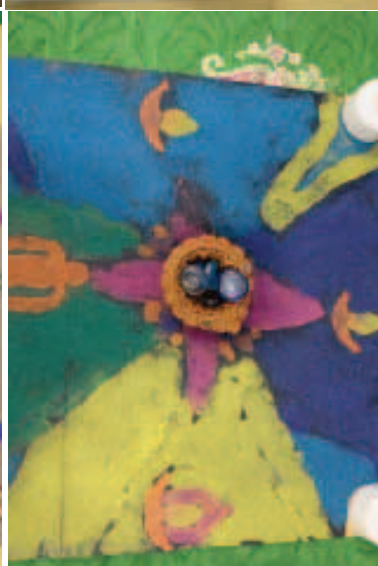
We had a display of 12 rangolis and some cards done by our young members. This was the perfect opportunity to showcase some amazing talent our children have. Ramaben Rameshbhai also has an art and craft hobby and she brought some Diwali cards to be displayed.

We started off the programme with Navkar Mantra and a two-minute silence for those who are ill and those who have departed us. Thereafter hot meal was served. We had made Mohanthal, Channa Bhatara, Salad, Biryani, Raita and Chaas.

After the meal we left some time for the members to mix and mingle. Then we had music for raas garba. Tea was served and the evening ended at 7:00 pm.

The meal was very kindly sponsored by Sandhyaben and Pareshbhai. The committee would like to thank all the volunteers who came in early in the morning to help prepare the food – without their support these kinds of events would not be possible. The committee would also like to thank all volunteers who helped during the event.

Report by Mona Rupen Shah



બાર્બેક્યુ- ૨૮ જુલાઈ ૨૦૧૯

નરેશભાઈ વિરાણીએ ૨૮ જુલાઈના દિવસે તેમના નિવાસ સ્થાને આપણને બાર્બેક્યુ કરવાનું પ્રેમસભર આમંત્રણ આપ્યું. લગભગ આખો દિવસ વરસાદ પડતો રહ્યો, પણ એને લીધે તે દિવસની મજા માણવાનું પડતું થોડું મૂકાય? છેલ્લી ઘળીએ અમે કાળજીપૂર્વક કરેલી ગોઠવણને પડતી મૂકી બાર્બેક્યુની સગડીઓને ગેરેજમાં ખસેડી. તેમના સુંદર બગીચાની મૂકી મહેમાનોનો મેળાવડો તેમના ઘરની અંદર ગોઠવાયો.

ભોજનની શરૂઆતમાં અમે શેકેલી મકાઈ, ચિલ્લીપનીર , શક્કરિયાંની ચીરો, અને પછી સગડી પર શેકેલા પીઝ્ઝા અને દાણાંનું કચુંબર અને આખરમાં અમે સૌને તરબૂચ અને ફાલુદાની મિજબાની કરાવી. વરસાદ હતો, તો પણ, બધાંએ ખૂબ આનંદ માણ્યો અને દિવસભર મજા કરી.

નરેશભાઈને તેમની મહેમાનગીરીનબદલ અંતઃકરણપૂર્વ આભાર, તેમ જ, જે લોકોએ અમને રસોઈકામમાં અને સફાઈ કરવામાં મદદ કરી હતી તે સૌનો પણ ખૂબ ખૂબ આભાર.

મોના રુપેન શનો હેવાલ

વોટરસાઈડ કેમ્પસની સહેલ – યુનિવર્સિટી ઓફ નોર્થએમ્પટન ૧૩ જુલાઈ ૨૦૧૯

૧૩ જુલાઈ શનિવારના હૂંફાળા તડકામાં અમારા ૩૦ જણની ટોળી ને નોર્થએમ્પટન યુનિવર્સિટીની અત્યંત આધુનિક, આકર્ષક અને નુતન વોટરસાઈડ કેમ્પસની, અમારા માટે જ ગોઠવેલી, સહેલ કરવાનો એક અનિવાર્ય મોકો મળ્યો હતો.

આ કેમ્પસનો વિસ્તાર નેન [Nene] નદીના કિનારે હતો, જેમાં જર્જરિત મકાનોમાં નોર્થએમ્પટનનું જૂનું પાવર સ્ટેશન અને એક વિક્ટોરિયન ‘રેલ શેડ’ [rail shed] પણ હતાં. વાતાવરણ અને હવામાન એકદમ શાંત અને નિર્મળ હતાં. ચાલતા ચાલતાં વચ્ચે વચ્ચે નાનકડા બાગ અને કેડીયો હતાં.

સહેલ દરમિયાન અમને ઘણાં મકાનો બતાડવામાં આવ્યા કેમકે તે દિવસ યુનિવર્સિટીનો ‘ઓપન ડે’ હતો એટલે બધાં મકાનો ખુલ્લા હતાં. બધાંને ગમ્યું હોય તે મકાન હતું ‘મેડીકલ બ્લોક’ જેમાં નર્સિંગ તેમ જ સુવાવડ માટેના ઓરડાઓમાં મનુષ્યના કદનાં પૂતળાં હતાં જીવંત શરિર જેવાં જ દેખાતાં હતાં અને હાલતાં પણ હતાં. ત્યાં પડેલું નાનકડું શિશુ પૂતળું અમુક બહેનોને બહુ વહાલું લાગ્યું. પારાચિકીત્સિક [paramedics] ઓરડામાં એક એમ્બ્યુલન્સ મુકેલું હતું, જેમાં દાકતરીનો અભ્યાસ કરતાં શિષ્યો તે કેવી રીતે કામ કરે છે તેનો જાત અનુભવ લઈ શકે.

મોના રુપેન શનો હેવાલ

## Diwali Party

Christmas came with a bang for Northamptonshire annual Christmas party held on Saturday 14th December 2019. The event was well attended with about 50 members and including a few children. Many members were in festive clothing with Christmas songs playing in the background and even a small Christmas tree was put up. We also decorated part of the hall with some tinsel etc to make the event look more festive.

The evening was packed with some exciting games and activities. We started off by warming up to some exercises, super brain yoga under Gitaben's guidance and laughing yoga under Pravinbhai's guidance.

Light refreshments comprising of Paav Bhaji, onion kachumbar, sandwiches (for the kids), nut mix, tortilla crisps, and various dips were served.

We played the ever popular "poo the potato" game which filled the hall with a lot of laughter, however by the end of the game we had some very bruised and battered potatoes left. Thereafter we played pass the parcel game and some very interesting and entertaining scenarios were enacted as forfeits.

Jivrajbhai shared some jokes with us.

Before the end of the evening we celebrated three birthdays with an eggless cake and a vegan cake.

Finally, the committee would like to thank all the volunteers who helped to set up the event and clean up afterwards.

**By Mona Rupen Shah**





## Whist Drive 18th Jan 2020

Thank you to all 32 participants for taking part in this competition. We started the competition promptly as envisaged as everybody was eager to play this game. Northamptonshire Area held "Whist Competition" after 2 years. The competition went smoothly.

After the finish of the game we had Hansaben's Kanki with special masalo for refreshments., followed by tea and biscuits accompanied with chocolates.

The winners were announced as follows:

The Overall Winners of the game:

1st Prize – Ansuiyaben Shah - Image No 1.

2nd Prize – Rashmitaben Shah - Image No. 2

Ladies 1st Prize – Ansuiyaben Shah – Image No 3

Ladies 2nd Prize - Rashmitaben Shah – Image No 4

Gents 1st Prize – Dilipbhai Shah – Image No 5

Gents 2nd Prize – Manulaben Shah – Image No 6

Knockout Winners – Rajandrabhai Shah and Subhashbahi Shah – Image No 7

Knockout Runners Up – Mayurbhai Shah and Manjulaben Shah – Image No 8

The Northamptonshire Area conveys gratitude and thanks to all the volunteers who helped with this event.

Report by Gita Shah

Media and Communications



Ansuiyaben Shah



Rashmitaben Shah





Dilip Shah



Manulaben Shah



Rajandrabhai Shah and Subhashbahi Shah



Mayurbhai Shah and Manjulaben Shah

# South Area



Pranam,

Happy New Year to you all!

There has been a lot of work going on in the background over the Autumn and Winter months since planning permission was granted back in Sep 2019 to allow the premises at Windmill Rd to be used as a Community Centre with 'D1' Classification. The Property committee carried out a consultation with all the various sub-committees of the South Area to find out their needs from the new centre, all the items have been captured into a master list which will be used during the design and fit out of the new centre to ensure that the facilities cater for the needs of our activities. The committee has also agreed to name the new centre 'Oshwal Shanti Centre'.

The appointed architects have been working in the background, carrying out many site surveys required to compile the tender documents. These were completed and sent out to several contractors inviting them to submit tenders. As of the middle of February we have received back the tenders and are in the process of reviewing the details. We aim to have appointed the contractors to carry out the works by the middle of March and will work with them to agree a start date as soon as possible. The work is anticipated to take between 9 – 12 months.

Whilst the Oshwal Shanti Centre is being refurbished we will continue to utilise Oshwal House, 1 Campbell Rd for our Ghar Derasar and smaller regular activities, the lease has been extended for a further 18 months until Jul 2021. Harris Academy Purley will continue to be used for Gujarati School, Sports & Social and Bridge clubs. We are considering options for Paryushan this year and will notify everyone in due course.

Our South Area AGM is taking place on 22nd March 2020 at Harris Academy, Purley, you will all be receiving notices shortly. This year is an election year and we would welcome some new younger members to join the committee and bring some new and fresh ideas for activities in the next 2 years.

South Area Vice Chairman and Chair of PMC

Rajesh S Shah



At the time of writing this, we have endured 2 storms and lengthy periods of rain and wind. I hope that by the time you are reading this spring is upon us and the weather has settled, allowing us to finally get time to get started on the garden, clearing out weeds and planting some seeds ready for harvest in the summer or sometime in the future.

On the note of planting seeds, I wonder if past leaders of our community thought about what would become of the tremendous effort and energy, they gave in putting Oshwal South firmly on the map when purchasing the Mahajanwadi in 1982. Their efforts, together with the support of the South Oshwal community who supported them financially or otherwise, allowed us to be in the position we are today. We now look forward to a brand-new centre with state of the art facilities to serve our community for many more years to come.

Sadly, many of these individuals are no longer with us. Recently we lost one of the greats of the South Area community, Jayantilal Ranmal Shah, known to all as JR. JR was one of the founding members of Oshwal committee in 1968 and in 1973 the first South area committee was formed, with JR as the secretary at the time (pictured below, third from left). He held the post of chairman five times and vice chairman and secretary on numerous terms in the area. JR was always involved in the Oshwal community in the south - I remember him helping during weddings and always being in the kitchen, as well as visiting members to raise funds for the community. He visited our house in the late 1980s with a view to encouraging me to donate £120pa, that scheme still runs with many members contributing regularly. He will be missed.

When you receive this edition of Oshwal News, work on our new centre will be underway. We aim to have completed the work by the end of the year. Building our new centre requires a huge amount of effort, with people giving up their time to ensure our community has a centre that the whole of Oshwal can be proud of. This is a major project for our community, as a whole, and we welcome donations towards the project large and small.

Please get in touch with us to find out more on how you can help. We will keep you updated of the progress on the building via E shots and WhatsApp messages.

Over the last three years, as a committee, we have strived to deliver many activities and events and are proud to say all of these have been well received and continue to be in demand.

Monthly luncheon club goes from strength to strength with members from all walks of life coming to enjoy a nice hot meal and socialise. We want to make this activity more frequent and ask for volunteers to come forward and help.

Wellbeing Events held last year went extremely well, with a variety in the offerings we provided, from sewing workshops to arts and crafts evenings





These were held to encourage our members to take up a new challenge or pick up a forgotten skill, whilst having fun, which also helps with mental wellbeing in particular. These sessions proved to be very successful and we would like to bring you more of these sessions in the coming year. We would like to make a request for people to come forward and share a skill they have. All our sessions in 2019 were run by people just like you - those who love to be creative, whether in arts, crafts, cooking or anything else.

Other activities such as Ramat Gamat, Friday Morning Yoga, and the new exercises for men plus much more...



**Please contact Maiuri on 07738385175 if you would like to get involved in any way at all.**

In addition to the activities highlighted above, we run a successful Gujarati School, Bridge Club with lessons for those wanting to take a bridge. SAS, Sports and Social, runs on alternate Sunday morning at Harris Academp, Purley & members of all ages are welcome to play badminton and table tennis. There's also a whatsapp group for those wishing to play football which is arranged ad-hoc.

