

THE TRUTH. DELIVERED WEEKLY.

## Book Launch:

**'Exile And The Nation: The  
Parsi Community of India and  
the Making of Modern Iran'**

**By Afshin  
Marashi**



**EXILE  
AND THE  
NATION**

The Parsi Community of India

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*Eye-opening and ground-breaking  
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**FROM THE EDITOR'S DESK**

**Only Respect Will Restore The Balance**

Dear Readers,

Mumbai heaved a massive sigh of relief when Cyclone Nisarga chose its own, much appreciated form of social-distancing from this Maximum City, a few days ago. Nearly felt like Mother Nature applying the 'carrot and stick' method, betwixt Her ongoing 'Human-Detox' phase, that has gripped humanity in the form of the Pandemic.

The Universe is all-rational and we worship Nature as one of its divine manifestations. In keeping with the global endeavour to curb the havoc of death and destruction wreaked by the novel coronavirus, many have, at some point, wondered, 'Why is humanity riddled with such cruelty?' Maybe 'comeuppance' would be a more suitable replacement to the term 'cruelty', because cruelty is a shamefully exclusive human trait. And that truth gets reinforced every so often, when we hear of our own ghastly deeds against God's creations, including ourselves... more recently, the tragic death of an elephant in Kerala who was fed a pineapple stuffed with fire-crackers, or the racial, hate-crime against African American George Floyd in Minneapolis, USA, who was brazenly suffocated to death. Feels like humanity is veering dangerously close to the brink of spiritual bankruptcy.

There's much evil in the world that we advertently or inadvertently validate, or worse, witness as mute spectators. We need to wake up and restore the balance with our own acts of kindness, no matter how small, starting with just even one at a time. But, it will take more than just good deeds to restore this balance, as that would still be a symptomatic solution. The root cause of virtually every crime, cruelty and wrong-doing lies in an abject lack of respect... a lack of respect for the environment, a lack of respect for our fellow creatures, a lack of respect for our own species. This dearth of respect is evident at all levels

- global, national, community and individual, and what goes around will come around for certain. Insomuch, this pandemic does feel like the 'coming around' of this deficiency of respect, which was pretty much on its way to becoming the new norm... till we were abruptly slapped with a whole new normal, instead.

We have to get to the source of this appalling disrespect and furnish a renewed sense of respect, if we are to ever truly restore real balance in nature, and consequently, in our lives and well-being. The darkness of disrespect can only be quelled by fostering the light of genuine reverence and commitment to our responsibilities, as the supposedly superior species. That will call for honest introspection and breaking the toxic bubble of self-obsession and entitlement, that most of us are smugly cocooned in, happily oblivious to more such 'coming arounds', which will perhaps not be as sparing of us, the next time around.

The simple truth is, we need to do our bit to restore the balance, for the sake of our own lives, our safety and well-being. The balance can only be truly restored when we choose to imbibe, learn and practice a sense of respect towards each and every creation of God - nature, flora, fauna, mammals, mankind, et al ... starting out with keeping up the social distancing measures and wearing the mask as India eases the lockdown... And then taking it further, by unmasking truths that are taken for granted, clearing out choked perspectives, and going out once again into the world, but this time, with a renewed sense of respect for all, coupled with the commitment to restoring the balance, as your very own expression of gratitude to the legacy of mankind.

Have a good weekend and stay safe!

- Anahita  
anahita@parsi-times.com

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**PT Presents FATHER'S DAY CONTEST**

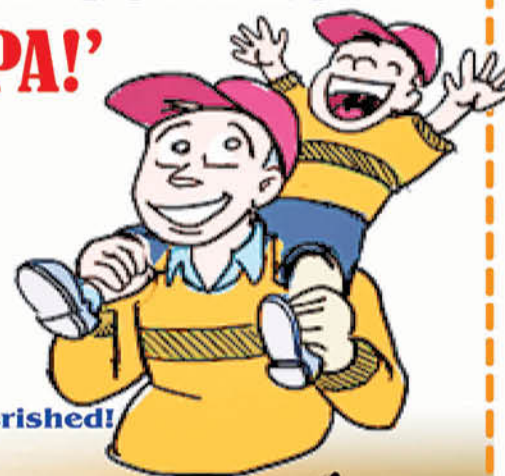
**'My PERFECT PAPPA!'**



We expressed our love and praise for our lovely Mummies on Mother's Day, Let's now express our love and gratitude to our Darling Daddies On **Father's Day (21st June)!**

Participate in PT's Father's Day Contest: **'My PERFECT PAPPA'**

to let your Pappa know he's always loved and cherished!



Express your feelings and share your love with your Daddy / Father Figure in your Original Words via 'Poetry' or 'Prose' [Max Word Limit: 150 words] or 'Painting' or 'Craftwork'.

Top 3 Winning Entries Will Be Featured in PT's Father's Day Special issue dated **20th June, 2020** and will also WIN FAB PRIZES!!

Mail in your entries for PT's Father's Day Contest, LATEST by 16 June, 2020, at: editor@parsi-times.com

# The 101 Names Of Pak Dadar Ahura Mazda – Part 10



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.*

*"O Spitaman Zarathushtra! These my names should be recited without faltering, during the day-time and at night, whether sitting or getting up, while tying the kusti or untying it, while going to a place or returning from it," thus said Lord Ahura Mazda to our glorious Prophet Zarathushtra, in the Hormazd Yasht.*

Yes, this is the direct instruction given by Pak Dadar Ahura Mazda. These names should now become as much a routine in our lives, as brushing our teeth. It is my deepest prayer that in these times of multiple challenges, we recite our prayers with a deeper understanding of their effectiveness and that we emerge triumphant, with the blessings and grace of Ahura Mazda!

*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. This marks the conclusion of the 101 names series.*

*[Please note that these 101 names as explained in this column are referenced from the translation of very ancient texts which have the 1001 names of Pak Dadar Ahura Mazda - hence they may slightly differ from the ones that we normally pray as 101 names.]*

**91. Vaspar:** Protector of our Mother Earth. Today, more than ever, we need the protection of this name. We should not equate the survival of the human race with the survival of Mother Earth.

These have now become diametric opposites. Even today, we have the opportunity to choose wisely, change our lives and revive the planet. We have to make those choices now. This name helps us overcome the confusion within our mind and keep our families protected. All our tasks and work will find fruition upon the recitation of this benevolent name.

**92. Ahu:** The Fountainhead of all goodness. In all this chaos that surrounds us, we see stories of charity,

benevolence and kindness emerge. It is Ahu that brings out the heroic in mankind. Chanting this name will lead you to perform acts of kindness and your good work will come to its divine conclusion. This name has the power to free you from your difficulties and acts as a protection for your children. However, it is very important to note that this is the only name in the 101 names which MUST NOT be recited by itself. It must be recited only as part of all the 101 names.

**93. Avakshidar:** The one who grants forgiveness and the creator who spreads never ending peace and prosperity to all creation. True forgiveness cleanses the soul, the one who forgives is far greater than the one who only gives. It is in the nature of humans to hold on to our hurt, anger and pain. When we nurture these negative emotions, we nurture the source of all our diseases. Chant this name and make an effort to let go of your pain, forgive the one who has caused you your sorrow but most importantly, forgive yourself.

**94. Dadaar:** The Creator - the one who has given birth to the whole universe. When you are planting a seed or growing anything, you must recite this name 101 times. When you recite, 'Ashaum Dadaar Ahuramazda', all bad energies and troubles will be kept away from you. Even if troubles come, they will not affect you adversely. If you wish to solve your difficulties, recite this prayer 101 times during the time of *Bamdaad* (pre-dawn). This word occurs repeatedly in our Avesta Prayers, hence proving its efficacy beyond any doubt.

**95. Rayomand:** An abundance of piety and purity! Often, our own thoughts and feelings trap us in a strong negative, downward spiral. It is difficult to extricate yourself from this as this whirlpool could engulf your happiness. When you are inflicted with the devil of negativity, reciting this name will free you from all evil. Particular benefit accrues to those who suffer from a negative self-image or thought process.

**96. Khorehmand:** One who is radiant, the one who possesses a halo so brilliant that he is the master of the Aura! When we visit a hospital or a sick person, if we are not in the habit of doing our ritual prayers, if we are constantly exposed to radiation, whether by cell phone or otherwise, then our natural aura gets depleted, leaving us vulnerable to negative vibes. Reciting this name enhances and aids our mental powers and has the effect of piercing through the layers of negativity and cleansing our aura, thereby blessing our soul with true peace and joy. We must not forget that the true nature of the soul is peace and joy only - it is the gift of Pak Dadar

Ahura Mazda.

**97. Davar:** The giver of a fair judgement. Reciting 'Ashaum Raste Davar Yazamaide' helps you in knowing the hidden truth and it also helps you to avoid vengeance, bringing you fair justice. We often are victims of malice and falsehood - we are falsely projected as being bad by crafty-minded, evil-doers. If you are certain that you are right and that there will be a miscarriage of justice against you, then recite this 101 times every day for 21 days. You will receive fair justice by reciting this name regularly!

**98. Kerfegar:** After the death of our beloved ones, we recite the Patet Pashemani to ask for forgiveness and in repentance of their sins. However, before we recite the Patet, if we recite the name, 'Ashaum Kerfegar Yazamaide' 101 times, then the souls of our departed ones will find salvation and forgiveness in their onward journey. This name is very dear to those who reside in the spiritual abode and they will surely send you their blessings if you do it for them. However, we must not forget that we ourselves also need to recite this name and repent with a true heart for all our wrong

doings.

**99. Bokhtar:** The liberator, the one who gives salvation. The most severe troubles faced by us can be eradicated by reciting this name. You will find blessings and succor and you will see happiness in your world. This name will help you and guide you to find the right space for your future growth and lead you to your divine destiny.

**100. Frashogar:** The giver of salvation and the one who gives rebirth after salvation. If we choose to walk the path as laid down by our Prophet, then we are rewarded with life after death on earth. Reciting this name before bedtime fills your conscience with a divine light and reveals to you the rewards of a clear conscience.

**101. Hadha:** Giver of birth from His own self, by His own self. Reciting 'Ashaum Hadha Yazamaide' means that I bow with purity and reverence to the giver of all life. If you are helpless and in great trouble, then reciting this name will rescue you and revive you.



## I Will Give Thee My Very Best - Myself, 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.



Who am I to give Thee anything? What have I that I can give Thee? Verily nothing have I to give to the giver of all. My heart alone is all that I can call my own and willingly will I dedicate it to Thee.

In my simplicity I thought that I pleased Thee by dedicating to Thee offerings and libations. In my ignorance I believed that my wrongs and evil can be redeemed by costly ceremonials performed by my dutiful descendants after my death. I knew not that Thou dost not delight in rich repasts and costly loads of sandalwood.

Thou dost not like any sacrifices and gifts beyond the sacrifice of my contrite heart. All that Thou dost desire are the good thoughts of my mind and devotion of my heart. I will give all I call mine and devotion to Thy lifelong service. Help me to live my life in Thy service. I will live my life of service to Thee through my life of service to Thy mankind. My service will ever be bereft of all self-seeking.

Thou dost not deny me anything. Thou dost pour down Thy grace upon me. My language leaves me, my words fail me, when I begin to render my thanks to Thee. All that I have is Thine. All that is, is from Thee and in Thee. I bow down in obeisance before Thee. Thou art my life. Thou art more than life to me. Thou art everything to me. Thou art my very self. May my thoughts devout wing their way unto Thee. May my songs of devotion that glorify Thee and magnify Thee, reach Thee. May Thy blessings descend on me. May they be mine. Make me Thine for evermore, Ahura Mazda!

## Vaidyaratnam P.S. Varier's ARYA VAIDYA SALA, KOTTAKKAL

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**Kottakkal**  
ayurveda

Arya Vaidya Sala (AVS) is a 118 years old Charitable Trust engaged primarily in the practice and propagation of the Indian traditional health care system of Ayurveda. It was established at Kottakkal in 1902 by the illustrious visionary, Vaidyaratnam P.S. Varier. Started essentially as a village clinic, Arya Vaidya Sala has now grown into a multi-unit, multi-disciplinary and multi-crore Organisation with significant presence in clinical service, medicine manufacture, drug distribution, research, education, medicinal plant cultivation and book publication.

There are four Hospital facilities being run by AVS at Kottakkal (2 nos.), Delhi and Kochi where all the classical Panchakarma therapies and the reputed Kerala special therapies are made available to patients under modern hospital set-up. The main Hospital at Kottakkal has received NABH accreditation. Patients from every part of the world come and stay at these Hospitals to receive palliation from grave conditions of illness. One of them at Kottakkal with 160 beds is a Charitable Hospital where the medicine, therapy, accommodation and food are provided free of cost to deserving patients. Parallel Allopathic treatment is also available here.

AVS operates three GMP accredited drug manufacturing units at Kottakkal, Palghat and Nanjangud. The unit at

Nanjangud in Karnataka is the latest one which is dedicated to the production of a series of new-generation formulations for addressing the aspirations of contemporary practitioners. More than 580 classical formulations are manufactured at these units and they are made available to patients across the country through 26 Branch Clinics and more than 1800 Authorised Dealers.

As part of its activities to strengthen the knowledge base of Ayurveda as well as to spread the message of Ayurvedic healing system, AVS is proactively engaged in research and educational efforts. The Centre for Medicinal Plants Research (CMPR), which was inaugurated in 2003 by the then President of India, Dr. APJ Abdul Kalam, is now recognised by the Central Government as a Centre of Excellence Holding of annual Ayurveda Seminars and other academic events also forms part of activities of AVS directed at propagating the authentic practice of Ayurveda.

AVS also has under its wings the 80 years old PSV Natyasangham which is recognised as a leading Kathakali Centre imparting training as well as staging performances. AVS is managed and guided by a Board of Trustees. The nationally reputed Physician and Scholar, Dr. P.K. Warriar is the Managing Trustee of AVS for the past six decades.

### NOTICE

## FOR INFORMATION OF PARSI COMMUNITY

### Arrangements for Disposal of Mortal Remains during the Period of the Covid-19 Crisis & Conduct of the First Four Days' Prayers

As per the order of the authorities dealing with the Covid-19 Crisis we are given to understand that the mortal remains of any person whose Death Certificate shows that the person has been infected by COVID-19, have to be cremated. There have been press reports of courts taking a contrary view in case of another community, but our understanding is that insofar as the Parsi Community is concerned traditional burials may not be permissible at this point.

Since our Prayer Hall at Worli adjoins a Crematorium if relatives are keen on the performance of the First Four Days' Prayers for the deceased, they could request the MCGM Authorities, who may otherwise take the body to any crematorium of their choice, to allow them to bring the body of the deceased person to our Prayer Hall.

The process we are following today and which has now been agreed with the authorities is that the mortal remains are kept in the ambulance bearing the body, which is parked in the Car Park adjoining the Prayer Hall, while the Geh Sarna Prayers are being recited. Thereafter the body is consigned to the crematorium and must be carried only by the ambulance attendants and relatives cannot approach the body. Thereafter all subsequent prayers will be performed in the Prayer Hall as before.

Please note that the present regulations permit only permit a maximum of 20 persons to attend any obsequies and therefore we have been requesting relatives to restrict the numbers attending to 10, because the Authorities may also include priests and other Staff at the Prayer Hall within the limit prescribed. We are keeping the stipulated distance between attendees seated in the Hall and insisting on all wearing masks.

We pray to Ahura Mazda to protect the members of our tiny Community at this difficult time.

### Trustees of the Prayer Hall Services & Maintenance Trust

For any further clarifications or assistance please contact our Coordinator & Priest Ervad Framroze Mirza who is available 24 X 7 on these mobile numbers: 8691012488 / 9821421593 / 772191135

### 32nd West Bombay Scouts Keeps Activities Going During Lockdown



Despite the ongoing Lockdown, the 32nd West Bombay Pioneer Scouts kept activities going, by connecting the Cubs and Scouts online and carrying on the routine activities like Stay-at-home message; On-the-spot cooking, helping parents at home and celebrating Mother's Day too (which was much appreciated by the mums), Quiz competition and the regular Sunday games too via online Apps.

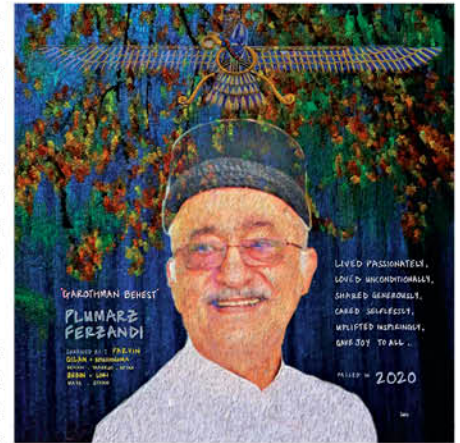
The 32nd West Bombay Pioneer Scouts, established in February, 1922, is one of the oldest Scout Groups, which has completed 98 years and continues to march towards its Centenary year with excellent service of cubbing and scouting

in the selfless service of World Scouting, started by Robert Stephenson Smith Lord Baden Powell of Gilwell. The group trains small boys from the tender age of 5 years upwards, in various scouting skills including cooking, knotting, pioneering, reading compass and constellations, etc and help them develop into becoming disciplined and law-abiding citizens of India.

The group holds meetings every Sunday morning 8:00am to 10:30am at BJPCI School. Parents interested in registering their sons for the same could connect with SM Jehangir Forough on 9819848228.

### Plumarz Ferzandi, Of Byculla Pharmacy & Stores, Passes Away

Plumarz Ferzandi, of the famous Byculla Pharmacy & Stores, passed away on 3rd June, 2020, just days after his elder brother, Darius of Byculla Restaurant & Bakery, passed away on 23rd May, 2020.



In keeping with his popularity and large number of friends and well-wishers, his family released a touching statement on social media, "It breaks our hearts to share the sad news that dad passed away in the early morning of June 3rd. Though we will grieve, we will more importantly celebrate his life with stories and memories. Remember a family is a circle of love, not broken by loss, but made stronger by the memories. We know Plum and Darius will continue their morning breakfasts, their stories, their jokes and watch over us. The way he died is just like he lived: he wrote his own rules, he fought hard, and he paved his own way. His advice - 'Laugh a little at life', will always be remembered! 'Those we love don't go away, they walk beside us everyday, unseen, unheard but always near, still, still missed and held so dear.' From his family: Parvin, Zubin, Lori,

Gilan, Khushnuma, Rehan, Yaresh, Maya, Ethan, Reya. We know all of you are sending your love and condolences.... we need time to grieve as a family."

