

THE TRUTH. DELIVERED WEEKLY.

## The Virus Within

**Kersi Randeria Quashes Spread Of Misinformation / Lies On Social Media**



*Across the world, the novel coronavirus pandemic and the consequential global lockdown, has resulted in humbling humanity while bringing to the fore its absolute and indispensable need of the hour - Unity, on all levels: global, national, local and community.*

*The BPP's timely initiative of launching a Direct Help Line, for the aid of all Community members rendered vulnerable due to the lockdown, saw numerous courageous and compassionate volunteers stepping forward to help, furthering the solidarity within our community.*

*This did not go down well with the detractors and ill-wishers of our Community, as their only way of garnering attention or staying in the spotlight, is by fabricating sensational lies and then abusing the power of social media to spread their malicious and unfounded rumours. This is what happened last week as once again, social media platforms were set ablaze, by the usual miscreants, with vile allegations against BPP Trustees Kersi Randeria and Noshir Dadrawala - leaving the community members both - confused and outraged. As if fighting off the coronavirus on the outside wasn't bad enough, community members now have to contend with the equally vile virus of wicked lies and fabrications within, at such a delicate time!*

*BPP Trustee Kersi Randeria quashes the recent spread of falsehoods and misinformation on Social Media - the virus within...*

“ It pains and surprises me in equal measure, that over the past couple of days, yet again, our common enemy - the ill-wishers of our Community - seem to be spreading their usual brand of fabrications and bilge... at probably the most crucial period of our lifetimes! As the Pandemic ravages the world with death, illness and economic destruction, we have realised, that as a small knit community there is no more important a time than now to stay united in this global fight against the deadly virus.

**Our Community members have responded with great appreciation and gratitude to BPP's call of duty - in setting up the Direct Help Line - to help all humdeens who find themselves in a challenging situation, through this rough period. We have so far made a positive difference in the lives of about 250 members of the community. Unfortunately, the growth of our Community's unity and faith in the BPP, proved intolerable to the community's detractors.**

To create discord, yet again they have started spreading completely false rumours about Noshir Dadrawala and myself. I do not wish to dignify their vile attempts by mentioning their lies, but this much needs to be told, in my capacity as a Trustee of the BPP, as I believe I am answerable to my community.

The lockdown seems to have seriously increased the scope of the idle minds of

the jobless, and whose only real career is to engineer malicious falsehoods and then misuse the social media to misinform and deceive the public. Last week, Dinshaw Mehta and his jobless cronies had spread malicious messages, accusing me of trying to use my own publication, Parsi Times, to promote myself! His totally baseless and usual off-the-mark allegation is for all Parsi Times readers and the community to see, in keeping with my pronounced and purposeful absences from featuring in it.



**My colleague Trustee, Noshir Dadrawala, who has also been wrongly accused, has thrown out an open challenge in his response on social media, saying, "None of us have the time or inclination to 'move heaven and earth', as some anonymous coward is alleging. But, I dare this coward to move heaven, earth and purgatory to produce even a shred of evidence to prove his/her lies."**

However, I have been left with little choice other than resorting to reach out to my community members to call the bluff and the lies, via Parsi Times - something that I rarely do, in keeping with the fact that I founded the

publication; and for nine years now, it has continued to more than justify its raison d'être as the unbiased news provider and the voice of the community, working in absolute journalistic independence from ownership.

**In addition to Dinshaw Mehta, there are a few other miscreants, who I prefer not to name for now but will do so in the future, should they continue to shamelessly and blindly forward these malicious, false messages, which can now be traced back to the source and the sender can be identified and legally prosecuted.**

While I wish to negate and take to task the malicious and crass attempts of this Ex-BPP Chairman and his cronies, I would like to mention that I hold his son, and my colleague Trustee, Viraf Mehta, in high esteem, for working shoulder to shoulder with the BPP Board and collectively working towards the good of the Community, through this calamitous time.

**I vouch for the strong moral fibre and solid sense of ethic of this Board - its answerability stands unchallenged. This I say with the highest confidence in my colleague Trustees and myself, irrespective of all else.**

I understand that as a BPP Trustee, I am to deliver my responsibilities on two levels - Collectively, as a team-member of the BPP Board; and Individually, as your elected Trustee, who you entrusted your faith in. In keeping with the latter, I have increasingly been urged to enhance my availability and connect with community members. I now fully intend to keep in touch with the community through Parsi Times and I also encourage my colleagues to do so, if they wish, and together, we could make a concerted effort to reach out regularly to the community through Parsi Times.

As I continue to serve the community to the best of my abilities, I invite all community members to directly mail me with any queries, suggestions, grievances or feedback, at kersijranderia@gmail.com. ”

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**FROM THE EDITOR'S DESK**



**If Not Now... When?**

Dear Readers,

It is said, there's a time and place for everything. Then again, there are a few things that deserve neither time nor place - like lies and rumours, fabricated to cause confusion. Even as our community increasingly gets together to help each other through this deadly pandemic, there are the usual jobless miscreants, who can't help but revert to manufacturing and spreading falsehoods with the intent of creating chaos, confusion and disunity within our community.

To indulge in such vile acts, at as crucial and sensitive a time as this, is beyond malicious. It becomes all the more mandatory for us to ensure that we neither become the victims of such false propaganda, nor its mules - by blindly hitting the forward button and spreading sensational rumours, with disastrous consequences.

We have got to be more responsible than that, now, more than ever... be it with regard to social media practices or following the Social Distancing guidelines, as laid down by the government. There are some of us who think it's alright to 'chill' with 'just a few' friends for 'just a bit'. It's not. This could literally come down to a life and death situation. The luxury of entitlement and/or delusion has been suspended by an unknown and deadly virus.

Our safety, our well-being, our lives - all depend on the choices we make, so we have to think for ourselves. If not us... who?

We well and truly need to get our act right, friends. If not now... when?

Have a good and safe weekend!

- Anahita  
anahita@parsi-times.com

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**Mother's Day Contest!**

*More than ever, we need to thank and appreciate our  
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proving they are no less than 'Super-Women' themselves!*

With **Mother's Day** soon approaching (10<sup>th</sup> May, 2020), here's your chance  
to express your love and your feelings for the **'Super-Woman' in your life!**

**Tell us why she's like no other!!!**

Send in your original works via **'POETRY'** or **'PROSE'** (max. 150 words) or **'PAINTING'** or **'CRAFTWORK'**.

**TOP 3 WINNERS will be featured in PT's Mother's Day Special Issue dated 9<sup>th</sup> May, 2020**

**& WIN FAB PRIZES!!**

Rush in your Entries no later than 6<sup>th</sup> May, 2020 for PT's Mother's Day Contest

E-mail at: [editor@parsi-times.com](mailto:editor@parsi-times.com)

**NOTICE**

Dear Parsi Times Readers,

In view of the ongoing necessary COVID-19 Lockdown mandate, the Printing Press is temporarily not functional, so there will be no hard copy (physical newspaper) edition of Parsi Times today, on 18 April, 2020. However, you can access our Digital E-Paper online (free) from the following



link: [https://parsi-times.com/PT\\_CurrentIssue.pdf](https://parsi-times.com/PT_CurrentIssue.pdf)

**OBITUARY**

**Benaaz Ron Merchant**, aged 39, passed on in Mission Viejo, California, to her spiritual journey on April 16th, 2020. She was the daughter of Ron and Sherie, sister of Pari, niece of Meher Irani, Homai and Porus Khajautia, Pervez and Shirin Mistry, Cousin of Dara and Yazdi Mistry, Zenobia, Xerxes, Keshmira, Hormazd, Diana and Jennifer.

4 days Prayers will be streamed over Zoom. A different link will be sent for individual prayers.

On 18th April, Afternoon Uthamna will be at 5:00 pm; Sarosh prayers will be held at 7:30 pm.

Mid-night Uthamna: Sunday 4:30 AM, Dahm Yazad Jashan and Charum prayers Afringan and Farokshi will follow thereafter.

Courtesy: **Er. Zarrir Bhandara**



# Pak Iranshah's Salgreh Celebration With Vision 2020: - A 5-Star Conversation On Celebration -

## (A Global Iranshah Initiative Presentation)

The 'Global Iranshah Initiative' is a worldwide endeavor of love and devotion to our holiest of holy, Pak Iranshah, in Udvada gaam (Gujarat), with an aim to support and perpetuate its legacy and our priceless and timeless heritage. The initiative is the brainchild of Meher Amalsad – respected by the worldwide Zoroastrian community for his selfless, hands-on community involvement, spanning over forty-five years. Meher Amalsad shares a conversation with the core team or the Five Star Team of the Initiative, comprising Vada Dasturji Khurshed Dastoor - High Priest, IranShah, Udvada; Noshir Dadrawalla - Zoroastrian Scholar and BPP Trustee; Homi D. Gandhi - President, FEZANA; Arzan Wadia - Vice President, FEZANA; and Tinaz Karbhari - Youth Ambassador of the Global IranShah Initiative.

As we pray on your Salgreh, O revered Iranshah!  
May the radiance of your light fill our lives with Goodness,  
May your warmth kindle Love, Hope and Joy  
Amid the current tribulations this world is going through...



**Meher:** It is quite remarkable, that for the first time in the history of IranShah's Salgreh, we decided to have a Global Celebration, and somehow it culminated into a Virtual Celebration! Let's start with our first shining star - Vada Dasturji. How do you plan to celebrate Iranshah's Salgreh as the High Priest of Iranshah?

**Vada Dasturji Khurshed:** As stars illuminate the dark sky; I pray the stars and heavenly bodies would extend their light to expel the darkness that has befallen the human race. To Zarathushtra - 'The Golden star', we beseech each day, to grant mankind some respite from this disaster. This year, Iranshah's Salgreh would have been celebrated with the Holiest Fire enthroned in its majestically restored premises, but nature had a different plan and we are at the mercy of the 'Unknown'! We will commemorate the day with deep reverence and prayer, but from within our homes. We will visualise our glorious Iranshah and pray that Our Holy Fire, in all its glory, is eternally kept ablaze and aloft.

We, being an intelligent, responsible and sensitive community, comprehend the gravity of this crisis. Though Man proposes and God disposes, I am not one to be despondent. I respect the need of the hour and would urge all Zoroastrians the world over to offer prayers, good thoughts and good deeds so as to thwart the power of all things Evil. We cannot judge how we will be placed even ten days from now, but we will abide by the mandated rules act in accordance. Though we long to visit our places of worship, we have to refrain, to ensure that mankind and in particular our valuable Mobeds, who are tending to our Agiary and Atashbehran Fires, stay safe. On this auspicious day, let us stand together as one, in prayer. Blessings of Iranshah be with one and all!

**Meher:** Thank You, Dasturji. Proceeding to our second shining star, Noshir, you have been kind to enlighten us with your Scholastic Contribution on this project, namely 'ASK NOSHIR'. What do you envision and endeavor to contribute via this platform while getting ready to celebrate our IranShah's Salgreh?

**Noshir:** On Iranshah's Salgreh, or any other day, the material gifts we can carry in our hands would be fragrant sandalwood and Kathi to offer the Holy Fire, as also financial contributions gifted (Aashodaad) to our priests and towards the maintenance of this beautiful place of worship. More importantly, one should lift one's hands in prayer for True Wealth - which would be Health and Happiness, to be cherished with family and friends.

You have asked what I envision and endeavor to contribute via this platform - they say knowledge and wisdom is wealth that no thief can steal. But I also believe that if a person who has knowledge and not the wisdom to share it, is a bigger thief. And, thus, I shall endeavor through this platform, to share knowledge and wisdom, especially with the youth. I will also share my spiritual



experience to inspire all those who visit this platform.

I conclude with the opening verse of the Atash Nyaish, which I will offer to Iranshah this year from home: 'Kshnaoitra Ahurahe Mazdāo! Nemase-te, Ātarsh Mazdāo Ahurahe hudhāo mazishta yazata.'... (May there be) the propitiation of Ahura Mazdā! Homage (be) unto Thee, O Fire of Hormazd, bestowing goodness, the Greatest Yazata!

**Meher:** Thank You, Noshir! Moving on to our third shining star - Homi. Noshir mentioned that knowledge and wisdom are treasures that no robber can steal. What other blessed treasures would you bring to this Salgreh and this laudable project?

**Homi:** A religion is practiced in many ways - us Zoroastrians live the triad of Humata, Hukhata and Hvarshta as part of our practice. For us, the rituals of worship - especially at the abode of the Iranshah - are an important part of our spiritual Hvarshta. Whenever I lay eyes upon the sacred flame, I find serenity; the light rejuvenates me and I reflect on my Hvarshta. To me, it is the most significant of all three. Being the President of FEZANA has allowed me to contribute towards our community - I'm grateful for the opportunity. The Iranshah Initiative is dear to my heart. I have joined forces with these formidable five Stars as FEZANA's representative to support the Iranshah Initiative and will continue to do so even post my Presidency, later this year.

Ahura Mazda has granted us all the blessed treasure of the ability to use our Vohu Manah, to go beyond our Humata and Hukhata and give rise to the best Hvarshta. That is a treasure everyone is blessed with. One need not be President of any organization to use this blessed treasure in service of Iranshah. I urge all to do so!

**Meher:** Thank you, Homi! Now, for Arzan, our fourth shining star... you've been dedicated in serving our North American and Global Zarathushti community, as well as our future generation. As the FEZANA Vice President, how do you plan to shine your light in the service of IranShah?

**Arzan:** The story of Iranshah is the story of Zarathushtis in India and the world over. Iranshah has reigned supreme in the hearts and minds of all who follow the faith. What brings people back repeatedly is the power of the Iranshah fire... the need to pay homage to the exalted 'Shah' or King of Iran, from where we all emerged, and the birth of our religion. A visit to Udvada on auspicious life events like births, navjotes and weddings is a given. The dedicated visit monthly on Behram Roj in hundreds, and on the Salgreh, in thousands!





Contd. from Previous Page

Personally, and in my role as the VP of FEZANA, I continue to create opportunities and mechanisms for generations of youth, especially those born outside of India to visit the Iranshah in person, and virtually. The Iranshah Initiative is the first step in creating a virtual experience and I hope it will lead to the youth wanting to visit this greatest of Atashbehras in person and receive its divine blessings.

In today's fast changing world, the Iranshah Atashbehras and the town of Udvada, stand as eternal markers in the sands of time. It is even more apparent and necessary to safeguard these for future generations. The involvement of the youth and of the diaspora in general, along with the continuous support of the community in India, is key to making this happen. For it is only when we can see where we came from, will we get a sense of how far we have travelled together, as a community and as followers of our ancient prophet - Zarathushtra.

**Meher:** Thank you, Arzan! Let's move on to our fifth shining star, Tinaz, who we know as a young lady filled with passion and compassion for our sacred IranShah. As the global Youth Ambassador of IranShah Initiative, you are presently spearheading the celebratory preparation for IranShah's Salgreh. Tell us about the IranShah Initiative Website that you and Arzan have put together and your experience in working with our Global Zartoshti Youth Group.

**Tinaz:** The Iranshah Initiative website was created and presented to the world at the Iranshah Udvada Utsav in December, 2019. I worked closely with Arzan to conceptualise the content, layout and design. Together, we wanted to create a platform that is easily accessible, user friendly and contains all the relevant information for one to learn, share and become a part of the Iranshah Initiative.

The role as Global Youth Ambassador of the Iranshah Initiative has provided me with the wonderful opportunity to work with a group of like-minded youth from across the world, with great responses received from youth representatives from Australia, New Zealand, UK, USA, Canada, Iran, India, Hong Kong and Pakistan, who were all eager to assist in spreading the message to their respective communities and associations, for our first ever global and virtual experience of Iranshah's Salgreh. It is amazing what the power of technology can do - provide Zoroastrians around the world the opportunity to feel as if they are present at Udvada and are a part of the celebration - if even for a moment - is a brilliant way to bring our community together, at a time when the world faces one of its toughest challenges yet.



**Meher:** Thank you, Tinaz!

Our Five-Super Stars have contributed the best of the best to honor the 5-star mission and vision of IranShah as under - PRESERVE / CREATE / KEEP / MAINTAIN / PROVIDE (<https://iranshahinitiative.com/what/>)

**As we thank you all for your support, we leave you with this thought to ponder on:** Stars don't create light, Light creates the stars...

