

THE TRUTH. DELIVERED WEEKLY.

Community Celebrates Dedicated Volunteers And Quick-Action Trustees!



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Lord Bilimoria Elected First BAME Head Of Confederation of British Industry



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Father's Day Contest Winners! Congratulations To Our Winning Entries



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Cyrus The (Not So) Great! Aapro Cyrus Broacha unleashes his hilarious take on Bawajis reacting to the end of the lockdown!



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FROM THE EDITOR'S DESK

Dear Readers,

There has never existed a greater learning curve for humanity, than in the times we live in. We have been witnesses to a string of some of the most unexpected events over the recent and the not-so-recent times... battling COVID-19 - a deadly, mysterious virus which we are yet to discover a cure for; or adapting to the house-arrest situation - mandatory to the long-stretched lockdown; or acclimatizing to the new protocols of this supposed freedom, post the lockdown, which come with masks, gloves, sanitizers and social distancing as disclaimers; or the looming Indo-China situation which could potentially spell war; or the loss of a string of artists and personalities - with the latest heart-breaker as recent as last Sunday, where a fine, young Bollywood actor took his own life, succumbing to depression.

You'd have to be extremely thick to look around without raising a brow. And you'd be even more unfortunate if you'd let it all go by without gaining a renewed perspective of life - its fragility, and reflecting on who and what really matters most, and realising how fortunate and grateful we are for all that we are blessed with - family, friends, livelihood and so much more...

I thank our numerous readers who participated in PT's 'Father's Day Contest' - your display of talent has wowed us all and your emotions, expressed in words and art, convinces me that there's going to be a whole lot of very happy and lucky fathers out there (Pg. 13)!

And speaking of readers' response, last week had our inboxes overflowing with feedback to the article, 'A Month And A Week Of Good Food And Great Community Service', commending the timely intervention of the BPP Trustees and the excellent community service provided by volunteers, throughout the lockdown. In fact, with a large number of readers writing in to further commend the efforts of our volunteers, we put together an article celebrating this unsurpassed show of dedication and unity, during one of the community's most critical phases. (Pg. 03-04)

Here's wishing all our lovely fathers and father-figures out there, a Happy Father's Day! They say, 'A good father is one of the most unsung, unpraised, unnoticed, and yet one of the most valuable assets in our society.' It's true! When they don't have your hand, they have your back!

Have a safe and lovely weekend!

- Anahita
anahita@parsi-times.com

IMPORTANT ANNOUNCEMENT

Re-opening Of Holy Iranshah

Our Iranshah Atashbehrum in Udvada Will Be Open To Devotees From June 22, 2020.

Vada Dasturji Khurshed Dastur Addresses The Community:



Dear Humdins,

Thank you for your patience and understanding during this unprecedented lockdown caused by the COVID-19 pandemic that has affected everyone globally.

After careful deliberation and with a lot of caution, we, The Udvada Nine Family Athornan Anjuman, have decided to start welcoming devotees to our Holy Iranshah once again, w.e.f *Roj Khorshed Mah Bahman Y. Z. 1389 (June 22, 2020)*, subject to strict guidelines that will need to be adhered to by all devotees.

While we do our best to maintain the sanctity of our Holy Iranshah and protect the wellbeing of our *pav mahel mobed sahebs* (who have to undergo various rituals before entering the sanctum sanctorum to perform the *Boi* ceremony), it is also the responsibility of all humdins to ensure we are able to do so effectively and, hence, we seek your utmost co-operation and adherence to the guidelines listed below:

- * The visiting time for the devotees will be from 8.30 a.m. to 2 p.m. and 4 p.m. to 6 p.m. every day.
- * There will be separate entry and exit points for all devotees.
- * All humdins will be screened with the temperature detectors at the entrance.
- * All humdins will need to sanitize their hands after entering the premises and before entering the Kusti area.
- * Upon entering the premises, humdins will be provided with a fresh mask which they will be required to wear continuously within the premises and not the one they were wearing earlier.
- * No disposal of mask or hand gloves etc. will be permitted within the premises of the Atash Behram.
- * Access to humdins will be restricted to only certain areas within the premises of the Atash Behram.
- * Not more than 15 devotees will be allowed in the Atash Behram at a time, and at 15 minutes intervals. Hence, devotees are urged to pay their homage and move out within 15 minutes.
- * Humdins are requested not to stay back and move around the premises.
- * Devotees offering *machi* in any *geh* are requested to visit Iranshah only during that particular time and will be allowed to stay for the ceremony (max. 5 people).
- * Sukhad and kathis are to be placed in their designated place and will be offered to the Padshah saheb, though not immediately but at the convenience of the officiating mobed.
- * No garlands, flowers etc. will be allowed in the Atash Behram premises.
- * No access to any of the kuvas (wells) will be allowed during these times.
- * Humdins are notified not to carry their mobile phones as use of lockers to store mobile phones is not permitted. Those carrying mobile phones, even in shut off mode, WILL NOT BE PERMITTED in the Atash Behram premises.
- * Humdins are advised to avoid all physical contact with the Boiwalla mobeds and maintain a safe distance of 2 metres from them at all times.
- * RIGHTS OF ADMISSION RESERVED BY THE UDVADA NINE FAMILY ATHORNAN ANJUMAN.

Please Also Note:

- * Any devotee who is unwell or having any suspected symptoms related to COVID-19, is strictly requested not to visit Udvada.
- * As per the guidelines, humdins visiting Udvada and staying at any dharamshala or hotel, are requested not to stay back and return within 24 hours.
- * Those humdins who have a residence within Udvada and wanting to stay back, will need to self-quarantine at home for the next 14 days, as per the guidelines prescribed by the Collector of Valsad district.

Dasturji Khurshed K. Dastoor
High Priest-Iranshah
Udvada

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Community Celebrates Dedicated Volunteers And Quick-Action Trustees!

Inputs by Khushnuma Naterwala

Last week's article in Parsi Times, titled, 'A Month And A Week Of Good Food And Great Community Service', by BPP Trustee, Kersi Randeria, received an overwhelming response from our community members. Readers of all ages, from all over, sent in congratulatory messages, commending the crucial and timely services, initiated by the BPP Trustees, which were delivered promptly, with great effort, care and warmth by the volunteers, during the Lockdown in Mumbai.

It was indeed one of the most challenging times faced by community members, especially our seniors, who were left completely stranded as their very means of sustenance and mobility - tiffin, groceries, medicines and domestic help services - suddenly and abruptly ceased. The BPP Trustees sprung into much-needed action by installing a Direct Helpline for community members to call in and share their needs and grievances, all of which were answered by the committed BPP staff, and met by the dedicated team of our braveheart volunteers, who braved the lockdown, the contagion and the heavy rains, putting the needs of isolated and disadvantaged community members before their own!

Summed up perfectly in his write-up by Trustee Kersi Randeria, as, "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."

In the heart-warming feedback received by Parsi Times, innumerable community members expressed a strong preference to celebrate the spirit and efforts of our volunteers. We couldn't agree more! We got in touch with a number of volunteers as well as with a few of the grateful beneficiaries and have compiled a feedback report for our readers... but before that, a letter from our reader, representing the innumerable mails received, commending the BPP Trustees and volunteers:

'Good Food and Great Community Service' - Much Appreciated

It was very heartening to read 'Good Food and Great Community Service' in the PT of 30th June, by Kersi Randeria. How wonderful for community members to get together and extend a helping hand to those stranded, across various parts of Mumbai... the old, the infirm or those simply rendered helpless due to the closing down of the regular food-supplies due to the lockdown.

It is not the case of just few do-gooders coming up and dishing out the necessary victuals. The logistics involved in supplying food packs must be tremendous, involving the BPP Trustees, whose brain-child it was; to the BPP staff who worked out the nitty-gritty, the caterer, the central kitchen for preparing food, and last but not in any measure the least - the volunteers, doing various chores, including reaching the much needed nourishments and other essentials to various Baugs and Housing societies during the lockdown - all risking the dreadful virus.

Even in the baug where I reside, young men went around despite the severe lockdown bringing medicines and other requirements to many senior citizens and others too. Kudos to them too! It warms our hearts to know that such a philanthropic attitude in the individuals of our community still survives today. Our thanks to the authorities too, for giving permission to the volunteers to deliver the much required nourishment, far and wide.

By Dara M. Khodaiji

Thank You, Volunteers!!



RUSTOM BAUG:-

- 1) Behram Kapadia

GRANT ROAD:-

- 1) Rumi Zarir
- 2) Neville Kavrana
- 3) Behram Palsetia

ANDHERI:-

- 1) Ruzbeh Hansotai
- 2) Kobad Kerawalla
- 3) Ruzbeh Irani

BAUG VOLUNTEERS:-

- 1) Astad Palkhiwalla
- 2) Afriid Palkhiwalla
- 3) Viraff Billimoria
- 4) Paresh Rathod
- 5) Firdosh Mistry

LALBAUG

1. Kaiwan Amrolia
2. Farzin Amrolia
3. Filly Bhatheha
4. Farhad Modi
5. Nozer Sutaria
6. Kersi Mistry
7. Anahita Irani
8. Navaz Tata
9. Khushru Sukhadia
10. Urmez Ghadially
11. Arzan Siganporia
12. Ruzan Siganporia
13. Cyrus Billimoria
14. Homiyar Kapadia
15. Zubin Mistry
16. Nariman Balsara

If we have inadvertently missed out the name(s) of volunteer(s), we humbly apologize.



Volunteers Share Their Experiences

1. Volunteer Jimmy Gadiwala, Caterer:

When the lockdown came into effect, I started getting calls from people due to food issues as their tiffin had stopped and also groceries were not available. While I was thinking about how to solve this issue, the BPP initiated the Helpline. I joined in as a volunteer and helped people in need by providing them food. But this was still not properly concerted, so when I received a call from BPP Trustee Kersi Randeria sharing his idea about a central kitchen, it resonated with me. Cama Baug Trustees were kind enough to let us use a part of their premise as a central kitchen. After that, every single night, Kersi, Ronnie (BPP Staff and Helpline First Responder) and I would discuss at length and work out the cumbersome logistics of marketing, cooking, packaging and delivering the food and we moved from providing food to 85 people to over 200 in no time!

I received full cooperation and support from the BPP Trustees and the volunteers were sincere and totally committed to serving the community. We did our duty and were rewarded with blessings of the whole community. On a personal level, I enjoyed being part of the action - I never got tired, on the contrary, I felt charged up! I think we all did it together as an excellent example of teamwork. More than all else, this was a great show of unity by the BPP Trustees - when it really mattered, they got together for the sake of the community. I hope they continue this excellent stand of unity in the future as well!

2. Volunteer Filly K Bhatheha, Lal Baug

Working with the Parsi Punchayet during this pandemic was a wonderful experience. The entire credit for taking the initiative of starting the free food project goes to Kersi Randeria - a big applause for him! All the volunteers worked hand-in-hand and did a brilliant job! Hosi Jal of Cusrow Baug and his team have done a wonderful job in the South Bombay area. Enjoyed every moment of serving the really needy people. Have to make a special mention about Ferzin and Kaiwan of Navroze Baug who took it upon themselves to serve free food to all the needy from their side. It was really commendable. Trustees Kersi, Noshir and Armaity were helpful and did their best to help the community. Viraf, despite his busy schedule, helped out during the weekend meetings. The BPP staff - Shehnaaz and Ronny - also did an excellent job.

3. Volunteer Romy Zarir

I decided to volunteer to the cause when I received a whatsapp message about BPP needing volunteers to help our community members. The task assigned to me was to deliver food on a daily basis, and purchase groceries and medicines, as and when required. It was a very satisfying experience working in tandem with our BPP Trustees and volunteers. Our BPP has always been an organisation where we only go to ask for help, and this was one opportunity where I got a chance to help the BPP reach out to our dearest community and help them.

The whole working system was very well coordinated and prompt in responding to each and every call that the helpline received. The Trustees and office staff of BPP were extremely supportive. This pandemic has caused a lot of harm to mankind but it has also united us in many ways and I sincerely hope, that we stay united. These last two months I have thoroughly enjoyed working for the community and will always be there when the need arises.

4. Volunteer Behram Vispy Kapadia, Rustom Baug

My time spent as a volunteer with the BPP for almost four weeks in their mission to feed the elderly, was an enriching one; an eye-opener to say the least. My role was assisting in packing the meals at Cama Baug, where the food was prepared. I was then assigned to deliver the food to five locations in the Byculla area - Jer Baug, Rustom Baug, Rani Baug, Mazgaon and Dockyard Road. I delivered food to a total of 16 people who were either in need of free meals or who didn't have the wherewithal to cook due to age restrictions. I was able to join the volunteer workforce under the able guidance of Kersi Randeria, who was massively instrumental in this endeavour. The driving force behind the volunteers was the camaraderie and the common will to help those in need. I believe that the entire BPP, Jimmy Gadiwala and every volunteer should be credited for doing their bit and helping out in these trying times. It's not easy to accomplish a task of feeding and providing free rations to hundreds of Parsis amidst a national lockdown!

7. Volunteer Ruzbeh Hansotai

Reaching out to the needy and supporting the people in our community during this crisis was an immensely gratifying experience. Initially we started off just supplying medicines, grocery packets containing rice, various lentils, oils, tea, sugar, atta, etc required by deserving people and was a challenge for them to get it during these times. But soon we realised that a huge number of humdins needed cooked food too. The Central Kitchen by BPP, which was initiated by BPP Trustee Kersi Randeria, and catered by Jimmy Gadiwala was a great success, where all those in need received daily meals. Each time we helped someone, we could sense the gratitude and see the happiness on their faces. Blessing were showered in abundance!

Beneficiaries Express Gratitude

"There was no salary received since February due to the lockdown and it worsened the financial situation for my son, Percy. Arnavaz Mistry was very supportive and helpful. Also, BPP's volunteer Kaiwan provided the rations. Help was quick and we are very grateful for the assistance provided to us in this difficult period by the BPP - a truly commendable feat!"

- Beneficiary Adi Contractor, Parel, Age: 82

"I was facing medical problems as travelling outside was impossible. A neighbour informed of the helpline that BPP had started and the help it was giving. I called the Helpline and they all assisted me during these difficult times. I am grateful and I thank all the Trustees and volunteers for helping me out in such times."

- Beneficiary Bapsy Anklesaria, Jogeshwari West

"I'm 78 years old and find difficulty to talk or do down and buy medicine or groceries due to age. BPP helped me enormously - Ronnie arranged for food delivery, through May and June. He was extremely helpful, I'm indebted to him for his help."

- Beneficiary Armaity Daruwalla, Agripada

"I'm 55 years old, working in the accounts department of a private firm. I stay alone and there's no one to help me. I was working but in the lockdown I could not travel, so there was no income. Kaiwan Amrolia from Navroze Baug helped immediately. I'm very appreciate of what BPP has done - it was a great help from God through BPP."

- Beneficiary Farida Irani, Cotton Green

"In the lockdown and without work for one and a half year - I was anyways facing huge salary issues, which only got worsened in the lockdown. Kobad Sir was of major help, he was very quick and thoughtful. BPP came to our much needed rescue at the right time."

- Beneficiary Zarine Karai, Mahim

"My husband is bed-ridden and we have no children to assist us in going down. We got immediate help in the form of getting bhonu, which we received for a full month. In these very difficult times, when true help is rare, BPP came through for us."

- Beneficiary Jasmine Irani, Parel

"I'm above 80 years and unable to go down except for essentials. There was a corona case in my building and so I approached Ronnie at BPP. He immediately directed me to Romy Zarir who went out of his way to deliver the rations. Despite being able to pay at such a difficult time, money does not matter. What mattered was the help and support that BPP lent us - getting things delivered when there were police everywhere and lockdown was severe. Thank you very much, BPP!"

- Beneficiary Minoo Mithaiwala, Cusrow Baug, Colaba

5. Volunteer Neville Kavrana, Zoroastrian Colony

I was working as a volunteer with BPP from day one of the lockdown till the last day, with full dedication. I lost my mother to heart failure, on April 22nd, during this period and that was tough but I served the community on that day too as there were 18 senior citizens waiting for me to deliver food. On the whole, I enjoyed volunteering for the community. I remember delivering on my 2-wheeler and during rainy days it got difficult, but with my mother's and God's blessings, I never faced any problem. I sincerely want to thank respected Kersi Randeria sir who was continuously in touch with me throughout the lock down and especially on 22nd April, when my Mom expired. He and Shehnaaz Khambatta were always there through the day for me, supporting me. I served over 100 families and hearing their stories touched my heart. I will always be here to help my community when need be.

6. Volunteer Kaiwan Amrolia, Navroze Baug

We received tremendous support from all the Trustees and also from Jimmy Gadiwala. The process ran smoothly despite volunteers being laymen in food packaging and delivering. BPP provided us with all essential gear in terms of masks, hand gloves, etc to be safe and were always open to our suggestions and plan accordingly. Senior citizens showered blessings on us volunteers daily! So many of the needy have actually broken down in gratitude while receiving meals. We have actually sat with some of our seniors and actually fed them the food before proceeding for further deliveries. Special mention to BPP Trustee Kersi Randeria, Shehnaaz Khambatta, Jimmy Gadiwala and Ronny for putting in their full efforts and heart and soul into this service - daily discussing the issues on conference calls, implementing easier ways volunteers to run this smoothly. I loved working alongside the volunteers.

I Am Hurt!



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.



One day, the great sage Durvasa was crossing a river with his disciple. As he was about to reach the shore, he noticed a scorpion struggling against the flow of the river. He bent down and picked up the scorpion, immediately, the scorpion stung his hand and he started bleeding. However, the sage went ashore and set down the scorpion safely under a tree. The scorpion stung the sage one more time before he set him down.

Rishi Durvasa was bleeding and in great pain, however, his demeanour was calm and collected. His disciple, who was witness to this whole incident, questioned his Guru, "O great sage, when you knew that the scorpion will sting you, why did you rescue it? This scorpion is a noxious creature and it does not deserve to live, yet you set it down gently so that it could live."

The Great sage Durvasa replied, "Stinging and causing pain is the natural instinct of the scorpion. It cannot change its base nature; it will only act according to its basic instinct. However, my Guru and my study of the Shastra (Holy Word) has taught me to be kind, gentle and helpful. This teaching has now become a part of who I am as a human being. Therefore, this has now become my base nature. So, I will follow my nature and the scorpion will follow his. My nature granted life to another creature and his nature caused pain and suffering. Can you decide and tell me, which nature is better to cultivate?"

[Excerpt from the Anugraha Bhaashan of Shree Krishnananda Theertha Mahaswamigal.]

Yes, most of us have come across some kind of noxious creature(s) in our lives, and invariably they cause us pain, loss or grief. However, we cannot pass judgement on such people. They will do only what is true to their character. The one who lies, deceives, cheats, defames and pulls down others, has these same qualities stored within him.



You can only give what you possess, or what is inside you, and hence they continue to cause hurt and harm to other people.

While none of us are blemish free, we can strive and aspire to rise to the highest standards that a human being can rise up to. Our prayers hold within them, the source and the substance of such a change. It is a long and hard road towards developing the discipline to say your prayers, to read the scriptures and to walk the path of Asha (Righteousness).

I cannot sufficiently stress the benefit of doing your kusti each and every day. It is the one act that purifies, guides and strengthens your spirit. So many of us have abandoned this basic practice which is our glorious inheritance from the time that our Navjote is done. We have to seek the tremendous merits of being in connect with Pak Dadar Ahura Mazda. It is only His divine guidance that will lead us to find deep wells of compassion, generosity and radiance within ourselves. Do your kusti every day, it is the path that will lead you to find a richness in your life which will transcend all pain, sorrow and suffering.

Through the holy vibrations of the Kusti prayers let us cultivate the habit of Good Thoughts, Good Words and Good Deeds!

In My Sore Need I Come To Thee For Help, 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.



My life is a great trust thou hast committed to me. Help me to discharge it aright. Help me to shoulder the heavy burden of life's responsibilities. Thy helping arm is my only stay, when life's difficulties loom large around me. When I sail over life's stormy sea, I am safe only when thou art at the helm to steer the ship.

When life's trials and tribulations surge around me, when sad news breaks my spirit, when misfortunes drive me to despair, when the depression of spirit steals on me, when heavy and desolate grows my heart, when dark is the cloud of depression on my soul, my courage flags and fails me and weak and weary and wavering I become. When I grope in the darkness, look where I may, I find none who can rescue me from my overwhelming difficulties.

