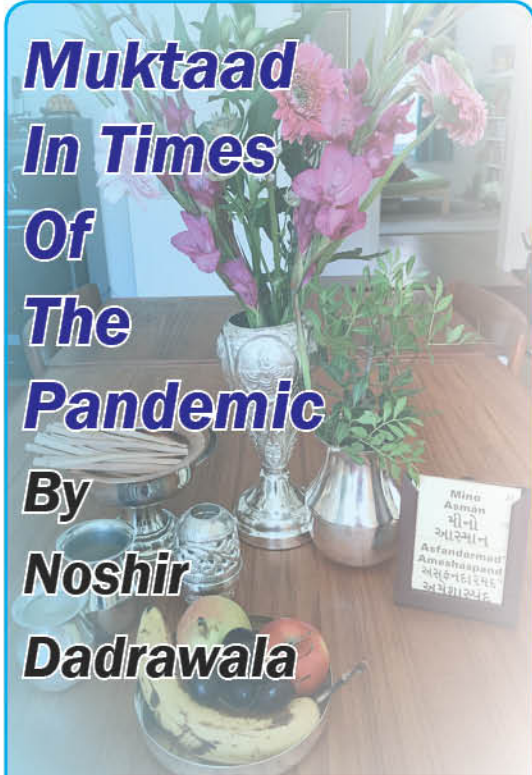


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**Muktaad
In Times
Of
The
Pandemic
By
Noshir
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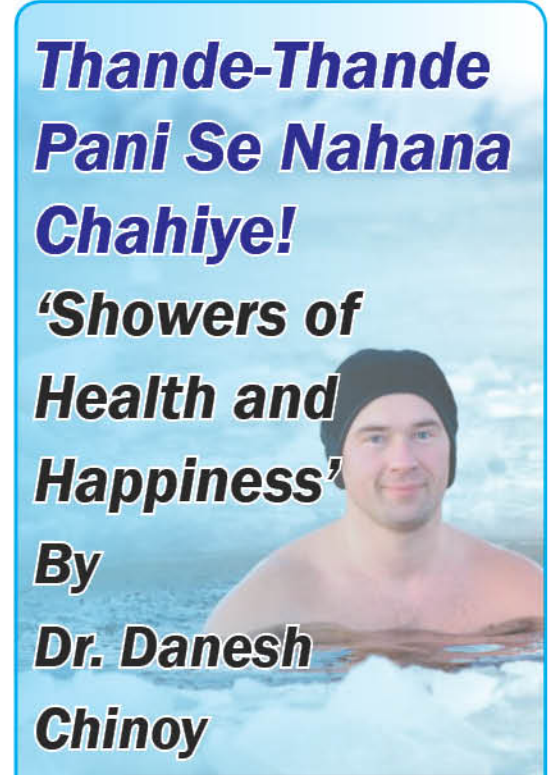
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Poonawalla's
Vaccine
Bet
Shows
Great
Promise!**



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**Thande-Thande
Pani Se Nahana
Chahiye!
'Showers of
Health and
Happiness'
By
Dr. Danesh
Chinoy**



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DIANA CATERERS
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FROM THE EDITOR'S DESK

Hope Or Fear?

Dear Readers,

Coming to terms with living with the fear of the novel coronavirus is tough - especially when it's securely pinned against the backdrop of daily news stories blasting an ever-increasing number of COVID-positive cases, making fear a more warranted response than hope. Yes, this fear is real, but then, so is hope.

As we step into August - one of the most auspicious months in the Parsi calendar, we realise that while we were meant to celebrate the joys and festivities of the Shenshai Parsi New Year with our loved ones, we will have to literally tread with fear and social restrictions. But we have the option to choose hope over fear. It is now that we need to imagine and embrace the change of a new, different world, one which will channel our grief and fear into strength, unity and hope. This is the time when we can let our hope shape our new reality.

It's honestly up to each one of us - we could let this pandemic further intensify our fears, make us more vulnerable and cynical, yearning to head back to the 'normal' life

of this unjust, unequal world... Or, we could create our new normality, a new world that may not yet be free of this pandemic, but one where we will be more prepared and more united to fight against it, a world full of hope.

We increasingly realise that one of the biggest aces up our sanitized sleeves, in fighting this pandemic, is our unrelenting hope and faith in a safe and better future. Like all other pandemics that humankind has endured, this one too will come to an end. For some, life will never be the same again; for the intelligent, that may be something they hoped for! The distinguishing factor being, the choice they exercised between Hope or Fear. Which one have you chosen?

A famous quote by Anton Chekhov comes to mind, *"There will come a time when everybody will know why, for what purpose, there is all this suffering, and there will be no more mysteries. But till then, we must live, we must work..."* and we must hope!

Have a good weekend!

- Anahita
anahita@parsi-times.com

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CONTEST 1:

'Click-A-Pic' Of Your Most Gorgeous SMILE!

Nothing spells 'hope' more than a heart-felt 'smile', so flash out those pearly whites and brighten up New Year with a dazzling smile!



CONTEST 2:

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Share the much-needed positivity on New Year with your original writings [Poetry or Prose - Word Limit: 150 Words] or Pics of your own creativity - Artwork / Crafts, that Celebrate Hope and infuse our community with Faith in the future, during these difficult times.

Top 3 Entries will win Amazing Prizes, and Get Published In Our New Year Special Issue dated 15th August, 2020!

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The Theme of Our Special Issue is 'CELEBRATING HOPE'

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LETTERS TO THE EDITOR

Congratulations! Our Schools Are The Best!

Hearty Congratulations to the Principal, the Staff and Students of Manekji Cooper School for their stupendous performance in the ICSC examination 2020. The topper Viha Jain securing a whopping 99.6%, ranks No.1 in Mumbai. This is a well-deserved reward for their highly professional teaching, and the care and concern they bear for the students. All the 139 students who appeared, got high distinctions! The 26 Zoroastrian students who have secured up to 98.40% marks, have made the community proud of their achievements.

Understanding the value of education, our visionary ancestors established various educational institutions to promote value-based education. Our community has always considered the value of education and the parents strive to give the best education to their children. It is sad that despite having access to such excellent affordable and cultural education institutions, especially for our children, we prefer to send them to high-profile international schools where education is a profit making business, and they associate with many possessing reduced values. No wonder we notice a decline in the moral values in our community!

Along with the skyrocketing school fees, we shell out a sizable amount on private tuitions, thinking that extra coaching will help our children to get high grades, but depending on private tuitions, children remain inattentive in class.

About six hours a day, five days a week, in the company of like-minded enthusiastic friends, schooling is a joyful and rewarding time for a child - learning, exploring and developing the skills of thinking intensively and critically, and forming independent opinions. Teaching is an art where teachers create interest in subjects resulting in the student wanting to self-study and further explore new avenues. The goal of education is to build confidence, to create a thirst for knowledge and above all, build character with strong ethics and independent judgement.

We have quite a number of Parsi Schools, with a good number of Parsi staff, imparting value-based education, inviting Parsi students with open arms, offering them incentives and even free education. Even books, uniforms are given free to deserving students. The environment in these schools create in them pride of our Parsipanu so dear to our hearts. Even the most affluent from other communities seek admission in Parsi schools, while we are missing a golden opportunity!

Think wisely, appreciate the blessings offered to the community. **OUR SCHOOLS ARE THE BEST!!**

By Piroja Jokhi

Zoroastrian Priest Arash Kasravi Murdered In Iran

Dear Parsi Times,

Last week, a California based Zoroastrian priest by the name of Arash Kasravi, and his two companions, were murdered in Kerman, Iran. Kasravi had travelled to Iran due to his father's death and to sort out legal matters regarding inheritance. According to Iranwire (<https://iranwire.com/en/features/7355>), Kasravi had received death threats before and thus was travelling with a bodyguard. After going missing for several days, the bodies of Kasravi and his two companions were found in a villa in Mahan district, Kerman. Kerman's prosecutor, Dadkhoda Salari, has claimed that these murders were possibly financially motivated.

However, this is a highly suspicious case and this could likely have been a murder/assassination organized by the Islamic Regime. It would not be the first time a member of the Zoroastrian community has been targeted by the Regime. Please refer to the cases of Kasra Vafadari (Paris, 2005) and Manouchehr Farhangi (Madrid, 2008), both of whom were prominent members of the Zoroastrian community, who had been harassed by the Islamic regime, received death threats and were ultimately murdered in what appears to have been regime sponsored assassinations.

Furthermore, the brother of Kasra Vafadari, Karan Vafadari was arrested alongside with his wife in 2016; they were denied the right to a lawyer at their trial and were charged with having alcohol and mixed gendered gatherings at their home in Tehran. It is important to note that these things are not illegal for members of religious minorities like Zoroastrians. They were released on bail two years later but the basis for their arrest was so the regime could seize their property and assets.

The regime has done this with many Zoroastrians, Bahai's, Jews, and Christians. Previously in history, religious minorities had to pay a heavy tax known as *jizya*, this was abolished under the Pahlavi dynasty. The false charges and imprisonment of religious minorities, and the seizure of their assets, inheritance, and property, is an obvious attempt by the Iranian Government to replicate the Jizya tax.

Zoroastrians face discrimination in areas such as education and employment. The Islamic Regime places many restrictions on Zoroastrian organizations in Iran and Zoroastrians are feeling increasingly persecuted. The murder of Arash Kasravi, reminds me of the murder of the Christian priest Haik Hovespian Mehr who was murdered by the Iranian government in 1994.

Please help spread this news amongst the Parsi community. The Islamic Regime has been getting away with this for too long. The Zoroastrians in India, unlike in Iran, enjoy a tremendous amount of influence in society. The Parsis can lobby and express their concerns to the Indian government, and prompt the Indian government to issue a statement/condemnation regarding the discrimination of Zoroastrians in Iran and to apply pressure on the Iranian government to adequately investigate Kasravi's murder.

Parsis saved the Iranian Zoroastrian community in the 19th Century when the community was suffering horrific persecution under the Qajars. The Parsis sent Manekji Limji Hataria to assist them and to lobby the Qajar King, and the Parsis also got the British government to successfully persuade and pressure the Qajar King to end the *Jizya tax* and other discriminatory laws against Zoroastrians.

Once again, the Zoroastrians in Iran require Parsi assistance, but this time from the Islamic Regime. How many Zoroastrians can the regime murder and get away with? The Zoroastrians of Iran are completely defenceless and have no means to stand up for their rights or to protect themselves. Thus, we call for the Parsis in India to do whatever they can do to raise awareness to the plight of the Zoroastrian community in Iran and to help hold the Regime accountable for their criminal actions.

By Darius Dharsi

(Darius Dharsi is a Zoroastrian living in Canada. A student of Iranian Studies, he is very passionate about Zoroastrianism.)

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Let Me Harken To The Promptings Of My Conscience

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.

The gentle voice of my Daena, conscience, tells me what is good and what is evil. Let me listen to it and discern between right and wrong. Let me hold fast that which my unerring conscience tells me is good and right.



Thou, Ahura Mazda; hast set Thy vigilant watch in my heart. The shepherd dog smells the wolf that is sneaking about the yard in the stillness of the night. He barks and wakes the master of the flocks. So does my ever wakeful and ever watchful conscience warn me in time of the guile and mischievous machinations of the Evil Spirit.

Let me not do what my conscience tells me is wrong. Let me not be deaf to the voice of my conscience. Let me not temper with my conscience. Let me beware when conscience lifts a warning finger and sounds the alarm.

My conscience rebukes me for my backslidings, when I go astray from the one path Thou, my Divine Lawgiver, hast prescribed for me. Deeply, then, do the pangs of my conscience cut. Tortured by the qualms of conscience, I know not inner peace by day and by night. The bitings of my conscience hound me to living hell.

Name and fame, greatness and glory, riches and power are naught, for they last not. When all will be dust at death, my Daena, character alone, moulded and made good or evil by good thoughts, good words and good deeds or evil thoughts, evil words and evil deeds will accompany my soul to the world beyond and good or evil fate will greet it accordingly. If my soul has won the approbation of my Daena during life, she will plead for it at the seat of judgement. If my soul has not listened to her voice, she will bear witness against it before the divine judges Mehr, Sarosh and Rashna that it heeded not her warnings and wandered from the path of Righteousness.

Always will I do what my conscience tells me to be right. So faithfully will I behave that my Daena, conscience, will bear me witness that I have been true to Thee, Ahura Mazda!

Ardibehest Yasht - I (The Yasht Series)



DAISY P. NAVDAR

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

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

Ardibehest Ameshaspandan rules over heaven and He is the saviour from the evil magicians and evil doers. Ardibehest Ameshaspand breaks the effect of Mangal (Mars) in the individual horoscope. (Mars is a dry, red and fiery planet. Masculine by nature, it signifies energy - both constructive and destructive, depending upon his position).

Ardibehest means Atash and there are 6 different types of Atash, as under:

(I) Berejo Savange: This Atash resides in the court of Dadar Ahura Mazda and it is also called 'mino karko'. It brings energy, peace and tranquillity to all the creations of Hormazd.

(II) Vohu Freyan: This Atash resides within man and animals and it is their life force. It represents a greater consciousness within man. It manifests love, compassion, righteousness and justice in a person.

(III) Ahurva Jist: This Atash resides in the plant kingdom and it means 'the most joyful'. It compels man to bring forth the latent joy within him because all the creations of Pak

Dadar Ahura Mazda are filled with love and happiness. The innate nature of all creation is happiness - we must all abide by this fact, and maintain the balance of our existence. We are not defined by our challenges; we can overcome them by taking recourse to the blessing of happiness that we are born with!

(IV) Vazisht: The Atash of the lightning, this fire resides in stones. Hence, when two stones are struck together, a spark is generated, showing the potential for making fire. It is the fire of swift and fast action, quite like the lightning, that it originates from.

(V) Spenishte: The Atash on which we cook food and which is spread all over the world. It helps man realize the inherent nature of goodness within himself.

(VI) Nairyosangh: This Atash resides within the realm of kings and priests. The kings of olden days were not just kings because they were powerful and had wealth, they were considered the administrators of God Himself. They were highly evolved souls who could give faith and direction to the common people. And within the realm of the kings, were the priests, who were in such close connect with Ahura Mazda, that they transcended the authority of the king and their advice was taken as the word of law! The Atash-e-Nairyosangh represents the highest good within the hearts and souls of the kings and the priests.

Now, despite having this knowledge, how do we apply it in our lives? I request you to re-read this column and look for all the traits that are mentioned within it. The attributes of the sacred fires are indeed the attributes that we are all born with... let us cultivate and nurture them so that all the fires, within and without, burn with the brilliance of our glorious Ahura Mazda!

The Starting of Good Times: A Zoroastrian Perspective

By Er. Zarrir Bhandara

I'd like to shed some light on the present circumstances from a Zoroastrian perspective. The virus, pandemic, or any kind pain and sickness does not come from God. God is all good. Hence, only the good and good can ever come from God. Evil comes from an agency outside God, namely Ahriman.

It depends on us, as to whom we give more power to. If we practice the life of a good Zoroastrian practicing the tenets of our religion - following the laws of hygiene, keeping ourselves clean internally and externally, and treading the path of Asha-righteousness, truth and order - then we are making God more powerful. On the other hand, if we do not follow the

tenets of our own religion and do not keep ourselves clean internally and externally, then we are giving more power to Ahriman- the evil force.

This pandemic is unlike anything that mankind has experienced. Therefore, this year's Muktdad will be very different from earlier. Starting August 6th, 2020, the holy days of Muktdad begin, which is when Fravashis/Farohars - the spiritual beings visit our physical world to bless us and to clean and renovate this world, they work behind the scenes, fighting our battles. Thus, preparing us for a breakthrough.

Hence, this year, I believe a cosmic battle will take place during these holy days; and whenever there is a battle, it is challenging for one and all, so it is extremely important that we are

in a heightened state of purity and awareness during this time, taking care of our ourselves and our environment, following the laws of cleanliness etc. At least until September 3rd, Farvardin Mah, Farvardin Roj - which is a day dedicated to Farohars, we should be extra vigilant and cautious.

Starting this day - September 3rd, 2020, I believe that we should be able to see a shift towards better times and healing in our world. As of September 15th, Hormazd Roj, Ardibehest Mah - the day of wisdom - I trust we will experience even more improvement, since Hormazd and Ardibehest are responsible for removing all kind of affliction. Finally, on Gosh Roj, Ardibehest Mah, which is September 28th, I have confidence that we will see a great positive change in our world.

Muktaad In Times Of The Pandemic



NOSHIR H. DADRAWALA

The *Muktaad* or *Fravardegan* days are the last ten days of the Zoroastrian calendar and are of great significance in every devout Zoroastrian's life. This year, the *Muktaad* will begin from 6th August and end with *Pateti* (the day for *Patet* or repentance) on 15th August and the *Shehenshahi*. New Year is on 16th August, 2020, the first day (*Roj Hormuzd*) of the first month (*Mah Fravardin*) of the *Shehanshai* calendar, corresponding to the year 1390 *Yezdazirdi* (YZ).

Due to the pandemic, all places of worship are closed and only the priests are permitted to enter places of worship and carry out ceremonies. Hence, as a policy, most fire temples have decided that whilst all the usual ceremonies connected with the *Muktaad* will be performed, regrettably, devotees will not be allowed entry into the *Agiary* or *Atash Bahram* for attending the ceremonies like *Baaj*, *Afringan*, *Farokshi*, *Stum* and *Jashan*. This decision is taken with the intent of complying with government directives as also with a view to minimize the possibility of devotees, priests and helpers contracting this highly infectious disease.

We fully understand, sympathize and empathize with the feelings of families who may have lost a near and dear one only recently. However, the good news is, all ceremonies can and will be performed, as have been done over the years at virtually every *Agiary* or *Atash Bahram*. The only difference being, the devotees will not be present. One must put their faith in their family priests.

'Muktaad From Home': A number of devotees have inquired if and how they could do something parallel from home. So, can one observe *Muktaad* from home? Our response is in the affirmative! Historically, the community always observed *Muktaad* at home. With urbanization, small apartments and difficulty in observing ritual purity at home, the focus shifted from the home to the fire temples. Perhaps this pandemic is an opportunity for many of us to go back to observing the *Muktaad*



the way our ancestors did - at home and with family, albeit with ceremonies conducted by the priests at the fire temples.

Fravardegan Days Commemorate Fravahar Not Urvan: A concern many Parsis have shared is about progress of the soul. Here again, it is important to note that *Muktaad* days honor the *Fravashi*, and not the *Urvan* or the souls! The *fravashi* or *farohar* is the Divine essence, which is wholly pure and good. It is not to be confused with the *urvan* or soul. The *Avestan* word *fravashi* comes from the word *Fra* (to take forward) and *vaksh* (to grow). In other words, *Fravashi* is that spiritual essence or power that takes every good creation of *Ahura Mazda* forward and helps it to grow.

Fravashi is also a prototype, which is believed to have existed before all material creation. Even *Ahura Mazda*, the *Amesha Spenta* and the *Yazata*, are said to be having their own *fravashi*. Plants, animals, mountains and rivers also have their own *fravashi*. They are guardian spirits of the souls of the dead and protect and guide the souls of the living, as well.

Be Thoughtful: During the *fravardegan* days, we offer special prayers for the *fravashis* of their near and dear ones. The *Rivayats* recommend 6 important religious duties for a Zoroastrian, two of which include 'observing the *Gahambar* and remembering the *fravashis* of the departed on the *Fravardegan* days'. Two other duties include 'Raasti

(truthfulness/righteousness) and *Raadhi* (charity)'. And, charity here is not just about giving food, shelter, clothing or money. What is of prime importance is being charitable in thought, or what we commonly refer to as being thoughtful - thoughtful to the feelings of others, thoughtful about the well-being of others and generally being charitable in thought, word or deeds. Fight even your enemies with righteous conduct is what Zoroastrianism preaches. Do not harm others with negative thoughts or harsh words and let your deeds not cause any harm to yourself or to others.

Observing The Muktaad: The *Fravardegan* days were holidays in the true sense of the word. Parsis would cut themselves away from worldly affairs and engage themselves in offering prayers, night and day. All homes would be cleaned and renovated, weeks in advance.

Fire and incense would be kept burning, day and night, especially in that separate room where consecrated metal vases bearing clean well water and fresh flowers are kept on marble topped tables. This can be observed even today. One may have entrusted ceremonial work to the family priest at the fire temple. But a parallel atmosphere can also be created at home with flowers, oil lamps, incense and offering of fruits. Flowers not only help keep the memory of a loved one green, but also create an atmosphere of peace, purity and love. With flowers, oil lamps, fire and the

burning of incense, a virtual paradise is created on earth in honour of the visiting *fravashis*. Surely if one creates the right atmosphere at home, the visiting *fravashis* will pay your home a visit and bless you.

Purity: The *Fravardin Yasht* (13.14) states, "In that house in which clean and pure water and vegetation is placed, the holy *fravashis* agree to move about." Zoroastrians also observe cleanliness and purity at the highest level during these days. All staunch orthodox families abstain from cutting hair and nails as also shaving, since nails and hair are doctrinally seen as *nasu* (pollutant). This is all very good, but remember to also abstain from cutting off people be it in thought, word or deed. See it as a time to forgive yourself and forgive those who may have been unkind to you.

