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Teacher's Day Special!

Special Messages and
Greetings On Teacher's Day!

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'To Teachers And The Pedagogy
Of All Instruction!'

By Educator and Author, Veera
Shroff Sanjana

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PARSI TIMES

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FROM THE EDITOR'S DESK

Happy Teacher's Day... Guru Corona!

Dear Readers,

Education is the cornerstone of a civilised society, a conscientious nation and a progressive world. Educators, therefore, are revered as the crucial architects of a peaceful present and a thriving future. We owe much to our teachers; their influence in our lives extends way beyond the classroom. When we reminisce our days in school and college, it is our teachers we first recall. Also respectfully called 'Guru', the teacher is an awakener with a big heart, who helps shape little minds. They mean the world to us, which is why we celebrate our fabulous educators with great zest the world over, every year, on 5th September - Happy Teacher's Day to all!

But, be it Teacher's Day or Guru Purnima, there is no denying that the foremost title of 'Teacher Of The Times' goes, most deservedly, to none other than our deadly, 'Guru Corona'! Everything, it is said, happens for a reason, and a large component of that reason is for us to have learnt from it. Insomuch, 'Professor Pandemic' has surely been a great teacher - fast-forwarding our learning curves with such gusto, it's literally been taking our breath away! And boy, have we been learning our lessons!

The undoing of the human species, with the onset of the novel coronavirus - bringing life, all across the world, to a screeching halt - resulted in the very obvious amelioration of Mother Nature. The curfews and lockdowns, the mandatory norms - social distancing, wearing masks, sanitization routines, et al, have given us time to step back and re-introduce us to those lost parts of ourselves; and to reflect and re-evaluate it all - our vulnerabilities, our strengths, our fears, our priorities, our lives. The learning - which has been simultaneously deadly and holistic, from the teacher - that has been simultaneously unsparing and overwhelming, has taught all us all to be simultaneously considerate and intelligent.

It reminds us to value and respect our fellow-human educators all the more, as beautifully worded by Aristotle, "Those who educate children well are more to be honored than parents, for these only gave life, those - the art of living well."

A big Thank You and Happy Teachers Day to all our wonderful mentors! And now, Guru Corona, please... leave!

- Anahita
anahita@parsi-times.com

LETTERS TO THE EDITOR

Great Show, Parsi Times!

Aapru Parsi Times has truly proved to be the community top weekly publication. All through this pandemic, and still continuing, Parsi Times has been providing the community of Parsi and Irani Zarathoshtis through the world with excellent news and very interesting and entertaining content.

At the time when all newspapers went digital and became half their size, Parsi Times went over and beyond increasing the number of pages, providing us with more news and information, though online. It is truly a very positive and non-preachy publication and Parsis of all ages and at all stages can relate to it - be it my 91-year-old mother or my daughters or even my grandson who likes to solve the puzzles in the TimeOut page.

All writers of Parsi Times are great personalities and excellent professionals in their own right. I especially look forward to articles from Mr. Noshir Dadrawalla, Dr. Danesh Chinoy and Mrs. Daisy Navdar. Articles by Mrs. Ruby Lilaowala and Mr. Dara Khodaiji are always full of entertainment -perfect for Saturday morning and Mrs. Veera Shroff Sanjana always leaves us with so much food for thought. Editor Ms. Anahita Subedar's editorials are superb and always spot-on and relevant - best thing about them is that they always give us message of positivity. Even the Reader's Corner column is a great platform to showcase the hidden talent of our community.

The New Year Special issue was excellent as always, and the best part is that it was great to once again hold the hard copy of paper in our hands. I'm glad that we get to read the physical copies since. I want to thank and commend team Parsi Times for all the hard work and effort put in to deliver the best news and information week after week. Keep it up, Parsi Times!

By Rati Rusi Jamasji

Preserve Our Parsi-Panu

It has been a constant struggle nowadays to see a Parsi marrying a Parsi. In fact, the numbers are so skewed in favour of inter-caste marriages that the day is not far enough when people in our community shall stop talking about it altogether because it would have become a common thing!

We often hear parents complaining that "Aapre su kariye!" The children are not counseled and these matters are not taken up seriously by parents when their children are growing up. In fact, it has become a fashion to marry outside and our girls are more and more into it.

The tailor-made answer is, Parsi boys are not good enough. Money is the biggest factor for marrying outside. Even if they find a decent match within our community the biggest excuse for rejection is, he is not rich enough. Does he have a six-figure salary, or close to it maybe? Does he have his own accommodation? If not, then how much 'old furniture' is he carrying in the house. Old furniture mentioned here refers to the old, dependent parents.

If such is the thinking, then it's highly impossible for them to get a suitable match. Whoever caters to such high demands, regardless of his caste or creed, is accepted. The parents, meanwhile, are silent spectators, in fact, endorsing it by saying, "as long as they are happy, we are happy."

Is that a true sense of happiness? Haven't you put an end to everything we once stood up for? Great thinking. I hope there are still some serious orthodox parents who never succumb to such pressures and fight to preserve our Parsi-panu. God bless!

By Rohinton Mistry

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To Teachers And The Pedagogy Of All Instruction!



VEERA SHROFF SANJANA

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



Do you know that a Teacher could possibly impact your child's life in more ways that you could ever imagine? With the Pandemic scare and the lockdowns globally, 2020 has been a year of appreciation. Now more than ever, the medical faculty and teachers are being respected and acknowledged for their contributions everywhere. Under normal circumstances teaching is taken for granted and teachers most likely overlooked for their addition. Schools, college's universities are resorting to online teaching practices now; much of the studying, coaching and preparations are from home. Never before has parent participation been so intense or noteworthy. Teachers are now regarded as truly dedicated professionals. They are committed to the process of education as a whole and student participation alike. Teachers will generally do just about everything to meet the needs of their students. Their job never ends. Teaching is not packing up with that last bell. Just as parenting, teaching too demands a whole load of effort, time and energy.

Teachers are your child's first champions, they are your children's cheerleaders, voice and advocate. It is a known fact that you may forget your batch-mates over time, but you hardly ever forget your teachers. Through ages little lads have harboured little crushes on their young assistant teachers. Disinclined little boys have performed curiously well only to see that pretty teacher smile a little more at him. That appreciative pat on the head from his favourite one - perhaps that first lesson he learnt about scoring with the opposite sex! Always such a dramatic visual, that difference in the stiffening and sitting up straighter, with the waltzing in of that rather curvy and attractive geometry teacher, gradually watching that class of teenage boys slowly but blissfully being saturated with the sound of her voice explaining the curves of circles and straight lines of angles! All

a little perplexing to the girls present in those classes, wondering why the boys this year seem to be enjoying geometry so much!

It is, without doubt, manifestly too difficult, too complex and tedious to be appreciated by the majority of humans in the world. But all in all, was it not a wonderful thing in itself? Whether your teacher was the object of your affection or inspiration, teachers are pretty darn important, almost like some superhero of your childhood days! So if you are the present generation with an incredible teacher, be sure to thank her. I don't know how they do it nowadays but give her a hug, a high-5 or a handshake. That simple, polished apple has long been replaced by an appreciative note or a card and these days even a text, mail or a Whatsapp message could work just as well.

Teachers are a dedicated bunch; they teach against all challenges - be it low pay scales, lack of funding, lack of support, budget cuts, poor administration, little or no professional development as well. But they are the first to go into their pockets to buy classroom supplies or treat their students to an educative outing! They work beyond their hours to tutor a child that needs help or buy lunch for a student in need. Teaching does not just understand the semantics but a lot about appreciation of values. Teachers matter in more ways than one.

They are important to every community on our planet. They probably were your first influencers, save they never posted accomplishments and their contributions on Instagram or Twitter to see how many likes they got.

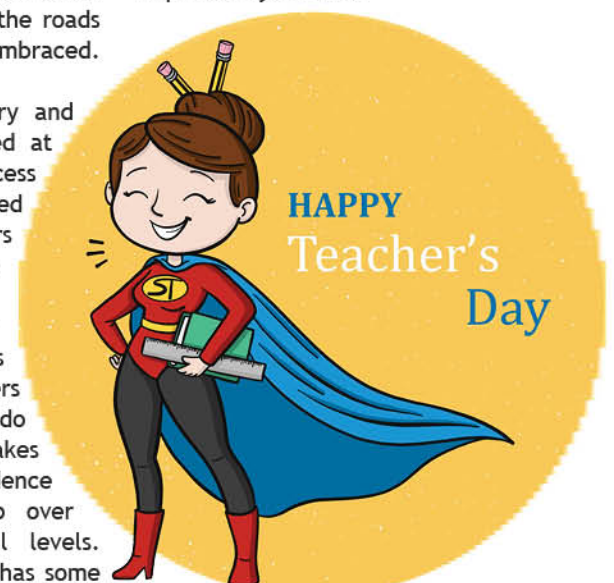
While Kim Kardashian may have changed the way we shape and contour our face, any teacher who's every dedicatedly taught was shaping futures and contouring destinies long before that. Growing up teachers were your counsellors, life coaches and mentors, only you never paid a dime for all the guidance, support and aid you got from them, back in your formative years. They were the architects that laid those bricks and forged those foundations upon which you stand today. They paved the roads to that future you merrily embraced.

Tap into any success story and chances are you'll be amazed at how many attribute their success to a single teacher who changed the course of their life. Teachers work with and around children to make them simply the best versions of themselves. They helped the under-achievers fly and kept the over-achievers grounded. Through life they do so much more than teach. It takes a special skill to boost confidence where required or to keep over-enthusiasm within respectful levels. To recognize that every child has some

strengths and unique talents requires patience and insight.

Teaching is not just about the academics but the implementation of life skills. To add, subtract, multiply and divide are not mere concepts limited to an arithmetic text book. When these very concepts are utilised to serve life better, to add to your bounty, to subtract your sorrows, to multiply your relationships or to divide responsibilities, your work as an educator is truly done. It's not how skilfully you sketched that painting or drew those lines, its how adeptly you paint over your life to be more vibrant and colourful that pleases a teacher. It matters not how fluently you speak those languages, how well you spell or pronounce those words, it's really how humble your tone and kind your utterances that evokes that smile from her. If you can read, write or solve an equation you know who to thank. And for all those times when knowledge, wisdom and skills have served you don't forget to thank the countless moments that brought you there. It takes a certain kind of individual to makes sure you've arrived!

When Oprah attributes her fourth grade teacher as her first liberator, when actress Helen Mirren dedicated her Bafta award to her old English teacher, when Microsoft founder and philanthropist, Bill Gates remembers his Math and English teachers with special reverence - they all are talking about what they did not solely what they taught. The hand of wisdom has many fingers, all of which are called teachers. A good teacher could be a guru, a mentor, an inspiration, a role-model, but no matter what, he/she will almost certainly leave an indelible mark on your future and an imprint on your soul.



Avan Yasht - I

The Yasht Series



DAISY P. NAVDAR

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

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

'Water is life's matter and matrix, mother and medium. There is no life without water.'

- Albert Szent-Gyorgyi

The entire world as we know it, and all the creations within it, were created by Ahura Mazda with the power of His spoken word. Isn't it wonderful to know that our great creator, the one whom we revere, the highest of the high, our Lord God Ahura Mazda also used the power of His Manthra to fashion all of creation! However, the only creation that He did not create from the Manthra was Avan Ardvisur - the Waters. He created Avan Ardvisur by the dint of His hard work. It is said that the First Waters were sourced from the stars themselves and came down to us from the 4th Heaven in the form of the Oxus river.

Here is a small brief on the Oxus River, taken from Wikipedia: The Amu Darya - also called the Amu river and historically known by its Latin name Oxus, is a major river in Central Asia and Afghanistan. Rising in the Pamir Mountains, north of the Hindu Kush, the Amu Darya is formed by the junction of Vaksh and Pani rivers in the Tigrovaya Balka Nature Reserve on the border between Afghanistan and Tajikistan, and flows from there north-westwards into the southern remnants of the Aral

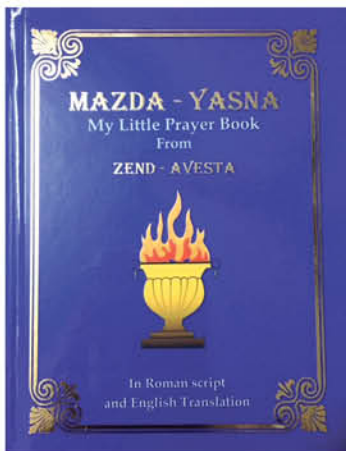
Sea. In its upper course, the river forms part of Afghanistan's border. In ancient history, the river was regarded as the boundary of Greater Iran with Turan, which roughly corresponded to present-day Central Asia.

Avan Ardvisur comes with her own pure blessings. The source of all Avan Ardvisur is from a place of many stars (it could mean it came from the skies). The special blessings that Avan Ardvisur bestows on us are those of growth and progress. It also helps in enhancing the faith of the follower. Water has the unique ability to purify all that it touches.

It is said that the entire womb of a woman, with all the blood and grist within, is purified merely by the waters created by Ahura Mazda. Avan Ardvisur cleanses the seed of man and fills ample milk in the breast of the woman so that her children are well nourished and strong. Hence lactating mothers must pray with reverence to Avan Ardvisur. Women who bear 2 or 3 children, do so with the grace of Avan Ardvisur. However, those that bear more, do so with the blessings of Ardibehest Ameshaspand. Just for this reason, I feel the entire community must pray the Avan Yasht or at least the Avan Nyaish in conjunction with the Ardibehest Yasht, daily - perhaps it's the one solution to our dwindling numbers.

I leave you with these thoughts on water by Margaret Atwood:

"Water does not resist. Water flows. When you plunge your hand into it, all you feel is a caress. Water is not a solid wall, it will not stop you. But water always goes where it wants to go, and nothing in the end can stand against it. Water is patient. Dripping water wears away a stone. Remember that, my child. Remember you are half water. If you can't go through an obstacle, go around it. Water does."



Thy Joy Fills The World From End To End, 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.

Human spirit thrills with rapture when man gazes on the beautiful nature. Gardens and orchards, farms and fields ring with the sweet, sonorous songs of the beautiful birds, attired in lovely plumage. The winds waft the fragrance of the fields all around. From flower to flower does the busy bee hit to gather the nectar. The clouds play the game of hide and seek and amuse the sightseers. Bathed in the waters of joy that well up from his heart, man goes into peals of laughter rising to the sublime heights of emotion. Beyond compare is the joy that man finds in this world of a thousand wonders, when he lives in communion with nature.



and nations created not unnatural sorrow.

Sore is my spirit troubled, my strength fails me, when I am lost on life's highway. Wakeful and restless I lay in bed. Troubled by the fitful fever of life, I seek refuge in Thee. Thou dost smooth away my worries and anxieties. There is joy, wherever, Thou art, for Thou art the fountain of joy. Void of Thee, life knows no joy. Let Thy joy replace my sorrow. When Thou dost fill my breast with joy, I feel every face I encounter, flushed with joy.

Precarious is the joy that life gives me. It lasts not long. What joy Thou dost give me lasts longer than long. It is beyond compare. My heart, then, is swelled with unspeakable joy. So great is my joy that I have never known its like. Fill my life with joy that shall endure, Ahura Mazda!



