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Mercury,
Queen
Honoured
With
Royal
Mail
Postage
Stamps**



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**MCGM
Commends
Masina
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Under
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**Hustle
For The
Muscle!**

**By
Dr. Danesh
Chinoy**



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FROM THE EDITOR'S DESK

Don't Ease-Up (Too Much) Post Lock-Down

Dear Readers,

The past few months we've lived out one of the world's most severe Pandemic lockdowns. It's only natural to want to get out and breathe and meet friends and visit places. But even as we get into 'unlock' mode, let's not forget the Covid cases surging daily, as Mumbai's hot-spot status keeps getting hotter!

So it might not really feel fair when our supposed freedom from the lockdown still chains us to masks, sanitizers, social distancing, hand-washing... and other such inconveniences... inconveniences that thousands of our fortunate Covid-19 survivors would have passionately embraced, had they known the alternative experience of this deadly contagion. And that is the truth in a nutshell.

The good news is, it's a fragile virus and you have yourself covered, as long as you continue to practice the usual, simple protocol of keeping your mask on when you step out, ensuring a minimum of two metres distance from others, washing your hands frequently and thoroughly (using sanitizers when that's not possible) and avoid touching your face, and steering clear of congested areas.

The bad news is, it's a super contagious virus, can survive in the air and on most surfaces for extended periods of time, and it's not going away any time soon. This leaves little or no room for that 'chaalse' or the 'chalta hai' attitude, which could pretty much cost you your health, or worse, your life, even as India, and especially Mumbai, outdoes its own 'Spike Records' on a pretty much daily basis.

One of the biggest highlights of the lockdown easing, is the return of our most-missed domestic help(s) into our homes. Undoubtedly, the re-entry of our 'kaam-walis' has resulted in

far greater excitement and relief than the re-entry of NASA's most memorable space shuttles. But this too, comes with its own set of necessary protocol... umm... inconveniences that we would need to follow to stay safe. (Pg.)

As an increasing number of people step out, especially to work, we need to be more guarded and careful than ever. Unfortunately, we still see a large number of people flouting the necessary directives - it's quite common to see a mockery made of Social Distancing. One wonders why the survival instinct hasn't kicked in yet, and why so many are seeing keenly practicing 'Logic-Distancing' and 'Reality-Distancing' instead, forgetting that the novel coronavirus is very much on the loose and we must learn to safely co-exist with it, until a vaccine or drug has been developed to arrest it.

There's a whole list of do's and don'ts for different situations - at home, outside, at work, et al. We need to sincerely accept that we are living in extraordinary times. And while it may feel like 2020 will be reckoned as the socially written-off year, we must learn to play the best hand with the cards we've been dealt. Thank god for social media and all those platforms that facilitate our audio and visual virtual meets!

Though right now it seems like there's no harbour in sight, there will come a time when Covid-19 will be a thing of the past. In the meanwhile, don't ease up too much post the lockdown. Be smart - stay safe, be responsible - stay sane. And don't forget - it's not just others who contract the virus - you could very well be next, should you continue to keep reality and logic at a distance!

Have a good weekend!

- Anahita
anahita@parsi-times.com

Editorial Note:

Dear Readers,

We have received numerous queries requesting the contact details of Kolkata-based, Stained Glass Artist Katayun Saklat, as per the article profiling her and her stained glass works and paintings on Zoroastrian themes, which appeared in Parsi Times edition, dated 20th June, 2020.

Kindly note the contact details of Katayun Saklat:

Email: gallerykatayun@yahoo.com

Tel: +91-33-22901519 (Landline)

Mob: (+91) 9830036806 / 9330654206 (WhatsApp)

Parsis in Mumbai interested in procuring Katayun's work can connect with Burjor Dustoor at (+91) 9820070033 / 9820070055

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Let My Faith In Thee Stand Firmer Than Ever, 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.



I believe, because I cannot help believing. Let me doubt with inquiring spirit, what I cannot honestly believe. Let me believe wholeheartedly, what I cannot sincerely doubt. Thou dost pull me out safe, when I am in danger of drowning myself in the deep sea of doubt.

Belief in Thee gives meaning to existence, lends colour to life. When I have faith in Thee, I have all the riches of the world. Few, then, are my wants. Happy I am with what little that life gives me. Nothing do I need beyond the barest necessities. Thou dost inspire me with contentment, which is a feeling to see everything in nothing.

Unwavering and unfaltering is my faith in Thee. Let it never be shaken. Unswerving faith in Thy goodness gives me peace of mind and peace of heart. It matters little what I believe and what I say, but it matters much what I am. Man is an angel in embryo, a god in the making. Faith in Thee inspires me to tread the path of Thy angels. Faith in Thee is a matter of course with me. I lean on the crutch of faith. Thou hast but to command and I am ready with a cheerful heart to follow Thee and live with Thee in faith, Ahura Mazda!



DAISY P. NAVDAR

'One day, Sai Baba, the saint of Shirdi, started grinding 7 different types of grains. As he ground just those 7 grains, the flour which yielded, was manifold. His followers were amused and the ladies of the village were wondering if Baba would give them some flour for their homes. Then Baba called out to them and gave them all some flour. He then instructed them to sprinkle this flour all along the periphery of the village. His instructions were followed by his devotees but they were all wondering why Baba had told them to do this. Soon there came a great pandemic, millions of lives were lost and all people lived in fear. However, Shirdi and all the people in it remained unscathed and the town escaped from the pandemic completely unharmed, protected and saved by the grace of Sai Baba.'

- Story from the Sai Satcharita



Sharing Is Caring

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.

Today, we continually wait for the time when we can all return to our normal lives, our work, our social lives, our families, our friends and most importantly, our Fire Temples. Time and again, the government has announced one lock down after another, and with good reason. We, as a community, remain privileged and blessed to have local Baug coordinators who cater to our every whim as we remain safely ensconced in our homes. But we hear of the plight, the terrible reality which is faced by the rest of the population.

Whilst putting the flour on the borders of Shirdi, Sai Baba did not think of who followed which religion, he protected them all. Can't we also pray our holy vibrations, our manthras to protect all who are facing the wrath of the virus? The need of the hour is to stand together and pray collectively for all of humanity.

Today, I call upon you, every member of our community, to come together and pray. To spread the healing energies of our manthras, to heal our planet. Let us stand united against this virus, for our manthras and our faith are far stronger than any disease.

I share below - a most powerful manthra which calls upon the revered doctor of doctors - Rustom Shahriar Saheb. He is said to be one of the 72 Magav Sahebs who still reside in the Demavand Koh. As with all prayers, there is protocol to follow as described below:

1. Do your kusti
2. Pray 2 Yatha Ahu Vairyo and 1 Ashem Vohu
3. Recite: 'Hakima ne Hakim Neem Rustom Shahriar Saheb' 101 times (those unable to recite it 101 times, may recite the same 9 times)
4. Pray 1 Yatha Ahu Vairyo and 2 Ashem Vohu

It is so simple for us to seek the advice of doctors

and follow their words by doing all sorts of tests and taking all forms of medication. There is a treasure trove of prayers that can be done to solve various diseases / problems. Can we not do this simple recitation for the benefit of not just ourselves but for all of mankind. Let us stand by this adage - 'Parsi, thy name is Charity'- and freely help to heal the world, from our most priceless treasure, our Manthravani.



Our Beloved

RUTTY JAL BALSARA

(Mother of Khushmede Patel)

(06 January 1929 - 25 June 2020)

When I'm gone, release me, let me go. I have so many things to see and do. You mustn't tie yourself to me with tears. Be happy that we had so many years. I thank you for all the love you have shown But now it's time I travel on alone.

Tower of Silence, Kemps Corner, Mumbai

GRIEVED FAMILY:

Wife of Late Jal H Balsara,
Mother of Khushmede Patel,
Mother In Law of Maneck Adi Patel, Grandmother of Natasha, Binayesha and Tanya Patel. Sister of Aspy Rana, sister in law of Tehmi Rana. Aunt of Armede Bhaya.

Coping With Job Loss Anxiety During COVID-19



ER. DINSHAH ASPI
ANKLESVARIA

The Pandemic's Side Effects:

The world over, the COVID-19 pandemic has claimed the lives of lakhs, while adversely affecting the health of millions and impacting the lives of billions! A massive global unemployment crisis has arisen as economies across the world experience recession-like symptoms. As a result, millions of people have either lost their jobs or are in danger of losing them. Combining these threats of unemployment with the comprehensive scale of illnesses and loss of lives, the side effects can include intense levels of grief, anxiety and trauma.

A Crisis Within A Crisis: Hopes are high for a vaccine that will return society to some semblance of normalcy. However, even after neutralizing the threat of the virus, the likelihood of a recession remains high. As businesses continue to navigate a tanking economy and job losses accumulate at a staggering rate, a quick economic rebound is unlikely. Companies' cash-saving measures to help weather this storm may unfortunately include any one or a combination of pay cuts, reduced hours, furloughs, early retirements and outright layoffs.

Job loss is one of life's most stressful experiences. For many, losing a job not only means loss of income and essential non-monetary benefits, but also loss of one's identity. Besides the financial aspects, our jobs influence both - how we see ourselves as well as the way others see us. Our careers provide us a greater sense of self-esteem, advocacy and purpose. Job loss, or the threat to one's job security, can therefore be an extremely traumatic experience, often leading to anxiety, frustration, panic attacks, sudden loss of or increase in appetite, insomnia, depression, mood swings, delusions, fear, and in some cases, suicidal tendencies as for many, it could feel like the end of the world.

Your Career Is NOT Your Identity. It is perfectly normal for a person to grieve the loss of a job. However, it is important to remember, that a career

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



is not one's identity. Separating one's self-worth from their job is especially important in times like these. It is crucial for people, who have either lost or are in danger of losing their jobs during this pandemic, to find a way to balance acknowledging their anxieties. Irrespective of how overwhelming the stress of job loss can be, there are many things that one can do to take control of the situation, maintain spirit and find a renewed sense of purpose.

These Seven tips will help cope up with job loss anxiety during the pandemic

(I) Accept Reality For The Present, But Not The Future: While we must accept the current situation, let's remind ourselves that this period of unemployment is not going to define the rest of our lives. This layoff or threat to your career is not about you or your skills; it's about the larger economy. This is a temporary situation, so understand that life will be different for a while, but it won't be this way forever.

(II) Focus On What You Can Control: The pandemic and any resulting threat(s) to employment are out of your control, so do not waste time and energy fretting over it. While you may not have any influence on the job market, you can control how you react and manage your emotions. If finances are your biggest worry, prepare for a decrease in disposable income by realistically and practically considering areas in your spending habits where you can cut back.

(III) Exercise, Meditate, Pray: Exercise improves your physical and emotional health. It releases endorphins that

trigger positive feelings, something that can fuel the drive and motivation, working wonders for your mental fitness. Prayers and meditation help you calm and clear your mind, and decrease your anxieties and helps you ponder new ideas to constructively deal with your present situation.

(IV) Maintain A Healthy Diet: It's easy to slip into a sedentary lifestyle and make poor dietary choices because of stress or boredom, especially while coping with job loss/threat. Your diet may seem like your last priority when you're financially stressed. Remember - what you put in your body has a huge effect on your levels of energy and positivity. Reduce intake of foods that adversely affect mood (e.g. caffeine). Limit or, even better, reduce/avoid nicotine and alcohol intake. Smoking may provide temporary relief, but nicotine is a powerful stimulant that actually increases levels of stress and anxiety. As

is the case with alcohol, where it could cause even greater anxiety as its effects wear off.

(V) Keep Your CV And Your Network Up-to-Date: The pandemic may have caused an economic downturn, but ensure to be prepared for the inevitable uptick. Keep your skills and experiences captured in your CV so that when the job markets open up, you are ready. Reach out to people you know and enlist their support in making any introductions or connections that could help. The adage, 'your network is your net worth', is particularly relevant when it comes to finding jobs that are filled through connections made via word of mouth. Never underestimate the power of your network to open opportunities and land you that 'lucky break' you were hoping for!

(VI) Maintain Balance In Your Life: Don't let your job search consume you. Make time for family and friends, and take it as the most needed break that you have been long craving. Enjoy each other's company, let off steam, and make a conscious effort to forget about your (un)employment troubles. Make time for fun, rest and relaxation... whatever revitalizes you! Your job search will be more effective if you're mentally, emotionally and physically at your best, and will help your larger social circle stay positive.

(VII) Don't Be Afraid To Seek Help: It is natural to feel anxiety, but gone unchecked and chronic, it could lead to negative consequences on your physical and emotional health. This is a global pandemic and the likelihood of others understanding your feelings is high. So, don't be afraid to seek help if you need it. Remember *You Are Not Alone!*



Mental Accounting Bias And Investments



MARZEE KERAWALA



Marzee Kerawala is a Certified Financial Planner with expertise in Income Tax and Investment products. Managing assets worth over Rs. 4 Billion, his firm 'NiveshIndia', designs Tailored Investment Strategy through Customised Financial Planning for individuals and NRIs, and also handles Treasury Management for corporates and SMEs. You can contact him at +91 9987567667 or Email: marzeek@niveshindia.co.in [Website is www.niveshindia.in]

In my last article I elaborated on 'Behavioral Biases' investors often fall prey to, which impact their long term wealth creation, thereby providing you with simple yet effective methods to understand, learn and overcome these biases. We discussed 'Loss Aversion' bias along and ways to overcome it. In this article, we will discuss Mental Accounting with real life examples. Mental Accounting is a behavioral bias that occurs when people map their money to separate accounts or categories of expenses and investments, based on source(s) of money or its usage. Simply put, it's about people putting different values on the same amount of money, based on where it is coming from, and where it will be expended.



Mental Accounting proves useful when we earmark a certain portion of our income towards specific expenses, or certain investments towards specific financial goals. As a kid, I still remember my father getting his salary on the 3rd of every month; he used to get hard cash and my mom used to first keep the cash in various envelopes marked - 'School Fees', 'Groceries', 'Rent', 'Electricity', 'Telephone', 'Maid', 'Medical Expenses', 'Shopping', etc. Mostly, by end of the month, the cash in the 'Grocery' envelope would get over and she'd ask for replenishments from dad. When he'd try to reason why she needed cash when the 'Medical Expenses' and 'Shopping' envelopes were almost full, she would point to and open the empty 'Grocery' envelope! This clearly tells us that in minds of human beings, cash or even investment, is not fungible/



interchangeable.

To understand it better, I have done this experiment with my own spouse! When there's a wedding or Navjote within our close family, we often go shopping for clothes, shoes, accessories, etc. I've always noticed that if you list out the items you actually need and go to respective standalone brand shops to buy them, you will end up buying things which you require and it will be less expensive, than when you visit a mall with over a hundred brand shops in it! We tend to buy things which are not in our buying list just because they are accessible with ease and available at the convenience of one location.

Moreover, I have now started to give her cash or carry cash for shopping. It is observed that more impulsive buying on a shopping trip was attributed to the use of credit/debit cards. Earlier, when we used to shop around carrying cards, we used to spend much more, compared to when we spend hard cash. Though the amount of money spent on cards as well as cash may be the same, paying with a credit/debit card is less painful, as the actual parting of money in credit card happens at a much later date, while giving away hard cash on the billing counter after buying clothes and shoes worth Rs. 25,000 to 30,000 pains you a lot more!

The fact is: Changing the Payment Mechanism Influences the Spending Behavior, thereby confirming that humans do get affected by the 'Mental Accounting Bias'.

I have seen it resulting into a damaging financial habit or a poor

financial trait that one gets attached to. Our brain is wired in a way that it can hurt us financially. When it comes to investing, mental accounting can also cause people to make illogical decisions. One such example is the source of fund. Investors often spend their salary money on daily household expenses, and invest part of their salaries into safer assets like Mutual Fund Sips, Bank RD's PPF etc. However, an unexpected bonus or a windfall gain - like winning a lottery - is more likely to be spent instantly, that too on buying a new mobile or upgrading a new car which is unnecessary at that moment, or often indulging in trading or speculative investment bets like Futures and options.

So, how can we use Mental Accounting to our advantage? Invest with a goal. Once you attach a goal to a particular investment, you mentally allocate that money to a particular purpose. It helps target a specific corpus and helps investors rationalise their spending on other social requirements. It also inculcates discipline and encourages long-term holding of investments, by which you can immensely benefit off the power of compounding!

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This event was staged on March 8th, 2020 at the Experimental Theatre, NCPA.

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Freddie Mercury, Queen Honoured With Royal Mail Postage Stamps

The UK's Royal Mail has honoured Indian-and-Zoroastrian-born, legendary rock star, Freddie Mercury (born Farrokh Bulsara) and his iconic band - Queen - in its latest postal stamps, releasing a set of 13 special stamps. These include all four members of Queen - Freddie Mercury, Brian May, Roger Taylor and John Deacon - and depict some of the band's most popular album covers and rare moments from live performances. The band has also featured on a commemorative UK £5 coin, earlier.

Celebrating Queen - one of the most successful rock bands of all times, having sold over 300 million records worldwide over five decades - eight of these thirteen stamps comprise images from their most iconic album covers, including 'Queen II' (1974); 'Sheer Heart Attack' (1974); 'A Night at the Opera' (1975); 'News of the World' (1977); 'The Game' (1980); 'Greatest Hits' (1981); 'The Works' (1984); and 'Innuendo' (1991). The other five stamps feature the four individual band members and one classic group photo. A couple of the highlights of the stamp collection include Freddie's



flamboyant stage performances with him dressed in a regal robe and crown, performing to a crowd of 72,000 at London's Wembley Stadium during the 1986 Magic Tour; as also Queen captured in their first-ever studio photoshoot at Primrose Hill in 1974.

As per news reports, Queen's lead guitarist, Brian May, said, "It's hard to put into words what I feel when looking at these beautiful stamps. Since we four precocious boys started out on our quest 50 years ago,

our lives have been devoted to making our impossible dream come true. Sometimes it's strange to wake up and realise the position in which we are now held - we have become a national institution! It's particularly poignant to look at this collection of images now - now that we are all in a world dominated by a coronavirus, in which none of this could have happened. I just know that I feel an overwhelming desire to own one of these sets! Somehow it will be a way of persuading myself that it really DID all happen!"

Queen's 70-year-old drummer, Roger Taylor, reacted with, "Wow... stamps featuring our albums! What an honour. We must be really part of the furniture now! Thanks Royal Mail for stamping on us! In gratitude."