## OSHWAL GUJARATI SCHOOL : PREFECTS SHOW DECEMBER 2019

During the summer recess, we set the current school prefects an ambitious target to organise their Prefects Show for December 2019. The prefects together with support from parents, teachers and school children worked hard over 3 months to get the show ready. Great team work, bonding and so pleasing to see support being extended by everyone.

The prefects encouraged all the school children to participate in the dances which they themselves choreographed. The school children also took the lead in all the Garba's with great enthusiasm.

It was another OGS event that brought the while community together, both young and old, with a total of just under 300 guests (including many old students). It was a fantastic success and the floor was packed all night with everyone joining in the Garba's, Dandiya and Ramjanyu.

The school extends its thanks not only to the Prefects, but to all the members who supported the event through donations; by attending and for helping in the background.

During the evening, the School also presented a cheque for £600 to St.Christophers Hospice, a local charity. This donation was raised by the children during the Diwali Pooja celebration.

**The South area Gujarati School is evolving and excelling children to develop their language, culture and identity in a modern way**



# South Area

OGS DIWALI POOJA AND PARTY 2019 -  
Anish Anil Shah – age 14 years

On Sat 19th October 2019, Oshwal Gujarati School, South, held their Pooja and Diwali Celebrations. It was a real delight to see all the children excited and dressed up in their smart Indian clothes ready to perform the Pooja. The beautiful Pooja was led seamlessly by Keilasben Shah, which included Ganesh Pooja, Laxmi Pooja and Mahavira Pooja and many more.

It was so encouraging to see a big crowd at the event, including members from the Shree Chandna Vidyapith Jain School who helped sing some heart-warming songs to accompany the Pooja alongside the singers from the Gujarati School.

I felt so proud to be part of Gujarati School during the event, because it displayed how fortunate we are to be learning about our culture and mother tongue. The Pooja was followed by some delicious Jain food which then led onto an afternoon of arts and crafts. This session included kodiya painting, creating Rangolis and Card Making. All the children were amazing at this and even parents had a crack at the session.

It was such a great day with positive comments including “the Pooja was one of the best I have been to”; “it was such a peaceful and festive day”; “one which cannot be described in words”... We will be looking to run another session of Jain classes in English as well as Pathshala with Jayeshbhai.

Our annual general meeting will be held on 22nd of March at Harris Academy in Purley. You will all receive notices in the post. Please come forward and join our vibrant committee to deliver more for our members.

I would like to thank my committee for their hard work and commitment to our community and the support of our members and I hope this continues for a long time.

If you have any questions or would like to talk to any of us, please do get in touch.

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!

Paresh Shah [Paresh.shah@oshwal.org](mailto:Paresh.shah@oshwal.org)

07958 213 075



OAUK Trekkers present



## ANNAPURNA CIRCUIT TREK 2020    October 10th to 25th



Following the success of the previous two International treks to Kilimanjaro and Everest Base Camp, Oshwal Trekkers are proud to present their next challenge!

### LIMITED SPACES—REGISTRATION DEADLINE 15th APRIL

Hiking Nepal's Annapurna Circuit is one of the most stunningly beautiful, life-changing experiences you can have on your travels, and we're pretty sure that, like us, you'll be absolutely captivated by the area from the very first day.

Winding through some of the world's tallest mountains and diverse climatic zones, intensive days spent on your feet, and enjoying the beautiful hospitality of the Nepalese people and their quaint mountain villages : the 16 days you'll spend in Nepal are some of the most inspiring and challenging you'll ever encounter.



The participants, by trekking organised on a voluntary basis by Oshwal Association of the UK, expressly assumes ALL risks, full responsibility and liability for participating in trekking and related training sessions. Participating in the trek and related training sessions is entirely at participant's risk and any loss damage, injury or any other mishap will not be the responsibility of the organiser. If in doubt, whether to take part in the trek and the related training sessions, please consult your doctor for advice before joining. The organiser does NOT take any responsibility and will NOT be liable for any claims resulting from taking part in the trek or the related training. Management reserves the right to refuse admission and to make any changes to the event due to unforeseen circumstances. Oshwal Association of the UK is a registered charity (No. 267037)

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

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# North East Area



*Pranam, Jai Jinendra, Hello, Hi!*

I hope you are all well and are having a great start to 2020. On behalf of the North East Area committee, Happy New Year and I wish you all a Healthy and Prosperous 2020.

As you know we this is the last term we serve the area as a committee. Our **AGM** takes place on **Sunday 29<sup>th</sup> March 2020, 5pm – 7pm**. I **urge you all to attend** as we speak about **our triumphs** of the last two years, **hear everything our committee has done for our members** and **celebrate success**.

We will then dissolve as the 2018 – 2020 committee and a new Chair, Vice Chair, Treasurer and Secretary will be elected as Office Bearers together with their full committee.

As I mentioned at the 2019 AGM, I will be stepping down after 10 years of service to the North East area, the Executive committee and the Oshwal Association. It has been a great ten years with many ups and downs. Although we need to maintain our heritage, our roots and beliefs, it is important we change with the times and I encourage all young people to get involved to ensure the existence of Oshwal continues well ahead into the future.

**I humbly request you all to attend the AGM on the 29<sup>th</sup> to not only show support to my committee but also to encourage the newly elected committee.**

Our last huge event before we end is our **Holi 2020** on **Sunday 8<sup>th</sup> March 2020**. Further details are below. Be sure to buy your tickets online by 24<sup>th</sup> February and come along to this great event!

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

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

*Nish*

*EC Trustee and North East Area Chair*



## NORTH EAST AREA REGULAR EVENTS AND INFORMATION

### OSHWAL BABIES, BABY FUN!

Calling all North East Area babies born from April 1<sup>st</sup> 2016!!! Get an OAU North East Area personalised baby gift pack!  
For further information or to provide details of baby born contact: nishma.shah@oshsal.org



### KEEP FIT

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



### ZUMBA CLASSES

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



### 'LET US WALK TOGETHER'

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



### 'LET US HAVE FUN TOGETHER'

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

### YOGA CLASSES – SO MANY TO CHOOSE FROM

#### Southgate School

Monday and Tuesday: 7pm – 8:30pm

#### Woodhouse College

Saturday: 10am – 11:30am

#### Youth Club

Sunday morning

Contact any of the below:

maysuri@yahoo.co.uk / dilipshah001@gmail.com /  
riteshshah67@hotmail.com



### IDEAS AND INFORMATION

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



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

સર્વે ભાઈઓ તથા બહેનોને પ્રણામ,

આપણે ઘણા બધાએ ઘણી ઘણી જુદા જુદા તીર્થોની જાત્રા કરી હશે. પણ જે પંચતીર્થ ભાવ યાત્રા ૨૨/૦૮/૨૦૧૯ ના રાખેલ, તે તો ખરેખર અદ્ભુત હતી. ઘણીજ સુંદર પાંચે શાશ્વત તીર્થની રચના કરી અને એવું લાગ્યું કે તીર્થ ધામમાંજ પહોંચી ગયા છે અને દિલમાં ઘણોજ અનોખો અનુભવ થયો.

પાંચેતીર્થનું દ્રશ્ય જોઈ એમજ થયું કે આપણે દરેક તીર્થમાં રુબરૂ હાજર છીએ. તેમા પણ અષ્ટાપદ તીર્થમાં તો ભાગ્યેજ કોઈ જઈ શકે. આ તો આપણી સામે પાંચેતીર્થ જોઈને ઘણોજ આનંદ થયો.

કેટલું સુંદર અને વ્યવસ્થિત બધું ગોઠવ્યું હતું. દરેક તીર્થ પાસે સુંદર સજાવેલી થાળ મુકવામા આવી હતી. આવી જાત્રા ભારત બહાર પહેલી વખત અહીં થઈ. પુષ્પાબહેન જેન્તીલાલને આવી ભાવ યાત્રા દર્શાવાનો મનમા ભાવ જાગ્યો તે ખરેખર અનુમોદનાને પાત્ર છે. પરમ કૃપાળુ પરમાત્મા તેમને શક્તિ અને સાન આપે જેથી કરીને ભવિષ્યમા આવા સુંદર કાર્યો રચાય.

લી: સુશીબહેન અનિલના આનંદ સાથે પ્રણામ.



ૐ શ્રી મહાવીરાય નમઃ

નોર્થ ઈસ્ટ એરીયાની શ્રી પંચ મહા તીર્થ ભાવ યાત્રા - ૨૦૧૯

શ્રી પંચતીર્થ ભાવ યાત્રા તા: ૨૨/૧૦/૨૦૧૯ ને સવારે ૮:૩૦ વાગ્યે ઓશવાળ સેન્ટરના હોલમાં સ્નાત્ર પૂજાથી શુભ શરૂઆત કરીને આપણાં પાંચ મહાન તીર્થો ભારતભૂમીમાં આવેલા છે તેનું સ્મરણ કરાવતાં પાંચે તીર્થોના ચિત્રપટો જેમા શ્રી અષ્ટાપદ તીર્થ, શ્રી સિધ્ધાચલજી તીર્થ, શ્રી ગિરનારજી તીર્થ, શ્રી સ્મૃતશિખરજી તીર્થ અને શ્રી શંખેશ્વર તીર્થની સન્મુખ ભાવ યાત્રા સાથે ભક્તિ કરવામાં આવેલ હતી. દરેક પરામાંથી પૂજ્યશાળી ભાવિકો પધારેલ હતા.

પાંચે તીર્થોના જુદા જુદા પાંચ થાળોના આદેશ આપેલ હતા અને દરેક વખતે વાજતે ગાજતે થાળ, તીર્થ સન્મુખ અર્પણ કરવામાં આવેલ હતા. આપણો આખો હોલ લગભગ ૬૫૦ પૂજ્યાત્માઓની મેદનીથી ભરાઈ ગયો હતો. લંડનની ધરતી ઉપર પ્રથમ વખત આ રીતે પાંચ તીર્થોની ભાવયાત્રાનું પરમાત્માની અસીમ કૃપાથી આયોજન થયું હતું. જેનાથી આપણા વડીલો અથવા કમજોરી ભાઈ બહેનો સાક્ષાત તે તીર્થમાં જઈ શકે તેમ નથી તેમના માટે ભાવ યાત્રાનો લાભ અનેરો હતો.

આ આયોજન કરવું મુશ્કેલ હતું પણ બધાના સાથ સાથે આ આયોજન સફળ થયું. દરેક તીર્થોમાં સંપૂર્ણ ચૈત્યવંદન વીધી કરેલ. અંતમાં એકી સાથે પાંચ તીર્થોની પાંચ આરતિ અને મંગળદિવો કરવામાં આવેલ હતાં. ત્યાર બાદ પધારેલ ભાવિકો માટે સાધર્મિક ભક્તિ ભોજનની વ્યવસ્થા રાખેલ હતી, જેના લાભાર્થિ પરિવારની અને દરેક સ્વયં સેવકોની અંતરથી અનુમોદના કરીએ છીએ. સાથે સાથે પધારેલ ભાવિકોનો પણ અંતર પૂર્વક આભાર માનીએ છીએ. આવા આયોજન કરતા દરેકનો સાથ જોઈએ.

આ રીતે પ્રભુ ભક્તિના ભાવોથી સૌ ભક્તિમાં રંગાઈ ગયા હતા, અને સુંદર આરાધના કરીને આત્મકલ્યાણની સાધના કરેલ. આ લેખ લખનારા આપણા પૂજ્ય શ્રી જયેશભાઈની અંતરથી ખુબ ખુબ અનુમોદના.

“જય મહાવીર”



સેવાભાવી સમતાના ભંડાર, સદાએ હસ્તા હસ્તા આદરણીય શ્રી પુષ્પાબહેન જેન્તીલાલ તથા આપની ધાર્મિક સમિતિનાં દરેક સભ્યો સાદર પ્રણામ,

આપ સૌ સુખશાતામાં હશે અને ગયા રવિવારનો થાક ઉતરી ગયો હશે.

