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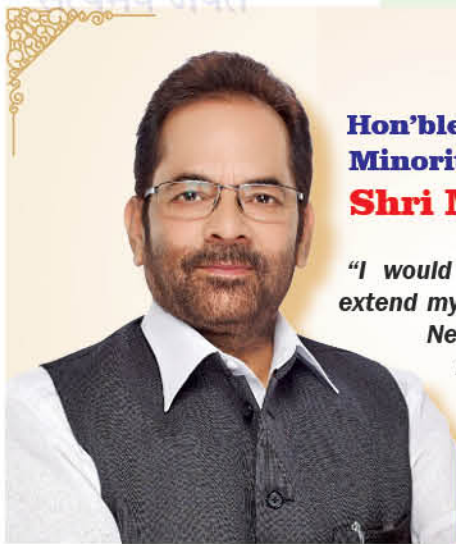
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Parsi Times is extremely privileged and equally delighted to facilitate this platform of 'Special Navroze Greetings' for our Community, from India's and our Community's, foremost leaders and visionaries!

## Look Who's Wishing Our Community

# 'Saal Mubarak'

## Through Parsi Times!!!



**Hon'ble Minister of  
Minority Affairs  
Shri Mukhtar Abbas Naqvi**

"I would like to take this opportunity to extend my heartfelt best wishes on the Parsi New Year. May this New Year bring more joy, happiness and prosperity to this peace-loving community worldwide."

**Hon'ble Chief Minister of Maharashtra  
Shri Devendra Fadnavis  
and wife Shrimati  
Amruta Fadnavis**

"Our Greetings and Best Wishes to all brothers and sisters from the Parsi Community on this auspicious day of Parsi New Year! We wish Happiness and Prosperity to all."



**Parsi Member at the National Commission for Minorities, and Udvada's  
Vada Dasturji Khurshed Dastoor**

"SAAL MUBARAK!

'Oh Ahura Mazda, the most beneficent spirit and the giver of rewards, on this New Year's Day grant us to make ourselves pure. Give us the mental power to keep the wicked and lies away from us, give us strength on account of goodness and bestow on us the power to act

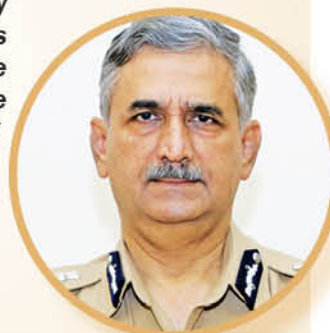


on righteousness. Grant us a certainty, Oh Ahura Mazda, to achieve these blessings and virtues through Khshathra Vairya and Vohuman. Let us rejoice as we acquire the bountiful knowledge of our religion i.e. Righteousness. (Yasna 33.10,11)

Blessings of IRANSHAH to you and yours!"

**Mumbai's Commissioner of Police  
Shri Datta Padsalgikar**

"I wish the entire Parsi Community a very Happy Parsi New Year. The Community has always given its wholehearted contribution in the making as well as building the nation. I am sure the same will be continued in the future, too! Once again, a Very Happy Parsi New Year!"



**Founder's Note (Parsi Times Multimedia Pvt. Ltd)  
Kersi Randeria**

"I'm delighted that Parsi Times has become a household name in our Community, in India and the world over. I heartily wish you all Navroz Mubarak! May the New Year bless us all with happiness and prosperity, and foster a renewed sense of unity and glory in our blessed Community!"





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# Saal Mubarak

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## FROM THE EDITOR'S DESK

### Saal Mubarak and Jai Hind!



Dear Readers,

On behalf of Team Parsi Times, it gives me immense pleasure to present you with our Bumper Special Navroze Issue, which celebrates our quirky, adorable Parsi Culture. This issue brings you all that's promised and more... it aims to reconnect you with the essence of 'being Parsi' in current times; to get you in that celebratory yet nostalgic mood; to re-instil in you the sense of belonging, pride and gratitude, so that we wholeheartedly welcome our New Year on 17<sup>th</sup> August, 2017! But there's more - Parsi Times brings you New Year greetings from some of India's most vibrant leaders (Pg. 2)! It is my absolute privilege to have our community greeted New Year wishes, via Parsi Times, by our vibrant Hon'ble Chief Minister of Maharashtra - Shri Devendra Fadnavis and the lovely Amruta Fadnavis; Hon'ble Minister of Minority Affairs - Shri Mukhtar Abbas Naqvi; Mumbai's Commissioner of Police - Shri Datta Padsalgikar; Parsi Member at National Commission for Minorities, and Udvada's Vada Dasturji - Khurshed Dastoor; and our Community's visionary and crusader for its upliftment, Founder of Parsi Times, Kersi Randeria.

If our Parsi culture is unique, our people are even more unique! When you're born Parsi, you don't have to strive too hard to be different. We stand out, like the most decorated thumb, thanks to our inimitable personalities and endearing idiosyncrasies... We are an age-defying race - your *mumma* refers to you as "maro nallo/nalli" (My little one) even when you're 45! It extends even to our matrimonial-ads which read, "45-year old 'boy' seeks alliance with 'girl' aged 38 to 42"! We are born with an inbuilt 'GPS' or 'General Parsi Syndrome' - which has us instinctively mapped-and-moving towards the direction of good food and good fun - yes, we are die-hard foodies, we know how to have fun, and we're known for our fab sense of humour, born out of our ability to laugh at ourselves. We call out to our fond ones most lovingly, using the choicest expletives that could start a war in most nations! We feel a fuzzy bond waking up to our *pappa* screaming, "Gadhero! Ketlo late ver suya karech! Life waste karech!" And we know all's well with mum with her ongoing daily rants about our house-help or 'Gangubai' - "Idiot jevi! Corners ma bilkul jhoru nathi marti! Kaam-Daffraav!", and yet rearranging her entire daily schedule (and sometimes ours) around our Gangubai's!

It is also in our culture to not just make our community proud, but to become the most ornate feather in the hat of any nation we settle on. Our forefathers elevated our standing as Parsis, in India and the world over, with their enormous contributions. While we relish and cherish that platform, we must constantly remind ourselves of the stupendous responsibility that comes along, when bequeathed a stupendous legacy. Those shoes may seem difficult, nay impossible, to fill. But let us never stop trying.

And speaking of India, the mother that took us in and nurtured us into greatness, we celebrate India's Independence Day on August 15<sup>th</sup>, 2017. Looking closely, we realise the indispensable relevance of both - India and the sense of independence, to us Parsis, without which we wouldn't exist today. It was our need for independence from having to forcefully convert to another faith, and our spirit of freedom to protect and practice our glorious Zoroastrian religion, that left us no choice but to escape our motherland, so we wouldn't have to forsake, neither our faith nor our lives, at the hands of barbaric, religious fascists. And, had India not taken us in, we would have never gotten the title, 'Parsi' - which started off with the locals calling us 'Farsis' (meaning, those who landed in India from 'Faras' or Persia). Our ingrained light of freedom also shone through in the prominent role played by Parsis in India's fight for Independence. It is then, only poetic justice, that we celebrate the Indian Independence Day, a couple of days before we celebrate the Parsi New Year!

I hope you will enjoy reading our Bumper Special issue which commemorates our splendid culture, with topics covering all its integral aspects - our religion, entrepreneurship, food, entertainment, art, goodness, humour, et al. As we head into our *navu varas*, Parsi Times renews its commitment to continue providing you with the latest, authentic news; and to continue encouraging and boosting all significant community causes including unity, population, entrepreneurship, youth empowerment, senior citizen's care and service.

I thank all our dignitaries on Page 2 for extending their good wishes to our community, with special thanks to Vada Dasturji Khurshed Dastoor for facilitating greetings from Shri Mukhtar Abbas Naqvi; and to Dr. Mickey Mehta for facilitating those from Shri Devendra and Amruta Fadnavis; and Shri Datta Padsalgikar. I heartily thank all our Readers for your constant support, participation in large numbers and your highly valued feedback; our Advertisers for your sustained faith in us; and our spirited Parsi Times team with its talented array of Writers, that come together to make Parsi Times the Number One Weekly of our Blessed Community!

Saal Mubarak and Jai Hind!

- Anahita (anahita@parisi-times.com)





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DARA M. KHODAIJI

## Aapri Parsi Bhasha

Parsis landed in India about 1200 years ago. The exact date of landing differs amongst scholars but that is not important. After the sugar and spice, and all that's nice sort of episodes, we were allowed to stay in the kingdom of Sanjan, but with a rider, rather four riders - one of which was, we will learn to speak in the Indian language

che?" Mehtaji's school was a sort of school where children were sent to learn basic Gujarati and Arithmetics.

The word 'dukhti' was also used for a girl which was probably of Persian origin, meaning girl or daughter. Similarly 'dukhto' became the masculine version for a boy or son, came into our Gujarati.

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only. It is safe to conclude that the language meant was Gujarati. At first, the 'Parsis' as the locals called us, must have communicated in 'Farsi' with a few Gujarati words. With the passage of time Gujarati took over and a smattering of Farsi was fused into it. A lilt came into our Gujarati, some harsher inflexions were softened. Even now we use some Persian words

'Mai ghee' or 'Dudh pau' meant sissy or a mamma's boy.

'Ponio' was not a very manly person, a softy.

'Pona aath' (7:45) meant being slow on the uptake.

'Trim taraak' meant well dressed; 'Jee-bharu' means blessed. Eg. Mara jee-bharu

**Wearing a topi was a must at all times of the day. Those who did not wear it at night were told, "Topi nahi peher se to raatna saitaan avi-ne matha per taplo mari jase.**

without even realizing that they are of the Persian origin. Our own literature developed in what is today called the Parsi Gujarati. Today we speak 'Parsi Gujarati' with a smattering of English in it. It is evolving, it is a living language. Unfortunately with the passage of time some very fruity words, phrases and ditties are now being replaced by more sophisticated terms. Here are some Parsi terms which are no longer or rarely heard but were common about half a century ago...

Jamshedjee to trim-taraak thai ne dur ravivare ghora dorava (horse races) jaaye!

'Gharara jevo' or 'Gharasia jevo' is tall and handsome. This term probably has its roots in reference with the Grenadiers of the British army.

'Choi Jevo lagech' - The term 'choi' was used for the local darjee or tailor. Actually the term denoted a man wearing tight, ill-fitting trousers with very narrow bottoms.

'Bucho' or 'buchi' for a small boy or a girl. Eg: "Kem bucha, su karech? Lesson kar nahi-to Mehtaji ni eskol ma javu parse. Aaye buchi kon

An 'Ichchamji' is a man who overdresses gaudily and shows

Contd. on Pg. 12

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## Aapri Parsi Bhasha

Contd. from Pg. 10

off. Eg: *Mare-re! Ichchamji jevo taiyar thaich!*

'Kuchi' is a door-key and 'Pijan patlo' means being repetitive. Eg: *Ek-no-ek Pijan-patlo na kar!* (Don't keep repeating the same thing over

and over again!)

'Potanoj kak-ko kharo' indicates only whatever he/she says is right, no-one else.

'Houson-jhouson' is the Hoi polloi or not very welcome guests or people in big numbers.

Probably a corrupt form of the English term, 'Hobson-Jobson'.

'Natra' is a divorcee planning to remarry, commented upon as, "Mui natru karva challi!"

'Pa. Cho.' (Gujarati letters for a. p. and ch.) - Apoplexy. The greedy person's cause of death will be apoplexy - "maran nu

kaaran a.p.cho." Similarly there was also a phrase - "Maran-nu kaaran dhakhara" for someone who had lots of pretentions.

"Chaas ma muro do vio" means committed a faux pas. And "Chekapie / capapie" means crazy - probably a corruption of the French 'cap à pied' meaning from head to foot. Almost similar to "Pavli kum."

"Ghela ghanchi-nu kutumb" a family of idiots -sort of like the Hillbillies.

'Velaat' originally meant England. The term came in existence when the British posted in India would be returning to their homeland. They would be heard saying, "I'm going back to old Blighty!" Blighty was a term lovingly used for England. When Indians heard this, especially their household staff, this term was corrupted to *bilayat, vilayat* and *velaat*.

Wearing a *topi*, (parsi skull cap, somewhat akin to jewish Kippah or Yarmulk) was a must at all times of the day. Those who did not wear it at night were told, "*Topi nahi peher-se to raatna saitaan avi-ne matha per taplo mari jase.*"

Drinking toddy directly from the pitcher was called '*Taans Marvi*', which was supposed to be the manly way of drinking toddy - only '*dudh-paas*' sipped it from the glass. It was frowned upon by the countryside veterans!

'*Chhato-pani*' meant time for drinking. "*Chhato-pani karve chalo!*" meant the time for libation. Come let's have a drink!

"*Parvaarya ke?*" - This term was often heard across the windows normally by noon time. Eg: "*Kem Tehmina, parvaarya-ke?*" Or, are you done with your chores?

If there was a new-born

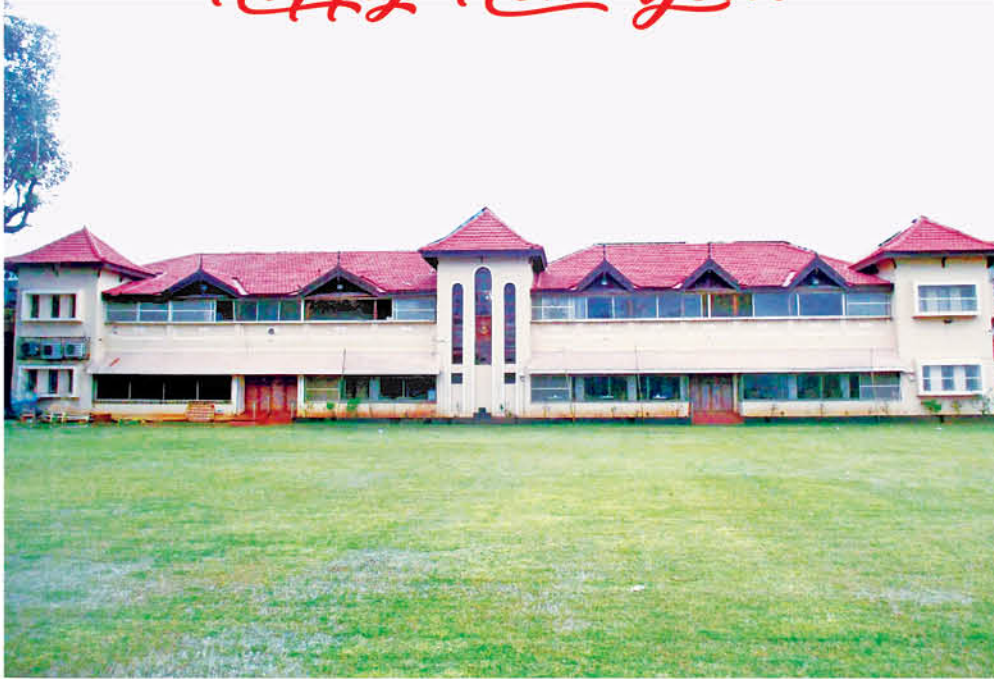


Boom Burada

(Pic Courtesy: Parsi Bol)

child at home one could hear lullabies being sung in Parsi Gujarati such as "Ah ha mari Dolly tu, kavi mari dolly tu, Aapu tu-ne badhdha jee, raku pet-ma chapi; Dolly mari motti thai, motti thai nasal-e jai...." etc. There were songs and ditties for every occasion. There was yet another ditty recited by an old aunt or granny while children played hide and seek where the seeker's eyes were held shut by the woman and others would hide. The lady would sing, "*Naso-re gosore, tu to maro doso re, doso gayo vaari, tya thi pidhi taari, taari pidhi garye* (Pitcher), *Doso gayo darye, Darye, darye laga chor..... Pillu chhut-tu?*" The last line meant, now the chick is free. There was yet another one which was of a slightly violent nature. It went, "*Vaat karo vaat, vaniya hata saat, ek-e maari laot, bijo gayo Velaat, tija-e maari chari, chotho gayo mari. Baaki rehya tran, so and so sathe pun, pun-hoi to pun, nahi-to saw rupiya dund!*" And so on there are so many such fun ditties. These were in our own lingo and reflected our culture. Unfortunately, these days there is no one and no time to sit by the side of our tots and tell these gems. Both parents work, even the grannies who were once the repositories of our lore have become too sophisticated. They must 'de-sophisticate' themselves sometimes and tell the young ones of the good old days in the sweet tongue that is rarely heard nowadays. Save our Parsi Bhasha which is becoming more and more 'Gujaratindi' or 'Gujaringlish'!

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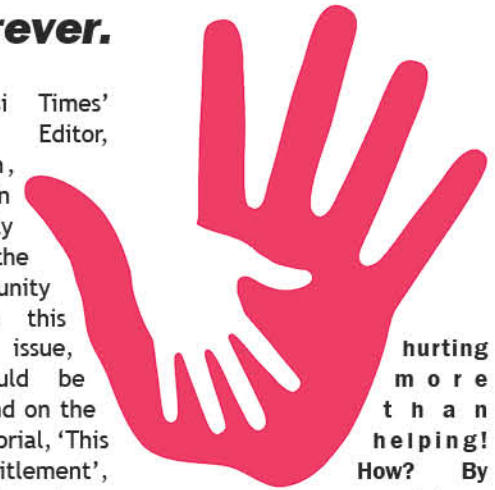
DINSHAW TAMBOLY

# Have Our Charities Become Toxic?

Charity is for today - Philanthropy is forever.

Philanthropy and charity is unanimous with Parsi culture. 'Parsi Thy name is Charity' is a common saying. Who better than our community's leading visionary and philanthropist, Dinshaw Tamboly, to share his thoughts on the evolution of the concept of philanthropy in our community today!

When Parsi Times' Asst. Editor, Delaveen, requested me to key in my thoughts on Charity and Philanthropy in the Zoroastrian community for publication in this Special Navroze issue, I thought it would be appropriate to expand on the very enlightened editorial, 'This Toxic Sense of Entitlement', published in Parsi Times issue of April 22, 2017, by its erudite Editor, Anahita Subedar. Before I share my thoughts on the subject given to me to expound on, I take this opportunity to wish all Zoroastrians Navroze Mubarak - may our beautiful community bloom and blossom for generations to come!



hurting more than helping! How? By creating dependency and destroying personal initiative. When we do for those in need what they have the capacity to do for themselves, all we achieve is creating a sense of entitlement, thereby destroying their will to help themselves.

The concept of Charity, as I understand it, is that of a conscious act of extending benevolence to others, made by a willing heart. I believe that the essence of benevolence has been deeply ingrained into us Zoroastrians to find meaning in life. As Zoroastrians, most of us strive to feel a sense of connection and purpose to life. Giving of our time, money, and energy, is the central way through which we attempt to fulfil these beliefs.

The concept of Philanthropy, on the other hand, has characteristics quite different from charity and the two should not be mixed up, because though there is a degree of overlap in practice, not all charity is philanthropy, and vice versa - the distinction being that whilst charity aims to relieve the pain of a particular social problem, philanthropy attempts to address the root cause of the problem - the difference between the proverbial gift of giving fish to hungry persons versus teaching them how to fish.

Our hearts move us to help. While we are very generous in charitable giving, we have hardly ever examined if our much recognised and appreciated charity is helpful, wasted or actually harming the people we target to help? What is surprising is that outcomes of our very well intentioned charities, are almost entirely unexamined. Those closest to the ground, on administering charity, quietly admit that it may be

For all our efforts to eliminate poverty through our charities, all we have actually succeeded in doing, is creating a permanent underclass, eroding their moral values of work, on account of which our poor continue to get even poorer. Giving to those in need what they could be gaining from their own initiative may well be the kindest way to destroy people. We mean well, our motives are good, but we neglect to conduct careful due diligence to determine both, emotional and economic outcomes, of those on the receiving end of our charity.

As compassionate people, we have been evaluating our charity by the rewards we receive through service, rather than the benefits received by those served. We have failed to adequately calculate the effects of our service on the lives of those reduced to objects of our pity and patronage. Unfortunately, our compassionate instinct has a serious shortcoming. We respond with alacrity to desperate circumstances but are often unable to shift from crisis relief to the more complex work of long-term development. When relief does not transition to development in a timely way, our compassion becomes toxic.

Sadly, our charities have encouraged many to think, "Why should we work hard when we can sponge off our Charity Trusts?" To combat this attitude, it needs to be recognised by Trustees and

Contd. on Pg. 16

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# Have Our Charities Become Toxic?

Contd. from Pg. 14

Trust administrators, that encouraging dependency on welfare deprives people of the pride of their own accomplishments. Welfare dependency erodes the work ethic and creates unhealthy situations that will not elevate people out of poverty. Over the years, it has been experienced that the conclusion of such an approach is that of an inspiring vision ending as a devastating debacle.

It has to be recognised that all charity is not necessarily good charity. Even the most kind hearted, rightly motivated giving, can exact an unintended toll on the dignity of the receiver.

Whilst it is important that giving be truly free, charity should never degenerate into belittling the recipient. Dispensing alms affirms the superiority of the giver, who thus binds the recipients, expecting gratitude, and reduces their self-esteem. Having compromised on their self respect transforms the recipients' expectation of philanthropy to be thought of as an entitlement. Such a potent combination of patronizing pity and unintended superiority, results in charity becoming toxic.

Decades of free aid from well-meaning benefactors has produced an entitlement mentality and eroded the spirit of entrepreneurship and self-

sufficiency in our community. Humanitarian responses unaccompanied by disciplined development strategies have actually created road blocks for the growth and economic progress for our community. Those forfeiting significant portions of their dignity for the addiction of welfare do not easily part with this dependency. The reality is that such aid has helped make our poor even more poor and growth slower.

Relationships built on need are seldom healthy. The immediate predicament may pluck at one's heartstrings, but if it persists, the tune in time goes sour. It is never the intention of any benefactor to support irresponsibility or create dependency. At some point accountability is required. The lack of full disclosure opens the door to suspicion and mistrust. The benefactor feels deceived by the recipient's lack of candour, resulting in the relationship eventually dissolving.

Trustees and administrators of our community charities must seriously review and revamp, if the economic future of our community is to be refashioned, and the community strengthened economically, by supporting those who wish to help themselves. From charity they must move on to philanthropy. The current energy driving human compassion is at an all-time high. Rightly deployed, it can create lasting solutions

to various problems faced by society.

One of the simple but effective solutions to eradicating the poverty growing in our community in India, would be to invest in financially marginalised populations through making available to them, interest-free loans to help them build their small, life-sustaining businesses, rather than making them the recipient of doles. The very few of our Trusts who have adopted the model of judiciously mixing charity with philanthropy have been dispensing charity to the aged and infirm and pursuing philanthropy by making available interest-free financial support towards pursuits that would extradite the able-bodied from the morass of poverty, and bring them back into the mainstream of society. The results of such initiatives have been very encouraging!

Having said all the above, we must also consider the reality that our rapidly declining numbers are affecting and eroding our general economic affluence. We are an assorted community in terms of our socio-economic status. The growing dependency ratio is the fallout of our skewed demographic profile that has restricted the proportion of economically active population in the community. Whilst very few poor Zoroastrians may be visible on the streets, certain sections of the community are economically disadvantaged

and live on very low subsistence support. Contrary to popular belief, a Tata Institute of Social Sciences (TISS) report of a study published in 2009 has revealed that there is a small fraction of the community which exists even below the poverty line (\$1.25 or Rs.80 per day) as per the Govt. of India's official definition of poverty!!

As per the TISS report, "On an average, there is less than one working member (0.93) per family. About two-fifths of the households do not have a single working member. Exactly, two-thirds of these households do not have any regular source of income. A large section of the members of these households is beyond the working age group and more than one-fourth of them have some form of disability. In addition to all these adverse factors, almost 90% of those who are economically challenged have studied only up to higher secondary level".

