

# PARSI TIMES

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## FROM THE EDITOR'S DESK

### Stay Safe!

Dear Readers,

To many, the developments over last week's nation-wide outrage - the heinous gang-rape and sinister murder of a young woman veterinarian in Hyderabad - culminating in the death of all four criminals, by the police in an 'encounter', may feel like justice served. But once that righteous, initial sense of 'karmic correction' has settled, it's difficult to escape the ground reality- we live in an age where women's safety seems to have found deliverance in the 'wrong kind of justice'.

Are we happy that those dastardly criminals don't breathe in this world anymore? Undoubtedly! But whereas the criminals met their much-deserved end, there are two crucial aspects that seem to have gotten lost in all this. First, to the world at large, the criminals being shot dead was recorded as the consequence of an 'encounter when they tried to flee the scene of crime' (during the re-creation of the crime scene), not as the punishment of the crime they committed (obviously); And second, in keeping with the 'justice delayed is justice denied' reality, a Fast Track Court had been set up to mete justice lawfully - but this quick-fix reaction undermined the justice system, apart from possibly encouraging other unnecessary evils.

True - the nation was up in arms, with calls ranging from lynching the criminals to instant death punishment. But was this the answer? As Indian women, we are beyond outraged every time a new 'Nirbhaya' is slain, but as much as we don't want to wait for years for justice to be served, is this the precedent we are willing the law to set - a superficial judicial recourse for women's safety?

We need to realise that is as much about the crime justice system as it is about us; that women's safety is as much a woman's issue as it should be, a man's. Surely, some reflecting is called for. In the words of Robert Kennedy, *"The glory of justice and the majesty of law are created not just by the Constitution - nor by the courts - nor by the officers of the law - nor by the lawyers - but by the men and women who constitute our society - who are the protectors of the law, as they are themselves protected by the law."*

Stay safe!

- Anahita  
anahita@parsi-times.com

## MATRIMONIALS

**WANTED PARSI BRIDE, Parents invite proposals for their son 27 years and 6"1, seek an educated girl who is willing to settle abroad, kind hearted and warm with strong family values. Maturity and character will be extremely important. Family visiting Mumbai in December 2019.**

Kindly email bio, photo and enquiries to -  
bridedec2019@gmail.com

### Cumballa Hill High School To Celebrate 80 Years!

The Cumballa Hill High School, established in 1940 by late Dolly H Forbes, will celebrate its Eightieth Year in 2020! All ex-students are requested to register themselves at the school. If you have any old school or class photographs, do get in touch with the school or with Dara Khodaiji.

For Details, Call: Cumballa Hill High - (022) 23625176 /  
Dara Khodaiji - 9821298671



### IMPORTANT ANNOUNCEMENT

On the third Tuesday of December 2019 i.e. 17th December 2019, the Bombay Parsi Panchayet Board Meeting for meeting the Public is cancelled as the Trustees will be attending the 193rd Salgireh Function of the BPP Godavara (Gamadia) Agiary, Fort, Mumbai.

BY ORDER OF THE BOARD OF TRUSTEES  
CAWAS S. PANTHAKI  
CHIEF EXECUTIVE OFFICER

### Salgireh of BPP Godavara Agiary

The Salgireh of the BPP Godavara (Gamadia) Agiary falls on Ardibehest Roj, Mah Amardad (Tuesday 17th December 2019). The Agiary has been painstakingly restored to its former glory in time for the salgireh. The BPP Trustees have organized a Khushali nu Jashan at 5 p.m. and a small function thereafter to acknowledge and thank the donors who have helped to fully structurally renovate and restore our Agiary. All community members are invited to take the blessings of the Godavara Agiary Atash Padshah on this auspicious and joyous occasion.

## DADAR PARSEE COLONY GYMKHANA'S MASQUERADE

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2020

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SOUND & LIGHTS - MAZDA EVENTS  
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8.30 pm onwards

AT

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FOR INVITES CONTACT:

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## My Father recovered from Paralysis after few months of treatment

part of the body. For two years we tried everything but nothing worked and he had lost the will to live. It came into our life like a tornado and is about to take something very precious from us.

Paralysis attacked my father (Udhamraj Kothari, Age 68 yrs.) 2 years ago. Being a happy and lively person my father was enjoying watching his favorite television show. Suddenly he had a stroke in which his left body got paralyzed and he lost control over almost every

One day I came to know about "Carnea Health Care". I booked appointment with Carnea. Doctors visited my place and did "Digital Muscle Strength Analysis" to detect the weak muscles of body. After analyzing his report doctors treated him with "Soft Tissue Mobilization

Technique."™ What surprised me the most that, only after attending 4 months of treatment he started doing his daily chores such as getting up from bed, going to washroom without any support and pain. Today after completing his 6 months of treatment he is self reliant and enjoying living every bit of his life. I don't have enough words to show my gratitude and thanks to the team of "Carnea".

For Appointment Call on: "Carnea Health Care" : 9892269079 / 9974314754



"You can never cross the ocean until you have the courage to lose sight of the shore."

-Christopher Columbus

## CAN YOU HELP TO SAVE HIS LIFE?

"I want to be an Army Man and serve our nation. Even if I die on duty I'll be remembered by all. My son **Soham** keeps saying this when he is asked what he wants to become. He was a bright child at school who scored more than 90% regularly. But his life came to a standstill when he started getting fever and we took him to our local doctor in Nanded. After regular medicine and treatment still his fever wasn't reducing and he was getting weak. So we were asked to take him to Aurangabad at a bigger hospital and his tests were done and it was confirmed as **Acute Promyelocytic Leukaemia** a type of Blood cancer. Being a farmer we could barely have 2 square meals and this word cancer caused havoc in our family. He requires ₹ 4.5 lakhs for his treatment and we are finding it very difficult to continue our child's treatment. Hence, we earnestly appeal to all you kind hearted people to donate generously and help us to save the life of our boy. Your contribution can make a difference."

**Mr. Kisan - Father of Soham**

**Let us together strive to help Master Soham to recover from this deadly disease and live life.**

- Your donation is entitled for exemption under section 80G of Income Tax act 1961.
- Other donors can donate through their bank directly to
  - 1) State Bank of India S. B. A/c. No 10041949740, IFSC code SBIN0001406, Jacob Circle Br., Mumbai - 11.
  - 2) Central Bank of India, S. B. A/c. No. 3190436376, IFSC code CBIN0280632, Vikhroli (W) Br., Mumbai - 83.
  - 3) You can also donate by Credit Card through our website.
- Any surplus amount collected will be used towards provision of care and services for other deserving CARF patients.

We appeal to you to send your donations, by Cheque / D.D. in the name of "CANCER AID & RESEARCH FOUNDATION" addressed to Cancer Aid & Research Foundation, Unit No. 103, Shivkripa Industrial Estate, Vikhroli West, Mumbai - 400 083, INDIA. Please write the patient's name on reverse side of your cheque and also your PAN No in case the donation is more than ₹ 10,000/-

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# Yatu Zi Zarathushtra (From the Haptan Yasht)

*Daisy P. Navdar is a teacher by profession and a firm believer in the efficacy of our Manthravani. She is focused on ensuring that the deep significance of our prayers is realized by our youth. She credits her learnings and insights, shared in her articles, to all Zoroastrian priests and scholars whose efforts have contributed towards providing light and wisdom for all Zarthostis.*



**Daisy P. Navdar**

Our challenges come in all categories. Some have health concerns, some have educational challenges, some face difficulties with children or parents, some face workplace pressure and so on... the list is endless. However, we have all, at some point in our lives, faced situations that defy logic, problems that seemingly have no solution. We even begin to question ourselves about our own reality - are we actually experiencing something this peculiar or if we are simply imagining it!

For the purpose of illustration, I must share here, the experience of a child I knew. Her mother passed away at a very early age, post which the child started seeing things around the house which would frighten her. It became very difficult to handle the girl because she spoke about things that no one else could see! A Jashan was done in the house to get rid of any bad energy and subsequent to that, the dasturji who conducted the Jashan, spoke to the child. He then recommended some prayers and *Nirangs* to be done on a 'Nirangdin no doru' (sacred thread used in the Nirangdin ni Kriya). Without a doubt, the

prayers worked and the girl soon became her usual self and stopped seeing those strange visions.

There is no end to the power and effectiveness of our *manthras*. The Haptan Yasht is an extremely powerful *manthra* against the ill-effects of the negative energies or evil around us. The passage given below is derived from the Haptan Yasht and is particularly effective in overcoming those seemingly impossible situations or experiences that cannot be explained with logic. It has been my experience that 'where there is *manthra vaani*, there is no logic, only magic'!

"Yatu zi Zarathushtra vanat daevo mashyo Ko namanah badha Spitama Zarathushtra Vispa druksh janaiti, vispa druksh nashaiti, yatha haonaiti ashem vacham Aoi te aoi tanvo dadhaiti, aoi te athaurunem janaiti athaurunem yatha rathaeshatrem vispano asrushtee nashatanam aojangha. Yo him daste daranem yoi hapta Amesha Spenta hukhshathra hudhaongo hamerethanamchit. Daenam Mazda yasnim aspo kehrpem apem Mazdadhatam ashaonim yazamaide. Atere vitare maibya vitare maibya vimraot Zarathushtra atare vitare maibyaschit vitare maibyaschit vimraot Zarathushtra yat vangheush manangho yat aithyejanghem vacham fraspavaresh fracha framerethwacha frazathwacha. Satavata satevata utavata utevata uta apabarentu yatha

bastem fravashanam daenam Mazdayasnim nashatanam aojangha - Ashem Vohu."

The following is the literal translation of this *kardah*:

"O Zarathushtra! I call upon Thee to smite the evil wizard like man who resembles a daeva (evil person). O Spitama Zarathushtra! Just as one would succeed with the power of these sacred verses, in the same way let them conquer and destroy all the *drujas* (evil spirits) of this house. This *druja* takes control of the body and smites both, the *Athravan* (priests) and the *Rathestaran* (warrior). We appeal to Thee to be our shield and our protector, like the seven *Ameshaspands* who are both wise and true rulers and who protect us against evil. We are in tune with the Mazda worshipping religion and with the holy waters created by Mazda in the shape of a horse."

Zarathushtra condemns sins of commission and sins of omission as they pertain to Vohu Manangh (probably a reference to Bahman Ameshaspand and therefore Bahman Yasht), which is the most indestructible among the sacred verses. Through the power of these verses, the evil ones are carried far away from us, bound by the sacred verses of the Mazda worshippers. May the Mazda worshippers increase hundredfold!

# Give Me Insatiable Avidity For Learning, Ahura Mazda!

*Start your weekend with positive vibes with inspirational excerpts from the acclaimed book, 'Homage Unto Ahura Mazda' by Dasturji Dr. Maneckji Naserwanji Dhalla of Karachi.*



Give me the will to know and the will to learn, Ahura Mazda. Let me be learning all my life. Let

us mental exaltation.

Literature endures when the triumphs of marble and bronze perish. It is the greatest intellectual stimulant. No pleasure is as great and noble as that of reading. It exerts inspiring influence over my mind. Books inform and instruct and elevate and amuse and soothe and cheer. They are the priceless repositories of knowledge. With books as my companions, I greet the sages of all ages and hold intercourse with the best brains of all times and places. I make myself contemporary with them and hold converse with them.



me be a life-long student. Let me study as an ardent and not as a dilettante. Let me always be looking for information and instruction from anywhere and everywhere. Spare me from conflicting passions, but let one single intellectual passion to know and to learn always drive me in life. Let me revel in intellectual pleasures.

At rare intervals are born some men who are touched by the magic wand of genius. These gifted thinkers leave their priceless legacies to posterity. Ours is the matchless heritage of knowledge gained and garnered by the sages of the past. The past is dead, but not before inscribing its achievements upon our minds, which we cannot and will not wipe clean. Its creative thought is ever with us to give

Let me not read amiss. Let me read with purpose. Let me read what is worth reading. Let me read to exercise my mind and to keep it fresh and healthy. Let me read and let me reflect on what I read and let me make it mine. Let not books think for me. Let me think for myself. Let my reading replenish my intellect and elevate my mind. Let it fill my mind with great thoughts and lofty ideals and noble aspirations.

Help me to gain a thorough mastery over the language in which I write. Give me lucidity of thought and clarity of expression. Let me write with the pen of an inspired one. Help me to create and help me to produce works of knowledge that may live and live long, Ahura Mazda!

## RELIGIOUS ANNOUNCEMENT

All Parsi/Irani Zarthostis are invited for the following Salgrehs and Functions:

### Banaji Atashbehram's 175<sup>th</sup> Salgreh

The Cawasji Behramji Banaji Atashbehram (Thakurdwar) will celebrate its 175<sup>th</sup> Salgreh on 13<sup>th</sup> December, 2019, with a Jashan held by the trustees at 9:00 am.

### બનાજી આતશ બહેરામની ૧૭૫મી શુભ સાલગ્રેહ

ઠાકુરદ્વાર મધે આવેલ મરહુમ કાવસજી બહેરામજી બનાજીના આતશ બહેરામ સાહેબની ૧૭૫મી શુભ સાલગ્રેહ તા. ૧૩મી ડિસેમ્બર ૨૦૧૯ને દિને પડે છે. આ શુભ પ્રસંગે સવારે ૨૨:૦૦ કલાકે આતશ બહેરામ સાહેબના હોલમાં ટ્રસ્ટી સાહેબો તરફથી જશનની પવિત્ર ક્રિયા બોધવાવા સાહેબોની આગેવાની હેઠળ કરવામાં આવશે.



## Dr. Jasvi's Numero – Tarot Predictions

(As Per Your Birth Month)



*Parsi Times brings you Dr. Jasvi's column on her unique Numero-Tarot monthly readings, based on your month of birth:*

**January (Lucky No. 10; Lucky Card: Wheel Of Fortune):** December will prove to be your month of putting in a lot of hard work and working overtime. Life is a challenge, and you could have to face unfavourable situations, but these are temporary and will last only for a while. Remember, a change is must.

**February (Lucky No. 6; Lucky Card: Lovers):** Don't get confused between those who are loyal to you and those who are cheats! Learn to draw a fine line. This is a good time to start new ventures. Financially, this is a good month for you.

**March (Lucky No. 4; Lucky Card: Emperor):** Marriage is on the cards! Name, fame, victory and all else is on the way! You will receive ample emotional support. You might have to juggle a bit to bring balance into a situation.

**April (Lucky No. 21; Lucky Card: World):** This is a karmic phase, so remember - as you sow, so shall you reap. Try to overcome sleeplessness at nights. The new month beckons you to have a party! You need to learn to accept changes in life.

**May (Lucky No. 11; Lucky Card: Justice):** You could likely face a temporary problem of cash liquidity. Your funds could get stuck for a while. Be careful about your investments. Do not get desperate seeking anything. Be patient.

**June (Lucky No. 8; Lucky Card: Strength):** Remind yourself that change is the only permanent thing in life. Learn to go with the flow and move on in life. You are advised to bathe with rock salt as this will keep you safe from any negativity.

**July (Lucky No. 1; Lucky Card: Magician):** Your health will be in a great condition. You need to stop worrying about the little things - remember, these are all a part and parcel of life. A little compromise from your end will help a great deal to make things better. You will receive financial support.

