

THE TRUTH. DELIVERED WEEKLY.

Magnanimous Donors - Pervin And Jal Shroff - Reimburse PGH In Entirety Despite Project Being Shelved

A Press Release issued on behalf of the B D Petit Parsee General Hospital (PGH) has greatly thanked the Hong Kong-based, one of the most generous donors of our community - Jal and Pervin Shroff, for having reimbursed the entire Preliminary and Pre-operative expenditure incurred for the construction of the multi-speciality hospital, which was unfortunately revoked due to objections raised by some community members.



The Press Release, which was issued on 24th July, 2020, reads:

"As is known to the members of Parsi Zoroastrian community, the munificent pledge of US \$ 22.5 million by Mrs. Pervin and Mr. Jal Shroff of Hong Kong, for the construction of a new secular multi-speciality hospital named, 'Shroff Medical Centre of B D Petit Parsee General Hospital', was reluctantly withdrawn by the donors, in view of administrative bureaucracy, legal challenges and disruptive opposition from some members of our community.

The management of B D Petit Parsee General Hospital (PGH) had incessantly worked on this Project for over three years and had incurred a preliminary and pre-operative expenditure of ` 5,78,84,023.76, part of which, at ` 1,45,09,500.00 was earlier shared by the donors.

At the request of the management of PGH, the Donors have now magnanimously reimbursed the entire balance of the preliminary and pre-operative expenditure incurred by PGH for the now-abandoned new hospital project, in order not to unduly strain the limited resources of PGH.

The management of PGH will eternally remain grateful to Mrs. Pervin and Mr. Jal Shroff for their benevolence and continued support to PGH.

For and on behalf of

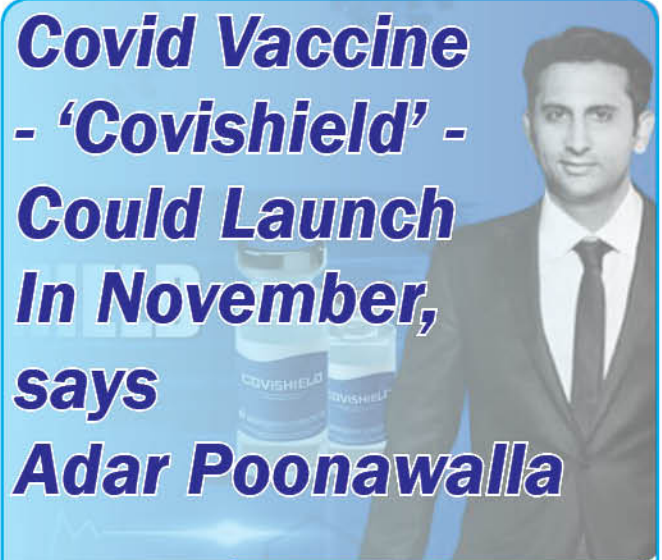
B D Petit Parsee General Hospital"

Remembering The Greats! JRD Tata - A Tribute!



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Covid Vaccine - 'Covishield' - Could Launch In November, says Adar Poonawalla



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FROM THE EDITOR'S DESK

Let's Not Go Back To 'Normal'

Dear Readers,

If there's one thing the Pandemic has taught us, it's that we can't afford to be thoughtless anymore... and not just about the precautionary measures we need to mandatorily adopt to escape being the victim of the rampage caused by the deadly virus, for months now. It's also, quite literally, about everything else. And hopefully, we've learnt our lesson imparted by the ruthless-teacher-cum-grim-reaper rolled into one - Covid-19 - in these few months, which have turned our worlds upside down. And it's made us look back on all that we, as mankind, have inflicted upon the planet and ourselves, for centuries.

In addition to the three most obvious truths - economic fragility; the significance of human interaction to sustain mental health; and how caring for the environment is more about what we ought to not do, than do - the pandemic has shown us that we have failed at taking care of ourselves in the ways that matter most. It has struck at the very root of our conventional sense of security and made us realise that all the weapons, missiles, fighter jets, nuclear ammunitions, et al, couldn't protect us from this assault.

It has altered our very perception of security - which, we increasingly realize, does not lie as much in fighting wars, as it does in taking greater care of ourselves; and that perhaps the government should be spending as much on health-care as it does on defence... especially when the enemy within causes an equal or greater number of casualties!

Maybe, the truth is, we needed this new normal. We had to be locked in for our flora and fauna to flourish in all their forgotten glory. Even satellite pictures reveal a massive reduction in carbon emissions over the world's most polluted places. Maybe, it was about Mother Nature needing to take some time off to heal herself, to finally breathe free, without the constant, toxic, human interference.

No, we cannot afford to be thoughtless anymore. That was how it used to be - the normal, as we knew it. Let's not go back to 'normal'. Ever. Let's be the proud creators and participants of this new normal, one which demands thoughtfulness, kindness and consideration.

Have a good weekend!

- Anahita
anahita@parsi-times.com

Religious Announcement

The Zoroastrian Colony Youth Welfare Association, with the help of Mrs. Maharukh Madan, and the young and dynamic Dastoor Farshogar, have been performing the 10-day Mukhtad ceremony at Soonaiji Agiary, Gowalia Tank since many years

This year, we will be continuing the tradition for the 10 holy days of Mukhtad by performing the Afringan, Farokshi, and three Satum prayers. For each prayer, the Asho Farohar names will be recited. The amount for the Mukhtad prayers will be INR 300 per name.

Please send your names through Whatsapp on any of the following numbers latest by the 1st of August 2020 to:

Polly Nagwaswalla: +91 7738906278 /

Maharukh Madan: +91 9821311119 /

Dastoor Farshogar: +91 9821653366 /

Behram Bhatena: +91 9870114596.

Money will be accepted by cash or bank transfer on these details:

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The Great Jehangir Ratanji Dadabhoy Tata: A Tribute



RAZVIN NAMDARIAN

Next week marks the 116th Birth Anniversary of the great JRD Tata – as much the pride of the Parsi Community as of the nation. PT Writer Razvin Namdarian pens a tribute to the life and times of the man who symbolised greatness itself!

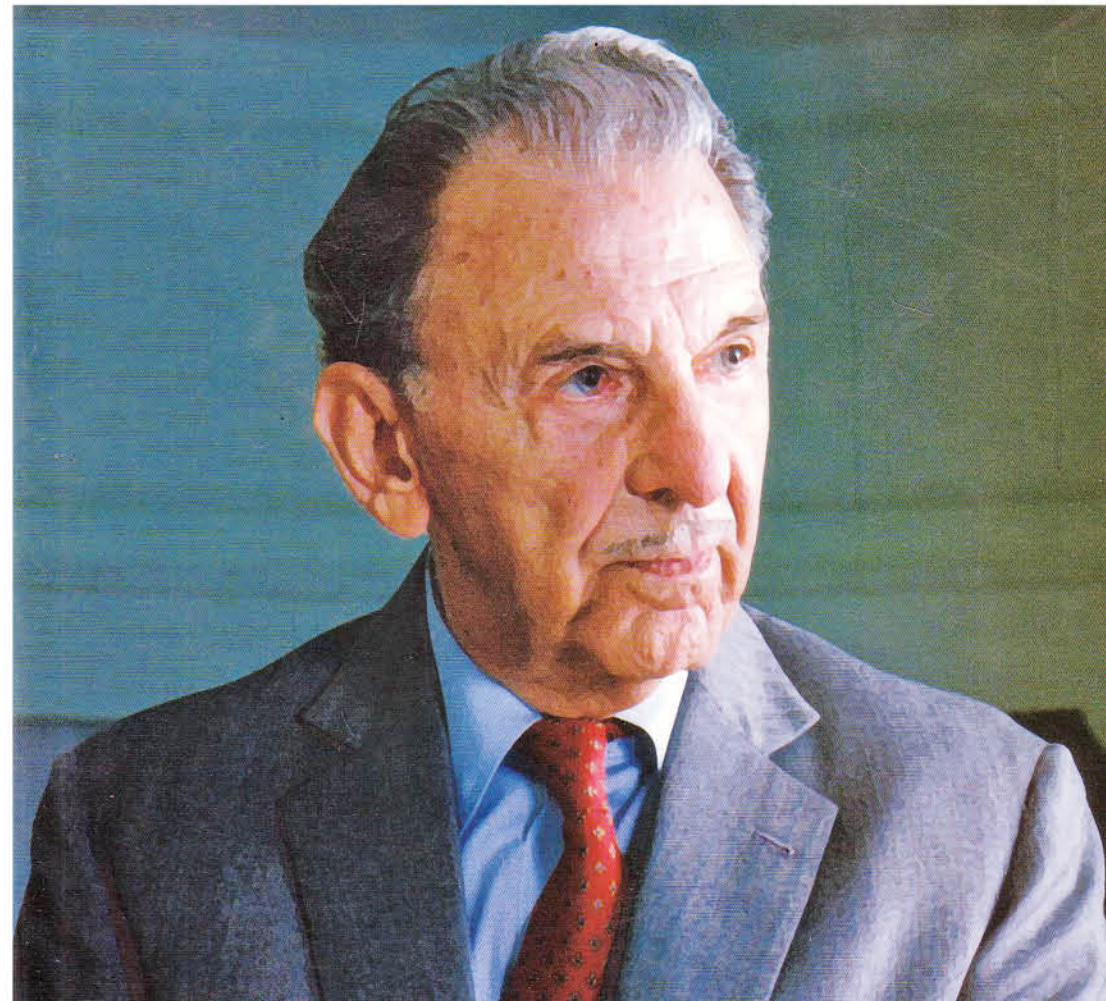
Some people may be born with a silver spoon, but Jehangir Ratanji Dadabhoy (JRD) Tata was born to greatness, on the 29th of July, 1904. He was and continues to reign as the most renowned Zoroastrian on the planet. His was not a story of simply carrying on the family name and business... he, quite literally, reached for the skies, and worked his way into pioneering and achieving unparalleled success in his ventures, creating a legacy that awed the world.

It may come as a surprise to some, but JRD was born in France and was a French National. His mother was French and having spent his early years in that country, French was the first language he spoke as a native. He did his schooling in France, Japan and he even spent a year doing mandatory service in the French Army and would have extended his term there, had his father not demanded his presence in India. At the age of 21, JRD entered Tata Sons in the capacity of an unpaid apprentice - few could foresee what this young slip of a boy would achieve.

Entrepreneur Par Excellence

JRD's father passed away within a year of his coming to India. At the age of 22, he found himself on the board of Tata Sons. In 1938, at the age of 34, he took over as Chairman of the Tata Sons Board from Sir Nowroji Saklatvala. He then embarked upon a period of expansion that witnessed the saw the unmatched rise of the Tata Group into an industrial conglomerate that the world took note of.

When JRD took over, the Tata Sons had 14 companies under its umbrella. Over a 50 years, by the time he retired in 1988, JRD had augmented that number nearly seven times over, to 95 companies! He ensured that the Tata Group had a strong presence



in key sectors including chemicals, automobiles, hospitality, cosmetics, tea and information technology.

JRD was one of the few industrial magnates who appreciated talent over lineage, hiring efficient professionals to run his various businesses. Under his astute leadership, talent was always encouraged and the staff was treated with utmost dignity and respect - a tradition which is still one of the keystones of the prime Tata business ethic.

A Passion For Wings

One can't think of Indian aviation without thinking of JRD Tata. In fact, the two are synonymous! JRD is rightly recognized as the pioneer of Indian aviation. His fascination with flying took root in France, where he grew up watching the heroic flights of the famous aviator, Louis Bleriot's. As a 15-year-old, he took his first joyride in an airplane. In 1929, he obtained his commercial pilot's license - the first ever

issued in India - with his license numbered '1'. To this day, Indian pilots are issued licenses as a sequence following that 'License No. 1'.

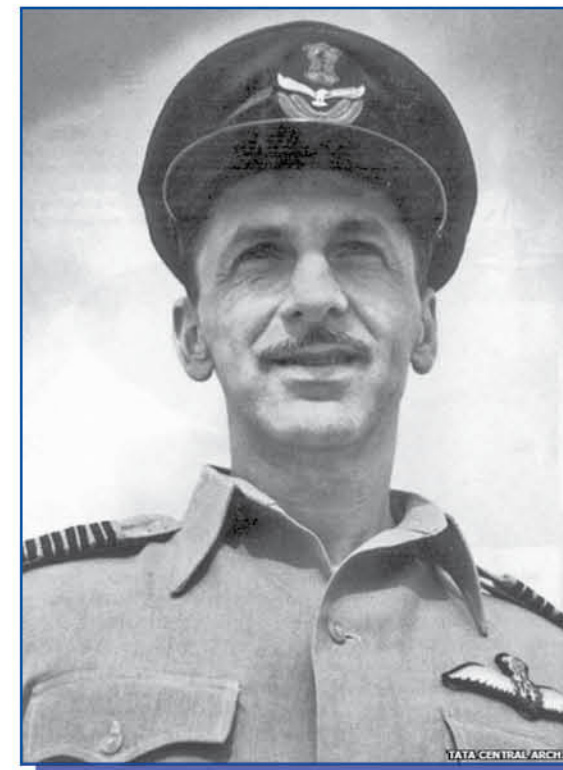


When the Tata headquarters received a proposal to start an airmail service that would connect Bombay, Ahmedabad and Karachi, the enthusiastic JRD had to fight a tough battle to convince the then Chairman, Dorabji Tata, to take on the initiative. 1932 was the year of the first historic flight of the Tata Aviation Service, when JRD at the controls of a Puss Moth lifted off from Drigh Road, in Karachi. It was later named Tata Airlines and then Air India.



JRD and Thelma

JRD was the driving force behind the branding of the airline and the creation of the iconic Air India 'Maharaja'. He suffered a major disappointment when Air India was nationalized by the Indian government in 1953. Though he and Nehru were friends, he could not reconcile with the socialist politics of the time. Even so, he magnanimously accepted Nehru's offer to continue as the head of the national carrier till 1977 and managed to insulate it from the red-tape and petty politics that governed other public enterprises.



Over the past few years, a signature campaign has been launched to name the proposed Navi Mumbai airport after the pioneer of Indian aviation - JRD Tata - the powers that be should take note!

A Gentleman and An Indian

JRD was known for his dry wit and his nobility. Indeed, one had heard tales about his self-effacing humble nature - how he would always sit upfront, next to his driver; how a person stuck in the rain was shocked to have the great JRD Tata stop his car and offer a lift to a complete stranger... the anecdotes are many and each one only increases our admiration for this great man.

In the year 1929, at the age of 25, JRD gave up his French citizenship and became an Indian. He embraced the country and gave it his all. Other than his business acumen, he was also interested in the fields of science, medicine and the arts. To bring India to the forefront of cutting-edge research, he established the Tata Institute of Fundamental Research, the Tata Memorial Hospital, the Tata

Institute of Social Sciences and the National Institute of Advanced Sciences. The performing arts in the country are indebted to his great support and patronage to the National Centre for the Performing Arts.

In keeping with the tenets of our noble religion, JRD always sought to help those in need. He realized that in order for India to become a global force, we would need to eradicate poverty. Rather than indulge in casual charity, he set up the multipurpose JRD Tata Trust as well as the JRD and Thelma Tata Trust to aid disadvantaged women. Realizing the inexorable link between poverty and population, he worked tirelessly in the field and helped established what is now known as the International Institute of Population Studies.

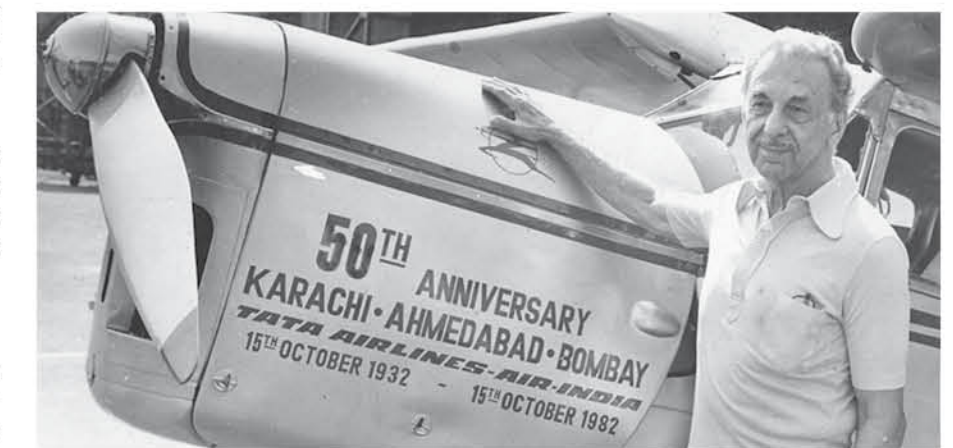
In 1992, JRD received the United Nations Population Award, felicitating his efforts, albeit a bit late in the day. The country which became as much a part of his identity as the Tata name honoured him with the Padma Vibhushan and also India's highest civilian honour, the Bharat Ratna. He was also awarded the French Legion of Honor, the highest award for military merits.

JRD and his wife Thelma did not have any children but he passed the reigns of the legendary empire he had created into the capable hands of Ratan Tata.