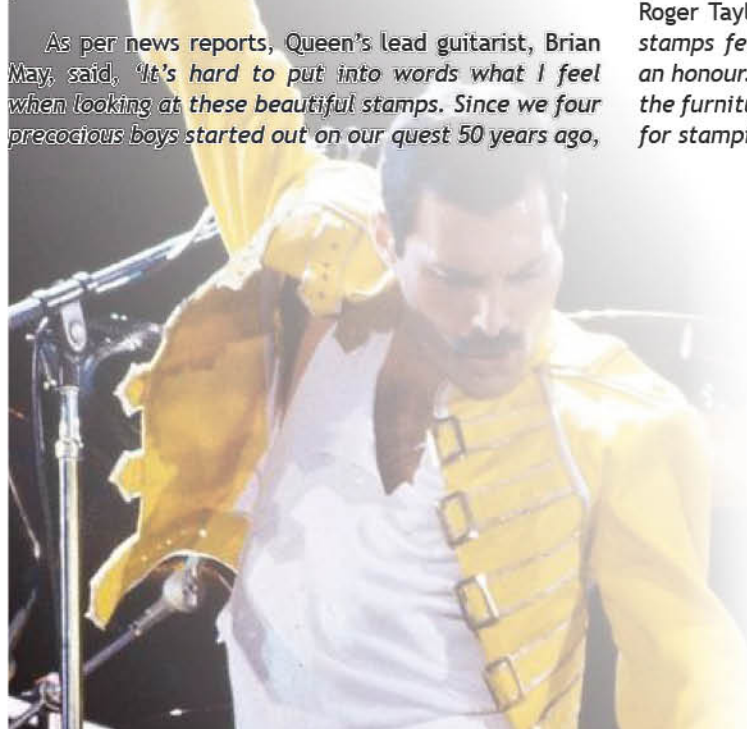
Alongside a batch of platinum, multi-platinum and gold albums, the four have won numerous Ivor Novello and BRIT awards. Queen is also in the Grammy Hall of Fame and a recipient of the Grammy Lifetime Achievement Award. Other leading honors from various organizations include Norwegian Airlines depicting Freddie on the tailfins of two of their Boeing jets; Google dedicating a Google Doodle (2011); San Francisco's Castro neighbourhood inducting him into their Rainbow Honor Walk of fame (August 2019). Moreover, scientists have named an asteroid after him, and

one artist has even created a Freddie Mercury LEGO figure! But it was the Oscar-winning 2018 film, Bohemian Rhapsody, that reinvigorated their worldwide fame, gaining new fans around the world. Their latest honour - the Royal Mail's recognition of the special stamps set - comes with approval from UK's Queen Elizabeth, who agrees the design of all UK stamps, before they enter circulation.



Known as the rock world's unparalleled icon, the lead vocalist of Queen, Freddie Mercury, died way before his time, at the age of 45, in 1991 due to complications from AIDS. But he leaves behind a lasting legacy as one of the most influential artists in rock music history.

Fans will be able to buy the full set of these stamps which will go officially on sale from the 9th of July, 2020, at the price of for £16 (Rs. 1,490/-). One could also pre-order these online at: RoyalMail.com/Queen.



Ceremony Honouring Field Marshal Manekshaw's 12th Death Anniversary

A wreath laying ceremony was organised by the Defence Services Staff College (DSSC), Wellington, in Nilgiris district, Coimbatore, on 27th June, 2020, to commemorate and honour the 12th death anniversary of Field Marshal SHFJ Manekshaw. As per an official release, Lt. Gen. YVK Mohan, Commandant DSSC, laid a wreath at the final resting place of the country's first Field Marshal, on behalf of the tri-services fraternity, in the presence of the local Parsi community, at Parsi Zoroastrian Cemetery, Udthagamandalam.

Sam Bahadur, as he was reverently addressed, had settled down at Nilgiris, Wellington after active service as the eight Chief of Army Staff in early 1973, and passed away there, on June 27, 2008, at the age of 94. His love for the Nilgiris mountains began when he served as Commandant of the Defence Services Staff College, Wellington, one of the sensitive positions he held during his illustrious career in the Army spanning almost four decades.

Born in Amritsar on 3rd April, 1914, Manekshaw saw action in the Second World War in the Burmese theatre. He was awarded the Military Cross for the conspicuous gallantry displayed in the face of the enemy. He achieved global fame when he led India's forces, decimating Pakistan in the 1971 War, which resulted in the creation of Bangladesh from the then East Pakistan. The 1971 War is reckoned historically as 'Sam Bahadur's War' because of his unparalleled leadership and motivation provided as the then Chief of Army Staff. India showered its affection and adoration for Sam Manekshaw by honouring him with Padma Vibhushan and then elevating



him as the first ever Field Marshal of the country.

Sam Manekshaw was born to Hormazd Manekshaw and Hilla Mehta, and studied at Nainital's Sherwood College. He joined the first intake of the Indian Military Academy, Dehradun in 1932 and was commissioned into the British Indian Army as the Second Lieutenant in 1934. Along with Manekshaw, Smith Dun and Muhammad Musa Khan, future Commanders-in-Chief of Burma and Pakistan were also part of the first batch of cadets, called 'The Pioneers'. He was first attached to the 2nd Battalion - 'The Royal Scots', and later moved to the '12th Frontier Force Regiment'.

The eternal pride of our community and our country, the great Field Marshal Sam Manekshaw's military career spanned four decades, during which he fought four wars - World War -II (1948); Kashmir War Against Pakistan and Afghan tribals (1962); The Indo-Sino War (1951); and The Indo-Pak War (1971).



After the 1947 partition, Manekshaw was first reassigned to the 16th Punjab Regiment and then moved to 8 Gorkha Rifles. During World War II Manekshaw

was awarded Military Cross for his gallantry. Manekshaw was awarded Padma Bhushan in 1968 for playing an instrumental role in handling the insurgency in Nagaland as the GOC-in-Eastern Command. In June 1969, Sam Manekshaw succeeded Gen. P P Kumaramangalam as the Chief of Army Staff, upon which he was given the task to formulate a plan to counter Pakistan's aggression in the East. He has been credited as the brain behind India's victory against Pakistan in 1971 war.

Manekshaw was awarded the prestigious national honour - the Padma Vibhushan in 1972. On January 1, 1973, he became the first General of the Indian Army to be promoted to the rank of Field Marshal. He retired from the Indian Army on January 15, 1973, after serving for 39 years.

Field Marshal Manekshaw spent rest of his life in Coonoor, Tamil Nadu. At the age of 94 years, Field Marshal Sam Hormusji Framji Manekshaw died on June 27, 2008. On December 16, 2008, a postal stamp depicting Manekshaw donned in his Field Marshal uniform, was released by India's then President, Pratibha Patil.

Manekshaw was married to Siloo Bode in April, 1939. Those who had the privilege of having interacted with the Field Marshal, even briefly, would invariably have a lot to speak about him! Even in his 90s, heads would turn when Sam Manekshaw drove around the Nilgiris in his favourite Sunbeam Rapier!

Parsi Gate At Marine Drive To Be Relocated

On 30th June, 2020, a small delegation of Brihanmumbai Municipal Corporation (BMC) officials met with a few members of our community to discuss the relocation of the religious structure - 'Parsi Gate' (Marine Drive, South Mumbai) - for the coastal road tunnel work. It will be relocated about a kilometer away from its original place, where the coastal road's north-bound tunnel is to be constructed. The BMC officials approached community members to note their suggestions or objections. As per news reports, no community members have objected to the move.



Princess Street Flyover - this stretch of Marine Drive has Tetrapods, with no access to the sea waters. Hence, along with shifting of the gate, some provision will have to be made to give access to the seawater, such as ramps, piers and set of steps," he said.

Located opposite the famous Taraporevala Aquarium, the Parsi Gate, which is over a century old and is reflective of Persian architecture, is often frequented by community members to offer prayers. As per the plan to reclaim part of seashore for the tunnel, the two Malad stone pillars, which stand at a height of around five-metre on concrete pedestals, will be permanently shifted towards the south of Marine Drive, (opposite Bharat Mahal).

As per a news report in the Free Press Journal, social activist Zoru Bhathena pointed out that the new proposed location need alterations. "The existing gate is located to the North of Princess Street Flyover - this stretch of Marine Drive has a sandy beach and access to the sea waters. While the proposed location, which is to the south of

Princess Street Flyover - this stretch of Marine Drive has Tetrapods, with no access to the sea waters. Hence, along with shifting of the gate, some provision will have to be made to give access to the seawater, such as ramps, piers and set of steps."

A senior BMC official responded saying that any proposed changes would be considered once the project go on way, further reassuring that they were in touch with community members.

WZCC's WE Wing To Hold 'The Power Within You' Webinar

The Women Entrepreneurs' Wing of WZCC, Mumbai Chapter, will host a holistic development webinar titled 'The Power within You', comprising a panel of established entrepreneurs, mental and physical health experts, nutrition and life coaches for personal and professional growth, in conjunction with PRG (Parsi Resource Group). The webinar will be held on 9th July, 2020, from 7:00pm to 8:30pm, on Zoom (Link: <https://zoom.us/j/8487251418>).

Speaking on and answering pertinent queries related to its sessions on Diet, Nutrition and Fitness; Life Coaching; and Mental Health, will be panellists - mental health professional - Aviva Damania; health and fitness consultant - Percy Bharucha; life and youth leadership coach - Ankita Jagtiani; and sports nutrition specialist - Kripa Jalan. The panel will be moderated by Pearl Jimmy Mistry, Director, Della Group. Don't miss out on this pertinent, interesting and informative webinar next Thursday!



Godrej Security Solutions Launches UV Case For Added Sanitization

- Expands Health Security Portfolio in India -

To meet the growing demand for products in the health security space, Godrej Security Solutions (GSS), has launched a 'UV Case', which addresses the issue of sanitising daily objects, equipment and surfaces that come in contact with several people before entering a premise. GSS, a leading player in future technology of security solutions, announced its venture into the health security segment with the COVID Defence Security Range of products earlier in May.

Expanding its health security segment presence with the newly launched UV Case, GSS employs the 'UV-C Light Disinfection Technology' that helps create a multiple barrier approach to reducing the transmission of the virus and germs, based on current disinfection data and empirical evidence. Worldwide, UV-C Sterilization is the most established scientific method for dry killing more than 65 families of pathogens, viruses and bacteria, including SARS-CoV-1.

Commenting on the launch, Mehernosh Pithawalla, Vice President, Godrej Security Solutions said, "Studies show that UV-C light has been used extensively for more than 40 years in disinfecting drinking water, wastewater, air, pharmaceutical products, and surfaces against a whole suite of human pathogens. Today, health security has become a priority for everyone. There is an increased need for a product post-COVID-19 that would sanitise anything that has been brought home from external environments. The Godrej UV Case meets this need; it disinfects and decontaminates almost everything used by an individual daily from mobiles, masks, newspaper, clothes, accessories, books, bags and other innumerable articles. It will also be helpful for the healthcare sector for sanitisation of PPEs kits. As a market leader, it was incumbent on us to launch a product only after rigorous internal and external testing before it could reach consumers. With the UV Case, we move one step closer to achieving our mission of making the world a safer and healthier place."

Homes, future work-places and industries will have to ensure minimum human interference and combat spread of infectious diseases through surface contact. The product enables homeowners and commercial establishments to sanitise their daily-use items like watches, wallets, keys,



UV CASE
Antivirus Case

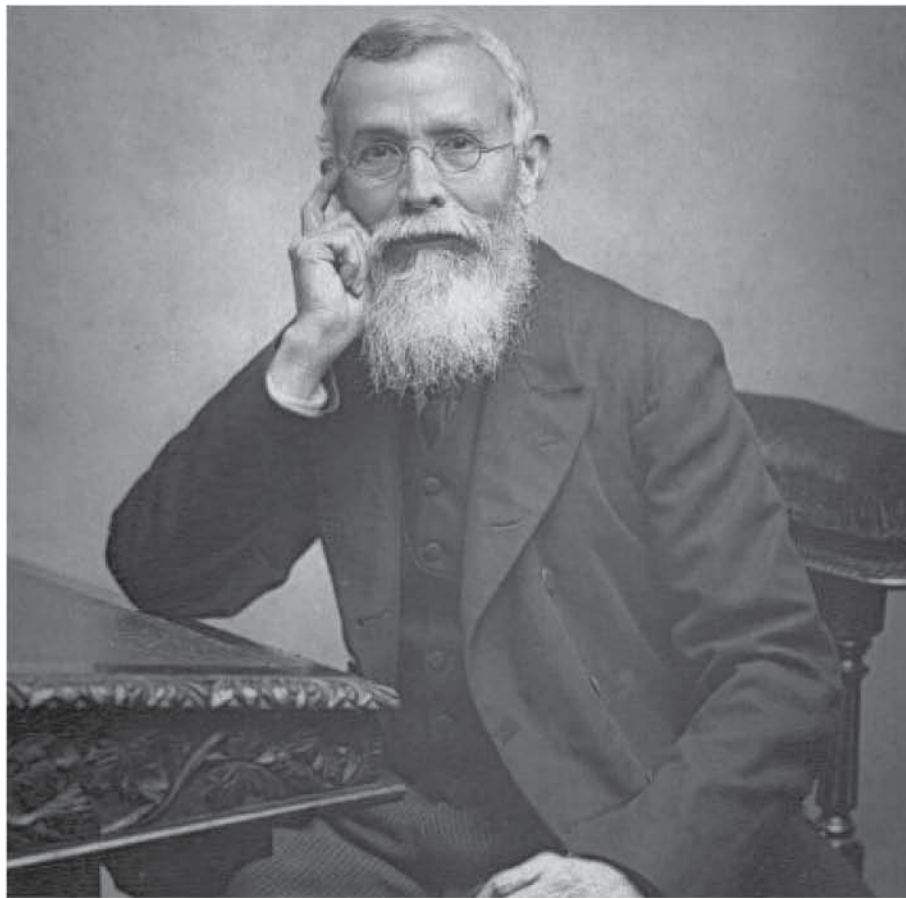
mobiles, clothes, parcels, among others. Stationery, medical equipment, and salon products can be disinfected in the case to protect and sanitise them before use. Shop owners can disinfect their items for sale before and after customers have had a touch and feel of the same.

Godrej Security Solution estimates the total addressable health security and safety market for FY-2021 in the country is around INR 200 Crore. "We seek to capture at least 20% share of the addressable market," added Mehernosh.

The UV C light technology is a scientific method that requires the right amount of exposure of the objects to the UV light rays. The UV Case has been designed keeping this crucial aspect in mind. Since exposure to UV C Light can be harmful to human, Godrej UV Case ensures zero per cent leakage and has an auto cut-off feature that instantly shuts the light when the door is opened during the operation.

The sanitisation process of the UV Case is a chemical-free case that helps to kill 99.9% viruses and sanitises everything from cash, jewellery, mobile phones to masks, and PPE Kits. The new product has found industry-wide applications in Hospitality, Healthcare, Leisure, Retail, and Homes. The UV Case comes in 3 sizes - 15L, 30L and 54L which gives consumer maximum usable volume ranging for home use to industrial use starting at INR 8,999. The products are currently available across stores from GSS and will be available on their e-commerce website: shop.godrejsecure.com.

Haringey Lib Dems Lead Calls For Dadabhai Naoroji To Be Commemorated



On 30th June, 2020, the London Post published that the Haringey Liberal Democrats, a Political party in London, England, should honour Sir Dadabhai Naoroji MP, who is considered to be the first Indian and non-white person elected to the House of Commons, according to opposition Lib Dem Councillors.

Born in Gujarat and educated in Mumbai, Naoroji was elected as Liberal MP for the Central Finsbury constituency (which included Muswell Hill) in 1892, despite a public prediction from the then Conservative Prime Minister, Lord Salisbury, saying he doubted "a British constituency would elect a black man."

During his time in Parliament, Naoroji advocated not only for Indian independence but also Irish Home Rule, votes for women and pensions for the elderly. He also served as Prime Minister of the Indian state of Baroda, a Professor of Maths and Natural Philosophy, a Zoroastrian priest, the founding partner of a trading company and President of the Indian National Congress - a role which would later be held by Mahatma Gandhi and Jawaharlal Nehru, the first Prime Minister of India.

The resurgence of the Black Lives Matters movement has brought new focus to debates on how history is commemorated in public spaces. The Mayor of London and Haringey Council

are currently reviewing place names associated with racism, slavery and colonialism. Haringey Lib Dem councillors believe that these steps should be complimented by commemorating anti-racist heroes such as Naoroji.

Whilst there are several roads named after him in India and a side street in Islington, there is currently nothing memorialising him in Haringey. Given the milestone in British history his election represented, Haringey Lib Dem councillors are calling for a park, school or main road in Muswell Hill to be renamed in his honour or for a prominent statue or plaque to be erected to commemorate him.

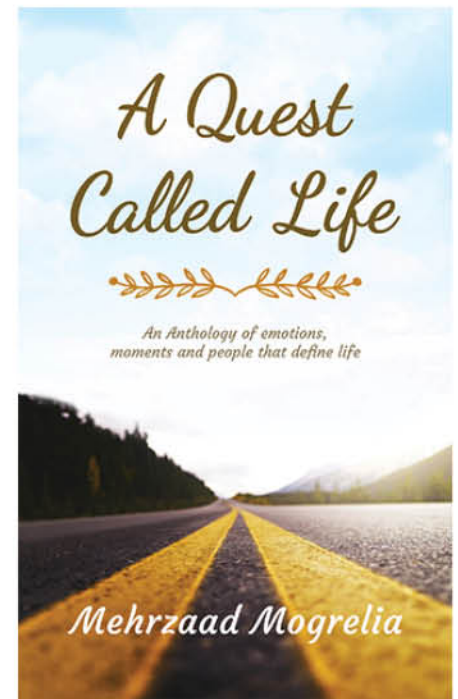
Julia Ogiehor, Liberal Democrat Councillor for Muswell Hill, commented, "Haringey has seen many firsts in the British politics. For example, the first Black council leader and one of the first Black MPs was elected in our borough. We must recognise Sir Dadabhai Naoroji's place amongst these pioneers. It is especially important to commemorate his legacy now... Naoroji was in Parliament condemning racism and colonialism. By remembering that Victorian voters were willing to choose an Indian campaigner against the Empire as their MP, we are remembering that whilst racism has a long history, so too does anti-racism."

[Courtesy: London Post]

Mehrzaad Mogrelia Authors 'A Quest Called Life'

Resident of Mumbai's Godrej Baug and an earlier writer with Parsi Times, Mehrzaad Mogrelia made his debut as an author with 'A Quest Called Life', launched on 29th June, 2020, across all platforms. The book comprises a series of free-verse poems that attempt to give a voice to the influence that certain emotions, moments and people have on our lives, which one is often unable to express. The paperback, which is priced at Rs. 110/-, comprises poems as a series of free-flowing letters from the author's older self to his younger self, giving a voice to the various experiences that he has encountered first hand or observed from life's close quarters.

Having completed his Masters from the University of Sydney with first-class, Mehrzaad was selected to represent Australia at the Asia-Pacific Quizzing Championships, in 2019, with participating countries including India, Malaysia, Singapore, Indonesia and New Zealand. He won the second position overall in the Individual Championship Category along with a gold medal for scoring the highest in the Science Category.



Speaking to Parsi Times, Mehrzaad said, "I've always believed that words can be a beautiful way to express your creativity and feelings and this inspired me to pick up the pen for the first time at the age of 16. Eleven years down the line, I've written articles as a freelance writer for Parsi Times, have my own blog on WordPress and penned down several

stories. However, authoring my own book was a long-lasting dream that I finally achieved with 'A Quest called Life'. Though I prefer writing fiction (murder mysteries or suspense thrillers), the lockdown had me experimenting with another form of writing - and I penned a collection of several free verse poems on surrounding life. It took me twenty days to compile the entire book and about another month for it to be published. My next book in the pipeline is a murder mystery that will be the first part in a four-book series."