As the hungry heart clamors for food and the parched lips thirst for water, so does my soul look eagerly to Thee for help, for nothing than Thy own help can deliver me out of difficulties. Thou art my final hold, when I have nothing to hold in my unbearable trouble. Harken unto the cry of my soul and be my help.

Into Thy hands I put myself, for Thou dost stretch out thy hands and help all who beseech Thee for help. Braver becomes the spirit of the brave, when Thy protecting wings cover him. Spread, then, Thy sheltering wings over me for protection, my kindly savior!

Strong and powerful have I become, since I have been in league with Thee and Thou dost guard and guide me with ever watchful care, Ahura Mazda!

Fathered In Tenderness

Veera 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

It's ridiculous to always assume that a woman's maternal instinct kicks in the minute that long harrowing labour is complete. Believe me, there is nothing easy or remotely beautiful about the process of giving birth. I dare you to ask a woman moments after that gruelling experience, chances are you'll be sporting a black eye or a broken nose... or both, soon after. Oftentimes hubbies are caught completely off-guard, unaware that his wife's vocabulary was so colourful, leave alone that she was even capable of spitting out a string of these, more profusely than a seasoned sailor - giddy and inebriated! Now those courageous ones, bold enough to have participated in that beautiful moment of giving birth (and not passed out during all that gore, mess and chaos) usually come out brandishing scars and bites, scratches and marks, with a fantastically dazed reality check, scarred for life - sporting a new evolving respect for all womankind. They often take some time in holding that screaming, scrawling baby, all squished and red, often secretly wondering if those looks will improve or that pair of lungs and those vocal chords would temper down in time.

Now, men, typically, aren't naturally equipped for parenthood - they neither have the skill set nor that DNA makeup mother's do but, all in all, good partners often armed with their manuals of 'What To Expect When You're Expecting' or 'The Wonders Of Parenting' are usually fired on all cylinders from that moment of the water breaking. That they contribute largely to the chaos and commotion subsequently is another matter altogether, for we really do know that men are terrible in times of even the slightest stress or panic. You see, it's called the maternal instinct for a reason, but that is not to say that over long periods of time, abundant patience and a



whole lot of training, men would, in turn, not contribute equally and somewhat efficiently as women do. I know my father did, and exceptionally well, too!

They say Father's Day was clearly an afterthought on the holiday calendar. Literally tacked on at the last minute... Mother's Day was officially recognized in 1914, but dads didn't get their official Day until 1972! For all purposes, Father's Day is the family slacker of the phony holidays created by greeting card companies. Now, whether this is true or not, I am mighty glad to recognise and agree that fathers across the world are given the credit they truly deserve. Come on, it's not a competition for god sake. Moms are moms but dads are just cool!

Throughout my growing up years, I was an exceptionally adjusted child for the simple reason that I really had no fears. A bad nightmare is all it took - one look around and I'd see my father looming large, over my bed to know that dragons, demons and wild creatures were blighted almost instantaneously in his presence. There was never a problem that was not solved with ease, nor tears dried with the tenderest care; Not a woe or a wound that was not tended to in the gentlest manner. He was an enigmatic story-teller, a charmer, a walking talking dictionary, a veritable encyclopaedia

of knowledge. Growing up, dads are superheroes and 'If protection is a shield, I think most dads wield it!'

Mothers are, by and large responsible, while Dads are super easy. I mean come on, haven't you experienced that perfectly laid out table always sporting that French lace and shining, polished, sterling cutlery laid out for every damn meal... you'd think royalty was visiting for every single one of them! Minding your manners and your mouthfuls under her discerning eye, she could make each meal a concert in etiquette! And, on those rare occasion of her absence, a movie night or those girls' night out, long awaited! Then, we'd have ourselves an easy, laid back, daddy time, feasting on pizzas, burgers and fries - eaten straight out of the boxes - no fuss, no frills, lounging on sofas, greedily devouring those, along with a medley of wildly scary and restricted movies - neither permitted nor warranted for children by mothers and censor boards alike! Oh dads are insanely cool and fun to hang out with - that's for sure!

Having a great Dad is making sure that every kid turns out to be a Rockstar in his/her own right! Have you experienced your local neighbourhood parks and playgrounds turning into those wild rodeos with strange young boys and girls, scuttling, screaming, bullying and fighting, the rules much the same for youngsters as adults... it's survival of the fittest, quickest and mightiest. Kids will be kids, and knowing your son got into a scuffle with the local bully to claim his place on the swing-set, will have mothers chastising their sons on rude and rowdy behaviour, with dads nodding in tow. But as soon as that female influence is out of earshot, the only inquiry will be, "Did you manage to knock him down?" To which, you hesitantly nod and then with pride in his eyes and a smug grin he asks, "How hard?" Alright then! You can

surely believe that all dads want their kids to grow up into tough cookies - ready to face the world's challenges head-on and secretly harbouring ambitions of their sons flexing muscles and skills at some heavy weight championships of some other notoriously combative sport, which involves enough diving and histrionics to entertain the world!

Having your parents on Sports Day or for that football match is all about getting an earful from your dad about a suggested link between soccer's fiery footwork and the leg dexterity underlying an effective game... While all through, hearing disgruntled murmurs from mom, about how Ronnie's mom is a veritable Fashionista, always sporting a new pair of sunglasses and wide-brimmed hats, while she has to make do with whatever few possessions she has to hold her in good stead. Oh yes! They do have different perspectives on almost everything!!

If you're a girl and you have an awesome dad, chances are, you're gonna turn out to be a tomboy! You will climb tress and go rock-climbing and sailing. You will grow up with scruffy knees and scraped elbow. You will hang out with boys and never hesitate to go fisticuffs with any. You will ride bicycles and play sports. You will turn out fierce and independent, cause dads just do that - they make their little girls soldiers and tough. He will always be your first and last love. He will spoil you rotten and years later, it will take a unique kind of man to fill the shoes your father wore. No one in this lifetime can ever make a daddy's little girl feel as secure as her Pappa, even if it means his seeking 'mommy's permission' for just about everything!

And when you're all grown and flown, he will be the hero of all your childhood adventures, your idol growing up. He will be your friend philosopher and guide and on your graduation day, he will be the one to tell you with pride, "You're going to do great things," or "You're going places, kid!" And in his words will be cemented your belief, hopes, confidence and aspirations for your life!



Lord Bilimoria Elected First BAME Head Of Confederation of British Industry - Pledges To Fight For Greater Boardroom Diversity -

Parsi Times is delighted to share that our very own, Indian-born Lord Karan Bilimoria, the business tycoon and founder of the famous global brand - Cobra Beer, was elected as the very first 'Black, Asian or Minority Ethnic' (BAME) Head of the Confederation of British Industry (CBI). He was elected as the new CBI President at its Annual General Meeting (AGM) held on 16th June, 2020. John Allan CBE, the outgoing CBI President, becomes the organisation's Vice-President. Lord Bilimoria was voted in by an overwhelming majority of CBI members, who participated in the ballot, thus making him the first President in the organisation's history from a (BAME) Black, Asian and Minority Ethnic background.



Speaking on his appointment as CBI President, Lord Karan Bilimoria said, "I am honoured to be President of the CBI during this hugely important time for UK business. As the four nations of our country embark upon an ambitious economic recovery plan, I will do all I can to help ensure we build back better through inclusive and sustainable growth.... Ensuring the CBI is seen as a home for entrepreneurs and SMEs is first among my top four priorities during my time as President. Secondly, establishing the UK as a trading powerhouse, which

is vital for our future prosperity. Thirdly, I will use my background in higher education to champion the UK's unique soft power offer. And last but by no means least is the importance of acting to increase inclusive workplaces. Diversity drives better decisions. And it will be my aim to get better Black, Asian, and Minority Ethnic (BAME) representation in boardrooms across the country."

Dame Carolyn Fairbairn, CBI Director-General, said, "We're delighted Lord Bilimoria has been elected as CBI

President. His experience, global outlook and tenacity will prove invaluable to the CBI and the UK business community."

Born in Hyderabad to an army household, with his father being a senior Indian Army Chief, Lord Bilimoria moved to London in 1981 and qualified as an accountant with Ernst and Young. He studied Law at Cambridge University and led its debating team against that of Oxford University. In 1989, he established his brand, 'Cobra Beer', which soon became the mainstay across thousands of Indian restaurants in Britain and across the world. He remains its Chairman to this day.

He was also founding Chairman on the UK-India Business Council; the former Chancellor of Thames Valley University (now the University of West London); as also the youngest University Chancellor in the UK when appointed. In 2014, he was appointed as the 7th Chancellor of the University of Birmingham. He is also Chair of the University of Cambridge Judge Business School Advisory Board. Lord Bilimoria has been an Independent Crossbench Peer in the UK House of Lords for 14 years now.

Dexamethasone Raises Hopes In Fight Against Coronavirus

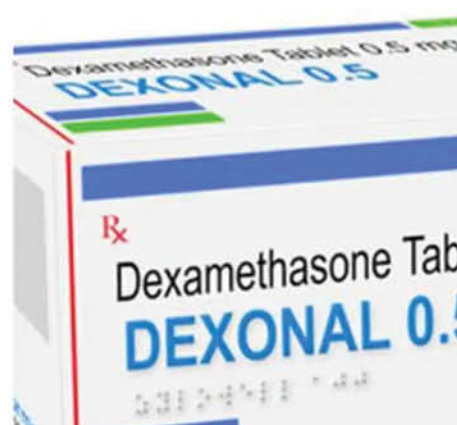
On 16th June, 2020, the world heaved a sigh of relief, with the announcement from the British Press as regards the low-dose steroid treatment of 'Dexamethasone', confirmed by UK experts, as a major breakthrough in the fight against the deadly novel coronavirus. Dexamethasone is part of the world's biggest trial testing existing treatments to see if they also work for coronavirus. It cut the risk of death by a third for patients on ventilators. For those on oxygen, it cut deaths by a fifth. Had the drug had been used to treat patients in the UK from the start of the pandemic, up to 5,000 lives could have been saved, as per UK researchers. The UK government has 200,000 courses of the drug in its stockpile and says the NHS will make Dexamethasone available to patients.

Dr. Michael Ryan, the Emergencies Chief, WHO, welcomed the news but said it was too soon to change how patients are treated. "It's one of the breakthroughs we're going to need to effectively deal with COVID-19, but it's still preliminary data," he said at Press briefing held on 17th June, 2020. "We will pull together the necessary expert

group... and come to a decision around our clinical advice to countries," he added.

Ryan said that this is not the time to rush to change clinical practice and that it was crucial to understand issues like what dose should be used on patients, how patients would be assessed and if there were adequate supplies of the drug. When the British researchers announced their findings, the department of health said the dexamethasone had been approved to treat all hospitalized COVID-19 patients, effectively immediately. WHO Director-General, Tedros Adhanom Ghebreyesus, noted that in the last two months, more than 6 million coronavirus cases have been logged and said cases were still accelerating globally.

These findings have brought India's anti-inflammatory steroid Dexamethasone market under the spotlight. While medical experts here are still studying the findings to understand how beneficial it may be as part of India's treatment protocol for COVID-19 patients, industry executives expect global demand for the drug to shoot up, like in the case of Hydroxychloroquine



(HCQ), earlier.

The Indian Council of Medical Research (ICMR), on June 13, 2020, recommended the use of this drug in the clinical management of moderate cases on oxygen support. "This (the trial's findings) is a clearly good observation in the ventilator cases," said Dr Shashank Joshi, member of Maharashtra's COVID-19 Task Force, in the Indian Express. While this is a welcome development, the Task Force is studying the full text of the trial before taking a call on how to incorporate it in their clinical management protocol.

Indian pharmaceutical firms have



the largest share of the global volume - around 46 per cent - largely driven by the country's own consumption of the drug. Pharmaceutical Export Promotion Council (PHARMEXCIL) Chairman, Dinesh Dua expects the demand to get "bigger" than what India experienced for Hydroxychloroquine. "Unfortunately, the API (active pharmaceutical ingredient) for Dexamethasone mostly comes from China. There are hardly one or two manufacturers in India, and they too have a very small capacity. It's all dominated by China," said Dua, in the Indian Express. So far, no demand for the drug has been flagged to the export promotion body, but "these are still early days", he concluded.

Kudos To 'Team Pehchaan' For Food Distribution Drive

Established in 2018 and brilliantly spearheaded by dynamic Trustees Freyaz Shroff (Founder), Dinshaw Tamboly, Rashna Cooper and Ami Mediretta, 'Pehchaan' - an initiative of the KurNiv Foundation - has come a long way in supporting and promoting the education and overall wellbeing of children from the underprivileged strata of society. Team 'Pehchaan', comprising young and dynamic go-getters, has been successfully furthering the cause ever since, and has played a great role, especially during the challenging Lockdown period brought on by the Pandemic.

According to the spirited 'Team Pehchaan', "While so many frown and worry about our business turnovers, there's a section of our society whose problems are much larger to comprehend as they struggle to get

even one meal together for their family. There are families with young students, living in our slums who are dealing with unimaginable circumstances. They are unable to continue their education online due to poor connectivity, lack of WiFi or instruments or just inability to afford data connections. Talk of online examinations or even research projects as a replacement for finals have induced much fear of losing out on their degree. Many of their parents have lost their jobs or incomes; many of their parents work at our homes or offices as maids, drivers, peons or watchmen. While we enjoy the luxury of working from home, the fear of spreading the virus halts their work and earnings altogether. It has never been more important to support and uplift this section of our society."

Adopting a no-blame attitude and stepping-into-the-solution, Team Pehchaan's campaign was led by youth between the ages of 15-21, with the support of its trustees. With the nation under lockdown, the Pehchaan Team realised many peers in the slums were left without groceries and launched a Youth for Youth Food Distribution Drive. Over the last 8 weeks, they have served over 400 families across 6 slums in Mumbai. Drives have been conducted by the Pehchaan Changemakers in Bandra, Mahim, Worli, Lower Parel, Colaba and Cuffe Parade, providing many with the hope that help will come to those who need it.



To step into the solution with 'Pehchaan' and contribute towards this noble cause, and for other queries, Contact: +91 9892273973



"The wide gap between cultural mentality and society's mindset has to be bridged if our country is to progress and become a world leader. Every effort, whether big or small helps and I am proud and delighted that KurNiv Foundation through its 'Pehchaan' programme is admirably going about bridging this vital gap in their own unique and effective way."

- Dinshaw Tamboly, KurNiv Trustee

"It has taken years of grit and hard work for low income families to crawl out of the poverty trap. The unfortunate events of the last few months have turned back the clock for many of these families. At Pehchaan, we have tried, in a small way, to engage with students living in slums, to sustain them and their families, and to help them realise their hopes and aspirations."

- Rashna Cooper, KurNiv Trustee

"Let it not be the loss of a privilege that makes you understand its value, for by then it may be too late. Feel it today. Be grateful today. Share the blessing with those less privileged today! At Pehchaan, we believe not only is it time to understand this gap in privilege, but also time to create an equitable platform on which all are afforded equal opportunities to grow and succeed!"

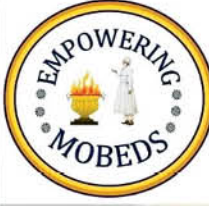
- Freyaz Shroff, KurNiv Founder Trustee

As Team Pehchaan works tirelessly to bridge the inequitable education gap during this lockdown to level up all those involved with the program, they urge you to join hands and lend you support to them - every step, big or small, in the right direction, will make a difference!



EMPOWERING MOBEDS IS CONDUCTING ONLINE CLASSES FOR OUR PARSİ / IRANI ZOROASTRIAN CHILDREN.

Date : Saturday 20th June, 2020.
Time : 11:00 - 11:40 a.m.
Venue : Online (See description for more information)



HUMBANDAGI BY OSTA. SHARUKH K. KARKARIA
KUSTI PRAYERS BY ER. KERMAN FATAKIA
KNOW MORE ABOUT THE JASHAN CEREMONY !
FROM OUR SPECIAL GUEST
ER. ASPHANDIAR DADACHANJI

Thank you for your participation last time
SPECIAL ANNOUNCEMENT !
A QUIZ WILL BE CONDUCTED AND
AN AMAZON GIFT VOUCHER IS UP FOR GRABS !!!

Disclaimer : Limited Seats on a first come first served basis
The organizers reserve the right to regulate online participation.
background image courtesy : Er Hormuz Dadachanji

WZCC-WE Holds Interesting Webinar On The Perfect Portfolio Recipe Designed For Women



On 5th June, 2020, the Women’s Entrepreneur Wing of WZCC held a webinar titled ‘The Perfect Portfolio Recipe - Designed for Women’, which was attended by 54 participants from India and the USA.

Swati from DSP introduced the concept of investments in the first half of the webinar, infusing confidence in women participants and encouraging them to select different investment tools, like Fixed deposits,



Real estate, Equities and Gold, in intelligent proportions to make a good portfolio. She emphasized how every asset had its own strengths and needed to be customised as per different individual needs.

In the second half, Financial Advisor - Maher Dhamodiwala, from Financial Artists, addressed queries related to early retirement, financial freedom, safety nets, purchasing properties, financial planning towards taxes, vacations, charity and children’s education.



He explained, with interesting live case studies, how failing to plan ultimately leads to planning to fail since factors like inflation, risk of one’s life, job uncertainty, emergencies and competing priorities could deter one from achieving their financial dreams. He shared a financial calendar to demonstrate financial planning for all of life’s requirements.

The Webinar concluded with a Q and A session followed by a vote of thanks.

Avesthagen Releases First Complete Zoroastrian-Parsi Mitochondria Reference Genome:

The study unravels mitochondrial signatures linked to persian origin, longevity and associated health conditions.

Avesthagen Limited, with support from the Foundation for a Smoke Free World, New York, USA, is developing a systems biology-based approach for the early predictive diagnosis of tobacco related cancers such as lung, head and neck, esophagus, stomach, colon, prostate and bladder cancers to achieve cessation of smoking. Since 2008, The Avestagenome Project® has been collecting a bio-bank of Zoroastrian Parsi blood samples and extensive patient data from over 4,500 members of the community.



The research, in specific, found a lack of association with lung cancers and low frequency of DNA mutational signatures associated with Tobacco smoking carcinogen induced cancers in the Parsi community, attesting to unique non-smoking social practices practiced in the community, whose origins go back a millennia. The research work now released on bioRxiv converges ancient history, human migration, endogamous population genetics, social behavior and customs that express in genetic signatures of wellness and health.

Dr. Viloo Morawala-Patell, Founder and CMD, Avesthagen Limited and The Avestagenome Project®, says, “We believe in bringing science to life by drawing it out of the confines of the laboratory and setting it free to work in the real, everyday world.” Both - Avesthagen Ltd. and The Avestagenome Project® - were built on the bedrock of understanding and extrapolating diversity, from environment to human communities. The Parsi-Zoroastrian community, renowned for its philanthropy, will be contributing through The Avestagenome Project® to global health, through a deeper understanding of genetics, disease and environment.

Established in 1998, Avesthagen Ltd. is a global systems biology innovation company, uniquely positioned to help solve some of the world’s biggest health challenges. Since its inception, Avesthagen has introduced new products and patent applications every year, serving the life science, food and pharmaceutical markets. Avesthagen continues to build on this heritage by partnering the Foundation for a Smoke-Free World to tackle unprecedented health, wellness and other challenges facing our world today. To learn more about Avesthagen and its research project, log on to: www.avesthagen.com.

Recognizing the importance of the Parsi cohort and the unique system’s approach to research, the US-based, ‘Foundation for a Smoke-Free World’, whose mission is to end smoking within this generation, awarded Avesthagen - ‘Cancer risk in smoking subjects assessed by next generation sequencing profile of circulating free DNA and RNA’ - to prioritize research into lung and tobacco-related cancers.

In order to gain a clearer understanding of the historically recorded migration of the Zoroastrian-Parsis, decipher their phylogenetic relationships and understand disease association to their individual mitochondrial genomes, Avesthagen generated the first complete de novo Zoroastrian-Parsi Mitochondrial Reference Genome, AGENOME-ZPMS-HV2a-1. Phylogenetic analysis of additional 100 Parsi mitochondrial genome sequences, showed their distribution into 7 major haplogroups and 25 sub-haplo groups and a largely Persian origin for the Zoroastrian-Parsi community. Individual reference genomes for each major haplo group were used to assemble the Zoroastrian-Parsi Mitochondrial Consensus Genome (AGENOME-ZPMCG V1.0) for the first time in the world.

The study identified 420 mitochondrial variants in the Zoroastrian-Parsi genomes. Bioinformatic analysis of these variants showed a presence of longevity as a trait and associated conditions like cancers such as colon, prostate; Neurodegenerative conditions like Parkinsons; rare diseases like Lebers Hereditary Optic Neuropathy and Asthenozoospermia - a fertility disorder. Furthermore, the study uncovered 12 unique variants, previously unreported for other populations which are under further investigation.

