

PARSI TIMES

RNI NO. MAHBIL06369/13/1/2011-TC :: WWW.PARSI-TIMES.COM

VOL. 1 - ISSUE 21 :: PAGES 24 :: 2

SATURDAY, SEPTEMBER 17, 2011

A QUALITY LIFE

The never ending quest for quality begins at home. **Parsi Times** explores ideas and issues on the quality of the Parsi life.

Inside >>>

What culture means to us Pg. 4

Don't be afraid to stray Pg. 14

The new you Pg. 16



FROM THE EDITOR'S DESK



Dear Readers,

A quality life means different things to different people. A life... surrounded by family...filled with opportunities for hopes and dreams to blossom...with easy access to cheese, wine, shandy and a good Gambhar... with friends to laugh with... in an enjoyable city and culture... in a clean and respectable home... with peace of mind and religiosity... the list of day dreams is endless...

As a Community, we stand apart for our attention to detail, our focus on the right ways and our unending quest to better our quality of life. Our homes are spanking clean, our food is light and healthy (for the most part) and our Baugs are a green and refreshing change from the world outside of them. Whatever little we have, we care for with pride and polish and whatever extra we have, we give to those who need it. We still take the time to go for plays, display art in our homes and have a penchant for classical music. We Parsis love to sprinkle quality into our lives.

This week we add a dose of that quality living to our pages. Articles on self improvement, an adoption drive to add a four legged member to the family, a look at our places of worship and an opportunity to give back; all these come together in another entertaining and informative issue of these super 'Parsi Times'.

So put on that Tchaikovsky, gather the clan, pour the Parsi Chai (or Shandy!) and enjoy the weekend with us!

Cheers and keep sending in the mail. We love it!

Freyan

freyan@parsi-times.com



HILLA BUILDERS PVT. LTD.

Regd. Office: V.T. Mansion, 144, Perin Nariman Street, Fort, Mumbai 400 001.

Tel.: 22699399, 22657599 • Fax: 22691492

E-mail: zmbhilla@gmail.com • Website: www.hillabuilders.com

Branch Office: Hilla Towers, M. J. Wadia Fire Temple Complex, Dr. S. S. Rao Road, Lalbaug, Parel, Mumbai 400012. Tel. No. 24715481

WE BUILD TRUST, ALWAYS !!

*It begins with you...***FROM OUR READER****WRAPPING FAITH IN CASH**

Devotees carrying sticks of sandalwood as offering to the Padshah Saheb is a commonsight in our Agiaries and Atash Behrams. Behdins having prayers for their dear departed also carry sticks of sandalwood to handover to the priest before he begins the ceremony. This is a good practice, much recommended. Offering good quality sandalwood is the prime method of approaching the Padshah Saheb.

But a disturbing trend is seen in all our Agiaries over the last few years – the practice of wrapping currency notes along with the sandalwood sticks and then putting the same in the metal tray at the doorstep of the Kebla. The same practice is also seen when devotees handover sandalwood for their family prayers, along with currency notes wrapped around the sticks towards the Ashodad for the priests performing the ceremony.

To make it very clear – this practice is totally wrong and doctrinally invalid. One can never mix sandalwood with currency notes. Why?

Firstly, from the view point of hygiene, this is a disgusting practice. A recent newspaper report revealed that tests



conducted by a reputed private health laboratory found traces of coliform, E coli and Staphylococcus aureus on currency notes. Traces of pseudomonas, another family of bacteria, too were found. The laboratory studied the microbes which stayed on a currency note from a random sample of notes collected from shoppers. Notes of all denominations from Rs. 2 to Rs. 1000 were tested. E coli, coliform and pseudomonas were swarming on Rs.10 and Rs.100 notes (which are the most common and most heavily transferred denomination of notes). The Rs.50 and Rs.10 notes also had Staphylococcus aureus.

The head of the laboratory which conducted this study pointed out that finding pseudomonas on the notes was alarming since it can cause severe infection if it enters an open wound. He also cautioned against that most unfortunate practice of wetting the fingers using the tongue while counting notes, since it greatly aids in spreading the infection. Another doctor remarked

that people must wash their hands thoroughly after counting notes to avoid infection. It is also observed that many banks have now equipped their cashiers with hand sanitizer bottles.

This detailed study should immediately alert Parsis that mixing notes and sandalwood is very wrong. We take great

pains to ensure that sandalwood is dry, has not been touched by any person in an impure state or is not mixed with noxious items. Then why do we insist of wrapping notes around the pure sandalwood? The notes would have passed through several hands, which may have been contaminated through various deeds. Worse, the imprint of someone's saliva, while counting the note might still be remaining (in a minute quantity) on the note. How can we wrap such a dirty, impure and contaminated object along with the sandalwood? Does it not totally destroy the purity and negate the value of the offering to our Holy Padshah

Saheb?

There is also a great and deeply spiritual reason to stop this practice. Our religion has explained the concept of Aipi, or personal aura, which is carried by every person. The Aipi is like a blank canvas on which imprints of our daily thoughts, words and deeds are pasted every second. The Aipi needs to be cleansed of these undesirable imprints on a regular basis, through the performance of the Kusti ritual. This is the main reason why there is a Baj prayer to be recited along with the Kusti ritual before and after each toilet visit. Ustad Saheb cautioned that Parsis, before starting their personal prayer routines should always perform the Kusti ritual, so as to cleanse their personal Aipi of such negative imprints. Once in that state of heightened purity, a person should avoid any contact with any



object which can reduce the level of high purity obtained by performing the Kusti. This is the reason why we do not touch old clothes, the bed, unwashed vessels etc. after performing the Kusti or starting prayers.

When we enter the Daremeher and perform the Kusti, our Aipi is relatively

much cleaner than it was when we were outside. It is therefore desirable not to touch anything which can reduce that level of purity. When we touch our wallet and take out the currency notes, we are totally destroying the purity which had been built up by the Kusti ritual. Wrapping the notes, which are abounding not only in physical impurities but which may also have the Aipi imprints of undesirable persons left on them along with the sandalwood is akin to spiritual suicide. Notes and coins should NEVER be placed in the Chamach or the tray in which the sandalwood is placed. The Head Priests of Agiaries and Atash Behrams should ensure that there is a separate box in which currency notes and coins can be deposited by the Devotees. Similarly, Devotees wishing to offer Ashodad to Priests doing their family prayers should not mix the money with the sandalwood, but can always handover the cash after the prayers are completed. Better still, the Ashodad can be placed in a small 3x2 envelope and then presented to the Mobed Saheb. It is a much more



dignified way of offering Ashodad. The current practice debases the sacred role of the Priest and brings him down to the level of a car parking valet, being

handed over a tip. Such crude practices should be avoided.

A better option would be to make it a practice of having a separate bundle of new currency notes at home in a separate, clean place. These notes should be used only in the Agiary. This would lessen the impurity to some extent, although even such notes should not be mixed with the sandalwood.

Dear readers, the bedrock of our religion is purity – physical, mental, spiritual and emotional. But the basic physical purity is the foundation on which everything else can be built. In our modern times, we Parsis seem to have lost our sense of chokhai which was so prevalent in our grandparents and which was drilled into by our elders. The present generation does not have the benefit of that advice and hence we fall prey to such simple, but grave spiritual errors.

It is hoped that readers will think twice before mixing a pure, holy offering to the Padshah Saheb with the bacteria laden and spiritually inappropriate currency note.

Letter To The EDITOR

To,
The Editor,
Parsi Times.

At one time, there were a large number of Parsi families living in Dalal Estate in Bombay Central.

Slowly, these families began to leave and their place was taken by members of another powerful minority.

I live at Jamshedji Petit Street, Grant Road, Adjoining my street are the Mehella Patel Agiary Street, Nusserwanji Petit Street and Dinbai Petit Street.

A fairly large number of Parsi families lived in this locality, many of them for two or three generations.

At first the ground floors of buildings inhabited by Parsi families began to make way for shops dealing in autorickshaw and scooter spare parts, creating a market for these products.

Then the upper storeys began to be occupied by non-Parsis.

Will any reader of Parsi Times explain the reasons for the great exodus of Parsi families from Dalal Estate and the Grant Road area?

Yours sincerely,

- Bhikhaji M. Adenwalla.



Class with Miss Azmin!

We promised 2 prizes, but all 3 are perfect.

Congrats!!



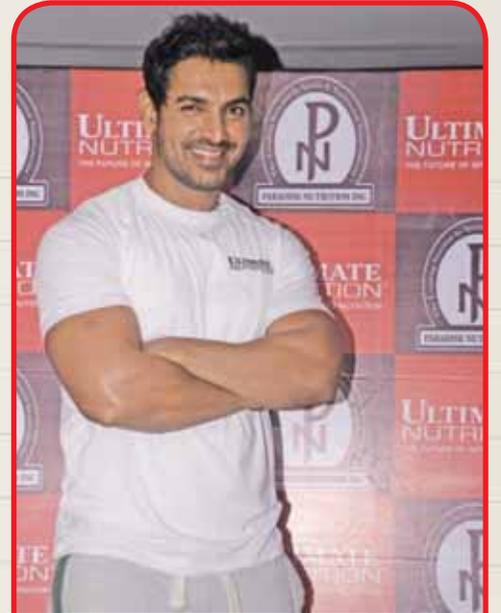
I love being a Parsi because .

I can eat bheeda par eedas without worrying about the cholestrol devil.

Dad can enjoy his Parsi pegs with chicken legs and a glass of beer with good Bawa cheer.

Lastly it gives me a sense of pride on seeing our contribution to the building of our nation.

Dilnaz Aspi Driver



John & his biceps endorse a Fitness Brand



Dear Azmin Aunty

I love being a Parsi because . . .

my mom and dad are Parsi and my parents have taught me that Ahura Mazda is our God and He helps us in all difficulties and has given us three lovely words; MANANSHNI, GAVASHNI, KUMASHNI (Good thoughts, Good words, Good deeds). I also like to eat sev and mithoo dahi which my mom makes on my birthday.

Zenobia F. Powvalla



I love being a Parsi because . . .

We can stay in a Parsi colony which has playground and well and everything gets delivered at the doorstep including the barber.

our religion does not compel us to fast except for the occassional unroga and the month of Bahman, which allows us to have fish and eggs!

Nozer Irani



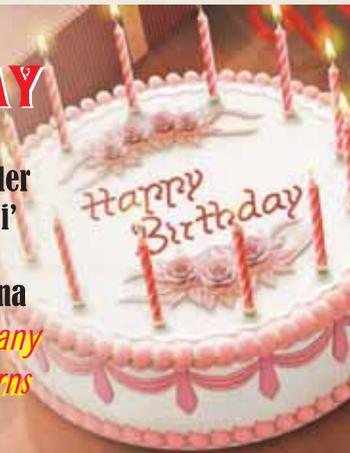
KHAREGHAT COLONY YOUTH ASSOCIATION

Invites you with family and friends for the book launcher of PARSIKA – VOLUME – I showcasing Parsi Cultural Heritage by Mr. Noshir K,Daboo of Ahmedabad, a project initiated by Frohar Foundation on Monday, 19th September, 2011 at 7.00 p.m. at The Khareghat Memorial Hall, Khareghat Colony, Hughes Road, Mumbai – 400 007 for free distribution and use by the Zoroastrian Youth. The book will be launched by Chief Guest Vada Dasturji Saheb Dasturji Dr. Peshotan Dastur Hormazdyar Mirza of Iranshah Udwarda with keynote address by Er. Dr. Ramiyar Karanjia followed by skite and a film on Parsi Culture by Frohar Films.

HAPPY BIRTHDAY

to Parsi Times Reader 'Super Mamavaji' Hormazdyar Kaikushroo Sethna

Wishing you many Happy Returns of the day.



Dr. Kalia with Lillian Too

Dr.Kalania's VASTU & FENG SHUI TIP

There Should Not Be Mirror In The Bed Room Reflecting Your Body While Sleeping, Causing Headache, Relationship Problem & Disputes Between Couples & Wealth Loss -Remedy- Paste Citrine Crystal Pyramid Above The Mirror & Curtain The Mirror During Night Time.

→ Is Your Home Square Or Rectangular....? → Do You Have Missing Areas In Your Home? → Is Your Bathroom And Toilet At The Right Place....? → Are You Praying Towards The Right Directions....? → Is Your Kitchen Gas And Water Sink At The Right Place....? → Is Your Main Door Of The Home At The South Bad Direction....?

Meet Dr.Kalania For Free Consultation With Rough Layout – Map Of Home, Office, Factory Etc...
Vaastu Defects Correction Without Any Alteration Through Scientific Cures And Remedies.

Feng Shui Art Gallery, Shop 4, Opp Milan sub-way signal, S.V. Road, Next To NOKIA, Santacruz-W. PH: 022 - 6691 9909 Mob - 9820219050

Email – dr.kalania@gmail.com website- www.fengshuiin.com

A To Z Vaastu And Feng Shui Articles, Certified Precious And Semi Precious Stones Available

Kitchen & Furniture Mall

"IMPORTED KITCHEN & FITTING IN INDIAN PRICE"



Modular Kitchens with Italian Design, German Quality Also Shankheda Type & Antique Furniture

6, Ness Baug Annex-2, Opp. IDBI Bank, Nana Chowk, Grant Road (W), Mumbai-400 007.
Email: alka.kitchenmall@gmail.com
Tel: 98202 07271, 98207 74742, 2387 7449

SHUBH DARSHAN

घर बेठां कोम्प्युटर कुंडली

कोन पर जन्म तारीख, समय, स्थण आपीने १००% सचोट कुंडली मेणवो. गुजराती, हिंदी, मराठी, अंग्रेज तेमज बघी लापाभां कुंडली बनाववामां आवरो तथा तमारी जन्म राशी मुजब रुद्राक्ष मणरो. तमारी राशि प्रभाछो नंग अहवाडियुं ट्रायल बेज पर आपवामां आवरो.

शुभ दर्शन (Shubh Darshan) Grant Road

Contact: 23877449 / 9820774742

Email: viral.subhdarshan@gmail.com

**Urvazi Kotwal****Age** : 18 years**Profession** : Student

I enjoy drama a lot. I think art and all things creative run in our blood! You never get bored watching Parsi actors at work in a play. There is laughter to be heard at every line. I don't miss our dramas. We have a tendency to be great at dramatics. Even if the play is about religion then too you might find certain light moments and an element of fun in it. I often go to watch the unbeatable Dinyar Contractor weaving his magic on stage. He is just great! Parsis have contributed a lot to the field of culture. Sometime back ZYNG had organized an All India Dance Camp. I didn't know that we had such good talent among us. Without a hint of boasting I can safely say that we excel in every field! Kids, teenagers, parents, grandparents-everyone participates in everything! We don't get embarrassed by anything! We just participate. Age isn't a barrier for us.

Danesh Mistry,**Age** : 17 years,**Profession** : Student

I have never been to an art gallery but I would love to get an opportunity to visit one now. These places are brimming with Parsi culture and it's important for the youth to experience it. We should not let it die out. More and more places which display the spirit of Parsis should be set up in the city. Parents should help the youth to develop a deep sense of community by encouraging them to get more involved with the cultural scene in our society. Everyone is not aware of the Parsi culture in our society, so efforts should be made to do the same. Many youngsters today can't write Gujarati and something should be done in this regards.

Natasha Mehenty,**Age** : 18 years,**Profession** : Student

Today's Parsi culture is like a beautiful flower without fragrance. The faith that goes in to wearing sudrah and the kusti -our protection against evil forces has lost its importance. Inter-caste marriages are now taken lightly. Fire Temples which once used to be full of devotees are now mostly empty. However, even in these modern days, there are some Parsis who still live by the rules of our ancient culture. Since my weekends are mostly occupied by college & classes, I can hardly be found at cultural places. But whenever, I get free time, I attend religious lectures along with my siblings. It is worthy to get religious knowledge in leisure time, rather than spending worthless hours on social networking sites. Parsis like Tata's, Godrej, Palonjee have contributed to a great extent to cultural development. Regal, Capitol theatres, Jehangir art gallery etc. are all Parsi creations. Artist Jehangir Sabavalla, film maker Soonu Taraporewalla, Sohrab Mody etc. have been great personalities of our country.

Parsi Times chats with young Parsis and asks for their unbiased take on important Community issues. We are proud to feature our unedited, young minds. Maybe their voices can be heard!

P. T. QUESTION OF THE WEEK

What is your take on the Parsi culture today? Are you in any way connected with the cultural scene in the Parsi Community which is growing by leaps and bounds? Do you like to visit the cultural places like Art galleries, Museums, Art shows, Theater etc? Do you think that the Parsis have contributed to a great extent to the cultural developments in our city/country? If yes then how?

