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'WE HEAR YOU!'



Jiyo Parsi launches a much-needed Counselling and Guidance initiative via a Support Helpline

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Tata Nexon Set To Become 'Police Interceptor'



Tata's Nexon, considered one of the safest cars in the country, gets facelift modifications which render it the ideal alternative for a 'Police Interceptor' vehicle!

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Cyrus The (Not So) Great!



Add giggles and laughs to your weekend as Aapro Cyrus Braocha unleashes his hilarious take on how Bawajis are handling the Lockdown!

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FROM THE EDITOR'S DESK

Reach Out!

Dear Readers,

Today, the 25th of April, 2020, marks an entire month of India's historical Lockdown.

Last month, on 24th March, after a fourteen-hour long public curfew on 22nd March, PM Narendra Modi called for a 21-day nationwide lockdown, to contain the movement of the entire 1.3 billion strong Indian populace, as a preventive measure to break the chain of the pandemic's spread. This was then extended to the 3rd of May, reinforcing the attempt to flatten the Covid-Curve.

Being locked in, in a manner of speaking, seems to have helped the curve, but it's taken a toll on the nerve! While many of us have been proactive about our physical and nutritional upkeep, we've missed extending the same consideration to our mental health, which has, perhaps, taken the hardest hit... trying to, on the one hand, adapt to this new normal, and on the other, deal with the myriad emotions and feelings that arise when we are all thrust into a real-time, deadly uncertainty in physical confinement!

Most of us go on with this sense of dread, fearing both - our lives and livelihoods! Anxiety, panic, fear and depression creep in, birthing and nurturing negativity within us, noticeable when we start acting out in ways which surprise us as much as it surprises those around us! Maybe we could do with help. We are still grappling to find our ground in this extraordinary situation, and we all have varying emotional thresholds and experiences which trigger us up.

It's not just alright, but very warranted, nay even necessary, to reach out and talk out the negative emotion building within, before it consumes your personality to the extent where you're unable to recognize yourself anymore. Help is always at hand - in the form of family or friends, or on a more private and professional level - healthcare professionals like counsellors and therapists.

Recognising the need of the hour, a number of such individuals and NGOs are offering free services to all, during this dark hour of need. This is especially helpful to those who have already been stressed or dealing with other issues, even before the advent of the pandemic. Jiyo Parsi, with its team of professional and compassionate counsellors, has opened its doors to all who could do with a listening ear, a helpful hand or a shoulder to cry on (Pg.10-11). Do avail the opportunity should you feel the need.

The one thing that will see you through all of life's tribulations is your sanity, and sanity has its roots in your ability to keep things real, to be honest with yourself. So, be honest enough to know, and acknowledge, when you need help, and let your sanity empower you with the courage to reach out for it.

Have a good weekend!

- Anahita
anahita@parsi-times.com

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

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NOSHIR H. DADRAWALA

Pandemic Of Prophecies

It's easy to blame China or the wet market of Wuhan for the current pandemic. It is even more easy to blame it on what people eat or people's modern life-style. However, the fact is that this world has seen plagues, pestilence and pandemics for thousands of years, and not all calamities are because of human-beings. The biggest lesson of hope that we can learn from history - is despite destruction, disease and death - life goes on!

Diseases And Deaths: One of the earliest recorded pandemics occurred in 430 BC, during the Peloponnesian War. The plague passed through Libya, Ethiopia, Egypt and finally, Athens, when the Spartans laid siege, claiming nearly two-thirds of the population.

The Bubonic Plague of 1665 led to the death of twenty per cent of London's population. The Cholera Pandemic of 1817 killed lakhs across India, Russia, Africa, Indonesia, China, Japan, Italy, Germany and America.

AIDS was identified in 1981 and first observed in American gay communities. However, it is believed to have developed from a chimpanzee virus from West Africa in the 1920s. Treatments have been developed to slow the progress of this disease, but thirty-five million people worldwide have died of AIDS since its discovery, and a cure is yet to be found.

The world's oldest case of cancer was documented in 1500 BC in ancient Egypt. The details were recorded on papyrus, detailing eight cases of tumors occurring on the breast. Today, almost ten million people die of cancer annually. But life goes on!

Natural Calamities: Earth has witnessed at least five Ice Ages. These were not because of human beings. In fact, one significant outcome of the last Ice Age was the development of Homo Sapiens. Humans



An Epidemic every 100 years - Plague 1720, Cholera 1820, Spanish flu 1920, Coronavirus 2020

adapted to the harsh climate by developing such tools as the bone-needle to sew warm clothing, and used land bridges to migrate to new regions. In the meantime, mastodons, saber-toothed cats, giant ground sloths and other megafauna that flourished, went extinct.

Meteors have bombarded earth for centuries. In fact, the 2013 Chelyabinsk meteor was estimated to be about 20 meters in diameter with an airburst of around 500 kilotons. The explosion unleashed energy that was thirty times more than what was released when the atomic bomb detonated over Hiroshima.

More than 1,500 volcanoes across the world are still active. According to the US Geological Survey (USGS), the world's volcanoes, both on land and under the sea, generate about 200 million tons of carbon dioxide (CO2) annually. In the year 2004, the tsunami killed more than 2,30,000 people across fourteen countries. But, yet, life went on.

Other Calamities: Seventy-five million people died in World War II, including about 20 million military personnel and 40 million civilians, many of whom died because of deliberate genocide, massacres, mass-bombings, disease and starvation.

In India the Bhopal gas tragedy killed 3,787 people.

Two decades ago, there was also panic and paranoia over Y2K or what we knew as the 'millennium bug', which was to bring automation down to its knees. Today, twenty years since Y2K, automation is moving towards AI or artificial intelligence... and life goes on!

Prophets Of Doom: Whenever



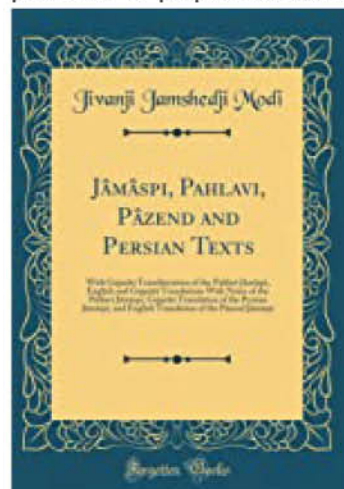
calamities strike, some prophets of doom actually go ecstatic! "This was prophesied centuries ago," they claim with glee, adding, "this must happen so that there will be a new world order and the great redeemer will redeem this earth!"

Nostradamus, Edgar Casey, Jean Dixon are the usual favorite among the prophets of doom. These names are almost always invoked during natural calamities like earthquakes, tsunamis and volcanic eruptions, as also man-made

calamities like world wars, cold wars, gulf wars, 9/11 or economic depressions.

Then there are home-grown soothsayers and clairvoyants who seem to have a hotline with Divinity and tend to spin and modify their predictions faster than the earth can rotate on its axis! However, the unfortunate fact is that doom-saying has been popular over the centuries and arouses interest and curiosity, regardless of how wrong prophecies usually turn out to be!

Among us Parsis, the favourite sources of foretelling the future are *Jamaspi* and the *Zand-e-Vohuman Yasna*. Already, spurious Gujarati and English translations, selectively pulled out of context, are making the rounds of the world-wide-web. In fact, the pandemic of prophecies seems



more virulent than the virus itself!

Jamaspi: Of all the Pahlavi books known today, no book has been as popular among Parsis than the *Jamaspi*. The Gujarati *Jamaspi*, however, has been corrupted over the centuries, by additions inserted by later scribes. In fact, it is on the records of the Bombay Parsi Panchayat that more than a century and a half ago, a Parsi author published for the first time, a Gujarati *Jamaspi*. It was so replete with nonsense that the then trustees of the Panchayat thought it would disgrace the name of the community. The author was paid a small sum of money and his book was revoked!

The *Jamaspi* or *Jamasp-Nameh* derives its name from the author, Jamasp. Scholars argue that the extant Pahlavi *Jamaspi* says nothing to the effect that the prophecies of Jamasp were put down in writing during the time of Jamasp. However, the Pazend *Jamaspi*, which appears to have been written later and is not an exact rendering of the Pahlavi *Jamaspi*, says that the prophecies were put down in writing at the time when King Vishtasp was the ruler of the country.

A close examination of the various texts leads us to

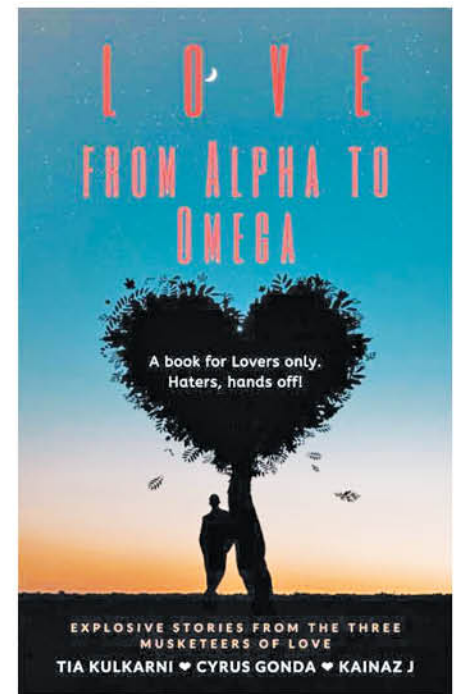
Kainaz Co-Authors Book In 7 Days!



On 14th April, 2020, the dynamic author of 'Coffee Days Champagne Nights', Kainaz Jussawalla, who also serves as a flight attendant, co-authored yet another book titled, 'Love: From Alpha To Omega', with two other authors, in all of just seven days! An anthem of short stories inspired by the eight Greek kind of loves, 'Love: From Alpha To Omega' is co-authored by college professor and author - Cyrus M Gonda, who has written over fifteen books; and 15-year-old Tia Kulkarni. Published by Librarywala publishers, the book is currently available on Kindle, but will be in stores after the lockdown period. A video is also available at: youtu.be/W1MgtdRBu9c

Speaking to Parsi Times, Kainaz says, "What makes this book special is that it was written and published in just 7 days! The thought behind it was simple... since I can't go out and contribute towards causes due to my own personal issues, unlike so many who are working from within our community, I realised that it shouldn't stop me from doing something good for the world! So, my way, was my writing and I came up with the idea of an anthology which spreads the message of hope, happiness, compassion, sacrifice, strength and unconditional love - things that are most needed during these times!" Kainaz is also a blogger and a columnist.

A collection of fascinating, original stories on love, the book explores how the ancient Greeks, over two thousand years ago, in



their wisdom, categorised love into eight distinct types - PHILOS/PHILIA (platonic love); STORGE (familial love); LUDUS (playful love); EROS (erotic love); MANIA (obsessive love); PRAGMA (enduring love); PHILAUTIA (self-love); and AGAPE (brotherhood, selfless love). As their offering to the world in these troubled times, Tia, Cyrus and Kainaz, within the span of a week, penned up eight stories, elaborating on each of these eight loves. As Alpha is the first letter of the Greek alphabet, and Omega is the last, the book was aptly titled 'LOVE: FROM ALPHA TO OMEGA.'

A second part of this book, which is in its final stages of completion, will explore the opposite - the dark side of love.

believe that Jamasp, who is declared to have learnt the science of making prophecies from Aшо Zarathushtra, could have made various prophecies which probably came down to later time by oral tradition, and the first attempt to put them down in writing was in the later Pahlavi times, when they were embodied in a book known as *Jamaspi* or *Jamasp Nameh*.

The question in the minds of most Parsis, today, is whether the prophecies as we see them in the Pahlavi *Jamaspi* extant, are the same as those attributed to Jamasp in times nearer to him, than the time in which they were put down in writing. Here, a comparison of the Pahlavi *Jamaspi* with the Pazend and Persian versions, and a comparison of these three with the Gujarati *Jamaspi* as presently known, shows that in later versions, copyists have taken all possible liberties with the preceding versions and manuscripts and have allowed a free hand to their imaginations!

In fact, most of the Persian and Gujarati manuscripts, some even having fine calligraphy and attractive binding, contain extensive unauthorized additions and most of the predictions are hazy and evasive. The Pahlavi 'Jamaspi' is considered to be relatively more reliable. However, the original *Jamaspi* or what Jamasp may have actually prophesized, is now lost to us.

The Redeemer: According to *Yasna* 29, when the forces of evil became very powerful, the spirit of the earth cried out to *Ahura Mazda* for a saviour and *Ahura Mazda* sent *Aшо Zarathushtra* to this world as a redeemer. All major religions of the world believe in the future advent of a saviour or redeemer.

In the *Bhagwad Gita* Sri Krishna says, "When goodness grows weak, when evil increases, I make myself a body. In every age, I come back to deliver the holy, to destroy the sin of the sinner, to establish righteousness." The Hindus are awaiting the advent of *Kalaki*; the Christians are praying for the second coming of Christ the Redeemer; the Muslims are expecting the advent of Imam Mehdi and the Jews, the coming of their promised Messiah. Not lagging behind are Parsis, who are expecting the advent of Shah Bahram Varezavand - Bahram (Avestan *Verethraghat* or Victorious) and Varezavand (Avestan *Haithyavarez* or working for Truth).

References to the next *Raenidar* (saviour) are found in the Pahlavi works such as *Zand-e-Vohuman Yasna* and *Jamaspi*. There are also references in the Pazend *Setayeshes*, such as *Chithrem Buyat* and the *Nam-i-Khaavar*. In the *Chithrem Buyat*, we pray to the effect that may the law-reformer, world renovator, master practitioner of *Ashoi*

come - Hoshedar of Zarthusht, Peshotan of Gushtasp, and valiant Bahram - for the prosperity of this world. May he revive the Good Religion and the noble commandments of Zarathushtra and may he destroy falsehood.

The *Zand-e-Vohuman Yasna* refers to the evil age to the following effect: What is the sign of that evil age? All men will turn deceivers and disregard truth and during that age, the faithful will not even be able to perform ablution for during that age, filth and pollution shall become so abundant that one shall tread on *nasu* (dead matter) with each step that one takes and the moment one takes the *Bareshnum* (purification ceremony) and steps down from the ritual stone seat, one will be stepping on *nasu*, thus rendering the *Bareshnum* invalid.

Focus On The Present: Unfortunately, way too many people allow their mind to worry about the future and they forget to enjoy the present and be appreciative and grateful for life. In the words of the Chinese philosopher, Lao Tzu, "If you are depressed, you are living in the past; If you are anxious, you are living in the future; If you are at peace, you are living in the present." The Dalai Lama puts it even more pertinently - "There are only two days in the year that nothing can be done. One is called yesterday and the other is called tomorrow, so today is the right day to love, believe, do and mostly live."

Looking into the future is always a tricky task. Clairvoyants often catch only glimpses of the total reality. The image, therefore, is often hazy. When this writer was still in college, he had heard elders say that Shah Bahram Varezavand will be in our midst before the turn of the millennium. It is now twenty years since the millennium has changed and those who made the prophesy during the seventies and eighties have now pushed the date to beyond the year 2024.

Whether the *Raenidar* will come before or after the year 2024, till then, let each one of us be a *Varezavand* (Avesta *Haithyavarez*) or one 'working for Truth' and become Bahram (Avesta *Verethraghat*) or victorious in our own way to make this world a happier place to live in.

In the Gathas, Zarathushtra advises us to think before we believe. In other words, he wanted us to discern truth from falsehood. Today, social media and virtual space is replete with fake news and untruths. All the more reason why we need to be *Varezavand* or 'working for the truth' and if we work for the truth, we shall emerge *Verethraghat* or victorious!

May we all work for truth and emerge victorious!

The 101 Names Of Pak Dadar Ahura Mazda – Part 4



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

22nd April marked Adar Mahino, Adar Roj - the most blessed day of the year as we celebrate the Salgreh of our most beloved Pak Iranshah and the birth of Atash itself! For most a visit to Udwada has been mandatory on this particular day as we want to pay our respects to the King of Kings. Parsis all over throng to the Fire Temples and some also visit all the Atash Behrams. Let us not forget that our Mobeds rely on the *ashodad* that they receive during these holy days. However, this year they would have lost out on their income. A humble request to all is, to ensure that once the lockdown is over, we must give the Mobeds their sustenance.

My own routine, ever since I can remember, is to start off from home at 6 am with my husband. We would visit the 4 AtashBehrams and then top it off with a nice breakfast at Kyani! By 10:00am, our hearts would be content and a warm glow would spread through the rest of the year. Well begun is half done! Unfortunately, this year we couldn't and that has left a vacant space in an otherwise full day!

However, I was recently witness to a most magical phenomenon; whenever I feel upset, this experience comes to mind, giving me deep fulfilment. I was in a Fire Temple and had just finished my prayers; I was upset as I had recently lost a very dear friend. As I started to leave, I saw a young man getting ready to give the *boi*. I immediately asked him if he would pray a *Patet Ravaan Ni* for my friend, after the *boi*. He agreed. I decided to wait till he finished ringing the bells and then I would leave and let him continue with the remaining prayers. But as he started with the *boi*, I was left riveted to my seat. As the prayer progressed, I could not leave. This young boy was creating magic with

his *manthra*! The sound of his prayers reverberates in my soul even today! This boy was in true communion with the higher powers and I could feel it in every fibre of my being! May the Grace of Pak Dadar Ahura Mazda shower upon him for all times to come. There was not

31. Hu-Sepas: We don't try hard enough to make the time to pray as all else takes precedence over prayers. However, reciting this name 101 times daily by saying '*Ashaum Hu-Sepas*' draws us closer to our prayers. Reciting this name motivates you to say your daily

Reciting this name brings a clearing of the air and you can once again resume your good relationships.