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Est. 1985

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Get your fill of our Mutton/Chicken Dhansak; Khima Ghotala;
Papeta Ghosht; Sali Boti/Chicken; Bheja Fry; Chicken Farcha;
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Monsoon Ailments Care & Cure By Pureganic

The arrival of the eagerly awaited monsoons will bring relief to all of us, by placating the sizzling heat that we have endured this year. All the same, monsoons bring along ailments, which we need to encounter. The best way to combat monsoon health challenges is to keep our immune system strong, to manage health issues in a better way, keeping us free from viruses and infections.

The journey began a decade ago for Pureganic, a socio-economic enterprise floated after 4 years of rigorous research. Based on references of rare books of Mahrishi Charak and under the able guidance enriched with 55 years medical experience of Dr. N K Shah, Pureganic pursued the focussed objective towards value addition to pure and chemical-free farm produce. The effort was to make organic products directly available to urban consumers, linking farmers to modern technology, government programs and markets, thereby increasing their income and thus preventing farmers suicides.

Pureganic specializes in Tulsi and Haldi Arks (Liquid Concentrates) which are unique and exclusive. These are natural combinations to prevent or combat lifestyle diseases like fever, cold, cough, depression, cancer, tumor, Blood Pressure, Chemo/Radiation therapies side effects, immunity disorders etc. Unique varieties in Honey like Brahmi (Coolant and Brain Tonic), Tulsi (Allergy, Cough, Cold), Acacia (Joint Pain), Haldi-Cinnamon (Sore throat and cough), Jamun (Diabetes) is their speciality. Bilona Pure Desi Gir Cow Ghee made from A2 milk, prepared in the

traditional Vedic manner, is highly recommended for good health and healthy Heart.

The regular use of these 100% organic and natural health food products empowers diet, detoxes and immunizes our body, fights effects of radiation (mobile, laptop, TV etc.) and pollution (air, food, water). Highly beneficial for all ages - from 6 months to senior citizens - these are not medicines but diet additions that promote good health. These tasty, convenient to use superfoods detoxify, immunize, provide balanced nutrition, act as natural vitamin and mineral supplements.

Vikas Shirodkar - Director (Basil Human Resources Advisory Services) shares his feedback: *"I chanced upon the Pureganic range of products and by now, have tried out several and find all of them absolutely amazing. The quality of every product is exceptional. The purity of ingredients is remarkable. There is a wide range of products available and am sure every customer will find something of utility by looking at the brochure. Once you buy the product, experience the quality and enjoy the experience, you will look forward for these organic, natural and healthy products. I heartily recommend all to try Pureganic products. Me and my family are certainly getting the health benefits."*

Pureganic has range of organic, natural & herbal health food products, with no side effects. For more information, availability & free home delivery, please Whatsapp/SMS on 9820812244.

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WZCC Toronto To Hold Webinar On Online Business Building

By Arashasp Shroff, Secretary, WZCC Toronto Chapter

WZCC's Toronto chapter will hold its third webinar titled 'How to Build an Online Business through Shopify', on June 27th, 2020, at 9:30pm IST (12:00 pm EST; 9:00 am PST), lead by Tanya Hoshi, Producer at Shopify and Co-Founder of the Zoroastrian Apparel Brand, 'Dhansak & Co'. This interactive workshop will focus on how to create an online store from home and different ways you can start an online business, using Shopify. This workshop is helpful to current and potential entrepreneurs.

Even those without a background in business, web design or coding can learn how to create your own online store, with simple and easy to follow steps, along with useful free resources provided by Shopify.

A film-maker for the last seven years, Tanya Hoshi turned entrepreneur and has produced several Zoroastrian films which can be viewed on her website. She produced the documentary, 'Turning Tables', which premiered at Hot Docs International Film Festival and was recently acquired by CNN's Great Big Story. She also produced and directed the award-winning web series, 'Blackout'. In 2019, Tanya co-founded Dhansak & Co. and launched her first online store using Shopify. Today, she owns three online businesses and enjoys teaching others how to leverage Shopify to create and launch their own online business! The webinar will start promptly at the mentioned timings, preceded by a brief introduction by Chapter Chair, Cyrus Patel; and will conclude with a Q&A with speaker - Tanya Hoshi.



WZCC TORONTO PRESENTS:

Tanya Hoshi

How to Build an Online Business through Shopify

Saturday, June 27th,
12 pm - 1 pm EST
9 am - 10 am PST
9:30 pm - 10:30 pm IST

To register, please email:
wzccutoronto@gmail.com

Link to join on Zoom: <https://us02web.zoom.us/j/82189876222?pwd=OVJLZ2tiWjQvSFVOb2QxTkRmbkM3UT09>

The Annual Solar Eclipse: Understanding, Precautions And Prayers



The Annual Solar Eclipse, which will take place on Sunday, June 21, 2020, begins in Mumbai at 10:00am and ends at 1:27pm, lasting for 3 hours and 27 minutes.

An Understanding: A Solar Eclipse occurs on a new moon day, when the moon comes in between the earth and the sun, with all three aligned in a line. An Annular Solar Eclipse occurs when the angular diameter of the Moon falls short of that of the Sun, so that it cannot completely cover the latter. As a result, a ring of the Sun's disk remains visible around the Moon.

Indian stargazers and enthusiasts will be able to view the annular phase of this eclipse in the morning from Rajasthan, Haryana and Uttarakhand, while it will be visible as a partial solar eclipse from the rest of the country. Dehradun, Kurukshetra, Chamoli, Joshimath, Sirsa, Suratgarh are few cities where the annular solar eclipse would be visible. Cities in addition to Mumbai, where the partial solar eclipse would be visible include Delhi, Ahmedabad, Pune, Nagpur, Nasik, Chandigarh, Mumbai, Kolkata, Hyderabad, Bengaluru, Lucknow, Chennai, Shimla among others. Globally, the Annular Solar Eclipse will be observed from Congo, Sudan, Ethiopia, Yemen, Saudi Arabia, Oman, Pakistan and China.

Annular Solar Eclipse on June 21, 2020 in Mumbai:

Time	Event	Direction
10:00 am	Partial Eclipse Begins - Moon touches the Sun's edge.	75°
11:37 am	Maximum Eclipse - Moon is closest to the center of the Sun.	70°
1:27 pm	Partial Eclipse Ends - Moon leaves the Sun's edge.	294°

In India, the obscuration of the Sun by the Moon, at the time of greatest phase of the Annular Eclipse, will be nearly 98.6%. Obscuration of the sun by the moon at the time of greatest phase of partial eclipse will be around 62% in Mumbai; 94% in Delhi; 80% in Guwahati; 66% in Kolkata, 37% in Bangalore; and 34% in Chennai.

Precautions: The eclipsed sun should NOT be viewed with the naked eye, even for a short time as it could result in permanent damage to the eyes, in some cases, leading to blindness, even when the moon covers the greater portion of the sun.

Safe techniques to observe the solar eclipse is by using proper filters like aluminized mylar, black polymer, welding glass of shade number 14; or by making a projection of the Sun's image on a white board via a telescope.

Suggested Prayers During the Eclipse:

Parsi Times Columnist, Daisy P. Navdar says, "Tomorrow marks the advent of a very major event in our galaxy. It is the Solar Eclipse. As per the Hindu pantheon, the eclipse is a time of magnification. It magnifies the energy of the Sun that reaches the Earth. Therefore, during this time, it would be beneficial to perform good karmas. Donating clothes is one way of doing this. However, taking the same thought forward, we have never restricted ourselves to certain days of the year to do charity. We are indeed known for our charitable outlook towards all other humans and animals!

We have two prayers completely dedicated to the Sun - the Khorshed Nyaish and the Meher Nyaish. It is particularly important to recite these prayers after doing your Kusti, Sarosh Baj and Havan Geh. Of course, the more you recite the benediction to the Sun, the better; but it is sufficient even if you could recite these prayers once between 10:00 am and 12:30 pm IST on 21st June, 2020. Your prayers will magnify and bring to you and to all those around you, the marvellous blessings of our mighty Sun - the centre of our existence, and the most brilliant of the Creations of Pak Dadar Ahura Mazda!"

The NCPA@home Initiative: Excellent Entertainment For Music Lovers

The NCPA@home initiative by the National Centre for the Performing Arts, Mumbai, began its YouTube broadcast series on 3rd April and continues to present performances from across the genres of Western classical, International and Indian music and dance, curated from the NCPA's archival library. Week after week, viewers have watched the Symphony Orchestra of India's presentation of great orchestral works, concerts by the New York Round Midnight Orchestra and Mud Morganfield, recitals by stalwarts including Girija Devi and Zakir Hussain, classical dance presentations by Mallika Sarabhai, Aditi Mangaldas, and more.

The digital series has opened up the universe of the NCPA's offerings to an entirely new audience beyond Mumbai and India, the number of subscribers to its channel having doubled in just two months. Artists are regularly invited to interact with viewers using the Live Chat option on YouTube as their performances are streamed online. The NCPA has also

joined hands with Tata Literature Live! to stream a stimulating session from Mumbai's annual literature festival, every Friday.

This weekend, NCPA@home celebrates World Music Day with two stellar shows. On 20th June, 2020, at 6:00 pm, melodies of Broadway hits like The Phantom of the Opera, The Sound of Music, and Jesus Christ Superstar will be presented in a jazzified avatar. And on 21st June, versatile singer, Javed Ali's soulful rendition of Sufiana songs will be streamed at 6:00 pm [<https://www.youtube.com/thencpamumbai1>]

In better times, when audiences return to the theatres, this experience of making its artistic treasures available online will only serve to guide the organisation in its future endeavours. Farrahnaz Irani, General Manager - International Music, sums it up, "It is the beginning of a new era for us at the NCPA to experiment and push our creativity through a technical vision to audiences via digital platforms."

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

JAZZ GOES TO BROADWAY

Timeless tunes from the musicals: Jazzified!



Rajeev Raja Flute | Rahul Wadhvani Piano
Bosco Monsorate Trumpet | Jarryd Rodrigues Saxophone
Nakul Mehta Saxophone | Adil Manuel Guitar
Karl Peters Bass | Aron Nyiro Drums

This event was staged on May 5th, 2019 at the Tata Theatre, NCPA.

Saturday, June 20th | 6:00 pm

This event will be available for viewing till June 26th.

www.youtube.com/TheNCPAMumbai1

Facebook Twitter Instagram /NCPAMumbai

Katayun Saklat – Stained Glass Artist Extraordinaire



BURJOR DUSTOOR

Since time immemorial, the ethereal beauty of stained glass has mesmerized us all. A popular craft over centuries, it was mostly associated with medieval cathedral windows, but its elegance continued to capture the loyalties of artists, and today, a good number of contemporary artists create and employ its magnificence to adorn more than just church windows. What used to be an ancient work of art, known to typically portray biblical imagery, has over the past few decades, been setting a new trend, in its own right – in terms of both - arts and architecture.

Today, stained glass designs transform modern homes, art galleries and commercial spaces, creating, with their exquisite beams of colour and light, an enchanting gleam that transports the observer across different realms. When primeval and contemporary meet halfway, we can expect to revel in a visual extravaganza comprising the best of both worlds – as is dazzlingly evident in the stained glass works of this Kolkata-based, 82-year-old, artist extraordinaire - Katayun Saklat. Talented stage and Bollywood artist, as well as Home-Chef, Burjor Dustoor, shares a profile of his immensely gifted aunt.

Born in 1938 in Kolkata (then Calcutta) to Homai and Rustam Saklat, Katayun's paternal grandparents lived in Kashmir, her father being the very first Parsi to be born there. He relocated to Calcutta in 1928 after his marriage working with Singer Sewing Machine Company. Katayun's mother, Homai, a homemaker, was a fabric-painter. Katayun schooled at The Calcutta Girls' High School, where her classmates included girls from diverse ethnic and religious backgrounds. From an early age, she and her sisters were taken to art exhibitions by their parents and this fostered a lifelong love of the visual arts.



Katayun Saklat

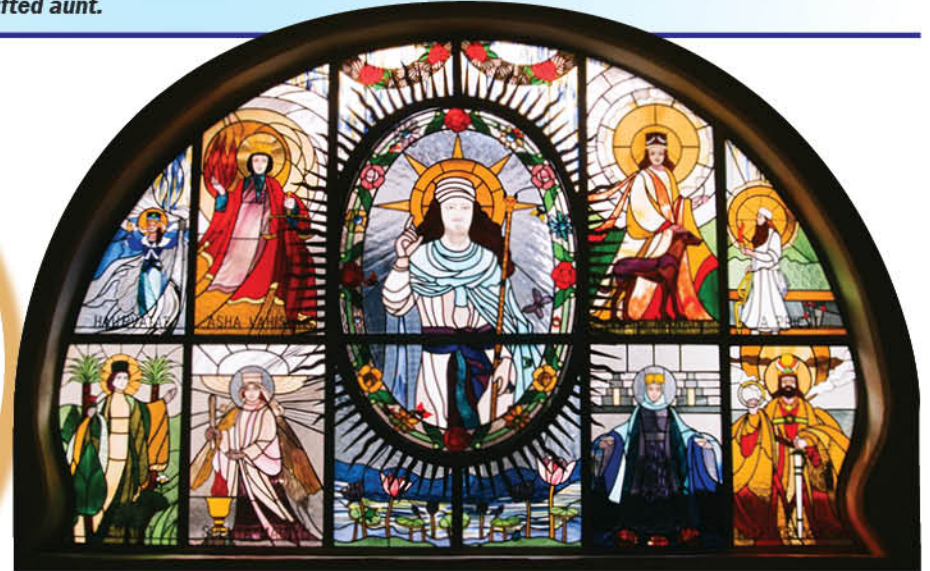
Artists who left an impression on her in those early years were Radhacharan Bagchi and Li Gotami (born Ratti Petit). After school, Katayun pursued her education for a year in Commercial Arts at Mumbai's Sir JJ School of Art, post which she returned to Calcutta to enrol in the Government College of Art and Craft, before finishing at The Indian College Of Arts And Draftsmanship. Her teachers included renowned artists Chintamani Kar, the then Principal of the Government Art College; and Arun Bose, who went on to achieve great fame as a printmaker in New York.

Katayun left for the UK in 1973, receiving three British Council grants, one of which included training under the legendary Medieval stained-

glass artist, Patrick Reyntiens, in Buckinghamshire. She returned to India in 1975 and started designing and creating stained glass handiworks; her influences during those years included architect Nari Gandhi and artist Pilloo Pochkhanawala.

Katayun is one of the most renowned and prolific designers of stained-glass in the country and her brilliant creations are displayed in several prominent public and private collections, including the fourteen panels at the Agiary in Calcutta. In 1997, at the Art Today Gallery in New Delhi, she held a major exhibition, showcasing nearly one hundred pieces, including those celebrating the seven major religions of the world.

Katayun is also a famous painter



in diverse media, including oils and watercolours. Her themes include still life and objects that take on a life of their own and imbibe the atmosphere around them, dreamscapes, Zoroastrianism and Parsis (whom she terms 'The Endangered Species'), flower studies, and much else.

In 1989, she founded 'Gallery Katayun' in Kolkata, aimed at encouraging and promoting young and upcoming talents, who would not necessarily find space in commercial galleries. Even today, she continues to mentor young and upcoming artists, alongside living her passion of designing and creating resplendent stained-glass pieces as well as painting. She paints practically everyday and hopes to do so for the rest of her life.

Katayun's greatest desire is to establish an Art Museum which will house beautiful objects from across the world and be open to members

of the public. She remains hopeful about the project in the future.

To the Parsi Community, Katayun says, "I am proud and privileged to have been born a Parsi. I feel that the younger members of the community should take to more creative professions and keep alive the great traditions of our community. Artists like Manchershaw Pithawala, Pestonji Bomanji, Jehangir Lalkaka, Mehli Gobhai, Jehangir Sabavala and Gieve Patel have made enormous contributions to the history of Indian Art and it would be wonderful to see the Parsi youth carry on this tradition and make our community and our country proud of their achievements!"



Winners Of 'My Perfect PAPPA' Contest

We thank all our lovely participants for sharing your amazing talents, celebrating the most important and dependable, central figure in our lives – our Pappa! Heartiest Congratulations to our Top Winners and Special Mentions. Winners are requested to pick up their prizes by connecting with PT Office at editor@parsi-times.com



WINNER 1: Dedicated to my DAD (Late Rohintan Nariman Patel)
By **Jenifer Cyrus Shroff**

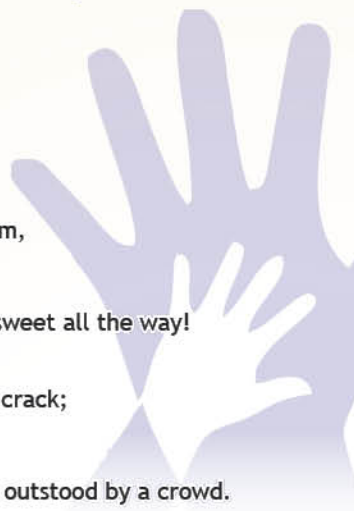


Our daddy big and strong,
Never let us do anything wrong!
Held our hand for a while until we grew taller,
But our heart he beheld forever!

Passion well tailed - classic British songs he would hum,
Our hip-hop remixes he would shun
Mom said, 'apple a day keeps the doctor away',
Dad maintained an ice-cream a day keeps the mood sweet all the way!

Our French 'emerveillement' - always had our back,
Even when mom's advice fell through the generation crack;
All of us his prodigies, of each he was always proud,
A self-assured hug, an assertive smile,
even when we were outstod by a crowd.

Grandpa promotion was an electric delight,
Stood tall, watched, heard; got everything an ask they might
Circle of life well cherished,
An empty space left behind never replenished.
A fleeting memory of his lovely smile,
Lights up the moments and makes us agile.



SPECIAL MENTION: MY PERFECT PAPP!
By **Delzeen Aspi Daruwala**

People say that mom's the only need,
But I don't think they've got the right feed,
There's someone else, who is behind the scenes,
Who clothes and feeds me, helps me accomplish my dreams.
That hero is my dad and I love him so much,
He has and will protect me at every touch!
To make my life happy, he'll leave no stone unturned,
He will smilingly eat my hand-cooked food - whether raw or burned!
He has no fuss and no complaints,
His needs are simple and plain.
Even a thousand pages won't suffice to write who you are,
Papa, I know that you'll always care for me, whether near or far,
May god always protect you in everything you do,
Because you fill my life with adventures and hue!

SPECIAL MENTION: By Zenobia Powvalla



WINNER 2: By Pakzan Khodiji



SPECIAL MENTION: Dedicated To Daddy
By **Kaiwan Elavia**

Waiting for you at the door
You pulled me up from the floor
From 2 to 4 you held me close to your chest
With little time for you to rest
Love and care you showered on me beyond compare
Like no other dad would ever dare
The tight hugs & kisses making me feel alive
With your sweet scent in a bee-hive
You are the greatest treasure chest for me
Because you have showered all your love like a tree
With each step I took, I learned from you
The things that I would never do
You gave me inner strength
So that I never feel let down by any dent
You are the King & will always be one
As you spread your love & knowledge with everyone
You gave me a life with so much richness
Leaving little room for any sickness
I wish you a healthy & prosperous life
With my little hands to hold you tight
My love for you is beyond measure
For you are my life's greatest treasures
I am waiting for you at the door
With my hands stretched out from the core
I love you daddy from the bottom of my heart
The way you have loved me from the start
You are the strongest dad in the whole wide world
As you showed me to always be bold

WINNER 3: My Daddy Is The Best
By **Anosh N. Irani (Age: 9)**



Daddy, I don't know from where to start,
I love you from all of my heart.
You are always there for me,
Taking me to the hills and the sea.

You have solutions for all my troubles,
When we have fun, my smile doubles!
You are always there, whether night or day,
You always show me the right path and the way.

Daddy, you are the best -
Better than the rest
You have taught me to dance and sing
You are my Super-King.

At phases you have scolded me,
Taught me how to be.
Not just a human being,
You make a gentleman of me.