**August (Lucky No. 5; Lucky Card: Hierophant):** The month ahead looks really bright - you are blessed with all the luck, love and happiness. Enjoy to your fullest. Try to not complain for the little things that are missing - instead focus on and enjoy what you have.

**September (Lucky No. 19; Lucky Card: Sun):** This is a good time for new partnerships. Marriage is on the cards. Try to not over-think. You are in knowledge of your destination - just search for the right path to reach there.

**October (Lucky No. 17; Lucky Card: Star):** Follow your intuition. Be careful this month as there are chances that you could be deceived. Try to come out of your delusions - remember that everything that glitters is not gold. Things are not what they seem, for now.

**November (Lucky No. 2; Lucky Card: High Priestess):** This is the time for you to fight and do away with those negative feelings. There is no need for you to feel neglected. Financial stability is indicated. Help yourself to come out of a confrontational situation.

**December (Lucky No. 3; Lucky Card: Empress):** Shoulder your responsibilities instead of running away from them. You need to clear any confusions in your mind. Your health looks good. Your healing has started!

## WFA Adoptathon

**ADOPTATHON 2019**  
Asia's largest adoption camp for strays

**7 - 8 Dec 2019**  
11:30 am - 7:30 pm | Entry: INR 50  
St. Theresa Boys High School, Bandra

\*Interested adopters must be accompanied by family and carry ID Proof.

### WFA Adoptathon

When: 7th and 8th Dec, 2019.

Where: St. Theresa's  
Boys High School  
Quadrangle, 24th  
Road, Bandra (W).  
Time: 11:30am to 7:30pm.

For Details: Call -  
+919820001506 or  
Email: [info@worldforall.co](mailto:info@worldforall.co)

**A**nimal welfare NGO - World for All Animal Care and Adoptions (WFA) - will host Asia's largest stray animal adoption camp - 'Adoptathon 2019' on December 7<sup>th</sup> and 8<sup>th</sup>, 2019; at St. Theresa's Boys High School Quadrangle, 24<sup>th</sup> Road, Bandra West; from 11:30am to 7:30pm. In its 9<sup>th</sup> year, the Adoptathon offers over 180 fully vaccinated, groomed and healthy Indian breed puppies and kittens ready for adoption. Adopting families will be guaranteed a smooth transition for pets from foster care to a forever family home, as also expert advice from their partner vets and counsellors, by WFA. This year, WFA has dedicated a special corner for the adoption of senior dogs. The Adoptathon offers numerous fun stalls with pet products and has attracted the presence and support of various animal loving celebrities, including Alia Bhatt, Shraddha Kapoor, Soha Ali Khan, Kunal Khemu, etc. *For Details, call: 9820001506*

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### GODREJ BAUG RESIDENTS WELFARE ASSOCIATION



Melavdo to celebrate the  
20th Anniversary of Enthronement of Holy Fire  
at Shapoorji Fakirji Jokhi Agiary, Godrej Baug  
on Monday, December 16, 2019  
Roj Bahman, Mah Amardad YZ 1389

Maachi offering in Uziren Geh and Hama Anjuman Jashan  
at 4.00 pm at the Agiary  
followed by Key note speech

"GIVING BACK TO SOCIETY THROUGH POSITIVE ACTION",  
Prize Distribution, Light Entertainment and Fellowship from 6.30 pm onwards

**Mr. Dinshaw K. Tamboly**  
Chairman, World Zoroastrian Organisation Trust  
Chief Guest

**Dr. Vispy H. Jokhi**  
Chief Executive Officer, Masina Hospital  
Key-note Speaker

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### PUBLIC NOTICE

This is to inform the public at large that Mr. Ardaviraf Adi Cooper died intestate at Mumbai on 3<sup>rd</sup> October, 2018 leaving behind his wife i.e. myself Anjali Ardaviraf Cooper a.k.a. Anjali Narayan Koli as his only heir and legal representative. The said Ardaviraf Adi Cooper had invested in several companies. I being his only heir have applied to the Bombay High Court for Letters of Administration of the credits and assets of Mr. Ardaviraf Adi Cooper and the matter is pending adjudication.

I have learnt that Ferzin Manek Patel residing at A-203, 'Ahuna' 2<sup>nd</sup> floor, Divecha Complex, Eduljee Road, Charai, Thane (West), 400 601 is falsely claiming to the several companies that she is the only heir to inherit his estate and making applications for releasing the investments to her.

Be it known to all concerned that I am the only heir and legal representative of late Ardaviraf Adi Cooper and hence no amounts be released to the said Ferzin Manek Patel on any grounds whatsoever without my prior written consent. If inspite of the above warning, any amounts are released to the said Ferzin Manek Patel, the concerned companies will be held solely liable and responsible for the loss caused to me.

Dated this 7th day of December, 2019  
**Anjali Ardaviraf Cooper**  
a.k.a. Anjali Narayan Koli

### NORTH EAST INDIA

**Paradise Unexplored**  
ASSAM, MEGHALAYA,  
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KAZIRANGA, DIRANG  
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### KERALA + BACKWATER

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Date: 24th January 2020  
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### GEMS OF EUROPE

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# Cyrus The (Not So) Great!

Apro Cyrus Broacha, the Brand Ambassador of Humour, unleashes his hilarious take on Maharashtra Politics (we saw that coming!) in our monthly column, 'Cyrus The (Not So) Great!'



Now my uncle, Ardeshir, is bit slow. For the first 15 years of his life, he thought only Parsis lived in Maharashtra. (Who said Great idea?? Please don't say things like that even if it makes good sense!) Of course, geographically speaking, uncle Ardeshir thought that Rustom Baug was Maharashtra. (Again, I'm telling you don't say great idea, even if it makes perfect sense). Uncle Ardeshir is not the only one. I feel today's Parsi, as well as yesterday's Parsi, (not sure whether there will be a tomorrow's Parsi), may not have a proper grasp of Maharashtra politics, Maharashtra culture, and most importantly, does one start with the right foot or left foot, while performing the mind blowing lezim-lezim dance.



**Cyrus:** Avan, which party or parties have formed the Govt. in Maharashtra?  
**Avan:** Actually, it's tough for me to answer this after my divorce.  
**Cyrus:** Sorry err..... what's the connection?  
**Avan:** I don't like going to parties.... As a single woman, people say things.  
**Cyrus:** Actually, I'm asking you, do you know who is ruling Maharashtra?  
**Avan:** That's so easy, Rata Tata!  
**Cyrus:** Ratan Tata?  
**Avan:** Remember he came back and took over after all the controversy...

I had to leave it there, because truth be told, I felt Avan was sort of right. I mean who really rules Maharashtra? Who can actually say? I mean does Ratan Tata have to stand in a line at Vadaphone, and wait patiently, for his number to be called out? The answer is no. So, he does probably rule, could not argue with Avan.

Finally, I decided to check with my own family. Uncle Ardeshir, as I mentioned earlier, was never the swiftest mind, but if you asked him to point out whether Jussi Bjorling's 'Nessun Dorma' was, better than Beniamino Gigli's 'Maapari', he would answer in a flash, and in detail, and end with a high 'C'. So, I gave my uncle, a whole

So, what I did was, I ran around the city, checking and clarifying facts about Maharashtra, with Parsis of all shapes, but mostly same size. And these, my friends, are the results of my tireless, selfless, efforts...

First up, I met 17-year-old Monty Pastakia. Monty is named after his great grandfather, who took the name after serving under the legendary Montgomery, during the Second World War. In fact, all the males in the Pastakia clan have been subsequently called Monty. Many of them look alike, and they are normally told apart from their shoes.

**Cyrus:** Monty! Kem chhe? Do you know who is the leader and Chief Minister of Maharashtra?  
**Monty:** No idea.  
**Cyrus:** Okay, who would you like to be your Chief Minister in Maharashtra?  
**Monty:** Jurgen Klopp. But only after the premiership ends.  
**Cyrus:** Very interesting answer! Monty, do you know the difference between Ajit Pawar and Sharad Pawar?  
**Monty:** One is taller? No, no can I change my answer?  
**Cyrus:** Yes, go on...  
**Monty:** One is shorter!?

And so, with a heavy heart I closed the book on Monty.

However, all is not lost as I approached Avan Dastoor! A 41-year-old divorced baker, Avan Dastoor's cakes and chocolates are loved all over Maharashtra. My research showed me she would have some idea about Maharashtra politics, as rumour has it she's dating a Maharashtrian man. Avan has denied it, but all 27 Parsee occupants of her building, who want to get her flat, have confirmed it.



article on the state of Maharashtra, (yes, we know it's a pun), and only quizzed him after he had read the article, front and back.

**Cyrus:** Uncle, who formed the Govt. ten days ago only to resign, a few days later?  
**Uncle Adi:** Arey, Arey! I just read about him. Ah yes. Vinodh Rai.  
**Cyrus:** Vinodh Rai, who was appointed to oversee the BCCI?  
**Uncle Adi:** Yes and Aapree Diana.  
**Cyrus:** Diana Eduljee?  
**Uncle Adi:** Yes, they had to resign and Saurav Ganguly is now the Chief Minister.  
**Cyrus:** No, no. That's the BCCI issue. Not Maharashtra Govt.  
**Uncle Adi:** Arey! I just read it. See here, read yourself!!  
**Cyrus:** That's the back page. That's the sport's page. You have to read the front page.  
**Uncle Adi:** But you only said, read it Back and Front. So, I read mostly back page.

I had to move on. Ever since I quit alcohol, I can't deal with these situations beyond a point. But I did conduct a survey for whom the Parsis want as their Chief Minister in Maharashtra. This is the result:

- No.1:** Apro Ratan Tata
- No.2:** Apro Prince William
- No.3:** Jurgen Klopp
- No.4:** Viraat Kohli,
- No.5:** Shahrukh Khan
- No.6:** Tanaaz Godiwalla
- No.7:** Luis Hamilton
- No.8:** Ann Hathaway
- No.9:** Sir Alex Ferguson
- No.10:** Boris Johnson

Err, need I say more.....!!

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## Rustom Baug Holds Mela-vedo'19



The sprightly seniors of Rustom Baug celebrated their Melavedo'19 on 23<sup>rd</sup> November, 2019, with great joy and festivity. Children from the prayer class inaugurated the function with young Navars - Cyrus Dastur and Yazd Kotwal leading the group. The children of the Kiddy's Music Group, ably trained by Gulnar Tafti and Monaz Wadia, entertained

the audience with songs and music. In the prize distribution ceremony that followed, prizes were awarded by the Rustom Baug Welfare Association to achievers from the prayer class, winners of the art and elocution contest, and youngsters who fared well academically.

Gulnar Sharukh Tafti - a Trinity College of Music qualified teacher - was awarded 'The Most Outstanding Personality of Rustom Baug' for her work in teaching kids the love of

music. More entertainment followed with Coomi Kasad performing on the harmonica and Er. Jamshed Kotwal singing lively songs, to finally end the show with Housie - the favourite game of the community - even as the audience enjoyed tasty snacks made by the seniors

The organisers thank all the participants and visitors - the proceeds collected will be utilized in the various social work activities undertaken by the Rustom Baug seniors.

## PPCWA Holds Social Service Drive

Goregaon's Parsi Panchayet Complex Welfare Association (PPCWA) joined hands with the NIRU (Nobel Integration to Reach Unprivileged) Foundation to carry out a donation drive to spread awareness and provide holistic support for children suffering from cancer and their parents, by way of monthly workshops in arts and crafts for these kids, with the main objective of diverting their mind from the painful treatment. The creations are

then sold and the proceeds are utilized towards medical / transportation support for the suffering children.

The PPCWA committee started the drive - from 10th - 23rd November - by donating forty-five white T-shirts and fifteen fabric colour sets for the children to paint, with the colony's tots accompanying the committee members for donations, thereby inculcating a sense of social service amongst children.

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## Gamadia Girls School Holds 47th Annual Athletic Meet

29<sup>th</sup> November, 2019 marked the 47<sup>th</sup> Annual Athletic Meet 2019-20 of the Bai M N Gamadia Girls' High School, where alongside the celebration of victories, lessons of sportsmen spirit, team work, hard work and time management are also imparted to the dynamic students.

Organized at the Mumbai School Sports Association (MSSA), the Meet had renowned doctor and sports personality - Dr. Beheram J Bunshah, preside as Chief Guest, alongside Principal, Zarin B Rabadi, who declared open the Sports Meet. The variety of events was exceptional with all pupils - from Nursery to Std X actively participating across events including Marchpast, races, tug-of-war, and the zealous display of Eskrima (a form of Martial Arts) by the girls. Special events/ races organized for staff,



domestic staff and spectators drew a remarkable response.

One of the highlights of the entire day was the Music Band from Anjuman Islam School which received

great appreciation from all. Dinmeher Bunshah awarded the winners, with Jasmin House winning the Leading House Trophy. It was indeed a day filled with excitement, cheers and achievements!



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### Pune's Sir J J Agiary Celebrates 175 Glorious Years!



On 29<sup>th</sup> November, 2019 (Roj Daepmeher, Mah Tir, YZ 1389), Pune's Sir Jamsetjee Jejeebhoy Agiary celebrated its glorious 175<sup>th</sup> anniversary. Almost 300 devotees attended the Jashan performed by its Panthaky, Er. Kaipashin Raimalwala, alongside Vada Dasturji Firoze Kotwal, Vada Dasturji Khurshed Dastur and Vada Dasturji Cyrus Dastur. Thirteen other Mobeds also participated in the auspicious ceremony.

Speaking on the occasion, Sir Jamsetjee, in his welcome address, thanked Er. Raimalwala for his "devotion and dedicated services" to the Agiary. He also spoke of the need for Parsis to "fulfil their duty by giving back to the community."

All three Head Priests addressed the gathering and commended the philanthropic and religious contributions made by Sir Jamsetjee Jejeebhoy, First Baronet.

In acknowledgement of their service during the refurbishment of the Agiary, Sir Jamsetjee presented mementoes to Khushru Irani

- Architect; and Firdaus Chindy of Chindy Interiors. A commemorative plaque was also presented to Yohan Poonawalla for his generous patronage. Meher Anklesaria, Chairman of the Local Managing Committee, then proposed a gracious vote of thanks.

Marking the 175<sup>th</sup> Anniversary of the Agiary, a new Recreational Garden for children and senior citizens, donated by Yohan Poonawalla Foundation, was inaugurated by Yohan Poonawalla and his family members.

Sir J J Agiary, which is centrally located in the busy Camp area of Pune, comprises a spacious Main Hall, a Prayer Hall and separate Dadgah and Muktd Rooms - all of which were recently refurbished for this occasion. The Agiary's Baug is also a popular venue amongst the city's Parsis - with almost 30-40 weddings and Navjote ceremonies being hosted here each year. Also located within the compound is an air-conditioned Banquet Hall and a plush 6-room residential facility, called Maneck Baug.