Much of the sorrow seen in the world is of man's own making. Great is man's inhumanity to man. Human life would be more joyful, if selfishness and avarice, jealousy and mutual distrust, envy and hatred between races and races, nations

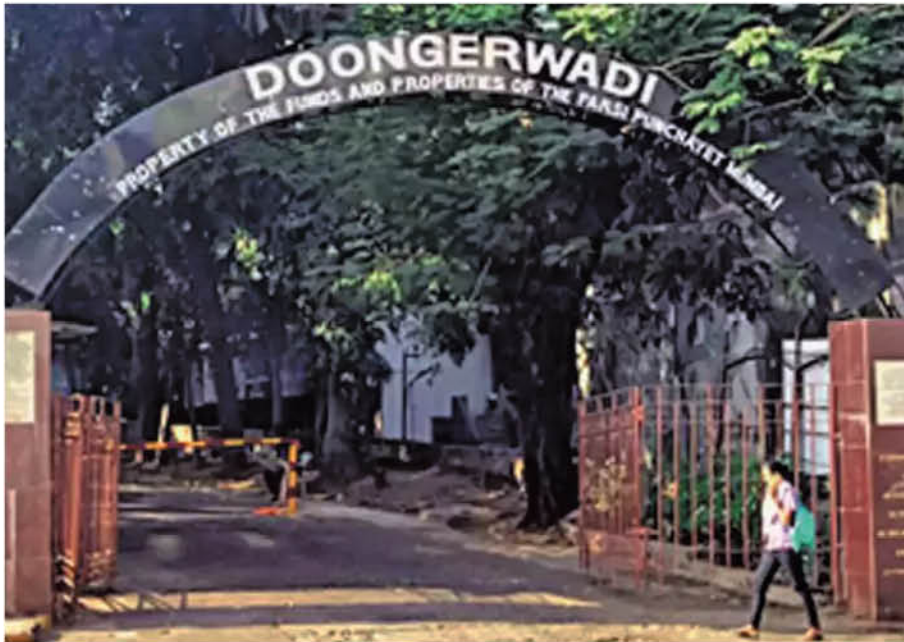
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HC Allows BPP's Plea For Praying At Doongerwadi On Farvardin Roj



In keeping with the plea of BPP to allow members of Mumbai's Parsi Community to come together and pray at the Doongerwadi (Kemp's Corner) on the auspicious occasion of Farvardin Mahino-Farvardin Roj, on 3rd September, 2020, the High Court in Mumbai provided permission for the same, but only in limited or prescribed numbers.

The prescribed timings for gathering at the Tower of Silence was from 7:00 am to 4:30 pm, with only six persons, not below the age of 10 years and not above the age of 65 years, being allowed at a time to be present, in each of the five prayer pavilions in the premises, along with two priests.

The Division Bench comprising Justices R D Dhanuka and Madhav Jamdar, while hearing the petition filed by BPP representative and Trustee, Viraf Mehta, was informed by advocate Prakash Shah that after the meeting with the Principal Secretary Home and Secretary Disaster Management Department, as directed by the Court earlier on 31st August, 2020, they had filed an additional affidavit with a modified itinerary for 3rd September, 2020.

The court also said that in the case of a violation of these guidelines laid down by the Centre and those issued by the State Government with regards to Covid, the petitioner trustee would be personally held liable for contempt and punishment.

Shah submitted that around 200 members of the community would reach Doongerwadi and the trustees would ensure that all Covid-related protocols were followed. Additional Solicitor General Anil Singh and Advocate General

Ashutosh Kumbhakoni had submitted that since congregation of people was not allowed, BPP would have to ensure that all the 200 members do not reach the venue at the same time.

Shah and Mehta accordingly assured the court that the members would come only at the appointed time given to them and would leave after praying for half an hour. They also submitted that not more than six members would be present along with two priests in each of the five pavilions in the expansive property; hence there was no question of a congregation. After hearing the submissions, the court accepted the undertaking of BPP and directed the State to make arrangements for smooth flow of traffic outside the venue. The court stated that it was allowing the community considering the peculiar facts of the case and hence it should not be treated as a precedent and disposed off the petition.

However, in keeping with the enthusiasm of humdins who wished to visit and pray at the Doongerwadi on 3rd September, 2020, by 1:25pm, the BPP had to put out a notice stating that they had already attained the figure of 198 eligible visigitors. "Adhering to the Court order, we regret to inform you that we will not be able to accommodate any more Humdeens at Doongerwadi for the prayers," stated the notice.

Despite the restrictions, this successful effort taken by the BPP has deservedly garnered much praise from the Community, especially during the peaking phase of the pandemic where restrictions are being implemented with greater force.

Surat's Eminent Dr. Khushroo Laskari Passes Away

On 27th August, 2020, 75-year-old family physician from Surat and well known Parsi personality, Dr. Khushroo Laskari, lost his battle to the novel coronavirus, which he had been braving over the past six weeks, at the Seventh Day Adventist Hospital.

Dr. Laskari is survived by his wife Dilshad, and two daughters - Nina Rumi Palsetia and Firoza Rukshad Cama.

Known for his compassion for the poor, Dr. Laskari operated from his family clinic at Machlipith, at Chauta Bazaar, Surat. The clinic was established by his grandfather Dr. Jamshedji Lashkari, and was later taken over by his father to serve the underprivileged. Dr. Khushroo Laskari was the third generation of family physicians who served people in the walled city area, for over 45 years. So popular was Dr. Laskari that the street on which his clinic is located, is named Dr. Laskari Marg, as a form of respect.

He was the past trustee of Surat Parsi Panchayat. He earned the reputation of being a selfless doctor who continued on his call of duty, selflessly treating his patients, till he fell ill, contracting the deadly Covid 19 and was admitted to Mission Hospital in Surat. In his passing, Surat has indeed lost a humane doctor, a noble soul and a true gentleman.

As per news reports in the TOI, Dr. Jayendra Kapadia, a family physician who was close to Dr. Laskari, said, "We have lost the last shining star of the Laskari family and the last senior family physician from the Parsi community. He was the third generation of the Parsi



family dedicated to medical service. He was very soft-spoken and a down-to-earth personality. It is a big loss to the family physicians fraternity in the city."

"Dr. Laskari had cars at his disposal, but would prefer travelling on the moped. For the last 150 years, the Laskari family have served the people of the walled city through their medical expertise," added Dr. Kapadia.

Jamshed Dotiwala, president of Surat Parsi Panchayat said, "Dr. Laskari's demise is a big loss to the Parsi community. He was the trustee of the Parsi panchayat for many years and belonged to a family who donated their properties for the development of the city. The Indian Medical Association (IMA) hall in Mughalsarai is donated by Dr. Laskari."

Dr. Laskari was always there to help the community members in difficult times. He was a humble man and will be greatly missed. May his soul attain Gorohtman Behest.

CONGRATULATIONS

Mrs Shehnaz Paurush Billimoria, Principal (I/c.), Dinshaw Daboo Law College, Navsari received her Ph.D. degree from Veer Narmad South Gujarat University, Surat. She completed her Doctorate in the Faculty of Law, with her Thesis entitled, " Arbitration: as one of the effective modes of Alternate Dispute Resolution," under the Guideship of Dr. J. T. Desai Sir, Former Dean, Law Faculty, Veer Narmad South Gujarat University, Surat.



Dr Shehnaz Billimoria is a Chairman in Board of Studies (BOS), Law of Crimes & Obligations; Member of RAC and Examination Committee at Veer Narmad South Gujarat University, Surat. She serves as a Trustee at Traffic Education Trust, Navsari. She has presented and published her Research Papers in various International, National and State Level Seminars / Conferences / Workshops / Journals. Dr Shehnaz has a Brilliant Academic Record even during her LL.B. and LL.M. and has earned a Gold Medal from the auspicious hand of the then President of India Late Dr. A. P. J. Abdul Kalam Sir for securing University First Rank in LL.B. from Veer Narmad South Gujarat University, Surat. She has also cleared her GSLET exam which is to be noted.

Dr Shehnaz Billimoria strongly believes that 'Hard Work is Happiness' and 'God helps those who help Themselves.' She is indebted to her parents Mrs Bakhtaver Mehernosh Todiwala and her in-laws Mrs Sunnu Dhanjisha Billimoria for their continuous Encouragement and Support. She is blessed with Twins, a Son Arshaan and a Daughter Anaisha who are two years and six months now.

29th Year Of Muktab Celebrated In California



By Er. Zarrir Bhandara

I sincerely thank you all for your participation in the solemn Muktab ceremony thus making our efforts more worthwhile, and for giving us the opportunity to advance spiritually by satisfying your spiritual needs for the 29th Muktab ceremony in Southern California, and the 4th at our ZAC Atashkadeh. For the previous 25 years, the Muktab ceremonies were conducted at our home (Bhandara residence), it was also my 48th year in a row of doing the Muktab prayers.

During these holy days of Muktab we performed the prayers including 41 satums; 4 satums/day for 10 days plus a farewell Satum on the night of the 5th Gatha; 16 Jashans/ Afringans, 1 afargan on Ashishwangh roj, 1 Jashan/ Afringan per day for 10 days.

The Hamaspathmaedhem Gahambar Jashan was held in the morning on the 4th Gatha and a New Year Jashan on Navroze morning; with the Rapithwin Jashan on Ardibehest roj and the Khordadsal Jashan.

10 Farokhsis 1 Farokshi/day for 10 days: This year again, Er. Zerkxis performed 22 Baaj ceremonies (one of the inner liturgies, a Pav Mehel Kriya within the family of the Yajashne,

Vendidad, and Nirangdin). We are the only community outside India to have this ceremony performed regularly. The Boi was offered to our Atash Padshah 5 times a day.



We remembered and prayed over 550 names of our dearly departed loved ones, with 45 vases plus the Hama Anjuman vase.

These and all religious/spiritual services are provided on an honorary basis by the Bhandara father and son duo - Er. Zarrir and Er. Zerkxis Bhandara



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

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

Heartiest Congratulations to our Young Guns....

Confident Keyan!

Keyan Dantra, from St. Mary's School, cleared his tenth ICSE Board exams scoring an amazing aggregate of 89.73%. The son of proud parents - Rukhshana and Boorzeen Dantra - 16-year-old Keyan has set his sights on becoming an entrepreneur and has started towards his journey by opting for the Commerce field to pursue his goal. Keyan is very passionate about bikes and would like to also be an ace biker!



Marvellous Manashni!

Manashni Rohinton Umrigar, from Mumbai's J B Vachha High School, scored a fabulous 94.2% in her SSC Board exams. The daughter of delighted parents, Aban and Rohinton Umrigar, Manashni is an all-round achiever. The Senior Head Girl of her school excelling in academics and sports, Manashni has won accolades at the national level in Judo and Karate. She has opted for the Commerce stream and plans to pursue a career in Chartered Accountancy / Finance.



Shehnaz Billimoria Awarded Doctorate

Shehnaz Paurush Billimoria, Principal (I/c.), Dinshaw Daboo Law College, Navsari, was awarded her Ph.D. degree from Veer Narmad South Gujarat University, Surat. She completed her Doctorate in the Faculty of Law, with her thesis titled, 'Arbitration As One Of The Effective Modes Of Alternate Dispute Resolution', under the guidance of Dr. J T Desai, Former Dean, Law Faculty, Veer Narmad South Gujarat University, Surat.

Dr. Shehnaz Billimoria is the Chairperson in Board of Studies (BOS), Law of Crimes and Obligations; Member of RAC and Examination Committee at Veer Narmad South Gujarat University, Surat. She serves as a Trustee at Traffic Education Trust, Navsari.

She has presented and published her research papers in various international, national and state level seminars, and journals. Dr. Shehnaz holds an excellent academic record and was awarded a Gold Medal by the then President of India, Late Dr. A P J Abdul Kalam for



securing the first rank in LLB in the Veer Narmad South Gujarat University. She has also cleared her GSLET exams.

Shehnaz strongly believes that 'hard work is happiness' and 'God helps those who help themselves'. The mother of twins, Arshaan and Anaisha, she credits her success to her parents - Bakhtaver and Mehernosh Todiwala and her in-Laws Sunnu and Dhanjisha Billimoria, for their constant encouragement and support.

Farhad Sahiar Awarded John A. Tamisiea Award By AMA

On 26th August, 2020, Farhad Sahiar, M.D., M.S., FASMA, received the 2020 John A. Tamisiea Award for his dedication to the advancement of aerospace medicine, by the Aerospace Medical Association (AMA). His career has spanned many years and many facets of aerospace medicine and his contributions to this field have been substantial.

This award was established and sponsored by the Civil Aviation Medical Association in memory of John A. Tamisiea, M.D. The award is given annually to an aviation medical examiner or other individual who has made an outstanding contribution to the art and science of aviation medicine in its application to the general aviation field.

Since 2015, Dr. Sahiar has been the Manager of the Medical Officers' Branch at the FAA, Civil Aerospace Medical Institute in Oklahoma City where he supervises a team of Medical Officers processing tens of thousands of Special Issuances annually. He is responsible for administration and review of cases at the Federal Air Surgeon's (FAS) Cardiology Panel. Since 2014, he has directed the FAS Neurology Panel reviewing hundreds of complex neurology cases. In 2015, he received the FAA-Soaring Eagles award for his contributions to the Neurology Panel and in 2016, he received the FAA, Civil Aerospace Medical Institute's Leader of the Year award.

Dr. Sahiar earned his medical degree from the Armed Forces Medical College (AFMC) S-batch, Pune, India in 1985. During his 5 years' service in the Indian Air Force, he completed additional training at the Institute of Aerospace Medicine, Bangalore. He served as a flight surgeon and his responsibilities included providing medical care to flight crews operating in remote and unforgiving environment of the Himalayas. He returned to AFMC for residency training in Anatomic and Clinical Pathology.

In 1993, Dr. Sahiar completed aerospace medicine residency training from Wright State University (WSU),



Dayton, OH, as well as earning his Master of Science degree. He received the Antoine St. Pierre award from the International Academy of Aviation and Space Medicine and the Graduate Student Excellence award from WSU.

Dr. Sahiar served as the Director, Division of Aerospace Medicine; Program Director, Aerospace Medicine residency program; and Director, Aerospace Medicine Master of Science program at WSU, Boonshoft School of Medicine where for more than 20 years he trained residents and graduate students from more than 35 different nations. Dr. Sahiar continues to teach residents from the United States Air Force, Army, Navy, and other international military and civilian residents during their rotation at the FAA.

Dr. Sahiar is a Fellow of the Aerospace Medical Association, Fellow of the Civil Aviation Medical Association, and an Honorary Life Member of the Brazilian Society of Aerospace Medicine. He has written several scientific publications and presented at national and international meetings. He is a Life Member of the Space Medicine Association and the Indian Society of Aerospace Medicine. Dr. Sahiar is board certified in Aerospace Medicine. He holds a private pilot certificate with instrument rating and enjoys collaborating and flying with fellow pilots.

Goodbye Indigestion, Constipation & Acidity With Pureganic!

Team Pureganic is getting several requests from customers seeking much needed relief from indigestion, constipation, gas and acidity due to stress, work pressures, untimely meals, lack of sound sleep, leading to disturbed body & mind.

Pureganic Bilona Gir A2 Cow Desi Pure Ghee is made in a traditional way (by fermenting the cream, to create good bacteria which improves gut/digestive health, aids digestion & has many medicinal properties). Loaded with vitamins A, D, E & K, it strengthens intestines & improves metabolism. It also helps in prevention and cure for painful piles & fissures. Ghee, which has a very high smoke point, which when used for frying, does not release free radicals, making it a very powerful anti-cancer, anti-ageing substance, thereby reducing oxidative stress, in the body.

By warming Ghee in Bronze (Kansa/ Katori) & applying/massage on the sole of feet, helps to detox whole body, thereby preventing constipation, acidity & indigestion, with increased immunity, for all age groups. Ghee is highly recommended for pregnant

women. Bilona Ghee is available in weight of grams/Kg (250 gms, 500 gms & 1 Kg) and not in litres, which is 10% more in quantity, giving direct benefit to customers.

Pureganic Wheatgrass Tablets & Powder is an excellent natural source of vitamin B12, which helps combat blood & digestion related disorders such as Thalassaemia, Leukaemia, Cancer, Anaemia. It also controls blood sugar & cholesterol levels, prevents Constipation, acidity, piles (Haemorrhoids), ulcers, arthritis & relieving gout. No wonder, Wheatgrass is called "Green Blood".

