



THE TRUTH. DELIVERED WEEKLY.

## The Art Of Giving And The Missing Link



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**FROM THE EDITOR'S DESK**

**Of Lockdowns, Legends Lost  
And Lessons Learnt...**

Dear Readers,

If the current period makes our nation stand out for undergoing the biggest lockdown in world history, then this particular week will stand out as much in India, for having lost two of our most talented, legendary actors, in awfully quick succession - within just twenty-four hours of one's passing. A shocking and devastating blow indeed, to Bollywood, Indian and World Cinema to lose these powerhouses of talent - the irreplaceable Irrfan Khan and the charismatic Rishi Kapoor - way before their time.

Many amongst us have our childhood and youth connected with Rishi Kapoor's superhit films - his songs on everyone's lips (Om-shanti-om; Dard-e-dil; Mein shayar to nahi... to name a few) and his dance-moves making the ladies swoon - as we entered adulthood, in the pre-internet era. And, hardly a soul exists that hasn't been mesmerised by Irrfan's magical screen presence or wowed by his brilliant performances. Both leave behind indelible legacies and memories, that billions across India and the world over, will cherish just as much as we will miss them.

Each passing week reinforces the extraordinariness of these times. Like the saying goes, 'We are in the same storm, but not in the same boat.' How we react to the storm, how we steer our boat, will define our experience of it. And our

experiences are uniquely ours, as will be the lessons learnt from it. They say those who fail to learn from history are condemned to repeat it. As all of us wait with bated breath for these uncertain times to pass, I'm sure we can ill-afford its repetition! The question is, are we willing to learn?

I believe the universe is a very logical place, and it's always communicating with us through different means - people, places, proceedings, perceptions, pandemics... we need to truly listen, not just hear; and truly see, not just gloss. Maybe that's where the learning lies. In fact, perhaps, that's where the key to the lockdown, and the prevention of such Pandemics, lies too.

As Zoroastrians, we love and live our lives to the fullest; we play the best hand with the cards destiny has dealt us. Insomuch, let us use this time, afforded to us by the yet-again extended lockdown, to reflect within ourselves and truly connect with the universe, so we may receive and learn from its wisdom, be mentally liberated despite the lockdown, and work towards creating a legendary legacy of our own.

Have a good and safe weekend!

- Anahita  
anahita@parsi-times.com

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

**With Mother's Day soon approaching (10<sup>th</sup> May, 2020), here's your chance  
to express your love and your feelings for the 'Super-Woman' in your life!  
Tell us why she's like no other!!!**

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

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

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

**E-mail at: editor@parsi-times.com**



**Thought of the Week**

"The wise man does not lay up his own treasures. The more he gives to others, the more he has for his own."

- Lao Tzu

# The Art Of Giving And The Missing Link



## Kersi Randeria shares...

giving. Without any agenda or ulterior motive... simply out of love, empathy, humanity and a sense duty towards the Community.

Things seem to have changed today, something seems to have proverbially slipped between the cup and the lip, highlighting a 'missing link', so to say. So, what's amiss today? Why are our leaders, our Trustees, not bridging the gap and reaching charities to the underprivileged members of our community, who today, are more than ever, in need of support? Has the sense of selfish self-service pervaded all those good intentions which most community leaders across various Trusts speak of, but do not practice?

Our sense of sympathy and love for the poor and the destitute within our community, seems to have gone numb, as the helpless no longer figure as a priority on the agendas. The smaller Trusts are doing their bit in supporting the poor with the available, limited doles, food packages and essential rations. But we need our larger Trusts to step up and provide the much-needed community service, more than lip-service, on a much larger scale. Unfortunately, this core priority, gets shunted aside, to accommodate alternative agendas which are rooted in favouritism, nepotism and other unethicalities.

The main aim of the

Trustees of the Community, before all else, should be to secure the wellbeing of its most vulnerable members. Unfortunately, a lack of both - proper leadership and heart - leaves that aim unfulfilled. Though we don't lack good leaders in our Community, most will not come forward to take on the responsibility, in this day and age, where a brazen display of personal attacks and 'free-for-all' on social media has become the norm, replacing the sense of grace, humility and mutual respect. It's sad to see that many Trustees have unfortunately morphed into politicians.

The present Board of BPP Trustees have been putting in a lot of effort to ensure we

move in the right direction, and despite our differences, we endeavour to best serve the community, with the hope and faith, that together, we will bridge the gap that defines the missing link - between good intentions and community-service - so that we can help our community members who are in great need during these uncertain and challenging times.

I look forward to hearing from you - mail me with any queries, suggestions, grievances or feedback, at [kersijranderia@gmail.com](mailto:kersijranderia@gmail.com)

Till the next time, stay safe and stay healthy!

**Kersi Randeria,**  
BPP Trustee

Dear Friends,

Over the past few centuries, many of our earlier generations have served at the forefront of community service via their selfless acts of charity, providing community members with housing, building schools and hospitals, setting up Trusts for the aid of the less fortunate, and so on. They were driven by the passion to serve, their compassion translated into

## In 'Sights'

India's leading eye-surgeon and globally acclaimed Ophthalmologist, our Community's eye-prodigy, Dr. Cyres Mehta, shares a few tips on how we can take care of our eyes during the Lockdown.

With all of us confined to our homes and a large number working out of home due to the Pandemic, here are a few tips to take care of your eyes and keep the virus away, considering that the eyes are one of the main portals through which the virus enters the body.

**1. Finding The Ideal Workplace Corner At Home:** First off, do not put a computer screen/laptop near the window. The difference in the brightness of the screen and the outdoors may cause added eye-strain. Secondly, rearrange your work desk in a way that it is at a distance which does not

have you straining your eyes or stretching your neck to see what's on the screen. The ideal distance that should be maintained is 18-20 inches away from the face. Also, ensure that your eye level is always above the level of the screen - you should always be looking down at the screen.

**2. Follow The '20-20-20 Rule':** Take a break every 20 minutes and look at any object at least 20 feet away from you, for 20 seconds. Even better, get up and look out of the window. By doing so, the ciliary muscles in the eyes get the much-needed rest.

**3. Eyes Off The Phone At Bed-Time:** If you are having trouble sleeping at night, one of the main reasons could be that you're on your smartphone or tablet for hours before sleeping! The 'blue light' emitted from these devices tricks the brain into thinking it is still daylight and thereby omits sending the right sensory

### Announcement By Dr. Cyres Mehta

In keeping with the fact that a large number of patients are suffering due to the Lockdown as they are in need of Eye-Injections, Pressure Monitoring and other interventions, without which they could end up losing vision/ sight altogether, Dr. Cyres Mehta has resumed treating patients at the clinic, with all precautions in place.

All the requisite norms of Social Distancing are being followed diligently, with no crowding allowed in the clinic. Visits are only by appointment so that an appropriate gap can be maintained between two patients. All staff is protected by N95 masks and face shields. All patients are also made to use hand sanitisers. Periodic disinfection of toilets and surfaces in the clinic is done with German-made sanitiser spray.

**For booking appointments and other queries, contact:**  
9819850971 / (022) 22040711

trigger which brings on the sleep stimulus. So avoid taking your phone/tablets into your beds - that blue light works as the anti-lullaby!

**4. Do Not Rub / Touch Eyes Unnecessarily:** Avoid touching or rubbing your eyes out of habit. Some new studies show that the virus can potentially be transmitted through the conjunctiva (clear membrane on the front of the eye). In case

of dry eyes or fatigue, use eye-drop / artificial tears.

**5. Ensure To Wear An N95 Or Better Mask When Stepping Out:** You need to ensure that you have worn a proper N95 Mask or a better one, should you need to step out. A single strip of cloth is ineffective. If you can't find a proper mask, and wish to make your own, then use 2-3 layers of cloth to fashion a mask from it.



# The 101 Names Of Pak Dadar Ahura Mazda – Part 5



DAISY P. NAVDAR

"Whisper a prayer in the morning,  
Whisper a prayer at noon,  
Whisper a prayer in the evening,  
It will keep your heart in tune!"

- From my school Hymnal

Prayer is not just a part of the day when you sit and recite your *manthras* by rote. Everyday that we have ahead of us, is a gift and we must use it wisely, but we must not think of prayer as an isolated time of the day. We must incorporate it in our daily actions. We can then weave a stronghold of vibrations around ourselves, and our loved ones, which protects us. When a child is born, we rejoice. We love our baby, nurture it, provide the best that we can for it, educate it and instill a set of values. And we continue to do this all our lives. However, if we believe that a child is born from the essence of Pak Dadar Ahura Mazda, then what should we do to protect and strengthen that essence, the spark of the Almighty?

Firstly, when you hold your baby in your hands for the first time, you must whisper a *Yatha* in each ear. This plants a seed of good *manthra* in your child's consciousness. When your baby cries and you want it to calm down, recite the *Ashem* continuously. It will definitely have a calming effect on the child. As you feed your child, with each mouthful recite the *Yatha*. As you prepare food for your family, recite the *Yatha* continuously in your mind, your food will be divinely blessed. When you invoke the blessings of Dadar Ahura Mazda with each action, you then fill your life with positivity and joy.

**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**

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.

**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.**

**41. Abarja:** During the course of our life, we commit many sins, be they of commission or omission. It is important

statement. We carry much excess baggage as we go along our lives. Our worries, insecurities and tensions are the heavy loads we lug daily. And then we wonder why we feel so drained! Reciting this name helps you do away with your heavy burdens and walk lightly along God's path. It also brings you help and guidance in moments of uncertainty.

**44. Varun:** The destroyer of evil forces. In the Hindu pantheon, Varun



to be conscious of the wrong that you do and halt the misdeed in its track. However, it is also extremely important to seek forgiveness for past misdeeds. This name is the forgiver, hence if you are truly sorry for what you have done, then you can recite this name to seek forgiveness. Reciting this name with a contrite heart will grant you pardon from your sins. This name is also the one who rewards you. If you chant this name, then you will be given justified rewards for your work.

**42. Asatoh:** This name, when chanted early in the morning (*Ashaum Asatoh Yazmaide*), will be rewarded with gainful employment. Reciting this name brings you independence and self-sufficiency. You should rub your palms together after reciting this name and put them across your face. You will feel more confident about yourself and your capacity to work independently.

**43. Rakhoh:** "These mountains that you are carrying, you were only meant to climb," - how true is this

all sorts of people. At times we are unable to recognize their true colours. If your enemy is trying to trap you or work against you, then reciting this name will have these plans fall flat. Chanting this name helps release yourself from such traps. This name should be recited as, '*Ashaum Behfarefa Fatae Yazamaide*'.

**47. Aduie:** One who is fearless, bold, strong and tension-free! If you live by yourself or are on your own and feel afraid, chanting this name instills courage. Sometimes, the slightest sound or movement can send you into panic. That is the time to recite this name, as it is the weapon with which we can destroy evil spirits or bad energies. This name nullifies all evil forces.

**48. Kamerad:** The Divine Plan - Let Thy will be done! There is no greater future than the one which God has planned for you. His Divine plan is that Goodness and Kindness must prevail in all. Goodness comes to the person praying this name. It also helps remove difficulties and keep our children safe.

is the God of the Ocean, the sky, the clouds and the celestial winds. Isn't it strange that all these elements are connected with the destruction of ill? Many times, we are given very bad advice, disguised as good intention. Our minds are overtaken by these so-called words of wisdom. Chanting the name, 'Varun', protects us against these evil forces and gives us the wisdom to understand that we are walking down the path of evil. This name also has the power to destroy bad thoughts in your mind.

**45. Afarefa:** The destroyer of betrayal, He punishes those who betray or wrongfully harass someone. If you are truthful and you recite this name with dedication, you will be protected against untruthful, fake and back-biting people. Reciting this name helps us to fulfil our promises and abide by our word.

**46. Behfarefa:** In life, we encounter

**49. Farman-Kam:** The Law and the Order of the Divine One. Everything happens as per His Law. When we are exhausted, at the end of a long day, chanting this name brings a deep sense of relaxation and peace. When we lose all hope and the future seems dark, chanting this name revives us and sets things right. This name carries with it the power to remove all sickness and send blessings. Chanting this name is like sending out an urgent message to Ahura, like a cry for help and Divine intervention will surely come to our aid!

**50. Aeakh Tan:** It is like having a Divine Twin being. The person who recites this name will be rewarded for their hard work in inexplicable ways. Reciting this name will help us in conducting our office or business work and it will guide us with Divine inspiration. Praying '*Ashaum Aeakh Tan Yazamaide*' helps you to receive Divine help in all matters.

Look out for the continuation of 'The 101 Names Of Pak Dadar Ahura Mazda' Series in our next issue!

## When I Have Thee, I Have Everything, 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.



I pray not for paradise, for I am already in paradise, when I am with Thee. Thou art my happiness-present and future. I pray not for thy paradise. I pray for Thee. When I feel at one with Thee, it is enough for me. I have no other longing. One am I with Thee. I and Thou art one. I am not other than Thee.

When I turn my face to the sun in yonder heaven or look at the fire on the altar, it is only because I see Thee in the sun and in the fire. My heartfelt prayer brings me into closer communion with Thee and affirms my oneness with Thee. With Thee in prayer, I see and apprehend goodness and truth and righteousness.

My heart becomes desolate when Thou dost leave it. All aflame does it glow with the longing to be one with Thee. In my pious moments, I see it filled with Thy image. I live my real life when, with all my being, I enter into Thy life. Thou art not remote from me. Thou art ever near me. Never am I alone, for Thou art with me and within me. Thy divine life throbs in my being.

I seek fellowship with Thee. I will not let Thee remain inexpressible and incomprehensible. I will comprehend Thee. I will commune with Thee. I will hear Thee. I will see Thee. I will absorb Thy knowledge into my being. I will approach Thee. I will realize Thee. I will be one with Thee. I will give up myself to gain Thee for me.

As the ivy twines its tendrils about the oak, so will I cling round Thee all my life. Whatever betide, I shall always be by Thy side and with Thee abide, Ahura Mazda!

### In Memoriam



## Bapsy Dadi Sorabji

30th March, 1925 - 26th April, 2020

Beloved wife of late Dadi Sorabji; Dearest mother to Meherangez, Pervez and Dalenavaz; Mother-in-law to Farouk, Farida and Rumi; Grandmother to Petarasp, Navaz, Navroze, Gina, Jamie, Jason, Farzeen; Late Danesh; Persis and Nariman; Great-Grandmother to Anahita, Nadia, Jehan, Kaeyan and Khushnam.

Bapsy Dadi Sorabji, (from Agra/Mumbai) passed away peacefully on 26th April, 2020. She will be very greatly missed and will live forever in our hearts. Due to the lockdown, attendance to her funeral was restricted.

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# WZO TRUST'S Application Forms For Zoroastrians Facing Financial Difficulties Due To Covid-19 Pandemic

The WZO Trust Funds and The World Zoroastrian Organisation Trust are pleased to convey that they are now in a position to issue forms to Zoroastrians who have been adversely affected financially, due to the ongoing Covid-19 Pandemic. Till such time the lockdown has been lifted and our office, which is in a containment zone, becomes operational, the forms will have to be accessed, filled in and submitted electronically with photocopies of documents as mentioned in the form.

It is stressed that the objectives of this programme are simply to extend financial support by way of relief and rehabilitation only to those Zoroastrians who are facing financial difficulties due to the Covid-19 Pandemic.

It is to be noted that this programme will not be addressing appeals or support requests towards providing relief from poverty, education or medical appeals, requests for self-employment or any other welfare purpose. These will be attended to in the regular course, once our offices are open and functional.

Copies of the application forms, for Covid-19 Pandemic related in English and Gujarati, can be downloaded from our website [www.wzotrust.org](http://www.wzotrust.org)

Forms can also be requested for from any of the three e-mail IDs mentioned on the application forms. In case of difficulties in accessing the website, requests may be sent by e-mail to:

(a) [admin@wzotrust.com](mailto:admin@wzotrust.com)

(b) [trustees@wzotrust.com](mailto:trustees@wzotrust.com) or

(c) [dinshawtamboly@gmail.com](mailto:dinshawtamboly@gmail.com).

Specimens of the forms in English and Gujarati are attached.

Very Sincerely,  
Dinshaw Tamboly  
Chairman, WZO Trust Funds



For Office Use Only.	Form Ref. _____	Date: _____		
<b>THE WZO TRUST FUNDS</b> <b>THE WORLD ZOROASTRIAN ORGANISATION TRUST</b> Address: C-1, Hermes House, 3 <sup>rd</sup> Floor, M. P. Marg, Opera House, Mumbai 400 004. India. Tel No. 91-22-23684451; 91-22- 23684452; 91-22- 23684453. Website: <a href="http://www.wzotrust.org">www.wzotrust.org</a> E-mail: <a href="mailto:admin@wzotrust.com">admin@wzotrust.com</a> , <a href="mailto:dinshawtamboly@gmail.com">dinshawtamboly@gmail.com</a> , <a href="mailto:trustees@wzotrust.com">trustees@wzotrust.com</a>				
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<b>APPLICATION FORM ONLY FOR ZOROASTRIANS IN ECONOMIC DISTRESS DUE TO COVID PANDEMIC</b>				
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6. Details of Family Members:				
Sr. No.	Full Name	Relationship	Age	Annual Income Rs.
1				
2				
3				
4				
5				
7. Total Annual Family Income: Rs. _____ Please attach the latest salary or income certificate and bank statements from October 2019 onwards.				
8. Details of financial difficulties due to Covid19 / Lock Down Tick any <b>1 Box</b> and explain circumstances in space below; use additional page if required:				
<input type="checkbox"/> Employed individual having received only half the regular salaries or no salary. <input type="checkbox"/> Self Employed <input type="checkbox"/> Full time Moted working on daily wages not earned income <input type="checkbox"/> Farmer / Dairy Farm / Poultry Farm / Brick Kiln <input type="checkbox"/> Any other Covid pandemic related reason – Specify: _____				
<b>For Office Use Only:</b> <b>Approved / Rejected:</b> _____ <b>Amount Sanctioned Rs. _____ on _____</b> <b>Purpose: _____</b>			_____ Signature	



**NOSHIR H. DADRAWALA**

We are in the midst of a pandemic, with cities, nay entire countries, shutting down. While some live in areas that have been affected by the novel coronavirus and declared 'Red Zone', others live in fear of what could happen next. For most, the uncertainty surrounding this pandemic is the hardest to handle... *What if a member of the family tests positive? Is it just a common cold, a strep throat or has the virus finally invaded my dear one's immune system? When will this lockdown end? When will we be able to go back to work? Will we still have a job? Will our business survive? Will we be able to recover our financial and other losses? What if there is a significant drop in our regular income?* These are just some of the questions people ask themselves almost every day.