We invite you all to shine your light and become a shining star in the galaxy of our most sacred Iranshah

(<https://iranshahinitiative.com/>)

## Pak Iranshah's Salgreh Celebration With Vision 2020

**IranShah's Salgreh Celebration  
on  
Tuesday, April 21, 2020**

**Global Virtual Congregational HumBandagi:**

Maachi Prayers: 8:00 pm - IST; 7:30 am - PST; 10:30 am - EST

Jashan: 8:20 pm - IST; 7:50 am - PST; 10:50 am - EST

**SPECIAL PRAYER:**

[https://soundcloud.com/parsikhabar/  
homage-to-iranshah-global-birthday-celebrations](https://soundcloud.com/parsikhabar/homage-to-iranshah-global-birthday-celebrations)

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# The 101 Names Of Pak Dadar Ahura Mazda – Part 3



DAISY P. NAVDAR

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

Who is your closest and first family? Ponder this question deeply and you will understand. They are your neighbours! ...the very first ones to run to in an emergency, the first ones on the spot in case you are unwell, your go-to in case you run out of sugar or spice or fridge space! ...the ones who will tend to your plants and your pets, the ones who will buy your eggs and bread (in case you have missed the ubiquitous paowalla)... the ones who know your comings and goings. Today, more than ever, our neighbours have become our lifeline, our support system and sometimes, even our connect with the outside world - a world which seems so unreachable, the once familiar streets which you have not crossed in a month, the shops and the bazar, the busy bustle of your commute for work... all these now feel a distant memory! It is, at such times, that your neighbours give you relief, they are the assurance that you're not alone in this, they bring a sense of brotherhood and belonging and hence, this is a big thank you to all the neighbours of the world!

**This column is in continuation of my ongoing series on the 101 names of Pak Dadar Ahura Mazda, which are really His attributes or qualities. Chanting these names regularly creates a protective aura of their strength around us and keeps us safe. Reciting these names daily, post doing the kusti prayer, can remedy almost all ills and challenges we face. They are not a substitute for effort and hard work; these will augment your dedication and give it an added boost. Please note that each name is a prayer in itself and can**

**be chanted to gain maximum benefit of its particular divine vibration.**

**21. Afza:** The power of the progressor and the advancer. When we feel stuck in a rut - our job feels like a dead-

which cripples our thoughts and our progress. This name is the preserver and the protector. When chanted daily 101 times for 40 days, with focus and sincerity, it helps you succeed in weaving such a strong, protective vibration

towards more likeminded people and collectively they help you achieve your goals. This name helps you take control of your work and set about achieving success, even in the face of adversity. Even if you're worried about

seniors who will lend you their unstinted support and you will be able to build anything that you desire. This is particularly effective when starting a new job or a business.

**28. Minotum:** This name has the power to create a guardian angel. By regularly chanting this name 101 times, we can create our very own angel who not only guards us but also who guides us towards our ultimate success and joy. One who recites this name gets the highest quality of happiness.

**29. Vaasna:** The famous and the omnipresent one who is benevolent. We are all prone to wrong actions at some point in our lives. Some of us just react badly to bad people - it is a very human failing. This name brings pardon if you are repentant. It is so magnanimous that it brings forgiveness even to an evil person who is willing to change. This name has the potency to cure forgetfulness and a tough, uncompromising nature. When you are faced with people who are difficult to deal with, then reciting this name will help you to make progress with such people. This name also brings progress in your work.

**30. Harvasptum:** The source of this world and everything that exists in it, this name is the powerful vibration of creation itself. It is from this name that the world was created, along with everything in it. When you find yourself facing great difficulty, then chant this name 101 times, piously. This is most effective when chanted in the Aiwisruthrem Geh (after sunset). When this name is recited with reverence and great appeal to Pak Dadar Ahura Mazda, then divine intervention will give you great solace and comfort. Sincere recitation will be rewarded as difficulties get removed with ease and speed!



end or our business does not kick off the way we imagined - then a little boost in terms of prayer helps! When prayed 101 times, together with the previous name (Ya Safna - Ya Afza), it brings a manifold increase in earnings, respect and honour. Chanting this name also helps those who are unable to conceive children.

**22. Nasha:** Reciting this name helps you follow the straight and righteous path. Making no distinction between prince and pauper, chanting this name awakens kindness and benevolence which makes you want to do right even by the person who has done you wrong. It brings out the best in you, helping you conquer evil thoughts and actions and empowering you to get rid of your bad habits. This name is particularly effective in combatting addiction of smoking, alcohol, drugs etc.

**23. Parvara:** When fear overtakes our mind, we experience an unfounded dread - a debilitating emotion,

around you that no force in the world can penetrate it! 'Ya Ashaum Parvara' will protect you against your detractors and will nullify all negative effects. This name also protects you against accidentally drowning, so those who are hydrophobic can also recite this name. When the frightened person recites this name, he/she transforms into a fearless and brave person!

**24. Anaayah:** is the protector of all creation. If you recite this name, then any possession of yours, which has been wrongfully taken away from you, will come back to you. Regularly chanting this name also protects your future wealth.

**25. Ain Anaayah:** The one who never backs down or turns away from the right course. Reciting this name creates a strong will and self-belief, which sees us through and helps us achieve our goals. Those who chant this name automatically gravitate

something not working out in your favour, then chanting this name is said to have made a difference. This name helps you lay a strong foundation on which to build your success.

**26. An Anaayah:** This name rules over beauty. Pregnant women recite this name to get beautiful off-spring. Those who feel unattractive, on reciting this name, are introduced to see and admire their inner beauty. This name works in conjunction with nature to create beauty in all forms and shapes. If you pray sincerely and regularly, automatically your face shines like a bright light that draws people to you. You don't need make up at all - the brilliance you emanate will act like a magnet!

**27. Khroshidtum:** or the one who lacks nothing. Those chanting this name will never feel the need to depend on others as they get empowered to create everything they need. Reciting this name attracts the confidence of



What On Earth!!

Great Is Thy Justice,  
But Greater Still  
Is Thy Mercy,  
Ahura Mazda!

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



Men and women are but waifs and strays in life, unless Thou in Thy mercy, dost take them by their hands and lead them on the path of safety. Thou art the strength in man's weakness hope in his despair and joy in his sorrow. Thou dost take pity on him and heal his broken heart. In anguish does the suffering soul yearn to come to Thee seeking comfort. Thou, who art the savior of the lost, dost hear the longing cry of the sorrowing and suffering all over the world. Merciful art Thou even to the sinner, who throws himself upon Thy mercy.

In the strife and struggles of life, when trials and tribulations broke me, Thou didst show compassion on me and made me whole. Thou didst come to me, when I was forlorn and forsaken. Emboldened by Thy soothing song, bravely did I face the storms that tossed around me. When unbearable became the burden of my troubles, Thou didst lighten my load. I am comforted and happy now, that Thou merciful father art near me.

Never is Thy hand heavy upon me. Thou, my Lord God, knoweth it right well how helpless and hopeless I am in my sorrow's dark hour. Through the tears of sorrow my eyes then entreat Thee for mercy. Thou dost kiss my tears away. When I supplicate Thee for protection, Thou dost become my refuge and sustain me in my sorrow.

Unlimited are Thy mercies, O Thou that art the Fountain of Mercy. Try as I may, I can never requite Thee in full for the manifold deeds of Thy mercy, Ahura Mazda!



RUBY LILAOWALA

We welcome Earth Day, which falls on 22nd April this year, with a feeling of shame and a sense of apology. Man, yet again, has proven to be man's greatest enemy, leaving all of humanity praying for the ongoing Pandemic, which has claimed over a lakh of innocent lives, to tide over soon so that life can resume normalcy. Man's greedy and selfish acts have unleashed upon us an unknown monster in COVID-19. Ruby Lilaowala shares her thoughts as we head towards 'Earth Day 2020'.

Everywhere in Nature, there is perfect unity and harmony. Only humans are destructive. We destroy various species of birds, animals, even entire forests. Today, there are hardly any one-horned rhinos left in Assam because they have been ruthlessly hunted down, in the belief that their horns have aphrodisiacal properties! The number of migratory birds in India is dwindling due to pollution and rising sound-decibels.

Animals, trees, plants, birds, rivers and lakes are our natural resources, our national wealth. India was once among the top ten, mega-centres of biological diversity. Today, as per satellite imagery, we have only 15% of the land area as forests. Ecological destruction is a dangerous game we have been playing; we don't seem to care for Mother Earth, who is worshipped in India as 'Vasundhara'.

The great philosopher, Pythagoras, had declared that as long as man slaughters plants and animals, he shall know no peace or health. Today, trees are slaughtered to make helipads for the rich and influential VIPs ; animals are slaughtered in the name of religion, custom and cruel games. The question raised in the story of Prince Siddhartha and the swan is relevant today... he had asked, "Who is the owner of life? The one who destroys it or the one who protects and preserves it?"

From a legal standpoint, article 51 A (g) of the Indian Constitution envisages the fundamental duties of an Indian citizen, as under, "To protect and improve the natural environment including forests, lakes, rivers and wild life and to have compassion for living creatures." And yet, the leather industry in Kanpur causes massive pollution in the river Ganges which results in ailments of body and skin, lung-damage, breathing problems, cancer, jaundice, heart and kidney problems. Due to the prosecution of factory owners, this menace has stopped to a great extent now, but not completely. The Ganga-Plan had obtained injunction orders from the Supreme Court to ban these leather tanneries - but what happened? *Chalta hai, Hota hai* - some factories are still not fully following court directives.

Our country, the land of sages, hrishis and munis has the great tradition of Ahimsa - kindness, compassion and non-violence. The *Shanti Mantra* prays for peace for everything on Mother



Earth, all creatures, sentient beings, bipeds, quadrupeds and vegetation. Indians have never considered plants as lifeless. In fact, we worship the Banyan tree whose roots are supposed to be Lord Shiva's hair. Indian women worship the Tulsi. In Abhigyan Shakuntalam, Kalidas describes how Shakuntala says goodbye to every plant in the Ashram by caressing it.

Earth Day is a commitment to make life better, not just bigger and faster; to provide real rather than rhetorical solutions. It's a day to re-examine the ethic of individual progress at mankind's expense. A day to challenge the corporate and government leaders who promise change but who shortchange the



necessary programs... a day for looking beyond tomorrow and putting a stop right here, right now, to polluting factories and power-plants, sewage, pesticides, illegal constructions, toxic dumps, loss of forests, oil spills and loss of wildlife.

We all have major role to play in Mother Earth's eco-system. We must respect the unity of all in life.

We're all made of Earth's five elements and ecologically, the entire Universe, including various kingdoms - like plants, minerals, animals and birds, are inter-connected. Let each one of us commit to doing something, however small, to protect our home, our planet, Mother Earth who feeds and sustains us in Divine order!



# 'Bharat Ratna For Ratan Tata' Petition Garnerers Over Two Lakh Signatures



institutes in India. The petition, which was started over a week ago days ago, has also listed down the research institutes established by the Tata Group, and the philanthropic work undertaken by the group under Tata's leadership.

Tata Trusts - the philanthropic arm of the Tata group, and Tata Sons - the Group's holding company, have collectively pledged Rs. 1,500 crores to fight the COVID-19 Pandemic. On March 28, 2020, Ratan Tata tweeted, "The COVID-19 crisis is one of the toughest challenges we will face as a race. The Tata Trusts and the Tata group companies have in the past risen to the needs of the nation. At this moment, the need of the hour is greater than any other time."

The funds donated, as per the tweet, will be used for Personal Protective Equipment (PPE) for medical personnel on the frontline, respiratory systems for treating increasing cases, testing kits to increase per capita testing, setting up modular treatment facilities for infected patients, knowledge management and training of health workers and the general public, the company statement said.

In addition to this petition, there are about six similar petitions rooting for Ratan Tata to be conferred the nation's greatest honour - the Bharat Ratna. And there are at least a dozen other petitions asking him to be made the President of India! JRD Tata, who was the Chairman of the Tata Group, was conferred with Bharat Ratna in 1992. He was succeeded by Ratan Tata.

A petition started by a user on change.org to confer Bharat Ratna on industrialist Ratan Tata, has garnered over two lakh supporters, and counting! As per the petition, Ratan Tata has been a shining example of humility and philanthropy and has supported and established a number of research, educational and cultural

## Community Poll Results On Mobeds' Compensation

In keeping with the global slowdown of the economy due to the ongoing Pandemic, a number of organisations have had to let go of workers or re-design the pay structures, as the lockdown forces employees to stay home.

Recently, Zoroastrians.net - owned by one of our Community's foremost networking and business visionaries, Yazdi Tantra - conducted an Opinion Poll, asking the community the following question:

**"Our Mobed community, who is also on daily wages, should also be compensated appropriately in this hour of need... What do you feel about it?"**

The following are the results, which saw a total of 1,602 persons responding, from across the world, on Facebook ([facebook.com/groups/theparsifamily](https://www.facebook.com/groups/theparsifamily)) and Zoroastrians.net, as under:

RESPONSE:	No. Of Votes	%
(I) Yes, of course they should be compensated	1,543	96.5 %
(II) No, Mobeds should not be compensated	35	2.0 %
(III) Not Sure	24	1.5 %

**The following are some of the comments received:**

\* "Since priests are in the social service department, no one's stopping them from offering their duties towards the fire. Yes, in some cases where priests are coming from far and need to travel by train, they need to be compensated but not those priests who are looking for reasons not to perform their duties. Jetlu Mehnat karse te hisab e mobed kamase. (This reply is in connection with the present situation.)"



- \* "It should be made known which of the Agiary Trust does not compensate the Priests."
- \* "While on the topic of Mobed compensation, it is sad that payments to Mobeds is at times a farce and this needs to be looked at seriously by the community."
- \* Message from Rustomframna Agiary Trustee, Nasha Jassawalla: "I just wanted to inform you that Rustomframna Agiary will pay All its mobeds, Full-time and Part-time, ENTIRE salaries. The Part time mobeds will be marked present on the days they would normally be called. I urge/request other Agiaries to do the same! Besides this, ANY full time mobed not getting sufficiently compensated by their respective Panthaky or Trustees, can approach us with proper references for help."
- \* "It is shameful that such question is even up for discussion - I wonder if any other community or religion treats their clergy with such disdain!"
- \* "By conducting this poll, we are actually insulting our mobeds. Our mobeds are the backbone of our religion who over the years have not been given the credit due to them. They are never provided bonus like other company employees. Very few mobeds are paid by way of monthly salary & most of them are paid on pro rata basis. A sizeable number of them are aged with no other source of income & with a family to support."
- \* "Only those who are full time should be compensated. Part Time mobeds have other occupations too and should not be compensated."



## Toronto Parsi Drama Group To Livestream Parsi Natak: 'Madan Ni Mansik Hospital'!



Bringing in a bit of cheer and relief from the scary and depressive COVID-19 pandemic, which continues to unfold at an alarming speed, the Ontario Zoroastrian Charitable Foundation will livestream the Parsi Natak, titled 'Madan Ni Mansik Hospital', presented by the Toronto Parsi Drama Group, on the 18th of April, 2020 at 7:00 pm ET (4:30 am IST, open for 24 hours).

Even as we do our bit by staying indoors, the communicate reads, "Do you need something



light-hearted to cheer you up? Looking for *masti-majha* without Corona? The Toronto Parsi Drama Group is here to ease your 'mann' and 'tann' with the best medicine around - laughter!

The *natak* was performed live at the Ontario Zoroastrian Community Centre, in Ontario, Canada in 2018. We bring this to you on April 18th, 2020 from 7.00pm onwards, for 24 hours, with a hope to lighten your day! It is open for anyone to connect and watch at their leisure."

To watch, log on to the link: <https://youtu.be/ZCJRHunSPPM>  
(available for viewing online, on 18th April, 2020, from 4:30 am - Indian Standard Time - for 24 hours).

## Davier Agiary Celebrates 165th Salgreh



On 15<sup>th</sup> April, 2020, Davier Agiary celebrated its glorious 165<sup>th</sup> Salgreh. Due to the lockdown, a Jashan and celebration for the public could not be held, so Er. Homi Sena, the Panthaki of Bordi Agiyari performed the Jashan ceremony at the Agiary without the presence of humdins at 5:00pm, asking interested

community members to light a *divo* in their respective house at same time. "*Bai Navajbai Goiporiya Agiyari na Atash Padshah Saheb ni 165 ma sal nu mara samast Parsi Irani community na bhai-baheno ane farzandane farzndo upar Aatash Padshah Saheb na aasish aasish!*" he said, blessing the community members.

Parsi Times thanks 80-year-old Marazban Wadia from Panthaky Baug for submitting this report to share with our readers. We also commend his spirit as he has, over the past week, made it his responsibility to ensure that the guidelines of Social Distancing are being firmly followed and not being flouted, by those residing within the colony or outside.