Pureganic also offers Chia Seeds, an excellent remedy for acidity, indigestion & weight loss. Mixed Seeds made by Pureganic is a superfood which is antioxidant, low calorie snack, high in potassium, zinc & other minerals.

For detailed brochure, price & availability of Pureganic natural food Products, please Whatsapp/SMS - 9820812244 (Free Home delivery at Mumbai).

Advertorial

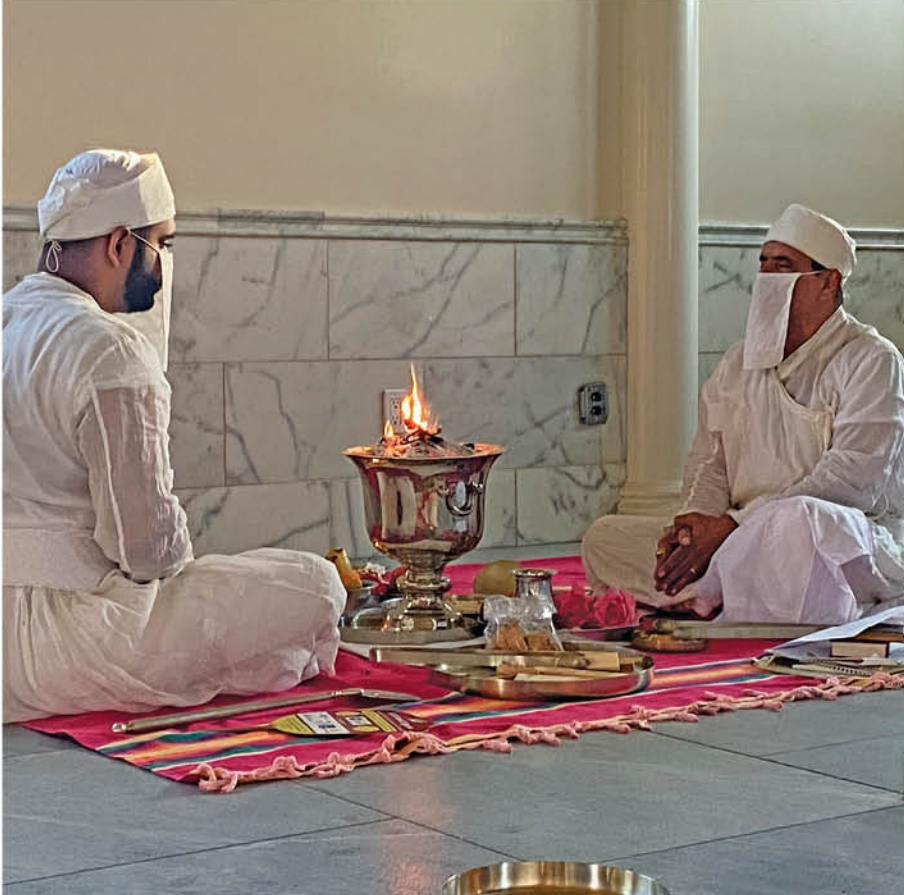
Happy Birthday

(08.09.2020)

Our Lady Of Vailankanni - Pray For Us

Diana Edulji -
Family & Friends.

ZAC Holds Farvardegan Jashan In California



The Zoroastrian Association of California (ZAC) celebrated the auspicious Farvardin Parabh on 3rd September, 2020, with a Farokshi and a Jashan, accompanied by a brief talk on the significance of this day. At 5:30 pm, a Hama Asho Farohar Jashan was performed by the famous and much loved father-son duo - Er. Zarrir and Er. Zerkxis Bhandara, after reciting the Farokshi prayer in the presence of about ten Parsi Zarthostis. The event was also streamed live over Zoom for the benefit of the rest of the community.

After the Jashan, Er. Zarrir enlightened the participants with an interesting talk. He said, "As you know, we performed the Farvardin Mah Farvardin Roj Jashan, which is dedicated to our dear departed Farohars, but what do we understand about the term 'Farohar' or 'Fravashi' in Avestan? Fravashi is our guardian angel - our spiritual counterpart in the spirit world. We are all spiritual beings, temporarily residing in physical bodies.

Fravashi is one of the five constituents of man, it is our guardian angel, our direct contact to help, grant us boons. The other 4 include - 'Uraavan' or our soul; 'Kehrpa' or our astral body; 'Tanu' or our physical body; and 'Ushta' or our breath. Hence, with the Farohars of our dear departed ones, we also remember all

Fravashis on this day.

In Farvardin Yasht, which is one of the oldest and longest Yashts comprising 157 verses and is a part of our Farokshi prayers, we remember 9,999 Fravashis."

He also spoke of his friend, Professor Dr. Touraj Daryayee, Director of Jordanian studies at the University of Irvine in California, who shared a striking similarity portrayed in the award-winning Disney movie, 'Coco', which resonated with our in the life hereafter in a humorous way. "Please, do watch this spiritually entertaining movie, in which the importance of dogs is also portrayed," said.

Er. Zarrir further explained that the first part of Farvardin Yasht is dedicated to the Fravashis in general and the second part to the Fravashis of well-known men and women and Kings of our Religion. It glorifies the power and attributes of Farohars. When we are in need of anything in difficult times, they swiftly come to our rescue; they protect and sustain our Earth and all its creations, thus renovating our world.

Concluding on a positive and hopeful note, Er. Zarrir Bhandara said, "Hence, starting today, I feel our world is renovating and a positive era has been ushered in."

WZO Trusts' Update On Covid Welfare Initiative



DINSHAW TAMBOLY

WZO Trust is pleased to inform donors, well-wishers and community members, an update of the various relief and rehabilitation measures undertaken by the World Zoroastrian Organisation Trust Funds, as on August 31, 2020 towards alleviating distress caused due to the Covid Pandemic amongst our community members in India.

Update: 31 August 2020



THE WZO TRUST FUNDS THE WORLD ZOROASTRIAN ORGANISATION TRUST

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

Items	Total beneficiaries	Amount Rs.
Food Grains Distribution	715	37,67,390
Financial Support towards economic distress	727	1,42,59,365
Hospitals	2	40,00,000
1. Masina Hospital, Mumbai.		
2. D. N. Mehta Sarvajanic Hospital, Navsari.		
TOTAL	1,444	2,20,26,755

By Dinshaw K. Tamboly;
Chairman,
WZO Trust Funds

PARSI TIMES *PT Timeout*

The Bawa Word Search

Search out the following 16 Different Kinds of Women's Shoes hidden in the word-jumble box below, in bi-directional, horizontal, vertical and diagonal forms:

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

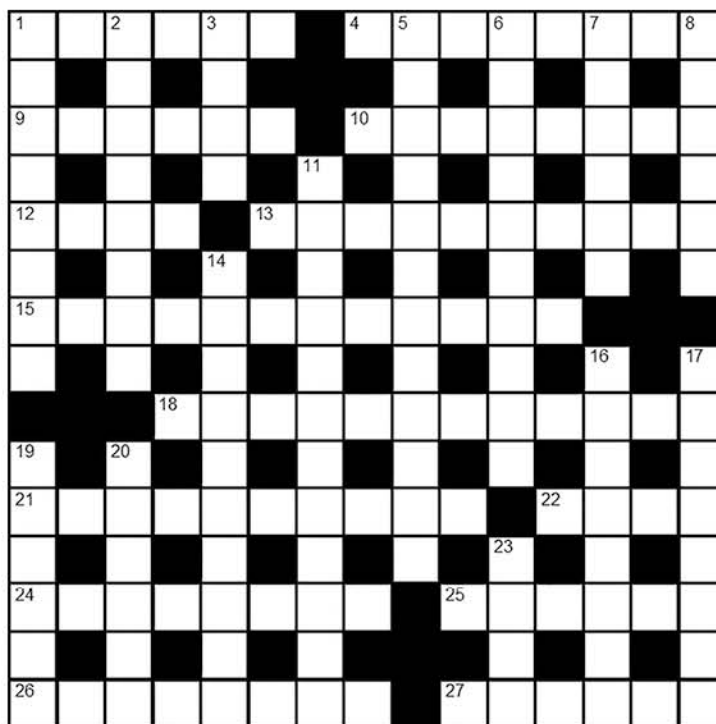
- | | | | |
|--------------|-----------|-----------------|---------|
| Stiletto | Pumps | Gladiators | Wedges |
| Flip Flops | Platforms | Ballerina Flats | Loafers |
| Kitten Heels | Gumshoes | Peep-toe Shoes | Clogs |
| Moccasin | Trainers | Ankle Boots | Brogues |

HOW MANY WORDS?

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

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

BAWAJI BHEJA FRY



ACROSS

- Mocha or latte? (6)
- ___ property : not real estate? (8)
- Prayer ___ Baj (6)
- Long coloured strip of festive paper (8)
- Part of a ship (4)
- Emphasise (10)
- Cordially and heartily? (4,4,4)
- Explaining; elucidating (12)
- Australia's ex-cricket captain (5,5)
- Departed (4)

- Repudiate; disown (8)
- Short scarf or necktie (6)
- Cheapest shipboard accommodation (8)
- Crossbreed (6)

DOWN

- Thrown to the ground (4,4)
- Brutality, frenzy or rage (8)
- Make less painful (4)
- Storming about (2,3,7)
- Equable disposition (4-6)
- B in BPP (6)
- Spookier (6)
- Going faster or speeding up (12)
- Adviser (10)
- Devote; stop or desist, colloquially speaking (4,4)
- Stirred violently? (8)
- Stage whispers (6)
- One to whom a lease is granted? (6)
- Quarry (4)

WINNING CAPTIONS!!!



Trump: Don't you think Melania looks Chinese?
 Xi: Don't you think your tie looks ridiculous?
 By Viraf P. Commissariat (CT, USA)

CAPTIONS THIS!



Calling all our readers to caption this picture!
 The wittiest caption will win a fabulous prize!
 Send in your captions at editor@parsi-times.com by 9th September, 2020.

TechKnow With Tantra

Indian Air Force: A Cut Above



The Indian Air Force has come up with a gaming App which allows aspirants to experience first-hand, the roles of an IAF air warrior, as well as means to apply and appear for recruitment from the comfort of his home. The gaming option has various features, including offline single player missions, an online multiplayer sorties with various augmented reality features. Single player missions allow players to fly a wide arsenal of IAF's aircraft assets. You're taught how to handle a high performance aircraft via a tutorial mission. The engaging and high action missions follow, allowing users to experience air power of the IAF, including support to other arms of the Indian Military, as well as aid to civil authorities in the form of Humanitarian Assistance and Disaster Relief. In the multiplayer option, players can engage with other like-minded players over the internet. It also has links to the career page of the IAF, which makes it easy for aspirants to apply for a career in IAF.



Android: <http://bit.ly/31ea7oN> iOS: <https://apple.co/2YFbjUC>

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

BAWAJI BHEJA FRY ANSWERS Across: 1 Coffee, 4 Moveable, 9 Sarosh, 10 Streamer, 12 Deck, 13 Accentuate, 15 With open arms, 18 Interpreting, 21 Steve Wozniak, 22 Went, 24 Disclaim, 25 Crowdfund, 26 Stearage, 27 Hybrid. Down: 1 Cost down, 2 Feocity, 3 Ease, 5 On the rampage, 6 Even-temper, 7 Bom-bay, 8 Eater, 11 Accelerating, 14 Counsellor, 16 Give over, 17 Agitated, 19 Asides, 20 Lessee, 23 Prey.

Happy Teacher's Day!



BINAISHA M. SURTI

Talented, Efficient, Amazing, Caring, Helpful, Empathetic and Respected are the exact terms that describe the word **TEACHER**. Teachers are the guiding force in a child's life that shapes their destiny. On the wonderful occasion of Teacher's Day, Parsi Times Reporter, **Binaisha M. Surti**, brings you a special feature where we pay tribute to some of these great architects of children's futures, who polish our raw talents, identify and nurture our true potentials, and make us what we are today!

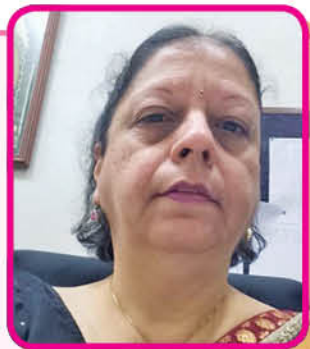
Every year on 5th September, students look forward to celebrating the special occasion of 'Teacher's Day' and showing gratitude and heartfelt appreciation for our dear teachers and mentors who mould and shape our lives, and along the way, build a positive relationship that lasts a lifetime. A teacher truly empowers students to think and make decisions for themselves while also making sure, they have understood life's basic concepts. They are students' parents away from home, acting as their guiding light and motivating them to bring out their best for the world to see.

This year, the conventional celebrations will be given a miss, though many schools have ensured that 'Teacher's Day' festivities will be celebrated on the virtual / online platform. Our Teachers have proven to be our heroes during this crisis, as their lives have turned into a roller coaster ride - we salute and thank them for managing and juggling several responsibilities as well as ensuring

that children are on track and their flow of education has not suffered. Teaching online is way more a tedious task than physical school. Terms such as share screen, downloading, uploading, editing, corrections, webinars and conducting online tests have replaced sharing a desk and snacks with friends, playing games at school, watching your teacher use the chalk and duster, etc. Students miss how their teachers looked, taught, gestured, spoke and advised on matters related to our syllabus or just life in general.

We thank all our teachers for being a part of our journey. Our very own Parsi Community is blessed with gifted jewels in the teaching profession, adding value to so many lives. Parsi Times caught up with a few of our much-loved and respected educators, as they share their experiences of working with children and the current scenario that the teaching world is facing.

Diana Marfatia, Principal of Bai A. F. Petit Girls' High School, says, "I've been in the educational field for 35 years now - there's no better profession than ours... I say this because we deal with children who are vibrant, excitable, intelligent and forward looking. Their needs and wants keep pushing you to innovate and excel. In turn, our reward is the students' selfless love, respect and friendship. Since the commencement of synchronous virtual teaching-learning, which started from June at our school, the journey has been exhilarating and exciting. There were moments of uneasiness and trepidation, but every single staff member at Petit has risen to the occasion and taken the challenges on bravely and positively. We have thus migrated to imparting education to our students on the remote platform very smoothly and effectively."



Zarin Rabadi, Principal of Bai M N Gamadia Girls' High School shares, "This virtual experience has been a new learning for both teachers and students. There have been a few niggles of distant learning, but with constant usage, a large part of the demerits got mitigated. Sharing my mantra for success with the students - the faster we adapt to the new technology and respond, the better for us, as the new normal would definitely be different post the pandemic."



Role model to many students with 37 years of teaching experience and still going strong, **Dr. Yasmina Dordi Avari, Associate Professor, Research Guide and Head (Retd.) Department of Life Sciences, Jai Hind College** added "As a passionate fifth generation teacher, I feel being patient, encouraging, open minded and non-judgemental allows students to develop their emotional intelligence. Teaching methods have been evolving with time because students too are evolving. I find class room chalk and talk more fulfilling as 'more interaction' and 'eye contact' between teachers and students is an aspect missing in the virtual system."

Lanavaz Cooper, an outstanding and dedicated educator concludes, "Teaching is something I've been passionate about since I was a teenager! Over the past 30-plus years, it's been very fulfilling to see my students progress, grow and do thorough justice to their protentional - all culminating into holistic, success stories. I'm in touch with most of my ex-students too, who maintain a warm and friendly rapport with me. Today, I miss the atmosphere of fun, warmth and comfort which I had with my students when we had physical classes going. Online classes pose a challenge as we cannot keep a proper watch on all kids at the same time and one does not get the same feeling of being with them physically."



