

PARSI TIMES

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

VOL. 1 - ISSUE 22 :: PAGES 16 :: ₹ 2

SATURDAY, SEPTEMBER 24, 2011



SHORE SHOT!

Parsi Times looks at places, events and web pages that make us a progressive Community.

Inside >>>

Bawa-tipped yet? Pg. 8

Spiritual Spaces Pg. 9

KCYA Book launch Pg. 16

P.T. Likes

Bawa Tip: Just cause it's called Maura Daar Chaval, that doesn't mean you don't share it!!

FROM THE EDITOR'S DESK



Dear Readers,

For most of us the shores of Goa represent an idyllic getaway from the bustle of city life. A place best visited in the winter months where we get to hobnob with a cross section of culture and hog on seafood!

For a handful of Parsis, Goa represents much more. I took a trip down to this land of palm trees and Sorpotel, I made it my mission to chat with the local Bawa and see what I could figure about them. The facts are these.

We Parsis have melted into the fabric of Goa with ease. The handful of us who reside on the North Coast, in the heart of tourist land have carved a niche out for ourselves with the quality of food, lodging and entertainment that we offer. J&A's and Fiesta are impeccably run and famous restaurants, Laguna Anjuna, ABC Beach Resort and Capella Home stay are simplistic and well-maintained places to unzip your luggage at and Pilkie, the famous Karaoke host and Nazneen of Chocolati are wonderful people who exude the happy unabashed culture of Goa! Of course there are many more Parsis here, but the few I managed to get in touch with maintain all qualities of being Bawa that make us all look good. They are warm, good natured and always willing to chat with and help out their brethren.

According to the delightful Mrs. Sarosh who I had the pleasure to chat with, the Parsis of Goa do try and stay connected. Navroj get-togethers have been organized and the formation of a Parsi Association has been on the wish list for a while. Vasco city is full of Parsi businessmen and the spirit of entrepreneurship burns bright on the sunny wet shores.

I got the feeling that Parsis in Goa really have graduated to a level of understanding of how life is best lived. In inspirational surroundings with good food, warm friends, an easy flow of alcohol and in the best weather possible. Most of the crowd that hasn't been living here for generations has chosen Goa for its serene retirement-savvy quality or its adventurous promise for creative entrepreneurship. Pilkie says she went there in unpaid leave in the 90's and that hasn't stopped!

The absence of an Agiary or a Dharamshala doesn't take away the spirit of a Parsi life in Goa. The faith reflects in the way things are done.

My trip to Goa ends but my happiness at meeting our fellow Bawas will always warm my heart.

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 !!

**Khusru B. Sanjana**

Age : 31 years

Profession : Telecommunications Engineer

At no stage a father / mother would ever want to be in an old age home out of their own free will. Not that the Old Age Homes run by various institutions are bad or they treat the residents badly, but still the core issue remains-HOME IS HOME and such a facility is sad for people who do have children. As regards to the funds being spent wisely and honestly by Old Age Homes, it all narrows down to the Trustees - whether they act like TRUST DEED BEARERS or behave as OWNERS and finally finish those places up.

Natasha Mehenty

Age : 18 years

Profession : Student

An Old Age Home is a boon to many aged members of our Community. When a cow becomes old & useless, the owner leaves her on the road. Similarly, when parents become old & weak the children would prefer to remove them from the house. The feeling of safety & care from these Old Age Homes encourages aged people to shift their homes forever. I have myself visited many such Old Age Homes & can safely say that it's a second home for our aged grannies' & grandpas. Though they are safe in their second homes, still they feel lonely without their family & at times are treated rudely by the staff. There are many unknown Old Age Homes like the Dosibai Old Age Home etc. where there is a shortage of funds due to a lack of donors & financial help. If our Social workers and generous donors would come forward, than many Old Age Homes can be stopped from shutting down & many of our grandpa-grannies will be safe & secured.

Rishad Surti

Age : 18years

Profession : Student

Some of the Old Age Homes can be called 'home away from home'. Those old people who do not have any family members with them and stay alone, should surely opt for Old Age Homes, as they can spend time with people of their age, and can also be well looked after. The old people are treated well in these places. The services are satisfactory, but more cleanliness should be maintained as old people are at a greater risk of catching infections fast. Moreover apart from the money that is spent, the ones in charge should personally meet the old people and ask them whether they need any enhancements or changes in the facilities provided to them.

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

Are Old Age Homes really 'home away from home?' Do you think that the Parsi Old Age Homes are really a good option to opt for, for our aged members? Do you think that they are treated well there? Are the facilities satisfactory? Do you think that the money that is allotted for such homes is spent wisely and honestly?

Nutash Kotwal

Age : 19 years

Profession : Student

The old and the frail of our Community are like the roots of an aged tree. They hold the entire Community together with their experience and knowledge. It is our moral duty to take the best of care of the aged members of our Community. Their guidance only helps in making our culture even more successful. I remember going to an Old Age Home a few years ago. It seemed lovely. Off course they weren't out playing football and hockey but there was this incredible vibe. It was like one big family and no stone was left unturned in taking the best 'Parsi' care of the members. The food was hearty and the conditions were acceptable as well. I definitely do think that our Community is doing the best for its seniors.

Karina Patel

Age : 18 years

Profession : BMS Student

I feel that the whole old Parsis are treated fairly. I think that the Old Age Homes aren't a fair option to parents at all, because as children, it is our duty to take care of them when they grow old. But in certain circumstances, Old Age Homes are the better option, because of the facilities provided that may be unavailable at home. I believe that our Parsi ones cater to the needs of our aged members well.

Urvazi Kotwal

Age : 18 years

Profession : Student

My mother does a lot of social work so I sometimes visit these Old Age Homes like the Parekh Home etc. The conditions there are ok. But it's important to understand that this is what makes the elders happy. It's better than staying somewhere you are not wanted. They are happy in whatever they get. I just think that whenever we visit these Old Age Homes we should not make them feel as if we are feeling sorry for them. Instead we should support them in being happy. They don't know who you are but they talk to you as if they have known you for their entire life.

Danesh Mistry

Age : 17 years

Profession : Student

Ideally children should not be keen on putting their parents in an old age home if they can take care of them. But if a person is aged and alone then it's better to stay there. I don't think that the state of these Old Age Homes is good. The amount of money donated is very less and the facilities are bad. Better facilities should be provided to the aged members of our community and an improvement in the conditions of these Old Age Homes is a must. They must be given due respect.

Penaa Damania

Age : 19 years

Profession : Advertising Student

I believe this question is very situation based, by which I mean that the question that actually arises is that under what situation are our seniors made to leave their homes and go seek shelter at other 'homes'.

To generalize, it could be because normally seniors do not have a choice. It could be that the family does not want to live with their seniors, that the nurturers now need to be nurtured is a thought that displeases the family and the best way is to leave them to die alone. Rarely it is seen that the aged members of our community who do not have a family or have a family that lives away from them would rather go live and socialize with people of their age and therefore sell their house or give it on rent and go live in these homes.

I cannot say whether or not it is a good decision, because both my grandparents- maternal and paternal live with me and my family. But I have visited other acquaintance in such Old Age Homes that have shifted due to the second reason that I have stated and as I said they had no actual choice in their decision. Of course moving to something like an old age home is not a very pleasant thought according to the Indian mindset because of our traditional familial structure and beliefs to which we are bound. But in the west people would rather go to an old age home than live in their houses. Obviously comparing the benefits of staying in an old age home in our country to that of a developed country is not very practical or realistic. According to what has come to my knowledge the Parsi Old Age Homes are much more decent than any other homes that are currently available in the country.

I would not know or cannot digest why someone would possibly ill-treat seniors. They are the most delightful people one could come across, as folk text would say 'the knowledge of elders is the knowledge of the wise.' Seniors offer stories and personal experience that can pull one out of the stickiest situations. No one really knows where the money really goes. The funds spent need to be accounted for by the management who needs to see into the matters that are most important at the moment and then need to segregate what is and what is not needed to be bought, paid for and so on. Once again if seen on infrastructural bases the Parsi old aged homes look in good shape and seem to be stable. There are bound to be complications in running a 'home' and sometimes not everyone's opinion can be taken into account by the management.

But as far as I see most of the Parsi Old Age Homes that my family has so far communicated with have always been very pleasant in their way of speech and understanding. Though, I have heard of certain things like "you need contacts to get into a good home." I do not know how truthful this statement is but I have heard it several times. How satisfactory are the facilities in these Old Age Homes is not a question to ask the youth, it should be directed to the senior citizens themselves.

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!



Name : Mr. Kersi Balsara
Age : 77 Retired
Address : Bharuch Baug, Andheri

According to me if the home is well maintained and the people there are well looked after its ok to be there. Infact in our Community there are a lot of unmarried people and at home they have no one to look after them and they also tend to go into depression, for such kind of people it is best that they go to a home where they get to interact with others, share a meal and don't feel lonely.

Name : Mr. Rusi Patel
Age : 65 Retired
Address : Golden Palace, Turner Rd Bandra

I feel that Old age homes should be there as they are very important to the society. However, people don't take advantage of this facility. Homes should have programmes for the senior citizens like taking them out for outings, arranging visits to Udvada, Sanjan, etc which will attract more people in the homes. The BPP should have a list of senior citizens residing all over Bombay. 30% to 40 % of Parsis did not vote because their list was not kept upto date. If I ever face a situation in my life where I have to go and live in an oldage home, if our children don't take care of us we are left with no option then to go and live in an home.

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

Are old age homes really 'home away from home'? Do you think that the Parsi old age homes are really a good option to opt for, for our aged members? Do you think that they are treated well there? Are the facilities satisfactory? Do you think that the money that is allotted for such homes is spent wisely and honestly?

Name : Mr. Aspi Jokhi
Age : 62 retired
Address : Carter Road, Bandra.

Cama Home located at Bandstand is very well managed and is a boom for the Parsi community. But there are people who misuse the advantage of this service which is offered free of cost. Because of such facilities many children leave their parents in the home and after some time they avoid taking them back and expect the home to take care of them forever. So I feel that to avoid such misuse and to eliminate such happenings, the home should take heavy refundable deposits upon entering of any senior citizen. God Forbid if I ever have to go, I would not mind.

Name : Mr. Godrej Jungalwala
Age : 71 retired
Address : Carter Apts, Shirely Ranjan Rd, Bandra.

Proper care along with medical facilities should be provided in a home. Some social workers should go and meet the people residing in the home regularly to give them moral support so that they do not feel lonely.

Name : Mr. Bahadur Dotiwalla
Age : 76. Financial Advisor.(M/F)
Address : Grant road

Old age homes are very important and also very necessary these days. I have known a lot of people my age who are living in various homes and are treated better than what their own children were treating them at home. For such people it is a blessing. Infact I myself have visited a lot of old age homes and they are well looked after. People are served good food, there is a TV room for their entertainment. They also get together and celebrate birthdays which make them feel good about themselves.

Name : Mr. Coover Sethna
Age : 71, Ret Manager Bombay dying
Address : Carter Rd, Bandra (W)

I have myself visited only one Home in Mumbai - the one located at the Parsi General Hospital. It is beautiful, very well established, well maintained and it is run very professionally. The only drawback is that when a person falls sick he or she is asked to vacate the home.

We go to homes in our last days and because we are unable to take care of our own selves and at that point of time you are not attended to and asked to leave where would one go? And as a matter of fact the very next building is the Parsee General Hospital. I would also like to suggest that more homes should be built to accommodate bedridden people as no one wants to look after them.

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!

LETTER TO THE EDITOR

To,
 The Editor,
 Parsi Times,

This refers to the letter from Mr. Bhikhaji M. Adenwalla which appeared in your edition dated September 17, 2011 regarding exodus of Parsi families from Grant Road area and Dalal Estate.

The exodus started around early to late 1990s. I have witnessed the exodus in my building as well as the ones opposite my building at Lamington Road. The reason is mainly financial. Flats in these areas fetch high prices. As such, relocating to a suburb by purchasing a flat at a lower cost and investing the remaining capital was thought of to be a wise move by these Parsis. Another factor is the high maintenance cost of old flats which are generally large in area. The tenants have to bear the cost of repairs to the building as landlords citing low rents (1947 base) do not contribute a paisa towards such repairs. Also, the physical condition of most of these buildings is not good. Even a partial damage to the structure will invite the ever-vigilant MHADA to move in and that means 'curtains'. Hence, tenants with financial means will go to great lengths to get their building repaired under a private contractor who is authorised by MHADA to carry out the work.

