

Gutha Vallishkoish
YZ31339

PARSI TIMES

Parsi New Year
Special Issue

Shri. Ratan Tata Greets
The Community! >>Pg. 06



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Curated by
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(Dean, Sir J. J. School of Arts, Mumbai)



Ms. Kalpana Shah
(Director, Tao Art Gallery, Mumbai)



Mr. Subhash Awchat
(Artist & Author)



Mr. Parvez Damania
(Art Connoisseur)



Ms. Raageshwari Loomba
(Singer, Mindfulness Speaker & Author)



Mr. Raghav Narsalay
(MD, Accenture Research)



Mr. Sachin Khedekar
(Actor)



Mr. Arzan Khambatta
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Fravashi Art Fiesta encourages all children to participate, including specially abled children.

Founder's Note by Kersi Randeria



As the community enters another year, one is but forced to look back at the last year which unfortunately, has not been a good year for me - as a Trustee, as well as personally.

In the last few months, the Trust and the Community, lost a very capable and humane Trustee, my colleague and my friend, Zarir Bhathena. Zarir, Noshir and I had approached the community and were always perceived as a trio, and his loss has been a personal blow to me.

Our Chairman, Yazdi Desai, has also suffered a setback vis-à-vis his health and despite our issue-based differences, I reiterate that Yazdi has been a rock-solid Trustee and Chairman. He has always focused on keeping the Trust afloat financially, during these difficult times, balanced with a burning passion for looking after and helping the less fortunate of our community.

As a Trustee, and the Founder of Parsi Times, I hope and pray that this New Year will only bring us all joy and cheer, with peace, love and happiness for all.

I thank all Parsi Times patrons, readers, advertisers and members of the community for your unstinted support and appreciation, even through the pandemic which moved us from the paper to the digital format.

It is therefore a source of immense pleasure, that on this auspicious occasion of New Year, Parsi Times is restarting the much-missed, paper format for the community, to hopefully, hold and cherish!

I take this opportunity to wish each and every one of you the very best for the coming year and am confident that this year will bring love and cheer into all our lives, with abundant happiness and good health!

- Kersi J. Randeria
Founder, Parsi Times
Trustee, Bombay Parsi Punchayet

Even as this issue of Parsi Times was nearly sent to the Press for printing, another sad blow struck the Trust and the community, in the loss of our very honest, dedicated, hard-working and compassionate CEO, and my guide, Mr. Cawas Panthaki, who was fondly called Cawassa by most of us.

We extend heartfelt condolences to his family and pray for his peaceful onward journey. Garothman Behest!

FROM THE EDITOR'S DESK



Saal Mubarak!

Dear Readers,

It brings me great pleasure in presenting PT's Bumper Parsi New Year (Super)Special issue! What makes this issue special is the content, in keeping with the times, which we hope, will bring you smiles and laughter, as it is based on the theme - 'Celebrating Hope'! Hope - much needed during these times, when we are unable to celebrate New Year in the way we do every year - all decked-up, with family and friends in tow - headed to a naatak and dinner or then hosting a fun party at home with our loved ones. Even so, we will be together in spirit and in prayer, alongside the virtual presence of those we can't be with in person, thanks to technology, which has proven to be a life-and-sanity saver through the pandemic!

I'm also delighted to share that our New Year Special issue will be available as a physical newspaper, so do look up your newspaper vendor if you wish to hold a crispy, thick copy of your favourite newsweekly's New Year Bumper issue!

What makes this issue 'Super-Special' is that our very own 'Kom-no-Kohinoor', the one and only, Shri Ratan Tata, has yet again personally graced PT's pages to share his kind and auspicious greetings with the community! (Pg. 6) PT is sincerely humbled, privileged and thrilled to share these with you, which will surely raise your spirits, setting the tone for the new year.

I'm glad to inform our readers, that over the last seven months of the pandemic, though PT had to substitute print copies with its digital version, even as most publications nearly halved their digital-edition pages, PT provided our readers enhanced content - qualitatively and quantitatively, understanding our community's heightened needs for news and connectivity, during such times. This has earned us great appreciation and increased our reach even further, nationally and globally, and for this we thank all our readers.

Many thanks also, to all our advertisers, writers, well-wishers and all our supporters who have reposed their continued faith in PT and helped bring out a fab Special issue! Hope you enjoy it!

Here's wishing everyone a Happy Independence Day and Heartiest Sal Mubarak! May the new orbit bring in relief and restore happiness for all!

- Anahita
anahita@parsi-times.com



An 'Aye' For Your Eye!



Despite the challenges and the limitations of the pandemic, its business as usual (for the most part) at Dr. Cyres Mehta's International Eye Center. The other aspect that hasn't been too affected is his 'achievements streak'. Rarely has anyone been as globally felicitated as Dr. Cyres - his national and international accolades, awarded by some of the world's most prestigious eye institutions and societies, reflect the genius of his virtuosity that he brings to the realm of ultimate eye-care.

of India conferred upon Dr. Cyres, the honour of 'Best Of The Best Speaker', at the International Heroes Of Indian Ophthalmology Conference. In fact, Dr. Cyres has been awarded the 'International Hero Of Indian Ophthalmology' Award consecutively for three years in a row now - a grand achievement in itself!

The society duly recognised the prestige and honour Dr. Cyres brings to India, in keeping with his global felicitations in Rome, by the venerated 'Societa Oftalmologica Italiana' as well as the Ophthalmic Societies of Poland and Switzerland, to name a few.

In July, 2020, the All India Ophthalmological Society, the parent body comprising over 25,000 eye surgeons

The COVID-19 pandemic has been especially challenging for people with eye ailments. But, 'Dr. Cyres Mehta's International Eye Centre' headed by the dynamic doctor, has seen its patients flocking to the clinic through the past months. Just like the eye-treatments and solutions provided at the center, all hygiene and precautionary measures of the highest standards have been implemented, which puts the patients at ease. Parsi Times catches up with **Dr. Cyres Mehta...**



PT: The pandemic has slowed down the world and impacted innumerable businesses. How have things been at 'Dr. Cyres Mehta's International Eye Centre'?

Dr. Cyres: The corona virus pandemic has changed the way we work, the way we socialise and every other way which encompasses human contact. We have been working right through the lockdown from the month of May at the International Eye Center. Surprisingly, we have seen a spurt in the number of people wanting laser vision correction! In keeping with the festive season and

many people having some time off, they are able to contemplate it. Also, with masks becoming mandatory to wear, those wearing spectacles feel great discomfort as it fogs up the glasses, which they have to repeatedly wipe off.

PT: So you continue to take great strides in eye-care despite the lockdown?

Dr. Cyres: We have always been committed to providing the best eye-care in the world to our patrons. Just last week we upgraded the Laser Cataract System to the latest 2020 specifications.

It's now even faster, more precise and easier to operate, in comparison to its earlier version. With an increasing number of people having to work from home, for their cataract surgery, they opt for the new 2020 technology called EDof, wherein after a lens replacement, they become spectacle free for both - long as well as short sightedness (distance and reading).

PT: Tell us about the progress made in your renowned treatments for glaucoma patients.

Dr. Cyres: In the realm of glaucoma

treatment, I'm delighted to share that we have acquired the city's very First Nano SLT Glaucoma Laser System. This is a no cut, no pain, two-minute procedure that controls eye-pressure rapidly without having to put eye drops. Most times, the eye drops we use for glaucoma treatment come with their own side effects like burning stinging, asthma, severe drowsiness and red eyes - just to name a few. But this quick laser, has, in virtually all cases reduced the patients' dependence on eye drops. We have been getting great feedback from our patients too!

Wishing Everybody Navu Saal Mubarak!

May The New Year Bless Us All With Restored Health And Happiness!

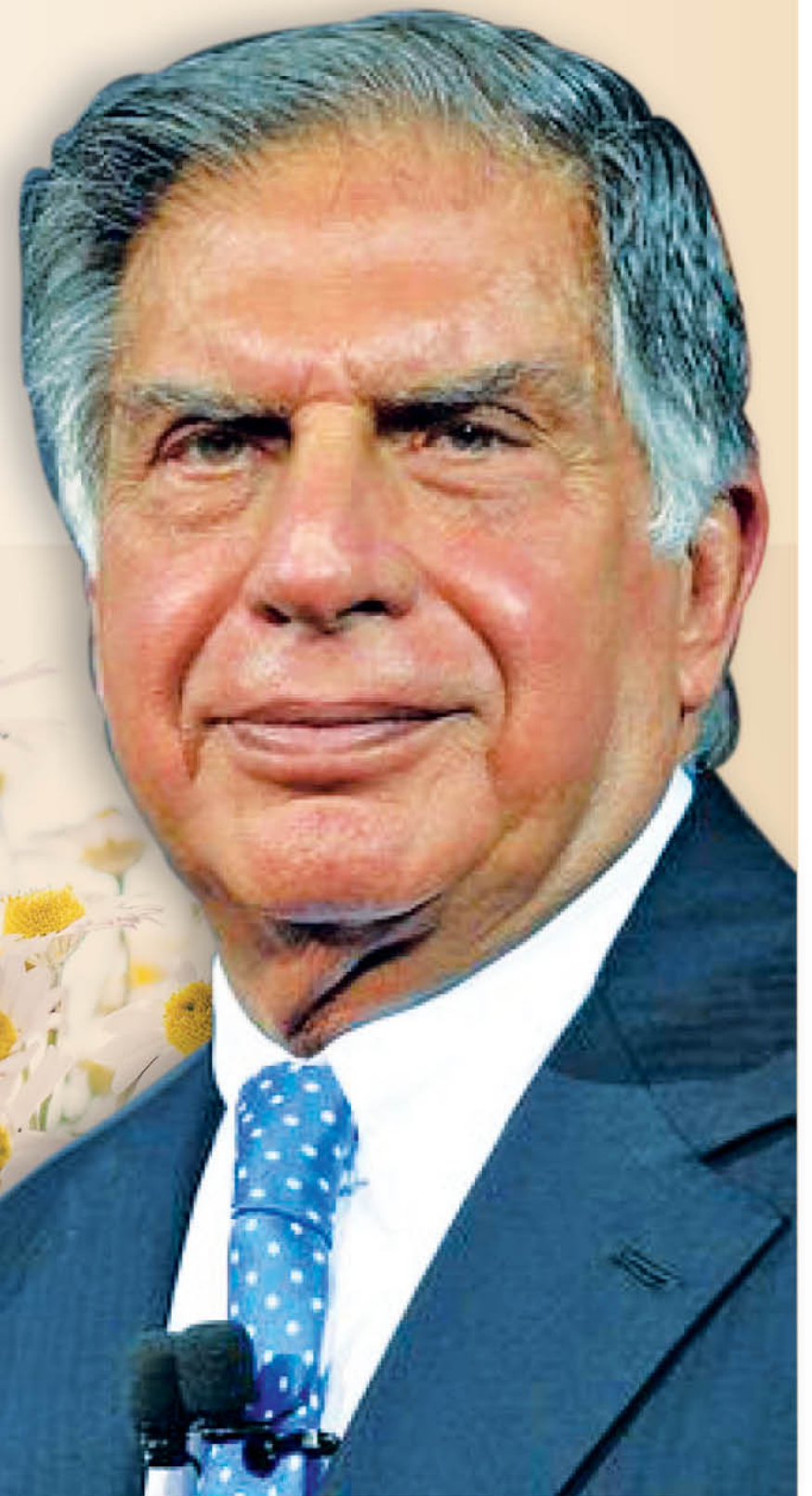
*Parsi Times is delighted, honoured and privileged yet again, to share auspicious New Year greetings with the community, from none other than our 'Komm-no-Kohinoor', the pride of the nation, our very own, incomparable beacon of inspiration, goodness and hope – **Shri Ratan Tata.***

"I wish all the members of the Parsi community a very Happy New Year!

I know that these are difficult times for all of us, but I wish Navroze particularly will bring respite and ease in business conditions and good health and prosperity to each one of you.

With best wishes,

Ratan Tata"



Heartfelt And Warmest *Navu Saal Mubarak*
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On This Auspicious And Joyous Occasion!



We salute your wonderful community's enlightened spirit of superlative enterprise so beautifully complimented with your phenomenal sense of fair-play blended with unparalleled generosity and selfless philanthropy, which has contributed so greatly to the intrinsic values and fabric of our beloved nation, for which we personally extend our deepest gratitude and will always ardently endeavour to inculcate and imbibe your lofty ideals in our cherished values as well.

Your noble community's awe-inspiring deeds truly energise us to work so much harder and motivate us to strive with all our might and commitment to give back to society with the humility and class, that are the hallmarks of your all-encompassing and varied philanthropic achievements which makes all of India so proud as well.

Your numbers may be small however your unmatched contributions are truly vast indeed, which in turn inspire and motivate entire the country to emulate the highest benchmarks you'll have set for us to follow in the dedicated service of our beloved and great nation.

With all our Love, Respect, and Heartfelt Gratitude,

Divija, Amruta and Devendra Fadnavis

A Faithful Heart Is A Hopeful Heart!



DAISY P. NAVDAR

"Yes, Not everything went as planned, In fact, it all fell apart Terribly, spectacularly. No problem... The pieces are all still there, I can put them back together in a new way That's the power of HOPE"
By Topher Kearby

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.

questions have been answered, the grace has always, always showered abundantly and help has poured in from the most unlikely of places!

I remember most distinctly this particular instance. It was many years back, I was travelling by bus and my mind was running amok with the difficulties that I was facing. I was thinking about all this and then I asked God, "Are you there? Can you not see my pain? Are you even listening?"

I was sitting at the window seat of the bus and I suddenly looked up and there on a huge billboard was a phenomenal 'YES!' And a big tick under it. It was an advertisement for 'Yes Bank', but it was also a confirmation from Him! I knew then itself that my troubles would simply disappear, and they did! But this is all a process

particularly challenging on many counts. It has not been easy. Sometimes even I have to be reminded of his grace. It was 10:30 pm, I was feeling an all-time low, desperately seeking His grace. I had long finished my prayers. Yet again, my mind was asking Him whether He had heard my plea. And I opened my phone to call someone and this is what I read,,

"Today, I am sharing with you all the most powerful - 'Nirang of Shah Fareedoon Padshah Saheb', which will help us conquer all our difficulties in life, no matter how big or small they may be:

*[Yatha Ahu Vairyo 2, Ashem Vohu 1
Nemo Ahurai Mazdai, Nemo Ameshaeiby Spentaebiy, nemo maonghai gaochithrai, nemo paiti ditai, nemo paiti dite.
Maonghem gaochithrem ashavanem ashahe ratum yazamaide.
Vananto Sataro Mazdadhatahe, Khshnaothra yasnaicha vahmaicha, khsnaothraicha frasastayaecha
Vanantem Satarem mazdadhatem ashavanam ashahe ratum yazamaide.
Yazai vanantem amavantem, Aaokto-namanem baeshazim yazamaide
Yenghe hatam aat yesne paiti vangho, Mazdao Ahuro vaetha ashat hacha, Yaonghamcha tascha taoshcha yazamaide.
Ashem Vohu 1, Yatha Ahu Vairyo 1 Ashem Vohu 2.]*

My own words, the manthra that I shared, had come back to me. I had forgotten the efficacy of this one and completely overlooked it. It was the grace of Pak Dadar Ahura Mazda that sent me this reminder. I prayed this Nirang continuously and sure enough, I could sleep in a better frame of mind with most of my problems sorted. It has

of discovery, the realisation that there is a power way beyond your comprehension, one that will stand by you when you are at the lowest ebb of life. Through all this, I have never, ever given up on my prayer. I have summoned His manthravani at every stage of life. Through thick and through thin, it is my manthra that is my constant companion.

The last few days have been

The ground from beneath our feet has moved, literally! Torrential rains have paralysed the city which was already reeling under the effects of the pandemic; people's homes and hearts have been flooded with fear and the powerful forces of nature have once more brought our city to its knees... it's the perfect position to pray!



Within myself, I frequently have these long conversations with God. Mind you, these are conversations, not prayers. I have frequently found myself berating Him, questioning Him, complaining to Him and yes, sometimes also telling Him that He is mean and unjust. I have sometimes even challenged Him, told Him to show me proof that He is there, challenging His very existence. The challenges have been accepted, the

Thou Art The Hope Of The Hopeless, Ahura Mazda!

Start your weekend with positive vibes with inspirational excerpts from the acclaimed book, 'Homage Unto Ahura Mazda' by Dasturji Dr. Maneckji Naserwanji Dhalla of Karachi.

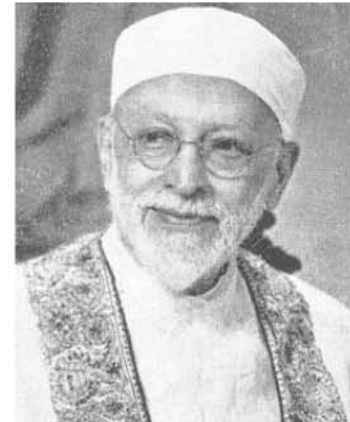
Hope buoys me up. Hope raises the banner under which victory can be won. I am happy when the bright ray of hope shines upon me. Often is hope doomed to disappointment. I become upholder of a forlorn hope. Me bright hope gives way to despair. My long cherished hope grows dim and fades. It is dashed to the ground. It dies.

Let me not entertain wild hopes. Let me not waste my time and energy in pursuit of what is unattainable. Let me not be lured with false hopes. Let not the obsession of grief overwhelm me. Save me from being drowned in the waters of dark despair.

Thou art as near me as my ownself. The footfall of an ant is not beyond Thy hearing. Thou dost hear my sigh, when I weep for the vanished hope. In the face of danger, when my mind is filled with dark forebodings and my heart with sorrow, Thou dost ask me to hold on unto the end. When I think hopes have I none, Thou dost come to my help and cheer me with the words that the life of hope is still before me. Thou dost

been my experience that when you repose your faith in your manthra, you can overcome all odds. You feel the manifested presence of Pak Dadar Ahura Mazda in the daily small miracle that is your life.

We, ourselves are the root cause of all our trials. We forget that we have to develop as spiritual beings. We have been gifted the wherewithal to bring our existence to a higher level of consciousness. Our manthras give us wings where we can fly higher than our mundane reality and attain a direct connect with Ahura Mazda. He did create us in His own image and we don't have



give me hope when everything seems full of despair and I come to Thee with faltering steps.

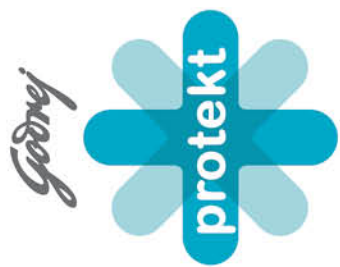
When my cherished hope is not fulfilled, let not disappointment deflect me from the path of my duty. Let me bravely meet the hardships and obstacles I have to face before I reach the haven of my hope. Give me the patience to match my steps that lie between my hope and its fulfilment.

Faith in Thee gives me hope and urges me to hold fast, when I am on the brink of falling. In Thee is my final hope. On Thee will I set my hopes all life long, forever art Thou the hope of all, Ahura Mazda!

to look outside of ourselves for a solution to our problems. This inward journey is lit with the brilliance of His Faith and His Hope which is His Gift! Thank you Pak Dadar Ahura Mazda!

I end with this quote from the Bible - Ephesians 6:16-18, "In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one; and take the helmet of salvation, and the sword of the Spirit, which is the word of God, praying at all times in the Spirit, with all prayer and supplication. To that end keep alert with all perseverance."

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Celebrating H(ave) O(nly) P(ositive) E(xpectations)!



BINAISHA M. SURTI

*Hope is a powerful and optimistic word. You can embody it by being that sunshine which brightens up someone's life. In today's difficult times, be kind, helpful to all living creatures and most importantly, never stop hoping, because miracles happen every day. Hope indeed is super magnetic force, you just need to truly hold on to it to see 'magic' happen. Parsi Times Reporter **Binaisha M. Surti** catches up with some of our dynamic personalities as they share how 'hope' has become their rainbow in times of the Pandemic.*

Vada Dasturji Khurshed Dastoor of Iranshah, Udvada: Vada Dasturji Khurshed Dastoor is the pride of our community, always encouraging and guiding Zoroastrians worldwide into following the righteous path. Vada Dasturji says "This is a situation which no one ever dreamt of and it is the time for hope, patience and faith: Hope - that this too shall pass, Patience - as this will take its time, and finally have Faith - in the 'Almighty' that we will overcome these challenges. I've been in Udvada since the last five months, looking after our Iranshah. My prayers and faith in Iranshah assure me that this situation will surely pass."

His message to the community: "Have patience, continue to pray and He will look after you. During these times, prayers will help you mentally and physically. Right now, one is working from home and since we have time, one can concentrate and be dedicated to God. I have every hope that everything will become normal and we all will rise above this pandemic in the coming year. Also, keep in mind that we don't have to panic when a difficult situation arises. In life, everything comes and goes - that's how brave individuals rise above every calamity. This coming New Year is very important for us all, it represents a new beginning for the rest of our lives. We have to overcome this situation and give back to society." He signs off with, "I have always believed - Everything that starts, comes to an end... this too shall pass!"



Fredun De Vitre: Multi-talented Fredun is a senior advocate and has been a cricket commentator for (AIR), later transitioning to TV commentary. Fredun also represents the senior cricket team of Mumbai's famous Parsee Gymkhana. He expresses his take on coping with these trying times, "Different sections of people are impacted differently. We are blessed with a roof over our heads, food on the table, access to money and work to keep us busy. So many are facing severely troubled times. It's these people who are most in need of reassurance that there is every hope of the world being a better place. We need to give them a helping hand, reach out to them as a community, so that their faith is not lost. I am very hopeful that everything will work out, with a vaccine being on the cards." Sharing a couple of wisdom nuggets with the community, he concludes, "Ensure to keep yourself engaged every day; have a disciplined and productive day planned. Eliminate the negative aspects and concentrate on the positive ones!"

Parvez Damania: The dynamic Parvez Damania has been a key figure in Indian Aviation for over twenty-five years. An avid collector of contemporary art, he enjoys finding and promoting artists who possess potential. He is currently dedicated to a social project he commenced in Dharavi, which has now flourished into a huge school with around 600 students and has helped change the life of many underprivileged children. Sharing his thoughts, he says, "I keep a positive frame of mind and don't allow myself to feel low in this difficult situation. I've been keeping myself fit, feeling great and young again! Mickey Mehta has been guiding me through this whole process. I also got an opportunity to spend a lot of time with my family, for which I am grateful. Work and business have been gravely impacted for all but we need to come out mentally stronger. Hope has always helped everyone move forward in life and I firmly believe that India will come out of this as a super power, as the global manufacturing hub of the future. Things will get better in time - we just need to keep ourselves together as a community, be kind as individuals and look forward to a better future!" What makes him most hopeful in the current times? "The Poonawalla's coming out with a vaccine is very positive news and everyone has high hopes of their success! They say a person needs three things to be truly happy in the world - someone to love, something to do and something to hope for!"



Scherezade Shroff: A leading fashion influencer, model and lifestyle Youtuber, Sherry shares, "Staying busy has been a blessing - from creating content to working on 'Quarancharity' and collecting funds for people affected due to this difficult period. It gives me purpose to have a routine in place. Working, keeping ourselves occupied, staying positive and being grateful is all a big thing during these crises. Being away from my near and dear ones was a learning experience and we should be grateful for all these things we have in life. I'm privileged to be safe and healthy." Sherry's loving companion who has kept her hopes alive during lockdown has been her dog, Mars. "I would advise everyone to adopt a pet. The unconditional love and positivity you get from a pet is amazing. He has been my ultimate lockdown buddy all through - always happy and chirpy and spreading positivity."

Dr. Mickey Mehta: The renowned Global Leading Holistic Health Guru and Corporate Life Coach, says, "Hope works on the law of attraction. Hope aligns you with the flow and rhythm of the flow. Hope, when integrated with faith, generates a strong, invincible magnetic field to make things work in your interest, which are then connected to a larger interest, because that is the wisdom of hope and faith! When hope gets integrated with faith, you become the co-creator of your own destiny. Hope and faith bring acceptance to the forefront. With this acceptance, comes great responsibility. Therefore, the course of life is clear to oneself as to what needs to be done." Sharing his message with the community he concludes, "As Zoroastrians, we worship fire and Ahura Mazda is the invisible light of creation, so sitting in prayers and meditation along with hope and faith will make you creative and productive. All we need to do is just open up our doors and simply surrender to the situation as it is, do whatever it takes with acceptance and responsibility and increase our inner capability. Let hope get maximised, faith get initialized... Get Mickeymized!"



Raell Padamsee: Raell is a versatile, talented and vibrant theatre personality, and heads Ace Productions, known to have mentored innumerable Parsi children, and has created a new section in the syllabus, titled 'Hope For The Future'! She says, "Hope has definitely been our key factor for success during lock down, as we have now transformed and gone completely online with our acting and speech and drama classes. It was a huge challenge and we had to redesign/reconceptualize everything from scratch. It was hope that enabled us to cope and evolve. In 'Hope for the Future', we encourage and infuse confidence and valuable skill-sets in our kids, and teach them to get up and keep going forward, no matter what the situation is. We have to be thankful for all that we have. Just stay under the radar and keep getting things done with hope and positivity. Most importantly nurture your creativity!"



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Celebrating Hope Amid Anguish



NOSHIR H. DADRAWALA

The year 2020 has been a challenging one. There has been loss of life and there has also been loss of livelihood. There has been anxiety, anguish and even a degree of anger which stems from helplessness or our inability to be in control of the situation. However, the best and probably the only antidote for that feeling of helplessness is hope. Hope is an optimistic state of mind that is based on an expectation of positive outcomes with respect to events and circumstances in one's life or the world at large.

They say a person needs just three things to be truly happy in this world - Someone to Love; Something to Do; and Something to Hope For. Hope is a powerful force. It inspires us to do the impossible and assists us in moving on during difficult times. Hope comes in different shapes and forms. It may come through reading a good book or a poem. It may come through listening to a song or reading a message from a dear one. However, hope mostly stems out of wisdom, faith and experience.

Unpredicted Adversity: American novelist and journalist, Margaret Mitchell felt, "Life is under no obligation to give us what we expect." This is so true. Most of us began the year 2020 on such a happy and positive note. Almost every well-known astrologer predicted that the year 2020 would be a good one. They were all proven wrong as the pandemic eclipsed all hopes and expectations, the world over.

Harness Positive Energy: Neither astrologers nor scientists really know when this pandemic will end. But there is hope and there is faith that there will be light at the end of this long, dark tunnel. Hope by itself is neither a strategy nor a solution. The light that will lead us out of the darkness is the positive energy that comes to surround those who continually search for what life has to offer. The answer is always within. By harnessing this positive energy, one can accomplish anything. In the words of Rabindranath Tagore, "Faith is the bird that sings when the dawn is still dark."



Martin Luther King Jr. believed that only when it is dark enough can you see the stars. This too is true because there is always a lesson to be learned from adversity. We all have learned many such lessons the hard way and have often found that the bitterest moments of our life have only made us better. Oscar Wilde believed, "Behind every exquisite thing that existed, there was something tragic."

Message Of Hope In The Gatha: Zarathushtra's Gatha are life affirmative and speak about life in totality. Zarathushtra does not talk about salvation he talks about happiness. He does not speak about saving you or your soul, he expects you to be your own savior by exercising enlightened choices. Zarathushtra wants his followers to live an ordinary, but, active, industrious life with extraordinary intensity and passion. He does not want us to fear God; he wants us to befriend God. He does not want us to please God; he wants us to be pleased with our own enlightened or well thought out choices. He does not encourage pain and misery in this world with promise of a better world after death. Zarathushtra talks of the here and now and about attaining happiness in this world itself, mainly through making others happy. This is what makes Zarathushtra and His message stand out and stand apart.

The Choice: The Gatha speak of the twin mentalities and choices we all must make using our 'sucha managha' or 'illuminated mind'. Zarathushtra advises: "Hear with your ears the highest Truths, Consider them with clear thought,

Before deciding between the two paths, Man, by man, each one for himself".

Zarathushtra speaks here about the moral and ethical choices each one of us must exercise with clear thought or an illuminated mind. And, once we make a decision, we have to be responsible for its consequences. No savior can come to our rescue except our own good thoughts, words and deeds. And hence the Prophet, in reference to these two paths states, "And of these two, the wise do choose what's right; the unwise choose not thus."

Perfecting Imperfection: The *Ushtavaiti Gatha*, which embodies happiness, celebrates the Zoroastrian precept of friendship with God. In *Ushtavaiti Gatha*, *Yasna* 46.2, Zarathushtra says: "Rafedhrem chagvaao hyat fryo fryaai daidit, Aakhso vangheush ashaa ishtim manangho." Meaning (as translated by Prof. Stanley Insler): "Take notice of it, Lord, offering the support which a friend should grant to a friend. Let me see the power of good thinking allied with truth!"

Here Zarathushtra does not see the Supreme Divinity as the Master or the Lord or as Father or someone to fear, but sees *Ahura Mazda* as a beloved friend to talk to in times of distress and to love Him and seek His support to perfect this imperfect world with friendship based on good thinking allied with Truth.

These are distressing times. But now is also the time to befriend *Ahura Mazda*, to seek His friendship and work towards perfecting some imperfections in this world, starting with our own imperfections.

Choose Hope With Wisdom: The Pahlavi *Dinkard* (Book 3) asserts: "Be it known that, whatever wisdom and happiness exist now, are owing to the principles that give strength of wisdom and the power of happiness. Among these, by means of the proper power appertaining to the soul, *Ohrmazd* reaches into the heart of the acquirer of wisdom, and the power of obtaining the wishes, reaches into the heart of the acquirer of wisdom. And on that wisdom reaching into the mind, a path is found by the mind that is obedient to *Ohrmazd* and is pure, to see what relates to the invisible; and so, man becomes worthy of fresh and superior happiness."