## Get Tech-Savvy With Online Courses



Yazdi Tantra's next Webinar explores the topic, 'Becoming a Dictator - how to use Dictation on Computers and Mobile Phones' and is scheduled for 24th April, 2020 at 9:30 pm IST.

During the current lockdown all over the world, our Community's IT, Business and Networking pro, Yazdi Tantra has been offering live Webinars to help lay users employ technology more effectively, to their own benefits. He has already conducted three successful Webinars - Google Tips & Tricks (<http://bit.ly/TTGoogle1>); Gmail Tips & Tricks (<http://bit.ly/TTGmail1>); and Chrome Extensions (<http://bit.ly/TTChrome1>) - which were well received, with over 150 enthusiastic participants in each.

While watching recordings could also provide you a good overview, an interactive session allows you to ask questions live and share views with other participants online.

These sessions are meant for entry level users and presented in easy to understand, non-technical language for all. "I hereby invite you all to attend the session and derive maximum benefit from the same. The entire session will be conducted on Zoom and can be accessed from Windows / iOS Computers, Android Phones and Apple Phones. However, since there will be screen sharing, it is recommended to watch it on your computers. Log on to: [https://bit.ly/Zoom\\_Instns](https://bit.ly/Zoom_Instns) for detailed instructions on how to participate," says Yazdi Tantra.

All are invited all to take advantage of this fabulous opportunity to upgrade your skills for a better productive experience with your computers and mobile phones, for time well spent, during the lockdown.

ADVERTORIAL

## Dadar's Narielvala Agiary Brings In 198th Salgreh



The Narielvala Agiary, situated close to Mumbai's Dadar station, brought in its grand 198<sup>th</sup> Salgreh, on the 15<sup>th</sup> of April, 2020. In keeping with the necessary restrictions imposed by the lockdown to contain the

novel coronavirus, the Agiary was not open to the public, but a Machi was offered on the occasion, in the evening at 6:00 pm. Many community members joined in the Humbandagi prayers from their homes at the same time.



# Hercules To The Rescue: Natasha Thanawalla Makes It Home

'Like every 21-year-old looking for a bit of adventure, when the former Pakuranga College student, Natasha Thanawalla – who had won an award for Community Service – registered for Volunteer Service Abroad (VSA) she never imagining they would be struck by natural disasters starting with an earthquake, followed by a devastating cyclone, topped by the Coronavirus Covid-19 outbreak!' Parsi Times shares an interesting story, courtesy: Parsikhabar.com, written by journalist and author, Farida Master.

“We were all in shock,” says Highland Park resident Natasha Thanawalla, when they were informed on Friday (10<sup>th</sup> April, 2020) that they would be airlifted home. The very next day they were returning home to Auckland on a Royal New Zealand Air Force C-130 Hercules, a military cargo aircraft carrying vital supplies including satellite phones and chainsaw kits for cyclone-ravaged Vanuatu and a helicopter.

Having been told a number of times that they would soon be put on a flight back home from Vanuatu, the volunteers stranded in the Pacific Island country couldn't believe they would be boarding a Hercules, since all commercial flights were cancelled. “We weren't sure until we boarded the flight at 7pm, Vanuatu time. There were around 50 of us including tourists and aircraft engineers who had flown in from New Zealand to assemble a privately-owned Robinson R66 helicopter (to be used for relief medical work) in 5-6 hours. The engineers had earlier deconstructed the helicopter in Blenheim, South Island, and fitted it in the Hercules. But none of the crew were allowed to step out of the airport into the capital city.” Natasha says that though the military aircraft “didn't have proper seats and it was quite loud, it was a very comfortable flight and they fed us a lot of food.”

Like every 21-year-old looking for a bit of adventure, when the former Pakuranga College student, Natasha Thanawalla - who had won an award for Community Service - registered for Volunteer Service Abroad (VSA) she never imagining they would be struck by natural disasters starting with an earthquake, followed by a devastating cyclone, topped by the Coronavirus Covid-19 outbreak! It was more



adventurous than Natasha had ever hoped for.

Last week when the Times first contacted Natasha in Vanuatu, she was both, anxious and grateful that the programme manager of VSA had safely moved them to the capital Port Vila just before category 5 monster Cyclone Harold hit Santos - the island where she was working at the health clinic. Out of the 23 volunteers who had arrived in February, Natasha was the last of the few, stranded on the island. “The volunteers who were more vulnerable were given high priority to fly out of the country,” she said.

Natasha and six other volunteers, who were left behind, were disappointed when the flight to Auckland that they were to meant to board, on March 26, was cancelled. “It was an emotional moment since I had told mum and dad I was arriving home and then I had to call them and break the news that I had no idea when I'd return. My parents were very worried,” she shared.

The government of Vanuatu was making sure that by sealing their borders well in advance, the locals would be safe. And it worked very well for them. As of

today, there is not a single case of Covid-19 there. In February itself, they had banned entry from four Asian countries into Vanuatu.

“Being the youngest volunteer, I was very fortunate that Jonathan Schwass, High Commissioner of New Zealand in Vanuatu, and his wife - Ann, offered both Helena Ireland (a 22-year-old volunteer) and me shelter in their home. We felt very safe and secure staying with them as they worked day and night to find flights for us back home. We know how hard they worked as they relentlessly negotiated to ensure that we would all reach home safely.”

However, despite all the efforts the diplomat and the programme manager put in, after a while, the girls realised it was no use getting their hopes up since things didn't always go as planned. “We were told that it could be anything from 6 to 16 months before the government of Vanuatu opened up its borders. They couldn't risk it as they just don't have the kind of healthcare system to look after the locals.”

A couple of nights ago, a much-relieved Natasha spoke to the Times from the Ibis Hotel, where she is now in quarantine

for the next two weeks before she finally heads home. She says it's been a big roller-

coaster ride! “I have mixed feelings,” she admits. “While I am really glad that we arrived safely back home in a military cargo aircraft, I am sad that my volunteering service, which was meant to be 10 months, was cut short.” The programme was withdrawn as VSA wanted all the volunteers to return home. “I'm sorry that we had barely finished our cultural orientation and just as we were beginning to enjoy our work there, it all came to a sudden halt!”

But she is determined to go back to volunteer in Vanuatu, someday! “Maybe, sometime next year,” she says, as she describes it as “undoubtedly, the best experience of my life!”

## TCS And CSIR Partner To Find Cure For COVID-19

On 13<sup>th</sup> April, 2020, the Life Sciences division of Tata Consultancy Services (TCS) Ltd, in Hyderabad, shared that it is collaborating with the Council of Scientific and Industrial Research (CSIR), to design new chemical entities, using Artificial Intelligence (AI), for treating the novel 'Severe Acute Respiratory Syndrome Coronavirus 2' (SARS-CoV-2), the source of COVID-19, which has severely affected the people and economies globally.

As per news reports, Ananth Krishnan, Chief Technology Officer, TCS, said, “The TCS life sciences research area is engaged in cutting-edge application-oriented research in synthetic biology... The collaboration between TCS and CSIR is a standing example of public private partnership in tackling a problem of national importance.”

A team of TCS scientists have identified 31 molecular compounds that hold promise

towards finding a cure for COVID-19. This effort is part of the many worldwide mission-critical activities that TCS is engaged in, working with private enterprise and governmental groups. It represents a crucial breakthrough supporting the larger, worldwide endeavors towards combating the coronavirus.

Notably, TCS leveraged its prowess in Artificial Intelligence (AI) as a key part of this discovery process. “The use of AI has considerably shortened the initial drug design process from several months to only a few days,” said Dr. Gopalakrishnan Bulusu, a principal scientist involved in the project.

For now, the TCS team has taken its first small step in a collective global scientific exercise, steadfastly focused on a big drug discovery that a world in lockdown anxiously awaits, as it battles against the deadly novel coronavirus.



## Religious Ceremonies Performed At ZAC



Vandidād or Videvo-dāt (Av.) means laws against the demons. As Zoroastrianism views any calamity as the work of Ahriman (demon) and his counterparts, it was more important than ever to recite this time-tested ancient prayer, to bring back the order of Āshā in our world and lives. It is believed that through the powerful mānthric vibrations of the sacred Vandidād, our world can be rid of this Ahrimanic calamity.

Additionally, every Sunday, a Bui ceremony and Humbandagi are streamed online for the benefit of the faithful to participate. Last Sunday, on the 12th of April, 2020, consecrated water was poured into the earth/ground so that the vibrational blessings of our Mathrawani prayers reach and heal the whole world. This concept is similar to our mobeds pouring the consecrated water in the well at the end of the Yasna ceremony (commonly known as the Zor Melavani Kriya). In this, the spiritually charged Yajashni-nu-pani or Hom-nu-pani is returned to nature to spread its efficacy into the world.

Speaking to Parsi Times, Er. Zarrir Bhandara says, "Considering the unprecedented times we are in, where our community members are not able

Even as the Pandemic spreads its vicious spread all over the globe, the USA seems to have taken the biggest hit, with the very unfortunate loss of over 34,500 lives. We increasingly look to the divine to forgive, save and relieve humanity from the clutches of the deadly COVID-19. The Zoroastrian Association of California (ZAC) has also been reinforcing that sentiment with religious ceremonies recently performed, seeking divine intervention to neutralize the evil and maximise the good.

On 10th April, 2020, Dasturji Kookadaroo's Birth Anniversary Jashan was performed by Ervads Zerkxis and Zarrir Bhandara. The Jashan was live-streamed, so that the community could avail the prayer ceremony by connecting remotely and partaking in the blessings of the Jashan. After the Jashan, Er. Zarrir talked about the miracles performed by Dasturji Kookadaroo and prayed to Ahura Mazda to help humanity by doing away with the evil affliction. Further, he advised the online congregation to not get consumed by the negativity, but to stay clear-minded and elevate their frequency to the level of abundance of all that is good, through the day. "Focus on what you want and stop thinking of what you do not want, as energy flows where attention goes. You are in control of your destiny, retune it, so it becomes your reality. I wish you all a destiny to live an amazing life," said Er. Zarrir Bhandara. "The participants maintained the sanctity of the ceremony being performed, as if they were physically present at the ceremony, by performing a Kusti before joining and refraining from talking. The idea was to pray together for the wellbeing of our family, friends, community, society and for those fighting the virus, and for those that are on the front lines working tirelessly to help others in need," he added.

Earlier, on 21st March, 2020, the Vandidād Sādeh was recited by Er. Zerkxis Bhandara, 1:30 am to 6:30 am. The



to visit our Agiaries / Atashbehrams and participate in religious ceremonies, this is the best way our community can participate in religious ceremonies and pray together. Thereby, we can quench our religious thirst, fulfil our religious needs, enhance our emotional health, and bring about healing around the world sooner. Praying together is so much more beneficial than praying individually, and hearing/ witnessing our religious ceremonies is incredibly powerful. So, at a time like this it would not be right to restrict people from participating just because we have to do it from electronic devices."

## Tata Trusts Deploys Crucial Supplies Through International Arm

Tata Trusts has commenced airlifting crucial supplies for the nationwide deployment to support India's Covid-19 interventions, with the help of Tata International Ltd, the Group's global trading and distribution arm. The imported supplies, which include Personal Protection Equipment kits (coveralls, masks, gloves and goggles) N95/KN95 masks and Surgical masks of various grades, are being transported through Air India aircrafts.

As per a statement put out by the Tata Trust, "The consignment, of about one crore individual units, will arrive in multiple batches and will be deployed where these are most needed across the country through the coming weeks. The total value committed so far to the sourcing of such materials is about Rs. 150 crores." The Trusts' intervention



comes on the heels of Ratan Tata's statement, claiming "urgent emergency resources need to be deployed to cope with the needs of fighting the COVID 19 crisis, which is one of the toughest challenges the human race will face."

Tata International Ltd is headed by Managing Director, Noel Tata, also on the Board of Tata Trusts, and is the half-brother of Tata Trust Chairman, Ratan Tata.

## Nature's Magic Purecolo By Pureganic

Due to the ongoing crisis, which makes good health and strong immunity paramount to all, Pureganic recommends the consumption of Purecolo, to build and strengthen one's immunity to fight viruses and keep us safe and healthy. Bovine Colostrum is the first two days pre-milk fluid lactated by the cow when it gives birth. It is most nutritive and a natural booster or a food supplement, which builds a strong immune system, stamina and overall physical/mental growth.

Working effectively on brain, memory and nerve network, digestive system, muscle growth, Colostrum also contains therapeutic properties to fight Cancer, side effects of chemotherapy, Heart disease, Diabetics, AIDS, Autoimmune diseases including Rheumatoid Arthritis, Allergies, Bacterial, Viral and Parasitic infections. It is hence called Nature's Magicwith89Nutrients-adailysuperfood!

For kids, it helps build appetite, aids digestion, helps development of weight, height and nerves, especially helpful for premature babies and specially-abled children. In adults it is known to alleviate joint pains and serves as a natural overall nutrition supplement. It also helps reinforce the weak digestive system of seniors and improves gut health. In post-operative stitches or diabetic gangrene, burns and cuts, colostrum is a super solution. It ensures

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Pureganic, after much R&D to ensure genuine quality product, has developed colostrum in powder form, for easy consumption. For kids it is made in chocolate flavour called Chocolo and for adults it is called Purecolo. It is also available in tasty chewable tablets called Chewcolo.

For more information on Pureganic range of natural / herbal health food products, with no side effects, kindly Whatsapp/ SMS on 9820812244. Currently, free home delivery in Mumbai is possible.



### The Bawa Word Search

Search out 16 Natural Resources of Mother Nature hidden in the word-jumble box below, in bi-directional, horizontal, vertical and diagonal forms:

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| Titanium     | Soil      | Phosphorus  | Wood    |
| Wind Energy  | Petroleum | Iron Ores   | Uranium |
| Gypsum       | Silicon   | Gold        | Bauxite |

### TechKnow With Tantra Free Logo Creator



If you are in a hurry to create your new logo for free and aren't a designer, you can generate a range of basic logos on this site. First, type your company name, which the site will present to you in various fonts attached emotional values attached to the fonts; next select a colour scheme (again, guidance provided); and finally select the icons relevant to your business/profession. Within seconds, you will be presented logos to choose from, based on your choices. You can edit images and save them for future use – it's all open source and free! Just long on to [www.launchaco.com/logo](http://www.launchaco.com/logo) and get started!

### SUDOKU

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### Would You Like To HELP?

The Bombay Parsi Punchayet (BPP) is reaching out to community members, during these challenging times, to provide help and relief in terms of Food, Groceries, Medical Assistance, Ambulance and Emergency Services, much needed, especially by seniors and the destitute, who are the worst hit by the Coronavirus Pandemic.

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*The BPP appeals to you to donate generously during these extraordinary times.*

### WINNING CAPTION!!!



Doggie: No no! You keep your mask on! It's more peaceful that way!

- by Ratan J Mody

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by

22nd April, 2020.





NOSHIR H. DADRAWALA

# Zoroastrian Meditation For Stress And Anxiety During The Pandemic



COVID-19 has resulted in a lot of stress and anxiety. There is fear and worry about one's own health and that of our loved ones. Many experience changes in sleep patterns, eating disorders and lack of concentration. Every individual reacts differently. While some find solace in reading and writing or simply working from home, others find comfort in prayer and quiet contemplation. Meditation, in

its various forms, appears to be on the top of the list. Meditation is not simply sitting quietly doing nothing. It is a state of awareness, a means of growth that can enable us to observe the various levels of consciousness and infuse our lives with this awareness. The aim of meditation is to bring the restless mind and body into a state of relaxation and total awareness. Peace and joy come to that individual whose mind and body works in harmony.

Meditation is essentially a practice where an individual uses a technique - such as mindfulness, or focusing one's mind on a particular object, thought or activity (including just the act of breathing), to train attention and awareness, and achieve a mentally clear and emotionally calm state. The term meditation is derived from the Latin verb *meditari* which means 'to think, contemplate, devise or ponder'. Broadly speaking meditation techniques fall under two main categories - the Focused Attention Method (which includes paying attention / focusing the breath to an idea or a feeling, or to a *mantra* or on a single point of focus) and the Open Monitoring Method (which include mindfulness and other awareness states).

**In our opinion, the Zoroastrian form of meditation is a combination of both methods. How did Zarathushtra meditate?**

The Pahlavi Zarathushthnameh says Zarathushtra went in search of the Truth at age thirty, and on mount *Ushidarena*, he received Divine Revelation, over a period of ten years. *Ushidarena* is variously translated to mean 'sustainer of inner wisdom'. Zarathushtra must have reflected on the Truths of Nature using his inner wisdom, but perhaps not necessarily sitting in a dark cave. He probably may have pondered on the

Truths of Nature watching the sun rise and set, the seasons change, the moon, the stars and of course, Fire - the giver of light and life.