So, with all these entrapments under consideration, Parsis having modest means find it wise to move away. The Great Parsi Exodus has been facilitated further because the 'other' community has the purchasing power which we generally do not possess.

Hope this answers Mr. Adenwalla's question.

Yours sincerely,
 Sarosh B. Mehta

OLD AGE HOMES - NEW AGE INFORMATION

AN UPDATED LIST OF OLD AGE HOMES THAT CARE FOR OUR COMMUNITY'S OLD AND WISE

Dr. K.N. BAHADURJI SENIOR CITIZEN HOME FOR PARSIS

Lam Road, Deolali Parsi Agiary, Opp. The Establishment • 0253-2497132

THE BANDRA PARSİ CONVALESCENT HOME

48, Byramji Jijibhoy Road, Land's End, Bandra, Next to Fr. Angel Ashram
 • 26423727/26456116

Dr. DOSSIBAI AND J. R.D. HOMES FOR AGED

In Masina Hospital Compound, Sant Savta Marg, Buculla, Mumbai-400027
 • 23721895

F. S. PARUKH DHARAMSHALA

34, Hughes Road., Mumbai-400 007 • (022) 23645982

PALLONJI SHAPOORJI HOME FOR SENIOR CITIZENS

Off B.D.Petit Hospital Bomanji Petit Road, Cumballa Hill, Mumbai-400 036.
 • (022) 6572 6226/6451 9173

BAI SHIRINBAI CAMA CONVALESCENT HOME FOR POOR PARSİ MEN & BOYS

Sir Dhunjibhoy Bomanji Bldg., 56, Byramji Jijibhoy Rd., Bandra, Mumbai-400 050
 • (022) 26423727/26456116

PARSI INFIRMARY

3/663-665, Rustomwadi, Navsari-396 445 • (02637) 257311, 09879228298

WZO SENIOR CITIZENS CENTRE

(BAI MANECKBAI P.B. JEEJEEBHOY SENIOR CITIZENS CENTRE)
 Pinjar Street, Malesar, Navsari-396445 • (02637) 257311, 09879228298

A-HEAD OF THE PACK



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!

The Scalp is considered one of the "weak" area. The thickness of our skin is not the same in different parts of our body. Eyes and lips are thinnest followed by the scalp and is just 1/50 as compare to the thickness of the soles of our feet.

34 percent of the people in the world have sensitive scalp.

Out of this 34 percent of the population, 90 percent of the

people have dandruff.

Sensitive scalp is normally stimulated by situations such as climate change, environmental change, and so on after which symptoms of dandruff begin to show.

Sensitive scalp symptoms include: frequent itchiness, dry scalp hair, tightness and burning sensation.

Too cold, too hot, too dry, and excessive ultraviolet radiation will lead to vulnerable sensitive scalp.

Chemical treatments and ironing are the greatest enemies of sensitive scalp.

It is necessary to minimize the times with heat and chemical as not to bring additional burden to the scalp.

Inferior products and hair accessories will lead to sensitive scalp.

High temperature and overheating our hair with hairdryer may lead to excessive oil production in the scalp and thus reduces the natural skin protection and causes skin to sensitise.

Long hours of wearing wigs, hats, helmets and tying of hair will cause lack of

ventilation, increase in heat and sweat. Thus, it promotes bacteria growth, reduces blood circulation and increases the allergic reaction.

Being under tremendous pressure and stress for a long time will reduce our body immunity, decrease body metabolism, deteriorate self-healing of our skin and eventually results in our skin and scalp becoming more sensitive.

The best way to reduce the sensitivity in your scalp is by using a very mild and soft oil (Johnson's baby hair oil) on your scalp. The other

option is using a gel based mild shampoo. These help in reducing sensitivity in the scalp. The scalp condition of a person can change over a period of 6 months and people can also develop certain allergies in the scalp and body. It's better that you ask your hair stylist or barber or anyone at home to check your scalp once in every 6 months and if you are developing any sensitivity you can nip it in the bud.

b:blunt



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!

Banana Muffins



Ingredients:

- 1 cup butter (softened)
- ½ cup castor sugar
- 1 cup flour
- ½ teaspoon baking soda
- 3 mashed bananas

Directions:

Combine all the ingredients. Drop into individual greased muffin tins.

Place in a pre-heated oven at 160 degrees Celsius for 20-30 minutes.

Makes 6-8 muffins.



no self-motivation or just pure laziness.

There are luckily a numerous things you can do to break the pattern of being lazy. Whatever

Of course we all feel lazy some-times. If we worked hard and need to do nothing for a day is not the same laziness as the one making people spend every free hour they get on the couch when they could have been at the exercise getting healthy instead.

Lack of motivation can depend on a lot of different things such as lack of nutrition, lack of sleep, lack of energy,

it takes for you to get off your butt and move is the first step whether that is to schedule appointments with a friend to go to the exercise or with a personal trainer it doesn't matter as long as it gives you a feeling of obligation to go.

The hard part is not to perform the actual physical exercise once you get to the exercise even if that does require some energy output from you. The difficult part is

Exercise Lazy!

to get off that couch when you are so comfortable just lying there doing nothing. It gets especially hard in the winter time when it gets dark so much earlier outside and all you want to do is to get home and collapse on that couch. The trick not to let that happened is to bring your workout clothes with you when you leave in the morning so you can go straight to the exercise after finishing work.

You have to basically trick yourself to keep going for another two hours after work before you are allowed to sit down and relax.

If doing the same routine in the exercise is what made you lose your motivation and made you get lazy about working out, just buy a one or two sessions with a personal trainer to get a new program put together.

You should change your

workout program every 3-6 months anyway so if you have been doing the same old exercises for longer than that, it's no wonder you are bored and have lost interest in it.

Sometimes just changing the order you do the exercises in can help getting your excited about working out again. Buying yourself some new workout clothes can also make you feel more motivated to work out and get in better shape.

When it's dark outside your body start producing the hormone melatonin in your body a lot earlier in the day and that's why you get sleepy around 4 or 5pm already when winter comes. Have a cup of coffee on the way from work to the exercise. By the time you pull up to the exercise you feel energized and ready to hit the weights hard. Have a snack 1 ½ to 2 hours before you intend

to work out so your energy won't drop before you have a chance to get to the exercise.

If you are use to working out and you just kind of fell out of your routine somehow it's very easy to fall into a slight depression if you stop working out. The happy hormones, your endorphins that your body start to produce when you workout work as mood elevators which is why you usually feel a lot better when you leave the exercise then when you first go there. If you stop working out your body doesn't produce these hormones when you lie on the couch and your mental alert level is not as high as if you work out.

To have a friend come and pick you up even if you are just going to take an aerobics class is another good idea to force yourself out of the house and into the exercise.

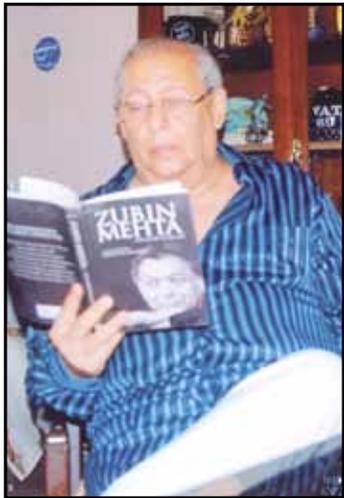
FROM OUR READER A BRIEF GLIMPSE AT IRANIAN MYTHS AND HISTORY

with Dara Khodaiji

CHAPTER VI

PESHADIAN DYNASTY

MANUCHEHER



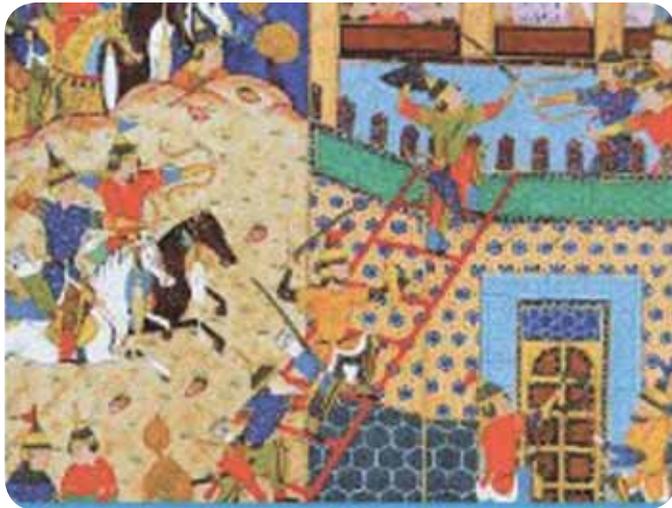
Soon after the tragic death of the young king Irach, his wife Mahaafriid gave birth to a son who was named Manucheher. Manucheher means "of heavenly face".

In Shahnameh, Firdausi claims that Manucheher was son of the daughter of Irach whose daughter was called Mahaafriid whereas Farvardin Yasht shows him to be the son of Irach. ("Manushcithreh Airyavahe asho no fravarshim Yazmaide" i.e. we revere the spirit of Manucheher, son of Irach).

When Manucheher grew up he waged war against his uncles to avenge his father's murder. He killed them both in single combat. His chief adviser was the wise, brave and good Sam, son of Nariman and grandson of Kereshasp who was given the title of "Jehan- Pehelwan", the champion of the world.

Manucheher carried out ambitious projects of irrigation works in Iraq. He also had canals dug and brought the waters of Euphrates to Persia for irrigation and for drinking purpose. He collected variety of trees and odoriferous plants from woods and mountains and had them laid out in numerous gardens. The practice of having trenches dug around the forts which

evolved into moats around the castles was first introduced by



Manucheher. He also started the ritual of the beating of the Kettledrum every morning and evening.

Manucheher, who had killed his uncles of Arab lineage and taken over their lands, ruled over a vast territory. The Arabs and the people of Maghreb (of the West, i.e. Africa), never completely submitted to the King of Persia. Afrasiab, the king of Turan invaded Persia with a huge army. Manucheher was unable to hold back the powerful force and he had to retreat into an impregnable fort of Amul in Tabaristan. The Turanian Prince laid siege of the fort but could not breach its walls. The siege lasted for ten years. Turanian troops suffered heavy losses. So many soldiers died from sickness and privation that Afrasiab had to make peace. It was stipulated in the terms of peace that the Persian Bowman Erekhsha would shoot an arrow from

the Mt. Demavand towards the east and wherever the arrow would fall would form a boundary between Iran and Turan. Erekhsha shot the arrow at the dawn. The arrow kept on flying till the midday crossing several provinces and dropping at last the banks of the river Jihun (Oxus). This brought in vast territories to the Persian Kingdom. This event is

mentioned in the Tir Yasht. Some writers believe that Erekhsha might have hit a bird wounding it but the bird must have kept on flying till it dropped dead exhaustion and injury.

During his reign which lasted for one hundred and twenty years Manucheher ruled wisely and sincerely and his kingdom prospered. Upon his death, his son Nauzer assumed the throne.



Life

LIFE.... sometimes a mystery, sometimes a tragedy;
Let's try our best to make it a comedy.
To be happy, let's stay away from the rude & greedy!

Share all your fears, dreams, joys & sorrow;
Live your life, as if there is no tomorrow.
Some paths in life will be wide, but most will be narrow!

Life is too short for grudges, hatred and regret;
Keep your conscience free from all debt.
Live a life, where after you're gone,
you won't be easy to forget!

Treat life the way you would treat love;
Accept it as God's greatest gift from heaven above.
We fail to see it, cause it travels on the wings of a dove!

The journey of life may not be as rosy as we want it to be;
Sometimes it's like a cup of steaming hot coffee.
Keep picking up friends, as on a free shopping spree!

Death is all set to invite us with open arms;
But if we live it right, we can resist its charms.
If not, it will come charging, without ringing any alarms!

Take each day in your stride with a big smile;
Trust me; it will make your life worthwhile.
Once is good enough, if you live it in style!

Friends are like chocolate, adding sweetness to our life;
The rest are all waiting... to hurt us with a knife.
So let's spread peace & joy and avoid all strife!

Love relieves the tension & eases the pain;
Helps us to move ahead, like the journey in a train.
The purpose of our life, should not always be gain!

Written by

P.T. Reader Gulshan Daruwalla

Vanshaj's

Go not to the temple to put flowers upon the feet of God.,
First fill your own house with the Fragrance of love...

Go not to the temple to light candles before the altar of God,
First remove the darkness of sin from your heart...

Go not to the temple to bow down your head in prayer,
First learnt to bow in humility before your fellowmen...

Go not to the temple to pray on bended knees,
First bend down to lift someone who is down-trodden...

Go not to the temple to ask for forgiveness for your sins.
First forgive from your heart
those who have sinned against you.

