

BMC Releases Sealed Godrej Baug Building Under- Construction



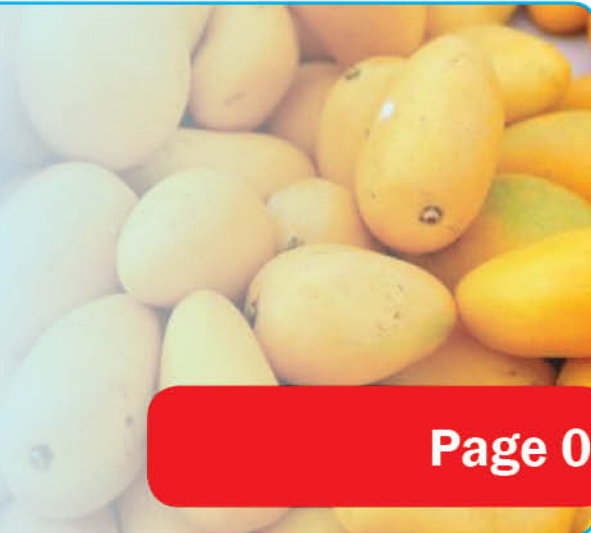
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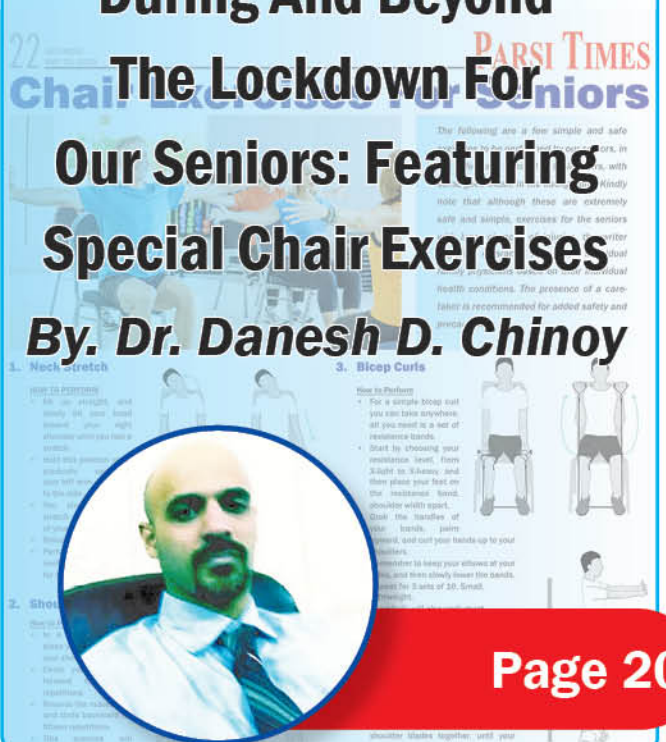
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During And Beyond

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FROM THE EDITOR'S DESK

Surviving The 'Carona'ry Attack With Gratitude!

Dear Readers,

24th May, tomorrow, will mark two months of our national lockdown. Though many states have enabled comparative leniency in easing the lock-down, Maharashtra and a few others, which continue springing an increasing number of COVID-positive cases and resulting deaths, are still, understandably, under the stringent lockdown scanner.

The 'Carona'ry attack has taken its toll on us all. As we sit in our homes - socially distanced, quarantined or isolated - many may wonder if there really remains much to be grateful for - even as we continue to absorb the increasingly dismal news about how long it's going to take the economy to get back on track... and how things will never be the same again. Even so, there is much to be grateful for. But before we recount our reasons to be grateful, we should know that it is this sense of gratitude, especially during these difficult times, which will get us through to the other side, with a positive and energised mindset, ready to take on the challenges, when the lockdown is over.

Gratitude helps us remember how special and fortunate our lives are, even through these deadly times. We are firstly grateful to our healthcare heroes, who put their own safety at risk to care for total strangers simply because it is their job; we are grateful to the scientists and researchers who have devoted their lives to preventing and addressing pandemics like these; and we are grateful for a time of perspective and reflection (albeit forced), to consider what really matters to us.

Gratitude not only breathes life into you psychologically, it also helps your physical health by strengthening your immune system. We need to 'keep calm and carry on', as was the English philosophy during the second World War - a different form of an existential threat to our lives, then. We will get through this. Life will return to normal - a new kind of normal, but let's be grateful this will all be a memory some day!

We've all been living in our own bubbles, slaves to schedules that reduce our human touch and connect with each other. We have lost touch with so many of our relatives, friends, even neighbours; we've gotten image-obsessed with selfies, brands and the online world; we have fallen prey to depression as consumerism conquers our sensibilities; we're oblivious to how the environment is being destroyed on our account... but the Pandemic has hit the pause button on it all. Let's catch our breath once again, and let's be grateful for that opportunity!

As for the silver lining of this situation - a crisis brings out the best in people. It reinforces the importance of celebrating every day; of sharing our love with family, friends, neighbours and community. A crisis reminds us of how lucky we are and how important it is to take care of ourselves, our loved ones and our planet. As we weather this crisis, let's be grateful for the lessons it has taught us, so that we can endeavour and ensure a better tomorrow for us all and our generations to come.

Have a good weekend and stay safe!

- Anahita
anahita@parsi-times.com

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Key Takeaways

- Concept of Force Majeure and Frustration of Contracts in brief**
- Issues concerning Payment of Rent/license fees during Lockdown**
- Issues concerning Payment of Wages during Lockdown**
- Judicial approach during Lockdown**

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BMC Releases Sealed Godrej Baug Building Under-Construction

On 21st May, 2020, after a span of two years, the Bombay Municipal Corporation (BMC) released the under-construction building in Godrej Baug, that it had sealed for the non-payment of Land Under Construction (LUC) dues.

Punchayet Trustees followed up diligently with the BMC and were successful in getting the property released, after making the payment in March and April 2020, having drastically reduced the due amount by more than half.

amended mid-way after the construction of nine storeys. The construction work on this building, that lay abandoned ten years ago, can now recommence, once the BPP gets appropriate permissions and meets its statutory responsibilities.



The Bombay Parsi This project was started by the earlier BPP Board and



This plot was earlier released under the Urban Land Ceiling Act, where there was a restriction on the size of houses that could be built. The 40 sq. meter (approx. 430 sq. feet) sized houses, which were then permitted would have affected the viability of this project. Even so, the earlier board had gone ahead with the construction despite these restrictions in place.

However, in August 2019, thanks to the Supreme Court appointed Sri Krishna Commission, the Government passed a notification, which allows the houses to be built and sold, at the increased size of 80 sq. meters.

The income generated on the successful completion of

this project will go a long way in resolving the chronic cash crunch that the BPP has been riddled with for some time. Here's hoping that the construction work commences soon to that end.

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A SALUTE TO THE CORONA WARRIORS

No time to eat, no time to sleep,
No time to rest or a tear to weep.

They have been there all day through,
Risking their lives for me and you.

With unknown fear that grips from within,
They stand on the forefront with a high held chin.

Not seen their families for quite a while,
They are our Super Heroes who do not wear a cape but a smile.

Its time for us to stand in their support,
With open heart and a positive note.

We thank them for their selfless service,
For standing up to their vows and promise.

Frontline Warriors are on their way,
Beyond their call of duty come what may.

Its time to acknowledge their farseeing,
And SALUTE them for their being.

With folded hands we pray for all,
No wrath of God on them behalf.

- Mrs. Benaifer K. Mehta
(Binny Aunty)





NOSHIR H. DADRAWALA

Zarathosht No Deeso

- A Day To Rededicate Ourselves To Zarathushtra's Message Of Spreading Happiness -

Roj Khorshed of Mah Dae is observed as *Zarathosht no Deeso* - the day on which our beloved Prophet, Zarathushtra, passed away from this material world to the spiritual world. Zarathushtra's era is shrouded in mystery. While Greek sources place his birth as far back as 6,000 to 7,000 BC, modern scholars place his birth around 1,500 to 1,800 BC. Some claim he was born in Balkh (Bactria), while others claim he was born closer to the Russian Steppes. Traditionally, we believe Zarathushtra was born during the *Kayan* dynasty, when saintly King Lohrasp ruled over Iran. The *Kayan* dynasty is considered a pre-historic period by scholars; no archeological material of this period appears to have been excavated yet. However, despite the antiquity and the shroud of historical uncertainties covering Zarathushtra's era, what emerges is the strength and eternal relevance of Zarathushtra's teachings - which leading scholars claim, have influenced three other religions - Judaism, Christianity and Islam.

Shining Golden Star: Asho Zarathushtra is regarded as the First Prophet or the first to receive *Ahura Mazda's* message. The Persian term for prophet is *Paigambar* or *Wakshur* (derived from the Pahlavi word, *Wakshwar* meaning, 'one who carries the Word of God'). The *Avestan* term for Prophet is *Manthrano* or 'one with the tongue of the *manthra* (Holy Word)' or 'one who brings the Holy Word from God'. In the Pahlavi tradition, Asho Zarathushtra is recognized as a *Yazata* - a Divine Being with a *Khshnuman* (dedicatory formula) in his honour.

Asho Zarathushtra belonged to the family of *Spitam* (meaning very holy), with father - Pourushasp, mother - Dogdo, paternal grandfather - Peterasp and maternal grandfather - Framirava. His lineage goes back to Shah Faridoon, a saintly King of Peshdadian Iran, the one who reined in the evil Zohak.

Scholars have interpreted the name Zarathushtra in many ways, from 'golden camel' to 'driver of camels'. The interpretation we like best is '*Zara*' (golden), '*Ush*' (to shine) '*stra*' (star) or the Shining Golden Star.

Early Childhood: The life and miracles associated with Asho Zarathushtra's birth are narrated in a Pahlavi work known as '*Zarathosht Nama*'. In Pahlavi texts, Zarathushtra is called 'Zarathosht' or

'Zarathosht'. He is said to have laughed, instead of cried at birth. It was seen as a sign of his divinity or the fact that at birth, he was neither confused nor scared. As many as seven attempts were made on the life of this child.

The evil Durasrun first tried to stab the Holy Child. But, instead, his arm got twisted backward. When baby Zarathushtra was thrown to the flames, the hot coal turned into a bed of roses. When put in the path of a herd of cattle and horses, a cow and a mare respectively stood over this child to protect him from harm. When thrown into a den of hungry wolves, the animals found their jaws sealed. Attempts to poison him and throw an evil spell also failed.

In Search Of The Truth: Asho Zarathushtra remained engrossed in prayers from the age of fifteen to thirty years. He left his father's home at the age of thirty in search of the Truth. According to the *Dadestan-i-denig*, Asho Zarathushtra had the first vision of *Ahura Mazda* on *Roj Dae-pa Meher of Mah Ardibehest*. His first question to *Ahura Mazda* was 'Who is the best man among all people in this world?' In *Ahura Mazda's* response to this very first query, one finds a summary of the Zoroastrian way of living. *Ahura Mazda* is believed to have said, "The best man among all people in this world is one who walks the right path of truth (the path of *Asha*), one who is charitable, one who is just, reveres fire, reveres the waters and is kind to animals". Asho Zarathushtra is said to have received the Revelation for ten years and all the mysteries and secrets of the universe were revealed to him by *Ahura Mazda* who Zarathushtra beheld as the embodiment of Divine Wisdom.

Message Of The Amesha Spenta: When the Revelation was complete, the *Amesha Spenta* showered special blessings on Zarathushtra and each one of them asked Zarathushtra to carry a special message:

Bahman Ameshaspand urged that human beings should be kind to animals.

Ardibehest Ameshaspand advised that fire should be revered.

Shehrevar Ameshaspand admonished that metals and minerals should be used wisely.

Spendarmard Ameshaspand desired that the earth should be revered.

Khordad Ameshaspand wanted the waters to be revered.

Amardad Ameshaspand desired that the plant kingdom should be cared for.

In the message of the *Amesha Spenta*, we find the concept of what we recognize today as striking the ecological balance and living in harmony with Nature. Think about it, issues so relevant to us today were addressed by Asho Zarathushtra thousands of years ago in pre-historic times!

Divine Gifts: According to the *Sharestan*, Zarathushtra received from *Ahura Mazda* the following gifts:

1. Twenty-one Nasks (volumes) each titled according to the twenty-one words of the *Ahunavar* (*Yatha Ahu Vairyo*) and loaded with all the wisdom and secrets of the universe;
2. The spiritual Fire of *Adar Burzin* which burned without fuel and did not emit any smoke; and
3. The Holy Cypress tree.

The Gatha: Zarathushtra's teachings are essentially embodied in the five *Gatha* which form seventeen of the seventy-two chapters of the *Yasna* (*Ijeshne*). These are as follows:

1. *Ahunavad* (*Yasna* 28 - 34) (possessing the creative power of the *Ahunavar*);
2. *Ushtavad* (*Yasna* 43 - 46) (possessing wisdom of divine happiness);
3. *Spentomad* (*Yasna* 47 - 50) (possessing quality of piety/devotion);
4. *Vohu Khshatra* (*Yasna* 51) (possessing divine power)
5. *Vahishtoist* (*Yasna* 53) (possessing best spiritual riches).

Yasna 55.2 asserts, "*The Gatha are the lord of our soul, protectors and providers of spiritual food and clothing.*" In other words, these divine songs (*Gatha* means song) embody food for our soul.

Freedom To Choose: Asho Zarathushtra essentially saw life as a struggle between the forces of good and evil and felt that human beings have the freedom to choose between what is right and what is wrong and take moral responsibility for the choices made. It is every human being's duty to be a spiritual warrior (*Rathestrar*) and battle evil at the physical, social and ethical level. At the Physical level, all forms of impurity and pollution are seen as a



manifestation of evil. A good Zoroastrian, therefore, always strives for purity and cleanliness at home or at work. At the Social level, all forms of poverty, want, human suffering and ignorance are seen as an affliction of evil. These evils can be overcome with acts of charity and giving. At an Ethical level, every good Zoroastrian must guard himself/herself against vices of wrath, greed, envy, etc.

Asho Zarathushtra's key message is of happiness. We pray in the *Ushtavaiti Gatha*, "*Ushta ahmai yahmai ushta Kahmai chit.*" (*Happiness be unto him through whom happiness is caused to another*). In other words, the road to happiness is paved with the happiness we bring or share with others.

Path Of Asha: If one were to sum up Asho Zarathushtra's teachings in just one word, it would be *Asha*. At its most simplistic level, *Asha* stands for Truth (as opposed to falsehood). It also stands for righteous conduct. At a more universal level, it stands for Divine Order (and man's duty to live in harmony with that Order). It also stands for purity (in thought, word and deed).

The colophon to the *Yasna* asserts, '*Aevo pantao yo Ashahe, Vispe anyaesham apantam*' (There is but one path, that of *Asha*. All other paths are false). In the *Hoshbam* we pray, 'Through the best *Asha*, through the highest *Asha*,

The 101 Names Of Pak Dadar Ahura Mazda – Part 8

► may we catch sight of Thee (*Ahura Mazda*), may we approach Thee, may we be in perfect union with Thee.'

Zarathushtra's Transition: According to legend, when Zarathushtra was seventy-seven years old and praying at a fire-temple, he was stabbed by an evil Turanian (Turan was a sworn enemy of Iran) by the name Turbaratur. However, at the same time, Zarathushtra threw his prayer beads at Turbaratur and destroyed him. Mystics have interpreted this legend as a parable with deeper esoteric meaning. They believe that Turbaratur was a cloud of accumulated negative energy - a dark manifestation of the evil thoughts, words and deeds collectively generated over the ages. Only a Prophet of Zarathushtra's spiritual powers could have attempted to and taken the impact of destroying this cloud of negative energy. In a sense, like Jesus Christ, Zarathushtra is believed to have sacrificed his own life to save humanity from being destroyed by this negative force of evil called Turbaratur.

Zarthosht No Deeso: is the day marked to commemorate the passing away of that timeless Divine Messenger who gave a message embodying the principles of truth, righteous conduct, ecological balance and above all else, happiness for all. All this was espoused in an era which historians would call pre-historic and yet, today or a thousand years from now, the message remains ever refreshing and relevant, for the principles he established are timeless.

Zarathushtra is not among us physically but he lives in our hearts and our collective consciousness. We do not mourn his passing, rather we celebrate what he passed on to us. What a thinker he was for his time! What a profound message of *Asha* or Truth he taught... Happiness to him who makes others happy; about sharing, about giving and about caring, in thought, word and deed.

Indeed, on this day we should all reaffirm, *Ushta-no zato Athrava, yo spitamo Zarathushtra* (Fortunate are we that the teacher/priest was born, *Spitama Zarathushtra*).

Instead of circulating pictures of Zarathushtra (no one really knows what he looked like) and forwarding worn-out messages on email and WhatsApp that have been recycled to death since the last several years, live his words, live his message and that's regardless whether we open the seeso or not. Opening the seeso is optional. However, before going to bed, do ask yourself (today and everyday), how many did I make happy today and how many more will I make happier tomorrow? This will be living Zarathushtra's message and truly celebrating the life of our great Prophet and that of your own!



DAISY P. NAVDAR

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

When the highest of the high liturgical prayers are conducted in our Fire Temple, there are a series of instruments used. These are referred to as 'Alat'. They are the means through which our priests transmute and communicate the energies of our *manthra* into the vast cosmos. They are intrinsic to the performance of the *Baaj*, *Vendidad*, *Ijashni*, *Boi* or even the *Afargan*, *Farokshi* and *Jashan*. And while some of us may feel that these prayers remain largely beyond the comprehension of us common people, they are the soul and the substance of our faith.

Out of all the vital instruments used, the most important and the most vital is the Dasturji himself! The *manthras* - that arise from his lungs, emanate from his voice, have resided in his soul for as long as he can remember - become the channel through which Holy energies are transmuted. He has spent years practicing to perfection the exact time he must breathe in and when he must exhale. Buildings have lightning rods installed in them when they are constructed. In case of a storm, the lightning cannot destroy the building for the rod conducts it safely into the earth. Similarly, our Dasturjis stand guard over us, in such storms. They have the wherewithal and the knowledge to not just keep our faith alive but also to guard and protect it from the ravages of time. As children, these Dasturjis are trained in this craft and very few are blessed to pursue it for the rest of their lives.

The number of young boys taking to a life of priesthood is fast dwindling. It is looked upon as a last resort profession, never a first choice. The career prospects of a priest and his position in society is a big question mark, even today. A lot of attempts are being made to make this a more viable and financially stable profession but nothing real has materialised so far. This is the truth of what lies ahead. In our lifetime, we have seen the *Boi* ceremony being performed and we have the good fortune to have witnessed a *Jashan*, etc. We still have the protective shield of the invaluable *manthra* recited by our priests, but I don't know whether our children will be as fortunate. Today is the time to value

what we have before we lose it forever.

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

71. Gael Vadgar: One who converts earth into air. Today, air pollution is such a big monster that we face. Pollution causes illness and disease in the upper respiratory tract; now we are seeing pollution-related deaths. This name is particularly effective for purifying foul air. Chanting it can bring relief from gas related ailments and chest pain. It also brings relief to the conscience in case you are suffering from guilt pangs or want to repent for past errors.