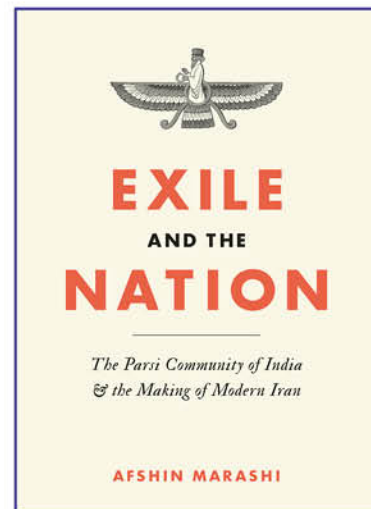
As per other media sources, Plumarz Ferzandi was invested in the Indian Pharma laws and had explained that by Indian law, medical shops can call themselves Chemists and Druggists, but to be a Pharmacy, they must have a compounding section where they compound, adding various ingredients according to the doctors' prescriptions. In 2019, the law was changed and Pharmacy could be used widely.

The courteous Plumarz Ferzandi will be missed by his friends and all who patronised Byculla Pharmacy & Stores. May he achieve Garothman Behest!



Afshin Marashi, the Farzaneh Family Professor of Modern Iranian History at the University of Oklahoma (USA), where he also serves as the director of the Center for Iranian Studies, has authored his latest book titled, 'Exile and the Nation: The Parsi Community of India and the Making of Modern Iran', which will be published on the 8th of June, 2020 by the University of Texas Press.

### Afshin Marashi Authors 'Exile And The Nation: The Parsi Community of India and the Making of Modern Iran'



Connecting oft-disparate fields, this book explores the Zoroastrian diaspora living in India and its role in using antiquity to bolster twentieth-century Iranian nationalism.

"In the aftermath of the seventh-century Islamic conquest of Iran, Zoroastrians departed for India. 'Exile

and the Nation' addresses this group, who came to be known as the Parsis, which slowly lost contact with their ancestral land, until the nineteenth century - when steam-powered sea travel, the increased circulation of Zoroastrian-themed books, and the philanthropic efforts of Parsi benefactors - sparked a new era of interaction between the two groups. Tracing the cultural and intellectual exchange between Iranian nationalists and the Parsi community during the late nineteenth and early twentieth centuries, 'Exile and the Nation' shows how this interchange led to the collective reimagining of Parsi and Iranian national identity - and the influence of antiquity on modern Iranian nationalism, which previously rested solely on European forms of thought,"

shares Dr. Laura Fish, Publishing Fellow, University of Texas Press (Austin, Texas).

Author Afshin Marashi's previous work includes 'Nationalizing Iran: Culture, Power, and the State, 1870-1940' (University of Washington, 2008), and a co-edited volume titled 'Rethinking Iranian Nationalism and Modernity' (University of Texas, 2014). Other publications have appeared in IJMES (International Journal of Middle East Studies), Iranian Studies, the Journal of Persianate Studies, Comparative Studies of South Asia, Africa, and the Middle East, and Iran-Nameh. He has also served on the editorial board of IJMES and on the council of the Association for Iranian Studies.



# XYZ To Bring Out Community Compendium Of Short Stories

or any of their family members could also participate in writing short stories on any topic they choose, in keeping with the guidelines listed below

The XYZ Foundation, which is an NGO with Zoroastrian children between the ages of 5 to 15 years, has now teamed up with the Community's leading newspaper, Parsi Times, to open this activity up to anyone who would like to write a short story (approx. 500 words), which needs to be an original account of their experiences, incidents or memories, e v e n related to their childhood!

The idea is to gather a good number of short stories and ultimately compile the best of these, as our

Community's very first compendium or collection of short stories, written by community members, for all posterity! Those who would like to write in Gujarati are welcome to share their stories as well.

**Kindly note the following Guidelines/ Rules which all participants must adhere to:**

- Your Entry must be original, and not copied from any other sources like books or the internet. It should be approximately 500 words.
- Your Entry must have a Title along with your/the author's Name (author) and Age.
- No Covid / Coronavirus related stories will be accepted.
- Your Entry must include the main character with any of these names - Pourushasp, Artaxerxes, Xerxes, Darius, Cyrus, Jamshed, Behram, Rustom, Ketayun, Tehmurasp or Noshirwan. These names can be shortened. E g . Noshirwan can be

- 'Nosh' or Ketayun can be 'Kate'
- The story could be based on his life, or an imaginary adventure, superheroes, wizards, and travel... anything which can reveal your imagination.
- You can add as many other characters to your story as you like and you can also collaborate with others for your story!
- Your entry should be submitted in a Word document (format) and mailed to XYZ on [info@xyzfoundation.net](mailto:info@xyzfoundation.net)

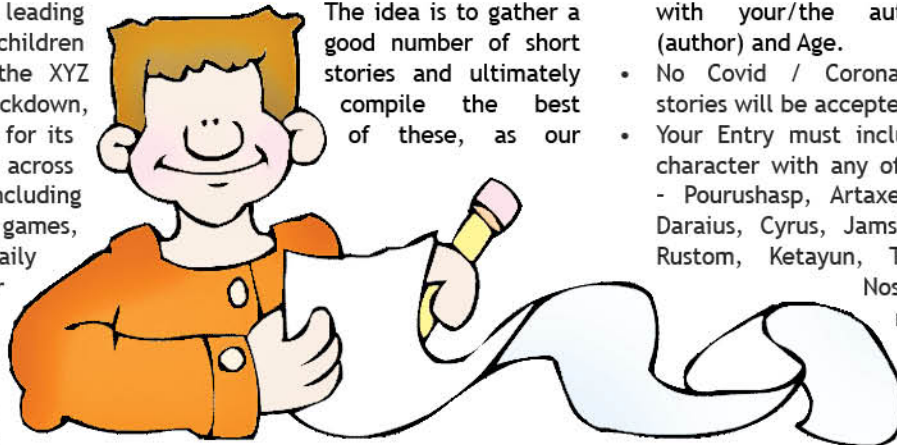
The criteria for choosing the stories for publication in the compendium will include originality, writing style, grammar and the ability to keep the reader glued till the end! So, put on your creative caps and write your hearts out in your story to become part of the community's 'Creating Writing' history, with XYZ and Parsi Times!

Media Partner



The Truth. Delivered Weekly.

The Community's leading establishment for children and young adults - the XYZ Foundation, has, during the lockdown, organized over 150 activities for its members and their families, across various online platforms including quizzes, rangoli, antakshari, games, experiments and various daily challenges, receiving over a whopping 2,500 entries. One of the activities which gained great popularity is 'Creative Writing', where members, volunteers, parents



## ONLINE / DISTANCE LEARNING TUTION



Dear Parents and Students,

It gives me great pleasure to connect with you and hope all's well with You in this time of crisis we all are facing.

Life will limp back to normalcy but until then I believe we do not need to accord unnecessary risks to our children by relying on public transport and exposure, when it's time for them to resume their studies for the current academic year 2020-2021.

**It is for this reason that I offer ONLINE / DISTANCE LEARNING TUTION albeit maintaining FACE-TO-FACE COMMUNICATION for standards ISC XI, ISC XII, FYJC, SYJC, FY-B.Com , SY-BCom, TY-BCom, BMS, BAF, for subjects Accountancy and Financial Management.**

We can adopt this mode of learning until it is safe for our children to resume gathering socially. Thereafter also , Home Tutitions would be conducted individually / maximum groups of two or three; maintaining social distancing in a clean and hygienic environment, **keeping your child's safety as a top priority at all times.**

**To Book Time Slots kindly contact or Whats App on Mobile No: 8879996689.**

Thank You,  
Zarin Baxter

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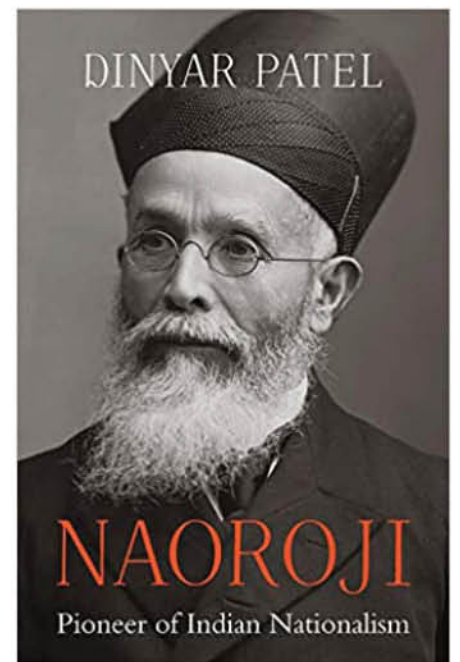
## Dadabhai Naoroji Biography By Dinyar Patel Released

Earlier in May 2020, the Dinyar Patel authored biography of Dadabhai Naoroji, titled, 'Naoroji: Pioneer of Indian Nationalism', was released (in India by Harper Collins and in the United States and UK by Harvard University Press).

Mahatma Gandhi called Dadabhai Naoroji the 'father of the nation', a title that today is reserved for Gandhi himself. Dinyar Patel examines the extraordinary life of this foundational figure in India's modern political history, a devastating critic of British colonialism who served in Parliament as the first-ever Indian MP, forged ties with anti-imperialists around the world, and established self-rule or swaraj as India's objective.

Dadabhai Naoroji was much more than just a pioneering Indian nationalist, an innovative economic thinker, and the first Asian to be elected to the British Parliament. He was a strong proponent of women's rights in India and Britain, a supporter of certain socialist ideas, and an anti-imperialist of global significance. He forged links with Irish home rulers, American Progressives, African-Americans and Afro-Caribbeans, and colonized people from around the world.

Some resources on Naoroji's life



are available on the author's website: [dinyarpatel.com/naoroji](http://dinyarpatel.com/naoroji) - including photographs, information on his life and family, some of his correspondence, old newspaper articles, and maps of London and Bombay that show landmarks associated with his life. The book was recently received a great review in the Wall Street Journal. It is available on Amazon in both editions - print and kindle.

## WZCC Conducts Webinar On Lockdown Legalities By Zerick Dastur

On 26th May, 2020, WZCC conducted a Webinar by Zerick Dastur on 'Lockdown And Legal Issues'. Zerick Dastur covered a number of relevant topics including 'The Impact on Contracts and Contractual Rights as a result of COVID-19 and the lockdown; 'The Impact in connection with Payment Of Wages For Employees'; and the issue surrounding 'Payment Of Rent To Landlords By Licensees And Tenants.'



He explore the concept of the Force Majeure clause in contracts, exempts a performing party from its obligations upon the happening of certain events over which a party has no control, akin to the nature of acts of god, like natural calamities or man-made events like wars, strikes, lock outs, etc. Zerick shared how the Bombay High Court in a recent matter held that Covid-19 and the lockdown is a temporary event and for a party to avail of the remedy of frustration, the event would have to be something more permanent in nature. He also highlighted other cases where courts have granted and cases where courts have refused to grant relief to a party claiming frustration. He explained that the remedy is exceptional and not the norm as is granted in the rarest of rare cases.

With regard to the payment of wages for employees, in keeping with the ongoing efforts to balance this delicate situation, he surmised that the best approach would be one that is amicable and conciliatory, where employers and employees can work out their solutions and the way forward in the mutual interest of the employers and employees. As regards rental issues, he expounded that decisions would be made based on the contractual as well as the legal aspects. [Those interested in watching the recorded webinar could log on:

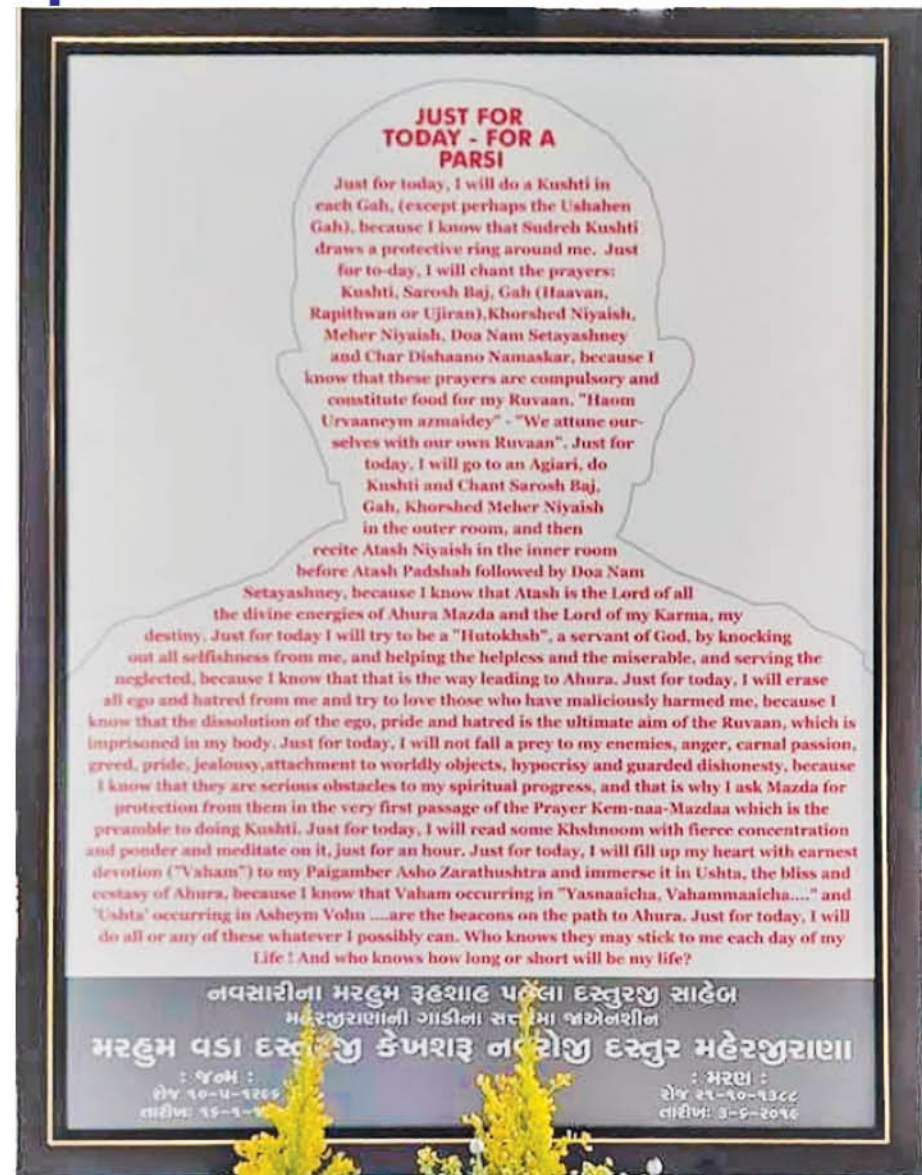
<https://youtu.be/gmmWaMNaERc>

On a conclusive note, Zerick commended the efforts of the WZCC, sharing that the institution stands on the edifice of professionalism, entrepreneurship, integrity and support, while providing new avenues and opportunities for members of our community via the necessary platform to explore new ideas, access to knowledge, business contacts and networks - thereby creating a 'Circle of Hope'.

Speaking to Parsi Times, Aspi Antia, CEO - WZCC - India, said, "WZCC aims at covering various facets concerning Trade / Business / Commerce / Entrepreneurship / Professionalism. Due to the current circumstances, several Webinars have been organised by WZCC Chapters around the world, which are addressed by accomplished individuals whose expertise makes these Webinars extremely interesting, informative and educative. Each webinar arranged so far has been attended by over 200 participants as the topics covered are very relevant, particularly to the post-COVID scenario. At present WZCC has allowed its Members & Non-members to participate in these Webinars with the hope that our Community will see reap the advantages of becoming a WZCC member."

Parsi Times' Tech Columnist and Tech-Specialist, Yazdi Tantra has been conducting a series of Zoom Meetings online on Technology for the Layman under the title, 'TantraTech', covering topics including Google, Chrome Extensions, Google Keep and Google Drive. The meetings are held at 9:30pm (IST) every Friday and can be attended at: <https://zoom.us/j/8487251418>. Instructions for joining are available at [https://bit.ly/Zoom\\_Instns](https://bit.ly/Zoom_Instns) and past recordings are available on YouTube at <https://bit.ly/yazdiyoutube>. [Contact: Yazdi Tantra at [yazdit@gmail.com](mailto:yazdit@gmail.com)].

## Vada Dasturji Meherjirana's Write-up Frame At Navsari Atash Behram



As per his wishes, Vada Dasturji K N Dastur Meherjirana's framed write-up was inaugurated, instead of his photo, in the Navsari Atash Behram hall.

### WZCC's Upcoming Webinars In The Next Week:

- (I) **Topic:** 'Secret To Sustaining And Finding Jobs In The Age Of COVID-19'  
**Date:** Saturday, 6<sup>th</sup> June, 2020 / 12:30 pm IST (WZCC Dubai Chapter)  
**Speaker:** Percy Jal Engineer, HR Specialist, Dubai.  
**Link:** <https://us04web.zoom.us/j/2444625165?pwd=UIFONEc4MGJ2ZFE1cm9ZegZ1K3BvUT09>  
**Meeting ID:** 244 462 5165 Password: 8mXYXb  
**Contact:** Meher Bhesania at [meher\\_bhesania@hotmail.com](mailto:meher_bhesania@hotmail.com)
- (II) **Topic:** 'Journey From Harvard To A Nigerian Tomato Farm - Planting The Seeds Of Positive Growth'  
**Date:** Sunday, June 7, 2020 / 8:00 pm IST (WZCC New York Chapter)  
**Speaker:** Mira Mehta, Founder Tomato Jos  
**Link:** <https://us02web.zoom.us/j/86089597944>  
**Meeting ID:** 860 8959 7944 Password: Mira@10  
**Contact:** Ushta Canteenwalla at [ushta1@gmail.com](mailto:ushta1@gmail.com)
- (III) **Topic:** 'Coping With Covid And Lockdown Blues'  
**Date:** Tuesday, June 9, 2020 / 5:30 or 6:30 pm IST (WZCC Mumbai Chapter)  
**Speaker:** Dr. Zirak Marker, Public Educator and Psychiatrist  
**Link:** <https://zoom.us/j/8487251418>  
**Contact:** Aspi Antia at [aspiantia@wzcc.org](mailto:aspiantia@wzcc.org)



DINSHAW TAMBOLY

# WZO Trusts: Update On Covid Relief And Rehabilitation Programme

Our last update was shared on May 10, 2020 with donors, well-wishers and community members to apprise them of efforts undertaken by WZO Trusts to extend support poor Zoroastrians affected financially due to the Covid-19 Pandemic. Our initial focus was on providing food grains to Zoroastrian families in cities, towns and villages predominantly in Gujarat, supporting Masina Hospital to set up a Porta Cabin that would be helpful in treating patients affected by the Pandemic and distributing food grains and essential items to migrants and slum dwellers at Mumbai through Pehchaan Programme of KurNiv Foundation.

