

THE TRUTH. DELIVERED WEEKLY.

## The Virus Within – Resurfaces!



*Kersi Randeria shares...*

**T**wo months ago, when I had shared with the community the article titled, 'The Virus Within', little did I know how prophetic it would turn out to be. I underestimated the depth of how diseased and vile the agenda of vested interests could be, and am experiencing the unsavoury consequence of standing up against it. Mainly because my stand is for the welfare

of the community and the protection of its interests, and that gets in the way of those who wish to shamefully extract personal benefits based on their positions as well as proximity to power.

**The Complete Waiver Of The Service Charge Of Rs. 750/- Was My Proposal!**

**Instead of acknowledging the fact, that the complete waiver of the Service Charge of Rs. 750/- was my proposal put forth to the BPP, those with their usual vested interests lied shamefully saying the opposite!**

My dedication and efforts, as an elected BPP Trustee, prove as ample testament in having delivered my promise to have 'walked the talk'. My hard work and zeal to always stay connected with community members, by working at ground-level and providing timely and needed support to all, has earned me their blessings and a bit of popularity, as one of the few go-to Trustees of the BPP, known for his 'work' as opposed to empty 'words'.

But this has offended the corrupt sensibilities of some people - in terms of ego, but more so, as a perpetual thorn in their side for not allowing their vested interests to see the light of day. They are offended by my staunch refusal to give in to their agenda, and increasingly grudge the good work that I have been doing for the community

So, how do you hold down a good man? You go after his reputation with fabricated stories; You lie, you manipulate the past with the intention of twisting half-truths that you paint with your own treacherous brush of falsehoods and try to fool community members, with misleading tales to tarnish his reputation.

I'm used to being targeted by the usual gang of people who share the common agenda - to downplay my efforts and the good work done by me and instead, put forward false accusations and innuendos in the hope, that all the good that I am doing will be lost in the melee of their falsehoods.

**...it is possible that this nonsense and dirty tricks may some impact on those who would not have read today's clarification. Even so, I know and am confident, that ultimately all those people who know me and my reputation, and who are aware of the amount of effort, time and funds that I put into public life, will not believe a word of this malicious attack.**

So, how does this happen? It's simple - the most intricate details of all the ongoings inside the BPP are made to come in the public domain, including all the internal emails and correspondence shared word-to-word. This has been seriously compromising the reputation of the BPP itself. More often than not, us Trustees work together - yes, there are differences of opinion about the way forward, but these should be left to be decided internally, not flaunted in public.

However, it does get into the public domain, but with an added twist! Let me speak of the recent incident on the issue of the Rs.750 Service Charges. While most of my colleagues were in favour of reducing it to Rs. 350/- or Rs. 400/-, it was my firm belief that midway measures wouldn't work and therefore, I even put the item (7b) on the BPP agenda stating we go in for a complete waiver instead of charging a reduced amount. Though I did not attend that meeting, my proposal of a complete waiver was approved in toto..

*In the e-mail below dated 28th July, 2020, sent by me to my colleagues, I share with you excerpts of Points 7 (a) and (b), (points No. 1 to 6 are truncated, being beyond the purview of this article) where I have clearly mentioned that either the Service Charge be completely waived:*

**“ Dear colleagues**

I propose the following agenda items for the meeting on Wednesday 29th July 2020 to be held digitally and duly recorded and minuted by the administration as laid down in the consent terms

7. a) Discuss the issues raised by Arzan Ghadially about whether the service charges of Rs 750 are legally valid and if so the same to be charged uniformly and enforced for all - or if illegal then the same to be refunded to those who have been paying these charges over the last 3½ years and

b) Discuss the full waiver of the Rs 750 and the Rs 200 (for garbage collection) across all colonies ”

*The following is the e-mail dated 2nd August, 2020, which I sent to my colleague trustees, when I got to know that my suggestions (7 b) had been accepted:*

**“ Good evening dear Colleagues,**

I have received a call from a friend just now informing me that the Trustees have not only considered my item 7 b of the agenda items



**FROM THE EDITOR'S DESK**

**Hold On To Your Faith, Now More Than Ever!**

Dear Readers,

2020 just keeps laying it on, doesn't it? The words of Robert Kennedy prove to be the perfect fit - "Like it or not, we live in interesting times. They are times of danger and uncertainty; but they are also the most creative of any time in the history of mankind." These are indeed 'excrucciatingly' interesting times, across the world. We've been saddled with the pandemic, floods, fires, locust swarms, and what not!

On the 5<sup>th</sup> of August, things got that much more real for Mumbai city-dwellers, especially those living in South Bombay, which got a stinging taste of the fury of the Rain Gods, as torrential rains wreaked much havoc, with landslides, uprooted trees, walls and buildings and other structures collapsing, and even roads being split across the center! Not to mention the power cuts and water shortage that the city is still reeling under!

Yes indeed, we are living in extraordinary times, trying to make sense out of this new world, as we grapple for some foothold with the old one slipping from right under

our feet. This is also the time when our faith is truly tested. The real test of faith is when you're facing something that only your faith in your God, or in your connect with the divine, or simply in your belief that better times await us, will get you through.

It is said, 'faith precedes the miracle'. As of now, any form of reprieve or normalcy would be miracle enough! What is important is to keep the faith. Remember - 'if He brings you to it, He will bring you through it!' So, keep the faith, now, more than ever, as we head into a New Year, which will bring in better tidings for all.

And speaking of New Year, don't miss PT's Bumper Special New Year issue next Saturday, 15<sup>th</sup> August. With 'Celebrating Hope' as its theme, it promises to raise your spirits with great content and have you entering the New Year with a smile on your lips and with faith and hope in your heart!

Have a safe and calm weekend!

- Anahita  
anahita@parsi-times.com

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**PARSI NEW YEAR 2020 CONTESTS!!**

Participate in PT's NEW YEAR SPECIAL ISSUE CONTESTS  
to  
**WIN BUMPER PRIZES!**  
&  
**GET PUBLISHED IN OUR SPECIAL ISSUE**  
Special Issue Theme: **CELEBRATING HOPE!**

**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:**  
**Celebrating HOPE In Poetry & Prose!**  
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!**

**So, get cracking and mail us your talented entries at [editor@parsi-times.com](mailto:editor@parsi-times.com)  
Ensure that your entries reach us latest by 10th Aug, 2020.**

## HAPPY NEW YEAR TO ALL PARSI / IRANI ZOROASTRIANS ધી રતનજી ફરામજી દાબુ પારસી જનરલ હોસ્પિટલ, નવસારી THE RUTTANJI FARAMJI DABOO PARSI GENERAL HOSPITAL, NAVSARI

Daboo Circle, Station Road, Navsari 396445.

(Trust Registration No. C/35, Navsari.)

Since 1913

Our hospital caters healthcare needs of Parsi community. We have various departments viz. General Surgery, Medicine, Orthopedic, Radio-Sonology, Pathology, Neurology, Dental, Urology, Psychiatric, Physiotherapy, Intensive Care Unit etc. We have Chronic Ward too. We are giving free treatment including surgery and medicines and food to poor and middle class Parsi Patients.

We provide free X-ray, Sonography and Pathology services. For CT Scan and MRI we send Parsi patients to outside CT Scan and MRI center in our Ambulance and at our cost.

During present COVID-19 period we have kept Parsi Patients for long time even after discharge as there was nobody to look after them at home.

**We have spent Rs.2,05,00,000/- (Rupees Two Crore Five Lakh) for medical relief to poor and middle class Parsis in the year 2019-20.**

Donations to this hospital are exempted under section 80 G of Income Tax Act, 1961.

We earnestly appeal to Parsi Trusts and donors to continue to give us donations in order to cater the needy patients of our community.

Cheques / Demand Drafts in the name of "THE R.F.DABOO PARSI GENERAL HOSPITAL, NAVSARI." may be sent at the above address for which official receipt will be issued.

Banking details for NEFT/RTGS are as follows

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IFSC Code : CBIN0280503 (after N is zero)  
Bank Name and Branch : GENERAL BANK OF INDIA, Navsari branch.  
Saving Account No. : 1325439204

**DARA K. DEBOO**

Chairman

Mobile +91 9825992388, Email: dara.deboo@yahoo.com

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Trustees / Managing Committee Members

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*Wishes you a Happy New Year*



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Contd. from Pg 01

sent by me on 28th July 2020, re the waiving the entire amount of Rs 750/- but have approved it

For your easy recall I am reproducing my agenda item:

**“b) Discuss the full waiver of the Rs 750 and the Rs 200 (for garbage collection) across all colonies”**

I am not sure whether the meeting was technically a Board meeting or not as Mrs Tirandaz donned the robe of Chairman in violation of Clause 31 of the Scheme of Elections

I am also unaware, since my colleagues have apparently shared the details with one Mr Dinshaw Mehta but not the other two Trustees, whether the Rs 200 was also waived as per my agenda item 7 b.

Since all the Trustees who attended this meeting were *always* only in favour of **reducing** the service charges but now have instead accepted my agenda item 7 b, I am certain this must have been done with a lot of application of mind, detailed discussions about the financial impact and how this deficit would be addressed by the Trustees.

Hopefully the discussion would not have been restricted to **“LETS SELL HOUSES”**

I look forward to a detailed report in tomorrow’s Board meeting, which given that August 2020 has started may be in the Board room, if Armaity has conquered her fear about age and Corona.

I once again thank you for going beyond your earlier written and widely published letter, signed by four Trustees, to reduce the service charges to the acceptance of my agenda item 7 b for a full waiver.

**THANK YOU ONCE AGAIN ”**

Instead of acknowledging the fact, that the complete waiver of the Service Charge of Rs. 750/- was my proposal put forth to the BPP, those with their usual vested interests lied shamefully saying the opposite, that I opposed it and they even went on to publish the pictures of the four Trustees, who were represented as ‘heroes’ for simply following my lead – and made me out to be the villain!!

I have absolutely no intention of claiming a collectively agreed upon decision of the Board as my own, even if I have been instrumental in generating the idea or delivering on it - as has been the case numerous times in the past. But, I will certainly not stand back in silence when false information, in complete contradiction to the truth, is being spread with the intention to malign me and my hard work.

So lowly is the intent of these people with vested interests, that they poked into my business matters, where an unsavoury person had made certain allegations against me, for his own benefit. As this matter is sub-judice, I cannot share the details at this moment.

Sadly, this started some months ago, when one of my colleague Trustees encouraged this man to file a police complaint against me! Even then, fortunately, apart from that one Trustee, the rest of my colleagues all stood by me and refused to entertain this person or allow him to continue with his mud-slinging or entertain this matter in the BPP.

In keeping with the unfortunate fact that everything discussed within the BPP reaches these vested interests, a new strategy was born. Since they were finding

**Trustee Viraf Mehta tells off the business connect:**  
**“Please resolve your issues with Mr Randeria outside of the BPP. That is a personal matter and leave the BPP out of it.”**



**Support from Trustee Noshir Dadrawala telling the business connect to not draw the BPP into personal matters**



**“Mr. Randeria is my colleague trustee at the BPP... Your attempt to tarnish his image is an attempt to tarnish the image of the BPP. The BPP is not a platform for settling personal and business scores. Since this matter is sub-judice I shall refrain from saying anything more and in fact not respond to any other email from you.”**

it increasingly difficult to deal with me on certain issues of the Parsi Community or counter the hard work that I’ve been putting in, they allegedly contacted this person and even drafted an email for him to send to the Trustees! The subject of the email alleged financial fraud by me, in capital letters!

**Once again, the manner in which the subject in the email was framed, as well as its contents, and the number of people to whom the copy was marked, made it amply clear to me as regards who was behind this notoriety. Even the purpose of this email is crystal clear to me. I am quite confident, that sooner rather than later, this trash will appear in the public forum, to try and tarnish my name.**

Legally speaking, only after an investigation of the FIR can a Charge-sheet be filed. In fact, even a Charge-sheet does not necessarily prove an allegation - that verdict is only given by the judge in the court! However, those who wish to use this information specifically with venomous, defamatory intent, will yet again flash e-mails and the contents of the FIR.

**... each and every recipient – Trustee or non-Trustee (barring just one individual) – wrote back to the sender asking him not to involve them or the BPP, in what was obviously a business matter, neither connected to the Trust or the Community. For this vote of faith, I’m humbled and thankful to all my colleague trustees.**

Once again, in reply to this nonsensical email, each and every recipient - Trustee or non-Trustee (barring just one individual) - wrote back to the sender asking him not to involve them or the BPP, in what was obviously a business matter, neither connected to the Trust or the Community.

For this vote of faith, I’m humbled and thankful to all my colleague trustees.

**Today, I wish to go on record and publicly tell these so-called ‘well-wishers’ of mine, that it is possible that this nonsense and dirty tricks may some impact on those who would not have read today’s clarification. Even so, I know and am confident, that ultimately all those people who know me and my reputation, and who are aware of the amount of effort, time and funds that I put into public life, will not believe a word of this malicious attack.**

**In fact, let me go a step further - I wish to publicly challenge and inform these vested interests that such attacks will not deter me from my commitment and agenda in the interest of welfare off the community. In fact, it will only strengthen my resolve to fight these dishonest and wicked people who bear criminal intent, and I will never let their anti-community agendas succeed**

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ઉંડા અંધારેથી,  
પ્રભુ ! પરમ તેજે  
વું લઈજા !

તમસો મા જ્યોતિર્ગમય

### સેવા - સુવિધાઓ

- ટાંકા વગરના મોતિયાના ઓપરેશનો
- ગ્રામરની દરેક પ્રકારની સારવાર અને ઓપરેશનો
- બાળકોની આંખના મોતિયા, ત્રાસી આંખના ઓપરેશનો
- આંખના નસનાં રોગોની સારવાર
- આંખના કીકી અને પડદાના ઓપરેશનો
- લેઝરથી આંખના વિવિધ રોગોની સારવાર
- આંખના પડદાની સારવાર અને ઓપરેશનો
- ડાયાબીટીસથી થતા આંખના લુકશાનની દરેક પ્રકારની સારવાર
- કોમ્યુટરરાઈઝ આંખના નંબર
- આંખની પ્લાસ્ટીક સર્જરી
- આઈ બેંક અને કીકી(કોર્નિયા) પ્રત્યારોપણ

### સાભાર વંદનાઓ

સર્વે દાતાઓ  
સહયોગી સંસ્થાઓ  
દર્દીઓ, ડોક્ટરો,  
સ્ટાફ, સ્પયંસેવકો  
સરકારશ્રીના વિવિધ સંલગ્ન વિભાગો  
૧૦૦ વર્ષના નામી અનામી સહયોગીઓ  
પત્રકાર મિત્રો

### સંસ્થાના પાયાના સેવારત્નો



ડૉ. આસાના



ખાનભાઈ શિક્ષા ચાવસારેવાલા



ડૉ. પરાગજી દેસાઈ

### વર્ષ ૨૦૦૦ પછીની આંકડાકીય માહિતિ

- ૧૪ લાખથી વધુ દર્દીઓની ઓપીકીમા તપાસ
- ૧,૮૦,૦૦૦ થી વધુ ઓપરેશનો
- પડદાના જટીલ ઓપરેશનો
- ૨૦૦૦ થી વધુ ડાયાબીટીસના દર્દીઓને આંખમાં ઈન્જેક્શનો
- હજારો ની સંખ્યામાં વિવિધ લેઝર, એ સ્કેન, બી-સ્કેન, આંખની એન્જીયોગ્રાફી, ઓ. સી. ટી. (ટોમોગ્રાફી), પેરિમેટ્રી વગેરે પ્રક્રિયાઓ

### છેલ્લા ૧૦૦ વર્ષોથી આંખના રોગોની તમામ સારવાર વિના મૂલ્યે



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New Complex

એગ્રીસમી સદી ની શરૂઆતમાં દાદાભાઈ રતનજી ચાવસારેવાલા નામના પારસી સર્જન કારવારમાં લાકડાની ધંધો કરતા હતા. કારવાર એટલે આજનું ક્લોટક. એજ સમયગાળા દરમ્યાન વલસાડના જ પારસી અને કારવારના સીલિલ સર્જન ડો દારાશાહ આસાની સાથે મળી પોતાની જન્મભૂમિ વલસાડમાં એક આંખનું ધર્મદા દવાખાનું શરૂ કરવાના સ્વપ્નને આકાર લીધો. મુંબઈના અંધજન મંડળની દોરવણી અને સલાહ સુચનોની મદદ મળી. વલસાડના પ્રતિષ્ઠિત તબીબ ડો પરાગજી દેસાઈ પોતાની ધીકતી પ્રાઇવેટ પેક્ટરીસ છોડી સંસ્થામાં આંખના તજજ તરીકે જોડાયા. આ ત્રણ સેવારત્નો દાદાભાઈ રતનજી ચાવસારેવાલા, ડો દારાશાહ આસાના અને ડો પરાગજી દેસાઈ આ સંસ્થાના પાયાના પથરો બની રહ્યા. દાદાભાઈએ એમના પિતાશ્રી રતનજી નથુભાઈ ચાવસારેવાલા ની યાદમાં ૮ વર્ષ બાદ સાદી એવી રકમ દાનમાં આપી અને સરકારી જમીન ગાંઠમાં મેળવી ૨૪ બેડવાળી સુવિધા સભર આંખના દર્દીઓના સગા-સંબંધી રોકાઈ શકે એવા આઉટ હાઉસ સ્ટિલની હોસ્પિટલ બનાવવાની અને એનું નામકરણ કરાયું RNC Free Eye Hospital. ઉપરોક્ત નામકરણમાં "Free" શબ્દ સ્થાપકોના સપૂર્ણતયા નિશ્ચલ નેત્રસેવાના આદેશનો સૂચક છે. જેનો અમલ આજ પર્યંત થતોજ આવી રહ્યો છે અને રહેશે.

એ સાથે શરૂ થયો વિનામૂલ્યે નેત્ર સેવાના યજ્ઞનો નવીન પ્રકલ્પ. આર.એન.સી. નો સેવા યજ્ઞ પ્રથમ દિનથી જ વિના મૂલ્યે દર્દીઓની સેવા સારવારની મૂલ્ય નિષ્ઠા સાથે દક્ષિણ ગુજરાતના છેવાડાના માનવી સુધી પ્રસરતો રહ્યો છે. એ સમય એવો હતો જ્યારે આંખના મોતિયાના ઓપરેશનો માટે ૧ થી ૭ દિવસ દર્દીઓએ હોસ્પિટલમાં રોકાવું પડતું હતું. કેટલીક વાર ઓપરેશન બાદ પણ ૩ થી ૬ મહિના સારવાર ચાલતી. આમ દાયકાઓની મજલ દરમ્યાન આર.એન.સી. નો સેવાયજ્ઞ આધુનિક નિદાન પદ્ધતિઓ અને સર્જરીઓના નિત નવા આયામો, અભિયાનો અને અભિગમોને અપનાવતો વધુ ને વધુ પ્રખ્યાતિત થતો જ રહ્યો. આધુનિક ટેકનોલોજી પ્રમાણે હવે દર્દીને તે જ દિવસે ગણતરીના કલાકોમાં રજા મળા શકે RNC FREE EYE HOSPITAL માં ગુજરાત ઉપરાંત મહારાષ્ટ્ર, રાજસ્થાન, ઉત્તરપ્રદેશ, બિહાર તેમજ સંઘપ્રદેશમાંથી દુર દુરના દર્દીઓ આવે છે અને તેમ સારવારના લાભાર્થીઓ બની રહ્યા છે. ઓપરેશનના દર્દીઓ માટે ઓપરેશન ઉપરાંત જમવાની વ્યવસ્થા, આંખના ટીપાં, દવાઓ, યજ્ઞમાં અને કેટલીકવાર આવવા જવાનું ભાડુ સુધાં દર્દીઓને સંપૂર્ણપણે વિનામૂલ્યે આપવામાં આવે છે.