72. Gael Namgar: One who converts earth into water. Water shortage is the reality of the world in which we live. It is said that the greatest war will be fought over who controls the waters of the world. While people will foolishly argue on this point, there is no denying that it is only Pak Dadar Ahura Mazda who gives us our resources. In ancient times, people travelling through forests and deserts used to recite this name and their thirst would be quenched. Today, we must recite this name for all humanity to continue receiving precious, life-sustaining water.

73. Gargar: One who grants boons. This name has the authority to fulfil your deepest desires. One who recites this name with piety 101 times will be granted a special boon. However, we must only ask and leave the giving to the higher wisdom of God.

74. Garogar: The one who creates special persons. It is in the final moments of our life that we most seek the grace of God. Reciting this name regularly will help us pass those moments with ease

and dignity intact. The vibration of this name helps us keep the faith in our philosophy. Those who are childless can recite this name for bearing offspring.

75. Garagar: The Creator of all creation. Very often we put in a lot of work and effort to achieve our goals, but we find that we don't get the required and expected results. This name is beneficial for achieving your purpose, it will help you get what you have worked for.

76. Agar-aagar: This name means the gatherer of all the elements. The Air, the Earth, The Water and the Fire. This name is particularly powerful to recite as you choose a new home or buy a plot to construct one. It can also be beneficial to recite as you rework the interior of your old home. It is important to get the right balance of elements for any home and this name helps you to achieve this.

77. Agar-aagar-gar: Creator of the sky and the stars. It also means the Grand old King of the world. This name has the ability to extend your age and it helps you to live up to a ripe old age. It keeps you wise up to your last day.

78. Aguman: This is such an important name to recite in today's context. So often we fall prey to the false image of our own ego. Ego clashes in any sphere of influence can cause a lot of pain and harm. This name destroys the ego, it means the one who has no false pride. It brings peace and realisation to the one who recites the name and brings to an end all the false projections of the ego. It's wonderful how much we enjoy the protection of these powerful names!

79. A-zamaan: One who is ageless and everlasting. If this name is recited after your daily prayers 101 times, then it has the power to lengthen your life. This name also brings relief from any kind of eye ailment.

80. Akhwaan: One who is always alert and awake. Sometimes, as we advance in age, our energy levels dip during the hot summer afternoons. The dreaded angel of the siesta is upon us in the middle of a working day. This is the time to recite this name to bring you back into a state of wakeful alertness and help you find focus on your work. This name has the power to cure all ailments associated with sleep.

Let Thy Love Possess My Soul, 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.

As the nightingale sings to the rose in a transport of delight, so will I weave the songs of my love for Thee. Then listen, my beloved Lord, unto the songs I sing. I will come to Thee with my hymns of praise and glorification. I will eulogize Thee with my songs of adoration. I will sound my sweet melodies of devotion to Thee. With the fullness of my heart, I will pray unto Thee, whom all do pray. I long to live in Thy love, as long as my life may last. Every drop of water in the sea has salt. So let Thy love be in every part of my being, O Thou that art the God of Love!

My mind is purified and my heart is sanctified, when love for Thee possesses my soul. I will bask in the sunshine of Thy divine love. I will drink my fill at the fount of Thy love, till my spirit be satiated. I will fly to Thee on the shining wings of love and devotion of my soul. I will make my love for Thee the deepest passion of my life. Willingly will I give up my all for my love for Thee.



When Thou art with me on life's weary way, the bright ray of Thy love illuminates it. My life centers in my love for Thee. Like the love-lorn lark, I cannot live without Thy love. My spirit is afire with love for Thee. Let Thy love enfold me. No trouble, no difficulty, nothing in the world will separate me from Thy love. Unfaltering is my love for Thee. I love Thee. I love Thee with all my heart. I love Thee with love divine and long to make Thee mine. A longing possesses me to hasten to Thee with my pure mind and holy heart, to meet Thee and greet Thee and to embrace Thee, O Thou Fountain of Divine Love!

In Memoriam



Prof. Rummy Mistry (3rd April, 1931 – 12th May, 2020)

Prof Rummy Mistry was a Senior Member of Baroda University with an area of specialisation in Engineering (Textile) and Higher Education. One of the first supporters of Parzor, his work for his country and community remains remarkable. He was the Chairperson of the Election Committee Of the Baroda Parsi Panchayat. His work with the Federation of Parsi Zoroastrian Anjumans of India gave direction to this core group of community leaders. A force behind the creation of BUZY - the Baroda Youth League - he constantly encouraged young people in creating a new generation of leaders in Baroda and across the country.

Academician, thinking mind, and above all, a remarkable human being, he has helped us at Parzor from its inception. He co-authored the Parzor Oral Traditions Publication with Dr. Shernaz Cama and helped with the Presentation at the NCPA during the UNESCO Celebrations of the 3000th Anniversary of Zoroastrian Culture.

Parimal Parimal Gandhi, his student, mentee and Neighbour, wrote in his tribute to Prof Rummy Mistry, "God had endowed Rummy with a wealth of qualities, including long-standing loyalty to the University, great understanding, tolerance, a rare and wonderful generosity, a puckish sense of humor coupled with that inimitable and infectious grin. And the Maker had added on energy, a sharp intellect, enthusiasm, wisdom, fortitude and longevity...and thus He created the ideal husband, parent, grand-parent, relative, friend, neighbor, teacher, mentor and institution and nation builder... God ingrained in Him an abiding love of the good things - sports, music, movies, company and food and coupled these with the spirited desire never to enjoy them alone.... His philosophy as a teacher was crystal clear, 'I am here to teach you to think!'... The warp and weft of his life were built of complete integrity and unswerving dedication to his profession. He lived his words, walking his talk and talking his walk. He carried his many riches with unassuming grace. He built nurturing relationships across innumerable generations of students and teachers, always available and ever a source of sustenance and sagacity. The go-to person for career counseling, his advice put thousands of children on the right track. He nurtured all those who came in contact with him. His gentle and noble soul shone through and endeared him to everyone without exception... The root of a great tree, this sapling grew across continents and sank strong roots in new lands. He nurtured his family to dizzying heights. Professor Veena Mistry, upon whom he doted, administered the University winning laurels. And Kaizad and Shahroukh and their families carry his legacy of excellence forward. Completely at his ease, whether in Baroda or California, he was a true global citizen."

Rummy fought a brave battle till the end. He leaves behind his wife - Prof. Veena Mistry and two Sons, Kaizad and Shahroukh, and their families. We grieve with them and thank God for giving us the guidance and good humour of Rummy. May his soul find peace in Garothman Behest.

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ZTFI Provides COVID-19 Relief



The current lockdown in Mumbai city, brought on by the increasingly spreading Coronavirus pandemic has made it virtually impossible for the underprivileged in our community to venture out and collect the monthly rations and financial support provided by ZTFI (Zoroastrian Trust Funds of India). As one of the community's leading non-profit organisations dedicated to ease

the sufferings of the not-so-fortunate Humdins, ZTFI has now, for over a decade been at the helm of supporting community members through their various predicaments.

On 9th May, 2020, ZTFI reached out to over two hundred community brethren in need, distributing monthly ration kits, in adherence with the stipulated COVID-19 protocol. Since beneficiaries could not gather at one place to pick up the rations, as is the usual monthly norm, the brave and helpful ZTFI volunteers ventured into numerous different areas to reach the rations to those in need. Areas covered included Gamadia Colony, Wadia street, Captain colony, CJ Tata colony, Forjet street, Hirabai Petit Bldg., Khetwadi, Balaram street, Gilder lane, Marzban colony, Navroze Baug, Khareghat Colony and areas across Fort, Marine lines, Grant Road, Parel, Dadar, Lal Baug, Mahim, Andheri, Byculla and Ambawadi.

The beneficiaries were relieved and grateful to see the volunteers reaching out to them even during the lockdown. Kudos to Team ZTFI - Adv. Nevil Zaveri, Meherzad Taraporwala, Mehernosh Gazder and Delzad Doctor for delivering the rations and special thanks to Trustees - Yasmin Mistry and Arnavaz Jal Mistry for organizing this much needed service during one of Mumbai's most crucial phases. "There is nothing more beautiful than someone who goes out of their way to make life beautiful for others," concludes Yasmin Mistry, who drives ZTFI.



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Mondays / Wednesdays / Fridays

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Zarathushti Entrepreneurship Development Foundation (ZEDF) To Fund Budding Entrepreneurs In North America

*WZCC & FEZANA are proud to announce
the formation of ZEDF, a new independent entity
that will enable funding to Entrepreneurs in North America.
Details as follows*

ZARATHUSHTI ENTREPRENEURSHIP DEVELOPMENT FOUNDATION (ZEDF) to fund budding Entrepreneurs in N.A.

**ZEDF IS A NEW INDEPENDENT 501(c)(3) US BASED ENTITY FORMED
AS A JOINT INITIATIVE BETWEEN WZCC AND FEZANA TO
REKINDLE ENTREPRENEURSHIP**

By providing Interest - free loans upto \$50,000.

Calling Zarathushti donors to support Entrepreneurship in Community

- Donate \$5,000 - 25,000 or any amount
- Donations are tax deductible in USA
- Returned loan will be recycled to maximize impact of your donation
- Collection Target: \$1,000,000
- Will provide much needed Capital for start-ups and businesses

Calling all Zarathushti Entrepreneurs who need funding to apply

- Interest free loan up to \$50,000
- To be paid back over a pre-determined period
- Business Advisory Board (BAB) will evaluate all funding applications
- Terms, procedures, criteria being formulated
- We will be ready to receive loan applications by January 1, 2021

Shoot for the stars with this Golden Opportunity!

Contact: www.zedf.org

Edul Daver, ZEDF Co-Chair | edul@zedf.org | +1 908 397 4443,

Homi D. Gandhi, ZEDF Co-Chair | homi@zedf.org | +1 201 410 8963



**World Zarathushti
Chamber of Commerce**
Building the Spirit of Entrepreneurship



XYZ Keeps Lockdown Boredom At Bay

If there is one sentence that parents get fed up of hearing through the summer vacations, it's "I'm bored!" Invariably, this is the lament of most kids during the vacations and the summer of 2020 has been rather unique to say the least! With the lockdown brought on by the COVID-19 pandemic, children's frustration levels and boredom are reaching new highs.

Luckily, at XYZ (Xtremely Young Zoroastrians) the sun never sets on the fun. While kids may be on lockdown,



"Our #XYZQuarantineChallenge had a total of 2,768 participants over the last five weeks. When the lockdown started, all our groups planned activities for their members on Zoom and it worked very well. We then decided to take this on an overall XYZ platform in phases, starting with Presidents and then with President-Elects. As the initial lockdown was extended, we continued and had another round of challenges with the XYZ members and then with volunteers. 2,768 participants enthusiastically took part - we are sad that it had to end. But, we have more activities planned in the next few weeks for all to enjoy."

Just committing to the challenge and being thoroughly engaged in doing it was a rewarding experience. But in true XYZ spirit, the competition was tough on this digital platform as well and winners were declared for every challenge with every XYZ group striving hard to claim first place - Rustom's Rockstar, Behram's Battalion, Cyrus' Superstars, Themurasp' Titans, Jamshed's Giants, Noshirwan's Knights, Daraius' Daredevils,



XYZ turned the key and opened up a veritable treasure chest of activities, which had, not just the kids, but even their parents and grandparents, participating and enjoying thoroughly! The #XYZQuarantine Challenge was conducted over a period of five weeks, with participants showcasing their skill levels across 36 different challenges!

The challenges were designed to test endurance, hand-eye coordination, balance, creativity, problem solving ability and dexterity.



Challenges like Jumping Jacks, Rope Skip, Plank with a difference, Mountain Climbers, Hop Till You Drop had the members pushing the limits of their endurance while the Bottle Flip, Paper Ball Toss, Water Transfer, Coin Tower, Coin Flip, Throw the Ring, Matchstick Tower, Separate the Beans... had them testing their aim and balancing skills. Mixing creativity with healthy competition were challenges like Draw a Rainbow, Draw Some Circles, Draw Stars with Your Foot, Write XYZ. Of course, knowing our Parsi love for food, there were some challenges that revolved around this 'favourite passtime' of our community as well, such as Bake a Cake (microwave cake in a minute), Push up and Eat and the Dal Chawal challenge!



Ketayun's Conquerors, Artaxerxes' Army, XYZ Seniors all had their chance to prove their mettle at the challenges.

This is the 'never say die' Zarthosti spirit; even when times are tough, we make our own silver linings! Kudos to the XYZ team for making the lockdown period a super exciting and challenging one for our young Zoroastrians!

Says Hoshang Gotla, founder of XYZ,



Our 'Mango'ficent Passions!

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



VEERA SHROFF SANJANA

There is no doubt that Parsis are creatures of big love and great passion. Their tempers, humours, wiles - often whimsically oscillate between avid love and fervent hate. The realm between love and loathing is almost non-existent! Now, as a brood, we are easy-going but eccentric, loud yet lively, boisterous but benevolent, with a zest and zing for life.

There are so many things the Parsi is passionate about - his drink, his drive, his food, and his friends... but then there are some more things on that precious and long list that he simply cannot do without, like a Sunday without *Dhansak*, *Choi* without lemongrass and mint, breakfast without eggs. Should there ever arise a time where a Parsi household is bereft of one or any of the aforementioned, that situation would simply amount to calamitous, and then all the kings' horses and all the kings' men would not be able to fix our poor Parsi again!

Parsis are creatures of deep love - they say a Parsi boy never grows up... no surprise there, since most Parsi boys/men live in their old ancestral homes along with their parents... (an arrangement that suits all admirably)... sheltered in the care and comfort of his mother's fold, fed and pampered on her 'Time and Talent' recipes and more, till he reaches marriageable age, (my guess anywhere from 40 to 45 years of age, a conservatively safe bet here.)

A Parsi son is devoted to his mother, not to say all sons are not, but while the rest of the world has marked a special day in May to celebrate mothers, a Parsi boy will run circles around his mother every one of those other remaining 364 days as well! While a Parsi son's adulation for his mother is to be admired, the attachment sometimes may be a thing of worry as well. Parsi men are called 'Mama's boys', but, are they? While we may argue that the ethos of a Parsi family is not necessarily based on a matriarchal set up, since all authority, privilege and control rests equally with both the male and female heads of the family, (except for those times when they are in disagreement which is just



about always), which then gives us a reason to pause and think otherwise.

Most Parsi boys are brought up to believe there is a right and there is a wrong... and then there is that which his mother ordains! Most Parsi men refuse to accept these stereotypes and argue against them till they turn blue in the face. But there was a story floating about for years, that just before his passing, Sigmund Freud was keenly studying this extraordinary relationship betwixt a Parsi son and his mother. Rumour has it that while he at first suspected some sort of bland overlay of the oedipal complex, he soon discounted it for reasons glaringly obvious - most Parsi boys are unexplainably petrified of their mothers, probably signals and behaviour patterns



picked up from their fathers all through their childhood years!

Now Freud never concluded his study, which remained a mystery and a profound regret till his death. The threads of Freud's incomplete work were soon picked up by some other erudite few but again, to no avail. The sad truth is, none, before or after Freud, has ever been able to unearth or understand the strange workings of this attachment.

Next followed by only a small margin

on the list of things all Parsis absolutely love and cannot do - without are of course our cups of *Choi*, *Chai* or tea, call it what you may but to unquote the bard, "a *Choi* by any other name would taste as divine." Now, no Parsi worth his caffeinated fix can do without his morning, mid-morning, noon, afternoon, 3o'clock, 4 o'clock, 5 o'clock and all the in-between cuppas, continuing in the case of some addicts, way past dinner time as well. Cups of *Choi* - a habit and joy probably picked up in the times of the British Raj.

Which brings me to Parsis and their love of all things British, again a known fact, and needs no mention at all. Combine the two - his mother-centric obsession and his anglophile admiration, no wonder the queen is "Apri Rani", and the errant Prince Harry severing ties with the royal family, far more disturbing, needing a lot more thought and reflection, than even the present Pandemic which holds the world at ransom.

And then follows his absolute taste and devouring devotion to that simple egg. That we love eggs is not an eggs-aggregation! If you are a Parsi, you can be sustained, nourished and survive simply on your appetite for a simple egg! Fattened, fed and fired on creations, dishes and recipes made from eggs, there is just an unimaginable list of ways in which an egg is prepared and plated to be polished off. As a main, as a side, for breakfast or lunch, come tea time or dinner the myriad forms of delectable pleasure it offers a testimony to our adulation for this food. Anything and everything 'per eedu' is a Parsi way of life.

Summer and a mango odyssey have always gone together. Remember growing up in Mumbai to the sight of those straw-woven *tokris* or baskets filled with copious amounts of hay, and hidden amidst it, the fruit of the gods - all packed in layers of delight! As kids, we would dive deep with our searching hands and prying fingers, finding those golden beautiful fruits, while all the time their mangolicious scent wafted all around. No Parsi summer was ever complete without the glorious entrance of these wonderful Alphonsons.

While we basked in all the treats that they so lovingly presented from cool slushes, to smooth fluffy ice creams and milkshakes cooled to delicious

perfection, for all those hot summer hours, our love affair with the king of fruits continues. Raw or ripe, tender or firm, soft or hard, we use them to tantalize our taste buds and tease our appetites in ways one couldn't possibly imagine! The smell, sight and taste of that delicious goodness is almost sweet nectar for the soul! Cheesecakes and soufflés, meringues and tarts - their divine presence in our homes makes the month of May, a year long awaited time of feasting and fantasizing for this fruit! The unbearable crushing heat of summer; almost forgiven while we participate in this mango orgy!



While mangoes undoubtedly remain the most sought after fruit, unfortunately only for the season (not available through the year except for their canned or pulped presence and then there are those poor variants, posing unabashedly as the real thing), us Parsis have long had a love tryst with this fruit for reasons other than its taste too. Mangoes are both exclusive and expensive, and nothing piques the Parsi need for proprietorship as much as that. No matter how big or small the square footage your house, come mango season, and those *petis* or cases, will make their way to your home, like smuggled goods, delivered at hefty rates from that Crawford Market cartel or some other, holding a place of pride and joy, till devoured greedily - a dozen at a time! Literally or figuratively, there is no denying here then, 'Us Parsis do have a case of the mangoes!'

And as it goes, Parsees are ardent about a lot of things; our *dal-ni-poris*, and *dodh-na-puff*, our *patrels* and *farchas*, *batasas* and *nankhatais*. We are heavy on our *toddy* and our *tari*... we are amorous about culture and art, lustful on our music and dance, stimulated with reading and being read; sultry and hot on life and living, just waiting to stoke our gastronomic fires with those tongues of wanton passion!