Appreciated & Submitted by

P.T. Reader Mr. Hoshang T. Sethna

Dr.Kalania's VAASTU & 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

Parsi Times: DONATION DRIVE REGISTER TO RECEIVE CHARITIES WE LIKE

Parsi Times has received news that the Young Rathestars would not like contributions through the paper and so we would like to redirect our readers to the wonderful cause of the The New Bombay Zoroastrian Association Charitable Trust AGIARY Fund in our Donation Drive.

All our readers who have already sent in cheques for the Young Rathestars, we apologize for the inconvenience and will be contacting you shortly to redirect the funds. We hope you understand.

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. Some of their projects in India have included:



WZO TRUST FUNDS

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 Udvada

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

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

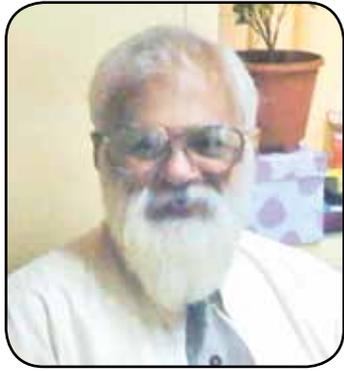
Charity of choice (select)

- WZO Trust Funds
 NBZA Agiary Fund
 Zoroastrian Trust Funds of India

Reason for choosing that particular Charity

Amount of donation

Details



The New YOU: Part II

Prof. 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.

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.

6. REDUCE

The washing up never stops, so to the laundry. It is no wonder research confirms what many already suspected: housework increases depression. A study indicated, that even when housework involves exercise, which might in theory lift the spirits, it does



not boost morale, but had the opposite effect. So what can you do to reduce the burden of chores?

- **Lessen the Load by sharing:** Sharing determines whether or not housework gets you down. And it is the degree of sharing rather than actual hours that matters. Rally flat

mates, spouses, partners and kids. Even small kids can help put things back in their places. Adults are challenged only by motivation.

- **Set Household Goals:** Breakdown tasks into manageable ones. Decide to "do the washing up and mop the kitchen floor" rather than "clean the kitchen".
- **Prioritize:** If life, like a new baby or illness, gets in the way of a pristine house, determine your priorities.
- **"In every Job that must be done, there is an Element of Fun":** The Mary Poppins/jolly nanny approach might make you cringe, but it can work with kids. For adults try music while you clean, TV while you iron, or set 20 minutes by the kitchen clock and see how much you can clean up in the kid's room, hall or bedroom.

CLEANING TIPS:

- **Surfaces:** Carpets need vacuuming and swift action for spills, yet hard floors such as tile or wood are easily cared for with a broom. If replacing kitchen worktops, consider dark granite surfaces that will not show stains.
- **Colors:** Pale plain colors for upholstered furniture are usually unforgiving on stains and dirt, while patterned and dark colors offer good camouflage and may stay smart for longer.
- **Opt for Quality:** Well designed and

well built items look better and cleaner for longer.

- **Take to Task:** Analyze which jobs seem to take forever or are particularly irksome. Is there a better way.
 - **Cover Up:** Throws on sofa can prolong their life and keep them cleaner.
 - **Dust-to-Dust:** Consider putting tiny but loved items behind glass to save on dusting time.
 - **Little and Often:** A quick wipe of the stove after cooking a big meal, washing dishes after each meal, putting away a pile of laundry each time it comes off the line.
- Little and Often stops big jobs from mounting up.



of some sort. Consider, too, how liquid it is. Consider various forms of insurance.

7. REASSESS

Many financial woes are the results of a few very simple mistakes:

- **Lack of Planning:** Procrastination costs, especially when it results in cash sitting in low earning bank accounts, high interest debts on credit cards or delaying a saving plan.
- **Rainy Days:** Financial experts strongly advise protecting yourself potential illness, unexpected financial challenges and death. A first goal, whatever stage of life you are at, is an emergency fund

- **Overspending:** Most of us do not realize how much we spend on things that we do not really need. So do not throw cash away on anything that would not impact you long-term. Save at least 10% of your earnings.

- **Credit Balance:** A credit card balance carried from month to month is expensive debt. Buying on credit card means that you are spending your future earnings and often encourages you to spend more money than you can rally afford?

- **The Hard Sell:** Beware of high-pressure salespeople pushing financial products you do not fully understand, whether it is a loan or a type of life insurance.

Contd. on Pg. 10

Of Sashes and Tiaras!



and has done more than its share to encourage young minds. This time the crowning glory is on Khushnuma Daruvalla's pretty head. P.T. chats with the girl with many a dreams!

How does it feel to win the Ms. University 2011?

Who doesn't like success? This contest was held pan-India and it feels wonderful to emerge a winner! I would sincerely like to thank The National Institute of Event Management and Mr. Hoshi Bhiwandiwala for having organized this mega event. It is an experience that will stay with me forever.

Did you always want to be a part of the glamour world?

The glamour world is like a

magnet. It's attraction is very strong. I've always had an inclination towards it. Besides, I've always loved being on stage. I would also like to compete shows and events.

What's the best compliment anyone has ever given you?

I think that the best compliment that I received would be from my little cousin sister who keeps telling me that she wants to be exactly like me when she grows up!

FACT FILE:

Birthday : 28th January, 1991.
Sun sign : Aquarius.
Hobbies : Travelling, Music, Light Reading, Dance.

Contd. on Pg. 10



IN LOVING MEMORY

Darling Daddy

**Neville
Navroji
Dinshaw**

(25 Aug 2011)

Your battle is now over, no more tears flowing down your cheek,
no more pain, no more suffering, now you are no longer weak.

I still do not understand why this had to happen to you,
but I am proud to say you are MY DAD, the greatest man I ever knew.

You were always there for me and never once left my side,
until the day you closed your eyes and had to say goodbye.

Now you are my Angel, so spread your wings out wide,
please wrap them around me whenever you see me cry.

Our time together was memorable and God took you way too fast,
But the most precious thing to me was you being there for my first breath,
and me being there for your last.

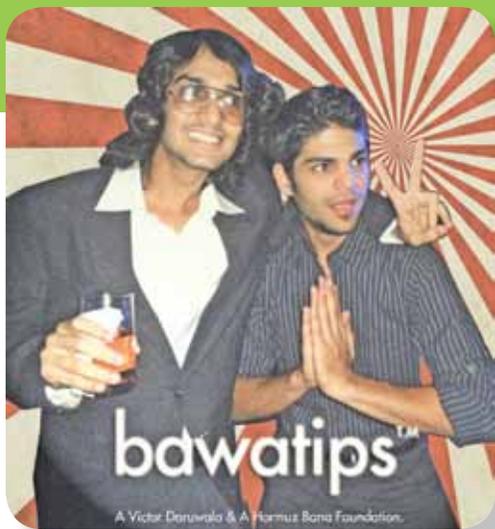
Love your daughter Taronish

Our Community has been contributing to a large extent to the pool of budding talent in society

Bawa Tip: When someone says

lets take your Laura for a spin, they meant the car..

ARE YOU BAWATIPPED YET?



They are a rage online and truly an example of creativity going viral on the internet. **Parsi Times** reporter **Polad Jr.** chats with the creative and whacky minds behind the **Bawa Tips** phenomenon.

laugh daily. The number grows as is evident from the hits and likes to the page. If only we could find a similar formula for the population to increase!

B a w a t i p s was started by 2 talented and hard working creative 21 year old minds of the Community.

On the 28th of July, 2011 Victor Daruwalla was designated what was supposed to be the unluckiest desk at his VH1 office. The opposite proved to be true and the spot where Vic came up with the idea of Bawatips proved to indeed to a lucky one! Must have been the gamma waves wafting from the LCD TV over his desk he says!

Vic immediately called his friend Hormuz Bana and shared the idea with him. Bana gave a whole hearted approval! And together they began to think up Bawatips.

Of course staying in the heart of Godrej Baug and in the prime of their young lives it is easy to see why Bawatips is right on the money. Both Vic and Bana are living the pop culture life of young 21 year

olds alongside the lives of Bawajis heavily steeped in Parsi pride and playfulness. Throw in creative genes and the combination is electric.

The result of this creative combination is a series of tips that promote the good humour and the fun involved of being Bawa. Each tip is placed on a Beer Mug background in a variety of colours. At first they wanted to place it on a Banana Leaf, says Bana, but the colours needed a little more cheer!

The Bro Code from How I met your Mother, the popular Sitcom was an inspiration to the boys. The spirit of Bawatips is meant to have the same 'Over the top humour infused with real thoughts.' The first tip however, "GOOD THOUGHTS, GOOD WORDS, GOOD DEEDS" is just a simple reflection of the best code of being Parsi and sets a tone for the rest.

The Bawatips page on Facebook, instantly became a hit and grew into a Digital Colony under the trusteeship of Vic and Bana. In its first week it got 2000 likes. It served as a space where Parsis aged 8-80 saw and added other Parsis in true Facebook style. The page is constantly upgraded with good humor, apolitical chatter and even proposed Bawatips from fans.

Rumour has it that it served as a mini matrimonial site too! To young Parsis added each other based on their mutual love of the Bawatips humour

bawa-tip

"PT READERS ARE HOT BAWAS AND BAWIS!"

"Word hard, the rewards will follow" -DARU

"You live life once so do what you want and make it large! (no I am not promoting Royal Stag)" -BANA

Hey... Bawa boys are not "LOOKHA" so girls, look inside the Community...

Being Zoroastrian gives us a sense of immense pride... we don't think any community offers as much as ours does...



by HOSHERDAR POLAD (Polad Jr) aka "Polad Baba"

on Facebook needs to be understood not as a passing piece of fun and frolick but as an indication of the culture and enthusiasm of a Community. The site has garnered its share of attention but may never have been credited for the stir it has caused and the unity it has unknowingly brought into the picture. And what better way to unite Bawas than with beer mugs and good jokes!

The Boys are now reaping the benefits of the Bawatips fan page with the launch of the Bawatips T shirts. With the right marketing, it could be the next cult rage within the Community. Look out for the 200 limited edition shirts coming soon.



ABOUT VICTOR DARUWALLA



- Works at VH1 as a promo producer
- Wants to be a film make (that's how Bawatips was born)
- A.k.a "THE SCOOTER HERO" (has a 1994 Bajaj Chetak & calls her "STACEY")

Loves to walk, BBM (changes his status 18 times in a day) & loves OLD MONK RUM !!! (P.S -OLD MONK ¼ IN GOA IS FOR RS 30/- ONLY)
Would like to buy a rickshaw and have a statue of himself one day...

ABOUT HORMUZ BANA



Loves what most people love no not girls FOOD...
Is a simple QUIET and WELL MANNERED BOY... hardly...
Likes the finer things of life and believe that speeches are meant only for politicians and Miss universes

PANTHAKI AGIARY - BANDRA



Er. Aspi Kariman Anklesaria

The Panthaky Agiary in Bandra is an ode to the faith and religious perseverance of one Ervad Edelji Khurshedji Panthaky. We enter the sacred space, say our Kusti, "Page Paro" and find out some more.

In 1925 Ervad Edelji Khurshedji Panthaky (Lashkari) was practicing



The Otla of Panthaky Agiary

his religious duty at the Tata Agiary in Bandra, Mumbai. At the time he was not allowed to give Boi along with a handful of other Dasturjis and this hurt his religious sentiments. With so much faith within him and no place to serve the people of the Community he took the tedious decision to build another Agiary in the area.

No funds in hand, the Dastur went from door to door with a katli (bowl) asking for funds and finally gathered enough with the good wishes of the Community members back then. His dream to serve was fulfilled with the opening of doors to the Panthaky Agiary on the 22nd of January, 1930. The Ervad dedicated the Agiary to the memory of his beloved wife Shirinbai and son Peston.

At the time he named the Agiary Katliwalani Agiary, to remind himself that the space had been built on the generous donations collected in his humble katli (bowl)!



Maneckji Jivanji Bhatena, Trustee Panthaky Agiary

The Agiary began to serve the Parsi Community of the area but by the time 1962 came about it was on the verge of closure. The Atash was shifted to the Mahim Agiary and the Court had stipulated that unless Rs. 1 lakh was paid, the Agiary would be permanently shut down. Hope came in the form of one Mr. Maneckji Jivanji Bhatena, who mortgaged his Khar Bungalow and personal assets to revive the sacred space. The Atash was also brought back to its

original resting place. The Agiary was looked after by Ervad Pollonji Dastur and Bomanshah Dastur and was renamed the Panthaky Agiary after its founding Ervad.