Rishad Surti,**Age** : 18 years,**Profession** : Student

Parsis have had a rich cultural heritage throughout! Our culture has witnessed various positive changes in different aspects since its inception. At present I'm not much connected to the cultural programmes in our Community, but I'm definitely looking forward to link myself to some of them in the near future. I love visiting places of cultural importance as it enhances my creativity in a major way. It also helps me to understand our culture in a better way! Parsis have made lots of noteworthy contributions to the culture of our society. Be it art, music or dance, we Parsis have excelled in all disciplines! Our Parsi 'Nataks' are also one of the best one's! I'm really very proud of my culture! Proud to be a Parsi! :-)

Hey there! Register your YOUNG AND FREE voice on contribute@parsi-times.com Just mail in your name, age and contact number. Our questions can range from the serious to the sensational. Let us join hands in making a voice today for our tomorrow!

Karina Patel**Age** : 18 years,**Profession** : BMS Student

Parsi culture has been a big part of our lives, and today, more of the Parsi youth is getting involved in our cultural activities, which I think is great. I have been to a couple of Parsi plays and they are hilarious, and definitely one of a kind! Parsis have contributed greatly to the cultural developments in our city. Parsis have played a vital role in theatre, art, music, sports, and many more fields.

Nutash Kotwal**Age** : 19 years**Profession** : Student

Our culture is more like a perfectly matured wine. In all its years of aging, the latter only ends up tasting sweeter. Zoroastrianism is one of the oldest religions not only in India but also across the globe. This has led to the fruition of one of the richest cultures ever. The few who are a part of this iridescent culture are irrevocably lucky. Even with a scanty demographic existence, the impact of the Parsi community in the society is prominent and worthy of all possible praise. Philanthropy, professional excellence, food, architecture, activism and performing arts all of these have Parsi names etched in their DNA. Mumbai continues to benefit from our prosperous legacy.

Penaz Damania**Age** : 19 years**Profession** : Advertising Student

To answer this I would say that Parsi culture is very prevalent in today's society and even if our numbers may be dwindling we still stand quite strong when it comes to culture and society. I do not know whether or not we are progressing by leaps and bounds but I am certain of the fact that the culture of the earlier times has definitely given a strong push to the ideas and beliefs of the newer generation. Thus, I can easily say that acculturation as a process has definitely been successful in a way of generations, by which I mean the current generation has not only retained things from the dominant Parsi culture but has also contributed immensely to it. Take for e.g. ZYNG or something on a smaller scale like "Bawatips" --which I might add are hilarious tips about Parsi behaviors on Facebook--although stereotypical they are a very important depiction of the culture prevalent today--enjoyed by every young teenager and so on. There you obviously see the impact of media on culture and this help in its growth.

Yes, it may be the Parsi in me but I am a follower of art and culture. But the sad part is that two very famous figures in the field of art faced a sad demise -Mr. M.F Hussain and Mr. Jehangir Sabawala. Their deaths were a great loss to the field of culture followed by millions, including myself.

Lord, Yes, I believe that the Parsis have contributed to the cultural development of this city. Mumbai would not be entertained if not for the seat rattling laughter riots that are put up by Parsi actors, directors and writers and so on. Ask any Parsi what they did on the new year and they'll say "we went for the 'Naatak' at NCPA." Not just the field of dramatics but also in the field of music, literature and entrepreneurship we have both young and adult Parsis striving to push the country forward. Ratan Tata, the Godrejs, the Wadias, Rohinton Mistry, Zubin Metha- the list is endless. How can you forget Farokh Balsara better known as Freddie Mercury, who was the lead singer of the world famous band called 'Queen'--whose birth anniversary was last week? I suppose you get the point. The list of the contribution made and the names of the contributing Parsis is endless. The number of names given above is nothing compared to the names that may not be noticed but are hiding in our Baugs, making their friends listen to what they have to say, spreading the culture even further.

Khusru B. Sanjana**Age** : 31 years**Profession** : Telecommunications Engineer

It depends on what do you call Parsi Culture. If it is Art Galleries, Museums, Art shows, theaters etc. then I do not see their reassuring presence in the Community as compared to the mid to late 1900s. I do not see the cultural scene growing. There was a time when there were great contributors like the Marezban's, the Pavri's etc. You don't see such powerful presence on the cultural scene anymore. If we need to develop our culture, it has to start at home with parents teaching the very basics of religion and prayers to our future generations. Then everything else can follow.

PARSI TIMES *It begins with you...*



Parsi Times chats with Elder Parsis and asks for their unbiased take on important Community issues. We are proud to feature our unedited, wise minds.

Maybe their voices can be heard!

P. T. QUESTION OF THE WEEK

Parsi And Culture. What do you think of today's culture?

Hey there! Register your OLD N WISE voice on
contribute@parsi-times.com

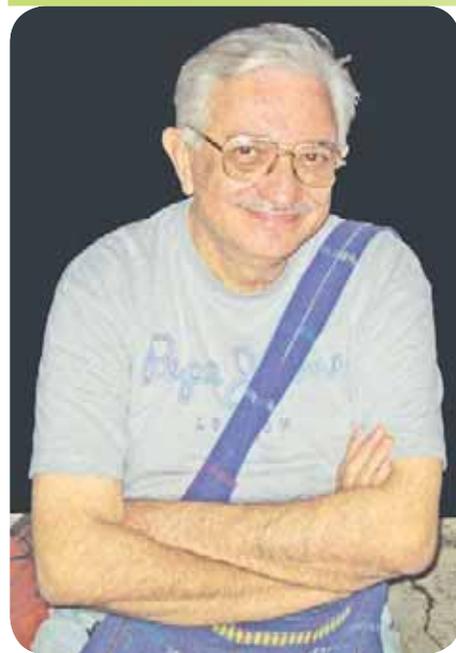
Just mail in your name, age and contact number.

Our questions can range from the serious to the sensational.

Let us join hands in making a voice today for our tomorrow!

Name : Mrs. Mehroo S. Daruwalla
Age : 67 years, Housewife
Address : Tata Blocks, Tardeo.

Today's generation hardly visits any Art Gallery, actually they do not have the time and nor do their parents have any time to take them out. In our days we used to visit all Art Galleries, go to Museums and go to Aquariums. We all should be proud that all our old Parsis have made these fabulous places to visit. Today's children want to see all the new movies, first day first show. There is no discipline left and actually there is not much culture left either. Culture has gone for a toss. Children are busy with other activities and nor do their parents want to correct them.

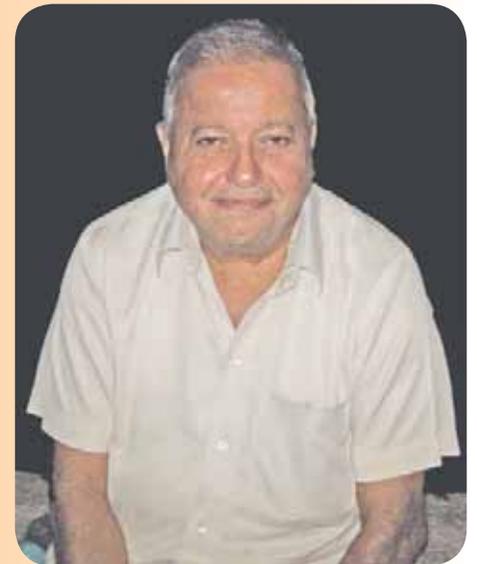


Name : Coover Sethna
Age : 71 years
Retired Manager
from Bombay Dying.
Address : 302, Seagull Rizvi
complex, Carter Rd.
Bandra.

Today's generation have taken up 9-5 jobs. Earlier Parsis were businessmen and our surnames would show our profession. eg. Furniturewala, Batliwala, Daruwala, etc. and they made more money compared to youngsters earning now. People do not have the time to visit Art Galleries or not do they even have the time to go out for movies. And also that it requires tons of money to open new Art Gallery these days.

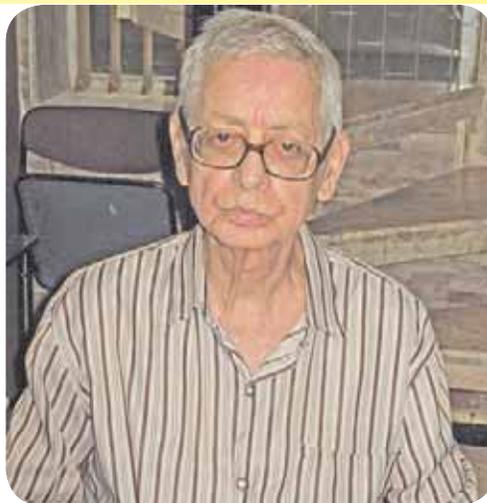
Name : Rusi Patel
Age : 65 years,
Address : Turner Rd., Bandra.

Our culture is very good but has to be preserved. The younger generation has to be acclimatized to the culture. Various projects should be implemented. Outings, get together should be organized so that children get to know each other. Community which stays in the colonies and baugs have more interaction with each other where as people staying outside colony areas feel isolated which compels them to interact with out caste. The BPP should make facilities for people to get together especially for the people living outside baug areas.



Name : Bahadur Dotivala,
Age : 76 years, Financial Advisor. (M.F.)
Address : Pundole bldg., Sleater Rd.,
Grant Rd.

Today the young boys are not taking any interest as our generation was taking in arts. We have got good artists. They should be encouraged in this field. This is a very important area where people can show their potential. And it is an expression of our culture. This should be exercised in colleges, some provision should be made for the youngsters to get interested back into art and culture.



Name : Minoo C. Sepai,
Age : 80 years,
Address : Sir Tata Colony Bldg. No. 8,
Room No. 6, Tardeo.

In our days the culture was very different. Today it is just hotels, parties, dance and call centre.

No one wants to visit museums or Art Galleries. In today's culture people are more into mix marriages. The boys in our Community are not getting educated any more.

Name : Mr. Aspi Jokhi
Age : 62 years,
Address : Tata Road, Bandra.

I don't see any Parsi culture left, the kind we would have seen 30 years ago. This is because people's perceptions have changed about religion and culture. They are not interested in it anymore. Nowadays nobody visits the Art Galleries any more and nor do people have time to go for movies.

Name : Mr. Godrej Jungalwala
Age : 71 years,
Address : Carter Road, Bandra West

Our Community does not go to Art Galleries. Only the outcast now a days visit them. Parents have to teach their children about our culture and have to guide their children towards our Community and religion. Parents must imbibe in their children whether boy or girl to follow our testimony of our Parsi religion and take them to the Fire Temple regularly.

THE INBUILT KEEDA !!!



by Hoshendar Polad
(Polad jr) aka "Polad Baba "

Take it back to the year 2004 the Annual Dramatics of St. Mary's (ICSE)... and the winner is The Green House... For the 1st time in 6 years has The Green House won the school dramatics... and Guess What? Who's the Captain? Actor Our very own MEHERZAD PATEL... This was & still is the one of the best moment of his life.

7 Years later he is one of the best up-coming script writer & director in Mumbai... Just after passing out from school Meherzad decided that he had the fire inside him to so theatre and to this burning desire went on to

become his very own "BABY" - That he calls "SILLY POINT PRODUCTION" was born. Meherzad started of with the best of the best actors from school & moved on to produce LIKE THAT ONLY; THE CLASS ACT ; & the most recent "RUSTY SCREW"...

Meherzad has grown as a person through his Silly Point Production , and say he is what he is today because of Silly Point Productions.

This has also made him a disciplined person... having a cool head he treats everyone equally & till today has not thrown anyone out or got angry on anyone from his cast.

Being a PARSI he is a huge fan of Good THOUGHTS , WORDS & DEEDS has always learnt to be honest , that was taught to him by his parents...

At this moment Silly Point Production is more close to him than his own family... he says he meets his father properly only on the day of the show!!

His dream is to produce a Musical where a large audience of around 1000 people can come & watch , and he also wants to perform out of India for the public out there.

Meherzad does feel like a start sometimes , but

always looks up to our very own SAM KERAWALLA & BoMAN IRANI... One day wants to be like them... and also wants to be person who doesn't need any introduction.

He Will be happy to be a criminal lawyer , but wishes that Silly Point Production does well and he never has to work as a lawyer.

Continue on pg 9

About His STAGE Life

Says this is serious work "So what if I don't wear a tie & don't have a ppt presentation behind me" He loves what he is doing and also enjoys it at the same time.

What Keeps Him Going On

He says the unspoken commitment of his Actors and also the MIND BLOWING AUDIENCE ... pushes him to do more. Meherzad is like a SHADOW to his actors and also plays on important role as a DAMAGE CONTROLLER...



SILLY POINT PRODUCTIONS

LIKE THAT ONLY



About His Plays

1) **LIKE THAT ONLY** : Was inspired by the youth that were aimless and just "chilling" & doing timepass

2) **THE CLASS ACT** : A very funny play with a deep meaning behind it that is RELIGIOUS INTORELANCE & FEMALE DISCREMINATION.

3) **RUSTY SCREW** : Is a play that is set around the background of his life , but has a very deep meaning to delivery to the audience... This play will connect to each and every person at some point or another for sure.



THE CLASS ACT

MEHERZAD AS AN ACTOR IN THE CLASS ACT

Recipe: COCONUT CAKE

From the Kitchen of: Nozar F. Mukadam

BAKED GOODIES!



Here is a simple Cake Recipe sent in by P.T. reader.



Ingredients:

Water 1½ cups, Sugar 400 gms. (normal)
Rawa (fine) (Semolina) 250 gms.,
Dessicated Coconut (Kopra-nu-khaman) 250 gms
Butter 100 gms., Baking Powder 1 tbl. spoon
Eggs 6 Nos., Vanilla Essence 1 tbl. Spoon

Method:

- 1) Boil water in a vessel add sugar and dissolve. Remove from heat.
- 2) Add butter (Amul) to it.
- 3) Sieve in the mixture, Rawa along with Baking powder. Add dessicated coconut and mix well the whole mixture.
- 4) Beat Eggs in a separate vessel with egg beater till frothy add vanilla essence to it and add to the mixture when cool completely.
- 5) Grease a pan with ghee. Pour in the above cake mixture. Bake in preheated oven @ 180C for 30 minutes or till brown and cake leaves the sides.
- 6) Remove pan from the oven and let it rest for 5 minutes, then invert the pan in a dish. Cool completely before slicing it.



MEHERZAD WITH SAM KERAWALLA



THE BACK BONE - Silly Point Crew

MESSAGE FOR THE YOUTH

"Don't stop studying & also don't give up on your dreams" . He also says no one can steal your education that you get and the character that you build.



MEHERZAD CAPTAIN OF THR GREEN HOUSE WINNING THE DRAMATICS

**SECRET TO SUCCESS = "HIS PEN"
THEATER = RELIGION
SCRIPT = BIBLE
AUDIENCE = GOD**

Every BAWA Has An In Built "Keeda" & They Are Always Ready & Confident To Go-Up On Stage And Not Feel Embarrassed
He Believes In Doing The Right Things The Right Way And Not Taking Any "Shortcut"
And Giving Your 100%



MEHERZAD PATEL



MEHERZAD THE BOXER AS A CHILD



PIRATE



ST MARY'S (ICSE)-THE PLACE WHERE SILLY POINT PRODUCTION WAS BORN

Model Parsi

Shri Darius Cawasji Bilimoria retired from Mumbai Airport Customs as Superintendent Preventive on 31st. Aug 2011 after serving the Department for 35 years. He joined in June 1976 as Inspector of Central Excise and was on deputation to various agencies such DRI as "Intelligence Office" and also to Enforcement Directorate New Delhi (Under Foreign Exchange Regulation Act (FERA) as "Assistant Enforcement Officer. He was promoted as Superintendent in June 1994 and posted to Pune. He holds degree of B.Sc(Hons)and LL.M of Mumbai University. His last posting was as Customs Superintendent at Mumbai Airport. During his career he has received cash reward of about Rs. 10 lakhs for detecting the cases of smuggling of Gold, Siver Narcotics and other Electronics goods. He has also received "Commendation certificates" through the hands



of the then Hon. Finance Ministers. Govt. of India on as many as five occasions for the excellent work done in field of Customs and Excise. He is married to Rati a School teacher in Maneckji Cooper Trust School at Juhu and has two daughters Jasmine and Pearl. His wish and desire is that more and more Parsi community men and women should join Customs and Excise where you get an opportunity of excitement, job satisfaction, self pride and also an opportunity to serve the nation.