**The Fear Factor:** No one is immune to fear - the basic survival instinct in all animals and humans. As we evolved, those who feared the right dangers, survived to pass on their genes, and in doing so, the trait of fear and the response to it, were selected as beneficial to the human race.

During any crisis, fear is a natural reaction. However, when we decide that we will confront our fear with right knowledge and understanding, it transcends into courage. Every valiant soldier knows that courage is not the absence of fear, but the triumph over it; the brave also feel fear, but they surmount it.

**Fear Management:** The uncertainty of not knowing how exactly we could be impacted or whether things will get even worse - this fear of the unknown, fans out into panic and paranoia. Is there a solution? Perhaps there is! Blocking our mind from the constant negative news and information could be a good starting point. Of course, it's

# Fear – A Virus Deadlier Than COVID-19!



important to keep oneself informed, but verify the source of your information, so you don't fall in the 'fake news' trap. Will drinking a cocktail of hot water mixed with citric acid, sea salt and baking soda keep the virus away? In all probability, it would give one a bad stomach and further lower one's immunity!

But, remedies with 'guaranteed success' on social media are taken way too seriously by those unfamiliar with 'fake news'. Also, does it make sense for someone who is neither a researcher, a government officer or a healthcare professional, to track the statistics every single day? This is not a cricket or football match to keep track of the score! Leave the figures for the policy makers to deal with. As a lay person, focus on taking care of your own self.

**Fear Of Losing:** Nothing lasts forever. Everyone and everything that we hold on to so tightly and dearly comes with an expiry date - wealth, position, relationships or happiness. They say, "Death is the only certainty in life". We all have to go - sooner or later. However, we draw comfort from the fact that when the sun seems to set in one part of the hemisphere, it rises in another. Death too is like the setting sun. Between birth and death, there is a bridge of time and we all need to cross it. The choice we have is to cross it fearfully or courageously; Joyfully or with despondency; positively and purposefully or negatively,

without purpose.

The tragedy of life is not death, but what we let die inside of us while we live. Every single day is a good day to live and we can choose to live each day fully, productively, happily and positively. Also, any day is a good day to die but we cannot choose which day to die. When the time comes, our soul will make the transition along with the sum total of our thoughts, words and deeds. It matters not how we make the transition from this world. What matters is how we live while we are still



alive.

**The Blame Game:** Whenever something good happens we seldom question why we had such a stroke of good luck. But, when something not-so-good happens, we question why and try to find someone or something to blame it on. Even the agnostic finds it easier to label the pandemic as an act of God! But honestly, let us stop viewing this pandemic as 'Nature's Anger' or 'God's

Punishment'. Agatha Christie rightly wrote in her book, 'The Moving Finger' - *"There is too much tendency to attribute to God the evils that man does of his own free will. God doesn't really need to punish us. We're so busy punishing ourselves."*

**Fear Of The Hereafter:** Many devout Parsis are not worried about dying. They are more worried about dying of Covid-19 and the prospects of getting cremated as per prevailing state enforced health and safety directives. Those with a hotline with divinity seem to be

scaring the living daylight out of gullible, devout Parsis. One gullible Parsi was told, *"If you die and get cremated, it will be a great sin and not only will your soul suffer in limbo (or go to hell), but your near and dear ones will suffer too!"*

Some defenders of the Faith even talk in terms of defying the law and throwing public health and safety norms to the wind, in order to ensure that the soul of the deceased does

not suffer the above-mentioned consequences! Also, those in regular touch with the transit authorities in the other world, insist that the mortal remains of a 'Covid Confirmed Case' or a 'Covid Suspected Case' must be consigned to the Towers of Silence, else the soul would be denied a visa to heaven! Of course, no thought is given with regard to how the mortal remains will be ritually handled and by whom and at what risk and consequence. They seem more concerned about a perceived threat in the afterlife to the soul of the dead, than the real threat to the life of the living, starting with our pall bearers, our priests and those residing in and around Doongerwadi.

Also, have these spiritually evolved entities personally visited heaven or hell and returned to give an accurate account of the afterlife? In our opinion, heaven and hell are states of consciousness that we experience in this life or the afterlife, depending on how we live our life when alive. The ancient eco-friendly system of *dokmenashini* is a method for the disposal of our mortal remains and not a space launch pad for the soul to heaven! Before the ultra-orthodox go for my jugular, let me clarify that I am not against the system of *dokmenashini* and nor am I a proponent of an alternate system for the disposal of the dead. But, yes, I am against falsehood and false propaganda based on ignorance and lack of understanding.

Pray, which scripture says that the soul of a person not consigned to the *dokhma* will hang in limbo? Which scripture specifically states that the soul of one who is buried or cremated will suffer in hell? Yes, the Vendidad does say that *Ahura Mazda* and Mother Earth are both displeased when we bury dead matter. But the sentiment expressed in the Vendidad is with regard to the ecological impact of burying dead matter and polluting the earth. Where is the scriptural reference to the soul hanging in limbo or going to hell if not consigned to the *dokma*? In fact, the Vendidad gives many other circumstances under

▶ which *Ahura Mazda* and Mother Earth end up displeased. But we selectively ignore these verses.

Indeed, an offence greater than burying or cremating the dead is the offence of burying or cremating the truth and propagating falsehood. What adds salt to injury is playing with the emotions and sentiments of the credulous and devout who are already anxious and fearful.

**In Conclusion:**

1. To be afraid is human. But as a human we can face fear with courage. Courage comes from knowledge and knowing the Truth. Fear comes out of ignorance and falsehood.
2. Do not fear death or the afterlife. If one has lived one's life well, one need not fear the afterlife.
3. It would be best to lay the mortal remains of a Parsi Zoroastrian in a *Dokhma*. However, if it is a 'Covid Confirmed' or 'Covid Suspected' case, the municipal corporation will not issue the required clearance to consign the dead body to the towers of silence.
4. Those upset with the State Directive on COVID-19 health and safety advisory are welcome to lobby with the government or seek redress in a court of law. However, trustees cannot put to risk the lives of the living for the sake of the dead!
5. Parsis do not bury or cremate their dead because these systems have detrimental impact on the environment. However, there no scriptural evidence to prove that burial or cremation has any detrimental impact on the soul of the dead or the living.

Always remember, truth may be stretched, but cannot be broken, and always gets above falsehood, as does oil above water. The only way to combat fear is with knowledge of facts and using one's innate wisdom to know truth from falsehood!

## THE R. F. DABOO PARSI GENERAL HOSPITAL, NAVSARI

**Information with respect to medical and other facilities  
available with the Chronic Ward of the Hospital,  
in the wake of the out break of Covid-19 Epidemic.**

It is hereby informed to all the members of the Parsi Zoroastrian Community that in view of the conditions presently prevailing the following facilities will be provided at the Hospital without any charges:-

- 1) During this period the Elderly, Weak, lonely and persons who are dependent on others for their daily needs and care would be admitted in the Chronic Ward.
- 2) The said facility would be available during the Lockdown Period and thereafter for some duration of time.
- 3) Payment of Ambulance Services by the Hospital Authorities for outstation patients residing outside the limits of Navsari.
- 4) Elderly Couples who are hospitalized would be assigned a separate Special Room.
- 5) Medical Checkup, Treatment and Medicines would be provided to the admitted patients
- 6) After the period of Lockdown, patients who are discharged would be sent home by the Hospital Ambulance and the said charges would be borne by the Hospital.
- 7) Patients who are presently admitted would be entitled to all the services mentioned above.
- 8) All the above mentioned services would be provided free of cost.
- 9) Persons who want to be admitted in the Hospital should contact Mr. Dara K. Deboo on his Mobile No. 9825992388.

**For The R. F. Daboo Parsi General Hospital  
(Dara K. Deboo)  
Chairman  
Email : dara.deboo@yahoo.com**

## 'Breakfree This Summer' With Raell Padamsee!



Ever since the Lockdown, Raell Padamsee's Academy for Creative Expression (ACE) has redesigned their curriculums and taught over 1,800 children Speech and Drama online. Enrol your children for ACE Productions 'Breakfree This Summer' course which enhances your child's communication skills and increases confidence levels.

You could also sign up for the 'Little Actors Club' - a parent-child workshop for children between 2.5 to 4 years of age, to explore the magical world of theatre. For teenagers, ACE presents the 'Young Actors Club' with activities like theatre-games, debates, script writing and more.

To unleash your creativity in a fun and growth-oriented atmosphere, sign up with ACE - The Academy for Creative Expression at:  
Whatsapp: 9320130013 / 9819076263 / 9320130014.  
Log on to: [aceproductions.in](http://aceproductions.in)



# Shayan Italia Presents Global Music Initiative

## 'The Power Of Love'



extraordinarily challenging times that the world is going through, as it battles the novel coronavirus. If the name rings a bell it's because Shayan Italia is the same musical prodigy, named 'Global Indian Of The Year' in 2018, whose magnificent version of the Indian National Anthem went hugely viral. An ode to his late Mum, it stands as one of the most viewed

Love'.

**PT:** Tell us about the ideology behind 'The Power Of Love'.

**Shayan:** Every project I take on shares a message greater than the artist/performer/writer, etc. There has to be a higher purpose. I'm driven by purpose and the enforcement of change. I believe there is no power greater than the Power of Love between two souls. The power of music transcends all and spreads a global message incredibly fast, connecting with people. I imbibed this magic of music from an early age, from my mum and dad and my brother, and for that I laud the Parsi community for inculcating these values in children from an early age. In these trying and uncertain times, music helps heal, rejuvenate, restore positivity, enhance faith, build love

that's what happened with 'The Power of Love'. The video found its way to the Parsi community through some folk who may have seen and shared the same with their friends. From there, within 24 hours, it went super viral within the Zoroastrian community globally. This happened while we were still debating on the choice of platform and testing the same video on YouTube and Facebook. Currently, where the world is today, conversation is the key and we get most of our news from Facebook. YouTube is more of an easy-browsing, engagement-driven platform right now. Facebook was the right choice for this project and it's yielded positive results.

**PT:** How did you arrange for the

frustrated and even within the last session when I said, "guys that was good, let's do one more," they hung up on me! #MicDrop... literally!

It took two weeks to put this entire initiative together, coordinating 56 vocalists from various parts of the globe on a crappy 3G/4G network, making them sing the song like 15 times across Zoom, FaceTime and WhatsApp sessions with massive dropouts! Their patience and dedication towards this project is both humbling and laudable.

**PT:** Delraaz Bunshah adds great value to the song with her melodious voice. What

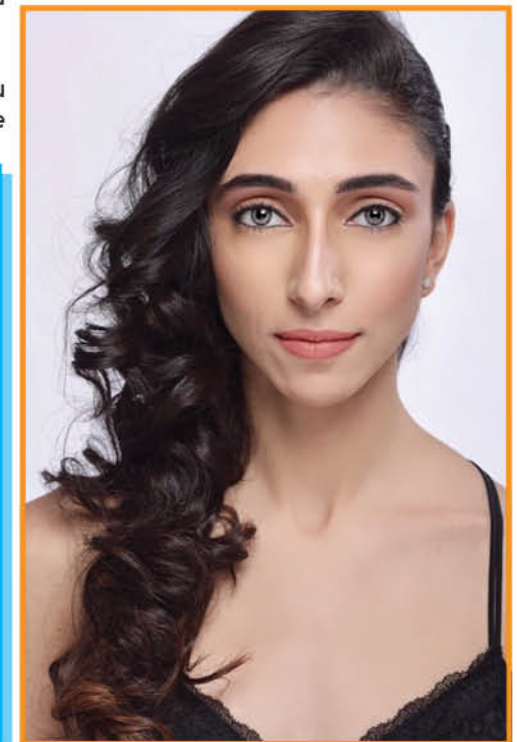
Over the past week, the global music initiative, 'The Power Of Love' - the musical rendition of the classic song made popular, first by Jeniffer rush and then Celine Dion - spearheaded and performed by the dynamic talents of our Community, has gone viral, with numerous Whatsapp groups sharing this venture of love! The version is performed as a duet by singers Shayan Italia and Delraaz Bunshah, with a captivating Global Choir, adding depth and substance to this piano-based rendition, with the piano played by Shayan. [Insta: @shayan.italia]

National Anthem videos, garnering millions of views on YouTube. Residing in Bandra in Mumbai, Shayan is also an entrepreneur, a globe trotter and a foodie who's passionate about music, movies and technology. He also helps raise funds for causes since the untimely passing of his parents, when he was just a teenager.

**Parsi Times catches up with Shayan Italia to update our readers about the charismatic musician's global music initiative - 'The Power Of**

“ The Power of Love has been one of those songs I've always wanted to sing, but never got the chance. When Shayan suggested it, I knew I just had to be a part of this collaboration. Working with him made me grow as a musician. He aims for perfection and in order to meet his expectations, I had to aim for the same. I practiced the song multiple times and each time I connected a little more with it. My brother, Zervaan, my biggest supporter, also lent his voice to the chorus, which makes this song even more special to me.”

- Delraaz Bunshah



and gets our creative juices going to help us through the daily challenges that we all face.

**PT:** Tell us about its launch and its booming growth online.

**Shayan:** A product with a good message needs the right audience to bloom - and

participation of the Global Choir?

**Shayan:** Recording this song was not easy at all due to the current environment. There were many challenges along the way. Firstly, my internet at home got cut several times (and always during the remote recording sessions), so most of the time I was working on a bad 3G/4G signal from my mobile phone. And to record multiple sessions with vocalists across various parts of the globe remotely, when things glitch every 10 seconds, is not ideal. I actually want to correct that: it's hair-pulling-out madness! By the end, the musicians were incredibly

made you approach her as your co-singer?

**Shayan:** I respect and share Delraaz's precision and approach to music. She respects the craft and sings for the love of it, not the fun of it. She's always part of some musical or gig, and constantly seeking ways to evolve musically. I also admire that she doesn't do it for the glory, but for the craft alone. Her entire family is musically inclined, and that makes it all the more alluring. Her brother Zervaan (who participated in the Global Choir) is her biggest fan, like my brother Dynshaw is mine. These

Contd. on Pg 10

## Robbery Attempt At Bhikha Behram Well



On 25<sup>th</sup> April, 2020, at around 6:30 am in the morning, an unsuccessful robbery attempt was made at the heritage Bhikha Behram Well, located near Cross Maidan in South Mumbai. Due to the ongoing Lockdown, the religious site has remained shut and is not open to worshippers. The caretaker of this Grade I heritage site, Nadar Tangree, went to check up and clean the well as is his usual practice since the lockdown. He saw that there had been an attempt to break open the donation box using stones and also drilling of a hole. The donation box is screwed into one side of the wall.

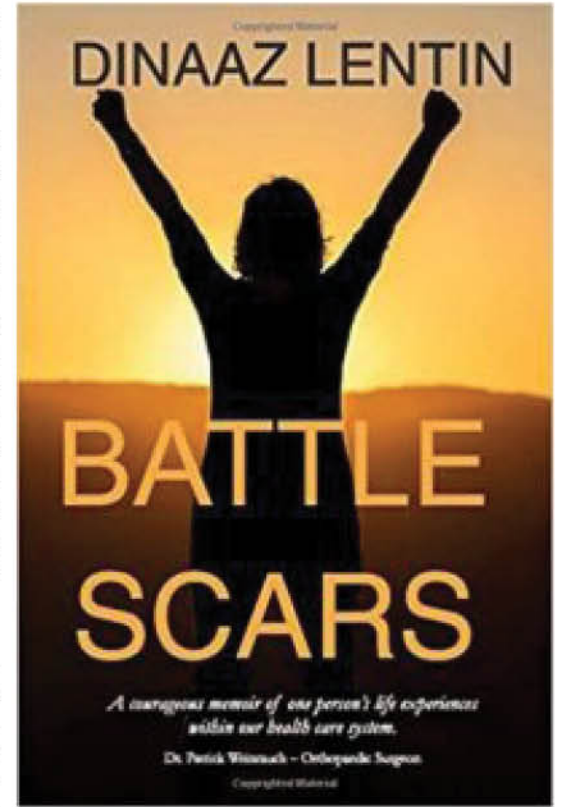


Trustee Homiar N Vakil shared that this was a serious attempt as two heavy stones were used - and could possibly be the agenda of construction workers; and that it could be more than one person who attempted this crime. A police complaint has been filed at Azad Maidan. Though there is CCTV coverage at the spot, it is difficult to access during the lockdown. However, in due time, surveillance will reveal what exactly happened.

In addition to being one of Mumbai's most popular religious site for Parsi/Irani Zoroastrians, the Bhikha Behram Kua is one of Mumbai's oldest sunken sweet water sources and a Grade I heritage structure, built in 1725.

## Book Launch: Battle Scars By Dinaaz Lentin

Recently, Dinaaz Lentin launched her debut memoir follows her extraordinary medical journey over forty years, in a book titled, 'Battle Scars'. Battle Scars is a thought-provoking account about misdiagnosis and mal adventure on not one but three occasions, and ultimately getting through it all! Dinaaz's experiences of the best and worst in the medical profession are powerful and moving - a raw and insightful reflection into the uncertainties in medicine and what can happen to a patient when a medical challenge being faced is a rare and uncertain one.



If you've been to a hospital or are facing challenges in your personal or professional life, then this book is highly recommended! When nineteen-year-old Dinaaz Lentin woke up in a hospital bed following surgery, it was the start of a life of twists and turns with numerous medical complications - the wrong leg operated; retained surgical objects unintentionally left behind; mismanaged labour and many other disasters.

and strength. Hope, that it will get better, and strength, to hold on, until it does." The 245-page book is available on amazon.com.

Battle Scars is a tale of courage and self-belief, but mainly, the undying human spirit and resilience, dogged persistence and faith. It is an extremely powerful example of how trusting your gut instinct can allow you to overcome any of life's challenges. In the words of the author's favourite quote, "At the end of the day, all you need is hope,

The launch was highlighted by FEZANA Information, Research and Education System (FIREs) - a centralized collection of books, manuscripts, literature, magazines, and scholarly research materials in print and electronic form, primarily pertaining to Zarathushti faith, culture and history. FIREs was established in 2010, and is housed and managed by the Zoroastrian Association of Houston (ZAH) Library.

## Shayan Italia Presents Global Music Initiative 'The Power Of Love'

Contd. from Pg 09

similarities made it all the more endearing to me.

**PT:** What's the onward course for 'The Power Of Love'?

**Shayan:** I've been approached by multiple mainstream publications on the project and maybe through the growing word-of-mouth, this will reach more people who will connect with its message. At the end of the day, it's about the video's positive message during these challenging times. There's no personal glory in this initiative and none can or should be taken. I'm happy

if the initiative has helped bring a smile to someone, somewhere. If so, we have achieved our purpose.