The Bawa Word Search

Search out 16 Most Intelligent Animals In The World hidden in the word-jumble box below, in bi-directional, horizontal, vertical and diagonal forms:

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

- | | | | |
|------------|--------------|----------|-----------------|
| Chimpanzee | Dolphin | Elephant | Grey Parrot |
| Raccoon | Domestic Pig | Crow | German Shepherd |
| Pigeon | Cockatoo | Octopus | Squirrel |
| Red Fox | Orang Utan | Parrot | Sea Lion |



TechKnow With Tantra

SPARK

Spark is one of the better personal email clients and a revolutionary email for teams. With intelligent email prioritization, noise reduction, and the most advanced email tools, Spark is a good email cleaner which helps you focus on important mails which are immediately sent straight to the top of your mailbox. You can add multiple email accounts to Spark: Gmail, AOL, Hotmail, MSN, Yahoo, Exchange, iCloud, Outlook and more. Just zip through your inbox using cutting-edge email tools and reach Inbox Zero for the first time using features such as Snooze, Send later, Reminders and follow-ups and much more. Spark allows you to invite teammates to discuss specific emails and threads. Ask questions, get answers, and keep everyone in the loop. Thus you can create an email together, using the real-time editor to compose professional emails.

Android: <http://bit.ly/2xdywh7>

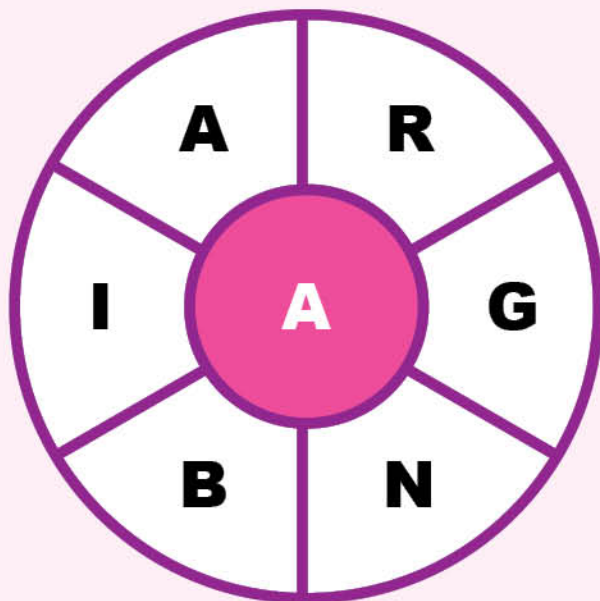
iOS: <https://apple.co/2RBcGhb>

SUDOKU

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

HOW MANY WORDS?

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



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

WINNING CAPTION!!!



Amit Shah: Bus kar, doba, bus kar! Nahi to maara daari na baal bhi khari jase!

By Katy Marfatia.

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 24th 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.

Ha! Ha!! Ha!!!

Cyrus The (Not So) Great!



Aapro Cyrus Broacha, the Brand Ambassador of Humour, is back to get your weekend started with laughs and giggles, as he unleashes his hilarious take on how bawajis are reacting to the easing off the lockdown, in our monthly column, Cyrus The (Not So) Great!

It was Fali, who put it beautifully, "Aare lockdown khallas thai gayo!!"

into my clinic, and sit shoulder to shoulder. If I ask them to stand outside, the reaction is always the same - 'Kitty! You are not only the groomer in town'. It's very tough to run a grooming business when the pet owners are so badly groomed themselves!"



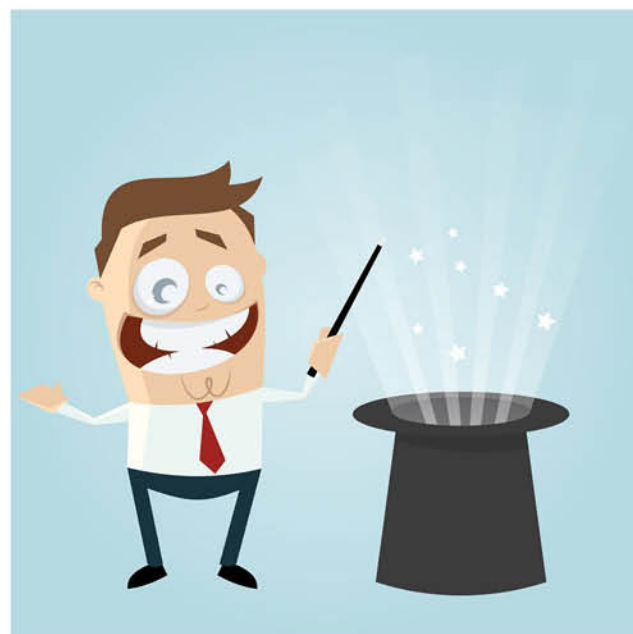
These words were the best sounding words in the last decade. Only other words that came close are, "Liverpool lead the E.P.L," and "Katy's left her husband." But these last few words are highly personal. Ironically, Katy's husband was a diehard Liverpool fan. But that's a story for another day...

In the meanwhile, the joy of partial lockdown, becoming lock-open has hit us! People across Mumbai are reacting differently, of course. Parts of Nala Sopara, with no wi-fi, still don't know about the partial lifting.

However, somewhere in Mumbai, a small group of intrepid Mumbaikars are all set to embrace freedom for the first time in eleven weeks!!! Let's meet a few of these gutsy, in your face, frank, forthright and sometimes 'fulli'bustering Parsis....



Fali Khambatta is a professional magician. His only aim with his magic is to make sure Parsis don't disappear. "You see, it's a delicate balance, upon resumption. I'm ready to do my magic tricks for parties, but I have to cut out a few of my most famous ones, like sawing a man in two. In any case, last year I sawed Katy's husband in two, much to her delight. But after he turned out to be whole and hearty, she got so upset she chased me around with a broom! She called it 'Jhadoo on the Jadoo'. Maintaining distance doesn't work in magic. You have to interact closely with your audience. I



mean if I take a 50 paisa coin from Fram's ear, you have to be close by to see that. By the way, only we Parsis still have 50 paisa coins." Poor Fali-bawa, his online magic shows aren't working on account of there being 2,27,069 magicians online, far better than him.

Kitty Sanjana is a beautiful and talented hair-dresser. Kitty is an animal groomer. Her clinic is called 'Kitty & Doggy'. Let's hear Kitty out... "Mine is a six-month old business. Animals are never the

problem. It's the owners who behave like animals. Social distancing causes crazy behaviour in humans... which I never see in animals. For dogs, it is simple - a dog smells another dog's behind, the behind story gives information if he's a friend or foe. And then, depending on the result, dogs maintain social distance, or try to hurt each other. Humans haven't evolved to using this derriere prone technique. They just pile



Arzaan Sidhwa is a young Parsee revolutionary. Fed up of not being recognized more by the State Govt. post Covid, he wants to start an organization, based loosely on Black lives Matter. It's called, Parsi lives Matter. So far, he has one member and one member alone - his mother. Arrey! I've just been informed his mother has left the organization, because last Sunday, Arzaan forgot to switch off his geyser, after his hourly bath. Let's hear Arzaan's thoughts... "When I saw George Floyd being brutalized, I was in tears. Partly from the onion I was chopping, but also from the visuals. Black people have suffered, and I stand with them. But Parsis have also suffered. You know when a tele-marketeer speaks in basic Hindi, I don't have a clue to what he is saying. Also, they talk very fast, even faster than that idiot Cyrus Broacha!! So many times in Govt. Offices, everything is in Devnagari, so difficult to comprehend. Often times, the letters don't speak basic Gujarati... see we are also victims of abuse! I hear words like 'Yeda', 'pawli-kum', 'one-nut-loose', 'Paagal bawa', sometimes even 'Irani', behind my back. It has to end! It has got to stop!! No more!!! No more!!! Parsee Lives Matter!!!" Sorry, we have to stop it there. Arzaan has been called in by his mom. He forgot to wash the dishes.



But I hope these examples have shone a torch on challenges India, Mumbai, and especially Parsis face on the road that we once travelled. Please dear readers, write in your own challenges as a Parsi Mumbaikar, and depending on our mood, we may or may not carry it the next time.

Now Parsis, begin again!

Presents Chef Delzad



Chef
Delzad K Avari

Delzad K Avari is a Le Cordon Bleu, London Alumni. His passion for cooking is aptly matched with his academic and vocational culinary achievements. His expertise has been honed with rich and varied experiences nationally and globally, including his stints with the Taj Mahal Palace and Towers (Mumbai); a Food Producer with Masterchef India - Season 2; and more recently, as a Sous Chef in Trinidad and Tobago! In Mumbai, Delzad runs a thriving home chef set-up under 'Del'z Kitchen' - an absolute go-to for all meat-lovers! Delzad also shares his expertise in Restaurant Menu Development and Consulting. His YouTube channel titled 'Chef Delz' has been also 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

In keeping with our Father's Day Special issue this week, Chef Delzad shares his 'No-Oven Rum Balls' recipe, sure to please the palate of our Parsi Pappas, along with 'Cheesy Steamed Eggs'.

**NO-OVEN RUM BALLS****Ingredients for the SPONGE:**

Flour – 5 tbsp; Castor sugar – 5 tbsp; Cocoa Powder (unsweetened) – 2 tbsp;
Baking Powder – ½ tsp; Vegetable oil – 2 tbsp; Dark Chocolate Chips – 2 tbsp;
Milk – 2 tbsp; Eggs – 2 pcs / Condensed milk – 70 g; Cooking cream – 1 tbsp;
Chocolate Ganache – 1 tbsp (recipe given)

Method:

1. Combine all the above ingredients in a microwave proof bowl
2. Mix together into a smooth batter with a fork
3. Microwave on high for 2 mins
4. Demould and allow to cool
5. Crumble the sponge, add the cooking cream, rum and chocolate ganache and bring together like a dough.
6. Shape into balls

For the CHOCOLATE GANACHE:**Ingredients:**

Dark compound chocolate – 100 g and Cooking cream – 100 g.

Method:

1. Combine the chocolate and cream and microwave for 1.5 mins
2. Whisk together till you get a smooth dark ganache. Cool.

FINAL ASSEMBLY:

1. Dip each ball in the cool ganache and coat it uniformly.
2. Place on a tray lined with butter paper and refrigerate in order to let it set
3. Garnish with chopped nuts of choice and serve cold.

**CHEESY STEAMED EGGS****Ingredients:**

Chopped onions – 1 small; Chopped garlic – 4 cloves;
Deseeded and chopped tomatoes – 2 pcs; Sliced mushrooms – 5 – 6;
Eggs – 2; Vegetable oil – 3 to 4 tbsp; Cooking cream – 1 tbsp;
Grated Mozzarella cheese – 30 g.

Method:

1. Heat 1 tbsp oil in a pan and cook the sliced mushrooms till golden brown.
2. Heat 2 tbsp oil in a pan, add the onions, garlic, tomatoes and saute.
3. Add mushrooms back to the pan, add the cream and cream cheese and cook till you get a thick mixture.
4. Add the chopped parsley and mix it in. Keep it aside to cool.
5. Use ramekins or ceramic bowls to layer the dish.
6. Fill ¾ th of the bowl with the vegetable filling and crack an egg on top of it.
7. Top with some chopped tomatoes, chopped parsley and grated mozzarella cheese.
8. Bring a pot of water to a boil, make sure there is enough water to cover at least half the height of the bowls
9. Place the bowls in the pot and cover it.
10. Allow it to steam for 5 – 7 mins for a runny yolk, or 10 – 12 mins for a firm yolk.
11. Serve hot with toasted bread.

THE TRUTH. DELIVERED WEEKLY.

ટેન ડિગ્રી ચેનલને કોસ કરનાર પ્રથમ કાયકર તનાઝ નોબલ ઇતિહાસ બનાવે છે:

તનાઝ કે. નોબલ, પોર્ટ બ્લેરના કાયકર, 'કેનકિંગ' દ્વારા લિટલ અંદમાન અને કાર નિકોબારની વચ્ચે સ્થિત 'ટેન ડિગ્રી ચેનલ' પાર કરનારા પ્રથમ કાયકર બનીને ઇતિહાસ રચ્યો છે.

તનાઝે ટેન ડીજી ચેનલમાં ૧૧૮ કિલોમીટરનું અંતર કાપ્યું હતું, તે ૩ માર્ચ, ૨૦૨૦ ના રોજ સવારે ૫:૧૦ વાગ્યે હટબેથી શરૂ થઈ હતી જે બપોરે ૩:૦૦ કલાકે ટેન ડિગ્રી ચેનલની શરૂઆત પર પહોંચી અને ૬:૧૫ સુધીમાં આ કોસિંગ પૂર્ણ કરી. તે પછી તે જ દિવસે લગભગ ૧૦:૦૦ વાગ્યે કાર નિકોબાર તરફ આગળ વધ્યા. તનાઝ આ રીતે પહેલી કાયકર બની છે કે જેણે પડકારનો સફળતાપૂર્વક પ્રયાસ કર્યો.

વિ. સેલવમ સેન્ટ્રલ ઇન્ચાર્જ, એસ.આઈ., એસ.એ.જી., પોર્ટ બ્લેરની વાતચીત મુજબ, આ અંડમાન અને નિકોબાર એડમિનિસ્ટ્રેશન દ્વારા તેને અવિચારી સિદ્ધિ બદલ અભિનંદન પાઠવવામાં આવ્યા હતા.



તેણે એ એન્ડ એન એડમિનિસ્ટ્રેશન અને કોસ્ટ ગાર્ડની ટીમને તેમના પુષ્કળ સમર્થન અને પ્રોત્સાહન બદલ તેમ જ કોચ, એસએઆઈ અને એસએઓ ટીમના અન્ય સભ્યોને તકનીકી સહાયતા વધારવા બદલ આભાર વ્યક્ત કર્યો હતો. પારસી ટાઈમ્સે અગાઉ તનાઝ નોબલનું રાષ્ટ્રીય પરાક્રમ આવી વીધું હતું, જ્યારે તે ૧૪મી એપ્રિલ, ૨૦૧૮ના રોજ, દેશના પ્રથમ ભારતીય મહિલા કાયકર બન્યા હતા. તેણીના પિતા તેમની પ્રેરણા છે અને તેમના સપનાને જીવંત રાખવા માટે પ્રોત્સાહિત કર્યા છે. તનાઝ ૨૨ વર્ષની ઉંમરેથી રમત પ્રત્યેના તેના જુસ્સાને આગળ ધપાવી રહી છે. સમુદાયને ગૌરવ અપાવવા માટે અને આપણા ઉભરતા ખેલવાઓને એક મહાન પ્રેરણા તરીકે સેવા આપવા બદલ આપણા સમુદાય વતી, પારસી ટાઈમ્સ, તનાઝ નોબલને તેમની ઉત્કૃષ્ટ સિદ્ધિઓ અને અપવાદરૂપ હિંમત બદલ, અભિનંદન પાઠવે છે.



બેપ્સી નરીમાનનું નિધન

એફ. નરીમાનના માતા, ખૂબ જ પ્રિય અને આદરણીય બેપ્સી નરીમાન, ૯ જૂન, ૨૦૨૦ ના રોજ, નવી દિલ્હીમાં ૮૯ વર્ષની વયે અવસાન પામ્યા.

રાંધણકામાં જીનિયસ, એક સફળ લેખક અને સ્વતંત્ર સ્ત્રી, બેપ્સી કુટુંબ અને મિત્રોને ખૂબ વહાલ અને પ્રેમ કરતા હતા તે નરીમાનના ઘરનો પાયો સમાન હતા.

બીજા દિવસે તેમનો અંતિમ સંસ્કાર કરવામાં આવ્યો હતો અને વર્તમાન સરકારના નિયમોને ધ્યાનમાં રાખીને પરિવારના સભ્યોએ હાજરી આપી હતી. તેમના કુટુંબમાં તેમના બાદ છે તેમના પતિ - ફલી, પુત્ર - રોહિન્ટન, પુત્રવધૂ - સનાયા અને પુત્રી - અનાહિતા.

બેપ્સી નરીમાનનો જન્મ અને ઉછેર મુંબઈમાં થયો હતો. તેમના પિતા એક સમૃદ્ધ બિલ્ડિંગ કોન્ટ્રાક્ટર હતા, અને તે બોમ્બે પારસી સમુદાયના સામાજિક જીવનમાં ખૂબ સંકળાયેલા હતા.

બેપ્સી ઘ ટાઈમ અને ટેલેન્ટસ ક્લબના સક્રિય

સભ્ય હતા, જેમણે ચેરિટી માટે નાણાં એકત્ર કરવા માટે વિવિધ કાર્યક્રમોનું આયોજન કર્યું હતું અને તે પહેલાની લોકપ્રિય, 'વિકટરી સ્ટોલ' રેસ્ટોરન્ટ (દક્ષિણ મુંબઈમાં એપોલો બંદર નજીક, કોલાબા નજીક) ચલાવતા હતા. ટાઈમ અને ટેલેન્ટસ ક્લબની રાંધણકલા પુસ્તકમાં તેમણે વાનગીઓ શેર કરી હતી.

બેપ્સી અને ફલી નરીમાનના લગ્ન ૧૯૫૫ માં થયા હતા. તેઓ ૧૯૭૨માં દિલ્હી સ્થળાંતર થયા હતા, જ્યારે તેણી ૪૧ વર્ષના હતા, ત્યારબાદ તેમના પતિ, ફલી નરીમાનને ઓડિશનલ સોલિસિટર જનરલ (એએસજી) તરીકે નિયુક્ત કરવામાં આવ્યા હતા. તેઓ અસાધારણ રાંધણ કુશળતા માટે પ્રખ્યાત હતા અને 'ટ્રેડિશનલ પારસી કુશીન', 'માઈકોવેવ કુકરી ફોર ઇ ઇન્ડિયન પેલેટ', 'કુકિંગ વિથ યોગર્ટ' સહિત બેસ્ટ સેલિંગ રસોઈ પુસ્તકો દ્વારા તેમની કુશળતા શેર કરી હતી.

તેમને સંગીત પસંદ હતું અને તે એક કુશળ પિયાનોવાદક હતા. આ જુસ્સો તેમના પુત્ર અને પૌત્રો સુધી પહોંચ્યો છે. માતા અને પત્ની તરીકે, તે કડક અને રક્ષણાત્મક હતા. ફલીએ લીધેલા ઘણા મહત્વપૂર્ણ નિર્ણયોમાં તેણી તેમને માર્ગદર્શન આપ્યું હતું. ફલી તેણીનું બ્રહ્માંડ હતાં અને તે તેમના હતા. તેમના મહાન આત્માને ગરોથમાન બહેસ્ત પ્રાપ્ત થાય.

ગુડ ફુડ અને ગ્રેટ કમ્યુનિટી સર્વિસનો એક મહિનો અને એક અઠવાડિયું



લાદવામાં આવેલા તાળાબંધીના થોડા અઠવાડિયામાં જ, બીપીપીની હેલ્પલાઈન સ્થાને આવી હોવા છતાં, બીપીપીએ સમુદાયના સભ્યોને સારું, સ્વાસ્થ્યપ્રદ ખોરાક આપવાના પડકાર સાથે સંઘર્ષ કર્યો, જેમાંથી કેટલાક ખોરાક માટે ચૂકવણી કરવા પણ તૈયાર હતા, કારણ કે તેઓ નિયમિત ખોરાક પૂરો પાડનારા અને ઘરેલુ સહાય અચાનક બંધ થવાથી મુંબઈ અભૂતપૂર્વ ધંભી ગયું હોવાથી લાચાર બન્યું હતું.

બીપીપીને સમુદાય રસોડું શરૂ કરવામાં થોડા અઠવાડિયા લાગ્યાં. રસોડું શરૂ કરતાં પહેલાં, સમુદાયના સભ્યોને માયાળુ પડોશીઓ દ્વારા ખોરાક આપવામાં આવતો હતો, બીપીપી દ્વારા લગભગ ૭૦ લોકોને ખોરાક પૂરો પાડવામાં આવતો હતો, જે સામાન્ય રીતે વિવિધ સ્થાનિક રસોડામાંથી ખરીદવામાં આવતો હતો. તે સમયે, પ્રદાન કરાયેલ મોટાભાગનો ખોરાક શાકાહારી હતો અને અરૂચિકર પ્લાસ્ટિકની થેલીમાં આપવામાં આવતો હતો.

કામા બાગના ટ્રસ્ટીઓનો મોટો આભાર, આ યોજના માટે કામા બાગનું રસોડું બીપીપીએ ઉપલબ્ધ કરાવ્યું હતું. પ્રખ્યાત કેટરર, જીમી ગાદીવાલાએ, આ રસોડું ચલાવવાની સ્વયંસેવા આપી, વ્યક્તિગત રૂપે બંનેનો હવાલો લીધો - કાચા માલની ખરીદી અને ભોજનની તૈયારી.

