

THE TRUTH. DELIVERED WEEKLY.

**White House  
Honours  
Neville  
Sanjana  
With  
'Presidential  
Early Career  
Award for  
Scientists and  
Engineers'**



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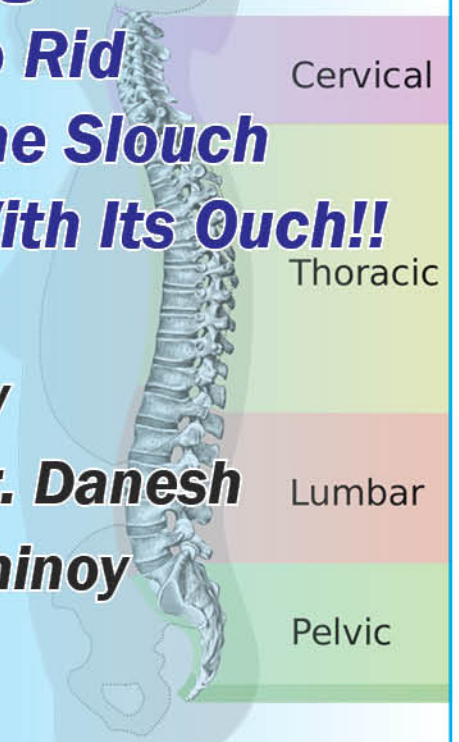
**Secunderabad's  
Khan Bahadur  
Dar-e-Meher  
Celebrates  
100th Salgreh**



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**Ergonomics  
To Rid  
The Slouch  
With Its Ouch!!**

**By  
Dr. Danesh  
Chinoy**



Cervical  
Thoracic  
Lumbar  
Pelvic

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**PARENTS/ STUDENTS Think Win Win!**

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**When** : Sunday, 19th July, 2020  
**Time** : 6:00 pm (IST)  
**Where** : Zoom

This workshop is in association with Doolally. The Zoom link will be mailed to you 2 hours prior to the workshop.

**FROM THE EDITOR'S DESK**

**Success, Failure And The Numbers Game...**



Dear Readers,

With Board results out this week, we had a good number of excited parents and grandparents sharing with PT the academic successes of our talented and hard-working young students, who had made us all proud with their fabulous results. As always, PT's 'Parsi Pride Brigade' (Pg. 4) congratulates and celebrates the efforts and hard work put in by our enterprising young guns, who are well on their way to securing a successful future and a meaningful life.

While we heartily celebrate the achievements of our top-scorers, let the numbers and percentages serve as only inspiration, and not shame, to those who perhaps didn't score the 'high marks' or alternatively, weren't able to clear their class. I've known instances where even parents refuse to divulge the marks of their children because they didn't score in the 90s percentile! Now, coming from parents, that's ludicrous, considering the fact that they were students themselves just 15-20 years ago, when a '75%' or 'Distinction' was a matter of great ecstasy and pride for students and parents!

Yes, times have changed... what with the sky-high academic expectations, crazy pressures and competition... and let's not even venture towards those surreal, nightmarish 'cut-off percentages' set by 'reputed' colleges. Unfortunately, all this sets a false precedent when it comes to defining two of life's most integral aspects - success and failure. The essence and opportunity offered by these, as valuable life-lessons, gets guzzled completely by the 'Numbers Game.'

There's just no escaping the 'Numbers Game'... it eclipses our childhood, rendering success

and failure as the primary reserve of academic percentages achieved in exams; and then, it consumes our adulthood, where success and failure become the primary reserve of the number of digits your salary 'cheques' in! And so, inadvertently or otherwise, we pretty much shape our lives around these 'numbers'.

While we need to change with the times, we need to, more importantly, strike a balance, and not get swept away by the Numbers Game. Which is why, there is a need to reiterate, especially at this point, the true essence of 'failure'... For the most part, failure tends to be more public than success. Or that's how we perceive it. We fear it, we fret it, we try to avoid it; and we question, judge and second-guess our self-worth and that of our loved ones, every time we are faced with an unconventional result, defined as 'failure'. But the simple truth is - no great success was ever achieved without failure. Failure is not a step backwards, it's the unfailing stepping-stone to success.

Best put in the words of globally renowned motivational speaker and best-selling author, Denis Waitley, "Failure should be our teacher, not our undertaker. Failure is delay, not defeat. It is a temporary detour, not a dead end. Failure is something we can avoid only by saying nothing, doing nothing, and being nothing."

May our congratulatory messages serve as celebration to all the deserving students who worked hard for their achievements; but more importantly, may these serve as inspirational stepping-stones to the rest.

Have a lovely weekend!

- Anahita  
anahita@parsi-times.com

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### I Will Follow The Path Blazed By Zarathushtra

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.



Zarathushtra best reveals Thee, Ahura Mazda, to mankind. One of mind with Amesha Spentas, the Archangels, he spoke with the tongue of the Amesha Spentas. He was beloved of both men and angels. His sublime life became an unflinching source of solace and comfort of all. His heart beat in sympathy with the throbs of the aching hearts of all. He was the sublime benefactor of mankind.

Zarathushtra exemplifies in his noble life truth in its purest effulgence. His good Thoughts, good Words and good Deeds bore the stamp of divinity. Though He was the greatest among mortals around Him, humbly did he hold himself less than the least of all.

Fortified in God the Father, He laughed at all vicissitudes of life. In my helplessness and hopelessness, will I clutch hold of Zarathushtra and make Him my guide on life's weary way.

Willingly will I let my heart respond to the call of Zarathushtra to walk on the Path of Righteousness on which He walked and which the good men and women of all ages have trodden in his footsteps. Willingly will I follow His steps and tread the path He trod, for by no other path, Ahura Mazda, can I come to Thee and greet Thee.

I will make Zarathushtra the basis of my life, the pole star of my life. I will make Him my spiritual guide. I will make Him my shining light that will enable me to see Thee, Ahura Mazda, by the light with which He saw Thee.

My one supreme, innermost desire in life is to keep his bright, inspiring image ever before my mind's eye. May Zarathushtra, my beloved prophet, ever live in my heart and pride me and lead me to Thee is my fervent prayer, Ahura Mazda!

## Hormazd Yasht – II: The Role Of Hormazd (The Yasht Series)



DAISY P. NAVDAR

Daisy P. Navdar is a teacher by profession and a firm believer in the efficacy of our Manthravani. She is focused on ensuring that the deep significance of our prayers is realized by our youth. She credits her learnings and insights, shared in her articles, to all Zoroastrian priests and scholars whose efforts have contributed towards providing light and wisdom for all Zarthostis.

I invite you to join me as I journey through the wonderful teachings shared in a Khordeh Avesta, which was printed in 1902 - more than a 100 years ago! Authored by Dinbai Sohrabji Engineer, the teachings, stories and notes in this book speak about the various powers of our prayers, while sharing anecdotes of people who have used these prayers and the tremendous achievements that each has accomplished.

*"Sin has many tools, but a lie is the handle which fits them all."* - Oliver Wendell Holmes

(The following article comprises excerpts from 'Zoroastrianism - An Ethnic Perspective', by Khojeste P. Mistree.)

There is a specific mention made of the timeline of the advent of Ahura Mazda and Ahriman into this world. This timeline is for a total number of 12,000 years and they are further divided into periods of 3,000 years. Ahura Mazda was symbolised by light as that energy could not be described in any other manner. And the existence of Ahriman was simply the absence of light, hence he did not even have an identity of his own. For 3,000 years, the world was in a perfect spiritual state as it was in an unthinking, unmoving and intangible state. The world was a mere extension of the brilliance of Ahura Mazda (Hormazd).

Even though Hormazd repeatedly warned Ahriman of his imminent defeat, the vile Ahriman continued to challenge and attack Hormazd. Therefore, the omniscient Hormazd formulated a timeline to fix a period for this battle. In agreement with Ahriman, a period of another 9,000 years was formulated.

At the very beginning, was the period of *Gomezishne*, wherein Hormazd chanted the *Ahunavar* prayer (*Yatha Ahu Vairyo*) which paralysed the evil Ahriman for 3,000 years. It is during this period that Hormazd created the physical world. He created His good creations from the very essence of His own being. He First created a glowing white Fire, which was the astral form for all his creations.

Out of the essence of that light, Hormazd created the 'Truthful Utterance', from which arose the '*Yatha Ahu Vairyo*'. This was the channel through which He created the Seven Fundamental Beneficent Immortals - which we commonly know as the Seven Ameshaspands.



Ahriman also formulated creatures out of his own vile existence - he created the darkest of all - The untruthful utterance - The Lie!

Upon the completion of the 3,000 years of paralysis, Ahriman entered the world created by Hormazd. He pierced the skies, polluted the waters and the earth; he poisoned the trees. The environmental damage

that we inflict on our planet is indeed the work of Ahriman. He let lose greed, disease, hunger, vice and lethargy onto all creation. He then attacked the Fire, he mingled it with smoke and darkness. This is where he created the evil opposite, where there was light, he created darkness; where there was joy, he brought sorrow; and where there was life, he brought death. Thus, began the strife between all of the creations of Hormazd against all of the vile creatures of Ahriman.

Asho nabi Spitaman Zarathushtra was born 9,000 years after the beginning. He was chosen to save the world from the evil wrought by Ahriman. The path that he was given, was to awaken man and show him the ethical truth of the existence of Hormazd, in order to conquer and vanquish the forces of falsehood.

The ultimate defeat of Ahriman will occur when all the creations of Hormazd come together in the Light of His wisdom. The Good Mind will prevail and Ahriman and his falsehoods will be rejected, they will weaken and cease to exist. It is said that Ahriman entered this world by piercing the sky and that he will exit by the same route, vanquished forever from this realm of Hormazd!

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*Parsi Times congratulates and celebrates the success of our fab students and young achievers who have done achieved great success in their academic performances in Board exams across schools and colleges. We are delighted to feature our young, bright sparks who make our community proud!*

*Do write in to us at [editor@parsi-times.com](mailto:editor@parsi-times.com) with details if you would like to celebrate your success with our community too and feature in PT's Parsi Pride Brigade!*

## Heartiest Congratulations To Our Young Guns...



### Zesty Zenobia!

**16**-year-old Zenobia Powwalla, from Maneckji Cooper Education Trust school secured a whopping 98.4% in her Board exams. Residing in Salsette Parsi Colony with proud parents Farrokh and Hutoxi Powwalla, Zenobia plans to opt for the Commerce stream and pursue a career as a Chartered Accountant.



### Tenacious Twins – Pakzin and Pakzan!

**17**-year-old twins, Pakzin and Pakzan Khodaiji, from Bhavans College (Andheri West), have doubled the joy for their delighted parents - Cyrus and Maheringiz Khodaiji - with their H.Sc Board results! While Pakzin scored 81.38%, Pakzan scored 82.15%! Residing in Salsette Parsi Colony, they wish to pursue BA in Economics and Political Science, and then a B. Ed, on their way to becoming professors / educators!



### Amazing Aaryan!

**15**-year-old Aaryan Jogina, from City International School (Andheri West) topped his school, scoring 98% in this year's ICSE Board exams. The school Head Boy (2019-20) batch, Aaryan nicked the perfect 100% in Maths, Social Studies and Computer Applications, with 99% in Hindi, 97% in Science and 91% in English! Residing at Behram Baug in Jogeshwari, this genius is the son of proud parents - Sampada and Cyrus Jogina, and he has opted for the Science stream in his future course of studies. Since his childhood, Aaryan has been keen on pursuing a career in Astrophysics.



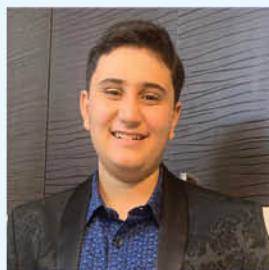
### Competent Kainaz!

**K**ainaz Dinshaw from St. Andrews High School in Secunderabad, secured 85% (A grade) in her CBSE St. X Boards, scoring over 90% marks in three of the five subjects - without any coaching or tuitions! The 17-year-old, residing at Secunderabad's New Parsi Fire Temple colony, owes her success to beaming parents - Sanobar and Sharookh Dinshaw. Kainaz will be taking on the Science stream in junior college as she plans to pursue being a doctor in the future!



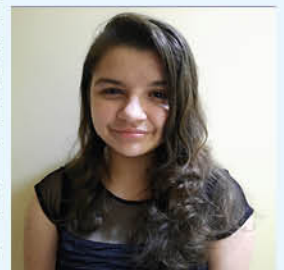
### Wowsome Vaspan!

**V**aspan Rayomand Jeejeebhoy from Vissanji Academy (Andheri East) and resident of Panthaki Baug, secured 94% in the ICSC 2020 Board exams. Son of proud parents - Rayomand and Bakhtawar Jeejeebhoy, Vaspan is a tech-geek and an automobile-enthusiast. He wishes to pursue BMM in college, but also has his eyes on CA or CS. In the future, he hopes to build a career in Advertising and Film Editing.



### Kinetic Kaira!

**K**aira Ichhaporia, from Jamnabai Narsee School (Juhu, Mumbai), and a resident of Behram Baug Parsi Colony, scored 95.2% in the recent ICSE Class X Board exams. The 16-year old, whose mantra is 'hard work, but at your own pace', credits her achievement to her beloved dad, Eric Ichhaporia for his unconditional support, belief and care, in addition to her teachers, tutors and her school. Kaira wishes to fly high in life and has accordingly chosen to pursue a career in flying, in keeping with her dream aspiration of becoming a commercial pilot in the future!



### Shining Shahaan!

**R**esident of Bharucha Baug (Andheri), 16-year-old Shahaan Mistry from Jamnabai Narsee School (Juhu, Mumbai) secured a super 94.8% in his Board exams. The son of happy and proud parents - Parbin and Hanoze Mistry - Shahaan has chosen to pursue the Science Stream and build a successful career in the field of Aviation!



### Proficient Piroz!

**P**iroz Randeria, son of beaming parents - Eric and Hutoxi Randeria, secured 95.4% in his ICSE 10th board exams, scoring 99% in English Literature and History. A student of Champion School for Boys, Mumbai, 16-year-old Piroz enjoys playing games on the PS4 and is passionate about cars. He wishes to take up Liberal Arts in college, en route to a Masters in Political Science or a degree in Media Studies, specialising in Advertising. He's yet to choose between his two equally favourite career options - Indian/ Foreign Civil Services and Advertising.



### Amazing Aria!

**A**ria Namdarian from Mumbai's HR College of Commerce & Economics scored a fab 93.84% in the H.Sc Board exams. Being a Math-enthusiast, Aria scored a whopping 97% in Math and 99% in Accounts, much to the delight of her proud parents - Razvin and Hemavand Namdarian. She plans to pursue a career in Actuarial Science in the future.





# The Soul Is Judged By Its Deeds, Not Method Of Disposal



**NOSHIR H. DADRAWALA**

The most powerful aspect of Bertrand Russell's critique of religious belief is his claim, '*Religion is based on fear*', and that '*fear breeds cruelty*'. Fortunately, the religion of Zarathushtra is not based on fear of the Divine, but on love and friendship with *Ahura Mazda*, through *Asha* (truth, purity and righteous conduct).

The Zoroastrian religion is about life and living. It is, therefore, most ironic and unfortunate, that in recent times some lay Zoroastrians have reduced it to a religion mostly focused on death and the afterlife. The philosophy propagated by some is based on fear - fear of the unknown and the unseen, and as Russell rightly said, '*what is based on fear, breeds cruelty*'. Unfortunately, the brunt of this cruelty is felt by the living, even as the dead move on.

Imagine the plight of the relatives, who, on losing a loved one to the dreaded Covid-19, are left with no option but to let the authorities cremate their loved one. A learned High Priest offered a solution for the solace of the living, but those, high on sound decibel and low on religious knowledge, summarily rejected his suggestion. What's worse, relatives continue to worry that because the corpse could not be consigned to the *Dokhma*, the soul will suffer severe torment.

### **Dokhmenashini**

*Dokhmenashini* is an ancient and eco-friendly method for the disposal of dead bodies. But, some wrongly propagate the theory that the souls of those who are buried or cremated experience great pain and suffering, declaring the '*severe regressive effects on the progress of the soul in the afterlife*', with such conviction as if they have a hotline with the Divine Tribunal that judges the soul at *Chinvat* - the Bridge of the Separator.

**As a large number of community members are getting increasingly confused, it is important to separate the wheat from the chaff and examine what the Zoroastrian scriptures really state...**



### **Divine Judgment**

According to Zoroastrian theology, on the dawn of fourth day after death (*Chahrum*), the soul stands before a Divine Tribunal of *Meher*, *Rashne* and *Ashtad Yazads*, who balance all the deeds of the soul during its entire life, and if good deeds outweigh the bad, it is allowed to cross the *Chinvat* Bridge to *Garothmaan* or *Garo Demaana* - the House of songs. This means '*Meher*', who is doctrinally seen as *Davar* or Judge, along with '*Rashne*', who is *Raast* or Righteous Judge, and '*Ashtad*', as the embodiment of Truth - judge the soul's balance sheet of deeds. Thus, standing before the Divine Tribunal could also be interpreted as the soul being able to see its deeds in the presence *Meher* (Divine Light), with *Ashtad* (Truth) and *Rashne* (to righteously judge the deeds). In other words, the soul judges its own deeds and finds itself in a happy state of consciousness (House of Song) or an unhappy state of consciousness.

**Thus, very clearly, the soul is not judged on the basis of how its mortal coil is disposed on earth. It is judged on the basis of its deeds while on earth.**

### **Geh-sarna**

In the Zoroastrian tradition, the funeral ceremony is called *Geh-sarna*. The ceremony requires two priests to perform the *Kusti* and after reciting the prayers for the particular *Gah* (watch of the day), hold a *paiwand* between them, put on the *padan* over their face, take the *Baj* and recite the *Ahunawad Gatha* (*Yasna* 28-34).

Recently, our learned Scholar High Priest Dasturji Dr. Firoze M Kotwal suggested that if two priests holding the *paiwand* (ritual connection) perform the *Geh-sarna* facing the *Dokhma*, it may bring some solace to the relatives of the deceased whose mortal remains are cremated (against their wishes) due death by Covid-19. This caused an unprecedented uproar amongst some, specifically those who have neither studied Zoroastrian history in depth, nor read a single authentic religious text!

### **For The Living Or The Dead?**

It was recently argued that the *Geh-sarna* ceremony is for the soul of the dead and not the living. Let's examine the facts...

Ervad Dr. Sir. Jivanji Jamshedji Modi, a leading scholar of his time, states in his paper, '*The Funeral Ceremonies of the Parsees*', that *the recital of Gatha "is intended to give moral courage to the survivors to bear up with fortitude the misfortune of the loss of the deceased."*

**Vendidad 10.1-2 states:** "*Zarathushtra asked Ahura Mazda: 'O Ahura Mazda! Most beneficent Spirit! Holy Creator of the material world! How are we to stand against the *druj* (evil influence), which runs from the dead to the living? How are we to stand against the *nasu* (evil influence) which carries infection from the dead to the living?'*

"Then *Ahura Mazda* replied: '*recite those words which are spoken twice in the Gatha*'. This is a reference to

the passage in the beginning of the *Ahunawad Gatha*.