PARSI TIMES *PT Time Out*

The Bawa Word Search

Search out 16 of India's most popular Pilgrimage Sites hidden in the word-jumble box below, in bi-directional, horizontal, vertical and diagonal forms:

I X M J S A E L P M E T H T A N N A G A J R R R W
 C Q L W M O K V C L B N O U Z A H Z L U Y Q A W L
 E I I E V M Q P E K J B H Y D V Z X H L E P Y V O
 C H N N L H S G O Q I Q H G L V E E Z F D J A R T
 Y V P N E P F P E K C K F X V A R A N A S I G X F
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 A J S V A M C K H R D I A W I M E U I K B Q O L D
 R Y B D A M O C Q S R M J J T A X J Z R K U D W D
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 A T K U I R P G K D K L D J I T M F U V R Q A V P
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- Udvada (Gujarat)
- Ajmer Sharif (Rajasthan)
- Golden Temple (Punjab)
- Sabarimala (Kerala)
- Shirdi (Maharashtra)
- Dwarka (Gujarat)
- Jagannath Temple (Odisha)
- Rameshwaram (Tamil Nadu)
- Vaishno Devi (J&K)
- Haridwar (Uttarakhand)
- Sringeri (Karnataka)
- Ujjain (MP)
- Varanasi (UP)
- Tirupati (AP)
- Bodh Gaya (Bihar)
- Velankanni (TN)



TechKnow With Tantra

Lose Belly Fat in 30 Days

Sweat just 10 minutes a day and lose belly fat, flatten your tummy with short and effective fat burning workouts at home! Try these aerobic exercises to get rid of the annoying belly fat and improve your health. The systematic and scientifically-proven workout needs no equipment or coach, you can easily do the belly workout at home or anywhere, anytime. All workouts are designed by professional fitness coach. Workout guide through the exercise, just like having a personal fitness coach in your pocket!

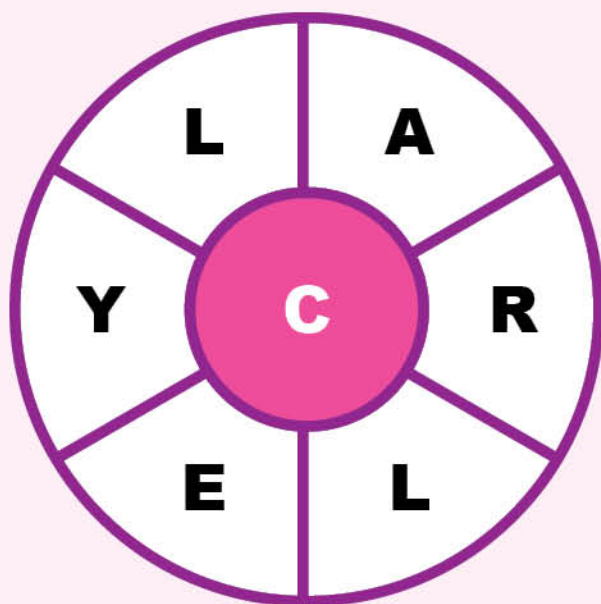
Android: <http://bit.ly/2HEvhWz> iOS: <https://apple.co/2HD1P3p>

SUDOKU

	5							7
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9								1

HOW MANY WORDS?

How many words of four or more letters can you make from the letters below? Every word must contain the letter in the center. You should make at least one word using all 7 letters.



RESULTS:
 Average - 5 or more words
 Good - 7 or more words
 Outstanding - 9 or more words

WINNING CAPTION!!!



FM to PM: Do you have an extra pen? Mine ran out trying to complete writing the number of zeros in 20 lakh crores!

By Hanoz R Patel (Kolkata)

CAPTION THIS!



Calling all our readers to caption this picture!

The wittiest caption will win a fabulous prize!

Send in your captions at editor@parsi-times.com by 27th May, 2020.

Disclaimer: Some of our 'Caption This' Contest photos are taken from freely available, public online resources and are published in a light and humorous vein, which is the mainstay of the Parsi spirit! No offence is intended to anyone or any situation.



**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 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 for his recent project - 'Tiger Lily', an upscale restaurant in Hyderabad. He has recently begun his own YouTube channel, titled 'Chef Delz', which is tasting great success! [Chef Delzad's Insta - Personal: @chef_delz & Work: @delzkitchen]. We welcome suggestions, queries and requests for recipes from our readers at editor@parsi-times.com

This week, Chef Delzad two delicious and refreshing cocktails to help you beat the summer heat! Those who prefer non-alcoholic drinks, can skip adding the alcohol and turn it into a yummy mocktail!

Gin 'n' Melon Cooler

Ingredients:

Water-melon – ¼ small; **Mint** – 5 – 6 leaves; **Gin** – 45 ml; **Lime juice** – 1 tsp;

Simple syrup – (recipe given below) if needed – 1 tbsp; **Soda** – to top up; **Ice**.

Method:

1. Blend the watermelon in a blender, keeping it slightly pulpy, add simple syrup if you feel the watermelon is not sweet enough.
2. Fill a tall glass with ice
3. Pour 100 ml of the pulpy watermelon juice over the ice
4. Slap the mint leaves between your palms and add it to the glass
5. Pour the gin over and top with the soda
6. Give a little stir and serve!

Simple Syrup:

Ingredients: Sugar – 100 g; Water - 100 ml.

Method: Bring to a boil. Cool before using.



Fruity Summer Bliss

Ingredients:

Fresh orange – 1 small; **Fresh pomegranate** – ¼ medium; **Mint** – 6 leaves; **Mixed fruit juice** – 100 ml; **Strawberry syrup (optional)** – 1 tsp; **Vodka/White rum** – 45 ml;

Soda – to top up; **Ice**.

Method:

1. Separate the pomegranate seeds, peel and chop up the orange
2. Put them in a whisky tumbler or short glass, muddle using a muddler or just a wooden spoon
3. Slap the mint leaves and add them to the glass
4. Top the glass with ice
5. Pour the Mixed fruit juice and vodka/white rum over the ice
6. Top up with the soda and pour the strawberry syrup over the top
7. Give a little stir and serve!

A Matter Of Faith And Belief



RUBY LILAOWALA



Once there was a king in ancient India who presented his daughter, the princess, with a beautiful diamond necklace. However, the necklace got lost or stolen and his people searched all over but were unable to find it. Some said it could have been picked up by a bird. So, the king then asked his subjects to search for it everywhere, putting a reward of Rupees five lakhs for anyone who found it.

One day, a poor man was walking home along a river which ran parallel to the town's main market. The river was polluted and filthy, as the traders and shopkeepers threw all their rubbish in it. As he was walking, this man saw something shimmering on the river-bank; on getting a closer look, he realised that it was a diamond necklace, perhaps the one lost by the princess. So, he put his hand in the dirty, filthy river and tried to grab the necklace, but somehow, he always missed it. He took his hand out and looked again but the necklace was still in the river.

He tried again and dirtied his clothes in the filthy river and put his whole arm in to get hold of the necklace, but again he missed it. He was quite frustrated and wanted to walk away, feeling depressed. Then again, he'd see the necklace, right there. This time he was determined to get it and plunged in, trying to grab the necklace but failed yet again! He was bewildered and quite disappointed.

Just then, a sadhu who was walking by, saw him, and asked him what the matter was. At first, the man didn't want to share the secret with the sadhu, thinking that the sadhu might be tempted to take the necklace for himself. On second thoughts, he mustered some courage and decided to have faith in the sadhu, telling him about the necklace and his multiple failed attempts at retrieving it from the river.

The sadhu told him that perhaps he should try looking upward, towards the branches of the tree, instead of the river. The man looked up and true enough, the necklace was dangling on the branch of a tree. Some bird would have left it there. He had been trying to capture a mere reflection of the real necklace all

this time! The sadhu then explained to him that material happiness is just like the filthy, polluted river. We should look upwards, toward God, who is the source of real happiness. Spiritual happiness is the only thing that can satisfy us completely.

There is another interesting story of how faith and belief are important in our lives and how a heart which is pure, is loved by the Lord. This short story is of a priest who started his day early, with a prayer and the performance of extensive rituals. However, there was one problem. At the crack of dawn, he needed milk for his ceremonies but the girl who delivered milk was invariably late. One day he told her sternly, "I need the milk delivered to me at five in the morning and you are always late!" She replied, "Guruji, I can even deliver at four, but, I depend on the boatman to cross the waters to your ashram and he is always late!"

The next day, as the girl entered the ashram late, she overheard the Guru's discourse, "If you wish to cross the ocean of life, you take only Hari's name. He will ferry you." Amazed, the little girl stood rooted with only one thought, "Now, why didn't Guruji tell me that before?" From the next day, the milk started arriving early. The priest complimented her for bringing milk on time and asked her how she managed to convince the boatman. The girl stared at him and said she simply followed his instructions. "My Instructions?" the priest asked, surprised. "Yes, I heard your discourse and asked Shri Hari to cross the river and walked straight through the waters," she replied.

The priest thought he would also be able to achieve the same and hesitantly and meekly called out, "Hari Om!" and put his feet into the water. The next second, he sank and cried for help to the amusement of all who watched. The lesson? Mere words, mere rituals, do not impress the Lord. Faith does. Belief does. A pure heart most certainly does!

Home Care And Cure for Senior Citizens

By Nariman Bacha



The ongoing lockdown has made it compulsory for all families to stay at home, which has its own benefits as well as challenges. As a certified Master Reiki-3 practitioner, I've received numerous queries on the common subject - 'how should we deal with the health challenges of senior citizens at home?'

The answer lies in boosting their immunity to keep them healthy and your involvement, which can be achieved with simple techniques imbibed in your day-to-day routine, practiced with discipline and determination. Here are few tips to boost immunity, along with proven remedies, recommended by using Pureganic Products, which are organic, natural and herbal food products, with no side effects.

1. Exercise for minimum 30 minutes: Simple stretches, Yoga and meditation, help rejuvenate out cells with fresh oxygen while flushing out toxins.

2. Happy frame of mind, Sound Sleep: are key ingredients to staying healthy. Sound sleep for minimum 7 hours helps body regain energy. Pureganic Brahmi Nasya is an excellent Brain tonic which reduces anxiety, depression, stress and acts as a coolant by reducing body heat and promoting sleep.

3. Stay Hydrated: Summer demands regular intake of water and fluids. Start the day with Pureganic Tulsi and Haldi Arks which help clean body toxins and prevent cold, cough and fever.

4. Balanced & Nutritious Diet: It is necessary to have a diet filled with vitamins and minerals, present in green vegetables and fruits. Also, intake of Citrus food with high vitamin-C



is suggested. Pureganic Moringa Leaves Tablets, Bilona A2 Pure Gir Cow Ghee, Sanjeevani Prash, are superfoods which build immunity and improve digestion.

5. Prevention of mucus and cough: This is crucial to fight the pandemic. Pureganic's 'Rakshak' - a powerful mixture loaded with Giloy and Ginger extracts helps cough dissolution, aids digestion and increases immunity.

6. Keep Diabetes and Hypertension Under Control: Pureganic Purecolo (Colostrum) boosts immunity with immunoglobins comprising 89 nutrients that greatly enhance immunity

7. Joint/Back Pain Care: Due to restricted movements and stoppage of regular walks, chances of stiff joints and pain will exist. Pureganic's OMG (Ortho, Moringa & Gum) relieves all types of joints and back problems causing pain and agony.

8. Brain Exercise: Engage in activities or hobbies which please us, spend quality time with family - laugh and smile. This builds positivity around us and enables nature's forces for holistic strengthening of body and mind, leading to good health and happiness.

Pureganic has recently launched Rakshak & G-Satva (Giloy Tablets). Also, organically cultivated, carbide free & naturally ripened Kesar Mangoes from Farms of Kutch are available, alongside over 70 products which are cultivated here. Currently, free home delivery is made in Mumbai. For more details, Whatsapp/SMS on 9820812244.

THE TRUTH. DELIVERED WEEKLY.

પારસી થિયેટરના સૌથી કિંમતી રત્નની વિદાય: ગુડબાય રૂબી પટેલ

૧૧મી મે, ૨૦૨૦ આપણા સમુદાયના અગ્રણી, દિગ્ગજ મંચ અભિનેતા, પારસી-ગુજરાતી-અંગ્રેજી થિયેટર અને અસાધારણ પ્રતિભા ધરાવતા રૂબી પટેલનું મુંબઈમાં ૮૭ વર્ષે દુઃખદ અવસાન થયું છે.

રૂબી અને તેના પતિ, પણ અતિ ઉત્સાહી પ્રતિભાશાળી થિયેટર અભિનેતા અને સફળ નિર્માતા, બરજોર પટેલ જે અંગ્રેજી-ગુજરાતી રંગભૂમિના 'પ્રથમ

દંપતી' તરીકે જાણીતા છે, તેઓએ ૬૦ ના દાયકાથી અસંખ્ય નાટકો, ખાસ કરીને કોમેડી નાટકોમાં સાથે અભિનય કર્યો હતો. તેઓને પ્રખ્યાત અદિ મરઝબાનના નાટકોમાં તેમના અભિનય માટે ખૂબ લોકપ્રિયતા મળી, અદિ મરઝબાન જેમણે રૂબીને સ્ટેજ પર પોતાનો અવાજ કેવી રીતે રજૂ કરવો તે શીખવ્યું.

રૂબી અને બરજોર પટેલ ભારતીય રાષ્ટ્રીય થિયેટરના પારસીવિંગનો એક

અભિનય ભાગ હતા, જેમાં 'ઘેર ઘુંઘરો ને ઘોટાલો', 'તિરંગી તેલમુલ', 'હેલો ઈન્સ્પેક્ટર' અને 'ઉગી દલાપણ ની દાઢ'નો સમાવેશ થાય છે. ૨૦૧૨માં, રૂબી અને બરજોર પટેલને થેરપો થિયેટર જૂથ દ્વારા સંયુક્તપણે લાઈફટાઈમ એચિવમેન્ટ એવોર્ડ આપવામાં આવ્યો હતો.

રૂબી પટેલ થિયેટરની દુનિયામાં દીક્ષા લેતી હતી, જ્યારે તેણી હજી શાળામાં જ હતી, જ્યારે તેના શિક્ષકે, નાટ્ય સ્પર્ધામાં તેના અભિનયથી પ્રભાવિત થઈને તેની અભિનય પ્રતિભાની વાત અદિ મરઝબાનને સંભળાવી. થિયેટરના ડિરેક્ટર સામ કેરાવાલા અને અદી મરઝબાન સાથે તેણીનો કાર્યક્રમ જોવા માટે આવ્યા હતા. રૂબી કિશોર અવસ્થામાં હતા અને અદિ મરઝબાનના સેક્રેટરી તરીકે કામ કરી જ્ઞાન મેળવ્યું હતું.

સામુદાયિક સપોર્ટ સાથે કોવિડ ૧૯ સામે લડવું

- ઈરાનની એફએમ એ મદદ માટે પારસીઓનો આભાર માન્યો-



હું, જે એક સમયે ઈમર્જન્સી ક્વાર્ટર્સ ચલાવતા હતા જ્યારે તમામ સ્થાનિક અને આંતરરાષ્ટ્રીય ક્વાર્ટર્સ સ્થગિત કરવામાં આવી હતી.

ઈરાન અને ભારતના સંબંધો ઘણા જુના છે. આ પ્રાચીન સામાજિક-સાંસ્કૃતિક સંબંધોની ઉજવણી કરવા અને ભારત-ઈરાન રાજદ્વારી સંબંધોના ૭૦ વર્ષ પૂરા થવા માટે, ઈરાન દૂતાવાસ સાથે પરજોરે ફેબ્રુઆરી ૨૦૨૦માં દેરાખત-એ-દોસ્તી મહોત્સવનું આયોજન કર્યું હતું. આ કાર્યક્રમમાં ફિરદોશીના શાહનામે પર એક પ્રદર્શન યોજવામાં આવ્યું હતું, આ મહાકાવ્ય વિશેની પેનલ ચર્ચા અને ઈરાનથી નાના ટુર્પ દ્વારા સંગીત પ્રદર્શન હતું. દુર્ભાગ્યવશ, લગભગ એક સાથે આ તહેવારની સાથે કોવિડ -૧૯ કટોકટી વિશ્વમાં ફેલાઈ રહી હતી.

૧૩મી માર્ચ, ૨૦૨૦ ના રોજ, યજ્ઞ ઝોરાસ્ટ્રિયન એસોસિએશનના પ્રમુખ અને ફેઝાના પ્રમુખ, સંપર્કમાં આવ્યા, અને ડો. કામા સાથે સંકટની વિગતો શેર કરી અને તેના યજ્ઞ અને આખા ઈરાનમાં ખરાબ અસર પડી રહી છે તેની જાણ ડો. સાયરસ પુનાવાલા અને જોબલ ઝોરાસ્ટ્રિયન કમ્યુનીટીને કરી.

જો કે, ઉદાર સમુદાયના સમર્થનથી, જીવન બચાવવાની દવાઓ, માર્સ્ક, સર્જિકલ કવચેલ્સ અને જ્યોલ્સ અને કેટલાક વેન્ટિલેટર, યજ્ઞ પર મોકલવામાં આવ્યા હતા. પુરવઠાનું પરિવહન મહાન સ્થાનિક એરલાઈન્સ દ્વારા શક્ય બન્યું

તેઓ ગયા હોઈ શકે છે, પરંતુ તેઓ ભૂલાશે નહીં!

ફિલ્મી સ્ટાર્સ જીવન અને લાઈવ લાઈફ ડિંગ-સાઈઝ કરતા મોટા હોય છે. તેઓ તેમના જીવનકાળ દરમિયાન ઘાક, ઉત્કટ, પ્રચંડ અને વિશાળ ચાલકગણ હોય છે. પરંતુ મૃત્યુ પછી તેમના ચાલકો તેમના કાર્યક્ષેત્રમાં વધારાની રૂચિ લે છે. રેડિયો-સ્ટેશનો, ટીવી, અખબારો, સામયિકો તેમના જીવનના ઓછા જાણીતા તથ્યો વહેંચે છે તેમને પુનઃજીવિત કરે છે અને તેમને સાંસ્કૃતિક અમરત્વ આપે છે.

થોડા સમય પહેલા આપણે ઈરફાન ખાન અને ઋષિ કપૂર જેવા બે સૌથી પ્રતિભાશાળી મેગા સ્ટાર્સ ગુમાવ્યા. હું તે બંનેને સામાજિક તેમજ મીડિયા મેળાવડાઓમાં મળી હતી. બંને નમ્ર હતા, દેખાડો કરવા વાળા નહોતા. બંનેમાં રમૂજ અને હાર્ટિકનો આનંદ હતો. તેઓ તેમની પત્નીઓ અને બાળકોને ખૂબ ચાલતા હતા. ઈરફાનને મીરા નાયરે તેને થિયેટર-વર્કશોપમાં જોયો હતો અને સલામ બોમ્બેમાં તેને કાસ્ટ કર્યો હતો ત્યારે ઈરફાને આંતરરાષ્ટ્રીય ખ્યાતિ મેળવી હતી. તે પછી, તેણે પાછું ફરીને જોયું નહોતું. તેમણે જુરાસિક પાર્ક, લાઈફ ઓફ પાઈ જેવી હોલિવુડ ફિલ્મોમાં કામ કર્યું. બંને સારા માણસો હતા - અમે તેમના વિશે કોઈ કૌભાંડ અથવા ગપસપ ક્યારેય સાંભળી ન હતી. જો કે, મને ઋષિ કપૂર તેના શિષ્ટાચારમાં વધુ સૌમ્ય અને શુદ્ધ જોવા મળ્યા.