An educator par excellence for the last 30 years, Veera Shroff Sanjana says, "I have been incredibly fortunate to teach and touch young minds and hearts over the years. There is something very special about the teacher-child relationship. For instance, my first pupil is endearingly special not just by virtue of 'that fact', as over the years she has become my closest friend. Now married and a mother of a smart boy, life took a full turn when I taught her little one too! 2020 has undoubtedly changed the way we work and play. Perhaps no other field has felt the full force of its devastatingly transformative impact as education has. Within a span of months, we have seen a whole new transition."



Teacher's Day Greetings

Team Parsi Times, on behalf of all the fortunate students who have been blessed with fab teachers, appreciates and thanks all our wonderful and hard-working educationists and wishes you all a very Happy Teacher's Day! You are indeed the light in our lives that helps us shine bright! PT Reporter, **Binaisha M. Surti**, is delighted to share some special wishes by our community's youngsters who wish to thank their dynamic teachers!

"To those who taught us ABC
And work on so tirelessly,
From school-work to life-lessons they've covered it all,
Teaching us to get up after every fall.
With Knowledge as broad as the sea,
Striving to make us the best we can be,
For painting our lives in this wonderful hue,
From the bottom of our hearts, we say - Thank You!"



- Diana Tantra (Bai A F Petit Girls High School)

"Teacher's Day is synonymous to every single day of our lives. They are the ones who develop young minds into responsible citizens of the nation. Our nation has progressed and prospered all thanks to the efforts of our teachers who put their heart and soul into enlightening us students. My sincere gratitude to all my lovely teachers."



- Armaan Rustonji (Campion School)

"Teachers play a significant role in shaping our future. They teach us good values, constantly encourage us to take on new responsibilities and help us express ourselves. In these times, my teachers have played a fabulous role, enabling us to adapt to any challenge. Thank you for not only teaching us to count, but more importantly teaching us what counts."



- Yazad Wadia (Maneckji Cooper Education Trust School)

"What a teacher is, is more important than what he teaches - Karl Menninger. Having an occasional laugh with us students or advising with personal or career related issues while also teaching us our syllabus is what makes my teachers very special. Happy Teacher's Day to all of them."



- Thianne Mistry (JB Petit High School)

"Teachers are the ones who correct us when we are wrong, they prepare us to climb the stairway of life. They are not only our mentors but also our friends, philosophers and guides. We always appreciate all that you do for us. Happy Teacher's Day!"



- Hushrav Fitter (Maneckji Cooper Education Trust School)

"My school teachers are a flame of light that illuminate young minds. I was a little apprehensive at first about online schooling, but their patience, compassion, politeness and love for all of us gave me the courage to overcome my fears. I appreciate each and every teacher from around the globe for all their efforts and hard work. I bow down in respect to you on the occasion of Teacher's Day."



- Miron Shroff (St. Mary's School)

"Teachers are torch-bearers of knowledge and wisdom, shaping the lives of innumerable students. They are our guardians at school guiding us and making us bold and confident. Our future brightens with each lesson taught and each goal they help us reach. They are worthy gems as you will find none like them. They leave their footprints not only in our hearts but also in our thoughts for a lifetime."



- Miron Shroff (St. Mary's School)

"The world came to a standstill but not our education only because of our teacher's relentless efforts to ensure that each and every one of us was learning and gaining knowledge from the comfort of our homes. They are the ones who focus on our overall development as well as academic performances. I am so blessed and thankful to have wonderful teachers who have made a big difference in my life."



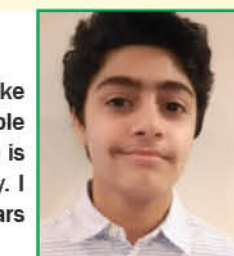
- Minaish Rustonji (JB Petit High School)

"Our teachers are God-sent angels on earth, not only to teach but to also mould us into stronger individuals. They are indeed humans who have the super-power of teaching. To all my dear teachers, thank you for all that you have done for me."



- Kiana Tantra (Bai AF Petit Girls High School)

"Happy Teacher's Day to all my lovely teachers who are like my second set of parents at school, as they are responsible for all my accolades and success. Their influence upon me is everlasting and has shaped me into the person I am today. I thank them for being great educators, influencers and pillars of support."



- Vivaan Mehta (Edubridge International School)

"5th September is a day we celebrate, appreciate and honour our teachers. During normal school we would all be involved in different kinds of activities but this year things will be different. Nevertheless, we shall still make this day special for all our educators. The role teachers play is very important in our lives. We always strive to do our best and make our teachers proud."



- Parmys Mahernosh (Bai AF Petit Girls High School)



Death - Then And Now



RUBY LILAOWALA

In the ancient civilizations of 'Mu' and 'Atlantis', there were certain rules and practices on death, with details of breath-control, mind-control and guiding the 'last-thought'. In ancient Egypt, occultists could predict whether it was time to 'to fight for life' or 'let go and die' for their Pharaohs. In the Mayan civilisation, initiates were taught to go over i.e. to die in full consciousness.

Tibetan Lamas and our Indian *Hrishis* and *Munis* knew the art of conscious-dying. *Hrishis* took '*jal-samadhis*' i.e. they immersed themselves in water, while chanting the lord's name when their time came. Lamas sat in the lotus-pose of yoga at the final hour, chanting the Tibetan maha-mantra - '*Om Ma-Ni-Padme Hum*'. It is said that Zoroaster, our prophet, had a conscious birth -he smiled at birth, perhaps because he understood this silly drama called life!

It requires time, patience, dedication and courage to have a conscious death. Sometimes, even an initiate is tempted, in which case, all the higher Lamaic teachings and various mystic and occult teachings that the initiate acquired over the past several births are wasted.

Over the last few years, there have been several books on death. It seems as if the ancient memories of 'guiding the dying' over the last few days of life are stirring once more. In ancient Egypt, death-guides were called '*psychopompoi*' and were selected from the priestly-literature of Anubis, Persephone and Hermes. Their work concerned only the guidance and the recently dead.

It's possible that modern authors, who write on death, were once a part of the Egyptian *Psychopompoi* Mystery Group, and they have reincarnated on earth to spread this knowledge once more. I say this because while I was studying the theory of reincarnation, it struck



me that there is a 'cluster-phenomenon, or 'group-karma', in nature which defies explanation. At frequent periods in history, several geniuses appear (incarnate) at the same time, usually knowing each other. Their fame lasts through centuries. Then a century or two later, another cluster of transcendent, talented men dominate the scene, and like comets, disappear, their like not to blaze across the horizon for hundreds of years.

Shakespeare and Bacon were an unforgettable example. Leonardo Da Vinci and Verrocchio worked together. During their lifetime, Michaelangelo and Raphael vied with each other in exhibitions. Da Vinci and Michaelangelo compared their work in Florence in 1504. Two centuries later, it was Mozart, Haydyn, Beethoven and Shubert. A century later, we had Liszt, Brahms and Schumann. While the field of literature was followed by art and music, the philosophical field was taken over by Voltaire, Rousseau and Diderot.

I have often pondered on the extraordinary coincidence of such towering American statesmen as Thomas Jefferson, George Washington, John Adams, Alexander Hamilton and Benjamin Franklin being available simultaneously at the birth of their Republic. Was it a coincidence or had they decided to reincarnate as a group to establish a free nation?

Then again, what about the early 19th century which produced such a glittering

array of poets and philosophers like Ralph W. Emerson, Bryant, Henry Thoreau, Longfellow and Walt Whitman? An accident? No. In nature, there are neither accidents nor coincidents. Rather, groups of souls reincarnate to develop their talents to the highest peak, whether that talent is for writing, painting, music, mathematics, statesmanship, guiding the dying or whatsoever. Unfortunately, our modern world, with its emphasis on so-called progress, taste, greedy acquisition of goods, enjoyment at all costs and getting to the top, social-climbing and utterly false values, leaves no time for people to think of death.

Death held a lot of dignity in the olden days because it was accepted as being part of life. Today, medical profession has pushed back the boundaries of death and added years of life to our expectancy, but the attitude is very different and very wrong. In earlier days, the very old and the very ill were allowed to 'drift-off' quietly and very peacefully towards death in their own homes, with their loved ones around them, occasionally addressing a comforting word to the person lying still in bed. The sense of hearing, always the last to fade away, was thus kept alive, giving the old person a feeling of being loved and cherished right to the last moment. How different and cruel it is today. Old persons are, in many cases, taken by force from their much-loved homes where they lived all their adult lives (and where they feel safe) to be placed in a hospital. Once there, they

deteriorate rapidly because there is no love and no mental or emotional stimulation.

There's no family, friends or neighbours - only strangers (however kind they may be) in the garb of doctors and nurses.

Thus, the last few days of an old person who wants to die peacefully at home are spent in an anonymous hospital bed with overworked doctors and busy nurses who do their best. But the dying is often done alone. Death which should come as a friend, comes instead in the form of tubes, syringes, harsh lights, catheters, pampers and isolation. What a sad way to exit when an incarnation ends, just because today, death is seen as simply another barrier to push back. What our modern science cannot cure, it prolongs.



In loving Memory of Ervad Nariman Pirojshah Dalal



03/01/1943 - 10/09/2019

On the First Death Anniversary of my dearest Husband, and was Panthaki Saheb of Framroze Nasserwanjee Patel's Mazgaon Agiary, Mumbai.

I his Wife, Relatives, Trustees of F. N. Patel Mazgaon Agiary Trust and friends pray from our heart for peace to His great Soul and his blessings shall always remain in our hearts and adcknowledged his service. We, take this opportunity to thank him for being the guiding light in our lives. He selflessly served to the ATASH PADSHAH Saheb of Mazgaon Patel's Agiary for 55 years and devoted his entire life.

We, once again bow our Head in respect of His great Soul and pray for Him.

Ameen!! Yours everloving Bakhtavar, Family, Friends & Trustees of F. N. Patel's Agiary Trust



પારસી ટાઈમ્સ

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THE TRUTH. DELIVERED WEEKLY.

ધર્મશાલાનો આઈકોનિક નવરોજી જનરલ સ્ટોર ૧૬૦ વર્ષ પછી બંધ થઈ રહ્યો છે



ધર્મશાલા (હિમાચલ પ્રદેશ) માં મેકલિયોડગંજ શહેરના મધ્યમાં સ્થિત છે અને તિબેટી આધ્યાત્મિક નેતા દલાઈ લામાના ઘરથી માંડ એક કિલોમીટર દૂર સ્થિત આઈકોનિક 'નવરોજી એન્ડ સન્સ જનરલ મર્ચન્ટ્સ' ૧૬૦ વર્ષ સુધી રહેવાસીઓ અને પ્રવાસીઓને સેવા આપીને, સપ્ટેમ્બરમાં બંધ કરવામાં આવી રહ્યો છે. કેટલીયે પેઢીઓથી પારિવારિક વ્યવસાય તરીકે ચાલતા સ્ટોરનું સંચાલન પરવેઝ નવરોજી કરે છે, જે પારસી પરિવારની છઠ્ઠી પેઢી છે. પરંતુ ઘંઘા અનિવાર્ય થઈ ગયા જેના કારણે દિલ્લી સ્થિત નવરોજીને હિમાચલ પ્રદેશના બ્રિટીશ યુગના સૌથી જૂના સ્ટોરને વેચવું પડે છે.

પરિવાર ઘંઘાને બંધ કરવાની તૈયારીમાં છે. તેમ છતાં સ્ટોર-કમ - રહેઠાણમાં સુકાન પર નવરોજી પરિવારની છ પેઢીઓ જોવા મળી છે, નૌઝર નવરોજી સૌથી વધુ લોકપ્રિય હતા અને ૨૦૦૨માં તેમના મૃત્યુ પહેલાં ૬૦ વર્ષથી વધુ દલાઈ લામાના મિત્ર હતા.

નૌઝરના નાના પુત્ર અને દિલ્લી સ્થિત માલિક પરવેઝ નવરોજી, જે એક ખાનગી કંપનીમાંથી નિવૃત્ત થયા છે અને ૨૦૧૦થી કેરટેકરની મદદથી દુકાન ચલાવતા હતા, તેમણે કહ્યું કે, 'તે સખત નિર્ણય રહ્યો છે, પરંતુ કેટલીક વાર તમારે વસ્તુઓ છોડી દેવી પડે છે.' મોટો પુત્ર કુરુષ નવરોજી પશ્ચિમ બંગાળમાં ચાના ઘંઘાનો માલિક છે. હાલમાં પરવેઝ અને કુરુષ પોતાનો સામાન એકત્રિત કરવા અને ઘંઘો લપેટવા માટે મેકલોડગંજમાં

જોકે હાલમાં દુકાન અખબારો, સામયિકો અને કન્ફેક્શનરીનું વેચાણ પણ કરે છે, તે તેમનું જૂનું-વશીકરણ જાળવી રાખે છે, જે પહેલાના યુગના અવશેષોનું પ્રદર્શન કરતાં હતા. લાકડાના બંધારણમાં રાખવામાં આવેલ પ્રાચીન વસ્તુઓ છે, જેમાં પેટ્રોમેક્સ ટ૩૫ સ્પેશિયલ શામેલ છે, જે જર્મન બનાવટની લેમ્પ છે. પાસિંગ શો, કેવેન એ અને નંબર ટેન વર્જિનિયા જેવી આયાત કરેલી સિગારેટ બ્રાન્ડ, બ્રિટિશ યુગના જાહેરાત પોસ્ટરો, બ્લુ બર્ડ ટોફિઝ અને જૂની વાઈન અને બીયર બોટલ પણ ઉપલબ્ધ છે.

નવરોજી વાયુયુક્ત પીણા અને ખનિજ જળનું ઉત્પાદન કરતા હતા અને વાઈન, કરિયાણાની બ્રાન્ડ, બેકરી ઉત્પાદનો, તમાકુ વગેરે વેચતા હતા. સ્ટોરનું બંધ થવું એ સ્થાનિક રહેવાસીઓ માટે દુખદ ક્ષણ છે. સ્ટોરની સામે એક બુક શોપ અને ટૂર અને ટ્રાવેલ બિઝનેસ ચલાવતા ૫૮ વર્ષિય પ્રેમ સાગર કહે છે, 'આ સ્ટોર ઘણી ઐતિહાસિક ઘટનાઓ અને ધર્મશાળા અને મેકલોડગંજના નગરોના વિકાસમાં સાક્ષી છે.' અન્ય એક રહેવાસી, કુલ પ્રકાશ શર્મા, ૫૦, જણાવ્યું હતું કે, 'અમે આ સ્ટોર ને ભૂલી નહીં શકીએ જે મેકલોડગંજ સાથે સમાનાર્થી છે. મારી પાસે આ દુકાનમાંથી લીધેલ લેબલ્સ અને સ્ટીકરોનો સંગ્રહ છે. તેઓ હવે સંભારણું બનશે. મેં સાંભળ્યું છે કે લાકડાનું બંધારણ જલ્દીથી ખતમ થઈ જશે.'

ખોરદાદ યશ્ત, ખોરદાદ અમેશાસ્પંદ - 'ધ પરફેક્ટ વન!'

પૂર્ણતા એ ફક્ત ભગવાનમાંજ હોઈ શકે છે - આપણે ફક્ત માનવ છીએ. ખોરદાદને અમેશાસ્પંદને હૌરવત અથવા સંપૂર્ણતા તરીકે પણ ઓળખવામાં આવે છે. ખોરદાદ આકાશ અને પાણીના શાસક છે, પાકના વિકાસમાં વધારો કરનાર છે. દિવસ દરમિયાન કોઈ પણ ક્ષણે આકાશ એકસરખું ન હોવા છતાં, તે દરેક સેકંડમાં સંપૂર્ણ છે. સમુદ્ર - ભલે તે તોફાનના લહેરાતા મોજા હોય અથવા શાંતિની મૃદુ લહેર, તે ભરતીની ગર્જના હોય વળતાં પાણીનો ઓછો અવાજ - તે સંપૂર્ણ છે!

