

THE TRUTH. DELIVERED WEEKLY.

A Month And A Week Of Good Food And Great Community Service

**Kersi Randeria
Shares...**



Page 03

Tanaz Noble Creates History: Becomes First Kayaker To Cross Ten Degree Channel



Page 06

Moving Abroad On a project? Renovating Home/Office?

- Need a secured space for storing your personal/Office effects? Call us !!
- Complete mobility solutions from packing, transport & Storage with Lock & Key facility starting @ Rs. 85/- per month/sq ft on plastic pallets.
- Containerized & Dedicated storage boxes also available for sensitive shipments.
- **Hassle free International & Domestic moves.**



9324254460 / 28402074/75

PARENTS/ STUDENTS Think Win Win!

WE FOLLOW ALL SOCIAL DISTANCING AND ONLINE SAFETY NORMS

PROF. TUSHAR'S GROUP TUTORINGS

is now ONLINE via ZOOM APP/WEBEX MEETING

Accounts, Commerce, & Economics at Kemp's Corner

For ICSE/IGCSE/IB/ISC/FYJC/SYJC

Highly experienced and skilled teacher having
more than 20 years of teaching experience

- Regular and Crash Courses conducted
- Regular Tests and Annual Test Series as per Board pattern

Prof. Tushar N. Vasudeo, M.Com (Hons)

Mob: 9320027373 | Email: prof.tusharvasudeo@gmail.com

Website: www.proftushar.in

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!!



WE ♥ DAD

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



FROM THE EDITOR'S DESK

It's All In The (Good) Mind

Dear Readers,

Yesterday, we entered the famous 'Bahman Mahino' of the Shahenshahi calendar, popular as the month where many Parsis try adhering to vegetarianism or avoiding meats. There's much discussion and debate that precedes 'Bahman Mahino' - first there's the heated Veg V/s Non-veg debate; then there's the even more heated Veg-with-eggs (and fish) V/s the Righteously-Pure-Veg debate... Unfortunately, the very essence of this sacred month gets lost in the secondary details pertaining to one's dietary intake.

'Bahman' signifies the original Avestan term - 'Vohu Mana' - or the Good Mind; it is the month where we conciliate and pay our respects to Bahman Ameshaspand - the guardian of animals. While it is commendable that our primarily carnivorous community chooses to forego consuming meat for a month, we must not lose the originally intended message here - that of dedicating ourselves towards fostering a 'Good Mind'. Because if we stayed vegetarian all month, without giving a thought about how we could evolve our minds into greater goodness, then we would have, yet again, missed the woods for the trees.

So, what really constitutes a good mind? And how do we cultivate it? Through prayer? Or spiritual knowledge? Or service to others? Or focusing on one's own self-growth? I believe the one quality that forms the seat of every goodness - in thought, word and deed - is kindness.

Kindness has never been in greater demand than it is today; in these times, when humanity battles for survival itself... where kind deeds have saved lives, and kind words have healed wounds and hearts. Every kind deed or consoling word is the produce of a good mind.

A good mind makes you live your life conscientiously and it guides you unto service for others, not because 'they can't', but because 'you can'. As Zoroastrians, we pray to Ahura Mazda, we worship the light of truth and wisdom. It is said, kindness is more important than wisdom, and the recognition of this truth is the beginning of all wisdom. May this reality stay with us and help us cultivate a good mind, through the Bahman Mahino and forever after, and may it be our guiding light, leading us into delivering the very tenets of our glorious religion - good thoughts, good words and good deeds.

Speaking of good deeds, we salute all our community members, who have been volunteering their priceless services during the pandemic, when so many of us, especially seniors, were left helpless due to the lockdown. They are as much our heroes as our frontline stars, who put the wellbeing of those in need, before their own. A special shout-out of gratitude to all our fabulous BPP volunteers, who, under the stellar leadership of the BPP Trustees, and unflinching support of the BPP staff, worked through the challenges of a lockdown and cyclonic rains, to deliver food, medicine and other essential items to all who were rendered helpless (Pg. 3 and Pg. 7). That was a magnificent exemplification of kindness in motion, the true magic of good minds!

Here's wishing you an auspicious Bahman Mahino! May it further the journey of your Good Mind and foster greater compassion and consideration towards all of Mother Nature's bounties - animals, birds, the environment, and each other! In the words of the genius, Abraham Lincoln, "Kindness is the only service that will stand the storm of life and not wash out. It will wear well and will be remembered long after the prism of politeness or the complexion of courtesy has faded away."

Have a good and safe weekend!

- Anahita
anahita@parsi-times.com

In Loving Memory of
Late **NAVAZ CHHAPGAR**



23-07-1942 TO 17-5-2020
Mah: Dae/Roj: Asfandarmand

It's already a month since you passed away. I wish you were here with us. Not a day goes by when we don't miss u. It will never be the same without you. You will be dearly missed and lovingly remembered always

By Son Eric & Daughter Sherry

Fondly remembered by:

Sister Gulshan & Nephew Shahzad & Niece Sanobar
Sister Roda & Brother in law Hoshang, Niece Roshmi &
Nephew Nevil Sister Mehru & Family
Sister Dolly & Brother in law Aspi, Niece Sweety
Sister Zenobia & Brother in law Zubin, Nephew
Shahrukh & Niece Nina
&
Brothers Jemi, Rumi and Sam.

CLASSIFIEDS



ASTROLOGY

Free Advice 100% Solution Love, Marriage, Breakup, Divorce, Filmy, Vashikaran. Raja Astrologer 9756434001.

SERVICES AVAILABLE

DATTA Tempo Service for hire, shifting with skilled labourers. We regularly service - Mumbai to Pune, Nashik, Deolali, Sanjan, Nargol, Udvada, Navsari. **9821319228**

Disclaimer: The Classified Section of Parsi Times does not endorse any product or service advertised and will not be held responsible by any third party for the same.

PAC n DELIVER

INTERNATIONAL COURIER

Send parcels to your Children & loved ones in CANADA, UK, USA & WORLD WIDE including Garments, Farsan, Chocolates, Sweets, Gifts, Eatables, Medicines & any permissible item & get benefited with SPECIAL rates.

Contact - Mr. ANUJ SANGOI
Tel. - 022-48932230 / 8879991866
Email - sales@pacndeliver.com
"20 Yrs of Quality Service"

Good News

To Buy / Sell / Rent
Flat / Plot / Bungalow
in UDWADA
and All Govt.
Related Works

Call: Mr. Amit Tanna
0 9978850067

A Month And A Week Of Good Food And Great Community Service

On the 10th of June, 2020, the Bombay Parsi Panchayet (BPP) wound up its Food Program that it ran for a month and a week...



Kersi Randeria shares...

Again, three volunteers from Bandra and Andheri took care of the distribution, right from Bandra to Borivili. This humongous effort started with the food being picked up from Cama Baug by four volunteers at around 10:30 am in the morning; and community members across Mumbai city, right from Colaba to Borivili, receiving their food before 1:30 pm!

A lot has been written about the *dabbawalas* of Mumbai, but our band of volunteers surely gave them a run for their money - any day and every day - including the two days, when Cyclone Nisarga had hit Mumbai and the city was hit by torrential showers in the morning and afternoon.

What must certainly be said, so that it does not get lost in the focus of these commendable distribution efforts, is that, in many cases, the people receiving the food, were so old that the volunteers had to go up to their doorstep and even help emptying the packages into vessels. Going even beyond that for a few of our super seniors, the volunteers physically fed them the food and even washed the vessels and kept them away, before leaving their house! It must also be said that our volunteers spent their own money on travel and other incidental expenses as well as on the purchase of consumables like chocolates, biscuits and small food packets, as well as on medicines for our seniors - all from their own pockets, over and above what was being provided by the BPP. This unparalleled level of compassion and dedication by our volunteers redefines the concept of community service and reinforces the Parsi bastion of benevolence and philanthropy.

My address would be incomplete without the mention of the role played by BPP Trustees. We discussed, we disagreed and argued passionately, but came true to the fore and delivered, when all the chips were down.

When the lockdown came into place, the Trustees set into motion the Helpline, which was backed by numerous Baug-level volunteer groups and committees, as well as central volunteer groups. Quite a few doctors and other skilled professionals also volunteered their

The BPP Trustees came together as a unit and ensured, against all odds, that timely help and sustenance was provided to all our humdins who were in need. Packages of food grains were distributed, medicines were purchased and provided to them; even their requirements of non-essential items like fruits, butter, cheese, etc, were met by the BPP Trustees. Those who were in need of monetary assistance were also provided periodic financial help, to meet their requirements.

services, despite the precarious conditions caused by the increasing outbreak of the novel coronavirus.

The food distribution was only a logical extension of what was started early into the lockdown. The food

scheme lasted for exactly a month and a week. What started on the 4th of May, came to an end on the 10th of June, with an auspicious 'Farewell Meal', which included the *sagan ni sev*. The scheme was wound down in keeping with the facts that the lockdown was finally eased in Mumbai from the 8th of June, and most of our volunteers had to report back for work. Dozens of beneficiaries of the scheme profusely thanked the volunteers and the BPP Trust for having successfully undertaken this massive endeavour during the most challenging of all times, in the recent history of mankind.

I would be amiss in my duty if I did not thank the Maharashtra Police for their prompt support, particularly, ACP Nagesh Jadhav and ACP Indalkar, for issuing the necessary passes to our volunteers to travel during the early days of the lockdown. The undertaking would have failed, were it not for the helpful assistance of the Maharashtra Police.

Due credit must certainly be given to our behind the scenes team - the BPP staff comprising a small

but dedicated team, led by our two deputy CEOs - Aspi Sarkari and Shennaz Khambatta - and the face of our Helpline - Ronny Patel and Jimmy Merchant, ably supported by Nilufer Patel and Behnaz Bhamgara - all of who worked tirelessly, from 8:00 am in the morning to well past 10:00 pm at night. The patience, care and compassion they have shown to all the beneficiaries who

reached out to us - some of whom were old, some sick, and some cutely quirky like only us Bawajis can be - were all dealt with in a warm, affectionate and caring manner, by the staff.

The coronavirus may have had a majorly negative impact on our peace of mind, sustenance and well-being, but there was no missing the silver lining of its positive impact on the community, bringing together a small but cohesive group of Trustees, youngsters and social workers, whose committed dedication to community service has re-established the old adage - Parsi, thy name is charity'.

Barring a couple of disgruntled, constantly complaining individuals, the entire community has appreciated the efforts of the Trust and thanked the Trust for the same.

Though the BPP Trustees are perceived as a bickering lot, what stands out importantly today, is that the Trustees stood together as a team and delivered plentifully, when it mattered the most. I say this proudly on behalf of all my colleague trustees, that in times to come, we will continue to stay focused and deliver on such positive commitments, which will do our grand, 339-year-old, apex institution proud!

Till the next time, stay safe and stay healthy!

**Kersi Randeria,
BPP Trustee**

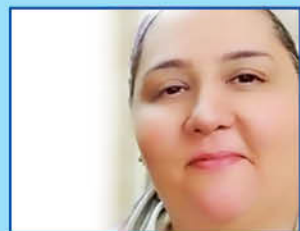
Within a few weeks of the imposed lockdown, even as the BPP's Helpline fell in place, the BPP struggled with the challenge of providing good, wholesome food to members of the community, some of whom were even willing to pay for the food, as they had been rendered helpless with the abrupt shutting down of regular food suppliers and domestic help, as Mumbai came to an unprecedented halt.

It took a few weeks for the BPP to get its act together and start the community kitchen. Prior to starting the kitchen, community members were provided food by kindly neighbours, with about 70 odd people being supplied food by the BPP, generally purchased from various local kitchens. At the time, most of the food provided was vegetarian and some of it was distributed in unappetising plastic bags.

Thanks to the largesse of the Trustees of Cama Baug, the Cama Baug kitchen was made available to the BPP for this scheme. Renowned caterer, Jimmy Gadiwalla, volunteered to run this kitchen, personally taking charge of both - purchase of the raw material and the preparation of the meals.

Delivering (literally) on Jimmy's efforts, a group of amazingly dedicated volunteers took over. While South and South-Central Mumbai (Tardeo / Grant Road area, upto Fort) was looked after by dynamic volunteers from Zoroastrian Colony and Jimmy himself, a bulk of the food-packages were distributed by the youth of Navroz Baug. A group of 12-15 volunteers banded together, like well-oiled machinery, distributing 50% of all the food packages to areas, including Byculla, Mazgaon, Lal Baug, Parel and Dadar.

Vohu Mano – Bahman Ameshaspand



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..

learned to live off the land, the size of our intestines lengthened so that we had more time to process the vegetables and grains that we ate.

Indian culture has long been an advocate for a vegetarian diet. My personal opinion is that as we evolved, we ate locally. This means that in the freezing temperatures where there was no vegetation, we had to eat the meat of animals. But in the tropical countries, we have a bounty of fruits, vegetables, grains and nuts and animal protein is a mere habit. However, the non-vegetarian diet of us Parsis is legendary in all communities. We are voracious non-vegetarians and proudly proclaim the same. Maintaining a vegetarian diet during this month is a personal choice and I leave you to it.

The things that pain me the most is the utter disregard that us humans have for the wealth, which is our animal kingdom. We shatter their natural habitat to pave the way for our settlements, highways, et al. We have encroached upon their spaces and we hunt them for pleasure. The sad death of the pregnant elephant is fresh in my mind - a heinous crime against all of the animal kingdom.

Today, let us take a moment to pray for all animals, let us worship **Bahman Ameshaspand** by revering his creations. Let us pray that **Vohu Mana** - the Good Mind - helps us to keep the delicate balance of our planet in sync with the laws of nature and nurture. May **Vohu Mana** prevail



in and guide the minds of all who are in positions of government and power, so that they may do whatever is best, for the larger good.

Given below is the **Setayesh of Bahman Ameshaspand**. Please do take the time to recite this short but extremely powerful prayer after doing your Kusti, Sarosh Baaj and Geh. It is a version which can be recited in place of the entire Bahman Yasht, which is a lengthy prayer, and which is difficult to find.



Today is **Bahman Mahino ne Bahman Roj**. Never in the history of mankind have we needed the good graces of **Bahman Ameshaspand** more, than we require them today. He is the one that presides over our thoughts, hence mind. He is also the one who looks after the animal kingdom.

Many of us observe abstinence from meat during the holy month of Bahman. However, if we look at the evolution of man, when he was a hunter-gatherer and then a warrior, he needed the animal protein, hence the digestive tract was much shorter, so that the food was processed faster and there was no putrefaction in the gut. But as we settled down, grew our own food and



Bahman Rojni Setayesh

Khshnaothra Ahurahe Mazdao - Ashem Vohu 1

Setayam va zabayam dadar Ahuramazda rayomand khorehmand va ameshaspandan.

Sepasdar hom az dadar Ahuramazda mino avazuni khuda e khavar kerfegar neki dadar, kesh fraz barhenid to vehman minoy akhshti veh-manashni va airi az aiyari e damane Ahuramazda andar varzashni e veh dinih adadiha na tapahaya, ag e dam e ganamino azash budan na tavan. Sudmandi pa avazuni bed, burdih nehanih a kine va a khashmi va frarun kame.

Avat geti hast gospand pur sardeh va hu deh, ke har kas osh zivashne darshne anche khub fraz vastard vastarg va sazik avad pesid, ke avadan padash gasht hend pa anjuman, avaz dared sarma va garma apadman.

Az har kas ke to vehman pa varum gah gired, aghesh dobarid azvarih aesham va dobarid ajvarih va dobarid, harvest ane diwan kame kunashni va varzashni.

Padash asho bed, ke to vehman khishined, minoy asn kherad va gusho sarud kherad pa tan mahmantar, ku adadiha na zaned ane aurvand asp va an e hu frakht gave pur sardeh az aeeyari e damane Ahuramazda, azash ku ke fraruniha andar andar varzashna dared va adadiha na tabahina.

Ashem Vohu 1.

Boundless Is Thy Bounty, 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.



Unbounded is Thy abundance, O Bountiful Lord. Thou art never tired giving from it. Many million hearts cry out to Thee daily to give them what the world gives them not and Thou, in Thy mercy, dost help them to their share of Thy bounty.

We rise hungry in the morning. Thou dost not suffer us sleep hungry at night. Thou dost never say nay when we lift our hearts to Thee and pray for anything. Unasked dost Thou supply us in abundance with things we need most. Thou dost heed our wants. None is known to go with empty hands from Thy door. Thou dost flood us day and night with the fullness of Thy bounties.

Unbounded is Thy munificence. It outruns our capacity to receive. None there is that passeth Thee in Thy benevolence, O Thou of bountiful heart. Thou art he who dost give and give freely and give always and ever. Thou dost give us what Thou deemest best for us. Thou dost fill our cups to overflowing. So bountifully does Thou deal with us, that Thou dost give us all that we had to have and more.

Countless are the blessings that Thou has bestowed upon us. What blessings now remain that Thou hast not showered upon us. Hundreds, yea, Thousands of Thy blessings day and night, with fond heart dost Thou shower upon us from on high.

Our language fails us to give adequate expression to our feelings of gratitude. We owe Thee a debt, which we can never liquidate. We bow our heads and bend our knees under the burden of Thy endless blessings, Ahura Mazda!

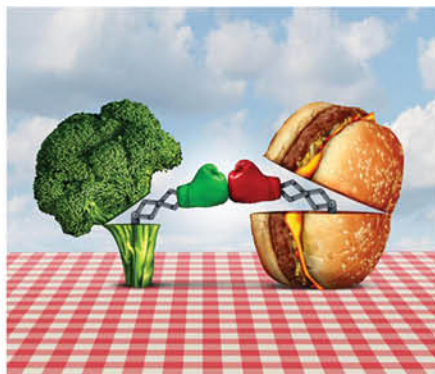


NOSHIR H. DADRAWALA

In the pantheon of Zoroastrian divinities, *Bahman Amshaspand* ranks next to *Ahura Mazda*. *Bahman* is an *Amshaspand* or *Amesha Spenta* (variously translated as Bountiful Immortal or Arch Angel) and is doctrinally seen as the guardian of one of *Ahura Mazda's* good creations, namely animals - particularly *Goshpand* like cow, goat, sheep, etc. It is for this reason that devout Zoroastrians abstain from eating meat throughout the entire month of *Bahman*. Although, on a lighter note, a Zoroastrian foodie recently retorted that by this logic, during the month of *Amardad*, one should not be eating vegetables because *Amardad Amshaspand* is the guardian of one of *Ahura Mazda's* other good creations - namely vegetation!

Observing The Month Of Bahman:

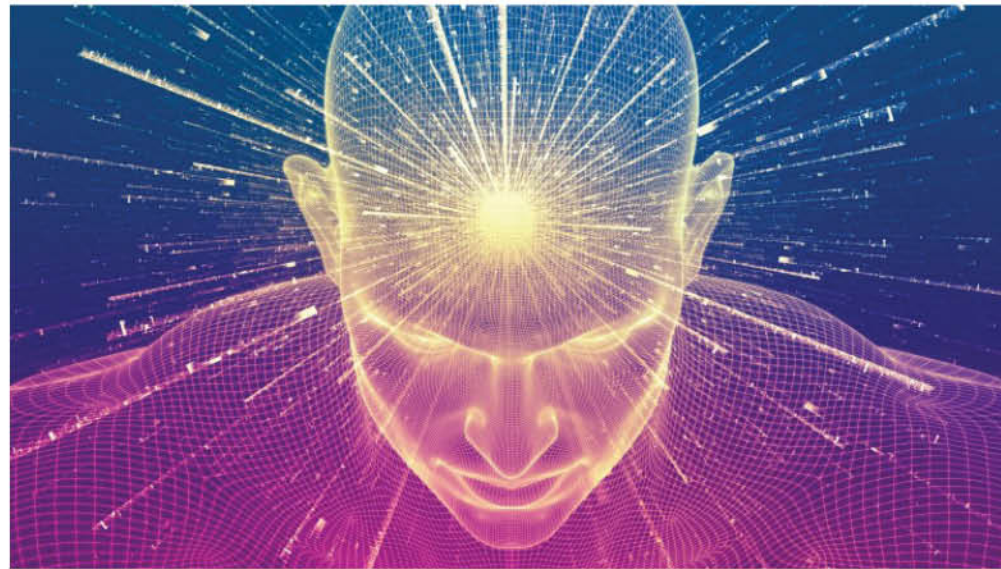
In the Zoroastrian calendar of three hundred and sixty-five days, there is not a single day for total fasting from food. The only fast that is traditionally observed is the fast from eating meat through the *Bahman Mahino*. No special prayers or ceremonies are performed during this month. One is simply expected to switch to a simple vegetarian diet, as an act of religious discipline.



There is no *Yasht* (Hymn) or *Niyaesh* (Litany) dedicated to *Bahman*. There probably was an Avestan *Vohu Manah* or *Bahman Yasht*, but it is now lost to us over the vicissitudes of time. What we have is a Pahlavi commentary called, '*Zand-e-Vohu Manah Yasna*'. However, unlike Avesta and *Pazand*, *Pahlavi* is not *Manthravani* or the traditional language of prayer. Regardless, many do recite it.

Historically, Zoroastrians do not seem to have been a vegetarian community. In fact, one of the strongest arguments supporting the non-vegetarian theory is the observance of *Bahman Mahino*. It

Mind Over Meat



is often argued that if Zoroastrians are mandated by religious tradition to be vegetarian all year round, why does the community kick up all this fuss during the month of *Bahman*?

Understanding Bahman Or Vohu Manah:

In the Zoroastrian calendar, the second day of every month as well as the eleventh month of every year is dedicated to *Bahman Amshaspand*. *Bahman* is the Persian form of the *Pahlavi* word, '*Wahman*' and the original *Avestan* term - *Vohu Manah*, which most scholars translate as 'Good Mind'.