ગયાજ અઠવાડિયે અંગ્રેજી અને ગુજરાતી રંગભૂમિની દુનિયાએ તેનો સૌથી આદરણીય અભિનેતરી - રૂબી પટેલને ગુમાવી છે. તે એક અસાધારણ પ્રતિભા હતી, સ્ટેજ પર હોવાથી ખૂબ જ સ્વયંસ્ફુરિત કલાકાર, જ્યાં ફિલ્મોથી વિપરીત, કોઈ રીટેક નથી. હું સિત્તેરના દાયકાની શરૂઆતમાં ફોર્ટની કોન્વેન્ટ સ્કૂલ ખાતે યોજાયેલા પીટીએ ખાતે રૂબીને મળી હતી. સ્મિતની

આપલે કરી હતી ખબર હતી કે તે એક સેલીબ્રિટી છે. પાછળથી, સિત્તેરના દાયકાના અંતમાં, હું તેમને અભિનંદન આપવા બેક-સ્ટેજ પર ગઈ હતી જ્યાં સ્મિત સાથે આભાર માન્યો! આરઆઈપી રૂબી! તમે સમયની સંપૂર્ણ ભાવના સાથે સ્ટેજ પરની સૌથી સ્ટાર્ટલિશ લેડી હતા! તમારી સાથે, થિયેટરનો એક આખો યુગ પસાર થઈ ગયો!

યકૃત-કેન્સર સાથે લાંબા સમય સુધી લડ્યા પછી મીના કુમારિનું ૩૮ વર્ષની વયે એક અનામી હોસ્પિટલમાં ૧૯૭૨માં એકલતામાં મૃત્યુ થયું. તેના અસંખ્ય ચાલકો તેની છેલ્લી ફિલ્મ પાર્કીઝને જોવા મધમાખી જેવા થિયેટરોમાં ઉમટ્યા હતા. ટાઈમ મેગેઝિન અનુસાર બોલિવૂડના મધુબાલાનું હૃદયની તીવ્ર બિમારીને કારણે ૩૬ વર્ષની વયે અવસાન થયું. તે ૧૯૫૦ ની સાલમાં ચલતી કા નામ ગાડી જેવી મોટી હીટ ફિલ્મ કરી હતી. ટૂંક સમયમાં અને અચાનક માંદગી પછી જાન્યુઆરી ૧૯૬૫માં ગીતા બાલીનું અવસાન થયું; તેમના પતિ શમ્મી કપૂર તીસરી મંજિલના શૂટિંગમાં કુલુ-મનાલીથી દૂર હતા અને પાછા દોડી ગયા હતા. શ્રીદેવીને એવું લાગતું હતું કે તેમનું પાસે બધુ છે - એક પ્રેમાળ પતિ, બે સુંદર પુત્રીઓ, શ્રેષ્ઠ ફિલ્મો, નામ, ખ્યાતિ અને સંપત્તિ. માત્ર આ જ વસ્તુનો અભાવ હતો કે આનો આનંદ માણવા માટે પૃથ્વી પરના દિવસો ઓછા હતા!

સ્મિતા પાટિલ એક સ્ટેજ એક્ટ્રેસ હતી. મેં એનસીપીએમાં તેના મરાઠી-નાટક જોયા અને તેમની

જાહેરાત



આગળની સૂચના ન મળે ત્યાં સુધી ઉદવાડાના શ્રી પાક ઈરાનશાહ આતશબહેરામની મુલાકાત લેવાનું ટાળવાની દરેક જરથોસ્તીને વિનંતી છે.

આવા મુશ્કેલ સમયમાં, અમે સમુદાયના સભ્યો જવાબદારીપૂર્વક અને વધુ સમજણપૂર્વક વર્તન કરે

તેવી અપેક્ષા રાખીએ છીએ.

અમે ઈરાનશાહમાં, ભગવાન ના કરે જો કોઈ પણ આપત્તિ આવે તો તેને સંભાળવા માટે કોઈપણ રીતે સજ્જ નથી.

તેથી અમે તમને નિષ્ઠાપૂર્વક પ્રાર્થના કરવા અને વહેલી તકે આપણા સાથી માણસોની સુખાકારી તથા તમારા ઘરની સલામતી માટે આ રોગચાળા માટે સંપૂર્ણ હૃદયપૂર્વક પ્રાર્થનાઓ કરવા માંગીએ છીએ.

દસ્તુરજી ખુરશેદ કે. દસ્તુર
વરિષ્ઠ ધર્મગુરુ- ઈરાનશાહ
ઉદવાડા



તારીફ કરી હતી. બીજા નાટક પર એમણે મારો આભાર માન્યો. મેં જવાબ આપ્યો, હું ફક્ત સાચી તારીફ કરું છું. તમે તેને લાયક છો! મેં તેને મારી પ્રિય મરાઠી મુલ્ગી તરીકે ઓળખાવી અને તેણીએ મને 'સ્વીટ પારસી આંટી' કહ્યું.

તેમના નિધનથી અમને નામ, ખ્યાતિ અને સંપત્તિની નિરર્થકતા વિશે વિચારવું પડે છે. તેઓ ગયા હોઈ શકે છે, પરંતુ તેઓ ભૂલાશે નહીં ... બરાબર તારાઓની જેમ આજે પણ અમે એલ્વિસ પ્રેસ્લી, રોક હડસન, મેરીલીન મનરો અને ૪૦ અને ૫૦ ના દાયકાના અન્ય હોલીવુડ સ્ટાર્સની ગમગીની સાથે વાત કરીએ છીએ!

- રૂબી લીલાઉવાલા



સફળતા અવશ્ય મળશે!

એક કોલેજમાં એક પ્રોફેસરે પ્રયોગ કર્યો આ પ્રયોગ કરતી વખતે તેના વિદ્યાર્થીઓ પણ તેની સાથે હતા.

સૌ પ્રથમ પ્રોફેસર એ પાણીની એક ટાંકી લીધી, તે પાણીની ટાંકીમાં શાર્ક માછલીને રાખવામાં આવી. અને જોતજોતામાં જ શાર્ક માછલીને સાથે બીજી થોડી નાની માછલીઓ પણ ટાંકીમાં મૂકી દીધી, બધા વિદ્યાર્થીઓએ જોયું કે નાની માછલીઓ મૂકી રહ્યા છે.

બધા વિદ્યાર્થીઓ જોવા લાગ્યા અને વિચારવા લાગ્યા કે હમણાં જ શાર્ક માછલી બધી નાની માછલીઓને ખાઈ જશે, અને થયું પણ એ જ રીતે થોડા જ સમયમાં નાની-નાની બધી જ માછલીઓ હતી તેનો સફાયો શાર્ક માછલી કરી દીધો.

પ્રોફેસરે આ બધું થઈ રહ્યું હતું ત્યાર પછી વિદ્યાર્થીઓની સામે જોયું અને એક મનમાં સવાલ હોય એ રીત નો ચહેરો બનાવ્યો, બધા વિદ્યાર્થીઓએ પ્રોફેસરને પ્રયોગ જોઈને તરત જ કહ્યું કે અરે સાહેબ આ પરિણામમાં કંઈ નવીનતા નથી, આ તો બધાને ખબર જ હતી.

વિદ્યાર્થીઓ, સાચા પ્રયોગની શરૂઆત તો હવે થશે. હવે સંપૂર્ણ ધ્યાન થી અહીં જુઓ કે શું થાય છે? પ્રોફેસરે વિદ્યાર્થીઓને કહ્યું.

પ્રોફેસરે હવે શાર્ક માછલીને પાણી ની ટાંકી માંથી કાઢી લીધી, પછી પાણીની ટાંકીમાં બરોબર વચ્ચે એક ફાઈબરનો જ્વાસ મુકી દીધો. આથી હવે પાણીની ટાંકીમાં વચ્ચે ફાઈબર જ્વાસ હોવાથી બંને બાજુ જગ્યા થઈ ગઈ હતી, પછી પ્રોફેસરે એક ભાગમાં શાર્ક માછલીને ફરી પાછી મૂકી દીધી અને બીજા ભાગમાં થોડી નાની નાની માછલીઓ મૂકી.

નાની માછલીઓ ને જોઈએ એટલે તરત જ શાર્ક માછલી તેમને પકડવા માટે તેમની બાજુ જઈને તરાપ મારવા લાગી, પરંતુ પ્રોફેસરે વચ્ચે ફાઈબરનો કાચ મુક્યો હોવાથી શાર્ક માછલી નાની માછલી ઉપર હુમલો કર્યો પરંતુ તે અસફળ રહી કારણકે વચ્ચે પારદર્શક દીવાલ હતી જે શાર્કને દેખાય નહીં અને તે દિવાલમાં ભટકાઈને પાછી ફરી.

બધા લોકો આ દ્રશ્યો તેની નજર સામે જોઈ રહ્યા હતા, શાર્ક થોડા થોડા સમયના અંતરે નાની માછલીઓ તરફ આગળ વધતી પરંતુ વચ્ચેનો પારદર્શક કાચ સાથે ભટકાતા એટલે ત્યાંથી ફરી પાછી ફરી જતી.

ધીમે ધીમે થોડા કલાકો વિદ્યા પછી શાર્ક નાની માછલીઓને પકડવા માટેના પ્રયાસો ઓછા કરી દીધા.

પ્રોફેસરે સમય થઈ ગયો હોવાથી બધા વિદ્યાર્થીઓ ને રજા આપી અને કહ્યું કે હું આ ટાંકીને અહીં જ રાખવાનો છું,



અને આપણે દરરોજ ભેગા થઈને થોડા દિવસો સુધી અંદર જે પણ કંઈ ઘટના બની રહી છે તેનું નિરીક્ષણ કરીશું.

જેમ જેમ દિવસ વીતતા ગયા તેમ નાની માછલીઓને પકડવા માટે શાર્ક માછલી પ્રયાસો ખૂબ જ ઓછા કરી દીધા. એક દિવસ વિદ્યાર્થીઓ અને પ્રોફેસર બધા ભેગા થયા હતા ત્યારે થોડા સમય સુધી શાર્ક માછલી પ્રયાસો કર્યા પછી નાની માછલીને પકડવાના પ્રયાસ શાર્ક માછલી બંધ કરી દીધા.

લગભગ ઘણો સમય વીતી ગયો પરંતુ શાર્ક માછલી એ નાની માછલીઓ તરફ જવાનું જ બંધ કરી દીધું, આથી થોડા સમય પછી પ્રોફેસરે ખૂબ જ ચોકસાઈથી ટાંકી ની વચ્ચે રહેલા ફાઈબરના કાચને ત્યાંથી લઈ લીધો.

બધા લોકોને થયું કે હવે તો શાર્ક માછલી તરત જ બીજી માછલીઓને

પકડી રહેશે કારણકે હવે વચ્ચે કોઈ જાતનો કાચ હતો નહીં, પરંતુ બધાના આશ્ચર્યની વચ્ચે કાચ ન હોવા છતાં શાર્ક માછલી એ નાની માછલીઓ ને પકડવા નો કોઈ પણ પ્રયાસ ન કર્યો.

ત્યાં હાજર બધા વિદ્યાર્થીઓ માટે આ ખૂબ જ નવીન વાત હતી, તેઓને સમજણ ન પડી રહી હતી કે અંદર શું થઈ રહ્યું છે.

પછી પ્રોફેસરે કહ્યું કે, આપણે આ પ્રયોગમાં થી ઘણું શીખ્યા છીએ. શું? ચાલો જાણીએ

આપણા દરેકના જીવનમાં આપણે સપનાઓ જોતા હોઈએ છીએ, અને એમાં કાંઈ ખોટું નથી કારણ કે સપનાઓ જોઈએ તો જ તેને સાકાર કરવાની ઈચ્છા થાય. આપણે આપણા સપના સાકાર કરવા માટે ખૂબ જ મહેનત કરી અને પ્રયાસ કરતા હોઈએ છીએ. પરંતુ આવું કરવા છતાં આપણને ઘણી વખત સફળતા મળતી હોતી નથી.

વારંવાર નિષ્ફળતાનો સ્વાદ ચાખ્યા પછી આપણે આ શાર્ક માછલીની જેમ પ્રયાસ કરવાનું જ છોડી દઈએ અને હાર માની અને બેસી જઈએ છીએ. મનમાં ને મનમાં આપણે વિચારતા હોઈએ છીએ કે હવે આ કાર્ય મારાથી નહીં થઈ શકે.

ત્યારે એવું પણ વિચારવું કે કદાચ ભગવાન એ આપણી પરીક્ષા કરવા માટે આપણા અને આપણા લક્ષ્ય વચ્ચે કાચ મુક્યો હોય તે કાચ ગમે તે સમયે હટાવી લે અને હવે માત્ર આપણે એક જ પ્રયાસ કરવાની જરૂર હોય.

અને કોઈપણ કાર્ય માં નિષ્ફળતા મળે તો સાબિત નથી થઈ જતું કે તમે નિષ્ફળ થશો, કારણકે નિષ્ફળતા પછી જ હંમેશા સફળતા મળે છે. જે વૈજ્ઞાનિકોએ બલ્બ બનાવ્યા હતા. તે વૈજ્ઞાનિકોને પહેલા જ પ્રયાસમાં બલ્બ કઈ રીતે બને તે ખબર પડી હતી નહીં, હજારો પ્રયાસ પછી તેઓએ સફળ રીતે બનાવ્યો હતો.

આથી હવે જીવનમાં ગમે તેટલી નિષ્ફળતા મળે પરંતુ તમારો સફળતા તરફ આગળ વધવાનો પ્રયાસ કરવાનું છોડતા નહિ.

આ જ ની વા ન ગી

નૂડલ્સ કટલેટ



સામગ્રી: નૂડલ્સ, બ્રેડ સ્વાઈસ, મેંદો, ડુંગળી, લીલા મરચાં, આદુ, મીઠું, કાળા મરીનો પાઉડર.

બનાવવાની રીત: નૂડલ્સને ઉકાળીને તેમાંથી પાણી કાઢીને તેને બાજુએ મૂકી દો. હવે મેંદામાં કાપેલી ડુંગળી, લીલા મરચાં, આદુ, કાળા મરીનો પાવડર અને મીઠું નાંખી મિક્સ કરો. હવે આ મિશ્રણમાં ઉકાળેલા નૂડલ્સ નાંખી મસાલો મિક્સ કરો. હવે સૂકી બ્રેડ સ્વાઈસને મિક્સીમાં પીસીને તેનો ભૂકો બનાવી દો. નૂડલ્સના મિશ્રણને હાથમાં લઈ તેને કટલેટ્સની જેમ વાળી લો અને તેને બ્રેડના પાવડરથી લપેટી લો. આ નૂડલ્સ કટલેટને તેલમાં તળીને તૈયાર કરી લો. સોસ કે લીલી ચટણી સાથે ગરમાગરમ સર્વ કરો અને તમે પણ ખાઓ.



હસો મારી સાથે

પતિ અને પત્ની ભયંકર રીતે ઝગડી રહ્યા હતા. ત્યાં પડોશણે તેના ઘરમાં ગીત વગાડ્યું.

કોઈ જબ તુમ્હારા હૃદય તોડ દે તડપતા હુઆ કોઈ છોડ દે. તબ તુમ મેરે પાસ આના પ્રિયે. મેરા ઘર ખુલા હૈ ખુલા હી રહેગા. એકદમ ઘરમાં સન્નાટો છવાઈ ગયો..! ઝગડો એકાએક પૂરો થઈ ગયો..! પત્ની ફટ કરતી ઉઠી, બારી બારણાં બંધ કરી નાખ્યા. પતિ પરમેશ્વર માટે હાઈકલાસ આદુ વાળી ચા બનાવવા ચાલી ગઈ..!!

આવ

તુ જો આવે તો દુખ આં દુર ભાગે, માટે, જલદી આવ. અમને ફરિ એકવાર માનવતા ભર્યા કામો કરાવ આં કરોના નામ નિ મહામારી હવે પતાવ અહરેમાન ને જલદીમાં જલદી હરાવીને ભગાવ અને અમને, ફરીથી તંદુરસ્ત અને સ્વસ્થ બનાવ મોત જોઈ ત્રાસી ગઈ છે દુનિયા આખી, હવે તો થોડું હસાવ ઓ પ્યારા ખુદા, દુનિયા તારી જ છે, સમારવા એને આવ.

- આફ્રીદ દસ્તુર

માનવની સારી શક્તિનો સદ ઉપયોગ લોક કલ્યાન સારૂ કરે સંસારમાં તો જીવનમાં તેને આનંદ પ્રાપ્ત થાય છે આત્મા માનવનો કદીબી જનમ કે મરણ પામતો નથી તે અમર છે તે ફરી ઉત્પન્ન થાય છે શીરૂ જીસમ બદલે છે સમય પર...

- મીનુ તારાપોર

જરૂર વાંચો

દુઃખમાં તમારી એક આંગળી આંસુ લૂછે છે અને., સુખમાં દસે આંગળીઓ તાળી વગાડે છે!

જ્યારે પોતાનું શરીર જ આવું કરે છે, તો દુનિયાથી અપેક્ષાઓ કેમ? મિત્રો બે પ્રકારના હોય છે. બુટ જેવા સ્વીપર જેવા બુટ જેવા બધી જ ઋતુમાં જોડે હોય જ્યારે સ્વીપર જેવા ઉનાળામાં તો સાથ

નિભાવે અને, ચોમાસામાં પાછળ થી છાંટા પણ ઉડાડે..! ભાગ્ય માં હશે તો કોઈ લૂંટી નહીં શકે., ભાગ્ય વગરનું કોઈ ભોગવી નહીં શકે! બાકી એટલું કલીશ જાય એટલું જાવા દો રહે એમાં જ રાજ કરો ક્યાં સાથે લઈ જાવું છે, જીવો અને જલસા કરો!! અમુક પારકાં એવા મળ્યા જે પોતાના થઈ ગયા અને અમુક પોતાના, પારકાં નો અર્થ પણ સમજાવી ગયા, સંબંધ હોય, કે સમસ્યા બસ,

મન મોટું રાખજો બાકી દુનિયા તો બહુ નાની જ છે! હું નમું છું બધાની સામે કેમ કે, મારે વટ નહી સંબધ રાખવો છે! જેની પ્રીત મળી છે એને પામી લેજો જીવગીમા થોડું જતું કરીને હસતાં-હારતા શીખી લેજો., મળશે દુનિયા માં કેટલાય અપરીચીત લોકો પણ જે તમારા બની જાય એમને સાચવી લેજો.