"સૌ ચાલો સિધ્ધગીરી જઈએ,  
ગીરી ભેટી પાવન થઈએ,  
પાલીતાણાએ જાત્રાનું ધામ છે"

આપ સૌએ તો ફક્ત શ્રી શત્રુંજય નહિ પણ શ્રી ગીરનારજી, શ્રી શંખેશ્વરજી, શ્રી સમ્મેતશિખરજી અને શ્રી અષ્ટાપદજી તીર્થની અદ્ભુત ભાવ યાત્રા કરાવી ઘણું પૂન્ય ઊપાર્જન કર્યું. ઘણીજ સુંદર પાંચે શાશ્વત તીર્થની રચના કરી હતી. ચાર કલાક તો એવું જ લાગ્યું કે ઓશવાળ સેન્ટર નહિ પણ તીર્થ ધામમાંજ સકળ સંઘ સાથે ભાવથી યાત્રા કરી. સોનામાં સુગંધ ભળે તેમ આપે તો ભાવયાત્રા કરાવી અને રવિવારે આઠમ તીથી હતી તો પધારેલા ભાવિકોને દોષ રહીત ભોજન પીરસીને સ્વામી વાતસલ્યને પણ અદ્ભૂત લાભ લીધો. અનંતા જીવને અભયદાન આપી દીધું. જીનશાસનને અનુસરીને સુકૃત્ય કર્યું તેનો ઘણોજ આનંદ છે. આવું સુંદર ભગીરથ સુકૃત્ય જૈન સિધ્ધાંતને અનુસરીને કર્યું તો આપે કર્મનાં બંધનથી મુક્ત થયા. પરમ કૃપાળુ પરમાત્મા આપ સૌને શક્તિ અને સાન બક્ષતા રહે જેથી મોક્ષગામી બનો.

“શ્રી પુષ્પાબહેન તમને જેમ આનંદ છે, આનંદ છે, આનંદ છે,  
તેમ મને પણ આપની આવી ઉતમ ભાવના પ્રત્યે ઘણોજ આનંદ છે, આનંદ છે, આનંદ છે.  
બસ આવાજ આનંદમય વાતાવરણમાં મનની પ્રસ્જ્જતા સાથે આવા સુંદર અનુસઠાન કરાવતા રહેજો”

લી: મધુબહેનના આનંદ સાથે પ્રણામ



## તારે તે તીર્થ પંચ મહા તીર્થ યાત્રા - ૨૨/૦૯/૨૦૧૯

ધન્ય છે આ પાવનતીર્થ ભૂમીને જેણે વાચારહિત સ્વરૂપ લાખો કરોડો આત્માઓને આત્મશોધન અને આત્મદર્શન ના મૂખ ઊપદેશો આપ્યા છે. જેના કાંકરે કાંકરે, પગલે પગલે શિખરે શિખરે, દેરી એ દેરીએ ત્યાગ, તપશ્ચર્યા તેજસ્વિતા, આત્મા સમર્પણ અને આત્મશાંતિનો અલોકિક અનુભવ થાય તેવા તીર્થ સ્થાનો જો કલ્યાણ ભૂમિ હોય તો તેની સ્પર્શના માત્રથીજ જીવન ધન્ય બને છે.

*“યહ હે પાવન ભૂમી યહાં બાર બાર આના”*

મનમાં ભાવ જાગ્યો કે બધા તીર્થોની યાત્રા કરવી મુશ્કેલી છે તો ચાલો એકજ જગ્યા એ પાંચ તીર્થની યાત્રાનું આયોજન કરીએ. પાછા આપણા દેવાધીદેવ મહાવીર સ્વામી ઓશવાળ સેન્ટર બીરાજમાન છે તો બધાના તેના પણ દર્શન થશે. દરેક પરામાંથી સાથ અને સહકાર મળ્યો ત્યારે આ સુંદર પાંચે શાશ્વતા તીર્થની રચના કરીને ભાવ યાત્રા કરાવી. આ કામ બહુજ મુશ્કેલી હતું પણ બધાના સાથથી અને આપણા પરમ પૂજ્ય શ્રી જયેશભાઈના સાથ અને સહકાર સાથે બહુજ ભાવથી થયું. જાણે અમારું સ્વપનું ખરેખર સાકાર થયું.

### ચાલો તીર્થના દર્શન કરીએ.

#### શત્રુંજય તીર્થ



*“શત્રુંજયને ઘાટ રે એક તીરથ આવ્યું રે,  
કેવું મજાનું કેવું રળિયામણું એવું સોહામણું રે,  
કાંકરે કાંકરે અનંતા સીધ્યા તાર્યા અનેક નરનાર.  
વિશુદ્ધ ભાવથી દર્શન કરે તેને તરત તારનારું,  
એવા તીર્થના દર્શન કરીને પાવન થઈએ રે.  
શોભા શી કહે રે શત્રુંજ તણી  
જ્યાં બિરાજે પ્રથમ તિર્થંકર, આદિનાથને ભેટવા જઈએ રે”*

સંગીતના સૂરે, ધૂન મચાવી ને થાળ ભરી યાત્રિકો આવ્યા. ત્યાં થાળ ધરી, ધૂપ, દીપક, અક્ષત, નૈવેદ્ય, ફળ બધા ધરી અને શત્રુંજયની માટીના દર્શન કર્યા.

#### ગિરનાર તીર્થ



*“હે વાદળથી વાતો કરે પેલો ઊંચો ગઢ ગિરનાર  
પાવન થઈ ડોલી રહ્યો જ્યારે આવ્યા નેમકુમાર.  
હે જોગી થઈને ચાલ્યા નેમકુમાર,  
ધન્ય બન્યો પેલો ગઢ ગિરનાર  
વિચરે જ્યાં વિશ્વના તારણહાર,  
ધન્ય બન્યો પેલો ગઢ ગિરનાર”*

ગિરનાર તીર્થના દર્શન કરવા યાત્રિકો થાળ લઈને ખૂબ ધૂન મચાવી, ધૂપ, દીપક, અક્ષત, નૈવેદ્ય, ફળ ધરીને પાવન થયા.

### શંખેશ્વર તીર્થ



“હે શંખેશ્વરના વાસી, તારી ભક્તિ સાચી જાણી  
પથ્થરને પણ કરતી પાણી, એવી તારી વાણી  
પાર્શ્વપ્રભુજીનું તારી ભક્તિ સાચી જાણી  
તારી ભક્તિની મસ્તીમાં હું, મસ્ત બનીને ગાઉં.  
તુજ ચરણોમાં શિર ઝુકાવી ભક્તિ જ્યોત જલાવું.  
આ પામરને પ્રભુ તારાથી પ્રિતી તો બંધાણી  
પાર્શ્વપ્રભુજી તારી ભક્તિ સાચી જાણી”

સંગીતકારો ધૂન મચાવીને યાત્રાળુ કોઈ ચામર રમી, કોઈ ખંજરીના તાલે ભાવથી થાળ લઈને, દર્શન કરવા નીકળ્યા. ધૂપ, દીપક, અક્ષત, નૈવેદ્ય, ફળ ધરીને શંખેશ્વરની પાવન માટીના દર્શન કર્યા.

### સમ્મેતશિખર તીર્થ



“સમ્મેતશિખર ગિરિવરીયે, જઈને ભવજલ તરીયે  
વીસ જિણંદ, નિર્વાણ ભૂમિના, ધ્યાને ધૈર્યની વરીયે  
સમ્મેતશિખર ગિરિવરીયે, જઈને ભવજલ તરીયે”  
શ્રી ભોમિયાજી દાદાને વિનંતી  
તીર્થ રક્ષક ભોમિયાજી દાદા, અરજી મેરી સુનલો દાદા  
બડી દૂરસે આવે હે હમ, ભાવના સુમન લાવે હે હમ  
વિનંતી મેરી સ્વીકારો, ભોમિયાજી .....  
યાત્રા સફલ કરો ભોમિયાજી .....

સમ્મેતશિખર વંદુ જિન વીસ, આ ઊલ્લાસથી બોલતા આપણી નજર સમક્ષ એક મહાન સાશ્વત ભૂમિ હૃદય પર કોતરાઈ જાઈ છે. જે પહાડ વીસ તીર્થકરોના નિર્વાણ કલ્યાણકથી સિધ્ધ થયેલ છે તે ભૂમિની સ્પર્શના કરતા અને ભાવથી યાત્રા કરતા જીવ સમ્યક્ત્વને પામે છે. નિર્મલ કરે છે.

“કણ કણ ચંદન હૈ જીસકા, નિત નિત વંદન હૈ ઉસકા  
સમ્મેત શિખર કહેલાયે, જો તીરથ રાજ કહાયે  
યહ તીરથ તો... હમારા પયારા... હૈ., પાર્શ્વપ્રભુ... ન્યારા હૈ...”

વાજતે ગાજતે ચાલો થાળ ભરીને ભેટવા જઈને દર્શન કરીને ભાવ સાથે યાત્રાળુએ દર્શન કર્યા અને પાવન ભૂમિની માટીના પણ દર્શન કર્યા. સાથે સાથે ભોમિયાજી દાદાના દર્શન પણ કર્યા.

### અષ્ટાપદ તીર્થ



“ભાવ તીર્થ જુકકે વંદુ જિન ચોવીસ  
શ્રી અષ્ટાપદ મહાતીર્થ અમને પ્રાણ પ્યારુ છે  
પ્રાણ પ્યારુ છે અમને અતીશય વ્હાલું છે”  
રત્નમણી સોહે, ચોવીશ જિન મન મોહે.  
અંતરની અભિલાષા, મુજને દર્શન દેજો દાદા.  
શ્રી અષ્ટાપદ મહાતીર્થ અમને પ્રાણ પ્યારુ છે.

આ તીર્થ પર કોઈ જઈ શકવાના નથી તો ભાવથી ધૂન સાથે નાચતે ગાજતે થાળ ભરીને યાત્રિકો આવીને દર્શન કર્યા. આમ બધા તીર્થના દર્શન કરીને બધા યાત્રાળું પાવન થયા અને ખરેખર આ મહોલ તો જીવનમાં એક યાદગાર પળ થઈ જશે અને જાણે એક સ્વપ્નનું સાકાર થયું.

આ આનંદમય વાતાવરણ અને આટલી સંખ્યા જોઈને ખરેખર મારા હૃદયમાં એક ઉલ્લાસ જાગી અને આનંદ ઉભરાયો. મનમાં ને મનમાં અનુમોદના કરવાના શબ્દો ગુંજવા માંડ્યા, અને અંતરમાં એક આનંદ જાગ્યો.

“આનંદ છે, આનંદ છે, આનંદ છે, આનંદ છે  
આવો રજોહરણ ક્યારે મળે, એનોજ અમને આનંદ છે  
મહાવીર સ્વામી મળ્યા, એનો અમને આનંદ છે  
આનંદ છે, આનંદ છે, આનંદ છે, આનંદ છે

સૌ જીવોથી ન્યારા તમે, સૌ જીવોના પ્યારા, તેનો આનંદ છે  
સ્નાત્ર પૂજા કરવાનો આનંદ મળ્યો આજે, તેનો આનંદ છે  
પાંચતીર્થ યાત્રા કરાવવાનો લાભ મળ્યો આજે, અમને તેનો આનંદ છે  
આનંદ છે, આનંદ છે, આનંદ છે, આનંદ છે

સૌ સ્વયંમ સેવકોએ મદદ કરી તેમની ખરા ભાવથી અનુમોદના કરીએ.  
સૌ શ્રાવક શ્રાવીકાઓએ સાર્ધમીક ભક્તિ કરવાનો લાભ લીધો, તેનો ઘણો આનંદ છે.  
જયેશભાઈએ પ્રોત્સાન આપ્યું તેનો, અનેરો આનંદ છે  
સુરીલુ સંગીત સાંભળવાનું મળ્યું, તેનો આનંદ છે  
ઢોલને મંજુરા વાગ્યા તેનો અનેરો, આનંદ મળ્યો  
આનંદ છે, આનંદ છે, આનંદ છે, આનંદ છે

પ્રેમથી જમજો તેનો, અનેરો આનંદ છે  
તમો સૌએ આવીને અનેરો રંગ જમાવ્યો, તેનો ઘણો આનંદ છે  
તીર્થ ધામમાંજ સકળ સંઘ સાથે ભાવથી યાત્રા કરી, તેનો આનંદ છે  
આનંદ છે, આનંદ છે, આનંદ છે, આનંદ છે”

સૌને મારા પ્રણામ, જય જિનેન્દ્ર અને ઘણી ઘણી અનુમોદના.  
જે ભાઈ બહેનોએ આ કાર્ય સુંદર અને સફળ કરવામાં મદદ કરી, તેઓની હૃદય પુર્વક  
અનુમોદના ... અનુમોદના ... અનુમોદના વારંવાર

લી: પુષ્પાબહેન જેન્તીલાલ શાહ  
નોર્થ ઈસ્ટ એરીયા રીલીજીયસ કમીટી

## ઓશવાળ એસોસિએશન નોર્થ ઈસ્ટ એરિયા 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 ચિત્રપટ્ટ 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 બોઉન્ડસગ્રીન 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.