JRD with Ratan Tata

This amazing man breathed his last battling a kidney infection, in a hospital in Geneva, Switzerland, on November 29, 1993, at the age of 89. The Indian Parliament was adjourned in mourning - an honor that Non-Member of Parliaments do not receive. He is buried in the iconic Père Lachaise cemetery, put to rest amongst many peers of the Tata family and other luminaries like Jim Morrison, Oscar Wilde and Edith Piaf - fine company indeed for a truly refined individual!



The TATA graves in Pere Lachaise Cemetery, Paris. JRD Tata's tombstone is seen in the extreme right.

Let Me Mould And Shape My Life In Zarathushtra's Likeness

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.



Thou, the Creator, has never left mankind without religion. Thy sages and seers have, through their wisdom and holiness, evolved religions. Then hast Thou sent from time to time Thy prophets as founders of their respective religions. Thou, Ahura Mazda, didst single out Zarathushtra from among mankind to be Thy first messenger, in point of time at the grey dawn of history to found his religion upon the earth. Ever blessed be he that he came from Thee to show us the path of life.

Zarathustra loved mankind; more than he loved himself. He made the happiness of others dearer to him than his own. Encumbered with cares and anxieties, forsaken and deserted and persecuted, he did not give himself to fits of despondency, nor did he let melancholy seize him, nor did he let his loneliness weigh down his spirit, but with indomitable courage in face of misfortunes, he fought and promulgated Thy faith all his life and ultimately met with cruel death for us at the hands of those that were seemingly blind and hearingly deaf.

Let me overcome life's buffetings as my beloved prophet did. Let me not sink into despair. Let me don the armour of righteousness and fight wickedness that it may never have dominion over me. I will serve Zarathushtra in righteousness all the days of my life. So will I live my life according to the teachings and guidance of Zarathushtra that when in old age, I look back upon the years that are spent, I may not be disappointed with my life. I will fill my mind with his wisdom and my heart with his love.

I will be generous and genial to all about me as Zarathushtra was in his life. I will give as much of myself to him as I could give to none. I will let his thought completely possess me. I will make his religion part of my very being. I will consecrate myself to his life. I will endeavour, Ahura Mazda, to become more and more like Zarathushtra every day.

Haft Ameshaspand – The Haptan Yasht (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 Zarhostis.

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

(With excerpts from Zoroastrianism – An Ethnic Perspective by Khojeste P. Mistree)

Taking the story of the creation of our world forward, Hormazd first produced the Beneficent Immortals - the Six Ameshaspands, the seventh being Hormazd himself. The following are his Seven Creations:

- I. Spenta Mainyu - Hormazd - Bounteous Spirit
- II. Vohu Mana - Bahman - Good Mind
- III. Asha Vahishta - Ardibehest - Best Truth
- IV. Khshathra Vairya - Sherevar - Desirable Kingdom
- V. Spenta Armaiti - Aspandad - Holy Devotion / Piety
- VI. Haurvatat - Khordad - Perfection / Completeness
- VII. Ameretat - Amardad - Immortality

The Haptan Yasht is dedicated to all the Ameshaspands and hence, is one of the most prolific prayers that we have. The Moti Haptan Yasht is best recited after the Hormazd Yasht. This *paak Yazad*, with the help of the Ameshaspands, banishes the pain and sorrow of your heart and fulfils your wishes. The sorrow, which is carried in the hands of the evil that comes from the depths of hell, that sorrow can be conquered by the recitation of this Yasht. Reciting this Yasht helps us to be truthful; it brings happiness, goodness, charity, esteem and prosperity to mankind.

In Hindu Astrology, *Rahu* represents materialism, mischief, fear, dissatisfaction, obsession and confusion. *Rahu* is also associated with politicians and occult sciences. Like *Ketu*, *Rahu* is also an enemy against the sun and moon. It is generally considered as a malefic planet in astrology. This planet rules over thieves, jail, poison, snakes and isolated places. It is associated with filth. In case you wish to tame the maleficent effects of Saturn (*Shani*) in your horoscope, then this *Yasht* can be prayed in conjunction with the *Avan Yasht* for maximum benefit.

For those of us who believe in astrology, it is said that the *Rahu* dasha can be changed by this *Yasht*. But we don't need astrology to identify the symptoms of evil - we can all discern the malefic effects of evil on those around us and perhaps start praying this *Yasht* for them.



Aspandad Roj is day of Haft Ameshaspand on which we must pray the *Haptan Yasht*. As I have mentioned in a previous column, the *Yatu Zi Zarathushtra No Kardo* is a very powerful part of the *Haptan Yasht* and can be prayed by itself too. However, forming the habit of reciting the *Yasht* in its entirety is the most beneficial practice to adopt.

For your reference, I have reproduced here the *Yatu Zi Zarathushtra No Kardo*, with its literal translation:

"Yatu zi Zarathushtra vanat daevo mashyo Ko namanah badha Spitama Zarathushtra Vispa druksh janaiti, vispa druksh nashaiti, yatha haonaoiti ashem vacham Aoi te aoi tanvo dadhaiti, aoi te athaurunem janaiti athaurunem yatha rathaeshtarem vispano asrushtee nashatanam aojangha. Yo him daste daranem yoi hapta Amesha Spenta hukhshathra hudhaongo hamerethanamchit. Daenam Mazda yasnim aspo kehrepem apem Mazdadhatam ashaonim yazamaide. Atere vitare maibya vitare maibya vimraot Zarathushtra atare vitare maibyaschit vitare maibyaschit vimraot Zarathushtra yat vangheush manangho yat aithyejanghem vacham fraspavaresh fracha framerethwacha frazathwacha. Satavata satevata utavata utevata uta apabarentu yatha bastem fravashanam daenam Mazdayasnim nashatanam aojangha – Ashem Vohu."

The following is the literal translation:

"O Zarathushtra, I call upon thee to smite the evil wizard like man who resembles a daeva (evil person). O Spitama Zarathushtra! Just as one would succeed with the power of these sacred verses, in the same way let them conquer and destroy all the drujas (evil spirits) of this house. This druja takes control of the body and smites both, the Athravan (priests) and the Rathestaran (warrior). We appeal to Thee to be our shield and our protector like the seven Ameshaspands who are both wise and true rulers and who protect us against evil. We are in tune with the Mazda worshipping religion and with the holy waters created by Mazda in the shape of a horse."

Zarathushtra condemns sins of commission and sins of omission, as they are pertain to Vohu Manah (probably a reference to Bahman Ameshaspand and therefore Bahman Yasht), which is the most indestructible among the sacred verses. Through the power of these verses, the evil ones are carried far away from us, bound by the sacred verses of the Mazda worshippers. May the Mazda worshippers increase a hundredfold, continuously!

Recency Bias And Investment Decisions



MARZEE KERAWALA



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

As Investors, we like to think that every decision to buy or sell a particular investment has a logic to it. Unfortunately, that's not always the case. As investors, we are inherently vulnerable to biases that lead us to illogical and irrational investment decisions; Biases are part of human behavior and we are prone to be misled. Most times we are not even aware that we suffer from these biases.



In my last article I had elaborated on 'Mental Accounting Bias' while investing. In this column we will discuss 'Recency Bias' with real life examples. It is a behavioral bias wherein there is tendency to weigh recent/current events more heavily than earlier events. Investors put all their emphasis on recent happenings and give less weightage to those that have happened in past, thus shifting the focus towards the asset class which is the flavor of the day. This skews perception towards short term thinking. We have seen many such events in India where investors either tend to be overweight or underweight on the asset class. Few recent events in Indian context are mentioned below:

Table: 1

23rd March 2020	4th May 2020	5th Jun 2020	21st July 2020
No. of Corona cases in India: 500	No. of Corona cases in India: 42,000	No. of Corona cases in India 2,20,000	No. of Corona cases in India 11,56,000
SENSEX @ 25,981	SENSEX @ 31,715	SENSEX @ 34,287	SENSEX @ 37,930

Table: 2

4th July 2014	17th Aug 2018	Sensex took more than 4 years from July 2014 to Aug 2018 to scale up
SENSEX @ 25,962	SENSEX @ 37,947	From 25,962 to 37,947 level
23rd March 2020	21st July 2020	Sensex took less than 4 months for the same journey from Mar 20 to Jul 20!
SENSEX @ 25,981	SENSEX @ 37,930	

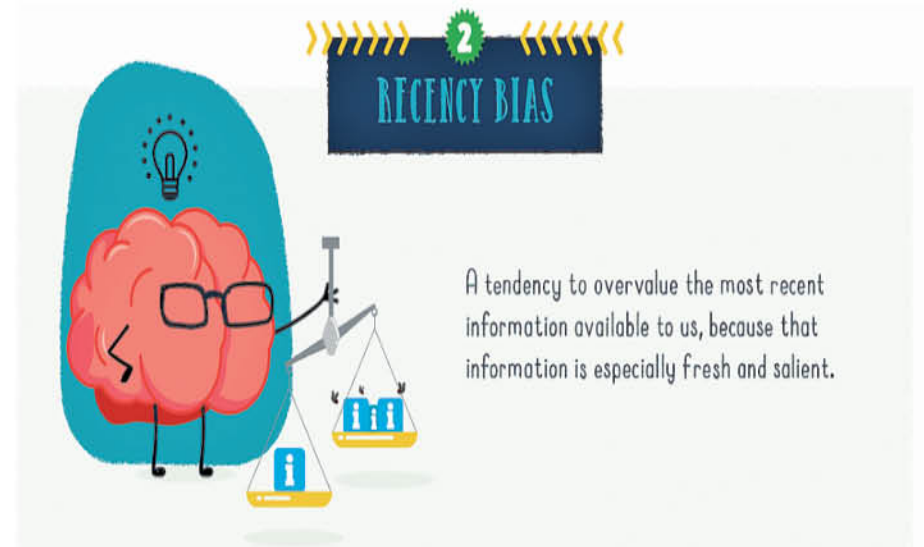
Upon taking a closer look at the above tables, it's clear that the Sensex had hit the lows of 26K by Mar 2020 when the corona cases in India were less than 500! Most people extrapolated this bad news and sold their equities (not that I am trying to justify these 38K level on index). We can see that when the markets were crashing in March 2020 due to Covid-19, risk aversion increased and people sold their equity holdings and moved to the safety of FDs or Gold. Risk appetite dries up as the future looks hopeless due to the developments of lockdown and contracting GDP. The same holds true during the bull markets,

risk appetite normally increases and they extrapolate the recent equity gains into the future. It clearly shows that Investors who sold their equity at the depths of Mar 2020 and moved to Fixed Deposits are shocked to see Sensex back again @ 38000!

Table: 3

1st November 2012	1st November 2019	1st July 2020
Gold rate per 10 gms: 31,050	Gold Rate per 10 gms: 31,150	Gold Rate per 10 gms: 49,550
It took Gold nearly 7 years to Scale up to same level of 31000		

	1 year	3 years	5 years	7 years
Returns as on Jul 2020	45%	18%	11%	8%
Returns as on Jul 2019	8%	1%	2%	0%
*Returns of Nippon India Gold fund				



If you look at the gold prices, they also show a similar trend. Between November 2012 to November 2019, gold prices were almost the same @ Rs. 31,000. For an investor who has invested in gold, there has effectively been zero returns in this asset class for 7 years! So, if you had invested in gold and seen the gold returns as on July 2019 a year back, the returns for 3, 5 and 7 years were 1%; 2%; and 0% CAGR respectively!

The same gold delivered 45% returns in the last one year and, as recently as July 20, the returns for 3, 5 and 7 years are 18%; 11% and 8% CAGR respectively. Those investors who shunned this asset after getting frustrated for 7 years with zero returns are also shocked to see gold @ 49,500. In both the above examples, Recency Bias led investors to make these irrational decisions.

But here's the good news! Evidence suggests that if we become aware of our biases, we can also learn to overcome them and improve our decision making. So how can we deal with this bias? First of all, acknowledge it. Half the battle is won when you identify its presence - that it, in fact, has been existing all this time! Don't be hard on yourself - many investors fall prey to it.

We need to work on what is in our control - Asset Allocation, Diversification, and setting realistic expectation from our investments. Don't get swayed by the latest performance, however good or bad. At finally and most importantly, get yourself professional assistance. The services of a Financial Advisor are essential to set you sailing in turbulent market conditions!



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 with details if you would like to celebrate your success with our community too and feature in PT's Parsi Pride Brigade!

Here's extending our very Best Wishes for a Shining and Successful Future, alongside our Heartiest Congratulations to our Young Guns....

Proud Percy!

16-year-old Percy H. Amaria from Maneckji Cooper School scored 94.2% in the ICSE Board exams, in the best of 5. The son of delighted parents - Zarfshan and Hosheder Avmaria - Percy has also secured a black belt in karate and resides at Cama Park. He has opted for the Science stream and hopes to pursue a career in Engineering.



Hurrah Hanoz!

Surat's Hanoz Rayomand Bhagat, a student of S D R Umrigar School, residing at Adajan, secured a super 94.29% in the GSEB X-Board Exams. 16-year-old Hanoz, son of delighted parents - Saber and Rayomand Bhagat - nurtures a special interest in Social Science (87%) and Sanskrit (89%) and has special skills in acting and drama. He has opted for the Commerce stream and wishes to make a successful career in business, while keeping an eye on acting and drama!



Fabulous Farzan!

Farzan A. Irani, resident of Bharucha Baug (Andheri), scored a whopping 98% in his ICSE 2020 Board exams. The 16-year-old says he owes his success to his alma mater - Maneckji Cooper Education Trust School with special thanks to the principal - Kashmira Gundevia and the teachers. He also thanks his parents for their support. He has opted to continue his education in the Science stream. His success mantra is to set goals and then strive to achieve them.



Zealous Zieta!

Zieta Irani, a student of Maneckji Cooper Education Trust School, scored an outstanding 95.88% in her ICSE Boards. Not one to bury her nose in her books all day, Zieta enjoyed the process of preparing for these crucial exams, taking breaks with a spirited game of football, whenever she could. The daughter of overjoyed parents - Geeti and Donesh Irani, 16-year-old Zieta is a resident of Cama Park in Mumbai. Zieta plans to pursue the Commerce stream and eventually set a career in Creative Designing.



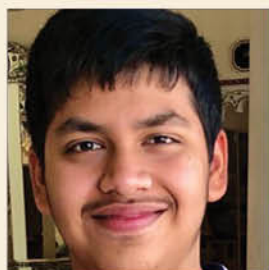
Kudos Kaizeen!

Kaizeen Delzad Vapiwala scored a brilliant 93.20% in the ICSE Boards. A student of City International School (Andheri), Kaizeen brings immense pride and joy to her parents - Tanaz and Delzad Vapiwala, and is grateful to them, in addition to her teachers and her elder sister for their support and encouragement. In addition to plenty of sleep and rest, studying regularly helped her achieve the desired goal! Kaizeen wishes to pursue a career in Advertising and Brand Management!



Fantastic Farhaan!

16-year-old Farhaan Amaria, from the Cathedral and John Connon School, scored 94.8% (Best of 5) in the recently held ICSE Board exams. Residing at Rustom Baug with proud parents - Sarosh and Armaity Amaria - Farhaan plans on continuing his IB education at the same school and looks to carve out a successful career in the aviation / automobile sector, in keeping with his passion for planes and cars!



Dazzling Delzeen!

15-year-old Delzeen Baria from Gitanjali Devshala School (Secunderabad) has secured a marvellous 91% in the Class X ICSE Boards. School Captain Delzeen is daughter to proud parents Farhad and Monaz Baria. She has opted for the Commerce stream to pursue a career as a Chartered Account.



THE BYRAMJEE JEEJEEBHOY PARSEE CHARITABLE INSTITUTION JR. COLLEGE

33, M.KARVE MARG, CHARNI ROAD, MUMBAI - 400004
ESTD. 1891

100% RESULTS IN H.S.C 2020 SCIENCE & COMMERCE

Prospective candidates seeking admission to Std. XI Commerce/ Commerce with I.T/ Science with Biology/ Science with Electronics are hereby informed that Admission Process for Zoroastrian students will commence in our Jr. College Office soon after the S.S.C Results are declared, as per rules.

Scan the QR Code below to access the admission form and submit the duly filled form to begin the admission process.

SUBJECTS OFFERED

COMMERCE	SCIENCE
English	English
Hindi/ French/ I.T	Hindi/ French
Co-operation (for handicapped Students)	Physics
S.P./ Mathematics	Mathematics/
Economics	Child Development
Organisation of Commerce	Chemistry
Book-Keeping & Accountancy	Biology
E.V.S	Electronics (Bifocal)
	E.V.S

****IT IS MANDATORY THAT ALL MINORITY STUDENTS COMPLETE THE FORMALITIES (PART I & II) OF THE ONLINE ADMISSION PROCESS.**



MRS. PAVANA ANCHEES
PRINCIPAL

Ratan Tata Says Future Tata Trusts Head May Not Be A Tata



In a submission to the Supreme Court on (date), the Tata Trust's current Chairman, Ratan Tata said that the future head of Tata Trusts could be a non-Tata. "I happen to be the current chairman of these trusts. It could be somebody else, not necessarily with the surname 'Tata', in the future. An individual's life is finite, whereas these organisations will continue," he said, as quoted by The Economic Times.

Members of the Tata family have no "vested right" to that position or even to the chairmanship of Tata Sons, he said in response to a plea led by Cyrus Investments, a company controlled by the Mistry family. The submissions come at a time when Ratan Tata is understood to be evaluating plans to institutionalise the management of Tata Trusts with an eye on the future, said top officials close to the developments.