એક નજર પારસી મરણો ઉપર

Deceased મરનાર	Age વય	Date તારીખ	Address ર. ઠે.	Relations સગાઈઓ
Firoze Khurshed Shroff ફિરોઝ ખરશેદ શ્રોફ (મકોરી)	74 ૭૪	15-05-2020	202, Kerawalla Building, 307, Tardeo Road, Mumbai 7. ૨૦૨ કેરાવાલા બિલ્ડિંગ, ૩૦૭, તારદેવ રોડ, મુંબઈ ૭.	તે શેરનાઝના ધની તે મરહુમો આલુ ખરશેદ શ્રોફના દીકરા તે આયેશાના પપા તે ઝોએયના ગ્રેન કાધર તે એલેક્સના સસરાજી તે મીથા હોરમસજી પટેલના જમાઈ.
Roshan Minoo Patel રોશન મીનુ પટેલ	88 ૮૮	15-05-2020	669, Boyce Malegaonwala Building, Katrak Road, Mumbai 31. ૬૬૯, બોયસ માલેગાંવવાલા બિલ્ડિંગ, કાત્રક રોડ, મુંબઈ ૩૧.	તે મરહુમ મીનુ નવરોજી પટેલના વિધવા તે રોલીન્ટન મીનુ પટેલના માતાજી તે મરહુમો જરબાનુ તથા ડોસાભાઈ રૂસ્તમજી લથના દિકરા તે મોના રોલીન્ટન પટેલના સાસુજી તે મરહુમો જાઈજી તથા એરચશાના વહુ.
Khorshed Jehangir Dick ખોરશેદ જાહાંગીર ટીક	80 ૮૦	16-05-2020	Haji Latif Bldg, 2nd Flr, Rm, No.6, 11, M.P. Agiary Lane, Grantroad, Mumbai 7. હાજી લતીફ બિલ્ડિંગ, બીજે માળે, અગ્યારી લેન, ગ્રાન્ટ રોડ, મુંબઈ ૭.	તે મરહુમ જાહાંગીરના ધન્યાની તે કેઝાદના મંમા તે ગુલશન, ઝીનોબીયા, ઝરીર તથા મરહુમ આબાન ને બેહરામના બહેન તે મરહુમો મેહરુ માનેક મેલતાના દીકરી તે કેતીના સાસુ. તે મરહુમો ધનમાય નરીમાન દીકના વહુ તે યઝદીના બનેવી તે ફીરૂઝી, ગુલ, ફવીના નણંદ તે રોશની, અનાઈતા, કયોમઝના માસી તે બુરઝીનના કુઈજી.
Mahkhorshed Phirojshah Irani માહાખોરશેદ પીરોજશા ઈરાની	89 ૮૯	16-05-2020	Phirojsha Bldg, 5th Floor, 70 C, A.k. Marg, Mumbai 36. પીરોજશા બિલ્ડિંગ, ૫મે માળે, ૭૦- સી, એ. કે. માર્ગ, મુંબઈ ૩૬.	તે મરહુમ પીરોજશાહ ખોદાદાદ ઈરાનીના ખાવીદ તે ખોદાદાદ, શેરયાર, ફેની, શેરનાઝ ને મરહુમ હોશંગના માતાજી તે મરહુમો ખોદાદાદ, સામ, મોતી ને શીરીનના બહેન તે શારમીન, ફીરોઝ, શીરીન, ઝરીર, ફીરોઝ, ફરોખ, અરનાઝ, શાલીન, બીનાઈફર, નતાશા, પીરોજશાહ ને ખોરશેદચેરના ગ્રેન્ડ મધર તે મરહુમો મેહરબાનુ તથા શેરીયાર સામ ઈરાનીના દીકરી તે આબાન કે. ઈરાની, લાલ એચ. ઈરાની, રૂક્ષાના એસ. ઈરાની, ફરેહુન જહાની ને મરહુમ મેરવાન મોન્ડેગરીયાનના સાસુજી તે મરહુમો બાનુબાઈ તથા ખોદાદાદ પી. ઈરાનીના વહુ.
Dara Nariman Bhiwandiwalla દારા નરીમાન ભીવંડીવાલા	82 ૮૨	16-05-2020	Bhiwandiwalla Terrace, E-1, J. S. S. Road, Dhoobhi Talao, Mumbai 2. ભીવંડીવાલા તેરસ, ઈ-૧, જી. એસ. એસ. રોડ, ધોબીતલાવ, મુંબઈ ૨.	તે મરહુમો ગુલબઈ નરીમાન ભીવંડીવાલાના દીકરા તે મની તથા મરહુમો પેરીન, કેતી ને હોમીના ભાઈ તે કેઝાદ, હુફરીઝ, રોશનીના કાકા તે ગુલશનના કાકા સસરા તે પરસી ને પોરસના મામા તે મની હોમ ભીવંડીવાલાના સાલા.
Khushroo Noshir Ichhaporia ખુશરૂ નોશીર ઈચ્છાપોરીયા	57 ૫૭	16-05-2020	646, Gai Chs - A Flat No.103, 1st Floor, Khareghat Road, Parsi Colony, Dadar, Mumbai 14. ૬૪૬, ગાયસે કો. સો. હા. સોસાયટી, ફ્લોટ નં. ૧૦૩, પહેલે માળે, ખારેઘાટ રોડ, પારસી કોલોની, દાદર, મુંબઈ ૧૪.	તે નોશીર અને ગવેર ઈચ્છાપોરીયાના દિકરા તે રૂશતમજી ને કુવરબાઈ ઈચ્છાપોરીયા, મરહુમ રતનશાહ અને ખોરશેદબાનુ દુમર્યાના ગ્રાન્ડ સન તે મરહુમ અદી અને મની ઈચ્છાપોરીયાના નેવીયુ તે મરહુમ જરીર ઈચ્છાપોરીયાના કઝીન તે તના કેશ્મીરા યઝદી, મરનોઝ, રસના, સરસો અને ફરાનક બ્રીકિનઝાના કઝીન.
Nergish Bomi Kodia નરગીશ બોમી કોડીયા	83 ૮૩	17-05-2020	10 B/303, Mukti Chs, Jan Kalyan Nagar, Malad (W), Mumbai 95. ૧૦બી/૩૦૩ મુક્તી કોપરેટીવ હાઉસીંગ સોસાયટી, જનકલ્યાન નગર, મલાડ (વેસ્ટ), મુંબઈ ૯૫.	તે મરહુમ બોમી હોરમઝજી કોડીયાના ઘણીયાની. તે તનાઝ અસ્પી ઈલાવિયા અને મરહુમ શાહરૂખ બોમી કોડીયાના માતાજી તે બીનાયફર શાહરૂખ કોડીયા તથા અસ્પી કેખશરૂ ઈલાવ્યાના સાસુજી. તે મરહુમો ધનમાય બેહરામ દેબારાના દીકરી તે ઉર્વશ, અંજુ, શેરઝાદ, નેકઝાદના ગ્રેન્ડ મધર. તે મરહુમો ભીખામાય હોરમઝજી કોડીયાના વહુ તે રોશન અદિ ભોલા, અરનવાઝ ફીરોઝ ભોજા અને મરહુમો કેશ્મીરા દારા પટેલ, રૂસી બેહરામશા દેબારાના બહેન તે મરહુમો પેરીન દારા મોબેદજીના વેવાણ તે મરહુમ એરચશા હોરમઝજી કોડીયાના ભાભી તે જાલુ એરચ કોડીયાના દેરાણી.
Katy Bomi Sholapurwalla કેટી બોમી સોલાપુરવાલા	87 ૮૭	17-05-2020	45, Harganga Mahal, Dadar (E) Mumbai 14. ૪૫-હરગંગા મહલ, દાદર (ઈ.), મુંબઈ ૧૪.	તે મરહુમ બોમી અરદેશર સોલાપુરવાલાના વિધવા. તે અરદેશીર બોમી સોલાપુરવાલા તથા કેશ્મીરા સરોસ દુબાશના માતાજી તે પરસીસ અરદેશીર સોલાપુરવાલા ને સરોસ દુબાસના સાસુજી તે ઝાલ સરોસ દુબાશ, જેસ્મીન અરદેશર સોલાપુરવાલા ને ડેલના અરદેશર સોલાપુરવાલાના ગ્રેન્ડ મધર તે મરહુમો શેરબાનુ તથા જમશેદજી બેહરામજી વાડીયાની દીકરી તે મરહુમો ફીરોઝ જમશેદજી વાડીયા, નરીમાન જમશેદજી વાડીયા, નરગેસ નવરોઝ જાલનાવાલા તથા માનેક જમશેદજી વાડીયાના બહેન તે મરહુમો બાનુ તથા અરદેશર સોલાપુરવાલાના વહુ.
Aloo Parvez Hodiwalla આલુ પરવેઝ હોડીવાલા	92 ૯૨	17-05-2020	Khoorsilnaaz (Dream House) Plot No.5, 1st Floor, Swami Gyanjivandas Marg, Dadar (E) Mumbai 12. ખુરશીલ નાઝ (ડ્રીમ હાઉસ) પ્લોટ નં. ૫, ૧લે માળે, સ્વામી ગ્યાન જીવનદાસ માર્ગ, દાદર (ઈ.), મુંબઈ ૧૨.	તે મરહુમો ફેમી તથા તેહેમુરસ રૂસ્તમજી મહેતાના દીકરી તે મરહુમ પરવેઝ હોડીવાલાના વિધવા તે મરહુમો અરનાવાઝ બેહરામ સુનાવાલા, ગુલ તેહમુરસ મહેતા, બચુ હોમી સુનાવાલા તથા મહેરૂ નવલ પીઠવાલાના બહેન તે અશીશવંદ તેહેમુરસ જસાવાલા તથા મરહુમો યઝદી બેહરામ સુનાવાલા તથા અદી હોમી સુનાવાલાના માસીજી તે હુફરીઝ અદી સુનાવાલાના માસી સાસુજી.
Jehangir Pirojshah Kapadia જહાંગીર પીરોજશાહ કાપડીયા (જહાંબજ)	82 ૮૨	17-05-2020	B-206, Parsi Punchayet, Goregaon (East), Mumbai 63. બી-૨૦૬ પારસી પંચાયત, ઓકસલ ચર્મ એસ્ટેટ, ગોરેગાંવ (ઈ), મુંબઈ ૬૩.	તે મરહુમો પીરોજ તથા પીરોજશાહ ધનજીશાહ કાપડીયાના દીકરા. તે દારા, અદી, ધનજીશા, તે મરહુમ કાવસ, મરહુમ ખુશરૂ દેઝી ને મરહુમ બચુના ભાઈ. તે જોલી શીરીન કાપડીયાના જેઠ. તે શીરીન દારા કાપડીયાના દેર. તે પોરસ, આદીલ, શેહેરીયાર ને ફરહાદના કાકાજી તે દીનયાર, સાખરસ, હોરમઝ, નવાઝ ને યાસ્મીનના મામા.
Adi Bujorji Kerawalla અદી બરજોરજી કેરાવાલા	94 ૯૪	17-05-2020	23, Aziz Building, 137, Tardeo Road, Mumbai 34 ૨૩, અઝીઝ બિલ્ડિંગ, ૧૩૭ તારદેવ રોડ, મુંબઈ ૩૪.	તે ગવેર અદી કેરાવાલાના ઘણી તે અસ્પી અદી કેરાવાલાના બાવાજી તે અશીશ અસ્પી કેરાવાલાના સસરા તે મરહુમો જરૂ તથા બરજોરજી મેરવાનજી કેરાવાલાના દીકરા તે મરહુમો મની ફીરોઝ ગાર્ડ, પેરીન કેરસી મીસ્ત્રી, ધનજીશાહ કેરાવાલા ને મરહુમ યઝદ કેરાવાલાના ભાઈ તે મરહુમ જરૂ તથા મીનુ હોમી ઈટાલીયાના વહેવાઈ તે મરહુમો કોલા તથા પોલચાજી ગાન્ધીયાના જમાઈ.
Hilla Jal Wadia હીલા જાલ વાડીયા	91 ૯૧	17-05-2020	2, Sir Dorab Tata Bldg. No.2, Bandra (W), Mumbai 50. ૨/સર દોરાબ તાતા બિલ્ડિંગ નં. ૨, બાન્દ્રા (વે), મુંબઈ ૫૦.	તે મરહુમ જાલ જહાંગીરજી વાડીયાના વિધવા તે કાવસી જાલ વાડીયાના માતાજી તે પરવીન કાવસી વાડીયાના સાસુજી તે નતાશા ને રીયાના બપઈજી તે મરહુમો મેહરબાઈ તથા સોરાબજી ભરૂચાના દીકરી તે મરહુમો આઈમાય તથા જહાંગીરજી વાડીયાના વહુ
Delara Bomi Gordon દેલારા બોમી ગોરડોન	50 ૫૦	17-05-2020	Durlabh Bhavan, Block No.4, New Charni Road, Girgaon, Mumbai 4. દુર્લભ ભવન, બ્લોક નં. ૪, ૩જે માળે, ન્યુ ચર્નારોડ, ગીરગામ, મુંબઈ ૪.	તે મરહુમ ગુલ તથા બોમી ગોરડોનના દીકરી તે રોશન બરડીની બહેનની દીકરી તે મરહુમ બજી બરડીના ભાનજી તે એમી હોમી બોગાના કઝીન, નવીલ પેસ્તમજી મીસ્ત્રીના કઝીન.
Ervad Maneck Sorabji Kutar માણેક સોરાબજી કુતાર (યુનિયન બેન્ક)	79 ૭૯	18-05-2020	Modi Bldg. No.10, Gamadia Colony Tardeo, Mumbai 7. ૧૦/૩, ગામડીયા કોલોની, તારદેવ, મુંબઈ ૭.	તે મરહુમ આલુ અને સોરાબજી કુતારના દીકરા તે દીનાઝ રોજર્સના ભાઈ તે રોહિનતન હોમી બોધાનવાલાના ફ્રેન્ડ.
Nozer Jal Tantra નોઝર જાલ તાન્દ્રા	57 ૫૭	19-05-2020	Building No. 786 Room No. 17, Khareghat Road, Parsi Colony, Dadar, Mumbai 14. ૭૮૬/૧૭ ખરેઘાટ રોડ, દાદર પારસી કોલોની, દાદર.	તે નીલુફર નોઝર તાન્દ્રાના ઘણીયાની તે કયવાનના પપ્પા તે મરહુમ જાલ અને કેટી તાન્દ્રાના દીકરા તે મરહુમ સાવકશા અને નરગીશ દાંડીવાલાના જમાઈ તે તનાઝ અસ્પી કાટ્રકના ભાઈ તે બીનાઈફર વીસ્તાસ્ય કાટ્રકના બનેવી.

દોરાબ બાવાજીને તેના જીવનમાં ઘણો અફસોસ થયા હતા. તે મનોમન વિચારી રહ્યા હતા કે હવે પહેલા જેવો જમાનો નથી રહ્યો કે પાછળના જન્મનું કરજ તમે આગળના જન્મમાં ચૂકવો. હવે આ આધુનિક યુગમાં બધું જાણે હાથોહાથ થઈ ગયું હોય તેવું લાગે છે. તેમણે ઘણી વસ્તુ નિહારી હતી જે આજના જમાનાને અનુરૂપ બંધ બેસે છે. ચાલો જાણીએ તેમણે શું કહ્યું હતું. અને જો તમારી ઉંમર ૫૦થી વધુ હોય તો આ બધા મુદ્દાઓ અચૂક વાંચજો.

* તમે સ્થાયી રહો જેથી સ્વતંત્ર જીવન જીવવાનો આનંદ લઈ શકો. * તમારું જેટલું પણ બેંક બેલેન્સ હોય, તમારી ભૌતિક સંપત્તિ

તમારી પાસે રાખો. * વધારે પડતા પ્રેમમાં પડીને તમારી સંપત્તિ તમારું બેલેન્સ કોઈના નામે કરવાનું વિચારતા પણ નહીં. * પોતાના બાળકોએ કરેલા તમને વાપદા પર નિર્ભર ન રહો કે તેઓ તમારી વૃદ્ધાવસ્થામાં સેવા કરશે. કારણકે સમય બદલવાની સાથે સાથે તેની પ્રાથમિકતા પણ બદલી જાય છે અને ક્યારેક ક્યારેક ઈચ્છા હોવા છતાં તે લોકો કંઈ કરી શકતા નથી. એવા લોકોને તમારા મિત્ર મંડળમાં સામેલ રાખવો જે તમને તમ-રા જીવનમાં પ્રસન્ન જોવા માંગતા હોય, એટલે કે એવા મિત્રો તમારા મિત્ર મંડળ માં રાખો જે તમારા સાચા હિતેચ્છુ હોય. * પોતાના સંતાનોના જીવનમાં ક્યારેય



આટલું જરૂરથી યાદ રાખો!

દખલઅંદાજ ન કરો, તેઓને પોતાની રીતે પોતાનું જીવન જીવવા દો અને તમે તમારી રીતે તમારું જીવન વ્યતિત કરો. * લોકોની વાતો સાંભળો, ધ્યાનથી સાંભળો પરંતુ અંતે તો તમારા સ્વતંત્ર વિચારોના આધારે જ નિર્ણય લેવો. * ભગવાનને પ્રાર્થના કરો પરંતુ ભગવાન પાસે ભીખ ના માંગો, કારણકે ભગવાન

પાસેથી માંગવું જ હોય તો તમે માફી પણ માંગી શકો અથવા હિંમત પણ માંગી શકો. * પોતાના સ્વાસ્થ્યનું ધ્યાન તમારે પોતાને જ રાખવું, તમારા ખોરાકનું તમારા ડાયેટનું વગેરે બધાનું ધ્યાન તેમજ તમારા આર્થિક સામર્થ્ય અનુસાર સાટું અને પૌષ્ટિક ભોજન લેવાનું રાખો. * આ સિવાય બને ત્યાં સુધી જે કામ તમારાથી હાથેથી થઈ શકતું હોય તે બીજા પર છોડો. * નાના કષ્ટ પર ધ્યાન ન આપો કારણ કે ઉંમરની સાથે સાથે નાની મોટી શારીરિક સમસ્યાઓ થતી રહે છે. * પોતાના જીવનને હંમેશા ઉત્સાહપૂર્વક જીવવાનો પ્રયત્ન કરવો, હંમેશા પોતે પણ પ્રસન્ન રહેવું અને બને ત્યાં સુધી પ્રયત્ન કરવો કે

આપણાથી બીજા પણ પ્રસન્ન રહે. * દર વર્ષે નાની એવી યાત્રા એક અથવા વધુ વખત કરવી જોઈએ આનાથી તમારા જીવન જીવવાનો નજરીયો પણ બદલી શકે છે. * તમે જાણતા જ હશો કે જીવનમાં કોઈપણ વસ્તુ સ્થાયી નથી, એટલે કે તમારી પાસે સમસ્યાઓ હોય તો ત પણ કાયમ રહેતી નથી, ચિંતાઓ પણ જતી રહે છે આ વાત ઉપર કાયમ વિશ્વાસ રાખો. * પોતાના સામાજિક દાયિત્વ જવાબદારીઓનો ભોજ તમારા રિટાયરમેન્ટ સુધીમાં પૂરો કરી લેવો અને જીવનમાં હંમેશા યાદ રાખવું કે જ્યારથી તમે પોતાના માટે જીવવાનું શરૂ નહીં કરો ત્યાં સુધી લડકતમાં તમે જીવન જીવવાનો આનંદ નહીં માણી શકો.