**PT:** What are your plans post the Lockdown?

**Shayan:** I have 2 major projects in the pipeline. Later this year, I plan to launch my wellness App - START® - the one-stop holistic wellness App that helps increase your energy, focus, immunity and reduces twice the amount of stress just 7 days, with no change to diet or exercise, optimising your long-term

happiness. Hopefully, it will help a lot of people, especially within our community. And my second project is my debut Hindi music video #ShaLaLaLa set to launch post the lockdown. It's an audio-visual treat which has taken nearly nine months to get on the floor, recorded abroad with an international production team. The song is catchy and we're working out a good marketing plan to service the video to the public.

**PT:** What message would you like to share

with our Community? **Shayan:** The World Has Changed! They say necessity is the mother of invention - it's crucial that we employ our skills and knowledge to tap into our creative potential during the Lockdown period. Also, now is the time for giving, and this is your greatest power. Express your love freely, without expecting anything in return. Mend every broken relationship, reach out to every loved one and show you care. You'll be surprised how powerful even a simple, "hello, thought I'd check in

to see if you're safe" can go! Now is the time! Go for it!

And on that note, we applaud the fabulous global initiative by Shayan, Delraz and the Global Choir for sharing a delightful and magical musical experience, which truly had us marvelling 'The Power Of Love'! Here's wishing Shayan all the best in his oncoming ventures. May he continue to regale music lovers with his special brand of music, as also continue to do the Community and the music fraternity proud with his dynamic talents!

## A REFLECTIVE PERSPECTIVE ON THE IRANSHAH INITIATIVE



As The Global Celebration Of IranShah's Birthday is over, we would like to share a Reflective Perspective On The IranShah Initiative.

The IranShah Initiative Offered The Following Outstanding Features To Our Future Generation As Well As Our Global Zarathushti community.

1. Education On The Bounty Of Our Sacred IranShah.
2. Inspiration On The Value Of Our Sacred IranShah for us to take pride in.
3. Donation not just in monetary terms but also in terms of their time, dedication and commitment.

This is to encourage Our Time Honored Custom Of ZARTOSHTI THY NAME IS CHARITY within The Fiber Of Our Future Generation and finally for the First Time In The History of IranShah. A Unique opportunity for our Global Zartoshtis to pray together on a virtual platform in the Spirit Of Hamazori.

It is because during these trying times we fervently believe that People Who Pray Together Will Stay Together, As A Family, Community and Humanity And by the grace of Ahura Mazda and IranShah's Blessings we were able to share this consciousness with over 50,000 recipients Globally via emails and various Social Media outlets, through the kind courtesy and support from prominent individuals, Z-media, Z-groups, as well as our dedicated Global Zarthushti Youth And Adult Leaders.

We thank you all for Your Valuable Support With Clarity, Dignity, Humility And Integrity For The Benefit Of Our Global ZARATHUSHTI Community As Well As Humanity. With love, light, grace, joy and peace from Meher Amalsad Westminster, California, USA.

For more inspiration we encourage you to visit this website Iranshah Initiative Pak Iranshah Atashbehrum Udvada <https://iranshahinitiative.com>



## Tata-owned Jaguar Land Rover Recovers 75% Production In China

As per news reports, Tata Motors Ltd-owned British luxury carmaker, Jaguar Land Rover (JLR), has restored three-fourth of its budgeted production in China, with Chery Jaguar Land Rover Automotive Co Ltd or CJLR's manufacturing plant in Changshu, gradually resuming operations from third week of February, restoring its production capacity to 75% of pre-COVID19 levels.

Ramped-up production at the China unit will provide a big relief to JLR and Tata Motors, as the company's sales nosedived 85% in the country in February. Tata Motors had warned its stakeholders that due to the COVID-induced crisis, JLR's full year EBIT margin may reduce by 1%. FY2019 was a tough year for JLR in China. CJLR's capacity utilization in that year was about 30-35%. However, the company saw year-on-year volumes increase during Q2-Q3 FY2020 and it was recovering when coronavirus crisis struck. While the accurate budgeted production volumes for the month of April are unknown, analysts suggest that CJLR produced an average of 4,500 - 5,000 cars per month during the first quarter of 2020. The company aims to further ramp up production for the months of May and June to catch up with year-on-year volumes in the first quarter of 2021.



CJLR is a 50:50 joint venture between China's Chery Automobile Company Ltd and JLR. The Tata Motors subsidiary also exports cars to China. The Changshu plant has an annual production capacity of about 200,000 units per year and produces models such as Range Rover Evoque, Land Rover Discovery Sport, Jaguar XFL and XEL variants and also the E-Pace model.

Outside of China, JLR is also planning to gradually resume production from 18 May, 2020 starting with its Solihull (UK) plant and other facilities in Slovakia and Austria.

## WE Celebrates 'Fashion For All Ages'



L to R: Behroze Daruwalla, Delna Nallaseth, Rashna Sanjana Aga, Maitreyi Kashyap, Pearl Mistry, Arin Master, Percis Debash, Villie Daruvala, Veera Mundroina, Dolly Dhamodiwalla

WE - Women Entrepreneurs' Ladies Wing of WZCC celebrated the event 'Fashion For All Ages' celebrating Women's Day earlier in March this year. The continued efforts by the WE Wing has seen numerous workshops and presentations held in the past, with the committee comprising Behroze Daruwalla, Dolly Dhamodiwalla, Homai Mehta, Percis Dubash, Villie Daruvala, Veera Mundroina, Arin Master and the newest youth entrant, Pearl Jimmy Mistry. The Keynote Speaker was fashion professional - Maitreyi Kashyap, with panelists Rashna Sanjana Aga who runs her own E-Commerce portal 'Stitch-



my-Fit'; and Delna Nallaseth - fashion stylist for Bollywood celebrities. Collectively they spoke on all segments of Fashion in terms of skill and business.

## Kitchens Of Penguin Holidays

Having dabbled in and mastered the business of travel with discerning adults, as well as bright, zealous kids, Darayus Kabraji of Penguin Holidays is no unfamiliar name to everyone, especially Parsis.

Kicking off their new culinary venture, the Kitchens of Penguin Holidays, offers deliciously flavoured and lovingly cooked Biryani (chicken/mutton/egg/veg), Cutlets, Rolls, Sheekh Kebabs and much more! The Special Dum Biryani is cooked with less oily and is moderately spicy (each box is approx. 500 gms).



In these times of the pandemic, when we know that eating out might not be allowed soon, ordering in, is a welcome change.

For now, Home Delivery is available only in South Mumbai. Bulk orders will be delivered in the suburbs.

**Take a break from your home-cooking! Enjoy the sumptuous offerings from the Kitchens Of Penguin Holidays! For Details and Booking Orders, Call (0)887938888 / (0)970279966**

## Arunachal CM Pema Khandu Thanks Ratan Tata For Donating Masks

Arunachal Pradesh's Chief Minister, Pema Khandu, thanked Chairman Emeritus, Tata Group - Ratan Tata and Tata Sons Chairman - N Chandrasekaran, for graciously donating 15,000 masks to the state. "I would like to thank Sh. RN Tata and Sh. N. Chandrasekaran Chairman, Tata Sons for providing 5000 N95 and 3 Ply masks 10000 to Arunachal Pradesh in this time of crisis due to COVID-19. They have pledged more such support to the state in the coming days," the CM tweeted on 26<sup>th</sup> April, 2020. Khandu added that the conglomerate had pledged to contribute more essential materials to the State soon.



Tata Sons had recently donated 10,000 pairs of nitrile gloves and a same number of three-ply masks for the medical staff of Nagaland which is bravely working to contain the coronavirus pandemic.

In March, 2020, the Tata Group had pledged to contribute Rs. 1,500 cr. towards COVID-19 relief work. Ratan Tata had said that the philanthropic organization Tata Trusts had announced to commit

Rs. 500 cr. for providing protective equipment to medical personnel, respiratory systems for treating increasing cases, testing kits to ramp up testing in the country and setting up treatment facilities for those who infected with the virus. Tata Sons had also announced an additional relief of Rs. 1,000 cr.

## Brahmi Nasya Stress Reliever By Pureganic

Team Pureganic thanks Team Parsi Times for creating awareness on Pureganic products, which has fetched very positive, quantity and quality response. In keeping with inquiries about dealing with the ongoing stressful situation due to the Pandemic and Lockdown, we recommend Brahmi Nasya.

Brahmi is well known as brain and memory tonic as well as excellent coolant. Brahmi Nasya (Nasal Drops) consists of Pure Jungli Brahmi Ark, which goes through ancient traditional process called 'Siddha Karna' with Pure Vedic Gir Cow Ghee. These are nasal drops that help clear and strengthen all systems above the neck - an excellent remedy for snoring, disturbed sleep (insomnia), hypertension, anxiety, depression, sinus, vertigo, migraine, vision, retinal problems, nerve damage, tonsils. It prevents and helps cure Alzheimer, Brain stroke & memory loss. As a coolant it removes body heat & is useful for women during pregnancy. It also provides good relief to Cancer Patients from side effects of chemotherapy & radiotherapy. It is very effective for kids as brain tonic & treating ADHD (Attention Deficit Hyperactivity Disorder).

Ark (Liquid) is more effective than other products, which generally uses Brahmi powder. Pureganic specializes in natural & herbal preparation of Brahmi Nasya (Ark) with use of Bilona Pure A2 Gir Cow Ghee, which has shown very positive health benefits to users, with zero side effects. Dr. Mickey

**Brahmi Nasya Sinus BP**

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Mehta - Global leading holistic health guru & a corporate life coach says, "Brahmi Nasya gives me a calm, cool sleep, very healing and deep."

**Pureganic has range of natural & health food products with no side effects. Currently, free home delivery made at Mumbai. For details, Whatsapp/SMS on 9820812244.**

# 17th Z GAMES Postponed



In keeping with the global Pandemic, which calls for prioritizing public health and safety, the 17<sup>th</sup> Z (Zoroastrian) Games have been postponed to next year, 2021. The ZAMWI Board of Trustees and the Z Games Advisory Committee will continue to plan for and host the 17<sup>th</sup> Z Games, and look forward to working with the Zoroastrian Sports Committee, FEZANA member associations,

and all volunteers to host an the games when the pandemic has ended. All registrations completed to date for the originally scheduled Z Games will be refunded. *This notice is on behalf of FEZANA Executive Committee; Zoroastrian Sports Committee; ZAMWI Board of Trustees and 2020 Z Games Advisory Committee.*

(Courtesy: FEZANA)

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- 2 Skills not experienced ever before
- 3 Increase sense of independence & Confidence
- 4 Enhance social dexterity as you get to explore and interact with participants  
All over the world
- 5 Critical Thinking out of the box during challenging time

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# Two Legends Lost Too Soon: A Tribute

The last two days of April 2020 will probably go down as the darkest and saddest days in the history of Bollywood as India lost two of her most prolific and legendary actors - Irrfan Khan and Rishi Kapoor - way before their time. Parsi Times Film Critic, Hoshang K Katrak pays a tribute to both these power-houses of talent and charisma, even as the Bollywood and World Cinema fraternity try to cope with the shocking heart-break.

## Irreplaceable Irrfan



7 January, 1967  
to  
29 April, 2020

I'm frequently asked what 'Crossover Films' mean. Is it just the language content? (But more of that later.) When the distressing news of Irrfan Khan's passing poured in on 29<sup>th</sup> April, my mind wandered to the other actor - Om Puri - who had done India proud in crossover films, and who had passed away three years ago on 6<sup>th</sup> January, coincidentally, just a day before Irrfan's birth date.

I first met Irrfan in October 2011, during the closing night party of the 13<sup>th</sup> edition of MAMI. I was with historian, journalist and author Rafique Baghdadi along with senior film critic, Rashid Irani. Both of them knew Irrfan well. He was in a rush but when I asked Rafique to request the actor for a photo with him, he patiently obliged, putting his arm around my shoulder!

Irrfan's rise was spectacular, but not meteoric. Though he had the distinction of having his first film (Salaam Bombay, 1988) nominated for an Oscar, he tasted major success only 13 years later, in a British production - The Warrior (2001). In the interim, he kept himself busy with television and films. Hits such as 'Maqbool', 'Paan Singh Tomar' (for which he won the National Film Award), 'Haider', 'Piku', 'Talwar' followed. He also travelled westward to act in 'The Amazing Spiderman', 'Jurassic World', 'Inferno' (with Tom Hanks). Just two of his films - 'Slumdog Millionaire' and 'Life of Pi' have garnered 12 Oscars!

His droopy eyelids and a languid dialogue delivery belied unmatched acting brilliance. The intensity of his voice was his main asset in an output of around 102 feature films and 25 serials. A bouquet of awards and accolades - national and international - were the result. Irrfan (as he preferred to be known) excelled in crossover films - which, in this writer's opinion, are those which are multicultural productions,

multilingual, have foreign actors and importantly, are welcomed by the NRIs.

Cricket's loss was cinema's gain. Although being selected for the Under-23 CK Nayadu Tournament, he didn't have the money (Rs. 300) required to travel from Jaipur to Ajmer. In 1984, he enrolled in the National School of Drama (NSD) where he met Sutapa Sikdar, his future wife, with whom he has two sons.

A malignant neuroendocrine tumour, detected in 2018, led him to the US for treatment. The nation followed his health reports with great concern. He returned to complete 'Angrezi Medium', his last film, released on 13<sup>th</sup> March, barely a fortnight before the lockdown was announced.

His highest grossing Hindi film remains the 2017 'Hindi Medium', whose review appeared in PT of 20<sup>th</sup> May, 2017. I'm tempted to reprint a couple of lines from my review '*...at times you get the distinct feeling that the film is a vehicle to showcase the powerhouse talent that is Irrfan Khan: your gaze is riveted on him whenever he's on screen, no matter who's got the lines...*'

Both Rafique and Rashid recall Irrfan, when he was acting in Govind Nihalani's, 'Drishti' around 1989. Rafique remembers Irrfan as unassuming, quiet and hardworking. Rashid, who found him extremely polite, shares "In my opinion, Irrfan was simply the best actor of this generation, just three films bearing testimony to this - Asif Kapadia's 'The Warrior' (2001); Mira Nair's 'The Namesake' (2006), scripted by Sooni Taraporewala; and Ritesh Batra's 'The Lunchbox' (2013).

Irrfan's graph, which had curved upwards after 'The Warrior', unfortunately flattened, forever, on 29<sup>th</sup> April, 2020. Rest in Peace, Irrfan. Your talent was unique and will be sorely missed.

## Unforgettable Rishi Kapoor



4 September, 1952  
to  
30 April, 2020

No sooner had the nation got around to accepting the fact that Irrfan Khan was no more, than news filtered in of the passing away of the middle son of the late Raj Kapoor. Hailing from the First Family of Indian cinema, the Kapoor khaandaan, Rishi has been one of the most remarkable figures of their generations.

Even before he was three years old, his father enticed him and his siblings to do a cameo in 'Shri 420', walking in the studio rain in new raincoats! His next tryst in front of the camera was in 'Mera Naam Joker' (1970), playing the teenaged Raju. Constant leave from his Campion School for film shootings got him rusticated. It was only after personal pleading from his father that he was readmitted.

From Raju, to playing the lovestruck Raja in 'Bobby', was just a matter of three years, though the film's happy ending failed to translate it to real life - with Dimple getting hitched to superstar Rajesh Khanna overnight. Rishi Kapoor was the new overnight sensation. From 'Zehreela Insaan' (1974) to 'Dhan Daulat' (1980, the year he married Neetu Singh), he did nine films with his future wife, and incidentally, the original choice for 'Bobby'. With the phenomenal success of the film, his screen names often started with 'R' - Rajan, Rohit, Rajesh, Ravi.

Apart from 'Prem Rog', 'Sagar' and 'Chandni' in the '80s, the decade wasn't particularly kind to him. But with 'Deewana' and 'Damini', he was able to bounce back in the '90s. I remember music director Nadeem telling me how enamoured Rishi was with the music of the last two films, particularly 'Deewana'. Apart from Uncle Shammi, I wonder whether the Hindi film industry has seen a more graceful dancer ('Khel Khel Mein', 'Karz', 'Amar Akbar Anthony', 'Hum Kisise Kum Nahin').

He was so well-placed professionally now that he could refuse Yash Chopra's offer to play the negative role in 'Darr' (1993), saying, "I'm a romanticist!" At one stage he prided himself as the actor who had launched the careers of the maximum number of heroines! But with 'Raju Chacha' (2000), he started doing the fatherly roles.

In September 2018, he was diagnosed with leukemia. After almost a year of treatment in New York, during which time he remained his usual cheerful self, he returned to India and completed most of his assignments.

The first time I met Rishi was in the mid-'80s - he was returning from London with wife Neetu and Ranbir, who was still a toddler. Throughout the flight, the Kapoors' passion for food and liquor, especially the latter, was evident. The last time I met him was in the post-release party of 'Mulk', just before he embarked for his treatment.

With 'Aa Ab Laut Chalen', in 1999, Rishi could finally realise his cherished dream of turning director - in the 21<sup>st</sup> and last film of the R K banner. Having acted in more than 150 films, he's done more than a few multi-starrers, with the solo lead in nearly 50 films. Romance and comedy were his forte. With five Filmfare trophies, including the Lifetime Achievement Award in 2008, Rishi Kapoor has proved to be the most successful of the Kapoor clan, now in its fifth generation.

With Amar (Vinod Khanna) having departed on 27<sup>th</sup> April, 2017 (almost three years to the date), only Anthony (with whom he's done at least six films including 'Kabhi Kabhi', 'AAA' and 'Naseeb') remains. More recently they were seen in '102 Not Out', where Rishi matched Amitabh in histrionics. Till 'Jab Tak Hai Jaan', the 'Shreeman Aashiq' remained a 'Bade Dilwala'! RIP Rishi! You will certainly be missed.