Create A Virtual Paradise At Home: Even during this pandemic, we can observe the *Fravardegan* days with religious fervour and piety. Let your home be filled with the soothing chants of the *Avesta* prayed by members of your family. Make your home wear the look of paradise on earth and this year, try to make this world a living paradise. Be charitable, kind and understanding. Start with your home, your work place, your neighborhood. Do pray, but also practice what you pray.

Muktaad is about *mukt atma* (free spirit). Propitiate the righteous *fravashis*, but also liberate your own spirit. Liberate your spirit from negative thoughts, harsh words and hurtful deeds. Yes, indeed, observe *Muktaad* from home with faith and devotion!

Specific Muktaad Prayers (At Home)

Traditionally, prayers should be offered in all the five *Geh* (Watches) of the day and during the first five days, the *Fra Mraot* (i.e., chapter 20 of the *Yasna*) can be chanted or 1,200 *Ashem* (a short 12 words' prayer) can be offered.

During the five *Gatha* days, the relevant *Gatha* may be chanted or 1,200 *Yatha* (a short 21 words' prayer) can be offered.

The *Stum* can also be prayed with offering of clean water and fruits, preferably a pomegranate. After the prayer, the water may be drunk or poured in a flower-pot and the fruit eaten as *Chashni* (ritually offered and blessed food).

It is also considered meritorious to offer acts of charity in the name of the departed and offer *Patet* (repentance) for the soul of a near and dear loved one.

The last *Gatha* day is also known as *Pateti* (the day for offering *Patet* - repentance for sins of omission and commission for the year, which is to come to a close). The *Patet* should preferably be prayed at night.

All these prayers can be offered from home.



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! [Please Note: To get published, kindly mail us the details and certificate for authentication.]

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

Premium Piroz!

Piroz Sarbhanwala, from CNMS school Vile Parle West, scored 94.6% in the ICSE Boards, 2020. Residing at in Salsette Parsi Colony (Andheri) with delighted parents - Tina and Burzin Sarbhanwala, Piroz excels in mathematics and will be opting for the Commerce (Economics) stream in the future. He would like to pursue a career where he can amalgamate Machine Learning and Artificial Intelligence in the world of business!



Ultimate Urvaksh!

Urvaksh Tirandaz Billimoria a resident of Dadar Parsi Colony and a student of Don Bosco High School, Matunga, scored 90.80% in the SSC Board Exams, 2020. He owes his success to his overjoyed parents - Zareen and Tirandaz, grandparents and teachers. Urvaksh is a junior Black Belt in Karate having won numerous city contests and has represented Mumbai in the State and National level Judo championship in 2018. He has opted for the Commerce stream and hopes to have a successful career in business and commerce.



Amazing Afreen!

18-year-old Afreen Gagrat, from Mumbai's Jai Hind College, secured 88.46% in the HSC Boards 2020 (Science) without any tuitions or classes! She topped Jai Hind College in Science (General) stream. Daughter of elated parents - Dr. Yenisha and Firdosh Gagrat - Afreen says she owes her success to the hard work she put in, her mum and her college teachers. She will be appearing for the NEET Medical Entrance exam and wishes to pursue a career in Medical stream.



Sharp Shanaya!

25-year-old resident of Pal Bhatha, Surat, Dr. Shanaya Percy Billimoria secured a distinction in her Masters of Physiotherapy, specializing in Neurosciences, from The Ashok & Rita Patel Institute of Physiotherapy, Charusat. The daughter of proud parents - Percy and Thrity Billimoria, we hope Dr. Shanaya brings great healing to all her patients!



Shabbash Shayan!

Shayan Sarosh Patel from Salsette Parsi Colony secured 88% in his tenth Board exams. A student of Lilavatibai Podar High School, 15-year-old Shayan is the son of beaming parents - Sarosh and Rosanna Patel and has opted to continue his education in the Commerce Stream. Inclined towards art and creativity, wishes to make a career in the field of Design!



Jubilant Jeraz!

16-year-old Jeraz Dick Mody from CNM School secured 95.7% in the Tenth Standard Boards. Residing at Salsette Parsi Colony, the son of proud parents - Dick and Zenobia Mody, Jeraz wishes to pursue BBA in College, en route to a career in business and commerce.



Awesome Ahren!

Ahren Adil Dumasia from Malcolm Baug (Jogeshwari) secured 95% in his tenth Boards, as a student of City International School. The son of elated parents - Adil and Hilla Dumasia, 16-year-old Ahren has opted for the Science stream and wishes to pursue a career in the Aviation industry.



GIRTON HIGH SCHOOL

20-E, Wimbridge Compound, Naushir Bharucha Marg (Sleater Road), Grant Road, Mumbai 400007.

ANNOUNCEMENT

We are happy to announce that our students have excelled at the SSC Exams held this year.

Out of 36 students who appeared

- 13 scored over 90%
- 17 secured distinction
- 6 secured First Class

* Krishna Dosani set a new record as a topper securing 98.6%

The Management is proud of its students and the dedication of the teachers and the staff headed by its young and dynamic Principal Ms. Ayesha Mistry.

Note: Students who have been stranded due to the lockdown can apply ONLINE for ADMISSION by sending a WhatsApp message on 02223811429 or e-mail to girtonhs@gmail.com

Dr. Jasvi's Numero Tarot Predictions

(As Per Your Birth Month)



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

January (Lucky No. 17; Lucky Card: Star): You have mastered the art of balancing things. Victory is on the cards. This is a good time for marriage. You just need to break through the illusions you have been feeding in your head. Embrace your reality!

February (Lucky No. 1; Lucky Card: Magician): Follow your intuition. You are blessed with an amazing capacity to handle any situation in life, so face it with confidence. Wear Pearl to help clear out your mental confusions.

March (Lucky No. 5; Lucky Card: Hierophant): Your healing has started, especially for those of you who have not been keeping well physically. A bright, sunny time is awaiting you after a long, dark phase. Shoulder your responsibilities, instead of thinking of ways of running away from them.

April (Lucky No. 19; Lucky Card: Sun): An excellent month lies ahead for all born in April! You will be blessed with happiness in all areas i.e. health, wealth and mental peace are yours for the taking! Enjoy this month to the fullest.

May (Lucky No. 10; Lucky Card: Wheel Of Fortune): Life is presenting you with a new beginning, so start afresh with you heart and your mind. Sudden travel is indicated. Try and clear your confusions. Learn to live one day at a time. Cleanse your aura by bathing with rock salt.

June (Lucky No. 6; Lucky Card: Lovers): Your health will be good this month. Due to some sudden unforeseen circumstances, you might feel low, but remember that is a karmic phase for you. Please do not hesitate to communicate with your loved ones and friends to share your thoughts and how you feel.

July (Lucky No. 21; Lucky Card: World): Travelling is on the cards for you this month. You could be relocating to a new house or office. Remember that it is important to fight for your rights, even if it gets painful sometimes, to fight with your own people.

August (Lucky No. 2; Lucky Card: High Priestess): You could be feeling emotionally down due to the struggles and unfavourable circumstances that you have had to deal with. Spend some quality time with family to cheer up. This is a good month academically for students.

September (Lucky No. 8; Lucky Card: Strength): This month, you could find yourself in a tough spot arising out of a confrontational situation. Don't forget to chant and meditate your religious texts or prayers as these will help you find the way out. Be confident.

October (Lucky No. 3; Lucky Card: Empress): Learn to enjoy what you have rather than complaining about what you do not have. This is a good time to start a new partnership. A happy month for women born in October, so celebrate and cherish your womanhood!

November (Lucky No. 11; Lucky Card: Justice): This is a superb period for house renovations and repairs. Legal matters will be sorted out soon. Travel abroad is indicated. Remember that change is permanent. A diversification or change in business is indicated.

December (Lucky No. 4; Lucky Card: Emperor): You could be feeling frustrated and stressed due to work or family pressure and being dominated. Learn to ignore the things that disturb your inner peace. This is a temporary phase and it will pass soon. Learn to find happiness in small things!

The Zen Series: THE WORLD IN A DROP OF WATER



KASHMIRA SHAW RAJ

This time, 'The Zen Series' shares the story about the how we can see the world in a drop of water by extending our consciousness onto things... A Zen Master asked a young student to bring him a pail of water to cool his bath. The student brought the water, and after cooling the bath, threw the remainder over the ground.

"Think," said the Master to the student. "You could have watered the temple plants with those few drops you have thrown away." The young student understood Zen in that exact moment. He changed his name to Tekisui, which means 'drop of water', and lived to become a wise Zen Master himself!

[Courtesy:
Buddhagroove.com]

There is life in everything, and consequences to each of our actions. Most of us try hard to do the right thing until we fall prey to an impulse and end up doing something irrational or inconsiderate. We tend to lose sight of the smaller things. These small things are the foundation of one's character and attitude. They may seem unimportant. But, is that really so?

Consider these facts... the eagle is not the only majestic bird in the sky. The tiny and humble hummingbird flaps its wings at an unbelievable 12 beats to 80 beats per second (depending on its size) and creates air currents! A feat no eagle can copy! ...Also consider that the tiniest grain of mud or sand has life teeming in it and many such come together to make the formidable ant hill! ...And most importantly, a little water is all it takes for some plants to grow and flourish to great heights!

Eager to please his Master, the student was only focused on the bath. For him, the leftover water was a waste. The Master had to make him realize that everything has its place in life. A sense of consideration and understanding going beyond the normal is a must. What may not be required by one might help give life to another. Nothing is waste. One needs to

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.



understand this reality.

Here's a few things we can be more conscious about:

...The leftover water from your glass could be put in bird-baths or collected and put out for animals to drink, especially during the summers.

...Discarded newspapers could help in making objects or could help absorb moisture.

...Leftover soap scraps can be put together and dissolved in water to make a simple hand wash.

...Stems, peels and other kitchen waste that we discard could become feed for cows. Or part of composting.

There are worlds within our world. Everything has its place and purpose. We just need to open ourselves and see how much these worlds overlap. Once we are conscious, we will be conscientious and our inner space will evolve and get enriched, which in turn will improve the space around. Isn't that what we strive for in the end? To live in a wonderful environment!

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

Adar Poonawalla's Vaccine Bet Shows Great Promise



[Image Courtesy: Avinash Gowariker]

The risk that Adar Poonawalla, CEO and owner of Serum Institute of India (SII), took on the coronavirus vaccine, by investing heavily in it much before it had completed its clinical trials, seems to be paying off well, as early trials are showing positive results. Pune-based SII is the world's largest vaccine manufacturer by volume of doses.

On 20th July, 2020, the medical journal - 'The Lancet', shared that the Oxford vaccine (clinical term: 'ChAdOx1 nCoV-19'), was safe and induced an immune reaction to fight Covid-19 after it had completed its Phase I and Phase II clinical trials, saying, "ChAdOx1 nCoV-19 showed an acceptable safety profile, and homologous boosting increased antibody responses."

The dynamic Adar Poonawalla had taken a big chance - first by signing a deal with British pharmaceutical company, AstraZeneca to

manufacture and sell the vaccine in India and other developing countries; and second, by sacrificing a facility meant for producing another lucrative vaccine to manufacture the Oxford vaccine, in an attempt to stockpile the vaccine by the end of the year.

As per media reports, Adar Poonawalla said, "The trials have shown promising results and we are extremely happy about it. We will be applying for the licensure trials to the Indian regulator in a week. As soon as they grant us permission, we will begin with the trials for the vaccine in India. In addition, we will soon start manufacturing the vaccine in large volumes."

Here's hoping that the pride of our community, the Poonawallas, prove themselves foremost, yet again, in serving and protecting lives worldwide against the rampage caused by the COVID-19 pandemic.

Aviva Damania Furthers 'The Mind Essentials' With CSR Team



LET'S TALK ABOUT IT...

After the recent success of the food donation drive held in Dharavi at The Banyan Tree English School, 'The Mind Essentials' - the mental health platform founded by psychologist, Aviva Damania - will further be empowered with a CSR (Corporate Social Responsibility) Team.

If you would like to join 'The Mind Essentials CSR Team' as a volunteer, for community or social service, connect with the dynamic team by mailing at: contactus@themindessentials.com

Mental Health Specialist Aviva Damania trained at City University of London (MSc Mental Health) and has been practicing counselling since 2014 in Mumbai. She has also shared her expertise with the Masina Hospital. Aviva holds an Masters in Mental Health from the renowned University of London. She currently works as Sr. Manager - Corporate and Employee Wellness, at Pittie Group. Her work involves organizing Wellness Activities, Individual and Group Counselling Sessions. She organizes Wellness activities for employees and has counselling sessions, with an average of six individual counselling sessions a day and over sixty employees since her joining. Aviva has treated adults, adolescents and children and her primary areas of expertise are Depression, Anxiety, Anger, Stress among other issues. During this time of lockdown, Aviva continues to have counselling sessions over the phone and video call.

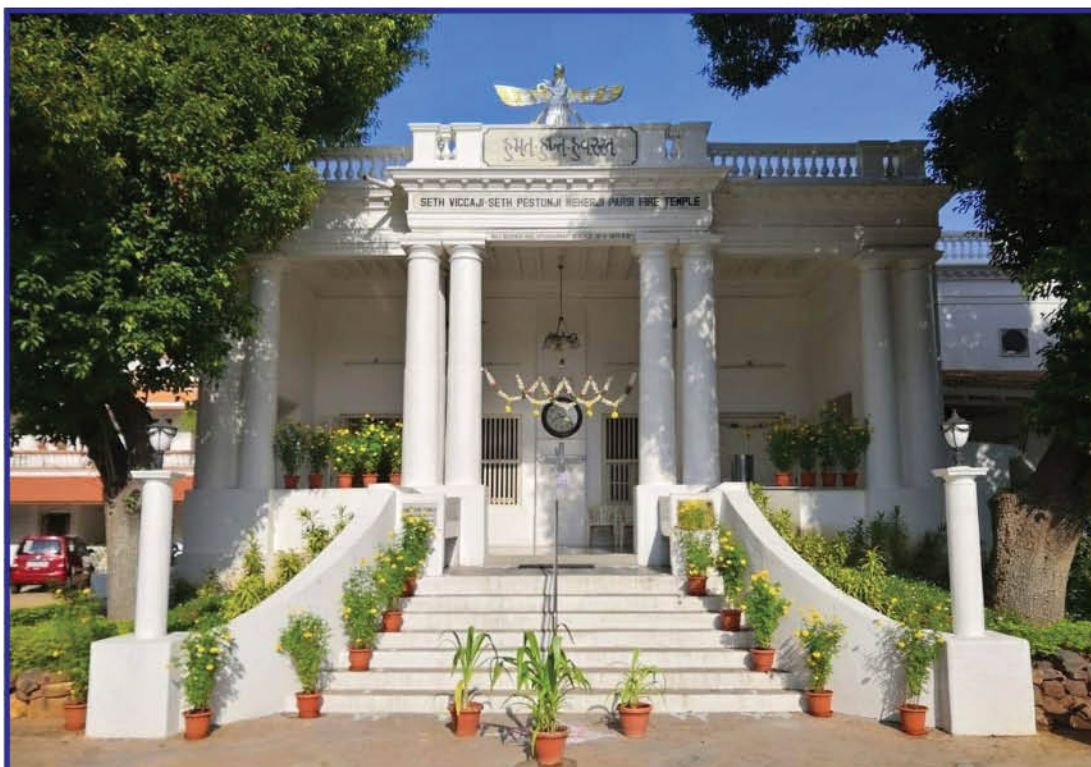


Aviva Damania, who is also a columnist with Parsi Times, shares with our readers, "The Mind Essentials has a long-term commitment to do social good. We do not want to restrict ourselves to one cause and therefore we are aiming to raise funds for an array of social causes, with no restriction on the category. The team is also finding innovative monetary and non-monetary ways to assist other charitable foundations."

To avail professional counseling services, connect with Aviva at:

E: avivadamaniam18@gmail.com

L: Aviva Damania (<https://www.linkedin.com/in/aviva-damaniam-64ab80157/>)



Seth Viccaji Meherji & Seth Pestonji Meherji Dar-e-Meher (Old Parsi Fire Temple), Secunderabad, celebrated its 173rd Salgreh on 31st July, 2020. (It was consecrated on Roj Behram, Mah Asfandarmad, 12th September, 1847.)

WZO Trusts' Update On Covid Welfare Initiative: Relief And Rehabilitation Programme



DINSHAW TAMBOLY

Our last (second) update was shared on June 6, 2020 (in Parsi Times) with donors, well-wishers and community members to apprise them of efforts undertaken by WZO Trusts to extend support to poor Zoroastrians affected financially due to the Covid-19 Pandemic.

WZO Trust Funds shares the details of the third Update, as of 31st July, 2020

THE WZO TRUST FUNDS

FOOD GRAINS DISTRIBUTED & FINANCIAL AID DISBURSED TO ZOROASTRIANS IN ECONOMIC DISTRESS DUE TO COVID PANDEMIC

Food Grains Distribution

Beneficiaries 715
Amount 37,67,390

Financial Support towards economic distress

Beneficiaries 654
Amount 1,32,28,365

Hospitals

1. Masina Hospital, Mumbai.

2. D. N. Mehta Sarvajani Hospital, Navsari.

Beneficiaries 2
Amount 40,00,000

TOTAL

Beneficiaries 1,371
Amount 2,09,95,755

Parsi Times catches up with WZO Trust Funds Chairman, Dinshaw Tamboly...

PT: How did WZOTF get involved in Housing and why?

Mr. Tamboly: The WZO Trust Funds

were first approached by the Chichgar family, who were at the time, residing in the United Kingdom and Africa. The family wanted to donate their home in Navsari for use by needy members of the Zarathushti community. For WZO Trust Funds, it presented a new opportunity to serve the community.

The Chichgar family donated their ancestral house in 1997, which was demolished and the construction of the new building was completed in 1999. A total of 7 families were housed. Seeing the success of this project and how one home could be converted into a building to house so many families in need, it set a precedent. Other members of the community, who were no longer using their ancestral homes in Navsari, also began to donate the same.

All the properties have been donated to WZO Trust Funds in one way or another.

PT: What does it take to qualify for a flat in one of these buildings?

Mr. Tamboly: The basic requirement is that the family has to reside full-time in the flat at Navsari. It cannot be used as a second home. Additionally, age, income, need and other relevant criteria are considered. Those interested need to complete an application process and are then interviewed, before a final decision is made.

All flats are given on Leave and License basis, without any deposits being charged. The total monthly outgoing at present which includes license fee, service and maintenance charges, are Rs. 1,050/-. The exteriors of the building and common areas are maintained by the Trust.

PT: How many buildings does WZOTF maintain today?

Mr. Tamboly: Including the newest building, the 'Dasturji Meherji K. D. Meherjirana Memorial House', WZO Trusts Funds owns 17 buildings, which collectively have a total of 113 flats.

Construction for all buildings has been fully sponsored:

- 4 buildings by The Zoroastrian Charity Funds of Hong Kong, Canton and Macao
- 7 buildings by Bai Maneckbai P. B. Jeejeebhoy Deed of Settlement Fund.
- 6 buildings by Independent Donors

Without the support of such generous donors, it would not have been possible for WZO Trust Funds to provide quality accommodation to needy members of our community.

Godrej & Boyce And WWF India Launch 'Magical Mangroves' Campaign



Dr. Pheroza Godrej

scale across India. WWF India has been working towards conserving wetlands across the country in the high altitudes, floodplains, urban centres and Ramsar sites for over two decades now.

Dr. Pheroza Godrej, said, "Godrej & Boyce has successfully partnered with WWF on multiple occasions. This endeavour will combine our strengths further and effectively aid us in educating the community to make them understand how small steps taken by them, as individuals, in conserving the mangroves, will eventually contribute to environmental change on a much larger scale in the future."

On the occasion of International Day for the Conservation of the Mangrove Ecosystems, on 26th July, 2020, Godrej & Boyce Mfg. Co. Ltd., in collaboration with WWF India (World Wide Fund for Nature, India), launched 'Magical Mangroves', a national campaign which highlights the significance of mangroves conservation in present times and urges citizens to join the conservation movement.

The campaign will span across the eight Indian states of Maharashtra, Goa, Gujarat, Andhra Pradesh, Tamil Nadu, Kerala, Odisha and West Bengal, to promote awareness on the importance of the mangroves ecosystems and invite citizens to become volunteers to help in promoting the same. Volunteers will be engaged for a period of six months and will be part of webinars, film screenings, online quizzes, digital story-telling sessions among other activities.

Over the last few decades, Godrej & Boyce's Wetland Management Services team has been actively managing and conserving one of the largest mangroves in Mumbai at Vikhroli. Taking their efforts a notch higher, Godrej has officially joined hands with WWF India to further strengthen the conservation efforts and promote awareness at a much larger

Ravi Singh, Secretary General and CEO, WWF India, said, "Mangroves act as natural barriers of climate change, serve as nurseries and breeding grounds for a multitude of aquatic species. Their effect on controlling soil erosion is vital to shaping the topography of our coasts. Recognizing the role of younger generations and concerned citizens as major stakeholders in nature conservation in India, this campaign aims at building knowledge about mangroves as essential yet fragile ecosystems and enables positive action for their preservation."