It is interesting to observe that acquisition of wisdom goes hand in hand with happiness. One who is wise is also happy. Divinity enters the heart of the acquirer of wisdom and makes that individual experience "fresh and superior happiness."

Angra Mainyu - A State Of Mind: *Mainyu* is variously translated as 'Spirit', an abstract energy or 'Mind' (Sanskrit *mana* or mind). *Angra* is viewed as destructive, chaotic, disorderly, and inhibitive. One of the chief manifestations of *Angra* is destruction which arises from anger and, anger is a state of the mind. Thus, *Angra Mainyu* is a destructive, chaotic, disorderly and inhibitive state of the mind which often manifests into anger and destruction of all that is good, the antithesis of *Spenta* - which is good and bounteous. A more personalized embodiment of evil

► is 'Ahriman'. Angra Mainu or Ahriman, both are in eternal conflict with all that is good and bountiful.

Angra Mainyu Is Only A Shadow: Theologically *Angra Mainyu* is limited to material space and time and at the end of time, *Angra Mainyu* will be finally defeated or simply disappear because *Angra Mainyu* is akin to a shadow. A shadow is simply the absence of reflected light. It is impossible to prove shadow as a standalone object. Scientifically speaking, shadow exists only in relationship to a light source, a disrupting object and an object in the background.

In other words, if Truth is light and the mind is the disorderly obstructive object, what is seen in the background of life is the shadow of the devil. But, let the light of truth shine through a mind attuned to that light (of truth) and there would be no obstruction and no shadow can be seen in the background of life. There would be just light! Little wonder that certain Pahlavi texts view *Ahriman* as 'non-existent'!

Positive Assertions: Affirmations are positive statements which can help us challenge and overcome self-sabotaging, negative thoughts. Affirmations are not wishful thinking or empty hope. Daily repetition can reprogram one's thinking patterns and over time, one actually begins to think and act differently. Therefore, more than just hope, let us affirm that we shall stay attuned with our good mentality and reject all dark mentality. Let us reaffirm that evil has no real existence. Evil is simply the absence of good, just as darkness is absence of light.

When we choose light, we automatically reject darkness and when we choose goodness, we automatically reject evil!

The Hymn Of Hope: The *Zamyad Yasht* is a litany to the spirit of this earth. The final paragraph of this hymn is inspiring and hope-giving! It affirms that: *Akem-Mano* (evil mentality) smites, but *Vohu-Mano* (good mentality) shall smite him back; the Word of falsehood smites, but the Word of truth shall smite it back. *Haurvatat* (*Khordad* or perfection) and *Ameretat* (*Amardad* or eternity) shall smite both hunger and thirst: The evil-doing *Angra Mainyu* bows and flees, becoming powerless.

The *Yasht* does not speak of *Angra Mainyu* being destroyed, because, one can only destroy what exists. *Angra* bows (accepting defeat) and simply flees, just like darkness flees when light is brought in. In like manner, ultimately, evil mentality shall bow to the good mentality and flee and the world will know *Frasho Kereti* or the Perfect World!

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embodiment of greatness when it comes to community service, always looking out for the cause of the less privileged in our Community.

For over a decade, ZTFI - one of our community's foremost non-profit organisations, dedicated to ease the sufferings of the not-so-fortunate Humdins - has been at the helm of supporting community members through their various predicaments.

Spearheaded by its vibrant, go-getter Founder, Yasmin Mistry, alongside an incredible group of dedicated Trustees and sprightly volunteers, ZTFI's matchless sense of community service went beyond the call of duty through the COVID-19 pandemic, which rendered an innumerable number of underprivileged community members, helpless.

While the Lockdown slowed down the pace of life and virtually brought movement to a grounding halt, ZTFI's dedicated and unstoppable good Samaritans, under the motivated and energised leadership of Trustee Arnavaz Mistry, proved to be a God-send to many, who were in dire need of food and financial help to make it through.

It is said greatness lies in service, and so everyone has the opportunity to be great. One doesn't need a college degree or a high-flying title or a massive bank account to serve. You only need a heart filled with kindness and grace and a soul generated by love. And insomuch, the Zoroastrian Trust Funds of India (ZTFI) have proven to be the

The idea of service through the pandemic was first birthed at the suggestion of ZTFI's Core Community Member, who is also the community's respected and cherished Manager of Doongerwadi, Vistaspar Mehta. His conviction and determination to help humdins with even greater effort during the pandemic proved infectious and motivating, and soon Team ZTFI was on the streets, braving and risking the deadly virus, in the name of pure community service. Volunteers Neville Zaveri, Meherzad Taraporewala, Aspi Elavia, Joyan Guzder, Delzad Doctor and

Kashmira Khambatta, along with Arnavaz Mistry and Vistaspar Mehta, were a formidable team who ensured that every ZTFI beneficiary received their monthly rations as well as medical and financial assistance. They personally



Arnavaz Mistry personally distributing rations during the Pandemic



ZTFI's SUPERWOMEN!
Yasmin and Arnavaz Mistry

went to every

beneficiary's home to deliver the much-needed aids - all thanks to the tireless initiative and drive of the fabulous Team ZTFI! In fact, very recently, in keeping with the auspicious occasion of Parsi New Year, ZTFI has just completed delivering 'sagan-ni-sev', along with the New Year rations, to ensure all beneficiaries are able to celebrate a 'happy' new year!

Says Yasmin Mistry, "There is no greater joy than the joy of giving - a call to go beyond your own personal needs is what

truly defines you. The world has been in a crisis and everyone is suffering - and though most have chosen to be safe at home as is the norm, some have selflessly gotten out and risked it all to help the weaker sections of society. And that is needed, else how will the vulnerable survive? ZTFI took up the challenge and proved itself to the helping hand that we set out to be. I've been overwhelmed with the responses of

thankfulness and gratitude that we have been blessed to receive - I didn't imagine it would make such a huge difference. We need to understand that even doing just a little, is a lot to those in need. It's about the small efforts which always end up weighing so much more than lofty plans. Action taken here and now, is important, immaterial of size. I believe that there's no time like the present, and no present like the time! Hats off to all our braveheart volunteers and especially Arnavaz Mistry and Vistaspar Mehta - who steered this ship of Service and Hope to the harbour of beneficiaries in need, risking their own wellbeing. And a big thanks to all donors who stepped up and came forward with donations through the pandemic, even without our asking! Thank you for supporting us and trusting us, and contributing to our endeavour."



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Celebrating Hope In The Baugs!



RUBY LILAOWALA

Hope burns eternal within the heart. As Eruchshaw Einstein says, as long as there's hope - well, there's hope!! So, I'll tell you some tales from our Baugs on HOPE! (What else?)



In our prominent South Bombay *walu* Cusrow baug, there is this 70-year-old frustrated spinster, called Alamai Banga, who has high hopes of finding a bakro to saprao, and finally settle down into the romantic-rut of marriage... since her cousins - Silloo Sanga and Coomi Kanga - are already grandmothers. She would drop her kerchief deliberately on her evening walks around the central lawn in the hope that someone looking like John Abraham would pick it up and ask, "Excuse me, my fair lady, is this yours?" So far only two guys have returned her kerchief - the paowala and the Security guard at the gate and both look far from apro John!

Alamai has lost six dozen kerchiefs till now, but she still has hope, walking daily in the evenings and stopping at the Agyari to harass khodaiji daily, saying, "Send me a knight in shining armour on a white horse!" I'm sure she must have, on occasion heard the heavenly response, "High HOPES!"

I must tell you about Godrej Baug na Sorabji nu scooter, which he loved more than his wife, who wore a perpetual scowl on her face and also wore very old-fashioned clothes, with the long-playing records and had bizzare gor-papri brown hair. For their 50th Wedding Anniversary, Sorabji renovated his scooter but didn't buy even a safety-pin for his wife saying, "She is beyond renovation!"

Even if there was a speck of dust on his scooty, Sorabji would run down three floors to wipe it clean but on their evening walks in Cusrow Baug, even if a crow did a huge 'good-luck' on his wife, he would say, "Clean it yourself!" The devious wife got some goondas to throw away Sorabji's scooter into the Apollo-no-dariyo. Sorabji was heart-broken but the HOPE of solving the mystery of the vanishing scooter still burneth bright in his heart!

Then there was aapra Gustadji Gotla from Khareghat Colony - he was so charitable that after eating mangoes, he would send the gotlas to his next door neighbour, Najamai, who blessed him every day during the ker-ni-season,

saying, "Mari jaoon tamara par thil! Jeevta rehjo aney kerhi khata rehjo, mahra vahla Gotlaji!" You see, Gotlaji had a fetish for eating only the two sides of a mango and didn't fancy the middle part, which he gave away in charity! Najamai has HOPES that Gustadji will outlive her and she can enjoy the free gotlas till she dies!

Did you know about Homi Homeopath of Navroz Baug, who made tiny sugar pills in his kitchen and sold them for the price of gold!? Well, all his patients have become was-not or Late or Behesti! He is hoping against HOPE to saprao new patients so his income continues!

Then there is Freddy Fox-trot of Rustom Baug, who is master of ballroom dancing but no girl wants to be his dancing partner! Why? Because his socks stink to high heavens! Each time a lady says, "Your socks stink - take them off!" he leaves the dance floor momentarily and takes out his socks and puts them in his shirt's breast-pocket, and come back to the lady!! And this repels her even more, to the point of asphyxiation! Poor fellow still doesn't get it and HOPES to soon find a Soonamaisamba or a Tehmina-Tango or a Ruby-Rumba as a dancing partner!

Pilamai of Panthaky Baug had a she-parrot or a 'popti', who uttered vulgarities and obscenities all day while her Dasturji neighbour had six male parrots in a cage who recited prayers all day. Pillamai requested the Dasturji to keep her popti with the male parrots for a week so that she may become pious and holy like the popats.

As soon as Dasturji Saheb obliged by putting the popti in the same cage as the six popatas, one of them said, "Brothers, our prayers have been answered! Good we never lost HOPE!"

Meanwhile, Meherwanji Maruti from Tata Colony would always park his car selfishly - right under one of the lamp

posts. Each time he removed the car, he would put his scooter to reserve the sacred space!! His neighbour, vaanki-dokin a - Vikaji once found Meherwanji's space empty and parked his Tata Nano there!

At eleven in the night, Meherwanji rang Vikaji's doorbell and demanded that he remove the car, yelling at Vikaji, "See

that lamp-post? That's my place - near my lamp-post!!"

Vikaji: Your wife brought the lamp-post in dowry or what? And if it is your lamp-post, put it in your flat and use it as a lamp!

As the entire Tata Colony woke-up and sided with Vikaji, Meherwanji left in a huff saying, "I'll give you such a box that tamari vaanki doki siddhi thajasey!!" The neighbours encouraged Vikaji to file a Police complaint for a physical threat and they were prepared to stand as witnesses. The next day, Meherwanji was to be produced in court



and had no option but to apologise to Vikaji and everybody. He had lost all HOPE! The lesson for everybody is this - Baug space cannot be cornered by anybody - putting a flower-pot or a scooter to reserve a car-space is not the correct way of living in a Baug!

Goolamai-Gossip of Malcolm Baug was full of the latest Aaj-ki-tazaa-khabar, like:

... Freddy and his cook, Francis, are a couple!!

... Piroja's son doesn't like his papa! You think he was he some parosi's meherbani??

... Daji - bheja-no-paaji, winked at my ayah!!

... Pestonji eloped with his gangubai - considering what a terror his wife was, he should have done it 10 years ago!!

... Newly married Sammy had his appendix removed. Next door's Coomamai lamented, "Marerery! Now that his appendix is chopped off, how will his wife have children???"

Let's HOPE she stops before people start taking her seriously!!

I HOPE you enjoyed this article!! Sal Mubarak!





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Let's Pledge To Positivity This Navroz!



Aviva Damania

Aviva Damania is a Psychologist, trained at City University of London (MSc Mental Health). Starting off as a volunteer counsellor in charities across Mumbai in 2014, Aviva's practice at Masina Hospital has gained her extensive experience working with adults, adolescents and children. Aviva is the founder of 'The Mind Essentials' - a platform for online counselling committed to a long-term investment in marginalised people. Senior Manager at Pittie Group, Aviva Damania shares significant symptoms, solutions and insights into numerous concerns which affect our mental wellbeing.

Amidst this pandemic and the perception of the dreadful 2020, let's ensure not to start the New Year on the wrong foot! Navroz stands for 'new day' - a fresh start. We may not be able to change what's going on around us, but we can change are our thoughts and our outlook. As Zoroastrians, we believe in good thoughts, good words, good deeds. It all starts with a good thought. There's more to positive thinking than what meets the eye...

What Is Positive Thinking? Positivity is not all about just smiling and good cheer; it's about one's overall perspective in life, about experiencing both, positive and negative emotions, but effective management of the negatives and thereafter, choosing to be generally optimistic. Positive thinking involves an optimistic outlook, acceptance of change and reality, resilience in the hardest times, gratitude for the good things in life, mindfulness, integrity and righteousness.

Effects Of Positive Thinking: Ensure to make room for positive thoughts. Filling your mind with positive thoughts decreases the likelihood of negative thoughts creeping in. Just like keeping your plate filled with Dhansak will leave less room for the dreadful Karelu!

Simply re-framing your thoughts can create a ripple of positive effects in different aspects of one's life. Some of these effects are increased life span; lower levels of distress, depression, anxiety and stress; improved coping skills and psychological and physical wellbeing; and increased immunity. Amidst this pandemic and the perception of the dreadful 2020, let's ensure not to start the New Year on the wrong foot! Navroz stands for 'new day' - a fresh start. We may not be able to change what's going on around us, but we can change are our thoughts and our outlook. As Zoroastrians, we believe in good thoughts, good words, good deeds. It all starts with a good thought. There's more to positive thinking than what meets the eye...



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Simply re-framing your thoughts can create a ripple of positive effects in different aspects of one's life. Some of these effects are increased life span; lower levels of distress, depression, anxiety and stress; improved coping skills and psychological and physical wellbeing; and increased immunity. When faced with stressful situations, positive thinkers are generally able to manage more effectively as they are likely to be more solution-oriented, whereas pessimists assume the worst and therefore are less likely to do something to change. Unlike optimists, pessimists often dwell on their frustration, making it harder to alter unfavourable situations.

If you're wondering if one can simply change from being a negative person to a positive one, the answer is yes! Positivism and resilience can be cultivated. Break the habit of negative thinking by employing 'Repetitive Positive Thinking', which will lead to

learned and habitual positive thinking. Let's take this positive pledge together on this auspicious day!

Begin Your Navroz Journey To Positivity:

- 1. Reflect.** Take some time to think about your state of mind, your attitude towards situations, experiences and life in general with the aim of identifying these emotions and their triggers in your daily routine.
2. Once you've identified these thoughts, start putting positivity into action. When you find yourself ruminating on negative thoughts again, start practising 'Re-framing' by adding a positive twist to it! For example, you can ask yourself, "What positive can come of this?" or "How can this experience benefit me?" or "What will I learn from this?" Such questions help you look at the positive in a negative situation and also facilitate a macro perspective and a solution-oriented approach to problematic situations.
3. What greatly helps is a healthy lifestyle - surrounding yourself with positive people and also encouraging near and dear ones to accompany you on this positive journey; Social facilitation works wonders!
4. Self-talk is immensely useful. During tough times, remind yourself, whatever you may be going through is a temporary setback. Life is a rollercoaster of ups and downs, if you're down today, you'll be back up tomorrow! Stay strong. Just like day follows the night, there will be light. You can wait for it, or you can create it. This New Year, let's aim to create it!

So, join me on this lovely journey pledged to positivity! Navroz Mubarak!



WISHING ALL THE PARSI'S A VERY

HAPPY NEW YEAR

FROM

AVIVA PARVEZ DAMANIA

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NAVROZE MUBARAK TO ALL

Sow the Seed of Knowledge and Reap the Gift of Wisdom

Legend says, Vistasp, the King of Balkhdhi was the patron of art, culture & knowledge. One day in his palace he called upon his courtiers to find him the man who could show him where he can find 'wisdom'. After a moment of silence, one courtier said "wise Zarathustra". Hearing this name the karappan priests in the Vistasp's court were flustered and accused Zarathustra of being a black magician and a blasphemer. But the King held his own and was curious to meet this controversial sage. He gave out an order to present sage Zarathustra at his court.

The next day he met the sage and asked to be guided towards wisdom. The wise man removed a small grain of wheat from his pocket and laid it in the hands of the King. "This grain of wheat will guide you towards wisdom" said Zarathustra. After a moment of confusion, the King put the grain into a gold box. He would then open the box every day in the hope that the grain would show him wisdom and knowledge.

But days went by and the King grew impatient. One day irritated and unsatisfied with the grain the King called Zarathustra back to his court. The vexed King told Zarathustra that the grain did not show him wisdom and demanded an answer.

It was at that moment the wise sage, Zarathustra told the King that if he would have sowed this grain of wheat in the soil, by now all the good forces of nature would have come together to help it grow into a plant.

King Vistasp pondered over the advice. Indeed just as grain does not grow in the box of gold, nor can the wisdom be found sitting in the palace. For the first time in months the king stepped out of his palace to sow the grain in his garden.

It was here that the King discovered his love for mother nature & started gardening as a hobby. He grew his own wheat that season. Enlightened by this experience he declared that sage Zarathustra was indeed the wisest teacher who not only awakened the hidden potential in him, but also showed that wisdom is when acquired knowledge is put into practice & yields prosperity.

We at WZO Trusts are committed to emulating the vision of wise Asho Zarathushtra, by assisting community members in realizing and releasing the potential trapped within them.

We are delighted to have over the last 25 years and more had the opportunity to assist Zoroastrian farmers and individuals start businesses of their own through interest free loans.

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Cyrus The (Not So) Great! For Old Champs' Sake!

Aapro Brand Ambassador of Humour, **Cyrus Broacha**, is here to ensure you enter the Navu Varas amid smiles and laughter, as he reminisces our old Parsi champions!

Somebody asked a Parsi gentleman as to why Parsi New

Year comes so early in the year, in the month of August, generally. I still remember the old gentleman's reply, "Dikra, aay pakar," and no, please don't insert any double meaning here. No, my grandfather simply asked my six-year-old self to hold his 'topi', (again avoid any double meaning please), while he offered the coup de grace, (famous Franco-Parsi expression), to the questioner... "Because, idiot Parsis are streets ahead of everyone else."

Two points need to be made here. One, in those days all Parsis wore topis. Secondly, my grandfather used the word idiot, only if he was in a good mood. Of course, if he was in a great mood, he'd probably call you 'bloody fool' or a word he invented himself, 'Akkal-less'. (meaning without akkal, don't confuse it with Akhilesh, I have no idea what Akhilesh means. In fact, even Akhilesh doesn't know himself!). My point here... well, actually there's no point here. Just a throwback to the great Parsis who came before. (I said no double meaning!) My grandfather was one.

Then there was the world famous Russi Kharas. Russi was a motorcycle nut. He loved his bikes more than humanity. Actually, Russi was not big on humanity, as evidenced by the seven people he ran over, at different points in his life. Legend has it, that when the British were leaving India, he wrote to them demanding they leave behind all Tiger Triumph and Norton Bikes... Which he swore he'd maintain, look after, and service in the eventuality that the British, at some 'later date would change their mind and return'.

Coz where would they be then? With bags and baggage at Gateway of India, and no transport!? Many of the bike-loving Parsi stereotype, apparently originated from Russi Kharas. This tradition is carried on today by many Parsis including famous names like Gary Lawyer and John Abraham.

Piloo Weston. Never forget this name. In 1832, a mad British magistrate ordered the heartless culling of all stray dogs in Mumbai. Our dog-loving Parsis reacted, picking up spoons, forks, and swords

and took to the streets. Piloo Weston was one of them. He stabbed three policemen with kitchen knives, and put two tablespoons in orifices I'm not allowed to mention. He famously took a break for lunch, and then used the same cutlery to attack the Police again!

These were the first riots witnessed in Mumbai (historical fact). They were known as the Dog-Riots. In fact, the first three riots in

Mumbai all involved Parsis - 1. Parsis V/s Police; 2. Parsis V/s Mohammadens; and 3. Parsis V/s People who don't know how to parallel-park.

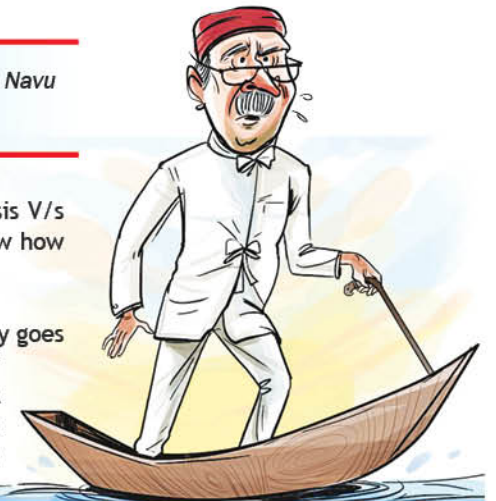
Piloo loved dogs more than life itself. Again, the story goes that he lived with his old mother and 17 stray dogs. Later on, as money was tight, Piloo had to make a choice. A hard choice. A hard choice supporting so many dogs was ill affordable. With a heavy heart, Piloo was forced to take an extreme measure. He gave his mom away! Standards set by Russi and Piloo are impossible to live up to!

Ardeshir The Great! Another Parsi legend was Ardeshir, The Great. Strangely no one in Rustom Baug knew his real surname. Ardeshir insisted it was, 'The Great'. And that's how he was known. The Great's obsession was with the willow game. Cricket. He loved the game. It is said he watched all ten of Vijay Merchant's test matches. To put it in perspective - Ms. Merchant only watched nine!

He slept with his county cricket bat under his blanket. He divorced three times. The first wife put off the radio when a test match was on; The second wife was sent packing, because she didn't know she embarrassed him by failing to explain the law for 'obstruction of the field' at his Rotary Club felicitation. When he died, he wanted his ashes sprayed over Brabourne Stadium and all helicopter services refused.

Again, as we enter the New Year, let's not forget the old champions, the ones who paved the way for the rest of us.... The ones like Russi, Piloo and Ardeshir! Readers are encouraged to send in their list of famous, unsung, forgotten Parsi heroes and heroines - aapri Editor has promised great prizes, like Norton Motorbikes, St. Bernard Dogs, and season tickets to the IPL!

Happy New Year!!



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SHIRIN MERCHANT

Canine Capers And Corona!

Shirin Merchant is India's pioneering Canine Behaviourist and Trainer. For the past 25 years, she has worked hard to ensure that dogs in India are trained using reward-based methods.

The little dog screamed in pain and fear as I approached her. If her legs could move, she would have run away from me. Unfortunately, she could only drag herself around. Frightened and hungry were how I found Bambi and Lyla, hours after they had been abandoned in a public park. More victims of COVID-19, I thought, as I comforted them and watched them voraciously gulp down the food I gave them.

In addition claiming human lives, COVID-19 is also claiming the lives of innocent dogs, as many people are abandoning their pets on false rumours that dogs transmit COVID-19! We know that dogs cannot transmit COVID-19, but I guess those who abandon these dogs didn't know that.



A few months ago, a virus crippled the world. Unprecedented times - some said, an affliction never seen before - proclaimed others; life changing - announced the press, as the world locked down. Difficult times can either bring out the best in us, or the worst; and pet parents around the country had mixed reactions to the lockdown. Some pet parents broke down as they realised that their beloved fur-baby would have to forego privileges they were used to.

"Darling, my poochie's Emmental cheese got over; poor thing will have to make do with home-made paneer for now," moaned one dog lover.

"My Gucci is missing her weekly trip to Alibaug," protested another.



"My butcher is shut and now my dog has to eat vegetarian food," cried a horrified Parsi pet parent.

And yet there were other braver souls who decided that they were not going to let a small virus disrupt their lives. One man took his Labrador for a run, despite the curfew and ended up getting a fantastic cardio workout when the police came charging with their lathis! Another decided that since the roads were devoid of traffic, it was a good time to let his randy dog run free. He spent the next hour chasing his dog around the neighbourhood! And all those who relied on their house help to feed, groom, train and walk their dogs, suddenly found themselves in the lurch when the help left for their villages. The word 'Atmanirbhar' took on new meaning as they scrunched their noses and picked up dog poop!!



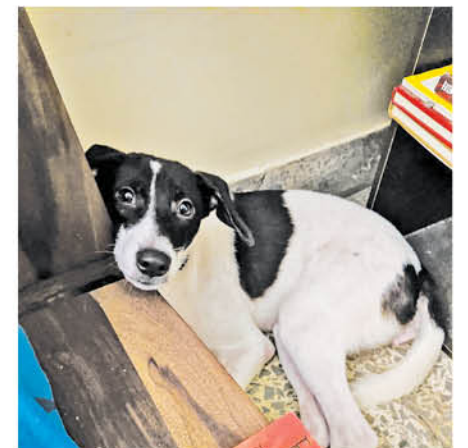
If you were separated from your loved ones by the nasty lockdown, no worry. What are zoom calls for? Max can sit in Girgaum and woof to Uncle Soli in New Zealand. And if your dog is disinterested in Uncle Soli's bawdy jokes, a bit of liver pate on the camera will guarantee a digital kiss from the dog (what to do, desperate times call

for desperate measures!). And if a dog couldn't get access to her favourite dog chews (Oh Gawd! My Fifi will die without her organic, grain-free, liver treats), the enthusiastic pet parents would put their God-given culinary skills to work! Carrot-turmeric-oat biscuits; apple-banana cookies and baked-aubergine-rice-pancakes for pets grew popular as pet parents tried to out-cook each other on social media... while the pooches piled on the pounds. Our prime minister did say that no one would go hungry, didn't he?

But if there was anything this virulent virus taught us, it was that the rift between the privileged and the poor was greater than ever. As pampered pet dogs had to settle for Indian brands of dog food instead of their fancy, gluten-free, imported chow, thousands of street dogs across the country starved for days. With no restaurant left overs, empty garbage dumps and many kind-hearted feeders locked into their homes or with

empty wallets, many of the dogs had a hard time finding a meal. Hundreds of dog-feeders had to rely on the kindness of strangers to ensure that a street dog could get a daily meal.

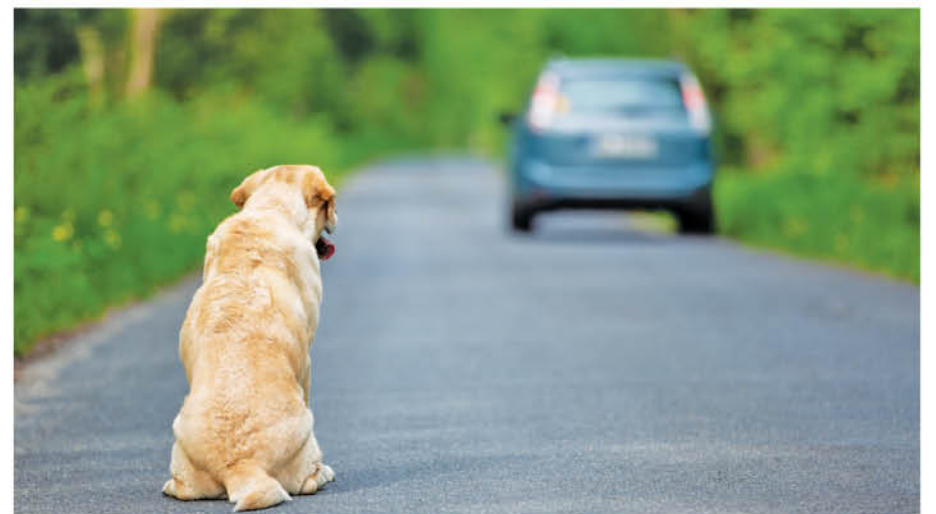
And then, there were those who decided this was a good time to abandon their loyal pets. And so little Bambi and Lyla found themselves thrown over the wall of a public garden. Thankfully, kind-hearted people stepped up to foster and adopt them.



Over the past few months, Bambi and Lyla have grown into loving, kind-hearted and loyal dogs. They could have easily used the past experience to become resentful or distrustful, but dogs don't do that. Dogs live in the present and make each moment count. A lesson we could well learn from them.

One day, this disease will pass and will change us as it does. I hope it makes us all kinder humans. Till then, enjoy the new normal and make the most of it. If we've learned anything from this virus it is that the most valuable gift we can give anyone or have in life, is our time.

Happy New Year!





VEERA SHROFF SANJANA

New Year (Without) Fanfare

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.

2020 could very well have turned out to be every Parsi's worst nightmare. Right now, in this virus-filled bleak world, the word 'celebration' conjures up images of slightly dressed up friends and folk - slightly, as everything above the waist is relatively picture perfect - anything below is anyone's guess, with all on a zoom-call, trying to infiltrate drama into a otherwise relatively mundane world. Nowadays, netizens seem more interested in horticulture, cookery and Seema aunty's latest antics in 'The Indian Matchmaker' - a show on Netflix, so cringe-worthy its actually hilarious!

A day prior to Jamshedi Navroz, the one we celebrate in March in honour of our Iranian brethren, marked the onset of the Lockdown. Now with the Parsi New Year tomorrow, it seems this pandemic, just like the August downpour, has no intention whatsoever of desisting from raining on our parade! Are the festivities to be given a miss, yet again? Now we do know there's nothing more appealing to a Parsi than a celebration and nothing as tempting as an excuse to celebrate.

I'm quite certain there are some amongst us, who celebrated the Chinese New Year or even Seollal - the Korean one, with just about as much gusto as any other occasion on the off chance you found yourself in or around China or Korea in the month of February! And some have even enjoyed Nyepi - the Balinese New Year or celebrated Sri Lanka's Aluth Avuruddha - Sinhalese New Year if you had been frolicking on either of these islands around the time, coinciding with their celebrations. Now months into the pandemic, the Lockdown may have the world knocked down! But for this fun-loving race, it simply means that all our desires and intent to celebrate in the grand style we are accustomed to, may need some tweaking... but celebrate we will!