# The Bawa Word Search

Search out the following 16 Different Languages For Saying Thank You! hidden in the word-jumble box below, in bi-directional, horizontal, vertical and diagonal forms:

P B R D P Q F Z Y B B R L A Y U Z H T P C N R G A  
 K H Z X W P Q G B O M A H A L O P J A B A O F E V  
 K X G G K P L H I P F A P S D B F D V C D G I X C  
 A L M R J F U S G D U S A Q D G A V Q Y G N Z W S  
 T L I A E U K C L J G I D A U N F C R E E G G L N  
 T N Y Z P F I P N Q C E N M K N T R U M K G R J X  
 W X U I F G H R W A E K S E A W A O J J C Y O A U  
 J I E E F J P A R N U X N P S T W V K A B P Q H W  
 M A A F Z C I G R F O U O K U G T R M J Y A Z I X  
 S H H J M W C K Y I F M M I T H D V L Y Y N H W G  
 S M G H F O R M P S S O D K F X S Q P V Q Z B D X  
 U U P P Q Y E M H P H T Y Y X F D E M C K N T I X  
 S K Y U H I M M I F D U O N B R V I E D C T E X J  
 W Q P I A G Q Q W M W S K T S Z B T U B Q R K O H  
 X F V S M R L H Q K R H V R U Z L J K T U Q M E M  
 K M O N H P N W H R B E V X A C C I A I A H V X S  
 R O X G H R Y Y Y P P E C C T N V A T L B H P D E  
 L Z Z I E D Y C V E A K P H G W D V R J G W G L J  
 U A A Y J Z B D J D O M K O Z D E F W I A A N R T  
 M K P A R E F Q O P I Z U C K W B V D U G L K Q A  
 C P W B D R Q U K J J C G Q A D Z F F I C A G G V  
 J H U O L F D H H Y E V A Q A T L D Y U O O T O G  
 D T S N D Z U E R S A H Y C S N F C F N Z L S O X  
 F U C G P N N S R W D Z V Y N F J C I L X W C B G  
 T Z A A V W D H X C I I H T E L C I U S Z N P H H

- |                    |                   |                  |                        |
|--------------------|-------------------|------------------|------------------------|
| Dank U (Dutch)     | Merci (French)    | Danke (German)   | Efharisto (Greek)      |
| Mahalo (Hawaiian)  | Takk (Icelandic)  | Grazie (Italian) | Shukran (Arabic)       |
| Arigatō (Japanese) | Gracias (Spanish) | Tack (Swedish)   | Kop Khun (Thai)        |
| Diolch (Welsh)     | Ngiyabonga (Zulu) | Do Jeh (Chinese) | Spuh-see-buh (Russian) |



## TechKnow With Tantra

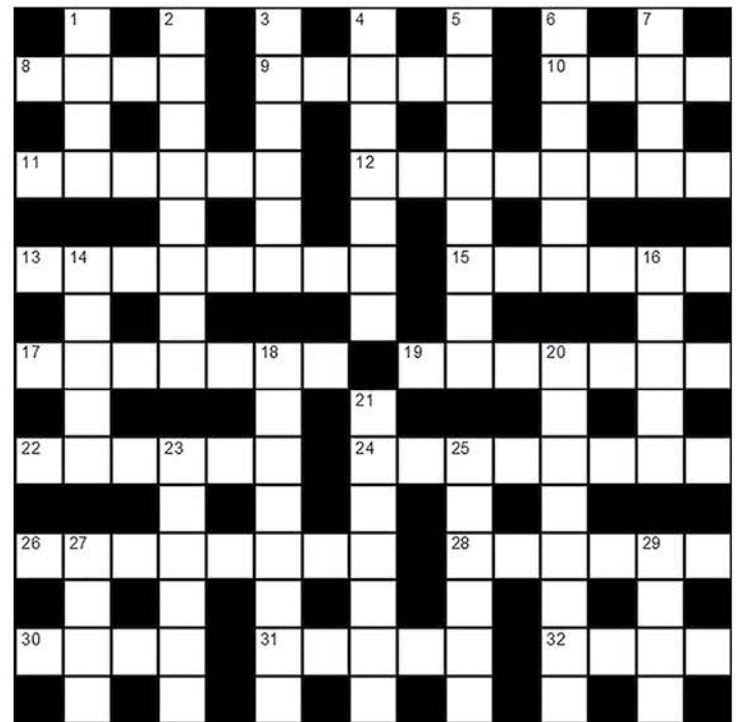
### Google Lens

Google Lens relies on your smartphone's camera to 'see' what's around you and give you contextual information for the same. Using the camera on your handset, Google Lens can scan a product, animal, text, clothes or something else in your environment. If you scan a visiting card, it will even allow you to add the contact directly into your phone directory. If you scan text in a language you don't understand, Lens will translate it for you. If you scan a book cover, Google Lens will identify the title and give you reviews sourced from the web. Google Lens is equally adept at pulling up information about music albums, movies and video games just by spotting their covers. Visiting a new place? Just point it to the architecture and it will tell you more about the building. Browse through a museum and keep pointing Google Lens to a variety of artefacts and get to know more about them. Identify plants and animals, and even items on the menu! And if you see an outfit that catches your eye or a chair that's perfect for your living room – find similar clothes, furniture, and home decor—without having to describe what you're looking for in a search box. Explore what is around you in an entirely new way. Uniquely putting Google's Artificial Intelligence technology to work, right in your own hands.

Android: <http://bit.ly/2EivFaU>

iOS: Use the Google App from App store

## BAWAJI BHEJA FRY



### Across

- 8 Skywalker mentor (4)
- 9 Younger Mr. Gavaskar (5)
- 10 Cuts down (4)
- 11 Opening chess move (6)
- 12 Sicken (8)
- 13 Parasol (8)
- 15 Overrun a place, etc. in large numbers? (6)
- 17 Goes on board (7)
- 19 Does not pay any attention (7)
- 22 Prayer \_\_\_ Baj (6)
- 24 Silk fabric with knobby surface (8)
- 26 Narrates or tells; describes (8)
- 28 Science of morals (6)
- 30 Male swans (4)
- 31 Egg shapes (5)
- 32 Near or close by, in old English (4)

### Down

- 1 "O all" could be a girl? (4)
- 2 Federal capital of Australia (8)
- 3 Cruel, inhuman (6)
- 4 Dish cooked on birthdays and other auspicious days in Parsi homes (4,3)
- 5 Making safe against risks (8)
- 6 C/o. in the address line ? (4,2)
- 7 Means of release (4)
- 14 Deadly African snake (5)
- 16 Large earthenware mug especially for beer (5)
- 18 Famous diamond or old-time Bollywood hit (8)
- 20 Overshadow or outdo? (8)
- 21 Normally (2,5)
- 23 Musician - wind section player? (6)
- 25 Military command (2,4)
- 27 Yeoman officer (4)
- 29 Enclosure (4)

## WINNING CAPTION!!!



**Coomi Mai: Marere!**  
 Aay Lockdown ma rahine ghanu sikhwanu malyu!  
**Bepsi Mai: Hasto wari!** Mane aaj sudhi maalam nahi hatu ke Bomi ketla sojja vaasan dhoich ne ketlu fine jharu-katko maarech!!

By Kayomarz Dotiwalla



### Thought of the Week

"We make a living by what we get. We make a life by what we give."

- Winston S. Churchill



## 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](mailto:editor@parsi-times.com) by 6th May, 2020.

## BAWAJI BHEJA FRY ANSWER

L C B D E C V  
 Y O D A R O H A N A X E S  
 L N U A S R N  
 G A M B I T N A U S E A T E  
 E A D R O  
 U M B R E L L A I N F E S T  
 A R R N T  
 E M B A R K S I G N O R E S  
 B O A U I  
 S A R O S H S H A N T U N G  
 B I U T S  
 R E C O U N T S E T H I C S  
 X I O U A I A  
 C O B S O V A L S N I G H  
 N T R L E E E

## Weekend Riddle

### Whodunit?

**Riddle:** Mr. Brown was killed on a Sunday afternoon. The wife said she was reading a book. The butler said he was taking a shower. The chef said he was making breakfast. The maid said she was folding clothes, and the gardener said he was planting tomatoes. Who did it?

The Chef, Mr. Brown was killed in the afternoon and the Chef claimed he was still making breakfast

# Presents Chef Delzad



**Chef  
Delzad K Avari**

**Delzad K Avari** is a Le Cordon Bleu, London Alumni. His love for cooking was evident from a very young age. Having completed the Grand Diploma in cuisine and patisserie from the London campus, post his Hotel Management degree from Mumbai's Sophia Polytechnic. His expertise has been honed with rich and varied experiences including his stints with the Taj Mahal Palace and Towers (Mumbai); a Food Producer with Masterchef India - Season 2, followed by Dubai and the Maldives; and the and more recently, as a Sous Chef in Trinidad and Tobago in the Caribbean!

Back home in Mumbai, he currently runs his own home chef set-up, greatly gaining in popularity, named, 'Del'z Kitchen'- an absolute go-to for all meat-lovers! Delzad also shares his expertise in Restaurant Menu Development and Consulting under his project 'Tiger Lily', an upscale restaurant in Hyderabad. He has recently begun his own YouTube channel, titled 'Chef Delz', which is tasting great success! Says Delzad, "Being a chef is not glamorous as people think, one should have a passion for food and I think I have made the right choice!" [Chef Delzad's Insta - Personal: @chef\_delz & Work: @delzkitchen]

Parsi Times is thrilled to welcome Chef Delzad as our Chef Extraordinaire to lead our community into Greater Gastronomic Galas with PT's 'Chomp & Cheers'! We welcome suggestions, queries and requests for recipes from our readers at [editor@parsi-times.com](mailto:editor@parsi-times.com)

**Chef Delzad** kicks off... err cooks off.. the series with two lip-smacking dishes - **Chicken Mahiwara and Salted Caramel Chocolate Walnut Brownies.**

## Chicken Mahiwara

### Ingredients:

**Chicken breast (cut in thin strips)** – 250g; **Chopped onions** - 2 small; **Chopped tomatoes** – 2 medium;  
**Chopped green chillies** – 3 to 5 nos.; **Ginger Garlic paste** – 1 tbsp; **Chopped coriander** – 1 tbsp;  
**Chopped cashews** – 1 tbsp; **Chopped almonds** – 1 tbsp; **Raisins** – 1tbsp; **Cream** – 1 cup;  
**Dhana Jeera powder** – 1 tsp; **Haldi powder** – ½ tsp; **Chilli powder** – 1 tsp; **Salt** – to taste; **Eggs** – 4; **Oil** – 2 tbsp

### Method:

1. Heat oil in a frying pan, add the onions and cook them till brown.
2. Add the tomatoes and cook till they soften.
3. Add the powdered spices and chopped chillies.
4. Cook till oil begins to leave the mixture.
5. Add the chicken strips and sauté till they have cooked through.
6. Mix in the chopped nuts and cream.
7. Simmer till the mixture thickens and sprinkle chopped coriander.
8. Pour beaten eggs on top of the mixture. You can keep the eggs whole if preferred.
9. Cover and let the eggs steam on low heat, till they are cooked. (Should take around 5 - 7 minutes)
10. Cut up and serve hot!



## Salted Caramel Chocolate Walnut Brownies

### For the Salted Caramel:

#### Ingredients:

**Sugar** – 150 gm; **Cream** – 60 ml; **Butter** – 60 gm; **Sea salt** – 5 gm;

#### Method:

Heat sugar in a pan with a touch of water. Keep cooking and stirring till it reaches a golden brown colour. Reduce the heat and gradually mix in the cream. Turn off the heat and mix in the butter. Finally stir in the sea salt and leave aside to cool.

### For the Brownies :

#### Ingredients :

**Caster Sugar** – 385 gm; **Eggs** – 5; **Butter** – 265 gm; **Dark Chocolate** – 300 gm;  
**Sliced walnuts** – 60 gm; **Flour** – 265 gm

#### Method:

1. Melt chocolate and butter together and keep aside (allow to drop to room-temperature).
2. Whisk eggs and sugar together till frothy.
3. Add the chocolate mixture to the egg mixture and whisk together.
4. Add the flour and fold into the batter, do not over mix.
5. Pour the liquid caramel over the brownies and swirl up the batter using a toothpick.
6. Sprinkle the sliced walnuts on top.
7. Bake in oven at 170 - 180 C for 35 to 40 mins, depending on the size of the oven.
8. When the cake is set in the centre, it is ready (test with toothpick)
9. Remove from the oven and cool in the pan
10. Once cool, cut in pieces. Serve warm



## Dr. Jasvi's Numero Tarot Predictions

(As Per Your Birth Month)



*Parsi Times brings you Dr. Jasvi's column on her unique Numero-Tarot monthly readings, based on your month of birth:*

**January (Lucky No. 8; Lucky Card: Strength):** Love is in the air. This is a good time to plan new ventures. This is also the best month of the year for ladies born in January, so celebrate every moment of the month. Don't overwork yourself to exhaustion. Take some time out to relax.

**February (Lucky No. Empress; Lucky Card: 3):** Take strength from the strong personality that you are! Follow your intuition. No one can make you feel alienated - unless you allow them to. You could look forward to the awaited ending of an unwanted situation.

**March (Lucky No. 2; Lucky Card: High Priestess):** Learn to cherish and enjoy what you have, rather than complaining about what you want. Success and peace will be with you in all areas of life this month. If you pay attention, you will feel the blessings that you are showered with, in disguise. Try to be more open-minded to change your perceptions.

**April (Lucky No. 4; Lucky Card: Emperor):** This is a good time for you as you will achieve success in your ventures. But learn to hold on, don't give up easily. Shoulder your responsibilities. Success is on the platter. You will be able to manifest your intentions as the Universe showers you with divine blessings.

**May (Lucky No. 8; Lucky Card: Justice):** Remember that nothing but the change is permanent. You could look forward to a new beginning. Celebrations are on the cards for you. Enjoy all celebrations to the fullest. Trust your intuitions.

**June (Lucky No. 17; Lucky Card: Star):** This is the time to enjoy with the family. Happy days are here again! Life can be a roller coaster ride at times. Try and clear out the confusions in your mind - follow your rationale. Take care of your health.

**July (Lucky No. 1; Lucky Card: Magician):** Try to resolve any confrontational situations. You know where your destiny lies, but you need to seek your path. This is a good time to start new partnerships as these would be really fruitful.

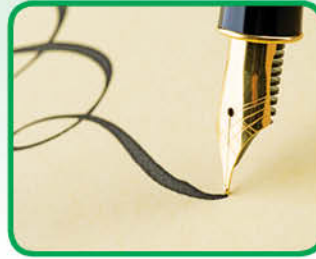
**August (Lucky No. 6; Lucky Card: Lovers):** This is a great time for students born in August. Health will be good. This is a great time for those who are looking to start a family.

**September (Lucky No. 10; Lucky Card: Wheel Of Fortune):** This is a time to save and make money. Your skills will pay you well. There could come a time when you need to fight for the right reasons, with even those you consider your own. Learn to go with the flow. Take expert advice. Focus on deep breathing and look to create harmony in life.

**October (Lucky No. 11; Lucky Card: Justice):** This month is full of progress and prosperity for you. You will have financial stability. Try to clear your mental confusions. You need to move ahead with confidence. Balance your mind and emotions.

**November (Lucky No. 5; Lucky Card: Hierophant):** You need to believe in yourself. Avoid overly expecting from people around. Finance will flow in from all directions. Ensure to get sound and peaceful sleep.

**December (Lucky No. 19; Lucky Card: Sun):** This month will bring justice to you. This is the right time to resolve and end all fights and struggle. Life has given you a second chance. Learn to let go and forgive people.



## 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! Our talented PT reader, Farida Bamji, shares her writings on some much-needed sense of positivity and faith in prayer, during these times...*

### On Zoroastrianism And Prayers

By Farida Bamji

#### If Zoroastrianism Were A Garden...

Have you strolled  
Through a garden,  
Filled with colourful  
Butterflies as well as  
Honey bees flitting around,  
Suckling flowers,  
Emitting a sweet scent  
That could fill a room.

Zoroastrianism is like a  
Beautiful garden,  
With a variety of  
Prayers to choose from.  
When prayed  
From the heart,  
They dismiss the  
Gloom and the doom.

In times of despair,  
We turn to prayer,  
Hoping against hope  
He will answer our call,  
But, even if He doesn't,  
We wish He will be there,  
When the last teardrop falls...

#### Prayers...

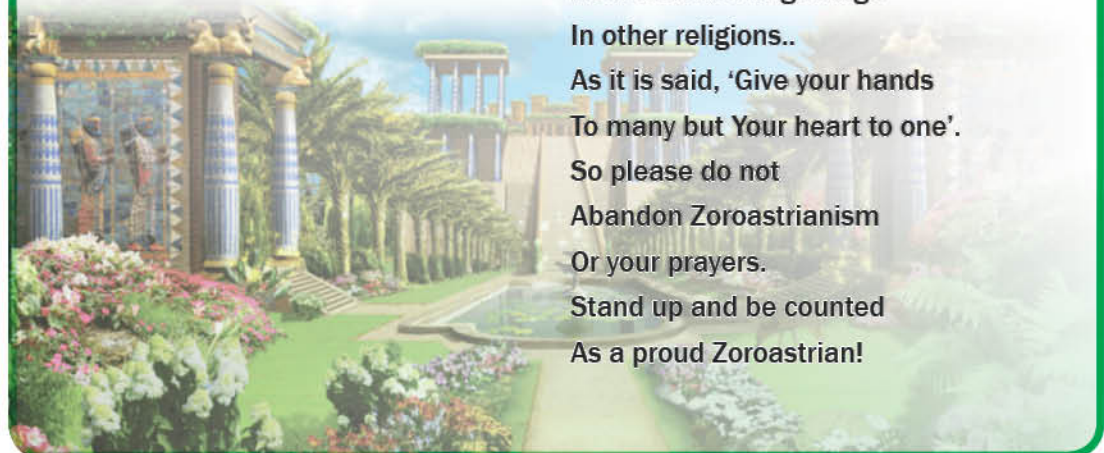
We see Waterfalls,  
Where the cool, clear  
Water gushes down  
To meet the sea;  
Taking away with it,  
All the dirt and grime  
So that the waterfall stays pure.

Prayers are just  
Like that waterfall  
When prayed from the heart,  
Purifying the mind  
As well the soul.

Prayers test your faith  
As sometimes there is  
No response;  
Try, try, till you succeed,  
Hoping against hope,  
He will be waiting  
Patiently till the last  
Tear drop falls.

Giving up is  
Not an option  
Neither is seeking refuge

In other religions..  
As it is said, 'Give your hands  
To many but Your heart to one'.  
So please do not  
Abandon Zoroastrianism  
Or your prayers.  
Stand up and be counted  
As a proud Zoroastrian!