In the *Gatha*, *Asho Zarathushtra* asserts that the path leading to *Ahura Mazda* is through *Vohu Manah*. In other words, propitiating *Bahman Amshaspand* takes one closer to Divinity. Interpreted at an ethical level, exercising the right moral choices with the help of the good mind alone can take one closer to *Ahura Mazda* - the Lord or Master of all Wisdom.

In later texts, the *Sudreh* is referred to as *Vohu Manah Vastra* or the garment of *Bahman*; just the way the *Kusti* is referred to as the girdle of *Sarosh Yazata*. It is believed that wearing the *Sudreh*, which is the garment of *Bahman Amshaspand*, bestows the wearer with wisdom, while tying the *Kusti* over it, gives the wearer *Sarosh Yazata's* divine protection and enhances the devotee's higher consciousness.

So, Why Abstain From Eating Meat?

While at a moral and ethical level, *Bahman* represents the 'good mind', Zoroastrians abstain from eating meat on every *Bahman Roj* as also *Roj Mohor*, *Gosh* and *Ram*, as a mark of respect to the four Guardian Divinities of all *Goshpands*. Abstaining from eating meat throughout the month of *Bahman* is considered an act of religious merit to acquire wisdom through internal cleansing and exercising non-violence

towards the Good Creation of *Ahura Mazda*. Even those who do not observe fasting from meat for the whole month try to avoid eating meat on *Bahman Roj* of *Bahman Mah* and the days dedicated to *Bahman's Hamkara* (co-workers) - *Mohor*, *Gosh* and *Ram*.

Strictly speaking, throughout the month of *Bahman*, a Zoroastrian is expected to live on a simple diet of grain, fruit and vegetable. However, most Zoroastrians find it challenging to survive on what they call '*ghaas-phoos*' and therefore most consider eating eggs quite acceptable, while some go further to believe that eating fish or even fowl would be perfectly legitimate. Aquatic creatures with fins and two legged fowls are not *Goshpand*, it is argued!

Abstain From Mental Violence:

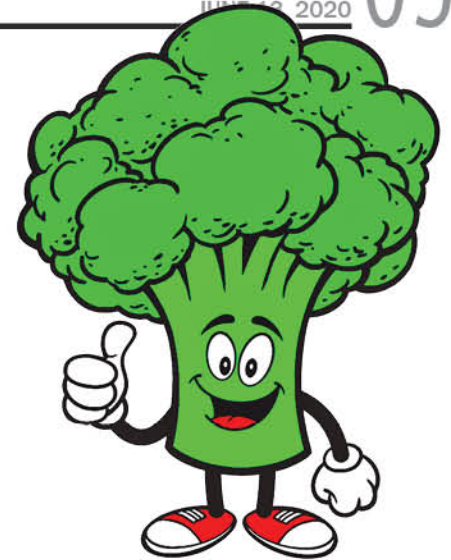
It is said that we are what we eat and a vegetarian diet is generally considered good for spiritual development. However, in our opinion, there is no point in being a vegetarian and observing the month of the 'good mind' if it is observed only from the dietary point of view. It is not just a month to abstain from eating meat but a month to abstain from all forms of violence in thought, word or deed.

While observing a vegetarian diet for a month or for four days every month is a good and healthy change, there is no point abstaining from eating meat but making mincemeat of all rational thought, word and deed!

False Sense Of Superiority:

We have observed that vegetarians usually carry a certain sense of 'false superiority' and treat non-vegetarians with a sense of contempt, mentally, and sometimes vocally with their 'holier than thou' attitude! Some even castigate meat-eaters as 'murderers'!

What one chooses to eat or not eat is a personal choice and there is absolutely no need for those observing a vegetarian



diet to harbour a false sense of superiority or piety. Historically, some of the most notorious serial killers across the world have been vegetarian! By contrast, the gentle and compassionate Dalai Lama is not vegetarian. Jesus Christ, the apostle of love and forgiveness drank wine and mostly ate and served his followers bread and fish, including, at the last supper.

Also, let us not forget that towards the end of his life, Adolf Hitler followed a vegetarian diet. It is not clear when or why he adopted it, since some accounts of his dietary habits prior to the Second World War indicate that he consumed meat as late as 1937. However, by 1938, Hitler's public image as a vegetarian was already being fostered, and from 1942, he self-identified as a vegetarian. The point is, did Hitler's change in diet make him a better human being, let alone a non-violent human being? If anything, his vegetarian diet made him aggressive in his thinking, violent in his speeches and culminated in brutal acts of atrocity. The irony is, Adolf Hitler, in his private conversations with dinner guests, used to refer to meat-eaters as murderers!

Focus On Wisdom:

The point we are trying to drive home is please refrain from making a virtue about what you eat or do not eat during this month or throughout the year. Focus on the mind because all thoughts begin in the mind leading later to words and finally, to actions. There is no point being a vegetarian without first exercising temperance of the mind!

In the *Gatha*, *Asho Zarathushtra* urges us to acquire happiness through wisdom, which in turn can be acquired by reflective thinking and exercising moral choices within an ethical framework. Much later, the Chinese philosopher, Confucius echoed the same thought, "By three methods we may learn wisdom: First - by reflection, which is noblest; Second - by imitation, which is easiest; and Third - by experience, which is the bitterest."

May Bahman Amshaspand Bless our community with Wisdom!

Tanaz Noble Makes History: Becomes First Kayaker To Cross Ten Degree Channel

In a rare feat of exceptional grit, fitness, courage and determination, Tanaz K. Noble, a kayaker from Port Blair, made history by becoming the very first kayaker to cross the 'Ten Degree Channel', which is located in between Little Andaman and Car Nicobar by kayaking.

Tanaz covered a distance of 118 kms across the Ten Degree Channel, having started from Hutbay at 5:10 am on March 3, 2020. She reached the start of the Ten Degree Channel at 3:00 pm and completed the crossing by 6:15 pm. She

then continued towards Car Nicobar till about 10:00 pm, on the same day. Tanaz thus becomes the first ever kayaker to have attempted the challenge successfully. She was congratulated by the Andaman and Nicobar Administration on the stupendous achievement, as per a communique from V. Selvam, Center In-charge, SAI, SAG, Port Blair. She expressed gratitude to the A&N Administration and the Coast Guard team for their immense support and encouragement, as also the Coach, SAI and other members of the SAO team for extending technical support.



Parsi Times had earlier covered Tanaz Noble's national feat when she became the country's first Indian woman kayaker to have successfully kayaked 70 nautical miles of open seas in just 36 hours, on 14th April, 2018. She has been doing smaller expeditions regularly and has completed numerous solo, sea kayak expeditions within the islands.

Her father has been her inspiration and encouraged her to live out her dreams. Tanaz has been pursuing her passion for the sport since the age of 22. In 2015, she Kayaked 100 km in 11

hours overnight, from Barren Island to Havelock via English Island, followed by a Kayaking stint from Rangat to Havelock via Long Island and North Passage Island. She credits the Port Management Board and the Indian Navy for keeping a track on her throughout her expeditions.

On behalf of our community, Parsi Times congratulates and applauds Tanaz Noble on her outstanding achievements and exceptional courage, for doing the community proud and for serving as a great inspiration to our budding sportspersons!



Sharing her experience on her social media platform, Tanaz Noble writes (excerpts) "Growing up in these islands, we'd always hear terrifying tales of the 10° Channel... the sea is 'always rough in the 10° Channel; Only its degree of roughness varies'; It is the 'perfect birthplace for most storms and cyclones'; It is 'the truest test for any weaknesses of ship and sailor'... Most people who live here are from the mainland, so they never grow up hearing stories of the dreaded 10° Channel. Most have never even crossed it by ship. Every Nicobari has...

It took me two attempts, and I'll tell you I've aged considerably in these two attempts.

My first attempt had me throwing up like a 'fountain of bile' on the hour, every hour for the last 5 straight hours after paddling right through the night in a rollercoaster ocean. The sea was so rough, my brother was swinging across the deck of the safety boat, like a blooming pendulum! He had to secure himself to the roof of the boat with a rope. Just looking at him would make me sick. Called it off at 10° latitude. Every time the safety boat came near me I'd start to feel sick. I think just the smell of it as it was a fishing trawler - that's all I could afford with the fortune of sponsorship of Mrs. Godrej, who owns my gratitude, and took nothing in return for her money.

My second attempt again had me throwing up what felt like parts of my organs near about midnight, but at least I had managed to successfully cross the Channel and come out the correct end of it, pulling through 18 hours, but short of touching land. Although I returned in preparation for a third attempt to actually land on Car Nicobar Island, our country locked completely down, leaving me stranded on land.

Someone asked me, for sure it was hard, but were there any moments of magic? Ya! The Dolphins! The Sunset! Like an oil painting - so incredibly beautiful! And of course, the Coast Guard - now just to see THAT boat in action made it worth the effort. Whoa, the things that boat can do!

In my second attempt just post noon I had stopped, suffering one of my nauseous attacks, and my safety boat had to take a full circle in front of me to come back, as my body was seizing up in cramps, while cool-beans Coast Guard stopped, and reversed so precisely and accurately that in seconds they were alongside me ready for anything.

Just the thought of how cool that was took away my cramps and nausea. I kept going. Earlier that morning, I saw a tiny spec in the distant horizon. Just the day before, we'd all received news of Burmese poachers on the island and in the waters. Saw the spec wondering if it was Coast Guard and quickly chided myself remembering they had to catch the poachers so couldn't be here. I put my paddle down, drank some water, took a bite of snickers, looked up and there they were right next to me. Only one boat I know that can do that - Coast Guard. I had another 'this is soh cool' moment.

I really do believe that a destination is all about its journey to it. Crossing the 10° Channel was something close to slaying my childhood demon. And what a magnificent demon!"

LETTER TO THE EDITOR

BPP - The Positive Corona Experience!

Within a week of the first lockdown, I came across an appeal by the BPP (Bombay Parsee Punchayet). They were looking for volunteers to assist old and needy Parsis; Volunteers to deliver food, groceries and medicines to so many old people living alone, who were suddenly stranded without any help, whatsoever.

Now, the BPP is quite famous for all the wrong reasons; infighting, silly exchange of emails, and general acrimony over mostly everything they do. But, we were sitting at home and quite bored...., so we decided to volunteer in assisting people who were living in and around Bandra, Khar, Santacruz and Juhu. Thankfully, only a handful of people needed help here, but what a positive experience it turned out to be!

The BPP set up a Volunteer Whatsapp group, with over 60 people!

Anyone who needed help could call the BPP Helpline numbers and the BPP staff would post the request onto the Whatsapp group; and the closest volunteer would do all he could to assist the needy person.

There were some callers who hadn't eaten properly for days, because they had no help - no maid, no cook, no tiffin, no way to buy stuff, no way to get out of their homes..... the list of helpless people was endless and quiet overwhelming! Old people, living by themselves, had just no way to fend for themselves. The initial days of lockdown were truly overwhelming even for us able bodied people, so just imagine the plight of the old and infirm!

We had requests for help from Navi Mumbai and Kharghar- but had no way to get there and no one available close by, to help. Thankfully, many e-food delivery agencies were operating and we were able to order home delivery of food to their building gates for a few days. Lockdown wasn't so difficult for people who could e-pay and e-deliver; but for the senior people, who couldn't use or couldn't afford Swiggy and Zomato services, it was real, real, real hard.

We even had well-to-do people who were stuck in their posh flats, but with no access to food, nor access to e-deliveries. Having had the privilege to assist one lady (to e-order for her), she was most excited to hear that Nanking (the famous Chinese restaurant) was home delivering! But it turned out to be a

name rip-off Chinese Dhabha delivering from the BDD Chawls! Ooops!!

People were unable to get out of their homes for anything. Finding simple things like butter and biscuits was difficult. Finding medicines was even more difficult; and then there were a few who relied on only homeopathic medicines. Sourcing these was like participating in a treasure hunt!

Thankfully, the roads were absolutely deserted, so it took just 2-5 minutes to drive out to just about anywhere! Driving on these deserted roads was terrific, but there was always a creepy, morbid gloom in the air, with not a soul on the streets. It often felt like driving through a graveyard. Truly creepy!

We met so, so many interesting people along the way. All were full of gratitude for this BPP Home Delivery service, even receiving a tip from an extremely grateful lady. Having never been 'tipped' before in my life, I didn't know whether to feel offended or feel happy! So, we smiled graciously, accepted it, thanked her and drove off wondering whether it was right to accept the tip, or whether it would have been rude to refuse it!

But, not all people were happy with our assistance. One gentleman yelled his head off at me for delivering his food, through his building watchman, in the middle of his prayer time! Assuming that everyone was sitting at home, idle, was just wrong of me. But we learn quickly, and now asked for prayer timings, along with preferred delivery timings during lockdown!

We got to see some beautiful, majestic Parsi buildings. Buildings that I have driven past all my life, but never once bothered to really look at, left me in complete awe of the beauty the Parsis of yore left behind in charity. Now, how to fund and maintain these majestic complexes, is an issue we have been using our idle time to think over. And everyone knows an idle mind is the devil's workshop, so BPP beware!

Our elderly friends also took extra trouble to look out for us. Like this lovely lady who telephoned me in a panic to ask me to shut all my windows as a swarm of locusts had attacked Mumbai. Though I was touched that she thought of calling me, I had to tell her not to believe such false news. She sounded

disappointed on hearing this!

Oh! And, how can I forget an elderly lady who was craving for Masala Dosa! Butter was difficult to find, but thankfully, Masala Dosa was not. So, a Masala Dosa delivery, it was! Another lady wanted Tetley tea, but it just wasn't available anywhere, so I bought Taj Mahal instead. This taught me a valuable lesson - never mess with someone's choice of tea!

But whilst I had just about a dozen people to look after (not daily), some other volunteers catered to nearly 40 people daily! These supermen would drive throughout Mumbai to deliver food and groceries across all its corners. Truly - supermen without capes!

BPP even started up its own kitchen and started catering for over 200 needy people. It's no mean feat to set up a kitchen, get ingredients, pack and deliver so many lunch packs to so many people during a lockdown! And, it's not just food that the elderly were in need of - they also needed medicines, soaps, tea, biscuits and so much more... even slippers! The fab BPP volunteers went out of their way to ensure every need was catered to, even picking up medicines from one end of Mumbai and delivering to the other end! Watching other volunteers on our Whatsapp group taking care of every request posted, was itself a treat. What a positive vibe and what positive spirit!

BPP's decision to set up a Helpline for the old and needy during lockdown was such a blessing. A true blessing for those who were helpless. And, an even bigger blessing for all the wonderful volunteers who could step up, step out, and help.

As the lockdown ends and most volunteers get back to work, it's time to take this opportunity to Thank BPP!

Keep up the good work, BPP! The old and helpless Parsis are blessed that you all so cared about them. Special thanks to all the lovely BPP staff who went above and beyond to coordinate all this. Thank You everyone at BPP!

Ingratitude for being able to be a small part of this Positive Corona Experience,

- Zoru Bhatena

Byram Jeejeebhoy Is No More

The morning of 9th June, 2020, marked the passing of 75-year-old Byram N. Jeejeebhoy - the descendant of philanthropists Jamsetjee Jeejeebhoy and Byramjee Jeejeebhoy; and great, great grandson to Sir Jeejeebhoy Jamshedji or Sir JJ, after who is named the 'JJ Hospital', the 'JJ School of Arts' and more recently, the 'JJ Flyover'.

One of the city's largest private landlords, Byram Jeejeebhoy breathed his last at his Worli residence in Mumbai, after battling a deteriorating health condition for a few years. The funeral was held at the Worli crematorium later in the day, attended by a small group of relatives and close friends, in keeping with the government-mandated requisites.

Known as 'Jee Jee' amongst his friends, Byram was known for his flamboyance and hobnobbed with some of the top politicians and businessmen. He was an astute businessman and art collector and was passionate about horses, being a prominent race-horse owner himself. He headed the Byramjee Jeejeebhoy Group (located at Nariman Point in South Mumbai) and co-owned the high-end Chinese eatery, 'Royal China'.

The family business house of Sir Byramjee Jeejeebhoy-owned estates, was spread across 2,000 acres, over seven villages between Jogeshwari and Borivali, but a good part of it was unfortunately encroached upon by slum dwellers for decades. His forefather, Sir Byramjee Jeejeebhoy was gifted these seven villages by the East India Company, totalling 12,000 acres in the early 19th century, including Bandra Land's End; Thakur Complex in Kandivli and Lokhandwala Complex in Oshiwara. As a property developer, he co-developed Fantasy Land Amusement Park (Jogeshwari, Mumbai) and also shared a business partnership with the Sahara Group.

In 2008, Byram contested the Bombay Parsi Panchayat (BPP) elections as a member of the Adult Franchise for Progress (AFP7) group, comprising eminent Parsis including legal luminary Nadir Modi; Director of Tata Memorial Hospital - Dr. Katy Dinshaw; MD of HDFC - Keki Mistry; Media Baron - Muncherji Cama; former BPP Trustee Maneck Engineer; and current BPP Trustee, Noshir Dadrawala. "I too was honoured and privileged to be invited as a member of this distinguished panel. I have fond memories of interacting with Byram at that time. He was well versed in matters



of charity and governance of trusts. He was gracious, witty, humorous and charming. It's a pity that the community did not value such amazing human resources," shared Noshir Dadrawala in his tribute.

An alumni of the Bishops School in Pune, Byram's lifestyle saw him constantly on the move - with London and Dubai forming his mainstays, apart from Mumbai. He knew how to live it up and was known for his larger than life lifestyle. In addition to his zeal for horses, he was passionate about golf, cars and his children - Janine and Jamshed. He owned nearly a dozen racehorses and was always jetsetting off to some of the world's best golfing greens. The number-plate of his swanky, champagne-coloured Mercedes was 'JiJi400'!

While his wife Mehroo had been an accomplished concert pianist, Byram himself was an excellent violinist, with a Licentiate diploma from The Trinity College of Music, London. Another hobby that he was enthusiastic about was cooking. He was also an ardent collector and was known to attend auctions across Europe; he possessed a collection of violins and bows, watches and clocks, old prints of Bombay and Indian contemporary art, which lined the walls of his London home.

Keeping alive his family's noble commitment to philanthropy, Byram Jeejeebhoy always made time for charity and social causes. He was the Chair of the Asha Foundation in London and a Trustee of the Colaba Agiary. May his soul attain Garothman Behest!

Bapsy Nariman Passes Away

The much adored and respected Bapsy Nariman, wife of Senior Advocate - Fali S. Nariman, and mother of Supreme Court Judge - Justice Rohinton F. Nariman, passed away on 9th June, 2020, in New Delhi, at the age of 89. A culinary genius, a successful author and an independent woman, Bapsy was cherished and loved by family and friends, and was the cornerstone of the Nariman household. The funeral was held on the next day and attended by family members in keeping with the current Government regulations. She is survived by her husband - Fali, son - Rohinton, daughter-in-law - Sanaya and daughter - Anaheeta.

Bapsy Nariman was born and brought up in Mumbai. Her father was a prosperous building contractor, and she was very involved in the social life of the Bombay Parsi community. She was an active member of The Time and Talents Club, which organised a variety of events to raise money for charity and ran the erstwhile, popular 'Victory Stall' restaurant (near Apollo Bandar, Colaba, in South Mumbai). This marked her first brush with culinary writing, when she contributed recipes for the Time and Talents cookbook.

Bapsy and Fali Nariman were married in 1955. They migrated to Delhi in 1972, when she was 41 years old, after her husband, Fali Nariman, was appointed as Additional Solicitor General (ASG). She strongly supported his decision to resign when Indira Gandhi imposed the Emergency (1975). They stayed on in the national capital as Fali mostly practiced in the Supreme Court. She was an integral part of the Delhi Parsi Anjuman, greatly contributing to their causes. She adjusted easily into Delhi's social life and was involved in the Delhi Commonwealth Women's Association and edited the association's cookbook. Later, she ventured into catering as an entrepreneur.

Bapsy was fiercely loyal and very generous; she was known to always root



for the underdog. She was famous for her exceptional culinary skills and shared her expertise via a string of bestselling cookbooks, including 'Traditional Parsi Cuisine', 'Microwave Cookery for the Indian palate', 'Cooking with Yogurt', which were well received and helped many enthusiasts learn cooking Parsi delicacies. Her latest book was 'Rush Hour Cookbook: Great Dishes in 30 Minutes or Less'.

She loved music and was an accomplished pianist herself. This passion has passed over to her son and granddaughters. As a mother, she was strict and protective; and as a wife to Fali, she was the perfect foil. While he was diplomatic and would sometimes to keep his counsel to himself, Bapsy was blunt and forthright. They were an inseparable couple, who almost always attended events together. She has been mentioned fondly in Fali Nariman's autobiography, 'Before Memory Fades'. Even in her later years, when her deteriorating health made mobility a challenge, Bapsy tried to accompany Fali whenever possible.

To conclude, in the words of close friend and associate, Raian Karanjawala, the Founder and Managing Partner of Karanjawala & Co, (as excerpted from thedailyguardian.com), "*Many people believe (and I certainly share their view) that Fali reached the great heights that he did because Bapsy kept the ground on which he stood steadfast... She guided him in many of the important decisions he made... Fali was her universe and she was his. They were a couple where the whole was larger than the sum total of its parts.*"

May her great soul attain Garothman Behest!



Godrej Consumer Appoints Nisaba Godrej As New MD And CEO

Nisaba Godrej has been appointed as the new CEO and MD of Godrej Consumer, succeeding Vivek Gambhir, who recently resigned from the said positions, citing personal reasons. He will step down from both of his positions on 30th June, 2020. Nisaba, who currently serves as the Executive Chairperson of Godrej Consumer Products Limited (GCPL), will officially take over the reins of these roles from 1st July, 2020. Godrej Consumers confirmed that Gambhir's resignation had been accepted by the Board of Directors at its meeting held on 9th June, 2020. Gambhir will continue as a full-time Director on the company's Board till 30th September, 2020.