ખોરદાદ યશ્તની અમારી પ્રાર્થના ટૂંકી યશ્તમાંની એક છે પરંતુ તેની અસરો ફાયદાકારક છે. આ યશ્ત ખાસ કરીને આપણા જ્યોતિષીય ચાર્ટમાં બુધ (બુધ) ના દુષ્પ્રભાવો સામે લડવામાં ફાયદાકારક છે. બુધ દ્વારા લાવવામાં આવેલા કેટલાક દુષ્પ્રભાવો જોઈને જ મને ખોરદાદ યશ્તના વાસ્તવિક ઉપચાર ગુણધર્મો વિશે આશ્ચર્ય થાય છે!

શ્રી સુભાષની તેમની જ્યોતિષ વેબસાઈટ પર લખેલી બુધ ગ્રહની પ્રકૃતિ વિશેની કેટલીક મૂળ માહિતી મેં અહીં શેર કરી છે:

'બુધ સારા શિક્ષણ, ઘંઘા, તીક્ષ્ણ બુદ્ધિ અને આનંદદાયક દેખાવના આશીર્વાદ માટે અને ગરમી-પ્રેરણારિત બીમારીઓ, સામાન્ય નબળાઈ અને હતાશાથી દૂર રાખવા માટે પૂજવામાં આવે છે. ગૃહસ્થ જીવનમાં પારિવારિક બાબતો પર પણ નજર રાખે છે. જો તે અનુકૂળ હોય, તો તે મનની શાંતિ, કમાણી, બુદ્ધિ, શિક્ષણ અને વ્યવસાય સાથે સંબંધિત છે. વૈદિક જ્યોતિષમાં બુધ તરીકે ઓળખાય છે, જાગૃત ભેદભાવશીલ બુદ્ધિ અને ભાગ જે આપણે જાણીએ છે.

બુધના રોગો: જ્યારે અસ્પષ્ટ હોય છે, ત્યારે બુધ કોનિક મરડો, કબજિયાત, પાચક અગ્નિનો અભાવ, ફેફસાના રોગો, અસ્થમા, બેચેની, કિડનીની સમસ્યાઓ, ભય, ન્યુરોસિસ અને ગાંડપણ આપે છે.

જો આપણામાંના મોટાભાગના લોકો જ્યોતિષીય અને આપણા જીવન વચ્ચેના સંબંધને સંપૂર્ણ રીતે સમજી શકતા નથી અથવા માનતા નથી, તો પણ આપણે ઉદ્દેખિત કેટલીક મુશ્કેલીઓ સાથે સંબંધિત રહી શકીએ છીએ. જ્યારે આપણે બીમાર પડીએ છીએ, ત્યારે આપણે કોઈ ડોક્ટર પાસે

જવા માટે સંકોચ કરીએ છીએ નહીં ને? એ જ રીતે, જ્યારે આપણા શાસ્ત્રોમાં સ્પષ્ટપણે કહેવામાં આવ્યું છે કે, કેટલીક પ્રાર્થનાઓ આપણા માંદગીને મટાડવામાં મદદ કરી શકે છે, તો પછી આપણે કેમ તે સ્વીકારવી જોઈએ નહીં?

સંપૂર્ણ યશ્તની પ્રાર્થના કરવાનું પ્રારંભ કરવું ચોક્કસપણે ઘણું શિસ્ત અને સમર્પણ લે છે. પરંતુ તમારે પોતાને પૂછવાનો સૌથી અગત્યનો પ્રશ્ન આ છે - હું કેટલું છોડવા તૈયાર છું જેથી હું મારી જાતને અથવા મારા કોઈ પ્રિયજનની માંદગીને મટાડી શકું. જવાબ પોતે જ આગળનો રસ્તો પ્રકાશિત કરશે. હું તમને નમ્રતાપૂર્વક વિનંતી કરું છું કે આપણા મંત્રમાં લીવિંગ અને પ્રકાશની વિપુલ સંપત્તિ હોવાથી, આપણે તેને આપણા જીવનમાં સમાવવા માટે એક બિંદુ બનાવવો જ જોઈએ. ખોરદાદ યશ્ત સંપૂર્ણતાનું કંપન છે - તે આપણા જીવનને બનાવી શકે છે - સંપૂર્ણ!

'સંપૂર્ણતા અસાધારણ વસ્તુઓ કરવામાં સમાવિષ્ટ નથી, તે સામાન્ય વસ્તુઓ કરવામાં અસાધારણ સારી રીતે સમાયેલી છે!' - આર્નોલ્ડ એન્જેલિક - ડેઝી પી. નવદાર



ઉચ્ચ વજનનું કરોના

કરોના વાયરસ સામે લડવાનું સૌથી અગત્યનું શસ્ત્ર આપણા પોતાના હાથમાં છે - આરોગ્ય અને તંદુરસ્તીના મહત્તમ સ્તરોને જાળવવા માટે જવાબદારી લેવી - તો જ વાયરસ સામે લડવામાં મદદ માટે રસીકરણ ઈચ્છનીય સલાયક તરીકે કાર્ય કરી શકે છે. પરંતુ લડકત છે કે આરોગ્ય અધિકારીઓ, વિશ્વવ્યાપી અને મોટા પ્રમાણમાં, એક રસી માટેની આવશ્યકતા પર ધ્યાન કેન્દ્રિત કરીને, લગભગ સંપૂર્ણપણે, કોવિડ-૧૯ યુદ્ધમાં તંદુરસ્ત જીવનશૈલીની ભૂમિકા વિશે સંપૂર્ણપણે અજાણ છે.

હું ચોક્કસપણે રસી વિકસિત થવાની તરફેણમાં છું, પરંતુ શું એક રસી ખરેખર જવાબ હશે? શું રસી આવ્યા પછી આપણે માસ્ક પહેરવાનું બંધ કરીશું? સામાજિક અંતર નહીં પાળવું પડે? કામ પર સુરક્ષિત રીતે જઈ શકીશું? પરંતુ આપણી પાસે એક એક રસી હશે, રિપ્લેસમેન્ટ નહીં. ઉચ્ચ જોખમવાળી આરોગ્યની સ્થિતિવાળા લોકોને માસ્ક પહેરવાનું ચાલુ રાખવું પડશે અને ૨૦૨૦ માં સંપૂર્ણતા માટે સ્વચ્છતા કવાયત ચાલુ રાખવી પડશે. પરંતુ સ્વરક્ષા વિકાર અને અન્ય જોખમોનો ભય હંમેશા રહેશે.

ચાલો એ લડકત સ્વીકારીએ કે સાર્સ કોવ ૨ એ આપણી આવનારી પેઢી દ્વારા અભ્યાસ કરવાના તબીબી અભ્યાસક્રમમાં એક ઉમેરો છે. એટલાન્ટિક ૪ ઓગસ્ટ, ૨૦૨૦ ના તેના લેખમાં આ બાબતની

સત્યતાને જણાવે છે, 'કરોના-વાયરસ ઈઝ નેવર ગોઈંગ અવે': એક પરિણામ હવે લગભગ નિશ્ચિત પણે દેખાઈ રહ્યું છે કે આ વાયરસ ક્યારેય દૂર થવાનો નથી અને આપણને કદાચ આખી જીંદગી આ વાયરસ સાથે જીવવું પડશે.

કોવીડ-૧૯નું ભવિષ્ય કેવું હોય શકે છે? તે વાયરસ સામે પ્રતિરક્ષાની શક્તિ અને અવધિ પર આધારીત છે. હાર્વર્ડના ચેપી-રોગ સંશોધનકર્તા, અને તેના સાથીદારોએ કેટલાક સંભવિત આક્રમણિકાઓનું મોડેલિંગ કર્યું છે તેમના પ્રમાણે જો પ્રતિરક્ષા થોડા મહિના જ ચાલે તો દર વર્ષે રોગચાળો ફાટી નીકળતાં મોટો રોગચાળો ફેલાઈ શકે છે. જો રોગપ્રતિકારક શક્તિ બે વર્ષ ચાલે તો તો કોવીડ-૧૯ દર બીજા વર્ષે ટોચ પર પહોંચી શકે છે.

વધુ માટે જુઓ પાનુ ૧૬



કર્મના નિયમો

સૌથી મોટી ટીપ
ટેબલ ઉપર વાનગીની ટ્રે લઈને આવેલો સુખદેવ ટેબલ પરના મહેમાનો જોઈને હેબતાઈ ગયો. સામે હેબતાઈ જવાઈ તેવું કારણ પણ હતું પોતાના શાળાના સમયના ખાસ મિત્રો. મોટા મોટા ઉદ્યોગપતિઓના ઠાકમાં અને પોતે એક વેઈટરના રૂપમાં. સહેજે પચીસ વર્ષ પછી આ ચહેરાઓને જોઈ રહ્યો હતો. પેલા ચાર જણાએ કદાચ એને ઓળખ્યો ન હતો કે પછી ઓળખવા માંગતા ન હતા.

ચારમાંથી બે મોબાઈલ પર વ્યસ્ત હતા અને બાકીના બે લેપટોપ પર કદાચ હમણાં જ થયેલી કોઈ મોટી ડીલના આંકડા ગણી રહ્યા હતા. સ્કૂલના મિત્રો ઘણા આગળ વધી ગયા હતા અને પોતે પરિસ્થિતિને તાબે થઈ ને કોલેજ સુધી

પણ પહોંચ્યો ન હતો. વચ્ચે બે - ત્રણ વાર ટેબલ પર જવાનું થયું, પણ સુખદેવે સિફતથી પોતાની નેમ પ્લેટ છુપાવીને વાનગી સર્વ કરી.

ચારે બિઝનેસમેન ડિનર પતાવીને નીકળી ગયા. હવે પાછા અહીં ક્યારેય ન આવે તો સારું. પોતાની નિષ્ફળતાને કારણે શાળાકાળના મિત્રો સાથે ઓળખાણ તાજી કરતાં સુખદેવને ભારે સંકોચ થયો હતો.

સુખદેવ, ટેબલ ક્લીન કરી નાખ. ત્રણ હજારનું બિલ ને સાલાઓએ એક પેસો પણ ટીપમાં નથી મૂક્યો. મેનેજર બબડતો હતો. ટેબલ સાફ કરતા સુખદેવે ટેબલ પર પડેલો પેપર નેહિન ઉપાડ્યો. બિઝનેસ ચલાવતા લોકોએ પેનથી કદાચ પેપર નેહિન

પર પણ આંકડા માંડ્યા હતા. ફેંકી દેતા પહેલાં એનાથી પેપર નેહિન તરફ જોવાઈ ગયું. તને ટીપ આપતાં જીવ ચાલ્યો નહીં સુખા, આ હોટેલ પાસે જ ફેક્ટરી લીધી છે એટલે અહીં આવવા જવાનું તો

થતું રહેશે,

તું અમારી સાથે જમતો ન હોય અને અમારે માટે, જમવાનું લાવતો હોય એ કેવું લાગે ? આપણે તો નાસ્તાના એક જ ડબ્બામાંથી ભાગ પડાવતા, સુખા આજે આ નોકરીનો તારો છેલ્લો દિવસ, ફેક્ટરીનો કાફેટેરિયા કોઈએ તો ચલાવવો પડશેને ?

લિ.

નવચેતન સ્કૂલના તારા નામચીન દોસ્તો...

નીચે ફેક્ટરીનું નામ અને ફોન નંબર લખેલા હતા.

અત્યાર સુધીમાં મળેલી સૌથી મોટી ટીપને સુખદેવે ચૂસીને છાતી સરસી ચાંપીને ખિસ્સામાં મૂકી દીધી.



ગવ-પત-શાહ (ગોપતશાહ)



આપણા બુઝોર્ગો એટલા દીનદાર હતા કે જે કોઈ તદદન નાચાર લાલતમાં ગુજર પામે અને તદદન નાવારેસ હોય, તો પારસી પંચાએતના ફંડોમાંથી દરેક બસ્તેકુસ્તીઆનની ચાર દલાડાની કીયા થાય તે માટે ખાસ ફંડો શેહરો અને ગામેગામ સ્થાપી ગયા છે. કોઈ પણ પારસી જ્ઞાન ભુત થતું નથી કે રખડાતમાં પડતું નથી તેનું કારણજ ચાર દલાડાની સ્વાનની કીયાઓ છે. લાલના કોઈક બદનસીબ પંઠકીઓ, કે જેઓ બેલદીન પાસે પુરા આંકડાઓ વસૂલ કરે છે છતાં સરોશની ઈજાને અને વંદીદાદ જેવી

મોતેબર કીયાઓ કોઈક તેવાજ કમનસીબ યોજદાશ્વેગરોને નજીવે દામે સોંપી દે છે અને તે બદનસીબ યોજદાશ્વેગરો કાંતો સરોશની ઈજાને અને વંદીદાદ કીયાઓ ઉપર તદદન ઢાંકણું ઢાંકી દે છે અથવા 'ગારીયાઓ'નો ફારસ ભજવે છે. પણ તેઓને ખબર નથી કે આ ગુનેહગારી ભર્યા વેપારમાં કેવી ભયંકર દીલ કંપાવનારી જોખમદારી તેઓ પોતાના માથા ઉપર ઉભી કરી રહ્યા છે. જરથોસ્તી દીનમાં તો પાવમહેલની જબરદસ્ત તલેસમો છે. તમામ કીયામાર્ગ ઉપર જરથુશ્ત્ર સાહેબની ફવથી ખુદ-બ-ખુદ પાસબાન

છે. કીયામાર્ગમાં ફરમાએશની નો ખાસ મર્મ અને ખાસ કાર્યસાધકતા છે. કોઈ પણ બેલદીન સાહેબ અમુક કીયા કોઈક અથોરનાનને સોંપી એટલે કુદરતના યંત્રને મદદ કરનારું જરથોસ્તી દીનના પાવમહેલનું યંત્ર તુરતજ કારગર થવાની કારસાઝી કરે છે. કોઈક આતશબહેરામ અને આદરાન સાહેબોનાં મકાનો ઉપર, માનવનું મોહડું અને ગોધાના શરીરની જે આકૃતી મુકેલી હોય છે, તે કુદરતમાં કામ કરતી એક યઝદી ટોરની શકતીની ચાલું યાદ આપે છે. આ શકતીને ગવ-પત-શાહના નામે ઓળખાવેલી છે. એમ સમજાવવામાં આવ્યું છે કે કુદરતમાં ગન્જ દાદાર નામનો જે સ્તોતનો ખજાનો છે ગોયા એક બેન્કફક્સ છે તેના ખજાનથી આ ગવપતશાહ છે. જે અથોરનાનને સોંપેલી કીયા તે અથોરનાન કરતો નથી, તે સ્વાનની કીયાની તોશો ફરમાયશનીના ભેદમાં ગવપતશાહ મારફતે, જરથુશ્ત્ર સાહેબના હવીશ્તોની મદદ વડે પેલાં સ્વાનને પુગે છે અને જે અથોરનાન કીયા ખાઈ જવાનો જબુન ગુનાહ કરે છે તેની દામન પરિત્યોગેતને કાયદે ગવપતશાહ પકડે છે.