# Resolving Family Conflicts During (And After) The Lockdown



**Aviva Damania**

*Aviva Damania is a Psychologist – Mental Health Specialist, trained at City University of London (MSc Mental Health). She began counseling in 2014 as a Volunteer Counsellor at Charities in Mumbai, and has practiced at Masina Hospital. Having worked with adults, adolescents and children, Aviva's primary areas of expertise include dealing with Depression, Anxiety, Anger, Stress amongst other issues. She currently shares her expertise at Pittie Group as Sr. Manager – Workplace and Employee Wellness.*

*Parsi Times is delighted to welcome on board, the young, dynamic and proficient Aviva Damania, who will share significant symptoms, solutions and insights into numerous concerns which affect our mental wellbeing.*

*Aviva is available for professional counseling on chat, phone and video call. You can connect with her at: [avivadania18@gmail.com](mailto:avivadania18@gmail.com)*

### Why Family Conflicts Are On The Rise....

The lockdown, as a result of the Pandemic, has crossed the 40-day-mark of being home-bound with family... good enough time for the possibility of family conflicts! Even the closest-knit families could be in for a challenging time. There's bound to be changes in interpersonal relationships as well as changes in how home-space is used, as compared to the past. The home is now a workplace, a school and a college! Having the whole family at home makes it hard to manage one's personal space, making you more irritable and on edge, during this period. This could, many times, lead to disputes.

However, there are ways in which we could get together and collectively resolve the issue by coming to a mutual understanding and respecting each other's views or preferences, by agreeing to disagree and looking at alternate methods of resolution. For the better part, the following tips have really worked out well:

### How Can We Ease This Issue...

However, there are ways in which we could get together and collectively resolve the issue by coming to a mutual understanding and respecting each other's views or preferences, by agreeing to disagree and

looking at alternate methods of resolution. For the better part, the following tips have really worked out well:

#### 1. Divide The Household Work:

The whole family at home, equals increase in household work, which in the average home is borne by the women, for the most part, especially mothers. This can be time consuming and frustrating, especially with no domestic help. It's important for all family members to understand this and judiciously divide the household work to fit schedules. Reducing the load of one person can prevent arguments and conflict. To all the men who haven't been helping out with the chores, it's time to man up! Make your own Akuri this morning, and make some for the rest too!

#### 2. Manage your Space And Time:

Homes may seem smaller than usual, as a consequence of confinement, making it harder to have privacy and personal space. This can get overwhelming, but scheduling how to use the home in a way that house-space is shared, helps greatly. Negotiating boundaries can help create a non-invasive ambience with clear distinction between family time, work time and alone time. Find fun interactive activities to do together as a family, such as board games, looking at old photographs or talk about happy memories together and plan similar things



that brought you joy. Ensure that besides getting good sleep, nutrition and some physical activity you also designate some 'me- time' to indulge in self-care. You need to look after your wellbeing in order to care for someone else - you cannot pour from an empty cup! Focus on things that make you feel good. Find your 'Reset' button and use it to recuperate! Try yoga, cooking, reading or writing!

#### Dealing With Conflict:

During these critical times, it's imperative for family members to be empathetic, patient and understanding. While optimistic thinking is important, it must be realistic too.

Reign in unrealistic expectations to avoid disappointment and dissatisfaction. Don't expect your food to taste like Tanaz Godiwala's *lagan-nu-patru!* Expectations must be in line with current resources. Since there is no escape from being around family, before a potential argument ask yourself if what you're going to address is important, helpful and is there a solution at the moment. If not, is it really worth addressing? Try engaging in discussions that are neutral and not provocative.

However, since conflict is not fully avoidable, here are

some of the things you can do that might help douse the fire... Resolve today's conflict today and drop the past. Don't bring up an old argument from before the lockdown. Focus on here and now. The lockdown may drive people to react in ways they wouldn't before, don't be quick to react. Don't play the blame game; give yourself time to process, empathise and react in a way that doesn't



fuel an argument. When things get heated, it sometimes helps to take a break - just ensure you don't spend the break ruminating about the dispute! Did you know, as per findings, a 20-minute break during a marital tiff helped bring heart rates back down to baseline levels?

**Communicate:** During these unprecedented times, we must avoid conflict rather than focus on resolving conflict. One must give the benefit of the doubt, give each other the liberty to cope in their own way, with little or no judgement. In most cases, family conflicts are

resolved with just effective communication.

**Communicate your expectations and come to a mutually agreed upon mid-point. Explain your wants in the form of requests and not in the form of demands. Disclose needs rather than criticise. Use positive words of reinforcement when there is a display of desired behaviour. This will increase the likelihood that it is repeated. Using statements such as, "I am upset because of this" is more effective to deescalate an argument rather than statements such as "You did this to upset me," which would only evoke a defensive response. Communication is a two-way street. Don't assume that the other person is experiencing things the same way you are. Don't just hear, listen. Make an attempt to understand and make adjustments with other members.**

If this is not helpful to resolve conflicts, then make a conscious effort to give each other space but acknowledge that the conflict exists, and

that members have opposing views at the moment but you don't have the resources to move forward. Be sure to also stay virtually connected with people outside your home who are good for your mental health.

#### When To Seek External Intervention:

If you notice that there's a severe change in the dynamics of your home, where living together is miserable, with escalating risk and no respite, act early and get support. Seek counselling services, which are available online.



### આરમીન મોદીને વર્લ્ડ લિટરસી સમિટ ૨૦૨૦ આલ્બર્ટ શ્વેત્ઝર મેડલ એનાયત કરવામાં આવ્યો

આરમીન મોદીને તા. ૧૮ મી એપ્રિલ, ૨૦૨૦ ના રોજ, ભારતની શિક્ષણ અને સાક્ષરતાના ક્ષેત્રમાં તેમની શૈક્ષણિક ઉત્કૃષ્ટતા અને સમુદાયની વિસ્તૃત સેવા - બંનેના સ્વીકાર તરીકે, 'વર્લ્ડ લિટરસી સમિટ ૨૦૨૦'માં, પ્રતિષ્ઠિત આલ્બર્ટ શ્વેત્ઝર મેડલ એનાયત કરવામાં આવ્યો હતો. વૈશ્વિક લોકડાઉનને ધ્યાનમાં રાખીને આ વર્ષે સમિટ એવોર્ડ સમારોહ ઓનલાઈન યોજાયો હતો.

આરમીન મોદી, ભારતના મહારાષ્ટ્ર રાજ્યના પૂના જિલ્લાના દસ ગામોમાં ગ્રામીણ મહિલાઓ અને છોકરીઓને શિક્ષિત અને સશક્તિકરણ કરતી સંસ્થા, 'આસ્તા નો કાર્થ'ના સ્થાપક છે. ૧૯૯૮ થી, ભારતમાં ગ્રામીણ મહિલાઓને ઉત્સાહિત કરવા તરફ આરમીનના નોંધપાત્ર પ્રયત્નોથી સેંકડો કિશોરીઓનાં શૈક્ષણિક પરિણામોને સુધારવામાં મદદ



મળી છે.

૨૦૨૦ આલ્બર્ટ શ્વેત્ઝર મેડલિસ્ટ આરમીન મોદીએ જણાવ્યું હતું કે, 'ગરીબી અને નિરક્ષરતાના મુદ્દાઓ કક્ત એકલા ગરીબ અને હાંસિયામાં ધકેલી દેવાની સમસ્યાઓ નથી, પરંતુ સાર્વત્રિક મુદ્દાઓ છે કે જેની ચિંતા બધાને છે.'

### ધ આર. એફ. દાબુ પારસી જનરલ હોસ્પિટલ, નવસારી

કોવિડ-૧૯ના સમય દરમિયાન હોસ્પિટલના પારસી કાનિક વોર્ડમાં રહી મેડીકલ તેમજ અન્ય સગવડો મેળવવા બાબત આથી તમામ પારસી જરથોસ્તીઓન જણાવવાનું કે હલના સંજોગોને ધ્યાનમાં લઈ નીચે મુજબની સગવડો હોસ્પિટલમાં કોઈપણ સજાતનો ચાર્જ લીધા વિના આપવામાં આવશે.

૧. આ સમય દરમિયાન કોનિક વોર્ડમાં વૃદ્ધ, અશક્ત અથવા એકલા રહેતા અથવા પોતાના ઘરમાં રહી પોતાની દૈનિક કામગીરી અથવા ખાવા-પીવાની વ્યવસ્થા નહીં કરી શકનાર તમામને દાખલ કરવામાં આવશે.
૨. લોકડાઉનના સમય દરમિયાન તથા ત્યારબાદ થોડા સમય માટે આ વ્યવસ્થા ચાલુ રહેશે.
૩. નવસારી બહારથી આવનારાઓ પોતાના ગામ અથવા શહેરમાંથી એમ્બ્યુલન્સ ભાડે કરી આવી શકશે અને તેનું ભાડું હોસ્પિટલ તરફથી ચુકવવામાં આવશે.
૪. જે કપલ હોસ્પિટલમાં આવશે તેમને માટે અલગ સ્પેશીયલ રૂમની વ્યવસ્થા કરવામાં આવશે.
૫. હોસ્પિટલમાં જે પણ રહેશે તેમનું તે દરમિયાન જરૂરી મેડીકલ ચેકઅપ કરી મેડીકલ સારવાર તથા મેડીસીન આપવામાં આવશે.
૬. લોકડાઉનનો સમય પૂરો થતા થોડા દિવસ બાદ હોસ્પિટલમાંથી રજા આપવામાં આવે ત્યારે હોસ્પિટલની એમ્બ્યુલન્સ પેશન્ટને એમના ઘરે મુકવા જશે જેનો તમામ ખર્ચ હોસ્પિટલ ભોગવશે.
૭. હાલમાં જે પેશન્ટો સારી સંખ્યામાં દાખલ થયા તેઓની તમામ સગવડ ઉપર મુજબ ચાલુ રહેશે.
૮. ઉપરની તમામ સગવડો હોસ્પિટલ તરફથી વિનામૂલ્યે (ફ્રી) આપવામાં આવશે.
૯. જેમણે પણ હોસ્પિટલમાં દાખલ થવું હોય તેઓએ ચેરમેન શ્રી દારા કે. દેબુનો મોબાઈલ નંબર ૯૮૨૫૯૯૨૩૮૮ ઉપર સંપર્ક કરવો.

ધ આર. એફ. દાબુ પારસી જનરલ હોસ્પિટલ વતી

શ્રી દારા કે. દેબુ

ચેરમેન

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વર્તમાન રોગચાળા માટે ચાઈના અથવા વુહાનના ભીના બજારને દોષ આપવું સરળ છે. લોકો શું ખાય છે અથવા લોકોની આધુનિક જીવનશૈલી છે તેના પર આક્ષેપ કરવો તે વધુ સરળ છે. જે કે, લકીકત એ છે કે આ વિશ્વમાં લગભરો વર્ષોથી પ્લેગ, અને અનેક રોગચાળો જોવા મળી રહ્યો છે, પરંતુ બધી આફતો મનુષ્યને કારણે નથી. આશાનો સૌથી મોટો પાઠ આપણે ઇતિહાસમાંથી શીખી શકીએ છીએ - વિનાશ, રોગ અને મૃત્યુ છે પરંતુ જીવન એ આગળ વધતું રહે છે.

રોગો અને મૃત્યુ: ૪૩૦ બીસી-માં પેલોપોનેસિયન યુદ્ધ દરમિયાન, પ્રારંભિક નોંધાયેલ એક રોગચાળો થયો. પ્લેગ લિબિયા, ઈથોપિયા, ઈજિપ્ત અને આખરે એથેન્સમાં પસાર થયો હતો. પ્લેગથી લંડનની વીસ ટકા વસ્તીનું મોત નીપજ્યું હતું. ક્રોલેરા રોગચાળાએ ભારત, રશિયા, આફ્રિકા, ઈન્ડોનેશિયા, ચીન, જાપાન, ઈટાલી, જર્મની અને અમેરિકામાં લાખોની હત્યા કરી.

એઈડસની ઓળખ ૧૯૮૧માં

## ભવિષ્યવાણીઓનો રોગચાળો

કરવામાં આવી હતી અને ૧૯૨૦ ના દાયકામાં પશ્ચિમ આફ્રિકાથી આવેલા ચિમ્પાન્ઝી વાયરસથી તે વિકસિત થયો છે. વિશ્વભરમાં પરચીસ કરોડ લોકો એઈડસથી મરી ગયા છે, અને હજી સુધી કોઈ ઈલાજ શોધી શકાયો નથી.

પ્રાચીન ઈજિપ્તમાં ૧૫૦૦ બીસી-માં કેન્સરનો વિશ્વનો સૌથી જૂનો કેસ દસ્તાવેજીકરણ કરાયો હતો. જેમાં સ્તન પર થતા ગાંઠના આઠ કેસની વિગતો આપવામાં આવી હતી. આજે દર વર્ષે લગભગ દસ કરોડ લોકો કેન્સરથી મરે છે. પણ જિંદગી ચાલે છે!

કુદરતી આફતો: પૃથ્વી પર ઓછામાં ઓછા પાંચ આઈસ યુગ જોવા મળ્યા છે. આ મનુષ્યને કારણે ન હતા. વિશાળ જાનવરોનો વિકાસ થયો, અને તે લુપ્ત પણ થઈ ગયા.

ઉલ્કાઓ સદીઓથી પૃથ્વી પર બોમ્બારો કરે છે. વિશ્વભરમાં ૧,૫૦૦ થી વધુ નવાળામુખી હજી પણ સક્રિય

છે. વર્ષ ૨૦૦૪માં, સુનામીએ ચૌદ દેશોમાં ૨,૩૦,૦૦૦ થી વધુ લોકો માર્યા ગયા. પરંતુ, પણ જિંદગી ચાલે છે!

અન્ય આફતો: બીજા વિશ્વયુદ્ધમાં ૭૫ મિલિયન લોકો મૃત્યુ પામ્યા હતા, જેમાં લગભગ ૨૦ મિલિયન સૈન્ય કર્મચારીઓ અને ૪૦ મિલિયન નાગરિકોનો સમાવેશ થાય છે, જેમાંના ઘણા લોકો ઈરાદાપૂર્વક નરસંહાર, હત્યાકાંડ, સામૂહિક બોમ્બ ઘડાકા, રોગ અને ભૂખમરના કારણે મૃત્યુ પામ્યા હતા. ભારતમાં ભોંપાલ ગેસ દુર્ઘટનામાં ૩,૭૮૭ લોકો માર્યા ગયા. પણ જિંદગી ચાલે છે!

ડૂમના પ્રબોધકો: ન્યારે પણ આફતો આવે છે ત્યારે ડૂમના કેટલાક પ્રબોધકો ખરેખર પ્રસન્ન રહે છે! તેઓ આનંદથી દાવો કરે છે કે 'આ સદીઓ પહેલાંથી આગાહી કરવામાં આવી હતી.'

અમારા પારસીઓમાં, ભવિષ્યની આગાહીના પ્રિય સ્ત્રોત જામાસ્પી અને ઝંદ-એ-વોલુમન યારના છે.

પહેલેથી જ, જુરસાદાર ગુજરાતી અને અંગ્રેજી અનુવાદો, પસંદગીથી સંદર્ભમાંથી ખેંચાયેલા, વર્લ્ડ-વાઈડ-વેબના ગોળા બનાવે છે. લકીકતમાં, ભવિષ્યવાણીઓનો રોગચાળો વાયરસથી વધુ વાઈરલ લાગે છે!

જામાસ્પી: આજે જાણીતા બધા પહેલવી પુસ્તકોમાંથી, પારસીઓમાં કોઈ પણ પુસ્તક જામાસ્પી જેટલું લોકપ્રિય નથી. ગુજરાતી જામાસ્પી, પાછળના લખાણકારો દ્વારા ઉમેરવામાં આવતા સદીઓથી ભ્રષ્ટ થઈ ગઈ છે. એક પારસી લેખકે પ્રથમ વખત એક ગુજરાતી જામાસ્પી પ્રકાશિત કરી તેનું લખાણ બકવાસથી ભરેલ હતું પંચાયતના તત્કાલીન ટ્રસ્ટીઓએ વિચાર્યું કે તે સમુદાયનું નામ બદલાવ કરશે. લેખકને થોડી રકમ ચૂકવવામાં આવી અને તેનું પુસ્તક રદ કરાયું!

લકીકતમાં, મોટાભાગની ધારસી અને ગુજરાતી હસ્તપ્રતો, કેટલાક સુક્ષ્મ

સુલેખન અને આકર્ષક બંધનકર્તા હોવાને કારણે, તેમાં મોટા પ્રમાણમાં અનધિકૃત ઉમેરાઓ શામેલ છે અને મોટાભાગની આગાહીઓ ધૂંધળી અને ઉડાઉ છે. પહેલવી 'જામાસ્પી' પ્રમાણમાં વધુ વિશ્વસનીય માનવામાં આવે છે તે હવે આપણી પાસે ખોવાઈ ગઈ છે.

વર્તમાન પર ધ્યાન કેન્દ્રિત કરો: કમનસીબે, ઘણા લોકો તેમના મનને ભવિષ્ય વિશે ચિંતા કરવાની મંજૂરી આપે છે અને તેઓ વર્તમાનનો આનંદ માણવાનું ભૂલી જાય છે અને જીવન માટે હમેશા કદરશીલ અને આભારી રહો. ગાથાઓમાં, જરથુસ્ત્ર આપણને વિશ્વાસ કરતા પહેલા વિચારવાની સલાહ આપે છે. બીજા શબ્દોમાં કહીએ તો, હું ઈચ્છતો હતો કે આપણે જૂઠાણામાંથી સત્ય પારખીએ. આપણને સત્ય માટે કામ કરવાની જરૂર છે જો આપણે સત્ય માટે કાર્ય કરીએ છીએ, તો આપણે જરૂર વિજયી થઈશું! આપણે બધા સત્ય માટે કાર્ય કરીએ અને વિજયી બનીએ!

- નોશીર દાદરાવાલા



## YOUR MOONSIGNS JANAM RASHI THIS WEEK

લખનાર: મરહુમ મહારાજ શ્રી સ્વયંજ્યોતિના સહકાર્યકર્તા જયેશ એમ. ગોસ્વામી

અઠવાડિક રાશિક્ષણ: તા. ૦૨.૦૫.૨૦૨૦ થી તા. ૦૮.૦૫.૨૦૨૦



### Aries - મેષ

અ.ત.ઈ.

આજ અને કાલનો દિવસ જ સુર્યની દિનદશામાં પસાર કરવાનો બાકી છે. તેથી ૪થી સુધી કોઈ ક્વેરીના કામો કરતા નહીં. ૪થી મેં થી ૫૦ દિવસ માટે ચંદ્ર દિનદશા શરૂ થતા અટકેલા કામો પૂરા કરી શકશો. ગામ-પરગામ જવાના ચાન્સ છે. ઉત્તરતી સુર્યની દિનદશા માથાનો દુખાવો આપશે. બે દિવસ લોકો સાથે બોલાચાલી ઓછી કરજો. દરરોજ દેવમુ નામ 'યા રયોમંદ' સાથે 'યા બેસ્તરના' ૧૦૧વાર ભણાજો. શુકનવંતી તા. ૦૪, ૦૫, ૦૬, ૦૭ છે.