On a Pan-India basis, we requested Zoroastrians, employed in commercial institutions and elsewhere or those who are self-employed and affected financially by the Covid-19 Pandemic to send before May 24, 2020, details of losses suffered by them, backed up by documentary evidence to enable us to consider their requests for support.

**Donations Received:** The response to our request, has as always, been met with generous support. We have till May 31, 2020, received by way of donations, Rs.14,134,565 and have received some donations that will be sent to us during June / July 2020. Whilst we thank all our donors, we express our very sincere gratitude Mrs. Pervin & Mr. Jal Shroff of Hong Kong, Trustees of Zoroastrian Charity Funds of Hong Kong, Canton & Macao, FEZANA and Trustees of Bai Maneckbai P. B. Jeejeebhoy Deed of Settlement Funds, Mumbai - the principal donors.

**Food Grains:** have been distributed to 715 families for which Rs. 3,767,390/- has been expended.

**Applications Received:** We have received, as of May 24, 2020, 703 applications from across India, from families affected by the Pandemic. These are being scrutinized and financial disbursements will start this week onwards to those whose requests are found to be within the laid parameters (loss of income vis-a-vis total income, number of family members in each applicant's household, and any other relevant factors).



I am very grateful to my colleagues Trustees, the Trust Administration & Staff, Resource Personnel located at various centres in India who have worked extremely hard in this epic humanitarian exercise during the lockdown when offices were closed and transportation was extremely difficult. Though much has been done, we recognise that much more is still required to be done for which we request donors and community members to extend support.

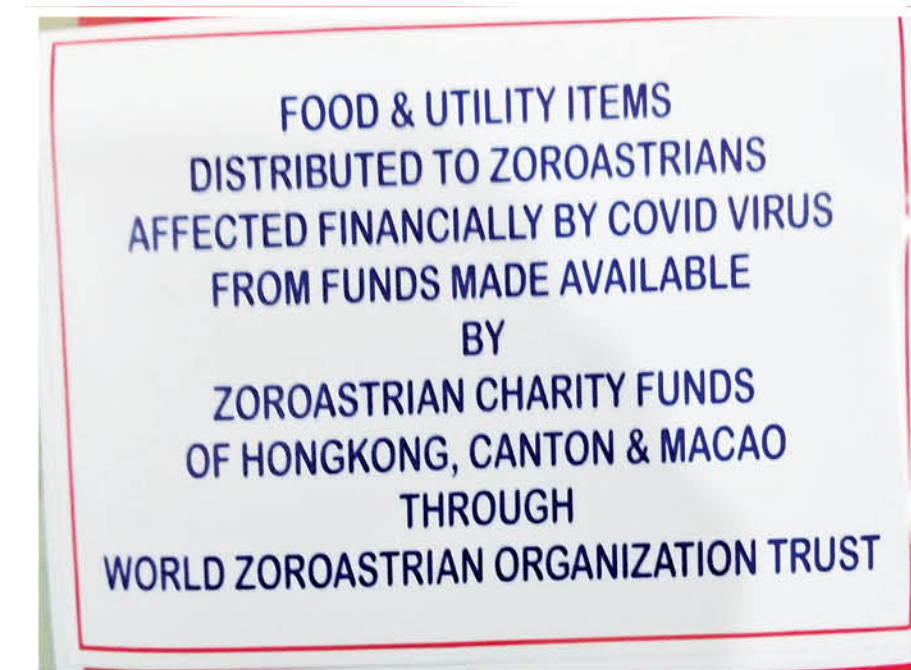
**Those wishing to extend support towards this humanitarian effort may send cheques to:**

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

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

For remittances from within India	For remittances from overseas converted into INR
Name of Bank: Deutsche Bank	Name of Bank: Deutsche Bank
Branch: Hazarimal Somani Marg, Fort, Mumbai.	Branch: Hazarimal Somani Marg, Fort, Mumbai.
Branch Address: D B House, Hazarimal Somani Marg, Fort, Mumbai 400 001	Branch Address: D B House, Hazarimal Somani Marg, Fort, Mumbai 400 001
Account title: The World Zoroastrian Organisation Trust.	Account title: The World Zoroastrian Organisation Trust - FCRA.
Account No: 400004259620019	Account No: 400004284180028
Account type: Savings	Account type: Savings
IFSC Code: DEUT0784PBC	IFSC Code: DEUT0784PBC
	Swift Code: BKTRUS33
<b>Note</b> Donors should provide the address where their receipts should be mailed and also inform their PAN details.	<b>Note</b> 1. Donors may please note that our bankers do not accept cheques from overseas banks made in foreign currencies. 2. Donors should provide the address where their receipts should be mailed.

**Parsi Times catches up with WZO Trust Funds Chairman, Dinshaw Tamboly...**  
**PT:** How has WZO Trusts been managing to carry out this stupendous exercise across the nation?  
**Mr. Tamboly:** WZO Trusts are fortunate to have a vast network of volunteers or our 'Resource Personnel', at various locations, with each one extremely committed and dedicated carrying out due diligence before making recommendations, supported by documentary support, that we pass on to



donors for various causes.

My colleague Trustees at Navsari have successfully conducted food grains distribution to over 700 families coordinating with local authorities directly as well as through our resource personnel, arranging bulk purchase and packaging of food grains, obtaining travel permits and so on. The Trusts Admin team at Mumbai and Navsari, though working from their residences, have been on call 24X7 since the lockdown began, receiving requests for support, sifting through them, passing them on to Trustees and Resource Personnel at various locations, and thereafter collating information received.

Hats off to the entire team at all locations for their outstanding effort.

**PT:** It was heartening to learn that WZO Trust has managed to collect donations worth Rs. 14,134,565/-. You have mentioned the names of principal Parsi donors from India and abroad, who have contributed to the Covid war-chest for welfare of Parsis of India. Tell us about the largesse of these donors, which will inspire others to also contribute, alongside the amounts donated by the principal donors.

**Mr. Tamboly:** Over the last many decades, the highest quantum of funds for any community cause have always been remitted by Hong Kong, individuals as well as the Incorporated Trustees of Zoroastrian Charity Funds of Hong Kong, Canton & Macao. Donations for the Covid Pandemic, received from the four principal donors between April and up to June 04, 2020 have been:

- (I) Rs. 43,75,000/- from Zoroastrian Charity Funds of Hong Kong, Canton & Macao has been received up to May 31. On June 03 we have received an additional amount of Rs. 37,00,000/- bringing the total amount received thus far to Rs.80,75,000/-.
- (II) Rs. 75,90,000/- (equivalent to US\$1,00,000) from Mrs. Pervin & Jal Shroff, Hong Kong has been received up to May 31. On June 04, we have received an additional amount of Rs.75,29,000/- (equivalent to US\$1,00,000) bringing the total amount received thus far to Rs.1,51,19,000/-.
- (III) Rs. 5,65,875/- from FEZANA (equivalent to US\$7,500) has been received up to May 31. On June 03, we have received an additional amount of Rs.7,11,000/- (equivalent to US\$9,500) has been received bringing the total amount received thus far to Rs.12,76,875/-.
- (IV) Rs.10,00,000/- from Trustees of Bai Maneckbai P B Jeejeebhoy Deed of Settlement Fund.

With the first phase having been completed (food grains distribution) we have begun the phase of making remittances directly into the bank accounts of beneficiaries all over India, whose requests have been scrutinized and approved. What needs to be understood is that with offices remaining shut on account of the lockdown, it was a major challenge for the WZO Trusts Administration Team, at both Mumbai and Navsari, sitting at home, collecting and collating bank details of over 700 applicants, feeding them into the system, and thereafter making electronic remittances into the bank accounts of beneficiaries.

**PT:** Tell us about your immediate and short-term plans as regards the procedure of acquiring and reaching the supplies/support to the families/individuals in need. For how long do you think assistance will need to be

given?

**Mr. Tamboly:** As already conveyed, food grains were delivered door to door in cities and towns of Gujarat, and in villages at a central location, from where beneficiaries collected them. Financial disbursements to those who have suffered economic hardships because of the Pandemic have now begun, by remitting funds directly into the bank accounts of beneficiaries. As to how long assistance will need to be given, would depend on the situation as it evolves post lockdown and how industries and commercial enterprises emerge out of the crisis. One thing certain is that support is being given to assist those affected in their hour of need and not for making them in any circumstances 'charity dependent'.

**PT:** What message would you like to share with our community, in keeping with your experiences, where you have seen first-hand the sufferings of our lesser fortunate brethren, and participated in bringing them relief.

**Mr. Tamboly:** Whenever calamities have arisen, Team WZO Trusts have always been at the forefront of providing relief and rehabilitation. To illustrate, our team played a stellar role in the relief and rehabilitation of stranded Zoroastrians during the 2001/2002 earthquake in North Gujarat (Ahmedabad, Bhuj etc) and the floods in 2004 that ravaged Surat and neighbouring places. During these calamities too, donors from all over the world, including the four principal donors, had supported generously our efforts at 'ground zero'. Without their support it would not have been possible for WZO Trusts to do anything to alleviate the suffering of those affected.

In the current Pandemic, we have successfully done what we could, only due to the magnanimity of donors who have reposed faith and confidence in our abilities and trusted us to make optimum use of their hard earned funds, for which we are once again humbled and very grateful. Team WZO Trusts believe in and practise the wise words of Robert Green Ingersoll, American writer and orator, "Those who refuse to stoop, who cannot be bribed by the promise of success or the fear of failure, who walk on the highway of the right, and in disaster stand erect, are the only victors."





# COVID-19 Offices In 2020: What To Expect When You Return To Work



ER. DINSHAH A. ANKLESVARIA

*Mumbai-based Er. Dinshah A. Anklesvaria is a practicing priest and an HR professional with the Taj group and airline catering industries for over seven years. He shares with us relevant and beneficial workplace tips and practices from the perspective of both – the employee and employer, alongside an understanding of what future office space design, protective measures and material usage will look like.*

While many of us are coping with the 'work-from-home' and 'stay-at-home' work regimes, do you wonder what employers do while we are at home, or how they are preparing for our eventual return to office? As India (along with other nations) eases up on the lockdown, employers are feverishly working through logistics in implementing precautionary measures to ensure a safe return to work for their employees. It would be naïve to expect employees to come and work just as they used to, pre-COVID-19. The pandemic's consequences are far-reaching and are undoubtedly going to change the way we live and work. From the employer's point of view, the need for a safe and resilient workplace will now, more than ever, take precedence over 'fun' at the workplace.

## Understanding The Enemy: COVID-19 In 2020:

While we are learning more each day about COVID-19, we know that it belongs to the same family of viruses as the flu and common cold. Both these viruses' transmission at the workplace and effects have been well-documented in studies involving workplace and disease transmissions. The flu and common cold spread easily in the workplace, even amongst healthy adults. No wonder then, that many employers have been keeping employees from the workplace as much as possible, including encouraging, if not mandating, work-from-home, where possible.

## Will 'Social Distancing' and 'Work-



## From-Home' practices fade away?

While normally cringed upon by many employers, 'Work-From-Home' (where possible), has generally been a preferred mode for getting work done away from the workplace. In fact, even after the lockdowns subside, many multi-national companies are contemplating allowing



even more employees to continue work from home. On the physical location fronts, and particularly for employees who are needed onsite, current 'social distancing' practices may also become a new norm that will survive the lockdown periods.

If social distancing is to become a way of life, employers will have to rethink how their employees' office space layouts are designed. The pre-COVID-19 practice of cramming more and more people into expensive office spaces has created, what the world now unnervingly realizes, as petri-dish-type conditions, for the virus to thrive. 'Open office spaces', where employees were encouraged to congregate in close spaces will likely become obsolete. Rather, maintaining at least a six-foot distance, between work desks, will be the new corporate office space norm. Gone are the days of elbow-to-elbow desk spaces, crowded meeting rooms, huge business conferences, and parties with buffets, crowded elevators, and bustling cafeterias.

Workplace designers and furniture manufacturers will soon be faced with new challenges to make workplaces safer and less of health risk. These changes to the offices and furniture may strike some as mere cosmetic alterations but should be considered essential. Office buildings of the future will feature reconfigured ventilation systems, more robust air filters, and perhaps windows that open to promote air flow. Some companies are even moving their headquarters

to new buildings that already have ventilation systems with ceiling-down air flow patterns as opposed to floor-up. Gathering spaces will be redesigned to permit collaboration without the risk of viral transmission. Increased markings on floors, seating areas, and standing areas will aid in managing human traffic and maintain safe physical distances.

## Other Changes To Expect In The Office And Supply Rooms:

In addition to rethinking office spaces, companies have been making additional space in their supply rooms, and the 'office supply' list has certain grown. Rather than investing in fancy office stationery and efficiency-promoting equipment, the new list of 'office supplies' for many employers will now include Thermal Thermometers, Face masks, Gloves, Sanitizers, antiseptic wipes, Sneeze guards, PPE's, Disinfectants, etc. Furniture at the workplace will have to be made of material that is safe, less hospitable to germs, and easy to clean and sanitize, such as copper, steel, or glass. Workstations may be increasingly separated by transparent or translucent plastic partitions or curtains and adding of plexiglass barriers or tall laminated panels. Cubicles with a see-through glass (also known as 'sneeze guards') are most commonly used in banks, and hospitals, railway ticket counters, but could be more widely used in office

spaces as well.

## Enhanced Surveillance, Safety Training, Health Disclosure At The Workplace:

Promoting safety-driven practices at the workplace will require more than just laminated panels, PPE's, sanitizers, and chemical disinfectants. It will also require a change in the mindset and behaviour



of the employees. The seriousness of the organization's commitment to the safety will be observed via the dealing with noncompliance. Employees returning to work in the post-lockdown phase, will therefore see top-driven encouragement for living the culture of safety in the workplace.

Organizations may ask employees to undergo medical tests and provide medical fitness certificates before returning to work. Employees might be required to complete a self-health-check declaration form, give details of any contact with a COVID-19-positive patient (including relatives, neighbours, and friends), or even having visited any COVID-19 or quarantined facilities. Some

► employees may feel such measures to be invasive, which will inevitably spark up the debate over privacy concerns and personal information data-sharing. The employer's response will likely be that it is the only way to move forward without risking a spike in the infectious virus spread until a vaccine and/or cure are available.

The arrival of COVID - 19 is also taking surveillance to a different level. Technology will aid humans in countering this virus in the form of Thermal Cameras monitoring employees' temperatures, employee contact-tracing tools, proximity-measuring tools, etc. PWC LLP, for eg., is preparing to launch a phone app for employers that traces contacts by analysing workers' interactions in the office. Workplace HR professionals can easily log into a web portal to determine which other employees could be at risk, based on their proximity to that worker in a given time period.

**Health And Safety Revamped:  
Employee Education And Changing  
'Dress Codes' for the Office:**

Before employees return to their workplace, employers will also need to inform and educate their staff of the enhanced workplace health and safety rules. These trainings can be achieved via webinars or e-learning modules before employees join the workplace or can be done physically on their first day of returning to work. While specific guidelines may vary, best practices at the workplace may universally include providing hand sanitizers and masks, mandatorily wearing facemasks whilst at work, including the correct way of wearing a mask and (e.g., not pulled down to their chin). Face mask, gloves, and Plexiglas visors will soon be the new corporate dress code that everyone will have to adhere to.

Physical distancing means longer queues for riding in elevators and office transportation, markers on the floor to direct foot traffic, staggered shift timings to avoid crowding, temperatures being taken on entry at the workplace, avoiding handshakes, sanitation of hands on using biometric sensors, intense sanitization and disinfection procedures at workplace, and social distancing during lunch/ coffee breaks.

While it would be 'safe' to say the above safety measures will likely be universally implemented, the question is whether any of the changes contemplated will actually result in a safer working environment. With enhancements like those described above, the old saying about working 'hand in glove' in the post-pandemic era will change to 'A Sanitized Hand In a Protective Glove!'

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## SYMPHONY ORCHESTRA OF INDIA

Opera Gala  
Celebrating the Days of Moscow in Mumbai  
Mikhail Shekhtman conductor  
Antonina Vesenina soprano | Alina Yarovaya mezzo soprano  
Alexey Tatarintsev tenor | Taras Shtonda bass  
This performance was recorded live on November 21st, 2019 at the Jamshed Bhabha Theatre, NCPA.  
**Saturday, June 6th | 6:00 pm**  
This event will be available for viewing till June 12th.  
[www.youtube.com/TheNCPAMumbai](http://www.youtube.com/TheNCPAMumbai)  
Facebook, Instagram, Twitter handles: /NCPAMumbai

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## HASATI

Humour and its different shades in Indian poetry through Bharatanatyam by Priyadarsini Govind  
This event was staged at the NCPA Mudra dance festival, held on April 27th, 2019 at the Tata Theatre, NCPA.  
**Sunday, June 7th | 6:00 pm**  
This event will be available for viewing till June 13th.  
[www.youtube.com/TheNCPAMumbai](http://www.youtube.com/TheNCPAMumbai)  
Facebook, Instagram, Twitter handles: /NCPAMumbai

## Pureganic Launches Rakshak & G-Satva

After 4 phases of Lockdown for 2 months, the Government of India has announced Unlock - 1, with partial opening of economic as well as essential activities, with conditions. It is essential to note that whether pre or post lockdown, we need to take good personal care of self and our family, with more attention and focus than ever before. The answer to this is - Immunity Building, which will help strengthen both, our body and mind.

With the wellbeing of all as the need of the hour, Pureganic is pleased to launch 2 new products after much R&D - RAKSHAK and G-SATVA (Giloy Tablets).