The Panthaky Agiary survived this incident and today stands proudly in Bandra. It caters to the prayers and needs of the Tata Colony residents and it is said that whatever is requested in prayer and good faith from Padshah Saheb at this Agiary is granted.

Cut to 2011, and the Agiary stands as the religious sanctuary it was intended to be. It is cared for by the Panthaky Agiary Bandra Trust with Chairperson Mrs. Roshan Khariwalla and Managing



Panthaky Agiary - Main Gate

Trustee Mr. Zarir Khariwalla. Ervad Aspi K. Anklesaria (the Panthaki) along with his son Dinshaw Anklesaria are giving Boi there and looking after the Agiary for the past 23 years.

In 2005 the Panthaky Agiary celebrated its 75th Salgirah. The Trust collected almost 15 Lakhs in donations on the occasion and used it to renovate the property giving face lifts to the Baaj Room, Moto Otlo, Nanlo Otlo and other facilities of the Agiary.

In its 81st year now, the Panthaky Agiary runs strong on faith and devout religious sentiment.

BAUG DAUD with MURZBAN COLONY LAL CHIMNEY A.R. NAIR RD., MUMBAI 400011

Parsi Times walks into Murzban Colony one late afternoon to discover the mighty beauty of this miniscule Colony.



Murzban Colony is not really visible from the main road, but the moment you enter the Colony you are greeted by pretty buildings in pale yellow and white on either side of you.

The five buildings of Murzban Colony are 101 years old each. The residents of the approximate 58 flats are mostly older members of the Community. Some families have 4 generations raised within the peaceful walls of the Colony.

Truly representational of the diversity of Mumbai City is the location of Murzban Colony. Situated in the

Agripada area, the Colony is nestled in the middle of a Muslim locality on one side and a Maharashtrian locality on the other.

What sets Murzban apart from the regular Parsi Colonies is the beautiful heritage façade of the buildings. The Garib Zorthostiona Rehethan Fund has worked hard to maintain the aesthetic beauty of the buildings as part of its managerial job profile. The Colony issues were looked into by Trustees, Mrs. Banoo Cama and Mr. Jimmy Guzder earlier but now the main Trustee is newly elected BPP member Mr. Manchi Cama. Colony residents

we spoke to seem happy with his good intentions and involvement in the restoration of the infrastructure.

Originally build to house the extremely underprivileged within the Community, Murzban Colony has moved up the ranks in the department of education and financial security. The residents were helped by learned Parsis and educated men earlier and today's generation is self sufficient and moving quickly up the social ladder filled with opportunities and new horizons. Well known educator, Nina Writer has been instrumental in uniting the Colony and teaching its

young residents.

Today most rents for the Colony are still below Rs. 100 per month. What has however, shot through the roof is the money needed to repair and maintain the old structure. If the Colony is given the cosmetic treatment it needs, the structures are ones the Community can be immensely proud of.

When you enter Murzban Colony in the late afternoon you see, kids earnestly studying in their tuition classes and friendly neighbours chatting across from building to building. It truly is a peaceful hub in the middle of a chaotic city.



PT.

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

WANTED
Parsi Owned
Alto or WagonR Car &
Honda Activa Scooter,
In Good Condition.
CONTACT
9322413449

Dr. Vikram Bedi
Ph.D., F.F.I.G., P.G.
(Astrologer – Gemmologist)
To Consult, Verify, Select
(Shade-Potency-Cut-Weight)
& Sanctify
"Astrological Gems
(Birthstones), Heirlooms,
Inherited Gems & Amulets".
Contact:
+91-9869331975
Mumbai

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

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

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

Exotic Assorted Delicious
HOME MADE CHOCOLATES
Enriched With Nuts,
Almonds, Cashewnuts,
Pistachio, Raisins & More
Made As Per Your
Requirements. Starting from
Rs. 750 per kg onwards.
For Enquiries Call:
22041528,9821357373

Gift & Collect
Swiss Made
**Vintage Wrist Watches
&
Antique Pocket Watches**
for your near & dear ones on
special occasions as
Navjotes, Weddings
Anniversaries & Birthdays.
Contact Aashdin: 9820119739

Hooma's
Sweet Impressions
Chocolates etc.
Sweeten special occasions with
Chocolate Gifts
& brighten your functions with
Chocolate Fountains
for Navjotes, Weddings, etc.
Pioneers of
Chocolate Sagan-ni-Boi
Contact: 9820197954 / 23755919

CHALO BHARUJESHWAR
(Diwali Vacation)
Brand New Xylo, 3 Vent A/c
Breakfast, Lunch, Dinner,
Sightseeing
All Amenities Bungalow
SCHEDULE:
Oct - 18 to 21, 24 to 27
Nov 2 - 5, 14 to 17, 21 to 24
RUZBEH:
9821948754, 24166316

The New You: *Contd. from Pg. 7*

You may not be given the time to consider. A bad decision can backfire and see a reversal of fortunes.

- **Research, Research & Research:** The bigger the decision and the more money involved, the more you need to shop around. Obtain as much objective advice as you can before taking the plunge, whether with the aid of a financial advisor or on your own.
- **Head over Heart:** Emotions cloud the financial picture, so it is best not to make strategic decisions when your emotions are flying high or at times of stress, like a period of grieving or following a divorce.

8. RELAX

"Happiness seems less a matter of getting what we want, than of wanting what we have".

How we can release tension from muscles and slow our breathing and pulse rate. For everyday hassles, try one of these mini relaxations.

Get comfortable. Remember to let relaxation happen at its own pace, take note of sounds and let them pass, focus on easy natural



breathing.

COUNT DOWN:

- **Level Your Head:** Open your eyes, focus on a spot. Count backwards with your breath, starting at five. Gradually close your eyes with each breath, until at "ONE" they are shut.
- **Shrugging it Off:** Raise your shoulders to your ears. Hold for a count of four then drop back to normal. Repeat a few times, varying with shoulder rotations, first one shoulder, than the other, then both together.
- **As Light As A Cloud:** Focus on breathing and feel your mind open up. As your breathing comes calm and regular, imagine the breath is a cloud entering you, filling you up then leaving your body.

9. REDEPLOY

"What you see and hear depends a good deal on where you are standing".

There are always jobs out

there. People get injured, sick, quit, retire or die. The greater numbers of strategies you use to look for a job, the greater are the chances of securing one.

- **Network:** Get the word out to everyone you know that you are looking for work. Spread the word while contacting former bosses, colleagues, family friends and professional acquaintances.
- **Scan the Newspapers and Specialized Press every day:** Employers tend to prefer media that is seen or read by people in their specialized areas when spending money on

advertising.

- Use the Internet: The internet is a powerful and useful tool, but do not let it run your search. Explore web-based recruitment opportunities and view corporate sites both as apart of your research about the company and to view its vacancies.
- Be Flexible: If your job-seeking methods are not working, you need to change your tactics. Consider part-time, contract or other opportunities. Even if these are not ideal, you never know where they might

lead.

- Be Persistent and take it Seriously: The more hours you put in to job hunting, the more likely you are to find work. Develop a daily routine and make a point of calling contacts on a regular basis.

We are confident that "THE NEW YOU" both Part I and Part II must have made an impact and would be looking forward to something interesting in times to come. We assure you that we will not disappoint you and with more vigor and enthusiasm will continue to serve you in the right spirit.

Of Sashes and Tiaras! *Contd. from Pg. 7*

like me when she grows up!
A piece of advice that has still stayed with you...

"Be kind to people on your way up. You'll meet them on your way down." I believe that humility, honesty and sincerity are the characteristics that define a good human being.

Do you want to get in to modeling full time?

Full time is not an option for me right now as I am still studying.

What are your future plans?

I am a Media student at

Jaihind college. As of now, I want to complete my graduation and study ahead. I would love to do some part-time modeling. I have been a student with Shiamak Davar, who I consider my mentor, since the past several years & would like to pursue dance too. I am also a part of the organizing committee of the very successful and popular Holiday Program for Youth (HPY) held by the BPP since the past 4 years.

Do you have any Bollywood aspirations?

Not really. I have never thought along those lines.

According to you your attractiveness lies in...

I am a go-getter and believe that I can succeed in whatever I put my mind to. According to me, my attractiveness lies in my confidence!

What's your message to the Parsi youth who want to enter the entertainment field?

Education comes first. Having said that, "Do what you want to do and be what you want to be, because you have only 1 life to do it all!"

પારસી ટાઈમ્સ

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

:: PAGE 11 ::

શનિવાર, સપ્ટેમ્બર ૨૪, ૨૦૧૧

બુરો ઝોહાક

સીયામકનો વંશ જ અરબ રાજા મદસિ-સેમાઈટ પ્રજાનો રાજા હતો. તે ભલો અને શુરવીર શાહ હતો., પરંતુ તેને બીવર અરુપ-ઝોહાક-નામનો બુરો અને સીતમગાર પુત્ર હતો. એબ્લીસ નામના દગાબાજ જાદુગરની અસર તળે ઝોહાક હતો. એબ્લીસ હમેશા ઝોહાકને ભંભેરતો. નાદાન ઝોહાકને પિતા મદસિની હૈયાતીમાં જ રાજા બનવું હતું. મદસિ રોજ બામદાદના સમયે મહેલના સુંદર બાગમાં ફરવા નીકળતો.



એક દિવસ ઝોહાકે બાગમાં ઉંડો કાદો ખોદાવી તેની ઉપર ઝાડ-ઝાખળા ઘાસ નંખાવ્યું. જાણે કે ખાદો છે, એવું માલમ જ ન પડે! સવારના પહારમાં પવિત્ર કલામો ભણતો ભણતો મદસિ બાગમાં ફરવા નીકળ્યો. તેને બામદાદમાં પેલો ખાદો દેખાયો નહિ અને શાહ મદસિ ખાદામાં પડીને મૃત્યુ પામ્યો. રૈયત દુઃખી થઈ પણ ઝોહાક બહુ ખુશ થયો. પિતાના મૃત્યુ પછી તે ગાદીએ આવ્યો. પેલો એબ્લીસ હવે બાવરચીનું સ્વરૂપ લઈને શાહને ત્યાં નોકરીએ રહ્યો. અત્યાર સુધી જગતમાં ફળફળાદી, વનસ્પતિનો ખોરાક માનવીઓ ખાતા હતા. હવે એબ્લીસે શાહના લોહીને બુરી પ્રકૃતિનું બનાવવા માટે માંસાહારનો ખોરાક શરૂ કર્યો. દુનિયામાં માંસ કાવાની શરૂઆત ઝોહાકથી થઈ હતી. પહેલા એબ્લીસે ઝોહાકને ઈંડા ખવડાવ્યા. તે બહુ સ્વાદિષ્ટ લાગ્યા પછી તીતર, સફેદ રાણી મરઘા, મેંદા અને મરઘાના ગોસ્તની વાનગીઓ ઝોહાકને પુષ્કળ પસંદ પડી. હવે એબ્લીસે જવાન વાચરડાની પીઠનું ગોસ્ત કેસર ગુલાબ નાંખીને પકાવ્યું. ઝોહાક તે આપટી ગયો અને બહુ ખુશ થઈને બાવરચીને (એબ્લીસને) આવી સુંદર વાનગી ખવડાવવા માટે કાંઈપણ માંગવા કહ્યું, ત્યારે એબ્લીસે કહ્યું.

ઓ મારા નામવર શાહ! તમારી કૃપાથી હું સુખી છું. પણ આપને મારી વાનગીઓ પસંદ પડી હોય તો તેના બદલામાં તમારા બન્ને ખભાઓ ઉપર મને ચુંબન કરવા દો.

ઝોહાકને બુરી બુદ્ધિ સુઝી. તેણે પોતાના ખભા ખુલ્લા કર્યા બાવરચીના સ્વરૂપમાં એબ્લીસે બન્ને ખભા ઉપર એક એક ચુંબન-ઓસા-કરીને તરત જ તે રાજમહેલમાંથી ચાલ્યો ગયો. આ તરફ એક આશ્ચર્યજનક ઘયના બની. ઝોહાકના બન્ને ખભા ઉપર એકેક સાપ ઉગી નીકળ્યો. સાપો ઝોહાકને દંખ દેતા હતા, આથી ઝોહાક કંટાળ્યો, પરેશાન થયો, કીજવાયો, પરંતુ પેલો બાવરચી હોય તો તેને બોલાવે ને!