So, what's your New Year celebration looking like? Are you 'house-bound but wisdom-found', learning new ways to tap into your energy along with that beer? Are you prepping that New Year menu with ample improvisation and modifications



to include *Lagan-nu-custard* with a notorious dash of Cointreau? Or that *Patra-ni-Macchi* served tomorrow, now rich in a wicked basil pesto cover instead of that humdrum chutney mix?

Is a rerun on Netflix of the Big Bang Theory your renewed favourite sitcom, probably a sorry substitute to the day's entertainment usually provided by Meherzad Patel's Navroze Bonanzas? Will Sheldon's quips and downright eccentric genius along with his bizarre misplaced logic work as well as Danesh Khambatta's comic timing and exaggerated mannerism? So, what's it going to be this year - Pretty Woman or Pretty Boman - your rib-tickling, Silly Point Production streaming tomorrow? Will you miss an afternoon-in with family and an evening-out with friends? Will that zoom party with your close group work as well as that raucous dinner enjoyed at NCPA cafe with them just a year back?

Never one to pass up on an opportunity to celebrate and miss out on chance to eat, drink and be merry, we will do things our way anyway. We follow the ancient philosophy that nothing cures that needs to be endured, as brilliantly as a plateful of Dhansak and a glassful of mellow-aged scotch! "A Triple Malt and a Double Celebration are regarded as the bedrock in the pursuit of a good life the Parsi way." You do know us Parsis honour not just two New Years, but two Birthdays as well? To the most avid seekers of wisdom within our community, nothing ails a human heart more than the deprivation of wine, women and song. We believe that life is not just for living, but for celebrating. A life bereft of friends, fun and frolic makes a Parsi extremely nervous or bored, neither - a good thing. Our mental stability questionable at most times, but add nervous and bored to the mix, and we are a step away from an

accident ready to happen!

Now imagine our plight as the year 2020 rolled in, with all the new protocols, rules and regulations curbing our free spirit and finding ourselves hemmed in, all visions of grand celebrations slowly faded from our view. All that we had known from years and gotten use to was now becoming a distinct abstract memory. (Dementia and Alzheimer's didn't help there as well.) To the average Parsi, this new introspective, isolated, actionless, bland, paradigm-shifting way of life has become shorthand for 'emotionless-ness existence'!

This year, some of us are stressed (added to the fact that we Parsis are naturally highly strung), some are overworked (this work-from-home business isn't helping in the least). Perhaps some are struggling with fresh responsibilities as new parents (considering the prolonged lockdown, maybe there's hope for our tribe here). Or perhaps, you are approaching your golden years (that basically covers 80% of the population, I guess). Are you enjoying the spoils of youth (wonder how that is working out)? Are you keeping busy and active? Or completely bored out of your mind, picking holes in paper or fights at random!?

Whatever it is you're going through, there is always that sliver of hope. And in the true Parsi tradition, we've researched, promoted, added our own two bits to provoke and facilitate asking that big question - will Serum Institute deliver the vaccine by September? Will they reserve those much needed 60,000 vials for our 60,000-strong, community, the number of our Parsi tribe in Mumbai? In all probability, there are more bottles stocked in PK Wines than there are Parsis floating around in Mumbai. Food for thought isn't it? And speaking of food, the happiness and well-being of our

lot is again dependent on that burning question of that so far elusive vaccine. Cause how else will our community be able to attend all those Lagans and Navjotes and relish that lip-smacking food in the coming season? And solely based on that, we Parsis can verily say, "Ah! Things are reverting back to some form of normalcy!"

So while we sit at home enjoying whatever fare we've ordered in or prepared, with immediate family or perhaps just an intimate friend or two, make this Navroz kind in spirit, full-bodied in health, perfecting the joys of enjoyment with a reasoned choice. Don't glance at our present situation as a period of torture or imprisonment, but a temporary intercession to tweak all our personal operating systems into an enhanced mode of operations. Learn to steal the ball from this virus while playing the game. As time goes by, we are all becoming exceedingly adept and skilled at matching it.

The way our colonies are now functioning, even those ancient bastions in the midst of a war supplied with essentials and wares, without disruption, without danger could not have matched up! So, whether you are food-comatose or friend-deprived, with our resilience we will smile and move forward this Navroz to yet another round of dishes that seem to proliferate like humans in lockdown. We will spruce up our menus and our house, complaining as we polish and freshen up bathrooms and bedrooms, all the while missing Pushpa, the house-help. Even her unpunctuality and attitude now seems a distant yet surprisingly tender memory, even as we count the days when the full work force of household staff will return to the roost, much like an agitated hen waiting intently for her chicks!

This New year, if you are a Parsi and within the folds of your odd, dysfunctional family, do remember to count your blessings! You are here, still safe, still contributing in the best possible way a Parsi can. While the celebrations may lack the fizz and sparkle of the ones we've enjoyed for years, the champagne from the well-stocked bar certainly will not. This year, go traditional and simply decorate it your way - take those thermometers and Oximeters as the new Covid-friendly bedside embellishments! Take comfort that, 'To everything there is a season, and a time to every purpose under the heaven'. Navroz is here and so are we, and that to me is reason enough to celebrate!



Team Jiyo Parsi Wishes You Navroz Mubarak!

- From The PR Desk of Jiyo Parsi -

Being born and raised in a Parsi colony always gives you a feeling of being protected. In good times and bad, everyone is by your side in a jiffy. But when the lockdown was announced an entire community came together to help each other. Even though a portion of the community does not live in bays, suddenly a network came to life. Community members who were scattered all over the country felt sheltered by each other. Neighbours got closer, through feelings of concern and helpfulness. Yet



Pearl Tirandaz

somewhere there was a void.

There wasn't a support in place to address emotions and concerns that clouded the mind during the worldwide lockdown. Anxieties, fears, uncertainties, were emotions that were hard to manage for most individuals. Even though all that was really needed, was a little reassurance of a brighter future.

Jiyo Parsi which is an organization under The Ministry of Minority Affairs and Parzor took up the responsibility of coming forward with help of various kinds. An innovative online Counseling service was constructed for the general public, where three extremely competent Counselors have been providing the necessary guidance to many individuals through the last 6 months. Some of the many issues that are being tackled range from difficulties in managing children, managing anxiety and depression, fear of contracting the Covid19 virus, losing a job, fear of losing a loved one, loneliness, financial difficulties and most importantly pregnancy and infertility treatment.

We are pleased to announce that most of those who took advantage of this service have kept in touch with their Counselors. They have also expressed a marked reduction in their fears and anxieties. They have developed new ways of coping with the new normal and found new ways of managing their children and elderly. The Jiyo Parsi team would like to acknowledge their appreciation and gratitude for this online service.

Besides counseling Jiyo Parsi initiated 'The Friday Forum' to reach out to a larger audience. Since everybody's outdoor movements were restricted due to lockdown, webinars were planned where topics were chosen that would appeal to the general public. Various experts and speakers from different fields of education, culture, music and even photography and animal welfare have been brought in to discuss aspects of their specialization with the topics tweaked to appeal to most age groups.

The Friday Forum began with Binaifer Sahukar, an expert psychotherapist addressing the audience's anxiety with the Covid19 situation. The following Friday, Dr. Parzan Mistry, Consulting Obstetrician gynecologist and infertility specialist, ably put to rest women's misconceptions and fears. Yoga expert Rayomand Sirvala guided participants through a peaceful mind and body experience. Dr. Armaan Pandey consulting psychiatrist also had a successful interaction with participants. Avi Sabavala, Wildlife enthusiast, introduced the viewers to the delightful wonders of nature. Advocate Deepa Mavinkurve, family court lawyer, guided the viewers on how to deal with marriage and commitment issues.

Our very own Lara Balsara Vajifdar, Executive Director of Madison World, imparted her insights and gave youthful tips to create a work-life balance! Jayshree Mehta - life skill coach, brought a new perspective with, 'Are our emotions friends or foes? Rukhshana Sholapurwalla an authority on education system of Special children, spoke in detail with Farida Vakil, about their care and inclusivity needed in mainstream education.

The Parzor film of Field Marshal Sam Manekshaw, was discussed at length with his grandson Jehan and the original script writer and director, Jessica Gupta along with Producer - Dr. Shernaz Cama. It was an insightful discussion and it received amazing reactions. 'Three's company' - Farah Ghadiali, Kersi Gazdar and Firdause Wadia trio - regaled the audience with their singing. Priyanka Hosangadi, telepathic animal communicator, exposed the audience to the pleasures of what your pet is trying to tell you. Our Friday Forums will continue with more interesting topics and speakers.

We thank everyone who has taken the time and effort to help Jiyo Parsi make a difference in people's lives. Team Jiyo Parsi extends its best wishes for this Navroze. May life be positive and renewed in the New Year!



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State Of Our Border – Future Of Our Ties!

By Commodore Medioma Bhada (Retd)

The turmoil at our borders continues. The media is replete with news of incursions and intrusions, with neither side showing any urgency in de-escalation. I believe the genesis of the problem lies in the origins of this border. Who drew the border and how was it drawn? Way back in 1912,

on orders from His Imperial Majesty, Mr. McMahon was directed to do the needful. He opened the chart, picked up a pencil and drew a line, the famous 'McMahon Line', right across the Himalayan Range. Little realising that just the thickness of this 'line', made by his pencil, more than a century ago, would

translate into a few hundred, if not thousand, meters on the ground, extending from one peak to another. Ironically, this line still stands valid.

This is most unlike us Indians, who are intrinsically possessive of their properties and will go to any extent to ensure validity, including getting at each other's throat. For nearly three quarters of a century, we've

been unable to define the borders of our Nation, not even temporarily. It is a sad commentary that in all negotiations and deliberations we have been involved with on this count, we neglected to prefix the basic word 'Existing' to the Line of Control or the Line of Actual Control. It is just an 'ambiguous' LOC/LAC, and hence, no wonder, the neighbours take advantage of this. I hope we are also doing the same.

survey, it was revealed that a large portion of our property had been inadvertently claimed by the neighbours! Not with any mala fide intentions but through general practice and the owners neglect. This included a deep water well, which by practice had become the property of the neighbours whereas, in actual fact, half of it fell within our property. This misunderstanding, presumably was owing to the absence of any fencing and continued usage by others without any objections from the earlier landlord.

This obviously ruffled many feathers. The respective LOH from the neighbouring houses could be heard gossiping across the fence, "Who does she think she is, stopping us from going across?" "She thinks she is the Queen". And sadly, with the kids, it was 'kittee', total boycott, at home and at school. All this notwithstanding, the barbed wire fence went up and the short cut through the compound and the trespassing came to an end, much to the chagrin of the neighbours. It is believed that when the British King dies an announcement is made, 'The King is dead, long live the King'. In this case it was 'Queen has gone, long live the Queen'!

But truly, time is a great healer. Earlier than expected, all was back to normal, first with the kids at school and soon thereafter with the families. Only difference being, instead of walking across to the neighbours, we had to jump over the common well. And, as my old buddy Hubert from Toronto, once from across the fence, said, "in all probability the two Granddames may be sipping from a snifter of cognac, as we recount this episode!"

It is thus that 'the state of our border' was ensured and so was the 'future of our ties'!

If only our leaders had followed Mom's recipe!

Referring to the continued standoff at the LAC/LOC, our Foreign Minister recently stated, "the state of the border and the future of our ties cannot be separated." How true! I was reminded of the event when this philosophy was enacted three scores and ten years earlier in a small town in South India. After Dad passed away in 1949, we continued to stay in the Agiary (Fire Temple) premises where he was the Panthaky (Head Priest). Obviously, this was not in perpetuity and a year later, Mom was asked to move out with her brood of five.

A frantic search for alternate accommodation ensued and finally she located this dilapidated but adorable bungalow - BC 117, spread over three-fourths of an acre, in the Cantonment area. It belonged to Mr. Queen, an Anglo-Indian living by himself, who had finally decided to join his family in the UK. The property stood at the corner of Havelock Road and Cattle Road with the Pereira's Bungalow on one side and the Magee's on the other. Since old man Queen stayed alone, he had not paid much attention to his premises and, as it stood at an important corner of a tri-junction; it had become a thoroughfare for pedestrian and bicycle traffic. Needless to say, Mom would not have any of this trespassing, so she decided to fence the whole area, after getting the property officially surveyed by the local authority.

During the course of the



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This year, however, is quite different. with COVID-19 pandemic, every hospital is under enormous strain, not only in India but also across the world. We are actually fighting an unknown enemy with no immediate solution in sight. At a time like this, our community, with a larger number of older people, is highly vulnerable, since most require continuous medical attention, not necessarily for corona infection but for general well being'

In order to meet the emergent needs, we have, at our Hospital, created a separate screening cum Isolation Ward, where every new patient is first attended to, his/her swab test for Covid-19 is done, report generated and thereafter treated with much care and love regardless of whether the patients are tested +ve or -ve. For the covid positive patients, we have created wards with 40 oxygen beds and a 6 bedded ICU, to look after patients who need a higher level of Medicare. Needless to say, we have treated almost 90 serious Parsee patients in this facility, with a good degree of success. We are not a Covid-designated Hospital for the general public, but with the constraints of adequate beds & ICU facilities in Mumbai, we have been allowed by the BMC to treat our Covid +ve cases. We have received many accolades in recent times from our patients and their relatives and we have placed many of these testimonials on our website, <http://bdpetitparseegeneralhospital.org>, which speak for the commitment of our Doctors, Nurses and the entire staff, who have, in even in such trying times, continued to keep the Hospital's flag flying high. To quote from one of the touching testimonials, "when we were children, we learnt Angeles have wings, but today, we have realised there are Angeles who have stethoscope too".

We need your valuable support much more at this crucial time, to upgrade our Hospital with additional Ventilators and other Equipment, as well as constant replenishment of the continuous use of PPEs and also to look after our Doctors, Nurses and other staff for providing their selfless service to our community members, rich or poor. Philanthropy is in the Parsi DNA and we have no doubt that you will continue to patronise your very own Hospital'

With grateful thanks and best wishes for a happy and healthy New Year. Stay well and stay safe.

Homa D. Petit
President



The B.D. Petit Parsee General Hospital


August 2020

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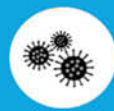
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(Part 2 of 3)

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*** The Stars Of Happiness And Wisdom:** It is interesting to observe that acquisition of wisdom goes hand in hand with happiness. One who is wise is also happy. Divinity enters the heart of the acquirer of wisdom and makes that individual experience 'fresh and superior happiness'.

In Dinkard Book 3, it is stated, *"Be it known that, whatever wisdom and happiness exist now, are owing to the principles that give strength of wisdom and the power of happiness. Among these, by means of the proper power appertaining to the soul, Ohrmazd reaches into the heart of the*

acquirer of wisdom, and the power of obtaining the wishes, reaches into the heart of the acquirer of wisdom. And on that wisdom reaching into the mind, a path is found by the mind that is obedient to Ohrmazd and is pure, to see what relates to the invisible; and so, man becomes worthy of fresh and superior happiness."

May You Continue To Shine The Light Of Knowledge And Wisdom With Joy And Happiness!

Please continue to challenge us with your deep, probing and insightful questions. Using these learning opportunities, we need to stimulate and enrich our environment at a personal, communal and global level. This means we need to harness and use every form and facet of our environment to provide these opportunities and it also means that we need to use the enablers (of this platform) to truly become 'enablers' of happiness!

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**DARA M. KHODAIJI**

*"When fishes flew and the forests walked
And figs grew upon the thorn,
Some moments when the moon was blood,
Then surely I was born."*

Those Fantastic Centuries



Poet G K Chesterton tells us of the condition of the world when the donkey was born. I was born in a world almost as topsy-turvy as a donkey, or maybe more so. It was the time was of the Second World War. Big guns were booming in the West, Hitler's goose-stepping war machine was heading towards world domination, concentration camps were working overtime, killing Nazis, London was in rubble as also most other cities of Europe. The insanity culminated in the dropping of atom-bombs on Hiroshima and Nagasaki.

Since then, fortunately, we have had no such conflict till date, it would be an Armageddon. To add to the woes of the people of the then Bombay, rationing came into force that very day. We entered the era of post-1950s, the last half of the 20th century and the first two decades of the 21st century, making up seventy years of phenomenal progress. Never before in the history of human progress has so much advancement been seen as after 1950, even though the seeds might have been planted in the past few centuries. Towards the end of the forties, a modicum of sanity returned. India became independent, and in early fifties, we became a republic. India was in the bullock-cart age, but the first PM Jawaharlal Nehru steered it into the industrial age, with its industries and factories that he called the 'Temples of Modern India'. Soon India progressed to the Atomic-age.

Man has always wanted to fly like birds, but it was only in September 1783, that the two Montgolfier Brothers, defying the gravity lifted off in their 'Globe aerostatique,' the 'hot air balloon' and went up to nearly 6000 feet over Paris! It was only 130 years later that the Wright brothers invented the fixed wings power operated, heavy-than-air aircraft. The Wright' Flyer took off the ground on 17th December, 1903 and flew for 12 minutes covering a distance of 120 feet i.e about the length of a football field. Today, our commercial aircrafts are as big as the football field

and can cruise at the speed of 547 to 570 mph or 945 to 975 kmph, carrying an excess of 500 passengers as in Airbus A380! Our world has advanced from the globe aerostatique to the global village.

The roaring fifties brought in an era of space age with the Russians putting in orbit their satellite Sputnik metaphorically called 'The Baby Moon'. It orbited the Earth 1440 times before its batteries died. In November 1957, Russians once again scored a victory by sending a living being in space, a dog named Lyka, and yet again on April 12, 1961, the first man, Major Yuri Gagarin. Americans were not far behind and their space explorations climaxed by landing two Americans - Neil Armstrong the mission leader, and lunar module pilot, Buzz Aldrin. It was 'One Giant Leap For Mankind'.

Since then space exploration has gone far beyond. Soon man is going to land on Mars. The Voyager 1, launched on August 11, 1977, has been moving through space for 43 years and has been sending back fantastic pictures and invaluable data. It is now past 13.9 billion miles from Earth, making it the most distant man-made object ever. Soon it will leave our solar system and into the outer space. The thought is mind-boggling!

Medical science advanced too. Many dreaded diseases such as small-pox, tuberculosis, diphtheria, cholera soon became nearly extinct. Medical surgery reached its pinnacle with the first heart transplant by Dr. Christiaan Bernard, back in December, 1968. Since then surgical science advanced phenomenally. Nowadays, surgeries that require super steady hands and ultra-accurate precision are performed by robots! Most parts of the human anatomy are transplantable. Maybe in future, even the brain will be transplanted, but that will create legal and ethical problems about the person's identity. Training for complex surgeries is now

done on simulators just as in training pilots to fly.

One thing that has not changed much for many of us is the love for reading books, even though many have taken to e-reading via 'Kindle.' This writer still collects and reads books like many of my ilk. The romance of reading on printed paper, the scent of the old tomes and their stately appearance, cannot be replaced by some impersonal electronic device. While browsing through the old tomes, one feels like Dr. Henry Doolittle of Shaw's Pygmalion!

The greatest impact felt in every sphere of human endeavor is by computers. They began over 2000 years BC in form of abacus and the 2nd century's astrolabe (a very modern sounding Greek name). The 19th century mathematician Charles Babbage can be called the father of modern computers. Most of the earlier computers were merely calculating, but by 1950 we had digital electronic computers. This brought about the end of the old analogue computing machines. Old computers were huge, heavy and cumbersome but space-age brought about the age of miniaturization reducing the weight of the payload. They are needed in every sphere of space exploration especially during the moon landings that require complex calculations at the spur of a moment. Today they are not limited to just computing functions and storing and regurgitating information; they are used as control systems for many household, industrial and educational devices.

The one thing that caught the fancy of the world and soon became a must-have is what the French call 'le portable', Germans - 'handy', Arabs - 'alhatif alkhawli' and commonly known all over the world as the cell-phone or mobile. Cell phones came into being in India sometime in 1990s. They were then a status symbol, very expensive to buy and more expensive to maintain but soon, they crept into everyone's homes and hands. The means of quick

wireless communication, they have become indispensable and have evolved into an all-in-one electronic companion - a music and entertainment system, a movie theatre, a game station, a computer and a lot more!

We must count our blessings that the epidemic Covid19 has descended upon us in this truly futuristic age, when home quarantine has not wreaked the havoc, especially psychological impact, had it descended upon us in a different era. The whole established world order would have turned chaotic. Even today it has rattled the world order but our modern gadgetry has softened the blow. The omnipresent TVs and mobiles share valuable updates of the deadly Covid 19 virus, as also the precautions to follow till a vaccine or cure has been discovered. Our isolation has been rendered less damaging psychologically. Hearing and seeing our loved ones, our family and friends getting together over video conferencing systems of various type, chatting, gossiping, exchanging information, displaying culinary creations, learning, studying, and most satisfying of all, praying together has been a reassuring experience.

A new world order is in making. Our mindset, our philosophies, economic, national, political, environmental policies, the concept of luxury has changed. Today, luxury lies in knowing that nobody in your building or society or colony has caught the Corona! The luxury is being healthy, having a home, however humble, that your pantry or your larder is well stocked, that you get vegetables and fruits and your children are able to study well over the electronic gadgets that you probably considered a luxury when you once bought them!

Our age-old concepts and traditions will have to change. India will have to go in for vigorous population control and education policies. We have been fortunate that the damage wreaked by the pandemic in India is on a much smaller scale (fatalities) than elsewhere. In future, we might not be so blessed.

May the coming Parsi New year 1390 Y.Z. make our beautiful blue globe a paradise in our universe. May I also be excused for plagiarizing certain words of Lord Tennyson. May the holy bells in our fire temples and elsewhere ring out the old and ring in the new, Ring out the false, ring in the true, with nobler manners, purer laws, and the redress of all mankind.

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Curating Culinary Experiences With Shiraz Kotwal



RAZVIN NAMDARIAN

*Parsi celebrations are synonymous with a good spread of delicious food. In fact, for most of our foodies (and most of us are foodies!), food itself is good enough reason to celebrate! Little surprise then, that we elevate this gourmet celebration into an evolved epicurean experience! PT Writer, **Razvin Namdarian** engages in a tête-à-tête with Shiraz Kotwal - a Culinary Management Expert, known for curating the most elegant yet fun dining experiences across the board - from Corporate Events, intimate Sit-Down Dinners, Casual Brunches, or then, even your everyday Home-Dinners!*



Let's face it - us Parsis are incorrigible foodies -barely are we done with breakfast, that we launch passionately into, 'What's for lunch?' You will therefore, be thrilled to know, that you can now, 'up the mood, even beyond the food' - raising our favourite sport (eating), to the next level... one that engages all our senses, beyond the palate! Meet the King of Culinary Experiences - Shiraz Kotwal - who has

dedicated three decades of his life into perfecting the art of crafting and curating gastronomic experiences.

His game-changing expertise had birthed a whole new, elevated culinary experience beyond restaurants and corporate events; he's much sought after by the Who's Who of Mumbai to provide high-end, Home-Kitchen Management Consultations. His impeccable taste and discerning eye

has been instrumental in enhancing those 'lasting memories', more so, on special occasions.

'Shiz', as he is popularly known, was born and raised in Calcutta, where he discovered his passion for food and the restaurant business in its by-lanes and cookhouses, growing up. Having completed his schooling from La Martiniere, he academically honed his culinary inclinations with a degree from the Institute of Hotel Management Catering Technology and Applied Nutrition, Calcutta. And thus started his comprehensive career journey, which boasts of transforming, reforming and re-creating kitchens, restaurants and resorts... including chains like Astor, Kenilworth and Fariyas; improvising Safari-experiences in Chitwan (Nepal); and after innumerable other exciting stints, he donned the robe of Event Manager for the very popular Joss Catering.

"Through these years, I increasingly realized there is a pleasure in the small dining experiences - for instance, being served a steaming hot roti! At one Shakahari (vegetarian) Hotel, we had 150 covers for lunch, with preferences for different kinds of rotis and I ensured that each guest was served a hot roti," shares Shiraz Kotwal, a highly sought-after name in the restaurant business. "Today, numerous venture capitalists wish to invest in a new restaurant, but they lack the industry experience and an insight into the subliminal expectations of diners. That's where 'Team Shiz' comes in - my team and I are there with them every step of the way - right from conceiving the theme of cuisine, planning the kitchen layout, consulting on viable flooring and table tops, hiring trained staff, planning the menu, ensuring cost effective portions, procuring licences - Oh.. did you know there's about 30 licenses required!!! We consult and deliver every single requirement - technical and otherwise."

The shift to managing and planning remarkable culinary experiences for all kinds of events, was a seamless transition and Shiraz has been at the forefront of curating numerous high



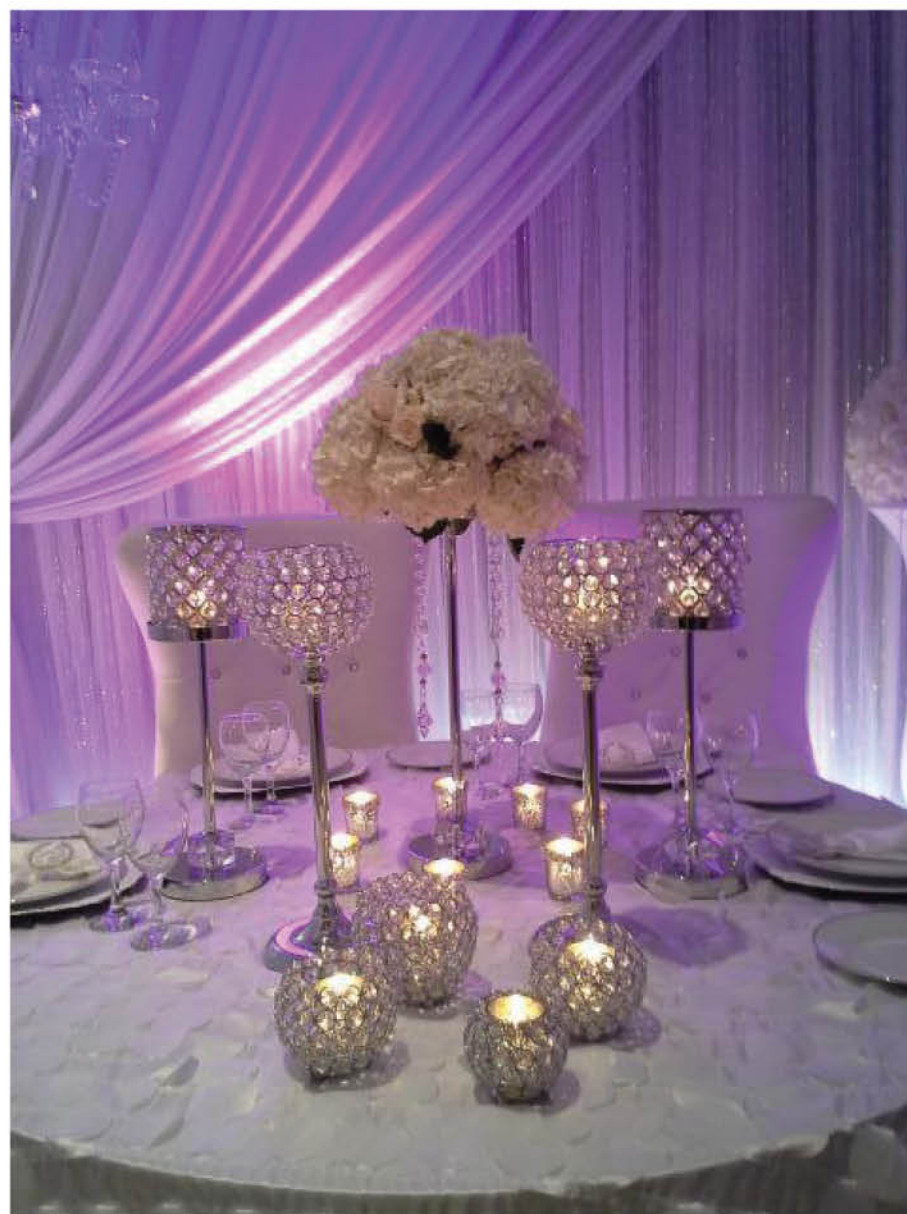
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▶ profile events including the 'Lakme Fashion Week', 'Film Fare Awards', 'IPL League matches' as also created magical dining experiences for some of Mumbai's well known personalities. During his stint with Joss and its brands, he was constantly approached to considering professional home-catering. "It was a step into a hitherto untapped micro-market, and today we handle events that range from a small affair of 10 people to well over 10,000!"

So, how does 'Team Shiz' get going? "We start off accumulating the basic information - understanding the detailed preferences of the client, for instance, for a client's do at home, we would need to understand the essence of the occasion, does it include just family or even friends, the number of people, dietary preferences (allergies, veganism, etc), whether the kitchen can accommodate equipment (like a tandoor), would bartending be needed, décor preferences as per the theme (floral, candles, ethnic, chic, disco, etc).... all the nitty-gritties that go into planning a successful event. All our host needs to do is hand in the specifications, then put your feet up and relax - all your event planning hassles and stress has been outsourced to Team Shiz! That's one thing we give a lot of importance to - that the host is enjoying as much as the rest!"

But beyond his typical, fancy-shmancy or la-di-da occasions and high-end clients, Shiraz has much to contribute to kitchens in our everyday, typical homes. "I believe that the kitchen is the heart of the home and the pandemic has seen a spurt in home cooking - a welcome change to me! I wish home-makers would look at their kitchens with greater respect and sensibility - more often than not, I find lots of clutter in home kitchens, no systematic arrangement of equipment or categorically placed food-stuffs - and indulging in a lot of mix and match when it comes to spices and condiments! This really affects the efficiency of cooking or even planning a meal if your pantry is in disarray," he observes.