શનિવારે 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 યારિત્ર ચિત્રપટ્ટ 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 બધુ

પીરસવું મુશ્કેલ હતું પણ તેમના ભરપૂર ખજાનામાંથી થોડુક આપણને પીરસતા ગયા. પર્યુષણ પર્વ આવ્યા તે પહેલા અમોએ તા. ૨૪/૦૮/૨૦૧૯ ના વર્કશોપ રાખી હતી, જેમા બહુજ હર્ષ થાય છે કે અમોને બહુજ સારો સહકાર મળ્યો હતો. પાછી તા. ૩૧/૦૮/૨૦૧૯ રાખી હતી અને પ્રતિક્રમણ સમજાવ્યું હતું. આ આપણા ડો. મુકુલભાઈ, જયેસભાઈ અને ડો. અજીતભાઈએ ખૂબજ મહેનત કરી ને બધાને ઘણું ધર્મનું જ્ઞાન પીરસ્યું. તેમની પણ આપણે અનુમોદના કરીએ છે.

પધારેલા તપોવનના બંધુઓ, આપણા જયેશભાઈ, રીતેશભાઈ, મનિશભાઈ અને ધનજીભાઈએ દરરોજ આરતી અને મંગળ દિવો બધા ભાવીકોને બહુજ ઉત્સાહથી કરાવ્યાં. આઠ દિવસ સૂર, સંગીત, ઢોલ, કીબોર્ડ વગાળી સંઘમાં ઓર આનંદ વધાર્યો. હવેલીના સ્નેહલભાઈ સ્ટેઈજને સુંદર રીતે સજાવ્યું તેથી કમિટીના સભ્યો તેઓ બધાનો ખૂબ ખૂબ આભાર માનીએ છે અને અનુમોદના કરીએ છે. આ પર્વ પર્યુષણ ઊજવવામાં તમારા બધાનો સાથ અને સહકાર હતો તેથી આ મહા કાર્ય સરળથાથી થયું. બધાની ખરા દિલથી અનુમોદના કરીએ છે અને કમિટી સહુનો ખરા દિલથી આભાર માને છે. પર્વ દરમિયાન જાણતા કે અજાણતા કોઈનું દિલ દુભાવ્યું હોઈ તો અંત કરણથી ક્ષમા માંગીએ છે.



ભાવિકોએ ખૂબજ કઠિન તપસ્યા કરીને જૈન શાસન દિપાવ્યું છે. તેમની પણ ઘણી ઘણી અનુમોદના.

૧૦ પૂણ્યશાળી તપસ્વીઓ હતા અને તેમને ખરા દિલથી સાતા પૂછીએ છે.

પૂણ્યશાળી તપસ્વીઓ ના નામ:

કુમારી દીપા રમણીકભાઈ શાહ

શ્રીમતી અનંકીતાબહેન દીપન શાહ

શ્રીમતી મીનાબહેન ઈલેશભાઈ નગરીયા

શ્રીમતી મીનાબહેન અશોકભાઈ શાહ

શ્રીમતી સ્વેતાબહેન હસમુખભાઈ શાહ

શ્રીમતી રમીલાબહેન કાંતીભાઈ શાહ

કુમાર વીવેક જયેશભાઈ શાહ

કુમાર દર્શન ઈલેશભાઈ નગરીયા

શ્રીમાન રીતેશભાઈ નેમચંદ શાહ

શ્રીમાન અશોકભાઈ તેજસી મુલજી માલ્ટે

પર્વમાં કરવાના કર્તવ્યમાં સાધર્મિક ભક્તિ, સ્વામી વાત્સલ્ય, ચૈત્ય પરિપાટીનું મહત્વ ઘણું છે. ગુરૂ કૃપાથી પાંચ તિર્થની ચૈત્ય પરિપાટી તારિખ ૩૦/૦૮/૨૦૧૯ ના ઘણા ભાઈ બહેનોએ લાભ લીધો હતો અને ૨૨/૦૯/૨૦૧૯ ના પંચ તિર્થ ભાવ યાત્રા પણ યોજાયેલ છે તો આ એક આપણું કર્તવ્ય સચવાય જશે. આ કામ સરળ કરવામાં બધાજ સેવકોની ઘણી ઘણી અનુમોદના કરીએ છેએ.

“મિચ્છામિ દુક્કડમ”

પૂજ્યાબહેન જેન્તીલાલ શાહ ના સાદર પ્રણામ



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# North West Area



Jai Jinendra, Pranam,

With another year gone by, we have had a busy few months at Ekta Centre, and I take this opportunity to thank all those who have joined us at the various events throughout the year.

I also take this opportunity to thank all the volunteers who help run Ekta Centre and also all the volunteers who help and organize the various events throughout the year. Reports and pictures of the various activities that took place over the last few months are on the following pages.

As ever we are seeking volunteers to help us run Ekta Centre. If you have a few hours a day or free days in a week, please do join us and help manage Ekta Centre. For further information please do contact me at Ekta Centre Office on 020 8206 1141.

This year, the term of the Committee comes to an end and at the next AGM meeting on 19th April 2020 elections will take place for the appointment of a new Committee. Please do attend and help take the Association's work forward by joining the Committee or a Sub-Committee. Each Household will receive an AGM notice prior to the meeting highlighting all the work undertaken by the Committee throughout the year and hopefully inspire some of you to help out in the various activities undertaken by us.

Nilesh Dhanraj Shah  
OAUK Trustee,  
North West Chairman & Ekta Centre Property Management

## North West London - Regular Events

Family Social Evening - Once a month on a Wednesday.  
Tickets: £7 for members - £10 for non-members  
Children (16) £5 for members - £7.50 for non-members  
Children Under 5 Free  
Time: 6.30pm to 10.00pm

Contact: Vinaben Dhanani – 07970 426370  
Contact: Mahendra Chandaria- 07714 712713

Elderly Monthly Meets- Once a month on a Saturday  
Tickets: £5 per session (OAUK Members Only)  
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 & Thursday  
ONLY WHEN THE HALL IS AVAILABLE  
Tickets: £2 per session (OAUK Members only)  
Time: 10:30am- 12:30pm

Contact: Vinaben Dhanani – 07970 426370  
Contact: Mahendra Chandaria- 07714 712713

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

FunSkool, NWACAS & Communicate  
Every Saturday (term time)

Contact: education-nw@oshwal.org

Bhukar- Weekly - Every Thursday  
Time: 7:45PM- 10:30PM

Monthly - Once a month on a Saturday.  
Time: 7:30PM- 11:00PM  
Tickets: £2 for members - £3 for non-members  
Contact: Mahendra Chandaria- 07714 712713  
Contact: Ajitbhai Shah – 07737 418603

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  
Contact: Vinaben Dhanani – 07970 426370

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 Jayubhai Shah -07961 415 640  
ReActive8 (Sports and Leisure)  
On Friday's (during term times) 7.30pm to 11.00pm  
Harrow Leisure Centre, Christchurch Ave, 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,  
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,  
Contact: reactive8-nw@oshwal.org

## ગુજરાતી શાળા

આપ સર્વને મારા જય જીનેન્દ્ર,

બાહોશ શિક્ષિકાઓની નિગરાની હેઠળ આપણી ગુજરાતી શાળા અવંતી હાઉસમાં સરસ રીતે ચાલી રહી છે.



આ વર્ષની ટર્મ ના છેલ્લા દિવસે શિક્ષિકાઓએ ખૂબ મહેનત ઉઠાવી બાળકો દ્વારા વિવિધ કાર્યક્રમો રજૂ કરેલ હતા. વિશાળ સંખ્યામાં બાળકોના વાલીઓ એ હાજરી આપી બાળકોના આત્મવિશ્વાસ મા ઉમેરો કર્યો હતો તે બદલ તેઓનો ખુબ ખુબ આભાર.



આપણા મુખ્ય સમિતિના સભ્ય શ્રી તૂષારભાઈએ અમારા આમંત્રણને માન આપી પધારી હાજરી આપેલ તે બદલ તેમનો ખૂબ જ આભારી છું.



મારા સહાયક સાથીદારો કે જેઓ નિસ્વાર્થ ભાવે મદદરૂપ થાય છે તેમનો ખુબ ખુબ આભાર.  
પ્રણામ નવિનચંદ્ર કમાણી



## Youth Club.

I hope everyone had a great festive break and wishing you all a happy and prosperous New Year. As we enter a new decade our youth activities finished in 2019 with participation in the 35th Oshwal Games, achieving an overall 2nd place in the tournament.



The main aim and focus for NorthWest was to ensure we gave each of our members an opportunity to participate in the games whether playing for North West or another area, in that we achieved in getting 70 % of our members to take part in the tournament games ranging from Basketball, Bench ball, Chokri, Circuit Training, Darts, Dodgeball, Football, Netball, Swimming, Volleyball & Boccia with representation from various age categories. This approach not only ensures team

play but also develops confidence amongst our young members which is vitally important in their development.



Whilst North West achieved 2nd place in the tournament behind eventual winner North Area, our success was down to the under 12's category where the participants won every event, they took part in.




It has been a challenge to get more events organised for the over 12's and under 16's age category that attend our youth club for the simple reason that other areas cannot fulfil these events as they don't have enough members in comparison to North West. That said, it is our ethos to involve as many children to participant in these games not only for North West but for any other area, as we believe in participation rather than winning being important at this age. It is our belief, that children are better equipped in the longer term, having experienced losing games, this teaches them to show empathy, develop strategies for improvement, cope with challenging situations and are able to pick themselves up from such situations.



We have been extremely fortunate with the intake of new members in September 2019, in that new parent volunteers help run youth activities/coaching alongside our current volunteers and coaches, this is truly appreciated and we hope this carries on into the new decade with new volunteers coming onboard over time.

As we start the new term, we are gearing up for a monument start to 2020 and looking forward to greater participation in various activities, with this in mind, a message to all parents and volunteers, **let's make this new decade the best ever.**

North West Youth Team.



**Aneka Vithlani**  
 Maths Teacher  
 Key Stage 3, GCSE's, AS & A2 Levels  
 Anekavithlani@hotmail.co.uk  
 Based in Stanmore  
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## નોર્થ વેસ્ટ એરીયા – ધાર્મિક કમીટીનો અહેવાલ

આ વર્ષ વિવિધ પ્રકારના ધાર્મિક પ્રસંગોની ઉજવણીઓ કરવામાં આવેલ હતી.

તારીખ ૨૬ મે ના રોજ દેશાવગાસીનો કાર્યક્રમ ગોઢવેલ જેમાં ભાવીકોઓ સુંદર આરાધના કરેલ.

તારીખ ૧૦ જુલાઈ ના સાધવી શીલાપીજ મહારાજનું પ્રવચન રાખેલ જેમાં તેઓએ આત્મામાં રહેલ શક્તિ અંગેની સમજણ આપેલ. સારી એવી સંખ્યામાં ભાવિકો પધારેલ અને દરેકને તેમની મધુર વાણીનો લાભ મળેલ.

તારીખ ૧૨ ઓગસ્ટના રોજ બકરી ઇદ હોવાના કારણે, ગુરુભગવંતોની પ્રેરણાથી અબોલા પ્રાણીઓને સાતા મલે તે લક્ષમાં રાખી કચ્છા આયંબેલનો કાર્યક્રમ રાખેલ જેમાં લગભગ ૧૫૦ ભાવિકોએ લાભ લીધેલ.

### ભક્તિ સંધ્યા (Bhakti Sandhya)

આપ સહુને જણાવતા આનંદ થાય છે કે છેલ્લા લગભગ પાંચ વર્ષ થયા મહેશભાઈ દર મહિનાના છેલ્લા બુધવારે એકતા સેન્ટરમાં ભાવિકોને ભક્તિમાં ભીજવી દરેકનું જીવન ધન્ય બનાવવા ભાગીદાર બન્યા છે બદલ અનુમોદના.

પ્રથમવાર નવેમ્બર માસમાં ભક્તિ ની સાથે ૧૮ પાપસ્થાનક સૂત્રના સંવેદનાનું આયોજન કરેલ જેમાં સારી સંખ્યામાં ભાવિકોની ઉપસ્થીતી હતી. જયેશભાઈએ ૧૮ પાપસ્થાનક અંગે વિસ્તારમાં સમજણ આપેલ, પડદા પર સ્તુતિઓ બતાવવામાં આવતી અને બધા ભાવિકો મધુર સ્વરે ઉચરણ કરતાં. પહેલીજવાર આવી ભક્તિ ની સાથે સ્વાધ્યાય થી ભાવિકો ખૂબજ પ્રભાવીત થયેલ.





બુધવાર તારીખ ૨૬.૦૨.૨૦૨૦ ના સાંજે ૮.૦૦ થી ૧૦.૦૦ ભક્તિ સ્વાધ્યાય નો કાર્યક્રમ એકતા સેન્ટરમાં રાખેલ છે. સહુને પધારવા ભાવભર્યુ આમંત્રણ છે.