11 Tips on Adopting a Simple Life

1. **Be Content with Less:** Money does not bring happiness, so rather than fretting about what you do not have, reflect on all that you have and be grateful.
2. **Cut Excesses:** Minimize costly frills. Find ways to be saving – such as cutting down on your utility use.
3. **Live Within a Budget:** Outline a monthly budget plan that allows you to live well but not excessively and to save on the side. STICK TO IT.
4. **Just Say 'NO' to Advertising:** When you are faced with media Ads, mentally note that the goal of this ad is to make money for someone else by taking it out of your pocket.
5. **Buy Smart:** Buy in bulk. Look for good deals. If possible get secondhand items. **Save up to buy larger items rather than buying on credit (which cost more).**
6. **Do It Yourself:** When something needs fixing or building try doing it yourself if feasible and safe. **It can be gratifying and fun to learn something new as well as economical.**
7. **Eat In:** Eating homemade food cost less and it allows you to choose a healthy option. Whenever you eat out, cut down on expenses by splitting portions, ordering fewer drinks and skipping deserts.
8. **Give Meaningful Gifts:** Gifts that you put time and love into are those that mean the most. **When gift giving events arise, consider giving a coupon for time to be spent with you doing something that the other person enjoys.**
9. **Stay Healthy:** Staying healthy can save you tons of money ---
- * Doctor's visit, * Hospital Bills, * Medicine. **Eat Healthfully, Rest & Exercise.**
10. **Buck the Tide:** Do not be a victim of **Fashion & Consumerism.** Before you rush out to buy more stuff take a look at what you already have and make sure you really need more.
11. **Focus on Priorities:** What are the most important things in life? When you focused on real priorities, material goods do not matter as much. **Spend more time investing in Relationship with Lord, your family and others and worry less about how much money you have.**

- Prof. Faredoon Kapadia

CHARITIES WE LIKE

WZO TRUST FUNDS

The World Zoroastrian Organization Trust / WZO Trust Funds has, from its inception acted on behalf of and for the Zoroastrian Community worldwide.

The Fund holds multiple fund raising activities for relief efforts across the world and in India. Some of their international aid projects are the Pakistan Flood Relief Funds and the Sri Lanka and Thailand Tsunami Fund.

In India the WZO Trust Funds have spearheaded a movement to rehabilitate poor Zoroastrian farmers of South Gujarat since August 1990. WZO Trust Funds extend support to extricate the poor farmers from the mire of poverty and bring them back into the mainstream of society. This helps them create sustainable economic revenue streams. So far they have rehabilitates 419 families in 176 villages of Gujarat, expending Rs.53,683,651 in the process.



WZO TRUST FUNDS

Some of their projects in India have included:

- Providing decent residential facilities for poor farmers by converting their huts into cottages. Till end December 2010, 136 huts of poor farmers have been replaced into cottages.
- Establishing two centres for senior citizens at Navsari where 55 elders spend the evening of their lives in a happy and vibrant atmosphere, residing in peace and tranquility free from stress and worry.

The WZO Trust Funds uses the funds through donations to:

- Provide relief from poverty to the old and infirm.
- Extend financial support in case of illnesses and hospitalization.
- Financially support the pursuit of higher education
- Support elderly and Young Mobeds.
- Send the elderly and the recuperating from illness for holidays.
- Organize Annual Gambhars.
- Encourage and supporting youth to taking up sports.
- Motivate achievers in education by giving them awards.

WZO Trust Funds extend interest free financial support towards promoting 'self employment' (micro credit) projects. So far just over 700 Zoroastrians have been supported in this venture between 1995 and 2010.

The New Bombay Zoroastrian Association Charitable Trust Agiary Fund

The New Bombay Zoroastrian Association Charitable Trust, is in the process of building an Agiary/Dadgah and a Community Hall, Charitable Dispensary, Old Age Home etc. at Navi Mumbai to meet the religious and Social needs of our ever growing Zarthosti community.

They have been allotted a plot by CIDCO of 850 sq. metres for the same. The total cost of the plot works out to Rs. 63 lakhs (including Stamp Duty and registration). However, even if we extinguish all our investments and bank deposits, we will have with us Rs. 42 lakhs. Sharukh Mahiar Doctor, the President/Managing Trustee of the Fund has contributed Rs. 20 lakhs plus, The Framji H. B. Settna Legacy Trust through the good offices of Mr. Rustom J. Vakil has contributed Rs. 10 lakhs, The Sir Shapoorji Burjorji Broacha Charity Trust through the good offices of Mrs. Katy Mehta has contributed Rs. 1 lakh and the remaining has been contributed by the Zarthosti Residents of Navi Mumbai as well as sundry Zarthosti Humdin from all over the world.

A fellow Humdin has assured them that he will construct the Agiary at his cost and manage and maintain the same provided we give his family name to the Agiary, which the Trust has agreed to do.

Today they fall short of Rs. 21 lakhs which has to go toward paying for the plot. They also say mention that no amount of donation is too small.

Parsi Times would love to help them build this sanctuary of religion and comfort for the Community members with the help of your donations as well.



THE ZOROASTRIAN TRUST FUNDS OF INDIA

The Zoroastrian Trust Funds of India was started in August 2009 as an initiative to streamline the funds correctly and appropriately for the welfare of our Community.

The organization is extremely active and some of the areas of their work include:

- 1) Relief of the poor.
- 2) Education.
- 3) Medical relief.
- 4) Concessional or subsidized housing.
- 5) Amelioration, development and socio-economic emancipation of Parsi/Irani Zoroastrian Community.
- 6) Social Audit including identification, monitoring and evaluation of charity projects.
- 7) Heritage conservation.

Some of their projects have included:

1. The Monthly Monetary Health Programme which gives doles to over 500 deserving people.
2. Feed a Family which is currently feeding over 30 families across Mumbai
3. Youth camps and Pilgrimage Trip to Udwada

The organization consists of a management committee, volunteers of all ages and the Trustees.



Parsi Times: REGISTER TO RECEIVE DONATION DRIVE

Dear Readers,

Parsi Times has taken a 'New Year Oath' to reach out to the less privileged people within our Community. We would like to offer our readers an opportunity to help us support a cause with a voluntary donation.

The minimum amount for the 'donation toward subscription' is Rs.51/- . This includes 50 regular issue and 2 special issues (One in March and one in August). (Larger donation amounts are welcome too.) This subscription is valid for issues from our issue dated 3rd September 2011 to the last issue next August.

This amount will be forwarded by us to a charity of your choice from this list.

1. WZO Trust Funds
2. NBZA Agiary Fund
3. ZTFI

If you do not tick off a choice we will place your 'donation toward subscription', with any one of the above, at our discretion.

- The subscription offer is completely voluntary and is a gesture toward helping out in our Community where it is needed most.
- Here is what you have to do:

1. Please fill out the form on the right
2. You can get it to us in any of the following ways:
 - a. Mail it to Parsi Times, 102, Vikas Building, 11 Bank Street, Mumbai 400001
 - b. Drop it in our dropbox outside the office
 - c. Wait for a Parsi Times Staff Member to visit your home (if you reside in heavy Community pockets and Baugs) and collect it over the month ahead. Please note: Each Parsi Times Staff Member will carry an authority letter and a Parsi Times receipt for you.
3. The donations should be in cash or cheque favoring [Parsi Times](#).

Please do help us with this initiative and help Parsi Times do more for our wonderful Community!

Thank you
Parsi Times Team

Basic Details

Name _____
 Age _____
 Sex _____
 Other residents at the same address: _____

Contact Details

Address _____

 Contact numbers _____
 Email addresses _____

Feedback

Favourite section of the Parsi Times _____
 Suggestions for the team _____

Donation Details

Charity of choice (select)
 WZO Trust Funds
 NBZA Agiary Fund
 Zoroastrian Trust Funds of India
 Reason for choosing that particular Charity

 Amount of donation _____
 Details _____

The ZTFI Trust Funds are proud to present before **Parsi Times** readers a synopsis of the major welfare activities undertaken by them in the recent past.

ZORASTRIAN TRUST FUND OF INDIA



The Zoroastrian Trust Funds of India is essentially an organization 'for the community, by the community'. The ZTFI has been set up primarily with the intention of assisting our community members. Having said that, it would be unfair to assume, that our trust works like any other Parsi trust and therefore falls under the same category. That's not true at all !!! The ZTFI is a Trust that has been formed to bridge the gap between the 'donor' and the 'needy'.

On one hand we have these trusts which are functioning with the sole aim of community development and on the other hand we have poor Parsees who cannot even

afford the basic necessities of life. Not long back, there was the news of a 7 year old Parsee child who lost the battle of life due to acute starvation. This happened in spite of there being so many Parsee trusts and institutes that are formally incorporated to help needy Parsees. Post her death help was offered to her siblings, but is such a sacrifice essential to wake up the community from its hibernation and alienated approach towards the 'not-so-privileged' members of our community?

There are so many other Parsees who do not have basic literary skills or due to physical ailments are not able to pen down an application letter. Some are suffering

from ailments like cancer, Parkinson's disease, partial or complete paralysis or simply old age; one cannot expect them to queue outside trust offices and knock doors when they can barely pick up a spoon to feed themselves. Don't they deserve a helping hand? In such cases and many others, we as a community have a choice, either be completely apathetic towards their misery or as true Parsees who believe that 'Helping Hands are Greater than Praying Lips' we decide to make a Positive Difference in the lives of such people.

The latter is what we at ZTFI believe in doing and hence have decided to come together and usher in a Ray of Hope for the less privileged

members of the community. The ZTFI is formed with a mission of **putting the community first**. It intends to form that essential link between **those who need help** and **those who wish to help**, ie the needy and the donor. The primary agenda incorporates

- Doles** to the under-privileged on a monthly basis.
- Provision of **food packets** to the needy on a monthly basis.
- Tiffin Service** for the old and the destitute.
- Providing assistance for procuring **medical aid**.
- Help in submitting applications for **scholarships** (domestic and foreign scholarships)

Apart from these activities, the future plans of the trust include performing activities across both the extremities of the community. i.e. reach out to the young and the old through it's community development programmes such as :

- Camping & Field trips programmes for the young Parsees.**
- Career Training Programmes.**
- Forming a dedicated group to offer support to old Parsees staying alone or at old age homes.**
- Counselling workshops for aspiring Parsee youth.**
- Religious Programmes.**



Helping others is good for your health. It is healthy to forget yourself on a regular basis and concentrate on helping others. Volunteer to care for someone, but limit it to the extent that you can handle without taxing yourself. A study which involved 2,700 residents in Tecumseh, Michigan, observed that residents who volunteered their time for community organizations were two and a half times less likely to die from any diseases compared to those who did not volunteer. Helpers also reported that they had fewer colds, headaches, backaches, and even relief from the pain of chronic diseases, such as ulcers, asthma,, arthritis and lupus. In addition to fewer illnesses, a large number of volunteers reported that they were eating better and sleeping better since they started volunteering time to their community.

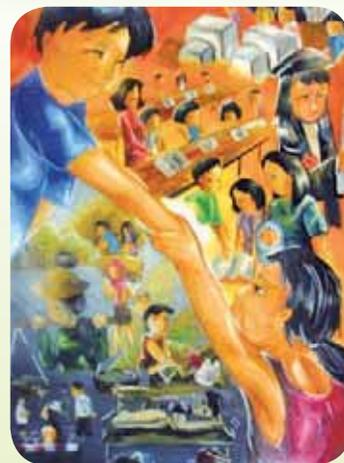
Just by watching a film of Mother Teresa loving and helping the dying children of Calcutta, viewers experienced a temporary boost in immune system. True well-being is achieved when we act on an honestly felt compassion for others; helping may be as important to our health as regular exercise and

HELPING OTHERS

proper nutrition.

Helpers experience pure Joy out of helping, a "helper's high." In a national survey, conducted by Allan Luks, involving 3,300 volunteers from all fields, nearly 95% of the volunteers reported that personal helping on a regular basis gives them immediate pleasurable sensation. Helper's high consists of physical and emotional sensations, including a sudden warmth, a surge of energy, excitement, and joy immediately after helping. The sense of teamwork and connection with fellow helpers is a powerful bonus in addition to the benefits of performing good deeds.

"Helper's high" is often followed by feelings of increased self worth, calm, and relaxation. Such feelings last longer than the "helper's high".



self-esteem, and reduced signs of stress.

Helping provides a healthy distraction. Focusing on others takes us away, at least temporarily, from the hassles of work, finances, or family troubles. Let's not ignore the fact that we get a special kind of attention from those we help. It makes us feel that we matter to someone. Helping can also block

pain because our attention is shifted from personal pain to helping others. Helping others improves our outlook and enhances our sense of gratitude for what we have.

In one survey, those who volunteered once a week were ten times more likely to report good health than those who were once-a-year helpers. A good rule of thumb is to devote the same amount of time to helping as one would give to other healthy habits like exercise and meditation. Positive effects of helping others were reported by people who only volunteered two hours per week. Helping because you have to can result in increased stress and even illness. We do much better when we help out of our free choice rather than out of a sense of obligation or necessity. Helping others can be an unbearable burden if you do it alone, or if you feel unappreciated for your effort. Instead of the helper's high and sense of well-being, you may begin to feel sick or stressed out. Watch out for feelings of being overwhelmed by the needs of another person, which produce a sense of helplessness, loss of control, resentment, guilt, and stress. Pay attention to your own needs.

Contd. on Pg. 18

The Other Alternative... HAIR EXTENSIONS



Tushna Mehta

A shopaholic who fills her cupboard with the spoils of professional styling. Tushna Mehta has worked with the famous b:blunt hair professionals for a while and is ready to share her knowledge and passion for tresses!

hair texture. The right one for your hair type either clips or machine fused will be recommended by your stylist and also depends on how much you are careful with your hair. For me the quality of your hair comes first. Hence deciding which is more suitable for which hair type.

Few tips on choosing the right extension to suit you - Clip on extensions

- Clip on extensions are an easier way to go. Just clip

extensions with the natural keratin in your hair. These extensions last for around 3-4 months and can be removed with a different machine which your stylist will have. This removed extension can also be reused.

This hair becomes like your natural hair and can be tonged, ironed, coloured and blow-dried.

For maintenance you need a special brush, generally provided by the extension company itself. Spa treatments need to be done very carefully as the excess nourishment in the spa can loosen the keratin bonds. Initially shampooing your hair will feel difficult but you will get used to it in 2 washes.

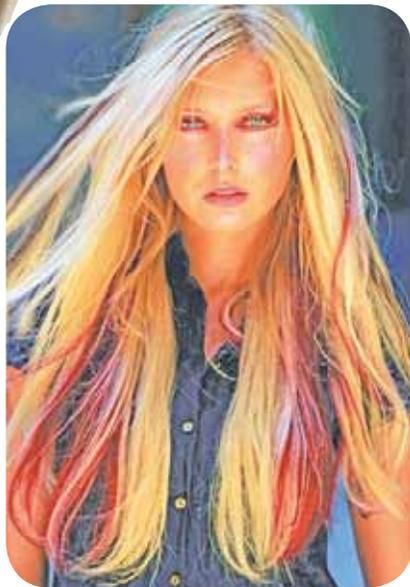
Keep your extensions tangle free and you will enjoy them!

b:blunt

Have you always wanted the length but feel your hair doesn't grow beyond a point?! Have you ever felt your hair is too fine and limp and could use more volume?! Have you ever wanted a change with colour but were too afraid to actually colour your hair?!

Hair Extensions is the new way to go. Hair extensions are lengths of either real or synthetic hair that can be affixed close to the scalp through a number of systems. When well matched in color and texture, and professionally applied by a competent stylist, hair extensions mix in and move naturally with your own hair, making it difficult to tell you are wearing them. They can provide volume, extend hair, and add highlights without the harshness of coloring your own hair. Some extensions can be worn continuously for up to 3 months before requiring maintenance.

There are various kinds of extensions available and I would recommend the clip on ones and the machine fused ones to be the safest and the best. Forget those glue and adhesive extensions as they definitely take a toll on the



them on before you step out and they are secured in your hair. These clip ons are quiet tight and your stylist will show you how and where to attach them. They can add colour, length and fullness to your hair.

For maintenance you need to remove and shampoo and condition as often as you would to your own hair if you were wearing them everyday. If you wear them once in a while then shampoo and condition the hair before clipping them on.

Machine fused - Machine fused extensions is only mainly available with NATURAL hair not SYNTHETIC. This is made to fuse the keratin in the

RECIPE



Purveen Dubash is a chef with many knives in her pretty home kitchen

cabinet. From TV anchor to educator to author she is armed with culinary skills to put your tummy into a hypnotic state. We are proud to present to you her recipes which have the unique distinction of being not only simple to follow but yummy to taste!

Two Minute Prawns

Ingredients:

200 grams prawns
1 egg
1 tablespoon gram flour
1 tablespoon finely chopped coriander
1 teaspoon garam masala
½ teaspoon turmeric powder
½ teaspoon chili powder
1 teaspoon ginger garlic paste
Salt to taste
Oil for frying

Directions:

Combine all the ingredients,



except the oil. Drop the prawn mixture with a spoon in hot oil. Fry till golden brown on a high flame. Drain and serve immediately.

Eating Disorders & Weight Loss

When your self-image is distorted you don't have a realistic view of your own body anymore. Eating disorders all have physical signs and symptoms when they are in the full blown state but there are usually psychological warnings signs early on that something is not right.

Eating disorders often begins in early years with a traumatic event, verbal or physical abuse, low self-esteem, pressure from parents, trouble being accepted in school or any other psychological stress.

Eating Disorders: Bulimia

For a lot of young children with a troubled childhood, food becomes their best friend. When anxiety hits them, they crawl under the blanket and eat to feel better. Their body starts to crave more and more food and when the guilt sets in that they ate too much, the self-induced vomiting starts. The cycle of eating and ridding the body of the food becomes a way of living and dealing with psychological stress on a daily basis. The term used for this disorder is bulimia.