Lucky Dates: 04, 05, 06, 07.

With today and tomorrow being the last two days under the Sun's rule, avoid doing any legality-related works till 4th May. The Moon's rule starting 4th May, for the next 50 days, will help you complete any stalled projects. Travel is indicated. The descending rule of the Sun could cause headaches. Reduce communicating with people for the next two days. Pray the 34th Name, 'Ya Beshtarna', along with the 96th Name, 'Ya Rayomand', 101 times, daily.



### Cancer - કર્ક

સ.દ.

તમારે આજ અને કાલનો દિવસ જ રાહુની દિનદશામાં પસાર કરવાનો બાકી છે. બે દિવસ ખાવા પીવા પર ધ્યાન આપજો. તબિયત ખરાબ થવાના ચાન્સ છે. ૪થી મેંથી ૭૦ દિવસ શરૂ થતી શુકની દિનદશાથી તમારા ઘણા પ્રોબ્લેમ સોલ્વ થઈ જશે. કામકાજમાં સારા સારી થતી જશે. દરરોજ 'મહાબોખ્તાર નીઆએશ' સાથે 'બહેરામ યજદ'ની આરાધના કરજો. શુકનવંતી તા. ૦૪, ૦૫, ૦૬, ૦૮ છે.

Lucky Dates: 04, 05, 06, 08.

With today and tomorrow being the last two days under Rahu's rule, take care of your diet as your health could suffer. Venus' rule, starting 4th May, for the next 70 days, will resolve a lot of your issues. Things at work will keep getting better. Pray to Behram Yazad daily, along with the Mah Boktar Nyaish.



### Libra - તુલા

ર.ત.

ગુરૂની દિનદશા ચાલુ હોવાથી તમારા હાથથી બીજાની ભલાઈના કામો થશે. કોઈની ઓળખાણમાંથી લાભ મળશે. ન્યાં જશે ત્યાં માન મળશે. તબિયતમાં સુધારો થશે. નાણાકીય મુશ્કેલી નહીં આવે. દરરોજ ભુલ્યા વગર 'સરોશ યજ્ઞ' ભણાજો. શુકનવંતી તા. ૦૨, ૦૬, ૦૭, ૦૮ છે.

Lucky Dates: 02, 06, 07, 08.

Jupiter's ongoing rule inclines you towards helping out others in need. You will gain from a contact in your networks. You will receive respect wherever you go. Your health will improve. Financial stability is indicated. Pray the Sarosh Yasht daily.



### Capricorn - મકર

ખ.જ.

બુધની દિનદશા ચાલુ હોવાથી જે પણ કમાશો તે બચાવી ઈનવેસ્ટમેન્ટ કરી શકશો. કામકાજ માટે ગામ પરગામ જવાના ચાન્સ છે. શત્રુને મિત્ર બનાવી શકશો. ઘરવાળાને ખુશ રાખી શકશો. નાણાકીય બાબતમાં સારા સારી રહેશે. દરરોજ 'મહેર નીઆએશ' ભણાજો. શુકનવંતી તા. ૦૩, ૦૪, ૦૫, ૦૬ છે.

Lucky Dates: 03, 04, 05, 06.

Mercury's ongoing rule helps you to save from your earning and make good investments. You might have to travel for work. You will be able to win over your enemies as your friends. You will be able to keep your family members happy. Financially, things will keep improving. Pray the Meher Nyaish daily.



### Taurus - વૃષભ

બ.વ.ઉ.

૧૪મી મે સુધી શુકની દિનદશા ચાલશે. અપોઝીટ સેક્સનો સાથ મળશે. ખર્ચ કર્યા પછી પણ નાણાકીય મુશ્કેલી નહીં આવે. ઘરમાં જોઈતી ચીજ વસ્તુ વસાવી શકશો. ઘરનું વાતાવરણ સારું રહેશે. રોજના કામ સારી રીતે કરી શકશો. ભુલ્યા વગર દરરોજ 'બહેરામ યજદ'ની આરાધના કરજો. શુકનવંતી તા. ૦૨, ૦૩, ૦૫, ૦૮ છે.

Lucky Dates: 02, 03, 05, 08.

Venus' rule till 14th May brings you support from the opposite gender. Despite expenditures, there will be no financial concerns. You will be able to make purchases for the house. The home atmosphere will be cordial. You will be able to execute your daily chores effectively. Pray to Behram Yazad daily.



### Leo - સિંહ

મ.ટ.

૪થી જૂન સુધી રાહુની દિનદશા ચાલશે. તમારા દરેક કામમાં મુશ્કેલી આવશે. માનસિક રીતે પરેશાન થશો. નાણાકીય બાબતમાં મુશ્કેલી આવશે. આવકની જગ્યાએ ખર્ચ વધી જશે. તબિયત ખરાબ થવાના ચાન્સ છે. દરરોજ 'મહાબોખ્તાર નીઆએશ' ભણાજો. શુકનવંતી તા. ૦૨, ૦૩, ૦૬, ૦૭ છે.

Lucky Dates: 02, 03, 06, 07.

Rahu's rule till 4th June poses impediments in all your work-efforts. You will feel upset mentally. Financially, things could get troublesome. Instead of your income, your expenses will increase. Your health could suffer. Pray the Mah Bokhtar Nyaish daily.



### Scorpio - વૃશ્ચિક

ન.ચ.

શનિની દિનદશા ચાલુ હોવાથી તમે આગસુ બની જશો. કામ સમય પર પૂરા નહીં કરી શકો દરેક બાબતમાં મુશ્કેલી આવશે. માથા પર કરજનો બોજો વધી જશે. ડેમિલી મેમ્બરની તબિયત ખરાબ થતા તમે પણ પરેશાન થશો. દરરોજ 'મોટી હમન યજ્ઞ' ભણાજો. શુકનવંતી તા. ૦૩, ૦૪, ૦૫, ૦૬ છે.

Lucky Dates: 03, 04, 05, 06.

Saturn's rule makes you feel lethargic. You will not be able to complete your work in time. You could face challenges in all areas. You will feel increasingly stressed due to your debts. You will be disturbed to see a family member's health suffering. Pray the Moti Haptan Yasht daily.



### Aquarius - કુંભ

ગ.શ.સ.

૨૩મી મે સુધી મંગળની દિનદશા ચાલુ હોવાથી એકિસડન્ટ થવાના ચાન્સ છે. વાહન સંભાળીને ચલાવજો. તમારા વિચારો નેગેટીવ રહેશે. તમારા દરરોજના કામ પૂરા નહીં કરી શકો. મુસાફરી કરતા નહીં. ભાઈ બહેન સાથે મતભેદ પડશે. દરરોજ ભુલ્યા વગર 'તીર યજ્ઞ' ભણાજો. શુકનવંતી તા. ૦૨, ૦૪, ૦૭, ૦૮ છે.

Lucky Dates: 02, 04, 07, 08.

Mangal's rule till 23rd May warns you of potential accidents. Drive or ride your vehicle with great caution. You could get negative thoughts. You might not be able to complete your daily chores. Avoid travel. Squabble between siblings could take place. Pray the Tir Yasht daily.



### Gemini - મિથુન

ક.ઇ.ધ.

શુકની દિનદશા ચાલુ હોવાથી મોજશોખ પાછળ ખર્ચ ઓછો થવા કરતા વધી જશે. ઓપોઝીટ સેક્સ તરફથી ફાયદાની વાત જાણવા મળશે. ગામ પરગામ જવાના ચાન્સ છે. નાણાકીય બાબતમાં સારા સારી થતી જશે. કોઈને ઉધાર આપેલા નાણા પાછા મેળવી શકશો. દરરોજ 'બહેરામ યજદ'ની આરાધના કરજો. શુકનવંતી તા. ૦૨, ૦૪, ૦૬, ૦૭ છે.

Lucky Dates: 02, 04, 06, 07.

Venus' ongoing rule increases your expenses towards fun and entertainment. You will receive beneficial news from the opposite gender. Travel is indicated. Financially, things will keep improving. You will be able to recover the money you have lent. Pray to Behram Yazad daily.



### Virgo - કન્યા

પ.ઘ.ણ.

ગુરૂની દિનદશા ચાલુ હોવાથી ડેમિલી મેમ્બરની મદદ કરતા આનંદ મળશે. નાણાકીય મુશ્કેલીમાંથી બહાર આવી શકશો. ન્યાં કામ કરતા હશે ત્યાં વધુ ઈન્કમ મેળવી શકશો. ઘરવાળાની જરૂરત પૂરી કરતા તેઓ આનંદમાં રહેશે. મનગમતી વ્યક્તિને મળી શકશો. દરરોજ 'સરોશ યજ્ઞ' ભણાજો. શુકનવંતી તા. ૦૨, ૦૪, ૦૬, ૦૭ છે.

Lucky Dates: 02, 04, 06, 07.

Jupiter's ongoing rule brings you a sense of happiness in serving family members. You will be able to resolve your financial difficulties. Your earnings at your workplace will increase manifold. You will feel content in being able to cater to the wants of your family. You could stumble into a favourite person. Pray the Sarosh Yasht daily.



### Sagittarius - ધન

ભ.ધ. ફ. ઠ.

૧૮મી મે સુધી બુધની દિનદશા ચાલશે. બુધિ વાપરી મુશ્કેલીભર્યા કામ સહેલાઈથી કરી શકશો. નવા કામમાં સફળતા મળશે. કામમાં ફાયદો મળશે. થોડી ભાગદોડ કરવાથી નાણાકીય મુશ્કેલી દૂર કરી શકશો. કરકસર કરી બચત કરી શકશો. દરરોજ 'મહેર નીઆએશ' ભણાજો. શુકનવંતી તા. ૦૨, ૦૫, ૦૭, ૦૮ છે.

Lucky Dates: 02, 05, 07, 08.

Mercury's rule till 18th May suggests that you will be able to handle even challenging tasks with ease if you use your intelligence. New ventures will taste success. You will reap profits at work. You will be able to keep financial issues at bay, with a little hard work. Ensure to save. Pray the Meher Nyaish daily.



### Pisces - મીન

દ.ચ.ઝ.થ.સ.

૨૪મી મે સુધી ચંદ્રની દિનદશા ચાલશે. ખ્વાન કરી મુસાફરી કરી શકશો. તમારા કામમાં સફળતા મળશે. મિત્રો તરફથી ફાયદો મળશે. નાણાકીય મુશ્કેલી નહીં આવે. જે મળશે તેમાં ખુશ રહેશો. લાવચથી દૂર રહેજો. ૩૪મું નામ 'યા બેસ્તરના' ૧૦૧વાર ભણાજો. શુકનવંતી તા. ૦૩, ૦૫, ૦૬, ૦૮ છે.

Lucky Dates: 03, 05, 06, 08

The Moon's rule till 24th May suggests that you will be able to make travel-plans. You will be successful professionally. Friends will prove beneficial. Financial stability is indicated. You will be happy with what you receive. Stay away from greed. Pray the 34th Name, 'Ya Beshtarna', 101 times, daily.

એક નજર પારસી મરણો ઉપર

Deceased મરનાર	Age વય	Date તારીખ	Address ર. ઠે.	Relations સગાઈઓ
Hosi Naval Master હોશી નવલ માસ્તર	71 ૭૧	24-04-2020	28, Ganesh Bhavan, 3Rd Floor, 1St Dhobhi Talao Lane, Mumbai 2. ૨૮, ગણેશ ભવન, ૩જે માળે, ૧લી ધોબીતલાવ લેન, મુંબઈ ૨.	તે મરુદમ દીના મરુદમ નવલ અમનજી માસ્તરના દીકરા. તે શહેરનાજ હોસી માસ્તરના ઘણીયાની. તે મેલવીલ હોસી માસ્તર, બીનાયફર યજદ પાવરીના બાવાજી ધનમાય તથા મરુદમ દારબશાહ ખરશેદજી કરંજયાના જમાઈ. તે યજદ ફરોખ પાવરી તથા દીનાજ મેલવીલ માસ્તરના સસરાજી. તે આરીયાના મેલવીલ માસ્તર, નાયસા મેલવીલ માસ્તર તથા રીયાના યજદ પાવરીના ગ્રેન્ડફાધર તે ફરોખ, શીરીન પાવરી તથા ફરોખ, હુતોક્તી દુમરયાના વેવાઈ.
Dina Eruchshaw Bharucha દીના એરુશશાહ ભરુચા	85 ૮૫	16-04-2020	Lady Cowasji Jehangir Health Unit, Gamadia Colony, Mumbai 7. લેડી કોવસજી જહાંગીર હેલ્થ યુનિટ, ગામડિયા કોલોની, મુંબઈ ૭.	-
Dr. Parviz Russy Batliwalla ડૉ. પરવીઝ રુસી બાટલીવાલા	81 ૮૧	25-04-2020	Burhani Mahal, 2Nd Floor, 59, Napean Sea Road, Mumbai 6. બુરાની મહાલ, નેપયન્સી રોડ, મુંબઈ ૬.	તે રુસી કેકોબાદ બાટલીવાલાના ઘણીયાણી તે મરુદમો આલામાય તથા પીરોજશાહ બીસનીના દીકરી તે કેકોબાદ તથા ફેનીના વલુ તે રોશન નોશીર મિસ્ત્રીની બહેન તે સીલુ ફીરોઝ મીરઝાના ભોજાય.
Homai Parvez Nalladaru હોમાય પરવેઝ નલ્લાદારુ	73 ૭૩	25-04-2020	Dadiseth Atashbehram Compound Bldg., 102, Fanaswadi, Chira Bazaar, Mumbai 2. દાદીશેઠ આતશબેહરામ કમ્પાઉન્ડ, ૧૦૨, ફનસવાડી, ચીરાબઝાર, મુંબઈ ૨.	તે પરવેઝ ડોસાભાઈ નલ્લાદારુના ઘણીયાણી તે મરુદમો કુંવર તથા જહાંગીર ખલેરાના વલુ તે મહાદ્વિપ પ. મોગલ, સુસન પ. પુનેગર, આરેશ પ. નલ્લાદારુ (માસ્તર), દારાયશ ને કેટાયુન પ. નલ્લાદારુના માતાજી તે અરમીન પ. પુનેગર, દીનશાહ પ. મોગલ, દીલનવાઝ દ. નલ્લાદારુ, આરીશ દ. નલ્લાદારુ, ઝાલ દ. નલ્લાદારુ, ઝરકાસીસ દ. નલ્લાદારુના ગ્રાન્ડ મધર તે યાસ્મીન દ. નલ્લાદારુના સાસુ.
Bapsy Dadi Sorabji બેપસી દાદી સોરાબજી	95 ૯૫	26-04-2020	D/3, Cusrow Baug, S. B. Singh Road, Colaba, Mumbai 1. ડી-૩, ખુશરૂ બાગ, શહીદ ભગતસીંગ રોડ, કોલાબા, મુંબઈ ૧.	તે મરુદમ દાદી કેખશરૂ સોરાબજીના ઘણીયાણી તે મેહરંગીઝ ફરૂખ મીસ્ત્રી, પરવેઝ દાદી સોરાબજી અને દીલનાવાઝ રૂમી ઉમરીગરના માતાજી તે મરુદમો જરબઈ તથા હોરમજી અલસારાના દિકરી તે મરુદમો જર તથા કેખશરૂ સોરાબજીના વલુ તે ફરૂખ મીસ્ત્રી ને ફરીદા પરવેઝ સોરાબજી ને રૂમી ફીરોઝશા ઉમરીગરના સાસુજી તે પેટરસપ, નવરોઝ, ફરઝીન, પરસીસ, જેમી ને જેસનના ગ્રાન્ડ મધર તે ધન બરજોર કેરાવાલા તથા મરુદમો હોશંગ, મેરૂ, પરીનના બહેન.
Katy Nadirshaw Daroovalla કેટી નાદિરશા દારૂવાલા	94 ૯૪	26-04-2020	15, Walchand Terrace, Tardeo, Mumbai 34 ૧૫, વાલચંદ ટેરેસ, તારદેવ, મુંબઈ-૪૦૦૦૩૪.	તે મરુદમો મહેરબઈ તથા નાદિરશા દારૂવાલાના દિકરી તે મરુદમો અદિ, હોશી ને ધન ફીરોઝ તલાટીના બહેન તે માહદ્વિપ માનેક પેન્ટર ને ટેલમી તલાટીના માસી તે માનેક સોરાબજી પેન્ટરના માસી સાસુ તે મરઝબાન માનેક પેન્ટરના મોટા માસી.
Homi Pallonji Parekh હોમી પાલનજી પારેખ	73 ૭૩	26-04-2020	2/15, Bai Ratabai Tata Bldg., Tata Blocks, 38Th Road, Bandra (W), Mumbai 50. ૨/૧૫, બાઈ રતનબાઈ તાતા બિલ્ડિંગ, તાતા બ્લોક્સ, ૩૮મો રોડ, બાન્દ્રા (વે), મુંબઈ.	તે બેરોઝ હોમી પારેખના ઘણી તે મરુદમો દૌલત બાનુ તથા પાલનજી દારબજી પારેખના દીકરા તે આલુ જાલ મુનશી, ગુલ હોશંગ પેન્ટર, વીરાફ પાલનજી પારેખ તથા મરુદમો કુમી અદી દલાલ, દાવી, શેહરૂ કેકી લવંગીયાના ભાઈ તે મરુદમો અખ્તાવર તથા કેખશરૂ જાલેવર પસ્તાકીયાના જમાઈ તે મહાદ્વિપ મીનુ તવડીયાના બનેવી તે મહાદ્વિપ મીનુ તવડીયાના બનેવી તે કેશમીરા, બરઝીસ, અખ્તાવર તથા મરુદમ આદીલના કાકા તે વિરાફ, કેશમીરા, ઝરીર, રોનીના મામા તે ફીયાનને પાસીનના માસા.
Amy Bomie Bomanji એમી બોમી બમનજી	85 ૮૫	27-04-2020	79, Meher Mansion, 1St Floor. Chandonwadi Road, Near Dolors Church, Kalbadevi, Mumbai 2. ૭૯, મેહેર મેનશન, પેહેલો માળ, ચંદનવાડી રોડ, ડોલરસ ચર્ચ, કાલબાદેવી, મુંબઈ ૨.	તે મરુદમો દોલી તથા રૂસી બેસાનીયાના દીકરી તે ઝરીન સુકુમારન ને રોડાબે ખોદાબક્ષ ઈરાનીના બહેન તે મરુદમો મહેરબઈ તથા મેહેરજી અમનજીના વલુ તે મરુદમ તેહેમીનાના નરન.
Amie Nausir Mistry એમી નોશીર મીસ્ત્રી	94 ૯૪	27-04-2020	5/79, Jahangir Mansion, 2Nd Floor. Room No-5, Hughes Road, Mumbai 7. ૭૯ જહાંગીર મેનશન, રૂમ નં. ૫, હુગ્સ રોડ, મુંબઈ ૭.	તે મરુદમ નોશીરના વીધવા તે મરુદમો ખોરશેદ કેખશરૂ મીસ્ત્રીના વલુ તે મરુદમો પીરોજ દિનશાહ સંજાણાના દીકરી તે ગુલ પરવેઝ પોસ્ટવાલા તથા વીવી સામ કનકેકશનર, તે મરુદમો બાનુ રતન કોલાલ, હોમી દિનશાહના બહેન તે મરુદમો નરીમાન, મીનોચહેર, સુના અને ફેનીના ભાભી.
Phiroze Pestonji Mistry ફિરોઝ પેસ્તનજી મીસ્ત્રી	76 ૭૬	29-04-2020	Happy Home No 16, Flat No 2, Ground Floor, V. N. Marg, August Kranti Marg, Mumbai 26. હેપી હોમ નં. ૧૬, રૂમ નં. ૨, વસંતરાવ નાયક કોસ લેન, ઓગસ્ટ ક્રાન્તી માર્ગ, મુંબઈ ૨૬.	તે મરુદમો મની પેસ્તનજી મીસ્ત્રીના દિકરા તે સાઈરસ, જહાંગીર તથા મરુદમ દિનાઝના ભાઈ તે એમી સાહેર, મરુદમો રોશન પુનાવાલા, પેરીન દારૂવાલા, જાલ દલાલ, ધનજીશા દલાલના ભાનેજ તે તનાઝ, ઝકસીઝ, કેશમીરા, કેટાયુન, દારા, ખુરશેદ, શેરનાઝ, રુબી, મરુદમ ફરોખના કઝીન તે તેરા એલિઝબેથના કાકા.
Gev Behramji Bhumgara ગેવ બેહરામજી ભમગરા	79 ૭૯	29-04-2020	51, Soonajji Building, Forjet Street, Mumbai 36. સુનઈજી મેનશન, ૫૧ ફોરજેટ સ્ટ્રીટ, મુંબઈ ૩૬.	તે પરવીનના ખાવિંદ તે આરમીન એદલ મોરેનાના બાવાજી તે એદલ બહાદુરશાહ મોરેનાના સસરાજી તે ફરઝાન તથા બેહઝાદના મમાવાજી તે રૂસી તથા મરુદમ નરીમાનના ભાઈ તે રતી તથા દીનાના દેર તે મરુદમો મેહેરૂ તેમજ પીરોજશાહ મીસ્ત્રીના જમાઈ તે ફરોખ, પરસી, ધન પાલખીવાલા, આરમઈતી ધીવાલા તથા હુતોક્તી ડોક્ટરના બનેવી તે રયોમંદ તેમજ બુરઝીનના કાકા તે ફરીદાના કુવા તે બુરઝીન, મહેર, દેલઝાદના માસા.
Dolly Nariman Sethna દોલી નરીમાન શેઠના	77 ૭૭	29-04-2020	A2/603, Ascent Aesidency Poonam Nagar, Andheri West, Mumbai 93. એ ૨/એસન ટ્રેસીડન્સી, કો-ઓપરેટીવ સોસાયટી વિમિટેડ, પુનમ નગર, અંધેરી (ઈ), મુંબઈ ૯૩	તે મરુદમ નરીમાન નસરવાનજી શેઠના વિધવા તે મરુદમો કુમી તથા ફિરોઝશા કાવશજી ઝવેરીના દીકરી તે મરુદમ વીકાજી નરીમાન શેઠના તથા કેશમીરા પરસી કાપડીયા, મરઝબાન નરીમાન શેઠના, જહાંગીર નરીમાન શેઠના ને રૂસ્તમ નરીમાન શેઠના માતાજી તે નાઝની મરઝબાન શેઠના, ડાયના જહાંગીર શેઠના ને પરસી સોરાબજી કાપડીયાના સાસુજી તે અરનાઝ જહાંગીર શેઠનાના અપઈજી તે પોરસ, નોશીરવાન, મહેરના મમઈજી તે મરુદમો ફેની, સોલી ને હોમીના બહેન તે એમી સોલી ઝવેરીના ભાભી તે હોશી, કેકી તથા મરુદમ શેહરનાઝના કુઈ તે મરુદમો દીનમાય તથા નશરવાનજી માણેકશા શેઠનાના વલુ.
Homai Dinsha Sidhwa હોમાય દીનશાહ સીધવા	85 ૮૫	29-04-2020	17, Tarachand Building, Gamadia Colony, Tardeo, Mumbai 7. ૧૭, તારચંદ બિલ્ડિંગ, ગામડિયા કોલોની, તારદેવ, મુંબઈ ૭.	તે મરુદમ એરવદ દીનશાહ દારબશાહ સીધવાના ઘણીયાણી તે એરવદ બોમી અને એરવદ સાયરસના માતાજી તે બેહરોઝના સાસુજી તે મરુદમો નાજમાય તથા પાલનજી હોરમજી સીધવાના દીકરી તે મરુદમો પીરોજ અને દારબશાહ અલમનજી સીધવાના વલુ તે કેટી પરવેઝ કરંજયા તથા મરુદમ ખોરશેદ હોમી સીધવાના ભાભી તે રામીયાર તથા કમલ કરંજયા અને આદીલ તથા રોલીન્ટન સીધવાના મામી.
Katie Nowroz Doctor કેટી નવરોઝ ડોક્ટર	89 ૮૯	30-04-2020	Hormuz Baug, Kashinath Road, Mumbai 34. હોરમઝ બાગ, કાશીનાથ રોડ, મુંબઈ ૩૪.	તે મરુદમો સારા તથા નવરોઝ ડોક્ટરના દીકરી તે હોમાય સોલી દુબાશ તથા મરુદમો આલુ રૂસી ડોક્ટર, રૂસી નવરોઝ ડોક્ટર ને દીના નવરોઝ ડોક્ટરના બહેન તે જુબીન દુબાશના માસી.