As per media reports, Nisaba said, "I would like to thank the Board for reposing their confidence in me. Humanity is going through difficult times right now and GCPL is committed to doing whatever is necessary to serve its stakeholders and community. I look forward to working closely with our talented team to drive our company ahead with clarity, hard work, kindness and a strong sense of purpose, to emerge stronger on the other side".

In a media statement, Godrej Consumers shared, "Nisaba Godrej, who is currently serving as a whole-time director has been appointed as the managing director till the conclusion of her existing term i.e. September 30, 2022. This appointment too was approved by the board at its meeting held today based on the recommendation of the Nomination and Remuneration Committee."

The board of directors has requested her to continue as chairperson of the board until March 31, 2022, and have accordingly designated her as chairperson and managing director. The appointments are subject to regulatory provisions. Nisaba is also the chairperson of NPO - Teach for India and is placed on-board of Godrej Agrovet and VIP Industries.

Phonics With 'English E.Teach'

English E.Teach is an educational NGO that creates and disseminates animated English digital content based on the Maharashtra Govt. textbooks, for underprivileged children. Their videos are made page by page to match the textbook the vernacular medium children have to study. For over eight years, they have been providing free content



The challenge started on 30th March, 2020, and was able to reach over two million viewers - students and teachers - in the most far-flung rural areas of Maharashtra, who have been actively participating in the 'challenge' on a daily basis.



to over 41,000 Municipal and Zilla Parishad schools across Maharashtra. The English E. Teach project was founded by Astad Parakh in 1991, under the BCPT (Bombay Community Public Trust) umbrella, its parent NGO.



Speaking to Parsi Times, Piroja Shroff, CEO of English E.Teach Project said, "We recently launched a second online campaign, called 'Phonics with English E.Teach', on 1st June 2020, to teach phonetics, as it is vital to the learning of English for children, who otherwise, don't get to listen to practice how to speak correct English."

Since the Covid 19 related Lockdown began, the NGP launched a free online campaign called 'the English E.Teach 30 Day Challenge', to help the children learn from home, just using their parents smartphones and WhatsApp.

[To view the free videos, log on to: <https://www.youtube.com/playlist?list=PLuQ4oFmCp5Kbt79nsSJkn184krwztiw5>]

Book Launch: Tanaz Bhatena Authors 'Hunted By The Sky'

Ontario-based author, Tanaz Bhatena, will be releasing her latest book titled, 'Hunted By The Sky', on 23rd June, 2020. Set in a world inspired by medieval India and Zoroastrian and Hindu mythology, this will be the third book she has written.

Tanaz Bhatena writes books for young adults. Her sophomore novel, 'The Beauty of the Moment', won the Nautilus Gold Award for Young Adult Fiction and has also been nominated for the Ontario Library Association's White Pine Award. Her acclaimed debut, 'A Girl Like That', was adjudged 'Best Book of the Year' by numerous outlets including The Globe and Mail, Seventeen, and The Times of India. Her latest book, 'Hunted by the Sky', is the first of a YA fantasy duology set in a world inspired by medieval India. Her short stories have appeared in various publications including The Hindu, Blackbird, Witness and Room.



A young adult fantasy, 'Hunted By The Sky' was given a starred review by The School Library Journal which referred to the book as "a breath of fresh air in the fantasy genre". The book is currently available for order in all major retailers, including Amazon, Barnes & Noble and Indiebound.

Born in India and raised in Saudi Arabia and Canada, Tanaz Bhatena lives in Mississauga, Ontario, with her family.

TSUISL Introduces E-Vehicles For Jamshedpur Operations



In its continuous endeavour to increase green economy in the township of Jamshedpur, Tata Steel Utilities and Infrastructure Services Limited (TSUISL) has introduced another initiative to maximise the use of E-vehicles in its operation.

The first set of Electric Vehicle (Tata TIGOR E-vehicles) have been deployed in its operation on 29th May, 2020. These will replace the conventional fuel vehicles thereby helping reduce carbon emissions. These E-vehicles have been deployed for movement of the operation and maintenance crew across the city, in Jamshedpur and Seraikela-Kharaswan area, where the company manages the power distribution. The e-vehicles if required can also be

charged in the power substations of the company.

On full charge, the vehicle can run up to 213 kilometers, which is sufficient for current operational requirement. TSUISL has plans to try and utilize e-Vehicles for all its operation across the city and is continuously evaluating the such possibilities.

The company has already deployed E-scooters for field survey work and E-rickshaws for door waste collection. The introduction of E-vehicles will further help in reducing carbon emission contributing towards a healthy environment.

[Courtesy: Avenuemail.in]

SII Invests \$100 Mn In Developing Corona Vaccine At Oxford University



SERUM INSTITUTE OF INDIA PVT. LTD.

Serum Institute of India Pvt Ltd (SII) - the world's largest vaccine manufacturer by number of doses produced and sold globally - has been at the forefront of spearheading efforts to produce a vaccine to fight the dreaded novel coronavirus. SII will be investing \$100 million on a potential COVID-19 vaccine being developed at Oxford University, according to media reports.

The Pune-based company has partnered with AstraZeneca, a British biopharma giant, to ensure equitable supply of the AZD1222 vaccine doses to India as well as low-and-middle-

income countries. Speaking about the firm's plans to move ahead in terms of production of doses, Adar Poonawalla, CEO, Serum Institute of India (SII), shared that their manufacturing facility was ready and they planned on starting production in two months. "We are spending more than \$100 million for this facility. Till the trials are completed successfully for safety and efficacy, vaccines will not be distributed either in India or anywhere else in the world. Having said that, we will start making a few millions of doses and stockpiling it at personal risk," said Adar.



Answering the question as regards how many doses would India be likely

to get in the first phase and when would they be available, he said that it is a bit early to comment on a specific number. "However, if the vaccine trials succeed, India will gain access to the doses as it will also be the requirement of the Government of India. And we are certain that everybody will respect if the substantial volumes go to India," he added.

Over the past 50 years, SII has built significant capability in vaccine manufacturing and supply globally. SII will work closely with AstraZeneca to ensure fair and equitable distribution of the vaccine in low-and-middle-income countries. Speaking on SII's endeavour to develop a vaccine with USA-based firm - Codagenix, Adar Poonawalla recently said that the firm was currently undergoing pre-clinical trials (animal trial phase) and hoped to progress to the human trial phase by September/October, 2020. "The aim is to make the vaccine over the next 1.5-2 years to help combat the novel coronavirus. With the combined efforts of our partner



Codagenix, we are optimistic that we will be able to provide a viable and effective vaccine for mass use," he had said.

Besides, Oxford and Codagenix, SII is also working with Austria's Themis and other two vaccine candidates. At least half a dozen attempts at creating a vaccine against coronavirus are on globally and the efforts at Oxford are considered one of the most promising. Here's hoping that SII does us all even more proud and soon develops the vaccine which will deliver us from the COVID-19 pandemic.

Nazneen Bhatia Presents 'Roshni'

Mumbai-based Nazneen filmmaker, Nazneen Bhatia, has recently written, directed and produced a documentary feature film titled 'Roshni', which is currently streaming globally on Amazon Prime.

The documentary revolves around a woman named Roshni who lives in the land of the gods, known as Dev Bhoomi, and wishes to travel to the land of illusions, Mumbai city, also known as 'Maya Nagari'. Produced by 'The Unknown Film Company', and directed by Nazneen Bhatia and Anshul Adhikari, 'Roshni' revolves around a woman named Roshni who lives in the land of the gods, known as Dev Bhoomi and wishes to travel to the land of illusions, Mumbai city, also known as 'Maya Nagari'. The film captures the gorgeous scenic locations, shot at the foothills of the Himalayas, in Himachal Pradesh and Uttarakhand, which are known as the 'Land of the Gods'. The thread of thought that binds the people who live in the land of the gods emphasize on the importance of human consciousness and human well-being.

Speaking to Parsi Times about 'Roshni', Nazneen Bhatia shares, "It is an important film and immensely relevant for times we live in today. The documentary not only embodies the spirit, values and mindsets of the people who reside in the Himalayas but also portrays the sheer exuberance and untouched beauty of the place. How happy we are on the outside, simply depends on how we are within ourselves. By focusing only on the outside, life can become comfortable and convenient. But human beings will not know human well-being in its entirety, unless we turn inward. 'Roshni' has been filmed entirely in the Kullu valley of Himachal Pradesh and Dehradun in Uttarakhand."

The documentary features Dr. Vandana Shiva - a quantum physicist and vedic ecologist; Dr. Om

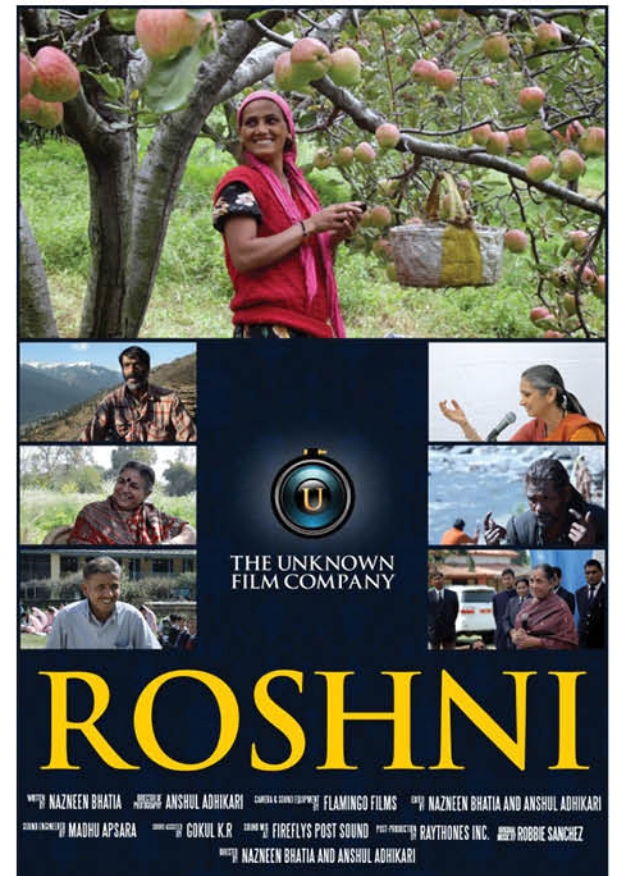
Kumar Sharma - a Sanskrit Acharya and Sanskrit school principal; Margaret Alva - former governor of Uttarakhand; Vidya Rao - an Indian classical vocalist and literary writer, amongst others. You can watch 'Roshni' at: <https://www.primevideo.com/detail/Roshni/ORIEPVFRIJT2FLSIT4ORB5X156>

Nazneen Bhatia attended Film School at the University of Auckland, New Zealand. She began her career as an Assistant Director with the National Award winning film, 'Taare Zameen Par'. She also assisted on



the Indo-Australian production - 'The Waiting City'; Bollywood blockbuster - 'Ghajini'; and Student Oscar Winner - Kavi. She was the Casting Director for the feature film, 'Dhobi Ghat'.

'Roshni' was officially selected for the 56th Krakow Film Market in Poland and the Mzansi Women's Film Festival in South Africa. It was invited to be screened



twice by Boston University in Massachusetts and the University of Lausanne in Switzerland for PhD students, researchers, and teachers in the department of South Asian Studies and the department of Contemporary Literature and Modern Languages respectively. It was invited to be screened for the former deputy commissioner of Kullu Mr. Rakesh Kanwar, and by his excellency the honourable Governor of Himachal Pradesh, Mr. Dev Vrat. The documentary was recently invited to be screened to the students of IIT (BHU) Varanasi as a part of the Film and Media Council Weekend in 2019.

The Iranshah Initiative Presents *The Video Time Capsule*

Have you had a chance to visit IranShah and experience the bounty of its Sacredness?

What is your fondest experience of visiting Iranshah and Udvada?

What emotions, sensations and feelings rush through you while standing in front of Iranshah?

How did you learn about IranShah; was it at home, school or through self learning?

What emotions, sensations and feelings did you experience after building that special connection with Iranshah?

What do we aspire to give for our beloved Iranshah and Udvada in the next 10 years?

How are we going to achieve this?

What can you do in an individual or collective capacity?

The concept is simple...

We want to know and hear from you!

This inspirational platform has been developed to create a **VIDEO TIME CAPSULE** regarding your thoughts, aspirations, feelings and experiences about our dear Iranshah.

To share them, simply log on to our website: <https://iranshahinitiative.com/capsule/>

Record your video, upload and submit.

Eventually, we will create a **VIDEO MONTAGE** and share this in due course.

Perhaps a year or two from now, we will get the opportunity to see, how our individual or family relationships with Iranshah have grown, what we have achieved for Iranshah's Glory, how we have achieved it and what we will continue to do, to keep this Holy Flame of Faith and Fortitude burning eternally!

THE IRANSHAH INITIATIVE

<https://iranshahinitiative.com/capsule>



contact@iranshahinitiative.com
#jointheinitiative

NCPA@home
Enjoy the best of the arts from the NCPA on our digital channels from the comfort of your home.

SYMPHONY ORCHESTRA OF INDIA

Marat Bisengaliev conductor
Mozart: Symphony No. 41 "Jupiter"

This performance was recorded live on November 26th, 2019 at the Jamshed Bhabha Theatre, NCPA.

Saturday, June 13th | 6:00 pm

This event will be available for viewing till June 19th.

www.youtube.com/TheNCPAMumbai1
f t i /NCPAMumbai

NCPA@home
Enjoy the best of the arts from the NCPA on our digital channels from the comfort of your home.

ANWESHANAA

IN SEARCH OF EXCELLENCE

Odissi dance by Ratikant Mohapatra's Srjan

This event was staged as a part of the NCPA's *Nakshatra* dance festival, held on October 10th, 2015 at the Experimental Theatre, NCPA.

Sunday, June 14th | 6:00 pm

This event will be available for viewing till June 20th.

www.youtube.com/TheNCPAMumbai1
f t i /NCPAMumbai

God Has A Plan!

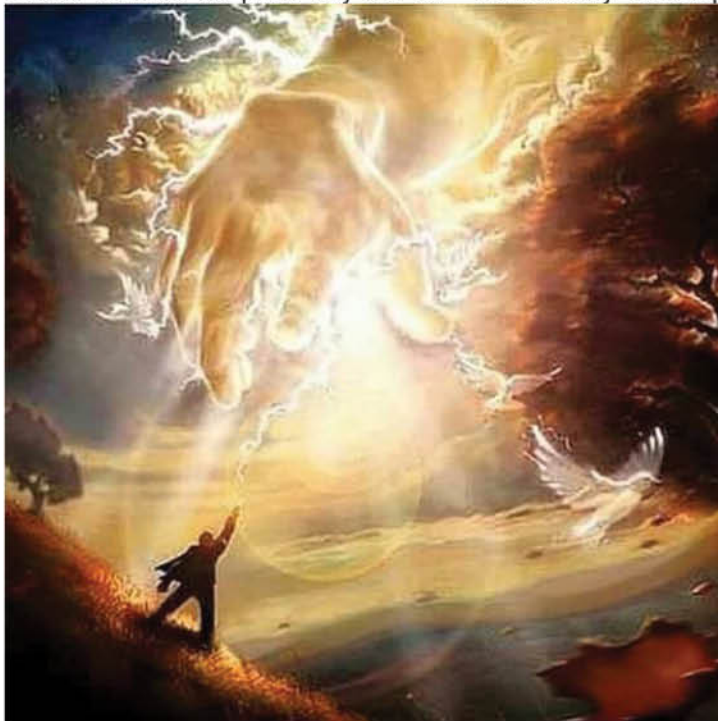
Veera is a published Author ('Endured' and '#LoveBitesLifeHacks') and Columnist; a passionate Educator and Counsellor; Poet and Philosopher... but most of all, a lover of all things literary.



VEERA SHROFF SANJANA

If the almighty ever played a sport or game, He would undoubtedly give Magnus Carlsen, or our very own Viswanathan Anand, a run for their titles, even on his worst day. It's no wonder then, how perfectly he times his move, strategizes the game-plan of our lives, and annihilates all opposition. And just like chess, while you do play for the fun and challenge of it, more often than not, it can knock down your self esteem by a couple of notches along the way!

It's incredible how often you hear this line - 'God has a plan for you'. Undeniable, but oftentimes, they forget to mention that God has a wily sense of humour as well! His plans may not be



in line with yours! I mean, who wants struggle and strife and to boot, make it seem that all this is wondrously good for your soul!? Word has it, that the more difficult your path, the more beloved of the almighty you are. I can't count the number of times I have felt like his most favoured, flogged child! Working with this logic, reasoning or consolation, or whatever you choose to call it, has never really done much to ease my battered spirit. His notorious interest in my well-being sometimes evades me!



Now, take for example our present situation... how many of us are on the side of this premise - that this tiny virus, floating around, may perhaps be good for the ethos of all mankind? Coronavirus confronts us all with problems of excruciating pain and grief. The suffering is immense, never afore have the cracks and fault lines been so pronounced for all humanity. At this point in our lives,

this is, for most of us, perhaps, one of life's hardest problems. This pandemic, this entirely agonizing experience, rightly makes us suspicious of simplistic answers and facile attempts to come to terms with it.

When life flows predictably and is under control, humans get convinced that somehow, we are infallible, and then it is easy to put off asking the big questions, or to be satisfied with condensed answers. But, life has, blaringly displayed otherwise! It is also not surprising, that whatever your faith or belief system, the big questions of life are breaking through the surface, demanding attention. But then, they say everything happens for a reason, and the reason, oftentimes, baffle us.

That we need struggle and striation to forge our spirit, to enhance human

understanding and empathy, is surely an arguable debate. Even so, complacency has been known to create arrogance and success, giving one flight... forgetting that we do need both feet on the ground from time to time. Here, His plan is perhaps 'Eunoia' - an ancient Greek word, connoting, 'the possession of a pure and well-balanced mind, which exhibits goodwill and kindness.' Eunoia literally translates to 'beautiful thinking.' While humans are created innocent and guileless, pure and selfless, times have changed and so have we. From the eve of time and the innocent frolicking of Adam and Eve in the Garden of Eden, and that first bite of the apple, we crave notorious, sinful pursuits of pleasure. (Today, New York City or The Big Apple the worst hit).

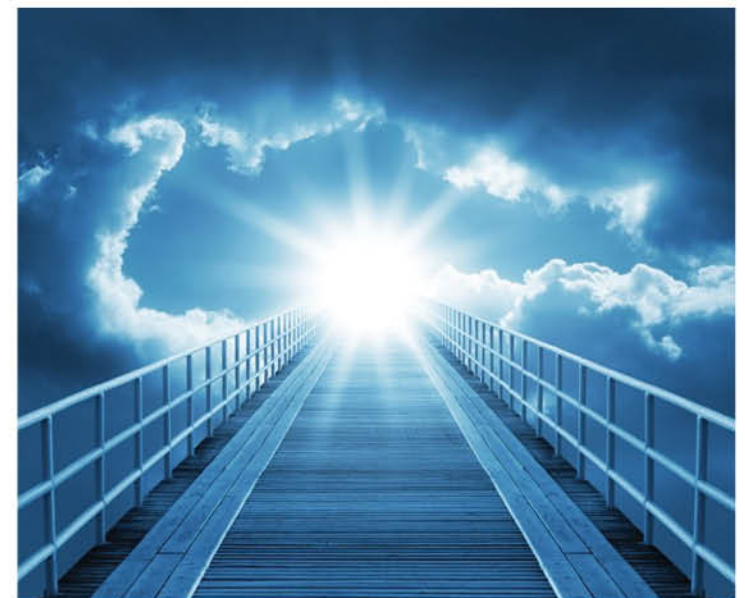
Food for thought: 'Is there something symbolic here?' Today, in every corner of the world, life has simply 'developed', it has not 'evolved', for the human race. We are privy to all the worlds' knowledge and information at the press of a button, but clueless to accessing wisdom or building foresight for the betterment of mankind. It took a tiny virus to bring us to our knees, and kneeling, now we pray. Catastrophe for compassion, 'It's chess my friend, and the move is now yours,' He says!

We seek pastors and priests, life-coaches and counsellors to work our way into an easier life, needing helpful tips and guidelines to enhance our desires and ambitions yet, all the while, we neglect the fact that circumstances are but His mirthful creation. He truly has chalked out all those moments in your life where you will be given the opportunity to step forward, either in confidence or perhaps

uncertainty. We crave knowing what's at every turn and corner; we seek the comfort of anticipating our personal, destined, five-year plans, not for a moment suspecting that while our paths may seem smooth now, there are pot-holes waiting, like those encountered on Mumbai's roads during the monsoons, just around the corner!

Craters dredged deeper than the size of Sahara, explicitly created to help you understand, that falling in a fallen world easy. After all, suffering and pain can only contribute to character formation... just as parents allow their child to go through painful experiences in the simple hope it will serve them well in the future. Spiritual triumph requires you to seek his assistance in navigating every road. He needs you to trust Him, not just in your darkest nights, but most, when you're blinded by the light. Trying to interpret God's will for you is as challenging and daunting, as looking at a two-year-old messing with a rubric's cube, hoping to see him put all the merry colours together.

The will of god could be intentional, circumstantial or simply depending on the mood He is in! Fret and fume all you want, but god's fathomless plan for your future is preordained. The encounters you face, the people you meet, the



pause and panic buttons you hit, my dear, are forged way before you were even conceived! It's a chess board - your life, you see, and every move co-relates to the decisions you make... moving forward or backwards - that's the free will he grants you. But, no matter how calculated your moves or how adept your plays, remember the check-mate is ultimately His!