જીમીના પ્રયત્નોથી વિતરણ, આશ્ચર્યજનક રીતે સમર્પિત સ્વયંસેવકોના જૂથે લીધું, જ્યારે દક્ષિણ અને દક્ષિણ-મધ્ય મુંબઈ (તારદેવ / ગ્રાન્ટ રોડ વિસ્તારથી ફોર્ટ સુધી)ની ઝોરાસ્ટ્રિયન કોલોનીના ગતિશીલ સ્વયંસેવકો અને જીમી દ્વારા સંભાળ લેવામાં આવી હતી, ત્યારે નવરોઝ બાગના યુવાનો દ્વારા ખાદ્યપદાર્થોનું મોટા ભાગનું વિતરણ કરવામાં આવ્યું હતું. ભાયખલા, મઝગાંવ, લાલ બાગ, પરેલ અને દાદર સહિતના વિસ્તારોમાં, ખાદ્યપદાર્થોના ૫૦% પેકેજનું વિતરણ, ૧૨-૧૫ સ્વયંસેવકોના જૂથે એક સાથે કર્યું. ફરીથી, બાન્દ્રા અને અંધેરીના ત્રણ સ્વયંસેવકોએ, બાન્દ્રાથી બોરીવલી સુધીના વિતરણની કાળજી લીધી. આ પ્રયત્નોની શરૂઆત સવારે લગભગ સાડા દસ વાગ્યે ચાર સ્વયંસેવકો દ્વારા કામા બાગથી ખોરાક સાથે લઈ કોલાબાથી બોરીવલિ બપોરે ૧.૩૦ સુધી મુંબઈ શહેરના સમુદાયના સભ્યો તેમનો ખોરાક મેળવે છે!

મુંબઈના ડબ્બાવાળાઓ વિશે ઘણું લખ્યું છે, પરંતુ અમારા સ્વયંસેવકોનો કોઈ જવાબ નથી. નિસર્ગ ચક્રીવાદના સમયે મુશળધાર વરસાદ પડ્યો હતો તે સમયે પણ!

જ્યારે લોકડાઉન લાગુ થઈ ગયું ત્યારે ટ્રસ્ટીઓએ હેલ્પલાઈન શરૂ કરી, જેને બાગના અનેક સ્તરના સ્વયંસેવક જૂથો અને સમિતિઓ, તેમજ કેન્દ્રીય

સ્વયંસેવક જૂથો દ્વારા સમર્થન આપવામાં આવ્યું હતું. કોરોનાવાયરસના વધતા જતા ફાટી નીકળવાના કારણે થતાં અનિશ્ચિત પરિસ્થિતિઓ હોવા છતાં, કેટલાક તબીબો અને અન્ય કુશળ વ્યાવસાયિકોએ પણ તેમની સ્વયંસેવા આપી.

ખાદ્ય યોજના બરાબર એક મહિના અને એક અઠવાડિયા સુધી ચાલતી હતી. ૪થી મેના રોજ જે શરૂ થયું, તે ૧૦ મી જૂને એક શુભ 'વિદાય ભોજન' સાથે સમાપ્ત થયું, જેમાં 'સગન ની સેવ' પીરસવામાં આવી. આખરે ૮મી જૂનથી મુંબઈમાં લોકડાઉન હળવું થયું અને આપણા મોટાભાગના સ્વયંસેવકોએ કામ માટે પાછા ફરવું પડ્યું હતું. જો લોકડાઉનના પ્રારંભિક દિવસોમાં મુસાફરી કરવા માટે અમારા સ્વયંસેવકોને જરૂરી પાસ આપવા માટે મહારાષ્ટ્ર પોલીસનો સપોર્ટ, ખાસ કરીને એસીપી નાગેશ જાધવ અને એસીપી ઈન્દલકરનો ખુબ આભાર. જો મહારાષ્ટ્ર પોલીસ સહાય માટે ન હોત તો આ ઉપક્રમ નિષ્ફળ ગયો હોત.

પડદાની પાછળની ટીમને ચોક્કસપણે કેડિટ આપવી આવશ્યક છે - બીપીપી સ્ટાફ, એક નાનો પણ સમર્પિત ટીમનો સમાવેશ કરે છે, જેનું નેતૃત્વ અમારા બે ડેપ્યુટી સીઈઓ - અરુપી સરકારી અને શેહનાઝ ખંબાટા - અને અમારી હેલ્પલાઈનનો ચહેરો - રોની પટેલ અને જીમી મર્ચન્ટ છે. નીલુફર પટેલ અને બેલનાઝ ભમગરાનો પણ ટેકો મળ્યો. જેઓ બધાએ સવારે ૮ વાગ્યાથી રાતના દસ વાગ્યા સુધી અવિરત મહેનત કરી હતી. જે ઘૈર્ય, સંભાળ અને કરુણા તેઓએ આપણા સુધી પહોંચેલા તમામ લાભાર્થીઓને બતાવી છે - જેમાંથી કેટલાક વૃદ્ધ, કેટલાક માંદા અને કેટલાક માત્ર બાવાજી જેવા કુશળ વિચિત્ર હતા તે બધાની સ્ટાફ દ્વારા હુંકાળી અને સ્નેહપૂર્ણ સંભાળ રાખવામાં આવી.

કોરોનાવાયરસથી આપણા મનની શાંતિ, નિર્વાહ અને સુખાકારી પર મોટો નકારાત્મક પ્રભાવ પડી શકે છે, પરંતુ સમુદાય પર તેની સકારાત્મક અસર હતી, જેનાથી ટ્રસ્ટીઓ, યુવાનો અને સામાજિકના નાના પરંતુ સુસંગત જૂથને એકઠા કરવામાં આવ્યા અને જૂની કહેવત ફરીથી સ્થાપિત થઈ છે - 'પારસી, તમારું બીજું નામ સખાવત છે.'

જો કે બીપીપી ટ્રસ્ટીઓ એક ટીમ તરીકે સાથે ઉભા રહ્યા તે માટે હું મારા બધા સાથી ટ્રસ્ટીઓ વતી ગર્વથી કહું છું કે, હવે પછીના સમયમાં પણ આપણે સાથે રહીશું અને આવી સકારાત્મક પ્રતિબદ્ધતાને વળગી રહીશું, જે આપણી ભવ્ય, ૩૩૯ વર્ષ જૂની, સર્વોચ્ચ સંસ્થાને ગૌરવ આપશે!

- કેરસી રોટેરિયા

એક નજર પારસી મરણો ઉપર

Deceased મરનાર	Age વય	Date તારીખ	Address ર. કે.	Relations સગાઈઓ
Goshasp Phiroz Limki ગોશસપ ફિરોઝ લીમકી	87 ૮૭	11-06-2020	749, Road No.6, Parsi Colony, Dadar, Mumbai 14. ૭૪૯ મોહુ વીલા, રોડ નં. ૬, પારસી કોલોની, દાદર, મુંબઈ ૧૪.	તે મરલુમો ફિરોઝ બેલરામજી લીમકીના ઘણીયાણી. તે અનાહીતા, અશીશવંગ, ફરજાદ ને મરજબાનના માતાજી. તે મરલુમો તેલમીના મનચેરશા ભમગારાના દીકરી તે મરલુમો ખોરશેદબાનુ બેરામજી લીમકીના વલુ તે મરલુમો ગવેર, બોકતાર, રોલીનતનના બહેન તે ઝાન, કિસ્તીઓ, નીલુફર ને ફીરોઝાના સાસુજી તે ફિરોઝ, આરઝાન, મારીયુસ, દારીયુસ, ઝરીયુસના મમયજી તે સાઈરસ, ઝકસીસ, રશનેના બપયજી તે મરલુમો કેકી, ફેની, પેરીન, બાનુ, આલુ, તેલમીના દેરાણી.
Coomi Eruch Daver કુમી એરુચ દાવર	88 ૮૮	12-06-2020	133/Nm. Petit Widow Chawl Room N-14, Odi Street, Fort Mumbai 1. એન. એમ. પીટીટ વીડો ચોલ, ૧૩૩, ઓલ્ડ મોદી સ્ટ્રીટ, રૂમ નં. ૧૪, ૧ ફ્લોર, ફોર્ટ, મુંબઈ ૧.	તે મરલુમ અરદ અરદેશર દાવરના ધનીયાની તે મરલુમ શીરીનબાઈ ને અરદેશરના વલુ તે મરલુમ ડાલીના ભાભી તે મરલુમ બમનજી ને જરબઈ વરીયાવાના દીકરી તે મરલુમો ફેની સોલી મિસ્ત્રી, મીની નાદીરશાહ પૂનાવાલા, કેરસી બમનજી વરીયાવા, નરગીસ બમનજી વરીયાવાના બહેન તે નોશીર, ડોલી, આસ્પી, દીનશાના બહેન. તે મરલુમો મેહરુ, શેહરુ ને કુમી ને વીરાના ભાભી તે ફરીદા, રશના, પલાશના કુઈજી તે દીનશા, હુફરીદ, રોલનટન, રશના, ઝરીરના માસી તે માલકમના ગ્રેન્ડ માસી.
Persis Parvez Guzdar પરસીસ પરવેઝ ગઝદર	66 ૬૬	12-06-2020	6/1, Malcolm Baug, S.v. Road, Jogeshwari (W), Mumbai 102. ૬/૧ માલકમ બાગ, એસ. વી. રોડ, જોગેશ્વરી (વેસ્ટ), મુંબઈ ૧૦૨.	તે મરલુમ પરવેઝના ઘણીયાની તે મરલુમો હીલવા દારા ભાથેનાના દીકરી તે ફરશોગર ને કરીશમાના માતાજી તે અદીલના બહેન તે ઈવાનના બપઈજી તે વીતાસપ મેરોગ મિસ્ત્રીના સાસુજી તે મરલુમો ફેની જાલંગીર ગઝદરના વલુ.
Homai Fali Palia હોમાય ફલી પાલીયા	84 ૮૪	12-06-2020	82, Malcolm Baug, S.v. Road, Jogeshwari (W), Mumbai 102. ૮૨, માલકમ બાગ, જોગેશ્વરી વેસ્ટ, એસ. વી. રોડ, મુંબઈ ૧૦૨.	તે મરલુમ ફલીના ઘણીયાની તે સાઈરસ ને માહારુખના માતાજી તે ફેનીના સાસુજી તે મરલુમો દિનામાય જમશેદજી ફતાકીયાના દીકરી તે મરલુમો તેલમીના જાલંગીરજી પાલીયાના વલુ તે બેલરાઝના બપયજી.
Roda Jehangir Thetha રોડા જહાંગીર થેથા	97 ૯૭	13-06-2020	14, 3Rd Floor, Heera Meher, N. Parekh Marg, Colaba, Mumbai 1. ૧૪, ત્રીજો માળ, હીરા મેહેર, એન. પારેખ માર્ગ, કોલાબા, મુંબઈ ૧.	તે મરલુમ જહાંગીરના વિધવા તે આરમેતી તથા મરલુમ રશનાના માતાજી તે મરલુમો પીરોજ ને પાલનજી ગાંધીના દીકરી તે બરજોર તથા મરલુમો ધનમાય, આલુમાય, દારા, શાવક ને શામના બહેન તે પરીનાઝ, મેહેરનાઝ, ક્યાઝ, અનાહીતા ને ડેલનાના મમયજી. તે કેકી તથા મરલુમ દોરાબના સાસુ તે મરલુમો ડોસામાય તથા ડોરાબજી થેથાના વલુ.
Mehru Jehangir Tarachand મેહરુ જહાંગીર તારાચંદ	94 ૯૪	14-06-2020	102, Luv Apartment Off Veera Desai Road, Andheri, (W), Mumbai 53. ૧૦૨ લવ એપાર્ટમેન્ટ, ઓફ વીરા દેસાઈ રોડ, અંધેરી (વે), મુંબઈ ૫૩	તે મરલુમ જહાંગીર રતનશાહ તારાચંદના વિધવા. તે અસ્પી, બરજોર ને યાસ્મીન જહાંગીર મોગરેલીયા ને ફિરદોસના માતાજી. તે મરલુમો બાનુબાઈ તથા દિનશાહ આદર લાકડાવાલાના દીકરી. તે મરલુમો પીરોજ તથા રતનશા જીવાજી તારાચંદના વલુ. તે રોશન, કેશમીરા તથા મરલુમો કેટી ને જહાંગીરના સાસુજી. તે નયનાઝ, ઝીનોબ્યા, સ્પીટમાન, જામાસ્પ, ખુબચહેર, નોઝર, ખુશનમ, પર્વના ગ્રેન્ડમધર તે કેનીશા, આરયા, રેહાન, ઝાયરા, શાયનાના ગ્રેટ ગ્રેન્ડ મધર તે મરલુમ ધનજીશાના બહેન.
Khodadad Rustomji Cama ખોદાદાદ રૂસ્તમજી કામા	87 ૮૭	14-06-2020	91, Goolistan, 34 Bhulabhai Desai Road, Mumbai 26. ૯૧ ગુલેસ્તાન, ભુલાબાઈ દેસાઈ રોડ, મુંબઈ ૨૬.	તે જરુ ખોદાદાદ કામાના ઘણી તે ઝકસીસ ખોદાદાદ કામાના બાવાજી તે નેઝરીન ઝકસીસ કામાના બપાવાજી તે શીરાઝ ઝકસીસ કામાના સસરા તે મરલુમો બાનુ તથા મીનોચહેર ખરશેદજી માહુડાવાલાના જમાઈ તે ખરશેદ મીનોચહેર ડુંગાજીના સાલા તે મરલુમો આવામાય તથા રૂસ્તમજી ખ. કામાના દીકરા.
Amy Bomi Karanjia એમી બોમી કરનજીયા	69 ૬૯	15-06-2020	3/20, Tata Mills Coop. Hsg.soc, 4th Floor, Elphinstone Road, Parel, Mumbai 12. ૩/૨૦, તાતા મીલ કો. હા. સોસાયટી, ૪થે માળે, એલફિન્સ્ટન રોડ, મુંબઈ ૧૨.	તે બોમી રતન કરનજીયાના ધન્યાની તે દરાયસના માતાજી તે મરલુમો ગુલા દરવીશ ઈરાનીના દીકરી તે મરલુમો ખોરશેદ રતન કરનજીયાના વલુ તે શ્રીતી, સામ, જાલનગીર, ફેની, માહારુખ, ડો. સાઈરસ, સોલી તથા મરલુમો રુસી, શેહરુ ને ઝરીનના બહેન તે પેસી રતન કરનજીયાના ભાભી. તે ઝીનોબીયા, સીલુ, નોઝર, ફરજાના અને મરલુમ હોરમઝના માસી તે દિલનવાઝ, યઝદી, રયોમંદ, ફેરજાન, હુશંગ, નેવીલ, રોકસાનના કુઈ તે એમી, ઝરીના, અલોમા ને દેઝીના નરન.
Freny Munchershaw Toddywala ફેની મંચેરશા તોડીવાલા.	74 ૭૪	15-06-2020	10-A, Ratan Tata Road, C.J. Colony, Room No. 1, Tardeo, Mumbai 34. ૧૦-એ રતન તાતા રોડ, સી. જે. કોલોની, રૂમ નં. ૧, ભાંપતળીયે, તારદેવ, મુંબઈ ૩૪.	તે મરલુમ મંચેશાહના (મીનુ) વિધવા તે મ. હીરાબાઈ તથા મ. એરચશાહના દીકરી તે મરલુમ દીનબાઈ ને મ. પીરોજશાહના વલુમાય તે કેટી કાવસ પુનાવાળા, પરવીન કેરસી વાડયા, રોશન એરચશાહ ભાનજા, બેપસી ફિરોજ ફિટરના બહેન તે જરુ જહાંગીર દેબુ, તે મ. શામ પીરોજશાહ તોડીવાળાના ભાભી તે વીવી શામ તોડીવાળાના જોઠાની તે ફિરોઝના કાકીજી તે મરલુમ પરવેઝ જહાંગીર દેબુના મામી તે ફરોખ, શીરીન, મોનાઝ પોરસ વરઝાદ, નીયોમી, શારમીન, ફરહાદ ને ખુશનમના માસીજી.
Minoo Jimmy Printer મીનુ જીમી પ્રીન્ટર	81 ૮૧	16-06-2020	644, Road No.10, Parsi Colony, Dadar, Mumbai 14. ૬૪૪, રોડ નંબર ૧૦, પારસી કોલોની, મુંબઈ ૧૪.	તે મરલુમ જીમી કે. પ્રીન્ટર તથા બાનુના દીકરા તે વિભૂતી શાહ પ્રીન્ટરના ઘણી તે મરલુમ નાજી લવજી પાગડીવાળા તથા વીરા, દીનશાહ તથા ડેઝીના ભાઈ તે ફિરોઝ, વીસપી, હુતોક્ષી, મહેરુ તથા ઝખસીસના અંકલ.
Sheroo Dinshah Patel શેરુ દીનશાહ પટેલ	95 ૯૫	16-06-2020	1101, Tower 4, Planet Godrej, K. K. Road, Saat Rasta, Mumbai 11. ૧૧૦૧, ટાવર ૪, પ્લેનેટ ગોદ્રેજ, કે. કે. રોડ, સાત રસ્તા, મુંબઈ ૧૧.	તે મરલુમ દીનશાહ પટેલના વિધવા તે ફિરોઝ દીનશાહ પટેલ તથા મરલુમ ઝરીન દીનશાહ પટેલના માતાજી તે મરલુમો ડોસાબાઈ તથા દીનશાહ પટેલના દીકરી તે પરવેઝ દીનશાહ, રતન દીનશાહ પટેલ, ફિરોઝ દીનશાહ પટેલ, મીહુ દીનશાહ પટેલ તથા મરલુમો દાદીબા સીધવા, નરગીશ દસ્તુર, ગુલ તથા ધન સીધવાના બહેન તે અનાહીતા ફિરોઝ પટેલના સાસુજી તે મરલુમો ડોસીબાઈ તથા અરદેશીર પટેલના વલુ તે આરયા ફિરોઝ પટેલ તથા રેહાન ફિરોઝ પટેલના બપઈજી.
Mani Faredoon Mehta મની ફરેદુન મેહતા	93 ૯૩	16-06-2020	C. J. Colony, Bldg. No.1/3, Sir Ratan Tata Road, Tardeo, Mumbai 34. સી. જે. કોલોની બિલ્ડિંગ નં. ૧/૩, સર રતન તાતા રોડ, તારદેવ, મુંબઈ ૩૪.	તે મરલુમ ફરેદુન દારબશાહ મેહતાના વિધવા તે બખ્તાવર દીનશાહ સાગર, હુતોક્ષી હોમયાર જીજના ને ધન કેરસી તોડીવાલા તથા મરલુમ દારબ ફરેદુન મેહતાના માતાજી તે મરલુમો મેહરબાઈ તથા પીરોજશાહ બરજોરજી છોગાના દીકરી તે કેરસી હોરમસજી તોડીવાલા તથા મરલુમો દીનશાહ જમશેદજી સાગર ને હોમયાર નવરોઝજી જીજનાના સાસુ તે બરજોર, દેલનાઝ મેહરદાદ દસ્તુર, ડાયના, સરોશ, વીરાફના મમઈજી તે તુશના ને તરોનીશના મોટા મમયજી તે મરલુમો ખોરશેદ તથા દારબશાહ સોરાબજી મેહતાના વલુ તે મરલુમો અદી પીરોજશા છોગા, દીનામાય કાવસ વરવાટેવાલા ને નાજુ એરચ દલાલના બહેન.

એક નજર પારસી મરણો ઉપર

Deceased મરનાર	Age વય	Date તારીખ	Address ર. કે.	Relations સગાઈઓ
Percy Noshir Sutaria પરસી નોશીર સુતરીયા	49 ૪૯	17-06-2020	3rd Floor, Shirin Manzil, Balaram Street, Grant Road, Mumbai 7. શીરીન મંઝિલ, બાલારામ સ્ટ્રીટ, ગ્રાન્ડ રોડ, મુંબઈ ૭.	તે મરલુમ નોશીર અને રોશન સુતરીયાના દીકરા તે ખુશનમના ખાવિંદ તે શારમીન તથા કયાનુષના બાવાજી તે જુબીન, પરવીનના ભાઈ તે મરલુમ સામ તથા નરગીશ કરકરયાના જમાઈ તે ચેરાગ સામ કરકરયાના બનેવી તે મહાદેખ જુબીન સુતરીયાના દેર તે બુરજીન અને દાનેશના કાકાજી તે કુવરબાઈ તથા દારાબશા સુતરીયા અને ખોરશેદબાનુ તથા કેકશરૂ લેતીનના ગ્રાન્ડ સન.
Banoo Framroze Kanga બાનુ ફરામરોઝ કાંગા	87 ૮૭	18-06-2020	B/41, Jeevan Sudha Society, Barfiwalla Road, Andheri (W), Mumbai 58. બી/૪૧ જીવન સુધા સોસાયટી, બરફીવાલા રોડ, અંધેરી (વે.), મુંબઈ ૫૮.	તે મરલુમો ધનમાય ફરામરાઝ દોરાબજી કાંગાના દીકરી તે બરજોરના બહેન તે મરલુમ લોમી પીરોજશાહ કાંગાના કઝીન.

