

PARSI TIMES

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FROM THE EDITOR'S DESK

Dear Readers,

The Parsi Times family was shaken last week with the loss of Mr. Farokh Dordi, our Reluctant Writer. Mr. Dordi wrote the popular series God and Gustad which was published in our English section and continues to be printed in Gujarati as well. He was writing a new series 'God Whisperer' when we lost him suddenly last Sunday.

Mr. Dordi was born on 21st December, 1957 in Lucknow. He was the Assistant Manager in Pantaloons at Ahmedabad and then worked at Godrej in Lucknow. His people skills helped him tremendously when he shifted to Mumbai and worked in the Call Centre Industry. He also did a stint with Eureka Forbes. Mr. Dordi always had a flair for writing and a passion for reading. He was encouraged by his father and applauded by his daughter for the same. He had dabbled in freelance work as well.

We will miss Mr. Dordi immensely. He was always a friendly contributor who delighted us with his smile, his warmth and the bag of chocolates he brought with him each time he came to visit us. He regaled us with stories of his granddaughter Hazel and always took time to play with my pet Xena when she was in office with us.

Mr. Dordi showed us that any time in life is a good time to pursue your passions and that with a little dedication and talent you can turn a wonderful thought into a story that inspires and encourages the world around you. All you need is that twinkle in your eye and a genuine love for all those you meet.

I will miss Mr. Dordi immensely as will all the Parsi Times staff. There will never be another writer who can take his place. I hope his family and friends have the courage and strength to move forward, lighting the way with his wise and simple stories of hope, love and faith.

Goodbye Mr. Dordi, I hope you met God and Gustad in Heaven.

Our hearts also go out to our dearest Swati, a team member who lost her mother suddenly. We wish her strength in this tough time. Swati has been our constant correspondent with the WZCC and other Community organizations and everyone is hoping she moves on and heals well.

The Dalai Lama (XIV) said... 'Give the ones you love wings to fly, roots to come back and reasons to stay.'

In this time of loss and pain, we realize even more, the value and importance of family and friends. Dear Readers, hold your loved ones close and tell them that you love them.

Freyan.



editor@parsi-times.com @freyan_bhathena



1957-2015

LETTERS TO THE EDITOR

Interfaith Marriage Article

Dear Editor,
I agree.

Come to think of it... the High Priests are trying to save the Parsi race and not the Zoroastrian religion. These so called "High" Priests will go and we will be left wondering why we didn't listen to our hearts earlier and stand up for our loved ones. I'm sure we have at least one non-Parsi family member or relative in our midst. Now is the time to take the right step and not succumb to orthodox views of the past generation.

POINT TO NOTE: It's the message, not the messenger you might be mad at! Please Note: The opinions expressed in 'Letters to the Editor' are those of Readers and contributors and do not necessarily express the opinion of our Publication. We reserve only the right to 'edit for quality' and the right to not publish letters intended for this section, that we find less than suitable in tone or expression. If anyone has any doubts and issues about the content of the letters, they are requested to contact the individual authors if his / her details are mentioned.

Let us welcome our interfaith children. God is one and so are all Zoroastrian blood, whether half born or full. Let there be Community voting on this subject if need be since its time we wake up to the reality of dwindling Parsis.

Delnaz Sukheshwala

Did Zarathustra Convert? Does it matter?

Dear Editor,

I received an essay- "Did Zarathustra

Contd. on Pg. 07

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ANNOUNCEMENT

Zoroastrian College is organizing the 30th World Congress of Science & Spirituality / Medicina Alternativa on Saturday, 23rd January 2016 at the Russian Center for Science & Culture, Peddar Road, Mumbai, followed by Awards Function at 4 pm.

A similar World Congress of Science & Spirituality/Medicina Alternativa will be held at the Zoroastrian College near Sanjan, Gujarat on 23rd, 24th and 25th January 2016. Registrations for the same are open. Contact Khurshid Cooper on 022-23644737/09819632994 for more details.

RELIGIOUS ANNOUNCEMENTS

170th Salgreh of Saher Agiary

The 170th Anniversary of Seth Hormusji Dadabhoy Saher Agiary falls on 31st January 2016, Roj Sarosh, Mah Shehrevar, 1385 Y.Z. Havan Geh Maachi followed by a Jashan, organised by the Trustees will be held at 10.30 a.m. All are invited.

સાહેર અગિયારીમાં ૧૭૦મી સાલગ્રેહ

રોજ સરોશ, મહા શહેરવર ૧૩૮૫ ય.ઝ. તા. ૩૧મી જાન્યુઆરી ૨૦૧૬, રવિવારને દિને મરહુમ શેઠ હોરમસજી દાદાભાઈ સાહેર અગિયારીની ૧૭૦મા વરસની સાલગ્રેહ પડે છે. તે પ્રસંગે અગિયારીના ટ્રસ્ટી સાહેબો તરફથી હાવન ગેહમાં પાદશાહ સાહેબને માચી અર્પણ કરવામાં આવશે. તેમજ સવારે સ્ટે. ટા. ૧૦.૩૦ કલાકે ટ્રસ્ટીઓ તરફથી જશન કરવામાં આવશે. આ પ્રસંગે સર્વે હમદીનોને પધારી પાદશાહ સાહેબના રૂડા આશિષો મેળવી સવાબનો હંબેરો હાંસલ કરશો.

Tarapur Cawasji Mobed Parsi Dharmshala

The 66th Anniversary of Tarapur Cawasji Mobed Parsi Dharmshala falls on Tuesday, 26th January 2016. A 'Khushali nu Jashan' will be held at the Dharamshala building at 10.30 a.m. All are invited.

તારાપુર કાવસજી મોબેદ પારસી ધર્મશાળા

તારાપુર કાવસજી મોબેદની પારસી ધર્મશાળાની ૬૬મી વરસની શુભ સાલગ્રેહ તા. ૨૬મી જાન્યુઆરી ૨૦૧૬ને મંગળવારને દિને હોવાથી તે દિવસે સવારે સ્ટે. ટા. ૧૦.૩૦ કલાકે ખુશાલીનું જશન ધર્મશાળાના મકાનમાં કરવામાં આવશે. સર્વે જરથોસ્તીઓને પધારવાની વિનંતી કરવામાં આવે છે.

181 Salgreh of Seth Jejeebhoy Dadabhoy Agiary

The 181st anniversary of Seth Jejeebhoy Dadabhoy Agiary, Pilot Bunder Road, Colaba falls on Sunday, 31st January 2016, Roj Sarosh, Mah Shehrevar. The Jashan will be performed at 11.30 am.

શેઠ જીજીભોય દાદાભોયની ૧૮૧મી શુભ સાલગ્રેહ

કોલાબાની શેઠ જીજીભોય દાદાભોય અગિયારીની ૧૮૧મી શુભ સાલગ્રેહ તા. ૩૧મી જાન્યુઆરી ૨૦૧૬, રોજ સરોશ, માહ શહેરવરને દિને પડે છે. જશનની ક્રિયા સવારે સ્ટે. ટા. ૧૧.૩૦ કલાકે કરવામાં આવશે.

76th Humbandagi at Bhikha Behram Well

76th Humbandagi will be held on Sunday, 24th January 2016, Roj Ava at the Bhikha Behram Well. 'Khushali-nu-Jashan' will be held at 10 a.m. followed by the Humbandagi at 11 a.m. A talk on the life of Zarathushtra will be conducted Dr. Ervad Parvez Bajan.

ભીખા બહેરામ કૂવા પર ૭૬મી હમબંદગી

ભીખા બહેરામના કૂવા પર ૭૬મી હમબંદગી તા. ૨૪મી જાન્યુઆરી ૨૦૧૬ને આવા રોજને દિને કરવામાં આવશે. ખુશાલીનું જશન સવારે સ્ટે. ટા. ૧૦.૦૦ કલાકે તથા ૧૧.૦૦ કલાકે હમબંદગી કરવામાં આવશે. ડો. એરવદ પરવેઝ બજા દ્વારા જરથુસ્ત્રના જીવન પર ભાષણ આપવામાં આવશે.

Salgreh of Bai Dhunbaiji Dadabhai Bhimji Umrigar Agiary

The Salgreh of Bai Dhunbaiji Dadabhai Bhimji Umrigar Agiary at Vadodara is on 31st January, 2016. Jashan will be performed at 4:45 pm. All are invited to attend.

વડોદરાની બાઈ ધનબાઈજી દાદાભાઈ ભીમજી ઉમરીગર અગિયારીની શુભ સાલગ્રેહ

વડોદરાની બાઈ ધનબાઈજી દાદાભાઈ ભીમજી ઉમરીગર અગિયારીની શુભ સાલગ્રેહ તા. ૩૧મી જાન્યુઆરી ૨૦૧૬ને દિને પડે છે. જશનની ક્રિયા સાંજે સ્ટે. ટા. ૪.૪૫ કલાકે કરવામાં આવશે. બધાને આમંત્રણ છે.

Jashan in Sanjan

There will be a Jashan at the Mazda Co-operative Housing Society, Billard Road, Sanjan on 6th February 2016 at 4:30 pm with dinner thereafter. All are welcome.

સંજાણમાં જશન

સંજાણની મઝદા કો-ઓપરેટીવ હાઉસિંગ સોસાયટી, બિલાર્ડ રોડમાં તા. ૬મી ફેબ્રુઆરી ૨૦૧૬એ સાંજે સ્ટે. ટા. ૪.૩૦ કલાકે જશન કરવામાં આવશે અને રાતનું જમણવાર પીરસવામાં આવશે. બધા ઝોરાસ્ત્રીયનોને આમંત્રણ છે.

Mickey got Mickeymized: India's top two most celebrated wellness talents came together!!!



At an elite gathering with the elite of society and in the presence of Baba Ramdev, India's best and one of the world's finest talent of fitness, holistic health, and wellness—Mickey Mehta—was given very special treatment.

The gathering was a High Tea organized by Senior BJP spokesperson and leader Shainaa NC. PT watched as Baba Ramdev applauded Mickey's contribution to India and the world in the field of overall well being, patting and hugging him in lighter moments.

There couldn't be a better gift for Mickey as he completes 33 years in the Industry this year! Also, Baba Ramdev has agreed to hold a special gathering for Zoroastrians in Bombay with Mickey Mehta on a mutually agreeable date. The gathering will be one more step by Mickey Mehta towards his initiative of a disease-free community.

This is one more moment of pride that comes after Mickey's successful Opening Ceremony on World Yoga Day and Yoga-by-the-bay Sessions alongside Shainaa NC that followed.

Also, on the 20th June, 2015, World Yoga Day, our Prime Minister tweeted a Congratulatory message to Mickey Mehta that went viral within seconds. Social Samosa, a premium forum for digital media, rated health and fitness veteran Mickey Mehta as the No. 1 Wellness Influencer on Twitter as well.

Parsi Times will keep following this success story!

Pakzhan Thrives



Pakzhan Homiyar Fitter of Dadar Parsee Colony was felicitated by Ramnarain Ruia College on the 29th of December 2015, as well as by the Vice Chancellor of Mumbai University for topping her T.Y.B.A. 'French' subject. She is currently pursuing MA French from Savitribai Phule Pune University. We wish her luck in her future endeavours.

Musical Diaries



A performance encompassing a fairy tale, poems and music will be presented by 'The Eurythmy Ensemble' from Switzerland on Sunday 24th January, 11 am at Bharatiya Vidya Bhavan, Chowpatty. According to Thomas Shutter, leader of the group, this form of movement is neither a dance nor a mime, but an art of movement making visible speech and visible music. The Ensemble aspires to nurture diverse voices, viewpoints and aesthetic expression and embrace artists who pioneer innovative forms and create visionary work. Entry for the event is free.

WZCC commences 2016



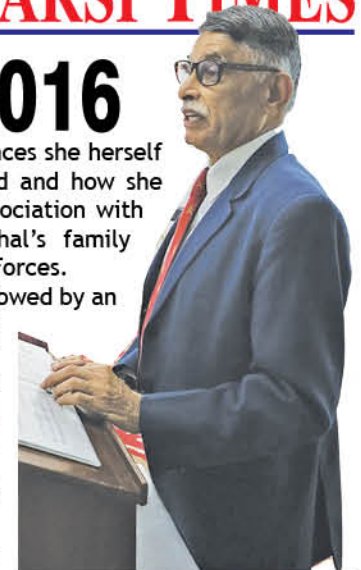
World Zarathushti Chamber of Commerce marches on with vigour in 2016. It was a 'Talk and a Show' on 9th January at West End Hotel, Mumbai where good speeches mixed with discipline and humour were delivered. The Senior brass of the Indian Army, although retired, gave a scintillating presentation which was appreciated by all present. Maj. Gen. Soli Pavri (Retd.) introduced Brig. Behram Panthaki (Retd.) in a most emphatic and respectful manner, most befitting to a Senior Army official who was earlier ADC to Field Marshal Sam Manekshaw.

Brig. Panthaki then elucidated the basic principles of Army discipline and how its leader Field Marshal Manekshaw inculcated this discipline amongst rank and file of the entire armed forces. He illustrated the art of Leadership through innumerable anecdotes and showed how discipline can be enforced through a good mixture of humour and humanism. Brig. Behram Panthaki's wife, Zenobia, also narrated a

variety of instances she herself had experienced and how she enjoyed her association with the Field Marshal's family and the Armed Forces.

This was followed by an overwhelming show presented by the well-known 'Illusionist' and 'Mentalist', Mr. Mhelly Bhumgara.

Mr. Minoo Shroff, Immediate Past Global President, then presented the mementos to Brig. Panthaki, his wife Zenobia and Mr. Mhelly Bhumgara. After this extremely enjoyable and inspiring show, the participants had a gala time and dispersed for a sumptuous dinner.



Brig. Behram Panthaki (Retd.) giving a speech



Zenobia Behram Panthaki on the mike



Mr. Mhelly Bhumgara with Mr. Minoo R. Shroff



The Young Scientist Awardee

Miss Julie Minoo Pardiwala, pursuing Ph.D. from Nirma University, Ahmedabad is a proud Zoroastrian. Before starting her research work

in post-graduation, Julie was working on "Automobile emission control to stop Air pollution" and received a National Award for Best M. Tech Thesis by ISTE Delhi from all over India at Hyderabad, thus motivating her to work on environmental issues. The aim of her research is to save the environment from waste-water pollution emitted by industries and to control its effluents. She has been treating the XYZ industrial waste-water and

synthetic waste-water with the help of catalyst prepared in the laboratory by herself with the new innovative method of ball milling, a mill designed in her college. The treatment of water is done by UV and Visible Photocatalytic reactor.

She has many awards in her bag with The Young Scientist Award for the best Oral presentation in the international conference at Pacific College, Udaipur in 2014; first prize in the international conference

of Pandit Deendayal Petroleum University (PDPU), Ahmedabad in 2014, The Young Scientist Award for first in paper and poster presentation in the international conference held at Maharaja Ranjit Singh College, Indore in 2015. On 12 December, 2015 Miss Pardiwala received a cash prize and certificate for the highest merit in her over all studies carrier at the Baroda Merit Award organized by



Julie Pardiwala felicitated by Dasturji Khurshed Dastoor at the IUU 2015

Parsi Punchayet. She was also honored by High Priest Dasturji Khurshed Kaikobad Dastoor with the Young Scientist Award at the Iranshah Udvada Utsav in 2015. We wish her all the best for her future endeavors.



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Khurshid Mistry



Pervin Batliwala

RUN PARSI RUN

Khurshid Mistry and Pervin Batliwala excelled and emerged winners in the Standard Chartered Mumbai Marathon 2016 which was held on January 17, 2016.

Khurshid won the First position in the Standard Chartered Mumbai Marathon 2016 (Half Marathon) under her age category, clocking a timing of 1 hour 54 mins. Pervin secured First place for the Full Marathon in her age category, clocking a timing of 4 hour 23 mins.

This year both the ladies have excelled in the Standard Chartered Mumbai Marathon-2016. Since

September 2015, Khurshid has won 5 Half Marathons under her age category, viz Satara, Bangalore, Vasai, Delhi and Mumbai. Pervin has won 1 Full Marathon in Bangalore and 3 Half Marathons in Delhi, Goa and Mumbai. Last year, Pervin also completed Uphill Comrades Marathon (87.7 kms) in South Africa.

On winning the Mumbai Marathon Khurshid said, "It is a dream come true for me. This year I was extremely focused and had trained very hard towards my goal. I would like to thank my coach Dinanath Maurya for his dedication and expert training and my mother for all

her support. This year I ran the Mumbai Marathon in support of Indian Cancer Society and raised funds for them. My marathon season is now over and I switch to Sprinting (100 mts, 200 mts and 400 mts) which is my forte in preparation for my upcoming athletic meets."

Pervin said, "I have been running since a long time and I enjoy long distance running. I have completed 6 Full Marathons and 27 Half Marathons so far. Some people are old at 18 and some are young at 90. Time is a concept that humans created. Age is just a number."

Kudos to both the ladies. We wish them all the best ahead!



Rustom Dadachanji

Standard Chartered Mumbai Marathon Jan 17, 2016



Yazad and Jehangir Mobedji

Rustom Dadachanji of Godrej Baug was one of the runners at the recently concluded Mumbai Marathon. Having successfully completed the Half Marathon in 2:50:38, Rustom is not new to this kind of running. **Parsi Times Reporter Delaveen Tarapore** gets into a candid chat with this upcoming athlete.

P.T.: Why did you choose to run the Mumbai Marathon?

Rustomji: It was 8 years back when I took part in the Standard Chartered Mumbai Marathon for the first time. Ever since then, I participate each year. And why not! The money that we pay during registrations is used for a good cause and can be of help to so many NGOs. This further motivated

my desire to run for such events. Besides the Standard Chartered Mumbai Marathon, I have also been participating in the Hiranandani Thane Marathon since the last 3 years.

P.T.: Have you been inclined towards running and athletics since childhood?

Rustomji: Running is a challenge. I was never really interested in sports when in school as my family conditions were not good. I lost my father at a very young age which left my mother with the responsibility of bringing me up single-handedly. I started living with my uncle in Nagpur and completed my schooling at St. Francis De'Sales High School, which left me with no time to pursue sports.

P.T.: How did sports find its way into your life?

Rustomji: It was only at the age of 25 that I started getting inclined towards sports, one at a time. I have been a fitness trainer with Mickey Mehta as well as at the Hindu Gymkhana. I have also been a sports coach with Lady Engineer High School and have been playing table tennis, karate, body building and athletics for years. Today, I am a personal fitness trainer for innumerable health conscious people.

P.T.: Besides Marathons where else have you been running?

Rustomji: Recently I ran in the State Championship competition which was held in December and now have been selected to run for the Nationals which will be held in Lucknow in March. I am really keen on being a professional runner. It all started when I saw an ad in a newspaper regarding a State Championship. It is then that I thought to myself, if I can practice and prepare myself for Marathons then why not try and test myself at the Championships.

P.T.: So any future plans?

Rustomji: I am very eager to participate in the Asian Meet which is to be held in Singapore in the month of May. I am looking out for sponsorships for the same too. But nevertheless, I know I want to participate for it and I am sure my passion and dedication will work in my favour.