**Thus, even the Vendidad** (the preferred text of the traditionals) **affirms that the Geh-sarna is for the benefit of the living.**

### **Why Do Zoroastrians NOT Bury Or Cremate?**

Zoroastrians revere *Ahura Mazda* through the medium of fire and therefore it is doctrinally deemed inappropriate to burn the dead. Zoroastrians do not bury the dead because it pollutes the ground. The *Vendidad* states that earth is tormented when we bury the dead. Incidentally, *Vendidad* refers to '*torment of the earth*', not '*torment to the soul of the dead who is buried*'.

**In other words, Dokhmenashini is a system for the disposal of the dead by exposing the corpse to the elements of nature. The Dokhma is not a launch pad for the soul to Chinvat!**

**Not for even a moment are we advocating burial or cremation over Dokhmenashini. However, it is also a fact that there is not a single Zoroastrian scripture which says that unless the dead body is consigned to the Dokhma, there will be 'severe regressive effects on the progress of the soul in the afterlife'.** There is not even a shred of evidence in support of this fallacy.

**Forsake Fear! Religion should inspire, not make us perspire!**



# Urmaze Naterwalla Authors Textbook On Machining Solutions

Mumbai's Urmaze Naterwalla has just authored a textbook titled 'Machining Solutions - The Art & Science of Metal Cutting'. His sole mission for many years has always been to help people do better in their manufacturing careers and/or help someone identify a career path in Manufacturing and Machining. Engineering students and practitioners of the Engineering field will find this book very useful.

'Machining Solutions - The Art & Science of Metal Cutting' is intended to coach a reader through the fundamentals of metal cutting and related best practices, and all the way through some advanced machining solutions. The logical thinking patterns shown allows end users to think on the spot in a stress filled production machining environment, and arrive at confident machining solutions. The level of detail has been filtered and organized based on the needs of the end user. This book allows the user to mature their learning from the basic concepts of metal cutting (nomenclature, geometry, speeds & feeds), and relate them with advanced machining solutions (material removal rates, machine selection, balancing, vibrations, tool wear).

Born and raised in Mumbai's Shapur Baug, Urmaze left for his undergraduate and graduate degrees in the US on completing his schooling from the Scholar High School. He started his machining journey by working as a machine operator at a very early age. Having acquired advanced degrees in Mechanical and Industrial Engineering from The Ohio State University, he steered his research on machining process optimization.

Later, while working in Aerospace

Manufacturing, he acquired an MBA from the Oregon Executive MBA program, where he steered his focus to developing machining related research centers. His professional career included experiences with developing and running a technology center at Ingersoll Cutting Tools, team leader of the Machining Solutions group at the Boeing Company, and Head of R&D at the Oregon Manufacturing and Innovation Center.

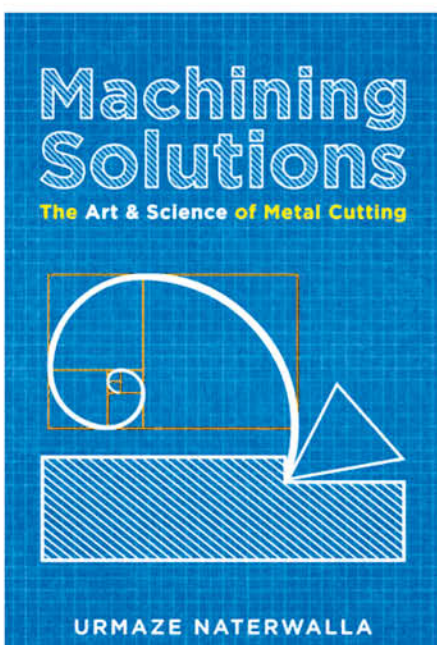
Throughout his illustrious career, Urmaze nurtured his passion of teaching. His teaching experience includes tutoring children in math, machining solutions courses at corporations, university classes, apprentice programs, high school joint programs, seminars, and conferences. It is this collective professional experience, combined with teaching background that has led to the evolution of this textbook and its unique teaching approach. Urmaze shares that he has written this book in a manner that he wishes the topics were taught to him earlier on in his schooling and career.

Speaking to Parsi Times, Urmaze Naterwalla says, "When all is said and done, more is said than done. I am obnoxiously proud of our manufacturing trade, and I want to encourage people to explore the beauty of what it takes



to make things in a sustainable manner. Machining, in most part, is still an art form. We are simply attaching principles of science and engineering as best possible to this historic art. I hope this book will be of service in helping someone find their path in the world of manufacturing."

'Machining Solutions - The Art & Science of Metal Cutting' can be bought online from Amazon India as well as: <https://www.wordzworth.com/sales/authorbooks?ISBN=9781783241415>



## Jiyo Parsi Friday Forum | 24 July | 6-7 PM





July 24 | 6-7 pm

**Courage & Compassion: Field Marshal Sam Manekshaw - A True Leader**

Discussing the film 'In War and Peace' with anecdotal references to the life of India's First Field Marshal.





Dr. Shernaz Cama Jehan Manekshaw Jessica Gupta

In 2003, the UNESCO Parzor Project produced, 'In War and Peace' - a documentary film on the life of India's first Field Marshal Sam Manekshaw. Directed by Jessica Gupta, the documentary travels back in time through Sam's rich and unique life through a conversation with his grandson, Jehan, making the past come alive. The film has been an attempt at bringing alive portions of history which much of today's generation knows little about. It is a tale of heroism, bravery, honesty, wit and much more....

18 years since, living in unprecedented times, we take the opportunity to bring back the film, share some stories and focus on the lesser known side of the legend that is Sam Manekshaw.

Do join us on Friday 24 July 6-7 PM for 'Courage and Compassion: Field Marshal Sam Manekshaw - A True Leader with Dr. Shernaz Cama in conversation with Jessica Gupta and Jehan Manekshaw.

The full documentary is available on Parzor Foundation's Youtube Channel.

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### Jashan and Ghambaar In Perth Brings Much Joy



A good number of the Zoroastrian population in Perth partook of a well organised Jashan and Ghambar on the 5<sup>th</sup> of July, 2020. At least a hundred humdins attended the Dae Mahino Jashan ceremony, which was to take place earlier but was delayed due to the pandemic restrictions.

With the Australian government recently relaxing the stringent rules, groups are now allowed to congregate. Organised by ZAWA (Zoroastrian Association of Western Australia), the event was held on a bright, sunny day in the midst of winter, with five Ervads carrying out the ceremony. Chasni comprising fruits, ravo and malido was served to all, after the Jashan. This was followed by an hour of watching a local

soccer game - a friendly game on the field next door. A delicious Parsi lunch comprising dhansaak, kebabs and salads etc was highly appreciated by all.

The Chasni and lunch was catered by the committee members along with volunteers. A number of young children and adults attending the event was a heartening sight. ZAWA President - Hoshang Deboo, voiced the vote of thanks to all the committee members for the tasty lunch, chasni and floral decorations and all in all, a very well-organised event. It was indeed a day well spent, and much looked forward to, when Zarthostis in Perth could finally come together and meet as a group, after the lockdown spanning a few months.



### XYZ Junoon In June Challenges

By Avan Navdar And Khushmeher Sodawaterwalla

doing various exercises, dance moves and yoga poses!

Over the course of the previous month, the XYZ Foundation held its fun 'Junoon In June' challenges, which included simple, one-minute easy and fun challenges set by different XYZ group members, with a whopping 2,232 participants over the course of the month! These challenges served as great stress busters and kept the participants engaged, healthy and happy. Tehmurasp's Titans contributed the maximum participants, closely followed by the Rustom's Rockstars.

Junoon in June was a full-fledged mind and body exercise experience, much needed in the current situation, and with nearly 2,232 challenge videos sent in by participants, the last week proved to be a challenge for the editing team as well, but they managed to release each consolidated participation roundup video daily, on time! A memorable month indeed for all, as volunteers kept everyone on their feet, with much action for the mind and body, and lots of fun and laughter all through!

#### # XYZ JUNOON IN JUNE - FINAL

TEHMURASP'S TITANS	673
RUSTOM'S ROCKSTARS	618
JAMSHED'S GIANTS	362
NOSHIRWAN'S KNIGHTS	234
BEHRAM'S BATTALION	101
KETAYUN'S CONQUERORS	77
CYRUS' SUPERSTARS	75
ARTAXERXES' ARMY	50
DARAIUS' DAREDEVILS	26
XERXES' INVINCIBLES	16

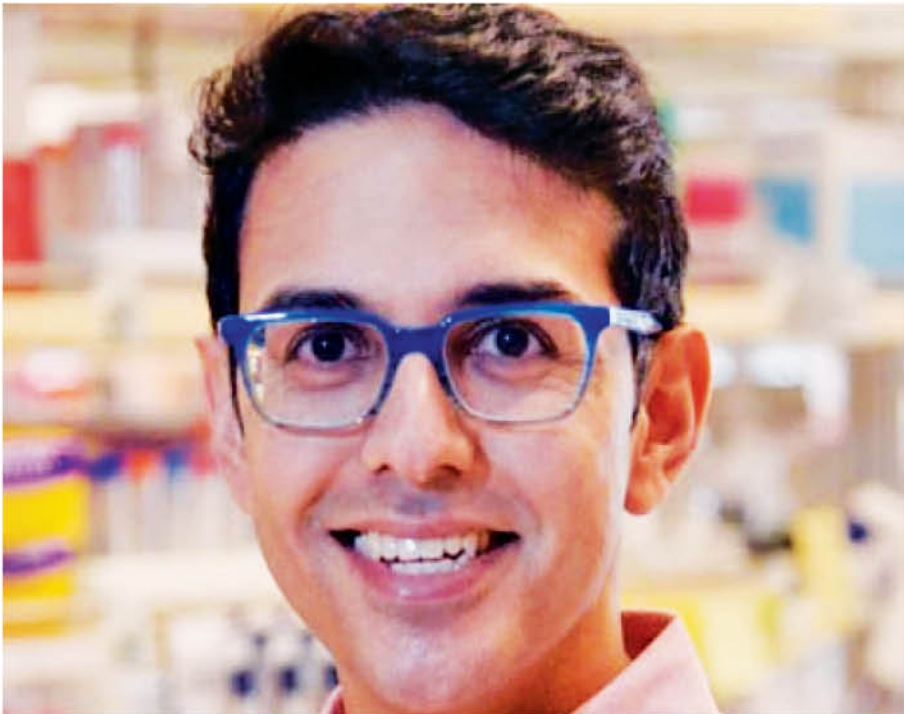
XYZ parent, Dilnaz Tarapore (RR) shared, "A good one month - my son enjoyed lots. When the challenges first commenced in May it was about him learning to be self-confident. Come June, it became a routine and he enjoyed every single day. In fact on the couple of days, he even roped in his cousins, grandparents, aunts and uncles too. Thank you for all the great work done by the team XYZ and Hoshang!"

A power packed 'Junoon in June' had a challenge set up daily, by XYZ team members and volunteers, keeping many bawaji homes and even their friends' homes buzzing with excitement and fun for hours... with props including limboos, matchsticks, coins, TT-balls, playing cards, books... and gestures like finger-pointing and voluntary self-slapping one's own face and nose! Participants, from the age of 3 to 90, jumped around and over obstacles on several occasions,





## White House Honours Neville Sanjana With 'Presidential Early Career Award for Scientists and Engineers'



Last week, Neville Sanjana, an Assistant Professor in the Department of Biology at New York University (NYU) and at NYU's School of Medicine, was awarded the prestigious 'Presidential Early Career Award for Scientists and Engineers' (PECASE), as announced by the White House. These awards identify outstanding scientists and engineers who will broadly advance science and the missions important to federal agencies.

The PECASE Awards are the highest honor bestowed by the U.S. government on outstanding scientists and engineers beginning their careers and "who show exceptional promise for leadership in science and technology," the White House stated, in naming this year's winners. The awards are conferred annually at the White House, following recommendations from participating federal agencies. Neville Sanjana, a core faculty member at the New York Genome Center, who is developing new tools for precise gene repair using CRISPR, a pioneering gene-editing technology, was nominated by the Department of Health and Human Services.

Recently, Neville and colleagues, at the National Cancer Institute, uncovered dozens of novel genes involved in resistance to

therapies that harness the immune system to fight cancer. The findings, which appeared in the journal, *Nature*, stemmed from the team's development of an innovative use of CRISPR - a 'two-cell type' CRISPR assay system, that specifically examines how genetic mutations in one cell can affect the interaction between two different cell types.

Under a Defense Advanced Research Projects Agency (DARPA) Award, given in 2018, Neville Sanjana is now working to accelerate the creation of new methods for precision gene editing to repair disease-causing mutations. In addition, under a National Institutes of Health (NIH) 'New Innovator' Award, a five-year, \$2.9 million grant, Neville and his team are in the process of identifying the sequences and proteins that govern gene expression.

In the long-term, Sanjana seeks to construct a catalogue of all functional elements in the non-coding genome - the part of the genome that does not provide instructions for making proteins but which is increasingly seen as vital in understanding how cells function - in order to more fully comprehend the nature of diseases such as cancer.

## Aucklanders Celebrate End Of Lockdown With Jashan, Ghambaar!



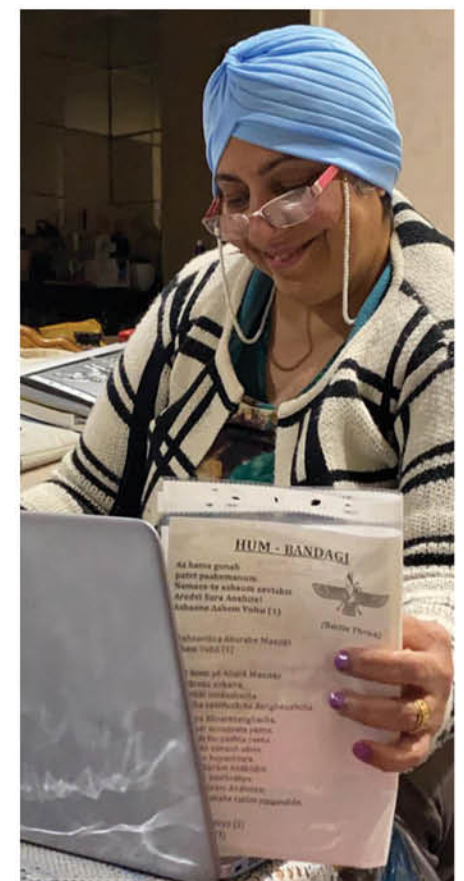
On 28<sup>th</sup> June, 2020, the Zoroastrian community in Auckland celebrated the end of the Lockdown with a Khusahalinu-Jashan, at Bucklands and Eastern Beaches Memorial Hall, overlooking the breath-taking waterfront in Auckland, New Zealand. Around 165 Zarthostis turned up to count their blessings in rejoicing the end of the pandemic, which had brought life to a grinding halt, the world over. Delicious *chasni* was distributed after the Jashan to all.

This was followed by fun games of Housie and a scrumptious Ghambaar, ably organised and sponsored by Benifer Porus Irani, who was helped by the Zarathoshti youth in organising the fun get-together. With Parsi bhonu so much more missed by our Zarthostis abroad, everyone - the young and old - thoroughly enjoyed the *masala dar-chawal*, stew made by Chef Kaizad Karkaria, and lamb kebabs and falafels made by silent youth donors, concluding with the delicious *Lagan nu Custard* and *Mithu Dahi!*

Benifer Irani, the dynamic, go-getter-Auckland, has been hosting the weekly (Mondays) Zoom Hum-Bandagi Prayers throughout the lockdown, along with regular Zoom Housie games on Saturdays, where she ensures everyone has a rocking time, even dropping prizes outside people's homes!

Speaking to Parsi Times, Benifer Irani said, "The Ghambaar and Khushali-nu-Jashan was a thanksgiving and welcome-back celebration of sorts since people have been away from family and friends for so long. Our prayers and our unity as a

community is our greatest strength, which saw us through these tough times. We are lucky, thanks to Prime Minister Jacinda Ardern's quick 'go hard - go early' response to the virus, which helped all us Kiwis and us Kiwi-Zarthostis to work towards a COVID-free New Zealand. Now the focus is on building the economy and making sure that everyone is safe with so many New Zealanders returning home from COVID-19 infested countries all over the world."



Overall, it was a much needed and well-received, in-person celebration for all the Kiwi Zoroastrians!



### Zarrir And Zerkxis Bhandara Offer Muktaad Prayers Over Zoom For Community Members



By Zarrir Bhandara

Since we are following the mandatory social distancing and places of worship are closed, we are offering an opportunity for our humdins to participate in the Muktaad prayers through Zoom (digital platform) from their own homes.

Some people may not be in favor of performing ceremonies over Zoom but we have to do our best in the given circumstances. Hence, considering the unprecedented times we are in, where our community members are not able to visit our Agiaries/Atashbehras and participate in religious ceremonies, this is the best way our community can participate in Muktaad prayers. Their religious thirst can thus be quenched and their religious

needs fulfilled; they can enhance their emotional health, and bring about healing around the world sooner.

Kindly note that all religious ceremonies / prayers / rituals are performed totally on an honorary basis. Praying together is so much more beneficial than praying individually and hearing/ witnessing our religious ceremonies is incredibly powerful, so at a time like this, it would not be right to restrict people from participating just on account of usage of electronic media.

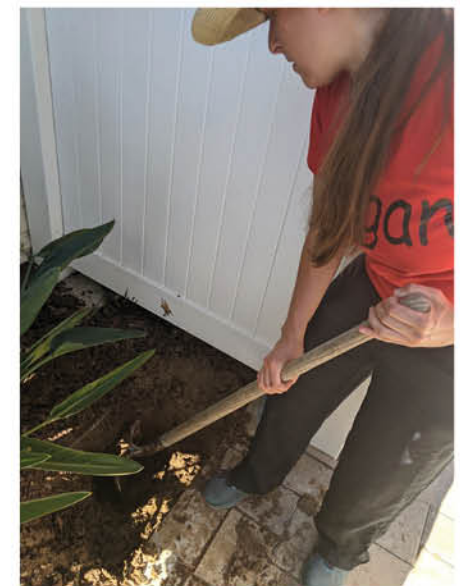
Please click on the following link to participate in the solemn Hama Ashofarohar Jashan performed every day at 6:00 AM, IST, starting Friday, 7th August till Sunday, 16th August, 2020:  
<https://us02web.zoom.us/j/82850199020>

### ZAC Celebrates Gardening Day



On July 4th, 2020, the Zoroastrian Association of California (ZAC) held an outdoor event - a day of cultivating vegetable plants at the ZAC Center - organized by our ZAC Youth coordinator - Dr. Armaiti May, along with Marina Batliwalla and her children - Avamehr, Rasha, and Rishad; Armaiti's mother - Dhun May; Vista - an invitee and Dolly Malva.