The Wetland Management Services team at Godrej has been raising awareness about the mangroves ecosystem through several initiatives, including the launch of the one-of-a-kind Mangroves Mobile App available in 11 languages, a unique children's story book published last year and poster exhibitions across educational institutes of Mumbai.

To know more about the campaign 'Magical Mangroves', visit www.mangroves.godrej.com

To join the movement as a WWF India Volunteer, register on: <http://volunteers.wwfindia.org/project.php?pid=401>

Ferdowsi Presidential Chair In Zoroastrian Studies To Be Established At UCI

Announced By UCI Jordan Center for Persian Studies & Culture

UCI Jordan Center for Persian Studies



The University of California, Irvine (UCI) has received a \$1.5 million challenge commitment from the Massiah Foundation to establish the Ferdowsi Presidential Chair in Zoroastrian Studies - the first of its kind in the United States. Additionally, the University of California will support the chair with up to \$500,000.

The Massiah Foundation was founded by Fariborz Maseeh, Ph.D., an Iranian American businessman and pioneer in the field of micro-electro-mechanical systems who lives in Newport Beach, California, known for his philanthropic investments in education, arts and health-related causes through the organization.

In 2005, the Massiah Foundation funded the creation of UCI's Samuel Jordan Center for Persian Studies and Culture, the first independent, inter-disciplinary center focused on Iran within the UC system. The new Ferdowsi Presidential Chair in Zoroastrian Studies will be affiliated with the Jordan Center.

"We are incredibly grateful to Dr. Maseeh for establishing this new chair to expand research into Zoroastrian studies," said UCI history professor Touraj Daryaee, the Maseeh Chair in Persian Studies and Culture and director of the Jordan Center. "The chair will enhance the already rich global historical and cultural study that takes place in the center, further raising its distinction not just at UCI but throughout the world."

The new chair is named in honor of Ferdowsi, the 10th century Persian poet, who is often credited with saving the Persian language by writing *Shahnameh* (*Book of Kings*), the national epic of Greater Iran. Maseeh hopes the chair will challenge and inspire the diasporic Parsi community, to help him revive an ancient Persian philosophy. "By broadening UCI's Persian studies program to include Zoroastrianism, we encourage young people to enrich their multicultural awareness - an essential component of working and living in a modern, multi-ethnic society," Maseeh said.

The Jordan Center is both - UCI's dedicated hub for Persian studies and a global destination for Persian scholars. Since its inception, the center has hosted international conferences on the Iranian world and created clusters uniting researchers from a multitude



Dr. Fariborz Maseeh

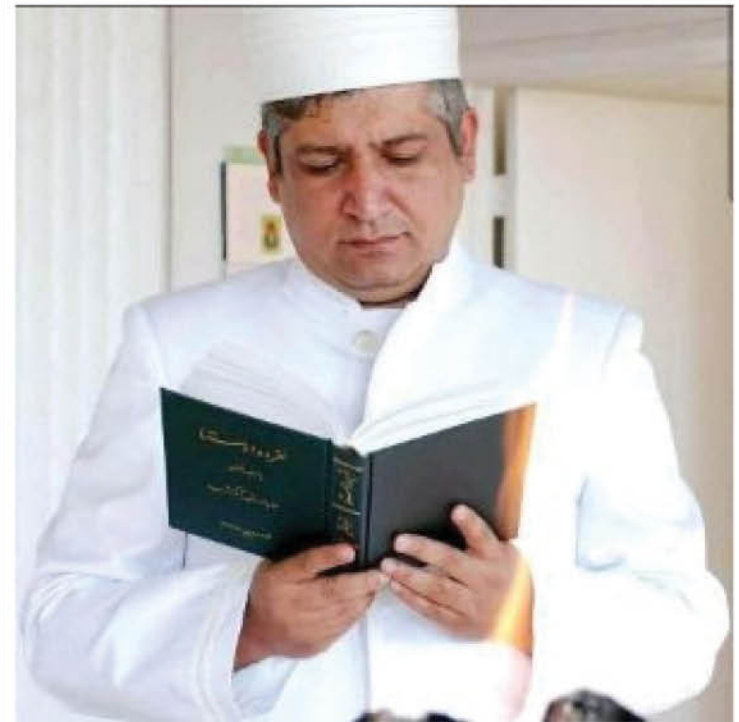
of disciplines across campus. It has also established an online, peer-reviewed journal called the *Digital Archive of Brief Notes & Iran Review*.

The Ferdowsi Chair will be UCI's fifth endowed chair in Persian studies - more than any other university in the United States. The holder of the chair - which will be supported by the Department of Classics and the Program in Religious Studies - will be a recognized expert in Zoroastrianism, one of the world's oldest continuously practiced religions. The establishment of the Ferdowsi Chair will enhance the understanding of Zoroastrianism's antiquity and its vast legacy in today's world and bring exciting new intersections for scholars at UCI.

Brian T. Hervey, Vice Chancellor for university advancement and alumni relations, said, "Zoroastrianism represents a cultural legacy for tens of thousands of Persians, many of whom live right here in UCI's surrounding Southern California region. Through Dr. Maseeh's generous gift, we will grow our offerings in Persian studies and serve the public interest."

The Massiah Foundation's \$1.5 million gift elicited an additional \$500,000 from the UC Presidential Match for Endowed Chairs program.

Irani-American Zoroastrian Priest Killed in Kerman



Mobed Arash Kasravi, a practicing US-based Zoroastrian priest, was tragically murdered on July 24, 2020, in the city of Mahan, in Kerman, Iran, according to the Iranian state news agency, IRNA. Mobed Kasravi was a respected member and religious leader of the Zarathushti community in Southern California.

As per Iranwire news agency, Mobed Kasravi was murdered along with two companions. He was traveling to Iran to attend the anniversary of his father's death and to settle legal issues related to his inheritance. A source close to Kasravi's family, who requested anonymity shared that he had received threats earlier, and though the source of these threats was unknown, the subject was mostly financial. Because of the death threats, he was traveling with a guard and a nurse - both non-Zoroastrians.

IranWire's source said Kasravi had gone to Mahan from Kerman with these two on 21st July and having not heard from him for several days, his relatives went to Kasravi's house on the night of 23rd July 23. Upon entering the house, they found the CCTV camera had been stolen and the lights

were all on. Kerman police raised the possibility of a kidnapping after a sweep of the scene. But the bodies of Mobed Kasravi and his two companions were then identified by the police 24th July 24. The exact time and method of the murder is still unknown.

Mobed Arash Kasravi was born in 1967 and was married with two children. He had immigrated to the United States ten years earlier and worked at the Zoroastrian shrine - Dar-e-Mehr in California. Before this, he had worked as the editor of the People section of Amordad weekly in Tehran.

FEZANA has urged Iranian authorities to continue their investigation into Mobed Kasravi's murder, and that of his two companions', with expediency, transparency and due diligence. While nothing can bring him back to his family and community, those responsible for killing Mobed Kasravi and his companions should be served swift justice.

Parsi Times extends condolences to Mobed Kasravi's family and loved ones. May his soul attain Garothman Behest.

[Inputs: Iranwire.com]

“Let The Poonawallas Work On The Vaccine In Peace!” Says Noshir Dadrawala

Earlier in the week, there was an unnecessary hullabaloo raked up in the mainline and social media as regards an alleged misinterpretation by Ex-BPP Chairman - Dinshaw Mehta, based on the one-word response of Founder of Serum Institute of India, Dr. Cyrus Poonawalla, to his (Mehta's) request for setting aside 60,000 vials of Covid-19 vaccines, exclusively for the Parsi community.

A number of newspapers carried this news and numerous social media platforms were abuzz, generating a lot of negative comments from many who felt it was discriminatory and unjust, in keeping with the context of survival itself.

BPP Trustee, Noshir H. Dadrawala took to the pen, in his inimitable style, to placate this unnecessary storm in a teacup, thus:

**“Let the Poonawallas Work on the Vaccine in Peace!
Please Stop Embarrassing Them!!”**

Messages about Dr. Cyrus Poonawalla setting aside 60,000 vials of Covid-19 vaccines for Parsis started going viral on social media on Sunday and by Monday it even found a place in a national mainstream newspaper.

The Parsi community appears to have read this news with mixed feelings. There is a general feeling of gratitude towards Dr. Poonawalla. However, there are also some who feel incensed. The rationale being Parsis should think, speak and act first as Indians and then as Parsis. However, historically this is how Parsis have been over the centuries, loyal to the country and totally integrated with the mainstream. And, the Poonawallas are no exception.

In fact, some of the best known Parsi industries and prominent Parsi trusts are secular almost to the point of being 'anti-Parsi'. Be it jobs or scholarships or medical aid, there are instances where Parsis have felt they received no preferential treatment and in fact were disqualified by some

very well-known Parsi trusts and business houses simply because these trusts and companies did not wish to appear 'communal' or even as much as perceived to be providing preference to members of their own community. Why, only recently Mr. Ratan Tata stated that the future head of the Tata Trusts may not be a Tata.

The question is, whether Dr. Cyrus Poonawalla made this declaration on his own? The answer is No! The former chairman of the Bombay Parsi Panchayat, Mr. Dinshaw Mehta wrote to Dr. Poonawalla "to reserve at least 60,000 vials for the Parsi community in the first batch" adding "we are a micro minority and every Parsi is required to be saved". Reportedly, Dr. Cyrus Poonawalla promptly wrote back, "O.K."

Now "O.K." would mean, "we will consider the request at the appropriate time, subject to other considerations". An important consideration would be that vaccines for an epidemic or pandemic may not

be available privately. It is likely to be made available for administration only through government hospitals or government approved and run health centers.

While Dr. Poonawalla has a soft corner for Parsis (and why not?) he does not think parochially. His Serum Institute is working on the vaccine not for Parsis or for that matter India. He is working on it for the whole world. He is a man who thinks globally, acts locally and yes, incidentally also has love for his community. Nothing wrong with that. If anything, it is worthy of respect and adoration!

Even where Twitter is concerned, Ronnie Screwvala specifically wrote: "On a lighter note, since Parsis are to be an Extinct race (though average age of Parsis show otherwise) there is a lobby that as vaccine does come in there will be a special quota under saving from extinction Race & why not if a Parsi is at the forefront of it". And Adar Cyrus Poonawalla replied: "Yes, @RonnieScrewvala, we will keep

more than enough for the community. Our production capacity of just one day will be enough to cover every Parsi on the planet ... given the size of our community!"

Once again, Ronnie was asking "on a lighter note" and Adar simply talked about keeping "more than enough for the community". So, what's this unnecessary controversy about? Why even the Government of India loves the Parsi community enough to have initiated the "Jiyo Parsi" (Live Parsi) project to arrest the community's dwindling population.

Let the Poonawallas work on the vaccine in peace and let us all stop embarrassing them and putting them in a spot. Let's avoid these needless storms in a tea cup.

If the vaccine is successful and ends up saving the world (and incidentally also the Parsis) we probably may see our first Parsi Nobel laureate. Would that not be wonderful for India, the Parsis and this world

We know we speak for the community when we say, 'We couldn't agree more, Mr. Dadrawala!!!'

'Agiaryconnect.com' Website For Global Prayer Requests

An online religious initiative - agiaryconnect.com - has been recently re-launched, to enable Zoroastrians worldwide to request conducting prayer services online, which would be performed by Mobeds, in the Banaji Limji Agiary (Fort, Mumbai). Founded by three enterprising American Parsis - Dinsha Mistree (Houston), Benafsha Shroff (Denver) and Jamsheed Mistri (California) - agiaryconnect.com - facilitates Zarthostis across the world stay connected with the religio-spiritual aspect of the religion, alongside supporting hardworking priests and helping preserve our sacred rituals. Services are provided in association with Er. Hoshedar Godrej Panthaki, who has been the Panthaki of Banaji Limji Agiary since September 2007.

The idea was originally born in August

2011 and the website was launched the next year, but it shut down in a few years, to be re-launched in 2020 - proving to be of great help to Zoroastrians - globally and in India, if you don't live near an Agiary, but would still like to request prayer services or you are in a global pandemic that doesn't allow you to go to an Agiary or you are physically unable to go to an Agiary for services, due to health issues

As per the website, "Because so many Zoroastrians live abroad, the demand for Temple services have declined. As a result, many of our brightest priests are choosing higher-paying secular jobs instead of practicing and preserving our rituals. In order to solve these twin problems, we offer a range of services. One can do anything from donating sukhar and lighting a divo to requesting higher-level services

such as the Farishta ceremony and the Vendidad." Prayer services offered also include conducting ceremonies for Tandarosti, Yajashne Ceremony, Jashan and the Muktd - which makes the website even more useful in keeping with the oncoming Muktd days.

The website also states that prayer services will be performed only for Parsi-Irani Zoroastrians, as traditionally defined and understood. Priests will retain the right to refuse performance of any ceremony. If it is found that non-Parsi-Irani Zoroastrians are having these rituals performed, they will shut down



Request Prayer Services From Anywhere

Support hardworking priests and help preserve our sacred rituals.

We can help you if...

You don't live near an Agiary, but would still like to request prayer services

You are in a global pandemic that doesn't allow you to go to an Agiary

You are physically unable to go to an Agiary for services, due to health issues

this service immediately, which would be a shame for other adherents.

Though the Banaji Limji Agiary is the only Agiary offering these services currently, Agiary Connect is looking to expand to other Agiaries across the world and invites those interested to connect with them on the website.

Kayishmand Chothia Receives 'The Covid Classic Award' For Visual Arts

Kayishmand Hormuzd Chothia, from Halton Hills, Ontario, Canada was recently awarded 'The Covid Classic Award' for Visual Arts by the Halton District School Board. She becomes the first recipient to receive this newly instated award, given for the first time this year from the Halton District School Board and will be given every year moving forward. Kayishmand is the first and only person to receive this award from the entire Halton Community.

The award celebrates those who



went above and beyond with their contributions, especially during the Covid Pandemic - a time when you need to go the extra mile in service of your fellow beings. An excerpt from her citation reads, "She has gone above and beyond to use her art skills to better both, our school and the greater Georgetown community. She has participated in events that support senior citizens, connecting them with arts students and she has helped kids with art initiatives. Furthermore, she has also gone above and beyond to stay



connected with the art department during these stressful quarantine months, creating beautiful art that she shared for the visual art department to use on our social media. Her community rocks were a real highlight!"

The daughter of proud parents, Khushamin and Hormuzd Chothia, 15-year-old Kayishmand actually took home two awards - the other being 'Star Performer'. She studies at Georgetown District High School, currently in the 9th grade and is a Third Degree Black Belt

practicing Shotokan Karate. Her hobbies include singing, art, photography, teaching karate, listening to music and graphic designing. Speaking to Parsi Times, she shares, "I get my inspiration from my mom - Khushamin." And her life-philosophy? It's based on "my favourite quote - 'When life knocks you down, you can choose to get back up', by Jackie Chan," she quips!

If you'd like to see her work, log on to Insta: @kayc_photography_

XYZ Seniors Hold 'Volunteer Funday Month' And 'Money Mania'

XYZ Seniors conducted two fun events in the past week. July was full of fun, games and anticipation for the parents and volunteers of the XYZ Foundation. The XYZ Seniors organized a Volunteers' Funday Month, every Saturday through July, where parents and volunteers were mixed and divided into four teams which competed with each other. Some of the exciting events held included 'Retro



Housie', 'Solve the Mystery Case', 'Miranda Ma Fizz - Who will Ace the Quiz' and 'XI Says'.

The month was an ode to the parents and volunteers, who always push little XYZ's to put in their best at all times. After much fun competition and great team effort, Group 4 was declared the winning group of the Volunteers' Funday Month, with winning contestants -

Armin Sumariwala, Farengiz Crawford, Ferzana Daruwalla, Khushmeher Sodawaterwalla, Havovi Billimoria, Thrity Fitter, Zenobia Patel and Hoshang Gotla.

XYZ Seniors also hosted an online session on Financial Management, called 'Money Mania', on 26th July, 2020. Conducted by Dick Mody, Founder and CEO of Ethical Advisers, along with son Anosh Mody, the session executed by learning through a quiz. The XI were divided into four groups and had to tackle questions ranging from financial planning to relevant situations like saving, investing etc. Everyone got to learn important aspects about sound financial planning, alongside the XYZ Money Mantra!

The XYZ Money Mantra

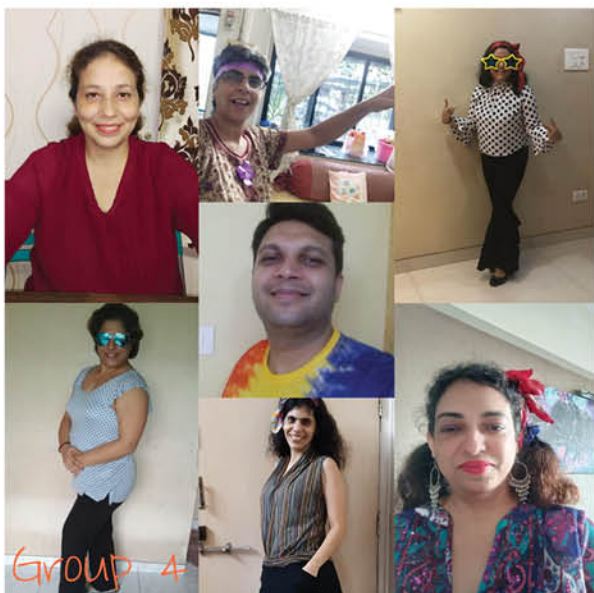
Xtravagance - Avoid it.

Y not start early?

Zest in Future planning!



All in all, the XYZ Seniors conducted two very successful, engaging and informative events!



Pureganic: Magic & Miracles of TULSI & HALDI

IMMUNITY BUILDING
is an ONGOING CONTINUOUS PROCESS

pureganic
natural & traditional
IMMUNITY BOOSTERS

POWER OF 50-60 TULSI LEAVES
D-tox Traditional immunity boosters

1) Tulsi
TULSI ARK, TULSI HONEY

2) Yeshitimadhu
SUGARFREE MUKHWAS

3) Ashwagandha
SANJEEVANI PRASH, HERBI GUD

4) Giloy
RAKSHAK, GILOY TABLETS

for details contact : 9820812244 PLEASE LIKE & FOLLOW US ON FB & INSTAGRAM

The partial opening of Lockdown and the arrival of monsoon, with exposure to external environment brings many health challenges, due to air and water borne viruses. We need to increase and strengthen our immune system to fight such viruses and keep ourselves and our family, healthy and safe.

In keeping with regular requests from customers to recommend products which help encounter such health challenges, after much research, Pureganic has developed a unique combination of 'Tulsi & Haldi Arks' (liquid concentrate), which provides excellent protection against viruses!

Tulsi is anti-bacterial, anti-viral, antioxidant and a great immunity builder. It is more relevant in today's times, where one is exposed to pollution in air, food & water and radiation through various electronic devices like mobiles, laptops, i-pads etc, which result in toxins getting accumulated in the body. Tulsi is a good detox agent, cleaning the body from within, helping organs function much better!

Tulsi Ark provides relief from Cold • Cough • Sore throat • Malaria • Bronchitis • Swine flu • Dengue • Chicken Gunia • Viral Fever • Asthma • Obesity • Cholesterol • Allergies • Kidney Stones • Tumours • Arterial blockage • Blood Pressure • Diabetes • Hormone Balance • Memory Power • Inflammatory and Neurological Pain.

Haldi or Turmeric is the queen in Indian women's kitchen. It is anti-septic, anti-biotic & anti-viral. Haldi is globally popular as anti-cancer and anti-tumour remedy, helping in cancer prevention, cure & also preventing relapse. Today's lifestyle filled with junk and processed food causes fatty liver and Haldi helps fight and reverse fatty liver and obesity. Haldi - Improves Digestion • Increase Bile Production • Regulate Blood Sugar Levels • Cures Skin Problems By Removing Blemishes, Tan And Pigmentation • Treating Arthritis • Irritable Bowel Syndrome • Lung Disease • Asthma • Epilepsy • Parkinson • Alzheimer.

Pureganic Haldi Ark has proved better than normal Haldi powder due to its higher curcumin content, easy absorption and lack of contamination. Daily use of both Tulsi & Haldi drops, helps clean body toxins and increases immunity for a healthy, safe and happy life.

In today's rapid changing & challenging times, it is an established fact that strong immunity building is an ongoing continuous process, for all age groups. So, stay Safe & Healthy!

Pureganic has wide range of organic, natural & health food products, with no side effects. For more information on products, their benefits with price list & availability (Free Home Delivery at Mumbai), please Whatsapp/SMS on 9820812244.