મોતિયા ઉપરાંત, ગ્રમર, કોર્નિયા(કીકી), ત્રાસી આંખ, નાના બાળકોના આંખના રોગો, પડદાની લેઝર સારવાર અને ઓપરેશનો, મોંઘા જેવાસ્ટીન ઈન્જેક્શનો વિગેરે સંપૂર્ણપણે વિનામૂલ્યે અત્યંત આધુનિક સાધનોની સુસજ્જ ૬ ઓપરેશન થીયેટરોમાં ૧૬ આંખના સર્જિયાલિસ્ટો દ્વારા દિન પ્રતિદિન કરવામાં આવે છે. પારદર્શિતાથી અને વિનમ સેવાભાવથી કરવામાં આવતી આ અવિરત સેવા એ કોઈ સેવાકર્મ ની પરાક્રમશાલી જરાવે ઓછી નથી. છેલ્લા ૨૦ વર્ષની જોવાત કરીએ તો ૧૪ લાખથી વધુ ઓપીકી નિદાનો અને ૧,૮૦,૦૦૦ થી વધુ ઓપરેશનો થયા છે. હજારોની સંખ્યામાં વિવિધ લેઝર, એ-સ્કેન, બી-સ્કેન, આંખ ની એન્જીયોગ્રાફી, ઓ. સી. ટી. (ટોમોગ્રાફી), પેરિમેટ્રી વગેરે પ્રક્રિયાઓ થઈ છે. સંસ્થા ના સર્વોચ્ચ મંગલમથી સેવા યાત્રામાં નામી-અનામી વ્યક્તિઓ અને સંસ્થાના સાથ, સહકાર અને સહયોગ મળ્યા છે, જેનો નામોલ્લેખ કરીએ તો જગ્યા ઓછી પડે. પરંતુ એ સૌનો અમો હૃદયપૂર્વક કૃતજ્ઞતા સભર ત્રણ સ્વીકાર કરીએ છીએ એ સૌને અમારી કોટિ કોટિ શતાબ્દી વંદનાઓ. દ્વિતીય શતાબ્દીની મંગલમથી સેવાયાત્રાના શુભારંભે આર. એન. સી. પરિવારની પરમપિતાને વિનમ પ્રાર્થનાઓ સાથે કોટિ કોટિ વંદનો.

Ratanji Naththubhai Chavsarewala Free Eye Hospital Dr.Paragji Desai Road,Opp.Mamlatdar's Office Valsad 396 001Gujarat, India

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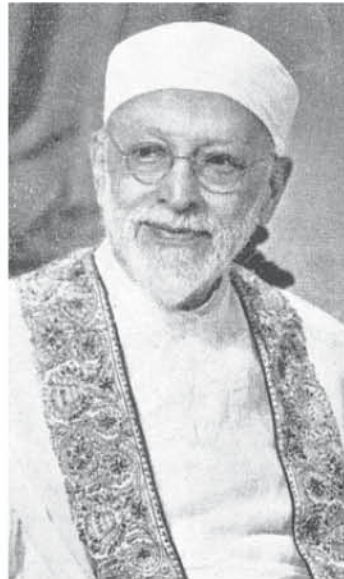


## Knowledge Illumines My Understanding

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.

It is wise for me to confess my ignorance. Successful struggle with ignorance gives me knowledge. Let me close my mind to all outside hinderance and interruption. Let me read to think. Let me be a thinker and a serious thinker. Let me never be content with what I know. Let me never rest. Let me ever be on the march on the path of knowledge. Let me ever be a seeker of knowledge. Let my heart ache to know.

Let me cast away the heavy clouds of doubt. Let me doubt, but doubt to inquire and ascertain and to



acquire subsequent certitude. Unlimited is the capacity for the growth of my mental faculties. Let me digest and assimilate the subjects of my study. Let me not cram books. Let me think out everything for myself. Let me find out everything for myself. Let me see everything for myself.

Receptive and retentative memory that gathers information and mechanically retails it when required is not knowledge. Let nothing paralyse and deaden my mental

faculties. Let nothing blight my mental growth, but foster it and develop it.

Let not my imagination run away with me. Help me to differentiate fiction from facts. Help me to distinguish dreams from realities. Let not my intellect be led astray by credulous reasoning. Let me think out the end before I begin. Let me have the vision of the completed whole. Help me to dress my thoughts and to give expression to them in as perfect and inspiring language as possible, Ahura Mazda!

## Ardibehest Yasht - II

(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

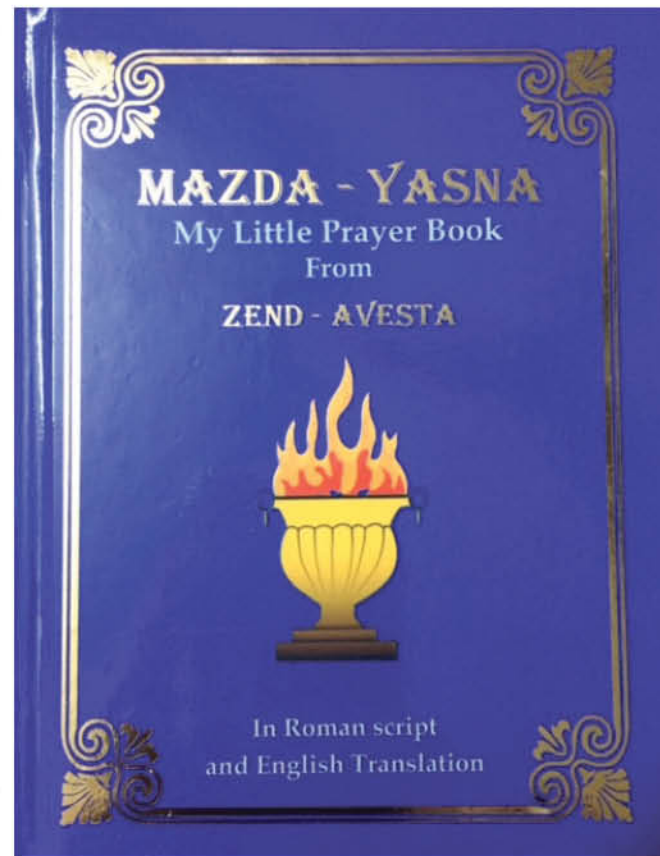
Today, our day begins with a hot cup of chai in the early hours of the morning. It is a routine built into our system and almost by rote, we light the gas, put the kettle on and our morning cuppa is on the way!

Now let me take you back a couple of thousand years... here is what the mornings would look like. You wake up, do your *padyaab kustī* and complete your morning ablutions. You then stand before the grate where you want to kindle your fire and put the vessel on the it. Then you start praying, most probably, the Ardibehest Yasht. As you finish, the fire lights up and your morning meal is underway. You have not kindled it from an already burning flame, you have not preserved embers and rekindled them, you have not struck a match or one stone against another. The fire in the grate has simply manifested on the strength of your prayer! Even more amazing is the fact that after the meals were prepared and the fire was no more necessary, it just disappeared! This means that not only did the *manthravani* create the flame and manifest it, but the flame was such a divine being, that once its work was done, it retracted by itself.

This technology was the sacred knowledge of the practitioners of the *Mazdayasni* faith. No one else had the know-how of these escalated

*manthras* that we had and indeed, some stories tell us of how people borrowed fire from their neighbours (they were probably Zoroastrians!). However, here comes the twist in the tale...

Jehan Pehlwan Kersasp was a mighty man. One day he went hunting and killed a big game. Then



being a devout *Mazdayasni*, he made a grate, put the kindling and prayed for the fire to start up. He then put a pot with the meat, to cook on the fire. However, the pot had holes in it and the water from the pot fell on the fire. The fire fizzled out and died. He rekindled the fire a couple of times but each time the water from the pot fell on the fire and it fizzled out. This angered Kersasp and he struck the fire with a *Guraj* (a weapon which is quite like a mace). When he struck the

fire, it retreated underground and permeated the earth, the mountain, the rocks and the metals. It then became available to all the humans on the planet. The fire would remain in all these places till the end of time. It was probably around this time that mankind 'discovered' fire.

Sometimes it only takes one single moment of anger to destroy everything that is precious. So even though you may be devout and sincere, if you don't have control over your emotions, you will invariably and systematically destroy your relationships; and the people around you will only perceive you as a difficult person.

A *manthra* that can manifest fire out of nothing is not a gift to be taken lightly. Today, we don't need to stand before a grate and light a fire, we have the convenience of a stove top and lighters. But imagine the brilliance that you can create with this *manthra* within yourself!

## Dr. Farhad Vijay Arora

Being the only son, born to 70's heartthrob film star, Vijay Arora and Ex-Miss India, Dilber Debara (daughter of ex Bombay Police Chief Keki Debara), Dr. Farhad was brought up in the heart of the Indian glamour and entertainment industry. Residing by the Juhu beach, he is no stranger to Bollywood. Having maternal roots in Hyderabad, Farhad has always been fond of living a Nawab's life but also being extremely grounded.

Having a taste for Parsi *bhonu*, fast cars and speed, are the only vices of this sophisticated gentleman of fine taste, who appreciates luxury and fine living! Besides studying at the Parsi school - Maneckji Cooper in Juhu, and being taught piano by a Parsi teacher for over half a decade, he was very fond of his Parsi mother's relatives and his *Nani* who used to take him to Udvada, He is very much in touch with his Parsi side which dominates him.

Having completed his PhD from Mumbai University and studied music, speech and drama from Trinity College of London, he promoted the import and sales of super-luxury brands like Ferrari, Maserati and Aston Martin, to name a few. Always an achiever since his school days, he won awards for acting even as a child artist in popular TV Serials. In college, he was a part of a Heavy Metal Band Demonic Resurrection, though he sang and danced live atop car roofs, to covers of Michael Jackson and Freddy Mercury, to be an icon of sorts amongst his college mates.

Today Farhad, 36, is the COO of a multi-billion-dollar conglomerate, Darwin Platform Group of Companies Limited, (networth above INR 56,000Crores), which deals in everything from pin to plane! Besides being awarded several credits and featured in the Forbes list, he has financed India's top 3 most expensive movies of all times; he has produced and directed ads, documentaries and music videos, including the world-record breaking Shayan Italia's Ultra-HD 8K version of our National Anthem, rewriting the history of National pride internationally!

He involves himself in several philanthropic activities, and is a part of the National Society for Clean Cities India and has been nominated for National Awards. During these trying times of Covid19, he also lent priceless support to Bollywood labourers in need, and counselled hundreds of individuals through webinars, besides having facilitated the supplies of medical aid to the Indian forces and government departments of Maharashtra and



several other states, for which he was recently felicitated.

*"Every day before I sleep, I ask myself, what was my contribution to society and humanity. I believe entertainment is the key to bridge all barriers and loyalty is everything,"* says Farhad. He never lets success go to his head and despite being part of several high profile international diplomatic liaisons of global importance to leaders of first world countries, he consciously chooses to live a simple life to remain grounded. Deeply Spiritual and a fitness freak who follows the daily posts of Mickey Mehta and practices Martial Arts, he is surely one of the most eligible bachelors of Mumbai.

With role models like Ratan Tata and Sam Manekshaw, Dr. Farhad certainly wants to live a life of significance to humanity. He concludes, *"I believe in good thoughts, words and deeds. Doing good is more important to me than being right always. Where there is a will, there's always a way. It's time that the youth be enlightened to collectively and understand unitedly while practising values and principles, that would make a difference to humanity, rather than just make talks from study books for social acceptance without real-world practice. Having seen the fragility of life closely, we must respect all creations of God, equally without any discrimination while believing in being self-made rather than relying on heritage. We are all mortals. What matters is how we immortalise ourselves through our contribution to humanity. Every smile is priceless."*

## સોરાબજી બરજોરજી ગાર્ડા કોલેજ ટ્રસ્ટ, નવસારી SORABJI BURJORJI GARDA COLLEGE TRUST

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Parsi Times congratulates and celebrates the success of our fab students and young achievers who have done achieved great success in their academic performances in Board exams across schools and

colleges. We are delighted to feature our young, bright sparks who make our community proud!

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

### Amazing Aryan!

Aryan Khushroo Kanga from Cumballa Hill High School 90% in his SSC Std Board exams. Residing at Godrej Baug with proud parents, Mahrukh and Khushroo Kanga, Aryan has opted for the Commerce stream in college. Also an accomplished athlete he plans on becoming a Chartered Accountant in the future.



### Precious Pashin!

16-year-old Pashin Kaizad Kasad, from Udayachal High School (Vikhroli) scored 92.2% in the SSC Boards. What makes Pashin truly stand out is his victory over the challenge of dyslexia, which he achieved with hard work and dedication, successfully navigating through this shortcoming to score a magnificent 96/100 in Math! He has chosen to pursue his studies and a career in the field of Computer Engineering. Ecstatic parents - Jasmine and Kaizad Kasad, share, "We have seen him struggle with his studies, almost to the point of giving up, and then deciding to give his all in the last one and a half months, to finally achieving this huge score. Here's to you Pashin, and others like you - 'fishes asked to climb trees!'" Indeed!.



### Joyful Jehan!

Jehan Bomanjee passed my 10th standard board this year from Don Bosco High School, Matunga. I have attached a picture of myself along with this mail. Jehan Parzad Bomanjee, from Contractor Baug (Mahim) secured 88% in the SSC Boards, as a student of Don Bosco High School. He credits his success to his delighted parents - Parzad and Franak, grandparents and teachers. Part of his school band and having won many accolades, Jehan has now opted for the Commerce stream and wishes to have a successful business someday.



### Splendid Sanaya

Sanaya Murzban Dadiburjor, from Embassy of India School (Moscow, Russia), secured 96% in the CBSE 10th Boards without any additional tuitions or coaching classes. The erstwhile School House Captain, this all-rounder has made her parents Abnaz and Murzban Dadiburjor, extremely proud! Sanaya has chosen to pursue the Science stream.



## Fourth In F2 For Jehan At Silverstone



Red Bull Racing Junior, Jehan Daruvala, finished fourth in Silverstone, UK, in the Sprint race of the FIA Formula 2, part of the British Grand Prix weekend on 2<sup>nd</sup> August, 2020. The Indian racing sensation started in twelfth and worked his way up the field after a sensational last three laps.

Jehan, in his first Formula 2 season, started twelfth for the Feature race and after a decent start remained in the same position for most of the race. The extremely competitive grid meant that Jehan, although faster than some cars in front, was unable to overtake them due to their ability to also use DRS (Drag Reduction System).

Lap 16 saw the safety car being deployed to retrieve a car. Jehan and his team Carlin, took the gamble to pit for fresh medium compound tyres. Other drivers ahead and behind Jehan, also took the same gamble, and Jehan gained two places.

The moment the safety car pulled into the pits, it was a three lap dash

to the finish. Last year's FIA Formula 3 second runner up, immediately went on a phenomenal charge up the order. While attempting a move, Jehan initially lost two positions to fall to twelfth, but a few corners later he made a brave move around the outside at Brooklands overtook four cars in one corner to move to eighth. On the penultimate lap, Jehan overtook two more cars. He continued his charge, with a brilliant move on the last lap, to finish fourth. Local racer Dan Tictum won the race ahead of Christian Lundgaard of Denmark.

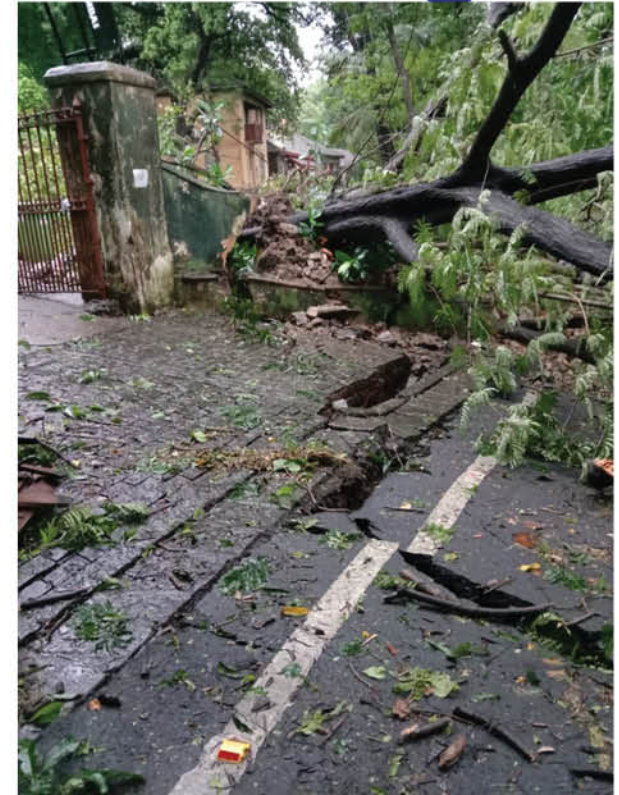
"The last two laps were super exciting. The team did a great job with the tyre strategy. Moving from P12 to P4 in the last few laps and hanging around the outside at Brooklands to pass four cars was good fun. Looking forward to being back here next week," said Jehan.

Jehan returns to Silverstone again next weekend for the fifth round of the FIA Formula 2 championship. Indian fans have been able to catch the live action as the Formula 1 YouTube channel is broadcasting the F2 races live in India for the first time.





# Mumbai Rains Wreak Havoc Doongerwadi Structures Damaged



**T**orrential rains on 5th August, 2020, wreaked much mayhem in Mumbai, causing damage to destruction to life, limb and property. And it wasn't just about the usual water-logging, traffic diversions and flooding. There were uprooted trees, collapsed

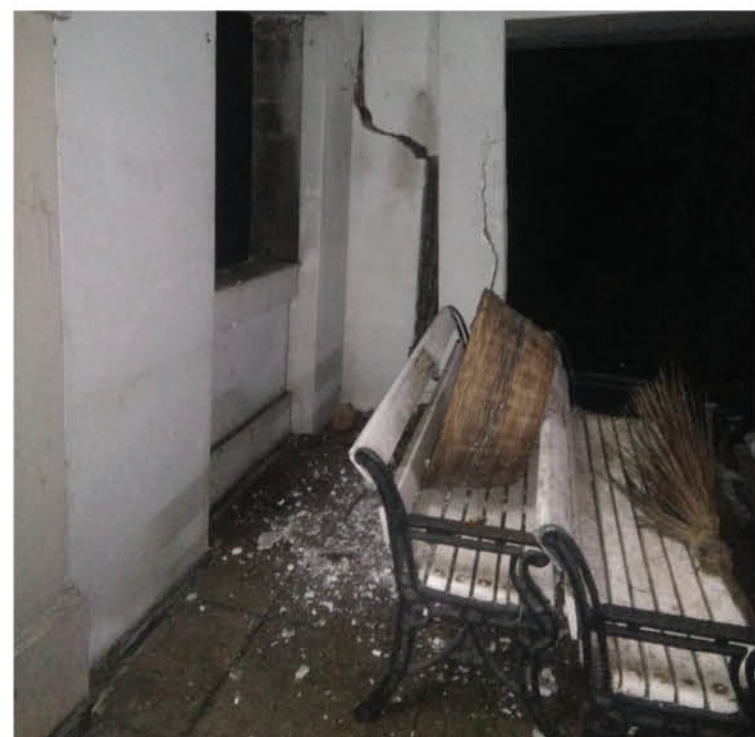
walls, land-slides, roads cracking and caving in, power shortages and water scarcity, all across Mumbai, with South Bombay bearing the brunt, as Colaba beat a 46-year record for rainfall, while Kemps Corner and Malabar Hill were subject to its devastating fury.



The road near the Hanging Gardens split open due to the unprecedented rainfall. Doongerwadi also saw much destruction with paths blocked, as a large number of trees got uprooted. The Lower Bungli pavilion structure has also been damaged. The priority will be to first restore water supply as a BMC pipe had burst and then have workers clear the site of the fallen trees and debris, before repair and restoration works can commence.