પાના નં. ૧૬થી ચાલુ

એક નજર પારસી મરણો ઉપર

Jal Pirojsha Sopariwala જાલ પીરોજશાહ સોપારીવાલા	88 ૮૮	19-05-2020	6, Jer Amin Villa, Malcolm Baug, Jogeshwari (W), Mumbai 102. ૬૬, જર અમીન વીલા, માલકમ બાગ, જોગેશ્વરી (વે.), મુંબઈ ૧૦૨.	તે એલેન જાલ સોપારીવાલાના ઘણી તે યજ્ઞી જાલ સોપારીવાલા ને ફેડી જાલ સોપારીવાલાના બાવાજી તે મરહુમો જાયજી તથા પીરોજશાહ સોપારીવાલાના દીકરા તે બીનાઈફર યજ્ઞી સોપારીવાલા ને પરીઝાદ ફેડી સોપારીવાલાના સસરા તે જેનીફર, સ્પેનીશટા, ફીયાન, વરઝીયારના બપાવાજી તે મરહુમો નોશીર, દારા, રોશન ને ખોરશેદના ભાઈ તે મરહુમો દીનબાઈ તથા અમનશાહ એવાવ્યાના જમાઈ.
Farokh Godrej Todiwala ફરોખ ગોદરેજ તોડીવાલા	77 ૭૭	20-05-2020	19, Pirojbai Building, Pochkhanawala Road, Grant Road, Mumbai 7. ૧૯, પીરોજબાઈ બિલ્ડિંગ, પોચખાનાવાલા રોડ, ગ્રાન્ટ રોડ, મુંબઈ ૭	તે કેટી ફરોખ તોડીવાલાના ખાવિંદ તે નેનસી પરસી મારફટીયાના બાવાજી તે બોનાયતાના મમાવાજી તે નાજમાય તથા ગોદજ શાવકશા તોડીવાલાના દીકરા તે મરહુમ ટેલમુલ તથા ફેણી સામ લાલી, દાલી, પરવેઝ ને સરોશના ભાઈ તે મરહુમો મેહરબાઈ તથા જહાંગીરજી ખંબાતાના જમાઈ તે દીદા તથા કાવસ શાવકશા મારફટીયાના વહેવાઈ.
Hufriz Nani Chesson હુફરીઝ નાની ચેસન	73 ૭૩	21-05-2020	16/A, Station Terrace, Sleater Road, Grant Road, Mumbai 7. ૧૬/એ, સ્ટેશન ટેરેસ, સ્લેટર રોડ, ગ્રાન્ટ રોડ (વેસ્ટ), મુંબઈ ૭	તે મરહુમ નાની ઈ. ચેસનના વિધવા તે યોહાન નાની ચેસનના માતાજી તે મરહુમો દીના તથા કુવર પટેલના દિકરી તે મરહુમો દોલત તથા એચ ચેસનના વહુ.
Rustom Dhunjishaw Mistry રૂસ્તમ ધનજીશા મીસ્ત્રી	90 ૯૦	21-05-2020	G-3 / K-2, Cama Park, Cama Road, Andheri, Mumbai 58. જી-૩/કે-૨, કામા પાર્ક, કામા રોડ, અંધેરી, મુંબઈ ૫૮.	તે પીલુ રૂસ્તમ મીસ્ત્રીના ખાવિંદ તે આબાન પ્રીન્ટરના માતાજી તે દિનશા પ્રીન્ટરના મમાવાજી તે મીનુ મીસ્ત્રીના ભાઈ તે દાલયુસ પ્રીન્ટરના સસરાજી તે મરહુમો નાજમાય તથા ધનજીશાના દીકરી તે મરહુમો સુનામાયજી તથા જમશેદજી પનવેલવાલાના વહુ.
Roda Sohrab Dhanboora રોડા સોહોરાબ ધનબુરા	88 ૮૮	21-05-2020	F-5, Cusrow Baug, S. B. Road, Colaba, Mumbai 1. એફ/૫, ખુશરૂ બાગ, એસ. બી. સીંગ રોડ, કોલાબા, મુંબઈ ૧.	તે મરહુમ સોહોરાબના વિધવા તે મરહુમો આયમાય તથા દારાશાહ ધનબુરાના દિકરી તે સામ તથા મરહુમ કાવસ ધનબુરાના બહેન તે મરહુમો ગુલબાઈ તથા જાલબાઈના વહુ.
Dinyar Hiraji Bhatena દીન્યાર હીરજીભાઈ ભાઠેના	80 ૮૦	21-05-2020	Building No. 10/1, Mistry Buidig, Gamadia Colony, Tardeo Mumbai 7. બિલ્ડિંગ નં. ૧૦/૧, મીસ્ત્રી બિલ્ડિંગ, ભોઈ તળીયે, ગામદીયા કોલોની, તારદેવ, મુંબઈ ૭.	તે મરહુમ હોમાયના ધની તે મરહુમો દોસીબાઈ તેમજ હીરજીભાઈ કુવરજી ભાઠેનાના દીકરા તે મરહુમો નાજમાય તેમજ મીનોચેર દોરાબજી ઈચ્છાપોરીયાના જમાઈ તે મોનાજી આદીલ કાવરાના ને ફરીદા નેવીલ પાતરાવાલાના બાવાજી તે અદી તથા મરહુમો માનેક, સામ અને એમી ફરુદન ઈરાનીના ભાઈ તે આદીલ હોશંગ કાવરાના ને નેવીલ ફરામરોજ પાતરાવાલાના સસરાજી. તે અરઝાન, બીનાફશા ને તાન્યાના મમાવાજી તે મની તથા મરહુમ માહરૂબના બનેવી તે બેરોઝ અને મરહુમ હોશંગ દિનશાહજી કાવરાના અને ગાઈમાય તથા મરહુમ ફરામરોજ મંચેરશાહ પાતરાવાલાના વેવાઈ તે આલુના જેઠ તે નવાઝના દેર તે ફીરોઝા અને યજ્ઞીના કાકા તે દેઝી દીન્યાર શ્રોફના માસાજી તે રૂબી હોરમઝદ મેલતા ના મોટા માસાજી તે યોહાનના ગ્રેટ ગ્રાન્ડ માસાજી.

Death Announcements from Toronto Canada

Parvez Hormuzji Rabadi પરવેઝ હોરમઝજી રબાડી	85 ૮૫	15.05.2020	Nagpur નાગપુર	તે રોશનના ખાવિંદ તે મરહુમો મહેરબાઈ અને હોરમઝજી રબાડીના બેટાતે નેવીલના બાવાજી તે વીરાના સસરાજી તે યજ્ઞદાન, યસના અને દેલનાઝના બપાવાજી તે મરહુમો શીરીનબાઈ અને પેશોતન તારાપોરવાલાના જમાઈ તે કમલ બેજન ફોઝદાર અને મરહુમ ફીરોઝ રબાડીના ભાઈ તે મરહુમો ટેલમુરુસ તારાપોરવાલા, પીલુ ખુરશેદ ભાઠા અને ધન પાલનજી દસ્તુરના બનેવ
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Death Announcements from Kandivali

Mehrban Beman Afsadi Zadeh aka Khanjari મેહેરબાન બમન અફસાદી જાદેહ આકા ખંજારી	88 ૮૮	14.05.2020	Salsette PArsi Co-op Hsg. Society Bldg. no. 6-D, 1st Flr., Flat No. 105, Andheri [E], Pump House, Mumbai 93. બિલ્ડિંગ નં. ૬-ડી, પહેલા માળે, ફ્લેટ નં. ૧૦૫, સોલસેટ પારસી કોલોની, અંધેરી (ઈસ્ટ), પંપ હાઉસ, મુંબઈ.	તે મરહુમ કેટાપુન સલામત તાફતી તથા સોતુદેહ શાહવીરના ખાવિંદ તે પરવાના ખોદાબકશ રાસતેગરી ને શેહેનાઝ દારા ઈરાનીના બાવા તે મરહુમ બમન દારબ તથા દોલતના દીકરા તે સોહોરાબ તથા મરહુમો રૂસ્તમ, બેહરામ, ખોદાપાર, બાનુ ને પરીના ભાઈ તે દારાપુશ, શીરીન ને ફરહાદના ગ્રેન્ડ ફાધર.
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Death Announcements from Prayer Hall

Goolshan Jamshid Mazdiasni ગુલશન જમશીદ માઝદીયાસ્ની	64 ૬૪	17.05.2020	A-16, Godrej Baug, off Napeasea Road, Mumbai 26. એ-૧૬, ગોદરેજ બાગ, ઓફ નેપીયન્સી રોડ, મુંબઈ ૨૬.	તે જમશીદના ઘણીયાણી તે મહાફીદના મમ્મી તે મરહુમ મની અને મરહુમ બેજન દુમર્યાના દીકરી તે ફરીદા અને રશનાના બહેન તે મરહુમ શીરીન અને મરહુમ ખોદાબકશના વહુ.
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Death Announcements from Surat

Kashmira Dadi Damania કેશમીરા દાદી દમણીયા	63 ૬૩	19.05.2020	Building No. 13, Ground Floor, Old Khareghat Colony Mumbai. બિલ્ડિંગ, નં ૧૩, ભોખતળીયે, જૂની ખરેઘાટ કોલોની, મુંબઈ.	તે મરહુમો કેટી તથા દાદી જાંગીરજી દમણીયા દીકરી તે બોમી અને બખ્તાવરના બહેન તે કમલ અને રોહિન્ટન ના ભાભી.
Diniyar Ratanshaw Gandhi દીન્યાર રતનશા ગાંધી	67 ૬૭	14.05.2020	B-5, Paughdarshan Apt. Saiyedpura Pumping Station, Surat 395003. બી-૫, પગ દર્શન અપાર્ટમેન્ટ, સૈયદ પુરા, પમ્પ પીંગ સ્ટેશન, સુરત ૩૯૫૦૦૩.	તે મરહુમ ગુલબાનુ તથા મરહુમ રતનશા ના દીકરા તે રૂસ્તમજી તથા સોલી ના ભાઈ તે ઝરીન તથા પીલુના દેર તે ક્યઝાદ, ગેવ, રશના, ફરઝાનના કાકાજી.



YOUR MOON SIGNS JANAM RASHI THIS WEEK

લખનાર: મરહુમ મહારાજ શ્રી સ્વયંજયોતિના સહકાર્યકર્તા જયેશ એમ. ગોસ્વામી

અઠવાડિક રાશિક્ષણ: તા. ૨૩.૦૫.૨૦૨૦ થી તા. ૨૯.૦૫.૨૦૨૦



Aries - મેષ

અ.લ.ઈ.

૨૫મી જૂન સુધી ચંદ્રની દિનદશા ચાલશે. પ્લાન કરી કામ કરશો. નાણાકીય બાબતમાં સારા સારી રહેશે. કામમાં ઘરવાળાઓનો સાથ સહકાર મળશે. કામ પૂરા કરવામાં સફળતા મળશે. ગામ-પરગામ થી સારા સમાચાર મળશે. ઘરમાં નવી ચીજવસ્તુઓ વસાવી શકશો. તંદુરસ્તીમાં સારા સારી રહેશે. દરરોજ ૩૪મું નામ 'યા બેસ્તરના' ૧૦૧વાર ભણાવો. શુકનવંતી તા. ૨૩, ૨૭, ૨૮, ૨૯ છે.

Lucky Dates: 23, 27, 28, 29.

The Moon's rule till 25th June suggests that you will work in a planned manner. Financially, things will be good. Your family members will be supportive of your work. You will be successful in completing your work tasks. You will receive good news from abroad. You will be able to make new purchases for the house. Health will be good. Pray the 34th Name, 'Ya Beshtama', 101 times.



Cancer - કર્ક

સ.ઈ.

૧૬મી જુલાઈ સુધી શુક્રની દિનદશા ચાલશે. ઓપોર્ટીટ સેક્સ તરફથી કાયદાની વાત જાણવા મળશે. તમારી જરૂરતની ચીજ વસ્તુ મેળવી શકશો. નાણાકીય બાબતમાં સારા સારી રહેશે. કામમાં કાયદો મળશે. તમને મદદ કરનારના મદદગાર બનશો. ઘરમાં નવી વસ્તુ વસાવી શકશો. દરરોજ 'બહેરામ યઝદ'ની આરાધના કરજો. શુકનવંતી તા. ૨૫, ૨૬, ૨૮, ૨૯ છે.

Lucky Dates: 25, 26, 28, 29.

Venus' rule till 16th July brings you beneficial information from the opposite gender. You will get the items that are needed by you. Financial stability is indicated. You will make profits at work. You will be able to help those who had helped you earlier. You will be able to make new purchases for the house. Pray to Behram Yazad daily.



Libra - તુલા

ર.ત.

ગુરૂની દિનદશા ચાલુ હોવાથી રોજના કામ શાંતિથી પૂરા કરશો. હાલમાં નાણાકીય મુશ્કેલી નહીં આવે. સમય પર જોઈતી વસ્તુ અથવા ધન મળી જશે. ફેમિલી મેમ્બર સાથે મતભેદ દૂર થશે. તબિયતમાં સારા સારી થતી જશે. દરરોજ ભુલ્યા વગર 'સરોશ યજ્ઞ' ભણાવો. શુકનવંતી તા. ૨૩, ૨૪, ૨૬, ૨૯ છે.

Lucky Dates: 23, 24, 26, 29.

Jupiter's ongoing rule helps you complete your daily chores in peace. Financial stability is indicated. Any kind of necessary items or money requirements will be fulfilled just in time. Squabbles with family members will get resolved. Health will continue to improve. Pray the Sarosh Yasht daily.



Capricorn - મકર

ખ.જ.

૧૮મી જૂન સુધી બુધની દિનદશા ચાલુ હોવાથી તમે ધન કમાઈ લેશો. દુશ્મનને પોતાના મિત્ર બનાવી લેશો. સમજ વિચારી ધન ખર્ચ કરજો. થોડી કરકસર કરી ઈનવેસ્ટમેન્ટ અવશ્ય કરજો. કોઈના સાચા સલાહકાર બની શકશો. દરરોજ 'મેહર નીઆએશ' ભણાવો. શુકનવંતી તા. ૨૫, ૨૬, ૨૭, ૨૮ છે.

Lucky Dates: 25, 26, 27, 28.

Mercury's rule till 18th June brings you lots of opportunities to earn good money. You will win over your enemies and make them your friends. Spend money wisely. Put in the effort to save money and make investments. You will be able to provide sincere advice to another. Pray the Meher Nyaish daily.



Taurus - વૃષભ

બ.વ.ઉ.

સુર્યની દિનદશા ચાલુ હોવાથી માથાનો બોજો વધી જશે. પ્રેશર જેવી બિમારીથી પરેશાન થશો. ૪થી જૂન સુધી સરકારી કામો તથા દસ્તાવેજી કામ કરશો નહીં. ઘરમાં વડીલ વર્ગનું ધ્યાન રાખજો તબિયત ખરાબ થવાના ચાન્સ છે. કોઈ પર વિશ્વાસ મૂકતા નહીં. દરરોજ ૯૬મું નામ 'યા ર્યોમંદ' ૧૦૧વાર ભણાવો. શુકનવંતી તા. ૨૪, ૨૫, ૨૮, ૨૯ છે.

Lucky Dates: 24, 25, 28, 29.

The ongoing Sun's rule could make you feel increasingly mentally pressured. Watch out for your BP levels. Avoid doing any legal or government related work upto the 4th of June. Take special care of the elderly at home as they could fall ill. Avoid trusting people. Pray the 96th Name, 'Ya Rayomand', 101 times.



Leo - સિંહ

મ.ટ.

રાહુની દિનદશા ચાલુ હોવાથી તમારા કામમાં મન નહીં લાગે. બનતા કામ બગડી જશે. આવકની જગ્યાએ નુકસાન થવાના ચાન્સ છે. નાણાકીય બાબતમાં મુશ્કેલી આવશે. કોઈ પાસે લોન લેવી પડશે. મિત્રો સાથે મતભેદ થશે. દરરોજ 'મહાબોખ્તાર નીઆએશ' ભણાવો. શુકનવંતી તા. ૨૩, ૨૪, ૨૭, ૨૯ છે.

Lucky Dates: 23, 24, 27, 29.

Rahu's ongoing rule does not allow you to focus on your work. Work which was nearly completed will go topsy-turvy. Instead of profits, you could end up having to endure losses. Financially, things could get tough. You might need to take a loan. Squabbles in friendships could take place. Pray the Mah Bokhtar Nyaish daily.



Scorpio - વૃશ્ચિક

ન.ચ.

આજનો દિવસ શનિની દિનદશામાં પસાર થવાનો બાકી છે. કોઈ સાથે બોલાચાલીમાં પડતા નહીં. કાલથી ગુરૂની દિનદશા આવતા પટ દિવસોમાં તમારા માથાનો બોજો ઓછો કરશે. નાણાકીય મુશ્કેલીમાંથી બહાર આવી જશો. તબિયતમાં સારા સારી રહેશે. ફેમિલી સાથે સંબંધો સારા થશે. દરરોજ 'સરોશ યજ્ઞ' ભણાવો. શુકનવંતી તા. ૨૩, ૨૪, ૨૮, ૨૯ છે.

Lucky Dates: 23, 24, 28, 29.

With today as the last day under Saturn's rule, try to avoid getting into arguments with others. Tomorrow onwards, Jupiter's rule for the next 58 days, will reduce your mental tensions. You will overcome any financially difficult situations. Health will be good. Relations with the family will improve. Pray the Sarosh Yasht daily.



Aquarius - કુંભ

ગ.શ.સ.

આજથી ૨૦મી જુલાઈ સુધી બુધની દિનદશા ચાલશે. જે પણ કામ કરશો તેમાં કોન્ફીડન્સ સારો રહેશે. અધુરા કામ ફરી ચાલુ કરી શકશો. એકસ્ટ્રા કામ કરી ધન કમાઈ લેશો. જે કામમાં કાયદો મળતો હશે તે કામ પહેલા કરશો. દરરોજ ભુલ્યા વગર 'મેહર નીઆએશ' ભણાવો. શુકનવંતી તા. ૨૩, ૨૪, ૨૬, ૨૯ છે.

Lucky Dates: 23, 24, 26, 29.

Starting today, Mercury will rule you till 20th July, infusing great confidence in all that you do. You will be able to restart incomplete projects. By working extra, you will earn well. Prioritize the work that will bring you greater monetary benefits over other jobs. Pray the Meher Nyaish daily.



Gemini - મિથુન

ક.ઇ.ધ.

૧૬મી જૂન સુધી શુક્રની દિનદશા ચાલશે. મોજશોખ ઘટવાની જગ્યાએ વધી જશે. નાણાકીય મુશ્કેલી નહીં આવે. પ્રેમી-પ્રેમીકા વચ્ચે મતભેદ ઓછા થશે. નવા કામમાં સફળતા મળશે. ગામ પરગામથી સારા સમાચાર મળશે. ઘરવાળાને આનંદમાં રાખી શકશો. નવી વ્યક્તિ જીવનમાં આવવાના ચાન્સ છે. દરરોજ 'બહેરામ યઝદ'ની આરાધના કરજો. શુકનવંતી તા. ૨૩, ૨૪, ૨૬, ૨૭ છે.

Lucky Dates: 23, 24, 26, 27.

Venus' rule till 16th June will increase your inclinations towards fun and entertainment. Financially you will be stable. Squabbles between couples will reduce. New ventures will be successful. You will receive good news from abroad. You will be able to keep your family members content. A special someone could enter your life. Pray daily to Behram Yazad.



Virgo - કન્યા

પ.ઠ.ણ.

૫મી જુલાઈ સુધી રાહુની દિનદશા ચાલશે. અંગત વ્યક્તિનો સાથ નહીં મળે. તમારા કામ સમય પર પૂરા નહીં કરી શકો. તબિયતની કાળજી લેજો. ડોક્ટરની સલાહ અવશ્ય લેજો. કોઈને મદદ કરતા નહીં. કોઈપણ કામ સમજ વિચારી કરજો તમારી નાની ભૂલ મોટી મુસીબતમાં મુકશે. દરરોજ 'સરોશ યજ્ઞ' ભણાવો. શુકનવંતી તા. ૨૫, ૨૬, ૨૭, ૨૮ છે.