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

MUKTAD By Afried Dastur

With your beloved ones, it's gonna be more personal this time,
With sukhad, loban and divo for your departed, spend some time.
A fruit, a flower, milk and rose-water enough is,
These with our prayers - them will definitely please.
Tell your little ones a few minutes for their departed ones, to spare,
It's the way best, to show and express our love and care.
To bless us, they come will, definitely - day after day,
If with faith and fervour to Ahura, for their progress, we pray!

HAPPY RAKSHA BANDHAN By Armin Dutia Motashaw

Multicoloured little silk threads, with patterns small,
Of beads, or tiny Godly figures, or shiny crystal balls,
Made painstakingly by a sister, or purchased from a mall;
Showing a sister's love and care, for her brothers all!
She prays for their welfare, may they never have a fall;
Brother dearest, let us build bridges, demolish all walls!
May my brothers grow in emotional strength and physically stand tall,
Tall enough to protect his sister, in her hour of need - big or small.
This is Rakhee, with lots of love and good wishes to all!

HELLO DARKNESS MY OLD FRIEND By Farida Bamji

"Hello darkness my old friend
I've come to talk with you again"
Wondering when
Will the wall of silence
Be torn down
And the era of
Enlightenment begin?

We don't come
With a certificate
Stating 'Lifetime Warranty';
Unsure of life on earth,
Our destiny is already
Mapped out,
At birth itself!

Open up the drapes
As well as the blinds,
Let the rays of sunshine in
As Zoroastrian Community
Needs to function as a whole,
Please don't Fence us in!

PARSI TIMES *PT Timeout*

The Bawa Word Search

Search out the following 16 Cities With The World's Best Transport Systems hidden in the word-jumble box below, in bi-directional, horizontal, vertical and diagonal forms:

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

- | | | | |
|-------------------------|--------------------|-------------------------|-------------------|
| Tokyo (Japan) | Paris (France) | Hong Kong (China) | Montreal (Canada) |
| Moscow (Russia) | Sydney (Australia) | Zurich (Switzerland) | Singapore |
| San Francisco (Ca, USA) | Sao Paulo (Brazil) | Barcelona (Spain) | Berlin (Germany) |
| Seoul (S. Korea) | Helsinki (Finland) | Amsterdam (Netherlands) | London (UK) |



TechKnow With Tantra

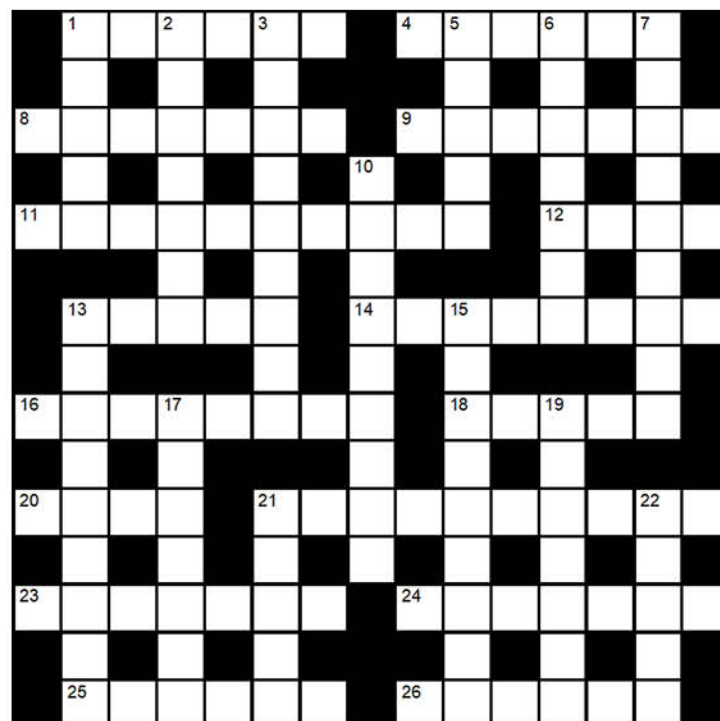
Spike Conversational E-mail

Spike Conversational Email helps you be more creative and efficient by consolidating your e-mails and lots more! All your emails and threads are found under the contact with the option of a priority Inbox to focus on important mails. You get smart scheduling inside your email, without ever opening another calendar app. Spike also helps instantly create a Group for any team, project or client - anything that's relevant to your business - and collaborate just like you would face to face or like any other messaging app. Try Spike free for personal accounts and at a nominal fee for work accounts.

Android: <http://bit.ly/2k8UYFA>

iOS: <https://apple.co/2k7ei63>

BAWAJI BHEJA FRY



ACROSS

- 1 Reeks (6)
- 4 Real or existing? (6)
- 8 Musically bright (7)
- 9 Offend grossly (7)
- 11 Journey to Las Vegas or thereabouts (6,4)
- 12 Portal or entrance? (4)
- 13 News sources (5)
- 14 Alarmed or took by surprise (8)
- 16 Femme fatale, spy (4,4)
- 18 Important (5)

- 20 Inspires dread (4)
- 21 Very different (5,5)
- 23 Keeps warm by keeping at just below boiling point (7)
- 24 Withering or drooping (7)
- 25 Literary compositions (6)
- 26 Take suddenly (6)

DOWN

- 1 Figure out (5)
- 2 Construction tycoon Palonji Mistry is a citizen of this country (7)
- 3 South Indian state (9)
- 5 A thick cluster (5)
- 6 Erect (7)
- 7 Measure of great distance (5,4)
- 10 Choleric, prone to anger (9)
- 13 Between times (9)
- 15 Entrance charge (9)
- 17 Supposes or takes for granted? (7)
- 19 Shirin Darasha was the Principal of this school for over three decades (1,1,5)
- 21 Social gathering (5)
- 22 Cattle station (5)

WINNING CAPTIONS!!!



Rekha: Hey 'SARKAR', 'DON' ko 'GUDDI' 'MILI', hame kya mila?
 Amitabh: 'HUM' dono ke beech khadi yeh 'DEEWAR', gajab ka hai yeh 'SILSILA'!
 By Kayomarz Dotiwalla

CAPTIONS THIS!

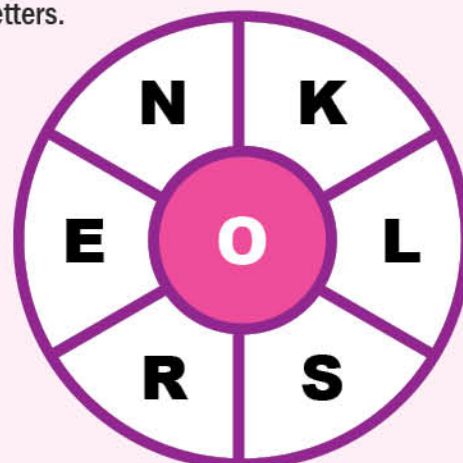


Calling all our readers to caption this picture!
 The wittiest caption will win a fabulous prize!
 Send in your captions at editor@parsi-times.com by 5th August, 2020.

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

HOW MANY WORDS?

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



RESULTS:
 Average - 7 or more words
 Good - 8 or more words
 Outstanding - 9 or more words

BAWAJI BHEJA FRY ANSWERS: Across: 1 Sinks, 4 Actual, 8 Allegro, 9 Outrage, 11 Nevada trip, 12 Gate, 13 Media, 14 Starited, 16 Maria Hari, 18 Major, 20 Aves, 21 Poles apart, 23 Simmers, 24 Wilting, 25 Essays, 26 Snaitch. Down: 1 Solve, 2 Ireland, 3 Karnataka, 5 Clomp, 6 Upright, 7 Light year, 10 Inscrutable, 13 Meanwhile, 15 Admission, 17 Assumes, 19 J B Pent, 21 Party, 22 Ranch.

Presents Chef Delzad

**Chef
Delzad K Avari**

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

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

T*his week, Chef Delzad helps you plan a tasty weekend with yummy recipes - 'Fried Rice with a Twist' and 'Spicy Zesty Potatoes'.*

**Fried Rice With A Twist****Ingredients:**

Sliced onions – 2 medium; **Chicken breast cut in small dices** – 150 g; **Chopped spring onions** – 2; **Chopped carrots** – 1 small; **Chopped French beans** – 10 beans; **Chopped garlic** – 5 cloves; **Chopped ginger** – 1 inch piece; **Chopped coriander** – 1/8th bunch; **Chilli garlic paste** – 2 tbsp; **Soya sauce** – 1 tbsp

For the Rice:

Rice – 100 g; **Whole spices** – Cardamom, Bay leaf, Star anise, Pepper corns

Method:

1. Boil rice with the whole spices and keep aside.
2. Heat oil in a pan or wok, add the sliced onions and allow to turn golden brown.
3. Add ginger, garlic, chicken, carrots, French-beans to the pan and saute till the chicken is semi cooked.
4. Add chilli-garlic paste and soya sauce and cook for a few more minutes.
5. Add the rice and toss it well.
6. Season with salt and pepper, add the chopped coriander and spring onions and mix it in.

**Spicy Zesty Potatoes****Ingredients:**

Potatoes (peeled and cut into wedges) – 500g; **Chopped onions** – 1 medium; **Chopped spring onion greens** – 2; **Oil** – for deep frying

For the Spice Mix:

Jeera powder – 1 tbsp; **Chilli powder** – 1 tbsp; **Dhana jeera powder** – 1tbsp; **Soya sauce** – 1 tbsp; **Grated lime zest** – 1 lime; **Ginger garlic paste** – 1 tbsp; **Vegetable oil** – 3 tbsp

Method:

1. Par boil the potato wedges till just about falling apart and allow them to cool.
2. Mix all the ingredients of the spice mix, add a little water if required to make into a smooth paste.
3. Heat 1 tbsp of vegetable oil in a pan and saute the onions.
4. Add the spice mix and cook for about 10 mins. Add a little water if it begins to dry out in order to maintain a coating consistency.
5. Deep fry the potato wedges.
6. Toss them in the sauce and serve hot, garnished with the chopped spring onions.

Soli Sales-Tax Goes To Starbucks!



RUBY LILAOWALA

One Saturday morning, around 11:00 am, Hormusji felt like having a cup of coffee while reading Parsi Times on the net. It was Lockdown time and he had just finished cooking and doing *jhadoo-pochcha*, washing clothes, cleaning the *varamori* and the basins. He was dog-tired and wanted a coffee-break.

Farida: Where are you off to?

Hormusji: The kitchen.

Farida: Why?

Hormusji: To make myself a cup of coffee.

Farida: You have no *kaam-dhandha* to do?

Hormusji: I have finished all the housework. This is my Me-Time with a cup of coffee and Parsi Times!

Farida: You haven't finished! You have to give me a manicure and pedicure - you forgot? Every Saturday is my beauty-parlour day! And after that, you have to 'paint the roof'.

Hormusji: Paint the roof?? I'm not a painter!!

Farida: It means, you have to apply hair-dye to me, which I'll wash off after half an hour.



Hormusji: Go to your lady-*hajaam* at the Taj! I am not good at all this!

Farida: In return, I'll take you to Starbucks in the evening for your coffee!

Just then, the doorbell rang. It was Soli Sales-Tax, late by an hour, since he had to bring the *bazaar* of fresh veggies from *Bhaji-gali* next to his house in Chikkalwadi. As he



entered, *Khadro* Soli asked, "I heard coffee! I heard Starbucks! Let's go! Let's go!!"

Hormusji: *Arrey oh ghelsappa*, Starbucks, requires big 'bucks' and you don't have the 'bucks' for expensive coffees!

Soli: But my five-star girl-friend Farida has the bucks!

So, instead of relaxing, poor Hormusji became a home-made-saloon-cum-beauty parlour. By then it was early evening and Soli, the *kanjoos-kakri-mafatio* persuaded Farida to go to Starbucks, saying, "Homla, *tamey bi aavo!*"

Hormusji: Thank you very much!

Now there are two types of Parsis - those who love tea and those who love coffee. Hormusji's coffee-mania went back to his embryo-stage since his mother drank only coffee for the nine months she carried him. He was even given coffee in his feeding milk bottle! Coffee-shops were the Mecca for his caffeine-fix!

At Starbucks, Soli found a table with only two vacant chairs, so he and Farida sat down while Hormusji became a *Khadaa-Parsi*! Farida, the dominating fatso, went to the service counter and started ordering the guy like a Roman Triumvirate: "Teen Coffee mangta! Ek dum first-class! Hormusji banata vaisa!"

The Starbucks guy made a mistake and brought the coffees, shouting 'Three Blacks!

Soli: He has seen Sanjay Leela Bhansali's BLACK three times!

Starbucks Guy: No sir, it's three black coffees - black as the night, sweet as love and hot as hell!

Farida: Soli - go sort it out at the service counter!

Soli: *Idhar coffee milega kya?*

Salesperson: *Idhar coffee h e e*

milega! You want Italian, Frappuccino or Cappuccino?

Soli: Frappuccino and Cappuccino are two brothers or what?

Salesperson: Espresso sir?

Soli (the eternal idiot): Express Train *ka kaapi?*

Salesperson: Or would you prefer a Machiatto?

Soli: *Woh konsa atta hai?* We use only *chhakki-no-aato!*

Salesperson: Mocha? Frappe? Latte?

Soli (now completely exasperated): *Arrey O Gadhera! Tunej kai verbal hemorrhage thayuj su? Tunej laa maaras!* Just make three espressos - *garam-garam* - like Farida!

Salesperson: You want them black or milky? If milky, skimmed or full-fat? With or without sugar? If sugary, white sugar or demerara sugar?

Soli: *Dermara? Kaun kisko maara??*

Salesperson: It's brown sugar, sir.

Soli: Do I look like a drug-addict to you???

Salesperson: Small, medium or large, sir?

Soli: I don't wear a bra! Don't hit on me!!

Soli who is a *pucca idiot* in real life, got very confused. *Ek toh ehne Angreji na vaakha!* So, the idiot came back to the table and said, "*Hormusji, oothi javo! Rajaji ni jaga par derkaji kem besi gaya?*"

Hormusji: This is my chair and I'll sit next to my wife! *Derko tu aney tahro baap!*

(Everyone at Starbucks stopped sipping their coffee, seeing what happens next on this free entertainment channel.)

Soli: That stupid guy at the counter is asking me a hundred questions with hundred options as if I am in the hot seat of Amitabh Bacchan's *Kaun Banega Carorepati!!* He's also asking me my Bra-cup-size!! Small, medium, or large?! As if I am a cross-dresser! Come on!! Let's get up!! We'll go home and make our own coffees.

Farida: No! I'll have my coffee right here!

Hormusji: I second you, my *Jaan!*

Soli: *Bairi no margo bolyo!*

Just then, a guy served a lovely creamy steaming-hot cup of caffeine-fix to the girl on the next table.

Farida (Whose eyes were always on other people's food and drinks): *Eh Waiter! Voh table pey kya diya?* Bring three of those on our table! Hormusji, go pay!

Hormusji: Go Pay? No way!! Seat *chali jasey!* Soli *shameless besi jasey!*

Farida: Soli -You! Go Boy, Go!

Soli obeyed and went like a *vafaadar kutta* - of course he would! It was, as usual free treat on Farida's money!

And so, all three of them had their coffee - Soli had it standing, like a *Khada Parsi*, since Hormusji wouldn't leave his chair like a politician's *Kissa Khursi Ka!* That done, they all went to Marine Drive. Farida and Hormusji sat on the *paar* while Soli went for a walk and was promptly arrested by Pandu Havaladar for loitering - *Soli ni coffee ootri gayi!!*

THE TRUTH. DELIVERED WEEKLY.

રતન તાતા કહે છે કે ભાવિ તાતા ટ્રસ્ટના હેડ તાતા નહીં બને

ઉદાર દાતાઓ - પરવીન અને જાલ શ્રોફ



ઉચ્ચ અધિકારીઓએ જણાવ્યું હતું. તેમણે ઉમેર્યું કે તાતા સન્સ (એન.ચંદ્રશેકરન) ના વર્તમાન અધ્યક્ષ પણ કુટુંબના ન હતા, મિસ્ત્રી જૂથના આ દાવાને નકારી કાઢતા તાતા સન્સ, લોલિંગ કંપની, તાતા અને મિસ્ત્રી પરિવારો વચ્ચે 'અર્ધ-ભાગીદારી' હતી. તાતા સન્સના શેરો ધરાવતા સાયરસ ઈન્વેસ્ટમેન્ટ્સ લોલિંગ કંપનીના

બીડી પીટીટ પારસી જનરલ હોસ્પિટલ (પીજીએચ) વતી જારી કરેલા એક અખબારી અહેવાલમાં, હોંગકોંગ સ્થિત, આપણા સમુદાયના સૌથી ઉદાર દાતા - જાલ અને પરવીન શ્રોફને, સમગ્ર પ્રારંભિક અને પૂર્વ-ઓપરેટિવને ફરીથી ચૂકવણી કરવા બદલ ખૂબ આભાર માન્યો છે. મલ્ટિ-સ્પેશિયાલિટી હોસ્પિટલના



નિર્માણ માટે કરવામાં આવેલા ખર્ચ, જે કમનસીબે કેટલાક સમાજના સભ્યો દ્વારા કરવામાં આવેલા વાંધાને કારણે રદ કરવામાં આવ્યો હતો.

૨૪ જુલાઈ, ૨૦૨૦ ના રોજ બહાર પાડવામાં આવેલ પ્રેસ રિલીઝ, પ્રમાણે:

'જેમ કે પારસી જરથોસ્તી સમુદાયના સભ્યો માટે જાણીતા છે હોંગકોંગના શ્રીમતી પરવીન અને જાલ શ્રોફ જેમણે 'શ્રોફ મેડીકલ સેન્ટર ઓફ બીડી પીટીટ પારસી જનરલ હોસ્પિટલ નામની નવી બિનસાંપ્રદાયિક મલ્ટી-સ્પેશિયાલિટી હોસ્પિટલના નિર્માણ માટે યુએસ ડોલર ૨૨.૫ મીલીયન ઉદાર રીતે આપવાની તૈયારી દાખવી હતી. વહીવટી અમલદારશાહી, કાયદાકીય પડકારો અને આપણા સમુદાયના કેટલાક સભ્યોના વિક્ષેપજનક વિરોધને ધ્યાનમાં રાખીને દાતાઓ દ્વારા અનિચ્છાએ પાછી ખેંચી લેવામાં આવી હતી. બીડી પીટીટ પારસી જનરલ હોસ્પિટલ (પીજીએચ) ના

સંચાલકે આ પ્રોજેક્ટ પર ત્રણ વર્ષથી સતત કામ કર્યું હતું અને પ્રારંભિક અને પૂર્વ ઓપરેટિવ રૂ. ૫,૭૮,૮૪,૦૨૩.૭૬ નો ખર્ચ કર્યો હતો, જેનો એક ભાગ, રૂ. ૧,૪૫,૦૯,૫૦૦.૦૦ હતો જે અગાઉ દાતાઓ દ્વારા શેર કરવામાં આવ્યો હતો. પીજીએચના મેનેજમેન્ટની વિનંતી પર, દાતાઓએ હવે પી.જી.એચ. ના મર્યાદિત સંસાધનોને અયોગ્ય રીતે તાણ ન આવે તે માટે પી.જી.એચ. દ્વારા છોડી દેવાયેલા નવા હોસ્પિટલ પ્રોજેક્ટ માટે પ્રારંભિક અને પૂર્વ ઓપરેટિવ ખર્ચની સંપૂર્ણ સંતુલનની ભરપાઈ કરી છે.

પીજીએચનું સંચાલન શ્રીમતી પરવીન અને શ્રી જાલ શ્રોફના તેમના પરોપકારી અને પીજીએચને સતત સમર્થન આપવા માટે હંમેશા આભારી રહેશે. ને માટે અને વતી બીડી પીટીટ પારસી જનરલ હોસ્પિટલ

(તારીખ) ના રોજ સુપ્રીમ કોર્ટમાં રજૂઆત કરતાં તાતા ટ્રસ્ટના વર્તમાન અધ્યક્ષ રતન તાતાએ કહ્યું હતું કે તાતા ટ્રસ્ટના ભાવિ વડા તાતા નહીં હોઈ શકે.

'હું આ ટ્રસ્ટનો વર્તમાન અધ્યક્ષ બનીશ. ભવિષ્યમાં તે તાતા અટક હોવી જરૂરી નથી, એવું કોઈ બીજું હોઈ શકે. વ્યક્તિનું જીવન મર્યાદિત છે, જ્યારે આ સંસ્થાઓ ચાલુ રહેશે,' એમ તેમણે ઈકોનોમિક ટાઈમ્સને જણાવ્યું હતું.

મિસ્ત્રી પરિવાર દ્વારા સંચાલિત કંપની સાયરસ ઈન્વેસ્ટમેન્ટની આગેવાની હેઠળની અરજીના જવાબમાં તેમણે કહ્યું કે, તાતા પરિવારના સભ્યોને તે પદ અથવા તાતા સન્સની અધ્યક્ષતા માટે કોઈ હક નથી. આ રજૂઆતો એવા સમયે આવી છે જ્યારે રતન તાતાએ તાતા ટ્રસ્ટના સંચાલનને ભવિષ્ય પર નજર રાખીને સંસ્થાકીયકરણ કરવાની યોજનાઓનું મૂલ્યાંકન કરતી હોવાનું માનવામાં આવે છે, તેમ

બોર્ડ પર 'પ્રમાણસર રજૂઆત' મેળવવા માટે સુપ્રીમ કોર્ટની દખલ માંગી છે.