Whilst concluding, it



must be mentioned that it would be futile to expect any improvements from such an insipid scenario, till such time trustees and administrators of our charity trusts understand, accept and implement the real meaning of the adage - "Give a man a fish, feed him for today. Teach a man to fish, feed him for a lifetime". To these wise words let me add, 'Whilst charity is for today, philanthropy is forever!'



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**Farmers Rehabilitation:** 12 farmers supported during the year under review. Since 1991, 484 farmers in 196 villages have been supported.

**Medical Relief:** 363 individuals have been supported to meet expenses incurred on hospitalisation and illnesses.

**Higher Education:** 135 students supported in their pursuit of post graduate education in India and overseas.

**Relief from Poverty:** 417 individuals elderly and infirm supported by way of monthly doles; 262 individuals supported on lump sum basis. (Total: 679 individuals)

**Rural Housing:** 17 huts converted into cottages made from bricks and mortar. Total 256 huts have so far been converted into cottages.

**Food Grains:** Food grains distributed to over 200 families in the rural areas.

**Repairs & Renovations to Atashbehrams and Agiaries:** 6 places of worship supported.

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**Economy Housing at Navsari:** Constructed 15 buildings having comfortable apartments at extremely reasonable license fees.

**Youth Activities:** Supported initiatives undertaken by others where focus is on encouraging and motivating our youth.

**Jiyo Parsi:** Promoting Jiyo Parsi in South Gujarat in association with D. N. Mehta Sarvajanic Hospital.

**Need of our times:**

An initiative that we are particularly proud of, has been to extend **interest-free financial support** to individuals who wish to start their modest businesses but do not have the initial finances to do so.

**In the space of 22 years (April 1995 to March 2017) we have supported 1038 individuals at 141 locations across India. What has been particularly heartening is that repayments have been to the tune of 95%.**

It has been a wonderful journey - bringing us immense satisfaction for being the agents of positive change in the lives of so many of our community members. We express sincere gratitude to our many donors who have contributed so generously of their funds towards multifarious welfare causes.

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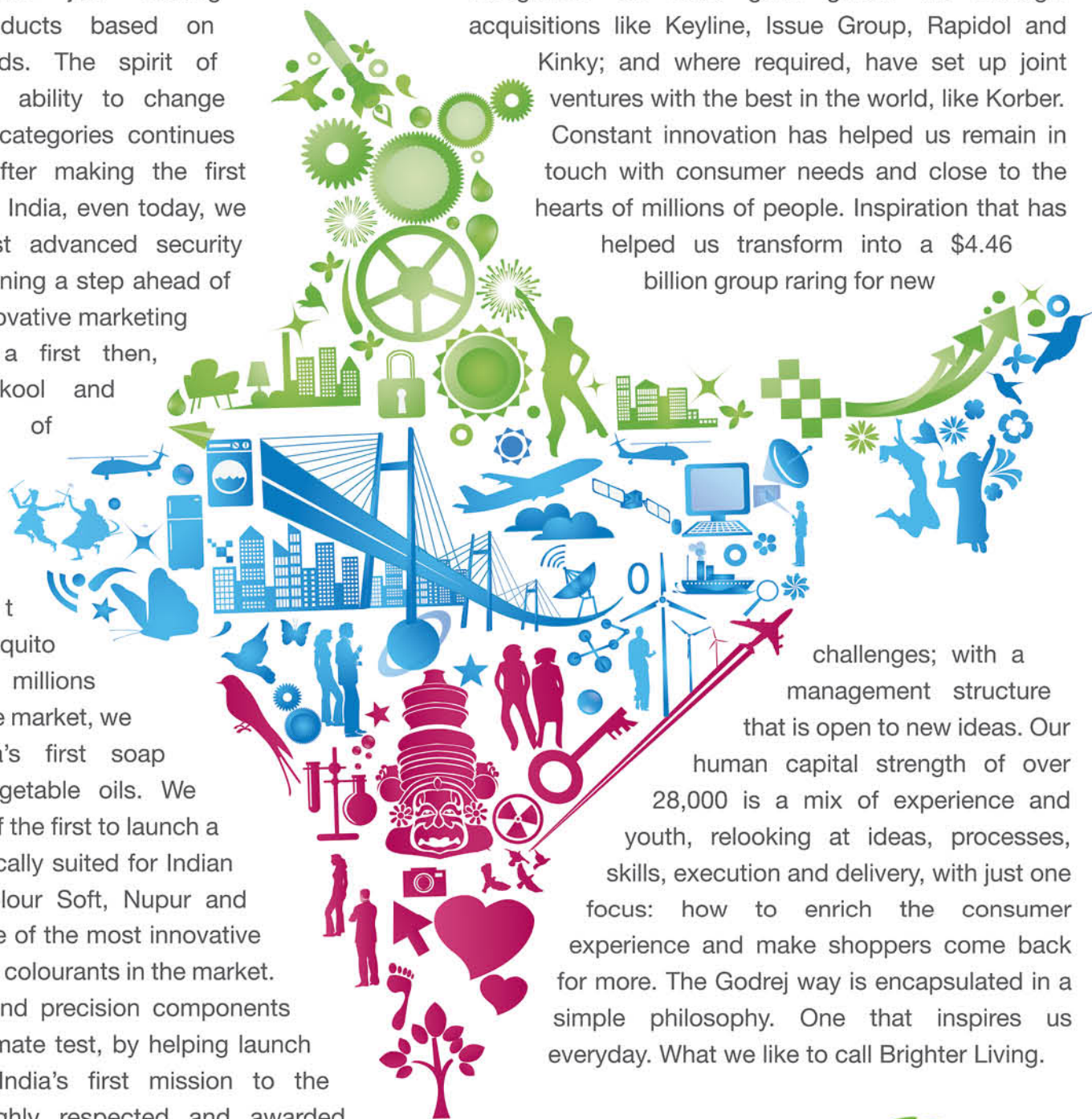


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## Are You Performing Your Kusti Prayer Correctly?



JAMSHED ARJANI

**PT:** How did we start the practice of wearing the Sudreh and Kusti? What is the relevant vow made during our Navjote ceremony?

**Er. Ramiyar:** Wearing the Sudreh and Kusti is an ancient practice introduced by King Jamshed, even before the times of prophet Zarathushtra. Navjote is the ritual in which a Zoroastrian child is first made to wear the Sudreh and the Kusti. The word Navjote is derived from the words *Nav* and *Zot*, which mean 'a new offerer of prayers.' The main purpose of Navjote is to ceremoniously invest a child with *Sudreh*, 'the sacred shirt' and *Kusti*, 'the sacred girdle', post which, the child must wear these lifelong, offering prayers to Ahura Mazda, and regularly performing the Kusti. At the time of Navjote, while reciting the *Din no Karmo* prayer along with the priest, the child gives the promise, 'Ahura Mazda is my only God, Zarathushtra is my only prophet, Mazdayasni Zarthoshti is my only religion, I will be faithful to my god,

Our Sudreh and Kusti is most effective and protects us best when we perform the Kusti ritual correctly and at the stipulated times. One also needs to do the right ritual gestures at the right words. **PT Reporter Jamshed Arjani** catches up with our community's leading religious scholar and priest, **Er. Dr. Ramiyar Karanjia**, who explains how to perform the Kusti ritual in the way it was meant to be.

prophet and religion all my life.' The Kusti ritual is the essence of our religion and gives divine guidance and energy to lead a good life.

**PT:** Which prayers must be recited while performing the Kusti? What other prayers are necessary?

**Er. Ramiyar:** The *Kem Na Mazda*; *Ahura Mazda Khodai*; *Jas ame Avanghe Mazda*; *Ashem Vohu* and *Yatha Ahu Vairyo* constitute the Kusti prayers. The Shahenshahi Kusti prayers end with *Jasa me Avanghe Mazda*. The Sarosh Baj does not



Er. Dr. Ramiyar Karanjia

the Kusti is performed.

- After doing the *Padyab*, one should not talk, eat, drink or remove cap/scarf till the Kusti is completed.
- One should not remove



form a part of the Shahenshahi Kusti prayers, but part of the Kadimi Kusti prayers. Some people recite the Sarosh Baj after the Shahenshahi Kusti prayers - it is beneficial, though not compulsory.

**PT:** What guideline should one adhere to while performing the Kusti?

**Er. Ramiyar:** The following guidelines should be observed:

- Cover the head and feet before performing the Kusti. One may stand barefoot on a thick cloth or mat, but never on the floor.
- Perform the *Padyab*, that is, thrice washing the open parts of the body (face, hands from wrist down, and feet - sole and upper part) with water after saying - *Khshnaothra Ahurahe Mazdao* and one *Ashem Vohu*. Then the hands and face have to be wiped, and

the Sudreh-Kusti, head covering and footwear in order to maintain the power (amal) of the Kusti ritual.

- Face the direction of the sun while doing the Kusti - towards the East in *Havan gah*, South or West in *Rapithwan gah* and West in *Uziran gah*. After sunset, that is, in *Aiwisruthrem* and *Ushahen gahs*, one can pray facing any source of natural light like the moon, stars, fire or oil lamp or facing an electric light. Never face in the Northern direction for any *gahs* while doing Kusti.
- The *Kem na Mazda* prayer must be entirely recited whilst the Kusti is still on the waist. Only after finishing the *Ashem Vohu*, can one remove the Kusti from the waist.

Contd. on Pg. 22

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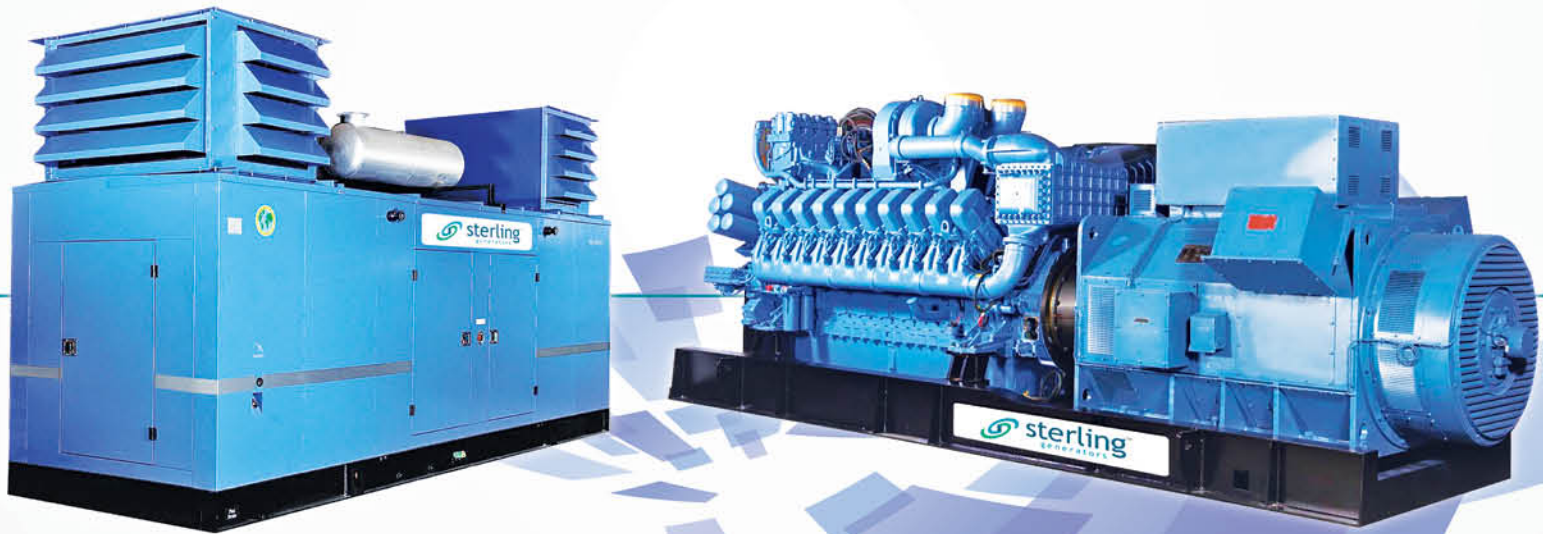
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# Are You Performing Your Kusti Prayer Correctly?

Contd. from Pg. 20

- While performing the Kusti, one should take care not to let the Kusti touch the ground. It makes the Kusti prayers less effective.
- The Kusti prayers should be recited with proper pronunciations in an audible voice.
- During circumstances where we are without the Kusti for a while, for example when we bathe, we should recite the entire 'Kem na Mazda' before removing the Kusti, as

'Kem na Mazda' protects us while the Sudreh and Kusti are not on our body.

**PT:** Explain the significance of different ritual gestures, like shaking the Kusti, making loops etc.?

**Er. Ramiyar:** After doing the *Padyāb*, one stands reciting the *Kem nā Mazdā*. The Kusti is to be untied after finishing the *Ashem vohu* following the *Kem nā Mazdā*. While reciting *Ahura Mazda Khodāi*, the Kusti is to be held in hands, the centre of the Kusti in the left hand, and the two ends in the right hand. While reciting *Ahura Mazda Khodāi*, the following gestures are done:

- Bow down at the words *Ahuramazda Khodāi* - once at the beginning and once in the middle of the prayer - to show respect and gratitude to Ahura Mazda.
- Strike the Kusti at the words: *ahereman awādashān, dur avāz dāshtār, zad shekasteh*
- *bād, ahreman devān drujān, az hamā gunā patet pashemānum* - to cleanse the Kusti and the self of the accumulated negative energies.
- Click the fingers of the right hand thrice at the words *dushmata duzukhta duzvarshta* - to strike out evil.
- Form two loops at the words *Manashni* and *Gavashni* - to have balance in thoughts and words.
- Touch the loops to the forehead at the word *Kunashni* - to indicate that actions should be in accordance with thoughts and words.
- Bow down at the words *Kshnaothra Ahurahe Mazdao* - to show respect to Ahura Mazda.
- Release the Kusti away from the body at the words *taroidite anghrahe mainyeush* - to show dislike towards Angra Mainyu, the evil spirit.

- Tie the Kusti on the waist at the words *Haithyā varshām* - a resolve to be a truthful person.
- Tie a reef knot in front, on the word *shyaothananām* - to show commitment to Ahura Mazda and prophet Zarathushtra.
- Tie a reef knot at the back while reciting the *Ashem Vohu* - to show commitment to the religion and one's religious duties.
- While reciting *Jasa me Avanghe Mazda*, hold the Kusti at the front knots to empower the Kusti with the energy drawn by prayers.
- While saying *Jasa me Avanghe Mazda* thrice, bow down thrice showing submission and humility to Ahura Mazda.

**PT:** What is the significance of praying *Yatha Ahu Vairyō* twice and *Ashem Vohu* once while doing Kusti?

**Er. Ramiyar:** Two *Yatha Ahu Vairyō* and *One Ashem Vohu* is a religious formula often used in our prayers. Two *Yathas* draw spiritual energy - that's why we say two *Yatha Ahu Vairyō* even before reciting the *Tandarosti*. *One Ashem Vohu* signifies finishing a work, signaling here the completion of drawing the energy.

**PT:** When should one perform the Kusti?

**Er. Ramiyar:** The Kusti ritual should be performed before going to bed, after waking up, before entering the fire-temple, before meals, before doing any other Manthravani prayers, after the change of Gahs, after returning home from outside or from the toilet. It should also be done before and after attending a funeral.

**PT:** Why is it necessary to do the Kusti regularly?

**Er. Ramiyar:** Kusti is performed for two main reasons - firstly to cleanse our unseen body (like before entering a fire temple or coming home from outside) and secondly, to periodically receive and recharge our inner divine energy, just as we recharge a battery. Doing the Kusti helps maintain peace and good health, avert stress, overcome minor illnesses and stay constantly connected with Ahura Mazda.

*By correctly reciting our Kusti prayers and observing the proper rituals while performing the Kusti, we get empowered with strength and wisdom to be good Zarthoshtis!*

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# The Doctor's Alter Ego... Goes Vrrrooom!!

**W**e step into Dr. Cyres Mehta's clinic behind the Taj Mahal Hotel in South Mumbai, and we are greeted with a huge showcase full of trophies. They are stacked 3 deep! "There's no place left to store more of these!" sheepishly explains Ashish, the affable manager.

Not at all surprising, as we recall the noteworthy frequency of his global achievements, having covered these, much to the joy and pride of our community, in its favourite weekly - Parsi Times.... he was recently awarded the 'International Hero of India' Award - as one of the only 20 topmost eye surgeons, hand-picked over 20,000 eye surgeons - by The All India Ophthalmologists Society; we also remember, not too long ago, Dr. Cyres had been awarded 'The Gold Medal Of IIRSI (Indian Intraocular Implant and Refractive Society)' by Prof. Bellucci, President Of European Society Of Cataract And Refractive Surgeons at the International Conference For Advances In Eye Surgery, for his unparalleled expertise in Advanced Robotic Laser Cataract Surgery and the latest 'SMILE' laser vision correction technique, which enables perfect vision without cuts.

So we enter the cabin of this handsome Ophthalmologist Prodigy and ask him, "What's new, Doc?" He replies, "which bike?" His response would have surprised us had we been aware that Dr. Cyres - the total Parsi-at-heart, conforms to the Parsi love for all things on wheels - two or four or more! "Well, right now, I'm riding a Kawasaki H2 - which is the fastest production motorcycle in the world, tuned to 252 bhp!" Again, not surprising, as Dr. Cyres has always nurtured a deep penchant for speed, on or off his hot-wheels - and is known to complete a cataract surgery, from start to finish, in less than 2 and a half minutes!

"No, No!" we argue. "We're talking about what's new in the world of eye-care!"

"Ah! SLT," he replies, nonchalantly. Dr. Cyres is the proud owner of India's very first 1-nanosecond SLT system - or Selective Laser Trabeculoplasty - a tongue twister, which basically means that Glaucoma is easily treated in the clinic itself with a few bursts of painless laser energy. Though the procedure has been around for over 15 years, this is the latest iteration of the same. The older systems delivered too much energy to the area of the eye, from which fluid drained out. This delivers a shot of 1-nano second, which is why it's called the Nanolaser.

Cataract surgery has been revolutionized with the *Femto Laser System*, CATALYS, which both, Dr. Cyres and his legendary father, Dr. Keiki Mehta, share. This procedure comprises melting the cataract in just 30 seconds,



reducing it to a soft jelly-like substance, instead of a hard cataract, which is safely sucked out. The new Trifocal lenses let you see far, near and read your ipad or computer without glasses!

"Do you do LASIK?" we ask Dr. Cyres. "We're tired of wearing glasses in our helmets!" says the cameraman. "Well we still perform LASIK for a few select cases, as now we mostly do 'Relex SMILE', where there is no flap. LASIK is still performed for plus numbers, but for minus numbers we'd rather use the new 'VISUMAX SMILE' system, wherein in less than 2 minutes, both eyes numbers are dealt with, without cutting a flap or using a blade on the eye! SMILE is the future of refractive surgery and has become very popular in the US too!" explains the meticulous doc. Bringing back the excitement to the



conversation, we ask him to share more about his romance with his two-wheeled lovelies. "Well, in 2000, when I was studying in the US, I had a chance to ride my Boss' collection of Harleys. In 2003, when I was back in India, I picked up a used Honda Fireblade. Since then, between me and my friend Vicky, - I've ridden plenty of race bikes, Ducatis, Hayabusas and what not!" he reminisces.

"The H2 was special since it's made like a fighter-jet, and is the first supercharged production bike designed by Kawasaki Aerospace. Riding safely on the track in full safety gear is paramount and learning to ride these road-going missiles is equally important." The Ophthalmologist who's set his sights and heart on super bikes has even completed the full four levels of the 'California Superbike School', which is known for having trained MOTOGP champs like Wayne Rainey amongst others!

"And how many bikes do you have at present?" we ask him. "Since there is only one of me, one bike at a time is more than enough for me!"

So what can we expect in the future, from one of the world's leading Ophthalmologists by day, who turns into Biking's Wonderboy by night? "In future we hope to be able to make the blind see again with a 'bionic' eye which is 'plugged' into the brain. Human trials are on in Germany and USA and the results look promising!" Dr. Cyres informs.



Dr. Cyres Performing SLT



SHIRIN MERCHANT

## Lallo Popo Parsi Pooch!

It is quite commonplace, in keeping with our culture which overflows with an affinity for dogs and pets, to see most of our pooches spoil silly with all our 'laar gela'. Let's face it - our pooches are given way more leniency than our own family members, sometimes! **Leading Canine Behaviourist** and one of **PT's** most popular columnists, **Shirin Merchant**, delights us all with '**Lallo Popo Parsi Pooch!**'



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We thank our fellow Zarthosti's for their large hearted contribution of Rs. 15.45 lacs last year for Construction of the Doongerwadi Boundary Wall and hereby give you a brief account of action undertaken by our Anjuman.

Our Doongerwadi land is about 18 Acres, and the boundary wall all around is 5500 R. ft. Out of the total we have today fenced 2800 R. ft. to a height of 7 Feet.

Since a large portion of the fencing is yet to be completed we require about 25 lacs to complete the full boundary wall in order to secure the land from any intrusion.

Our Anjuman is having a very small corpus of funds and with the continually increasing financial burden of day to day operating expenses of Khati, Salary's and Maintaince of our Agyari building, Dasturji quarters and Doongerwadi land we are not able to meet the operating cost.

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"My little Winston has stopped eating!" Mrs. Soonawalla wailed at me over the phone. "I've tried to feed him everything and even by hand, but he just doesn't eat his food! He will die of starvation!"

Fussy eating in dogs is a common problem and one that can be easily sorted out, I told her, as I scheduled to meet with her the next day. Winston, the Labrador, waddled in for the consult the next day. One look at him told me he had enough fat to last through 3 famines!

Winston was earlier on a diet that would make a Cordon Bleu chef jealous - scrambled eggs with cheese for breakfast; Batasa (warm, not cold) and toast with butter, as the late morning snack; chicken, rice, offal and aleti paleti for lunch, rose falooda and Shrewsbury biscuits for evening tea, then

home, even if their role mostly involves sneaking off with the food when the *Dasturji* isn't looking!

And whilst, I confess that I may not remember all my Navjote prayers, I do vividly remember our Doberman 'Sambo', was given the best whiskey in the house to celebrate! And as the night wore on, Sambo was shaking a leg with Bawas in *daglis* and Bawis in *garas* as Ra-Ra- Rasputin blared from the speakers!

But it's not all food and raucous fun for dogs in a Bawa home, there is a strong dose of culture too. Any Bawa dog knows how to differentiate between Chopin and 2 Pac Shakur! And the difference in a *mawa* cake made at Kyani's and one made at a local bakery. But sometimes, I feel we take our pampering a bit too far, as was in the case of the Batliwalas who came to meet me with their German shepherd.

"Rex is giving me a hard time in bed," complained Mr. Batliwala dryly.

Unsure of where this was heading, I hesitatingly asked him to clarify what he meant.

"When I get up in the middle of the night to go to the bathroom," he began. "I return to find the dog sleeping on my bed. When I ask him to get off, he growls at me."

It seemed the man got no sympathy from a smirking Mrs. Batliwala, who encouraged the dog's behaviour and insisted that the dog had an equal right to the bed.

"Why should my dikro Rexu sleep on the floor?" she questioned, straightening her mathu banu.

"But it's my bed!" the man asserted angrily, his male Parsi pride smarting. But, as any Parsi man knows, even Donald Trump would shrink away from arguing with a Parsi woman...

Contd. on Pg. 26



Winston ate some *saria* at drink's time with scotch broth soup (so that he doesn't feel left out) and dinner included lamb, fried eggs, bread and milk.

This was till the vet stepped in and cut the diet down drastically and threw in lots of vegetables for good measure, which Winston, being a true blue Bawa dog refused to touch! I sent her home with a few tips on how to get Winston to eat his vegetables and told her to call me in a week.