Armaiti brought several varieties of organic and non-GMO tomatoes, along with thyme, mint, chives, cucumbers, bell peppers, kale and a raspberry plant, along with potting soil and larger pots for everyone to transplant the vegetables to give them the opportunity to grow big enough and eventually be planted in the ground-soil, at a later date. The raspberry plant was planted directly in the ground, opposite the Atesh Kadeh, which called for digging a large hole in the soil.



Everyone enjoyed the time spent outdoors in the fresh air, working their hands and learning how to grow their own food!

## Excellent Feedback For Pureganic Products!

The caring for community initiative taken by Team Parsi Times for the past year has created the much needed health awareness amongst our community, through Pureganic products, resulting in positive health benefits to users, with appreciation and inquiries pouring in regularly. Such encouraging feedback gives a great sense of satisfaction and encouragement to the confidence and trust reposed in Pureganic products. The following is a small part of the overwhelming feedback received from community members:

**Noshir Dadrawalla (BPP Trustee):** "Pureganic is a good initiative and the products are helping people find relief from chronic pains and illnesses. All should know and take benefit".

**Dr. Mickey Mehta, Global leading Holistic Health Guru and Corporate Life Coach:** "Pureganic is a very responsible and a committed Brand. It truly gives great value to health and healing. Healing maximized... Pureganic gets you Mickeymized!"

**Khushman Shirzad Bhatena:** "With Pureganic Bilona Ghee, my search for something close to what we would eat as kids, has ended. It is a great product that offers so many benefits. I take this opportunity to inform all my women friends to please consume this product for vitality and strength. I really feel good and will continue purchasing it for the benefit of my family. It also helped in healing dry skin. The product is pure and healthy. Let us also not forget our contribution towards the farmers of Kutch, who need our

support. Total value for money!"

**Veera M Rao:** "The Haldi and Tulsi Ark has greatly benefited me & my husband, who suffered from severe acidity and pain. These combined in a glass of water early morning helped control it. Using a small amount of Brahmi Nasya Nasal drops helped my husband with breathing as he always had one nostril completely blocked, which would result in troubled sleep. He is now cured of this malady and has increased energy levels with a quality lifestyle. My sincere thanks to Team Pureganic and I wish them all the best".

**Roshni Amin:** "I am using Tulsi & Haldi Ark, Cow Ghee & Honey from Pureganic and completely satisfied. I use Tulsi & Haldi Ark most consistently in my

vegetable juice, coconut water & also add a drop of Tulsi with half a spoon of Brahmi Honey for sore throat. From the very aroma and taste, one can figure that it is completely authentic and non-gimmicky. Products such as these are a big help to retain some measure of purity in our lives".

**Siddharth Dhabolkar (first-time user):** "Bilona Ghee is amazing. Now, I am your customer for life."

**Pureganic has wide range of organic, natural & health food products with no side effects, cultivated at Farms of Kutch. For more information on products, benefits & availability (Free Home Delivery in Mumbai), Whatsapp/SMS on 9820812244.**



# Secunderabad's Khan Bahadur Edulji Sohrabji Chenai Anjuman Dar-e-Meher Celebrates Its Glorious 100th Salgreh



14th July, 2020 (Roj Ardibehest, Mah Asfandarmad) marked the auspicious centenary of the Khan Bahadur Edulji Sohrabji Chenai Anjuman Dar-e-Meher, situated at MG road in Secunderabad. Despite it being a major milestone year, in keeping with the restrictions of the pandemic, there were no public celebrations and occasion was toned down for this landmark monument. The Dar-e-Meher, which is the youngest of the three fire temples present in the twin cities of Hyderabad and Secunderabad, caters to over a thousand Parsis living in the city.

Under the dedicated efforts of the Head Priest of the Khan Bahadur Edulji Sohrabji Chenai Anjuman Dar-e-Meher, Er. Aspi Patel and the support of its Management Committee, the auspicious day started with a Machi Ceremony at 6:30 am followed by a 'Tandarosti' for the wellbeing of the community. Only fifteen community members, comprising the temple's management committee, conducted and participated in the ritual.

The Dar-e-Meher is situated opposite the 'Seth Viccajee Meherji & Seth

Pestonji Meherji Dar-e-Meher', which is the oldest fire temple in the twin cities, built in 1839 and consecrated on 12th September, 1847. The 'Bai Maneckji Nusserwanji Chenoy Dar-e-Meher' (built in 1904), is located at Tilak Road, Abids and was built to serve Parsis living in that side of the city, due to lack of transport. Collectively, the three fire temple compounds house 430 families in their residential flats.

The Khan Bahadur Edulji Sohrabji Chenoy Anjuman Dar-e-Meher, was built by Seth Jamshedji Edulji Chenoy, son of Khan Bahadur Seth Edulji Sohrabji Chenoy and Bai Pirojbai Edulji Chenoy, along with his brothers, in memory of their late father, during the reign of Osman Ali Khan - the last and seventh Nizam of the erstwhile Hyderabad State. Dastoor Khurshed Dastoor Behram Jamasp Asa consecrated the Dar-e-Meher during the reign of Nizam Mir Osman Ali Khan and King George V. The Chenoy family came to Hyderabad 200 years ago.

Though totalling only around one thousand in number today (430 families), the Parsi /Irani Zoroastrian community in Hyderabad has contributed immensely to the city's development, right from the Asaf Jahi (or Nizam; 1724-1948) era. Their arrival in Hyderabad dates back to 1803 (when the third Nizam, Sikdander Jah, became monarch).



A 40-minute video on the fire temple marking its centenary celebrations, titled, 'Where The Fire Burns Eternally', has been uploaded on YouTube [<https://youtu.be/4PbBLwX5JLE>] by Arnaz Bisney, who thought of making this delightful video as the celebrations would be toned down due to the pandemic. Since it was Navroz season and the photo-frames were removed for renovation, it struck him to make a video, which now comprises 31 frames, forming its crux.

As the Dar-e-Meher achieves this glorious milestone, let us all pray and hope that the long-standing, century-old holy fire will continue to bless our community!



L to R: Ervads Minocheher Karanjia, Aspi Patel (Head Priest), Hoshang Karanjia with Zubin Kapadia (helper) [Pic Courtesy: Jehangir Bisney, Parsiana]



# A Page From A Bona Fide Pluviophile!



VEERA SHROFF SANJANA

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..



I don't know how many of you out there love the monsoon as much as I, but the onset of this season somehow always brings a smile to my face... born in August on the day, supposedly when Mumbai was hit by one of the worst deluges in years. Perhaps the first sounds I heard were those claps of thunder and the incessant downpour... all leading to my great fondness of this season.



Starting from the onset of June, all the way to end-September, Mumbai's monsoons hold the city ransom. All around, it's as if the heavens have suddenly wrapped it in this magical, mystical aspect. Have you heard the wind whistling and the trees whispering? The cascade of raindrops orchestrating the perfect tune? It's almost as if the heavens have given us a respite, a pause, a thorough refreshing douse from all that dirt, stain, filth of those searing, hot months and fierce heat.

That first shower is always extra special. Never to miss shutting one's eyes and breathing in that hypnotic, fresh earthy smell - 'petrichor'- of refreshing rain meeting parched earth, so divine so pure. You just want to bottle up that 'after-rain' scent and keep it!

Some define bad weather as rainy weather. 'Rain' is a word often used pejoratively. "Oh, it's raining again," we mutter, slinking out of our doors for that morning commute, umbrellas

in tow. Weather forecasters look sad and with an almost apologetic shake of the head inform us of overcast skies and more rain. And yes, we do have washed out birthday parties and rain-sodden days at football pitches, wet streets and terrible traffic. It could be challenging to change our perspectives on this constant, sometimes torrential, precipitation. It can get rather difficult to see rain as anything other than a nuisance - wet weather, wet clothes, wet shoes with wet footprints all over your pristine floors! Then there's that unpredictable quality that has you darting back and forth between showers and rude cloud bursts, tossing out timings and routines, held helpless in the wake of its inclement, unreliable nature.

Oh! One thing's for sure - the rains can be as temperamental as the lady next to you! That difficulty in hailing a cab, that annual visit of that dreaded flu and that spike in malaria and dengue has the city worn down and struggling, and of course, it's all the rains at fault! After all, not all folks are Pluviophiles. I, on the other hand, choose to ignore the traffic blocks, the potholes, the sewage issues and then all I am left with is an honest reflection on the vagaries of life... it's a paradox how the storm waging outside can beautifully calm the one waging inside.

I love the forlorn, grey skies, I love that earthy smell of soil and sod and I most definitely love the soft sounds of pattering rain on windowpanes and rooftops. I love the sway of palm trees, almost like a dance dotted all along our waterfronts. I love the songs of the trees and the hushed poetry of raindrops sparkling on smooth leaves. I love the serpentine trails of water rivulets that

frolic along the sides of streets, only to gush and then gurgle, to finally disappear into underground drains. I love the thought of open, vast country stretches and their subterranean parched underground bellies satiated with water.

I love the soft, hectic play of the ocean at first, with those tentative whitecaps or, at the most, assertive lapping. But in minutes, it can change, getting a true running start and then I'm just about ready to see the alchemy of rain and sea! This wild ocean unleashed, roiling currents, torrential downpour... all in perfect, untamed accord... the crash of giant waves, the thunderclaps, lightning streaks - all in native harmony with those dark skies, savage clouds and lusty landscape... the skies, seas and land all shredded in turbulent rage, never look more beautiful!

Nothing pleases me more than a good read, a great cry and some comfort food, curled up in a cosy blanket, comfy with a hot beverage indoors, while all of nature is at its uproarious best. Does a rainy-day forecast conjure up delightful images for you? Are you part of that special tribe of pluviophiles who absolutely love the rain, even as the rest of the world whines endlessly about being wet and cold. You meanwhile fantasize and delight in those delicious drops pouring down and wonder how someone could not appreciate a gloriously gloomy day!

People who love rain are people who bask in their experiences. They love this time to pause and reflect. They are receptive creatures with creative sensibilities and sharp emotional keenness. They can describe the rain in vivid detail, from the mesmerizing pitter-patter sounds, to the hypnotic rhythm each drop magnifies and changes the scenery on the other side of that windowpane, as birds revel in those shallow pools of water and the scent of the storm. They enjoy the tangible feel of water dripping down their skin and those cold drops pummeling their face, challenging the smooth elasticity of their skin, the taste of those fresh drops sweeter than wine!

Arms outstretched upwards, twirling around, that little girl is a bona fide pluviophile! You can spot them early on, childhood memories an avid pluviophiles often reflect on those never-to-be-forgotten, long walks with toes soaking wet in rain shoes, clothes drenched through and through, lost in the moment, playfully splashing through puddles, tracking their happiness with those streams of water along the roads and paths cut out where the rain leads them. Rain goddesses are introspective; they are shy introverts but come the rains and they metamorphose into dazzling butterflies!



If you've enjoyed dancing between raindrops, singing every rain song, if Eddie Rabbitt's 'I Love a Rainy Night' has always been a favourite on your playlist, if your wet hair and washed makeup doesn't bother you, then you, my friend, are a true rain worshipper! Pluviophiles know just how to look at the simple realities of life and put them in context. A little rain will not have them freaking out... after all it's a few tiny raindrops and not the zombie apocalypse! If you ever need someone to talk you off a ledge, go find someone who loves the rain. Chances are they will have you in your Zen place in no time!



# The Bawa Word Search

Search out 16 Wettest Places in the World with the heaviest Monsoons hidden in the word-jumble box below, in bi-directional, horizontal, vertical and diagonal forms:

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

- |                           |                       |  |                   |
|---------------------------|-----------------------|--|-------------------|
| Cherrapunji (India)       | Mt Waialeale (Hawaii) | Tutunendo (South America)                | Big Bog (Hawaii)  |
| Emei Shan (China)         | Debundscha (Africa)   | Cropp River (New Zealand)                | Mawsynram (India) |
| Bellenden Ker (Australia) | Bowden Pen (Jamaica)  | San Antonio de Ureca (Equatorial Guinea) | Belem (Brazil)    |
| Henderson Lake (Canada)   | Melchior (Antarctica) | Kuala Terenggan (Malaysia)               | Kukui (Hawaii)    |



## TechKnow With Tantra

### Layout from Instagram: Collage

This is a simple app which allows you to stitch upto 9 images together and load them onto Instagram, which otherwise allows you to add only one image at a time. This way, you can combine multiple images into one collage pic. You can also tweak various parameters of pics including the size, border width or zoom. You can also replace an image, mirror it or flip it upside down. The final product can be further enhanced by using Instagram's native filters.

Android: <http://bit.ly/2L5gIDl>

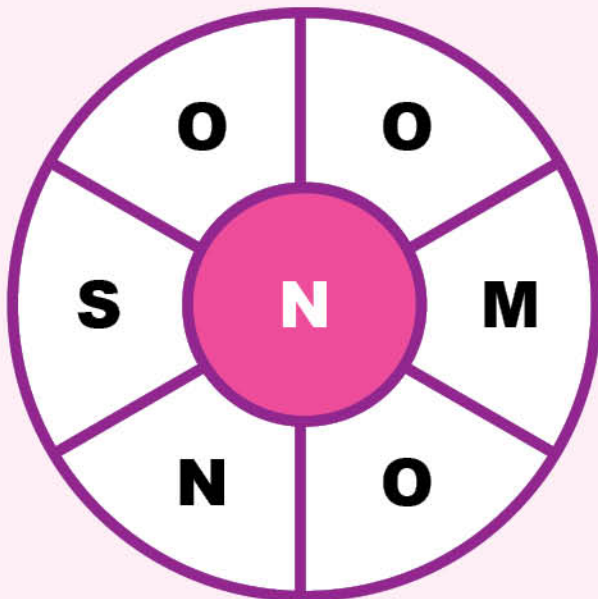
iOS: <https://apple.co/2L5IjAl>

## SUDOKU

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

## HOW MANY WORDS?

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



**RESULTS:**  
Average - 5 or more words  
Good - 7 or more words  
Outstanding - 8 or more words

## WINNING CAPTION!!!



Trump: I renamed Covid the 'China Virus' - your economy will go into a slump!  
Xi Jinping: And what about the US-virus that the whole world calls 'Trump'??

By Jeniffer and Shapurji Marolia (Mumbai)

## CAPTION THIS!



Calling all our readers to caption this picture!  
The wittiest caption will win a fabulous prize!  
Send in your captions at [editor@parsi-times.com](mailto:editor@parsi-times.com) by 22th July, 2020.

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



# Presents Chef Delzad



**Chef  
 Delzad K Avari**

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

**T**his This week, Chef Delzad shares delicious and flavorful, comfort food recipes for the monsoon season - *Chicken Pasta Pie and Thai-inspired Stir Fried Shrimp Noodles with Chilli Oil.*

## Chicken And Pasta Pie



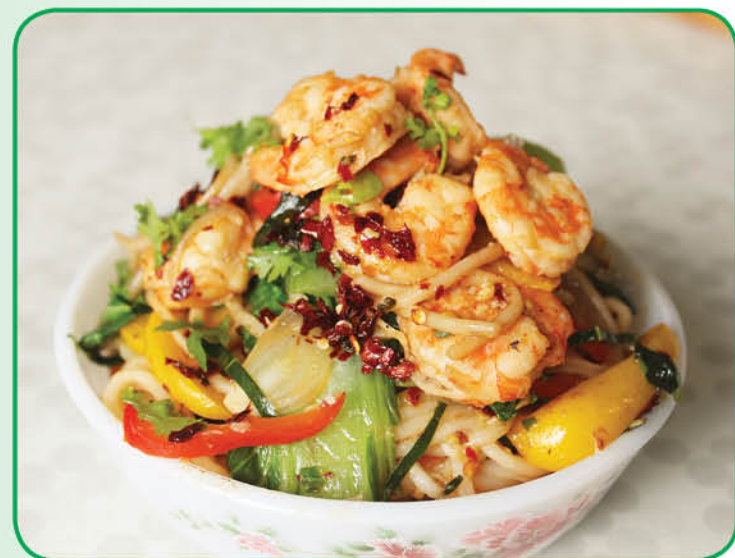
### Ingredients:

**Boiled pasta** (shape of choice) – 200g; **Chicken breast** (cut in small dices) - 200g; **Chopped onions** – 2 medium; **Chopped garlic** – 5-6 cloves; **Chopped parsley/coriander** – ¼ bunch; **Chilli flakes** – 1 tsp; **Dry Mixed herbs** – 1 tsp; **Butter** – 30 g; **Flour** – 30 g; **Milk** – 100 g; **Mozzarella cheese** – 200 g

### Method:

1. Heat olive oil in a pan. Add the diced chicken seasoned with salt and pepper and cook till cooked through.
2. Heat butter in a pan. Add the onions and garlic and saute for 2 mins
3. Add the flour and cook together till you get a sandy texture
4. Cook for a few minutes then add the milk and stir vigorously to avoid any lumps and cook till you get a thick white sauce of dropping consistency
5. Season with salt, pepper, chilli flakes, herbs and chopped coriander/ parsley
6. Add the chicken and pasta to the thick white sauce, add half the mozzarella cheese and mix well
7. Transfer to a baking dish and top with the remaining mozzarella cheese
8. Bake @180 C for 20 - 25 mins or till the cheese gratinates and turns golden brown.

## Thai Inspired Stir Fried Shrimp Noodles With Chilli Oil



### Ingredients:

**Boiled Noodles** – 200g; **Sliced garlic** – 5 – 6 cloves; **Lemongrass sliced** – 2 sticks; **Chopped Thai kaffir lime leaves** – 3 pcs; **Galangal** ( thai ginger) sliced – 1 inch piece; **Sliced onions** – 1 large; **Julienne coloured bell peppers** – 1 large; **Pak choi/cabbage** (Cut in chunks) – 150 g; **Fresh coriander** – ¼ bundle; **Fresh basil** – 10 leaves; **Prawns cleaned and deveined** – 200 g; **Chilli oil** – 4 tbsp (depending on tolerance); **Salt and pepper** – to season; **Soya sauce** - 1tbsp; **Vegetable oil** – 2 tbsp

### Method:

1. Heat oil in a pan. Add the galangal, lemon grass, lime leaves, galangal and saute for 2 mins.
2. Increase the heat and add the onions, bell peppers, pak choi, the prawns and cook for 3 - 4 mins
3. Add noodles, coriander leaves, basil leaves
4. Add chilli oil, salt, pepper and soya sauce and toss together on high heat till everything is combined
5. Serve piping hot!



## THE TRUTH. DELIVERED WEEKLY.

### ઈરાનશાહ પહેલ - વિઝન ૨૦૨૦ સાથે દાન (૨ ભાગ ૧)

યુવલ નોહ હરારીએ તેમના પુસ્તક 'સેપિન્સ'માં કહ્યું છે કે, બ્રહ્માંડમાં કોઈ દેવ નથી, કોઈ રાષ્ટ્રો નથી, પૈસા નથી, કોઈ માનવ અધિકાર નથી અને મનુષ્યની સામાન્ય કલ્પનાની બહાર ન્યાય નથી. હરારી દલીલ કરે છે કે માનવતા સહકારથી કાર્ય કરે છે કારણ કે માણસોએ ધર્મો અને માન્યતા પ્રણાલી, રાજકીય સમાજો, નાણાકીય બજારો, ન્યાયિક પ્રણાલી વગેરેની રચના કરી છે કે આ સામાન્ય, કાલ્પનિક વાસ્તવિકતાઓ વિશ્વમાં અમલ કરે છે, કારણ કે દરેક લોકો તેમનામાં વિશ્વાસ કરે છે.