Death Announcements from Prayer Hall

Nariman Pallonji Khajotia નરીમાન પાલનજી ખજોટિયા	89 ૮૯	13.06.2020	21, Patel Apartment, Jambali Naka, Agjary Lane, Thane West. ૨૧, પટેલ અપાર્ટમેન્ટ, જાંબલી નાકા, અગિયારી લેન, થાણે વેસ્ટ.	તે મરલુમો રાનીના ખાવિંદ તે ઝિનોબિયા તથા જસ્મિરાના પિતાજી તે મરલુમો ગુલબાઈ અને પાલનજીના દીકરા તે રોશની તથા યાસ્મીન, નૌઝર, અનાહિતા, તે શારમીન, મેલરોઝ, યજ્ઞદાન, સેમ, દેસ્ટન નાઝનીન, જીમી, પરસીના અંકલ.
Noshir Jamshedji Bharucha નોશીર જમશેદજી ભરૂચા	80 ૮૦	13.06.2020	Tardeo Chambers 1, B-1, Awabai Kasinath Road, Tardeo, Mumbai 34. તારદેવ ચેમ્બર, બી-૧, આવાંબાઈ કાશીનાથ રોડ, તારદેવ, મુંબઈ ૩૪	તે મરલુમો સિબીલ ભરૂચાના ખાવિંદ તે તનાઝ કેઝાદ સેઠનાના પિતાજી તે મરલુમો ડોસામાઈ તથા મરલુમ જમશેદજીના દીકરા તે રોહિન્ટન તથા વિલુ તેમ જ મરલુમ શાપુર તથા મરલુમો કેટીના ભાઈજી તે નાઈરાલના ગ્રેન્ડ ફાધર અને કેઝાદ સેઠનાના સસરાજી.
Jer Jehangir Tamna જર જહાંગીર તમના	78 ૭૮	14.06.2020	F-4, Mody Building, Captain Colony, Tardeo Road, Mumbai 34. એફ-૪, મોડી બિલ્ડિંગ, કેપ્ટન કોલોની, તારદેવ રોડ, મુંબઈ ૩૪.	તે મરલુમો ધનમાઈ અને મરલુમ જહાંગીરના પુત્રીસ પૌરૂચિસ્તીના માતાજી તે એદલ તથા અસ્પી, કેકી, શિરીનના બહેન તે કાવસ દુબાશના સાસુજી તે ખુશનુમા તથા યઝીસ્નીના ગ્રાન્ડ મધર તે વિકી ડ્રાઈવરના આન્ટી.
Roda Nariman Pastakia રોડા નરીમાન પસ્તાકીયા	71 ૭૧	17.06.2020	P-1, Godrej Bungalow, Napeansea Road, Mumbai 26. પી૧, ગોદ્રેજ બાગ, નેપિયન્સી રોડ, મુંબઈ ૨૬.	તે મરલુમ આલામાઈ અને મરલુમ બેલરામ ખરાડીના દીકરી. તે મરલુમ નરીમાન પસ્તાકીયાના પત્ની તે રોશન એફ. સતારાવાલાના બહેન. તે બેલજાદ સતારાવાલાના આન્ટી.

Death Announcements from Poona Parsi Panchayat

Arnavaz Sohrab Irani અરનાવાઝ સોહરાબ ઈરાની	68 ૬૮	05.06.2020	Arnavaz Villa, Shivneri Nagar, Kondhwa, Khurd, Pune. અરનાવાઝ વિલા, શિવનેરી નગર, ગઢ્ડી ૧, કોંઢવા, ખુર્દ, પુણે.	તે સોહરાબ ખોદાદાદ ઈરાનીના ઘણીયાણી તે મરલુમ શેરીયાર અને જરબાનુ ઈરાનીના દીકરી તે મરલુમ દીન્યાર, જમશેદ, રૂસ્તમ, સોહરાબ, રોશન, ગુસ્તાદતેલમીના, શાપુરના બહેન તે નીલુકર અને ફરશીદ સોહરાબ ઈરાનીના મમ્મી તે પ્રીતીના સાસુ તે જમશેદ અને ફરદુનના મમયજી તે તેમરસપના સાસુ.
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હા, મેં પપ્પા ને બદલાતા જોયા છે!

લોકો કહે છે, માતાનું હૃદય ઓગળે છે પણ પિતા ક્યારેય બદલાતા નથી. પરંતુ મેં મારા પિતાને બદલાતા જોયા છે. મેં તે વ્યક્તિને બાળકના જન્મ પછીથી પતિથી પિતા તરફ એક-એક પગલું આગળ વધતાં જોયું છે. તેમના પાત્રને એક સ્તર પ્રમાણે ઉભરતું જોયું છે.

માતાના ગર્ભાશયમાં આપણા અસ્તિત્વનો અવાજ સંભળાયો ત્યારથી જ પિતા અને બાળક વચ્ચેના સંબંધો, કલ્પનાઓ અને લાગણીઓના પડછાયામાં વધવા માટે છે. જ્યારે માતા શારીરિક અને માનસિક રૂપે જોડાય છે, ત્યારે પિતા ભવિષ્યની સપનાની ભૂમિ પર તેમની આત્મીયતા રેડે છે.

પિતા દર પળ બદલાતા રહે છે, બાળકો સાથે તેની ઉંમર સાથે દરેક પળ વધે છે અને તેની જરૂરિયાતો સાથે બદલાય છે. ફક્ત બાળપણની રમતની યાદો વચ્ચે એક નજર નાખો... શું પિતા, ફક્ત એક પિતા તરીકે જ તમ-રી સાથે હતા? તમને ઉછળતા, કુદતા, ખિલખિલાતા મનોરંજક ક્ષણો યાદ આવશે, જે પપ્પા સાથે મળીને કરેલી

મસ્તીઓ આજે પણ સુગંધિત છે. મમ્મીની ચિંતાઓ વચ્ચે, આપણી મસ્તીથી ભરેલી આદતો અટકી જતી પણ પછી મળી જતું પપ્પાનું ગ્રીન સિગ્નલ અને ચાલતી મસ્તીની છુક છુક ગાડી. ચિંતાની વચ્ચે પણ પિતા બાળપણમાં અમારી સાથે રહેતા.

જેમ જેમ આપણે મોટા થઈએ છીએ તેમ તેમ તે શીખવે છે સારી ખરાબ વાતો, કેટલાક કામ કરવાના રીત રિવાજો. અમે જેમ મોટા થયા તેમ તે અમારા મિત્ર પણ બન્યા. કેટલીક રોક ટ્રેક કરી, ખિજાયા પણ પરંતુ મારી સાથે મારી પરિક્ષા દરમ્યાન હરપળ રહ્યા સાથે. અમે મોટા થઈ રહ્યા હતા અને તે સજાવી રહ્યા હતા અમારા સપનાનો આશિયાનો. મેં મારા પિતાને મારી પસંદ અને નાપસંદની વચ્ચે ચાલતા જોયા છે. હા, મેં પપ્પા ને બદલાતા જોયા છે!

વાંચવા લખવા માટે જ્યારે મેં નવું આકાશ પસંદ કર્યું ત્યારે તે પ્રોત્સાહન



માટે સાથે જ હતા પરંતુ ક્યારે પણ નહીં જતાવી પોતાની ચિંતા. દીકરો પલંગો શીખરે ત્યારે તેમનું મસ્તક ઉંચું થતા મેં જોયું પણ દીકરીની વિદાયમાં રડતા પણ જોયા. હા, મેં પપ્પા ને બદલાતા જોયા છે!

અમે મોટા થઈ ગયા હતા પરંતુ પપ્પા હવે રોકાઈ ગયા હતા. બધી જ જવાબદારીઓ અમારા પણ છોડી દીધી હતી અને સાથે આપ્યા હતા ભરપુર આશિવાદ, પણ છોડ્યો નહોતો અમારો સાથે, મુશ્કેલીના સમયે મને સંભાળતા જોયા છે. ભરપુર તડકામાં મારો છાંપડો બનતા એમને જોયા છે. હા, મેં પપ્પા ને બદલાતા જોયા છે!

છતી આંખે આંધળા

ફેશન ની ફિસ્યારિ, કરે બિલ્કુલ વિચાર્યા વગર, અમિરજાદાઓ .
આંધળી ફેશન પાછળ દૌડ મુકે આ પેસેપુર ગાંડાઓ
અરે, વિચારજો થોડું, કરવા પહેલાં કોઈ આવું કામ એક વાર
છતી આંખે આંધળા શીદ થવાય આમ વારમવાર
ફાટલાં ટુટલાં જીન્સ પહેરે અમીરો; અને પૈસા બનાવે ડિઝાઈનરો;
ઘરાઘર પૈસા ફેંકે આં ફાટિલ તુરૂલી ચીજો ખરીદવા, બાપાઓ અને વરો.
લાલ લીલા સૂટ પહેરી લાગે કોમેડીયન, જેવા, આં આજ ના અમીરો.
છોકરા છોકરીઓ પહેરે વિભાસ વિચિત્ર, લાગે એક સરખાં બેરીયો, વરો.
જાડા બેરાં પહેરે સ્કર્ટ ટાઈટ, અને હીલ ની સેન્ડલ પતલી અને મોટી
ફેશન ના નામમા પહેરે, ભિલડા પહેરે તેવા, મોટા દાણા, મણિ અને મોતી
હા હા હી હી કરી, કરે લવારા ગાંડા ઘેલા, ખરાખોટાં;
પિત્ત્લા, પાસ્તા, બર્ગર ખાઈ, ભરે બિલ મોટા.
પીણાં આપણા અર્તિક્ષિયલ , ખોરાક પણ ખોટો;
તો પણ, આં અમિરજાદાઓ કરે ભપકો ખોટો અને મોટો.
આપજે સદ્બુદ્ધિ અને પ્રેરણા અમને ઓ ભગવાન
છતી આંખે આંધળા થૈયે નહીં, જાળવીયે વિવેક એનું રહે ભાણ.

- આફિદ દસ્તુર



દારાંએ નવરોઝને પાસે બોલાવ્યો, પાસે બોલાવીને તેની બાજુમાં બેસવાનું કહ્યું.

નવરોઝ મોટો થઈ ચૂક્યો હતો કામ ધંધે પણ ચડી ગયો હતો અને તેના પેઢી દર પેઢીથી ચાલી આવતો ધંધો બહુ સારી રીતે સંભાળી લીધો હતો. નવરોઝ પ્રત્યે દારાંને બીજી કોઈ ફરિયાદ ન હતી પરંતુ નવરોઝ તેને સમય આપતો નહોતો.

એટલે તેને પાસે બોલાવી અને કહ્યું મારી અંતિમ વિધિ કરવામાં જે સમય લાગશે મારી પાપદસ્ત પછી કાર્ય કરવામાં જે સમય લાગશે તે કાર્યમાંથી હું તને મુક્ત કરી આપું છું.

નવરોઝને થોડું આશ્ચર્ય થયું એટલે તેને તેના બાવાજીને પૂછ્યું કે કેમ તમે આવું કહી રહ્યા છો?

દારાંએ પોતાની વાત ચાલુ રાખતાં કહ્યું તું મારું બોડી દાન કરી દેજે અને કોઈ ધાર્મિક ક્રિયા નહીં કરતો પરંતુ મારી પાસે થોડો સમય વિતાવ. મારી ધાર્મિક ક્રિયાનો સમય હું બચાવું છું તે સમય તું મને દરરોજ થોડો થોડો આપ. દરરોજ એક કલાક મારી પાસે આવીને ખાલી બેસ.

નવરોઝના મોઢામાં જવાબ આપવા માટે શબ્દો બચ્યા નહોતા.

વાત કડવી છે પ્રમાણિક પણ સ્વીકારવી અઘરી પણ છે પરંતુ એકદમ સાચી વાત છે.

એક ખૂબ જ પૈસાદાર કુટુંબ હતું. તેમાં કુટુંબના વડીલ બીમાર પડ્યા. આથી તેને પોતાના દીકરાને પોતાની પાસે બોલાવી અને ગળે લગાવ્યો અને બોલાવીને કહ્યું કે દીકરા મારી એક આખરી ઈચ્છા છે ત્યારે હું મરી જાઉં ત્યારે મારી અંતિમ યાત્રા કાઢવામાં આવે ત્યારે મને આ ફાટેલું મોજુ(સોક્સ) પહેરાવીને રાખજે. અને આ ઈચ્છા મારી પૂરી કરજે.

અને થોડા સમયમાં પિતાજીનું મૃત્યુ થઈ ગયું. આથી દીકરાએ ઘેર આવેલા પંડિતને પોતાના પિતાની આખરી ઈચ્છા જણાવી. પંડિતજીએ કહ્યું કે આપણા ધર્મમાં અંતિમયાત્રામાં કોઈપણ ને કંઈ પણ વસ્તુ પહેરાવી શકાતી નથી. પરંતુ દીકરાએ પિતાજીની આખરી ઈચ્છા પૂરી કરવાની જાણે પ્રતિજ્ઞા જ લઈ લીધી હતી. ધીમે ધીમે કરતાં વાત આખા શહેરના પંડિતો સુધી પહોંચી ગઈ. પરંતુ કોઈ પંડિતે આ પરવાનગી આપી નહિ.

બાપે દીકરા પાસે ફક્ત તેનો સમય માંગ્યો!

તમે ગમે તેટલા તમારા કામમાં તમારા ઓફિસ વર્કમાં કે પછી કોઈપણ કાર્યમાં વ્યસ્ત હોય તમે જો માત્ર એક થી બે મિનિટ જેટલો સમય કાઢી શકો અને તમારા ઘરે ફોન કરી શકો એ પૂછવા માટે કે માયબ/બાવાજી જમ્યા કે કેમ? દવા લઈ લીધી કે નહીં?

ફોનમાં એટલું કહેશો કે ઘણું કામ છે આજે છતા હું જલ્દી આવવાની ટ્રાય કરીશ, તો માતા-પિતાનો જવાબ તમને એટલો જ મળશે કે બેટા ઉતાવળ ના કરીશ તું નીરાતે આવજે.



અને ઘરે આવીને મોબાઈલ ટીવી વગેરે બધું એક બાજુ પર મૂકીને મમ્મી તેમજ પપ્પા પાસે બેસી અને તેમના ખબર-અંતર પૂછો. તમે આવું કરશો તો તે લોકો જ કહેશે કે બેટા ઠાકી ગયો હશે જા પહેલા લાય પગ ધોઈ અને થોડો આરામ કરી લે અથવા પહેલા જમી લેજે.

તમે જો તમારા માતા પિતા એટલે કે તમારા વડીલોને આખા દિવસમાં માત્ર એક કલાક આપશો તો તે લોકોની બીજી ૨૩ કલાક એટલે કે તેઓનો આખો દિવસ સારો વિતશે.

અને હકીકતમાં તેઓની અડધી બીમ-

રી તો દવા વગર જ સારી થઈ શકે. આ બધું ત્યારે માણસ જીવતું હોય ત્યારેજ કામનું હોય માણસના મૃત્યુ પછી તેના ફોટા આપણ પછતાવો કરવો કે છાપામાં જાહેરાત આપી દેવી કે ફૂલ ગયું ફોરમ રહી ગઈ આવું કરવાથી લાગણી સમજાવવાની નથી.

તમારા પિતાને કે તમારા વડીલોને નાનું કામ પણ કરવું છે તો તેમને હંમેશા મદદરૂપ થવાની કોશિશ કરવી, જેમ કે પિતાને અહીંથી સામેની બાજુ રસ્તા-ાએ જવું હોય અને તમે એકદમ કામ વગર નવરા બેઠા હોય તો નોકરને કહેવાને બદલે પોતે જ ઊભો થઈને પિતાને રસ્તો ઓળંગવામાં મદદરૂપ થવું જોઈએ.

નોકર તમારે ત્યાં નોકરી કરે છે એટલે તેને તમે કહેવાના એટલે સ્વાભાવિક વાત છે કે તે રસ્તો ઓળંગવામાં પિતાજીની મદદ કરશે પરંતુ એ વાત મગજના ખૂણે ફીટ કરી દેવી કે તમારા પિતાને નોકરના સ્પર્શમાં દીકરાના સ્પર્શનો આનંદ તેમજ સંતોષ મળવાનો નથી. અને એવું પણ બને કે જો તમે ઉભા થાઓ તો તમારા પિતા જ કહેશે કે તું બેસ તારું કામ કર મને રસ્તો ઓળંગવામાં આપણો રામો મદદ કરશે.

શું તમે જિંદગીમાં કોઈ વખત માતા-પિતાને તેની જીવન જરૂરિયાતની ચીજવસ્તુઓ છાની છુપેથી લઈને તેઓને સરપ્રાઈઝ ગિફ્ટ તરીકે આપી છે? આ વરસે ફાઇર્સ ડે પર નક્કી કરી જોજો!

એક પિતાની પુત્રને સલાહ!



અને છેલ્લે કાંઈ નિર્ણય આવ્યો નહીં. આથી દિકરો નીરાશ થઈ ગયો. એટલામાં ત્યાં ઉભેલા બધા માણસોમાંથી એક માણસ દીકરાની નજીક આવ્યો. અને દીકરાના લાયમાં તેના પિતાજી એ લખેલો એક કાગળ આપ્યો. દીકરાએ બીની આંખે એ કાગળ

વાંચવાનું શરૂ કર્યું તેમાં લખ્યું હતું કે, મારા વ્હાલા દિકરા, તું જોઈ રહ્યો હશે કે આપણી પાસે ખૂબ પૈસા, બંગલાઓ, ગાડીઓ બધું જ છે પરંતુ હું એક ફાટેલું મોજુ પણ સાથે નથી લઈ જઈ શકતો. એક દિવસ તારે પણ મારી જેમ મૃત્યુનો સામનો કરવાનો આવશે, અત્યારથી જ હોશિયાર થઈ જજે, તારે પણ માત્ર એક સફેદ કપડામાં જ જવું પડશે. આથી કોશિશ કરજે કે, પૈસા માટે કોઈને દુઃખ ન આપતો, ખોટા રસ્તેથી ધન એકઠું ના કરીશ, પૈસાને

આ જ ની વા ન ગી

વેજીટેબલ મુઠીયા



સામગ્રી: ૩ વાટકી ઘઉંનો લોટ, ૨ વાટકી બાજરાનો લોટ, ૧/૨ વાટકી ચોખાનો લોટ, ૧/૨ વાટકી ચણાનો લોટ, ૨ વાટકી સમારેલી મેથી, ૧/૨ વાટકી છીણેલ ગાજર, ૧/૨ બાઉલ છીણેલ દુધી, ૨ચમચા તેલ, થોડોક દેશી ગોળ, ૧/૨ ચમચી હળદર, ૨ ચમચી ઘાણાજીરું, ૨ ચમચી લાલ મરચું, ૧/૨ ચમચી સોડા, મીઠું, ૧ ચમચી રાઈ, ૧ ચમચી જીરું, ચપટી લિંગ, ૨-૩ ચમચી તલ, ૧ ચમચી આદુ લસણનો પેસ્ટ, લીમડાના પાન, કોપરાનું છીણ, સમારેલ કોથમીર.

રીત: સૌ પ્રથમ એક મોટા વાસણમાં બધા લોટ લઈ તેમાં મેથી, ગાજર, દુધી, ગોળ, સોડા, હળદર, લાલ મરચું, ઘાણાજીરું, મીઠું અને આદુ લસણનો પેસ્ટ મિશ્ર કરી મુઠીયા વાળવા. ત્યાં સુધીમાં તપેલામાં કાઢવો મૂકી તેનાથી સેજ નીચે રહે તેટલું પાણી લેવું અને તેના પર ચારણીમાં મુઠીયા મુકવા અથવા સ્ટીમરમાં તેની જાળી પર મુઠીયા ચડવા મુકવા.