Eating Disorders: Anorexia Nervosa

The opposite of bulimia is anorexia nervosa. Instead of overeating, sufferers from anorexia nervosa don't eat at all and losing weight no matter what becomes their one focus in life. Nothing else matters and they are usually very good at hiding their condition in public in such ways as wearing bulky clothes and pretend to eat when people are watching. However when alone they look at their bodies, already malnutrition and underweight but see nothing but an fat overweight person who needs to lose more weight. People with eating disorders are commonly so disgusted with their own self-image that they punish themselves by either not eating or by overeating until they feel sick.

Eating Disorders: Orthorexia Nervosa

Another not official eating disorder diagnosis but useful as a concept is Orthorexia nervosa which are obsessions with eating "the right" food.



Eating the clean and right food becomes the primary focus of life.

People with orthorexia often see themselves as superior to others because they eat right and proper food. To be worthy of these people's attention or friendship, you need to eat right and know how to obtain proper food or you are in other words, worthless in their eyes.

Eating Disorders: Night Eating Syndrome

Night eating syndrome is a fairly new eating disorder. The person has little or nothing to eat for breakfast and delays the first meal for as long as possible due to guilt and upset feelings over how much they ate the night before.

Contd. on Pg. No 18

BAUG DAUD with**MALCOLM BAUG**

The history of Malcolm Baug Estate goes a long time back. In 1927 the land had been granted by government under a sanad to

Mr David Malcolm brother at Sir John Malcolm who was governor of Bombay between 1827 and 1830.

SE- John Malcolm used to come to Malcolm Baug from government house riding a relay of horses and made Malcolm Hall his hunting lodge.

Mrs. David Malcolm, the executrix of the WILL of Mr. David Malcolm sold the estate to

on the foothills of Matheran particularly during rains and is one of the best picturesque locations in the city. All those who visit the colony who

have friends and relatives staying in the Colony feel that only those who are specially blessed and who must have done some special deeds in their last life must have been given this (opportunity to stay in such a colony.

The colony is jointly looked after by N. M. Wadia Charities and a large part by The Malcolm Baug Zoroastrian Association



which was formed in 1929 and has today 12 Managing Committee officials, which include 5 Trustees (2 nominated by N M Wadia Charities) and 7 elected Committee Members. The present Committee of MBZA is headed

by Mr. Bomi Sorabji Bacha as President.

There are number of activities undertaken by MBZA:

- Managing the Bal Mothbai Wadia Adam (where all major prayers like Nirangdin, Vanidad, etc are carried out and where young boys are also initiated as Navars and or Navar Martabs. The current Head Priest is Ervad Faramroze D. Vatcha).

- Management of Malcolm Hall and it's grounds (where Navjotes, Weddings, Anniversaries, Birthday Parties, Social Functions are held. Today without any exaggeration this is the finest place in suburbs for such functions under natural ambience, which



Mr. Jehangir Nusserwanji Wadia and his brother Mr. Nowrojee Nusserwanji Wadia. Ultimately the estate of about 35 acres was developed by Mr. Nusserwanji Jehangirji Wadia the son of Bai Motlibai Maneckjee Wadia and brother of Nawrojee Maneckjee Wadia the founder of N. M. Wadia Charities. Nowrojee Maneckjee Wadia left for his heavenly abode in 1909 leaving a will. It was by virtue of this will that the foundation known as N M Wadia Charities came into existence.

Malcolm Baug is situated in Jogeshwari West and today is one of the best Zoroastrian Colonies in Mumbai. It has 63 Private Bungalows, some of them heritage structures, 23 Buildings, the latest one being Hong Kong House built in 2002. The Colony houses more than 300 families under natural ambience with hundreds of trees and private gardens.

Prominent structures in the Colony are Bal Motlibal Wadia Adaran Agairy, Malcolm Hall and grounds, Malcolm Baug Parsi Gymkhana, Children's Play Centre and N M Wadia Primary.

Malcolm Baug looks like a huge Zoroastrian Colony on 35 acres of land, 70 feet above sea level



can hold thousand guests).

- Management of Security Services free of charge to residents.
- Management of residential garbage collection twice a day free of charge to the residents.

- Aid to less fortunate, old and infirm residents by way of monthly contributions.
- Merit cum means scholarships for students and supply of note books, stationery to all students at highly subsidized rates.

- During 2011 new scholarships for students pursuing higher education in India or Abroad would become effective from 2012 and has been approved by the Committee.
- Management and distribution of BMC Water to residents of the Colony which is specially pumped from base tanks. There are 5 Bore Wells in the Colony which are connected to Rain Water Harvesting. The Water is used in Gardens, Car Washing in a large part of the

Colony. The only Zoroastrian Colony which provides "TOPLINE AMBULANCE SERVICES" free of charge to all residents and their guests.

- The Malcolm Baug Parsi Gymkhana and Children's Play Centre also organize several activities and sports tournaments separately managed by their Managing Committee.

THE SOONAWALLA AGIARY - MAHIM

The Soonawalla Agiary completed its 40th Salgreh this June!!
Parsi Times discovers the journey so far...

The centenary of this Agiary brings to mind the romantic history of its origin and the even more romantic account of the life of its founder, Eduljee Rustomjee Soonawalla. More than 150 years ago, young Eduljee, barely in his teens worked as a domestic on some of the British ships of the East India Company. One British officer, for whom he was working, took a fancy to him and asked Eduljee one fine day, if he were prepared to accompany him to England. Eduljee jumped at the idea and one fine morning, without informing his parents, set sail for the West. Here in Bombay, a

in November, 1878. At the Uthamna of Soonabai, Eduljee announced his plan to consecrate an Agiary at Mahim in the memory of his dear departed wife and the decision was heartily approved by the congregation.

In a year's time a Fire Temple having the Fire of the category of a Daadgaah was established at Eduljee's residence in Mahim. The Fire remained there for nearly 35 years, where after a special building was constructed for it on Lady Jamshedji Road and the Fire was shifted there in May 1913.

For nearly 50 years thereafter, the Soonawalla family looked after the maintenance and upkeep of the Holy Fire. But, thereafter, these tasks were entrusted to a Board of Trustees.

Around 1965, it was realized by the Trustees, that the Agiary building could not continue for long and since the price of land had started booming, they decided to sell the land on which the building stood. For some time, therefore, the Holy Fire was moved to the Lalbaug Agiary.

And then came the red-letter day-on 26th June, 1971 - when a new building on Soonawalla Agiary Marg at Mahim was ready to receive the Atash Daadgaah. On the night of 26th June, nearly 500 devout Zoroastrians, who had braved the initial monsoon rains, had arrived at the Lalbaug Agiary to escort the Padshah Saheb all the way to Mahim. Those who accompanied it still recall vividly how they brought the Holy Fire from Lalbaug to Mahim at night, on foot! All thanks to the efforts of Mr. Jal Amaria, a well-known denizen of Mahim and now one of the trustees of the Soonawalla Agiary, with adequate police bandobust and with the blessings and cheers of hundreds of Parsees who had lined the route and decorated their houses with florid Rangoli designs and



flower buntings, the procession made its way through a constant drizzle. But even this drizzle was unique! If it rained a few yards ahead of the priests carrying the Fire, it stopped raining the moment the Fire came to that spot! And so, without any difficulty, the Fire was brought to its present site in Mahim.

Incidentally, it may be mentioned that the well-known Parsee architect, Mr. Hormusjee N. Kanga, himself designed the present Agiary building and supervised the construction work free of charge. This building was constructed at a No - Profit basis by Mr. Piroshaw Bhesania. The Fire was enthroned in the new building in July, 1971, under the supervision of the new Panthaki Ervad Rumi F. Bhandara (he is there since the last 40 years), who till today is rendering yeoman service to the Agiary and the Zoroastrians of Mahim.

It is said that a Daadgaah Fire automatically becomes an Adaran Fire, if Boi is offered to it five times a day for twelve consecutive years! By this test, the Soonawalla Fire Temple could well be said to have acquired the Adaran status.

Be that as it may, on the auspicious occasion of its centenary, every Zoroastrian will hope and pray that, "May the glory and aura of the Holy Fire increase and flourish for many centuries to come. Amen!"



search was launched by his anxious parents, who after some time, gave him up as lost for good and even had his last rites performed! -

After some years, when a tall, strapping young man knocked at the door of the Soonawallas, Eduljee's mother, who opened the door wondered who this handsome stranger was! It took Eduljee quite some time to convince his own mother that he was the very son who was given up as dead!

Soon Eduljee set himself up as a successful money-lender (In those days there were no commercial banks as we have today). It was through his Business acumen that Eduljee came to acquire vast lands and properties. One such property was a vast coconut grove situated at Mahim.

Eduljee had married Soonabai, who passed away



DON'T BE AFRAID TO STRAY!

ParsiTimes is proud to feature the Adoptathon Drive by World For All.



PAWS FOR A HUG

World For All is a registered Animal welfare NGO of young volunteers who help street animals find homes in and around the city. They have homed more than 1700 animals in the past 2.5 years via adoptions apart from many rescues. World For All is the largest platform

for adoption of Indian breeds in Mumbai, Maharashtra. They are a non profit organization and all animals are homed with loving caring families free of charge. This year, they are hosting Mumbai's first major Adoption event called **Adoptathon**, initiated by their sponsor NGO **Lioness District 323A2**.

Adoptathon is Mumbai's First Adoption camp for Indian mix-breed pups and kittens held as a common platform for all those in the city and beyond who have rescued pups and kittens that they would want to put up for adoption.

**Adopt a pet
on 25th September
10.00 am - 6.00 pm
At Bandra Hindu Association Hall,
Linking Road, Bandra, Mumbai.
(Opposite Amarsons and
Royal Enfield
Showroom)**



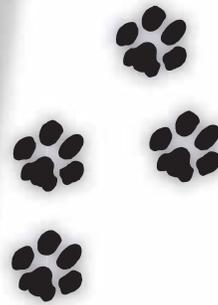
*We luv dogs becos ...
they show us that we don't have to spend
money to have a great time!*



LEO

Mrs. Revathy Shankar (Chembur) rescued an abandoned dog from the street. She had first seen him with a red collar few days ago. Since then she has been trying to get hold of the dog which was constantly being attacked by other dogs in the area. She called WFA member Shruti who helped her take the dog to her home and they treated the dog for its maggot wound. The dog was either abandoned or lost. He was responding to all commands and would even give his paw to shake when asked. He was admitted in Ahimsa, in Malad where he recovered from his injury. Priyanka from World For All and Shirley from SOS helped in getting the dog into a safe compound where he is fed and cared for everyday.

WORLD FOR ALL ANIMAL CARE AND ADOPTIONS



*We luv dogs becos ...
they play with us with
complete abandon and
no-holds-barred joy.*



DELILAH'S PUPPIES

These were a delightful bunch born to a mother called Delilah. Fuchi happened to come across them by chance when she entered the wrong building when on her way to finish some work. She saw how Delilah was thoroughly undernourished, and with a litter of 6 beautiful children to feed and look after! We nursed her back to health with food being given thrice a day. Her puppies were born in a field in the hot summer, and the intelligent mother carried them all one by one to a building in Andheri East. After much conflict about them being there the building finally co-operated, because of whom the lds are all healthy and each one has found a happy home now. Delilah is now spayed and being looked after one of the residents in the building called Annav Roy.

WORLD FOR ALL ANIMAL CARE AND ADOPTIONS

*We luv dogs becos ...
they lick away our tears.*



WHINEY

Whiney was part of a litter of 3 in Sher+gunjib, Andheri east. Sadly just after being born the pups were put into a plastic bag and thrown into a dustbin where they were bitten brutally by rats. Taro and fuchi found out and got the pups back to the mother for nursing only to realize that she would not accept them due to the smell of garbage which overpowered their natural scent. The Nadkarni family took all 3 in to foster. This was a huge responsibility as the pups had not yet opened their eyes or ears and needed to be bottle fed every 2 hrs. More so the vets gave up on them saying 'there was no hope'. Not only were they too small to be raised by a foster mom but in addition they had developed maggot wounds due to the rat bites at this tender age. Fuchi took up this 24 hr task and put every thing else behind for the first 3 months to accomplish the task of keeping these infants alive. Her efforts paid off and today Whiney is a beautiful, healthy 1 year old dog. She lives with her mother Fuchi Nadkarni while the other 2 male pups have been adopted in good homes in Versova.

WORLD FOR ALL ANIMAL CARE AND ADOPTIONS

*We luv dogs becos... they wake us with a
cold nose and a happily thumping tail.*



OREO

Oreo was found on the highway, a lone puppy and then relocated to a busy road where he was a confused little child fighting to survive. He was immediately fostered by the Ghate family who took this baby in. Their house help of many years decided to adopt this little angel, and has now made him part of her loving family. He is doted over by everyone, and extremely loved! He rules that house today.

WORLD FOR ALL ANIMAL CARE AND ADOPTIONS



NHEZA

Nheza was one of the sickest pups we had come across in a long time. She was given to a family by a priest, and the family felt obligated to accept her but could not handle the responsibility. By the time she was 6 weeks old she was terribly ill with gastro, blood stools, kennel cough, tick infested and malnourished and full of worms. She was finally handed to WFA by Farida Miranda. She had a traumatizing first 3 months and visited several vets. We had to keep changing her foster home as no one wanted to handle her with her multiple and complex health conditions. After moving her out of her 3rd foster home Taronish realized that enough is enough, as he couldn't see the poor pup being treated like that, and hence decided to foster her himself. She had started healing slowly with her gastro, but she was still facing several other problems. Her cough was so bad that on several occasions when she had to be rubbed her mid shaken in order to get her breathing. Dealing with all of this her adoption took a back seat. Today Nheza is a beautiful 10 month old dog, bubbly and cheerful as can be. People are surprised by the level of energy this little baby possesses!!! She makes the most of every fostering, and some one comes over to adopt them, they more often keep asking if they can adopt Nheza instead!! Ironically this was the same puppy that was refused around and no body wanted

WORLD FOR ALL ANIMAL CARE AND ADOPTIONS

FROM OUR READER

A BRIEF GLIMPSE AT IRANIAN MYTHS AND HISTORY

with Dara Khodaiji

Feridun, the auspicious, was not an angel. Neither was he compounded of musk and ambergris, He gained such excellence by justice and benevolence; Do thou justice and benevolence, and a Feridun thou shalt be.

Feridun came to the throne by the popular consent of the people of Iran. The day on which he had Zohak chained and imprisoned on the Mt. Demavand, mah Meher, roj Meher, was declared a national holiday which was called the festival of Mehergan and was celebrated with great pomp. We have continued to celebrate tis festival even after coming to India.

Feridun did not let his people down. He was the wisest, the most just and the most virtuous of the Sovereigns who graced Iranian throne and he proved himself worthy of the faith reposed in him by his people. In Zamyad Yashts he is thus described, "Among successful men the most successful next after Zarathushtra"

He was a student of

astronomy. He welcomed physicians to his court and held frequent discussions with them regarding human constitution and human anatomy.

Feridun was the first Iranian Monarch to mount an elephant and equip it with armour. Breeding of the mules has also been ascribed to him. After subduing a certain rebellious tribe Feridun waged war on other nations and the Persian Empire was spread over the greater part of the then civilized world. His chiefs Nariman and Gurshasp subjugated Turkestan. Persian arms spread over far off distant lands of Mazenderan, China and the present day Tangiers. Sam, son of Nariman led the Persian forces to the Punjab where Maharaj Mulchand opposed him but he eventually has to sue for peace. It is said that he also fought with the demons of Mazenderan and vanquished them by blowing hot and cold winds from his nostrils. Incidentally there is a Chinese legend also in which a great Chinese warrior Tcheng-

CHAPTER VI PESHADIAN DYNASTY

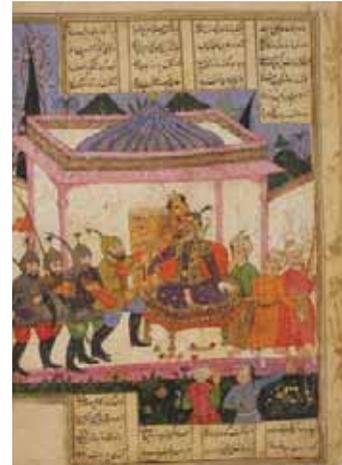
FERIDUN

luen, could throw white hot beam from his nostrils which would scorch and destroy his enemies.

Feridun had three sons, Selm, Tur and Irach. The first two were by his wife who was the daughter of Zohak and Irach was by his wife Irandokht. He got the three princes married to the three daughters of the Arab (Tazik) king of Yemen. Following the lead of their king the two tribes of Taziks embraced the Mazdayasnin religion.