'કે જ્યાં સુધી તાતા પરિવારના સભ્યો (સ્થાપકોના વંશજો / સંબંધીઓ) ની વાત છે ત્યાં સુધી કંપનીમાં (તાતા સન્સ), અથવા તેના મેનેજમેન્ટમાં અધિકાર સિવાય કોઈ ભૂમિકા આપવામાં આવી નથી. કંપનીમાં શેરહોલ્ડર તરીકે કાયદા હેઠળ હોવું જોઈએ, એમ તાતાએ જવાબ આપ્યો અને ઉમેર્યું કે તાતા-સન્સમાં તેઓ અને તેમના સંબંધીઓ ૩% કરતા ઓછા છે.

રતન તાતા તાતા ટ્રસ્ટના સંચાલનને સંસ્થાપિત કરવાની યોજના પર કામ કરી રહ્યા છે, જ્યાં તેઓ વિવિધ ક્ષેત્રના ઉચ્ચ અધિકારીઓની સમિતિની રચના કરી શકે છે, ખાસ કરીને પરોપકારી અને માનવતાની નક્કર પૃષ્ઠભૂમિ ધરાવતા લોકો.

'એક્સવાયઝેડ બીઈંગ પારસી' માં ભાગ લો - ઉંમરનો કોઈ બાધ નથી !!!

એક્સવાયઝેડ ફાઉન્ડેશન, બાળકો અને યુવાન વયસ્કો માટે સમુદાયની અગ્રણી સ્થાપના છે, 'એક્સવાયઝેડ બીઈંગ પારસી' યોજાઈ રહ્યું છે - પારસી ટાઈમ્સ તેના મીડિયા પાર્ટનર તરીકે પ્રથમ વખતની એક મોટી ઓનલાઈન ઈવેન્ટ છે. તમામ ઉંમરના લોકો માટે ખુલ્લું છે, આ ઈવેન્ટ આપણા સુંદર અને ગતિશીલ ધર્મ અને સંસ્કૃતિની ઉજવણી કરે છે. રસ ધરાવતા લોકો વય જૂથ મુજબ નીચેની ઈવેન્ટસમાં ભાગ લઈ શકે છે.

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નં.	વય જૂથ	ઈવેન્ટનું નામ	વિગત
૧	અન્ડર ૮	'બતાવો અને કહો!'	અમારા ધર્મ અને સંસ્કૃતિથી સંબંધિત કોઈપણ ઓબજેક્ટને પ્રકાશિત કરતી વિડિઓ મોકલવા અને તેના વિશે ૧ મિનિટ માટે વાત કરવા માટે અમે અમારા મનોહર ટોટ્સને આમંત્રણ આપીએ છીએ.
૨	અન્ડર ૧૨	'તેને ફરીથી બનાવો!'	બાળકોને તેમની સર્જનાત્મકતા પ્રદર્શિત કરવાની તક પ્રસ્તુત કરવી! દરેક સહભાગી અમારા દ્વારા પ્રદાન કરેલા ચિત્રને લઈ પોતાની રીતે ફરી બનાવવું.
૩	અન્ડર ૧૬	'બાવાજી ઈમોજી!'	અમારા કિશોરો 'બાવા ઈમોજી' બનાવીને અને તેનો ઉપયોગ કેવી રીતે કરવો તે અમને કહીને તેમની બહારની સર્જનાત્મકતાને પ્રકાશિત કરશે!
૪	એક્સવાયઝેડ સિનિયર્સ	'કેપ્ચર અને કેપ્શન'	સિનિયરોએ આપણા ધર્મ અને સંસ્કૃતિને લગતી કોઈપણ વસ્તુનો ફોટો ક્લિક કરી તેમાં કેપ્શન આપવું પડશે.
૫	વડીલો અને સ્વંયસેવકો	'હું બાવા છું અને હું બતાવીશ!'	સહભાગીઓએ ટીપીકલ બાવાના ઘર પરિવારનો એક ફોટો ક્લિક કરવાનો રહેશે. ફોટો સ્વ-વર્ણનાત્મક હોવો જોઈએ.

'એક્સવાયઝેડ બીઈંગ પારસી ૨૦૨૦' રવિવાર, ૨૭ ઓગસ્ટ, ૨૦૨૦ના રોજ યોજાશે. ઈવેન્ટ એક્સવાયઝેડના સભ્યો અને પરિવારોની છે, તેથી જો તમે એક્સવાયઝેડ-સભ્ય ન હોવ તો, હમણાં જ જોડાઓ!

ઓનલાઈન રજીસ્ટર કરો: www.xyzfoundation.net
એક્સવાયઝેડ બીઈંગ પારસી ડિટેલ માટે લોગ ઓન કરો:
<https://bit.ly/XYZBP>

એક નજર પારસી મરણો ઉપર

Deceased મરનાર	Age વય	Date તારીખ	Address ર. ઠે.	Relations સગાઈઓ
Zubin Keki Bharucha ઝુબીન કેકી ભરૂચા	58 ૫૮	23-07-2020	799, Jame Jamshed Road, Parsi Colony, Dadar, Mumbai 14. ૭૯૯, જામે જમશેદ રોડ, પારસી કોલોની, દાદર, મુંબઈ ૧૪.	તે નરગેશ તથા મરહુમ કેકી હીરાજી ભરૂચાના દીકરા તે રસના ઝુબીન ભરૂચાના ખાવિંદ તે પારસી ને મનાઝના બાવાજી તે ઝીનોબ્યા નેવીલ દાદરાવાલાના ભાઈ વીહાનાના ગ્રેન્ડ ફાધર તે આદિત્યના સસરા નેવીલ દાદરેવાલા તથા કેરસી દાદી માનદવીવાલાના સાલા તે મરહુમો હીદ્યા તથા દાદી માનદવીવાલાના જમાઈ.
Sheroo Ratan Kasad શેરૂ રતન કાસદ	86 ૮૬	24-07-2020	Flat No.10, Bldg. No.12, Gamadia Colony, Tardeo, Mumbai 7. વેનતીન બિલ્ડિંગ, ફ્લેટ નં. ૧૦, બિલ્ડિંગ નં. ૧૨, ગામાદીયા કોલોની, તારદેવ, મુંબઈ ૭.	તે મ. રતન અરદેશર કાસદના ધન્યાની, તે મ. તેમીના તથા મ. સોરાબજી કાવસજી ફીટરના દીકરી તે શેનાઝ દારા એન્જનીયર તથા રોહીનતનના માતાજી તે મ. દીનુ બજી તોડીવાલા તથા મ. મીનુ સોરાબજી ફીટરના બહેન તે મ. આઈમાય તથા મ. અરદેશર દોરાબજી કાસદના વડુ તે દારા બરજોર એન્જિનિયર તથા ગુલશન રોહીનતન કાસદના સાસુજી તે ઝર્કસીસના મમઈજી તે મેહરયાર તથા રૂહશાદના અપઈજી તે પરવીઝ મીનુ ફીટરના નણંદ તે મ. બજી સોરાબજી તોડીવાલાના સાલી તે મ. આઈવીન બરજોર એન્જનીયર તથા આલુ અને મ. હોમી ફરામરોઝ કાસદના વહેવાણ.
Khorshed Zarir Engineer ખોરશેદ ઝરીર એન્જનીયર	77 ૭૭	24-07-2020	658, Khorshed Abad, Firdoshi Road, Parsi Colony, Dadar, Mumbai 14. ૬૫૮, ખોરશેદ આબાદ, ફિરદોશી રોડ, પારસી કોલો, દાદર, મુંબઈ ૧૪.	તે મરહુમ ઝરીનના ધન્યાની તે રોકસેનના મમા તે આરમઈતી તથા મરહુમ બાનુના ભાભી તે મરહુમો હોમાય જહાંગીર વાદીયાના દીકરી. તે જાલુ, રોશન તથા મરહુમ કેતીના બહેન તે ખુરઝન, ફરઝાના ને ફેદીના માસી તે સોહરાબના મામી તે મરહુમો બચામાય સોરાબજી એન્જનીયરના વડુ.
Silloo Jehangir Master સીલુ જહાંગીર માસ્તર	82 ૮૨	24-07-2020	659, Keki House, Sohrab Palankote Road, Dadar, Mumbai 14. ૬૫૯, કેકી હાઉસ, દાદર, મુંબઈ ૧૪.	તે મરહુમ જહાંગીર એરચશાલ માસ્તરના વિધવા તે મરહુમો પેરીન તથા દીનશાહ ફરામરોઝ સીધવાના દીકરી તે શાહરૂખ જે. માસ્તર અને આદિલ જે. માસ્તરના માતાજી તે વિલુ ડી. સીધવા તથા મરહુમો ગુલુ ડી. સીધવા, તે ફરોખ ને બોમી ડી. સીધવાના બહેન તે મરહુમો ગુલ તથા એરચશાલ જે. માસ્તરના વડુ તે મરહુમ મની બી. સીધવાના ભાભી તે મકા પીઠાવાલાના નણંદ તે આરમયતી, પરસીસ ને જેરમીનના મામી તે મરહુમ ફેની પટેલના કઝીન તે શેરનાઝ સરકારીના ગ્રેન્ડ માસી.
Thrity Jehangir Suraliwalla શ્રીતી જહાંગીર સુરાલીવાલા	62 ૬૨	24-07-2020	B1/ A08, Tata Cooperative Housing Society, Parel, Mumbai 12. બી૧/એ-૦૮, તાતા મિલ્સ કો.ઓપરેટીવ હાઉસિંગ સોસાયટી, પારેલ, મુંબઈ ૧૨.	તે મરહુમો ટેલમી તથા જહાંગીર પીરોજશાહ સુરાલીવાલાના દીકરી તે મરહુમ સાયરસ તથા ખુરશીદ જહાંગીર સુરાલીવાલાના બહેન તે કેશમીરા સાયરસ સુરાલીવાલાના નરણ તે હવોવીના કુઈ તે આફરીન, આહયા તથા અરીઝના આન્ટી.
Silloo Burjurji Bulsara સીલુ બરજોરજી બલસારા	85 ૮૫	25-07-2020	275/1, Boyce Building, 15, Chikalwadi, Tardeo, Zoroastrian Colony, Mumbai 7. ૨૭૫/૧, બોઈસ બિલ્ડિંગ, ચીકલવાડી, ઝોરાસ્ત્રીયન કોલોની, તારદેવ, મુંબઈ ૭.	તે મરહુમો રતનબાઈ તથા બેહરામશા બલસારા તથા ધનમાઈ તથા બરજોરજી બલસારાના દીકરી તે મેહરૂ, પરવીઝ, પીલુ તથા મરહુમો બચામાય, કેકી, જાલ તથા ફિરોઝના બહેન તે માનેક, સામ તથા મરહુમ સોલીના માસીજી તે સાયરસના કુઈજી.
Banoo Jehangirji Amra બાનુ જહાંગીરજી અમરા	90 ૯૦	25-07-2020	103, Meher Homes, Gandhi Nagar, Station Road, Jogeshwari (W), Mumbai 102. ૧૦૩ મેહર હાઉસ, ગાંધીનગર, સ્ટેશન રોડ, જોગેશ્વરી, મુંબઈ ૧૦૨.	તે મરહુમો પીરોજબાઈ, જહાંગીરજી આમરાના દીકરી તે મરહુમો, બમન, મીનુ, મેહરૂ તથા આલુના બહેન તે મનીજેલ તથા જરના ભાભી તે મેહરનોશ તથા રૂબીના કુઈજી તે વિવેટ તથા યઝદીના કુઈ સાસુ તે આશિષ, રેચલ, ફરનાદ તથા નિકોલના ગ્રેન્ડ આન્ટી.
Farrokh Pheroze Munsiff ફરોખ ફીરોઝ મુનસીફ	62 ૬૨	26-07-2020	Lady Navajbai Tata Bulding, Tata Blocks, 1st Floor, Flat No-7, S.V. Road, Bandra West, Mumbai 50. ૬ બેડી નવાજબાઈ તાતા બિલ્ડિંગ, તાતા બ્લોકસ, ૧લે માળે, ફ્લેટ નં. ૭, એસ. વી. રોડ, બાંદ્રા (પ.), મુંબઈ ૫૦.	તે ઝરીન ફરોખ મુનસીફના ખાવિંદ તે માલતાબ ફરઝાન તારાપોર તે મરહુમો બાનુ ફીરોઝ પોચાજી મુનસીફના દીકરા તે યઝદી મુનસીફ તથા કેશમીરા મેહરનોશ કાપડયાના ભાઈ તે શાયાન ફરઝાન તારાપોરના મમાવાજી તે ફરઝાન ખુશરૂ તારાપોરના સસરાજી તે મરહુમો નરગીશ તથા તેહમુરુપ મ. જંગબારવાલાના જમાઈ.
Burjor Jamshedji Wadia બરજોર જમશેદજી વાડ્યા	96 ૯૬	26-07-2020	C-1, Jer Baug, Byculla, Mumbai 27. સી-૧, જેર બાગ, બાયખલા, મુંબઈ ૨૭.	તે મરહુમ ધન બરજોર વાડ્યાના ખાવિંદ તે મરહુમો દૌલત તથા જમશેદજી વાડ્યાના દીકરા તે મરહુમો દારા, મરઝબાન, દોલી સરોશ નરીમાનના બાવાજી તે મરહુમો જાયજી તેમ જ જહાંગીરજી રૂસ્તમજી રાણાના જમાઈ તે મરહુમ સરોશ ફરદુનજી નરમાનના સસરાજી તે મરહુમો રૂસ્તમ અને નરગીશ સીધોડ્યાના ભાઈ તે અનાહીતા બેહરામ મારકર અને શેરેઝાદ અનોશ યઝદાનીના મમાવાજી તે મરહુમ મીનુના અનેવી તે ડેસી આદીલ ભગત, પરસીસ પરવેઝ મોહતા અને મહારૂખ રોહીન્ટન ઝાઈવાલાના કુવાજી તે ફેની અને બેપસીના મામાજી.
Homai Dara Rana હોમાય દારા રાણા	95 ૯૫	26-07-2020	8/5, Malcolm Baug, S.v. Road, Jogeshwari (West), Mumbai 102. ૮૦૫, માલકમ બાગ, એસ. વી. રોડ, જોગેશ્વરી (વે), મુંબઈ ૧૦૨.	તે મરહુમો આલામાય તથા જમશેદજી રૂસ્તમજી સુરતીના દીકરી તે મરહુમ દારા દીનશાહજી રાણાના વિધવા તે સરોશ દારા રાણા ને પરસી દારા રાણાના માતાજી તે પરવીન સરોશ રાણા ને મહારૂખ પરસી રાણાના સાસુજી તે યાઝનીન સરોશ રાણા, ચેરાગ સરોશ રાણા ને નાશા પરસી રાણાના અપઈજી તે મરહુમો માનેક ધનજીશાહ મીસ્ત્રી ને ખરશેદ જમશેદજી સુરતીના બેન તે મરહુમો કુંવરબાઈ તથા દીનશાહજી રાણાના વડુ તે મરહુમો દોલી મીનુ પટેલ તથા અરની મરઝબાન ઉમરીગરના વહેવાન.
Mahrukh Fali Vania માહરૂખ ફલી વાનીયા	72 ૭૨	27-07-2020	D-5, Cusrow Baug, Shahid Bhagat Singh Road, Mumbai 1. દી-૫, ખુશરૂ બાગ, શહીદ ભગતસિંગ રોડ, મુંબઈ ૧.	તે ફલીના ઘણીયાણી તે મીનોચેર ને રોદાબેના માતાજી તે મરહુમો ખોરશેદ હોમી સીગનપોરીયાના દીકરી તે મરહુમો લીલી મેહરવાનજી વાનીયાના વડુ. તે સીલ્લુના બહેન તે પેરીન, કેતી, રોશન ને ધનના ભાભી તે નીના ને પરસીના સાસુ.
Dady Nawroji Kavarana દાદી નવરોજી કાવારાણા	88 ૮૮	27-07-2020	A-01, Zarina Park, Sion Trombay Road, Opp. Barc Main Gate, Mankhurd, Mumbai 88. એ-૦૧, ઝરીના પાર્ક, સાયન, ટ્રોમ્બે રોડ, બી.એ.આર.સી. સામે, માનખુર્દ, મુંબઈ ૮૮.	તે ઝરીન દાદી કાવારાણાના ઘણી તે શાહરૂખ ને નેવીલના બાવાજી તે મરહુમો મેહરા તથા નવરોજી કાવારાણાના દીકરા તે બેનાઝ તથા બીનાઈફરના સસરાજી તે મરહુમો આલામાય તથા હોમી ઈરાનીના જમાઈ તે હોમી, કેરસી, સરોશ તથા મરહુમો નૌશીર, ફીરોઝ તથા કેટી રતન મીસ્ત્રીના ભાઈ તે ફરાશાહ, સાહાન અને મીસ્કાના બપાવાજી.
Jeroo Kekobad Magra જરૂ કેકોબાદ મગરા	89 ૮૯	28-07-2020	701, Gai Building, 647, Khareghat Road, Dadar Parsi Colony, Dadar (East), Mumbai 14. ૭૦૧, ગાય-બી. બીલ્ડિંગ, ૭મા માળે, ૬૪૭ ખરેગાત રોડ, દાદર પારસી કોલોની, દાદર (પૂ), મુંબઈ ૧૪.	તે મરહુમ કેકોબાદ સોરાબજી મગરાના ઘણીયાણી તે મ.તેહમીના તથા ટેમુરુપ ચીનોઈના દિકરી તે મ. તેહમીના સોરાબજી મગરાના વડુ તે કેટી, મરહુમ બોમી ટેમુરુપ ચીનોઈ, મરહુમ સીલ્લુ કેરમી કરકરયા, મરહુમ નોશીર ટેમુરુપ ચીનોઈના બહેન તે ખુરશન ને પરવેઝના આન્ટી.
Kavsi Jamshed Sanjana કાવસી જમશેદ સનજાના	47 ૪૭	28-07-2020	307, Laxmi Heights, 202, Jawahar Nagar, Road No.16, Goregaon (W), Mumbai 104. ૩૦૭, લક્ષ્મી હાઈટ્સ, ફ્લેટ ૨૦૨, જવાહર નગર રોડ નં. ૧૬, ગોરેગાંવ (વે.), મુંબઈ ૧૦૪.	તે ગુલનાઝનાં ઘણી તે મરહુમો ફરીદા જમશેદ સન્જાનાનાં દીકરા તે મુસ્કાન અને ફરીદાનાં પપ્પા તે મરહુમો મકબુલ સબજાન સય્યદનાં જમાઈ તે સિરાઝનાં કઝીન.