ઝોહાકે રાજ્યના તમામ તબીબો, હકીમોને ભેગા કરી સાપનો ઈલાજ કરવા કહ્યું. પરંતુ કોઈ ને કામચાબી ન મળી. એક તબીબે સાપને કાપી નાંખ્યા તો ફરી તે ખભા ઉપર ઉગી નીકળ્યા. શાહ સંતાપમાં પડ્યો. ફરી પેલો બુરો એબ્લીસ હકીમનો છુપો વેશ લઈને આવ્યો. તેણે ફરમાવ્યું કે શાહના દર્દનો ઈલાજ તેની પાસે છે. દરરોજ એક માણસનું ભેજું કાઢી લઈને એક સાપને ખવડાવવું, એટલે કે બે સાપ માટે રોજ બે માણસોની કતલ કરવી. તોજ બન્ને સાપો શાંત રહેશે અને રાજાને કનડગત કરશે નહીં.

ઝોહાકે આ ઈલાજ અમલમાં મુક્યો. રોજ સવારમાં ઝોહાકના સૈનિકો મહોલ્લાઓમાંથી કોઈ પણ બે માણસોને પકડી લાવે. તેમની કતલ કરે અને તેમના ભેજા સાપોને ખવડાવી દે. ભેજા ખાઈને સાપો શાંત થઈ જતા. આથી રાજા ઝોહાકને રાહત થઈ પણ પ્રજામાં અસંતોષની આગ ફેલાવા લાગી.

(શાહનામાનાં સુંદર પ્રકરણોમાંથી)
રૂસી ફ. બેસાનીયા.

નવરોઝ બાગ પ્લે સેન્ટર

નવરોઝ બાગ પ્લે સેન્ટરના આશારા હેઠળ, સાર્વજનિક જનતાને માટે, રવિવાર તા. ૨૫મી સપ્ટેમ્બર, ૨૦૧૧ના દિવસે, સવારના ૧૦.૩૦ કલાકે, પી બ્લોક નં.૨, નવરોઝ બાગ, લાલબાગ મધ્યે નિષ્ણાત કેન્સર સરજીયન ડો. મરઝી ગો. મહેતા, કેન્સર તેમજ જનરલ સર્જરી ઉપર મફત સલાહ સૂચના આપશે. સંપર્ક સાધો. ટે.ન. ૨૪૭૧૪૨૪૪ સમય સાંજના ૭ થી ૮ સુધી. પેશન્ટોએ એમની સાથ રીપોર્ટ તેમજ એક્સરે લેતા આવવું.

— નરીમાન એ. મહેતા

મરહુમ શેઠ ફરામજી નસરવાનજી પટેલ દરેમહેરની સાલગ્રેહ

મરહુમ શેઠ ફરામજી નસરવાનજી પટેલ દરેમહેર (ગનપાઉડર રોડ, મઝગામ)ની ૧૬૬ વરસની સાલગ્રેહ કદમી રોજ ૧૧મો ખોરશેદ, માહ ૩ જો ખોરદાદ, સને ૧૩૮૧ ય.ઝ. બુધવાર ૨૮-૯-૧૧ના દિવસે પડે છે. તેની ખુશાલીમાં સવારે ૯.૩૦ કલાકે (સ્ટા. ટા.) જશનની ક્રિયા ઉપલી દરેમહેરના હોલમાં કરવામાં આવનાર છે. જે વેળા સર્વે જરથોસ્તીઓને પધારવા ટૂસ્ટી સાહેબો આમંત્રણ કરે છે.

૩) આસ્તુયે = પસંદગી, માનવની બુદ્ધિ ઉપર છોડી દેવાઈ. એ પસંદગી કર્મના કાયદાને આધારે વિચારવાથી છૂટ રાખી. સ્વર્ગીય કર્મના કાયદાને આધારે વિચારવાથી છૂટ રાખી. સ્વર્ગીય પિતાની ઈચ્છા લાચારોને સહાય ચાલુ રાખવાની છે. એટલે એમને માનવમાં સેવાનો, બીજાને સુખી કરવાનો, સહિનાં રક્ષણનો અને એવી ભલાઈ માટે યજ્ઞોની પાસબાનીનો ખ્યાલ ભરી દીધો. સેવાનો માર્ગ શૂરાનો છે.

આવી સેવા કરવાની ઉલટ જગાડવા, સેવામાં મદદ કરવા, સેવા માટે તક આપી. એ પૂરી કરવા, શક્તિ આપવા, શહેરેવર અમસારપંદને સોંપાયું. માનવ ખાકનું પૂતળું રહ્યું નથી. આમ એનામાં સ્વર્ગીય બાપની અગાઢ શક્તિઓની ભેટ થઈ. હમદીનો! એ માટે કયા શબ્દોમાં દાદારનો આભાર મનાય?

૪) દાદારને માનવની વિચારશક્તિની ખામીનું મીઠાન હતું જ એટલે માનવ માત્ર ભૂલને પાત્રની ધાભાવના જાગી. તેથી સમયસર ચેતાવવા કોઈ યોજના જરૂરી લાગી. એ કારણે એક અણમોલ ભેટ, અતંકરણની ચેતવણીની થઈ. આવો આત્માનો અવાજ સમયસર રણસિંગડું સુનાવી આડે માર્ગે જતાં રોકે એવી ગોઠવણ કરાઈ. ઉન્નતિ માટે કેટલી કાળજી?

આ ચેતવણી (સ્પેન્ટા=ભલી+આર=સીધી+મળતી=મતિ) અર્થાત સ્પેન્ટાઆરમઈતી સ્પેદારમદને સોંપાઈ=કમનસીબે આવી ચેતવણી જાહેર હોતી નથી. અંગત અને ખાનગી રખાઈ, જેથી કોઈને માનવની ભૂલોનું ગુનાનું ભાન થાય નહીં. જેનું અંતકરણ ઉંઘી ગયું હોય તેને આ ખૂબ ધીમો અવાજ સંભળાતો નથી. યા સાંભળવા માંગતા નથી. તેઓ અકોમનના શિકાર ચાલુ બનેલા રહે છે અને દાદારની દોસ્તી વચ્ચે દરાર પડે છે.

* આપણે જોયું કે દાદાર દાતાર છે, કૃપાળુ બક્ષેસો દેનાર છે. તેટલા જ દાદગર=ઈન્સાફી છે. બધું માફ કરી દઈ ભૂંડાઈને ઉત્તેજન આપે એમ નથી. તેઓ અશો છે. મનની મલીનતા ચલાવી લે એમ નથી. તેમ કરે તો ઈન્સાફ સચવાય નહીં.

બલમન, અર્દીબહેસ્ત, શહેરેવર, સ્પેન્ટારમદ, ખોરદાદ અને અમરદાદની શક્તિઓની માનવને બક્ષેસ થઈ છે. અશો અમસારપંદોની રાહબરી પણ રાખી. સાત અમસારપંદે ખાસ કાળજીથી માનવને મગવન બનાવવા ફરજ સ્વીકારી.

૨) દાદાર બીજાના શીરે જવાબદારી સોંપી જાતે આરામ કરે એવી યોજના વિચારાઈ નહીં. જાતે ચીંચારી રૂપે માનવમાં હાજર રહ્યા. એ ફવધીના નામે બીજાં સુક્ષ્મ શરીરો સાથ માનવમાં હૈયાત છે. એ આત્માની રખેવાલીની જવાબદારી સાચવે છે. ખૂદ દાદારની જ પનાહ છે. ખૂદ દાદારની જ ચિંચારી છે.

(વધુ આવતા અંકે)

— નોશીર દાબુ (પ્રેરણા પ્રકાશમાંથી)



જન્મ તારીખના આધારે ભવિષ્યવાણી

જો તમારો જન્મ સપ્ટેમ્બરની ૨૪ તારીખે થયો હોય તો..

તમને તમારી ઘરની વ્યક્તિની સહાયતા નહીં મળે પણ મિત્ર કે સ્નેહીથી મદદ મેળવી શકશો. તમે બીજાની વસ્તુમાં ઈચ્છા નહીં રાખો. વારસા માટે પણ ખાસ ઈચ્છા નહીં રાખો. તમને મળેલા પ્રેમના બદલામાં તમે સર્વસ્વ અર્પણ કરવા તૈયાર રહેશો, પરંતુ પ્રેમ મેળવવામાં સફળતા ઓછી મળશે. આંધળો વિશ્વાસ રાખવાથી દગો મળશે. લગ્નબાદ ભાગ્યોદય થશે. જીવનના ઉત્તરાર્ધમાં તમે વધુ સુખી થશો. ૨૪થી ૩૩ વર્ષ દરમિયાન સંસારનાં અનેક ક્ષેત્રોનો અનુભવ થશે. જીવનનાં ચડાણઉત્તરણનો તમે હિંમતપૂર્વક સામનો કરશો. ધર્મ પ્રત્યેનું આકર્ષણ ધીરે ધીરે વધતું જશે. તમે સ્વાવલંબી અને પરાક્રમી હશો. સ્વતંત્ર વિચાર ધરાવશો. તમને કોઈ પણ લાગણી દર્શાવીને જીતી શકશે. કુદરતી સુંદરતાનો શોખ રહેશે. જમીન-કોન્ટેક્ટર-ખાણ કે ખાવા પીવાના ધંધાથી નામ અને દામ મેળવશો. તમારી નોકરી પણ સંપૂર્ણ સુખસગવડવાળી હશે. શારીરિક બાબતમાં વાગવું પડવું, શ્વાસની તકલીફ, ફેફસાંની નબળાઈ, હાઈ-લો-પ્રેશર વગેરેથી સંભાળવું. પ્રથમ ૬ વર્ષમાં લોખંડથી કે શસ્ત્રથી ઈજા થાય. પેટમાં કૃમિ હશે.

શુભ રંગ: લીલો, શુભ ગંગ: હીરા

આ વર્ષમાં કોઈપણ યાદગાર બનાવ બની રહેશે: ૫, ૬, ૧૪, ૧૫, ૨૦, ૨૪, ૨૬, ૨૮, ૩૨, ૪૨, ૪૬, ૪૮, ૫૧, ૫૬, ૬૦, ૬૬, ૬૮.