For the father and son duo - Jehangir and Yazad Mobedji - running is a fierce passion. The two can be seen daily jogging along the peaceful paths of Cusrow Baug. An annual event in their sports calendar is the Mumbai Marathon, which they participated in on 17th January, 2016. Ervad Jehangir Rustom Mobedji is the Panthaky at the Dadsett Agiary in Fort, Mumbai and is the only Panthaky to have participated in the Standard Chartered Mumbai Marathon since the last 10 years. He has been participating in the Mumbai Marathon annually since 2007. During 2007 and 2008, he successfully completed the Half Marathon (21 kms) under the Veterans Category in 3 hrs 45 mins and 3 hrs 35 mins, respectively. Subsequently, in 2009, 2010, 2011 and 2012, he successfully ran the Full Marathon (42 kms) in under 6 hours under the Veterans Category. From 2013, having attained 60 years of age, he has competed under the Senior Veterans Category and completed the Full Marathon in just about 6 hours. Despite severe cramps mid-way into the race, he completed the entire distance in 6 hrs and 8 mins on last Sunday. Besides running, Jehangirji has also been training regularly at the Cusrow Baug Gymnasium since 1973 and has been a Personal Trainer since 2000.

His son, Ervad Yazad Mobedji, does part time Mobedi with his father and works full time at Vivanta by Taj President at the Thai Pavilion since the last 10 years. Despite personal shortcomings, Yazad has also participated and completed the Half Marathon over the past 6 years. This year, he ran the distance in 3 hrs and 40 mins. "I am a bit disappointed with my timings this year", he tells us between sips of Gatorade as we meet him post his run. "I need to make time for more practice; however, with pressures at work, this is rather challenging", he adds. Besides running, Yazad is deeply into weight training and trains regularly with his father. He has successfully participated in the All India Zoroastrian Power-lifting Championships since 2010 and performed admirably. With the Marathon fever over and the Power-lifting Championships scheduled in April, Yazad will have to effect some major changes in his diet and of course, his training routines.

Jehangirji is especially appreciative of the encouragement and support that he has received from the officials of the Cusrow Baug Gymnasium Committee over the past four decades. "This is very important and means a lot for me and my child," says a grateful Jehangirji.

THE POINT OF VIEW



The Community Speaks!

Parsi Times speaks to a cross section of the Community and asks questions that most people discuss in the privacy of their homes and away from the Media glare and public judgment. Today we place their unadulterated opinions here for you to see and for you think about how you react to these sensitive topics.

If given a choice, would you like to do a 9-5 job or would you prefer to be a master of your own business?

Old & Wise

Brig. Behram Panthaki, 74, United States

I was in the Indian Army all my life. My background is of an Army Officer. So the concept of a 9 to 5 job doesn't apply to me. I work 24X7 and I have done it for 30 years. In an Army man's life, there are no working hours. You need to be alert at all times because you don't know when your adversary will act. Thus, you've got to be alert at all times and now even after my retirement, I am alert, working and aware all the time.

Sanober Patva, 46, Thane

I would like to be a master of my own business as then I am not obligated towards anybody. I am a tuition teacher and I feel I manage to deliver better as I have the liberty to work in my own way. In my profession, every child is different and hence needs to be taught in a different way. I can adjust and change my ways of teaching for each child, depending on their capabilities and potential.

Kashmira Bhesania, 52, Nepeansea Road

I would definitely prefer to be a master of my own business. That would give me the flexibility to balance my work with my life. Plus it offers the privilege of being your own boss, which is add-on advantage.

Shiraz Tampal, 49, Dadar

I would prefer a 9-5 job because I feel it is safer. Here, every month we get our salary and so it is secure. In business there may be losses also. Also in my opinion, if you indulge in some business then you should have a job side by side, whereby your income is fixed and you can rely upon the same.

Hormuz Daruwalla, 19, Byculla

I would prefer a job as I don't like bossing over people and ordering them around. Instead I would choose a job wherein the boss gives me the right amount of exposure that I need to grow in my field.

Arzan Engineer, 21, Kolhapur

In today's world a 9-5 job would be a much more convenient option than that of having your own business. Having 9-5 job, one thing for sure, you'll get your salary on time. Plus, currently it is not a good time to start a business as markets are falling and recession has struck very badly. It's a huge risk due to high investment. I feel a job is less stressful compared to managing and owning your own business. Thus, I guess 9-5 job is the best choice.

Faron Balsara, 16, Colaba

I would prefer pursuing my own business as I would be my own master! Another incentive of having your own business would be the simple reason that I will be working for myself and not for someone else.

Khushnaaz General, 21, Byculla

I would like to do my own business, because herein we are our own boss. We don't have to obey anybody. Though it is necessary to consult and take opinions and suggestions from relevant people but at the end of it the ultimate decision is ours to make. In our business, we can enjoy time flexibility as well get an opportunity to have our own identity, name and fame.

Young & Free



THE QUESTION OF THE WEEK



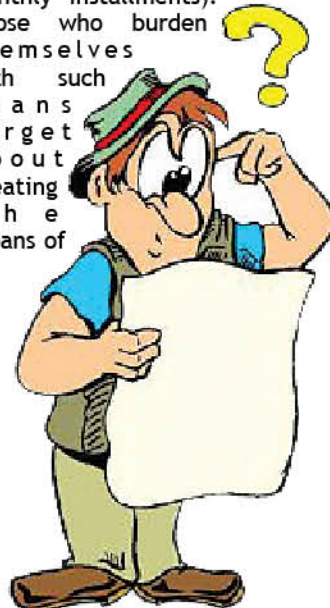
Marzee Kerawala

EMIs or SIPs?

Youngsters these days opt for buying houses on EMIs as soon as they start earning. If you have your priorities right in place, nothing wrong with the decision as you can save on rent and reap certain tax benefits. Moreover the price of real estate also appreciates in future. The interest rates on home loans offered are also usually low.

However, not content with just the home loan, youngsters get hooked to acquiring a slew of other gadgets required for a comfortable living through the easily available repayment mode of EMIs (Equated Monthly Installments).

Those who burden themselves with such loans forget about creating the means of



sustenance for their retirement. Forgetting to provide for your retirement when you are young is not a wise thing to do, particularly when India is not a welfare state. Unlike certain advanced countries, India does not have welfare schemes to take care of its aged and infirm population. Due to the huge population and lack of resources it is not a feasible option for the Indian economy.

That is why individuals have to make plans for their retirement as soon as they start earning. In this connection, a Systematic Investment Plan (SIP) in a good Mutual Fund portfolio is an ideal investment option for building a retirement kitty. The comparison given below between EMI outgoings and SIP earnings will help you in deciding which one to choose.

Equated Monthly Installments: If you take a home loan of INR 50 lakhs at 10.5% interest repayable in 20 years' tenure, the EMI calculation would be as follows:

Monthly EMI:	Rs. 49,919/-
Total interest paid to bank:	Rs. 69,80,559/-
Principal repaid:	Rs. 50,00,000/-

A cursory glance at the above figures shows that only the interest paid on the loan is Rs. 69,80,559/-.

Moreover, once you see that it is easy to raise loans you will unthinkingly burden yourself with more and more loans for

different purposes. Eventually it will put a huge strain on your disposable income and savings.

Systematic Investment Plans:

Compare the above with the SIP investment of just Rs. 20,000/- (40% of EMI) a month during a period of 20 years at an approximate CAGR of 12%. You will notice that you can accumulate a substantial savings of Rs. 1.84 crores during the same period:

Monthly SIP amount:	Rs. 20,000
Your principal contribution:	Rs. 20000* 12 mths* 20 yrs = 4800000
Interest earned	Rs. 18397147 - 4800000 = 13597147

The comparison given above makes you aware of the sizeable wealth that you can create by investing in SIPs. The comparison also underlines the point that the earlier you start investing in SIPs, the better it is because of the power of compounding effect.

If your financial goals are of short term you can set aside your savings in bank FDs. Choose debt instruments as an asset class if those goals are of medium term, such as less than 3 years. For long term goals you may go for SIPs in equity or a combination of debt and equity funds.

An SIP is like a Good EMI:

A leading asset management company stresses that an SIP is like a good EMI. Typically we associate EMI with repayment of

a loan, and we mentally adjust to the same. Likewise, if we make similar mental adjustments while investing in SIPs, that would certainly impact tremendously on our financial wellbeing. Think of SIPs as another compulsory EMI and plan your expenses around SIP installments, just as you do in the case of loan repayments. SIP and Rupee Cost Averaging: Retail investors do not have to worry much about wide market fluctuations while investing in SIPs. SIP involves investing small monthly amounts in select funds by buying units at varying NAVs (Net Asset Values). The cost of acquiring the units thus gets spread across different market conditions giving you overall a



Are you SAVING FOR YOUR RETIREMENT?

At the Age 65...

An Eye Opener	1% were wealthy
A Study by American Bureau of Labour on Retired People who started Working at age 25	4% were maintaining their standard of living
	23% still working... can't afford to quit
	9% were dead
	63% were dependent on children & charity

DECIDE YOURSELF ... WHERE YOU WANT TO BE?

better average price. Investing in mutual funds through SIPs over a period of time is the best way of attaining the financial freedom. In the long run SIPs provide better returns with lower risks than any other form of investment.

FeedBack... editor@parsi-times.com

NARGOL ENDANGERED

Contributed By P.T. Reader Khushru Cooper

A thousand years ago, as we grew in strength and number, our forefathers set up new homes in and around Sanjan choosing the best and most fertile lands. A few miles away they discovered the sandy shores and rich land in which our sacred pomegranate tree grew without shedding a single leaf in winter. Such was the beauty, the climate and the fertile soil, that our forefathers named it and the fishing village, AnarGul. Overtime, AnarGul came to be known as Nargol.

Nargol is a beautiful village with pristine beaches, helpful people, an Agiary, 3 well-known schools and the best fishing areas for bombil, boi, lobsters, pomfret and many more. On Wednesday, 13th January at 10 am, this town shut down and more than 5000 people marched to Tadgam to plead for their families, land and livelihood. They were joined by the people of Umergam, Saronda, Ahu, Tadgam, Fansa, Sarigam and other villages in and around Nargol.

Nargol is facing the threat of a mega port being constructed in the sea that would cause immense damage to the environment, livelihood and the people living there. The adverse effects of the port handling millions of tons of coal, chemicals and hazardous liquids, will have far reaching effects from Dahanu to our holy town of Udwarda. Almost all these towns have our Agiaries and a sizeable Zoroastrian population. Our Dokhma at Nargol survives on the mango trees planted on its land from which the company constructing the port, Cargo Motors, wants 10 acres of land.

In the public hearing, Mr. Govadia, the Trustee



of Nargol Doongerwadi, gave an application to the Collector protesting about the same. Captain Mistry spoke from his very own experiences, the miseries and tremendous damage that it will do to the eco-system, environment, air, soil and water and to our Parsi homes and heritage that will befall one and all, if this port is sanctioned.

It is the fate of more than 50,000 people, including our Community members and the residents of the town, our Agiaries and Dokhma, wildlife and the beautiful unspoilt and unpolluted land and sea of Nargol and its surrounding villages and towns. These adverse effects to the town of Nargol were placed before the Collector and the GMB (Gujarat Maritime Board), solid proof, facts, figures and data why a port is not required and how it is a futile endeavour which will result in polluting Mother Earth.

If you want to lend your voice and support to help the people of Nargol, Sanjan, Umergam and the surrounding villages, call 9820659732 or email on khushru_c@rediffmail.com.

LETTERS TO THE EDITOR Contd. From Pg. 02

Convert?" by Mr. Noshir Dadrawala, forwarded to me on my WhatsApp at least from two sources.

I guess it was penned in a hurry as a response to Mr. Darius Khambatta's speech in which he said, Zoroastrianism is open to all.

In the essay, Noshir says, Zarathushtra was the first prophet of the world to bring forth the first revealed religion then he contradicts himself and says, religion- Mazdayasni, already existed and Zarathushtra was its reformer, quoting Mary Boyce. Strange, but there are so many different theories surrounding the date of Zarathushtra's birth, I wonder if we can jump to conclusion that Zarathushtra was the first! The most widely accepted timeline of Zarathushtra, after studying the old Gathic language in which he composed Gathas, is 3,500 years ago. And he never claimed to be a Prophet. Noshir further says, Mazdayasni was the first and the only religion, so Zarathushtra couldn't have converted anyone since no other religion existed. But Zarathushtra speaks of Devyasnis in Gathas! And if Mazdayasni was the first and the only religion, then why Zarathushtra had to call out people to join him? Besides the Old testament of Bible is believed to have been composed 6,000 years ago recording beliefs of ancient Mesopotamians, Assyrians, Sumerians and Egyptians. The archaeological site of Gobekli Tepe in Anatolian region of Turkey and Jiroft valley in Iran belonging to Elamites is dated 9,000 years old. Can we really believe there were no religions in the world when Zarathushtra lived?

Even if one considers the possibility that Zarathushtra did not convert anyone. HOW

DOES IT MATTER? Guru Nanak also didn't convert anyone nor did Buddha or Mahavir. That hardly means that their religious ideologies don't accept converts. How else can any belief system in the world sustain and thrive without propagation of its ideals and beliefs? Why are we fooling ourselves? Zoroastrianism is a proselytizing religion and has always been one. Since Noshir already quoted Mary Boyce, let me also point out that, the Parsu (Persian/Parsi) tribe which were Indo Vedic as per Srauta Sutra, according to none other than Mary Boyce herself, "CONVERTED to Zoroastrianism under the influence of Medians (Kurds) in circa 5th Century BCE after their migration to Anshan in present day Iran". She goes on to say, before Parsa tribes converted to Zoroastrianism they used to follow many deities from Elamite dravidian religion and also mingled with them" If conversion was a taboo in Zoroastrianism, you and me, who are Parsis today wouldn't have been Zoroastrians and REGRESSIVE PARSIS who are opposing Darius Khambatta's honest words, should know this.

Historically there is no evidence to show that conversion to Zoroastrianism was ever forbidden. On the contrary, Dastur Kartir Hangirpe who was a highly influential Zoroastrian High-Priest of the late 3rd century CE and served as an advisor to at least three Sassanid emperors- Shapur I, Hormizd I and Bahram I, recorded in the inscription on Kaaba-ye Zardošt - "And there were many who had held the religion of the Devs, and by my act they abandoned the religion of the Devs and accepted the religion of the Yazads". Was Vada

Contd. to Pg.10



The Chairman, Trustees and Staff of the
BOMBAY PARSI PUNCHAYET

have convened a Public Condolence Meeting
to pay homage to

JUSTICE SAROSH HOMI KAPADIA

Former Chief Justice of India

Venue : Homi J. H. Taleyarkhan Memorial Hall
Indian Red Cross Building
Next to Town Hall, Opp. Reserve Bank of India
141, Shahid Bhagat Singh Road
MUMBAI - 400 001.

Date : Friday, 29th January 2016 Time : 6.00 pm.

MR. YAZDI DESAI

Chairman of the Bombay Parsi Panchayet
will preside

SPEAKERS

HONOURABLE

MRS. JUSTICE SUJATA MANOHAR

Judge of the Supreme Court of India (1994-1999).

HONOURABLE MR. JUSTICE SAM N. VARIAVA

Judge of the Supreme Court of India (2000-2005).

MR. SOLI SORABJEE

Former Attorney General of India

MR. DADI B. ENGINEER

Senior Partner, Crawford Bayley & Co. and
Former Trustee, Bombay Parsi Panchayet

MR. HOMA D. PETIT

Senior Partner, Vigil Juris and
President, Bomanjee Dinshaw Petit Parsee General Hospital

Condolence Resolution by

MR. GODREJ N. DOTIVALA

Public Relations Officer
Bombay Parsi Panchayet

Ganesha Predicts Global Peace and Abundance for us



**Jamshed
Arjani**

Joy imbued everyone present when Mr. Daruwalla prophesied the end of every kind of strife and the commencement of eternal global peace, a glorious HAMA ZOR harmoniously unifying all countries, nationalities, races and communities between 2017 and 2018. He explains the reason for his prediction by saying, "Now we are in the Aquarian age. In this age, the whole world will come together. World peace, progress, technology, humanity, science and spirituality will all come together." Now that would be an amazing Global Utsav, especially for the Zoroastrian Community which really needs amicable unity! Lest some readers misunderstand this statement, let me clarify that the unity of Zarathostis can only result from respecting each other and practicing the tenets of our Zoroastrian religion.

Certainly, other genuinely gifted Astrologers, Tarot Readers, Numerologists and Palmists do give insights of the future to those who consult them, and sometimes even suggest prayers and talismans or gemstones, to solve current or future difficulties. However, Mr. Bejan Daruwalla, at the age of 85, is renowned for his astute clairvoyance which springs from his unique method of fusing the precepts of Indian and Western Astrology. He studies the core of his readings perceptively and advises those who approach him.

Bejan Daruwalla was born on 11th July 1931 in Bharuch; his parents were Mr. Jehangir and Mrs. Tehmina Daruwalla. He studied at Mount Carmel's School in Ahmedabad, till the age of five. Bejan humorously recalls, that when he was five years old, some school girls asked him whether or not they would clear their Matriculation Examinations. He reminisces that he went and prayed near a tree and then replied to the girls' questions and they believed him. He still cannot fathom why they believed him. The roots of perceiving peoples' destiny began with this incident.

Mr. Bejan Daruwalla completed his schooling at St. Xavier's School at Ahmedabad and then completed his

graduation and post-graduation in the Arts stream from L.D. Arts College at Ahmedabad, with English as his main subject. He taught English at H.A. College of Commerce and later at Bhakt Vallabh Dhola College at Ahmedabad. He got married in 1965 at Ahmedabad to Gooli and has a son, Mr. Nastur Daruwalla who has mastered the arts of divination taught to him by his father. Nastur acquires a degree in the Commerce stream but his full time profession is Astrology. Today he has the distinction of being the court astrologer for none other than Prince Lakshyaraj Singh Mewar of Udaipur. He is married to Meetu Daruwalla.

The famous father and son duo are proud to be Zoroastrians. Bejan's Navjote

“ The Avesta language of the Parsis and Sanskrit are really sister languages. Just as we venerate the Varasyaji, whose remarkable urine purifies us totally, the Hindus venerate the bull Nandi. We tie the Kushti and the Hindus tie the Janoi. ”

and that of his son were performed at Ahmedabad. They wear the Sudreh and bind the Kushti and pray Zoroastrian prayers. Mr. Bejan Daruwalla tells us, "The Parsis are really good, kind, loyal and very honest. The Parsis are most certainly very loving, very generous and very friendly to one and all. We Parsis are the good guys of India and the world. Our real name can be said in only one word. That word is Goodness."

A typical day for Bejanji begins with praying an Ashem Vohu and also Om Gann Ganapatye Namah and Hum Hanumate Ram Dootaye Namah. He greets his clients with the phrase Shree Ganeshaya Namah and they respond likewise. They are very strong devotees of Lord Ganesha and Lord Hanuman. Bejanji tells us, "I also believe very much in Amba Mata, the greatest Shakti in the world. Personally I bow my head to Ganga Maiya."