Parsi pooches get their fair share of pampering, and any dog that lives in a Bawa home soon learns the fun of all our customs and rituals. Our dog, Maya, always gets a *teeli* on her forehead and a *toran* around her neck on any birthday at home. And most Parsi dogs are very present during jasans at

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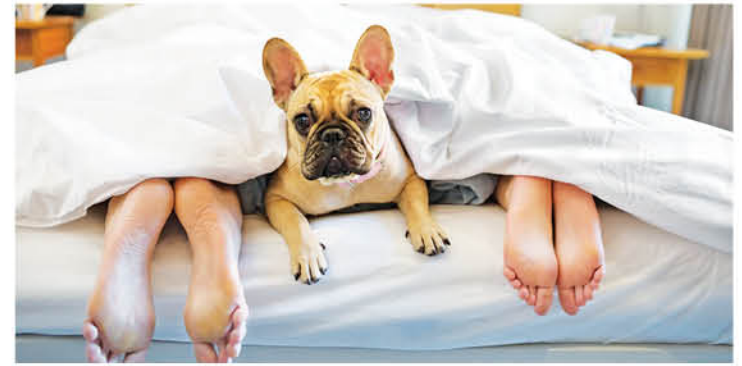
## Lallo Popo Parsi Pooch!

Contd. from Pg. 24

there was nothing I could say that would convince Mrs. Batliwala to change her ways.

We finally reached a compromise where the living room sofa was pulled out every night for Mr. Batliwala to sleep on, in case he had the late night bathroom visit.

A week later Mrs. Soonawalla called me disdainfully to report that all my suggestions had failed. For, as she sarcastically pointed out, Parsi dogs are too smart.



And since Winston had tasted blood (her words, not mine) he was not in any mood to become a tarkari-khaato-

kutro (vegetable-eating-dog)! But using her inherited intelligence, she found a novel way to get Winston to eat his vegetables!

"I made papeta per eedu, bheeda per eedu and tamota per eedu!" she exclaimed, proudly. "And now my Winstoo eats all his vegetables!"

"But egg is not vegetarian," I feebly protested.

"Ja ja!" she said, dismissively. "Any good Parsi worth his salt knows that eggs and fish are vegetarian food." Needless to say, Winston has not lost any weight and this Navroze he is going to be getting some special mawa maleeda as a treat for being on his diet!



## 'Change' Is Chikita's Mantra For Success!

One of South Bombay's most popular Parsi food joints today, Chikita was established in 1953 and initially owned by a Christian couple and used to serve Goan delicacies. Farokh Jamshedian, bought it in 1970 and turned it into a cosmopolitan snack place serving Parsi crust pattice, sandwiches, rolls etc. One can safely assume that there must hardly be anyone, especially from Colaba, who may have missed out on Chikita's chicken and mutton crust patties and chicken mayo-sandwich before catching the James Bond films at Regal Cinema in the 70's!

Around the mid-80's, Chikita revamped its premise and menu, introducing air-conditioned ambience for families and offering more Parsi snacks, of which, the Frankie became extremely popular. In the early 2000's, Chikita further fortified its presence with a new avatar - serving Lebanese delicacies - as the reigns were taken over by Meherwan, the dynamic son of owner, Farokh Jamshedian. Knowing the pulse of the foodies and the pace at which Lebanese cuisine was becoming the new favourite of many, Meherwan offered delicious falafels, hummus and shawarmas, making Chikita the go-to place for Lebanese food in all South Bombay!

He continued introducing new and original dishes in the ever-expanding Chikita menu to cater to the palate of both - the growing number of residents and tourists - so, one could now opt for Whole Wheat breads in their sandwiches and rolls, along with international preferences (like the New Yorker Chicken Hot Dog, Pepper Chicken and Cheese Sandwich, Jumbo Chicken and Fish Burgers) and also new Parsi inventions like the Parsi Salli Chicken wrap - a big hit amongst locals.

With 'Change' as Chikita's mantra for success, this year again Chikita increased its menu to include healthy Italian cuisine, with Whole Wheat Pastas and thin-crust pizzas. Not surprisingly, home delivery has become a big part of Chikita's business, with delivery companies like Swiggy and Scootsy delivering its fare all over!

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## Make Your Energy Work For You

Hippocrates, the father of medicine, quoted, "The natural healing force in each one of us is the greatest force in getting well." To truly heal, regenerate and reinforce the power of positivity in our energies, is our ultimate responsibility. **Kashmira Shaw Raj, acclaimed Healer, Reiki expert, Taichi master and Tarot consultant** shares vital tips in making your energy aid in preparing and healing you towards greater success in five fundamental areas of life:

### (I) How To Relieve Yourself Of Physical Pain

Any pain tends to be debilitating for the body. Physical suffering can make people change their temperament for the worse. The following tips help alleviate physical pain:

1. Close your eyes and breathe slowly and comfortably for a few minutes or about 36 long and easy breaths.
2. Now focus your attention with closed eyes on the area of pain, and continue focussing for some time. As you do this, you will now slowly feel the extent of maximum pain in a particular area.
3. Narrow down on your focus on this area and keeping your eyes shut, visualise that area surrounded by a golden yellow light.
4. Now visualise this light entering inside the pain area and slowly expanding there.
5. As it expands, now visualise the painful area getting



smaller and smaller, till it is no longer there and has been completely covered in this golden light.

6. Now slowly open your eyes, continuing to slowly breathing in the positivity you have produced. Also repeat to yourself this psychic affirmation: "I invite healing light into my body and now I am healed."

### (II) How To Increase Your Finances And Prosperity

Not known to many, most financial failures stem from many internal reasons, which we try to solve from the physical, external level. While some people fear success as they underestimate their ability to handle it, others are afraid of failing, and consequently

we end up attracting the very things we fear the most. To invite financial success and prosperity, do the following:

1. Firstly - think big, every time. Get your mind used to believing that you already possess a lot of money.
2. Tell yourself repeatedly, mentally and vocally, "I am worth it and I deserve all the financial abundance I have."
3. Think of short term financial goals and think of plans that will lead to their materialisation.
4. Before sleeping every night, visualise yourself achieving these goals and moving forward towards setting and achieving newer goals, and living in abundance, while moving forward.

*Things may not magically change, but a gradual upward growth will be noticed once you truly start believing in yourself and what you do.*

### (III) How To Heal Your Heartache

We are all social animals and relationships are critically important to our wellbeing and happiness. But things can go wrong and lead to emotional

**Contd. on Pg. 30**

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# Make Your Energy Work For You

Contd. from Pg. 28

suffering and bitterness, as the hardest bit is to let go. Here are a few steps that help the healing process:

1. Visualise yourself in a lovely golden-pink bubble and surround yourself with lots of self-love. Then see the person in your
2. If things don't work inspite of trying hard, know that the universe has different plans for you. Most importantly, remain

mind's eye and say what is required to him/her - it could be an apology or goodbye or a confession, as the case may be.

3. Let there be no room for self-doubt. Be with those who accept you as you are.
4. Reinforce a positive outlook and see the good around. You will heal automatically.

Remember, nothing can break or make you but your outlook.

#### (IV) How To Make An Interview Work For You

It's normal to feel nervous before going for an interview. However, make this a good experience with intent and some strong visualization.

1. Sit comfortably at a place in solitude. Start slowly inhaling and exhaling. Maintain your focus on your breath for 5 inhalation and exhalation cycles.
2. Visualize the job you have applied for and what it means to you. In your inner eye, try to see the positive changes the job would make in your life. Induce feeling happy from within.
3. Visualize yourself sitting in the interview room and talking positively with the

interviewers.

4. See them congratulating you and telling you the job is yours.

Doing this regularly before going for the actual interview will strengthen intent and surround you with confidence to clinch the job!



#### (V) Protecting Yourself From Negative People

We often feel low in energy when we meet some kind of people - some may be unwell or some people simply negative emotions which reflects in their energy. Such people's energies are depleted and it is natural to reach out and absorb positive/healthy energy from around. The following steps help in protecting your energy from that of those around:

1. Visualize yourself in a balloon filled with white light when you are to meet an unwell or negative person.
2. Visualize that everything

positive will pass through the balloon but any negative energy will bounce off.

3. In order to further strengthen your aura, you can imagine wearing an invisible raincoat of white light.
4. After coming home, have a bath. Put a handful of sea salt or fragrant salts in a bucket of water and have a bath with that water.
5. Visualize any unwanted energy being washed away as you pour the water over yourself, as grey or blackish colour liquid to be purified and then feel clean and refreshed.

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# The Parsi Affinity For Western Classical Music



Not too long ago, Western Classical Music formed an integral part of the Parsi culture. The affinity still remains in most Parsi homes. **Khushroo Suntook, Chairman of NCPA and leading connoisseur of Western Classical Music, supports Parsi Times' endeavours to re-ignite the love for this - one of the most polished genres of music.**

When you are part of an audience for any type of performance of Western Classical Music, it is likely that it consists of a fairly large number of senior members of our community. I have often argued that Western Classical Music has withstood all forms of competition from regional music and in the words of that fine music critic Antony Tommassini, "Nothing impedes the appreciation of classical music - and keeps potential listeners away - more than the perception that it is an elitist art form; that composers throughout history and their aficionados today uniformly consider it the loftiest and most ingenious kind of music."

Few classical music fans, in my experience, argue that the Western symphonic repertory stands atop music of other cultures or other types of Western classical music. Along these lines, what gives anyone the right to say it is greater than a great raga played by a master sitar player, etc.? True indeed. But all the continents, nay hundreds of cities, even in the non-westernized world, have embraced this form of art.

So it is not surprising that early Parsis, that adventurous and enterprising lot of businessmen, because of their closeness to their colonial masters, developed a love for many of their habits, tastes, and voila! We also fell in love with Western Classical Music.

When the great soprano Emma Albani sang in Bombay around 1914, she noted that ladies in beautiful pink sarees were very appreciative of the typically English repertoire she sang. These were Parsis. Later, when the great contralto Clara Butt sang here, her rendition of 'Land of

Hope and Glory' sent waves of oohs and aahs around a predominantly British and Parsi audience - undoubtedly the Parsis had grown an irreversible affinity for this genre, the seeds of passion were sown.

Bombay was a major centre for Western Classical Music performances. The redoubtable Time and Talents Club, in the fifties and sixties, was a formidable group of ladies. Lady Homi Mody, Gool Shavaksha, et al had the connections and the husbands to encourage invitations to musicians; Yehudi Menuhin, and many others performed in the Cowasji Jehangir Hall. Mehli Mehta emerged as a teacher, performer and indefatigable organiser, and tried valiantly to create a real musical infrastructure, but left the country a somewhat disappointed man. He fortunately flourished in California right up to a few years ago, when he expired at a ripe old age.

The wonderful bunch of music lovers, the Bombay Madrigal Singers, probably

players and 78 rpm records - sprung up. Rhythm House, James and Company, and S Rose and Co, have all, alas, now shut down. A large number of their customers were Parsis, but now the only area where the price of purchasing great music has reduced is online, with almost everything available for free.

The Gramophone magazine started by Sir Compton McKenzie in 1923 was a bible for us to order records recommended by their critics. Gradually, they started a Collectors Corner where desirable 78 rpm records which were deleted, became Collectors' Items and were all the rage - Caruso, Melba, Scotti, Planson. Second-hand dealers in the Fort area (South Bombay) were the unlikely suppliers for Bombay. Considerable collections were built up and listening sessions at each other's homes was a source of pleasure.

Already some fine collections existed, for example Kaikhushroo Cama, a delightful family in Colaba called the Modys (who had what they called 'gramophone concerts' with nodding of heads and broad smiles and their

favourite points in a particular record) and many others. The upmarket radiograms, along with a piano, had arrived in most homes and soon in the 1940s and 1950s, the Parsis became the repositories of Western Classical Music.

The Parsis created the NCPA, and its founder, the great Dr. Jamshed Bhabha, and some others, remained champions and supporters of Western Classical Music in many ways. His god, Beethoven, pervaded the atmosphere in his home, and it was due to his largesse that NCPA is now sufficiently funded. He left the NCPA his entire fortune, and it is his private wealth that mainly drives the fine seasons at the NCPA. However, the

dominance of people attending the major concerts concerning Western Classical Music still remain, proudly, Parsis!

**The Parsis created the NCPA, and its founder, the great Dr. Jamshed Bhabha, and some others, remained champions and supporters of Western Classical Music in many ways. The dominance of people attending the major concerts concerning Western Classical Music still remain, proudly, Parsis!**

brought in the finest lot of musicians that Bombay had ever seen or heard, including Rubinstein, Arrau, Britten and Pears, several orchestras, even staging operas at the Tejpal Theatre in the sixties, until a combination of reasons made them reduce their offerings. But a great service had been rendered by these stalwarts, and one of the founders, Homai Bilpodiwala continues to do so.

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TCHAIKOVSKY: SYMPHONY NO. 4

**17<sup>TH</sup> SEPTEMBER AT 5PM**

CONDUCTOR **JACEK KASPSZYK**  
VIOLIN **DAN ZHU**  
VERDI: OVERTURE TO NABUCCO  
KORNGOLD: VIOLIN CONCERTO  
DVOŘÁK: SYMPHONY NO. 7

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DVOŘÁK: RONDO

BEETHOVEN: SONATA FOR CELLO AND PIANO, OP.69  
DOHNÁNYI: SONATA FOR CELLO AND PIANO, OP. 8

**26<sup>TH</sup> SEPTEMBER 2017**

PIANO **STEPHEN HOUGH**

DEBUSSY: 'CLAIR DE LUNE'  
DEBUSSY: IMAGES, BOOK 1  
SCHUMANN: FANTASIE IN C MAJOR, OP. 17  
DEBUSSY: 'LA TERRASSE DES AUDIENCES AU CLAIR DE LUNE'  
DEBUSSY: IMAGES, BOOK 2  
BEETHOVEN: SONATA IN F MINOR, OP. 57 'APPASSIONATA'



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**KHUSHNUMA DUBASH**

## The Road Less Taken

Parsis are nothing if not adventurous! Daring to be different in a world that teaches you to conform is not only the road less taken, but also requires a great deal of courage. This New Year PT Reporter, **Khushnuma Dubash** got in touch with individuals who did just that! In true Parsi style, they celebrate their lives by listening to their hearts and following their passions pursuing unconventional careers.

### Sanobar Pardiwalla, Stuntwoman

Sanobar entered this physically audacious profession at the young age of 12 by performing stunts for an advertisement. Today, she has over 200 films to her credit, amongst a lot of other commercial assignments. Her latest Bollywood flick in which she performed stunts was 'Jagga Jasoos' and is



currently preparing her art for an upcoming Yash Raj film and a few commercials. One of the few stuntwomen in Bollywood, she has performed stunts for almost all leading heroines.

**What makes her stand out:** Stunts are dangerous and a micro second of a mistake could cost you dearly which is why she

ensures that she remains in the best of physical form. "Your reflexes need to be very good while performing any stunt, along with being physically fit", says Sanobar, adding that she has her own workout regime to maintain her physique.

**Inspiration:** When she performed her first stunt at the age of twelve, she realised that she could turn her passion into her profession, and went on to do just that. She sees herself as her biggest competition and that keeps adding to her progress.

**Advice for aspiring stuntwomen:** For people who wish to venture into stunts, she suggests, "You need to make sure that you are very physically fit and that your mind is sharp with good reflexes. You need to maintain a balance between your emotions and stunts, thus, not letting your emotions hamper your performance. Also, pursue another career alongside since there is no fixed amount of work you get, which is why I am also a practicing nutritionist, physiologist and physical trainer."

### Havovi Wadia, Director Impact at Magic Bus

Magic Bus is an NGO that mentors adolescents from a journey of childhood to livelihood. Currently operational in twenty-two states, it is reaching out to 400,000 children in India. As Director of Impact at Magic Bus, Havovi measures the amount of impact that a particular program has had on underprivileged children.

**What makes her stand out:** Since NGOs run on donations mostly, accountability is key. Havovi provides insights into the impact of a program via surveys, before and after the program. Working with various 'indicators' developed by research, she measures the difference brought in by a program in the lives of these children. This is important as for NGOs to survive, they have to share complete operational transparency with their donors.

**Inspiration:** Speaking to Parsi Times, Havovi says, "I have always been interested in understanding different childhood parameters through India and how different children live through have different childhoods. I have always been into child rights and understanding childhood for me is more than just a profession."

**Advice for aspiring Change-Makers:** "The development sector truly needs the best brains in the world. It needs people that have skills in accounting, HR, measurement and statistics. It calls for your skill, but more importantly, your passion. Young Parsis need to step outside and truly see the bigger picture," says Havovi.





# A Hero From Hyderabad

On 24th May, 2017, a Hyundai i20 car lost control and turned table, while speeding on a Hyderabad Flyover. A stream of vehicles flanking a political convoy simply drove right past, but 20-year-old Hyderabad resident, **Shayan Bisney**, came to the rescue with his friends and helped save the life of the accident-victim. Our attention was brought to this incident of bravery by Parsiana Editor, Jehangir Patel's impeccable reportage; In keeping with Parsi Times' belief that no good deed must go unnoticed and no hero must go unsung, we catch up with the young Shayan Bisney to celebrate the Parsi spirit of helpfulness, goodness and bravery that he displayed that fateful day!



**PT:** Tell us a little about yourself.

**Shayan:** I was born in Mumbai, brought up in Hyderabad and am currently pursuing my third year at Symbiosis Law School, Hyderabad (BALLB). I've always had a keen interest in current affairs which culminated into a passion for Political Science in college, helping me to win 'Best Parliamentarian' in my intra-college competitions. I thoroughly enjoy cricket, watching WWE Wrestling and swimming.

My family comprises my father, Jehangir, my mother, Hoofrish and my sister, Arnaz - it is their absolute support coupled with their progressive, free and cosmopolitan thinking, that forms the backbone of my success. While dad's advice is short but hard-hitting, 'Bash on, regardless!', my mum always says 'Go confidently in the direction of your dreams, live the life you've always imagined, and during the journey of your life, always stop to help someone along the way.....'

**PT:** You seem to be following her advice, in keeping with your noble act in May! Tell us all about it...

**Shayan:** On the morning of 24th May this year, I was headed to college with my friends Nitya, Anusha, Shivani, Bharath, Rajesh and Sumedh. On the way, we witnessed

a shocking accident which took place at the sharp curve towards the end of PV Narsimha Rao flyover, where a Hyundai i20 toppled right in front of us, due to over-speeding, a possible oil slick on the road and partly due to reckless driving. The driver of our Toyota Innova hit the brakes, avoiding a collision with the i20. We spontaneously rushed to help the victim in the car, pulling him out - his seat belt was on and the airbags had thankfully opened, greatly reducing injuries. We immediately alerted the police of Shamshabad zone by sending an image of the wrecked i20 to the traffic police Whatsapp number helpline. Just then, a convoy of a Telangana Minister passed by. Not surprisingly, even the policemen of the convoy didn't stop to offer help. In fact, one of the bodyguards slowed down his vehicle to take a picture of the wrecked i20 and moved on! Such is the VIP culture in India. We got immediate responses from the Shamshabad zone police station and the helpline. The victim asked us to carry on as we were getting late, but what sort of citizens would we be if we left a fellow citizen during such a crisis? Within 10 minutes the nearest police interceptor vehicle had arrived.

I just did what any common

man should have done in those circumstances. People have come and congratulated me for my "brave act". I honestly don't consider it to be

so. My friends and I just did what one must do when help is the need of the hour.

Contd. on Pg 64



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Contd. from Pg. 34

## The Road Less Taken

**Perzen Patel, Founder of 'Bawi Bride' - a thriving catering business and a Mom Blogger.**

Perzen started off as a Parsi food blogger, winning 'India's Best Regional Food Blog' by the IFBA for three consecutive years from 2014 to 2016. Within three months of her blog's success - Bawa Groom - she was not only encouraged to write about Parsi food, but also prepare it for others and this gave rise to 'Bawi Bride' Kitchen. Today, she has even ventured into mom blogging and has started 'Bawi Mummy' - a blog that documents her journey as a new mom. Perzen is now keen on transforming this into an online publication where parents share parenting stories and journey together.

**What makes her stand out:** Speaking to Parsi Times, Perzen said, "The secret to my success is consistency and discipline. Since the time I started, I have been consistent in posting at least two to four times per month. I am also disciplined in maintaining the focus of the website as Parsi food."

**Inspiration:** Post marriage, she was tired of making calls to her mother asking for various recipes and losing them. Which is when she realized that since she enjoyed writing why not create an online catalogue of these recipes so that she could refer to them. She then realized that there were very few blogs talking only about Parsi Dishes, so her blog had the potential to become a digital archive of our Parsi recipes and the poignant stories associated with the dishes.

**Advice for aspiring Bloggers:** Perzen advises, "You should start with a clear understanding of what you want to achieve with your writing and other details can be figured out along the way. Staying true and focused on your niche is important in order to achieve success."



**Nashaita Patrawalla, Astrobiology Student**

Astrobiology is an upcoming field of study which studies the origin, evolution, distribution and future of life in the universe, as well as about extraterrestrial life. Mumbai's Nashaita Patrawalla studies Astrobiology at the University of Florida, one of the only three universities in the US offering this degree. Contrary to what most people think, Astrobiology does not just deal with extra-terrestrial life but also with other life forms like vegetation, microorganisms and atmosphere in outer space.

**What makes her stand out:** With just seven people from her batch majoring in this field, Nashaita is extremely passionate and hardworking, juggling three jobs to be able to pursue her dream - one of them being tutoring her juniors in this field. She recently worked on a project that was outsourced to her college by NASA.

**Inspiration:** Speaking to Parsi Times, Nashaita said, "I always loved Biology and Space so while searching for what to study, I stumbled across a course by the Indian astrobiology center's three month online course which strengthened my resolve to turn my passion into my profession."

**Advice for aspiring Astrobiology students:** She said, "This is an upcoming field with scope for research and teaching. Currently, there is no institution that provides a Master's degree for this, but University of Florida is working on it." Although it can get challenging at times, especially due to the

huge funding required for studying overseas, Nashaita keeps working hard to pursue her passions with great gusto. Keep shining!





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wishes  
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## Upcoming Events

India Region AGM on Saturday, 16 September, 2017 at The Royal Bombay Yacht Club, Colaba, Mumbai.  
Global AGM – 14th, 15th & 16th December, 2017 at Clarks Exotica Convention Resort & SPA, Bangalore.

\*Other events have also been planned this calendar year and will be announced soon.

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# Pegged For Success!

Fed Up of the same-old drinks and typical cocktails? This Navroze, try these brand new cocktails, originally crafted by **Arashasp Shroff**, a 24-year-old culinary prodigy, raising everyone's spirits high at George Brown College in Toronto, as he breezes through his Post Graduation in the 'Advanced Wine, Beverage and Business Management Degree' Program. Arashasp has especially created four fabulous original cocktails for Parsi Times readers, with his own relevant 'mood' descriptions and 'pairings' for each of these! So if you wish to try something navu on Navroze, try out these original cocktails by Arashasp - with these by your side, you're definitely 'pegged' for success!!

**Ingredients:**

- 1.5 oz The Botanist Gin
- 0.5 oz. Blue Curacao
- 0.25 oz. Creme de Banana
- 0.5 oz. Egg whites
- 0.25 oz. Lime juice
- 5 Sprigs of Mint
- 0.5 oz. Simple Syrup

**Method:**

- 1) Tear the sprigs of mint and place in shaker
- 2) Dry shake eggs-whites only for 1 minute
- 3) Add liquid contents and shake for 1 minute
- 4) Add ice and shake
- 5) Strain over glass
- 6) Garnish with Mint

**Expert Pairing Tip:** This is a Pre-Dinner cocktail and pairs well with spicy food.



- 1) content in shaker
- 2) Add ice and shake
- 3) Pour over martini glass and garnish with orange slice

**Expert Pairing Tip:**

This is a Pre-Dinner cocktail and can also be had with Dinner. It pairs well with heavier appetizers.