- જેહાંગીરજી સોહરાબજી ચીનીવાલા, પારસી આવાઝ

આ જ ની વા ન ગી

વેજ લોલીપોપ



સામગ્રી: ૩ બાફેલા બટેટા, ૨ ચમચી ઝીણું સમારેલું ગાજર, ૨ ચમચી ઝીણું સમારેલું બીટ, ૩ ચમચી વટાણા, ૧ ચમચી આદુ મરચા ની પેસ્ટ, ૧ ચમચી તેલ, ૩ ચમચી કોથમીર, ૧ ચમચી લાલ મરચું પાવડર, ૧/૨ ચમચી આમચૂર, ૧/૨ લીંબુ નો રસ, મીઠું સ્વાદ અનુસાર, ૫૦ ગ્રામ છીણેલું પનીર, મેંદામાં પાણી છમેરી તેનું ખીંડું બનાવો, બ્રેડ કમ્સ જરૂર મુજબ, તેલ તળવા માટે, આઈસ્ક્રીમની સ્ટીક. રીત: ગાજર, વટાણા અને બીટ ને બોઈલ કરી લો, ૧ કડાઈમાં તેલ મૂકી આદુ અને મરચાની પેસ્ટ સાંતળો. તેમાં બાફી ને મેશ કરેલા બટેટા, બોઈલ કરેલું શાક ઉમેરો. તેમાં પનીર, કોથમીર અને મસાલા ઉમેરો. હવે મસાલા ને બરાબર મિક્ષ કરી તેમાં થી નાના નાના બોલ્સ બનાવો અને આઈસ્ક્રીમ સ્ટીકમાં લપેટી લોલીપોપ બનાવો તે લોલીપોપને મેંદાના ખીરામાં ડીપ કરી બ્રેડ કમ્સથી કોટ કરી લો. તેને ગરમ તેલમાં ગોલ્ડન બ્રાઉન થાય ત્યાં સુધી તળી લો. તો આપણી વેજ લોલીપોપ તૈયાર છે.

દોષ

રાખજે આત્મ વિશ્વાસ અને વર્તન કરજે રાખી પુરો હોશ કરતો નહિ કામ કોઈ ખોટાં, ઘુમાવતો ના હોશ, કરતો નાં ખોટું જોશ હર એક ચીજમાં, જોજે સારું, શોધતો નહિ બધામાં દોષ માનવ એક પ્રાણી છે વિચિત્ર; પોતાને પંખાજે, અને આજુ બાજુ, દોષ શોધે હોય હકિકતમાં, ઘણી વખત પોતે એક વરુ, પણ ચામડી ઘેટાની ઓઢે દિલમાં હોય કડવાહટ કારેલાની, પણ બોલે, મીઠું મીઠું મોઢે કોઈબી હતું નથી સર્વ ગુણ સંપન્ન, બધામાં હોય નાની મોટી ખામી પોતાની જાતને સુધારવા માટે, પોતેજ ભરવી જોઈએ હામી હર માનવ એ શીખવું જોઈએ જોવા બીજાની ખુબી પહેલે, અને પોતાની ખામી આવ હોશમાં.

- આરમીન દુતિયા મોટાશા

ઢળતી ઉંમરનો ક્યાં કોઈ થાક લાગે છે!!

ઢળતી સંધ્યાનું આકાશ કેટલું ખૂબસુરત લાગે છે તો પછી ઢળતી ઉંમર નો આપણને કેમ થાક લાગે છે ? આ તબક્કે જ અધૂરા સપનાઓ પૂરી કરવાની એક આશ જાગે છે ઢળતી ઉંમરનો આપણને કેમ થાક લાગે છે ? જવાબદારીઓ થી મુક્ત થઈને પોતાની જાતને મળવાની એક પ્યાસ જાગે છે ઢળતી ઉંમરનો આપણને કેમ થાક લાગે છે ? અંધારી રાત પછી સોનેરી સવારનો કેવો ઉજાસ લાગે છે આ ઉંમરે જિંદગીના અનુભવો પરથી સમજણનો એક અહેસાસ જાગે છે ઢળતી ઉંમરનો આપણને કેમ થાક લાગે છે ? સુખ-દુઃખ એ જીવનનું સનાતન સત્ય છે એને બાજુ પર મૂકી જિંદગી જીવો પછી જુઓ જિંદગી કેવી ખાસ લાગે છે તન થાકવું એ નિયતી છે પણ મનથી નહીં થાકતા દોસ્તો પછી જોઈ લેજો ઢળતી ઉંમરનો ક્યાં કોઈ થાક લાગે છે!!



એક નજર પારસી મરણો ઉપર

Deceased મરનાર	Age વય	Date તારીખ	Address ર. ઠે.	Relations સગાઈઓ
Shirin Ardeshir Engineer શીરીન અરદેશીર એન્જીનીયર	96 ૯૬	27-08-2020	Flat No.1, Block No.8, Colaba Land Chs., Sorab Bharucha Road, Colaba, Mumbai 5. ફ્લેટ નં. ૧, બ્લોક નં. ૮, કોલાબા લેન્ડ ડેવલપમેન્ટ કો-ઓપરેટીવ હાઉસિંગ સોસાયટી, સોરાબ ભરુચા રોડ, કોલાબા, મુંબઈ ૫.	તે મરુદુમો ટેલમીના તથા માનેકશા તોડીવાલાના દીકરી તે મરુદુમ અરદેશીર અરજીર એન્જીનીયરના વિધવા તે અહેરામ અરદેશીર એન્જીનીયર ને પીરોજી રોલીન્ટન અજોત્યાના માતાજી તે ઝરીન અદી માસ્તર તથા મરુદુમો દાવી, વીવી ને ખોરશેદના બહેન, તે ફીરોજ, રશના, સાયરસ ને ઝીનીયાના ગ્રેન્ડ મધર, તે શેહરનાઝ અહેરામ એન્જીનીયર ને રોલીન્ટન હોમી અજોત્યાના સાસુ તે મરુદુમો પીરોજી તથા અરજીર શાપુર એન્જીનીયરના વહુ.
Gool Jamshed Pagdiwalla ગુલ જમશેદ પાઘડીવાલા	100 ૧૦૦	27-08-2020	34-A, Boyce Bungalow, Sleater Road, Grant Road, Mumbai 7. ૩૪એ, બોઈસ બંગલો, સ્લેટર રોડ, ગ્રાન્ટ રોડ, મુંબઈ ૭.	તે મરુદુમો દીનામાય તથા ફરામરોઝ તંબોલીના દીકરી, તે મરુદુમ જમશેદ ખરશેદ પાઘડીવાલાના વિધવા, તે ખરશેદ જમશેદ પાઘડીવાલા ને હોશંગ જમશેદ પાઘડીવાલાના માતાજી, તે મરુદુમો બચા, બાલા, ટેલમી ને જૂના બહેન, તે એરીક, ફરહાદ ને ડાયનાના અપઈજી, તે કીયાનાના મોટા અપઈજી, તે હુતોશી ખરશેદ પાઘડીવાલા ને પીલુ હોશંગ પાઘડીવાલાના સાસુ તે મરુદુમો જરબાઈ તથા ખરશેદજી પાઘડીવાલાના વહુ.
Dinshaw Pestonji Tampal દિનશા પેસ્તનજી ટંપાલ	77 ૭૭	28-08-2020	Jyoti Mahal, Flat No. 5, 1st Floor, 13, Sleater Road, Grant Road, Mumbai 7. જ્યોતી મહલ, ૧મું નં. ૫, પહેલે માળે, ૧૩ સ્લેટર રોડ, ગ્રાન્ટ રોડ, મુંબઈ ૭.	તે મરુદુમ કેટીના ખાવિંદ તે મરુદુમો ગુલામાય પેસ્તનજી ટંપાલના દીકરા, તે હોરમઝ ને નીલુફરના પપા તે પરીનાઝના મમાવાજી તે મરુદુમો ડોસામાય પેસ્તનજી ટંપાલના જમઈ તે જરૂ, તેલમીના, કાવસ, દારબ, મંચેર, કેકી, મરઝબાન, રોશન તથા મરુદુમ અસપીના ભાઈ તે વીરાફના સસરાજી તે આબાન, શહેરનાઝ, ઝવેરના જેઠજી તે અમન, મેકી તથા મરુદુમ જાલેજરના સાલાજી તે પરવીન, દીનીયાર તથા મરુદુમ નરગીશના બનેવી તે મરુદુમો મની દારા ફોઝદારના વહેવાઈ.
Dolly Keki Sumariwalla દોલી કેકી સુમારીવાલા	89 ૮૯	28-08-2020	A/3, Navroz Baug, Dr. S. S. Rao Road, Lalbaug, Mumbai 12. લાલબાગ, નવરોઝ બાગ, એ/૩, એસએસ રાવ રોડ, મુંબઈ ૧૨.	તે મરુદુમ કેકી મેરવાનજી સુમારીવાલાની ધનયાની તે રોહિન્ટન અને મરુદુમ અખતાવર ફરોખ પંથકીના માતાજી તે ફલી, એરચ, જેની તથા મરુદુમ કેકી, મનીના બહેન તે શેહરનાઝ સુમારીવાલા અને ફરોખ પંથકીના સાસુ તે હનોઝના અપઈજી અને મેહર નવાઝના મમઈજી તે મરુદુમ મેહરવાનજી ને મહેરબાઈ સુમારીવાલાના વહુ તે મરુદુમ રતનશાહ અને અચુબાઈ સુમારીવાલાના દીકરી.
Jeroo Rohinton Pagdiwalla જરૂ રોહીન્ટન પાઘડીવાલા	73 ૭૩	29-08-2020	Patel Chambers, Flat No.2, 3rd Floor, Rustom Sidhwa Marg, Fort, Mumbai 1. પટેલ ચેમ્બર્સ, ૩મું નં. ૨, ત્રીજે માળે, રૂસ્તમ સીધવા માર્ગ, ફોર્ટ, મુંબઈ ૧.	તે મરુદુમ રોહીન્ટનના ધનયાની તે અરઝીસના મમા તે મરુદુમો ખોરશેદ નાદીરશા ભરૂચાના દીકરી તે મરુદુમ દિનાઝ મોરેનાના બહેન તે અયેશા અરઝીસ પાઘડીવાલાના અપઈજી તે રતનશા મોરેનાના સાલી તે આસમા અરઝીસ પાઘડીવાલાના સાસુજી તે મરુદુમો મનીજે અરદેશીર પાઘડીવાલાના વહુ.
Dr. Aspi Framroze Golwalla ડૉ. અસપી ફામરોઝ ગોલવાલા	100 ૧૦૦	29-08-2020	4B, Empress Court, M. K. Road, Churchgate, Mumbai 20. ૪ બી એમપ્રેસ કોર્ટ, એમ. કે. રોડ, ચર્ચગેટ, મુંબઈ ૨૦.	તે ભીખુના ધની તે મેહર તથા ડો. શાહરુખના પપ્પા તે શાહાવીર, ઝાહાનના મમાવા તે ઝીનાના અપાવા તે અસ્પી ને દીનાના સસરા તે મરુદુમો મેહરબાઈ ફરામરોઝ ગોલવાલાના દીકરા તે મરુદુમો જાલ, રૂસી, સોલી, મીનુ, બેજન ને પીરોજીના ભાઈ તે મરુદુમો જાઈજી કેખશરૂ સાહેરના જમાઈ.
Pheroza Pheroze Lally ફિરોઝા ફિરોઝ લાલી	79 ૭૯	29-08-2020	D/43, Cusrow Baug, Shaheed Bhagat Singh Road, Colaba, Mumbai 1. ડી/૪૩, ખુશરૂ બાગ, શહીદ ભગતસિંગ રોડ, કોલાબા, મુંબઈ ૧.	તે મરુદુમ ફિરોઝ ફરામરોઝ લાલી તથા મરુદુમ ખોરશેદ ફિરોઝ લાલીના દીકરી તે મરુદુમ ફરીદાના બેન.
Homai Jehangir Dastoor હોમાય જહાંગીર દસ્તુર	86 ૮૬	01-09-2020	D/4, Flat No. 44, Shapoorji Bharucha Baug, S. V. Road, Andheri (W), Mumbai 58. ડી-૪, ફ્લેટ નં. ૪૪, ભરૂચા બાગ, એસ. વી. રોડ, અંધેરી (પ.), મુંબઈ ૫૮	તે એરવદ જહાંગીર પીરોજીશા દસ્તુરના ઘણીયાની. તે મરુદુમો જરબાઈ તથા જમશેદજી ઝાઈવાલાના દીકરી. તે મરુદુમો બાનુ, મેરવાન, આલામાય, અપઈ, હોમી, પેરીન, અરદેશર તથા દોશીના બહેન તે મરુદુમો નાજમાય તથા એરવદ પીરોજીશા દસ્તુરના વહુ. એરવદ નોશીરવાન, ખોરશેદ કેરસી પટેલ તથા મરુદુમો તેલમીના દાદીબા સાવકશા, પેશોટન તથા કેકોબાદના સીસ્ટર ઈન લો તે પરવેઝ, રોલીન્ટન તથા યાસ્મીનના ફુઈજી.
Jaloo Cawas Todiwalla જાલુ કાવસ તોદીવાલા	80 ૮૦	01-09-2020	N/6, Navroze Baug, Dr. S. S. Rao Road, Lalbaug, Mumbai 12. એન/૬, નવરોઝ બાગ, એસ. એસ. રાઉ રોડ, લાલબાગ, મુંબઈ ૧૨.	તે મરુદુમ કાવસ ક. તોદીવાલાના વિધવા. તે પર્લ પ. બવસારા, તનાઝ ઝ. મેહતા તથા બેઝાદ સી. તોદીવાલાના માતાજી. તે મરુદુમો પીરોજી તથા દોસાભાઈ ઈ. કલવચવાલાના દીકરી. તે પોરસ ત. બવસારા તથા ઝુબીન ર. મેહતાના સાસુજી. તે માણેક ડ. કલવચવાલા, ફરામરોઝ ડ.કલવચવાલા તથા મરુદુમો પેસી ડ. કલવચવાલા તથા ધન બ. પટેલના બહેન. તે ફરાલ પ. બવસારા, બુરઝીન પ. બવસારા તથા દાયના ઝ. મેહતાના મમઈજી તે મરુદુમો ખોરશેદબાનુ તથા કેખુશરૂ તોદીવાલાના વહુ તે મરુદુમો હોમી, બેહરામ, બાનુ તથા પીલુના સીસ્ટર ઈન લો.
Katy Dali Mistry કેટી દાલી મીસ્ત્રી	76 ૭૬	02-09-2020	C-14, Rustom Baug, Sant Savta Marg, Byculla (E), Mumbai 27. સી-૧૪, રૂસ્તમ બાગ, ભાયખલા, મુંબઈ ૨૭.	તે મરુદુમ દાલી પેસ્તનજી મીસ્ત્રીના વિધવા તે તનાઝ દાલી મીસ્ત્રીના માતાજી તે મરુદુમો રોશન તથા નરીમાન સોરાબજી ગોલવાલાના દીકરી તે મરુદુમો દીનામાય તથા પેસ્તનજી ફરામજી મીસ્ત્રીના વહુ તે રૂબી તથા જીમી પેસ્તનજી મીસ્ત્રી, ઝરીન તથા મરુદુમ જહાંગીર પેસ્તનજી મીસ્ત્રીના દેરાણી તે યઝદીન જીમી મીસ્ત્રી તથા હોશેદાર, જીમી મીસ્ત્રીના કાકી.
Keki Dhunjishah Shroff કેકી ધનજીશાહ શ્રોફ	86 ૮૬	02-09-2020	Fren Ville, Oberoi Endave, Near J. W. Marriott, Mumbai 49 ફ્રેન વીલે, ઓબેરોય એન્ડહેવ જે. ડબ્લ્યુ. મેરયોટ, મુંબઈ ૪૯.	તે મરુદુમો બાનુ તથા ધનજીશાહ શ્રોફના દીકરા તે ફેની કેકી શ્રોફના ઘણી. તે કાર્લ કેકી શ્રોફ તથા મરુદુમ શાહરૂખ કેકી શ્રોફના બાવાજી તે મરુદુમ અરજીર શ્રોફ, ફીરોઝ શ્રોફ, હોમી શ્રોફ ને પીરોજી શ્રોફના ભાઈ તે ફરઝાન કાર્લ શ્રોફના સસરા તે જેહ કાર્લ શ્રોફ, વરૂશકા કાર્લ શ્રોફ ને મરીસ્કા કાર્લ શ્રોફના અપાવા તે મરુદુમો ધન તથા જાલ શેઠનાના જમાઈ તે કેટી તથા મરુદુમ રૂસી પટેલના વહેવાઈ.
Marzban Nadirshaw Dumasia મરઝબાન નાદીરશાહ દુમસીયા	81 ૮૧	02-09-2020	795, Jame Jamshed Road, Parsi Colony, Dadar, Mumbai 14. ૭૯૫, જામે જમશેદ રોડ, પારસી કોલોની, દાદર, મુંબઈ ૧૪	તે મરુદુમો કુંવરબઈ નાદીરશા નસરવાનજી દુમસીયાના દીકરા તે ખોરશેદના ખાવિંદ તે નેવીલના પપા તે નીનાના સસરાજી તે જેશાદ ને દાનુશના અપાવાજી તે મરુદુમ લીલવા નોશીર દુમસીયાના ભાઈ તે મરુદુમો પુતલામાય તથા નવરોઝ મેહતાના જમઈ તે પરવેઝ અને કેરસીના બનેવી તે મીથુ તથા જીમી જેસીયાના વેવાઈ તે કુમી કેરસી મેહતાના નણંદવઈ.
Sarosh Fali Pardiwala સરોષ ફલી પારડીવાલા	63 ૬૩	03-09-2020	P/28, Godrej Baug, Off Nepeansea Road, Mumbai 26. પી/૨૮, ગોદરેજ બાગ, ઓફ નેપીયન્સી રોડ, મુંબઈ ૨૬.	મરુદુમ ફલી અરદેશર પારડીવાલા તથા ફેની ફલી પારડીવાલાના દીકરા. તે નાઝના ખાવિંદ, ખુશનુમા, હુવરસ્ત સરકારી તથા જેસપર પારડીવાલાના પપ્પા. તે નેવિલ ફલી પારડીવાલાના ભાઈ. તે મનશી જેસપર પારડીવાલાના અપાવાજી. તે હુવરસ્ત ગેવ સરકારી તથા નતાશા જેસપર પારડીવાલાના સસરાજી તે મરુદુમ દિલનવાઝ તથા દારા બાપુના જમઈ.