34. Beshtarna: The remover of all difficulties and diseases. This name is indeed a powerhouse of vibrations for all kinds of ill. It

However, if you cannot be close to the sick one, then you can think of them in your heart while you recite this name. It is also helps keep yourself in good health. It is important for the entire community to pray this name daily to effectively combat any virus and protect us and our nation.



37. Farshak: This name helps us to bring our good work to fruition. It aids us in the successful start and completion of our work and brings good results. It also helps us to fulfil our promises. This name is the protector from all bad forces, it guards us against accidents and saves us from the evil forces.

38. Pajoh Dahad: We are all born with an innate nature and are slaves to our habits. Some habits die hard. This name helps us purify our habits and creates a barrier against the evil within. This name teaches us and empowers us to abstain from bad habits. For those looking to quit smoking or other addictions, this name will assist you greatly in letting go of it.

39. Khawafar: The one who nurtures, the kind one. This name shows us the right path and teaches us to be righteous. When we recite this name, we will never have to extend our hand towards another for help. We become self-reliant and independent in all aspects of life. If this name is recited in the early morning hours 101 times, then the kind One will bestow us with new business and raise the status of the reciter. It can also attract wealth.

40. Avakshaiiaee: He who fulfils your desire. But we must be very wise in our desires because we may get what we ask for! This name ensures the continuity of work - so to life today! Reciting this name protects us against tyrants. We stand on the threshold where our future, as a country, seems uncertain. This name ensures the continuity of our work and livelihoods.

another soul present in the Fire Temple at that time and I felt that Dadar Ahura Mazda had granted me the singular privilege of witnessing this *boi*. So, when I feel that I will miss out on going to the Fire Temple this year, I will take solace and joy in what I have witnessed and can never erase from my mind's eye.

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.

prayers and gain the blessings of the higher forces of Nature. These forces then shower their abundant blessings on the one who recites this name while giving them the good sense to continue praying regularly.

32. Har-Hameed: The one who is good to all and holds all goodness. This word holds the eternal power of benevolence. It showers the one who recites this name with fruitful work and money, which keeps increasing. Those facing difficulty in finding suitable work can pray this name daily and will find gainful employment.

33. Har-nek-Fareh: God of Gods and the protector. If you feel that your family needs protection from negative external influence, then this name should be recited. It protects the name and the respect of your family. It also helps to remove misunderstandings. Often, our personal relationships suffer due to rumours or hearsay leading to a disconnect.

has the power to combat any disease and uproot it from your system. It is the healer of pain and suffering. The reciter of this name will gain the confidence of their superiors and seniors. Even if someone is dead set against you, this name brings a change of heart and helps that person to realise your true worth. It can transform all kinds of challenges into success.

35. Taronish: One who defeats the evil doer and the tyrants. It will bring the evil person to their knees and they will be powerless to act against you. If someone is wrongly angry with you, reciting this name calms them and helps them see the correct picture. This name should be recited 101 times in this fashion: '*Ya Beshtarna Ashaum Taronish Yazamaide*'.

36. An-aoshak: One who gives immortality. This name keeps us safe from impurities and grants good health. It is important to recite this name while sitting near the head of a sick person. This will protect and cure them.

Let Thy Peace Ever Reign In My Heart, 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.



The beauties of nature around me make me forget the nervous tension of the busy, work-a-day world. They make me think of Thee and when I think of Thee my heart warms to Thee. It is aglow with devotion for Thee. Thy divine peace descends upon me from on high.

Life is no bed of roses. Weary is the path of my life. Storm is raging in my bosom. Terrible is the struggle going on in my inner world. My heart quails, my soul sinks. Disquiet fills my mind. Sorely am I tired in spirit. In my melancholy mood, my heart cries out to Thee. I lay before Thee all my fears and sorrows. I will lay bare my inmost soul before Thee. What is my life without Thee? Draw me closer to Thyself. In my sore distress come to me, my Divine Savior, and lend me Thy shelter. My soul finds no peace till it reposes on Thee. With Thy peace with me, I am happy.

Thou dost exalt him, whom hard times have trodden under foot. Thou dost take him to Thyself who finds not a place in this wide world to lay his head. Thou dost sorrow with the sorrowing and suffering, with a heart of true compassion. When they see Thee coming to their help, Thy sight fills them with peace.

Thou didst breathe the breath of life into me. In my ignorance I knew it not that I and Thou wert one. Thou didst help me to know myself that in the end I may know Thee. Forlorn and friendless, at my wit's end, I felt I was nothing. Then didst Thou fill me with new hope, and encouragement and enthusiasm that I can be something. The marvelous change that Thou hast wrought within me has made a new man of me. I yearn to make my peace with Thee.

Thou dost speak through my mind words of eternal wisdom. Thou dost sing out of my heart songs of divine peace. Let me listen to Thy voice and let me live my life of inner peace. Lay Thy biasing upon me. When Thou dost shed thy peace in my heart and when my conscience is at peace, I am at peace with all about me, nay with all the wide world. Trustfully in peace, will I repose in Thy embrace, Ahura Mazda!

Flatten The Curve Of Hatred



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.

As we all sit around in our homes with our pampered pooches by our side, we have found it easy to complain. Pet-parent group chats include sentences like, "Oh Gawd! My poor darling has to now eat ghar ka khana as her gluten-free, imported food has stopped", or "Darling, my fur baby missed her weekly trip to Alibaug because of this silly



lockdown", or "I don't know when the ice-cream shop will reopen so my pooch can get her favourite flavour!"

As tough as our lives may seem for our dogs, our current dilemma as pet-parents, as regards why our dogs are not pooping enough, or how to keep them from destroying your designer sofa, seems insignificant when compared to the lives that Indies or dogs on the streets



are currently living.

Since many restaurants are shut and the garbage removed, they have to work harder to get their meals. The feeders across India are doing a great job of ensuring they get fed, but what about the hatred they are seeing, thanks to the misinformation?

People are shooing them away from outside their homes. Even dog owners aren't allowing their dogs close in the fear that the street dog may have the virus!! There

is even a video of a woman shooting at them because 'they are dirty!' And so, the 'pariah' has truly become the outcast.



If there is one thing we have learnt during this pandemic, it is that the entitled people tend to lose their common sense and compassion. We all know that dogs do not transmit COVID-19, but for those that didn't get it the first time, here it is - ALL DOGS CANNOT TRANSMIT COVID-19 - AND THAT INCLUDES STREET DOGS.

So stop being heartless and chasing them away from outside your homes. Instead, why not put out a bowl of water? Stop hating them - it's the humans who are to blame for this pandemic, not the dogs, so stop treating them as untouchables! Social distancing is for humans, not for dogs. And for God's sake, stop spreading false information by forwarding messages blindly or simply giving a voice to your unfounded fear-based assumptions on social media!

Testing times should bring out compassion in us, not hatred!

This disease will pass, as all diseases do, and it will change us as it does. I hope it makes us all kinder humans. Remember, the curve that needs flattening is not just for the virus, but importantly, for hatred too!



The Covid Pandemic And Its Aftermath: - The Long Road Towards Rehabilitation -



DINSHAW TAMBOLY

The world over, people are presently wrestling with the unprecedented implications of the COVID-19 coronavirus pandemic. It is a human crisis unlike any experienced earlier.

By way of providing immediate relief during the pandemic, we - The World Zoroastrian Organisation Trust and The WZO Trust Funds - have played a reasonably proactive role by supporting from our own funds, Masina Hospital (Mumbai) to create isolation facilities, as also recommended to and facilitated overseas donors to support this initiative; and supported the distribution of food

workers and slum dwellers of Mumbai suffering hardships.

With the lockdown scheduled to be progressively lifted mid-May onwards, the time is now on hand to plan and focus on providing relief and rehabilitation to Zoroastrians who have been adversely affected economically due to the pandemic.

Given the severity of the pandemic one can foresee that once the lockdown and travel restrictions have been lifted or eased, the focus will have to be on continuing to provide relief, as well as to organize rehabilitation of Zoroastrians who have been severely affected - in cities, towns and villages. The tasks are undoubtedly extremely daunting and will require long-term effort and commitment.

When the lockdown has been lifted and travel restrictions eased, it will be necessary to not only continue relief but also to plan rehabilitation strategies, as may be necessary, for Zoroastrians who are facing immense hardships as a result of the pandemic.

Providing relief is a temporary measure, whereas organizing rehabilitation is a distinctly and extremely long process that entails first counselling distressed minds to be optimistic, followed by assessing what would be the most practical and quickest manner of rehabilitating entire families who would have lost their jobs or means of livelihoods and / or suffered from illnesses during the troubled times and finally raising resources from donors that would be used to bring affected families back into the mainstream of society.

To successfully rehabilitate Zoroastrians affected by the pandemic, it will be essential that all hands (volunteers and donors) will need to be on deck, doing what they can do best to alleviate the suffering.

The main impacted areas of the lockdown that will need to be addressed, are:

- 1 Arranging food grains packages for Zoroastrians in cities, towns and villages, who have suffered economic hardships.
- 2 Financial difficulties being faced by families of white-collar workers, having received only half their regular salary, and in many cases, no salary.
- 3 Financial difficulties being faced by families of blue-collar workers, not having received salary, as the factories/workshops have had to shut down.
- 4 Financial difficulties being faced by individuals involved in modest Self-Employment initiatives, such as driving autorickshaws, commercial taxis, auto-mechanics, stationery shops, etc., who have been unable to go about their professions.
- 5 Full time Mobeds, who are not employed by Agiaries, but are daily wage earners, many who presently have no income.
- 6 a) Supporting agriculturists who have been unable to harvest their standing crops, that have decayed on account of non-availability of labour force.
- b) Dairy Farmers who have suffered financial setbacks as milk collected from livestock is unable to reach the processing dairies; difficulty in obtaining feed

for their cattle.

- c) Poultry farming having come to a standstill, as it has not been possible to transport the fully grown fowls to processing units.
- d) Brick kilns are an industry having a short 7-month window (December to June); Zoroastrian beneficiaries who have established kilns in their villages have suffered severe financial setback as the migrant labourers have left for their native places leaving half-baked and unbaked bricks, causing immense hardships.

The TOTAL AMOUNT OF FUNDS REQUIRED for the entire rehabilitation package as above is estimated to be in the region of Rs. 13,200,000 (Rupees one Crore and Thirty-two lakhs). The time frame for completing the work is estimated to take between four to five months.

Service to our people is the need of the times. We can, at best, play a proactive role by using all the means available to us in terms of manpower and by raising resources from donors.

We request individuals and institutions from all over the world, having the means and resources, to dig deep into their pockets and donate generously to enable us to undertake rehabilitation of the many Zoroastrians who have suffered untold misery during the pandemic.

Donations may be sent by cheques to:

The World Zoroastrian Organisation Trust
C-1, Hermes House,
Mama Parmanand Marg,
Opera House,
Mumbai 400 004

Donations can also be made directly into our bank accounts, details of which are:

For remittances from within India	For remittances from overseas converted into INR
Name of Bank: Deutsche Bank	Name of Bank: Deutsche Bank
Branch: Hazarimal Somani Marg, Fort, Mumbai.	Branch: Hazarimal Somani Marg, Fort, Mumbai.
Branch Address: D B House, Hazarimal Somani Marg, Fort, Mumbai 400 001	Branch Address: D B House, Hazarimal Somani Marg, Fort, Mumbai 400 001
Account title: The World Zoroastrian Organisation Trust.	Account title: The World Zoroastrian Organisation Trust - FCRA.
Account No : 400004259620019	Account No : 400004284180028
Account type : Savings	Account type : Savings
IFSC Code : DEUT0784PBC	IFSC Code : DEUT0784PBC
-	Swift Code : BKTRUS33
Note Donors should provide the address where their receipts should be mailed and also inform their PAN details.	Note Donors should provide the address where their receipts should be mailed.

We look forward to receiving support from community members from all over the world that will facilitate our undertaking and completing this gigantic humanitarian exercise.

Very Sincerely,
Dinshaw K Tamboly,
Chairman, WZO Trust Funds

SII Spearheads Efforts For Vaccine To Fight COVID-19

Serum Institute of India (SII), the world's largest vaccine manufacturer by number of doses produced and sold globally, has been working on the BCG vaccine, which is primarily used against tuberculosis and given to newborns, to be used in human clinical trials soon, to test its efficacy in improving overall immunity against COVID-19. SII has received a go-ahead from the Drug Controller General of India (DCGI) to start human clinical trials. Some sites have been identified, where 6,000-7,000 participants will undergo the trials.

"The new and improved recombinant one (VPM 1002)...will be used in the clinical trial. Many believe that countries where the BCG vaccine has been given, have fewer COVID-19 fatalities and lesser severity of cases. Hence, testing the BCG vaccine's ability in improving overall immunity is crucial before we prescribe and recommend the same. A clinical trial will be launched soon and it should be over within two months," said Adar Poonawalla, CEO of SII - the largest manufacturer of vaccines against polio and diphtheria, adding, *"...we cannot arrive at any conclusion before the clinical study is over, nor do we want to make any claims."*

This is set to be the largest human trials yet in the country against the new coronavirus. The trials, approved by the DCGI, is set to start within a week at 40 hospitals. Pune's Bharati hospital, KEM hospital and Symbiosis hospital are among the selected facilities



starting the tests. Researchers say the vaccine will be initially given to two groups – healthcare workers and family contacts of patients with COVID-19. Swab samples will be taken from all of them to check if they are negative for the disease before the BCG shots are given. Dr. Sanjay Lalwani, Medical Director of Bharati Hospital, Pune, has said that there would be stimulation of the immunological system, which may help prevent the person from getting

complications related to the disease.

Meanwhile, the global hunt for a vaccine has scientists and top pharmaceutical companies working in collaboration to find a cure. Good news comes in from University of Oxford's Jenner Institute, which has devised a super-fast vaccine against the novel coronavirus and promises the delivery of one million doses of the vaccine by September 2020.

As per Oxford's Professor, vaccinologist Adrian Hill, *"The team is confident about the trials. We didn't want to reach a stage in September when trials were finished, but they didn't have a vaccine. We have started at-risk manufacturing this vaccine - not on a small scale but with a network of seven manufacturers in different places across the world."* They have three manufacturing partners in the UK, two in Europe, one China and one in India. The Indian manufacturing partner is Pune's Serum Institute of India (SII).

Dr. Umesh Shaligram, SII's R&D Director, has been closely working with Dr Adrian Hill. *"In two weeks' time, we should be able to produce five million doses a month and then scale that up to 10 million a month after about six months. We have already started getting the regulatory approvals in place, and I must thank the Indian Regulatory Authorities in helping us a lot in this,"* informed Adar Poonawalla, in a recent TV interview. The Poonawallas are self-funding this initiative. *"We are funding this internally. We will hopefully get some partners to help us along the way,"* he said. SII, had earlier, successfully partnered with the Oxford University scientists for a malaria vaccine in the past.

Last week, SII announced that it would not patent the vaccine it is developing for COVID-19, which is expected by 2021. *"When the vaccine is developed, ... whosoever makes and develops the vaccine will need multiple partners to manufacture the vaccine. I hope that whichever company develops the vaccine will not hide behind patents and makes it available even on royalties or some commercial understanding*



SERUM INSTITUTE OF INDIA

Cyrus Poonawalla Group

to as many manufacturers across the world to make billions of dosages very quickly. I can speak for my company, SII. We are not going to patent this product and we will make it available to as many people as we can to manufacture this drug because we don't want to



make money from and commercialise something beyond a sustainable level in such a public health epidemic... we are able to do this because we are a private limited company and that is part of why we didn't list, because we are not accountable to shareholders," Adar Poonawalla remarked during an online conference on the theme of 'Combating COVID-19: Biotech To The Rescue', organised by the Department of Biotechnology and Bennett University.

In an exclusive interview with IANS, Adar Poonawalla shared that SII has associated with US-based biotechnology firm, Codagenix and developed a virus-vaccine candidate which is closest to the novel coronavirus, with human trials of the vaccine are expected to commence by September-October.

Speaking on the Covid-19 trajectory in India and the effectivity of the lockdown, he said, *"Through the nationwide lockdown and rampant health advisories spread across the length and breadth of the country, we have done a commendable job in*

containing the spread of the virus. However, the trajectory needs to slow down further. The next few months are extremely crucial for our country... requiring all of us to practice social distancing as that is the most efficient intervention available presently. Breaking the chain of transmission holds the priority as it gives a chance to the more vulnerable population a chance at survival and reduces the pressure on the hospitals. We need to use this time in strengthening our health-care infrastructure to combat the Covid-19 pandemic."