He added that the current chairman of Tata Sons (N Chandrasekaran) was also not from the family, countering the Mistry group's claim that Tata Sons, the holding company, was a 'quasi-partnership' between the Tata and Mistry families. Cyrus Investments, which owns Tata Sons shares, has sought the Supreme Court's intervention to obtain 'proportionate representation' on the board of the holding company.

"That so far as the members of the Tata family (descendants/relatives of founders) are concerned, no special right or role has ever been stipulated or given to them in the company (Tata Sons), or its management, apart from the rights that they would have under law as a shareholder in the company," Tata responded, adding that he and his relatives own less than 3% of Tata Sons.

"This is by choice, and not by accident," Tata said. "As early as 1919 and 1932, the founding members consciously endowed their wealth and shareholding in Tata Sons to charitable trusts with a vision to create an enduring legacy and institution which would become - and that has become - a benchmark for business excellence."

The response led by Ratan Tata said that other group companies, which cumulatively hold close to 13% stake in Tata Sons, also do not have any special rights. Therefore, it is not the case of the appellant (Mistry group) being singled out with regard to denial of any rights.

Ratan Tata is working on a plan to institutionalise the management of Tata Trusts, where he could seek to form a committee of high-ranking individuals from various fields, especially those with a solid background in philanthropy and humanities.

'Covishield' Could Launch In November: Adar Poonawalla



As per the latest news reports, Adar Poonawalla, CEO of the world's largest vaccine manufacturer - Serum Institute of India (SII), shared that the Oxford Coronavirus Vaccine, whose results of Phase I, II trials have appeared safe, will be called 'Covishield' in India. He said that SII has sought an official approval from the Drug Controller General of India (DCGI) for conducting Phase 3 trials of the Oxford coronavirus vaccine in India. If results turned positive, Poonawalla said, "By November, we hope to launch the vaccine if the trials are positive and if the DCGI blesses it and says it is safe..."

The vaccine under development would be administered to around five thousand volunteers across Covid Hotspots - Pune and Mumbai, as part of the crucial third phase of the trial which will determine the viability of introducing the vaccine in the market.

Poonawalla said there were ample volunteers and that unlike the exclusion of seniors in the initial phase of trials at Oxford, the Indian trials will include elderly people and health workers as well, because the initial phase has conclusively proven the safety of the vaccine.

On 21st July, 2020, SII announced it would start trials of the COVID-19 vaccine candidate developed by Oxford University and AstraZeneca by end-August, on up to 5,000 Indian volunteers, after getting the necessary nods. "We are making this application within the next 48 hours to the DCGI's office. They will probably take about 1-2 weeks on what kind of study and trial we will have to do," Poonawalla said, speaking to CNBC-TV-18 news channel. It would take another three weeks to inject patients in hospitals, he said, adding, "We are talking about a month or month and a half maximum, from today... maybe even sooner."

Pune-based Serum Institute of India, the largest vaccine manufacturer in the world, has been chosen by Oxford and its partner, AstraZeneca, to manufacture

one billion doses of the vaccine once it gets ready. Adar Poonawalla has said they wish to price it below Rs. 1,000.

As per Adar Poonawalla, it is extremely likely that the COVID-19 vaccine would require two or more doses, like in the case of antidotes for measles and other diseases. As part of the special permission, the company will manufacture up to 70 million doses of the vaccine per month, up to October, and then scale it up to 100 million per month by December, so that it is ready to hit the market, once the final approvals are in place.

Alongside these processes, SII will be applying for special permission to start manufacturing the vaccine in India. This exposes it to a commercial risk, should the vaccine fail at the last stage. "If you look at the process right now, the risk of the op-ex (operating expenditure) which we are putting in is more than USD 200 million. If this vaccine fails, we will be down (by) USD 200 million," said Poonawalla, adding that the expenses exclude the opportunity cost of using the same facility for some other purpose.

The interim results from the ongoing first and second trial phase, led by Oxford University, showed that the vaccine generated robust immune responses against the SARS-CoV-2 virus in all evaluated participants, AstraZeneca said in a statement. A coronavirus vaccine developed by the Oxford University appears safe and induces a strong immune response within the body, scientists announced on 20th July, 2020, after the first phase of promising human trials against the deadly disease that has infected over 1.45 crore people and claimed over six lakh lives globally. The promising COVID-19 vaccine was developed by the scientists of the Jenner Institute (Oxford University) and British-Swedish pharma firm, AstraZeneca has been given the license to mass-produce the potential vaccine. The UK drug giant has teamed up with SII to manufacture 1 billion doses of the vaccine candidate developed by the University of Oxford.

Participate In 'XYZ Being Parsi' – Age No Bar!!!

MEDIA PARTNER

PARSI TIMES

The Truth. Delivered Weekly.

XYZ Foundation, the Community's leading establishment for children and young adults, is conducting 'XYZ Being Parsi' - it's first ever major online event, with Parsi Times as its Media Partner. Open to people across all ages, this event brings to the forefront and celebrates our beautiful and vibrant religion and culture.

Those interested can participate in the following events, as per the age-group, as under:

	AGE GROUP	EVENT NAME	DETAILS
1.	Under-8	'Show and Tell!'	We invite our lovely tots to send in a video highlighting any object related to our religion and culture, and talking about it for 1 minute.
2.	Under-12	'Recreate It!'	Presenting the opportunity for children to showcase their creativity and resourcefulness! Each participant picks and recreate a picture provided by us.
3.	Under-16	'Bawaji Emoji!'	Our teens get to highlight their out-of-the-box creativity by creating 'Bawa Emoji' and telling us how to use it!
4.	XYZ Seniors	'Capture & Caption!'	Seniors would need to take a picture depicting anything related to our religion and culture and add a caption to it.
5.	Parents & Volunteers	'I'm Bawa & I'll Show It!'	Participants need to capture a moment in a typical Bawa household. The picture should be self-explanatory.

'XYZ Being Parsi 2020' will be held on Sunday, 2nd August, 2020. The event is for XYZ members and families, so in case you're not an XYZ-member, join NOW! Register online at: www.xyzfoundation.net

For 'XYZ Being Parsi' details, log on to: <https://bit.ly/XYZBP>

PROUD MOMENT FOR MANECKJI COOPER SCHOOL

At Maneckji Cooper we bring the best out in each of our student. This is proved by the excellent results the school has obtained at the ICSE Examination 2020. All our 139 students have secured distinction.

The Topper Ms. Viha Jain secured 99.6%, being the highest scored among the ICSE Mumbai Schools



This year 26 Zoroastrian students appeared for the ICSE Exams.



Zenobia Powvalla - 98.40%



Farzan Irani - 98%



Zieta Irani - 97.60%



Nilufer Mistry - 96.20%



Parvin Munshi - 96%



Khushnam Avari - 96%



Tushna Elavia - 95.20%



Nikshaan Bhesania - 95.20%



Percy Amaria - 94.20%



Nasha Elavia - 94.20%



Friyana Driver - 94%



Mazdayash Merchant - 93.60%



Yohan Bhappoo - 93.40%



Huzan Mistry - 92.40%



Kayan Guard - 92%



Aarvan Dick - 91.40%



Perraz Badhiwalla - 91%



Zarvan Movdwalla - 91%



Jehan Varachhawal - 90.60%



Rian Engineer - 90.60%



Shayan Mondegar - 90.40%



Fravaksh Wadia - 88.40%



Shanaya Patrawalla - 88.20%



Karina Talati - 85.20%



Jehan Eranee - 85%



Xerxes Jogina - 80.40%

The Principal, Mrs. Kashmiria Gundevia thanked the Management for their tremendous support and encouragement, the teachers for their professionalism and commitment in building a rock solid foundation for the school and the students for their hard work and diligence for achieving great heights.

Maneckji Cooper stresses in shaping the students aspirations, behaviours and values and not just academic excellence, as can be seen from the well placed ex-students of the school, over the years spread over the globe.

BEING
PARSI
Etle Su?

Under 8 | Show & Tell

Under 12 | Recreate It!

Under 16 | Bawaji Emoji

XYZ Seniors | Capture & Caption

Parents & Volunteers | I'm Bawa & I'll Show It...

Sunday, 2nd August 2020

tamara gher ma

CHALO REGISTER KARO

'The Mind Essentials' By Aviva Damania Holds Food Distributions In Dharavi



During the pandemic which has challenged the very survival of an innumerable number of the financially backward classes and slum-dwellers, Aviva Damania, founder of The Mind Essentials, along with The Banyan Tree team, donated and distributed a month's ration and sanitation kits to a hundred families, which were in need of basic food to sustain themselves, in Asia's largest slum - Dharavi.

Aviva was accompanied by her father, well known personality, Parvez Damania, and Mickey Mehta - India's leading holistic health guru, who conducted breathing and meditation exercises to enhance immunity.

Dharavi has been one of the worst affected areas in Mumbai by COVID-19, declared a containment zone in its entirety. Most of the families whose children studied in Banyan Tree

English school were greatly affected. For seventeen years, the government recognized Banyan Tree English School, which caters to 600 students, has been bringing education to the marginalized Dharavi slums which house over a million people, in an area of just 2.1 sq. km (Population density: 277,316 people per sq. km).

The Mind Essentials, recently set up by mental health professional - Aviva, is a platform for online counselling (video call, call, chat). Recognising the need for online mental health services, especially during the pandemic, Aviva established The Mind Essentials, which now comprises 15 counsellors and psychologists. The Mind Essentials is committed to a long-term investment in marginalised people and this food distribution would be the forerunner of future efforts to ensure the continuity of providing therapy, care and compassion to them.



Reader's Corner

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

I Asked God By Meher Parvez Sutaria

I asked God: "Why am I in this situation?"
God replied: "Don't you recall those wonderful times you have spent thus far?
Why now ask, "Why me?"
There's many in the same boat as you!"

I asked God: "How long will this last?"
God replied: "Don't worry. The present will soon be the past!"

I asked God: "When will I start feeling better?"
God replied: "By using the best gift I've given you - your mind!
Keep your mind strong
To overcome all difficulties."

I asked God: "Will you help me get over these troubled times?"
God replied: "You have already received my help by reposing your faith in me.
YOU HAVE MY BLESSINGS!"

Remembering Our Dear JRD On His Birth Anniversary By Armin Dutia Motashaw

A great human being you were - par excellence!
A visionary, who thought much in advance;
In business, never did you let-go a chance.

An empire you ruled, like a commander wise,
Chaired you, the Tata empire of mammoth size,
Looking after your employees; always giving a rise!
JRD, so very proud of you is our entire clan,
Kind, caring, dedicated - you truly were a great man;
Love you we always will, Forget you - we never can!

A Small Step Taken Today By Afried Dastur

A small step let us all, with full dedication, take today:
Monsoon is here - lets sow a few trees, plants, seeds today.
Our planet, greenery most urgently needs, let's do it today;
Oxygen it requires to keep us alive - today and every day,
Or Gen-next will be starved of it soon, if we shirk our duty today.
Why wait? Pick up a pot, an old can, anything available on display,
Soil collect from around - plant something right away!
This opportunity golden, given by God, miss it not - grab it today;
Satisfied you will feel and happy, tending to it every day!

That Confidence Quotient!

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



VEERA SHROFF SANJANA

Have you ever come across those individuals who somehow exude confidence and self-assurance in all that they do? Oh! They seem so put together... no task ever too herculean, no scenario unsettling enough to rattle them. True confidence - as opposed to false confidence has a look all its own. Truly confident people have the upper hand over the doubtful and the skittish; they often inspire others and make things happen. Those lacking confidence come across as insecure individuals, who oftentimes view others as being arrogant. Confident people are self-assured and usually spunky; they know their value and they know what they want.



involve daunting changes like taking on a new career or job or it could take smaller forms like striking up a conversation with someone new if you are normally shy.

Your outlook greatly impacts your ability to succeed and manifest results. Learning to be confident is a skill-set you do not possess inherently, but can certainly shape and hone over time. One can gain tremendously by incorporating the following behaviours which confident people possess:

They Value True Happiness: A palpable element of confidence is plain, simple happiness. Happiness from within! Confident people rarely depend on people or situations to make them feel good. Their happiness stems

from their self-worth. They believe, 'in order to be confident in what you do, you have to be happy with who you are!'

They Don't Pass Judgement: Confident people rarely pass judgement on others, they know that everyone has something to offer and they don't need to take people down a notch in order to feel good about themselves. They don't waste time sizing people up or worrying about whether or not they measure up to everyone they meet. To them, comparisons are limiting.

They Speak With Certainty: Confidence speaks assertively. Confident people deliver their ideas with conviction and assurance. They are willing to risk a

little to gain a lot!

They Do Not Fear Failure, Feedback or Conflict: Realising that failure is sometimes inevitable, confident people share the same doubts and anxiety that we all do, but still, they plod on to conquer one challenge after another. Knowing that life will knock you down from time to time is a universal truth that they are well acquainted with. They are open to accepting feedback and acting on it without getting defensive. Insecurities often lead to a highly sensitive nature that takes umbrage at even the most constructive suggestion or advice. Confident people have the ability to handle criticism, even outright rejection, without allowing it to break them.

They Don't Seek Attention: Knowing that being yourself is a far more effective tool than trying to prove you're important, confident people seldom advertise their credentials, accomplishments or worth. Confident people are troopers - they crave neither approval, nor praise and accolades because they draw their self-worth from within.

They Aren't Afraid To Be Wrong: Confident people often have opinions and are not afraid to voice them. They like putting their thoughts, views and opinions out there to get feedback, to debate, even to argue only because their sole aim is to learn, grow and reinvent

themselves constantly. They know they are capable of being wrong, but they don't treat that as a personal slight or detraction of their self-worth.

They Celebrate Other People: Instead of constantly and insecurely focusing on themselves, confident people focus outwards. They allow them to see all the wonderful things that others bring to the table. Have you met a man who praises his spouse at every opportunity, a friend who is the wind beneath your wings, and an employer who never ceases to withhold her appreciation for you? Praising people for their contributions is a natural asset of people with an assured sense of self-worth. Insecurity, on the other hand has a coping mechanism that constantly criticizes, faults and blames others. A friend who pricks your balloon, a spouse overtly critical and impatient all the time, a boss that loves to bark - these traits reflect their own lack of self-worth. Confident people are champions who never miss an opportunity to defend a friend, stand valiantly with their spouse, and champion the underdog.

Confident People Stick Their Necks Out: Confident people rarely miss an opportunity. Instead of worrying about what could go wrong, they ask themselves, "Why can't I?" or "What's stopping me?" The fear to fail doesn't hold them back. It's the fear to miss out on an opportunity that scares them more. They know that without trying, there is no success and without failing, nothing is learnt. They only have things to prove to themselves, they believe



It is hard to control whether people see you as confident or arrogant because their opinions are based on presumptions. It is true - arrogance and confidence have overlapping qualities, but with one distinct difference - arrogant people lack empathy and élan.

Confidence is about an overall view of how likely you are to accomplish your goals, objectives and aspirations. It's also a belief in self-worth and tenacity. Confident people have fears and insecurities as well! But they've taught themselves over life experiences, to step out of their comfort zones. Confidence is ultimately about being comfortable in a wide variety of situations that would make most people uncomfortable. It can



that, 'doubts kill more dreams than failure ever will'.

Remember most importantly, building confidence is a journey, not a destination. Rightly has it been said, "To be confident is to have won even before you have started!"

The Bawa Word Search

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

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

- | | | | |
|----------|-------------------|------------------|----------------|
| Burberry | EsteeLauder | Dior | L'Oreal |
| Lancome | MaybellineNewYork | YvesSaintLaurent | Lakme |
| Givenchy | Revlon | Shiseido | ElizabethArden |
| Clinique | Covergirl | BobbiBrown | |



TechKnow With Tantra

BeautyPlus

This App beautifies your photos via a comprehensive list of features and an easy-to-use interface. Touch-ups include a tone slider, make up tool and a hair dyer. The selfie edits are subtle. You can manually edit your skin colour, brighten eyes and create that perfect smile. There is an auto-editor too. The professional photo editing feature can create blur, resize and trim, apply filters (from romantic to dramatic) and professional control to stretch, slim and rotate your pics. It can also be used for landscapes. It comes with stickers, fx brushes and AR filters add that extra charm to your pics.

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

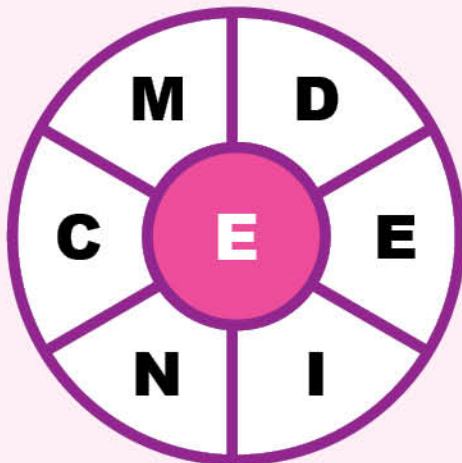
iOS: <https://apple.co/2RYCeoG>

SUDOKU

			9	4	8			
6	2		1					
	1					3	5	
	7	1	6					3
3				2				6
2					7	5	1	
	4	7					9	
					4		6	5
					7	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 - 9 or more words
 Good - 11 or more words
 Outstanding - 12 or more words

WINNING CAPTION!!!