Rakshak is a powerful mixture loaded with Giloy, Ginger, Mulethi extracts. This anti-inflammatory 'chaatan' helps cough dissolution, fights fever, aids digestion & increases immunity. It clears and cleanses mouth & throat related issues. Loaded with natural vitamins & minerals, it provides good protection against health challenges caused due to viruses. Easy to consume & very effective, Rakshak is thick liquid spread (Paste) to be taken 1 Teaspoon twice a day, after food. It works well as a preventive and a curative against viruses. Rakshak comes in packing of 250 grams for Rs. 270/- and 500 grams for Rs. 500/-.

G-Satva (Giloy Tablets) - Giloy is a universal herb that helps boost immunity. It is a powerhouse of antioxidants which fights bacteria, keeps body cells healthy and gets rid of disease. Giloy helps remove toxins, purifies blood, combats liver diseases and urinary tract infections. It also treats chronic fever, arthritis, asthma, improves digestion, vision, controls diabetes, reduces stress and anxiety. Giloy tablets are available in a pack of 180 tablets for Rs. 200/- (Promotional Offer).

Feedback received by Team Pureganic from a Corona-positive family, "We are feeling much better after using Pureganic Haldi Ark, Tulsi Ark, Purecolo & Rakshak. My wife's sore throat has eased after she started Rakshak, since last 3 days. Many thanks for helping us through our fight with Corona".

Pureganic also offers Tulsi Ark, Haldi Ark, Colostrum (Purecolo), Sanjeevani Prash, Brahmi Honey, Tulsi Honey, Turmeric-Cinnamon Honey & Bilona A2 Gir Cow Pure Ghee, few of them are recommended by Ayush Mantralaya (Government of India), which are helpful for overall wellbeing, promoting good health and happiness, for times to come. Its range of organic, natural & herbal food products, has no side effects. Also, organically grown & naturally ripened Kesar Mangoes, fresh from Kutch farms are available. Currently, free home delivery is available in Mumbai. For details, Whatsapp/SMS on 9820812244.

# The Bawa Word Search

Search out the following 16 Different Horse Breeds Of The World hidden in the word-jumble box below, in bi-directional, horizontal, vertical and diagonal forms:

D W M Z D U C I D N A L E C I Y W Z I U N S D N X  
 Z K P J X Z E V B B Q W B W W F C Y H J W H O R Q  
 B E L U A L L E B A L A F I Q N G D P T Q Z M F D  
 D B F C U W V N W W Q C L O O G I I G M X U I E H  
 R E N I E T S L O H C Q G I T K R D V V C C Q M W  
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| Kathiawari (India)    | Arabian (Middle East) | Thoroughbred (England) | Mustang (North America) |
| Clydesdale (Scotland) | Andalusian (Spain)    | Haflinger (Italy)      | Gypsy (Ireland)         |
| Icelandic (Iceland)   | Falabella (Argentina) | Lipizzan (Slovenia)    | Knabstrupper (Denmark)  |
| Holsteiner (Germany)  | Campolina (Brazil)    | Lusitano (Portuguese)  | Friesian (Netherlands)  |



## TechKnow With Tantra

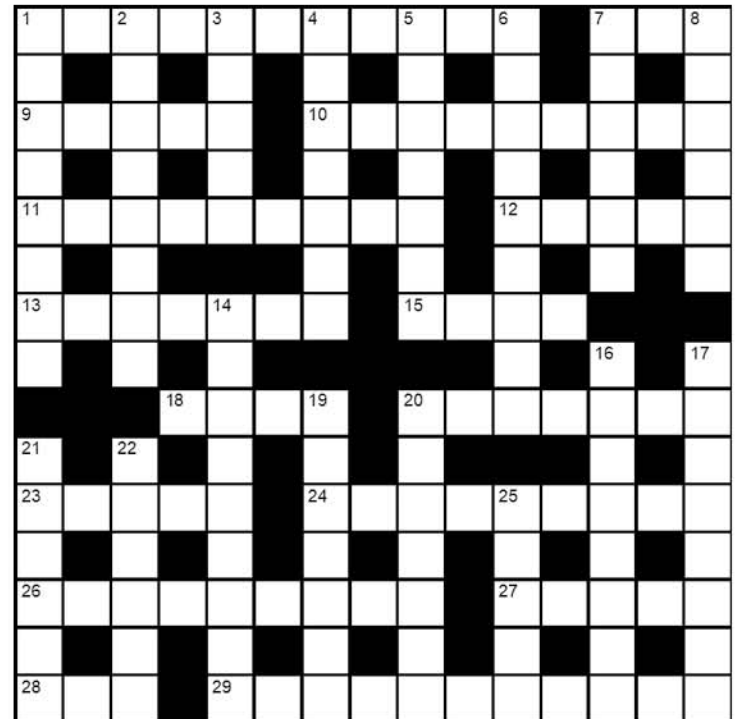
### TickTick

TickTick is a simple and effective to-do list and task manager app which helps you make schedules, manage time, give deadline reminders and organize life in general. It is easy to get started with its intuitive design and personalized features - add tasks and reminders in seconds and focus on important work. The app syncs across devices to keep you up to date. You can add tasks by voice input or typing. You can set multiple notifications for important tasks and notes to never miss any deadline! You can even get easy access to your tasks and notes by adding a checklist widget to your home screen!

Android: <http://bit.ly/2KF9uAG>

iOS: <https://apple.co/2N9Tp7R>

## BAWAJI BHEJA FRY



### ACROSS

- Vengeance (11)
- 300 in Roman numerals (3)
- Gain understanding from study or experience (5)
- Reluctance (9)
- Mafia head (9)
- Utterly defeats (5)
- Trampled (7)
- Adele's Rolling in the \_\_\_\_ (4)
- Taj Mahal city (4)
- Monarchs and their relatives? (7)
- \_\_\_ Lama is spiritual leader of

### DOWN

- Tibet? (5)
- Conversation (9)
- Mongolian wild ass (9)
- Spirit dispenser (5)
- Mayday! (3)
- Business enterprise (11)
- Disrepute (9)
- Population count (6)
- Edam or cheddar (8)
- Excavating or unearthing? (7,2)
- Weird or hideous? (8)
- Golf trophy - "Cry prude" anagram? (5,3)
- Accountant (7)
- That man from Moscow, perhaps (7)
- Gymwear name (6)
- Alleges (6)
- Smell (5)

Answers to the crossword will be in next Saturday's PT

## WINNING CAPTIONS!!!



Lioness: I don't care if there's a lockdown, GO GET A HAIRCUT!  
 By Viraf P. Commissariat (Connecticut, USA)

Lioness: Taro mask kaa chhe? Ne gher na vaasan ne jharu-katko kon karse?? Tara pappap??  
 By Delnavaz Rusi Gandevia (Mumbai)

## CAPTIONS THIS!

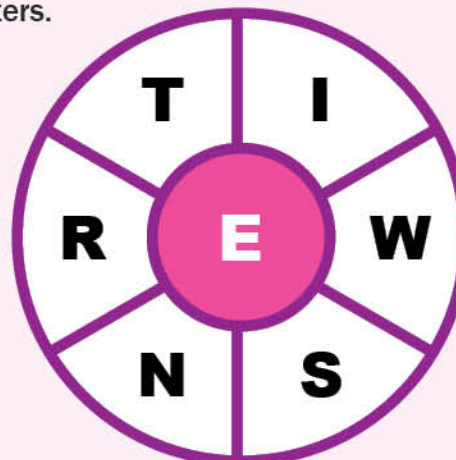


Calling all our readers to caption this picture!  
 The wittiest caption will win a fabulous prize!  
 Send in your captions at [editor@parsi-times.com](mailto:editor@parsi-times.com) by 10th June, 2020.

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.

## 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 - 6 or more words  
 Good - 8 or more words  
 Outstanding - 10 or more words

# Presents Chef Delzad



**Chef  
 Delzad K Avari**

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

**I**n keeping with the glorious mango season, this week, Chef Delzad brings you two amazing mango recipes to make and bake at home!



## Rum And Mango Pie

### Ingredients for the crust:

Flour - 230 g; Butter - 115 g; Eggs - 2 small; Salt - 5 g;  
 Castor Sugar - 10 g

### Method:

1. Ensure that the butter is hard and cold, helps if it is frozen. Cut it up into small cubes.
2. Combine the flour, sugar and salt in a bowl
3. Add the butter and begin to work it with your fingertips till you achieve a crumbly, sand-like texture
4. Beat the eggs and add the beaten eggs and bring the dough together. Avoid using your palms as it will cause the butter to melt
5. Divide the dough into one large piece and a small one, wrap each in cling film and freeze for at least 25 mins before using.

### Ingredients for the filling:

Mangoes cut in cubes - 3 nos; Sugar - 20 g; Corn flour - 15 g; Rum (optional - 60 ml)

### Method:

1. In a pan add 3/4th of the mangoes and begin cooking on medium heat
2. Add the rum and cook them till the water evaporates and you get a thick mixture
3. Add the remaining mangoes to the mixture and take it off the heat
4. When hot, mix in the sugar and corn flour
5. Keep aside to cool

### Method for the Assembly:

1. You can use a loose bottom cake tin/ pie mold/ even a pyrex dish
2. Roll out the larger piece of dough, prick the surface with a fork
3. Line the base and sides of the mold and bake @180 C for 10 - 15 mins (use eggwash wherever the dough is not sticking)
4. Pour the filling into this shell
5. Roll out the smaller piece of dough and arrange like a trellis over the filling
6. Egg wash the surface and bake for further 45 mins @180 C
7. Let the pie cool first, warm a little before serving. It goes great with vanilla ice cream!

### Tips:

1. Egg wash = 1 egg + 30ml milk
2. Use only your fingertips when making the dough
3. Do not overdo egg wash on the top, or the pie will color too fast without baking through

## Baked Mango Yogurt Recipe

### Ingredients:

Yogurt/Dahi - 200 g;  
 Condensed milk - 200 g;  
 Cooking cream - 200 g;  
 Fresh Mango Puree - 200 g

### Method:

1. Combine the yogurt, condensed milk, cooking cream, fresh mango puree in a bowl
2. Whisk together till nice and smooth
3. Fill the mixture in oven proof bowls and transfer them to an ovenproof dish
4. Fill the dish with boiling water till at least half the height of the bowl
5. Bake @180 C for 45 - 50 mins, make sure they are still slightly jiggle in the centre
6. Chill them for at least 2.5 hours
7. Garnish with chopped mangoes or a topping of choice and serve cold

### Tips:

1. The mangoes should not be over-ripe
2. Make sure the mixture is super smooth and lump-less as it doesn't give a good feel in the mouth post baking.



## Dr. Jasvi's Numero Tarot Predictions

(As Per Your Birth Month)



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

**January (Lucky No. 19; Lucky Card: Sun):** You will find success and victory in all the things you do this month. Don't get confused – stay grounded and rational. You will receive divine blessings.

**February (Lucky No. 17; Lucky Card: Star):** Keep in mind that everything that glitters is not gold. Be careful in taking decisions. There will be automatic balance in situations. Finances will do well during this month.

**March (Lucky No. 6; Lucky Card: Lovers):** It's time for you to clear those mental confusions. Sudden travel is on the cards. Love is in the air. Emotionally you will feel secure and content.

**April (Lucky No. 11; Lucky Card: Justice):** Life is beautiful. Take the world in your stride. Be happy with what you have instead of complaining about what is missing. Overall, this will be a happy month for people born in April.

**May (Lucky No. 10; Lucky Card: Wheel Of Fortune):** Change is a permanent aspect of life, learn to accept the changes in yours. Move ahead in life. Forget about those little heart burns as they are holding you back. Financially, this is a good month for women born in May.

**June (Lucky No. 21; Lucky Card: World):** You need to make the will and get over confrontational situations. Accept and act like who you are - elegant, smart and intelligent. Learn to shoulder your responsibility, instead of running away from it.

**July (Lucky No. 5; Lucky Card: Hierophant):** Pray to almighty and He will show you the path to your destination. You could find yourself in the center of a great paradox in your life. Remember, your emotions tell you your truth, but cannot be trusted. Stabilize your emotions by wearing pearl or silver.

**August (Lucky No. 1; Lucky Card: Magician):** Learn to balance the situation. All days will not be the same. Remember that the end is compulsory for a fresh new beginning. Don't overstretch yourself.

**September (Lucky No. 8; Lucky Card: Strength):** Health is wealth and you need good and sound sleep as that is the key to your good health. Avoid getting lost in those unnecessary, negative thoughts at night. Don't feel neglected – this is just your mind playing games with you.

**October (Lucky No. 2; Lucky Card: High Priestess):** Come out of your self-imposed mental isolation. Enjoy life, take care of your health. Open up your heart with an experienced person, and you will receive clarity of thought.

**November (Lucky No. 3; Lucky Card: Empress):** Follow your intuition. A healthy month ahead indicated for you. Travel is also on the cards. You could end up changing residence or your office premise this month.

**December (Lucky No. 4; Lucky Card: Emperor):** You are aware of your destiny, but are in search of the path. Slow down, be practical and then move ahead. Ultimately, only you are responsible for your success – remember that!

## I Miss Hugging My Friends



RUBY LILAOWALA

If you ask me what I'm missing the most during this coronavirus menace, I'll say HUGS. You see, I've this habit of hugging all my lady friends and children. I'm not talking of an obligatory hug! No! I'm talking of what we Parsis call a 'daabiney-koti' - a big bear-hug. Youngsters come to me for what they call a mommy-hug and some call it a granny-hug. So you see, I'm very rich in hugs which are a morsel of love and a slice of affection. Each one of us wears a public-mask in a sense, but behind that mask is the living presence of God's spirit - the one and only supreme spiritual-energy that flows through each one of us. I am hugging that energy - not just the person!

God disguises himself behind the rich and poor, the beautiful and the ugly, so that we have many, many opportunities to give back our love to Him by loving all these different manifestations and expressions of God, who we call our friends. The mask itself may be seemingly imperfect, yet we know that God lives within. In reality, God is love and love is God. God comes from only one source, and by hugging friends we can be grateful that many people in our lives have been beautiful instruments of that Divine!

'Munnabhai' knew that hugging is healthy. Research conducted in USA's School of Medicines Touch Research Institute suggests we need four hugs a day for our survival, eight for maintenance and twelve for growth. Psychologists praise the therapeutic value of hugs and say that merely 10 minutes of parent-child hugging a day can help in curing childhood maladies like diabetes, insomnia, fear of the dark, asthma and thumb-sucking.

For a child, hugs, kisses and cuddles are more important than being fed on time and sent to school with all the homework done. Scientific study has conclusively proved that children who have never been hugged grow up to be emotionally unstable, insecure, maladjusted adults whereas cuddling and hugging a child gives it warmth, love, security and a big boost in self-esteem, resulting in a matured, stable personality. I may add here that every child must be taught to distinguish between the 'right' and the 'wrong'



hug, so that a child does not fall prey to perverse people with wicked minds.

Adults seem to outgrow the need for hugging and in a rocky marriage, hugging is the first casualty. When problems come in through the door, love flies out of the window, even in the so-called love-marriages. If couples can hug and cuddle each other during difficult times in a marriage (and there are lots of these), the marriage grows stronger.



The need for hugging is moreso vital in old people. Old age is second childhood and old persons cherish being hugged. Hugging them prevents senility according to one school of thought. Old people who are frequently hugged by their children and grandchildren are less prone to loneliness and depression. Of course, old people can be very demanding and troublesome at times, they are worse than naughty children but a few hugs along with comforting words goes a long way in pacifying them to do your bidding.



There are wide cultural variations regarding hugging. In the West, hugging a friend of the opposite sex is acceptable while in India, some fathers hesitate to even hug their own adolescent daughter. Hugging should never violate social norms of decorum and decency. It should project warm regards and not an iota of obscenity. It should be genuine, with real affection for the other, for it to be therapeutic and not like the social hugging and air kisses seen at parties which are too artificial and superficial to evoke any feeling except hypocrisy.

The therapeutic effect of parent-child hugs cannot be over-emphasized as they stroke the child's emotions and soothe the mind. Remember when as children we'd get hurt and 'mummy's kiss' would make it alright? Hugs are exactly like that - they make everything alright!

Boley toh, hug your loved ones - now!

## THE TRUTH. DELIVERED WEEKLY.

### સ્માઈલ સર્જન ડો. એડનવાલાનું નિધન



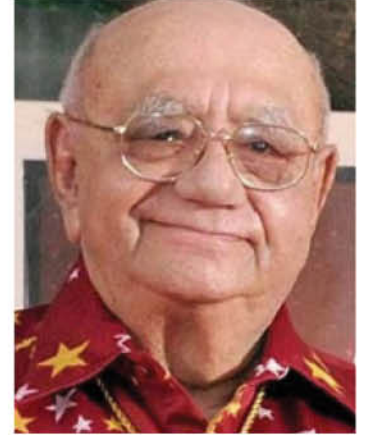
૧૫,૦૦૦થી વધુ દર્દીઓને સ્માઈલ કરાવનારા પ્રખ્યાત ડો. હીરજી એસ. એડનવાલાનું ૮૯માં વર્ષે તા. ૨૭મી મે, ૨૦૨૦ને દિને નિધન થયું હતું. તે કેરળમાં આવેલ થિસુરમાં ન્યુબિલી મિશન હોસ્પિટલના ચાર્લ્સ પિન્ટો ક્લેક્ટ સેન્ટરમાં ડિરેક્ટર હતા. જીવનકાળ દરમ્યાન તેમણે અસંખ્ય બાળકોને સ્મિત અપાવ્યું હતું. જન્મજાત બાળકો જેમના ફાટેલા હોઠ અને તાળવું સુધારનાર સર્જરી માટે તેમણે પાંચ દાયકા સમર્પિત કર્યા હતા. તેમણે ૧૭૦૦૦થી વધુ ફાટેલા હોઠ અને તાળવાની સર્જરી કરી હતી. ૫મી જૂને તેઓ ૯૦ વર્ષના થનાર હતા. ડો. એડનવાલાને કોઈમ્બતુરની ખાનગી

હોસ્પિટલમાં તાવ અને શ્વાસ લેવામાં તકલીફની સારવાર આપવામાં આવી રહી હતી. મૂળ મુંબઈના વતની, ડો. એડનવાલા ૧૯૫૯માં ન્યુ-બિલી મિશનમાં જોડાયા હતા અને યુએસ સ્થિત સ્માઈલ ટ્રેન સાથે જોડાણ કર્યું હતું, જે વિશ્વભરમાં ફાટેલ હોઠ અને તાળવાની સર્જરીને સમર્પિત એક નફાકારક સંસ્થા હતી. ડો.એડનવાલાએ ૨૫ વર્ષ સુધી ચીફ મેડિકલ સુપરિન્ટેન્ડન્ટ તરીકે સેવા આપી હતી. સ્માઈલ ટ્રેનની ભાગીદારીથી ગરીબ પરિવારોના બાળકો પર વિના મૂલ્યે શસ્ત્રક્રિયા કરવામાં મદદ કરી હતી. લોકડાઉન હોવા છતાં, હોસ્પિટલના ડિરેક્ટર, એફઆર. ફાન્સીસ પલ્લિકુનાથ, ડો.એડનવાલાને અંતિમ શ્રદ્ધાંજલિ આપવા માટે કોઈમ્બતુર આવ્યા હતા. તેમણે શેર કર્યું હતું કે ડો. એડનવાલા એક ઉત્સાહ સાથે કામ કરતા હતા અને ફાટેલા હોઠ અને તાળવાની સારવાર આપવાનું કામ જુનૂનથી કરતા હતા.