Sharing his views on developing 'Herd Immunity' against the Covid-19, he said, *"Herd Immunity is when most of the population develops immunity against the disease, by way of vaccination or immunization caused by acquiring the disease and developing anti-bodies via exposures in the past. In order for it to be implemented, we need to have an efficacious vaccine available for mass use. Since the data for relapse is insignificant at the moment, we cannot be dependent on developing 'Herd Immunity' at this stage."*

As regards the strategy to combat Covid-19, Adar suggests, *"Ideally, we should focus on strict and compulsory implementation of social distancing norms even after the lockdown is lifted. The next key step should be to re-establish the economy. Additionally, we need to focus our attention on building a robust and viable testing system along with the necessary equipment, while also enabling fast-tracking of processing and approvals for quick distribution of necessary medical supplies, especially vaccines and other medications... I would also send this message to the government that please do not have multiple lockdowns after we open up in May-June, because we will just cripple the economy and step on people's livelihoods beyond a point, that we won't be able to comeback."*

The Community feels a sense of pride and gratitude in the earnest and noble efforts put in by SII under the stalwart leadership of the Poonawallas. Here's wishing all the committed scientists, most of whom are working around the clock to find a vaccine, the very best of luck in this life-saving endeavour! Godspeed!

Armene Modi Awarded Albert Schweitzer Medal At World Literacy Summit 2020

On 18th April, 2020, Armene Modi was awarded the prestigious Albert Schweitzer Medal, at the 'World Literacy Summit 2020', in recognition of both - her academic excellence and extensive service to the community in the field of education and literacy in India. The Summit awards ceremony was held as an online experience this year, in keeping with the global lockdown.

Armene Modi is the founder of 'Ashta No Kai', a non-profit organization which educates and empowers rural women and girls across ten villages in Pune District in the state of Maharashtra, India. Since 1998, Armene's remarkable efforts towards emboldening rural women in India have helped improve the educational outcomes of hundreds of adolescent girls.

"In the firm belief that issues of poverty and illiteracy are not the problems of just the poor and marginalized alone, but universal issues that concern us all," said Armene Modi, the 2020 Albert Schweitzer Medallist.

Commending Armene's efforts and commitment, Andrew Kay, CEO of the World Literacy Foundation, said that this award celebrated twenty-two years of Armene Modi's dedicated and priceless contributions in the field of education in rural India.

The award is named after Albert Schweitzer, the famous Austrian who came to Oxford University in 1922, and presented to individuals who have made outstanding contributions to Literature through their intellectual

work in writing and research.

With illiteracy affecting nearly 770 million people in the world today, it is a global crisis, and the World Literacy Foundation strives to ensure that every young individual, regardless of geographic location, has the opportunity to acquire literacy and reading skills to reach their full potential, succeed at school and beyond. The WLF works to provide free access to quality education materials and innovative solutions that target wide-scale illiteracy. The online World Literacy Summit brings together leaders from 85 countries representing over two-thirds of the world's population, and all with a single focus - advocating, championing and educating on the vital importance of improving literacy levels across the globe.



Tata Nexon Modified To Become 'Police Interceptor'

While the traffic police in India usually travels in Maruti Ertigas or Toyota Innovas, the Tata Nexon could now, also be an ideal alternative, in keeping with its facelift modifications which render it to soon be one of the leading 'Police Interceptor' vehicles!



Being the very first, made-in-India car to achieve an excellent 5-star rating for adult safety in the Global NCAP, the Tata Nexon is considered one of the safest cars in the country. Thanks to its high safety level, impressive feature list and attractive design, the Nexon is also one of the most popular SUVs in India today. The Tata Nexon received a mid-life facelift at the beginning of 2020, with a redesigned front end, several new features and a BS6 compliant engine.

In a video sharing the transformation digitally, the paint scheme of the Tata Nexon is altered, from Olive Green with a white roof to Black, which is usually used as the colour for Police cars, with 'Police Interceptor' written on its doors. The front of the SUV gets a new bull bar, offering extra protection. New small red-blue LED lights have also been placed on the bull bar. Further, a small LED floodlight has been integrated with the wing mirror. A red-white-and-blue beacon has been mounted to the top of the car. At the end of the video, the rendered car also gets a white scheme option.

The Tata Nexon has now been upgraded to become BSVI-compliant. The SUV receives its power from a 1.2-litre 3-cyl turbo gasoline burner and a 1.5-litre oil unit. While the former can generate 120 PS against 170 Nm, the latter can deliver 110 PS against 260 Nm. Both motors are mated to a 6-speed MT/AMT. The SUV is now also available with a pure electric motor, which is offered in the top-spec variant. The Tata Nexon is equipped with a wide range of features which include automatic headlights with LED DRLs, an electric sunroof, a flat-bottom steering wheel, a 7-inch touchscreen system which supports Android Auto and Apple CarPlay, iRA connected car technology, a digital instrument cluster, automatic climate control and cruise control. The Tata Nexon is priced from INR 6.95 lakh to INR 12.7 lakh (ex-showroom). It competes against the Maruti Vitara Brezza, Mahindra XUV300, Ford EcoSport and Hyundai Venue in the highly teeming compact SUV segment in India.

[Courtesy: indianauto.com]

Fire Causes Extensive Damage To Billimoria High School, Panchgani



On 21st April, 2020, a fire broke out at around 10:30 am, in the premises of The Billimoria High School, in Panchgani, causing extensive damage to school property. The cause of the fire is yet to be ascertained. The Panchgani Municipality fire-fighters



rushed to the site and with great effort, were able to extinguish the raging fire, but not before it had wreaked sizeable destruction including the students' school materials, furniture, equipment and clothes.

Due to the ongoing Pandemic, the school was currently under lockdown

and no casualties were reported. The first floor of the school is being used as a dormitory for students.

Sitting atop the Sahayadri Hills in Maharashtra's Satara District, The Billimoria High School was founded in 1908 by the Late Nowroji Billimoria and is currently owned and managed by the Goradia family.

Parzor



COUNSELLING & GUIDANCE

I am here to help you as you take care of your mental well-being. My areas of expertise are mental health issues of adults and senior citizens, and issues related to Covid 19.



Dr. Katy Gandevia
Programme Coordinator, Jiyo Parsi

You may contact me on: +91 9819140820 any time between 11am to 5pm, from Monday to Friday.

Here to hear you out.

Take care,
Katy

A Support Helpline
for anyone in this
time of need

Telephonic Assistance provided will be free of charge and is open to all communities
Confidentiality will be maintained

Earlier this week, 'Jiyo Parsi' - a Gol undertaking, which supports our community's efforts in arresting the declining Parsi population and aids in its increase - reinforced its efforts by launching an excellent and much needed counselling and guidance campaign, via a Support Helpline, publicized appropriately under the title, 'WE HEAR YOU!' This Helpline has been launched to help all those in need, during one of the darkest periods of our times, as humanity struggles against the onslaught of the deadly Coronavirus pandemic, which continues to claim lives and livelihoods of people across the world, taking a massive toll also on one's mental peace and stability.

Offering telephonic therapy under 'Elderly Counselling', 'Child Counselling', and 'Pregnancy/Fertility Counselling', the initiative is open to all, and functional on weekdays (Monday-Friday) from 11:00 am to 5:00 pm. Counselling will be provided by Jiyo Parsi's (JP) three experts in the field - Dr. Katy Gandevia (JP Program Coordinator); Pearl Mistry (JP Counsellor); and Shamla Anand (JP Program Consultant).

Dr. Gandevia's area of expertise includes mental health issues related to Adult/Senior citizens as well as to COVID-19. She can be contacted on 9819140820.

Pearl Mistry specialises in counselling Pregnant Women or women undergoing ART (Assisted Reproductive Technology) Procedure and other Fertility Issues. She can be contacted on 9822291743.

Shamla Anand specialises in Child Counselling, also for differently abled children. She also offers work/family related counselling for adults, covering addictions and anxiety issues. 9967037697

Counselling can be provided in English, Gujarati, Hindi and Marathi. Do spread the word with all your friends across India, especially Health Care Workers.

Since its launched in 2013, Jiyo Parsi has been providing counselling and medical treatment to married Parsi couples and has so far aided in adding 260 babies to the community - under the umbrella of the PARZOR Foundation, spearheaded by JP's spirited front-runner, the dynamic Dr. Shernaz Cama, who is the Director of PARZOR Foundation. This Foundation endeavours to promote and preserve the Zoroastrian (Parsi) culture and implements schemes with the help of organisations like the Bombay Parsi Panchayat.

'WE HEAR YOU!'

- Excellent Counselling And Guidance Initiative By Jiyo Parsi -

Submitted by Pearl Tirandaz, PRO, Jiyo Parsi

Parsi Times thanks the expert JP Counsellors - Dr. Katy Gandevia, Pearl Mistry and Shamla Anand - for taking the time to answer a few pertinent questions, for the benefit of our community:

PT: Why does it become even more mandatory to reach out for help during these current times of stress?

JP Counsellors: Every individual has his/her threshold to handle stress and pressure. During normal times too some individuals find it difficult to handle the daily stressors and face mental health challenges. Help, in the form of counselling, therapy, rehabilitation or medication, is needed by such individuals to help them cope better with the challenges they face. In India and other countries, mental health challenges are still a taboo topic, which most are not ready to speak only about, due to which, people struggling with these issues are very hesitant to reach out for help that is readily available.

However, during times like these, when the whole world is facing a crisis, the need to reach out for help, especially counselling is extremely important. Each and every individual today is having to handle emotions like uncertainty, insecurity, fear of illness/death, loss of income and depression. In a family, the younger generation depends on elders for guidance and support, but right now, the parents / elders themselves are facing a lot of mental trauma and pressure. There is lack of a support system within the family in many cases. The need for counselling, and having someone who listens without judging or criticizing, is very high during times like these. Just a listening ear can do wonders and help the person cope with the given situation. Stay home and stay safe is important, but stay sane is equally important!

PT: Women undergoing the ART procedures or having fertility issues usually end up losing a lot of self-confidence, and if the procedure takes longer than expected, they can also get depressed. How does counselling help in such situations?

JP Counsellors: Women undergoing these procedures are there due to the inability to conceive normally - this by itself can play havoc with their self-esteem and security. To some extent, it has also been known to cause disturbances in marital

relationships. Those undergoing ART procedures/fertility issues sometimes do feel depressed as their self-confidence is affected, especially if they already have self-esteem issues in the past. There's a lot of fear and anxiety and the need for someone to be there for her with an empathetic ear. Counselling helps by giving them support via active listening which helps them voice their feeling of inadequacy, their fears about the side-effects of treatments and also addresses self-image issues.

Counselling reduces the level of stress by helping the individual understand the procedure and explaining the process and also keeping the person abreast of all that it entails... basically, a comforting, hand-holding exercise through this period of strain and stress.

Couples are also counselled together, which further strengthens their relationship by empowering them to face the challenges together. The counsellor shares success stories of other couples (confidentiality is always maintained) who've successfully had babies through ART. This boosts their confidence and encourages them to continue treatment and fulfil their dreams of parenthood.

PT: As our Community is blessed with a good number of senior citizens, how does Counselling for the Elderly help? How can we, as a community and especially the youth, be supportive?

JP Counsellors: Our community does have its fair share of single seniors and the only way to handle that is by being there for them, whenever needed. Counselling is of great help to our elderly by helping them fight off loneliness and/or resignation because they feel they have someone to talk to and who listens to them attentively. Sometimes, this single-handedly gives them something to look forward to, a reason to live!

The youth could dedicate some of their time to them, just being with them - talking or playing games, or running errands, and also being polite with elders in their own families. It would be great if we could have something on the lines of a Senior Center, where they are involved in pursuing some kind of hobby or area of interest, to keep them mentally occupied. The Center could operate a few times a week,

Parzor



COUNSELLING & GUIDANCE

I am here to help you and your child as you take care of your emotional well-being. My areas of expertise are: child counselling (toddlers- 11 years), academic as well as personal counselling for school-going kids, differently abled kids, behaviour issues for children and adolescents, young adults, work or family related counselling for adults, addictions, anxiety, panic attacks etc.



Shamla Anand
Programme Consultant, Jiyo Parsi

You may contact me on: +91 9967037697 any time between 11am to 5pm, from Monday to Friday.

Here to hear you out.

Take care,
Shamla

A Support Helpline
for anyone in this
time of need

Telephonic Assistance provided will be free of charge and is open to all communities
Confidentiality will be maintained

offering all kinds of activities. It will help greatly if these Centers are established in the Baug/Colony itself, as commute will be reduced to a minimum. Counselling, as and when required, will be available. The youth can very much be a part of the activities and help on a more personal level by spending quality time with them, arranging day trip and other in-house activities, etc.

Most of our seniors are gifted and work well with their hands - sewing, baking, handicraft, etc. We could even connect with small-scale industries and get them gainfully employed - this will have them enjoy their day and even earn a bit! More importantly, being occupied thus will take care of their loneliness and instil a sense of self-worth!

PT: In the current scenario, where all schools are shut, children are being home-schooled by parents. A number of parents are unable to manage this, as some children simply won't listen or are rebellious. Also, how does counselling help parents who are raising a differently-abled child?

JP Counsellors: A rebellious child is someone just asking for attention. Spending some time with the child and listening/talking with him/her will help a lot in calming the child's sense of anxiety and angst it is going through.

Of course, there are other factors that could be responsible for the child's rebellion or inability to listen - it could be Sensory Perception Disorder (SPD), which does not allow a child to process the information in the 'right' manner. In such cases, a thorough psychiatric evaluation is needed, after which counselling can be done. Again, here it is important to cater to the parents and explain to them how this can be dealt with and that it is not something that cannot be rectified. The need for developing coping mechanisms will go a long way in dealing with SPD. Other factors can also include Autism, ADHD/ADD, anxiety.

It is crucial to take parents into total confidence regarding a differently-abled child. Just because your child does not seem 'normal' does not mean he's incapable of doing anything. He/she may take more time or do it differently, compared to the rest. A child can be mentally different or physically different. It is important for the parents to understand their child's predicament and the different ways it can be effectively handled and treated. There are a lot of centers which cater to differently-abled children. Having a data-bank readily available with the counsellor will initiate action. Counsellor stay constantly in touch with parents providing periodic updates on the progress of the child and keeping them updated about new trends and happenings

You need to be calm yourself, talk to other parents undergoing similar situation and read up on useful information through books, Google, etc, about handling differently abled children. Join a support group online, if possible; develop hobbies that you enjoy and remember, that every storm passes.

Parzor



COUNSELLING & GUIDANCE

I am here to help you as you take care of your mental well-being. My areas of expertise are counselling of pregnant women, counselling of women undergoing ART procedure, other fertility issues etc.



Pearl Mistry
Jiyo Parsi Counsellor

You may contact me on: +91 9822291743 any time between 11am to 5pm, from Monday to Friday.

Here to hear you out.

Take care,
Pearl

A Support Helpline
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Parzor



WE HEAR YOU!

A Support Helpline
for anyone in this
time of need



Elderly Counseling

Child Counseling

Pregnancy/Fertility Counseling

Telephonic counseling from 11am - 5pm | Monday to Friday

Tata Sons Plans \$1 Bn Fundraising For European Operations

Tata Sons is planning to raise USD 1 Billion for its European operations, as reported by The Economic Times. The conglomerate may raise the money through a Revolving Credit Facility (RCF), often known as 'Revolver Lines'. Tata Sons has begun talks with global banks including Citi, ANZ, HSBC, Mitsubishi UFJ Financial Group and Standard Chartered.

The report said Tata Sons has been advised to prepare a war chest of \$5 billion and set aside \$1.5 billion for emergencies. "We don't see the need to raise that kind of money and have asked our flagship firms to take care of their own requirements as much as possible. Some businesses such as airlines may need our support, and JLR could need bigger infusions. So, we're ensuring that we have funds accessible to us

through Tata Sons subsidiaries," according to sources.

The company is considering raising five-year money at LIBOR (London InterBank Offered Rate) plus 250-275 bps through Tata International UK, with a guarantee from Tata Sons. The \$700-million dividend payout from Tata Consultancy services will be added to the war chest, the report said.

Many of Tata Sons' group companies providing non-essential services - including Tata Steel Europe, Jaguar Land Rover, Titan, Tata Starbucks and Trent Westside - are recording zero revenues due to the pandemic.

There could be a capital raising round in the future to raise money for Tata Sons' Indian businesses, the report added.

Ruby Hall Clinic Healthcare Providers Test COVID-Positive



On 21st April, 2020, twenty-five healthcare workers, including nineteen nurses, from the Pune-based Ruby Hall Clinic, tested positive for Covid-19, within the last fortnight.

The highly reputable Hospital's CEO, Bomi Bhote, shared that they had screened over a thousand staffers over the last fortnight, and that it had begun with a single case of a staffer coming from the Kasarwadi area, which prompted them to swing into action. As of the 21st of April, there were twenty-five COVID-

positive cases, which were all asymptomatic and stable. He added that they had been isolated from potential contacts to break the chain of spread, and that not a single infected staff member was put on any breathing support system.

The Ruby Hall Clinic has an entire building on the premises dedicated to Covid-19 patients, with its staff members being isolated. The Non-Covid patients are treated in the other building. The hospital has also rented three nearby hotels where staff members are being quarantined.