Birds to bunny: We won't stop twittering till you agree that Trump gave Twitter a bad name!

By Viraf Commissariat (Shelton, CT - USA)

CAPTION THIS!



Calling all our readers to caption this picture!

The wittiest caption will win a fabulous prize!

Send in your captions at editor@parsi-times.com by 29th July, 2020.

Weekend Riddle

'Pun'demics

- Q1:** What do you tell yourself when you wake up late for work and realize you have a fever?
- Q2:** If there's a baby boom nine months from now, what will happen in 2033?
- Q3:** What does your neighbour keep screaming from the loo after he ran out of toilet paper and had to start using old newspapers?

A1: Self, I so late! A2: There will be a whole bunch of quaran-teens! A3: Times' are rough!

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

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

This week, Chef Delzad shows us how to whip up two delicious Monsoon Cocktails - 'Peach Bliss' and 'Cin-apple'!

Peach Bliss

Ingredients:

Fresh peach puree – 2 tbsp; **Fresh peach sliced** – 1 pc; **Gin** – 45 ml;
Sprite – 100 ml; **Ice** – as required; **Mint** – few sprigs.

Method:

1. Shake up the peach puree with the gin in a shaker with ice.
2. Pour over ice in a glass.
3. Slap some mint between your palms and add it to the glass.
4. Add the sliced peaches and top up with the sprite.



Cin-apple

Ingredients:

Cinnamon – ¼ tsp; **Whisky** – 60 ml; **Apple juice** – 120 ml;
Orange juice – 40 ml; **Ice** – as required.

Method:

1. Stir the whisky in a glass with the cinnamon powder and ice.
2. Strain in a fresh glass over some fresh ice.
3. Add the apple slices, orange juice and apple juice and give it a stir.



Become An 'XYZ Senior' (Age 15+)! - Of The Youth, By The Youth, For The Youth -

Our Community's foremost non-profit outfit, established with the aim of promoting camaraderie and unity amidst children and young adults, XYZ (Xtremely Young Zoroastrian) Foundation (established in 2014), has just launched its Youth Wing, titled 'XYZ Seniors'.

XYZ Seniors are a group of people who are above the age of fifteen, from various parts of Mumbai and different walks of life, including XYZ alumni. This group aims at creating a fun, interactive and a creative outlet for youth over the age of 15 years. It will foster a sense of belonging and pride within the community and also provide extra-curricular activities with social awareness, personality development and life skills. Some of the areas of participation include organizing and participating in fun and growth-oriented XYZ events; Mentoring XYZs (between 5 and 15 years of age); and Conducting exclusive events for XYZ Seniors.

There will be fun events, sports, games and other activities that are of the youth, by the youth and for the youth!

Says Hoshang Gotla, the dynamic founder of XYZ Foundation, "We are a close-knit family and we invite you to join in the fun and games, but most importantly, the bonding! You will be assimilated into a group of Bawas close to your age, and together, we can have a lot of *majha* and *masti*! So, if you're fresh out of school or 15 years and above, XYZ Seniors invite you into a world of fun and learning on a fabulous community platform."

To join, and for further details:
www.xyzfoundation.net/xyz-seniors.html

For Queries:
Call/Whatsapp:
Ferzin: 7045163618/
Avan: 7506842252/
Parzaan: 9870111942

**OUR FAMILY:
 A LOT OF FUN
 A LITTLE BIT CRAZY
 A WHOLE LOT OF
 LOVE**

JOIN OUR FAMILY:
[HTTP://WWW.XYZFOUNDATION.NET/
 XYZ-SENIORS.HTML](http://www.xyzfoundation.net/xyz-seniors.html)

THE TRUTH. DELIVERED WEEKLY.

સિકંદરાબાદના ખાન બહાદુર એદલજી સોહરાબજી ચિનોય અંજુમન દર-એ-મેહરે તેની ૧૦૦મી સાલગ્રેહની ઉજવણી કરી



૧૪મી જુલાઈ, ૨૦૨૦ના દિને સિકંદરાબાદમાં એમજી રોડ પર સ્થિત ખાન બહાદુર એદલજી સોહરાબજી ચિનોય અંજુમન દર-એ-મેહરેની શુભ શતાબ્દી હોવા છતાં, રોગચાળાના નિયંત્રણોને ધ્યાનમાં રાખીને, ત્યાં કોઈ જાહેર ઉજવણી કરવામાં આવી ન હતી અને પ્રસંગને આ સીમ-લિમિટ્ડ સ્મારક માટે દર્શાવવામાં આવ્યો હતો. દર-એ-મેહરે, જે હૈદરાબાદ અને સિકંદરાબાદના જોડિયા શહેરોમાં હાજર ત્રણ અગિયારીઓમાં સૌથી નાની છે, શહેરમાં રહેતા એક હજારથી વધુ પારસીઓ પ્રાર્થના માટે જાય છે. ખાન બહાદુર એદલજી સોહરાબજી ચિનોય અંજુમન દર-એ-મેહરેના મુખ્ય ધર્મગુરૂ એરવદ અસ્પી પટેલના સમર્પિત પ્રયત્નો લેકળ, અને તેની મેનેજમેન્ટ કમિટીના સમર્થનથી, શુભ દિવસની

શરૂઆત સવારે ૬:૩૦ કલાકે માચી સમારોહ સાથે થઈ, ત્યારબાદ સમુદાયની સુખાકારી માટે 'તંદુરસ્તી' યોજવામાં આવી. દરેમહેરની મેનેજમેન્ટ કમિટીનો સમાવેશ કરનારા ફક્ત પંદર સમુદાયના સભ્યોએ આ વિધિમાં ભાગ લીધો. આ દરેમહેર, શેઠ વિકાજી મેહરજી અને શેઠ પેસ્તનજી મેહરજી દર-એ-મેહરેની સામે આવેલી છે, જે જોડિયા શહેરોમાં ૧૮૩૯માં બંધાયેલી સૌથી પ્રાચીન દરેમહેર છે. બાઈ માણેકજી નશરવાનજી ચિનોય દર-એ-મેહરે (૧૯૦૪માં બંધાયેલ), તિલક રોડ પર સ્થિત છે અને તે પરિવહનની અછતને કારણે શહેરની તે બાજુમાં રહેતા પારસીઓની સેવા માટે બનાવવામાં આવી હતી. સામૂહિક રીતે, ત્રણ દરેમહેર તેમના રહેણાંક ક્લેટમાં ૪૩૦ પરિવારો રહે છે. ખાન બહાદુર એદલજી સોહરાબજી

ચિનોય અંજુમન દર-એ-મેહરે, ખાન બહાદુર શેઠ એદલજી સોહરાબજી ચિનોય અને બાઈ પીરોજબાઈ એદલજી ચિનોયના દીકરા શેઠ જમશેદજી એદલજી ચિનોય અને તેમના ભાઈઓ સાથે તેમના પિતાજીની યાદમાં ઉસ્માન અલી ખાનના-હૈદરાબાદ રાજ્યના છેલ્લા અને સાતમા નિઝામના શાસનકાળ દરમિયાન બનાવવામાં આવી હતી. દસ્તુર ખુરશેદ દસ્તુર બેહરામ જામાસ્ય આસાએ નિઝામ મીર ઉસ્માન અલી ખાન અને હિંગ જ્યોર્જ વી.ના શાસનકાળ દરમિયાન દર-એ-મેહરેને પવિત્ર કર્યા હતા. ચિનોય પરિવાર ૨૦૦ વર્ષ પહેલાં હૈદરાબાદ આવ્યો હતો.

આજની સંખ્યામાં ફક્ત એક હજાર જેટલા (૪૩૦ પરિવારો) હોવા છતાં, હૈદરાબાદમાં પારસી / ઈરાની જરથોસ્તી સમુદાયે, અસફ જાહી (અથવા નિઝામ; ૧૭૨૪-૧૯૪૮) ના જમાનાથી, શહેરના વિકાસમાં મોટો ફાળો આપ્યો છે. હૈદરાબાદમાં તેમનું આગમન ૧૮૦૩ ની છે (જ્યારે ત્રીજો નિઝામ, સિકંદર જા, રાજા બન્યો). જેમ દર-એ-મેહરે ભવ્ય લક્ષ્ય પ્રાપ્ત કર્યું છે, તો ચાલો આપણે બધાં પ્રાર્થના કરીએ અને આશા રાખીએ કે લાંબા સમયથી ચાલતી, પ્રાચીન પવિત્ર આતશ આપણા સમુદાયને આશીર્વાદ આપે છે!

નેવિલ સંજાણાને વ્હાઈટ હાઉસ સન્માન 'પ્રેસિડેન્સીયલી અર્લી કેરિયર એવોર્ડ ફોર સાયન્ટીસ્ટ એન્ડ એન્જિનિયર્સ'

પંદર દિવસ પહેલા, ન્યુ યોર્ક યુનિવર્સિટી (એનવાયયુ)માં બાયોલોજી વિભાગના સહાયક પ્રોફેસર અને એનવાયયુની સ્કૂલ ઓફ મેડિસિનના નેવિલ સંજાણાને પ્રેસિડેન્સીયલી અર્લી કેરિયર એવોર્ડ ફોર સાયન્ટીસ્ટ એન્ડ એન્જિનિયર્સ, વ્હાઈટ હાઉસ સન્માનીત એવોર્ડ એનાયત કરવામાં આવ્યો હતો. આ એવોર્ડ વૈજ્ઞાનિકો અને એન્જિનિયરોની ઓળખ કરાવે છે જે ફેડરલ એજન્સીઓ માટે મહત્વપૂર્ણ મિશનને વિસ્તૃત રીતે આગળ વધારે છે.

પ્રેસિડેન્સીયલી અર્લી કેરિયર એવોર્ડ ફોર સાયન્ટીસ્ટ એન્ડ એન્જિનિયર્સ, એવોર્ડ યુ.એસ. સરકાર દ્વારા ઉત્તમ વૈજ્ઞાનિકો અને એન્જિનિયરોને તેમની કારકિર્દી શરૂ કરવા અને વિજ્ઞાન અને તકનીકીમાં નેતૃત્વ માટે અપવાદરૂપ વચન દર્શાવે છે, ને આ વર્ષના વિજેતાઓનું નામ આપતા સર્વોચ્ચ સન્માન અનુભવે છે. ભાગ લેનારા એજન્સીઓની ભલ-ભાણોને પગલે વ્હાઈટ હાઉસ ખાતે દર વર્ષે એવોર્ડ એનાયત કરવામાં આવે છે. ન્યુ યોર્ક જિનોમ સેન્ટરના ફોર ફેકલ્ટી સભ્ય, નેવિલ સંજાણા, સીઆરઆઈએસપીઆર, જે અગ્રણી સંપાદન તકનીકનો ઉપયોગ કરીને નવા સાધનો વિકસાવી રહ્યા છે, તેમને આરોગ્ય અને માનવ સેવા વિભાગ દ્વારા નિયુક્ત કરવામાં આવ્યા હતા.



તાજેતરમાં, નેવિલે અને સાથીઓએ, રાષ્ટ્રીય કેન્સર સંસ્થામાં, કેન્સર સામે લડવાની રોગપ્રતિકારક શક્તિને ઉપચાર આપતા ઉપચાર સામે પ્રતિકારમાં સામેલ ડઝનેક નવલકથાના જીવનનો પર્દાકાશ કર્યો.

૨૦૧૮માં આપેલ સંરક્ષણ અઘતન સંશોધન પ્રોજેક્ટસ એજન્સી (ડીએઆરપીએ) એવોર્ડ અંતર્ગત, નેવિલ સંજાણા હવે રોગ પેદા કરતા પરિવર્તનને સુધારવા માટેની નવી પદ્ધતિઓની રચનાને વેગ આપવા માટે કામ કરી રહ્યા છે.

લાંબા ગાળે, સંજાણા, નોન-કોડિંગ જિનોમમાંના તમામ કાર્યાત્મક તત્વોની સૂચિ બનાવવા માંગે છે - જિનોમમાંના તે ભાગ જે પ્રોટીન બનાવવા માટે સૂચનો પ્રદાન કરતું નથી પરંતુ કોશિકાઓ કેવી રીતે કાર્ય કરે છે તે સમજવામાં વધુને વધુ જોવામાં આવે છે - કેન્સર જેવા રોગોની પ્રકૃતિને વધુ સંપૂર્ણ રીતે સમજવા માટે.

ટીવી ચાલુ કરો અને ત્યાં કરોના વાયરસના સમાચાર જોવા મળે છે. કોઈપણ અખબાર વાંચો - તે જ જૂના સમાચાર. કોઈની સાથે વાત કરો અને તેઓ પણ તેજ વાત કરશે વાયરસ કેવી રીતે આવે છે! પરંતુ, તે દરેક જણને લાગતો નથી. કેટલાક લોકોને, એવું લાગે છે કે, દરેક કીડો, સૂક્ષ્મજંતુ એ વાયરસને પકડે છે, જ્યારે અન્ય લોકો ક્યારેય બીમાર નથી હોતા, કેમ? તે આંશિક રીતે અનુવાંશિક દોરોનું નસીબ છે તમારી સારી ટેવો અને આહારની બાબત છે. જો કે, ચિકિત્સકો અને મનોવૈજ્ઞાનિકો એવી રીતો પર વધુ ધ્યાન આપી રહ્યા છે કે જેમાં તમારું વલણ તમારા પ્રતિકારને સુધારી શકે!

સુખી રહેવાના છ રહસ્યો



તેમ છતાં, સામાન્યજ્ઞાન પ્રમાણે તણાવ એ બીમારી સામે લડવાની તમ-રા શરીરની ક્ષમતાને અસર કરે છે, નવા અભ્યાસ સૂચવે છે કે તમે તાણને કેવી રીતે હેન્ડલ કરો છો તે વધુ મહત્વનું છે. ખરેખર, તબીબી પુરાવા છ લાગણીશીલ

લક્ષણો તરફ ધ્યાન દોરે છે જે તમને શરદી, ફ્લૂ અને વિવિધ વાયરસ જેવી નાની બીમારીઓથી જ નહીં, પણ કેન્સર અને હૃદય રોગ જેવી ગંભીર બિમારીઓથી પણ બચાવવામાં મદદ કરી શકે છે.

પહેલું રહસ્ય - એક અનિશ્ચિત ભાવના: પડકાર તરફ આગળ વધવાનો સંકલ્પ રાખવાથી માંદગી સામેની લડતમાં મદદ મળે છે. ધૂમ્રપાન ન કરવા, સારા આહાર અને કસરત જેવી સારી ટેવો ઉપરાંત, કોઈપણ તાણને નકારાત્મક ઘટનાને બદલે પડકાર તરીકે

માનો. ઉદાહરણ તરીકે, કલો, જો તમે તમારી નોકરી ગુમાવી છે તો તમારી કારકિર્દીને ફરીથી કેન્દ્ર કરવાની તક તરીકે ગણી શકો છો. તેનાથી વિપરીત, હતાશા અનુભવી તમે બીમારીથી ફરી રિકવર થવું મુશ્કેલ બનાવો છો. તમે જાણો છો કે જ્યારે તમને સાફ નથી લાગતું ત્યારે તમારી શક્તિ ઓછી હોય છે. ફક્ત સાફ વિચારવાથી તમારા શરીરની સંરક્ષણ પદ્ધતિઓ તે જ રીતે પ્રતિક્રિયા આપે છે.

બીજું રહસ્ય - ચાર્જ લેવો: એક સકારાત્મક અને લડતી ભાવના જરૂરી પ્રેરણા આપી શકે છે. એવી સ્થિતિનો વિચાર કરો જ્યાં તમારી ઓફિસમાં કર્મચારીઓની મોટી કટબેક્સ હોય. એક વ્યક્તિ વિચારી શકે છે કે તે આકોશ

છે પરંતુ કંઈ કરવાનું પસંદ નહીં કરે, જ્યારે બીજો સક્રિયપણે ખર્ચ ઘટાડવાના પગલાની શોધ કરશે. આ ચાર્જ વલણ રોગને વધુ સારી રીતે તોડવાની શક્યતાઓ સાથે જોડવામાં આવ્યું છે.

ત્રીજું રહસ્ય - તમારી લાગણીઓને જાણો: તમે સમજવા માટે સમર્થ હોવા જોઈએ કે તે તમને જે અનુભવો છો તે બરાબર છે. તમારી લાગણીના સંપર્કમાં ન આવવું તમારા ગુસ્સાને આશ્રય નહીં આપો. મનોવૈજ્ઞાનિકોના જણાવ્યા મુજબ, જ્યારે લોકો ભાવનાત્મક દ્રષ્ટિએ પોતાને વ્યક્ત કરી શકતા નથી અને તેના બદલે 'મારી પેટમાં ગાંઠ મળી છે.' અથવા 'હું અસ્વસ્થ છું.'