Practical Tips For Balancing Socio-Religious Norms In A Post-Lockdown World



**ER. DINSHAH ASPI
ANKLESVARIA**

Mumbai-based Er. Dinshah A. Anklesvaria is a practicing priest and a Human Resources professional, working with the house of Tatas. He commands over thirteen years of experience in the hospitality and culinary sector in various capacities and expertise in the areas of Human Resources and Training.

The Baffling Start To New Year

2020: Every year, on March 21, Jamshedi Navroze, our Agiaries and Atash Behrams are flooded with streams of worshippers, each exchanging happy greetings, blessings, and well-wishes, with every known face encountered. These familiar scenes of Jamshedi Navroze were no different this year in many parts of the world. But in India, while 2020's March 21 marked the onset of spring and commencement of a new year with fun and frolic, March 22 marked the end of it. COVID-19 had officially entered India and at the behest of the H'ble PM Narendra Modi, the nation went into a complete lockdown. Almost instantly, in a bafflingly unprecedented fashion, everything shut down, from places of work across professions, to places of worship across religions.

Religion In The Pandemic's Pandemonium:

During times of anxiety and uncertainty, it is quite natural for people to turn to religion, if they so believe, for solace and enlightenment. Many tend to visit places of worship more often during such times. Places of worship are not just run-of-the-mill, brick and mortar structures. They represent powerhouses of divine energy and can provide devotees with much-needed spiritual comfort and positivity. Some devotees visiting the Agiaries and Atash Behrams, sometimes stay for hours, till they find spiritual solace or until closing time, whichever comes first. This year, however, with places of worship shut to visitors and religious congregations curtailed to almost nil, the strict pandemic-related lockdown restrictions hit religion right at its heart.

Using Technology To Bring Spiritual Comfort Into The Home:

Religions and faiths that permitted, took their *Sanctum Sanctorum* and *Gods* directly to devotees' homes with the help of technology by performing live darshans/aartis/sermons through television, social media and mobile apps. Some religious leaders conducted congregational worship sessions via video conferencing, retaining the spiritual experience to the best extent they could. While some



may point out this amalgamation of technology with spirituality was already happening, the lockdown propelled it further and spread it wider.

The Lingering Threat Of COVID-19:

As the nation cautiously lifts lockdown restrictions, throngs of people once again will head straight to their place(s) of worship. As we continuously learn more about this virus and hope to discover the vaccine against it, the threat of COVID-19 is far from over. In the rush to escape from the now-months of being confined to our homes, we do not want our own negligence and carelessness to cause our holy places to shut down again or spread the virus further in our society, at large.

Social Distancing Is NOT Spiritual Distancing:

Public health officials encourage everyone (regardless of age or even physical health) to wear face coverings / masks, and adhere to social-distancing guidelines, especially when you step out. Most of our Zoroastrian places of worship are large in occupiable space and have fairly good means of promoting fresh air flow and so are well-equipped for accommodating social distancing guidelines. However, it would be impractical to assume that all Agiaries and Atash Behrams have resources to implement the expensive post-lockdown safety equipment and protocols seen in many public shared places.

It is simply not feasible to have equipment like thermal scanners or pulse oximeters at our places of worship. Nor should Agiary or Atash Behram visitors expect their religious leaders, Ervad Sahebs or chasniwalas to appear in full PPE gear at the entrance, taking temperatures and tracking personal contact details of

elderly worshippers, particularly those above 65 years of age, those with comorbidities, pregnant women, and children below the age of 10 years should avoid visiting.

We must also take care not to risk the health and safety of our priests and Boiwalas, many of whom have continually been on the religious frontlines preserving our holy fires and performing key rituals during this lockdown period. Remember that social distancing is not the same as spiritual distancing.

Considering we are in the infancy of the post-lockdown stages, when visiting a place of worship, we must all the more adhere to public health safety guidelines by observing these Top 5 Do's & Don'ts, as under:

Top 5 Do's:

1. Visit only if you and those in your household are healthy and feeling well.
2. Always wear a face covering / mask when inside the temple.
3. Bring your own personal head gear (Topi / Scarf).
4. Wash hands with soap on entering the places of worship and use hand sanitizer (preferably carry your own sanitizer) whenever possible.
5. Maintain Physical distancing of at least 6 feet while Entering, Sitting, Standing and Moving about in the Agairies and Atash Bherams.

Top 5 Don'ts:

1. Avoid large congregations, even during auspicious days (eg., Muktaf days) as this renders social distancing challenging, if not impossible.
2. Limit unnecessary touching of objects, eg. photo frames, prayer books, Kebla walls and doors, metal rods of the Kebla window, marble tops of the Kebla umber. (Some devotees have the habit of kissing and applying rakhya (sacred ash) on the above-mentioned items. Kindly note that even in pre-COVID-19, our religion did not encourage this practice.)
3. Avoid physical contact while greeting each other.
4. Avoid crowding near the Kebla to allow other devotees to pay their respects too.
5. Please be respectful of others by not staying on for long hours, thus making it difficult for others to enter the place of worship. (Try keeping prayers short and do only basic farajyat prayers, leaving the remaining prayers to be done at home. This helps to reduce the crowds and time spent in the place of worship and allows others a chance to visit too)

their visitors. With the holy days of Muktaf starting next month, most of our Agiaries and Atash Behrams will witness high traffic of devotees. Some devotees may even embark on religious journeys of visiting multiple Agiaries and Atash Behrams in a single day. Therefore, the onus of keeping our places of worship safe lies on us.

Us Zoroastrians proudly consider ourselves to be disciplined and educated citizens. In these times especially, we must indeed behave as such, when at least visiting our places of worship by thinking of others' well-being on par with our own. For eg.,

Adherence to these guidelines takes a united effort and will allow observance of many of our cherished religious traditions and at the same time remain safe.

The isolation of the lockdown and temporary halt of common worship spaces have caused many of us to examine our faiths in a new way. Religion has become less communal and more personal. The lockdown period has made each devotee look inward and realise that God resides not just in the temples, but in our hearts!

The Bawa Word Search

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

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

- | | | | |
|-------------------|---------------------|--------------------|-----------------------|
| Tiramisu (Italy) | Sushi (Japan) | Paella (Spain) | Hamburger (USA) |
| Burrito (Mexico) | Dim Sum (China) | Croissant (France) | Thai Curry (Thailand) |
| Chutney (India) | Schnitzel (Germany) | Bulgogi (Korea) | Pavlova (New Zealand) |
| Moussaka (Greece) | Falafel (Israel) | Baklava (Turkey) | Borscht (Ukraine) |



TechKnow With Tantra

Instapaper

Instapaper is the simplest way to save and store articles for reading: offline, on-the-go, anytime, anywhere, perfectly formatted. It provides a mobile and tablet-optimized Text-view that makes reading Internet content a clean and uncluttered experience. It saves most web pages as text only, stripping away the full-sized layout to optimize for tablet and phone screens with adjustable fonts, text sizes, line spacing, and margins. You can download upto 500 articles on your phone or tablet, and store unlimited articles on the Instapaper website. Dictionary and Wikipedia lookups, tilt scrolling, page-flipping, preview links are in-built in the browser. A great app to consume content at your own time and space!

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

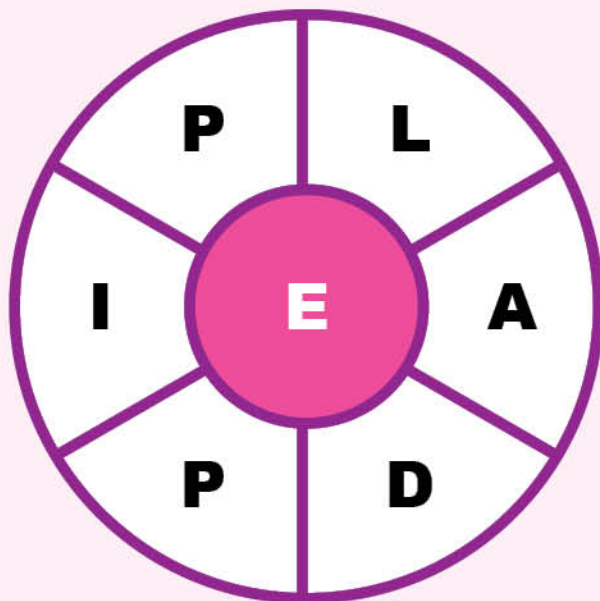
iOS: <https://apple.co/2FAjrv5>

SUDOKU

					4		7	9
4		1			7			
7				8		3	4	
	9	6						
	4			6			9	
						5	6	
	6	8		9				4
			3			8		2
3	1		4					

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 - 7 or more words
 Good - 9 or more words
 Outstanding - 11 or more words

WINNING CAPTION!!!



Beaver in the center: For the last time Zenobia, Mara Dikra Ae Taura Chalk Nathi Bhusarya!!

By Meherzad Irani

CAPTION THIS!



Calling all our readers to caption this picture!
 The wittiest caption will win a fabulous prize!
 Send in your captions at editor@parsi-times.com by 17th 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.

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

As we enter the auspicious Bahman Mahino, with a lot of our community members opting for vegetarianism, Chef Delzad shares the recipes of two of his delicious vegetarian delicacies - 'Veggie Delight Bake' and 'No-Fry Parsi Stew'.



VEGGIE DELIGHT BAKE

Ingredients for the crust:

Onions chopped - 2 medium; Julienned Bell Peppers - ½ red and ½ yellow; Chopped Baby corn - 5 to 6; Sliced mushrooms - 6 to 7; Slivered Green Chillies - 2 to 3; Coriander leaves - ¼ bunch; Ginger-garlic paste - 1 tbsp; Butter - 30 g; Maida - 30 g; Milk - 300 ml; Cheese grated - 150 g; Salt and Pepper - to taste.

Method:

1. Sauté the onions in oil, but do not let them brown. Add the ginger garlic paste. Add the bell peppers baby corn mushrooms and green chilies. Sauté for 2 more mins. Add salt and pepper.
2. To prepare the white sauce - Heat the butter in a pan, add the flour and cook till it looks like wet sand. Add the milk and keep cooking on a low heat till it thickens.
3. Fold the veggie mixture into the white sauce, add half the cheese and mix it in.
4. Pour it into a baking dish garnish with chopped coriander and the remaining grated cheese. Bake for 20 min @ 180 C.
5. Then bake for another 5 min with only the top grill of the oven till the top layer turns light brown. Serve Hot!



NO-FRY PARSİ STEW

Ingredients:

Chopped onions - 2 medium; Chopped tomatoes - 2 medium; Cubed potatoes - 2 medium; Peeled Green peas - 250g; Sweet potato (optional) - 1 small; Green Chillies - 3; Coriander leaves - ¼ bunch; Ginger garlic paste - 1 tbsp; Red Chilli Paste - 1 tbsp; Salt, vinegar and sugar - to taste; Powder Masalas - Haldi powder - ½ tsp; Chilli powder - ½ tsp; Dhana jeeru - 1 tbsp

Method:

1. In a cooker cook the chopped onions in 2 tbsp of oil. Add 1 tbsp each of ginger-garlic paste and red chilli paste and cook.
2. Add the chopped tomatoes and green chillies. Cover and cook till tomatoes are soft.
3. Add all the powder masalas and salt, and cook till oil leaves the mixture
4. Now add all the veggies, along with half teaspoon sugar and 1 tbsp vinegar. Add some water and close the cooker and cook till 2 whistles.
5. Let the cooker cool before opening. Dry off the excess water in the stew and garnish with chopped coriander.

Soli Sales-Tax Wants To Marry A Chinese Girl!



RUBY LILAOWALA

Soli Sales-Tax, the lover of Rustom Baug's Faridafuiji, invited himself with his friends - Banu Batak and Loveji Lambo - for dinner at China Garden.

Soli Sales-Tax: Is it a garden? Will I get authentic Chinese food there or like the Chinese that I take home from Ram Bharose Hindu Hotel Nana Chowk?

Banu Batak: You don't have to come if you are in doubt. Actually, Loveji and I want to dine alone - just the two of us! It's our wedding anniversary, you see.

Soli Sales-Tax: Arrey! Ekhla atula su majha avey? Tamey lok lonely thai jaso!

Loveji Lambo: Two is company, three is a crowd. Do you mind?

Soli Sales-Tax: (Worried that he may miss an opportunity for a free-meal) - I don't mind at all!

Banu Batak: But what about Loveji? He may mind!

Soli Sales-Tax: Loveji won't mind because Loveji dosen't have a mind. So never mind, I'll come! Besides, I love romantic dinners.

There was no escaping Soli, so they went to China Garden with their mafatyo mathey-parelo guest. And guess what? Soli fell in love at first sight with the



Chinese girl who brought the menu and asked Soli, "Sir, what do you want?"

Soli Sales-Tax: (In a naughty vein) I want you, my lovely Chini-Mini-Chaooon-Chaooon! I am single and ready to mingle!

The girl made flirtatious eyes at Soli who had that stupid look on his face which men have when they are in love!

Loveji Lambo: Soli, what about your married girl-friend from Rustom Baug? You'll two time her?

Soli Sales-Tax: For this Chini-Mini, why only two time? I'll three-time and four-time on that khadhri bhes Farida! She is just a time-pass - ghar ki murgi tuvar dal ki barabar! I'll ditch her when I marry this Chinese Bakalyu!

Banu Batak: Be careful! Every time you have an argument with her after marriage, she will give you Kung-Fu and Judo kicks! Who will foot your hospital bills when you break an arm or a leg?

Soli Sales-Tax: Farida! She'll do anything for me! She is madly in love with me!

Loveji Lambo: Not madly in love, she's MAD - full stop! In spite of having a hira jevo var, she is always lusting for an idiot like you and taking you to clubs, concerts, Housies and dinner parties and even for foreign holidays - chakram bai che! I feel so sorry for poor Hormusji, he married her for her inherited money and got fasaad by his honey! Seems she took Soli even on



their honeymoon. The husband was taken only to carry the luggage!

By now, the food had arrived. Soli had ordered the most expensive dishes plus a pack-up of Peking-Duck and Baby Lobsters. The anniversary couple had ordered a frugal Chopsuey between them.

Soli Sales-Tax: Look at it this way - I'll never have to invite myself to a Chinese restaurant, since my Tehmi-Tom-Yum will cook Chinese for me!

Banu Batak: Oh hello! Sheikh- challi, your choochi-aankh-wali will give you a Karate-Chop when you ask a Chicken-Chop. Tenu soo?

Soli Sales-Tax: I'll buy a Zenobia Daver Garo for her!

Loveji Lambo: In return, she'll give you the choicest Garo (bad-words) in Chinese and you won't even know what they mean! Beware - all these Chinese girls are crouching tigers and sleeping dragons like those sinister characters in Jackie Chan's films!

The waitress came with Soli's expensive take-away parcel and Soli was elated and starting singing -'Mera naam chin chin choo baba chin chin choo'! The waitress went wild screaming, "You bloody racist, you bloody sexist, how dare you make fun? And before Soli knew, a tight slap landed on his left cheek - so hard that he fell off the chair, on the ground, with his specs and dentures flying in the air like flying saucers!

The Manager came and managed the situation - Loveji paid the bill as the manager requested him to kindly remove his guest from the restaurant. Two bouncers, both the size of Faridafui, came to escort Soli out of the restaurant.

Hai Re Kismet! The bouncers, by

mistake, crushed Soli's specs and dentures into pieces. So along with the pack-up, the manager packed-up the broken pieces of specs and dentures, put them in another fancy paper-bag and handed them over to Soli who had just seen the matinee show of the Hindi movie, 'Pyar Ke Side Effects'.

Banu Batak: Soli Bhai - Havey tamey sidharo! We still have to wait for the litchies with ice-cream which we have ordered!

Soli made a dishonourable retreat and again, *Hai Re Kismet*, he forgot to carry the food pack-up and instead carried the parcel with the broken chasma and batrisee home. His heart was broken exactly like his specs and dentures! He wanted a romantic honeymoon in Wuhaan, but instead he landed up in Rustom Baug and told his girl-friend, Farida to heat the Chinese dinner which he had specially brought for her from China Garden. Farida came back from the kitchen and returned the parcel to Soli saying, "China Garden, Hanging Garden or Victoria Garden? Whatever it is, you take it home and eat it yourself!"

Again, *Hai Re Kismet!* First his chini-chalaki with the Chinese waitress resulted in a thappad and Farida gave him a GPL! He went home and opened the parcel to find no baby-lobsters or Peking-duck. He phoned Lovjibhai and requested him to keep his forgotten parcel in the fridge, saying that he will pick it up the next day.

What parcel? asked Lovejibhai. You took it along with you! I saw it in your hand when you left. You see, the clever Chinese waitress had flicked the parcel as soon as Soli left and had it as dinner with her Chinese Chef boy-friend!

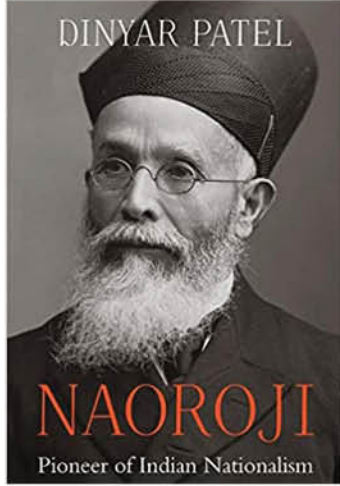
Loveji Lambo advised Soli before hanging-up the phone, "Boycott everything Chinese - including your Chinese waitress!"



THE TRUTH. DELIVERED WEEKLY.

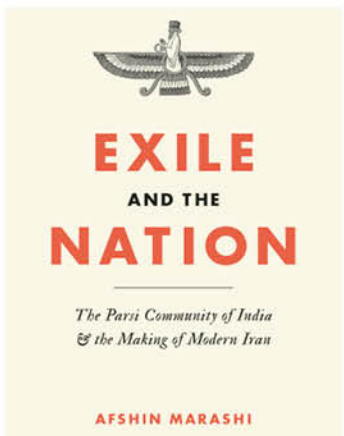
દિન્યાર પટેલ દ્વારા દાદાભાઈ નવરોજીના જીવનચરિત્રનું વિમોચન કરાયું

મે ૨૦૨૦ની શરૂઆતમાં, દિન્યાર પટેલે દાદાભાઈ નવરોજીનું જીવનચરિત્ર નવરોજી: ભારતીય રાષ્ટ્રવાદના પાયોનિયર' શીર્ષક હેઠળ પ્રકાશિત કરવામાં આવ્યું હતું. (હાર્પર કોલિન્સ દ્વારા ભારતમાં અને યુનાઈટેડ સ્ટેટ્સ અને યુકેમાં હાર્વર્ડ યુનિવર્સિટી પ્રેસ દ્વારા). મહાત્મા ગાંધીએ દાદાભાઈ નવરોજીને 'રાષ્ટ્રના પિતા' તરીકે ઓળખાવ્યા, જે બિરૂદ આજે ગાંધીજી માટે જ અનામત છે. દિન્યાર પટેલે ભારતના આધુનિક રાજકીય ઇતિહાસમાં આ વ્યક્તિના અસાધારણ જીવનની તપાસ કરી, જેમણે સંસદમાં પહેલીવાર ભારતીય સાંસદ તરીકે સેવા આપી, વિશ્વભરના સામ્રાજ્યવાદીઓ સાથે સંબંધ બનાવ્યા, અને સ્વરાજ ભારતના ઉદ્દેશ તરીકે સ્વ-શાસન સ્થાપ્યું.



અને વૈશ્વિક મહત્વના સામ્રાજ્યવાદી હતા. નવરોજીના જીવનના કેટલાક સંસાધનો લેખકની વેબસાઈટ પર ઉપલબ્ધ છે: dinyarpatel.com/naoroji ફોટોગ્રાફ્સ, તેમના જીવન અને કુટુંબ વિશેની માહિતી, તેમના કેટલાક પત્રવ્યવહાર, જૂના અખબારના લેખો. વોલ સ્ટ્રીટ જર્નલમાં તાજેતરમાં પુસ્તકને એક મહાન સમીક્ષા મળી હતી. તે એમેઝોન પર બંને આવૃત્તિઓમાં ઉપલબ્ધ છે - પ્રિન્ટ અને ડિજિટલ.

અફશીન મરાશી લેખિત 'એક્ઝાઈલ એન્ડ ધ નેશન: ધ પારસી કમ્યુનીટી ઓફ ઈન્ડિયા એન્ડ ધ મેકીંગ ઓફ મોડર્ન ઈરાન' પ્રકાશિત થયું!