### વિશ્વવના અગ્રણી જ્યોતિષી બેજન દાડવાલાનું નિધન

વિશ્વના સૌથી પ્રખ્યાત જ્યોતિષવિદ્ય બેજન દાડવાલાનું ૨૯મી મે, ૨૦૨૦ના રોજ ૮૮ વર્ષની વયે, અમદાવાદની એપોલો હોસ્પિટલમાં નિધન થયું. તેમને શ્વાસ લેવાની તકલીફની ફરિયાદ બાદ હોસ્પિટલમાં દાખલ કરવામાં આવ્યા હતા. તેમના કુટુંબમાં તેમની પત્ની, ગુલી જે એક પ્રખ્યાત ટેરોટ કાર્ડ રીડર છે અને તેમના પુત્રો નાસ્તુર જે એક અગ્રણી જ્યોતિષવિદ્ય છે અને ચિરાગ લાડસરીયા (દત્તક લીલા) છે. તેમના પુત્ર, નાસ્તુરના અહેવાલો મુજબ તેના પિતા ન્યુમોનિયા અને ફેફસાના ચેપથી પીડાતા હતા, અને ઓક્સિજનનું સ્તર ઓછું થતા તેમનું નિધન થયું હતું. છેલ્લા ૧૦૦૦ વર્ષોમાં ૧૦૦ મહાન જ્યોતિષીઓમાંના એક તરીકે બેજન દાડવાલા પ્રખ્યાત હતા. વિશ્વના સૌથી પ્રખ્યાત જ્યોતિષી હોવા ઉપરાંત, બેજન દાડવાલાએ અંગ્રેજીમાં પી.એચ. ડી. કર્યું અને અંગ્રેજીના અધ્યાપક તરીકે પણ ફરજ બજાવી હતી. તેમનો પારસી

વારસો હોવા છતાં, તેઓ ભગવાન ગણેશના પ્રખર અનુયાયી તરીકે જાણીતા હતા. પ્રેમાળ અને દયાળુ બેજન દાડવાલા તેમની આગાહીઓ માટે અનેક પ્રશંસાઓ અને વ્યાપક ઓળખ મેળવી હતી. તેઓ સમગ્ર વિશ્વમાં સંખ્યાબંધ આખબ-રો, સામયિકો, ટેલિવિઝન ચેનલો અને પ્રકાશન ગૃહો સાથે નજીકથી સંકળાયેલા હતા. તેમની જ્યોતિષીય આગાહીઓને વિશ્વભરના હજારો લોકો આતુરતાથી અનુસરે છે. તેમની વેબસાઈટ, Ganeshspeaks.com, જ્યોતિષવિદ્યાના ક્ષેત્રમાં સૌથી વધુ લોકપ્રિય છે. જે વૈશ્વિક સ્તરે એક વિશાળ



વર્ગ તેનું અનુસરણ કરે છે. તેમની આત્માને ગરોથમાન બહેસ્ત પ્રાપ્ત થાય.

### સદેહ ઉત્સવ તેહરાનની રાષ્ટ્રીય હેરિટેજ સૂચિમાં ઉમેરવામાં આવ્યો

સાંસ્કૃતિક હેરિટેજ, પર્યટન, અને હસ્તકલા પ્રધાન અલી અસગર મૌનેસને સમય સન્માનિત, મધ્ય શિયાળાના પ્રાચીન ઉત્સવ સદેહને સાચવવાની



જરૂરિયાત પર ભાર મૂક્યો છે, જે ૩૦મી જાન્યુઆરીએ ઉજવાય છે. ૨૬મી જૂને આ હુકમનામુ બહાર પાડવામાં આવ્યું હતું. આ ધરોહરની સુરક્ષા અને સંરક્ષણ પગલાને સમર્થન આપવામાં આવ્યું હતું. સદેહને જમશેદી નવરોજના ૫૦ દિવસ અને ૫૦ રાત પહેલા ઉજવવામાં આવે છે. ઈરાની ઝોરાસ્ત્રિયન લોકોમાં આ તહેવાર વધુ લોકપ્રિય થઈ રહ્યો છે જેમાં આતશનું સન્માન કરવામાં આવે છે. પરશિયન પૌરાણિક કથા અનુસાર, વિશ્વના બીજા રાજા હોશંગે ન્યારે અજગરને પથ્થરથી મારવાનો પ્રયત્ન કર્યો ત્યારે તેને આતશ મળી આવી હતી. આ ઉત્સવમાં લાકડાના એક ખૂટાંને આગ લગાવી તહેવાર ઉજવવામાં આવે છે. વિશાળ ખુદ્દી અગ્નિ પ્રગટાવતા પહેલા, શુદ્ધતા અને સુઘડતાના સંકેત તરીકે સફેદ કપાસના કપડા અને ટોપી પહેરેલા કેટલાક જરથોસ્તી મોબેદો અવેસ્તાના શ્લોકો ભણે છે અને અગ્નિ પ્રગટાવેલા ઝાડીઓની આસપાસ ફરે છે અને ખુશાલીથી ઉજવણી કરે છે.

### પીટી રજૂ કરે છે ફાધર્સ ડે કોન્ટેસ્ટ મારા પરફેક્ટ પપ્પા



મધર્સ ડે પર તો આપણે આપણો પ્રેમ આપણી મમ્મી માટે દર્શાવીએ છીએ તો ચાલો હવે આપણે પ્રેમ વ્યક્ત કરીએ

**ફાધર્સ ડેના દિવસે (૨૧મી જૂન)!**  
**આપણા ડાર્લિંગ ડેડીઓ માટે**  
**પીટીની ફાધર્સ ડે સ્પર્ધામાં ભાગ લો:**  
**‘માય પરફેક્ટ પપ્પા’**

**તમારા પપ્પાને જણાવવા માટે કે તે હંમેશા પ્રેમળ છે!**



તમારી લાગણીઓ વ્યક્ત કરો અને તમારા પપ્પા / પિતા સાથે તમારા પ્રેમને તમારા મૂળ શબ્દોમાં ‘કવિતા’ અથવા ‘ગદ્ય’ દ્વારા શેર કરો.  
મહત્તમ શબ્દ મર્યાદા: ૧૫૦ શબ્દો અથવા ‘પેઈન્ટિંગ’ અથવા ‘કાફ્ટવર્ક’.  
ટોચના ૩ વિજેતાના પ્રવેશો પીટીના ફાધર્સ ડે વિશેષ અંક તા. ૨૦ મી જૂન, ૨૦૨૦માં દર્શાવવામાં આવશે.  
અને ફેબ પ્રાઈઝ પણ જીતી શકો છો !!

પીટીની ફાધર્સ ડે કોન્ટેસ્ટ માટે તમારી એન્ટ્રી અમને ૧૬ જૂન, ૨૦૨૦ સુધીમાં મળી જવી જોઈએ મેઈલ કરો: [editor@parsi-times.com](mailto:editor@parsi-times.com)

એક નજર પારસી મરણો ઉપર

Deceased મરનાર	Age વય	Date તારીખ	Address ર. ઠે.	Relations સગાઈઓ
Puviz Minocher Bacha પરવીઝ મીનોચેર બચા	77 ૭૭	28-05-2020	Flat No.2, Habib Court, S. B. Singh Road, Colaba Mumbai. ફ્લેટ નં. ૨, હબીબ કોર્ટ, એસ. બી. સિંહ રોડ, કોલાબા, મુંબઈ ૧	તે મીનોચેર બચાના ઘણીયાણી તે ડાપના દીનશાહ ડોક્ટર ને યજ્ઞ મીનોચેર બચાના માતાજી તે દીનશાહ ડોક્ટર ને ભુમીની બચાના સાસુજી તે જોઈસ ડોક્ટર, અરયાન બચા ને આરયા બચાના ગ્રેન્ડમધર તે મરહુમો જર તથા અરદેશર મવજીના દીકરી તે ફરીદા ડોયુ ખંભાતાના બહેન તે બખ્તાવર ચારના, ગુલ જમશેદ ઘડીયાલી, ફરીદા દીન્યાર અંકલેશ્વરીયાના દેરાણી જેઠાણી તે મરહુમ જમશેદ ને અરનાવાઝ ફિરોઝ ઘડીયાલીના ભાભી તે મરહુમ દોલત જમશેદ બચાના દેરાણી તે મરહુમો ધનમાય તથા ફીરોઝશા બચાના વહુ.
Feroza Saran ફિરોઝા સરન	71 ૭૧	28-05-2020	Augustus Villa, 2Nd Floor, 21, N. S. Patkar Marg, Mumbai 7. ઓગસ્ટસ વિલા, ૨જે માળે, મુંબઈ ૭.	તે મરહુમો ગુલ તથા સોરાબ કેપશરૂ નીકલસનના દીકરી તે તનાઝ ને સોરાબના માતાજી તે રોકેન મેહરનોઝ ઈચ્છાપોર્યા તે મરહુમ કેકુ સોરાબ નીકલસનના બહેન તે કાયરસ ને કરીસ્માના ગ્રેન્ડ મધર.
Manijeh Eruch Hodiwalla મનીજેહ એરુચ હોડીવાલા	86 ૮૬	29-05-2020	H/36, Cusrow Baug, Sahid Bhagat Singh Road, Colaba, Mumbai 1. એચ/૩૬, ખુશરોબાગ, શહીદ ભગતસિંહ રોડ, કોલાબા, મુંબઈ ૧.	તે એરુચ સોરાબજી હોડીવાલાના ઘણીયાણી તહે મરહુમો ઓસ્તી આઈમાય તથા એરવદ બહેરામ ફરદુનજી પંથકીના દીકરી તે મરહુમો પીરોજબાઈ તથા સોરાબજી ફરામજી હોડીવાલાના વહુ તે શહેરનાઝ, પરવેઝ, આદીલના કાકીજી તે રશનાના મામીજી.
Hoshang Merwanji Baria હોશંગ મેરવાનજી બારીયા	81 ૮૧	30-05-2020	803/C, Laxmi Bhuvan, Dr. Ambedkar Road, Dadar, Mumbai 14. ૮૦૩/સી, લક્ષ્મી ભુવન, દાદર, મુંબઈ ૧૪.	તે મરહુમ મેરવાનજી ને ગુલ બારીયાના દીકરા તે શીરીનના ઘણી તે ફીરોઝના ડેડી તે અડી ને મરહુમ દારાના ભાઈ તે મરહુમ ખુરશેદ ને ગાય ધોનદીના જમાઈ.
Gool Keki Mistry ગુલ કેકી મીસ્ત્રી	82 ૮૨	30-05-2020	B-503, Shangrilla Premises Co-Op-Soc Ltd, Harminder Singh Road, 7 Bungalow, Andheri, Mumbai 61. બીપ૦૩, સાંગરીલા પ્રીમાસીસ કો. ઓ. સોસાયટી લિ., હરમીનદર સિંગ રોડ, ૭ બંગલા, અંધેરી (વે), મુંબઈ ૬૧	તે મરહુમ કેકી જાલેજર મીસ્ત્રીના ઘણીયાણી તે મરહુમો તેમના તેમજ મહરજીભાઈ મીસ્ત્રીના દીકરી તે બાનુના બહેન તે વસ્પીના માતાજી તે રૂબીના સાસુજી તેમ જ ઝુબીન અને ઝરીરના બપયજી તે મરહુમો સીરીનબાઈ તેમજ જાલેજર મીસ્ત્રીના વહુ તે મરહુમો સાવકશા, કેરસાસ, અસ્પી, જીમી, કેટી, હોસી દેસાઈ, તે મેહુરુ દાદી પસ્તાકીયા ને રોસન દીનુ ઉદાચીયાના ભાભી તે રોસન તેમ જ મરહુમ રૂસ્તમ ભગવાના વેવાન.
Aloo Minoo Polson આલુ મીનુ પોલસન	85 ૮૫	31-05-2020	Moti Mahal 3 A, 1St Floor, 195 J. Tata Road, Opp Samrat Hotel, Marine Lines Mumbai 20. એ-૩, મોતી મહલ, જે ટાટા રોડ, ચર્ચગેટ.	તે મરહુમ મીનુ પેસતનજી પોલસનના વિધવા તે મરહુમો શીરીન તથા અરદેશર આર્ટિસ્ટના દીકરી તે મરહુમો ધનમાય તથા પેસતનજી પોલસનના વહુ તે જરૂ ફિરોઝ વઝીફદારના માસી.
Khurshid Farrokh Naterwalla ખુરશીદ ફરોખ નેતરવાલા	70 ૭૦	01-06-2020	Bldg. No.19, Zoroastrian Colony, Tardeo, Mumbai 7 બિલ્ડિંગ નં. ૧૯, ઝોરોસ્ટ્રિયન કોલોની, તારદેવ, મુંબઈ.	તે ફરોખ દારબશાહ નેતરવાલાના ઘણીયાણી તે ઉરવશ અને મેહરતાશના માતાજી તે મેરગીઝ અને અગલીયાના સાસુજી તે પાશન, પીરાન, તરોનીશ ને ઝરવાનના બપયજી તે મરહુમો દારબશાહ ને આલામાયના વહુ તે મરહુમો દીનશા તથા નરગીસના દીકરી.
Dhan Framroz Pardiwala ધન ફરામરોઝ પારડીવાલા	74 ૭૪	01-06-2020	6-A, 404, S. V. P. Road, Prem Nagar, Borivali (W), Mumbai 92. ૬-એ, ૪૦૪, એસ.વી.પી. રોડ, પ્રેમ નગર, બોરીવલી (વે.), મુંબઈ ૯૨.	તે ફરીદાના ખાવિંદ તે બેલરોઝ અને પીનાઝના પપ્પા તે અસ્પી ફરામરોઝ પારડીવાલાના ભાઈ તે મરહુમો દોલત ફરામરોઝ પારડીવાલાના દીકરા તે મરહુમો જરબાનુ જાલેજર ગોટવાના જમાય તે ઝેરીકના મમાવા તે વીસ્વકુમારના સસરા તે કેશ્મીર અસ્પી પારડીવાલાના જેઠ તે ખોરશેદ પરવેઝ ગોટવા, રતન હોશી શ્રોફ, નાજુ કેરસી અમરીલીયા, રોલીન્ટન જાલેજર ગોટવા, મરહુમો નીલુફર જમજેદ બીલીમોરીયા, મરહુમ વીરાફ જાલેજર ગોટવાના બનેવી તે રીજની અને બીનાઈફરના બ્રધર ઈન લો.
Eruch Dorabshaw Anklesaria એરુચ દારબશાહ અંકલેસરિયા	92 ૯૨	02-06-2020	M/1, Nowroz Baug, Lalbaug, Mumbai 12. નવરોઝ બાગ, એમ/ ૧, લાલબાગ, મુંબઈ ૧૨.	તે મુ. ગુલ એરુચ અંકલેસરિયાના ધની તે મુ. આલામાય દા. અંકલેસરિયાના દીકરા તે દારાયસ તથા આદીલના દેદી તે પરવીન દારાયસ અંકલેસરિયા તથા ભાવના આદિલ અંકલેસરિયાના સસરાજી તે સ્પેન્ટા, મરઝી, ઝુબીન તથા મીશેલના ગ્રેન્ડ ફાધર તે ફરઝીન સ્પેનતા અંકલેસરિયાના ગ્રેન્ડ સસરાજી તે જેશાદ તથા નાથરાના ગ્રેટ ગ્રેન્ડ ફાધર તે મુ. દીના બમન ખંભાતા તથા મુ. તેહમી દા. અંકલેસરિયાના ભાઈ તે મુ. રતામય ફીતરના જમાઈ તે શેરનાઝના એક્સ સસરા.
Kersi Framroze Daruwalla કેરસી ફરામરોઝ દારુવાલા	81 ૮૧	02-06-2020	Flat No.41, Jame Jamshed Bldg., 811, Parsi Colony, Dadar. Mumbai 22. ૮૧૧, પારસી કોલોની, દાદર, મુંબઈ ૨૨	તે મરહુમો પીરોજબાઈ તથા ફરામરોઝ દારુવાલાના દિકરા તે મરહુમો પેરીન, દીનુ, રતી, બાનુ ને શેહેરૂના ભાઈ તે શીરાઝ, કુરૂશ ને માનેકના મામા તે હોશંગ તથા કેકીના બનેવી.
Irاندokht Khodaram Kocheck ઈરાનદોખત ખોદારામ ખોચક	79 ૭૯	01-06-2020	Hajikasam Building, 1st Floor, Room No.8, Belasis Road, Nagpada, Mumbai 8. હાજી કાસમ બિલ્ડિંગ, પહેલો માળ, રૂમ નં. ૮, બેલાસીસ રોડ, નાગપાડા, મુંબઈ ૮.	તે મરહુમ ખોદારામના વિધવા તે કેશમીરા તથા શાહાઝખના માતાજી. તે મરહુમો ગોવેર તથા ખોદાબક્ષ જેલંગીર અલહાબાદીના દિકરી તે ફરહાદના બહેન તે ફરાહા ને ગુલઝખના ગ્રેન્ડ મધર તે પરસી ને પ્રીતીના સાસુજી તે મરહુમો શીરીન તથા બોમન ઈરાનીના વવ.
Khodayar Khodabux Irani ખોદાયાર ખોદાબક્ષ ઈરાની	58 ૫૮	02-06-2020	Wadia Building, 2nd Floor, Flat No.8, Dr. Ambedkar Road, Near Hindmata Cinema, Dadar, Mumbai 14. વાડિયા બિલ્ડિંગ, બીજે માળે, રૂમ નં. ૮, ડો. આંબેડકર રોડ, દાદર, મુંબઈ ૧૪.	તે મરહુમો ઈરાનદોખત ખોદાબક્ષ ઈરાનીના દીકરા તે રશનાના ભાઈ તે જેસમીનના ખાવિંદ તે કેશમીરા, નોઝર, યજ્ઞના પપ્પા તે ફેની તથા મરહુમ શરોશ આટિયાના જમાઈ તે સાઈરસ મેહરનોશના બનેવી તે ફરહાદ ને મેહરદાદના મામા.
Navil Keki Hakim નેવીલ કેકી હકીમ	61 ૬૧	02-06-2020	Building No.2, Flat No.5 Malcom Baug, Jogeshwari (W), Mumbai 102. બિલ્ડિંગ નં. ૨, ફ્લેટ નં. ૫, માલકમ બાગ, જોગેશ્વરી (વે.), મુંબઈ ૧૦૨.	તે કેશમીરાના ઘણી તે જેનીફરના પપ્પા તે રોડા તથા કેકી હકીમના દીકરા તે મેહરનોશના ભાઈ તે એરીક જીમી દસ્તુરના સસરાજી તે મરહુમ કેટી જાલ કરમાના જમાઈ તે રતીમાય જીમી દસ્તુરના વેવાઈ તે પરસી કરમા, તહેમટન જાલ કરમાના બનેવી તે જોલી તહેમટન કરમાના નણાંવઈ તે પોરસ તેહમટન કરમાના કુઆજી.
Eddie Kaikhsru Kotwal એડી કેખુશરૂ કોટવાલ	86 ૮૬	04-06-2020	Lady Navajbai Tata Bldg., Flat No.12, S. V. Road, Bandra (W), Mumbai 50. લેડી નવાજબાઈ, તાતા બિલ્ડિંગ, ફ્લેટ નં. ૧૨, બાંદ્રા (વે), મુંબઈ ૫૦.	તે જરૂના ખાવિંદ તે સનોબર ને ફિરોઝના પિતાજી તે મરહુમ કેખુશરૂ તથા મરહુમ મનીજેના દીકરા તે બરજોર ને એમીના ભાઈ તે તાનયાના ગ્રાન્ડ ફાધર તે ફરીદાના સસરા તે મરહુમો ડોસા તથા અરદેશર વાડીયાના જમાઈ.
Morvarid Ardeshir Nawshirwani મોરવરીદ અરદેશરી નોશીરવાની	80 ૮૦	04-06-2020	New Sai Niketan Society, A/604, 6Th Floor, Mount Road, Mazagaon, Mumbai 10. ન્યુ સાઈ નીકેતન સોસાયટી, એ/૬૦૪, ૬ઠે માળે, માઉન્ટ રોડ, મઝગામ, મુંબઈ ૧૦.	તે મરહુમ અરદેશરી નોશીરવાનના વિધવા તે હોશંગ નોશીરવાની ને મીનોચહેર નોશીરવાનીના માતાજી.
Jimmy Cawasji Vazifdar જીમી કાવસજી વઝીફદાર	78 ૭૮	04-06-2020	Tarachand Bldg., Grd. Floor, Next To Bhatia Hospital, Chikalwadi, Grant Road, Mumbai 7. તારાચંદ બિલ્ડિંગ, ગ્રાઉન્ડ ફ્લોર, ગ્રાન્ટ રોડ, મુંબઈ ૭.	તે પરવીન (બાનુ)ના ખાવિંદ તે ખુરશેદ અને જેસમીનના બાવાજી તે મરહુમો દોલત તેમજ કાવસજી નવરોબજી વઝીફદારના દીકરા તે મરહુમો શેહરબાન તેમજજમશેદ હલમન નજમી તે કેટી ફીરોઝ બાતલીવાળવા અને મરહુમ બહેરામના ભાઈ તે ગુલચહેર નરીમનફરતમી, ફીરોખ અને મરહુમ સોલતુન રૂસ્તમ ખુશખુશાલના બનેવી તે મરહુમ એમીના દેર તે શીરાઝ આદીલ ગગરાતના કાકાજી તે માહરૂખ રોલીન્ટન ભમગરા ને રૂખશાના હોશી એલજીના મામા તે કેઝીનના મોટા કાકાજી.