મુઠીયા ચડતા અડધો કલાક થશે. તો પણ ગેસ બંધ કરતી વખતે ચપ્પુંની મદદથી જોઈ લેવું કે ચપ્પુંને ચોટતું નથી ને. નહિતર હજી થોડીવાર ચડવા દેવું. થોડા ઠંડા થાય એટલે તેના કટકા કરી લેવા. પછી એક કડાઈમાં તેલ લઈ તેમાં રાઈ, જીરું, તલ, લિંગ, લીમડાના પાનનો વધાર કરી કટકા કરેલા મુઠીયા મિશ્ર કરી લેવા. ઉપર કોથમીર અને કોપરાનું ખમણ ભભરાવી સર્વ કરવું.

હસો મારી સાથે

ચોમાસા દરમ્યાન હળવું ભોજન લેવું. પાણી એકદમ હળવું છે. પણ પાણીમાં તેલ નાખો તો તેલ તરે છે એટલે પાણીથી હળવું તેલ છે. તેલ ઉકળતું હોય એમાં ભજીયાં નાખો તો ભજીયા તરે છે એટલે એ સૌથી હળવાં કહેવાય. માટે ચોમાસામાં ભજીયાં ખાવ અને હળવા હળવા રહો. ***

કોઈ વધારે દાડ પીતા હોય એમને બૂમ ના પાડશો. ફક્ત એનો દાડ પી લો. યાદ રાખો આપણે રોગથી લડવાનું છે રોગીઓથી નહીં. *** આજે દિવસે નીંદર આવી ગઈ. નીંદરમાં સપનું આવ્યું, તીડ આવ્યા અને કરોનાના વાયરસને ખાઈ ગયા. પછી વાવાઝોડુ આવ્યું અને બધા ટીડ વાવાઝોડા સાથે ચીન જતા રહ્યા, અને ચીન લોકો બધા ટીડને ખાઈ ગયા. સપનું પૂરું. *** ટ્રેન માં મુસાફરી દરમિયાન એક બા એ પુછ્યુ, ક્યાનો છો દિકરા તું ??? મારા લગ્ન થઈ ગયા છે બા, હવે હું ક્યાંય નો નથી. *** લોકડાઉન દરમ્યાન એક વ્યસ્ત બપોરે એ મિત્રો ફોન પર. પહલો: કેમ શું કરે છો ? બીજો: એકલો એકલો ઢગલાબાજી રમું છું. એક બાજુ વાસણનો ઢગલો, બીજી બાજુ કપડાંનો! ***

ધર્મના કાર્યમાં જ વાપરજે. બધાને એ જાણવાનો અધિકાર છે કે શરીર છૂટ્યા પછી માત્ર કર્મ જ સાથે જાય છે. પરંતુ છતાં પણ માણસ પૈસા પાછળ ત્યાં સુધી ભાગતો રહે છે ત્યાં સુધી તેનું મૃત્યુ નથી થઈ જતું. બેટા અમુક વાતો ને જીંદગી ભર યાદ રાખજે જેમકે જે લોકો તમારી સાથે દિલથી વાત કરી રહ્યાં હોય તેને કદી પણ દિમાગથી જવાબ ન આપવો. એક વર્ષમાં ૫૦ મિત્રો બનાવવા એ સામાન્ય બાબત છે. પરંતુ ૫૦ વર્ષ સુધી એક મિત્ર સાથે મિત્રતા નિભાવવી એ ખાસ બાબત છે. એક મિનિટમાં જીંદગી નથી બદલતી. પરંતુ એક મિનિટ વિચાર્યા બાદ લખીને નિર્ણય લેવાથી આખી જિંદગી બદલાઈ જાય છે. આ સલાહ એક પિતાજીએ એક દીકરાને આપી છે. પરંતુ આપણે બધાને આ સલાહ જીવનમાં ઉતારવાની જરૂર છે!

પ્રસંગોપાત નાહનારો હું, હવે દૂધની થેલીને રોજ નવડાવું છું. કપડાંની થેલીથી શરમાતો હું, હવે ડોલમાં શક લેવા જાઉં છું. ખુલ્લેઆમ વટથી ફરનારો હું, હવે રૂમાલમાં મોં છુપાવીને જાઉં છું. રોજ થાકીને સૂઈ જનારો હું, હવે સૂઈને થાકી જાઉં છું....!



YOUR MOONSIGNS JANAM RASHI THIS WEEK

લખનાર: મરહુમ મહારાજ શ્રી સ્વયંજ્યોતિના સહકાર્યકર્તા જયેશ એમ. ગોસ્વામી

અઠવાડિક રાશિક્ષણ: તા. ૨૦.૦૬.૨૦૨૦ થી તા. ૨૬.૦૬.૨૦૨૦



Aries - મેષ

અ.લ.ઈ.

છેલ્લા ૬ દિવસ જ શાંતિમાં પસાર કરવાના બાકી છે. તમારા હાથમાં અગત્યના કામો હોય તે ૨૫મી સુધી પૂરા કરી લેજો. ઘરવાળાને નારાજ કરતા નહીં. જોઈતી વસ્તુ ઘરમાં વસાવી લેજો. ૨૬મીથી ૨૮ દિવસ માટે શરૂ થતી મંગળની દિનદશા ખૂબ પરેશાની આપશે. દરરોજ ૩૪મું નામ 'યા બેસ્તરના' ૧૦૧વાર ભણાવો. શુકનવંતી તા. ૨૧, ૨૨, ૨૩, ૨૪ છે.

Lucky Dates: 21, 22, 23, 24.

With six days remaining to spend in peace, ensure to complete all your important tasks by the 25th of June. Do not upset your family members. Make any purchases you need for the house. Mars' rule starting from 26th June, for the next 28 days, brings along its fair share of challenges. Pray the 34th Name, 'Ya Beshtama', 101 times daily.



Cancer - કર્ક

સ.ઈ.

શુકની દિનદશા ચાલુ હોવાથી મોજશોખ વધી જશે. ખર્ચ વધુ કરશો પણ નાણાકીય મુશ્કેલી નહીં આવે. મનપસંદ વ્યક્તિ મળવાના ચાન્સ છે. બીજા પાસેથી તમારા ધારેલા કામ પૂરા કરવામાં સફળતા મળશે. કામકાજ વધારી શકશો. ગામ પરગામ જવાના ચાન્સ છે. દરરોજ 'બહેરામ યજ્ઞ'ની આરાધના કરજો. શુકનવંતી તા. ૨૦, ૨૧, ૨૨, ૨૫ છે.

Lucky Dates: 20, 21, 22, 25.

Venus' ongoing rule increases your leaning towards fun and entertainment. Despite an increase in your expenses, you will not face any financial constraints. You could meet a person after your own heart. You will be successful in getting your work done by others. You will be able to expand your business. Travel is on the cards. Pray to Behram Yazad daily.



Libra - તુલા

ર.ત.

આવતા ત્રણ દિવસ ગુરુની દિનદશામાં પસાર કરવાના બાકી છે. ફેમિલી મેમ્બરની ડિમાન્ડ પહેલા પૂરી કરી લેજો. ૨૩મીથી ૨૨ દિવસ માટે રાહુની દિનદશા તમારા મગજને અશાંત બનાવી દેશે. માથા પરનો બોજો વધી જશે. ખર્ચનો ખાડો ઉઠો થશે. નવા કામ કરતા નહીં. દરરોજ ભુલ્યા વગર 'મહાબોખ્તાર નીઆએશ' ભણાવો. શુકનવંતી તા. ૨૦, ૨૧, ૨૨, ૨૬ છે.

Lucky Dates: 20, 21, 22, 26.

Jupiter rules you for the next 3 days, so ensure to cater to the wishes of family members first. From the 23rd of June, Rahu's rule, for the next 42 days, will take away from your peace. You will feel pressured mentally. Expenses could increase. Avoid taking on new projects. Pray the Mah Bokhtar Nyaish daily.



Capricorn - મકર

ખ.જ.

૨૬મી જુલાઈ સુધી શનિની દિનદશા ચાલશે. તમારી તબિયત ખરાબ થવાના ચાન્સ છે. ડોક્ટર પાછળ ખર્ચ થશે. તમારી નાની ભૂલ મોટી મુશ્કેલીમાં મુકશે. જેટલું ધન બચાવશો તેટલો ખર્ચ વધી જશે. કામનો બોજો વધી જશે. સાથે કામ કરનારનો સાથ નહીં મળે. દરરોજ 'મોટી હમન યજ્ઞ' ભણાવો. શુકનવંતી તા. ૨૦, ૨૧, ૨૪, ૨૫ છે.

Lucky Dates: 20, 21, 24, 25.

Saturn's rule till 26th July could trigger health problems. You could end up having to spend on medical expenses. A small mistake of yours could land you in big trouble. Despite your efforts to save money, there will be expenses to. Work pressure will increase. Colleagues might not be supportive. Pray the Moti Haptan Yasht daily.



Taurus - વૃષભ

બ.વ.ઉ.

ચંદ્રની દિનદશા ચાલુ હોવાથી તમારા ધારેલા અને મનને આનંદ મળે તેવા કામ સમય પર પૂરા કરી શકશો. ઘરવાળાને ખુશ રાખવા ખર્ચ કરશો. નાણાકીય બાબતમાં મુશ્કેલી નહીં આવે. ઈનવેસ્ટમેન્ટ અવશ્ય કરજો. ઘરમાં નવી ચીજ વસ્તુ વસાવી શકશો. અપોઝીટ સેક્સ તરફથી કાયદો મળશે. દરરોજ ૩૪મું નામ 'યા બેસ્તરના' ૧૦૧વાર ભણાવો. શુકનવંતી તા. ૨૦, ૨૨, ૨૫, ૨૬ છે.

Lucky Dates: 20, 22, 25, 26.

The ongoing Moon's rule helps you complete your planned tasks in time, as also those tasks which bring you contentment. You will spend on your family members to keep them happy. Financially, things will be smooth. Ensure to make investments. You will be able to make new purchases for the house. The opposite gender will prove beneficial to you. Pray the 34th Name, 'Ya Beshtama', 101 times daily.



Leo - સિંહ

મ.ટ.

મોજલા ગ્રહ શુકની દિનદશા ૧૬મી ઓગસ્ટ સુધી ચાલશે. રોજના કામમાં નાણાકીય કાયદો મળવાના ચાન્સ છે. મનની વાત જેને કહેવી હોય તેને કહી દેજો. નાણાકીય બાબતમાં સારા સારી હોવાથી ઘરવાળાની ડિમાન્ડ પૂરી કરી શકશો. દરરોજ 'બહેરામ યજ્ઞ'ની આરાધના કરજો. શુકનવંતી તા. ૨૧, ૨૩, ૨૪, ૨૬ છે.

Lucky Dates: 21, 23, 24, 26.

Venus' rule till 16th August increases your chances of gaining financial benefits from your everyday work. Speak out your mind to the one you wish to share with. You will be able to cater to the demands of your family members as your financial state continues to improve. Pray to Behram Yazad daily.



Scorpio - વૃશ્ચિક

ન.ચ.

ગુરુની દિનદશા ચાલુ હોવાથી ધર્મ કે ચેરીટીના કામો કરી શકશો. નવા કામ કરવા માટે હાલનો સમય સારો છે. નાણાકીય બાબતમાં સારા સારી થતી જશે. અચાનક ધનલાભ થવાના ચાન્સ છે. ફેમિલી મેમ્બરના સારા સલાહકાર બનશો જેનાથી તેમને કાયદો થશે. દરરોજ 'સરોશ યજ્ઞ' ભણાવો. શુકનવંતી તા. ૨૦, ૨૧, ૨૪, ૨૫ છે.

Lucky Dates: 20, 21, 24, 25.

Jupiter's ongoing rule nudges you towards indulging in religious and charitable works. This is a good time to start new ventures. Financially, you will continue to do well. An unexpected windfall is predicted. A family member could gain from your honest advice. Pray the Sarosh Yasht daily.



Aquarius - કુંભ

ગ.શ.સ.

બુધની દિનદશા ચાલુ હોવાથી તમારા કામ બુદ્ધિ વાપરી પૂરા કરી શકશો. નાણાકીય બચત કરી શકશો. ગામ-પરગામથી સારા સમાચાર મળશે. વધુ કામ કરી એકસ્ટ્રા ધન મેળવી શકશો. મિત્રોથી લાભ મળશે. દરરોજ 'મેહર નીઆએશ' ભણાવો. શુકનવંતી તા. ૨૦, ૨૨, ૨૩, ૨૬ છે.

Lucky Dates: 20, 22, 23, 26.

Mercury's ongoing rule helps you complete all your tasks intelligently. You will be able to save money. You will receive good news from abroad. By working extra, you will be able to earn more income. Friends will prove beneficial. Pray the Meher Nyaish daily.



Gemini - મિથુન

ક.ઇ.ધ.

૫મી જુલાઈ સુધી સુર્યની દિનદશા ચાલશે તેથી નાની બાબતમાં ગુસ્સે થઈ જશે. પ્રેશર, આંખની તકલીફ તથા માથાના દુખાવાથી પરેશાન થશો. ડોક્ટરની સલાહ અવશ્ય લેજો. સરકારી કામ સંભાળી કરજો. નાણાકીય મુશ્કેલી આવશે. દરરોજ ૯૬મું નામ 'યા રયોમંદ' ૧૦૧વાર ભણાવો. શુકનવંતી તા. ૨૧, ૨૩, ૨૪, ૨૬ છે.

Lucky Dates: 21, 23, 24, 26.

The Sun's rule till 5th July, makes you short tempered, even over petty matters. You could suffer from BP, eye-issues and headaches. Ensure to seek the doctor's advice if needed. Be careful while working on government related matters. Financial constraints are indicated. Pray the 96th Name, 'Ya Rayomand', 101 times daily.



Virgo - કન્યા

૫.૬.ઇ.

૫મી જુલાઈ સુધી રાહુની દિનદશા ચાલશે. જેનું સાઈ કરવા જશો તેજ તમારું ખરાબ કરશે. નાણાકીય બાબતમાં ખર્ચ વધી જશે. રાહુ તમારા દિવસની ભૂખ અને રાતની ઉંઘ બંને ઉડાવી દેશે. પૈસા મેળવવા ભાગદોડ કરશો તો પણ જોઈતા પૈસા નહીં મળે. સાથે કામ કરનાર સાથ નહીં આપે. રોજ 'મહાબોખ્તાર નીઆએશ' ભણાવો. શુકનવંતી તા. ૨૩, ૨૪, ૨૫, ૨૬ છે.

Lucky Dates: 23, 24, 25, 26.

Rahu rules you till 5th of July. Those you were trying to help will end up hurting you. Expenses could increase. Rahu will take away from your appetite and peaceful sleep. Despite your sincere efforts, you might not be able to retrieve money. Colleagues might not seem supportive. Pray the Mah Bokhtar Nyaish daily.



Sagittarius - ધન

બ.ધ.ફ. ટ.

છેલ્લું અઠવાડિયું શનિની દિનદશામાં પસાર કરવાનું બાકી છે. રોજના કામમાં મુશ્કેલી આવશે. ઉતરતી શનિની દિનદશા તમારી તબિયત ખરાબ કરશે. બેકપેઈન અને માથાના દુખાવાથી પરેશાન થશો. વડીલવર્ગની તબિયત ખરાબ થવાના ચાન્સ છે. ખર્ચનું પ્રમાણ વધી જશે. મનની શાંતિ માટે દરરોજ 'મોટી હમન યજ્ઞ' ભણાવો. શુકનવંતી તા. ૨૧, ૨૨, ૨૩, ૨૬ છે.

Lucky Dates: 21, 22, 23, 26.

This last week under Mars' rule, could make it challenging for you to complete your daily chores. The descending rule of Mars could impact your health. Back-pain and head-aches could trouble you. The health of your elders could also go down. Expenses could increase. Pray the Moti Haptan Yasht.



Pisces - મીન

દ.ચ.ઝ.થ.ક્ષ.

આવતા ત્રણ દિવસ મંગળની દિનદશામાં પસાર કરવાના બાકી છે. ૨૩મી પહેલા વાહન સંભાળીને ચલાવજો. ફેમિલી સાથે બોલચાલ ઓછી કરજો. ૨૩મીથી ૫૬ દિવસ માટે શરૂ થતી બુધની દિનદશા તમારા અટકેલા કામ ફરી ચાલુ કરાવશે. બુદ્ધિ વાપરી મુશ્કેલીભર્યા કામ સહેલા કરશો. દરરોજ 'તીર યજ્ઞ' સાથે 'મેહર નીઆએશ' ભણાવો. શુકનવંતી તા. ૨૧, ૨૩, ૨૪, ૨૫ છે.

Lucky Dates: 21, 23, 24, 25.

Mars rules you for the next three days, so practice great caution when you drive/ride your vehicle, upto the 23rd of June. Avoid arguing with family members. From the 23rd of June, for the next 56 days, Mercury's rule helps to re-start your stalled projects. You will be able to solve difficult tasks by using your intelligence. Pray the 'Meher Nyaish' along with 'Tir Yasht' daily.

Behavioral Biases And Investments



MARZEE KERAWALA



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Global markets, including India, had taken a significant beating following the outbreak of the Covid-19 pandemic. However, they have started picking up from their March 2020 lows. It is during these extremely volatile times, that most investors often make their biggest mistakes in the investing journey. In my upcoming articles, I will elaborate further on the 'Behavioral Biases' that investors often fall prey to, which impact long term wealth creation, with the aim of providing you simple yet effective methods to understand, learn and overcome these biases.

While an erosion in value of investments does cause worry, an investor is left with two options - 1. Can you control what is happening in the market? and 2. Can you control how you react to what is happening in the market? While the answer to the former question is 'No', answering 'Yes' to the second question, is easier said than done.



the most important. It is most important to first understand the investor's emotions. All investors possess a 'Behavioural Bias', and that is why it is crucial to address this issue to help them make informed investment decision.

In the current scenario, it's the loss aversion bias that needs immediate attention. Loss aversion is

a strong emotion, it is an expression of fear. As I had highlighted in my earlier column, the pain of loss is twice the joy of gain; it means the investors who are seeing negative returns in their portfolios have turned risk-averse and are shying away from equity markets, even though, historically, it has been proven that these are the best times to invest!

Listed below are the few examples of Loss Aversion bias.

1. Investing solely in Fixed deposits or Govt. Bonds, even if it means negative real returns, post tax and inflation.
2. Not selling a stock or a scheme only because it is lower than your purchase cost, even after it has reached a sell in your analysis.



I have seen many brilliant financial advisors spending a lot of time researching market trends, sector analysis, understanding economic data, etc., so as to make an informed decision to invest the clients' money profitably. While these are the prerequisites of making an investment, they are not the only aspects to focus on, nor are they

Scenario 2: You Invested Rs. 1,00,000/- in the same share; its value went up to a high of Rs. 2,50,000/- and the same is trading now at Rs. 2,00,000/- and when you sell it at Rs. 2,00,000/-, the pain from the notional loss of Rs. 50,000/- will be much more as compared to scenario 1.

You have to understand your bias and have to deal with it. The best way to do it is to free yourself of emotions as much as possible. Do not invest directly in volatile assets like equity without the help of a professional fund manager, if you don't have a professional understanding. If you're handling your own portfolio, adopt a portfolio



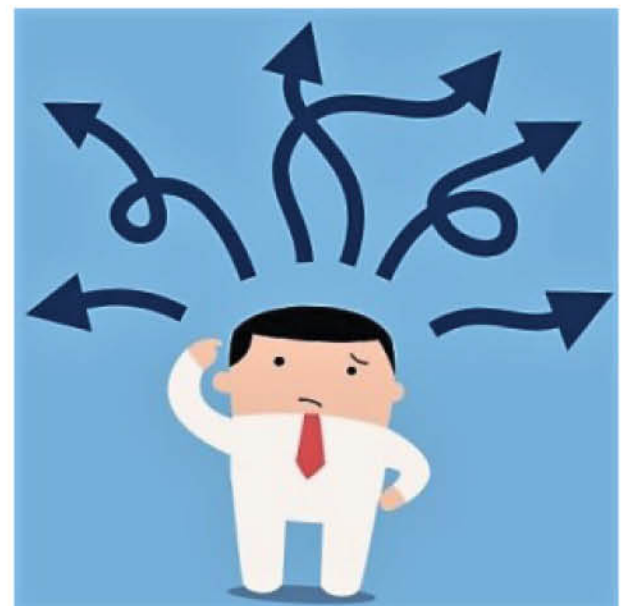
3. Focusing too much on a particular investment that has lost money, and ignoring other investments.

approach and do not focus too much on individual stocks or schemes.