(ઝોરાસ્ટ્રિયનિઝમના અંશો સાથે - ખોજેસ્તે પી. મિસ્ત્રી દ્વારા એથનિક પરિપ્રેક્ષ્ય)

આપણા વિશ્વની બનાવટની વાર્તાને આગળ ધરીને, હોરમઝદએ સૌ પ્રથમ અમરત્વ ધારણ કરનાર છ અમેશાસ્પંદની રચના કરી અને સાતમા પોતે હોરમઝદ. નીચેની તેમની સાત રચનાઓ છે:

૧. સપેન્તા મેન્યુ - હોરમઝદ - પુષ્કળ ભાવના
૨. વોહુ મન - બહમન - સાઈ મન
૩. આશા વહિસ્તા - અરદીબહેસ્ત - શ્રેષ્ઠ સત્ય
૪. ક્ષાથ્ર વૈર્ય - શેરેવર - ઈચ્છનીય રાજ્ય
૫. સ્પેન્તા આરમઈતી - અસ્પન્દાદ - પવિત્ર ભક્તિ / ધર્મનિષ્ઠા
૬. હોરવત - ખોરદાદ - સંપૂર્ણતા / પૂર્ણતા
૭. અમરત્વ - અમરદાદ - અમરતા

હકત એમેશાસ્પંદ - હમન યશત



હમન યશત અમેશાસ્પંદને સમર્પિત છે અને તેથી તે આપણી પાસે સૌથી વધારે ફળદાયક પ્રાર્થના છે. મોટી હમન યશતની પ્રાર્થના હોરમઝદ યશતની પ્રાર્થના પછી કરવામાં આવે છે. આ પાક યજ્ઞ, અમેશાસ્પંદની મદદથી, તમારા દુઃખને

દૂર કરે છે અને તમારી ઈચ્છાઓને પૂર્ણ કરે છે. દુષ્ટપણું જે નરકના ઉડાણમાંથી આવે છે તે યશતની પ્રાર્થના કરવાથી તેને દૂર કરી શકાય છે. આ યશતનો પાઠ આપણને સત્યવાદી બનવામાં મદદ કરે છે, તે માનવજાતમાં સુખ, સખાવત,

સન્માન અને સમૃદ્ધિ લાવે છે. હિન્દુ જ્યોતિષમાં રાહુ ભૌતિકવાદ, તોફાન, ભય, અસંતોષ, વળગાડ અને મૂંઝવણનું પ્રતિનિધિત્વ કરે છે. રાહુ રાજકારણીઓ અને ગુપ્ત વિજ્ઞાન સાથે પણ સંકળાયેલ છે. કેતુની જેમ રાહુ પણ સૂર્ય અને ચંદ્રનો શત્રુ છે. તેને સામાન્ય રીતે જ્યોતિષ શાસ્ત્રમાં એક નરકનો ગ્રહ માનવામાં આવે છે. આ ગ્રહ ચોર, જેલ, ઝેર, સાપ અને અલગ સ્થાનો પર રાજ કરે છે. તે ગંદકી સાથે સંકળાયેલો છે. જે તમે તમારી કુંડળીમાં શનિ (શનિ) ના દુષ્ટ પ્રભાવોને કાબૂમાં કરવા માંગતા હો, તો આ યજ્ઞ મહત્તમ લાભ માટે આવા યજ્ઞ સાથે મળીને પ્રાર્થના કરી શકાય છે. આપણામાંના જે લોકો જ્યોતિષ શાસ્ત્રમાં માને છે, એમ કહેવામાં આવે છે કે રાહુ દેશને આ યજ્ઞ દ્વારા બદલી શકાય છે. પરંતુ દુષ્ટતાના લક્ષણો ઓળખવા માટે આપણને જ્યોતિષ શાસ્ત્રની જરૂર નથી - આપણે બધા આજુબાજુના લોકો પર દુષ્ટતાના દુષ્ટભાવો જાણી શકીએ છીએ અને તેમના માટે આ યજ્ઞની પ્રાર્થના શરૂ કરી શકીએ છીએ. અસ્પન્દાદ રોજ એ હકત અમેશાસ્પંદનો દિવસ છે જેના પર આપણે હમન યજ્ઞની પ્રાર્થના કરવી જોઈએ. મેં અગાઉની કોલમમાં ઉલ્લેખ કર્યો છે તેમ, યતુ ઝી જરથુસ્ત્ર નો કરદો એ હમન યજ્ઞનો એક ખૂબ જ શક્તિશાળી ભાગ છે અને તે પણ પોતે જ પ્રાર્થના કરી શકે છે. જે કે, સંપૂર્ણ રીતે યજ્ઞ પાઠ કરવાની ટેવ બનાવીને અપનાવવાનો સૌથી ફાયદાકારક અભ્યાસ છે. તમારા સંદર્ભ માટે, મેં અહીં શાબ્દિક અનુવાદ સાથે, યતુ ઝી જરથુસ્ત્રનો કરદો ફરીથી રજૂ કર્યો છે:

માટે આપણને જ્યોતિષ શાસ્ત્રની જરૂર નથી - આપણે બધા આજુબાજુના લોકો પર દુષ્ટતાના દુષ્ટભાવો જાણી શકીએ છીએ અને તેમના માટે આ યજ્ઞની પ્રાર્થના શરૂ કરી શકીએ છીએ. અસ્પન્દાદ રોજ એ હકત અમેશાસ્પંદનો દિવસ છે જેના પર આપણે હમન યજ્ઞની પ્રાર્થના કરવી જોઈએ. મેં અગાઉની કોલમમાં ઉલ્લેખ કર્યો છે તેમ, યતુ ઝી જરથુસ્ત્ર નો કરદો એ હમન યજ્ઞનો એક ખૂબ જ શક્તિશાળી ભાગ છે અને તે પણ પોતે જ પ્રાર્થના કરી શકે છે. જે કે, સંપૂર્ણ રીતે યજ્ઞ પાઠ કરવાની ટેવ બનાવીને અપનાવવાનો સૌથી ફાયદાકારક અભ્યાસ છે. તમારા સંદર્ભ માટે, મેં અહીં શાબ્દિક અનુવાદ સાથે, યતુ ઝી જરથુસ્ત્રનો કરદો ફરીથી રજૂ કર્યો છે:

વધુ માટે જુઓ પાનુ ૨૧

પાના નં. ૧૮થી ચાલુ

એક નજર પારસી મરણો ઉપર

Deceased મરનાર	Age વય	Date તારીખ	Address ર. કે.	Relations સગાઈઓ
Mehroo Homi Hotelwala મેહરૂ હોમી હોટલવાલા	86 ૮૬	29.07.2020	7/11, Panthaky Baug, Sanatorium Lane, Visanji Road, Andheri (East), Mumbai 69. ૭/૧૧, પંથકી બાગ, સેનેટોરીયમ લેન, વિસાનજી રોડ, અંધેરી (પૂ). મુંબઈ ૬૯.	તે મરહુમ હોમીના ઘણીયાણી તે મરહુમો મીઠીબઈ કેખશરૂ માખણીયાના દીકરી. તે મરહુમો માનેકબઈ શાપુરજી હોટલવાલાના વલુ તે મરહુમો જાલેજર, રૂસી ને દિનાના બેન તે મરહુમો ફરોઝના સાલી તે મરહુમ માણેકના નરન તે મરહુમો ફિરોઝ, હોશન, નાજુ ને તેહમીના ભાભી તે કેરસીના ફુઈજી તે રશ્ના ને મહેરનોશના માસી તે ફરહાદ, કેરમાન, શૈલા, શીરીન, ફિરદોશ ને ફેદીના કાકી.
Keki Khushru Shroff કેકી ખુશરુ શ્રોફ	47 ૪૭	29.07.2020	Room No.5, Sir Dinshaw Petit Bldg., Marazban Colony, Gilder Lane, Mumbai 8. રૂમ નં. ૫, સર દિનશા પીટીટ બિલ્ડિંગ, મરઝબાન કોલોની, ગીલ્ડર લેન, મુંબઈ ૮.	તે મોનાઝના ખાવિંદ તે મરહુમો વીલુ ખુશરૂ સાવકશા શ્રોફના દીકરા તે હુઝાન ને દારયસના પપ્પા તે રૂકશાના ને જીનીના ભાઈ તે પારસી જોખીના બનેવી તે સામ તથા મરહુમ સીલ્વુના જમઈ તે વીસ્તાસ, કેઝાદ ને મેલનીના મામાજી.
Kaikushroo Ardeshir Nejadkay કેખશરૂ અરદેશીર નેજાદકે	93 ૯૩	30.07.2020	Vatcha Gandhi Building, 703, Hughes Road, Mumbai 7. વાચ્છા ગાંધી બિલ્ડિંગ, ૭૦૩, હુજીસ રોડ, મુંબઈ ૭	તે મરહુમ રોશન કેખશરૂ નેજાદકેના ખાવિંદ તે મરહુમો મહેરબાનુ તથા કેખશરૂ અરદેશીર નેજાદકેના દિકરા તે બેહરામ, દાનેશ ને ફરઝાનાના બાવાજી તે યોહાન, એહાન, ઝનોઈસ્તા, ઝીન્યા ને ઝારેનના ગ્રેન્ડ ફાધર તે અનાહીતા, બેનાઝ ને પારસીના સસરાજી તે મરહુમો શીરીન ને સલામતના જમાઈ.

Death Announcements from Prayer Hall

Jal Boman Khodaiji જાલ બોમન ખોદાયજી	63 ૬૩	26.07.2020	1 Wadia House, 22, Huges Road, Khareghat Colony, Mumbai 07. ૧ વાડીયા હાઉસ, ૨૨, હુજીસ રોડ, ખરેઘાટ કોલોની, મુંબઈ ૦૭.	તે ડો. શેહનાઝ જાલ ખોદાયજીના ઘણી તે કુરૂથ, હુઝાન અને ઝાયાનના પપ્પા તે મરહુમ બેખ્સી અને મરહુમ બોમીના દીકરા તે કેઝો, શેહનાઝ, ફેની અને શેરનાઝના ભાઈ તે શારમીન અને રેહાનના અંકલ.
Gelann Merwan Irani જેલાન મેરવાન ઈરાની	72 ૭૨	26.07.2020	Rustom Court, B-wing, 3rd Floor, Dr. A.B. Road, Worli, Mumbai 25. રૂસ્તમ કોર્ટ, બી-વિંગ, ૩જે માળે, વર્લી, મુંબઈ ૨૫.	તે મરહુમ ગુલ અને મરહુમ મહેરવાનના દીકરા તે ફરોખ, મરહુમ ફરીદા તથા મરહુમ આરમઈતીના ભાઈ તે અરઝાન તારાપોરવાલા, ફરહાદ તારાપોરવાલા, ફરાહ બક્ષય, લીઆ ગગરાટના અંકલ.
Thrity Mehli Munshi શ્રીટી મેહલ્લી મુનશી	82 ૮૨	29.07.2020	A-15, Mehta Building, 3rd Floor, Captain Colony, Haji Ali, Mumbai 34. એ-૧૫, મહેતા બિલ્ડિંગ, ૩જે માળે, કેપ્ટન કોલોની, હાજી અલી, મુંબઈ ૩૪.	તે મરહુમ મહેલ્લીના ઘણી તે મરહુમ મહેરા અને મરહુમ દારબશા બલસારાના દીકરી તે નીલુફર અને તનાઝના મમ્મી તે મરહુમ રૂમીના બહેન તે આરજુમંદ અને મરહુમ રાજવના સાસુ તે હુઝાન, ફરહંગ, કરિસ્મા, મલ્લીકા, માલવીકાના ગ્રાન્ડ મધર.
Dinoo Jehangir Billimoria દીનુ જહાંગીર બીલીમોરીયા	91 ૯૧	28.07.2020	Kalpataru, Flat-6, 4th Floor, 39 Peddar Road, Mumbai 26. કલ્પતરુ, ફ્લેટ ૬, ૪થે માળે, ૩૯, પેડર રોડ, મુંબઈ ૨૬.	તે મરહુમ જહાંગીર માણેકજી બિલીમોરીયાના ઘણીયાણી તે મરહુમ કુમી તથા મરહુમ જાલ અરોશા સાગરના દીકરી તે જીમી અને નેવિલના મમ્મી તે જીના, માણેક, નેશ અને જેમીના ગ્રાન્ડ મધર.

Death Announcements from Surat Parsi Panchayat

Vispi Ercushah Patel વીસ્પી એરચશાહ પટેલ	67 ૬૭	23.07.2020	305, Motafaram Bldg, Bhavnagri Street, Ranitaloo, Surat 395003. ૩૦૫, મોટા ફરમ બિલ્ડિંગ, ભાવનગરી સ્ટ્રીટ, રાની તળાવ, સુરત ૩૯૫૦૦૩.	તે મરહુમ એરચશાહ અને મરહુમ પરીનબાનુના દીકરા તે બેરોઝ વિસ્પી પટેલના ઘણી તે શેહઝાદ વીસ્પી પટેલ, યારમીન વીસ્પી પટેલ, આરમીન વીસ્પી પટેલના પપ્પા તે દિન્યાર એરચશાહ પટેલ, હુતોક્ષી દિન્યાર ગઝદર, મરહુમ રોશન યઝદી ભગતના ભાઈ.
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Death Announcements from Poona Parsee Panchayat (Trust Office)

Behramshaw Marzban Sethna બહેરામશા મરઝબાન શેઠના	89 ૮૯	10.07.2020	A 201, Parsi Colony, Lulla Nagar, Pune 40. એ ૨૦૧, પારસી કોલોની, લુલા નગર, પુણે ૪૦,	તે રોઝાના ખાવિંદ તે મ. કુવરબઈ, મ. મરઝબાન શેઠનાના દીકરી તે મ. શેહરામાય, મ. મીનોચેર દુમર્યાના જમાઈ તે ખુશનમ તથા સાયરસના પપ્પા તે ઝરીર બોધાનવાલા તથા માહતાબના સસરાજી તે વરઝાન તથા સનાયાના મમાવાજી અને ફેઝાનના બપાવાજી તે મ. કેટી તથા માણેક, ફીરોઝ, ઝરીનના ભાઈ તે મ. રોહીન્ટન તથા હોમી દુમર્યાના બનેવી તે મ. ખોરશેદ, મ. એરચ બોધાનવાલા તથા રતી રૂસી બચાના વહેવાઈ.
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રક્ષાબંધન

પોતાની ભાભી ને ફોન કરીને પૂછ્યું ભાભી મેં રાખડી મોકલી હતી તે શું તમને લોકોને મળી ગઈ?

ભાભી એ ફોનમાં જવાબ આપ્યો કે ના દીદી હજી સુધી મળી નથી.

નણંદ એ કહ્યું કે ભાભી જો કાલ સુધીમાં મળી જાય તો ઠીક છે નહીં તો હું પોતે રાખડી લઈને આવી જઈશ.

નણંદ થોડી વધારે દૂર રહેતી હતી માટે કાયમ રાખડી પોસ્ટ માં મોકલાવી દેતી હતી. અને અહીં રાખડી મળી જતા રાખડી પહેરાવીને દૂરથી જ બહેન પોતાના ભાઈની રક્ષા કરી લેતી.

પરંતુ આ વખતે ભાભી ને ખબર નહીં શું કામ પરંતુ બીજા દિવસે સામેથી તેની નણંદ ને ફોન કર્યો અને ફોન કરીને કહ્યું કે દીદી તમારી રાખડી હજી સુધી મળી નથી, તો તમે એક કામ કરો તમે રક્ષાબંધનમાં અહીં જ આવી જજો.

નણંદ એ ફોન રાખ્યો અને વિચારવા લાગી કે દર વખતે તો કાયમ કુરિયરમાં સમયસર રાખડી મળી જાય છે પરંતુ આ વખતે ન જાણે શી મુસીબત આવી હશે, હશે કંઈ વાંધો નહીં, હું જઈ આવીશ એમ કરીને તે પોતાના કામમાં લાગી ગઈ.

પરંતુ થોડા સમય પછી અચાનક યાદ આવ્યું કે લાવ ને જરા કુરિયરમાં જ પૂછી જોઈ, અને કુરિયરમાં પુછવા માટે કુરિયરની રીસીપ્ટ ગોતવા લાગી જેમાં તેનો કુરિયરનો નંબર લખેલ હતો.

પરંતુ આમતેમ બધી બાજુ ઘરમાં ચેક કરી લીધું પરંતુ કોઈ કારણોસર તે રીસીપ્ટ આડા આવડી મુકાઈ ગઈ હોય મળી જ નહીં. રક્ષાબંધન નજીક આવતી હતી અને બસની ટિકિટ કે એવું કંઈ કરાવેલ હતું નહીં કારણ કે વિશ્વાસ હતો કે રાખડી તો પોસ્ટમાં મળી જશે.

પરંતુ આ વખતે રાખડી નું આવું થયા પછી તેને વિચાર્યું કે ચલો હવે જવું પડશે, પતિને કહી ને પિયરની જવાની ટીકીટ બુક કરાવી.

રક્ષાબંધનના એક દિવસ પહેલા જ

ત્યાં જવા રવાના થઈ ગઈ, મોડીરાત્રે પહોંચ્યા પછી નણંદને ફોન કરી દીધો હતો. એટલા માટે નણંદે પણ તેના જમવાની વ્યવસ્થા કરી રાખી હતી. તે પોતાના પિયર પહોંચી કે તરત જ કેમ છો મજામાં? કહીને હાથમાં પાણીનો ગ્લાસ લઈને તેની ભાભી રસોડામાંથી બહાર આવી.

પાણી પીધું. પછી તેની ભાભી ને પૂછ્યું કે ભાભી આ વખતે ગજબ થઈ ગઈ, કુરિયર પણ વ્યવસ્થિત રીતે કરેલું હતું પરંતુ શી ખબર કુરિયર અહીં પહોંચ્યો નહીં.

આથી તેની ભાભી મરક મરક હાસ્ય આપ્યું, જાણે કટાક્ષમાં હસી રહી હોય તે



રીતના તેની ભાભી હસવા લાગી.

પછી કુરિયરની રિસીપ્ટ ખોવાઈ ગયા હોવાની વાત કરી, આથી પોતે રૂબરૂ જ અહીં આવવું પડ્યું એવું ભાભીને સમજાવવા લાગી.

ભાભી ના મોઢા ઉપર થી મરક મરક હાસ્ય ઓછું થવાનું નામ લેતું નહોતું. આથી તેનાથી રહેવાયું નહીં અને પૂછી નાખ્યું ભાભી કેમ તમે આ રીતે હસો છો?

ભાભી જવાબ આપ્યો અરે દીદી કાંઈ નહીં એમ જ. તમે પહેલા નિરાંતે આરામ કરી લો પછી બધી વાત કરીશું.

જમવાનું પતાવીને થોડી વખત આરામ કર્યો, પછી સાથે બેઠા હતા એવામાં ભાભી કંઈક લઈને અંદર રૂમમાં આવ્યા. અને જોયું તો તેના ભાભીના હાથમાં પોતે મોકલેલું કવર જ હતું જેમાં રાખડીઓ રાખેલી હતી.

જોઈને તેને આશ્ચર્ય પણ લાગ્યું અને નવાઈ પણ થઈ કે રાખડીઓ મળી ગઈ છે તેમ છતાં કેમ મને એમ કહેવામાં આવ્યું કે રાખડીઓ મળી નથી. પોતાના વિચારને જીભ ઉપર લાવીને તેના ભાભી ને પૂછ્યું કે ભાભી આ શું, રાખડી મળી ગઈ છે?

આથી તેની ભાભી એ જવાબ આપ્યો હા દીદી રાખડી તો જે દિવસે તમારો ફોન આવ્યો તે દિવસે જ બપોર પછી

આવી ગઈ હતી.

પરંતુ તમે અહીં લાંબા સમયથી આવ્યા નહોતા, અને મેં મમ્મીને પણ પૂછ્યું કે આપણે આ રીતે સરપ્રાઈઝ આપી એ તો? તેઓએ હા પાડી એટલે મેં આ નાનકડું ખોટું બોલી લીધું.

જેના કારણે તમારે અહીં આવવું પડ્યું પરંતુ એ બહાને પણ તમે રક્ષાબંધનના દિવસે ભાઈ સાથે સમય વિતાવી શકશો.

આટલું બોલ્યા ત્યાર પછી તેને બધો જ અંદાજો આવી ગયો કે શું કામ તે એ મરકમરક હસી રહ્યા હતા, પોતાની બાળપણની યાદ નજર સમક્ષ આવી ગઈ જ્યારે આખો દિવસ ભાઈ સાથે સમય વીતાવતા અને રક્ષાબંધન ઉજવતા, અને આ યાદો ફરી પાછી તાજ થવા લાગી.

તેનાથી રહેવાયું નહીં એટલે તે પોતાની ભાભીને ભેટી પડી. અને આંખમાંથી અશ્રુધારા પણ વહેવા લાગી હા પણ આ આંસુ દુઃખના નહીં પણ ખુશીના હતા કે હું તો મારા ભાઈની રક્ષા રક્ષાબંધનના દિવસે રાખડી બાંધીને કરીશ પરંતુ મને આજે વિશ્વાસ થઈ ગયો કે તમે આ ઘરના દરેક વ્યક્તિની કેવી સાર સંભાળ રાખો છો, થેન્ક્યુ ભાભી!

નણંદને આમ ખુશીના આંસુ નીકળતા જોઈ ભાભી ને પણ બંને ભાઈ બહેન ને ભેગા કરવાનો હરખ વધી ગયો. સંબંધ ખૂબ જ અનમોલ હોય છે, અને એની રક્ષા આપણે બેશક કરવી જોઈએ. પરંતુ સંબંધોમાં ક્યારેક ક્યારેક આવી નાનીનાની ઝીણવટ ભરી વસ્તુ-ઓ સંબંધને ખુબ જ ચમકાવી જાય છે.

- જસ્ટ ગુજુ થીન્ગ્સ ટીમના સૌજન્યથી

આ જ ની વા ન ગી

જલેબી



સામગ્રી : ૨૫૦ ગ્રામ મેંદાનો લોટ, ૫૦૦ ગ્રામ ખાંડ, એક ચમચો દહીં, તળવા માટે ઘી, કેસર, એલચી પાવડર. જલેબી પાડવા કાણાવાળી બોટલ અથવા સોસ ભરવા માટે વપરાતી કાણાવાળી બોટલ વાપરી શકો છો.

રીત : મેંદાના લોટમાં ગરમ ઘીનું મોણ નાખવું. નવસેકા ગરમ પાણી અને દહીંથી તેનું ખીરું બનાવી આખી રાત રાખી મૂકો. બીજા દિવસે તેમા ખમીર ઉઠે એટલે સમજો ખીરું તૈયાર છે.

ખાંડની એક તારી ચાસણી બનાવવી. તૈયાર ચાસણીમાં કેસર તથા એલચી પાવડર નાખી ચાસણીને ધીમા તાપ પર રાખવી.

કઢાઈમાં ઘી ગરમ થાય ત્યારે તેમાં જલેબીના ખીરાને કાણા વાળી બોટલમાં ભરીને જલેબી બનાવવી. તૈયાર જલેબીને ઘી માંથી બહાર કાઢી ગરમ ચાસણીમાં ૫-૭ મીનીટ રાખવી. તમારી જલેબી તૈયાર છે.