(વધુ માટે જુઓ પાનુ ૧૭)

એક નજર પારસી મરણો ઉપર

Deceased મરનાર	Age વય	Date તારીખ	Address ર. કે.	Relations સગાઈઓ
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 મરુમ હોમીના ઘણીયાણી તે મરુમ પીરોજ જલંગીર માદનના દિકરી તે સોલી જલંગીર દીલશાદ, ઉફરીજના માતાજી તે અદી, રતી, ફીરોજ, રૂસી, જાલુ ડોલીના બહેન તે બેહરામ, અદી, સેહરનાજ ને ઉપાના સાસુજી તે મરુમો દોલત સોરાબજી એન્જિનિયરના વલુ તે અરનાજ, પોલાન, જવેર, નોશીન, નુતાસ, સરોસના ગ્રેન મધર તે સીયાના, પ્રીયાના, જરેનાના ગ્રેટ ગ્રેન્ડ મધર.
Dali Dhunjishaw Arethna દાલી ધનજીશાલ અરેથના	88 ૮૮	16-07-2020	Shilpa Apartment, Ground Floor, Flat No.3, Dastoorwadi, Dadar (E), Mumbai 14. શીલ્પા એપાર્ટમેન્ટ, બાંધતળીયે, ફ્લેટ નં. ૩, દસ્તુર વાડી, દાદર (ઈ), મુંબઈ ૧૪.	તે મરુમો મેહરમાય તથા ધનજીશાલ અરેથનાના દીકરા તે મરુમ હેલગાના ખાવિંદ તે એલીકઝેન્ડર દાલી અરેથના ને જીનુ દાલી અરેથના બાવાજી તે રોહીન્ટન અરેથના, યજદી અરેથના, રોશન મીનુ હાંસોતીયા તથા મરુમો પેરીન અરેથના ને મીઠુ ખોદાબક્ષના ભાઈ તે આરીયાના જીનો અરેથના, જેન જીનો અરેથના ને મારકસ એલીકઝેન્ડર અરેથનાના ગ્રેન્ડ ફાધર તે મહેરનાજ ધોન્ડી ને અવન્તી અરેથનાના સસરા તે મરુમો એરીકા બીસકેમ તથા હરમન બીસકેમના જમાઈ.
Keki Bomanshaw Tampal કેકી બમનશાહ ટમ્પાલ	82 ૮૨	17-07-2020	669, Boyce Molegaum Bldg., 1St Floor, Katrak Road, Wadala, Mumbai 31. ૬૬૯, બોઈસ માલેગામ બિલ્ડિંગ, પહેલે માળે, કાત્રક રોડ, વડાલા, મુંબઈ ૩૧.	તે મરુમો રતામાય તથા બમનશાહ દાદાભાઈ ટમ્પાલના દીકરા તે ખોરશેદ કેકી ટમ્પાલના ખાવિંદ તે આરમીન જુબીન દાડનાના બાવાજી તે કાયર ને હેઝાનના મમાવાજી તે દોલત હોમી સીગનપોર્યા, દાલી બમનશાહ ટમ્પાલ, મેહરુ બમન ઈચ્છાપોર્યા તથા મરુમો જલંગીર બમનશાહ ટમ્પાલ ને કુમી મીનુ બુહારીવાલાના ભાઈ તે મરુમો મેહરબાઈ તથા દીનશાહજી કરંજીયાના જમાઈ.
Zarin Hoshang Chhapkhanawala ઝરીન હોશંગ છાપખાનાવાલા	79 ૭૯	17-07-2020	804/D, Shri Bhagwati, Dadar, Dr. Ambedkar Road, Mumbai 14. ૮૦૪ ડી, શ્રી ભગવતી, દાદર, ડો. આમ્બેડકર રોડ, મુંબઈ ૧૪.	તે હોશંગ રૂસ્તમ છાપખાનાવાલાના એકસ-વાઈફ તે પરસીસ ને દારાયસના માતાજી તે શાલીન ને જીયસના અપઈજી તે કેરસી ને મહાતાબના સાસુજી તે મરુમો રતી નાદરશા દીકના દીકરી તે મરુમો મેહલી, બાનુ ને ધનના બહેન.
Amy Ratansha Billimoria એમી રતનશા બીલ્લીમોર્યા	79 ૭૯	17-07-2020	Kotwal House, 1 St Floor, Sleater Road, Cross Road, Grant Road, Mumbai 7. કોટવાલ હાઉસ, પહેલે માળે, સ્લેટર રોડ, ગ્રાન્ટ રોડ, મુંબઈ ૭.	તે મરુમો કુમા રતનશા દોરાબજી બીલ્લીમોર્યાના દિકરી તે મની મેહરુ તથા મરુમ રુમીના બહેન તે એરવદ એરીક જીમી દસ્તુર અને દેવનાજ હોરમજ મોગલના માસીજી તે રતી જીમી દસ્તુર અને બકતાવર અરદેસર દુતીયાના માસીની દીકરી. તે મરુમો આવામાય કાવસસા બારીયાના ભત્રીજી.
Perviz Feroze Surti પરવીઝ ફીરોઝ સુરતી	79 ૭૯	17-07-2020	903, Glamorglen, 100, Dr. Ambedkar Road, Bandra (West) Mumbai 50. ૯૦૩, ગ્લેમોર લેન, ૧૦૦ ડો. આંબેડકર રોડ, બાંદ્રા (પ.), મુંબઈ ૫૦.	તે ફીરોજ દારાબશાહ સુરતીના ઘણીયાણી તે મરુમો દીનામાય તથા દીનશાહજી તવરીયાના દીકરી તે મરુમો દીનામાય તથા દારબશાહ સુરતીના વલુ તે જુબીનના માતાજી તે મેહરના સાસુજી તે નરીમાન, તેમુરસ, ખોરશેદ તથા મરુમ શાહપુરના બહેન.
Ketty Bomanji Billimoria કેટી બમનજી બીલ્લીમોર્યા	87 ૮૭	18-07-2020	275 Q, 2nd Floor, Tarachand Building No.3, Zoroastrian Colony, Grant Road, Mumbai 7. ૨૭૫, ક્યુ તારાચંદ બિલ્ડિંગ નં. ૩, ૨જે માળે, ઝોરાષ્ટ્રીયન કોલોની, ગ્રાન્ટ રોડ, મુંબઈ ૭.	તે મરુમ સુનામાય તથા બમનજી ૨. બીલ્લીમોર્યાના દીકરી તે જરૂ જલંગીર કાપડયા તથા મરુમો શ્રીતી નરીમાન દુકાનદાર તથા ગુલ કેરસી, ગોકલના બહેન. તે નવરોજ જલંગીર કાપડયા, કેરમાન નરીમાન દુકાનદાર, શ્યામ કેરસી ગોકલ તથા રૂમી નરીમાન દુકાનદારના માસીજી.
Rati Khodadad Irani રતિ ખોદાદાદ ઈરાની	85 ૮૫	18-07-2020	K/4-24, Merwanji Cama Park, Cama Road, Andheri (West) Mumbai 58. ૩/૪-૨૪ મેરવાનુ કામા પાર્ક, કામા રોડ, અંધેરી (વે.), મુંબઈ ૫૮.	તે મરુમ ખોદાદાદ નામદાર ઈરાનીના વિધવા તે મરુમ બીખામાઈ તેમજ ધનજીશાલ દાડવાલાના દિકરી તે મરુમ ફેની નોશીર દુબાશના બહેન તે ડેઝી ઈરાની, યાસમીન આદીલ તોડીવાલા તથા મરુમ દિનાઝના મમા. તે આદીલ ને મરુમ જાલના સાસુ તે ફરઝાદ, અરઝાન ને સીમોનના મમયજી.
Porus Jal Mistry પોરુસ જાલ મિસ્ત્રી	60 ૬૦	19-07-2020	Room No.5, Parsi Punchayet Quarters, B. G. Kher Marg, Hanging Gardens, Malabar Hill, Mumbai 6. રૂમ નં. ૫, પારસી પંચાયત કંટર, બી. જી. ખેર માર્ગ, હેંગિંગ ગાર્ડન, મલબાર હીલ, મુંબઈ ૬.	તે મણી તથા જાલ મિસ્ત્રીના દીકરા. તે શુનીતાના ખાવિંદ તથા શેહરજાદ, મારુસ્કાના પપા. તે પેરીન અદી કાટગરા, લીલ્વા હોસંગ, શ્રોક, ટ્રીટી ખુરસેદ ઘડીયાલી તથા મરુમ બહાદુર જાલ મિસ્ત્રીના જમાઈ.
Behram Framroze Billimoria બેહરામ ફરામરોઝ બીલ્લીમોર્યા	86 ૮૬	19-07-2020	7/C, 11, Sir Ratan Tata Colony, Tardeo, Mumbai 34. ૭/સી, ૧૧- સર રતન તાતા કોલોની, તારદેવ, મુંબઈ ૩૪.	તે મરુમો બાનુબાઈ તથા ફરામરોઝ દોરાબજી બીલ્લીમોર્યાના દીકરા તે તેહમુરુસ તથા મરુમો જાલ, મીનુ, પેસી, ધનજીશાહ, સામ તથા અપઈના ભાઈ તે ખોરશેદ તથા મરુમો ખોરશેદ, ધન, દીનાના દેર તે રોશનના જેઠ તે મરુમ ફીરોઝના સાલાજી તે હોમી, ગોદરેજ, મેહરનોશ, આદીલ, હોમયાર, પર્વ, યાસમીન, ઝીનોબ્યા તથા શેરનાઝના કાકાજી તે નેવીલના મામાજી.
Sorab Jehangir Irani સોરાબ જલંગીર ઈરાની	89 ૮૯	19-07-2020	286, Bhatia Coop. Hsg. Society, 'A' Block, 3rd Floor, Room No.8, Princess Street Mumbai 2. ૨૮૬, ભાત્યા કો. ઓપરેટીવ હાઉસીંગ સોસાયટી, એ-બ્લોક, રૂમ નં. ૮, પ્રીન્સેસ સ્ટ્રીટ, મુંબઈ ૨.	તે દોલી સોરાબ ઈરાનીના ખાવિંદ તે તનાજ સોરાબ ઈરાની તથા ફરીદા સોરાબ બજાના બાવાજી તે મરુમો ગોવર તથા જલંગીર ઈરાનીના દીકરા તે આદીલ બજા તથા ફીરોઝ ઈરાનીના સસરાજી તે બોમી ઈરાની, એમી વસાન્યા, રૂસી ઈરાની તથા મરુમો રોશન સેઠના, દારા ઈરાની, નોશીર ઈરાની તથા મહાજબ ઈરાનીના ભાઈ તે દાનેશ ફિરોઝ ઈરાની તથા અલીઝા આદીલ બજાના મમાવાજી તે મરુમો મોટીબાઈ તથા શેરીયાર ઈરાનીના જમાઈ.
Nurgish Pervez Tavaria નરગીશ પરવેઝ તવારીયા	85 ૮૫	19-07-2020	25, Sind Chamers, 3rd Floor, S. B. Road, Colaba Causeway, Mumbai 5. ૨૫, સિંધ ચેમ્બર્સ, ૩જે માળે, એસ. બી. રોડ, કોલાબા કોઝવે, મુંબઈ ૫.	તે મરુમો સુનામાય તથા અરદેશર સોરાબજી એન્જિનીયરના દીકરી તે મરુમ પરવેઝ કેખશરૂ તવારીયાના વિધવા તે મરુમ રોહીન્ટન ભરૂયા તથા બોમસી પરવેઝ તવારીયા, લીલ્વા રૂસ્તમ ભરૂયા ને રોશની બેહરામ વેઘના માતાજી તે બુરઝીન, બેનફશાલ ને સમનનાઝના મમઈજી તે રૂસ્તમ ભરૂયા, બેહરામ વેઘ ને ડેઝના તવારીયાના સાસુજી તે પરવેઝ એન્જિનિયર, ઝરીન પોલ, પરસીસ ભણસાલી, મરુમ વીલુ પટેલના બહેન તે મરુમો તેહમીના તથા કેખશરૂ તવારીયાના વલુ
Dali Minocher Karanjia દાલી મીનોચેર કરંજયા	72 ૭૨	22-07-2020	B/305, Datta Krupa Society, Near Kasturi School, Bhandup (West), Mumbai 78. બી-૩૦૫, દત્ત કૃપા સોસાયટી, કસ્તુરી સ્કૂલની બાજુમાં, ભાંડુપ (પ.), મુંબઈ ૭૮.	તે મરુમો ધનમાય રૂસ્તમજી કરંજયાના દીકરા તે મરુમ બેપસીના ધની તે દિનાઝ તથા મરુમ રૂસ્તમના પપા તે હોશંગના ભાઈ તે કેશમીરા ને કેઝાદના બપાવાજી તે કવિતાના સસરાજી તે મરુમો રોશન કેખશરૂ મરોલીયાના જમાઈ તે મરુમ પેરરીના હોમી આછાદવાલાના કુઈ.
Freny Murzban Vatcha ફેની મર્ઝબાન વાચ્છા	72 ૭૨	22-07-2020	1002, Swapnadeep, Sahakar Nagar, Near Apna Bazaar, J. P. Road, Andheri (West), Mumbai 53. ૧૦૦૨, સ્વપ્નદીપ, સહકાર નગર, અપના બજાર પાસે, જી. પી. રોડ, અંધેરી (પ.), મુંબઈ ૫૩.	તે મરુમબાનના ઘણીયાણી તે ફેડીના મમ્મા તે ફરહાનના અપઈજી તે હોમી, સિલ્વુ તથા મરુમો કેરસી અદીના બહેન તે શેહરનાઝના સાસુજી તે મરુમો દોલી શાવકશાહ કુપરના દીકરી તે માણેકબાઈ બમનશાહ વાચ્છાના વલુ તે દિનશાના ભાભી.

હોરમઝદ યશ્ત - ૨ (હોરમઝદની ભૂમિકા)

(નીચેના લેખમાં ખોળેસ્તે પી. મિસ્ત્રી દ્વારા લખાયેલ 'ઝોરાસ્ટ્રિયનીઝમ - એક એથનિક પરિપ્રેક્ષ' ના અંશોનો સમાવેશ થાય છે.)

આ દુનિયામાં અહુરા મઝદા અને અહરીમનના આગમનની સમયરેખાનો ચોક્કસ ઉલ્લેખ છે. આ સમયરેખા કુલ ૧૨,૦૦૦ વર્ષોની છે અને તેઓને ૩,૦૦૦ વર્ષના ગાળામાં વહેંચવામાં આવ્યા છે. અહુરા મઝદાને પ્રકાશ દ્વારા પ્રતીકિત કરવામાં આવ્યા છે કારણ કે અન્ય કોઈ પણ રીતે ઉર્જાનું વર્ણન કરી શકાય નહીં. અને અહરીમનનું અસ્તિત્વ ફક્ત પ્રકાશની ગેરહાજરી હતું, તેથી તેની પોતાની ઓળખ પણ નહોતી. ૩,૦૦૦ વર્ષોથી, વિશ્વ એક સંપૂર્ણ આધ્યાત્મિક એટલે કે તે કલ્પનાશીલ, અનિયંત્રિત અને અમૂર્ત સ્થિતિમાં હતું. દુનિયા અહુરા મઝદા (હોરમઝદ) નું તેજ હતું.

ભલે હોરમઝદએ અહરિમનને તેના પરાજય અંગે વારંવાર ચેતવણી આપી હતી, તેમ છતાં અહરીમને હોરમઝદને

પડકારવા અને હુમલો કરવાનું ચાલુ રાખ્યું હતું. તેથી, હોરમઝદએ આ યુદ્ધ માટે સમયગાળો નક્કી કરવા માટે સમયરેખા ઘડી. અહરીમન સાથેના કરારમાં, બીજા ૯,૦૦૦ વર્ષનો સમયગાળો ઘડવામાં આવ્યો.

ખૂબ જ શરૂઆતમાં, ગુમેઝીસ્નેનો સમયગાળો હતો, જેમાં હોરમઝદએ અહુનાવર પ્રાર્થના (યથા અહુ વર્ઈરીયો) નો જાપ કર્યો હતો, જેણે ૩,૦૦૦ વર્ષ દુષ્ટ અહરીમનને લકવો આપ્યો હતો. તે આ સમયગાળા દરમિયાન જ હોરમઝદએ શારીરિક વિશ્વની રચના કરી. તેમણે પોતાની સારી રચનાઓ તેમના પોતાના અસ્તિત્વના સારથી બનાવી છે. તેમણે પ્રથમ એક ઝગમગતું સફેદ અગ્નિ બનાવ્યું, જે તેના તમામ સર્જનોનું અપાર્થિવ સ્વરૂપ હતું.

તે પ્રકાશના સારમાંથી, હોરમઝદએ

'સત્યવાદી વલણ' રચ્યું, જેમાંથી 'યથા અહુ વર્ઈરીયો' ઉઠવા પામ્યા હતા. આ તે જ ચેનલ હતી જેના દ્વારા તેમણે સાત



ફંડામેન્ટલ બેનિક્સિસન્ટ અમર બનાવ્યા - જેને આપણે સામાન્ય રીતે સાત અમેશાસપંદ તરીકે ઓળખીએ છીએ.

અહરીમને પણ પોતાના અધમ અસ્તિત્વમાંથી જીવોની રચના કરી - તેણે સવત્ર અંધકારમય સર્જનો - અસત્ય

વાણી - જૂઠ!