Offers of donation to contribute towards the same have been pouring in from many concerned community members. The BPP Trustees are taking stock of the situation and making plans to restore the damaged structures. However, we are informed that it may not be possible to start repair-work immediately, unless the impacted road outside (Ridge road) is repaired first.

Corporator Harshita Narwekar informed Colaba residents through social media that the landslide had damaged pipelines supplying water to areas from the Malabar Hill reservoir. The water department would be actively working to resolve the same, but she has warned residents to use water judiciously as there was a possibility of reduced or no water supply for the next couple of days.



## TATA Group Offers To Create 'Bio-Secure Bubble' For IPL 2020



With the BCCI having announced that IPL 2020 will be held in Abu Dhabi, Dubai, and Sharjah from, September 19 to November 10, it is now important that cricket-fans are provided a safe, secure and Covid19-proof 13th edition of the game. For the same, BCCI has received an offer from Tata Medical and Diagnostics (TMD), the TATA Group's medical arm. Working on Covid-19 safety services through the unrelenting pandemic, TMD has offered its expertise and assistance to the BCCI to create an end-to-end Bio-Secure-Bubble solution for the league.

According to media reports, during the IPL GC meeting, on 2<sup>nd</sup> August, 2020, TATA Medical officials gave a presentation to the Board on "a holistic, state-of-the-art, integrated Bridgital technology based, end-to-end, Covid safety services solution to enable the league to set the gold standard." The TMD team has proposed that their teams in UAE and India will partner with and work alongside BCCI, franchises, the IPL event management team and Emirates Cricket Board, for end-to-end COVID safety management. It has recommended a holistic program. The solution will combine all elements of testing, technology, and expert insights, to create an integrated safety solution that covers the entire event and all the participants and stakeholders of IPL 2020.

IPL GC Chairman, Brijesh Patel confirmed the above news, adding that they were extremely impressed with the pitch and that the final calls would be taken by the end of the week. According to the report, TATAS say the solution levers and their intensity

will be based on an understanding of the inherent criticality and risk levels and the usage of various zones at the venues that can be categorized into various criticality groups: 'Platinum' (players and coaches); 'Gold' (TV broadcast crew); and 'Silver' (Match day entertainers).

Though the IPL GC is ready with the Standard Operating Procedures for the IPL 2020, it has not handed over the same to the franchises and broadcasters. If the IPL GC accepts the proposal of Tata Medical, then BCCI will incorporate all the suggestions from the company in the SOP's Docket and post that it will be handed over to everyone concerned.

Interestingly, another Tata group company - TATA Motors is already associated with the IPL as a central sponsor.

[Courtesy: Insidesport.co]

## Kudos Dr. Khushnuma Tata!



At the young age of twenty-six, Mumbai's Godrej Baug resident - Khushnuma Tata, who teaches at Mumbai's K C College as an Assistant Professor, has done the community proud by earning her Ph.D in Consumer Behaviour Towards Ready to Eat Food. She was awarded her Doctorate certification from the Governor of Mizoram.

Her research papers have been presented at national and global conferences and have also been published in UGC Care Journals. Her recent paper on '2020: A New Market in A New World', related to Consumer Behaviour of people during COVID-19, which she presented at an international conference, won her the title of the 'Best Research Paper'.

Speaking to Parsi Times, Dr. Khushnuma shares, "Since I was in Class XII, I had a dream of adding a prefix before my name - a weird dream indeed, but I was determined to pursue it at any cost and so began my journey of chasing this dream! I was an Analyst at Ernst & Young, when I got enrolled for

my PhD and at times it was challenging to manage work, studies and home! Nevertheless, I didn't allow the word, 'impossible' into my life. My major support system through this journey is my family - my parents (Hutoxi and Bomi Randelia) who taught me to never give up on my dreams and fight for it until you achieve it; my husband, Toaras Tata, who has been my backbone, encouraging and supporting me in every way; my sister Jasmine and my in-laws Jeroo Adi Tata and Navaz Tata for their constant encouragement. Eventually, decided to follow my passion and started teaching at KC College. Also, my students play a very important role in my life - they are my driving force!"

Recently, Khushnuma has co-launched an Insta handle called RK Learning Studios which deals with various myths and facts surrounding businesses and makes learning fun with images and infographics. Her aim is to make Marketing and Human Resource concepts fun and ensure that her students follow the path of 'Unlearn and Relearn'!

## Jiyo Parsi To Collate Matrimonial Services Information

We at Jiyo Parsi are collating information about Matrimonial Services.

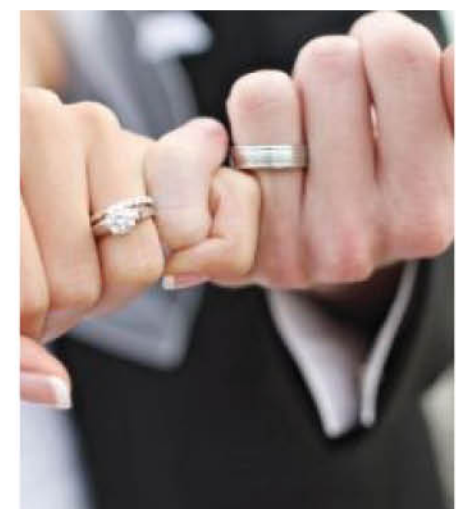
As a small, diasporic community, we feel the need for our networking to expand globally bringing together our youth to make friends, as well as, possible partners. It would also help with networking about professional development and possible partners in the same profession or with similar interests.

Individuals or organizations involved in Parsi/Irani matrimony alliance or

matrimonial services and would like to share their contact details, can WhatsApp or E-mail us on:

**WhatsApp number: +91-9820158874 or +91-9372847419**  
**Email: [jiyoparsi151@gmail.com](mailto:jiyoparsi151@gmail.com)**

**Disclaimer:** Information shared on our website is only a compilation of matrimonial services available, and is not directly connected to Jiyo Parsi or the programme. Jiyo Parsi will not be responsible for charges levied by individuals /organizations involved in matchmaking

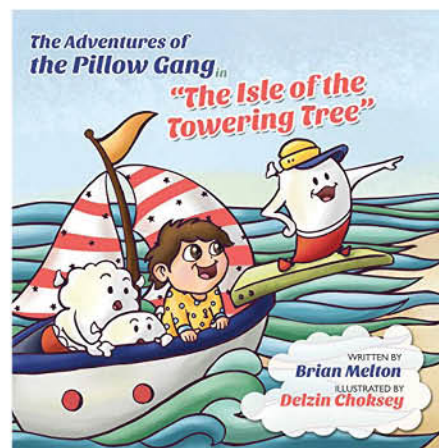


### Delzin Choksey Returns With 'The Adventures Of The Pillow Gang'!



Parsi Times is delighted to share that the very talented ace illustrator, Delzin Choksey, who we introduced to you in April 2017, as the artist behind the extremely popular image of Baby Zarathustra which went super viral - is back with her fabulous new illustrations in her latest children's book - 'The Adventures of the Pillow Gang: The Isle of the Towering Tree (Avery and the Pillow Gang Book 101)'.

Available on Amazon [ <https://bit.ly/AmazonAPG> ], in Kindle and paperback format, the illustrations in the book have been hand-drawn and digitally inked by Delzin, based in California. Authored by Brian Melton and beautifully illustrated by Delzin, 'The Adventures of the Pillow Gang' is about little Avery who dreams big! So big that he needs a little help from a few friends to tackle his night-time adventures. Each night, as Avery closes his eyes, his pillows magically come to life and 'The Pillow Gang' - Comfy, Lumpy, and Mushy - guides Avery through his voyages. Whimsical and charming, 'The Pillow Gang' is a book that embraces the value of kindness and sharing, immaterial of each other's differences.



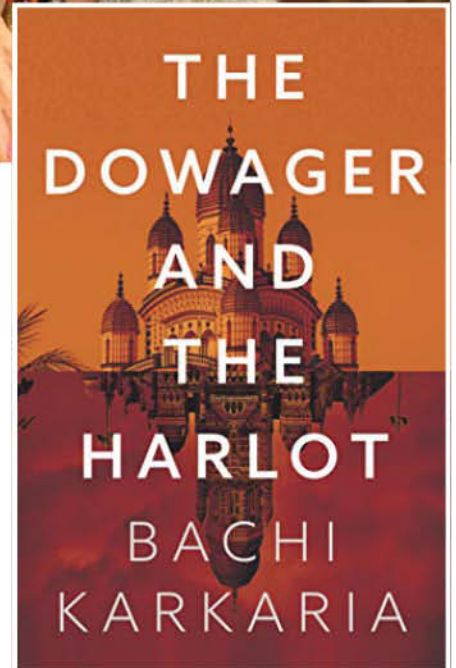
Delzin also shared her illustrations in 'Color and Learn - My First Zoroastrian Coloring Book', an eight-page colouring book, that introduced children to our culture and traditions by highlighting basic Zarathushti symbols like the *Sagan Ni Ses*, *Farohar*, *Atash*, etc. It was another big hit with Zoroastrians the world over, providing many hours of fun and encouraging our tots to recognize and identify with all things Zoroastrian, even becoming a fab addition to Sunday School programs for young Zarthostis! A definite must-have for all parents with young children!

### Bachi Karkaria Authors 'The Dowager And The Harlot'



Leading journalist and writer, known for her inimitable satire and exemplary writing style, Bachi Karkaria, recently unveiled her latest book, titled, 'The Dowager And The Harlot' (Kindle edition). Available on Amazon and published by Westland Books, as part of eleven new, exclusive short stories, 'The Dowager And The Harlot' is Bachi's engrossing personal memoir about the two cities that she calls home - Calcutta and Mumbai. Calcutta - the cultural capital and fragile custodian of nostalgia; Bombay - flashy yet a down-to-earth city of opportunity and wealth: stereotype or reality? Bachi explores how life spins out in two of India's biggest metropolises.

Speaking to Parsi Times, Bachi shares, "Growing up Parsi in Calcutta was substantially different from living as and among Parsis in Bombay. The former city didn't have the overwhelming Parsi presence, institutional as well as individual, but it had enough organisations and occasions to bond us without necessarily thumping our chests



about it. Also, the physical absence of a past helped us concentrate on making something of ourselves in the present. This a personal memoir about the two cities I call home."

Published on 6<sup>th</sup> August, 2020, and priced at Rs. 51/-, don't miss out on the short (38 pages) yet absorbing read, by *aapri* author extraordinaire - Bachi Karkaria.

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# Unlocking Weapon Training With The Pride Of Zoroastrian Community



Standing in the center - Renshi Vispy Kharadi; Sitting below - Renshi Darayas Cooper; to his right - Sensei Farzana Kharadi and Sempei Yazdan Kharadi; to his left - Sempei Jamshed Cooper and Sempei Zidaan Kharadi.

The art of Samurai is the highest intellectual martial art. Handling a sword has a plain beauty with direct efficient techniques and a characteristic of calmness with sharp attention. 'Kenjutsu' is the umbrella term for all 'Kobudo' (weapon training) schools of Japanese swordsmanship.

Our Zoroastrian jewel - Renshi Vispy Kharadi, along with India's leading and one of the best martial artists - Soshihan Mehl Vora, together have been instrumental in gifting this art to the Indian Martial Arts fraternity, in the form of Nippon Kobudo and Kenjutsu Federation - India (NKKFI), and the Japanese Swords and Weapon Federation - India (JSWFI). This body is directly affiliated under the 'Mugariyu Heido Nichiryukai - Japan'; the 'Nihonden Kobudo Kuoshikai - Japan' and the 'World Kobudo Federation - Canada'.

Soshihan Mehl Vora Hanshi is a licensed teacher since 2005 in addition to being the only Indian licensed as Chief Instructor and Examiner for India for the afore-mentioned organisations. Seven-times Guinness World Record Holder, Fitness and Nutrition expert -

Renshi Vispy Kharadi heads the NKKFI; he's the President of Gujarat region and is proudly the highest and senior-most black belt of the state.

Renshi Vispy Kharadi's achievements have truly make the Parsi community stand proud! He's the fourth Dan Black Belt in Karate, second Dan Black Belt in Kudo, second Dan Black Belt in Kenjutsu and the first Dan Black Belt in Judo, Jujutsu, Kobudo and Krav Maga (an Israeli art of self defense).

His proud team of instructors and first black belts of Gujarat includes Zoroastrians from the age of 8 to 53 years - Sempei Yazdan Vispy Kharadi (8 years old) and Sempei Zidaan Vispy Kharadi (11 years old) are the youngest practitioners of this art! Others include Renshi Darayas Cooper - fifth Dan Black Belt in Karate, second Dan Black Belt in Kudo and three-times Guinness World Record Holder - Sensei Farzana Vispy Kharadi and Sempei Jamshed Darayas Cooper.

Kudos to Renshi Vispy Kharadi for being the pride of the community and the country!

# XYZ Donates PPE Kits To Holy Spirit Hospital

By Behroz Dumasia and Armin Wadia



When do-gooders, XYZ's Tehmurasp's Titans (TT) learnt in July, that the Holy Spirit Hospital in Andheri East required PPE kits to protect its doctors, nurses and staff, even as they selflessly worked towards the recovery of patients suffering from COVID 19, they immediately sprung into action to express their intent in helping and spreading the word for the same.

In a matter of three weeks, TTs had gathered enough to be able to donate a consignment comprising a total of 200 kits to the hospital, delivered in two parts. While the first consignment of 100 kits reached the Hospital by the end of the first week of the drive, the next 100 kits reached the 'Covid Soldiers' by the end of the week three.

A TT Volunteer along with a

benefactor, Mrs. Wankadia visited the hospital on 29<sup>th</sup> July, 2020 and met with Dr. Khanna, the Director of the hospital and Dr. Nadeem, ICU and COVID Ward in-charge along with other doctors. Feeling much gratitude towards our kind and selfless 'Covid Warriors', the Doctors and Nurses in charge of the COVID Ward were presented with a 'Thank You' card and a box of chocolates from XYZ. A delighted Dr. Khanna shared that this gesture would certainly boost the morale of the doctors and nurses working tirelessly towards the cause!

It was a very fulfilling drive and where the TTs received a heart-warming response from TT parents and well-wishers towards this noble cause. Team TT expresses thanks to all the contributors for supporting the drive and joining hands to make it a success!



# A Needless Controversy In These Times!

Facing a common adversity generally brings people together. Unfortunately, when the community should be coming together in these difficult times, recently there was another controversy abuzz on social media and Whatsapp groups concerning prayers carried out at the Prayer Hall at Worli, meant for Parsis who opt for cremation.

Community activist, Arzan Ghadijally, referring to a recent recorded conversation between Jamshed Salamat Irani and Er. Framroze Mirza, which was widely circulated on social media, addressed an e-mail dated 1<sup>st</sup> August, 2020 to Dinshaw Tamboly, Chairman of the Prayer Hall Services and Maintenance Trust (PHS&MT) seeking answers to six basic questions regarding the functioning of the Hall. These were, as under:

- (1) Is the 4-days ceremony compulsory on a payment of Rs. 48,000?
- (2) Can prayers be performed by a priest not designated by the Trust?
- (3) If a person cannot afford to pay Rs 48,000, will (*he/she*) be allowed to use the Prayer Hall?
- (4) An amount of half a lakh collected with no receipts is an offence. Do you agree?
- (5) Can the Trust stop cash payments and allow payments by cheque if no receipts are issued?
- (6) (*Could the Trust*) provide breakup of the Rs. 6,000 charged towards incidental charges? This amount is requested to be discontinued. Let the Trust bear such cost.

It was also alleged that Er. Mirza's responses regarding the use of the Hall, and refusal to give receipts, was illegal and should be stopped by the Trustees.

### **Dinshaw Tamboly's prompt response, dated 3<sup>rd</sup> August, 2020, running into 5 pages, started by sharing a few facts and clarifications, as under:**

- (a) The Prayer Hall is the property of the BMC and the PHS&MT cannot, therefore, charge for the use of the Hall. The PHS&MT merely maintains the facility.
- (b) As in the case of all religious ceremonies, the fees charged are invariably by mutual agreement between the family having the ceremonies performed and the priest who organises the prayers (generally, the family Panthaky).
- (c) The PHS&MT is not the recipient of the charges for prayers.
- (d) Er. Framroze Mirza is a practicing priest but is also the coordinator appointed by the PHS&MT for administration and management of the Prayer Hall. He is by no means the only priest authorised to conduct prayers at the Hall and other Panthakys can and have carried out prayers at the Hall.
- (e) The PHS&MT is by not flushed with funds to bear costs incurred and has a small corpus from which it manages to keep the Hall in good condition and secure.
- (f) Lastly, he implies points the need for greater regard for the dearth of numbers and the plight of our Zoroastrian Priests today, who need to be supported in these difficult times.

His answer to Arzan Ghadijally's six questions are as follows:

- (1) The requirement of having all 4 days prayers at the Prayer Hall is temporary and caused by the Covid situation. The indicative charges put out by the Trust have always been for each individual ceremony.
- (2) Any priest can perform prayers at the Hall.
- (3) There have been two instances so far where families have not wanted prayers and so have only paid the incidental charges of Rs. 6,000 to the

Coordinator.

- (4) The Rs. 48,000/- charge may be collected by one person but is distributed amongst all priests who pray during the funeral ceremonies. The PHS&MT is not the recipient of the charges.
- (5) If it is being alleged that priests generally overcharge today and exploit families, it is not appropriate to place this problem at the door of the PHS&MT.
- (6) Exactly as in (4) above, the amount of Rs. 6,000/- collected by the coordinator is distributed to several persons by way of gratuities and there is no single recipient. Tips and gratuities should be given graciously and with dignity and not grudgingly.

Parsi Times received a mail from Arzan Ghadijally where he acknowledges receiving the 5-page response from Dinshaw Tamboly, but still seeks clarification on certain issues asserting, that the pandemic notwithstanding, the Prayer Hall Trust was not formed to "safeguard the interest of the reformist priest," and why hike up the rates in June 2020 to Rs. 48,000/- citing Corona as the cause, and if this amount is mandatory for the full 4-days prayer at the hall.

Arzan Ghadijally believes that the Trust has fixed the above amount and that it "should not engage themselves in matters not concerning them." He asks "if the Prayer hall, as per the Trust is provided free, why does the Coordinator collect Rs. 6,000/- as 'incidental charges' and why is the Trust the decision-maker on charges?"

Having faced these issues in 2017 and 2018, Mr. Ghadijally was informed by Er. Faramroz Mirza that the amounts are fixed by the Trust. He also claims to have never received a receipt for these expenses, and has questioned who pockets the Rs. 6,000/-. He has insisted on complete transparency as regards collective earnings and disbursements, and emphasizes that "nothing is being offered for free," after recounting that since "thirteen cremations took place in July 2020", was the "amount of Rs 78000 that would have been collected as gratuities.. distributed as tips to all over and above the salary the Trust pays the employees?"

He also alleges that the "Trust requests for voluntary donations to take care of the staff salaries, and putting together tips and donations, the Trust is mostly run by donors of the family and gratuities paid by families and nothing is free as stated."

Ghadijally also alleges that the priests do not do justice to the prayers for the deceased for lesser amounts of money, and that he has received complaints claiming that the coordinator is rude. He concludes his mail with the question to the Prayer Hall Trust, "Can a person, rich or poor, use the prayer hall for free without paying the Rs 6000? and tip people individually as per their wishes." He suggests if the charge is mandatory, than the words 'Free use of prayer Hall' be removed and a receipt be issued for the same.