હસો મારી સાથે



હવે તો સંબંધીઓ એ પણ ઉપાડો લીધો છે.

ગઈ કાલ રાતે ઓનલાઈન હતો, તો મેસેજ આવ્યો.

હજી સુધી જાગો છો, શું કરો છો?

મે કીધું: સ્ક્રૂડ્રાઈવર લઈને લોકડાઉન ખોલું છું.!

પતિ એની પત્ની ને કહે છે કે તને તૈયાર થવામાં વાર લાગે છે..

જો હું બે મિનિટ માં તૈયાર થઈ ગયો..!!

પત્ની કહે મેગી અને બિરયાનીમાં એટલો ફૂક તો હોય જ ને?

રાખડીઓથી ભરેલો આખો હાથ જોઈને.!

પત્ની : આ શું..?

મેં કહ્યું : હજી બહાર સોસાયટીની બૈરાઓ પાસે બોલ, તમારા ભાઈ, તમારા ભાઈ!

હફત એમેશાર્પંદ - હમન યશત

પાના નં. ૨૦થી ચાલુ

“Yatu zi Zarathushtra vanat daevo mashyo Ko namanah badha Spitama Zarathushtra Vispa druksh janaiti, vispa druksh nashaiti, yatha haonaiti ashem vacham Aoi te aoi tanvo dadhaiti, aoi te athaurunem janaiti athaurunem yatha rathaeshtarem vispano asrush-tee nashatanam aojangha. Yo him daste daranem yoi hapta Amesha Spenta hukhshathra hudhaongo hamerethanamchit. Daenam Mazda yasnim aspo kehripem 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.”

નીચે શાબ્દિક અનુવાદ છે:

‘ઓ જરથુશ્ત્ર, હું તને વિનંતી કરું છું કે દુષ્ટ જાદુગરને મારવા, જે દેવ (દુષ્ટ વ્યક્તિ) જેવું લાગે છે. હે સ્વિપ્તમાન જરથુશ્ત્ર! જેમ કોઈ એક આ પવિત્ર શ્લોક લોકોની શક્તિથી સફળ થશે, તે જ રીતે તેમને આ ઘરની બધી દુશ્મનો (દુષ્ટ આત્માઓ) ને જીતવા અને નાશ કરવા દો. આ દુશ્મ શરીરનો અંકુશ લે

છે અને આશ્રવન (પૂજારીઓ) અને રથસ્થાન (યોદ્ધા) બંનેને ફટકારે છે. અમે તમને અને સાત અમેશાર્પંદો જેવા અમારા રક્ષક બનવા અપીલ કરીએ છીએ, જે સાચા શાસક છે અને જેમણે દુષ્ટતા સામે આપણું રક્ષણ કર્યું છે. અમે મજદા ધર્મની ઉપાસના સાથે અને ઘોડાની આકારમાં મજદા દ્વારા બનાવેલા પવિત્ર જળ સાથે સુસંગત છીએ.’

જરથુશ્ત્ર પાપોની નિંદા કરે છે, કારણ કે તે વોલુ મન સાથે સંબંધિત છે, જે પવિત્ર શ્લોકોમાં સૌથી અવિનાશી છે. આ શ્લોકોની શક્તિ દ્વારા, દુષ્ટ લોકો મજદા ઉપાસકોના પવિત્ર શ્લોકોથી બંધાય જાય છે અને આપણાથી તેમને ઘણા દૂર લઈ જવામાં આવે છે. મજદા ઉપાસકોનો વધારો થાય.

- ડેઝી પી. નવદાર



YOUR MOON SIGNS JANAM RASHI THIS WEEK

લખનાર: મરહુમ મહારાજ શ્રી સ્વયંજયોતિના સહકાર્યકર્તા જયેશ એમ. ગોસ્વામી

અઠવાડિક રાશિમંત્ર: તા. ૦૧.૦૮.૨૦૨૦ થી તા. ૦૭.૦૮.૨૦૨૦



Aries - મેષ

અ.લ.ઈ.

૨૦મી સપ્ટેમ્બર સુધી બુધની દિનદશા ચાલશે. તમારા કામ ધ્યાન આપીને પૂરા કરશો. નાણાકીય બાબતમાં સારા સારી થતી જશે. જે પણ કમાણી તેમાંથી ઈનવેસ્ટમેન્ટ કરી શકશો. ગામ પરગામથી મનને આનંદ આપે તેવા સમાચાર મળશે. દરરોજ 'મહેર નીઆએશ' ભણાવો. શુકનવંતી તા. ૦૧, ૦૨, ૦૬, ૦૭ છે.

Lucky Dates: 01, 02, 06, 07.

Mercury's rule till 20th September helps you focus and complete your work. Your financial situation will keep improving. You will be able to make investments from your earnings. You will receive news from abroad which will give you much mental happiness. Pray the Meher Nyaish daily.



Cancer - કર્ક

સ.ઈ.

દહી ઓગસ્ટ સુધી સુર્યની દિનદશા ચાલશે તેથી સરકારી કામ કરવામાં ધ્યાન આપજો. અગત્યની ચીજ વસ્તુ સામે પહેલી હશે તો પણ તમને દેખાશે નહીં. ઉતરતી સુર્યની દિનદશા આખમાં બળતરા કે ચકકર આવવાની બીમારી આપશે. તમારી સાથે વડીલવર્ગની તબિયત પર ધ્યાન આપજો. ૭મી ઓગસ્ટથી શરૂ થતી ચંદ્રની દિનદશા મનને શાંતિ આપશે. દરરોજ ૯૬મુ નામ 'યા રયોમંદ' ૧૦૧વાર ભણાવો. શુકનવંતી તા. ૦૧, ૦૨, ૦૩, ૦૫ છે.

Lucky Dates: 01, 02, 03, 05.

The Sun's rule till 6th August suggests that you pay extra attention to detail in legal/govt-related works. You might miss out seeing an important document lying right in front of you. The Sun's descending rule could cause nausea or burning in the eyes. Pay attention to the health of the elderly. The Moon's rule starting from 7th August will bring you much mental peace. Pray the 96th Name, 'Ya Rayomand', 101 times.



Libra - તુલા

ર.ત.

રાહુની દિનદશા ચાલુ રહેવાથી તમે તમારા મનનું બેલેન્સ નહીં રાખી શકો. અંગત વ્યક્તિ તમારાથી નારાજ થઈ જશે. રોજના કામમાં મુશ્કેલી આવતી જશે. નાણાકીય બાબતની અંદર ખૂબ ખેંચતાણ આવશે. તબિયતનું ધ્યાન રાખજો નહીંતો તબિયત ખરાબ થવાના ચાન્સ છે. ધનની લેતી દેતી સંભાળીને કરજો. દરરોજ ભુલ્યા વગર 'મહાબોખ્તાર નીઆએશ' ભણાવો. શુકનવંતી તા. ૦૧, ૦૨, ૦૩, ૦૪ છે.

Lucky Dates: 01, 02, 03, 04.

Rahu's ongoing rule will not let you maintain mental balance. A close person could get upset with you. You will face challenges in your daily works. Financially things could get difficult. Take care of your health as there are chances of health getting bad. Be very careful with financial transactions. Pray the Mah Bokhtar Nyaish daily.



Capricorn - મકર

ખ.જ.

ધર્મના દાતા ગુરૂની દિનદશા ચાલુ થયેલી હોવાથી તમારા અટકેલા કામ ૨૪મી સપ્ટેમ્બર સુધી પૂરા કરી શકશો. ગુરૂની કૃપાથી વાત બધાની સાંભળશો પરંતુ ડીસીઝન તમારા પોતાના બેશો. નાણાકીય સ્થિતિ સારી રહેવાથી બીજાના મદદગાર થઈ તેમની ભલી દુવાઓ મેળવી શકશો. ધરવાળાને કોઈપણ બાબતમાં નારાજ નહીં કરો તેમની કિમાન્ડ પૂરી કરી શકશો. દરરોજ 'સરોશ યજ્ઞ' ભણાવો. શુકનવંતી તા. ૦૧, ૦૪, ૦૫, ૦૬ છે.

Lucky Dates: 01, 04, 05, 06.

Jupiter's rule will help you restart and complete your stalled projects till the 24th September. You will listen to all but will make your own decisions. With your own financial condition in good shape, you will be able to help others and receive their blessings. Do not upset any family member - you will be able to cater to their wants. Pray the Sarosh Yasht daily.



Taurus - વૃષભ

બ.વ.ઉ.

મગળની દિનદશા ચાલુ હોવાથી તમારા મગજ પર કંટ્રોલ નહીં રાખી શકો. નાની બાબતમાં ગરમ થઈ જશો. તમારી પીઠ પાછળ તમારા દુસ્મન બુરાઈ કરવામાં કોઈ કસર નહીં મૂકો. મગજનો બોજો વધવાથી બ્લડ પ્રેશર ઉપર નીચે થવાના ચાન્સ છે. ડોક્ટરની સલાહ અવશ્ય લેજો. મુસાફરી કરતા નહીં. દરરોજ 'તીર યજ્ઞ' ભણાવો. શુકનવંતી તા. ૦૨, ૦૩, ૦૪, ૦૫ છે.

Lucky Dates: 02, 03, 04, 05.

Mars' ongoing rule makes it difficult for you to have control on your anger. You will lose your head over petty matters. Your detractors will go all out to bad-mouth you behind your back. An increase in mental tension could lead to an increase in your Blood Pressure. Ensure to consult a doctor if needed. Avoid travel. Pray the Tir Yasht daily.



Leo - સિંહ

મ.ટ.

૧૬મી ઓગસ્ટ સુધી શુક્રની દિનદશા ચાલશે તેથી મોજશોખ ઘટવાની જગ્યાએ વધી જશે. ઓછી મહેનતથી વધુ કમાઈ શકશો. નવા મિત્રો મળવાથી આનંદ થશે. નાણાકીય મુશ્કેલી દૂર કરવા ઓપોર્ટીટ સેકસનો સાથ મળશે. નાણાકીય લેતીદેતી આ અઠવાડિયામાં પૂરી કરી લેજો. તમારા લેણાના પેસા મેળવી શકશો. દરરોજ 'બહેરામ યજ્ઞ'ની આરાધના કરજો. શુકનવંતી તા. ૦૧, ૦૨, ૦૩, ૦૪ છે.

Lucky Dates: 01, 02, 03, 04.

Venus's rule starting from 16th August will increase your inclinations towards fun and entertainment. You will earn a lot more even with a little effort. Making new friends will bring you happiness. You will get support from the opposite gender to resolve financial difficulties. Ensure to complete any financial transactions in this week. You will be able to retrieve money from your debtors. Pray to Behram Yazad daily.



Scorpio - વૃશ્ચિક

ન.ચ.

દહી સપ્ટેમ્બર સુધી રાહુની દિનદશા ચાલશે તેથી મનની શાંતિ નહીં રહે. દરેક બાબતમાં તમારા વિચારો નેગેટીવ રહેશે. ધન મેળવવા ભરપુર ભાગદોડ કરવી પડશે. ખોટા વિચારોને કારણે દિવસની ભૂખ અને રાતની ઉંઘ બન્ને ઉડી જશે. માથાના દુખાવાથી પરેશાન થશો. ઘણી-ઘણીયાણીમાં મતભેદ પડતા રહેશે. દરરોજ 'મહાબોખ્તાર નીઆએશ' ભણાવો. શુકનવંતી તા. ૦૧, ૦૩, ૦૫, ૦૬ છે.

Lucky Dates: 01, 03, 05, 06.

Rahu's rule till 6th September steals your mental peace. Your thoughts will tend to be negative about most things. You will need to put in great effort to earn money. Your negative thoughts will take away from your sleep and hunger. You could get headaches. Squabbles amongst couples indicated. Pray the Mah Bokhtar Nyaish daily.



Aquarius - કુંભ

ગ.શ.સ.

શનિની દિનદશા સાથે શનિની સાડાસાતી ચાલુ હોવાથી તમે તમારા નાના કામ પુરા કરવામાં સફળ નહીં થાવ. નોકરી કરતા હશો તો ઉપરીવર્ગ તમારી ભુલને પહાડ જેવી બનાવશે. નાણાકીય બાબતમાં પરેશાન થશો. તબિયત અચાનક ખરાબ થવાના ચાન્સ છે. ઘરમાં લોખંડ કે ઈલેક્ટ્રીકનો સામાન લેતા નહીં. દરરોજ 'મોટી હમન યજ્ઞ' ભણાવો. શુકનવંતી તા. ૦૨, ૦૩, ૦૫, ૦૭ છે.

Lucky Dates: 02, 03, 05, 07.

Saturn's rule alongside Saturn's ongoing Sade-sati, will not allow you to complete even your small works. Seniors at work could magnify your small mistakes out of proportion. You will feel financial pressure. Your health could go down suddenly. Avoid making purchases related to iron or electricity in the house. Pray the Moti Haptan Yasht daily.



Gemini - મિથુન

ક.ઇ.ધ.

મગજને શાંતિ આપનાર ચંદ્રની દિનદશા ચાલુ હોવાથી મુસાફરીનો ચાન્સ મળશે. ઘરમાં કંઈ નવી ચીજ વસ્તુ વસાવીને ફેમીલી મેમ્બરના દીલ જીતી લેશો. રોજના કામમાં પ્રમોશન મળવાના ચાન્સ છે. તબિયતમાં સુધારો આવશે. ધનની કમી નહીં આવે. દરરોજ ૩૪મુ નામ 'યા બેસ્તરના' ૧૦૧વાર ભણાવો. શુકનવંતી તા. ૦૧, ૦૩, ૦૬, ૦૭ છે.

Lucky Dates: 01, 03, 06, 07.

The mentally calming rule of the Moon will present a travel opportunity. You will be able to purchase items for the house, thereby winning over your family members. You could be in for a promotion in your job. Health will improve. There will be no lack of finances. Pray the 34th Name, 'Ya Beshtama', 101 times daily.



Virgo - કન્યા

વ.ક.લ.

૧૬મી સપ્ટેમ્બર સુધી શુક્રની દિનદશા ચાલશે. તમારા મુશ્કેલીભર્યા કામ મિત્ર સાથે મળીને પૂરા કરી શકશો. વજ્ર કરવા માગતા હશો તો મનગમતો જીવનસાથી મળી જશે. ઘરમાં નવી વ્યક્તિ કે મહેમાન આવવાથી ઘરનું વાતાવરણ આનંદી બની જશે. ખર્ચ કર્યા બાદ પણ નાણાકીય મુશ્કેલી નહીં આવે. એકસ્ટ્રા ધન મેળવી શકશો. દરરોજ 'બહેરામ યજ્ઞ'ની આરાધના કરજો. શુકનવંતી તા. ૦૧, ૦૨, ૦૩, ૦૫ છે.

Lucky Dates: 01, 02, 03, 05.

Venus' rule till 16th September suggests that you will be able to overcome any difficult assignments with the help of friends. Those looking to get married will find their ideal mate. The atmosphere in the house will become positive and happy with the advent of a new person. There will be no financial shortage even after expenditures. You will be able to earn extra money. Pray to Behram Yazad daily.



Sagittarius - ધન

ભ.ધ.ક.ટ.

તમારા અગત્યના કામો ૨૪મી ઓગસ્ટ પહેલા પૂરા કરી લેજો. ઈનવેસ્ટમેન્ટ અવશ્ય કરજો. ગુરૂની કૃપાથી ચેરીટીનું કામ કરી શકશો. ફેમીલી મેમ્બરની જરૂરત પૂરી કરી શકશો. થોડી મહેનત કરવાથી ધનલાભ મેળવી શકશો. દરરોજ 'સરોશ યજ્ઞ' ભણાવો. શુકનવંતી તા. ૦૨, ૦૩, ૦૪, ૦૭ છે.

Lucky Dates: 02, 03, 04, 07.

Ensure to complete all your important works before the 24th of August. You are strongly advised to make investments. With Jupiter's blessings, you will be able to do works of charity. You will cater to the wants of your family members. With a little effort, you will be able to make good profits. Pray the Sarosh Yasht daily.



Pisces - મીન

દ.ચ.ઝ.થ.ક્ષ.

બુધની દિનદશા ચાલુ હોવાથી બને એટલી કરકસર કરી નાણા બચાવજો. અગત્યના કામો બુધિ વાપરીને પૂરા કરી શકશો. બીજાનું ભલું કરી શકશો. બુધને કારણે કોઈ સારા સમાચાર જાણવા મળશે. નવા કામ નહીં મળે પરંતુ ચાલુ કામમાં એકસ્ટ્રા ઈન્કમ થવાના ભરપુર ચાન્સ છે. દરરોજ 'મહેર નીઆએશ' ભણાવો. શુકનવંતી તા. ૦૧, ૦૨, ૦૩, ૦૪ છે.

Lucky Dates: 01, 02, 03, 04.

Mercury's rule suggests that you try your best to save money. You will be able to complete important tasks using your intelligence. You will be able to help others. You could expect to receive good news. Despite not getting new projects, your current ventures will provide great opportunities to earn more. Pray the Meher Nyaish daily.

Employee Mental Health During Coronavirus (Covid-19)



Aviva Damania

Aviva Damania is a Psychologist – Mental Health Specialist, trained at City University of London (MSc Mental Health). She began counseling in 2014 as a Volunteer Counsellor at Charities in Mumbai, and has practiced at Masina Hospital and has got extensive experience working with adults, adolescents and children. Aviva is the founder of 'The Mind Essentials' – a platform for online counselling (video call, call, chat), which comprises 15 counsellors and psychologists, and is also committed to a long-term investment in marginalised people. Senior Manager at Pittie Group, Aviva Damania shares significant symptoms, solutions and insights into numerous concerns which affect our mental wellbeing. To avail her professional counseling services, (chat/ phone/ video call), E-mail her at: avivadamaniamania18@gmail.com

The outbreak and spread of the coronavirus has impacted every part of our society, significantly challenging our mental health. Organisations shutting down, mass firings, salary cuts, working from home, etc. and other resultant measures have undoubtedly impacted the mental health of employees. Just about everyone is impacted - from the CEO to the intern! Some employee issues - besides general anxiety, stress and depressive feelings - include financial insecurity, job insecurity and future employment, blurry lines about work hours, parents having to multitask and handle household work, working in cramped home spaces which are put to multiple uses as a gym, school, etc.

What Employees Must Do: Although employee mental health during this pandemic is the joint responsibility and ethical obligation of managers

and employers, employees must be proactive too. The duty of care starts with yourself! Employees must remember to keep your mental health in check, by mimicking their usual routine; sleep cycle, work hours, exercise, nutrition. Speaking up about issues they may be facing when working from home will help.