- 3 Sprigs Coriander

**Method:**

- 1) Muddle jalapeno and coriander in shaker
- 2) Add liquid contents and shake
- 3) Add ice and shake
- 4) Pour over fine strainer into martini glass



**Expert Pairing Tip:**

This is a Pre or Post-Dinner cocktail only and pairs well with light or health-foods.

**The Cocktail: 'Can I See You Again?'**

**The Mood:** She mentioned she loves ginger beer... which is your favourite too! You both have so much in common... go on... ask her out on a date...

**Ingredients:**

- 1.5 oz. Grey Goose
- 0.5 oz. Ginger
- Jamaican Ginger Beer
- 1 tsp. Cayenne
- 0.25 oz. Lime Juice

**Method:**

- 1) Muddle ginger and cayenne in shaker
- 2) Add liquid ingredients
- 3) Shake with ice
- 4) Pour into martini glass
- 5) Top up with ginger beer
- 6) Garnish with lime wheel

**About Arashasp Shroff:**

A graduate with a Bachelor's Degree in Culinary Arts Business Management, from the globally renowned Culinary Institute of America (NY, USA), Arashasp's genius got him handpicked to attend the exclusive concentration program in Advanced Wine and Hospitality in Napa Valley, California. Soon he was recruited for JW Marriott's Leadership Program and shared his expertise here for a year before being invited to join the prestigious pre-opening launch team for Spago, a fine dining restaurant by Wolfgang Puck, in Singapore, where the scope of his role grew rapidly and he eventually oversaw the storage and inventory of all wine, creating a beverage training manual and calendar and even mentored a team of his own colleagues!

Currently a consultant for Pearson Higher Education, he also works as a Food and Beverage Supervisor at the Sheraton Center Hotel in Toronto. His professional achievements include receiving the rarely accomplished 'Wine Spirits Educational Trust Level 3 Certification'; the 'Prudhomme Level 2 Beer Specialist Certification'; the 'Court of Master Sommelier Certifications'; and very shortly, the 'Wine Spirits Educational Trust Level 4 Certification'.



**Expert Pairing Tip:**

This is a Pre-Dinner cocktail only and pairs well with snacks or fast foods.

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- We are actively pursuing Waste Management, in keeping with our commitment to environmental responsibility.
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(Municipal Councillor, Ward No. 226 -  
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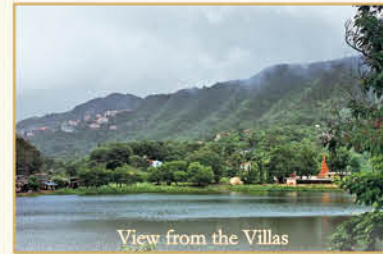
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**RAZVIN NAMDARIAN**

**The Creators:**

Of course, there have been Parsi artists who have left their mark on the canvas of Indian contemporary art and who are a part of the celebrated Sir JJ School of Art alumni, the most prominent amongst them being Jehangir Sabavala. He could be credited with bringing the cubist style of painting into focus in Indian art. Sabavala, ever the gentleman, even used to allow those appreciative of his art to pay him in installments - he was proud to say, "Not one person reneged on the payments." While he unfortunately succumbed to cancer in 2011, his paintings continue to sell for crore of rupees at international auctions.

Homi Patel, another alumnus of the Sir JJ School of Art, is famous for his abstract paintings. However, while Homi was very well known in the 1950's and '60s, his popularity began to wane over the years mainly because he was unwilling to play by the rules of the art market. Even today, knowledgeable art collectors ensure that they have a 'Homi Patel' piece in their collection - a validation to his talent and unique non-representational style of art. Paeans could be written about these two artists and the other Parsi artists who have over the decades interspersed the rich tapestry of Indian art with their talent. Some names that come to mind are Pestonji Bomanji, Sorab Pithawalla and his father MF Pithawalla; sculptors Adi Davierwalla and Piloo Pochkhanawala; Shiavax Chavda and Mehlli Gobhai. Of course, the younger generation of Parsi

## Parsis and Art - An Everlasting Romance!

The Sir Jamsetjee Jeejeebhoy School of Art, the oldest art institute in Mumbai and definitely one of the most respected and premier institutes of art stands testament to the fact that Parsis have always, not only appreciated but been true connoisseurs, promoting fine art in India. Its hallowed portals have honed the talents of renowned Indian masters, including master artists Tyeb Mehta and M F Hussain. Parsi Times Art Specialist, Razvin Namdarian, explores how Art and Fine Art has been one of our cultures strongest bastions, exploring all facets involved - the Creators, Promoters and Collectors.



Dr. Homi Bhabha

artists is keeping the flag flying high. Arzan Khambatta is known not only for his sculptures but also his wit in naming and creating them. His shows are keenly awaited by the art circuit. Gieve Patel is a noted artist, poet and theatre personality, Adil Writer works with ceramics and Natasha Lalla's paintings result in sold-out exhibitions!

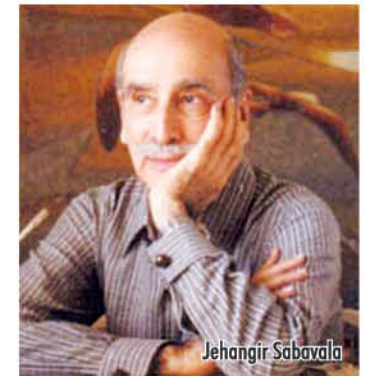
**The Promoters:**

They say the artist's job is to create but it is the gallerist who has the herculean task of promoting the artist and bringing his work into the public domain. An art gallery becomes an institution, based on the knowledge and instinct its owner. It seems like a happy coincidence that two of the oldest private galleries in Mumbai, both established in 1963, were owned by Parsis. The Chemould Prescott Road and the Pundole Art Gallery provided the much needed catalyst to many an artist's careers.

Kekoo Gandhi, the founder of Gallery Chemould, had a keen eye for art and gave artists like Nalini Malani, Jitist Kallat, Anju and Atul Dodiya and Krishen Khanna, the opportunity to have their first solo shows in his gallery. His daughter, Shireen, continues to provide talented

emerging artists the needed promotional platform to become future champions of their art.

M F Hussain's iconic horse was painted on the outer wall of the Pundole Art Gallery - a testament to the strong friendship Kali Pundole shared with the artist. The gallery is



Jehangir Sabavala

known for the goodwill it enjoys with its artists and clients alike. If an artist is featured at Pundole - he already has it made!

**The Collectors:**

Those who appreciate fine art, collect it; and some of the finest art collections are owned by - who else, Parsis! Dr. Homi Bhabha, as Founder Director of Tata Institute of Fundamental Research (TIFR), put together a museum quality collection of almost 250 artworks in the 1950's and '60s. He was in the right place at the right time and bought several works from leading masters including F N Souza, S H Raza, M F Hussain, Gaitonde, Tyeb Hussain and several more. His brother, Jamshed, was also an avid art collector and he bequeathed his collection to the National Centre for Performing Arts, which he founded.

Jehangir Nicholson devoted his life to art and building his impressive art collection, which had over 800 paintings, sculptures, drawings and prints by over 250 artists. His enviable collections of modern and contemporary art, is housed at the Jehangir Nicholson Gallery on the second floor of the museum's East Wing - The Chhatrapati Shivaji Maharaj Vastu Sangrahalaya.



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## Parsi Natak 2.0 - The Unofficial Guidelines

There is hardly an aspect about our Parsi culture more intrinsic than Theatre, or as we call it - 'Natak'. Watching a play before heading out for dinner is an integral and unbroken Navroze ritual. Though Parsi Theatre has evolved over the decades, it has sustained its unique 'Parsipanu' even today. Our Community's talented, leading theatre personality, Meherzad Patel, shares his thoughts and a few guidelines for the hopefuls...

They say that three things are constant in life - Death, Taxes and Change. Regardless of the community, these three elements are present in every individual. Now, let's attempt equating these three constants with the Parsis... Death? Way into our nineties only! Taxes? Always on time, sometimes even before needed - we're all too honest! Change? The Parsis have kept up with the world, without changing. Shocking! Our buildings are still old, our homes look untouched dating back to 1975, our cars and bikes are still in pristine condition, and our *dhansak* still tastes the same, just like when *mamaiji* used to make it in her youth!

But one aspect about Parsis that has changed, is our Parsi New Year *nataks!* Plays. Theatre. Performing Arts... with every synonym there is a societal progression regarding the connotation of what people perceive as 'natak'. Back in the days of the great Adi Marzban, theatre meant something else. People did not have televisions and entertainment was live. Indira Gandhi was still a sweet innocent girl, Sunil Gavaskar hadn't even played for India and Amitabh Bachchan was unknown. Mughal-e-Azam was in black and white...

Today, Mughal-e-Azam is a stage musical, Sunil Gavaskar's son has retired without actually playing for India, Amitabh's son is as good as retired, and Indira Gandhi's (grand)son should resign!!

And then, there is theatre. Parsi actors are doing things today that herald a change, a modification of the norm - a 'Parsi Natak 2.0', if you may...

No more hamming on stage, no more *koylu* timepass, no more *Kolamai* and *Najamai*... and yet, they're all still there - the essence of Parsi natak is not lost. Even today, we

see performing artists trying to emulate the success of their predecessors, while not getting terribly influenced by them; carving out a place in history for themselves by performing in the present, keeping the future intact!

Theatre has come a long way in the last decade in our city of Mumbai, with Parsis making their way to the theatre to watch themselves instead of watching a movie. This is what has helped theatre groups in Mumbai sustain. There was a time when tickets were priced at Rs. 80, today they are north of Rs. 800. Audiences pay. They know the value of a live performance, they appreciate the efforts of artists.

Audiences today want made-to-measure entertainment - everything should be at the tip of your fingerprints, at the press of a button, in a flash! They don't just come out on New Year for any play - they plan the



time for the Agiary visit, to the lunch, to the afternoon sleep, the new clothes, the play and the dinner! So, Food, New Clothes, Sleep, Pray and go to a Natak... the five constants in a Parsi's life!

If you want to create your own Natak, here are the unofficial guidelines that will help:

1. Don't pick up an Adi Mazban script and make that your play. You do not understand the essence of his work and who the actors involved were. Write your own script - and make sure it's written in English - nobody

today reads Gujarati, or writes - we only speak Gujarati.

2. Make sure the play ends before dinner time - or the audience gets cranky.

3. Don't hold back. As a race, we're so embarrassed of being ourselves. Actors today will try to behave posh and cultured. You can't do that as a Parsi actor. Only two types of Parsis are sophisticated - Ratan Tata - because he wants to be. And the Bombay Parsi Punchayet Trustees... because they have to be! The rest of the community remains unabashed, unapologetic and proud about it!

4. Find a way to involve non-Parsis in your play. With the Parsi population dwindling, it won't be long before the last Parsi is posing in the Prince of Wales Museum and people will be clicking his photograph! The *Gujju* and *Bohri* community enjoy our plays and attend in healthy numbers, so do

them the honour of involving their sentiments into your play.

5. Make sure you advertise your play in the Parsi Times and Jam-e-Jamshed. Parsis read these papers on a Saturday and Sunday religiously.

As I sign off wishing everyone Saal Mubarak, I'd tell you all to go for a play on Parsi New Year. Any play, just go! Theatre is the religion of our artists, they worship the stage - you need to support that, or else the *Parsi Natak* culture will get extinct even before the last Bawa stands in his museum enclosure!

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**KERFEGAR EDULJEE**

The title of this article is the standard beginning for any classified put up by Zoroastrians. By now, it's taken for granted that Parsi-owned and used vehicles (and likewise, white goods and furniture) sell for a premium in the pre-owned market.

**For Sale, Parsi Owned!**

The Bawajis love for their bikes is perhaps more legendary than Romeo and Juliet's! It is impossible to have an issue dedicated to the theme of our Parsi culture, without an article on this endearing aspect of the epic romance of Parsis and their bikes. **Bike connoisseur Kerfegar Eduljee** shares...

Norton Dominator, BMW R69S... to the Chevrolet Impala, Buick 8 and Rolls Royce Silver Wraith. Say what you may, this is how we preserve for posterity and ensure that we don't just leave a legacy, but also an ever-burning passion. Needless to say, our generations benefit and enjoy the well-kept classic's character and charm for years to come.

known of a Parsi gentleman astride a humble Jawa 250 successfully reaching the land of the Eiffel, to a Kawasaki KB100 completing its journey to the Gulf. Domestically, the K2K has been done since decades on motorcycles like the BSA Shooting Star to a Lambretta 150 scooter. If ever the wanderlust in you awakens, I suggest you gift yourself the only production



Chevrolet Impala

Over the years, I have seen and known many Parsi/ Irani Zoroastrians who cherish their prized possessions, be it two wheels or four. When in college, I would clean my brother's classic 1956 Triumph Tiger 100 for nearly four hours! Twenty-five plus years into motorcycling has given me the privilege to come across many equally ardent Parsi aficionados... from bawajis who completely dismantle their motorcycles during the rains, to bawajis smearing white grease on their prized possessions during the monsoon onslaught. Can't blame them, as the humidity and our proximity to the coastline plays havoc on the lustre of the paint and ruins the chrome on the vehicles. Then there is the ever familiar sight that we all have grown up with - a Parsi uncle cleaning his beauty, in his choicest home wear, which proudly shouts out - I am a Parsi! Oh yeah, I almost forgot the kind who move their motorcycles into their ground floor living room - much against the wishes of their second love.

Just like the endangered Tasmanian Devil, we also work hard to preserve and protect the vintage and the classics, the likes of a BSA Goldstar,

But hey, our clan doesn't just polish and clean, we are known to be enthusiastic riders too - so many bawas and even bawis have traversed our country from Kanyakumari to Khardung-La (K2K) at 18,380 ft. (the highest motor-able road in the world). And as three is a crowd, some brave-hearts have preferred going solo too! And taking it a step further, there have been Parsi/ Irani Zoroastrians who have done trans-country expeditions to Europe and the Gulf successfully! Many different motorcycles have been used on rides such as these. I have

Indian motorcycle built to do something similar with relative ease - get yourself the Royal Enfield Himalayan and explore the Himalayas and beyond!

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**Contd. on Pg. 64**


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NOSHIR H. DADRAWALA



## The 'Sagan Ni Macchi' Syndrome Why Parsis Consider Fish Auspicious

**B**e it New Year or birthdays, the accompaniment to *dhan-daar* is usually *macchi no patio* or *tareli macchi*. You go to Udwada on a pilgrimage and it would not be deemed complete if you were not served the *boi* for lunch or dinner. At weddings or Navjotes, there are the *saas ni macchi* enthusiasts and the *patra ni macchi* aficionados. Even the *mava ni mithai* that is placed in

the *sagan ni ses* is in the shape of a fish (*boi macchi*). Agreed fish is a healthier dietary option. But, what makes it auspicious?

To understand the symbolic meanings of fish, we must first consider their habitat - their watery domain. Water holds ancient symbolic meanings dealing with the subconscious and depth of knowledge. Water is a storehouse to mysteries of the unknown.

Water symbolizes birth and fertility. In the Zoroastrian tradition *Avan Ardisur Anahita* presides over the waters and blesses women with fertility. 'From water springs all life', is not just a religious belief, but, also a scientific fact. Given the wonders that the water



**Fish (Mahi) is symbolic of dispelling darkness, thus on all auspicious occasions Parsis like to dispel the forces of darkness in a manner they relish and delight the most- to tickle their taste buds with Sagan ni Macchi done in a pungent patio and douse the palate later with a sweet Mavani Boi for dessert.**

domain holds, the fish too has similar symbolic meaning. There are numerous species of fish, but the creature in general holds some prime symbolic meanings including: Fertility, Eternity, Creativity, Femininity, Fortune, Happiness, Knowledge and Transformation.

The fish was sacred in Greco-Roman mythology, where it held symbolic meaning of change and transformation. We see this in the myth of Aphrodite and Heros when they turned themselves into fish in order to escape from the ferocious Typhon. In Christianity, the fish is a symbol of abundance and faith as observed in the Biblical story of fishes and loaves. There are also several Biblical references as Christ and his disciples being "fishers of men." Here, man is represented as the transformational fish and the ocean is a symbol of the abyss of sin in which man finds himself.

As an ancient Celtic symbol, the symbolic meaning of fish (salmon, specifically) dealt with knowledge, wisdom, inspiration and prophecy. They believed to eat the salmon would mean gaining the wisdom of the well too. In Indian mythology, the fish is a symbol of transformation and creation. This is observed in the ancient flood myth in which Vishnu transformed himself into a fish (*Matsya*) to save the world from a great flood. In this form, he guided Manu's boat (which contained the select few survivors and seeds of life to re-create the world

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## The 'Sagan Ni Macchi' Syndrome

Contd. from Pg. 50

after the flood subsided) to safety - a story that also finds an echo in Noah's Arch and Shah Jamsheed's Var.

Ancient African creation myths talk of *Mangala*, the creator, planting seeds in the cosmic womb. From these seeds two fish erupted, and

were set forth into the cosmos upon the waters of creation. We see from this myth the symbolic meaning of fish yet again dealing with fertility and creativity.

In China, the fish is symbolic of unity and fidelity as it is noted that fish (particularly koi) often swim together in pairs. With this in mind, fish

are often given as wedding gifts in the form of charms or figurines to present the newlywed couple with an auspicious sign of fidelity and perfect union. They also represent fertility and abundance due to their ability to reproduce in speed and volume.

In Buddhism, the fish symbolizes happiness and freedom. Also, the fish makes an appearance as one of the eight sacred symbols (*Ashtamangala*) of the Buddha: Conch, Lotus, Parasol, Wheel, Knot, Pair of Golden Fish, Banner of Victory and a Vase.

In Norse and ancient European cultures, the fish had symbolic meanings of adaptability, determination and the flow of life. Salmon were commonly revered for their determination in their annual pilgrimage to their spawning grounds - the entire journey swum against the current.

The fish motif has universal appeal as a symbol of beauty and abundance of the natural world. Even today, at the ruins of an ancient Sasanian fire temple situated at Rae, near Tehran (Iran), one can see exquisite fish motifs adorning

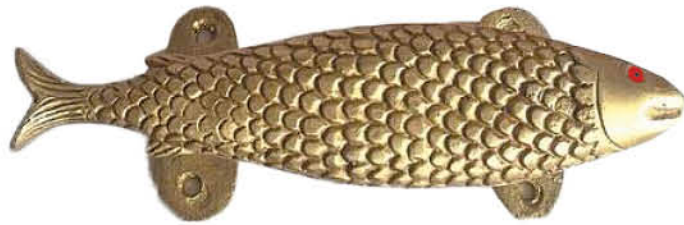


the temple walls. At the ruins of the palace of Cyrus the Great, one can see the image of the Great King wearing an Egyptian headgear with fish motifs. Cyrus was also Pharaoh of Egypt and ancient Egyptians used images of the tilapia fish as a symbol of regeneration. At the ruins of the palace of Cyrus the Great at Pasargade there is a relief depicting a man with one leg in the form of a fish's tail. It probably depicts rejuvenation among his subjects. To date, Iranian Zoroastrians and Iranian Muslims usually place a bowl of live goldfish on the Navroze table for good luck. In the Zoroastrian mystic lore *Mahi* - the fish can see the smallest piece of object even in the dark.

The first Dastur Meherji Rana of Navsari was a disciple of the mystic Dastur Azar Kaiwan. The latter used to fondly call the former as *Mahiyaar* (a fairly common Parsi name even today) which means, 'friend of the fish that can see in the dark' or 'one who can see through even darkness (of ignorance).'

Mystics like Dastur Kaiwan and Meherji Rana had the spiritual powers to see beyond the veil of darkness that covers our vision of this Universe and perceive the Will of God. Since fish (*Mahi*) is symbolic of dispelling darkness, naturally on all auspicious occasions, among other things, Parsis like to dispel the forces of darkness in a manner they relish and delight in the most - tickle their taste buds with *Sagan ni Macchi* done in a pungent patio and douse the palate later with a sweet *Mavani Boi* for dessert.

May this year be auspicious for the community ushering all the good energies that the fish symbolizes, particularly knowledge, fertility and rejuvenation!



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Fish motif at the ruins of an ancient Sasanian Fire temple in Rae, near Tehran

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*"It was the eve before New Year, and Sarosh sat somberly on his favourite bench in his Baug's garden. To his right, sat his loving pet Alsatian, Tiger, and to his left, sat his wife Nilufer, who was smiling widely, beaming with happiness. This confused Tiger - why was Sarosh feeling so slighted when Nilufer was Oh-so delighted!?"*

*Taking the story forward... By Winner, Percy Hirji Elavia*

Tiger jumped down from the bench and turning to Sarosh, started wagging his puppy tail. Sarosh, with a puppy face, starts narrating to Tiger, what had just happened upstairs, "Tiger, muhra dil-no-tukdo, do you know what great plans I had made for New Year's Day? ... Starting the day with sev-ravo, moving on to Godiwala's lunch and enjoying the evening at Jaffer Bhai's."

Nilufer cuts in, "That's the laziest plan I have ever heard!" Lifting Tiger in her lap, she continues "Tiger, muhro cutie-pie, for starters Parsi New Year is not a public holiday - taking leave from work and then not planning the day to its fullest, is a criminal offence, isn't it?" Tiger nods his head (after all, enay bhi aajey raat nu bhonu khavanuch!)

She continues "Nuclear family system has made Sarosh's planning skills limited. New Year is a day to celebrate and bond with our relatives and families. It's not just another day for 'Khavasni, Pivasni and Suvasni!' Taking the queue, Tiger immediately nodded in agreement (after all, who can go against the Home Minister! Tiger definitely did not want to become a stray dog!)

"Starting the day with Sev-Ravo is fine, but following it up by praying at the Agiary for the well-being of our family and the community at large, is great. Having Godiwala's lavish lunch is okay, but having it with our parents and siblings, is fantastic. Visiting our relatives is a must, who due to their old age cannot step out of their homes. Going for a dinner at Jaffer Bhai's is fine, but before that enjoying a Parsi Natak and in turn encouraging Parsi artists, is even better. Do you know Tiger, just like you, our parents and relatives have also given a big thumbs up to my plan for tomorrow?"

By now, their colony friends have arrived and are also appreciating Nilufer's thoughts, "Yes my dear, I have now realized my plan's folly," says Sarosh, promising Nilufer, "I, Sarosh Tangri, son of Ratamai and Bomanshaw, swear in the name of our Tiger (Tiger is scared to death.... and... immediately starts growling indicating to Sarosh to swear by something else!!)

"Don't worry, Tiger, muhra dil-no-tukdo, I shall not break my promise". Nilufer cuts in, "Continue Sarosh". Sarosh continues, "I will always leave the planning for special days to my wife, since I spend one month in planning out a day, which in the end, is always unacceptable to everyone!"

The gathering (all the couples also residing in nuclear family system) cheers for Nilufer and congratulates her. They all vow to implement this plan for tomorrow as a surprise for their families and relatives.

Sarosh feels proud for marrying a sensitive, caring and loving girl and thanks Pak Dadar Ahuramazda for the same in a silent prayer. Seeing this, Tiger, too takes a sigh of relief, feeling confident that Sarosh won't break his promise. Sarosh picks up his pup and starts walking with his beloved, towards their home, with his wife's hands wrapped warmly around his arm.

## Navroz & Khordad Saal Mubarak To The Parsi & Irani Zoroastrian Community



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### તંત્રીની કલમે

સાલ-મુબારક અને જય હિન્દ!