Death Announcements from Vasai

Noshir Nariman Engineer નોશીર નરીમાન એન્જિનીયર	82 ૮૨	04.06.2020	Serene Jeejeebhoy Building, Suyog Nagar, Bhabhola, Vasai West. સેરેને જીજીબોય બિલ્ડિંગ, સુયોગ નગર, વસઈ વેસ્ટ.	તે નરીમાન અને ફેની એન્જિનીયરના દીકરા તે મહેરૂ જાલ દારુવાલાના ભાઈ તે મરહુમ પરવિનના ઘણી તે ડેલના સાયરસ ઈરાનીના પપ્પા તે કેઝીન અને યોહાનના ગ્રાન્ડ ફાધર તે મેહરનોશ, નેવિલ, બુરઝીન દારુવાલા, નાઝનીન, રક્ષા અને સારા દારુવાલાના અંકલ.
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પાના નં. ૧૬થી ચાલુ

## Death Announcements from Vansda

Navaz Chhapgar નવાઝ છાપગર	78 ૭૮	17.05.2020	C.D.Baug, Flat 2, Jawahar Nagar, Goregaon West, Mumbai 104. સી.ડી. બાગ, ફ્લેટ ૨, જવાહર નગર, ગોરેગાંવ વેસ્ટ, મુંબઈ ૧૦૪.	તે મરહુમો રૂસ્તમજી બહેરામ સુખડીયા અને પિરોજી રૂસ્તમજી સુખડીયાના દીકરી તે રોશન, એરીક અને શેરીના મમ્મી તે ગુલશન, મહેરૂ, રોડા, દોલી, સામ, જેમી, રૂમી ને ઝીનોબ્યાના સીસ્ટર.
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## Death Announcements from Dadar

Adi Manchershaw Adajania અદી મંચેરશા અડાજનીયા	82 ૮૨	27.05.2020	Plot No 811, Room No 47, Jame Jamshed Building, Jame Jamshed Road, Dadar, Mumbai 14. પ્લોટ નં ૮૧૧, રૂમ નં. ૪૭, જામે જમશેદ બિલ્ડિંગ, દાદર, મુંબઈ ૧૪.	તે આયમઈ તથા મંચેરશા અડાજનીયાના દીકરા તે દીનશા, લવજી અને મરહુમ કાવસના ભાઈ તે અમી, જરૂ અને મરહુમ કેટીના બ્રધર ઈન લો તે રોની, ઝરીન, ફરિદાના કાકા.
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## Death Announcements from Grant Road

Dr. Darius Homi Umrigar ડૉ. દારાપસ હોમી ઉમરીગર	54 ૫૪	02.06.2020	337, Zaroon Castle, Ground Floor, Room no 2-3 Grant Road East, Mumbai 7. ૩૩૭, અપતુન કેસ્ટલ, ભોય તળીયે, રૂમ નં ૨-૩, શાલીમાર સિનેમાની બાજુમાં ગ્રાન્ટ રોડ (ઈ), મુંબઈ ૭.	તે મરહુમો ગુલ તથા હોમી ઉમરીગરના દીકરા તે ખુશરૂના ભાઈ તે માલાફરીન ગોટવા ઉમરીગરના જેઠ.
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### પૈસા વાપરતા પહેલાં કમાતા શીખીએ

દાનેશ અને રશના એક ખૂબ જ સુખી કપલ હતું, જીવનની શરૂઆતમાં દાનેશે પૈસા કમાવવા માટે ખૂબ જ મહેનત કરી હતી અને પોતાની મોટી ફેક્ટરી ઊભી કરી હતી, પૈસાદાર થઈ ગયા હોવા છતાં તે દરરોજ ફેક્ટરીમાં પોતાની જાતે પોતાનું કામ કરતા. પૈસાની કોઈ કમી નહોતી પરંતુ આ કપલના જીવન માત્ર એક જ દુઃખ બાકી રહ્યું હતું. તેને કોઈપણ સંતાન હતું નહીં. પરંતુ જ્યો પારસીની મહેરબાનીથી વર્ષો પછી આખરે આ કપલને ત્યાં એક દીકરાનો જન્મ થયો.



દાનેશ અને રશના ખુશ ખુશ થઈ ગયા હતા. દાનેશ તેના દીકરાનો ખૂબ જ ધ્યાન રાખતા હતા તેમણે તેમના દીકરાનું નામ પીરાન રાખ્યું, પીરાનના જીવનમાં કોઈ પણ જાતની કમી ન રહે તે માટે તેઓએ બધી જ વ્યવસ્થા કરી રાખી હતી. ધીમે ધીમે પીરાન મોટો થવા લાગ્યો પરંતુ દાનેશ તેને વધુ પડતા લાડકોડથી સાચવ્યો હતો એટલે થોડી તેના પર ખરાબ અસર પડવા લાગી અને તે પૈસા વાપરવામાં એકદમ ઉડાવ છોકરો બની ગયો. અને જેમ જેમ મોટો થતો ગયો તેમ તેમ તેની ફરમાઈશ પણ વધતી ગઈ અને દાનેશે ખર્ચ માટે જે વાપરવા આપતો તે પૈસાને તે પાણીની જેમ વાપરતો.

દાનેશ આ બધું જોઈ રહ્યા હતા અને તેને મનોમન વિચાર્યું કે દીકરાને લાલમાં રૂપિયાનું મૂલ્ય કંઈ લાગતું નથી,

જીવનમાં તેને રૂપિયાનું મૂલ્ય શું હોય છે તે સમજવું જ પડશે અને આ સમજણ મારે જ તેને આપવી પડશે નહીંતર પીરાન ભવિષ્યમાં બધી જ મિલકત અને સંપત્તિ ખોઈ બેસશે.

તેને ઘણા વિચાર કર્યા પછી એક દિવસ પીરાનને પોતાની પાસે બોલાવ્યો અને બેસાડી અને કહ્યું કે દીકરા તને આજે મારે એક વાત કહેવી છે કે હું અત્યાર સુધી મારી જિંદગીમાં જેટલું પણ કમાયો છું એ બધી સંપત્તિ તારી જ છે. મારે તું એકનું એક સંતાન છો એટલે મારે એ સંપત્તિ તને જ સોંપવાની છે. પરંતુ હા આના માટે મારી એક શરત છે કે જો તુ આ રૂપિયા ને લાયક બનીશ તો જ તને આ રૂપિયા અને મારી સંપત્તિ મળશે નહીંતર હું બધી જ સંપત્તિ દાનમાં આપી દેવા ઈચ્છું છું. પીરાને કહ્યું હું કઈ રીતે સાબિત કરી શકું કે હું આના માટે લાયક છું કે નહીં? એટલે તેને દાનેશે તેના દીકરા પીરાનને જવાબ આપ્યો કે તું તારી રીતે મહેનત કરીને મને ૧૦૦૦ રૂપિયા કમાઈને બતાવો તો હું તને મારી સંપત્તિ આપીશ નહીંતર તને આ સંપત્તિ નહીં મળે.

બીજા દિવસે પીરાને તરત જ એક હજાર રૂપિયા પોતાના ખિસ્સામાંથી કાઢ્યા અને કહ્યું આ રહ્યા ડેડી મેં કમાયેલા ૧૦૦૦ રૂપિયા. દાનેશે તે રૂપિયાને પોતાના હાથમાં લઈ અને તરત જ નીચે મુકી દીધા અને કહ્યું કે મને ખબર છે કે તું આ રૂપિયા તારી મમ્મી પાસેથી લઈ આવ્યો છે. આ રૂપિયો તે નહીં પરંતુ મેં કમાયેલા છે. મેં તને કહ્યું હતું કે મારે તો તે પોતા એ કમાયેલ હોય એવા રૂપિયા જોઈએ છે.

એ દિવસ પૂરો થયો ફરી પાછો બીજા દિવસ સવારના એની કઝિન બહેન પાસેથી ૧૦૦૦ રૂપિયા લઈને તેના પિતાને આપ્યા પરંતુ આ રૂપિયા પણ

દાનેશે હાથ લગાવીને તરત જ નીચે મુકી દીધા. આ દિવસ પણ નીકળી ગયો. બીજા દિવસે તેને એક મિત્ર પાસેથી ૧૦૦૦ રૂપિયા લઈ અને તેના પિતાને આપ્યા તો પિતાએ ફરી પાછું એવું જ વર્તન કર્યું અને કહ્યું આમાંથી એક પણ રૂપિયો તારો કમાયેલો નથી.

પીરાનને હવે એવું થવા લાગ્યું કે પપ્પા ખરેખર હું મારી મહેનતનો રૂપિયો નહીં કમાવા જાવ ત્યાં સુધી મારી પાછળ પડ્યા રહેશે. બીજા દિવસે સવારે વહેલો નાહી ઘોઈ તૈયાર થઈ બહાર નીકળી ગયો. ફરતા ફરતા એક લોટલમાં તેને કામ મળી ગયું, પરંતુ ત્યાં તેની લોટલ નો પગાર દરરોજના ૫૦૦ રૂપિયા હતો. એટલે પીરાન બે દિવસ સતત લોટલમાં સવારથી સાંજ સુધી નોકરી કરતો અને પછી બંને દિવસ પસાર થઈ ગયા એટલે ત્રીજા દિવસે સવારે પિતાજી પાસે ગયો. આ દિવસે તેના મોઢા ઉપર અલગ જ સ્માઈલ હતું, તરત જ જઈને તેના પપ્પાને હજાર રૂપિયા આપીને કહ્યું પપ્પા આ રૂપિયા મેં મારી જાત મહેનતથી કમાયા છે. પરંતુ તેના આશ્ચર્યની વચ્ચે તેના પિતાએ દરરોજની જેમ જ રૂપિયા હાથમાં લઈને તરત જ નીચે મુકી દીધા. તેના પિતા દાનેશ જ્યારે પણ નીચે જમીન ઉપર પૈસા મુકતા ત્યારે તે તોછડાઈથી મૂકી દેતા જાણે કે તમે પૈસા ને ઈઝોર કરતા હોય એ રીતે.

એટલે હવે પીરાનને પોતાના પિતાનું આ વર્તન ગમ્યું નહીં એટલે તરત જ તેને ગુસ્સા સાથે તેના પિતાને કહ્યું અરે પપ્પા આ મારી જાત મહેનત ના રૂપિયા છે, આટલા રૂપિયા કમાવવા માટે મને કેવી તકલીફ પડી એની તમને ખબર છે કે નહીં? રૂપિયાને કમાવવા માટે હું બે દિવસ સવારથી સાંજ સુધી નોકરી કરતો હતો અને આખો દિવસ મેં પરસેવો પાડ્યો હતો.

દીકરાએ બોલવાનું બંધ કર્યું એટલે દાનેશે તેની પાસે આવીને તેના માથા પર હાથ મૂકી અને કહ્યું દીકરા જો તને તારા મહેનતના કમાયેલા ૧૦૦૦ રૂપિયા મેં સન્માન વગર નીચે મુક્યા તો પણ તને

આ જ ની વા ન ગી

### ચાઈનીઝ સમોસા



**સામગ્રી:** ચાર નંગ મરચા, એક ટુકડો આદુ, એક નંગ કાંદો પાંચ કળી લસણ અડધો પેકેટ સ્પગેટી ત્રણસો ગ્રામ કોબીજ, સો ગ્રામ ગાજર, સો ગ્રામ કેપ્સીકમ એક ચમચો કોથમીર, એક ચમચો સોયા સોસ, ચપટી આજી નો મોટો, બે ચમચા કોર્નફ્લોર, બે ચમચી લીંબુનો રસ, ચારસો ગ્રામ મેંદો, બે ચમચા તેલ તળવા માટે તેલ, મીઠું સ્વાદ પ્રમાણે

**રીત:** સૌ પ્રથમ મેંદો ચાળીને તેમાં તેલનું મોણ, મીઠું, લીંબુનો રસ નાખી પાણીથી લોટ બાંધો. હવે સ્પગેટી ઝીણા ટુકડા કરી મીઠા વાળા પાણીમાં બાફી લો. કોબીજ, ગાજર અને કેપ્સીકમને ઝીણા સમારો. આદુ, લસણ અને મરચાની પેસ્ટ કરી લો. હવે એક કઢાઈમાં તેલ મૂકી તેમાં ઉપરની પેસ્ટ, ઝીણી સમારેલી ડુંગળી, ગાજર, કેપ્સીકમ અને કોબીજ નાખી બે મિનિટ સાંતળો. હવે સ્પગેટી નાખી, સોયા સોસ નાખી મિક્સ કરો. પૂર્ણ ઠંડુ થાય ત્યાં સુધીમાં મેંદાના લોટમાંથી પૂરી વણી તેમાં પુરણ ભરી સમોસા વાળી લો. ગરમ તેલમાં તળી લો. તૈયાર સમોસાને કેચપ અથવા ચીલી સોસ સાથે પીરસો.