## કોરોના: આ ઘટના કદાચ તમારી આંખ ખોલે

રાતના ૧૧.૩૦ વાગ્યા હતા. સંદેશ ચિંતામાં હતો. થોડીવારમાં એનો ફોન રણક્યો. ડોક્ટરનો ફોન હતો. ડોક્ટરે કહ્યું સાંભળ ધીરજ રાખ બધુ બરાબર થઈ જશે તારો કેસ હજી ફર્સ્ટ સ્ટેજમાં છે થોડીવારમાં એમ્બ્યુલન્સ આવશે. તને કોરોનાના સ્પેશિયલ વોર્ડમાં શિક્ટ કરવામાં આવશે. તારા પરિવારને પણ કોરનટાઈનનો ઓર્ડર છે. એ બધાને પણ અલગ હોસ્પિટલમાં અલાયદા વોર્ડમાં રહેવું પડશે

સંદેશ સોફા, પર ફસડાઈ પડ્યો. એણે સીમાને બોલાવી અને આખી વાત કરી. સીમા એના ખભે હાથ મૂકવા ગઈ. સંદેશ દૂર થઈ ગયો. એણે ચીસ પાડી. હું કોરોના પોઝિટિવ છું. ડોન્ટ ટચ મી.

સાત વર્ષના સંકેતનું શું થશે. મમ્મી પપ્પાને ક્યા લઈ જવાશે. સીમા આ બધાને ક્યા અને કેવી રીતે સંભાળશે. એક બીજાની ખબર અંતરની ખબર કેવી રીતે પડશે. સંદેશનું મગજ કામ કરતું બંધ થઈ ગયું હતું.

સંદેશે સીમાને ઈશારો કરી મમ્મી પપ્પાને જગાડી આ વાત કરવા કહ્યું. સીમા દરવાજો નોક કરી રહી હતી કે ઝૂમમાંથી બંને જણા બહાર આવ્યા. કદાચ એ લોકો પણ જાગી જ રહ્યા હતા સીમાએ પૂરી વાત કરી. મમ્મી જમીન પર ઢળી પડી. પપ્પા સંદેશ સામે જોઈને કોઈ ઉપાય માટે જોઈ રહ્યા.

સંદેશે કહ્યું કોઈ રસ્તો નથી. હમણાં સરકારી હોસ્પિટલવાળા આવશે. મને કોરોના વોર્ડમાં લઈ જવામાં આવશે. તમને બધાને કોરનટાઈન કરવામાં

આવશે. ૧૪ દિવસ સુધી તમે પણ એ વોર્ડમાં લોક રહેશો અને રહી વાત મારી. જો હું સાજો થયો તો ઠીક નહિતર તમને મારુ મોઢું પણ આજ પછી જોવા નહીં મળે.

સંકેત આ બધુ સમજી નહોતો રહ્યો. એને આ બધુ અજુગતું લાગ્યું. એ પોતાના પપ્પાને આવી હાલતમાં કદી નહોતા જોયા. એ સંદેશને પકડવા જઈ રહ્યો હતો. સંદેશ દૂર હટી ગયો અને એણે સીમાને બૂમ મારી, આને મારાથી દૂર રાખ. એને જ નહીં, તમે બધા મારાથી, મારા પડછાયાથી પણ દૂર રહો.

ડોરબેલ વાગી અને સીમાએ દરવાજો ખોલ્યો. મેડિકલ એપ્રનમાં સફ્ર બે અધિકારીઓએ પૂછ્યું, મિસ્ટર સંદેશ. અમે તમને લેવા આવ્યા છીએ. કપડાંની બે જોડી લઈ અમારી સાથે આવો. આ આખું બિલ્ડિંગ સીલ કરવામાં આવી રહ્યું છે, અને તમારા આખા પરિવારે પણ અલગ હોસ્પિટલમાં ચૌદ દિવસ માટે એડમીટ થવું પડશે. તમે બધા પણ તમ-ારા થોડા કપડાં, વગેરે લઈને ઘરને ખાલી કરો. અમારે આ ઘરને પણ સેનિટાઈઝ કરવાનું છે.

સર, અમને બે મિનિટનો સમય આપો. સંદેશ બસ આટલું જ બોલી શક્યો.

ચિંતા નહીં કરો. અમે બનતા પ્રયાસ કરી રહ્યા છીએ. વિશ્વાસ રાખો, તમે સારા થઈને પાછા આવશો. પણ હમણાં અમારી સાથે ચાલો અને સારવાર અને દરેક બાબતમાં સહકાર આપો.

સંદેશે પોતાના કપડાંની થેલી ભરી, મમ્મી પપ્પાને દૂરથી નમન કર્યા. મમ્મીને હાલુ મન થયું એણે છાતી સરસો ચાંપવાનું. પિતાને પણ ઈચ્છા થઈ આવી, એણે ખભે હાથ મૂકી હિંમત આપવાની. પણ પગથી માથા સુધી એપ્રનમાં સફ્ર અધિકારીઓએ બધાને એકબીજાની નજીક જતાં અટકાવ્યા.



પાંચ મિનિટમાં બધા તૈયાર થઈ ગયા. સંદેશ પોતે ગળગળો થઈ ગયો હતો, આવામાં એ સીમાને કે મમ્મી પપ્પાને કે સંકેતને શું કહે કે શું હિંમત આપે.

સંદેશે ઘરની ચાવી લીધી અને બહાર નીકળી હિંમતભાઈના ઘરની ડોરબેલ મારી. પરમ દિવસ સાંજ સુધી, લોક ડાઉનમાં રોજ આખા ફ્લોરના લોકો રોજ ટેરેસ પર મેળાવડા કરી રહ્યા હતા. આખું શહેર લોક ડાઉન હતું પણ આ સોસાયટીમાં તો જાણે ઉતરાણ કે નવરાત્રિનો ઉત્સવ હતો. સવારે યોગા માટે, તો સાંજે એમ જ અંદી તરીની વાતો માટે આખી સોસાયટીની લેડીસો અને જેન્ટલ્સના રોજ બે અલગ વર્તુળ રોજ મહેફિલો કરતાં.

સંદેશની આંખ સામે બધુ થોડીક ક્ષણોમાં ફ્લેશ બેક થઈને આવી ગયું. બે વાર ડોરબેલ મારી પણ હિંમતભાઈનો દરવાજો ન ખૂલ્યો. સંદેશ માત્ર ઘરની ચાવી આપવા માંગતો હતો. એણે

ચાવીનો એક સેટ હિંમતભાઈના જાળિયામાં નાખી દીધો.

સીમા, હિંમતભાઈ સૂઈ ગયા લાગે છે. દરવાજો ખોલતા નથી. એક ચાવીનો સેટ એમને ત્યાં નાખી દીધો છે. સંદેશ આગળ કંઈ બોલવા ઊભો ન રહ્યો. એનો પોતાનો સ્પર્શ, એના પરિવાર માટે ઘાતક થઈ શકે, એ વિચારથી એ સડસડાટ દાદરા ઉતરી ગયો. બિલ્ડિંગમાં નીચે ઉભેલા અન્ય અધિકારીઓએ સંદેશને ઈશારાથી એક એમ્યુલન્સમાં બેસવા કહ્યું. એણે થોડું કરગરી અધિકારીને થોડીક મિનિટ થોભવા કહ્યું.

થોડીક મિનિટમાં સીમા, સંકેત, મમ્મી અને પપ્પા બધા, નીચે ઉતર્યા. અધિકારીઓએ એમને બીજી એમ્યુલન્સ તરફ જવા ઈશારો કર્યો. આખો પરિવાર થોડીક ક્ષણો માટે થોભી ગયો. નાના સંકેત સિવાય બધા સમજી રહ્યા હતા કે કદાચ આ મહામારી પછી હવે સંદેશને પાછો જોવા પણ નહીં મળે.

સંદેશને ફરી એકવાર મન થઈ આવ્યું કે સંકેતને ગળે લગાડે, બકડીઓ ભરે, કંઈ નહીં તો એણે માથે હાથ તો ફેરવે. પણ પોતાની હાલત જોઈ, એ ફરી જમીન પર ઘૂંટણીયે બેસી ગયો.

ઓફિસરોએ પરિસ્થિતિ સમજી લીધી. એમણે ફરી માસ્ક પાછળથી ઘોઘરા અવાજમાં કહ્યું કે કુછ નહીં લોગા. સબ અચ્છે લોકે જલ્દી વાપસ આ જાયંગે. બસ આપ લોગ હમકો ટ્રીટમેન્ટ કરનેમે સ્પોર્ટ કરો. ચલો સબ લોગ એમ્યુલન્સમે બેઠો. સીમા, સંકેત, મમ્મી, પપ્પા બધા બીજી એમ્યુલન્સમાં બેઠા. એમ્યુલન્સ સ્ટાર્ટ થતાં ફરી એકવાર સાઈરન વાગી. સંદેશે પોતાની અલગ એમ્યુલન્સમાં બેસતા પહેલા ફરી પોતાના ઘર તરફ, બિલ્ડિંગ તરફ નજર કરી. બધા ઘરમાં લાઈટ ચાલુ હતી.

હિંમતભાઈ પણ જાગી રહ્યા હતા. એમના હાથમાં મોબાઈલ હતો અને એ ગેલેરીમાંથી વિડીયો શુટ કરી રહ્યા હતા. થોડીવારમાં એમના તમામ ઝૂપમાં એક વિડીયો પહોંચી ગયો.

અમારી બિલ્ડિંગમાં પણ એક કોરોના કેસ. અમારું બિલ્ડિંગ પણ સીલ. આ કદાચ એક સત્ય ઘટના પણ હોઈ શકે. આપણી બેદરકારી આ પરિસ્થિતિ સર્જી શકે. જાગો મિત્રો હજુ સમય છે.

### આ લોકડાઉનમાં...

ઘરમાં કાંઈ ખૂટતું નથી, કોઈ વહેલું ઉઠતું નથી, નાસ્તા નાં ટેબલ પર, થાય છે વાતોનાં વડા, પરવારીને જલ્દી હવે નાહવાનું સૂઝતું નથી ઘરમાં કાંઈ ખૂટતું નથી, કોઈ વહેલું ઉઠતું નથી ઝાડુપોતાની થઈ ગઈ છે આદત, ને ચોખ્ખુંચણાક હવે લાગે છે ઘર, કોઈપણ ક્યાંય કશું આડુંઅવળું ઘરમાં જરાય મૂકતું નથી ગરમ ગરમ જમવાનું, ને ગ્રેમ ભર્યો આગ્રહ! વધારે ખાઈને, આફરો ચડાવી હુંફાળી બપોરે સુવાનું કોઈ જરા ચૂકતું નથી ઘરમાં જ થઈ જાય છે, મિજબાની સાંજે, પણ એનાં ફોટા મૂકતું નથી હોટલ, પાર્ટી ને પબ, થીએટર, પોપકોર્ન, નાં ખર્ચા ગાયબ, ઘરનું ખાવાનું ને ઘરનું ટીવી હવે કોઈપણ કશા માટે જૂરતું નથી હવે પાછુ જવાનું જો આવશે ઓફિસ તો શીખવું પડશે બધું નવેસરથી મનની શાંતિ ને પરિવાર નો પ્રેમ, હવે પૈસા પાછળ છોડ, જૂરવું નથી, આખી દુનિયા જાણે વસી છે ઘરમાં, ખોટેખોટી આ દુનિયાની હોડમાં જીવતેજીવત, જા, મરવું નથી હવે પૈસા પાછળ છોડ, જૂરવું નથી.