ઓફલાહોમા યુનિવર્સિટી (યુએસએ) માં મોર્ડન ઈરાની હિસ્ટ્રીના ફરજનેહ ફેમિલી પ્રોફેસર અફશીન મરાશી, જ્યાં તેઓ સેન્ટર ફોર ઈરાની સ્ટડીઝના ડિરેક્ટર તરીકે પણ ફરજ બજાવે છે, તેમનું તાજેતરનું પુસ્તક, 'એક્ઝાઈલ એન્ડ ધ નેશન: ધ પારસી કમ્યુનીટી ઓફ ઈન્ડિયા એન્ડ ધ મેકીંગ ઓફ

મોર્ડન ઈરાન' જે ૮મી જૂન, ૨૦૨૦ ના રોજ યુનિવર્સિટી ઓફ ટેક્સાસ પ્રેસ દ્વારા પ્રકાશિત કરવામાં આવ્યું. ઈરાન પર સાતમી સદીના ઈસ્લામિક વિજય પછી, ઝોરાસ્ત્રિયનો ભારત માટે રવાના થયા. 'એક્ઝાઈલ એન્ડ ધ નેશન' આ જૂથને સંબોધન કરે છે, જે પારસી તરીકે ઓળખાય છે, જેણે ધીરે ધીરે ઓગણીસમી સદી સુધી તેમની પૂર્વજોની જમીનનો સંપર્ક ગુમાવ્યો - જ્યારે વરાળથી ચાલતા સમુદ્રની મુસાફરી, ઝોરાસ્ત્રિયન-ધીમ આધારિત પુસ્તકોનું વધતું પરિભ્રમણ, અને પારસી સહાયકોના પરોપકારી પ્રયત્નોએ બંને જૂથો વચ્ચેના સંપર્કના નવા યુગની શરૂઆત કરી. લેખક અફશીન મરાશીની અગાઉની કૃતિમાં 'ઈરાનનું રાષ્ટ્રીયકરણ: સંસ્કૃતિ, પાવર અને રાજ્ય, ૧૮૭૦-૧૯૪૦' (યુનિવર્સિટી ઓફ વોશિંગ્ટન ૨૦૦૮)

ડબ્લ્યુએડઓ ટ્રસ્ટ: કોવિડ રાહત અને પુનર્વસન પ્રોગ્રામ પર અપડેટ

અમારું છેલ્લું અપડેટ ૧૦ મે, ૨૦૨૦ ના રોજ કોવિડ -૧૯ રોગચાળોને કારણે આર્થિક રીતે અસરગ્રસ્ત ગરીબ જરથોસ્તીઓને ટેકો આપવા માટે ડબ્લ્યુએડઓ ટ્રસ્ટ દ્વારા હાથ ધરવામાં આવેલા પ્રયત્નોથી માહિતગાર કરવા દાતાઓ, શુભેચ્છકો અને સમુદાયના સભ્યો સાથે શેર કરવામાં આવ્યું હતું. અમારું પ્રારંભિક ધ્યાન મુખ્યત્વે ગુજરાતનાં શહેરો, નગરો અને ગામડાઓમાં જરથોસ્તી પરિવરોને અનાજ પ્રદાન કરવા પર હતું, તથા માસીના હોસ્પિટલને પોર્ટા કેબીન સ્થાપવા સહાય કરવામાં આવી. તેમને થયેલા નુકસાનની વિગતોને સમર્થન આપવા પેન-ઈન્ડિયા આધારિત અમે જરથોસ્તીઓને, વેપારી સંસ્થાઓ અથવા અન્ય રોજગારી આપતા અથવા કોવિડ -૧૯ રોગચાળો દ્વારા સ્વરોજગાર અને આર્થિક અસર પામેલા લોકોને ૨૪ મે, ૨૦૨૦ પહેલાં મોકલવા વિનંતી કરી. અમારી વિનંતીનો પ્રતિસાદ, હંમેશની જેમ, ઉમદા ટેકાથી મળ્યો છે. અમારી પાસે ૩૧ મે, ૨૦૨૦ સુધી, દાન રૂ.



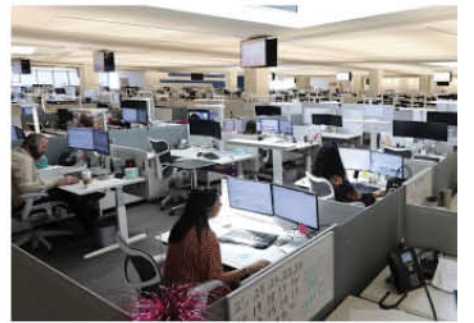
૧૪,૧૩૪,૫૬૫ પ્રાપ્ત થયું છે અને બીજું જૂન / જુલાઈ ૨૦૨૦ દરમિયાન અમને પ્રાપ્ત થશે. અમે અમારા તમામ દાતાઓનો આભાર માનીએ છીએ, શ્રીમતી પરવીન તથા હોંગકોંગના શ્રી જાલ શ્રોક, ટ્રસ્ટીઝ ઓફ ઝોરાસ્ત્રિયન ચેરીટી, ઇંડસ ઓફ હોંગકોંગ, કેન્ટન અને મકાઓ, ફેઝાના અને બાય માનેકબાઈ પીબી જીજીભોય ડીડના મુંબઈના સેટલમેન્ટ ઇંડસના ટ્રસ્ટીઓ - મુખ્ય દાતાઓ. ખાદ્ય અનાજ ૭૧૫ પરિવારોને વિતરણ કરવામાં આવ્યું છે, જેના માટે રૂ. ૩,૭૬૭,૩૯૦/- નો ખર્ચ કરવામાં આવ્યો છે. અમને ૨૪ મે, ૨૦૨૦

સુધી, રોગચાળાથી અસરગ્રસ્ત પરિવરો તરફથી, સમગ્ર ભારતમાંથી ૭૦૩ અરજીઓ મળી છે. હું મારા સાથીદાર ટ્રસ્ટીઓ, ટ્રસ્ટ એડમિનિસ્ટ્રેશન એન્ડ સ્ટાફ, ભારતના વિવિધ કેન્દ્રો પર સ્થિત રિસોર્સ કર્મચારીનો ખૂબ આભારી છું, જેમણે લોકડાઉન દરમિયાન અત્યંત સખત મહેનત કરી છે જ્યારે કચેરીઓ બંધ હતી અને પરિવહન અત્યંત મુશ્કેલ હતું. ઘણું બધું કર્યું હોવા છતાં હજી ઘણું બધું કરવું જરૂરી છે જેના માટે અમે દાતાઓ અને સમુદાયના સભ્યોને સમર્થન આપવા વિનંતી કરીએ છીએ. - દિનશા તંબોલી

૨૦૨૦માં કોવિડ-૧૯ ઓફિસો: જ્યારે તમે કામ પર પાછા ફરો ત્યારે શું અપેક્ષા રાખવી

જ્યારે આપણામાંના ઘણા લોકો વર્ક ફ્રોમ હોમ શાસનનો સામનો કરી રહ્યાં છે, આશ્ચર્ય છે કે એમ્પ્લોયરો આપણે ઘરે કેવી રીતે કામ કરી રહ્યા છીએ અથવા આપણે પાછા ઓફિસમાં ફરશું તો તેઓ શું તૈયારીઓ કરશે? જ્યારે આપણે કોવિડ-૧૯ વિશે દરરોજ વધુ શીખી રહ્યા છીએ, ત્યારે આપણે જાણીએ છીએ કે તે ફ્લૂ અને સામાન્ય શરદી જેવા વાયરસ જેવોજ છે. તંદુરસ્ત પુખ્ત વયના લોકોમાં પણ ફ્લૂ અને સામાન્ય શરદી એક્સિસમાં સરળતાથી ફેલાય છે. ઘણા એમ્પ્લોયરોએ ઓફિસમાં કામ કરતા લોકોને કાર્યક્ષેત્રથી શક્ય તેટલું દૂર રાખવા

પ્રોત્સાહન આપવું જરૂરી છે અને શક્ય હોય તો ઘરેથી જ કામ કરવું. સામાન્ય રીતે વર્ક ફ્રોમ હોમ એક પસંદગીનું મોડ છે. ઘણી મલ્ટિ-નેશનલ કંપનીઓ હજી પણ વધુ કર્મચારીઓને ઘરેથી કામ ચાલુ રાખવા દેવાની વિચારણા કરી રહી છે.



જો સામાજિક અંતર જીવનનો માર્ગ બનવાનો છે, તો નોકરીદાતાઓએ તેમના કર્મચારીઓની ઓફિસની જગ્યાના લેઆઉટને કેવી રીતે ડિઝાઈન કર્યા છે તેના પર પુનર્વિચાર કરવો પડશે. વર્ક ડેસ્ક વચ્ચે, ઓછામાં ઓછા છ-ફૂટનું અંતર જાળવવું એ નવું કોર્પોરેટ ઓફિસ સ્પેસ ધોરણ હશે. નવી સૂચિમાં હવે થર્મલ થર્મોમીટર્સ, ફેસ માસ્ક, સ્વોચ્સ, સેનિટાઈઝર્સ, એન્ટિસેપ્ટિક વાઈપ્સ, સ્નીઝ ગાડ્સ, પી.પી.ઈ., જંતુનાશક પદાર્થો, વગેરેનો સમાવેશ કરવામાં આવશે. ઓફિસો એવી સામગ્રીથી બનેલી રહેશે જે સલામત છે.

ઓફિસો પર સલામતીથી ચાલતી પ્રેક્ટિસને પ્રોત્સાહન આપવા માટે કર્મચારીઓની માનસિકતા અને વર્તનમાં પણ ફેરફારની જરૂર રહેશે. લોકડાઉન પછીના તબક્કામાં કામ પર પાછા ફરતા કર્મચારીઓ, ઓફિસની સલામતીની સંસ્કૃતિને જીવવા માટે ટોચના સંચાલિત પ્રોત્સાહન જોશે. ઉપરોક્ત સલામતી પગલાં સાર્વત્રિક રૂપે અમલમાં મૂકવામાં આવશે તેવું કહેવું સલામત રહેશે, તેમ છતાં, સવાલ એ થાય છે કે શું ફેરફારોનું પરિણામ ખરેખર સલામત કાર્યકારી વાતાવરણ લાવશે? - એરવદ દિનશા એ. અંકલેશ્વરિયા

અને 'રીથીકીંગ ઈરાનીયન નેશનાલીઝમ અને મોર્ડનીટી' (યુનિવર્સિટી ઓફ ટેક્સાસ, ૨૦૧૪) નામનો સહ-સંપાદિત વોલ્યુમ શામેલ છે.) તેમણે આઈજેએમઈએસના સંપાદકીય બોર્ડમાં અને એસોસિયેશન ફોર ઈરાની સ્ટડીઝની કાઉન્સિલમાં પણ સેવા આપી છે.

એક નજર પારસી મરણો ઉપર

Deceased મરનાર	Age વય	Date તારીખ	Address ર. ઠે.	Relations સગાઈઓ
Katy Kershasp Anklesaria કેટી કેરશાસ્પ અંકલેસરયા	81 ૮૧	05-06-2020	32-E, Old Khareghat Colony, Behind Bldg. No.12, N. S. Patkar Marg, Babulnath Mandir, Mumbai 7. ૩૨-ઈ, જૂની ખરેઘાટ કોલોની, છુજસ રોડ, મુંબઈ ૭.	તે મરલુમ એરવદ કેરશાસ્પ કાવશાલ અંકલેસરયાના ઘણીયાણી તે રશના દોરાબ તાતા તથા ફરોકના માતાજી તે પીરાનના મમઈજી પાશાનના બપઈજી તે મરલુમો ખોરશેદબાનુ તથા નસરવાનજી ઉમરીગરના દીકરી તે મરલુમો ડોશીબાઈ તથા કાવસશાલ અંકલેસરયાના વલુ તે મરલુમો લોમી, રતન ને ફિરોજ ઉમરીગર તથા મરલુમ નરગીજ કેરાવાલાના બહેન તે દીનુ બનાજીના બહેન તે મરલુમો બલમન શાહ તથા ડો. પેશોતન અંકલેસરયાના ભાભી તે મરલુમ શહેરાના ભાભી તે મરલુમ ફેનીના નણંદ તે દોરાબ તાતા તથા કમલના સાસુ તે એમી ઉમરીગરના નણંદ.
Nargis Faredoon Gulestan નરગીસ ફરેદુન ગુલેસ્તાન	75 ૭૫	06-06-2020	B 201, Joy Alka Society, Ceasar Road, Amboli, Andheri (West), Mumbai 58. જોય અલકા સોસા, ૨૦૧/બી, સીઝર રોડ, અંબોલી, અંધેરી વેસ્ટ, મુંબઈ ૫૮.	તે મરલુમ એરવડ ફરેદુનના ધનીયાની તે મરલુમો જરબાનુ જમશેદજી તવરીયાના દીકરી તે લુતોક્ષી, ફરીદા, યાસ્મીન, અસ્પી તથા મરલુમ નીલુફરના માતાજી તે યજદી, ફૂસી, કેશમીરા તથા મરલુમો નેવીલ અને ગેવના સાસુજી તે રતી, એડલજી (એડુ), અસ્પી તથા મરલુમો ફેની, સાલપુર, કેકીના બહેન. તે હોરમઝદ અને ઝીનીયાના બપયજી તે દીનાજ, ખોદી અને દેરીયસના મમયજી તે મરલુમો આલામાય માલીયારજી ગુલેસ્તાનના વલુ.
Tehmurasp Shawaksha Pardiwala ટેમુરસ શાવકશા પારડીવાલા	79 ૭૯	06-06-2020	1A/12/A, Tata Mill Hsg. Society, J. B. Marg, Parel, Mumbai 12. ૧એ/૧૨એ તાતા મિલ્સ હાઉસિંગ સોસાયટી, જે. બી. માર્ગ, પરેલ, મુંબઈ ૧૨.	તે રોશનના ખાવિંદ તે બરજસ અને આઝમીનના પપ્પા તે કયઝીનના બપાવાજી તે વીવી, આબાન, ખરશેદ, પરવીનના ભાઈ તે ધનજીશાના બનેવી તે મરલુમો ધનમાય શાવકશા પારડીવાલાના દીકરા તે મરલુમો દીનામાય જાલેજર દાદીનાથના જમાઈ તે રોશની તથા રોહીનતનના સસરાજી.
Homiyar Soli Balsara હોમીયાર સોલી બલસારા	46 ૪૬	07-06-2020	Room No. 33, Pandey Sanatorium, Wood House Road, Opp. President Hotel, Colaba, Mumbai 5. રૂમ નં. ૩૩, પાન્ડે સેનીટોરીયમ, વુડ હાઉસ, પ્રેસીડન્ટ હોટલની સામે, કોલાબા, મુંબઈ ૫.	તે મરલુમો ખોરશેદ તથા સોલી અરદેશર બલસારાના દીકરા તે મરલુમો બાનુ કેકી મેલતા, જર જાલ દાડવાલા, ગુલ દારા દાડવાલાના બહેનનો દીકરો તે પરવેજ, માનેક ને રોશનના બહેનના દીકરા તે નેવીલ જાલ દાડવાલાના કઝીન તે લીક્ષુ, શેલડ, મનુ તથા મરલુમો પીલુ, મેલડ, સુનુના કુઈ તે મરલુમ જાલ અરદેશર બલસારાના કાકા.
Dhun Dosu Kapadia ધન ડોસુ કાપડીયા	86 ૮૬	07-06-2020	262/261, Sun View Heights, Sher - E - Punjab Society, Andheri (E), Mumbai 93. ૨૬૨/૨૬૧, સન વ્યુ હાઈટ્સ, શેરે પંજાબ સોસાયટી, અંધેરી (ઈ), મુંબઈ ૯૩.	તે મરલુમ ડોસુ સોરાબજી કાપડીયાના ઘણીયાણી તે સોલી ડોસુ કાપડીયા ને જેરમીન મેલતાના માતાજી તે નીશા કાપડીયા ને સંજય મેલતાના સાસુજી તે આદર સોલી કાપડીયા ને આરત સોલી કાપડીયાના બપઈજી તે મરલુમો ખોરશેદ બાનુ તથા પીરોજશાહ હોરમસજી સિંગાપોરીયાના દીકરી તે મરલુમો તેલમીના તથા સોરાબજી કાપડીયાના વલુ તે કેખશડ પીરોજશાહ સિંગાપોરિયા તથા મરલુમો ધનજીશાહ સિંગાપોરિયા ને પરીન ભીખાજી વરિયાવાના બહેન.
Delna Farokh Surti દેલના ફરોખ સુરતી	43 ૪૩	08-06-2020	13/8, Rustom Baug, 3rd Floor, Sant Savitramarg, Byaula (E), Mumbai 27. રસ્તમ બાગ ૧૩, ફ્લેટ નં. ૮, ત્રીજે માળે, સંત સાવતા માર્ગ, ભાયખલા, મુંબઈ ૨૭.	તે ફરોખના ધન્યાની તે દિનીજ ને રેયસના માતાજી તે મહારુખ તથા મરલુમ બેલરામ સુરતીના વલુ તે ફરીદા તથા મરલુમ મીનુના દીકરી તે ઝનીયા કયોમઝ દુબાશના બેલન તે તનાજ કેકી વકીલના ભત્રીજી તે મરલુમો જડ મીનુ ચીચગર ને મરલુમો નરગીશ માનેકશા જીજીનાના ગ્રેન ડોટર.
Delnaz Gustad Sadri દેલનાઝ ગુસ્તાદ સદરી	44 ૪૪	08-06-2020	R/14, Navroz Baug, Dr. S. S. Rao Road, Lal Baug, Mumbai 12. આર-૧૪, નવરોઝ બાગ, ડો. એસ. એસ. રાવ રોડ, મુંબઈ ૧૨.	તે વીરાફ નાદીર સોડાવોટરવાલાના ધન્યાની તે ખોરશેદ તથા મરલુમ ગુસ્તાદ કાવસજી સદરીના દીકરી તે ફરજદની બહેન તે ફેની તથા મરલુમ નાદીર પીરોજશાહ સોડાવોટરવાલાના વલુ તે જેનીફરના નરણા તે દેઝી નોઝર સબાવાલાની ભાભી તે ખુશનુમા ને જેહાનના મામી તે મરલુમો ધનમાય કાવસજી સદરી ને પોરોજા રસ્તમજી નેકુના ગ્રેન ડોટર.
Jal Pirojshaw Bamji જાલ પીરોજશા બામજી	87 ૮૭	08-06-2020	170-A, Marukh Mansion, 4th Floor, Opp. Apsara Cinema, Grant Road, Mumbai 7. ૧૭૦-એ, મારુખ મેનશન, ચોથે માળે, અપસરા સિનેમા સામે, ગ્રાન્ટ રોડ, મુંબઈ ૭.	તે જરૂના ખાવિંદ તે હોશમંદ ને જીમીના પપ્પા તે કેટાપુન હોશમંદ બામજીના સસરા ને સ્નોબર જમશેદ સીધવાના બનેવી તે જમશેદના સાહુભાઈ તે મરલુમો ડોસીબાઈ પીરોજશાહ બામજીના દીકરા તે મરલુમો મેલડ ડાલી બીલીમોયાના જમાઈ તે મરલુમો રોશન મેલવી બમનજીના વહેવાઈ તે મરલુમો નવલ, પરીન નવલ કાત્રક ને જરૂના ભાઈ તે મરલુમ અરનવાઝના મામા તે મરલુમ નવલના સાલા.
Dara Maneck Tavadia દારા માનેકશાહ તવડીયા	87 ૮૭	09-06-2020	Hillan, 1st Floor, Navroz Baug, Dr. S. S. Rao Road, Lal Baug, Mumbai 12. હીલન, ફ્લેટ નં. ૪, પ્રોફેસર આવમેડા રોડ, ફર્સ્ટ ફ્લોર, બાન્દ્રા (પશ્ચિમ), મુંબઈ ૫૦.	તે માણેક મરલુમ નવરોજી તવડીયાના દીકરા તે શ્રીતીના ખાવિંદ તે પોરસના બાવાજી મરલુમ આબાન સુહાન બાટિયાના ભાઈ તે મીહરાના બપાવાજી તે મરલુમ ફરામરોઝ અને લીહાના જમાઈ.
Gool Rohinton Sahuraja ગુલ રોહિન્ટન સાહુરાજા	73 ૭૩	09-06-2020	T-02, Tower Building, 1st Floor, Nawroz Baug, Dr. S. S. Rao Road, Mumbai 12. ટી-૦૨ બિલ્ડિંગ, પહેલે માળે, નવરોઝબાગ, ડો. એસ. એસ. રાવ રોડ, લાલબાગ, મુંબઈ ૧૩.	તે રોહિન્ટન રતનશાહ સાહુરાજાના ખાવિંદ તે મરલુમો નરગેશ તથા જીમી મીનોચહેર દેસાઈના દીકરી તે મરલુમો શીરીનબાઈ તથા રતનશાહ ટેલમુરસ્પ સાહુરાજાના વલુ તે મરલુમ લીહા કેરસી પસ્તાકીયાના ભાભી તે એવીસ ને બખ્તાવરના મામી.
Navroz Pestonji Kapradewala નવરોઝ પેસ્તનજી કપરાડેવાલા	86 ૮૬	09-06-2020	Bhiwandiwalla Terrace, 'G' Block, 1st Floor, J. S. S. Road, Mumbai 2. બીવંડીવાલા ટેરેસ, જી બ્લોક, પહેલે માળે, જે. એસ. રોડ, ઘોબીતળાવ, મુંબઈ ૨.	તે એમીના ખાવિંદ તે મરલુમ પીલામાય ને પેસ્તનજી કપરાડેવાલાના દીકરા તે વીરાફ તથા મરલુમ મીનુ સિસોડીયાના બાવાજી તે બકતાવર તથા મીનુના સસરાજી તે બેહનાઝ, ક્યોઝના બપાવાજી તે ક્યાન તથા અનાહીતાના મમાવાજી તે મરલુમ દીનામાય તથા કેકી ભરડાના જમાઈ.
Mani Noshir Variava મની નોશીર વરીયાવા	96 ૯૬	09-06-2020	Karanjia Building, 2nd Floor, Opp. shoe Bazaar, Above Nagina Bar, Grant Road (E), Mumbai 7. કરાંજીયા બિલ્ડિંગ, ઓપ. શુ બજાર, બીજે માળે, ગ્રાન્ટ રોડ (ઈ.), મુંબઈ ૭.	તે મરલુમ નોશીરના ઘણીયાણી તે આરમીન, મેરનોશ, માલકમના માતાજી તે ફેદી નોશીર બીસની તથા ફરીદા માલકમ વરીયાવાના સાસુજી તે મરલુમો બાનુબઈ બેરામજી વેસુનાના દીકરી તે મરલુમો જરબઈ દોસાબઈ વરીયાવાના વલુ તે મરલુમો મીનુ, દોલી તથા જમશેદના બહેન તે શીરાઝ હનોશ પટેલ તથા યજદના મમઈજી તે અનાહીત રયોમંદ જીહા તથા આશીશના બપયજી તે અનોશ કરીમાન પટેલના મમઈ સાસુ તે રયોમંદ ફરોખ જીહા તથા રૂકશાના આશીશ વરીયાવા ના બપઈ સાસુ તે ઝહાન, ફહાન, અનાઈશા તથા જેસીલના ગ્રેટ ગ્રાન્ડ મધર તે સાઈરસ મીનુ વેસુના તથા મહાડક કેરમાન ખંબાતાના કુઈજી.
Dhun Minoo Doctor ધન મીનુ દોક્તર	80 ૮૦	09-06-2020	Joshi House, 3rd Floor, 16, Cumballa Hill Road, Kemps Corner, Mumbai 26. જોશી હાઉસ, ૩જે માળે, ૧૬, કમ્બાલા હીલ, કેમ્પ્સ કોર્નર, મુંબઈ ૨૬.	તે મરલુમ મીનુના ઘણીયાણી તે કેયવાન ને નોઝરના માતાશ્રી તે યાસમીન ને રૂકશાનાના સાસુજી તે મરલુમો શીરનબાઈ અરદેશીર દોતીવાલાના દીકરી તે મરલુમો નરગીશ દોરાબજી દોક્તરના વલુ તે જીનાઈ, તનુશકા, ખઈરાઝના બપઈજી તે જેમી તથા મરલુમો દોલી, નરગીશ ને મનીના બહેન તે રોકસાન તથા દાઈના કુઈજી તે કેતી તથા મરલુમ એમી ને બહેરામના માસીજી.
Perin Pervez Patel પેરીન (પીંકી) પરવેઝ પટેલ	84 ૮૪	10-06-2020	5, Oval View, 150, Maharshi Karve Road, Churchgate, Mumbai 20. ૫-ઓવલ વ્યૂ, ૧૫૦ મહર્ષી કર્વે રોડ, ચર્ચગેટ, મુંબઈ ૨૦.	તે પરવેઝ આર. પટેલના ઘણીયાણી તે ફરઝાના પી. પટેલ ને સાયરસ પી. પટેલના માતાજી તે મરલુમો આલા તથા રૂસ્તમ દાદીબરજોરના દીકરી તે કેઝીન રાઈટરના ગ્રેન્ડમધર તે ખુશડ દાદીબરજોર તથા મરલુમ જમશેદ દાદીબરજોરના બહેન.