When posed with these questions again, Dinshaw Tamboly stated that the points raised again were a "regurgitation of issues which have been fully addressed in our earlier reply and therefore do not merit a further response." He has re-emphasized that the Prayer Hall Services and Maintenance Trust does not charge for use of the Hall. Again clarifying the earlier points made, adds, "The charges contained in our circulars, which are put out from time to time, are merely indicative and to guide families that are bereaved. They also represent a ceiling for the fees charged by our co-ordinator and we are satisfied that these charges are not out of line with the charges for these prayers if performed elsewhere. We confirm that we would certainly give a receipt for any donations received directly by the Trust."

***We understand that the exchange of mails between both - Arzan Ghadijally and Dinshaw Tamboly - have been posted on the PHS&MT's Website and we sincerely hope that these clarifications will settle any misunderstandings or queries, and put an end to unwanted controversies.***

# Silly Point Productions Presents 'Pretty Boman'!

## Sssshhhh!!! Boman Irani Doesn't Know He's In This Movie!!!

SILLY POINT PRODUCTIONS

# PRETTY BOMAN

STREAMING ON  
**You Tube**

DIGITAL PREMIERE  
**AUGUST 16**  
PARSI NEW YEAR

#prettyboman  
f | @sillypointproductions

**BOOK ON: 9167198806 OR ONLINE ON BOOKMYSHOW.COM**

through life and the obstacles it throws at you.

Speaking to Parsi Times, the Community's favourite ace director, Meherzad Patel, says, "The good thing is, this isn't just a play being streamed on your TV. Those just aren't fun. A stage show is best enjoyed live. We could've easily just put up one of our classics as shown on stage. But the experience of having thousands around you, cannot be compared to that of sitting at home. Movies have to be written and directed differently."

Pretty Boman is written and made to be a movie. And that's how it is intended to be enjoyed. On YouTube, on your television. On Parsi new year. With the family. Not friends, because, well... Social Distancing and all!

**Unlike a live show, where you need to get a ticket for each member of the family, for this movie, just one purchase of ₹500 means everyone in that house gets to watch it!**

And if you're busy on Parsi New year, which seems highly unlikely since all the fire temples are shut and you can't get out... then it's still going to stream all the way till 31st August, which also happens to be Silly Point Productions' 12 year anniversary!

### Silly Point Productions Present 'PRETTY BOMAN'

**When** : August 16, 2020 onwards  
**Where** : streaming online on YouTube  
**Cast** : Boman Irani, Danesh Irani, Darius Shroff, Danesh Khambata, Sajeel Parakh and Dilnaz Irani.  
**Duration** : 50 mins  
**Language**: English, Hindi, Gujarati  
**Booking** : Through bookmyshow.com

**B**ollywood star, Boman Irani is playing the lead in a movie... the only problem is Boman Irani doesn't know he's in the movie!!!

Trust Silly Point Productions to find a way to achieve this, considering they've overcome all the obstacles! Thanks to Covid-19, the theatres are shut, so they've decided to stream a movie online on YouTube! And again, thanks to Covid-19, Boman, like the rest, has decided to quarantine himself, so somehow they got footage and dialogues from Boman, without his knowledge! And poor, naive Boman has no clue what's been happening! They've even captured him being bullied by his wife!!!

**The Plot:** Failed theatre director, Cavas Contractor (Danesh Irani) is out to make a movie with no money, no script, no location, no actors and no talent!! He gets hold of his 2 loyalists, who've been his scapegoats every Parsi New Year in their Parsi plays - (Darius Shroff and Danesh Khambata) and together with Dilnaz Irani and Sajeel Parakh they complete this stellar cast!

(Then again, he's so extremely paranoid to even go and get the newspaper due to the Covid scare, he won't see this either!!)

The story is somewhat a joke on the reality of what's going on right now... Everyone is locked up and trying to find ways to make money and survive. This movie consciously stays away from the Corona backdrop and yet manages to have the same sentiments of people - that of hustling your way

Laugh away into the New Year with the rib-tickling comedy, 'Pretty Boman', Written and Directed by Meherzad Patel, and Story, Concept and Title by Danesh Khambata

## CONTEST ALERT!!

**Watch 'Pretty Boman' for free by entering the contest! All you gotta do is:**

- Like our Facebook pages @sillypointproductions AND @parsitimes
- Upload a picture on Instagram of you and Boman (*feel free to cheat and photoshop yourself with him*)
- Use the hashtag: #prettyboman and tag 2 people you'd watch the show with alongwith @sillypointproductions and @parsitimes!

**10 Lucky Winners Will Get To View 'Pretty Boman' For FREE!!!**

**Disclaimer: Boman Irani doesn't know he's in this movie, please don't tell him!!**

## THE ALEXANDRA GIRLS' ENGLISH INSTITUTION

31, Hazarimal Somani Marg, Fort, Mumbai 400001

Is proud to announce Cent Percent Results for the academic year 2019 - 2020.

Total Number Appeared for the exam	73
Distinction over 90%	20
Distinction between 75% & 89%	46
First Class between 60% & 74%	6
Second Class below 60%	1

Highest Scorer - Fatema Petiwala - 95%

**The Management is proud of its students and acknowledges the efforts of its dedicated staff. We wish them all the very best.**

Advertisorial

## 'Indomitable' Launch By Debutant Author Yezdi Billimoria



"A REALLY CAPTIVATING STORY AND A MUST-READ."

READER REVIEW



Available at  
**amazon**

Mumbai-based Yezdi P. Billimoria has made his debut as an author with his book, 'Indomitable' - a story of ambition, determination and everlasting love - a timely reminder, during these challenging times, that tough times don't last... and that following your passion is the key to success.



Speaking to Parsi Times, Yezdi says, "The book is based on the lives of my parents and is a kaleidoscope of Parsi culture with references to our iconic Parsi Colony, our food and many other influences which have shaped my life. The purpose of the book is to alleviate some of the suffering of the sick and poor, as its sales will directly contribute towards their welfare. It would be my pleasure for the community to enjoy an inspiring story of determination, love, pain and suffering and at the same time, contribute in a small way towards giving back to society."

Jamshed who itches to fly into the skies, to a bed-ridden sick, old man, praying for an early death. What is the reason for this transformation and how does the young couple cope with it? Jamshed's life becomes the canvas for an intimate portrait of an ambitious, headstrong young man whose fatal flaw is his downfall and who chases love and adulation and ultimately realises the transience of beauty and death.

'Indomitable' is the story of young Jamshed, a fiery tempered, headstrong boy with a modest Parsi family, who dreams of becoming a pilot and ruling the skies. As he chases his dream he falls in love with the beautiful Zenobia and marries her. What follows is Jamshed living his dream and transforming into the handsome and charismatic Capt. Jamshed Irani. The book lives Jamshed's life as the story progresses from a young

The 289-page book is available in e-book format exclusively on Amazon at: [https://bit.ly/Indomitable\\_ebook](https://bit.ly/Indomitable_ebook). A paperback version will be available soon.

Describing himself as a bookworm, foodie and banker, in that order, Yezdi Billimoria is married and lives with his wife and two children in Mumbai.

## Suraksha Kavach with Pureganic's RAKSHAK

The partial opening of Lockdown and the arrival of monsoon, with exposure to external environment is bound to bring various health challenges. Understanding the need of the hour and wellbeing of customers, Pureganic had launched 2 new products - RAKSHAK & G-SATVA (Giloy Tablets), which has generated very good response amongst users.

Rakshak is a powerful mixture loaded with Giloy & Ginger extracts. It helps cough dissolution, aids digestion & increases immunity. It clears and cleanses mouth & throat related issues. It provides good protection against any types of viruses, by strengthening the respiratory system. It is easy to consume & very effective. Rakshak is a liquid spread (Paste) to be taken daily post food. It works well as preventive & curative protection against viruses.

G-Satva (Giloy Tablets) - Giloy is a universal herb that boosts immunity. A powerhouse of antioxidants which fights bacteria and keeps body cells healthy to get rid of diseases, Giloy removes toxins, purifies blood, combats liver diseases and urinary tract infections. It also treats chronic fever, arthritis, asthma, improves digestion, vision, controls diabetes, reduces stress & anxiety.

Pureganic also offers Tulsi Ark, Haldi Ark, Colostrum (Purecolo/Chocolo), Brahmi Honey, Tulsi Honey, Turmeric-Cinnamon Honey, Jamun Honey, Babul Honey, Bilona A2 Gir Cow Pure Ghee, OMG (For joint/back pain), Brahmi Nasya (Nasal Drops), Moringa Leaves tablets & Oil, Wheatgrass tablets, Kakvi (Molasses) & Calcium, few of them are recommended by Ayush Mantralaya (Government of India), which are helpful in promoting overall wellbeing for all age groups, in the family.

**NEED OF THE HOUR** RAKSHAK

**POWER OF**

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- ❖ Fever
- ❖ Flu Effect
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- ❖ Blood Sugar
- ❖ Cholesterol
- ❖ Inflammation

loaded with vitamins & minerals iron, calcium, magnesium, potassium, manganese, chromium, copper, zinc, selenium

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100% NATURAL AGRO BASED SUPERFOODS  
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recommends use of GILOY for fighting this Pandemic  
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A Corona-positive recovered family writes, "We all are feeling good & energetic after taking Pureganic Haldi Ark, Tulsi Ark, Purecolo, Brahmi Honey & Rakshak. My wife is feeling much better within 3 days of starting Rakshak & we are continuing with it. Many thanks for helping us in our fight Corona."

Jasmine Kaizad Kasad writes, "I frequently caught allergic cold and severe headache, with a running nose. Due to coronavirus scare, I started taking Rakshak with my family. So far, no one at home has developed cold or any ailments. Touchwood! It truly stands true to its name!"

**Pureganic offers a 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.**

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# Lessons Learnt In The Times Of Corona



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.*



Sitting, waiting, while days rolled into weeks and gradually into months, we've all had time on our hands during this lockdown to understand how fragile every aspect of our existence really is. A lot has changed in the last few months; a lot will continue to change well into the future. A time of learning, a time of growing - this has singularly been a period of resetting our priorities, revisiting our preferences and realigning our finances.

The pandemic has affected us in unimaginable ways. We all know someone who has been exposed to the virus or has contracted the illness, some mildly and others in life-threatening ways. To watch the news and see how the virus is spreading worldwide and even more so, to live with it in our own backyard, is frightening enough. The economic fallout has affected us all too. We have so many friends and colleagues laid off or losing jobs and unemployment seems only to be on the rise. Then we have our children facing their own demons - re-adjusting their lives with online schooling, playing indoors, with no play-dates on the horizon.

The corona virus has taken countless treasured experiences from the youth such as companionship, friendships, athletics, music and drama performances, proms and commencement ceremonies. We have experienced panic, loss, isolation, boredom and fear. While practically it has created a keen awareness of health and hygiene, it has elevated our sense of maturity as well. We are cooped up in our homes, isolated, socially deprived, all the while praying for a sign, some hope. Maybe a headline stating we are almost on the brink of a possible vaccine, a plateau of the pandemic curve or a bruised economy finally healing. We are all assailed with feelings of frustration and helplessness especially when the medical experts say, "Life, at present, for all of us, should be dictated by the virus and not the other way around." It seems that the light at the end of the tunnel is a long way coming! So how can

we not help feel anything but despair knowing that this pandemic is getting exponentially worse before it gets better?

We, as a society, were remarkably self-absorbed and self-assured. Think about it - much of how we lived our lives before this point included a ton of social media, some of us keeping up with the Jones', having a false sense of financial security and health invincibility! We were travelling so much, living it up till Mother Earth got us all to a grinding halt! Sometimes, despite the pain, you say kudos to her. Now our only maxim in the last couple of months is, 'stay safe and stay sane'.

'Hang in there buddy, this too shall pass,' - we keep telling ourselves. Truth is, while we are missing out on a lot outside, we have been handed a God-given opportunity to catch up on the inside! In the months of introspection, a lot of us have realised some Life Lessons to be learnt here. Simple but fundamental truths that can hold us in good stead perhaps even post a Corona-free world:

**Health And Wellness Above All Else:** Covid has redefined our view on health and fitness. For those who took your health or access to medication for granted, this time has proven to be a ringing wakeup call! We are paying a lot more attention and understanding the importance of developing healthy habits and a generally healthier lifestyle. Taking care of ourselves body, mind and spirit has become a priority. Many use online platforms to meditate, workout, learn new skills. Keeping physically fit and mentally challenged seems to be the order of the day. If there is one thing you can control in a crisis, it's how you use information!

**We Need To Co-Exist With Our Planet:** Perhaps the most important lesson ever,

and one we need to remember for all times, is that the planet doesn't need us - we need it! We need to start respecting, appreciating and acknowledging the fact that our planet is permanent; we, on the other hand are mere renters! Our lease on life is short-lived, temporary. Respect the ground you are planted on. Leave this holy ground improved for future generations to enjoy.

**Prioritizing Relationships:** An important take away, this is our time to repair and improve our interpersonal relationships, to appreciate friends and family surrounding you and the ones connected to you. The people closest to you deserve your time and attention; the ones away need to know you are thinking of them. This time has served to re-forge relationships from the past, only to carry them renewed into the future. Find your people, your loved ones and use this time to strengthen the bonds you already have.

**Importance Of Saving And An Emergency Fund:** With unemployment, job cuts and salary cuts, we have realised the importance of saving for a rainy day! This could perhaps be the longest rainy period ever! Never before have we realised the importance of having a nest-egg to tide us in these lean times. One has to have at least about 3-6 months' worth of living expense put away as a cushion. If you've lost your job or need some time to transition between jobs, that buffer would have served you well. This economic slump will leave permanent scars on our spending and saving. You neither want to be strapped for cash nor bankroll your children into a crisis.

**Saying Goodbye To The Age Of Consumerism:** We realize that we don't really need to spend as much as we used to. We were in the fast lane, we shopped

and lived on things we thought were essential or added to our lives. Under the lockdown, we have gained a new perspective on many things. Hopefully, this period has shown us that we really don't need much to be happy - what we have is good enough, and we need to be thankful for it! Those things we earlier thought indispensable - those sunglasses, shoes and handbags - are hardly handy anymore! Now we are living it up in sweats, a couple of comfy Tees, a lot of sanitizer and a lot less disrespect for our hard earned money!

**Let's Slow Down:** We live in a world that is on the go constantly. It's a rat race no matter where you are. We are constantly under pressure to be productive, compete and be better to be successful. This is ingrained into our psyche - to attain success you need to push at all times. We were overworked, underpaid and burned-out in the quest of successful careers and the dream of a perfect life. We had lost out on the work-life balance a long time ago. We needed this time now to apprehend the enormity of slowing down. Living day to day, in the moment, has proved to be a conscious entry into this new chapter in our lives. Maybe now we'll learn to really live in the present without excessively worrying about the future. After all, 'Enjoying life is enjoying the moment!'



**When All Fails, Live On Hope:** What the crisis has taught us is to live on hope. Today, afflicted globally, the whole world is clinging to Hope. Hope is the expectation of recovery, the confidence of that vaccine, the faith of a more unified, empathetic world. If there is one thing that is keeping us afloat and sane, it's the hope that we are almost on the brink of that cure which could ease our lives back into some flow of normalcy. Human hope has always been the one thing that keeps any possibility alive. These times have indeed taught us: 'Hope is the only thing stronger than fear'!

Yes, Covid-19 happened in an instant. It cleared calendars, shuttered venues, and exhausted entire segments of local and national economies. But, in the midst of all that chaos, we learnt calm. We learnt never to take things for granted!



# PARSI TIMES *PT Timeout*

## The Bawa Word Search

Search out 16 Popular Games Played With Balls hidden in the word-jumble box below, in bi-directional, horizontal, vertical and diagonal forms:

T E L W N I Z M G Y Y Y S S C A P Q B F X B Y H P  
 K W L C X Q E N Y S F N T E K H K A Z P F L O G R  
 O O A S U D R C N T E A U K P Y Q H C O D J S Q U  
 F H B N Q N W R Y O E A N P B A G Y D J A Y M H G  
 J Q T N E Z G N A J Q K Y C G X K R R J E F C N B  
 I Z O H Y V I R R G Q I C F E K R F J P E B I C Y  
 S D O P N R V U H R X R T I G S V V S H K N R T B  
 V W F J P O B V I K R W Y Q R V V Y O C E G I A B  
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 J D C F D I L H O V A J Y I S B Z A K T S O N J C  
 V A T Z W B D L S L L C Q I Q D E K R H Z B O M F  
 L J Y L A B O X I A Q S M G G E K B A S E B A L L  
 W M N T U Y Y H E T U O H P N P M L X T E C Y W N  
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- |            |             |            |              |
|------------|-------------|------------|--------------|
| Baseball   | Cricket     | Squash     | Table Tennis |
| Basketball | Soccer      | Rugby      | Golf         |
| Hockey     | Lawn Tennis | Water Polo | Sepak        |
| Football   | Lacrosse    | Nine Pins  | Billiards    |



### TechKnow With Tantra

#### Privacy Badger

Privacy Badger provides a useful option of preserving your privacy when you are browsing. Instead of keeping lists of what to block, Privacy Badger learns by watching which domains appear to be tracking you as you browse online and sends the 'Do Not Track' signal. If trackers ignore your wishes, your Badger will eventually block them, once it sees the same tracker on three different websites. Besides automatic tracker blocking, Privacy Badger removes outgoing link click tracking on Facebook, Google and Twitter, with more privacy protections on the way. It is available as an extension on multiple platforms such as Chrome, Firefox, Safari and Opera.

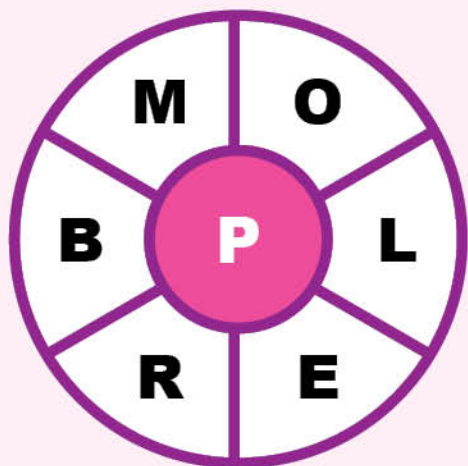
W: <https://www.eff.org/privacybadger>

## SUDOKU

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

## 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

## WINNING CAPTION!!!



Man Standing: Poor Guys, gazing at the green shoots of the Indian Economy that's gone down the drain!

By Hoofriz Dotiwalla

## CAPTION THIS!



Calling all our readers to caption this picture!

The wittiest caption will win a fabulous prize!

Send in your captions at [editor@parsi-times.com](mailto:editor@parsi-times.com) by 19th 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.



### Thought of the Week

Faith is unseen but felt, faith is strength when we feel we have none, faith is hope when all seems lost

- Catherine Pulsifer



# 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

In keeping with the rainy season, this week, Chef Delzad shares the recipe of three delectable soups to keep you warm and your palates satiated!



## Creamy Potato And Scallion Soup

### Ingredients:

**Potatoes** – 250 g; **Onions** – 1 medium; **Garlic** – 6 cloves; **Butter** – 30 g; **Spring onions** – 4; **Chicken breast cut in small dices** – 100 g; **Cream** – 50 ml; **Salt, Pepper, Paprika powder, Cumin powder** – to taste, for seasoning chicken.

### Method:

1. Peel and roughly chop the potatoes, onions and garlic.
2. Saute the above in butter and add enough water to cover.
3. Add salt and boil till potatoes are cooked. Then blend using a stick blender/jar blender to a smooth consistency.
4. Season the chicken with the salt, pepper, paprika and cumin powder and add to the blended mixture.
5. Simmer for a further 7 mins or till the chicken is cooked.
6. Add the chopped spring onions.
7. Turn off the heat and add the cream. Mix well and serve hot!