ત્યારે કોઈ સમુદાયમાં મજબૂત માન્યતા સિસ્ટમ હોય છે, ત્યારે તે તેને એક ધર્મ તરીકે સંસ્થાકીય બનાવવાની અને તેના ભવિષ્યના જનરેશન સુધી પહોંચાડવાનો પ્રયત્ન કરે છે. મિલેનિયા માટે, અમારા જરથોસ્તી પૂર્વજોએ મૌખિક પરંપરા દ્વારા આ કર્યું, અહુરા મઝદાના શક્તિશાળી પ્રતીકની આસપાસ પ્રાર્થના અને ધાર્મિક વિધિઓ સાથે ઔપચારિક રૂપ આપ્યું - આતશ, પ્રકાશ અને જીવન આપનાર.

પછી ગ્રીસ અને રોમમાંના મંદિરો જોતાં, આપણા જરથોસ્તી રાજાઓએ મંદિરના બાંધકામો કરવાનું શરૂ કર્યું,

જ્યાં પૂજા માટે આદરણીય આતશ વિરાજમાન કરવામાં આવી હતી. આવા ભૂલી ન શકાય તેવા સ્મારકો પાછળ છોડી દેવાની ઝંખના એ છે કે ભાવિ જનરેશન કદી એક બાજુ ન રહી જાય.

ઈરાનથી ભાગી ગયેલા અને ભારતમાં આવેલા આપણા જરથોસ્તી પૂર્વજોએ પણ આવું જ કર્યું - તેઓએ સંજ્ઞામાં પ્રથમ આતશ બેહરામ એટલે

સમુદાયો ઉદવાડાની આજુબાજુમાં ખીલે છે અને શારીરિક અને આર્થિક રીતે તેને ટેકો આપ્યો છે. પરંતુ છેલ્લી સદી દરમિયાન, હક્ત કેશ્વર જમીન પર મોટી સંખ્યામાં જરથોસ્તીઓ ખસેડ્યાં છે. આજે ભારતની તુલનામાં વધુ જરથોસ્તીઓ ભારતની બહાર રહે છે. ભારત અને ડાયસ્પોરામાં ઘણા માને છે કે તેઓ તેમની સમૃદ્ધિ અને સુખાકારી

- આપણા ઈરાનશાહના આશીર્વાદને લીધે છે.

ઈરાનશાહ આપણા વિશ્વાસની સાતત્યના સંકલના રૂપે આપણા હૃદય અને દિમાગમાં રહે છે. શબ્દો તે વર્ણવવા માટે અપૂરતા હોય છે જેથી ઘણાં જરથોસ્તીઓ પ્રાર્થના કરી છે અને અહુરા મઝદાના દૈવી કૃપાનો અનુભવ કર્યો છે. તેથી, હવે ભારત અને દુનિયાભરના આપણા બધા પર નિર્ભર છે કે, આ ભૌતિક સંસ્થાની આધ્યાત્મિકતાને શારીરિક, આર્થિક રીતે દરેક સંભવિત રીતે સમર્થન આપવા ઈરાનશાહ પહેલમાં ભાગ લે. અહુરા મઝદા આપણા ઈરાનશાહ અને આપણા જરથોસ્તી સમુદાયને આવનારા સમય માટે આશીર્વાદ આપે!

- હોમી ડી. ગાંધી, Immediate Past President, FEZANA



કે વિક્ટોરિયસ ફાયરની સ્થાપના કરી. આ પવિત્ર ન્યોત ખૂબ આદરણીય અને મહત્વની હતી, તેથી શરણાર્થીઓ માત્ર ટકી શકશે નહીં, પરંતુ તેમના નવા વતનમાં ખીલી ઉઠશે, તેમની શ્રદ્ધા સુરક્ષિત થઈ શકે. જેથી તેઓએ તેને સ્થાને સ્થાને ખસેડ્યું, તેને બચાવવા માટે. લગભગ એક હજાર વર્ષ માટે જ્યાં સુધી તે ઉદવાડામાં ૧૭૪૨માં ફરીથી વિરાજમાન ન થયું ત્યાં સુધી. આ આપણા ઈરાનશાહ છે!

સદીઓથી, ભારતના જરથોસ્તી

### ઉદવાડા મુક્તાઈ સ્કીમ

મુક્તાઈના દસ પવિત્ર દિવસો દરમિયાન, અફરગાન, ફરોશી અને સતુમની પ્રાર્થનાઓ ઈરાનશાહ આતશ બેહરામમાં કરવામાં આવશે અથો ફરોહરના નામ ઉપરોક્ત તમામ પ્રાર્થનામાં પાઠ કરવામાં આવશે. નામ દીઠ રકમ રૂ. ૫૦૦/-



### પુરશેદ કે. દસ્તુર

\* ઈરાનશાહ આતશબેહરામની સામે. ઉદવાડા - ૩૯૬૧૮૦  
\* પી-૭ ખુશરોબાગ, કોલાબા, મુંબઈ ૪૦૦૦૦૧.  
નોટ: ઉપરોક્ત નામો ૦૧-૦૮-૨૦૨૦ સુધી સ્વીકારવામાં આવશે. રોજ ૨૧, માહ ૧૨.

### ઉદવાડા મુક્તાઈ સ્કીમ - ૫.૭. ૧૩૮૯

પ્લીઝ નોટ: વર્તમાન રોગચાળાને કારણે, મોબાઈલ સંદેશાઓ દ્વારા અથો ફરોહરના નામ સ્વીકારવામાં આવશે.

નેટ બેલેન્સ દ્વારા ચુકવણીઓ ઓનલાઈન કરી શકાય છે:

અકાઉન્ટ નામ : પુરશેદ દસ્તુર  
બેન્ક : એક્સિસ બેન્ક  
બ્રાન્ચ : ઉદવાડા  
અકાઉન્ટ નંબર : ૯૧૯૦૧૦૦૩૨૧૬૮૮૭૫  
આઈએફએસસી કોડ : યુટીઆઈબી૦૦૦૧૭૫૩

અમારા રેકોર્ડ્સ માટે બેન્ક ટ્રાન્સફર કરતી વખતે કૃપા કરીને તમારા વ્યવહારની પ્રકૃતિમાં તમારા નામનો ઉલ્લેખ કરો.

ફક્ત બેન્કની ચુકવણી પૂર્ણ થયા પછી, કૃપા કરીને સંદેશ, મોબાઈલ નંબર ૯૮૨૦૩૪૧૨૪૭ પર એસએમએસ દ્વારા બધી વિગતો સાથે નીચેના ફોર્મટમાં મોકલો:

મોકલનારનું નામ

એડ્રેસ

મોબાઈલ નંબર

ટોટલ અમાઉન્ટ ચુકવણી

બેન્ક ટ્રાન્સફર નંબર.

અથો ફરોહરના નામો

રશીદ તમારા માન્ય કરેલ એસએમએસ પર મોકલવામાં આવશે.

નામ મોકલવાની છેલ્લી તારીખ ૧લી ઓગસ્ટ, ૨૦૨૦

રોજ ૨૧, માહ ૧૨

### એસઆઈઆઈ દ્વારા ઉત્પાદિત કોવિડ - ૧૯ રસીને હજી છ મહિના બાકી છે



ગયા અઠવાડિયાની શરૂઆતમાં, વિશ્વની સૌથી મોટી રસી ઉત્પાદક સીરમ ઇન્સ્ટિટ્યૂટ ઓફ ઇન્ડિયા (એસઆઈઆઈ)ના ચીફ એક્ઝિક્યુટિવ ઓફિસર આદર પૂનાવાલાએ કહ્યું હતું કે, ડ્રગ કંટ્રોલર જનરલ ઓફ ઇન્ડિયા (ડીજીસીઆઈ) દ્વારા એસઆઈઆઈની રસી માટે મંજૂરીના છ મહિના બાકી છે, કારણ કે સંગઠન તેની સલામતી અને

અસરકારકતાની સુનિશ્ચિત પ્રક્રિયાઓને પગલે ધ્યાન કેન્દ્રિત કરે છે.

એકવાર અમને ભારત અને વિશ્વ માટે સલામત અને સારી રસીનો વિશ્વાસ થઈ જશે, ત્યારે ડ્રગ કંટ્રોલર (ડીજીસીઆઈ) દ્વારા અમને લાઈસન્સ મળશે ત્યારે અમે ચોક્કસપણે તેની જાહેરાત કરીશું. 'પરંતુ, તે હજીથી ઓછામાં ઓછા છ મહિના દૂર છે.' પૂનાવાલાએ એક પત્રકાર પરિષદમાં જણાવ્યું હતું. સાથે તેમણે ઉમેર્યું હતું કે રસી માટેની અજમાયશ ફક્ત વર્ષના અંત સુધીમાં પૂરી થશે.

ઓકસફર્ડ યુનિવર્સિટી દ્વારા વિકસિત રસી બનાવવા અને સપ્લાય કરવા

એસઆઈઆઈ બ્રિટીશ-સ્વીડિશ ડ્રગ નિર્માતા એસ્ટ્રાઝેનાકા સાથે ભાગીદારીમાં છે. આ કાર લેકેજ, એસઆઈઆઈ ૨૦૨૦ના અંત પહેલા ૪૦૦ મિલિયન પૂરા પાડવાની પ્રતિબદ્ધતા સાથે ભારત અને અન્ય ઓછી અને મધ્યમ આવક ધરાવતા દેશોમાં રસીના ૧ અબજ ડોઝ સપ્લાય કરશે.

ઓકસફર્ડ યુનિવર્સિટી દ્વારા વિકસાવવામાં આવી રહેલ રસી લાલ-માં કિલનિકલ ટ્રાયલના સૌથી અદ્યતન તબક્કામાં છે, જેમાં લગભગ ૧૦,૦૦૦ સહભાગીઓ સાથેના તબક્કા ૨ અને તબક્કા ૩ ના અભ્યાસ ચાલુ છે. આ રસી લોકાર્પણ માટે પ્રથમ હશે તેવી અપેક્ષા છે. અત્યાર સુધી, રસીએ ચાલુ કસોટીઓમાં સકારાત્મક પરિણામો

દર્શાવ્યા છે. એક આશા બાંધી શકીએ કે તે કોવિડ-૧૯ માટે અસરકારક રસી બનશે. ભારતમાં પણ પરીક્ષણો લેવામાં આવશે.

તાજેતરમાં જ, એક રસી ઉમેદવાર વિશે સમાચાર આવ્યા હતા, જેને ઝડપી પાડવામાં આવ્યો છે. અમે કંઈપણ દોડાદોડ કરવા માંગતા નથી. 'અમે

સલામતી અને અસરકારકતા સુનિશ્ચિત કરવા માંગીએ છીએ,' પૂનાવાલાએ માયલેબ ડિસ્કવરી સોલ્યુશનની 'કોમ્પેક્ટ એક્સએલ' પરીક્ષણ પ્રણાલીના અનાવરણ સમયે કહ્યું. તેમણે એપ્રિલ, ૨૦૨૦માં ઇમ્પેક્ટ ઇન્વેસ્ટર ગ્રુપ એ.પી. ઝોબલેના અધ્યક્ષ, અભિજિત પવાર સાથે માયલેબમાં રોકાણ કર્યું હતું.





## માણસને ઘણું શીખવી જાય છે ખાલી ખીસું!

ઘરમાં મિત્ર આવ્યો એટલે તરત જ રોકેશ ઉભો થઈને એને પાણી આપ્યું અને ખબર અંતર પૂછ્યા.

રોકેશના મમ્મી પણ ઘરમાં જ હતા તેને પણ રોકેશના મિત્ર ના હાલચાલ પૂછ્યા. જમવાનો પણ સમય થઈ ગયો હતો એટલે તરત જ રોકેશના મમ્મીએ તેના મિત્ર ને કહ્યું તું જમી ને તો નથી આવ્યો ને?

એટલે મિત્ર એ ડોકું ઘુણાવીને ના પાડી રોકેશની મમ્મીએ તરત જ બંને ને જમવા બેસાડી દીધા.

રોકેશના ઘર માં થોડું અજુગતું લાગી રહ્યું હતું અને આમ પહેલી વખત જ મિત્રના ઘરે ગયો હતો અને તરત જમવા બેસાડી દીધો એટલે તેને થોડી થોડી શરમ પણ આવી રહી હતી.

રોકેશ અને તેનો મિત્ર બંને જમવા બેસી ગયા અને થોડા સમયમાં જ બંને જમી પણ લીધું.

અહીં રોકેશના મિત્રે ફરી પાછું નોટિસ કર્યું કે રોકેશ જેવી રીતે સ્કૂલમાં કોઈ જ ખાવાની વસ્તુ ભાણામાં છોડતો નહીં તે રીતે અહીં પણ એવું જ કર્યું.

સ્કૂલમાં તો બધા લોકો ક્યારેક તેનો મજાક પણ ઉડાડતા પરંતુ રોકેશના મિત્ર ને જાણવાની તાવાવેલી લાગી કે આખરે રોકેશ આવું શું કામ કરે છે?

તેણે તરત જ રોકેશ ને પૂછ્યું રોકેશ તો હવે તો કારણ જણાવો કે શું કામ હતું કોઈ દિવસ વાસણમાં ખાવાનું પડતું છોડતો નથી?

રોકેશ જવાબ આપતા કહ્યું હું થાળીમાં ખાવાનું છોડતો નથી તેના ત્રણ કારણ

છે. પહેલું કારણ એ છે કે આ મારા પિતા માટે આદર છે, જે પિતા આ ભોજન અને મહેનતથી કમાયેલા રૂપિયાથી ખરીદીને લાવે છે.

બીજું કારણ એ છે કે આ મારા માતા પ્રત્યે પણ આદર છે જે રોજ સવારે જલ્દી ઉઠીને મારા માટે રસોઈ બનાવે છે.

અને ત્રીજું કારણ એ છે કે આપણા દેશના એ દરેક ખેડૂતો પ્રત્યે પણ આદર છે જે ખેતરમાં પોતે ભૂખ્યા હોય તો પણ ખૂબ જ મહેનત કરીને ભોજન ઉગાડે છે.

અને આ ત્રણ કારણો ના કારણે જ હું થાળીમાં ખોરાકને પડતો મૂકવો તે અનાદર સમજું છું.

તેનો મિત્ર થોડીક જ વારમાં સમજી ગયો કે રોકેશ ભલે ઉંમરમાં તો તેના જેવડો જ હતો પરંતુ તે ખૂબ જ મહાન ગુણ ધરાવતો હતો.

રોકેશના ઘરની પરિસ્થિતિ તેના મિત્રના ઘરની પરિસ્થિતિ કરતા કેટલી હદે ખરાબ હતી. કદાચ એટલે જ કહેવાય છે કે ખાલી ખીચા માણસને જીવનમાં ઘણું બધું શીખવી જતા હોય છે.

આવી તો ઘણી વાત હતી જે પોતાના પરિવારમાં રહીને રોકેશ શીખ્યો હતો. આવી નાની-નાની વાતને પણ આટલું મોટું મહત્વ તેના મિત્રે કોઈ દિવસ આપ્યું ન હતું.

ભોજન લેતી વખતે થાળીમાં ક્યારેય પડતો મૂકવો નહીં અને આપણા મિત્રો તેમજ બાળકોને પણ આ રીતનું શીખવાડવું જરૂરી છે.



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## મગની દાળનો શીરો



સામગ્રી: ૧૦૦ ગ્રામ કશ કરેલી મગની દાળ (ફોતરા વિનાની), ૭૫ ગ્રામ ઘી, ૭૫ ગ્રામ ખાંડ, ૧ કપ દૂધ, ૧.૫ કપ પાણી, એલચી પાવડર, બદામ-પિસ્તાની કતરણ.

રીત: મગની દાળનો શીરો બનાવવા માટે પહેલા તો ધ્યાન રાખો કે છોતરા વગરની મગની દાળ લેવી અને દાળને પલાળી લેવી. મગની દાળને મિક્સરમાં પીસો ત્યારે ખાસ ધ્યાન રાખો કે તે એકદમ બારીક પીસાય. જો તે બારીક નહિ પીસાઈ હોય તો હલવો સોફ્ટ નહિ બને. આથી શીરો બનાવતા પહેલા આટલી તૈયારી કરવામાં ખાસ ધ્યાન રાખવું. પેનમાં ઘી ગરમ થાય ત્યાર બાદ તેમાં કશ કરેલી મગની દાળને શેકો. દાળ લાઈટ બ્રાઉન રંગની થાય ત્યાં સુધી તેને શેકવી. ખાસ ધ્યાન રાખો કે શીરો શેકવા માટે પલોળી કડાઈ જ લો. આવી કડાઈમાં શીરો નીચે ચોંટવાનો ડર ઓછો રહે છે. દાળ બરાબર શેકાઈ જાય પછી તેમાં ગરમ કરેલું દૂધ અને પાણી નાંખો. ઘણા લોકો દૂધ-પાણી ઉમેર્યા પછી તરત જ ખાંડ ઉમેરી દેતા હોય છે. પણ જ્યારે હલવો ઓછો ચીકણો લાગવા માટે પછી જ તેમાં ખાંડ ઉમેરો. આમ કરવાથી હલવો માપસરનો ગળ્યો બનશે. શીરામાં ઘી છૂટુ પડવા માટે એટલે તેમાં એલચીનો પાવડર મિક્સ કરો અને ઉપર બદામ-પિસ્તાની કતરણથી તેને સજાવો. તમારો મગની દાળનો શીરો તૈયાર છે.

## બેચેન

દિલ આજે ફરિ કરે છે હલચલ, છે એ બેચેન

જોજે ઓ પરવર, ફરી રડી પડે નહિ આં દુખી નૈન

કોમળ હૃદય આપ્યું છે તેં, જોજે પિપિ નાખે નહીં એને

ભલાઈ મા, સારાં કર્મો માં, સદા પરોવજે એણે.

દુખ આપનારને આપજે તું, સદ બુદ્ધિ અને વિવેક

પ્રેરજે એમને પણ, કરવા કાર્યો સારાં, સાચા અને નેક.

મન મારું આજે છે બેચેન, શાંતિ અને ખુશાલી આપજે

દુખ દર્દ ના દિવસો, પસાર કરાય જલદી એવી રીતે એમને કાપજે

તારા માં વિશ્વાસ અટલ રહે એવી આપજે તાકત અમને

પુંજયે નિત્ય, પ્રેમ, શ્રદ્ધા અને સદ ભાવના થી તમને.