‘હેપ્પી ટીચર્સ ડે’

તારીખ પાંચમી સપ્ટેમ્બર આપણે સર્વે આપણા ભૂતપૂર્વ રાષ્ટ્રપતિ ડો. સર્વપલ્લી રાધાકૃષ્ણન નાં જન્મદિવસ ને ‘શિક્ષકદિન’ તરીકે ઉજવીએ છીએ. ડો. રાધાકૃષ્ણન એક મહાન ફિલોસોફર અને શિક્ષક હતા. તેમણે એકવાર કહ્યું હતું કે - ‘હું પહેલા શિક્ષક છું, અને પછી રાષ્ટ્રપ્રમુખ છું.’

રાધાકૃષ્ણનનો જન્મ ૫મી સપ્ટેમ્બર, ૧૮૮૮ના રોજ તમિલનાડુના તિરુતાનીમાં થયો હતો. બાળપણથી જ રાધાકૃષ્ણન ભણવામાં હોશિયાર હતા. ૧૯૦૬માં મદ્રાસ કોલેજમાંથી તેમણે ફિલોસોફીના વિષયમાં માસ્ટર ડિગ્રી મેળવી હતી. તેઓ જ્યારે વીસ વર્ષના હતા ત્યારે જ તેમણે માસ્ટર ડિગ્રી માટે તૈયાર કરેલા શોધનિબંધથી તેમના પ્રોફેસર ખૂબ જ પ્રભાવિત થયા હતા. તેમનો આ શોધનિબંધ વીસ વર્ષની ઉંમરે પ્રકાશિત થયો હતો. ફિલોસોફીનો વિષય તેમને પસંદ ન હતો, પરંતુ તેમના દૂરના એક ભાઈ કે જે તેમની શાળા અને કોલેજમાં ભણતા હતા એ ફિલોસોફીનાં પુસ્તકો રાધાકૃષ્ણનને આપતા. રાધાકૃષ્ણન સમય પસાર કરવા માટે તે વાંચતા અને આ રીતે ફિલોસોફીમાં તેમનો શોખ કેળવાતો ગયો. ૧૯૦૯માં રાધાકૃષ્ણને ફિલોસોફીના અધ્યાપક તરીકે કારકિર્દીની શરૂઆત કરી હતી. ૧૯૫૨માં તેમની વરણી ભારતના રાષ્ટ્રપતિ તરીકે કરવામાં આવી હતી. જ્યારે

તેઓ ભારતના રાષ્ટ્રપતિ બન્યા ત્યારે તેમના મિત્રો અને વિદ્યાર્થીઓ દ્વારા તેમના જન્મદિવસની ઉજવણી કરવા માટે ઉત્સાહ બતાવવામાં આવ્યો હતો.

જોકે રાધાકૃષ્ણને પોતાના જન્મદિવસને શિક્ષકદિન તરીકે ઉજવવાનું સૂચન કર્યું હતું. બસ, ત્યારથી તેમનો જન્મદિવસ ભારતમાં શિક્ષકદિન તરીકે ઉજવવામાં આવે છે. ડો. રાધાકૃષ્ણનને તેમના સેવાકાર્ય માટે કેટલાક બ્રિટિશ અને ભારતીય ઈલકાબોથી સન્માનિત કરવામાં આવ્યા હતા. ૧૯૫૪માં તેમને ભારતરત્નથી સન્માનિત કરવામાં આવ્યા હતા. ૧૯૭૫માં ઓક્સફર્ડ યુનિવર્સિટીએ તેમને ટેમ્પલટન એવોર્ડથી નવાજ્યા હતા. ઈનામમાં મળેલી બધી જ રકમ તેમણે યુનિવર્સિટીને દાનમાં આપી દીધી હતી. ત્યારથી ૧૯૮૯માં ઓક્સફર્ડ યુનિવર્સિટીએ ડો. રાધાકૃષ્ણનની યાદમાં સ્કોલરશિપ આપવાની શરૂઆત કરી છે.



ઉચ્ચ વજનનું ક્રોના

પાના નં. ૧૩થી ચાલુ

કોવિડ -૧૯ ને નજીકના ભવિષ્યમાં નાબૂદ થવાની સંભાવના નથી, વાસ્તવિકતાનો સામનો કરવો એ આગળ વધવાનો શ્રેષ્ઠ રસ્તો છે અને તેનો અર્થ એ છે કે પોષક આહાર અને કસરત દ્વારા તમારા શ્રેષ્ઠ સ્વાસ્થ્ય અને પ્રતિરક્ષા જાતે મેળવવાની શ્રેષ્ઠ શરત છે. જર્નલ વાઈરોલોજીના એક તાજેતરના લેખમાં કહેવામાં આવ્યું છે કે, વર્ષોથી માણસો બેઠાડુ જીવનશૈલી અપનાવી રહ્યાં છે જેના લીધે જીવન નબળા પોષણ તરફ વળ્યું છે. તમારા આહારની ખૂબ કાળજી લો કારણ કે કોવિડ-૧૯ ની સાથે, જે તમારું વજન વધારે હોય તો નબળું પરિણામ આવી શકે છે. સ્થૂળતા હંમેશાં આપણને મારી નાખે છે, ધીરે ધીરે પણ તે કોવિડ સાથે ભળી, તમને ઝડપી રીતે મારી શકે છે. પ્રોસેસ ફૂડ, જેક નાસ્તા અને ખાંડથી ભરેલા પીણાં મેટાબોલિક અને કોનિક રોગોના ઉદભવમાં મુખ્ય ગુનેગારો છે, જે કોવિડ -૧૯ થી મુત્યુનું જોખમ વધારે છે. ભારત તહેવારોની ભૂમિ છે અને દર થોડા દિવસોમાં આપણે કોઈક બીજા ઉત્સવની ઉજવણી કરીએ છીએ. તેની સાથે, લોકો તેમના પ્રિયજનોને ‘મીઠાઈ’ મોકલે છે. આ

પરંપરા બદલવાની જરૂર છે. જે તમે મેટાબોલિક છો, તો હળવી બાજુ પણ, તમારું સ્વસ્થ વજન પ્રાપ્ત કરવા પર ધ્યાન કેન્દ્રિત કરો જે તમને કોવિડ ૧૯ સહિત વાયરલ બીમારીઓ સામે મદદ કરશે. વજન ઓછું કરવાથી તમે ડાયાબિટીઝ, હાઈ બ્લડ પ્રેશર અને હૃદય રોગ જેવા આરોગ્ય સંબંધિત અન્ય સમસ્યાઓથી બચી શકશો. કૃપા કરીને નિયમિત કસરતની નિયમિતતા સાથે વધુ હિલચાલની ખાતરી કરો અને લાક્ષણિક ‘ખાવાનું પિવાનું’ બેઠાડુ જીવનશૈલી ઘટાડો. જેમ જેમ હું આ લખું છું, ત્યાં કોરોના ચેપ સામે લડવામાં વિટામિન ડીની ભૂમિકા વિશે વધુ માહિતી આપવામાં આવી રહી છે. ખાતરી કરો કે તમે પુરતી ઉંઘ લઈ રહ્યા છો. એકંદરે તંદુરસ્ત જીવનશૈલી તરફ દોરી જવાના પગલા લેવાથી તમને સ્થિતિસ્થાપકતા અને સુખાકારીને મજબૂત બનાવતી વખતે તંદુરસ્ત વજન સુધી પહોંચવામાં મદદ કરશે. આજે આ લેખ લખવાનો મારો હેતુ તમને ડરાવવાનો નથી પણ તમારી સુખાકારી તરફની યાત્રાને આગળ વધારવા તમારા નિસ્વયમાં સાચા અર્થમાં મદદ કરવાનો છે.

- ડો. દાનેશ ચિનોય

એક નજર પારસી મરણો ઉપર

Deceased મરનાર	Age વય	Date તારીખ	Address ર. કે.	Relations સગાઈઓ
Perin Sorab Merchant પેરીન સોરાબ મરચંટ	86 ૮૬	03-09-2020	666, Orient House, 3Rd Floor, Lady Jehangir Road, Parsi Colony, Dadar, Mumbai 14. ૬૬૬, ઓરીયંટ હાઉસ, દાદર, પારસી કોલોની.	તે મરહુમ સોરાબ જલંગીરજી મરચંટના વિધવા તે મરહુમો ખોરશેદ બાનુ, હોરમસજી દમણીયાના દીકરી તે મરહુમ પીરોજા જલંગીરજી મરચંટના વલુ તે ટ્રીટી ભાઈના, જરસીસ, રોલિન્ટન રોસનના માતાજી તે મરહુમો કાવસ, ધન નરીમાન ભગવાગર તે મણીના બેન તે ખુરશેદ ને વીસ્પીના સાસુ તે હનોઝ, નીલુફર, નીતોસ્કાના ગ્રેની તે સાવક, મરહુમ અદી ને અરનવાઝના ભાભી.
Limji Noshir Malegamwalla લીમજી નોશીર માલેગામવાલા	85 ૮૫	03-09-2020	Marine Chambers, 4Th Floor, Flat No.4, Sir Vithaldas Thackersey Road, Liberty Cinema Road, New Marine Lines, Mumbai 20. મરીન ચેમ્બર્સ, ૪થે માળે, ફ્લેટ નં. ૪, સર વિઠ્ઠલદાસ ઠાકરે રોડ, લીબર્ટી સિનેમા રોડ, મરીનવાઈન્સ, મુંબઈ ૨૦.	તે મરહુમો બાનુ તથા નોશીર લીમજી માલેગામવાલાના દીકરા તે ડેઝી અસ્પી શેઠના તથા મરહુમ અદીના વડા ભાઈ તે અસ્પી હોરમસજી શેઠના બનેવી.

Death Announcements from Tata Colony

Amy Maneck Dadrewalla એમી માનેક દાદરેવાલા	74 ૭૪	26-08-2020	9/2, Tata Colony, Sir Ratan Tata Road, Tardeo, Mumbai 34. ૯/૨, તાતા કોલોની, સર રતનતાતા રોડ, તારદેવ, મુંબઈ ૩૪.	તે માનેક હોમી દાદરેવાલાના ઘણીયાણી તે મેહરોઝ અને હનોઝના મમ્મી તે પરીઝાદ અને ડેલનાના સાસુજી તે સનાયા, મઝદીયાર, ઝીયરસ અને ડેલનાના અપયજી તે મરહુમ હીલા અને નરીમાન અમરોલીયાના બેટી તે મની અને હોમી દાદરેવાલાના વલુમાય તે નાજુ સામ બારીયા, મરહુમો આલુ મીનુ સીપોય, બખ્તાવર જીમી ઉનવાલા, અને નોઝર અમરોલીયાના બહેન તે મરહુમ કેકી હોમી દાદરેવાલાના ભાભી તે ગવેર તથા નોશીર પટેલના વહેવાણ.
Keki Homi Dadrewalla કેકી હોમી દાદરેવાલા	81 ૮૧	31-08-2020	9/2, Tata Colony, Sir Ratan Tata Road, Tardeo, Mumbai 34. ૯/૨, તાતા કોલોની, સર રતનતાતા રોડ, તારદેવ, મુંબઈ ૩૪.	તે માનેક હોમી દાદરેવાલાના ભાઈ તે મરહુમ મની અને હોમી દાદરેવાલાના દીકરા તે મરહુમ એમી માનેક દાદરેવાલાના જેઠ તે મેહરોઝ અને હનોઝના કાકા તે પરીઝાદ અને ડેલનાના કાકા સસરા તે સનાયા, મઝદીયાર, ઝીયસ અને ડેલના મોટા કાકા.

Death Announcements from Navsari

Darayes (Dara) Dhunjishaw Daruwalla દારાયસ (દારા) ધનજીશા દારૂવાલા	68 ૬૮	31.08.2020	Wzo Senior Citizens Centre, Pinjar Street, Malesar, Navsari. ડબ્લ્યુઝેડઓ સિનિયર સિટીઝન સેન્ટર, પિંજાર સ્ટ્રીટ, મલેસર, નવસારી.	તે અરનવાઝના ઘણી તે મરહુમ કુમી (જીની) અને ધનજીશા જલંગીરજી દારૂવાલાના દીકરા.
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Death Announcements from Prayer Hall

Roda Burjor Tantra રોડા બરજોર તાંતરા	90 ૯૦	28.08.2020	M-13, Bharucha Bavg, S.V. Road, Mumbai 58. એમ-૧૩, ભરૂચા બાગ, એસવી રોડ, મુંબઈ ૫૮.	તે મરહુમ બરજોરના ઘણીયાણી તે મરહુમ નાજમાય અને મંચેરશાના વલુ તે મરહુમ બાનુબાઈ તથા દારબશાહ બિલ્હિમોરીયાના દીકરી તે યઝદી, બખ્તાવર કુમાર કીશ્નનના મમ્મી તે ધ્રીટી અને કુમારના સાસુજી તે નોઝાદ, ડેલઝીન, ઉત્તમીના ગ્રાન્ડ મઘર તે પેસી, મરહુમ નોશીર, પીરોજ, અદી અને મીનોચેરના બહેન.
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Death Announcements from San Diego, California, USA

Jaloo Siganporia જાલુ સિગનપોરિયા	87 ૮૭	30.08.2020	San Diego, California, USA સેન ડિએગો, કેલિફોર્નિયા, યુએસએ.	તે ફરોખ અને યઝદીના મમ્મી તે તનાઝ અને મુનીરાના સાસુજી તે ફરાહ, લીઆ, ટીના, પોરસના ગ્રાન્ડ મઘર.
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YOUR MOONSIGNS JANAM RASHI THIS WEEK

લખનાર: મરહુમ મહારાજ શ્રી સ્વયંજયોતિના સહકાર્યકર્તા જયેશ એમ. ગોસ્વામી

અઠવાડિક રાશિફળ: તા. ૦૫.૦૯.૨૦૨૦ થી તા. ૧૧.૦૯.૨૦૨૦



Aries - મેષ - અ.વ.ઈ.