## Chicken Bone Broth Soup

### Ingredients:

**Chicken necks/bones** – 1 kg; **Onions** – 2 medium; **Carrots** – 2 medium; **Tomatoes** – 1 medium; **Chopped garlic** – 5 cloves; **Bayleaf** – 2; **Black peppercorn** – 4; **Cloves** -3 pcs; **Vegetable oil** – 4 tbsp; **Chopped coriander** – ¼ bundle; **Chopped spring onion greens** – 2; **Salt** – to taste

### Method:

1. Season the chicken bones/necks with salt and pepper; Combine with 1 roughly cut medium onion, 1 roughly cut carrot and 2 tbsp of vegetable oil. Roast in the oven @180 C for 1 hr.
2. Boil the roasted bones and veggies with bayleaf, peppercorn and cloves for about 15 mins and simmer for another 20.
3. Strain the stock and save the liquid and the bones and allow to cool.
4. Pull all the chicken off the bones and keep aside.
5. In another pot, heat 2 tbsp of oil and add 1 medium chopped onion, 1 medium chopped carrot, chopped garlic, chopped tomatoes and saute.
6. Add the chicken and the stock and bring to a boil
7. Serve hot, garnished with chopped coriander, chopped spring onion greens and a side of fresh bread.



## Thai Noodle Soup

### Ingredients:

**Boiled noodles** – 150 g; **Carrots cut into julienne** – 1 medium; **French beans finely chopped** – 8; **Chopped spring onions** – 3; **Chopped dry red chillies** – 4; **Lime cut into slices** – 1; **Baby corn cut into roundels** – 3 pcs; **Sliced garlic** – 6 cloves; **Sliced galangal** – 1 small piece; **Chopped lime leaves** – 2 pcs; **Soya sauce** – 1 tbsp; **Chilli sauce** – 1 tbsp; **Star anise** – 2 pcs; **Vegetable oil** – 2 tbsp; **Salt and pepper** – to season

### Method:

1. Heat vegetable oil in a pan. Add garlic, spring onions, galangal, lime leaves, baby corn, French beans, carrots and saute.
2. Add the sliced limes and about 1.5 ltrs of water, season with salt, pepper, soya and chilli sauce and allow to come to a boil. Then simmer for 15 mins
3. Add the boiled noodles and your noodle soup is ready!

## THE TRUTH. DELIVERED WEEKLY.

### આદર પુનાવાલાએ વેક્સીન માટે આપેલું મહાન વચન



Image Courtesy: Avinash Gowariker

સીરમ ઈન્સ્ટિટ્યૂટ ઓફ ઈન્ડિયા (એસઆઈઆઈ) ના સીઈઓ અને માલિક આદર પુનાવાલાએ તેના નૈદાનિક પરીક્ષણો પૂરા થતાં પહેલાં તેમાં ખૂબ જ રોકાણ કરીને, કોરોનાવાયરસ વેક્સીન લીધી છે અને તેનું પરિણામ સાડે આવશે કેમ કે પ્રારંભિક પરીક્ષણોમાં હકારાત્મકતા બતાવવામાં આવી છે. પુણે સ્થિત એસઆઈઆઈ એ વિશ્વની સૌથી મોટી વેક્સીન ઉત્પાદક છે. આપણા ડાયનામિક આદર પુનાવાલાએ પ્રથમ બ્રિટિશ ફાર્માસ્યુટિકલ કંપની,

એસ્ટ્રાઝેનેકા સાથે ભારત અને અન્ય વિકાસશીલ દેશોમાં વેક્સીન ઉત્પાદન અને વેચાણ માટેના સોદા પર હસ્તાક્ષર કરીને એક મોટી તક લીધી હતી.

મીડિયા રિપોર્ટ્સ અનુસાર, આદર પુનાવાલાએ કહ્યું, અજમાયશમાં અમને આશાસ્પદ પરિણામો જોવા મળ્યા છે અને અમે તેના વિશે ખૂબ ખુશ છીએ. અમે જલ્દી જ ભારતીય નિયમનકારને લાઈસન્સરી ટ્રાયલ માટે અરજી કરીશું. તેઓ અમને જેવી મંજૂરી આપે તેમ અમે ભારતમાં રસી માટેના પરીક્ષણોથી પ્રારંભ કરીશું. આ ઉપરાંત, અમે ટૂંક સમયમાં જ મોટા પ્રમાણમાં રસીનું ઉત્પાદન શરૂ કરીશું.

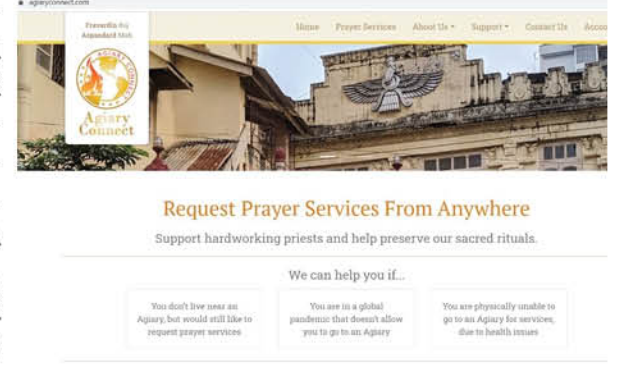
અહીં એવી આશા છે કે આપણા સમુદાયના ગૌરવ, પુનાવાલાએ, કોવિડ -૧૯ રોગચાળાને લીધે થતાં આકોશ સામે વિશ્વવ્યાપી જીવનની સેવા કરવામાં અને તેનું રક્ષણ કરવામાં પોતાને અગ્રણી સાબિત કરે છે.

### 'Agiaryconnect.com' વૈશ્વિક પ્રાર્થના વિનંતીઓ માટેની વેબસાઈટ

બનાજી લીમજી અગિયારી (ફોર્ટ, મુંબઈ)માં મોબેટો દ્વારા કરવામાં આવતી પ્રાર્થના સેવાઓ ઓનલાઈન કરવા ધાર્મિક પહેલ - agiaryconnect.com - તાજેતરમાં ફરી શરૂ કરવામાં આવી છે.

ત્રણ સાહસિક અમેરિકન પારસી - દિનશા મિસ્ત્રી (હ્યુસ્ટન), બેનાક્ષા શ્રોફ (ડેનવર) અને જમશીદ મિસ્ત્રી (કેલિફોર્નિયા) દ્વારા agiaryconnect.com ની સ્થાપના કરવામાં આવી હતી. આ વેબસાઈટ મહેનત કરનારા ધર્મગુરૂઓને ટેકો આપવા ઉપરાંત વિશ્વના જરથોસ્તી ધર્મના આધ્યાત્મિક પાસા સાથે જોડાયેલા રહેવાની સુવિધા આપે છે. અને આપણી પવિત્ર વિધિને જાળવવામાં મદદ કરે છે એરવદ હોશેદાર ગોદરેજ પંથકી જે ૨૦૦૭થી બનાજી લીમજી અગિયારીના પંથકી છે જેમના માર્ગદર્શન હેઠળ આ સેવાઓ આપવામાં આવે છે.

આ વિચાર મૂળમાં ઓગસ્ટ ૨૦૧૧માં થયો હતો અને વેબસાઈટ પછીના વર્ષે શરૂ કરવામાં આવી



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

હતી, પરંતુ તે થોડા વર્ષોમાં બંધ થઈ ગઈ, જેને ૨૦૨૦ માં ફરીથી શરૂ કરવામાં આવી છે. વૈશ્વિક સ્તરે અને ભારતમાં, જે લોકો અગિયારીની નજીક ના રહેતા હોય, અથવા તમે વૈશ્વિક રોગચાળામાં છો જે તમને અગિયારીમાં જવાની મંજૂરી આપતું નથી અથવા આરોગ્યની રીતે તમે શારીરિક રીતે અસમર્થ છો અને તમે પ્રાર્થના સેવાઓ માટે વિનંતી કરવા માંગો છો તે મુદ્દે જરથોસ્તીઓ માટે તે ખૂબ મદદરૂપ સાબિત થશે.

વધુ માટે જુઓ પાનુ ૨૨

## પારસી નવું વર્ષ ૨૦૨૦ની સ્પર્ધા!!

પીટીના નવું વર્ષ સ્પેશિયલ ઈશ્યુમાં ભાગ લો અને બમ્પર પ્રાઈઝ જીતો!  
તથા અમારા વિશેષ અંકમાં પ્રકાશિત બનો

### સ્પેશિયલ ઈશ્યુ થીમ: આશાની ઉજવણી!



#### હરીફાઈ ૧:

તમારી ખૂબસૂરત સ્માઈલનું ક્લિક-એ-પિક!

આશાની કંઈ પણ સીમા નથી જે તમે હૃદયથી સ્માઈલ કરો, તેથી તે મોતીદાર સફેદ સ્માઈલને ક્લિક કરી એક સ્માઈલ સાથે નવા વર્ષને રોશની આપો!



#### હરીફાઈ ૨:

કાવ્ય અને ગદ્યામાં આશાની ઉજવણી!

તમારા મૂળ લખાણો કવિતા અથવા ગદ્ય - શબ્દ મર્યાદા: ૧૫૦ શબ્દો અથવા તમારા પોતાના રચનાત્મકતાના ચિત્રો - આર્ટવર્ક / હસ્તકલા, કે જે આશાને ઉજવે છે અને ભવિષ્યમાં આપણા સમુદાયને વિશ્વાસથી પ્રભાવિત કરે છે તેના દ્વારા નવા વર્ષ પર ખૂબ જરૂરી આ મુશ્કેલ સમયમાં પોઝિટિવિટી શેર કરો.

દરેક કેટેગરીમાં ટોચના ૩ પ્રવેશો જીતી જશે અને ૧૫મી ઓગસ્ટના ન્યુ ચર સ્પેશિયલ ઈશ્યુમાં સ્થાન મેળવશે!

તમારી ટેલેન્ટેન્ડ એન્ટ્રી મેઈલ કરો [editor@parsi-times.com](mailto:editor@parsi-times.com)

૧૦મી ઓગસ્ટ, ૨૦૨૦ સુધીમાં તમારી એન્ટ્રી અમને મળી જવી જોઈએ.

મુક્તાદ અથવા ફવરદેગાનના દિવસો જરથોસ્તી કેલેન્ડરના છેલ્લા દસ દિવસ હોય છે અને દરેક ધર્મપ્રેમી જરથોસ્તીના જીવનમાં ખૂબ મહત્વ ધરાવે છે. આ વર્ષે મુક્તાદ દટ્ટી ઓગસ્ટથી શરૂ થયા છે અને પતેતીએ એટલેકે ૧૫મી ઓગસ્ટ શહેનશાહીએ સમાપ્ત થશે. ૧૬મી ઓગસ્ટે નવું વર્ષ છે જેનો પહેલો દિવસ (રોજ હોરમઝદ) અને પહેલો મહિનો માહ ફરવરદીન ૧૩૯૦ યઝદેઝરદી શહેનશાહી કેલેન્ડર પ્રમાણે.

રોગચાળાને કારણે, બધાં પૂજા સ્થાનો બંધ છે અને ફક્ત પૂજારીઓને જ પૂજા સ્થળોએ પ્રવેશવાની અને વિધિ કરવાની મંજૂરી છે. આથી, નીતિ તરીકે, મોટાભાગની અગિયારીઓએ નિર્ણય લીધો છે કે મુક્તાદ સાથે જોડાયેલી તમામ સામાન્ય વિધિઓ કરવામાં આવશે, તે ધાર્મિક ક્રિયાઓમાં ભાગ લેવા માટે ભક્તોને અગિયારી કે આતશ બહેરામમાં પ્રવેશની મંજૂરી આપવામાં આવશે નહીં. આ નિર્ણય સરકારના નિર્દેશોનું પાલન કરવાના હેતુથી અને ભક્તો, યાજ્ઞકો અને સહાયકોની આ સંકોચક બિમારીનો સંકટ લાવવાની સંભાવનાને ઘટાડવાના હેતુ સાથે લેવામાં આવ્યો છે.

અમે એવા પરિવારોની લાગણીઓને સંપૂર્ણ રીતે સમજી, સહાનુભૂતિ પાઠવીએ છીએ જેમણે તાજેતરમાં જ એક નજીકનું પ્રિયજન ગુમાવ્યું હશે. જો કે,

## રોગચાળાના સમયમાં મુક્તાદ

સારા સમાચાર એ છે કે, બધી વિધિઓ અગિયારી અથવા આતશ બહેરામમાં વરસોથી કરવામાં આવે છે અને હવે પણ કરી શકાશે. ફરક માત્ર એટલો જ છે, ભક્તો આ વિધિમાં હાજર નહીં રહી શકે અને કુટુંબના ધર્મગુરુઓ પર વિશ્વાસ રાખી આ ક્રિયા કરાવી શકશે.

‘ધરથી મુક્તાદ’: સંખ્યાબંધ ભક્તોએ પૂછપરછ કરી છે કે તેઓ ઘરેથી મુક્તાદનું નિરીક્ષણ કરી શકે છે? અમારો પ્રતિસાદ હકારાત્મક છે! ઐતિહાસિક દ્રષ્ટિએ, સમુદાય હંમેશાં ધરથી મુક્તાદનું પાલન કરતું હતું પરંતુ શહેરીકરણ, નાના ઘરો અને ઘર ધાર્મિક રીતે શુદ્ધ ન હોવાને લીધે સમુદાય ઘરના બદલે અગિયારીઓ તરફ વળ્યું.

મુક્તાદના દિવસો ફવશીનું સન્માન કરે છે, ઉર્વન અથવા આત્માઓનો નહીં! ફવશી અથવા ફરોહર એ દેવી સાર છે, જે સંપૂર્ણ શુદ્ધ અને સારું છે ફવશી એ આધ્યાત્મિક સાર અથવા શક્તિ છે જે અહુરા મઝદાની દરેક સારી રચનાને આગળ લઈ જાય છે અને તેને વધવા માટે મદદ કરે છે.

ફવશી એ એક પ્રોટોટાઈપ પણ છે, જે માનવામાં આવે છે કે તે બધી સામગ્રી બનાવટ પહેલા અસ્તિત્વ ધરાવે છે. અહુરા મઝદા, એમેશા સ્પેન્તા અને

યઝાતા પણ તેમની પોતાની ફવશી હોવાનું મનાય છે. છોડ, પ્રાણીઓ, પર્વતો અને નદીઓની પણ પોતાની ફવશી છે. તેઓ મૃતકોના આત્માઓના વાલીઓ છે અને જીવંત લોકોના જીવન રક્ષણ અને માર્ગદર્શન આપે છે.

વિચારશીલ બનો: ફવરદેગાન દિવસો દરમિયાન, અમે તેમના નજીકના અને પ્રિય લોકોના ફવશી માટે વિશેષ પ્રાર્થના કરીએ છીએ. રિવાયત એક જરથોસ્તી માટે ૬ મહત્વપૂર્ણ ધાર્મિક ફરજોની ભલામણ કરે છે, જેમાંના બેમાં ગંભીરનું અવલોકન કરવું અને ફવરદેગાન દિવસોમાં ગુજરી ગયેલા વહાલાઓના ફવશીને યાદ રાખવું શામેલ છે. અન્ય બે ફરજોમાં ‘રાસ્તી (સચ્ચાઈ) / ન્યાયીપણાની) અને રાધી (દાન)’ શામેલ છે. અને, અહીં દાન માત્ર ખોરાક, આશ્રય, કપડાં અથવા પૈસા આપવાનું નથી. જે અગત્યનું મહત્વ છે તે ચિંતનશીલ છે, અથવા જેને આપણે સામાન્ય રીતે વિચારશીલ – અન્યની લાગણીઓને ધ્યાનમાં રાખીને, બીજાની સુખાકારી વિશે વિચારશીલ અને સામાન્ય રીતે વિચાર, શબ્દ અથવા કાર્યોમાં સેવાભાવી હોવાનો ઉલ્લેખ કરીએ છીએ. નકારાત્મક વિચારો અથવા કઠોર શબ્દોથી બીજાને નુકસાન ન પહોંચાડી અને તમારા કાર્યોથી પોતાને અથવા



બીજાને કોઈ નુકસાન ન થવા દો.

મુક્તાદનું અવલોકન: ફવરદેગાનના દિવસો શબ્દ સાચા અર્થમાં રજાઓ થાય છે. પારસીઓ પોતાને દુન્યવી બાબતોથી દૂર કરી દેતા અને રાત-દિવસ પ્રાર્થનામાં વ્યસ્ત રહેતા. અઠવાડિયા પહેલા બધા ઘરો સાફ અને નવીનીકરણ કરવામાં આવતા. દિવસ અને રાત અગ્નિ અને ધૂપ સળગાવી રાખવામાં આવતી, ખાસ કરીને તે અલગ ઓરડામાં જ્યાં શુદ્ધ પાણી અને તાજા ફૂલોવાળી પવિત્ર ધાતુની વાજ, આરસની ટોચની ટેબલ પર રાખવામાં આવે છે. આ આજે પણ જોઈ શકાય છે. કોઈએ અગિયા-રીમાં પરિવારના ધર્મગુરુ પર ઔપચારિક કામગીરી સોંપે છે. પરંતુ ઘરે ફૂલો, તેલના દીવા, ધૂપ અને ફળોની ઓફરથી સમાંતર વાતાવરણ પણ બનાવી શકાય છે. ફૂલો ફક્ત કોઈ પ્રિય વ્યક્તિની

યાદને તાજ રાખવામાં મદદ કરે છે, તથા શાંતિ, શુદ્ધતા અને પ્રેમનું વા-તાવરણ બનાવે છે. ફૂલો, તેલના દીવા, અગ્નિ અને ધૂપ સળગાવવાની સાથે, મુલાકાતીઓનાં માનમાં વચ્ચુંઅલ સ્વર્ગ પૃથ્વી પર બનાવવામાં આવે છે. ચોક્કસ જો કોઈ ઘર યોગ્ય વાતાવરણ બનાવે છે, તો મુલાકાત લેતા ફવશી તમારા ઘરે ચોકતકસ પધારશે અને તમને આશીર્વાદ પણ આપશે.

ઘરને જ સ્વર્ગ બનાવો: આ રોગચાળા દરમિયાન પણ, આપણે ધાર્મિક ઉત્સાહ અને ધર્મનિષ્ઠા સાથે ફવરદેગાન દિવસોનું અવલોકન કરી શકીએ છીએ. તમારા ઘરને અવેસ્તાની સુખદાયક મંત્રોચ્ચારથી ભરી દો. આ વિશ્વને જીવંત સ્વર્ગ બનાવવાનો પ્રયાસ કરો. સેવાભાવી, દયાળુ અને સમજદાર બનો. તમારા ઘર, તમારા કાર્ય સ્થળ, તમારા પડોશીથી પ્રારંભ કરો. પ્રાર્થના કરો, પણ તમે જે પ્રાર્થના કરો છો તેનો પણ અભ્યાસ કરો.

મુક્તાદ એ મુક્ત આત્મા (મુક્ત ભાવના) વિશે છે. ન્યાયી ફવશીઓને પ્રોત્સાહન આપો, તમારી પોતાની ભાવનાને પણ મુક્ત કરો. નકારાત્મક વિચારો, કઠોર શબ્દો અને દુઃખદાયક કાર્યોથી તમારી ભાવનાને મુક્ત કરો. હા, ખરેખર, શ્રદ્ધા અને ભક્તિથી ઘરેથી મુક્તાદનું પાલન કરો!

- નોશીર દાદરાવાલા



## ભગવાન મળી ગયા!

ભાવેશ એક ડોકટર હતો. અને કોઈવાર તેને દવાખાનેથી મોડું પણ થતું તે જે રસ્તેથી આવતો ત્યાં એક મંદિર હતું અને તેના પગથિયા પરની લાઈટના પ્રકાશમાં એક સાધારણ પંદરેક વર્ષનો છોકરાને હંમેશા અભ્યાસ કરતો ભાવેશ જોતો.