### FEZANA Delegation To Attend 64th UN Commission's Women Conference



Behram Pastakia



Ferzeen Dadabhoy



Miraal Mavalvala



Sanaya Master

FEZANA (Federation of Zoroastrian Associations of North America) will participate in the 64th Commission on the Status of Women (CSW) conference to be held in March 2020 at the United Nations Headquarters in New York, USA. Marking the 25<sup>th</sup> anniversary of the 4th World Conference on Women in 1995, this year, the theme will focus on the Beijing Declaration and Platform for Action on "the most progressive blueprint for advancing women's rights." The FEZANA team represents individuals from USA, Canada, Pakistan and New Zealand:

**Ferzeen Dadabhoy (Auckland, New Zealand):** An analyst by profession, Ferzeen is passionate about giving back to the community and raising awareness on the work done by various NGOs. She assists in creating fundraisers and looks to support NGOs that work with kids.

**Miraal Mavalvala (Pakistan/Canada):** Pursuing a Master's degree in Public Health at McGill University, Miraal has worked with numerous organizations in the areas of Maternal and Child Health, as also Sexual and Reproductive Health.

**Sanaya Master (New Zealand/Canada):** is credited with having conceptualized and organized the first World Zoroastrian Youth Leaders Forum at the ASHA Centre in March 2018. She's been a speaker at global and local Zoroastrian events. Earlier this year, in August, she attended the 68th UN Civil Society Conference in Utah and has twice been Guest Editor of FEZANA Journal.

**Shirin Mehri (Karachi, Pakistan):** Shirin's passion for an equitable educational and social landscape has seen her successfully complete academic projects in UAE, Tanzania, Azerbaijan and USA. She leads a project on family-friendly workplaces in Pakistan focusing on availability of childcare services.

**Afreed Mistry (Toronto, Canada):** FEZANA's main rep to the UN, Afreed is also the Co-Chair of the FEZANA UN-NGO Committee. She has attended seven Commissions on the Status of Women conferences and 1 UN DPI NGO Conference.

**Behram Pastakia, MD, FACR (Washington DC, USA):** Chair of the Zarathushti Youth Without Borders initiative of FEZANA, and Co-Chair of its UN - NGO Committee, practicing radiologist Behram, from Washington DC. He is part of RAD-AID International NGO which promotes health care in low resource countries, through education, innovation and entrepreneurship.

Founded in 1987, FEZANA serves as the coordinating body for 26 Zoroastrian member associations and 15 corresponding groups throughout the United States and Canada. The Federation promotes the study, understanding and practice of the Zoroastrian faith, represents the interests of its member associations, and carries out philanthropic and charitable activities worldwide.



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# 'Parsis - A Timeless Legacy': A Pictorial Odyssey!



BINAISHA M. SURTI

A magnificent preview of the photo-exhibition titled, 'Parsis - A Timeless Legacy', was proudly presented by the bawa-duo - Parvez Damania and Ratan Luth - at the Tao Art Gallery in Mumbai, on 29<sup>th</sup> November, 2019. The pictures on display at the Exhibition, which was held from 30<sup>th</sup> November to 4<sup>th</sup> December, 2019, were absolute master pieces, shot by renowned photographer, Shantanu Das. Parsi Times Reporter, Binaisha M. Surti brings you exclusive insights into magical moments and people celebrating our Parsipanu, as brilliantly captured through the lens of Shantanu Das.

The first thing you notice is the tremendous effort that went into these perfect pictures by camera-maestro, Shantanu Das, who employed the very best of his 20-plus-years expertise and perfected techniques, to document our glorious Parsi culture, traditions and people. Travelling across Mumbai, Kolkata, Udvada, Navsari, Surat, Nargol and Sanjan, Shantanu's popular clicks captured special moments of the Parsi community and various events in a beautiful narrative, with each image sharing a unique story. Shantanu has been honoured with numerous national and international awards, including the Nat Geo travel photographer's award.

Some of the pictures that stood out included a young Parsi boy and girl being inducted into the faith at their Navjote and being taught to wear the Sadreh and Kusti; Bollywood Actor Boman Irani rehearsing his script as Vada Dasturji Khurshed Dastoor looks on; beautiful Parsi women dressed in exquisite 'garas' adding their own glamour quotient to a wedding; young Parsi girls outside the IranShah Atashbehram in Udvada; a Gambhar at the Dadar Parsi Colony Gymkhana.... and lots more.

Speaking to Parsi Times, Shantanu said "I've been shooting these pictures for over six years now and I see Parsis as such a happy-go-lucky, lively and devoted community!



They are, at the same time, progressive and traditional! Most of my photographs are candid clicks - you need to wait for the right moment. While photographing the Parsi community, I realized Parsis are one big happy bunch of people and I consider myself very fortunate to be able to work with them."

Parvez Damania spoke about how the concept was birthed. "When we first did an exhibition on Udvada, I realised a lot had changed in our town over the years. So, I got Shantanu to shoot Udvada and we got some very interesting photographs, making us want to further profile the Parsi Community. So Shantanu travelled to various

places and shot interesting pictures. As I always wanted to hold an exhibition, I spoke to my dear friend, Ratan Luth, and with his support, we put up this exhibition, where we all were interestingly requested to come in our traditional daglis and garas," he said. "On 7<sup>th</sup> December we will hold the exhibition at Ratan's school in Nashik and then would like to take it to other places too. I am sure that Parsis and non-Parsis will relish seeing the pics."

Ratan Luth told Parsi Times "I feel that by showcasing these pictures, we are sending a message to the country about our beautiful and small community. These pictures share the story of the community's people, fashion, culture, architecture and interiors. Seeing these lovely pictures brings smiles to all. The Parsi community is very famous for its sweetness and the way Shantanu has captured the essence, is wonderful."

The exhibition was graced by the community's luminaries - including Jimmy and Delna Mistry, Mickey Mehta, BPP Chairman and wife - Yazdi and Anahita Desai, Armaity Tirandaz, Viraf Mehta, Noshir Dadrawala, Adv. Dinyar Madon,

only about the dress you wear, or the dhansak that you eat. Something so special about our community is showcased today - whether it is love for bikes, the way we interact with people, go to the Fire Temple. All these aspects are so beautifully captured," said BPP Chairman Yazdi Desai said, "Parvez Damania and Ratan Luth have encapsulated the rich heritage of the Zoroastrian Community. This is a wonderful exhibition." "It captures the uniqueness of our community," added Anahita Desai.

Actor, food writer, author and television personality Kunal Vijaykar was also seen enjoying the exhibition, and being closely connected to the Parsi community, he told us "I



Maneck Davar and ZTFI' Arnavaz and Yasmin Mistry - as well as celebrities including veteran actor Jeetendra, Kunal Vijaykar, Raell Padamsee, Bina Aziz, Kailash and Aarti Surendranath, Ananya Goenka, Rashmi Khaitan and Satish Kishanchandani, amongst others. While Roshni Damania and Sharvari Luth played perfect hosts, the guests were seen savouring Parsi delicacies coupled with Sangria and other spirits!

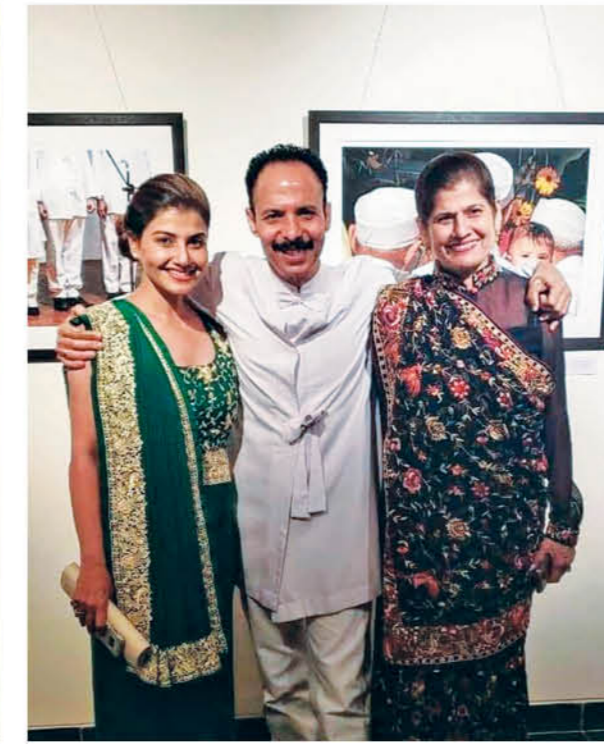
"It is a great initiative, visually portraying our characteristics and natural day to day way of living. It clearly shows that Parsipanu is not

have seen Shantanu's previous exhibitions on Udvada, and even then I was so impressed, as he has managed to capture not only the beautiful place but also the emotions and various characteristics of Parsis. One can see a little story in every photograph that he has been taken, and my fondness for this community grows even more when I look at all the warmth, the craziness and the exotic culture!"

On the day after the exhibition, on 30<sup>th</sup> November, a trip was arranged by Parvez Damania especially for the students of Dadar Athornan Madressa, along with the



Anahita and Yazdi Desai



Dr. Yasmin Mistry, Dr. Mickey Mehta and Arnavaz Mistry



With Kunal Vijaykar



Power Couples - Mistry, Damania and Luth



Noshir Dadrawala



Children of Dadar Madressa and Vada Dasturji Khurshed Dastoor & Dasturji Ramiyar Karanjia





## It's Time For IUU 2019!!

The Iranshah Udvada Utsav (IUU) 2019 buzz is in full swing, even as we close in on the Community's much awaited fest – the largest platform for the coming together of Zoroastrians from India and across to world, to yet again celebrate our cultural, social and religious ethos, in Udvada – our pilgrimage headquarters! The two-yearly IUU is the culmination of great planning and collaborative efforts of the 'Foundation for Development of Udvada', 'Udvada Samast Anjuman'. Since its inception in 2015, the IUU has been hailed as the worldwide Zoroastrian Community's premier cultural fest, drawing in over 4,000 participations globally. The tremendous success received for this gigantic undertaking makes one look forward to its oncoming third chapter – the IUU-2019. Parsi Times, the exclusive Media Partner of the IUU since the start, brings you insights into the Fest, as shared by its Founders – Vada Daturji of Iranshah Udvada, Khurshed Dastoor and Dinshaw Tamboly.

**PT:** Tell us how it all began.

**Dinshaw Tamboly:** In June 2014, H'ble PM Narendra Modi, just a couple of weeks after assuming office as Prime Minister, invited Daturji Khurshed, Homai Engineer, late Jehangir Cama and me - as we were connected with Foundation for Development of Udvada (FDU) - to meet him and discuss on how to develop Udvada as a pilgrim centre, undertaken by UADA (Udvada Area Development Authority), Government of Gujarat. He applauded our community's unparalleled contribution towards nation building and how Udvada showcases our glorious history over 1300 years, and reiterated the keen desire to project Udvada as a place of harmony, religious tolerance and opportunities, by organizing the first ever Zoroastrian festival for Parsis from the world over, to congregate and participate in celebrations. Honouring his wishes, the Foundation for Development of Udvada and the Udvada Samast Anjuman organized the first IUU at Udvada on 25-26-27 December, 2015, which was a grand success with Zoroastrians from India and overseas participating wholeheartedly.

**PT:** As you head towards celebrating the third glorious chapter of the IUU in a few weeks, how has



Vada Daturji Khurshed

the journey been thus far? **Vada Daturji Khurshed:** A gratifying journey indeed! Dotted with moments of both - exhilaration and anticipation! IUU was birthed at the behest of the Hon'ble PM Narendra Modi, who shares immense admiration for our community and has championed our causes at the government level. Preparations for the first two Utsavs caused apprehension, but now, with experience and assistance of a competent team, things are going smoothly and I'm able to efficiently address the finer details.

Some of the highlights of this journey include my interactions with the eminent RatanTata, accompanying him to the Atashbehram and serving him a cup of coffee in my humble home - that's a memory I will treasure over all others! Also, walking alongside our Vice President, Vankaiah Naidu, down the



Dinshaw Tamboly

serene lanes of Udvada, taking in Udvada's tranquil ambience and pious charm, has been an unforgettable experience.

As I stand at the threshold, readying to throw open the gates of the 3rd Iranshah Udvada Utsav, I invite all intrigued by Zoroastrianism to be at Udvada from 27<sup>th</sup> to 29<sup>th</sup> of December, 2019, to partake of one of the largest global gathering of Zarthostis!

**PT:** How has the IUU proven to be a positive and beneficial effort for our Community?

**Vada Daturji Khurshed:** I would answer this on three levels. Firstly, it has brought the global Zoroastrian community closer - Zarthostis across the world are actively involved in the organisation and participation of the Utsav. Those abroad get an opportunity to interact with their co-religionists; and share their experiences and challenges as they strive

to keep their faith intact. It has opened avenues whereby suggestions, feedback and plans of action are discussed. I am proud to say that IUU has helped bridge the divide and build much camaraderie.

Secondly, it has contributed significantly to the progress of Udvada, which has witnessed positive transformation, as compared to pre 'Iranshah Udvada Utsav 2015'. The arrival of eminent personalities on a regular basis has helped greatly step up its infrastructure - the arterial roads have been repaired and widened, buildings are well kept, village is clean, its heritage status is a boon and most importantly, the railway station is now one of the best on this route!

And thirdly, it has fortified our minuscule community's standing with the GoI, with the MOMA (Ministry of Minority Affairs) taking keen interest and allotting funds for the revival of our numbers through the Jiyo Parsi initiative. Also, Gujarat Tourism allocates funds to sponsor the IUU, this itself is proof of their faith and admiration for the Zoroastrian Community. Every season, eminent Government officials inaugurate and close the event, showing their commitment and eagerness to be present and part of the festivity.

**PT:** How would you deem the event's overall success? How



**Aspi Sepoy, the brave survivor of the ill-fated railway accident which claimed both his legs, who has now recovered wonderfully and heads the Zoroastrian Information Centre (Museum) at Udvada, says,**

"I am fit and fine with the grace of Ahura Mazda and the blessings of Iranshah. The 2015 IUU saw huge numbers of Parsis come to Udvada and thereby visit the Museum too! A lot of people found the Museum very informative and did get to learn more about our religion. I have a few Zoroastrian artefacts on sale all through the year and the Utsav gave a huge boost to the sales. I was not present during the 2017 Utsav because I was in rehabilitation after the accident, but I'm delighted to be here for IUU 2019, especially as a unique concept has been planned for the Museum, with more variety. I'm eager to welcome large crowds of young and old Zarthostis and interact with them!"

does IUU resonate with the essence of 'Parsipanu'?

**Dinshaw Tamboly:** IUU has faced tremendous success! We have most IUU 2015 delegates return for IUU 2017, and they have now booked themselves for IUU 2019! Global community leaders visiting IUU meet Indian counterparts, discuss issues, plan projects that benefit our community's economically challenged sections - a definite advantage. The establishment of the Zoroastrian Information Centre (Museum) at Udvada has garnered great interest in the history of our small but dynamic community, leading to greater footfall into Udvada from overseas Zoroastrians, indirectly advantaging local business.

IUU resonates completely with the essence of 'Parsipanu' - invoking pride in our glorious past, showcasing community achievements of the present, motivating our youth to plan a future that would surpass both the past and the present. Wherever and whenever Parsis congregate, especially in a place like Udvada, religious fervour is at its peak, followed by camaraderie, food and fun - that completes the Parsi psyche!



## Iranshah Udvada Utsav 2019

'Iranshah Udvada Utsav' (IUU) invites You to Udvada for three days of fun-filled Community bonding over our cultural, religious and entertainment programs, starting from **27<sup>th</sup> to 29<sup>th</sup> December, 2019.**

Join in our efforts to revive and relive the glory of our past through our rich history and traditions as we pave the way for fostering community unity and inspiring our youth.