In 2018, Mehrzaad had developed a computer anti-virus for which I have achieved an Australian Innovative Patent and registered with the Australian Government Patents Office. In January 2020, he qualified to become a Certified Financial Crime Specialist from the Association of Certified Financial Crime Specialists, USA and became one of its youngest member holders at 27, the average of the members in the association being around 35-40 years.



You can get your hands on a copy of 'A Quest Called Life' from

Amazon: [<https://www.amazon.in/dp/9390169275>];

Flipkart: [<https://www.flipkart.com/quest-called-life/p/itm0e32ee5168d50>];

Kindle: [<https://www.amazon.com/dp/B08BTYZ1NB>]

MCGM Commends Masina Hospital Under Dr. Vispi Jokhi's Leadership

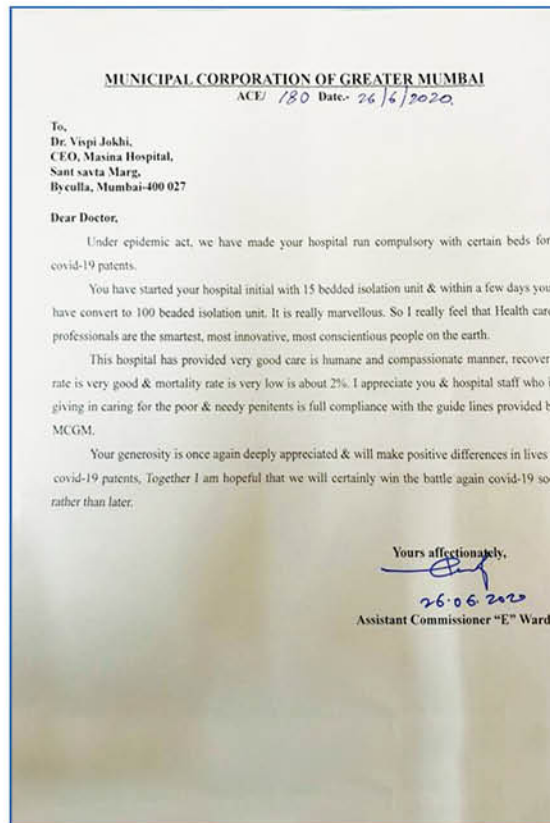
On 26th June, 2020, the Assistant Commissioner, E-Ward, Municipal Corporation of Greater Mumbai (MCGM) wrote in a well-deserved commendation, praising Dr. Vispi Jokhi, CEO of Masina Hospital, on the excellent service and compassion shown by the hospital staff under his brilliant leadership. Under the Epidemic Act, Masina Hospital, like all others, was made to compulsorily stay functional, with certain beds reserved for those suffering from the novel coronavirus.

Having initially started off with a 15-bed Isolation Unit, within just a few days, in keeping with the increasing number of people testing positive for Covid-19, Masina Hospital was able to efficiently provide a 100-bed Isolation Unit, providing great relief to a large number of Corona-positive patients, amidst the ongoing dearth of beds and facilities for such patients.

An excerpt from the letter reads:

"It is really marvellous... I really feel that Healthcare professionals are the smartest, most innovative, most conscientious people on earth.... This hospital has provided very good care in a humane and compassionate manner; the recovery rate is very good and mortality rate is very low, at about 2%. I appreciate you and your hospital staff for being so giving, and caring for the poor and needy patients, in full compliance with the guidelines provided by MCGM.

Your generosity is once again deeply appreciated and will make positive differences in lives of Covid-19 patients. Together, I am hopeful that we will certainly win the battle against Covid-19, sooner rather than later."



Speaking to Parsi Times, Dr. Vispi Jokhi, CEO, Masina Hospital, said, "Masina Hospital has stood tall through the Covid-19 pandemic and will continue to do so. However, the message I want to convey to the community is that while we are entering 'Unlock 1 and 2' in Mumbai, we need to understand that we cannot afford to relax or let our guards down. A constant awareness of the threat of the virus and remembering the three key elements of Social Distancing; wearing Masks and Sanitization is the one and only real way to contain the spread of the virus."

In more recent news, Behram R. Khodaiji, a seasoned Medical Administrator associated with the Reliance Foundation Hospital for the past six years, joins Team Masina as its Joint CEO.

Contd. on Next Page ▶



APPEAL TO SUPPORT MASINA HOSPITAL DURING THE PANDEMIC CHALLENGE

The Coronavirus storm is engulfing the world and Masina Hospital, located in Mumbai's E-Ward is truly in the thick of action. The hospital continues fulfilling its duties to patients to the best of its abilities and within the limited means and constraints.

Presently, Masina Hospital has over 100 beds dedicated to COVID-19 patients, with wards and special rooms for all sections and classes of patients. The infrastructure created for facing the pandemic included creation of a separate Flu OPD and a Casualty to separate suspected infected cases from emergency cases, at the point of entry. Separate portacabins were commissioned on an emergency basis for staff and screening purposes.

Masina Hospital has looked after many patients and we have received positive feedback from all kinds of patients, who highly thank and commend the staff for providing a humane and happy surrounding. It also treats patients who require dialysis and are treated in the setup with good recovery. To date, the hospital has treated nearly 400 Covid patients, including pregnant ladies, and has had only 7 mortalities - mainly on account of late presentation and severe comorbidities.

Kindly support and donate towards the fabulous work and services provided by Masina Hospital, as per the underlying details:

Please Donate & Support:

For FUNDS transfer within India:

A/C Name: Masina Hospital Trust
 A/C No.: 911010065291241
 Bank Name: Axis Bank Ltd.
 Bank Address: Byculla, Mumbai-400008
 IFSC Code: UTIB0000592
 MICR Code: 400211051
 Reg. No: AAATM0786DSD001
 PAN No: AAATM0786D
 Email Id (CEO): vjokhi@masinahospital.com

For FUNDS transfer within India:

A/C Name: Masina Hospital Trust
 A/C No.: 316202010014407
 Bank Name: Union Bank of India Bank
 Bank Address: 75/77 Sant Savta Marg, Byculla, Mumbai - 400027
 IFSC Code: UBIN0531626
 MICR Code: 400026014
 SWIFT Code: UBININBBBYC
 Reg. No: AAATM0786DSD001
 PAN No: AAATM0786D
 Email Id (CEO): vjokhi@masinahospital.com

Domestic Help Safety Protocol

As Mumbai and other Indian states ease the Lockdown, a number of houses have started re-employing the services of our domestic helpers. While this may provide the much-missed pre-pandemic convenience that most are used to, it is strongly suggested that a few measures are put in place for the sake of safety.

Masina Hospital's Chest Physician and one of the eminent doctors treating Covid-19 patients in Mumbai - Dr. Sonam Solanki, shares the following Safety Protocol to be practiced to negate the risk of contracting the contagious coronavirus when your domestic help re-joins work at your home:

- 1) Ask them to carry minimum things with them. Set aside a designated place where they can put their bags / phones.
- 2) Ensure that they wash their hands thoroughly with soap and water / sanitize, before starting work and after completing work in a household. Tell them they should follow same at others households they work at, for the sake of everyone's protection.
- 3) Ensure that they are wear a mask (washable cloth mask will also do) and so are you when they are at home. Also, maintain adequate physical distance at home.
- 4) Instruct them to inform you without fail, if they or any of their family members are having any Covid-19 related symptoms.
- 5) If they are working in any household which has a Covid-19 patient in Isolation or Home quarantine, then the household help should be provided with surgical mask and gloves while cleaning that room / bathroom.

The Zen Series: Gloating Gets You Nowhere



KASHMIRA SHAW RAJ

Parsi Times presents our readers '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 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.

The second part of 'The Zen Series' shares the story about the frog and the goldfish...



A warty frog and a prized goldfish meet in the temple pool. "Don't you realize how great I am?" bubbles the goldfish, flashing her wispy tail. The frog makes no sound. "I can understand your silence," gloats the goldfish. "I am not only graceful in my movements, but I also enhance the golden rays of the sun." Once again, there is neither answer nor movement from the frog. "Say something", demands the goldfish just as a waiting crane spears the sparkling fish and flies into the sky. "Goodbye," croaks the frog.

[Courtesy: 101 Zen Stories]

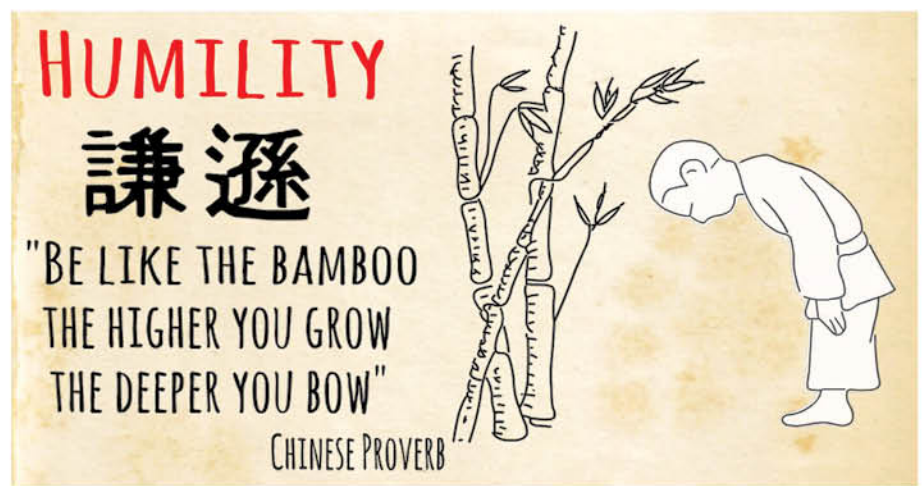
We are so used to success that it often assumes paramount importance in our lives. Some amongst us have been

fortunate and blessed with a relatively easy life. However, a comfortable life sometimes makes it harder to understand others' predicaments. In addition, in many cases, a false sense of security and arrogance tends to creep in, making one feel as if they are always right. And even worse, that they have the right to judge, become opinionated and look at everything in their own way. The truth tends to get convoluted or lost. And soon, your version of the truth becomes further removed from reality... Until one day... it all goes poof!

There may come a time when the reality is so hard hitting, that all that you believed in, starts to crumble and fall. And you realize that it was all shallow and baseless. It is important to remain grounded in life. Rightly has it been said, 'The fruits of life can only grow when your roots are implanted well. Being grounded is the key to being fruitful.'

Here's How We Can Remain Grounded:

1. Never forget your roots and where you, and especially your ancestors, came from.
2. Be grateful for what you have.
3. Try to understand that what is commonplace for you may mean a lot to someone else.
4. Your want may constitute another's need.
5. Take pride in the person you are rather than what you possess.



Here's What You Can Do:

- a. Reach out to the needy and lend a helping hand.
- b. If you help, just help. No if's and but's. No conditions. No expectations.
- c. Be yourself and have an open and honest communication with the other person. Don't say what others want to hear. Speak truthfully.
- d. Focus on the qualities of humanity rather than material things.
- e. Humility goes a long way - learn to be humble.

There are some who have had it tough their entire lives, but still have the courage and gumption to go on. And there are those that give up after a single failure. Mental tenacity will make you walk the tight rope. Each of us have challenges of different kinds. If you think that there is nothing you need to work hard for or look forward to, then maybe you need to look at your life in more depth. After all, haven't we often heard that all that glitters is not gold? Even the most beautiful may sometimes be damned, like the goldfish in the story!

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



► **Contd. from Previous Page**
He was earlier on the Board of Prince Aly Khan Hospital. He looks forward to further strengthening the systems which

are already in place and creating new policies/processes where needed, and to reinforce Masina Hospital's growth and progress as one of the city's leading health

institutions. He aims at offering patients a very positive hospital experience, identifying major clinical focus areas and taking all necessary measures to make

these 'Centers of Excellence'. He would also be looking at boosting Masina's charitable ventures, which comprise an integral part of the hospital's philosophy.

The Woeful Travelista

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



VEERA SHROFF SANJANA

If you are a woeful Travelista with cancelled holiday plans and rescheduled flights for the year 2020, chances are 2021 may not be too different. The refreshing reprieve of holidaying abroad - a distant reality even now, especially with most countries and Foreign Offices still warning against non-essential travel and quarantine rules - makes most trips impractical.

If you are one whose annual break is as compulsory as filing your annual Tax return and weekend getaways are an absolute essential... if you're known amongst your jet-set lot as a bit of a cause célèbre just by virtue of your travelogues, then this can be a disheartening time for sure. If a foreign country you've visited umpteen times starts feeling like home, when the locals there recognise you, when your favourite cafe there serves you a cuppa on the house, and the immigration officer behind the desk greets you with a smile and a "Welcome back!", you sure do have that travel bug!

Right now, with the world on standstill, your next holiday probably seems a lifetime away. It's also clear that your next holiday is likely to be very different from any you've taken pre-pandemic! As the travel industry adapts to the new health and safety concerns and tries to recover from the devastating impact of the pandemic, a lot will and has changed. While social distancing is the top priority everywhere, we see lots of elemental changes too... Sanitised airports and planes, other modes of transport, PPE suits on aircrafts are now the norm to encourage passengers to feel comfortable flying again. Hotels are redesigning layouts with greater spatial areas, especially in restaurants and lounges, and incorporating new materials that can be sanitised efficiently and easily.

Prior to the pandemic, people travelled for work, play, to relax, rejuvenate or just revitalise. For the 'Gen-X' err... Millennial Travelista travelling to new places, exploring, experiencing different cultures, trying



out new cuisines, interacting with people from diverse cultural backgrounds, et al, has truly become an intrinsic part of their lifestyle. This passionate generation of travellers is influenced more by the travel posts of their peers on social media, relying on it as an authentic source of reliable information. With travel becoming more accessible and economical, the world is your oyster. The bucket list keeps getting deeper and the destinations, more exotic. They travel to influence, so it is important to capture the best travel stories through videos and photos, inspiring their circle of friends and colleagues to add a new locale or destination to their unending wish list!

Post the Pandemic, the entire travel industry, which was on pause, is slowly inching its way - tiny steps at a time - towards some form of normalcy. Restoring consumer confidence will be a key part of recovery. Initially, people won't want to venture far from home, preferring long weekend stays and drive-to destinations. Air travel will take a backseat, while people look at more sustainable and lower footprint ways to travel. While train travel may soon grow in popularity in the coming months, road tripping seems to be the most favourable and viable option at the moment, allowing more control of their environment, avoiding undue exposures and contact with strangers.

The worldly Travelista - the suave one with panache and expertise, is a well-travelled globe-trotter. You can spot her a mile away at any airport, no matter how exotic, obscure, modernised or quaint its set up. You will see her adapting soon enough, with some changes, few compromises and slight tweaks along the way. Instead of her earplugs, sunscreen, moisturiser and

slip-on shoes all packed with magical ease in her hip carry-on, she will soon sport novel masks and gloves, sanitizers and perhaps her own personalised branded PPE suit in the times to come.

While the streets of New York, London and Paris are her regular haunts; the isles of Capri, Santorini, Procida are her annual summer getaways; with Maldives and Phuket serving well as peaceful weekend breaks. Her post-pandemic mind-set may have her exploring untouched and hidden gems tucked away discreetly and beyond city-centres and conventional tourist spots. Responsible travel within closer proximity to oceans beaches, hills, forests and islands may take precedence over glitzy capitals and urban appeal. Holidaying in and around your own turf seems the safest bet at the moment.

Growing up back in the 1970s, we had our own little word for staycations - called "Holidays"! Neither my family nor anyone we knew really went overseas. It wasn't that big a deal back then. The posh set with the zest for travel did venture on those occasional tours provided by local operators, but back then, those too, generally entailed domestic travel. Even the really well-off Bombayites didn't have the mindset for Seychelles or Bali. And 'Barley' was just something farmers grew and a cool aid drink to counter those hot summers.

'Holidays. Were, by definition, staycations; and the most exciting ones ever. Without apology here, I don't mean that I disapprove jet-setting off abroad. I love travel - it's my annually awaited celebratory break. Now with friends and family dotted all over the length and breadth of the globe, our vision of the outside world has become a dreamy possibility, whilst our knowledge of geography and topography - entirely detailed.

Most students, back from summer breaks, boast of leisurely travels to the Cote d'Azur or hectic ones at Disney World... All the while, we were amply enchanted with lazy summer sojourns in Matheran and spring breaks in Lonavala!

This was partly because in our days, elation meant absolutely anything that distracted you from tedious fractions and monotonous history lessons. I am also convinced that holidays were far more momentous back then by virtue of being, at most, one a year. I grew up in a time when there were no minibreaks or motorways, no cheap flights, no Facebook or Instagram posts of people prancing around in Prague or Croatia; we certainly had no 'Wellness Clinics or Spas' to boast of, neither rejuvenating experiences nor hundred pretentious pictures of people sipping wine, enjoying tapas in the quaint lanes of the Spanish countryside. Paella, Burittos Galettes, Gyros were unknown... Scotch eggs and French toast was as foreign as most people got!

Maybe Covid-19 will whisk the holidaymaker back to the bygone days of indigenous wholesome fun. Things somehow were more spacious when we went horseback riding to peaks up and about in Matheran or the distances so long in Mahabaleshwar, all packed in the backseat of that car. As a pack of teenagers, we were lucky to enjoy the surf and sand of local sandy beaches. Aksa, Gorai, Madh Island, Marve were weekend getaways, much like Goa became years later. Enjoying fishy fare and Konkani cuisine from local kitchens accompanied with frothy mugs of beer helped to wash off spicy food, even as those frothy waves danced around our ankles, washing away our cares.

Growing up was available on home territory and I believe it still is. Maybe this year, one may revisit some old haunts and irreplaceable memories. Holidays were certainly not detailed plans of packed schedules and grand itineraries. Air travel was not unknown to us, but the concept of more was! The world was stunning as is and we really did not need to be scudding all over the globe to believe that.