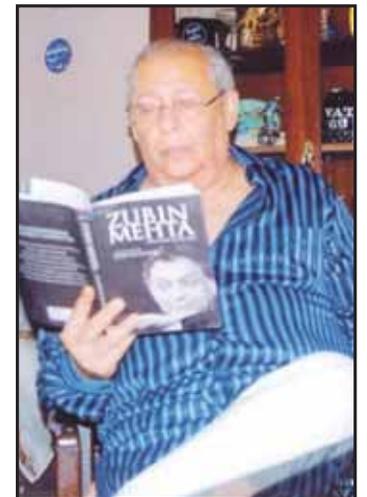
Feridun upon his death, after a reign of five hundred years, divided his vast dominions amongst his sons. Irach whom he considered the wisest and the most courageous received Iranseher

(the land of Iran) which formed the centre of the civilized world. He gave him the renowned throne on which sat every succeeding Iranian king till it was destroyed in an act of vandalism, by



Alexander. The partition of the dominions was carried out on roj Khordad Mah Farvardin which we today celebrate as Khordad Sal.

The two brothers were very



unhappy with the way the dominions of Feridun were divided. They were jealous of Irach and they threatened to invade Persia. The good and wise Irach visited them with a hope to persuade them against the war but the greedy duo conspired and had the mild and gracious prince Irach murdered. Thus the rule of Irach, which could have been as great as his father Feridun rule, came to the sad end prematurely and his new born son Manucheher inherited his throne.



By Mrs. Shiraz K. Daruwala
(M.Sc.) Surat

The Mind Matters

Can we ever achieve total mind control, can we ever really tune into things that benefit us and tune out things that hurt our humanity? Parsi Times contributor Mrs. Shiraz K. Daruwala (M.Sc.)

from Surat takes us on a journey to the mind, the nervous system and back for a deeper insight into it all.

If you visited a doctor with a complaint of recurring chest pain, and if testing turned up no evidence of a heart problem, or if any other ailment, would you be upset if your doctor summed up the diagnosis as, "It's all in your mind"? Probably, you would. Your symptoms are not imaginary and you know it. And yet, without even your doctor realizing it, he/she may well have but the nail on the head, in a manner of speaking. Your chest pain is not imaginary, but it is "in your mind" that you may well discover the cause fear the pain. It is well established by medical science that chest pain can be brought on by a state of chronic depression.

When the symptoms are physical (chest pain, for example), most people – lay, and even doctors – look

for and are satisfied, only when a physical or other bodily cause is diagnosed. But the evidence is now overwhelming that the roots of physical symptoms, as well as of full-blown disease, very often are to be found in that part of our psyche that deals with feelings and emotions. Not just chest pain but a ramified range of other symptoms can have a link with depression, headaches, joint pains, chronic constipation, diarrhoea, dizziness, nausea, fatigue, weight gain, weight loss, heart attacks. Even garden-variety loneliness has been found to be associated with lowered life span. Low self-esteem is inherent to all eating disorders, such as anorexia, bulimia and binge-eating. Chronic hostility has been found to be a better predictor of heart attack risk than high blood pressure, total cholesterol level, fasting insulin, obesity and even smoking.

The list goes on and on. That negative emotions can have a cumulative effect on the body, leading to illness and shortening life has been known for a long time. What was unknown until a few years ago was just how this was happening – the mechanisms underlying the powerful "mind-body connection".

Now, we are beginning to know what scientists say is a rich and intricate two-way Communication System linking areas of the brain that control our emotions to the immune system (the body's first line of defence against disease) and potentially all the other systems of the body. In other words, what we

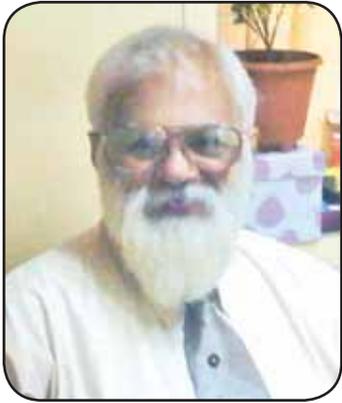


Change is possible. But it's not as simple as making a new year resolution to "control my temper" or to "stop worrying about small things".

have are pathways of nerves networking our brains with every square inch of the rest of us.

The mind-body connection is actually very complex, although the interaction is automatic. But here's the good news –there are literally hundreds of ways that you can consciously manipulate that interaction to reduce stress, boost your confidence, minimize hostility, learn to deal healthfully with your anger, become self-assertive – in short, grow

Contd. on Pg 18



The New You: Part I

Mr. Kapadia is qualified from IIM Ahmedabad and since last 20 years has been in the business of conducting Training Programs for Business Houses in Behavioral Science.

He is socially connected with World Zarathushti Chamber of Commerce as their Ex-Director India Chamber and Ex-Managing Committee member for its Mumbai Chapter. Is a trustee for an NGO Parsi Resource Group. Professionally is the member of Bombay Management Association.

NEW YEAR! Everyone feels like a fresh start at times; a renewed focus on getting the most out of life, enjoying the simple things and clearing the way for a calmer, less stressed routine.

Knowing you want a change is the easy bit. Knowing where to start can be hard. Plan carefully, however, take it one step at a time and you will be amazed at what you can achieve. Whether it is clearing your house of clutter, reinvigorating a stale relationship or deciding to get fit with walking, you can make this year's resolutions the ones that you keep.

Here are nine pointers. Follow as many as you need. You decide. You are in charge. It is your future.

I. REFLECT:



Sometimes you know you need a change, but you cannot quite put your finger on what exactly is making you unsettled, frustrated or just plain down. Desires can be muddled by concern for others in your life, fear of consequences or being out of touch with your feelings. A few mental exercises can help pinpoint your goals.

Take some time, a pencil and paper, write down your thoughts, worries and desires. It is a powerful way to clarify your thinking, confront fears and help secure your commitment.

If you are not sure where to start, take a look at your life from a number of perspectives, relationships, work, money,

health, creativity or 'soul' and home. How do you feel about each of these areas? Be specific. What actions can you take to improve on them? Think big and think small. **STILL STUMPED? TRY ONE OF THESE TACTICS:**

- **A wish list:** write it freely,



then decide on some filters to help sort it. For instance, you could divide the list according to what is possible, likely, requires miracles, short/medium/long term and so on.

- **Your life in a day:** write a summary of what is going on in your world but stick to one page, as if you are writing to a good friend who has lost touch. Write about your job, your family, what is bugging you and what you are thrilled about.
- **If I had a year to live:** map out what you would do if you knew your time is running out.
- **The value of values:** what do you care most about? Do you have a life philosophy? How does it relate to people, money, status or the environment? What motivates you most?
- When you have had a chance to mull over your thoughts and pull out some ideas for change, it is time for action. Setting goals will help you to focus on what you want to achieve, while making plans map out the route. Fine-tune your goals by giving them a winning edge, making them:
- **Specific:** "Buy sneakers and jog twice a week"

rather than "get fit".

- **Measurable:** "Lose three kilos" is a measurable goal with an end-point, but "lose some weight" is not.
- **Attainable:** Set goals in tune with your strengths and weaknesses.
- **Time Specific:** Time frames focus to resolve; "To visit relatives overseas before the end of the summer break" rather than "As soon as we can".

2. REFRESH:



Going back to nature is too radical for most, but there are many other ways to savor the simple things:

- **Do one task at a time:** Talk to your mum on phone and leave the washing up for later, even if you can do it one-handed.
- **Say "NO" more often:** This will avoid bursting weekend schedules, overflowing cupboards, an overdraft and an overloaded life.
- **Do not let the phone interrupt meals or other special times:** When you do not want interruptions, let an answering machine take over.
- **Consider a blank day in your diary a necessity:** You need some time for spontaneity and short-term plans.
- **Take sleep seriously:** It keeps you healthy and lets you achieve more.

Live for Now

The new and unexpected is often exhilarating precisely

because it brings your mind back to the present.

- **Take a moment every now and then to stop and listen to your body:** Follow your breathing, or listen to the sounds around you, or give whatever activity you are involved in, your full attention for even a few moments.
- **Take the occasional risks:** Break your routine. Try something new.

- **Count your blessings:** CARPE DIEM – Seize the day, encapsulates the idea of enjoying what we have rather than mourning the past or worrying about what we do not have.

Control the "WHEN"

Psychology tends to push us to do the things we enjoy doing first, leaving those we do not enjoy until last, or never. We pick quick jobs over slow, easy tasks before hard ones and familiar tasks before something new, to combat this:

- **Schedule time for important tasks:**



- **Deal with urgent problems first:** This is not necessarily the order in which the problem appeared.
- **Do things when you best perform them:** If you take a while to get going in the morning, leave the problem-solving until after a coffee-break. If you slow down in the afternoon, use

that time to do some filing or catch up on phone calls.

For all sad words of tongue or pen, the saddest are these: "IT MIGHT HAVE BEEN"

3. RESOLVE:



Who has not ever made: A New Year resolution to lose weight, keep a tidier house, and catch up on a backlog of tax returns? Making resolutions is easy. Keeping them is the tough part. When British Consumer Magazine "Health" asked readers how their New Year resolutions were going two weeks into January, 40% had already given it up. **MOTIVATION,**



rather than **DISCIPLINE,** is the key. Resolutions that succeed are realistic, practical and from the heart.

REALISTIC: A close friend usually gets up at 7 a.m. but sometimes he dozes to 7.30 a.m. Every now and then he resolves to rise at 5 a.m. to clear a glut of work. "No 4 a.m." he says. So he lies awake for hours worrying about getting up early. The alarm goes off at 4 a.m. and exhausted, he rolls over and sleeps until 8 a.m.

PRACTICAL: Pipe dreams can quickly undermine confidence. You may not be able to afford a four-bedroom apartment in your suburb, but you might be able to afford to

upgrade from two-bedrooms to three.

FROM THE HEART: Beware resolutions with overtones of "I OUGHT TO". These are more likely to result from other's expectations than your own intentions.

4. RELATE:



If relationships are at the heart of happiness, communication is at the centre of relationships: it is how you connect, share your experiences and feelings and build the bonds of love and goodwill. But it is an art, not a science. Keeping communication lines open can be a challenge. A few extra ideas can help, whether it is a new romance or an old friendship. **BE ASSERTIVE, NOT AGGRESSIVE.** Being assertive is a willingness to honestly express thoughts, feelings and wants in a way that also takes into account the rights of other people. It is an idea based on equality, other people's interest and rights may be important, but yours are just as important.

LOOK FOR THE WIN-WIN: The ideal situation is when, at the end of the exchange, everyone feels **OK** and no-one feels they have come off badly. By being conciliatory, you can avoid the stress of a conflict and you are also more likely to achieve your own aims.

TALK IT OVER:



Giving vent to your feelings rather harbouring them, especially when they concern another's behavior, expresses your concerns, communicates that problems exist and also what they are and gives you a chance to fix them. Sometimes merely voicing a thought makes you realize how unjustified your concerns are.

LEARN YOUR ABCs: One way to reduce the potential threat of a

statement is to use the word "I". It brings the problem back to you, rather than forcing it on someone else.

Sometimes you need to use the ABC trick: "I feel 'A' when you 'B' and I wish you would 'C' instead" for example: "I feel like a slave when you throw your dirty clothes on the floor and I wish you would put them in the washing basket instead.

5. REINVENT:

A study shows that 80% of people dream of or have already made a radical change to their lifestyle. If



you are tempted, pin down some key areas first: it will make the transition smoother:

YOUR SPENDING: How much do you live on now? What proportion of that is basic living expenses and what part luxury or discretionary? Where are your major expenses? How much of that is tied to your job? A detailed look at the financial side of life could highlight a range of areas where you could cut back without sacrifices, whether it is by buying fruit and vegetables in bulk, or shifting your savings to a higher interest account.

YOUR WORK: How do you feel about your work? Does it stretch you too much or too little? What are your options for cutting back your hours? Perhaps you have a realistic business idea you would like to explore.

YOUR LIFESTYLE: Do you secretly nurture a desire to make a radical change but need to think out some sort of safety net? Or is what you are thinking about more along the lines of making small changes, such as going interstate for a camping holiday instead of an overseas trip?

YOURSKILLS: Other downshifting talents that might be called upon include bartering, budgeting, basics, kitchen gardening and home cooking.



Cont. in next issue

The Zoroastrian Association of Metropolitan Chicago (ZAC)



ZOROASTRIAN ASSOCIATION OF METROPOLITAN CHICAGO

The Zoroastrian Association of Metropolitan Chicago (ZAC) has been serving the spiritual, cultural and social needs of the Chicago Zarathushti community since its founding in 1975. The Arbab Rustom Guiv Darbe Mehr, Zoroastrian Center of Chicago, in Hinsdale is the vibrant hub of Zarthushtis in the Midwest. ZAC offers a myriad of services for the community.

- The ZAC monthly newsletter is the official mouthpiece of the association and



is sent at no charge to all Zarthushtis in the Metropolitan Chicago area, as well to all Zarthushti associations.

- The Darbe Mehr is open to all every Sunday afternoon, when prayers are offered by a Mobed
- Children and Youth Sleepovers are held regularly, to foster friendship among Zarthushti youth.
- Religion Education Classes are held regularly for children, youth and adults.
- Religion Education camps are organized at the Darbe Mehr.
- Financial support is provided to local young adult priests to undergo the Navar ordainment ceremony.
- Every few years, ZAC also sponsors and supports an ordained priest to settle in Chicago, thereby promoting the number of mobeds serving the community, while at the same time providing the mobed an opportunity to immigrate to the USA.
- Financial assistance is provided to all youth who attend Youth congresses. The amount of assistance is dependant on the youths participation at ZAC.
- The Library and Learning Center is well stocked with books, tapes, videos, in English, Persian, and Gujarati, with subscriptions to Zarthushti journals and newspapers.
- ZAC has periodically invited scholars and priests (Dasturji Kotwal, Ervad Ramiyar Karanjia, Dasturji Minocherhomji, Khojeste Mistree, etc) for an extended stay with member families to conduct a series of religion education talks.
- Senior citizen outings and all-day get-togethers at the home of host families, are organized each month to enable the seniors to socialize and enjoy each others companionship.
- The Zarthushti Choir is available to sing Gujarati and Persian songs (such as Chhaiye Hame Zarathushti, Kon Ashem Vohu, festive navjote and wedding songs) for various occasions.
- A Speakers Forum has been established, which is a pool of knowledgeable persons available to represent our religion to Interfaith and other groups.
- The Darbe Mehr is host, quite often, to visiting groups of school/college students, interfaith, and other groups. A series of posters on the religion aids in making the presentation for such visits.
- ZAC is very committed to keeping Parsi and Irani members together, and celebrate both Iranian festivals and ceremonies.

P.T.

CLASSIFIEDS

We undertake only
SONY Repairs
Repairing only
SONY since 1985.
Customers include Elite of Mumbai.
Only genuine spares used.
HOME SERVICE
SPACE ELECTRONICS
Service Centre: Tel: 24126626 /
24136121 / 24182525 /
24186699 / 24122855
Mobile: 093200 92921
Email:
spaceelectronics99@gmail.com

PACKERS & MOVERS
TEMPO TRUCKS
available on hire.
We undertake contracts
of shifting household
furniture, etc.
with skilled labour.
Contact: DUTTA
9821319228, 9820006236

Trading in Shares
on N.S.E., B.S.E.
& Futures & Options
We also offer Investment
Advisory Services
**FAM FINANCIAL
CONSULTANTS**
Firdaus Motafram : 9820764334
Farhad Motafram: 9819294999
7/22, Tardeo A/C Market,
7th Floor, Tardeo, Mumbai - 34
Tel: 2352 5555 / 2352 5588 /
2351 5599 / 2351 0777

N.S. Chocolates
Premium Home Made Assorted Chocolates
Rum & Raisin • Brandy Cherry
Roasted Almond • Butter Walnut
Roasted Cashew • Fruit & Nut
Hazel Nut
FREE HOME DELIVERY*
NATASHA
9930147808 / 9820163354

CONVEYANCE
TRAVEL SAFE & IN COMFORT
Brand New Xylo - Triple Vent A/C
Services available for
Udvada, 8 Atash Behram, Navsari, Surat,
Mahabaleshwar, Shirdi & you name it...
**We also undertake Airport
Transfers, Wedding
& Navjotes**
Contact: Ruzbeh
9821948754, 24166316

KERALA
PANCHAKARMA AYURVEDIC
MASSAGE & TREATMENT
For Spondylitis,
Paralysis, Arthritis,
Joint Pain, Weakness,
Diabetic, Walking
Problems in children &
general Body Massage.
KRISHNAMMA
9819118548

FOR SALE
PARSI OWNED FIAT UNO –
NEW TYRES, BATTERY,
IMMACULATE CONDITION.
ADVERTISER NEEDS
SCOOTER WITH SIDE CAR.
GOOD CONDITION
CONTACT:
9819144539

**A PARI RUN
DANCE ACADEMY**
IS LOOKING FOR
EXPERIENCED / TRAINEE
DANCE INSTRUCTORS
CONTACT
9920626205 / 9930050538

SPECIAL CONCESSION
Chevrolet Tavera, Double AC
Udvada 4000/- with toll
Udvada next day return
4300/- with toll
Airport 1000/-
Navsari, Surat, Shirdi @ 9/- per km
8 Atashbehram & all Occasions
Contact: Kersi Ichhaporia
Tel: 24123083 / 9820024599.