Lucky Dates: 25, 26, 27, 28.

Rahu's rule till 5th July could make you feel alienated by a close person. You might not be able to complete your work in time. Take care of your health and if need be, seek a doctor's opinion surely. Avoid trying to help others. Ensure to think things through thoroughly before embarking on any work. Even a small mistake could land you in big trouble. Pray the Sarosh Yasht daily.



Sagittarius - ધન

ભ.ધ.ક. ટ.

૨૫મી જૂન સુધી શનિ તમને ખૂબ પરેશાન કરશે. તબિયતની ખાસ કાળજી લેજો. બીજા પર વિશ્વાસ રાખતા નહીં. ફેમિલી મેમ્બર સાથે મતભેદ થશે. એક બાજુ પૈસા બચાવશો અને બીજી બાજુ ખર્ચ વધી જશે. દરરોજ 'મોટી હમન યજ્ઞ' ભણાવો. શુકનવંતી તા. ૨૩, ૨૪, ૨૮, ૨૯ છે.

Lucky Dates: 23, 24, 28, 29.

Saturn's rule till 25th June could cause you a lot of distress. Ensure to take special care of your health. Avoid trusting another. You could end up arguing with a family member. While you will be able to save money at one end, your expenses could increase, on the other. Pray the Moti Haptan Yasht daily.



Pisces - મીન

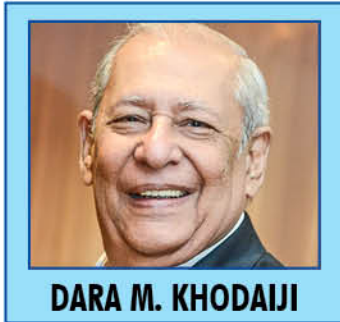
દ.ચ.ઝ.થ.ક્ષ.

આજનો દિવસ ચંદ્રની દિનદશામાં પસાર કરવાનો બાકી છે. કાલથી ૨૮ દિવસ માટે શરૂ થતી મંગળની દિનદશા તમારા શાંત મગજને ગરમ કરી નાખશે. ૨૩મી જૂન સુધી વાલન સંભાળીને ચલાવજો. એક્સિડન્ટ થવાના ચાન્સ છે. ઘરનું વાતાવરણ સાફ નહીં રહે. નેગેટીવ વિચારથી દૂર રહેજો. મંગળને શાંત કરવા દરરોજ 'તીર યજ્ઞ' ભણાવો. શુકનવંતી તા. ૨૩, ૨૪, ૨૫, ૨૭ છે.

Lucky Dates: 23, 24, 25, 27.

Today marks the last day under the Moon's rule. Starting tomorrow, Mars' rule for the next 28 days, will heat up your cool mind. Drive or ride your vehicle with extra caution till the 23rd of June, as you could meet with an accident. The atmosphere at home might not be cordial. Try to stay away from negative thoughts. Pray the Tir Yasht daily.

Mumbai (Bombay) The Urbs Prima In Indis!



DARA M. KHODAIJI

When I was just a little boy, Mumbai was called Bombay. Bombay the beautiful, it was the 'Urbs Prima in Indis' and rightly so. It was green, it was clean. There were footpaths to walk on and the roads were for vehicles. It was Bombay upto Mahim, and Bandra was the suburb. Buildings were old but stately. Sky-scrapers were almost two decades away. There were trams, popularly known as 'tam-tams' - they were slow but less expensive. Buses cost a tad more, they were much faster. Bombayites used to form queues for buses - a system now almost as



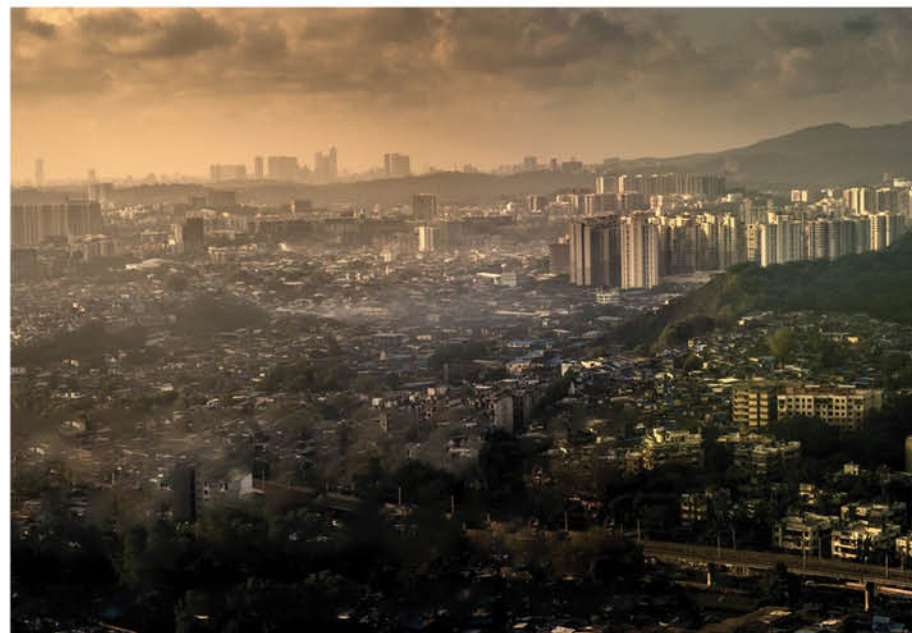
of Mumbai's earnings must be going to backward states, to support their overflowing population. A major part of that population overflows into lucrative Mumbai.

Mumbai has become the most densely populated city in India, a city of slums, and this is the

Mumbai deserves help! Answer, shall we have it?

The main reason the virus thrives in Mumbai is because there is hardly any space to practice isolation and social distancing, especially in the slums and chawls; AND SOCIAL DISTANCING AND ISOLATION IS THE NEED OF THE HOUR! Geographically, Mumbai is a narrow strip of land jutting out in the sea, maybe a few kilometers at its broadest. Hence there is no scope for it to expand with the sea on three sides! With real estate prices touching the sky, the same as the high-rise buildings, there is no way out from the influx of migrants who come seeking work here. Clusters of hutments mushroom into huge slums. Slum redevelopment projects were supposed to have eased out the slums, but that was not to be. People kept on pouring into this *urbs prima*, and many of those who were allotted the flats sold them at high prices and bought tenements in other slums, and went laughing all the way to the banks.

Our burgeoning population is the root cause of the mess our country is facing. All governments consisting mainly of men of straws have had no courage, irrespective of their size of the chest, to actually bring about any measure to control the population, leave alone a stringent measure! The present incumbents don't seem to have the gumption and the courage to do the right thing for the country. All the while keeping an eye on the vote banks and the constant fear of losing elections leads to pusillanimity! Such can never make for good governance nor make good rulers.



extinct and forgotten, as the dodos. Cars were elegant, distinctive and few. Boys would consider themselves fortunate if they had bicycles to perambulate to school or college. Today, they wouldn't be seen dead on them! It's just not cool.

In 1955, Bombay's population stood at 37,26,000. Today, sixty-five years later it stands around 1,86,00,000. Mumbai has become the highest tax earner of the country. Not only that, it provides means of livelihood to millions of non-Maharashtrians too. A huge portion

reason why several areas in the city simply cannot put to practice social distancing in these times of the Corona curse. It is impossible in slums, where a cubbyhole of a kholi, a tenement, has families living cheek by jowl. No wonder it has become an uphill task for the government to control the deadly Covid virus that has spread in the city. The present coalition government of the state is doing a tough job trying to curb the virulent disease. Yet, it cannot do much without the support of the government at the center.



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! Mail us with your contributions at editor@parsi-times.com

Please Don't Let Zoroastrianism Die!

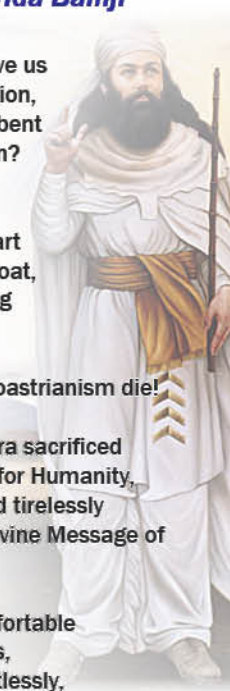
By Farida Bamji

Ahura Mazda gave us
A Beautiful Religion,
Why are we hell-bent
On its destruction?
At that thought
I do choke,
With a heavy heart
A lump in my throat,
With tears welling
In my eyes
I plead to all -
Don't let our Zoroastrianism die!

Asho Zarathushtra sacrificed
His precious life for Humanity,
Undauntingly and tirelessly
Spreading the Divine Message of
Universality.

Uncaring of comfortable
Clothing or shoes,
He worked relentlessly,
Doesn't that mean anything to you?
Give up the ego and the false pride,
Lead our community
To greater heights;
Put on your thinking caps,
Do what is right,
Before the years pass us by,
'Coz I don't want our religion,
our Zoroastrianism to Die!

From His Divine Message,
We have lots to gain;
Let not his death
Be in vain!



Tandorasti Bhareli Majeni Life... ... During And Beyond The Lockdown For Our Seniors



DR. DANESH CHINYOY

The multi-talented and dynamic **Dr. Danesh D. Chinoy** is a leading Health and Wellness Coach, Sports Physiotherapist and Psychologist. He is also a prominent Facilitator, Educator and Administrator, Physiotherapist (Sports & Manual Therapy), Corporate Trainer and Psychologist. He is dedicated to guiding clients to succeed while inspiring an insatiable passion for learning and helping all to heal holistically and remain fighting fit for life. With a Doctorate in Sports Physiotherapy and a Masters in Psychology, Dr. Chinoy's two-decades rich experience comprises handling international sports teams and tournaments, including the Davis Cup and Indo-Ethiopian Cricket League. The recipient of innumerable awards national and global awards, Dr. Chinoy has worked across continents in various roles and capacities on the UN and World Bank funded projects. He is now on a mission to serve society by empowering all to reach their peak performance.

Parsi Times is honoured and grateful to present Dr. Chinoy's expert recommendations aimed at helping our community members, especially our seniors, to stay healthy and fit during the lockdown... and after!

Wayne Fields said in his nursery rhyme,

*"The best six doctors anywhere
and no one can deny it,
Are sunshine, water, rest, air, exercise and diet.
These six will gladly you attend,
if only you are willing,
Your mind they'll ease, your will they'll mend,
and charge you not a shilling".*

There is a lot of truth in the above quote for our very dear loving and sweet 'dosas' and 'dosis', as also for our 'babas' and 'babies'. During these challenging times of lockdown and quarantine, it is even more imperative for us *dikras* and *dikris* to take care of our health and fitness, along with the health and fitness of our mamma and papa, bapawajis and bapajjis, mamawajis and mamijis. The blessing given to children to be a 'ghardo doso' comes with its own set of challenges in health and fitness.

The beginning of the end almost always starts with reducing activity and mobility. The '*Corodo rupiya ni secret*' to a healthy and fit old age is movement and activity. While physicians and surgeons will add more and more years to your life; us physiotherapists are entrusted with the task of adding more and more life to all the years ahead! To *chaalo, tayaar cho for a majeni life?*

A life much more and beyond our regular 'Parsi Khavanu and Pivanu', I invite all of you, my dear fellow Parsis, to join me in a journey to commit to our *Tokham Kayani* of strong health, fitness filled energy and vigour filled smiles. It doesn't really matter what age you mention on your Adhar card, what matters is what age you feel within.

During my stint in rural Africa, I was fortunate to meet many men and women, who amazed me with their youthful fitness and soulful wisdom at eighty years and above. When I look back at our own Indian population and our community in particular, I used to wonder where did we go wrong or why are we failing to age with strength. The answer is not as simple as it may seem. One of the main culprits of the loosing battle is my own medical fraternity, who have yet not unraveled all the truths, and at times, have inadvertently followed with conviction, certain half-truths.

So, let's come back to our six best doctors and see how we can make the best of each one of them,

as our first six steps of the journey during this lockdown period:

(I) SUNSHINE: There may be a lockdown for us to step out of our houses for our work, but certainly there is no lock down on *Khorshed Yazad* and *Meher Yazad* to enter our households and do their noble work! Afterall, our ancestors were a smart lot who had made it a *farajiyat* for each one of us to do our *Khorshed-Meher Niyaiash* prayers daily under the Sun. Make sure to get in at least twenty minutes of sunshine a day. Stand on your balcony or the windows with the morning sunrays.



I suggest, in consultation with your family physician, get a home test done for Vitamin D levels and start a vitamin D tablet once a week for three months. Most of our community members above fifty have undetected low Vitamin D levels. Beyond the obvious improvements in wellbeing with improved mood and sleep, optimal vitamin D levels have been found to be of clinical benefit against cancer, cardiovascular disease, high blood pressure, obesity, type 2 diabetes, cognitive impairment, Parkinson's disease, fractures and falls, autoimmune disease, influenza, and yes even Corona.

(II) WATER: We all know our bodies are primarily composed of water and obviously us Parsis are so attached to our *Avan Mai*! You must have heard over a dozen times the importance of eight glasses of water a day, but have you heard of the famous Dr. Masaru Emoto - the Japanese scientist who revolutionized the idea, that 'our thoughts and



intentions impact the physical realm'? He is one of the most important water researchers the world has known. For over 20 years, until his passing in 2014, he studied the scientific evidence of how the molecular structure in water transforms when it is exposed to human words, thoughts, sounds and intentions.

The extraordinary life work of Dr. Emoto is documented in the New York Times Bestseller, '*The Hidden Messages In Water*'. In his book, Dr. Emoto demonstrates how water, exposed to loving, benevolent, and compassionate human intention, results in aesthetically pleasing physical molecular formations in the water, while water exposed to fearful and discordant human intentions results in disconnected, disfigured, and 'unpleasant' physical molecular formations. He did this through Magnetic Resonance Analysis technology and high-speed photographs. Charge the water you drink with *Humata* of strength and well-being. If you all express interest to know more about this exciting research and its implications on how to incorporate its finding for our health and well-being, we can have a separate article on this in future.



(III) REST: Sleep should be a priority and not a luxury, but I am sure rest and sleep are the least of your concerns during this lockdown and may be many amongst you may be getting an overdose of it too. Remember, too much of anything may prove too good for your good!

(IV) FRESH AIR: The one positive from this lockdown is the breath of fresh air that 'aapri Mumbai' reclaimed. Practice relaxed and deep breathing meditation at least ten to fifteen minutes a day, in a place of solitude, with meditative peace, preferably in front of the house *divo*. This will release the stress and activate the parasympathetic system, which works as an antidote to stress. It actually reduces objective measures of stress such as elevated heart rate and cortisol (stress hormone) levels in the body. The best way to understand and practice deep breathing is breathing through the stomach as a baby and allowing the stomach to naturally rise and fall with every breath. Another way of doing it is praying one Ashem Vohu slowly while breathing in and praying one Yatha Ahu Vairyo slowly while breathing out.



(V) EXERCISE: The benefits of exercise are numerous - stress relief, improved mood, it is protective against depression, stronger muscles and bones, a more robust immune system, healthier weight and a higher metabolism, keeps blood sugars in check and insulin working well, lowers blood pressure and cholesterol, helps the body detox,



and so on. Something is always better than nothing - start small, with attainable goals, and work up from there, as you get stronger. Don't let an all-or-nothing mentality rob you of doing what you can manage each day or week, starting now. Any count-based exercise might just prove boring after sometime. The best way to counter this is to use music and beats to keep track of exercise.

There is a growing body of scientific work addressing the positive effects that music can have on physical exercise; such effects are often magnified in the case of older adults. Music can be used to mentally prime an individual before they start exercising - perhaps by reminding them of good times from their younger years, function as a rhythmic cue during exercise or aid post-workout recovery. Hundreds of studies in this area have revealed many ways in which music can positively influence the exercise regime. Music makes you move it so that you never lose it!

Note: In the supplement following this article, you will find a few simple and safe exercises for our mamajis and mamawajis titled, 'Chair Exercises For Seniors', to perform in the safety and comfort of their chairs with some good music in the background. Although extremely safe and simple exercises for the seniors with least chances of injuries are illustrated, the writer suggests clearance from their individual family physicians based on their individual health conditions. The presence of a care-taker is recommended for added safety and precaution.

(VI) DIET AND NUTRITION: I could speak on the importance and sustenance of a healthy dietary lifestyle for ages. A rule of thumb to follow for a healthy diet would be to eat more of the stuff that grows on plants, rather than eat those stuff that are made in plants! I see increasingly us Bawas adopting the SAD diet (the Standard American Diet) which is a recipe for disaster. Please do away with MRP - i.e. 'Meat and milk products', 'Refined products' and 'Processed products'.

I know I have opened a Pandoras box by advocating against milk, when through your life you have been told milk is good for bones and teeth, milk

is a complete protein/food, etc. The truth is, milk is a white poison, the sooner you accept this, the better will be your over all health. The fact remains, milk consumption leads to weaker bones. This is established in the scientific community but the Dairy lobby wants you to believe otherwise. The choice is yours. In future, I may dedicate an article solely on the myths and facts of the dairy industry and milk as food. There are many sources of natural calcium available to us in nuts, seeds and greens. If you choose to have your food as medicine, you will not be forced to have medicine as food!

I have come across a few conscientious Parsi dieticians who are helping many of our community members to have tasty and healthy Parsi dishes minus the MRP. Use this lockdown as the perfect time to reprogram our taste buds to a healthier *dhansak* and *curry chawal*. The key is to reduce the chronic inflammation in the body and with it, all the risks associated with chronic ailments.

For all of you struggling with Diabetes, a 21-day challenge of an MRP free diet and you will be pleasantly surprised by the results. I understand it seems near impossible for us Parsis and particularly after decades of MRP diet to quit, but I can help and guide those of you interested in a step by step manner. Everything is a matter of choice and priorities.

So now all our *dikras* and *dikris* know where to begin to help our senior family members to a better health, one key component needs to be added, and that is love and connect. This lockdown provides us all a wonderful blessing in disguise to connect with our family and spend more quality time. If you are a senior citizen and by yourself, use this time to rediscover yourself, after all these years, and challenge yourself to just one area of improvement and added activity a day. By the end of the lockdown, people meeting you should be complimenting you by asking you where had you been! Just be a bit extra aware of your surrounding environment to make sure there are no accidental accidents. Always keep the 'josh' in your 'hosh' and never loose your 'hosh' in your 'josh'!

Remember, aging is the only way to a long life. So rather make it a healthy aging for a strong and healthy, long life. Please feel free to write to me with your questions, feedback and suggestions in the journey that has just begun!

Tandorasti and Ushta Te!!!