**Focus on Manthra:** Zoroastrian prayers are called Manthra (Vedic Mantra) which are best understood as articulate sounds which unite the subconscious, the conscious and the super-conscious planes. When properly used, they have the power to bring the individual to a higher state of consciousness. Composed mainly in the Avestan language (the language in which Asho Zarathushtra received Revelation), these are believed to possess a Divine Cosmic Energy. Asho Zarathushtra terms himself Manthram, i.e., composer of Manthras or utterances of spiritual power. It is said, Manthra is the transformation of Divine Energy into words which humans can vocalize.

**Yatha And Ashem:** The Manthra of Ahunavar or the Yatha Ahu Vairyo is the primordial sound of Reality beyond the limitations of Time and Space. To Zoroastrians, the Ahunavar is what the Om is to Hindus and Buddhists - the means of concentrating and arousing forces that already exist within the human psyche. When uttered with feeling and concentration, the Manthra sets off subtle vibrations which affect different psychic centers or chakras in the body.

**The Zoroastrian Way To Meditate:** With the stress and strain of modern life, the art of meditation has already gained popularity. Often, Zoroastrians are disappointed when they are told that there is no direct reference to meditation (at least the passive form) in the Zoroastrian tradition. However, the Zoroastrian form of meditation is simple, meaningful and uplifting. A devout Zoroastrian starts his/her day with the recitation of one Ashem.

The Revayat (letters exchanged between Zoroastrian Priests of Navsari in India with Zoroastrian Priests of Yazd in Iran between the 15th and 18th centuries AD) affirm that this one Ashem recited on getting out of bed is equal to 10,000 Ashems prayed at other times.

In this short *manthra* of 12 words, the devotee praises Righteousness and affirms that he/she will be righteous for the sake of Righteousness. What a wonderful affirmation to begin the day with! He/she also ritually touches the ground with his/her hands thrice and seeks the blessings of Mother Earth or the spirit of *Spenta Aramaiti*. The blessings he/she seeks are virtues of piety, patience, tolerance and compassion. In fact, *Spenta Aramaiti* is the very embodiment of these virtues. He/she then offers the *Kusti* prayers, rejecting all that is evil in this world. In fact, every time the *Kusti* ritual is performed during the day, there is an unswerving commitment to promote the *Will of Ahura Mazda*.

A Zoroastrian meditates once again when, after a bath, he/she offers the *faraziat* or obligatory prayers. In these prayers, he/she offers homage to *Ahura Mazda*, the *Amesha Spentas*, the *Yazatas*, *Asho Zarathushtra*, the *Fravashis* and all the Good Energies and creations of *Ahura Mazda*. In the process of offering homage, the devotee attunes himself/herself to these Energies and derives spiritual nourishment. He/she may also meditate offering the *Atash Niyash* before the fire, either at home or at an *Agiary* or *Atash behram*. In this litany we pray before fire which is a giver of light, warmth and life itself. What a wonderful response and antidote for a dark, cold and non-life particle known as novel coronavirus.

**Meditation As A Way Of Life:** Meditation may also be understood as an attitude

towards life. The Zoroastrian form of meditation does not involve retreat into the mountains and caves or for that matter even a quiet room, but using the activities of everyday life as a means of focusing the mind and expanding consciousness. It is learning to view every event objectively as the means for self-knowledge and spiritual growth. The many thoughts which flow ceaselessly into the conscious mind of all human beings do not disturb the person whose body and mind works in harmony. Such a person takes every situation, every relationship with the world, with the environment, with his friends, with his family and work into his discipline of meditation.

Little wonder that Zarathushtra did not even remotely suggest a life of denial or renunciation. His message is simple and clear - "Be HAPPY and make others happy!" Marry, have many children, eat, drink, create wealth, but be charitable and helpful to all. There is no need to keep fasts or practice celibacy to please *Ahura Mazda* or



to gain salvation. Stay positive and exercise the right choices is the essence of Zarathushtra's teachings. In a sense, Zarathushtra encouraged an active and not passive form of meditation. He encouraged his followers to be in this world and enjoy its bounties with awareness and gratitude, not run away from it. He did not ask his followers to shut their eyes and look inward, rather he encouraged them to behold *Ahura Mazda's* good creations with eyes wide open and offer respect and gratitude.

**Anecdote Of A Happy Bawaji:** This is an anecdote that I have written without offence to any yogi or baba. It's written solely with the aim to demonstrate

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the Bawa attitude to life. A Parsi Bawa and a Yogi Baba decided to spend the day together and find happiness. They went up a mountain and the view was breathtakingly good. The Baba decided to close his eyes and focus on his breath. What a waste of God's gift of sight and this beauty and so saying, the Happy Bawa decided instead to keep his eyes open, hear the birds sing and breath normally and watch the beautiful sunset instead of his breath.

Came night and the Baba decided to drink water from the nearby stream. The Bawa took out his hip flask and added the water to his favourite tippie and offered a toast to the giver of water and slept soundly and happily. The Baba could not sleep wondering why he has not found happiness. Towards morning the Baba decided to extend his fast because his stomach felt bloated.

The Bawa too felt some bloating but ate all the fruits he could find took out his tea bag, boiled the water and soon after the breakfast, his digestive system was clean and he felt good and happy.

Back home, both asked each other, "did you find happiness?" The Baba said, "It does not come easily - I must keep trying." Crying with laughter, our Bawa said, "Aarrey ghadhera! There was happiness to see but you closed your eyes. There was happiness to breathe among the flowers, but you were only fixated on counting your own breath. There was happiness in the bounty of water and fruits, but you refused to enjoy it and instead, you fasted, causing acidity! You came along in search of happiness but refused to let in the happiness surrounding you by focusing only on your inside!"

Indeed, to a Zoroastrian, life is for living and to live it to the fullest, without any regret or remorse! If the aim of meditation is to find inner joy and happiness, Zarathushtra said that joy and happiness comes to those who bring joy and happiness to others! We see so much of this at our Parsi colonies today - the young helping out the elderly with routine housework; strangers preparing food or providing the basic essentials for the disabled or disadvantaged... the milk of human kindness seems to be overflowing!

Do take some quiet time out to reflect and rejuvenate during this pandemic. Sit in a quiet room, if that helps. But, always remember that a Zoroastrian's purpose on earth is not to spend hours focusing on the breath, but to live a life that would make Nature sing the song from the movie Top Gun - 'Take my breath away'!

# A Letter To Pet Parents



SHIRIN MERCHANT

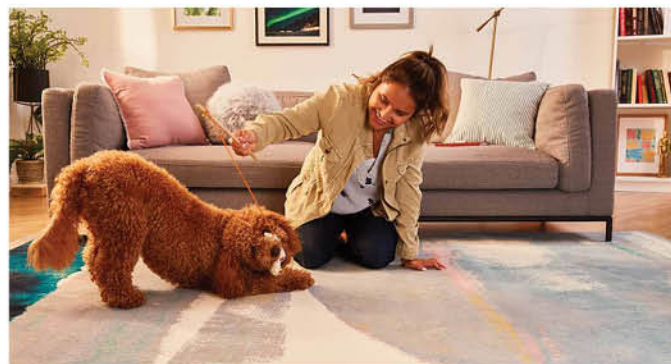
Shirin Merchant is India's pioneering Canine Behaviourist and Trainer. For the past 25 years, she has worked hard to ensure that dogs in India are trained using reward-based methods.

Dear Pet Parents,

*We are in the midst of difficult times. Your dogs are probably as apprehensive as you are. They may not know what exactly is going on, but they do know that we are stressed, frightened and maybe even depressed. They love us and they feel our pain.*

*Of course, having you at home would have initially been a joyous gift for many dogs who have to otherwise fight for our time and attention, but our dogs would have also hoped that it would have just been about fun-playtime, long walks and relaxing naps... not a situation where outdoor walks have abruptly stopped or why their friends have stopped coming over to say hello or why you are tense and anxious.*

*Over the coming weeks, you are likely to see behaviour problems crop up - whether it is anxiety, a spurt in aggression or a regression in toilet training. It could be your dog just behaving like he has forgotten his training or sitting quietly in a corner all day or a dog that is grumpy or moody. You may see tantrums, attention seeking behaviour or even your dog withdrawing into a shell as he tries to make sense of the situation. This is normal and expected under such circumstances.*



*What our dogs need right now is to feel loved and be comforted; to know that everything will be alright again one day. It is okay if your dog doesn't get his one hour walk or his mandatory half hour training session. Instead, why not use this time to play silly, meaningless fun games with them... bake cookies for them, put on music and dance, take naps with your dog on your lap and sit for hours side by side, watching the birds fly outside.*

*Do what makes you and your dog happy. Let go of your old schedule and embrace a newer, happier and more relaxed one. Don't worry about their training regressing or how you will deal with issues that crop up. When life returns to normal, we will all be able to pick up the pieces again.*

*Don't smack your dog because he didn't do a sit when you told him to, or scold him because he didn't stop barking. If*



*we can learn one lesson as pet parents at this difficult time, it should be that our dog's mental health is more important than their obedience skills.*

*Our dogs are watching us and learning from us on how to cope during adversity. These lessons will teach them far more than any training ever can on how they can cope when stressed.*



*The memory of the love, the fun and the warmth that they get from you at this trying time will live longer in their mind than any commands ever will.*



*Remember that you are not alone at this time. I will be there for you every step of the way. Reach out if you need me and I will do my best to guide you!*

Stay safe and stay well.

- Shirin Merchant



### તાતાની મદદ સતત ચાલુ!

આ રોગચાળા દરમિયાન ભારતભરની સંખ્યાબંધ હોસ્પિટાલિટી ચેન, આરોગ્ય સંભાળ પ્રદાતાઓ અને સમુદાયની સહાય માટે પહેલ કરવાનું શરૂ કરી ચૂકી છે, આશ્ચર્યજનક વાત નથી, તાતા ગ્રૂપની આઈએચસીએલનો હવાલો સંભાળવાનો છે. આઈકોનિક તાજમહલ પેલેસ, તાજ લેન્ડ્સ એન્ડ, તાજ સાન્ટાક્રુઝ, ઘ પ્રેસિડન્ટ અને સંખ્યાબંધ હોટલ મુંબઈ, મડગાંવ, નોઈડા, ભુવનેશ્વર, ફરીદાબાદ, બેંગ્લોર, ઉત્તરાખંડ અને ચેન્નાઈમાં તેના જીવન બ્રાન્ડમાંથી એક અઠવાડિયાથી વધુ સમય સુધી, આઈએચસીએલે

તેની અસંખ્ય સંપત્તિના દરવાજા ખોલ્યા છે, તબીબી બિરાદરોને તેમને આવાસ અને ખોરાક પૂરા પાડવામાં મદદ કરી છે, રસોઈયા સંજીવ કપૂર સાથે જોડાણ કર્યા પછી, આઈએચસીએલ, મુંબઈ, બેંગ્લોર અને નવી દિલ્હીની કી હોસ્પિટલોમાં મેડિકલ સ્ટાફને નિ: શુલ્ક ભોજન પણ આપે છે. ૨૩ માર્ચ, ૨૦૨૦ ના રોજ શરૂ થયેલી પહેલ ૧૪ એપ્રિલ સુધી ચાલુ રહી, અને પહેલેથી જ ૧,૩૦,૦૦૦ થી વધુ



ભોજન (૯ એપ્રિલ, ૨૦૨૦ સુધી) નું વિતરણ કરી ચૂક્યું છે. ગયા અઠવાડિયામાં કંપનીએ મુંબઈમાં સ્થળાંતર કરનારા કામદારોને ૧,૫૫,૦૦૦ થી વધુ ભોજન પણ આપ્યું છે. તે લોકડાઉન દરમિયાન તેમને જમવાનું પૂરું પાડશે.

### બચાવ માટે બીપીપી!



૨૯મી માર્ચ, ૨૦૨૦ ના રોજ શરૂ કરાયેલ હેલ્પ લાઈન સ્થાપિત કરવાની બોમ્બે પારસી પંચાયતની સમયસર પહેલ, જે ચાલુ લોકડાઉન દરમિયાન સમુદાયના તમામ સભ્યોને જરૂરિયાત મુજબ મદદ કરશે તે હેતુથી, સામાન્ય રીતે, અને આપણાં વરિષ્ઠ લોકો માટે ખૂબ જ મદદરૂપ સાબિત થઈ છે. કોવિડ ૧૯ રોગચાળો ફેલાવ અટકાવવા કરવામાં આવેલું વૈશ્વિક લોકડાઉન તે આપણા સમુદાયના સભ્યો માટે પડકારજનક છે, ખાસ કરીને સિનિયર સિટીઝનો માટે.

તકલીફના આ કોલને પ્રતિક્રિયા આપીને, બીપીપીએ લોકડાઉન દરમિયાન અથવા ઈમરજન્સીનો સામનો કરેલા કોઈપણ મુદ્દાઓ પર સમુદાયના સભ્યોની મદદ / સહાય માટે પહોંચવા માટે સમર્પિત સહાયની લાઈન સ્થાપિત કરી છે. બીપીપીનાં નિવેદનમાં લખ્યું હતું કે, અમે ખાદ્ય પુરવઠો / કરિયાણા વગેરેનો અભાવ તેમજ વૃદ્ધોને અથવા નજીકના ડોક્ટરો અને જી.પી. સાથે નિષ્ક્રિય થઈને તબીબી જરૂરિયાતો / કટોકટીની તંગી પૂરી કરીશું અને એમ્બ્યુલન્સ સેવાઓ પ્રદાન કરીશું. તેના વચનને અનુસરીને, બીપીપીની ડાયરેક્ટ હેલ્પ લાઈન કરિયાણાની ઉપલબ્ધતા અને અન્ય જરૂરી વસ્તુઓ સહિતના મુદ્દાઓ સાથે કામ કરતા સમુદાયના સભ્યોને ઘણી રાહત આપી છે. તબીબી આવશ્યકતાઓ અને અન્ય મુશ્કેલીઓ જે તેમના રોજિંદા જીવનના કામકાજ માટે ગંભીર પડકારો ઉભા કરે છે.

પારસી ટાઈમ્સ, ડાયરેક્ટ હેલ્પ લાઈનના પ્રથમ પ્રતિસાદકર્તાઓ જિમી મર્ચન્ટ અને રોની એફ પટેલ, સાથે મળી જે નિષ્ઠાપૂર્વક સુનિશ્ચિત કરે છે કે સમુદાયના સભ્યો તરફથી તેમને મળતા દરેક કોલના જવાબો અને આવશ્યકતાઓનું નિરાકરણ આવે છે. બંને બી.પી.પી. સાથે કાર્યરત છે.

જિમી મર્ચન્ટ અને રોની પટેલ દ્વારા એકત્રિત કરવામાં આવેલા આંકડા મુજબ, મોટાભાગના કોલ્સ વરિષ્ઠોના છે, જે પોતાના સાથીદાર સાથે રહે છે, બાગોની બહાર જૂની ઈમારતોમાં અથવા વૈશ્વિક ઈમારતોમાં.

પારસી ટાઈમ્સ સાથે વાત કરતા, ડાયરેક્ટ હેલ્પ લાઈનના પ્રથમ પ્રતિસાદકર્તા, જિમી મર્ચન્ટ શેર કરે

છે, શરૂઆતમાં જ્યારે અમે પ્રારંભ કર્યો ત્યારે અમારે સિસ્ટમોને વધુ સુવ્યવસ્થિત કરવી પડી, કારણ કે અમે ડાયરેક્ટ હેલ્પ લાઈનના સમાચાર શેર કર્યાની ક્ષણોમાં જ ફોન આવ્યો. પરંતુ એક કે બે દિવસમાં, દરેક વસ્તુ તેની જગ્યાએ હતી, અને અમે આપણા સમુદાયના સભ્યોની ચોકસાઈ અને ગૌરવ સાથે સેવા કરવામાં સક્ષમ થયા હતા! અમારી પાસે ઉત્સાહી અને સમર્પિત સ્વયંસેવકોનો સારો ડેટાબેસ છે, જે સમુદાયની સેવા માટે હંમેશાં તત્પર રહે છે - તેઓ સમુદાયના સભ્યોને પાસે પહોંચવાની સાથે સાથે આવશ્યક ચીજો પૂરા પાડવાનું મહાન કાર્ય કરી રહ્યા છે. અમે યોગ્ય પ્રતિસાદ પ્રણાલી પણ ચલાવીએ છીએ - જ્યાં લાભાર્થીઓને તેમની જરૂરિયાતોનો પૂરતો ઉકેલો થયો છે.