ભાવેશને એ છોકરો ફક્ત રાત્રેજ દેખાતો સવારે દવાખાનામાં જતા ક્યારે પણ તેને તે દેખાતો નહીં. એક વાર રાતે દવાખાને ખૂબ મોડું થયું અને પોતે એકલોજ રહેતો એટલે તેણે ખાવાનું પાર્સલ બંધાવ્યું. રસ્તે જતા તેણે તે છોકરાને ફરી જોયો અને ખબર નહીં તેની સાતે વાત કરવાનું મન થયું. મનમાં થયું પેલા છોકરાને ખાવાનું પાર્સલ આપી દઉં તો.

ભાવેશ તે મંદિર પાસે આવ્યો અને હંમેશની જેમ એ અભ્યાસ કરતો દેખાયો. ગાડીમાંથી ઉતરીને તેની પાસે ગયો તો તે છોકરો ભાવેશને જોઈને ગા-

લમાં ને ગાલમાં હસ્યો. જાણે ભાવેશને એ ઓળખતો નહોતો. ભાવેશે પૂછ્યું કે કેમ રોજ અહીં બેસીને ભણે છે?

તેણે કહ્યું સર મારા ઘરમાં લાઈટ નથી. મા બિમાર છે અને ઘાસતેલનું ધાનસ મને પરવડે તેમ નથી.

મેં પૂછ્યું કે તું મને જોઈને મલકાયો કેમ?

સર તમે ભગવાન છો ને? ના રે બેટા.

સર તમે મારા માટે ભગવાન જ છો. ચલ જવા દે, તું જમ્યો કે? હું તારા માટે થોડુંક ખાવાનું લાવ્યો છું. ભાવેશે કહ્યું.

સર, એટલે જ હું હસ્યો. મને ખબર જ હતી કે ભગવાન કોઈ પણ રૂપમાં આવશે જ. અને મને ભૂખ્યો નહીં જ રાખે. હું જ્યારે જ્યારે ભૂખ્યો હોઉં છું ત્યારે કંઈ ને કંઈ મોકલી જ આપે છે, ક્યારેક માનતાના પેંડા તો ક્યારેક ફળ. આજે પણ હું ભૂખ્યો હતો પણ મને આશા હતી કે કે ભગવાન કોઈને કોઈતો મોકલશે.

હું નિશબ્દ થઈ ગયો. ન ખબર પડતાં મારા હાથે પુણ્યનું કામ થઈ રહ્યું હતું.

તેણે થોડુંક ખાઈને કહ્યું તમે અહીં



જ થોભો, હું આવ્યો જ આમાંનું થોડુંક ભોજન મારી માને આપી આવ. મારી આંખો ભરાઈ આવી. પાંચ જ મિનિટમાં એ પાછો આવ્યો. એના ખોબામાં પારિજાતના ફૂલો હતાં.

સર, મારી મા કહે છે કે જે ભગવાને આપણા પેટનો ખાડો પૂર્યો તે ભગવાનના ચરણોમાં આ મુઠ્ઠીભર ફૂલો તો ચઢાવીએ.

ભાવેશ રાતના સુતા સમયે ફક્ત એક જ છોકરાને યાદ કર્યો.

થોડા સમયબાદ કરોનાએ કહેર કાઢ્યો. કરોનાના ભયથી લોકડાઉને કારણે શાળા, કોલેજ અને મંદિરો પણ બંધ થયાં. રસ્તાઓ સૂમસામ થયા. ભાવેશને ફરી પાછું દવાખાનામાં મોડું થયું તે રાતે ફરી મંદિર પાસે જોયું પણ તેને કે છોકરો

ક્યાંય નહીં દેખાયો. ભાવેશ ને ચિંતા થઈ આવી કે આખરે તે છોકરો અને તેની મા ક્યાં હશે?

કોરોનાની મહા-મારીમાં અનેક લોકોના પ્રાણ ગયાં જેમાં ભાવેશના એક મિત્રએ પણ પ્રાણ ગુમાવ્યાં. તેના અંતિમ સંસ્કાર માટે ભાવેશ સ્મશાને ગયો. બધી વિધિ પત્યા પછી હાથપગ ધોવા નળ તરફ વળ્યો તો એ જ છોકરો ત્યાં સફાઈ કરતો હતો. ભાવેશ તેને જોઈને ખુશ થઈ ગયો અને પૂછ્યું અરે તું અહીં શું કરે છે?

સર, હવે હું અહીં જ રહું છું, ભાડું ભરવા માટે પૈસા ન હતાં અને એટલામાં જ લોકડાઉનને કારણે શંકર મંદિર પણ બંધ થયું. એટલે પગથિયાંની લાઈટ પણ બંધ થઈ. એટલે મા મને લઈને અહીં આવી. તેનું કહેવું હતું કે કંઈ પણ થાય તો પણ શિક્ષણ ચાલુ જ રહેવું જોઈએ. એ શિવમંદિરના દરવાજા બંધ થયાં પણ આ શિવમંદિરના દરવાજા કદી બંધ નથી થતા. ત્યાં જીવતા માણસો આવતાં અહીં

મૃત્યુ પામેલા. આ લાઈટ નીચે મારો અભ્યાસ ચાલુ રહ્યો. મેં હાર ન માની. મા કહેતી કે જેણે જન્મ આપ્યો છે તે ભૂખ પણ ભાંગશે.

તો તારી મા ક્યાં છે? ભાવેશે પૂછ્યું સર, એ કોરોનામાં મૃત્યુ પામી. અહીં જ પડેલા નાના લાકડાથી તેનો અગ્નિસંસ્કાર કર્યો. ૧૪ દિવસ હું અહીં જ ક્વોરન્ટાઈન રહ્યો. સરકારી કાયદા તોડીશ નહીં, તે આપણા ભલા માટે જ હોય છે એમ તે કહેતી. માના અસ્થિ સામેની નદીમાં વહાવી.

સર, પણ હું હાર્યો નથી. દુઃખ માત્ર એટલું જ છે કે હું પાસ થયો તે જોવા મારી મા આ જગતમાં ન રહી. એ જ્યાં પણ હશે ત્યાં મારો યશ જોઈને ખુશ થતી હશે. કાલે જ મારું પરિણામ આવ્યું, શાળામાં હું પહેલો આવ્યો છું.

ભાવેશ તરત એ છોકરાને પોતાની બાલોમાં ભરી લીધો. અને કહેવા લાગ્યો હું એક ડોકટર છું. અને એકલો જ રહું છું. શું તું મારો નાનો ભાઈ બની મારી સાથે રહેશે? તું ચાલશે તો હું તને ડોકટર બનાવીશ.

કદાચ પેલા છોકરાને આજે સાચેજ ભગવાન મળી ગયા...

### એક નજર પારસી મરણો ઉપર

Deceased મરનાર	Age વય	Date તારીખ	Address ર. ઠે.	Relations સગાઈઓ
<b>Yezdi Jehangir Mehta</b> યજદી જહાંગીર મહેતા	72 ૭૨	30-07-2020	Block U, Flat No. 6/4, Cusrow Baug, Colaba, Mumbai 7. બ્લોક નં. યુ, ફ્લેટ નં. ૬/૪, ખુશરુબાગ, કોલાબા, મુંબઈ ૩૯.	તે કમલ યજદી મહેતાના ખાવિંદ તે જાલામાય જહાંગીરજી ચલ્લા (મહેતા)ના દીકરા તે ઝીનોબીયા સારમ ઈરાનીના બાવાજી તે કેશમીર ને પોરસના બાવાજી તે મ. નોશીર, દારા તથા દાદી જે. ચલ્લાના ભાઈ તે તેનજના સોરાબના ગાન્ડ ફાધર તે દાઈના ને મીનોના સસરાજી.
<b>Perin Jamshedji Press</b> પેરીન જમશેદજી પ્રેસ	92 ૯૨	31-07-2020	204, Yusuf Mansion, Khetwadi Back Road,, Grant Road, Girgaon, Mumbai 4. ૨૦૪ એ. યુસુફ મેન્સન, ખેતવાડી બેક રોડ, ગ્રાંટ રોડ, ગીરગાવ, મુંબઈ ૪.	તે મરહુમ જમશેદજી જીવનજી પ્રેસના વિધવા તે આબાન રોલીન્ટન ઈરાની, જાલુ કેકોબાદ કકલ્યા, ખુશરુ જમશેદજી પ્રેસ તથા કેશમીરા કાપડયાના માતાજી તે મરહુમો નાજમાય તથા સાવકશા બારયાના દીકરી તે રોલીન્ટન ર. ઈરાની, કેકોબાદ કકલ્યા, ઝીનોબ્યા પ્રેસ તથા સાયરસ કાપડયાના સાસુજી તે કાવસ બારયા, ફીરોજ બારયા, મીનુ બારયા તથા મરહુમો અદી બારયા તથા જરૂ તોડીવાલાના બહેન તે ફીરદોશ તથા રયોમંદ ઈરાની, જુબીન કકલ્યા, આદીલ પ્રેસ, મેહેરંગીજ દાવર, સનાયા તથા કેનાજ કાપડયાના ગ્રાન્ડ મધર તે સનાયા પ્રેસ તથા મેહેરંગીજ દાવરના ગ્રાન્ડ સાસુજી તે મરહુમો દીનબાઈ તથા જીવનજી પ્રેસના વહુ.
<b>Homi Ratanshaw Wadia</b> હોમી રતનશા વાડીયા	77 ૭૭	01-08-2020	Sir Ratan Tata Building, 1st Floor, Room No.12, Sir Ratan Tata Road, Tardeo, Mumbai 34 સર રતન તાતા બિલ્ડિંગ, પહેલે માળે, રૂમ નં. ૧૨, રતન તાતા રોડ, મુંબઈ ૩૪.	તે મરહુમો માનેકબાઈ તથા રતનશા રૂસ્તમજી વાડીયાના દીકરાજ તે પેરીન બેહરામ ભાણજી, સોલી બહાદુર તથા મરહુમો રૂસી ને જેસીના ભાઈ તે ફરાહાદ, ફરીદા, નીલોફર તથા પીનાજના કાકા તે યાસ્મીન, ફરોક નવાજ, સાહનાજ તથા જહાંગીરના મામા.
<b>Dadi Hormusji Daruwalla</b> દાદી હોરમસજી દારૂવાલા	80 ૮૦	02-08-2020	Dawoodi Mansion, 1st Cross Lane, Grant Road (West), Mumbai 7. દાઉડી મેન્સન, ૧લી ક્રોસ લેન, ૨જે માળે, ગ્રાંટ રોડ (પ), મુંબઈ ૭.	તે ગુલ દાદી દારૂવાલાના ખાવિંદ તે યાસમીન રોલિન્ટન શેઠના, કેરમાન દાદી દારૂવાલા તથા ડેસી દાદી દારૂવાલાના બાવાજી તે મરહુમો શીરીનબાઈ તથા હોરમસજી રૂસ્તમજી દારૂવાલાના દીકરા તે રોલિન્ટન કુરૂસ શેઠના તથા ઝીનોબ્યા કેરમાન દારૂવાલાના સસરાજી તે પેરીન હ. દારૂવાલા તથા મરહુમો નરીમાન હ. દારૂવાલા, એરચ હ. દારૂવાલા તથા રૂસી હ. દારૂવાલાના ભાઈ તે કેનાજ તથા મેહેરનાજ કેરમાન દારૂવાલાના બપાવાજી તે ખુશનુમ રોલીન્ટન શેઠનાના મમાવાજી તે મરહુમો ખોરશેદ તથા અરદેશીર રૂસ્તમજી અપ્પુના જમાઈ તે કેરસી, દારાયસ તથા સનોબરના બનેવી તે મરહુમો ફેની એરચ દારૂવાલાના દેર તે મરહુમો ઝરીન રૂસી દારૂવાલાના જેઠ.
<b>Mani Hoshang Mistry</b> મની હોશંગ મીસ્ત્રી	80 ૮૦	04-08-2020	K-1/43, Merwanji Cama Park, Cama Road, Andheri, (West), Mumbai 58. કે/૧/૪૩ મેરવાનજી કામા પારક, કામા લેન, અંધેરી (વે.), મુંબઈ ૫૮.	તે મરહુમ હોશંગના ધન્યાની તે મરહુમો શેરામાય માનેકશાહ મીસ્ત્રીના દીકરી તે ફીરૂઝીના માતાજી તે જહાંગીરના સાસુજી તે કેઝીન, માહઝરીન, નઝાફીનના મમેજી તે મરહુમો જરબઈ ફરામજી મીસ્ત્રીના વહુ તે બેપસી, હુતોશી, રૂસ્તમ, મરહુમ વીલુના બહેન તે મરહુમો ખોરશેદ હોમી કલવાયવાલાના વહેવાણ તે ફેદી, બુરઝીનના કાકી તે ફરશીદ, રોકસાનના માસી તે પરબ, આઝમીન, રયોમંદના કુઈ તે મરહુમ દાલીના ભાભી.
<b>Bapsy Rustom Sarkari</b> બેપસી રૂસ્તમ સરકારી	88 ૮૮	04-08-2020	C-402, Prithvi Primum Park C.h.s. Ltd., Agashi Road, Virar (West), 401 303. સી-૪૦૨, પ્રથવી પ્રમીયમ પાર્ક કો.હા.સો. લિમિટેડ, અગાશી રોડ, વિરાર, મુંબઈ ૪૦૧૩૦૩.	તે મરહુમ રૂસ્તમજીના ધન્યાની તે ઝરીરના માતાજી તે જેનીફર ને જુબીનના બપઈજી તે મરહુમો પીરોજા મનચેરજી દંગોરના દીકરી તે ફેની, ખોરશેદ, સરોશ તથા મરહુમો એમી, ફરમારોજ, દારા ને એરચના બહેન તે અનાહિતાના સાસુજી તે મરહુમ તેહમીના કેખશરુ સરકારીના વહુ તે બકતાવર ને એરચના ભાભી.
<b>Maki Russi Kanga</b> માકી રૂસી કાંગા	103 ૧૦૩	05-08-2020	C.C.I.chambers, Flat No-43, D.Vatcha Road, Mumbai 20. સી.સી.આઈ. ચેમ્બર્સ, ફ્લેટ નં. ૪૩, ડી. વાચ્છા રોડ, મુંબઈ ૨૦.	તે મરહુમ રૂસી નસરવાનજી કાંગાના વિધવા. તે મરહુમો હોમાય તથા રૂસ્તમજી જમશેદજી વિમાદલાવાના દીકરી. તે મરહુમ જાલ રૂસ્તમજી વિમાદલાવ તથા આલુ ફકીરજી ઘાલા, રોશન જીમી સિધવાના બહેન. તે મરહુમો બાઈજી તથા નશરવાનજી કાંગાના વહુ.
<b>Banoo Zerxes Lashkari</b> બાનુ ઝર્કસીસ લશકરી	86 ૮૬	05-08-2020	Adarsh Nagar, Building No.55, Room No.14/4, Nariman Road, Worli Village, Mumbai 30. આદર્શ નગર, બિલ્ડિંગ નં. ૫૫, રૂમ નં. ૧૪/૪, નરીમાન રોડ, વરલી વિલેજ, મુંબઈ ૩૦	તે મરહુમો દીનામાય તથા દોરાબજી કરાવાલાના દીકરી તે ઝર્કસીસ લશકરીના ધનીયાની તે યજદી ને પરસીયસના માતાજી તે જીમી કરાવાલાના બહેન તે બોમી લશકરીના સીસ્ટર ઈન લો.
<b>Sabar Jamshed Havewalla</b> સબર જમશેદ (જીમી) હવેવાલા	79 ૭૯	06-08-2020	1-C. Flat No. 407, Salsette Parsee Colony, Pump House, Andheri (East), Mumbai 93. બિલ્ડિંગ નં. ૧-સી, ફ્લેટ નં. ૪૦૭, પારસી સોલસેટ કોલોની, પંપ હાઉસ, મુંબઈ ૯૩.	તે પરવીઝ તથા જમશેદ (જીમી) દિનશાહજી હવેવાલાના વડા દીકરી તે રતિ તેમ જ મરહુમો ફરીદા તથા ફીરંગીઝ એન્જિનિયરના વડા બહેન તે અનાહીતા રયોમંદ બલસારા તેમ જ જુબીન મહેનોશ એન્જિનિયરના માસીજી તે કરીશ્મા તથા યોહાન રયોમંદ બલસારાના તથા મેહર જુબીન એન્જિનિયરના મોટા માસીજી તે મહેરનોશ એરચશાહ એન્જિનિયરના સાળીજી.
<b>Gool Sam Dadabhoy</b> ગુલ સામ દાદાભોય	91 ૯૧	06-08-2020	102, Coronation Mansion, Dsp Road, Dadar (East) Mumbai 14. ૧૦૨, કોરોનેશન મેન્સન, ડીએસપી રોડ, દાદર (ઈ.), મુંબઈ ૧૪.	તે મરહુમો પીરોજા તથા ડોસાભાઈ રૂસ્તમજી વાડીયાના દીકરી તે મરહુમ સામ એરચ દાદાભાઈના વિધવા તે રૂમી સામ દાદાભાઈના માતાજી તે દેવનાજ ને કુરૂશના બપઈજી તે ક્યાનુસ રૂમી દાદાભાઈના સાસુ તે મરહુમો રૂસી, રોડા, નરગેશ, દાલુ, નરીમન, મીનુ ને સામના બહેન તે મરહુમો મેહરા તથા એરચ દાદાભાઈના વહુ.
<b>Homai Homi Daroowalla</b> હોમાય હોમી દારૂવાલા	88 ૮૮	06-08-2020	14/15, Panthaky Baug, H. Samatorium Lane, Sir M. V. Road, Andheri (East) Mumbai 69. ૧૪/૧૫, પંથકી બાગ, એચ સેનેટેરીયમ લેન, સર એમ. વી. રોડ, અંધેરી (ઈ), મુંબઈ ૬૯.	તે મરહુમો કુંવરબાઈ તથા મંચેરશા આદરજી મીસ્ત્રીના દીકરી તે મરહુમ હોમી કેખશરુ દારૂવાલાના વિધવા તે મરહુમો મેરવાનજી મંચેરશા મીસ્ત્રી ને કેખશરુ મંચેરશા મીસ્ત્રીના બહેન તે મરહુમ બાનુ મેહલ્લી મીસ્ત્રીના ભાભી તે નેવીલ મેહલ્લી મીસ્ત્રીના કુઈ તે મરહુમ કેખશરુ દારૂવાલાના વહુ.
<b>Hoshang K. Billimoria</b> હોશંગ કે. બિલ્લીમોર્યા	97 ૯૭	06-08-2020	The Society of The Home For The Aged, Off Mahakali Caves Road, Andheri, Mumbai 93. ઘ સોસાયટી ઓફ ઘ હોમ ફોર ઘ એજેડ, લીટલ સીસ્ટરર્સ ઓફ ઘ પુવર, વૃદ્ધાશ્રમ માર્ગ, ઓફ મહાકાલી કેવ્સ રોડ, અંધેરી (ઈ), મુંબઈ ૯૩.	જેમનું રવાન ઘ સોસાયટી ઓફ ઘ હોમ ફોર ઘ એજેડ, લીટલ સીસ્ટરર્સ ઓફ ઘ પુવર, વૃદ્ધાશ્રમ માર્ગ, ઓફ મહાકાલી કેવ્સ રોડ, અંધેરી (ઈ), મુંબઈ-૯૩ને આજ રોજ ૬-૮-૨૦ ડુંગરવાડી પર લાવવામાં આવ્યું છે. તેમના જે કોઈ પણ સગાં-સંબંધી હોય તેઓ ટે. નં. ૧) ૨૩૬૭૧૬૭૬, ૨) ૨૩૬૭૫૯૭૪, ૩) મો. નં. ૮૩૬૯૪૬૦૩૩૬ પર સંપર્ક કરવો. જો મરનારનું કોઈ પણ સગાં-સંબંધી નહીં મલસે તો તેમનું રવાન ડુંગરવાડી પર ૮-૮-૨૦ને બપોરે સ્ટે. ટા. ૨.૦૦ કલાકે મુંબઈ પારસી પંચાયતના હસ્તકે રવાનને દોખ્ખેનશીન કરવામાં આવશે. જે કોઈ પણ સગાં-સંબંધી મલસે તો તેઓએ નીચે મુજબના પેપર લાવશોજી. ૧) આધાર કાર્ડ કોપી, ૨) પાસપોર્ટ સાઈઝના ૨ ફોટા.