COVID-19 Claims Life Of Veteran Journalist Gulshan Ewing

On 18th April, 2020, veteran journalist of Indian-origin, Gulshan Ewing, died of COVID-19, in London, at the age of 92.

Over a 30-year career in journalism, Gulshan Ewing served as the Editor of two leading Indian magazines - 'Star & Style' and 'Eve's Weekly', which catered primarily to women. A high-profile society journalist, Gulshan was known to be on first-name terms with leading actors and politicians of her time, and interviewed some of the most iconic celebrities from around the world, rubbing shoulders with greats including Gregory Peck, Cary Grant and Ava Gardener, as also royalty.

Gulshan was born in 1928 in Bombay to a Parsi family and enjoyed a glamorous lifestyle as a journalist, on first-name terms with India's leading actors and politicians from the 1960s onwards. She married



Guy Ewing, a UK-born, fellow journalist based in India, in 1955 and moved to England in 1990, living in Richmond after retirement. Guy died of cancer in 2018, at the age of 87.

As per the English tabloid, Daily Mail, Ewing's daughter Anjali, also a journalist based in London, said three interviews stood out for her mother - Gregory Peck, Cary Grant, and Danny Kaye, whom she found very charming. "She loved imitating Cary Grant's accent," Anjali shared.

She had no pre-existing health conditions. She started showing symptoms more than a week before her death, but it wasn't until the 15th of April that her sample was collected and delivered to the laboratory two days later, according to the tabloid. Coronavirus was confirmed as her cause of death, a day after she had died.

She has been receiving a large number of glowing tributes from celebrities across the world on social media.

Myra Bhatena Launches 'Connect Against COVID' Initiative

A highschool student in the Greater Boston area Myra Bhatena has launched a 'Connect Against COVID' Initiative via her website (connectagainstcovid.com) which aims at gathering used but functioning tech items like smartphones, tablets and iPads to give to hospitalized COVID-19 patients in the Greater Boston area. These patients are in isolation and unable to stay connected with their loved ones, as they are not allowed to bring their personal belongings including their tech-devices with them.

However, donated tablets would be sanitized by the hospital and placed in each room for patients to use safely. One of the biggest concerns of COVID-19 patients admitted to the hospital is the immense isolation and loneliness they feel. Each day, they have limited contact with the outside world and desperately wish to connect with their loved ones.

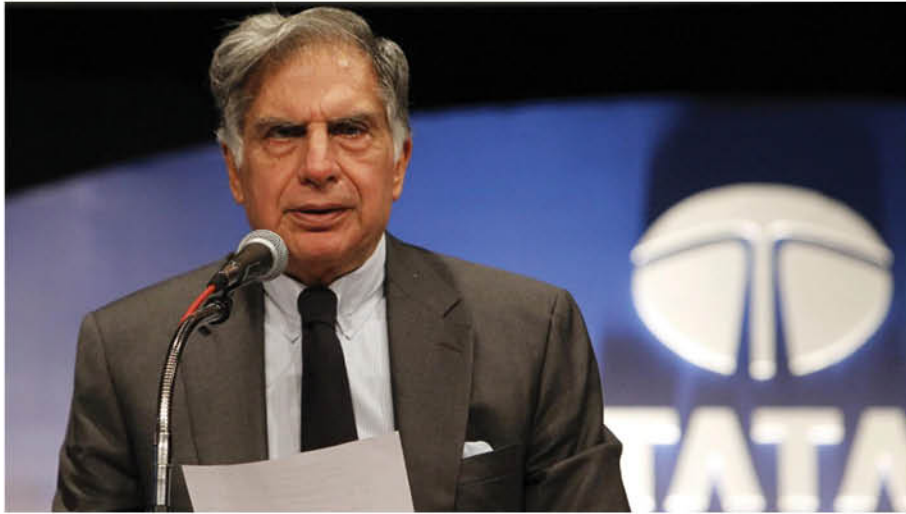
"It all started when my mother, a physician in the Greater Boston area, received an email from a co-worker asking if we had any old but functioning tablets at home. My mom explained to me that patients suffering from COVID-19 in hospitals are completely isolated from their families and loved ones in order to stop the spread of the virus. They are even unable to use their phones to make calls or FaceTime because they are often without their devices in the ICU or isolation units. Many on their deathbed are



unable to spend their last few days with the people they love. But with your help, even one iPad can change that. During these scary times of quarantine and isolation, it is important to keep people connected. This is why I created 'Connect with COVID' - together, we can spread love, not the virus!" shares the young do-gooder, Myra!

[For details, log on to: connectagainstcovid.com]

Ratan Tata Makes Strong, Pertinent Statements On 'Future Of Design And Construction' Panel Discussion



Tata Group Chairman Emeritus, and pride of our community, Ratan Tata on 20th April, 2020, while sharing his views in a virtual panel discussion on the 'Future of Design and Construction' described the unorganised sprawl of Dharavi in the heart of Mumbai, where experts most fear the spread of the Coronavirus, as a "wake-up call," for planners and administrators struggling to contain the pandemic through social distancing. The statement was made in reference to Dharavi's reality of nearly eight to nine lakh people crammed into a 2.5-sq-km area, giving rise to the world's highest population density

The Covid-19 outbreak had served to underscore a crisis in housing, which deprived lakhs of Mumbai's residents of fresh air and open space, he said on the panel discussion, watched by thousands, online. "We do design for high-value housing and provide in the slums, the residue. We should be ashamed because we have the image we want to project of ourselves and there's a part we want to hide. We are offended when people criticise it, but we have social responsibilities as architects and builders. The corona issue is a wake-up call of what beholds us. What our concern is that it turns around and bites us," said Tata, not mincing his words about the grave condition of the slum-dwellers. "Their occupants live on top of each other in a manner of speaking," he added, referring to the multi-storeyed slum structures in the precinct. "We as architects and developers have been satisfied to do (that)."

A trained architect himself, Tata expressed regret at not being able to practise architecture except for two years in Los Angeles. Continuing his talk on this discussion organised by CorpGini, a global innovation platform,

Tata questioned the policy of removing slums and shifting the occupants into narrow, high-density structures, 20-30 miles away. "For the first time, the close proximity, low-value structures we have built are the cause of new problems. The last few months have taught us that we are suffering from close proximity. I think there should be re-examination of what we consider to be acceptable standards in terms of quality of life," he said.

While high-value housing is put on slum land, the residue is like "putting the garbage together and calling it a community, making it difficult to survive," he said, referring to slum rehabilitation policies. "Perhaps, there ought to be a revision in terms of the fact that we are dealing with communities, we're dealing with populations that need to be a part of new India. We are creating a community which we are ashamed of. We should be really driven by the desire of creating a world culture," he emphasized.

"In the last few months, we have been humbled to realise that a disease could run across the globe... I think we have to consider this issue as being our problem and not their problem. We need to concern ourselves with the quality of lives everywhere. We need to ask ourselves, are we ashamed of what we see or proud of what we see? We need to consider urban communities as one. We need to look at the possibility of ownership of slums rather than rentals. We need to be ashamed of what we're doing and we need to focus on considerably being proud of what we're doing. Mumbai and Maharashtra need to be proud of the transition that they make. And the transition needs to be real," he concluded, leaving all with lots of food for thought.

Blessed Are Our Baugs!



RAZVIN NAMDARIAN



If there ever was a time for being thankful to our forefathers for establishing that unique institution - 'the Parsi Baug' - it is now! Indeed, during the lockdown period triggered by the coronavirus pandemic, when many people are coping with a sense of isolation, we in our 'Baugs' feel a kindred sense of community.

Being essentially social creatures, this necessary 'Social Distancing' wreaks havoc on the mental health of sensitive souls. Today, 'Social Strengthening' is the need of the hour, since coping with the stress of lockdown and its associated issues, has psychologically drained a number of people. General trends point to the fact that most people who live in gated communities, such as our baugs, are able to handle this stress much better mainly because they perceive a sense of togetherness. This is so important at a time when individuals, families and friends are forced to be in isolation. It is during such times that the benefits of community-living come to the fore.

There is much to be said for the friendly wave to neighbours across balconies. Thanks to the power of modern technology and social media, our Baug groups become a virtual meeting ground, where people air common issues and problems and find solutions collectively! The sense of being part of the larger whole is heightened by the fact that one feels part of a 'safe zone' where the walls of the 'baug' serve as a physical barrier to prevent the entry of unauthorized

strangers, who could inadvertently be carriers of the disease.

During the quarantine, the one thing that bothers most people is the feeling of being cooped up. It can be stifling within the walls of your home. This is where again, our baugs, planned generations ago, with their large open spaces, provide us with an added advantage. Even if you can't go for a walk, there is definite pleasure and a feeling of serenity that comes by being able to look out into a beautiful garden and trees, from your home.

Along with the psychological benefits, also come the practical advantages of being a part of a baug. In most of the colonies, baug members have come together to ensure that while residents need to stay indoors, they are not left wanting for anything; their needs are outsourced from vendors who willingly provide delivery, given the



volume of demand. Fruits, vegetables, groceries and of course, the most cherished 'eedas' are provided for, by zealous members. Young volunteers in several baugs are also giving 'doorstep' delivery to the elderly who can't make it to the society gates. Masked and gloved, these young helpers gladden the heart! Coronavirus has brought humanity to the fore!

Yes, these are tough times, but every evening when we hear the 'humbandagi' reverberating through every baug in Mumbai, we know we are not alone, we are all facing a common foe and we will overcome it together!



The Bawa Word Search

Search out 16 Popular Spice-Mixtures Worldwide hidden in the word-jumble box below, in bi-directional, horizontal, vertical and diagonal forms:

T R X E Q W H O D T T A E V J R X A V N Z E M T G
 U L K H V Q M W A V T S Z A A T A R Y Q L P Z T K
 Z F C O E B I D X E D D P V R K X Z Y S W N E S Y
 H G E D T I Z D G K W I C E J K R R N S K Q I M E
 L A O V A K V E M A T I Q E C T L I D U N O F Z L
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|------------------------|------------------------------|------------------------|----------------------------|
| Advieh (Iran) | Bumbu (Indonesia) | Cajun (United States) | Five-spice Powder (China) |
| Garam Masala (India) | Harissa (North Africa) | Hawajj (Yemen) | Jerk Spice (Jamaica) |
| Quatre épices (France) | Ras el Hanout (North Africa) | Sharena Sol (Bulgaria) | Shichimi Tōgarashi (Japan) |
| Speculaas (Belgium) | Thuna Paha (Sri Lanka) | Vegeta (Croatia) | Za'atar (Middle East) |



TechKnow With Tantra Smartoffice

Smartoffice lets you view and edit Microsoft Office files and PDFs on the go. It is an intuitive, easy-to-use document editing app with a sleek design inspired by the familiar UI of a desktop Office document. Users can view, edit, create, present and share MS Office documents directly on or from their mobile devices. Word, Excel, Powerpoint, PDF are all supported. Besides, you could print wirelessly, directly from the App to a host of printers which are WiFi enabled. Documents can be saved in original file formats or quickly converted to PDFs. All editing and formatting functions are supported. Support is also available even for password protected documents. Full Cloud Synchronization is available and you can open and save documents to the cloud with effortless ease with Box, Dropbox and Google Drive. A must-have tool in your suite of apps for your productivity on the go!

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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.

Here's your opportunity to work with the BPP in providing essential services and facilities for community members in need. Your contributions will help greatly.

Details for Bank Transfers:

Account Name : Parsi Punchayet Bombay
 Account No. : 09570 02000 0353
 Bank : Kotak Mahindra Bank
 Branch : Fort Branch
 IFSC Code : KKBK0000957

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

WINNING CAPTION!!!



(Singing to the tune of Hindi song - 'Sheela ki Jawaani')
 "What's my name? What's my name? My name is Sheela... SHEELA BAI!!!"

- by Pervin Watchmaker, Ahmedabad

CAPTION THIS!



Calling all our readers to caption this picture!
 The wittiest caption will win a fabulous prize!
 Send in your captions at editor@parsi-times.com
 by 29th April, 2020.

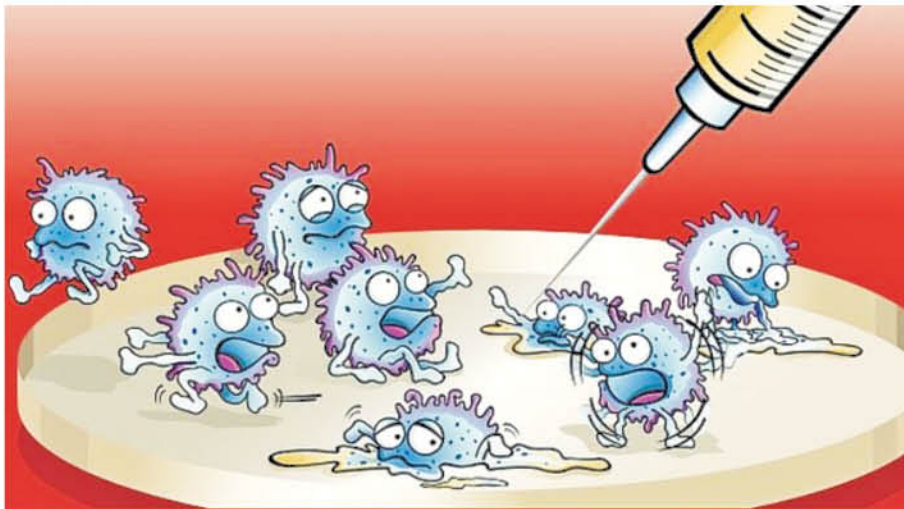
Cyrus The (Not So) Great!



Bringing lots of joy with his chuckles and laughs, aapro Cyrus Broacha, the Brand Ambassador of Humour, unleashes his hilarious take on the ongoing lockdown, in our monthly column, Cyrus The (Not So) Great!

This (the Community's number one weekly) is called 'Parsi Times'... but these are not 'Parsi times'! If you check the word Parsi in the Oxford dictionary at my house, it says, 'Parsi: a person who is good, virtuous, jolly, warm hearted, generous and may indulge in light scratching'.

But right now, it is tough to display these qualities, and it's all because of one reason, and one reason alone - the non-availability of 'Live Sports'! Not even the world famous, CPL (Cusrow Baug Parsi League), which is truly world famous in Colaba... and also vaguely remembered in Byculla, and sort of ignored by Dadar.



Of course, you may argue, (even though I specifically told you not to), that the real cause is this Coronavirus. 98% of the population may agree with you, but that means nothing. 98% of the world's population loved the movie 'ET'! However, common sense tells you that ET had the worst looking leading man ever. Also, ET himself was no Brad Pitt! Which brings us back to the terrible concept of lockdown...

The Oxford Dictionary calls it imprisoning the population, so they can live a week longer. The lockdown is having its effects. In the West, it has a softer approach, it's more of a suggestion by the governments there. Out here, being a true democracy, you move one step and you will be shot... twice!

How are our Parsi brethren and sistren, (since there is no parallel word for women, I'm going to use sistren), coping? Our first complainant is Anahita Babsy Chaiwalla, who is lovingly called ABC (her husband Dorab Elavia is DE, by the way), had this to say - "What do you mean by total shutdown? That's madness!! How can I stay in the compound? Where are my dogs - Caesar and Pompei - going to do soo-soo and the other thing? The Hawaldar told me go back in the compound or he'll take me to the Police-station! I told him, in that case you take Caesar and Pompei to the Police Station, and after they have relieved themselves, bring them back to the compound!"

There does seem to be logic in ABC's thinking, but what of Ronnie Irani, Yachtsman and Ham radio 'expert'. "It's a case of survival of the fittest, how long can we continue with this concentration camp mentality?? It takes a few idiots to break the curfew and negate the whole experiment!! That is impossible to control. There are some things that can't be done. Like, can you control Ronaldo in the mid-field? No!! Instead, let's give everyone booster shots - Hydroxychloroquine, vitamins, and instruct them to try and keep social distance. And instead of shutting them down, make exercise compulsory!"

Again, not completely devoid of logic. Plus, if it's going

to be about the survival of the fittest, please note a couple of points about the 'Parsi'. We have:

- (a) Survived the invasion of Iran!
- (b) Survived vegetarian food in Gujarat!! and
- (c) Survived people cutting lanes while driving in Mumbai!!!



If that's not a blueprint for survival of the fittest, then what the bloody hell is?!?!