**This Event Is Open Only For Registered Members**

**Registrations Open: <http://www.iuu.net.in/register/>**

**Don't Miss The Biggest Social Event Of The Parsi Calender!**

**Register now to avoid disappointment!!**



**Stalls Available at IUU 2019  
For Queries,  
Contact Tina Patel:  
[+91] 9820420458**

**For Registration Queries,  
Contact  
Hoshaang Gotla:  
+91 98206 83398**

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## Fitness Funda Of The Week

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### Abdominal Muscles or Abs!

#### All You Need To Know About Them

Core, six-pack, eight-pack, biscuits... these are the different names that the Abdominal group of muscles are referred to. Such is the popularity of the Abdominal muscles (Abs) that only arms seems to be able to stand with the Abs in this popularity contest of muscles! So, let's understand the anatomy of the abdominal muscles and the common mistakes we make...

#### The Four Ab Muscles:

**(I) The Rectus Abdominis (Straight muscle):** The most famous of them all... the word 'six pack' and 'eight pack' are associated with this muscle. It starts low on the anterior part of the hip bone, and runs vertically upwards towards the ribs and the base of your chest bone. It's a paired muscle - meaning, just like the biceps, there are two Rectus Abdominis muscles - one on the left and one on the right. They bend the spine. [Hence, crunches as an exercise.]

**(II) External Oblique:** These diagonal muscles, start from the ribs running downwards and inwards towards the side edge of the hip bone and the groin. These rotate the trunk in the opposite direction - when the right external oblique contracts, the trunk rotates towards the left, and vice versa. [Hence the twisting crunch, and the side bend exercises.]

**(III) Internal Obliques:** These diagonal muscles, high sits beneath the external oblique, but run opposite to it. The muscles start from the side of the hips, running diagonally upwards and inwards to connect with the ribs. This muscle also rotates the trunk but in the same direction as they are - when the Left Internal Oblique contracts, the trunk rotates towards the left side. [The twisting crunch applies here too.]

**(IV) Transversus Abdominis:** This is the deepest of all the ab muscles and sits directly over the internal organs. It runs horizontally from the sides of the body towards the center, like a very wide weightlifting belt. In fact, this muscle is referred to as the natural weightlifting belt of the body. It creates compression to stabilize the body. [Planks help strengthen this muscle]

#### The following are some of the common mistakes we make while training Ab muscles:

**(I) Training Daily:** Just like other muscles, Abs needs time to recover and grow after the workout called microtrauma or breakdown at cellular level. Training daily

keeps breaking them down without giving them time to grow. Ideally train your Abs twice (or max, thrice) weekly. Anything more, takes away their ability to recover and grow.

**(II) Training With High Number of Reps:** Some actors claim to train their abs with a ridiculously high number of reps, thrice a day!!! This overtraining leaves the Ab muscles with perennial fatigue. Training them about 6-8 reps to failure, for a couple of sets, is more than enough a stimulus for them to grow.

**(III) Training Only On The Floor:** The angles increase the difficulty levels. Training Abs constantly on a flat angle becomes too easy after the first few sessions to cause any growth stimulus. So, for Forward Crunches, keep increasing the decline angle as you progress, finally leading to inverted crunches, where you hang inverted and do crunches. For reverse crunches, keep increasing the incline angle till you finally reach a point where you hang on a pull-up bar and do the crunches.

**(IV) Doing Leg Raises:** Leg raises are essentially flexions at the hip, done by the hip flexor muscles. The Abs have no role to play. The Rectus Abdominis muscle does spine/trunk flexion, which is taking your leg from 90 degrees onwards towards your head - that's Reverse Crunches. Do this to see the abs grow!

**(V) High Body Fat Percentage:** The Abs won't show if they are covered under a layer of fat! The crunches don't make you lose fat - they only help you grow the muscles. Without good nutrition, the Abs would just hide under the fat just as you would under a thick blanket in a cold winter's night!

**(VI) Just Doing Crunches, Side Bends And Planks:** The Abdominal group of muscles come together to stabilize the body under heavy loads; that's their most important function. If you look at a skeleton you would not find a single bone in the abdominal region, and the abdominal muscles - all 4 of them - do just that! They act like a bone when the body is subjected to heavy loads. So, bring out your Squats, the Deadlifts and the standing overhead presses, and see those beauties grow into beasts!

Lata Rajan  
Senior Faculty (Exercise Science)  
K11 Academy of Fitness Sciences  
by  
Fitness Icon Kaizzad Capadia

## SPORTS ROUNDUP

By P. T. Reporter  
Binaisha M. Surti

### CRICKET

**Karnataka Wins Sayed Mushtaq Ali T20:** The exciting Sayed Mushtaq Ali T20 went down to a last ball finish with Karnataka victorious over Tamil Nadu via a one run victory, in Surat in the finals. Batting first, Karnataka notched up 180-5 in 20 overs as skipper Manish Pandey top scored with an unbeaten 60 (45), smashing four boundaries and a six. Devdutt Padikkal contributed 32 while KL Rahul made 22. In the latter half, Karun Nair took the bowlers to the cleaners hitting 17 off 8 with one four and a six. For Tamil Nadu, Ravichandran Ashwin picked 2-34 while Murugan Ashwin snapped 2-33. In reply, Tamil Nadu managed 179-6 in 20 overs with Vijay Shankar top-scoring at 44. Ronit More snared (2-32) in four overs.

**GS Laxmi To Create History:** ICC recently announced that India's GS Laxmi will become the first female match referee to officiate in a Men's ODI match - the opening match of the third series of the ICC men's Cricket World Cup League 2, in UAE, where UAE will play against USA on 8th December, 2019, at the Sharjah Cricket Stadium. Laxmi had become the first female match referee to be inducted ICC's International Panel of Match Referees, earlier in May.

### SHOOTING

**Indian Shooters Do India Proud:** Indian shooters did India proud during the 13th South Asian Games held in Kathmandu. Mehuli Ghosh clinched a gold medal, scoring 253.3 in the final. Shriyanka Sadangi grabbed silver with 250.8 and Shreya Agrawal



## GAMES TO WATCH CRICKET

8th December, 2019

- India V/s West Indies, 2nd T20

11 December, 2019

- India V/s West Indies, 3rd T20

scored 227.2 securing the bronze.

### FOOTBALL

#### Premier League Results

On 3rd December 2019, Crystal Palace won 1-0 with AFC Bournemouth; Manchester City outplayed Burnley 4-1. The following day, Chelsea defeated Aston Villa 2-1; Leicester City beat Watford 2-0; Manchester United beat Tottenham Hotspur 2-1; Southampton defeated Norwich City 2-1, Wolverhampton Wanderers overpowered West Ham United 2-0; and Liverpool thrashed Everton 5-2 to emerge victorious.

### BADMINTON



**Sourabh Verma Loses In Finale:** Indian shuttler Sourabh Verma's great show at the Syed Modi International Tournament came to an end after he lost in straight games 15-21, 17-21 to Chinese Taipei's Wang Tzu Wei during the men's singles final in a 48-minute clash.



# પારસી ટાઈમ્સ

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## પારસી જીમખાનાએ ફેબ ઓલ-ઝોરો આર્મ-રેસલિંગ સ્પર્ધા યોજી



પારસી જીમખાના (પીજી) એ ૧૭મી નવેમ્બર, ૨૦૧૯ ના રોજ તેની ચોથી ઓલ ઝોરાસ્ટ્રિયન પુરુષ અને મહિલા આર્મ-રેસલિંગ સ્પર્ધા યોજી હતી. ઝોરાસ્ટ્રિયન સ્પોર્ટ્સ કેલેન્ડર પર વાર્ષિક લક્ષણની ખૂબ માંગ કરવામાં આવી હતી, રેસલિંગ સ્પર્ધામાં મુંબઈ, પુણે, સુરત, નવસારી અને અમદાવાદના ઉત્સાહી સહભાગીઓ જોવા મળ્યા હતા.

સાંજના મુખ્ય અતિથિ વિસ્વી જીમી ખરાડી તેમની પત્ની ફરજાના સાથે આવ્યા હતા. વિસ્વી એ માર્શલ આર્ટ્સના વિજયમાં સાત વખત ગિનિસ વર્લ્ડ રેકોર્ડ ધારક છે. ગેસ્ટ ઓફ ઓનર હતા ૬૯ વર્ષીય મર્ઝબાન પટેલ મુંબઈના અગ્રણી યુવા હોકી કોચ, અને રાષ્ટ્રપતિ ભવનમાં રાષ્ટ્રપતિ રામનાથ કોવિંદ દ્વારા તાજેતરના પ્રતિષ્ઠિત ડ્રોણાચાર્ય એવોર્ડ મેળવનાર, સચિન તેંડુલકર દ્વારા પ્રસ્તુત મુંબઈના સ્પોર્ટ્સ એસોસિએશનનો લાઈફટાઈમ એચિવમેન્ટ એવોર્ડ મેળવનાર. વિસ્વી ખરાડી અને મર્ઝબાન પટેલ દ્વારા ઈનામોનું વિતરણ કરવામાં આવ્યું હતું. આ પ્રસંગે બોલતા, વિસ્વીએ

શિસ્ત અને સાખત મહેનતના મૂલ્યોને ઉત્તેજીત કરતી વખતે માતા-પિતાને તેમના સ્વપ્નોને અનુસરવા અને તેમના જુસ્સાને આગળ વધારવા માટે પરવાનગી આપવાની અને તેમને પ્રોત્સાહિત કરવાના મહત્વ પર ભાર મૂક્યો. તેના પર ભાર મૂકતા મર્ઝબાન પટેલે પણ આવી જ લાગણીઓનો પડઘો પાડ્યો હતો. તેમણે તેમના પોતાના સમુદાય દ્વારા પ્રથમ વખત પ્રશંસા કરવામાં આવ્યો હોવાનો આનંદ વ્યક્ત કર્યો. પારસી જીમખાનાના પ્રમુખ મેલવી ગોલવાલા દ્વારા તેમનું સન્માન કરાયું હતું.

આ સફળ ઈવેન્ટનું સંચાલન અને મહારાષ્ટ્ર આર્મ રેસલિંગ એસોસિએશન (એમએડબ્લ્યુએ) ના અધિકારીઓની દેખરેખ હેઠળ કરવામાં આવ્યું હતું અને તેનું સંચાલન હુતોક્ષી દૂધવાલાએ કર્યું હતું. તેનું આયોજન રૂસ્તમ જસૂમની, મીનુ ખાન, હમાવન શ્રોફ, બેહરામ ઈરાની, હોશંગ કાત્રક અને પીજીના મેનેજિંગ કમિટીના સભ્યો દ્વારા કરવામાં આવ્યું હતું.

## વિશેષ અદાલત પારસી દંપતીઓને છૂટાછેડા અપાવશે

સુરતના ૬૫ કિલોમીટર દૂર આવેલા ગુજરાતના વ્યારા શહેરના એક પારસી દંપતીને ૨૬ નવેમ્બર, ૨૦૧૯ ના રોજ સ્પેશિયલ ડિસ્ટ્રિક્ટ એન્ડ સેશન્સ કોર્ટ છૂટાછેડા આપ્યા હતા. પારસી ડિસ્ટ્રિક્ટ મેટ્રોમોનિયલ કોર્ટના પ્રિન્સિપાલ ડિસ્ટ્રિક્ટ જજ આર. કે. દેસાઈ અને સમાજના અંદરના પાંચ પ્રતિનિધિઓના સહાયથી આ કાર્ય થયું હતું. છ વર્ષની પુત્રીની કાનૂની કસ્ટડી માતાને આપવામાં આવી હતી.

પારસી લગ્ન અને છૂટાછેડા (પીએમડી) એક્ટ ૧૯૩૬ એ એક ખાસ કાયદો છે જે ભારતમાં બે ઝોરાસ્ટ્રિયન (પારસી) વચ્ચે વૈવાહિક સંબંધોનું સંચાલન કરે છે. પારસી યુગલો અંગેના વૈવાહિક પ્રશ્નોના સમાધાન માટે એકલા પીએમડી એક્ટ

હેઠળ સ્થાપિત કોર્ટનો અધિકારક્ષેત્ર છે. બન્ને જણા બેન્કમાં નોકરી કરતાં હોવા ઉપરાંત વર્ષ ૨૦૧૧માં પારસી કાયદા અનુસાર નવસારીમાં લગ્ન કર્યાં હતાં. જોકે, પતિ જે પત્ની પર શારીરિક અને માનસિક ત્રાસ આપતા હોવાનો આક્ષેપ પત્ની એ પતિ અને તેના પરિવાર મૂક્યો હતો. અને તેને પુત્ર સંતાન ન હોવાથી તેઓ છૂટા છેડા માટે ગયા હતા. પત્નીના વકીલ, પ્રીતિ જોશીના જણાવ્યા મુજબ, આ દંપતી પૈસે ટકે સુખી છે. જ્યુરીના પ્રતિનિધિઓએ તેમના મતભેદોને સમાપ્ત કરવા માટે મનાવવા પ્રયાસ કર્યા હોવા છતાં તેઓ છૂટાછેડા લેવાની બાબતમાં અડગ હતા. આ જ પ્રક્રિયા દ્વારા ૨૦૧૦થી અત્યાર સુધીમાં પંદરથી વધુ પારસી યુગલોએ છૂટાછેડા લીધા છે.

## મહાબાનુ મોદી-કોટવાલ અને પુત્ર કેઝાદ કર્મવીર પુરુષકર મહારત્ન એવોર્ડથી સન્માનિત

૨૬મી નવેમ્બર, ૨૦૧૯ ના રોજ, આપણા સમુદાયના અને ભારતના અગ્રણી કલાકાર અને કાર્યકર, મહાબાનુ મોદી-કોટવાલ અને તેમના પુત્ર, કેઝાદ કોટવાલને નવી દિલ્હીમાં, રેક્સ અને યુ.એન. મહિલાઓ અને છોકરીઓ સામેની હિંસા સામે લડવામાં મહિલા સશક્તિકરણમાં તેમના મહાન યોગદાન માટે તેમને કર્મવીર પુરુષકર મહારત્ન એવોર્ડથી સન્માનિત કરવામાં આવ્યા હતા.

તેમના પુત્ર, કેઝાદ સાથે, મહાબાનુએ ૨૦૦૮માં મેક-એ-ડિફરન્સ ફાઉન્ડેશનની સ્થાપના કરી હતી, જે ધાર્મિક, જાતિ ધ્યાનમાં લીધા વિના, તમામ વર્ગમાં, પીડિત સ્ત્રીઓ તેમજ વ્યક્તિગત દુર્વ્યવહારના કારણોને સમર્પિત હતી. ધારાવીની વસ્તીઓમાં આ ફાઉન્ડેશને મહાન કામ કર્યું છે.