— ગુપુર

એક નજર પારસી મરણો ઉપર

Deceased મરનાર	Age ઉ.વ.	Date તારીખ	Address ર. ઠે.	Relations સગાઈઓ
Ameem Temurasp Shroff એમી તેહમુરસ્પ શ્રોફ	63 ૬૩	14-09-2011 રોજ આસમાન, માહ ફરવરદીન, ૧૩૮૧	Colaba, Mumbai 400005. બી-૧૪, મહેરઝીન, વુડ હાઉસ રોડ, કોલાબા, મુંબઈ ૫.	માતાપિતા: જાલુ તથા મરહુમ તેહમુરસ્પ દોસાભાઈ શ્રોફ, ભાઈબહેનો: મહેલી તેહમુરસ્પ શ્રોફ, ફિરદોશ તેહમુરસ્પ શ્રોફ.
Adi Dadiba Shroff અદી દાદીબા શ્રોફ	91 ૯૧	15-9-2011 રોજ જમીયાદ, માહ ફરવરદીન, ૧૩૮૧	Tardeo, Mumbai 400034. બિલ્ડિંગ નં. ૭, બી બ્લોક, ફ્લેટ નં. ૩, ૧લે માળે, તાતા કોલોની, તારદેવ, મુંબઈ ૩૪.	માતાપિતા: મરહુમ દોસીબાઈ, મરહુમ દાદીબા, ધણીયાણી; મરહુમ જાલુ, દીકરા દીકરી: મરહુમ શેરનાઝ, મેકલી શ્રોફ, પરીઝા મહેતા, ભાઈબહેનો: મરહુમ દારા શ્રોફ, મરહુમ તેહમીના મીસ્ત્રી, ગ્રેન્ડ ચિલ્ડ્રન: પૌત્રસ્પ દાડવાલા, ઝીયસ મહેતા, વલુ જમાઈ: મરહુમ ખુરશીદ દાડવાલા, ખુશરૂ મહેતા, સાસુસસરા: મરહુમ પીરોજી તથા મરહુમ રૂસ્તમજી પેઈન્ટર.
Farhad Eruch Kolah ફરહાદ એરુચ કોલાહ	52 ૫૨	15-9-2011 માહ આસમાન, રોજ ફરવરદીન ૧૩૮૧	Bandra (West), Mumbai 400050 ૨, નૂર-એ-રહેમત, બી.જે. રોડ, બાન્દ્રા (વે), મુંબઈ ૫૦.	માતાપિતા: મરહુમ લોમાય તથા એરુચ કોલાહ, ધણીયાણી: જાસ્મીન, દીકરી: પરીનાઝ, સાસુસસરા: મરહુમ તેહમી તથા બરજોર રહેરિયા.
Dolat Dinshaw Bharucha દોલત દીનશા ભરુચા	93 ૯૩	15-9-2011 રોજ જમીયાદ, માહ ફરવરદીન ૧૩૮૧	Thakurdwar, Mumbai 400002 વાચ્છા ગાંધી બિલ્ડિંગ, ફ્લેટ નં. ૪, ૨જે માળે, બનાજી ફાયર ટેમ્પલ કમ્પાઉન્ડ, ૨૬૪/૬૬, બી. જયકર માર્ગ, ઠાકુર દ્વાર. મુંબઈ ૨.	માતાપિતા: મરહુમ મોતીબાઈ તથા મરહુમ નસરવાનજી ઈરાની, ધણી: મરહુમ દીનશા દારબશા ભરુચા, દીકરા દીકરી: મરહુમ ખોરશેદ, નોશીર, નરગીસ પરવેઝ બેંગાલી, ફેની દાલી મહેતા, ડેઝી નરી ભરુચા, શિરાઝ જમશેદ ગઝદર, ભાઈબહેનો: મરહુમ લોમાય નસરવાનજી ઈરાની, ગ્રેન્ડ ચિલ્ડ્રન: કશ્મીરા આસ્તાદ મહેતા, જવાહર પરવેઝ બેંગાલી, વિરાઠ, કેરસી, રૂઝબેલ, જેનીફર, બિનાયફર, ફરોખ વેસુના, વલુ જમાઈ: મહેરંગીઝ નોશીર ભરુચા, મરહુમ પરવેઝ બેંગાલી, દાલી, મરહુમ નરી, મરહુમ જમશેદ, સાસુસસરા: મરહુમ શીરીનબાઈ તથા મરહુમ દારબશા ભરુચા.
Eruch Cawasji Dastur એરુચ કાવસજી દસ્તુર	89 ૮૯	15-9-2011 રોજ જમીયાદ, માહ ફરવરદીન ૧૩૮૧	Matunga, Mumbai 400019. ૫૯૯, શર્મા નિવાસ, જામે જમશેદ રોડ, માટુંગા, મુંબઈ ૧૯.	માતાપિતા: મરહુમ શીરીન તથા મરહુમ કાવસજી ખુરશેદજી દસ્તુર, ધણીયાણી: મરહુમ કુમી દસ્તુર, દીકરા દીકરી: હોરમઝદ અને અરનવાઝ, ભાઈબહેનો: રૂસી, ધન, લીલા, દોલત, સાસુસસરા: મરહુમ આયમાય અને અરદેશર લોમાવઝીર.
Gool Sorabji Divwala ગુલ સોરાબજી દીવવાલા	78 ૭૮	16-9-2011 રોજ મારેસ્પંદ, માહ ફરવરદીન ૧૩૮૧	Hughes Road, Mumbai 400007. ૧૮, ખરેઘાટ કોલોની, ફ્લેટ નં. ૬, ૨જે માળે, હ્યુઝસ રોડ, મુંબઈ ૭.	માતાપિતા: તેહમીના તથા સોરાબજી જામાસ્પજી દીવવાલા, ભાઈ: લોમી સોરાબજી દીવવાલા.
Minoo Framji Batliwalla મીનુ ફરામજી બાટલીવાલા	84 ૮૪	17-9-2011 રોજ અનેરાન, માહ ફરવરદીન ૧૩૮૧	Tardeo, Mumbai 07 ૩૨, ખાન બિલ્ડિંગ નં. ૮, ૩જે માળે, ચીકલવાડી, તારદેવ, મુંબઈ ૭.	માતાપિતા: મહેરબાઈ તથા ફરામજી સોરાબજી બાટલીવાલા, ધણીયાણી: લોમાય મીનુ બાટલીવાલા, દીકરા દીકરી: જાસ્મીન, પરવીન, એરુચ, પરસી, ભાઈ બહેનો: બહેરામ, ફિરોઝ, એરુચ, પીલુ, ગ્રેન્ડ ચિલ્ડ્રન: જમશીર પરીઝાદ, ચેરાગ, ખુશનાઝ, વલુ જમાઈ: મહેરનોશ, કેરસી પરસીસ, સાસુસસરા: જરબાઈ રૂસ્તમજી લોમીનાર.
Rusi Nariman (Owner Of Parsi Dairy Farm) રૂસી નરીમાન	78 ૭૮	17-9-2011 રોજ અનેરાન, માહ ફરવરદીન ૧૩૮૧	Mumbai 20. ૧/મરીન ચેમ્બર્સ, ૧લી મરીન સ્ટ્રીટ, મુંબઈ ૨૦.	માતાપિતા: મહેરબાઈ તથા નરીમાન અરદેશીર, ધણીયાણી: સીલુ નરીમાન, દીકરી બીનીયર સુનીલ કૌશલ, ભાઈબહેનો: જરૂ નરીમાન, મરહુમ દીનશી નરીમાન, મરહુમ મેહલી નરીમાન, મરહુમ નવલ નરીમાન, ગ્રેન્ડ ચિલ્ડ્રન: રતન અને રૂબી કૌશલ, જમાઈ: સુનીલ કૌશલ.
Meheli Kekhasru Guzder મહેલી કેખશરૂ ગઝદર	69 ૬૯	17-9-2011 રોજ અનેરાન, માહ ફરવરદીન ૧૩૮૧	Sussex Road, Mumbai-400 027 એમ. પી. કોન્ટ્રેક્ટર ચાલ, ૧લે માળે, રૂમ નં. ૧૨, સુસેક્સ રોડ, મુંબઈ ૨૭.	માતાપિતા: દોસામાય તથા કેખશરૂ એમ. ગઝદર, ધણીયાણી: મહાજી, દીકરો: રોની, ગ્રેન્ડ ચિલ્ડ્રન: ફરઝીન, વલિસ્તા, વલુ: રૂકસાના, સાસુસસરા: મની તથા મરહુમ જમશેદજી કોલાબેવાલા.
Eruch Ardesar Bhote એરુચ અરદેશર ભોત	87 ૮૭	17-09-2011 રોજ અનેરાન, માહ ફરવરદીન ૧૩૮૧	Andheri (W), Mumbai-58. એલ૧/૫૨, કામા પાર્ક, કામા રોડ, અંધેરી (વે), મુંબઈ ૫૮.	માતાપિતા: મરહુમ ભીખાજી તથા મરહુમ અરદેશર ભોત, ધણીયાણી: દોલી બ્રાચ ભોત, દીકરા દીકરી: વીરુષી ઈ. ભોત, શેનાઝ માસ્ટર, ભાઈ બહેનો: મરહુમ ફિરોઝ, મરહુમ ધનજીશા, મરહુમ લોમી, મરહુમ આલુ, મરહુમ દોલી, ગ્રેન્ડ ચિલ્ડ્રન: માસ્ટર જમશેદ વી. ભોત, માસ્ટર જુબીન વી. ભોત, ડેલના એચ. માસ્ટર, રીયા એચ. માસ્ટર, વલુ જમાઈ: પરસીસ વી. ભોત, લોમીયાર માસ્ટર.
Simindokht K. Mondogarian સીમીનદોખ્ટ કે. મોન્ડોગારીયન	80 ૮૦	18-9-2011 રોજ મારેસ્પંદ, માહ ફરવરદીન ૧૩૮૧	Mumbai 400009. ગુસ્તાદ ચેમ્બર્સ, ૪થે માળે, મુંબઈ ૯.	માતાપિતા: ખારમેન તથા કેખશરૂ, દીકરો દીકરી: ખોદાદાદ, જાસ્મીન સીરાજ મોન્ડોગારીયન, ભાઈબહેનો: શાપુર અને શાહરૂખ, ગ્રેન્ડ ચિલ્ડ્રન: શ્રીતી, ખોદાદાદ, મેહરાબાન અને ઝીબા, વલુ જમાઈ: જહાંગીર, મીનોચેર.
Kersi Nariman Entee કેરસી નરીમાન એન્ટી	86 ૮૬	18-9-2011 રોજ મારેસ્પંદ, માહ ફરવરદીન ૧૩૮૧	-	માતાપિતા: દોલત તથા નરીમાન કે. એન્ટી, ભાઈ બહેનો: ફિરોઝ નરીમાન એન્ટી, રોશન રુસુ ઈ.
Homai Rashid Irani હોમાય રશીદ ઈરાની	86 ૮૬	19-9-2011 રોજ અશીશવંધ, માહ ફરવરદીન ૧૩૮૧	Elphinstone Road, Mumbai 400012. ૨બી/૮, તાતા મિલ્સ કો-ઓપરેટીંગ હાઉસીંગ સોસાયટી, એલફીસ્ટન રોડ, મુંબઈ ૧૨.	માતાપિતા: પેરીન તથા રશીદ જમશેદ ઈરાની, ભાઈબહેનો: અસ્પંદીયાકર, ગુસ્તાદ, મોતી અસ્પી ઈરાની, મરહુમ જમશેદ, મરહુમ દોલત.
Piloo Aspy Irani પીલુ અસ્પી ઈરાની	91 ૯૧	19-9-2011 રોજ બહમન, માહ ફરવરદીન ૧૩૮૧	Kemps Corner, Mumbai 400036. ઈન્ડો હાઉસ નં. ૪, ફ્લેટ નં. ૩૧, ૪થે માળે, કેમ્પ્સ કોર્નર, મુંબઈ ૩૬.	માતાપિતા: મરહુમ દોસામાય, કુમી અને મરહુમ શાવકશા સોરાબજી પટેલ, ધણી: મરહુમ અસ્પી ખુરશેદ ઈરાની, દીકરા દીકરી ધન પીરોજ દેસાઈ, ફરીદા જહાંગીર એન્જિનિયર, ભાઈબહેનો: નાજુ, જોગુ, મરહુમ રૂસી, મરહુમ નરગેસ નરી શ્રોફ, મરહુમ ડો. ખુશરૂ પટેલ, મરહુમ જમી, ગ્રેન્ડ ચિલ્ડ્રન: રશના ફરહાદ ચોકસી, વલુ જમાઈ: ફિરોઝ રતન દેસાઈ, જહાંગીર માનેક એન્જિનિયર, સાસુસસરા: મરહુમ ખુરશેદ એ. ઈરાની, મરહુમ ધનમાય કે. ઈરાની.
Darabsha Naoroji Mahuvawalla દારબશા નવરોજી મહુવાવાલા	89 ૮૯	20-9-2011 રોજ અરદીબહેસ્ત, માહ અરદીબહેસ્ત ૧૩૮૧	Parel, Mumbai 400012. પી/૧૧, નવરોઝ બાગ, પરેલ, મુંબઈ ૧૨.	પિતા: જરબાઈ તથા નવરોજી શાપુરજી મહુવાલા, દીકરા દીકરી: ઝરીન યઝદી ઈરાની, સુત્રુ મહેરનોશ ઈરાની, ધન ઝરીર છાપગર, ગુલશન શાહરૂખ નવલમાનેક, પરસી, ભાઈબહેનો: મરહુમ નાદીરશા, દીનામાય બરજોરજી મહુવાલા, બહેરામશા અને રતી રતનશા ચહેર, ગ્રેન્ડ ચિલ્ડ્રન: તુખ્તા જમશેદ મોદી, જહાન, રૂશાદ, શેહમાક, ક્યોમઝ, ફરઝાન, ડેલ્હી, વલુ: તનાઝ.
Rutty Russa Ginwalla રતી રૂસા જીનવાલા	78 ૭૮	20-9-2011 રોજ અરદીબહેસ્ત, માહ અરદીબહેસ્ત ૧૩૮૧	Wardon Road, Mumbai 400026. રેહમત મેનોર, વાર્ડન રોડ, મુંબઈ ૨૬.	માતાપિતા: એમી તથા ખરશેદજી આર.બી. જીજીભાય, ધણીયાણી: રૂસા એસ.એન. જીનવાલા, દીકરા દીકરી: જહાંગીર રૂસા જીનવાલા, અનાહિતા બી. અરદેશીર, આવાન જે. મીસ્ત્રી, ગ્રેન્ડ ચિલ્ડ્રન: લીઆને જે. જીનવાલા, વૈલા જે. જીનવાલા, શેનાયા અરદેશીર, રીહા અરદેશીર, મહેર મીસ્ત્રી, શીરીન મીસ્ત્રી, વલુ જમાઈ: બહેરામ સી. અરદેશીર, જહાંગીર ડી. મીસ્ત્રી, નવાઝ જે. જીનવાલા, સાસુસસરા: માનેકબાઈ તથા સોરાબજી જીનવાલા.