When working from home, set up a designated work station with your essentials alongside, free from

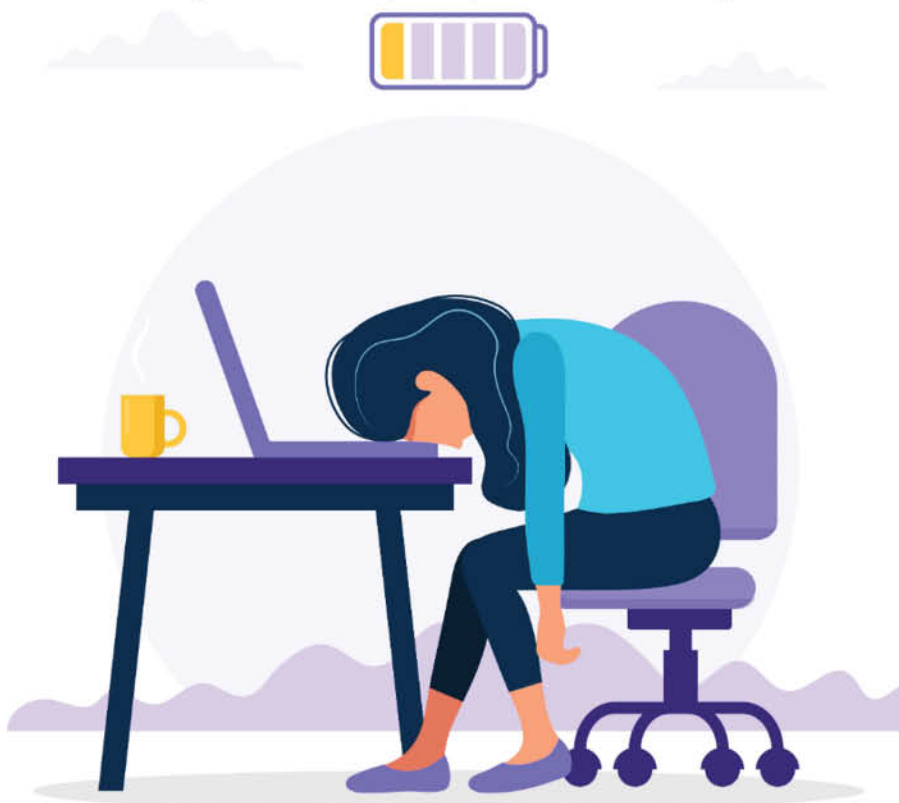
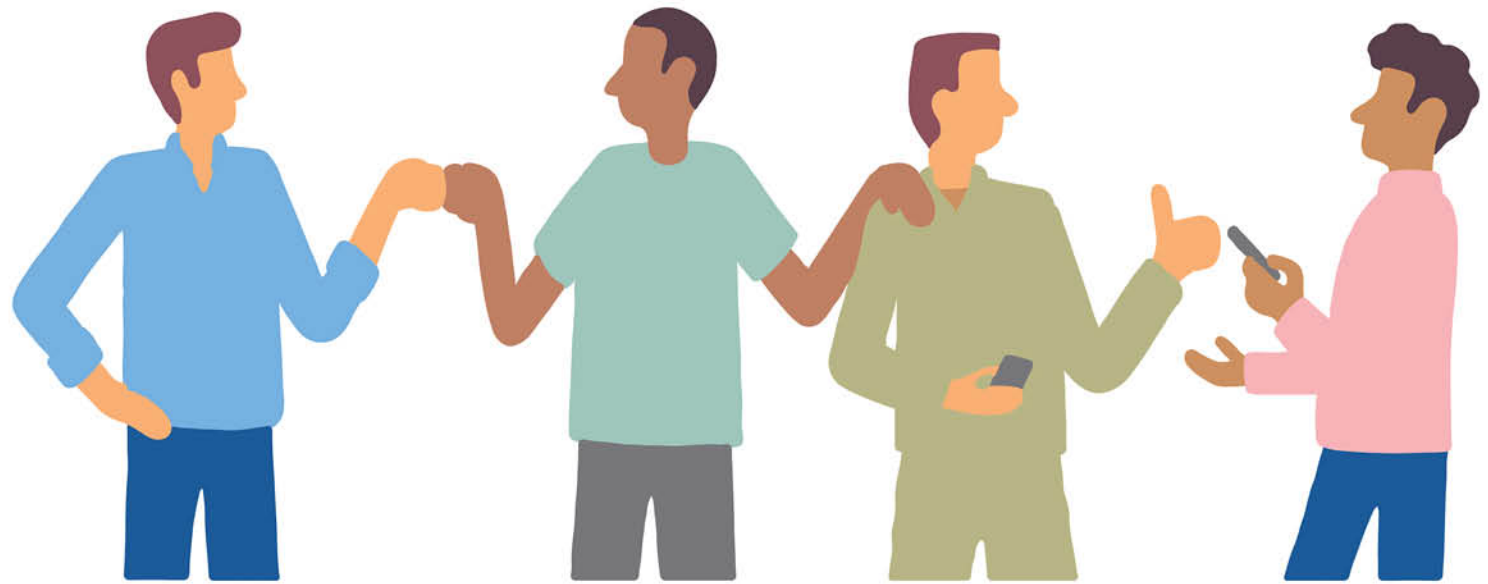
distractions. Remember to take breaks. Set a fixed working time with the manager and team and be sure to tune out of work and tune into yourself after that by exiting your work station and packing up your things. Working from home can sometimes be demotivating and may make you feel sluggish. Combat that by getting out of your home-wear and into your work clothes during work hours.

Effective time management by using checklists, priority lists and so on can help you plan and reduce your stress due to piling up of work. Be sure to include other duties you may have too, such as household work, managing children and so on. It's a good time to flag off any mental health conditions you haven't disclosed to get some additional support during this time. Don't be lax with work, these tough times are not only a psychological test, but also a test of your performance at work. Remember that good work means good mental health.

What Managers Could Do: While business leaders provide macro support, it is the managers that can provide more specific and direct support to employees. Managers should be empathetic with the employees - be there for your co-workers, remember to celebrate birthdays like you may have earlier at work. Managers must remain virtually connected with the team, not only for matters of work but also for emotional support.

Managers can set up on one-on-one chats and check up on team members and see how they are doing. Be sure to extend your empathy and support during this time. Set up a clear transparent system with regards to deadlines, work timings, supervision. Try and incorporate virtual lunches or coffee breaks with the team but still respect the boundaries of team members. Not everyone's home context is the same, it may be harder for some to be available due to household demands.

What Employers And Organisations Could Do: Employers who do not prioritise employee mental health and wellbeing are being shamed at a high rate, adversely affecting reputation. Don't assume that all employees will be comfortable working from home, the lockdown may be entrapping and may affect the employees more than you know. Use this time to build on the organisation culture, which prioritises mental health. As a leader, it is important to be open and clear in communication that may impact employees such as firing, salary cuts and so on. Allow employees and managers time and mental space to prepare. Work from home is far from 'business as usual', so adopt an open-door policy and make adjustments to improve the morale and urge managers to do the same. Your support during this time will go a long way in terms of organisation loyalty. Be the voice of hope/reassurance during these times of crisis.



Of Astro-illogical Predictions And Horror-Scopes!



VEERA SHROFF SANJANA

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



Are you a lover of stars? I don't mean when they twinkle and paint a pretty picture in the night sky. As inspiring as the stars are in all their cosmic beauty, there has been a legitimate fan-following of these celestial beings since the inception of time. It is said that the position of stars and planets revolving somewhere beyond light years, in deep dark realms of infinite space, can predict your past, present and future.

Having said that, classifying astrology as a science seems mighty disrespectful to science as a whole and scientists in particular! Imagine a room full of astrophysicists at a convention, along with their erudite colleagues with certified degrees, tall claims and plausible tenures probably at NASA or the likes, subject to voluble pseudo-scientific and senseless chatter on discussions of the Moon-Saturn conjunction responsible for the virus's novel behaviour in recent times! Or that Mercury in retrograde was responsible for China's lack of any communication-oriented talks with India, in the month of June!!



Oh yes! I am fascinated with astrology - if a newspaper delivers the outcome of my day or week, I will undoubtedly read it. And if it claims that I am to meet an interesting stranger today, every random passerby invariably becomes a viable suspect. 'Someone you least expect may prove extremely HELPFUL to complete important tasks today'. Now who can pass that up without a day

long reflection on all the possibilities? Could it be that random call from a friend informing you of those further reductions at Zara? Certainly proving to be most helpful in purchasing that cartload of stuff you absolutely didn't need but couldn't resist... after all, a 70% saving amounts to being HELPFUL right?

And so, you choose to believe horoscopes and predictions as per the choices you can make. But who can deny the lure of that feel-good factor packed in those scant lines! They say astrology is for bored housewives and for emotional little girls to grasp and understand why, Behram, Poras or Pappa did not respond to their texts! But ask a man and he considers it as a nonsensical sidekick to every irrational act on the part of his wife! An Aquarius moon, Aries sun and Uranus rising - oh, all a perfect excuse to be temperamental, exasperating and downright unreasonable (truth be told that's everyday behaviour) but all the while claiming her signs are most certainly to blame for this behaviour!!

So while we will have some people reading this article also reading their horoscope at least once, we will have another group belonging to those who read theirs at least once every day. The believers and the non-believers are on two distinct sides of the fence, with one lot asserting how ludicrous astrological claims are to a science, while the other lot passionately argues on how ridiculous it is for science to unwittingly disregard astrology! Guess the non-believers have probably never been subject to a volatile Libran and a Gemini encounter at close quarters!

Now, anyone with the slightest knowledge of the stars could have

prevented this explosive interaction with much the same care and caution that you would, while mixing sodium and sulphuric acid in a scientific laboratory. While the former studies behaviours and reactions based on a formula of planets and star positions, the latter simply is a reaction to chemical composition and combination. For the followers there it is - Simple Science!!

Astrology assigns meanings to celestial bodies that are, by and large, unconcerned with the daily goings-on of human life. Simply put, we love to believe the galaxy cares more about us than it actually does! Astrology has been treated as an arbiter of spiritual guidance, a predictive science and horoscopes are, undoubtedly, the most infuriating parts of astrology! Unlike most things people believe in - God, deities, spirits, fairies, flying UFOs, or Nessie the Loch Ness Monster - the planets really are not conscious beings that go out of their way to interact or disrupt people's lives!

Whether or not Mercury actually had a physical effect on a person's life is irrelevant. You can't go blaming a lone planet closest to our sun as responsible for that atrocious haircut taken on your whim, or for that matter, that broken leg which was a result of slipping in the bathtub! You can't plan flights or surgeries based on the position of Saturn's position in your natal charts or believe that a run of bad luck will cease at the end of seven years, popularly known as *Sade-Sati!*

Believe me, planets are just uncaring giants, minding their own business and doing what they are supposed to do. They are just not that interested in you! Your well-being or misfortunes,

jobs or businesses do not interest them in the least. No matter how many moons or rings they have, there are no sure-fire guarantees of that ring on your finger. Planets, stars and constellations are just orbs made of gas and floating rocks, not in the least fascinated with the daily workings of our minuscule planet earth! In all their cosmic glory, they have bigger plans for themselves.

Are you one of those who cherry-picks their character traits from a sign determined by their birth chart or moon calendar, or someone that reads a lot into these claims specifically tailored for you, by the positions of the stars? Or someone who tied the knot only after the stars and the family pundit said, "Oh a match made in heaven!" Were you someone completely careless to the warnings of that malefic *Manglik* aspect in your horoscope to marry that girl of your dreams, believing its all hogwash anyways? Or were you a downright ingenious suitor going a step further by greasing the palm of that family astrologer the day before the reading of that compatibility chart?

In my opinion, the lack of dialogue between the individual and the heavens limit the footprint of the stars on one's life. Astrology has been given a bad name. Condemned as a science and denigrated by much of society as fluffy, woo-woo nonsense that helps the vulnerable and the weak to navigate the year ahead.

Whether you're a believer or a sceptic, whether you accept its modern contemporary flavour or the cosmic effects of it on the aspects of the universe, believe me, astrology is here to stay. Are you are one that reads the daily feel-good, pop-psychology variety of astrology growing like fungal spores throughout the millennial covens of the internet? Or perhaps you read texts and studied the insights that ancient practitioners proclaimed, believing that the unspoken truths there, have a basis for further investigation. But when you do have time, look up at the sky, spot those stars in patterns and form so infallible and distinct and wonder what knowledge was possible to unfurl from them, that's so hard for us to understand or access even now! Could the stars hold secrets and hidden agendas weaving webs of intrigue and possibilities for time immemorial? The answers could leave most, starry-eyed!

Showers Of Health And Happiness For You!!



DR. DANESH CHINYOY

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

A freezing cold shower with your 'bun maska and choi' may not sound like an attractive prospect first thing in the morning. After all, most of us relish a toasty warm shower to ease us out of our 'aalas' and get us ready for the day. That said, the school of thought for showering is changing - looks like **Cold Showers** may be the key to health and a caffeine-free jolt of alertness and energy! Let me share this simple and effective secret to health and vitality.

The science behind cold exposure is not new. Cold water bath therapy is an ancient Ayurvedic remedy that has numerous health benefits including treating anxiety and depression, improving circulation and toning skin. The use of cold as a 'good stressor' on the body can help trigger several helpful responses within the body. It allows the controlled elicitation of the body's natural cell repair, metabolic and physiological processes.

A study by the Virginia Commonwealth University School of Medicine found that **cold showers can alleviate, and even prevent depression and anxiety.** The study claims that short, cold showers may stimulate the locus coeruleus, or the 'blue spot', which is the brain's primary source of nor-adrenaline - a biochemical that could help mediate depression and anxiety. The body is stressed by a hostile factor - in this case, icy water - that stimulates a healing response in the body and can lead to lower levels of anxiety and depression, as well as a plethora of other physiological benefits! The mild electro-shock delivered to the brain by the cold shower sends an overwhelming amount of electrical impulses from peripheral nerve endings to the brain, which results in an anti-depressive effect.

The easiest recipe to get the psychological lift is by taking a cold shower for 2 to 3 minutes once or twice daily, preceded by a five-minute gradual adaptation to the temperature (i.e. start your shower hot and then finish it with 2 - 3 minutes of



pure icy goodness)! Only a cold shower can strengthen your body's parasympathetic and sympathetic nervous systems, increase proper circulation of blood through your body, and contract your muscles to eliminate toxins and poisonous wastes.

In ancient times, hot water was a luxury. Even when the ancient Greeks developed heating systems for their public baths, they continued bathing in cold water for health benefits. The Persians felt hot water was for the weak and unmanly; Persian warriors used only cold water as they thought it tempered and made the body battle ready. During the first century, Finnish people would sweat it out in saunas and then jump into an ice cold lake or stream, a pastime which is referred to as 'Avantouinti' or ice-hole-swimming. It's still enjoyed by modern Finns and other Scandinavians! Ancient Russians also took frequent plunges into ice cold rivers for health and spiritual cleansing. Japanese practitioners of Shinto, both in ancient and modern times, would stand under an icy waterfall as part of a ritual known as 'Misogi', which was believed to cleanse the spirit. In the 1820s, Vincenz Priessnitz, a German farmer, started touting a new medical treatment - 'Hydrotherapy', using cold water to cure the sick. He turned his family's home into a sanatorium, drawing in as patients including dukes, duchesses, princesses, counts, etc. Hydrotherapy soon spread to the rest of Europe and eventually, the modern world.

When asked just **one hack to build a massive will power, my answer most often is 'ice cold' - an ice-cold shower.** To the uninitiated, the amount of will power it takes to take cold showers may seem like that of a Shaolin Monk, because it is a pretty big jump doing something you are so resistant to, every single day, right when you wake up! It takes a lot of mental strength, which over time, with discipline, becomes an automated habit that echoes into every area of your life! There is a high density of cold receptors in the skin, much more than there are for registering warmth.

COLD SHOWER

BENEFITS:

- =>WEIGHT LOSS
- =>BOOST TESTOSTERONE
- =>REDUCE STRESS
- =>IMPROVE HAIR & SKIN
- =>BUILD STRONG WILL POWER
- =>IMPROVE IMMUNITY

Cold showers improve Emotional Resilience. If you get flustered, anxious or angry easily, like our bava group whatsapp warriors, then Cold-showers can help as they imbibe greater resilience to stress in your nervous system. Cold showers act as a small form of oxidative stress on the nervous system. Over time, as the body adapts to it, you will be calmer and cooler. The first time you step in that cold shower, you won't be able to breathe, let alone think straight! But a month later, it empowers you to think of your day with Zen-like focus, helping you brush off stress with ease. This adaption to repeated oxidative stress is postulated as a mechanism for 'Body Hardening' or exposure to a natural stimuli, like the thermal stimulus, resulting in an increased tolerance to stress and diseases.

► **Cold water also lowers levels of uric acid and boost levels of Glutathione in your blood – making you less stressed in general.** In the books, James Bond always takes what is known as a 'Scottish Shower', where he starts off hot and finishes with ice cold water. And he's the calmest, coolest agent there is! So now you know the secret of Mr. Bond!

If you're one of the brave souls that have taken a cold shower already, then you know that at first it is hard to breathe. Step into a cold shower and the first thing you are going to do is take a deep breath. After that you could start panting and moving, your breathing will become deep and erratic. But don't be scared. You get a massive boost of energy from that increased breathing that the cold shower forces upon you. This extreme deep breathing, early morning and every morning, is going to dramatically increase your oxygen intake and heart rate, resulting in a natural dose of energy through the day. The boost of energy and accompanied alertness can be a good alternative for a morning coffee that will kick your physiology into another gear.



Girls! If you are not motivated by feeling better, then be motivated by looking better! **One of the best ways to improve your skin and hair is by taking cold showers.** Plus, it's free! Dermatologists say ice-cold water can help our skin by preventing it from losing too many natural oils. Your hair benefits similarly, appearing shiny, strong and healthy by keeping the follicles flat and increasing their grip with the scalp. This is great news for guys too, who are scared of losing hair.

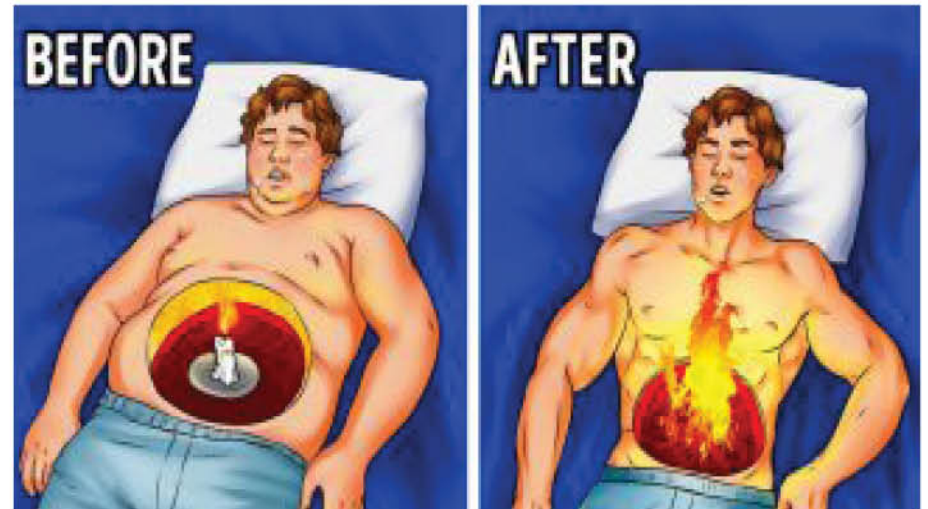
Most people would know this, there are two types of fat in your body. Brown fat and white fat. White fat is bad. It's the body fat we all hate. Brown fat is good - it generates heat and keeps your body warm. When you take a cold shower, brown fat is activated, resulting in an increase in energy and calories burned to keep your body warm. In fact, according to a study, **cold temperatures can increase brown fat 15 times the normal amount, which can result in shredding off the excess love handles!**

One of the great benefits of cold showers is that they cause a rise in testosterone levels in men. Russian weightlifters would sit in the cold before competitions - now you know why!

If you're yet not motivated by feeling better, or looking better, then be motivated by being healthier! **Cold showers improve circulation by means of sending blood to your vital organs to keep them warm.** This stimulation of the circulatory system is great for your overall cardiovascular health.

One of the most important benefits of cold showers is that they increase your immunity. An English study showed that taking regular cold showers increases the amount of disease-fighting white blood cells. An additional, yet crucial, part of the body that is affected by cold showers is the lymphatic system, which helps carry waste from your cells - key in defending your body from unwanted infections. When the lymphatic system is blocked, it results in symptoms like frequent colds, infections and joint pain. **Cold showers, when alternated between hot and cold water will help your lymphatic system, pumping the fluid that may have stagnated in your lymph vessels out - resulting in a stronger immune system and healthier you!**

If you're an athlete, you know that taking an ice bath after intense training



is one of the best things you can do to recover faster (A 2009 study confirms this). **Cold Showers speed up muscle recovery.** You don't need a high-tech training facility with cold water submersibles to be able to achieve these benefits - just take a cold shower! Although it won't be as effective as a fully submersed ice bath, **it will improve circulation, and help remove some lactic acid.** Try alternating between very hot and very cold to let the blood come and go to the surface. Your muscles will thank you!

Obviously, an ice-cold shower is going to get you up and moving in the morning. We already talked about how it will scientifically increase your alertness, but science aside, **if you have trouble getting up and pumped for the day, cold showers will change this.** Did you know that while cold showers wake you up in the day-time, **cold therapy is one of the best ways to get an incredible nights' sleep too!** It's like getting hit with an elephant tranquilizer, even if the melatonin is missing from the equation!

Hydrotherapy has been prescribed as part of Addiction-treatment since 1930s and there are several reasons for that. Cold water increases the levels of beta-endorphin, the hormone that binds to the opioid receptors of the brain, the same receptors that are affected by opioid drugs. Thus, even the heroin addiction symptoms and the withdrawals can be eased by cold showers.

IMPORTANT: Please note that some people with certain conditions should avoid cold showers because of the shock to the body's system. If you have the following conditions please avoid this practice, without prior consultation with your health care provider:

- Heart disease
- High blood pressure: The contraction in your blood vessels caused by cold water could cause a cardio vascular accident like a paralytic stroke).
- Overheated or feverish: Your blood vessels need to dilate in order to release heat. Cold water causes them to constrict. This could prove counter-productive.

• Those who have taken hot showers all their lives can endure a big shock to the system by suddenly turning the tap counter clockwise! You don't want to do too much, too soon, or you won't stick with it. My suggestion is to gradually decrease the temperature of the water so your body can adjust. You don't have to start off Cold! This is a relief for many. You can start your shower hot, and enjoy it. But for the last 3 minutes it must be cold! As cold as it goes!

Okay, so you that you know how awesome cold showers are, here's your experiment:

All you have to do, is take a cold shower tomorrow morning, and see how you feel. You can start hot, but end cold, for at least 1 minute. Then see how you feel. If you liked it, then do it again the next day and see how two days in a row made you feel. It's just an experiment, not a permanent life change. Whatever you do, make sure you

have fun and you enjoy it. If it's going to stress you out, then you still need some time. This is supposed to improve your life, not scare you to death!

Are you a Bawa enough to take a cold shower? Now good luck waking up tomorrow morning and taking the plunge! Let me know how it went!!

(Remember to keep writing in with your comments, suggestions and questions as always to me at: daneshchinoy@gmail.com / 8454800869.)