**CLASSIFIED
ADS**
Rs. 10 per Word
**Rs. 15 per Capital
Word**
40 Words Max.

Contd. From Pg. 7
more whole emotionally – and,
by doing so, also cut your risk
of bath, vexatious symptoms
as well as killer diseases.

There is a school of thought
that says that changes in
the ways we think, feel and
act are hard to maintain
because each time we react
in a certain way – throwing a
tantrum, for instance, when
we are denied something
or responding to the dark
with fear – we strengthen the
power of existing pathways
and the more these pathways
are used, the more engrained
they become, and the more
easily they can be triggered.
In other words, these ways of
responding then become self-
perpetuating.

The newer school of thought
holds that changes in laid-
down patterns of thinking

The Mind Matters

and acting are possible
because the brain
can continue to form
new neural pathways
throughout our lives
in response to external
stimuli. Scientists call
this the plasticity of
the brain. The human
brain is so malleable,
so prone to take and
hold impressions, that when
we keep leading it into new
pathways, the accumulation
of new insights and practices
eventually overwhelm the
old ones and given the right
circumstances, even eliminate
them entirely.

Our state of mind is only



partly influenced by our
past, our genes or by physical
factors. The rest is done by us.
We can change the way we
feel. The way you are now is
not the way you have to be.

Change is possible. But it's
not as simple as making a New
Year Resolution to "control
my temper" or to "stop
worrying about small things".
Negative attitudes and self-
destructive behaviours that
are entrenched in childhood
experiences and have been

repeated ad infinitum
over the years will not fade
away just by "resolving"
that they will. It takes
more than that. Above all,
it takes total commitment
– a motivation grounded
in a determination "to do
whether it takes".

And "do" is the
operative word here. To
change, you will need to "do"
things differently to challenge
the negative thinking that
leads to negative behavior,
and to allow new, more
positive thinking to take its
place, leading to more healthy
coping behaviour. Expect
setbacks, and know that what
is important is not that you
fell, but that you are going
to pick yourself up and start
again where you left off.

There are proven tools and
techniques to accomplish the

changes you desire. Many of
these are approaches have
been successfully used by
therapists. For them you need
to know exactly what you
need to change about yourself.

My next article will have
a self assessment to enable
you to see how you score on
5 key markers of emotional
wellness. You'll hone in on
your personal strengths and
weaknesses. Just the first
step, toward maximizing
strong areas in your emotional
profile and target weak areas
for improvement.

What's important to
remember is that emotional
health is a process, not an
outcome – or to borrow from
an overworked but apt cliché,
it's a journey, not a destination.
It's not as if there's a goal that
you're aiming to reach in
one month, or even one year,
you keep taking the process
forward all the time.

Send me feedback on
shiraz@parsi-times.com and
let us keep the column real
and focused on the real you!

Eating Disorders & Weight Loss

Contd. from Pg. No. 13

**Eating Disorders: Nocturnal
Sleep-Related Eating
Disorder**

Nocturnal sleep-related
eating disorder is more of
a sleeping disorder than an
eating disorder but it still
involves abnormal food
consumption. People suffering
from this disorder sleep-eat
and sleep-walk.

Eating Disorders: Rumination

Syndrome

Rumination syndrome can
be involuntary or voluntary
caused. Ruminators eats the
food, swallows it and then
regurgitates the food back
into the mouth again, where
the food is then chewed and
swallowed once again.

Pica involves cravings for
non-food items such as clay,
dirt, plaster and chalk and
not one of the more common
eating disorders.

HELPING OTHERS

Contd. from Pg. 12

Take a break when you need it. Eat nutritious
foods that you like. Get adequate rest and
exercise. Have fun while helping others.
Recognize your limits. Learn to set boundaries
on how much time you can spend and when
you can be available.

If you concentrate on whether your efforts will

truly change someone, you are setting yourself
up for a "helper's low" rather than a "helper's
high." Just focus on the act of helping and don't
worry too much about the outcome. Leave the
outcome of your efforts to the forces higher than
yourself. Look for little opportunities to give
without expecting something in return, and you
may get the full return on your efforts.

પારસી રાઈમ્સ



L\$hs\$ "u Ou/E A" ; R%ou L%.. d\$> ; Y%L% , uve L\$dm;rhfpS>S> f; .
 વધુ સુ યુવે-L\$mdp, rhfpS>gp S> R> ' f\$yAl l \$uyR> l\$ sdq uve\$dp, A\$u
 fus; rhfpA; l\$ d" ; Y%L% v\$ d" ; A\$y; d\$fp Al d" ; d\$fp, l\$> ' Zp, " ; d\$fpdp, fl gp
 Arcdp" ; Y%L% v\$ A" ; k ; Z%fus; d\$fp, uve\$dp, hku \$h. Ap' Zp, uve\$; l\$>
 ' Zp" ycs hmNgyR> S> L\$y\$hp" yR> s' u S> Ap\$ i ' p\$ pl ' pk; d\$N\$uA; R>A;!
 Dk d\$C D\$A\$fp\$ Al fpl' ApfdCsu shuj ud v\$hp=AeAl f\$ d" ; D\$Amq (s' p
 d\$) d" ; ApfdCsu- "d\$sp" u ; shuj u=ohcp\$ bnq! ApfdCsu" u "d\$sp Aph;
 sp S> Al l\$ f, Arcdp" d\$fpdp, u S> ; Ap' Z; kpl\$> ' Zp, u " u\$sp l\$pe R>A;
 gpMdp, Al\$ d\$ "h S> ; Arcdp" v\$ l\$ y l\$pe s' p S> uve\$dp, v\$ k ; Z\$sp' u
 hku i l\$ R>

b^u d\$fpdp\$u S> eNq' u ' su Aphgu R> s' p d\$ndp, Arcdp" S> R> eNq' ' fpi' .
 Ap Mfpbu" y s\$ h Apsl\$hp\$ b" u Ap' Zu kpd; ApS> Dcy fl u v\$ l\$y\$ R> ; A;
 l\$C "y f\$y f\$y" u. Akg Ap Arcdp" u ' su M' p-d\$ l\$ f\$ p\$ p\$ k\$ d\$ p\$ y\$
 l\$ sp. ApS> l\$pe s\$ Ap' Z" ; S> Z\$sp " u.

Ay\$ k\$ hj 'ApNm" u Al\$ k\$be Ovs' p R> ' p\$by\$ " ; S' pNys f\$A\$epd, kfl v\$
 bp' hp d\$ l\$ TOX\$ Ec\$ p' ep. b\$; f\$A\$ep" p, k\$ep\$ Apiep. ' l\$ gp " p" u gX\$CA\$ ' C
 A" ; R> h^ pf; g\$ l\$ f\$ Aphu" ; fuskf" yey^ Qpgy' ey b\$; f\$A\$A\$ p\$ - ' p\$ p\$ p
 f\$A\$epd, Apfd" u b\$ l\$ l\$ sp A" ; kudp ' f k\$ l\$ k\$ l\$ l\$ l\$ p\$ p\$ l\$ sp. ' p\$ S> v\$
 d\$ l\$ s Mud/Ev\$ k\$E "pd" p Al\$ k\$ s" p' X\$ h l\$ s\$ sd" y k\$ uve\$ l\$ \$nu Ell\$ey
 s\$A\$ b\$; p g\$ l\$ f\$ p' k' p' su" ; d\$ep. OZu Apd\$uesp' u hps l\$fu " ; gX\$C f\$ l\$ h
 kdA\$ep. b\$; p Al\$ S> S\$ h\$ b l\$ sp l\$ d l\$ p\$ p\$ S> ; Ad; s\$ p r\$ l\$ p\$ p\$ Opl\$ R>A;
 f\$A\$ " p l\$ l\$ ' pmh\$ S> ' X\$ Mud/Ev\$ k\$ Mphp" y R> p\$ y\$ v\$ ' Z gh\$ p' y b^ l\$ y
 Al\$ b' p\$; Al\$ cl\$ s v\$ " p \$ep\$ gp\$ep v\$ ' uhp M\$ S> AfS> l\$fu. v\$ M\$oy
 l\$fu k\$ ' fd r' sp" p Yep" dp, Esfu Nep. Al\$ l\$ g\$ p\$ ApM\$ Mgu. ' R> ' gp v\$ " p
 b; cpN l\$ p. ' p\$; S>C" ; s; b\$; k\$ p\$ p\$ p\$; s\$ p\$ p, S>C" ; ' u\$X\$hu Apiep b\$; A;
 Ap' p\$ " u hNf \$d' u v\$ ' u' y k\$; Mbf ' X\$ l\$ l\$ g; b l' M' M' p' ey^ ' hp" y
 R> hmu " hu ap\$; ' Z d\$ l\$ p\$ R> S\$ h\$ v\$ s; k' p' rsAp" p ' v\$ d\$ p, Ney l\$ sd" u
 drs S> b\$ p\$ NC. b\$; A; ey^ b^ l\$ f\$ p\$ep. b\$; k\$ p\$ p\$ p\$; ' p\$ p\$ p\$ p\$ f\$A\$ " ;
 kd\$ p\$ ep \$ l\$ gMu d\$ l\$ ep l\$ " hehp" p' p\$ p\$ u' u S\$du" f\$ p\$ NC R> Ad\$ p\$
 Apdp Ap \$C l\$ \$m; R> ; Ad; k' p' rs" v\$ R> p\$ v\$ CA; R>A; ; ApS> u ey^ b^ R>
 buA\$ k' p' rs d\$ l\$ p\$ ep Ap' ' p\$; ' p\$ p\$ k\$ d\$ p\$ l\$ f\$ p\$

Aphu tl ds" y" qfZpd Al\$ S> Aphu i l\$ k' p' rsAp" ; S> d\$ep\$ \$ dmi. b\$;
 f\$A\$A\$ kudp ' f Apiep. s\$ d\$; \$ey l\$ " l\$ S\$hu ' ' f\$ m S\$du" d\$ l\$ Ap ey^ R>
 b\$; i fd l\$ v\$ ' ep, ' sph\$ l\$fu. d\$ l\$ s Mud/Ev\$ k\$ d\$ l\$ rhNs \$Zu b\$; f\$A\$ k\$
 ' pk; Nep. d\$ p\$ d\$Nu, kv\$ p\$ gu" p' gu TNX\$ " u S\$du" ' f k\$ d\$ l\$ Ap' d
 bp\$ep" ; \$ep\$ l\$ y \$ep. S> Npd h\$ey; Npd" y" pd kud\$ p\$ R> S> ApS> ' Z
 d\$ l\$ S> R> S> kud d\$ l\$ A " l\$ \$Eh\$ f\$ p\$ep l\$ sp. s' ; i l\$ E \$ep" p, gp\$ ep\$ l\$ f\$ R>
 Ap' d\$ p, d\$ " A" ; cp\$ S> " das dmi R> Aphp Od\$ l\$ f\$ ApS> ' sp, " u, ' pe R>
 s\$ l\$C d\$ p\$ sy" u!

d l\$ p" l\$ h f\$ h\$ p\$ " p' v\$ N\$ p' y" f' ; p\$ k\$ \$Eh" l\$ y Ap\$ gp hj p\$ rh\$ep R> p,
 Aphp k\$ p\$; gp\$ l\$ l\$ E ep\$ l\$ f\$ R> k\$ p\$ ^ d\$ p, d\$ m s\$ h\$ p\$ Ap hpZudp, hZiC Nep,
 R> OZ gpC " p\$ p, OZ d l\$ p" s\$ h\$ p\$ fl gp R> S> d" p\$ e\$ h" d\$ l\$ S> ep\$ R> ApS>
 S> f' p\$ s^ d\$ p OZ d\$ m l\$ u f\$ p\$ R> A" ; s; d\$ m h\$ p" u l\$ i ui Qp\$ y f\$ p\$ Mh\$ p" u R>
 - d l\$ p\$ M AX\$ S> Z u Ap (fpl; f\$ p\$ s u - 3)
 h^ y Aphsp Al\$



(1) S> p\$ p\$ hpl' d" = cgu v\$ep" s l\$pe, s; k\$ f\$ u
 \$d' u ' pk\$ p\$ u l\$ f; A; k\$ p\$ " hpf Adk\$ p\$ v\$ b l\$ d" .
 A\$Ap d\$ " h" ; k\$ p\$ y k\$ p\$ s' u Al\$ d" " u i l\$ esp " l\$.
 v\$ p\$ f; rhQ\$ep\$ l\$ d\$ p\$ " h" y k\$ S\$ s\$ l\$ f\$ A; A; p S> h\$
 k ; Z\$ " u. k ; Z\$ b" ; s\$ l\$ h\$ p\$ Apdp" u DBsu l\$ f\$ h\$
 ep\$ S> p b" p\$ h\$ k\$ f\$ S> s " l\$ l\$ l\$ fu. " u Ogu v\$ " epdp,
 A" ch gh\$ p\$ Dsf\$ p\$ Apdp\$ A; Al\$ k\$ d\$ e; v\$ p\$ f\$ u
 Akf f\$ p\$ " u d\$ p, cmu S\$ h\$ y \$CA; OX\$ Z, f\$ p\$ A" ;
 d\$ p\$ p\$ O l\$ l\$ f\$ d\$ p, u R\$ y\$ h\$ y \$CA; A; ApMf k\$ S\$.
 2) A; u v\$ p\$ f; Adf\$ p\$ s " u ep\$ S> p OX\$. A; Adf\$ v\$ s
 k\$ p' Dh\$ f\$ s (Apdp" u DBrs) " ; \$X\$ v\$ h\$ p\$ C. Apdp
 cg l\$ f; N\$ p\$ l\$ f; " p\$ f\$ f l\$ i \$ep, k\$ y u A; i y^ A" ;
 rkY^ l\$ f\$ h\$ p\$ S\$ e\$ fu gpA\$ep Dh\$ p\$ s " y \$d\$ p\$ Z' O M\$ p\$ v\$ s
 Adk\$ p\$ y\$ p l\$ p' d\$ p, f\$ u y A; u A; . A\$ k\$ u. dmi ' R> S> Adf\$ Nu ' pe. k ; Z\$ p\$ u i l\$ esp d\$ p\$ h l\$ p' .

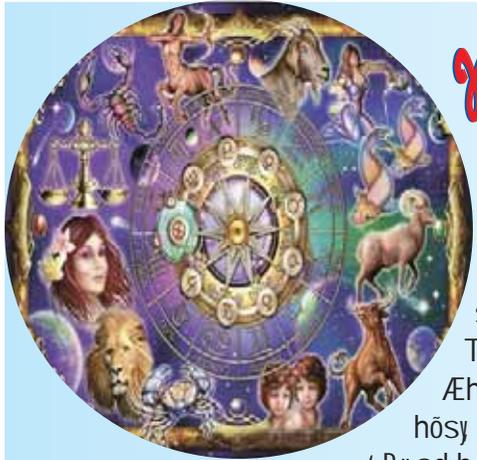
3) \$; hpl' d" " ; D' epN " l\$ " ' pe s\$ p\$ l\$ f\$ ep\$ e NZpe. ep\$ e " y ap\$ k\$ u cpj p\$ d\$ p, ep\$ p\$ f\$ k\$ A. N\$ f\$ p\$ s u i un\$ p\$ v\$ p\$; Z
 ri nZ. v\$ p\$ f; Al\$ d\$ " y" qfZpd " l\$ l\$ l\$ ep\$ " ; " u Ogu v\$ cu v\$ " epdp, hpf\$ hpf\$ Y\$ gp Mph\$ p\$ u k\$ S\$ f\$ s \$ l\$ f' ' C.

\$; c\$ y\$ v\$ep" s d\$ p\$ l\$ ri n\$ p\$ S\$ e\$ fu, s\$ hpl' d" = cgpC d\$ p\$ l\$ C " pd ' Z fl\$ h\$ y \$CA; s\$ p\$ S> \$d\$ p\$ Z l\$ C p\$ k\$ p\$ NZpe. Ap
 A; i\$ (ad\$ p\$ Z l\$) cg\$ p\$ l\$ ep\$ v\$ s; A; i h l\$ u\$ s - l\$ l\$ ep\$ r " ed... cg\$ p\$ l\$ f\$ cg\$ p\$ l\$ p\$ Np. b\$ f\$ p\$ l\$ f\$ " ; cpN\$ h" p\$ A Qm l\$ ep\$ v\$. Al\$ d\$
 Al\$ C " p\$ r " ed. A; Av\$ b l\$ p\$ s Adk\$ p\$ v\$; k\$ p\$ p\$ ep\$ Adp, u l\$ C S> R> v\$ l\$ i l\$ " l\$.