લકવાના ૩,૦૦૦ વર્ષ પૂરા થયા પછી, અહરીમને હોરમઝદ દ્વારા રચિત દુનિયામાં પ્રવેશ કર્યો. તેણે આકાશને વીંધ્યું, પાણી અને પૃથ્વીને પ્રદૂષિત કર્યા; તેણે ઝાડને ઝેર આપ્યું. આપણે આપણા ગ્રહ પર જે પર્યાવરણીય નુકસાન પહોંચાડીએ છીએ તે ખરેખર અહરીમનનું કાર્ય છે. તેણે લોભ, રોગ, ભૂખ, ઉપદ્રવ અને તમામ સૃષ્ટિ પર આભસ લાવ્યો. ત્યારબાદ તેણે આગ ઉપર હુમલો કર્યો, તેણે તેને ધુમાડો અને અંધકારથી ભેળવી દીધા. આ તે છે

જ્યાં તેણે સારાનું વિરૂદ્ધ દ્રુષ્ટ બનાવ્યું, જ્યાં પ્રકાશ હતો, ત્યાં તેણે અંધકાર બનાવ્યો; જ્યાં આનંદ હતો, તેણે દુઃખ લાવ્યું; અને જ્યાં જીવન હતું, ત્યાં મૃત્યુ લાવ્યો. આમ, અહરીમનના બધા અધમ જીવો સામે હોરમઝદના સર્જનોની વચ્ચે

ઝઘડો શરૂ થયો. અશો નબી સ્થિતમાન જરથુસ્ત્રનો જન્મ શરૂઆતના ૯,૦૦૦ વર્ષ પછી થયો હતો. તેમણે અહરીમન દ્વારા ઘડવામાં આવેલી દુષ્ટતાને વિશ્વને બચાવવા માટે પસંદ કરવામાં આવ્યા હતા. તેમણે જે રસ્તો આપ્યો હતો તે માણસને જાગૃત કરવા અને હોરમઝદના અસ્તિત્વના નૈતિક સત્યને બતાવવાનો હતો.

અહરિમાનની અંતિમ પરાજય ત્યારે થશે જ્યારે હોરમઝદની બધી રચનાઓ તેમના ડહાપણના પ્રકાશમાં એક સાથે આવશે. સાઈ મન જીતશે અને અહરીમન અને તેનું ખોટાપણું નામજૂર થશે, તેઓ નબળા પડી જશે અને અસ્તિત્વમાં રહેવાનું બંધ કરશે. એવું કહેવામાં આવે છે કે અહરીમન આકાશમાં વીંધીને આ દુનિયામાં પ્રવેશ્યો હતો અને તે તેજ માર્ગે બહાર નીકળી જશે, હોરમઝદનો આ ક્ષેત્રમાંથી કાયમ પરાજિત થઈ જશે!

- ડેઝી પી. નવદાર

પાના નં. ૧૫થી ચાલુ

એક નજર પારસી મરણો ઉપર

Deceased મરનાર	Age વય	Date તારીખ	Address ર. કે.	Relations સગાઈઓ
Freny Murzban Vatcha ફેની મર્ઝબાન વાચ્છા	72 ૭૨	22-07-2020	1002, Swapnadeep, Sahakar Nagar, Near Apna Bazaar, J. P. Road, Andheri (West), Mumbai 53 ૧૦૦૨, સ્વપ્નદીપ, સહકાર નગર, અપના બજાર પાસે, જે. પી. રોડ, અંધેરી (પ.), મુંબઈ ૫૩.	તે મરઝબાનના ઘણીયાણી તે ફેડીના મમ્મા તે ફરહાનના બપઈજી તે હોમી, સિલ્વુ તથા મરહુમો કેરસી અદીના બહેન તે શેહરનાઝના સાસુજી તે મરહુમો દોલી શાવકશાહ કુપરના દીકરી તે માણેકબાઈ બમનશાહ વાચ્છાના વડુ તે દિનશાના ભાભી.
Hosang Barjorji Pastakia હોસંગ બરજોરજી પસ્તાકીયા	90 ૯૦	22-07-2020	2B/21, Tata Mills C.H.S.I. J. B. Marg, Parel, Mumbai 12. ૨બી/૨૧ તાતા મીલ કો. ઇ. સો. બી., જે. બી. માર્ગ, પારેલ, મુંબઈ ૧૨.	તે મરહુમ નરગેશના ઘણી તે ફિરુઝા ને મેહરનોશના બાવાજી તે મરહુમો બાનુ બરજોરજી પસ્તાકીયાના દીકરા તે હોમીયાર ને વેનના સસરાજી તે મરહુમ મીનુના ભાઈ તે દિનાઝ ને દાનેશના મમાવાજી. તે કેરસાસપના બપાવાજી તે મરહુમો દિનામાય ફરામરોઝ મેવાવાલાના જમાઈ તે મરહુમો પીલામાય તેહમુરુસ મીસ્ત્રીના વેવાઈ તે મરહુમ કુમી મીનુ પસ્તાકીયાના જેઠ તે હોમી તથા મરહુમો સોલી અને ફીરોઝના અનેવી તે કેઝાદના કાકાજી તે વીસ્તાસ, સાયરસ, સરોશ, ખુશરૂ તથા પર્વ રોહીન્ટન પંથકીના કુવાજી.

Death Announcements from Prayer Hall

Eruch Bhikaji Elavia એરુચ ભીખાજી એલાવ્યા	80 ૮૦	18.07.2020	Alpadwala Building, Ground Floor, A/03, MMC Road, Mahim, Mumbai 16. ઓલપડવાલા બિલ્ડિંગ, ગ્રાઉન્ડ ફ્લોર, એ/૦૩, એમએમસી રોડ, માહિમ, મુંબઈ ૧૬	તે કેટીના ઘણી (ગામ એલાવ) તે મરહુમ કુંવરબાઈ અને મરહુમ ભીખાજીના દીકરા તે દિનાઝ અને પરવીનના પપ્પા તે આશુતોશ મહાજન અને ખુશરૂ તોડીવાલાના સસરા તે હીરાબાઈ તથા મરહુમ બમનજી તીજોરીવાલાના જમાઈ તે નેહા, નચીકેત, જીવાના ગ્રેન્ડ ફાધર તે રોશન અને મરહુમ રૂસ્તમજી તોડીવાલાના વેવાઈ તે કેરસી તીજોરીવાલાના બ્રધર ઈન લો.
Shahpur Jal Bhagwagar શાપુર જાલ ભગવાગર	73 ૭૩	20.07.2020	Plot No 11, 1st Floor, Sleater Road, Engineer Building, Mumbai 7. પ્લોટ નં. ૧૧, ૧લે માળે, સ્લેટર રોડ, એન્જિનિયર બિલ્ડિંગ, મુંબઈ. ૭.	તે મીશેલના ઘણી તે શાહઝાદ ને શેરોનના પપ્પા તે મરહુમ મોના અને મરહુમ જાલના દીકરા તે ફરોખ, સીનુ, યારમીન અને પરસીના ભાઈ તે દારાયસ ભગવાગર અને કીયાનના ગ્રાન્ડ ફાધર.

Death Announcements from Bulsar Parsi Anjuman Trust Funds

RoshanDhanjishawDumasia રોશન ધનજીશા ડુમસીયા	73 ૭૩	15.07.2020	304, Mahalaxmi Tower, Tithal Road, Valsad. ૩૦૪, મહાલક્ષ્મી ટાવર, તીથલ રોડ, વલસાડ.	તે મરહુમ ધનજી દાદાબાઈ ડુમસીયાના ઘણીયાણી.
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Death Announcements from Mumbai

Adi Jehangir Mistry અદી જહાંગીર મીસ્ત્રી	88 ૮૮	11.07.2020	Jamshed Hall, Flat No 9, 3rd Floor, Farijeet Street, Gowalia Tank, Mumbai 36. જમશેદ હોલ, ફ્લેટ નં. ૯, ૩જે માળે, ફેરિજેટ સ્ટ્રીટ, ગોવાલીયા ટેન્ક, મુંબઈ ૩૬.	તે ઝરીનના ખાવિંદ તે દિલશાદના પીતાજી તે મરહુમો જહાંગીર તથા જાલુ મીસ્ત્રીના દીકરા તે મરહુમો પેસ્તનજી તથા દીનાર ગઝદરના જમાઈ તે નરગીશ સરોશ હોડીવાલાના ભાઈ.
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Death Announcements from Poona Parsee Panchayat (Trust Office)

Sheroo Savak Jokhi શેરૂ સાવક જોખી	84 ૮૪	10.07.2020	Flat AB/3, Paramount Apartments, 1981 Convent Street, Pune Camp 411001. ફ્લેટ એબી/૩, પેરેમાઉન્ટ એપાર્ટમેન્ટ, ૧૯૮૧ કોન્વેન્ટ સ્ટ્રીટ, પુણે કેમ્પ ૪૧૧૦૦૧	તે સાવકના ઘણીયાણી તે મરહુમો આઈમાઈ ને રૂસ્તમજીની દીકરી તે ખુશરૂ ને સોહરાબના માતાજી તે મરહુમ દારા, મરહુમ સીલ્હુ ને મરહુમ મીઠુ હોમી દીવેન્ત્રી ને ઝરીન જીમી સરકારીના બહેન તે મરહુમો જાલામાય ને ફરામરોઝ જોખીના વડુ તે હવોવી ને પર્વના સાસુજી તે કયઝાદ, સામ અને જેહાન ને પરીનાઝના બપયજી તે પરવેઝ, દીનુ મહેર પટેલ, ને દારા ફ. જોખીના ભાભી તે બેહરોઝ, પરવેઝ જોખીના દેરાણી.
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હું તમારો દીકરો હોત તો!!

જમશીદ પોતાના રાબેતા મુજબના સમયે ઘરમાં પ્રવેશ કર્યો, આજે તે ખુબ ખુશ હતો. શું વાત હતી તે કોઈને ખબર ન હતી પરંતુ તેનો ચહેરો જોઈને બધા સમજી ગયા કે આજે તો જમશીદ ખૂબ જ ખુશ લાગે છે. જમશીદે ઘરમાં પગ મુકતાની સાથે જ તેની માયજીને કહ્યું આપણી દીકરી વીજુ માટે એક સરસ પ્રપોઝ આપ્યું છે. છોકરાનું નામ જેહાન શ્રોફ છે અને તે તાતામાં નોકરી કરે છે અને કુટુંબપણ સરસ છે તેઓ ખુશખુશાલ રહે છે. તેટલે તો જમશીદની ઘણીયાણી ઝરીન પણ રાંધણીમાંથી આવી લાગી. છોકરો તાતામાં કામ કરે તે જાણી ઝરીન પણ ખુશ થઈ ગઈ. જમશીદની માયજીએ કહ્યું પહેલા આપણી વીજુને તો પૂછી જોવો.

ઘણા સમયથી બચત કરીને રાખી છે અને એ આ બચત પેટે બે લાખ પચાસ હજાર રૂપિયાનો ચેક હું તને આપી રહ્યો છું આ પૈસા તારે ભવિષ્યમાં કામ લાગશે, તો આ ચેકને તું તારા એકાઉન્ટમાં જમા કરાવી આવજે.

સાંરૂં પપ્પા, તમે કલો તેમ, બસ વિજુએ જવાબમાં આટલું જ કહીને પોતાના રૂમમાં જતી રહી. અને લગ્નની તૈયારીમાં થોડું-ઘણું બાકી હતું તે કરવા લાગી.



આખરે શુભ ઘડી આવી ગઈ બાગમાં ખુબ સરસ રીતે વિજુ અને જેહાનના લગ્ન લેવાઈ ગયા. બધાના હરખનો પાર ન હતો.

લગ્ન પતી ગયા પછી જમણવાર પૂરો થયો. હવે વિદાયનો સમય હતો. ફક્ત ખાસ સગાસંબંધીઓ હાજર હતા. એટલે તો વિજુ જાણે એનાઉન્સ કરતી હોય તેમ બોલી, પપ્પાએ નાનપણથી મને ખૂબ જ વલાલ થી મોટી કરી. ભણાવી, ગણાવી ખૂબ જ પ્રેમ આપ્યો. પણ હવે મારી ફરજ છે. હું જે પણ કંઈ કંઈ છું તે જેહાન અને મારા સસરાની સહમતિ કહું છું. મેં એક નિર્ણય લીધો છું. હું તમને તમે મને આપેલો આ અઢી લાખ રૂપિયાનો ચેક પાછો આપું છું. એનાથી મારા લગ્ન માટે કોઈપણ જાતનું કરેલું કરજ હોય તો ઉતારી નાખજો અને મેં ટ્યુશન તથા તમે

આપેલા પોકેટમની માંથી બચત કરેલી હતી તેનો આ બીજો ત્રણ લાખ રૂપિયા નો ચેક પણ તમને આપવા માંગું છું. જે તમે નિવૃત્ત થશો ત્યારે તમને ખૂબ જ કામ લાગશે, હું જરા પણ ઈચ્છતી નથી કે તમે તમારા ઘડપણમાં તમારે કોઈની પણ પાસે હાથ લંબાવવો પડે. અને આમ પણ જો હું તમારો દીકરો હોત તો આટલું તો કરી જ શક્યો હોત ને!

બધા અત્યંત આસ્પર્થ ચકિત થઈને વિજુના મોઢા માંથી નીકળતા આ શબ્દોને સાંભળી રહ્યા હતા. એવામાં ફરી પાછું વિજુ પિતા સામે જોઈને બોલી કે પપ્પા હવે હું તમારી પાસે થોડું માંગુ છું શું તમે મને આપશો?

એટલે તરત જ તેના પિતા જમશીદે જવાબ આપ્યો હા બેટા. તેના અવાજમાં જાણે ડૂમો ભરાઈ ગયો હોય તેવું લાગી રહ્યું હતું માત્ર અશ્રુધારા આંખ સુધી જ આવી ન હતી પરંતુ તેનો અવાજ અતિ ભારે થઈ ગયો હતો. તરત જ વિજુએ કહ્યું કે તો પપ્પા મને વચન આપી દો કે તમે આજથી જ અત્યારથી જ ક્યારેય પણ સિગારેટ ને હાથ નહીં લગાવો અને તમારું આ વ્યસન તમે આજથી જ મૂકી દેશો. બધાની હાજરીમાં હું મારા માટે માત્ર આટલું જ માંગુ છું.

જે પિતાએ પોતાની એકની એક દીકરીને કોઈ દિવસ કોઈ પણ વસ્તુ લેવાની ના ન પાડી હોય તે આ ઘડીએ ક્યાંથી ના કહી શકે?

દરેક લગ્નમાં દીકરીની વિદાય વખતે છોકરીપક્ષના સગાઓને રડતા લગભગ બધાએ જોયા હશે પણ આજે તો બધાજ લોકોની આંખમાંથી આંસુ નીકળી આવ્યા. વિજુના પપ્પાએ વિજુને પોતાની બાહોમાં ભરી ખૂબ બોસા કર્યા. વિજુના મમ્મા અને બપ્પા પણ ખૂબ રડ્યા. અને આખરે ખુશીથી વિજુની વિદાય થઈ.

તંદુરસ્ત રહેવા...

ઉઠ્યા ના ૬૦ સેકન્ડ પછી શા માટે તમારે એક ગ્લાસ પાણી પીવું જોઈએ.

અમુક સમસ્યા ઓ જેવી કે સૂકી ત્વચા, મગજનો દુખાવો, ભયંકર ઠાક અને બીજી ઘણી બધી તકલીફો, પરંતુ આ પ્રકારની સમસ્યાઓનું હલ માત્ર થોડું પાણી પીવાથી મેળવી શકાય છે. તમે જ્યારે પણ સવારે છઠ્ઠો ત્યાર બાદ એક ગ્લાસ પાણી અચૂક પીવું જોઈએ તેનાથી ઘણા બધા સ્વાસ્થ્ય ને લગતા લાભો જોવા મળશે તથા ઘણા બધા પ્રકારની સ્વસ્થ્ય ને લગતી બીમારીઓમાં સુધારો જોવા મળી શકે છે. તમારા દિવસની શરૂઆતમાં તમારા શરીરને હાઈડ્રેટેડ કરવાથી કરો અને તે તમારી જાત માટે સૌથી સાંરૂં કામ હશે. જ્યારે આપણે સવારે ઉઠીએ છીએ ત્યારે આપણે પ્રક્ટીકલી સૂકા થઈ ગયા હોઈએ છીએ. આપણે જ્યારે સુતા હોઈએ છીએ ત્યારે આપણું શરીર એ કામ કરે છે જે તેને કરવાનું હોય છે. આપણા જ્યારે જાગતા હોઈએ છીએ ત્યારે આપણ ને ખબર હોય છે અને તેના કારણે આપણે આપણા શરીરને હાઈડ્રેટેડ કરી લેતા હોઈએ છીએ, પરંતુ તેવું આપણે રાતે જ્યારે રાત્રે સુતા હોઈએ છીએ ત્યારે નથી બનતું. સવારે ખાલી પેટે પાણી પીવાથી તે શરીર ને રિક્ષાઈન કરવાનું પણ કામ કરે છે અને તે બોડીને રીચાર્જ કરી અને આપણા શરીરની બીજી ઘણી બધી પ્રક્રિયાઓને સ્ટાર્ટ આપે છે. માટે સવારે ઉઠીને પહેલા એક ગ્લાસ પાણી અવશ્ય પીવું જોઈએ.