Chair Exercises For Seniors

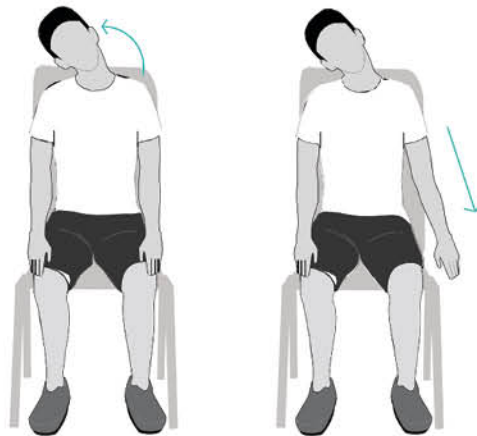


The following are a few simple and safe exercises to be performed by our seniors, in the safety and comfort of their chairs, with some good music in the background. Kindly note that although these are extremely safe and simple, exercises for the seniors with least chances of injuries, the writer suggests clearance from their individual family physicians based on their individual health conditions. The presence of a care-taker is recommended for added safety and precaution

1. Neck Stretch

HOW TO PERFORM

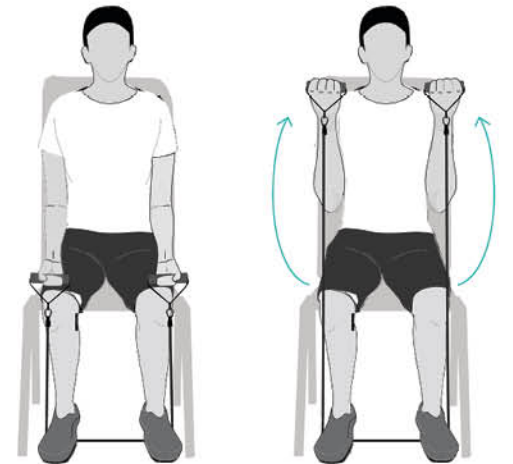
- Sit up straight, and slowly tilt your head toward your right shoulder until you feel a stretch.
- Hold this position while gradually extending your left arm down and to the side.
- You should feel a stretch on the left side of your neck.
- Release, and repeat on the other side.
- Perform two to five repetitions per side. This stretch will warm up your neck and the group of muscles at the top of your back, and get you ready for arm exercises.



3. Bicep Curls

How to Perform

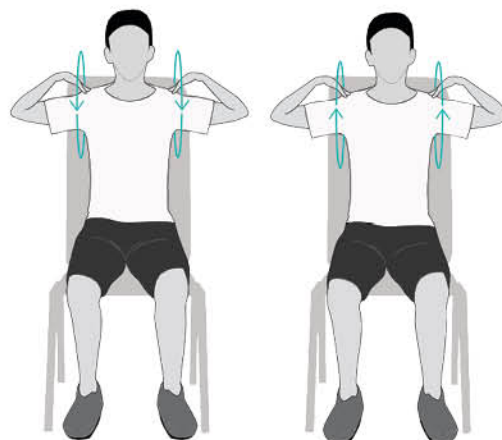
- For a simple bicep curl you can take anywhere, all you need is a set of resistance bands.
- Start by choosing your resistance level, from X-light to X-heavy, and then place your feet on the resistance band, shoulder width apart.
- Grab the handles of your bands, palm upward, and curl your hands up to your shoulders.
- Remember to keep your elbows at your sides, and then slowly lower the bands.
- Repeat for 3 sets of 10. Small, lightweight, dumbbells will also work great.



2. Shoulder Circles

How to Perform

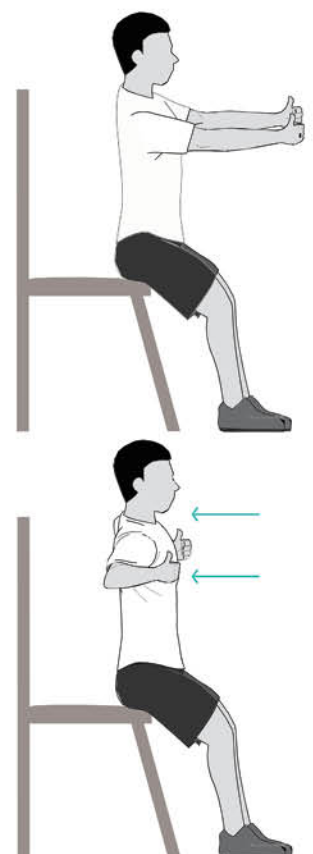
- In a seated position, place your fingertips on your shoulders.
- Circle your shoulders forward for fifteen repetitions.
- Reverse the movement, and circle backward for fifteen repetitions.
- This exercise will warm up your shoulder muscles and reduce the risk of strain.



4. Seated Row

How to Perform

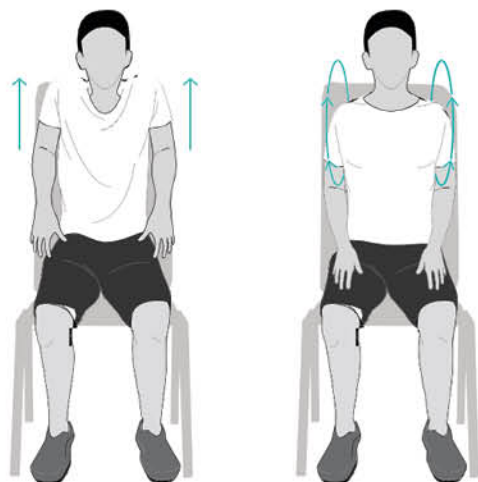
- Sit on the edge of your seat with your feet flat on the floor.
- Hold your arms in front of you, with your thumbs pointed toward the ceiling and your elbows slightly bent.
- Draw your elbows back, squeezing your shoulder blades together, until your upper arms are in line with your body.
- Extend your arms again, and repeat eight to ten times.
- Once you build up more strength, try wearing wrist weights to make it more challenging. This exercise strengthens your shoulders, chest, and upper back while placing little stress on your joints.



5. Shoulder Rolls

How to Perform

- Sit tall with your feet flat on the ground.
- Shrug your shoulders up toward your ears, and slowly rotate your shoulders in a circle—back, down, forward, and back to the top.
- When you reach the top, reverse the movement.
- Roll your shoulders forward, down, back, and to the top again.
- Perform ten repetitions in each direction, for a total of twenty reps.

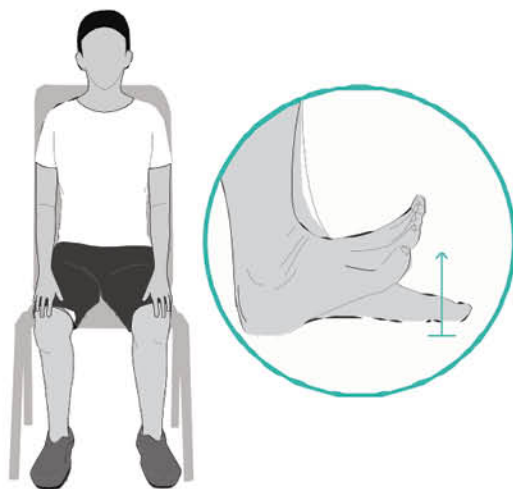


This movement engages your shoulders and trapezius muscles, which are essential for lifting and carrying objects.

6. Toe Taps

How to Perform

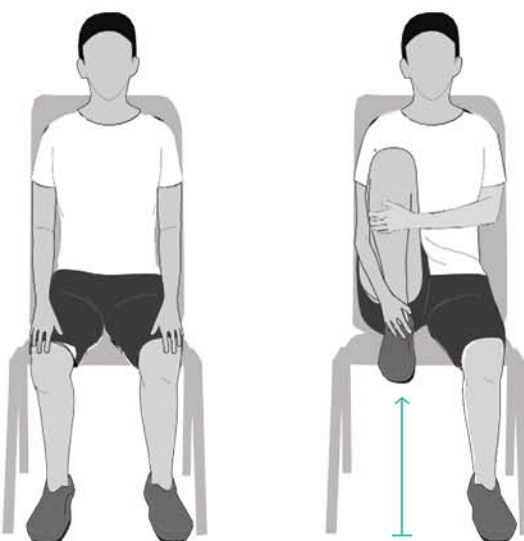
- Sit up straight with your feet flat on the ground.
- Bend your toes toward the ceiling and back to the floor.
- To increase the difficulty of this exercise, sit on the edge of your seat with your legs straight.
- Keep your heels on the ground as you bend your toes upward and then back down.
- This variation increases the range of motion. Perform eight to ten repetitions to strengthen your calves and the muscles running alongside your shins. You use these muscles to climb stairs and perform daily activities.



7. Knee Lifts

How to Perform

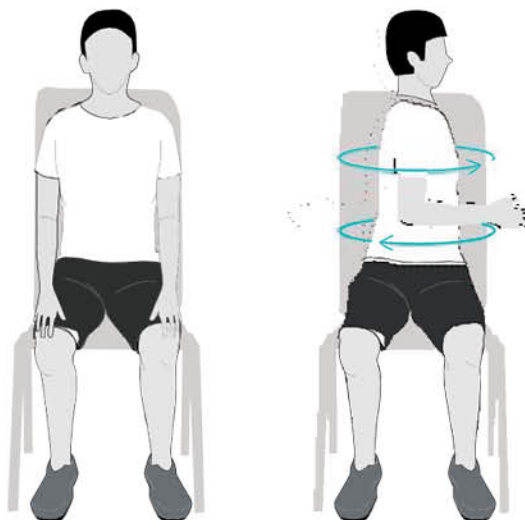
- Sit up straight with your feet flat.
- Slowly lift your right knee toward your chest, and then lower your foot back to the floor.
- Repeat with your left leg.
- Perform ten repetitions per leg, for a total of twenty reps.
- For an added challenge, pause for a five-count at the top of the movement. This exercise strengthens your quads, which is the largest muscle group in your body. You use your quads in nearly everything you do, and strengthening them will make you feel stronger overall. As you build strength, consider enhancing your workout by using ankle weights for added resistance.



8. Tummy Twists for Abs

How to Perform

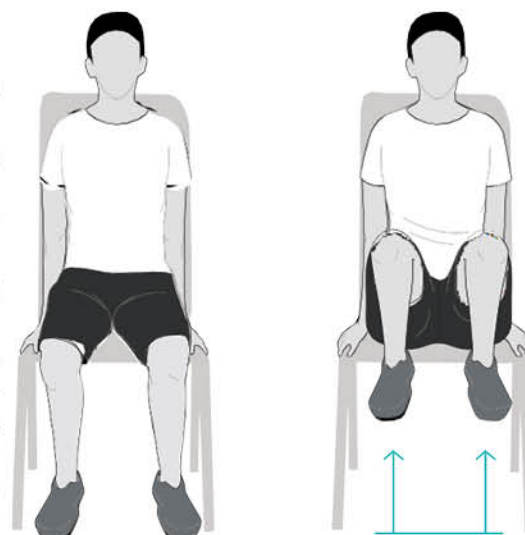
- Sit up straight with your feet flat on the ground.
- Hold your arms at a ninety-degree angle with your elbows at your sides and your forearms extended in front of you.
- Rotate your upper torso to the left through a full range of motion.
- Keep your lower body still, and brace your core by imagining you're sucking your belly button toward your spine.
- Return to the middle and twist to the right. Perform ten repetitions on each side, for a total of twenty. This exercise strengthens your obliques, abdominal muscles used for trunk rotation, and will help you maintain good posture. Also, check out the best back braces to improve poor posture.



9. Captain's Chair

How to Perform

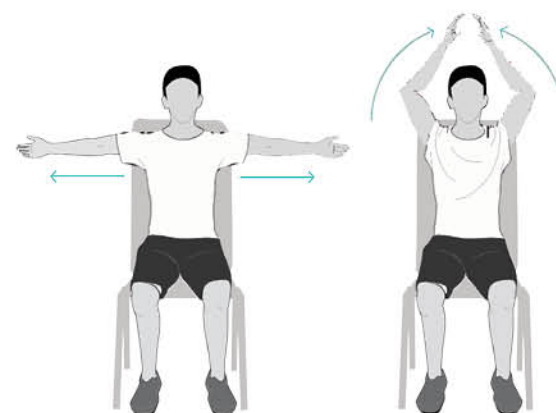
- Be sure your chair is sturdy.
- Sit up straight and grasp the edges of your seat.
- Slowly lift your feet off the floor.
- Move your knees toward your chest.
- Squeeze your abs at the top, and slowly lower your feet back to the floor.
- Don't try to move past a comfortable position.
- If you can only raise your feet a few inches off the floor, that's fine. This exercise will strengthen your abs and other core muscles, such as your glutes.



10. Seated Jumping Jacks

How to Perform

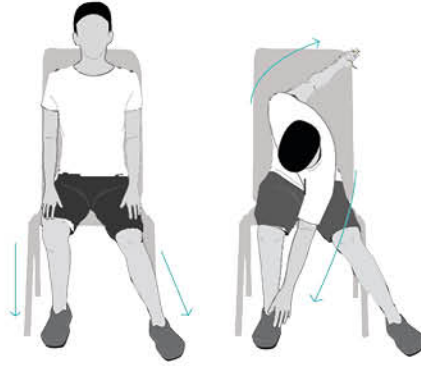
- Sit up straight, on the edge of your seat.
- Extend your arms to the sides and then above your head, as you would with a normal jumping jack.
- Return them to your sides before raising them again.
- Start slow, and then increase your speed until you're moving your arms as fast as you can.
- Perform three sets of twenty repetitions. If you're exercising in a chair with arms, be careful that you don't strike the armrests during the movement.



11. Skater Switch

How to Perform

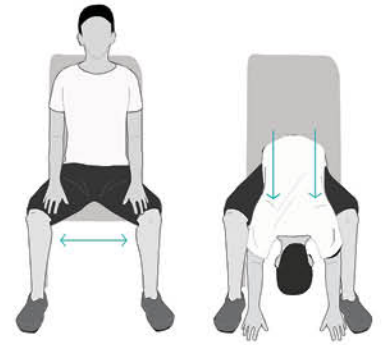
- Sitting on the edge of your chair, bend your right knee and place your toe on the floor.
- Extend your left leg straight out to the side with your toes pointed.
- Extend your arms straight in front of you, and bend forward.
- Reach your left arm to the insole of your right foot, raising your right arm behind your body and twisting at your waist.
- Return your arms in front of you, and straighten your back.
- Repeat this action ten times, and then switch your legs and reverse the movement for another ten reps. For added difficulty, alternate left and right, quickly changing your leg position between reps.



14. Seated Forward Bend

How to Perform

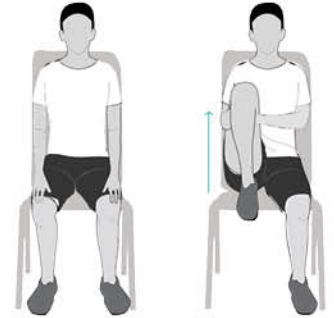
- This movement stretches your lower and upper back.
- Widen your legs, and place your feet flat on the floor.
- Slowly lean forward, dropping your torso toward your thighs.
- Relax your neck, and lower your hands toward your feet. When you feel a stretch, hold the position for thirty seconds, and then slowly return to the starting position. Repeat three times.



15. Knee to Chest

How to Perform

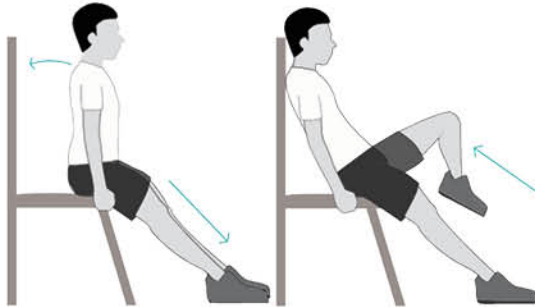
- Sit up straight with your left foot firmly on the ground.
- Grasp the back of your right knee, and slowly pull it toward your chest until you feel a stretch.
- Hold the position for thirty seconds, and then repeat with your left leg.
- Perform three reps per side. This exercise stretches your hamstrings and glutes—big muscles that need to be flexible to prevent injury.



12. Chair Running

How to Perform

- Sit with your legs extended, toes pointed, and arms bent by your sides.
- Lean back slightly so that your shoulder blades barely touch the back of your chair.
- Gently lift your feet from the floor.
- Pull one knee toward you while the other is extended, and then switch, mimicking a running motion. If necessary, grip the armrests or sides of your seat for balance.



16. Ankle Rotations

How to Perform

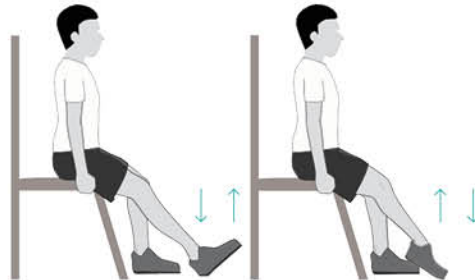
- Sit up straight, and rest your ankle on the opposite knee.
- Rotate your ankle in circles.
- Perform ten rotations clockwise and ten rotations counterclockwise.
- Point your toes for an additional stretch.



13. Seated Tap Dance

How to Perform

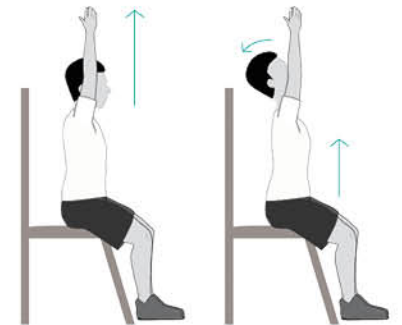
- Sit with your knees bent and your toes resting lightly on the floor.
- Extend one leg, and gently tap your heel on the ground.
- With your leg still extended, point your toes and tap them to the floor.
- Flex your foot, and tap your heel again.
- Return to the starting position, and repeat with the opposite leg. Perform the "tap dancing" for three to five minutes. Set a timer, and try to go a little longer each time you exercise.



17. Sit and Reach

How to Perform

- Sit with your knees together and your back straight.
- Extend one arm straight toward the ceiling.
- Stretch your body upward, feeling the stretch along your torso.
- Look toward your hand to get a stretch in your neck and shoulders.
- Hold the position for five to ten seconds, and then switch to the other side.
- Repeat three times per side.



Home Remedy To Fight COVID-19

By Piroja Homi Jokhi

The world over, entire humanity is engrossed in a research to find a cure for the deadly Coronavirus, but as yet, no one has succeeded. Sadly, we are losing many precious lives each day. The best we can do now, is to build up the immunity system to fight against and defeat the deadly virus. During this lockout time, we should do some physical exercises to keep ourselves fit. Eat home-prepared, healthy food, fruits

and nuts. Avoid sweets and candies and eat dates, amla-candies, etc. Keep yourself hydrated with plenty of water, preferably lukewarm water with lemon juice.

Take deep breaths through your nose, retain for half a minute or so, and exhale slowly through your mouth. Repeat as often as you can. It will strengthen your lungs.

Prepare this elixir and drink at least

twice a day to keep corona virus away:

Ingredients:

Tulsi leaves - 10 to 20; Ginger or sonth (dry ginger) - 1 inch; Cinnamon stick - 1; Cloves - 5 to 7; Black peppercorn balls - 8 to 10; Ajwan (ajmo) - ½ tsp; Turmeric powder - ½ tsp.

Method:

Grind to fine consistency - tulsi, ginger, cinnamon, cloves, black pepper, ajwain in a mixer, adding water as required. Take this mixture and add two glasses of

water add turmeric powder, and boil on a medium fire till it is reduced to half the quantity. Strain to remove all extract. Add honey or jaggery and drink hot on empty stomach, before going to bed. Increase the quantity for more persons. It is very effective and will surely help cure fever, cough and respiratory illness.

Take Care, Stay Safe, Stay Healthy! Let us learn to love and care for our Mother Earth and she will protect us from all adversity!