એક નજર પારસી મરણો ઉપર

Deceased મરનાર	Age વય	Date તારીખ	Address ર. ઠે.	Relations સગાઈઓ
Roshan Dinsha Bharucha રોશન દીનશાહ ભરુચા	85 ૮૫	10-06-2020	Nirmala Niketan, 221, Khetwadi, Girgaon, Mumbai 7. નીરમલા નીકેતાન, ૨૨૧, ખેતવાડી, ગીરગામ, મુંબઈ ૭.	તે મરહુમ દીનશાહના વિધવા તે મરહુમો ગુલચેર તથા માનેકશાહ ભરુચાના દિકરી તે ડોલી ફિરોઝ દસ્તુર, બોમી ને જીમીના બહેન તે એલીસ, માહરૂબ ને રોશન તે મરહુમો હોશી ધનજીશાહ ભરુચા, શેરા દારાબશા સિગનપોર્યા ને ટેલમીના બરજોરજી ભરુચાના સીસ્ટર ઈન લો તે ફરહાદ, ઝુબીન, નતાશા, ઝેના ને નેવીલના આન્ટી તે હિદામાય ને ધનજીશાહ ભરુચાના વહુ.
Grace Shyavax Khambata ગ્રેસ શાવક ખંભાતા	82 ૮૨	10-06-2020	Row House, Newbreeze Chs Ltd. Jesal Park, Bhayander(East), Thane 401 108. રો હાઉસ, ન્યુબ્રીઝ સોસાયટી, જેસલ પાર્ક, ભાયન્દર (ઈ), થાને ૪૦૧૧૦૮.	તે મરહુમો આરમીન તથા મેરવાન શેઠનાના દીકરી તે મરહુમ શાવક રૂસ્તમ ખંભાતાના વિધવા તે સાયરસ શાવક ખંભાતાના માતાજી.
Hoshi Minoo Tavaria હોશી મીનુ તવરીયા	69 ૬૯	11-06-2020	Shamrock Building, Ground. Floor, St. Monica Road, Bandra (W), Mumbai 50. શામારોક બિલ્ડિંગ, ગ્રાઉન્ડ ફ્લોર, એસ. ટી. મોનીકા રોડ, બાન્દ્રા (વેસ્ટ), મુંબઈ ૫૦.	તે સ્વરન કાનતાના ખાવિંદ. તે વરૂના પિતાજી તે મરહુમો નરગીશ તથા મીનુ હોરમઝડ તવરીયાના દીકરા તે રૂબી સુદના ભાઈ.

Death Announcements from Prayer Hall

Maneck Hormusji Patel માણેક હોરમસજી પટેલ	89 ૮૯	04.06.2020	El 1/3 Rustam Baug, Sant Savita Marg, Byculla, Mumbai 27. નં. ૧/૩ રૂસ્તમ બાગ, સંત સાવતા માર્ગ, ભાયખલા, મુંબઈ ૨૭.	તે મરહુમ ગુલરૂબના ઘણી તે જાસ્મીન, હુફીઝ, આરીશ, દારાપસના પપ્પા તે મરહુમ તેલમીના અને હોરમસજીના દીકરા.
Dinshawji Dossabhoj Mehta દિનશાજી દોસાભોય મહેતા	99 ૯૯	04.06.2020	Pune. પુણે.	તે મરહુમ શિરીન અને ડોસાભોય મહેતાના દીકરા.
Firdos Faredoon Irani ફિરદોશ ફરેદૂન ઈરાની	64 ૬૪	08.06.2020	Boyce Building, 2nd floor, Zoroastrian Colony, Tardeo Road, Mumbai 7. બોયસ બિલ્ડિંગ, ઝોરાસ્ત્રિયન કોલોની, તારદેવ રોડ, મુંબઈ ૭.	તે બેહનાઝ ફિરદોસ ઈરાનીના ખાવિંદ તે બરજીસ ફિરદોસ ઈરાની તથા ફરશિદ ફિરદોસ ઈરાનીના પપ્પા તે અખતાવર શાપુર ઈરાની તથા માહરૂબ ફરોખ આંટિયાના ભાઈ.
Byram Nanabhoy બાયરામ નાનાભોય જીજીભોય	74 ૭૪	09.06.2020	Flat 3A, 3 B, Benriza Building, Worli Sea Face, Mumbai 30. ફ્લેટ ૩એ અને ૩બી, બેનરિઝા બિલ્ડિંગ, એજીકે રોડ, વર્લી સીફેસ, મુંબઈ ૩૦.	તે જમશેદ જીજીભોય અને જેનાઈન જીજીભોયના પપ્પા તે મરહુમ ડોસીબાઈ અને નાનાભોયના દીકરા તે રૂસ્તમ, અવી અને મરહુમ જરૂના ભાઈ.

Death Announcements from Maryland USA

Tehmul Rusi Mistry તેહમુલ (સામ) રૂસી મીસ્ત્રી	60 ૬૦	17.05.2020	Maryland USA. મેરીલેન્ડ યુએસએ.	તે દીલમેહેરના ખાવિંદ. તે મરહુમો સુના તથા રૂસી મીસ્ત્રીના દીકરા. તે દારા મીસ્ત્રી તથા મરહુમ માનેક મીસ્ત્રીના ભાઈ. તે પરવાના મીસ્ત્રી, જેનીકર મીસ્ત્રી ને સરોશ ઈરાનીના બ્રધર ઈનલો, તે ડાનેશ મીસ્ત્રી ને પરીનાઝ મીસ્ત્રીના કાકા.
--	----------	------------	-----------------------------------	---

Death Announcements from Jogeshwari

Hilla Noshir Ardeshar હીલા નોશીર અરદેશર	82 ૮૨	09.06.2020	3/401, Behram Baug, Parsi Colony, Jogeshwari W, Mumbai 102. ૩/૪૦૧, બેહરામ બાગ, પારસી કોલોની, જોગેશ્વરી (વે.), મુંબઈ ૧૦૨.	તે નોશીર અરદેશરના ઘણીયાની તે વિસ્પી ને પોરસના માતાજી તે રશ્મા ને જહાંનવીના સાસુજી તે જેહાન ને ચારલેટના ગ્રેન્ડમધર તે મરહુમો ધનમાય તથા અમનશા સુખીયાના દીકરી તે મરહુમો ધનમાય તથા નરીમાન દાન્ડીવાલાના વહુ તે મરહુમો રોશન મરચન્ટ તથા વિરાફ સુખીયાના બહેન તે પરવેઝ તથા રોશની દાન્ડીવાલા, કેટી તથા નોશીર ગોટવા, રોશન તથા મરહુમ ફલી ફરામજી, બોમી દાન્ડીવાલા ને ડેઝી સુખીયાના સીસ્ટર ઈન લો તે જેસ્મીન ડોસા, કેરસી મરચન્ટ, પરસી ગોટવા, હવોવી તવડીયા, મરહુમ હોમાય ફરામજી, શેરઝાદ તથા હોરમઝ નરીમાન, સાયરસ અને ફરીદા સુખીયાના આન્ટી.
--	----------	------------	--	--

Death Announcements from Bulsar Parsi Anjuman Trust Funds

Viloo Homi Chothia વિલુ હોમી ચોથિયા	93 ૯૩	09.06.2020	Ratanshaw Mansion, Opp Kuva, Mota Parsiwad, Valsad. રતનશા મેન્શન, બે કુવા સામે મોટા પારસીવાડ, વલસાડ.	તે મરહુમ હોમી ફરામરોજ ચોથિયાના ઘણીયાણી તે મરહુમ દિન્યારના માતાજી તે મરહુમ આઈમાય તથા મરહુમ રતનશા ચોથિયાના દીકરી તે મરહુમો ફરામરોજ તથા ગુલબાનુના વહુ તે મરહુમો કાવસ, હોમી, પેસી, રૂસી ચોથિયા તેમજ મરહુમ ગુલ સિગણાપોરિયા, મરહુમ નાજુ તોડીવાળા તેમજ દિના લાકડાવાલાના બહેન તે મરહુમો નરગીસ, જરૂ, રોશની, પરીન તથા શેરાના ભાભી.
--	----------	------------	--	--

કોઈએ પણ પૂછવા કેમ છો?ની પાછળ આપણે 'મજામાં' એટલું સરળતાથી જોડી દઈએ છીએ જાણે આપણા નામની પાછળ આપણી અટક!! પણ મજા માં હોવું એટલે શું ?

મજામાં હોવું એટલે! કોઈપણ જાતના પૂર્વગ્રહ વગર, બીજા કોઈ ના પણ અભિપ્રાયો ને મહત્વ આપ્યા વગર પોતા ની જાત ને પ્રેમ કરવો! કોઈ ની પણ અવગણના થી દુઃખી થયા વગર પોતા ની જાત ને મહત્વ અને ધ્યાન આપવું!!

મજામાં હોવું એટલે, સરળતા થી માફ કરી શકવું! જે લોકો પાસે ખુશ રહેવા ના કારણો હોય છે, તેમની પાસે બદલો લેવાનો સમય નથી હોતો! તેઓ લોકો ને એટલા માટે માફ કરી દે છે કારણ કે તેઓ પોતે શાંતિ ઈચ્છે છે. કોઈ ને પણ માફ ન કર્યા નો ભાર લઈ ને ફરવું, એ સ્વાસ્થ્ય માટે સિગરેટ કરતા વધારે હાનિ કારક છે!

મજામાં હોવું એટલે સંતોષ હોવો! ઈશ્વર તરફ થી જે મળ્યું છે એનો

મજામાં હોવું એટલે...!!

આભાર અને જે નથી મળી શક્યું એનો સ્વીકાર, આ સમજણ હોવી એટલે મજા માં હોવું! જે દેખાતું નથી એને પામવા ની ઝંખનામાં રાત-દિવસ રઝળપાટ કરવા ને બદલે, સમી સાંજે એક બાંકડા પર બેઠા બેઠા ગમતા લોકો સાથે સૂર્યાસ્ત ને જોઈ શકવો!

મજામાં હોવું એટલે કોઈપણ આડંબર કે દંભ વગર ખુલ્લા દિલે હસી શકવું! આપણા જ ક્ષેત્ર કે વ્યવસાય માં રહેલા કોઈ મિત્રની પ્રગતિથી ખુશ થવું!

મજામાં હોવું એટલે કશુંક ગુમાવી દેવાના ડર કે અસલામતી વગર જે મળ્યું છે એની ઉજવણી કરવી! કોઈ પણ વળતર ની અપેક્ષા વગર લોકો ને મદદ કરી શકવી અને એ વાત નું અભિમાન ન આવવું!

મજામાં હોવું એટલે વર્તન, વાણી અને વિચાર માં ઉદાર હોવું! નાના

માં નાની વ્યક્તિ ને યોગ્ય સન્માન આપી શકવું!

મજામાં હોવું એટલે એકાંતમાં ગીતો ગાવા! શરમ ના પડતા ઓ ફાડીને દિલ ખોલીને નાચવું! સામે મળતા દરેક જણ ને હસી ને ગળે મળવું!

મજામાં હોવું એટલે સાંજનું ગમવું! દરેક સાંજ આપણા મૂડ અને મનો-ભાવો નું પ્રતિબિંબ હોય છે

મજામાં હોવું એટલે કોઈ પણ વાત નો અફસોસ ન હોવો. ભૂતકાળમાં બનેલી ઘટનાઓને ભૂલી જવી, એ બીમારી નથી, તે એક કળા છે! આનંદ ના આકાશ માં ઉડવું હોય તો વિમાનમાં બેસવાની એક જ શરત છે.

ઘારદાર ભૂતકાળ કે અણીદાર વાતો સામાનમાં રાખવી નહિ! બીજા નું સાદું ઈચ્છવું! જેઓ અન્ય નં ખરાબ ઈચ્છે છે, એ લોકો મજામાં નથી હોતા..!



એ ખૂબ જ પૈસાદાર કુટુંબ હતું, કુટુંબમાં દાદા-દાદી તેનો એકનો એક દિકરો અને દિકરાની ઘરે પણ એક દીકરો તેમજ દીકરાની વહુ એમ કુલ મળીને પાંચ જણા રહેતા હતા.



પાંચ જણા હોવા છતાં વિશાળ બંગલો હતો, ઘરમાં પૈસાની કોઈપણ ખામી હતી નહીં, એટલે બંગલામાં નોકરચાકર પણ

જીવનમાં સાદગી હોવી પણ જરૂરી છે!!

રાખ્યા હતા, કોઈપણ જાતની તકલીફ ન પડે એવી સાહેબી હતી.

એક દિવસ સવારે અચાનક તે પિતા અને તેનો નાનો દીકરો બન્ને ગામડે ગયા, બંનેના ગામડે જવાનું કારણ એ હતું કે પિતા તેના દીકરાને દેખાડવા માગતા હતા કે લોકો આપણા કરતાં પણ કેટલા વધારે કરી હોઈ શકે છે.

ગામડે ગયા એટલે થોડા સમય પછી તેઓએ એક ગરીબ પરિવારના ખેતરમાં સમય પસાર કર્યો.

ખેતરમાં સમય પસાર કરતી વખતે ત્યાંનું બધું જોયું, વધુ જાણો અને આખો દિવસ ત્યાં પસાર કર્યો ત્યાર પછી ફરી પાછા ગામડેથી પાછા ફર્યા.

ગામડેથી ન્યારે પાછા આવતા હતા ત્યારે તેના દીકરાને તેના પિતાએ પૂછ્યું કે કેવી રીતે તારી આ સફર? શું તું કંઈ નવું શીખ્યો?

દીકરાએ જવાબ આપતા કહ્યું આ ખુબ જ સુંદર મુસાફરી રહી.

પિતાએ પૂછ્યું કે તે જોયું ત્યાં કેટલા ગરીબો લોકો રહેતા હતા? દીકરાએ માથું ઘુણાવીને હા માં જવાબ આપ્યો.

પિતાએ ફરી પાછું તેને કહ્યું કે તો નવું શીખ્યા પરંતુ આ સફરમાં થી તો શું શીખ્યો? તે મને પણ જણાવ

દીકરાએ સરસ મજાનો જવાબ આપ્યો, તેને જવાબ આપતા કહ્યું આપણી પાસે માત્ર એક જ ડોગ છે

ન્યારે તે લોકો પાસે ચાર ચાર ડોગ્સ છે. આપણી પાસે સ્વીમીંગ પુલ છે ન્યારે તે લોકો પાસે તો નદીઓ છે.

આપણી પાસે રાત્રે ટ્યુબલાઈટ છે, ન્યારે તે લોકો પાસે તો રાત્રે તારાઓ છે.

આપણે ખાવાનું બજારમાંથી ખરીદીએ છીએ ન્યારે તેઓ પોતાનું ખાવાનું પોતે જાતે જ ઉગાડે છે.

આપણી પાસે આપણા રક્ષણ માટે દીવાલ છે, તે લોકો પાસે રક્ષણ માટે મિત્રો છે.

આપણી પાસે સમય વિતાવવા માટે ટીવી વગેરે વસ્તુઓ છે. તેઓ પોતાનો સમય તેના પરિવાર સાથે વિતાવવાનું પસંદ કરે છે.

દીકરાના મોડેથી આવો જવાબ સાંભળવાની પિતા અને જરા પણ આશા હતી નહીં, એટલે સ્વાભાવિક છે કે આવો જવાબ સાંભળીને તે આસ્પર્યચકિત થઈ ગયા. પિતાના મોટામાં બોલવા માટે હવે એક પણ શબ્દ હતો નહીં.

ફરી પાછું દીકરાએ તેને કહ્યું કે થેન્ક્યુ ડેડી, તમારો ખૂબ જ આભાર મને સત્ય દેખાડવા માટે કે આપણે હકીકતમાં કેટલાક ગરીબ છીએ.

આ સોરી તમે વાંચી અને સમજશો તો તમને પણ બોધ સમજાશે કે જીવનમાં હંમેશા માત્ર પૈસા એ જ આપણી જિંદગી ઉજળી, ઉત્તમ અને સારી બનાવે તેવું જરૂરી નથી. અલબત્ત પૈસા જીવન જીવવા માટે જરૂરી અને મહત્વનું છે પરંતુ સાથે સાથે આપણો પ્રેમ, આપણી સાદગી, આપણી કસ્ટોડિયન, આપણા મિત્રો, આપણા સંબંધો અને આપણો આખો પરિવાર આપણી જિંદગી ને સમૃદ્ધ બનાવી શકે છે.

આપણું શરીરશાસ્ત્ર

મજબૂત ફેફસા: આપણા ફેફસાં દરરોજ ૨૦ લાખ લિટર હવાને ફિલ્ટર કરે છે. આપણને એનો અંદેશો પણ નથી આવતો. જો ફેફસાંને ખેંચવામાં આવે, તો તે ટેનિસ કોર્ટના એક હિસ્સાને આવરી લેશે.

આવી કોઈ ફેફસાં નથી: આપણું શરીર દર સેકન્ડે ૨૫ કરોડ નવા સેલ બનાવે છે. વળી દરરોજ ૨૦૦ અબજથી વધુ રક્ત કોશિકાઓ ઉત્પન્ન થાય છે. દર વખતે શરીરમાં ૨૫૦૦ અબજ રક્ત કોષો હોય છે. લોહીના એક ટીપામાં ૨૫ કરોડ કોશિકાઓ છે.

લાખો કિલોમીટર મુસાફરી: માનવ રક્ત દરરોજ શરીરમાં ૧,૯૨,૦૦૦ કિલોમીટર મુસાફરી કરે છે. આપણા શરીરમાં સરેરાશ ૫.૬ લિટર લોહી છે, જે દર ૨૦ સેકન્ડે એકવાર સમગ્ર શરીરમાં ફરી લે છે.

ધબકારા: તંદુરસ્ત વ્યક્તિનું હૃદય દરરોજ ૧૦૦,૦૦૦ વખત ધબકે છે. તે વર્ષમાં ૩૦ કરોડ કરતાં વધુ વખત ધડકી ચૂક્યું હોય છે. હૃદયના પંખિંગનું દબાણ એટલું વધારે હોય છે કે તે લોહીને ૩૦ ફુટ જેટલું ઉપર ઉછાળી શકે છે.

બધા કેમેરા અને દૂરબીન નિષ્ફળ: માનવ આંખ એક કરોડ રંગો વચ્ચેનો બારીકમાં બારીક તફાવત પારખી શકે છે. હાલમાં વિશ્વમાં એવું કોઈ મશીન નથી જે તેની સાથે સ્પર્ધા કરી શકે.

નાકમાં એર કંડિશનર: આપણા નાકમાં કુદરતી એર કન્ડીશનર છે. તે ઠંડી હવાને ગરમ અને ગરમ હવાને ઠંડી કરી ફેફસાંમાં જવા દે છે.

કલાક દીઠ ૪૦૦ કિ.મી.ની ગતિ: ચેતાતંત્ર શરીરના બાકી હિસ્સામાં કલાકના ૪૦૦ કિલોમીટરની ઝડપે જરૂરી સૂચનાઓનું પ્રસારણ કરે છે. માનવ મગજમાં ૧૦૦ અબજ કરતાં વધુ નર્વ સેલ્સ છે.

જબરદસ્ત મિશ્રણ: શરીરમાં ૭૦ ટકા પાણી છે અને મોટા પ્રમાણમાં કાર્બન, જસત, કોબાલ્ટ, કેલ્શિયમ, મેગ્નેશિયમ, ફોસ્ફેટ, નિકલ અને સિલિકોન છે.