2) 1) S> f' y ; Np' p\$ d\$ p, Ap ep\$ S> p \$ l\$ f\$ l\$ f\$ p\$ af\$ d\$ p\$ ey s\$ p\$ p\$ ohN\$ e r' s\$ p\$ h\$ k ; Z\$ b " h\$ p\$ \$e\$ l\$ l\$ f\$ S> s\$ d' h\$ p\$ d\$ p,
 D' f S> Z\$ h\$ g\$ p\$ Al\$ d\$ Al\$ C " p\$ l\$ l\$ ep\$ r " ed kh\$ d\$ p\$ " h" ; gpN\$ y' X\$ p\$ p\$ l\$ l\$ ep\$ Z; Al\$ l\$ S> v\$ p\$ TM S\$ hu Ap l\$ fu l\$ k\$ p\$ l\$ A\$ p\$
 A" ; ohN\$ S> h\$ u " q\$ s \$y\$ N\$ u r" d\$ p\$ Z l\$ f\$ p\$ C. S> A Qm A; i h l\$ u\$ s " r " ed \$d\$ p\$ Z' u k\$ f\$ S> s Av\$ b l\$ p\$ s " ; k\$ p\$ p\$ C. Apd
 v\$ p\$ f\$ u " v\$ep" s - C\$ R> p\$ - ep\$ S> p\$ d\$ p\$ " h" u f\$ h\$ p\$ b\$ p\$; sNu, DBrs " u S> S> Zpe R>

2) v\$ p\$ f; Dcu l\$ f\$ gu k\$ f\$ A" ; Ak\$ e \$Eh" p\$ b\$ p\$ S> D' p\$ h\$ p\$ d\$ p\$ " h" ; n' h\$ e\$ k\$ h\$ p\$ l\$ f\$ h\$ p" u i l\$ v\$ Ap' u. d" p\$ om,
 Ap\$ d\$ b\$ m A" ; k\$ h\$ p\$ l\$ v\$ u d\$ p\$ " h" ; k ; Z\$ b " h\$ p\$ h^ y ; h^ ysl\$ f\$ l\$ u. " p\$ f\$ " ; cg\$ p, d" " p\$ D' epN l\$ f\$ sp " l\$ " ' Z AphX\$
 l\$ l\$ ep\$ r " ed" p\$ C\$ l\$ f\$ l\$ f\$; A" ; k\$ h\$ p\$ l\$ f\$ h\$ p\$ S\$ f\$ p\$ DgV\$ " p l\$pe s\$ p\$ b\$ m\$ S> b\$ fu " u. ' kv\$ N\$ u d\$ p\$ hu" p S> l\$ p' ; R>
 (h^ y Aphsp Al\$)

- " p\$ uf v\$ b\$ y (\$ f\$ Zp \$ l\$ i d\$ p' u)



જન્મ તારીખના આધારે ભવિષ્યવાણી

\$; s\$ d\$ p\$ p\$ S> d
kàv\$bf" u 17 sp\$ fu M\$ i' ep; l\$ p\$ e s\$ p; .

s\$; rh\$ i - ' d" u g\$ y\$ du" ; M\$ p\$ S> b\$ y\$ f\$ l\$ f\$ u" u d\$ m\$ h\$ i p\$
 s\$; g\$ y\$ du d\$ m\$ h\$ p" u A" l\$ s\$ l\$ d\$ d\$ m\$ h\$ u l\$ p\$ N\$ d\$ p\$ h\$ u l\$ i ; s\$ d\$ p\$ f;
 TX\$ u r" Z\$ e gh\$ p\$ S\$ e\$ fu R> " l\$ s\$ p\$ l\$ s\$ p\$ gpC d\$ m\$ h\$ u " l\$ i l\$ f\$.
 \$Eh" d\$ p, v\$ p\$ l\$ f\$ p\$ M\$ p\$ p\$ b\$ p\$ v\$ S> s\$ d" ; ^ " u q\$ l\$ s\$ kd\$ A\$ i ; l\$ p\$ mu
 h\$ s\$ y S\$ du - hpl" hNf; u ^ " d\$ m\$ h\$ u i l\$ f\$ p\$ s\$ d\$ p\$ fu d\$ y\$ ed Ah\$ o' p
 ' R> s\$ d\$ h^ p\$ f; k\$ mu' i p\$ v\$ f\$ l\$ d\$ k\$ u\$ b\$ s" p\$ k\$ p\$ d" p\$ t l\$ d\$ s' u l\$ f\$ i p\$

C\$ s\$ h\$ " u \$d\$ p' u v\$ f\$ l\$ l\$ d\$ d\$ p, k\$ m\$ s\$ p\$ d\$ m\$ i ; s\$ d\$ d" " y^ p\$ e\$ y l\$ d\$ l\$ f\$ i p\$. A\$ e\$ p\$ k - rh\$ U\$ p\$ d\$ p, s\$ d\$ p\$ f\$ y d" " l\$]
 gpN\$ i A' h\$ p\$ S> n\$ d\$ p\$, rh\$ U\$ p\$ d\$ m\$ h\$ u l\$ i ; A; n\$ d\$ s\$ d\$ p\$ p\$ d\$ p\$ l\$ " l\$ d\$ y b" i ; " p" ' Z' u v\$ f\$ l\$ l\$ e\$ p\$, q\$ f\$ i d' u
 ei d\$ m\$ h\$ i p\$ s\$ d\$ p\$ f\$ d" " u h\$ p\$ s\$ d\$ p\$ fu r\$ e\$ i\$ e l\$ v\$ s" ; l\$ f\$ h\$ p" u cg l\$ f\$ i p\$ S> " l\$. rh\$ e\$ l\$ ^ \$ R\$ s" u i\$ e l\$ v\$ s\$ Ap\$ u
 v\$ f\$ fl\$ h\$ y s\$ d\$ p\$ f\$ i p\$ M\$ bu\$ A\$ A\$ p\$ l\$ f\$ sp, AgN fl\$ i ; s\$ d\$; S> u h\$ s\$ y p\$ k\$ N l\$ f\$ i p\$; i p\$ fu\$ f\$ l\$ s\$ b\$ p\$ b\$ s\$ d\$ p, ' p\$ Z u' u
 ' sp f\$ p\$ N\$ p, l\$ h - i f\$ v\$ h, M\$ p\$ k\$ u, ' v\$ s' u sl\$ g\$ u' u k\$ c\$ p\$ m\$ h\$ y d\$ p\$ r\$ k\$ l\$ l\$ O\$ p\$ k A" ; i Q\$ s\$ p\$ fl\$ i ;
 i p\$ f\$ N: \$ g\$ y i p\$ " N: ' u f\$ p\$ A\$>
 Ap hj p\$ e\$ p, l\$ f\$ C' Z ep\$ v\$ N\$ p\$ f\$ b" p\$ h\$ b" u fl\$ i ; 4, 8, 13, 17, 22, 26, 31, 32, 35, 38, 44, 48,
 52, 58, 62, 67, 72, 75, 79.

- " y f

sdpfu epv\$dp,.. 41221 218421

Af\$ " Sxf ' p fku dfZp; D' f

Table with 5 columns: Deceased (df" pf), Age (D.h.), Date (spfuM), Address (f. V\$), and Relations (kNpCApi). It lists various individuals such as Nariman Rustomji Kotwal, Homi Edulji Sarkari, Behram Kaikhushroo, Katy Eruch Frenchman, Nergish Homi Mistry, Hilla Soli Bhesania, Baby Of Naazneen Burzin, Jalloo Jimmy Pardiwalla, Daraius Shauksh Gheewala, Noshir Behramji Bharucha, Dinoo Noshir Billimoria, Roshan Keki Bhomisha, Khorshed Homi Press, Jehangir Pirojshaw Vazifdar, Edulji Dadabhoy Deboo, and Homai Rusi Cooper, along with their ages, dates of death, addresses, and family relations.

પારસી રાઈઝર Apfpd" u ' mppdp,..

cgpc A" ; vepcph" u Mj pgu



hૈ D' f bku" ; Aલ QXm ' nu Mj "ydp Npe" ggLfssy l sy s; hmpA; s; ; dpfu " pMhp dpv\$ Aલ ri L\$fuA; s; ; ' L\$ gu^y ઢેpfj s; Nfub " p' p' MuA; A; ; fl p Lfhp" u Ahu sp L\$gyl cfu AfS> Ny^fu L\$ A; s; u ' gp ri L\$fu" y d" ' uNpey A" ; s; ; dpfu " pMhp" u s; AV\$ Npp.

' Z s; S>hmpA; A; " p d" dp,rhQpf Apiepi L\$Af; Ap l L\$yAdp" j u L\$ d L\$Ry! Aલ r" v\$ ' Mu" pi apZ ghp" pi d" ; Ar^L\$ S> i pi R; ? ' Mu apZu rhNfi v\$ " ep" u d" pi f ' ypi i y ' fhfvNpf d" ye" p OpsL d" sfNpi" ; pi hp dpv\$ S> b" phu R; ? s; Ap" p, Aeh" R; " hu ghp" pi i yMyA; Ap' Z " ; v\$ epl u" ' V\$ gMu Apaepr; ?

hmu s; ; i epg Apiepi L\$ dpfcp, A" ; Ap kyf ' nudp, L\$gp b^pi saphs R; ? Ap L\$gyb^yAp" v\$ A" ; i L\$gp b^pi NdNu" fl R; Ap D' f' u s; ; i ' gp ' nu" ; i ey L\$ ApS; i s" ; S>sy s; L\$ R; ' Z sy d" ; L\$ i L\$ A; pi cy s; i pi R; ? sy s; bk ApMpi qv\$ k Npe" S> Npsy A" ; i pQsy S> af; R; ; A; z; s" ; bu S; L\$C kdS> " l pe! ' Z dpfu s; ;

NdNu" u" pi L\$C ' pfs> " ' u fl sp; s; ; yL\$FZ i yR; ?

Đepf; s; QXm ' nuA; S>hpb Apaepr; L\$ cpC, d" ; s; spfu bul\$ gpN; R; ; dpv\$ a' d sy d" ; d; s L\$ L\$ i s" ; S>hpb Ap' y Ap' f' u ' gp ri L\$fuA; ; L\$gp ' nu" ; R; ; L\$ep Đepf; s; QXm bpēy L\$ syf S> ' pdgpi, Dv\$ k A" ; NdNu" R; ; L\$FZ L\$ syōhp' }, OpsL A" ; Mfipb R; ; spfcp, cgpc S> L\$ep, R; ; L\$ s" ; Ap' v\$ ' pe ? cX\$C spfp AENf" u Mj pgu" ; L\$sfu Mpe R; ; ' Z sy s; kdS; R; ; S> L\$ep? Adp; L\$C" y cX\$ L\$ sp " ' u, dpv\$ r" f sf Ap" v\$ fl uA; R; A; ;

i y d" ye" y OpsL i ' S> A; u D' f Aphu ' X\$pl kh^v\$ M" y dym L\$FZ " ' u? My\$ " u fl ps i yA L\$ r" v\$ d" ye D' f Dsf; R; ? Aep, ky' u Cpkp" ' psp" pi Nh^s A" ; ' fhfvNpf" u sdpd dMg; s kp' ; cgpc A" ; fl d" pi hsp" " l j fpMi ; Đep, ky' u s; L\$ v\$ bu kMu " pf " ' u S>.

kdS> ; ri L\$fu L\$ fpN, gX\$C, cMdf; A" ; bu E sdpd L\$ v\$ su Apas; s; ; Cpkp" ' psp" p OpsL i Zp' u S> My\$ b My\$ A; s; S> Ap v\$ " epdp, ' psp" u D' f gC Aph; R; ; A" ; i A; f; hf k p' u ' psp" p OpsL i Zp' yam ' Z s; c; pNhsy S> Apiey R; ; R>sp, l A" ' Z A; u ApM D' f' u Ndfpl u" pi ' X\$ i l W\$ s; " ' u A" ; v\$ M" y Me\$ L\$ FZ s; ; v\$ Mpsy " ' u. A; L\$ gu A Aebu" u hps R; ?

Apv\$ gy L\$ i ; s; Ap L\$ i u ' NpdQu DX\$ Ney Đepf ' R; u s; ; ri L\$fuA; ri L\$ f" pi ^ ^ pi s A E v\$ pi A" ; cgpc " p L\$ep L\$ fu" ; s; i My\$ " u epv\$ dp, fl hp gp Aep;

- ApS> u d" i " udp' u

Ap S " u hp " Nu

rd¼k hrS v\$ pg



kpdNi: 200 Npd bV\$V\$, 100 Npd hv\$Zp, 200 Npd L\$guagphf, 100 Npd NpS-f, 200 Npd NpS-f, 200 Npd L\$akul d (dpv\$ dfQp), 1 X\$Nmu, 1 g]by 200 Npd V\$ d v\$, 1 TX\$ L\$ duf, dull\$ sg, l mv\$ f, kpl\$ f. **hpv\$hp" pi dkpgpi:** 2 V\$bg o' l' L\$ f p" y MdZ, 1 V\$bg o' l' MkMk, 5 gugp dfQp, L\$ v\$ Apv\$ 7 L\$mu gkZ, 5 gthN, 2 L\$ v\$ s S>, 5 dfu, 4 AgQu b^yc; NyL\$fu ' pX\$ ' pZu " pMu hpv\$hy bV\$V\$; bpa, R>pgu, L\$ v\$ L\$ fhp. hv\$Zp, agphf" p, a; g" p dpv\$ L\$ v\$ A" ; NpS-f" ; R>pgu, ^pC, hAQ" pi kav\$ cpN L\$ v\$ s, s; p L\$ v\$ L\$ fu, hfpm' u bpa ghp. L\$ akul d" p, bu L\$ v\$ bpfu L\$ kdphf,

fus: Aલ s' gudp, sg d l X\$Nmu kdpu" ; " pMhu. bV\$du ' pe AV\$; hpv\$hp dkpgpi kpsmhpi. ' R; v\$ v\$ p L\$ v\$ " pMhp. bfpbf i l pe A" ; Aલ k ' pe AV\$; L\$ akul d " pMu, kp^pfZ i l pe AV\$; sdp, l L\$ ' pZu, dull\$, l mv\$ f, kpl\$ f " pMhu. DL\$mi AV\$; bpa; h EV\$ bēk " pMhp. Aલ fkv\$ f ' pe AV\$; Dspfu, L\$ duf A" ; g]by pi fk " pMhp.

હસવાનું શું લેશો?

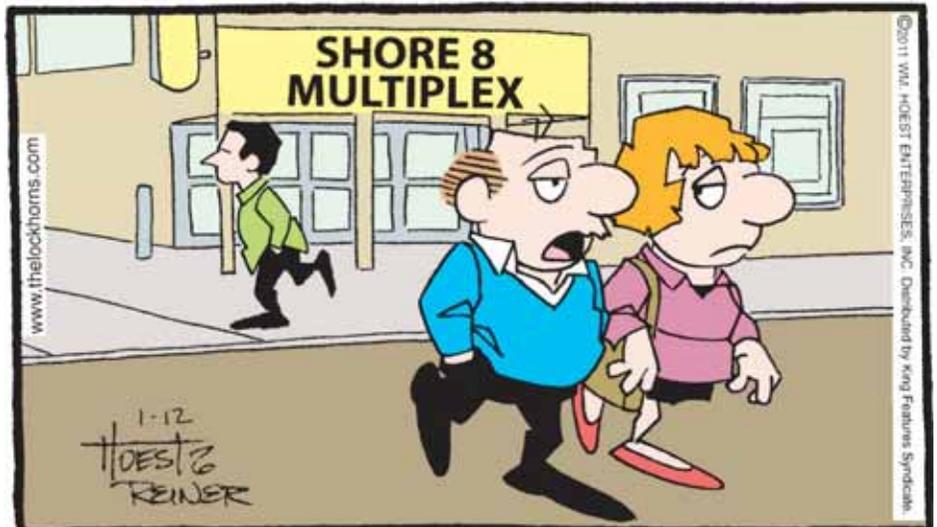


dMp" u epv\$
bfu: X\$ef Ap' Zp gN" ; Aph; dl u" ; Aલ hf k ' p\$ ' pe R; ; d; p; rhQpf R; ; L\$ p\$ apX\$ k" ; i bpgihu" ; Ap' Z; Aલ p\$ Npi s; ; hf: Af; l h; AMpX\$ L\$ " u, Aલ hMs s; ; d dMp" L\$ u, A" ; s; u epv\$ y av\$ " bu S; hf k; ' pR; L\$ p, L\$ fphp " u L\$ mu.

X\$ i pi v\$ L\$ f p:
ddpE s; qv\$ k; sd; d" ; L\$ i y l sy" ; i L\$ L\$ mp C" ; R; ag fōsp D' f " l " pMhu s; ; d s S> adpZ; L\$ i y Qp' p v\$ ' f dpfu bpSdp, bpS v\$ D' f Aલ S> Z bll\$ gpi s; ; p Mukpdp, " pMu v\$ u.

dv\$ Npf
S>S> Aepf; Apf; uA; ' psp" u kpk; y R\$ fu" u Ml" L\$ y Đepf; sd; Đep, l ps f l p h R>sp, dv\$ L\$ fhp L\$ e " l j Nep? k k f p (k pnu) : kpl b, dpf; bu A S> rhQpf l sp; ' Z ' R; d c Aey L\$ A; L\$ d L\$ fhp dpv\$ A; ; dpfu dv\$ s" u S e f " ' u, dpf; A; S> dp C f p S> Aલ gpi S> bk l sp;

sdpfp QdL\$ sp rk s pfp Ap; dpv\$ S; Ap; ' p" y" , 22



A; s; i Qpg; ' Z AV\$ gy L\$ Mpk " ' u.