- હોશંગ શેઠના

(પાના નં. ૨૦થી ચાલુ)		Death Announcements from Prayer Hall	
<b>Adi Kaikobad Joshi</b> અદિ કેકોબાદ જોશી	83 ૮૩	23.03.2020 Flat no 205, Joy Alka, Andheri West, Mumbai 58. ફ્લેટ નંબર-૨૦૫, જોય અલકા, અંધેરી-વેસ્ટ. મુંબઈ ૫૮	તે જાસ્મિનના પતિ તે મરહુમ ગુલબાઈ ને મરહુમ કેકોબાદના પુત્ર તે આરમિન અને શાહરુખના પિતા તે સોલી અને ફરામરોઝના ભાઈ તે કેઝીન અને અરશાનના ગ્રાન્ડફાધર.
Death Announcements from Gandhidham Kutch			
<b>Faramarz Bejonji Sethna</b> ફરામરઝ બેજનજી શેઠના	99 ૯૯	25.04.2020 Ushta te, Plot 14, Sector 3, Gandhidham Kutch ઉશ્તા તે, પ્લોટ ૧૪, સેક્ટર ૩, ગાંધીધામ, કચ્છ, ગુજરાત.	તે મરહુમ કુંવરબાઈ અને મરહુમ બેજનજી શેઠનાના દીકરા તે મરહુમ આલામાય તથા બેલરામજી પ્રેસના સન ઈન લો, મરહુમ કુમી ફરામરોઝના ઘણી તે અસ્પી, મેહર, આદિલ, પોરસ, પર્સીના પપ્પા તે ફિરોઝ, દિનાઝ, રક્ષાનાના સસરા તે મરહુમ ફેની કાપડીયા, એરચ, પરવીઝ વાચ્છા, ઝરીર અને ઘન ઈરાનીના ભાઈ તે રક્ષા, નવીન, ફરોખ, અનોઝ, ગુલઝખ, શાહનીન, ફિરોઝ અને નતાશાના ગ્રેન્ડ ફાધર તે રિયા અને શાયાના ગ્રેટ ગ્રેન્ડ ફાધર.
Death Announcements From Melbourne, Australia.			
<b>Shiraz Yazad Gandhi</b> શીરાઝ યઝદ ગાંધી	47 ૪૭	29.04.2020 Melbourn, Australia. ૧૮, રાવરગમ ચઈઝ, હેમટન પાર્ક, મેલ્બોર્ન, વિક્ટોરિયા, ઓસ્ટ્રેલિયા ૩૯૭૬.	તે યઝદ બેજન ગાંધીના ઘણીયાણી તે દારીઓન ને રીશાદ ગાંધીના માતાજી તે પ્રોચી તથા બેજન ગાંધીના વલુ તે મરહુમ મીની તથા દીનશા ઝૂસ્તમ ઈરાનીના દીકરી. તે આદિલ ઈરાની, આરમઈતી આદિલ અકલેસરીયા ને પરવીઝ દારાયસ મીસ્ત્રીના બહેન તે ગુલશન, આદિલ, દારાયસ ને શીરાઝ હરીશ ત્રિપાઠીના સીસ્ટ ઈન લો. તે પશાંગ, મેહતાબ ને હર્ષલવના ફઈ તે ડોનેશ, બેહેઝૂઝ ને ભાગ્યશ્રીના માસી.



RUBY LILAOWALA

# Meherbai's Mandli Discusses 'How Did You Guys Meet?'

In these hard times, Meherbai's Mandli met every evening to do *elar pelar* and *gam-ni-gossip*. They also held *Antakshri* sessions when all the *kagras* hurriedly flew away hearing their *besura* voices! Once, they also had a Jokes's Eve, when all the husbands flew away like the *kagras* because all the wives cracked jokes on their husbands! The limit was reached when *Koomi Kajwali* said, "My computer is down since last month," and sexy *Sheroo* added, "My Behramshaw's battery is down since the last ten years!"

Today, however, all was well but how to pass the time?

**Lovji Lafango:** Kai luvshuv ni vaat karo.

**Meherbai:** Oh good! Let's talk about how we first met our spouses!

**Henpecked Hormusji:** Me first! You see, I was bhookri baaras bank-clerk staying as a paying-guest in Dhobi Talao's Dukkan Gali. So I gave an advert in the Parsi Press: 'Wanted Wife with flat; Send photo of the flat.' My wife Farida, all of 200 kilos, sent me a photo of her spacious Rustom Baug flat. It was love at first sight!

**Jabri Jaloo:** With Farida the Sumo wrestler?

**Hormusji:** Nahi re! I was attracted by her big flat and an even bigger bank balance! It was only after our marriage, I came to know that she had a lafru with her sago, Soli, who even came along with us on our honeymoon! I realised that I was taken only to carry their luggage. Ever since then, I call him 'Salo Soli Sales-Tax', because he's always there with us and like the bloody tax, there's no escaping him! The idiot needs no invitation - he invites himself everywhere! He's unavoidable! Farida encourages that by saying he's family!

**Farida:** Come home and I shall give you some left-over Badampak. What she meant was Goondi-pak and Methi-pak!

"Next!!" said Meherbai, to diffuse the tension!

**Dolly:** I met my Dolla jevo Dorabji at the Rani Baug zoo, then called Victoria Gardens. We were both outside the vandra nu pinjru and I was throwing some sing-danas to the vandras. One peanut fell accidentally into Dolla's open mouth and he said, "Beautiful lady, thank you for your kindly kindness and we started feeding each other sing-chana, while our two hearts beat as one and



us and my father-in-law, Albert Fonseca did the ghey ghey re saiba dance for me!

**Sohrab (the Salman Khan of Shapur Baug):** I met my Mani, the Marilyn Monroe of Chikkalwadi, at Chowpatti. I was with my dog, Behramji Boxer and Mani was with her Pilamai Poodle. The dogs fell in love and one day, Mani very generously offered me a dog-biscuit to eat. I was in love, so I ate it up! Then she commanded her poodle 'Sit' and I sat or 'Play' and I started playing with Mani's curly hair. It was only when she said, 'Down-boy-down', that I realized I was hopelessly in love with her! Then we got married!

**Rustom:** My in-laws order me around the same way and treat me like a dog. They didn't want a husband for their old-hag of a daughter, they wanted a houseboy for themselves! It was only after marriage that I realized she was 10 years older to me and I'd have to play Mai-Dikra all my life!

**Freny Fatakri:** I met my Meherwan at a fashion show. He was assisting the famous make-up-man Micky Contractor and I was the model. The moment he applied lip-gloss to my lips, eye-liner and false-lashes on my eyes, shading on my cheeks to slim them and highlighter plus shimmer on my neck - I knew! He's my man! Ever since we married, he does my make-up. I even call him 'Meherwanji Max-Factor' with love.

thrown out of the Burger Restaurant. He offered me a lift home on his cycle and kissed me goodnight with his sexy burger-breath! We got married at Cama Baug's small Ota and served burgers to our guests! Even our children love burgers - we named them Burgis-Burger and Behroze-Burger!

**Film-buff Freddy:** I met Hilla-Hollywood in a queue outside Metro cinema. In those days, Parsis had a craze for Sunday 6:30 pm show of an MGM film. We stood for hours to buy our tickets and Hilla was just behind me, but I insisted that she stand first in the line. In return, she gave me a pora-pao and as we ate, we discussed films as she was an authority on Hollywood films. That day, we booked two tickets, last row corner seats. First, we held hands, then we played footsie and lastly, we kissed while balancing pora-sandwiches on our laps! I proposed to her in the interval - 'Will you marry me and feed me pora-pao after marriage?' She said, 'Yes! Forever!' Now I'm sick of her bloody pora-pao! Turned out, that's the only thing her mother taught her! I'm a pastailo-Parsi since years now! Aag laagey pora-pao ney!

Everyone gave their sympathies. As it was getting dark, the Mandli did 'Namesty, Hum Sub Kuch Samajhtey', keeping social distance and dispersed!

**Firuz:** I met my darling Sammy at a Burger competition! He won and my sister and I celebrated by eating five burgers each. Suddenly, Sammy and I both puked and were promptly



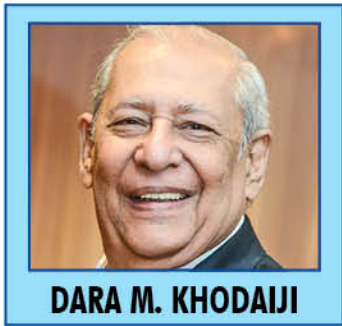
time stood still as bells were ringing in our ears!"

**Dolla:** That was the ghanto to announce that the garden was closing. Ever since that day, Dollymai feeds me chana-sing every Wedding Anniversary!

**Pallonji alias Polly:** I was walking along Apollo Bunder when I saw a gori-gori madam-ni-pori descending the steps of the Taj Mahal Hotel. Her lace-kerchief fell and I promptly tried to pick it up saying, 'Madam, your rumal is become fall-down.' She said, 'Chhe men! I'm not madam. I am Paula from Kota-chi-vadi. I work for a madam in Taj. I am from Goa, men!' We both tried to pick up the kerchief and our heads and hearts met at the same time. For honeymoon, we went to Paula's house in Dona Paula in Goa where my mom-in-law, Philomena, cooked Goan curry rice and pork-sorpotel for



# Coronus Darabsus - An Aftermath Of COVID-19!!



**DARA M. KHODAIJI**

She too goes 'OMG' upon my Good-Morning her. She goes, "Darabsha! That 'Bikini Beauty Contest' you covered on Sunday, before this social distancing came in, has flooded me with lots of complaints about your eyes almost burning holes in the bikinis!"

The dreaded disease has brought relief to a lot of people I know because of social distancing and home quarantine, especially due to another virus that spreads boredom and ennui, the dreaded 'Coronus Darabsus'. Over time, there are many other cognomen (nick-names) I have received, such as 'God-help-us Darab', 'Darab Pipyu', 'OMG', and so on, but this one takes the cake. There are many who avoid me, much like the COVID-19!

Take for example, my brother-in-law - Baji Karko aka Baji-the-Broke, who always runs his fingers through his scanty hair upon seeing me and utters OMG. "OMG, Darab! What a shoc.... Err...a a surprise to see you here. "All's well at home? By the way Darab, that money (a couple of grands) you lent me at the racecourse on last year's Derby day, I remember it... don't worry, you'll get it soon. At the moment, jara market tight che! Saaru thayu tu mane malyo. Ek tenner hoi to I shall be grateful. These buswallas

My argument did not hold much water that I was examining the material used for the bikinis, and inquiring about the cut, the design and also trying to find out the name of the designer. My dedication, unfortunately, is much abused! "Darabsha, tamaru dedication toe I know! Now,

no more roving eyes. Jara bhanva-ghanva per dhyam aapo! If there is anyone who needs social-distancing, it's you, Darabsha!!" I distinctly heard her call the human resource guy to ask him, "Aapra Darabsha kahre retire thaych?"



superficial knowledge of yours. Ha, I am just being facetious. Don't take umbrage my dear old chap". "None taken old goop!" I would say. Damn it! Who the hell does he think he is? Shashi Tharoor??

To tell you the truth, my home is a lovely place. My wife has a little nook all by herself. I have my own room. We practice social distancing to our extreme satisfaction. She has her own TV to watch inane serials. I would not be caught dead viewing them. I listen to my old classics - Beethoven, Brahms, Mozart and great operas and arias. Not her cup of tea. She is happy with her "Choli ke

And then there is yet another cousin, Lovji, who'll always greet me with, "Aav maro pipyu Parsi, Aaje aapra ghar-e kem bhulo pario. Su

pops up in their mind and they let it slip all the way down to their tongues too. Especially my niece, whom I dote upon! This one is a linguist and speaks French fluently. Ever since I spent a few days in Paris, I have tried to speak French with anyone and everyone who had once studied French, in high school and never thereafter. I speak to her like Maurice Chevalier, so that I could help to improve her lingua franca, but somehow, she finds my Parsi-French accent rather embarrassing! My granddaughter too avoids me, because I try to help her, "Chaal darling, jara French revise kariye!"



taro stock puro thaigio." I would let out a dignified "Hrump!" retorting, "I have enough stock of the Scot's good gift to the humanity, and I imbibe no more than a peg after sunset. Actually, I've brought the parcel of Billimora-ni-levti aapra Sakarfui has sent. Te aapva aayoch!" Being otherwise a pleasant chappie, he would then say, "Chal let us have a peg, a Parsi peg now!"

piche kya hai" and the likes. She cooks, we eat. She prays; I play. She is happy. I am happy. Surprisingly, both at the same time! Ah! C'est la vie. Even madam editor leaves me alone. Her mails only wish me to stay well and safe. And maintain safe distance from the office. C'est rès gentille de vous madame!

Ah, c'est la vie!

Yes, I am the persona non grata amongst my cousins too. My very own cousin, Cavas, casts aspersions upon my erudition every time we meet. He'll usually comment something like, "Su, Darab! Tari madam editor has not yet seen through your sciolism obfuscating the hoi polloi with all that



will not change two-hundred rupees note, the smallest that I have. Thanks, till we meet again!" (That's what I dread!)

Even en famille it is just as bad. C'est tout aussi mauvais, it is just as bad. I am the mauvais sujet, mauvais erroné... a bad topic. The moment they see me, the inevitable OMG

Then there is my editor.

# Want To Stay Fit? Stuck At Home? No Equipment?

## NO PROBLEM!



### - Your Weekly Training Program During The Lockdown -



As COVID-19 has most of our country under Lockdown, with the majority of us staying home, continuing our usual fitness routines - like gymming or runs or playing sports or dance classes - have come to a halt. It's challenging to remain physically active while staying at home; a sedentary lifestyle is detrimental to our fitness, mental health, and overall wellbeing. During the quarantine, physical activity in any form can help one remain calm, protect their health, and maintain their fitness! The challenge is to find ways of doing resistance training and challenging the cardiorespiratory system while staying indoors, with no special equipment.

Shared below is an exercise program that has both resistance and cardio training in it. The program has been designed keeping in mind staying indoors with zero equipment. The resistance training program and cardio training program should be done alternatively, six days of the week - with Sunday being the rest day.

Before you begin, warm up your body to prepare you mentally and physically for the rigors of the exercises that follow. The following list of warm-up drills are to be done all six days of the week:

#### WARM-UPS

##### (To Be Done Six Days Of The Week):

**1. Leg Swings:** Hold on to something and swing your leg forward and back (10 reps). Then swing it sideways (10 reps). Repeat with the other leg.

**2. Shoulder Rotations:** Rotate your shoulder forward and backward (10 reps), one shoulder at a time.

**3. Knee Jumps:** Jump to make your knee touch your hand which is at the level of the navel, one leg at a time. (10 reps, each knee).

**4. Torso Swings:** Keep your feet apart at shoulder width. Swing your torso to the left and then to the right (10 reps, each side).

**5. Toe Touches:** Stand straight. Keeping the knees stiff (unbent), try touching your toes and returning to the starting position. Do this with some speed to get the blood flowing in your posterior chain.



#### RESISTANCE TRAINING PROGRAM

##### (Mon/Wed/Fridays):

**1. Squats:** (20 reps per set; 2 sets with 60 seconds rest):

*Instructions:* Stand with feet apart as per shoulder-width, with toes pointing slightly out, hands stretched forward. Now lower yourself as if you are to sit on a chair and stand up while maintaining body tightness. If this is easy, fill some books in a bag and put it on your back, or use anything available at home that could be used as additional resistance. Too difficult? Hold onto something while doing it.

**2. One-Legged Squat:** (10 reps per leg / 2 sets with 30 sec. rest between legs):

*Instructions:* Keep one leg on a sofa/bed/ chair. Squat down on the other leg and stand again. Try keeping your body weight on the leg that is on the floor. This is slightly more difficult as your body weight is mainly on one leg. If it's too difficult, hold on to something while doing it. If easy, bring back that bag on your back!

**3. Push-ups:** (As many as possible. Rest for 60 sec. Repeat once):

*Instructions:* Get into the push-up position - hands slightly wider than shoulder-width apart; feet hip-width apart. Lower down your torso till your chest touches the floor and return to locked elbows position. Too easy? Put that bag on your back. Too difficult? Do it with your knees on the ground.

**4. Triceps Dips:** (20 reps / 2 sets with 60 sec. rest.):

*Instructions:* Keep your hands at shoulder width on the edge of the sofa. Keep your feet on a stool at a similar height. Go down till your arms are parallel to the floor and reverse. Too easy? Keep some weight on your thighs.



Too difficult? Keep your feet on the floor while doing it.

**5. One Arm Row:** (20 reps each side / 2 sets with 30 sec. rest between each side):

*Instructions:* Make use of the sofa again. Keep your left knee and hand on the sofa. The hand and the thigh bone should be perpendicular to the floor in



this position. On the other hand, pick a bottle full of water (5-liter oil or water jars will be the best). Pull this weight to your abdomen. Lower the weight under control and in a straight line to a point where your elbow is just shy of locking out. Aim for 20 reps. Rest for 30 sec. Repeat it with the other side. Too easy? Make the weight heavier using any household item. Too difficult? Stick with the water bottle.

**6. Crunches:** (20 reps / 2 sets with 60 sec. of rest between sets.)

*Instructions:* Lie on a mat, knees folded. Put your feet under a sofa/bed or ask someone to hold down your feet. Keep your hands behind your head. Lift your body to where your elbow touches your knee. Exhale while you come up; inhale while you go down. Too easy? Put that bag on your chest. Too difficult? Come up as much as you can.

#### THE CARDIO PROGRAM

##### (Tues/ Thurs /Sat):



**1. Burpees:** (As many reps as possible and as fast as you can. 45 sec. rest)

*Instructions:* Stand straight with your arms extended overhead - bring your palms to the floor just ahead of your feet - push your feet back to get into the push-up position - do a pushup (as low as possible) - immediately jump back to the starting position. Repeat immediately. After resting 45 seconds, immediately start the next exercise.

**2. Walking Lunges:** (2 minutes at a stretch. Rest for 60 secs):

*Instructions:* Stand straight with your hands on your hips. Take one leg ahead (slightly more than your walking stride length) and lower your body. Stand and repeat with the other leg. You'll need to create some walking space. Start the next exercise immediately after resting.

**3. Box Jumps:** (1 min. Rest for 45 sec):

*Instructions:* Make use of sofa or anything that is between 12 to 18 inches in height, and sturdy enough to hold your weight. Jump up from the floor and jump down back on the floor. Too difficult? Step up and down instead of jumping. Start next exercise



after rest.

**4. Mountain Climbers:** (2 min. Rest for 90 sec):

*Instructions:* Get into the push-up position. Bring your right knee ahead to a point just below the chest; now reverse and repeat with the other leg. Do this with speed, as fast as you can.

**Note:** After resting for 90 seconds, repeat the Cardio cycle from Exercises 1 to 4, one more time.

**Note:** Rest for 2 minutes and finish the session with the final exercise No. 5, as under:

**5. Planks:** (One minute / Rest 60 secs)

*Instructions:* Get into the pushup position - lower yourself on to your forearms - from shoulder to hips the body should be in one line. Maintain this position for a minute, then rest for 60 secs and repeat once. Too easy? Put that bag on your back. Too difficult? Hold for as long as you can.

#### Important Note:

Maintain a training log and record your progress in each session. There's no point repeating the same thing. Progression must be made either in reps, or speed or duration in every session.

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