પારસી ટાઈમ્સ સાથે વાત કરતાં મહાબાનુએ કહ્યું, થિયેટરમાં મારા કામ ઉપરાંત, હું આર્ટ્સનો ઉપયોગ સામાજિક પરિવર્તન લાવવા અને મહિલા સશક્તિકરણ તરફ, બોર્ડમાં કડું છું. મેં 'ધ એમ્પેથી મીટિંગ' નામનું જૂથ શરૂ કર્યું છે, જ્યાં મહિલાઓ મહિનામાં એક વાર મળે છે. આ જૂથની ટેગ લાઈન છે 'શેર, સપોર્ટ, ટકી રહેવું'. તે એક સંપૂર્ણ મફત જૂથ છે જ્યાં કોઈ શુલ્ક લેવામાં આવતો નથી.

એક અગ્રણી કાર્યકર અને મહાન

પ્રતિષ્ઠિત કલાકાર, મહાબાનુ એક અભિનેતા, ટિવ્ઝશક અને ફિલ્મ, ટેલિવિઝન, થિયેટર અને રેડિયોમાં નિર્માતા છે, જેમાં તેમના નામ પર ૬૦ થી વધુ રાષ્ટ્રીય અને વૈશ્વિક શાખ છે. વૈશ્વિક સ્તરે મહિલાઓ પરના હિંસાને સમાપ્ત કરવા માટે મહિલા સશક્તિકરણ માટે ખંતપૂર્વક કાર્યરત એક સામાજિક ન્યાયની હિમાયતી, મહાબાનુને તેના અથાક પ્રયત્નો બદલ ભારત અને વિશ્વભરમાં અનેક એવોર્ડ અને સન્માન મળ્યા છે.

## અસ્પે સિયાલી અને યથા અહુ વરીયો

ક્યાનીયન રાજા વિસ્તારપના દરબારમાં, જરથુસ્ત્રને એક ઉચ્ચ પદ આપવામાં આવ્યું હતું. તેમને રાજાના બાજુની જગા પર એક ખાસ ગાદી પર તેમના બેસવાની વ્યવસ્થા કરવામાં આવી હતી. આથી વિસ્તારપના દરબારના અન્ય દરબારીઓમાં ઈર્ષ્યા જન્મી. તેઓએ એક કાવતરું રચ્યું, જેમાં તેઓએ જરથુસ્ત્રને એક દુષ્ટ જાદુગર તરીકે સાબિત કર્યા, જે કાળા જાદુ કરતા હતા. રાજાએ તેને કેદ કરી લીધો હતો.

જરથુસ્ત્રે જેલમાં પોતાની જાતને પ્રાર્થનામાં લીન કરી લીધા અને પાક દાદાર અહુરા મઝદા પ્રત્યેની તેમની ભક્તિ ચાલુ રાખી. એક દિવસ, તેમણે સાંભળ્યું કે રાજા વિસ્તારપનો સૌથી પ્રિય ઘોડો, અસ્પે સિયાલી, એક રહસ્યમય બિમારીનો શિકાર બન્યો હતો. ઘોડાના ચાર પગ તેના પેટમાં જડાઈ ગયા હતા અને પ્રાણીને ભારે પીડા થઈ રહી હતી. તે ઉભો પણ રહી શકતો નહોતો. રાજા હતાશ થઈ ગયો હતો તેણે દરેક ઉપાય કરી જોયા હતા પરંતુ ગરીબ પ્રાણી માટે કંઈ પણ કામ કરતું નહોતું.

પછી, જરથુસ્ત્રે રાજા વિસ્તારપને સંદેશ મોકલ્યો કે તે અસ્પે સિયાલીનો ઉપચાર કરી શકે છે. ઘોડાને દરબારમાં

લાવવામાં આવ્યો અને બધાની હાજરીમાં, જરથુસ્ત્રએ યથાનો પાઠ કર્યો અને રાજા વિસ્તારપને પૂછ્યું કે શું તે બધા નક્કી દેવતાઓની પ્રાર્થના છોડી માઝદયસ્ની દીનનું પાલન કરશે? જ્યારે રાજા વિસ્તારપ સંમત થયા, ત્યારે તે ઘોડાનો એક પગ મુક્ત થયો. જરથુસ્ત્રે ફરીથી યથા સંભળાવી અને તે પછી રાણીને પણ તે જ પ્રશ્ન પૂછ્યો, તેમણે પણ સંમતિ જણાવી અને બીજો પગ સાજો થઈ ગયો. આગળ તેમણે પ્રધાનો અને તે પછી દરબારીઓ બધા સંમત થયા હતા અને અસ્પે સિયાલી સાજો થઈ ગયો હતો. તે ચારેય પગ પર ઉભો રહ્યો હતો જરથુસ્ત્રએ મંત્ર દ્વારા ચમત્કારિક રૂપે તેને પુનઃજીવિત કર્યો હતો.

આ વાર્તા જૂની અને અને સંભવત આપણે બાળક તરીકે તે સાંભળી છે. જો કે, બાઈબલ એવી કેટલી ઉપમાઓથી ભરેલું છે, તેવી જ રીતે, વિવિધ પ્રાચીન ગ્રંથોમાંથી શીખવા અને અન્ય પવિત્ર કથાઓથી ભરેલી જાતક વાર્તાઓ, આ વાર્તા પણ આપણા માટે એક પાઠ છે. 'અસ્પે સિયાલી', આ વાક્યનો શાબ્દિક અનુવાદ, કાળો ઘોડો છે. આપણા બધાની અંદર થોડો અપંગ



અક્ષમ કાળો ઘોડો છે. તે આપણું મન છે જે આપણી શંકાઓ, આપણા ડર અને આપણી અસલામતી દ્વારા વારંવાર અસમર્થતા દેખાડે છે. આ કાળા ઘોડાને લીધે આપણને પ્રગતિ કરવી મુશ્કેલ લાગે છે. આ વાર્તામાં વધુ એક વાર જરથુસ્ત્ર મંત્રની શક્તિને પ્રકાશમાં લાવે છે. તે માથ્રવાણીનું પઠન છે અને માત્ર તે જ આપણને આપણા ઉદ્દેશ તથા હેતુને પરિપૂર્ણતા ભરેલા જીવન જીવવા માટે મદદ કરે છે.

આ માત્ર માફ અવલોકન જ નથી, પણ મારો અનુભવ પણ છે કે જ્યારે આપણે મુશ્કેલી અને શંકાના શિકાર થઈએ છીએ, ત્યારે આપણા પવિત્ર મંત્રોનું પઠન કરતા તે આપણને મદદ કરી આપણા દુઃખોને મટાડે છે. એક સરળ યથા જે ઘણું જ શક્તિશાળી છે!

યથા તારી મદદ! સરોશ તારી પનાલ! અશમ તારો આસરો!

- ડેઝી પી. નવદાર





## YOUR MOONSIGNS JANAM RASHI THIS WEEK

લખનાર: મરહુમ મહારાજ શ્રી સ્વયંજ્યોતિના સહકાર્યકર્તા જયેશ એમ. ગોસ્વામી

અઠવાડિક રાશિક્ષણ: તા. ૦૭.૧૨.૨૦૧૯ થી તા. ૧૩.૧૨.૨૦૧૯  
અઠવાડિક ગ્રહોની ચાલ: સૂર્ય: વૃશ્ચિકમાં, ચંદ્ર: મીનથી મિથુનમાં, ૧.૩.૨.૧ મંગળ: તુલામાં, બુધ: વૃશ્ચિકમાં, ગુરુ: ધનમાં, શુક્ર: ધનમાં, શનિ: ધનમાં, રાહુ: મિથુનમાં અને કેતુ: ધનમાં છે.



### Aries - મેષ

અ.લ.ઈ.

ગુરુની દિનદશા ચાલુ હોવાથી તમારા મનમાં ચેરીટી કે કોઈને મદદ કરવાનું મન થતું હશે. મિત્રોમાં કોઈને મદદ કરી શકશો. નાણાકીય બાબતમાં સારા સારી રહેશે. ઘરની અંગત વ્યક્તિને દરેક બાબતમાં ખુશ રાખી શકશો. જ્યાં જશો ત્યાં માન-પાન મળશે. દરરોજ 'સરોશ યજ્ઞ' ભણાવો. શુકનવંતી તા. ૮, ૯, ૧૦, ૧૨ છે.

**Lucky Dates: 8, 9, 10, 12.**

Jupiter's rule will get you inclined towards charity and helping others. You will be helpful to your friends. Financial stability indicated. You will be able to keep a close family member happy. You will receive respect everywhere you go. Pray the Sarosh Yasht daily.



### Cancer - કર્ક

સ.ઠ.

બુધની દિનદશા ચાલુ હોવાથી તમે તમારા બધા કામ પ્લાનિંગ બનાવીને કરી શકશો. લાંબા સમય પર ફાયદો થાય તેવું ઈનવેસ્ટમેન્ટ કરી શકશો. મિત્રોનો સાથ મળવાથી મુશ્કેલીભર્યા કામ પણ સહેલાઈથી કરી શકશો. નાણાકીય ફાયદા મળવાથી બીજાને મદદ કરી શકશો. દરરોજ ભુલ્યા વગર 'મહેર નીઆએશ' ભણાવો. શુકનવંતી તા. ૮, ૯, ૧૦, ૧૨ છે.

**Lucky Dates: 8, 9, 10, 12.**

Mercury's rule will enable you to get your work done as to plan. You will be able to gain from long-term investments. You will be able to get difficult tasks sorted with the help of friends. You will be able to help others with your financial gains. Pray the Meher Nyaish daily.



### Libra - તુલા

ર.ત.

ચંદ્રની દિનદશા ચાલુ હોવાથી તમારા મનની મુરાદ પૂરી થશે. મુસાફરીનો ચાન્સ છે. મહેમાનોની અવરજવર વધી જશે. બીજાની ભલાઈનું કામ થઈ જશે. ઘરવાળાને ખુશ કરવા ખર્ચ કરી શકશો. તમારી સાથે કામ કરનારને ફાયદો કરાવી આપશો. નાણાકીય બાબતમાં ફાયદો થશે. ૧૦૧નામમાંથી ૩૪મું નામ 'યા બેસ્તરના' ૧૦૧વાર ભણાવો. શુકનવંતી તા. ૭, ૯, ૧૦, ૧૧ છે.

**Lucky Dates: 7, 9, 10, 11.**

The ongoing Moon's rule will bring to fruition your desires. Travel is on the cards. There will be an increase of guests coming over. You will be able to help others. You will be able to spend to please family members. You could prove beneficial to your colleagues. Financial gains indicated. Pray the 34<sup>th</sup> Name, 'Ya Bestarna', 101 times.



### Capricorn - મકર

ખ.જ.

૧૪મી જાન્યુઆરી સુધી શુક્રની દિનદશા ચાલશે તેથી તમને મિત્રો કે વડીલવર્ગ તમરફથી ફાયદાની વાત જાણવા મળશે. જ્યાં કામ કરતા હશો ત્યાં માન-ઈજ્જત વધી જશે. તમારા કરેલકામમાં બીજાઓ ભુલ નહીં શોધી શકે. ધન કમાઈને સારી જગ્યાએ ઈનવેસ્ટમેન્ટ કરજો. નાની મુસાફરી કરી શકશો. દરરોજ 'બહેરામ યજ્ઞ'ની આરાધના કરજો. શુકનવંતી તા. ૭, ૮, ૧૦, ૧૧

**Lucky Dates: 7, 8, 10, 11.**

Venus' rule till 14<sup>th</sup> January will bring you profitable news from friends and the elderly. You will gain great respect at your workplace. Your work will be faultless. Ensure to earn and invest your money wisely. Short travel is on the cards. Pray to Behram Yazad daily.



### Taurus - વૃષભ

બ.વ.ઉ.

તમને ગુરુની દિનદશા ચાલુ હોવાથી તમારા ચાલુ કામકાજમાં મહેનતનું ફળ મળી રહેશે. તબિયતમાં સારા સારી રહેશે. નવા કામમાં સફળતા મળશે. પ્રમોશન મળવાના ચાન્સ છે. ગામ-પરગામથી સારા સમાચાર મળો. પ્રેમી-પ્રેમીકામાં પ્રેમની ભાવના સારી રહેશે. દરરોજ 'સરોશ યજ્ઞ' ભણાવો. શુકનવંતી તા. ૯, ૧૦, ૧૧, ૧૨ છે.

**Lucky Dates: 9, 10, 11, 12.**

Jupiter's ongoing rule ensures that you earn the fruits of your labour. Health will be good. You will be successful in getting new projects. A promotion could be on its way! You could expect good news from abroad. Affection between couples will be good. Pray the Sarosh Yasht daily.



### Leo - સિંહ

મ.ટ.

બુધની દિનદશા ચાલુ હોવાથી કામકાજ વધારવા ગામ-પરગામ જવાનો ચાન્સ મળશે. હીસાબી કામથી વધુ ફાયદો મેળવશો. જે પણ કમાશો તેમાંથી ઈનવેસ્ટમેન્ટ કરી શકશો. મિત્રો તરફથી ફાયદો મેળવી શકશો. બીજાને સમજાવી તમારા કામ કરાવી શકશો. ધનલાભ થશે. દરરોજ 'મહેર નીઆએશ' ભણાવો. શુકનવંતી તા. ૭, ૧૦, ૧૧, ૧૩ છે.

**Lucky Dates: 7, 10, 11, 13.**

Mercury's ongoing rule brings you the opportunity to travel abroad for business expansions. Accounting-related work will bring in profits. You will be able to make investments from your earnings. Friends will bring you profitable opportunities. You will be able to get your work done by convincing others. Profits are indicated. Pray the Meher Nyaish daily.



### Scorpio - વૃશ્ચિક

બ.ચ.

શીતળ ચંદ્રની દિનદશા શરૂ થયેલી છે તેથી તમારા અટકેલા કામો ફરી ચાલુ કરી શકશો. ૨૪મી જાન્યુઆરી સુધી ઘરવાળાને ખુશીમાં રાખી શકશો. તમારા મનને શાંત રાખી કામમાં સફળતા મેળવશો. સરકારી કામ કરવા સાચા સલાહકાર મળી જશે. જે પણ કામ કરશો તેમાં સફળતા મળશે. આજથી ૩૪મું નામ 'યા બેસ્તરના' ૧૦૧વાર ભણાવો. શુકનવંતી તા. ૭, ૮, ૧૧, ૧૨ છે.

**Lucky Dates: 7, 8, 11, 12.**

The start of the Moon's rule will help you to restart your stalled projects. By 24<sup>th</sup> January, you will be able to keep all your family members happy. You will find success at work if you maintain calm. You will find genuine advisors to help you in government related work. You will taste success in all you do. Today onwards, pray the 34<sup>th</sup> Name, 'Ya Bestarna', 101 times.



### Aquarius - કુંભ

ગ.શ.સ.

આજથી શુક્ર જેવા ચમકતા ગ્રહની દિનદશા ચાલશે તેથી તમારા સેલ્ફકોન્ફિડન્સથી કામ કરતા સફળ થશો. ઘરમાં ઘણી-ઘણીયાણીમાં મતભેદ ઓછા થશે. બંનેમાં પ્રેમ વધતો જશે. નાણાકીય બાબતમાં સારા સારી થશે. માયાનો બોજો ઓછો થશે. મનગમતી વ્યક્તિ મળવાના ચાન્સ છે. નવા કામ કરવામાં સફળ થશો. ધનની કમી નહીં આવે. આજથી 'બહેરામ યજ્ઞ'ની આરાધના કરજો. શુકનવંતી તા. ૯, ૧૦, ૧૨, ૧૩ છે.