### પર્યુષણ પર્વ ની ઉજવણી શા માટે

રવિવાર તા. ૧૮.૮.૨૦૧૮ ના રોજ એકતા સેન્ટરમાં વીરાયટના શ્રી સંદિપભાઈ શાહે બહુજ સરળ ભાષામાં પર્યુષણ પર્વમાં શુ શુ કરવાનું હોય તે અંગે બહુજ વિસ્તારમાં સમજણ આપેલ. પધારેલ નાના મોટા સહુને આ માહિતી પર્વ દરમ્યાન બહુજ ઉપયોગી બની રહી હતી.

### પર્યુષણ મહાપર્વનો અહેવાલ

પર્વાણિ સન્તિ પ્રોક્તાનિ બહુનિ શ્રી જિનાગમે, પર્યુષણાસમ નાન્યતૂ કર્મણા મર્મભેદકૃતૂ.  
અર્થ : જિનેશ્વર પરમાત્માએ કહેલા અને ગણધર ભગવંતો અને અન્ય ગુરુભગવંતો એ લખેલા આગમ ગ્રંથોમાં અનેક પર્વો જણાવ્યા છે, પણ કર્મના મર્મને ભેદનાર પર્યુષણ મહાપર્વ જેવું બીજું કોઈ પર્વ નથી.

આ વર્ષ ૨૦૧૮ સંઘના આમંત્રણને સ્વીકારી ભારત મુંબઈ થી વ્યાખ્યાનકાર અને વિધિકાર શ્રી હિતેશભાઈ દોશી તેમજ સંગીતકાર શ્રી વિજયભાઈ દોશી આવ્યા હતા.



પ્રથમ દિવસે પ્રભુની પધરામણી કરવામાં આવેલ. ચડાવો લેનાર ભાગ્યશાળી પરિવારે વાજતે ગાજતે પ્રભુને પૂજાગ્રહમાં બિરાજમાન કરેલ. બાદ પ્રભુનો પક્ષાલ, પૂજા, આરતી મંગલ-દિવો કરવામાં આવતું જે દરરોજનો નિત્ય ક્રમ રહ્યો હતો. દરરોજ સવારના ભાવિકો સારી સંખ્યામાં પધારી, ચડતા ભાવે ચડાવો લઈ પ્રભુની સેવા પૂજા કરતા. આ પ્રમાણે દિવસની શરૂઆત સામુહિક અષ્ટપ્રકારી પૂજાથી થતી.



ત્યારબાદ દરરોજ ગુરુ ગૌતમસ્વામી તેમજ અષ્ટમંગલ નો વરધોડો અને સ્થાપના તેમજ લાભલેનાર પરિવાર દ્વારા વાસક્ષેપ પૂજા અને સામુહિક ગુરુવંદન થી સ્વાદયાયની શરૂઆત કરવામાં આવતી હતી.



## પ્રવચન સ્વાદયાય:

ખુબજ સરળ અને સચ્ચોટ સમજણ સાથે ના પ્રવચનોમાં પહેલા ત્રણ દિવસ પર્યુષણ ના પાંચ કર્તવ્યો, વાર્ષિક અગિયાર કર્તવ્યો અને પૈષધનો મહિમા શ્રી અષ્ટાન્હિકા ગ્રંથને આધારે કર્યા હતા તેમાં વિશેષ પ્રેરણા દરેક ઘરમાં દરેક વ્યક્તિ દીઠ એક એક પૂજાની અને સામાયિકની જોડ અવશ્ય રાખવી. દરેક ઘરમાં રોજ અનુકુળતા પ્રમાણે આરતી અને મંગળ દીવો કરવો. રોજ જમતા પહેલા પ્રાર્થના કરવી. સાથે સાથે ધાર્મિક અભ્યાસ સ્વાદયાય કરવા ઉપર ખૂબ ભાર આપ્યો હતો. જિનશાસન હજી સાડા અઢાર હજાર વર્ષ ચાલશે તો તેમાં મુખ્યાત્તા શ્રુત જ્ઞાનની છે. માટે સમ્યગ્ જ્ઞાન વધારેમાં વધારે લોકો સુધી પહોંચી શકે તેવી વ્યવસ્થા કરવી ખુબજ જરૂરી છે.

ચોથા થી સાતમાં દિવસ સુધી કલ્પસૂત્ર ગ્રંથના વ્યાખ્યાનો હોય છે તેમાં ‘વંદે વીરમૂ’ પુસ્તકના આધારે પરમાત્મા મહાવીરસ્વામીના જીવનની દશ વાતો વગેરેનો સુંદર સ્વાદયાય શ્રી હિતેશભાઈએ કરાવ્યો હતો અને તેમા પ્રસંગો પ્રમાણે શ્રી વિજયભાઈના ભક્તિ ગીતો નો સમન્વય લોકોને ખુબજ આકર્ષિત કર્યા હતા.

રાત્રી કાર્યક્રમો:

- જય વીરરાય સૂત્ર આધારે ભક્તિમય સંવેદના.
- આ પાપ મય સંસાર છોડી શ્રમણ હું ક્યારે બનું ની સ્તુતિઓ સાથે અઢાર પાપસ્થાનક સૂત્ર સંવેદના.
- ‘વંદે શાસનમૂ’ જેમા કમીટીના દરેક સભ્યો અને બાળકો શાસન દવજ લહેરાવતા શાસન વંદના કરી હતી. આ જૈન ધર્મ ભવો ભવ મળે તેવી ભાવના સાથેનો ખુમારી ભર્યો કાર્યક્રમ કર્યો હતો.



- જન્મ વાંચન — ચૌદ સુપનો ના સકલ સંધને દર્શન અને જન્મ વાંચન સાથે પરમાત્માનું પારણું ઝુલાવવાનો અનેરો આનંદ, સેંકડો દીવાની રોશની માં જાણે સાચે જ પરમાત્માનો જન્મ આપણા દ્વંદ્વમાં થયો હોય તેવી ઉજવણી. ભાવિકો આનંદ વિભોર બની ગયેલ, મન મુકીને નાચ્યા અને શ્રી વિજયભાઈએ સંગીતની એવી રમઝટ બોલાવી દરેકને ભક્તિમાં ભીજવી દીધા હતા. આ ઘડી નું વાતાવરણ બહુજ અનોખું હતું. સંધ તરફથી ખજૂર ની પ્રભાવના કરવામાં આવેલ.
- તપસ્વીઓનું સન્માન અને અનુમોદના — તપસ્વી શ્રાવક તેમજ શ્રાવીકાઓ ની સંખ્યા આશરે ૩૦ની હતી. દરેક તપસ્વીઓનું બહુમાન સમાજના પધારેલ કમીટીના સભ્યોએ, વોલીયન્ટર ભાઈ-બહેનો તેમજ મુંબઈથી પધારેલ મહાનુભાવોના શુભ હસ્તે થયેલ.



- સમજણ સાથેનું પ્રતિક્રમણ – પર્યુષણ પર્વના ત્રીજા દિવસે સાંજે પ્રતિક્રમણ માં શ્રી હિતેશભાઈએ પ્રતિક્રમણની લાઈવ કોમેન્ટ્રી સાથે કઈ વિધિ શા માટે કરીએ છીએ, તેનું શું મહત્વ છે તેમજ સંપૂર્ણ વિધિની સમજ આપવામાં આવી હતી. પધારેલ ભાવિકોને આ માહિતી ઘણી ઉપયોગી બનેલ.
- શ્રી વર્ધમાન શક્રસ્તવ અભિષેક – રવિવાર તા.૧.૮.૧૯ ના રોજ સવારે ૧૦.૦૦ વાગ્યે ભાવિકો સારી સંખ્યામાં પધારેલ. શ્રી વર્ધમાન શક્રસ્તવ ના સંગીતમય મંત્રોચ્ચાર અને વિવેચન સાથે વિવિધ ઓષધિ ઓ દ્વારા પરમાત્મા નો ભવ્ય અભિષેક નું આયોજન કરવામાં આવ્યું હતું. ભાવિકો ઉલ્લાસપૂર્વક પ્રભુનો અભિષેક કરતા, આ પ્રસંગ તો એક અનેરો યાદગાર પ્રસંગ બની ગયેલ. અંતમા સંઘ તરફથી ગોળ ની પ્રભાવના કરવામાં આવેલ.
- ભાદરવા સુદ ચોથ એટલે સંવત્સરી નો દિવસ, પર્યુષણ પર્વનો સૌથી મહત્વનો દિવસ. આ દિવસે પુજ્ય ગુરુ ભગવંતના મુખે થી ‘બારસા સૂત્ર’ સકલ શ્રી સંઘને સાંભળવા મળે છે. અને એવું કહેવાય છે કે જે ભાગ્યશાળી સળંગ એકવીશ વખત ગુરુ મુખે આ ગ્રંથ સાંભળે તો સાતમાં કે આઠમાં ભવે મોક્ષ પદને પામે છે. ગુરુ ભગવંતની હાજરી ન હોવાથી ચિત્ર દર્શન સાથે બારસા સૂત્ર ની છત્રીસ સ્તુતિઓ નું સંગીત અને વિવેચન સાથેનો સુંદર સ્વાદયાય કરવામાં આવ્યો હતો.

બપોરે સંવત્સરી પ્રતિક્રમણ કરવા દ્વારા આખા વર્ષના લાગેલા દોષોની આલોચના કરવામાં આવી હતી તેમજ વિશ્વવના સર્વ જીવો સાથે ની ક્ષમાપના કરવામાં આવી હતી.

## કુમારપાલ મહારાજા શોભા યાત્રા

૧૦૮ દીવાની આરતી તેમજ મંગળ દીવોના લાભ લેનાર પરિવારને રાજા મહારાજાના શોભતા વસ્ત્રો પહેરાવી વાજતે ગાજતે, બાળાઓ રાસ રમતી રમતી વરઘોડામાં બધા દહેરાસરમાં પધાર્યા. ૧૦૮ દીવાની કુમારપાળ મહારાજા ની ભવ્ય આરતી મંગળ દીવો કરવામાં આવ્યો હતો. સકળ સંઘે આ અવસરે લાભ લીધેલ અને વાતાવરણ ગુંજી ઉઠેલ. સાથે અનુમોદના તેમજ સકલ શ્રી સંઘ સાથે વાર્ષિક ક્ષમાપના ‘મિચ્છા મિ દુકકડમ’ કરવામાં આવ્યા હતા.



## બાળકોનું પર્યુષણ

આ વર્ષ પણ વિરાયતન જૈન સ્કુલના શિષ્યોએ સારી એવી મહેનત કરી બાળકોને તેમજ તેમના વાલીઓને અંગ્રેજીમાં પર્યુષણ કરાવેલ, જેમાં વિસ્તારપૂર્વક પ્રતિક્રમણમાં ઉપયોગી દ્રવ્ય જેવાકે મુલપત્તી, કટાસણુ, ચરવલો વગેરે ની જરૂરીયાત કેમ છે તે બાબત સમજણ આપેલ.

પર્વ દરમ્યાન દરરોજ સાંજે પ્રતિક્રમણમાં આશરે ૮૦ થી વધારે સંખ્યા થતી અને બધાને ક્રિયામાં રસ પડતો. સવંતસરી ના દિવસે લગભગ ૩૦૦ ની સંખ્યા હતી જે ખૂબજ આપણા માટે આનંદ અને ગૌરવભરી વાત કહેવાય. જણાવતા આનંદ થાય છે કે એક બાળા ઉમર વર્ષ ૬, કહે છે કે પર્યુષણ પર્વમાં અમોને શિખાડવામાં આવેલ છે કે રાત્રે સૂતા પહેલા દરેકની સાથે માફી માંગવાની આ પ્રમાણે:

“બામેમિ સ્વજીવે, સ્વે જીવા ખમંતુ મે  
મિતિ મે સવ્વ ભૂએસુ, વેરં મજ્ઞ ન કેણઈ”

આપણા સંઘમાં આ વર્ષ પ્રતિક્રમણમાં એક યુવાન ભાઈ પ્રીયેન દોઢીયા ઉમર વર્ષ સાત (૭) બધા જ સૂત્રોના શુદ્ધ ઉચારથી પ્રતિક્રમણ ભણાવેલ જે ખુબજ અનુમોદનીય છે. આવા જો સંસ્કાર નાનપણથી આપણી ભાવી પેઢીમાં પડી જાય તો એમનું જીવન ધન્ય ધન્ય બની જાય તેમજ દરેક માત-પિતા માટે આનાથી વિશેષ બીજી સંસ્કારોની અમૂલ્ય ભેટ કંઈ હોઈ શકે.

