

THE TRUTH. DELIVERED WEEKLY.

## In Line With The Truth

### BPP Trustee Kersi Randeria Rubbishes False Claims By Phiroze Amroliwalla And Shares Facts



#### Some More Facts:

Phiroze Amroliwalla lives in a flat in Mahim, which is in his wife's name. He spends, on an average, 6 months in a year, in Canada, with his son's family.

Despite being abroad for a long time, Phiroze Amroliwalla has also illegally occupied a SECOND flat – next door to his flat in Mahim.

Further he has kept a THIRD flat in Khareghat colony, locked and in his possession, since over a decade!

The BPP has sent Phiroze Amroliwalla notices to vacate and hand over the premises, dated 11<sup>th</sup> April, 2019 (C-27, Malbari Bldg., New Khareghat Colony); as well as 29<sup>th</sup> May, 2019 (Flat No.15, Jeejeebhoy Building No. 5, Khan Estate, Mahim).

Phiroze Amroliwalla has not paid a single paisa to the Trust for the past three and a half years for these three flats, totalling to Rs. 2,15,383 and claims to have sent a cheque for a much lesser amount (Rs. 1,03,939/-) to the BPP, in January, 2020. He has offered no explanation as to why he did so after three years of not having made a single payment... Possibly knowing fully well, that the BPP cannot, and will not, accept a part payment, he has sent this piece of paper so that he can claim to have made a payment!

Over the last week, I have received a number of queries and requests from community members as regards the malicious and unfounded lies being spread about me, by a certain Phiroze Amroliwalla, in a Sunday-rag which surely qualifies as the torch bearer of yellow journalism in the community – known to sensationalize falsities and confuse/fool community members.

In order to cover up the fact that he is in occupation of 3 BPP flats and has not paid a single rupee in rent to the BPP for more than 3.5 years, Phiroze Amroliwalla - a self-proclaimed social activist, housing expert and vigilante - has put out twisted and dishonest stories in the public domain, which I do not wish to dignify with a response but deny in toto, in the interest of public knowledge and the truth.

**Pay Your Dues,  
Mr. Amroliwalla!**

*Hand over the flats so that these can be given to deserving community members – especially young couples who have to postpone their marriage for lack of housing, amongst others - which is the main aim of Trust flats in the first place!*

It reflects sadly on Phiroze Amroliwalla's supposed integrity, when he indulges in the proverbial 'throwing stones to hide his hands' – by desperately trying to cover up the following facts (by drowning them in a sea of misinformation and lies) as under...

me saying that his business had stopped many years ago and as he was now a retiree, he was unable to afford paying an additional Rs. 2,250/- per month. I advised him that the sum appeared big to him only because he was illegally occupying two additional flats and that he should either hand over the flats to the BPP (which he should have anyways done), or alternatively, if he was genuinely a 'poor man', then he should apply for a subsidy or waiver to the Board of Trustees, for their consideration. But he was unwilling to do this, as he claimed that it would affect his image! He has now twisted this plea for financial relief into saying that this was a bribe that he offered to him! How ridiculous can he get!! That I would offer him a bribe of Rs. 2250 a month and that the

What obviously stands out is that he has been illegally occupying TWO flats, over and above his existing flat, and despite proclaiming himself to be

**Don't Try To Profit Off Trust  
Flats, Mr. Amroliwalla!**

*These are Trust properties and were built by great philanthropists for our community members to be lived in, not locked and sold at a profit!!!*

*In reply to his e-mail, which he has been trying to spread out in the community, I would like to share my reply to him, dated 20th June, 2020, as under:*

*Mr Amroliwalla*  
*I pity you*  
*You will go to any level to not pay your legitimate dues and to try and profit from charity flats*  
*All your allegations are denied*  
*It is relevant to point out that during our meetings you in fact accused Mr Dinshaw Mehta and Late Mr Rustom Tirandaz of financial irregularities*  
*You boasted that you and one Mr Rumi Dastur from Cusrow Baug were the first vigilantes who had caught and exposed Dinshaw Mehta and Rustom Tirandaz*  
*Your other rantings and ravings cannot be dignified by me by replying*

*It will suffice to say that if you can prove any of your allegations then you should go ahead and do so*  
*Please do clear your 3½ years of outstanding dues*

K



Contd. from Pg 01

What obviously stands out is that he has been illegally occupying TWO flats, over and above his existing flat, and despite proclaiming himself to be a 'Housing Activist', he wishes to benefit from the Trust by selling the houses for a profit!

Amroliwalla also told me, that he had had a major surgery some time ago, and had become a financial drain on his son, he wanted to sell all the three houses and migrate permanently to Canada.

When I told him, that as per the prevailing Housing Policy (2017), the Trustees would not allow the sale of houses, he informed me, that he had the blessing of Dinshaw Mehta, and that Trustees Viraf Mehta and Armaity Tirandaz would help with his case and thus, requested me to support him! He also pointed out that somewhere in 2013, Dinshaw Mehta had agreed to allow him to sell his Khareghat Colony flat at that time, which had no relevance in 2017, especially since nothing concrete had come out of this discussion.

Despite his pleading, I was firm in my refusal of what I believed to be an unacceptable request, allowing a person to benefit to such an extent from charity by selling not one, but three flats, and then using these charity funds to permanently migrate to Canada! Realising that I would not budge, he threatened me saying that I did not know the kind of person that he was and the damage he could inflict on me, should I make an enemy out of him,

hinting at his previous underworld connections.

Over the last 2-3 years he has repeatedly made the most childish and absurd allegations against me, including the most recent one, where he claims, that I refused to send food to a poor, old gentleman in his colony, (during BPP's recent food distribution scheme) simply to spite him (Amroliwalla), even though, neither he nor I were ever in the picture!

Let me also state, for the record, that he initially started off thinking he could get into my good books by reporting the financial irregularities indulged in by some of the ex-Trustees. He proclaimed himself to be the first vigilante, and stated, that along with one Rumi Dastoor from Cusrow Baug, he had, then caught Dinshaw Mehta and the late Rustom Tirandaz, in a cash-for-house transaction, and had exposed them for the alleged financial irregularities, which he alleged was also published by the Parsi press at that time.

To put things in a nutshell, Amroliwalla has, under the guise of 'not paying the amount as a matter of principle', now been staying for FREE for the last THREE AND A HALF YEARS as an occupant of THREE FLATS – and not paying for any!!!

Since I have been repeatedly calling on Amroliwalla to clear the necessary amount and hand over the flats – both proposals being conducive neither to his profiteering off the Trust flats nor to his image - he has resorted to spreading falsehoods and lies about me, and has tried his best to malign me, by

## Quit The Lies, Mr. Amroliwalla!

Your falsehoods and malicious lies are ridiculous and delinquent, coming in a close second only to your inane allegations!

misinforming the community.

The work that I have done for the community, over the last four and a half years, most of which has focused on our lesser fortunate brethren – speaks volumes for itself and for both - my character and commitment. This obviously proves very painful to some to accept, especially those, who have their relatives and their prodigies and proxies on the Board!

I'm guessing such false attacks and ridiculous, delinquent, and to put it bluntly – stupid - allegations, will continue, because those throwing the stones are the very people who have been repeatedly accused of financial impropriety by not one, but two different boards of trustees! The only objective of such jobless people in life, is to be malicious and try and belittle my hard work and dedication. I wish they would instead, channelise their energy towards helping the community.

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# Zarir Bhathena

## A Colleague, A Friend, A Thorough Gentleman

- Tribute By Kersi Randeria -

It has been my privilege and a joy to have had a colleague and a friend, in Zarir Bhathena - a true Parsi and a thorough gentleman.

At around 11:00 pm on Wednesday, the 24<sup>th</sup> of June, I received a call informing me that Zarir was no more. Even as one had been expecting this news for a while, it still felt like a blow.

Zarir and I first met more than two decades ago. We soon discovered that we shared a number of views in common - most particularly, our love for the community and a dislike of its questionable governance.

Zarir was a big man, in more ways than one... tall, broad-shouldered, with a big heart to boot. He was a man who spoke precious little and was a glaring proponent of the adage - 'Actions speak louder than words'. Any charitable cause or event received donations from Hilla Builders or Zarir Bhathena.

Apart from all his other qualities, he was a dedicated family man who looked after his immediate family, and his extended family, with great love, affection and a sense of duty. Zarir was famous within his circle of friends and was known for his weekly routine of catching a movie in a theatre as also his regular trips to Udvada with his family.

In 2015, when Zarir, Noshir and I decided to serve the community as a team, we became a close-knit unit, dedicated to resolving the issues of the community. As our trio successfully entered the BPP - placed in the top three elected Trustees - we dedicated our expertise across different areas, as per our strengths. While Noshir looked after issues of charity, and I handled other issues, with a focus on housing the community, Zarir took on the bulk of the work related to accounts.

As a highly respected Chartered Accountant, with many huge corporate clients, Zarir's vast knowledge and his eye for detail, was a revelation and an amazing asset for the BPP.

The Accounts staff looked to him for guidance and direction in all accounts related matters. In



spoke very little during the Board meetings. But when he did speak, his clarity of thought and the force of his convictions ensured that everyone sat up and listened.

Zarir greatly disliked getting involved in petty squabbles, that so often took up a lot of time of the Trustees during the Board meetings. In fact, with a smile on his face and a twinkle in his eye, Zarir would request me to try and resolve the problems of beneficiaries who approached him personally.

In the last BPP Board meeting that Zarir attended, he expressed his disappointment and dissent with the decision taken by the majority trustees for the sale of flats against deposits and donations. Zarir, though initially agreeable to this scheme, soon realised as a CA, that this scheme would not be the answer to the financial problems of the BPP. In fact, his parting shot in that meeting was, "I am not going to allow you (the Trustees) to sell any more flats from now on."

In losing Zarir, I have lost a colleague and a friend, but more importantly, the community has lost a valuable and cherished asset - a man of principles, with a hard exterior and a soft heart. He joined the BPP with the sole intention of changing things and to bring back the Trust on the right track, as he saw it.

fact, when Zarir briefly contemplated walking out of the BPP for health reasons, it was the Accounts staff who were at the forefront of requesting

him to reconsider his decision. And Zarir being Zarir, obliged.

Zarir was a man of few words and

What is not generally known, and must be said today, is that even in his short stint with the BPP, he accomplished many things which, in fact, helped bring back things on track for the Punchayet.

A thorough gentleman, a friend, an integral part of the trio and a colleague trustee - Zarir Bhathena will be greatly missed, but his legacy as a Chartered Accountant, a builder, and most importantly, as a BPP Trustee, will live on in the hearts of all those whose lives he touched.

My heart goes out to his family and we stand with them in this time of grief.

Rest in peace, my friend!





## LETTERS TO THE EDITOR

## OPEN LETTER TO THE TRUSTEES OF THE BPP

By Arzan J. Ghadially

**Subject: Clarity Requested on the Increased Service Charges of Rs. 750 per month, since 2017.**

Dear Trustees,

I would like to draw your attention to an article authored by Mr. Phiroze Amroliwalla published in 'Parsi Junction' dated June 14, 2020, and subsequently continued again on June 21, 2020, on the mentioned subject matter, besides others.

Mr. Phiroze Amroliwalla claims that the amount of Rs. 750 that the BPP has been collecting since 2017 is illegal and that the legal tendered dues are minus the Rs. 750, which he refers to as, "Increased Service Charges". I believe residents from other colonies, including Gamadia Colony, are refusing to pay their monthly outgoings and I am not aware if any notice has been served to any such occupants.

A small back of envelope calculation shows the following: BPP has 2,800 flats approximately. Around 85% to 90% of tenants have paid the increased amount and the balance 10% to 15% who have not, have been told to either pay in full or nothing.

On average say, 335 occupants are paying no rent. Rent ranges from Rs. 2,500 to 5,000, considering an average of around Rs. 3,000 per month. Those who do not pay would be owing dues of (Rs. 3,000 pm x 12 months x 3 years) = Rs 1,08,000 per tenant. This works out to Rs 3.62 crores considering 335 tenants or thereabouts do not pay!

**With outstanding dues of almost Rs 3.6 crores, the silence of all the Trustees on this matter, is alarming. My question to the Lone CA Trustee - Mr. Xerxes Dastur is, whether breaking FDs worth Crores is a better option or recovering these dues in Crores, a good solution?**

**What have the Trustees done for recovery of dues? Have notices been sent to these occupants who have not paid? If sent, what is the outcome? If sent and not responded to, has the subject matter been ever taken on the Agenda for the Board meeting of the Trustees and discussed?**

**What is the plan of action of the BPP to recover these dues? Prima facie it amounts to complete mismanagement of Trust funds.**

Mr. Xerxes Dastur had also committed to have the increased service charges of Rs. 750 per month waived - the same was published in Parsi Junction and the community had welcomed the move. Now even he is on silent mode!

**In view of the above and for the sake of complete clarity, I would sincerely request all the Trustees to issue a joint statement, and in one voice, clarify if the increased service charges are legal -as per Rent Act or illegal - as per Mr. Phiroze Amroliwalla and all the others, who have not paid the increased service charges.**

**If the Trustees continue to be in silent mode over this issue and have no plans of recovering the dues from approximately 335 + defaulting occupants - as can be evidenced from the delay of 3 years - in which case, the increased amount collected from the rest of the occupants at Rs. 750 per month, for 3 years, may please be refunded or adjusted, within a specified timeline.**

**The more years we drag the issue, more the cost of litigation later!**

Awaiting a response.

**- Arzan J. Ghadially**

**Combined Request To Public And Veterans, From All Ranks Of The Army**

By Cdre Medioma Bhada

This is our combined request to the public and the veterans alike - please let us do our job. Rest assured, we will lay down our lives without batting an eyelid, if defending the country requires that. But please avoid reasoning every move we make and everything that we do in the battlefield.

If there's anything you can do for us, it is just to be appreciative of what we are doing and give strength to our dear ones left behind at home through your words and if possible through your deeds, we will appreciate that a lot. If that is not possible, we will still be happy, if you avoid trying to analyse 24/7, every move we make or don't make, why we fired or didn't etc.

By the way, while confronting the enemy in the battlefield, we are under no political policy compulsions and we don't look for any political instructions. Our competent commanders on the spot give instructions - they are very competent, care for us, rub shoulders with us. We look up to them.

So, we request you, our countrymen, countrywomen, and our veterans, to

kindly avoid analysing our minute-to-minute actions, that too in public - what we do, what we don't do, why we do etc. Please let us concentrate on our job feeling confident that regardless of what we do, you are behind us and we can take that for granted. If you are divided, it could shake our confidence, because your unity, trust, support and belief gives us greater strength than our weapons. Trust us, we don't hide facts, but we certainly hold back operationally sensitive information which could help the enemy. In return, we give you the promise of guarding our borders with our life. Not asking for too much, we hope.

We salute you and salute our tri-colour - the two most precious things that we value most.

Jai Hind!

**By Cdre Medioma Bhada**





## FROM THE EDITOR'S DESK

### A Time For Goodbyes

Dear Readers,

2020 continues to steal our Community of some of its most loved and cherished stalwarts. In a sad but not unexpected turn of events, we lost our much respected and loved BPP Trustee, Zarir Bhathena, to an ongoing ailment that he bravely fought, to its conclusion. While the community was yet coming to terms with this sad news, within a few hours, we got to know of the passing of former BPP Trustee and Bombay Municipal Commissioner, Jamsheed Kanga - yet another great in his own right, loved and mourned by all whose lives he had touched.

And even as that news was settling in, we were informed that our very own war-hero, the courageous and celebrated Squadron Leader (Retd.) Parvez Jamasji, the recipient of the prestigious Vir Chakra, had returned to his maker. Not too long ago, we bid adieu to Ruby Patel and Bejan Daruwala... amongst other iconic personalities that our community had been blessed with. It does feel like a time for goodbyes.

All of these great souls - legends in their own right - enriched our community and our country, bringing in pride and praise, with their unique contributions, leaving behind for their successors, very large shoes to fill. They say the greatest legacy you leave behind on earth is how many hearts you touched. Insomuch, all of these personalities leave us with some of the richest legacies ever - to learn from and live by - legacies of service, courage, duty, kindness and love.

While we extend our heartfelt condolences to, and stand by, the grieving families and loved ones of these shining stars of our community, we must celebrate their brilliant legacies and achievements, even as we stand - inspired, empowered and grateful - by the great precedents that they have set for us.

Let us all take a few seconds to say a prayer for these noble souls. May they attain Garothman Behest!

Wishing you a safe and sound weekend!

- Anahita

[anahita@parsi-times.com](mailto:anahita@parsi-times.com)



## Reader's Corner

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

### Ahura Mazda That Humanity Forgot

By Farida Bamji

It's nice to read as well as hear  
That Zoroastrians across the spectrum  
Have been bonding out of fear,  
Conducting Humbandagis  
As well various religious ceremonies,  
To eradicate this deadly disease.

Though there is one big flaw  
Throughout the years,  
We disregarded His  
Pristine message of Equality -  
Treat people with  
Tolerance, understanding  
As well dignity;  
But continued on  
The path of Racism,  
Discrimination, Bigotry

And then all of a sudden  
A Plea for help!?  
What is He supposed to do?  
Run over to the rescue?  
If one disregards His Message  
He can disregard your pleas too!

I can almost hear Him say:  
"Go Fish! Not until I  
Hear improvement in  
Your behaviour."  
This is the ultimate truth,  
A Bitter pill to swallow.

So please make sure  
First and foremost  
Soothe Asho Zarathustra's Soul,  
And Prayers may get answered,  
All big and small!

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DAISY P. NAVDAR

## Afshun For Difficult Times

*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.*

*"These are strange times. Reason, which once combatted faith and seemed to have conquered it, has now to look to faith to save it from dissolution."*

**Johan Huizinga – Dutch Historian**

It is so true, that today, the world is baffled over a tiny virus. It is truly the time to look towards our rich texts with *manthras* that have the wisdom of eons in them. There are so many people known to me personally, who have faced tremendous tragedy and suffering, but have all emerged triumphant, better for the experience; and with a deeper understanding of themselves...

**...A lady with a debilitating spinal-chord injury:** She was single and lonely and constantly afraid of circumstances. She had to conquer her own fears and she emerged triumphant. She now leads a full and complete life. So, how did she manage to overcome it all?

**...A single mother, facing the challenge of bringing up her son,** completely alone with no one to fall back on. Life was not kind to her. Today, her son is a well-qualified young adult, who is her pride and joy!