- આફીદ દસ્તુર

## સેનીટાઈઝરના સતત ઉપયોગથી થાય છે કેન્સર? સત્ય શું છે?



કોરોના સંકટ કાળમાં અફવાઓનો દોર ચાલ્યા જ કરે છે. હવે સોશિયલ મીડિયા પર વાયરલ થઈ રહેલા એક મેસેજ અનુસાર સેનિટાઈઝરના સતત ઉપયોગથી કેન્સર અને ત્વચા સંબંધિત રોગ થવાનો દાવો કરવામાં આવી રહ્યો છે. દેશમાં કોરોના વાયરસનાં વધી રહેલા કેસ વચ્ચે સેનિટાઈઝર મુદ્દે થઈ રહેલા આ દાવાનું સત્ય (પીઆઈબી) ની ટીમે તપાસ્યું હતું. સોશિયલ મીડિયા પર એક અખબારનું કટિંગ વાયરલ થઈ રહ્યું હતું જેની હેડલાઈનમાં સેનેટાઈઝર ખતરનાક, સાબુનો પણ ન કરશો ઉપયોગ.

આ સમાચારમાં દાવો કરવામાં આવ્યો છે કે સેનેટાઈઝરનાં ૫૦-૬૦ દિવસ સતત ઉપયોગ કરવાને કારણે કેન્સર ત્વચા રોગનો ખતરો વધી જાય છે. પીઆઈબી ફેક્ટ

ચેકની ટીમ અનુસાર સેનિટાઈઝર મુદ્દે થઈ રહેલો આ દાવો ખોટો છે. સેનિટાઈઝરનો ઉપયોગ કોઈ પણ પ્રકારે નુકસાન નથી પહોંચાડતો. ૭૦% આલ્કોહલનું પ્રમાણ ધરાવતા સેનિટાઈઝરને કોરોના વાયરસ (કોવિડ ૧૯) ને ફેલાતો અટકાવવા માટે ઉપયોગમાં લેવામાં આવે છે. અત્રે ઉલ્લેખનીય છે કે, કોરોના વાયરસને દેશમાં ફેલાતો અટકાવવા માટે સરકારે સેનિટાઈઝરનો ઉપયોગ અને સાબુથી ઓછામાં ઓછા ૨૦ સેકન્ડ સુધી હાથ ધોવાની અપીલ કરી છે. આ સાથે જ લોકોને સોશિયલ ડિસ્ટન્સિંગના નિયમોનું પાલન કરવા માટે પણ જણાવવામાં આવ્યું છે.

## ઠેસ

જોવું છું હું ચારો તરફ કકળાટ, બાળમાશિ અને કલેશ.

આં જોઈ પહોંચે છે મારા નાજુક દિલ ને દુખ અને ઠેસ

ચારો તરફ છે અનેક જાતના દુખ, આંસુ અને ગમ

શા કાજ તું, ઓ ખુદા, લગાડતો નથી ફજ આવે એવો મલમ.

દુખ વધી જાય છે, જ્યારે મળતો નથી, સારા માનવને તારો સહારો

ગરીબડો, ઠોકર અને ઠેસ ખાય છે, મળતો નથી બિચારાને કોઈ કિનારો.

તંત્ર બધું સડી રહ્યું છે, બાદમાશો મૌજ ઉડાવે અને સાચો જલેર ખાય;

હવે તો બીક લાગવા માંડી છે; કારણ સાચા ને મળતો જ નથી ત્યાય.

શું તારી હસતી સાચેજ છે? જો તું છે, તો કેમ કાઈ કરતો નથી?

સાચો, ગરીબ માણસ તો ચેન થી મરી પણ શકતો નથી.

- આરમીન દુતિયા મોટાશા



એક નજર પારસી મરણો ઉપર

Deceased મરનાર	Age વય	Date તારીખ	Address ર. ઠે.	Relations સગાઈઓ
Mehru Noshir Todiwalla મેહરુ નોશીર તોડીવાલા	82 ૮૨	09-07-2020	Bhivendiwalla Building, Ground Floor, 12, Wadia Street, Tardeo, Mumbai 34. ભીવનદીવાલા બિલ્ડિંગ, ભોંયતળે, ૧૨ વાડીયા સ્ટ્રીટ, તારદેવ, મુંબઈ ૩૪.	તે મરલુમ નોશીરના ધન્યાની તે મરલુમો આલામાય રૂસ્તમજી દોરદીના દીકરી તે વિલુ, રોશન, યજ્ઞદી ને જીમીના માતાજી તે કેકી, ખુરશીદ, શેરનાઝ ને મરલુમ અરુનના સાસુજી તે મરલુમો પીરોજા માનેકજી તોડીવાલાના વલુ તે આરીશ, જેશાદ અને શાહીનના બપઈજી તે અરનોશ, અરઝાન, પ્રીયનકા, અવનીના મમઈજી તે માકી, કાલી, બેહરામ, ખોરશેદ તથા મરલુમો દાલીને ફિરોઝના બહેન.
Dhun Maneksha Baliff ધન માણેકશા બેલીફ	74 ૭૪	10-07-2020	Parukh Dharamshalla 34, Hughes Road, Mumbai 7. પારુખ ધરમશાલા, ૩૪, હુજીસ રોડ, મુંબઈ ૭.	તે નાજુ મહેરનોશ દુમર્યાના માતાજી તે મરલુમો દીનામાય તથા માનેકશા બેલીફના દીકરી તે મહેરનોશ દુમર્યાના સાસુજી તે બેજન મ. બેલીફ તથા મરલુમો અરચ મ. બેલીફ તથા દીનયાર મ. બેલીફના બહેન તે પરવેઝ બ. દાડવાલા, જેસમીન, હોરમઝ તથા ફરહાદના માસીજી તે જમશેદ, સાયરા તથા ફરહાદના મમઈજી તે નોશીર એદલજી કુપરના ભાણજી.
Hoshang Navroji Buhariwalla હોશંગ નવરોજી બુહારીવાલા	76 ૭૬	10-07-2020	743, Blossom Coop. Hsg. Soc. Flat No.102, Road No5, Vimalalal Road, Parsee Colony, Dadar, Mumbai 14. ૭૪૩, બ્લોસમ કો-ઓપરેટીવ હાઉસિંગ સોસાયટી, ફ્લેટ નં. ૧૦૨, રોડ નં. ૫, વીમા દલાલ રોડ, પારસી કોલોની, દાદર, મુંબઈ ૧૪.	તે શુન્નુ હોશંગ બુહારીવાલાના ઘણાયાની તે મરલુમ બુરઝીન હોશંગ બુહારીવાલાના પપા તે ફરોઝ ને રોશનના ભાઈ તે મરલુમ નવરોજી તથા ખોરશેદના દીકરા તે મરલુમ હોરમઝજી તથા ગુલામાય નેતરવાલાના જમઈ તે અસ્પી વીસ્તાસ્પ કેફડના માસાજી.
Rohinton Purvez Wadia રોહીનતન પરવેઝ વાડયા	66 ૬૬	10-07-2020	Yazad, 1/303, Behram Baug Parsi Colony, Jogeshwari (West), Mumbai 102. યઝાદ, ૧/૩૦૩, બેહરામ બાગ, પારસી કોલોની, જોગેશ્વરી વેસ્ટ, મુંબઈ ૧૦૨.	તે મરલુમ રોશનના ઘણી તે મરલુમ પરવેઝ તથા કેટીના દીકરા તે યાસમીન, ગયોમર્દ તથા મ. લીલીના ભાઈ તે ખોશરોઝાદ તથા હનોઝના બાવાજી તે બોનાઈતાના સસરાજી તે નાયશાના બપાવાજી તે પરવીન તથા મરલુમ સોહરાબના વેલવાઈ તે મરલુમો નાજામાય તથા નાનાભાઈ પટેલના જમાઈ.
Coomi Ratanshaw Havaladar કુમી રતનશા હવલદાર	96 ૯૬	10-07-2020	401, Rukmini Chs, Plot No.36, Sector 2, R. D. P. 1, Charkop, Kandivali (West), Mumbai 67. ૪૦૧ રુકમની કો. હા. સો., પ્લોટ ૩૬, સેક્ટર-૨, આર. ડી. પી., ચારકોપ, કાંદિવલી વેસ્ટ, મુંબઈ ૬૭.	તે મરલુમ રતનશાના ધન્યાની તે મરલુમો નાજામાય રતનશા પટેલના દીકરી તે પરવેઝ તથા મરલુમ દીનાઝના માતાજી તે દીનાઝ અને કેરસીના સાસુજી તે મરલુમો ફીરોઝ, હોમી, નરીમાન, આબાન, દીના, સનેજડના બહેન તે રયોમનના મમઈજી તે ફરહાદના બપઈજી તે મરલુમો ગુલબઈ રૂસ્તમજીના વલુ તે મરલુમો સોહરાબ, મેહરવાનજી અને હોમાયના ભાભી.
Dinoo Pesi Mistry દીનુ પેસી મિસ્ત્રી	89 ૮૯	12-07-2020	Room No 18/19, Toddywala Bulding, 286, Dr. Babasaheb Ambedkar Road, Parel, Mumbai 12. રૂમ નં. ૧૮/૧૯, તોડીવાલા બિલ્ડિંગ, ૨૮૬, ડો. બાબાસાહેબ આમ્બેડકર રોડ, પારેલ, મુંબઈ ૧૨.	તે મરલુમ કેસી પીરોજશા મિસ્ત્રીના ઘણીયાની તે મરલુમો કુંવરબાઈ તથા પીરોજશા પેસ્તનજી મિસ્ત્રીના વલુ તે હુતોક્ષી અદી દુમસિયા તથા મરલુમ જમશેદ (જીમી)ના મમા તે નોશીરવાનના મમઈજી તે મરલુમો દારાબશા, એરચશા, સોરાબજી પીરોજશા મિસ્ત્રી તથા મરલુમો મનીજેલ પીરોજશા ઘડીયાલી તથા તેલમી ગેવ સુરતીના ભાભી તે શાવક, રૂમી, ખોરશેદ, આબાન તથા ખોરશેદના મામી તે અદી જ. દુમસિયાના સાસુ.
Gul Minocher Sethna ગુલ મીનોચહેર શેટના	75 ૭૫	12-07-2020	816 Mistry Bldg, Room No-1, Ground Floor, Jame Jamshedroad, Near Central Bank, Dadar (East), Mumbai 14. ૮૧૬, મિસ્ત્રી બિલ્ડિંગ રૂમ નં. ૧, ભોંયતળિયે, જામે જમશેદ રોડ, સેન્ટ્રલ બેંકની પાસે, દાદર (ઈ.), મુંબઈ ૧૪.	તે મરલુમો હીરાબાઈ તથા મીનોચહેર અરદેશર શેટનાના દીકરી તે હોમાય, ધનજી જાલ તથા મરલુમો હીરજી, શેરૂ ને દાદીના બહેન તે ખોરશેદ, આબાન, હોમી, જીમી, નીલુફર, બખ્તાવર, દેઝી, બેરોઝ, બિનાઈફર ને મીનુના ફૂઈજી તે અસ્પી, ફરીદા, હોમી, પરવેઝ, યાસમીન ને વીરાના માસીજી.
Aspi Faramroze Kolah અસ્પી ફરામરોઝ કોલાહ	79 ૭૯	12-07-2020	142 Mody Street, Fort, Mumbai 400 001. ૧૪૨, મોદી સ્ટ્રીટ, ફોર્ટ, મુંબઈ ૧.	તે મરલુમો બાનુબાઈ તથા ફરામરોઝ જીવનજી કોલાહના દીકરા તે ફરેદુન ફરામરોઝ કોલાહ ને જેના જહાબજી કરકરીયા, મરલુમો અદી, ટહેમુલ, જીજુ, પરીન, મની, રોશન ને ધનના ભાઈ તે ખોરશેદ ફરેદુન કોલાહના દેર તે ધનમાય અરદેસર કોલાહના ભાણજી.
Ketty Eruchshah Deboo કેતી એરચશા દેબુ	87 ૮૭	13-07-2020	6/10, Sir C.J. Colony, Ratan Tata Block, Tulsiwadi, Tardeo, Mumbai 34. ૬/૧૦, સર જે. જે. કોલોની, રતન તાતા બિલ્ડિંગ, બીજે માળે, તુલસીવાડી, તારદેવ, મુંબઈ ૩૪.	તે મરલુમો પીરોજા એરચશા દેબુના દીકરી. તે લીલ્લા, જરૂ તથા મરલુમો ધનજીશા અને પરવીઝ ફરામરોઝ અધીયાજીનાના બહેન.
Yasmin Keki Wadia યાસમીન કેકી વાદીયા	62 ૬૨	13-07-2020	Ahura Appt, 2nd Flor, Room No-20, Gunpowder Road, Mazgaon, Mumbai 10. અહુરા એપાર્ટમેન્ટ, બીજે માળે, રૂમ નં. ૨૦, ગન પાવડર રોડ, મઝગામ, મુંબઈ ૧૦.	તે હોરમઝના માતાજી તે મરલુમો આલુ કેકી વાદીયાના દીકરી તે દોલી તથા મરલુમ પોરસના બેન તે રુમી તથા સાઈરસના માસી તે રૂસીના બનેવી તે દિપીકા તથા જેનીફરના ફૂઈ સાસુ તે નાઈશા ને મઝદાના ગ્રેન આન્તી.
Jer Jehangir Vazifdar જર જેહાંગીર વઝીફદાર	87 ૮૭	14-07-2020	D-19, Molegamwalia Bldg, M.M.C. Cross Road, Mahim, Mumbai 16. ડી-૧૯, માલેગામવાલા બિલ્ડિંગ, એમ. એમ. સી. ક્રોસ રોડ, માહિમ, મુંબઈ ૧૬.	તે જેહાંગીરજી રૂસ્તમજી વઝીફદારના વિધવા. તે ફીરદોશ, ઝરીન એલાવ્યા ને જેસમીન રૂસ્તમજીના માતાજી. તે મરલુમો આલામાય તથા દારબશાહ કરકરીયાના દીકરી. તે મરલુમો ડોસાભાઈ, દૌલત કુપર ને ગોદેજ કરકરીયાના બેન. તે અદી રૂસ્તમજી વઝીફદારના ભાભી. તે લીલી વઝીફદાર ને યજ્ઞદી રૂસ્તમજીના સાસુ તે બેઝાદ નોશીરવાન, ખુશનુમા, કમલ ને નીલમના ગ્રેન્ડ મધર તે મરલુમો તેહમીના તથા રૂસ્તમજી દોરાબજી વઝીફદારના વલુ તે કેટાયુન પેસ્તનજી ડોકટર ને પેરીન મેરજીભાઈ હોઝદારના ભાભી.
Neville Jal Daruwalla નેવીલ જાલ દાડવાલા	59 ૫૯	15-07-2020	5,Wadia Bldg, Marzban Colony, Dr. A.nair Road, Jacob Circle, Mumbai 10. ૫, વાડીયા બિલ્ડિંગ, મરઝબાન કોલોની, ડો. એ. નાયર રોડ, જેકોબ સર્કલ, મુંબઈ ૧૧	તે તનાઝ નેવીલ દાડવાલાના ખાવિંદ તે દીલબર, જેસમીન તથા જેસમીન દાડવાલાના બાવાજી તે મરલુમો કેટી તથા જાલ મ. દાડવાલાના દીકરા તે લીલ્લા તથા કેકી જ. મોગરેલીયાના જમાઈ.
Jal Jehangirji Khambatta જાલ જેહાંગીરજી ખંબાટા	63 ૬૩	15-07-2020	Petit Bldg, Ground Flor, Dometry Block, Balararam Street, Grant Road, Mumbai 7. પીટીટ બિલ્ડિંગ, ગ્રાન્ટ્સ ફ્લોર, ડોમેટ્રી બ્લોક, બાલારામ સ્ટ્રીટ, ગ્રાંટ રોડ, મુંબઈ ૭.	તે મરલુમો જાલુ તથા જેહાંગીર ખંબાટાના દીકરા તે રોહીટન ર. સોડાવોટરવાલા તથા મેહરૂ ફ. ભાથેનાના ભાઈ તે ફીરોઝ ભાથેનાના સાલાજી તે ગુલશન ર. સોડાવોટરવાલાના બ્રધર-ઈન-લો તે યજ્ઞદી, વીસપી, પારસી ઓન્જિનીયર તથા ખોરશેદ એચ. દુમર્યાના કઝીન.
Dhun Eruch Makujina ધન એરચ માકુજીના	97 ૯૭	15-07-2020	Plot No 683-B, Flat No-1, Khareghat Road, Dadar Parsi Colony, Mumbai 14. પ્લોટ નં. ૬૮૩- બી, ફ્લેટ નં. ૧, ખારેઘાટ રોડ, દાદર પારસી કોલોની, મુંબઈ ૧૪.	તે મરલુમ એરચ એ. માકુજીના વિધવા તે મરલુમો પીરોજબાઈ તથા જેહાંગીર કાપડીયાના દીકરી તે મરલુમો મીનુ, ગુલ, તેહમીના બહેન તે મરલુમ અરદેશર માકુજીના વલુ તે પરવીન ચોથીયાના નીસ.
Maharukh Adi Bhiwandiwalla માહારુખ અદી ભીવંડીવાલા	72 ૭૨	15-07-2020	C-15 / T 4, Malika Coop. Hsg. Soc., Ambadi Road, Vasai (W), Thane 401 202. સી૧૫/તી૪ મલીકા કો. હા. સો., આમબાદી રોડ, વસઈ, મુંબઈ મહારાષ્ટ્ર ૪૦૧૨૦૨.	તે મરલુમ અદીના ઘણીયાણી તે જમશીદ ને ફરશીદના મમા તે મરલુમો મોરવરી રશીદ શનાશાના દીકરી તે નવાઝ ને આરમઈતીના સાસુજી તે મરલુમો કોલી જીમી ભીવંડીવાલાના વલુ તે વઝીશતા, આરઝાન, એરીક ને ખુશનમના બપઈજી.



યશ્ત સિરિઝ ભાગ-૧  
આજથી, હું તમને જોડાવા માટે આમંત્રણ આપું છું, કેમ કે હું ખોરદેલ અવેસ્તામાં વહેંચાયેલા અદભુત ઉપદેશોમાંથી પસાર થઈ રહી છું, જે વર્ષ ૧૯૦૨માં છાપવામાં આવ્યું હતું, હા, ૧૦૦ વર્ષ પહેલાં! આ ઉપદેશો, વાર્તાઓ અને નોંધોના લેખિકા દીનબાઈ સોલરાબજી એન્જિનિયર હતા. આ પુસ્તક આપણી પ્રાર્થનાની વિવિધ શક્તિઓ પર અજવાળું ફેંકે છે અને આ પ્રાર્થનાઓનો ઉપયોગ કરનારા લોકોની રસપ્રદ વાતો અને દરેક દ્વારા પ્રાપ્ત કરેલી જબરદસ્ત સિદ્ધિઓ પણ શેર કરે છે.