મોટી સંખ્યામાં કોલ કરિયાણાની સાથે સાથે રાંધેલા ભોજનના સપ્લાય માટે કરવામાં આવ્યા હતા. જ્યારે કેટલાક સમુદાયના સભ્યો કરિયાણા અને ભોજન માટે ચૂકવણી કરવા સક્ષમ છે, જ્યારે તેમની નાણાકીય મુશ્કેલીને ધ્યાનમાં રાખીને, થોડા લોકોને સમાન આભાર પ્રદાન કરવામાં આવે છે. તેમની જરૂરિયાતો સાથે ડાયરેક્ટ હેલ્પ લાઈનને ફોન કર્યા પછી, સંખ્યાબંધ સિનિયરોએ તેમની દવાઓ અને પુખ્ત ડાયપરની આવશ્યકતાઓ પણ પ્રાપ્ત કરી છે. આ ઉપરાંત, બીપીપી એવા નિરાધાર લોકોને નાણાકીય સહાય પણ પૂરી પાડે છે કે જેઓ તેમનો માસિક ખર્ચ ન મેળવી શક્યા હોય.

બીપીપી ડાયરેક્ટ હેલ્પ લાઈન સ્વયંસેવકોના એક મુખ્ય જૂથ સાથે કાર્ય કરે છે, જે વિવિધ બાગ અને કોલોનીમાં ફેલાયેલા છે જેમાં કેટરરો પણ શામેલ છે જે કરિયાણા, ભોજન, દવા વગેરે પહોંચાડવામાં મદદ કરે છે. જ્યારે સમુદાયના સભ્યો ડાયરેક્ટ હેલ્પ લાઈન નંબર પર કોલ કરે છે, ત્યારે પ્રથમ તેઓની જરૂરિયાતોની નોંધ લે છે અને સ્વયંસેવકો સાથે વિશિષ્ટ આવશ્યકતાઓને વહેંચે છે, જેઓ આ પ્રસંગે મોટા પ્રમાણમાં આગળ વધે છે અને જરૂરી સમુદાયના સભ્યો માટે તેમનું કામ કરે છે.

### કોરોના કટોકટી: આપણામાં શ્રેષ્ઠતા લાવવા માટે મુશ્કેલીઓ કેમ આવી રહી છે?

કોવિડની પકડ વધુને વધુ મજબૂત થતી જાય છે. માનવ નબળો છે તે માન્યતા પહેલા ક્યારેય નહોતી મળી. એક વખત અદ્રશ્ય યમની છબી સ્પષ્ટ છે અને કોઈની શક્તિ, સંપત્તિ, ટેકનોલોજી, પરમાણુ શસ્ત્રાગાર એક વાયરસની સામે નબળી પડી ગઈ છે. માનવજાતને કુદરતનો આદર કરવો શીખવોજ પડશે. આ લોકડાઉન, પછી, ઉજવણી કરશો કે નહીં.

૧) પોતાને ફરીથી શોધવામાં મદદ કરો. તમારી કમ્પ્યુટર કુશળતા વિકસાવવા / વધારવા, તમારી આવડતને આગળ વધારવા, રાંધવા જેવી કોઈ નવી વસ્તુ શીખવાની, કોઈના મકાનના ટેરેસ પરથી પક્ષીઓના ચિત્રો લેવાનું અને હજારો યાદોને અલગ કરવાનો આ સમય છે. સમય મળે છે તેનો ઉપયોગ કરો.

૨) આત્મનિરીક્ષણ, યોગાસન, ધ્યાન, કોઈની માર્શનલ્કલનેસ અને ચેતના વધારવાનો અને કુદરતની સરળ ઉપહારોનો આનંદ માણવાનો આ સમય છે, આ બધું મફત છે!

૩) ઘરમાં મદદ કરો સાફ, સફાઈ કરવા અને કપડા ધોવા, ઈશ્તી કરવા, રસોઈ અને બાગકામ કરવા અને તેમની કુશળતા, કાર્યક્ષમતા અને એકંદર ઉપયોગિતાને સમજો અને પ્રશંસા કરો.

૪) સંગીત અને ટીવી કાર્યક્રમોની શેલીઓ, પુસ્તકો અને ઓનલાઈન સમ-ચાર વાંચવા, સાંભળવાનો આનંદ લો. વધતા જતા રોગચાળાના વધતા આંકડા સિવાય, કોઈ આતંકવાદી હુમલાઓ, ગુનાઓ અથવા ખરાબ અસામાજિક સમાચાર નથી.

૫) પાળતુ પ્રાણી, બાળકો અને તેથી વધુ, પૌત્રો સાથે રમવું; તેમને શીખવવું અને તેમની પાસેથી શીખવું.

૬) યુગલોને વ્યસ્ત રહેવા માટેનો સમય મળે છે (નવા પરણેલાઓ પાસે છે લાંબુ હનીમૂન!).

૭) પારિવારિક વિવાદો સમાધાન કરવાની તક મળે છે.

૮) મકાનમાલિકો અને પૈસા લેનાર લોકોથી કામચલાઉ રાહત.



૯) તમારા કબાટ, પેન્ટ્રી અને સ્ટોરેજ વિસ્તારો ગોઠવો અને વર્ષોથી તમે સંગ્રહિત કરેલી અને ક્યારેય ઉપયોગમાં ન લીધેલી અથવા જોયેલી વસ્તુઓને ગોઠવવાનો સમય!

૧૦) ફક્ત ફોન પર, મિત્રો અને સંબંધીઓ સાથે, ખાસ કરીને તે લોકો જેમની સાથે તમે લાંબા સમયથી કોન્ટેક્ટમાં નથી.

૧૧) પેન્શનરોની જેમ, કરકસર અને બચત પર જીવવાની કળા શીખો.

૧૨) આર્થિક મંદીના પગલે, આતંકવાદી સંગઠનોનું ભંડોળ ઘટશે અને આપમેળે નબળા પડી જશે.

૧૩) પરંતુ જો તમારી પાસે પૂરતો નાણાં બાજુએ રાખ્યો હોય, તો આ સમય રોકાણ કરવાનો છે. થોડા મહિનામાં, ભાવ આસમાને જશે. (શું તમને આગાહી કરવા માટે કોઈ અર્થશાસ્ત્રીની જરૂર છે?)

૧૪) મોલ્સ અને થિયેટરોની લોટલોની મુલાકાત લીધા વિના જીવન આગળ વધી શકે છે.

૧૫) મુસાફરી ન કરવાનો અર્થ પેટ્રોલ પર બચત.

૧૬) માર્ગ અકસ્માતમાં ઓછા લોકો મૃત્યુ તરફ જતાં હોવાથી ઓછા લોકો મોતને ભેટતા હોય છે. મૃત્યુ દરમાં ઘટાડો.

૧૭) તમે હજી પણ ઘરેથી કામ કરી શકો છો અને કમાઈ શકો છો ઓફિસ ગયા વગર.

૧૮) ગૂઘલ હેંગઆઉટ્સ, ઝૂમ વગેરે ઓનલાઈન દ્વારા આપણા શીખવાના ઉદ્દેશો ચાલુ રાખવા માટે આ તકનો ઉપયોગ કરો, બાળકો પણ ઓનલાઈન વર્ગો દ્વારા તેમનું શિક્ષણ ચાલુ રાખે છે.

૧૯) ઘરે રાંધેલા ખોરાક ખાવા અને બહાર ન ખાવાનો મતલબ કે જંક ફૂડ પર નાણાં વાપરવા નહીં, અથવા ફૂડ પોઈઝનિંગ અથવા હેપેટાઈટિસથી બચાવ.

૨૦) વ્યક્તિગત સ્વચ્છતા અને આરોગ્યનું મૂલ્ય આજકાલ જેટલું મહત્વપૂર્ણ ક્યારેય લાગ્યું ન હતું. યાદ રાખો, ઓછા વિશેષાધિકારો, નબળા નાણાકીય ભંડોળ હોવા છતાં, વધુ સારી સ્થિતિસ્થાપકતા, જીવન ટકાવી રાખવાની વૃત્તિ તેમજ રોગપ્રતિકારક શક્તિ છે.

૨૧) સમજવું કે જ્યારે વ્યવસાયો મુશ્કેલી અનુભવે છે, શેર બજારો ઘટશે, આવક અને ખર્ચ વચ્ચેનું અંતર ઘટશે, તમારે તમારા શરીરની સંભાળ રાખવી પડશે, આરોગ્ય ખરેખર સૌથી મોટી સંપત્તિ છે!

- ડૉ. કેકી તુરેલ



## નાગપુરના ખુશરૂ પોચા દ્વારા રોગચાળા દરમિયાન રાહત! સીએમ ઉદ્ધવ ઠાકરેને તેમણે ખુશ કર્યા!



નાગપુરના ખુશરૂ પોચા, સેન્ટ્રલ રેલ્વે (સીઆર)ના કમર્સિયલ વિભાગ (નાગપુર)ના સુપરિટેન્ડન્ટ, આ પડકારજનક સમયમાં, હજારો ગરીબ લોકોને ખવડાવવા માટે એક સફળ વ્યૂહરચના પર પ્રહાર કર્યો તે

પણ એનજીઓની મદદ લીધા વિના પોચા તેમના વ્યક્તિગત અને વ્યાવસાયિક સંપર્કોનો ઉપયોગ કરી સોશ્યલ મીડિયા દ્વારા, વિશ્વભરના દયાળુ લોકો પાસેથી ખોરાક અને સહાય એકત્રિત કરી રહ્યા છે.

ચાલુ કોરોનાવાયરસ રોગચાળા દરમિયાન, તેમણે એકલા હાથે રૂ. ૪ મિલિયન, જેણે ૬,૦૦૦ થી વધુ પરિવારોને લાભ આપ્યો છે, ઉપરાંત તેમાં બે ટન ચોખા છે વધુ નિરાધાર લોકોને ભોજન આપવામાં મદદરૂપ થયા છે.

જ્યારે ઉદ્યોગપતિઓ આશ્ચર્યજનક રકમ દાનમાં આપતા હોય છે, ત્યારે પોચાએ સાબિત કર્યું હતું કે તેઓ એનજીઓ, દાન અથવા બેંક ખાતા વગર પણ લોકોનું ધ્યાન રાખે છે.

તેમના સારા કામના સમાચારોએ એટલી તીવ્ર અસર કરી કે ૭મી એપ્રિલ, ૨૦૨૦ ના રોજ, ખુદ મહારાષ્ટ્રના મુખ્યમંત્રી ઉદ્ધવ ઠાકરેનો ફોન આવ્યો કે આર્થિક સહાય વિના તેમણે આ બધું કેવી રીતે કર્યું, પરંતુ ખુશી વ્યક્ત કરી કે મહારાષ્ટ્રનો એક નાગરિક તે કરી રહ્યો છે ત્યારે મને સન્માનની લાગણી થઈ.

વસંતરાવ નાઈક અને કિશોર તિવારી, પોચાના વખાણ કરી આગામી દસ દિવસ માટે લગભગ ૫૫૦ ખેડુતોની વિધવાઓ અને તેમના પરિવારો રાશનનો ટ્રક મોકલ્યો હતો.

બધી વિનંતીઓ ડોનેટકાર્ટ ડોટ કોમ પર જાય છે અને દાતાઓ તેમના યોગદાન આપે છે જે પોચાના સપ્લાયર તરફ દોરવામાં આવે છે જ્યાંથી તે જરૂરી સહાય-સામગ્રી મેળવે છે.

અમે ભારતમાં ૨૧ સેવા કીચનની

સ્થાપના કરી છે. મોટે ભાગે કેન્સર અથવા બાળકોની હોસ્પિટલો અથવા શાળાઓમાં જ્યાં લોકોને સારો, પોષક ખોરાક મળી શકે છે જે એકદમ નિ:શુલ્ક છે. આ ઉપરાંત, અમે આ સ્થાનો પર નેકી કા પિટારા (ફિજ) સ્થાપિત કરી છે. સેવા કીચન દિવસમાં ૩,૦૦૦ લોકોને ભોજન આપે છે.

તેમણે નવી દિલ્હીના સરિતા વિહારની ગુલદસ્તા સ્કુલ જેનું સંચાલન વિમલા કોલ દ્વારા કરવામાં આવે છે ત્યાં સેવા કીચનની વ્યવસ્થા છે અને જાતિધર્મ જોયા વગર ત્યાં જમવાનું પૂરું પાડવામાં આવે છે.

લગભગ ૨૦ વર્ષ પહેલાં, તેમણે ભારતની સ્કટલાંડાઓની સૂચિને તેમની વેબસાઈટ દ્વારા અગ્રેસર કરી હતી અને ત્યારથી સેંકડો હજારોની સંખ્યામાં લોકોનું જીવન બચાવવામાં તેમનો મુખ્ય ફાળો છે. ૨૦૦૧ ના ગુજરાત ભૂકંપ દરમિયાન, જ્યારે પીડિતો માટે લોહીની તંગી હતી, ત્યારે તેમણે એક ખાનગી ટીવી ચેનલ બોલાવી હતી અને તેમની

વેબસાઈટ ચલાવવા વિનંતી કરી હતી જ્યાં તેમને બહોળો પ્રતિસાદ મળ્યો હતો.

પર વર્ષીય પોચા તેમની પત્ની ફર્મિન અને તેમની ૭ વર્ષની પુત્રી તનીશા સાથે રહે છે, જે સંત નિરંકારી સેવા દળ જેવા મોટા સામાજિક જૂથો અને સંગઠનો સાથે જોડાયેલા છે, જે મદદ માટે કોઈ પ્રચાર અથવા ફોટો-ઓગ્સની પરવા કર્યા વિના, ચૂપચાપ કામ કરે છે.

લોકડાઉન સમયે નેકી કા પિટારા, ૨૪ કલાક ફૂડ પેકેટો, રાંધેલા ભોજન સાથે ભરેલું હોય છે. ડોનરો વોટસઅપ ગ્રુપ દ્વારા જોડાયેલા છે અને ફિજ જેવું ખાલી થાય એટલે તે પાછું ભરવામાં આવે છે.

ખુશરૂ પોચાની દીકરી તનીશા પણ તેમના જેવીજ છે તેણે આ વર્ષે મહારાષ્ટ્રના કેટલાક ભાગોમાં વિનાશકારી પૂરમાં ગ્રસ્ટ બાળકોને ૫,૦૦૦ સ્કૂલબેગ દાનમાં આપી હતી અને તેને બેગ ઓફ કાર્ટન્ડનેસ નામનું લેબલ આપ્યું હતું!

(કર્ટસી - આઈએએનએસ કાર્ટદ નઝમી)



### મારા બપયજી



એક દિવસની વાત છે અમારા બપયજી રસ્તા ઉપર બોલતા બોલતા જઈ રહ્યા હતા કે મારી વડુ પાગલ થઈ ગઈ છે ઉંમર મારી વધી ગઈ છે અને તે પોતે દરરોજ દૂધી, મગની દાળ વગેરે વગેરે અમને ખવડાવે છે આ બધું રોજ કોને ભાવે?

આજે તો ગમે તે થાય હું મારી પસંદની શાકભાજી લઈને જ રહીશ. પાલક

પનીર, મટર પનીર, કોબીજ બટેટા વગેરે શાક ખાધા ને તો જાણે વર્ષો વીતી ગયા હોય તેવું લાગી રહ્યું છે. મોઢાનો સ્વાદ બગાડી નાખ્યો છે. જ્યારે આ બ્લડ પ્રેસર, ડાયાબીટીસ અને અપચો પણ પીછો છોડવાનું નામ નથી લેતો.

આવી રીતે બપયજી બોલતા બોલતા માર્કેટ તરફ જઈ રહ્યા હતા એવામાં તેનો દીકરો સામ તેનો પૌત્ર નોઝર અને તેની પત્ની રોશની સામેથી આવી રહ્યા હતા, તેઓની પોતાની સ્ટેશનરીની દુકાન હતી અને બપોરે ત્રણે સાથે જમવા માટે પાછા ફરી રહ્યા હતા.

એવામાં તેના પૌત્રનું ધ્યાન બપયજી તરફ પડ્યું એટલે તરત નોઝરે પૂછ્યું 'બપયી તમે આવા સમયે ક્યાં જાઓ છો? શું તમે ફરવા જાઓ છો? અને જો ફરવા જતાં હોય તો પણ આ રસ્તો તો બગીચા તરફ જતો નથી.'