**...An uneducated girl, a difficult childhood and even more difficult teenage years:** Today she is running a successful business of her own!

**...A girl child, married off at a tender age, loses her only son:** And she suffers from such a debilitating heart condition that the heart only works at an extremely low capacity. Today, she has a flourishing garment business of her own and works for 20 hours daily! She even helps so many others to build their own businesses!

**...A man, frequently prone to tremendous bouts of depression and anger:** He was unable to hold down a job for long. Today, he commands the

top-most position in his organization and lives with a beautiful family who adores him!

I know all of these people and I have seen them live their lives at very close quarters. There is a common thread that runs through all their life stories



which has resulted in empowering them to work their way out of these difficulties - it is the thread of prayer. These are people who have unshakable faith in their prayers. At some point in their lives, they had almost gave up on everything, but they never, ever gave up on prayers!

In a few lines I have summed up the journey of an entire lifetime of these brave people, but I feel it is important for us to know them and feel their stories as we will find our own struggles

resonating in these stories. We will also find our own solutions to these struggles! When we feel pushed into a corner, helpless, alone and absolutely on the last tether, it is prayers that come to our rescue.

When you start your career and start making money, don't you set aside some as an investment for your future? Start your prayers also while you are young, by the time you are older or at some point in time, incapable, your prayers will come to your aid. They will bring with them their own magical vibration with which you will be able to transform your circumstances.

The earlier you start building your store house of brilliance, the richer you will be for it. You will be able to draw from that wealth in times of desperation, but you need to start - NOW!

I share with you the most powerful *Nirang* of Shah Faredoon, which helps us conquer all difficulties in life, no matter how big or small. May it also empower you to emerge victorious!

### **Nirang of Shah Faredoon**

*Yatha Ahu Vairyo - 2*

*Ashem Vohu - 1*

*Nemo Ahurai Mazdai*

*Nemo Ameshebyo Spentaebyo*

*Nemo Maonghai Gaochithrai,*

*Nemo Paiti ditai, nemo paiti dite*

*Maonghem Gaochithrem*

*Ashavanem*

*Ashahe ratum yazamaide*

*Vananto sataro mazda-dhatahe*

*Khshnaothra yasnaicha*

*vahmaicha*

*Khshnaothraicha Frastastayaecha*

*Vanantem satarem mazda-*

*dhatem*

*Ashavanem ashahe ratum*

*yazamaide*

*Yazai Vanantem amavantem*

*Aaoktonamanem Baeshazim*

*Yazamaide*

*Yenghe hatam, aat yesne paiti*

*vangho mazdao*

*Ahuro vaetha ashat hacha,*

*Yaonghamcha tascha taoscha*

*yazamaide*

*Ashem Vohu - 1*

*Yatha Ahu Vairyo - 1*

*Ashem Vohu - 2*

## It Is My Own Fault, If I Know Not Thee, 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.*



Seven or nine heavens, vaulting one above another, they say, is *Garonmana*, Thy celestial Abode of Songs. From there dost Thou come down to Thy worshippers in all Thy grandeur, when they supplicate Thee and invoke Thee. But, in all humility, I feel and know Thy nearness. Thy throne is not in supernal regions, higher above than the highest mountain upon the earth. Verily, it is in the human heart. Thou art not external to the world. Thou art not beyond reach. With purity of mind and purity of heart, man can know Thee and see Thee and apprehend Thee.

When I know Thee, I know myself better. When I understand Thee, I understand myself better. Rapt in contemplation of Thee, with devotion I will approach Thee. I will hold converse with Thee. I will let Thy holy words sink deep into my heart. Out of the fullness of my heart, I will speak to Thee. I will lose myself in Thee, that I may gain Thee. Lovingly, I will commend my soul into Thy hands, O Thou Supremest Soul!

As I wake in the morning, my first thought will always be Thine. As I sleep at night, my last thought will always be Thine. All during my waking hours, I will live in Thy presence and live for Thee. I will let my thoughts be inspired by Thee, my words be dictated to Thee and my deeds be guided by Thee. Thou dost demand from me deeds and not mere words. I will lay the offerings of my good deeds at Thy feet.

I will think Thy Thoughts and speak Thy words and do Thy deeds all day long. I will strive to know Thee and live up to my knowledge of Thee. May I be worthy to win Thy grace. May I be happy to touch the hem of Thy divine garments. I will open my heart to drink at the fountain of Thy holy spring. Inspire me, Thy devotee, with Thy holiness. Then, am I blest for ever, Ahura Mazda!



# Living And Leaving A Legacy Of Love



**NOSHIR H. DADRAWALA**

"If you would not be forgotten as soon as you are dead, either write something worth reading or do something worth writing."  
- Benjamin Franklin



The death of a near or dear one is always very painful. If the person dies relatively young or passes away suddenly, the shock is even greater. If the person dies after a protracted illness, the anguish runs deep. Either ways, rightly did the Nobel laureate, Thomas Mann, say, "a man's dying is more his survivor's affair than his own."

This week saw the passing away of two community stalwarts - Zarir M. Bhathena and Jamsheed G. Kanga. While the former was a sitting trustee of the Bombay Parsi Punchayet (BPP), the latter was a former BPP trustee. Both were men of substance and shared a common interest - love for the community. Zarir was a Chartered Accountant and a Builder while Jamsheed was an IAS officer and former Municipal Commissioner of Mumbai. A quality common to both was their caring nature and humility. Both took their personal relationships with family and friends, as also their professional responsibilities very seriously and this is what real men are made up of - passion, devotion and a tough exterior covering a soft interior.

### Console To Cheer...

I often ask myself, is sympathy, or even empathy, all that we can offer to the bereaved? Does offering condolence soothe the aching heart? Besides, what are the words we generally tend to whisper in the ears of a grieving spouse, or a distraught son or daughter, who has just lost a pillar that held up his or her life? Usually we say, "It is God's will and there is little we can do about it." But, do such clichés bring comfort or actually cause more discomfort?

Honestly, one cannot change what happens. But one can certainly take charge of one's response to whatever happens. We are all mortal and death is the only certainty of life. Yet, immortality is to live one's life doing good, and leaving a lasting legacy. This is what those in grief should be reminded about - that the departed has carved his or her name in so many living and throbbing hearts, instead of one cold tombstone.

In the words of Anne Lamott: "You will lose someone you can't live without, and your heart will be badly broken, and the bad news is that you never completely get over the loss of your beloved. But this is also the good news. They live forever in your broken heart that doesn't seal back up. And you come through. It's like having a broken leg that never heals perfectly - that still hurts when the weather gets cold, but you learn to dance with the limp."

### Bitter Or Better?

What may appear as 'misfortune' today, may seem an important milestone in the future. It is important to accept with grace and fortitude the challenges that may be strewn in the pathway of one's life. These challenges may actually help one to grow in strength and gain wisdom. The choice is between becoming a better individual or a bitter individual. The choice is left to the individual.

Death is about leaving a legacy which is etched into the minds and hearts of others and the stories that they share about the departed. In the words of Thomas Campbell, "To live in hearts we leave behind, is not to die." When people we love physically disappear from our lives, our only option is to seek comfort in the memories of our time together and to be grateful for all the good things that happened. It's difficult to move past the pain of loss, but happy memories do keep our hearts warm for many cold and gloomy winter nights.

### Finite Disappointment V/s Infinite Hope!

To all those who have been recently bereaved and feel bereft and distraught, may I say, that we do not necessarily have to rely on memories to recapture the spirit of those we have loved or lost. They live within our souls in some perfect sanctuary, which even death cannot destroy. Please accept 'finite disappointment', but never lose 'infinite hope'!

To the Bhathena and the Kanga family, I offer my 'consolation to cheer'. Neither Zarir nor Jamsheed have really died. They have simply made a transition, or to put it more simply, "moved on". Their spirit survives in their legacy of their labours of love that they have left behind for posterity. Family and close friends may perhaps draw comfort and strength from the following verse:

*"If I should die, and leave you here awhile,  
Be not like others sore undone, who keep  
Long vigils by the silent dust and weep.  
For my sake, turn again to life, and smile.*

*Nerving thy heart and trembling hand to do  
Something to comfort weaker hearts than thine.  
Complete these dear unfinished tasks of mine,  
And I, perchance, may therein comfort you!"*

Indeed, one of physical life's inexorable tenets is, nothing lasts forever. All good things come to an end. Physical life ends, sooner or later. And yet those who survive must find new meaning to life and make a new beginning.

Zarir and Jamsheed have earned their well-deserved sleep. But their survivors have promises to keep and miles to go before they sleep!



## Reader's Corner

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

### An Elegy For Sushant

By Meher Parvez Sutaria

'Sushant Singh Rajput', that was your name,  
Had you waited a bit longer, you'd acquire greater fame.  
You were so handsome, brilliant - highly qualified,  
Certainly, this wasn't the way in which to have died.

An upcoming, brilliant and charming Film-star,  
Soon with Superstars, you'd have been on par.  
Dear Sushant, now that you've forever gone,  
I wonder, didn't you find a shoulder to cry on?

What made you take such a drastic step?  
Being treated for depression - you did have help.  
Internally, perhaps, you were torn apart,  
What was the cause of your wounded heart?

We will never know the reason nor the cause,  
You were a good human being with perhaps a few flaws.  
Wasn't there another way to find your way out?  
It wasn't the end of the world, then what was it about?

Wish you'd have spared a thought for your poor,  
faithful Fudge,  
Without you around, he's heart broken - he won't budge.

May God grant your soul everlasting peace,  
From your inner turmoil, may you have found release.



## Noel Tata Could Be Inducted As Director On Tata Sons' Board

As part of a restructuring plan, Noel Tata could soon be inducted as a Director on the Board of Tata Sons, the holding company of all Tata Group firms. The move comes after he was appointed a trustee of the Sir Ratan Tata Trust in 2019. A final decision is yet to be made and a few discussions on the same have taken place, according to a report by the Hindu BusinessLine.

The move to induct Noel Tata on Tata Sons Board has been for some time gaining momentum. As per a source from the Tata group, "If Noel is inducted to the Tata Sons Board, it could be a precursor to appointing him as a successor to Ratan Tata. The equation between Noel and Ratan has improved over the last few years, especially after Noel backed his brother against Cyrus Mistry." Certain insiders are also backing Noel Tata's induction - as is his half-brother and Chairman Emeritus, Ratan Tata, as per the report.

Within the Tata Group of companies, Noel Tata is Chairman of Trent (Westside) and Tata Investment Corporation; Managing Director of Tata International and Vice Chairman of Titan Company. He



is also son-in-law to Pallonji Mistry, the father of expelled Tata Sons Chairman, Cyrus Mistry.

The board at present comprises N Chandrasekaran as Executive Director; former IFC's management group member - Farida Khambata; TVS Group CMD - Venu Srinivasan; Piramal and Sriram Group Chairman - Ajay Piramal; Jaguar Land Rover CEO - Ralf Speth; former Titan CEO - Bhaskar Bhat, former Unilever Group Chairman - Harish Manwani; and Tata Sons Group CFO - Saurabh Agrawal, as Directors.

There may also be other changes to the board, the report added.

## SII To Supply Pneumonia Vaccine To Low-Income Nations

In addition to spearheading efforts to develop a vaccine to fight COVID-19, the Serum Institute of India (SII), the world's largest vaccine manufacturer by number of doses produced and sold globally, will provide ten million doses of the pneumococcal conjugate vaccine, which helps to prevent severe pneumonia, every year to lower-income countries for the next decade. This has been decided under a new supply agreement with the UNICEF, that helped dramatically decrease the price of pneumonia vaccine for those nations.



"Pneumonia is the biggest single killer of children, claiming the life of a child every 39 seconds. By being able to provide this quality-assured pneumococcal conjugate vaccine at such an affordable price, we can save millions of children's lives," Director of UNICEF's supply and procurement headquarters, Etleva Kadilli, said.

The Pune-based Serum Institute of India is a leading manufacturer of immunobiological drugs, including vaccines. Lower-income countries across the world will now be able to access life-saving pneumococcal conjugate vaccines, which protect against the leading cause of pneumonia, for USD 2 per dose, thanks to the supply agreement between UNICEF, Vaccine Alliance Gavi's procurement partner and the Serum Institute of India.

The supply agreement is the 8th to take place under the Vaccine Alliance's AMC mechanism, and the first to include a developing country manufacturer. Under the agreement, SII will provide 10 million PCV doses to Gavi-supported countries each year for the next ten years.

The pneumococcus bacterium is the leading cause of severe pneumonia and is a major cause of morbidity and mortality worldwide. Most of these deaths occur in lower-income countries and include a disproportionate number of children under the age of two, as per UNICEF.

Estimates indicate that more than 225 million children will have been vaccinated, and that over 700,000 deaths will have been prevented by the end of 2020. With the new supply agreement, AMC will be closing this year having facilitated the entry of the new manufacturer to the market as well as a record-setting low price for Gavi-supported countries that will result in an estimated millions of dollars in savings for both Gavi and lower income countries' vaccine budgets, the UNICEF said.

## Freddy Vachha Is New Leader Of UKIP

The United Kingdom Independence Party (UKIP) has announced that Indian-origin, Freddy Vachha will become its newest leader, succeeding Richard Braine. Vachha has been UKIP's London Regional Chairman since 2016 and becomes the sixth leader of the party.

At the leadership announcement, in front of Churchill's statue, in Parliament square, 61-year old tax consultant Freddy Vachha read a speech from his phone out loud, and said it was "time for UKIP to get back to business." Speaking to BBC, Vachha said, "We know what ails this country. For many years, alas, we too have gone astray, focusing on things which were not really important, and some of the things we focused on were just plum wrong. We return to our libertarian, freedom-loving principles and under my leadership, that is what we shall get." He warned the "blaggards in Westminster to watch out". He also addressed the killing of George Floyd and the attack in Reading.



The UK Independence Party is a Eurosceptic, right-wing populist political party in the United Kingdom. Vachha was born in Mumbai to an English mother and a Parsi father.

## Former BPP Trustee Jamsheed Kanga Passes Away

Former BPP Trustee, as also the former Bombay Municipal Commissioner, Jamsheed G. Kanga, passed away in the early morning hours of 25<sup>th</sup> June, 2020. He was an upright and dynamic IAS officer with an unblemished track record of service to both - the country and the community. His professional excellence was matched by his friendly disposition towards all. He was always known for his humility, caring and loving nature. On behalf of the community, PT extends our condolences to his family and loved ones and stands by them in this sad hour. May his soul attain Garothman Behest.





# Arzan Wadia Is FEZANA's New President



by all for his dedicated service. Sacramento Zoroastrian Association were unanimously selected as the host of the 34th AGM to be held in April 2021. In addition to Arzan's Presidency, other results to various positions joining Percy Master, Secretary FEZANA, on the new executive committee include Interim Vice-President - Er. Kayomarz Y. Sidhwa (ZAH); Treasurer - Rooky Fitter (ZACLA); and Assistant Secretary - Xerxes Commissariat (ZACLA).

Sharing his vision imbibed as FEZANA's Action Plan in 2020, Arzan expressed how the coming decade would be a transformative one for Zarthostis in North America and the efforts of FEZANA and its member associations would prove as 'make-or-break'. In his first term as FEZANA President, the areas which he has prioritized his focus on will include Empowering and Reinforcing the Identity and Relevance of Zarthoshti in North America; Renewing and Revamping FEZANA's Relevance by making the Systems of Internal Governance Contemporary by setting up the FEZANA President's Advisory Council for better guidance and leadership; Engage, Energize and Empower the Youth by revamping the youth committee and facilitating greater youth involvement by being more social-media inclusive; Preserve, Research, Educate, Exhibit to further the Zathoshti vision and establish a more solid foundation and understanding of our religion and culture; inculcate the Art of Giving to continue the glorious legacy of Zoroastrian philanthropy; Ramping up FEZANA's Global Presence; Making Hamazori Happen - facilitating Zoroastrian networking at all levels;

Here's wishing the new FEZANA President, Arzan Wadia, and the new Executive Committee, Heartiest Congratulations! May FEZANA continue to evolve and further the Zarthosti cause globally, under the able and experienced leadership of Arzan Wadia!

On 20th June, 2020 the Federation of Zoroastrian Associations of North America (FEZANA) held its 33rd Annual General Meeting, marking the last AGM for outgoing President, Homi D. Gandhi, completed two fruitful terms as President, as he handed over the baton to Arzan Sam Wadia, who had been serving as the Vice President hitherto. He resigned from his position to take on the new role as FEZANA's 9<sup>th</sup> and youngest President to date. Arzan, who hails from Mumbai, has been involved with FEZANA over the last decade and has also served at his home association - ZAGNY (Zoroastrian Association of Greater New York), as a Board Member till earlier this year. The AGM was held virtually in keeping with the ongoing pandemic situation and was attended by 22 of the 27 member associations, 2 small groups and chairs of over 20 committees, in addition to other well-wishers.

Homi Gandhi was given a standing ovation

Meher Amalsad, from California, USA, the conceptualizer of the Iranshah Initiative and one of the most dynamic Zoroastrian figures dedicated to serving the growth and betterment of the Zoroastrian community globally, commemorates the occasion, thus, "With immense joy, I would like to invite you all to welcome and congratulate our newly elected FEZANA President, Arzan Sam Wadia with the soulful blessings of your heart and spirit. With Vision 2020 (a part of the Iranshah Initiative), Arzan has dedicated the last 10 plus years towards serving our North American and Global Zarathushti community, with incredible gusto and enthusiasm.

The recipient of the 2017 Outstanding Global Zarathushti Professional Award, Arzan has been extensively involved with the *Zoroastrian Return To Roots Program* since its inception and is its current Program Director. He has been a featured speaker at various North American and World Zoroastrian Congresses, and has served with utmost dedication on the Board of the Zoroastrian Association Of Greater New York for four terms.

Arzan is the founding editor of Parsi Khabar (www.ParsiKhabar.net) - which is one of the largest and oldest online Zoroastrian and Parsi news aggregating websites, worldwide. Arzan also served as the Program Chair for the 7<sup>th</sup> World Zoroastrian Youth Congress (2019) in Los Angeles and has been on the core committee of the 12<sup>th</sup> North American Zoroastrian Congress in New York (2012).

In 2018, Arzan was featured in the FEZANA Journal Special Issue on *Empowering Next Generation* as one of the 40 inspiring young Zoroastrians. He was also instrumental in empowering our Global Zoroastrian Youth as one of the 20 participants at the inaugural World Zoroastrian Youth Leadership Forum in 2018, at the ASHA Center in the United Kingdom. Arzan has designed and maintained over 40 websites for design and commercial clients including websites of FEZANA, NAMC, ZAGNY, ZAMWI, Zoroastrian Return To Roots and the 7WZYC2019. He is also the webmaster of *The Iranshah Initiative Project* that is dedicated to showcase the bounty of our sacred Iranshah.