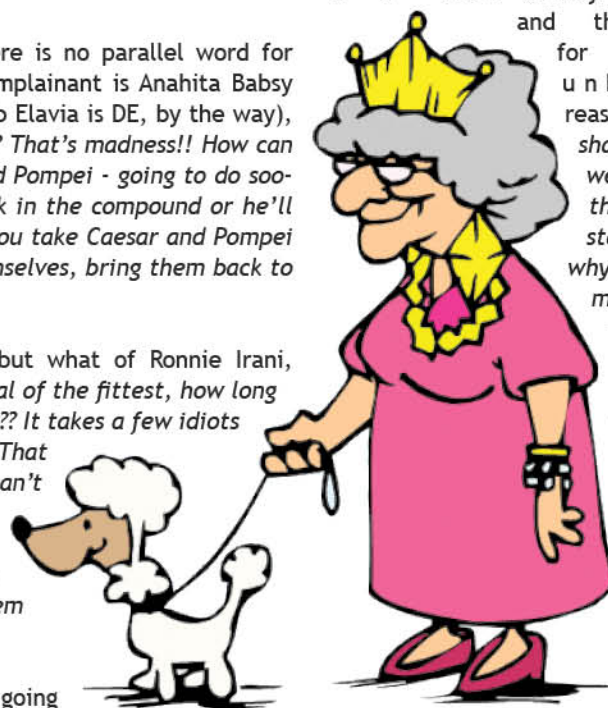
Now, back now to Dr. Pallon Singaporica. Pallon is a Gynaecologist, who had to give up the practice as he started developing feelings for his patients, and unfortunately could not keep these feelings to himself. Dr. Singaporica is 68-years-old and would be celebrating his birthday on the 3rd of May. For him,



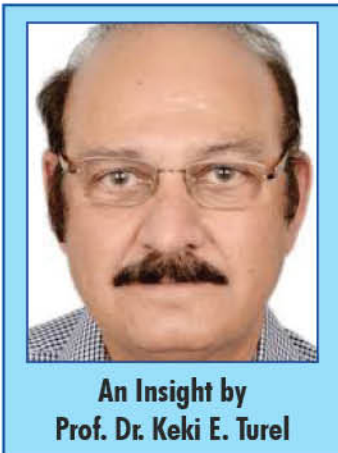
and that too for some unknown reason, the 69th birthday is the most auspicious! "It's a damn shame! Why stop celebrations?? Deve Gowda is having a wedding party this week. The way I see it, what's good for the Geese is good for Gowda! At the provision store, we all stand in line, maintain distance, and get the job done. So why can't the same rules apply to a celebration? Stand in line, maintain distance and get your drinks. I'm willing to adapt - dancing will be like at college parties - stag (on your own). The 69th birthday comes only once in one's life! It is grossly unfair, if one can't celebrate it even in a small way... with 30, 40, 50, maybe 75 people, max-to-max!!"

Again folks, logic to che! Maybe not absolutely - but here and there. As the weeks drag on, solidarity with the government and the world may turn into frustration and irritation. I've only attended one 'Leo Club Meeting', but I did learn this - a lion in a cage, goes mad!

...As was mentioned at the top. This is the Parsi Times, but these are not, Parsi times!!



'Condemn Shameful Attacks On HealthCare Professionals On Social Media,' Appeals Dr. Keki Turel



In keeping with, what can only be described as, the most shameful and dastardly attacks on healthcare professionals, who courageously treat COVID-19 cases despite the threat it poses to their own lives, on 22nd April, 2020, the Cabinet approved the ordinance rendering crimes against healthcare workers as cognizable and non-bailable offences, with the guilty likely to face 3 months to 7 years in jail, depending on the severity of the violence. Our community's leading medical luminary, Prof. Dr. Keki E. Turel, Prof. Emeritus, Neurosurgery, Bombay Hospital (Mumbai), shares a touching note...

Dear Friends,

My team and I at Bombay Hospital hope you and your family members are safe and healthy during this incredible pandemic, which has ripped through our entire planet. We initially felt India was less affected due to our immunity, but for variety of reasons the numbers of COVID positive cases are climbing, and so are the deaths! We cannot afford to be complacent or lower our guards for a long time to come.

Amongst the guardians of our society, doctors and other health workers, nurses and paramedics, technicians, municipal workers and police are working round-the-clock to ensure your safety, risking their lives, and of their families, in trying to protect you all. I am sure you all understand their contribution and sacrifices.



On Sunday, 19th April, 2020, we lost another doctor, and the third neurosurgeon of our country, to COVID. 53-year-old, Dr. Simon Hercules, who ran 'New Hope Hospital', a private nursing home in Tamil Nadu, a humane and humble personality, much loved by his patients and colleagues, died after battling COVID for two weeks.

The ambulance carrying his dead body to the burial ground was stopped, stoned, with windows and windshield shattered, by a large group of misled, misinformed, insensitive locals demanding the body be cremated and

not buried. The driver of the ambulance was beaten up and the Doctor's body dragged out and placed in the open street. No police or any law enforcing authority stepped in to control this unruly mob.

Finally, his colleague and good friend, Dr. Pradeep Kumar, an Orthopaedic Surgeon practising with Dr. Simon for 6 years, appealed to the protesting crowd, and with the help of two ward boys of the hospital, drove the ambulance himself that night to the cemetery. He dug the grave himself with a shovel and tearfully rested the body of Dr.

Simon Hercules in it, with due respect.

Us Indians call ours as the most ancient and glorious civilisation; this was a true example of how uncivilised and insensitive we can be. The crowd paid no respect to the departed hero, and instead, humiliated him at a time when he deserved the utmost respect for his humanitarian services. Would any of these misguided people have allowed such indignity in death to be given to their near and dear ones? Ironically, just a month ago, on 22nd March at 5:00 pm, led by our Hon'ble PM, the entire nation clapped for a full 5 minutes to show their gratitude to the medical community!

National and State Medical Associations have already condemned the shameful act exhibited against Dr. Simon in Tamil Nadu. Politicians have assured of an inquiry and action to be taken against the miscreants. Time and again we have seen irate people attacking on-duty doctors and nurses when their loved ones succumb due to extreme or terminal illness. On numerous

occasions, doctors have been brutally hurt and on one such occasion, a doctor even tragically died of such injuries.

Despite this, doctors have never stopped serving the people. Parliamentarians have passed the bill for non-bailable arrest of such offenders. But this has hardly materialised and such violent actions continue to occur at regular intervals simply because the doctors have been considered a soft target. And now comes the shameful instance when, not just the living doctors, even the dead body of a doctor has been treated with utmost disrespect.

Such a shameful act needs to be individually and collectively condemned at all levels. I appeal to your sensitive and sensible self to voice your protest through social media and other platforms, opposing and condemning such despicable acts against medical professionals, who continue to remain the frontline warriors of this battle against COVID and for as long as humanity exists on this planet.))

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Diabetes Cure By Puregonic

The increasing demand in Puregonic products is accompanied by more queries and requests. Based on the same, we are sharing insights and remedies for Diabetes - a very common ailment in today's stressful times.

It is a metabolic disease originating in the pancreas when blood sugar is too high. Insulin, a hormone released by the pancreas, helps glucose from food get into body cells to be used for energy. In diabetes, the body does not make enough or cannot effectively utilize the insulin which is produced.

The first step recommend for diabetic cure is Detoxification for which Puregonic offers Haldi & Tulsi Arks, to be used daily. Moringa - a natural multi-vitamin - is declared as one of top 20 superfood by WHO. A study has shown that taking 1½ teaspoons (7gms) of moringa leaf powder/4 tablets every day for three months, reduces fasting blood sugar levels drastically. Diabetics also experience circulatory issues which cause

inflammation in the feet and legs. Moringa's powerful anti-inflammatory properties helps relieve this.

High blood sugar and chronic diabetes also affects the eyes causing diabetic retinopathy. Puregonic Brahmi Nasya (Nasal Drops) helps strengthen retinal nerves and blood vessels and Eye Spa helps in outer eye care.

Diabetics are advised to consume more proteins to increase immunity. Colostrum helps treat diabetic gangrene and increases muscle strength. Purecolo Powder has given excellent health results to users.

Diabetic neuropathy (lost sensation in legs & feet) is another common problem faced by Diabetics. Puregonic Wheatgrass powder/tablet helps in such severe cases. Puregonic Alfalfa seeds are good for sugar control, strengthening the prostate and kidneys.

Puregonic has range of natural / herbal health food products, with zero side effects. Free home delivery is available in Mumbai. For Details, Whatsapp/SMS: 9820812244.

THE TRUTH. DELIVERED WEEKLY.

‘રતન તાતા માટે ભારત રત્ન’ પિટિશન બે લાખથી વધુ સહીઓ મેળવે છે



આ અરજી ઉપરાંત રતન તાતાને દેશનો સર્વોચ્ચ સન્માન - ભારત રત્ન એનાયત કરવા માટે આશરે છ જેટલી અરજીઓ છે અને ત્યાં ઓછામાં ઓછી એક ડઝન અન્ય અરજીઓ છે કે જેમાં તેમને ભારતના રાષ્ટ્રપતિ બનાવવામાં આવે! તાતા ગ્રૂપના અધ્યક્ષ રહી ચૂકેલા જેઆરડી તાતાને ૧૯૯૨માં ભારત રત્નથી નવાજવામાં આવ્યા હતા.

ઉદ્યોગપતિ રતન તાતાને ભારત રત્ન પ્રદાન કરવા change.org પર યુઝરે શરૂ કરેલી અરજી, બે લાખથી વધુ સમર્થકો ભેગી કરી ચૂકી છે! અરજી મુજબ, રતન તાતા નમ્રતા અને પરોપકારીનું ચમકતું ઉદાહરણ છે અને ભારતમાં અનેક સંશોધન, શૈક્ષણિક અને સાંસ્કૃતિક સંસ્થાઓનું સમર્થન અને સ્થાપના કરી રહ્યું છે. દિવસો પહેલા શરૂ થયેલી આ પિટિશનમાં તાતા જૂથ દ્વારા સ્થાપિત સંશોધન સંસ્થાઓ અને તાતાના નેતૃત્વ હેઠળ જૂથ દ્વારા હાથ ધરવામાં આવેલ પરોપકારી કાર્યની પણ સૂચિ આપવામાં આવી છે.

તાતા જૂથોના પરોપકારી હાથ તાતા ટ્રસ્ટ અને ગ્રુપની હોલ્ડિંગ કંપની તાતા સન્સએ સામૂહિક રોગચાળો કોવિડ-૧૯ સામે લડવા માટે રૂ. ૧,૫૦૦ કરોડ આપ્યા. તા. ૨૮ માર્ચ, ૨૦૨૦ ના રોજ રતન તાતાએ ટ્વિટ કર્યું હતું કે, કોવિડ-૧૯ એક મુશ્કેલ પડકાર છે જેનો આપણે એક રેસ તરીકે સામનો કરીશું. તાતા ટ્રસ્ટ અને તાતા જૂથની કંપનીઓ ભૂતકાળમાં રાષ્ટ્રની જરૂરિયાતો તરફ આગળ વધી છે. આ ક્ષણે, જરૂરિયાત સમય કરતા વધારે છે.

ટ્રિટ મુજબ દાન કરવામાં આવેલાં ભંડોળનો ઉપયોગ ફન્ટવાઈન પર તબીબી કર્મચારીઓ માટે પર્સનલ પ્રોટેક્ટીવ ઈક્વિપમેન્ટ (પી.પી.ઈ.), વધતા જતા કેસોની સારવાર માટે સ્વસન પ્રણાલી, માથાદીઠ પરીક્ષણમાં વધારો કરવા કિટ્સનું પરીક્ષણ, ચેપગ્રસ્ત દર્દીઓ માટે મોડ્યુલર સારવાર સુવિધા સ્થાપવા, આરોગ્ય કર્મચારીઓ અને સામાન્ય લોકોને જ્ઞાન આપવું, તેમનું સંચાલન અને તાલીમ આપવી આ બધું કંપનીના નિવેદનમાં જણાવવામાં આવ્યું છે.

દવિયેર અગિયારીની ૧૬૫મી સાલગ્રેહની શુભ ઉજવણી

૧૫મી એપ્રિલ, ૨૦૨૦ ના રોજ, દવિયેર અગિયારીએ તેની ૧૬૫મી સાલગ્રેહની ભવ્ય રીતે ઉજવણી કરી હતી. લોકડાઉનને કારણે, જશન અને જાહેર જનતા માટે ઉજવણી થઈ શકી નહોતી પરંતુ બોરડી અગિયારીના પંથકી એરવદ લોમી સેનાએ હમદીનોની હાજરી વગર સાંજે સ્ટા. ૫.૦૦ કલાકે જશનની પવિત્ર ક્રિયા કરી અને તેજ સમયે સમુદાયના લોકોને દીવો પ્રગટાવવા જણાવ્યું. બાઈ નવાઝબાઈ ગોઈપોરિયા અગિયારી ના આતશ પાદશાહ સાહેબની

૧૬૫મી સાલનું મારા સમસ્ત પારસી ઈશની કમ્યુનીટીના ભાઈ-બહેનો અને ફરજંદાને ફરજંદો ઉપર આતશ પાદશાહ સાહેબના આશિશ આશિશ આશિશ. તેમણે સમુદાયના સભ્યોને આશિર્વાદ આપ્યા.



પારસી ટાઈમ્સે આપણશ વાચકો સાથે શેર કરવા માટે આ અહેવાલ સબમિટ કરવા માટે પંથકી બાગના ૮૦ વર્ષથી મરઝબાન વાડિયાનો આભાર માન્યો હતો.

ઝેડએસી ખાતે ધાર્મિક વિધિ કરાઈ

રોગચાળો ફેલાતાં વિશ્વભરમાં તેનો ભયંકર ફેલાવો થાય છે, તેમ છતાં, યુ.એસ.એમાં વધુ અસર થતાં ૩૪,૫૦૦ થી વધુ લોકોએ જીવ ગુમાવ્યો છે. જીવલેણ કોવિડ-૧૯ની યુગાવમાંથી માનવતાને બચાવવા અને રાહત આપવા માટે આપણે વધુને વધુ ભગવાન પર વિશ્વાસ રાખીએ છીએ. કેલિફોર્નિયાના ઓરાન્જિટ્યુન એસોસિએશન (ઝેડએસી) પણ તાજેતરમાં કરવામાં આવેલ ધાર્મિક વિધિઓ સાથેની આ લાગણીને મજબૂતી

આપી રહ્યું છે, દુષ્ટતાને બેઅસર કરવા અને સારાનો વધારો કરવા માટે દેવી હસ્તક્ષેપની માંગ કરે છે. ૧૦ મી એપ્રિલ, ૨૦૨૦ ના રોજ, દસ્તુરજી કુકાદાઝના જન્મ જયંતિ પ્રસંગે એરવદ ઝર્કસીસ અને ઝરીર ભંડારા દ્વારા જશનની પવિત્ર ક્રિયા કરવામાં આવી. જશન જીવંત પ્રવાહિત હતું, જેથી સમુદાયના લોકો દૂરથી જોડાઈને આશીર્વાદ લઈ શકે. જશન પછી, એરવદ ઝરીરે દસ્તુરજી કુકાદાઝને કરેલા ચમત્કારો

વિશે વાત કરી અને અલુરા મઝદાને દુષ્ટ દુઃખ દૂર કરીને માનવતાની મદદ કરવા પ્રાર્થના કરી. પારસી ટાઈમ્સ સાથે વાત કરતાં, એરવદ ઝરીર ભંડારા કહે છે, આપણે જે અભૂતપૂર્વ સમયમાં આવી રહ્યા છીએ તેને ધ્યાનમાં રાખીને, જ્યાં આપણા સમુદાયના સભ્યો આપણી અગિયારી અને આતશબહેરામની મુલાકાત રૂબરૂ લઈ શકતા નથી પરંતુ આ રીતે ઓનલાઈન સમુદાય ધાર્મિક કાર્યક્રમોમાં ભાગ લઈ શકે છે અને સાથે પ્રાર્થના કરી શકે છે.



પારસી ટાઈમ્સની

‘મધર્સ ડે’ સ્પર્ધામાં ભાગ લો

પહેલાં કરતાં વધુ, આપણે આપણી મમ્મીના આભાર માનવાની અને પ્રશંસા કરવાની જરૂર છે જે આ મુશ્કેલ સમય દરમિયાન આપણને ખાતરી અને સશક્તિકરણ આપે છે, સાબિત કરવું કે તેઓ પોતે ‘સુપર-વુમન’ કરતા જરા પણ ઓછા નથી!

મધર્સ ડે ટૂંક સમયમાં આવી રહ્યો છે (૧૦ મે, ૨૦૨૦), તમારા જીવનમાં તમારી ‘સુપર વુમન’ માટે તમારો પ્રેમ અને તમારી લાગણી વ્યક્ત કરવાની તક અહીં છે!

અમને જણાવો કે તે કેમ કોઈ અન્ય જેવી નથી!!

તમારી મૂળ કૃતિઓ ‘કવિતા’ અથવા ‘ગદ્ય’ (૧૫૦ શબ્દોથી વધુ નહીં) ‘પેઈન્ટિંગ’ અથવા ‘કાફ્ટ વર્ક’ દ્વારા મોકલો.

ટોચના ૩ વિજેતાઓ ૯ મી મે, ૨૦૨૦ ના રોજ પીટીના મધર્સ ડે વિશેષ અંકમાં દર્શાવવામાં આવશે અને જીતો ઈનામો!!