PARSI TIMES *PT Timeout*

The Bawa Word Search

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

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

Ferrero Rocher
Lindt and Sprungli
Godiva
Milka

Guylian
Mars bars
Nestle
Galaxy

Toblerone
Ghirardelli
M And M's
Royce

Cadbury
Hershey's
Snickers
Patchi



TechKnow With Tantra

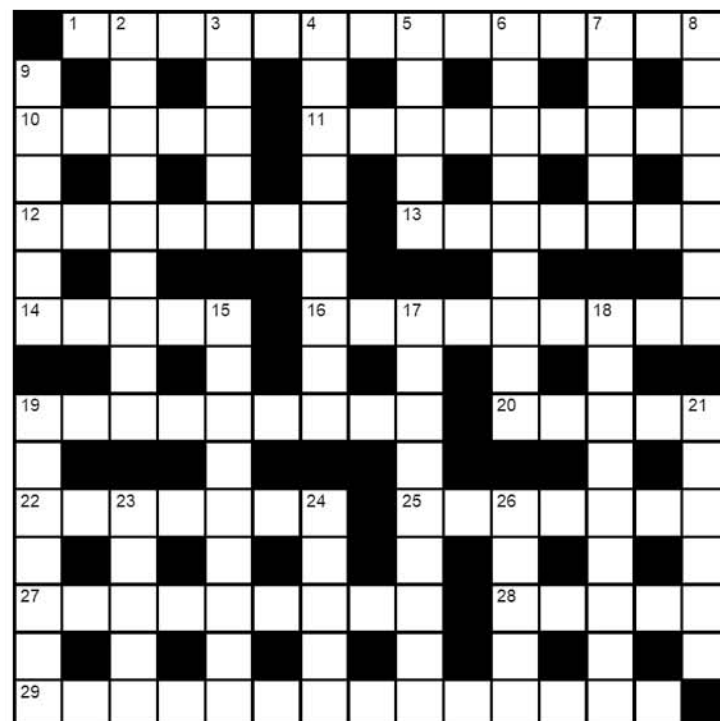
Google Maps (New)

Google Maps has a new safety feature, introduced exclusively for Indian users. When setting navigation to your destination, before tapping on Start, there is an option at the bottom - Stay Safer. If you click on it you get 2 other options - You can share your live trip with family / friends OR you can get an alert if your taxi or ride goes off route, beyond 500 m. You could override the alert or quickly call someone for help. This is useful for those who are new to a place. Play safe - alert your family and friends of the ride you take!

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

iOS: <https://apple.co/2RXq3IN>

BAWAJI BHEJA FRY



ACROSS

- CEO of the Serum Institute of India (4,10)
- Up to now (2,3)
- Soap used for washing clothes (9)
- Joins or enlists? (7)
- Islands of Pacific and adjacent seas (7)
- From that time on (5)
- Obligation (9)
- Ecstatic, elated or delighted (9)
- Reach; imply? (3,2)
- Attempted (7)

- Hewing down or mowing (7)

- Sri ___ set up a famous Ashram in Pondichery (9)
- Our holy thread (5)
- The gathering of information from consumers (6,8)

DOWN

- Courteous respect (9)
- Not urban (5)
- Being exhibited (2,7)
- "N" in TNT? (5)
- Deteriorating further, going more bad (9)

- ___ ruins : be overthrown or fallen? (3,2)
- Insurance statistician (7)
- Escorts (6)
- Pleasurable (9)
- Fearless or daring (9)
- Belonging to something by its very nature (9)
- With hand raised above shoulder like cricket bowler (7)
- Asian river - "rigs it" anagram (6)
- More certain (5)
- Currency of Algeria (5)
- Indian tandoori dish (5)

WINNING CAPTIONS!!!



Baba Ramdev: Forget 'Patanjanli', let's go for the kill, Please sign and legitimize my 'CORONIL'!

By Fiyona Merzad Irani (Mumbai)

CAPTIONS THIS!

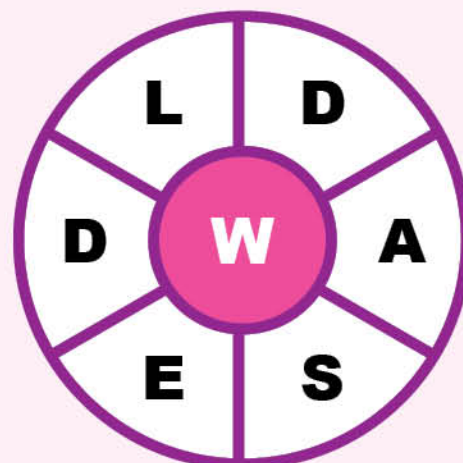


Calling all our readers to caption this picture!
The wittiest caption will win a fabulous prize!

Send in your captions at editor@parsi-times.com by 8th July, 2020.

HOW MANY WORDS?

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



RESULTS:

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

Presents Chef Delzad



**Chef
Delzad K Avari**

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

Back home in Mumbai, he currently runs his own home chef set-up, greatly gaining in popularity, named, 'Del'z Kitchen' - an absolute go-to for all meat-lovers! Delzad also shares his expertise in Restaurant Menu Development and Consulting for his recent project - 'Tiger Lily', an upscale restaurant in Hyderabad. He has recently begun his own YouTube channel, titled 'Chef Delz', which is tasting great success! [Chef Delzad's Insta - Personal: @chef_delz & Work: @delzkitchen]. We welcome suggestions, queries and requests for recipes from our readers at editor@parsi-times.com

This weekend, Chef Delzad gets you ready to whip up a yummy Tandoori Cauliflower Salad and a delicious Masala Prawn Rice!

TANDOORI CAULIFLOWER SALAD

Ingredients:

Cauliflower – 1 medium;
Curd – 3 tbsp; **Mustard oil** – 1 tbsp;
Chilli powder – 1 tbsp;
Jeera powder – 1 tbsp;
Haldi powder – ½ tsp;
Ginger garlic paste – 1 tbsp; **Red chilli paste** – 1 tbsp;
Tandoori masala – 1tbsp;
Chaat masala – ½ tsp;
Caramelized Walnuts and Sauteed Bell Peppers And Onions (recipe provided below)



Method:

1. Combine the curd with all the powdered masalas, ginger garlic paste, red chilli paste and mustard oil
2. Marinate the cauliflower in the above paste and bake in the oven @180 C for 25 – 30 mins or till they get a darker colour and are cooked through.
3. Sprinkle with chaat-masala once cooked, allow to cool

CARAMELIZED WALNUTS:

Ingredients:

Walnut halves - 30 g; **Sugar** – 1 cup

Method:

1. Grease a tray with oil and keep ready.
2. Cook the sugar with a little water till it caramelizes. Add the walnuts and coat them nicely.
3. One by one, transfer onto the tray and allow them to cool.

SAUTEED BELL PEPPERS AND ONIONS:

Ingredients:

Sliced Onions - 1 small; **Bell peppers cut in batons/strips** - 1 small;
Chaat masala - ½tsp; **Oil** – 1 tsp

Method:

1. Saute the onions and bell peppers with a sprinkle of chaat masala.

FOR THE ASSEMBLY:

Ingredients:

Lettuce leaves of choice – 100 g (I have used ice-berg); **Olive oil** – 1 tbsp

Method:

1. Combine the cauliflower, peppers and onions, caramelized walnuts, lettuce and olive oil
2. Toss them all together and serve!

MASALA PRAWN WITH BIRYANI RICE

FOR THE PRAWNS:

Ingredients:

Cleaned prawns – 500 g;
Haldi powder – ½ tsp; **Chilli powder** – ½ tsp; **Dhana jeera powder** – ½ tsp;
Tandoori masala – 1 tbsp;
lime juice – ½ pc; **Salt**.



FOR THE GRAVY:

Ingredients:

Chopped onions – 1 medium; **Red chilli paste** – 1 tbsp; **Ginger garlic paste** – 1 tbsp; **Chopped tomatoes** – 2 small; **Chopped green chillies** – 3 pcs; **Malt vinegar/brown vinegar** - 1 tbsp; **Chopped coriander**; **Salt to taste**

FOR THE RICE:

Ingredients:

Saffron – 1 pinch; **Biryani Masala** – 1.5 tbsp; **Oil** – 2 tbsp; **Chopped onions** – small; **Chopped garlic** – 4 cloves; **Boiled Rice** – 200 g; **Salt** – to taste

Method:

1. Season the prawns with the dry masalas and lime juice and keep aside for 20 mins.
2. Fry the chopped onions till brown, add red chilli paste, ginger-garlic paste and saute.
3. Add finely chopped tomatoes and green chillies. Let the tomatoes cook till oil leaves the mixture
4. Add the marinated prawns and cook till prawns are done and gravy thickens, till it is enough to only coat the prawns. Add chopped coriander. Add salt as per taste.
5. For the rice, saute the onions and garlic in oil. Then mix the saffron in a little water and add. Next, add the biryani masala and cook for 5 mins. Add salt to taste. Now add the rice and mix well to incorporate the masala uniformly.

THE TRUTH. DELIVERED WEEKLY.

ઝરીર ભાથેના - એક સાથીદાર, એક મિત્ર, એક સંપૂર્ણ જેન્ટલમેન



- કેરસી રાંદેરિયા દ્વારા શ્રદ્ધાંજલિ-
સાચા પારસી અને સજ્જન એવા
ઝરીર ભાથેના જેવા સાથીદાર અને મિત્ર
મેળવવો એ મારા માટે આનંદનો લલાવો
મેળવવા જેવું છે. ૨૪મી જૂન બુધવારે
બપોરે લગભગ ૧૧:૦૦ વાગ્યે મને એક
કોલ આવ્યો અને મને જાણ કરી કે ઝરીર
હવે નથી. આ બાતમી આજે પણ મારા
માટે ઘક્કાદાયક છે. ઝરીર અને હું બે
દાયકા પહેલા મળ્યા હતા. ટૂંક સમયમાં
જાણવા મળ્યું કે અમારા ઘણા મંતવ્યો
સરખા જ છે. ખાસ કરીને સમુદાય
પ્રત્યેનો અમારો પ્રેમ અને તેના પ્રશ્નાર્થ
શાસનનો અણગમો.

ઝરીર એક મોટા માણસ હતા, ઉંચા
પહોળા ખભાવાળા અને મોટું હૃદય
ધરાવનારા. તે એક એવા માણસ હતા
જે બોલતા ઓછું અને કામ વધારે
કરતા. કોઈપણ સેવાભાવી કારણ અથવા
ઈવેન્ટને હિલ્લા બિલ્ડર્સ અથવા ઝરીર
ભાથેના તરફથી દાન જરૂરથી મળતું હતું.
તેમના અન્ય તમામ ગુણો ઉપરાંત,
તે એક સમર્પિત કોર્ટબેંક માણસ હતા,
તેમના વિસ્તૃત પરિવાર, ખૂબ પ્રેમ, સ્નેહ
અને ફરજની ભાવના સાથે તેમણે તેમના
કુટુંબની સંભાળ રાખી હતી. ઝરીર તેના
મિત્રોના વર્તુળમાં પણ પ્રખ્યાત હતા
અને દર અઠવાડિયે થિયેટરમાં મૂવી
તથા તેમના પરિવાર સાથે ઉદવાડાની
નિયમિત યાત્રા માટે તે જાણીતા હતા.

૨૦૧૫માં, ઝરીર, નોશીર અને
મેં એક ટીમ તરીકે સમુદાયની સેવા
કરવાનું નક્કી કર્યું, ત્યારે અમે સમુદાયના
પ્રશ્નોના નિરાકરણ માટે સમર્પિત એક
નજીકનું એકમ બનાવ્યું. અમે ત્રણેય

સજ્જતાપૂર્વક બીપીપીમાં ટોચના ત્રણ
ચૂંટાયેલા ટ્રસ્ટીઓ તરીકે પ્રવેશ્યા હતા.
અમે અમારી શક્તિ અનુસાર વિવિધ
ક્ષેત્રમાં અમારી કુશળતા સમર્પિત કરી છે.
એક આદરણીય ચાર્ટર્ડ એકાઉન્ટન્ટ
તરીકે, ઝરીરનું વિશાળ જ્ઞાન બીપીપી
માટે એક સાક્ષાત્કાર અને એક અદ્ભુત
સંપત્તિ હતી.
ઝરીર ઓર્ડની બેઠકોમાં બહુ ઓછા
બોલતા હતા પરંતુ જ્યારે તે બોલતા
હતા, ત્યારે તેની વિચારસરણીની
સ્પષ્ટતા અને તેમની માન્યતાના બળની
ખાતરી થતી કે દરેક વ્યક્તિ બેસીને તેમને
સાંભળશે.

ઝરીરને ગુમાવવાથી, મેં એક સાથીદાર
અને મિત્ર ગુમાવ્યો છે, પરંતુ વધુ
મહત્વની વાત એ છે કે, સમુદાયે એક
સખત બાહ્ય અને નરમ હૃદયવાળા,
સિદ્ધાંતોનો માણસ, એક મૂલ્યવાન અને
પ્રિય સંપત્તિ ગુમાવી દીધી છે. વસ્તુઓને
બદલવા અને ટ્રસ્ટ કરી પાછું સરખી રીતે
ટ્રેક પર લાવવાના એકમાત્ર હેતુ સાથે તે
બીપીપીમાં જોડાયા હતા.

બીપીપી સાથેના તેમના ટૂંકા ગાળામાં
પણ, તેમણે ઘણી વસ્તુઓ સિદ્ધ કરી,
હકીકતમાં, પંચાયત માટે કેટલીક વસ્તુ-
ઓ ટ્રેક પર લાવવામાં મદદ કરી.

જેમના જીવનને તેમણે સ્પર્શ કર્યો
તે બધાના હૃદયમાં ઝરીર ભાથેના
એક ચાર્ટર્ડ એકાઉન્ટન્ટ, બિલ્ડર અને
બીપીપી ટ્રસ્ટી તરીકેનો તેમનો વારસો
બધા હૃદયમાં રહેશે.

આવાં દુઃખના સમયે અમે તેમના
પરિવાર સાથે છીએ.

શાંતિથી આરામ કરો, મારા મિત્ર!

ભૂતપૂર્વ બી.પી.પી.ના ટ્રસ્ટી જમશીદ કાંગાનું નિધન



ભૂતપૂર્વ બીપીપી ટ્રસ્ટી, ભૂતપૂર્વ
બોમ્બે મ્યુનિસિપલ કમિશનર, જમશીદ
જી. કાંગા, ૨૫મી જૂન, ૨૦૨૦ના
વહેલી સવારમાં નિધન પામ્યા હતા.
તેઓ એક સીધા અને ગતિશીલ
આઈએએસ અધિકારી હતા, જે સમુદાય
અને દેશની સેવાનો નિશ્ચિત ટ્રેક રેકોર્ડ
ધરાવતા હતા. તેમની વ્યાવસાયિક શ્રેષ્ઠતા
તેમના પ્રત્યેના મૈત્રીપૂર્ણ સ્વભાવથી મેળ
ખાતી હતી. તેઓ તેમની નમ્રતા, અને
પ્રેમાળ સ્વભાવ માટે જાણીતા હતા.
સમુદાય વતી, પારસી ટાઈમ્સ તેમના
પરિવાર અને પ્રિયજનો પ્રત્યે પોતાની
સંવેદના પ્રગટ કરે છે અને આ દુઃખદ
ઘટીમાં તેમની સાથે છે. તેમના આત્માને
ગરોથમાન બહેસ્ત પ્રાપ્ત થાય.

૧૯૭૧ના યુદ્ધ હિરો પરવેઝ જામાસજીનું નિધન

સ્કવોડ્રોન નેતા પરવેઝ જામાસજી
(નિવૃત્ત), જેમને ૧૯૭૧ના ભારત-
પાકિસ્તાન યુદ્ધ દરમિયાન શૌર્ય માટે વીર
ચક્રથી નવાજવામાં આવ્યા હતા, ૨૫મી
જૂન, ૨૦૨૦ની રાત્રે ૭૭ વર્ષની વયે ટૂંકી
માંદગીમાં તેઓ અવસાન પામ્યા હતા.
ભૂતપૂર્વ એરફોર્સ અધિકારી મુંબઈની
દાદર પારસી કોલોનીના નિવાસી હતા.
તેમના પછી પત્ની, બે પુત્રો અને એક
પુત્રી છે. તેઓ ૧૯૬૫માં કમિશન થયા
અને ૧૯૮૫માં નિવૃત્ત થયા હતા.

૧૯૭૧ના બાંગ્લાદેશ લિબરેશન યુદ્ધ
દરમિયાન તેણે પૂર્વ પાકિસ્તાનમાં ગંભીર
વાવાઝોડા ફેલાવ્યા હતા અને તેમના પગ
પર ગોળીના ઘા થયા હતા. તેમની આ
વાર્તા જુલાઈ, ૨૦૧૨માં મુખ્ય અગ્રણી
ટૈનિકના મુખ્ય પાના પર ખાસ મથાળાઓ
બની હતી. યુદ્ધ દરમિયાન હેલિકોપ્ટર
ઓપરેશન કરતી વખતે હેલિકોપ્ટર
પાઈલટ તરીકે તેમને ખૂબ ઈજાઓ થઈ
હતી જેના કારણે તેમને વોર્કિંગસ્ટીકનો
ઉપયોગ કરવો પડ્યો હતો.

તેમની બહાદુરીને પ્રતિષ્ઠિત વીર ચક્રથી
નવાજવામાં આવી હતી અને મહા-
રાષ્ટ્ર સરકારે ગૌરવ પુરસ્કારથી તેમનું
સન્માન પણ કર્યું હતું. એક યુવાન વિંગ
કમાન્ડર તરીકે, તેમણે એમઆઈ -૪
રશિયન હેલિકોપ્ટરમાં સ્પેશિયલ ફ્રન્ટિયર
ફોર્સના સેંકડો સૈનિકોને દુશ્મનના પ્રદેશમાં
સ્થાનાંતરિત કર્યા, જ્યારે તે મિઝોરમ
સરહદ પર દિમાગિરી અને પછી પૂર્વ



પાકિસ્તાનમાં તૈનાત હતા.

અમે આ દુઃખભર્યા સમય દરમિયાન
તેમની પત્ની ઝરીર અને પુત્ર રૂસ્તમ
અને બહાદુર જામાસજી પરિવારની સાથે
સંવેદના વ્યક્ત કરીએ છીએ અને તેમની
સાથે છીએ. તેના આત્માને ગરોથમાન
બહેસ્ત પ્રાપ્ત થાય.

ઝેન સિરીઝ: આંતરિક સંવાદિતા

આપણે એક પ્રખ્યાત માર્સ્ટરના અધ્યયન હેઠળ, યુવા માર્શલ
આર્ટના વિદ્યાર્થીની વાર્તાથી પ્રારંભ કરીએ છીએ ...

એક દિવસ, માર્સ્ટર આંગણામાં પ્રેક્ટિસ કરતા સત્રને જોઈ
રહ્યા હતા. એમને લાગ્યું કે અન્ય વિદ્યાર્થીઓની હાજરીમાં એક
યુવાન છે જે પ્રયત્ન કરી રહ્યો છે પણ તેને કંઈ દખલ કરી રહ્યું
છે. યુવાનની હતાશાની અનુભૂતિ થતાં, માર્સ્ટર તે યુવાનની
પાસે ગયા અને તેને તેના ખભા પર ટેપ કરી પૂછ્યું, 'શું સમસ્યા
છે?'

યુવકે તણાવપૂર્ણ અભિવ્યક્તિ સાથે કહ્યું, હું જાણતો નથી.
'પરંતુ હું કેટલો પણ પ્રયત્ન કરું, હું સરખી રીતે ચાલને યોગ્ય
રીતે ચલાવવામાં અસમર્થ છું.'