Arzan is an architect and urban designer based in New York City. Having worked in Graz, Austria and New York, he has been part of design teams for projects in Austria, Switzerland, Cambodia as well as USA. With a Masters in Urban Design and Architecture from the Pratt Institute, and an entrepreneurial spirit, Arzan currently practices as an architect and runs a technology business. He has earned numerous professional awards in his field of endeavor and has built a reputation of being a team player with other Global Zarathushti leaders.

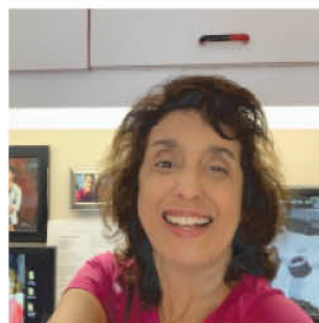
Arzan is a passionate leader and a compassionate person who embodies the radiance and vibrance of a true Zartoshti! May Ahura Mazda Guide our Arzan, as he now takes on this awesome responsibility to lead FEZANA with your blessings of Good Thoughts, Good Words and Good Deeds!"



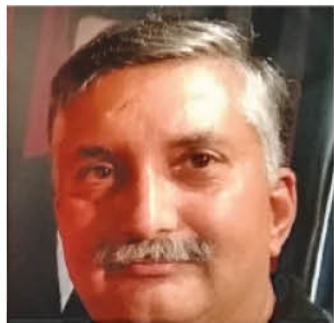
Arzan Sam Wadia



Kayomarz Y. Sidhwa



Rooky Fitter



Percy M. Master



Xerxes Commissariat





## 1971 War Hero Parvez Jamasji Passes Away

Squadron Leader Parvez Jamasji (Retd.), who was awarded the Vir Chakra for gallantry during the 1971 Indo-Pakistan war, passed away at the age of 77, on the night of 25th June, 2020. The former Air Force officer was a resident of Dadar Parsi Colony in Mumbai and succumbed to a brief illness. He is survived by his wife, two sons and a daughter. He was commissioned in 1965 and retired in 1985.



He had flown sorties



into East Pakistan during the 1971 Bangladesh Liberation War and had received a bullet wound on his leg. His story had made headlines on the

front page of leading mainline dailies in July, 2012. The injuries he sustained as a helicopter pilot while conducting heli-borne operations during the war, resulted in him using a walking stick.

His bravery was acknowledged with the prestigious Vir Chakra and he was also felicitated by the Maharashtra Government with the Gaurav Puraskar. As a young Wing Commander, he transported hundreds of soldiers of the Special Frontier Forces into enemy territory in an MI-4 Russian helicopter, when he was stationed in Dimagiri, on the Mizoram border, and then East Pakistan.

He had executed daring Rescue and Reconnaissance Operations, landing and taking off, under enemy fire during the 1971 War.

He received the following Vir Chakra Citation (1971-71):

We share our condolences and stand by his wife - Zarine and son - Rustam, and the brave Jamasji family, during this sad time. May his soul attain Garothman Behest.

### FLIGHT LIEUTENANT PARVEZ RUSTOM JAMASJI (9834) F(P) (VrC)

During the operations against Pakistan in December, 1971, Flight Lieutenant Parvez Rustom Jamasji was serving with a Helicopter Squadron. The Helicopter flown by him was attacked twice by machine gun and twice by mortars. He showed great presence of mind and brought back his aircraft to the base.

On one occasion, his helicopter had engine failure over enemy position, but he brought it safely to a post within our territory.

Throughout, Flight Lieutenant Parvez Rustom Jamasji displayed gallantry, professional skill and devotion to duty of a high order.

## CARF Supports Needy Patients During Covid-19



Cancer Aid & Research Foundation (CARF) is dedicated in its support to the wellbeing of poor and needy patients. As the world is struggling in this difficult time of Covid -19, many patients who are suffering from various serious illnesses are in much distress. In keeping with this situation, CARF has been providing medical facilities to needy patients who are finding it a challenge to survive in these tough times of the pandemic.

CARF has been actively creating awareness among the general public through

digital platforms as CARF abides by the rules of our Prime Minister and Chief Minister of Maharashtra. Although, CARF initiated a work from home policy, as lockdown has been easing, CARF has resumed work partially and endeavours to help as many needy patients as possible. CARF has created great awareness through digital medium which enables the general public to understand how to be safe and maintain social distancing. Mr. Shamshi Mulla, Chairman and Mrs. Savita Nathani, CEO & the entire team of CARF is fully motivated to help all the people who are in need.

### વલસાડ પારસી અંજુમન ટ્રસ્ટ ફંડસ

બેજન બાગ, બંદર રોડ, વલસાડ-૩૮૬૦૦૧

ટેલી.નંબર-૨૫૩૩૧૬/૯૪૨૯૭૯૩૩૧૬ email:pavalsad1@gmail.com

વલસાડ પારસી અંજુમન ટ્રસ્ટ ફંડસ એ વલસાડના પારસી ઈરાની જરથોસ્તીઓની એક ડીરેક્ટરી બનાવવાનું નક્કી કર્યું છે. આ ડીરેક્ટરીમાં નામ સામેલ કરાવવા માટેનું ફોર્મ અંજુમનની ઓફિસમાંથી ઓફિસ સમય દરમ્યાન મળશે. આ ફોર્મ તા. ૩૦.૦૬.૨૦૨૦ સુધીમાં પુરી વિગતો સાથે ભરી ઓફિસમાં આપવાનું રહેશે.

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બોર્ડ ઓફ ટ્રસ્ટીઝ

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**BINAISHA M. SURTI**

## Cricket Legend Russi Cooper's Historic And Glorious Career

*Something special awaits each of us every day, all that one needs to do is recognise those wonderful moments, cherish them, be grateful and keep moving forward with a positive attitude. It is all about being real, humble, kind and touching the lives of others. The manifestation of this essence is our very dear, former cricketer, Russi Cooper. Parsi Times Sports Reporter Binaisha M. Surti was honoured to have interviewed the legendary cricketer, who recently made headlines for reasons that bring pride to our community. Binaisha brings to you his special and inspirational journey as he creates history in the cricketing fraternity.*

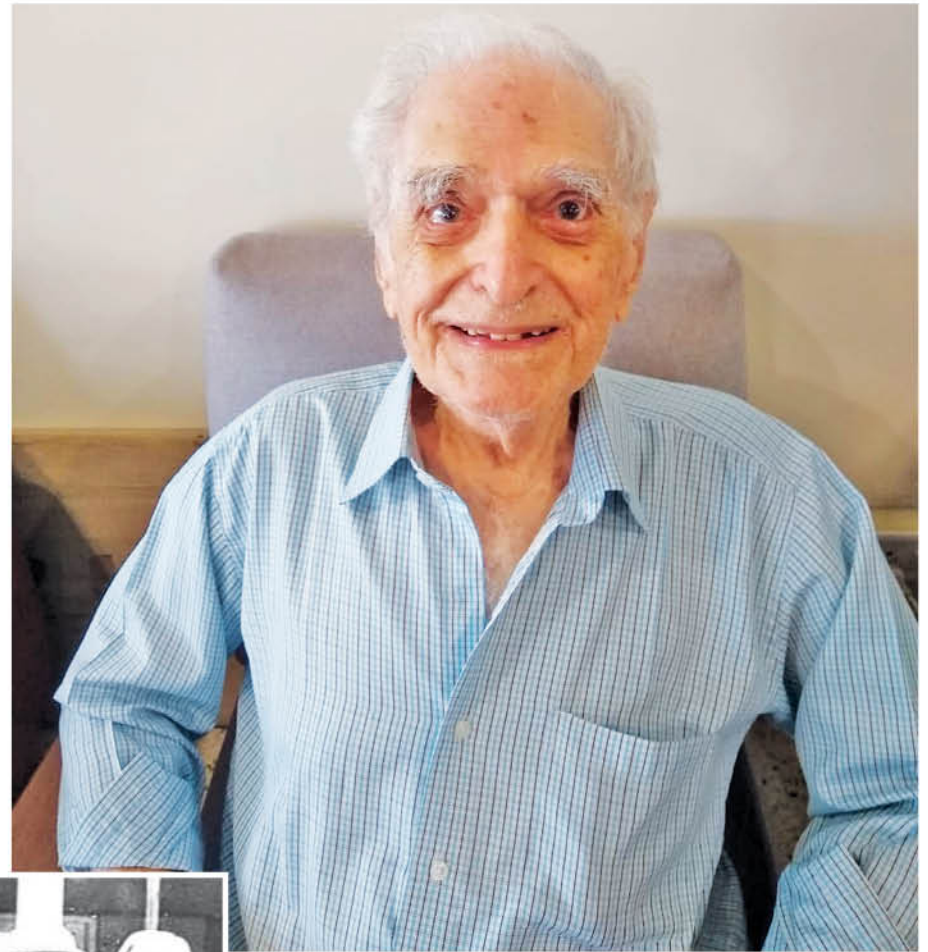
Legendary cricketing hero, Rustom Cooper, 97, fondly known as 'Russi'... has carved his own matchless niche in the industry, having created new records by becoming India's oldest living, first class cricketer, after Vasant Raiji passed away. He is also now, the only living Indian cricketer to have played in the Pentangulars. The Pentangular League was a cricket tournament where different communities faced each other on the ground. Also, English County Cricket Club, Middlesex, recently announced that Cooper, born on 14<sup>th</sup> December, 1922 became Middlesex's oldest first-class cricketer, aged 97 years, 183 days. This record was previously held by James Gilman, who passed away on 14<sup>th</sup> September, 1976, at 97 years and 182 days.

The website further informs that Cooper made appearances for Middlesex between 1949 and 1951. He made his first-class debut for the club V/s Cambridge University, at Fenner's, in May 1949, off which he contributed 36 in their first innings total as they declared at 402-4. He ended his first-class career with a good batting average of 52.39 in 22 games, with three centuries and 10 half tons. Between 1946 and 1953, the unstoppable Russi Cooper added another colourful feather to his cap by also playing club cricket for Hornsey. He stood out with his elegant batting

style, accumulating a huge number of runs... scoring 5,968 at a Bradmanesque average of 85.25!

Speaking to Parsi Times about how he was struck by the cricketing bug during his young days, he shares "My father was very interested in sports and wanted me to play. Back then, we lived in Bilimora, Gujarat, where my father was in charge of the textile mill. There were arrangements to play tennis, badminton, cricket and table tennis in the estate of the mill. All these facilities were available and I took advantage of them. He always encouraged me and backed me to play cricket." During his playing days, this swashbuckling batsman was greatly influenced by Vijay Merchant and Hazare's approach to their game.

Reminiscing the good old days, when he represented Parsis in the Pentangular, from 1941-42 to 1944-45, then Bombay from 1943-44 to 1944-45 and Middlesex from 1949 to 1951, he nostalgically says, "I played twice for



Sunday. I had to take leave to play cricket. My management was helpful and gave me casual leave to play three-day matches."

It is always difficult getting into the power packed, 'Bombay Ranji Team', and earning a place

when I was asked to bat at number 10, such was the strength of the Bombay team even back then. I thought that I would not have any chance to score runs batting lower down the order. But Vijay Merchant was at the other end scoring a huge amount of runs himself, so I got plenty of scope to play and that was an advantage. When I scored 89, they promoted me to number five against a strong Holkar team in the Ranji Trophy final, played at the Brabourne Stadium (CCI) in 1945."



our Parsis, after which the pentangular was scrapped. I then went on to play cricket for Bombay in Ranji Trophy. It was a very enjoyable experience back then, but it was very different playing in Ranji Trophy V/s playing for Middlesex. When I started playing for the Middlesex, I was working. County cricket is played six days a week while Sunday is rest day. For me it was exactly the opposite where I would just get the

in the playing X1, especially in a final, and batting higher in the line-up always speaks volumes. Cooper recalls, "I took up cricket since I was nine years old and decided that it was my go-to sport. I took it up seriously when I was in St. Xavier's College. I learnt all about batting from our coach, Bahadur Kapadia. He was excellent and also coached cricketer Rusi Modi, who I shared a great association with. When I was in my final year, Modi had just joined the college in the first year. I was taken in the Bombay team as a pure batsman. I was quite surprised

Describing the iconic Ranji final, the yesteryear cricketer batted at number five for Bombay scoring 52 in the first innings and 104 in the second, V/s Holkar in 1945. Cooper told Parsi Times, "It was an iconic game which was a play to the finish contest. Those days, Ranji Trophy finals were held in that fashion and not restricted to specific days. Both the teams were very strong. The Holkar team also had Denis Compton playing for the side, who scored a double century (249\*) while for us it was Vijay Merchant who made a double ton (278). That, in turn, gave me a chance to score my century. We had four Parsis



in our team during this game - with me were Rusi Modi, Jehangir Khot and Keki Tarapore. The Brabourne stadium was packed for all six days and not a seat would be available! It was a very memorable contest which I experienced in front of a crowd of 30,000 people."

Apparently, these two innings turned out to be career-changing knocks for Russi Cooper. "This game was my last match, because after that the war was over and I went to London for further studies. Even when I was studying in London School of Economics, I was playing cricket for the college," he shares.

Destiny plays its own part in everyone's life and for this cricketing legend, it was no different. From playing against Denis Compton in the final to Cooper later sharing the dressing room with him at Middlesex, was a complete turnaround of events for the talented gentleman. It was Compton who spotted Cooper as a special talent way back then. Besides Compton, the historic club Middlesex's line up also included Bill Edrich, Jack Robertson and Gubby Allen. "They were all professional cricketers and very friendly with me. Compton was stationed in Bombay during the war. We also played against each other in the Pentangular where Compton represented the Europeans and I played for the Parsis. He was one of the best cricketers during his time and was extremely popular in England. When he went back after the war, he realised that I was staying in London and could play for Middlesex and from there on, there was no looking back."

When asked if his era of playing cricket was very challenging and if he faced stiff competition on the field, Cooper humbly replied that his era was indeed a very enjoyable one where players were friends. "In fact, there was no cut throat competition, we all used to stay together... united as one team and we truly enjoyed each other's success and played to win." He also states that his all-time favourite partner was Vijay Merchant and he enjoyed batting with him on field.

Russi Cooper was a wizard with the bat who rather played his shots along the ground than opting for huge big hits outside the park. He adds, with a laugh, "Going big was never my style. As a batsman, I preferred playing on the front foot rather than the back foot." His theory was that after scoring a six, the batsman could very well go out in the next delivery, so instead, one should judge and play every ball correctly on its merit and instead try hitting fours.

Elaborating on his training sessions back then, Cooper recalled "I used to practise every day when I was in


college. There used to be a number of clubs in Mumbai's Azad Maidan where they would conduct net sessions. I would practise my batting there."

After all these years he still has a special connection with cricket, "It has always been an all-time favourite game of mine. I watch Test Matches as that is my favourite format and I am happy to have gotten the opportunity to play that long during my era. I was very good friends with Madhav Apte, who also played for India. We would meet and discuss a lot of things. I also shared a great friendship with Vasant Rajji who recently passed away at 100. Both of them were members of CCI and we would meet there in the evenings as they had also retired by then."

Cooper has indeed been fortunate to have had the privilege of watching the greatest cricketer of all time - Don Bradman - play three good innings, including a century, in 1948. He also watched him play his final innings during his farewell tour to England in the year 1948. "I was very keen to watch him play at the Oval in London, so I also stood in line outside the stadium from 6:00 am, in order to make sure that I got in. I was indeed fortunate enough to watch him play even on previous occasions. He loved to dominate the bowlers but when he got out in the second ball it was disappointing for all his fans."

As we approached the end of our wonderful conversation, Russi Cooper mentioned another Rusi, and it was none other than famous all-rounder of the Indian Cricket Team, our stalwart Rusi Surti - who was a very dear friend of his and had attended Cooper's 90<sup>th</sup> birthday party. "We played a few friendly games together at CCI Brabourne Stadium in Mumbai. Surti was a brilliant fielder and a very fit person. When he had come down from Australia, I invited him on the occasion of my birthday and he had attended my party," said Cooper.

Russi Cooper's dedication and game ethics have always been exemplary. He would have been a part of Team India but destiny had other plans for him as he went to England for higher education. The personification of a gentleman, since cricket is a gentleman's game, Cooper remains classic - calm, composed and jovial while sharing his extraordinary journey. Though he has achieved great milestones in his career, his humility and being so down to earth despite his monumental achievements set the perfect precedent for future generations of cricketers. The entire Parsi and cricketing community continues to be very proud of his achievements and wishes him plenty more success and a happy and healthy life.



MINISTRY OF MINORITY AFFAIRS  
GOVERNMENT OF INDIA

JIYO  
PARSI

Friday | July 3 | 6:00 PM - 7:00 PM


Discussing


## WORK-LIFE BALANCE

with


### Lara Balsara Vajifdar

Executive Director, Madison World





**JOIN US ON FACEBOOK**

 **LIVE**  
jiyoparsi

Lara Balsara Vajifdar, Executive Director to Madison World - one of India's top advertising agencies, champions the cause of women at the workplace. Also, a mother of two young children, Lara participates in an absorbing session with Jiyo Parsi's Friday Forum...

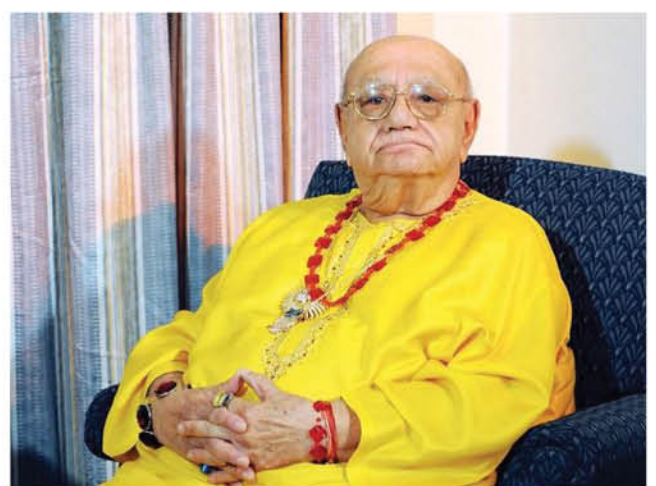
Women are often the default chore-doers and child-tenders. But more often than not, they could be torn apart between family duties, household chores and professional commitments. What goes into really achieving that balance? Join us with all your questions on Friday, July 3, 2020, from 6:00 -7:00 pm, on the Jiyo Parsi Facebook page:

Link: <https://www.facebook.com/jiyoparsi/live/> Register: <https://bit.ly/JPlive3july>

## A Tribute To Late Ganesha Bejanji Daruwalla On His Masiso

By Dame Dr. Prof. Meher Master-Moos.