પીટી સ્પર્ધા મધર્સ ડેની એન્ટ્રી અમને તા. ૬ઠ્ઠી મે, ૨૦૨૦ સુધી મળી જવી જોઈએ

ઈમેલ કરો: editor@parsi-times.com

એક નજર પારસી મરણો ઉપર

Deceased મરનાર	Age વય	Date તારીખ	Address ર. ઠે.	Relations સગાઈઓ
Osta Dinshaw Kaikaus Darbari ઓસ્તા દીનશાહ કેકાઉસ દરબારી	91 ૯૧	17-04-2020	R-14, Godrej Baug, Off Nepeansea Road, Mumbai 26. આર-૧૪, ગોદ્રેજબાગ, ઓફ નેપીયનસી રોડ, મુંબઈ ૨૬.	તે ધનમાયના ખાવિંદ તે ઝરીર અને સાયરસના બાવાજી તે મરહુમો પુટલામાય તથા કેકાઉસ દરબારીના દીકરા તે એમી અને મોનાઝના સસરા તે રેલાન, લીખોન, જેલાન અને કેરમાનના બપાવાજી તે ગુલ રતન પંથકી તથા મરહુમો બલુ રૂસી પાલીયા અને દારાયસના ભાઈ તે મરહુમો હીરાભાઈ તથા પીરોજશાહ દસ્તુરના જમાઈ કે કેક્ષીરા દારાયસ દરબારીના જેઠ તે ડેલના એરીક ભાઈનાના કાકા તે દીલનાઝ, ફીરોઝ, રશ્મા, યજ્ઞદી, દાયના, નવરોઝ ને મરહુમ રોશનીના મામા તે જર તથા નવલ શ્રોફ અને મરહુમો આલુ તથા બહેરામ કેળાવાલાના વહેવસાઈ તે ખુરશીદ, શેલનાઝ, ડેઝી ને ફરશીદ તથા મરહુમો ડોશા ને અદીના માસાજી તે સાયરસ, દારયસ, ટહેમટન, ઝરીર, રોશન કુરૂષ, મહાફૂખ, અનાહીતા, કેક્ષીરા, કરીના, શીરીન અને અનાહીતાના કુવાજી તે મરહુમો રોહીન્ટન અને નવરોઝ દસ્તુરના કુવાજી તે સોલી તથા મરહુમો કોલામાય, કાવસજી, બોમી, મીનુ, પેસી, નવલ, ધન, તેહમી, દોલત ને પાલનજીના બનેવી.
Sheru Rusi Karkaria શેરૂ રૂસી કરકરીયા	87 ૮૭	17-04-2020	14-A, Hamabai Petit, Gilder Lane, Lamington Road, Mumbai 8. ૧૪-એ હુમાબાઈ પીટીટ, ગીલ્ડર લેન, લેમિંગ્ટન રોડ, મુંબઈ ૮	તે મેહરબાઈ તથા બરબોરજી કાવસજી તુરેલના દીકરી તે રૂસી મેરવાનજી કરકરીયાના ઘણીયાણી તે મરહુમ ઝરીન પરવેઝ તુરેલના બહેન તે જેરમીન નેવીલ ભરૂચા, કેશમીરા હોમી બોધાનવાલા, ગુલશન ફિરોઝ પટેલના માસી.
Khushroo Ratan Vakharia ખુશરૂ રતન વખારીયા	61 ૬૧	17-04-2020	305/309, Zaveri Bldg., 3Rd Floor, Room No.10, Raja Rammohan Roy Road, Opp. Allbless Baug, Mumbai 4. ૩૦૫/૩૦૯, ઝવેરી બિલ્ડિંગ, ૩જે માળે, રૂમ નં. ૧૦, આર. આર. રોડ, ઓલબ્લેસ બાગની સામે, મુંબઈ ૪.	તે શેહરૂ તથા રતન બમનજી વખારીયાના દીકરા તે માનેક રતન વખારીયાના ભાઈ તે સ્ટેલા માનેક વખારીયાના જેઠ.
Dhun Minoo Dudhmal ધન મીનુ દુધમલ	86 ૮૬	18-04-2020	627, Dubash Building Annexe, A.b. Omavazir Road, Parsi Colony, Dadar, Mumbai 14. ૬૨૭, દુબાશ બિલ્ડિંગ એનેક્સ, એ. બી. હોમાવઝીર રોડ, મુંબઈ ૧૪.	તે મરહુમ મીનુ દારાબશા દુધમલના વિધવા તે મરહુમો પેરીન તથા રૂસ્તમજી બરબોરજી શ્રોફના દીકરી તે પરવીન મીનુ દુધમલ ને નોઝર મીનુ દુધમલના માતાજી તે મરહુમ રોહિન્ટન રૂસ્તમજી શ્રોફના બહેન તે હુડીયા નોઝર દુધમલ ને કાલ્વ નોઝર દુધમલના ગ્રેન્ડમધર તે મરહુમો ખોરશેદબાનુ તથા દારાબશા દુધમલના વલુ.
Osta Farsos Osta Minocher Behramkamdin ઓસ્તા ફરસોસ ઓસ્તા મીનોચહેર બહેરામકામદીન	71 ૭૧	18-04-2020	185, Firdosh, 4Th Floor, Flat No.10, Lamington Road, Grant Road, Mumbai 7. ૧૮૫, ફીરદોશ, ૪થે માળે, ફ્લેટ નં. ૧૦, લેમિંગ્ટન રોડ, ગ્રાન્ટ રોડ, મુંબઈ ૭.	તે મરહુમો ઓસ્તા તેહમીના તથા ઓસ્તા મીનોચહેર જમશેદજી બહેરામકામદીનના દીકરા તે એરવદ નેઝર તથા મહેરંગીઝ મેહલી મીસ્ત્રીના ભાઈ તે એરવદ નેકઝાદ તથા ઓસ્તા નાઝનીન, એરવદ કેયવાન માકુજીના કાકા તે મહેરજી તથા નવાઝ મહેલ્લી મીસ્ત્રીના મામા.
Adil Farokh Patel આદિલ ફરોખ પટેલ	62 ૬૨	18-04-2020	41/Patel Apt. Agiary Lane, Thane, Mumbai 601. ૪૧/ પટેલ અપોર્ટમેન્ટ, અગિયારી લેન, થાને ૬૦૧.	તે ફેની આદિલ પટેલના ખાવિંદ તે ફરઝાના હનોઝ કાથાવાલા ને રોશનીના બાવાજી તે મરહુમ તેહમીના ફરોખ પટેલના દિકરા. તે ગુલ તથા મરહુમ મીનુ કડોદવાલાના જમાઈ. તે પરવીન તથા ફરીદા તેહમુલ વાંસકૂઈવાલાના ભાઈ. તે હનોઝ અસ્પી કાથાવાલાના સસરા. તે આબાન તથા અસ્પી કાથાવાલાના વેવાઈ તે જેદનના મમાવાજી તે કેરસી તથા પરસી કડોડવાલાના બનેવી તે બીનાઈફર તથા પોરૂચિશ્વી કડોડવાલાના નણંદવઈ રતે દેલઝાદના મામાજી તે શેહઝાદ, એરિક, હોરમઝ તથા ઈવાનના કુવાજી.
Siloo Behramji Katrak સીલુ બેહરામજી કાતરક	73 ૭૩	21-04-2020	811/41, Jame Jamshed Building, Jamejamshed Road, Dadar, Mumbai 14. ૮૧૧/૪૫, જામે જમશેદ બિલ્ડિંગ, જામે જમશેદ રોડ, દાદર. મુંબઈ ૧૪.	તે મરહુમો કેતી તથા બેરામજી નવરોજી કાતરકના દીકરી તે દિનયાર ફરામરોઝ પંથકીના બેન.
Mani Khodaram Irani મની ખોદારામ ઈરાની	84 ૮૪	21-04-2020	Jevanbai Tata Building No-1, Turner Road, Bandra West, Mumbai 50. જીવનબાઈ તાતા બિલ્ડિંગ નં. ૧, તરનર રોડ, બાન્દરા, મુંબઈ ૫૦.	તે પેરીન તથા મરહુમો કેતી ને નોશીરના બહેન તે ખુશરવ, ગુસ્તાદ બકતાવર ને બીનાઈફરના માસા તે મરહુમો નરગીશ ખોદારામ ઈરાનીના દીકરી.
Aloo Minocher Shroff આલુ મીનોચહેર શ્રોફ	91 ૯૧	21-04-2020	10, Woodwinds, St. Andreus Road, Bandra West, Mumbai 50. ૧૦ વુડ વિન્ડસ, સેન્ટ એન્ડ્રૂ રોડ, બાન્દરા (વે), મુંબઈ ૫૦.	તે મરહુમો મીનોચહેર નવરોજી શ્રોફના વિધવા તે નવરોઝ મીનોચહેર શ્રોફના માતાજી તે રૂશાદ નવરોઝ શ્રોફના અપઈજી તે રશના નવરોઝ શ્રોફના સાસુજી તે મરહુમો પીરોજી તથા મ. અરદેશર ફરામજી ખંભાતાના દીકરી તે પરવીન સામ મહેતા, મરહુમ મહેરૂ દારબશા બાટવીવાલા તથા મ. કેટીના બહેન તે મરહુમો કુંવરબાઈ તથા નવરોજી પેસ્તનજી શ્રોફના વલુ તે મ. જહાંગીરજી તથા મ. બહેરામ શ્રોફ તથા મ. બાનુના ભાભી તે મ. સામ તથા મ. દારબશાના સાલી તે મ. મહેરામાય તથા મ. સીદામાયના દેરાણી તે મ. ખોરશેદ એરય બોધાનવાલાના વહેવાણુ.
Shirin Behram Irani શીરીન બેહરામ ઈરાની	87 ૮૭	21-04-2020	155/157, Sethna Housing Society, Room No 03, 10Th Khetwadi Back Road, Khetwadi Mumbai 4. ૧૫૫/૧૫૭ શેઠના હાઉસિંગ સોસાયટી, રૂમ નં. ૩૦૩, ૧૦મી ખેતવાડી લેન, મુંબઈ ૪.	તે મરહુમ બેહરામ અરદેશર ઈરાનીના વિધવા તે દારાપુશ બેહરામ ઈરાની ને દીલનવાજી જમશેદ કરંજીયાના માતાજી તે પીરાન, દેલશાદ ને ખુશનમ, દેલઝીન ને જહાનના ગ્રેન્ડ મધર. તે બેહનાઝ ને જમશેદના સાસુજી તે મરહુમો સારવર તથા ખોદા મુરાદ કેલકેલીના દીકરી તે હોરમઝદ કેલકેલી તથા મરહુમ મોરવદી ઈરાનીના બહેન તે મરહુમો કેશવર તથા અરદેશર કુચકના વલુ.
Mehar Nariman Gimi મેહેર નરીમાન ગીમી	84 ૮૪	22-04-2020	01/10, Rustom Baug, Sant Savita Marg, Byculla Mumbai 27. ૧/૧૦ રૂસ્તમ બાગ, મુંબઈ ૨૭.	તે ગુલરૂખ (ગુલુ)ના ખાવિંદ તે મરહુમ નાજૂ તથા નરીમાન પેસતનજીના દીકરા તે મરહુમ પરવીઝ તથા રતનશાહ બગલીના જમાઈ તે નવાઝ પેસી ભોમીસા ને દાયનાના પપા તે પેસીના સસરા તે બેહેઝાન તથા અરમાનના મમાવાજી તે ઝીનોબ્યાના સાલા તે મરહુમ ઝરીન તથા અદી ભોમીસાના વેવાઈ તે મરહુમ બરબોર તથા પેસીના ભાઈ તે દીનાઝ ઝકસીસ ભાદા, આવા ફરોઝ ઘડીયાલી, નરીમાન બરબોર ગીમી તથા નરીમાન પેસી ગીમીના કાકાજી તે ફેની બરબોર ગીમી તથા મરહુમ રોશન પેસી ગીમીની દેર.
Jamshed Nassarvanji Hateria જમશેદજી નસરવાનજી હતારીયા	86 ૮૬	22-04-2020	Golwalla Building Room No 11, Khetwadi Lane, Mumbai 4. ગોલવાલા બિલ્ડિંગ, રૂમ નં. ૧૧, બીજે માળે, ખેતવાડી ૮મી ગલી, મુંબઈ ૪.	તે મરહુમ હુતોક્તીના ધની તે મરહુમો નસરવાનજી હતારીયાના દીકરા તે કેઝાદના ડેડી તે મરહુમ ડોલી કમાખાનના ભાઈ.
Dr. Soonu Khurshed Sheriar ડૉ. સુનુ ખુરશેદ શેરીયાર	81 ૮૧	22-04-2020	2, Summer Breeze, 15Th Road, Bandra (West), Mumbai 50. ૨, સમર બ્રિઝ, ૧૫ રોડ, બાન્દરા (વેસ્ટ), મુંબઈ ૫૦.	તે પ્રોફેસર ખુરશેદના ઘણીયાણી. તે ડૉ. નોઝર શેરીયાર, ફીરોઝા ફીરોઝ વાકડીયા અને માહરૂખ રૂમી ટાંગરીના માતાજી. તે ડૉ. ઝુબિન, શેરીયાર, શીરીન પરવેઝ બાપુના, નતાશા, તરોનીશ, સનાયા તથા ઝીનયાના ગ્રેન્ડ મધર તે ઝકસીસ, ઝાલ તથા યઝદના ગ્રેટ ગ્રેન્ડ મધર તે મરહુમો ધનમાય અને કાવસજી શેરીયારના વલુ તે મરહુમો બાનુમાય અને હોશંગ કરકરીયાના દીકરી તે પોરસ તથા મરહુમ દારાયસના બહેન તે મરહુમ જાહંગીર, સોરાબ, આલુ ફીરોઝ પંથકી, દીના, રતી, જાલુ રતન આઈબારા, ભીખુ, પેસીના ભાભી.
Gool Aspi Irani ગુલ અસ્પી ઈરાની	83 ૮૩	22-04-2020	Irani Baug, Pokhran Road No.1, Jekegram, Thane (W) Mumbai 606. ઈરાની બાગ, પોખરન રોડ નં. ૧, જે કે ગ્રામ, થાને (વે) ૬૦૬.	તે અસ્પી રશીદ ઈરાનીના ઘણીયાણી તે યાસમીન ફરહાદ ઈરાની, હોરમઝ અસ્પી ઈરાની, યાદગાર અસ્પી ઈરાનીના માતાજી તે ફરહાદ હોરમઝ ઈરાની, યાનુશ ફરહાદ ઈરાની, શીરઝાદ ફરહાદ ઈરાની અને મરહુમ મહેરઝાદ હોરમઝ ઈરાનીના ગ્રેન્ડ મધર તે ફરહાદ ખોદી ઈરાની અને અનાઈતા હોરમઝ ઈરાનીના સાસુજી તે મરહુમો શેરીયાર તથા કેટાપુન ઈરાનીના દીકરી તે મરહુમો રશીદ તથા પેરીનબાઈ ઈરાનીના વલુ તે મરહુમ ખોદાયાર શેરીયાર ઈરાનીના બહેન.
Sam Jehangir Katrak સામ જહાંગીર કાત્રક	76 ૭૬	22-04-2020	Sheri House, 5Th Floor, No.1, Cawasji Patel Street, Fort, Mumbai 1. શેરી હાઉસ, રૂમ નં. ૨૮, ફોર્ટ, મુંબઈ ૧.	તે મરહુમો દીના તથા જહાંગીર નસરવાનજી કાત્રકના દીકરા તે ફીરોઝ જહાંગીર કાત્રકના ભાઈ તે નોશીર ફીરોઝ કાત્રક ને નેવીલ ફીરોઝ કાત્રકના કાકા તે એમી ફીરોઝ કાત્રકના દેર.
Minnie Pesi Badshaw મીની પેસી બાદશાહ	89 ૮૯	23-04-2020	P-11, Cusrow Baug, Shahid Bhagat Singh Road, Colaba, Mumbai 1. પી-૧૧, ખુશરૂ બાગ, એસ.બી.એસ. રોડ, કોલાબા, મુંબઈ ૧.	તે મરહુમ પેસી જે. બાદશાહના વિધવા તે ફીરોઝા ફરોખ ઈરાનીના માતાજી તે મરહુમો શીરીન તથા કેબશરૂ દાડવાલાના દીકરી તે આવાં નોશીર કુંવરજીના બહેન તે ફરોખ વક્ષદાર ઈરાનીના સાસુજી તે ફીયા ફરોખ ઈરાનીના ગ્રેન્ડ મધર.



દુનીયા વધુ સુંદર જીવવા લાયક સ્થળ બને

જ્યારે ટાઈટેનિક ડૂબ્યું ત્યારે એની આસપાસ ત્રણ જહાજો હતાં. એકનું નામ 'સેમ્પસન' હતું જે ટાઈટેનિકથી ૭ માઈલ જ દૂર હતું.



તેઓએ ટાઈટેનિકમાંથી આવતાં સફેદ ધૂમાડાની ખતરાની નિશાની જોઈ પણ તે જહાજનો કૂ ત્યાં ગેરકાયદેસર સીલ માછલીનો શિકાર કરતો હતો આથી તે

ટાઈટેનિક પાસે જવાને બદલે વિરુદ્ધ દિશામાં જતું રહ્યું.

આ જહાજ દર્શાવે છે કે આપણાંના અમૂક એવા લોકો હોય છે જે પોતાના પાપમાં અને જિંદગીમાં એટલાં વ્યસ્ત હોય છે કે 'બીજાને આપણી જરૂર છે' એ પારખી નથી શકતાં.