We asked him how his devotion to Lord Ganesha began since each of his media columns and Astrological publications begin with the words 'Ganesha

Says'. He clarifies, "Ganesha is my Lord and Master. It is by His blessing that I am acknowledged as one of the 100 great astrologers in the last 1000 years in the Millennium Book of Prophecy published by Harper Collins, U.S.A." He strongly believes and humbly says that his achievements are due to the Holy Zoroastrian Fire and the blessing of Lord Ganesha. He elaborates, "Who am I to select and choose Lord Ganesha? It is Lord Ganesha who has chosen me. To me, Lord Ganesha is the beginning, the middle and the end of everything in the world. HE is creation itself." He draws parallels between the Zoroastrian religion and Hinduism by commenting, "The Avesta language of the Parsis and Sanskrit are really



Mr. Bejan Daruwalla and son Mr. Nastur Daruwalla

Kumar, Subhash Ghai, Hema Malini, Sanjay Dutt, Prem Nath and many other stellar stars of Bollywood. In addition to predicting Mr. Morarji Desai's future, he has also advised Mr. Atal Bihari Vajpayee, our current Prime Minister Mr. Narendra Modi, maestro Pandit Jasraj, cricket stars Saurav Ganguly and Sachin Tendulkar and the well-known philanthropic industrialist Mr. Baba Kalyani, to name just a few. He not only advises celebrities but any other 'aam admi' too. He regards this as his social responsibility and commitment.

Mr. Daruwalla is a member of the Bruhad Gujarat Astrological Association, the Edgar Cayce Foundation in America which is the world headquarters of the A.R.E. (Association For Research and Enlightenment) which promotes the good work done by the Edgar Cayce Foundation and is active in the execution of the projects of Bharat Nirman, an association aimed at rural improvement.

Mr. Bejan Daruwalla is also a universally renowned poet.

In 1969 he represented India at the World Congress of Poets at Manila. "I was also the guest Editor of the Magazine 'POET' which features leading poets" says Mr. Bejan Daruwalla. Bejan's latest poetic accomplishment has been his book 'Spiritual Sizzlers' another of his works published by Harper Collins in 2015. He was also invited to America by 'the Edgar Cayce Foundation' and has also visited London. He was invited to Sri Lanka by the renowned organization CISCO-an organization dedicated to constructing a grand future for many corporations and institutions universally.

Bejan used to shuttle earlier between Ahmedabad and Mumbai. When in Mumbai, he felt most comfortable at Shelley's Hotel, Colaba. He has ceased visiting Mumbai since the closure of the hotel and advises his regular Mumbaikar clients to contact him either by phone, email or through his website.

If you wish to consult with Bejan Daruwalla, you can contact him on 09825470377 or visit www.bejandaruwalla.com



A Noble Navar

11 year old Ushaan Kaiwan Turel, son of Kaiwan Aspi Turel and Mehroo Kaiwan Turel, grandson of Aspi and Kashmir Turel and Arnavaz Jal Mistry and (Late) Jal Minocher Mistry, was ordained as a Navar on 28 December, 2015. The ceremony was performed at the Rustom Faramna Agiary in the name of Late Jal Minocher Mistry under the guidance and leadership of Ervad Kersi Karanjia

and Ervad Aspi Kateli.

Ushaan started learning his Navar prayers exactly a year before the ceremony under the guidance of his father Ervad Kaiwan Turel. Born in Mumbai and presently living in Hong Kong, Ushaan is a keen rugby player and plays competitive matches for Hong Kong Football Club and Hong Kong Southern District. He hopes to play for Arsenal one day!

SPY Cricket Tournament

January 2016 has begun on a sporty note at Salsette Parsi Colony as it hosted the 10th edition of its internal box cricket tournament. The tournament started 8 years ago and is now conducted every six months. The fun affair has developed over the years into an extremely competitive one with player auctions and IPL style Qualifier and Eliminator matches.

On 10th January 2016, there were 5 teams of 7 players comprising participants aged 10 to 45 years. Each team played 4 league matches with the top

two qualifying for the finals. Rules like batting power play (runs scored in the over doubled) and free hits after a no ball in a box set up made it an extremely engrossing contest between the bat and the ball.

The top two teams led by old rivals Khushrav Wagchipwala & Nozer Amalsadiwala made it to the finals with 3 wins each in the league stage. A target of 132 runs was set in 6 overs and



The Winning Team

it proved to be good enough for the eventual winners led by Nozer who won by 15 runs.

There were many other brilliant individual performances across the teams in batting, bowling and fielding which made the Sunday morning highly enjoyable.

Golden Star Thali Utsav

Golden Star Thali Restaurant is having a Gujarat & Rajasthan Rasoi Utsav from 22nd January to 21st February, 2016 wherein a sumptuous thali, showcasing the very best of Gujarati and Rajasthani cuisine will be served. All your favourite delicacies will be served unlimited during the Utsav. Chef Maubji Maharaj's presence manifests itself in the authentic presentation of the food. Some of the dishes served alternately during the Gujarat and Rajasthan Rasoi Utsav include Strawberry Basundi, Angoor Rabdi, Khasta Kachori, Chaat Basket, Ker Sangri, Surti



Undhiyu, Karela Kashmir, Jodhpuri Gutta, Mevadi Pulao, and many other tongue tantalizing ones.

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Thought of the week

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LETTERS TO THE EDITOR

Contd. from Pg. 07

Dastur Katir wrong? King Shapor II the ninth King, who is remembered as relentlessly trying to reconvert Christian Armenians to Zoroastrianism, had DASTUR ADERBAD MARESPAND as a Chief priest at his court. If conversion to Zoroastrianism was not mandated, why didn't Dastur Aderbad Marespand stop King Shapur from converting Armenian Christians? Another historical ref- In the reign of King Peroz, Jewish slave boys were given to fire temples as helpers. Eventually they converted to Zoroastrianism. (Hamza p.56 and Neusner ,V, pg 65).

As for Kushti that Noshir says existed before Zarathushtra. Kushti is made of 72 fine, white and woollen threads representing 72 chapters of the Yasna of which 17 of the holiest chapters are Gathas of Zarathushtra, so logically I fail to understand how is it possible for King Yim to start the tradition of Kushti before Zarathushtra existed.

Having said all this, it's about time for present day Zoroastrian Parsis and Iranis to open their blinders, see the world around them and accept the reality rather than build walls all around and become a stagnant pool of genes which breed only disease causing insects and eventually dries up.

Many of us living in India as a minority may not want to disturb the demography of the country out of goodwill, which is understandable. But to say Zoroastrianism doesn't mandate conversion because Zarathushtra did not convert is absurd. To turn away our OWN children from the community based on false beliefs and force them, as well as their children, to follow other alien religions is pure idiocracy. 40% of our youth are marrying outside the fold and 20% of the rest are forced to stay single because the gene pool does not have good choice of mate for them. We have men and women in their middle age still looking for a suitable partner. OUR GENE POOL requires fresh blood, INBREEDING IN NOT THE ANSWER. I always thought we are a Community of bright people with good sense of business but I'm truly surprised that we are so bad at economics when it comes to our own numbers.

P.S.: Whether Zarathushtra converted falana or not, did he tell us not to use our wisdom and follow him blindly?

Ushta Te

Farzana Cooper

Can the so-called orthodox reply???

Dear Editor,

Kudos to Darius Khambata, the former Advocate General, for speaking the truth at Udvada Utsav.

He rightly suggested that Fire Temples in India should open their doors to children of Parsi mothers married to non Parsis. He further stated that Zoroastrianism is a universal religion and supports such acceptance.

Zoroastrianism is a Universal faith, is a fact...

There are other Zoroastrians in the world apart from Parsis, is a fact...

Parsis are not the sole proprietor of Zoroastrianism, is a fact...

Zoroastrianism is not a tribal religion for a single tribe of 60k people, is a fact...

In fact Mr. Darius Khambata spoke the truth and spoke on the right occasion.

There are those who oppose the 'Universality of Zoroastrianism' should substantiate their 'racist' theory of 'Zoroastrianism only for Parsis' from any of our holy scriptures viz. Gatha, Avesta, Vendidad. There are those who keep on ranting that conversion is forbidden in Zoroastrianism.

It is a golden opportunity for them to prove what they have been saying without any substantiation for so long... Waiting in anticipation.

Ratan Unwalla

Did Zarathushtra Convert?

Dear Editor,

I have seen this article by Mr Noshir Dadrawala in one of the Parsi publications and have the following to comment:

To the question above my answer is NO.

No. he did not convert anybody—he did not have to, because those who listened to him (his proclamations, as one finds in his Gathas), liked what he said and accepted it voluntarily.

There is a lot of misunderstanding about the word 'conversion'. One simply cannot convert anybody—(just as an orthodox cannot convert a liberal or a reformist and vice-versa!). It is for that person to convert himself- in his mind and heart he has to accept the new religion. So, by simply putting on Sudreh and Kusti and the priest performing 'Navjote' by uttering some prayers, one cannot become a Zarathosti.

Zoroastrianism is a philosophy or a way of life based on high ethics and morality, helping the poor and needy and seeking ones happiness by making others happy. So, if a person has understood this, commits himself to follow it in everyday life and is willing to join Zoroastrianism, why should we feel shy in accepting him or her? This is what is to be understood by all of us when 'accepting' others in to our religion. In the eyes of Ahura Mazda, all human beings are equal-there are no high and low or 'parjats'.

Was there no religion prior to Zarathushtra?

Well, history tells us that people of Iran were Aryans and worshipped the personifications of nature and other heavenly beings. People instinctively paid homage to these defied elements like Mithra, Haoma, Parendi, Vayu, Ushah and other old Aryan divinities and sacrificed animals to appease these divinities. It is questionable whether it can be called religion or not.

Was Zarathushtra a mere reformer?

Certainly not. All the scholars of Zoroastrianism consider him as the originator of Morality and Ethics as the basis of religion. He is the first one to proclaim Monotheism-one supreme Ahura Mazda, supported by six Amesha Sapentas. These are unique and original concepts and have nothing in common with the old faith or belief system. In fact the followers of the earlier religion kept on opposing him throughout. In Gathas, one does not find any mention of old Aryan divinities of the primitive faith of Iran.

How did the Religion of Zarathushtra spread? (the following are extracts from 'History of Zoroastrianism')

"The Zoroastrian missionaries travelled to distant lands for the purpose of promulgating the religion, and their homeward return from their sacred missions is celebrated by the faithful. (Ys.42.6)". (How otherwise Zoroastrianism could have spread?)

"The Fravardin Yast commemorates the Fravashi of Saena, an illustrious convert to Zoroastrianism. We learn from the Pahlavi works that this apostle of faith left behind him one hundred disciples who preached the Mazdayasnian faith in the land of Siestan." (Don't you think it is strange that our Vada Dasturjis praise the Fravashi of Saena, who was himself a convert in to Zoroastrianism and who created hundred disciples to convert others in to Zoroastrianism, on one hand and on the other hand they say, 'conversion is not allowed in our religion' - either they do not know what they are praying or do not know what they are talking.)

Your readers will be interested in knowing that several learned articles and factual religious statements were prepared by the practicing Parsi Zoroastrians such as Dorab Sanjana, Jivanji

Modi, Sheriarji Bharucha, Tehmurasp Dinshahji Anklesaria and Maneckji Dhalla — all of who had opined that if a person seriously wishes to embrace Zoroastrianism, then THERE IS NO BAR IN OUR RELIGION. Their conclusions were not based on vague beliefs or 'traditions' but on the study and authority of Zoroastrian scriptures.

Trust my comments will be appreciated by your readers and look forward to hearing from them.

And just one last request: In matters of religion, please do not publish letters from our practicing priests(they are probably more concerned about how to maintain their profession or practice-- to them 'religiosity' is religion)and Trustees of Panchayets who are suspected to be 'politicians'. Just invite the known scholars of our religion—like Dr. Jehan Bugli, Soli Dastur, Kersey Antia, Farrokh Vajifdar, Prof. Kaikhosrov Irani who have no axe to grind. You will be doing a real service to the Community.

May Ahura Mazda be our guide.

Kersee Kabraji

Will the orthodox criticize Dasturji Kukadaru Saheb too?

Dear Editor,

I would like to draw attention of the community about the small coterie of the so-called orthodox persons who are criticizing and maligning the good name of Mr. Darius Khambata for speaking the truth at the Udvada Utsav and also unsuccessfully trying to drag in the name of Vada Dasturji Khurshed Dastoor in the said episode.

I am sure that the Parsi community and even these small coterie of the so-called orthodox persons needs no introduction of saint Dasturji Kukadaru saheb. His portrait adorns all the Agiaries, Atash Behrams & practically all the Parsi homes.

THIS HIGHLY LEARNED & PIOUS DASTURJI HAD NOT ONLY SUPPORTED BUT HAD ALSO PERFORMED THE FAMOUS "MAZGAON NAVJOTES" OF PEOPLE BORN OF INTER-MARRIED PARENTAGE IN 1882.

In 1882, a group of poor dock workers living and working in Mazgaon Docks appealed to various Priests & High Priests and also petitioned the Bombay Parsi Panchayet (BPP) for being admitted to the Parsi fold, as being born to inter-married parentage. Not waiting for the Panchayet to decide, about 200 prominent Parsis collected funds and eminent Dasturjis performed the Navjote ceremony, in the presence of a large gathering on 26th June 1882.

On 26th June 1882, eleven Navjotes were performed (4 males & 5 females, age ranging from 35 years to 77 years & two children) on persons born of inter-married parentage by eminent Priests, which also included Saint Dasturji Kukadaru Saheb.

The following priests performed the "Mazgaon Navjotes":

Dastur Jamaspji Minocherji Jamaspasana.
DASTUR JAMSHEDJI SOHRABJI KUKADARU (Panthaky of Kappawala Agiary)
Dastur Hormusji Tehmulji Jamaspasana
Dastur Phiroj Jamaspji Jamaspasana
Ervad Dadabhai Framji Pavri (Panthaky of Mevawala Agiary)
Ervad Khershedji Mancherji Kateli
Dastur Kavasji Maneckji Katrak
Ervad Khershedji Rustomji Madon
Ervad Rustomji Burjorji Ranji.

This event was duly reported in newspaper 'Mumbai Samachar' and 'Parsi Prakash'. Attached is the scanned copy of 'Parsi Prakash' Vol. 3, page 41 for reference.

Any answers, dear so-called 'orthodox' for exhibiting double standards?

Keki Unwalla



Delaveen Tarapore

Glorious Gamadia Girls

Upgrading the otherwise regular annual function of their school, this year the N.M. Gamadia Girls High School celebrated their Annual Day at Y.B. Chavan Hall, Mantrayala with immense grandeur on Wednesday, 20th January 2015. What stood out was the contribution and presence of innumerable Parsis who have made the school achieve all that it has today.

With the little tots paying ode to the Almighty in beautiful flowery tiaras, to Viloo Bharucha's trained Ballerinas swaying to rhythms, the Annual Day of this 158 year old Bai N.M. Gamadia Institution started on a sweet note. A vibrant performance by the school's very own music teacher, Mr. Viraf Daruwala, plunged the audience into thunderous clapping!



“ I am trying my level best to provide my children with the state of the art facilities. We are master sculptors who with our collective and collaborative efforts have to make our young girls good human beings and equip them to take over the world. Being a Parsi school I enjoy encouraging not just Parsi children but teachers as well as I know we can offer more than mere education. Parsi girls are given preference during admission and are admitted completely free of cost. ”

Principal Mrs. Zarin Behram Rabadi

The Pre- Primary section under the watchful eyes of their teacher, Mrs. Master, swayed and performed to a delightful Mexican shuffle. This was followed by a Prize Distribution Ceremony wherein the previous year's achievers were honored. Throughout the evening, the Chief Guests, Mr. Percy Master and his wife Mrs. Arin Master cheered the students on and enjoyed their talent. Mr. Percy Master is the Chairman and Managing Director of the Master Group of Companies which consists of 5 companies and over 50 branches pan India. He is also the Recipient of the 'Best Entrepreneur Award of the year 2012' from the WZCC as well as a Trustee for various Trusts.

The evening's main event was a musical skit with around 580 students. The skit called 'Gamadia Girls Go Globe Trotting' was scripted and conceptualized by Mrs. Odil Madeira and choreographed by Split Sole Dance Academy along with the support and guidance of all the teachers from the school. The professionals, who were roped in for the event, managed to effectively bring out the talent in each of the performers. The skit successfully managed to convey the spirit and quintessence of eight countries through the eyes of ambassadors representing of each of them.

The event concluded on a rather electrifying note with a series of A. R. Rehman hits.



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ABOUT THE 158 YEAR OLD INSTITUTION

The Bai N. M. Gamadia Girls High School was established in the year 1858 and ever since, the Managing Committee, the Trustees and the Governing Body of the school have always been the Parsee Girl's School Association (P.G.S.A.). Today, the school operates under the loving care of Principal Mrs. Zarin Rabadi who untiringly works towards empowering Parsi students, teachers and working professionals as well.

It is not an easy task for a century year old institution to live up to the growing expectations and needs of the current generation. However, the school today is at par with any other International Board school, by providing the children with audio-visual learning technology which is installed in each and every classroom right from Nursery to Std. X. Currently, the school has set a bench mark for itself thanks to the efforts of innumerable Parsi teachers who equip the vulnerable children with various other skills besides academia, which include Indian Music taught by Mr. Viraf Daruwala, Ballet Teacher Mrs. Viloo Bharucha, Zoroastrian religious teacher Mrs. Ratamai Peer, Kushti weaving teacher Mrs. Naju Buchia and much more. Besides the basic extra-curricular activities like culinary skills, needle work, embroidery, Guiding and Eskrima-a martial art from Philippines, the school children practice sports and carry out various such activities in the Parsee Gymkhana Grounds at Marine Drive. The school has yet another credit up its sleeves with RTI being their caterer, providing the school with authentic home cooked Parsi delicacies during lunch. Way to Go Gamadia!

Zoro Stars Shine Bright At The 'ZOROASTRIAN ACHIEVERS AWARDS NITE 2016'



THE AUDIENCE

ZTFI

Trustees
 Mr. Maneck Engineer
 Mr. Frahmak Contractor
 Mr. Zereeh Jehangirji
 Ms. Yasmin Mistry
 Mr. Kersi Randeria

Core Committee Members
 Mr. Kersi Randeria
 Mr. Muncherji Cama
 Mr. Yazdi Bhagwagar
 Ms. Yasmin Mistry
 Mr. Xerxes Master

Committee Members
 Ms. Yasmin Mistry (Chairperson)
 Ms. Shiraz Guard
 Mr. Kersi Guard
 Mr. Cyrus Digeria
 Mr. Vistaspar Mehta
 Mr. Aspi Tantra
 Mr. Dinshaw Karanjia
 Ms. Kashmira Khambatta
 Ms. Hutokshi Dadabhoy



Anahita Subedar

The skies above the Garware Club House seemed extra lit up on the eve of January 20th, as a brilliant array of Star-Achievers and the Parsi Glitterati got together to grace the premiere of the 'Zoroastrian Achievers Awards Nite 2016 (ZAAN)'. Organized by the Zoroastrian Trust Funds of India (ZTFI), the very first chapter of the ZAAN felicitations is aimed at acknowledging, honoring and celebrating the achievements of Indian Zoroastrians who have displayed exemplary prowess and talent in various fields, doing our community very proud.