As President, All India Shah Behram Baug Society (for Scientific & Educational Research) / Zoroastrian College, I am duty bound to call a public condolence meeting for late Ganesha Bejanji Daruwalla, who served as our Society's Vice President for past 19 years.



Considering the current Corona pandemic situation, this is not possible. Hence, on Shenshai Roj Sarosh, (Sunday, 28<sup>th</sup> June, 2020) marking his first month prayers-ceremonies day, all admirers, followers and friends of late Ganesha Bejanji are specially invited to pray for his departed souls and remember him with these words:

"Late Ganesha Bejanji was a good man, whose main purpose in life was to help others in every possible way. It hurt him to see others suffering, not only

people but even animals, plants and other creatures. He wanted to alleviate suffering of all creatures on planet earth. Lord Ganesha spoke through him and used him as a medium, to help ease suffering of all creatures. Whatever he spoke came through his lips and mouth, but the words were of the Lord Ganesha coming through him. He valued most of all the love and affection that his followers showered upon him, and Ganesha's blessings that have always enabled him."



# PARSI TIMES *PT Timeout*

## The Bawa Word Search

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

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

- |                     |                |                  |                      |
|---------------------|----------------|------------------|----------------------|
| Mint Chocolate Chip | Coffee         | Cookies 'n Cream | Chocolate            |
| Butter scotch       | French Vanilla | Strawberry       | Neapolitan           |
| Cotton Candy        | Pistachio      | Bubble gum       | Caramel              |
| Dulce de leche      | Choconut       | Raspberry Ripple | Blueberry Cheesecake |



### TechKnow With Tantra

#### Drives - Storage Analyzer & Disk Usage

We have all experienced clogging of memory on our smartphones; there's a need to keep up with the cleaning process. But, where do we start the cleaning and understand our usage on the phone? This app displays information in a simple and clear graphical form (infographics). It helps free up disk space and clean file trash by quickly finding and deleting big files with sunburst chart and other helpful modes. There is a cache cleaner which allows you to quickly delete your apps cache files. You can easily find the top 10 large files on your phone and delete them instantly. The app has an intuitive, user-friendly interface which makes it very simple to use.

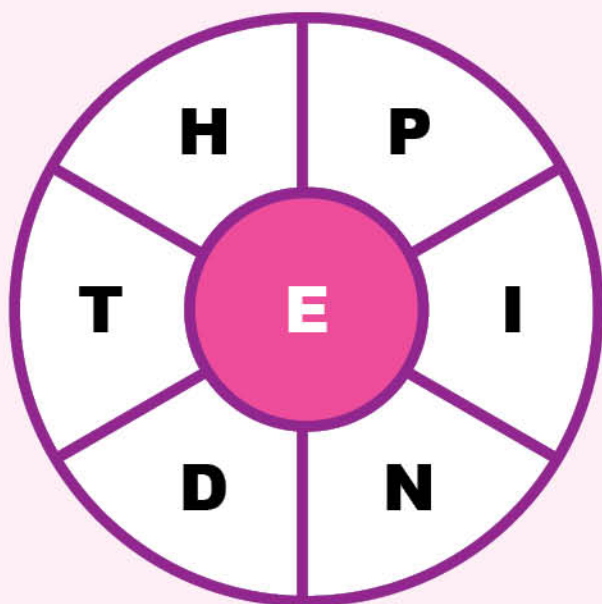
Android: <http://bit.ly/2xgYT60>

## SUDOKU

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

## HOW MANY WORDS?

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



**RESULTS:**  
 Average - 7 or more words  
 Good - 9 or more words  
 Outstanding - 11 or more words

### WINNING CAPTION!!!



Doggie: Yes, it's true... Cat-meet cures Corona. Now could you ask the mistress what time is dinner?

By Behli Mehta (Bangalore)

### CAPTION THIS!



Calling all our readers to caption this picture!

The wittiest caption will win a fabulous prize!

Send in your captions at [editor@parsi-times.com](mailto:editor@parsi-times.com) by 1st July, 2020.

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



# Presents Chef Delzad



**Chef  
Delzad K Avari**

Delzad K Avari is a Le Cordon Bleu, London Alumni. His 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

**T**his week, Chef Delzad says, "In view of the Bahman Mahino I wanted to bring to you an easy fish main course, which you can easily replicate at home," *pleasing the palate with the delicious 'Grilled Fish with Lemon butter Sauce, Veggie Gratin and Pan Roasted Potatoes'; and a fun drink to wash it down with - 'The Chilli Mango Spritzer'.*



## Grilled Fish With Lemon Butter Sauce, Veggie Gratin And Pan Roasted Potatoes

### Ingredients for the Veggie Gratin:

Vegetable oil – 1 tbsp; Butter – 1 tbsp; Chopped carrots – 1 small;  
Chopped French beans – 3 – 4; Sliced baby corn – 2 pcs;  
Chopped onions – 1 small; Chopped garlic – 3 cloves; Cooking cream - 1 tbsp;  
Cheese spread – 1 tbsp; Salt and pepper – to taste

### Method:

1. Heat oil in a pan, add the butter.
2. Add the onions, garlic and veggies and sauté.
3. Add the cream and cheese spread.
4. Cook till you get a semi-dry mixture and the veggies are cooked
5. Transfer this to an oven proof bowl, top with shredded mozzarella and bake @180 C till the surface browns.

### Ingredients for the Pan Roasted Potatoes:

Potatoes cut in cubes – 2 small; Crushed garlic – 2 cloves; Oil – 1 tbsp;  
Butter – 1 tbsp; Salt, pepper and paprika – to taste

### Method:

1. Par boil the potatoes in salted water
2. Heat oil in a pan, add the potatoes and cook till they lightly brown
3. Add the butter and garlic cloves, season with the salt, pepper and paprika powder

4. Continue cooking till the potatoes brown. While cooking, keep rotating the pan so that the potatoes colour uniformly.

### Ingredients for the Fish and the Sauce:

Basa/any white fish fillet – 1 pc; Vegetable oil – 1 tbsp; Butter – 1 tbsp;  
Cream – 1 tbsp; Lime juice – ½ lime; Salt and pepper – to season;  
Chopped coriander – 1 tsp

### Method:

1. Season the fish with salt and pepper and leave aside for 20 mins
2. Heat oil in a pan and sear the fish on both sides
3. Add 1 tbsp butter to the pan, then cover and cook the fish for 7 – 8 mins on low heat.
4. Remove the fish and add the remaining butter to the pan, add the chopped onions and sauté
5. Now add the cream, mix it in quickly and strain
6. Add lime juice and a little chopped coriander, check for salt.

### Tips:

1. Cook the potatoes on low heat, otherwise they could get burnt.
2. Do not boil the sauce or it will split.

## Chilli Mango Spritzer

### Ingredients:

Mango puree – 60 g; White wine – 60 ml;  
Sprite – 40 ml; Chilli flakes – a pinch

### Method:

1. Fill a tall glass with ice, pour the mango puree over it and add the chilli flakes
2. Top with the wine and the sprite
3. Give it a stir before serving

### Tips:

1. If the mango puree is not sweet enough, add some sugar syrup
2. For a non-alcoholic version, skip the wine and use only sprite





## THE TRUTH. DELIVERED WEEKLY.

### લોર્ડ બીલીમોરીયા બ્રિટીશ ઈન્ડસ્ટ્રીના કન્ફેડરેશનના પ્રથમ બીએએમઈ હેડ તરીકે ચૂંટાયા

પારસી ટાઈમ્સ શેર કરીને આનંદ અનુભવે છે કે આપણા પોતાના, ભારતીય મૂળના લોર્ડ કરણ બીલીમોરીયા, વ્યવસાયિક ઉદ્યોગપતિ અને પ્રખ્યાત વૈશ્વિક બ્રાન્ડ - કોબ્રા બીઅરના સ્થાપક, કન્ફેડરેશન ઓફ બ્રિટીશ ઈન્ડસ્ટ્રી (સીબીઆઈ) ખૂબ પહેલા ના 'બ્લેક, એશિયન ઓર માર્નોરિટી એથનિક' (બીએએમઈ) ના વડા તરીકે ચૂંટાયા હતા. ૧૬મી જૂન, ૨૦૨૦ ના રોજ મળેલી તેની વાર્ષિક સામાન્ય સભા (એજએમ) માં તેઓ નવા સીબીઆઈ પ્રમુખ તરીકે ચૂંટાયા હતા. જ્હોન એલન સીબીઈ, જે બહાર જતા સીબીઆઈ પ્રેસીડન્ટ છે, તે સંગઠનના વાર્ષિક પ્રેસીડન્ટ બન્યા છે. લોર્ડ બીલીમોરીયાને સીબીઆઈના સભ્યોએ બહુમતીથી મત આપ્યો હતો, જેમણે મતપત્રમાં ભાગ લીધો હતો, આમ તેમને (બીએએમઈ) બ્લેક, એશિયન ઓર માર્નોરિટી એથનિક વંશીય પુષ્ટભૂમિના સંગઠનના ઈતિહાસમાં પ્રથમ પ્રેસીડન્ટ બન્યા.

ચેલ્સિયામાં આધારિત, લોર્ડ બીલીમોરીયાએ બ્લેક લાઈવ્સ મેટરના વિરોધ પ્રદર્શનમાં સભ્ય સંબંધોને

જોરદાર બનાવ્યા ત્યારે એવા સમયે બિઝનેસ લોબી જૂથની ટોચ પર જ્હોન એલનની જગ્યાએ લે છે. સીબીઆઈ દ્વારા બોર્ડમંડળમાં વધુ વિવિધતા લાવવા દબાણ કરવામાં આવતા, ગતિશીલ ૫૮-વર્ષીય લોર્ડ બીલીમોરીયાએ તેના બે વર્ષ ચાર્જ ગણતરીમાં લેવાનો સંકલ્પ કર્યો છે. સીબીઆઈ પ્રમુખ તરીકેની તેમની નિમણૂક અંગે બોલતા લોર્ડ કરણ બીલીમોરીયાએ કહ્યું કે, યુકેના ધંધા માટે આટલા મહત્વના સમય દરમિયાન મને સીબીઆઈના પ્રેસીડન્ટ બનાવવાનું જે સન્માન મળ્યું છે તેના માટે આભાર. સીબીઆઈના ડાયરેક્ટર જનરલ, ડેમ કેરોલિન ફેઅરબેન કહ્યું, અમને આનંદ છે કે લોર્ડ બીલીમોરીયા સીબીઆઈ પ્રેસીડન્ટ તરીકે ચૂંટાયા છે. તેમનો અનુભવ, વૈશ્વિક દૃષ્ટિકોણ અને નિષ્ઠા સીબીઆઈ અને યુકેના બિઝનેસ સમુદાય માટે અમૂલ્ય સાબિત થશે.

એક આર્મી વાતાવરણમાં હેદરાબાદમાં જન્મેલા, તેમના પિતા ભારતીય સેનાના વરિષ્ઠ વડા હોવાને કારણે, લોર્ડ બીલીમોરીયા ૧૯૮૧ માં લંડન ગયા અને એકાઉન્ટન્ટ તરીકે કવોલિટી થયા.



તેમણે કેમ્બ્રિજ યુનિવર્સિટીમાં લોનો અભ્યાસ કર્યો હતો. ૧૯૮૯માં, તેમણે તેમની બ્રાન્ડ, 'કોબ્રા બીઅર' સ્થાપિત કરી, જે ટૂંક સમયમાં બ્રિટનમાં અને વિશ્વભરમાં હજારો ભારતીય રેસ્ટોરાંમાં મુખ્ય આધાર બની ગઈ તેઓ આજ સુધી ત્યાંના ચેરમેન છે.

તેઓ યુકે-ભારત બિઝનેસ કાઉન્સિલના અધ્યક્ષ પણ હતા; થેમ્સ વેલી યુનિવર્સિટીના ભૂતપૂર્વ કુલપતિ (હવે પશ્ચિમ લંડનની યુનિવર્સિટી); યુકેમાં સૌથી યુવા યુનિવર્સિટી ચાન્સેલર તરીકે તેમની નિમણૂક કરવામાં આવી છે. ૨૦૧૪માં, તેઓ બર્મિંગહામ યુનિવર્સિટીના ૭મા કુલપતિ તરીકે નિમાયા હતા. તે યુનિવર્સિટી ઓફ કેમ્બ્રિજ જજ બિઝનેસ સ્કૂલ એડવાઈઝરી બોર્ડના અધ્યક્ષ પણ છે. લોર્ડ બીલીમોરીયા હવે ૧૪ વર્ષથી યુકે હાઉસ લોડર્સમાં સ્વતંત્ર કોસબંચ પીઅર રહ્યા છે.

### જે વિચારશો તે બનશો

એક સંસ્કૃત કહેવત આ પ્રમાણે છે: 'યદ ભવમ, તદ ભવતિ,' અથવા 'દુનિયા તમારી જેમ છે અને તમે જે વિચારો છો તે બની જશે.' સજીવ અને નિર્જીવ વિશ્વમાં, આપણે સતત લયના દાખલાઓ શોધીએ છીએ, જેમાં દરેક વસ્તુ ઉર્જાના સતત સ્પંદનોની સ્થિતિમાં અસ્તિત્વમાં છે.

મન એ આપણી વિચાર-શક્તિનો સંગ્રહ છે અને આપણે જે વિચારીએ છીએ, તે થાય છે. આપણે આને વિચારની રચનાત્મક શક્તિ કહીએ છીએ. દરેક માનવી અને જીવનની દરેક પરિસ્થિતિ એ આપણી વિચાર પ્રક્રિયાનું પરિણામ છે. સારી અને ખરાબ પરિસ્થિતિઓ આપણે આપણી જાતને શોધીએ છીએ, જેની સાથે આપણે સંપર્ક કરીએ છીએ, જે સમસ્યાઓ, દુર્ઘટનાઓ આપણે અનુભવીએ છીએ તે એ આપણા



વિચાર-શક્તિના સતત, આંતરિક પ્રવાહના બાહ્ય અભિવ્યક્તિઓ છે. આપણે આપણા કહેવાતા સારા-નસીબ, ખરાબ-ભાગ્ય, નિયતિ અને કર્મના નિર્માતા બનીએ છીએ. આપણે ખરેખર આપણા પોતાના વિચારોની શક્તિથી સારા નસીબને સક્રિય કરી શકીએ છીએ!

પ્રત્યેક અને દરેક વિચારમાં પ્રચંડ શક્તિ હોય છે એટલે કે બનાવવા અને પ્રગટ કરવાની શક્તિ. જ્યારે પણ આપણે વિચારીએ છીએ, ત્યાં એક વિચાર-ઉર્જા હોય છે જેમાં જબરદસ્ત ભાવના હોય છે અને બનાવટ પ્રક્રિયા પહેલાથી જ શરૂ થઈ ગઈ હોય એવું લાગે છે કે જે કોઈ ગોળી બંદૂકમાંથી અલૌકિક ક્ષેત્રના વિચાર ક્ષેત્રમાં છૂટી જાય છે. એકવાર તે ત્યાં આવે પછી, તમારા વિચારો દ્વારા દોરેલા, ખૂબ સમાન સ્વભાવના વિચારો એક સાથે ભરાય છે અને જ્યારે સમય યોગ્ય થાય છે, ત્યારે 'કર્મનો નિયમ' ગતિમાં ગોઠવવામાં આવે છે.

જો તમારો વિચાર સારો હોય, તો તમારી સાથે સારી વસ્તુઓ થાય છે. જો તે ઈર્ષ્યાની વાત હોય તો તમે ઈર્ષ્યાનું કેન્દ્ર બનો છો. જો તે દયાળુ વિચાર

હોય, તો તમારી સાથે દયા કરવામાં આવે છે. જો તે ક્રૂર વિચાર હતો, તો તમે ક્રૂરતાનો ભોગ બનશો.

તમે જે વિચાર છોડો છો તે તમારી પાસે જ પાછું આવે છે! જો તમે દગો વિશે વિચારો છો, તો તમને દગો આપવામાં આવશે. તમે તમારા વિચારોથી તમારી પોતાની દુનિયા બનાવો છો અને તેના માટે નસીબ, નિયતિ અથવા કર્મ અથવા કોઈ અન્ય વ્યક્તિને દોષી ઠેરવી શકતા નથી.

દુર્ઘટના સમયે, આપણે વારંવાર પૂછીએ છીએ, 'કેમ હું?' આ એટલા માટે છે કારણ કે આપણે વિચારો અને આપણી સાથે બનતી ઘટનાઓ વચ્ચેના સંબંધને ભૂલી ગયા છીએ. આ બંને

ઘટનાઓ સમય વીતી જવાને કારણે છે. તમારા જીવન-અનુભવ તરીકે પ્રગટ થવા માટેના વિચાર માટે, તેમાં થોડા મહિના,

વર્ષો, દાયકાઓ અથવા તો જીવનકાળ પણ લાગી શકે છે! કર્મના નિયમ પ્રમાણે દરેક જીવનકાળ દરમિયાન અને વચ્ચેના દરેક વિચારો, શબ્દ અને કાર્યોનો હિસાબ લે છે. કર્મ જીવલેણ નથી. કર્મનો નિયમ જણાવે છે કે આપણે જે વિચારીએ છીએ, કહીએ છીએ અને કરીએ છીએ તે બધું મન પર છાપ (સંસ્કાર) બનાવે છે. નકારાત્મક વિચારો મગજમાં મૂંઝવણ લાવે છે અને આપણને શુદ્ધતાના સ્પષ્ટ પ્રકાશથી દૂર લઈ જાય છે.