## અરદીબહેસ્ત યશ્ત - ૧

અરદીબહેસ્ત અમેશાસ્પંદ સ્વર્ગ ઉપર રાજ કરે છે અને તે દુષ્ટ જાદુગરો અને દુષ્ટ કરનારાઓથી બચાવનાર છે. અરદીબહેસ્ત અમેશાસ્પંદ વ્યક્તિગત કુંડળીમાં મંગલ (મંગળ)ની અસરને તોડે છે. (મંગળ એક શુભ, લાલ અને જ્વલંત ગ્રહ છે. પ્રકૃતિ દ્વારા તેને પુરુષદર્શી, ઉર્જા દર્શાવનાર - રચનાત્મક અને વિનાશક બંને છે.)

અરદીબહેસ્તનો અર્થ આતશ છે અને નીચે મુજબ આતશના ૬ વિવિધ પ્રકારો છે:

(૧) બેરેજો સવાંગે: આતશ જે દાદર અલુરા મજદાના દરબારમાં રહે છે અને તેને 'મિનો કરકો' પણ કહેવામાં આવે છે. તે હોરમઝદની બધી રચનાઓમાં ઉર્જા, શાંતિ અને સુલેલ લાવે છે.

(૨) વોલુ ફીઆન: આ આતશ માણસ અને પ્રાણીઓની અંદર રહે છે અને તે જ તેમની જીવનશક્તિ છે. તે માણસની અંદર એક મોટી ચેતનાનું પ્રતિનિધિત્વ કરે છે. તે વ્યક્તિમાં પ્રેમ, કડ્ડણા, અને ન્યાય પ્રગટ કરે છે.

(૩) અલુરવા જીસ્ટ: આ આતશ વનસ્પતિના રાજ્યમાં રહે છે અને તેનો અર્થ છે 'સૌથી આનંદકારક'. તે માણસને તેની અંદર સુખ

આનંદ લાવવાની ફરજ પાડે છે કારણ કે પાક દાદર અલુરા મજદાની બધી રચનાઓ પ્રેમ અને ખુશીઓથી ભરેલી છે. બધી સુષ્ટિનો જન્મજાત સ્વભાવ સુખ છે - આપણે બધાએ આ હકીકતનું પાલન કરવું જોઈએ, અને આપણા અસ્તિત્વનું સંતુલન જાળવવું જોઈએ.

(૪) વજીઝ: વીજળીનો આતશ, આ અગ્નિ પત્થરોમાં રહે છે. તેથી, જ્યારે બે પથ્થરો એક સાથે અથડાય છે, ત્યારે એક સ્પાર્ક ઉત્પન્ન થાય છે, જે આગ બનાવવાની સંભાવના દર્શાવે છે. તે ઝડપી ક્રિયાની આગ છે, તદ્દન વીજળીની જેમ, જેનો ઉદભવ થાય છે.

(૫) સ્પેનિસ્તે: આતશ કે જેના પર આપણે ખોરાક રાંધીએ છીએ અને જે આખા વિશ્વમાં ફેલાયેલો છે. તે માણસને પોતાના અંદરનું સારાપણું સહજ સ્વભાવની અનુભૂતિ કરવામાં મદદ કરે છે.

(૬) નેર્યોસંઘ: રાજાઓ અને પૂજારીઓના ક્ષેત્રમાં આ આતશ રહે છે. પ્રાચીન દિવસોના રાજાઓ ફક્ત રાજા જ નહોતા કારણ કે તેઓ શક્તિશાળી અને સંપત્તિ

ધરાવતા હતા, તેઓ પોતે ભગવાનના સંચાલકો માનવામાં આવતા હતા. તેઓ ખૂબ વિકસિત આત્માઓ હતા જે સામાન્ય લોકોને વિશ્વાસ અને દિશા આપતા હતા અને રાજાઓના ક્ષેત્રમાં, પૂજારી હતા, જેઓ અલુરા મજદા સાથે એટલા નજીકના સંબંધમાં હતા કે તેઓ રાજાની સત્તાને વટાવી ગયા અને તેમની સલાહ કાયદાના શબ્દ તરીકે લેવામાં આવી! આતશ-એ-નેર્યોસંઘ, રાજાઓ અને પૂજારીના હૃદય અને આત્માની અંતર્ગત સારાપણું રજૂ કરે છે.

હવે, આ જ્ઞાન હોવા છતાં, આપણે તેને આપણા જીવનમાં કેવી રીતે લાગુ કરી શકીએ? હું તમને વિનંતી કરું છું કે આ કોલમ ફરીથી વાંચો અને તેની અંદર જણાવેલ તમામ ગુણો શોધી કાઢો. પવિત્ર અગ્નિના લક્ષણો ખરેખર એ લક્ષણો છે કે જેની સાથે આપણે બધા જન્મેલા છે ચાલો આપણે તેમનો ઉછેર કરીએ છીએ અને તેનું પોષણ કરીએ જેથી અંદરની અને બહારની બધી અગ્નિઓ આપણા ભવ્ય અલુરા મજદાના તેજથી બળી જાય!

- ડેઝી પી. નવદાર

## 'Agiaryconnect.com' વૈશ્વિક પ્રાર્થના વિનંતીઓ માટેની વેબસાઈટ

પાના નં. ૧૯થી ચાલુ

વેબસાઈટ મુજબ, ઘણા બધાં જરથોસ્તીઓ વિદેશમાં રહે છે, અને અગિયારીની સેવાઓ માટેની માંગમાં ઘટાડો થયો છે. પરિણામે, આપણા તેજસ્વી ધર્મગુરુઓ ધાર્મિક વિધિઓનો બચાવ કરવાને બદલે વધુ પગારવાળી બિનસાંપ્રદાયિક નોકરીઓ પસંદ કરી રહ્યા છે. આ બે સમસ્યાઓ હલ કરવા માટે, અમે ઘણી ધાર્મિક સેવાઓ પ્રદાન કરીએ છીએ જે વેબસાઈટ મુક્તાદના દિવસોને ધ્યાનમાં લઈ વધુ ઉપયોગી બને છે.

વેબસાઈટમાં એમ પણ કહેવામાં આવ્યું છે કે, પરંપરાગત રીતે વ્યાખ્યાયિત અને સમજાયેલી મુજબ, પ્રાર્થના સેવાઓ ફક્ત પારસી-ઈરાની જરથોસ્તીઓ માટે જ કરવામાં આવશે. યાજ્ઞકો કોઈપણ સમારોહના પ્રદર્શનનો ઈનકાર કરવાનો અધિકાર જાળવી રાખશે. જે એવું જણાયું છે કે બિન-પારસી-ઈરાની જરથોસ્તી લોકો આ વિધિઓ કરે છે, તો તેઓ આ સેવા તાત્કાલિક બંધ કરશે, જે અન્ય પાલન કરનારાઓ માટે શરમજનક છે.

બનાજી લીમજી અગિયારી હાલમાં આ સેવાઓ પ્રદાન કરતી એકમાત્ર અગિયારી છે, તેમ છતાં તે વિશ્વભરની અગિયારીઓ સાથે વિસ્તૃત થવાનું વિચારે છે અને વેબસાઈટમાં તેમની સાથે જોડાવા માટે રસ ધરાવતા લોકોને આમંત્રણ આપે છે.

પાના નં. ૨૧થી ચાલુ

### એક નજર પારસી મરણો ઉપર

Deceased મરનાર	Age વય	Date તારીખ	Address ર. કે.	Relations સગાઈઓ
<b>Death Announcements from Cleveland Ohio, USA</b>				
<b>Nergish Pesi Goiporia</b> નરગીશ પેસી ગોઈપોર્યા	-	31.07.2020	Cleveland Ohio, USA. ક્લેવે લેન્ડ, ઓહીઓ, યુએસએ	તે મરહુમ પેસી બરજોરજી ગોઈપોર્યાના ઘણીયાણી તે મરહુમ પેરીન તથા મરહુમ જાલ ફરામરોઝ કેકોબાદના દીકરી તે વિલી રોલિન્ડન નુગડ, નીલુફર મહેરનોશ ટંપાલ, હોમિયાર પેસી ગોઈપોર્યા, જાસ્મીન હોરમઝ દારૂવાલાના મમ્મી તે મરહુમ રૂસી, મરહુમ કેકી જાલ કેકોબાદ, મરહુમ શેર જાંગુ ઈરાની મરહુમ સીલુ સોલી દારૂખાનાવાલાના બહેન તે વિસ્તારપ, જુબીન, જેસિકા, રોક્ષાન, માલી, શાયાન, સાનિયાના ગ્રેન્ડ મધર તે રોલિન્ડન નુગડ, મહેરનોશ ટંપાલ, ફેની ગોઈપોર્યા, હોરમઝ દારૂવાલાના સાસુજી તે મરહુમ બરજોરજી અને ખોરશેદ ગોઈપોર્યાના વહુ.
<b>Death Announcements from Prayer Hall</b>				
<b>Pervez Savaksha</b> <b>Homavazir</b> પરવેઝ શાવકશા હોમાવઝીર	72 ૭૨	31.07.2020	103, Nirmala CHS, JP Road, Andheri (W), Mumbai. ૧૦૩, નીર્મલા કો-ઓપરેટીવ હાઉસિંગ સોસાયટી, જેપી રોડ, અંધેરી (વે), મુંબઈ.	તે પરવીનના ઘણી તે મરહુમ ધનબાઈ તથા મરહુમ શાવકશાના દીકરા તે શાવક અને વીરૂપીના પપ્પા તે યજ્ઞદીના ભાઈ તે મરહુમ પિરોજા અને મરહુમ ફરામરોઝ લાલાના જમાઈ તે બોમી, મરહુમ હોશી, ડેઝી અને ફરીદાના બ્રધર ઈન લો તે હુતોક્તી, કેશમીરા, રયોમંદ, આરમઈતીના કઝીન તે નતાશાના ગ્રાન્ડ ફાધર.
<b>Death Announcements from Ankleshwar</b>				
<b>Keshmira Keki Kerawal</b> કેશમીરા કેકી કેરાવાલા	53 ૫૩	25.07.2020	Parsiwad, Ankleshwar. પારસીવાડ, અંકલેશ્વર.	તે કેકી માનેકશા કેરાવાલાના ઘણીયાણી તે યજ્ઞદ, મહેરના મમ્મી તે મ. રોડામાય માણેકશા કેરાવાલાના વહુમાય તે કુમીમાય તથા મ. જમશેદજી બલસારાના દીકરી તે રોલીન્ડન, લીલી કેરાવાલાના ભાભી તે રૂસી, રૂઝબે બલસારાના બહેન તે અરનવાઝ, નીલુફરના નણંદ તે પૌરૂષ, માફીન, બકતાવર તથા દીનાઝના કુઈજી તે યોહાન તથા કીમી કેરાવાલાના કાકી.
<b>Death Announcements from New Jersey, USA</b>				
<b>Ervad Rohinton Edulji Madon</b> એરવદ રોહીનતન એદલજી માદન	72 ૭૨	27.07.2020	New Jersey, USA. ન્યૂ જર્સી, અમેરિકા.	તે યાસમીનના ખાવિંદ. તે કેઝાદ તથા જહાંગીરના બાવાજી. તે મ. શીરીન તથા એદલજી ફરહુનજી માદનના દીકરા. તે સોહરાબ એ. માદન તથા હુતોક્તી દીનશાહ બારડોલીવાલાના ભાઈ. મ. રોશન તથા ધનજીશાહ નગરવાલાના જમાઈ. તે ફરીદા સો. માદનના દિયર તે શેરા યજ્ઞદી લંગરાના તથા મહેર સામ તારાપોરના બનેવી.
<b>Death Announcements from Poona Parsee Panchayat (Trust Office)</b>				
<b>Roshan Jehangir Wadia</b> રોશન જહાંગીર વાડીયા	71 ૭૧	25.07.2020	D7/4, Ganga Hights, Pingle Wasti, Near Passport Office, Pune 411036. ડી૭/૪, ગંગા હાઈટ્સ, પીંગલે વસ્તી, પાસપોર્ટ ઓફિસ નજીક, પુણે ૪૧૧૦૩૬.	તે મરહુમ જહાંગીર અને મરહુમ હોમાય વાડીયાના દીકરી તે કેટી મીનુ શ્રોફ, મરહુમ ખોરશેદ ઝરીર એન્જિનિયર, જાલુ બોમી ચીનોયના બહેન.
<b>Fali Cooverji Patel</b> ફલી કુંવરજી પટેલ	94 ૯૪	06.08.2020	A15/8, Kubera Park, Kondhwa Road, Pune 411040. એ ૧૫/૮, કુબેરા પાર્ક, કોંઢવા રોડ, પુણે ૪૧૧૦૪૦.	તે મરહુમ ફેનીના ઘણી તે મરહુમો ડોસીબઈ તથા કુંવરજી નશરવાનજી પટેલના દીકરા તે મરહુમો દોલત જીમી ગાર્ડ તથા જહાંગીર કુપરના ભાઈ તે મરહુમો ડોસામાય તથા ફરામરોજ અરદેશર પટેલના જમાઈ તે મરહુમો મહેર, ફરોખ તથા તેહમતન ફરામરોજ પટેલના બનેવી તે કેશમીરા તથા હીરા કુપરના કાકાજી તે રૂઝબેલ જીમી ગાર્ડના મામાજી.



## YOUR MOONSIGNS JANAM RASHI THIS WEEK

લખનાર: મરહુમ મહારાજ શ્રી સ્વયંજયોતિના સહકાર્યકર્તા જયેશ એમ. ગોસ્વામી

અઠવાડિક રાશિક્ષણ: તા. ૦૮.૦૮.૨૦૨૦ થી તા. ૧૪.૦૮.૨૦૨૦



### Aries - મેષ

અ.લ.ઈ.

બુદ્ધિના દાતા બુધની દિનદશા ચાલુ હોવાથી ઈન્વેસ્ટમેન્ટ કરી શકશો. તમારા રોજના કામ વીજળી વેગે પૂરા કરી શકશો. તમારા શત્રુઓને મીઠી જબાન વાપરી પોતાના કરી લેશો. જે પણ કામ કરતા હશો ત્યાં થોડી મહેનત કરવાથી ઈન્કમ વધારી શકશો. ગામ પરગામથી સારા સમાચાર મળશે. દરરોજ 'મહેર નીઆએશ' ભણાજો. શુકનવંતી તા. ૦૮, ૧૨, ૧૩, ૧૪ છે.

Lucky Dates: 08, 12, 13, 14.

Mercury's ongoing rule help you make good investments. You will be able to complete your daily chores at lightning speed. You will be able to win over your detractors with your sweet words. If you put in a little added effort in your ongoing ventures, you will be able to earn greater income. You will get good news from abroad. Pray the Meher Nyaish daily.



### Cancer - કર્ક

સ.ઈ.

ચંદ્રની દિનદશા ચાલુ હોવાથી ૨૬મી સાપ્ટેમ્બર સુધી જે પણ કામ કરશો તેમાં સફળતા મળશે. પ્લાનિંગ કરી કામ કરવામાં સફળતા મળશે. જે પણ કમાશો તેમાંથી ઈન્વેસ્ટમેન્ટ અવશ્ય કરજો. તેનાથી લાંબાકાળ દરમિયાન તમે નાણાકીય મુશ્કેલીમાં નહીં આવશો. દરરોજ ૩૪મુ નામ 'યા બેસ્તરના' ૧૦૧વાર ભણાજો. શુકનવંતી તા. ૦૮, ૦૯, ૧૧, ૧૨ છે.

Lucky Dates: 08, 09, 11, 12.

The ongoing Moon's rule brings you success in all works that you undertake. You will achieve greater success if you plan your work. You are advised to invest from your earnings. This will keep you safe from any financial difficulties in the long run. Pray the 34th Name, 'Ya Beshtarna', 101 times daily.



### Libra - તુલા

ર.ત.

શુક્રની દિનદશા ૧૭મી ઓક્ટોબર સુધી ચાલશે તમારા અધૂરા કામ પુરા કરવામાં સફળતા મળશે. ઓપોઝીટ સેકસ સાથે મતભેદ દૂર કરવા માટે સીધા રસ્તા મળતા રહેશે. તમારી મહેનત પ્રમાણે ધન મેળવી શકશો. જીવનમાં નવી વ્યક્તિનો સાથ મળવાથી તમારા મનની ઈચ્છા પૂરી થશે. દરરોજ ભુલ્યા વગર 'બહેરામ યઝદની' આરાધના કરજો. શુકનવંતી તા. ૧૦, ૧૧, ૧૨, ૧૩ છે.

Lucky Dates: 10, 11, 12, 13.

Venus' ongoing rule till the 17th October, brings you success in completing your unfinished works. You will succeed in clearing any misunderstandings with the opposite gender. You will receive the fruits of your labour. A new companion in your life fulfils your wishes. Pray to Behram Yazad daily.



### Capricorn - મકર

ખ.જ.

તમને ગુરૂ જેવા ધર્મના દાતાના ગ્રહની દિનદશા ચાલુ થયેલી છે. ઘરની વ્યક્તિના દિલ જીતી લેશો. બીજા તરફથી માન ઈજ્જત મળશે. નાણાકીય બાબતમાં પૈસા કમાવાની સાથે ઈન્વેસ્ટમેન્ટ પણ કરી શકશો. લાંબા સમયનું ઈનવેસ્ટમેન્ટ કરતા ફાયદામાં રહેશો. ઘરમાં રીપેરીંગનું કામ કરાવવું પડશે. દરરોજ 'સરોશ યજ્ઞ' ભણાજો. શુકનવંતી તા. ૦૮, ૧૨, ૧૩, ૧૪ છે.

Lucky Dates: 08, 12, 13, 14.

The start of Jupiter's rule helps you win over the hearts of family members. On the other hand you will also receive much appreciation and respect. Financially, you will be able to earn well as well as make investments. Long term investments will prove profitable. You could need to get repair-work done at home. Pray the Sarosh Yasht daily.



### Taurus - વૃષભ

બ.વ.ઉ.

૨૫મી ઓગસ્ટ સુધી મંગળની દિનદશા ચાલશે. તેથી નાની બાબતમાં ગુસ્સે થઈ જશો. તમારા દુશ્મનો તમારો ગેરફાયદો ઉપાડશે. વાહન ચલાવવામાં ધ્યાન રાખજો. એક્સીડન્ટ થવાના ચાન્સ છે. જે પણ કામ કરતા હશો ત્યાં તમારી નાની ભુલ તમને મોટી મુશ્કેલીમાં મુકશે. જમીન જાવદાદના કામ કરતા નહીં. દરરોજ 'તિર યજ્ઞ' ભણાજો. શુકનવંતી તા. ૦૯, ૧૦, ૧૧, ૧૨ છે.

Lucky Dates: 09, 10, 11, 12.

Mars' rule till 25th August could get you short-tempered even over petty matters. Your enemies will take advantage of your goodness and hurt you. Be careful while driving or riding your vehicle as you could encounter an accident. Even your slightest mistake at your workplace, could land you into big trouble. Avoid doing any work related to land or jewelry. Pray the Tir Yasht daily.