એટલે બપયજીએ જવાબ આપતા કહ્યું કે બગીચામાં નહીં હું તો શાકભાજી લેવા માટે માર્કેટમાં જઈ રહી છું.

એટલે સામે જવાબ આપ્યો કે 'તમે શું કામ જઈ રહ્યા છો? શીરીન ક્યાં છે શું તે શાકભાજી લેવા નથી ગઈ? અચ્છા એક કામ કરો લાવો મને જણાવી દો તમારે શું લેવું છે હું તમને લઈ આપું છું.'

બપયજીએ કહ્યું કે 'રહેવા દે તું પણ શીરીન જે કહે તેજ લાવીશ દૂધી, મગની દાળ વગેરે. એના કરતાં મારે મારી પસંદગીનું લેવું છે એટલે હું જ લઈ આવું છું.'

સામે કહ્યું, મમ્મી તમને તો ખબર છે

કે તેની વાત કાપીને બપયજીએ જવાબ આપ્યો કે બસ હવે તું ઘરે જા હું જાઉં છું માર્કેટમાં. આથી તેના સામે સ્થિતિને પારખીને તેના દીકરા વડુ બંને ને ઘરે જવાનું કહ્યું અને તેની માતાને કહ્યું કે અચ્છા તમને જે પસંદ હોય તે લઈ લો પરંતુ હું તમારી સાથે આવીશ.

બપયજીએ કહ્યું કે એક શરત એ તું મારી સાથે આવી શકે છે. હું જે પણ કંઈ શાકભાજીની ખરીદી કરું તેમાં તું વચ્ચે બોલતો નહિ અને મને કોઈ જાતની મનાઈ કરતો નહીં. અને આ બધી શાકભાજી ના પૈસા પણ હું આપીશ. તુજે મને દર મહિને પૈસા આપે છે ખર્ચા માટે તેમાંથી ઘણા ભેગા થયા છે મારે, અને કોઈ પણ વસ્તુની જરૂરિયાત હોય તો હજી તો હું તમને જાણ કરું તે પહેલાં જ તમે લઈને મારી સામે રજૂ કરી દો છો.

આથી સામે થોડું હસીને કહ્યું ઠીક છે હું તમારી સાથે આવું છું.

શાકમાર્કેટમાં પહોંચ્યા તો બપયજીએ કોબી, બટાટા, પનીર, વટાણા વગેરે ઘણા શાક-ભાજી લીધા અને પછી તેના દીકરાને કહ્યું કે તારી પણ કોઈ પસંદગીનું શાક હોય તો લઈ લે.

તેના દીકરા એ દૂધી લેવડાવી.

બંને શાકભાજી ખરીદી કરીને ઘરે આવ્યા અને શાકભાજી રસોડામાં આપ્યું અને શાક બનાવવાનું કહ્યું, બંને સાસુ વડુએ ભેગા મળીને બપયજી તેમ જ બધા માટે તે શાક બનાવ્યું અને થોડા જ સમયમાં બધું તૈયાર કરીને ટેબલ ઉપર

ગોઠવી દીધું.

બધા લોકો ડાઈનિંગ ટેબલ ઉપર બપયજીના જમવાની શરૂઆત કરે તેની રાહ જોઈ રહ્યા હતા એવામાં બપયજીએ કહ્યું કે શીરીન, મારા માટે દૂધી અને મગની દાળ બનાવી છે તે આપી દો.

એટલે બધા એકબીજા સામે જોવા લાગ્યા કે આટલું બધું શાક બનાવ્યું તો બપયજીએ દૂધી અને મગની દાળ કેમ માંગી?

બપયજીએ હસીને કહ્યું કે શું તમે બધા મારી સામે જોઈ રહ્યા છો? હું મારા માટે આ બધું શાક લેવા માંગતી નહોતી પરંતુ હું બીમાર છું અને મારા માટે દૂધી અને મગદાળ બને છે તો એનો મતલબ એવો નથી કે તમે બધા પણ મારા કારણે એવું જ જમવાનું ખાઓ. આથી હું માર્કેટમાં જઈને બધા ને ભાવે તે માટે આવા

શાકભાજી લઈને આવી.

અને હું બધું જ જાણું છું કે મારા માટે ક્યો ખોરાક પૌષ્ટિક છે, અને હું પણ એ જ ખોરાક ખાવા માંગું છું પરંતુ મારા કારણે તમે લોકો શું કામ તમારો સ્વાદ બગાડો છો આથી કોઈ દિવસ થોડું ચટપટું પણ ખાવું જોઈએ.

અને હા તમે બધા ખાવો પીવો સ્વસ્થ રહો એ જ હું ઈચ્છું છું. આટલું બોલીને બપયજીએ જમવાનું શરૂ કરી દીધું.

બધા લોકો એકબીજા સામે જોઈને મરકમરક હસી રહ્યા હતા, અને પછી દરેક લોકોએ ચટપટા સ્વાદની મજા માણી. આખરે પરિવાર એ જ હોય છે જેમાં પોતાના પહેલા પોતાના લોકોની લાગણી સમજવી અને એકબીજાનો ખ્યાલ રાખવો.

### વિચિત્ર

માનવ છે ગુંચવણભર્યો, સાચેજ ઘણો વિચિત્ર કહે એને પોતે બનાવ્યું, જો બને સારું એનું ચિત્ર ખુશાલિથી છલકાય, મહકે, પહેરી મોંઘુદાદ ઈત્ર ન જાણે ક્યાથી આવી જાય એનામાં અભિમાન અને જોશ. પણ બને જો ચિત્ર ખરાબ, તો કાઢે બીજાનો દોષ આવું કરવામાં, છે એ માહેર, ખરેખર બાહોશ. વિચાર્યું છે કદી તમે, આં બિમારી માટે, એના ઉપાય માટે? તોળે નહિ એ એની ભુલ, કરે નહિ એ ન્યાય, ધરમનાં કાંટે. પછી ડંખ્તા અંતકરણ સાથે જાય એ, આં પાપ ધોવા, ગંગા ઘાટે. શું માનો છો તમે પણ, કે માનવ છે વિચિત્ર???

- આરમીન દુતિયા મોટાશા



એક નજર પારસી મરણો ઉપર

Deceased મરનાર	Age વય	Date તારીખ	Address ર. કે.	Relations સગાઈઓ
<b>Mani Homi Tangri</b> મની હોમી તાંગરી	74 ૭૪	10-04-2020	Fiona Bldg., Juhu Tara Road, Mumbai 49. ફિઓના બિલ્ડિંગ, જુહુ તારા, રોડ, સાંતાક્રુઝ, મુંબઈ ૪૯.	તે મરહુમ હોમીના ધન્યાની તે મરહુમો પીલામાય કેકી પાતરવાલાના દિકરી તે કેરસી, રુમી ને અરુપીના માતાજી તે સોનલ, માહાદુરખ ને રોકસાનના સાસુજી તે મરહુમો હિલ્લામાય દોસાભાઈ તાંગરીના વડુ તે કારલ, એરીક, સનાયા, ઝીન્યા, કેરીન, સીમોનના અપર્થજી તે સીમરનના ગ્રાન્ડ સાસુ તે યાર્મીન પોરસ રાના ને બેરોઝ મીનુ દુતીયાના બહેન.
<b>Nergish Peshotan Khan</b> નરગીશ પેશોતન ખાન	86 ૮૬	11-04-2020	17-C, Room No.30, Rustom Baug, Sant Savta Marg, Mumbai 27. ૧૭-સી, રુસ્તમ બાગ, રૂમ નં. ૩૦, સંત સાવતા માર્ગ, મુંબઈ ૨૭.	તે મરહુમ પેશોતનના વિધવા તે નોશીર ને ઝરીનના માતાજી તે અરદવાન ને ખુશનાઝના મમયજી તે ફરઝાન ને સીમનના અપયજી તે મરહુમો અચુબઈ મનચેશા ખાનના વડુ તે મરહુમો કેતાયુન બાહદુરશા લાકડાવાલાના દીકરી તે લવજી, લીલી તથા મરહુમો પરવેઝ, ખોરશેદ, ખુશરુ અને એરચશાના બહેન તે હોમી ને આરમીનના સાસુજી તે ફિરોઝ મંચેશા ખાનના જેઠાણી તે મરહુમ શેહરા જલંગીર કાસદના ભાભી તે કેકી, રૂમી, બુરઝીન તે હુતોક, કેયોમર્ઝના કાકી તે મની દારા કાસદના મામી તે માઝખ, ઉફરીઝ, આરમઈતી, સાયરસના માસી તે ફરીદા ને જેસમીનના કુઈ તે મરહુમો શેહરૂ રતનશા આગા ને જાલુમાય પાલનજી ઉનવાલાના વેવાન.
<b>Ketty Ratan Cooper</b> કેટી રતન કુપર	76 ૭૬	12-04-2020	Paruck Dharamshalla, 34, Hughes Road, Mumbai 7. પારખ ધર્મશાલા, ૩૪, હુઝસ રોડ, મુંબઈ ૭	તે મરહુમ રતન નવરોજી કુપરના ઘણીયાણી તે મરહુમો નરગેશ મીનોચહેર કુપરના દીકરી તે મરહુમ માણેકબાઈ નવરોજી કુપરના વડુ તે હોશંગ, વીલી એચ રાંદેરીયા તેમજ મરહુમો અરુપી, માનેક તેમજ કાલીના બહેન તે શેરૂ હોશંગ કુપરના કુપરના નણંદ તે બિનાયફર ને નેવીલ, યજદાન ને તનાઝના કુઈજી તે શાહરૂખ ને ફરીદાના માસીજી.
<b>Phiroze Ardeshir Mistry</b> ફિરોઝ અરદેશર મિસ્ત્રી	83 ૮૩	13-04-2020	D-6, Shapur Baug, V. P. Road, Mumbai 4. ડી-૬, શાપુર બાગ, વી.પી. રોડ, મુંબઈ ૪.	તે ફેની ફિરોઝ મિસ્ત્રીના ખાવિંદ તે જાલામાય અરદેશર મિસ્ત્રીના દીકરા તે જાલામાય દારબશા દાડવાલાના જમઈ તે બીનાઈફર કાંદાવાલાના પપા તે પરસી કાંદાવાલાના સસરા તે જેહાનના મમાવાજી તે એચ, હોમી, દોલી, બાનુના ભાઈ.
<b>Gai Pesi Vesmawalla</b> ગાય પેસી વેસમાવાલા	91 ૯૧	13-04-2020	18/45, Malcom Baug, S. V. Road, Jogeshwari (W), Mumbai 102. ૧૮/૪૫ માલકમ બાગ, એસ. વી. રોડ, જોગેશ્વરી, મુંબઈ ૧૦૨	તે પેસીના ધન્યાની તે મરહુમો નાજમાય જાહંગીરજી દુમસીયાના દીકરી. તે મરહુમો ફિરોઝ, શેરુ, જાલ, પેરીન ને જેમીના બહેન તે મરહુમો હોમાય કેકોબાદ વેસમાવાલાના વડુ તે રીતા તથા કુમીના નરણ તે ફરીદા ખરશેદ પટેલ તથા મરહુમ રૂસ્તમના માસી તે પોરસ, અરનવાઝ ને શાઝનીનના કુઈજી તે હનોઝ તથા અરઝાનના મોટા માસી તે હાફીઝ, મરઝબાન તથા ઝરીનના મામીજી.
<b>Mini Bomi Hilloo</b> મીની બોમી હીલ્લુ	94 ૯૪	13-04-2020	B-303, Mohomadi Minar Bldg., 14th Khetwadi Road, Mumbai 4. મોહમદી મિનોર, બી-૩૦૩, ૧૪મી ખેતવાડી રોડ, મુંબઈ ૪	તે મરહુમ બોમીના ધન્યાની તે શાહરૂખ તથા મરહુમ કમલના મંમા તે મરહુમો દીના મહેરવાનજી આમરીયાના દીકરી તે નરગીસ પરવેઝ કામદીનના બહેન તે પરવીનના સાસુજી તે મરહુમો તેહમીના ફરામરોઝના વડુ.
<b>Mehroo Phiroze Pithawala</b> મેહરૂ ફિરોઝ પીઠાવાલા	79 ૭૯	14-04-2020	F/7, Nowroze Baug, S.s. Rao Road, Lal Baug, Mumbai 12. એફ/૭, નવરોઝ બાગ, એસ. એસ. રાવ રોડ, લાલબાગ, મુંબઈ ૧૨.	તે મરહુમ ફિરોઝ કાવસજી પીઠાવાલાના ઘણીયાણી તે માહરૂખ અદી ડોક્ટર, તેમ જ આશીશના માતાજી તે અદી હોમી ડોક્ટર તેમ જ માહરૂખ આશીશ પીઠાવાલાના સાસુજી તે જમશીદ, તીનાઝ સ્પેન્ટા, કાયરા તેમ જ ઉર્મીના ગ્રેન્ડ મધર તે મરહુમો તેહમીના તથા જલંગીરજી અરદેશર માજૂના બેટી. તે મરહુમો રતામાય અને કાવસજી પીઠાવાલાના વડુમાય તે મરહુમો ખોરશેદ, કેકી, ફેની, પેસી, સાયરસ તેમ જ આબાન અને ફલીના ભાભી તે મરહુમો પીલુ ને હોમી રતનશાહ ડોક્ટર તેમ જ ફરીદા તેમ જ મરહુમ કેરસી દાડવાલાના વહેવાણી.
<b>Banu Framroze Buhariwalla</b> બાનુ ફરામરોઝ બુહારીવાલા	84 ૮૪	14-04-2020	Tata Mills, Elphinstone Road, Parel, Mumbai 12. તાતા મીલ્સ, બીજો માળ, એલફિન્સ્ટન રોડ, પારેલ, મુંબઈ ૧૨.	તે મરહુમ ફરામરોઝ મંચેરશાહ બુહારીવાલાના વિધવા તે હુતોકી કાપડીયાના માતાજી તે જમશીદ કાપડીયાના મમઈજી તે મરહુમો દીનામાય તથા નરીમાન કાવસજી લાકડાવાલાના દીકરી તે મરહુમો કુમી ટેલમુરસ કોલાલ, રોદા લવજી પાચનીગર, ફરામરોજ નરીમાન લાકડાવાલા ને રશીદના બહેન તે મરહુમો નાજમાય તથા મંચેરશાહ બુહારીવાલાના વડુ તે મહરૂખ ખુશરૂ જસાવાલા, રૂકશાના હોમી મીસ્ત્રી તથા મરહુમો અદી ને સનોબરના માસીજી તે કેરમાન ફરામરોઝ લાકડાવાલા, ફરીદાખટ આદીલ શેઠનાના કુઈજી તે મેહર, રોલીન, આદીલ ગાંધીના મામી તે યાર્મીન પટેલના કાકી.
<b>Dosan Dorab Sahiar</b> ડોસા દોરાબ સહીયર	93 ૯૩	14-04-2020	13, Kanga Building, 3Rd Floor, Dr. Ambedkar Road, Near Hindmata Cinema, Mumbai 14. ૧૩, કાંગા બિલ્ડિંગ, ૩જે માળે, ડૉ. આંબેડકર રોડ, હિન્દમાતા સિનેમાની નજીક, મુંબઈ ૧૪	તે મરહુમ દોરાબ જે. સહીયરના વિધવા તે માનેક દોરાબ સહીયરના માતાજી તે મરહુમો મેહરબાઈ તથા સોરાબજી માદનના દીકર તે કુમી જે. મેવાવાલાના બહેન તે દાનેશ એસ. સહીયર, શાહઝાદ સહીયર, સાવીર સહીયર, ફરઝીન સહીયરના ગ્રેન્ડ મધર તે દીનાઝ સહીયરના સાસુ તે મરહુમો દીનામાય તથા જલંગીરજી સહીયરના વડુ.
<b>Sheru Shavaksha Wadia</b> શેરુ શાવકશા વાડિયા	72 ૭૨	14-04-2020	Meher Mansion, Room No.2, Ground Floor, Balaram Street, Grant Road (East), Mumbai 7. મેહેર મેન્શન, રૂમ નં. ૨, ભોયતળિયે, બાલારામ સ્ટ્રીટ, ગ્રાન્ડ રોડ, મુંબઈ ૭.	તે મરહુમો ધનમાય તથા શાવકશા વાડિયાના દીકરી તે બાનુ એન્જિનિયર તથા મરહુમો ખોરશેદ વેસુના, કાવસ વાડિયાના બહેન.
<b>Ervad Rohinton Kekobad Gowadia</b> એરવદ રોહિન્ટન કેકોબાદ ગોવાદીયા	75 ૭૫	15-04-2020	25-A, Shreyas Apartments, Manchubhai Road, Malad (East), Mumbai 97. ૨૫-એ, શ્રેયાશ અપાર્ટમેન્ટ, મનચુભાઈ રોડ, મલાડ (ઈ), મુંબઈ ૯૭	તે મરહુમો ઓસ્તી રોશન તથા એરવદ કેકોબાદ જીવનજી ગોવાદીયાના દીકરા તે એરવદ ટેમટન કેકોબાદ ગોવાદીયા, ઓસતી રૂમી કેકોબાદ ગોવાદીયા, સનોબર ગોદરેજ સોરાબજી તથા મરહુમ ઓસ્તી માહરૂખ કેકોબાદ ગોવાદીયાના ભાઈ.
<b>Homi Eruchshaw Divecha</b> હોમી એરુચશાહ દીવેચા	82 ૮૨	15-04-2020	3-22, New Contractor Bldg., 3Rd Floor, Dr. Babasaheb Ambedkar Road, Byculla, Mumbai 27 ૩/૨૨, ન્યુ કોન્ટ્રાક્ટર બિલ્ડિંગ, ડૉ. બી. એ. રોડ, વિક્ટોરીયા ગાર્ડન રોડ પાસે, ભાયખલા, મુંબઈ ૨૭	તે મરહુમ આલુ હોમી દીવેચાના ઘણી તે પરસીસ રૂમી માજુ ને જીનાઝ આદિલ મીસ્ત્રીના બાવાજી તે આઈમાય તથા એરચશાહ દીવેચાના દીકરા તે ઝુબીન રૂમી માજુ, ઝકર્સીસ આદિલ મીસ્ત્રી ને મીશન આદિલ મીસ્ત્રીના ગ્રેન્ડ ફાધર તે રૂમી માજુ ને આદિલ મીસ્ત્રીના સસરા જે જંગુ દીવેચા, ગુલુ દીનશાહ લવંગીયા તથા મરહુમ રૂમી દીવેચાના ભાઈ તે મરહુમો પીરોજ તથા નાદીરશાહ લાકડાવાલાના જમાઈ.
<b>Nergish Noshir Patel</b> નરગીશ નોશીર પટેલ	84 ૮૪	16-04-2020	602/C, Kremlin Apartments, Jai Raj Nagar, Borivli (West), Mumbai 91. ૬૦૨/સી, કેમલીન અપાર્ટમેન્ટ, જઈરાજ નગર, બોરીવલી (વે), મુંબઈ ૯૧.	તે મરહુમ નોશીરના ઘણીયાણી તે પરીચય ને પરસીના માતાજી તે મરહુમો બીખામાય જાલેજર પસ્તાકીયાના દીકરી તે પેરીન તથા મરહુમ કુમીના બહેન તે શાહવીરના મમઈજી તે ઝીન્યા ને તીયાનાના અપર્થજી તે મીનુ ને તનાઝના સાસુજી તે મરહુમો તેહમીના બરજોરજી પટેલના વડુ.