આપણા નકારાત્મક વિચાર આપણા જીવનની પીડાદાયક પરિસ્થિતિઓ બની જાય છે, પરંતુ ધ્યાન દ્વારા, પ્રાર્થનાઓ અને મંત્રનો જાપ કરવાથી, રોજ પ્રકૃતિની સાથે રહીને, સત્સંગ દ્વારા, સારા પુસ્તકો વાંચીને, સારા સંગીતને સાંભળીને, કલા, નૃત્ય-સ્વરૂપો, કોઈપણ પ્રકારની સર્જનાત્મકતાની કદર કરીને, આપણે આપણા વિચારને ઉત્તર કરીએ છીએ. આપણા લયબદ્ધ પ્રવાહને કોસ્મિક સ્પંદન પ્રવાહ સાથે સુસંગત રૂપે પરિવર્તિત કરી શકીએ છીએ. તેઓ આપણી મુક્તિની ચાવી બની શકે છે.

-૩બી લીલાઉવાલા

### કેટાયુન સક્લાટ - સ્ટેઈન્ડ ગ્લાસ આર્ટિસ્ટ એક્સ્ટ્રાઓર્ડિનેરી

૧૯૩૮ માં કોલકાતામાં જન્મેલા લોમાઈ અને રૂસ્તમ સક્લાટને ત્યાં ૧૯૩૮માં કોલકાતામાં જન્મેલા કેટાયુનના દાદા કાશ્મીરમાં રહેતા હતા, તેમના પિતા ત્યાં જન્મેલા પ્રથમ પારસી છે. સિંગર સીવિંગ મશીન કંપનીમાં કામ કરતા હતા અને લગ્ન કર્યા પછી ૧૯૨૨માં તેઓ કલકત્તા સ્થળાંતર થયા. કેટાયુનની માતા લોમાઈ, ગૂલ નિર્માતા, ફેબ્રિક-પેઈન્ટર હતા. કેટાયુન ઘ કલકત્તા ગર્લ્સ હાઈ સ્કૂલમાં ભણતા હતા, જ્યાં તેના ક્લાસના વર્ગમાં વિવિધ વંશીય અને ધાર્મિક પુષ્ટભૂમિની છોકરીઓનો સમાવેશ થતો હતો. નાનપણથી જ, તેણી અને તેની બહેનોને તેમના માતાપિતા દ્વારા આર્ટ પ્રદર્શનોમાં લઈ જવામાં આવ્યા હતા અને આથી વિઝ્યુઅલ આર્ટ્સનો આજીવન પ્રેમ વધ્યો હતો.



શરૂઆતના વર્ષોમાં જે કલાકારોએ તેના પર છાપ છોડી હતી તે રાધાચરણ બાગચી અને લી ગોતમી (જન્મથી રતિ પીટીટ) હતા. શાળા પછી, કેટાયુને મુંબઈની સર જેજે સ્કૂલ ઓફ આર્ટમાં એક વર્ષ માટે કમર્શિયલ આર્ટ્સમાં શિક્ષણ મેળવ્યું હતું, જે પછી તે ઈન્ડિયન કોલેજ ઓફ આર્ટ્સ એન્ડ ડ્રાફ્ટસમેનશીપમાં સમાપ્ત થતાં પહેલાં, કલકત્તા પાછલી આર્ટ એન્ડ ડ્રાફ્ટની સરકારી કોલેજમાં પ્રવેશ મેળવ્યો હતો. તેના શિક્ષકોમાં પ્રખ્યાત

કલાકારો ચિંતામણી કર, સરકારી આર્ટ કોલેજના તત્કાલિન આચાર્ય શામેલ હતા; અને અરૂણ બોઝ, જેમણે ન્યુ યોર્કમાં પ્રિન્ટમેકર તરીકે ખૂબ પ્રસિદ્ધિ મેળવી હતી.

કેટાયુન ૧૯૭૩માં ત્રણ બ્રિટિશ કાઉન્સિલની અનુદાન મેળવતાં યુકે જવા રવાના થયા હતા, જેમાં એક મધ્યયુગીન સ્ટેઈન્ડ-ગ્લાસ કલાકાર પેટ્રિક રૈટીયન્સ હેડગની તાલીમ શામેલ છે. તે ૧૯૭૫માં ભારત પરત આવ્યા અને સ્ટેઈન્ડ ગ્લાસ હસ્ત કાર્યોની રચના શરૂ કરી હતી.

કેટાયુન દેશના સ્ટેઈન્ડ ગ્લાસના સૌથી પ્રખ્યાત ડિઝાઈનર્સમાંના એક છે અને તેની તેજસ્વી રચનાઓ કેટલાક અગ્રણી જાહેર અને ખાનગી સંગ્રહમાં પ્રદર્શિત થાય છે જેમા સામિલ છે કલકત્તાની અગિયારીના ૧૪ પેનલ. કેટાયુન વિવિધ માધ્યમોમાં ઓઈલ અને વોટર કલરના પણ એક પ્રખ્યાત ચિત્રકાર છે. તેના થીમ્સમાં હજી પણ જીવન અને ઓબજેક્ટ્સ શામેલ છે આજુબાજુના વાતાવરણ, ડ્રીમ્સકેપ્ચર, ઝોરાસ્ટ્રિયનિઝમ અને પારસીસ, ફૂલ વગેરેનું અધ્યયન અને બીજા ઘણા બધાનો સકાવેશ છે.





अेक नजर पारसी मरुणो उपर

Deceased मरनार	Age वय	Date तारीख	Address र. ठे.	Relations सगाथो
Mani Soli Pohowala मनी सोली पोहोवाला	91 ९१	19-06-2020	Mody Building, Room No.16, 3rd Floor, Golanji Hill Road, Parel, Mumbai 12. मोदी बिल्डिंग, रूम नं. १६, त्रीजे माणे, गोवानज हिल रोड, परेव, मुंबई १२	ते मरुम सोलीना धन्यानी ते शाहनाजना माताळ ते मरुमो दोसीबई मानेकळ दस्तुरना दीकरी ते मरुमो सील्वा, सुना, मिनु, धन ने जवना अलेन ते मरुमो नाजमाय पीरोशा पोहोवाला वडु ते मरुम शीरीन इसी मीळीना भाबी.
Falli Pallonji Gotla इली पालनज गोत्वा	90 ९०	19-06-2020	44 F, Dhun Building, Battiwalla Villa, Sleater Road, Mumbai 7. ४४- अेक, धन बिल्डिंग, आत्वीवावा विल्वा, स्वेटर रोड, मुंबई ७.	ते वीवु इली गोत्वाना भावई. ते अर्कसीस इली गोत्वा तथा डेसी अे. रीबेल्कोना आवाळ ते मरुमो तेलमीना तथा पालनज गोत्वाना दीकरा. ते डिम्पल ज. गोत्वा तथा ओल्वीन रीबेल्कोना ससराळ. ते इसी पी. गोत्वा, रती र. पगडीवावा तथा मरुमो जमी पी. गोत्वा तथा डेकी पी. गोत्वाना भाई. ते मरुमो डोसामाय तथा जमशेदळ डी. लइयाना जभाई ते तहरान ज. गोत्वा, इरहान ज. गोत्वा, अनायकी, जीदान, तीशा तथा कवीनना ग्रान्ड क्षाधर ते धनज पी. दाइवावा तथा डेती बनज दाइवावा, रोलीन्टन जे लइया तथा मलइभ लइया, मरुम शापुर लइया, मरुम नोशीर जे. लइया तथा मरुम सीबील लइयाना अघर ठन वो.
Kaizad Rohinton Mistry केजाद रोहीन्टन मीळी	27 २७	19-06-2020	Cama Park Bldg. L-2, F, Flat No.33, Cama Road, Andheri (W), Mumbai 58. कामा पार्क, बिल्डिंग अेव-२, इवेट नं. ३३, कामा रोड, अंधेरी (वे). मुंबई ५८.	ते मरुमो जरीन तथा रोलीन्टन मीनु मीळीना दीकरा ते दीन्यार पेसी लुमस्या, मावकम डेरसी पटेव ने परसी शाम बिल्डीमोर्याना अंकव ते मरुम वीवी मीनु मीळीना ग्रेन्डमघर ते मरुम मनी कावस बिल्डीमोर्याना ग्रेन्ड मघर.
Katy Farokh Todiwala केती इरोफ तोदीवाला	75 ७५	20-06-2020	19- Pirojibai Building, Lady Pochkhanawala Road, Off.Sleater Road, Mumbai 7. १९, पीरोजबाई बिल्डिंग, पोचखानावावा रोड, ओइ स्वेटर रोड, मुंबई ७.	ते मरुम इरोफना घणीयाणी ते मरुमो मेहेरबाई जलंगीरज अंभाताना दीकरी. ते नेन्सी परसी मारकतीयाना माता. ते ओनाईताना ममईळ ते परसीना सासुळ ते मरुमो नाजमाय गोदरेज तोदीवाला वडु ते लीखा तथा कावस मारकतीयाना वेवई ते डेनी साम लावी, दावी, परवेज, सरोश, अने मरुम तेमुलना भाबी.
Khorshed Khodayar Irani खोरशेद खोदायार ईरानी	87 ८७	20-06-2020	C/14, Captain Colony, Tardeo Road, Mumbai 34. सी-१४, कप्टन कोलोनी, तारदेव रोड, मुंबई ३४	ते मरुम खोदायार तीरनदाज ईरानीना घणीयाणी ते मरुमो शीरीन अमन ईरानीना दीकरी ते नरगीश ने दिनाजना माताळ ते बेहराम तथा मरुमो खोदाराम, इरोहन ने इस्तमना बेन ते जेनीकर, जुबीन, किरदोशना ममईळ ते ओमी ने वीरपीना सासुळ ते मरुमो दोवत तीरदाज ईरानीना वडु.
Rusi Nusserwanji Rana इसी नसरवानज राना	76 ७६	20-06-2020	P-31, Nowroz Baug. Lalbaug, Mumbai 12. पी३१, नवरोज बाग, लालबाग, मुंबई १२.	ते मरुमो लील्वा अने नसरवानज रानाना दीकरा ते मरुमो आवु डेकी वादीया अने ओमी नसरवानज रानाना भाई ते अदीव ने लोमीयार वादीयाना मामा ते डेकी लोरमसळ वादीयाना साणा ते नीवुकर अदीव वादीयाना मामाससरा.
Armaity Kersi Mistry आरमायती केरसी मीळी	81 ८१	21-06-2020	A/25, Nowroz Baug, Dr S S Road, Lal Baug Mumbai 12. अ/२५, नवरोज बाग, डॉ. अेस. अेस. राई रोड, लालबाग, मुंबई १२.	ते मरुम केरसी प. मीळीना वीधवा ते आदीव केरसी मीळीना माताळ ते मरुमो दोवत तथा सावकशा तोदीवाला दीकरी ते जनाज आदीव मीळीना सासुळ ते मरुमो आनु न. दमन्याना बेन ते अरसीस तथा मीरोन मीळीना अपईळ ते मरुमो नाजमाय तथा पेस्तनज मीळीना वडु.
Jehangir Framroz Sattha जलंगीर फारामरोज सथ्था	84 ८४	20-06-2020	3/40, Tata Mills Chs, Elphinstone Road, Parel Mumbai 12. ३/४०, ताता मिल्स ऑ. हाई. सोसायटी, अेल्डिन्स्टन रोड, परेव, मुंबई १२.	ते मलजरीनना घणी ते पडवाव अने क्योमी मरजवान अेन्जिनियरना पया ते ताईरा ने रशादना अपावा ते गुलु पेसी तमबोवी, मानेक तथा मरुम इस्तमना भाई ते मरजवानना ससरा ते मरुम अेमी इस्तम दवावना जभाई ते मरुम अरपी दवावना सावा ते दीवबरना सावी ते सीखुना भाबी ते सनाया, रीशी, इरहाद, सायरस, डीइजा ने रयोमंदना अंकव ते मरुम जमी ने जरीनना वेवाई.
Roshan Rusi Mistry रोशन इसी मीळी	95 ९५	21-06-2020	M-22, Cusrow Baug, S B Singh Road, Colaba, Mumbai 5. अेम-२२, कुशरुबाग, कोलाबा, शहीद भगतसिंघ रोड, मुंबई ५.	ते मरुम इसीना घणीयाणी ते आवान प्रोची ने केरसीना ममा ते मरुम तेलमीना लोरमसळ अेदीवामना दीकरी. ते अरनावज ने इरदोशना सासुळ ते जनायना लोशंगना ममईळ ते मरुमो मरजवान, केरसी ने लोशीना बेन ते मरुमो डीरोज, लोमी, जर ने रतीना देराणी ते मीथु, डेनी, नेवीव, इरीदा ने मरुम अदीना काडी ते मरुमो आनुबाई नवरोज मीळीना वडु ते जमशेद, मलइभ, वीसपी, दीवव ने मरुम दारायसना कुईळ ते धन ने तेलमीनाना भाबी.
Noshir Kaikhashru Faramji नोशीर केअशरु फारमज	81 ८१	21-06-2020	A-5, Saraswati First Floor, Irla Lane, Vile Parle, Mumbai 56. अे-५, सरस्वती, ईरवा बेन, विवेपार्वे (वे.), मुंबई ५६.	ते आवानना भावई ते मरुम जरवानु अने केअशरुना दीकरा ते मावकम अने नाजनीन जुबीन दाबुना आवाळ ते सनाया दाबुना ममावाळ ते जुबीन दाबुना ससरा ते मरुम रतामाय तथा जल कापडीयाना जभाई.
Mithoo Rusi Sanga मीहु इसी सांगा	92 ९२	21-06-2020	Noshirwan Mansion, Henry Road, Colaba, Mumbai 5. नोशीरवान मेन्सन, हेनरी रोड, कोलाबा, मुंबई ५.	ते मरुम इसी केअशरु सांगांना विधवा ते अुरशीद इसी सांगांना माताळ ते मरुमो पीरोज तथा केअशरु र. केरावाला दीकरी ते मरुमो बेहराम क. केरावावा, अयु व. मीळी, धन क. सांगा तथा कोवी प. कांगांना अलेन ते मरुम केअशरु सांगांना वडु
Osta Parvez Eruch Mullanfroze ओ. परवेज अेरथ मुल्लाईरोज	72 ७२	22-06-2020	J-14, Bharucha Baug, S. V. Road, Andheri (West), Mumbai 58. ज/१४, लइया बाग, पारसी कोलोनी, अेस. वी. रोड, अंधेरी वेस्ट, मुंबई ५८.	ते ओ. दीनु परवेज मुल्लाईरोजना भावई. ते म. ओस्ती मेहरा तथा अेरथ कावसालना दीकरा. ते म. दोवतवानु तथा अेजन्ज दावरना जभाई. ते नीवुकर, नाजनीन वीरपी कारभारी ने ओ. अुशनुमाना आवाळ. ते म. ओस्ती रति जल वाडीवावा तथा म. अेरवद इस्तम अेरथ मुल्लाईरोज तथा ओ. रोहीनतन ने ओ. यासमीन रसी लइयाना भाई. ओस्ती अेपसी रसी मुल्लाईरोजना देर ते वीरपी मानेकशा कारभारीना ससरा ते अेरवद शाहजद तथा ते रीयानना ममावाळ ते जुबीन, मोनीका, इरोफ, आरमयती, देवनाना काकाळ ते यजदी, तनाज, अनाईता, अे. लनोज ने अुशनाजना मामाळ ते लोशंग अेजन्ज दावरना अनेवी ते ओ. डेटी पोरस करकरीया तथा यासमी, डीरोज अदुना अनेवी.
Siloo Sorab Bamboat सीलु सोराब आमभोट	97 ९७	22-06-2020	47, Malcom Baug, S. V. Road, Jogeshwari (West), Mumbai 102. ४७, मावकम बाग, अेस. वी. रोड, जेजेवरी (प.), मुंबई १०२.	ते मरुम सोराब न. आमभोटना विधवा ते मरुमो धनमाय तथा तेलमुलज मीळीना दीकरी ते मरुमो आनु न. मीळी, खोरशेद न. मीळी, जर क. यनदाना तथा मेहेरा अ. अवसाराना अलेन ते मरुम नादीरशा आमभोटना वडु ते मरुम शीरीनबाई न. आमभोटना वडु.



## એક નજર પારસી મરણો ઉપર

Deceased મરનાર	Age વય	Date તારીખ	Address ર. ઠે.	Relations સગાઈઓ
Hufrish Dinyar Desai હુફરીશ દિન્યાર દેસાઈ	63 ૬૩	23-06-2020	807, Imperial Mahal, 'C' Block, Dadar T. T., Dadar (East), Mumbai 14 ૮૦૭, ઈમ્પીરીયલ મહાલ, સી બ્લોક, દાદર ટીટી (ઈ), મુંબઈ ૧૪.	તે દીન્યાર ખરશેદ દેસાઈના ઘણીયાની તે જેનીકર આદીલ બાટલીવાલા તથા માલકમ દીન્યાર દેસાઈના માતાજી તે મરુમો હીલા તથા બહાદુર બ. ઉદવાડીયાના દીકરી તે આદીલ ક. બાટલીવાલા તથા નતાશા પ. ઓન્જિનિયરના સાસુજી તે આબાન ફ. અધ્યાજીના બહેન તે શારવીન તથા નતાલ્યા બાટલીવાલાના મમઈજી તે મરુમો બચા તથા ખરશેદ ફ. દેસાઈના વહુ.
Zarir Manchershaw Bhathena ઝરીર મંચેરશા ભાઠેના	67 ૬૭	24-06-2020	15th Floor, Hilla Garden View, 662, Sorab Palamkote Road, Dadar Parsi Colony, Mumbai 14. ૧૫મું માળે, હિલા ગાર્ડન વ્યૂ, પ્લોટ નં. ૬૬૨, સોરાબ પાલમકોટ રોડ, દાદર પારસી કોલોની, મુંબઈ ૧૪.	તે જેસમીન ઝરીન ભાઠેનાના ખાવિંદ તે બરજીસ ઝરીર ભાઠેનાના બાવાજી તે મરુમો હીલામાય તથા મંચેરશા ભાઠેનાના દીકરા તે જેનીકર બરજીસ ભાઠેનાના સસરાજી તે જીમી મ. ભાઠેનાના ભાઈ તે મરુમો નરગીસ તથા નરીમાન પટેલના જમાઈ તે જોએલ તથા ઝનવીવ બર્જીસ ભાઠેનાના બપાવાજી તે પર્વ બ. મહેતાના કાકાજી.
Rutty Jal Balsara રતી જાલ બલસારા	91 ૯૧	25-06-2020	F/47, Currow Baug, S. B. Road, Near Electric House. Colaba, Mumbai 1. એફ/૪૭, ખુશરુ બાગ, એસ. બી. રોડ કોલાબા, મુંબઈ.	તે ખુશમીદના માતાજી તે માનેકના સાસુજી તે નતાશા, બીનાઈશા ને તાન્યાના મમયજી તે અસ્પીના ભાઈ તે તેહમીના સાલી તે આરમીદની ફઈ.
Jerbanoo Hormusji Sethna જરબાનુ હોરમજી સેથના	91 ૯૧	25-06-2020	20, Girdhar Niwas, 4th Floor, Flat No.4, Shahid Bhagat Singh Road, Colaba, Mumbai 5 ૨૦, ગીરધર નિવાસ, ચોથું માળે, રૂમ નં. ૪, એસ. ભગત સિંગ રોડ, કોલાબા, મુંબઈ ૫.	તે મરુમો મેહરબાનુ હોરમજી સેથનાના દીકરી તે જાલ તથા મરુમો અસપદીયાર ને મહાબાનુના બહેન તે મરુમો સાપુરશા હોરમજી હોડીવાલાના ગ્રેન્ડ ડોટર તે મરુમો પેસ્તનશા સેથનાના ગ્રેન્ડ ડોટર.
Jamsheed Goolfam Kanga (Ias - Retd.) જમશેદ ગુલફામ કાંગા	88 ૮૮	25-06-2020	182, Buena Vista Apartments, Gen. J. B. Marg, Nariman Point, Mumbai 21. બ્યુના વીસ્તા, જનરલ જેબી માર્ગ, નરીમન પોઈન્ટ મુંબઈ ૨૧.	તે ફીરોઝાના ખાવિંદ તે શીરીન તથા ફરીદાના બાવાજી તે મરુમો રતનબાઈ તથા ગુલફામના દીકરા તે કેપ્ટન જાલ, જરૂ ને આવાંના ભાઈ તે ફીરદોશ ને દારાયુસના સસરા તે દારયો, સાયરસ, આવાં ને બહેરામના મમાવાજી તે મરુમો હોમાય તથા નરીમન કુપરના જમાઈ.