બીજું શીપ હતું 'કેલિફોર્નિયન' આ શીપ માત્ર ૧૪ માઈલ દૂર હતું પણ એ બધી બાજુથી બરફથી ઘેરાયેલું હતું અને જહાજના કેપ્ટને સફેદ ધૂમાડો જોયો પણ પરિસ્થિતી અનુકૂળ નહોતી અને અંધારું પણ હોવાથી તેઓએ ત્યારે સુઈ જવાનું અને સવાર સુધી રાહ જોવાનું નક્કી કર્યું. કૂ પોતાને જ મનાવતું રહ્યું કે કંઈ નહીં થાય.

આ શીપ આપણાંના એવાં લોકોને દર્શાવે છે જેઓ વિચારતા હોય છે કે 'હું અત્યારે કંઈ નહીં કરી શકું, પરિસ્થિતી બરાબર નથી એટલે આપણે અનુકૂળ પરિસ્થિતી થવાની રાહ જોઈશું અને પછી કામ કરશું.'

અને છેલ્લું શીપ હતું 'કાર્પેથીઆ' આ શીપ ટાઈટેનિકની દક્ષિણ

બાજુ ૫૮ માઈલ દૂર હતું પણ કેપ્ટનને ખબર નહોતી કે ટાઈટેનિક કંઈ બાજુ છે... જ્યારે તેમણે રેડિયો પર રડવાનો અવાજ સાંભળ્યો તો ભગવાનને સાચી

દિશા ચીંધવા માટે યાદ કરીને ફૂલ સ્ટીમ આપીને જહાજ દરિયામાં બરફની સપાટો વચ્ચે ભગાવ્યું.

આ એ શીપ હતું જેણે ટાઈટેનિકના ૭૦૫ મૂસાફરોને બચાવ્યા હતા.

જવાબદારીઓને અવગણવા માટે અવરોધો અને કારણો કાયમ ત્યાં હાજર જ હોય છે પણ જે એનો સ્વીકાર કરીને, કંઈક સારું કરી બતાવે છે. તેઓ આ દુનીયાના હૃદયમાં હંમેશા માટે એ સારુ કાર્ય કરવા બદલ સ્થાન મેળવી જાય છે.

આપણે બધા લાઈફમાં 'કાર્પેથીઆન' બનીએ, સેમ્પસન કે કેલિફોર્નિયન નહીં. જેથી આ દુનીયા વધુ સુંદર જીવવા લાયક સ્થળ બને...!!!

ક્યારે

કાન્હા, તું તો હતો મારો મનમીત, તું તો લીધું હતું મારું હૈયું જીત તો પછી, આવી કેવી તારી પ્રીત? આં તે કેવો રિવાજ, કેવી તારી રીત? મને વિરહમાં છોડી, સિઘર્યો તું દારિકા પછી શું તને ક્યારેય ન યાદ આવી તારી રાધિકા? ઉદાસ હતી આંખો, નિસ્તેજ ચેહરો, અને ગાલ હતા ક્રિકા પણ દારિકામાં હતાં સ્કમનિજ અને બહુ બધી સેવિકા; સાચું કહજે, શું તને કદી આવી ન મારી યાદ? તું તો સાંભળી નહી ગોપ ગોપીઓની બી ફરિયાદ વૃન્દાવન તારા મોહમાં, થઈ રહ્યું છે બરબાદ ક્યારે પધારિશ કાન્હા એને પાછું કરવાને આબાદ? રાહ નિહારે રાધિકા, તું જલદી પાછો આવી જા..

- આરમીન દુતિયા મોટાશા

હસો મારી સાથે

વોટ્સએપમાં રોજ સવારે લોકો જથ્થાબંધ છાપાઓ નાંખી જાય છે તો પરતી વાળા લઈ જાય કે..! આતો કચરા - પોતા કર્યા પછી જરા ફી બેઠો હતો એટલે પુછ્યું..!

દિવસમાં બે-બે વખત રામાયણ અને મહાભારત જોવાના કારણે એવો ખીચડો થઈ ગયો છે કે કાલે રાત્રે સ્વપનમાં રાવણ જોડે વાદ-વિવાદ થયો, પણ યુધિષ્ઠિરે વચમાં આવીને અમારુ સમાધાન કરાવ્યું.

આ વરસે કેરીનો 'રસ', શેરડીનો 'રસ' નસીબમાં દેખાતાં નથી. બસ વાય 'રસ' જ નસીબમાં છે.

કહું છું, હવે ઘરે પણ જરા, શર્ટ, પેન્ટ પહેરવાનું રાખો, આમ ગંજી, ચડીમાં ના ફરો.

મેં પત્ની ને કીધું, યાર આપણું જ ઘર છે, આમા શું વાંધો છે?

તો કહે, વાંધો તમને નહીં, મને છે પેલી સામેવાળી મંજુએ ફોન કર્યો તો, એ પૂછતી હતી, આવા લોકડાઉનમાં, તને ઝાડુ, પોતા માટે રામો ક્યાંથી મળ્યો?



પાના નં. ૧૮થી ચાલુ

Death Announcements from Prayer Hall

Zarin Rustom Cooper ઝરીન રૂસ્તમ કુપર	91 ૯૧	22.03.2020	Silver Oak Estate, Bhulabhai Desai Road, Mumbai 26. સિલ્વર ઓક એસ્ટેટ, ભુલાભાઈ દેસાઈ રોડ, મુંબઈ ૨૬.	તે મરહુમ રૂસ્તમના ઘણીયાણી તે ફિરોઝા અને ફરીદાના મમ્મી તે મરહુમ શેરબાનુ અને પિરોશા મહેતાના દીકરી તે મરહુમ મહેરજી મહેતા, મરહુમ સોલી નાદાશેઠ અને જાલ મહેતાના બહેન.
Roshan Burjor Katrak રોશન બરજોર કાત્રક	91 ૯૧	27.03.2020	Forgette House, Forgette Street, Mumbai 36. ફોરજેટ હાઉસ, ફોરજેટ સ્ટ્રીટ, મુંબઈ ૩૬.	તે મરહુમ બરજોરના ઘણીયાણી તે બીનાયફર લીલુના મમ્મી તે મરહુમ નાજમાય અને મરહુમ મીનોચેર રેડીમનીના દીકરી તે કેરસી લીલુના મધર ઈન લો તે જીમી અને રોક્ષાન લીલુના ગ્રાન્ડ મધર.
Russy Minocher Gandhi રૂસી મીનોચેર ગાંધી	91 ૯૧	05.04.2020	2B Girnar Apartment, Nergis Dutt Road, Pali Hill, Bandra West, Mumbai 50. ૨-બી, ગીરનાર અપાર્ટમેન્ટ, નરગીસ દત્ત રોડ, પાલી હીલ, બાન્દ્રા વેસ્ટ, મુંબઈ ૫૦.	તે રતિના ઘણી તે શેરના અને સાયરસના પપ્પા તે મરહુમ મીનાલેચેર અને મરહુમ રોશનના દીકરા તે રોહન, રિશાદ અને રેયાનના ગ્રાન્ડ ફાધર.
Sarosh Jamshed Patel સરોશ જમશેદ પટેલ	43 ૪૩	17.04.2020	Fakhri Manzil, 3r Floor, Room No 40, Bhaji Gully, Grant Road, Mumbai 7. ફક્રી મંજીલ, ૩જે માળે, રૂમ નં. ૪૦, ભાજી ગુલી, ગ્રાન્ડ રોડ, મુંબઈ ૭.	તે રોશન અને મરહુમ જમશેદ પટેલના દીકરા તે નતાશાના એક્સ ઘણી તે ઉર્વશના પપ્પા તે વીલુના ભાઈ તે મરહુમ નરગીશ અને મરહુમ બહેરામ પટેલના ગ્રાન્ડ સન તે મરહુમ મોતી અને મરહુમ કેમ્બુજી ઈરાનીના ગ્રાન્ડ સન તે વિસ્મી, મહાજી પટેલ, રોહિન્ટન, પ્રતિમા ઈરાની અને મરહુમ ફેની ઈરાનીના નેફ્યુ તે કેશ્મીરા, અરજાન, કેકુ, દિનશા, તનાઝના કઝીન તે દિલ્લી અને મિગ્રાન્કાના મામા તે ઉશાનાસ શાસ્ત્રીના બ્રધર ઈન લો તે મરહુમ ફિરોઝ અને ગોદાફીદ મીસ્ત્રીના સનઈન લો.
Hiraji Jalejar Kerawala હીરાજી જાલેજર કેરાવાલા	87 ૮૭	21.04.2020	Rustom Building, Noshir Bhrucha Marg, Grant Road, Mumbai 7. રૂસ્તમ બિલ્ડિંગ, નોશીર ભરૂચા માર્ગ, ગ્રાન્ડ રોડ, મુંબઈ ૭.	તે મરહુમ શિરીનભાઈ અને મરહુમ જાલેજરના દીકરા તે રોડા ઝવેરી, હોમસાય પરવેઝ તાંતરા, મરહુમ ખોરશેદ, જહાંબક્ષ, ધન બોમી દાવરના ભાઈ તે ફરઝીન નાસા જસાવાલાના મામા તે પરવેઝ હોરમસજી તાંતરા અને મરહુમ બોમી દાવરના બ્રધર ઈન લો તે જાલ અને કાલ જસાવાલાના ગ્રાન્ડ મામા.

Death Announcements From Vadodara

Shavakshaw Fakirji Patel શાવકશા ફકીરજી પટેલ	99 ૯૯	12.04.2020	Chilester 3, Kesar Baug, Vasna Road, Vadodara. "ચીલેસ્ટર"-૩, કેસર બાગ, વાસના રોડ, વડોદરા.	તે મરહુમ ગુલના ખાઈદ તે મરહુમો તેલમીના અને ફકીરજી ફીરોઝશા પટેલના દીકરા તે મરહુમો ધનમાય અને એરચશાહ દસ્તુરના જમાઈ તે ફિરોઝ અને હેકટર પટેલ તથા હુટોક્લી વઝીફદાર અને ઉર્વશી જીનવાલાના ફાધર તે કમલ અને તેહરૂના પટેલ, રૂસ્તમ જીનવાલા અને મરહુમ રૂસ્તમ વઝીફદારના સસરા તે બેહરામ, નરીમાન, જુબીન, નતાશા, વિરાસ્ય અને કાર્લના ગ્રેન્ડ ફાધર તે મહાઝરીન, અવની, કાર્તિક અને આયશાના ગ્રેન્ડ સસરા તે મરહુમો પેરીન દીનશા ડ્રાયવર, શેહરા બરજોર કામા, હોમી, ગુલા અને રૂસી ફકીરજી પટેલના ભાઈ તે મરહુમ નરગીશ પટેલના જેઠ તે અરનવાઝ, ઝરીર, અસ્મી, શ્રીદી દીનાઝ, એરાઝ (અસ્મી) અને તનાઝના મામાજી તે ફિરોઝા, કેરસી અને સાયરા કાકાજી તે જાલ પટેલના કઝીન તથા તે હોમાય જાલ પટેલ અને મરહુમો ફીરોઝ દસ્તુર, યાસ્મીન (એમી) ફીરોઝ આંટીયા અને તેલમનીનાં બનેવી તે વિસ્તાસ્ય, કેશ્મીરા, આરમેતી અને એરચના માસાજી તે ખુશરૂ દસ્તુરના કુઆજી.
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YOUR MOON SIGNS JANAM RASHI THIS WEEK

લખનાર: મરહુમ મહારાજ શ્રી સ્વયંજયોતિના સહકાર્યકર્તા જયેશ એમ. ગોસ્વામી

અઠવાડિક રાશિક્ષણ: તા. ૨૫.૦૪.૨૦૨૦ થી તા. ૦૧.૦૫.૨૦૨૦



Aries - મેષ

અ.લ.ઈ.

સુર્યની દિનદશા ચાલુ હોવાથી સરકારી કામ કરતા નહીં. રોજના કામમાં તમારી સાથે કામ કરનારા લોકો તમને સાથ નહીં આપે. વડીલવર્ગની તબિયત અચાનક બગડી જશે. તમે પણ પ્રેશરની તકલીફથી પરેશાન થશો. ડોક્ટરની સલાહ અવશ્ય લેજો. કોઈપણ સહી સિકકાના કામ કરતા નહીં. અંગત માણસો ચીર્ટિંગ કરશે. દરરોજ ૯૬મુ નામ 'યા રયોમંદ' ૧૦૧વાર ભણજો. શુકનવંતી તા. ૨૫, ૨૬, ૩૦, ૦૧ છે.

Lucky Dates: 25, 26, 30, 01.

The Sun's ongoing rule suggests you avoid doing any government-related work. Your everyday mates will not be supportive in doing your daily work. An elderly person could fall ill, unexpectedly. You could suffer from Blood Pressure issues - ensure to seek the doctor's advice. Avoid doing any legal-related work. You could be deceived by those close to you. Pray the 96th Name, 'Ya Rayomand', 101 times, daily.



Cancer - કર્ક

સ.ઈ.

રાહુની દિનદશા ચાલુ હોવાથી આપેલા પ્રોમીશ પાળી નહીં શકો. તમારા દુશ્મન તમને પરેશાન કરવામાં કોઈ કસર નહીં મૂકે. રોજના કામ કરવામાં કેટાળો આવશે. ઘરનું વાતાવરણ સારું નહીં રહેવાથી ચિંતામાં રહેશો. પોતાના લોકો પારકા જેવો વ્યવહાર કરશે. દરરોજ 'મહાબોખ્તાર નીઆએશ' ભણજો. શુકનવંતી તા. ૨૬, ૨૭, ૨૯, ૦૧ છે.

Lucky Dates: 26, 27, 29, 01.

Rahu's ongoing rule will not allow you to deliver on the promises you have made. Your detractors will leave no stone unturned in harassing you. You could feel lethargy in doing your daily chores. The uncordial atmosphere at home will cause you concern. You will feel treated like a stranger by those close to you. Pray the Mah Bokhtar Nyaish daily.



Libra - તુલા

ર.ત.

ગુરૂની દિનદશા શરૂ થયેલી છે. ૨૩મી જૂન સુધી ધર્મના કામ કરવામાં આનંદ આવશે. ગુરૂની કૃપાથી ઘરવાળાની ડિમાન્ડ પૂરી કરી શકશો. નાણાકીય બાબતમાં સારા સારી થતી જશે. ઘરમાં નવા મહેમાન આવશે. મિત્રોનો સાથ મળશે. દરરોજ ભુલ્યા વગર 'સરોશ યજ્ઞ' ભણજો. શુકનવંતી તા. ૨૫, ૨૬, ૨૭, ૨૮ છે.

Lucky Dates: 25, 26, 27, 28.

With the start of Jupiter's rule till the 23rd of June, you will find great happiness in doing religious works. You will be able to cater to the wants of your family. Financial conditions will keep improving. You could expect new guests at home. Friends will be supportive. Pray the Sarosh Yasht daily.



Capricorn - મકર

ખ.જ.

બુધની દિનદશા શરૂ થયેલી છે. તમારા દુશ્મનોને હરાવવામાં સફલતા મળશે. નાણાકીય બાબતમાં સારા સારી થશે. ઈનવેસ્ટમેન્ટ અવશ્ય કરજો. સરકારી કામમાં સફળતા મળશે. મનગમતી વ્યક્તિને મળી શકશો. દરરોજ 'મહેર નીઆએશ' ભણજો. શુકનવંતી તા. ૨૫, ૨૬, ૨૭, ૨૮ છે.

Lucky Dates: 25, 26, 27, 28.

The start of Mercury's rule helps you to defeat your enemies. Financially you will do well. Ensure to make investments. You will be successful in government-related work. You could meet a favourite person. Pray the Meher Nyaish daily.



Taurus - વૃષભ

વ.વ.ઉ.

શુક્રની દિનદશા ચાલુ હોવાથી મોજ શોખ પાછળ ખર્ચ વધી જશે. ખર્ચ કર્યા પછી પણ નાણાકીય મુશ્કેલી નહીં આવે. અપોઝીટ સેકસનો સાથ મળશે. મનગમતી વ્યક્તિને મનની વાત કહી દેજો. મુસાફરી કરી શકશો. લેણાના પૈસા પાછા મેળવી શકશો. ભુલ્યા વગર દરરોજ 'બહેરામ યજ્ઞ'ની આરાધના કરજો. શુકનવંતી તા. ૨૬, ૨૭, ૨૮, ૨૯ છે.

Lucky Dates: 26, 27, 28, 29.

Venus' ongoing rule causes an increase in your spendings on entertainment and luxuries. Despite the additional expenditure, there will be no financial problems. You will receive support from the opposite gender. You will be able to speak your heart out with a desired person. Travel is indicated. You will be able to retrieve your debts. Pray to Behram Yazad daily.



Leo - સિંહ

મ.ટ.

રાહુની દિનદશા ચાલુ હોવાથી તમારા લેણદાર તમને પરેશાન કરી મુકશે. નોકરી કરતા હશો તો ઉપરીવર્ગ પરેશાન કરશે. તમારી જરૂરિયાતો પૂરી નહીં કરી શકો. નાણાકીય બાબતમાં મુશ્કેલીઓ આવશે. તબિયતમાં બગાડો આવશે. દરરોજ 'મહાબોખ્તાર નીઆએશ' ભણજો. શુકનવંતી તા. ૨૬, ૨૭, ૨૮, ૨૯ છે.