**Lucky Dates: 9, 10, 12, 13.**

Starting today, Venus' rule brings you great self confidence and success in your work. At home, there will be a respite in spousal quarrels and affections will increase. Financial stability is indicated. Your worries will reduce. You could meet a favourite person. New ventures will be successful. There will be no dearth of money. Today onwards, pray to Behram Yazad daily.



### Gemini - મિથુન

ક.છ.ઘ.

શનિની દિનદશા ચાલુ હોવાથી નાની બાબતમાં પરેશાની આવશે. કોઈનું ભલુ કરવા જતા તમારું ખરાબ થઈ જશે. રોજના કામ સમય પર પુરા કરવામાં મુશ્કેલીઓ આવશે. તમારા પૈસા તમનેજ નહીં મળે. અચાનક તબિયત બગડી જશે. માયાના કે જોઈન્ટ પેઈનથી પરેશાન થાઓ. દરરોજ 'મોટી હમન યજ્ઞ' ભણાવો. શુકનવંતી તા. ૭, ૮, ૧૧, ૧૩ છે.

**Lucky Dates: 7, 8, 11, 13.**

Saturn's rule could pose challenges even in petty matters. You might end up in trouble by trying to help others. You will find it challenging to complete your daily chores in time. You might not be able to retrieve your money. You could spoil your health, with headaches or joint pains. Pray the Moti Haptan Yasht daily.



### Virgo - કન્યા

પ.ઘ.ઘ.

મંગળની દિનદશા ચાલુ હોવાથી તમારી ગણતરી ઉલટી પડી જશે. તમારા ગુસ્સા પર કાબુ નહીં રાખી શકો. ભાઈ-બહેન સાથે નાની બાબતમાં મતભેદ પડશે. મુસાફરીનો પ્લાન બનાવતા નહીં. પ્રેશર અચાનક વધી જવાના ચાન્સ છે. મંગળને શાંત કરવા માટે દરરોજ 'તીર યજ્ઞ' ભણાવો. શુકનવંતી તા. ૮, ૯, ૧૨, ૧૩ છે.

**Lucky Dates: 8, 9, 12, 13.**

Mars' ongoing rule will end up overturning all your calculations! You may not be able to control your temper. Squabbles between siblings indicated. Avoid making any travel plans. Your BP could increase. To placate Mars, pray the Tir Yasht daily.



### Sagittarius - ધન

ભ.ધ. ફ. ઠ.

છેલ્લા ૯ દિવસ શુક્રની દિનદશામાં પસાર કરવાના બાકી છે. ઓપોઝીટ સેક્સની સાથે અગત્યના કામો પહેલા કરી લેજો. શુક્રની કૃપાથી તમો તન-મન-ધન ત્રણેથી સુખી રહેશો. ખર્ચ કર્યા બાદ ધનની કમી નહીં આવે. મોજશોખ પાછળ ખર્ચ વધુ થશે. મિત્રો સાથે ગેટ ટુ ગેઠર કરીને જૂની યાદો તાજ કરશો. ચાલુ કામથી ફાયદામાં રહેશો. દરરોજ 'બહેરામ યજ્ઞ'ની આરાધના કરજો. શુકનવંતી તા. ૯, ૧૦, ૧૨, ૧૩ છે.

**Lucky Dates: 9, 10, 12, 13.**

With the last nine days remaining under Venus' rule, ensure to complete all important tasks with the opposite gender. With Venus' blessings, you will be blessed with the best condition of mind, body and wealth. Despite your spendings, you will not face a dearth of money. You will spend more on fun and entertainment. You will reminisce with friends. Your ongoing work will yield profits. Pray to Behram Yazad daily.



### Pisces - મીન

દ.ચ.ઝ.થ.સ.

રાહુની દિનદશા ચાલુ હોવાથી પમી જાન્યુઆરી સુધી તમને તમારા કરેલ કામ પસંદ નહીં આવે. ખર્ચ કર્યા બાદ સંતોષ નહીં મળે. નેગેટીવ વિચારો કરીને રાતની ઉંઘ બગડી જશે. કોઈ અંગત વ્યક્તિ મીઠી વાતો કરીને તમારી સાથે ચીટીંગ કરી નાખશે. નાણાકીય લેતી દેતી કરતા પહેલા દસ વાર વિચાર કરજો. કોઈને ઉધાર આપતા નહીં. આજથી 'મહોબોખ્તાર નીઆએશ' ભણાવો. શુકનવંતી તા. ૭, ૧૦, ૧૧, ૧૨ છે.

**Lucky Dates: 7, 10, 11, 12.**

Rahu's ongoing rule till 5<sup>th</sup> January, will leave you feeling dissatisfied in your work. You will not feel happy even after spending money. Negative thoughts could deprive you of your nightly sleep. Someone close to you could end up deceiving you with sweet talk. Think ten times before lending or borrowing money. Avoid lending money. Today onwards, pray the Mahabokhtar Nyaish daily.



એક નજર પારસી મરણો ઉપર

Deceased મરનાર	Age વય	Date તારીખ	Address ર. ઠે.	Relations સગાઈઓ
Dhun Homi Karai ધન હોમી કરાઈ	94 ૯૪	29-11-2019	6, Talukdar Building, Murzban Colony, Mumbai 11. ૬, તાલુકદાર બિલ્ડિંગ, મરઝબાન કોલોની, મુંબઈ ૧૧.	તે મ. હોમી ન. કરાઈના વિધવા તે મ. આલામાય નશરવાનજી કરાઈના વડુ તે બાનુબાઈ પીરોશશા બુચાના દીકરી તે બેરોઝ કેરસી મિસ્ત્રી, શેહરનાઝ પરસી પટેલ, રોહીન્ટન અને નોશીરના માતાજી તે કેરસી, પરસી ને દીલનવાઝના સાસુજી તે કેરસી તથા મ. હોમી, પેસી ને આલુ દારા ગોદરેજના બહેન.
Phiroze Manekji Banaji ફિરોઝ માનેકજી બનાજી	95 ૯૫	29-11-2019	Shirin Mansion, 'B' Block, 5th Floor, Gamadia Colony, Mumbai 7. બીપ, બી બ્લોક, ૫મે માળે, શીરીન મેન્શન, ગામડીયા કોલોની, મુંબઈ ૭.	તે બાનુનાં ખાવિંદ (ગોધરાવાલા) તે પરસીસ ને મેહરના પપ્પા તે મરહુમ આલુના ભાઈ તે ખુશુમા ને નેવિલના સસરાજી તે શાહરૂખ ને દેવારાના બપાવાજી તે મરહુમો જરબાઈ માનેકજી બનાજીના દીકરા તે મરહુમો ખોરશેદ રતનશા કોનક્રકતરના જમાઈ તે મરહુમો વીલુ સોરાબ ગાંધી, દાલી રતનશા કોનક્રકતર અને જર રતનશા કોનક્રકતરના બનેવી તે આરમઈતી ને તેમતનના મામાજી.
Rusi Faramroze Gandevia રૂસી ફરામરોઝ ગંદેવીયા	82 ૮૨	30-11-2019	26, Patel Apartments, Agiary Lane, Jambli Naka, Thane 400 601 જામલી નાકા, ૨૬ પટેલ એપાર્ટમેન્ટ, અગિયારી લેન, થાણા ૪૦૦૬૦૧.	તે મરહુમ ધનમાય ફરામરોઝ ગંદેવીયાના દીકરા તે મરહુમ શીરીનના ખાવિંદ તે હોમીયાર મહેરનોશ મહાતાબના બાવાજી તે નોશીરના ભાઈ તે બિનાઈફર, હોમીયાર, પરવેઝ બજાનના સસરાજી તે નતાશા, જેહાન, ફિયાન, માલકમના ગ્રેન્ડફાધર તે મરહુમો પેરીન નરીમાન ભમગરાના જમાઈ.
Nargish Soli Katpitia નર્ગીશ સોલી કતપીતયા	95 ૯૫	02-12-2019	Flat No.17, Building No.1, A. H. Wadia Bauge, Parel Tank Road, Mumbai 33. બિલ્ડિંગ નં. ૧, ફ્લેટ નં. ૧૭, એ. એચ. વાડયા બાગ, પટેલ ટેક રોડ, મુંબઈ ૩૩.	તે મરહુમ સોલી દારબશા કતપીતયાના વિધવા તે મરહુમો સોરાબજી તથા માનેકબાઈ દાડવાલાના દીકરી તે માનેક સ. કતપીતયા તથા મરહુમ મહારૂખ મિસ્ત્રીના માતાજી તે બરજોર જ. મિસ્ત્રી તથા મહારૂખ માનેક કતપીતયાના સાસુજી તે મરહુમો જમશેદ સોરાબજી દાડવાલા, ખોરશેદ દારબ કોલાલ, મેહરૂ હોમી મારફતયા તથા ધન સોરાબજી દાડવાલાના બહેન તે જુબીન તથા ઝીનીયા બરજોર મીસ્ત્રીના મમયજી તે નાઝનીન જુબીન અંતાલ્યા તથા ઝર્કસીસ માનેક કતપીતયાના બપયજી તે રેયા જુબીન અંતાલ્યા તથા રોવન જુબીન મીસ્ત્રીના ગ્રેટ ગ્રાન્ડ મધર તે મરહુમો દારબશા તથા આલામાય કતપીતયાના વડુ.
Adil Dinshaji Khambatta અદીલ દિનશાજી ખમબાતા	69 ૬૯	04-12-2019	Room No. 6, Doongerwadi Staff Qtrs., Kemps Corner, Mumbai 26. ડુંગરવાડી સ્ટાફ ક્વાર્ટર, રૂમ નં. ૬, કેમ્પ્સ કોર્નર, મુંબઈ ૨૬.	તે હોમાય આદીલ ખંભાતાના ખાવિંદ તે મહેરનોશ, જહાંબક્ષ, વીલ્લુ, વીકી ઈરાની, શેરનાઝ ચેરાગ ખંભાતા, બીનાઈફર મજીદખાનના બાવાજી તે મરહુમો રાતામાય દીનશાજી ખંભાતાના દીકરા તે ગુલામાય જમશેદ ઈરાનીના જમાઈ તે અરનાવાઝ જાલ ગ્યારા તેમજ મરહુમ સોલી, અસ્પી, હોશંગના ભાઈ તે મજીદ તેમજ મરહુમ ચેરાગના સસરા તે મહેરજદ, બેરજાદ, તુખ્ણા, ફરશોગર, ફરશીદ, દાનેશ, શાહવીર, ફરજાન, જેહાન, કેઝાન, કરીશમા, ફરહાનના ગ્રેન્ડ ફાધર તે જેરમીન, અમૃતા, બકતાવરના સસરા તે શ્યામક, વીસ્પી, સાયરસ, પરીનાઝ, બકતાવર, ફાનકના કાકા તે કેરમાનના કાકા સસરા તે હુફરીશના કાકા તે જહાંબક્ષના કાકા સસરા.
Aban Khushroo Bharucha આબાન ખુશરૂ ભરૂચા	86 ૮૬	03-12-2019	682 - A, Kapadia Building, Khareghat Road, Dadar Parsi Colony, Dadar, Mumbai 14. ૬૮૨/એ, કાપડીયા બિલ્ડિંગ, ખરેઘાટ રોડ, દાદર પારસી કોલોની, દાદર, મુંબઈ ૧૪.	તે ખુશરૂ ફકીરજી ભરૂચાના ઘણીયાણી તે દારાયસ તથા ફરીદા પરવેઝ ઉમરીગરના માતાજી તે પરવેઝ કેકી ઉમરીગર તથા પીનાઝ દારાયસ ભરૂચાના સાસુજી તે દીલશાદ, મહેરનાઝ તથા પકશાનના ગ્રાન્ડમધર તે મરહુમો નાજમાય તથા કેબશરૂ કોતવાલના દીકરી તે મરહુમો દીનામાય તથા ફકીરજી ભરૂચાના વડુ તે મરહુમો નરીમાન, માનેક, બેહરામ, દારા, રોશન તથા કુમી સોહરાબ પંથકીના બહેન તે કાવસ, સામ, મોતી, નાજુ તથા મરહુમો રતી, બાનુ, મહેરવાનજીના ભાભી.
Aspi Rusi Mistry અસ્પી રૂસી મીસ્ત્રી	79 ૭૯	04-12-2019	Shree Villa, Bldg No-102, 5th Floor, Wadia Street, Tardeo, Mumbai 34. શ્રી વીલ્લા, બિલ્ડિંગ નં. ૧૦૨, ૫મે માળે, વાડીયા સ્ટ્રીટ, તારદેવ, મુંબઈ ૩૪.	તે મરહુમ બેહરોઝ અસ્પી મીસ્ત્રીના ખાવિંદ તે મરહુમો રૂસી તથા જર મીસ્ત્રીના દીકરા તે મરહુમ દીનાઝ રૂસી મીસ્ત્રીના ભાઈ તે હોશી તથા યઝદી પરવેઝ મીસ્ત્રીના કાકાજી તે મરહુમો દારા તથા પેરીન રીપોર્ટરના જમાઈ.
Iroon Jehangir Gowzaryan ઈરૂન જહાંગીર ગોવઝારીયન	79 ૭૯	05-12-2019	3 B, 107, Salsette Parsi Colony, Pump House, Andheri (E) Mumbai 96. ૩બી, ૧૦૭ સોલસેટ પારસી કોલોની, પંપ હાઉસ, અંધેરી મુંબઈ ૯૬.	તે મરહુમો શીરીનબાઈ તથા જેહાંગીર ગોવઝારીયનના દીકરી તે મરહુમો ખોદાદાદ તથા જેહાંગીર ગોવઝારીયનના બહેન.
Lily Jamshed Hansotia લીલી જમશેદ હાંનસોતીયા	83 ૮૩	05-12-2019	4-C, Flat No.204, Paras Nagar Shanker Lane, Kandivli (W) Mumbai 67. ૪-સી, રૂમ નં. ૨૦૪, પારસ નગર શંકર લેન, કાંદીવલી, મુંબઈ ૬૭.	તે મરહુમ જમશેદના વિધવા તે મરહુમો મનીજે દારબશા વેસુનાના દીકરી તે મેહરૂ તથા મરહુમો બોમી, કેકી, સોલી, મીનુ ને ઝરીનના બહેન તે મરહુમો ખોરશેદબાનુ એરચશા હાંનસોતીયાના વડુ તે બકતાવરના દેરાણી તે મરહુમો કેતી, પુતલા, આઈરીનના નણંદ તે ફેદીના કાકી તે ઝરીર, હુતોકશી, શેરનાઝ, શીરાઝ, વીસ્પી, રૂમીના ફુઈજી તે નીલુફર, સાયરસ, હોશંગ, ફાનક, શાઝનીનના માસીજી.
Perin Farokh Rivetna પેરીન ફરોકહ રીવેતના	92 ૯૨	06-12-2019	668, Desai Bldg., Opp. Wadala Church, Wadala, Mumbai 31. ૬૬૮ દેસાઈ બિલ્ડિંગ, વડાલા ચર્ચની સામે, વડાલા, મુંબઈ ૩૧.	તે મરહુમ ફરોખના ઘણીયાણી તે મરહુમો ધનમાય નવરોજી કાબરાજીના દીકરી તે આદીલના માતાજી તે આરમઈતીના સાસુજી તે જમશેદજી રીવેતનાના વડુ તે બહોફરીદે આતબીન રીવેતના, મોનાઝ હીરાઝ રીવેતના તથા લીઆનાના ગ્રેની ને તરોનીશના ગ્રેટ ગ્રેની તે મરહુમો દોલી તથા નાદર કરવાના વહેવાન તે મરહુમો મીનુ, દારા, નોશીર તથા કેકીના ભાભી તે મરહુમો તહેમીના, દીના, મની અને હીલાના દેરાણી.