### Death Announcements from Prayer Hall

Hoshang Jamasp Buchia હોશંગ જામાસ્પ બુચિયા	87 ૮૭	21.06.2020	Tata Mills CHS, Buiding No. 4, Flat No 24, 5th Floor, Elphinstone Road, Parel E, Mumbai 12. ટાટા મિલ્સ કો. ઓ.સી.સો., બિલ્ડિંગ નં-૪, ફ્લેટ નં-૨૪, પાંચમા માળે, એલ્ફિન્સ્ટન રોડ, પરેલ (ઈસ્ટ), મુંબઈ ૧૨	તે પેરિનનાં ઘણી તે મરુમો જરબાનુ અને મરુમો જામાસ્પ મંચેરજી બુચિયાના દીકરા તે ખુરશેદ બરજોર દસ્તુર, ગુલઝાર અને પરિજાદના પપ્પા તે માલતાબ, દરિયસના ગ્રાન્ડ ફાધર તે મરુમો ફેની, બચી અને બરજોરના ભાઈ તે જામિનના બ્રધર ઈન લો તે વિરાફ બરજોર બુચિયાના અંકલ.
Roda Kaveshah Bhathena રોડા કાવેશા ભાથેના	92 ૯૨	21.06.2020	Flat No. 22, Tata Mills CHS, Parel TT, Mumbai 12. ફ્લેટ નં. ૨૨, ટાટા મિલ્સ સીએચએસ., પરેલ ટીટી, મુંબઈ ૧૨.	તે મરુમો કાવેશાના ઘણીયાણી તે મરુમો પીલામાય તથા મરુમો માણેકજી પંથકીના દીકરી તે ફિરોઝ, રોલિન્ડન અને જેરોદના મમ્મી તે સોલી, દોલી અને ડેઝીના સાસુજી.
Hosang Bomanji Shroff હોશંગ બોમનજી શ્રોફ	91 ૯૧	22.06.2020	Floreana Bldg, A block, Room No. 11, Miraway Co-Op HSG Society, Mahim West, Mumbai 16. ફ્લોરિયાના બિલ્ડિંગ, રૂમ નં. ૧૧, મીરા વે કો ઓપરેટીવ હાઉસિંગ સોસાયટી, માહિમ વેસ્ટ, મુંબઈ ૧૬.	તે મનીના ઘણી તે મરુમો આલામાય અને મરુમો બોમાનજીના દીકરા તે પરસી, નેવિલ અને મરુમો રૂક્ષાનાના પપ્પા તે મરુમો તેમુવ, મરુમો મીનુના ભાઈ તે મરુમો નાજામાય અને મરુમો રૂસ્તમજી ડ્રાઈવરના જમાઈ.
Rustom Shavakshaw Pardiwala રૂસ્તમ શાવકશા પારડીવાલા	92 ૯૨	24.06.2020	Home Coming, 1st Floor, Bandra West, Mumbai 50. હોમ કમિંગ, ૧લું માળે, બાન્દરા વેસ્ટ, મુંબઈ ૫૦.	તે મરુમો દોલતના ઘણી તે શેરનાજ શેઠના અને મહેરનોશના પપ્પા તે મરુમો શીરીનબાઈ અને મરુમો શાવકશાના દીકરા તે મરુમો જીમી, ફલી, મીનુ, યજ્ઞદી અને સામ અને મરુમો ગુલ પટેલના ભાઈ તે ક્યોમર્ઝ શેઠના અને શિરાઝ મર્ચન્ટના સસરાજી તે પરવીન અને મરુમો જાલુ, ફેની, કેરબાન, હોમી, મરુમો કુમીના બ્રધર ઈન લો તે હુફરીશ અને યજ્ઞદના ગ્રાન્ડ ફાધર.

### Death Announcements From Bulsar Parsi Anjuman Trust Funds

Noshir Soli Chothia નોશીર સોલીભાઈ ચોથીયા	73 ૭૩	23.06.2020	Ahura Apartment, Ground Floor, Agiary Mohalla, Mota Parsiwad, Valsad. અહુરા એપાર્ટમેન્ટ, ગ્રાઉન્ડફ્લોર, અગિયારી મોહલ્લો, મોટા પારસીવાડ, વલસાડ.	તે રોશનના ખાવિંદ તે મરુમો સોલીભાઈ તથા મરુમો શહેરામાયના દીકરા તે સનોબર તથા જેનિકરના ડેડી તે હેક્ટર તથા રોશન ચોથીયાના ભાઈ તે ફિરોઝ શ્રોફ તથા ચેરાગ ખજોતીયાના સસરાજી તે બરજીસ તથા યોહાનના મમાવાજી તે મરુમો નેવીલ તથા દેવજાદના કાકાજી તે મરુમો પરીન તથા મરુમો મીનુ વાસાણીયાના જમાઈ તે અદીભાઈ તથા મરુમો અરની તથા સિદ્ધુના બનેવી તે વીરા ચોથીયાના જેઠ તે રસનાના કાકા સસરા તે યજ્ઞદના બપાવાજી.
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### Death Announcements From Surat

Cyrus Dadabhai Nogamawala સાયરસ દાદાભાઈ નોગામાવાલા	73 ૭૩	17.06.2020	402, A, Akashganga Apartment, Vanki Bardi, Surat. ૪૦૨, એ, આકાશગંગા એપાર્ટમેન્ટ, વાંકી બોરડી, સુરત.	તે મરુમો ધનમાય તથા દાદાભાઈના દીકરા તે ગુલના ઘણી તે મરુમો તથા શિરાઝના પપ્પાજી તે એરવદ સરોષ તથા ડિમ્પલના સસરાજી તે ફરશક અને ફરમાનના ગ્રેન્ડ ફાધર તે મરુમો જાલેબર તથા પરીનબાનુના જમાઈ તે મરુમો ફિરોઝ તથા જહાંબક્ષના ભાઈ તે મરુમો મહેરૂ તથા ધન જહાંબક્ષ માંજરાના દેર તે એરવદ કેકીભાઈના વેવાઈ તે મહેરનોશ, પરવીન, અરનવાઝ અને હુફરીશના કાકાજી તે પરવેઝ તથા રોશની કાપડીયાના બ્રધર ઈન લો.
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### Death Announcements From Poona Parsi Panchayat

Coomi Parvez Gotla કુમી પરવેઝ ગોટલા	88 ૮૮	28.05.2020	Jay Niwas, Flat No. 10, 22 Guru Nagar, Pune 411001. જય નિવાસ, ફ્લેટ નં. ૧૦, ૨૨ ગુરૂ નગર, પુણે ૪૧૧૦૦૧.	તે મરુમો ધનમાય તથા ડોસાભાઈ પીરોજશાહ ઈચ્છાપોરિયાના દીકરી તે મરુમો બરજોર તથા ફીરોઝના બહેન તે નરગેશ બરજોર ઈચ્છાપોરિયા તથા મરુમો નરગેશ બરજોર ઈચ્છાપોરિયા તથા મરુમો નરગેશ ફિરોઝ ઈચ્છાપોરિયાના નણંદ તે મરુમો બાનુબાઈ તથા ફરામરોઝ ગોટલાના વહુ તે મરુમો વીરાફ તથા મહેરનોશ, મરુમો મહેર તેમજ કેરસી તથા રૂબીનના કુઈજી તે નેવીલ એરચશા ગોટલા તથા કેકીના કુઈજી.
Rustom Bamanji Jinwala રૂસ્તમ બમનજી જિન્વાલા	74 ૭૪	15.06.2020	C-204, Choice Apartment, 2nd Floor, Ruby Hall Clinic, Dhole Patil Road, Pune 411001. સી-૨૦૪, ચોઈસ અપાર્ટમેન્ટ, ૨જું માળે, રૂબી ક્લીનીક, ધુલે પાટીલ રોડ, પુણે ૪૧૧૦૦૧.	તે મનીજેલ રૂસ્તમ જિન્વાલાના ઘણી તે મોનાઝ અર્દેશીર શેઠના અને નૌશાદ રૂસ્તમ જિન્વાલાના બાવાજી તે મરુમો બમનજી રૂસ્તમજી જિન્વાલા ને સીદ્ધુ બમનજી જિન્વાલાના દીકરા તે મરુમો દીનશાહજી પીરોજશાહ દાડવાલા ને હોમાય દીનશાહ દાડવાલાના જમાઈ તે ફરોખ અને પરસીસના ભાઈજી.





## તમે કરેલા પરિશ્રમ પર વિશ્વાસ કરો!

ઝુબીન ઉંમર અંદાજે ૨૧ વર્ષની હશે, તે બેઠોબેઠો વિચારી રહ્યો હતો. મનમાં ને મનમાં તે પોતાને જણાવી રહ્યો હતો કે જો, તારે ભણી ગણીને આગળ વધવાનું છે, એડમિશન તો આઈઆઈટીમાં જ મળવું જોઈએ. ભણી ગણીને વિદેશમાં નોકરી કરવાની અને મોંઘીદાર ગાડીઓમાં ફરવાનું શરૂઆતથી તારો આ જ ધ્યેય હોવો જોઈએ. આવું વિચારી રહ્યો હતો. એટલામાં તેને તેના પપ્પાનું બોલેલું વાક્ય તરત જ મગજમાં આવે છે.



એક વખત તેના પિતાએ તેને કહ્યું હતું કે દીકરા, પૈસા તો આજે છે અને કાલે નથી, તેમાં ગમે ત્યારે વધઘટ થશે પરંતુ જો પૈસા વાપરનાર જ કોઈ નહીં હોય એટલે કે પરિવાર જ નહીં હોય તો પૈસાને શું કરશો? તેને થોડા ક્ષણ પહેલા જ પૈસા નો વિચાર આવ્યો હતો એવામાં પપ્પાનો આ પરિવાર લક્ષી વિચાર યાદ આવી ગયો.

હજુ તો આ વિચાર તેના મગજમાં જ હતો કે તરત જ બીજો વિચાર આવ્યો કે એક દિવસે તેની પ્રેમિકા સનાયાએ પણ તેને કહ્યું હતું કે જો મને છે ને તું અને માત્ર તું જોઈએ છે અને પૈસો જરાપણ જોઈતો નથી. ભલે મારા મમ્મી પપ્પા ના પાડે તો પણ હું તો તને જ પરણવાની છું, તું તો જાણે જ છે કે મને પૈસાથી નહીં પરંતુ તારી સાથે પ્રેમ છે. સનાયાનો આ વિચાર તેના મગજમાં આવ્યો એટલે પૈસા, પરિવાર અને હવે સાથે સાથે પ્રેમ એ ત્રણમાંથી કોને પસંદ કરું એવી અડચણમાં પડી ગયો.

મનમાં ને ઝુબીન પરેશાન થવા લાગ્યો તેની ઉંઘ જાણે ક્યાંક ઉડી ગઈ હતી. મનમાં તેને ઘણા બધા વિચારો આવવા લાગ્યા.

અમુક વિચારોમાં થતું હતું કે તેના માતા-પિતાએ તેને નાનપણથી આટલો મોટો કર્યો છે, તો તું આ

કાલની છોકરી માટે તેને છોડી દઈશ? માતા-પિતાને કેવું લાગશે?

બીજી બાજુ તેને પ્રેમિકાના પણ વિચારો યાદ આવતા કે હું તારા માટે મારા મમ્મી પપ્પા ને છોડવા તૈયાર થઈ શકું છું તો શું તું મારી માટે તારા માતા-પિતાને નહીં છોડી શકે?

ફરી પાછા માતા-પિતાનું મહત્વ સમજાવ તો એક વિચાર આવ્યો કે ના મારા માટે તો મમ્મી પપ્પા પહેલા પછી જ બીજા બધા.

ત્યાં વળી પ્રેમિકાનો પણ વિચાર આવ્યો કે એ તને ખૂબ જ પ્રેમ કરે છે, બધી જ વાત તારી માની લે છે. તો પછી હવે તું જ કહે કે આવી બીજી ક્યારેય મળશે?

ના, માતા પિતા. ના, પ્રેમિકા, આવું વિચારતા વિચારતા અંદાજે રાતના ત્રણ વાગ્યા હશે પરંતુ ઝુબીનને ઉંઘ આવતી ન હતી.

ઘણા સમયથી તે એ જ માત્ર વિચારી રહ્યો હતો કે મારે પરિવાર, પૈસા ને કે પ્રેમ આ ત્રણમાંથી કોને પસંદ કરવા? પલંગ પર સુઈ રહ્યો હતો એમાંથી અચાનક જ ઉભો થઈ ને સોફા પર બેસી ગયો.

ચારે બાજુ ઘોર અંધારું હતું, તે આંખ બંધ કરીને બેઠો હતો. અને અંદરો-અંદર ફરી પાછો કંઈક વિચારી રહ્યો હોય તેવું લાગી રહ્યું હતું.

અંદરો અંદર જ તે પોતાને જ બોલ્યો કે, જો, તારા જેવી મુશ્કેલી આજના દરેક માણસની એટલેકે ખાસ કરીને દરેક યુવાનની હોય છે. તું માત્ર મહેનત કર. મારો સહારો લઈ લે, પરિવર્તન આપોઆપ આવી જશે. હા તું જો આગળ

વધીશ તો તારું નામ થશે જેનાથી માત્ર તને જ નહીં પરંતુ તારા માતા-પિતાને પણ તારા પ્રત્યે ખૂબ જ ગર્વ થશે. તમારા વચ્ચેની લાગણીઓ વધી જશે અને તારા માતા-પિતા પણ તારો પ્રેમ સ્વીકારશે. આ બધા વચ્ચે તારી મહેનત પ્રમાણે સમયસર પૈસો પણ મળી જ રહેશે. બસ ખાલી જરૂર છે તો આવા બધા વિચારો બંધ કરી દે અને સતત મહેનત કરવા લાગી. બાય ધ વે ઓળખી ગયો ને મને? હું બીજું કોઈ નહીં પરિશ્રમ છું! અને તને કામ કરવા માટે બધું જતુ પણ કરવું પડશે. પણ થોડાક સમય માટે! તું તારા આસપાસના લોકોના સપનાઓ પુરા કરવાની ચિંતા નહીં કર, તું માત્ર સારા સપનાઓ પુરા કર તારા આસપાસના લોકોના સપનાઓ એકંદરે આપોઆપ પૂરા થઈ જશે.

ઝુબીન પરિશ્રમ શબ્દને યાદ કરીને સુતો અને તેને ખરેખર ઉંઘ આવી ગઈ. ઝુબીનની જેમ ઘણી વખત આપણે શું વસ્તુ પસંદ કરવી શું ન કરવી તેની ઉપર વધારે વિચારી વિચારીને આપણને જ હેરાન કરતા હોઈએ છીએ, એથી સારું જો પરિશ્રમ એટલે કે મહેનત તરફ ધ્યાન ધરીએ તો આપોઆપ બધું સરખું અને સારું થવા લાગે છે. એના માટે જ કદાચ એક કહેવત પણ કહેવાય છે કે અંતે તો પરિશ્રમ એ જ પારસમણિ છે.

## તંદુરસ્ત રહેવા...

### ૩૦ની ઉંમરમાં પણ ફિટ બનાવી રાખશે આ કેટલીક સ્વસ્થ આદતો:

કોઈક સાચુ જ કહ્યું છે કે સારી આદતો જ બહેતર અને સ્વસ્થ જીવનની ચાવી છે. એવામાં જ્યારે વાત ઉંમરનાં ૩૦માં તબક્કાની આવે છે, તો આ વાત બિલકુલ સચોટ બેસે છે, કારણ કે આ ઉંમરમાં આપણું મેટાબોલિઝમ પણ નબળું થવા લાગે છે, તો બીજી બાજુ અડધાથી વધુ બિમારીઓ આ જ સમયગાળામાં ઘેરવા લાગે છે, કારણ કે આ સમયે આપણે કેરિયર બનાવવાની સીડીઓનાં ચક્કરમાં હેલ્થને બિલકુલ ઈગ્નોર કરી દઈએ છીએ. જ્યારે જેટલું જરૂરી કેરિયર છે, તેટલું જ જરૂરી આપણી હેલ્થ પણ છે. એવું એટલા માટે, કારણ કે જો આપણું શરીર જ આપણો સાથ નહીં આપે, તો ભલા માણસ આપણે કામ કરી રીતે સાફ કરી શકીશું અને કેરિયરમાં શ્રેષ્ઠ પરફોર્મન્સ કેવી રીતે આપી શકશું.