His personal experiences across a myriad kitchens he has practiced in, has sparked an inspired idea in Shiraz. "I am planning a series of online classes that will cover a number of topics, which will essentially be centered around the concept of Kitchen Management and making life at home easier at home - from setting up equipment, space management, meal-time routines, increasing efficiency in the home, cost and time management and bringing about a happy family dynamic, which is even more essential today."



As the current pandemic has robbed people of their dining-out options, the restaurant business has been badly hit. Shiraz predicts it would take at least another year for things to settle into the 'new normal.' Not that the pandemic could slow him down! "We're busier than ever as people have had to resort to 'dining-in'! We have been curating events at homes, while following the highest standards of safety and hygiene protocols. We get chefs to cook at the client's home to ensure safe, hygienic and freshly cooked food."

I ask him to share a few of his favourite projects. He smiles as he reminisces being approached by a young, millennial couple, newly starting out in life, to help them organize a series of House-Warming Dinners for family and friends at their home. He shares, "The home was your regular 2-bedroom apartment. Post the 'Shiz Team Inquisition' - we settled on 3 dinners over 3 weeks, worked the menu themes, assisted with décor requirements... the whole shebang. The first was for family and relatives - we chose the Asian/Indian theme as Asian cuisine is a big preference

with the younger ones, while traditionalists prefer Indian food. The second one was a more casual one for friends, with more finger food and a rocking bar - the usual high-energy party madness - with a DJ and décor to boot! The third was an extremely formal affair to entertain their global, high-end clients, so we chose a classy 4-course, Sit-down Dinner with a twist - Fusion-Indian cuisine served on silver plates, with appropriate wines served in antique Bohemian Crystal Goblets (a family heirloom presented to the couple by the groom's grand-mother). The menu was meticulously planned, keeping in mind food allergies of guests. This was a mix of pre-plated food served platter to plate with an interesting palette cleanser between courses. For the décor we even brought in a long, polished mahogany table with matching chairs. All three were a great hit!

I'd like to speak of my long-standing association with one of India's much respected industrialist, based between South Bombay and London. Impressed with our all-round services at a high-end do that they were attending, I was called in by the lady of the house to take on a dinner event for thirty guests. It's been seven

years since, and we continue to be their official culinary service providers to this day - providing services even for their children who regularly have house parties in keeping with outdoor restrictions. During my tenure with Joss Catering where I managed events across Mumbai and India, Farrokh launched three restaurants - Amadeus; Umame and the iconic JOSS. This further honed my expertise in various areas of Kitchen and Restaurant Planning, and Team Shiz now specializes in Procuring Equipment, Furniture Store Management, Food Cost Control, Portion Management, Staff Recruitment, Crockery, Cutlery and Procurement of various Mandatory Licenses for running an establishment."

What is most important, and what has greatly contributed to his success, is his attitude to his work - he simply never says 'No' to a client! "Give us a place to cook and serve, and we will deliver! The personal touch transcends all - we don't just do business, we invest in relationships and provide unparalleled dining experiences that enhance the dimensions of bonding over food," concludes Shiraz!



Kerfegar Eduljee

2020: The Year Of Reflection, Resilience And Reawakening

2020 should be declared as the Year of Reflection, Resilience and Reawakening.

From the Australian bush fires, to the new found word-of-the-year that has made a famous beer brand even more (in)famous and everything in between, the past 7 months have taught us unforgettable lessons of our lifetimes.

Contrary to disputed theories as regards how long humans have existed on planet Earth, history and evidence take us back to times before Christ, showcasing the human race's intellect and desire to succeed. From achievements in arithmetic and astronomy, to DNA manipulation and cloning... as a race, we have come a long way. So, let's come together yet again and make Darwin proud! Evolution has always favored the fittest - adapt or perish, is one of nature's many mantras.

What are the options, we may ask. The answer is as simple as seeking opportunities in adversity. Opportunity though, is a word often perceived subjectively. It varies in spectrum and perception. To the wildebeest, an opportunity comprises seeking and finding a waterhole, after an extensive migration; to the Crocodile, it is the deliverance of a meal after a long and patient wait. Whilst this holds good in the animal kingdom, were a human to follow this path, he would be dubbed an opportunist. The idea is to establish a balance; to work cohesively for the benefit of not just oneself, but for the holistic upliftment of society, of the environment and its preservation for posterity.

Let the learnings of 2020 not go in vain. As the title suggests, let us stop, look around and reflect on the rights and wrongs. A calm, thoughtful and a logical mind, is the first step on the ladder of good beginnings. Without it, one would fail to see the proverbial elephant in the room. Your thoughts convert to words, decisions and actions. In turn, this will charter and pave the



road for the life you choose. You owe it to yourself, to reflect and make correct mindful choices.

Following self-reflections or introspection, comes resilience. Grit, being the other word. Like a Sailor's resilience in a stormy sea to reach the shore, one must look for avenues and tools, to make the path one treads, easier. A solution-centric, far-sighted approach to situations and life will make your journey easier.

And then - reawakening or regeneration - impossible to achieve without the prior two steps. Reawakening is a broad-based word; it could mean the regeneration of health, change of mindset and ideology, reacting to a situation differently than you typically would, and so on.

This year, we have witnessed Mother Nature making a comeback. Let us learn

a role to play and where one individual's actions benefit everyone. In contrast to the tiny ant, there's much to imbibe from the magnificently huge Banyan tree which shelters and provides shade to all who pass under it, standing firm like a sentinel, no matter how strong the storm. And all the while, it harbors within, a great, self-sufficient ecosystem.

With this elucidated, let's move on to rejoice the simple pleasures and joys life has to offer. Let's gaze towards the stars with hope and determination. Let's celebrate and live each day as we would our birthday or a celebratory occasion.



and imbibe from nature, the things we see around and often overlook in haste. It's time to slow down and learn from the tiny ant, the art of survival in a structured society, where everyone has

And most of all, let's be humble and bow our heads with gratitude, to the creator!

Wish your loved ones and you, a beautiful and peaceful New Year!

Happy New Year & Khordad Saal Mubarak

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તંત્રીની કલમે

વહાલા વાંચકો,

જો કે આપણે આ વખતે ઓછો ઉત્સાહ દાખવતા આપણા નવા વર્ષમાં પ્રવેશ કરીએ છીએ, આપણે આપણા બધાના હૃદયથી નવી ભ્રમણકક્ષાને આવકારીએ છીએ! અને નવા વર્ષમાં આપણા હૃદયમાં આશાની ભાવના ભરેલી છે - વિશ્વમાં પણ કોરોનાવાયરસ રોગચાળો દ્વારા લાવવામાં આવેલી નવી દુનિયાની શરતો આવે છે.

નવા વર્ષમાં પગ મૂકતાંની સાથે, આપણે અનુભવીએ છીએ કે જ્યારે આપણે આપણા પ્રિયજનો સાથે આનંદ અને ઉત્સવ ઉજવવાના હતા, પરંતુ આ વર્ષે, આપણે ભય અને સામાજિક પ્રતિબંધો સાથે ચાલવું પડશે. પરંતુ આપણી પાસે ભય પર આશા પસંદ કરવાનો વિકલ્પ છે. હવે આપણે નવી, જુદી દુનિયાના પરિવર્તનની કલ્પના કરી તેને આલિંગનમાં લેવાની જરૂર છે, જે આપણા દુઃખ અને ભયને તાકાત, એકતા અને આશામાં ફેરવશે.

આપણે આ રોગચાળા સામે લડવામાં, આપણી બાલો ઉંચી કરવી પડશે. આપણને આશા છે સલામત અને સારા ભવિષ્ય. આ તે સમય છે જ્યારે આપણે આપણી શ્રદ્ધાને પકડી રાખવી જોઈએ અને આપણે આપણી આશાને આપણી નવી વાસ્તવિકતાને આકાર આપવી જોઈએ.

આપણે અસાધારણ સમયમાં જીવી રહ્યા છીએ, આ નવી દુનિયાને સમજવાનો પ્રયાસ કરી રહ્યાં છીએ. આ તે સમય પણ છે જ્યારે આપણી શ્રદ્ધાની કસોટી કરવામાં આવે છે. વિશ્વાસની વાસ્તવિક કસોટી એ છે કે તમે એવા સમયમાંથી પસાર થઈ રહ્યા છો, એવી કોઈ બાબતનો સામનો કરી રહ્યા છો કે જેમાં તમે ભગવાન પર તમારી શ્રદ્ધા રાખી તમે સારા સમયની રાહ જોઈ રહ્યા છો.

માનવજાતે સહન કરેલી અન્ય તમામ મહામારીઓની જેમ, આ પણ સમાપ્ત થઈ જશે. એક સમય એવો આવશે કે જ્યારે દરેક વ્યક્તિ જાણશે કે શા માટે, ક્યા હેતુ માટે, આ બધા દુઃખ હતા, અને ત્યારે કોઈ રહસ્યો રહેશે નહીં. પરંતુ ત્યાં સુધી, આપણે જીવવું જોઈએ, આપણે કાર્ય કરવું જોઈએ અને આપણે આશા રાખવી જોઈએ!

યાદ રાખો - 'જો તે તમને ત્યાં લાવે છે, તો તે તમને તે દ્વારા લાવશે!' તેથી, હવે આપણે વિશ્વાસ રાખીએ, હવે આપણે નવા વર્ષમાં જઈશું, જે બધા માટે વધુ ખુશીઓ લાવશે.

હું આશા રાખું છું કે તમને અમારા પારસી નવા વર્ષનો વિશેષ અંક ગમશે! તમને દરેકને નવું સાલ મુબારક!

- અનાહિતા
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આશા અમર છે! સફળતા અવશ્ય મળશે!!

આપણે બધા આપણી વ્યવસાયિક કારકિર્દીનો સફર ઘણા સપના, લક્ષ્યો, આશાઓ અને પ્રેરણાથી શરૂ કરીએ છીએ. તે સમયે, આપણા મનમાં ફક્ત એક વાત હોય છે સફળતા - હું જીતીશ. આપણે સમાજને આપણા જીવનમાં કંઈક બતાવવાની અને બનવાની યોજના બનાવી હોય છે. અને બને તેટલી વહેલી તકે સફળતા મેળવવા માંગીએ છીએ. પરંતુ માર્ગ પર, તમે સંજોગો અને સંયોગના વાવાઝોડામાં ફસાઈ જાઓ છો. અકલ્પનીય પડકારો, મુશ્કેલીઓ અને પરિસ્થિતિઓ માર્ગમાં મળે છે. આવા સમયે લાગે છે કે આપણા લક્ષ્યો અને સપના છૂટા પડી રહ્યા છે. અને આપણે આશા છોડી દેવાનું શરૂ કરીએ

છીએ. અમે વિચારવાનું શરૂ કરીએ છીએ કે શું આપણા લક્ષ્યોને આપણે પૂરા કરી શકશું કે નહીં. અમેરિકાના રાષ્ટ્રપતિ, કાલવીન કોલ્ડીજ, (૨૯માં રાષ્ટ્રપતિ ૧૯૨૩-૨૯) એક દિવસ તેમના કાર્યાલયમાં કામ કરતા કરતા થાકી ગયા. તેઓ આરામ ખુરશી પર જ સૂઈ ગયા અને થોડાજ ક્ષણમાં ભર ઉંઘમાં સૂઈ ગયા. મોટા અધિકારીઓ અને સામાન્ય નાગરિકો તેમને મળવા માટે બહાર ઉભા હતા. જ્યારે

પ્રમુખ સૂતા હતા ત્યારે તેમના સેક્રેટરીની ગભરાટ વધી રહી હતી. લોકો તેમને વિનંતી કરી રહ્યા હતા, પરંતુ તેઓ રાષ્ટ્રપતિને જગાડવાની હિંમત કરી શક્યા



નહીં. થોડા સમય પછી, જ્યારે તે જાગી ગયા ત્યારે તેમના સેક્રેટરીને અપરોટ અને મૂંઝવણમાં જોયા.

તેમણે પૂછ્યું- તમે કેમ ડરી ગયા? પ્રલય આવ્યો કે શું? અમેરિકામાં, દરેક વસ્તુ તેની જગ્યાએ તો છે ને?

આ વાર્તાનો સંકેત એ હતો કે સમસ્યા શું છે? અને કેટલી પણ મોટી હાની થાય પણ તમે પોતે તો સુરક્ષિત છોને? આપણે વિશ્વની સૌથી મોટી સંપત્તિના માલિક છીએ.

આપણું હાંડમાસથી બનેલું શરીર, જેને આપણે 'હું' કહીએ છીએ, તે આપણા અને આપણા પરિવાર માટે કિંમતી છે, જેનો દરેક ભાગ કિંમતી છે. આપણી પાસે ઘણી સમસ્યાઓ હોઈ શકે છે, આપણે દુઃખી હોઈ શકીએ છીએ, આપણે બેચેન થઈ શકીએ છીએ, આપણે નિરાશ થઈ શકીએ છીએ, પરંતુ જો આપણી પાસે જીવન જેવી મૂલ્યવાન સંપત્તિ છે તો આપણી પાસે બધું જ છે. પરિસ્થિતિની ટૂંક સમયમાં સુધારણા થવાની પૂરેપૂરી સંભાવના છે, હિંમત ગુમાવશો નહીં

હંમેશાં સકારાત્મક બનો. આશા રાખો. હકીકતમાં, માનવ શરીર આપણા માટે સૌથી મહત્વની ભગવાન તરફથી મળેલી અમૂલ્ય ભેટ છે. વિરોધ અને મુશ્કેલીની ક્ષણોમાં આપણને મોલ અને તિરસ્કાર થવાનું શરૂ થઈ જાય છે. તમારી કિંમત ભૂલી જાઓ છો આર્થિક અભાવ, વારંવાર પ્રયત્નો કરવા છતાં સફળતા પ્રાપ્ત થતી નથી, પણ તમારું શરીર છે ત્યાં સુધી બધું જ છે. તમે હજી સુધી જે પ્રાપ્ત કર્યું નથી તે બધું જ પ્રાપ્ત થઈ શકે છે.

આ જીવન અમૂલ્ય છે. વિતેલું જીવન પાછું આવતું નથી, તમારી ભાવિ સફળતાની આશા રાખવી ખૂબ જ મહત્વપૂર્ણ છે અને તમારે કોઈ પણ સંજોગોમાં આશા છોડવી જોઈએ નહીં. દરરોજ તમારું લક્ષ્ય પૂર્ણ કરવાની ખાતરી કરો, તમારા લક્ષ્ય પર નજર રાખો. તેને પૂર્ણ કરવાનો પ્રયાસ કરતા રહો. તમારી સફળતાનું રહસ્ય આમાં છુપાયેલું છે. શરીરને સલામત, સ્વસ્થ, સક્રિય, ખુશ રાખો, પછી તેનો હેતુ ગમે તે હોય, ખંત અને ખંતથી ફરી પ્રયાસ કરો અને સફળતાના પગથિયા ન આવે ત્યાં સુધી તેને ચાલુ રાખો. આમાં, તમારી સફળતાનું રહસ્ય છુપાયેલું છે.

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સારા સમયની શરૂઆત: એક ઝોરાશ્ચિયન દષ્ટિકોણ

એરવદ ઝરીર ભંડારા

અત્યારની પરિસ્થિતિ પર હું ઝોરાશ્ચિયન દષ્ટિકોણથી થોડો પ્રકાશ પાડવા માગું છું. વાયરસ, પેન્ડેમિક અથવા કોઈપણ પ્રકારનું દરદ કે બીમારી પરવરદિગાર તરફથી આવતી નથી. પરવરદિગાર શ્રેષ્ઠ છે અને આથી, તેમના તરફથી હંમેશાં માત્ર સારું અને શ્રેષ્ઠ જ આવી શકે છે. અનિષ્ટ કે ખરાબ પરવરદિગારની બહારની સત્તા તરફથી આવે છે, જેનું નામ છે અહરિમન.



જેહાનને સાફ કરી તેને નવું રૂપ આપે છે. આ જીવો પડદાની પાછળથી કામ કરે છે અને આપણી લડાઈ લડે છે. આમ, આપણને આગળ વધવા માટે તૈયાર કરે છે.

આથી, આ સાલ, માતું માનવું છે કે આ પવિત્ર દિવસો દરમિયાન કોસ્મિક યુદ્ધ થશે; અને જ્યારે પણ યુદ્ધ થાય છે ત્યારે સૌ કોઈ માટે પડકારરૂપ પરિસ્થિતિ ઊભી થાય છે. એટલે જ, આ સમયગાળા દરમિયાન આપણે સૌ શુદ્ધતા-પવિત્રતા અને જાગરૂકતાના સર્વોચ્ચ સ્તરે હોઈએ, આપણું તથા આપણા પરિવારણનું ધ્યાન રાખીએ, સ્વચ્છતાના નિયમો પાળીએ વગેરે બાબતો જરૂરી બની જાય છે. કમ સે કમ ત્રીજી સપ્ટેમ્બર, ફરવરદિન માલ, ફરવરદિન રોજ - જે દિવસ ફરોહરને સમર્પિત છે - સુધી આપણે વધારાની સાવચેતી અને તકેદારી રાખવી જોઈએ.

આપણે કોને વધુ સત્તા-શક્તિ આપીએ છીએ એનો આધાર આપણા પર હોય છે. એક સાચા ઝોરાશ્ચિયનની જેમ આપણા દિનના સિદ્ધાંતો પ્રમાણે જીવન જીવીએ - સ્વચ્છતાના નિયમો પાળીએ, ખુદને અંદરથી તેમ જ બહારથી સાફ-પાક રાખીએ, અને આશા - પ્રમાણિકતા, સચ્ચાઈ અને નિયમના માર્ગ પર ચાલીએ તો આપણે પરવરદિગારને વધુ શક્તિશાળી બનાવીએ છીએ. બીજી તરફ, આપણે આપણા પોતાના દિનના સિદ્ધાંતો નહીં પાળીએ અને પોતાને અંદરથી તેમ જ બહારથી પાક-સાફ નહીં રાખીએ, તો આપણે અહરિમન - અનિષ્ટ શક્તિને વધુ શક્તિશાળી બનાવીએ છીએ.

આ દિવસની શરૂઆત - ત્રીજી સપ્ટેમ્બર, ૨૦૨૦થી થશે મને લાગે છે કે જેહાન માટે સારા સમય અને સાજા થવા તરફ આગળ વધવાની શરૂઆત આપણે જોઈ શકશું. ૧૫મી સપ્ટેમ્બર, હોરમઝદ રોજ, અર્દાબહેસ્ત માલ - જ્ઞાનના દિવસે - મને પૂરો વિશ્વાસ છે કે આપણે વધુ સુધારણાનો અનુભવ કરશું, કેમ કે હોરમઝદ અને અર્દાબહેસ્ત દરેક પ્રકારના દુઃખ-કષ્ટ-પીડા દૂર કરવા માટે જવાબદાર હોય છે. છેલ્લે ગોશ રોજ, અર્દાબહેસ્ત માલ, જે સપ્ટેમ્બર ૨૮મીએ આવે છે, મને પૂરેપૂરી ખાતરી છે કે આપણી દુનિયામાં બહુ મોટું સકારાત્મક પરિવર્તન આવશે.

આ પેન્ડેમિક એવી પરિસ્થિતિ છે, જે આ પહેલા માણસ જાતે ક્યારેય અનુભવી નથી. આથી, આ વર્ષે મુક્તાદ અગાઉના વર્ષોથી સાવ અલગ હતી. છટ્ટી ઓગસ્ટ, ૨૦૨૦થી મુક્તાદના પવિત્ર દિવસો શરૂ થયા હતા, આ સમયગાળામાં આપણા ફવશી/ફરોહર - આધ્યાત્મિક જીવો આપણા ભૌતિક વિશ્વની મુલાકાત લઈ આપણને આશીર્વાદ આપે છે અને આ

આપ સૌને નવી આશ

નવું વર્ષ તમારું સ્વાગત છે, ખુશિયોની બસ એક ચાહત છે
નવો જોશ, નવો ઉત્સાહ, ખુશિઓ ફેલાય, કરે ઉજાશ,
એ નવું વર્ષના પ્રથમ પ્રકાશ, આપ સૌને નવી આશ

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ન્યુ પર સ્પેશિયલ

ચિકન ટિક્કા મસાલા

સામગ્રી: ૬ ચિકન ઠાઈ પીસ

બોનલેસ ટિક્કાને મેરીનેડ કરવાની સામગ્રી, ૬ ચમચી દહીં, ૧ ચમચી લાલ મરચુ પાવડર, ૧ ચમચી લસણ પેસ્ટ, ૨ ચમચી આદુ પેસ્ટ, ૧ ચમચી જીરું પાવડર, ૧ ચમચી ગરમ મસાલા પાવડર, ૪-૫ ચમચી લિંબુ રસ, મીઠું સ્વાદ મુજબ.



ગ્રેવી બનાવવાની સામગ્રી: ૨ ટામેટા, ૧ કાંદો, ૧ ચમચી આદુ લસણ

પેસ્ટ, ૧/૨ ચમચી જીરું પાવડર, ૧/૪ કપ દૂધ, ૧ નાની ચમચી ખાંડ, મીઠું સ્વાદ મુજબ

રીત: ચિકન ટિક્કા મસાલા બે વિધિથી બનાવવામાં આવે છે. પ્રથમ ટિક્કા તૈયાર કરવામાં આવે છે અને પછી તેની ગ્રેવી ટિક્કા તૈયાર કરવા માટે મેરીનેડની ઉપર જે-જે સામગ્રીઓ આપવામાં આવેલી છે, તેમને મેળવી લો. પછી ચિકનનાં પીસને નાના-નાના પીસમાં કાપી ઘોઈને પાણી ગાળી લો. હવે મિક્સડ પેસ્ટમાં ચિકન નાંખી ૧ કલાક માટે મૂકી દો. તે પછી ચિકન પીસને ઈચ્છો તો ગ્રીલ કરો અથવા પછી ઓવનમાં ગોલ્ડન બ્રાઉન થવા સુધી પકાવો. ચિકનને પકાવતી વખતે તેની ઉપર બટર કે તેલ જરૂર લગાવો કે જેથી તે કોમળ બન્યું રહે અને હા, તેને વધુ ન પકાવો, નહિંતર તે બળી શકે છે. ગ્રેવી બનાવવા માટે એક કઢાઈમાં તેલ ગરમ કરો. પછી તેમાં આદુ અને લસણની પેસ્ટ નાંખો. તેને થોડુંક ફાય કરી તેમાં સમારેલો કાંદો નાંખો. આંચ તેજ કરીદો અને કાંદોને ગોલ્ડન બ્રાઉન કરી લો ત્યારબાદ તેમાં સમારેલા ટામેટા નાંખી મધ્યમ આંચ પર ફાય કરો. જ્યારે મસાલામાંથી તેલ છુટું પડવા લાગે, ત્યારે જીરું અને ઘાણા પાવડર મિક્સ કરો. હવે તેમાં મીઠું અને ખાંડ મેળવી થોડીક જ મિનિટમાં ચિકન ટિક્કા પીસ નાંખો. હવે ધીમી આંચ પર તેને ૫ મિનિટ સુધી પકાવો. તે પછી આંચને તેજ કરી દો અને તેમાં ધીમે-ધીમે કરીને દૂધ નાંખો. સાથે જ તેને હલાવતા રહો. એક વાર જ્યારે ગ્રેવી ગાઢી થઈ જાય, ત્યારે આંચ બંધ કરી દો. પછી તેને કોથમીરથી ગ્રાનિશ કરો અને રાઈસ સાથે સર્વ કરો.

એગ ચિકન મુગલાઈ પરાઠા

સામગ્રી: ૩ ઈંડા ક્રેટલા, ૨૦૦ ગ્રામ ચિકન (ખીમો), ૧ કાંદો, ૧ ટામેટું, ૫-૬ લીલા મરચાં (કાપેલા), ૧ નાની ચમચી આદુની પેસ્ટ, ૧ ચમચી લસણની પેસ્ટ, ૧ નાની ચમચી જીરું પાવડર, ૧ નાની ચમચી ઘાણા પાવડર, ૧ નાની ચમચી કચ્છીરી લાલ મરચું, ૧ નાની ચમચી હળદર પાવડર, ૧ નાની ચમચી ગરમ મસાલા પાવડર, ૧ નાની ચમચી કાળા મરીનો પાવડર, ૨ કપ મેંદો, ૧ કપ ઘઉંનો લોટ, દૂધ ૧ કપ, કોથમીર, મીઠું સ્વાદ મુજબ.



રીત: લોટ અને મેંદાને મિક્સ કરીને તેમાં મીઠું અને દૂધ મેળવો. પછી તેમાં પાણી નાંખીને મુલાયમ લોટ બાંધો. ત્યાર પછી લોટને કોઈ ભીના કપડાં દ્વારા થોડી વાર માટે ઢાંકીને રાખી દો. હવે એક કઢાઈમાં તેલ ગરમ કરો, તેમાં જીરું નાંખો. પછી કાપેલા કાંદા અને લીલા મરચાં નાંખીને ગુલાબી થાય ત્યા સુધી ફાય કરો. ત્યારબાદ તેમાં આદુ લસણની પેસ્ટ નાંખીને હલાવો. પછી તેમાં પીસેલું ચિકન ખીમો મિક્સ કરો અને બધા જ મસાલા તથા મીઠું નાંખો. હવે ચિકનને ધીમી આંચ પર ગુલાબી થાય ત્યાં સુધી બનાવો. ત્યાર પછી તેમાં કાપેલા ટામેટાં નાંખીને હલાવો. પછી તેમાં કોથમીર કાપીને નાંખો અને આંચને બંધ કરી દો. ચિકનને એકદમ સુકું કરો. તમારું ચિકન ભરવા માટે તૈયાર છે. હવે લોટમાંથી મધ્યમ આકારની લોઈ બનાવો અને તેને થોડી વણીને તેની વચ્ચે ચિકન ભરો, લોઈને બંધ કરીને પરાઠા બનાવો. હવે નોન સ્ટિક તવો થોડું તેલ નાંખીને ગરમ કરો. પછી ઈંડા તોડીને કટોરીમાં નાંખો. તવા પર પરાઠા નાંખીને શેકો અને તેના પર બ્રશની મદદથી ફેટું ઈંડું લગાવો. પરાઠાને ફેરવીને બીજી બાજુ પણ ઈંડું લગાવો. પરાઠા ઉપર થોડો કાળા મરીનો પાવડર અને મીઠું ભભરાવો. તેના પછી તેને ફાઈ કરીને સર્વ કરો.

હોમ મેઈડ, ચોકલેટ આઈસ્ક્રીમ

સામગ્રી: હાઈડ એન્ડ સીક બિસ્કિટ ૨ પેક, ૧/૪ કપ ખાંડ, ૨ મોટી ચમચી દૂધનો પાઉડર, ૧ મોટી ચમચી કોકો પાઉડર, ૧ ડેરી મિલ્ક ચોકલેટ, ૧ કપ ઠંડુ દૂધ, ૧/૨ કપ ઠંડી મલાઈ, ૧ નાની ચમચી વેનીલા અસેન્સ, ચોકો ચિપ્સ સ્પ્રિંગલ કરવા.



રીત: એક બ્લેન્ડર જારમાં બધી બિસ્કિટના ટુકડા કરવા અને ખાંડ ઉમેરી બ્લેન્ડ કરવું. ત્યારબાદ ઠંડુ દૂધ, મલાઈ, વેનીલા અસેન્સ, દૂધ નો પાઉડર, કોકો પાઉડર અને એક ડેરી મિલ્ક ઉમેરી ફરીથી બધું બ્લેન્ડ કરવું. એક એર ટાઈટ બોક્સમાં બધું મિશ્રણ કાઢી ઉપર પ્લાસ્ટિક વ્રેપ અથવા ફોઈલ પેપર થી કવર કરી ને બોક્સ નું ઢાંકણ ઢાંકી ૨-૩ કલાક માટે ડીપ ફ્રિજમાં મૂકવું. ત્યારબાદ ફરીથી બોક્સ માંથી ફ્રિજ થયેલું આઈસ્ક્રીમ બ્લેન્ડર જાર માં કાઢી બ્લેન્ડ કરવું અને ફરીથી એજ એર ટાઈટ બોક્સ માં કાઢી ઉપર ચોકો ચિપ્સ સ્પ્રિંગલ કરી ફરીથી ઉપર પ્લાસ્ટિક વ્રેપ અથવા ફોઈલ પેપરથી કવર કરી ને બોક્સનું ઢાંકણ ઢાંકી ૮ કલાક માટે ડીપ ફ્રિજ કરવું. ત્યારબાદ ઠંડુ ઠંડુ ચોકો સિરપ સાથે સર્વ કરવું.



નવા વરસને દિવસે જાણીએ સુખની રેસિપી!!

અમેરિકાનું એક આ શહેર, ત્યાંની સમૃદ્ધિ વિશે તો વાત જ શું કરવી. અહીં કરતા ત્યાંનું જીવન ખૂબ જ સારું છે, એવું ઘણા લોકો માને છે. ત્યાંની કમાણી પણ અહીંની કમાણી કરતા લોકોને વધુ સારી લાગે છે.

આપણો પારસી પરિવાર ત્યાં રહે છે. ગુલુના ઘણી ગુજર્યા બાદ ગુલુ તેના દીકરા પાસે અમેરિકામાં જ સેટેલ થઈ ગઈ હતી. ગુલુ એમનો દીકરો વલુ એમના બે પૌત્ર તેઓ જોઈન્ટ ફેમિલીમાં બધા એક જ ઘરમાં હળીમળીને સાથે રહેતા હતા.