### હવે પંધાર

મચી ગયો છે હાહાકાર, જલ્દી રહ્યા છે લાકડાં અને હઝારો હાડ.  
આખી દુનિયામાં, ઈકોનોમી થઈ રહી છે ડામાડોળ; થઈ રહ્યો છે બગાડ;  
ઝટપટ બંધાને હવે કામે ધંધે જલદીથી લગાડ;  
બહુ ત્રાસ વરતાવ્યો છે કરોનાએ, બસ હવે તુ એને ભગાડ  
કરી ગર્જના સિંહ જેવી, તારો શંખ મોટેથી વગાડ.  
લોકોનું આત્મબળ, એમનું અંતર-મન, એમનો આત્મવિશ્વાસ જગાડ.  
ઘર, કુટુંબ, સંબંધી, ભાઈ, બંધુ બધાં સાથે સમબંધ બનાવ અમારા ઘાડ.  
હવે પંધાર, આપી ધન્યવાદ, માનીએ અમે રાત દિવસ તારો પાર અપાડ.  
- આફીદ દસ્તુર

આટલું બધું દુઃખ થયું, તુ તો મેં દિવસ રાત કાળી મજૂરી કરીને એકઠા કરેલા રૂપિયા છે તે દરરોજ ઉડાવે છે. તો તું જ વિચાર કે શું મને દુઃખ નહિ થતું હોય? મેં દિવસ રાત કાળી મજૂરી કરી ત્યારે જઈને આટલો મોટો ધંધો સ્થાપિત થયો છે. અને હાલની તારીખમાં પણ હું મજૂરી કરવામાં જરા પણ ખચકાટ અનુભવતો નથી. અત્યાર સુધીમાં પીરાને ઘણા બધા પૈસા વેડફી નાંખ્યા હતા, પરંતુ

તેના પિતાએ સમયસર તેને સમજાવવા-લામાં મોડું ન કર્યું અને પીરાન તરત જ સમજી પણ ગયો. આપણા પિતા પાસે સંપત્તિ હોય તો એ એની કમાયેલી હોય છે. એની કમાયેલી સંપત્તિ જો જરૂરિયાત વગર આપણે વેડફવા લાગે તો આપણને સંતાન તરીકે એવો કોઈ પણ અધિકાર નથી. એટલે જ બધા લોકોને જરૂર છે શીખવાની, તો ચાલો પૈસા વાપરતા પહેલા કમાતા શીખીએ.





## YOUR MOON SIGNS JANAM RASHI THIS WEEK

લખનાર: મરહુમ મહારાજ શ્રી સ્વયંજયોતિના સહકાર્યકર્તા જયેશ એમ. ગોસ્વામી

અઠવાડિક રાશિક્ષણ: તા. ૦૬.૦૬.૨૦૨૦ થી તા. ૧૨.૦૬.૨૦૨૦



### Aries - મેષ

અ.લ.ઈ.

૨૫મી જૂન સુધી ચંદ્રની દિનદશા ચાલશે તેથી તમારા કામમાં મુશ્કેલી નહીં આવશે. કોઈ સારા સમાચાર મળશે. ઘરવાળાની ડિમાન્ડ પૂરી કરી શકશો. મિત્રોને મળી શકશો. વધારે કમાણી કરી શકશો. દરરોજ ૩૪મુ નામ 'યા બેસ્તરના' ૧૦૧વાર ભણાવો. શુકનવંતી તા. ૦૬, ૦૭, ૧૧, ૧૨ છે.

Lucky Dates: 06, 07, 11, 12.

The Moon's rule till 25th June will ensure there are no bumps in your work. You will receive good news. You will be able to cater to the needs of your family members. You will be able to meet friends. You will be able to earn more. Pray the 34th Name, 'Ya Beshtarna', 101 times, daily.



### Cancer - કર્ક

સ.ઈ.

શુક્રની દિનદશા ચાલુ હોવાથી મોજશોખ વધી જશે. ઘરમાં નવી ચીજ વસ્તુ વસાવી શકશો. નાણાકીય બાબતમાં સારા સારી રહેશે. ઈનવેસ્ટમેન્ટ અવશ્ય કરજો. ઘણી-ઘણીયાણીમાં પ્રેમ વધી જશે. કોઈના પ્રેમમાં હશે તો ત્યાંથી સારા સમાચાર મળશે. દરરોજ 'બહેરામ યઝદ'ની આરાધના કરજો. શુકનવંતી તા. ૦૬, ૦૮, ૦૯, ૧૦ છે.

Lucky Dates: 06, 08, 09, 10.

Venus' ongoing rule increases your inclinations towards fun and entertainment. You will be able to make new purchases for the house. Financially things will be good. Ensure to make investments. Affection between couples will increase. Those in love with a special person will get good news. Pray to Behram Yazad daily.



### Libra - તુલા

ર.ત.

ગુરૂની દિનદશા ચાલુ હોવાથી રોજના કામમાં મુશ્કેલી નહીં આવે. ઈનવેસ્ટમેન્ટ કરી શકશો. જીવનસાથી મળવાના ચાન્સ છે. ઘણી-ઘણીયાણીના સંબંધોમાં સારા સારી થતી જશે. તમારા કામમાં જશની સાથે નાણાકીય ફાયદો પણ થશે. ધર્મ કે ચેરીટીના કામ કરતા શાંતિ મળશે. દરરોજ ભુલ્યા વગર 'સરોશ યજ્ઞ' ભણાવો. શુકનવંતી તા. ૦૮, ૦૯, ૧૧, ૧૨ છે.

Lucky Dates: 08, 09, 11, 12.

Jupiter's ongoing rule helps do away with any obstacles in your daily works. You will be able to invest. You could meet your life partner this week. Couples' relationships will blossom. You will gain fame as well as monetary benefits at work. You will find peace by rendering religious or charitable services. Pray the Sarosh Yasht daily.



### Capricorn - મકર

ખ.જ.

બુધની દિનદશા ચાલુ હોવાથી ધનનો ઉપયોગ સારી જગ્યાએ કરી શકશો. કમાણીમાં વધારો થશે. તબિયતમાં સારા સારી રહેશે. અગત્યના કામ તમારી સાથે કામ કરનાર વ્યક્તિની મદદથી પૂરા કરી શકશો. નવા કામમાં સફળતા મળશે. દરરોજ 'મહેર નીઆએશ' ભણાવો. શુકનવંતી તા. ૦૬, ૦૮, ૦૯, ૧૦ છે.

Lucky Dates: 06, 08, 09, 10.

Mercury's ongoing rule will help you employ your funds in the right places. Your income will increase. Health will be good. You will be able to complete your important work with the help of a colleague. You will find success in new projects. Pray the Meher Nyaish daily.



### Taurus - વૃષભ

બ.વ.ઉ.

ચંદ્રની દિનદશા ચાલુ હોવાથી તમારા કામ વહેવા પૂરા કરી શકશો. નાણાકીય બાબતમાં સારા સારી થતી જશે. બીજાને નાણાકીય મદદ કરી શકશો. રીસાવેલા મિત્રોને મનાવી શકશો. મુસાફરી કરવાથી ફાયદામાં રહેશે. દરરોજ ૩૪મુ નામ 'યા બેસ્તરના' ૧૦૧વાર ભણાવો. શુકનવંતી તા. ૦૭, ૦૮, ૦૯, ૧૦ છે.

Lucky Dates: 07, 08, 09, 10.

The ongoing Moon's rule helps you complete your work quickly. Financially things will continue to get better. You will be able to help other financially. You will be able to win back friends who are upset with you. Travel could prove to be beneficial to you. Pray the 34th Name, 'Ya Beshtarna', 101 times daily.



### Leo - સિંહ

મ.ટ.

ગઈકાલથી શરૂ થયેલી શુક્રની દિનદશા ૧૬મી ઓગસ્ટ સુધી ચાલશે. તમારા મનની નેક મુરાદ પૂરી થશે. ઘરવાળાનો સાથ મળવાથી મુશ્કેલી ભર્યા કામ સહેલાઈથી કરી શકશો. સગા સંબંધીઓ પાસેથી સારા સમાચાર મળશે. નવા કામ મેળવી શકશો. દરરોજ 'બહેરામ યઝદ'ની આરાધના કરજો. શુકનવંતી તા. ૦૭, ૦૮, ૧૧, ૧૨ છે.

Lucky Dates: 07, 08, 11, 12.

Venus' rule, starting from yesterday, will last till the 16th of August. Your sincere wishes will come true. The support of family members will help you overcome challenging tasks with ease. You will get good news from relatives. You will be able to get new projects. Pray to Behram Yazad daily.



### Scorpio - વૃશ્ચિક

ન.ચ.

ગુરૂની દિનદશા ચાલુ હોવાથી બીજાને મદદ કરી શકશો. ઘરનું વાતાવરણ સાફ હોવાથી તેમનો સાથ મળી રહેશે. નાણાકીય બાબતમાં સારા સારી થતી જશે. ઈનવેસ્ટમેન્ટ અવશ્ય કરજો. મિત્રોનો સાથ મળશે. દરરોજ 'સરોશ યજ્ઞ' ભણાવો. શુકનવંતી તા. ૦૬, ૦૭, ૦૮, ૦૯ છે.

Lucky Dates: 06, 07, 08, 09.

You will be helpful to others, under Jupiter's ongoing rule. The cordial atmosphere at home brings you support from family members. Financially things will continue to progress. Ensure to make investments. Friends will be supportive. Pray the Sarosh Yasht daily.



### Aquarius - કુંભ

ગ.શ.સ.

બુધની દિનદશા ચાલુ હોવાથી તબિયતમાં સારા સારી રહેશે. બુદ્ધિ વાપરી મુશ્કેલી ભર્યા કામ સહેલાઈથી કરશો. જે પણ કામ કરશો તેમાં એકસ્ટ્રા કમાવી શકશો. મિત્રોને મદદ કરી શકશો. હીસાબી કામ સંબાળીને કરજો. અંગત વ્યક્તિને સાચી સલાહ આપી તેમનું દીલ જીતી લેશો. દરરોજ ભુલ્યા વગર 'મહેર નીઆએશ' ભણાવો. શુકનવંતી તા. ૦૭, ૦૯, ૧૧, ૧૨ છે.

Lucky Dates: 07, 09, 11, 12.

Mercury's ongoing rule keeps your health looking good. You will be able to intelligently resolve even difficult tasks with ease. You will be able to earn extra income in all works that you undertake. You will be able to help friends. Be alert while looking into your accounts. You will be able to win over the heart of a close person by sharing your honest advice. Pray the Meher Nyaish daily.



### Gemini - મિથુન

ક.ઇ.ધ.

૧૬મી જૂન સુધી શુક્રની દિનદશા ચાલશે. ઘરમાં જોઈતી ચીજવસ્તુ વસાવી લેજો. નાણાકીય મુશ્કેલી નહીં આવે. જે પણ કામ હાથમાં લેશો તેમાં સફળતા મળશે. મિત્રો તરફથી લાભ મેળવી શકશો. અપોઝીટ સેક્સનો ભરપૂર સાથ મળશે. દરરોજ 'બહેરામ યઝદ'ની આરાધના કરજો. શુકનવંતી તા. ૦૭, ૧૦, ૧૧, ૧૨ છે.

Lucky Dates: 07, 10, 11, 12.

Venus' rule till 16th June suggests that you should go ahead and make purchases for the house. There will be no financial concerns. You will be successful in all ventures you undertake. Friends will prove to be beneficial to you. You will be greatly supported by the opposite gender. Pray to Behram Yazad daily.



### Virgo - કન્યા

પ.ઠ.ણ.

રાહુની દિનદશા ચાલુ હોવાથી તમારું મગજ નાની બાબતમાં ખરાબ થશે. કરેલા કામ પર પાણી ફરી જશે. જે પણ ડિસીઝન લેશો તેમાં કન્ફ્યુઝ થશે. તમારી મહેનતનું ફળ નહીં મળે. ઘરવાળા તમારી વાતથી સહમત નહીં થાય. ઘરનું વાતાવરણ સાફ નહીં રહે. દરરોજ 'મહાબોખ્તાર નીઆએશ' ભણાવો. શુકનવંતી તા. ૦૬, ૦૭, ૦૯, ૧૦ છે.

Lucky Dates: 06, 07, 09, 10.

Rahu's ongoing rule makes you short tempered over petty issues. Your good works will come to naught. You will feel confused and second guess decisions you have made. Family members might not be in agreement with you. The home atmosphere might not be cordial. Pray the Mah Bokhtar Nyaish daily.



### Sagittarius - ધન

ભ.ધ.ક. ટ.

શનિની દિનદશા ચાલુ હોવાથી ૨૫જૂન સુધી નાના કામ પણ નહીં કરી શકો. તમારી અંગત વ્યક્તિ મીઠું બોલી તમારી સાથે ચીર્ટીંગ કરશે. નાણાકીય બાબતમાં મુશ્કેલી આવશે. સરકારી કામ કરતા નહીં. વડીલવર્ગની તબિયત ખરાબ થવાના ચાન્સ છે. મનની શાંતિ નહીં રહે. દરરોજ 'મોટી હમન યજ્ઞ' ભણાવો. શુકનવંતી તા. ૦૭, ૧૦, ૧૧, ૧૨ છે.

Lucky Dates: 07, 10, 11, 12.

Saturn's ongoing rule till 25th June, makes it difficult for you to even get the smallest jobs done. A close person will deceive you, using sweet words. This could be a difficult week financially. Avoid doing any government related work. The health of your elderly could take a beating. You will not be at peace mentally. Pray the Moti Haptan Yasht daily.



### Pisces - મીન

દ.ચ.ઝ.થ.ક્ષ.

મંગળની દિનદશા ચાલુ હોવાથી મનને શાંતિ નહીં મળે. ખોટા ખર્ચાઓ વધી જશે. નાણાકીય મુશ્કેલી આવતી રહેશે. તબિયતનું ધ્યાન રાખજો પ્રેશર કે માથાના દુઃખાવાથી પરેશાન થશો. ઘરમાં નવી ચીજ વસ્તુ વસાવતા નહીં. ભાઈ-બહેનમાં મતભેદ થશે. દરરોજ 'તીર યજ્ઞ' ભણાવો. શુકનવંતી તા. ૦૬, ૦૮, ૦૯, ૧૦ છે.

Lucky Dates: 06, 08, 09, 10.

Mars' ongoing rule takes away your mental peace. Unnecessary expenses could mount. You may have to face financial challenges. Take care of your health. You could suffer from headaches due to BP. Avoid making any new purchases for the house. Squabbles between siblings could take place. Pray the Tir Yasht daily.

# When The Dust Settles!

*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

And suddenly, just like that, our world has changed! Admittedly, we were all caught unawares. Nothing seemingly relevant or significant other than the Meghan-Harry debacle with the Royal family, some other news headlines skimming our attention as they generally do...

and then the month of February, some reports of a cluster of pneumonia cases in the central city of Wuhan started catching the world's attention. As the ripple of COVID-19 careened around the globe, it forced us to change the way we live, work and play in a span of months.

For the moment, our new reality seems a chapter from a sci-fi novel. We have taken it on the chin, standing, waiting on the threshold for all of it to end, almost anticipating walking on that same path of normal just as we did a couple of months ago. Placated with the vague hope that though the last couple of months have been moderately rough, while we stayed indoors, the future may flow with the same calm and sense of comfort, once we make our way back to the outdoors.

This year, 2020 - the winter will be a long time going! The world will emerge out of the crisis in time, but has this crisis have been wasted upon us? That will decide our tomorrows. What we take away from it as responsible nations, governments, professionals, citizens and individuals will create our future.



Again, the paradox here - there is a number of possible futures, somehow all dependent on how governments and society respond to this pandemic and its economic aftermath. Hopefully, we may use this crisis to rebuild, restructure and

create something better, but the unease of sliding into something worse could also be a possibility.

New choices will have to be made across broad spectrums of life. 2020 will be remembered as the year of unbelievable chaos and catastrophe, but also the year that heralded in a decade of change and transformation that changed the way humankind lived in and viewed the world. 2020 may well be the decisive present moment in history that charts in an era of change. Today, we stand at the threshold - anxious and panicked - but sooner or later, we will have to awaken from this stupor, this complacency, and acknowledge that each one of us is accountable.

The world today has joined forces like never before. Large swathes of the world are collaborating on shared projects with equal measure of coercion and nudging, all the while maintaining that two-metre distance that is the prerequisite of the day. Today, our news talks of a single global entity enemy in the COVID-19 virus; we are done discussing war, religion and politics at least for the moment. It's not just the size and speed of what is happening that's dizzying, it's the fact that we were caught off-guard, unprepared. It's undoubtedly scary to see how governments and democracies are battling and seem incapable of making big moves quickly enough, or at all.

There was a time, not too long ago, when we were impressed with touchscreens and all that they enabled us

to do. Now, with an increase in people wanting to limit what they touch, an option to pay for goods and services that do not require any physical contact is likely to gain traction. We could perhaps expect a surge in voice and machine vision interfaces, recognizing faces, retinas, gestures to limit the amount of physical contact.

COVID-19 has relegated professionals to working from home. A post-COVID world may force our collective hand to find digital solutions to keep all aspects of our lives working - whether studies, fitness, consultations, meetings and more, all under our shelters! We are already seeing the power of data in a pandemic world, how we monitor our future by using the IOT (Internet Of Things), technology and Big Data is to be seen. National and global apps are already in place - take our very own Aaryogya Setu App, implemented to show early warning system to report and track, who is showing symptoms of an outbreak, or who the exposed people have been and who they have interacted with, to show contagion.

The skies have partially opened with domestic flights operational, but passengers mandatorily need both a ticket and the App to board a flight. Telemedicine with video calls, and other remote care, enables clinical services without an in-person visit. Online shopping, digital conferencing and events - that is the way moving forward, like E-Sport - just e-versions of sports - like an F1 car racing on television giving one a sports outlet. Unlike mainstream sporting events, e-sporting events can easily transition online. We will soon see

a more hybrid sports coverage where physical events are complemented with digital offerings. Increased reliance on robots, artificial intelligence may prove to be ideal partners to accelerate and complement human endeavours.

Any glance at history reveals that crises and disasters have continually set the stage for change. While the global flu epidemic of 1918 helped create national health services in many European countries, the terrorist attacks of 9/11 saw government surveillance of citizens exploding. Crises shape history and the study of crises often reveals the fundamental reality of society or a community. Who has more and who has less, just where the power lies, how corrupt are the systems and administrations... What do people treasure and what do they fear? How quickly, effortlessly and efficiently can the government meet the needs of its people at the grass root level?



But, disasters and emergencies, most importantly, throw light on the world as it is. They rip the fabric of normality and through the gaping hole that opens up, we glimpse possibilities of other worlds and realities. To move forward we may have to assume responsibilities for our own emotional history and experience of life. We may have to disregard false beliefs that have kept us in life-constricting situations and roles for so long. To do so may not be easy, but reality and truth need to co-exist.

So then, where will we be six months, a year, or ten years from now? Will we fly in those supersonic, humungous, giant air carriers or can you visualise a tiny flying pod equipped to transfer you cross continents or oceans! The dust will settle and so shall we, into a world of myriad future possibilities. The world may recover, the weather may clear, your temporarily suspended flight may take-off, but the fear will persist longer than we may choose to admit.