તેથી જો આપ પણ ૩૦નાં તબક્કાને સ્પર્શનારા છો કે ૩૦ કોસ કરી ચુક્યા છો, તો પોતની ફિટનેસ તરફ ધ્યાન આપવાનું શરૂ કરી દો. આજે અમે આપને કેટલીક એવી સ્વસ્થ ટેવો વિશે જણાવવા જઈ રહ્યાં છીએ કે જેમને ઉંમરનાં ૩૦મા તબક્કાએ પણ અપનાવવાથી આપ ફિટ એન્ડ ફાઈન બની શકો છો.

**આરોગ્ય વધુમાં વધુ લીલી શાકભાજીઓ:** કોશિશ કરો કે આપ ખાવાની પ્લેટમાં પ્રોસેસડ ફૂડનાં સ્થાને તાજી અને લીલી શાકભાજીઓને વધુ મહત્વ આપો, કારણ કે આ જ ફેશ અને લીલી શાકભાજીઓ મેટાબોલિક બિમારીઓને ઓછું કરી ઉંમર વધારવામાં મદદ કરે છે. સાથે જ એવું કરવાથી બોડી વેટની નિયમિતતા પણ જળવાઈ રહે છે.



**ચેક કરતા રહો વજન:** આપણા ખાવા અને વેટ ગેનિંગ વચ્ચેનાં કનેક્શનને જાણવાની સૌથી શ્રેષ્ઠ રીત છે કે



આપણા સમયાંતરે વજન કરાવતા રહીએ કે જેથી આપને જાણ રહે કે ક્યારે અને કેટલું વજન વધ્યું છે. ૩૦ની ઉંમરમાં આવ્યા બાદ આ સૌથી હેલ્થી હેબિટ બની રહે છે, કારણ કે તેના વડે આપ વેટ પર નજર રાખી પોતાનાં ડાયેટમાં ચેન્જિસ કરી શકો છો.

**બોડીને પણ સંભાળો:** સામાન્યતઃ કેટલાક લોકોને કોઈક પ્રકારનાં ખાવાની વસ્તુથી એલર્જી હોય છે. એવામાં જરૂરી છે કે કે જમતી વખતે યાદ રાખો કે આપને શેનાથી એલર્જી છે અને શેનાથી નથી, કારણ કે સ્વાદનાં ચક્કરમાં ખાવાથી આપને જ નુકસાન થઈ શકે છે. એવું કરવાથી એક બાજુ ઈમ્યુન સિસ્ટમ બગડે છે, તો બીજી બાજુ વેટ પણ વધવાનાં ચાંસિસ વધુ હોય છે.

**રસોઈ બનાવતા શીખો:** અનુમાનિત છે કે ઘરનું બનેલું ખાવાથી લગભગ ૧૦૦ કેલોરીઝ બચાવી શકાય છે. તેથી જેટલું વલેલું શક્ય હોય, રસોઈ બનાવતા શીખી લો. સાથે જ તેનો બીજો ફાયદો એ પણ થશે કે પાક કળા આવતાઆપ પોતે જ સ્વસ્થ અને પૌષ્ટિક રસોઈ બનાવી શકો છો.



**ફિઝમાં રાખો પૌષ્ટિક સામાન:** ઘણા બધા અભ્યાસોમાં જોવામાં આવ્યું છે કે જ્યારે પણ આપણને ભૂખ લાગે છે, તો પોતાની આજુબાજુ મૂકેલી ખાવા-પીવાની વસ્તુઓ શોધવા લાગીએ છીએ. એવામાં આપનું ફિઝ આપની બહુ મદદ કરી શકે છે, કારણ કે ફિઝ જ એવો સ્ટોર પ્લેસ છે કે જ્યાં આપ વસ્તુઓને થોડાક લાંબા સમય માટે ફેશ રાખી શકો છો. તેથી ફિઝમાં હંમશા હેલ્થી વસ્તુઓને સ્ટોર કરવાની ટેવ પાડી લો.



**મસાલા પણ છે કમાલનાં:** જો આપ તળેલું કે સેકેલું ખાવાનાં શોખીન છો અને તેનાથી દૂર જવું શક્ય નથી, તો આપ મસાલાઓની મદદ લઈ શકો છો, કારણ કે મસાલા એક તરફ આપણા ટેસ્ટ બ્લડને જીવિત રાખે છે, તો બીજી તરફ તેમનાં કેટલાક આરોગ્યલાભો પણ છે. જેમ કે તજ, જેનાથી આપણું બ્લડ પ્રેશરલેવલ રેગ્યુલર રહે છે,

તો હળદર એટી કૅન્સર પ્રોપર્ટીઝ માટે જાણીતી છે. બન્યા રહો એક્ટિવ: ઓબેસિટી, ટાઈપ ૨ ડાયાબિટીસ, હાર્ટ ડિસીઝ અને અહીં સુધી કે મૃત્યુનું પણ મુખ્ય કારણ છે સુસત જીવનશૈલી. તેથી જીવનશૈલીમાં કંઈક ને કંઈક નવું કરવાની કોશિશ કરતા રહો અને એક્ટિવ રહો કે જેથી આપ આ તમામ બીમારીઓથી બચી શકો. હેલા ઉઠવાનો બનાવો નિયમ : અહીં ટૂ બેડ એન્ડ અહીં ટૂ રાઈઝ... આ વાક્ય જીવનશૈલીમાં જેટલું વલેલું બની શકે, તેટલું વલેલું જોડી લો, કારણ કે જલ્દી ઉઠવાથી એક તરફ લાઈફસ્ટાઈલમાં શિસ્ત જળવાઈ રહેશે, તો બીજી તરફ તેનાથી આપને એક્સરસાઈઝ અને રિલેક્સ કરવાનો પુરતો સમય મળી શકશે.

## હસો મારી સાથે



મેં ટેબલ પર મૂકેલા પંખા સાથે વાત કરી શું તમે મારા ફેન છો?

પંખા એ ગરદન આમ તેમ ફરાવી અને ના જ પાડી દીધી.

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મારો નંબર ૫૦ જાનેયાઓમાં નહીં આવ્યો તો પોલિસ સ્ટેશનમાં જઈને કહી દઈશ કે વરરાજાને તાવ અને ખાંસી છે પછી તમે તમારું જોઈ લેજો.

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પ્રેમિકા: હલ્લો માઝ ગલુડિયું શું કરે છે?

ફોન પ્રેમીના પપ્પા એ ઉચક્યો, ગલુડિયું નાહવા ગયું છે હું કુતરો બોલું છું.-





## YOUR MOONSIGNS JANAM RASHI THIS WEEK

લખનાર: મરહુમ મહારાજ શ્રી સ્વયંજયોતિના સહકાર્યકર્તા જયેશ એમ. ગોસ્વામી

અઠવાડિક રાશિક્ષણ: તા. ૨૭.૦૬.૨૦૨૦ થી તા. ૦૩.૦૭.૨૦૨૦



### Aries - મેષ

અ.ત.ઈ.

હાલમાં મંગળની દિનદશા ચાલુ થયેલી હોવાથી તમે તમારા ગુસ્સા પર કાબુ નહીં રાખી શકો. તબિયત અચાનક ખરાબ થવાના ચાન્સ છે. વાહન સંભાળીને ચલાવજો. ઘરવાળા સમગ્ર વગર તમને પરેશાન કરશે મતભેદ થવાના ચાન્સ છે. ખોટા ખર્ચ વધી જવાથી મન અશાંત રહેશે. મંગળને શાંત કરવા દરરોજ 'તીર યજ્ઞ' ભણજો. શુકનવંતી તા. ૨૭, ૩૦, ૦૧, ૦૨ છે.

Lucky Dates: 27, 30, 01, 02.

With Mars ruling you, it might be difficult for you to maintain control over your temper. Your health could suddenly go down. Drive or ride your vehicle with great caution. Family members will harass you without reason – squabbles could take place. Your mind will not be at peace due to unnecessary increase in expenses. To pacify Mars, pray the 'Tir Yasht' daily.



### Cancer - કર્ક

સ.ઈ.

૧૬મી જુલાઈ સુધી શુકની દિનદશા ચાલશે. દરેક કામમાં સફળતા મળશે. ખર્ચ વધી જવા છતાં નાણાકીય મુશ્કેલી નહીં આવે. ઓપોર્ટીનિટી સેકસને સાથ મલવાથી કામો જલદી પૂરા કરી શકશો. હિસાબી કામમાં ધ્યાન આપજો. દરરોજ 'બહેરામ યજ્ઞ'ની આરાધના કરજો. શુકનવંતી તા. ૨૭, ૨૯, ૩૦, ૦૩ છે.

Lucky Dates: 27, 29, 30, 03.

Venus' rule till 16th July brings you progress in everything you do. Despite an increase in your expenses, you will not feel a financial pinch. You will be able to complete your work faster with the support of the opposite gender. Pay greater attention to accounts-related work. Pray to Behram Yazad daily.



### Libra - તુલા



૬ઠ્ઠી ઓગસ્ટ સુધી રાહુની દિનદશા ચાલશે. નાની વાતમાં ઈરીટ થશો. ખોટો ખર્ચ થશે. ખ્વાન બનાવી તમે કેન્સલ કરશો. દેમિલીનો સાથ નહીં મળે. કોર્ટના કામ કરતા નહીં. દરરોજ ભુલ્યા વગર 'મલાબોખ્તાર નીઆએશ' ભણજો. શુકનવંતી તા. ૨૭, ૩૦, ૦૧, ૦૨ છે.

Lucky Dates: 27, 30, 01, 02.

Rahu's rule till 6th August could have you feeling irritated over small issues. You could endure unnecessary expenses. You will end up canceling your own plans. Family members will not be supportive. Avoid doing any legal/court-related work. Ensure to pray the Mah Bokhtar Nyaish daily.



### Capricorn - મકર

ખ.જ.

શનિની દિનદશા ચાલુ હોવાથી ૨૬મી જુલાઈ સુધી તમારા કામમાં મુશ્કેલી આવતી રહેશે. રોજના કામ સમય પર પૂરા નહીં કરી શકો. નાણાકીય મુશ્કેલી આવશે. તબિયતનું ધ્યાન રાખજો તબિયત ખરાબ થવાના ચાન્સ છે. ખાવાપીવામાં ધ્યાન આપજો. ઘરેલા કરતા ખર્ચ વધવાથી બેચેન થશો. દરરોજ 'મોટી હમન યજ્ઞ' ભણજો. શુકનવંતી તા. ૨૮, ૨૯, ૩૦, ૦૧ છે.

Lucky Dates: 28, 29, 30, 01.

Saturn's ongoing rule till 26th July could pose challenges in your work. You might not be able to complete even your daily chores on time. Financial strain is indicated. Take care of your health as it could get affected. Take care of your diet. You might feel restless having to spend more than the expected expenditure. Pray the Moti Haptan Yasht daily.



### Taurus - વૃષભ

બ.વ.ઉ.

૨૬મી જુલાઈ સુધી ચંદ્રની દિનદશા ચાલશે. મનમાં શાંતિ રહેશે. જે પણ કામ કરશો તેમાં મદદગાર મળી જશે. નાની મુસાફરી કરી શકશો. નાણાકીય બાબતમાં સારા સારી રહેશે. ઈનવેસ્ટમેન્ટ અવશ્ય કરજો. દરરોજ ૩૪મું નામ 'યા બેસ્તામ' ૧૦૧વાર ભણજો. શુકનવંતી તા. ૨૭, ૨૮, ૨૯, ૩૦ છે.

Lucky Dates: 27, 28, 29, 30.

The Moon's rule till 26th July brings you mental peace. You will find supporters in all your endeavours. Short travel is indicated. Financially, things will be good. Ensure to make investment. Pray the 34th Name, 'Ya Beshtama', 101 times daily.



### Leo - સિંહ

મ.ટ.

૧૬મી ઓગસ્ટ સુધી શુકની દિનદશા ચાલશે. તમે તમારા મોજશોખ કાબુ નહીં રાખી શકો. કામકાજમાં સારા સારી થતી જશે. બીજાના મદદગાર બની શકશો. ઘણી-ઘણીયાણીમાં ગ્રેમ વધી જશે. નવા મિત્ર મળવાના ચાન્સ છે. દરરોજ 'બહેરામ યજ્ઞ'ની આરાધના કરજો. શુકનવંતી તા. ૨૭, ૨૮, ૦૧, ૦૨ છે.

Lucky Dates: 27, 28, 01, 02.

Venus' rule till 16th August will have uncontrollably inclined towards fun and entertainment. There will be good progress at work. You will be able to help another. Affection between couples will increase. You could make new friends. Pray to Behram Yazad daily.



### Scorpio - વૃશ્ચિક

ન.ચ.

ગુરુની દિનદશા ચાલુ હોવાથી કરેલી મહેનતનું રિઝલ્ટ મેળવી શકશો. અટકેલા કામ સાથે કામ કરનારનો સાથ મેળવીને પૂરા કરી શકશો. નાણાકીય બાબતમાં સારા સારી રહેશે. થોડી ભાગદોડ કરી એકસ્ટ્રા ધન કમાઈ શકશો. દેમિલીને ખુશ રાખી શકશો. દરરોજ 'સરોશ યજ્ઞ' ભણજો. શુકનવંતી તા. ૨૮, ૨૯, ૩૦, ૦૧ છે.

Lucky Dates: 28, 29, 30, 01.

Jupiter's ongoing rule helps you enjoy the fruits of your labour. Your colleagues will help you complete your stalled works. Financially this is a good week. You will be able to earn extra income with increased efforts. You will be able to keep your family happy. Pray the Sarosh Yasht daily.



### Aquarius - કુંભ

ગ.શ.સ.

૨૦મી જુલાઈ સુધી બુધની દિનદશા ચાલશે. તેથી હિસાબી તથા લેતી-દેતીના કામમાં સફળતા મળશે. તમારા ફાયદા પર ધ્યાન આપજો. થોડી ભાગદોડ કરવાથી ફસાવેલા નાણા પાછા મેળવી શકશો. નવા મિત્રો મળવાના ચાન્સ છે. મિત્રો તરફથી ફાયદો થશે. દરરોજ 'મહેર નીઆએશ' ભણજો. શુકનવંતી તા. ૨૭, ૩૦, ૦૨, ૦૩ છે.

Lucky Dates: 27, 30, 02, 03.

Mercury's rule till 20th July brings you great success in all work related to accounts and transactions related to lending/borrowing money. Focus on your benefits. With a little added effort, you will be able to retrieve your bad debts. You could meet new friends. Friends will prove beneficial. Pray the Meher Nyaish daily.



### Gemini - મિથુન

ક.ઇ.ધ.

સુર્યની દિનદશા ચાલુ હોવાથી મગજ પરનો બોજો વધી જશે. તાવ કે માથાના દુખાવાથી પરેશાન થશો. સરકારી નોકરી કે બેન્કમાં કામ કરતા હો તો કામમાં ધ્યાન આપજો. તમારા અગત્યના કામો પમી જુલાઈ પછી કરજો. કોઈ પર વિશ્વાસ રાખતા નહીં. સુર્યના તાપને ઓછો કરવા દરરોજ ૯૬મું નામ 'યા રયોમંદ' ૧૦૧વાર ભણજો. શુકનવંતી તા. ૨૮, ૦૧, ૦૨, ૦૩ છે.

Lucky Dates: 28, 01, 02, 03.

The ongoing Sun's rule increases mental tensions. You could suffer from a fever or headaches. If you are employed in a legal or government related profession, ensure to practice greater caution. Take on any important works only post the 5th of July. Try not to blindly trust people. Pray the 96th Name, 'Ya Rayomand', 101 times daily.



### Virgo - કન્યા

વ.ક.હ.

૫મી જુલાઈ સુધી રાહુની દિનદશા ચાલશે. પૈસાની ખૂબ તંગી આવશે. કોર્ટની મદદ લેવાનું વિચાર કરશો પણ તે વ્યક્તિ મદદ નહીં કરે. શેર-સ્ટોક પાછળ પૈસા ખર્ચ થશે. ખોટી લાવચમાં ફસાઈ જશો. રાતની ઈંદ ઓછી થશે. રોજ 'મલાબોખ્તાર નીઆએશ' ભણજો. શુકનવંતી તા. ૨૮, ૨૯, ૩૦, ૦૩ છે.

Lucky Dates: 28, 29, 30, 03.

Rahu's rule till 5th July could cause a heavy financial strain. The one you would turn to for help will not be able to help you. The share market will prove expensive. Your wrongful greed will lead you into a quandary. You will lose your sleep at night. Pray the Mah Bokhtar Nyaish daily.



### Sagittarius - ધન

ભ.ધ.ક. ટ.

ગુરુની દિનદશા ચાલુ હોવાથી ૨૪મી ઓગસ્ટ સુધી નાણાકીય મુશ્કેલી નહીં આવે. તમારી સાથે બીજાની મદદ કરી શકશો. અત્યાર સુધી જે પણ મુશ્કેલી હશે તે બધી દૂર કરી શકશો. તબિયતમાં સારા સારી થતી જશે. દરેક કામમાં પાક પરવરદેગારની મદદ મળતી રહેશે. દરરોજ 'સરોશ યજ્ઞ' ભણજો. શુકનવંતી તા. ૨૭, ૨૯, ૦૨, ૦૩ છે.

Lucky Dates: 27, 29, 02, 03.

Guru's ongoing rule till the 24th of August, ensures no financial difficulty. You will be able to help others along with yourself. You will be able to do away with the challenges that have so far held you down. Your health will continue to improve. You will be helped by the universe in all your endeavors. Pray the Sarosh Yasht daily.



### Pisces - મીન

દ.ચ.ઝ.થ.ક્ષ.

બુધની દિનદશા ચાલુ થયેલી છે. જે પણ કામ કરશો તેમાં સફળતા મળશે. નાણાકીય બાબતમાં સારા સારી થતી જશે. ઈનવેસ્ટમેન્ટ અવશ્ય કરજો. મિત્રો તરફથી સારા સમાચાર મળશે. તબિયતમાં સારા સારી રહેશે. દરરોજ 'મહેર નીઆએશ' ભણજો. શુકનવંતી તા. ૨૮, ૨૯, ૩૦, ૦૧ છે.

Lucky Dates: 28, 29, 30, 01.

The start of Mercury's rule brings you success in all your endeavors. Financially, things will continue to get better. Ensure to make investments. Friends will bring you good news. Health will be good. Pray the Meher Nyaish daily.







## 'To Eat Or Not To Eat?' Asks Meherbai's Mandli



RUBY LILAOWALA



The famous Mandli-girls (all over 75) and boys (all over 80) met at the Gateways's famous Yacht Club. This time they met to discuss foods conducive to good health in old age, because *kaaley uthiney apro badhano budhapo avsey...* as 90-year-old Rustom Pehelwan observed wisely! It's another matter that they went overboard and over-ordered everything unhealthy on the menu!