અમેરિકામાં વસવાટ કરતા હોવા છતાં તેઓ એ હજી પારસી રીતિ-રિવાજ અને સંસ્કાર સાચવી રાખ્યા હતા. ગુલુ પોતાના પરિવાર સાથે બેસીને જમે. રાતના નવ વાગ્યે બધાએ સાથે ડાઈનિંગ ટેબલ પર એકઠા થઈ જવાનું પ્રાર્થના કરવાની અને સાથે જ જમવાનું.

ગુલુનું ઘર ખૂબ જ સુંદર હતું ઘરની સામે જ એક વિશાળ બગીચો પણ હતો જે ઘરની સુંદરતામાં ચાર ચાંદ લગાવી રહ્યો હતો. આવતી કાલે પપેટીનો પનોતો દિવસ આવવાનો હતો. ગુલુ ચોક પુરતા હતા. દરવાજાને તોરણથી સજાવતા હતા. ગુલુએ જોયું કે સામે રહેલા બગીચામાં બાજુના બંગલામાં રહેતા ગુજરાતી પટેલ ભાઈ ઉભા છે. એકબીજા સાથે વધારે ઓળખ નહોતી છતાં પણ ગુલુએ તેમને આવકાર આપ્યો અને અહીં આવવાનું કારણ પૂછ્યું પટેલભાઈના લાથમાં એક બેગ હતી અને તેઓ ખૂબ નિરાશ લાગતા હતા.

પટેલભાઈ બોલ્યા, તમે તમારા બંગલામાં તોરણ લગાવતા હતા અને ચારે બાજુ લગાવેલી લાઈટિંગ જોઈને હું તમારા બંગલામાં ઘૂસી આવ્યો. મને થોડું સાઈ નથી લાગી રહ્યું અને આમ નિરાશ થઈ ઘરે જઈશ તો ઘરના લોકો પરેશાન થશે. મારી પાસે જીવનમાં બધું છે, સરસ મજાનો બંગલો છે, પૈસા પણ સારા એવા કમાઈ ચૂક્યો છું, મારો પરિવાર પણ ખૂબ જ પ્રેમાળ છે છતાં પણ મને જીવનમાં જરા પણ રસ પડી રહ્યો નથી. એટલે હવે થોડા દિવસની રજા પાડીને કંઈક મને જીવનમાં મજા પડે એવું શોધવા નીકળ્યો છું. ચોખ્ખી વાત કરું તો હા અત્યારે સુખ શોધી રહ્યો છું.

ગુલુને પટેલભાઈની વાત સાંભળી થોડી નવાઈ લાગી. પરંતુ આવતી કાલે નવું વરસ હતું એટલે ગુલુ બહુ ખુશ હતા.

તે વિચારવા લાગ્યા જે માણસ સુખ શોધી રહ્યો હોય તેને કઈ રીતે સુખી કરવો આ ભાઈ ને શું જવાબ આપવો તે ગુલુ વિચારવા લાગ્યા.

ગુલુનો પૌત્ર રિહાન જે લગભગ ૧૨ થી ૧૩ વર્ષની ઉંમરનો હશે, ગુલુ, પટેલભાઈ ને કંઈ જવાબ આપે તે પહેલા રિહાન પટેલભાઈ પાસે આવ્યો અને તેના લાથમાંથી તેમની બેગ ખેંચી ત્યાંથી ભાગવા લાગ્યો.

ના પટેલભાઈ ને કંઈ સમજાયું, ના ગુલુને કંઈ સમજાયું કે શું થઈ રહ્યું છે, ગુલુ અને પટેલભાઈ બંને રિહાન પાછળ દોડવા માંડ્યા. આખા બગીચાના લગભગ બે રાઉન્ડ દોડતા દોડતા પુરા કર્યા.

પછી બગીચાના રાઉન્ડ પુરા કરીને રિહાન બેગ લઈને ત્યાં બાંકડા પર જ બેસી ગયો, ગુલુ અને પટેલ ભાઈ બન્ને હસતા હસતા ફરી પાછું બગીચાનું રાઉન્ડ પૂરું કરીને ત્યાં આવ્યા એટલે જોયું કે રિહાન બેગ લઈને અહીં જ બેઠો છે.

તરત જ પટેલભાઈએ રિહાનના લાથમાંથી પોતાની બેગ લઈ લીધી. પોતાની બેગ પાછી મળી ગઈ એટલે તેના ચહેરા ઉપર ખુશીની લાગણી એટલે કે આનંદ આવી ગયો.

અને બેગ તો હવે પોતાની પાસે આવી ગઈ હતી. એટલે રિહાન પર પટેલભાઈએ ગુસ્સો કીધો. ગુલુ કંઈ બોલે તે પહેલા જ રિહાને નિર્દોષભાવે જવાબ આપતા કહ્યું હું કોણ છું, તે પછી જણાવીશ. પરંતુ તમે અને ગ્રેન્ડમા વાત કરી રહ્યા હતા તે મેં સાંભળી હતી. એટલે મને થયું કે તમે સુખ શોધવા નીકળ્યા છો તો તમને આ બેગ પાછી મળી ગઈ એટલે તમારા મોઢા ઉપર મેં સ્માઈલ જોઈ હતી. તો શું તમને તમારું સુખ મળ્યું કે નહીં? મેં તો તમને સુખ શોધવામાં થોડી મદદ કરી છે બસ.

૧૨ થી ૧૩ વર્ષના રિહાનનું આવું વર્તન જોઈને



પટેલભાઈને આશ્ચર્ય થયું તેમને પહેલીવાર ખ્યાલ આવ્યો કે સુખ તો આપણી પાસે હોય છે પરંતુ તે ખોવાઈ ગયા પછી ફરી પાછું મળવાની જે આશા હોય ત્યારે ખૂબ જ આનંદની લાગણી અનુભવીએ છીએ. ગુલુ પોતાના પૌત્ર રિહાન અને પટેલભાઈને ઘરમાં લઈ જાય છે. અને નવા વરસની મીઠાઈ ખવડાવે છે. ગુલુ પટેલભાઈ ગળે ભેટે છે પટેલભાઈને જાણે શાંતિ થઈ હોય તેમ ગુલુને ભેટતા આંખો બંધ કરી દે છે. નવા વરસની શુભ કામનાઓ આપે છે. ગુલુ, પટેલભાઈને પૂછે છે કે હવે તો તમે નિરાશ નથી? શું તમને સુખની રેસિપી મળી ગઈને!! અને બન્ને હસવા માંડે છે.

હસો મારી સાથે

જે પતિ પત્ની સવારે સાથે ઉઠીને એક સાથે ચાય પીએ છે એને જોઈને જ વાઘ બકરી ચાયનું નામકરણ થયું છે.

ડોક્ટર: તમારા શરીરમાં પાણીની કમી થઈ ગઈ છે.
છોકરી: હા બહુ દિવસ થયા પાણીપુરી નથી ખાધી એટલે જ પાણીની કમી થઈ.

પત્ની: તમે મને ૫૦૦ રૂપિયા આપો હું તમને લાખો રૂપિયાની વાત કહીશ!
પતિ: લે આ ૫૦૦ રૂપિયા
પત્ની: આવી રીતે કોઈને રૂપિયા આપવા નહીં.

લાઈફને સુધારવા માટે એક વાઈફ બસ છે પણ વાઈફ ને સુધારવા માટે આખી લાઈફ પણ કમ છે

રીન્કુ: તું કોની સાથે લગ્ન કરવાનું પસંદ કરીશ?
પીન્કી: લગ્ન તો હું તે છોકરા સાથે કરવાનું પસંદ કરીશ જે ભોજન પછી કહેશે...!
જા તું ઈન્સ્ટા અને ફેસ બુક જોઈ લે, વાસણું હું ધોઉં છું.

Saal Mubarak

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નવા વર્ષની ભેટ!

શાયાન ૧૨ વરસની હતી. તે નવસારીમાં તેના પપ્પા-મમ્મી-ગ્રેની અને તેનાથી મોટી બહેન ફીયા સાથે રહેતી હતી. તે જ્યારે નાની હતી ત્યારે તેને તાવ આવ્યો અને તેના પગને પોલીયો થઈ ગયો. તે સરખી રીતે ચાલી નહોતી શકતી તેના પગમાં મેટલનું પગને સપોર્ટ આપવા પહેરેલું એક સ્ટેન્ડ હતું. તેની સાથે તે ધીમે ધીમે ચાલતી હતી.

શાયાન ખુબ જ સારી છોકરી હતી. પણ તે કોઈવાર ખુલ્લીને હસતી નહોતી. તેના મા-બાપને હમેશા તેની ચિંતા રહ્યા કરતી પરંતુ શાયાનના પપ્પા મહેરનોશને આશા હતી કે આજે નહીં તો કાલે શાયાન મનનથી સારી થઈ જશે. અને તે પણ તેની જીંદગી સારી રીતે જીવી શકશે.

કરોનાની બીમારી ચાલતી હોવાથી આ વરસે ખાસ કરી બધા ઘરમાંજ રહેતા હતા. નવસારીનું બજાર ખુલી જવા પામ્યું હતું અને લોકોએ થોડું થોડું ઘરની

બહાર નીકળવાનું શરૂ કર્યું હતું. મહેરનોશે પણ ઓફિસ જવાનું ચાલુ કરી દીધું હતું. તેના ઓફિસ જતા રસ્તે એક ખેતર પડતું હતું. મહેરનોશે જોયું કે ત્યાં ખેતર પાસે વિચાયેલી ફૂતરીએ પાંચ ગવૂડિયાંને જન્મ આપ્યો હતો.

ખેડૂતની પત્નીએ નવજાત ગવૂડિયાંને રહેવા-ફરવા માટેની સુરક્ષિત જગ્યા બનાવવાનું બીડું ઉપાડી લીધું. ખેતરમાં જ આવેલા તેમના ઘરની આગળ ખૂણામાં પાટિયા ગોઠવીને એમાં કોથળા અને ફાટેલા કપડાં પાથર્યાં. ખેતર પાસે પાંચેય નાનકડા ગવૂડિયા તેમની માના બંને પગ વચ્ચે ભરાઈને દૂધ પીવા ઘક્કામુક્કી કરતાં હતાં. અપંગ જન્મેલું એક ધોળું ગવૂડિયું તેની અધખુદ્દી આંખે દૂધ પીવા ફાંફા મારતું બીજા ગવૂડિયાં પર ચડ્યું અને તે બાજુમાં ગબડી પડ્યું. બીજાં ગવૂડિયાં સામે એ અપંગ ગવૂડિયું બાજુમાં હડસેલાઈ જતું, પણ મોકો મળે

ત્યારે બે ગવૂડિયા વચ્ચે જગ્યા શોધી અંદર ઘૂસી જતું અને ઘરાઈને દૂધ પી લેતું હતું. આ ઘસઘસાટ ઊંઘતા કોમળ ગવૂડિયાંને ખેડૂતની પત્નીએ લાથમાં લઈ તેમના બનાવેલા ઘરમાં મૂકી સુરક્ષિત હુંફ આપી.

આમને આમ દિવસો વેતતા ગયા અને પતેતીનો પનોતો તહેવાર આવી રહ્યો હતો. શાયાનની મમ્મીએ મુક્તાદના દિવસોમાં એક રૂમમાં તેઓના સાસરા માટે ટેબલ સજાવ્યું અને બધાએ સાથે મળી પ્રાર્થના કરી કારણ કે કરોના બીમારીને લીધે અગિયારીમાં પ્રવેશ બંધ હતા.

કરોના બીમારીને લીધે બધાજ ઘરે હતા. ફીયા પોતાના મિત્રોને કોલ કરતી, વોટ્સઅપ ચેટ ચાલુ જ હતું. તે પોતાની દુનિયામાં મસ્ત હતી ઘરના બીજા બધા લોકો પણ એમ તો ખુશ જ હતા. પરંતુ શાયાન તે હમેશા એકલી બારીમાં બેસી નીચે ગાર્ડનમાં આવતા બાળકોને જોયા કરતી. મહેરનોશ તેને જોઈ ખૂબ દુઃખી થતો તેને ખબર નહોતી પડતી કે શાયાન તે કેવી રીતે ખુશ કરે?

આ તરફ પરચીસેક દિવસના થયેલા ચાર સ્વસ્થ ગવૂડિયાં મસ્તીખોર પાક્યાં હતાં, પણ અપંગ ગવૂડિયું શાંતિથી તેની માનું દૂધ પી ને ખૂણામાં ગૂંચળું વળીને પડ્યું રહેતું. મસ્તી કરવા જ્યારે ચારેય ગવૂડિયાં પાટિયાં નીચેની જગ્યાએથી સરકીને ભાગી જતાં ત્યારે એ બિચારું એકલું પડી જતું. બીજા ગવૂડિયાની સાથે મસ્તી કરતા કરતા તે ગુલાટ મારી જતું ફરી પાછું ઉઠતું અને તેઓ સાથે રમતા પાછું લંગડાતું લંગડાતું દોડતું. ફરી પાછું પડતું અને ફરી પાછું ઉઠીને મસ્તીએ ચડતું. ગવૂડિયાઓની મસ્તી જોઈ ખેડૂતે દરવાજા બહાર 'ગવૂડિયાં વેચવાના છે' એનું એક નોટિસ બોર્ડ મારી દીધું.

મહેરનોશ દરરોજ ત્યાંથી પસાર થતો અને આ અપંગ ગવૂડિયાની મસ્તી

જોતો ખબર નહીં તેના મનમાં શું વિચાર આવ્યો પરંતુ તે વિચારથી તેના ચહેરા પર એક મીઠું એવું સ્માઈલ આવી ગયું.

નવા વરસનો પનોતો દિવસ આવી લાગ્યો. આજે નવું વરસ હતું. ઘરમાં બધાજ સવારે જલ્દી ઉઠ્યા હતા. ઘરમાં જમવાનાની સુગંધ આવવા લાગી. શાયાને પણ નવું ફોક પહેર્યું. બધાએ સાથે મળી પ્રાર્થના કરી. મહેરનોશે બધાને સરપ્રાઈઝ ગીફ્ટ આપ્યા. અને શાયાનને કહ્યું બેટા, તારી ગીફ્ટ હું હમણાં લેવા જાઉં છું શું તું મારી સાથે એ ગીફ્ટ લેવા આવશે. શાયાન અને મહેરનોશ બન્નેજ ગીફ્ટ લેવા માટે ઘરની બહાર નીકળી ગયા. પોતાની ગાડી લઈ તે પેલા ખેડૂતના ખેતર પાસે આવ્યા. દરવાજો ખખડાવી બૂમ મારી...

ખેડૂત ખેતરનું કામ મૂકીને ત્યાં આવી પહોંચ્યો.

મહેરનોશ બોલ્યો મારે એક ગવૂડિયું ખરીદવું છે.

ખેડૂતે પરસેવાથી ભીનું કપાળ રૂમાલથી લૂછતાં કહ્યું, હા બોલો સાહેબ આ ગવૂડિયાં ખૂબ સરસ જાતના અને તંદુરસ્ત છે, હા પણ હું એક ગવૂડિયાના સો રૂપિયા લઈશ.

મહેરનોશ તૈયાર થઈ ગયો. ખેડૂતે પત્નીને ટહુકો પાડી ગવૂડિયાં લઈ આવવા કહ્યું.

ગવૂડિયાં-ઘરનો દરવાજો તેની પત્નીએ ખોલ્યો એવા તરત જ પાંચેય મસ્તીખોર ગવૂડિયાં 'હવે રખડવા મળશે' એ વિચારે ગાંડાઘેલાં થઈ બહાર દોડ્યાં...! ઘોળા દૂધ જેવા પાંચેય ગવૂડિયાંને લઈને ખેડૂતની પત્ની દરવાજે આવી. કપાસના ઢગલા જેવા પાંચ ક્યૂટ ગવૂડિયાં જોઈને મહેરનોશનો ચહેરો ખીલી ઉઠ્યો! પાંચ ગવૂડિયાંમાં એક ગવૂડિયું પગેથી ખોડું (અપંગ) હતું. તે થોડાક ડગલાં ચાલવા જતું ને ગબડી પડતું. ચાલવા કરતાં તે કદાચ ગબડી ગબડીને વધુ અંતર કાપીને પહોંચ્યું હતું.

તે ગવૂડિયાને જોઈને શાયાન પણ ગાડીમાંથી ઉતરી પડી.

એ ખોડંગાતું ગવૂડિયું જોઈને શાયાનના ચહેરા પણ પહેલીવાર ખુશીનું સ્મિત આવ્યું મહેરનોશ આ જોઈ રહ્યો. શાયાને મહેરનોશને કહ્યું, પપ્પા મને તો આ અપંગ ગવૂડિયું જોઈએ છે.

ખેડૂત બોલ્યો એ ગવૂડિયું બીજા ગવૂડિયાંની જેમ દોડીને રમી નહીં શકે. હું તને બીજું ગવૂડિયું આપું.

શાયાને નીચા નમી તેનું લાંબુ ફોક ઉંચું કર્યું તેણે ઢીંચણ સુધી ખાસ પ્રકારના ડુલ્કિકેટ સ્ટીલના પગ અને બુટ પહેરેલા હતા. તેણે કહ્યું, જુઓ અંકલ, હું પણ અપંગ છું. હું પણ તેની જેમ દોડી નથી શકતી, પણ એ ગવૂડિયાંની તકલીફ હું સારી રીતે સમજી શકું છું. પ્લીઝ અંકલ. મને એજ ગવૂડિયું ખરીદવું છે.

છોકરીનો અપંગ પગ પર ચડાવેલો સ્ટીલનો પગ જોઈને ખેડૂતના હૈયામાં સહાનુભૂતિ ઉભરાઈ આવી. ભીની આંખે તેમણે એ અપંગ ગવૂડિયાંને લાથમાં લીધું. દરવાજો ખોલી છોકરીના લાથમાં રૂના ઢગલા જેવું પ્યારું ગવૂડિયું મૂક્યું.

ગવૂડિયાંનો સુંવાળો સ્પર્શ અને માયાળું કાળી આંખો જોઈને શાયાનના લોઠ પર તરત જ ફરી પાછું સ્મિત ખીલી ઉઠ્યું. તેણે ખભાથી ભીની આંખો લૂછતા કહ્યું, અંકલ, આ ગવૂડિયું મને ખૂબ જ ગમે છે. કેટલા રૂપિયા થયા?

શાયાનના અવાજમાં ભળેલી લાગણીનો સૂર સાંભળીને ખેડૂતનું હૈયું ભરાઈ આવ્યું. તેના માથા પર હેતાળ લાથ મૂકીને કહ્યું, બેટા, આ ગવૂડિયાંને એવા વ્યક્તિની જરૂર છે જે એની તકલીફને સમજી શકતું હોય. તારા માટે હવે આ ગવૂડિયું બિલકુલ મફત છે. જ્યાં પ્રેમ ચૂકવાતો હોય ત્યાં પૈસાનું મૂલ્ય શૂન્ય થઈ જાય છે.

કદાચ મહેરનોશની આશા આજે નવા વરસના દિને પૂરી થઈ હતી....

લો બોલો હવે, ભલાઈનો જમાનો જ નથી રહ્યો

આજે રોજની જેમ ઉંઘમાંથી ઉઠ્યો, બાજુમાં ઘણીયાણી સખત તાવમાં કણસતી હતી. આજે ઓફિસમાંથી રજા લીધી.

માથે ઝંડુ બામ લગાવ્યો, તાવની ગોળી આપી, દૂધ ગરમ કર્યું સુંઠું, લીલી ચા, ફુદનો નાખી મસાલા વાળી ચા બનાવી. મે અને એણે સાથે પીધી..

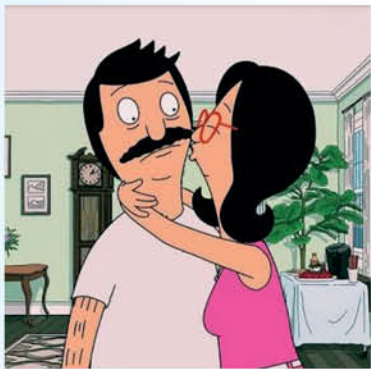
૯ વાગે કાંદા કાપ્યા, ટમેટો કાપ્યા અને ઈંડાની અકુરી બનાવી, બ્રેડ ટોસ્ટ કર્યા ને મે અને એણે ખાધા..

૧૧ વાગે કુકર મૂકી દાળ બનાવી, ભીંડા પર ઈંડુ બનાવ્યું, ચાવલ બનાવ્યા, અને બન્ને ૧ વાગે જમ્યા. ટેબલ સાફ કરી લીધું, ૪ વાગે ફરી મસાલા ચા બનાવી ને બન્નેએ સાથે પીધી..

૭ વાગે સાંજે ફીજમાંથી બુમલા કાઢ્યા અને તેનો પાટયો બનાવ્યો, ગોળ ગોળ રોટલી બનાવી, ૯ વાગે સાથે જમ્યા. રસોડું પરવારી ને રૂમમા સુવા ગયો એ આશા સાથે કે ઘણીયાણી મારા વખાણ કરશે. મને વલાલ કરશે પરંતુ મારી આશા ઠગારી નીકળી.

ઘણીયાણીએ કોટી કીસ કરી મોઢું વાંકું કરતા બોલી તમારું મારાં વગર કાંઈ પણ અટકતું નથી.

લો બોલો હવે, ભલાઈનો જમાનો જ નથી રહ્યો.



- લોશંગ શેઠના

આપણા સ્વતંત્રતા પ્રાપ્તિના સંઘર્ષમાં લાલ કિલ્લાનું મહત્વપૂર્ણ યોગદાન

દરેક ૧૫મી ઓગસ્ટના દિવસે વહેલી સવારે જ્યારે એક બાજુ સૂર્યનો ઉદય થાય છે તો બીજી બાજુ મુગલકાળના લાલ કિલ્લાના શિખર પર ત્રિરંગો લહેરાતો જોવા મળે છે. સાથે જ ત્યાંથી દેશના પ્રધાનમંત્રી જનતાને સંબોધિત કરે છે. સ્વતંત્રતા દિવસ પર આ ઈમારતનો ઉપયોગ દેશની પ્રગતિને બતાવવા માટે જરૂર કરવામાં આવે છે. પણ સ્વતંત્રતા મેળવવા માટે કરવામાં આવેલ સંઘર્ષમાં તેનું મુખ્ય યોગદાન છે. ૧૮૫૭ની ક્રાંતિની રણનીતિ અંતિમ મુગલ બાદશાહ બહાદુર શાહ જફર દ્વિતીયના નેતૃત્વમાં અહીં બની. પણ અફસોસ કે તે પુર્ણ ન થઈ શકી. દિલ્હીમાં પાંચમા મુગલ બાદશાહ શાહજહાંએ વર્ષ ૧૬૪૮માં આ ઈમારતનું નિર્માણ કરાવ્યું અને આ વિસ્તારને શાહજહાંનાબાદ નામ આપ્યું. લાલ પથરોથી બનેલું હોવાને કારણે આ ઈમારતનું નામ લાલ કિલ્લા પડ્યું અને આજે આ ઈમારતને વર્લ્ડ હેરિટેજ સાઈટમાં સમાવેશ કરવામાં આવી છે. દર વર્ષે લગભગ ૨૫ લાખ લોકો આ ઈમારતને જોવા આવે છે.



અહુરા મઝદા સાથેનો આપણો સંબંધ

કેટલીક ધાર્મિક પરંપરાઓમાં, ઈશ્વરને ડરામણા દેવત્વ તરીકે (ઈઝ્વિશ શબ્દકોશમાં ગોડ ફીયરિંગ આ વિશેષણ બહુ સામાન્ય છે) અથવા સ્વામી (લોર્ડ) કે માલિક તરીકે જોવામાં આવે છે. જો કે, આપણી ઝોરાષ્ટ્રિયન પરંપરામાં અહુરા મઝદાથી ન તો ડરવાનું છે અને ન તેઓ એવા માલિક જેને પ્રસન્ન કે ખુશ કરવાના છે. ઝોરાષ્ટ્રિયન દીનમાં સર્વોચ્ચ દેવત્વને 'ફિયા' અર્થાત મિત્ર અથવા પ્રિય તરીકે વર્ણવવામાં આવ્યું છે.



પરવરદિગાર સાથેનો ઝોરાષ્ટ્રિયનનો સંબંધ મિત્રતા અને પ્રેમના આધાર પર બાંધવામાં આવ્યો છે. પરવરદિગારને પ્રેમ કરવાનો છે, તેમના ગુસ્સાને કારણે તેમનો ડર રાખવાનો નથી; તેમને મિત્ર જેવો ગણવાનો છે અને નહીં કે પોતાના અનુયાયીની સતત કસોટી લેનાર અને બલિદાનની માગણી કરનાર દ્રેષ રાખનાર માલિક તરીકે. આપણા પ્રેમાળ મિત્ર અહુરા મઝદા વળતરમાં માત્ર પ્રેમ અને મિત્રતાના અપેક્ષા રાખે છે અને કોઈ બલિદાન કે પ્રાયશ્ચિત તપની અપેક્ષા રાખતા નથી. પોતાના બધા મિત્રો ઉસ્તા અથવા ખુશીનો આનંદ માણે એવું અહુરા મઝદા ઈચ્છે છે. ઝોરાષ્ટ્રિયન કેલેન્ડરમાં, ઉપવાસ કે અનશન માટે કોઈ દિવસ ફાળવવામાં આવ્યો નથી- અહુરા મઝદા બસ એટલું જ ઈચ્છે છે કે તેમના મિત્રો વિચાર, વાણી અને કામમાં ખોટું ન કરવાનો ઉપવાસ રાખે.

આપણે દાદાર હોરમઝદ સાથે શ્રેષ્ઠ મિત્રતા કઈ રીતે કરી શકીએ? જે લોકો પરોઢિયે હોશબામ ભણે છે તેમને પ્રાર્થનાના શબ્દો યાદ હશે, "Asha vahishta, asha sraeshta, daresāma thwā, pairi thwā jamyāma, hamem thwā hakhma." - જેનો અર્થ થાય છે, શ્રેષ્ઠ પ્રામાણિકતા-ઈમાનદારી, સર્વશ્રેષ્ઠ પ્રામાણિકતા-ઈમાનદારી દ્વારા, હે અહુરા મઝદા, અમને તમારા દર્શન થાય અને અમે તમારી નજીક આવીએ અને તમારી અનંત મિત્રતા અમને પ્રાપ્ત થાય.

આનાથી આપણને સમજાય છે કે માત્ર આશા (સચ્ચાઈ અને ઈમાનદારી)ના માર્ગ પર ચાલવાથી આપણે પરવરદિગારની અનંત મિત્રતા મેળવી શકીએ છીએ. આશાના માર્ગ પર ચાલતાં આપણામાંના દરેક જણે આપણા રોજબરોજની કોશિશો

દ્વારા અહુરા મઝદાની મિત્રતા પામવા માટે પ્રયત્ન કરવો જોઈએ. કોલોફોન યરનને ભારપૂર્વક કહે છે: માત્ર એક જ માર્ગ છે, તે આશાનો છે. બીજા બધા માર્ગ ખોટા છે.

ઝરથુષ્ટ્રના ઉપદેશોને ટૂંકમાં માત્ર એક જ શબ્દમાં કહેવા લાયક તો એ છે આશા, જેનો અર્થ થાય છે - સચ્ચાઈ, ઈમાનદારી, દિવ્ય આદેશ (કુદરત સાથે સુસંવાદ રાખી જીવવું) અને પવિત્રતા-શુદ્ધતા (વિચારોમાં, વાણીમાં અને કાર્યમાં). છ એમેશાસ્પેન્તાએ (ઉદાર ચિરંજીવીઓ)

ઝરથુષ્ટ્રને કાલાતીત સંદેશ આપ્યો: બહમન - પ્રાણીઓની સારસંભાળ રાખવી અને તેમના પ્રત્યે દયા રાખવી; અર્દાબહેસ્ત - આતશ માટે પૂજ્યભાવ રાખવો; શેહરેવર - ઘાતુનો ઉપયોગ સમજદારીપૂર્વક કરવો (વિનાશક કાર્ય માટે નહીં); સ્પેન્દારમર્દ - ધરતી માટે પૂજ્યભાવ રાખવો; ખોરદાદ - પાણી માટે પૂજ્યભાવ રાખવો; અમરદાદ - વનસ્પતિ સામ્રાજ્યની સંભાળ રાખવી.

આપણે કઈ રીતે જીવન જીવવું જોઈએ તે આપણને મહિનાના પહેલા સાત દિવસ શીખવે છે. નૈતિક જીવન જીવવું અને ઉદાર ચિરંજીવીઓ સાથે સભાન સંબંધ બાંધવા માટેની એ ફોમ્યુલા છે, જે નીચે પ્રમાણે છે:

- * હોરમઝદ - સારી ભાવના - દરેક પ્રયત્નની શરૂઆત હોરમઝદ અથવા પરવરદિગારના નામથી કરો અને તમારા તમામ કામ તેમને સમર્પિત કરો;
- * બહમન - સારું મન - તમારાં બધાં કામ બહમનનો એટલે કે સારા મનનો ઉપયોગ કરી ને કરો.
- * અર્દાબહેસ્ત - શ્રેષ્ઠ સત્ય - બધું જ અર્દાબહેસ્ત અથવા સચ્ચાઈ સાથે કરો.
- * શેહરેવર - દિવ્ય શક્તિ - અને, તમને શેહરેવર અથવા શક્તિ મળશે
- * સ્પેન્દારમર્દ - ધાર્મિકતા - શક્તિ સાથે તમારે સ્પેન્દારમર્દ અથવા ધાર્મિકતા અને માનવતા ઉમેરવી જોઈએ;
- * ખોરદાદ - પરિપૂર્ણતા - અને તમને ખોરદાદ અથવા પરિપૂર્ણતા મળશે
- * અમરદાદ - હંમેશ માટે (અનંત)- જે અમરદાદ અથવા અનંત સુધી રહેશે

ઝરથુષ્ટ્રએ મૂળભૂત રીતે જીવનને સારી અને દુષ્ટ શક્તિઓના સંઘર્ષ તરીકે જોયું છે. મનુષ્યની ફરજ આધ્યાત્મિક યોદ્ધાની (રથેસ્તાર) છે, દુષ્ટતા સામે ભૌતિક, સામાજિક, નૈતિક અને આધ્યાત્મિક સ્તરે લડવું.