તમે તકનીકીમાં નિપુણતા મેળવતા પહેલાં, તમારે સંવાદિતા
સમજવી જોઈએ. મારી સાથે આવ, હું સમજાવીશ, માર્સ્ટરે
જવાબ આપ્યો. શિક્ષક અને વિદ્યાર્થી મકાન છોડીને જંગલમાં

થોડે દૂર ચાલ્યા ગયા, જ્યાં તેઓ એક નદીના પ્રવાહ તરફ
આવ્યા. માર્સ્ટર ઘણી જાણો શાંતિથી કાંઠે ઉભા રહ્યા. પછી તે
બોલ્યા, પ્રવાહને જો. તેની આસપાસ કેટલા ખડકો છે, શું પ્રવાહ
હતાશ થાય છે? નહીં પરંતુ તે તેમની આસપાસ જગા કરી વહે
છે અને આગળ વધે છે! પાણીની જેમ બનો અને તમે જાણશો
કે સંવાદિતા શું છે.'

યુવકે માર્સ્ટરની સલાહને હૃદયમાં લીધી. ટૂંક સમયમાં, તે
આસપાસના અન્ય વિદ્યાર્થીઓ પર ધ્યાન આપવા માંડ્યો અને
છેલ્લે તેની ચાલ ચાલવામાં તેણે સજ્જતા મેળવી!

સૌજન્ય: બુદ્ધ શુવ

શું આપણી સાથે આવું વારંવાર થતું નથી? ઘણી વખત,
આપણે આપણી આસપાસ જે બનતું હોય છે તેની અસર
પડે છે. આપણે આપણી અને અન્ય સાથે કરવામાં આવેલ
(વધુ માટે જુઓ પાના ૧૭)

એક નજર પારસી મરણો ઉપર

Deceased મરનાર	Age વય	Date તારીખ	Address ર. ઠે.	Relations સગાઈઓ
Squadron Leader Parvez Rustomji Jamsji (Vrc) પરવેઝ રૂસ્તમજી જામાસજી	77 ૭૭	26-06-2020	Minu Mansion 1st Floor, Flat No.6, 799, Jame Jamshed Road, Dadar (East), Mumbai 14. પારસી કોલોની, દાદર, મીનુ મેન્શન, પહેલે માળે, ફ્લેટ નં. ૬, બિલ્ડિંગ નં. ૭૯૯, જામે જમશેદ રોડ, દાદર (ઈ), મુંબઈ ૧૪.	તે મરુદુમો પેરીનબાનુ તથા રૂસ્તમજી સોરાબજી જામાસજીના દીકરા તે ઝરીન પરવેઝ જામાસજીના ખાવી દે તે અનાલીતા ખરશેદ ફીટર, પેશોતન પરવેઝ જામાસજી ને રૂસ્તમ પરવેઝ જામાસજીના બાવાજી તે ખરશેદ પીરોજશા ફીટર, ખુશનુમા રૂસ્તમ જામાસજી, ગેકલીન પેશોતન જામાસજીના સસરા તનયુશકા, હનોશ, આવા ને મહાતાપના ગ્રેન્ડ ફાધર તે મરુદુમો નોશીર, દીનુ, જીમીના ભાઈ તે મરુદુમો દોલી તથા અદી માનકેશા મીસ્ત્રીના જમાઈ તે મરુદુમ મહાદુખ પરવેઝ બુહારીવાલાના બનેવી.
Sam Faredoon Irani સામ ફરેદુન ઈરાની	77 ૭૭	26-06-2020	Petit Building, Block No. C 1, Avabai Petit Lane, Balarom Street, Mumbai7. પીટીટ બિલ્ડિંગ, બ્લોક સી-૧, આવાબાઈ પીટીટ લેન, બાલારામ સ્ટ્રીટ, મુંબઈ ૭.	તે મરુદુમો સારવર તથા ફરેદુન બેલરામજી ઈરાનીના દીકરા તે શીરીન સામ ઈરાનીના ખાવિંદ તે કેવાન ને ફરેદુનના બાવાજી તે માલકમ કેવાન ઈરાનીના બપાવાજી તે હવોવી પીરોજ છોગા ને મેરંગીશ મેલ્લવી ઈરાનીના ભાઈ તે અખ્તાવર કેવાન ઈરાનીના સસરાજી તે મરુદુમો પેરીન તથા અરદેશીર જમશેદ ઈરાનીના જમાઈ તે દીનુ કેકોબાદ ઈરાની તથા મરુદુમ કેકોબાદ અહેરામજી ઈરાનીના ભાનજા.
Beroze Manchi Naterwalla બેરોઝ મંચી નેતરવાલા	70 ૭૦	27-06-2020	C-104, Parsi Panchayet Complex, Walbhat Road, Goregaon, Mumbai 63. સી-૧૦૪, પારસી પંચાયત કોમ્પ્લેક્સ, વાલભટ્ટ રોડ, શર્મા એસ્ટેટની સામે, ગોરેગામ (પૂ.), મુંબઈ ૬૩.	તે મરુદુમ મંચી નેતરવાલાના વિધવા, તે મરુદુમ દારબ ઈરાનીના દીકરી. તે ડાયના નેતરવાલા, ડેસી નેતરવાલા, અરોઝા નેતરવાલા તથા હોરમજી નેતરવાલાના માતાજી તે અનાલીતા નેતરવાલાના સાસુજી તે શેરીયાર ઈરાની, ગવેર તથા મરુદુમો સોલતુન તાક્તી, અદી ઈરાની તથા અમન ઈરાનીના બહેન તે જેસીકા નેતરવાલાના બપઈજી.
Rohinton Munchershaw Mistry રોહિંટન મંચેરશા મીસ્ત્રી	79 ૭૯	27-06-2020	E-14Er Baubyulla, Mumbai 400027 ઈ-૧૪, જર બાગ, ભાપખલા, મુંબઈ ૨૭.	તે ફેની રોહિંટન મીસ્ત્રીના ખાવિંદ, તે અનાલીતા મીસ્ત્રી તથા ફરજીન ફરજાન પદમજીના બાવાજી તે મરુદુમો માણેકબાઈ તથા મંચેરશા સોરાબજી મીસ્ત્રીના દીકરા તે ફરજાન નોશીરવાન પદમજીના સસરાજી તે કાયરોશ તથા પરશેલ પદમજીના મમાવાજી તે મરુદુમો જરૂ જહાંગીર કરનજાવાલા તથા મેહરૂ હોમી મેલતાના ભાઈ તે મરુદુમો રાની તથા જાલ રૂસ્તમજી મીસ્ત્રીના જમાઈ તે ખોરશેદ તથા નોશીરવાન પદમજીના વેવાઈ તે અખ્તાવર દારા ગોદીવાલા તથા ફીરોઝ જાલ મીસ્ત્રીના બનેવી.
Gev Rustamji Panthaki ગેવ રૂસ્તમજી પનથકી (નારગોલ)	72 ૭૨	28-06-2020	03, Karbhati Fazhiyu, Nargol, Umbergaon, Valsad Gujarat 396135 ૦૩, કારભતી ફઝીયુ નારગોલ, નારગોલ ઉમરગામ, વલસાડ, ગુજરાત ૩૯૬૧૩૫.	તે મરુદુમો પીલામાય રૂસ્તમજી પનથકીના દીકરા. તે મરુદુમો પરવેઝ, રોહીનતન, અચામાય, આરમઈતી ને તેલમીનાના ભાઈ તે ફિરોઝ ને હાવોવીના કાકા. તે પારસી ને અખ્તાવર તથા મરુદુમો આદીલ અને હોમાયના મામાજી તે વહીશતા, અનાલીતા, બીનાઈફરના ગ્રેન્ડ કાકાજી તે પાશીન, પરલ ને દાનેશના ગ્રેન્ડ મામાજી તે દિન્યાર, કેરબાનુ, ખુરશેદ, કાલી, અખ્તાવર, કમલ, તથા મરુદુમો નોવજર કેતાયુનના કઝીન.
Jangoo Dara Kapadia જંગુ દારા કાપડીયા	84 ૮૪	29-06-2020	1/5, Rustom Baug, Byculla, Mumbai 27. રૂસ્તમ બાગ, બિલ્ડિંગ નં. ૧, ફ્લેટ નં. ૫, બીજે માળે, માસીના હોસ્પિટલ આગળ, ભાપખલા.	તે મરુદુમ જાલુના ધની તે નવજર ને પરીચેરના પપ્પા તે પારસી ને કસ્તીનાના સસરા તે મરુદુમો હીલા ને દારા નસરવાનજી કાપડીયાના દીકરા તે બીનાફઝા ને સીમોનના બપાવાજી તે મરુદુમો મેહરાન મીનુ ભાભાના જમાઈ તે મરુદુમ સરોશ મીનુ ભાભાના સાલા તે ગુલુ સરોશ ભાભાના ભાભી તે મરુદુમ હોમી માનેક શ્રોફના સાલા તે દોલી હોમી શ્રોફના સાલી.
Manijeh Burjorji Bandrawalla મનીજેહ બરજોરજી બેનદ્રાવાલા	88 ૮૮	30-06-2020	602, Breezy Hieghts, Shirley Rajan Road, Bandra (West), Mumbai 50. ૬૦૨, બરજી હાઈટ્સ, શરલી રાજન રોડ, બાંદ્રા (વે), મુંબઈ ૫૦.	તે મરુદુમ બરજોરજીના ધન્યાની તે મરુદુમો દિનામાય નસરવાનજી ખારીવાલાના દીકરી તે દરાયસ, સાઈરસ, ખુશરુ ને હીરાના માતાજી તે મરજબાનના બહેન તે પારસીઅસ, જહા, જેસમીન, ફીયા, કેઝીનના બપઈજી તે પરલીના મમઈજી તે વીદા, સાયરસ, મની ને વીરાના સાસુજી તે મરુદુમો તેલમીના ફરોઝ બેનદ્રાવાલાના વહુ.
Farrokh Firoze Daruwala ફરોખ ફીરોઝ દારૂવાલા	64 ૬૪	30-06-2020	Bldg. No.4, Room No.50, 2Nd Floor, C. J. Colony Tardeo, Mumbai 34. સી. જે. કોલોની બિલ્ડિંગ નં. ૪, બીજે માળે, રૂમ નં. ૧૫, તારદેવ, મુંબઈ ૩૪.	તે મરુદુમો રતી તથા ફીરોઝ નસરવાનજી દારૂવાલાના દીકરા. તે હુતોક્ષી સામ મીસ્ત્રી તથા મરુદુમો કેટી ને કેરસી દારૂવાલાના ભાઈ તે સામ નાદરશાહ મીસ્ત્રીના બનેવી તે દેવનાઝ હોશી ઝવેરીના મામા.
Rusi Nasarvanji Billimoria રૂસી નસરવાનજી બિલ્હીમોર્યા	87 ૮૭	01-07-2020	3, 1st Floor, Plot No 194A, Wilson Building, Dr. Babasaheb Ambedkar Road, Dadar (East), Mumbai 14. ૩, પહેલે માળે, પ્લોટ નં. ૧૯૪એ, વિલસન બિલ્ડિંગ, ડો. બાબાસાહેબ આંબેડકર રોડ, ચિત્રા સિનેમાની બાજુમાં, દાદર (ઈ), મુંબઈ ૧૪.	તે મરુદુમો તેલમીના તથા નસરવાનજી કાવસજી બિલ્હીમોર્યાના દીકરા તે ધન ટેલમુલ પટેલ, કેટી શાપુર ખંદાદીયા, શેહરનાઝ યોગેશ પંડીયા તથા મરુદુમો ફીરોઝ નસરવાનજી બિલ્હીમોર્યા ને વીલુ અદી મીસ્ત્રીના ભાઈ તે વીરાફ ફીરોઝ બિલ્હીમોર્યા ને ઉરવજા ફીરોઝ બિલ્હીમોર્યાના કાકા.
Jeroo Nadirshaw Colabewalla જરૂ નાદીરશાહ કોલાબેવાલા	91 ૯૧	01-07-2020	Bungalow No. 3, Shroff Bungalow, Ground Floor, Malcolm Baug, Jogeshwari, Mumbai. બંગલો નં. ૩, શ્રોફ બંગલો, આઉન્ડ ફ્લોર, માલકમ બાગ, જોગેશ્વરી, મુંબઈ.	તે મરુદુમો શેરબાનુ તથા નાદીરશાહના દીકરી તે ફીરોઝ નાદીરશા કોલાબેવાલા, હોમાય રૂસ્તમ પટેલ તથા મરુદુમો તેલેમી નાદીરશાહ કોલાબેવાલા ને હીલા દારા તારાપોરના બહેન તે ફરહાદ રૂસ્તમ પટેલ, રશના ને મરુદુમ હોશી દારા તારાપોરના આન્ટી તે યાસમીન કેવાન ડોક્ટરના આન્ટી.
Dinoo Bomi Dosabhoy દીનુ બોમી ડોસાભાઈ	86 ૮૬	01-07-2020	780, Karani Mansion, Jame Jamshed Road, Parsi Colony, Dadar (East), Mumbai 14. ૭૮૦, કરાની મેન્શન, જામે જમશેદ રોડ, પારસી કોલોની, દાદર (પૂ.), મુંબઈ ૧૪	તે બોમીના ધન્યાની તે મરુદુમો શીરીન એરચ વાચાના દીકરી તે મીનુ એરચ વાચાના બહેન તે કેકી મીનુ વાચાના, આવા નવલ ઉનવાલાના કુઈ તે નરી એરચ ડોસાભાઈ અને ફરીદા એરચ ડોસાભાઈ તથા મરુદુમ કેટી મીનુ વિકાજીના ભાભી તે મરુદુમો ફેની એરચ ડોસાભાઈના વહુ તે આલુ કેકી વાચા અને નવલ ઉનવાલાના કુઈ ઈન લો.
Jehangir Nariman Patel જહાંગીર નરીમાન પટેલ	59 ૫૯	02-07-2020	H-6, First Floor, Shapoorji Bharucha Baug, S. V. Road, Andheri (W), Mumbai 58. એચ-૬, શાપુરજી ભરૂચા બાગ, એસ. વી. રોડ, અંધેરી, મુંબઈ ૫૮.	તે મરુદુમો ગુલા ને નરીમાન પટેલના દીકરા તે કુમી દુમસીયા ને ઝરીર નરીમાન પટેલના ભાઈ.
Firoze Dhanjisha Gotla ફિરોઝ ધનજીશા ગોટલા	72 ૭૨	03-07-2020	H-19, Navroz Baug, Lal Baug, Mumbai 12. એચ-૧૯, નવરોઝ બાગ, લાલબાગ, મુંબઈ ૧૨.	તે મરુદુમો ફેની ધનજીશા ગોટલાના દીકરા તે મરુદુમો મેહરૂ, મની ને પીલુના ભાઈ તે મરુદુમ જાયજી એરચશા મોગરેલીયા ગ્રાન્ડ સન તે મરુદુમ રતનબાઈ નવરોજી ગોટલાના ગ્રાન્ડ સન તે દોલત બરજોર સુતરીયા તેમજ મરુદુમો પેરીન કુપર, બાનુ દારૂવાલા, સોરાબ મોગરેલીયા ને ધનજીશા મોગરેલીયાના બહેનના દીકરા તે યાસમીન આંબાપારડીવાલા, ગુલીસ્તાન સીગનપોરિયા, મહેરનોશ સુતરીયા, ફિરદોશ મોગરેલીયા, હોરમજી મોગરેલીયા, આદીલ મોગરેલીયા, મરુદુમ સીલ્હુ બલસારા, પારસી કુપર, રોહીન્ટન દારૂવાલા ને પરવેઝ દારૂવાલાના કઝીન બધરજ.
Minoo Khurshed Sanjana મીનુ ખુરશેદ સંજાણા	65 ૬૫	03-07-2020	B-3, New Khareghat Colony, Babulnath Road, Behind Babulnath Temple, Mumbai 7. બી-૩, ન્યુ ખરેઘાટ કોલોની, બાબુલનાથ રોડ, મુંબઈ ૭.	તે મ. કેશ્મીરા મીનુ સંજાણાના ખાવિંદ તે મરુદુમો ખુરશેદ પેશોતન સંજાણા તથા નરગેશ ખુરશેદ સંજાણાના દીકરા તે ફેની ગેવ જાબુલીના ભાઈ તે મરુદુમો દોલી જાલ સંજાણા તથા તેલમુરસ્ય પેશોતન સંજાણાના ભત્રીજા તે મરુદુમો કેટી પેશોતન સંજાણા તથા ફેની જહાંગીર ગાંધીના ભાણેજ તે ગેવ મીનોચેર જાબુલીના બનેવી તે કુરૂષ તથા ખુશનુમાના મામાજી તે ખુરશેદ, આદિલ, યઝદી ગાંધી, થ્રટી સાયરસ દલાલ તથા મ. રક્ષા પેસી કાબરાજીના કઝીન તે અદી તથા બોમી સદરીના સાલા તે ધન તથા શેહનાઝના સાહુભાઈ તે મ. મણીમાય તથા કાવસજી હોરમસજી સદરીના જમાઈ.

Death Announcements from Prayer Hall

Meherwan Ratanshaw Patel મહેરવાન રતનશા પટેલ	89	28.06.2020	24 K Campa Park, Andheri West Mumbai 58. ૨૪, કે કામ્પા પાર્ક, અંધેરી (વે), મુંબઈ ૫૮.	તે મરહુમ મનીજેલ અને મરહુમ રતનશાના દીકરા તે મરહુમ તેલમુરસપ, મરહુમ શાપુર, શ્રીટી વાડિયા, રૂસ્તમના ભાઈ તે ખુરશીદ, ખુરશીદ, દિનાઝ, સાયરસ, નેવિલ અને શેહનાઝના અંકલ તે બચુ અને કિશ્નાના બ્રધરઈન લો.
Nargiz Bejan Mehta નરગીઝ બેજન મહેતા	85	28.06.2020	11, Wadia Building, Malcolm Baug, SV Road, Joeshwari West, Mumbai 102. ૧૧ વાડિયા બિલ્ડિંગ, માલ્કમ બાગ, જોજેશ્વરી વેસ્ટ, મુંબઈ ૧૦૨.	તે મરહુમ પરવીઝ અને બેજન મહેતાના દીકરી તે મરહુમ ગુલબાઈ અને બરજોરજી બામજીના ગ્રેન્ડ ડોટર તે ઝરીન અને કેરસી જે. ભગતના કઝીન.
Minoo Burjorji Patel મીનુ બરજોરજી પટેલ	85	30.06.2020	F-4, Mody Building, Captain Colony, Tardeo Road, Mumbai 34. વ્હોતિ મહાલ, ફ્લેટ નં. ૧૩, ગ્રાન્ડ રોડ, મુંબઈ ૭.	તે દોલ્લીના ઘણી તે પિનાઝ અને શિરાઝના પપ્પા તે મરહુમ પિરોજી તથા બરજોરજીના દીકરા તે મરહુમ મની, બાનુ, હોમી, સામના ભાઈ તે ફેયાઝ ને મહેરનોશના સસરાજી તે રિયાઝ, શાહરૂખ, આરસીન, પરવેઝના ગ્રાન્ડ ફાધર તે સાયરસના અંકલ.
Neville Rusi Khodabux નેવિલ રૂસી ખોદાબક્ષ	52	01.07.2020	P-1, Godrej Baug, Napeansea Road, Mumbai 26. પી૧, ગોદ્રેજ બાગ, નેપિયન્સી રોડ, મુંબઈ ૨૬.	તે રોહીનાના ઘણી તે તાન્યાના પપ્પા તે મરહુમ મીઠુ અને મરહુમ રૂસીના દીકરા તે પેનેસી અને અનાહિતાના ભાઈ તે ફરોખના કઝીન.