*Tamaroj budhapo avsey - ovaryu mahra par thi! I'm only 81 - Abhi toh mein jawan hoon,*" said Ratanbai.

"Here, Here!! That's the spirit! cried everyone.

**Freny Fatakri:** Spirit *ney maro goli* - to be healthy in old age, we must make lifestyle changes in food.

**Abhan Aban:** Like what?

**Nutritionist Natasha:** Like not stuffing your mouth with everything you see in sight.

**Soona Sample:** *hara wafers khavai?*

**Natasha:** No! It leads to high blood pressure and bloating.

**Dinoo Derki:** Mithai? It's healthy! It has milk, mevo, etc.

**Natasha:** Yeah! But it also has sugar, which is empty calories and fat, if it's *jalebis!*

**Kekoo Khadhro:** What's wrong with fats?

**Clever Coomi:** Fats make you fat - what else, silly!

**Rattan Romeo:** Mutton, *motta-motta bota is protein* - it's the best!

**Dr. Darius:** Sure! It's the best way to have high cholesterol!

**Pesi Pipyu:** Forget cholesterol overload. I only have vegetable dhansak with two bottles of beer.

**Dr. Darius:** No wonder your triglycerides are high although you are a short *thinguji!* And look at that beer-belly of yours!

**Pesi's wife Persis:** Thank God somebody said that! Even my *Gangubai* calls him a *Butka-baingan* (short brinjal).

**Rustom Pehelwan:** My wife and I are vegetables!

**Rustom's wife:** Not vegetables - we are vegetarians.

**Coomi:** Veggies are sprayed with dangerous insecticides. Also, every kind of fruit.

**Chikni Chadan:** Surely, chicken is healthy.

**Bomi Bevdo:** They are pumped with artificial hormones.

**Bomansha:** *Bun-pao per jivo!* I eat it all day.

**Gooli gol-gol:** Oh Hello! Mr. Bun-Pao, white bread is white poison.

**Cyrus the virus:** *Arey marerey!* If health experts are going to strike off almost every item of food from our life, what do we eat? *Havaa par jivye?*

**Sexy Sorabji:** Love and fresh air!

**Soona Sample:** *Khava-pivani delicious vaato ma love kyathi avi gayo? Love soo, khavani cheej chey?*

**Aban Abhan:** Of course, there's a relationship between love and food. First comes love, then comes marriage which is a *Lakdey (wooden) ka laddoo* - *jo khaye voh pachhtaye, jo na khaye voh bhi pachhtaye!*

**Meherbai:** Ladies and Gentlemen, we are digressing from the main topic of 'food'. What is this - 'love', 'marriage', 'Laddoo'!? Let's order food since we all love close encounters of the high-calorie kind and the police is not here!

Oh Mai re! Police? Everyone asked!

**Meherbai:** Yes. At first, Meherwanji used to be my diet-police with his *'Ketlu khasey? Bhes jevi thai jasey'*. Later our

children say, *'Mummy eat less and go for morning, evening walks'*, and now, all my seven grand-children tell me, *'Whoa! Chill gran! Don't stuff your face and please, please, join a gym!'*

**Abhan Aban:** How sweet! They are telling you to join Parsi Gym and Wodehouse Gym so that you can have heavy late-night dinners there daily.

**Meherbai:** Not those kind of Gyms, Aban! Work-out *karvanu* Gym!

**Kersi Kaju Katli:** How come our *mamajis* and *bapaijis* ate everything? Most of it was fried and sweet and dripping with pure ghee, bought from the *Belgam-no-gheewalo* right up to your doorstep. At tea-time, they would have one sweet dish like *sev, ravo, popatji, karkaria, sandhra* and salty, like *batasa, bhujjiya, kheema samosa, chicken patties* etc. Our ancestors lived healthy and happy lives, rarely went to a doctor because they very seldom fell ill, and died naturally at 95 or 100 or even 101 or 102!

**Meherwanji:** Those were *sukhi-sukhyara* days. Days of *barkat* when we lived like Royalty on a salary of Rs. 150 or 200. No TV, Computers or Cell-phone, which means no stress. Love and laughter were shared in huge joint-families and with neighbours. Today, many people earn in lakhs or crores but have tons of stress, hardly any family-life and no love and laughter from family. Even the neighbours tend to be aloof, indifferent and devoid of any communication! In the old days, the entire building was like one, big, happy family!

**Meherbai:** *Mehelli, my jaan,* don't digress! We are talking of food - *Tehma tamara old padosi kem goosi gaya?*

**Meherwanji:** (getting all worked-up) Because Old was Gold - and new ones are

like rolled-gold. Good from far but far from good!

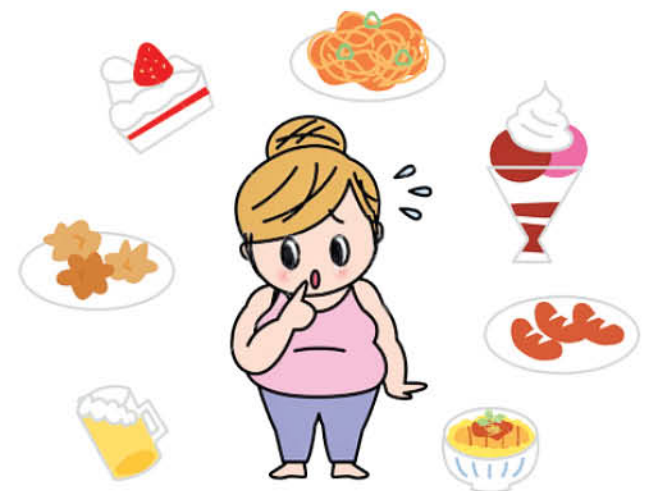
**Meherbai:** Touch wood! Our new, next-door neighbours are very nice people. They are quiet, keep to themselves, but are always smiling and very helpful. The husband-cum-houseboy even has a lovely prayer voice and we feel so calm and peaceful when we hear him pray!

The food arrived by then but today I won't bore the readers with the ten dishes that were ordered.

**Rustom Pehelwan:** May I sum up the evening's discussion?

"No! No!! Meherbai will sum up. We love her Shashi Tharoor-type English and her knowledge!" everyone insisted.

**Meherbai (By popular demand):** The recently discovered law of well-being states that your happiness is inversely related to your body weight and that we should watch the 'poisons' we pile on our plates which were earlier called 'food'. Eat well but in great moderation. FAT is not FATAL and 'eating' doesn't equal to 'sin'.



"I had a heavy lunch," shouldn't sound like a guilty Church Confession. Sin is committing adultery, cheating an old widow out of her flat or treating your parents badly! Don't let your happiness depend on a number on the weighing scale and girls, never mind if your hubbies don't say "You've lost weight," as long as they say those other three magic words - 'I Love You', as my Mehelli says to me, *chalta ney farta*, several times a day!

The 'girls' and 'boys' were so impressed with this speech that they misunderstood it as a licence for over-eating and did full justice - *dabavi-dabavi ney khadhoo* - to the 10-12 dishes which were delicious and *garma-garam*. like this column which you, my dear readers just devoured with your eyes!



# Dealing with Depression

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

Just 34 years of age, Television and Bollywood actor - Sushant Singh Rajput was already an acclaimed presence on the big screen. His was the typical story of fame, glitz, glamour, rising from obscurity to stardom with all the makings of a typical filmy blockbuster. He had looks, recognition, charm and several memorable performances under his belt in the few short years of his acting career. But on 14<sup>th</sup> of June, his death sent shock waves across the entire nation as he was found hanging at his Bandra residence - a sad end to a shining star. The actor had spoken to his sister that very morning at 9 am, and despite having two friends staying with him in his house at that time, there were no indications in the slightest, on that particular day as to the state of his troubled mind. It was reported as a case of 'suicide' - a simple word on the surface but how tragic are its implications. Shocked and saddened with his death, friends and fans, industry colleagues all posted pictures with the late actor, recalling, reminiscing memories and associations. His death has opened a floodgate of conversations regarding mental health conditions and suicide awareness. He seemingly had it all, yet decided to exit the world through the backdoor. Why?

Mental health is clearly a concern in the best of times but with the pandemic looming large, there is an altogether different kind of cataclysm - almost wavelike, poorly understood, but a threat nonetheless, surrounding us everywhere and nowhere, a contagion nearly as psychological as it is physical. The mental health toll of the coronavirus pandemic is beginning to show itself, and it is too early to predict the scale of the impact.

Nearly everyone is fearful, even panicked. Fear of catching the virus, fear of the future, fear of the unknown and most of all - fear of knowing how to cope with their feelings of fear. Mental health experts predict an avalanche of mental health issues and needs, the kind we've never seen, as the pandemic progresses. There is no doubt that the pandemic will be the most psychologically toxic



disaster in anyone's lifetime.

The greater the uncertainty surrounding a disaster, the greater is the psychological casualty. The collateral damage of this Pandemic is manifold. Massive job losses, pay cuts, loss of business, profit resulting from the economic shutdown, compounded by an increased social isolation... all lead up to a recipe for casualty. Global reports of higher suicide rates are a cause of concern. That mental health is a very relevant issue in our times, was already a cause for concern with most health experts. Those with prevalent conditions were already vulnerable to the pandemic, but now even those who have never experienced a mental disorder or mental illness, are beginning to show symptoms of the same - panic attacks, short emotional fuse, meltdowns, inability to get out of bed in the mornings, emotional disconnect, social isolation... yes depression can manifest in many ways. The feeling of losing control or a grip on one's life suddenly can create irreparable damage.

Now is the time to reassess and refocus on our futures. A lot can change and a lot will change - our perspective on things needs a shift. There are some positives we can hold onto here and build a more cohesive world from it. Of course, no one is welcoming the pandemic; it is rather difficult to see a potential silver lining in these novel times. But focusing on the upside of any disaster gives one hope...

- There has been a tangible improvement in the environment with the decrease in carbon footprint.
- People have learnt that time is not only precious, but available, if we choose not to squander it endlessly on things that really don't matter in the end.
- The lockdown has promoted family

time - the kind we've never experienced before. People planned their lives around schedules, now schedules are planned around lives.

- For many 'All work and no play', was a way of life; perhaps now, the realisation that 'Work is what you do, not who you

- are', may finally sink in.
- While this pandemic has taught us all to expect the unexpected or anything is possible, it has also taught us a valuable lesson of planning ahead and saving for the future.
- It has reinforced the importance of our medical community and significance of all aspects of healthcare. Hospitals need to be safer, cleaner environments, well equipped, well staffed. Healthcare facilities should be accessible to every citizen.
- Perhaps the most important and valuable lesson taught here is, 'build relationships, not things'. Surround yourself with genuine relationships, for it is people and not things that finally matter.
- The Corona scare created a new

on your mental health. Staying mindful and addressing your psychological well-being is primary as well. One needs to be proactive about taking care of your mind and emotions during this time. Whether you suffer from a pre existing psychological disorder or not, we are all susceptible and vulnerable during these times. 'Depression isn't always all about Suicide notes and Pill bottles!' Owning up to your feelings, venting your emotions, talking to friends or family can go a long way in alleviating your distress and helping you cope. Phone a friend, call out, reach out, stay connected, all this can go a long way to avert a disaster.

Depression can manifest in various ways. Some call it living in a black hole, while others express feelings of impending doom, lifelessness and just feeling empty and apathetic. You may feel angry and restless, but no matter how hopeless the feeling, the thing to remember is that you can get better. You need to surround yourself with people you love, trust and can be your strength.

When you know someone is depressed, the first step is to recognise the signs and reach out. You have to offer your unconditional support. If the person is unwilling to talk, continue to offer your time and support. Tell them, show them you care. Ask how you can help. Tell them you understand and it's ok to feel this way. Most of all emphasize



rhythm of life. Under the lockdown, we created new daily routines that prioritise looking after ourselves. While physical fitness became the focus under the lockdown, managing and dealing with mental health also came to the forefront.

We know there are many ways and reasons this pandemic can take a toll

that there is always hope. Urge them to seek professional help. Keep reminding them that they matter.

It is only in the aftermath of a tragedy that we deign to pause and reflect. Think, "Could something have been done to avert the untimely and tragic death of Sushant Singh Rajput?" Not all misfortunes need to end in tragedy.



# The Zen Series: Inner Harmony



**KASHMIRA SHAW RAJ**

A Zen-like state of mind is where you connect to your higher self or go within and see things in their actuality. Parsi Times presents our reads 'The Zen Series' by PT Columnist, Kashmira Shaw Raj – a professional Taichi and Qigong practitioner and teacher, as also a sought-after clinical psychologist and healer. These Zen stories will resonate with you and help you connect within, at a deeper, inner level to encourage and empower you to reflect. These stories make for good reading across people of all ages and speak to the reader at several levels. If you're looking to bring about a positive change in yourself, 'The Zen Series' will inspire, motivate and facilitate you in realizing truths about yourself and life, to ultimately set you on the path of growth, wisdom and happiness

We start off with the story of a young martial arts student, under the tutelage of a famous Master...

One day, the Master was watching a practice session in the courtyard. He realized that the presence of the other students was interfering with the young man's attempts to perfect his technique. Sensing the young man's frustration, the Master went up to the young man and tapped him on his shoulder, asking, "What's the problem?"

"I don't know", said the youth, with a strained expression. "No matter how much I try, I'm unable to execute the moves properly."

"Before you can master technique, you must understand harmony. Come with me, I will explain", replied the master. The teacher and student left the building and walked some distance into the woods, where they came upon a stream. The Master stood silently on the bank for several moments. Then he spoke, "Look at the stream. There are rocks in its way. Does it slam into them out of frustration? It simply flows over and around them and moves on! Be like the water and you will know what harmony is."

The young man took the master's advice to heart. Soon, he was barely noticing the other students around him. Nothing could come in his way of executing the most perfect moves!

[Courtesy: Buddha Groove]



Doesn't this happen to us often? Many times, we get affected by what is happening around us. We get distracted from carrying out our plans and promises made to ourselves and other. We find ourselves lost and not able to perform well or deliver. Why is that? Because we get fazed by things around us. When we see others doing well, a sense of insecurity creeps in and leaves us feeling inadequate and under-confident. We often forget the difference between a *Need* and a *Want*. A common issue we all face is looking for approval from outside. We all want to be perceived as good and be in everyone's good books! We measure our worth by the look in the eyes of others because impressions matter most to us. What people think of us matters. Therefore, we try to put up a front. However, this often becomes the reason for our downfall.

Like the Master in the story pointed out most importantly, try to 'Flow Like Water'.

Water is powerful; it can be soft and gentle and still blunt with jagged edges.

It can be unstoppable and uncontrollable. Just as water can flow through any crevice and even over the largest boulders, so should we be able to look at any challenging situation and yet make our way forward. Just as the Master showed the power and strength of water, we can also tap into our inner resilience and make things work smoothly for us. Water harmonizes and finds its own level and so we too, need to harmonize from within, to be able to be calm. When we are calm, we can block out any external distractions.

### Exercises On How To Not Get Affected By External Circumstances:

1. Focus on yourself and try to forget everybody and everything around you for a few minutes. Imagine that you are alone in that situation and that is all that matters.

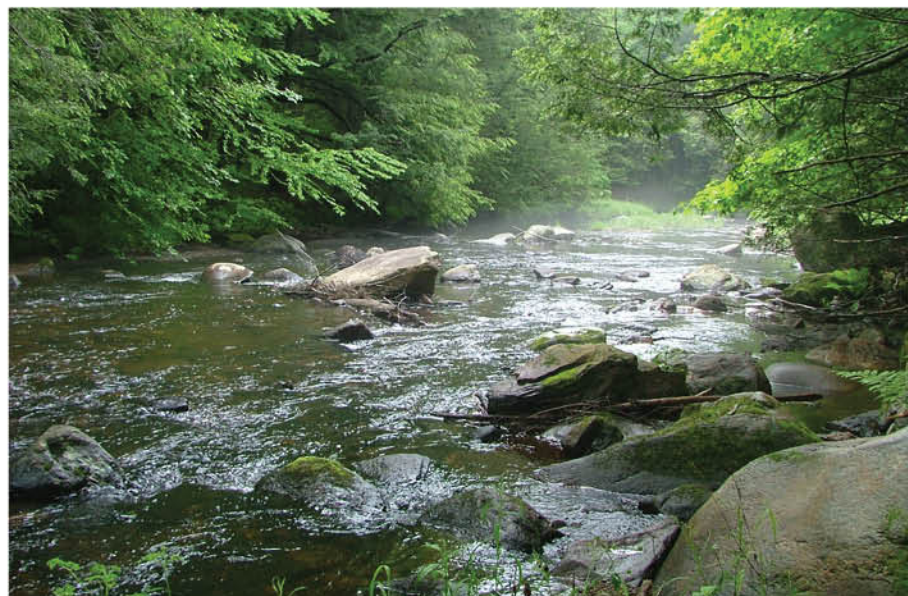
2. Now focus only on your goal ahead.
3. Visualize the end and your successful triumph over the situation. What are you doing this for? What is your take-away?
4. Stop comparing yourself with others. Start comparing yourself with your own previous self.
5. Know and believe that nobody is perfect. It's ok to make mistakes - that's what makes us all human and provides us the opportunity to better ourselves.

### Instilling Self-Confidence:

1. Remember it is not about them but about you.



2. Take the onus for whatever happens in your life - all success and failure.
3. It is ok to fall and rise again.
4. Talk to yourself. Motivate yourself.
5. Most importantly, keep your self-respect. Don't let anyone, including yourself, put you down wrongly. Mistakes are your learning ground, not an excuse to beat yourself up!



**Kashmira Shaw Raj** is a professional Taichi and Qigong practitioner and teacher. Also, a successful clinical psychologist, psychic and healer, Kashmira runs 'The Tai-Qi Touch' with her husband, Dr. Brijesh Raj, a healer and a Vet. Taichi practitioners for over fourteen years now, they are instructors in Sifu Carlton Hill's Tao Taichi Qi Gong organization, and Shibashi Instructors under Sifu Wing Cheung from the Feng Shui and Taichi Institute, Hongkong & Canada. The Tai-Qi Touch offers classes for adults and children at 'Infinite Studio' (Opp. Starbucks Café, Chowpatty, Mumbai). To contact Kashmira, M: 9323874418 or Email: [kash.shaw@gmail.com](mailto:kash.shaw@gmail.com)