આપણી પ્રાર્થનાઓ અને ધાર્મિક વિધિઓમાં સાજા કરવાની શક્તિ

આપણામાંના કેટલાક લોકો માને છે કે પ્રાર્થનાઓ અને ધાર્મિક વિધિઓ ગાથાઓના સંદેશને અનુરૂપ નથી. અશો ઝરથુષ્ટ્રનો દિન અંધવિશ્વાસ, અંધશ્રદ્ધા અથવા અજ્ઞાતના ભય પર આધારિત નથી. આમ છતાં, ઝોરાષ્ટ્રિયન ધર્મશાસ્ત્ર અને ધર્મની ધાર્મિક વિધિઓની પરંપરા બંનેનો પૂરેપૂરો સમાવેશ થાય છે.

'ધાર્મિક વિધિઓ' અને કારણ આ બંને આધ્યાત્મિક વિકાસની પ્રક્રિયાનાં પૂરક પાસાં છે, જેનો જન્મ જીવનના રહસ્યો અંતર્ગતની અદૃશ્ય શક્તિ પ્રત્યેના મનુષ્યના પૂજ્યભાવમાંથી થયો છે. આ બંને ધર્મની ઉજવણી કરવાનો આધ્યાત્મિક અનુભવ પૂરો પાડવામાં મદદ કરે છે. પ્રાર્થનાઓ અને ધાર્મિક વિધિઓનો હેતુ સભાન જાગૃતિ પેદા કરવાનો છે, જે આગળ જતાં શ્રદ્ધાળુને દિવ્યતાના સ્વભાવ વિશેની આંતરસૂઝ પૂરી પાડે છે. પ્રાર્થનાઓ અને ધાર્મિક વિધિઓ એવું માધ્યમ આપે છે જેના દ્વારા વ્યક્તિ અદૃશ્ય આધ્યાત્મિક વિશ્વ સાથે જોડાઈ શકે છે. પ્રાર્થનાઓ અને ધાર્મિક વિધિઓ જ્યારે સમજણ, લાગણી અને એકાગ્રતા સાથે કરવામાં આવે છે ત્યારે તે ધાર્મિક જાગૃતિમાં શક્તિશાળી સાધન બની જાય છે. કસ્તી બાંધવાના સૌથી મૂળભૂત અને સરળ વિધિનો જ દાખલો લઈએ. દરેક વખતે જ્યારે અનુયાયી કસ્તી બાંધે છે ત્યારે તે દુષ્ટતાને નકારવાનો તથા તેની સામે લડવાનો મક્કમ નિર્ધાર કરે છે અને દાદાર અહુરા મઝદાની ઈચ્છાને આગળ વધારે છે.

અવેસ્તા દિવ્ય ભાષા છે. આપણી પવિત્ર માંધ્રવાણી દિવ્ય ઊર્જાથી સભર છે અને તેનો ઉચ્ચાર શ્રદ્ધા અને ભક્તિથી કરવામાં આવે તો શ્રદ્ધાળુની આસપાસના વાતાવરણ પર તેની ઊંડી અસર પડે છે. ખરેખર તો, અવેસ્તામાંધ્રવાણી અહુરા મઝદાની ઊર્જા છે, જેને શ્રદ્ધાળુ સર્વવ્યાપક આધ્યાત્મિકતાના દિવ્ય સારતત્વ સાથે પોતાની અંદરના આત્માનો સૂર મેળવવા માટે શબ્દના ઉચ્ચાર દ્વારા ગાઈ શકે છે.

જે રીતે શરીરને ટકાવી રાખવા માટે ખાવું જરૂરી છે, એ જ રીતે આધ્યાત્મિક નિર્વાહ માટે પ્રાર્થના જરૂરી છે. પાક આતશ સામે આતશ નિયાશની પ્રાર્થના કરો અને તમે જોઈ શકશો કે કઈ રીતે તે તમારામાં ઊર્જા ભરે છે - શારીરિક અને આધ્યાત્મિક બંને રીતે. અર્દાબહેસ્ત યજ્ઞની પ્રાર્થના નિયમિત રીતે કરો અને તમે જોશો કે તમારી લાંબા સમયની બીમારીઓ સાજા થાય છે. હોરમઝદ યજ્ઞનો પાઠ શક્ય હોય એટલી વાર કરશો અને તમને અહુરા મઝદાના સાર્વત્રિક રક્ષણનો અનુભવ થશે. સરોશ યજ્ઞ રોજ ભણો અને તમારી આધ્યાત્મિક સભાનતામાં વધારો થતો તમે જોઈ શકશો. મુશ્કેલીમાં હો ત્યારે બહેરામ યજ્ઞ કે પછી જ્ઞાન અને સમજણની જરૂર હોય ત્યારે આવા યજ્ઞને યાદ કરો. આ લિસ્ટ બહુ લાંબું છે... !

અને, દરરોજ, ૨૧ અને ૧૨ શબ્દોની યથા અને અશેમ વોલુ એમ બે પ્રાર્થનાઓ ભણો. સવારે તમે જાગો એ ક્ષણે જ અને રાત્રે સૂતાં પહેલા એક અશેમ વોલુ પ્રાર્થના કરો. જમતાં પહેલા અને જમ્યા પછી અથવા દિવસ દરમિયાન જ્યારે કોઈ ખરાબ વિચાર તમારા મગજમાં આવે ત્યારે એક અશેમ વોલુ ભણો. જ્યારે પણ ઘરની બહાર નીકળો અથવા કોઈ



નવું કામ શરૂ કરતા પહેલા એક યથા કરવાની ટેવ પાડો. વ્યક્તિગત રીતે કહું તો, દરરોજ, એક આદત તરીકે, માનું કોમ્પ્યુટર ચાલુ કરતા પહેલા અથવા કોઈ મહત્વનો પત્ર કે લેખ લખતા પહેલા હું એક યથા ભણી લઉં છું. એનાથી મને આશીર્વાદપ્રાપ્ત હોવાની લાગણી થવાની સાથે કોઈ ઉચ્ચ કાર્ય સાથે જોડાયેલા હોવાનો અને હું જે કંઈપણ કરવાની યોજના ધરાવું છું તેની સાથે આધ્યાત્મિક સારતત્વના સમાવેશની અનુભૂતિ આપે છે.

નિયમિત પૂજા પણ ડોક્ટરને દૂર રાખે છે એવું માનવામાં આવે છે. સંશોધકોનું માનવું છે કે ધાર્મિક લોકો બદલાતી પરિસ્થિતિ અને તાણયુક્ત વાતાવરણ સાથે પોતાના જીવનનો તાલમેલ વધુ સારી રીતે બેસાડી શકે છે. કોઈ શંકા વિના, નિયમિત પ્રાર્થનાઓ અને ધાર્મિક વિધિઓ શ્રદ્ધાને ટકાવી રાખે છે. અશો ઝરથુષ્ટ્રની ગાથાઓ પણ માત્ર ફિલોસોફિકલ અર્થઘટનોને કારણે નહીં પણ નિયમિત વિધિ પ્રમાણેના ઉપયોગને કારણે જીવંત રહી શકી છે. ઝોરાષ્ટ્રિયન તરીકે પ્રાર્થના વિના જીવવું એ શ્વાસ લીધા વિના જીવતા રહેવાનું શક્ય હોય એના બરાબર છે!

Navroze Mubarak



Always Nurturing Gains

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YOUR MOONSIGNS JANAM RASHI THIS YEAR

લખનાર: મરહુમ મહારાજ શ્રી સ્વયંજ્યોતિના સહકાર્યકર્તા જયેશ એમ. ગોસ્વામી



Aries - મેષ - અ.વ.ઈ.

જનરલ: આ વરસની શરૂઆત મધ્યમ રહેશે. નાની મુસાફરી કરી શકશો. સપ્ટેમ્બરથી ૨૫મી નવેમ્બરની વચ્ચે ધનલાભ મેળવી શકશો. મગજ પરનો બોજો ઓછો કરવામાં આ વરસે સફળ નહીં થાવ. નવેમ્બર પછી નવા કામ મેળવી શકશો. વિદેશમાં જવાના ચાન્સ છે. શેરમાં ઈનવેસ્ટમેન્ટ જરૂર કરજો. સઢો કરતા નુકસાનીમાં આવશો. ભાગીદારીમાં કામકાજ સંભાળીને કરજો. લગ્ન કરવા માટે વરસ સાફ છે. પોતાના પસંદગીનો જીવનસાથી મળી જશે. આ વરસમાં મહેનત કરવાથી જ ધન મેળવી શકશો. જમીન-જાપદાદના કામકાજમાં ધ્યાન આપજો. ૧૫મી જુલાઈ થી ૬ઠી ઓગસ્ટ સુધી સરકારી કામમાં મુશ્કેલી આવશે. આ સમયમાં તબિયત સંભાળજો. સ્ત્રીઓ માટે: આ વરસમાં મેષ રાશિવાળી સ્ત્રીઓના લગ્ન થઈ ગયેલા હશે તો મતભેદ પડતા વાર નહીં લાગે. તમારી પસંદગીના વ્યક્તિ સાથે લગ્ન કરવા માટે તમને તેને હિંમત આપવી પડશે. બાળકો માટે સારા ટીચર સાબિત થશે. આ વરસમાં કમર દુઃખાવાથી પરેશાન થશો. સ્ત્રી રોગોથી બચજો. સ્ટુડન્ટ્સ માટે: વિદ્યાર્થીઓને આ વરસમાં સાફ પરિણામ મળશે. મેનેજમેન્ટ, લો, કે આર્ટમાં જનરનું વરસ સાફ રહેશે. વિજ્ઞાન કે ટેકનીકલ લાઈનમાં ભણતા સ્ટુડન્ટ્સો સાફ પરિણામ લાવશે. ભણવા માટે વિદેશ જવાના ચાન્સ મળશે. આખા વરસમાં બને તો મેષ રાશિવાળાઓએ 'તીર યજ્ઞ' ભણવું. શુકનવંતા માહ: ૨, ૩, ૫, ૭, ૯, ૧૧ છે.

Lucky Months : 2, 3, 5, 7, 9, 11

Overall: Beginning of the year will be medium. A brief travel is on the cards. Monetary flow will be really good from September till 25th November. This year you will not succeed in relieving stress and strain on mind. New work will start after November. Chances of going abroad are very bright. Make sure you make investments in share. Don't indulge in speculation, this might lead to losses. If you are in partnership business, be very careful. Year is really good for getting married. You will get life partner of your choice. You will earn well if you work hard during this year. Pay attention to land or property related work. Period from 15th July to 6th August will be difficult for Government related work. Take care of your health during this time.

For Ladies: Married ladies be careful, difference of opinion with your life partners is very much possible. For getting married to person of your choice you might have to support and encourage him a lot. You will prove to be good teacher for your kids. This year backache will trouble you. Be aware about women specific diseases.

For Students: Students will get good results this year. For management, Arts and Law students year is very good. Students who are in Science or Technical stream will see good results. Chances of going abroad for studies are very high. Pray Tir Yasht during the year.



Taurus - વૃષભ - બ.વ.ઉ.

જનરલ: આ વરસમાં વૃષભ રાશિવાળાએ મહેનત વધારે અને ફળ ઓછું મળશે. જે પણ કામ કરશો તેમાં મુશ્કેલીઓ આવશે. ધન મેળવી વેશો પણ મુશ્કેલીઓ આવતી રહેશે. જમીનના કામમાં ફાયદો મળશે. નવેમ્બરમાં ધર્મ કે ચેરીટીના કામ કરવાથી ફાયદામાં રહેશો. ગામ પરગામ જવાના ચાન્સ મળશે. વાલન લેવાનું હશે તો સેકન્ડ હેન્ડ લેવાથી ફાયદામાં રહેશો. પ્રેમી કે પ્રેમીકા નાની બાબદમાં નારાજ થશે. લગ્ન કરવા માંગતા હશે તો નવેમ્બર બાદ કરી શકશો. ધન મેળવવામાં મુશ્કેલી નહીં આવે. ૧૪મી ડિસેમ્બરથી ૫મી જાન્યુઆરી સુધી તબિયતની ખાસ સંભાળ લેજો. સમજ્યા વગરના કામ કરતા નહીં. મુસાફરી કરી શકશો. ઈનવેસ્ટમેન્ટ કરવાથી ફાયદામાં રહેશો. સ્ત્રીઓ માટે: વૃષભ રાશિવાળી સ્ત્રીઓને મનપસંદ જીવનસાથી મળવાના ચાન્સ છે. ઘરવાળાને લગ્ન કરવા મનાવી લેશો. મોટી ઉંમરની સ્ત્રીઓ તબિયતની સંભાળ રાખજો. વિટામીન્સની કમીથી પરેશાન થશો. સ્ટુડન્ટ્સ માટે: ટેકનીકલ લાઈનવાળાઓએ વધુ મહેનત કરવી પડશે. કોમર્સ અને આર્ટ્સના સ્ટુડન્ટ્સોની સારા સારી રહેશે. એસએસસીના સ્ટુડન્ટ્સો પાસ થઈ જશે. મહેનત પ્રમાણે પરિણામ મળશે. આખા વરસમાં બને તો વૃષભ રાશિવાળાઓએ 'તીર યજ્ઞ' ભણવું. શુકનવંતા માહ: ૧, ૩, ૫, ૮, ૯, ૧૧ છે.

Lucky Months : 1, 3, 5, 7, 9, 11

Overall: This year you will not get results according to your efforts. You will face difficulties in all your endeavours. Money flow is good but problems will make you toil hard. Land and property related work will give you good benefits. Doing religious or charitable work will make you feel good in November. Chances of going abroad are very much on cards. If you are planning to buy vehical, go for second hand, it will be good for you. your lover will get upset with you for small little things. Money matters will be good this year. Take good care of your health between 14th December to 5th January. Don't start any work or project without due diligence. Travel is on the cards. Making good investment will fetch you decent profits.

For Ladies: You will get life partner of your choice. You will be able to convince your parents for the same. Elderly ladies will have to take extra care of their health and vitamin deficiency might trouble you.

For Students: Students who are in technical fields, will have to work hard. Commerce and Arts students will do good in their study. SSC students will pass out with flying colors and will get grades as per the efforts put in. Pray Tir Yasht during the year.

વધુ માટે જુઓ પાનુ ૪૫

સ્વતંત્રતા દિવસની કેટલીક આશ્ચર્યજનક વાતો

ભારત સ્વતંત્રતા દિવસ ઉજવવા જઈ રહ્યું છે. સાત દસકા પહેલા આજના દિવસે ૧૫ ઓગસ્ટ ૧૯૪૭ના રોજ ભારતને અંગ્રેજો તરફથી આઝાદી મળી હતી.

ભારતીય ઇતિહાસનો આ સૌથી મહત્વપૂર્ણ દિવસ છે. ભારત હકીકતમાં એક ધર્મનિરપેક્ષ અને વિવિધતાવાળો દેશ છે. જેમાં વિવિધ ધર્મના લોકો. વિવિધ ભાષા બોલતા લોકો એક સાથે સદ્ભાવના સાથે રહે છે.

આપણે સૌએ સ્વતંત્રતા અપાવનારા વીરોની ગાથા સાંભળી છે. જેમને દેશને આઝાદ કરવા કુરબાની આપી. આજે સ્વતંત્રતા દિવસ વિશે કેટલાક એવા તથ્ય રજૂ કરી રહ્યા છે જેના વિશે તમે કદાચ નહીં જાણતા હોય અને કેટલીક આવી જ આશ્ચર્યજનક અને રસપ્રદ વાતો જે જાણીને તમને જરૂર નવાઈ લાગશે.

૧. આપણે સૌ જાણીએ છીએ કે બ્રિટિશ લોકોએ આપણા પર રાજ કર્યું.

પણ શુ આપ જાણો છો કે ૧૬૦૦ વર્ષ પહેલા બ્રિટિશ ઈસ્ટ ઈન્ડિયા કંપની અહીં વેપાર કરવા આવી હતી. તેઓએ ચા, કોટન અને સિલ્કનો વેપાર કરતા કરતા ભારત પર જ કબજો જમાવી લીધો.

૨. તમને ક્યારેક લાગતુ હશે કે ૧૫મી ઓગસ્ટે જ સ્વતંત્રતા દિવસ કેમ... તો જાણી લો કે આ નિર્ણય ભારતના પ્રથમ ગવર્નર જનરલ લોર્ડ માઉન્ટબૅટને લીધો હતો. કારણ કે વર્ષ ૧૯૪૫માં આ જ દિવસે જાપાને બીજા વિશ્વ યુદ્ધના અંતમાં તેના સહયોગી દળના શરણે આવી ગયુ હતુ.

૩. શુ આપ જાણો છો ૧૫મી ઓગસ્ટ ફક્ત ભારતનો જ નહીં અન્ય ૫ દેશોમાં પણ સ્વતંત્રતા દિવસના રૂપમાં ઉજવાય છે અને આ દેશ છે બહેરીન, દક્ષિણ

કોરિયા, ઉત્તરી કોરિયા, લિક્ટેસ્ટીન અને કાંગો ગણરાજ્ય.

૪. દેશને સ્વતંત્રતા મળી ગયા પછી ગાંધીજીએ ઈન્ડિયન નેશનલ કોંગ્રેસને



ખતમ કરવાની યોજના બનાવી હતી. આ માટે તેમણે એક ડ્રાફ્ટમાં લખ્યુ હતુ કે ઈન્ડિયન નેશનલ કોંગ્રેસને જે ઉદ્દેશ્ય માટે બનાવી તે મેળવી લીધો છે તેથી હવે તેને ખતમ કરી દેવી જોઈએ.

૫. આપણે બધા જાણીએ છીએ કે પંડિત જવાહરલાલ નેહરુ સ્વતંત્ર ભારતના પ્રથમ પ્રધાનમંત્રી હતા, પણ એ શુ આપ જાણો છો એ લોકોની પહેલી પસંદ નહોતા. સરદાર વલ્લભભાઈ પટેલને નેહરુ કરતા વધુ વોટ મળ્યા હતા પણ નેહરુની ઈચ્છા બીજા નંબર પર રહેવાની નહોતી. આથી મહાત્મા ગાંધીએ વલ્લભભાઈ પટેલને સમજાવ્યા. જેને કારણે વલ્લભભાઈ પટેલ પાછળ હટી ગયા અને નેહરુ આઝાદ દેશના પ્રથમ વડાપ્રધાન બની ગયા.

૬. પ્રથમ પ્રધાનમંત્રી નેહરુને દુનિયાભરમાં સ્ટાઈલ આઈકોનના રૂપમાં જોવામાં આવતા હતા. તેમનુ નેહરુ જેકેટ એટલુ પ્રખ્યાત હતુ કે તેમણે વોગ મેગેઝીનના કવર પર સ્થાન મેળવ્યુ હતુ.

૭. સ્વતંત્રતા દરમિયાન ભારત પાસે કોઈ રાષ્ટ્રગાન નહોતુ. રવિન્દ્રનાથ ટેગોરે જન ગણ મનને વર્ષ ૧૯૧૧માં લખ્યુ હતુ અને તેને સત્તાવાર રૂપે વર્ષ ૧૯૫૦માં અપનાવવામાં આવ્યુ.

૮. બધી મહિલાઓ તરફથી સ્વતંત્ર ભારતની સંસદનુ પ્રતિનિધિત્વ હંસા મેહતાએ કર્યુ હતુ.

૯. વર્ષ ૧૯૪૭માં ભારતીય ૧ રૂપિયાની કિંમત એક ડોલરના જેટલી જ હતી. વર્તમાનમાં ૭૦ રૂપિયાનો એક ડોલર થઈ ગયો છે.

૧૦. કાયદાકીય રૂપે ત્રિરંગો ફક્ત ખાદીના કપડાથી જ બનાવવો જોઈએ. ખાદી ડેવલોપમેન્ટ ઓફ વિલેજ ઈન્ડસ્ટ્રીઝ કમિશન પાસે ભારતનો રાષ્ટ્રીય ધ્વજ બનાવવાનો અધિકાર છે. જો કોઈ બીજા કપડા દ્વારા બનાવેલ જંડો લહેરાવવામાં આવે છે તો તેને કાયદાકીય રૂપે ત્રણ વર્ષની સજા થઈ શકે છે અને દંડ પણ લાગી શકે છે.



Gemini - મિથુન - ક.છ.ઘ.

જનરલ: મિથુન રાશિવાળાનો સપ્ટેમ્બર મહીનાથી માથાનો બોજો ઓછો થતો જશે. કોઈની લોન લીધી હશે તો પાછી ચુકવવા ખૂબ ભાગદોડ કરવી પડશે. શનિની નાની પનોતીમાંથી પસાર થઈ રહ્યા છે. તબિયત સાથે મગજને શાંત રાખી કામ કરવાથી ફાયદામાં રહેશે. જમીનના કામથી ફાયદામાં રહેશે. નેગેટીવ વિચારથી દૂર રહેતા ફાયદામાં રહેશે. નવેમ્બરબાદ લગ્ન કરતા મુશ્કેલીમાં આવશે. બચત કરશે ત્યાં ખર્ચ કરવાનો સમય આવી જશે. ફેમિલી મેમ્બરની સેવા કરવી પડશે. વડીલવર્ગની તબિયત ખરાબ થવાના ચાન્સ છે. નવા કામ શોધવા કરતા જૂના કામ પર ધ્યાન આપજો. નાણાકીય વ્યવહાર સારી રીતે કરી શકશે. સરકારી કામો સાવધાનીથી કરજો. શેરબજારમાં ઈન્વેસ્ટમેન્ટ કરી શકશે. સ્ત્રીઓ માટે: મિથુન રાશિવાળી સ્ત્રીઓએ આ વરસે ખૂબ એડજસ્ટમેન્ટ કરવું પડશે. નવેમ્બર બાદ લગ્ન કરવામાં મુશ્કેલી આવશે. તમે જે કોઈના પ્રેમમાં હોશો તો નાની બાબતમાં મતભેદ પડશે. નોકરી કરનાર મુશ્કેલીમાં નહીં આવે. આ વરસમાં તબિયત મધ્યમ રહેશે. મધ્યમ વરસની ઉમરની સ્ત્રીઓને યુટરસના પ્રોબ્લેમ આવી શકે છે. મનગમતી વ્યક્તિને મનની વાત કહેવામાં મુશ્કેલી આવશે. સ્ટુડન્ટ્સ માટે: આ વરસમાં મહેનત પ્રમાણે રીઝલ્ટ મેળવશો. મેનેજમેન્ટવાળા સફળ થશે. ટેકનીકલ લાઈનવાળાને ખૂબ મહેનત કરવી પડશે. એસએસસીવાળાને સારા માર્ક્સ આવી શકે છે. આ વરસમાં 'મહેર નીઆએશ' ભણજો. શુકનવંતા માહ: ૧, ૪, ૫, ૭, ૮, ૧૦, ૧૨ છે.

Lucky Mah: 1, 4, 5, 7, 8, 10, 12

Overall: You will feel relieved from the month of September. You might have to work hard for repaying loan this year. You are going through Saturn's phase. Keeping your mind calm and paying good attention to your health will prove beneficial. Stay away from negative thoughts and deeds. Property related matters will turn in your favour. If you are getting married after November, be prepared for the troubles. Savings and expenses will go hand in hand. You might have to take care of one of your family members. Chances of elderly person of the family getting ill are very high. Instead of searching new work, concentrate on the work on your hand. You will handle money matters efficiently. Be careful in Government related work. Invest in share market. **For Ladies:** This year is full of adjustments for you. There will be many hurdles if you are planning to get married after November. If you are in love, be prepared for arguments and disagreements in petty matters. Working ladies will have smooth year. Health will be a worrying factor. Middle age ladies might have to face problems related to uterus. You will not be able to express your feelings to your most beloved person. **For Students:** You will get results according to your efforts. Managements students will succeed and one who are in Technical field might have to work very hard. SSC Students will pass with good marks. Pray Maher Niyaesh this year.



Cancer - કર્ક - ડ.હ.

જનરલ: કર્ક રાશિવાળાઓને આ વરસમાં સરકારી કામ કરવામાં મુશ્કેલીઓ આવશે. ખર્ચનું પ્રમાણ વધવા છતાં નાણાકીય મુશ્કેલી નહીં આવે. સપ્ટેમ્બર બાદ મિત્રો તરફથી ફાયદો મળતો રહેશે. લાઈફ પાર્ટનર સાથે નાની બાબતમાં મતભેદ થયા કરશે. કામમાં મહેનત કરવા છતાં પણ ફળ ઓછું મળશે. નોકરી ચેન્જ કરવાનું જોખમ લેતા નહીં. મિત્રો તરફ સાથ મલશે પણ કોઈ પર વિશ્વાસ રાખતા નહીં. નાણાકીય લેતી-દેતીમાં મુશ્કેલી આવશે. લગ્ન કરવા માંગતા હોશો તો આ વરસમાં ચાન્સ ઓછા છે. શારિરીક બાબતમાં ધ્યાન આપજો. બુધ્ધિબળ વાપરી કામ કરતા કામમાં સફળતા મળશે. ખોટી લાલચ કરતા નહીં. ભાગીદારીનું કામ મધ્યમ રહેશે. ઘરમાં ખર્ચ કરવો પડશે. બચત કરવામાં મુશ્કેલી આવશે. એપ્રિલથી માર્ચની વચ્ચે તબિયત સંભાળ રાખજો. ઘરનું સુખ સાફ રહેશે. સ્ત્રીઓ માટે: આ વરસમાં તમારા વિચારો પર કાબુ નહીં રાખી શકો. મુસાફરી કરવામાં મુશ્કેલી આવશે. પસંદગીની વ્યક્તિને મુશ્કેલીબાદ લગ્ન કરવામાં સફળ થશો. યુરિન પ્રોબ્લેમથી સંભાળજો. રાતની ઉંઘ નહીં આવે. કામકાજમાં મુશ્કેલી નહીં આવે. ડ્રીન કામ સહેલાઈથી કરી શકશો. સ્ટુડન્ટ્સ માટે: ટેકનીકલલાઈનવાળાને આ વરસમાં સફળતા મળશે. કોમર્સ અને મેનેજમેન્ટ જોઈતું રીઝલ્ટ મેળવી શકશો. એસએસસીના સ્ટુડન્ટ્સો મહેનત કરવાથી સારા માર્ક્સ લાવી શકશો. આ વરસમાં 'આવાં યજ્ઞ' ભણજો. શુકનવંતા માહ: ૧, ૩, ૪, ૫, ૬, ૧૦, ૧૧ છે.

Luck Mah: 1, 3, 4, 5, 9, 10, 11

Overall: This year you will have to face difficulties in Government work. You will see rise in you expenses, but will not feel financial crunch. You will get benefits from friends after September. Difference of opinion with life partner will occur here and there. After working hard, you will not get the expected results. Don't take risk of changing job. Friends will supports you, but don't trust anyone blindly. You will face difficulties in financial transactions. If you are planning to get married, chances of getting your wish fulfilled are very less. Be careful about health and body. Working smartly will prove beneficial for you and success will be yours. Domestic expenses will rise and you will see problems in saving. Look after health between April and March. You might buy new house or renovate the current one. **For Ladies:** You will not be able to control your thoughts this year. Troubles during the travel is inevitable. You will succeed in getting married to person of your choice after lot of struggle. Urin infection or related problems will trouble you. You might face sleep related problems, but it will not affect your work and you will do your routine chores without any problem. **For Students:** Students in Technical field will get good success and have desired results. SSC students will see good marks if they work hard. This year pray Ava Yazad.



Leo - સિંહ - મ.ટ.

જનરલ: સિંહ રાશિવાળાઓનું આ વરસ મધ્યમ જશે. નવેમ્બર બાદ લગ્ન કરવાનું વિચારશે તો ડબલ માઈન્ટેડ થઈ જશે. મોટી માંદગી નહીં આવે પરંતુ શરદી, તાવ, ખાસી કે કોન્સ્ટીપેશન જેવી બીમારીથી પરેશાન થશો. લોન કે ઉધાર લેતા આ વરસમાં પરેશાન થશો. પરંતુ થોડા સમય બાદ કરજો ઉતારી શકશો. નોકરી ધંધામાં મુશ્કેલી નહીં આવે. જમીન જાયદાદના કામમાં મહેનત કર્યા પછી સફળતા જરૂર મળશે. જ્યાં કામ કરતા હોશો ત્યાં સપ્ટેમ્બર બાદ ચેલેન્જિંગ જોવ કરવાનો આવશે પરંતુ તેમાં સફળ થશો. મનગમતી વ્યક્તિ મળવાના ચાન્સ છે. પ્રેમીકાના મનની વાત સમજી શકશો. સ્ત્રીઓ માટે: સિંહ રાશિવાળી સ્ત્રીઓ માટે વરસ સાફ જશે. ડીસીઝન લેવામાં સફળ થશો. તેમજ ૨૦૨૧માં લગ્ન કરી શકશો. જે સ્ત્રીઓને બાળક આવવાનું હશે તેઓએ તબિયતની સંભાળ રાખવી. નોકરી કરતા હોશો ત્યાં તમારી મહેનતની કદર થશે. સરકારી કામમાં સફળતા મળશે. સ્ટુડન્ટ્સ માટે: આ વરસની અંદર કોમર્સના સ્ટુડન્ટ્સ એમબીએનો અભ્યાસ કરી શકશે. ટેકનીકલવાળાઓનું વરસ મધ્યમ જશે. એસએસસીના સ્ટુડન્ટ્સો સાફ રીઝલ્ટ મેળવી શકશે. આ વરસમાં 'યા રયોમંદ' ૧૦૧વાર ભણજો સાથે નાની હમન યજ્ઞ પણ ભણજો. શુકનવંતા માહ: ૧, ૩, ૪, ૬, ૭, ૧૦, ૧૧ છે.