The inaugural awards night turned out to be a glitzy occasion, resembling the sophisticated Golden Globes in terms of both - a chic ambience and flawless event management. Mahiyar Dastoor kicked off the evening in his inimitable hosting style, introducing the event and called upon Xerxes Master, a ZTFI Core Committee member, to deliver the welcome address. "For far too long we have chosen to dwell on what ails our community, but there are so many

more good things happening as well! Today's achievers therefore need to be celebrated even more because compared to yesteryears, every field today is that much more dynamic and difficult to succeed in. We plan to make ZAAN the Oscars of our community," he said.

He went on to explain the procedure of choosing the awardees, detailing on the transparency of the process, as well as sharing the painstaking efforts put in by the respectable jury, comprising Dinshaw Tamboly, Hoshi Sinor and Captain Percy Master, who finalized the winners. Yasmin Mistry, Trustee of ZTFI, shared a few words honoring the Jury. This was followed by singer Sarosh Nanvati's melodious rendition of the classic, 'I Will Always Love You'.

The awards presentation started with the category for 'Outstanding Zoroastrian Award for The Performing Arts' which was won by Yazdi Karanjia, followed by 'Outstanding Zoroastrian Sports Person' awarded to Jehan Daruwalla. The other Outstanding Zoroastrian Award winners and categories comprised respectively, Dr. Aashish Contractor in the field of 'Medicine'; Dr. Zirak Marker for 'Education'; Farokh Khambatta for 'Hospitality'; Zubin Zarthostimanesh for Wellness and Health'; Hormuz

Ragina for 'Entertainment'; Mithoo Jimi Jesia for 'Social Work'; Ervad Dr. Ramiyar Karanjia for 'Culture'; Sam Balsara for 'Media'; Shernaz Mehta for 'Woman Professional of the Year'; Homi Katgara (from the Jeena Group) for 'Corporate Social Responsibility'; Meherzad Patel for 'Young Zoroastrian Professional of the Year'; Air Chief Marshal Fali Major for 'Defence Sector'; Vada Dasturji Khurshedji Dastoor for 'News Maker of the Year'; and the final award, the showstopper of the eve, for 'Outstanding Zoroastrian Lifetime Achievement Award' to the revered Minoo Shroff.

"The Zoroastrian community carries with it, a sense of prestige, integrity and class," said Minoo Shroff, as he accepted the ultimate award of the evening. He continued, "In all professions we have hit the jackpot. It's a pleasure to be recognized by my own community!" He said that the only thing his CV lacked was to mention that he was a good dancer, and how he had learnt the Tango and grew to love it! The cherry on the cake, was, of course, when he reminisced his meeting with the Queen of England, which to so many of our old-timers,

Contd. on Pg 14



Yasmin Mistry charming the guests at ZAAN



Freyay Bhatena, Ness Wadia, Anahita Subedar & Kersi Randeria



Hormuz Ragina rocks ZAAN!



Mahiyar Dastoor, Ness Wadia & Yasmin Mistry



Yazdi Karanjia awarded by Hoshi Sinor



Minoo Shroff felicitated by Ness Wadia



Dr. Aashish Contractor awarded by Dinshaw Tamboly



Zirak Marker awarded by Noshir Dadrawala



Zubin Zarthostimanesh awarded by Arnavaz Mistry



Ervad Dr. Ramiyar Karanjia awarded by Yazdi Desai



Sam Balsara awarded in the Media Category



Homi Katgara awarded by Kersi Randeria



Vada Dasturji Khurshedji Dastoor awarded by Homi Petit



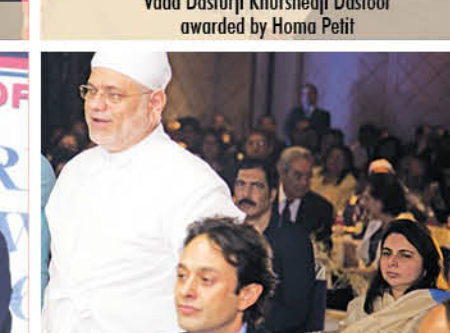
Mrs. Mithoo Jimi Jesia awarded by Kersi Randeria



Meherzad Patel awarded by Jimmy Mistry



Air Chief Marshal Fali Major awarded by Noshir Dadrawala



Vada Dasturji Khurshedji Dastoor with Ness Wadia



The Stars of ZAAN



I Will Survive sings Sarosh Nanavati at ZAAN



Hormuz Ragina and Sarosh Nanavati with Ness Wadia

OUTSTANDING ZOROASTRIAN AWARDS

- Performing Arts
Mr. Yazdi Karanjia
- Sports Personality
Mr. Jehan Daruwalla
- Field of Medicine
Dr. Aashish Contractor
- Field of Education
Mr. Zirak Marker
- Field of Hospitality
Mr. Farokh Khambatta
- Wellness and Health
Mr. Zubin Zarthostimanesh
- Social Work
Mrs. Mithoo Jimi Jesia
- Culture
Ervad Dr. Ramiyar Karanjia
- Media
Mr. Sam Balsara
- Woman Professional of the Year
Ms. Shernaz Mehta
- Corporate Social Responsibility
Mr. Homi Katgara - Jeena Group
- Young Zoroastrian Professional of the Year
Mr. Meherzad Patel
- Defence Sector
Air Chief Marshal Fali Major
- News Maker of the Year
Vada Dasturji Khurshedji Dastoor
- Lifetime Achievement Award
Mr. Minoo Shroff



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NOTICE

An Ordinary General Meeting of the Members of the Association will be held at 10.30 a.m. on Sunday, February 07, 2016 at The B. J. P. C. Institution, 33, M. Karve Marg, Mumbai - 400 004, to transact the following business:

- (1) To confirm the minutes of the Ordinary General Meeting held on February 09, 2014
- (2) To adopt the Report and the Audited Statements of Accounts for the years ended on March 31, 2014 and March 31, 2015.
- (3) To appoint Auditors for the years ending on March 31, 2016 and March 31, 2017.
- (4) To consider any other business that may be brought before the meeting of which notice has been given before January 31, 2016 by a member to the Managing Committee.
- (5) To transact such other business competent to the meeting with the permission of the Chair.

By Order of the Managing Committee
 Mr. Pervez N. Daruwala
 Mr. Rohinton R. Unani
 Mr. Homiyar D. Mistry

Mumbai: January 17, 2016 **Jt. Hon. Secretaries & Treasurers**

Note: Vide clause 17(2) fifteen members shall form the quorum at a general meeting. If there is no quorum, the meeting will be adjourned and will be held after 15 minutes on the same day at the same venue where, 10 members shall form the quorum.

'ZOROASTRIAN ACHIEVERS AWARDS NITE 2016'

Contd. from Pg 12.

It was indeed a moment of great pride for not just the Parsi Community, but the nation as a whole, to acknowledge the brilliant achievements and contributions made by the winners. The honorable Chief Guest, Ness Wadia, was felicitated by Yasmin Mistry, and he summed it up best in his brief address to the audience when he said that it was indeed a misconception that the community today lacks in number when it comes to achievers. He was impressed by the initiative of the ZTFI and wishing them hearty

congratulations on the huge success of this opening chapter of ZAAN, he said that he looked forward to many more deserving Zoroastrians getting felicitated thus, in the oncoming years!

The entertainment quotient for the evening was brought to life by multiple performances by the graceful Tango dancers. The humorous and talented Hormuz Ragina stole the show, getting the audience to stand up and groove to his dynamic rendition of Elvis and to his witty quips!

Yasmin Mistry concluded the night on a note of emotional delight at its success, thanking

the sponsors for their support, and the Jury for selecting the 'best out of the best'. And thus, came to an end, a fabulous night that celebrated a noteworthy cause, encouraged and patronized by all. Kudos to 'ZAAN', the brilliant brainchild of ZTFI, for instilling us with a sense of pride in the achievements of our fellow Zarthostis, and for helping the community stand a couple of inches taller, thanks to these luminaries who serve as inspiration to us all - the young and the not-so-young!

FeedBack...
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A Fun Sunday at Salsette

The theme 'I Can Draw' of the SPY (Salsette Parsi Youth) Drawing and Painting Competition was organized on a crisp Sunday Morning on 17th January, at their very own Community hall. A total of 55 entries were registered spanning across groups from tiny tots to adults. While the tiny tots and the Under 9 category were made to colour pre-designed drawings, the others were given various interesting themes to choose from and were allotted a time of 2 hours to finish the same.

The organizers were surprised with the kind

of talent displayed by all the participants. Judges Yazdi Bardoliwala & Adil Bhathena had a tough time identifying the winners and the runners-up. Consolation prizes which were sponsored by proprietor of beingbawa.com, Mr. Neville Sarkari, were also given in various age categories to encourage the

participants.

The calm and serene morning was followed by a vociferous evening as over 130 residents descended to play a few games of housie and felicitate the winners of the



Competition that took place earlier that day!

Congratulations to the Winners!!!

	Under 9	Under 12	Under 16	Adults
Winner	Yazad Wadia	Zenobia Paowalla	Hufriya Fatakia	Farhad Fatakia
2nd Place	Manashni Bharucha	Shanaya Patrawalla	Yazad Wankhadia	Jasmin Saher
3rd Place	Danesh Sidhwa	Yohan Bhappoo	Kayzin Mirza	Rohinton Engineer
Consolation	Friyana Kalyaniwalla	Avna Bharda	Pakzin Khodajji	Armin Wadia

Making Our Men Hotter... KAIZAD WADIA

Kaizad Wadia has been making Custom Clothing for the European market for 5 years. But it isn't this entrepreneurial venture that has caught our attention. More recently, young Parsi men attending weddings seem to be looking better placed alongside our dazzling ladies, in their trendy 'Designer Dagleis.' Parsi Times catches hold of Kaizad to find out more about his successful attempt to dapper up the Parsi men about town.

Parsi Times: Hi Kaizad! Young women everywhere thank you for making the Dagle smarter! Tell us how you got around to making a Designer Dagle!

Kaizad: The idea was brought to me by my dear friend, Rustom Vajifdar when his brother was getting married. Rustom didn't want his brother or the men in the family to stand on a beautifully decorated stage in ill fitting Dagleis next to the women who shone out with expensive saris and stately jewelry. He knew I tailored suits for the European market and expressed a desire to have a tailor-made Dagle. Thus the idea was born and has been refined over time to be stylish and also functional for our Bawa brothers!

P.T.: The word Designer makes the Dagle sound expensive!! How much money does it cost to get one custom made?

Kaizad: The cost is INR 12, 000. Technically the Designer Dagle is a proper high-end suit that is made to look like a Dagle. It has got all the features that go into making a high-end suit,

from fully satin interiors to shoulder pads and fusing and chest canvas etc. It takes a bit more time to completely



blend fabric.

P.T.: So that's perfect for the Groom! What about the rest of the crowd? Can they shine for less... I mean, are there any options with regard to the price range?

Kaizad: Yes, definitely. If you don't want to pay so much I am also making traditional Dagleis for INR 8,000. This will include your Dagle and trouser stitching. The added features here include export quality suiting fabric along with the necessary trials as well as ready-made bows! I ensure that the Dagle is well-fitted, well-shaped and with proper shoulder and sleeves length.

P.T.: Talking about the suit trials etc, how do you manage a European clientele from here?

Kaizad: A customer walks into a shop in

Vienna, gets himself measured and selects a fabric from a swatch book. The details of his measurement and fabric selection are sent to me via email. The customer's order is processed, styled and completed at Mumbai & then exported by air back to Vienna. The same customer walks in 2 weeks after his first meeting and tries out his customized suit that is manufactured completely in Mumbai! This suit retails at Vienna for 800 Euro onwards (approx INR 60,000) while the very same high-end suit I provide my customers over here at approximately

INR 15,000 (a base cost which includes a fabric, stitching, trials for your jacket and trouser etc). So the suit you get in Mumbai is essentially a cut approved and endorsed by regular suit wearers in Europe.

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INR 15,000 (a base cost which includes a fabric, stitching, trials for your jacket and trouser etc). So the suit you get in Mumbai is essentially a cut approved and endorsed by regular suit wearers in Europe.

P.T.: Any famous personalities wearing your designs?
Kaizad: That's a tricky one to talk about. Unfortunately my designs are bought by other

brands so even though there is a popular top model wearing my suits all the time I cannot take ownership of the same yet. I will keep that to myself and feel proud! After all, this gentleman only wears the best of the best!

P.T.: All the best Kaizad and once again, thanks for sharpening up the look of Dagle wearing Parsis everywhere!

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SUDOKU

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



Ruby Lilaowala

Do you ration pleasure? Do you reserve it only for holidays and vacations? Life can become more enjoyable and rewarding by making just a few straight forward changes. With a few strategies, pleasure can become a regular life-experience.

So how much pleasure do you allow yourself? Do you section it into chunks, isolate it, or leave it for another day which may never come? The 17th century philosopher Rene Descartes' famous Cartesian philosophy encourages you to "compartment" your life, putting work and responsibility in one box and pleasure in another. So according to him, you go through your day fulfilling your tasks, often forgetting to enjoy yourself, even believing you shouldn't be enjoying yourself and saving your pleasure for the evenings, weekends and holidays. Trouble is, by the time the evening, weekend or holiday comes around, you're so stressed out and tired that it's hard to switch off, unwind and enjoy

Pleasure should be a part of everyday life



yourself. And no matter what the more puritanical world says, a life without pleasure is a waste of time and energy, like a marriage without love or soup without salt. You don't have to be an out and out hedonist. Good heavens no. It's a matter of finding a sensible balance.

The Taoist philosophy of ancient China says that you can feel pleasure all day even while carrying on your responsibilities. Those wise old Taoists refined the art to a high level, believing you can access pleasure all day, no matter

He cursed each day that he worked and when the work was finished, he cried, "Oh God! May whoever lives in this house be most unhappy and miserable every day of his life."

The master inspected the house and gave the front door keys to the carpenter saying, "I always wanted to gift a house to you as a reward for building beautiful houses all your life with so much love, joy and pleasure. May you be happy in this house every day of your life."

The carpenter was shocked. What a shame. If only he had

“ We are all like the carpenter. We build our lives, one day at a time, without the pleasure of doing our best into what we build. Childhood and youth pass like a dream and one day, with a shock we realize that we have to live in the house called “life” that we ourselves have built. ”

what, simply by uniting mind, breath and body awareness.

Let me tell you the story of a carpenter who worked all his life for a wealthy man. He would build a beautiful house every year which his master would donate to orphans, widows and old people. He loved his job and this joy was reflected in the houses he built since his heart and soul were in it. One day he wanted to retire so his master requested him to build just one more house.

This time, his heart was not in his work so he took short-cuts, resorted to the shoddy workmanship and used the most inferior materials.

known it was to be his house, he would have done it so differently!

We are all like the carpenter. We build our lives, one day at a time, without the pleasure of doing our best into what we build. Childhood and youth pass like a dream and one day, with a shock we realize that we have to live in the house called "life" that we ourselves have built. If only we could do it all over again, we'd do it differently, packing pleasure in all our mundane chores and duties but we can't. Hence, for the remaining years of life, let us build positive choices, do our duties with pleasure and love so that at the end of life, we may like the house called "life" which we lived in.

SNEAKY CHEEKY

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: H equals T

LH'G PEH KSPLRM.

L'X FAGH GSMSNHLYS

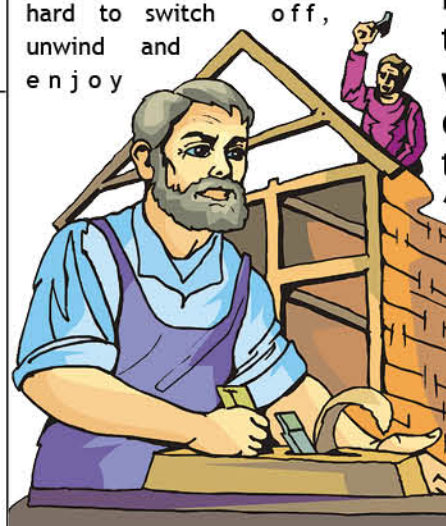
RCEAH HBS OSRMLHU

L RNNSJH.

POLAD BABA



Find the one who makes your heart smile, never stop looking.



SOLUTION TO LAST WEEK PUZZLE

SUDOKU

SOLUTION (16-1-2016)

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

SNEAKY CHEEKY

SOLUTION (16-1-2016)

The movies are the only business where you can go out front and applaud yourself.

Did You Know?

PROBLEM

When you can solve a problem, why should you worry? When you cannot solve a problem, just ignore and don't worry.

P.T. Wife is Life!



A delightful series of jokes that husbands have the courage to crack when surrounded by other husbands!

Q - You know why women love shoes?

A - Because no matter how much whatever they eat, the shoes always fit.

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જો તમારો જન્મ જાન્યુઆરીની ત્રેવીસમી તારીખે થયો હોય તો..

તમે ધનની ખૂબ જ કાળજી રાખશો. ખોટી રીતે પૈસા વાપરવામાં તમારું મન માનશે નહીં. બીજા પાસેથી કંઈ લેવાની ભૂલ નહીં કરો. જીવનની સંઘ્યા એટલે કે તમારી અંતિમ અવસ્થા ખૂબ જ સારી જશે. તમારે ખૂબ જ મહેનતવાળું કોઈ પણ કામ કરવું નહીં તેમ જ એવું કામ કરવું કે જેમાં થોડા કામ પછી વિશ્રાંતિ મળે. તમે સ્વભાવે લહેરી પણ મનમાં વાત ઠસાવીને રાખનાર હશો. તે સમયે માનસિક અવસ્થામાં તમે ખોવાઈ જશો ત્યારે તમારી પાચનક્રિયા બગડશે. તમને લોહીમાં બગાડો અથવા હાડનો તાવ અથવા કબજિયાતની મુશ્કેલીઓ આવશે. તમારી મહત્વકાંક્ષા જે ક્ષેત્રમાં હશે એ ક્ષેત્ર તમે મેળવી નહીં શકો, પછી એ કામનું હોય કે વિદ્યાનું હોય પણ બીજા ક્ષેત્રમાં તમે ખૂબ જ આગળ વધી શકશો. વાણી પર વધારે પ્રભાવ પડશે. વ્યસવાયમાં તમે તમારી વાણીનો ઉપયોગ કરીને આગળ વધી શકશો. તમે બીજાઓ પર તમારી દયાળુ છાપ પાડીને એ લોકોની સહાનુભૂતિ મેળવી શકશો. બીજાની ગુપ્ત વાતો કઢાવી શકશો.

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સિન્દબાદની છઠ્ઠી સફર

પાણીના વમળમાં સિન્દબાદનું વલાણ ફસાયું! જઈ અફડાયુ એક ખડકપર!! ભાંગી ભૂકો થઈ ગયું!!! બધા મૂવા! પણ સિન્દબાદ બચ્યો, તદબીર વાપરી હિંમત કરી, પહોંચ્યો સિન્દબાદ સિંહલદ્વીપ!!!