Death Announcements from Chicago America

<b>Nergish Kaiyomarz Mehta</b> નરગીસ કયોમર્ઝ મેહતા	73 ૭૩	13.04.2020	Chicago America ચીકાગો, અમેરિકા	તે કયોમર્ઝના ઘણીયાણી તે મરહુમો તેહમી તથા રૂસ્તમ સોરાબજી બીલીમોયાના દીકરી તે મરહુમો ફેની તથા પરવેઝ મેહતાના વડુ તે રૂખશાના નેવીન દુબાશ, ઝીનોબ્યા ઈયન સિબ્રાનીક, ફરહાદ તથા મરહુમ રશ્મીના મમ્મી તે યઝદી રૂસ્તમ બીલીમોયાના બહેન તે હોશી પરવેઝ મેહતાના ભાભી.
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Death Announcements from Jhansi

<b>Phiroze Eduljee Boyce</b> ફિરોઝ એદલજી બોયસ	91 ૯૧	14.04.2020	118 Civil Lines, Jhansi - 284001 ૧૧૮, સિવિલ લાઈન્સ, ઝાંસી ૨૮૪૦૦૧.	તે ફેની બોયસના ઘણી તે મરહુમ શીરીન, મરહુમ ઝીનોબીયા, મરહુમ ખોરશેદ, મરહુમ એમી અને ગુલ પેસી પોપટના ભાઈ તે મરહુમ પરવીઝ મેહરવાનજી બોયસના દીકરા.
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## YOUR MOONSIGNS JANAM RASHI THIS WEEK

લખનાર: મરહુમ મહારાજ શ્રી સ્વયંજયોતિના સહકાર્યકર્તા જયેશ એમ. ગોસ્વામી

અઠવાડિક રાશિક્ષણ: તા. ૧૮.૦૪.૨૦૨૦ થી તા. ૨૪.૦૪.૨૦૨૦



### Aries - મેષ

અ.લ.ઈ.

૪થી મે સુધી સુર્યની દિનદશા ચાલશે. તેથી સરકારી કામ કરતા નહીં. તમારી અગત્યની ચીજ વસ્તુ તમારી સામેજ પહેલી હશે છતાં તમને નહીં દેખાય. કામનો બોજો વધવાથી માથાનો દુખાવો અને એસીડીટીથી પરેશાન થશો. પ્રેશરની તકલીફ હોય તો બેદરકાર રહેતા નહીં. દરરોજ ૯૬મુ નામ 'યા રયોમંદ' ૧૦૧વાર ભણાવો. શુકનવંતી તા. ૧૮, ૧૯, ૨૩, ૨૪ છે.

Lucky Dates: 18, 19, 23, 24.

The Sun's rule till 4th May advises you against doing any government related work. You will not be able to spot an important item of yours, despite it being right in front of your eyes. Due to an increase in work, you could suffer from headaches and acidity. If you suffer from Blood Pressure, do not neglect it. Pray the 96th Name, 'Ya Rayomand' 101 times, daily.



### Cancer - કર્ક

સ.ઈ.

૪થી મે સુધી રાહુની દિનદશા ચાલશે. તમારા હાથમાં આવેલા કામ સમય પર પૂરા નહીં કરી શકો. જેના પર વિશ્વાસ રાખશો તે જ વ્યક્તિ દગો કરશે. મીઠું બોલનાર વ્યક્તિથી સંભાળીને ચાલજો. અગત્યના ડીસીઝન હાલમાં લેતા નહીં. સાથે કામ કરનાર વ્યક્તિનો સાથ નહીં મળે. દરરોજ 'મહાબોખ્તાર નીઆએશ' ભણાવો. શુકનવંતી તા. ૨૧, ૨૨, ૨૩, ૨૪ છે.

Lucky Dates: 21, 22, 23, 24.

Rahu's rule till 4th May will not allow you complete your work in time. You could get betrayed by someone you trust. Beware of smooth talkers. Avoid making any decisions of importance. Colleagues will not be supportive. Pray the Mah Bokhtar Nyaish daily.



### Libra - તુલા

ર.ત.

શનિની દિનદશા ચાલુ હોવાથી તબિયતની કાળજી લેજો. નાની બીમારી મોટું રૂપ લઈ શકે છે. તમારા ઉપરી વર્ગને તમારા કરેલ કામ નહીં ગમે. તમારા અંગત માણસો તમને ધિંતા આપશે. તમારું સાચું બોલેલું બીજાને નહીં ગમે. ઘણી-ઘણીયાણીમાં મતભેદ ઉભા થશે. દરરોજ ભુલ્યા વગર 'મોટી હમન યશ્ત' ભણાવો. શુકનવંતી તા. ૧૮, ૧૯, ૨૩, ૨૪ છે.

Lucky Dates: 18, 19, 23, 24.

Saturn's ongoing rule advises you to take care of your health. Even a small illness could blow up into a big one. Your seniors might not be pleased with your work. Those close to you could prove to be a cause for concern. Your truthful words will not gain favour with others. Squabbles between couples is indicated. Pray the Moti Haptan Yasht daily.



### Capricorn - મકર

ખ.જ.

છેલ્લા ત્રણ દિવસ મંગળની દિનદશામાં પૂરા કરવાના બાકી છે. ૨૧મી સુધી વાહન સંભાળીને ચલાવજો. ૨૧મીથી બુધની દિનદશા ચાલુ થવાથી તમારા મહેનતના નાણા મળી શકશે. ઘરવાળાને મનાવી શકશો. કામમાં દુશ્મનોથી આગળ નીકળી જશો. દરરોજ 'તીર યશ્ત' ભણાવો. શુકનવંતી તા. ૨૧, ૨૨, ૨૩, ૨૪ છે.

Lucky Dates: 21, 22, 23, 24.

With the last three days remaining under the rule of Mars, ensure to drive or ride your vehicle with great caution. The start of Mercury's rule will help you get your hard-earned money. You will be able to win over your family members. You will out-do your detractors at work. Pray the Tir Yasht daily.



### Taurus - વૃષભ

બ.વ.ઉ.

૧૪મી મે સુધી શુક્રની દિનદશા ચાલુ હોવાથી અગત્યના કામો વીજળીવેગે પૂરા કરશો. પૈસાની લેતી દેતી કરવામાં સફળતા મળશે. લેણાના પૈસા પાછા મેળવી શકશો. કોઈને નાણાકીય મદદ કરતા નહીં. જ્યાં પણ કામ કરતા હશો ત્યાં માન મળશે. ભુલ્યા વગર દરરોજ 'બહેરામ યજ્ઞ'ની આરાધના કરજો. શુકનવંતી તા. ૧૯, ૨૦, ૨૧, ૨૨ છે.

Lucky Dates: 19, 20, 21, 22.

Venus' rule till 14th May helps you complete your important work at the speed of lightning. You will be successful in your financial transactions. You will be able to retrieve your debts. Avoid giving financial help to others. You will receive respect at your workplace. Pray to Behram Yazad daily.



### Leo - સિંહ

મ.ટ.

આવતા ત્રણ દિવસ ગુરુની દિનદશામાં પસાર કરવાના બાકી છે. ૨૧મી એપ્રિલ સુધી ફેમીલીના પ્રોબ્લેમ દૂર કરી લેજો. ૨૧મીથી ૪૨ દિવસ સુધી શરૂ થતી રાહુની દિનદશા દિવસની ભૂખ અને રાતની ઉઘ બને ઉડાવી દેશે. ખોટા વિચારોથી પરેશાન થશો. કોઈને પ્રોમીશ આપતા નહીં. લેણાના પૈસા મેળવવામાં મુશ્કેલી આવશે. દરરોજ 'સરોશ યજ્ઞ' સાથે 'મહાબોખ્તાર નીઆએશ' ભણાવો. શુકનવંતી તા. ૧૮, ૧૯, ૨૩, ૨૪ છે.

Lucky Dates: 18, 19, 23, 24.

With three days left under the rule of Jupiter, try to resolve any family issues by the 21st of April. Rahu's rule, starting from the 21st, will take a toll on your sleep and appetite. You could get troublesome negative thoughts. Avoid making any promises. You might not be able to retrieve money from your debtors. Pray the Mah Bokhtar Nyaish along with the Sarosh Yasht daily.



### Scorpio - વૃશ્ચિક

ન.ચ.

છેલ્લાં ચાર દિવસ બુધની દિનદશામાં પસાર કરવાના બાકી છે. તમારા ઈનવેસ્ટમેન્ટમાંથી લાભ મળતો રહેશે. ૨૪મી મે સુધી શનિની દિનદશા ચાલશે. નાણાકીય મુશ્કેલી આવશે. મિત્રોથી દૂર રહેજો. ઘરમાં નવી ચીજ વસ્તુ વસાવતા નહીં. વાહન સંભાળીને ચલાવજો. દરરોજ 'મહેર નીઆએશ' સાથે 'મોટી હમન યશ્ત' ભણાવો. શુકનવંતી તા. ૧૯, ૨૦, ૨૧, ૨૨ છે.

Lucky Dates: 19, 20, 21, 22.

With the last four days under Mercury's rule, you will continue to benefit off your investments. Saturn's rule till 24th May could bring in financial challenges. Try to stay away from friends. Avoid making purchases for the house. Drive/ride your vehicle with caution. Pray the Moti Haptan Yasht along with the Meher Nyaish daily.



### Aquarius - કુંભ

ગ.શ.સ.

છેલ્લુ અઠવાડિયું ચંદ્રની દિનદશામાં પસાર કરવાનું બાકી છે. અગત્યના કામો જલદી પૂરા કરી લેજો. ઘરવાળાની ડિમાન્ડ પહેલા પૂરી કરજો. ખર્ચ કરવાં મુશ્કેલી નહીં આવે. નાણાકીય બાબતમાં સારા સારી રહેશે. મિત્ર મંડળના મદદગાર થઈને રહેશો. દરરોજ ભુલ્યા વગર ૩૪મુ નામ 'યા બેસ્તરના' ૧૦૧વાર ભણાવો. શુકનવંતી તા. ૧૮, ૧૯, ૨૨, ૨૩ છે.

Lucky Dates: 18, 19, 22, 23.

With the last week remaining under the rule of the Moon, you are advised to complete all your important works soon. Try to prioritize the wishes of family members. You will be able to spend freely as financially, things look good. You will prove helpful to your friends. Pray the 34th Name, 'Ya Beshtarna', 101 times, daily.



### Gemini - મિથુન

ક.ઇ.ધ.

શુક્રની દિનદશા ચાલુ હોવાથી ઘરવાળા તરફથી સારા સમાચાર મળશે. ઘરમાં મોજશોખ પાછળ ખર્ચ કરી શકશો. નાણાકીય બાબતમાં સારા સારી રહેશે. મિત્ર મંડળમાં માન મળશે. નાની મુસાફરીનો પ્લાન કરી શકશો તેમાંથી ફાયદો મળશે. રોજ 'બહેરામ યજ્ઞ'ની આરાધના કરજો. શુકનવંતી તા. ૧૮, ૧૯, ૨૧, ૨૪ છે.

Lucky Dates: 18, 19, 21, 24.

Venus' ongoing rule brings you good news from family members. You will be able to spend on luxuries and entertainment. Financial stability is indicated. Your friends will respect you. A small travel plan will prove to be beneficial. Pray to Behram Yazad daily.



### Virgo - કન્યા

વ.ઘ.પા.

૨૨મી મે સુધી ગુરુની દિનદશા ચાલશે. તેથી નાણાકીય મુશ્કેલી નહીં આવે. દરેક બાબતમાં ઈનવીઝીબલ હેલ્પ મળતી રહેશે. ફેમીલી ડિમાન્ડ પૂરી કરી શકશો. હમણાં ઈનવેસ્ટમેન્ટ કરતા ભવિષ્યમાં ફાયદો મળશે. વડીલવર્ગની સેવા કરી તેમની દુવાઓ મેળવી શકશો. દરરોજ 'સરોશ યજ્ઞ' ભણાવો. શુકનવંતી તા. ૧૮, ૧૯, ૨૦, ૨૧ છે.

Lucky Dates: 18, 19, 20, 21.

Jupiter's rule till 22nd May ensures that you will not face any financial difficulties. You will keep receiving invisible help in all matters. You will be able to cater to the wants of your family. Investments made now will prove profitable in the future. Taking care of the elderly will earn you their blessings. Pray the Sarosh Yasht daily.



### Sagittarius - ધન

ભ.ધ.ફ.ટ.

બુધની દિનદશા ચાલુ હોવાથી દરેક કામ સારી રીતે કરી શકશો. નાણાકીય બાબતમાં સારા સારી રહેશે. ફેમીલી મેમ્બરની ડિમાન્ડ પૂરી કરી શકશો. ઈનવેસ્ટમેન્ટ અવશ્ય કરજો. મિત્રો તરફથી ફાયદો મળશે. દરરોજ 'સરોશ યજ્ઞ' ભણાવો. શુકનવંતી તા. ૧૮, ૧૯, ૨૩, ૨૪ છે.

Lucky Dates: 18, 19, 23, 24.

Mercury's ongoing rule will help you do your work effectively and efficiently. Financial stability indicated. You will be able to cater to the wants of your family. Ensure to make investments. Friends could prove beneficial. Pray the Sarosh Yasht daily.



### Pisces - મીન

દ.ચ.ઝ.થ.ક્ષ.

૨૪મી મે સુધી ચંદ્રની દિનદશા ચાલશે. કામમાં સફળતા મળશે. મુસાફરી કરી શકશો. બીજાના મદદગાર બની તમારા કામ સહેલા બનાવશો. ગામ પરગામથી સારા સમાચાર મળશે. આજથી તબિયતમાં સુધારો આવશે. કોઈની સલાહ માનવાથી મનનો બોજો ઓછો થશે. ૩૪મું નામ 'યા બેસ્તરના' ૧૦૧વાર ભણાવો. શુકનવંતી તા. ૧૮, ૧૯, ૨૩, ૨૪ છે.