ચાલો ખૂબ શરૂઆતથી, હોરમઝદ યસ્ત સાથે, જે ખોરદેલ અવેસ્તામાં, દેખાવાના ક્રમમાં ખૂબ જ પ્રથમ યસ્ત તરીકે ગણવામાં આવે છે. નીચે આપેલા કેટલાક ઐતિહાસિક વ્યક્તિઓની થોડી ટૂંક કથાઓ છે જેમણે આ યસ્તની પ્રાર્થનામાં તેમનું જીવન સમર્પિત કર્યું, અને આમ કરવામાં તેઓએ કેવી રીતે અમરત્વ પ્રાપ્ત કર્યું અથવા દુષ્ટતાને જીતી લીધી.

શાહ કેખુશરૂ: પાદશાહ સ્યાવક્ષનો પુત્ર, જેમણે કંગાદેઝનું રાજ્ય બનાવ્યું. શાહ કેખુશરૂએ સતત દિવથી આદર અને

હોરમઝદ યક્ષના પાઠને કારણે પાક દાદર આહુરા મઝદાએ અમરત્વનું વરદાન આપ્યું હતું. એવું કહેવામાં આવે છે કે તે આજે પણ ચૈચસ્ત પર્વત પર રહે છે અને તે સાઓસયન્ત (તારણહાર / મસિહા) ના આગમન સુધી ત્યાં રહેશે. તેના અમરત્વનો હેતુ તે છે કે તે સાઓસયન્તનો સહાયક બનશે.

દસ્તુર પેશોતન: ગુસ્તાસ્પ પાદશાહનો પુત્ર, તે કંગાદેઝ (પાદશાહ સ્યાવક્ષના રાજ્ય) ના મુખ્ય ધર્મગુરૂ હતા. જ્યારે અશો નબી સ્થિતમાન જરથુસ્ત્રએ ગુસ્તાસ્પને રાજા બનાવ્યા અને તેના દરબારમાં બધા જ જરથોસ્તી ધર્મનું પાલન કરવા માટે સંમત થયા, ત્યારે જશન કરવામાં આવ્યું. જશનની બાજની ક્રિયામાં જે દૂધ મૂકવામાં આવ્યું હતું તે દસ્તુર પેશોતનને પીવા માટે આપવામાં આવ્યું હતું. આ તેનામાં અમરત્વ લાવ્યું હતું!

ગોપત શાહ: નામનો અર્થ ગોપતનો રાજા છે - આ સ્થાન ઈરાનમાં, ખાનીરાષ્ટ્રેશ્વર (એશિયા માઈનર) નામના વિસ્તારમાં છે. તેની પાસે તેની

## હોરમઝદ યસ્ત



કમર સુધી માણસનું રૂપ હતું અને કમરથી નીચે સુધી તે બળદના રૂપમાં હતા. એવું કહેવામાં આવે છે કે ગોપતશાહ પાણીની પાસે બેસીને પ્રાર્થના કરતા હતા, અને આ રીતે મેળવેલા પવિત્ર જળને તે સમુદ્રમાં ચઢાવી દેતા હતા. આ સુનિશ્ચિત થયું કે પાણીની અંદર છુપાયેલા રાક્ષસો લકવાગ્રસ્ત થઈ ગયા. વળી, આકાશમાંથી જે વરસાદ પડતો હતો તે રાક્ષસોનો વરસાદ નહોતો (આ જળ ચક્રનો એક બાજુનો સંદર્ભ છે જે આપણે બધા જાણીએ છીએ કે સમુદ્રમાંથી બાષ્પીભવન થતાં પાણીના, વાદળો બને છે અને આપણા ઉપર વરસાદ વરસે છે.)

વનેજોઈતાબીશ: શાશ્વત જીવનનું વૃક્ષ, પીડા અને રોગ વિનાનું જીવન. જ્યારે શાહમૃગ (પૌરાણિક શાહમૃગ જેવા પક્ષી, કદાચ ફોનિક્સ) આ ઝાડની ડાળી પર બેસશે, ત્યારે સો શાખાઓ સંપૂર્ણપણે તૂટી જશે અને પક્ષીના ઉડી ગયા પછી એક તૂટેલી ડાળીમાંથી સો શાખાઓ વિકસશે. હું આધુનિક વિજ્ઞાન દ્વારા સમજાવેલા બીજ અને વનસ્પતિ જીવનના પરાગન અને પ્રસાર સાથે આની તુલના કરી શકું નહીં. ચિનામરોશ નામનું બીજું પક્ષી આવે છે અને વનેજોઈતાબીશના ઝાડ પરથી પડેલા બીજને ઉચકશે ત્યારબાદ તે આ બીજને પાણીમાં જમા કરે છે જ્યાંથી તેજસ્વી તીર યજ્ઞ પાણી ભરવા આવે છે. આ બીજમાં સમાયેલ પાણી પછી વરસાદના ટીપાં તરીકે પૃથ્વી પર રેડશે. આ જમીનમાં ફળદ્રુપતા અને પૃથ્વીના પાણી પુરવઠામાં વિપુલતા બનાવે છે. આ ગ્રહ પરના વૃક્ષો અને આખી જાંદગીના નિર્વાહ વચ્ચેની અવિચારી કડી આ વાર્તા દ્વારા પ્રકાશિત થાય છે.

ગોશ્તેફીયાન: તે ખૂબ સમજદાર સંત હતા, તે નદીના પાણી પાસે બેસીને પ્રાર્થના કરતા. તેમની પાસે એવી શક્તિઓ હતી કે જે ફક્ત ૯૯ પ્રશ્નોની શ્રેણીથી સૌથી ખરાબ શક્ય અનિષ્ટનો નાશ કરી શકતા હતા અને કોઈ દુષ્ટ આત્મા તેમના સવાલનો જવાબ આપી શકતા નહોતો. એક દિવસ, દુષ્ટ અપ્તરજાદુકે ગોશ્તેફીયાનને પડકાર આપ્યો અને ૩૩ મુશ્કેલી સવાલ પૂછ્યા તેમનો ગોશ્તેફીયાને સરળતાપૂર્વક જવાબ આપ્યા. તેણે બદલામાં અપ્તરજાદુકને ફક્ત ૩ મુશ્કેલ પ્રશ્નો પૂછ્યા અને અપ્તરજાદુક ત્યાંજ દૂંઠવાઈ ગયો તે એક પણ જવાબ આપી શક્યો નહીં અને મરણ પામ્યો અને દુષ્ટતાનો અંત આવ્યો. લાવ્યો. આ વાર્તા મંડિગેર ગોશ્તેફીયાન (એક પ્રાચીન પહેલવી લખાણ)ની છે.

જો આપણે બાહુબલીનું બુદ્ધિગમ્ય રૂપ શોધી શકીએ અને હેરી પોટરની લોગવર્સ સંસ્કૃતિમાં વિશ્વાસ કરી શકીએ, તો પછી આપણી પ્રખ્યાત સંસ્કૃતિમાંથી નીકળતી વાર્તાઓમાં ચોક્કસ કોઈક તથ્ય હોવું જોઈએ. તેમ છતાં, આ લખાણોનું મૂલ્ય લેવું પડ્યું કારણ કે તેની કોઈ ઐતિહાસિક નોંધ નથી.

પાના નં. ૧૬થી ચાલુ

### એક નજર પારસી મરણો ઉપર

Deceased મરનાર	Age વય	Date તારીખ	Address ર. કે.	Relations સગાઈઓ
Gool Dinshaw Jassawalla ગુલ દીન્સા જાસાવાળા	84 ૮૪	16.07.2020	762, Ahura, M. Joshi Road, Parsi Colony, Dadar, Mumbai 14. અહુરા ૭૬૨, ત્રીજા માળે, ફ્લેટ નં. ૭, મંચેરસી જેસી રોડ, પારસી કોલોની, દાદર, મુંબઈ ૧૪.	તે દિન્સા કેકસરુ જાસાવાળાના ઘણીયાણી તે મરહુમ અરુષી મલાવવાળા ને મરહુમ નાજમખાઈ મલાવવાળાના દીકરી તે મરહુમ બચા જાસાવાળા ને મરહુમ કેકસરુ જાસાવાળાના વડુ તે ખુશી સાયરસ વેવાઈનાના મમ્મી તે સાયરસ વેવાઈના સાસુ તે તુરના અને જીલા વેવાઈના મમઈજી તે મરહુમ શેરૂ મલાવવાળાના બહેન તે મરહુમ પરવીન રૂસી કરંજીયાના બહેન તે મરહુમ પોરસ ટરનરના બહેન તે હોસી અરુષી મલાવવાળાના બહેન.
Perin Homi Engineer પરીન હોમી એન્જિનિયર	91 ૯૧	16.07.2020	E-501, Millenium Park, Sector - 25, Nerul (East), Navi Mumbai, Mumbai 706. ઈ/૫૦૧, મીલનીયમ પાર્ક, સેક્ટર ૨૫, નેરુલ, નવી મુંબઈ ૭૦૬.	તે મરહુમ હોમીના ઘણીયાણી. તે મરહુમ ફીરોઝ જહાંગીર માદનના દિકરી. તે સોલી જહાંગીર દીવશાદ, ઉફરીજના માતાજી. તે અદી, રતી, ફીરોઝ, રૂસી, જાલુ ડોલીના બહેન. તે બેહરામ, અદી, સેહરનાજ ને ઉષાના સાસુજી. તે મરહુમો દોલત સોરાબજી એન્જિનિયરના વડુ. તે અરનાજ, યોહાન, જવેર, નોશીન, નુતાસ, સરોસના ગ્રેન મધર તે સીયાના, પ્રીયાના, જરેનાના ગ્રેટ ગ્રેન્ડ મધર.

### Death Announcements from Prayer Hall

Phiroze Pestonji Patel ફિરોઝ પેસ્તનજી પટેલ	74 ૭૪	10.07.2020	2/4 Meherji Homji, Station Road, Jogeshwari (W), Mumbai 102. ૨/૪, મહેરજી હોમજી, સ્ટેશન રોડ, જોગેશ્વરી (વે) મુંબઈ ૧૦૨.	તે મરહુમ વિલીના ઘણી તે મરહુમ પિરોજી તથા મરહુમ પેસ્તનજીના દીકરા તે હોમ્યારના પપ્પા તે કેરસી, પરવેઝ, મનીના ભાઈ તે ગરીમાના સસરાજી.
Moazam Percy Vakil મોઝમ પરસી વકીલ	75 ૭૫	10.07.2020	Sadhna Building, Navroji Gamadia Road, Mumbai 8. સાધના બિલ્ડિંગ, નવરોજી ગામડીયા રોડ, મુંબઈ ૮.	તે મરહુમ શિરીન અને મરહુમ પરસીના દીકરા તે ઝરીન, રજીસ્ટા અને જહાંગીર ના ભાઈ.
Dinshaw Nusserwanji Kalapesi દીનશા નસરવાનજી કાલાપેસી	92 ૯૨	12.07.2020	Room No. 6, 2nd Floor, Sion Mensian, Sion, Mumbai 22. રૂમ નં. ૬, ૨જે માળે, સાયન મેન્શન, સાયન રોડ, સાયન, મુંબઈ ૨૨.	તે મરહુમ નાજમખાઈ તથા મરહુમ નશરવાનજીના દીકરા તે મરહુમ બોમી, ફિરોઝ, મરહુમ જરૂ દેબુના ભાઈ તે મરહુમ કેટી, ઘન અને નરીમાન દેબુના બ્રધર ઈન લો તે બરજીસ કાલાપેસી, કેરસી દેબુ તથા પરીઝાદ ભાયાના અંકલ.
Dinaz Darayus Fraser દીનાઝ દારાયસ ફ્રેસર	68 ૬૮	14.07.2020	Island Heights, 36 Mountmary Road, Flat 5, 3rd Floor, Bandra (W), Mumbai 50. આઈલેન્ડ હાઈટ્સ, ૩૬, માઉન્ટ મેરી રોડ, બાન્દરા (વે), મુંબઈ ૫૦.	તે દારાયસના ઘણીયાણી તે માયકલ અને સાયરસના મમ્મી તે મરહુમ ગુલ અને પેસી બનાજીના દીકરી તે હોશંગના બહેન તે હુતોક્ષી, હોમીયાર અને નીલુફરના સીસ્ટર ઈન લો તે ગુલનાર અને મરહુમ સોલી ભરૂયાના નીસ તે યોહાન, આવાન, ગીરીશ, કિશ, ખીયાના, તાન્યાના આન્ટી તે હુતોક્ષી અને અદી ભરૂયાના કઝીન.

### Death Announcements from California, USA

Behram Shariar Irani બહેરામ શેરિયાર ઈરાની	82 ૮૨	15.07.2020	California, USA. કેલિફોર્નિયા, યુએસએ.	તે ઝીનોબીયાના ઘણી તે શેરિયારના પપ્પા તે તીરંદાઝ, પેશોતન અને મહેરૂ બારિયાના ભાઈ.
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### Death Announcements from Maine, USA

Bapsy Hoshang Unwalla બેપ્સી હોશંગ ઉનવાલા	89 ૮૯	16.07.2020	Maine, USA. મેઈન, યુએસએ.	તે વીરા સીધવા, શીલા ઉનવાલા તથા ઝરીર ઉનવાલાવા મમ્મી.
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# YOUR MOON SIGNS JANAM RASHI THIS WEEK

લખનાર: મરહુમ મહારાજ શ્રી સ્વયંજયોતિના સહકાર્યકર્તા જયેશ એમ. ગોસ્વામી

અઠવાડિક રાશિક્ષણ: તા. ૧૮.૦૭.૨૦૨૦ થી તા. ૨૪.૦૭.૨૦૨૦



## Aries - મેષ

અ.લ.ઈ.

છેલ્લું અઠવાડિયું મંગળની દિનદશામાં પસાર કરવાનું બાકી છે. ઉત્તરતી મંગળની દિનદશાને લીધે મગજનો કંટોળ ગુમાવી દેશો. પ્રેશરથી પરેશાન થતાં હશો તો ડોક્ટરની સલાહ અવશ્ય લેજો. ઘરમાં ભાઈ-બહેન કે ઘણી-ઘણીયાણીમા મતભેદ પડશે. હાલમાં બોલવા પર કાબુ રાખજો. દરરોજ 'તીર યજ્ઞ' ભણજો. શુકનવંતી તા. ૧૮, ૧૯, ૨૨, ૨૩ છે.

Lucky Dates: 18, 19, 22, 23.

The descending rule of Mars, in this final week of its rule over you, could make you lose your mind. You may not be able to control of your temper. If you suffer from Blood Pressure ailments, ensure to consult a doctor. There could be squabbles between siblings or couples. Try to maintain control of your words. Pray the 'Tir Yasht' daily.



## Cancer - કર્ક

સ.ઈ.

સુર્યની દિનદશા ચાલુ હોવાથી માથાનો દુખાવો, આંખમાં બળતરા, તેમજ તાવ જેવી બીમારીથી પરેશાન થઈ શકો છો. સુર્યને કારણે માથાનો બોજો વધી જશે. જ્યાં પણ કામ કરતા હશો બપોરે કામ કરતા કંટાળો આવી જશે. બેન્ક કે સરકારી કામ કરતા હશો તો ધ્યાન આપી કામ કરજો. દરરોજ 'લક્ષ્મી નામ' 'યા રયોમંદ' ૧૦૧વાર ભણજો. શુકનવંતી તા. ૧૯, ૨૨, ૨૩, ૨૪ છે.

Lucky Dates: 19, 22, 23, 24.

The ongoing Sun's rule could cause you to suffer from headaches, burning eyes or fever. You could feel mentally pressured. The afternoons will feel lethargic at your workplace. Ensure to work with alertness if you are working in a bank or doing accountancy. Pray the 96th Name, 'Ya Rayomand', 101 times daily.



## Libra - તુલા

ર.ત.

રાહુની દિનદશા ચાલુ હોવાથી કામ કરવામાં ખૂબ મુશ્કેલી આવશે. તમે કરેલા કામમાં સંતોષ નહીં મળે. ફેમિલી મેમ્બર તમારાથી નારાજ થશે. રાહુને કારણે ઘરમાં શાંતિ નહીં મળે અને બહાર જશો તો નેગેટિવ વિચારથી પરેશાન થશો. નાણાકીય બાબતમાં ખૂબ ખેંચતાણ રહેશે. દરરોજ ભુલ્યા વગર 'મહાભોપ્તાર નીઆએશ' ભણજો. શુકનવંતી તા. ૧૯, ૨૦, ૨૧, ૨૨ છે.

Lucky Dates: 19, 20, 21, 22.

Rahu's rule poses a lot of challenges in your works. You will not find any satisfaction in your own work. Family members could get upset with you. Rahu could take away your peace at home and cause you to get negative thoughts outside the house. Financially things could get difficult. Pray the Mah Bokhtar Nyaish daily.



## Capricorn - મકર

ખ.જ.

૨૬મી જુલાઈ સુધી શનિની દિનદશા ચાલશે તેથી મોઢા સુધી આવેલા કામ નહીં થાય. ખોટા ખર્ચાથી પરેશાન થશો. શનિને કારણે સામે પડેલી અગત્યની ચીજ વસ્તુ તમને નહીં દેખાય. બેક પેન તથા સાંઘાના દુખાવાથી પરેશાન થશો. ઘરમાં વાહન કે ઈલેક્ટ્રિક સામન લેતા નહીં. શનિને શાંત કરવા દરરોજ 'મોટી હમન યજ્ઞ' ભણજો. શુકનવંતી તા. ૧૮, ૧૯, ૨૨, ૨૪ છે.

Lucky Dates: 18, 19, 22, 24.

Saturn's rule till 26th July could cause a disruption in your nearly-completed works. You could have to bear unnecessary expenses. Saturn will cause you to miss out on things right in front of your eyes. You could suffer from backache and joint pains. Avoid purchasing any vehicles or items which work on electricity. To placate Saturn, pray the Moti Haptan Yasht daily.



## Taurus - વૃષભ

બ.વ.ઉ.

૨૬મી સુધી ચંદ્રની દિનદશા ચાલશે. મનને શાંત રાખીને અગત્યના કામ આ અઠવાડિયામાં પૂરા કરી લેજો. અગત્યની વ્યક્તિને મળી લેજો. તમારા ખરાબ સમયમાં તે વ્યક્તિની મદદ તમને મળશે. બે ત્રણ દિવસમાં ગામ જવાના ચાન્સ છે. મનને શાંત રાખવા દરરોજ 'યા બેસ્તરના' ૧૦૧વાર ભણજો. શુકનવંતી તા. ૧૯, ૨૦, ૨૧, ૨૪ છે.

Lucky Dates: 19, 20, 21, 24.

The Moon rules till the 26th, so complete all your significant work within this week. Meet up with those close to you. They will support you during your bad times. Travel is indicated within a couple of days. To keep the mind at peace, pray the 34th Name, 'Ya Beshtama', 101 times daily.



## Leo - સિંહ

મ.ટ.