Let us understand this with help of an example. Your parents gifted an envelope containing Rs 1,000/- cash on your birthday. You were happy about it. While opening the envelope, you mistakenly cut the Rs. 500/- notes with the scissor, making them now defunct. So now, the net sum of money available with you is the same as before received the envelope. However, the emotional outcomes are different. Loss of Rs. 1000/- pained you more than the gain of Rs. 1000/-.

A similar experience is observed in investing:
Scenario 1: You Invested Rs. 1,00,000/- in a share and sold the share for Rs. 2,00,000/-

It is these 'sticking to the basics' approaches which shield us from the urge to act frequently, to free ourselves from emotions while making decisions, and help us stay focused on the path of long-term wealth creation.





RUBY LILAOWALA

You Become What You Think So, Give A Thought To Your Thoughts!

A Sanskrit saying goes thus: 'Yad Bhavam, Tad Bhavati,' or 'The world is as you are and you become what you think'. Throughout the animate and the inanimate world, we find patterns of continuous rhythms, in which everything exists in a state of continual vibrations of energies.

The mind is a collection of our thought-energies and whatever we think, we become. We call this the creative power of thought. Every human being and every situation in life is the result of our thought process. The good and bad situations we find ourselves in, the people we interact with, the problems, tragedies and set-backs we experience, are all outer manifestations of our continuous, inner flux of thought-energies, because perceived reality ultimately becomes manifested reality. In this sense, our thoughts create our day-to-day reality and we are the makers of our so-called good-luck, bad-luck, destiny and karma. We can actually activate good luck with the power of our own thoughts!

Each and every thought has tremendous power i.e. the power to create and put into manifestation. Each time we think, there is a thought-energy having tremendous emotion and the creation process has already started. It's as if a bullet is released from a gun into the thought sphere of the ethereal realm. Once it is there, thoughts of the very same nature are crowded together, drawn by your thoughts and when the time is ripe, the 'Law of Karma' is set into motion.

If your thought was good, good things happen to you. If it was of jealousy, you become the focus of jealousy. If it was a kind thought, kindness is done to you. If it was a cruel thought, you become a victim of cruelty. You see, the thought you release comes back to you as a deed done to you! If you think of betrayal, you are betrayed. If you hate any person (even those who actively hate you), then, you will be hated. This is the Law of Karma and you have created it with your own thought-energy.

Albert Einstein's theory of relativity [E=MC sq.] only substantiates that



everything (including thought) has an equal reaction and that energy and matter are interchangeable. Hence, the energy-power of thoughts becomes our outward circumstances in life. You create your own world with your thoughts and can't blame luck, destiny or karma or any other person for it. The world, your world, is merely reflecting your innermost thoughts, charged with emotions. You can't think one thing inside and experience another thing outside.


In times of tragedies, we often ask, "Why Me?" This is because we have forgotten the relationship between thoughts and the events happening to us. This is due to the lapse of time between these two happenings. For a thought to manifest as your life-experience, it may take a few months, years, decades or even lifetimes! Hence, we fail to see a connection. The speed of reciprocation depends on the spiritual evolution of the human being. This is why we see all round us, good people suffering and wicked people prospering. This is based on our karmic lifestyle, that is, in one lifetime, we have a certain karma to fulfill!

The Law of Karma is the law of cause and effect that takes account of every thought, word and deed throughout and in between all lifetimes. Karma is not fatalism. Quite the opposite - the Law of Karma states that everything we think, say and do forms an imprint (*sanskaara*) on the mind. Negative thoughts confuse the mind and move us away from the clear light of purity. As a result, we are drawn towards negative experiences in life. When

death comes (and come it will to all of us), the sum total of negativity in our mind automatically attracts us to a swoon of darkness, to take re-birth into a tragic lifetime once more than suits our negativity.

Our negative thought-charges not only become painful situations in our life, but create a negative experience elsewhere. Each time we read, see or hear of violence, each time we repeat violent stories, we add to the violent world we live in. In psychology, we call this 'the collective consciousness', which can be of a country, nation or a group of people. Every person has a unique thought-wave energy. By meditation, chanting of prayers and mantras, by being with Nature on a daily basis, by *satsang*, by reading good books, by listening to good music, by appreciating art, dance-forms, any kind of creativity, we elevate our thought-wave-energy and can transform our rhythmic flow of energies into those compatible with the cosmic vibrational flow.

Ultimately, the mind expands and merges into the eternal cosmic mind. This is the power of our thoughts, so give a thought to your thoughts. They could become the key to emancipation.




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JAVED ALI




Presenting Sufiana Songs



This event was staged as a part of the NCPA's annual sufi music festival titled *Sama'a: The Mystic Ecstasy*, held on November 22nd, 2015 at the Tata Theatre, NCPA.

Sunday, June 21st | 6:00 pm

This event will be available for viewing till June 27th.

www.youtube.com/TheNCPAMumbai1
   /NCPAMumbai

Bring On The Sunshine!



DR. DANESH CHINYOY

Dr. Danesh D. Chinoy is a leading Health and Wellness Coach, Sports Physiotherapist and Psychologist. He is also a prominent Facilitator, Educator and Administrator, Physiotherapist (Sports & Manual Therapy), Corporate Trainer and Psychologist. He is dedicated to guiding clients to succeed while inspiring an insatiable passion for learning and helping all to heal holistically and remain fighting fit for life. With a Doctorate in Sports Physiotherapy and a Masters in Psychology, Dr. Chinoy's two-decades' rich expertise has won him innumerable awards, nationally and globally. He is on a mission to serve society by empowering all to reach their peak performance.

Providing eye-opening and ground-breaking insights into Wellness, this week, Dr. Chinoy presents... **'Bring On The Sunshine!'**

One goes through school, college, medical school and one's internship, learning a good deal about success but little or nothing about goodness! I once had a patient visit our OPD, complaining of getting hurt. With the enthusiasm of a young intern, I was quick to ask her where she was hurt. Her prompt reply - "Churchgate!" It took me a while and a smile to reframe my question. That day, she definitely gave me a crucial insight into communication. Conveying a message to others clearly might sound simple, but it's a process that is often fraught with errors at our end.

Thanks to you readers, the last two weeks were very different from the routine lockdown boredom. There were many interesting queries regarding my previous article on the health aspects of milk consumption. I was very happy to note that so many of you are so enthusiastic and eagerly looking forward to the Dairy-Free Challenge! Indeed, our community is blessed with intelligent people who are ready to learn and adapt their lifestyles towards a healthier future. There were a few pertinent questions asked by some, and I think it's best I answer these here, in the interest of the majority.

The most common question asked was on Plant-based alternatives to Dairy. People were surprised as to why there was no mention of the popular soy milk and almond milk. Honestly, I would not recommend any alternatives to dairy; and certainly not those which are commercially available in tetra packs. In my opinion, it defeats the very purpose of shifting towards a more holistic and natural lifestyle. May I be pardoned to generalize and say that almost all of these products would prove more harmful to your wallets than be good for your health. If I have to choose the best and most healthy alternative to milk, my vote would go in favour of our humble, homemade coconut milk.



Almonds certainly are nutritious but I strongly suggest to eat your soaked almonds rather than milk them. Soya products should not be part of your daily meal plan. The two beverages where all Indians need milk the most would be tea and coffee. If you are not very fond of black tea with lemon or simple black coffee, try adding coconut milk and have a kick start to your day!

Now let's help the fence sitters who are planning to go dairy free and have been busy preparing charts and plans to gradually taper down the dairy. I suggest, go cold turkey. Leave it all at once. Trust yourself for an initial period of twenty-one days and ask yourself after that, if you really want to go back to your old self. It isn't as difficult as you assume. You win the battle first in your mind and then in the real world. The best thing is when you quit dairy, you will almost automatically avoid the other white poisons (refined sugar and refined flour) even without any major efforts as these white poisons hunt together like a pack of wolves!

A few readers were ready to give up on dairy completely but were concerned about **Calcium and Bone health**. Let me remind you about the myth of milk and dairy products as the best choices for calcium that would benefit your bone health. Bone is a living tissue that is always in a flux. Throughout life, bones are constantly being broken down and built up in a process known as remodeling. Bone cells,

called osteoblasts build bone, while other bone cells, called osteoclasts break down bone, if calcium is needed. In healthy individuals who get enough calcium and physical activity, bone production exceeds bone destruction up to about age 30. After that, destruction typically exceeds production. Bio-available dietary Calcium, weight bearing exercises and Vitamin D are the three pillars of good bone health. I have always wondered why the other two have been given a step motherly treatment with all spot-light on Calcium alone.

There's a whole lot of other healthy foods that contain copious amounts of calcium, even more than a glass of milk. So, if you have been unwillingly chugging a glass of milk every day to get your calcium dose, you can try turning to these foods instead. You won't be disappointed. A regular glass of milk (250 ml) contains roughly about 300 mg of calcium - if you believe you are having pure, organic, farm milk.

Let's look at foods which provide your body with more calcium than a glass of milk (300 mg calcium):

1. Chickpeas: One and a half cup of chickpeas contains about 315 mg of calcium, along with fiber and protein. You can roast and eat these as a snack with lime, onions and tomatoes or cook these into a wholesome soup/dip.

2. Dark leafy greens: There's a reason why Popeye loved his spinach. Dark leafy green vegetables like spinach, Chinese cabbage, mustard leaves and turnip greens are all great calcium boosters. Two cups of turnip greens contain about 394 mg of calcium. Use them in your daily meals, mix them in salads, spread them in sandwiches or if you'd like to experiment try a green smoothie with nuts and coconut milk.



▶ **3. Almonds:** Almonds are great brain boosters but did you know that they are packed with calcium too? A ¼ cup of almonds can give you about 320 mg of calcium, as well as fiber and Vitamin E. I suggest soaked almonds over raw ones.

4. Dried Figs: These pack a whole lot of calcium along with powerful antioxidants. 1½ cup of dried figs contain about 320 mg calcium.

5. Chia Seeds: They are very often confused with our humble 'tukmuriya na bia', but they are different and now very easily available at our local Mumbai grocery stores. 100 grams of chia seeds contain a whopping 631 mg of calcium. Let's make this simpler for you - about three tablespoons of chia seeds will have more calcium than a glass of milk. So, don't shy away from these tiny wonders. Simply soak them in water for a few minutes till they swell up and then add them to your vegetables, dals, salads, soups etc.

6. Ragi Flour: Ragi flour is one of the best non-dairy sources of calcium. 100 grams of Ragi contains 344 mg calcium. It is extremely beneficial for growing kids and can be given in the form of Ragi porridge instead of forceful milk glass or sugar-laden cereal bowl.

7. Amla with Dates: Amla or Indian gooseberry, along with dates, are full of essential antioxidants, vitamins and minerals including good amounts of calcium. Prepare a desert or 'murabbo' of the same and to give your kids to build robust immunity and strong bones.

All the above food stuffs are not only very rich in their bio-available Calcium but also filled with other vitamins and minerals that are much needed for your over all good health. We have devoted so much time and effort for Calcium, I would fail in my duty if I were not to mention about Vitamin D today.

The 'Sunshine vitamin' is beneficial for several health conditions, including bone health, immune health and fertility. Vitamin D is a fat-soluble vitamin that functions to maintain normal blood levels of calcium and phosphorus. It enhances the absorption of calcium, thus helping to build and maintain strong bones. Without adequate vitamin D, bones become thin, brittle or soft. Parsis should be more concerned about vitamin D deficiency which lurks around like an unnoticed killer. Its deficiency is prevalent across all age groups in epidemic proportions, particularly amongst us Parsis. Did you know Vitamin D prevents and combats depression? It is an essential vitamin for brain health, mood, skin and immune function.

A simple blood test can determine your vitamin D levels (a healthy range is between 50 and 80). Be careful if you choose the package deals so popular with pathology labs today as they do not provide vitamin D3 levels. Beyond the blood test, there are no major symptoms of vitamin D deficiency in adults. This is one of the major reasons why this can be so dangerous - you may not even know you have this deficiency! Having said that, a few people can suffer from any of the following symptoms that research supports and I've seen in my clients.

- Frequent bouts of colds and viruses
- Depressing or feeling low in mood
- Junk Food cravings
- Low on energy
- Muscle pain



KALE
150-200 mg/cup



BROCCOLI RABE
118 mg/cup



ALMONDS
243mg/cup



COLLARD GREENS
232mg/cup



FIGS
107 mg/cup

10 Vegan Foods High In Calcium



ARUGULA
160mg/cup



BOK CHOY
74mg/cup



SPINACH (cooked)
136 mg/cup



OKRA
82mg/cup



BROCCOLI
47 mg/cup

- Bone and joint pain
- Always tired and needing more sleep
- Osteoporosis (weak and brittle bones)

If you can relate to any or all of these symptoms, you could benefit from a vitamin D blood test. If you find your levels in the low or insufficient range, please consult your family physician and get Vitamin D3 supplementation that would be a tablet once a week for three months, depending on the levels. As a matter of fact, this is the only supplementation and at times of Vitamin B12 that I ever recommend my clients to purchase from a pharmacy. I am a staunch supporter of 'Food be thy medicine', rather than the other way round.

So, how does one improve their intake of this important vitamin D? Did you know that mushrooms are the only plants that can give you Vitamin D? Just like human beings, mushrooms also make this vitamin when they are exposed to the sun. A 100-gram serving of mushrooms can give you 2,300 IU of vitamin D. As the best source of vitamin D is the sun, you can ensure that certain work-related activities can be conducted outside, so that you get more exposure to sunlight. Some of the things you can do to improve your Vitamin D intake naturally are:

1. Make sure the 'farajiyat' prayers of 'Khorshed-Meher Niyashes' is done daily under the sun. There was a reason why they were prescribed as 'farajiyat' in the first place.
2. Exercise outside before going to work - wake up

a little early and enjoy a pleasant morning walk before going to the office. The sun will help you gain vitamin D while the walk will wake you up and make you feel more active. If early morning walk is not possible, shift your mode of transport from own vehicle to our BEST buses and local trains, you will avoid the traffic rage and get some exercise too.

3. Schedule team meetings in open spaces: Apart from helping you get more Vitamin D, these meetings can be more interesting just because of the change in the venue.
4. Eat lunch outside: Carry your tiffin to an open terrace or any space outside to enjoy yourself and soak up some vitamin D.
5. Take your work calls outdoors: if you have a long call to make, take it outdoors. It will help you increase your vitamin D intake and provide the added benefit of light exercise if you walk around.
6. Take a walk during office hours: Take walks outside in the sun whenever you need a small break from your work.
7. Enjoy team building sessions and sports at least on the weekends under the sun - why else do you think our Baugs are blessed with play areas and grounds?

Health often becomes a lower priority as one climbs the corporate ladder with lot of deadlines and stress on their mind. Do not let this be the case with you. Taking care of your health can boost your performance in the workplace too, apart from helping your body and mind feel great. So, make sure that you are mindful of your diet and exercise.

8th World Zoroastrian Youth Congress Update

The World Zoroastrian Youth Congress is one of the most crucial platforms that brings together and reinforces the unity and strength of our Zarthosti youth from across the globe. Parsi Times is delighted to be associated with this noble endeavour, by publishing quarterly updates about the 8th World Zoroastrian Youth Congress, which will take place in the UK in 2023. Sheherazad Kapadia and Sanaya Khambatta, the two dynamic Co-Chairs of the 8th World Zoroastrian Youth Congress, share the following first update on the progress of this much anticipated event.

This series of articles aims to provide an insight into the profiles of individuals organising the 2023 8th World Zoroastrian Youth Congress with the aim of inspiring and motivating the future generation of young Zoroastrians. Through this article, we highlight the journey of the two congress Co-Chairs and how they use their voice to represent the community and add value to bring about progressive change through a collective voice.

Sheherazad F. Kapadia and Sanaya Khambatta are from London, Co-chairing the 2023 8WZYC. In 2019, they started serving the UK Young Zoroastrian (YZ) committee as Chair and Vice-Chair, respectively. They hail from Zoroastrian families who have been strongly involved in serving Zoroastrian communities. While Sheherazad's father was the Treasurer in the 1997 2WZYC and her mother was a teacher for the UK Zoroastrian Children's Fun Club; Sanaya's family has been prominent in the Delhi Parsi community and several charitable causes. As a result of their family's extensive communal involvement, Sheherazad and Sanaya have been actively involved in the Zoroastrian community from a very young age.

An Occupational Therapy Student/ Assistant Therapist by profession, Sheherazad is Chairperson of Young Zoroastrians (YZ) of the UK. Sanaya works as a Technical Consultant at IBM and is the Vice Chair of YZ, UK. As young adults, they are committed to representing the voice and views of young Zoroastrians in the UK.

Sheherazad and Sanaya shine a light on various aspects of their journey relevant to representing the Zoroastrian Youth community and planning the 2023 8WZYC:

Involvement in Community and Youth Matters:

Sheherazad: At age 10, my family and I moved to the Middle East, which seemed like a scary decision at the time. We never thought we would find a Zoroastrian community

as vibrant and loving as our London group. However, looking back, it may have been the best choice my parents ever made! Within the first month of moving, my family and I were introduced to a group of expatriate Zoroastrians who called themselves, the 'Abu Dhabi Bawa Gang'. From then



Sanaya Khambatta

on, we enjoyed communal weekly dinners, outings and celebrations. The Bawa Gang taught me a lot - most importantly that no matter where I go, what I do, or how scared I become of the future, our Zoroastrian community and faith will always be there for me. The moment I returned to London for higher studies, I felt a sense of responsibility to give back to my Zoroastrian roots and so I joined the YZ committee. Beyond that, I truly hope that through the 8WZYC, I can provide a platform for our Zoroastrian youth across the globe, to build a sense of belonging, empathy and a voice. After all, a community that cares, is a community that makes for a brighter tomorrow.

Sanaya: Growing up, my family always ensured that I had a strong sense of community and that I followed the three tenets of the religion - Good Thoughts, Good Words and Good Deeds. As a result, I always had Zoroastrian friends and engaged with them socially on a regular basis as well as attended Zoroastrian classes from an early age to learn about my religion and these tenets. Through this, I felt an innate sense of belonging which helped to shape my identity and allowed me to understand more about our religion overall. I have always been a proud Zoroastrian and my motivation for my

involvement with the main YZs is that I want others to feel the same way I did growing up. I want them to have a sense of community, to meet other like-minded individuals and make and share experiences with them and to follow the religion, not because they have to but because they want to.



Sheherazad F. Kapadia

What do you bring to the table in terms of Co-chairing the 2023 8WZYC in the UK?

Sanaya: Both, Sheherazad and I, come from different backgrounds and it is this differentiating outlook that will benefit us greatly as we embark upon our journey in co-chairing the 2023 8WZYC. We examine a task and work on collaborating together to provide the best course of action that benefits our community, peers and the project at hand. Over the years, we have come to mutually understand each other's beliefs and strengths and we plan on using these to the optimum. We are confident in our area of expertise and believe that communication and transparency is key in working together.

How do you overcome your individual viewpoints and focus on representing the community's voice?

Sheherazad: For us, having a communal or collective voice representing the community, is essential to good leadership. It does not just mean representing the views of others, it means accepting that sometimes your ideas or opinions must take a backseat and we must implement a different ideology. We always prioritize the greater, collective goal. By considering other points of view, we create a more

inclusive and empowered community.

Sanaya and I have been guided to show kindness in our actions. We believe, when we take on a leadership role - be it captaining your school sports team or starting an enterprise - being openminded and respecting the opinions of those around you, especially those who you represent, will always be a huge asset towards the success of your endeavours.

What is the significance of having a female-based committee and Co-chairs?

Sheherazad: The Zoroastrian youth in the UK has a vibrant atmosphere. I'm both, proud and grateful to say that having women in leadership positions is not a rare occurrence in the UK YZ community. I believe that having a congress committee

made up of so many wonderful and accomplished young women is essential and will showcase how we are paving the way to a more equitable society. Sanaya and I firmly believe, that with the equality and empowerment of women, we will achieve a stronger future for our community as well as our religion.

How do we wish to envision the global Zoroastrian youth in the future?

Sanaya: Looking to the future of the global Zoroastrian youth, we hope that individuals will continue to follow the Zoroastrian faith and be part of the global Zoroastrian community - through attendance at events such as the Youth Congresses and World Congresses. This can develop one's spiritual and emotional connection with the religion as well as their peers and facilitate the world in seeing us as a unified, global community. We wish for the YZ community to advance and start tackling progressive issues that we face, not only within the religion, but in society too; and to evolve as respectful and inclusive of all.

Sanaya and Sheherazad look forward to answering your queries and providing details in future updates. You can mail them at: 8WZYC@ztfe.com.