કહે છે

ખુદા નથી બેહરો, મોટે મોટેથી તું પોકારો કર નહીં ધીરેથી, સાચા હૃદયથી, મનની વાત કહે, એજ છે સહી માટે, મારાં મનની ભલી લાગણીઓ, સાંભળજે તું જરૂર ભજન ભલે હોય બેસૂં, મારી ભાવના જોજે જરૂર કદાચ વાગે નહીં સુરમાં, લયમાં મારો કોઈ સાઝ લખવામાં ભજન, ભુલો થાય તો કરજે નઝર અન્દાઝ. અકબાઈ ને માંગુ જો હું તુઝ કણ ઈન્સાફ; મારી ધીરજ ખુટી જાય તો પણ કરજે તું મને માફ. રિસાઈ જાઉં તો મનાવી લેજે; મને તરછોડતો ના હૃદય થી માંગુ છું, વિનંતી સાંભળજે મારી આં.

- આરમીન દુતિયા મોટાશા



સુખી રહેવાના છ રહસ્યો



(પાના નં. ૧૪થી ચાલુ)

ચોથું રહસ્ય - રમૂજની ભાવના રાખો: ચોથી જરૂરિયાત એ રમૂજની ભાવનાને નિર્માણ અને માન આપવાની છે. તમારી અસ્વસ્થતા અથવા ગુસ્સો

સારા હાસ્યના ચહેરામાં ભળી જશે; હકીકતમાં, તે ઉત્તમ તાણ-બસ્ટર છે. તમારી જાતને તેમજ અન્યને હસાવવા માટે સક્ષમ થવું એ સ્વાસ્થ્યવર્ધક છે. પરંતુ રમૂજ શું છે અને આપણે તેને આપણા રોજિંદા જીવનમાં કેવી રીતે લાગુ કરી શકીએ? જો તમારી પાસે ટુચકાઓ કહેવાની ક્ષમતા છે, તો તે અન્ય લોકો સાથે શેર કરો અથવા જો તમે રમુજ લેખો લખી શકો છો, હજારો વાચકો સાથે શેર કરો.

પાંચમો સિક્કેટ - ઝીરો મેલીસ: દ્રેપની ગેરહાજરી એ પાંચમી આવશ્યકતા છે

અને ખૂબ જ મહત્વપૂર્ણ. અધ્યયન દર્શાવે છે કે જે લોકો ઘણી બધી દુસ્મનાવટ, ગુસ્સો અથવા દ્રેષ રાખે છે, તે બીમારીઓ માટે વધુ સંવેદનશીલ હોય છે - ખાસ કરીને હૃદય રોગ.

છઠ્ઠું રહસ્ય - પરોપકાર્ય: પરોપકાર એટલે શું અને આપણે તેનો દૈનિક અભ્યાસ કેવી રીતે કરી શકીએ? સરળ - કોઈ પણ અપેક્ષાઓ વિના દયાનું રેન્ડમ કૃત્ય કરીને કોઈને ખુશ કરો. વળી, આપણામાંના દરેકની પાસે એક ઈશ્વરે આપેલી ભેટ છે, એક પ્રતિભા છે, જેનો લક્ષ્ય કેળવવા માટે છે જે તમને, તેમજ અન્ય લોકોને પણ ખુશ કરી શકે છે. આ

રીતે, તમે તમારી સર્જનાત્મકતા પર વધુ ધ્યાન કેન્દ્રિત કરશો અને તમારા સંગીત, નૃત્ય, લેખન, પરામર્શ, રમૂજ ગમે તે દ્વારા સીમાઓ વગર તમારી શક્તિઓ વ્યક્ત કરશો!

તમારી પ્રતિભા મુક્તપણે વિશ્વને આપો. તમારી જાતને બ્રહ્માંડમાં શરણાગતિ આપો અને મુક્તિ અનુભવો કારણ કે બ્રહ્માંડ વિપુલ પ્રમાણમાં આપે છે. આ રીતે, એક હદ સુધી અને તમારી કર્મ-મર્યાદામાં, તમને શરદી અને ફ્લૂ જેવી નાની બીમારીઓથી અને કદાચ, મોટી બીમારીઓથી પણ સુરક્ષિત રહી શકો છો.



YOUR MOONSIGNS JANAM RASHI THIS WEEK

લખનાર: મરહુમ મહારાજ શ્રી સ્વયંજયોતિના સહકાર્યકર્તા જયેશ એમ. ગોસ્વામી

અઠવાડિક રાશિફળ: તા. ૨૫.૦૭.૨૦૨૦ થી તા. ૩૧.૦૭.૨૦૨૦



Aries - મેષ

અ.લ.ઈ.

આજથી બુધની દિનદશા શરૂ થયેલી છે. આજથી તમે તમારા બધાજ કામ બુદ્ધિબળ વાપરી કરવામાં માનશો. જે પણ કમાશો તે કરકસર કરી બચાવશો. નવા કામ મેળવવામાં સફળ થશો. થોડી ભાગદોડ કરવાથી અટકેલા કામ કરી ચાલુ કરી શકશો. કોઈ સારા સમાચાર મળશે. આજથી દરરોજ 'મહેર નીઆએશ' ભણાવો. શુકનવંતી તા. ૨૫, ૨૯, ૩૦, ૩૧ છે.

Lucky Dates: 25, 29, 30, 31.

Starting today, Mercury's rule helps you to complete all your work with the strength of your intelligence. You will be able to save from your earnings. You will be successful in getting new projects. With a little effort, you will be able to restart your stalled projects. You will receive good news. Today onwards, pray the Meher Nyaish daily.



Cancer - કર્ક

સ.ઈ.

દક્ષી ઓગસ્ટ સુધી સુર્ય જેવા ગરમ ગ્રહની દિનદશા ચાલુ હોવાથી સરકારી કામમાં સફળતા નહીં મળે. વડીલવર્ગની તબિયત અચાનક બગડી જશે. તમે આંખની બળતરા, એસીડીટીના દર્દથી પરેશાન થશો. જ્યાં કામ કરતા હશો ત્યાંનો ઉપરી વર્ગ તમે ટોચર કરશે. તમારો વધુ પડતો ખર્ચ ડોક્ટર કે વકીલ ઉપર થશે. દરરોજ ૯૬મુ નામ 'યા રયોમંદ' ૧૦૧વાર ભણાવો. શુકનવંતી તા. ૨૬, ૨૭, ૨૮, ૩૧ છે.

Lucky Dates: 26, 27, 28, 31.

The Sun's rule till 6th August will pose challenges in the success of any legal/government related work. The health of the elderly could go down. You could suffer from eye-ailments or acidity. Your seniors at work could harass you. You might end up spending the better part of your expenses on doctors or lawyers. Pray the 96th Name, 'Ya Rayomand', 101 times daily.



Libra - તુલા

ર.ત.

દક્ષી ઓગસ્ટ સુધી રાહુની દિનદશા ચાલશે તબિયતની ખાસ સંભાળ રાખજો. ખાવાપીવા પર ધ્યાન આપજો નહીં તો પેટમાં દુખાવો કે એસીડીટી અથવા માથાના દુખાવાથી પરેશાન થશો. ડોક્ટર પાછળ ધનનો ખર્ચ વધુ કરવો પડશે. ગામ-પરગામ જવાના પ્લાન કેન્સલ થશે. મનને શાંત રાખવા માટે દરરોજ ભુલ્યા વગર 'મહાબોખ્તાર નીઆએશ' ભણાવો. શુકનવંતી તા. ૨૫, ૨૬, ૨૯, ૩૧ છે.

Lucky Dates: 25, 26, 29, 31.

Rahu's rule till 6th August suggests that you take extra special care of your health. Take good care of your diet, else you could suffer from stomach-ache, acidity or headaches. You might end up having to endure medical expenses. Travel plans could get cancelled. To placate your mind, pray the Mah Bokhtar Nyaish daily.



Capricorn - મકર

ખ.જ.

આજનો દિવસ શનિની દિનદશામાં પસાર કરવાનો બાકી છે. વડીલવર્ગ પર વધુ ધ્યાન આપજો. કાલથી પટદિવસ માટે શરૂ થતી ગુરૂની દિનદશા તમારા માથાનો બોળે ઓછો કરી નાખશે. નાણાકીય બાબતમાં સારા સારી થતી જશે. ઘરમાં ચાલતા મતભેદ ઓછા થશે. ઘરમાં તથા બહાર તમારું માનપાન વધી જશે. નવા કામ કરી શકશો. આજે 'મોટી હમન યશ્ત' અને કાલથી 'સરોશ યશ્ત' ભણાવો. શુકનવંતી તા. ૨૬, ૨૯, ૩૦, ૩૧ છે.

Lucky Dates: 26, 29, 30, 31.

Today is the last day under Saturn's rule, so pay attention to the elderly. Tomorrow onwards, Jupiter's rule for the next 58 days, will greatly reduce your mental pressures and tension. There will be good growth financially. Quarrels in the house will reduce. You will be appreciated greatly at home and outside. You will be able to take up new projects. Today, pray the Moti Haptan Yasht; and tomorrow onwards pray the Sarosh Yasht daily.



Taurus - વૃષભ

બ.વ.ઉ.

આજનો દિવસ શાંતિમાં પસાર કરી શકશો. કાલથી મંગળની દિનદશા આવતા ૨૮ દિવસમાં તમારા મગજના પારાને ચઢાવી દેશે. નાની બાબતમાં ઈરીટિયેટ થશો. ઘરમાં ભાઈ-બહેન સાથે મતભેદ પડશે. લાંબા સમયના પ્લાન બનાવતા નહીં. ૨૫મી ઓગસ્ટ સુધી વાહન સંભાળીને ચલાવજો. આજથી દરરોજ 'તીર યશ્ત' ભણાવો. શુકનવંતી તા. ૨૬, ૨૭, ૨૮, ૩૦ છે.

Lucky Dates: 26, 27, 28, 30.

You will spend the day peacefully today. Mars' rule, starting tomorrow for the next 28 days, will make you hot-headed. Petty matters will cause you irritation. Squabbles with siblings indicated. Avoid making long-term plans. Drive/ride your vehicles with great caution till the 25th of August. Today onwards, pray the Tir Yasht daily.



Leo - સિંહ

મ.ટ.

૧૬મી ઓગસ્ટ સુધી શુક્રની દિનદશા ચાલશે તેથી તમારા મોજશોખ ઓ નહીં કરી શકો. નાણાકીય બાબતમાં મુશ્કેલીમાં નહીં આવો. નવા મિત્રો મળવાના ચાન્સ છે. જ્યાં પણ કામ કરતા હશો ત્યાં નાણાકીય ફાયદા સાથે પ્રમોશન પણ મળવાના ચાન્સ છે. ગામ-પરગામ જવાના ચાન્સ છે, મુસાફરી કરી શકશો. દરરોજ 'બહેરામ યજ્ઞ'ની આરાધના કરજો. શુકનવંતી તા. ૨૫, ૨૯, ૩૦, ૩૧ છે.

Lucky Dates: 25, 29, 30, 31.

Venus' rule till 16th August will not allow you to reduce your inclinations towards fun and entertainment. Financial stability is indicated. You could meet new friends. You could end up getting a promotion as well as a raise at your workplace. You could get the opportunity to travel overseas. Pray to Behram Yazad daily.



Scorpio - વૃશ્ચિક

ન.ચ.

દક્ષી સાપ્ટેમ્બર સુધી રાહુની દિનદશા તમને નાની બાબતમાં બેચેન બનાવશે. થોડા બેદરકાર રહેશો તો લાંબી માંદગી બોગવવી પડશે. ખર્ચનું પ્રમાણ ખૂબ વધી જશે. ઘરનું વાતાવરણ બગડી જશે. નાની બાબતમાં ફેમીલી મેમ્બરમાં મતભેદ પડશે. મનગમતી વ્યક્તિ તમારાથી નારાજ થશે. જે પણ કમાશો તેમાંથી બચત નહીં કરી શકો. દરરોજ 'મહાબોખ્તાર નીઆએશ' ભણાવો. શુકનવંતી તા. ૨૫, ૨૭, ૩૦, ૩૧ છે.

Lucky Dates: 25, 27, 30, 31.

Rahu's rule till 6th September will make you restless over small matters. Even your slight carelessness could result in long-term disease. Your expenses will increase greatly. The house atmosphere will not be amiable. Family members will squabble over petty issues. Your favourite person will get upset with you. You will not be able to save from your earnings. Pray the Mah Bokhtar Nyaish daily.



Aquarius - કુંભ

ગ.શ.સ.

૨૬મી ઓગસ્ટ સુધી શનિની દિનદશા ચાલશે તેથી તમારા કોઈપણ કામ સમય પર પૂરા નહીં કરી શકો. ઓવર કોન્ફીડન્સમાં આવી બનતા કામ બગાડી દેશો. મિત્રો સાથે નાની બાબતમાં મતભેદમાં પડશો. તમે સાચા હોવા છતાં તમારી સચ્ચાઈ સાબિત નહીં કરી શકો. નાણાકીય બાબતમાં ખંચતાણ વધી જશે. દરરોજ 'મોટી હમન યશ્ત' ભણાવો. શુકનવંતી તા. ૨૫, ૨૭, ૨૮, ૨૯ છે.

Lucky Dates: 25, 27, 28, 29.

Saturn's rule till the 26th August will not allow you to complete any of your work on time. Your over-confidence could end up spoiling your good work. You could end up arguing with friends over petty issues. Despite being truthful, you will not be able to prove your honesty. Financially, this could be a strenuous time. Pray the Moti Haptan Yasht daily.



Gemini - મિથુન

ક.ઇ.ધ.

ચંદ્રની દિનદશા ચાલુ હોવાથી તમારા દરેક કામ સારી રીતે કરી શકશો. મનને સ્થિર રાખી ડીસીઝન લેવામાં સફળ થશો. નાણાકીય બાબતમાં સારા સારી રહેવાથી ઘરવાળાની હિમાન્ડ પૂરી કરી શકશો. ચંદ્રને કારણે તમારા મનપસંદ વ્યક્તિને મળી શકશો. કામકાજ વધારવા ભાગદોડ કરી શકશો. તબિયતમાં સારા સારી રહેશે. દરરોજ ૩૪મુ નામ 'યા બેસ્તરના' ૧૦૧વાર ભણાવો. શુકનવંતી તા. ૨૫, ૨૮, ૨૯, ૩૧ છે.

Lucky Dates: 25, 28, 29, 31.

The Moon's rule helps you execute all your work efficiently. You will succeed in taking decisions with a calm mind. Financial prosperity will help you to cater to the wishes of family members. With the grace of the Moon, you will be able to meet a desired person. Put in good effort to expand your work. Health will be good. Pray the 36th Name, 'Ya Beshtarna' 101 times daily.



Virgo - કન્યા

વ.ક.ભ.

તમને શુક્ર જેવા વૈભવ આપનાર શુક્રની દિનદશા ચાલુ હોવાથી તમારા ધારેલા કામમાં સફળતા મળશે. થોડી મહેનત કરી વધુ ધન મેળવી શકશો. મળેલા નાણાને સારી જગ્યાએ વાપરવાની સાથે ઈનવેસ્ટમેન્ટ પણ અવશ્ય કરજો. અપોજીટ સેકસ તરફથી ફાયદો મળશે. ઘણી-ઘણીયાણીમાં મતભેદ ઓછા થશે. દરરોજ 'બહેરામ યજ્ઞ'ની આરાધના કરજો. શુકનવંતી તા. ૨૬, ૨૭, ૨૮, ૩૦ છે.

Lucky Dates: 26, 27, 28, 30.

Under Venus' rule, all your plans will be successful. With a little extra effort, you will be able to earn a lot more income. Ensure to invest your earnings, in addition to putting them to good use. Members of the opposite gender will prove beneficial. Misunderstandings between couples will reduce. Pray to Behram Yazad daily.



Sagittarius - ધન

ભ.ધ.ક. ટ.

૨૪મી ઓગસ્ટ સુધી તમારી રાશિના માલિક ગુરૂની દિનદશા ચાલશે. તમારા હાથથી કોઈના ભવાઈના કામ થશે. ધનની કમી નહીં આવે. અચાનક ધનલાભ મળવાના ચાન્સ છે. ઘરવાળાનો સાથ મળવાથી મુશ્કેલીભર્યા કામ પણ સહેલાઈથી કરી શકશો. તબિયતની સારા સારી રહેવાથી મન આનંદમાં રહેશે. દરરોજ 'મહેર નીઆએશ' ભણાવો. શુકનવંતી તા. ૨૫, ૨૭, ૨૮, ૩૦ છે.

Lucky Dates: 25, 27, 28, 30.

Jupiter's rule till 24th August will induce you to be helpful to others. There will be no cash shortage. You could be in for a sudden windfall. The support of your family members will see you through even difficult times and tasks. Your good health will trigger mental happiness. Pray the Meher Nyaish daily.



Pisces - મીન

દ.ચ.ઝ.થ.ક્ષ.

૨૦મી ઓગસ્ટ સુધી બુધની દિનદશા ચાલશે. તેથી તમારા મુશ્કેલીભર્યા કામ બુદ્ધિબળ વાપરી પૂરા કરવામાં સફળ થશો. કરકસર કરી પૈસા બચાવી શકશો. વધુ ધન મેળવવા એકરૂઢા કામ કરવામાં સફળ થશો. જૂના રોકાણમાંથી ફાયદો મેળવી શકશો. કોઈના સાચા સલાહકાર બની તેનું દિવ જીતી લેશો. દરરોજ 'મહેર નીઆએશ' ભણાવો. શુકનવંતી તા. ૨૫, ૨૬, ૨૭, ૨૮ છે.