શુક્ર જેવા ચમકતા અને વેભવ આપનાર ગ્રહની દિનદશા ચાલી રહેલી છે. ખર્ચ પર કાબુ નહીં રાખી શકો. હાલમાં કેટલો પણ ખર્ચ થશે શુક્રના લીધે નાણાકીય મુશ્કેલી નહીં આવે. જ્યાં કામ કરતા હશો ત્યાં સાથે કામ કરનારનું દિલ જીતી લેશો. ઘણી-ઘણીયાણીમાં મતભેદ ઓછા થશે એકબીજાના મનની વાત સમજ લેશો. દરરોજ 'બહેરામ યજ્ઞ'ની આરાધના કરજો. શુકનવંતી તા. ૧૮, ૨૦, ૨૧, ૨૩ છે.

Lucky Dates: 18, 20, 21, 23.

Venus' ongoing rule will make you lose control of your expenses. Despite the expenses, with Venus' grace, you will not find yourself financially strained. You will win over your colleagues. Squabbles between couples will reduce and you will understand each other better. Pray to Behram Yazad daily.



## Scorpio - વૃશ્ચિક

ન.ચ.

છેલ્લું અઠવાડિયું ગુરૂની દિનદશામાં પસાર કરવાનું બાકી છે. તમારા ફેમિલીની જવાબદારી પહેલા પૂરી કરી લેજો. ફેમિલી મેમ્બરની જરૂરિયાતની વસ્તુ અપાવી શકશો. ગુરૂની દિનદશા ચેરિટીનું કામ કરાવશે. તમારા ખરાબ સમયમાં જે વ્યક્તિએ મદદ કરી હશે તેને મદદ કરી શકશો. ધનની ચિંતા નહીં આવે. દરરોજ 'સરોશ યજ્ઞ' ભણજો. શુકનવંતી તા. ૧૮, ૧૯, ૨૧, ૨૪ છે.

Lucky Dates: 18, 19, 21, 24.

With the last week under Jupiter's rule suggests that you prioritize delivering on your family-responsibilities above all others. You will be able to buy an item of use for a family member. You will be inclined towards doing works of charity. You will be able to help those who had helped you in your tough times. Finances will be stable. Pray the Sarosh Yasht daily.



## Aquarius - કુંભ

ગ.શ.સ.

આજ અને કાલનો દિવસ બુધની દિનદશામાં પસાર કરવાનો બાકી છે. બે દિવસમાં હિસાબી કામ પહેલા પૂરા કરી લેજો. ૨૦મીથી ૩૬ દિવસ માટે શરૂ થતી શનિની દિનદશા તમારા ચાલુ કામને અટકાવી દેશે. શનિને કારણે નાણાકીય મુશ્કેલીમાં આવી જશે. તમારી કરેલી મહેનતનું ફળ નહીં મળે. નાની બાબતમાં કંટાળી જશો. દરરોજ 'મોટી હમન યજ્ઞ' ભણજો. શુકનવંતી તા. ૧૮, ૧૯, ૨૧, ૨૩ છે.

Lucky Dates: 18, 19, 21, 23.

With today and tomorrow as the last days under Mercury, ensure to first complete all work related to accounts. Saturn's rule, starting from the 20th for the next 36 days, will pose challenges in the smooth functioning of your ongoing work. Financially, you could feel strained. You will not be able to reap the fruits of your labour. You will get annoyed over small matters. Pray the Moti Haptan Yasht daily.



## Gemini - મિથુન

ક.ઇ.ધ.

૨૩મી ઓગસ્ટ સુધી મનની નેક મુરાદ પૂરી કરાવે તેવા ચંદ્રની દિનદશા ચાલશે. તમારા હિસાબ સમજ વિચારીને લેશો. ઘરમાં નવી ચીજ વસ્તુ વસાવી શકશો. મનપસંદ ગીફ્ટ આપી બીજાને ખુશ રાખશો. ધન મેળવવામાં સફળતા મળશે. દરરોજ 'યા બેસ્તરના' ૧૦૧વાર ભણજો. શુકનવંતી તા. ૧૮, ૧૯, ૨૦, ૨૧ છે.

Lucky Dates: 18, 19, 20, 21.

The Moon's rule will 23rd August will make your sincere wishes come true. You will be able to make well thought out decisions. You will be able to make purchases for the home. You will be able to make others happy by gifting them things they like. You will be successful in earning money. Pray the 34th Name, 'Ya Beshtama', 101 times daily.



## Virgo - કન્યા

વ.ક.ઇ.

શુક્રની દિનદશા ચાલુ હોવાથી નવા મિત્રો મળવાના ચાન્સ છે. અપોજીટ સેક્સનું ટ્રેડક્શન વધી જશે. કામમાં અપોજીટ સેક્સની મદદ મળી રહેશે. કોઈના પ્રેમમાં હશો તો તેની તરફથી આનંદની વાત જાણવા મળશે. ઘરમાં મનગમતી ચીજ વસ્તુ વસાવી શકશો. રોજ 'બહેરામ યજ્ઞ'ની આરાધના કરજો. શુકનવંતી તા. ૧૭, ૧૮, ૧૯, ૨૪ છે.

Lucky Dates: 17, 18, 19, 24.

Venus' ongoing rule could bring new friends into your life. You will feel a heightened attraction with the opposite gender. You will receive help from the opposite gender at work. Those in love will receive good news from their prospective. You will be able to make desirable purchases for the house. Pray to Behram Yazad daily.



## Sagittarius - ધન

ભ.ધ.ક. ટ.

ગુરૂની દિનદશા ચાલુ હોવાથી નાણાકીય બાબતમાં સારા સારી રહેશે. ધન મેળવવામાં મુશ્કેલી નહીં આવે. ધનનો ખર્ચ સારા કામમાં કરી શકશો. કોઈને ધનની મદદ કરીને તેના સાચા મદદગાર બનશો. ઘરમાં ધર્મનું કામ કરાવતી ઈચ્છા થશે. દરરોજ 'સરોશ યજ્ઞ' ભણજો. શુકનવંતી તા. ૨૦, ૨૧, ૨૨, ૨૩ છે.

Lucky Dates: 20, 21, 22, 23.

Jupiter's rule brings in financial stability and growth. Earning money will not be difficult. You will be able to employ your money in good work. You will be able to financially help others. You will feel inclined to hold religious functions at home. Pray the Sarosh Yasht daily.



## Pisces - મીન

દ.ચ.ઝ.થ.ફ.

બુધની દિનદશા ચાલુ હોવાથી તમારા કામ તમે વીજળીવેગે પૂરા કરી શકશો. ઈનવેસ્ટમેન્ટ કરવામાં સફળ થશો. સારા ખરાબ માણસની મનની વાત સમજી શકશો. મહેમાનની આગતા સ્વાગતા કરી શકશો. કોઈની મદદ કરી તેને મુશ્કેલીમાંથી બહાર કાઢી શકશો. દરરોજ 'મહેર નીઆએશ' ભણજો. શુકનવંતી તા. ૧૮, ૧૯, ૨૦, ૨૧ છે.

Lucky Dates: 18, 19, 20, 21.

Mercury's ongoing rule will help you complete your work at lightning speed. You will succeed in making investments. You will be able to read the minds of all people - good and bad. You will be able to host guests with pomp. You will be able to help someone out of trouble. Pray the Meher Nyaish daily.



# Prelude To Avestagenome Project Webinar



PROF. DR. KEKI E. TUREL

Our community's leading medical luminary, Dr. Keki Edulji Turel commands 47 years of expertise in neurosurgery and is a Consultant Neurosurgeon, Prof. Emeritus, Dept of Neurosurgery at the Bombay Hospital Institute of Medical Sciences. Known for his compassionate outlook towards his patients, Dr. Keki Turel is the Managing Trustee at Mumbai Institute of Neurosciences and the Chairman, WFNS Committee on 'Complications in Neurosurgery'. He has held leading positions in several prestigious medical associations including the Neurological Society of India, Academia Eurasiana Neurochirurgica, Indian Medical Association, Associations of Surgeons of India, etc.

In this article, Dr. Turel provides a prelude to the much-awaited Webinar titled, 'Our Genes | Our Future - Unravelling The Ancient Zoroastrian-Parsi Genome', which he will be moderating, alongside speaker, Dr. Viloo Patell, on 18th July, 2020, at 8:30 pm (IST).



The Parsi community is said to be the richest amongst the minorities, not only in India but in the entire world. From nearly a lakh in 1941, our population has dropped to sixty-one thousand in 2011 in India, and despite being just one to over twenty-one thousand Indians, we have been pioneers in banking, industry, trade and business, and some of the leading lights in professions including law, commerce, education and medicine.

Parsis immigrated essentially from Persia after the Arab invasion in the 8<sup>th</sup> century, in order to save their religious, ethnic and cultural identity. Their acceptance on Gujarat soil by the wise and benevolent local Rana (ruler) is now folklore. Along with them came the exclusive Parsi genes. Fire, being central to their worship of Ahura Mazda makes smoking taboo, purely on religious grounds. Science has now proven that tobacco contains carcinogens and has other health hazards too. Us Parsis are fortunate, for this religious forbiddance has saved us from suffering cancer of the lung, mouth and the food pipe.

Smoke Free World Foundation (SFWF), in New York, USA, has collaborated with Avesthagen Ltd, a research organization, founded and chaired by scientist and entrepreneur - Dr. Viloo Morawala Patell. She earned PhD from France in 1993; her lab there was one of the first to discover and develop RNA editing implants, and post transcribing silencing of genes. She returned to India, but needing finance to support her quest for research, she changed gears to reach Bangalore, where she joined Rockefeller Lab (which would only fund research in Agriculture) and succeeded in growing genetically modified rice to fight drought.

In 1998, she established Avesthagen Ltd, a global systems biology innovation company uniquely positioned to help solve some of the world's biggest world challenges, serving the life science - food - pharmaceutical markets,

converging them to play the larger game of Biotechnology, an area where the world's health science seems to be moving. Her research aims at studying how Zoroastrian-Parsi (Z-P) may help scientists characterize biomarkers predictive of diseases caused by tobacco, such as lung, head, neck and oesophagus cancers, and identifying genetic indicators of these cancers. This and many such researches undertaken by Avesthagen will be discussed during a 45 min webinar with Dr. Viloo on 18<sup>th</sup> July, 2020, at 08:30 PM.

Though small, Z-P community is a unique model of study due to its endogamous practice, which grants it a certain genetic purity but also results in its shrinkage. Parsis are known for their sociable nature, zest for life and humor, better educational status and empowerment of women. Good nutrition and love for good things in life may have supported the genes of seemingly robust health and longevity. But with long life comes old age problems viz arthritis, osteoporosis and susceptibility to fractures, and Neuro-degenerative diseases such as dementia and Parkinson's disease (PD). Though not related to old age, Breast Cancer is also prevalent in the Parsi genes.

Everything exists in your genes. What are genes? They are part of your cells - the fundamental, structural and functional units of living organisms. Did you know that the human body consists of 37 trillion cells of 50 different types? Microbial cells (bacteria) outnumber human cells 10 times. 1 million cells die every second but are constantly replenished during health. The cell is likened to a raw egg - the yellow of it is

a spheroid body called nucleus, and the egg white to cytoplasm. Nucleus contains chromosomes, a structure which contains a linear thread of DNA. The latter is a molecule that contains the instructions an organism needs to develop, live and reproduce. These instructions are found inside every cell and are passed down from parents to their children by the genes contained in it. The genes are a distinct sequence of DNA, forming part of a chromosome and located at a definite position on a particular chromosome. Genetic, therefore means inherited, and pertains to reproduction, birth or origin. The complete set of genetic material along with factors contained in chromosomes is called a Genome, and the genetic makeup of an individual organism, a Genotype.

Likened to the white of an egg is cytoplasm, it contains small, spherical or rod shaped structures (organelles) called Mitochondria (Mc). They are the principle sites of ATP synthesis (providing energy to a cell), contain their own DNA and replicate independently.

The Avestagenome Project reveals that we were separated from Iran a thousand years ago and the diseases Z-P / Iranis suffer are the same as five hundred years ago. The project has identified 420 Mc variants in the hundred Z-P genomes from blood samples of 4500 Parsi individuals. Mc variants and gene

expression picked from this study can be implemented to tailor treatments for cancers, Neurodegenerative and other rare diseases. Considerable research is in the pipeline, and a lot more needs to be done to have solid and reliable results of Parsi inheritance and its future.

Intermarriages (comprising a staggering 38% of all marriages in 2010) are going to throw new challenges as would inter-ethnic variation. Male sperm comes with nuclear material, whilst the egg (of the female) comes with both nuclear and mitochondrial genes. Dating depends on mitochondrial data, the study of which takes us to our Persian ancestry. A Parsi child carries the pure Parsi genes or genetic material from the mother, and even if she marries a non-Parsi, the child will still carry Parsi genes. Thus, banning the children of Parsi women marrying outside is unscientific. Our community is shrinking, and by not allowing the children of Parsi mothers marrying outside will only add to the dwindling numbers. Understandably this will shake the orthodox, but a dispassionate and scientific approach will enhance our Parsi potential. This, of course should not encourage our Parsi girls to marry outside. Where otherwise will the Parsi gentlemen go? Marry outside? This will inflict a double blow to the strength and future of our blessed and unique community.

Research needs huge funding. Avesta genome project is looking at a modest sum of 100 million dollars (Rs. 700 cores). This will enable setting up of a Bio-bank which will investigate blood samples, establish cell lines and perform Liquid Biopsy tests enabling early diagnosis of cancers much before symptoms appear or even imaging can sight the abnormal process. This will also enable free diagnostics as well as medicines for all Parsis. Though one is looking at grants from large international groups, our big Parsi businesses and philanthropists could certainly lighten the burden.

An international Webinar, 'Our Genes, Our Future - Unraveling the Ancient Zoroastrian-Parsi Genome', organized by Meher Bhesania on behalf of WZCC (Dubai Chapter) will be live on Saturday, 18th July, 8:30 pm. Speaker: Dr Viloo Morawala-Patell, Founder- Chairperson, Avesthagen Ltd., Bangalore. Moderator: Dr Keki Turel, Chairman Emeritus, Neurosurgery, Bombay Hospital, Mumbai.  
Link: <https://zoom/j/8487251418>.



# The Six Secrets Of Well-Being



RUBY LILAOWALA

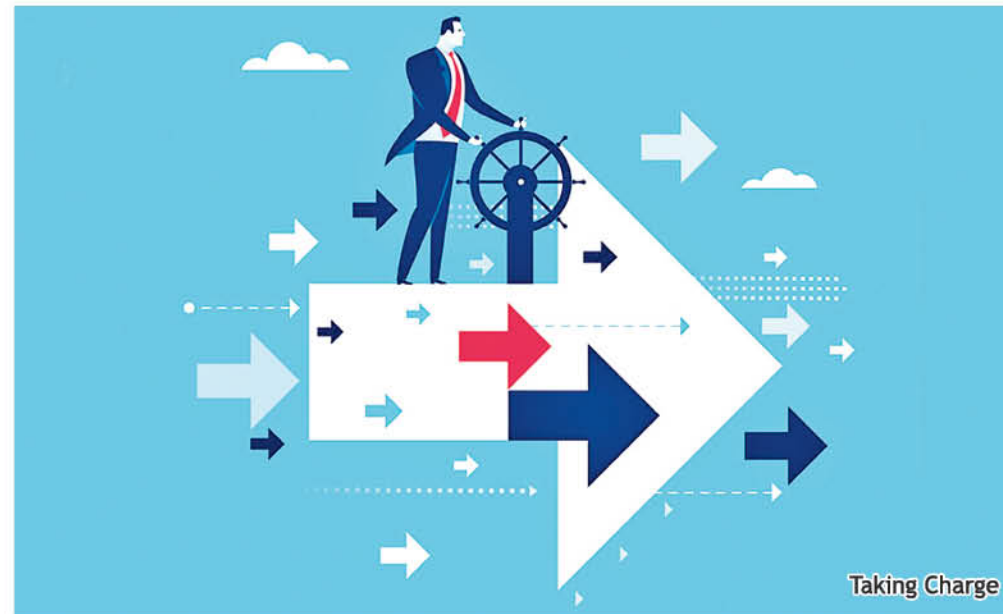
Switch on the TV and there's news of the coronavirus. Read any newspaper - same old news. Talk to anybody and they'll talk about how everybody is getting the virus! But, not everyone is getting it. Some people, it seems, catch every bug, germ and virus while others never seem to fall ill. WHY? It's partly the luck of genetic draw and partly a matter of good habits and diet. However, physicians and psychologists are paying more attention to ways in which your *attitude* can improve your resistance!

Although it's common knowledge that stress affects your body's ability to fight illness, new studies suggest that the way you handle stress is more important. Indeed, medical evidence points to Six Emotional Traits that could help protect you, not only from minor ailments like the cold, flu and various viruses, but also from serious ailments like cancer and heart disease.

**The First Secret - An Unsinkable Spirit:** Having the determination to rise to the challenge helps in the fight against sickness. It's what Dr. Kenneth Pelletier calls the 'hardiness factor', in his book, 'Sound Mind Sound Body', where he

defence mechanisms react in much the same way.

**The Second Secret - Taking Charge:** A positive and fighting spirit may provide the necessary motivation. Actively coping puts the spirit into action. Think of a situation where there are major staff cutbacks in your office. One person may think it is an outrage but choose to do nothing, while another will actively look for cost-cutting measures. This take-charge attitude has



Sense of humor



better than harbouring angry ones. According to psychologists, people seem to be at a greater risk of disease when they are unable to express themselves in emotional terms and instead express themselves in terms like, "I have got a knot in my tummy" or "I am upset."

**The Fourth Secret - Have A Sense Of Humour:** The fourth requirement is building and honing a sense of humour. Your anxiety or anger will dissolve in the face of a good laugh; in fact, it is an excellent stress-buster. Being able to laugh at yourself as well as others is definitely health-enhancing. But what is humour and how can we apply it in our daily lives? If you have the ability to tell jokes, share them with others or if you can write funny articles, share them with thousands of readers and make the anonymous 'Man from Matunga' laugh, well, that is humour!

At a personal level, see comedy-films, funny TV serials and read funny books. Within marriage, play the fool and clown with your spouse. It sends the

message that our marriage bond is so strong that I feel free to act silly with you. It leads to greater intimacy and emotional-bonding when you make each other laugh daily, so see the ridiculous in every situation and have a good laugh over it! Have private names for friends like Banoo Batak, Polly-Popat, Keki-Khadro, Farida the Frog, Soli-Sales Tax, etc but keep them between you. By mistake, don't say it to their face!

**The Fifth Secret - Zero Malice:** An absence of malice is the fifth requirement and a very important one. Studies show that people who carry a lot of hostility, angst or grudge, are that much more susceptible to illnesses - especially heart disease.

**The Sixth Secret - Altruism:** Altruistic behaviour has a beneficial effect on both - mental and physical health, and is correlated to having a longer lifespan. But what is altruism and how can we practice it daily? Simple - make someone happy by doing a random act of kindness without any expectations. Also, each one of us has a God-given gift, a talent, to be nurtured into a goal which can make you, as well as others, happy. This way, you'll be more focussed on your creativity and express your energies without boundaries through your music, dance, writing, counselling, humour... whatever!