Lucky Mah: 1, 3, 4, 6, 7, 10, 11

Overall: This year will be average for you. If you are planning to get married after November, you will be in two minds. Health wise you will not see any big problems, but cough, fever, cold and constipation will trouble you. Taking loans or borrowing money from someone might make your life difficult. But you will be able to pay the debts and be free. Matters related to land or property will trouble you but after struggle you will see success. After September work front will become more challenging, but you will come out with flying colors. You might find the person of your choice and will understand her very well. **For Ladies:** Year will be really good. You will be accurate in your decisions and will get married in 2021. Pregnant ladies will have to pay extra attention to the health. Your hard work will be noticed and you will be duly rewarded. You will succeed in Government work too. **For Students:** Commerce students will be able to go ahead for MBA. For Technical students year seems to be average. SSC students will get good result. This year chant Ya Rayomand 101 times and Pray Nani Haptan Yasht.



Virgo - કન્યા - પ.ઠ.ણ.

જનરલ: કન્યા રાશિવાળાઓને આ વરસે તમારી મહેનતનું ફળ અવશ્ય મળશે. પ્લાનિંગ કરેલા કામમાં સફળ થશો. ભાઈ-બહેનમાં મતભેદ પડતા રહેશે. ઘર બદલી કરવાનો વિચાર કરતા હોશો તો કરી શકશો. વડીલોની તબિયતની ચિંતા રહેશે. આ વરસમાં અપોઝીટ સેક્સનો સાથ સહકાર મળવાથી કામ સહેલાઈથી કરી શકશો. લગ્ન કરવા માંગતા હોશો તો થોડી મુશ્કેલી પછી લગ્ન કરી શકશો. આ વરસમાં મેનેજમેન્ટના કામો કરી શકશો. હીસાબી કામમાં સફળતા મળશે. કોઈના સાચા સાહકાર બની શકશો. બાળકોની ચિંતા રહેશે. આ વરસમાં મોટી બીમારી નહીં આવે પરંતુ એસીડીટીથી પરેશાન રહેશે. સ્ત્રીઓ માટે: કન્યા રાશિની સ્ત્રીઓ માટે શરૂઆતના બે મહિના મુશ્કેલી ભર્યા રહેશે. ઘણી સાથે મતભેદ ઉભા થવાના ચાન્સ છે. મનને શાંત રાખશો તો દુનિયા જીતી લેશો. કુંવારી સ્ત્રીઓ લગ્ન માટે કન્ફ્યુઝ વધારે રહેશે. પ્રેમી-પ્રેમીકા અગત્યના નિર્ણયો ૨૦૨૧ ઓગસ્ટમાં લેજો. નવા કામ કરી શકશો. ખોટી અફવાઓ તમારા મગજને તાણ આપશે. વરસના અંતમાં બચત કરી શકશો. સ્ટુડન્ટ્સ માટે: આ વરસમાં મહેનત કર્યા પછી પણ ધારેલું રીઝલ્ટ નહીં મળે. તબીબી, આયટીના સ્ટુડન્ટ્સોને સખત મહેનત કરવી પડશે. કોમર્સ આર્ટ્સના લોકો માટે વરસ સાફ જશે. એસએસસીના સ્ટુડન્ટ્સો મહેનત કર્યા પછી પણ ઓછા ટકા આવશે. આ વરસમાં 'મહેર નીઆએશ' ભણજો. શુકનવંતા માહ: ૧, ૩, ૪, ૫, ૭, ૧૦, ૧૨ છે.

Lucky Mah: 1, 3, 4, 5, 7, 10, 12

Overall: You will definitely get fruits of your hard work. Your planning will prove to be most effective and success will be yours. Difference of opinion amongst siblings will occur frequently. If you planning to change house, you will be able to do so. Health of elderly family member will be cause of concern. You will get good support from opposite sex during this year and it will make your work easier. If you are planning to get married things will fall in place after some difficulty. Your management skills will come handy this year. You will be successful in accounts and auditing and will be a good and true counsellor for others. Health wise you will not face any issues but acidity might trouble you. **For Ladies:** First two months of the year will be very difficult for you. Chances of arguments and disagreements with husband are very high. With calm mind you will be able to conquer the world. Unmarried ladies will be very confused this year. Take love related important decisions after August 2021. You will be able to start new work. Rumours regarding you will increase your stress levels. You will be able to save money towards year end. **For Students:** After working hard you might not get desired results. Medical and IT students will have to work hard. For Commerce and Arts student year will be really good. SSC students might not see the results in accordance with the efforts. This year pray Meher Niyaesh.



Libra - તુલા - ર.ત.

જનરલ: તુલા રાશિવાળા આ વરસમાં નાની પનોતીમાંથી પસાર થઈ રહ્યા છે પરંતુ શનિની પનોતી તમને ખરાબ રીઝલ્ટ નહીં આપે. તેમજ વડીલવર્ગની ચિંતા રહેશે. સપ્ટેમ્બર પછી વાહન લેવાની ભૂલ કરતા નહીં. લગ્ન કરવા માંગતા હોશો તો પુરૂષોને થોડી મુશ્કેલી આવશે. જ્યાં કામ કરતા હોશો ત્યાં નાણાકીય ફાયદા સાથે ઈન્ક્રીમેન્ટ મળવાના પણ ચાન્સ છે. ગામ પરગામ જવાના ચાન્સ મળશે. ઘરમાં નવી ચીજ વસ્તુ વસાવી શકશો. ભાઈબહેનના સંબંધ મધ્યમ રહેશે. ૧૪મી જાન્યુઆરીથી ૧૪મી ફેબ્રુઆરી સુધી સરકારી કામ કરતા નહીં. તમારા ધારેલા કામ સમય પર પૂરા નહીં કરી શકો પરંતુ સમજૂતી સફળતા મળશે. લગ્ન થયેલા હોશો તો ઘણી-ઘણીયાણી એકબીજાનો સાથ મેળવી શકશે. નવા કામ કરવા માટે મહેનત કરવી પડશે. ધીરજના ફળ મીઠા હોય છે તે આ વરસમાં જાણવા મળશે. સ્ત્રીઓ માટે: આ વરસ સ્ત્રીઓ માટે સાફ જશે. સપ્ટેમ્બર મહીના સુધી મગજનો કાબુ ગુમાવતા વાર નહીં લાગે. સપ્ટેમ્બર ૧૫ પછી તમારા સ્વભાવમાં ઘણા ચેન્જ્સ આવશે. જે પણ કામ કરશો તેમાં સફળતા મળે તેવું વિચારશે. લગ્ન કરવા માંગતા હોશો તો થઈ જશે. તા અને માથાના દુખાવાથી આ વરસે પરેશાન થશો. સ્ટુડન્ટ્સ માટે: આ વરસે કોમર્સ અને મેનેજમેન્ટવાળા સાફ રીઝલ્ટ મેળવશે. ટેકનીકલ લાઈનવાળાઓએ સફળતા માટે વધારે મહેનત કરવી પડશે. એસએસસીવાળા ઓછી મહેનત કરી સાફ રીઝલ્ટ મેળવી શકશે. આ વરસમાં 'બહેરામ યજ્ઞ' સાથે 'નાની હમન યજ્ઞ' ભણજો. શુકનવંતા માહ: ૨, ૫, ૬, ૮, ૯, ૧૦, ૧૧ છે.

Luck Mah: 2, 5, 6, 8, 9, 10, 11

Overall: You are passing through Saturn's Phase, but this phase is small and it will not give you bad results. You might have to worry about elderly member of the family. Don't buy vehical after September. Males who are planning to get married might face some difficulties. On work front chances of getting increment with pay raise are very bright. Chances of travel abroad cant be ruled out. You will buy something new for your house. Relations with siblings will be stressful. Don't take any Government related work between 14th January and 14th February. Your desired work will not get completed on time, but don't worry, things will ease out and everything will fall in place in due course. Married people will get very good support from their life partner. You might have to work hard to get new work. One must have patience to reap good results, you will understand this, during the year. **For Ladies:** This year is good for females. Tille September you might find it difficult to control your temper and mind. But after 15th September you will see changes in your nature. Your positive attitude will work in your favour. If you are planning to get married, things will fall in place. Headache will trouble you this year. **For Students:** This year Commerce and Management students will get good results. Students in Technical field will have to work hard for success. SSC students will get good outcome with minimum efforts. This year pray Behram Yazad with Nani Haptan Yazad.



Scorpio - વૃશ્ચિક - ન.ય.

જનરલ: વૃશ્ચિક રાશિવાળાઓ માટે આ વરસ યાદગાર બની રહેશે. તમારા ધારેલા કામ કરવામાં સફળ થશે. સપ્ટેમ્બર બાદ ભાગીદારીના કામમાં ફાયદો થશે. તમારા પ્રેમમાં સફળ થશે. વજન કરેલ કપલ એકબીજાને સમજાવી સારા રીલેશન બનાવવામાં સફળ થશે. સરકારી કામમાં સફળતા મળશે. ઘરવાળાને સાથ આપશે. નાની મુસાફરી કરી શકશો. હીસાબી કામમાં જેટલું ધ્યાન આપશો તેટલા ફાયદામાં રહેશે. નાણાકીય બાબતમાં ફાયદા મળતા રહેશે. બાળકોને પ્રેમ જરૂર કરજો પણ તેમની ખોટી ડિમાન્ડ પૂરી નહીં કરતા. આ વરસમાં જમીન કે ઘરમાં ઈનવેસ્ટમેન્ટ કરવામાં સફળ થશો. મ્યુચુઅલ ફંડ કે શેરમાં લોન્ગ ટર્મમાં ઈનવેસ્ટમેન્ટ કરી શકશો. આ વરસમાં તમારા કરેલા કામની કદર થશે. ઘરમાં મતભેદ ઓછા થતા જશે. ગામ પરગામ જઈ શકશો.

સ્ત્રીઓ માટે: તમારી ધારેલી વ્યક્તિ સાથે વજન કરી શકશો. મોજશોખ ખૂબ વધી જશે. વજન કરેલ હશે તો ઘણી સાથેના સંબંધ ખૂબ સારા રહેશે. તમારો ઘણીને સાથ મળતા તેમને ફાયદો થશે. તબિયત સારી રહેશે લાંબી માંદગી નહીં આવે પરંતુ ઉંઘ ઓછી થશે.

સ્ટુડન્ટ્સ માટે: તમે તમારી પસંદ કરેલી વાઈનમાં જઈ શકશો. સાયન્સ અને ટેકનીકલ વાઈનવાળાને જોઈતી સફળતા મળશે. બાકી મેનેજમેન્ટ, કોમર્સ, લો અને એસએસસીના વિદ્યાર્થીઓ જોઈતા પરિણતર મેળવી શકશો.

આખા વરસમાં 'તીર યજ્ઞ' ભણાવો. શુકનવંતા માલ: ૧, ૪, ૫, ૭, ૮, ૧૦, ૧૧ છે.

Lucky Mah: 1, 4, 5, 7, 8, 10, 11

Overall: The year will be memorable one for you. All your desired work will see fulfillment. you will see profit in partnership work after September. Love life seems to be successful and married couples will experience bliss with each other and relation will improve many folds. You will succeed in Government related work. Family support will be good. Travel is on the cards. Paying attention to accounting work will be in your favour. Love your kids but don't fall prey to their wrong demands. You will make successful investment in home or land. You will be able to invest in Mutual Funds or shares for long term. Your work will get noticed and rewarded. On home front too, thing will be smooth and you might get chance to travel abroad.

For Ladies: You will be so successful in marrying the person of your choice. Enjoyment and merry making will increase. Married ladies will enjoy joyful relation with husband. Due to this increased intimacy your husband will benefit most. Health wise year will be really good, no ailment will trouble you but sleep will decrease.

For Students: You will be able to go in the field of your choice. Students in science and Technical field will get due success. Management, Commerce, Law and SSC students will get desired percentage. Pray Tir Yasht.



Sagittarius - ધન - ભ.ધ.ફ.

જનરલ: ધનરાશિવાળાને આ વખતે મહેનત વગરનું કંઈ નથી મળવાનું. આ વરસે ધન તો કમાઈ લેશો પરંતુ સસરાપક્ષ તરફથી કોઈનો સાથ નહીં મળે. જે કામ મનથી ધારી લેશો તેમાં અવશ્ય સફળતા મળશે. નાણાકીય બાબતમાં સારા સારી થતી જશે. ગુરૂ અને શનિની સારી નજર હોવાથી નાણાકીય મુશ્કેલી નહીં આવે. ઘણી-ઘણીયાણીમાં મોટી મુશ્કેલીઓ નહીં આવે. કોઈપણ કામ ભાગીદારીમાં કરતા નહીં. અને કોઈ પર વિશ્વાસ પણ કરતા નહીં. તબિયતની ખાસ કાળજી લેજો નહીં તો માટી મુસિબતમાં ફસાઈ જશો. ૧૫મી ડિસેમ્બરથી ૧૫મી જાન્યુઆરી સુધી ખોટા વિચારોથી પરેશાન થશો. હાઈપ્રેશરથી પરેશાન થશો. વડીલવર્ગની તબિયતની સંભાળ લેજો.

સ્ત્રીઓ માટે: સ્ત્રીઓ માટે સપ્ટેમ્બર પછી સારા દિવસો આવશે. કામમાં પ્રમોશન મળશે. વજન કરવા માગતા હશે તો થઈ જશે. પ્રેમમાં સફળતા મળશે. તબિયતમાં બેક પેઈન અથવા સાંધાના દુખાવાથી પરેશાન થશો.

સ્ટુડન્ટ્સ માટે: હાઈર એન્જીનિયરિંગ મેનેજમેન્ટ લેવામાં મુશ્કેલી નહીં આવે. સાયન્સ અને ટેકનીકલ વાઈનવાળા સાફ કરશે. એસએસસીના સ્ટુડન્ટ થોડા મહેનત કરવાથી સારા માર્ક્સ લાવી શકે છે.

આ વરસમાં 'સરોશ યજ્ઞ' ભણાવાથી મનને શાંતિ મળશે.

શુકનવંતા માલ: ૧, ૨, ૪, ૬, ૯, ૧૦, ૧૧ છે.

Lucky Mah: 1, 2, 4, 6, 9, 10, 11

Overall: You will not get anything without hard work. You will earn good money this year but will not get support from your in-laws. Do everything with full determination and success will be yours. Money matters will see upward trend gradually. Due to position of Jupiter and Saturn money flow will be good. Husband-wife relation will be smooth. Don't indulge in partnership for any work and do not trust anybody blindly. Do take good care of health or else you might be in deep trouble. During 15th September to 5th January ill thoughts will make your life difficult. High blood pressure will trouble you. Take good care of elderly at home.

For Ladies: After september it will be a smooth sailing. promotion in job is on the cards. Marriage will happen and you will enjoy good love life. health wise back pain or joint pain will trouble you.

For Students: Students who are aiming for Higher Education in Management will face no hurdle. Science and technical stream students will perform well. SSC students will get better results with good efforts. This year pray Sarosh Yasht to gain peace.



Capricorn - મકર - ખ.જ.

જનરલ: મકર રાશિવાળા શનિની સાડરસાતી પનોતીમાંથી જઈ રહ્યા છે છતાં આ વરસ તેમને માટે ખૂબ સાફ જશે. સપ્ટેમ્બર મહિના સુધી તમને તમારા રોજના કામ કરવામાં કંટાળો આવશે. નાણાકીય બાબતમાં તમારા નસીબ પ્રમાણે ધન વાપરી શકશો. થોડા સમય માટે ભાઈ-બહેન સાથે મતભેદ પડતા રહેશે. આ વરસમાં ગામ-પરગામથી ધન કમાઈ શકશો. બાળકોની ફીકરથી પરેશાન થશો પણ તેઓને મુશ્કેલી નહીં આવે. તમારા કામના બીજા વખાણ કરશે. આ વરસમાં દેશ વિદેશ જઈ શકશો. ખર્ચનું પ્રમાણ વધવા છતાં નાણાકીય મુશ્કેલી નહીં આવે. આ વરસમાં ધર્મ કે ચેરીટીના કામ કરી બીજાની દુવાઓ મેળવી શકશો. મિત્રોથી ફાયદો મેળવશો. જમીન શેર ઈનવેસ્ટમેન્ટથી ધન મેલવી શકશો. તબિયતની કાળજી લેજો.

સ્ત્રીઓ માટે: આ વરસ સાફ જશે. તમારા ધારેલા કામો કરી શકશો. વજન તકરનાર માટે આ વરસ સાફ છે. તબિયત માટે લેડિઝ પ્રોબ્લેમથી પરેશાન થશો. યુટરસની તકલીફ થઈ શકે છે. તમારા મનના વાત જેને કહેવી હોય તેને કહી દેજો.

સ્ટુડન્ટ્સ માટે: ટેકનીકલવાઈન વાળાઓને જોઈતા માર્ક્સ માટે ડબલ મહેનત કરવી પડશે. કોમર્સ અને આર્ટ્સના લોકોએ પણ ખૂબ મહેનત કરવી પડશે. 'મોટી હમન યજ્ઞ' ભણાવાથી સુખી થશો.

શુકનવંતા માલ: ૧, ૨, ૪, ૫, ૭, ૮, ૧, ૧૨

Overall: People with this star sign are going through good phase of Shani Sadesati and due to this, the year will be very good for them. Till september routine work will be like a cake walk for you. Money matter seems good and if luck supports you will spend more and still be very happy. For short duration you will have difference of opinion with your siblings. You will earn money from abroad this year. Increase in expenses will not hurt your financial position. You will get blessing by doing religious and charitable work. Friends will be helpful and you will gain a lot from them. Investment in land and shares will prove beneficial for you. Take care of your health.

For Ladies: This year is extremely good. Your desired work will bear fruits. For married ladies too, this year is really good. Health wise women related problems will trouble you, uterus related issues may occur. You will be able to share your secrets with others.

For Students: Students in Technical stream might have to work hard to get desired results. Commerce and Arts students too have to work hard.

Pray Moti Haptan Yazad for bliss.

Luck Mah: 1, 2, 4, 5, 7, 8, 11, 12



Aquarius - કુંભ - ગ.શ.સ.

જનરલ: આ વરસ કુંભ રાશિવાળા માટે મધ્યમ રહેશે. જ્યાં ખર્ચ ઓછો કરવાનો વિચાર કરશો ત્યાં ખર્ચ ડબલ થશે. મનને મજબૂત રાખી કામ કરવામાં સફળ થશો. ફેમીલી વાઈફ સારી જશે પરંતુ ઘણી ઘણીયાણીમાં મતભેદ પડતા રહેશે. જે પણ ડીસીઝન લેશો તેમાં ફેરફાર નહીં કરો. ઓપોર્ટીટ સેક્સની તબિયત ચિંતા આખું વરસ રહેશે. બેદરકાર નહીં રહેતા નહીં તો પછતાવાનો વખત આવશે. નાણાકીય બાબતમાં પૈસા મેળવવામાં મુશ્કેલી નહીં આવે. જૂના રોકાણમાંથી ફાયદો મળશે. નવું ઘર કે જ્યાં રહેતા હશે ત્યાં રીનોવેશનનો ખર્ચ આવશે. આંખમાં બળતરા કે કેટરેક જેવી બીમારીથી પરેશાન થશો. નોકરી કરનારને પ્રમોશન મળશે. ફેમીલી મેમ્બરના મદદગાર થશો. બીજાને મદદ કરવામાં આગળ રહેશો. નવા મિત્રો મળશે. વજન કરવાની બાબતમાં થોડા કન્ફ્યુઝ રહેશે. પ્રેમી કે પ્રેમીકા પર વિશ્વાસ રાખશો નહીં.

સ્ત્રીઓ માટે: સ્ત્રીઓ માટે આ વરસ સાફ જશે. વજન કરેલ સ્ત્રીઓને તબિયતની કાળજી લેવી. તમારી આવક બરાબર આવશે. પણ ખર્ચનું પ્રમાણ ઓછું નહીં થાય. કામકાજમાં મુશ્કેલી નહીં આવે. બાળકોનો સાથ મળશે.

સ્ટુડન્ટ્સ માટે: આ વરસમાં સહેલાઈથી પાસ નહીં થઈ શકો. ભરપુર મહેનત કરવી પડશે. મેનેજમેન્ટના સ્ટુડન્ટ્સો ફાયદામાં રહેશે. એસએસસીના સ્ટુડન્ટ્સોને ધારેલા માર્ક્સ નહીં મળે પરંતુ પસંદગીની વાઈનમાં જઈ શકશો.

આ વરસે 'મહાબોખ્તાર નીયાએશ' ભણાવો. શુકનવંતા માલ ૨, ૩, ૫, ૬, ૭, ૮, ૧૦, ૧૧ છે.

Lucky Mah: 2, 3, 5, 6, 7, 8, 10, 11

Overall: This year will be average. Expenses will not be in your control and things might go out of your hands as far as expenses are concerned. Be strong mentally to get things done. Family life will be good but difference of opinion with life partners can't be ruled out. You will be stubborn and will not step back from the decision taken. You will be worried for the opposite sex person. Do everything carefully or else you might have to pay for your haste. Money wise the year seems to be good. you will gain from old investment. Buying new home or renovating current one is on the cards. Eye related ailments like inflammation or Cataract will occur. Job promotion is certain this year. You will be saviour of your family. New friends will enter your life. You will face trust issues in love matter and confusion will cloud around your marriage plans.

For Ladies: The year looks really good for ladies. Married ladies should take care of the health. Your income will be good, but expenses too will increase. Work front looks good and your kids will support you.

For Students: The year looks demanding for students and they will have to work extra hard. Management students will see good progress. SSC students will not get desired results, but they will get enough marks to opt for stream of their choice.

Pray Mahbokhtar Niyaesh this year.



Pisces - મીન - દ.ચ.ઝ.થ.ક્ષ.

જનરલ: મીન રાશિવાળાઓ માટે આ વરસ યાદગાર બની રહેશે. મિત્રો તરફથી ફાયદો મળતો રહેશે. સપ્ટેમ્બર ૧૫મી સુધી તમારા ગુસ્સા પર કંટ્રોલ રાખજો ત્યારબાદ તમારા બધા દુ:ખો દૂર કરવાનો રસ્તો મળી જશે. તમારા કામમાં ધન મેળવી શકશો. જમીનના કામથી ફાયદો મેળવી શકશો. ઉપરી વર્ગ તરફથી ફાયદાની વાત જાણવા મળશે. સારી કમાણી થતા આ વરસમાં ઈનવેસ્ટમેન્ટ કરી શકશો. ઘરમાં સારા પ્રસંગો આવશે. બાળકોના વજન કરી શકશો. ૧૪મી ઓક્ટોબરથી દક્ષી નવેમ્બર સુધી સંભાળ રાખજો. વડીલવર્ગની તબિયત સંભાળજો. બાકી વરસ સાફ જશે. પ્રમોશન મળવાથી ખુશ થશો.

સ્ત્રીઓ માટે: મીન રાશિવાળી સ્ત્રીઓનું વરસ સાફ જશે. તમારા વજન થઈ ગયા હશે તો તમારા ઘણીને તમારા ગ્રહથી ફાયદો મળશે. ઘરમાં મનગમતી વસ્તુ વસાવી શકશો. તબિયતમાં મુશ્કેલી નહીં આવે પણ માથાના દુખાવાથી પરેશાન થશો. નોકરીમાં પ્રમોશન તથા નાણાકીય ફાયદો મળશે. દેશ વિદેશ જવાના ચાન્સ છે.

સ્ટુડન્ટ્સ માટે: ટેકનીકલ વાઈનવાળાને આ વરસે મહેનત કરવી પડશે. કોમર્સ આર્ટ્સના સ્ટુડન્ટ્સો માટે આ વરસ મધ્યમ જશે. એસએસસીના સ્ટુડન્ટ્સો મહેનત પ્રમાણે માર્ક્સ મેળવી શકશે.

આ વરસે 'સરોશ યજ્ઞ' ભણાવો.

શુકનવંતા માલ ૧, ૨, ૪, ૬, ૭, ૮, ૧૧, ૧૨ છે.

Lucky Mah: 1, 2, 4, 6, 7, 8, 11, 12

Overall: This year will be memorable one. You will gain from friends. Control your anger till 15th September, after that you will find a way to bliss and happiness. Money will be good and work life too seems bright. Land dealings will be fruitful for you. Your seniors at work might have some good news for you. With good earnings you will be able to save and invest well. There will be happiness and celebration time at home with some auspicious occasions. Marriage of your children is on the cards.

For Ladies: This year will be good for you. If you are married your planet position will work in favour of your husband. You will be able to buy things of your choice for your home. Health wise year is good, but headache will trouble you. Promotion in job and salary hike are strong possibilities and you might get chance to go abroad.

For Students: Students in technical field will have to work hard. Year will be average for students of Commerce and Arts. SSC students will come out with flying colors.

This year pray Sarosh Yasht.



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CHOMP & CHEERS



By Mahafrin Gotla Umrigar

Presents 'The Festive Spread'

Gourmet Extraordinaire **Mahafrin Umrigar**, is a successful home-chef, known to supply her delectable delights to big-wigs in Bombay and beyond. Cooking being a childhood passion, Mahafrin took to the kitchen as an excited ten-year-old, alongside her granny, and went on to kick off and expand her cooking and catering business exponentially. Her love for travel and her passion for food gives her the added edge of having insights into global palates and adds to the magic she weaves into her inimitable style of cooking Parsi dishes. Parsi Times shares with you some of her most-in-demand, delicious 'asli festive Parsi bhonu' that her patrons just can't get enough of - 'Lagan No Mutton Pulav-Dal'; 'Lagan Nu Stew'; and 'Authentic Bhing Ni Gharab'.

6. Consistency of dal should be thick. Dal should look orangish in colour.

RECIPE FOR MUTTON PULAV:



- till the meat is tender and water is reduced to three-fourth.
- Half cook the basmati rice in a different vessel. Keep aside.
- Once the meat is cooked, layer the top with the half-cooked rice and add ghee on top.
- Cover the vessel with the lid till the mutton flavor mixes with rice.
- Garnish with boiled eggs cut into 4 halves.

- then cover with lid till the vegetables are cooked.
- If needed, please add half a cup of water.
- Garnish with coriander leaves and a small piece of butter.

Lagan Nu Stew

(Serves: 4)

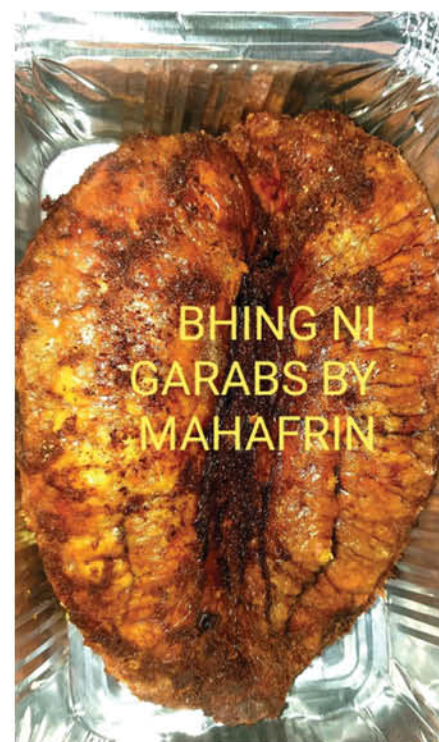


| Ingredients | Quantities |
|----------------------|---------------|
| Potatoes | 4 Nos |
| Carrots | 4 Nos |
| Yam | 250 gms |
| Green Peas | 100 gms |
| Sweet Potatoes | 250 gms |
| Onions | 2 Nos |
| Coriander bunch | 1 No |
| Jaggery | 2 tbsp |
| Raisins & Cashewnuts | 2 tbsp each |
| Vinegar | As per taste |
| Salt | To taste |
| Tomato Puree | 2 tetra packs |
| Ginger Garlic Paste | 1 tbsp |
| Turmeric | half tsp |
| Garam Masala | Half tsp |
| Oil / Butter | 4 tbsp |

Method:

- Peel all vegetables and cut into small pieces
- Fry the powdered masalas, ginger garlic paste in oil
- Then add tomato puree and cook on slow flame till the puree changes to dark red colour and the oil separates from the masala.
- Add all the vegetables including the dry fruits, jiggery, vinegar and salt.
- Stir constantly for 3-4 minutes and

Authentic Bhing ni Garab



| Ingredients | Quantities |
|---------------------------|--------------|
| Bhing ni Garab | 1 pair |
| Chilly Garlic Jeeru paste | 1 tsp |
| Red Chilly powder | 1 tbsp |
| Turmeric powder | ½ tsp |
| Garam masala | ½ tsp |
| Wet Sambhar | 1 tbsp |
| Salt | As per taste |
| Vinegar / lemon juice | 2 tbsp |
| Oil | To fry |

Method:

- Wash and clean the bhing ni garab and pat-dry
- Make a paste of all the dry masalas with vinegar / lemon juice and chilly garlic paste and marinate the garab overnight.
- Deep fry the garab in a frying pan or a deep based vessel, for 3 minutes each side.