Lucky Dates: 18, 19, 23, 24.

The Moon's rule till 24th May brings you success at the workplace. Traveling is indicated. By helping out others, you will be able to ease your own workload. You will receive good news from abroad. Your health will show improvement from today. Listening to the advice of another will help lighten your mental burden. Pray the 34th Name, 'Ya Beshtarna', 101 times, daily.



# How To Solve The Problem Of Corona!



Prof. Dr. Keki E. Turel

The COVID-19 Virus, which has been on a 'World Tour' for the past three months and has embraced over 2 million people during its ambitious, international flight, has its musketeers now sojourning in the USA - the 'Land of Opportunities', giving a whole new meaning to the 'dying to be in the US' preference of people from across the world!

In my article, 'Quo Vadis', published by Parsi Times earlier, I cited an official American News Agency quoting that a combination of Hydroxychloroquine (HCQ) and Azithromycin, taken for six days, gives 100% cure against the virus, if taken at the onset of the symptoms. Sounded so optimistic! If this was true, USA wouldn't have already witnessed over twenty-five thousand deaths (and still counting!).

So, what's the truth? HCQ is basically a drug used for relieving Rheumatoid Arthritis (there's a full-fledged registry of arthritic Americans taking this drug, and the good and side-effects on them, noted). Incidentally, it is

Our community's leading medical luminary, Dr. Keki Edulji Turel commands 47 years of expertise in neurosurgery and is a Consultant Neurosurgeon, Prof. Emeritus, Dept of Neurosurgery at the Bombay Hospital Institute of Medical Sciences. Known for his compassionate outlook towards his patients, Dr. Keki Turel is the Managing Trustee at Mumbai Institute of Neurosciences and the Chairman, WFNS Committee on 'Complications in Neurosurgery'.



Worli, now limiting its use to only a few hundred high-risk contacts, such as frontline healthcare workers, the police force, and those hospitalized with mild COVID-19 symptoms.

The benign word 'flu' has now become a frightful terminology. Corona is a flu virus, and its initial symptoms are that of a regular flu - fever, sore throat and cough. Sometimes, diarrhoea too. So what will you do if you have these symptoms? Ideally go to a 'fever' hospital in SoBo Kasturba is THE hospital. HN Reliance and Saifee also do the testing. Their doctors can spot a COVID patient. They

also a potent anti-malarial, having been derived from the 'good' old Quinine used by our great grandparents. However, HCQ is NOT an anti-viral drug at all! What it does is that it increases the pH of lysosomes, thus barring the entry of the virus into the cells of the lungs of the host it attacks. That was the way it benefitted the patients during the previous SARS pandemic. Moreover, combining HCQ with Azithromycin has higher risks than HCQ given alone, again, in contradistinction from the earlier recommendation. Seems like health officials are in a state of frenzy and responding hastily to the public panic without adequate trial, as this is a novel virus and there's no time for a proper

clinical, double-blind trial.

So, there is no strong or proven scientific data that HCQ protects you from COVID-19. Nor is there unequivocal proof that it is effective even in COVID-19 proven cases. (Ironically, despite taking HCQ, 25% of people have developed COVID-19). The information is mostly anecdotal. Moreover, it has proven cardiac toxicity. According to our own BMC reports, even as the under-50 age group accounted for 70% of 2334 patients, only 23% of the 171 deaths in the state fell in this group; on the other hand, the 50-plus group which accounted for 30% of positive cases emerged most vulnerable with 77% of the death tally. Many of them had prior heart ailments, or comorbidities such as diabetes. By the same token, the virus has affected fewer children, and the course of the disease in them largely benign. Women are also less affected (41%) compared to men (59%), and death analysis also states that twice as many men (65%) than women (35%) succumb to the disease. In a recent BBC report it was alleged that India was testing far fewer people due to inadequate testing facilities. However, of the 45K people tested since January, only 5% have tested positive thus far.

**Our Honorable PM has announced continuation of the nationwide lockdown until 3rd May. This may still not be the final word and is liable of further extension. However, there will be gradual opening of 'essential' services, not simply to appease the masses, or ease the woes of the stranded, but rather a controlled mechanism to develop 'Herd Immunity'. In a pandemic, when drugs have little or no curative role, and vaccine a far-fledged reality, 'Herd Immunity' seems the most scientific and logical way to contain, if not combat the disease.**

Nonetheless, Indian Council Of Medical Research (ICMR) has included the use of HCQ in its recommendations and currently have suggested a dose of HCQ 400mg twice on day 1, and 400mg/week for 7 weeks, as prophylaxis (prevention), and 400mg twice on 1st day, and once daily for 4 days, as the treatment in a positive case. Azithromycin has been dropped from its prescription.

However, citing heart complications, the BMC has reversed its plan to give its antimalarial HCQ pills as preventive medication to 1 lac people in Dharavi and

also have some kind of a scoring system, and since test kits are in shortage (as in rest of the world) only the highly suspicious patients will be subject to a swab test.

Finally, since HCQ is still not such a safe drug, especially in the elderly, let's resort to the safe element, Zinc, found in many multivit preparations. Zinc is a constituent of several alloys, used in the paint industry, an ingredient of some skin ointments, and also used for galvanizing battery electrodes. May it also galvanize our lung cells, and debar the entry of COVID-19 virus.







KASHMIRA SHAW RAJ

# Healing At Home With Taichi

It's easy to smile when all is rosy, but to smile and keep the faith during trying times needs emotional conditioning. The stresses brought on by the ongoing lockdown makes us easy prey to worry, despair or even panic. While we put on brave faces and wait for the virus to die out, we try to eat right, exercise and follow necessary practices... but what

about our mental wellbeing and emotional hygiene? When true mettle is tested, it is the emotionally and mentally strong that last longer and lead the way. Instead of succumbing to fear, despair and depressing thoughts which make you feel insecure and out of control, consciously choose what brings you happiness and balance.

Taichi, aptly called 'meditation in movement', helps calm the mind; it is a healing art and a life-skill. To benefit from Taichi, we need to focus within and connect with the energy working on different

parts of the body. Taichi works on the source of emotions and helps clear blockages. While it may not be able to control the external environment, its practice can empower you within with strength, calm, positivity and inner peace, which stays on for the rest of the day, even after the practice has ended. This provides tremendous benefits to you physically, emotionally and mentally. Even the physically disadvantaged have greatly benefitted with Taichi, as it can be practiced standing (ideally), sitting or even lying down. Though it is not a substitute

for regular medical care, Taichi integrates the best of traditional and modern healing modalities, strengthens your immune and respiratory systems, based on specific exercises which work on different body parts. It is important that Taichi be practiced under guided supervision.

**Get Connected:** A simple exercise for all, is to gently place your tongue touching the upper palate, just behind the teeth, as if you are saying the letter - 'L'. This connects the front and back energy channels and results in constant flow of energy in a circuit within your body. It keeps you calmer and negates wasting energy.

**Visualization:** Visualize yourself in a column of white light. Feel yourself engulfed in this light and that your entire aura is healthy. Feel happy within or make an effort to do so. Even if you're unable to clearly visualize this, imagine

being immersed in this white, healing light and let your intent be strong and powerful. During this visualization try to forget all else. Stay in this state for as long as you can, inhaling and exhaling comfortably. When you feel full of this energy, exhale slowly and open your eyes. You can do this thrice a day.

**Affirmations:** Repeat this powerful affirmation: "I am healthy, wealthy, enlightened and wise." As you do so, you can recite the sentence focusing on one word at a time. You might feel you're able to relate to one word out of this sentence and you tend to stop there. If need be, then do so and continue. You can repeat this affirmation as often as you wish. What matters is the strong intent to stay in a healthy emotional, physical and mental state.



*Kashmira Shaw Raj is a professional clinical psychologist as well as a leading Taichi and Qigong practitioner and healer. Her unique ability to diagnose and resolve various physical and mental ailments, by remedying the root cause of these issues at the energy source, via counseling and Taichi, sets her apart. Kashmira runs 'The Tai-Qi Touch' with her husband, Dr. Brijesh Raj - Mumbai's leading Vet, and a fellow Taichi practitioner. The Tai-Qi Touch offers classes for adults and children at 'Infinite Studio' (Opp. Starbucks Café, Chowpatty, Mumbai). To contact Kashmira, M: 9323874418 or Email: kash.shaw@gmail.com.*

## THE TAI-QI TOUCH OFFERS ONLINE CLASSES!

Whether you are home bound or on the frontlines like our health care professionals, away from family and friends, there's a pressing need for pure and positive qi (energy) to circulate within and around, enabling you to live in a positive mental, emotional and physical space.

The Tai-Qi Touch has been running classes for years. Under the current circumstances, physical classes have paved the way for live, online classes. We invite everyone to avail of this golden opportunity, especially those for whom distance and time were deterrents. Avail of this invaluable learning and make the best use of the time at hand to heal yourself on all levels - spiritual, emotional, physical and mental.

The Tai-Qi Touch offers 4 customized, short courses, under online guidance and supervision. The exercises can be easily learnt and practiced even post the duration of the course. The health benefits gained from these courses are immense. All exercises have been handpicked for the current situation in order to maximize benefit. You can now connect with us from home, once a week, and avail of these valuable courses:

Course Title	Sessions	Duration	Price per 1
* Opening The Four Energy Gates, Eight Jewels	4	1 hour	Rs. 5000/-
* Classical Yin & Yang Palm Harnessing & Opening The Dan Tiens	4	1 hour	Rs. 5000/-
* Guided Meditation Course	8	1 hour	Rs. 10,000/-
* Holistic Taiji Qigong Short Course	4	1 hour	Rs. 5000/-

**Kindly Note:**

Course Timings & Days: 5:45pm to 6:45 pm on Tuesdays and Thursdays. ~ Each course will be held once a week and there will be two courses run per week in order mentioned. ~ Batch size will be restricted to six only and will be on a first come first served basis. ~ Registrations will be confirmed once online payments are done.

For Details, contact Kashmira Shaw Raj on M: 9323874418 or E-mail: kash.shaw@gmail.com



# Fitness Visionary Kaizzad Capadia Launches 'ACFM' Module

In addition to having achieved national and global acclaim as a Fitness Icon, Visionary and Educator, Kaizzad Capadia, is at heart, a teacher and has established world-class educational institutions under his path-breaking and popular brand - K 11 - which imparts education in Fitness Sciences, to all who aspire becoming successful Fitness Professionals (Personal Trainers and Sports Nutritionists). In keeping with the challenges posed by the lockdown, Kaizzad Capadia announces the launch of his tech-savvy, 'ATTEND CLASS FROM HOME' (ACFH) module...

Though our schools have been shut for over a month now, due to the ongoing and necessary Governments directives of a Lockdown, we have used this time to perfect the use of technology to reach out to our students at home. Since there is the possibility of the Lockdown getting further extended, beyond the 3<sup>rd</sup> of May, we at K11 have decided to no longer delay the education that we owe our students and have initiated the ATTEND CLASS FROM HOME (ACFH) solution for them!

ACFH sustains our Brand Values of Teaching. We believe that nothing can really substitute face-to-face education in physical classes. ACFH uses the internet to reach our students in their

homes, but should not be mistaken lightly for 'Online Education'. Through an App, we will connect with our students in a Virtual Classroom and continue to teach from the K11 School Classrooms and Labs post the lockdown, despite schools being shut and no students in the classrooms. The lectures that we deliver to our students via the Video Conferencing App will be LIVE; FACE-TO-FACE; and INTERACTIVE, with students getting the full view of the Teacher, White Board and Slides shown on the projector, as if they were in class.

In the classic, old-school way, you would get reprimanded if you're not paying attention or are distracted while attending class from home, as our teachers will be even more vigilant

now, to ensure that your investment in K11 Education is justified. Just like in a normal classroom

session, any student with a query would needs to raise their hand and the K11 teacher, as always, will pause the ongoing talk to first address the student.

The ACFH option will be kept available even post the Schools reopens, for the benefit of all who are not from the five cities in which our schools are located, namely - Mumbai, Pune, Delhi, Kolkata and Ahmedabad. Those residing in these cities are also free to avail the ACFH module.

ACFH can be applied 100% to the Certified Sports Nutritionists Course and also to the Certified Personal Trainer for Special Populations Course, conditional to having earned your K11 Diploma in Personal Training and are thus a Registered Exercise Professional with a REPS INDIA membership under Category-A (Personal Trainer). ACFH can also be applied to the 4-month long Theory Module of the Personal Trainers Course.

The 2-Month Practical Module will be done in our K11 School Labs, to ensure that teaching has not been compromised at any level. Practicals in which correct Bio-Mechanics (Form and Technique) are taught to our students by our Master Trainers in the Lab (Gym Floor) cannot be done in a Virtual Setting. The advantage here is that our outstation students of the Personal Trainers Course, now due to the Theory being effectively taught via ACFH, will have to travel and relocate to the towns where our schools are located, for 2 Months only, as compared to the earlier mandatory 6-Month stay.

We are proud to share that 50% of our students come from other cities and relocate to benefit from our education, with the

understanding that this inconvenience will reward them manifold, with stellar careers in the Fitness Industry. 75% of all our students hail from Middle to Lower-Middle Income group homes, but they choose to invest nearly twice the amount others spend enrolling in other institutes, because they understand that the value of a Brick and Mortar School Education is incomparable to the self-study model of Online Certifications.

This is why the National Skill Development Corporation (NSDC), under the Ministry Of Skill Development and Entrepreneurship (MSDE), trusts K11 to provide meaningful jobs to the youth; investing in our institute as funded partners.

This Pandemic has forced us to develop alternative means to reaching out to our students who are home-bound currently. We are confident that this innovation - ACFH - will not compromise on our Teaching Principles, as our teachers stand on the same podium of our classrooms, making eye contact with our students instead of power point slides!

We are still your old-school, Face-to-Face Teachers using technology to bridge the distance and reach out to students who are unable to be with us in class. *The Classroom may be Virtual, but all else stands REAL - our classes will be held LIVE; Face-to-Face with students and teachers, with uninterrupted Two-Way Interaction*

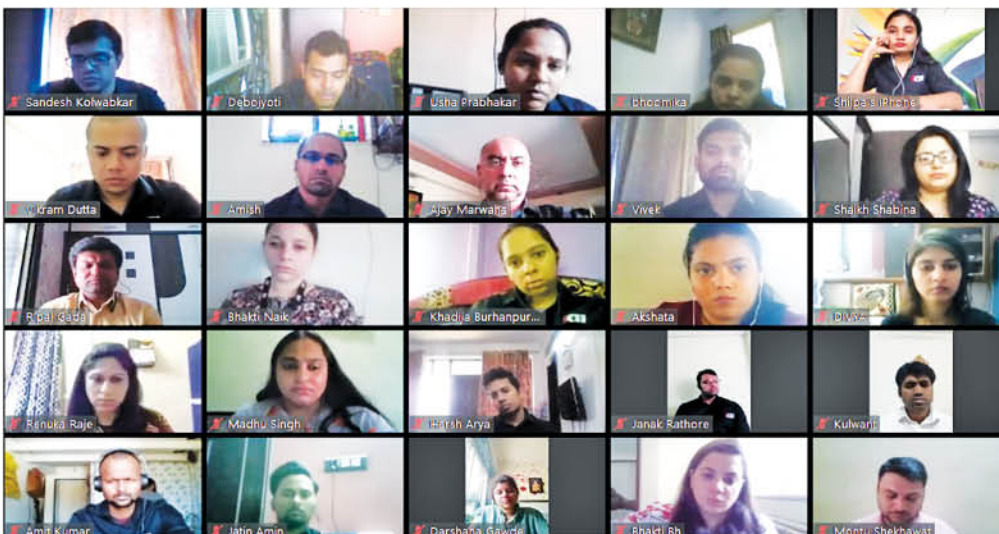
We are grateful that this adversity has pushed us with an innovation which we will continue to use to reach out to even more youth, who are unable to reach our schools, despite wanting a K11 Education for a stellar career in the dynamic Fitness Industry.

K11 currently educates over 5,000 Fitness Industry aspirants annually. With our 'ATTEND CLASS FROM HOME' or ACFH option running alongside, we hope to reach more than double this number of students in the very near future.



**K11**  
SCHOOL OF  
FITNESS SCIENCES

**K11 SCHOOL OF  
FITNESS SCIENCES**



**Attend Class From Home**