Death Announcements from Poona Parsi Panchyat

Gool Nariman Damari ગુલ નરીમાન ડમરી	86	05.06.2020	12, Boat Club Road, Pune. ૧૨, બોટ ક્લબ રોડ, પુણે.	તે મરહુમ બાનુબાઈ નરીમાન ડમરીના દીકરી તે મરહુમ સીદ્દુ દીનશાહ ફલી પીરોજ (પીદ્દુ) બાટલીવાલા, મની બી. એન્જીનિયર (મુંબઈ) જાળવ ગાંધી (પુણે)ના કઝીન તે કેટી ગાંધી, અસ્પી બી. એન્જીનિયર (મુંબઈ)ના આન્ટી.
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એન સિરીઝ: આંતરિક સંવાદિતા

(પાના નં. ૧૫થી ચાલુ)

આપણી યોજનાઓ અને વચનો પાર પાડવાથી વિચલિત થઈ જઈએ છીએ. આપણે આપણું સારું પ્રદર્શન કરવા સક્ષમ ન હોઈએ. કેમ? કારણ કે આપણે આપણી આજુબાજુની ચીજોથી કંટાળી જઈએ છીએ. જ્યારે આપણે બીજાઓને સારું કામ



કરતા જોઈએ છીએ, ત્યારે અસુરક્ષાની ભાવના આપણા મનમાં આવી જાય છે. અને આપણને અપૂર્ણ અને અવિશ્વાસની લાગણી અનુભવીએ છીએ. આપણે ઘણીવાર જરૂરિયાત અને ઈચ્છિત વસ્તુનો તફાવત ભૂલી જઈએ છીએ. એક સામાન્ય સમસ્યા જેનો આપણે બધા સામનો કરીએ છીએ આપણે જે કરીએ તે બધાને ગમે. આપણે બધા સારા સમજે તેવું ઈચ્છીએ છીએ. લોકો આપણા વિશે શું વિચારે છે તે મહત્વનું છે. તેથી, આપણે આપણી જાતને સારા બનાવવાની કોશિશ કરીએ છે પરંતુ કોઈ વાધર તે આપણા પતનનું કારણ બને છે.

વાર્તામાં આવેલા માર્ટરની જેમ, સૌથી અગત્યનું ધ્યાન દોર્યું, 'પાણીની જેમ વહેવું' કરવાનો પ્રયાસ કરો.

પાણી શક્તિશાળી છે, તે નરમ અને નમ્ર હોઈ શકે છે અને ખડક જેવી કિનારીઓ હોવા છતાં તે વહેવાનું કામ કરે છે. જેમ પાણી કોઈ પણ દરિયાકાંઠેથી અને મોટા પથ્થરોથી અથડાઈને પણ વહી શકે છે, તેવી જ રીતે આપણે કોઈ પણ પડકારજનક પરિસ્થિતિ જોવામાં સમક્ષ રજુ કરવાનો પ્રયત્ન કરવો જોઈએ અને હજી આગળ જવાનો માર્ગ બનાવવો જોઈએ. જેમ કે માર્ટર દ્વારા પાણીની શક્તિ દર્શાવવામાં આવી છે, અને વસ્તુઓ આપણા માટે સરળતાથી કામ કરી શકે છે. પાણી પોતાનું સ્તર સુમેળ કરે છે સેવીજ રીતે આપણે પણ, શાંત રહેવા માટે, અંદરથી સુમેળ કરવાની જરૂર છે. જ્યારે આપણે શાંત હોઈએ

છીએ, ત્યારે આપણે કોઈપણ બાહ્ય વિક્ષેપોને અવરોધિત કરી શકીએ છીએ.

બાહ્ય સંજોગોથી આપણા પર અસર ન આવે તેની ક્વાયતો: ૧. તમારા પર ધ્યાન કેન્દ્રિત કરો અને થોડીવાર માટે દરેકને અને તમારી આસપાસની દરેક વસ્તુને ભૂલી જવાનો પ્રયાસ કરો. કલ્પના કરો કે તમે તે સ્થિતિમાં એકલા છો અને તે જ બાબતો છે.

૨. હવે ફક્ત તમારા ધ્યેય પર આગળ ધ્યાન કેન્દ્રિત કરો.

૩. પરિસ્થિતિનો અંત અને તમારી સફળ વિજયની કલ્પના કરો. તમે આ માટે શું કરી રહ્યા છો? તમારે શું લેવાનું છે?

૪. તમારી જાતની તુલના અન્ય લોકો સાથે કરવાનું બંધ કરો. તમારી પોતાની તુલના તમારા પોતાના પાછલા સ્વ સાથે કરો.

૫. જાણો અને માનો કે કોઈ પણ સંપૂર્ણ નથી. ભૂલો કરવી તે બરાબર છે અને જે આપણને બધાને માણસ બનાવે છે અને આપણને પોતાને વધુ સારું પુરવાર કરવાની તક પૂરી પાડે છે.



આત્મવિશ્વાસ ઉત્તેજિત કરવો:

૧. યાદ રાખો કે તે તેમના વિશે નથી પરંતુ તમારા વિશે છે.

૨. તમારા જીવનમાં જે થાય છે તે માટે જવાબદારીઓ લો - બધી સફળતા અને નિષ્ફળતા.

૩. તમે પડો તે સારી વાત છે ફરી ઉઠો.

૪. તમારી જાત સાથે વાત કરો. તમારી જાતને પ્રોત્સાહિત કરો.

૫. સૌથી અગત્યનું, તમારામાં આત્મગૌરવને રાખો. પોતાને સહિત કોઈને પણ ખોટી રીતે નીચે નહીં પાડો. ભૂલો એ તમારું ભણતરનું ક્ષેત્ર છે, પોતાને હરાવવાનું બહાનું નહીં!

- કેશ્મીરા શૌ રાજ

મલ્ટી વિટામીન ને લેતાં પહેલાં જરા થઈ જજો સાવધાન!

કોરોના વાયરસ મહામારીના આ ઘડીમાં મોટાભાગના લોકો પોતાના શરીરની ઈમ્યુનિટી વધારવાનો દરેક પ્રયત્ન કરી રહ્યા છે. આને તેના લીધે લાલ તમે મોટાભાગના લોકોને મલ્ટી-વિટામિન ખાતા જોતા હશો.

કોરોના વાયરસ મહામારીના આ ઘડીમાં મોટાભાગના લોકો પોતાના શરીરની ઈમ્યુનિટી વધારવાનો દરેક પ્રયત્ન કરી રહ્યા છે. આને તેના લીધે લાલ તમે મોટાભાગના લોકોને મલ્ટી-વિટામિન ખાતા જોતા હશો. પરંતુ તમને ખબર છે કે તેના લીધે તમારા શરીરમાં ભારે નુકસાન પણ થઈ રહ્યું છે? જી હાં આ સાચું છે કે ડોક્ટરની સલાહ વિના મલ્ટી-વિટામીન્સનું સેવન ન કરવું જોઈએ શરીરને થઈ શકે છે નુકસાન.



ફોર્ટિસ લોસ્પિટલમાં પ્રસૂતિ વિભાગના પ્રમુખ ડો. સુનીતા મિત્તલનું કહેવું છે કે કોરોના વાયરસથી બચવા માટે લોકો લાલ મલ્ટી-વિટામીનનું ખૂબ સેવન કરી રહ્યા છે. પરંતુ ઘણા એવા વિટામિન છે જેનું સેવન કરવું ખતરનાક પરિણામ આપી શકે છે. જોકે વિટામિન ડીનું વધુ માત્રામાં સેવન કરવાથી શરીરમાં લકવાનો ખતરો પેદા થઈ શકે છે. આમ તો કોઈપણ દવાના સેવન પહેલાં ડોક્ટરની સલાહ લેવી સૌથી સમજદારીભર્યું પગલું છે.

એપોલો લોસ્પિટલમાં ઈન્ટરનલ મેડિસીન વિભાગના સીનિયર કંસલ્ટન્ટ ડો. તરૂણ સાહનીનું કહેવું છે કે મલ્ટી વિટામીનના કોમ્બોવાળી દવાઓનું સેવન કરવું યોગ્ય છે. જોકે તમે વિટામીનનું અલગ-અલગ સેવન કરી રહ્યા છો તો માત્રા પણ લગાવવી મુશ્કેલ હોય છે. એવામાં સારી કંપનીઓના મલ્ટી વિટામીન કોમ્બો ડોક્ટરી સલાહ સાથે ફાયદાકારક હોય શકે છે.

ઉલ્લેખનીય છે કે મોટાભાગના વૈજ્ઞાનિકો જે લોકોની ઈમ્યુનિટી મજબૂતી હોય છે તેમાં કોરોના વાયરસ હુમલો કરી શકતો નથી. મજબૂત ઈમ્યુનિટીવાળા લોકો કોરોનાથી જલદી ઠીક થાય છે. એટલા માટે લાલ આખી દુનિયામાં મલ્ટી વિટામીન ખાવાનું ચલાણ વધ્યું છે.

કર એનો સામનો

કોરોના થી તુ ડર નહી, તંદુરસ્ત રહી કર એનો સામનો.

તન, મન, હૃદય માં હોય જો હોસલો, તો આવશે કોરોના નો નિવેડો

-આફિદ દસ્તુર



YOUR MOONSIGNS JANAM RASHI THIS WEEK

લખનાર: મરહુમ મહારાજ શ્રી સ્વયંજયોતિના સહકાર્યકર્તા જયેશ એમ. ગોસ્વામી

અઠવાડિક રાશિક્ષણ: તા. ૦૪.૦૭.૨૦૨૦ થી તા. ૧૦.૦૭.૨૦૨૦



Aries - મેષ

અ.લ.ઈ.

મંગળની દિનદશા ચાલુ હોવાથી તમારા મંગળનો પારો ખુબ ગરમ રહેશે. ધનનો ખર્ચ ખૂબ વધી જશે. ભાઈ બહેન સાથે નાની વાતમાં મતભેદ પડશે. કોઈ સાથે વધારે વાતચીત કરતા નહીં. ઘરમાં કોઈ પણ જાતનું રીપેરીંગ કામ કરતા નહીં. ઈલેક્ટ્રીકના કામ કરતા હો તો સંભાળજો. દરરોજ 'તીર યજ્ઞ' ભણજો. શુકનવંતી તા. ૦૪, ૦૮, ૦૯, ૧૦ છે.

Lucky Dates: 04, 08, 09, 10.

Mars' ongoing rule will tend to keep you hot-headed. Expenses could increase greatly. Squabbles amidst siblings indicated. Avoid talking too much with people. Avoid undertaking any kind of repair work at home. Ensure to practice great caution if your work is connected to the direct usage of electricity. Pray the Tir Yasht daily.



Cancer - કર્ક

સ.ઈ.

૧૫મી જુલાઈ સુધી શુકની દિનદશા ચાલશે. તમારા કામ સમય કરતા પહેલા પૂરા કરી શકશો. મનગમતી વ્યક્તિને તમારા મનની વાત કહી દેજો. નાણાકીય બાબતમાં સારા સારી થશે. ખર્ચ પર કાબુ નહીં રાખી શકો. જે પણ કમાવ તેમાંથી ઈનવેસ્ટમેન્ટ અવશ્ય કરજો. દરરોજ 'બહેરામ યજ્ઞ'ની આરાધના કરજો. શુકનવંતી તા. ૦૪, ૦૬, ૦૮, ૧૦ છે.

Lucky Dates: 04, 06, 08, 10.

Venus' rule till 15th July helps you complete your work in very good time! Ensure to speak your heart out to a much-loved person. Financial situation will continue to improve. You might not be able to control your expenses. Ensure to make investments from your earnings. Pray to Behram Yazad daily.



Libra - તુલા



રાહુની દિનદશા ચાલુ હોવાથી કોઈપણ કામમાં બેલેન્સ નહીં કરી શકો. રોજના કામમાં સફળતા નહીં મળે. ખર્ચનો ખાડો ઉઠો થતો જશે. નાણાકીય બાબતમાં મુશ્કેલી વધી જશે. તબિયતની સંભાળ રાખજો. દરરોજ ભુલ્યા વગર 'મહાબોખ્તાર નીઆએશ' ભણજો. શુકનવંતી તા. ૦૪, ૦૫, ૦૬, ૦૭ છે.

Lucky Dates: 04, 05, 06, 07.

Rahu's ongoing rule will pose difficulties in letting you maintain balance in your life. You will not be successful in executing even your basic daily chores. Expenses will be on the rise. Financially, things could get difficult. Take care of your health. Ensure to pray the Mah Bokhtar Nyaish daily.



Capricorn - મકર

ખ.જ.

૨૬મી જુલાઈ સુધી શનિની દિનદશા ચાલશે. ખાસી-શરદીથી પરેશાન થશો તબિયતની સંભાળ રાખજો તમારી નાની ભૂલ મોટી મુસીબતમાં નાખશે. ખર્ચનો ખાડો ઉઠો થતો જશે. તમારા દરરોજના કામ સમય પર પૂરા નહીં કરી શકો. દરરોજ 'મોટી હમન યજ્ઞ' ભણજો. શુકનવંતી તા. ૦૫, ૦૭, ૦૮, ૦૯ છે.

Lucky Dates: 05, 07, 08, 09.

Saturn's rule till 26th July could bring on a bout of cough and cold - so do take care of your health. A small mistake of yours could land you into big trouble. Expenses could increase greatly. You will not be able to complete your daily chores on time. Pray the Moti Haptaan Yasht daily.



Taurus - વૃષભ

બ.વ.ઉ.

ચંદ્રની દિનદશા ચાલુ હોવાથી તમારા મનને શાંતિ મળે તેવા કામ કરવામાં સફળતા મળશે. નાણાકીય બાબતમાં સારા સારી થતી જશે. મનગમતી વ્યક્તિને મળવાથી ખુબ આનંદ થશે. અથવા તેની પાસેથી સારા સમાચાર મળશે. ચાલુ કામમાં સફળતા મળશે. ઘરવાળાની ડિમાન્ડ પૂરી કરી શકશો. દરરોજ ૩૪મું નામ 'યા બેસ્ટરના' ૧૦૧વાર ભણજો. શુકનવંતી તા. ૦૫, ૦૬, ૦૭, ૦૮ છે.

Lucky Dates: 05, 06, 07, 08.

The Moon's ongoing rule brings you success in all endeavors which lead to mental peace. You financial situation will grow in strength. Meeting with a much-loved person will bring you a lot of happiness and you will receive good news from them too! Your ongoing work will be successful. You will be able to cater to the wants of your family members. Pray the 34th Name, 'Ya Beshtarna', 101 times daily.



Leo - સિંહ

મ.ટ.

ગુરૂની દિનદશા ચાલુ હોવાથી તમારા બધા કામ સરખી રીતે પૂરા કરી શકશો. નાણાકીય બાબતમાં સારા સારી રહેશે. ઘરમાં આનંદનું વાતાવરણ રહેશે. બધાં જથો ત્યાં માન ઈજાજત મળશે. ઘરમાં નવી ચીજ વસ્તુ વસાવી શકશો. ધનની કમી નહીં આવે. વજ્ર કરવા માગતા હશો તો પરંદગીનો જીવનસાથી મળી જશે. દરરોજ 'બહેરામ યજ્ઞ'ની આરાધના કરજો. શુકનવંતી તા. ૦૫, ૦૬, ૦૭, ૦૯ છે.

Lucky Dates: 05, 06, 07, 09.

Jupiter's ongoing rule helps you complete your work efficiently. Financially, this is a good time. The atmosphere at home will be cordial and content. You will receive respect everywhere you go. You will be able to make purchases for the house. There will be no financial shortage. Those looking to get married could find an ideal life partner in this phase. Pray to Behram Yazad daily.



Scorpio - વૃશ્ચિક

ન.ચ.

૨૧મી જુલાઈ સુધી ગુરૂની દિનદશા ચાલુ રહેશે. કામમાં કોન્ફીડન્સ વધી જશે. ધનલાભ મળતો રહેશે. નવા કામ મેવવી શકશો. ધર્મ કે ચેરીટીના કામ કરી શકશો. ઘરવાળાની ડિમાન્ડ પૂરી કરી શકશો. દરરોજ 'સરોશ યજ્ઞ' ભણજો. શુકનવંતી તા. ૦૫, ૦૮, ૦૯, ૧૦ છે.

Lucky Dates: 05, 08, 09, 10.

Jupiter's rule till 21st July infuses confidence in your work. You will make profits. You will get new projects. You will be able to do religious and charitable works. You will be able to cater to the wants of your family members. Pray the Sarosh Yasht daily.



Aquarius - કુંભ

ગ.શ.સ.

બુધની દિનદશા ચાલુ હોવાથી અગત્યના કામ સફળતાથી કરી શકશો. નાણાકીય બાબતમાં સારા સારી થતી જશે. જે પણ કમાશો તેમાંથી ઈનવેસ્ટમેન્ટ અવશ્ય કરજો. આગળ જતા મુશ્કેલીના સમયે કામ આવશે. ગામ-પરગામથી સારા સમાચાર મળવાના ચાન્સ છે. દરરોજ 'મેહર નીઆએશ' ભણજો. શુકનવંતી તા. ૦૪, ૦૬, ૦૯, ૧૦ છે.

Lucky Dates: 04, 06, 09, 10.

Mercury's ongoing rule helps you to successfully execute all your important works. Financially, things will continue to improve. Ensure to make investments from your earnings - these will hold you in good stead for a rainy day. You could receive good news from abroad. Pray the Meher Nyaish daily.



Gemini - મિથુન

ક.ઇ.ધ.

આજનો દિવસ સુર્યની દિનદશામાં પસાર કરવાનો બાકી છે. વડીલવર્ગની તબિયત સંભાળજો. કાલથી ૫૦ દિવસ માટે શરૂ થતી ચંદ્રની દિનદશા દરેક બાબતમાં સુખી બનાવશે. અધુરા કામ પૂરા કરવામાં બીજાની મદદ મળી જશે. અટકેલા સરકારી કામો પૂરા કરી શકશો. દરરોજ ૯૬મું નામ 'યા રયોમંદ'ની સાથે 'યા બેસ્ટરના' ૧૦૧વાર ભણજો. શુકનવંતી તા. ૦૫, ૦૬, ૦૯, ૧૦ છે.

Lucky Dates: 05, 06, 09, 10.

With today marking the last day under the Sun's rule, take care of the elderly at home. Tomorrow onwards, the Moon's rule, for the next 50 days, brings you great contentment across all areas. You will receive help from others in completing your unfinished works. You will be able to complete any Government or legal related works which were stalled earlier. Pray the 96th Name, 'Ya Rayomand', along with the 34th Name, 'Ya Beshtarna', 101 times, daily.



Virgo - કન્યા

વ.ઘ.ભ.