સિન્દબાદે પોતાની છઠ્ઠી સફરની વાત શરૂ કરી. 'ભાઈ સિન્દબાદ! બગદાદમાં હું ભારે મોજશોખથી રહેતો હતો. મારી પાસે પુષ્કળ પૈસો હતો. મને ઘણા મિત્રો હતા. બગદાદના બાદશાહ નામદાર ખલીફ હાજન અલ રશિદની મારા ઉપર ઘણી મહેરબાની હતી. આખું બગદાદ શહેર મને માન આપતું હતું. હવે મને કશાની તાણ ન હતી. ધન, જમીન, જોડે, બાળબચ્ચાં, માનપાન, રાજમહેલ સરખા મકાન, બાગબગીચા, ઝર ઝવાહર, દોસ્ત, આશનાવ, ગુલામ બાંદીઓ, વિગેરે વિગેરે પૃથ્વી પર બહેસ્ત સરખું લાગે તેવાં સુખનાં સર્વે સાધનો મારી પાસે મોજુદ હતા પણ મને ચેન પડતું નહિ!

મને દેશે દેશની મુસાફરીની લત લાગેલી હતી. તેથી બગદાદની શાંતિ અને મોજમજાલમાં મને જરાય આનંદ પડતો નહીં. થોડી થોડીવારે હું, રંગરાગ ચાલતો હોય તો પણ મારી સફરોમાં થયેલી હાલત પર વિચાર કરતો, ગમગમીન ચહેરે બેસી રહેતો. હું મારા મનને એમ જ કહ્યા કરું કે, અરે સિન્દબાદ! આમ બાયલો થઈ તું શાનો ઘરમાં બેસે છે? ચાલ બહાર નીકળ. હિંમત અને હિકમતના નવા પાઠ શીખ. નવી દુનિયા જો, નવા માણસોને મળ, નવો સાહસ કર. આમને આમ તું બેસી શું રહ્યો છે? આવા આવા ખ્યાલોથી માફ મન હમેશા અસ્વસ્થ રહેતું હતું. આવા મૂઝવનારા વિચારો જ મને રોજ બહુ આવ્યા કરે અને તેથી હું મનમાં ને મનમાં ગૂંચવાયા કરતો હતો.

આખર મેં એક દિવસ ચોકકસ વિચાર કર્યો કે મારે ફરી સફરે નીકળવું. છેવટે સૌનું મન જેમ તેમ મનાવી, મારાં બહોળાં કુટુંબની રજા લઈ, હું ફરી સફરે નીકળી પડ્યો.

આ મારી છઠ્ઠી સફર હતી. મારી પાંચ સફરોમાં મળેલો અનુભવ મને આ વખતની સફરમાં ઘણો કામ લાગ્યો. પણ તે પહેલાં અમારું વલાણ કેમ દરિયામાં ફસાયું અને રૂબી તે ખરેખર જાણવા જેવું છે.

મેં વલાણ તો બહુ જ સરસ પસંદ કીધું હતું અમે ઘણાં બંદરો કર્યા, અને ખૂબ વેપાર ખેડ્યો. ઘણાં નવાં શહેરો પણ જોયાં. અમે ઈરાનનો અખાત છોડી, છેક હિન્દુસ્તાનનાં ઘણાં દૂર દૂરના બંદરો તરફ ગયા.

એક દિવસ અમારો નાખુદો (કમાન) માથું કુટવા લાગ્યો અને રડવા લાગ્યો! તે કહેવા લાગ્યો, કે તે દિશા ભૂલ્યો હતો અને એક જાતના જબરા દરિયાના પાણીના વમળમાં વલાણ સપડાયું હતું. તે કહેવા લાગ્યો કે વલાણ કે વલાણ પરનું કોઈ હવે બચવાનાં નથી! આ સાંભળી, અમારા તો હાંશકોશ ઉડી ગયા!

પણ વિચાર કરવાનો હવે વખતજ રહ્યો ન હતો. વલાણ તો વમળમાં ફસાયું! એક જબરા પાણીના રોહમાં તે તણાવા લાગ્યું. કોઈબી તદબીર કામ લાગી નહિ. ઘસડાતું ઘસડાતું તે વલાણ એક ખડક સાથે એવા જોરથી તો અથડાયું કે, વલાણના ચૂરેચૂરા થઈ ગયા! અમે તથા અમારો માલ દરિયામાં જઈ પડ્યા!

થોડાક તરતા રહ્યા તેથી તણાતા બચ્યા. તે સૌ પાણીની બહાર નિકળી કિનારે આવ્યા. હું પણ બચવા પામ્યો હતો. અમે ત્યાં અનેક પ્રકારના માલના સડતા ઢગ દીઠા.

વળી ત્યાં ઘણાં માણસોનાં હાડકાં પણ પડેલા હતા, તેથી અમે ધાર્યું કે આ રસ્તે ઘણાં વલાણો ફસી જઈ, તેના ટૂકડેટૂકડા થઈ ગયેલા હોવા જોઈએ. તેમાંનાં માણસો જે ત્યાં રૂબી મરી ગયેલા તેનાં હાડકાંઓ હતા એમ અમારી સૌની માન્યતા થઈ. એ દોખાવ જોઈ, અમે સૌ ચિત્તભ્રમ જેવા થઈ ગયા! અમારામાંથી થોડાઓએ મારી સૂચનાથી હિંમત કરી, બહુ જ મહેનત લઈ, જીવ સટોસટની લડાઈ મોજાઓ સાથે ખેલી, થોડાક ખાવાનો સામાન દરિયાના મોજાથી તણાઈ આવેલો હતો તે ભેગો કર્યો. તેમ કરતાં બે માણસો તો રૂબી મૂઆ! હું સારી પેટે અછાડ પછાડથી ઘવાયો. પણ બહુ હિંમતથી ઘણી મહેનતથી મેળવેલા ખોરાકને જોઈ, હું માફે સર્વે દુઃખ ભૂલી ગયો. ખોરાક બચેલો જોઈ મને તો બહુ ખુશાલી ઉપજી કે જરૂર હવે આ વેરાન ટાપુ ઉપર થોડા દિવસ જીવી શકીશું.

અમે બચ્યા તે જમીન બિલકુલ ઉજ્જડ અને કંઈ પણ ઝાડપાન વગરની હતી. અમે સૌએ અમારું મોત કલ્પી લીધું. તેથી અમે સૌએ દરિયામાંથી બચાવેલો સર્વે ખોરાકનો ભાગ પાડી, સૌ સૌના બરાબર સરખા હિસ્સા કરી, વહેંચી લીધો. અમે હવે કેટલા દિવસ ત્યા જીવશું તેની ગણતરી, દરેકને પોતાનો ખોરાક ચાલે તેટલા દિવસની ગણતરી લેવાની હતી! એક પછી એક એમ દિવસો જતાં મારા સાથીઓમાંથી જેમનો ખોરાક ખૂટતો તે મરવા માંડ્યા. અમે જે જીવતા રહેતા તે મરી ગયેલાઓને દાટતા હતા.

(ક્રમશઃ)



પારસી પોરિયાઓની સ્કૂલ પર દરોડો

વાંચકોએ એમ નહીં સમજવું કે પારસી પોરિયાઓની સ્કૂલ લુટવા માટે નાટકના પેશકારોએ દરોડો નાખ્યો હતો! ના, તેમ નહીં પણ પોરિયાઓ જ્યારે સમી સાંજના સ્કૂલમાંથી છૂટી ઘરે જતા ત્યારે તેઓના ટોળાની અંદર ખૂબ તરેહ નજર કરી પોતાના કામને લાયક છોકરો ચૂંટી કાઢી, તેઓને મળી ભેટી, સમજાવી પટાવી, તેઓ પોતાની કલબમાં લઈ જતા અને ત્યાં તેને રીજવી રીજવી નાટક કરવાને સમજાવી તે બિચારા નાદાનોને પોતાની કલબમાં દાખલ કરતા હતા. યારો, નવા નવા પારસી પોરિયાઓની જેમ જેમ નાટક તખ્ત ઉપર એવી આમદ થતી ગઈ, તેમ તેમ ઘણાક જુવાન જવાન છોકરાઓ નાટકના પાછલા જમાનામાં, નાટકનો ધંધો અખતિયાર કરી પોતાના ભવિષ્યને ખરાબ કરતા હતા, એવી નોંધ તે જ વખત રાસ્ત ગોક્તાર છાપામાં લેવાઈ હતી અને તે એટલે સુધી વાત બગડી હતી કે નાટકના છોકરાઓને કોઈ પરણવા પણ સાફ ના પાડતું હતું! આવા બનાવોની નોંધ ૧૮૮૦-૮૧ના સાલમાં અનેક લેવાઈ હતી!

આ નોશીરવાન એદલ મંડળીએ પોતાને માટે જોઈતો લેડી એકટર શોધવા માટે આગળ લખ્યું છે, તેમ પારસી પોરિયાઓની સ્કૂલ ઉપર, તેઓએ પોતાની જાળ નાખી હતી!

અને તે જાળમાં એક જીવવંતજાતું તરફડતું માછલું, ઘણી જ સહેલાઈથી પકડાઈ ગયું હતું! એ માછલું તે કાંઈ જ નહીં પણ ખરશેદજી ચીનાઈ નામનો એક પારસી છોકરો હતો

તે બિચારો સ્કૂલમાંથી છૂટી ઘરે જતો હતો પણ આ નાટકીઓની જાળમાં સપડાઈ જવાથી ઘેરને બદલે પેલા નાટકીઓની સાથે રિહર્સલ રૂમમાં ગયો ત્યાં તેને હસાવી, રીજવી, ખવડાવી, પીવડાવી રવાના કીધો અને આ નવી કલબમાં લાગેલા નવા ચસ્કાથી તે રોજ સાંજના ઘેરને બદલે કલબમાં જ જતો હતો.

થોડી જ તે વખતે મિ. ખરશેદજી ચીનાઈને પોતાને તેમજ તેના વાલીઓને ખબર હતી કે તેઓનું આ ખુબસુરત



ફરજંદ ભાષિયાં એક એવો એકટર થશે કે કેટલીક બાબતોમાં તેના કામની નકલ કરનાર એકબી પારસી ખેલાડી પારસી સ્ટેજને નહીં મળશે. મરહુમ નાનાભાઈ રાણીનાએ આવફેડ કલબ માટે લખેલા હોમલા હાઉના નાટકમાં, મરહુમ કાવસજી ગુરૂગીનો એક ભરૂયા પારસી એદલ હરીમનો ભાગ જ્યારે ભજવ્યો હતો ત્યારે આ ખરશેદ ચીનાઈએ હીરા ભરૂચીવાળો પાર્ટ એવી તો સીકતથી એવી તો નીખાલેશ રીતે સ્ટેજ કીધો હતો કે જેઓએ તે નાટક જોયો હશે તેઓ હીરા ભરૂચીને ભુલશે નહીં

ખરશેદ ચીનાઈ માટે એમ સમજવું નહીં કે તે એક લેડી એકટર હતો. બેશક શરૂઆતમાં તે એક લેડી ખેલાડી હતો ખરો પણ પાછળથી ઉમરના વધવા સાથ શરીરનો બાંધો વધતો ગયો અને તે એટલી હદે પુગ્યો કે અલીબાબા અને ચાલીસ ચોરના નાટકમાં ચાલીસ ચોરોના સરદાર તરીકે તે એક વખત જ્યારે સ્ટેજ ઉપર આવ્યો ત્યારે તેના બદનના બાંધાનો ખ્યાલ આવ્યો હતો! મરહુમ દાદી પટેલની ઓરિજનલ વિક્ટોરિયા કલબ છોડ્યા પછી મી. ચીનાઈ પાછલી આવફેડ નાટક કલબ સાથ જોડાયો હતો અને એ કમનસીબ મંડળીની નાટકશાળા આગમાં તારા જ થયા પછી, આ એક 'ઓલરાઉન્ડ' ખેલાડી એકાંત વાસમાં જઈ વસ્યો હતો.

(વધુ આવતા અંકે)

પારસી ટાઈમ્સ

ગોડ અને ગુસ્તાદ

(ભાગ ૧૩)



દાદાજી મુસ્કરાઈને બહેરામ યજ્ઞને ધરતી ઉપર જવાની તૈયારી કરતા બોલ્યા, 'આ વખતે તમને બહુ મજા પડવાની છે કે નહીં?' 'મજા કે ત્રાસ પડશે એ તો મુંબઈ પહોંચીને જ કહી શકીશ. આ લોકો સુધારવાનું નામ જ નથી લેતા. છેલ્લે હું ગયો હતો ત્યારે એ લોકોને વોર્નિંગ આપી આવેલો કે બધી ધમાલ કરવાનું બંધ કરીને સુધરી જાય. પણ એ લોકોને સમજ જ નથી પડતી.' અને પોતાનો ઓજારની બેગ બંધ કર્યો. દાદાજીએ કહ્યું, 'બધું ઠીક થઈ જશે. હું બધાઓને લાંબો ટાઈમ સુધરવા માટે આપવામાં માનું છું. મને લોકોને સજા આપવા નથી ગમતું એટલે આવું કરવું પડે છે. પણ ઘડી ઘડી એકની એક ભૂલ કર્યા કરે ત્યારે મને વચ્ચે પડવું પડે છે અને પપ્પુને આપણી વાત કહેવાનું યાદ રાખજો.'

'પપ્પુ મને સારી રીતે યાદ છે. આ વખતની વિઝિટની હાઈલાઈટ એ જ તો છે અને ગુસ્તાદની ટેકસીમાં બહેરામ યજ્ઞ બેસી ગયા.'

'કેમ છે ગુસ્તાદ? હું ફરીથી તારી પાસે આવું છું. હવે આપણે સીધા ઓફિસ જઈએ. આ વખતે આપણે જરાકવાર અદ્દશ્ય થઈને આ બધાનું નિરિક્ષણ કરીએ.'

અદ્દશ્ય થવાની જરૂર નહીં પડી કારણ કે ઓફિસમાં બધા મોજ-મસ્તી કરી રહ્યા હતા. બારણા પર ડુ નોટ ડિસ્ટર્બનું બોર્ડ લગાવેલું હતું અને કોન્ફરન્સ રૂમની અંદર ગીત ગાયન ચાલી રહેલું હતું. બે સ્ત્રીઓ બદત્તમીઝ દિલ અને ચિકની ચમેલી સમજીને નાચી રહેલાં હતાં અને માટીડાઓ અને એ લોકોને ઉત્તેજન આપી રહેલા કે શું ડાન્સ કરો છો. એમાંથી એક માણસ કામ કરતો દેખાયો એના હાથમાં કાગળો હતા એ કાગળો ઉપર પાસ અને અપ્રૂવ બહુ ઝડપથી લખી રહેલો હતો. એ કાગળ પર લખી રહેલો કે એક્સવાઈઝેડ બાગમાં બિલ્ડિંગ તોડીને ટાવર બાંધો. તો બીજા ઉપર લખતો હતો કે આ પાંચ ટેનન્ટને ઘરમાંથી કાઢી નાખો અને એક એક કરોડમાં તે ફ્લેટો બીજાને આપી દો. પછી મુસ્કરાઈને બોલ્યો કે આ રિટાયર્ડ થવા પહેલા મારો આખરી દાવ છે.

અચાનક બહેરામ યજ્ઞ અને ગુસ્તાદ એ લોકોને દેખાય છે અને તેઓ ગભરાઈ જાય છે. બધા પોતપોતાની સીટ પર બેસી જાય છે અને કામ કરતા હોય તેવો ડોળ કરે છે.

'તમે પાછા આવી ગયા બહેરામ યજ્ઞ સાહેબ?' એમ જાડો માણસ બોલે છે. 'હું તમોને સાચું કહું કે આપણે બધા સુધરી ગયા છે અને પારસી કોમનું ભલું જ આપણા મનમાં છે.' 'એ તો મને સારી રીતે દેખાઈ રહ્યું છે' એમ બહેરામ યજ્ઞ બોલે છે. અને પોતાની જાદુઈ શક્તિથી બધાને જગ્યા ઉપર જ ફીઝ કરી દે છે.

ટેબલ ઉપર ફૂટની બાસ્કેટમાં ૬ કેળાં હતાં તેમાંથી ગુસ્તાદ એક કેળું ઉંચકીને ખાઈ છે. 'છેલ્લી વાર મે તમારા ભેજમાં નાખેલું કે જે પણ કાર્ય કરો તે કોમના ભલાના માટે કરો. અને જે પણ પૈસા તમે ખોટી રીતે જમા કરીધા તે એકે એક પાછો કરી દો અને નિર્દોષ માણસોને હેરાન કરવાનું બંધ કરી દો. તમારી લાલચની સીમા પર કાબુ રાખો. પણ અહીં તો તમે બધા તેનું ઉંચું જ કરી રહ્યા છો.' એમ કહીને બહેરામ યજ્ઞે પોતાના બેગમાંથી એક ચળકતો ઓજાર કાઢ્યો. જાડો માણસ પોતાની જગ્યાથી હલી ન શક્યો. અને બહેરામ યજ્ઞે તે ઓજાર તેની છાતી પર મૂકી ને કહ્યું, 'આજ પછી કંઈ પણ ખોટું કામ થયું તો હું તને કબૂતર બનાવી દઈશ.' ગુસ્તાદે હવે ત્રીજું કેળું ખાવાનું શરૂ કર્યું. અને આ વખતે ગુસ્તાદે યજ્ઞદીને એક પણ કેળું ઓફર નહીં કર્યું.

'આ ખુદાનું ફરમાન છે' અને બહેરામ યજ્ઞે એક બીજું ઓજાર પોતાની બેગમાંથી કાઢીને બીજાંઓ તરફ ફેરવ્યું અને તેનું બટન દબાવ્યું. 'તમને બધાને હું બિલાડી બનાવી દેવશ.' તમ તો એ કહેવત સાંભળી હશે કે 'કબૂતર વચ્ચે બિલાડીને છોડી દો તો તે કબૂતરને ખાઈ જશે.' તમને બધાને છેલ્લી વોર્નિંગ આપું છું. સુધરી જાઓ નહીં તો બહુ ભારે પડશે. એમ કહીને ગુસ્તાદ અને બહેરામ યજ્ઞ અદ્દશ્ય થઈ જાય છે.