અંતમાં પર્યુષણ પર્વ પહેલા તેમજ પર્વ દરમ્યાન જુદા જુદા શ્રેત્રમાં જે જે ભાઈઓ – બહેનો તેમજ બાળકોએ સંઘને સેવા અર્પણ કરેલ છે તે સહુનો અમે કમીટીના સભ્યો આભાર માનીએ છીએ. તે ઉપરાંત સંઘના ભાવિકોએ અન્ય શ્રેત્રમાં તેમની લક્ષ્મીનો સદુપયોગ કરેલ છે તે સહુ પરિવારનો અમો અંતરપૂર્વક ધન્યવાદ પાઠવીએ છીએ.

આ વર્ષ પર્યુષણ પર્વમાં દરેક ભાવિકોનો ઉલ્લાસ અનેરો હતો, સાથે સાથે પધારેલ ભાગ્યશાળી શ્રી હિતેશભાઈ તેમજ શ્રી વિજયભાઈ દોશી એ સારી મહેનત કરી સંઘને ખુબજ સુંદર આરાધના કરાવી હતી. સંઘમાં એક જ વાત થતી આ વર્ષ બહુજ મઝા પડી. શ્રી હિતેશભાઈએ વોટસઅપમાં એક ગ્રુપ બનાવ્યું છે જે નું નામ ‘વંદે જનશાસનમ’ રાખેલ છે. ઘણા શ્રાવક શ્રાવીકાઓ આ ગ્રુપમાં જાડાયેલ છે, અને ધર્મ અંગે જાણવા જેવી વાતો એક બીજા જોડે આપલે કરતા હોય છે.

## અનુકંપા દાન

જૈન ધર્મમાં સાર્થમિક ભકિતી, જીવદયા અને અનુકંપા દાનના મહિમાને ઉચ્ચ કોટિનું સ્થાન આપવામાં આવેલ છે. આ વર્ષ પણ આપણા સંઘના પૂણ્યશાળીઓએ પોતાની ધન રાષિનો સુદર ઉપયોગ કરેલ છે, જેથી આપણે નોર્થવીકપાર્ક હોસ્પિટલમાં ડાયલેસીસ મશીન (Haemodialysis Machine) તેમજ દરદીઆને બેસવામાં અનુકુળતા રહે તેવી એક ખુરશી (Bariatric Chair) ભેટ આપેલ.

આ અંગે હોસ્પિટલના અધિકારીએ ઓશવાલ સમાજનો આભાર વ્યક્ત કરવા એક પ્રત્ર લખેલ છે, કે આજે સરકાર તરફથી ઘણી રાહતો મલતી બંધ થઈ ગયેલ છે અને તેવા સમયે ઓશવાળ સમાજ તરફથી આવા મશીનની ભેટ અમારા માટે ખૂબજ ઉપયોગી બનશે, જે દરદીઓને સારવાર કરવામાં મદદરૂપ બનશે. આપણા સમાજની આ તકે તેઓએ ઘણી પ્રસસા કરેલ છે.

## દિવાળી અને નુતનવર્ષની ઉજવણી

શનિવાર તારીખ ૨૬.૧૦.૨૦૧૯ ના રોજ કમીટીના સભ્ય નીલેશભાઈ, દીલીપભાઈ, મહેન્દ્રભાઈ અને જયુભાઈ લંડનના ચાર (૪) સેલ્ટર હોમમાં સમાજ વતી દિવાળીના પર્વ નીમીત્તે અનાજનું વિતરણ કરેલ. આ અંગે સેન્ટ મુંગોસના અધિકારીઓએ ઓશવાળ સમાજનો આભાર વ્યક્ત કરેલ.

મંગળવાર તારીખ ૨૮.૧૦.૨૦૧૯ ના નવાવર્ષના શુભ દિવસે એકતા સેન્ટરના દહેરાસરમાં સ્નાત્ર પૂજા રાખેલ તે વખતે ભાવિકો સારી સંખ્યામાં પધારેલ અને ઉલ્લાસથી પ્રભુની સ્નાત્ર પૂજાનો આનંદ માણેલ. ભાગ્યશાળી શ્રાવક શ્રાવીકાએ આરતી, મંગલદીવો અને શાંતીકળશનો લાભ લીધેલ તે સહુ પરિવારની ખૂબ ખૂબ અનુમોદના. બાદ સંઘવતી ચા-નાસ્તા રાખેલ અને પધારેલ દરેક વ્યક્તિએ નવાવર્ષની સુંદર રીતે ઉજવણી કરેલ.

નોર્થવેસ્ટ એરીયા કમીટીના સભ્યો વતી સહુને  
મિચ્છામી દુકડડમ.

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૨૦૧૯ ના તપસ્વીઓના નામો

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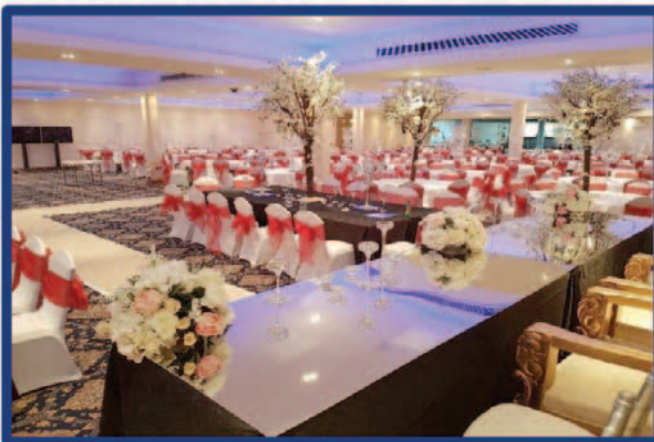
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# North Area



We need your help. North area is starting a day time wellbeing club for senior members of our community. We need volunteers to help run this service. We also need you all to ensure that you get your loved ones to come to along to this club.

Getting out and about, engaging with others, taking part in some gentle exercise are all essential to a healthy and happy life. So play your part in this new venture. Perhaps you, the reader is just the person this club is for. So pick up the phone and register your interest. See below for details.

**Our 50th AGM is on Sunday 29th March**, and we are looking forward to updating you on what your committee has been up to. Fifty years is an amazing milestone and we salute all those who stood up and served their community over those years. Thank you. How many more years do we have left? Two, perhaps five? It's up to you. Don't leave it to someone else. Play your part. Join our committee!

My thanks to Preena, Akshay and Anup plus the whole youth club sub-committee, volunteers and participants for another magnificent sports day. Hard work, commitment and striving for the best were at the core of their attitude in helping the area win the 36th Sports Day. What an amazing record we have in this community tournament!

We celebrated India Republic Day in style on 25th January at Oshwal Centre with fantastic music from JIYA, great tunes from DJ Dee, and lots of good vegan food. Thank you to everyone who made the effort to support this event.

Shailan, North Area Chair

Micchami Dukkadam

Shailan

[shailan.p.shah@oshwal.org](mailto:shailan.p.shah@oshwal.org)



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Woodhouse College in North Finchley was the venue for Oshwal North Area to host a Gujarati comedy natak (play). Written by Bhargav Trivedi, Mumbai's Pink Purple Productions' talented actors and actresses entertained an audience of nearly 300 on Saturday 30th November.

Uneducated Sonal (Ashwini Tekale), with her "backward" etiquette and fashion sense was on the end of some tongue lashing from husband Krupesh (Tarun Kapadia), who resented her lack of modernity and had fallen in love with his secretary Shefali (Bhavini Gandhi). Shefali, a modern, scantily dressed girl obsessed with taking selfies was the complete opposite of Sonal and had a nickname of "Selfieben". When Krupesh is caught embracing Selfieben he confesses their love for each other and his intention to divorce Sonal.

His father Jagdishbhai (played by stage Director Urvish Parikh) concocts a cunning plan involving a fake NRI from the US, nicknamed "LLTT" (Jishnu Soni) to make Krupesh see the error of his ways.



The play touched on the theme of 'don't judge a book by its cover'. Sonal may not have a modern dress sense and the best manners but it is what is inside a person that counts. Sonal was a hilarious character, and when scolded for serving guests with glasses of water not carried on a tray. She returns with a tray full of water. She often had the audience in fits of laughter, as did elderly neighbour Shirin Auntie (Hutoxi Patel) who loved to call on neighbours collecting things from them with hilarious consequences.



Organisers Oshwal North Area committee and EC Trustee Arvindbhai D Shah would like to thank the audience for supporting this venture, and to thank Pink Purple Productions for an excellent show. Watch out for the next play in 2020!

## 36th Oshwal Sports Day Report - by Preena Shah

It was an honour to take on the role as Sports Captain for the 36th Oshwal Sports Tournament. I have been a member of North Area youth club since I was 8 years old and have participated in the annual tournament for 9 consecutive years. Therefore, I have seen what an exciting and inclusive event it is, highlighting exceptional sporting talent, encouraging lifelong friendships, and of course, bringing together all members of the Oshwal community. Being so involved last year was an amazing opportunity; it was certainly a challenge with many ups and many downs, but I couldn't have done it without the continuous support of my Vice Captain, Akshay Patel. No doubt, the most rewarding aspect was bringing the cup back home!!

I would like to thank the organising secretaries who did a fantastic job planning and organising the entire event. Due to their hard work, for the first time ever, we were actually running ahead of timetable! Thanks also to all the participants and supporters, without whom the event wouldn't be possible. In particular, the support and cheering from the bright yellow shirts was unbeatable!

A massive shout out to Sahil Runit Shah from North Area who was awarded Best Sports Boy 2019 for demonstrating outstanding ability, sportsmanship and positive attitude. Definitely a deserving winner! Here's what Sahil says about his experiences at North Area youth club and Sports Day:

I have been part of North Area's Oshwal youth club for almost 4 years and still always look forward to Friday evenings when I can unwind, have fun and play some games!

Youth club provides me with a perfect weekly opportunity meet up with others as well as make new friends and through Youth club I get to take part in other exciting opportunities and experiences such as the National Kho

## North Area

Competitions! At youth club I am able to develop my love of sports, skills of teamwork and communication- all while having loads of fun!

December's annual sports day was a fantastic experience! It was great to see so many people- from young to old- participating and enjoying themselves over the course of four fun-filled days. I took part in all sports for the U16 category and loved the competitive spirit when playing against others, cheering from the sides and getting to know new people. It was a great exhibition of quality sportsmanship and excellent standard of play and it was clear to see lots of time and dedication went into the organisation- a wonderful way to round off the year! Well done to North Area for winning and I can't wait for next year!



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# Luton Area



Jai Jinendra

March 2020 will see election of a new committee, this is your chance to stand.

This year will see me completing 8 years within the area committee in various roles and it is time for me to step down.

Luton area would benefit from the wider community members to take part and be forthcoming to stand for elections and take the roles.

If this does not happen then there is a risk that Luton area may need to merge with other areas, hence my humble request to you all is here is your chance to take part and get involved to secure our Luton Oshwal community.

There are great benefits in serving the committee as it can help with your own personal development and needs members of the community to participate and take the initiative.

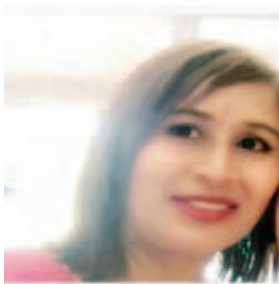
On other news last November 2018 we sadly lost a long standing, dedicated and kind member of the community Juthalal Depar Shah who sadly passed away.

He was one of the most senior person in our community who had contributed selflessly for the community for over 40 years.

He was truly a remarkable person who was kind, humble and giving, even in his last days he was very strong and fit and we pray may his soul rest in peace.

Thank you all who have always supported us throughout- without your help  
Jai Jinendra

Keval Shah  
Luton area chair



Our ongoing regular events are as follows:

Games nights takes place on the 1st Friday every month. We now have a wide range of games that we host such as Table Tennis, cards, Carom board etc.

Please note this is free event for Oshwal members and we would encourage to come along.

Venue: Warden Hill Community Centre.

For Further information please contact Neil on 07880 310221.

Luton AGM will be held on the 15th March 2020 between 15.00pm to 18.00pm at Warden Hill Community Centre Luton.

Sital Shah  
(Media and communications rep- Luton)  
(Hon Treasurer Luton area)

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Our Dad, Dhiren Meghji Shah, sadly passed away on 7 February 2020 after being diagnosed with a rare, untreatable and rapidly degenerative neurological condition.

During our Dad's life he was passionate about charitable initiatives and dedicated much of his spare time to supporting and raising money for them. We wish to keep this legacy going.