Death Announcements from Prayer Hall

Cawas Ardeshir Daruvala કાવસ અરદેશીર દાડવાલા	101 ૧૦૧	28.11.2019	805-B, Tehmi Terrace, Dr. B.A. Road, Dadar T.T, Mumbai 14. ૮૦૫-બી, તેહમી ટેરેસ, ડો. બી.એ. રોડ, દાદર ટીટી, મુંબઈ ૧૪.	તે મરહુમ મહેરબાઈ તથા મરહુમ અરદેશીરના દીકરા તે મરહુમ બરજોર, મરહુમ જરના ભાઈ તે હોમાય બી. પટેલના અંકલ તે શ્રેતુન પટેલ, યઝદી પટેલ, ખુશનુમા કીશનાનીના ગ્રાન્ડ અંકલ.
Dinoo Rusi Patel દીનુ રૂસી પટેલ	87 ૮૭	05.12.2019	18/2, Kasturi Building, J. Tata Road, Churchgate, Mumbai 20. ૧૮/૨, કસ્તુરી બિલ્ડિંગ, જે. તાતા રોડ, ચર્ચગેટ, મુંબઈ ૨૦.	તે મરહુમ રૂસીના ઘણીયાણી તે વિસ્પીના મમ્મી તે લતાના સાસુજી તે ઝારા અને આરિઆનાના ગ્રેન્ડ મધર તે મરહુમ દાદી કોલાલના બહેન.

Death Announcements from Poona Parsee Panchayat

Dinyar Noshir Gorimar દિનીયાર નોશીર ગોરીમાર	73 ૭૩	30.11.2019	D-5-6, Parsi Colony, Lulanagar, Pune. દી-૫૦૬, પારસી કોલોની, લુલાનગર, પુણે.	તે મરહુમો રોદા નોશીર હીરજીભાઈ ગોરીમારના દીકરી તે શરોસ, નોશીર ગોરીમારના ભાઈ તે શીરીન, સરોશ ગોરીમારના દીપર તે જેરમીન, અસ્પી કોલોલા તથા કેસમીરા ફરીબોઝ ઝાઈફર તથા નોવીલ શરોસ ગોરીમારના કાકા તે અસ્પી કેરસાસ કોલોલા, ફરીબોઝ રાઈગર, રોમા નેવીલ ગોરીમારના કાકા સસરા.
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## — મરહુમ જહાંગીર કરાણી

### કાળા ટાપુના જવાન પાદશાહની વાર્તા

સુલતાનની પધરામણી થયા પછી બીજે દિવસે તેણે પોતાના દરબારીઓને દરબારમાં એકઠા કીધા અને તેની મરજી ઉપરાંત કેટલાક ન ધારેલા બનાવોથી તેને જે અટકી રહેવું પડ્યું હતું તેનો તેઓને વિગતવાર ખુલાસો કહી સંભળાવ્યો. પછી તેણે તેઓને જાહેર કર્યું કે તેની મરજી તેનો સઘળો મુલક કાળા ટાપુના શાહજાદાને આપી જવાની છે કારણ કે તે શાહજાદો પોતાનો તમામ મુલક છોડીને આપણા મુલકમાં આવી રહ્યો છે. તે સાથે મારા જે દરબારીઓ એ આજ સુધી ઈમાનદારીથી મારી સેવા બજાવી છે તેનો પુરતો બદલો વાળવાને હું આ તક લાઇ ધરું છું. એટલું બોલી સુલતાને તેઓની નોકરીના પ્રમાણ અને તેમના દરજ્જા પ્રમાણે પેલો માછી જવાન શાહજાદાના છુટકારાનો મૂળ સબબ થયો હતો તેથી ઈનામો ઉપર ઈનામો આપી તે માછીને એટલી દોલત બક્ષી કે જેથી તે તથા તેનો

બાળગોપાળ આખા ભવ સુધી સુખી અને આબાદ થઈ ગયા અને માછીની પદવી ઉપરથી તે એકદમ ઉમરાવમાં ખપવા લાગ્યો. નસીબની બલિદાર ઓર છે!

ફકીર થયેલા ત્રણ શાહજાદા તથા બગદાદ શહેરની પાંચ બાનુઓની વાર્તા

ખલીફ હાઉન અલ રસીદના રાજમાં બગદાદ શહેરમાં એક હેલકરી રહેતો હતો જે કે તેનો ધંધો હલકો અને મહેનત ભરેલો હતો તો પણ તે જાતે ઢોંગી અને લટરાજકોર હતો. એક દિવસે તે પોતાનો ટોપલો પોતાની આગળ રાખી ઉભો હતો અને તે જગ્યા આગળથી તેને હંમેશ કામ મળતું જ હતું ત્યાં ખુશનુમા ચહેરાની એક જવાન સ્ત્રી, જેણીએ ચહેરા ઉપર મજલીનનો મોટો બુરખો નાખેલો હતો તે આવી લાગી અને હસ્તી હસ્તી તે હેલકારીને કહેવા લાગી કે 'એ હેલકારી! તારો ટોપલો ઉચક અને મારી પાછળ આવ.' આ શબ્દો જે તેણીએ ઘણાજ ધીરા અને મધુર અવાજથી કહ્યા હતા તે

સાંભળીને તે મજુર ઘણોજ ખુશી થયો અને ટોપલો પોતાને માથે મૂકી કહેવા લાગ્યો 'આજનો દિન મુબારક! આજનો દિન મુબારક!'

તે સ્ત્રી એક બંધ કીધેલા દરવાજા આગળ ઉભી અને તે ઠોકવા લાગી. એક બુઝર્ગ ક્રિશ્ચિયન, જેની દાઢી લાંબી અને સફેદ હતી તેને દરવાજો ઉઘાડ્યો. એક પણ શબ્દ બોલ્યા વગર તેણીએ તેના લાથમાં કાંઈ પેસા મૂક્યા. તે ક્રિશ્ચિયન સારી પેઠે જાણતો હતો કે તેણીને કંઈ ચીજ જોઈએ છીએ તેથી તેજ વેળા તે અંદર ગયો અને ઘણો સરસ શરાબનો એક શીસો ભરી લાવ્યો. તે સ્ત્રીએ તે મજુરને કહ્યું કે 'આ શીસો લે અને તારા ટોપલામાં મેલ!' તેમ તેને કીધા પછી તેણીએ પોતાની પુઠે આવવા તેને ફરમાવ્યું અને પોતે આગળ ચાલતી થઈ, તે હેલકરી પોતાના મનમાં તે દિવસની ફત્તેહના ફરીથી શુકરાના કરવા લાગ્યો.

તે સ્ત્રી એક મેવા અને ફલ વેચનારની દુકાન આગળ આવી અને ત્યાંથી ભાતભાતના મેવા તથા તરેહવાર ફળ ફળાદી ખરીદ કીધા અને તે સર્વે ચીજો ટોપલામાં મેલાવી આગળ ચાલી. ત્યારબાદ એક ખાટકીની દુકાને ગઈ, ત્યાંથી પચીસ રતલ ગોશ્ત ખરીદ કરી તે પણ તે ટોપલામાં મેલાવ્યું.

એક બીજી દુકાન પરથી તે સ્ત્રીએ સુકો મેવો તથા અચાર ખરીદ કીધાં અને તે પણ તેણીએ ટોપલામાં મેલ્યા. એ સખળું તે ટોપલામાં મેલતાં તે ભરાઈ ગયો.

(ક્રમશઃ)

દરેક ઘરમાં મોટાભાગે આવું જ જોવા મળતું હોય છે. અમુક ઘર અપવાદ પણ હોય છે. પરંતુ મોટાભાગે આ બધે જ જોવા મળે છે.

એક વલુ ને પોતાના સાસુ-સસરાની આખી દિનચર્યા ખબર હોય છે. જેમકે સસરા કેવી ચા પીવે છે સાસુ ને ક્યારે ચા પીવાની આદત છે, સાસુ ને કેવી ચા ભાવે છે, સસરાને ખાવામાં શું પ્રતિબંધિત છે, આખા ઘરમાં દરેક લોકોને શું ભાવે છે શું નથી ભાવતું, સવારે શું નાસ્તામાં બનાવવું છે, બપોરે શું જમવાનું છે.

અને રાત્રે દરેક લોકો સાથે એક સમય મર્યાદા પહેલા જમવાનું તૈયાર કરી લેવાનું છે આ બધી વસ્તુઓ ધ્યાન એક વલુ રાખતી હોય છે.

જો સાસુ અને સસરા બીમાર પડી જાય તો તે તેની દેખભાળ કરે છે.

ભલે એ પછી પૂરા મનથી કરે કે નહીં પરંતુ તેની દેખભાળ તે જ કરતી હોય છે. જો એક દિવસ માટે પણ વલુ ક્યાંય બહાર ગઈ હોય તો તેની સૌથી વધારે અસર સાસુ-સસરા ઉપર પડે છે કારણકે

તેઓને તો એવું જ લાગે છે કે જાણે તેની લાકડી કોઈએ છીનવી લીધી હોય.

ચા નાસ્તાથી માંડીને સમયસર દવા લેતી વખતે કે જમતી વખતે વલુને અચૂક યાદ કરે છે. કારણકે વલુ એક દિવસ પણ ન હોય તો જાણે તેઓનો સમય અસ્તવ્યસ્ત થઈ જાય છે, એ વાતમાં કોઈ શંકા નથી કે દીકરો પણ તેના માતા-પિતાનું ખુબ જ ધ્યાન રાખે છે. પરંતુ ઘરની જવાબદારી વલુ ને માથે હોવાથી અમુક નાની નાની વસ્તુઓ દીકરાને પણ ખબર હોતી નથી અને પાછું દીકરાને

પણ કામ ધંધામાંથી સમય મળે ત્યારે જ તે માતા-પિતાને સમય આપી શકે છે, આપણા સમાજમાં એવી વલુઓ પણ જોવા મળે છે જે પોતાના સાસુ-સસરાની સેવા કરવાનું ટાળતી હોય છે અને એવી

પણ વલુ જોવા મળે છે જે કોઈપણ પ્રકારની બિમારીમાં સાચા ભાવથી સેવા કરે છે. હવે તમે જ નક્કી કરો ઘડપણનો સાચો સહારો કોણ?

— ગુજ્જુ દીમ

## મા-માતૃભૂમિ અને માતૃભાષાને કદી ભુલશો નહીં મારી વહાલી પારસી ઈરાની જરથોસ્તી કોમના યુવાનોને મારો મેસેજ

આશા છે જે મારો આ મેસેજ તમને છેક બીનજરૂરી ને નકામો ન જ નીવડે. તમારે માટે મને અત્યંત માન અને લાગણી છે માટે જ આ પત્ર દ્વારા તમને એક વાત કહેવા માંગુ છું.

તમે, એક સંસ્કારી માબાપના સજ્જન પુત્ર છો વિવેકી ને સભ્ય છો પરંતુ હજી તમે યૌવનને ઉબરે પગલાં માંડી રહ્યા છો. આ ઉમર જ એવી છે કે માનવ સ્વપ્નાની દુનિયામાં જ ખોવાય જાય અને એમ જ થાય કે, હું જે પણ કાંઈ કરું છું તે બધું ઠીક જ છે. અત્યારે તો તમને ભવિષ્યની ચિંતા કે ખ્યાલ ન જ આવે. પરંતુ યૌવન જુવાની એ તો જીવનની વસંત છે, એ યૌવનને વેડફી નાખશો નહીં. સમય, વખત નીરંતર ગતિ ગબડાવતો જાય છે ઉત્તમ રીતે ઉપયોગ કરી જાય તે ઉત્તમ રીતે જીવી જાય.

મારૂં તમને એટલું જ કહેવું છે કે તમે તમારો કીમતી સમય બરબાદ ન કરો. જીવનનો માર્ગ દેશ દેશીયાવાલો અને ખાડા ટેકરાવાલો છે. જો જીવન બીલકુલ સરળ અને શાંતપણે વહી જાય કંઈક મુસીબત કે મુંઝવણ સુખ દુઃખના વંટોળ્યા અને તોફાનોમાંથી પસાર જ ન થાય તો ખરેખર જીવન લુખુસુકુ અને નીરસ લાગે. જીવનમાં આવતા તોફાનો સામે તો બહાદુરીથી ને અડગતાથી સામનો કરવો એનું જ નામ ખરો યુવાન ખરો પુરૂષાર્થ.

તમે શીખી ભણીને ધંધામાં ઝંપલાવો ધંધામાં આવતી મુસીબતો મુંઝવણો હિંમતથી નીડરતાથી નેકી નીતીથી સામનો કરો. તેને મારી હટાવવા મહેનત કરો અને બંદગી કરતા રહો. તકલીફ, અડચણથી દૂર ભાગી જશો નહીં. તો જ તમે જીવનના માર્ગમાં સફળતા ફત્તેહ મેળવશો.

આ દુનિયા એક મોટો મહાસાગર છે. જીવનની તેમાં તરતી એક નાવ છે. આ તમારી જીવન નૈયાને ખરે માર્ગે લઈ જવી કે ખોટે માર્ગે લઈ જવી એ તમારા જ લાઇમાં છે.

માટે હૈ મારા પ્રિય બંધુ અત્યારથી જ તમે કંઈક કરવા માંડી જાવ ધીમે ધીમે તમારા ફેમીલી ધંધામાં યા કોઈ નવા ધંધામાં ઝંપલાવો મુસીબતોની સામે થઈ આગળ વધવા કોશિષ કરો, દાદાર અહુરમઝદ તમને જરૂર મદદ કરશે.

આશા પ્રભુમાં રાખ, સ્મરણ પ્રભુનું કર

સૌનો બેલી એ પિતા તમને જરૂર મદદ કરશે.

બીજું જ્યારે તમારા ધંધા નોકરીમાંથી વખત ફાજલ પાડી શકો, ત્યારે ત્યારે બે વાત ધ્યાન રાખજો. એક તો કસરત કરવી, કારણ એનાથી શરીર સાદું અને તંદુરસ્ત રહેશે. અને શરીર તંદુરસ્ત હોય એટલે મન, મગજ પણ સારા રહેવાના જ અને તમારા ધંધામાં ઉજાતી થવાનીજ.

### Healthy Body, Peaceful Mind and Joyful Heart, Make for Happiness

બીજી વાત દાદાર અહુરમઝદની બંદગી કરતો રહેજે, અવસ્તાના પવિત્ર કલામો તારા માંમાંથી ભણતો રહેજે. એ પવિત્ર કલામોની અસરથી તારા શરીરની અંદરના અવયવોને એક ગેબી બળ મળશે. સ્નાન મળશે. અને અંદરના અવયવો ચોખ્ખા હશે તો તારા વિચારો, વાણી અને વર્તન સુંદર જ હશે જેનાથી તારું ચહેરાનું ખોરેલ ઝળકી ઉઠશે. આજુબાજુ વાતાવરણ ઉપર એની અસર થશે. તારા જીવનના દરેક કાર્યમાં સફળતા પ્રાપ્ત થશે. તો ઉપલી મારી શીખમાણ ઉપર ધ્યાન આપી આજથી જ તમે તમારું કાર્ય શરૂ કરી ધંધામાં ઝંપલાવો.