પપ્પુ એની મમ્મી સાથે કીચનમાં કેળા ખાઈ રહ્યો છે. ગુસ્તાદ તે જોઈને ખુશ થઈ ગયો. એની મમ્મી એ લોકોને જોઈને ગભરાઈ ગઈ અને સિક્કયુરીટી બોલાવા માટે

બટન દાબ્યું. 'તમે લોકો કોણ છો અને તમે અંદર કેમ આયા? સિક્કયુરીટીએ તમને પકડ્યા નહીં?' બહેરામ યજ્ઞ જવાબ આપે છે કે 'આપણે ખોદાઈના બંદા છે અને તમારા માટે પેગામ લાયા છે.' ભારત દેશમાં જે કરપ્ટ નેતાઓ ભરાઈ ગયા છે તેને કાઢવા માટે એક કાયદો પાસ કરાવો.' એટલામાં ત્યાં ચાર સિક્કયુરીટી ગાર્ડ પહોંચી ગયા પણ તે લોકોને બહેરામે બતક બનાવી દીધા. પપ્પુ જોઈને ખુશ થઈ ગયો અને બોલી પડ્યો કે 'મંમા આ લોકો તો જાદુગર છે એ લોકોને તમે પાછા બતકમાંથી માનવ બનાવી શકો ખરા?' બતકમાંથી પાછા તેઓ ગાર્ડ બની જાય છે અને પપ્પુ ગાર્ડને કહે છે 'તમે બધા અહીંથી ચાલ્યા જાઓ.' અને ગુસ્તાદને કેળા ઓફર કરે છે. 'મને પણ આ ચોર ઉચ્ચકા મારી કેબિનેટમાં ગમતા નથી. અને સૌથી વધારે એ લોકો જ કાઈમને ઉત્તેજન આપે છે. પણ શું કરાય? મારી પાસે કંચા રમવા કે પતંગ ઉડાવવામાંથી ફરસદ જ નથી મળતી તો હું આ કામ કહું ક્યારે?' પપ્પુએ કહ્યું.

'તમે લોકો પપ્પુને થોડી જાદુની ટ્રીક્સ શીખવશો? અગર એ આ કાયદો બદલી નાખે?' એમ મમ્મીએ કહ્યું.

'આપણે જાદુગર નથી ખુદાના બંદા છીએ. પણ પપ્પુને પ્રેસ કોન્ફરન્સથી પાછા આવી જવા દો ત્યારે જોઈશું.' આ વચ્ચે ગુસ્તાદ સાતમું કેળું ખાઈ રહ્યો હતો અને કહેવ કે 'માફ કરજો પણ મને કેળાં બહુજ ભાવે છે. મારી બેરી બનાના મિલ્કશેક બનાનો કોરમા, બનાનાનો સૂપ, બનાના ચાય અને બનાના પર ઈંડુ બહુજ સારી રીતે બનાવી શકે છે.' ગુસ્તાદે કહ્યું. એટલામાં ટીવી પર પપ્પુ એક કોન્ફરન્સમાં દેખાય છે. અને તે કોન્ફરન્સમાં કાયદાને ફાડી નાખે છે.

'આ ઘણું ખોટું થઈ ગયું છે. કરપ્ટ નેતાઓને તમે રાજ કેમ કરવા દો છો? એમ કાનુન હોવો જોઈએ.' અને કોન્ફરન્સમાંથી નીકળી જાય છે.

'હવે તો તમે એને કંઈ જાદુના ટ્રીક્સ શીખવી દો.' મમ્મી બોલે છે. 'હમાણાં જે ઓણે કીધું તે કોઈ મોટા જાદુથી કેમ નથી.' એમ બહેરામ યજ્ઞ મુસ્કરાઈને બોલે છે.

પ્રજાસત્તાક દિન
પ્રભાત થયું, સૂર્યકિરણ સર્વત્ર ફેલાયા જાગૃત થઈ સૌ, આનંદમહી રેલાયા સજ્જ રહેજો દેશ રક્ષણ કાજે હરહંમેશ ત્વરિત ગતિએ કરજો, દુશ્મન કરો નાશ તાબેદાર રહી ભારતમાતાને નિત્ય કથીરમાંથી સોનું બનાવવાનું કરજો કૃત્ય દિપાવજો દેશને મળે ના જેની જોડ નમન કરે 'શાપુર' ભારતમાતાને કરોડ



પ્રેમિકાએ પૂછ્યો સવાલ પ્રેમીને બતાવો તો મુજને જરા રહો છો ક્યાં, તમો મુંબઈ શહેરમાં પ્રેમિકા તરફ જોઈ હસીને દીધો જવાબ કહું શું તુજને પ્યારી, સિફ રહું છું મારી ઓકાતમાં...
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Deceased મરનાર	Age વય	Date તારીખ	Address ર. ઠે.	Relations સગાઈઓ
Sorab Jehangirji Merchant સોરાબ જહાંગીરજી મર્ચન્ટ	83 ૮૩	14-01-2016 Aneran Amardad 1385	666, Orient House, Lady Jehangir Road, Parsi Colony, Dadar, Mumbai 400014. પારસી કોલોની, દાદર, મુંબઈ ૧૪.	માતા પિતા: પિરોબા તથા જહાંગીરજી નાદરશા મર્ચન્ટ, ધણીયાણી: પેરિન સોરાબ મર્ચન્ટ, દીકરા દીકરી: શ્રિટી ભાઈના, ઝરસીસ મર્ચન્ટ, રોહિન્ટન મર્ચન્ટ, રોશન મર્ચન્ટ, ભાઈ બહેનો: સાવક મર્ચન્ટ, મરહુમ અદી મર્ચન્ટ, આલુ મર્ચન્ટ, ગ્રાન્ડ ચિલ્ડ્રન: હનોઝ ભાઈના, નીલુકર મર્ચન્ટ, નિનોરકા મર્ચન્ટ, વલુ જમાઈ: વિસ્પી ભાઈના, ખુરશીદ મર્ચન્ટ, સાસુ સસરા: મરહુમ ખોરશેદ તથા મરહુમ હોરમસજી નશરવાનજી દમણિયા.
Dossa Shiavax Dubash દોસા શ્યાવજી દુબાશ	85 ૮૫	14-01-2016 Aneran Amardad 1385	8, Bora Bazar Street, Saba Apartments, Mumbai 400001. ૮, બોરા બઝાર સ્ટ્રીટ, સબા અપાર્ટમેન્ટ્સ, મુંબઈ ૧.	માતા પિતા: મરહુમ દોલતબાનુ તથા મરહુમ રૂસ્તમજી જમશેદજી મિસ્ત્રી, ધણી: મરહુમ શ્યાવજી રૂસ્તમજી દુબાશ, ભાઈ બહેનો: યાસ્મિન દારયસ ઈરાની, સાસુ સસરા: મરહુમ રૂસ્તમજી દુબાશ.
Eruch Ardesar Colah એરુચ અરદેશર કોલાહ	93 ૯૩	14-01-2016 Aneran Amardad 1385	2, Noor E Rehmat, 1st Floor, 69, B.J. Road, Bandra(W), Mumbai 400050. બી.જે. રોડ, બાન્દરા (વે), મુંબઈ ૫૦.	માતા પિતા: ધનમાય તથા મરહુમ અરદેશર કોલાહ, ધણીયાણી: મરહુમ હોમાય એરુચ કોલાહ, દીકરા દીકરી: મરહુમ ફરહાદ એરુચ કોલાહ, ગ્રાન્ડ ચિલ્ડ્રન: પરિનાઝ ફરહાદ કોલાહ, વલુ જમાઈ: મરહુમ મહેરમાય તથા મરહુમ કાવસજી પેસ્તનજી પીર.
Soonamai Naval(Naoroji) Dumasia સુનામાય નવલ (નવરોજી) ડુમસિયા	89 ૮૯	15-01-2016 Hormazd Shehrevar 1385	Girja Sadan, Home No 15, Gr. Floor, Khetwadi 7th Lane, Mumbai 400004. ગીરજા સદનવ ખેતવાડી ૭મી ગલી, મુંબઈ ૪.	માતા પિતા: મરહુમ ખોરશેદ તથા મરહુમ અરદેશીર ફરામરોઝ કામા, ધણી: મરહુમ નવલ (નવરોજી) જહાંગીરજી ડુમસિયા, દીકરા દીકરી: પરવેઝ, યલદી, એરુચ, ભાઈ બહેનો: જાલ એ. કામા, ધન ઈ. ખાનસાહેબ, મરહુમ દોસામાય, હોમાય, દોલી, હિલા, ગ્રેન્ડ ચિલ્ડ્રન: જુબિન, ફરહાદ, રયોમંદ, આર્શિસ, વલુ જમાઈ: દીનુ પી. ડુમસિયા, મનીજેલ વા. ડુમસિયા, અરનવાઝ ઈ. ડુમસિયા, સાસુ સસરા: મરહુમ સુનામાય તથા જહાંગીરજી ડુમસિયા.
Dr. Dina Hansotia ડો. દિના હાંસોટિયા	81 ૮૧	15-01-2016 Hormazd Shehrevar 1385	1, Meherbai Wadia Bldg. No 11, Ground Floor, 275/K, Building, Tardeo Road, Mumbai 400007. તારદેવ રોડ, મુંબઈ ૭.	માતા પિતા: પેરિનબાનુ તથા નરીમાન મહેતા, ધણી: રતન એમ. હાંસોટિયા, દીકરા દીકરી: પેરિન, નરીમાન મહેતા, ભાઈ બહેનો: રોશન, ખુરશેદજી કાપડિયા, સાસુ સસરા: ધનમાય તથા માનેકજી હાંસોટિયા.
Piloo Noshir Irani પિલુ નોશીર ઈરાની	83 ૮૩	15-01-2016 Hormazd Shehrevar 1385	Kotwal House, Sleater Road, 1st X Lane, Grant Road, Mumbai 400007. ગ્રાન્ડ રોડ, મુંબઈ ૭.	માતા પિતા: ખોરશેદ તથા રશિદ ઈરાની, ધણી: નોશીર શેરિયાર ઈરાની, દીકરા દીકરી: મરહુમ રયોમંદ નોશીર ઈરાની, અરનવાઝ નોઝર ઉદવાડિયા, ભાઈ બહેનો: મરહુમ સિલ્હુ અફવાતૂન ઈરાની, મરહુમ ખારમેન નામદાર ઈરાની, બેહરામ રશિદ ઈરાની, મરહુમ બોમન રશિદ ઈરાની, ગ્રાન્ડ ચિલ્ડ્રન: આઝમીન, યોહાન, વલુ જમાઈ: નોઝર ઉદવાડિયા, સાસુ સસરા: પિરોબા તથા શેરિયાર ઈરાની.
Shawakshaw Gayomard Dandiwala શાવકશાહ ગયોમર્દ દાંડીવાલા	89 ૮૯	15-01-2016 Hormazd Shehrevar 1385	17/786, Khareghat Road, Dadar Parsi Colony, Dadar(E), Mumbai 400014. દાદર પારસી કોલોની, દાદર (ઈ), મુંબઈ ૧૪.	માતા પિતા: મરહુમ હીરાબાઈ તથા મરહુમ ગયોમર્દ નશરવાનજી દાંડીવાલા, ધણીયાણી: નરગિસ સાવકશા દાંડીવાલા, દીકરા દીકરી: નીલુકર નોઝર તાંતરા, બિનાયફર વિસ્તાસ્ય કાત્રક, ભાઈ બહેનો: મીનુ ગયોમર્દ દાંડીવાલા, બેપ્સી કેકી બુહારીવાલા, જિમી ગયોમર્દ દાંડીવાલા, મરહુમ હોમી ગયોમર્દ દાંડીવાલા, ગ્રાન્ડ ચિલ્ડ્રન: મહાજરિન વિસ્તાસ્ય કાત્રક, પેશોતન વિસ્તાસ્ય કાત્રક, કેવાન નોઝર તાંતરા, વલુ જમાઈ: નોઝર જાલ તાંતરા, વિસ્તાસ્ય મીનુ કાત્રક, સાસુ સસરા: મરહુમ હીરાબાઈ તથા મરહુમ દિનશાજી શાપુરજી સુતરિયા.
Naju Tehmurasp Sukhia નાજુ તેહમુરસ્પ સુખિયા	82 ૮૨	16-01-2016 Hormazd Sahrevar 1385	Sir Ratan Tata Colony, Bldg. No 1, R.No 12, Tardeo, Mumbai 400013. સર રતન તાતા કોલોની, તારદેવ, મુંબઈ ૧૩.	માતા પિતા: મરહુમ સુનામાય તથા મરહુમ નાદરશા ટંપાલ, ધણી: મરહુમ તેહમુરસ્પ રૂસ્તમજી સુખિયા, દીકરા દીકરી: હોમિયાર તેહમુરસ્પ સુખિયા, ભાઈ બહેનો: મરહુમ પેરિન સોહરાબ સિગનપોરિયા, મરહુમ કુમી નરીમાન એવાવિયા, મરહુમ અરુપી નાદરશા ટંપાલ, ગ્રાન્ડ ચિલ્ડ્રન: જેસિકા હોમિયાર સુખિયા, વલુ જમાઈ: પેરિન હોમિયાર સુખિયા, સાસુ સસરા: મરહુમ દિનામાય તથા રૂસ્તમજી સુખિયા.
Keki Hormusji Mobarakai કેકી હોરમસજી મોબારકાઈ	87 ૮૭	14-01-2016 Aneran Amardad 1385	Nargish Nivas, 'C' Wing, H.K. Irani Road, Station Dahanu Road, Dist., Palghar. સ્ટેશન દહાણુ રોડ, જિ. પાલઘર.	માતા પિતા: શિરીનબાઈ તથા હોરમસજી કેખુશ્ક ઈરાની, ધણીયાણી: નરગિસ કેકી મોબારકાઈ, દીકરા દીકરી: રૂહગિઝ, નેવિઝ, રૂઆત, રૂકશાના, ભાઈ બહેનો: જરથોસ્ત, અરુપી, કેટી, રોશન, રોડા, દોલી, મરહુમ સોલી, માનેક, ગુલા, શહેરા, ગ્રાન્ડ ચિલ્ડ્રન: ચિરાગ, જિમી, ઓલિવિયા, માર્કેવ, વલુ જમાઈ: ફર્કી, ફરોખ, વિસ્પી, ડોના, સાસુ સસરા: ફેની તથા મરહુમ ફરહાદ રૂસ્તમ ઈરાની.
Mani Eruch Nanji મની એરુચ નાનજી	82 ૮૨	16-01-2016 Bahman Shehrevar 1385	742, Battliwala Bldg., Gr.Gloor, No 2, Dadar Parsi Colony, Vimadlal Road, Mumbai 400014. દાદર પારસી કોલોની, વિમાદલાલ રોડ, મુંબઈ ૧૪.	માતા પિતા: મરહુમ બચામાય તથા મરહુમ શાપુરજી ભીખાયજી પટેલ, ધણીયાણી: મરહુમ એરુચ કેખુશ્ક નાનજી, દીકરા દીકરી: કમલ ફરહાદ કોલાહ, ભાઈ બહેનો: હોશી એસ. પટેલ, બહાદુર એસ. પટેલ, માનેક સી. પટેલ, તેહમી એસ. મહેતા, દોલી એસ. પટેલ, ગ્રાન્ડ ચિલ્ડ્રન: મહેરદાદ એફ. કોલાહ, દાનેશ એફ. કોલાહ, વલુ જમાઈ: ફરહાદ તેહમુરસ્પ કોલાહ, સાસુ સસરા: મરહુમ મનીજેલ તથા કેખુશ્ક નાનજી.
Behram Manchershaw Bilimoria બેહરામ મંચેરશા બિલિમોરિયા	89 ૮૯	16-01-2016 Bahaman Shahrevar 1385	R/2, Navroz Baug, Lalbaug, Mumbai 400012. લાલબાગ, મુંબઈ ૧૨.	માતા પિતા: મરહુમ શિરીનબાઈ તથા મરહુમ મંચેરશા રતનજી બિલિમોરિયા, ધણીયાણી: મરહુમ નરગિસ બેહરામ બિલિમોરિયા, ધણીયાણી: હુનોક્ષી પોરસ કટેલી, ભાઈ બહેનો: બરજોર મંચેરશા બિલિમોરિયા, મરહુમ મહેરૂ માનેક કીકા, મરહુમ જમશેદ મંચેરશા બિલિમોરિયા, ગ્રાન્ડ ચિલ્ડ્રન: જેહાન પોરસ કટેલી, વલુ જમાઈ: પોરસ એરુચ કટેલી, સાસુ સસરા: મરહુમ તેહમીના તથા મરહુમ નરીમાન પી. લાકડાવાલા.
Gool Rusi Dhabher ગુલ રૂસી ધાબર	83 ૮૩	17-01-2016 Boman Shehrevar 1385	Evershine Millinium Paradise, Bldg. No 55, Flat No 202, Thakur Village, Kandjivali (E), Mumbai 400101. ઠાકુર વિલેજ, કાંદિવલી (ઈ), મુંબઈ ૧૦૧.	માતા પિતા: મરહુમ તેહમીના તથા મરહુમ નશરવાનજી રેડીમની, ધણી: મરહુમ રૂસી કેખુશ્ક ધાબર, દીકરા દીકરી: ફેડી, યાસ્મિન, ભાઈ બહેનો: મરહુમ માકી, નરગિસ, મીનુ, રોસી, બાનુ, ગ્રાન્ડ ચિલ્ડ્રન: કમલ સાયરસ મોટી, સાસુ સસરા: જામજી તથા કેખુશ્ક ધાબર.
Roshan Parvez Masalawala રોશન પરવેઝ મસાલાવાલા	61 ૬૧	16-01-2016 Hormazd Shahrevar 1385	Bur Dubai, Alhamriya, No 12, Flat No 1, Dubai, U.A.E./ 9, Patel Building, Gamadia Colony, Tardeo, Mumbai 400007. દુબઈ, યુ.એ.ઈ./ તારદેવ, મુંબઈ ૭.	માતા પિતા: મરહુમ એમી તથા મરહુમ હોમી કુંવરજી હોમાવઝીર, ધણીયાણી: પરવેઝ રૂસ્તમજી મસાલાવાલા, દીકરા દીકરી: કેઝાદ પરવેઝ મસાલાવાલા, એરિક પરવેઝ મસાલાવાલા, ભાઈ બહેનો: હુનોક્ષી હોમાવઝીર, કેશિમરા ડ્રાઈવર, જિનોબિયા બિલિમોરિયા, ગ્રાન્ડ ચિલ્ડ્રન: ફરિયા મસાલાવાલા, વિયાન મસાલાવાલા, રાધન મસાલાવાલા, વલુ જમાઈ: રશનવી મસાલાવાલા, ફિરોઝા મસાલાવાલા, સાસુ સસરા: મરહુમ શિરીનાબાઈ તથા મરહુમ રૂસ્તમજી મસાલાવાલા તથા શેરનાઝ રૂસ્તમ બુહારીવાલાના ભાભી, તે દારાખસ, દિનશા, મરહુમ ફરેદૂનના સાલી.
Farokh Keki Dordi ફરોખ કેકી દોરડી	57 ૫૭	17-01-2016 Ardibeheht Shahrevar 1385	Dhunbai P. Jeejeebhoy Building, B-4, Gr. Flr., Near St. Peter School, Diwanman, Manikpur, Vasai(W), 401202. માનિકપુર, વસઈ (વે) ૪૦૧૨૦૨.	માતા પિતા: મરહુમ રોડા તથા મરહુમ કેકી ફકીરજી દોરડી, ધણીયાણી: બેહરોઝ ફરોખ દોરડી, દીકરા દીકરી: ફરાહ હોરમઝ કાસદ, ભાઈ બહેનો: મહાદ્વિપ અરુપી માર્કર, ખુશ્ક કેકી દોરડી, ગ્રાન્ડ ચિલ્ડ્રન: ડેવકિન, હેલજ, વલુ જમાઈ: હોરમઝ દારા કાસદ, સાસુ સસરા: ફરિદા (ભીખા) તથા મરહુમ નોશીર માનેકજી પટેલ.
Behram N. Sidhwa બેહરામ એન. સિધવા	75 ૭૫	17-01-2016 Ardibeheht Shahrevar 1385	4B/22, 3rd Floor, Tata Colony, Tardeo, Mumbai 400034. તાતા કોલોની, તારદેવ, મુંબઈ ૩૪.	માતા પિતા: મહેરબાઈ તથા નવરોજી પેસ્તનજી સિધવા, ધણીયાણી: મની બેહરામ સિધવા, દીકરા દીકરી: નવાઝ કેશિમરા, ભાઈ બહેનો: ફિરોઝ, કેટી, રોશન, તેહમી, ગ્રાન્ડ ચિલ્ડ્રન: કિયાન

પારસી ટાઈમ્સ



એરવદ ફરામઝ મંચેરશાહ ભાઘા

ભાગ-૪

શુક તે વખ્શુરે વખ્શુરાન સાહેબ ઉપર કે જ્યાંબી કુદરતી ક્રિયાથી 'અસરે તારીકી' (ગનામીનોને લગતી) પેદા થતી હોય તેને કુદરતના જ અચુક કાયદાથી જરથોસ્તી દએનની તરીકતની અમલ્યાતી 'અસરે રોશની' યાને મીનોઈ વૃદ્ધિમાં મદદ કરનારી અસરમાં પાછું ફેરવી નાંખવું. એ જરથોસ્તી દએનની એક બુલંદ મોતેબરી છે અને આ બુલંદીના પ્રતાપને લીધે જ સુદરેલ રૂના કપડાંનો બનાવવાનું ફરમાન આપવામાં આવેલું છે. રૂની અંદર કુદરતી રીતે એવો 'સરશોક' યાને અસલ તત્વ હોય છે કે સૂર્યના કિરણને રૂ પોતાની અંદરથી પસાર થવા દેતી વખતે નરમ અથવા ઠંડા કરી નાખે છે અને કિરણને ભાંગી નાખીને આડકતરી રીતે શરીરમાં દાખલ થવા દે છે આવી રીતે રૂના કપડાના સુદરેલ પસાર થઈને સૂર્યના કિરણો દાખલ થાય છે. તેથી સૂર્યના કિરણો અને જીવતાં શરીરમાંથી બહાર પડતો ખરાબ પ્રવાહનું જોશભેર ઘસાવું થઈ શકતું નથી અને આવી રીતે ઘસારો નહીં થવાથી પેલી નુકસાનકારક 'ખાસ્તર' (વીજળીક) શક્તિ પેદા થઈ શકતી નથી.