આજનો દિવસ જ રાહુની દિનદશામાં પસાર કરવાનો બાકી છે. કોઈ સાથે બોલાચાલ કરતા નહીં. કાલથી ૭૦ દિવસ માટે શરૂ થતી શુકની દિનદશા મનની દરેક નેક મુરાદ પૂરી કરાવશે. અધુરા કામ પૂરા કરી શકશો. નવા કામમાં સફળતા મળશે. નાણાકીય બાબતમાં વારા વારી થતી જશે. રોજ 'બહેરામ યજ્ઞ'ની આરાધના કરજો. શુકનવંતી તા. ૦૫, ૦૮, ૦૯, ૧૦ છે.

Lucky Dates: 05, 08, 09, 10.

With today as the last day under Rahu's rule, try to avoid getting into arguments with anyone. Starting tomorrow, Venus' rule for 70 days, brings to fruition all your sincere wishes. You will be able to complete your unfinished projects. New ventures will be successful. Financially, you will continue to do well. Pray to Behram Yazad daily.



Sagittarius - ધન

ભ.ધ.ક. ટ.

ગુરૂની દિનદશા ચાલુ હોવાથી તમારા હાથથી ભલાઈના કામો થતા રહેશે. નાણાકીય બાબતમાં મુશ્કેલી નહીં આવે. તબિયતમાં સારા સારી થતી જશે. કોઈ વસ્તુથી પરેશાન થતા હશો તો તેનો સચોટ ઈલાજ મળી જશે. કેમિલી મેમ્બરનો સાથ સહકાર મળી જશે. દરરોજ 'સરોશ યજ્ઞ' ભણજો. શુકનવંતી તા. ૦૪, ૦૬, ૦૭, ૧૦ છે.

Lucky Dates: 04, 06, 07, 10.

Jupiter's ongoing rule will place you in a position of executing noble work. Financial stability is indicated. Health will continue to get better. You will be able to find the root cure to any ailment that you have been suffering. Family members will be supportive. Pray the Sarosh Yasht daily.



Pisces - મીન

દ.ચ.ઝ.થ.સ.

બેતી-દેતી અને હિસાબી કામમાં સફળતા અપાવે તેવા બુધની દિનદશા ચાલુ છે. જે પણ કામ કરશો તે સમય કરતા પહેલા પૂરા કરી નાખશો. તમારા લેણાના નાણા પાછા મેળવી શકશો. બીજાને ખોટું લાગે તેવા કામ નહીં કરો. દરરોજ 'મેહર નીઆએશ' ભણજો. શુકનવંતી તા. ૦૫, ૦૬, ૦૭, ૦૮ છે.

Lucky Dates: 05, 06, 07, 08.

Mercury's ongoing rule helps you gain success in all transactional / accounting matters. You will be able to complete your work before time! You will be able to retrieve your debts from your debtors. Try to avoid doing anything that could offend others. Pray the Meher Nyaish daily.



સકારાત્મક વિચારો દુનિયા બદલી શકે છે!

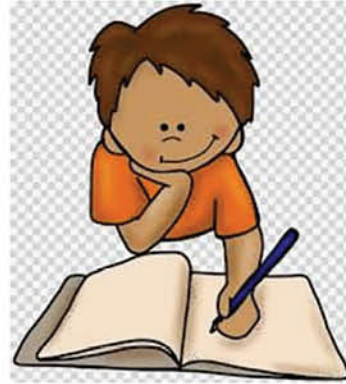
શહેરમાં એક વ્યક્તિ નોકરી કરતો હતો. એ શહેરમાં જ તેમનું ઘર હતું પોતાના પરિવાર સાથે તે રહેતો હતો. આ માણસ કાયમ પોતાના વિચારોથી પરેશાન રહેતો. તેને લાગતું કે ઘરનો બધો ખર્ચ મારે જ ઉઠાવવો પડે છે, આખા પરિવારને મારે જ નિભાવવો પડે છે, બધાનું પેટ ભરવાની પણ મારી જ જવાબદારી અને કાયમ મહેમાનો આવે તેને પણ સાચવવાના!

આવા વિચારોથી તે બહુ દુઃખી રહેતો. તેનો સ્વભાવ પણ ચીડિયો થઈ ગયો હતો. ઘરમાં બાળકોને તે વારેવારે ખીજાતો. તેની પત્ની સાથે પણ તે ઘણીવાર ઝઘડી પડતો. તેને આ જીવન જ જાણે ભારરૂપ લાગવા માંડ્યું હતું!

એક દિવસ તે કામઘંઘેથી ઘરે આવીને, જમી પરવારીને બેઠો હતો એવામાં તેનો નાનકડો પુત્ર લાથમાં નોટબુક અને પેન લઈને આવ્યો. તેણે કહ્યું, પપ્પા, હોમવર્ક કરી આપો ને! પુત્રની આ માંગણીથી એ માણસ બરોબરને ખીજાયો. તેણે છોકરાને ધમકાવી નાખ્યો. છોકરો જતો રહ્યો. થોડીવાર પછી તેનો ગુસ્સો શાંત થયો. એ અંદરના રૂમમાં ગયો. જોયું તો પથારીમાં એની પત્ની પાસે છોકરો સૂઈ

ગયો હતો. એના માથે ઉઘાડી નોટબુક પડી હતી. તેણે નોટબુક ઉઠાવી જોઈ.

અંદર પ્રશ્ન હતો, એવું શું છે જે શરૂઆતમાં તો તમને કડવું લાગે છે પણ જે ખરેખર મીઠું હોય છે. આ પ્રશ્નના જવાબમાં છોકરાએ શું લખ્યું છે તે જોવાનું તે માણસને કૂતુહલ જાણ્યું. પ્રશ્નના જવાબમાં તેના છોકરા લખ્યું હતું કે બિમારી વખતે પીવાની દવાઓ મને ગમતી નથી, કેમ કે તે કડવી હોય છે. છતાં હું પી જાઉં છું. કારણ કે, તે બિમારી દૂર કરે છે.



પરિક્ષા મને પસંદ નથી. કારણ કે, ત્યારે ઘણુંબધું વાંચવું-લખવું પડે છે. પણ હું મહેનત કરી લઉં છું, કેમ કે તે પછી તો લાંબું વેકેશન મળવાનું છે!

સવારના પહોરમાં વાગતા અવાર્મનો અવાજ મને ગમતો નથી. પણ તેના લીધે જ હું સ્કૂલે સમયસર પહોંચી શકું છું. મારા પપ્પા મને ખીજાય છે. શરૂઆતમાં તો મને ખરાબ લાગે છે પણ બાદમાં તેઓ જ મને રમકડાં લાવી આપે

છે, મારા માટે સ્વાદિષ્ટ જમવાનું લાવે છે અને મને ફરવા પણ લઈ જાય છે. હું ઈશ્વરનો ખુબ ખુબ આભાર માનું છું કે, મને પપ્પા આપ્યા, મારા મિત્ર રાકેશને તો પપ્પા જ નથી!

એ વ્યક્તિએ પોતાના દીકરાનું આ હોમવર્ક વાંચ્યું. એનાં હૃદયમાં આ લખાણે ઊંડી અસર પહોંચાડી. છેલ્લા ફકરાએ તો એની આંખો ખોલી નાખી. તે મનમાં ગણગણ્યો મારા કરતા તો મારો દીકરો વધારે સમજદાર છે!

પછી નવેસરથી તેણે વિચાર્યું, હું આખું ઘર સંભાળું છું. ઘરની બધી જવાબદારી મારા માથે છે. આનો મતલબ મારે ઘર છે! મારા પરિવારનું હું ભરણપોષણ કરું છું. હું ખુશનસીબ છું કે મારે પરિવાર છે!

મારે ઘરે મહેમાન આવે છે. એનો મતલબ એ થયો કે, સમાજમાં મારી પ્રતિષ્ઠા છે, ઈક્કત છે.

હે પ્રભુ! તારો ખુબ ખુબ આભાર મને જવાબદારીભર્યું પણ સુખી જીવન આપવા માટે. જે બિચારા પાસે કશું જ નથી તેઓ કરતા તો મારી જિંદગી ક્યાંય સારી છે!

હવે તેના વિચારો સકારાત્મક હતા. એ માણસ ખુશ હતો. પહેલા તે દુઃખી હતો પણ બહાર તો બધું હતું એમ જ હતું. હવે તે સુખી હતો પણ બહાર તો બધું હતું એમ જ હતું. ખોબા જેવડા મગજમાં ઊંઘે પાટે ફરી રહેલી એની વિચારધારાએ ખાલી ટ્રેક બદલ્યો અને એનું જીવન બદલી ગયું!

આ જ ની વા ન ગી

મેંગો કસ્ટર્ડ હલવો



સામગ્રી: ૧ વાટકી કેરીનાં પીસ, ૧/૨ વાટકી ખાંડ, ૧/૨ વાટકી કસ્ટર્ડ પાવડર ૪ એલચી નો પાવડર, ૬ કાજુ, ૬ બદામ, ૧૦ પિસ્તા, ૧૫ કિસમિસ.

રીત: પેલા ખાંડને મિક્સચરમાં પીસી લેવી હવે એમાં કેરીનાં પીસ નાખી ફરી પીસી લેવું, હવે એમાં જ કસ્ટર્ડ પાવડર નાખી ફરી એક વાર પીસી લેવું હવે તૈયાર પલ્પ ને કડાઈમાં લઈ એમાં એક વાટકી પાણી ઉમેરી મીક્સ કરી ગરમ મુકવું, થોડીવાર હલાવતા રહેવું નીતર ગાંઠા પડી જાશે પછી એમાં એક ચમચી ઘી નાખવું ફરી પાછું ઘી સોસાય જાય એટલે એક ચમચી નાખવું, પછી એલચી પાવડર નાખવો અને ડ્રાયફ્રૂટ નાખવા એકદમ ઘાટું થઈ જાય, કડાઈ થી છુટું પડે એટલે ઘી થી ગ્રીસ કરેલી થાળીમાં પાથરી અને ડ્રાયફ્રૂટ છાંટવું અને થોડીવાર ઠરે એટલે પીસ કરવા.

તારી બાંહ

વિયોગ માં તારા, છુપાવીયા મે મારા અનેક આંસુ અને આલ આશા રાખું છું મૌતના સમયે મળે સહારામા મને, તારી બાંહ પ્રીત કર્યા પછી માંચું નથી મે કાઈ બીજું તારી પાસે બસ પહોંચે તુજને મારી દુઆઓ, તો મને બધું મળી જાશે પ્રીત થઈ એમા મારો શું વાંક, એ તો છે, દિલ નો કસુર પ્રીત તો કરે છે હર કોઈ; હોય એ માનવ, દેવતા કે અસુર. મારી પ્રીત માંગે નહી હીરા-મોતી, બસ માંગે થોડો પ્યાર. મળે જો એ પ્રીત, તો થાય પાર મારાથી, આં સંસાર. એક મીઠો ઈકરાર, પ્યાર નો ઈજહાર કરાવે મને સાગર પાર આપ મને તારી બાંહો નો સહારો, મળી જશે મને આખો સંસાર.

- આફ્રીદ દસ્તુર

૭મી જુલાઈએ ચોકલેટ ડે છે! શું તમે જાણો છો આપણી કેડબરી ચોકલેટનો ઈતિહાસ!

દુનિયામાં કોઈક જ એવું હશે જેને ચોકલેટ પસંદ નહીં હોય! ચોકલેટનું નામ સાંભળતાંજ મોઢામાં પાણી આવી જાય છે. મનપસંદ ડેઝર્ટમાં સૌથી ઉપર ચોકલેટનું નામ છે.



તમે સાંભળ્યો છે ચોકલેટનો ઈતિહાસ: ચોકલેટનો ઈતિહાસ લગભગ ૪૦૦૦ વર્ષ જૂનો છે. ચોકલેટ બનાવનારા કોકોનું સૌ પ્રથમ ઝાડ અમેરિકાના જંગલોમાં જોવા મળ્યું હતું. પરંતુ હવે આફ્રિકા દુનિયાભરમાં લગભગ ૭૦% કોકો પહોંચાડે છે.

કહેવાય છે કે ચોકલેટની શરૂઆત મેક્સિકો અને મધ્ય અમેરિકાના લોકોએ કરી હતી. ૧૫૨૮માં સ્પેને મેક્સિકોને પોતાના કબજે કરી લીધું જ્યારે રાજા પાછો સ્પેન ગયો ત્યારે પોતાની સાથે કોકોના બીજ અને સમાગ્રી લેતો ગયો. ત્યાંના લોકોને આ પીણું ખુબ પસંદ પડ્યું.

તમને જણાવીએ કે ચોકલેટ નો સ્વાદ પહેલા મીઠો નહોતો પરંતુ તીખો હતો અને લોકોને પસંદ પણ હતો. અમેરિકાના લોકો કોકોના બીયાને પીસીને તેમાં મરચું તથા મસાલા મીક્સ કરતા હતા. આ માટેજ તેનો સ્વાદ તીખો હતો. કેટલાય વર્ષો લોકો એનો ઉપયોગ એક તીખું પીણું તરીકે કરતા હતા. આના

પછી ડોક્ટર સર હૈસ સ્વોને આ પીણાની એક નવી રેસિપી જે ખાવા લાયક બનાવી અને તેને નામ આપ્યું કેડબરી મિલ્ક ચોકલેટ અને આવી રીતે ચોકલેટનો આવિસ્કાર થયો.

પહેલા જણાવ્યું તેમ ચોકલેટનો ટેસ્ટ પહેલા તીખો હતો કોકોના બીજને ફરમેન્ટ કરી તેને રોસ્ટ કરવામાં આવતા ત્યારબાદ તેને પીસવામાં આવતા ત્યારબાદ તેમાં પાણી વેનિલા, મધ, મરચુ, મસાલા નાખી

તેને શાલી પેચ બનાવવામાં આવતું.

પરંતુ ચોકલેટને મીઠાસ યુરોપ જઈને મળી. યુરોપમાં સૌ પ્રથમ ચોકલેટ સ્પેનમાં પહોંચી હતી. સ્પેનનો ખોજી હર્નેન્ડો કોર્ટસ એજટેકના રાજા માન્તેજુમાના દરબારમાં પહોંચી ચોકલેટને પેશ કરી હતી.

ઈ.સ. ૧૮૨૮માં ડચ કેમિસ્ટ કોનરાડ જોહાન્સ વાન હોટનએ કોકો પ્રેસનો આવિસ્કાર કર્યો. અહીંથી ચોકલેટનો ઈતિહાસ બદલાઈ ગયો. મશીનની મદદથી કોકો બીન્સમાંથી કોકો બટર છૂટું પાડવામાં આવ્યું. અને આ પાવડરમાંથી ચોકલેટ બનાવા પામી. કોનરોડે ચોકલેટનો કડવો સ્વાદ અછોડ કર્યો. ૧૮૪૮માં પહેલીવાર બ્રિટીશ ચોકલેટ કંપની જે. એસ. ફાઈ એન્ડ સન્સએ પહેલીવાર સાકરનાખી મીઠી ચોકલેટ બનાવી હતી.

હસો મારી સાથે

મેં સૂર્યને પૂછ્યું વર્ષા આવે છે, ત્યારે તું કેમ છુપાઈ જાય છે?? સૂરજે કહ્યું, લેડીઝ જોડે કોણ ખોટી માથાકૂટ કરે. ***



એક બહેન પાડોશમાં મળવા ગયા. કલાકેક ગપ્પા માર્યા. ચલા પાણી થયા. પછી જતાં જતાં કહેતા ગયા કે મને કોરોના ના કારણે ડોક્ટરે ૧૪ દિવસ કોરંટાઈન રહેવાનું કહ્યું છે તો થયું લાવને જતાં પહેલાં બધી બહેનપણીઓ ને મળતી આવું..! ***

પત્ની: કાન ખોલીને સાંભળી લેજો, ખાલી ટીકટોક જ બંધ કરવામાં આવ્યું છે. ટકટક તો ચાલુ જ રહેશે. ***

દિકરો જનમશે એ આશા પર પાંચ દિકરી ઓ આવી ૧. નોટબંધી ૨. જીએસટી ૩. બેરોજગારી ૪. મંદી ૫. મોંઘવારી પણ વિકાસનો કંઈ જન્મ થયો નહિ. છેવટે કોરોનાને દત્ત ક લીધો. એ ઉઠાવગીર નીકળ્યો. ***

ગણિતનો નવો પ્રમેય

પ્રશ્ન: ખાંડ ગળી હોવા છતાં આપણી દુશ્મન કેમ છે?

જવાબ:

પણ: ખાંડ ગળી છે.

સાધ્ય: ખાંડ આપણી દુશ્મન છે.

સાબિતી: ખાંડને હિન્દીમાં ચીની કહે છે અને ખાંડથી બનેલી ચાસણીને હિન્દીમાં પાક કહે છે. બન્ને આપણા દુશ્મન છે. તેથી ખાંડ આપણી દુશ્મન છે.

Soli Sales-Tax Ni Birthday Party!!



RUBY LILAOWALA



Soli Sales-Tax had invited himself to every Birthday party in town, but never given one since he was a *kanjoos-makhhichoo!* It was his birthday next week, so he requested girl-friend Farida, saying, "Farida, my richie-rich darling, what will you do with your inherited new money? You can't take it with you, so why not spend it?"

Farida: Spend it on what?

Soli Sales-Tax: On me! Give me a nice birthday party - one that people can't forget!

Hormusji: *Nakhod gayo*, with one foot in the grave he wants a party!

Farida: *Chup Homla!* If my Sola wants a party, he'll have one. I'll order the best of the best things for him.

Hormusji: Like balloons, caps and *pipuri?*

Farida: Don't try to be extra funny!

Saying that, she proceeded to order crates of cold-drinks, boneless chicken-tikka biryani, *marghi-na-farcha* and a huge chocolate cake. She then sent out online invitations to all close friends and members of Meherbai's Mandli and everyone looked forward to *khani-pini* and *masti-majah* at Farida's third-floor, spacious flat at Rustom Baug.

On the party day, Soli wore a brand-new red shirt, his *bawaji's* tie, brown shorts, black shoes and yellow socks - *ekdum* technical colour, like V Shantaram's '*Janak Janak Payal Bajey*'.

Mindhi Mani and her husband *Minoo Makori* arrived first with a *theli* of *limboos* as a birthday gift!

Minoo: Please return the *theli* as I need it for my daily bazaar.

Soli Sales-Tax: *Eh gadhera!* What's this?

Minoo (singing): *Nimbuda, Nimbuda, Nimbuda... Arrey Kacha, Kacha, Chota Nimbuda... Lai Do!*

Soli wanted to take aim and hit the *limboos* one by one on *Minoo's* head but Farida had asked him to 'behave' like a

good boy, so he said. "Thank you so much for your kindly kindness. No one has ever given me such a thoughtful and practical gift in my life - so much Vitamin C!"

Kunjoos Kerbad arrived next with a huge gift-wrapped box saying, "Open it! Open it! It's the most precious gift of life!"

Soli opened it and it was empty (just like his skull) - nothing inside!

Kunjoos Kerbad: There's air inside! Air is the most precious gift in life and for you, only the best will do, so I have brought air all the way from the States. Please return the gift-wrap silver-paper so I can use it for another birthday gift!