In the last two months of his life, as his condition rapidly deteriorated, the team at The National Hospital for Neurology and Neurosurgery (Queen Square) took extraordinary care of him.

It is in his memory that we wish to support The National Brain Appeal, helping the many others (about 1 in 6) affected by a neurological condition. Money raised will help further research into the many neurological conditions for which no cure is currently available and to support the care of patients at Queen Square.

By Shirin Shah





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Ancient human being was staying in forest caves because for living, nature's protection is essential. Every living being's body is made of these five essence which is earth, water, air, fire and sky. When the balance of these five essence gets disturbed, sickness prevails. But in reality nature has the capacity to remove your sickness. By following nature's rules health gets better. Natural remedies cure system is called the Naturopathy. In recent times people have started accepting naturopathy as alternative medicine with faith.

Oshwal Education Trust is functioning in education field since last 38 years. Under the aegis of the Trust CBSE/GSEB recognized medium English schools as well as colleges such as BBA, B.Com., BCA, MBA, MCA, M.Com., IMBA, LLB are operating. These educational institutions are having education syllabus from Nursery to Post graduation. In Trust managed educational

institutions approximately 5,000 students are studying.

Keeping in mind the demand of time, Oshwal Education Trust has entered in the field of health alongwith the field of education. The Trust's new adventure and the first in Jamnagar district Leelavati Nature Cure & Yoga Research Center has been started which is 12 Kms. away and 6 Kms. from Airport at Lakhaval village which is spread in 5 lakh

square feet space. In this center all treatments of naturopathy

which are given in Bangalore and Kerala are given by experts /

experienced team of doctors here also in which facility is available to give treatment simultaneously to many people. In this center Hydro therapy, Mud therapy, panchkarma, massage, sirodhara, steambath, sonabath, hot stone, acupressure, acupuncture, reflexology etc. treatment are given on related ultra-modern machineries.

In today's hectic and mentally stressed life, it has become essential to find time for himself. If people remain fresh from body and mind, they can work more and more with efficiency. Looking to the people's demand separate packages are kept for treatment.

Firstly every individual's problems, disease and its ongoing treatment, medicine etc. information is gathered and then as per individual's nature, his treatment and daily routine is decided.

In center male therapy, female therapy and multi therapy

divisions are established in which treatment like under water massage, spiral massage, Sona heater, chromolight therapy etc. are available on ultra-modern machineries. In treatment cabins desirable physical energy is obtained by temperature control for producing ozon air.

Naturopathy which means nature cure system in which no medicine is given but regular daily activity, food control and by balancing Panchtatva good health is

obtained. Every men's day starts at 5.00 AM who has come to the center for the treatment. And for the whole day by doing yoga, massage special meditation, satsang, chromo therapy the disease is overcome. Mostly people understand naturopathy and Ayurveda as same but both are different. In Ayurveda the disease is cured by medicine where in Naturopathy nature is the only medicine for getting fast results Naturopathy and

Ayurveda making it together which has become famous as new method. There is Panchkarma Center available in which various ayurvedic treatment like Sirodhara is given.

In addition to the above, there is Library, empty theatre, indoor game zone and yoga studio in the center. In yoga studio each individual is taught yoga individually. Also treatment is given by giving Sujog therapy, Magnet therapy, Chakra healing,



Recliner Steam



Steam Bath



Deluxe Hydro Bath



Arm, Foot & Spine Jet Bath



Racky etc.

In the Center one swimming pool is also constructed the purpose of which is to avail the enjoyment alongwith treatment, In water due to decreasing power of gravitation, the patient having fatty body and also joint / muscle pain can do the exercise without pain.

In the Center from two days to one month treatment is available. Generally due to present life styles panchtatva which is there in the body, to remove the influence in the body minimum one week time is required for returning to normal health.

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# Leicester Area

## DIWALI PARTY – 8<sup>TH</sup> DECEMBER 2019

Bhavna - Leicester Culture and Heritage organised a Christmas Party with a difference. The afternoon started with prayers.

This year we had Antakshari where three teams were formed. Each team were asked to pick a letter from the box and they had to sing a song which included that word. After an hour, reverted to the original Antakshari where one team sang a song and the next team started with the last letter. Everyone participated and enjoyed exercising their vocal codes.



There were approximately 60 people who attended. To end the afternoon, Idli and Sambhar were served. This, in true Christmas spirit, was topped up with mince pies and custard followed by tea and biscuits.

The idlis were prepared by Chimanbhai and Shantaben. The Sambhar was prepared by Lataben and Hasmukhbhai. The mince pies and custard was organised by Nilaben. The food expense was kindly donated by Hasmukhbhai and Lataben which was gratefully appreciated.

I wish to thank the committee members, their spouses, and volunteers for all their help and support and a big “Thank You” to all our members in supporting this event – with your help and support we can make all our future programmes even bigger and better.

Merry Christmas!

Rajesh Panachand Shah – Vice Chair

On behalf of:

Bhavna Shah  
Culture and heritage

Leicester Oshwal community celebrated Diwali program on Sunday 3rd November 2019 at Braunstone civic centre from 3 PM to 8 Pm, with a total turnout of 116 people.

The program started with the prayers and one minute silence for remembrance of people who have passed away.

Music by DJ Ash was enjoyed by everyone. The first half hour was spent playing garbas and after that people enjoyed Bollywood dancing. Also we had families from Northampton and Nottingham. On each and every table crisps and nuts were provided.

There were raffle prizes to be won which were kindly donated by Rajeshbhai, Hasmukhbhai, Jayantibhai, Jitubhai, Nikunjibhai and Sudhirbhai which was greatly appreciated.

Everyone enjoyed the delicious food.

Also I wish to thank all the committee members and Oshwal members for their support in ensuring that the event was a success and enjoyed by all.

Bhavna Shah  
Culture and heritage



## Oshwal Bowling Saturday 28th September 2019

Bowling is one of Leicester Oshwal's favourite outing. On Saturday 28th September 2019, Leicester Oshwals went bowling, members from the ages of 2 to 70 plus attended. In total there were 31 members who came to have an amazing time competing with fellow members. We played in teams of 7-8 over 6 lanes. It was a pleasure to see members travelled from Hinckley to join in the fun. As time went by, you could hear cheers of strike for some and frustration from others who tried to strike but didn't have much luck. Overall everybody had a wonderful time.

After the game was over, some of us headed over to The Peepul Restaurant for bite to eat and to enjoy the live music of Bollywood melodies of Lata Mangeshkar, Asha Bhosle, Kishor Kumar, and Mohamed Rafi. The music was thoroughly entertaining and many took to the floor to dance the evening away.

Lastly, a big thank you to all members and the Leicester Committee in supporting the event.

Leicester Youth  
Dravina Shah





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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 2019 to 31 March 2020 Except 20 December 2019 To 10 January 2020

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# East Area

Jai Jinendra and Pranam to all

Our New Year has started. Myself and my Committee would like to wish you all a Happy Healthy and Prosperous New Year. Look after each other. Our prayers for the speedy recovery for those of you who are unwell. Let us know if we could be of any help to you. Try to attend our local activities Tuesday Yoga, Thursday Club, and our Saturday Socials. If you did not attend our Christmas party on 28th December then you have missed it. Our Next programme is on 25th January 2020 East Area Remembrance Day, Don't miss this. On February 2020 is our next Saturday Social. On 28th March 2020 is our Annual General Meeting where our term will end and a new committee will be elected. If you want to serve our community then come forward and join the committee. It is very rewarding also we will be there to assist you. More detail of the programmes look our Oshwal website  
With best wishes Jai Mahavir



Kishore Lalji haria



EAST AREA celebrated the Swami Vatsalya Bhojan on 8th Sept 2019, with a good turn out. The donation box was kept and a good amount was collected. There was no sponsor for the Swami Vatsalya Bhojan this year so the main cost was only the ingredients for the Bhojan. After the Bhojan, at our monthly meeting, the committee decided that we should pay towards the cost of ingredients of the Bhojan. And the cost of the ingredients was equally shared by all the committee members. Many thanks to Kishorbhai Lalji Haria, Ashvin Virpar Shah, Lalitaben Ambritlal Shah, Lataben Ashvin Shah, Nanlalbhai Ranmal Wahji Shah, Narrottambhai Raichand Shah, Bhartiben Babulal Shah and Babubhai Devji Shah. The rent of the hall was paid by Rameshbhai in memory of their parents Ranmal Waghji Shah and Himaben Ranmal Shah. East Area Shree Sangh thanks all the members of the committee, and thanks to all the volunteers who have helped on the day.



### **PATHSALA IN EAST AREA 2019**

The pathshala was a vision of our chairman Kishorbhai to start in East Area so that the members get the advantage to learn Jainism and to learn more about the kriya we do in the Derasar and above all what we recite in Derasar without the knowledge behind it.

We were fortunate to have the blessings from the Lord Mahavir and we got Vidhikar Jayeshbhai as our guru for two consecutive terms.

Jayeshbhai has such knowledge about Jainism and what he is giving to members is great. He also explains everything in a very simple manner so that we understand the meaning and thus look forward to learn more.

We had many students in the beginning and as time went by many dropped down with personal reasons.

The pathshala was once a month in the evening at 8.00 pm to 10.00 pm at Saint Johns Church Hall, and someone from the area went to Oshwal Centre and collected Jayeshbhai, which was great of Kishorebhai to do this duty to east London. After the pathshala finishes someone will drop back. Anumodna of all who have helped to bring and take Jayeshbhai back to Oshwal Centre.

East Area members thoroughly enjoyed learning with Jayeshbhai and I urge that these classes should be held in every area through the central committee.



### **EAST AREA MONTHLY EVENT DAL ROTI WITH GAMES**

Saturday 30th November 2019, was a cold evening with strong winds and rain. The East Area had the monthly social evening and also there was a death of the relative to many members who were invited to the dinner (Divas). What we thought was that not many people will turn up.

As the door opened of the hall and in time the members started coming to the dal roti programme of the east area.

All the members gathered in the hall and we started with prayers with a two-minute silence for the departed souls, and for those who are ill.

Our menu was dal and roti, so we had to call for help from the public to roll the rotis. There were many ladies who were at help in the kitchen and the dal was prepared by Lataben.

What can I say about Lataben and the delicious dal she makes! Even though she had to go to the dinner (divas) of her Mami Savitaben Shah, she made sure that the dal is prepared and delivered for the social evening.

Kishorebhai enjoyed the delicious dal and could not stop eating roti and this is his words, "what a tasty dal and he could not stop eating rotis". Even though I am a light eater, I ate four hot Rotis coming out from the kitchen.

Members were asked to help in the kitchen, and others cleaned the tables and chairs in the hall.

Afterwards, the members started playing card games of Chokdi and Bukhar. Everyone was enjoying themselves. No one wanted to go home but when the time came to close the hall, all had to clear the hall.

Another enjoyable evening for the members.

## EAST AREA CELEBRATES X'MAS AND NEW YEARS PARTY.

It was a pleasant evening and slightly raining.

On Saturday 29th December 2019, at Saint Johns Church Hall, Sevenkings members started coming to the hall in good spirit and the programme started from 7.00 pm to 10.00 pm. Everyone in the east area was looking forward to this new years party. We had guests from other areas who joined us and was our pleasure to have them.

We started the party with a prayer of Navkar Mantra, and then two-minute silence for those who have departed us, those who are ill and for their speedy recovery and for peace in the world.

We are observing at the moment the fires in Australia, and so many lives being lost, animals have died and a lot of sufferings to the people of Australia. Day and night they are fighting for their lives and have lost houses and belongings. It is so sad that we can't do anything for them and at this time if they need any help we should be the first to help them.

X'mas went so quickly and the East Area decided that we celebrate both events together. Everyone was happy and enjoying. This time we had a simple menu and we had Dabeli, Gajjar no halva, soft drinks, and the starters. everyone enjoyed the food and there was tea and biscuits at the end.

After we had the meal we played musical chair one with the males and other for females. Mahendrabhai won in the men's and Pravinaben Shah won in the ladies.

After that, we played a game of bingo and all waiting for one number in the end. When a number was called, Vijaibhai shouted bingo, and he was the winner. Time went so fast and was time to pack up.

We all helped to clean the hall and everyone went happy and looking forward to go into the new year. I wish a happy New Year to you all and hope 2020 is a good year for all of us.

Babubhai Devji Shah



## OSHWAL SPORTS EAST AREA 2019

A group of East area members travelled to the University of Hertfordshire on a cold evening to participate in the Oshwal Games - swimming competition

We were the most successful area in terms of number of medals collected per number of people taking part with most participants medalling in their events. In addition, we beat other bigger areas to take second in the Relay

Following took part and won medals.