માથબાના અને ટોપી પહેરવામાં સમાયેલી સાયન્ટિફિક મતલબ:

જરથોસ્તી દએનમાં શીખવેલા એ જ મહાન સાયન્ટિફિક કાયદાને આધારે માથા ઉપરના બાલ સફેદ રૂના કપડાની ટોપી અથવા માથાબાનાથી ઢાંકવાનું અસલ જરથોસ્તી ફરમાન છે કારણ કે માથાના બાલ બરાબર રૂના કપડાના ઢાંકણથી ઢાંક્યાથી માથાના બાલમાંથી ચાલુ નીકળતા અણદીઠ ખરાબ પ્રવાહને સૂર્યના કિરણો સાથે તથા વતાવરણ સાથે ઘસારો થઈ શકતી નથી અને આવી રીતે

ઈભે-ક્ષુમનો જ્ઞાનરૂપી બગીચો: સુદરેલ

પેલી ખરાબ અસર ઉત્પન્ન નહીં થવાને લીધે તે શખ્સનું ખોરેલ પોતાની અસલ હાલતમાં સૂક્ષ્મ અને તેજસ્વી રહી શકે છે. રૂનું કપડું સૂર્યના કિરણોને તિક્ષ્ણરૂપે દાખલ થવા દે છે જેથી શરીરમાંથી બહાર નીકળતો પ્રવાહ પોતાના દરબજા પ્રમાણે બહાર ખેંચાઈ જાય છે અને તેથી પરીણામમાં ખોરેલને અડચણ થઈ શકતી નથી. દરેક વાંચનાર આ ઉપરથી સહેલાઈથી સમજી શકશે કે

“ જરથોસ્તી દએનમાં શીખવેલા એ જ મહાન સાયન્ટિફિક કાયદાને આધારે માથા ઉપરના બાલ સફેદ રૂના કપડાની ટોપી અથવા માથાબાનાથી ઢાંકવાનું અસલ જરથોસ્તી ફરમાન છે કારણ કે માથાના બાલ બરાબર રૂના કપડાના ઢાંકણથી ઢાંક્યાથી માથાના બાલમાંથી ચાલુ નીકળતા અણદીઠ ખરાબ પ્રવાહને સૂર્યના કિરણો સાથે તથા વતાવરણ સાથે ઘસારો થઈ શકતી નથી અને આવી રીતે પેલી ખરાબ અસર ઉત્પન્ન નહીં થવાને લીધે તે શખ્સનું ખોરેલ પોતાની અસલ હાલતમાં સૂક્ષ્મ અને તેજસ્વી રહી શકે છે. ”

એક જરથોસ્તી દએન પ્રમાણે ચાલનાર શખ્સને માટે ખોરેલ જાળવવાનું જે અગત્યનું ફરમાન છે અને જે બુલંદ ફરમાન શરીર તથા ઉરવાનને લગતા કાયદાઓ મેળવવાને ખાતર જ વખ્શુરે વખ્શુરાન સાહેબે આપેલું છે. તે ખોરેલ જાળવવાના ફરમાનો ખુલી રીતે ઉઘાડે માથે રહ્યાથી ખોરેલ નહીં જાળવવાથી ખોરેલની સુક્ષ્મતા અને તેજસ્વીપણું ચાલુ ખોડી લીધાથી કુદરતી કાયદે શરીરને લગતા તથા ઉરવાનને લગતા દુઃખો અને માઠી અસરો પેદા પડે છે. એક જરથોસ્તીએ પોતાના માથાના

બાલ હમેશા ચાલુ અને ખાસ બંદગી કરતી વખતે તથા ક્રિયાકામને લગતી પત્રિ જગ્યામાં જતી વખતે તો જરૂર-સફેદ રૂના કપડાંથી બરોબર ઢાંકેલા રાખવા જોઈએ. તથા એમ ઢાંકેલા રાખવામાં ઘણી જ સાયન્ટિફિક રીતે સમજ પડે એવી મહાન મતલબ સમાયેલી છે એમ યાદ રાખી તે પ્રમાણે અમલ કરી ખોરેલ જાળવવાની દરેક જરથોસ્તીની ફરજ છે. જુદી જુદી જાતના કપડા જેવા કે રૂ, ઉન, રેશમ, સન વિગેરે ઉપર તથા ખોરેલના કિરણોની અસર સુદરેલ ચામડીની. લગોલગ પહેરવાનું સાયન્ટિફિક કારણ રૂનું કપડું આપણા શરીરમાંથી નીકળતા ખરાબ પદાર્થને ધીમે ધીમે બહાર જવા દેવા માટેનું અગત્યનું કાર્ય બજાવે છે એ બીના આપણે ધ્યાનમાં લીધી છે. આ અચૂક સાયન્ટિફિક બીના પરથી એક અગત્યનો સવાલ અહીં સમજ પડી જાય છે. સુદરેલ ચામડીની લગોલગ પહેરવાનું ફરમાન ખાસ સાયન્ટિફિક કારણોથી જ પયગામ્બર સાહેબે આપેલું છે. શારિરીક તંદુરસ્તીને ખાતર પણ ચામડીની લગોલગ બીજા કોઈ પણ જાતના કપડાં પહેરવાને બદલે રૂનું કપડું જ સુદરેલના આકારમાં એક જરથોસ્તીને પહેરવું જોઈએ કારણ કે રૂનું કપડું શરીરમાંથી નીકળતા ખરાબ પદાર્થ તથા ખુરશેદમાંથી આવતા કિરણોનો જોશભેર ઘસારો થતો અટકાવી દઈને આપણા ખોરેલને તેજસ્વી તથા પ્રકાશિત રાખવામાં ઘણો કિમતી ભાગ બજાવે છે અને તે પ્રમાણે ઉરવાનની ઉંચ હાલતને ખાતર ખોરેલ જાળવવાની જરૂર છે તે જ પ્રમાણે ખોરેલની જાળવણી શારિરીક તંદુરસ્તીને પણ ઘણો અગત્યનો ફાયદો કરે છે.

(નોંધ બહેશતબહેરેલ ઉસ્તાન સાહેબ બહેરામશાહ ન. શરાફના અસલ લાખાણ પરથી સરળ ભાષામાં રજૂઆત)

મોબાઈલની મુસીબત



શાપુરશા ખંઘાકિયા

ઓગણીસમી અને વીસમી સદીમાં મનોરંજનના સાધનો દુનિયામાં બહાર પડ્યા હતા, જેમ કે ગ્રામોફોન, રેડિયો, ટેલિવિઝન, મોબાઈલ વગેરે. આજે નાનકડા ગામડાઓમાં ૩૦-૪૦ વર્ષ પહેલાં કોઈ મરી જાય, તો પોસ્ટ ઓફિસમાંથી તાર કરીને ગામો-શહેરોમાં ખબર પહોંચાડાતી હતી, પરંતુ તાર તો ત્રણ ચાર કલાકે પુગતા હતા. આજે મોબાઈલથી કોઈપણ ખબર એક મિનિટમાં મુંબઈ અને દુબઈ પહોંચી જાય છે. પરંતુ મોબાઈલની આટલી સુંદર સગવડ સાથે મોબાઈલે મુસીબત પણ ઉભી કરી છે. આજે દસ વર્ષના બાળકોથી માંડીને ઝંસી વર્ષના વૃદ્ધો આખો દિવસ મોબાઈલ પર કાર્ટૂનો, ગેમો વગેરેની પાછળ સમય બગાડે છે. ઘરમાં, બસમાં, ટ્રેનોમાં, રસ્તે ચાલતા મોબાઈલ ચાલુ જ હોય છે. વર્ષો પહેલાં લોકો હાથમાં રૂમાલ રાખતા હતા આજે મોબાઈલ રાખે છે! ડોક્ટરો કરે છે કે લાંબો વખત મોબાઈલ જોવાથી આંખો બગડે છે અને કલાકો સુધી મોબાઈલ હાથની આંગળીઓમાં પકડી રાખવાથી આંગળીઓ વાંકી થઈ જાય છે અને ભવિષ્યમાં હાડકાનો રોગ પાર્કિન્સન્સ થવાનો ભય રહે છે.

Perviz Behram Taraporewala પરવિઝ બેહરામ તારાપોરવાલા	88 ૮૮	18-01-2016 Shahrewar Shahrewar 1385	102, Namdar House, 89, Hill Road, Bandra(W), Mumbai 400050. હિલ રોડ, (૩), મુંબઈ ૫૦.	માતા પિતા: મરહુમ ભીખામાય તથા મરહુમ દોરાબજી શાપૂરજી પૂનીવાલા, ઘણી: મરહુમ બેહરામ અરદેશીર તારાપોરવાલા, દીકરા દીકરી: જરૂ જિમ્મી દસ્તુર, ફિરોઝ બેહરામ તારાપોર, ભાઈ બહેનો: રોડા ફિરોઝ મોગરેલિયા, મની રૂસી લંગરાના, મરહુમ એચ દોરાબજી પૂનીવાલા, ગ્રાન્ડ ચિલ્ડ્રન: વિક્ટોરિયા ફિરોઝ તારાપોર, સાયરસ જિમ્મી દસ્તુર, દીના જિમ્મી દસ્તુર, વલુ જમાઈ: પરવિન ફિરોઝ તારાપોર, જિમ્મી જહાંગીર દસ્તુર, સાસુ સસરા: મરહુમ શિરીનબાઈ તથા મરહુમ અરદેશીર નાદિરશા તારાપોરવાલા.
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Kersi Rustomji Daruvala કેરસી રૂસ્તમજી દારૂવાલા	70 ૭૦	19-01-2016 Shahrewar Shahrewar 1385	Bldg. No 10, 2nd Floor, Flat No 6, Old Khareghat Colony, Hughes Road, Mumbai 400007. લુહ્સ રોડ, મુંબઈ ૭.	માતા પિતા: મરહુમ ફેની તથા મરહુમ રૂસ્તમજી પેસ્તનજી દારૂવાલા, ઘણીયાણી: શેરનાઝ કેરસી દારૂવાલા, દીકરા દીકરી: ફેની કે. દારૂવાલા, ભાઈ બહેનો: શહેરૂ સામ નાગરવાલા, યાસ્મિન બહેરામ ગાંધી, મરહુમ આબાન દારા ચિનોય, મરહુમ ફિરોઝ રૂસ્તમજી દારૂવાલા, સાસુ સસરા: મરહુમ દિનામાય તથા મરહુમ બોમનશા જમશેદજી ખરાસ.
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All details of the Mumbai Paidast are courtesy the www.bpppaidast.in

Paidast from Poona Parsi Panchayat

Nargis Minocher Cursetji નરગિસ મીનોચેર કરસેતજી	102 ૧૦૨	17-01-2016	Duaris Bungalow, 23-Napier Road, Pune 411040. દારાયસ બંગલો, ૨૩-નેપિયર રોડ, પુણે ૪૧૧૦૪૦.
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Paidast from Prayer Hall, Worli

Khorshed Kaikobad Rustomfram ખોરશેદ કેકોબાદ રૂસ્તમફરામ	82 ૮૨	15-01-2016 Aneran Amaradad 1385	401, 402, Rustom Villa, 4th Floor, Plot 751, Dr. Ghanti Road, Dadar Parsi Colony, Mumbai 400014. દાદર પારસી કોલોની, મુંબઈ ૧૪.	માતા પિતા: મરહુમ હીરાબાઈ તથા મરહુમ મર્ઝબાન કોમિસેરિયટ, ઘણી: કેકોબાદ, દીકરા દીકરી: હુતોક્તી, પરવિન, વલુ જમાઈ: કેરસી રાદેરિયા, મરહુમ ડેનિસ ફીલેન્ડ, ગ્રાન્ડ ચિલ્ડ્રન: આસ્તાદ, જુબિન, ફિરોઝ, ગ્રેટ ગ્રાન્ડ ચિલ્ડ્રન: ઝોયા.
Rutty Rusi Modi રતિ રૂસી મોદી	88 ૮૮	16-01-2016 Hormazd Shehrevar 1385	5, Cleave House, 2nd Floor, Wodehouse Road, Mumbai 400005. વૂડહાઉસ રોડ, મુંબઈ ૫.	દીકરા દીકરી: આયેશા અદી માદન, વલુ જમાઈ: અદી ફરેદૂન માદન.

Paidast from America

Daulat Jehangir Cama દોલત જહાંગીર કામા	104 ૧૦૪	13-12-2015	26, Pine Street, Tillson, New York 12486. ૨૬, પાઈન સ્ટ્રીટ, ટિલ્સન, ન્યૂ યોર્ક ૧૨૪૮૬	માતા પિતા: મરહુમ દોસીબાઈ તથા અરદેશર માર્શલ (કલીકતવાલા) ઘણી: મરહુમ બંગીરજી જમશેદજી કામા, દીકરા દીકરી: કાવસ, નવલ, વલુ જમાઈ: નેલી, માહરૂખ, ગ્રાન્ડ ચિલ્ડ્રન: તનાઝ, શહેરનાઝ, ફરિઝાદ, દિલનવાઝ, ગુલશન, ગ્રેટ ગ્રાન્ડ ચિલ્ડ્રન: મેકેન્ઝી, સ્ટીવન, પ્રિયાના, ભાઈ બહેનો: દારાશા, પેરિન, નોશીર, સાસુ સસરા: નવાઝબાઈ તથા જમશેદજી કામા.
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Paidast from Parsi Zoroastrian Anjuman of Secunderabad and Hyderabad

Osta Phiroze Darabshaw Katrak ઓસ્તા ફિરોઝ દારબશા કાત્રક	87 ૮૭	18-12-2015 Ardibeheht Amaradad	106 Green Arch Apartments, P. G. Road, Secunderabad 500003. પી.જી. રોડ, સિકન્દરાબાદ ૫૦૦૦૦૩.	માતા પિતા: દિના તથા મરહુમ દારબશા કાત્રક, ઘણીયાણી: રોશન, દીકરા દીકરી: બખ્તવાર, ખુરશેદ, દિલનવાઝ, વલુ જમાઈ: કેરસી માચી, નતાશા, ગ્રાન્ડ ચિલ્ડ્રન: બિનાયશા, હવોવી, કાર્વ, ઝેનિયા, ડેલઝાન, સાસુ સસરા: જરબાનુ તથા મરહુમ માનેકશા
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સૂર્ય: મકરમાં, ચંદ્ર: મિથુનથી કન્યામાંમાં, ૧.૨.૩.૧. મંગળ: તુલામાં બુધ: ધનમાં, ગુરુ: સિંહમાં, શુક્ર: ધનમાં, શનિ: વૃશ્ચિકમાં, રાહુ: કન્યામાં અને કેતુ: મીનમાં છે.



YOUR JANAM RASHI THIS WEEK

લાખનાર: મરહુમ મહારાજ શ્રી સ્વયંજયોતિના સહકાર્યકર્તા જયેશ એમ. ગોસ્વામી

Your moon sign horoscope is called your 'Janam Rashi' and is probably the sign under which you were given your first name. The moon sign is not the same as the sun sign horoscope and is usually more accurate. Your moon sign is calculated by the first syllable sound of your name (For example: if you are Firdosh then the sound is 'fff' which comes under Dhanu Rashi or Sagittarius). But this is only accurate if your parents or those who named you followed the rules of the Janam Rashi.

Aries - મેષ
અ.લ.ઈ.

ઉત્તરતી રાહુની દિનદશા ચાલુ હોવાથી હાલમાં તમારા દિવસની ભૂખ અને રાતની ઉંઘ બન્ને ખરાબ થઈ જશે. તમારા ખોટા વિચારોમાં અટવાયેલા રહેશો અને તેનાથી પરેશાન થશો. ધન માટે ખેંચતાણ થશે. મિત્રો દૂર ભાગશે. તબિયતની કાળજી લેજો. નાની માંદગીથી મોટી પરેશાની થશે. રાહુના દુઃખને ઓછું કરવા માટે ભૂલ્યા વગર 'મહાબોખ્તાર નીઆએશ' ભણાવો. શુકનવંતી તા. ૨૩, ૨૬, ૨૭, ૨૮ છે.

Due to the descending rule of Rahu, you will become restless. You will be stuck in trivial thoughts and be tensed due to the same. There will be a financial strain. Your friends will maintain distance. Take care of your health. Small ailments will give you big problems. Pray 'Mahabokhtar Niyash' to pacify Rahu.
Lucky Dates: 23, 26, 27, 29.

Cancer - કર્ક
ડ.હ.