વહાલા વાંચકો,

પારસી ટાઈમ્સની ટીમ વતી મને આપણા અમ્પર સ્પેશિયલ નવરોઝ અંક તમને વચન આપ્યા પ્રમાણે જેનો મુખ્ય વિષય પારસી સંસ્કૃતિ ઉજવી રહ્યો છે જેની સાથે ઘણું બધું આજે વાંચકો સામે પ્રસ્તુત કરતા ખૂબ આનંદ મળી રહ્યો છે. 'બીચીંગ પારસી' જે બધા સાથે પાછો જોડાવાનો સાર છે. પારસી સમુદાયમાં આ અંક ઐતિહાસિક રીતે યાદ રહી જાય તેમ છે કારણ સૌ પ્રથમવાર પારસી નવા વર્ષના સમયે પારસી સમુદાયને પારસી ટાઈમ્સ દ્વારા ભારતના આપણા વરિષ્ઠ નેતાઓ, મિનિસ્ટરો અને આપણા પોતાના નેશનલ કમિશન ફોર માર્શનરીટીના આપણા પારસી મેમ્બર અને ઉદવાડાના વડા દસ્તુરજી ખુરશેદ દસ્તુર દ્વારા શુભેચ્છાઓ અપાય છે. (વધુ માટે જુઓ પાનુ ૨)

આપણી સંસ્કૃતિમાંજ છે કે આપણે ફક્ત આપણા સમુદાયને ગૌરવ નથી અપાવતા પણ કોઈપણ રાષ્ટ્રની ટોપીમાં સૌથી વધુ સુશોભિત પીછાંઓ તરીકે આપણે શોભી ઉઠીએ છીએ. ૧૫મી ઓગસ્ટ ૨૦૧૭ના દિવસે આપણે સ્વતંત્રતા દિવસ તરીકે ઉજવણીએ છે કારણ ભારતમાતાએ આપણો ઉછેર કરી આપણને મહાન બનાવ્યા છીએ. આપણે ભારત અને સ્વતંત્રતા બંનેની અનિવાર્ય સુસંગતતાને સમજીએ છીએ. કદાચ પારસીઓનું અસ્તિત્વ આજે હયાત ન પણ હોત. સ્વાતંત્ર્યની આવશ્યકતા એટલા માટે પડી કે આપણે બળપૂર્વક વટલાવવું આપણામાં પરિવર્તન લાવવું કે તે અમલમાં મૂકવાના ભયથી જીવવું તે મુજબ આપણે ઈરાનથી ભાગી અને ભારતમાં આશ્રય માંગ્યા હતા. ભારતે આપણને અપનાવ્યું નહીં હોત તો આપણે 'પારસી' શીર્ષક ક્યારે પણ મેળવી શક્યા નહોત. આપણને લોકો 'ફારસીસ' કહેતા હતા જે 'ફારસ' અથવા પર્શિયાથી આવ્યા હતા.

કેટલું સરસ જોડાણ છે. આપણે ભારતના સ્વતંત્રતાદિનની ઉજવણીના બે દિવસ પછીજ પારસી નવા વર્ષની ઉજવણી કર્યું. પારસી નવા વર્ષના દિને પારસી ટાઈમ્સ પોતાના કમિટમેન્ટનું નવિનીકરણ કરે છે કે તે પારસી સમુદાયને નવા અને સાચા સમાચાર રજૂ કરશે તથા એકતા વસ્તીવધારો, ઉદ્યોગસાહસિકતા, યુવા સશક્તિકરણ, વરિષ્ઠ નાગરિકોની સંભાળ અને સમાજિક સેવા સહિત તમામ સમુદાયને મહત્વપૂર્ણ પ્રોત્સાહન આપવાનું ચાલુ રાખશે.

સાલ-મુબારક અને જય હિન્દ!

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## આપણી પારસી સંસ્કૃતિ

પટેટી-વરસનો છેલ્લો દિવસ પારસી (જરથોસ્તી)ઓનાં ૧૨ મહિના હોય છે. દરેક મહિનાનાં ૩૦ રોજ છે.

(હોરમઝથી અનેરાન સુધી) વરસનાં ૩૬૦ દિવસ તેથી પાંચ ગાથા તરીકે પાંચ દિવસ ઉમેરી ૩૬૫ દિવસ જરથોસ્તી કેલેન્ડરમાં આવે છે.

પાંચ ગાથા: અહુનવર, ઉસ્તવદ, સ્પેન્દોમદ, વોહુક્ષત્ર, વહિસ્તોઅશ્ત.

પાંચમો અને છેલ્લો ગાથા વહિસ્તોઅશ્ત અર્થાત પટેટી

પટેટી અર્થાત પટેટ પેશમાની કરવાનાં પાંચ પવિત્ર ગાથા છે. જે પાંચે ગાથામાં ૧૨૦૦ યથાને અષ્ટમ ભણાવા.

બાવ, દાઢી, નખ કાઢવાં કે કાપવાં નહિ. મેનીકયોર કે પેડીકયોર કરાવવું નહિ. પાંચે ગાથામાં ૧૨૦૦ યથા અષ્ટમ ન ભણાય તો વાંધો નથી. પરંતુ પાંચે ગાથામાં મન, વચન ને કર્મથી પવિત્ર રહેવું. આ સત્ય છે કે પાંચ પવિત્ર ગાથામાં જરૂર જરૂરથી અશો રવાનો આ મૃત્યુલોક અર્થાત પૃથ્વી પર પધારી તેઓ અશો

રવાનનાં રૂંડાને શ્રેષ્ઠ ઉમદા આશિર્વાદ ઘરનાં વહાલાઓને આપે છે. જેમાં શંકા નથી.

પાંચે પવિત્ર ગાથાઓમાં દાદર હોરમઝ તથા ખુદાયજ પાસે પાપનો પસ્તાવો કરી માફી માંગવાનો ઉત્તમ ને શ્રેષ્ઠ પાંચ શ્રાધનાં દિવસો છે.

નવરોઝ: ફરવરદિન મહિનોને હોરમઝ રોજને નવરોઝ, નવ અર્થાત-નવું ન્યુ તે ઉપરથી (ન્યુયર), રોઝ અર્થાત રોજ, રોઝ, દિન દિવસ તીથી, નૂતન વર્ષાભિનંદન.

જમશેદી નવરોઝ: ૨૧મી માર્ચ, વસંતઋતુનો પ્રારંભની ખુશલાલી દિનરાત, ૧૨, ૧૧ કલાકના સરખા તથા પેશદાદીવંશના રાજા જમશેદી નવરોઝ, નવરોઝનાં દિને જરથોસ્તી ધર્મ અંગિકાર (સ્વીકાર્યો) કર્યો. ઘણા પરજાતને ઈરાનમાં જરથોસ્તી કર્યા.

ઉપરોક્ત ત્રણે કારણે ૨૧મી માર્ચ જમશેદી નવરોઝ તરીકે દર વર્ષે જરથોસ્તીઓ, વોરાઓ તથા બીજી કોમ ઉજવે છે.

જરથોસ્ત સાહેબનાં ધર્મ મુજબ (મનસ્વી

ગવસ્તી કુનસ્વી)ના ફરમાનો જીવનમાં ઉતારી, સદરો કસ્તી પહેરી પરોપકાર, સખાવતી કાર્ય કરનાર જરથોસ્તીઓને વારંવાર પ્રણામ વંદન જુદાર.

દ્યોપમહેર ખુદાને યાદ કરવાનું દ્વાર (દરવાજો) અગિયારી: જ્યાં ૧૧ વખત સમય પરજગારીથી ક્રિયાકામો નાવર, મરતબ દસ્તુરજ સાહેબ કરે તેજ પાંચગેલમાં હાવન, રપિથવન, ઉજરન, અવિસ્તુથરેમ, ઉષેન પાંચે ગેલમાં બોય દેવાય.

આતશ બહેરામ: અગિયારીથી વધુ ક્રિયાકામો કરી વંદીદાદ ઈજશની કરી ઘણી બધી ક્રિયા વિધિ પછી અગ્નિ પધરાવે તે આતશ બહેરામ.

ઈરાનશાહ: સૌથી શ્રેષ્ઠ ઉત્તમ ઉચ્ચકોટીના તથા જીવનો જોખમ ખેડી શ્રેષ્ઠ, ઉત્તમ અગ્નિને ઈરાનથી સંજાણ પછી ઉદવાડા ઘણી વિધિ પૂજા કર્યા પછી ઈરાનથી લાવેલાં માટે ઈરાનશાહ જ્યાં બધી બાધા, માનતા, વિશ, ઈચ્છાપૂર્ણ થાય છે. ઈરાનશાહને કોટી કોટી વંદન..

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કેશ્મિરા શૌ રાજ

## તમારા માટે કામ કરે તેવી એનર્જી તમે જ બનાવો

દવાના પિતા સમાન હિપોક્રેટસના વાક્યો કુદરતી રીતે સારા થવાની શક્તિ આપણા પોતાનામાં છે. આપણી બીમારીને દૂર કરી હકારાત્મક શક્તિથી મજબૂતાઈ આપવાની જવાબદારી તે આપણી ને આપણી પોતાની જ છે. કેશ્મિરા શૌ રાજ જે રેડી એક્સ્પર્ટ, તાઈચી માસ્ટર અને ટેરોટ કન્સલ્ટન્ટ આપણી સાથે, તમારામાં રહેલી ઉર્જાથી તમે તમારા દર્દને દૂર કરવામાં સફળતા કેવી રીતે મેળવી શકો છો તે જણાવે છે.



ભૌતિક પીડામાં રાહત કેમ મેળવશો કોઈપણ પ્રકારના દર્દથી શરીર કમજોર થાય છે અને શારીરિક વેદનાની અસર સીધા આપણા મગજ પર થાય છે. નીચે આપેલી ટિપ્સ તમારા શરીરને થયેલી પીડાને ઓછી કરશે.

\* તમારી આંખો બંધ કરો. ધીમે ધીમે અને નિરાંતે શ્વાસ લો અથવા ૩૬ લાંબા અને સરળ શ્વાસ લો.

\* હવે ન્યાં દુખાવો થતો હોય તે જગ્યા પર આંખ બંધ કરી તમારું ધ્યાન કેન્દ્રિત કરો. તમારો દુખાવો ઓછો થવા લાગશે.

\* તમારી આંખો બંધ રાખો, એક સોનેરી પીળા પ્રકાશ દ્વારા તે દુખાવો થતી જગ્યા ઘેરાયેલી છે એમ વિચારો.

\* હવે આ પ્રકાશ દુખાવો થતા વિસ્તારમાં પ્રવેશો અને ત્યાંજ પ્રસરે છે તેવું વિચારો.

\* આ પ્રકાશ પ્રસરી રહ્યો છે અને તમારો દુખાવાનો ભાગ ઓછો ઓછો થતો જાય છે તેવું વિચારો.

\* હવે ધીમે ધીમે તમારી આંખો ખોલો, અને વિચારો કે તમે તમારા શરીરમાં રૂઝ લાવી શકે તેવી લાઈટ તમારા શરીરમાં પ્રવેશી છે અને ધીરે ધીરે તમારો દુખાવો ઓછો થઈ રહ્યો છે.

તમારા નાણા ભંડોળ અને સમૃદ્ધિમાં વધારો કેમ કરશો

પોતાની ક્ષમતાને ઓછી સમજતા અથવા સફળતાનો ડર લાગતો હોય કે સફળતા હમેશા કેમ ટકાવી રાખવી. નાણાકીય રીતે સફળતા માટે કેટલા કારણો છે જે નીચે જણાવવામાં આવ્યા છે.

સૌ પ્રથમ હમેશા મોટું વિચારો તમારા મગજને હમેશાં વિશ્વાસ અપાવો કે તમારી પાસે ભરપૂર પૈસા છે.

વારંવાર બોલો કે તમારી પાસે જેટલો

પણ પૈસો છે તે કમાવવા માટે તમે કાબિલ છો.

ટૂંકા ગાળામાં પૈસા કેમ કમાશો તે વિચાર કરો અને આ વિચારો તમને તમારા ગોલ સુધી પહોંચાડશે.

નાના નાના નાણાકીય ગોલ પ્લાન કરો. રાત્રે સુતા પહેલા વિચારો કે તમે તમારા ધ્યયો પૂરા કરો છો અને એક નવા ગોલ તરફ આગળ વધી રહ્યા છો.

ચમત્કારિક રીતે આ બધું નહીં થાય પરંતુ તમારી જાત પર વિશ્વાસ કરતા સફળતા અવશ્ય મળશે.

તમારા આઘાતને કેવી રીતે મટાડશો, સાડું કરશો

આપણે સામાજિક પ્રાણી છીએ આ સમાજમાં રહીએ છીએ. લોકો સાથેના આપણા સંબંધો સારા થાય અને આપણે સુખી રહીએ તેવું હમેશા આપણે યાદતા હોઈએ છીએ. પણ કોઈવાર આપણા સંબંધોમાં કડવાશ આવે છે. અહીં થોડા ઉપાયો આપ્યા છે જેનાથી તમારા બીજા સાથેના સંબંધો સારા થાય.

કલ્પના કરો કે તમે સોનેરી-ગુલાબી પરપોટામાં ઘેરાયેલા છો. તમારા મનમાં તે વ્યક્તિની છબી ઉભી કરો જે વ્યક્તિ તમારી સાથે નથી. તમે તેની માફી માંગો, ગુડબાય કહો જે પણ વાત કરવી હોય તેનો એક્સર કરો. સખત પ્રયત્ન કરવા છતાં કામ થતું ન હોય તો વિચારો કે બ્રહ્માંડ તમારા માટે કંઈ વધારે સાડું વિચારી રહ્યું છે.

શંકા માટે કોઈ સ્થાન ન રાખો. તમે જેવા છો તેવાજ તમને કોઈ સ્વીકારે તેવી

વ્યક્તિની સાથે જ રહેવાનું પસંદ કરો. હકારાત્મક દ્રષ્ટિકોણ રાખો. તમારા દર્દો આપોઆપ સારા થઈ જશે.

સકારાત્મક વિચારો ઈન્ટરવ્યુ આપવા જતા કેવી રીતે કામ કરશો

ઈન્ટરવ્યુ આપવા જતા પહેલા બધાજ લોકો નર્વસ હોય છે પણ આ અનુભવને સારો અનુભવ બનાવી શકો છો.

નિરાંતે એકાંત જગ્યા પર બેસો. શ્વાસ અંદર બહાર લેવાનું શરૂ કરો. પાંચ વાર શ્વાસ અંદર બહાર કરતી વખતે ધ્યાન કેન્દ્રિત કરો.

જે નોકરી કરવા માંગતા હો તે નોકરીને આંખ બંધ કરી વિચારો. સકારાત્મક વિચારોથી તમે તમારા જીવનને ખુશ રાખી શકો છો. તમે ઈન્ટરવ્યુ લેનારના બધાજ જવાબો સકારાત્મક આપી રહ્યા છો તેવા

વિચાર કરો.

બધા લોકો તમને અભિનંદન આપી કહી રહ્યા છે કે આ જોબ આજથી તમારો છે તેવી કલ્પના કરો.

નેગેટિવ વિચાર ધરાવતા લોકોથી પોતાનું રક્ષણ કેમ કરશો.

આપણને ઘણીવાર નકારાત્મક વિચાર કરતા લોકોને મળીએ છીએ. એવા લોકો આપણી અંદરથી તથા આસપાસની જગ્યાએથી સકારાત્મક/તંદુરસ્ત ઉર્જા શોષી લે છે. નીચે આપેલા પગલાથી તમે તમારી જાતનું રક્ષણ કેવી રીતે કરી શકો છો તે બતાવવામાં આવ્યું છે.

તમે જ્યારે બિમાર અથવા નેગેટિવ વિચારવાળા લોકોને મળવા જાવ ત્યારે પોતાની જાતને જાણે કે સફેદ પ્રકાશના ફૂગાની આસપાસ છો એવી કલ્પના કરો.

સકારાત્મક વિચારો ફૂગામાંથી પસાર થશે પણ તેમના નેગેટિવ વિચારો તેમની તરફ પાછા વળશે એવી કલ્પના કરો.

તમારા ઔરોને મજબૂત કરો અને કલ્પના કરો કે તમે સફેદ પ્રકાશનો અદ્રશ્ય કોટ પહેરેલો છો.

ઘરે આવ્યા પછી સ્નાન કરો પાણી ભરેલ બાલટીમાં કાળું મીઠું અને સુગંધિત દ્રવ્ય નાખી સ્નાન કરો.

તમે કલ્પના કરો કે તમે નહાવો છો ત્યારે નહાતી વખતે કાળા રંગનું પાણી એટલે કે નકારાત્મક વિચારો ધોવાઈ રહ્યા છે. અને તમે હવે સ્વચ્છ અને ચોખ્ખા થઈ ગયા છો.

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### સાલ-મુબારક

હરખાતા હેયે આપીએ

સાલ ય.જ. ૧૩૮૬ને આશાભર્યા આવકાર આશા એ કે આવતા વર્ષમાં થશે કેટલાયે અધૂરા સપના સાકાર નિતનવા હોય ભલે આ વર્ષમાં અનેકવિધ સંઘર્ષ પડકાર વિશ્વાસ છે કે દરેક પડકારનો જિંદગીલીથી કરીશું સ્વીકાર, ભલે ગત વર્ષ લીધેલા સંકલ્પોને મળ્યો ન હોય કોઈ આધાર નવા વર્ષમાં થશે પૂરા સંકલ્પ એજ કરીએ દૃઢ નિર્ધાર અત્યાર સુધી મળી હોય ભલે વિવિધ ક્ષેત્રે હતાશા, નિરાશા નવું વર્ષ ચોકકસ આવશે પોત્સાહક પ્રેરક નવી આશા આશાભરી આજ આવી, વિતી ચૂકી નિરાશાભરી ગઈકાલ આજ પણ બનશે ભૂતકાળ વધુ ઉજળી હશે આવતી કાલ...

દીપ અનેક શ્રદ્ધાનાં પ્રગટાવીશું  
શુભ સંકલ્પને શ્રમથી દીપાવીશું  
ફળની ચિંતા વિના કર્મ ઉજળીશું  
શુભ ભાવનાથી સાલ-મુબારક આરંભીશું.



- આબાન પરવેઝ તુરેલ





# YOUR MOONSIGNS JANAM RASHI THIS YEAR

લખનાર: મરહુમ મહારાજ શ્રી સ્વચંચયોતિના સહકાર્યકર્તા જયેશ એમ. ગોસ્વામી



## Aries - મેષ - અ.લ.ઈ.

આ વરસમાં નાણાકીય મુશ્કેલી નહીં આવે. આખા વરસમાં ગુરુ તમને પૈસાની ખેંચ નહીં આપે અને તો બોન્ડ કે ગોલ્ડમાં રોકાણ કરી લેજો. વરસની શરૂઆત સારી નહીં રહે. ચિંતાઓથી ઘેરાયેલા રહેશો. બચ્ચાઓના ભણતરની ચિંતા, ઘરમાં રિપેરીંગનો ખર્ચ કરવો પડશે. ૧૮મી ઓગસ્ટ સુધી રાહુ બદલાયા પછી ઘરવાળા પાછળ ખર્ચ કરવો પડશે. ૧૭મી સપ્ટેમ્બર બાદ લગ્ન કરનાર માટે સારા જીવનસાથી મળવાના ચાન્સ છે. છેલ્લે શનિ ઓક્ટોબરમાં બદલાશે પછી મુસાફરી કરવામાં ફાયદામાં રહેશે. ગામ-પરગામ જવાના યોગ થશે. ધર્મ-ચેરિટીના કામ ઓછા કરી શકશો. તમને મોટી માંદગી નહીં આવે પણ વડીલવર્ગની તબિયતની સંભાળ લેજો.

શુકનવંતી માહ: ૨, ૩, ૫, ૭, ૮, ૧૦ છે.

### Lucky Months As Per Parsi Calender:

2, 3, 5, 7, 8, 10

Your year will be financially balanced - investing in gold and bonds could lead to profits. You may need to focus your attention, time and money towards children's education and house renovations. Lady luck smiles upon those looking to get married 17<sup>th</sup> September onwards this year. October invites travels and outings. Your attention may be swayed away from religious and charitable work. You will keep well health-wise, however, look after the health of your elders.



## Gemini - મિથુન - ક.ઇ.ઘ.

વરસની શરૂઆત ખૂબ જ સારી રહેશે. તેમજ આ વરસની અંદર તમને જે મેળવવું છે તે વરસના અંતમાં દેખાશે. રાહુ રાશિ બદલશે ત્યારે થોડાક મહિના માટે ટ્રેમિલિનું વાતાવરણ સાડું નહીં રહે પણ ધીરધીરે સુધરશે. શનિ સાતમાં ઘરમાં આવવાથી લગ્ન કરવા માગતા હશે તેના લગ્ન નક્કી થશે. ઘરમાં કોઈ નવી ચીજ-વસ્તુ વસાવી શકશો. જે ટ્રાય કરશો તો જૂનું ઘર વેચી નવું ઘર લઈ શકશો. હિસાબી કામમાં ફાયદો થશે. ભાગીદારીમાં કોઈ કામ કરવાનું વિચારતા નહીં. નવા કામ કરવાનો ચાન્સ મળશે. દેશ વિદેશ જવાના ચાન્સ મળશે. ક્રકત ૧૪મી જાન્યુઆરીથી ૧૪ ફેબ્રુઆરી સુધીના સમયમાં સરકારી કામોથી સંભાળજો. રાકાણ અવશ્ય કરજો. જ્યાં કામ કરતા હશે ત્યાં ધનલાભ મળતા રહેશે. નાણાકીય ચિંતા સતવાશે નહીં.

શુકનવંતી માહ: ૨, ૩, ૫, ૮, ૯, ૧૧ છે.

### Lucky Months As Per Parsi Calender:

2, 3, 5, 8, 9, 11

Your year starts off great, and you will achieve all that you wish to by this year end. Rahu ruling over you for a few months might temporarily bring in some family discord, which will be sorted out. Those looking to get married, will be able settle down soon. New household purchases are indicated. With a little effort, buying and selling of your house will be possible. Financial profits are on the cards but abstain from partnerships. New career ventures and travel abroad is possible. Avoid indulging in government related work from 14<sup>th</sup> January to 14<sup>th</sup> February. Save money to make financial gains at your workplace.



## Leo - સિંહ - મ.ટ.

ગુરુ રાશિ બદલશે એટલે ઓક્ટોબર પછી વરસ સાડું જશે. તેમજ ઓક્ટોબર બાદ શનિની નાની પનોતીમાંથી નીકળી જશે. ગુરુના બળને કારણે અચાનક ધન લાભ મળી જશે. તમારા મનની નેક મુરાદ પૂરી થશે. વરસના પહેલા બે મહિનામાં ખોટી ચિંતાઓથી પરેશાન થશો તેથી કોઈ પર વિશ્વાસ મુકતા નહીં. ૨૦૧૮માં નાની મુસાફરી કરવી પડશે. લગ્ન કરનાર વ્યક્તિ માટે આ વરસ ખૂબ જ સાડું જશે. બચ્ચાઓને ભરપુર સુખ આપી શકશો. રાહુને કારણે આ વરસમાં ધન બચાવવું મુશ્કેલ થશે તેથી ઈનવેસ્ટ અવશ્ય કરજો. લગ્ન કરનાર વ્યક્તિના લગ્ન મનપસંદ વ્યક્તિ સાથે થઈ શકશે. તમારા રાશિવાળાને ગુરુની કૃપા સારી હોવાથી બીમારી આવવાની હશે તો તેની જાણ પહેલાજ થઈ જશે. ખરાબ બાબતના સંકેત પહેલા જ મળી જશે.

શુકનવંતી માહ: ૧, ૨, ૪, ૫, ૯, ૧૦ છે.

### Lucky Months As Per Parsi Calender:

1, 2, 4, 5, 9, 10

With Jupiter's exit as your ruling planet post October, your year will change for the better. You will also exit Saturn's mini-jinxes. Jupiter may also bring you financial profits and will help fulfil your wishes. The first month of the year may bring in mental worries - ensure you trust only those you are sure of. 2018 might bring in small travels. Those looking to get married will find this year blissful. You will bring happiness to children. You might be unable to save money due to Rahu's influence, so ensure to invest your income. You will be able to marry the person you desire. With Jupiter's blessings, you will get timely intimation about any oncoming health issues or other concerns.