અજબ છીંક: છીંકતી વખતે બહાર ફેંકાતી હવાની ઝડપ પ્રતિ કલાક ૧૬૬ થી ૩૦૦ કિલોમીટર સુધી હોઈ શકે છે. ખુલ્લી આંખે છીંકવું અશક્ય છે.

બેક્ટેરિયાનું ગોદામ: માનવ શરીરનું ૧૦ ટકા વજન એમાં રહેલા બેક્ટેરિયાને કારણે છે. એક ચોરસ ઈંચ ત્વચામાં ૩.૨ કરોડ બેક્ટેરિયા હોય છે.

ઈએનટીનું વિચિત્ર વિશ્વ: આંખો બાળપણમાં જ પુરેપુરી વિકસી ચૂકે છે, બાદમાં તેમાં કોઈ વિકાસ થતો નથી. ન્યારે નાક અને કાનનો વિકાસ સમગ્ર જીવન પર્યંત ચાલુ રહે છે. કાન લાખો અવાજોમાં ભેદ પારખી શકે છે. કાન ૧,૦૦૦ થી ૫૦,૦૦૦ હર્ટ્ઝ વચ્ચેના અવાજનાં મોજા સાંભળી શકે છે.

દાંતની કાળજી લો: માનવ દાંત શીલા જેવા મજબૂત છે. પરંતુ શરીરના અન્ય ભાગો પોતાની કાળજી પોતે જ લે છે, ન્યારે દાંત બીમાર થયા પછી પોતાને સુધારવા માટે સક્ષમ નથી.

મોંમાં ભીનાશ: માનવ મોંમાં દરરોજ ૧.૭ લિટર લાળ બને છે. લાળ ખોરાકનું પાચન કરે છે તે ઉપરાંત જીભમાં રહેલી ૧૦,૦૦૦ કરતાં વધુ સ્વાદ ગ્રંથિઓને ભેજવાળી રાખે છે.

પલક ઝપકતાં: વૈજ્ઞાનિકો માને છે કે પલક ઝપકવાથી આંખોનો પરસેવો બહાર નીકળે છે અને તેમાં ભીનાશ જળવાઈ રહે છે. પુરુષોની સરખામણીમાં સ્ત્રીઓ બમણી વાર પલક ઝપકાવે છે.

નખની કમાલ: અંગૂઠાના નખ સૌથી ધીરે ધીરે વધે છે. ન્યારે મધ્યમ આંગળીના નખ સૌથી વધુ ઝડપે વધે છે.

દાઢીના વાળ: પુરુષોમાં દાઢીના વાળ સૌથી ઝડપી વધે છે. જો કોઈ વ્યક્તિ આખું જીવન દાઢી ના કરે તો એની દાઢી ૩૦ ફુટ લાંબી હોઈ શકે છે.

ખોરાકનું ગણિત: વ્યક્તિ સામાન્ય રીતે ખાવા પાછળ પાંચ વર્ષની જિંદગી ખર્ચે છે. જીવનપર્યંત આપણે આપણા વજન કરતાં ૭,૦૦૦ ગણો વધારે ખોરાક ખાધો હોય છે.

વાળ ખરવાની પરેશાની: એક તંદુરસ્ત માણસના માથામાંથી દરરોજ ૮૦ વાળ ખરતા હોય છે.

ડ્રીમ વર્લ્ડ: બાળક દુનિયામાં આવે તે પહેલા પણ એટલે કે માતાના ગર્ભાશયમાં જ સ્વપન જોવાનું શરૂ કરે છે. વસંતઋતુમાં બાળક ઝડપથી વિકાસ પામે છે.

ઊંઘનું મહત્વ: ઊંઘ દરમિયાન માણસની ઉર્જા બળે છે. મગજ મહત્વપૂર્ણ માહિતીનો સંગ્રહ કરે છે. શરીરને આરામ મળે છે અને સમારકામનું કામ પણ થાય છે. ઊંઘ દરમિયાન જ શારીરિક વિકાસ માટે જરૂરી હોર્મોન્સ મુક્ત થતા હોય છે.

તેથી તમારા કિંમતી શરીરનું ઓછું મૂલ્યાંકન કરશો નહીં માટે ભગવાન ને દિવસમાં ૩ વાર અચૂક યાદ કરશો સવારે ઉઠીને, જમતી વખતે અને રાત્રે સૂતી વખતે.

હું તો એક ગરીબ

માણસનો દિકરો છું!!

બિલ ગેટ્સને લગભગ તમે બધા ઓળખતા હશો, કારણ કે તે લગભગ ઘરની પરનો સૌથી અમીર લોકોમાં નો ૧ છે. બિલ ગેટ્સ એની જિંદગીમાં ખૂબ જ સફળ વ્યક્તિ માનવામાં આવે છે. અને તેઓએ પોતે ઘણા ઈનોવેશન્સ કર્યા છે. આ સિવાય તેઓએ ઘણી વખત પ્રેરણા માટે સ્પીચ પણ આપી છે.

બિલ ગેટ્સ સાથે બની ગયેલી આ ઘટના આજે અમે જણાવવાના છીએ, જે જાણીને તમને એમાંથી કંઈક શીખવા મળશે.

એક વખત બિલ ગેટ્સ એક સારી હોટલમાં જમવા ગયા. જમી લીધા પછી તેને હોટલનું બીલ મંગાવ્યું.

વેઈટર બીલ લઈને આવ્યો, ત્યારે તેને બિલ આપ્યું અને હોટલની સર્વિસ સારી હોવાથી તેને ૧૦ ડોલર ની ટીપ આપી. ટીપ આપીને બિલ લઈને તે બહાર જતો હતો. ત્યારે બહાર જતી વખતે હોટલ નો

વેઈટર તેને તાકી તાકી ને જોઈ રહ્યો હતો. બિલ નું ધ્યાન ગયું ત્યારે તેઓ ને આ વાત અજબ લાગે. અને પછી તેને વેઈટર ને પોતાની પાસે બોલાવ્યો અને પૂછ્યું કે તું મને આમ કેમ જોઈ રહ્યો છે.

ત્યારે વેઈટરે જવાબ આપ્યો કે થોડા દિવસો પહેલા ન્યારે તમારી અહીં જમવા આવી હતી ત્યારે તેને મને સો ડોલર

ની ટીપ આપી હતી. અને આજે તમે આવ્યા છો ત્યારે તમે મને દસ ડોલર ની ટીપ આપી છે. તમે દુનિયાના સૌથી ધનવાન વ્યક્તિ હોવા છતાં પણ કેમ ૧૦ ડોલરની જ ટીપ આપો છો, આવું કેમ?

બિલ ગેટ્સ વેઈટરની આ વાત સાંભળીને હસવા લાગ્યા. તેને વેઈટર ને કહ્યું કે મારી દીકરી આ દુનિયાના સૌથી ધનવાન વ્યક્તિની દીકરી છે, અને હું એક



ગરીબ માણસ નો દિકરો છું. મને મારો ભૂતકાળ હંમેશા યાદ રહે છે. કારણકે એ જ માર્ગદર્શક રહ્યો છે અને હું તેને કદી ભૂલતો નથી.

આના પરથી આપણે સમજવાનું છે કે આપણે જીવનમાં ગમે તેટલા સફળ થઈ જઈએ, ગમે તેટલા આગળ વધી જઈએ પરંતુ ક્યારેય પણ આપણો ભૂતકાળ અને આપણે પહેલા શું હતા તે ક્યારેય ભૂલવું ન જોઈએ. અને કદાપી જીવનમાં અહંકાર ન રાખવો જોઈએ.

આના પરથી એટલું તો શીખી જ શકાય કે જો દુનિયા નો સૌથી ધનવાન વ્યક્તિ પણ કોઈપણ જાતના અહમ વગર રહેતો ફરતો હોય તો આપણે તો અહમ રાખવો જ જોઈએ નહીં.



YOUR MOONSIGNS JANAM RASHI THIS WEEK

લખનાર: મરહુમ મહારાજ શ્રી સ્વયંજયોતિના સહકાર્યકર્તા જયેશ એમ. ગોસ્વામી

અઠવાડિક રાશિક્ષણ: તા. ૧૩.૦૬.૨૦૨૦ થી તા. ૧૯.૦૬.૨૦૨૦



Aries - મેષ

અ.લ.ઈ.

૨૫મી જૂન સુધી ચંદ્રની દિનદશા ચાલશે. તમારા દરેક કામમાં સફળતા મળશે. બીજાના મદદગાર થશો. ભવિષ્યમાં ફાયદો થાય તેવા પ્લાન બનાવશો. નાણાકીય બાબતમાં સારા સારી રહેશે. સારા સમાચાર મળવાના ચાન્સ છે. રોજના કામ ખુશીથી કરશો. દરરોજ ૩૪મુ નામ 'યા બેસ્તરના' ૧૦૧વાર ભણાજો. શુકનવંતી તા. ૧૩, ૧૪, ૧૮, ૧૯ છે.

Lucky Dates: 13, 14, 18, 19.

The Moon's rule till 25th June brings you success in all that you do. You will be helpful to others. You will make plans which will benefit you in the future. Financially you will do well. You will receive good news. You will happily complete your daily chores. Pray the 34th Name, 'Ya Beshtama', 101 times daily.



Cancer - કર્ક

સ.દ.

૧૫મી જુલાઈ સુધી શુકની દિનદશા ચાલશે તેથી તમારા મનની બધી નેક મુરાદ પૂરી થશે. લગ્ન કરવા માંગતા હશો તો મનગમતો જીવનસાથી મળી જશે. તમારા મનની વાત બીજાને કહી શકશો. ગામ પરગામ જવાના ચાન્સ છે. કામમાં પ્રમોશન મલશે. દરરોજ 'બહેરામ યજ્ઞ'ની આરાધના કરજો. શુકનવંતી તા. ૧૫, ૧૬, ૧૭, ૧૮ છે.

Lucky Dates: 15, 16, 17, 18.

With Venus ruling you till 15th July, all your heart-felt wishes will come true. Those looking to tie the knot could find the life-partner of their choice. You will be able to speak your mind to others. Travel is indicated. You could be up for a promotion at work. Pray to Behram Yazad daily.



Libra - તુલા

ર.ત.

ગુરૂની દિનદશા ચાલુ હોવાથી મિત્રો કે કુટુંબીજનોની મદદ કરી શકશો. નાણાકીય ફાયદો મળવાથી સારી જગ્યાએ ઈન્વેસ્ટમેન્ટ કરી શકશો. શેરબજારમાં રોકાણ કરવાથી ફાયદામાં રહેશો. મનગમતી વ્યક્તિ ને મળી શકશો. ચાલુ કામમાં ધ્યાન આપજો. દરરોજ ભુલ્યા વગર 'સરોશ યજ્ઞ' ભણાજો. શુકનવંતી તા. ૧૪, ૧૫, ૧૬, ૧૯ છે.

Lucky Dates: 14, 15, 16, 19.

Jupiter's ongoing rule makes you extend a helping hand to family members and friends. You will be able to invest your financial earnings profitably. You will benefit from the share market. You could meet a person you hold dear. Try to stay focused on your ongoing work. Pray the Sarosh Yasht daily.



Capricorn - મકર

ખ.જ.

છેલ્લા છ દિવસ બુધની દિનદશામાં પસાર કરવાના બાકી છે. હિસાબી કામો અને લેતીદેતીના કામો પહેલાં પૂરા કરી લેજો. જેની પાસે પૈસા લેવાના હોય તેની પાસે ૧૯મી જૂન પહેલાં પૈસા લઈ લેજો જેને પૈસા આપવાના હોય તેની પાસે એક મહિનાનો સમય માંગી લેજો. દરરોજ 'મેહર નીઆએશ' ભણાજો. શુકનવંતી તા. ૧૩, ૧૪, ૧૫, ૧૮ છે.

Lucky Dates: 13, 14, 15, 18.

With the last six days left under Mercury's rule, you are advised to focus on works related to accounts and transactions that include lending and borrowing money. Try to retrieve your money from your debtors before the 19th of June. In case you need to return money, ask your creditors for a month's leeway. Pray the Meher Nyaish daily.



Taurus - વૃષભ

બ.વ.ઉ.

ચંદ્રની દિનદશા ચાલુ હોવાથી કામમાં માન સાથે સફળતા પણ મળશે. એકસ્ટ્રા કામ કરી વધુ ઈન્કમ મેળવી શકશો. મુસાફરી કરવાના ચાન્સ છે. જે પણ કામ કરશો તેને પૂરું અવશ્ય કરશો. ઘરના લોકોને આનંદમાં રાખવામાં સફળ થશો. દરરોજ ૩૪મુ નામ 'યા બેસ્તરના' ૧૦૧વાર ભણાજો. શુકનવંતી તા. ૧૫, ૧૬, ૧૭, ૧૮ છે.

Lucky Dates: 15, 16, 17, 18.

The ongoing Moon's rule brings you respect and success at the work-place. By putting in more effort, you will be able to earn extra income. Travel is on the cards. You will be able to complete all the projects that you undertake. You will be successful in keeping your family members happy. Pray the 34th Name, 'Ya Beshtama', 101 times daily.



Leo - સિંહ

મ.ટ.

લાંબા સમય માટે શુકની દિનદશા ચાલુ હોવાથી તમારા અટકેલા કામ ફરી ચાલુ કરી શકશો. કામ કરવા માટે મદદગાર પણ મળી જશે. નાણાકીય મુશ્કેલીમાંથી બહાર આવશો. તબિયતમાં સુધારો થતો જશે. ઓપોર્ટીટ સેક્સ સાથેના મતભેદો દૂર કરી શકશો. દરરોજ 'બહેરામ યજ્ઞ'ની આરાધના કરજો. શુકનવંતી તા. ૧૩, ૧૪, ૧૬, ૧૯ છે.

Lucky Dates: 13, 14, 16, 19.

Venus' long-standing rule helps you re-start your stalled work projects. You will get the support of people at work. You will be able to emerge out of a tough financial phase. Your health will continue to improve. You will be able to resolve issues with people of the opposite gender. Pray to Behram Yazad daily.



Scorpio - વૃશ્ચિક

ન.ચ.

૨૩મી જુલાઈ સુધી ગુરૂની દિનદશા ચાલશે તેથી ધર્મ અને ચેરીટીના કામ કરવામાં આનંદ આવશે. બીજાના મદદગાર બની શકશો. તબિયત ખરાબ હશે તો તેનું નિદાન મળી જશે. ધનલાભ મળી શકશે. દરરોજ 'સરોશ યજ્ઞ' ભણાજો. શુકનવંતી તા. ૧૩, ૧૫, ૧૭, ૧૮ છે.

Lucky Dates: 13, 15, 17, 18.

Jupiter's rule till the 23rd July brings you a sense of contentment in doing works related to religion and charity. You will be able to help another. Those who have been unwell will find a cure for health issues. You will be on the receiving end of financial gains. Pray the Sarosh Yasht daily.



Aquarius - કુંભ

ગ.શ.સ.

બુધની દિનદશા ચાલુ હોવાથી રોજના કામ ખુબ સારી રીતે કરી શકશો. તમારી બુદ્ધિ વાપરીને વધુ ધન કમાવી શકશો. જે પણ કમાશો તેમાંથી ઈન્વેસ્ટમેન્ટ અવશ્ય કરજો. તમારી વાત બીજા ને સમજાવી શકશો. નવા કામ મલશે. ભુલ્યા વગર 'મેહર નીઆએશ' ભણાજો. શુકનવંતી તા. ૧૪, ૧૬, ૧૭, ૧૯ છે.

Lucky Dates: 14, 16, 17, 19.

Mercury's ongoing rule helps you accomplish all your daily chores with great efficiency. You will be able to increase your income using your intelligence. Ensure to make investments from your earnings. You will be able to put across your thoughts to others. You could get new work projects. Pray the Meher Nyaish daily.



Gemini - મિથુન

ક.ઇ.ધ.

આવતા ત્રણ દિવસ જ શુકની દિનદશામાં પસાર કરવાના બાકી છે. ઘણી ઘણીયાણીના સંબંધોમાં સારા સારી રહેશે. ૧૬મી જૂનથી શરૂ થતી સુર્યની દિનદશા મગજને કામ કરતું બંધ કરી દેશે. સરકારી કામ કરતા નહીં. વડીલવર્ગની તબિયત ખરાબ થવાના ચાન્સ છે. મનગમતી વ્યક્તિ સાથે મતભેદ થશે. દરરોજ ૯૬મુ નામ 'યા રયોમંદ' ૧૦૧વાર ભણાજો. શુકનવંતી તા. ૧૩, ૧૪, ૧૮, ૧૯ છે.

Lucky Dates: 13, 14, 18, 19.

Venus rules you for the next three days. Relationship between couples will be good. The Sun's rule starting from the 16th of June will cause mental disturbances. Avoid doing any government related work. The health of the elderly could come in question. You could end up arguing with a favourite person. Pray the 96th Name, 'Ya Rayomand', 101 times daily.



Virgo - કન્યા

પ.ઠ.ણ.

૫મી જુલાઈ સુધી રાહુની દિનદશા ચાલશે. સીધા કામમાં પણ મુશ્કેલી આવશે. કામ સમય પર પૂરાં નહીં કરી શકો. ખર્ચનો ખાડો ઉડો થતો જશે. ત્રણની જગ્યાએ ત્રીસનો ખર્ચ થશે. ઘરમાં નાની બાબતમાં મતભેદ પડશે. રોજ 'મહાબોખ્તાર નીઆએશ' ભણાજો. શુકનવંતી તા. ૧૩, ૧૫, ૧૬, ૧૮ છે.

Lucky Dates: 13, 15, 16, 18.

Rahu's rule till 5th July could pose difficulties for you, even in simple tasks. You might not be able to complete your work in time. Expenses could increase - you could end up having to cater to your expenses, ten times over. There could be arguments at home over small matters. Pray the Mah Bokhtar Nyaish daily.



Sagittarius - ધન

બ.ધ.ફ.ટ.

શનિની દિનદશા ચાલુ હોવાથી તમે ખૂબ પરેશાન થશો. એક મુશ્કેલીમાંથી બહાર આવશો ત્યાં બીજી ત્રણ મુશ્કેલી આવશે. માથાના દુઃખાવાથી તથા સાંધાના દુઃખાવાથી પરેશાન થશો. તમારી નાની ભૂલ મોટી મુશ્કેલીમાં મુકશે. નાણાકીય બાબતમાં ખૂબ મુશ્કેલી આવશે. દરરોજ 'મોટી હમન યજ્ઞ' ભણાજો. શુકનવંતી તા. ૧૬, ૧૭, ૧૮, ૧૯ છે.

Lucky Dates: 16, 17, 18, 19.

Saturn's ongoing rule could prove to be quite troublesome to you. By the time you resolve one issue, you will find yourself in another three! Headaches and joint pains could bother you. A small mistake could land you in a big dilemma. Financially, this could be a challenging time. Pray the Moti Haptan Yasht daily.



Pisces - મીન

દ.ચ.ઝ.થ.ક્ષ.

૨૩મી જૂન સુધી મંગળની દિનદશા ચાલશે. ઘરમાં નાની બાબતમાં મતભેદ પડશે. ભાઈ બહેન તમારી વાત સમજી નહીં શકે. તમારા ગુસ્સા પર કાબુ નહીં રાખી શકો. તમારી નાની ભૂલ મુશ્કેલીમાં મુકશે. મગજનો બોજો ઓછો કરવા પાક પરવરદેગારની બંદગી અવશ્ય કરજો. દરરોજ 'તીર યજ્ઞ' ભણાજો. શુકનવંતી તા. ૧૩ ૧૪, ૧૫, ૧૮ છે.

Lucky Dates: 13 14, 15, 18.

Mars' rule till 23rd June could lead to arguments at home over petty issues. Your siblings will not be in agreement with you. It might get difficult for you to control your temper. Even a small mistake could land you in big trouble. To reduce mental stress, pray to Ahura Mazda. Pray the Tir Yasht daily.

Raell Padamsee's ACE Now Offers Online Speech / Drama Course

Raell Padamsee's Academy for Creative Expression (ACE) is now online and has successfully held online classes for online Speech and Drama, with multiple batches for students from the age of 2.5 to 19-year olds.

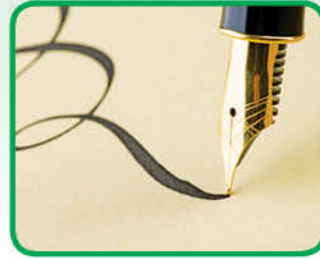


Speech & Drama has been scientifically proven to boost character and attitude among children, along with public speaking, effective communication, increase in confidence levels and interpersonal and social skills. ACE has specially curated a brand new curriculum, exclusively designed for their Online Program, which is not only age appropriate but also geared to work on areas such as confidence building, speech, pronunciation, enunciation, voice modulation and so much more! Not only do the children come out more confident and creative, but with enhanced

social skills and memories that will last a lifetime!

Enroll now and see the difference in your child. Whatsapp on 9320130013 or 9773533331 for more or log on to aceproductions.in for more information.

Limited seats to maintain high quality of each and every class. [<https://youtu.be/0N3fmpxfp44>]



Reader's Corner

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

A Must Do Before You Die

By Nazneen Bhatia

A must do before you die,
Sit by a river and watch it flow by.
Once you surrender to the calm it brings,
To you it will reveal a multitude of things.

Thoughts that had never surfaced before,
Will pour in from the attic of your core.
They sounded simple, so you kept them aside.
Now confronted by the river, they've got no place to hide.

They emerge through the floodgates raw and true,
You embrace them as if they were brand new.
Excited you get, just like a child,
Oh! The river never passes the same place twice!

As these secrets land on your shore,
Deja vu yells, "you've been here before!"
In that moment, you sat by this river great.
Unaware, you didn't liberate.