તમારે આજનો દિવસ જ શનિની દિનદશામાં પસાર કરવાનો બાકી છે તેથી આજે બને તો કોઈની સાથે બોલાચાલી કરવા કરતા શાંતિથી દિવસ પસાર કરી લેજો. બાકી કાલથી ૨૩મી માર્ચ સુધી ગુરુની દિનદશા તમોને દરેક કામમાં જય મળશે. હાલમાં અટકેલા કામ ફરી ચાલુ કરવાનો રસ્તો મળતો જશે. નવા કામ કરવા માંગતા હો તો આજથી ભૂલ્યા વગર મોટી 'હમન યશત' અને કાલથી 'સરોશ યશત' ભણવાનું ચાલુ કરી દેજો. શુકનવંતી તા. ૨૪, ૨૫, ૨૭ ને ૨૮ છે.

Today is the last day under the rule of Saturn. Don't get into arguments with anyone. Spend your day peacefully. From tomorrow till the 23rd of March, the rule of Jupiter will give you success in all that you do. You will find a way to resume incomplete work. If you want to start new work pray 'Moti Haptan Yash' today and from tomorrow pray 'Sarosh Yash'.

Libra - તુલા
૨.ત.

આજથી તમને બુધની દિનદશા શરૂ થયેલી છે તેથી ૧૪મી માર્ચ સુધી તમે તમારી ગયેલી ઈજાત કે કામને પણ પાછા મેળવી લેશો. તમારા ઉપર બુધની વધુ કૃપા થશે અને તમને જોઈતું સામેથી મળી આવશે. તમારા દુરમન પણ તમારા દોસ્ત બની જશે. ધન મેળવવા મુશ્કેલીઓ આવશે. કેમિલી બાબતમાં જજમેન્ટ આપવું પડશે. બુધની વધુ કૃપા મેળવવા માટે 'મેહર નીઆએશ' ભણાવો. શુકનવંતી તા. ૨૪થી ૨૭ છે.

Mercury has started ruling over you from today. By 14th March you will earn back lost respect or projects. Mercury will be very pleased and what you desire will come to you. Enemies will turn friends. There will be problems in earning money. You will have to make judgements in family matters. Pray 'Meher Niyash' to get more blessings from Mercury.
Lucky Dates: 24, 25, 26, 27.

Capricorn - મકર
ખ.જ.

સૂર્યની દિનદશા ચાલુ હોવાથી સામે પડેલી અગત્યની ચીજ દેખાશે નહીં. દરેક બાબતમાં ખૂબ જ કંટાળો આવશે. ઘરની અંગત વ્યક્તિ તમને પરેશાન કરી મુકશે. ઘરમાં ઘણી-ઘણીયાણીમાં નજીવી બાબતમાં મતભેદ પડી જશે. સૂર્યના ઉતાપને ઓછો કરવા માટે 'યા રયોમંદ' ૧૦૧વાર ભણાવો. શુકનવંતી તા. ૨૩, ૨૪, ૨૭ ને ૨૮ છે.

Sun is ruling over you. You won't be able to identify important things that are right in front of you. You will feel lazy in doing everything. A significant other at home will trouble you. There will be differences in opinion on trivial issues between spouses. Pray 'Ya Rayomand' 101 times to pacify sun.
Lucky Dates: 23, 24, 27, 28.

Taurus - વૃષભ
બ.૧.ઉ.

તમને આજથી ૪૨ દિવસ માટે રાહુની દિનદશા શરૂ થયેલી છે તેથી હાલમાં તમારા સીધા કામ ઉલટા થઈ જાય તો નવાઈમાં પડી જતા નહીં. ૪થી માર્ચ સુધી તમે જ્યાં કામ કરતા હશો ત્યાં તમારી સાથેવાળાનો સાથ મળશે તેવી આશા રાખતા નહીં. તે લોકો તમારા વિરુદ્ધ કામ કરીને તમને પરેશાન કરશે. ખર્ચ કર્યા પછી પણ તમને સંતોષ નહીં મળે. આજથી રાહુનું નિવારણ કરવાનું ચાલુ કરી દેજો. 'મહાબોખ્તાર નીઆએશ' ભણાવો. શુકનવંતી તા. ૨૪, ૨૫ ને ૨૮ છે.

Rahu will rule over you from today for the next 42 days. Don't be surprised if your work doesn't turn out the way you expected it. Don't expect to get support from colleagues at work till 4th March as they will work against you and trouble you. You won't be satisfied even after spending a lot. Pray 'Mahabokhtar Niyash' to pacify Rahu.
Lucky Dates: 24, 25, 28.

Leo - સિંહ
મ.ટ.

હાલમાં તો તમારી રાશિના માલિક સૂર્યના દુરમન શનિની દિનદશા ચાલશે તેથી તમે તમારા કોઈ પણ કામ સમય પર પૂરાં નહીં કરી શકો. કોઈને પોમિસ આપવાની ભૂલ કરતા નહીં કેમ કે શનિ તમારા પ્રોમિસ પૂરા નહીં થવા દે. નાણાકીય મુશ્કેલીનો સામનો તમને કરવો પડશે. જ્યાં ત્રણ કમાણો ત્યાં ત્રીસનો ખર્ચ કરવો પડશે. મનગમતી વ્યક્તિ તમારાથી નારાજ થઈ જશે. આજથી ભૂલ્યા વગર મોટી 'હમન યશત' ભણાવો. શુકનવંતી તા. ૨૩, ૨૬, ૨૭ ને ૨૮ છે.

Saturn is ruling over your moon sign. You will not be able to finish your work on time. Don't make the mistake of promising anyone because Saturn will not let you do so. You will face financial problems. You will have to spend 10 times more than you earn. Your loved one will get upset with you. Pray 'Moti Haptan Yash' from today.
Lucky Dates: 23, 26, 27, 28.

Scorpio - વૃશ્ચિક
ન.પ.

તમારે આજનો દિવસ જ ચંદ્રની શીતળ છાયામાં પસાર કરવાનો બાકી છે તેથી આજે ઘરવાળા સાથે હસી ખુશીમાં દિવસ પસાર કરી લેજો. કાલથી ૨૮ દિવસ મંગળની દિનદશા તમને દરેક બાબતની અંદર ચિંતા આપવી દેશે. તમારા મગજને ખૂબ ગરમ કરશે. નાની નાની બાબતમાં ગુસ્સે થઈ જશો. તબિયતમાં ધ્યાન આપજો. હાઈપ્રેશરની માંદગીવાળા દવા લેવામાં બેદરકાર નહીં રહેતા. 'તીર યશત' ભણવાનું ચાલુ કરી દેજો. શુકનવંતી તા. ૨૩, ૨૬, ૨૮ ને ૨૮ છે.

Today is the last day under the rule of moon. Spend the day happily with your family members. Mars will rule over you from tomorrow for the next 28 days. You will be tensed for everything. You will lose your temper often, in the smallest of things. Take care of your health. If you are having high blood pressure, don't be careless. Start praying 'Tir Yash'.

Aquarius - કુંભ
ગ.શ.સ.

૧૩મી ફેબ્રુઆરી સુધી શુક્રની દિનદશા ચાલશે તેથી હાલમાં તમારા મોજશોખ ખૂબ જ વધી જશે જ્યાં ત્રણનો ખર્ચ કરવા માગતા હશો ત્યાં ત્રીસનો ખર્ચ કરશો. પણ નાણાકીય મુશ્કેલી નહીં આવે. શુક્રની કૃપાથી ૧૩મી સુધીમાં તમારાથી નારાજ થયેલી વ્યક્તિ કે પાર્ટનરને મનાવી લેવામાં સફળ થઈ જશે. ભૂલ્યા વગર 'બહેરામ યજદ'ની આરાધના કરજો. શુકનવંતી તા. ૨૪, ૨૫, ૨૬ ને ૨૮ છે.

Venus will rule over you till 13th February. Your means of entertainment will increase. You will spend 10 times the amount you expected to spend. Despite this, there won't be any financial problems. With the grace of Venus by the 13th of February you will successfully persuade persons who are upset with you. Pray 'Behram Yazad' without fail.
Lucky Dates: 24, 25, 26, 29.

Gemini - મિથુન
ક.ઇ.ધ.

૨૧મી ફેબ્રુઆરી સુધી ગુરુની દિનદશા ચાલશે તેથી નારાજ થયેલા મિત્ર કે કેમિલિ મેમ્બરને મનાવી લેશો. ધન માટે ખૂબ જ સારાસારી રહેશે. થોડી ઘણી બચત કરીને સારી જગ્યાએ રોકાણ કરવાથી ખરાબ સમયમાં ધન કામમાં આવશે. ગુરુની કૃપાથી ધર્મનું કામ કરવાથી મનને આનંદ મળશે. કેમિલીમાં કોઈ નવી વ્યક્તિ આવવાના ચાન્સ છે. હાલમાં રોજ 'સરોશ યશત' ભણવાનું ચાલુ રાખજો. શુકનવંતી તા. ૨૩, ૨૬, ૨૭ ને ૨૮ છે.

Jupiter will rule over you till the 21st of February. You will be able to persuade upset friends or family members. Finances will be good. If you save and invest money, it will help you during bad times. With the grace of Jupiter you will get happiness by doing religious work. There is a chance of a new addition in your family. Pray 'Sarosh Yash' daily.
Lucky Dates: 23, 26, 27, 28.

Virgo - કન્યા
પ.ઠ.ણ.

૧૩મી ફેબ્રુઆરી સુધી તમારી રાશિના માલિક બુધની દિનદશા ચાલશે તેથી તમે ઓછું કામ કરીને જોઈતું ધન મેળવી લેશો. હિંસાબી કામમાં તમને ફાયદો થશે. જ્યાં ભૂલ હશે તે તમારી નજરની સામે પડેલા આવી જશે. બુધની કૃપાથી કામકાજને વધારવા માટે ગામ-પરગામ જવું પડે તો તેમાં ના નહીં પાડતા. બુધની વધુ કૃપા મેળવવા માટે 'મેહર નીઆએશ' ભણાવો. શુકનવંતી તા. ૨૩, ૨૪, ૨૫ ને ૨૮ છે.

Mercury will rule over you till 17th February. With less hard work you will get expected returns. You will get financial benefits. You will detect faults instantly. With the grace of mercury you will get chances to travel for work related purpose, don't miss out on them. Pray 'Meher Niyash' to get more blessings from Mercury.
Lucky Dates: 23, 24, 25, 29.

Sagittarius - ધન
ભ.ધ.ક.ટ.

ચંદ્રની દિનદશા ચાલુ હોવાથી હરવા કરવાનું વધી જશે. ગામ-પરગામથી સારા સમાચાર મળવાના છે. ફસાયેલાં નાણાંને પાછા મેળવવા માટે થોડી ભાગદોડ કરી લેજો. નવા કામની શોધમાં હશો તો નવું કામ મળી રહેશે. મનગમતી વ્યક્તિને મળવાનો મોકો મળી રહેશે. નાણાકીય બાબતમાં તમને જોઈતી રકમ મળી રહેશે. હાલમાં અચાનક ધનલાભ થવાના ચાન્સ છે. ભૂલ્યા વગર દરરોજ ૩૪મું નામ 'યા બેસ્તરના' ૧૦૧ વાર ભણાવો. શુકનવંતી તા. ૨૪, ૨૫, ૨૭ ને ૨૮ છે.

With moon ruling over you, your travelling will increase. You will get good news from your home town. You will have to run around to get back the money you lent. You will get a new job if you're looking for it. You will get a chance to meet the desired one. You will get expected finances. There is a probability of sudden gains in wealth. Pray the 34th name 'Ya Bestarna' everyday.
Lucky Dates: 24, 25, 27, 28.

Pisces - મીન
દ.પ.ઝ.થ.શ.

તમને શુક્રની દિનદશા ચાલુ હોવાથી નવા કામ તમે જલ્દીથી શીખી લેશો. અચાનક ધનલાભ થવાના ચાન્સ છે. ઓપોઝિટ સેક્સ તરફથી ભરપુર સાથ મેળવી લેશો. ઘરમાં મહેમાનની અવરજવર ખૂબ જ વધી જશે. તબિયતમાં અંદર સારાસારી થતી રહેશે. મનગમતી વ્યક્તિ મળશે. હાલમાં રોજ 'બહેરામ યજદ'ની આરાધના કરજો. શુકનવંતી તા. ૨૩, ૨૬, ૨૭ ને ૨૮ છે.

Venus is ruling over you. You will learn new work quickly. There is a chance of earning sudden wealth benefits. You will get support from persons from the opposite sex. The number of guests visiting you will increase. Your health will improve. You will get to meet the desired one. Pray 'Behram Yazad' everyday.
Lucky Dates: 23, 26, 27, 28.

Finding your Janam Rashi is easy. You can send us your name, birth date and birth time by email to contribute@parsi-times.com or post OR Go online and calculate it on <http://www.dikpanchang.com/utilities/horoscope/hindu-moonsign-calculator.html>



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Dear Mamaiji...

Dear Mamaiji,
You always make me read the Gujarati calendar date from the front page of the Parsi Times. Today is Adar Roj. What does that mean?

Dear Dikri,
Adar Roj. The day of Adar Yazad. Adar Yazad is the Divinity of the Sacred, Holy Atash (Fire). Adar thus is very physical as are the Earth and the Plants and Waters. Adar Yazad is enthroned in every Zoroastrian Fire Temple. He receives our prayers and 'forwards' these to the Creator, God, Ahura Mazda. The holy Fire is considered the Son of the Lord. Fire, as one of the elements, is also present in every human in the form of Energy, Heat and Light. Adar thus lives within all creation. It is upto each to fan this flame and lead a brilliant, radiant life or let it lie quietly, like embers on a coal, instead of strong, leaping flames. Adar Yazad provides for material and spiritual strength and sustenance. Praying to Adar Yazad is considered very beneficial in the Zarathosthy Faith. Meditate on the flames of the Fire and you will attune yourself to the Mighty Adar Yazad. You may keep looking at the leaping flames in the Fire Temple (or any consecrated flame elsewhere) or with your eyes closed, focus on the Flame of life within. A few decades ago, most Zarathosthy families had a family fire glowing in their own homes. However, this practice has almost vanished. We can still invite and 'enthroned' Adar Yazad and Ardibehst Amshaspand at home, by lighting an oil or ghee lamp and tending to it with our prayers.



With inputs from Parvez J. Daruwala



Rayomand Bengali

the PURSUIT of HAPPYNESS

Name... Rayomand Rusi Bengali.

I work at... I am a physician with Doctors Making Housecalls in Durham, North Carolina. I also spend some time teaching medical students at Duke University in Durham, North Carolina, USA.

I work as... I am an internal medicine physician. My specialization is in Geriatric Medicine and Palliative Medicine (Pain medicine and end of life care).

That basically means... Doctors Making Housecalls is an organization which provides care for frail elderly patient's either at home or in nursing homes. Also, I am adjunct faculty at Duke University and teach Geriatric & Palliative Medicine to medical students.

My work day begins with... Walking my 10-month-old puppy, followed by a cup of coffee and then going to work.

I love this about my job... My job gives me a purpose and I get to care for the elders.

I wish this would change about my job... At the moment my job is very fulfilling. The hours could be shorter though!

I have been working here for... After training for 10 years, I have now been in practice for 2 years.

I head to office and head back home at these times... My workday typically begins with patient rounds, starting from 9 am to 5 pm from Monday to Friday.

Some of the things that make up my work day... Treating frail elderly patients with complexities.

Someone I think has an interesting job is... Musicians.



Dr. Shernaz Avari

All of us know the importance of walking on a daily basis. But have you ever wondered as to what happens to your body when you start walking? I'll give you a minute-by-minute run down of the amazing chain reaction walking has upon your body. From 1 to 5 minutes: Your first few steps trigger the energy of producing chemicals in your cells to fuel your walk. Your heart rate revs up from 70 to 100 beats per minute, boosting blood flow and warming muscles. Any stiffness subsides as the joints release lubricating fluid

Walk, Walk and Walk. But Why?

to help you move more easily. As you get moving, your body burns 5 calories per minute. Your body needs more fuel and starts pulling from your carbohydrate and fat stores.

From 6 to 10 minutes: The heart beats increase from 100 to 140 beat per minute and you burn upto 6 calories per minute as you pick up the pace.

Walking alone is not difficult ...

But when we walked a mile with someone then...

Coming back alone is difficult..



A slight rise in BP is countered by the release of chemicals that expand blood vessels, bringing more blood and oxygen to working muscles.

From 11 to 20 minutes: Your body temperature keeps rising and you start to perspire as blood vessels near the skin expand to release heat. As your walk becomes brisker, you'll burn upto 7 calories per minute. Hormones rise to release fuel to muscles.

From 21 to 45 minutes: You feel invigorated and start to relax your body which releases tension, thanks partly to a dose of feel-good chemicals such as endorphins in your brain. As more fat is burned, insulin (which helps store fat) drops.

How I Work! Star Message in WhatsApp



With the ever growing number of messages in WhatsApp, there are times when it is difficult to find some important message or telephone no. which a friend had sent you, say, a month ago. You know it is very much there, but it could take ages to find it. More so, if the message is hiding in a ton of Group

Messages which you receive every day.

WhatsApp now allows you to "Star" a message - marking it as important, so to say. Just long press on a message and on the menu that appears on the top, tap on Star. This will mark the message as starred. This is exactly like marking the message with a Bookmark or as a favorite.

Later, when you wish to find a starred message, all you have to do is go to the Menu, and tap on Starred Messages - you will get all the starred messages listed in chronological order. You can further Search within starred messages and reach your desired message quickly. Further, you can "Unstar" a message later, making it easier to manage the Starred messages.

Organizing your messages in WhatsApp will make you more efficient - try it!



Yazdi Tantra's column is crafted for those of you who enjoy a bit of technology and love finding quirky things to do in this web and mobile savvy world. This entrepreneur celebrates his interest in the field of web based technologies with his columns and other websites like on-lyne.blogspot.in and Community centric Zoroastrians.net. Of course, his Parsi Times column is our favourite!

P.T. RECIPES



Kababs

Ingredients:

½ kg. minced meat (chicken/mutton)
2 small boiled potatoes
½ bunch coriander leaves
6 green chilies
6 mint leaves
6 cloves of garlic
2 inch pieces of ginger
½ teaspoon turmeric
½ teaspoon chili powder
1 egg
Bread crumbs to roll
Oil to fry

Directions:

Drain the mince meat till dry. Grind the next six ingredients. Combine the drained mince, ground mixture, egg and spices. Place in the fridge for half an hour. Shape into walnut sized balls. Roll in the bread crumbs. Deep fry in hot oil over a low flame. Serve with hot 'n' sour sauce.



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!

Good news for all those suffering from obesity or diabetes.

From 46 to 60 minutes: Your muscles feel fatigued as carbohydrate stores are reduced. As you cool down, your heart rate decreases and your breathing slows down. You will burn a few calories but more than what you burnt when you started off. Your calorie burn will remain elevated for upto 1

hour.

All this happens to you without your conscious thought. Start Walking from today with the correct walking shoes, involving your arms, 3 steps breathing in and 3 steps breathing out while keeping your fingers in the Surya Mudra which helps to burn fat by increasing heat in the body. Start with 30 minutes and go upto 60 minutes.



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 A JOG IS LIKE RUNNING
 A MARATHON**

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