Bharti Shah- Bronze- in Freestyle, Backstroke and Breaststroke

Rakhi Shah- Gold- freestyle, Silver- Backstroke, Gold- Breaststroke Silver- Relay

Aarav Shah- Gold- Backstroke- Silver- Freestyle- Bronze- Breaststroke Silver- Relay

Anavi Shah Bronze- Freestyle, Silver- Relay

Ayushi Shah- Gold- Backstroke, Gold- Breaststroke, Silver- Freestyle Silver- Relay

Ayana Patel and Aaron Shah also participated in the area.

We would like to encourage more members from the area to participate.

ALSO, ten members went to play in the Chokdi competition at the Oshwal Centre and they came third in the competition.

Well done all the participants.

Report compiled by Hinesh Shah



### 10km Run in India by Narrotambhai Raichand Shah (EAST AREA)

Me and my wife Pragna were on holiday in India and whilst there we went to visit our friends in Khamgaon near Nagpur. That evening, my friend took me to Nagar Parishad ground and introduced me to the chairman and committee of the Rotary club. I found out that they had organised a 10 km run on the next day for health awareness and building fitness and asked if I wanted to take part. The next morning, I was given the t-shirt and asked to get ready, my race started at 7:30 am and finished 09:23 am, which was hard, but I did it! There were 825 runners in the race including Rajendra Jaiswal, the Ironman and Guinness book titleholder. For public knowledge, a Marathon is 26 miles.



## Mihir Haria-Shah wins 30 under 30 & Media Week Rising Star Awards

Mihir Haria-Shah, Head of Broadcast at Total Media, has been making waves in the media landscape over the last few months. Not only was he included on Media Week's 30 under 30 list for 2019, but he was also awarded the 2019 Rising Star award in the agency category.

As the son of Shailain Shah and the nephew of former president Rex, Mihir's career began in the insurance industry with a view to moving to the family business, Libra Insurance Services. However after two years in the insurance industry, Mihir decided to take a step into the relative unknown for Oshwals by taking up a career in Media.



After spending 3 years at MEC, part of the WPP group, Mihir moved to Total Media in November 2016 as a broadcast account director, and was swiftly promoted to his current role as Head of Broadcast after just two years. In that time, he's been instrumental in growing the agency's broadcast billings, encouraging clients who are new to the medium to spend on broadcast for the first time, as well as persuading others to give revisit television as a viable platform. With his help on the business pitch side, Total Media also secured wins including TikTok, Fresh Pet, N26 and Icon in the first five months of 2019.

Beyond the day to day Mihir has also featured in the industry and national press discussing the future of TV and the threat of the streaming services to traditional TV viewing. In March 2019 he was asked to be on Sky News to discuss Apple TV+'s launch announcement and what it would mean for the industry. Having won these awards, Mihir is now looking to encourage younger generations that media is a viable career path for them

### What are the Media Week Awards?

The Media Week Awards are the most highly prized awards in UK commercial media. Media Week and Campaign, their parent brand, see how rapidly the media world is changing and expanding in the face of disruption and digital transformation. Their award scheme thus recognises agencies and media owners for their innovation, creativity, and business impact. The Media Week Awards matter because they are judged by the toughest critics — nominees' industry peers. Their expert judging panels are made up of leaders from across the media and marketing industries, who pride themselves on their rigorous and objective judging process.

The Rising Star – Agency award is presented to the individual who's made the biggest impact in the industry as part of their agency. Mihir made the final cut out of hundreds of applicants, and was selected out of six finalists.

Article first published by The Oblique Life

## We've got a big year ahead!

To our amazing backers,

First, we would like to wish you all a very Happy New Year! We hope it will be a successful year with good health for you! 2019 was a huge year for us. After many years of hard work, *Threads That Tie Us: An Oshwal Odyssey* finally wrapped up production and we launched a great Indiegogo crowdfunding campaign. All of you graciously contributed, which has helped us towards the completion of this film. The final bits of production were concluded in London where we got to interview some incredible Oshwals keeping the Oshwal spirit alive.

Now, in 2020, after a relaxing New Year's break, we are back to work and have already started editing and post-production. We are planning to write up stories on Facebook for some of our partners or their loved ones in the coming months leading up to the release of the film. We are still on track for our release in summer, but a more specific date will be announced soon so please stay tuned.

We have found a talented Gujarati editor from Mumbai. Although not a Halari Oshwal, Dhruv Shah understands the language and culture and this really helps with the story. For this film, our top priority is to create something that will serve as a pivotal piece of media representation for the Halari Oshwal community. We do not want to make just a bare minimum documentary, we want to really take it to the next level. Animation, an original musical score, and archival footage will help enhance the story.

Perks that are supposed to be sent out at this point will be sent out very soon. Those who backed the film with the VIP tickets perk will receive their two tickets closer to the release of the film. Digital soundtracks will be received around the film's release as well. Those who have backed the film with the digital and Blu-Ray copies will receive them after the film's festival run. Thank you for your patience.

Thanks to your generous contributions, we have reached 75% of our goal! But in order to reach 100%, there is still some work left to do on that end. So, if you know of any family or friends who would be interested in contributing, please send them the link to our website, [www.threadsthattieus.com](http://www.threadsthattieus.com), where they can learn more about the film and contribute towards it.

Again, thank you so much for joining us on our journey as we finish and release this passion project. Over 4 years in the making, this film has truly been a labor of love. We hope all who watch it, Oshwal or not, will find immense enjoyment out of it.

Please make sure to follow us on Facebook, Twitter, and Instagram as well for even more updates!

Sincerely,

The Spinning Reel Productions





Congratulations to both Ashni Shah & Ajay Budhrani and their Families  
for the wonderful celebrations that took place in Sheraton Resort, Hua Hin, Thailand



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# HAPPY BIRTHDAY

હાલ માન્ચેસ્ટર માં રવાના થયોલ, અમ્મરા પુ. માનુષી.  
કરનુર બેન સોમચંદ્રજીં બવન થયેલ.  
તેમનો જન્મ ભારતમા બારા બેરામ ગામે થયોલ, ૧૯-૧૯માં  
તેમના પૂજ્ય પિતાજીનું નામ જી હૈવન બુવરાજ વીરા રાયાચમે  
પૂજ્ય માનુષીનું નામ રાજલ બેન દેવું.  
પુ. કરનુર બાના નામે ચૌદ વર્ષના ઉમરે જર્મની -  
બર્લિન માં રહીરા, જી સોમચંદ્ર હુંભ હોરીયા રવાથે થયોલ.  
ભારતના વાપતમાં મોટે ભાગે આપણા હાલીઓનાં  
પર ગામમાં દર વરસાવ બેનીનોજ લો. જોશને અયુંકનુંકુંભમાં  
રહેતા અમ્મરા બામે બુબજ બેની વડાનું કામ કર્યું છે સ્થાયે સ્થાયે.  
દારનુંકામ, દાવનું બાકનું રોરોને સંચાલ્યા જોશને સાબન મહેમન  
કરાને મા બાવનું નામ રોશન કર્યું છે.  
ચોકા વર્ષ પછી સોમચંદ્ર ભાઈ વડાલામાં આશ્રિત થાયોલ અને તંબ  
બરાબર સેટલ થયાપછી કરનુર બેનને નોકાવોલ તેઓ ચોકે પુત્રનેવલ  
આશ્રિત થાયોલ. પોને ભાઈભાન દુપ પલાગાલીભાતના સેટલે રવારા  
શને બુવન પરવાર કર્યો બહુભાષાકોને ભાષાવાગાલાવી મરના ચિલા-  
મે જોયાર કર્યા અને બધા કુખી છે. દીકરાઓ લંડન સેટલ થયા  
દન્ય સેટલે કરનુર બેન-તેમના સસુ અને અમ્મરા પિતાજી યુરોપ  
આવ્યા અને બધા સારી રીતે સેટલે થઈગયા હું આંખ કાન તથા  
સારી સ્ત્રીઓ છે દીકરી વદુ દયામ પાગ બદુ રાખે છે અને સોમચંદ્રભાઈ  
૧૯૯૮ માં રામચરણ પામ્યા તંબ સુદી બહારથી આવના મહેમાનોની  
સ્વાધમિક ભક્તિ તથા બુબ કરી છે. હું આપણો દોરણાં રવાનામાં  
રહે. સી. તેમનો પરિવારનાં મેલામ.



શ્રી મહાવીરાય નમઃ

ૐ

શ્રી પાર્શ્વનાથાય નમઃ

સ્વ. શ્રી રસીકલાલ હરિયા - બીજી પુણ્યતિથિએ શ્રધ્ધાનંજલી

જન્મ: ૦૧.૧૦.૩૫



નિધન: ૨૫.૧૨.૨૦૧૭

આપની ચિરવિદાયને જોતજોતામાં બે વર્ષ પૂરાં થઈ જશે પરંતુ, આપની યાદનું ઝરણું નિરંતર અમારા હૃદયમાં વહ્યા કરે છે.

મળી જાય છે દેહ માનવીનો માટીમાં પણ નામ એનું જીવી જાય છે.  
સળગી ગયેલી ધૂપસળી વાતાવરણમાં પ્રસરેલી તેની મહેક તેના અસ્તિત્વના સંકેતો પૂરતી જાય છે.

આપ પણ આમ જ વિદાય થયા નથી, હૈયાત આપ પણ પાસે જ છો એવું લાગ્યા કરે છે. હર પળ આપની હાજરીનો આભાસ થયા કરે છે. ભૂલાશે બીજું બધું પણ પિતાનું વાત્સલ્ય કદી નહિ ભૂલાય.

અમ પરના આપના અગણિત ઉપકાર કદી ભૂલાશે નહિ.

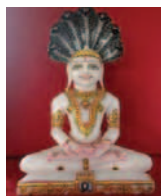
પ્રેમ અને લાગણીથી ઉછેરી, સારા સંસ્કાર આપી અમ સૌની સંભાળ સદા રાખી.

મળશે જીવનમાં બીજું બધું પણ પિતાની શિતળ છાંયા કદી મળશે નહિ.

પિતા તમારે ચરણે ધરીએ શ્રધ્ધાંજલિના ફૂલ  
કેમ કરી અમે ચૂકવી શકીએ તમારા ઉપકારના મૂલ  
અંજલી આપીએ અમે આપને, આજની આ પૂણ્યતિથિએ  
પ્રભુ તમારા દિવ્ય આત્માને શાશ્વત શાંતિ અર્પે  
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મીરા નિરજ  
નિવા ધૂવિ પ્રિયન

## GULABCHAND MULCHAND PUNJA MARU



*Date of Birth : 12<sup>th</sup> October 1935*

*Date of Death : 30<sup>th</sup> July 2019*

We would like to express our sincere thanks to all relatives, friends and well wishes for their condolences conveyed to us following the loss of our beloved Gulabchand Mulchand Punja Maru.

Gulabbhai led a very happy and healthy life. He had a very kind nature and always thoughtful of others. He has been an excellent donor for Oshwal Association both in the UK and India. During his life he has taken part in a lot of Jain activities especially the Chaturmas in Palitana, which people remember to date.

Gulabbhai's later years were spent taking care of Jayaben for which we are all very grateful.

Gulabbhai will be greatly missed by his family

Om Shanti Shanti Shanti

*Jayaben Gulabchand Maru  
Nilesh Gulabchand Maru  
Rajesh Gulabchand Maru  
Rochelle Rajesh Maru*

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Back Cover (inside – full page only) £500.00  
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*Thank you to all of  
our advertisers*



**Poonam Shah**  
Advertising Executive

for Oshwal News

Tel: 07912038920

poonam.c.shah@oshwal.org

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## For Sending Articles, Pictures, Reports and Adverts in for OSHWAL NEWS Magazine – please follow these guides:

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

**For any queries or questions please contact Sudhir Meghji Shah  
at email [sudhir.m.shah@oshwal.org](mailto:sudhir.m.shah@oshwal.org) or telephone 07785 710914.**

# 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.





# From spring 2020 the law around organ donation in England is changing

Unless you choose to opt out, you will be considered to have agreed to be an organ donor when you die.

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visit [organdonation.nhs.uk](https://organdonation.nhs.uk)  
or call 0300 303 2094

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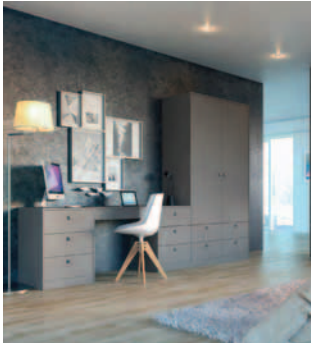
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