Lucky Dates: 25, 26, 27, 28.

Mercury's till 20th August will help you resolve your challenges, with the use of your intelligence. With effort you will be able to save money. You will be successful in working extra to gain more income. You will benefit from old investments. You will be able to win over another with your sincere advice. Pray the Meher Nyaish daily.

Why We Do What We Do



HORMUZD DARUWALLA

Hormuzd Daruwalla is a dynamic and multi-dimensional professional, who has tasted success across different genres. Equipped with degrees in Civil Engineering and Management, Hormuzd manages multiple businesses as an entrepreneur and owner of a reputed design and building firm, a trading firm and a salon. He is also a qualified mental health expert (specializing in NLP, GESTALT, HYPNOTHERAPY, TA and REBT), and all through the pandemic, he has lent his expertise to the NGO - Adore, a mental health helpline, as also done a lot of pro bono work, to give back what we take from society. Parsi Times is delighted to share his effort with our readers in helping you understand the basics of how our minds work - as the platform from where we can elevate our thoughts and our lives.

Cyrus, Rustom and Zia are standing by the colony gate, talking animatedly about the upcoming football tournament. Out of nowhere, a Swiggy delivery guy on a bike, rams into a car. There's an awful sound and everything freezes for a second. Cyrus runs toward the biker, lifting the bike and trying to make sure he's alright. Zia has flashed her mobile out and is taking a video. People are moving towards this scene. But Rustom is frozen to the ground, while the world around him is moving to that spot.



If not, then we need to learn how to delete limiting beliefs. Here's a simple exercise that can help...

First, note down the top 3 things you wish to achieve.

Now with honesty, make a list of the reasons or the beliefs that inhibit you from achieving this.

Acknowledge this list. But remember, importantly, this is your code not your truth. And codes can be changed to create the truth we want to achieve.

At this moment, commit to chasing your truth and not being run by your code. How? Create a new belief that supports what you want to achieve. For eg., if your limiting belief is that you are a shy person who can't network, then your new belief would be that you have



fear falling, running, playing wildly and was encouraged to be safe. Meanwhile, it is possible Cyrus was encouraged to play freely and that falling was the most normal thing that could happen, that it was safe to fall, to get hurt and to get up again. These codes embedded in our subconscious run our adult lives.

lack of a helping response could be the result of being surrounded by people who always took charge, allowing her

At age 5, we progress from survival to creativity. Children this age start telling their own stories, fantastical and nonsensical, arising from their imagination. This is the time when the moral codes of 'right and wrong' get acquired and imbibed. Reason starts to make an appearance. This is also when children start responding to cognitive stimuli.

Parents need to understand that there cannot be a more formative time. This is when the child's belief system is



to be a child in those situations... making her comfortable in experiencing the situation in a detached way and engaging with it creatively, rather than in a rescuing role, which was obviously not embedded in her code.

learnt how to introduce yourself and are finding it easier to connect and network with people and grow your business.

At ages 7-9, most of the subconscious belief system is set. This age is for trial and error, where the belief system is tested and re-tested for flaws. The code is mostly formed and the programs will run most of our adult life, unless challenged and rewritten.

Are you done? Not yet! Now, for the most important step - TAKE ACTION! Put your new belief into practice. The next time you are at a party, step up and introduce yourself to two strangers. This is when you actually demolish your limiting belief and implant a new empowering one!

What is the code running your life? Is it making you operate from a peak state? Is it empowering you? Or are you subconsciously operating from a limiting belief that was embedded in you at the age of five. Will you let this five-year-old run your life?

And, just like that, everything changes and you're a step closer to your goals! Remember, real life heroes are made by the path they choose, not the powers they are blessed with!

[You could connect with Hormuzd by e-mailing him: hormuzdd@gmail.com]

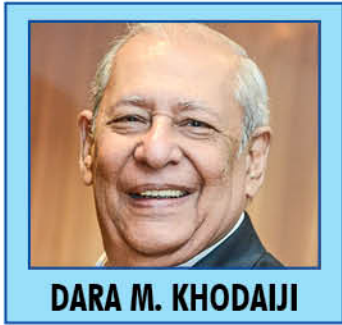
In a given moment, what makes Cyrus run to the rescue, Zia document it, and Rustom freeze - three different people reacting in three different ways to one and the same incident? Are they responding to the event or is a program in their psyche playing out?

It's a fascinating question and the answer to this question is what allows people to achieve way beyond what they think they can or are capable of...

The code of your operating system is written very clearly, in well-defined stages. Ages 2-4 is where the journey begins. This stage revolves around survival. It is at this stage the fear is embedded as a subconscious code. So it's possible, that Rustom, as a baby, was taught to



being set. How they will conduct their lives henceforth, is being shaped here. In the above example, Zia is comfortable recording an accident scene as she may have witnessed difficult situations as normal in her formative years. So, the



DARA M. KHODAIJI

If It's Sunday!

Darabsha has just finished lathering his toast with a generous amount of orange marmalade, after polishing off the two sunny-side ups, a slice of Swiss cheese... all the while complaining about the fraud committed by the Swiss cheese makers who cheat us of cheese by drilling holes in it. "I bet they do it after weighing the pieces whole!" he said.

"Besi reov ni Darabsha! You are being far-fetched. Swiss are known for their honesty and integrity. They will not cheat for a few shreds of cheese. They

and dinner! And of course, the tea-time *bhakhras*, *karkarias* or *popatjis*. What else? The 7:30 pm *chavena* does not count. This bloody on-line working is a greater strain. You just don't know when madam Editor will be spying upon you. She nearly caught me with my beer mug standing on my work-station the other day! And to crown it all, she tells me it is bad English to end sentences with prepositions! *Ave to Madam-e English sikhav-vanu pun saru kidhuch!* Oh, the travesty of our times!"

"Hoy Shakespeare, bus ghano babrat-fafra kario. Time to make a beeline to the on-line. Your Madam Editor is awaiting your words of wisdom!"

How I dream of those pre-March, 2020 gay, carefree days. Two-plus hours for lunch, a snooze, a power nap at the

If it's Monday, off to slog at work, 'N' face the grumpy ol' boss. In the noontime meal there probably lurks Papad, khichree and machchi no sauss!

And if its Tuesday, hope for someone's birthday, Then there'll be sagan-nu dhandar, 'N' if you're lucky there'll be kolmi-no-patio, Otherwise, the queen of pickles - the maethia-nu-achar!

Now comes Wednesday, the day in between, 'N' your better half wants your tummy to rest; You'll have a lunch of khakhras and curd, I tell you, this a bloody cruel jest!

Today is Thursday and you're angry and fed up, You want to have something nice, In that Goan restaurant go and sup, On sorpotel, vindaloo and meat curry rice!



At long last, slowly creeps in Friday, I couldn't care what is served, 'Cause tomorrow is Saturday, the half working day, Off to the nearest watering-hole we swerve!

For lunch, but after whisky, vodka or gin 'n' lime While the Missus thinks we're clocking over-time! As a youth I worried 'bout my waist line, And I managed it just around twenty and nine, My pre-occupation with food - my awful rhymes will prove just that; But at seventy-seven, I just care not... I am cool, happy and fat!



are proud of their quality control. The holes are the result of the Swiss cheese making process," said Ratimai

"Bus, bou boli! Now tell me what we are having for lunch today?"

"Lunch per biju su? Dhansak, kolmi na kababs, chaspailo kand, ne tamari inevitable kuchumber. What else? Today is Sunday! Gher ma betha-betha bhulijaoch su divas bhi che!"

"And what about the dinner?"

That did it!

"Darabsha!!! You have just had your breakfast and now you are grilling me for dinner! Pet chhe ke pakhal!! You think of nothing but food. Go arrange your book-case or your bar. They are a mess!" said his exasperated wife.

"Arre! Su karu darling, one hundred and twenty days at home! What else is there to look forward to? Breakfast, lunch

Petit Library in those *bapava-ni* easy chairs and back to work after a couple of *vada-paos* and a hot cuppa! Boss checked me a couple of times... "*Darabsha! Kem Petit Library ma su kartata?*" (There must be a tattle-tale in the office) "*Vari ungh karva gaila su?*" A straight faced, "*Madam tame bhi jocking karoach.* I was there to do some research for my new article!"

O, for those happy days!

You had a set gastronomic schedule and make your gastro-dreams come true the very next day during lunch time. And if it was..... If it was Sunday it had to be Dhansak...

If it's Sunday, the day of good cheer, We're gonna have a lark, Quaffing down tankards of chilled beer, And lunch of kuchumber, cutlets 'n' dhansaak!

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The Zen Series: Chasing Two Rabbits



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.

In this fifth part of 'The Zen Series', the short story about 'Chasing Two Rabbits' leaves much food for thought!

A martial arts student approached his teacher with a question. "I'd like to improve my knowledge of the martial arts. In addition to learning from you, I'd like to study with another teacher in order to learn another style. What do you think of this idea?" "The hunter who chases two rabbits," answered the master, "catches neither one!"

[Courtesy: Zen Stories
To Tell Your Neighbors.]

One is never enough, is it? In our eagerness to grow, we sometimes try to achieve multiple things at the same time. We think we will be able to handle everything with equal commitment, interest and time. But pause and ask yourself... is that really possible?

Too often, we lag behind in one project because another has taken a lot of our time. Yes, we would love to learn everything quickly and it is human tendency to think more is better. But



quantity should never supersede quality.

Start one at a time...

1. Focus on one thing and do your best to excel at it.
2. Knowing about a skill is different from practicing it. Breathing and living a skill-set can only come if there is hard work and genuine dedication.
3. A good Master is a vault of knowledge. Imbibe as much as you can. Absorb the knowledge. Make it a part of you.

4. Take the time to learn, understand and nurture your inner self.

5. Don't second-guess. Surrender to the process and go with the flow. Let the questions arise only once you've truly given it your best shot.

6. Practice, practice, practice!

People spend years learning under one Master. In-depth knowledge comes with time given to observing, understanding and realizing. From the Master's perspective, the student must be willing to do justice to whatever he is being taught, as the art and knowledge lives on through him.

If he finds that there is a scattering or division of attention, he would not want to invest his time and energy in one who isn't ready to give his 100 percent.

Take the time to reflect and think about a few things:

1. What is the one thing that you really 'want to do' as against 'like to do'?
2. Where do you see yourself with this art a few years down the line?
3. Are you doing it from a place of passion or simply for the sake of doing it?
4. Are you ready to make sacrifices for it?
5. Will you really do justice to all the things you are trying to learn at once?

If you are truly able to live in the moment, and are able to apportion time and energy in a manner that the one doesn't impact the other or adversely affect you, then you are doing justice to 'everything'. If not, do take a step back and reflect...

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

POWER OF PUREGANIC'S PURE HONEY

Every Monsoon season brings various health challenges along with various types of viruses, as we have been experiencing in past. The best way to deal with viral infections is to increase and strengthen our body's defence mechanism viz. immunity, for overall wellbeing of self and family. Team Pureganic has received many inquiries to define and recommend the benefits of regular use of Honey, both in terms of preventive and curative health benefits. Honey strengthens the immune system, which helps fight various viruses. After lot of research & efforts Pureganic has developed varieties of organic, natural & herbal Honey, made at Farms of Kutch, which are pure with no preservatives and added sugar.

Honey works wonders on skin problems, rejuvenates skin, makes it look fresh and young. It also prevents and controls eczema. An excellent digestive aid (especially when added to yogurt or

apple cider vinegar) it cures damage due to acid reflux, helps build & sustain good gut bacteria. The complex sugars in honey get absorbed in the body gradually so for diabetics, it is a good healthier option than plain white sugar. Anti-inflammatory properties of honey are excellent for arthritis and joint pain. Pureganic has researched and developed the following types of honey, each with its own features & benefits -

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TULSI: Increases immunity, energy levels, Digestion, Blood Count (RBC+WBC), remedy for cough, cold, fever, flu, sore throat & effects of season changes; Beauty Aid, Skin Hydrator to fight acne & pimple.

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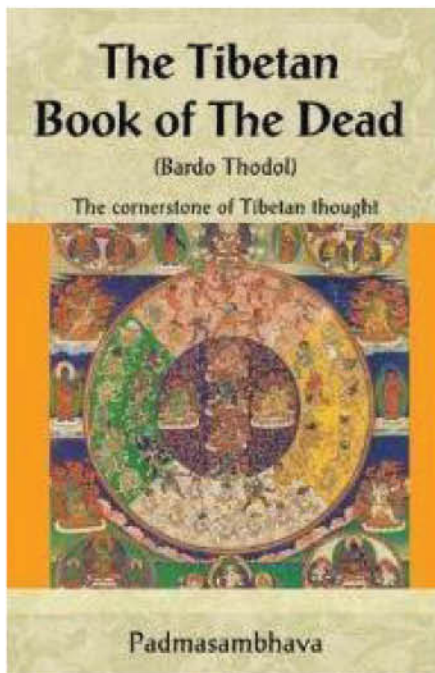
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Divine Comedy



RUBY LILAOWALA

In literature, art and cinema, death has been depicted as a terrible thing... the final end, although in reality, it is merely a release from the burden of the physical body and the madness of the world. Every religious tradition recognises that to reach the final truth, one must pass through death. This is the meaning behind Aeneas's Descent to the underworld in Virgil, and Dante's Descent into hell in the Divine Comedy.



We have 'to die' to this world and to ourselves metaphorically if we are to find the ultimate reality. In the 'Katha Upanishad', Nichiketa descends to the realm of the dead to ask Yama (God of Death), "What lies beyond death?" The Upanishad states, "The wise man, who, by meditation on the self, recognises the ancient, who is difficult to be seen, who has entered into the dark, who is seated in a cave, who dwells in the abyss, just as God, who has left both joy and sorrow, friends and foe behind, has already known what lies beyond death." This is the so-called death we have to undergo. We have to go beyond pleasure and pain, joy and sorrow, love and hatred or friends and foes, in order to go beyond rational understanding, beyond imagination and beyond the five senses where God - the divine mystery, is hidden.

Death is merely the loss of the physical body, which is a piece of

cloth for one incarnation. After death, the mental and emotional states are as active as ever. In the 'Chandogya Upanishad', there's a description of the four stages of consciousness, viz. 'Jagrat' (wakefulness), 'Swapna' (dream-state), 'Turya' (meditative-state) and 'Sushpti' (the highest state of awareness). What our wise rishis and munis knew in ancient India is acknowledged by modern psychiatry today, as the four dominant brain-wave forms, namely Delta, Theta, Alpha and Beta.

A topic with which each and every human being is concerned and yet remains amazingly ignorant of, is the topic of death and life, and their relationship. Plato made it very obvious that death is a topic of great concern to the living. In his discourse with Socrates, he asked, "Is it simply the release of the soul from the body? Is death nothing more or less than this, the separate condition of the body by itself when it is released from the soul, and the separate condition of the soul when it is released from the body?"

Carl Jung, the famous psychologist once remarked that the soul is more important than the body. All major religions of the world affirm that there is a subtle and death-surviving element, vital and psychical in the physical body of flesh and blood, whether it is the permanent entity of 'self', such as the Brahmanic 'atma' of the Hindus, or the Islamic 'ruh', the Christian-Judaic 'soul', or a complex of activities with life as their function, according to the Buddhist concept. Thus, to none of these faiths is death an absolute ending. It is merely the separation of the psyche from the gross-body. The ancient Egyptian 'Book of the Dead' refers to death as 'the snapping of the silver-cord'.

Death has interested mankind since prehistoric times. Perhaps, on an unchronicled prehistoric day, when

thinking man (homo sapien) gazed at the dead body of another man, his first thought could have been no other than the first thought which enters the mind of today's thinking man... "What is the meaning of it all?"

Death remains a tragedy, a problem, a heart-rending experience and a source of great suffering though it has existed since eternity. Why? As long as there is identification and dependence on the external form, i.e. our gross physical body as the only reality, death is tragic. However, once your consciousness can be focussed beyond the external form and labels or capacities (i.e. the labels of father, mother, son, daughter etc.), then death loses its grip on you and that you will experience immortality!

within the limitations of your Karma. If you study Socrates, Plato, Aristotle, Zeno, Plotinus and Pythagoras, you find all of them referring to the 'Wheel of Births and Deaths'. The ancient Greeks were against the loud mourning and crying, which is the accepted behaviour following the death of a dear one. In Zoroastrian religious literature, it is stated that "every tear shed for the departed soul becomes a raging astral-river which retards the spiritual progress of that soul."

Surprisingly in Celtic death-ceremonies, there was dancing and feasting, rejoicing the departed soul's liberation. In Neo-Pagan death rituals, there were celebrations, music and presents of rice and flowers for the departed.



In every religion, we find guidelines to show a soul how to move from life to death. Tibetans have the 'Bardo Thodol' or the 'Book of the Dead', giving instructions on how to pass over and even condition your next birth through Tibetan mental yoga, whereby you can select the right womb to be born in, of course,

The subtle body is the electromagnetic body (aura) that permeates the physical body and extends beyond it in space. Such auras (energies) can be seen through Kirlian photography or by a clairvoyant, who is open to a level of perceptive sensitivity beyond the physical.