## Taurus - વૃષભ - બ.વ.ઉ.

આ વરસમાં ગુરુ તમને બચાવશે છેલ્લી ઘડીએ તમને મદદ મળી જશે. ૨૬મી ઓક્ટોબરથી શનિ આઠમે આવશે તેથી તમારા દરેક કામ અટકીને પછી થશે. નાણાકીય બાબતમાં ખેંચતાણ આવશે પણ કોઈને ઉધાર પૈસા આપવાની ભૂલ કરતા નહીં. અને તો મોટી લોન લેતા પહેલા વિચાર કરજો. આ વરસમાં ઘરમાં નવું કામ નહીં કરાવશો તેટલું સાડું. નારાજ ઘરવાળાને મનાવતા માની જશે. મોટી માંદગી નથી પણ નાની માંદગીથી સંભાળવું. આ વરસમાં નોકરી કરનાર લોકો કરતા ધંધાવાળાને વધુ કામ મળશે. કોઈ સાથે ભાગીદારીમાં કામ નહીં કરતા. લગ્ન કરવા માગતા હશે તો આ વરસમાં થઈ જશે. આ વરસમાં તમારા બચાવેલા નાણા ખર્ચ ન થાય તેની ખાસ દરકાર લેજો મુસીબતમાં જરૂર પડશે. મનગમતી વ્યક્તિને મળવાથી આનંદમાં રહેશો.

શુકનવંતી પારસી માહ: ૧, ૩, ૪, ૬, ૮, ૧૧ છે.

### Lucky Months As Per Parsi Calender:

1, 3, 4, 6, 8, 11

Thanks to Jupiter, you will receive help this year, especially at crucial times. From 26<sup>th</sup> October Saturn might pose small obstacles in your path delaying your work. You will need to balance your finances. Do not lend money and think twice before getting a loan. Avoid renovations at home. You will be able to befriend any upset family members. Health looks good overall but look out for minor issues. Entrepreneurs will do very well compared to the employed. Avoid business partnerships. You will get married this year if you so wish. Your saved income will be of use in this year. You will find happiness by meeting people you like.



## Cancer - કર્ક - ડ.હ.

આ વરસ પૈસા માટે મધ્યમ રહેશે. તેમજ બધાજ ગ્રહોની પોજીશન મધ્યમ છે. ગુરુની પોજીશન બીજા ગ્રહ કરતા સારી હોવાથી કામ-ધંધામાં મુશ્કેલી નહીં આવે. નોકરી કરતા હશે તો ત્યાં કામ વધુ કરવું પડે તો કરી લેજો. આ વરસમાં તમારા ગુરુસા ઉપર કાબુ રાખવો અગત્યનું રહેશે. રાહુ, કેતુ બદલાવાથી ખોટા ડિસીઝન લેવાની ભૂલ નહીં કરતા. લગ્ન કરનારને માટે મધ્ય સમય છે. હરવા ફરવા જઈ શકશો. પ્લાનિંગ કર્યા વગર કોઈ કામ કરતા નહીં. ઓક્ટોબર પછી કોઈ પાસે લોન કે ઉધાર લેવાની ભૂલ કરતા નહીં. ઘરવાળાનો સાથ-સહકાર મધ્યમ રહેશે. અગત્યની વ્યક્તિ નારાજ ન થાય તે માટે ધ્યાન આપજો. કામ કરવાની ઉતાવળ કરતા નહીં. ખાસ કરીને ૧૪મી ફેબ્રુઆરીથી ૧૪મી માર્ચ વચ્ચે તબિયતમાં બેદરકાર રહેતા નહીં. તમારું બોલવાનું કોઈને ખરાબ ન લાગે તેથી દરેક સાથે ઓછી વાતચીત કરવી.

શુકનવંતી માહ: ૧, ૨, ૪, ૫, ૮, ૧૦, ૧૨ છે.

### Lucky Months As Per Parsi Calender:

1, 2, 4, 5, 8, 10, 12

This year your finances will stay neutral. With Jupiter's strong rule, your work-life will go smooth. Put in extra effort at work, if need be. Try to keep you temper in check. Avoid making wrong decisions. This is a good time to get married. Travel for entertainment is indicated. Ensure to have a plan in place before embarking on any ventures. Post October, avoid borrowing money or taking loans. You will be supported by your family. Ensure to not displease any special people. Don't be hasty about work. Pat attention to your health from 14<sup>th</sup> Feb - 14<sup>th</sup> March. Try to restrict your words to avoid hurting people.



## Virgo - કન્યા - પ.ઠ.ણ.

વરસની શરૂઆત સારી થશે. ઓક્ટોબરથી તમને નાની પનોતી લાગશે. તેથી ઓક્ટોબર સુધી તમારા કોઈબી કામમાં અડચણ નહીં આવે પણ જેવા શનિ મહારાજ ધન રાશિમાં પ્રવેશ કરશે ત્યારથી તમને નાની પનોતી શરૂ થશે. કામમાં મુશ્કેલી આવવાની શરૂઆત થશે. ગુરુનું બળ આખા વરસમાં સાડું હોવાથી હેરાન થશો પણ હાર નહીં માનશો. ગુરુની કૃપાથી તમે જ્યાંબી અટકશો ત્યાં તમને રસ્તો મળી જશે. આ વરસમાં ચેતીને ચાલશે તો બચી જશે કોઈબી બાબતમાં બેદરકાર બનતા નહીં. ટ્રેમિલીમાં સારા પ્રસંગ આવવાના ચાન્સ છે. નવાકામ કરતા નહીં. ખોટી બાબતમાં ફસાઈ જઈને ધન અને સમયની બરબાદી કરતા નહીં. લગ્ન કરનાર માટે તમારા જન્મના ગ્રહો પ્રમાણે લગ્ન નક્કી થશે. વાહન ચલાવતા હો તો સંભાળીને ચલાવજો. આ વરસની અંદર મોટી માંદગી નહીં આવે.

શુકનવંતી માહ: ૧, ૨, ૪, ૬, ૭, ૧૦, ૧૧ છે.

### Lucky Months As Per Parsi Calender:

1, 2, 4, 6, 7, 10, 11

You have a superb start to the year without any obstacles till October, post which you may encounter small misfortunes. Saturn may cause hurdles at the workplace. Jupiter's strong influence might set you back at times, but don't give up. You will always find a way out of all situations but stay extra careful. You will celebrate happy occasions with family. Avoid starting new ventures as these could result in wasted time and effort. With regard to marriage, your birth planet will rule the ongoing. Be careful when driving. This year brings in good health.



દિનશા તંબોલી

# શું આપણી ચેરિટી ઝેરિલી બની છે?

ચેરિટી આજના માટે છે પણ પરોપકાર જે કાયમ રહે છે.

સખાવતનો ખ્યાલ સમજાવે તો તમારા હૃદયથી અન્ય લોકો પ્રત્યે ઉદારતા વધારવાનું કાર્ય છે.

પરોપકારનો સાર અમે જરથોસ્તીઓના મનમાં ઉડે ઉતારી દેવામાં આવ્યો છે. આપણો સમય, પૈસા અને ઉર્જાને કેન્દ્રિય છે. જેના દ્વારા માન્યતાઓને પૂર્ણ કરવાનો પ્રયાસ કરીએ છીએ.

ચેરિટી અને પરોપકાર કરવો એ બન્નેમાં તફાવત છે. બન્નેનું મિશ્રણ ન થવું જોઈએ. બધી ચેરિટીથી પરોપકાર થતો નથી.

ચેરિટીનો હેતુ કોઈ ચોક્કસ સામાજિક સમસ્યાના દુઃખને દૂર કરવા માટેનો હેતુ છે.

આપણું હૃદય આપણને મદદ કરવા પ્રેરે છે. આપણે સખાવતી દાન કરવામાં ઘણા ઉદાર છીએ પણ શું આપણી ઉદારવૃત્તિથી મદદ લેનારને નુકસાન પહોંચે છે?

આપણે જરૂરતંમદોને મદદ કરીએ છીએ પણ તેમની પોતાની કામ કરવાની ક્ષમતા અને ઈચ્છાનો નાશ થાય છે.

અમારી સખાવતી સંસ્થાઓ દ્વારા

પારસી સંસ્કૃતિ સાથે પરોપકાર અને ચેરિટી જોડાયેલી છે. પારસી તાઙ્ય બીજું નામ સખાવતથ એ કહેવત જાણીતી છે. દિનશા તંબોલી આજે આપણા સમુદાયમાં દાનવૃત્તિ પરોપકારના ખ્યાલના વિકાસ અંગેના તેમના વિચારો જણાવે છે.

ગરીબીને દૂર કરવાના અમારા તમામ પ્રયાસો માટે અમે સફળ થયા છે. પરંતુ તેમના કામના નૈતિક મૂલ્યો રદબાતલ થઈ રહ્યા છે અને ગરીબો હજુ ગરીબ બની રહ્યા છે.

અમારો હેતુ સારો છે પરંતુ અમારી ચેરિટી પ્રાપ્ત કર્યા પછીના લોકોની ભાવના અને આર્થિક પરિણામોને નકકી કરવા માટે કાળજી પૂર્વક ખ્યાલ ચલાવવાની અવગણના કર્યે છીએ.

દુભાગ્યવશ અમારી સખાવતી સંસ્થાઓએ ઘણા લોકોને વિચારવાનું ઉત્તેજન આપ્યું છે કે જ્યારે ચેરિટી ટ્રસ્ટથી મદદ મળે છે તો મહેનત કરવાની શી જરૂરત છે. આ વલાણ સામે લડવા માટે ટ્રસ્ટી અને ટ્રસ્ટના એડમિનિસ્ટ્રેટરોએ પ્રોત્સાહન આપવું નહીં જોઈએ. જે લોકોને પોતાના કામ કરવાથી જે અભિમાન થાય તેને પ્રોત્સાહન આપવું જોઈએ, નહીં તો

આવતા વર્ષોમાં ઘણી અનિચ્છનીય પરિસ્થિતિનો સામનો કરવો પડશે.

બધીજ ચેરિટી સારી કે ખરાબ હોતી નથી. કેટલાક લોકો સાફ અંતકરણથી ચેરિટી કરે છે જેનાથી સામેવાળાનું અપમાન થવું ન જોઈએ અને ચેરિટી લેનાર પણ કોઈવાર એમ માને છે કે આ ચેરિટી નથી પણ મારો હક છે તો તે ઝેરિલી ચેરિટીમાં પરિણમે છે.

કેટલાક લોકો ફક્ત ચેરિટી પર નિભર રહેવા હોય છે એ લોકો ચેરિટી લેવાનું છોડવા તૈયાર નથી. અને આ રીતે ગરીબ વધુ ગરીબ બનતો જાય છે. અને કોમ બહુ ધીરેથી આગળ વધે છે.

આપણા સમુદાયના સખાવતી સંસ્થાઓના ટ્રસ્ટી અને સંચાલકોએ

ગંભીરતાપૂર્વક સમીક્ષા અને સુધારવું જોઈએ, અને આપણા સમુદાયનું આર્થિક ભવિષ્ય બદલાવું જોઈએ.

ભારતમાં આપણા સમુદાયમાં ગરીબીને નાબૂદ કરવાના એક સરળ પરંતુ અસરકારક ઉકેલ છે જેમાં તેમના નાના, જીવન ટકાવવા તેમના વ્યવસાયોના નિર્માણમાં મદદ કરવા માટે વ્યાજ-મુક્ત લોન આપી તેમને વસાવી શકાય છે અને બુદ્ધાઓ તેમજ શારીરિક રીતે નબળા લોકોને ચેરિટી આપી શકાય છે.

ઉપરોક્ત તમામ બાબત જણાવ્યા બાદ આપણે વાસ્તવિકતાને પણ ધ્યાનમાં લેવી જોઈએ કે આપણી સંખ્યા ઝડપથી ઘટી રહેલી છે સામાન્ય આર્થિક

કટોકટીને પ્રભાવિત કરે છે અને તેના લીધેજ અલગ સમુદાય તરીકે દેખાઈએ છીએ. ખૂબ ઓછા ગરીબ જરથોસ્તીઓ રસ્તા પર દેખાય છે. સમુદાયના કેટલાક વિભાગો આર્થિક રીતે વંચિત છે અને તેઓને સહાય નથી મળતી તેઓ થોડી સહાય મળતા તેઓ પોતાનું ગુજરાન ચલાવી શકે છે.

સમાપન કરતી વખતે, તે ઉલ્લેખનીય છે કે કોઈ સુધારાની અપેક્ષા રાખી શકાય નહીં ત્યાં સુધી, જ્યાં સુધી ચેરિટી ટ્રસ્ટના ટ્રસ્ટીઓ અને સંચાલકો વાસ્તવિક અર્થ સમજી તેને અમલમાં મૂકે જેમ કે એક માણસને મચ્છી ખાવા આપો તો આજે તેને માટે ખોરાકનો બંદોબસ્ત થઈ ગયો છે પણ જો તમે તેને મચ્છી પકડતા શીખવશો તેનો અર્થ તેને આજીવન માટે ખોરાક આપો છો. આજ ચેરિટીનો ખરો અર્થ છે એટલે કે ચેરિટી આજના માટે પણ પરોપકાર કાયમના માટે છે.



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# YOUR MOONSIGNS JANAM RASHI THIS YEAR

Contd. from Pg 58



## Libra - તુલા - ર.ત.

આ વરસની અંદર તમારા કામમાં તમને સફળતા જરૂર મળતી રહેશે. જે પણ કામ કરશો તેમાં તમારો કોન્ફિડન્સ વધતો જશે. તેમજ એક કામ પૂરું કર્યા પછી બીજું કામ ચાલુ કરશો.

ઓગસ્ટબાદ સરકારી કામમાં સફળતા મેળવશો. ડિસેમ્બર સુધી કોઈને લોન આપતા નહીં. શનિની પરેશાનીમાંથી ઓક્ટોબર બાદ છૂટા થવાથી વધુ સારા કામ કરી શકશો. નાણાકીય બચાવ કરી શકશો. ફ્યુચર પ્લાન બનાવી કામ કરવાથી સફળ થશો. તબિયત બગડી શકે છે પણ મોટી માંદગી નહીં આવે. આ વરસમાં ગામ-પરગામ તથા ફોરેન જવાના ચાન્સ મળશે. કોઈ પણ કામ આગસ વગર કરી શકશો. ધનની કમી નહીં આવે. ૧૪મી ડિસેમ્બરથી ૧૪મી જાન્યુઆરી વચ્ચે થોડા સમય માટે નર્વસ થઈ જશો તો ચિંતા કરતા નહીં. શુકનવંતા માહ: ૧, ૩, ૪, ૬, ૭, ૯, ૧૨ છે.

**Lucky Months As Per Parsi Calender:**  
1, 3, 4, 6, 7, 9, 12

This year brings success in all your endeavours, boosting your confidence. Complete old tasks before starting new ventures. Post August, you will experience success in government-related work. Avoid lending money until December. Post October, Saturn recedes, causing a few problems, making you lean towards noble causes. Save money and plan out your future for greater success. No major health issues indicated. This year, domestic and international travels are possible. This will be a good year financially. The period between 14<sup>th</sup> December, 2017 to 14<sup>th</sup> January, 2018, could cause anxiety, but you will overcome it.



## Sagittarius - ધન - ભ.ધ.ક.

ઓક્ટોબર પછી તમારી રાશિમાં શનિ આવવાથી તમારા વિચારો બદલાશે. ધંધાકીય રીતે વરસ ઘણું જ સાફ જશે. નોકરી કરનારને થોડી તકલીફો ભોગવવી પડશે. પણ આગળ જતા પ્રમોશન મળવાના ચાન્સ છે. ટીચીંગના કામમાં મનને શાંતિ પણ મળશે અને ધન પણ કમાઈ શકશો. શનિને કારણે ઓક્ટોબર પછી તમને તમારી મહેનત જ કામમાં આવશે. ખર્ચનું પ્રમાણ વધુ રહેશે. પણ પૈસાને લીધે કોઈ કામ નહીં અટકે. જે લોકો લગ્ન કરવા માગતા હશે તેના લગ્ન આ વરસમાં થઈ જશે. પેટની બીમારીથી સંભાળજો. બાળકો પર ધ્યાન આપી શકશો.

શુકનવંતા માહ: ૧, ૩, ૪, ૬, ૧૦, ૧૧, ૧૨ છે.

**Lucky Months As Per Parsi Calender:**  
1, 3, 4, 6, 10, 11, 12

Saturn rules you from October, altering your thoughts. Businessmen have a good year ahead; employees may face initial difficulties but will eventually get a promotion. If you are in the field of education, teaching will bring you peace and money. Your hard work will reap benefits after October. You will spend lavishly, without fearing financial crunch. Those who intend to get married will do so this year. Be careful of health issues related to the stomach. Pay attention to your children.



## Aquarius - કુંભ - ગ.શ.સ.

આ વરસમાં સપ્ટેમ્બર સુધી નો સમય મધ્યમ જશે. બાકી ઓક્ટોબર બાદ તમારા માટે વરસ ખૂબ સાફ છે. ઓગસ્ટ સુધી અપોઝિટ સેક્સની સાથે મતભેદ પડતા રહેશે. ત્યારબાદ તમારા મતભેદ ઓછા થશે. શનિની બદલી થવાથી આ વરસની અંદર તમને મિત્ર તરફથી ખૂબ સારા ફાયદા મળશે. નવા મિત્રો મળશે. નાણાકીય બાબતમાં વરસ સાફ જશે. તમારા કામકાજમાં સફળતા મેળવશો. ગુરૂની સ્થિતિ સારી થવાથી લગ્ન કરવા માંગનાર વ્યક્તિને મનગમતો જીવનસાથી મળશે. ઘરમાં નાના મોટા ચેન્જ્સ કરાવી શકશો. બીજાને મદદ કરી શકશો. સરકારી કામમાં ફાયદો મેળવી શકશો. લોન મેળવવા થોડી મહેનત કરવાથી સફળતા મળશે. શારિરીક અને માનસિક રીતે વરસ ખૂબ જ સાફ જશે.

શુકનવંતા માહ ૧, ૩, ૪, ૫, ૭, ૮, ૧૦ છે.

**Lucky Months As Per Parsi Calender:**  
1, 3, 4, 5, 7, 8, 10

Though you will experience difficulties till September, October onwards, there is happiness and good news. The period upto August might bring in misunderstandings with people from the opposite gender, but with Saturn's rule changing, you will make new friends who will be helpful. Financially, a good year, with success at your workplace. People who wish to get married will find their desired partner. Home renovation is on the cards. You will be helpful to other. Profits in government related work is possible. With a little extra effort, you will get a loan passed. A good year ahead - healthwise and mentally.



## Scorpio - વૃશ્ચિક - ન.ય.

આ વરસ નાણાકીય રીતે સાફ રહેશે. ઓગસ્ટ બાદ વિદેશ જવાના પ્લાન બનાવશો તો તેમાં અડચણ આવશે પણ પછી સફળતા પણ મળીને રહેશે. તમને સરકારી કામમાં જોઈએ તેટલી સફળતા નહીં મળે. ૨૬મી ઓક્ટોબર શનિ તમારી રાશિથી નીકળી જતા મનનો ગભરાટ ઓછો થશે. ફેમિલીમાં પ્રોબ્લમ્સ આવતા હશે તે ઓછા થતા જશે. સપ્ટેમ્બરબાદ વરસની અંદર તમને ચેરીટીના કામ કરવામાં આનંદ આવશે. નવી નોકરી શોધવા જતા આ વરસમાં મળી જશે. તમારા ફસાયેલા નાણા મેળવી શકશો. શેર-સહાના કામ કરવાથી નુકસાનીમાં જશો. લગ્ન કરનાર વ્યક્તિને થોડી મુશ્કેલીઓ આવ્યા પછી લગ્ન થઈ જશે. સગા-વહાલાઓથી પરેશાન થશો. પણ દરેક કામમાં જીત મેળવશો.

શુકનવંતા માહ: ૨, ૩, ૫, ૭, ૧૦, ૧૧ છે.

**Lucky Months As Per Parsi Calender:**  
2, 3, 5, 7, 10, 11

A good year financially. Initial obstacles will get in the way of travel abroad, but will ease off, post August. You might not be as successful as hoped for in government related work. Saturn's descending rule after 26<sup>th</sup> October, brings you peace and reduction in family problems. Charitable work will bring you peace, post September. Your job search will be fruitful this year. You will retrieve money owed to you. Refrain from gambling. Those planning marriage might face temporary hurdles but gradually things will work out - but relatives could be a bother. Success in all endeavours is indicated.



## Capricorn - મકર - ખ.જ.

આ વરસમાં ગુરૂનું બળ સાફ હોવાથી તમને નાણાકીય મુશ્કેલી નહીં આવે. પણ મનની શાંતિ અને શારિરીક બાબતથી થોડા સમય માટે પરેશાન રહેશો. આ વરસમાં ૨૬મી ઓક્ટોબર પછી તમને શનિની સાડા સાતી પનોતી શરૂ થશે. ફેમિલીમાં કોઈ ને કોઈની તબિયત બગડી જશે તથા તમારી તબિયત સારી નહીં હોવા છતાં રોજ રોટી કમાવા માટે ગામ પરગામ જવા માટે ભાગદોડ કરવી પડશે. કામ કરનાર હશે ત્યાં કામમાં મુશ્કેલી નહીં આવે. સાતમાં ઘરમાં રાહુ આવવાથી લાઈફ પાર્ટનર કે બીઝનેસ પાર્ટનરની વધુ કાળજી લેવી પડશે. ખોટા વિચારોથી પરેશાન થતા રહેશો. ગામ પરગામ જવાના ચાન્સ આવતા રહેશે. આ વરસમાં લગ્ન કરવા માગતા હશે તો લગ્ન થઈ જશે. નવા કામકાજ શોધવાની કોશિશ કરતા નહીં. ઉતાવળમાં કોઈ ડિસીઝન લેતા નહીં આગળ જતા પરેશાન થશો. સાંભળજો બધાનું કરજો પોતાના મનનું.

શુકનવંતા માહ ૨, ૫, ૬, ૮, ૯, ૧૧ છે.

**Lucky Months As Per Parsi Calender:**  
2, 5, 6, 8, 9, 11

Under Jupiter's strong rule, you will be financially secure, though a little troubled physically and mentally. Saturn begin ruling you post 26<sup>th</sup> October, calling for greater attention to your health and that of your family's. Work might need you to travel. Employees will have a smooth work life. Take care of your life partner and associates. Work towards being positive. You will get married, if you wish to. Avoid looking for a new job or making hasty decisions. Listen to all, but follow your heart.



## Pisces - મીન - દ.ચ.ઝ.થ.ફ.

સપ્ટેમ્બર સુધી તમારા શત્રુઓ તમને હરાવી નહીં શકે. ઓગસ્ટમાં રાહુ ચેન્જ થયા બાદ તમારે થોડીઘણી બુદ્ધિવાપરી કામ કરવાનો સમય આવશે. કોઈ નવી વસ્તુ જાણવા માટે તમારે ખૂબ જ મહેનત કરવી પડશે. ઓક્ટોબરમાં શનિ બદલાશે ત્યારથી વરસની આખર સુધી તમારા રોજના કામમાં ધ્યાન આપવું પડશે. આ વરસમાં તમને શું મળશે શું નહીં મળે તેના વિચાર કરવાથી તમે ખોટી ચિંતામાં આવી જશો. ગુરૂ રાશિ બદલવાથી આ વરસની અંદર તમારે ગામ-પરગામ જવાના ચાન્સ મળતા રહેશે. તેમાં તમારા કામને નુકસાન નહીં થાય. ગામ-પરગામ જવાથી તમને આનંદની સાથે કામમાં સારા સારી થશે તે વાત ધ્યાનમાં રાખજો. લગ્ન કરવા માગતા હશે તો લગ્ન કરી શકશો. થોડીઘણી રકમ બચાવી ઈનવેસ્ટ કરજો. નવાકામ સંભાળીને કરજો. જૂના કામમાં મુશ્કેલી નહીં આવે.