યા હોમ કરીને પડો, ફત્તેહ છે આગે

તમને થશે કે આ બધી શીખમાણ આપવા કોણ તૈયાર થઈ ગયું? પણ મારા વહાલા પારસી ઈરાની જરથોસ્તી યુવાનો હું મર્ઝબાન એરચશા વાડીયા (ઉમરગામવાલા) તમારા પ્રત્યેની અને મારી કોમ પ્રત્યેની લાગણીને કારણે જ કુદરતે જ મને લખવાની બસારત કીધી.

આશા રાખું છું કે આ માટે લખાણ નીરર્થક અને નિષ્ફળ ન જ નીવડે. તમારા કુમળા દિલ-દિમાગ ઉપર જરૂર જ એની અસર થશેજ.

જ્યારે હું જાણીશ કે તમે જીવનમાં કંઈક કરવા તૈયાર થઈ ગયા છો ત્યારે તમારા માતાપિતાને જેટલો આનંદ થશે એટલો જ મને પણ થશે.

— મર્ઝબાન એરચશા વાડીયા (ઉમરગામવાલા)

દવિએર પારસી જ.અ.ફંડ



### ઘડપણનો સાચો સહારો કોણ?

આપણે મોટાભાગે એવું સાંભળતા આવ્યા છીએ કે ઘડપણનો સહારો દીકરો હોય છે અને એટલા માટે જ લોકો પોતાના જીવનમાં એક દીકરો હોય તેવી આશા રાખતા હોય છે જેના કારણે ઘડપણમાં સહારો રહે.

દીકરો ઘરમાં વલુ લાવે છે, વલુ આવ્યા પછી દીકરો પોતાની લગભગ બધી જવાબદારી તેની પત્ની ને સોંપી દે છે અને પછી પત્ની આ જવાબદારી નિભાવતા નિભાવતા પોતાના ઘરડા સાસુ સસરાનો ઘડપણનો સહારો બની જતી હોય છે. ખાસ કરીને સમાજના





# The Bawa Word Search

Search out the following 16 Least Spoken Languages of the World hidden in the word-jumble box below, in bi-directional, horizontal, vertical and diagonal forms:

O	T	Q	O	N	I	S	X	H	L	R	M	K	T	R	U	U	W	X	W	U	S	F	P	X
V	Y	O	R	U	M	X	Y	Y	N	P	U	A	X	U	G	M	A	H	Q	A	V	X	Z	P
O	T	O	T	N	R	S	F	J	E	I	Z	O	O	K	Q	F	Q	F	P	Q	R	J	N	X
C	R	S	W	F	P	C	E	E	C	R	A	S	N	G	E	H	F	Z	O	S	S	N	X	C
K	F	Y	A	B	T	O	I	Y	B	T	S	I	G	A	Q	E	I	Y	T	J	Q	W	Q	W
T	N	R	X	T	J	W	Q	M	N	J	V	C	O	D	F	C	G	E	B	P	V	L	Q	F
H	D	K	M	B	A	R	O	Z	A	X	H	R	T	N	Z	Z	A	V	D	U	W	S	L	
E	D	Y	W	T	H	W	E	I	F	H	N	X	A	Y	B	O	C	L	Y	P	Z	X	L	P
U	P	O	E	V	N	Z	A	P	L	P	C	F	V	A	F	T	O	I	R	T	S	I	K	Z
G	E	F	Y	M	G	T	X	L	C	I	I	B	X	M	P	M	Y	O	B	Z	Y	F	H	C
O	P	W	K	M	O	A	D	I	E	I	K	Z	V	A	O	P	H	O	B	Y	O	T	H	O
O	J	Z	V	B	N	B	K	D	R	S	C	I	H	T	V	Y	N	F	T	N	F	K	R	G
J	A	U	E	C	O	E	A	E	T	V	E	Z	G	H	L	G	L	V	Y	J	O	L	R	Q
N	Q	F	J	Y	Z	O	I	A	U	T	H	X	E	A	G	N	O	Q	V	B	C	L	C	I
K	R	G	V	O	P	P	X	P	M	Q	N	R	W	N	T	P	H	T	J	E	T	A	Q	C
U	S	L	N	H	E	F	A	I	D	V	K	D	A	H	U	A	U	Q	E	J	P	V	E	Z
E	L	R	Q	R	Z	W	N	V	F	A	F	I	N	A	D	V	U	I	I	W	Z	B	K	A
O	I	Y	E	O	R	E	A	E	B	G	S	Y	F	U	L	B	I	J	C	G	I	I	M	Y
J	N	J	A	D	K	T	Q	U	R	A	K	F	P	P	V	T	Q	O	Y	I	O	W	F	F
J	N	U	Q	S	B	P	W	H	P	A	I	P	A	I	L	M	O	N	F	R	M	A	E	H
F	F	D	U	M	I	R	R	E	T	R	O	R	I	H	S	U	A	T	B	E	K	A	Q	F
I	R	V	J	U	P	O	H	M	Z	H	W	I	F	Y	E	W	O	I	X	M	B	U	F	R
W	N	X	I	C	N	B	Q	E	Z	L	U	C	V	R	B	R	A	L	D	E	M	B	I	L
V	I	U	T	K	M	Z	I	H	A	O	F	T	A	D	X	L	S	W	P	L	B	E	A	Q
M	H	Q	K	U	X	M	R	C	R	O	V	E	W	Z	U	T	A	N	E	M	A	S	G	J

Chemehuevi (Colorado, US)    Ongota (Ethiopia)    Njerep (Nigeria)    Lemerig (Vanuatu island)  
 Istriot (Croatia)    Chamicruo (Peru)    Kaixana (South America)    Taushiro (Tigre River)  
 Paipai (Mexico)    Satawalese (Micronesia)    Hobyot (S. Arabia)    Tanema (Solomon Islands)  
 Liki (Indonesia)    Sarcee (Alberta)    Dumi (Nepal)    Adnyamathanha (Australia Aboriginals)

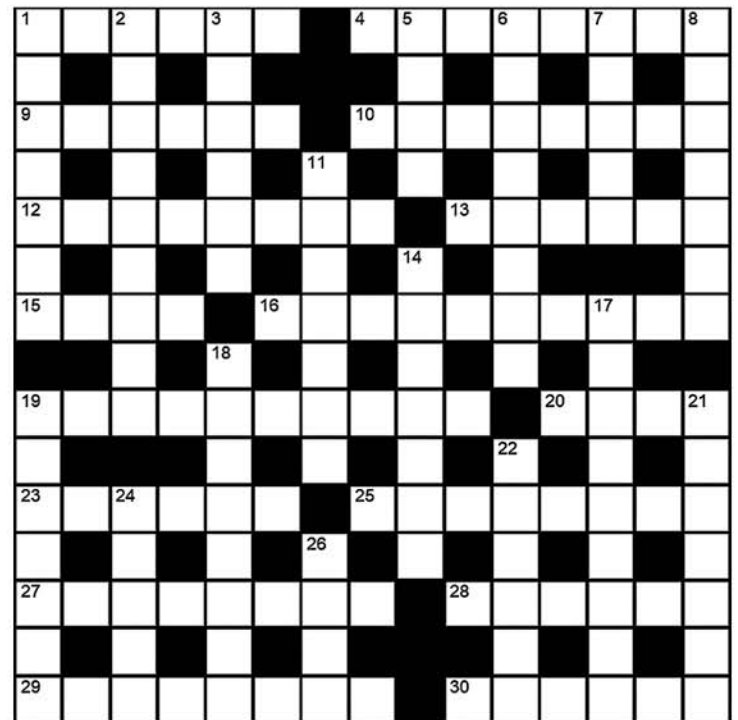


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Verywell Mind is a trusted and compassionate online resource that provides the guidance to improve mental health and balance. Their library of over 4,000 pieces of content, created and refined over the past 20+ years, has been written by more than 100 healthcare professionals and industry experts including experienced doctors, therapists, and social workers, and then vetted by board-certified physicians. You get the resources you need to feel happy and healthy. The articles are classified into 3 broad sections - Disorders, Self-improvement and Psychology. Up-to-date analysis and current trends are projected and portrayed. Meditation, Brain Health, Addictions, Psychology, etc. are covered professionally in depth. Know more and live brighter with this interesting website!

## BAWAJI BHEJA FRY



- | Across                          | Down                                 |
|---------------------------------|--------------------------------------|
| 1 Ask hospitably? (6)           | 1 Perspicacity (7)                   |
| 4 Of many kinds (8)             | 2 One of the Amesha Spentas (4,5)    |
| 9 A split or division (6)       | 3 First month of the Jewish year (6) |
| 10 Right of access (8)          | 5 Slightly open (4)                  |
| 12 Small jelly-like sweets (8)  | 6 Diagnose; recognise (8)            |
| 13 The rest - not us? (6)       | 7 Tubby or very fat (5)              |
| 15 Sharp taste (4)              | 8 Hates or abhors intensely (7)      |
| 16 TF in ZTF? (5,5)             | 11 Reserving or saving (7)           |
| 19 With passion (10)            | 14 Futile (7)                        |
| 20 Palindromic German (4)       | 17 Famous but for bad deeds (9)      |
| 23 Expunged (6)                 | 18 Retarding or slowing down (8)     |
| 25 Secret; mysterious (8)       | 19 Looking at (7)                    |
| 27 Envisaged (8)                | 21 Plants with brilliant flowers (7) |
| 28 Copenhagen gardens (6)       | 22 Conflict or struggle (8)          |
| 29 Exploding; turning bad (5,3) | 24 Violin make (5)                   |
| 30 Forms of verbs (6)           | 26 Aquatic rock-ridge (4)            |

### WINNING CAPTION!!!



'Anhonee ko honee karde, honee ko unhonee...  
 Ek jagah jab jamaa ho teeno - 'CONGRESS', 'SENA', 'NCP'  
 - by Kayomarz Dotiwalla



### Thought of the Week

"Great minds discuss ideas;  
 average minds discuss events;  
 small minds discuss people."  
 - Eleanor Roosevelt



### CAPTION THIS!



Calling all our readers to caption this picture!  
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### BAWAJI BHEJA FRY ANSWER



### Weekend Riddle

**Q:** Two children are born on the same day from the same mother, but they are not twins. How is that possible?

Ans: They are triplets!



# Sharpen Your Edge



**DR. ADIL MALIA**

Our community's leading business visionary – Dr. Adil Malia has shared his expertise championing diverse roles in Business Management, Law, Human Resources, Marketing and Employee Relations. A much sought-after business coach and mentor, having led companies at the Board level across eclectic industries, Dr. Adil Malia is a philosopher, writer, a voracious reader, an excellent orator, an innovative and powerful ideator. PT is delighted to present 'Sharpen Your Edge' by Dr. Malia, aimed at readers who wish to hone their careers and grow as successful professionals. For professional consultations, contact Dr. Malia at [adiljmalia@gmail.com](mailto:adiljmalia@gmail.com)

**S**harpen your edge, unleash your freedom to choose... men are naturally designed to choose, and their success is defined not by the conditions they face, but by the choices they make, given the conditions.

Every individual's most powerful attribute is his 'Freedom to Choose'. If you were to identify one single factor as the differentiator between successful people and the not-so-successful people in life, the answer would be hidden in the Choices they make.

"Life is not a matter of holding good cards, but taking a choice to play a poor hand well," said Stevencion. If you get frustrated seeing a set of poor cards being dealt to you, and as a result, do not use choices and options available in the game to you, blame yourself, not the cards!

By the time you lay your head on the embroidered pillow to sleep tonight, you would have made so many different choices that would impact you and the quality of your life ahead. Are you sure you have made the right choices?? Freedom of choice is at the core of everything, and that freedom is absolutely yours for making the right choices! Unfortunately, most people believe that this freedom to choose lies 'outside' of you - maybe by working in a better organisation, or under better Manager, or a richer spouse, a bountiful grand-father's inheritance, a more influential Uncle, a better house (from BPP!!!), etc. And for this, you believe that others have the power that you believe could make you happy.

Living in a world of victimization, entitlements and excuses, we find it difficult to believe that we are actually

## Man Is The Product Of The Choices He Makes



free to make the choices whose results impact us. Think seriously. Who amongst us does not, every living moment, have to face conditions which are limiting and constraining? Most of us unfortunately, tend to locate the source of our restrictions as being 'out there' and not residing 'within' us. We thus end up abdicating, and by default, delegating our power to choose factors of our happiness, to other people. This is escaping responsibility. And that is where exactly, the hero separates from the laggards!

Man is an outcome of his choices and not his conditions. You indeed need to choose well. If you have earlier delegated or abdicated, go ahead and reclaim your 'Remote Control'. Remember, freedom is a matter of choice and a state of mind. It is established from 'inside out' not 'outside in'. Break-through your constraints. Push open the hinges that open your horizons to the success that lies waiting for you!

**Here's 5 tips to help you get started**

### with Making Good Choices:

1. Define clearly the purpose you have in mind. Only then, test the available choices that attract you to ensure that they fulfill that end purpose in mind.
2. Never fail to choose yourself first. Listen to everybody. Understand their logic. But when you feel that your choice fulfills the end purpose better than others', never fail to choose yourself.
3. Simplify your choices. We live in an option-rich universe. Don't get paralyzed by choices. Test the choices available through filters of the guiding

principles set by you. But action it, for sure!

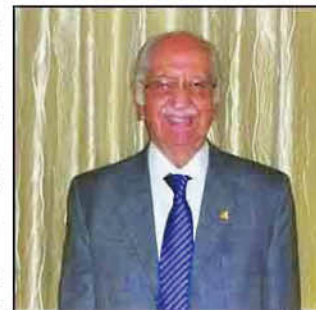
4. Withdraw from the choice when needed. Choices made by you could inadvertently go wrong at a later date. Remember, it's never too late to withdraw from choices if you realise that the pursuit of your old choice does not lead to fulfilling the purpose any longer. Do not invest good resources to protect bad investments!
5. It is okay to fail. Think, make choices and move. It is better to fail than wait endlessly at the sea-shore and die waiting for the sailing boat to come and save you.

*A call for action to the Parsi youth!! The door of your choices opens 'inside out'. Unleash thence, your most powerful resource - your Freedom To Choose.*

## TRIVIA: Soli Arsiwala, Architect of 'Boot House' - Kamala Nehru Park

The late Soli Arsiwala, who passed away at the age of 91, was the creator and architect behind the iconic 'Boot House' in Kamala Nehru Park, which has delighted many generations of children, since its opening in 1952.

Soli Arsiwala also designed the children's playground at Vihar Lake with the Humpty Dumpty character. He would put himself in a child's shoes and design his creations with a child's imaginative mindset and viewpoint at the forefront. Well into his final years he enjoyed visiting Kamala Nehru Park to see children clambering up his creation with joy and laughter.



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