In all awareness, sit by it if you can,
Not thinking of a plan.
Unconscious living has a hefty price,
Unlike the river, you'll pass the same place twice.

TRIVIA

Years ago, anthropologist Margaret Mead was asked by a student what she considered to be the first sign of civilization in a culture. The student expected Mead to talk about fishhooks or clay pots or grinding stones.



for the bone to heal.

But no. Mead said that the first sign of civilization in an ancient culture was a femur (thighbone) that had been broken and then healed. Mead explained that in the animal kingdom, if you break your leg, you die. You cannot run from danger, get to the river for a drink or hunt for food. You are meat for prowling beasts. No animal survives a broken leg long enough

A broken femur that has healed is evidence that someone has taken time to stay with the 'one who fell, has bound up the wound, has carried the person to safety and has tended the person through recovery. Helping someone else through difficulty is where civilization starts, Mead said."

We are at our best when we serve others. Be civilized!

We are pleased to announce that 

The M.J. Wadia Zoroastrian Religious Classes for Children are back in an Online Avatar!

Join our Zoom meeting on **14 Jun 2020, 11:00 am**
Download the Zoom app on your computer / mobile

Meeting ID: 526 316 9836
Password: ZoroKids

Limited Seats Available - First Come First Served!

The Ascension Of The Last Sasanian King Yazdezerd III To The Throne



BY DASTURJI ER.
RAMIYAR P. KARANJIA

The 16th of June marks a very significant day for Zoroastrians all over the world. This is the day when the last Sasanian Emperor, Yazdezerd Sheheryar (Yazdezerd III), ascended the throne, at Istakhra, in the year 632, on Roj Ardibahesht, Mah Aspadad, at the tender age of sixteen years. Since our Shahenshahi calendar starts from the day of King Yazdezerd Shaheryar's coronation, this is also the day from which our Shahenshahi calendar commenced, 1388 years ago. With 16th June just a few days away, our community's most respected and cherished priest and educator, Er. Dasturji Ramiyar Karanjia shares the interesting historical account about the ascension of King Yazdezerd-III's ascension to the throne.

Ten monarchs ruled over Sasanian Iran within a short period of four years, from 628 to 632 CE, most of them falling victims to internecine strife. In 632 CE, the situation had become very grim. The institutions of kingship, nobility and clergy were shaken. Military generals, pretenders and usurpers took this opportunity and frequently assumed power. They were either assassinated or imprisoned. A time came when several contenders ruled simultaneously at different places and occupied different areas of the empire, like Khuzestan, Pars and Kerman. It was in these deplorable conditions, that Yazdezerd Sheheryar ascended the throne. This was also the year in which Muhammad, the prophet of Islam, passed away and Abu Bakar became the Caliph.



prophecy, Yazdezerd, son of Sheheryar proved to be the last, unfortunate king of the Sasanian dynasty, from whose hands the empire was lost to the Arabs.

The young and inexperienced Yazdezerd proved to be a brave, courageous and good king, but was unfortunately the victim of circumstances at the Iranian royal court. Very soon, he was forced to move from province to province demanding loyalty, money and support from his allies and provincial rulers. His reign seemed to be like a 'wandering monarchy'.

Rise of the Arabs:

The three decades of Persia-Byzantine wars, during the reign of Khushru II, had taken a grave toll on the Iranian and Roman armies, and the Arabs took full advantage of this. The Arabs also had the added advantage of being united under the banner of Islam and were fired up by the zeal of spreading Islam. Caliph Abu-Bakar organized the Arabs and issued a Jihad to expand the boundaries of Islam.

The 'Arabicisation' of Iranian territories had started since 630, much

before Yazdezerd came to the throne, when Sasanian governors of Yemen, Bahrain and Oman were forced out by the Arabs. The cities were taken over by the Arab Muslims. Zoroastrians were allowed to follow their religion only after paying tributes. Thus, the Arabs extended their rule over the entire Arabian Peninsula.

Battle of Hira:

In 633, Arab commander Mosni bin Haresa entered Hira in southern Mesopotamia (Iraq), thus making the first inroads into Iranian territory. This place was very decisive as it was the buffer between the Sasanians and the Arabs in the desert.

The Arab commander was unable to sustain for long, as the brave Iranian commander - Rustam Farrokh-zād, the son of king Hormazd IV, defeated him.

In 634, Arab tribes under commander Mosenna (also known as Muthanna) again tried to make inroads into Hira. However, General Mehran, commander of the Iranian army, was able to scatter and oust them. Later, Mosenna successfully gathered and united many more Muslim and Christian Arab tribes, and returned with a bigger army and reinforcements. He started looting, marauding and harassing Iranians in and near Baghdad. To counter this menace, King Yazdezerd once again prepared and sent an army of twelve thousand soldiers under Commander Mehran.

There was a fierce battle fought at Hira, where the Arab army had camped. Both armies were badly depleted. The two commanders came face to face, in which Mehran lost his life. The Iranian soldiers retreated on hearing about their Commander's death, and thus the Arabs inflicted a crushing defeat on the Iranians.

Mosenna went back to Medina. He convinced the dying Abu Bakar the need to provide more troops. He also made an impassioned speech to the Arab Moslems to shed their blood for the cause of their prophet and religion. His speech had the desired effect - more than a thousand new recruits joined, one of whom was Abu Ubeidah (or Obayad), who later took command of the Arab forces. Shortly, another army joined Mosenna from Medina. These combined forces charged against the Iranian army, which was unable to give a strong resistance.

Battle of the Bridge:

In 635, the Arabs under Commander Abu Ubeidah came into Mesopotamia and crossed the Euphrates on a bridge of boats. Sasanian General Behman attacked them with elephants and cavalry. The elephants in the Sasanian army frightened the Arab horses, which refused to proceed. The Arabs mounted an attack on foot. However, they were not successful, as the bridge of boats started to set adrift. In the commotion that ensued, the Arab commander Ubeidah was trampled under the feet of a huge white elephant.

Quickly enough, the Arabs started to make a new bridge. Arab commander Mosenna came to their rescue with a troop of ten thousand soldiers. There was fierce fighting with much loss of life on both sides. Many Iranian soldiers were killed or drowned.

Mosenna was not successful, and had to retreat with only three thousand soldiers, as the rest were either killed or had fled. Mosenna was seriously injured in the battle and died soon afterwards. The news of a rising at Ctesiphon compelled Iranian commander Behman to rush there. This was the last battle in which the Sasanians were comparatively more successful over the Arabs.

Battle of Qadesiya:

The Iranians made preparations on a large scale. They realized it was a do or die situation for them. They collected an army of more than a hundred thousand soldiers under General Rustam Farrokh-zād. In 636, they crossed the Euphrates and challenged the Arab forces who were under the command of Saad bin Waqqas at Qadesiya near Kufa in Sasanian Iraq.



A young Yazdezerd III on a coin

Yazdezerd, the son of Sheheryār, and grandson of King Khushru II (Khushru Perviz), was discovered by the nobility. His true identity had been kept hidden, since Khushru II had forbidden his son Sheheryār to marry on account of a prediction that some day, the reigns of the Sasanian Empire would slip away from Sheheryar's child's hands. However, a compassionate queen had him married, unknown to Khushru II. True to the

The Sasanians had three times the number of troops, but many of them were newly recruited soldiers, whereas Caliph Omar had provided Waqqas with the best of soldiers and supplies. The morale of the Arabs was high after their victory against the Byzantines in Syria. Rustam sent an emissary to bring a peaceful end to the conflict. Waqqas sarcastically replied that Arab warriors were a hardy lot who did not want fancy clothes and rich food like the Iranians. Their only motive was to make the Iranian king accept the religion of Prophet Mohammad. If he was agreeable, then there would be no war. Rustam retorted that the Iranians would never accept the Islamic religion and that they were prepared for the war.

The battle of Qadesiya lasted for four days. On the first day, both the sides seemed to have known the tactics of the other side. The Sasanians used their elephants to scare the horses of the Arabs, but the Arabs surrounded the elephants and forced their riders to dismount. Rustam ordered a withdrawal.

On the second day of the battle, both the sides were fighting like equals. Soon enough, two of the Iranian generals Bandsuwan and Behman lost their lives and the Arabs had an upper hand. Moreover, the Iranian camp experienced shortage of water. They were not able to fight in the excruciating heat. On the other hand the Arabs were adequately reinforced. Iranians lost almost ten thousand men, whereas the Arabs just lost two thousand of their troops.

On the third day, the Arabs found a way of blinding the battle elephants of the Iranians. As a result of this, the huge beasts took to flight. There was relentless fighting throughout the day with the artillery and cavalry fighting with swords and spears. The inexperienced Iranian soldiers were exhausted and Rustam once again gave orders to his army to withdraw.

On the fourth day, Rustam had the upper hand and Sasanians were approaching victory, but just then, a violent sandstorm emerged which blew huge clouds of sand into the faces of the Sasanian soldiers. The Arabs however fought with their backs to the storm. The Iranian soldiers, blinded by the sand were not able to press for the final attack. The Arabs soon reached Rustam through a breach in the Sasanian defense. The brave Rustam who was trying to seek refuge from the stormy wind, was killed by the sword of an Arab warrior. The Arabs were jubilant. When the Sasanian soldiers heard the news of the death of their commander, they began to flee in a disorganized manner. That day, the Iranians lost forty thousand soldiers, whereas the loss of the Arabs was numbered at just six thousand.

In the battle of Qadesiya, despite all their efforts, the Iranians lost their national standard, the Drafsh-e-Kāvāyāni. This was a massive psychological blow to the Iranians, who had also lost almost one thirds of their entire army. After this defeat, many Iranian soldiers defected and joined the Arabs. Since the Arabs too had lost about one-thirds of their force, there was a respite for about eighteen months till the Arabs launched another attack. In this period, they re-inforced their position at Basra and Kufa and at the right bank of the Euphrates.

Fall and loot of Ctesiphon:

In 638, Caliph Omar asked Waqqas to attack Iran once again, this time straight on Ctesiphon, referred to as Madayan by the Arabs. Yazdezerd's advisors asked him to retreat to Azarbaizan and Kurdisatan. He also had the alternative to go to the refuge of Holwan in the Zagros mountains. Waqqas, instead of following the Iranian king, was lured by the treasures at Ctesiphon. In order to come to Ctesiphon, the Arabs had to first takeover the west bank of Tigris and then, through a bridge, advance to the east coast, where Ctesiphon was situated. The local inhabitants had destroyed the bridge and the Arabs had to rebuild it.

The Arabs were successful in storming the palace of Tāk-i-Kisrā at Ctesiphon and looting all its riches. One fifth of the loot was sent to Caliph Omar in Medina and the rest was distributed among the soldiers. So huge was the haul that each soldier received about twelve thousand dirhams worth of riches. Forty thousand noblewomen were sold as slaves in Arabia. Ceremonial swords of Kobad I, Behram V and Khushru II, crowns and jewels of Khushru II and the sword of Heraclius were among the riches.

However, the costliest item looted was the gigantic Royal carpet of Persia measuring 100 feet by 100 feet studded with rare jewels of various hues to represent a garden of flowers, embellished with gold and silver embroidery. All these and the equally jewel studded Drafsh-e-Kāvāyāni, were sent to Caliph Omar. It is said that the Drafsh-e-Kāvāyāni, the Royal Iranian standard was sold for thirty thousand dirhams in Arabia.

Battle of Jalula:

In 639, the next major battle was fought at Holwan in Jalula near Baghdad, where a very small Arab army, under commander al-Hashem, met the Sasanian force, under commander Rustam's brother - Farrokh-zād (also referred to as Khorzad or Firoozān) and Mehran. The Sasanian army was ten times bigger than the Arab army in size, but it was made up of raw recruits.

The Sasanians dug a deep ditch in

front of their forces and stayed safe behind their defense. The Arabs too did not attack, and waited patiently for eight months. Since the small Arab army had a lot of Sasanian soldiers, they knew all the nuances and secrets of the Iranian army. The Iranians got frustrated waiting and thus the Arabs finally succeeded in luring the Iranians out of their defensive positions. In the battle that ensued, there was large-scale massacre of the Iranian soldiers. Not only were treasures looted, but women and children were taken as slaves. This was one more defeat for the battered Iranians.



A coin of Yazdezerd III
in the later part of his reign

The Last Battle at Nehavand:

In 641, Yazdezerd, who was now at Rae got the news that the successful Arab general Waqqas had been recalled to Medina. Emboldened, he made one last bold attempt by sending emissaries to all the Iranian provinces like Media, Azarbaizan, Khorasan, Gurgan, Tabaristan, Sistan, Kerman and Pars. He managed to collect a military force consisting of one hundred and fifty thousand soldiers, who were then asked to assemble at Nehavand, in northwestern Iran. He appointed General Farrokh-zād as their Commander.

Caliph Omar immediately sent a strong resistance force of a hundred thousand soldiers towards Nehavand, under Commander Noman. The Arab force had many non-Arab professional troops, including ex-Sasanian and ex-Byzantine fighters. The Iranian Commander's tactic was not to attack the approaching Arab forces, but to wait, and bait the enemy to make the first move, or wear out their patience. He had confidence on his legendary strong archers, and the hidden trenches and traps.

Arabs Wwin at Nehavand with Guile:

The Arabs too did not attack and waited for two months. However, they did not have enough supplies and provisions to last them for long and hence they resorted to a guile to break the stalemate. They spread rumours that Caliph Omar had died and that the Arabs were withdrawing. Then they staged a false withdrawal, which led the Iranians

to change their strategy and go in their pursuit.

The Iranians pursued their enemies for two days. Then, on the third day, the Arabs, as planned, turned around and attacked the surprised Iranian troops, repeatedly chanting *Allāhu Akbar* "God is great". The Iranians soon landed in the traps prepared for them by the Arabs.

The battle was hard fought and there were heavy casualties on both the sides. Though the Arabs had lost their commander Noman early on, they did not let it be known till the end of the battle. Farrokh-zād was badly wounded, but he managed to save his life. Nehavand was soon captured, followed by Rae. The Iranians had lost their last decisive battle. The Arabs referred to the battle of Nehavand as *fattteh ul fatteh* or 'victory of victories'. They went on conquering province after province.

The Iranians were losing hope of regaining their kingdom. Some provincial Governors of the Iranian empire put up a heavy resistance against the Arabs, but were ultimately defeated. However, several autonomous Iranian Governors now realized that it was futile to resist the might of the Arabs. They made themselves subjugated to them without a fight and offered them weapons and troops. Nevertheless a few Governors and rulers in northern Iran kept on resisting the Arabs.

The King on the Run:

After the defeat at Nehavand, Yazdezerd managed to escape from Rae. He was on the run for almost ten years, from 641 to 651, trying to go as far away from the Arabs as possible. He was in flight from one place to another, unsuccessfully trying to garner help from allies. He spent a lot of time in Kerman and from there had gone to Sistan.

In August 1951, the king decided to move towards the province of Khorasan and then go further northeast. Before that, he wrote a letter to Mahue-suri, the Governor of the city of Marv in Khorasan, informing him about all that had transpired till then. He then told him to keep his troops ready as the enemies had already taken over Ctesiphon and he informed him about his plans to approach his allies, the Turks and Chinese, to seek their help.

Mahue-suri was a shepherd boy, whom the king had brought up from childhood, had heaped many favours on him and brought him to the position that he was now in. That is why he trusted him. The king had conveyed his plans to seek Mahue-suri's help to Farrokhzād. However, Farrokh-zād was not in favour of keeping faith on a new and unknown person like Māhuye-suri at such a crucial time, especially since he did not belong

to the royal family. However, the king decided to go ahead with his idea. The king with a few trusted men set off towards Nishapur. In order to be of help to his king, Farrokh-zād also proceeded with his army from Rae through Gorgān towards Nishapur.

King Yazdezerd had a message sent to the Governor of Tus city, asking him and the Governors of surrounding areas to send food and rations, that could last for two months, to the fort at Nishapur where Farrokh-zād had already reached. He promised to reimburse them later, as much as possible. The king now reached the city of Nishapur in Khorasan province and from there had decided to go to Merv to seek the help of Māhuye-suri. When Māhuye-suri at Merv came to know that the king was approaching, he himself sent a message that he was coming to receive him.

Farrokh-zād wrote to Māhuye-suri to be faithful to the king, as the monarch implicitly trusted him. Then Farrokh-zād went back eastwards to Rae to fight the Arabs, not knowing whether he will return alive to see his king again.

Māhuye-suri lied to him that the Turks had attacked and they needed to go and fight them. The king put on his armour and weapons and went into the war followed by Māhuye-suri and his army. However, as soon as he approached the enemy, the treacherous Māhuye retreated with his soldiers as per the plan and the king was left all alone to fend for himself, in front of the enemy army of Bizan.

The king realized that a trap was laid for him by Māhuye-suri. He valiantly fought the Samarkand army and started retreating, with the enemy soldiers on his back. On the way he came across the Zark river next to which he saw a flour mill. He hid inside the flour mill. The enemy soldiers searched for him and found his horse, sheath and sword. They looked around but could not find him. After searching for some time, they went away.

Yazdezerd hid in the mill all night, sleeping on the hay. In the morning, Khushru the mill owner came in. Both of them were shocked at seeing each other. The mill owner was more shocked, as the person in his mill did not

The hungry king was ready to eat it, but not before praying the *bāj*, for which he required the ritual implement of *barsom*. He told Khushru, "I will eat anything, but first get me a *barsom*, so that I can perform the *bāj* before eating."

Khushru went to a priest's house, near the Zark river, to get the *barsom*. He narrated to him whatever had transpired. The priest was aware that Māhuye-suri was looking for the fugitive Iranian king. He immediately realized that the stranger may be the king, since only priests and members of royal family insisted on performing the *bāj* with *barsom* before meals, and the person described by Khushru fitted the description of the king.

End of King Yazdezerd:

Khushru and the priest suspected the stranger to be the king. They decided to inform Māhuye-suri about this, in the hope of getting a reward. The priest sent Khushru with a person to Māhuye-suri, who immediately realized that the stranger was the fugitive king. However, instead of rewarding Khushru, he ordered him to go and kill the king, or else he would get Khushru and his family killed.

A couple of wise ministers advised Māhuye-suri against such an order, but he was adamant. He feared that since he had already committed treachery, the king will not forgive him if he survives. He ordered Khushru to kill the king. However, he instructed him to remove all his clothes and ornaments before disposing his body. The miller was feeling miserable at being the cause of his king's possible death, however he had no option or else his own life and the lives of his family members were at stake.

Khushru went back to his mill. It was the night of 23rd August 651 CE. In the mill, Khushru approached the king, as if he wanted to tell him something, drew his dagger and pierced the stomach of the king. In a few moments, the king lay lifeless in a pool of blood. He was just thirty-six years old. The soldiers who had accompanied the miller, removed the king's clothes and ornaments, and then, in the dark of the night, as per instructions, flung his lifeless, clothes-less body in the river.

In the morning, two men who were walking past the river side, saw the lifeless body of the king. One of them immediately rushed to a nearby house where a Christian priest was staying. Several priests rushed to the site, and recognized the body as that of the king, and mourned his death. A couple of priests immediately removed some over-clothes from their own selves,

respectfully covered the body and removed it from the water. A modest Dakhma was specially prepared and king Yazdezerd's body was respectfully laid there with as much royal tradition as possible.

The story of the princes and princesses of Yazdezerd Shaheryar, and their immense sacrifices, is also a heart rending one, but that is for another day.

We are in the Zoroastrian calendar year 1389 Yazdezerdi (YZ). In a few days, it will be exactly 1388 years since our last unfortunate king ascended the throne. After knowing about his life and his efforts, we can learn lessons from the history of our last glorious Sasanian dynasty. These are:

1. *Parsi and Irani Zoroastrians should never forget the difficulties and troubles that their ancestors went through to safeguard our religion and identity.*
2. *Inter-marriages, for whatever reason, were the root cause of the fall of the Sasanian dynasty. The non-Zoroastrian queens were working at cross purposes with the kings to have their sons on the throne and the kings did not want the sons of their non-Zoroastrian queens on the throne.*
3. *In was not the Arabs that brought about the downfall of the mighty Sasanian empire. Infighting and treachery had corroded the very foundations of the empire and made it so weak that it was very easy for the outside forces to come and take over.*
4. *Zoroastrians were not loyal to their leadership. The neighboring empires were always on a lookout for a weak link to exploit and get inroads into the leaders. And it was easy to get it as there were many who were willing to sell themselves and betray their leaders.*
5. *Fate and destiny (luck) play a very important role in our lives. But before we allow it to take over our lives, we have to leave no stone unturned and spare no efforts to work towards achieving what we rightfully want.*

May the 16th of June be the day on which we relearn our lessons and make the martyrdom and sacrifices of our beloved King, Yazdezerd Shaheryar, his family and countless other valiant ones, not go in vain.



Map showing Gurgan, Nishapur, Tus and Marv in Khorasan province

Māhuye-suri's Treachery:

Māhuye-suri was a treacherous person. He had realized that the king was fast losing ground to the Arabs. He feigned sickness and avoided being with the king. He sent a message to Bizan who was a warrior king of Samarkand, telling him that the Iranian king was all alone at his place in Merv and that this was a wonderful opportunity for them to bring an end to Yazdezerd and take away his wealth, army and throne.

Bizan sent an army of ten thousand dagger wielding soldiers from Bokhara to capture Yazdezerd. When the king inquired about the approaching army,

seem to be an ordinary person. He was tall, well-built and sharp-eyed wearing rich clothes and fine ornaments. He asked him, "O illustrious man! Who are you, and why have you come in this humble flour mill?"

The king, hiding his identity, replied, "I am an Iranian soldier who had to flee after defeat at the hands of the Turanians. I am hungry for three days, can you give me something to eat?"

"I just have *nān* made of Jowar (sorghum) and some vegetables, if it is okay with you." said Khushru.