શુકનવંતા માહ ૨, ૩, ૫, ૬, ૮, ૧૧, ૧૨ છે.

**Lucky Months As Per Parsi Calender:**  
2, 3, 5, 6, 8, 11, 12

You will be victorious till September. August heralds Rahu's rule, calling for you to use your wisdom while executing tasks and putting in extra effort in getting information. Saturn rules you post October and you will need to focus on the tasks at hand. You could also experience confusion. An opportunity to travel brings success and financial profits. It's a good time to get married for those who wish to tie the knot. Save money and invest wisely. Be careful while starting new ventures; current work will continue to go on smoothly.



## પારસીઓ સગનની મચ્છીમાં કેમ માને છે ?



નોશીર દાદરાવાલા

નવું વર્ષ હોય કે જન્મ દિવસ હોય ધાનદાર સાથે મચ્છીનો પાટિયો નહીં તો તળેલી મચ્છી હોય જ છે. તમે ઉદવાડા જાવ ને બોઈ ની મચ્છી નહીં ખાવ તો કેમ ચાલે?

લગન અને નવજોતમાં ખાસ કરીને આપણે સાસની મચ્છી અને પાત્રાની મચ્છી ખાવાજ જઈએ છીએ. તેટલું જ નહીં પણ મીઠાસમાં પણ આપણી પસંદ 'માવાની બોય' હોય છે. તો એવું શું છે કે આપણે મચ્છીને સગનની મચ્છી માનીએ છીએ.

આ સમજવા માટે આપણને પહેલા માછલીના રહેઠાણ વિશે જાણવું પડશે. માછલીનું જીવન એટલે પાણી અને પાણી એટલે જ્ઞાન સાથે અંતરનો મેલ માને છે. પાણી અને પ્રજનન શક્તિ અને જન્મ આપવો એ બંનેનો સાર છે. જરથોસ્તી ધર્મમાં આવાં અરદવિશુર અનાહિતા પાણીની દેવી જન્મ આપનાર સ્ત્રીને આશિર્વાદ આપે છે. પાણીથી જ જીવન છે આ કહેવત ખાલી ધાર્મિક નથી પરંતુ વૈજ્ઞાનિક રીતે પણ માન્ય

વિપુલતા એ તેમના વિશ્વાસનું પ્રતિક છે. ભારતીય પૌરાણિક કથાઓમાં માછલી રૂપાંતર અને બનાવટનું પ્રતિક છે. આ પૌરાણિક કથામાં જોવા મળે છે. જેમાં વિષ્ણુ એક મહાન પૂરથી દુનિયાને બચાવવા માટે પોતાને માછલી (મત્સ્ય અવતાર)માં રૂપાંતરિત કરે છે.



આ સ્વરૂપમાં તેમણે મનુની હોડીમાં જેમા બચેલા જીવના બીજ સમાવિષ્ટ છે અને પૂર શાંત થયા પછી ફરી વિશ્વ બનાવવાની તક આપે છે. આ કથા નોવાસ આર્કને શાહ જમશીદના વાર સાથે મેલ ખાય છે. ચાઈનામાં માછલી એકતા અને

સંસ્કૃતિમાં માછલી અનુકૂલનક્ષમતા, નિર્ધરણ અને જીવનના પ્રવાહનો સાંકેતિક અર્થ છે. સેલ્મોનને સામાન્ય રીતે તેમની વાર્ષિક તીર્થ યાત્રામાં તેમના નિર્વાહ માટે તેમના આશ્રય સ્થાન માટે આદરણીય છે.

આખી દુનિયામાં માછલીને પવિત્ર અને સુંદરતાનું પ્રતિક માનવામાં આવે છે. માછલીની રચના કુદરતી વિશ્વના સૌંદર્ય અને વિપુલતાના પ્રતીક તરીકે સાવિત્રિક અપીલ ધરાવે છે. આજે પણ, તેહરાન (ઈરાન) નજીક રાય ખાતે આવેલા એક પ્રાચીન સાસાનિયન મંદિરના ખંડેરોમાં, એક મંદિરની દિવાલોની પ્રશંસા કરતા ઉત્કૃષ્ટ માછલી પ્રતીકો જોઈ શકીયે છીએ. સાયરસ ધ ગ્રેટના મહેલના ખંડેરોમાં, એક ગ્રેટ કિંગની મૂર્તિ માછલી પ્રજાતિનો મુગટ પહેરેલો જોઈ શકીયે છીએ. સાયરસ મિસરના ફારુન હતા અને પ્રાચીન ઈજિપ્તવાસીઓ નવજીવનના પ્રતીક તરીકે તિલીપિયા માછલીના ચિત્રોનો ઉપયોગ કરતા હતા. મહારાષ્ટ્રના મહાસાગરના ખંડેરોમાં એક માણસ જેનો એક પગ માછલીની પૂછડીના રૂપમાં જોવા મળે છે. આજની તારીખમાં પણ ઈરાની અને જરથોસ્તીઓ નવરોજના ટેબલ પર જીવંત ગોલ્ડફિશનો વાટકો

આજે પણ, તેહરાન (ઈરાન) નજીક રાય ખાતે આવેલા એક પ્રાચીન સાસાનિયન મંદિરના ખંડેરોમાં, એક મંદિરની દિવાલોની પ્રશંસા કરતા ઉત્કૃષ્ટ માછલી પ્રતીકો જોઈ શકીયે છીએ. સાયરસ ધ ગ્રેટના મહેલના ખંડેરોમાં, એક ગ્રેટ કિંગની મૂર્તિ માછલી પ્રજાતિનો મુગટ પહેરેલો જોઈ શકીયે છીએ. સાયરસ મિસરના ફારુન હતા અને પ્રાચીન ઈજિપ્તવાસીઓ નવજીવનના પ્રતીક તરીકે તિલીપિયા માછલીના ચિત્રોનો ઉપયોગ કરતા હતા. મહારાષ્ટ્રના મહાસાગરના ખંડેરોમાં એક માણસ જેનો એક પગ માછલીની પૂછડીના રૂપમાં જોવા મળે છે. આજની તારીખમાં પણ ઈરાની અને જરથોસ્તીઓ નવરોજના ટેબલ પર જીવંત ગોલ્ડફિશનો વાટકો રાખે છે. ઝોરાસ્ટ્રિયન મિસ્ટિક માહીમાં માછલી અંધારામાં પણ પદાર્થનો સૌથી નાનો ભાગ જોઈ શકે છે.



છે. આ બધી તાકત જે પાણીમાં છે તે માછલીઓમાં પણ છે એવી માન્યતા છે. માછલીની અસંખ્ય પ્રજાતિઓ છે. જેમાં પ્રજનન ક્ષમતા, મરણોત્તરજીવન રચનાત્મક, સ્ત્રીત્વ, ફોર્મ્યુન, સુખ, જ્ઞાન અને પરિવર્તન જે સામાન્ય રીતે પ્રાણીમાં કેટલાક મુખ્ય સાંકેતિક અર્થ છે. ગ્રીક અને રોમન પૌરાણિક કથાઓમાં માછલીને પવિત્ર ગણવામાં આવતી હતી. જ્યાં તે પરિવર્તન અને પરિવર્તનના પ્રતિકાત્મક અર્થનું આયોજન કર્યું હતું. અમે એફોડઈટ અને હેરોસના પૌરાણિક કથામાં આ જોયું છે. જ્યારે તેઓ ભયંકર ટાઈફોનથી બચવા પોતે માછલી બની જતા હતા. ખ્રિસ્તી ધર્મમાં બાઈબલની વાર્તાઓમાં માછલીઓમાં જોવા મળતી

વફાદારીનું સાંકેતિક છે કારણ કે એ નોંધવામાં આવ્યું છે કે માછલી ખાસ કરીને જોડીમાં એક સાથે તરી જાય છે આને ધ્યાનમાં રાખી વફાદારી અને સંપૂર્ણ સંઘની શુભ નિશાની સાથે નવા લગ્ન કરેલ દંપતિને આશિર્વાદ અને માછલીને પૂતળાના રૂપમાં ભેટ તરીકે આપવામાં આવે છે. તેઓ પ્રજનન અને વિપુલતાનું પ્રતિનિધિત્વ કરે છે. કારણ કે તેમનામાં ઝડપથી પ્રજનન કરવાની ક્ષમતા છે.

બૌદ્ધ ધર્મમાં માછલીને સુખ અને સ્વતંત્રતાનું પ્રતિક માનવામાં આવે છે. અને માછલીને બુદ્ધની આઠ સંજ્ઞાઓ (અષ્ટમંગલા)તરીકે ઓળખવામાં આવે છે. જ્યારે નોર્સ અને પ્રાચીન યુરોપિયન

રાખે છે. ઝોરાસ્ટ્રિયન મિસ્ટિકમાં માછલી અંધારામાં પણ પદાર્થનો સૌથી નાનો ભાગ જોઈ શકે છે.

નવસારીના પ્રથમ દસ્તૂર મેહરજીરાણા રહસ્યવાદી દસ્તૂર અઝાર કેવાનના શિષ્ય હતા.

દસ્તૂર કેવાન અને મહેરજી રાણા બ્રહ્માંડમાં રહેલ અંધકાર જે આપણે જોઈ શકતા નથી પણ આધ્યાત્મિક શક્તિઓના લીધે તેઓ જોઈ શકતા હતા.

માછલીઓ ખાસ કરીને જેમ જ્ઞાન, ફળદ્રુપતા, કાયાકલ્પના રૂપ સમાન છે તેવી જ રીતે આ વર્ષ પારસી સમુદાય માટે શુભદાયી જાય.

### પારસી તારી આરસી

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# રોજી નંબર !!!

‘નવા વર્ષના શુભ દિવસે આજે મળવા આવી શકશે?’ ફોનમાં આ વાક્ય સાંભળતાજ છાતીમાં આનંદનો કુવારો ફૂટતાં ચેરાગ લીલોછમ થઈ ગયો એના ભાગ્યની કંકોતરી ફરી કોઈ સુવાણ અક્ષરે લખી ગયું મહાતાબે આ પ્રશ્ન પૂછવાની જરૂરજ નહોતી પણ નિકટતા અનુભવાતી હોય તો જ આ રીતે પ્રશ્ન પૂછાય ‘અરે, ના પાડવાનો સવાલ જ પેદા થતો નથી. માત્ર પોતે પૂછવાનું હતું ક્યાં?’ માહતાબે આપેલું એફેસ સાચવીને મગજના એક ગુમ ખાનામાં મૂકી દીધું. મોબાઈલ બંધ કરતા ચેરાગની નજર કિચન તરફ ગઈ. રોશની ચાનો કપ લઈને આવતી જોતાંજ ચહેરા પર છવાઈ ગયેલી લાલી છુપાવતાં એણે છાપુ હાથમાં લીધું. રોશનીએ પાસે આવી ચાનો કપ સામે ધર્યો. આ સાથે રોશનીની આંખોમાંનો પ્રશ્ન એને તાકી રહ્યો છે એવું અનુભવતા તરત રોજી નંબર કહી દીધું. માહતાબ ચેરાગની એક્સ ગલ્ફિન્ડ છે અને બન્નેમાં આજબનાવ બનતા આઠ મહિના પહેલા જ ચેરાગે રોશની સાથે લગ્ન કર્યા છે. પણ તે હજુસુધી માહતાબને ભૂલી નથી શક્યો અને આજે અચાનક નવા વર્ષના દિવસે તેનો ફોન આવતા તે ખુશ થઈ ગયો છે. એમ તો આજે નવા વર્ષની રજા હતી એટલે ચેરાગ ઘરમાંજ રહેવાનો હતો પણ માહતાબના ફોનના લીધે તેણે બહાર નીકળવાનું નક્કી કર્યું હતું. આ નો કપ લેવા પાછી આવેલી રોશનીને ચેરાગે જણાવ્યું કે તે થોડીવાર

માટે બહાર જવાનો છે. વિસ્મયભરી નજરે પોતાની સામે જોઈ રહેલી રોશનીને કશી ગંધ આવી ગઈ કે શું? એની ભીંતિ ચેરાગને લાગી આવી. પોતે સ્ટોકબ્રોકર છે એટલે ક્લાયન્ટના ફોન આવ્યા કરે. રોશની શંકા શું કામ કરે? તેના મને હિંમત આપી રોશની જતાં ચેરાગે બાલ્કનીમાં નજર કરી અચાનક ઘડિયાળમાં જોયું તો એક કલાક બાકી હતો માહતાબને મળવાનો. ફૂદકો મારી એ બાથરૂમ તરફ દોડ્યો. ક્લીનશેવ, વાળમાં શેમ્પૂ, હેરડ્રાયર પછી હેરસ્પ્રે, પરફ્યુમ છંટકાવ કરી પટેટીના દિવસ માટે લીધેલો નવો શર્ટ અને પેન્ટ પહેરી પોતાની જાતને ચેરાગે અરિસામાં નિહાળી ‘હાય હેન્ડસમ’ બોલવાનું ટાળતાં ડ્રોઈંગરૂમમાં આવ્યો. એને હાથમાં બેગ ઉપાડી અને રોશનીને કહ્યું ‘ડાર્લિંગ આજના દિવસે

દરવાજામાં પૂરેલા ચોકને જોઈ ખુશ થઈ જાય છે. પણ રોશની નિસાસો નાંખતા બાલ્કનીમાં જઈ ચેરાગને પોતાની દ્રષ્ટિથી ભૂંસાતો જાય છે. પોતાના લગનને આઠ મહિના થયા હતા. લગનની પહેલી રાતથી જ એને લાગ્યું હતું કે ચેરાગ પોતે માનસશાસ્ત્ર સાથે એમ.એ.ની ડિગ્રી મેળવી હતી. આપણે એકબીજા માટે નવા છીએ. એકમેકને ઓળખીશું, જાણીશું, સમજીશું પછી બધું ઠીક થઈ જશે. પણ પછી દિવસ, અઠવાડિયા, મહિના વહેતા પ્રવાહમાં સંબંધ બંધાય નહીં શક્યો. ચેરાગના ભૂતકાળની જાણ રોશનીને થઈ ચૂકી હતી. હિંમત ન હારતા રોશનીએ ફક્ત નિશ્ચય કર્યો હતો. ગાંઠ બાંધીજ છે તો એને ગળાનો ફાસો નહીં પણ હાર બનાવીને જાંપીશ... મોડું થયું નહોતું ચેરાગે રિસ્ક વોચમાં જોયું. ઉતાવળમાં રેલવે પ્લેટફોર્મનો



છોડીને આવ્યો છે?’  
‘ગુરસો તારા પ્રત્યે? આંખ નીચે કરતા ચેરાગ હસ્યો.’ જે કહેવું હતું તે કહી ન શક્યો. મનમાં ને મનમાં એ બોલ્યો, ‘જમવા ક્યાં જઈશું?’ મહાતાબે કહ્યું, ‘નવા વર્ષના દિવસે મે બધુંજ તારી પસંદનું જમવાનું બનાવ્યું છે. હું તારી સાથે જીવનન વિતાવવા તૈયાર છું. આઈ એમ સોરી.’ ચેરાગનું મન એકલું એકલું જ બોલતું હતું.

તે રોશનીને જોવા માંગતો હતો...તેને પોતાની બાહોમાં લેવા માંગતો હતો... રોશનીએ દરવાજા ખોલ્યો, તમે આટલા જલદી આવી ગયા.. તેણે રોશનીને બાહોમાં લઈ લીધી... અને કહ્યું ‘સાંજે તારે ક્યાં જવું છે તે જલદી જલદી નક્કી કરી લે...આજે આપણે સાંજે બહાર જઈશું...અને તે જમવાનું ઓર્ડર કીધું કે નહીં? મેં ક્લાઈન્ટ સાથે થોડું ખાધું છે પણ આજના દિવસે હું મારી રોશની સાથે જમવા માંગું છું...ચેરાગને પોતાની ભુલ સમજમાં આવી ગઈ હતી અને તે હવે રોશનીથી જરાપણ દૂર જવા માંગતો નહોતો.

ત્યાં જ ફોનની રિંગ વાગી...રોશનીએ ફોન ઉપાડ્યો...તેના અવાજમાં ખુશી હતી...માહતાબ, તમારો લાખ લાખ આભાર.. સાલ-મુબારક કહી ફોન મૂકાઈ ગયો...ચેરાગે બહાર આવી પૂછ્યું કોનો ફોન હતો? ‘રોશનીએ કહ્યું, રોજી નંબર...’

મને બહાર જવાનું નથી ગમતું પણ નવા ક્લાઈન્ટને મળવા મારે જવું જરૂરી છે અને હું જલદી આવવાની કોશિશ કરીશ. તું તારી રીતે બપોરે જમવાનું ઓર્ડર કરી લેજે અને સગનની માવા બોય મચ્છી મંગાવવાનું ભુલતી ના.’ ચેરાગ જેવો ઘરની બહાર નીકળે છે તે

દાદારો ઘડાઘડ નીચે ઉતરતાં છેલ્લું પગથિયું ચૂકી જતાં માંડ માંડ પડતા બચે છે. આજે બેન્ક હોલીડે હોવાથી ટ્રેનમાં ગરદી નથી. ચેરાગ ફર્સ્ટ ક્લાસમાં ચઢે છે. અંધેરીથી ટ્રેન નીકળે છે. આજે મહાતાબે કેમ બોલાવ્યો હશે? કરેલી ભૂલનો અહેસાસ તેને થયો હશે? હું તેની સાથે હોઈશ... ગમતો સમય પાછો ફરી રહ્યો હતો.

ચર્ચગેટ સ્ટેશન ઉતરી સીધો ચાલતો રહ્યો દરિયાને સમાંતર ચાલતા દરિયા મહલ બિલ્ડિંગ પાસે આવી ઉભો રહ્યો. ડોરબેલ વાગતા મહાતાબે જ દરવાજા ખોલ્યો હતો. મૂન કલરના ગારામાં તે સુંદર દેખાતી હતી. ચેરાગ પાછળનું બધું જ ભુલવા તૈયાર હતો.

મહાતાબે ચેરાગ સામે ફાવુદાનો ગ્લાસ મૂક્યો. ‘બેસને’ ચેરાગને વિવેક દર્શાવ્યો. ‘ઓહ ચેરાગ, આઈ મિસ યુ વેરી મચ, મેં તને છોડી મોટી ભૂલ કરી છે. મને માફ કરી દે.’ અને ચેરાગ એના આંસુ લુછતા કહે છે ‘આઈ સ્ટિલ લવ યુ, જે થયું તે ભૂલી જા.’ ચેરાગ ક્યાં ખોવાઈ ગયો હતો, મહાતાબના સવાલે તંદ્રામાંથી જ જગાડ્યો. ‘તું કેમ છે? સાંભળ્યું છે તે પણ મેરેજ કરી લીધા છે એમ આઈ રાઈટ?’ મહાતાબના પ્રશ્નને ચેરાગના મુખમાં કડવાશ ભરી દીધી.’

ચેરાગની ખામોશી પડકારતાં મહાતાબ બોલી, ‘તું આવ્યો એ મને ગમ્યું, થેન્ક્સ, આઈ હોપ મારા પ્રત્યેનો ગુરસો તું બહાર

અચાનક માહતાબ બોલી ‘બસ સાયરસ હમણાંજ આવતો હશે પછી સાથે બેસી વાતો પણ કરીયે અને જમીએ પણ..’  
‘સાયરસ કોણ?’  
‘મારા હસબન્ડ...’  
ટેટલામાંજ ડોરબેલ વાગી...

મહાતાબે સાયરસ સાથે ઓળખાણ કરાવી...એમણે નવી કંપની ખોલી છે એટલે કંપનીના શેરર્સને માર્કેટમાં મૂકવા માટે તારી સલાહ જોઈએ છે. આજકાલ ભરોસાપાત્ર લોકો ક્યાં મળે છે. લંચ દરમિયાન પતિ-પત્ની વચ્ચે થતી ગુસ્સાપુસ હાસ્યની આપલે એક થઈ વહેતા બે જરાણા... આ એજ માહતાબ છે..ચેરાગ મનમાં પછતાયો બન્નેને સાથે હસતા ખેલતા જોઈ તેની ભૂખ જ મરી ગઈ. તેને અચાનક તેની વહાલી રોશની યાદ આવી ગઈ... બસ તે હવે પોતાના ઘરે જવા માંગતો હતો. પોતાની રોશની પાસે...લંચ પછી આભારવિધિ પતાવી તીરની જેમ છટકીને ચેરાગ ભાગ્યો... પોતાના ઘરની ડોરબેલ વગાડી...

તે બેડરૂમમાં કપડાં બદલવા જતો રહ્યો... ત્યાં જ ફોનની રિંગ વાગી...રોશનીએ ફોન ઉપાડ્યો...તેના અવાજમાં ખુશી હતી...માહતાબ, તમારો લાખ લાખ આભાર.. સાલ-મુબારક કહી ફોન મૂકાઈ ગયો...ચેરાગે બહાર આવી પૂછ્યું કોનો ફોન હતો?

‘રોશનીએ કહ્યું, રોજી નંબર...’ જમવાના ટેબલ પર પોતાને ભાવતી ચીજો જોઈ ચેરાગે રોશનીને ગાલ પર એક કીસ આપી દીધી...તેને હવે ખરેખર ભૂખ લાગી હતી... અને ‘સગનની માવાની બોય’ આપતા રોશની મનમાં ને મનમાં બોલી, ‘આજના નવા વરસના દિને માફ જીવન જ બદલાઈ ગયું. ..ઓ ખુદા તમારો ખૂબ ખૂબ આભાર...

## હસો મારી સાથે

પેસ્તનજી: દીકરા રૂસ્તમ એક કોલ્ડ્રિફની બાટલી લઈ આવ.  
રૂસ્તમ: પપ્પા, પેપ્સી લાવું કે થમ્સઅપ?  
પેસ્તનજી: પેપ્સી  
રૂસ્તમ: મોટી બાટલી કે નાની બાટલી?  
પેસ્તનજી: નથી જોઈતી પાણી પિવાડી દે  
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રૂસ્તમ: ફૂતરા કે વાંદરા જેવો?  
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પેસ્તનજી: મારા હાથેથી મરી જશે!  
રૂસ્તમ: છરીથી કે બંદૂકથી?  
પેસ્તનજી: હવે જા, માફે બ્લગ્રેશર વધી ગયું છે.  
રૂસ્તમ: ડોક્ટરને બોલાવું કે ડોક્ટર પાસે લઈ જાઉં?  
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This august institution of Social Service of Gujarat conveys its Best Wishes for a Happy and Prosperous New Year Y.Z.1387 to all the Members of the Zoroastrian Community.

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## A Hero From Hyderabad

Contd. from Pg. 35

**PT:** What does being a Parsi mean to you? How would you describe the Parsi Community in Hyderabad?

**Shayan:** I'm proud to be a 'Bawa' - we are a rare breed and we must take steps to protect our rich heritage. As a fellow member of a community - the world size of which won't even fill the Eden Garden stadium at Kolkata, and many of these being senior citizens, it becomes our responsibility and duty to take the legacy of our culturally rich community forward. We may be the minority of minorities, but our contribution to the development of India and even the world, speaks volumes. As a youngster, sometimes it becomes difficult to cope up with it but our history motivates me to go on and make the community proud. We are about 1,200 Parsis in Hyderabad. We regularly meet up at navjotes, weddings and on Navroze.