Give your talent freely to the world. Surrender yourself to the universe and feel liberated because the universe gives in abundance - but only what's good for your spiritual evolution. This way, to an extent and within your karmic-limitations, you'll be protected from minor ailments like cold and flu, and perhaps, also from major illnesses like cancer and the coronavirus!!



interviewed fifty successful and healthy people to find the common threads in their life. In addition to good habits, like not smoking, good diet and exercise, they all treated any stress as a challenge rather than a negative event. For eg., say, if you lose your job, you can treat it as a disaster or a chance to refocus your career. Conversely, depression makes it more difficult to recover from illness. You know that when you are down, you are low on energy. Well, your body's

been linked to better chances of beating the disease. Studies of breast-cancer and melanoma in patients found that active copers had higher survival rates - active coping means you believe you can take control.

**The Third Secret - Knowing Your Feelings:** You should be able to understand and distinguish what it is that you are exactly feeling. Being out of touch with your feelings is no



# The Zen Series: Be The Boss!



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 fourth part of 'The Zen Series' shares the short story about the man on the horse...

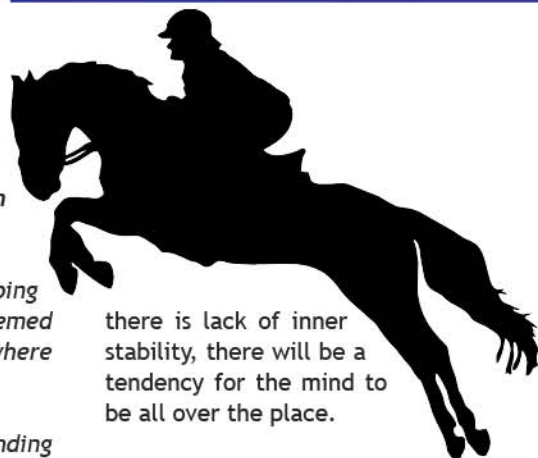
"A horse suddenly came galloping quickly down the road. It seemed as though the man had somewhere important to go.

Another man, who was standing alongside the road, shouted, "Where are you going?" and the man on the horse replied, "I don't know! Ask the horse!"

From '6 Awesome Zen Stories That Will Teach You Important Life Lessons' (Matt Valentine)

Do we really have or practice control over our actions? Do we know where we are going? Sometimes we just go on. Do we have a sense of direction in our lives?

We follow life patterns and go about doing one thing after another, by default, just like unfeeling robots. There are some that make goals and pursue them... and there are others who have not identified with their purpose in life. They attempt just about anything. When the mind is not calm or where



there is lack of inner stability, there will be a tendency for the mind to be all over the place.

At the end of the day, take a breather and ask yourself - is there a purpose, a reason or logic to your life path? Having fun is great, but you need to decide and understand who is in the driving seat. Is it you or is it someone else? A very important question you need to ask yourself is if you are giving the power to someone else to manage and run your life and whether you are comfortable doing so.

**Get A Grip On Your Life:**

1. Identify short-term goals to begin with. These will help you move ahead in life purposefully.
2. Understand that having fun for the heck of it is different from feeling lost and just doing things.
3. Take some time out to understand the road ahead. Stop and see where you are in life right now and then decide where you wish to see yourself later.
4. Accept, understand and if need be, change the course of your life.

**How Can We Change Our Life's Path?**

1. Firstly, be ready to accept and welcome change. Don't resist it.
2. Be open and honest about what is really going on. Based on this do an honest analysis of what is and what isn't working for you anymore.
3. Do not get carried away by everything that you see around you - do not try to emulate the path or journeys of others simply because they seem successful to you. You are unique, as



4. Make wise choices, frame your decisions, make plans to execute these decisions and stick with the process. Don't give in or quit mid-way. You can't undo years of conditioning/habits in a week!
5. Be more open and receptive of the

nudges and signs that nature gives you.

Control your mind and steer it like the horse in the story. Decide upon your destination and the path you will choose to get there. It is great now and then to trot, but if you have a goal, gallop towards it! Take charge now! Be your own boss!!

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## SYMPHONY ORCHESTRA OF INDIA

Saint-Saëns: Violin Concerto No. 3  
 Martyn Brabbins conductor  
 Marat Bisengaliev violin

This performance was recorded live on February 4th, 2020 at the Jamshed Bhabha Theatre, NCPA.

**Saturday, July 18th | 6:00 pm**

This event will be available for viewing till July 24th.

www.youtube.com/TheNCPAMumbai1

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**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



# Ergonomics To Rid The Slouch With Its Ouch!!



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.

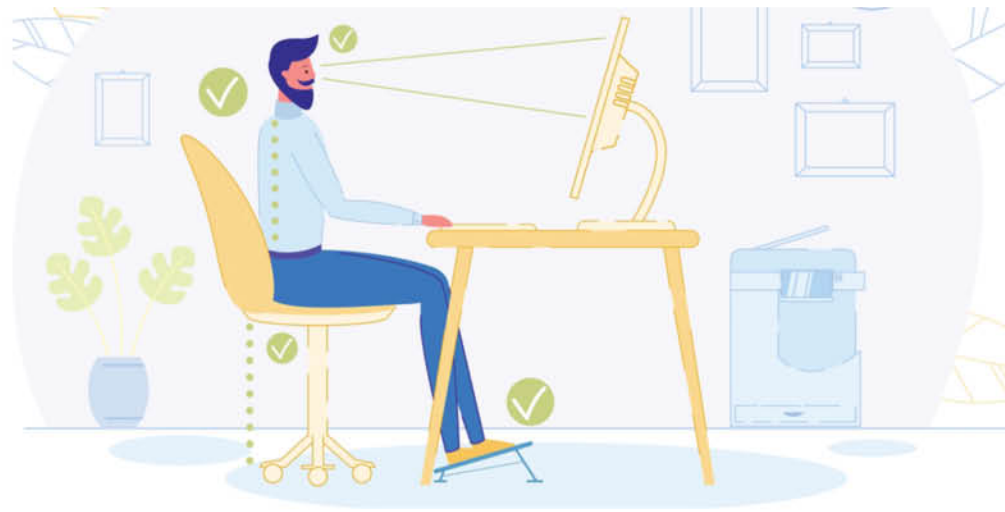
**H**appy New-Year!! Greetings to all my Kadmi readers with prayers for the year ahead to bring in news of joy and togetherness, defeating the virus and healing the world. When the lockdown was announced at the time of our Jamshedi Navroz, how many of us would have thought that we would all be in a sort of suspended state coming to terms with the new normal right into the Kadmi New Year!

As relaxations in lockdown and stage wise return to normalcy is being tried, the enemy virus (pun intended) pounces on the opportunity from the human need to earn our daily bread and thus step out of our homes. The more lucky amongst us have the education and the resources to work from home. Initially, working from home seemed the best choice but now we realise its pitfalls. While it keeps us safe from the virus, it takes a toll on our health and fitness. Insomnia, neck pain, back pain, headaches and eye strain, restlessness, stress and anxiety are among the side effects people are facing from prolonged work from home.

Many of our readers have written about their wellness concerns due to the '24x7 work with home' environment, seeking effective solutions. Work-load has increased, along with responsibilities at home, leaving most exhausted. In a document 'Minding our minds during the COVID-19 pandemic', the Union Health Ministry said staying at home can be quite nice for some time, but can also be boring and restricting. It advised people to stay busy and distract themselves from negative emotions by listening to music, reading, watching an entertaining program on television, pursuing hobbies and doing simple indoor exercises.

I understand some of you might be itching to tell me, Work from home gives no free time. Since many of us are working from home right now (and weren't expecting it to last so long), lots of people are improvising their 'workstation'. For some, that means working at a desk, and for others, that means sitting on the sofa or commandeering the kitchen table during work hours. This brings me to a very important topic for the day - 'Ergonomics', defined - "an applied science concerned with designing and arranging things people use so that the people and things interact most efficiently and safely." Efficiently and safely are the important parts of the definition. Think about it - you're sitting at your desk typing away, and you get a pain in your neck / back. Suddenly, you're not thinking about completing the task as much as you are getting nagged by the pain.

The ergonomics design of the computer workstation is applicable in the office environment and so also at home. How you set up the space and work has a big impact on reducing the use of awkward postures and for the risk of injury. Having an ergonomically optimized workspace helps you work 'efficiently and safely'. By protecting your



body from injury (or recurring pain), you're better able to focus on your task, which, in turn, makes you more efficient and productive at work. You should consult your physiotherapist for helping you with the best ergonomic design within the constraints of your current infrastructure.

To prevent neck and back pain, focus on helping yourself maintain a neutral spine. Contrary to what you may think, a neutral spine isn't the one that is perfectly straight. A neutral spine is in fact the one that stays in its natural curved shape. A neutral spine is basically an S-shape. That means at the top of

your spine, near your neck, your spine curves in (toward your front). In the middle, your spine curves out, and your low back curves back in.

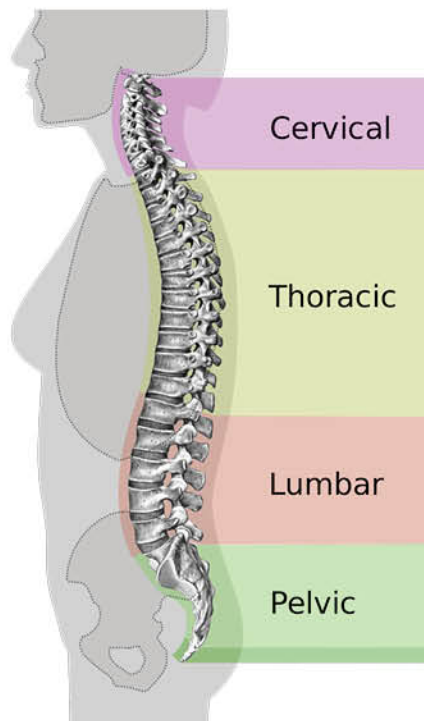
**For those working from home, here are some general ergonomics tips:**

**1. Create a Dedicated Workspace:** Identify a space with a desk or table that can be dedicated for computer use; do not work while sitting on a bed or sofa for long periods of time. Using a real desk makes setting up a home office easier. However, whether it's a dining room table, TV tray, or even a folding table, whatever your desk is right now, make sure it isn't causing posture problems. Specifically, your desk should fit your knees, feet, and thighs comfortably underneath. You shouldn't feel that you have to press your legs together to fit, and your knees shouldn't bang up against anything. If you can't fit under the desk comfortably, try out a different 'desk' until you find the right fit.

**2. Get the Right Height:** No matter what you choose as your desk, your keyboard and mouse should be at elbow height when you are seated. Sit at the desk, hold your arms naturally and comfortably at your sides, then bend your elbows. Hold out your arms (with your elbows just slightly in front of your body but still at your sides) as if you were typing. This is the proper height for the top of your work surface. Some desks let you adjust the height of the desk (or keyboard tray). If you don't have an adjustable desk or are improvising a desk, you can try some hacks. Use some heavy books or a sturdy box to raise your work surface up. If your work surface is too high, adjust your chair up, or try sitting on a firm cushion.

**3. Laptop/Desktop Predicament:** Thanks to its portability, laptops are a popular computing option. However, laptops are not very ergonomic. The main problem with a laptop is that the screen and the keyboard are connected, making true ergonomic placement of the laptop keyboard and screen difficult, if not impossible. While working on a laptop for a short time is fine, using one for longer periods (like the full workday), will not do wonders for your body. However, there are things you can do to improve laptop ergonomics when you work on it for long periods. And, even if you use a desktop with a detached keyboard, mouse, and monitor, you still have to place everything correctly, so you don't injure yourself.

**4. Monitor:** Best is to use a separate monitor, keyboard and mouse; if using a laptop, place it on a lap top stand or on few heavy books, such that the top of the monitor/ screen should be at or slightly below your eye level. When you look at the middle of the screen, your eyes should look slightly down. You should be able to hold your neck straight and easily see the top third of the screen. If you find yourself bending your neck up or down, adjust the screen again. If your monitor doesn't adjust height (or you can't raise it anymore), consider propping the monitor up on a book to achieve the right height. If the monitor is too high and won't lower, adjust your chair up. The monitor should be at least an arm's length from you. This lets you view the entire screen at once - meaning you won't have to move your head from left to right. If the





screen is at arm's length away and you still can't see what's on screen, enlarge the text (or simply try resting for the day). Larger screens may need to be farther away than "arm's length" for you to see everything properly. If your screen is already at the far edge of the desk (away from you), move your keyboard farther from the desk to achieve the right distance. You may also need to adjust the tilt on your screen. If you can see the screen just fine when it's straight, leave it. However, you will likely need to angle the screen to reduce glare and achieve proper head positioning. The top will push away from you, and the bottom will come towards you. Most people tilt the screen back between 10 to 20 degrees. However, if you wear bifocals, you may need to adjust the tilt by 30 to 40 degrees. This helps you use your bifocal lenses the right way without straining your neck. Lastly, try to avoid direct light on the monitor. No matter how you tilt the screen, you'll have a harsh glare that can be hard on the eyes. Try to keep the lighting to the side of the screen for indirect (and less harsh) lighting.

**5. Use Ample Natural Lighting:** Create the dedicated work area with as much natural lighting as possible. Don't tuck it away in a dark corner, but instead use good lighting to improve performance. Use lamps if needed. Place the work area perpendicular to windows to reduce the glare. Keep in mind that the monitor/screen should be at optimal brightness.

**6. Invest in a good quality Anti-Glare Screen Filter and Blue Light Filter software:** Anti-glare screen or spectacles, along with blue light filter software/apps go a great distance in reducing the eye strain and related headaches apart from helping the normal circadian rhythm.



**7. Keyboard:** Use a traditional set-up, hook laptop directly to monitor or place laptop on stand and use an external keyboard and mouse. Placing your keyboard at elbow height is only the beginning of proper keyboard ergonomics. To ensure you've got the right keyboard height, place the keyboard on your work surface then try to type a few lines. As you type, your wrists should remain straight, and your upper arms should stay close to your body, without you forcing it. With the height correct, adjust the keyboard to the proper distance. You don't want the keyboard too close to you, and you don't want to overreach. As you type, your elbows should hang naturally by your sides without discomfort. Consider using a wrist rest to help achieve proper keyboard placement. If you don't have one, a sock filled with rice will do, as will a small rolled-up napkin/towel. Use a keyboard that is either flat or has a 'negative tilt'. Many keyboards tilt 'up', meaning the top row of the keyboard is raised. This forces your wrists to bend up as you type and can cause discomfort. A flat keyboard is better since it helps you hold your wrists straight. A negative tilt keyboard tilts away from you (meaning the bottom row of the keyboard is raised) and also helps promote better wrist placement.

**8. Mouse:** Your mouse should be near the keyboard and easy to reach without overextending any part of your body. In general, this means placing the mouse by your dominant hand, slightly in front of, and next to the keyboard. I suggest, you use a keyboard without an attached numeric keypad. This helps you keep the mouse at the proper height and within easy reach while also keeping the keyboard centered. Consider getting a mouse riser. Similar to a keyboard or monitor riser, this is something you can attach to your desk or keyboard tray to raise the mouse to the proper height without taking up desk space or forcing the keyboard off-center.

**9. Chair:** If you've got an adjustable office chair, that's great. Your work-from-home ergonomics are ahead of the game. But, just because you have an adjustable office chair, that doesn't mean it's adjusted correctly. And if you can't get your hands on an office chair, don't worry. There are plenty of ways to make a kitchen or dining room chair ergonomically viable. Use a chair with low back support and seated cushion; for a kitchen or dining chair insert a seat cushion and roll up a soft towel or blanket to place in the hollow of your back. No matter what kind of chair you use, you want something that will support your spine's natural S-shape. To do that, you need to sit properly. So, start at the bottom and work your way up. As you sit in the chair, your feet should be flat on the floor. Make sure you're sitting evenly on your bottom and not tilting to one side or the other. Your thighs should be parallel to the floor (or your knees at about hip height). The problem is that once you've adjusted your chair to the right height, your arms may not be at the right height for the keyboard. And, of course, your standard kitchen chair isn't adjustable. To create the perfect work throne, you may need to get creative. For example, if you need a higher chair so you

can reach the keyboard, your feet may not rest on the floor. So, try out some shoes (flat heels, Ladies!) to see if some combination of chair height and shoes gives you the proper support for your feet. If shoes are out, try a footrest, step stool, or even a firm cushion to achieve the right sitting posture. Never leave your feet loose hanging.

**10. Standing Workstation:** A standing desk is the ideal combination of work and exercise - without the trip to the gym. One study found that working at a standing desk burns about 88 calories an hour. That's not much, but it is slightly better than sitting and typing, which burns 80 calories an hour. Calorie blasting aside, some people like a standing desk because it's something different, or it gives their back a rest from sitting in a chair all day. However, if you are going to use a standing desk, be aware that it does come with its own ergonomic risks. If you're not used to standing all day, don't jump into the first day of a standing desk by using it for eight hours straight! Start with 30 minutes a day and gradually increase your standing time. This decreases the risk that you might develop leg, foot, or, you guessed it, back pain. When you work at a standing desk, the same rules about keyboard and mouse placement apply, so make sure you aren't working at a standing desk that's too tall or short for you. Lastly, make sure you can stand up straight. Again, this doesn't mean with a military-straight spine. You need to stand with a neutral spine. If you are ready for some challenges, do try out a standing work-station. May be in future I might pen a full article on why sitting is the new smoking!



**11. Keep moving:** Even with the best of the ergonomics followed, you may end up with injury and pain if you are in the same position for too long, so remember to keep getting up and moving around every now and then. Get up, look out of the window and stretch a bit. Take movement breaks every half hour and change postures when starting to fatigue. Try to find ways to stand and alternate job tasks for short periods of time. I am sure you all have come across the 20-20-20 rule, do follow it.

**12. Phone:** Use the speakerphone/headset for calls and speech to text software instead of typing. Never brace the handset or cell phone between the neck and the shoulder

**13. Leave Food in the Kitchen:** To help allow enough space to use computer equipment properly, especially the keyboard and mouse, try keeping food in the kitchen. Having two distinct spaces will allow for focused time to work and enjoyable time to eat. Obviously, it will help keep the inches off too, as we tend to munch a lot of junk stuff unthinkingly when trying to focus at work.

**14. Drink Lots of Water and Take Breaks Throughout the Day:** Drink water consistently throughout the day, as it's very easy to forget the most simple thing to do and not even realise before dehydration sets in!



**The basic idea is to take small steps to protect your body. It depends on the person, but bad habits in your twenties may not cause real problems until your fifties. Everyone's body is different, which is why you need to be as conscientious as possible. And if you feel pain, take that as a signal: something clearly isn't working. If you listen to your body when it whispers, you won't have to hear it scream!**

**One of the lasting effects of the enemy virus could be that more companies will allow people to work from home in the future. So being mindful of Work From Home ergonomics could end up being a skill we'll use for a long time!**

Do continue writing in and sharing your comments, questions and feedback as always!

Tandorasti and Ushta Te!

**As always do remember to write back to me at: [daneshchinoy@gmail.com](mailto:daneshchinoy@gmail.com) / 8454800869.**