Lucky Dates: 26, 27, 28, 29.

Rahu's ongoing rule will have your creditors chasing you to return their money. Those employed will get hassled by seniors. You will not be able to cater to your own needs. Financially, this could be a difficult time. Your health could also suffer. Pray the Mah Bokhtar Nyaish daily.



Scorpio - વૃશ્ચિક

ન.ચ.

૨૪મી મે સુધી શનિની દિનદશા ચાલશે તેથી ચાલુ કામ સમય પર પૂરા નહીં કરી શકો. ખર્ચ વધી જવાથી પરેશાન થશો. મનમાં નેગેટીવ વિચાર ખૂબ આવશે. ઘરવાળાનો સાથ નહીં મળે. મનગમતી વ્યક્તિ નારાજ થશે. તબિયતની સંભાળ રાખજો. દરરોજ 'મોટી હમન યજ્ઞ' ભણજો. શુકનવંતી તા. ૨૭, ૨૯, ૩૦, ૦૧ છે.

Lucky Dates: 27, 29, 30, 01.

Saturn's rule till 24th May will not allow you to complete even ordinary chores on time. Increasing expenses will be a cause of concern. Negative thoughts will abound in your mind. Family members will not be supportive. A favorite person could get upset with you. Ensure to take care of your health. Pray the Moti Haptan Yasht daily.



Aquarius - કુંભ

ગ.શ.સ.

તમને આજથી મંગળની દિનદશા શરૂ થયેલી છે. મગજ પરનો કંટોલ ગુમાવતા વાર નહીં લાગે. એકિસાઇન્ટ અથવા પડી જવાના ચાન્સ છે. ભાઈ બહેન સાથે મતભેદ થવાના ચાન્સ છે. તમે જેને સલાહ આપશો તે તમારી વાત માનશે નહીં. દરરોજ ભુલ્યા વગર 'તીર યજ્ઞ' ભણજો. શુકનવંતી તા. ૨૭, ૨૮, ૨૯, ૩૦ છે.

Lucky Dates: 27, 28, 29, 30.

Mars' rule starting today will make you short-tempered. You are advised to be careful as an accident or a fall is on the cards. Squabbles between siblings could take place. Your advice will not be adhered to by others. Pray the Tir Yasht daily.



Gemini - મિથુન

ક.ઇ.ધ.

શુક્રની દિનદશા ચાલુ હોવાથી આનંદમાં રહેશો. મિત્રો સાથે સારા સારી રહેશે. ઘરમાં અને જ્યાં કામ કરતા હશો ત્યાં માન મળશે. પૈસાની મુશ્કેલી નહીં આવે. નોકરી કરતા હશો ત્યાં પ્રમોશન મળશે અથવા વધુ ધન કમાઈ શકશો. રોજ 'બહેરામ યજ્ઞ'ની આરાધના કરજો. શુકનવંતી તા. ૨૫, ૨૭, ૩૦, ૦૧ છે.

Lucky Dates: 25, 27, 30, 01.

Venus' ongoing rule keeps you in good spirits. Friendships will blossom. You will receive respect at home and at work. You will be in a good place, financially. A promotion is on the cards for those who are employed, as additional income will be received. Pray to Behram Yazad daily.



Virgo - કન્યા

પ.ઘ.ણ.

૨૨મી મે સુધી ગુરૂની દિનદશા ચાલશે. તેથી નવા મિત્રો બનાવી શકશો. વજ્ર કરવા માંગતા હો તો યોગ્ય જીવનસાથી મળી જશે. નાણાકીય બાબતમાં સારા સારી રહેશે. સારી જગ્યાએ ઈનવેસ્ટમેન્ટ કરી શકશો. મનગમતી વ્યક્તિ મળવાના ચાન્સ છે. દરરોજ 'સરોશ યજ્ઞ' ભણજો. શુકનવંતી તા. ૨૫, ૨૬, ૨૭, ૦૧ છે.

Lucky Dates: 25, 29, 23, 01.

Jupiter's rule till 22nd May will help you find the ideal life partner if you are looking to get married. Financial stability is indicated. Invest in the right places. You could bump into a favourite person. Pray the Sarosh Yasht daily.



Sagittarius - ધન

ભ.ધ. ફ. ટ.

૧૮મી મે સુધી બુધની દિનદશા ચાલશે. દરેક કામમાં સફળતા મળશે. કામ સમય પહેલા પૂરા કરીને આપશો. નવા કામ માટે સમય સારો છે. નાણાકીય બાબતમાં સારા સારી રહેશે. ઈનવેસ્ટમેન્ટ અવશ્ય કરજો. બીજાના કામ કરી ખુશ થશો. દરરોજ 'મહેર નીઆએશ' ભણજો. શુકનવંતી તા. ૨૫, ૨૬, ૨૮, ૦૧ છે.

Lucky Dates: 25, 26, 28, 01.

Mercury's rule till 18th May brings you success in all your endeavours. You will be able to complete your work before time. This is a good time to take on new projects. Financial stability is indicated. Ensure to make investments. You will find happiness in helping others. Pray the Meher Nyaish daily.



Pisces - મીન

દ.ચ.ઝ.થ.ક્ષ.

૨૪મી મે સુધી ચંદ્રની દિનદશા ચાલશે. જે પણ ડીસીઝન લેશો તેમાં સફળતા મળશે. મુસાફરી કરી શકશો. નાણાકીય બાબતમાં સારા સારી થતી જશે. ઘરવાળાની ડિમાન્ડ પૂરી કરી શકશો. જે કામ કરશો તેમાં સફળતા મળશે. મનને શાંત રાખી શકશો. ૩૪મું નામ 'યા બેસ્તરના' ૧૦૧વાર ભણજો. શુકનવંતી તા. ૨૫, ૨૬, ૨૯, ૦૧ છે.

Lucky Dates: 25, 26, 29, 01.

The Moon's rule till 24th May brings you success in all decisions you take. Travel is on the cards. Financially you will do well. You will be able to cater to the wants of your family members. You will be successful in all your ventures. You will be able to keep calm. Pray the 34th Name, 'Ya Beshtarna', 101 times, daily.



Reader's Corner

Parsi Times is delighted to present the writings of our talented readers with the Community, via our promotional platform - Reader's Corner. We encourage and promote our budding writers, to share your original works - poetry or prose, by offering the opportunity of getting your work published in Parsi Times - the Community's leading Newspaper!

Those Happy Days By Gulshan D Morawala

Those happy days when we came to YOU,
Became less, and then O! so few!
As the virus spreads in leaps and bounds
Caging us in our homes, we cannot move around.

Those happy days when we came to YOU,
With a grateful heart and energy to renew;
We came with humble tributes in hand,
To bow our heads and lose ourselves in God's land.

Those happy days when we sat in silent prayer,
Gazing at YOUR grandeur, chanting our scripture,
Light at heart, and in all humility,
We gave ourselves up to God in all sanctity.

Those happy days came to a rude halt,
Yes, Padshah Saheb, it's our own fault!
Humans were taught a resounding fact -
God was hurt with our wrongful acts.

So, He told His son to close his doors,
And stop entry of man, and furthermore,
Until we drop to our knees and fully repent,
He would not, for all our acts, relent.

We yearn to see you, O! glorious Atash!
We yearn to stand before you in a hush,
We yearn to offer you our humble tribute,
Which we know you will never refute.

Please open those doors - wide and apart
Let us come to you with loving feelings in our heart
Open those doors, never to close again,
O! Atash, hear us! Let our entreaty not go in vain.

Make the virus disappear from the face of our earth,
Let medics come together, of whom there is no dearth;
Let humans be free from this germ newly found
Which has kept us all under this dreadful lockdown!

Give us back those happy days, dear Lord,
We promise to improve, accept our word, dear God,
We crave to offer our prayers and tributes
To the mighty Atash, and to YOU.

We wait for the day, when in unity we throng
At the Fire Temples and sing the divine songs,
We long to see our fires blazing high,
Please God, hear us, hear our sincere cries!

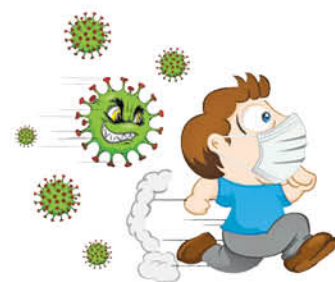
Let those happy days return again,
Help us get rid of our fears and pain,
We promise to stick to the path of right endeavour,
Let those happy days return to stay forever!



RUBY LILAOWALA

Your future is the result of your habitual thinking - it is already in your mind. The future of a country, likewise, is in the collective consciousness of the people of that nation. Tomorrow's events are inside your mind, in your thinking... so are next week's and next month's! No coronavirus or disaster is likely to happen to you if your mental attitude is positive.

It is said that Man is born only with two fears, the fear of falling and the fear of noise. These are alarm systems given by nature as a means of self-preservation. Normal fear is good. You hear a vehicle coming down the road, and you step aside to survive. The momentary fear of being run over is overcome by your action. All other fears are given to you by parents, relatives, teachers and all those who influenced your early years.



But there is also abnormal fear which takes place when man lets his imagination run wild. I knew a woman who was invited by her family on a world tour i.e. going on a trip around the world by plane. She began to cut out old newspaper reports of all the past airplane catastrophes! She pictured herself going down in the ocean, being drowned, etc. This is abnormal fear. Had she persisted, she would undoubtedly have manifested what she feared most. Another example of abnormal fear is that of a businessman who controlled a vast, successful business. He had directed a private movie in his mind which showed failure, bankruptcy,

Don't Be A Victim Of Fear Psychosis



empty shelves and no bank balance until he sank into a deep depression. He refused to stop this morbid imagery and kept reminding his wife that "successful times can't last for ever", "I feel sure we will go bankrupt," etc. Some years later, his wife confided to close friends that her husband almost became bankrupt and all the things he imagined and feared came to pass. The things he feared, did not exist but he brought them upon himself by constantly fearing, believing and expecting a financial disaster.

Some people are constantly afraid that something terrible will happen to their children, and some catastrophe will befall them. When they read about an earthquake, tsunami or about an epidemic, they live in fear that it will happen to them! Some imagine they have the disease already! All this is all abnormal fear.

To overcome this kind of negativity, consciously move mentally towards the opposite because extreme fear leads to mental and physical deterioration. When fear arises, place your attention to something you immediately desire. Get absorbed and engrossed in your desire, knowing that the subjective always overturns the objective. This attitude will give you confidence and lift your spirits. The infinite power of your subconscious mind is moving on your behalf, and it cannot fail. Therefore, peace and assurance are yours to will!

It is said that fear is man's greatest enemy. Fear is behind failure, sickness and poor human relations. Millions are

afraid of the past, the future, old age, insanity and death. Fear is just a thought in your mind, so are you afraid of your own thoughts!? A little boy can be paralyzed with fear when he is told that there is a boogiemán under his bed that is going to take him away. When his father turns on the light and shows him there is no boogiemán, he is free from fear. He is healed of a false thought in his mind. The thing he feared did not exist. Likewise, most of your fears have no reality. They are merely a conglomeration of some sinister shadows and shadows have no reality.

Today, we are all going through very difficult times. The TV and social media can create a fear-psychosis - let them do that! You observe yourself. Observe your reactions to people, conditions, messages and circumstances! How do you respond to events of the day? Do TV and media headlines make you fearful? Do WhatsApp messages, mostly *fekum-fek* and *lapet-sapet* make you sick with worry? Do conversations with friends make you anxious and nervous?

There's a cure for all the above - stop obsessively watching headlines, WhatsApp messages and blind forwards. Change to conversation with friends or change your friends if they are prophets of doom! Talk to everyone about music, the books you are reading, jokes, your next holiday, even silly and small talk about Parsi Times' Meherbai and Facebook's Soli Sales-Tax! Relax! Enjoy the moment. Create joy, love, laughter, gratitude and compassion in your mind - right here, right now, and no Coronavirus can touch you!

Dealing With The Crisis

Veera is a published Author ('Endured' and '#LoveBitesLifeHacks') and Columnist; a passionate Educator and Counsellor; Poet and Philosopher... but most of all, a lover of all things literary.



VEERA SHROFF SANJANA

Even as India, and other nations across the world work towards flattening the dreaded COVID-Curve, the protocols of the lockdown has a large number of us struggling with feelings of panic, gloom and fear. Most of us do our best to protect ourselves and others - hand-washing, sanitizers, social-distancing and just staying safe indoors. But there's a growing restlessness, in fact, it is now our new normal. While much has been said, promoted and recommended to safeguard our physiological health and hygiene, not enough has been emphasised in respect to maintaining our mental well-being.

Even before the virus outbreak, depression and anxiety have been noted as defining features of our time. Isolation and uncertainty are not going to help us deal well with the new realities of this new normal! Cabin fever - a side-kick of being chronically constrained to small places, is becoming a common symptom.



The online media onslaughts of rapidly updating stories also fuel fear and panic all around. All this attributes to consistently eroding our most precious and essential human resource - our mental health.

It has been proven beyond



doubt that our brain and our immune system are deeply linked to each other - studies show how sustained stress can be detrimental to our immunity. In these times, mindfulness to improve our physical and psychological well-being is imperative. Investing in our mental health pays long-lasting dividends. Being an educator, counsellor and someone who friends, students and parents often turn to, from time to time, I have been receiving an increasing number of calls, of late. While some simply need a sympathetic ear, others seek clarity under these trying times. The questions may differ, the situations may vary and the concerns may be different, but the one commonality they all pose is the underlining fear and anxiousness...

A dear friend, Diane, living in Pune, called me the other day stating that her immediate neighbour - a young couple - were constantly entertaining friends from within the gated community complex she lives in. The friends were the same regular culprits each time. Her question to me was, "Is that ok, or should I raise the alarm bells to the Housing Committee?"

My answer was simple, it's certainly not ok, to socialize or expose yourself or others in the present situation. It's taking a risky chance - like a lethal game of Russian roulette, where the gun has six chambers and one loaded bullet. You may be lucky five times, but

it takes just one unfortunate instant which could end your life! These are dire times and circumstances demand zero exceptions and certainly no allowances. The only people you should be seeing are those you can't avoid - the ones you live with. Statistics increasingly prove that there can be pre-symptomatic or asymptomatic transmission. Being clueless about who could be a carrier is way too great a risk to take at the moment. You may trust your friends, but DO NOT trust this virus! It's as simple as that!

In another instance, Nina - my student Tara's mother, called me yesterday saying, "I am at the end of my rope! While this home-schooling bit seems to be working just fine for Tara, I feel I'm the one doing all the work! How do I get her to focus and finish assignments on time?"

One needs to understand that the concept of home-schooling is as new for the kids as it is for their parents! With homes now occupied to full capacity, everyone is vying for space and time and just juggling their act... the new normal isn't easy on anyone. Parents need to redefine boundaries and need to get a grip on this new normal. While there are no special time-frames or operative tools or techniques for parents to get children to complete their work on time, they need to understand that just because your children are studying from home, they are neither privileged nor justified in seeking redress from school work. "Make sure Tara understands that this is

not an extended holiday but a normal school term - the only difference being, it's from home," is what I told her. In keeping with how mainstream schooling follows a schedule and a time-table, I added, "make sure that you as well as Tara follow that by creating a structure. Late show-ups, incomplete assignments, work not done should have similar consequences as in regular schooling programmes." While Tara just needed some structure and rules, Nina needed to stop being that hovering helicopter mom/teacher rolled up in one! One needed to take control, and the other needed to concede it. We should remember these are extraordinary times and we need patience to adjust, accept

moment was communication. For parents of children living abroad, it's a known fact that 'a phone-call a day keeps the blues away'; but under the present circumstances, maybe two or three calls may serve even better.

Staying in touch is the new mantra and more so, if one has aged parents, relatives or loved ones, then no amount of calls, messages and chats with them right now, could be too much. I asked Rashna to set up a schedule to contact them and to try and stick with it religiously. Knowing when to expect calls from their daughter helped them feel a lot more secure and connected during these uncertain times. The suggestion



and cope with this new normal.

The other day, my friend Rashna called from the US, worried about her elderly parents who live by themselves, along with their live-in help. "My Dad is diabetic and mom can hardly walk! I am so worried! I wish I were closer, I just don't know what to do!"

This is the sad reality of the situation we are facing currently. While elderly parents, neighbours, loved ones living on their own, are always a cause of worry, under the present situation, these worries get compounded several times over. Knowing her parents live in Rustom Baug, I reassured her stating that our colonies were perhaps the safest havens around and she need not worry unnecessarily, unless a dire medical emergency presented itself. I also pointed out that her best recourse at the

worked brilliantly! A week later she called me saying her parents were reassured while she was relieved and even joked that they begged her to limit the number of calls saying to me, "I guess I didn't realise that the calls were more for me than for them, but a couple of weeks in, I know that my calls and I are going to turn into quite the nuisance for them!" I could feel the warmth of her smile through the phone.

These just a few instances of how we all of us are in this together, along with the fear and the uncertainties, all slowly pervading various aspects of our lives. Feeling stressed is a likely experience for all. Managing our mental health and psychological well-being is of paramount importance during this time. So, stay calm, stay collected and take care of yourself and for heaven's sake, above all else, be smart!