We have an Anjuman here, where my father serves as a Trustee - it is very popular and interactive digitally, so most of us stay in touch. There is a Zoroastrian Club too in Secunderabad where Parsis enjoy a good game of cards, lots of sports and Tambola - the key crowd puller!

**PT:** What are your core beliefs? What inspires you?

**Shayan:** What keeps me going is that there are so many things still unticked in my bucket list, which I wish to tick soon. The hunger to achieve more always drives me. There's no one particular person I idolize - different qualities from different individuals inspire me - I admire MS Dhoni's calm headedness in handling pressure situations; Fali Nariman's legal acumen; Ratan Tata's simplicity, Sachin Tendulkar's consistency; Henry Ford's innovativeness and Dwayne Johnson's way of living which says, 'wake up determined, go to bed

satisfied'!

**PT:** What does the future hold?

**Shayan:** After graduating, I wish to pursue Masters in Law from a good university to boost my legal career. Corporate law, litigation, legal journalism, legal activism are options open to me and I'm still to make a choice from these.

**PT:** What message would you like to share with the youth of our Community?

**Shayan:** I'd like to say that we have a great responsibility on hand and we must not disappoint those who have given us everything on a silver platter. We're one of the most respected communities globally for our great deeds and social service. We may be minuscule in number but we have great ideas! We have a long road ahead and we must strive to keep moving ahead in that direction.



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## For Sale, Parsi Owned!

Contd. from Pg. 48

transportation - it's the urge to create, use and preserve. It's our creative juices that drive us to deliver, not to please anyone - but ourselves. Dare I say a sense of satisfaction, in its truest form?

Just like me, I'm sure many bikers are waiting for the wet spell to ease off, to ride/drive

and unleash their beauties on the road again. I can say with borderline certainty, that as we speak, there is that Parsi gentleman in his garage right now, polishing his car for that special New Year drive to the Agiary!

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## Doctors Are Always Giving: Dr. Mukesh Batra

Padma Shri recipient, Dr Mukesh Batra, is not only credited as the pioneer of modern homeopathy in India, but is also known for his exemplary service to society. "By the very nature of the profession, doctors are always giving. All of us need to give a part of ourselves if we wish to see a positive change in our society," says Dr. Batra, reiterating his philosophy of giving up oneself for service. It is this philosophy that propelled him to establish Dr Batra's™ Foundation in 2001 on his 50th birthday. "It was more like a gift from me to myself!" he says.

The Foundation has positively impacted the lives of over 50,000 patients through free homeopathic treatment at 168 free clinics in 117 cities. "Ganpat was a patient who couldn't thank us enough when our homeopathic treatment helped him overcome his acute depression. With no job and money to pay for his medical expenses, his life took a complete turn for the better after the treatment. Like him, the Foundation touches many lives through its pledge to treat 1 lakh underprivileged people for free this year," he adds.

Apart from healthcare, the Foundation also works in the areas of nutrition through Annamrita's 'Feed a Child' initiative which has crossed the one lakh mark in a year. "In our country 79% children are anaemic - the future of our country is at a high risk. Eradicating hunger is the first step towards a healthy India."

Another area he is proud to speak about is 'Dr. Mukesh Batra Homeopathy Scholarship'. "The idea is to inspire Gen-next, set higher quality of standards for medical excellence and provide support to the underprivileged." The scholarship has played a crucial role in fulfilling dreams and aspirations of several deserving students and parents through its association with top 8 colleges. From a student whose father (a farmer) had mortgaged his agricultural land and could release it because of the scholarship to fulfilling an auto driver's dream of seeing his daughter become a doctor - the scholarship has proved to be a boon for those in need!

An award winning doctor and a highly acclaimed author, Dr. Batra is a multi-faceted personality with interests in photography and music. Dr. Batra uses his talents to raise funds for social causes through annual charity singing concert Yadoon Ki Bahaar and photography exhibition Magic Moments. "I constantly keep pushing myself to enhance my talents so that I can give back more to society." Speaking about his vision for the foundation he says, "In the future we will move to 'one for one treatment' i.e., for every patient who comes in for paid treatment, another one who cannot afford will be offered free treatment. After all, a healthy individual equates to a healthy family and ultimately a healthy society".

Sharing his warm wishes on the eve of Parsi New Year he says, "I would like to take this opportunity to wish all the lovely people and their families a year filled with peace, prosperity and good fortune. Navroze Mubarak!"

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DR. KATY GANDEVIA

## Dwindling Numbers And Declining Traditions

The declining count of the Parsi population is a grave matter of concern as this poses a great potential threat to our rich traditional and cultural heritage. **Dr. Katy Gandevia, Programme Coordinator of Jiyo Parsi**, a Government of India initiative to arrest the declining Parsi Population, highlights the importance and relevance of this scheme to preserve the essence of our Parsipanu.

In the last sixty years, 1,14,000 (1941) to 57,264 the Parsi population (2011), according to the in India reduced from Census Reports. This means



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our population has nearly halved! Until mid of the last century, most families had four to ten children! They stayed together, ate together, prayed together and supported each other in times of happiness and sorrow. Advanced education and better job opportunities and business ventures improved

a prevalent practice in the last century but has almost disappeared in modern times. Dressing traditionally for special occasions - men in Duglis and pagdis/phetas, and women in 'chatta cherani' saris have been replaced by shirts and pants and backless blouses and the shortest of short dresses! Many



the standard of life of Parsis. We started getting used to a luxurious lifestyle and this changed their attitude towards our Parsi traditions and customs. Family sizes shrunk to having 2-3 children by 1960's and to 1-2 children by the turn of the century - the argument being the high cost of living. Today the Parsi population is at its lowest ever!

This demographic change is affecting the very fabric of our Parsi community, which was once admired for its charity, but today prefers to be looked after from 'womb to tomb'. This sad state of affairs has been playing havoc with our customs and traditions. The practice of wearing the 'armour of our religion' - the Sudreh and Kusti after Navjote for the rest of our lives, is still followed by many but the shape of the Sudreh has undergone changes according to the need of the hour and the place the person visits! Singing of Monajats was

other customs observed during pregnancy, marriages and death have been given up, and today's Parsis live disconnected from our culturally rich past.

In our religion, all are encouraged to lead a good and prosperous life - celibacy, fasting and mortification of the body are anathema to the faith, which weakens man's spirit to fight evil. Living in moderation is another teaching of our highly evolved religion, but as things stand today, people seem to live to eat, as opposed to eat to live! Many health problems stem from an excess consumption of high (animal) protein and excess of calories. High blood pressure, diabetes, obesity, depression and cancer have become commonplace.

The Jiyo Parsi Programme, in its next phase - strives to help Parsis bring back the joy and happiness in their lives, by learning to balance work and family life.



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May you enjoy a memorable year and may all your wishes come true

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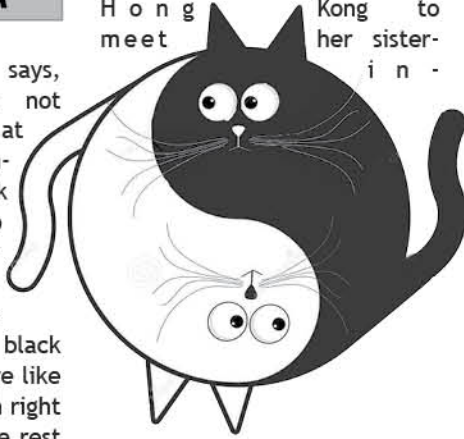


RUBY LILAOWALA

## Meherbai's Feng Shui (Mis)Adventures

of us.

Last year, Meherbai visited Hong Kong to meet her sister-in-



Meherbai always says, "Dikra, I am not superstitious at all - touch-wood, touch-wood! Only, I don't walk under ladders and I stop in my tracks when I see a black cat (*mui avvar kaari bilari*)."

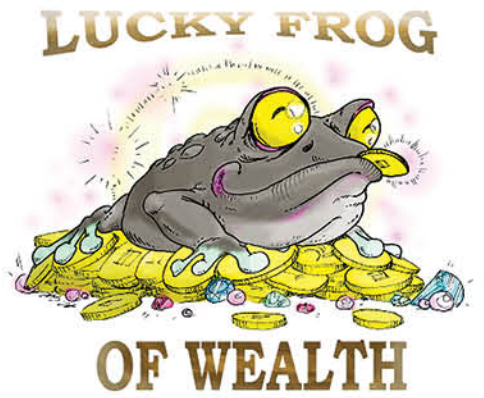
She refuses to see that the black kitty is also God's creature like any of us and has as much right to walk anywhere like the rest

law's, in-law's in-laws - wait-a-minute - she can't say it in English (*mui angreji*). She visited her Kakiji's Jethani's Vehvaan's Naran's Vahu's Mamiji's Sasuji's sister, all of whom Meherbai calls "my very close relatives (*Ghanaj Najdikna Sagaa*), who always invite me". In Hong Kong, they'd say Meherbai doesn't need an invitation - she invites herself over! But I digress...

In Hong Kong, Meherbai learnt that the headquarters of many banks established there were designed by Feng-Shui masters to make use of the

'positive energy sources'. This made Meherbai think, although Merwanji always told her, "Don't think - thinking requires a brain!" Meherbai thought - no banker is likely to waste money on something that doesn't work. What's more, she also saw some builders' vans that carried the 'Yin and Yang' symbols advertising a Feng-Shui consultancy. Her head was bursting with ideas when she returned to Mumbai. She corresponded with a certain self-appointed Feng-Shui Master who was actually a failed film poster-painter, and a con-man. She went about trying Feng-Shui in her Cusrow Baug flat.

First, she bought a very expensive Feng-Shui lucky painting of a horse. "Are you mad?" Meherwanji screamed. "For this price, we could have bought three MF Hussain's



horses!" "I don't want MF Hussain's horses or a Victoria Ghora-Gari no ghoro. I want a good-luck horse!" replied Meherbai. "Tamey nahi samjho!"

"I just hope it doesn't prove to be a Trojan horse which brings bad-luck," remarked Merwanji. "Chalo! Sagan no Gathyo Bolyo!" she said as she snapped her fingers thrice (*tachakri*) to nullify the negative energies of her husband's words. She also bought books on Feng-Shui and was very impressed by the Chinese belief that lack of cash is the root of all misery. (Columbus discovered America-her children said!)

Contd. on Pg. 72

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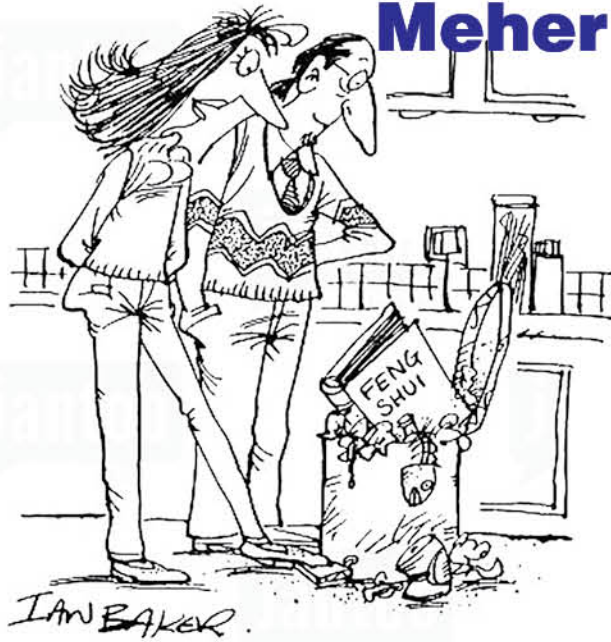
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## Meherbai's Feng Shui (Mis)Adventures

Contd. from Pg. 70



"I've found the perfect position for the book darling."

She invested in a three-legged frog to magnify prosperity; three Chinese coins suspended from a red silken rope to increase good fortune; a huge mirror to counteract the inauspicious CHI (energy) coming from her jealous neighbours - Jaloo and Aloo; a miniature water-fountain reputed to bring exceptional good fortune; and red and yellow paper flowers to increase some Yang energies. All this while Merwanji's bank-account was dwindling faster than the hair on his head.

As required by the so-called principles of Feng-Shui, Meherbai had the sharp edges of every piece of furniture softened and put money-plants on every window-sill. The TV was put in the West, crystals in the North and South-East corners. She moved the huge dining-table into a diagonal position, so everybody had to walk around it for every little thing in that room. A huge mirror covered the wall to increase the sense of space, taking

care it didn't reflect the door which would then show luck and money on its way out. By now, it was very difficult for the entire family to get around the house but Meherbai wanted to squeeze every ounce of power out of the Feng-Shui promise 'advertised' in a certain Parsi Weekly (oops!! Weekly). Then she sat and waited for good-luck to fall out of Heaven but with her back pointing away from the door so she couldn't be betrayed (according to Feng-Shui rules.)

The effects were immediate - she fell off the wobbling chair she sat on and broke her ankle. When she returned home after fixing it at a Dhobi-Talao *Bhim (Hadvaid)*, she found Merwanji with a bandaged head. You see, the lucky horse painting had fallen on his head when he tried to clean the damn three-legged-frog. "*Langro-Derko!*" he cursed. In the days to come, the three Chinese coins lay on the floor as the cheap red silken thread broke and the wind-chimes flew out of the window. The huge mirror

fell to the ground, damaging second floor's Jaloo and Aloo's flat leading to a spat with these two battle-axes. There was a stinky mould on the water-fountain, her money plants were half-dead. The TV conked and no family member was willing to talk to her. The once happy family ate dinner in silence on the now diagonal dining-table.

Meherbai phoned the Feng-Shui master who wouldn't pick up the phone, having fleeced her of a tiny fortune and making a monkey out of her. She went personally to his address and found that he was an old, disillusioned man, ill with misfortune writ on his face. He lived in one tiny room with his wife and ten grand-children. The room was a pig-sty, dirtier than the bottom of a parrot's cage and without any trace of Feng-Shui.

"You fraud, you cheat!!" Meherbai screamed at him, all the while trying to hit him with her walking-stick while he ducked and escaped. "You promised me wealth, prosperity, name and fame! Shame on you!"

"Arrey Memsaab, aapko samajhna chahiye! Paisa, Name, Fame, Shame Feng-Shui Karne Se Aa Jayega Kya?"

Meherbai retorted: "Then why did you promise me all these things, you liar?"

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Meherbai was disgusted. She went home, collected ALL her Feng-Shui things and disposed them onto the middle of the road outside the Cusrow Baug gate! And lo and behold! All her bad luck disappeared in a jiffy and she lived happily ever after with her loving family!!



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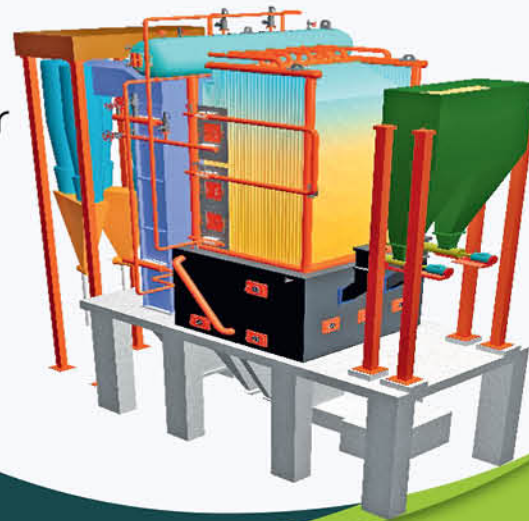
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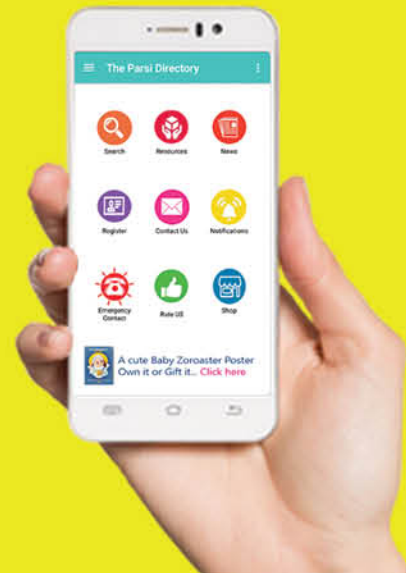
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**GOLDEN STAR**  
THALI

## A Parsi Poem!

Parsis love food! Parsis love poetry! Food and poetry form an intrinsic part of our culture. Parsi Times' talented and witty writer, Dara Khodaiji brings our readers the best of both worlds, with his fun poem, 'Pirosha, Le Parsi Typique'...

A non-Parsi friend of mine amusedly, but admiringly tells me, "You Parsis are the only people who can speak of the next meal right after consuming one heavy meal, and on and on, ad infinitum!" Here is a peek into, normally a very hardworking Pirosha's Sunday-mindset, which, as you know, is hardly different from the rest of the week...

### Pirosha, Le Parsi Typique

His Sunday breakfast begins at nine,  
On his favourites, Pirosha does dine.  
Of dudh-nu puff or sev and dahi,  
Or maybe karak brun and malai.  
This is followed by pora-pau  
All silently gobbled down  
With buttered toast' and dash of jam  
And maybe some slices of Danish ham.  
The silence is now broken by  
Pirosha calling Pilamai,  
"Piloo dear, jaldi thi lao bija toast,  
Along with gai kaal raat nu Papeta-ghosht.  
She brings it all with fudna ni chai,  
A veritable gem - this Pilamai!

At the stroke of twelve they wend their way  
To their quaint little club, off Backbay.  
To cheers and beers and the yummy starter  
Of fish fingers 'n' the sauce tartar!  
With Pigs in Blanket and Prawns on toast.  
Lunch of Patra-ni-machchi, pot roast,  
Kachumber, kababs, tum-tuntu dhansak,  
And a huge chunk of delicious kopra-pak!  
To such a meal we reverently raise a toast  
This is the life we love the most!!

Having packed an Apple-pie for tea,  
Pirosha turned to Pilamai, and said he,  
"Pila, dear, the lunch was a winner.  
Now surprise me darling with a smashing  
dinner?"

We are Parsis. We love our food.  
No need to say it, it's understood!

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# The Man: Mickey Mehta

## The Mission: Get Mickeymized!

One look at Mickey Mehta and it's just virtually impossible to believe that this leading Health and Wellness prodigy is preparing to head for his fifty-fifth birthday, and continues evolving - not just in terms of fitness, but also in his dynamic avatars. Not at all surprising, in keeping with the fact that he's India's leading Wellness Icon, who's on his way to becoming a cult figure, or is he already? Mickey is a walking-talking encyclopaedia of inexhaustible information and solutions on virtually every aspect related to one's physical and mental wellbeing - be it emotional/psychological wellness, martial arts, yoga, nutrition, Ayurveda, swimming, holistic health and life sciences and his evolutionary vision of mankind, which renders him the additional title of the 'Modern-day Philosopher' amongst those who know him.

**PT catches up with Mickey Mehta and is delighted to be the first publication to Break the News to our readers - that soon Mickey Mehta will be adding yet another title to his long list of avatars - that of an author! Yes, he will soon be releasing 'The Sh00nyam Quotient' - a true global moment for Mickey, as the book will be available the world over. When publishers Random House and Penguin were looking for a book capturing the essence of holistic health which would provide well-rounded insights into life sciences vis-à-vis aging and regeneration and excellence in evolution, Mickey Mehta was a foregone conclusion to author such a book, in keeping with his vast knowledge, comprehensive experience and undying passion for wellness.**



One with Nature, Heart to heart.  
Feel the throb in every part.

We've all heard of fitness coaches who talk ad nauseam about weight loss and body-shaping body and then there's Mickey Mehta who's gone far beyond them all - reversing diseases, old age, and getting people back on the wellness track.

In fact, a little birdie also whispered to us that he will also be appearing on the front covers of two leading magazines in his birthday month - Tina Ambani's 'Harmony' and Magna Publication's 'Health and Nutrition'!

In conversation with Mickey Mehta, who's tagline, 'Get Mickeymized', has become the mantra

on the lips of all who value wellness, and is perhaps becoming even more popular than Arnab Goswami's 'The Nation Wants To Know!'... We start off asking about the concept of 'Get Mickeymized'. "The coining of 'Get Mickeymized' is the collective wellness solution of all life sciences - it's how one can optimise, maximise, revolutionise, eternalise, internalize and prioritize life itself. 'Get Mickeymized' stands for all this and more. And yes, of course, it's also about getting naturalised or one in harmony, with nature. It became an instant hit and went viral across all social media platforms." His leading influence in the social media caught the attention of global scouts who approached him. In fact, our readers will be happy to know that the international portal, Good Quotes, known to take original quotes and writings from famous world leaders and influencers, has picked up some of Mickey's revolutionary quotes too!

"But sometimes, your messages can't be understood by laymen," we counter, and pat comes the reply, "I write for all but there are times my flow gets sublime - as they say, 'juvenile can't understand the depths of a Nile!'"

Tell us how 'The Sh00nyam Quotient' came about. "The Sh00nyam Quotient' is all about

'zeros' - how zeros can evolve into heroes, it's about those zero moments and the zero way of life. Sound comes from the soundless and visible matters come from invisible energy source, and fragrance also comes primarily from flowers, but otherwise from the unknown. This mysterious creative phenomenon, which can't be seen, touched, felt, tasted or smelt, is 'The Sh00nyam Quotient' - because of which we can touch, smell etc. The point which we come from and to which we return - the current of life in between is what we call a life lived in polarities, and the current between the polarities is what we call stress. Where there is life there will be stress, and 'The Sh00nyam Quotient' is the solution to a stress free life," he explains.



Clicked at Godrej Baug agiary, which I go almost everyday.

When asked about his 'Health Divine' partnership with Mumbai Mirror, he says, "While the world is chasing weight-loss, I thought let's chase divinity through high-definition living with 'Health Divine'. It's a great partnership - we've completed almost ten stints and it gets greater with every passing month!"

What's your take on religion, we ask the tongue-in-cheek vegetarian. "The madness of religion, the sadness of division; reverence is missing, preference is hissing!" he says in his inimitable poetic style. "I completely endorse the Zoroastrian prayers and way of life, but I wish every month was Bahman month so that my community would also embrace this healthy lifestyle! I'm a great fan of Noshir Dadrawala and Ruby Lilaowala and read all their articles in Parsi Times!"

On being asked what makes him constantly re-invent himself, he says, "Life's purpose itself is evolution and evolution only. If our existence doesn't add value to the universe and to mankind at large, then we have failed our purpose and our existence. Success and evolution is our birth-right. Wellness/Wellbeing is the only fundamental ground on which every success stands tall and grows further. To spread this message our 'New-Age Ascetic in Armani' is the most sought after globally leading Holistic Health Guru and Corporate Life Coach. In the recent past, he won over innumerable fans and followers at his address at Development Bank of Singapore; Morgan Stanley National Summit; he kick-started a 'Be Fit' campaign for ICICI Corp as also for Deloitte India (Hyd).

On asking him his most cherished engagement, he says, "There are many - especially earlier this year - my visit at Harvard /Istanbul; then there's American School (Mumbai); Ladies Study Group (Cal), and undoubtedly, my all-time favourite was addressing the IIT on the International Mental Health Day."

What strikes us most about Mickey is that even though he's going to turn 55, he's retained his childlike vibrancy and is always bursting with energy and is full of jokes. So how does it feel to hit 55 and continue looking 35? "I keep drawing from this nature's bee-hive, which keeps me this vibrant at Fifty-five!" Yet another impromptu poem! "Time and numbers are perceptual artefacts - it's the way you perceive them is how they will either add or take away from your life." Touché!

For those of you looking for more than just a Health Coach... if you're seeking a game-changer to revolutionise your life through wellness on all fronts - in addition to Fitness - including insights into Vastu, Feng Shui and Astrology - then Mickey Mehta is here to get your life optimised, to get you Mickeymized!



Ancient Buddha under an ancient tree, I could feel it's presence setting me free.  
"I" disappeared and what remained is simply "ME". Soul maximized, me Mickeymized!