### Leo - સિંહ

મ.ટ.

૧૬મી સુધી શુક્રની દિનદશા ચાલુ હોવાથી તમારા જરૂરી કામ પહેલાં કરી લેજો. ઘણી ઘણીયાણી એક બીજાના મનની વાત સમજી જશે. મનગમતી વ્યક્તિ સાથે સારા સારી રાખશો તો તમારા ખરાબ સમયમાં તે તમને કામ આવશે. ઘરમાં જોઈતી ચીજવસ્તુઓ વસાવી શકશો. દરરોજ 'બહેરામ યઝદ'ની આરાધના કરજો. શુકનવંતી તા. ૧૦, ૧૧, ૧૩, ૧૪ છે.

Lucky Dates: 10, 11, 13, 14.

Venus' rule till 16th August suggests that you prioritize the completion of your important work first. There will be much mental understanding amongst couples. It would serve you well to keep you favourite person happy as they will be by your side during tough times. You will be able to make purchases for the house. Pray to Behram Yazad daily.



### Scorpio - વૃશ્ચિક

ન.ચ.

રાહુની દિનદશા ચાલુ હોવાથી તમને નાના કામમાં પણ મુશ્કેલીઓ આવશે. જે વ્યક્તિ પાસે તમારે નાણા લેવાના હશે તે વ્યક્તિ હાલમાં તમને નહીં મળે. તમારી પરેશાની વધી જશે. વધુ ભાગદોડ કરવાથી તબિયત ખરાબ થવાના ચાન્સ છે. જે પણ કામ કરશો તેમાં તમારું મન નહીં લાગે. મિત્રોથી લેતી દેતી કરતા નહીં. દરરોજ 'મહાબોખ્તાર નીઆએશ' ભણાજો. શુકનવંતી તા. ૦૮, ૦૯, ૧૨, ૧૩ છે.

Lucky Dates: 08, 09, 12, 13.

Rahu's ongoing rule poses challenges even in your smallest works. Your debtors will avoid you. Your troubles could increase. Excessive running around could harm your health. You will not be able to focus on any of the work at hand. Avoid lending or borrowing money from friends. Pray the Mah Bokhtar Nyaish daily.



### Aquarius - કુંભ

ગ.શ.સ.

શનિની દિનદશા ચાલુ હોવાથી નાના કામમાં પણ મુશ્કેલી આવશે. તમારા કામ પૂરા નહીં કરી શકો. બીજા પર દયા કરવા જશો તો તમારું ખરાબ થશે. તબિયત અચાનક ખરાબ થઈ જશે. પેટમાં તથા સાંધાના દુખાવાથી પરેશાન થશો. ડોક્ટરના ખર્ચા વધી જશે. નાની બાબતમાં બેચેન થઈ જશો. ધન ખર્ચ વધી જશે. દરરોજ 'મોટી હમન યજ્ઞ' ભણાજો. શુકનવંતી તા. ૦૯, ૧૦, ૧૧, ૧૩ છે.

Lucky Dates: 09, 10, 11, 13.

Saturn's ongoing rule brings difficulties even in small tasks. You will not be able to complete your works. Pitying and being considerate of another will land you in trouble. Your health could suddenly go down. You could suffer from stomach ache and joint-pains. You could end up with increased medical bills. Small matters could get you restless. Expenses could increase. Pray the Moti Haptan Yasht daily.



### Gemini - મિથુન

ક.ઇ.ધ.

૨૬મી ઓગસ્ટ સુધી ચંદ્રની દિનદશા ચાલશે. તેથી રોજના કામ સારી રીતે કરવામાં સફળ થશો. થોડું ઘણું કામ વધુ કરવાથી આવકમાં વધારો થવાના ચાન્સ છે. નારાજ થઈ ગયેલ વ્યક્તિને પોતાના બનાવવામાં સફળ થશો. ધનની કમી નહીં આવે. મનને મજબુત કરી કામ કરવામાં સફળ થશો. દરરોજ ૩૪મુ નામ 'યા બેસ્તરના' ૧૦૧વાર ભણાજો. શુકનવંતી તા. ૦૮, ૧૦, ૧૩, ૧૪ છે.

Lucky Dates: 08, 10, 13, 14.

The Moon's rule till 26th August brings you success in your daily endeavours. A little added effort in your work will earn you increased income. Financial stability is indicated. You will succeed in cajoling those who have been upset with you. Maintain your mental focus and you will be successful in your work. Pray the 34th Name, 'Ya Beshtarna', 101 times daily.



### Virgo - કન્યા

વ.ક.ઇ.

તમને શુક્રની દિનદશા ચાલુ હોવાથી જશની સાથે ધનલાભ મળવાના ચાન્સ છે. નવા કામ કરવા માંગતા હશો તો નવાં કામ મેળવી શકશો. થોડી મહેનત કરી ધનલાભ મેળવી શકશો. ધન સારી જગ્યાએ વાપરી શકશો. ઘરવાળાનો સાથ સહકાર મેળવી શકશો. દરરોજ 'બહેરામ યઝદ'ની આરાધના કરજો. શુકનવંતી તા. ૦૮, ૦૯, ૧૨, ૧૩ છે.

Lucky Dates: 08, 09, 12, 13.

Venus' ongoing rule brings you fame and fortune! Those seeking new ventures will find them! A little effort will bring you great prosperity. You will be able to use your money wisely. Family members will be supportive. Pray to Behram Yazad daily.



### Sagittarius - ધન

ભ.ધ.ક. ટ.

ગુરૂની કૃપા તમારા પર થયેલી હોવાથી નાણાકીય મુશ્કેલી નહીં આવે. દરેક બાબતમાં ઈનવીઝીબલ હેલ્પ મળી જશે. સગા સંબંધીઓ તથા આરોગ્ય પાલોશના લોકો તરફથી માન મળશે. સામાજિક કામો કરવામાં આનંદ મળશે. શારિરીક બાબતમાં સારા સારી થશે. વધુ ધનલાભ મેળવવા દરરોજ 'સરોશ યજ્ઞ' ભણાજો. શુકનવંતી તા. ૦૯, ૧૦, ૧૧, ૧૩ છે.

Lucky Dates: 09, 10, 11, 13.

Jupiter's grace keeps you away from any financial shortcomings. You will receive anonymous help in all matters. Relatives and neighbours will shower respect on you. Social service will bring you mental peace. Health will be good. To invite greater prosperity, pray the Sarosh Yasht daily.



### Pisces - મીન

દ.ચ.ઝ.થ.ક્ષ.

૨૦મી ઓગસ્ટ સુધી બુધની દિનદશા ચાલશે તમારી લેતી દેતીના કામો પહેલા પૂરા કરી લેજો. નહીં તો તમારા પોતાના નાણા સમય પર નહીં મળવાથી પરેશાન થશો. ઉતરતી બુધની દિનદશા મિત્રો તરફથી ફાયદો અપાવીને રહેશે. ન્યાય કામ કરતા હશો ત્યાંના લોકોનો સાથ મળશે. નાણાનો અચાવ કરી શકશો. દરરોજ 'મહેર નીઆએશ' ભણાજો. શુકનવંતી તા. ૦૮, ૦૯, ૧૨, ૧૩ છે.

Lucky Dates: 08, 09, 12, 13.

Mercury's rule till 20th August suggest that you prioritize completing all your lending and borrowing transactions first. Else you could get stressed for not getting your money in time. The descending rule of Mercury will bring you benefits through your friends. Your colleagues will be supportive. You will be able to save money. Pray the Meher Nyaish daily.

# Mental Perceptions In Death



RUBY LILAOWALA

It is said, at the moment of death, people become aware of the importance of the mind. This is because the mental body becomes alert and more perceptive. Psychologist Helen Wambach relates in USA's 'Psychic' magazine (issue dated February, 1977) how she "almost drowned, almost died and came back to life with artificial respiration." Her account of mental perception in death goes thus, "Even in water, as I felt helpless physically, I was more conscious of my mind at that point of time, than my physical body. All through life, it has been exactly the reverse. The body was my main interest and what was going on in my mind... well, it was just going on and no more! But after this near-death experience, my mind was the main focus of attraction, and my body was only something to encase my mind and soul."

It is interesting to note here that in meditation and raj-yoga, one needs to control the mind totally. In Zoroastrianism, *Manashni*, or mental purity, is the first of the triumvirate rules of spirituality. It is important to know what effects 'the thoughts occupying the mind', have on the one who is dying. It seems that the last thoughts influence the nature of the future existence the soul will undergo. The 'Bhagwad Gita' which is the Moksh-Shastra of the Hindus, states, "One attains whatever state of being one thinks about at the last moment when relinquishing the body, being ever absorbed in that thought."

The Catholic sacrament of Extreme Unction has a similar function of purifying and cleansing the 'mind' for death. On this topic, Socrates has said, "If, at its release, the soul is pure and carries with it no contamination of the body, because it has never willingly associated with it in life, but has pursued philosophy and theology in the right way, such a person need have no fear of death."

People often don't realise that they experience a death like state on a daily basis. Going to sleep each night is identical to the process of dying, except that the 'silver-cord' between the subtle-body and the physical one is still there, providing a path through which the subtle-body can reconnect to the physical on waking up. In sleep (as in death), we have no use of the physical body or the five senses, and yet, our mental body is active. We call this activity of the mental-body, dreams.

The attitude of society towards death is not correct, both for society as a whole and also for the dying person. Due to fear and ignorance, people go to all lengths to avoid the subject. Death is not painful for the departed - in fact, in most cases, a welcome release. It is those who are left behind who suffer far more because of 'attachment' to the departed soul. We are all 'selfishly-attached' to our loved ones. When there is the acceptance of death as a stage that every soul has to pass through in order to go to another level of existence, then the way is clear for a realistic approach to, and proper preparation for, death. Such a mature attitude leads to freedom from the mundane aspects of life, and the possibility to explore the planes of higher consciousness which transcend the temporary phases of death after each incarnation.

According to Hindu philosophy, the soul goes from one birth to another, 84 lakh times. The word used is '*Laxachorashi*' - '*lax*' meaning lakhs and, '*chorashi*' meaning 84. This Hindu philosophy believes that the soul passes through the mineral, vegetable, bird and animal kingdom before being born as a human, with God-consciousness (*nar se narayan*). In each birth, we progress by doing good, or regress by being wicked, so in these several cycles of going from the womb to the tomb, it is entirely up to us to speed up our spiritual evolution.. or not.

The one consistent element for all life on this planet, regardless of species, sex, status or environment, is the inevitability of death. Nobody fears death per se, but only the manner in which it will come. In every religion,

there is an understanding of death, and a comforting assurance, however allegorically put, that death is not the end, but some kind of new beginning. Primitive man feared death only because his soul was not spiritually evolved, but even so, death was a very important aspect of life, and hence, we find monuments built to it, e.g.: Stonehenge in England and the death-mask drawings in the Altmira caves of Spain.

Ancient men had fear, uncertainty and apprehension regarding death, but today, as we stand at the beginning of the Aquarian age and understand subjects like para-psychology and theology, we should understand that death can come anytime, birth onwards. In fact, I call death a 'congenital birth defect', because once you are born, you are sure to die!

In James Barrie's, 'Peter Pan', Peter says, "To die would be an awfully big adventure!" So also, in J R Tolkien's 'Lord of the Rings', the protagonist - Frodo boards death's ship to heaven where he heard the sound of singing by his friends on earth. Here, the words 'sound of singing' are significant because, during the process of death, the hearing faculty is the last to disintegrate.

Just as we have a physical body, we have an etheric body, a mental body, an emotional body, an energy body and a subtle body. All these bodies cover the soul or *atma* like sheaths (or layers of onion). But, if you realise that you are the soul (*atma-swaroop*) and not any other body, then you have gone beyond time and space and, consequently, beyond birth and death!







**HORMUZD DARUWALLA**

# Anger

**Hormuzd Daruwalla** is a professional and successful Mental Health Expert, specializing in NLP, GESTALT, HYPNOTHERAPY, TA and REBT. A dynamic and multi-dimensional professional, who has tasted success across different genres, Hormuzd holds degrees in Civil Engineering and Management, and manages multiple businesses as an entrepreneur and owner of a reputed design and building firm, a trading firm and a salon. He shares his expertise with the NGO - Adore, a mental health helpline, as also does a lot of pro bono work, to give back what we take from society. He wishes to help our readers understand the basics of how our minds work - as the platform from where we can elevate our thoughts and our lives..

Let me start with a joke. I asked my friend, Behnaz, "Your hubby Neville is such an angry man! How do u deal with it?" She said, "It's simple - I clean my bathroom after every fight." I was amazed! "Really? How does that help?" She said, "I use his toothbrush!!"

Cliched jokes apart, everyone has a story or two of anger and it's fall outs. That it's an emotion which gets triggered - we all know. But, what actually happens? Where and how does it all take place? Let's take a look at it, Sheldon Cooper style! Science buckles on!!

Everything we see is perceived by the 'Amygdala' and the 'Cerebral Cortex'. The Amygdala is where we house our emotions. It's the primitive part of our brain, associated with our survival skills and the fight or flight response. In keeping with this function, it works at lightning speed and activates a physiological response to keep us out of danger. The 'Cerebral Cortex' is the advanced thinking part of the brain, responsible for reason, strategy and rational thought. It is also the part of the brain that governs most of our responses. Obviously, this takes a little longer than the cowboy - Amygdala!

However, when some trigger provokes a strong memory in the amygdala, it can override the prefrontal cortex and react. This is known as an 'Amygdala Hijack'. The Amygdala sends out signals to your body to release hormones that will help you fight a perceived threat. *This is where your anger story starts...* And as we know, since the cortex was not

involved, there is little activation of reason and logic!

There are two kinds of people - the ones who erupt like Mount Vesuvius



when they get angry - all shouting and screaming... Let's call them the 'Dragons'. The other sect comprises those who keep the anger within, trying to portray that cool attitude... Let's call them the 'Rabbits'.

Though Anger is a very strong emotion, you can't be angry for a long time. You can be sad after that or before that. But it lasts from seconds to maximum, a couple of minutes. Once the anger has subsided, is when you make the decision of how you will react to that event.

**How To Tame A 'Dragon':** Dragons are dramatic people, they feed on drama, they like throwing tantrums. When angry, they want the whole world to listen to them; they couldn't care less about anyone at that point and they're unable to see beyond themselves. They won't listen to reason; anything you say



or do will just feed the dragon!

The trick here is to *not engage* in conversation, or even better, leave the room. An apology or touch could maybe calm the dragon. But it's best to avoid them at the peak of their anger. On the flip side, they also cool down faster, shouting and screaming takes too much

**Controlling The Beast Called Anger:** Here are a few effective tips on how to deal with your anger:

**Taking Deep Breaths:** is the most common way to activate cortisol and oxytocin in your system. It really affects the physiology of the body and lets your frontal cortex take charge.

**The 'No Anger Zone':** Let us assume that every morning at tea-time, you really get angry with your kids. This is a pattern that you have realized. Make this your 'NO ANGER ZONE'. Before you fill your tea-cup, mentally tell yourself, "I won't get angry at the dining table." If you do get angry, then at that point itself, go into another room and stay there until the emotion passes.

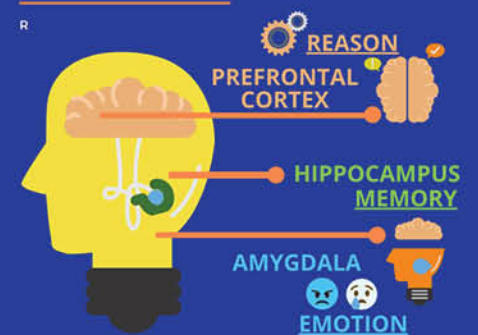
**Rationalization and Resources (R & R):** This exercise can be done when you are calm and composed. Get into the reflection zone. Ask yourself these questions - "What is the content or situation that makes me angry?" or "What are the triggers, what are the words or retorts that make me angry?" or "Do I feel angry at certain time in

energy! They may have lesser or no resentment once the event has passed!

**Beware Of The Rabbit:** Rabbits are scary ones - they hold the anger within, they feed it. After the event has passed, they continue to harbor resentment. They constantly think of how to get back or they sulk and wallow in guilt, sadness, self-pity. All this is very detrimental to them and to those around them. The effects of such anger are seen with time. It's scientifically proven that harboured anger elevates cortisol, which raises the blood sugar levels in the body.

So, how do you deal with them? After the event has occurred, sit down and talk to them; do not try and sweep it under the carpet. Let them talk, give them a hearing. See that you let them talk and get it out, no matter what the content. Let the resentment and other conflicting emotions get flushed out.

## THE BRAIN



the day?" Answer these truthfully. Ask yourself what resources you possess to counter these. Find solutions to these questions in the reflection zone. Over time, you will notice a sure change!

And remember, **Anger Is The Only Dog You Don't Feed!**



# The Zen Series: The Girl At The River



**KASHMIRA SHAW RAJ**

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

In the seventh episode of 'The Zen Series', we learn an important lesson based on the story about 'The Girl At The River'

A senior monk and his junior monk were traveling together. At one point, they came to a river with a strong current. As the monks were preparing to cross the river, they saw a very young and beautiful woman also attempting to cross. The young woman asked if they could help her cross to the other side. The two monks glanced at one another because they had taken vows not to touch a woman.

Then, without a word, the older monk picked up the woman, carried her across the river, placed her gently on the other side, and carried on his journey. The younger monk couldn't believe what had just happened. After rejoining his companion, he was speechless, and an hour passed without a word between them.

Two more hours passed, then three. Finally, the younger monk could not contain himself any longer and blurted out, "As monks, we are not permitted to touch a woman, how could you then carry that woman on your shoulders?"

The older monk looked at him and replied, "Brother, I set her down on the other side of the river, why are you still carrying her?"

[Courtesy: Zen stories for a calm, clear mind- Personal Growth]

This story gives an amazing insight into how we live in the past. There are very few that live lives in the present, full of love and pride. For many, life is tinged with remorse, regret and unfulfilled desires. Neither do we let go the past nor do we address the present. So much of our energy is spent over the past, that there is little left for the present.

So...

1. Start paying attention to the NOW. What is happening is only in the moment. Like you are reading this NOW!
2. Think of the learning happening right now.



3. Enjoy, experience, love... all in the now.
4. Before you realize it, these experiences will become a memory. Happy, sad, depressed or great, they are mere memories.
5. You are only alive in *this* moment.... never forget that!

Own the moment. Don't just participate. Own it. Make it yours and then move forward.

In this way there will always be pleasant things to look forward to. Why would you not want to? We are often like the young monk who kept replaying incidents of the past in his mind, until he had to ask the old monk for an explanation. But his senior just looked at the woman as someone needing help, and carrying her across as a solution. The moment he kept her down, it was over and became a thing of the past. He moved on.

We often face difficulty letting go of old relationships. We cling on to things that are no longer there. One half may have moved on in life but for the other, they are still remembering those days, pining and depressed.

It's great to remember those days, but move on;

*It's all just ashes and dust, life is one moving song!*

**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

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## Reader's Corner

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### HUMAN LIVES MATTER

By Farida Bamji

No matter who you are,  
Yellow brown black or white  
Or Rich poor beggar or thief,  
no matter what profession  
Including colour caste or creed!!!

As it's said, "One takes nothing  
When one cuts the umbilical cord  
It includes titles, pics  
Accolades and Awards  
If one were to Take the award  
Where would you hang it..  
Without a wall?"

Titles end when one takes  
The last breath,  
As one leaves this earth...  
Judgement will be meted out  
According to life lead on earth.

Being cocky doesn't help  
Neither Ego nor Pride,  
He is not your usher  
To give one a ring side seat!  
Ultimately, it all depends on  
Good Thoughts, Good Words, Good Deeds!