ApS> pi KyhQpf
S; Npf " Mgi, iek" pi dgi;
râsu" pi Qpf; Qf;
Mpfpl\$ rhÓ, d" ' rhÓ,
i fuf ' rhÓ L\$;

by Tarot Reader NUPUR



dj : sp. 21du dpQ® u 20du Arâg

Ap Allhpxkēdp, sdpfp kb^dp, kdS>vfu "I] fpMq sq kb^ bgbk"u "I] fl; 'pl^f i p^hp "I]. kpQp XkkuT" "I] gC i L\$ buA"u gX\$Cdp, sd; 'X\$sp "I].



Aries:- 21st March – 20th April (II of Wands & Justice)

A misunderstanding can occur which might lead to an imbalance in relationships. Do not select a partner this week. You might end up taking a wrong decision. Do not interfere in someone else's problem.

h^c: sp. 21du Arâg ' u 20du dj

Ap Allhpxkēdp, sdpfp qv^g "u hps kpcmu"i; s"p D' f Qpgi p sq kpe\$ fl; i; L\$Cbu bpbS"i; e\$Aps NZi p sq buAAp L\$sp kpfu fus; fl; u i L\$ p



Taurus:- 21st April – 20th May. (V of Wands & VI of Coins)

Listen to your heart. Do what your heart says. You will think in the right direction as you move ahead. You will also take initiative and responsibility on your own and will do your best.

rd' y' : sp.21dj' u 20du S^

Ap Allhpxkēdp, sd"i; A^csu hōsydmu fl; i; L\$Cbu 'qf[ō'rs L\$ [ō'rs"i; kcpmu i L\$ p g' dp/\$tQsp v^f ' i; gA" L\$fhp dpNsp l i p sq gA" "u âepS>" Aph; i



Gemini:- 21st May – 20th June. (Temperance & II of Wands)

You will be able to do whatever you want during this week. You will be able to control every situation by winning people's hearts. There might be a delay in marriage or a proposal for marriage might come your way during this week.

L\$ sp.21du S^ ' u 22du S^pC

Ap Allhpxkēdp, qd0p"i; kp' i; fpMu i L\$ p sdR>sp, sd" p kp' dmi; shu Api p fpMsp "I]. dp/\$d" fpMu "i; ApNm h^hp"u apev\$dp, fl; i p



Cancer :- 21st June – 22nd July (II of Coins & IV of Coins)

Your friend will be there for you this week but he/she might not be punctual. You might get your lost belongings back. You might feel bored in mid week.

tkl : 23du S^pC ' u 23du ApNô\$

Ap Allhpxkēdp, b"i; sq bA0pAp"u kp' i; kde ' kpf L\$ A; s"p' u sAp h^yAp"v\$dp, fl; i; sAp"i; sdpfp kp' A^csu l p shysd"i; gpNi; L\$Cbu âL\$ "u hpsQus L\$fhpdp, sd; h^y i [v\$ i pmu fl; i p



Leo:- 23rd July – 23rd August (II of Cups & Moon)

Give time to your children. They will be very comfortable and will need your support. You will be a strong speaker this week. Try to meditate and concentrate.

L\$ep: 24du ApNôV\$' u 23du kâV\$bf

Ap Allhpxkēdp, kde âdpZ; QpgA; A; kde âdpZ; Qpghp"u sdpfu "i; buA dp/\$ "kubhmp kpbS ' i; p; sd; ^ud; ^ud; ApNm h^hp"p R;p



Virgo:- 24th August – 23rd Sept. (IV of Swords & VIII of Cups)

Try to be on time. You will be lucky for someone this week. If you face any problem then leave it To destiny. Prosperity will come but slowly. Your lucky number 10.

sgp: sp. 24du kâV\$bf ' u 22du ApL\$bf

Ap Allhpxkēdp, sd; dl; i' s S>gu L\$ i p Av^p kam ' i; p; dl; i' s h^yL\$ A; hX\$gp"u v^hp dm; fl; i; sdpfu e\$phv\$ v^f L\$fu i L\$ p; kL\$fu L\$ddp, apev\$ dmi; ;



Libra:- 24th Sept. – 22nd October (4 of Cups & 6 of Cups)

You will win and get success but hard work and blessings from your elders are required. You will be able to handle any obstacle that might come your way. People working in Government services will receive a profit.

hf0L\$ sp. 23du ApL\$bf ' u 22du "h^bf

L\$C"u e\$ f i L\$ fpMsp "I] sdpbu Mpk L\$fu"i; rd0p D' f sq "I] S>Mplu bpbS"u QQpL\$fhp"u rd0"i; "k^p"u Aph; i L\$; S^"u hps"i; epv\$ L\$sp "I]. S> Aph; s"i; p kpd" p L\$ A;



Scorpio:- 23rd October – 22nd November. (II of Coins & Hanged Man)

Do not suspect your friends or else you might loose them & end up having small arguments with them. Your past might trouble you. Do not run away from people and problems. You must face them.

^": sp. 23du "h^bf ' u 22du qX\$bf

Ap Allhpxkēdp, sdpfu i [v\$ A"i; phf Mplu fus; bNpX\$sp "I]. kb^dp, Al\$sp kpfu fus; fpMu i L\$ p; kdS>hdp, hpf "I] gpNi; kb^dp"i; b^p"u fpMi p g' "u hpsq ' C i L\$;



Sagittarius :- 23rd November – 22nd December (Fool & XI of Sword)

Do not waste your energy and power unnecessarily. Love & harmony will be present in your relationships. This is a good week for marriage proposals.

dl\$: sp. 23du qX\$bf ' u 20du A^pApfu

Ap Allhpxkēdp, ' pX\$ OZu dl; i' s ' pX\$ L\$ hX\$g hN^; Aph; i; ' pX\$OZp dX\$ fl; i; p; h^y ' X\$sp Api phv\$ fl; sp "I]. sdpfp L\$dl\$S> dp/\$QQp@hQpfZp L\$ A; sdp, "k^p" "I] Aph;



Capricorn:- 23rd Dec. – 20th Jan. (Ace of Coins & 9 of Coins)

You might get mood swings. Couples might have to struggle to convince their parents. Do not be depressed. Do not be over-ambitious and take a decision about your carrier.

L\$C: 21du A^pApfu ' u 19du ap^Apfu

Ap Allhpxkēdp, ' pX\$OZu NfkdS>L\$ ' kp dp/\$kNpAp kp' i; QQpL\$ A; rd0p sdpfp dp/\$cpNi; "I]. Mplu rhQpf ANDe" p cpN cS>hi; c [v\$dp, kpf fl; i p



Aquarius:- 21st Jan. – 19th Feb. (Knight of Wands & II of Cups)

There might be little arguments and disharmony in your close relationships. Do not waste much time in having fun with your friends. Do not run away from problems. Concentrate on your mind and work. Be a little spiritual as well.

du" : 20du ap^Apfu ' u 20du dpQ®

Ap Allhpxkēdp, "p"u dkpafu" p epN Aph; i; S>L\$cd dm; sdp, "p "I] ' pX\$sp. bNpX\$gp kb^"i; ky^pfu i L\$ p; kpf kdQpf dmhp"p Qpbk R; Aep, ky^u sdpfu kgpl ghp Aph; i; L\$ep, ky^u hA0; ' X\$sp "I].



Pisces:- 20th February – 20th March (VII of Coins & IV of Cups)

A journey or a short travel is possible this week. You might have to travel for work. There will be harmony in your relationship with others. You might get some good news as well. Do not interfere in some else's matter unless told to do so.

Mutt



The Lockhorns



SNEAKY CHEAKY

One letter stands for another in this substitution game. Replace it and complete the phrase to find the cheeky saying of the week!

Today's clue: Z equals D

ZDV'N IDBBP KU PDA'BL Y

JXLONDQYVKYH, PDA HYV

YXIYPT NYJL TDQLNWKVC

UDB KN

SOLUTION (10-9-2011)

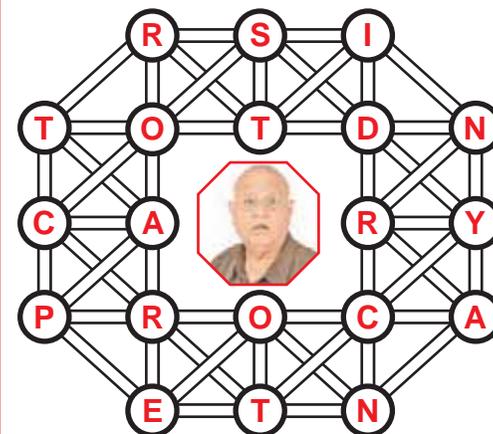
We are more ready to try the untried when what we do is inconsequential. Hence the fact that many inventions had their birth as toys.

SUDOKU

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | 1 | | | 6 | | | 4 | |
| | | | 8 | 1 | 5 | | | |
| 8 | | 9 | | | | 6 | | 5 |
| | 5 | 7 | | | | 2 | 8 | |
| 2 | | 3 | 4 | | 6 | 9 | | 1 |
| | 9 | 4 | | | | 3 | 6 | |
| 4 | | 8 | | | | 1 | | 9 |
| | | | 3 | 8 | 1 | | | |
| | 6 | | | 4 | | | | 3 |

IN PERSON

Hidden in this criss-crossing network of passageways is the name of the well-known community personality shown in the picture. Select a starting letter and trace this name with a continuous line. At no time may any letter or passage be re-used.



SOLUTION (10-9-2011)
TANAAZ CURRIM

PT TIP

EXERCISES TO STRENGTHEN YOUR EYE MUSCLES AND IMPROVE YOUR VISION



BLINKING

Blinking is an often overlooked yet simple way to keep your eyes fresh and being able to focus longer. Computer users and television watchers tend to blink less, especially when they are intently focused on something. Try it just now as a simple exercise. For the next two minutes blink every 3 - 4 seconds. After you have done this for two minutes, mentally take note of how your eyes feel, are they strained, relaxed, tired. Now try and not blink for 30 seconds at a time for two minutes. Do you feel any difference?

Whenever you blink your eyes are going into a brief period of darkness which helps to keep your eyes fresh and discharges previous information ready for new information, this helps to reduce eye strain.

Your blink rate can also help with your communication skills. Think about someone who looked at you intently and you possibly felt threatened by them. What you may have missed is the fact that they had stopped blinking. When someone stops blinking and stares at you when you are talking it's a sign of aggression. However whenever you are talking to someone and they are blinking at a 3-4 second interval it's a sign of a relaxed and friendly listener. Check out people's blink rates the next time you are talking.

SUDOKU

SOLUTION (10-9-2011)

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 7 | 1 | 5 | 6 | 2 | 9 | 8 | 4 | 3 |
| 3 | 6 | 2 | 8 | 4 | 7 | 9 | 5 | 1 |
| 8 | 4 | 9 | 3 | 1 | 5 | 7 | 2 | 6 |
| 2 | 8 | 7 | 5 | 6 | 4 | 3 | 1 | 9 |
| 6 | 9 | 3 | 2 | 8 | 1 | 4 | 7 | 5 |
| 4 | 5 | 1 | 7 | 9 | 3 | 2 | 6 | 8 |
| 9 | 3 | 6 | 4 | 5 | 2 | 1 | 8 | 7 |
| 5 | 7 | 4 | 1 | 3 | 8 | 6 | 9 | 2 |
| 1 | 2 | 8 | 9 | 7 | 6 | 5 | 3 | 4 |

Trick and Treat!

A fun set of questions and answers from our reader **Mr. Rusi Kapadia**

Q.: What is the difference between a School Teacher and an Engine Driver?

A.: A Teacher trains the Mind, while a Driver Minds the Train.

Q.: Which RING you cannot wear it in your Finger?

A.: EARING.

Q.: Which TABLE has not got LEG or TOP?

A.: TIME TABLE.



Dear Mamaiji

Q.: Dear Mamaiji, The Great Dadyseth! So is the Dadyseth Atash Behram the first Kadmi Atash Behram, because it has the same name?

A: What a smart girl you are! Yes, the first Kadmi Atash Behram is very much the Dadyseth Atash Behram in Mumbai.

At that time the Great Dadyseth owned a lot of land in Mumbai and he asked Mulla Kaus to pick a plot for the special project. The Dasturji picked a Jackfruit plantation. Dikri what do we call jackfruit at home, Fanas right! So in the same way the area where the plantation was, was called Fanaswadi!

The area was very peaceful and calm and not surrounded by the hustle bustle of Mumbai like it is today. Even today when we visit it, the Atash Behram is calm and removed from the noise and madness outside it.

Once the plot was chosen, the time came for the consecration of the Atash Behram.

Mulla Kaus gathered his son Mulla Feroze and other Kadmi Priests from Surat and Bharuch in Mumbai. The process was a long and hard three year process.

There was the physical and the spiritual angles which had to be addressed with equal importance.

The Mulla concentrated and painstakingly put together each part with knowledge and his powerful belief in Rammal. Each date for beginning consecration activities was decided very carefully. Mulla Kaus would roll the sacred dice and decide the date of consecration for each door of the sacred Atash Behram structure.

The structure to house the Atash Behram came up first. As he proceeded from outside to inside, the Mulla would decide the auspicious dates and time to perform the various secret consecration ceremonies which he had learnt during his stay in Iran.

In this manner, after immense efforts of Mulla Kaus and his team of able Mobeds, the very first Atash Behram of Mumbai was finally consecrated and thrown open to the Parsi public on Roj Sarosh Mah Fravardin of the Kadmi Calendar, 1153 Yz, or 29th September, 1783.

A Jashan was held to inaugurate the Atash Behram and thousands of Parsis of Mumbai and nearby areas came to pay homage to the first Kadmi Atash Behram in India.

Saheb, Dadibhai Noshervanji presented a shawl to Mulla Kaus and appointed him as the very first Kadmi Dastur of India. From that day on, he became known as Dastur Mulla Kaus Rustam Jalal.

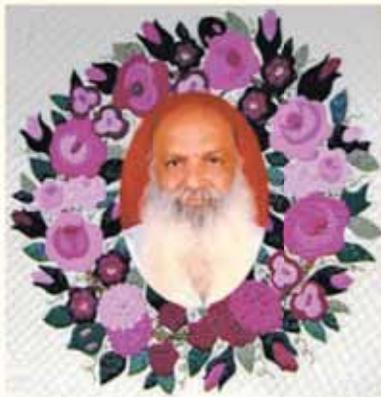
Dikri, the building of an Atash Behram is a very sacred and tedious process. But at the end of it all, the peace of mind and strength you get when you visit a holy place and feel the presence of God is a joy compared to no other. We shall take a trip there soon.

Now let's say our prayers and let me put you to sleep!

2nd DEATH ANNIVERSARY

LATE JAL RUSTOMJI PATEL

Born:
03/05/1956
Mah: Adar
Roj: Asfandarmad



Departed:
15/09/2009
Mah: Fravardin
Roj: Zamyad

*Years will pass but your memories will always
be fresh in our hearts and souls.
Your love and warmth will always be missed
by those whom you've influenced.*

Deeply remembered and sorely missed by your dear ones:

Wife: Bakhtaver Jal Patel

Son: Ashish Jal Patel

Family: Persis F. Siganporia, Fakir S. Siganporia,
Karl F. Siganporia and Mahrukh F. Siganporia.

NEWS STAND

Dear Readers,

12,000 Issues Now!

If someone you know has not received a copy of our weekly, please request them to take a stroll down to any one of these places where they have so graciously agreed to keep our copies for free distribution this week!

- **Colaba** - AGA Stores (Cusrow Baug)
- **Fountain** - Devji Shripal & Co., Ideal Corner, Roshni Food Point
- **Dhobitalao** - Kerawala & Co., Paris Bakery
- **Churchgate** - Bhikha Behram Well
- **Andheri** - Mazda Wines, Bharucha Baug Arda-Vira Provisional Stores
- **Bandra** - RTI, Tata Agiary
- **Tardeo** (Nana chowk) - PAC, CHUNG-FA
- **Dadar** - Aarey Milk Centre, Opp. Rustom Framna Agiary, Gangar Stores.



For Advertising rates please contact:

(022) 66330405 or advertise@parsi-times.com

Printed and Published by Sarosh K. Daruwalla on behalf of Parsi Times

From 102, Vikas Building, 11 Bank Street, Fort, Mumbai - 400 001.

Printed at Dangat Media Private Limited, Mehra Centre, Marwah Estate, Saki Vihar Road, Mumbai - 400 072.

Editor : Freyan Bhatena. Contact Nos.: 6633 0404, Advt.: 6633 0405, Fax : 6633 0406.

Office Timing: 10.00 a.m. to 5.30 p.m. Monday - Friday.