Lagan Nu Mutton Pulao Dal (Serves: 4)

RECIPE FOR DAL:



| Ingredients | Quantities |
|---------------------------|------------|
| Tur Dal soaked over night | 500 gms |
| Orange Pumpkin | 250 gms |
| Coriander leaves | Fist-full |
| Onion (Finely Chopped) | 1 No |
| Tomato (Finely Chopped) | 1 No |
| Turmeric | ½ tsp |
| Parsi Sambhar | 2 tbsp |
| Kashmiri Chilli Powder | 1 tsp |
| Dhaana Jeeru Powder | 1 tsp |
| Garam Masala Powder | ½ tsp |
| Jaggery | 1 tsp |
| Salt | To taste |

Method:

- Fry onion till translucent.
- Add ginger-garlic paste and all the powder masalas
- Lastly add tomato, salt and soaked dal along with pieces of pumpkin.
- Add one litre of water and cook for 4 whistles.
- Once the cooker is cool, beat the dal and vegetable. Mix well.

| Ingredients | Quantities |
|--------------------------|------------|
| Mutton | 1 ½ Kgs |
| Ginger Garlic Paste | 1 tbsp |
| Green Chilli-Jeeru-Lasan | |
| Crushed | 1 tbsp |
| Turmeric | ½ tsp |
| Garam masala | 1 tbsp |
| Dhana Jeeru | 1 tsp |
| Curd | ½ kg |
| Onions | 2 big |
| Ghee | 6 tbsp |
| Cloves | 4 nos |
| Star anise | 4 nos |
| Cinnamon sticks | 2 nos |
| Green Bay leaves | 6 nos |
| Green cardamom | 4 nos |
| Black cardamom | 4 nos |
| Eggs (to be boiled) | 4 nos |
| Basmati Rice | 500 gms |
| Salt | To taste |

Method:

- Marinate mutton overnight with all the powdered masala, curd, 2 tbsp of ghee, ginger garlic and crushed chilli-jeeru-lasan paste.
- Take a *patio* or a flat, broad-based vessel. Heat the remaining amount and fry onions till translucent. Remove the onion and keep aside.
- Now add 300 gms of curd in the ghee and let it cook till the ghee leaves the curd.
- Add all the spices and marinated meat and cook on low flame for 20 minutes.
- Lastly add fried onions and salt. Let it cook in its own water on a very low flame. Keep the lid covered and stir periodically.
- Add 400ml of water and let it cook

Wishing All Our Patrons
A Very Happy New Year

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GOOD THOUGHTS!

GOOD WORDS!

GOOD DEEDS!

SAAL MUBARAK
to the
Parsi & Irani Zoroastrian
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A Heart With Hope Finds Happiness!



KASHMIRA SHAW RAJ

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.

Our lives are interconnected by an intricate web of emotions. But the one thread that binds all together is that of love, compassion, faith and most importantly, hope. Humankind has never lost hope - be there earthquakes, famines, financial or personal setbacks - we pick up the pieces and keep going, with the conviction that better times are just around the corner.

Hope abides and lives eternally. History is replete with legends who never gave up even in the face of impossible odds. But hope by itself is futile if there are no efforts that go with it.

Make The Effort:

- No matter what, we have to keep trying to move forward.
- There may be a time out to shed your tears, but its back to business shortly after.
- Learn from your mistakes and think, 'What Next?'
- And most of all, try to laugh at what life hands you.

Each one of us has survived challenging times, be it on personal or professional fronts. Some are left with nothing except their spirit. Businesses and well to do executives find themselves staring at bankruptcy and penury. Despite fatalism and pessimism, there has rarely been an incident before when society as a whole has not hoped and prayed as much... hoped for the virus to ebb and for lives to normalize. Shocking sudden deaths have taken the world by storm. Despite all this, if you are able to wake up and face another day with a smile on your face, you have invited Hope into your home and life!

Hope just is. It has a life of its own and moves on wings of faith and courage. Children are the best examples of hope. They look at you with hope in their eyes if they want something. They believe that 'Santa Claus' will give them everything they have asked for. Their hope and faith is pure and innocent. When we hope, we share in a loving and compassionate energy. Hope magnifies positivity. The energy of hope



is powerful and infectious, bringing the light of hope into dark hearts and minds.

Celebrate the living. Raise a toast to happiness and laughter. Don't let hope die down. If it did, a large part of us would perish alongside. On asking a little girl what hope meant to her, she recounted in all earnestness a story her teacher had shared:

Once upon a time there lived a poor couple. The man cut wood and sold it in the market. He bought vegetables for the wife with whatever he earned. She would make the best meal possible, always smiling. His wife's smiling words would banish all his anxiety. 'Things will get better, don't worry. You must be patient.'

It was a dark night, a storm was brewing and she knew that her child would soon be born. The husband was nervous but she was confident that they would have a lovely, healthy girl. 'How do you know? he asked incredulously. 'I just know.' Sure enough, the wife gave birth to a beautiful baby girl. 'Oh my, she's so small! he exclaimed! 'She's our Hope.' And so was Hope named!

Hope lived true to her name. She never gave up. If she lost a game, she fretted and cried and then went back to play until she won. Soon she started accompanying her father to the jungle. Whilst her father cut wood, she would pick the most exquisite wild flowers and make small bouquets for sale. She never returned empty handed. Her smile and attitude attracted many buyers. Soon Hope started earning enough to tell her father to stop working. When he refused, she hired a man to carry his load. She started making bundles of differently sized wood. The smallest

for firewood, others for carpenters and craftsmen. 'Our Hope will never let us down,' her father said.

One day it struck her, that her mother made the most delicious food. She thought of how her food always made her feel good when she was unwell or low. She convinced her mother to cook a larger amount as an experiment. A simple, soul stirring soup, some comfort bread and flavored rice. She put up a bench in the marketplace and put out the food. She let everyone who came



to her shop try some. She packed some take away for their sick. In a week, Hope was flooded with orders to make more. So started, 'Soul Food'. 'When will she stop?' her father asked her mother. 'Never!' she breathed back.

Hope could no longer manage everything on her own. She met Faith in the market one day. Faith was a bubbly, smiling girl, always ready to help. She came from a troubled home but had decided to go out and make something of her life. Hope loved Faith's belief and confidence. They became inseparable. Hope grew successful with Faith around and Faith felt her life taking a turn for

the better with Hope.

And that holds true in our lives too - with hope and faith by our side, we will always be successful in all our pursuits! A heart with hope will always find faith, and with both, the heart will always generate happiness within and all around!

Here's a simple meditation exercise to keep your heart happy and full of Hope!

1. Sit in a comfortable position with your phone silent. Ensure that no one disturbs you.
2. Slowly inhale and exhale, thrice.
3. Slowly put your palms on your heart center (the center of your chest.). One palm over the other.
4. Now think of one situation that worries you and see it working out just the way you want it, positive and happy. Feel your heart center open and send loving, happy and positive energy to the situation as you visualize it happening. Smile and let the love flow out.
5. Feel a warmth in your hands. Let the happiness flow out and fill your entire

body. Let it grow big and spread around you. See the love flowing out and spreading beyond you.

6. Remain in this position for a while. Then slowly feel all the energy coming back into your heart.
7. Slowly move your fingers and toes, turn your head from side to side and then rub your hands together and place them over your eyes. Slowly see through the gaps between your fingers and then bring your palms down from your face.
8. Blink slowly and open your eyes fully.

Here's wishing all our readers a Happy Parsi New Year!!



World Zarathushti Chamber of Commerce
Building the Spirit of Entrepreneurship

An Opportunity Beyond Compare

- By **Edul Daver-WZCC Global President** -

Let me start by wishing our Community a very Happy Parsi New Year! Yes 2020 is certainly different but with creativity we can make it just as meaningful and enjoyable!

In May 2020, 'A Bright Star In The Service Of Our Community' enumerated 26 activities which clearly demonstrate the values WZCC brings to the Community. Today I will focus on one item which has been our priority for the past three years. It was very evident that WZCC had to play an active role to facilitate debt and equity financing of promising small and medium size business enterprises and professionals. This was a challenging proposition but we found a practical solution by collaborating with WZO Trust Funds. To date we have given out 25 lakh loans, without interest burden, to six worthy businesses.

In 2019, the WZCC Youth Wing staged

an Equity Financing Event at the 7WZC in Los Angeles. It was a Shark Tank type event (now called 'WZCC Tiger's Den') where budding companies pitched for equity financing to potential investors. It was a smashing success and WZCC was now in the business of Debt Financing (in India) and Equity Financing globally. A second Tiger's Den event was held in January 2020, in Lonavla.

Expanding its wings, WZCC along with FEZANA (Federation of Zoroastrian Associations of North America) formed a completely new independent entity, ZEDF (Zarathushti Entrepreneurship Development Foundation), to enable Debt Financing in North America and elsewhere. Objective is to collect \$ 1 Million and start accepting funding applications by January 1, 2021.

In short, WZCC has arrived and the seeds it is planting today will reap added value fruits in the years to come!



*Navroze & Khordad Saal Mubarak
to the
Parsi & Irani Zoroastrian Community*

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Saaf Mubarak

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

You are much more powerful than you could ever imagine. There's not a single thing life throws at you that can defeat you. Even the worst circumstances can't stop you. Even the worst situation can't make you less than who you are: a victorious, chosen child of Ahura Mazda, who is immeasurably loved and abundantly taken care of always. Let's reign in this 'Navu Varas' with prayers in our hearts and the golden light and warmth of hope radiating from our being. *Yazdaan Panaah Baad, Saal Shaad Shaad Baad!*



While we have all known and experienced hope at some point, it is also a complex and unique concept in more than one way. The Pollyanna principle is the tendency for people to remember pleasant items more accurately than the unpleasant ones. Research indicates that at the subconscious level, the mind tends to focus on the positive optimism; while at the conscious level, it tends to focus on the negative pessimism. Hope is the connecting bridge that makes positivity flow to the conscious level. It is true that optimism has much in common with hope, both are concerned with a positive future orientation and both assume the good. The difference is that optimism is a positive attitude about a future event that is probable and likely to occur: the optimist always expects that life will work out well and as expected. Conversely, being hopeful is regarded as more realistic. The hopeful individual recognizes that life may not work out as planned, yet maintains positive expectancy directed towards the possible outcomes that hold personal significance.

Now, hope is not Pollyannaish optimism - the assumption that a positive outcome is inevitable. Instead, hope is a motivation to persevere towards a goal or an end state, even if we're skeptical of a positive outcome. Hope involves activity, a can-do attitude and a belief that we have a pathway to our desired outcome. Hope is the willpower to change and the direction-force to bring about that change.

Hope is significantly correlated with superior academic and athletic performance, greater physical and psychological well-being, improved self-esteem, and enhanced interpersonal relationships. Individuals with high hope are more likely to view stressful situations as challenging rather than threatening, thereby reducing the intensity and hindering the proliferation of stress. Hope protects against the development of chronic anxiety, while protecting against perceptions of vulnerability, uncontrollability, and unpredictability.

Hopeful individuals have greater control over how they will pursue goals and are intrinsically motivated to find multiple pathways to successful goal attainment. Hope motivates individuals to maintain their positive involvement in life regardless of any limitations imposed upon them. So, how do we build hope when it's missing in action? Here are a few actionables to help charge the 'Hope Engine':

1. Start with 'Why': Mentally remove yourself from the minutia of your business, projects, and day-to-day life. Throw away all your assumptions and step back into the big picture. Do this by going somewhere quiet (I suggest in front of Our Atash Padshah Saheb). Use questions to regain your clarity on what you really want out of life, and most importantly - 'WHY'. Remember - he who has a Why, will surely find

the How.

2. Get clear on your 'Big Goal': Lastly question your big goal - it's your hope for the future. Do you want to double your income? Do you want to build charitable institutions? Do you want to lose ten inches of your waist? Make sure it's a goal that is: (a) Big; (b) Specific; (c) Challenging; and (d) In line with your 'Why'.

3. Create a 'Hope Map': Creating a 'Hope Map' helps us articulate our high expectations for the future and develop a clear view of the barriers we will need to overcome in order to get there. Hope Maps assist in the process of goal striving by encouraging a focus on clear and exciting goals, pathways and actions that will help in the pursuit of the said goal, identifying and overcoming potential barriers, and maintaining motivation.

On reflection, a completed Hope Map creates a sense of confidence, energy, and excitement that comes with having multiple strategies to pursue goals.

Simply take a sheet of paper and place it horizontally on your desk. Then fold it into three sections and open it up once more. On the far right third of the page write the heading, 'Goals'. Then note down the goal you're hoping to achieve. For example, get enrolled for PhD by August 2021.

Then, on the far left third of the page, write the heading 'Pathways' and note down at least three different pathways you'll need to initiate to reach your goal and make your hopes a reality. For eg., i) applying for the entrance exam of three best Universities; ii) drafting the research proposal iii) preparing for selection with a single point focus.

Now, in the middle third of the page write the heading, 'Obstacles'. Note down at least one obstacle for each of the pathways you've identified that may thwart your hopes. An interesting find by relevant research shows that we're more likely to succeed when we plan for possible obstacles at the outset. For eg., when drafting the research proposal, the biggest obstacle is getting overwhelmed with the details. Likewise, when it comes to preparation towards selection, obstacle is finding the time in daily schedule.





R.M. Kooka Parsi Panchayat Building,
Dr. Jamshedji Laskari Road, Shahpore, Surat: 395003
Phone: (0261)2423221 / 2432978
Email: sppanchayat@gmail.com / office@suratparsipanchayat.com

This august institution of Social Service of Gujarat conveys its Best Wishes for a Happy and Prosperous New Year Y.Z. 1390 to all the Members of the Zoroastrian Community.

Donations to the below listed Trusts for specific purposes are most welcome:

| | |
|--|--|
| The Surat Parsi Panchayat Funds & Properties Trust | Ruwan Deptt., Medical, Education & Relief of Poverty |
| The Surat Parsi Orphanage Funds & Properties Trust | Education and welfare of boys |
| Nariman Parsi Zoroastrian Girls Orphanage Trust | Education and welfare of Girls |
| Nariman Home & Infirmary Trust | Medical & welfare of Inmates of Home |
| Seth R.D. Tarachand Surat Parsi General Hospital Trust | For Medical services of poor Parsi patients. |

The Surat Parsi Panchayat has taken up a major project of reconstruction of "Anti-ni-Dharamshala" (more than 200 yrs. old). Cost of this Project is approx. Ten Crores.

The Parsi community and the benevolent trusts are requested to come forward in donating generously towards construction of this community asset. All donations are exempt under section 80(G) of the I. T. Act.

Please draw the cheque in the name of "The Surat Parsi Panchayat Funds & Properties Trust".

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SURAT PARSİ PANCHAYAT BOARD**

**WISHING ALL OUR
IRANI & PARSİ ZOROASTRIAN
A VERY HAPPY AND PROSPEROUS NEW YEAR**

Applications are invited from Parsi Irani Zoroastrian students studying in India or abroad for educational Aid, needy and poor Parsi Irani Zoroastrian persons wanting medical aid.

AIMS AND OBJECTS OF THE TRUST:

- Manage Tower of Silence
- Provide Education helps
- Manage 2 Agiaries
- Provide Medical helps
- Manage Bejan Baug
- Provide Monetary helps
- Provide 60 Residential Blocks

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Board of Trustees

BULSAR PARSİ ANJUMAN TRUST FUNDS

RUSTOMJEE MASTER TRUST FUNDS

Bejan Baug, Bunder Road, Valsad.

Tel: 02632 - 253316 / 09429793316

Email: pavalsad@bsnl.in, pavalsad1@gmail.com

Contd. from Pg 55

Finally, around the edges of your page, note down what you can do to maintain your motivation and will power to complete the pathways, achieve your goal and realize your hopes. How will you make the journey enjoyable? What strengths can you use? Who will encourage you? How will you measure your progress? For eg., seeking guidance from a senior researcher to prepare the draft, dedicating an hour before sleep for the PhD entrance exam.

4. Fill The Hope Engine: Once your map is complete and your hopes are clear, you're ready to get on with it - The Hope Engine fuel tank is filled!

5. Establish Self-Deadlines: Setting deadlines and a system to hold yourself accountable is key to turning hope into action into reality. How long will it take you to complete each step? Set a start date and end date with specific deadlines. Now the Hope engine is all cylinders firing.

6. Keep a Journal of Hope: The exploration of hope can be facilitated through self-reflective practice of journaling. While journaling is a common practice for many, it is also an effective tool to improve wellness, foster greater self-awareness, and cultivate hope. You could start with a simple diary / notebook and ensure there is a daily entry.

7. Exploring Personal Beliefs About Hope: The objective of this exercise is to begin the process of thinking about hope and what it means to have hope. Write some hope-focused questions on pieces of paper and answer at random. For eg., What does it mean to you to have hope? In your opinion, what does a hopeful person look and sound like? If a picture on your wall could remind you of hope every morning, what would that picture be? What is the smallest possible change that could increase your hope? Try to think about some individuals who might benefit from hope? Consider different ways of expressing hope for them. Do you think some methods would be more effective than others and why?

8. Your Internal Movie: Write a short internal movie in which the hope for a chosen goal is the protagonist. Throughout the exercise, the visualization of barriers and obstacles that may occur during the process of achieving that goal will encourage the creation of alternative pathways around and through challenges. Like all Bollywood movies, the protagonist rules the climax.

9. Surround Yourself With Positivity: Always make it a point to read or listen to inspirational stories that build hope and ignite the fire within. Surround yourself with friends and family who are supportive and positive. This also means - keep a distance from negativity in all its forms.

10. Humour, The Parsi Way: Laughter might be the best medicine for transforming the faintest of glimmers of hope into an eternal spring, reveals a research that shows humour may significantly increase a person's level of hope. We Parsis are known for our sense of humour for a reason.

11. Perform An Act Of Kindness: Doing even small acts of kindness can have a dramatic effect on your mood and outlook. Kindness triggers the release of serotonin, so it has an anti-depressant effect. It calms stress and reduces pain. Do acts of kindness daily. Even watching others perform acts of kindness has a positive effect and builds long lasting hope.

12. Turn To Your Faith In Ahura Mazda: Last, but not the least, your faith in Him can be a strong force in holding on to hope. Sometimes your faith offers the support of not being alone and trusting that a higher power is always with you.

Your Take-Home Message For The New Year:

Hope is more than just a state of mind, it is an action-oriented strength. In the absence of this inner resource, how can we find the motivation to pursue our goals and the resilience to pick ourselves up when things go wrong? Many people persevere with the idea that hope is an either/or proposition, believing that in order to have hope, all despair must be destroyed. While it is true that hope comes and goes, and there are times when we feel like all hope is diminished, there is light at the end of the tunnel. Through practice, patience, and hope-focused discourse, we can help ourselves to make hope visible - not only to us and our families but also our endearing Community and our beloved nation. Remember; there was never a night or a problem that could defeat sunrise or hope!

Once again, wishing all my dear readers a very Happy, Prosperous, Healthy and Hopeful New Year! Ushta Te!



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Out of 75 students:

- 34 students scored 90% and above
- 40 students between 75% - 90%
- 01 student scored First Class



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Jahan Ardesher
Commerce Stream
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Zoroastrian Patrons A Very

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AND
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WINNERS OF NEW YEAR SPECIAL ISSUE CONTEST

One of the shiniest silver linings of the pandemic cloud, at the PT office, has been the pure joy of going through the inspiring words and the mesmerising smiles of all our participants who wrote in fabulous poems, sent in exemplary creations as well as won over our hearts with your gorgeous smiles for our Contests. Indeed, hope reigns supreme in our community! We thank all our participants for your plentiful, talented entries. Heartiest Congratulations to our Winners!

WINNERS OF 'CELEBRATING HOPE IN WORDS AND ART'

WINNER 1: Celebrating Hope
By **Meher Parvez Sutaria**



As Alexander Pope has rightly said,
Hope springs eternal in the human breast.
At present dark clouds are hovering high,
But they'll soon be gone, by and by.

The world, of all its mirth, is shorn,
But soon, a new day will be born.
Let's all face this great calamity
Without fear and with equanimity.

Our New Year might be different this year,
But let's rejoice with gratitude and cheer.
Help our poor brethren with love and care,
Our bounties, with them, let us share.

With precautions, let us move outside,
No need to stay at home and hide.
May God, the ruler of the heavens above,
Grant us faith, power, wisdom and love.

We must HOPE for COURAGE and the WILL to survive,
And pray to the Lord, every day of our lives;
Most certainly we shall see a bright new morn,
And we shall all move forward from darkness to dawn!

WINNER 2: New Year Gives Me Hope
By **Roshan Minoo Dastoo**



Hormazd Roj, Fravardin Mahino - we celebrate every year,
A one-of-a-kind phenomenon - the Parsi New Year!
Remembering our dear departed souls, invoking their blessings in prayer,
From the confines of our homes, the 'Muktaad' days build a holy atmosphere.

'Sojju Bhonu' and 'Naataks' still remain part of our celebration,
Whether 'in line' or 'online', is not the bone of contention!
Couped up in a room? So what! Let's leave aside the gloom,
Even in this situation, we can 'broom', 'Zoom' and 'jhoom'!!

In spite of numerous Do's and Don'ts, when you long to roam,
By far, the hot and happening haven, is, the venue '@home'!
Let's raise a toast to ourselves, with our spirits held high,
Restoring our faith in the Almighty, let's not heave a sigh.

This too shall pass, so let us 'mask-a-rade' and move along,
And wish each other a Hopeful New Year, with prayer and a song!

WINNER 3: Mehrnaz Kharoliwalla



SPECIAL MENTION: A Prayer Of 'Hope' For New Year
By **Gulshan D. Morawala**

You have sown Hope into our hearts, Ahura Mazda,
A feeling, we will cherish as long as we are alive;
And when our hearts stop beating, Mazda Ahura,
Hope stops short ...no longer will it thrive.

Hope is generous - it gives wealth to the poor,
Health to the ailing... courage to the weak.
Hope brings all happily ashore,
Transports us to sunshine from bleak.

So, in full Hope, we look up to You
To make our New Year, all bright,
We hope You will see us through
The darkness, to daylight.

You, Ahura Mazda, are our Hope,
And so is our Prophet too,
It is You and Zarathustra who will help us cope,
To drive away our blues.

Let's all join hands and humbly pray
That Hope foresakes us not;
'Cause only HOPE can keep at bay
The dreariness with which our mind is wrought.



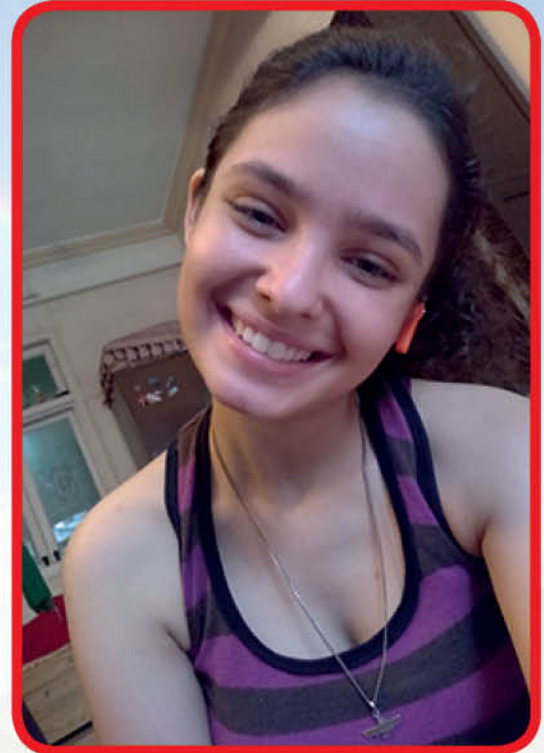
WINNERS OF 'CLICK-A-PIC' CONTEST



WINNER - 1:
Mithrasp Patrawala

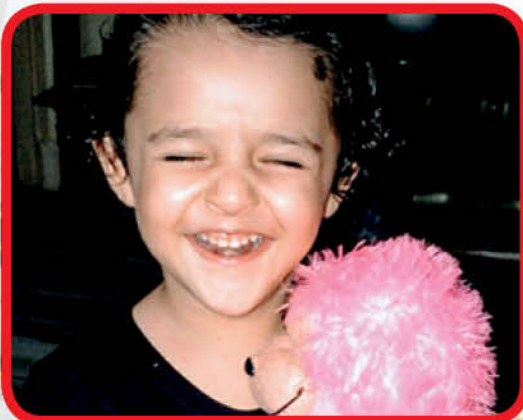


WINNER - 2:
**Little Princess
Natanya**



WINNER - 3:
Benaz Contractor

SPECIAL MENTIONS



Khurshid Chinoy



Nilufer Dastoor



Perzaan Rupa



Sanaya Eranee



Tushna Baldawala

SETH BOMANJI MERWANJI MEVAWALA AGIARY TRUST

(Charity Commissioner's Reg. No. C-391)
72, E.S. Patanwalla Marg, Next to Jijamata Udyan,
Byculla (E), Mumbai- 400 027.

"AN APPEAL FOR DONATION TOWARDS THE CORPUS OF THE AGIARY TRUST"

THE SETH BOMANJI MERWANJI MEVAWALA DAR-E-MEHER was consecrated and established on Roj Sarosh, Mah Tir, 1220, A.Y., 11th January, 1851 A.C. at the populous Parsi locality in Bhendi Bazar area by a Parsi merchant- Seth Bomanji Merwanji Mevawala, in pious memory of his only son Sorabji, who died at an early age after a brief illness. Due to gradual shift of Parsi population from the vicinity of Bhendi Bazar area and due to the dilapidated condition of the Dar-E-Meher building, the Holy Fire was shifted to the existing location at Byculla on Roj: Sarosh, Mah : Tir 1284 AY, 27th December 1914. The present building structure is 106 years old.

This Dar-E-Meher which was built from a small personal funds of Seth Bomanji Mevawala, and has now completed 169 years of its existence in the service of the Parsi-Zoroastrian community. Due to the meagre corpus with the Trust, it has become practically impossible to carry out the extensive repairs and renovations of the Dar-E-Meher building, without the whole-hearted support from the community members. Recently the facelift was given by Shapoorji Pallonji, who carried out repairs at no cost to the Trust. However, there are some important issues which we intend to bring to the notice of community brethren.

Considering that, the corpus with the Agiary Trust being very meagre, and, the Trust neither has other sources of income, nor receives regular donations, and, with the ever increasing cost of Kathi, and routine upkeep of the premises, we the Trustees approach you Humdins for a generous donation towards the Corpus. We are fully supportive of Ervard (Dr) Parvez Bajan, and would like to contribute more towards the affair of the Agiary , and to make both end meet.

At present we have an erudite and learned scholar priest, Ervard (Dr). Parvez M. Bajan as our panthaky. He is the sixth generation of Bajan Family and perhaps the only family, who have managed an Agiary from its inception, by Mevawala Family 169 years ago. We as Trustees are privileged to have such dedicated Panthaky family with us and we want them to continue, for generations to come, and to keep the Atash Padshah flame burning, eternally.

Your generous contribution may be sent by cheque to the below mentioned persons at the address shown against their names, or to Er (Dr) Parvez Bajan. The 'Account Payee' cheques may please be drawn in favour of 'Seth Bomanji Merwanji Mewawala Agiary Trust'. The donations will be gratefully acknowledged with a receipt.

Donors who intend to contribute vide NEFT, may do so in our Union Bank A/c no; 316202011009321. IFSC UBIN0531626. All donations of Rs. One Lakh and above will be displayed on the Donor's Board on Agiary wall, near the entrance

"CONTRIBUTE TO KEEP THE FLAME BURNING & LIGHT IT'S BLAZE ON THE SPIRITUAL ALTER OF THY HEART"

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*Wishing All The Members Of The
Community, Saal Mubarak 1390 YZ.*



With Best wishes for the New Year



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The Bawa Word Search : Parsi Pride

Search out the following 50 famous Parsi personalities, hidden in the word-jumble box below, in bi-directional, horizontal, vertical and diagonal forms:

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

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|-----------------------|------------------------|---------------------|------------------|--------------------|------------------|-----------------|
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| Soli Sorabjee | Cowasji Readymoney | Jehangir Dadabhoy | Soli Sorabjee | Nadirshaw Dinshaw | Nergis Mavalvala | Shiamak Davar |
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**Offer valid basis loan eligibility of the customer. Offer valid on Axis Bank only. Customer has to pay 5% as token amount at time of booking the unit. The customer will have to pay 10% of the sales consideration (including booking amount) within 30 days from the booking of the unit. Stamp Duty and Registration Charges to be payable by the customer within 60 Days from the booking of the Unit. Upon payment of 10% of total sale consideration, an Agreement for Sale shall be executed with the Purchaser. The customer may choose to avail financing from Axis Bank Limited for the balance consideration as per the terms stipulated by Axis Bank, where under the customer will pay pre-EMI of INR 6,999 per month till application for OC. The Developer is merely facilitating financing options for the Customer without any obligation or responsibility towards the funding or the loan eligibility/disbursement.

^Customer has to pay 5% as token amount at time of booking the unit. Customer has to complete 10% payment within 30 days from the booking of the Unit. Stamp Duty and Registration Charges to be payable by the customer within 60 Days from the booking of the Unit. Upon payment of 10% of total sale consideration, an Agreement for Sale shall be executed with the Purchaser. 15% of agreement value will have to be paid on or before Jan, 2021. Next 10% shall be payable on application of OC. Remaining 5% at the time of possession.

^^Acceptance or rejection of any booking shall be at sole discretion of the developer. The offer shall remain valid for limited time period. The customer shall pay 5% of the agreement value at the time of booking and shall complete payment of 10% (including the booking amount) of the agreement value within 45 days of booking according to the payment schedule set out in the Application Form. The customer shall execute the agreement simultaneous to payment of 10% of agreement value by paying stamp duty, registration fee and all other applicable taxes and/or cess. The balance 90% of the agreement value shall be paid at the time of developer making the Application of Occupation Certificate. *Benefit calculated basis Wing B, Unit No. 1201 at Godrej RKS. Actual benefit to vary basis project and unit. T&C Apply.

The official website of Godrej Properties Limited is www.godrejproperties.com. Please do not rely on the information provided on any other website.

##Savings as calculated for Unit S2 B03. Actual savings to vary basis unit.

Artist's impressions. Not actual site photographs.