મોતનો ભેદ



અનંતગુણા પાંડય રાજાના વખતમાં (આ ઈન્સાફી રાજા મદુરા ઉપર હકુમત ભોગવતો હતો.) એક બ્રાહ્મણ પોતાની સ્ત્રી અને બાળક સાથે પતુરથી મદુરા જતો હતો; ત્યારે થાક અને તૃષ્ણાથી તે બ્રાહ્મણની સ્ત્રી નીસોસ થઈ ગઈ. જેથી બ્રાહ્મણ તેણીને એક વૃક્ષના ઠંડા છાયા નીચે બેસાડીને પાણીની તલાશમાં ગયો. એતેફાક એવો બન્યો કે કાંઈ મુદત આગમજ તે ઝાડના પાંદડાઓમાં એક તીર ખુંચીને બેઠું હતું, તે હવાના જોરથી નીચે એવી રીતે પડ્યું કે પેલી બિચારી બ્રાહ્મણ સ્ત્રીનું ગળું વીંધી નાખ્યું!

બ્રાહ્મણ પાણી લઈને આવ્યો અને જુએ છે તો તેની સ્ત્રી તીરથી વીંધાઈને મરણ પામી છે. ખુનીને સેંકડો શાપ આપતો તે બ્રાહ્મણ ચોતરફ જોવા લાગ્યો, ત્યારે તેણે થોડાં કદમો દૂર એક શિકારીને પીઠ પાછળ તીરોના જુથ

તેમજ હાથમાં કમાન ખેંચીને ઉભેલો જોયો.

તુરંત જ એને શક ગયો કે આ તો એનું જ કામ છે. માટે એ તો ઘસ્યો તેના અંગ ઉપર અને બોચીમાંથી પકડીને તેની ઉપર ખુન કરવાનો આરોપ મુક્યો. ત્યારે તે શિકારી બોલ્યો કે મેં ઝાડ કે સ્ત્રી તરફ તીર ફેંક્યું નથી.

આ ઝઘડો રાજા પાસે લઈ જવા માટે, પોતાની ખાંધ ઉપર સ્ત્રીનું શબ તથા રડતું બાળક અને શિકારીને લઈને, તે બ્રાહ્મણ મદુરા આવી પહોંચ્યો અને મહેલ પાસે આવીને એવું તો રૂદન કર્યું કે ખુદ રાજા બહાર દોડી આવ્યો. બ્રાહ્મણ બોલ્યો કે ઓ રાજા, તારા રાજ્યમાં કેવું અંધેર છે કે ઘોળે દિવસે મારી સ્ત્રીનું ખુન થયું છે. આ શિકારી, જેને હું પકડી લાવ્યો છું. તેણે જ મારી સ્ત્રીને વીંધી નાંખી છે, માટે મને ઈન્સાફ આપ.

શિકારીએ કહ્યું કે હું નિર્દોષ છું. જેથી રાજાએ મુંજાઈને ફેંસલો આપતી કાલ ઉપર મુલતવી રાખ્યો ધર્મી રાજાએ ઉપવાસ અને ભક્તિ કરીને પ્રભુની મદદ માંગી, ત્યારે તેને સ્વપ્નામાં અવાજ આવ્યો કે તું બ્રાહ્મણ સાથે આપતી કાલે રાતના શહેરની બહાર ચેતી મોહલામાં એક લગ્નનો મોટો મંડપ નંખાયો છે, ત્યાં તમે બન્ને જઈને છુપાઈ રહેજો, તો ખરો ખુલાસો મળશે.

બીજે દિવસે રાજા બ્રાહ્મણને લઈને છુપા વેશે ત્યાં ગયો અને એક ખુલામાં તમાશો જોતો બેઠો. ખુલાની કરામતથી ત્યાં તેઓની અંતઃક્રિયા ખુલી ગઈ. ત્યારે જુએ છે તો ચમરાજના દુતો આપસમાં મસલત કરી રહ્યા છે. એકે કહ્યું કે આજે પરલાતા વરરાજાનો પ્રાણ લેવાનો આપણને તો હુકમ છે, અને એના શરીરમાં દુઃખ દરદ તો કોઈ જાતનું છે નહીં, ત્યારે હવે આપણે કેમ કરીશું?

ત્યારે બીજો ચમદુત બોલ્યો કે કોઈ બીજો જ બંદોબસ્ત કરવો પડશે તો. ગઈ કાલે આપણે પેલા ઝાડમાં ખુંચી બેઠેલા તીરના અક્સ્માત પડવાથી કેવો આપણે પેલા બ્રાહ્મણની સ્ત્રીનો પ્રાણ લીધો? આજે તો એમ કરો કે ઝનુની પાડો એકાએક છુટો થઈને અહીં ઘસી આવે.

રાજા અને બ્રાહ્મણ તો આભા જ બની ગયા અને હવે શું બને છે તે જોવા ચાહ્યું. એટલામાં તો એક મસ્તી ઉપર ચડેલો લાલ આંખોવાળો પાડો ત્યાં ઘસી આવ્યો અને જોતજોતામાં જ તેણે ગરીબ બિચારા ઉમેદભયાં વરરાજાના પેટમાં શીંગડાઓ ઘોંચી દીધા! તેથી ત્યાં તો હવે તેજ ઘડીએ લગ્નની ધામધુમને બદલે મોતની તૈયારીઓ ચાલવા લાગી.

શિકારી નિર્દોષ હતો એવી ખાતરી થતાં બ્રાહ્મણે રાજાનો ઉપકાર માન્યો અને તે પોતાને રસ્તે પડી ગયો. મુકરરમાં લખેલું કદી કોઈથી ટાળી શકાતું નથીવ. કહેવત છે કે હીલે રોજી અને બહાને મોત.

— આજની મનશનીમાંથી

ખજૂરનું હલાવાસન



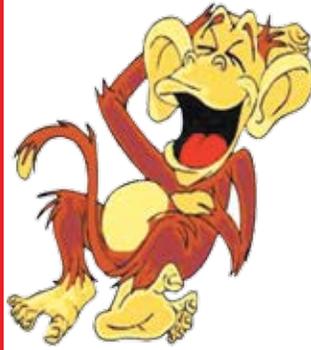
આ
જ
ની
વા
ન
ગી

સામગ્રી: ૧ લીટર દૂધ, ૪૦૦ ગ્રામ ખજૂર, ૩ ટેબલસ્પૂન સાકર, ૧ ૧/૨ ટેબલસ્પૂન ઘઉંનો કરકરો લોટ, ૧ ટેબલસ્પૂન ગુંદરનો ભૂકો, ૧ ટીસ્પૂન એલચીનો ભૂકો, ૧ ટીસ્પૂન જાયફળનો ભૂકો, ઘી, ચારોળી, ચાંદીના વરખ, થોડું દહીં.

રીત: ખજૂરને એક કલાક દૂધમાં પલાળી રાખવા. પોચા થાય એટલે બી કાઢી, મિક્સરમાં વાટી લેવું, દૂધને ગરમ કરી એક ઉભરો આવે એટલે દહીંને ફીણીને થોડું થોડું ઉકળતા દૂધમાં નાંખવું અને હલાવતા જવું. એક વાસણમાં ઘી લઈ, તેમાં ઘઉંનો કરકરો લોટ સેકવો. ઘઉંના લોટમાં ગુંદર નાંખવો. ગુંદર અને લોટ શેકાઈ જાય એટલે ઉકળતા દૂધમાં નાખવો. ખજૂરનો માવો નાંખી, દૂધને ઘીમા તાપ ઉપર ઉકળવા દેવું. પિત્તળની તપેલીમાં સાકર નાખી, ઘીમા તાપે શેકવી. બ્રાઉન કલર થાય એટલે ઉકળતા દૂધમાં નાખવી ઘટ્ટુ થાય એટલે એલચી-જાયફળનો ભૂકો નાંખી તપેલીથી છૂટુ પડે અને ગોળો થાય એટલે ઉતારી ઠંડુ થાય એટલે નાના લૂઆ લઈ ગોળ વાળવા. ઉપર ચાંદીના વરખ લગાડવા અથવા બદામને ગરમ પાણીમાં પલાળી, બદામને છોલી તેની કાતરી અને ચારોળી લગાવવી.

આજનો સુવિચાર

સમય ચુકે તે ભવ ચુકે,
સમય તારો મહેમાન;
ગયો ન પાછો આવે તે,
આપે ન જો સન્માન

હસવાનું
શું લેશો?

ઈન્સાન કે ઉંદર

એક મિત્રને બીજો મિત્ર મળ્યો તેને પોતાના મિત્રને કહ્યું. મારી પાસે સિનેમાની એક વધુ ટિકીટ છે, તું મારી સાથે આવે છે? આ સમજી પેલા મિત્રએ કહ્યું, જરા ઉભો રહે મને મારી બૈરીને પુછવું પડશે. આ સમજી પેલો મિત્ર કહેવા લાગો. અરે ચાર તુ આદમી છે કે ઉંદર, એક એવી બૈરીથી કરી જઈને તેનો હોકમ લેવા જાય છે?

અરે ચાર બોલના, જો હું ઉંદર હતે તો ખરેખર સુખી થતે, કારણ કે મારી બૈરી ઉંદરને જોઈને ખૂબ જ બીહે છે. ****

ઉફ ! બઈડુ

એક મહેમાન સ્ત્રીએ પોતાની સહેલીના ઘેરમાં કાચની બાટલીમાં બાલ ભરેલા જોઈને તેણે પૂછ્યું આચ બાટલીમાં બાલો કાંચ ભરી રાખ્યા છે. એ તો મારા ઘણીજની યાદગીરી છે. પેલીએ ઉત્તર આપ્યો.

આ સમજી મહેમાન સ્ત્રીએ પૂછ્યું. પણ તમારા ઘણીજ તો જીવતા છે, પછી યાદગીરી કેવી? એવણાના માથા પર પહેલાં બાલ હતા અને હમણા ટાલ પડી છે..પેલી સ્ત્રીએ ખુલાસો કર્યો.

તમારા ચમકતા સિતારાઓ માટે જુઓ પાનું નં. ૧૪



જે કંઈ હતું મારા પરસમાં તે હતો મારો ફોન... પણ એમાં હતા મારા પ્લાનર,
મારી એક્સ બુક, મારા બેન્કના રોકોર્ડસ, મારા.....

by Carol Reader NUPUR

મેષ: તા. ૨૧મી માર્ચ થી ૨૦મી એપ્રિલ

આ અઠવાડિયું તમારું આગસ અને રસ વગરનું જશે. થોડી ઓછી ખુશી મળશે. આશા મૂકી દેશો તો સારા સમાચાર મળશે. પણ એમાં સમય લાગશે.

વૃષભ: તા. ૨૧મી એપ્રિલ થી ૨૦મી મે

આ અઠવાડિયામાં તબિયત બગડવાના ચાન્સ છે. રાતના ઉંઘના પ્રોબ્લમને કારણે આગસમાં રહેશો. તમારા સંબંધમાં તમારું વર્ચસ્વ સાડું રહેશે.

મિથુન: તા. ૨૧મી થી ૨૦મી જૂન

આ અઠવાડિયાનું તમને તમારા લીધેલા ડીસીઝન ઉપર સાડું રીઝલ્ટ રહેશે. હાલમાં સાચાની માટે સખત શબ્દ બોલી દેશો બને તો કોઈની વચ્ચે પડતા નહીં. કોઈની સાથે જીભા જોડીમાં ઉતરતા નહીં.

કર્ક: તા. ૨૧મી જૂન થી ૨૨મી જુલાઈ

આ અઠવાડિયામાં કંઈક નવું કામ થશે. તમારા ઉપર વિશ્વાસ રાખવાથી વધુ સારી રીતે કરશો તમને ઉંઘ બરાબર નહીં આવે.

સિંહ: ૨૩મી જુલાઈ થી ૨૩મી ઓગસ્ટ

આ અઠવાડિયામાં પૈસાનું રોકાણ કરવું યોગ્ય નહીં ગણાય. ધારેલા પૈસા સમય ઉપર નહીં મળે. તમારા સ્વભાવ પર કાબુ રાખજો. બીજા ઉપર વિશ્વાસ નહીં રાખતા.

કન્યા: ૨૪મી ઓગસ્ટ થી ૨૩મી સપ્ટેમ્બર

આ અઠવાડિયામાં તમે ખોટો સમય પસાર કરશો. ખોટી બાબતમાં પરેશાન થશો. તમારી ઓળખાણ તમને કામમાં આવશે. બીજા લોકોની મદદ લેજો.