# Nothing, But The White Truth!



DR. DANESH CHINYOY

**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.

Providing eye-opening and ground-breaking insights into Wellness, Dr. Chinoy presents 'Nothing, But The White Truth.'

Scholar Tokusan - who was full of knowledge and opinions about the dharma, came to Ryutan and asked about Zen. At one-point Ryutan re-filled his guest's teacup but did not stop pouring when the cup was full. Tea spilled out and ran over the table. "Stop! The cup is full!" said Tokusan.

"Exactly," said Master Ryutan. "You are like this cup; you are full of ideas. You come and ask for teaching, but your cup is full; I can't put anything in. Before I can teach you, you'll have to empty your cup."

This is harder than you might realize. By the time we reach adulthood, we are so full of information that we don't even notice it's there! We might consider ourselves to be open-minded, but in fact, everything we learn is filtered through many assumptions and then classified to fit into the knowledge we already possess.

Before you read any further, I humbly request my dear community members to keep their cups empty. My intention is not to overwhelm you with research and factual data. It is my humble attempt to bring out the truth, unmasked. In the process, I expect our humanly-Bawaji-defenses and years of conditioning to push my writing aside and 'in our most endearing Parsi tone' call out loud, "Aai Chakram su lakech?" You will want to challenge the facts presented or simply may have many questions. I obviously

will not force my views or my research findings as absolute truths on you. I encourage you to start a dialogue with me through e-mail, so that we may seek the truth together.

#### The Price You Pay For Milk:

Have you thought, what is the price you pay for your milk? Is it just the twenty rupees for the Irani chai, the sixty rupees for the tetra pack, the hundred rupees for your favorite *mithu dai*, *lagan-nucustard*, the *topli paneer*, the famous *doodh puff* or the *sancha mango ice-cream* from Udvada? The correct answer is: None Of The Above. You actually pay the price for your milk when you purchase your anti-inflammatory tablets or your insulin injections from your Baug's '*mithi mithi*' Chemist. At times, you pay when you pay your '*mitho mitho*' handsome looking surgeon for the fractured hip being replaced, or maybe a stent implanted to sing for your beloved, '*Yeh dil dhadakne do...*'

Drinking a glass of milk a day appeared to be associated both, with more broken bones, and with early deaths; as per a research article on the BBC website. Humans have violated the laws of nature by stealing milk, which was originally meant for the infant of that animal. No surprise then, that humans are the only animals, those who suffer from diabetes, heart diseases, cancer and many other life-threatening diseases so commonly. Yes, my dear fellow-community friends, the price we pay for milk consumption is through our good health and well-being.

#### What's in a glass of milk?

You may be expecting to hear something to the tune of calcium, vitamins A and D, protein, and some other magic nutrients that we think are beneficial to the body. Well, a glass of milk contains acidic animal protein that leeches calcium from the bones, pus cells, bovine growth hormone, oxytocin hormone, antibiotics, and a whole lot of unnecessary fat, cholesterol and calories – all of which create a terrible imbalance in the body.



We seem to be the only species of mammals that drinks milk after infancy, and definitely the only species that steals and drinks the milk of another species! Each mammalian species has its own 'designer' milk, and cow's/buffalo's milk is no exception. Animal milk is not designed for human consumption, only human milk is meant for human babies. So, why is it that humans feel the need to continue drinking another mammal's milk after they are weaned from their mother's breast milk? Human milk is very different in composition from cow's milk or goat's milk or any other mammal's milk. Mother's milk is extremely important for the child, but after weaning from the mother's milk, animal milk should not be started for the child. Please note, I very strongly recommend breast feeding for every child, for that is the perfect food made by nature. Did you know, as your little champ grows, the breast milk of the mother changes its consistency and constituents accordingly to make the milk just right for your little one. Thus, breast milk is the perfect food for young ones.

Surprisingly, we were raised to think of cow's/buffalo's milk as the perfect food, thanks to our 'white revolution' to fill the coffers of the 'Dairy Mafia', now addressed, more respectfully, as the 'Dairy Industry'. They propagate that 'milk is natural' and If you don't drink

milk, they will tell you that your bones will become brittle and your strength will fade due to lack of calcium. It is embedded so strongly, that even some doctors are mistakenly advising patients to drink milk.

The problem is, most of our medical education has very little focus on nutrition as a subject. Ask any of our '*aapra Doctors*' how many hours of study was devoted in syllabus and actual teaching of nutrition? Most Indians and particularly us Bawas, out of fear, make dairy products a staple in our diets. Knowledge kills fear. The more you know the less you fear. Drinking milk will not make you big and strong, nor will it prevent osteoporosis (brittle/weak bones). '*Doodh peeta hai India, aur isi wajah se marta hai India!*' The supposed 'truths' about milk we were all taught to believe are being debunked by studies ranging from those published in reputable scientific journals, such as the Journal of Nutrition and The American Journal of Epidemiology.

Medical professionals have progressed in providing people with new information about food stuffs we consume but shouldn't, and food stuffs we don't consume but totally should. I'm happy to state that more and more conscientious and learned doctors are now strongly advising their patients to be completely Dairy-free. Cow/Buffalo





## Unraveling The Milky Murky Truth:

Hold your guns, let me explain how it happens. The milk industry advertises cow's milk as a good source of calcium. And so, it is! However, this calcium lies

Potential Renal Acid Load (PRAL) which triggers a protective biological reaction to neutralize all the damaging acidic protein before it reaches the kidneys. Well, this should raise alarm bells when devouring the *farchas* and *chaaps* too! The body is designed for survival, so it sacrifices bone density to protect the kidneys and urinary tract because the latter are essential to survival. The most readily available source of acid neutralizer is in the bones. So even though milk contains calcium, it ends up sapping your bones of that crucial mineral!

And that's not all because... today's milk is a highly processed, and at times, simply artificial, chemical-laden formula food. I am sure you must have come across regular news reports of milk made from Urea and detergents, that can fool the available testing kits.

Until the end of the 19th century in Europe and the beginning of the 20th century in the US, milk was consumed unpasteurized or raw. Later on, homogenization became the industry's standard. These processes further alter milk's chemistry and actually increase its detrimental acidifying effects. Nowadays, milking cows are given antibiotics and most are also injected with a genetically engineered form of bovine growth hormone (rBGH). A man-made or synthetic hormone used to artificially increase milk production, rBGH also increases blood levels of the insulin-growth factor 1 (IGF-1) in those who drink it. And higher levels of IGF-1 are linked to several cancers.

This should not be ignored, especially in view of information by Samuel Epstein, MD, Professor of Environmental Medicine at the University of Illinois School of Public Health, and Chairman of the Cancer Prevention Coalition. In a press release titled, 'Monsanto's Hormonal Milk Poses Serious Risks of Breast Cancer, Besides Other Cancers', (June 21, 1998) Dr. Epstein concludes, "*Drinking rBGH milk would thus be expected to significantly increase IGF-1 blood levels and consequently to increase risks of developing breast cancer and promoting its invasiveness.*" Milk is also laden with Oxytocin and estrogen hormone (female hormones) as the cattle is injected these hormones in insane quantities to keep them milking always. Does this explain why our young girls start menarche as early as eight and nine years and more and masculinity in guys on a downtrend?

### Food For Thought:

As I explain to my Osteoporotic patients and contrary to mainstream recommendations, drinking milk and eating lots of dairy products is not the answer to treating osteoporosis (weak and brittle bones). In my two decades of practice I have seen patients doing much

better once they quit dairy. If we want a good supply of calcium, we should be looking at vegetables instead of the cows. Leafy green vegetables have a lot more calcium than milk. Other sources of high levels of calcium are cauliflower, pumpkin, turnip, radish, spinach, millets, gram, rajma, horse gram, amaranth, rajgira, almond, walnut, sesame, sunflower seed, watermelon seed, soyabean, lime, amla, apricot, fig, raisin and dates. To make a comparison, human milk has 33mg of calcium per 100gm portion, whereas even our all-time Parsi favourite vegetable, potatoes have 40mg, beans have 50mg and chickpeas have 150mg. As described in my last article, adequate Vitamin D from natural sunshine (Khorshed and Maher Yazad) is also a must for the proper assimilation of calcium from these foods. Milk is very poor in iron content as well. It would take about 250 liters of milk to provide an equivalent in iron content for one bowl of our humble '*Bhaji dana*', the distant cousin and Parsi version of '*matar palak*'. Food for thought: have you ever wondered, where do vegetarian animals like the cow and the elephant get calcium for their strong bones as well as for the milk production for their young? Well, just from plant sources because that is where the calcium is!

### Take My Three Months Dairy Free Challenge!

Eliminate milk and milk products completely for 3 months!

Expected Outcome: 50% of all the degenerative diseases including Heart Disease, Constipation, Intestinal Discomfort, Diabetes and Hypertension will begin to diminish and improve! You will be happy to request your doctor to taper down your Diabetes or High Blood Pressure medications as within few week's time, the Dairy Free Challenge will normalize your blood sugar and blood pressure levels and your blood cholesterol level will also start returning to normal. Your requirement to inject Insulin will drop. This is the experience of thousands of my patients who have been frustrated with increasing doses of medication and wanted to explore the truth. The truth of stopping the dairy products and replacing that with plenty of fresh and organic fruits and vegetables can help a person free himself of the 3 Ds - Dairy, Doctors and Disease.

**Feel free to write to me with your questions, doubts, refutations and reasonings as also everything else. I will do my best to answer them all in subsequent articles and if need be through personal replies too. You can reach me through my email: [daneshchinoy@gmail.com](mailto:daneshchinoy@gmail.com) as also on my WhatsApp no. 8454800869. Just remember, all that I seek from you is an empty cup.**

► milk is one of those things that have been utterly (pun intended) normalized, especially within the Indian society; but are the risk factors worth it? The consumption of milk by the human species is relatively new in our evolution. It began with domestication of animals and with animal husbandry, which was around 10,000 to 15,000 years ago. Even then, it did not spread all over the earth. Historically, the milk of domestic animals was mainly used in West Asia and spread to Europe in the West and up to North West India in the East. Large parts of the world, until recently, did not use milk. Thus, the American Continent, the African Continent, Australia and East Asia did not use milk. East Asia, even today, does not use milk. It appears that, historically, the area of milk consumption coincided largely with wheat producing regions of the world. It is only in the last two hundred years, thanks to the Industrial Revolution and colonialism, the milk consumption spread all over the world.

Did you know that in Medieval England, parents would tie rabbit's feet around their baby's neck to ward off illness? Doctors would also spit on wounds because saliva was believed to have healing properties. Indeed, history is replete with unfounded health beliefs, and to everyone's detriment, the 'milk myth' is among the most tenacious. Milk is much more than just a beverage - it's a cultural phenomenon made popular to fill the coffers of the Dairy industry. A lie repeated over and over again has been now held as a sacred truth. The milk myth has spread globally based on the flawed belief that this protein and calcium-rich beverage is essential to support good, overall health and bone health in particular, at any age. It is easy to understand that the confusion about milk's imaginary benefits stems from the fact that it contains calcium - around 300 mg per cup. But many scientific studies have shown an assortment of detrimental health effects directly linked to milk consumption. And the most surprising link is that not only do we barely absorb the calcium from cow/buffalo milk, but to make matters worse, it actually leads to calcium loss from the bones. What an irony this is!

bonded to the protein casein, which cannot be unbonded without the action of the two digestive enzymes rennin and lactase. Since humans over the age of 4 years do not produce these enzymes, they cannot avail of this calcium at all. It actually gets excreted in urine, having done the body no good, whatsoever. Even though human babies under 4 years can avail of this calcium, it is the protein casein that causes great harm to their digestive systems. In fact, casein protein is proven beyond doubt to cause cancer cells to multiply in the body. Also, like all animal protein, milk acidifies the body pH which in turn triggers a biological correction.

Calcium is an excellent acid neutralizer and the biggest storage of calcium in the body is - you guessed it... in the bones. So, the very same calcium that our bones need to stay strong is utilized to neutralize the acidifying effect of milk. Once calcium is pulled out of the bones, it leaves the body via the urine, so that the surprising net result after this is an actual calcium deficit! Knowing this, you'll understand why statistics show that countries with the lowest consumption of dairy products also have the lowest fracture incidence in their population. Three countries with the highest consumption of dairy products are Finland, Sweden and Denmark - these also have high osteoporosis and other bone-diseases in population. On the other hand, there are two countries which have the least consumption of dairy products - Vietnam and Thailand - and both have the least bone diseases in population.

Amy Lanou Ph.D., Director of Nutrition for the Physicians Committee for Responsible Medicine in Washington, D.C., states, "*The countries with the highest rates of osteoporosis are the ones where people drink the most milk and have the most calcium in their diets. The connection between calcium consumption and bone health is actually very weak, and the connection between dairy consumption and bone health is almost nonexistent.*" Surprised? You shouldn't be, because as I mentioned earlier, milk is an acidifying animal protein. Like any other animal derived protein-rich food, milk has a positive

## WHITE TRUTHS: FACT CHECKS ON CONSUMPTION OF MILK

*I leave you all with a list of certain 'white truths' extracted from the most trusted and referenced scientific literature for you to ruminate on till we meet next fortnight. Vohuman and Tandorasti to you and yours!*

**White Truth of Obesity:** "The largest study of its kind analyzed more than 12,000 children aged 9 to 14. It found that the more milk they drank, the heavier they were." - Archives of Pediatrics and Adolescent Medicine (2005)

**White Truth of Breast Cancer:** "A study from the Harvard Medical School on Breast Cancer risk and diet among 90,000 pre-menopausal women showed a cancer link to Whole Milk and Milk Products." - The Journal of the National Cancer Institute (2003)

**White Truth of Heart Disease:** "A study involving 7 countries showed that, as the milk supply grew, so did the incidence of deaths from heart diseases." - International Journal of Cardiology (1994)

**White Truth of Insulin Dependent Diabetes (Type I):** "The more that cow's milk is consumed, particularly by the children, the higher is the incidence of Diabetes Type I. For Example, Finland has one of the highest intakes of dairy products in the world. Interestingly, the country also has the world's highest rate of insulin dependent diabetes affecting 40 out of every 1000 children." - American Journal of Clinical Nutrition (1990)

**White Truth by Biggest Ever Study on Milk:** "Harvard University study on seventy-eight thousand women revealed that, those who drink milk the most, were actually at greater risk of bone fracture than those who drink little or no milk." - 12-year prospective study - American Journal of Public Health (1997)

**White Truth of our Ancestors:** "After examining the bones of our ancestors who lived in a pre-milk era, we found robust fracture resistant bones." - Department of Evolutionary Biology, Colorado State University (2002)

**White Truth by British Advertising Standards Authority:** "In October 2005, the British Advertising Standards Authority forced Nestle Health Nutrition to withdraw its advertisements in the United Kingdom, stating that milk was "Essential for healthy bones." - UK Advertising Standards Authority (13th Oct, 2005)

**White Truth of Infertility:** "A consistent correlation is seen between the consumption of cow's milk and infertility in women. Researchers have



specifically found that the countries where the most milk products are being consumed have high prevalence of infertility, with earlier occurrence in life." - American Journal of Epidemiology (2005)

**White Truth of Constipation:** "Many studies have established the relationship between consumption of cow's milk and constipation, and remarkable improvement when the offending milk is removed from the diet." - New England Journal of Medicine (1998)

**White Truth of Allergy among Children:** "Cow's milk and the products made from it, are one of the most common food allergens. This is particularly true for children." - Nutrition Review (1984)

**White Truth of Prostate Cancer:** "The association between dairy products and prostate cancer is one of the most consistent dietary predictors for prostate cancer." - Epidemiology Reviews (2001)

**White Truth of Parkinson's Disease:** "Harvard School of Public Health Researchers found that, men who consumed lactose, calcium and vitamin-D from dairy, along with dairy protein, had 50% to 80% higher risk of developing Parkinson's disease, than men who consumed least amount of these nutrients." - Annals of Neurology (2003)

**White Truth of Pregnancy:** "The risk of juvenile diabetes, ear infection,

skin rashes, colic and iron deficiency may all be reduced by the avoidance of cow's milk-based formula and other dairy products during pregnancy." - Pediatric Research (1993)

**White Truth of '2 Glasses of Milk per day':** "In comparison to men who drink no milk, then men who consumed more than 2 glasses per day, the latter had twice the incidence of Parkinson's disease." - Neurology (2005)

**White Truth of Menstrual Cramps:** World renowned gynaecologist and best-selling author, Dr. Christiane Northrup cautions, "In addition to menstrual cramps, cow's milk consumption has been associated with recurrent vaginitis, fibroids and increased pain from endometriosis." - Women's Body, Women Wisdom (1994)

**White Truth of Brain Disorder:** "Dangerously high levels of aluminium were found in cow's milk sample and infant formula." Journal of Pediatric Gastro-Enterology and Nutrition (1999); "Aluminum poisoning has been associated with memory loss, dementia, Parkinson's disease and Alzheimer's disease." - Brain Research (2002)

**White Truth of Dioxins and Liver/Nervous System Damage:** "Dairy products alone account for 30% of dioxin exposure in adults and 50% exposure in children." - Green Guide (July/August 2004); "Dioxins have been shown to result in nervous system and liver damage." - Dioxin Action Summit

(2000)

**White Truth of Bone Loss:** "Women who derived most dietary protein from animal sources, had 3 times higher chances of bone loss and 3.7 times higher chances of hip fracture, compared to the women who obtained most of their protein from vegetable sources." - American Journal of Clinical Nutrition (2001)

**White Truth of Refined Sugar:** "Refined sugar interferes with the calcium absorption, thereby increasing the risk of osteoporosis." - Journal of Nutrition (1987)

**White Truth of Calcium Absorption:** "Humans can absorb greater percentage (63%) of calcium from vegetables than that from cow's milk (32%)." - American Journal of Clinical Nutrition (1994)

**White Truth of Milk Contamination:** "Frequent contamination is found in a glass of milk because of cow's exposure to hormones, antibiotics and other drugs. Some of these have been linked to blood diseases, cancer and deaths in humans." - FDA Notice, Associated Press (4th March, 2003)

**White Truth of Reversing Heart Diseases:** "WHO funded research trial, 'The MONIKA Project', reported that "changes in milk consumption, up or down, accurately predicted changes in coronary deaths four to seven years later." - Lancet (1999)