Soli (thinking): *Evoo thaj ke dabro ena matha par marool!*

Amy Atom Bomb arrived next and presented Soli with a packet of huge safety-pins, saying, "Your pants are always slipping down, so you will find them very useful!"

Keki Khadhro barged in behind Amy, asking, "*Bhonu ayoo ke?*"

Tehmi Trim-Tarak: You are always hungry! Look at your big fat abdomen! Like a *pani-nu-matlu!* And your stupid huge moustache!

Keki: That's a beer-belly, and don't worry, you are not likely to come in contact with either my belly or my moustache because you are not my type! You are a *sukki-boomli!* I like my women well-stacked, like my fridge!

Soli: What birthday present have you brought for me?

Keki: I brought myself and my healthy appetite!

An hour had passed but there was no sign of cold-drinks, food or cake. So Farida said, "First, let's sing Happy Birthday to *aapro janito aney manito Soli!*"

Keki Khadhro: But where's the cake? We

have to sing around the cake, no?

Farida: Cake is coming - *mohnu samarva*. Just now we all sing without the cake.

Everyone sang Happy Birthday totally out of tune in their respective *besura* voices - all the Rustom Baug crows simultaneously flew away.

Farida (persisting): Sing once more in *sync!* Once more with feeling, once more with love!

Once more, once more *karta*, everybody was exhausted and without a drop of water!

Lily the Silly: Now we give birthday-bumps to Soli!

Hormusji: Excellent idea! *Salane jikki karo!*

Farida (to Soli's rescue): No birthday-bumps. We now play party-games.

Keki Khadhro: *Bhukhey petey?*

Farida: First we play Passing the Pillow.

Sugatri Sooni: *Marerey!* Your pillows are full of bed-bugs! Let's pass something else around - let's pass Hormusji around!

So they all pushed *thinny-skinny-fook-marey-toh-oodi-jai-teva* Hormusji, who became totally disoriented and fainted from being pushed from one woman to another. He was soon revived by Farida with the smell of a *sapaat*. She was now clearly worried as the biryani and cake had not yet come. But she kept up a brave face.

Farida: *Chalo, havey we'll play Ringa-Ringa Roses, after that Tisket-A-Tasket, Oranges and Lemon, Kakaria-Kumar-Taro-Ketlo-Bhar and Taj-Khallu-Pijan-Savak!*

Another hour passed and everybody was totally exhausted and ready to fall down but still no *biryani-nu-tapelu* or the birthday cake!!

Tehmul Tarzan: Faridafui, biryani aavi ke?

Farida: *Hamna aavsey - tetla Happy Birthday gavanu pachoo practice karo! Practice makes perfect!*

Under duress, everyone sang not once, not twice but countless times!

Farida: *Baji Bun-Pao* - you sang in the wrong note. Sing it again. *Bomi Brun-Pao*, you went off-key, sing five times till you get it right! *Shapur*, don't sing like a *Soprano* - you are a man - sing in *Baritone!*

Another hour passed but no food or cake! Suddenly, the doorbell rang and everybody clapped, saying '*Bhonu Ayoo, Bhonu Ayoo!*' It was Abdul from the Sultan Biryani House at Bhindi-Bazar. He refunded the money explaining that there was problem in his locality and the cooks had not come. Everyone was disappointed and restless but then another doorbell rang and everyone ran like they had come from a famine area, shouting '*Cake Aayoo, Cake Aayoo!*', but it was Patrick D'Costa from the '*Bhoosa Cake and Patiserie Shop!*', saying "Farida madam, your Chocolate Sawdust Cake never arrived. It's lock-down time, so no cake - only refund! Here, take half your money, half I am keeping as tip!"

Everyone's face fell to the ground and the men became whiter than the white shirts they were wearing!

Farida: The party's over.

Soli, the eternal Idiot: Thanks so much for singing for me - sing once more before you go!

Freny Fatakri: Your party has become *Foos-Faas!*

Hormusji: Party enjoy *kidheee?*

Homai Hypocrite: *Ha jee - ghaneej enjoy kidhee, mari javas tya sudhi yaad rehsey!*

Kharshedji Khachchar: Never seen such a *sufyani* party in my whole life!

Mehroo Maxfactor: Nor are you likely to see one like this! *Marerey*, I sang Happy Birthday till all my make-up melted!

Alamai Einstein: *Mahru toh gaata-gaata garu besi gayoo!*

Abban Aban: Even my throat sat down!

Due to social-distancing, there were no *kissi-kotis* but only *namastey*. All the guests went home and made *charvela eeda*, cursing Farida Fui and her Birthday-lover-boy Soli Sales-Tax, after the *Dharam-na-Dhakela* party!

Dr. Jasvi's Numero Tarot Predictions

(As Per Your Birth Month)



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

January (Lucky No. 1; Lucky Card: Magician): This is a very good time to start new partnerships. You will be in a position of power and authority. Make the best and most judicious use of it. To help clear any lingering confusions, you are advised to drink water in a silver glass help clear any lingering confusions

February (Lucky No. 21; Lucky Card: World): You will receive success and victory on a platter. Beware of backstabbers. Remember to stand up for yourself and fight for your rights, despite your preference to circumvent confrontations. Bathing with rock salt is suggested.

March (Lucky No. 19; Lucky Card: Sun): This is your time for gaining name, fame and prosperity. It's a new beginning. Celebration is on the cards. You could face a temporary problem of liquidity. But over-all, this will be a fabulous time in all areas of life.

April (Lucky No. 3; Lucky Card: Empress): Your health would be at its peak. Short and sudden travel is indicated. Remember to spend quality time with your family. Enjoy in the rainbow of love, peace, happiness and contentment!

May (Lucky No. 2; Lucky Card: Priestess): Keep in mind that all that glitters is not gold, so don't get fooled by illusions. You need to double check the facts before coming to conclusions. Follow your instincts. This is a good time for students. You will receive financial support.

June (Lucky No. 10; Lucky Card: Fortune): Nothing but change is permanent – always remember this. Learn to go with the flow. This is a good time for the ladies born in June. Take care of your health.

July (Lucky No. 6; Lucky Card: Lovers): Love is in the air. You are blessed by divine energies. This is an auspicious time to search for your soul mate. Marriage is on the cards. Try to not lose your patience and get desperate for things which are not going the way you wish. You could be a little stressed at work and may need to put in extra hours of work.

August (Lucky No. 5; Lucky Card: Hierophant): You are blessed with innate intelligence, so follow your mind. Renovation or buying of property is on the cards. You know where your destiny lies, but are in search of the right path. You need to stop complaining about what you don't have and start enjoying what you have. Remember that every end marks the beginning of a new opportunity.

September (Lucky No. 4; Lucky Card: Emperor): This is a great time for you financially. Financial stability will set in. This is the right time to implement your plans, which were delayed due to unavoidable circumstances. You need to clear your confusions and start moving on. Remember - as you sow, so shall you reap.

October (Lucky No. 8; Lucky Card: Strength): You are a skilled person. You know how to earn money and manage it well. If need be, seek advice from an expert or an elderly person, when you find yourself stuck. Confidence is the key to success. You need to get good sleep for good health.

November (Lucky No. 17; Lucky Card: Star): Health will be very good. Your healing has already started. Financially, you can expect good times ahead. A little charity is advised to waive off negative karmas.

December (Lucky No. 11; Lucky Card: Justice): It's time for you to arise out of confrontational situations. Follow your intuition and move on. Justice is on the cards. Don't worry or get irritated with some problems. You will receive divine help in any situation.

Award-Winning Author Murzban Shroff Pens Pandemic Poetry Series!

Mumbai-based author, **Murzban F. Shroff**, known for his award-winning books, 'Breathless in Bombay', 'Waiting For Jonathan Koshy', and 'Fasttrack Fiction', has penned a series of poems on the Covid-19 pandemic, tracking its causes and consequences. Shroff, a Commonwealth Prize-shortlisted author and a 6-times Pushcart Prize nominee, says he turned to poetry in order to capture the intensely emotional and psychological states created by these extraordinary circumstances. "The purpose of literature is to bring man in closer contact with nature, to expand our understanding of the universal laws that govern us, and which we are tacitly bound to obey by mere virtue of having taken birth on this planet. I found poetry to be a liberating and powerful medium to convey this," adds Shroff. Parsi Times is delighted to publish one of his pieces...

The Lockdown Blues

This is the winter of our confinement,
This is the spring of our unease,
This is the summer of our expectations,
The fall of our species.

This is the weakness of our senses,
This is the outcome of our greed,
This is the collapse of our intellect,
The negation of our needs.

This is the night of our darkness,
This is the prison of our morrows,
This is the cumulus of our burden,
The song of our sorrows.

This is what we brought our world to,
Conquering land and sea and sky;
Not for a moment did we pause,
Thinking where our limits lie.

We robbed the earth of its beauty,
And we drained the soil of its strength,
We blew off the tops of mountains,
We were so hellbent.

We did not spare the rocks,
And we did not spare the trees,
We even dammed our rivers,
Before they could reach the seas.

We did not spare the seabed,
And we did not spare the air,
We did not think of the species,
With whom our planet we share.

And now we live in solitary caves,
Nothing to show for our wealth;
Worrying about our future,
Uncertain about our health.

Do I have the virus?
Do I show the signs?
Will I make it safely,
Make it through these times?

Will we live like humans?
And will we roam at will?
Or will we experience life
Standing at our window sill?

Will we live off our phones
And our flat-faced computer screens?
Will we know once more
What real freedom means?

Will we rub shoulders?
And will we feel the same?
Will we ever hug
And learn to trust again?



Hustle For The Muscle!



DR. DANESH CHINYOY

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

Providing eye-opening and ground-breaking insights into Wellness and Fitness, this week, Dr. Chinoy presents 'Hustle For The Muscle!'

You wake up in the morning, diligently do your 'kasti', still feeling a little groggy, you look up at the ceiling and all you can think about is what to eat for breakfast, *bun maska* and *choi* (tea) - followed with *pora pav*, *akuri* or *sev* and *ravo*. You get up, walk past the mirror and instantly start to feel a bit low about how you look, thinking, "Why can't I just change? Why is this so hard? Everyone else seems to find it so easy!"

You visit your privy room with your mobile to read the hot topics and debates on various Parsi Whatsapp gossip groups while you were away. You sit down and your stomach hits your thighs. You sigh and hold your head in your hands wondering, when will this ever shift.

You make your way to the kitchen. The shelves are all full, yet everything seems so empty. Food choices are so confusing... "I'll eat oats, as all the Bollywood stars eat that and they all look great. However, its carbs! Someone in your *Baug* said that carbs are bad. I'll eat an apple instead. But wait... somewhere you had heard that the sugars in an apple are bad for you! I'll just have *choi* - it'll be fine. No sugar or milk though, as that's all bad for me... isn't it?" So, you have your *choi* minus milk and sugar and for a moment you feel okay... reveling in that sweet feeling of victory. Sun-rise is breaking and it's going to be a nice day. You turn to get washed and notice your shadow on the wall... wow, even my shadow is fat! Is this how people see me?

How many of us can relate to this, especially in this work-from-home, extended lockdown phase? How many extra kilos has that the *dhansak*, *curry-chawal* and *sali-papeto* added to our waist-line? When it all boils down, it's like a slap in the face. All of a sudden you knew the old excuses were... old... and this is your future. You could argue there's never a good or convenient time, yet there is certainly the right time. Isn't that time now? This lockdown has been a wake-up call in more ways than one.

I have requests from many young readers asking for help in their quest to keep fit in this uncertain lockdown. With the former article on the 'Home Work-Out' for our seniors doing great for them, it's now time to provide a similarly effective home work-out for our '*juwaniyas*' too, not knowing when the gyms will be open and safe for regular use. Also, investing in a gym-membership or buying online expensive work-out equipment may not be viable to many in these days of pay-cuts and lay-offs.



Here's a simple and workable 'Work-Out At Home' program that can be followed anywhere, anytime and with no additional requirements other than your will and your bodyweight literally! No need to invest in the services of a professional trainer/coach. **A word of caution, every exercise program needs to be in line with your current fitness levels. If you have any pre-existing health and fitness concerns, please speak to your physiotherapist first. If in any doubt, get it out; please feel free to write to me whenever needed.** The challenge is to see what you're made of and the thrill of discovering the real you. Get fit and become a warrior to find personal freedom - when exercise is done right, your health and strength provides plenty of energy and lot more enjoyment in the quality of lifestyle!

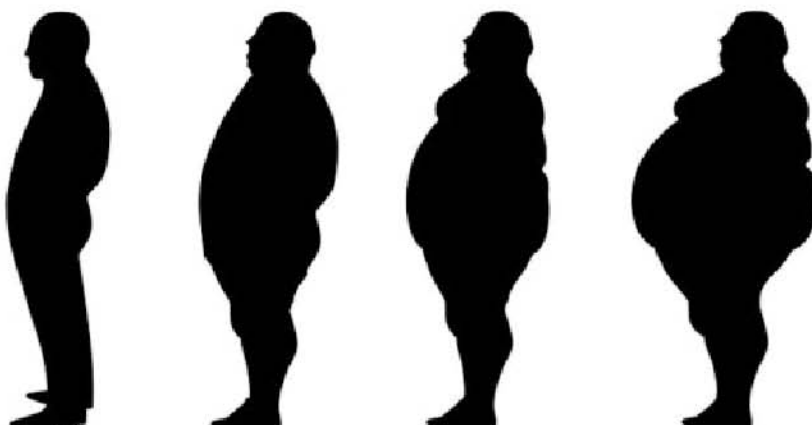
Before we start, have you heard of the term, 'Conditioning'? Only an infinitesimally tiny number of people seem to understand it anymore. And sadly, even fewer actually practice 'Conditioning' or 'Functional Fitness'. Imagine a beginner who wants to start working out; they wish to get leaner, more muscular, healthier and feel their best. Often, I see many recommending incredibly advanced routines even for beginners - that's terribly dangerous, as most of these 'recommended programs' are actually designed for athletes.

My advice for all beginners is - **Keep It Simple!** Let's ensure there are no injuries or adverse effects of an over-zealous program. Remember, your day exercises taught in school? Don't give up on these basic exercises - like the simple warm-up - stretching, breathing, pull ups, push-ups and sit ups - and run after fad exercise programs. If you were a scout, you would remember your BP6 exercises you were made to do every morning at camp. Start with those simple movements and exercises that your body has been used to since childhood. Understand the concept of '**muscle memory**' and know that the good form of exercises you learnt in childhood is your better bet to start your fitness journey. Progress gradually to advanced forms and techniques, as your flexibility and endurance grows. **Remember - there are three things you need to work on in your fitness journey:**

1. Flexibility and balance;
2. Strength and endurance; and
3. Aerobic capacity or stamina.

This full-body home workout is intended to be an overall fitness program to help you achieve a healthy, lean and muscular body. It is not solely a weight loss program, nor is it solely a bodybuilding program, but rather a gentle mix of the two to help the average, work-from-home person achieve fitness levels with little (but optimal) time investment. This program is not for advanced trainees. It is equally efficient for men and women. You need to give yourself just thirty minutes a day for just a month to feel and see the difference... and then take it forward from there.

Let's start off with the three basic exercises we learnt during our school days - Push-ups, Pull-ups and Squats. Please always remember to have a basic warm up and cool down before and after the exercises every time. I suggest you add any cardio activity of your choice, to these three simple but highly effective exercises.





(I) **Push-ups** are one of the best exercises to build upper body strength and definition. Military workouts include these for good reason. Push-ups primarily work your chest, shoulder, and triceps (push muscles) and secondarily engage your core muscles. To understand a good form Push-up, think of your body as one giant straight line - from the top of your head down through your heels. Your butt shouldn't be sticking way up in the air or sagging. You're essentially holding a plank throughout the entire movement. If you have a problem getting the proper form with your body, try this: clench your butt, and then tighten your abs as if you're bracing to get punched. Your core will be engaged, and your body should be in that straight line.

(III) **The Squat** is, arguably, the king of all exercises as it works your entire body and activates your nervous system. While squatting heavy weights can build overall strength quickly, doing high volume of simple body-weight squats can be beneficial for muscle hypertrophy, endurance, and fat loss. The primary muscles worked are the quadriceps, hamstrings, glutes, and core - these are the major muscles that comprise the lower body. For a good form Squat, ensure that your weight is on your feet - it should be on the heels and the balls of your feet, as if they were glued to the ground. You should be able to wiggle your toes the entire movement (though that's not a part of squatting)! Keep your entire body tight the entire time, your core flexed, like you're bracing to be punched in the gut!

These three exercises - Push-ups, Pull-ups and Squats - collectively work all the muscles in the body, heavily work your core, and provide a heart-rate pumping workout to help you lose fat too. The last piece in this full body home workout routine is Cardio! While the three aforementioned exercises stimulate your cardiovascular levels significantly, adding in a cardio day really helps keep that metabolism high and burn unwanted calories.

Daily - do ANY ONE exercise. Say, you choose to do Push-ups on Day-1... you can do five sets of Push-ups, each set done till failure. Meaning, you will perform good form Push-ups till you feel you cannot perform anymore. Take adequate rest (not more than 5 mins) and start another set. The point of failure may vary in every set. Do not push your limits and always listen to your body.

On Day-2, pick up a different exercise and follow the same rules; say, you choose to do Pull-ups. Use your door beam or any makeshift hanging bar at your place. Perform a good form Pull-up in sets of five, similar to the Push-ups format. Again, remember to listen to your body and not to push your limits.

Day-3 can be for Squats to be performed in the same fashion. Now repeat the exercises in the same sequence over the next three days - Days - 4, 5 and 6.

On Day-7, give yourself a break and perform only cardio-aerobic activity such as spot-jogging, skipping, stair climbing, dancing, running, cycling or simple brisk walking, for at least 40 minutes, with a 2-minute rest after the first 20 minutes, if needed. In keeping with the lockdown / virus threat conditions, swimming would not be recommended, even if your society has a members pool opened.

This weekly sequence should be repeated week after week. This way, you'll be working virtually every muscle in your body twice a week and burning more than enough calories to keep you lean, provided you keep your diet clean (eg. high in plant proteins and green vegetables, low in refined carbs). After all, the BIG difference between the TRY and TRIUMPH is that little UMPH!! Sweat it out until we meet next fortnight!

As always do remember to write back to me at:
daneshchinoy@gmail.com / 8454800869.



(II) **The Pull-up** is the ultimate test of upper body relative strength and it builds muscle mass quickly as you increase your pull-up numbers. In fact, the armed forces use these as an entrance test and require you to do at least 8 pull-ups to qualify. With Pull-ups, you'll be working your pulling muscles. A correctly performed pull-up hits the upper back muscles, lats, traps, biceps, and abdominal muscles. Anyone who can do 10 or more pulls is clearly in great shape and will likely have a strong, pain-free upper back. You may hear the term 'Pull-up' and 'Chin-up' used interchangeably. However, there is a difference, so definitions are in order: A PULL-UP is when your hands are facing away from you. A CHIN-UP is when your hands are facing towards you. Chin-ups are generally easier to perform than pull-ups. The wider grip of a pull-up isolates your lats, which means you get less assistance from your biceps.