તુલા: તા. ૨૪મી સપ્ટેમ્બર થી ૨૨મી ઓક્ટોબર

આ અઠવાડિયામાં ચિંતામાં આવી જતા નહીં. તમારી ચિંતા તમને મગજથી પરેશાન કરશે. કંઈપણ કામ કરતા રહેજો. કન્ફ્યુઝ થતા નહીં વ્યવસ્થા થઈ જશે તે વાત ધ્યાન રાખજો.

વૃશ્ચિક: તા. ૨૩મી ઓક્ટોબર થી ૨૨મી નવેમ્બર

આ અઠવાડિયામાં સારા સમાચાર અને સાડું જાણવા મળશે. તેમજ તમારું અઠવાડિયામાં સારા સમાચાર સમય ઉપર મળશે તે વિચાર મનમાંથી કાઢી મૂકજો.

ધન: તા. ૨૩મી નવેમ્બર થી ૨૨મી ડિસેમ્બર

આ અઠવાડિયામાં તમારું કોઈકની સાથે જોડાણ થશે. તમારે બીજાને મદદ કરવી પડશે. વધુ પડતા લાલચમાં આવી જતા નહીં. જરૂરત હોય તેવાની મદદ કરજો. પ્રેમી સાથે સાડું રહેશે.

મકર: તા. ૨૩મી ડિસેમ્બર થી ૨૦મી જાન્યુઆરી

આ અઠવાડિયામાં સમય ઉપર ધન નહીં મળશે. ધન મેળવવા માટે તમારા વિચારોની સાથે બાંધછોડ કરવી પડશે. મનની વાત મનમાં નહીં રાખતા. કોઈકને કહી દેજો.

કુંભ: ૨૧મી જાન્યુઆરી થી ૧૯મી ફેબ્રુઆરી

બીજા તરફથી માન મળશે. સખત મહેનત કરવાથી ફળ સાડું મળશે. નાની મુસાફરીનો ચાન્સ મળી રહેશે. સારા સમાચાર મલવાના ચાન્સ છે.

મીન: ૨૦મી ફેબ્રુઆરી થી ૨૦મી માર્ચ

નાના બાળકોની કાળજી લેજો. તમારા પ્રેમની જરૂરત કોઈનેથી પડી શકે છે. તે ધ્યાનમાં રાખજો. તમારા વિચારોને બદલવાની કોશિશ કરતા નહીં. વિચારો પુરા થશે. તેવી ભાવના મનમાં રાખજો.

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

You might feel lazy & restless this week. Things will unfold slowly when you are not expecting it. You might get some good news, but you will not be able to express it.

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

You might have some health problems owing to which you will not be able to sleep. It will make you feel restless and helpless. You will act commanding in your relationships.

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

You will be an inspiration for others. Believe in your judgment. Lawyers might win a case with their hard work & patience. Try and concentrate on your work and avoid gossip. Word & avoid too much parties.

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

A new beginning is about to take place. Believe in yourself & victory will be yours. You will be able to give innovative ideas but make sure that you share your ideas only when asked to do so. You might get disturbed sleep because of some health problem.

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

If you have invested money somewhere then do not take it out this week. You will not get any money from an outside source as per your expectations. Do not lose your temper, as it will hurt others.

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

Do not waste your energy & time in unnecessary arguments. Your contacts or influence will help other people. You will go out and mingle with others.

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

Do not be depressed. You will feel like crying but divert your mind and do something else. Do not be confused. Try and manage things.

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

A messenger might come with some good news this week, but don't be depressed if doesn't come when you had expected it.

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

You might get attached to someone & help them financially. Do not be greedy & help the needy. You may also be in a difficult situation with a former lover.

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

This week you might not have money when needed and you will have to compromise on things. Do not be too secretive as it will lead you to tell lies.

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

Appreciate others for their good & hard work. You might get some good news from somewhere. You might have to travel. A journey is expected. For students your hard work will give you success & some good news.

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

Instability might affect young children. You might have emotional problems but don't lose your focus & maturity. Be positive & live in reality rather than fantasizing.

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: C equals G

ZGLJL YH XEPERD HE

YJJYZUZYXC UH HEILPERD

BYZG KLHH YXZLKKYCLXVL

UXR IEJL HLXHL ZGUX BL

GUQL

SOLUTION (17-9-2011)

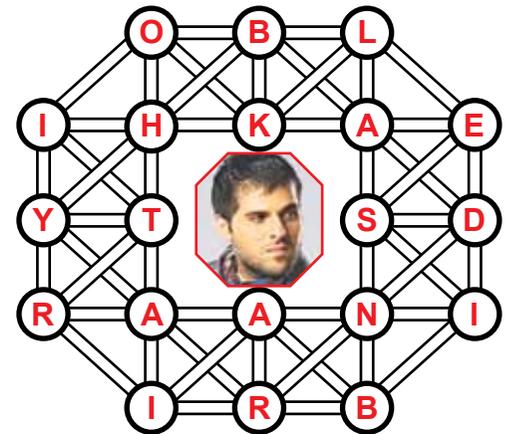
Don't worry if you're a kleptomaniac, you can always take something for it.

SUDOKU

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

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 (17-9-2011)
DINYAR CONTRACTOR

PT TIP

EXERCISES TO STRENGTHEN YOUR EYE MUSCLES AND IMPROVE YOUR VISION



PALMING

This is done to relieve stress around the eyes and as a way to relax your eyes whilst taking a computer break.

Instructions for palming

1. Take a few deep breathes before you begin.
2. Make yourself comfortable whilst leaning forward on a desk or with your elbows resting on your knees. Close your eyes.
3. Place your two hands over your eyes with the cup of your palm covering your eyes, your fingers on your forehead and the heel of your hand will rest on your cheekbone. Make sure you can blink freely and you are not putting too much pressure on your eyes.

That's it. Palming gives you the opportunity to rest your mind and your eyes for a few minutes at a time. It may not sound much of an exercise but it can make a big difference in your working day if you stop for a few minutes and do this exercise.

SUDOKU

SOLUTION (17-9-2011)

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

Trick and Treat!

FUN SHORTFORMS from our reader Mr. Rusi Kapadia

R. રોકડા S. સાથે V. વેલા P. પધારજો
(No cheque please)

W Worries I Invited F For E Ever

P Pioneer	I Internationally
A Aristocrate	N Notorious
R Respectable	D Decoits
S Sophisticate	I In
I Intelligent	A Administration
S Superior	

The KCYA PARSIKA Vol-1 Launch

19th September 2011, marked the 86th Birth Anniversary of **Founder President of KCYA (Khareghat Colony Youth Association), Mr Paeterasp Darabshah Patel.** In memory of the dear past President, the KCYA held the 'PARSIKA -Volume I' book launch at the Khareghat Memorial Hall.

The hall was filled to capacity with Khareghat Colony Residents as well as non-colony visitors.

Erv. Aspandiar Dadachanji was invited by Erv. Parzaan Dastur and conducted the "HUMBANDAGI". Family

members of Mr Paeterasp Patel lit the diva. Parzaan Dastur, and his brother Erv. Rushaad Dastur compered the show. After praising the selfless and dedicated service rendered by Late Ms. Gul Divwalla, a minute silence was observed on her passing away recently. Religious songs were sung by KCYA & the KCYA Dharmagnan Class children, accompanied by Naira Daruwala and choreographed by Khorshed Jamooji & Nilufer Kudianawala.

Dasturji Dr Peshotan Mirza launched "PARSIKA - Volume I (an overview of the charts of Parsi Cultural Heritage) authored by Mr Noshir K Daboo of Ahmedabad). Frohar



Foundation initiated the project, JAK Printers printed the book.

A Posthumous Award was given by KCYA to the family of late Erv. Kershasp Anklesaria, a senior Mobed for his yeoman services to the residents of Khareghat Colony, and the Parsi/Irani community at large.

The keynote address was given by Erv Dr Ramiyar Karanjia on "Knowledge, Faith & Goodness - the Three Paths to Good Life". KCYA President Erv. Cyrus Dastoor felicitated Dasturji Saheb Dr. Peshotan Mirza with a shawl and a garland. The Dasturji spoke on religion and also appreciated services of KCYA and praised its founder President Late Mr. Paeterasp Patel. A play "Significance of Asho Farohar" directed by Ms. Jerbanoo Nargolwala followed. It was performed by children of Godrej Baug, followed by a skit on "The Significance of Rakhiya" and Agyarini Etiquette", directed by Ms. Hutoxi Doodhwala and performed by children of Rustom Baug, KCYA gave awards to our young scholars, for their performance in the academic year 2010-2011. Gifts were presented to all performers. Ms. Thea Shroff, the grand-niece of

Mr Paeterasp Patel, rendered a beautiful song. A short film on "Kavyani Zando", created and conceptualized by Frohar Films, was screened. The song "So Long Farewell", acted by cute little kids of Rustom Baug, was choreographed by Ms. Hutoxi Doodhwala. Parzaan Dastur gave a Vote of Thanks. Chhaiye Hame Zarthosti and Jana Gana Mana ended the programme.

An entertaining and educative programme for everyone!

P.T. YOUR AD SPACE

FULL PAGE

REGULAR (150 cc)	30 cm x 5 cc	Rs.22,500.00
FRONT	-	-
BACK (150 cc)	30 cm x 5 cc	Rs.37,500.00
CENTRE (150 cc)	30 cm x 5 cc	Rs.30,000.00

HALF PAGE

REGULAR (75 cc)	15 cm x 5 cc	Rs.11,250.00
FRONT (65 cc)	13 cm x 5 cc	Rs.19,500.00
BACK (75 cc)	15 cm x 5 cc	Rs.18,750.00
CENTRE (75 cc)	15 cm x 5 cc	Rs.15,000.00

60 cc

REGULAR		Rs.09,000.00
FRONT		Rs.18,000.00
BACK		Rs.15,000.00
CENTRE		Rs.12,000.00

40 cc

REGULAR		Rs.06,000.00
FRONT		Rs.12,000.00
BACK		Rs.10,000.00
CENTRE		Rs.08,000.00

30 cc

REGULAR		Rs.04,500.00
FRONT		Rs.09,000.00
BACK		Rs.07,500.00
CENTRE		Rs.06,000.00

Parsi Times Strip Special

REGULAR	Rs.04,500.00	Rs.03,000.00
FRONT	Rs.09,000.00	Rs.07,500.00
BACK	Rs.07,500.00	Rs.06,000.00
CENTRE	Rs.06,000.00	Rs.04,500.00

UNDERSTAND YOUR AD SPACE

<p>FULL PAGE 30cm x 5cc</p>	<p>HALF PAGE 15cm x 5cc</p>	<p>40 CC 10cm x 4cc</p>
<p>60 CC 30cm x 2cc 5cm x 3cc</p>	<p>60 CC 14cm x 4cc 12cm x 5cc</p>	<p>40 CC 20cm x 2cc</p>
<p>30 CC 15cm x 2cc 10cm x 3cc</p>	<p>STRIP AD 24.5cm x 5cc</p>	<p>CLASSIFIED ADS Rs. 10 per word Rs. 15 per Capital Word 40 Words Max.</p>

With best compliments from

Nariman P. Dalal

NPD Caterer

Experienced Caterers for
Weddings, Navjotes, Jashans, Receptions,
Get-togethers and Birthday Parties

Gunpowder Road, Mazgaon, Mumbai 400 010.
Tel.: 2372 3018 • Mobile: 98214 62426, 98212 19284
OUR MOTTO – TOTAL SATISFACTION & FRESH CUISINE

Photograph of Row-House

A Home in UDVADA

'The Heritage Town of Gujarat' (as declared by Hon. Chief Minister of Guj. Narendra Modi).
A place which will double the fun of your holidays.

Near Udvada Parsi Agiyari

RUDRAKSH RESIDENCY

LOCATED RIGHT BETWEEN SURAT & MUMBAI
surrounded by greenery
in a pollution free environment

Your Dream home is

- 6 to 8 Kms. away from National Highway
- 110 Kms. from Surat • 110 Kms. from Mumbai
- 12 Kms. from Vapi • 02 Kms. from Daman

A Dream Home Like Never Before

- Bank Loan Facility Available.
- A well planned Residential Row-House with construction.
- 3 BHK, 1255 Sq.ft. house with construction.
- Individual parking for each row-house.
- Title clear / Sample Row-house Ready.

Contact :
Chetan Dadawala - 98241 10987
Amit Wadiwala - 98251 21982
Anil Ghariwala

Near Parsi Agiyari, Next to Vishwa Farm House, Nr. Laxminarayan Temple Road, Udvada Gam.
<http://www.rudrakshresidency.com>