૨૦મી સપ્ટેમ્બર સુધી બુધની દિનદશા ચાલશે બુધિબળ વાપરી કામ કરવામાં સફળ થશો. નાણાકીય બાબતની ચિંતા ઓછી થતી જશે. બચત કરી સારી જગ્યાએ ઈનવેસ્ટમેન્ટ કરવામાં સફળ થશો. જ્યાં કામ કરતા હશો ત્યાં માન સાથે ઈજ્જત પણ મળશે. દરરોજ 'મહેર નીઆએશ' ભણાજો. શુકનવંતી તા. ૦૬, ૦૭, ૧૦, ૧૧ છે.

Lucky Dates: 06, 07, 10, 11.

Mercury's rule till 20th September will bring you success in your work with the use of your intelligence. Financial worries will lessen. You will be able to save and make profitable investments. You will receive respect and appreciation at your workplace. Pray the Meher Nyaish daily.



Cancer - કર્ક - ડ.હ.

ચંદ્રની દિનદશા ચાલુ હોવાથી મગજને શાંત રાખી જે પણ કામ કરશો તેમાં સફળતા મળશે. અગત્યના કામો માટે ભાગદોડ કરશો પણ તમને થાક નહીં લાગે. સમય પર તમારા કામ પૂરા કરી શકશો. નાણાકીય બાબતમાં સારા સારી થતી જશે. ઘરવાળાની ડિમાન્ડ પૂરી કરી શકશો. દરરોજ ૩૪મું નામ 'યા બેસ્તરના' ૧૦૧વાર ભણાજો. શુકનવંતી તા. ૦૫, ૦૬, ૦૭, ૦૯ છે.

Lucky Dates: 05, 06, 07, 09.

The Moon's ongoing rule helps you stay calm and attain success in all that you endeavour. Though you will need to put in effort for important work, it will not tire you out. You will be able to complete your work on time. Financially things will continue to get better. You will be able to cater to the wants of your family members. Pray the 34th Name, 'Ya Beshtama', 101 times, daily.



Libra - તુલા - ર.ત.

શુક્રની દિનદશા ચાલુ હોવાથી મુશ્કેલીભર્યા કામ પણ સહેલા લાગશે. ચેલેન્જિંગ કામ સહેલાઈથી કરી શકશો. લેતી-દેતીના કામ પહેલા પૂરા કરી લેજો. ગામ-પરગામથી સારા સમાચાર મળવાના ચાન્સ છે. થોડી ભાગદોડ કરવાથી ધન મેળવી શકશો. જે કામ ચાલુ હોય તેના ઉપર ધ્યાન આપજો. દરરોજ 'બહેરામ યજ્ઞ'ની આરાધના કરજો. શુકનવંતી તા. ૦૬, ૦૭, ૦૮, ૧૧ છે.

Lucky Dates: 06, 07, 08, 11.

Venus' ongoing rule will help you execute even difficult work with ease. You will be able to face all challenging work effectively. Try to get done first with all transactions related to lending or borrowing money. You will receive good news from abroad. With a little effort you will be able to earn money. Focus on your ongoing work. Pray to Behram Yazad daily.



Capricorn - મકર - ખ.જ.

ગુરુની દિનદશા ચાલુ હોવાથી તમારા હાથેથી કોઈની ભલાઈનું કામ થઈ જશે. થોડી મેહનત કરવાથી નાણાકીય મુશ્કેલીમાંથી બહાર આવી શકશો. મનગમતી વ્યક્તિ સામેથી મળવા આવશે. ગુરુની કૃપાથી ઘરવાળાને ખુશ રાખવામાં સફળ થશો. તમારી તન્દુરસ્તીમાં સારા સારી રહેશે. તબિયત ખરાબ હશે તો ૨૪મી સુધી સુધારો આવી જશે. ધન બચાવજો. દરરોજ 'સરોશ યજ્ઞ' ભણાજો. શુકનવંતી તા. ૦૬, ૦૯, ૧૦, ૧૧ છે.

Lucky Dates: 06, 09, 10, 11.

Jupiter's ongoing rule will make you do good for another. With a little effort you will be able to resolve your financial crisis. A person you cherish will pay you a visit. You will succeed in keeping your family members content. There will be an increase in your health. Those who are unwell will find great improvement in health by the 24th of this month. You are advised to save money. Pray the Sarosh Yasht daily.



Taurus - વૃષભ - બ.વ.ઉ.

૨૧મી ઓક્ટોબર સુધી બુધની દિનદશા ચાલશે. રોજ બરોજના કામો વીજળીવેગે પૂરા કરી શકશો. ધન મેળવવા કરેલી મહેનત સફળ થશે. બીજાના દિવ જીતી લેશો. પારકાને પોતાના બનાવશો. તમારા પૈસા ફસાવેલા હશે તો પાછા મેળવી શકશો. દરરોજ 'મહેર નીઆએશ' ભણાજો. શુકનવંતી તા. ૦૫, ૦૭, ૦૮, ૦૯ છે.

Lucky Dates: 05, 07, 08, 09.

Mercury's rule till 21st October will help you complete your daily chores at lightning speed. Your efforts to earn money will bear fruit. You will win over the hearts of others. You will be able to make friends out of strangers. You will be able to retrieve your funds which have been stuck. Pray the Meher Nyaish daily.



Leo - સિંહ - મ.ટ.

તમારે આજનો દિવસજ સુર્યની દિનદશામાં પસાર કરવાનો બાકી છે. વડીલવર્ગ સાથે મતભેદ ન પડે તેનું ધ્યાન આપજો. સહીસિકકાના કામ કરતા નહીં. અધુરા રહેવા કામ કાવથી પૂરા કરી શકશો. કાવથી તબિયતમાં સુધારો આવશે. મનગમતી વ્યક્તિને મનાવી લેશો. આજે ૯૬મું નામ 'યા રયોમંદ' અને કાવથી 'યા બેસ્તરના' ૧૦૧ વાર ભણાજો. શુકનવંતી તા. ૩૦, ૦૧, ૦૨, ૦૪ છે.

Lucky Dates: 30, 01, 02, 04.

Today is your last day under the Sun's rule, so ensure that you do not get into arguments with the elderly. Avoid signing on any documents. You will be able to restart working on the completion of you unfinished works from tomorrow. From tomorrow, your health will also improve. You will be able to win over a person you cherish. Pray the 96th Name, 'Ya Rayomand' 101 times today and from tomorrow, pray the 34th Name, 'Ya Beshtama', 101 times, daily.



Scorpio - વૃશ્ચિક - ન.પ.

આજનો દિવસ રાહુની દિનદશામાં પસાર કરવાનો બાકી છે. ઘરવાળા સાથે મતભેદ ન પડી જાય તેનું ધ્યાન રાખજો. કાવથી ૭૦ દિવસ માટે વેલવી શુક્રની દિનદશા ચાલુ થનાર છે. તમારી મુશ્કેલીઓને દૂર કરવા સીધો રસ્તો મળી જશે. તબિયતમાં સારા સારી થતી જશે. નવા મિત્રો મળશે. ધનની ચિંતા ઓછી થશે. દરરોજ 'બહેરામ યજ્ઞ'ની આરાધના કરજો. શુકનવંતી તા. ૦૫, ૦૬, ૦૯, ૧૦ છે.

Lucky Dates: 05, 06, 09, 10.

Today is the last day under Rahu's rule, so ensure that you do not get into squabbles with your family members. Tomorrow onwards, for the next 70 days, Venus rules you, doing away with all your troubles. Health will improve. You will make new friends. Financial worries will lessen. Pray to Behram Yazad daily.



Aquarius - કુંભ - ગ.શ.સ.

ગુરુની દિનદશા ચાલુ હોવાથી નાણાકીય મુશ્કેલી નહીં આવે. અચાનક ધનલાભ થવાના ચાન્સ છે. નવા મિત્ર મળવાના ચાન્સ છે. જે તમે કોઈના પ્રેમમાં હશો તો પ્રેમી કે પ્રેમિકા તરફથી આનંદના સમાચાર મળશે. આજથી ૨૫મી ઓક્ટોબર સુધી જ્યાં કામ કરતાં હશો ત્યાં પ્રમોશન અને ધનલાભ મળવાના ચાન્સ છે. ઘરવાળાના મદદગાર થઈ જશો. દરરોજ 'સરોશ યજ્ઞ' ભણાજો. શુકનવંતી તા. ૦૫, ૦૭, ૦૮, ૧૧ છે.

Lucky Dates: 05, 07, 08, 11.

Jupiter's ongoing rule ensures that there will be no financial strain on you. Sudden windfall is expected. You could meet new friends. You will receive good news from your sweetheart. Starting today upto the 25th of October, you could expect a promotion or financial reward at your workplace. You will be helpful to your family members. Pray the Sarosh Yasht daily.



Gemini - મિથુન - ક.છ.ધ.

૨૪મી સપ્ટેમ્બર સુધી મંગળની દિનદશા ચાલશે. તમારા ગુસ્સા પર કાબુ નહીં રાખી શકો. કામકાજ સમયસર પૂરા નહીં કરી શકો. તબિયતની ખાસ સંભાળ રાખજો. પેટમાં બળતરા તથા એસીડીટીથી પરેશાન થશો. વાહન ચલાવતા હો તો સંભાળીને ચલાવજો. ભાઈ બહેન સાથે નાની બાબતમાં મતભેદ પડશે. દરરોજ 'તીર યજ્ઞ' ભણાજો. શુકનવંતી તા. ૦૬, ૦૮, ૧૦, ૧૧ છે.

Lucky Dates: 06, 08, 10, 11.

Mars' rule till 24th September will cause you to lose control over your anger. You might not be able to complete your work in time. Ensure to take good care of your health. You could suffer from stomach ailments and acidity. Drive/ride your vehicle with great caution. Squabbles amongst siblings could take place over petty matters. Pray the Tir Yasht daily.



Virgo - કન્યા - પ.ક.ણ.

૧૬મી સપ્ટેમ્બર સુધી શુક્રની દિનદશા ચાલશે. ઓપોઝીટ સેકસ સાથે સારા સારી રાખજો. બીજાના મદદગાર થશો. કરકસર અવશ્ય કરજો. નાના કામગીરી મળતા રહેશે. નાણાકીય મુશ્કેલી નહીં આવે. દરરોજ 'બહેરામ યજ્ઞ'ની આરાધના કરજો. શુકનવંતી તા. ૦૫, ૦૭, ૦૯, ૧૦ છે.

Lucky Dates: 05, 07, 09, 10.

Venus' rule till 16 September suggests you to be cordial with the opposite gender. You will be helpful to others. Ensure to put in efforts in your work. You will keep gaining financially. There will be no financial strain. Pray to Behram Yazad daily.



Sagittarius - ધન - ભ.ધ.ક.

૬૩મી ઓક્ટોબર સુધી રાહુની દિનદશા ચાલશે. તમારા મિત્રો તમારો સાથ નહીં આપે. કામને પૂરા કરવા માટે મુશ્કેલીઓ આવશે. રાહુને કારણે નાણાકીય મુશ્કેલી આવશે. અગત્યની ચીજ વસ્તુઓ લેવા માટે ભાગદોડ કરવી પડશે. ઘણી-ઘણીયાણીમાં મતભેદ પડશે. દરરોજ 'મહાબોખ્તારની આએશ' ભણાજો. શુકનવંતી તા. ૦૫, ૦૭, ૦૮, ૧૧ છે.

Lucky Dates: 05, 07, 08, 11.

Rahu's rule till 6th October will have you lose support from your friends. You might face obstacles in trying to complete your work. Rahu could cause financial strain. You might need to put in a lot of effort to get yourself items of significance. Couples could have misunderstandings between them. Pray the Mah Bokhtar Nyaish daily.



Pisces - મીન - દ.ચ.ઝ.થ.જ.

૨૬મી સપ્ટેમ્બર સુધી શનિની દિનદશા ચાલશે. તબિયતની ખાસ સંભાળ રાખજો. સાંધાના દુઃખાવાથી પરેશાન થશો. સારા સમાચાર સંભળવા નહીં મળે. વડીલવર્ગની તબિયત સંભાળજો. જ્યાં કામ કરતા હશો ત્યાં મુશ્કેલીઓ આવશે. કોઈ પર વિશ્વાસ રાખતા નહીં. નાણાકીય લેતી-દેતી કરતા નહીં. દરરોજ 'મોટી હમન યજ્ઞ' ભણાજો. શુકનવંતી તા. ૦૫, ૦૭, ૧૦, ૧૧ છે.

Lucky Dates: 05, 07, 10, 11.

Saturn's rule till 26th September advises you to take good care of your health. You could suffer from joint pains. Good news will elude you. Take care of the health of your elderly. You could encounter challenges at your workplace. Avoid trusting anybody blindly. Do not indulge in lending or borrowing money. Pray the Moti Haptan Yasht daily.

Dr. Jasvi's Numero Tarot Predictions

(As Per Your Birth Month)



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

January (Lucky No. 17; Lucky Card: Star): This will be an excellent month for women and girls born in the first month of the year! You need to work on coming out of your confusions. Don't allow self-pity to make you feel like you're being neglected. You will not face any monetary issues so stop worrying about finance.

February (Lucky No. 8; Lucky Card: Strength): You will be in the peak of your health, so continue to work on your good health practices. A diversification in your current business or job could be on the cards. Travel or shifting of office or residence is also a possibility.

March (Lucky No. 19; Lucky Card: Sun): This is the time for you to break free of your illusions so that you can move on in life and not be held back by false perceptions. Remember - all that glitters is not gold. Look ahead and clear off all those confusions. Income will start flowing in from various sources.

April (Lucky No. 5; Lucky Card: Hierophant): This is the era of your life which ushers in the perfect balance after all those ups and downs that you have weathered in your life. Financial stability is indicated. Your spiritual healing has started and take heart in the fact that emotional support is available - all you have to do is reach out!

May (Lucky No. 11; Lucky Card: Justice): After every dark night, comes a new dawn. This will be a month that will shower you with happy surprises and bless you with good luck. Ensure that you get a good night's sleep - this is an absolute must for your health.

June (Lucky No. 10; Lucky Card: Wheel of Fortune): Deep within, you know where your destiny lies, but you are in search of the right path. Do not make any hasty decision. Your skills and expertise will bring in much prosperity. Partnerships will prove to be greatly advantageous.

July (Lucky No. 21; Lucky Card: Wheel of Fortune): A magical time awaits all those born in this month. You will be miraculously blessed by the divine energies in all areas of life - i.e. health, wealth, success and finance. Learn to stand up for yourself and more so, fight for your rights.

August (Lucky No. 4; Lucky Card: Emperor): Learn to shoulder your responsibilities. Avoid giving in to thinking too much. Your health will be in great shape. A short travel is on the cards. It's time for you to now stop dreaming and wake up to fulfil your dreams.

September (Lucky No. 2; Lucky Card: High Priestess): You must learn from your mistakes. Stop complaining about what you don't have, and learn to value and enjoy the many blessings that have been bestowed on. You are advised to take care of your health. Your karmic healing has already begun.

October (Lucky No. 1; Lucky Card: Magician): It's time to celebrate your successes and victory! You will be able to purchase new property. This is a very good time for those looking to get married.

November (Lucky No. 3; Lucky Card: Empress): Though you may be feeling lonely at times, you are advised to follow your intuitions. You possess the conviction to pass through this temporary phase of confrontations. Remember that only hard work is the key to success.

December (Lucky No. 6; Lucky Card: Lovers): You need to keep in mind that nothing but change is permanent. Hence, accept the changes in your life as a karmic phase that you have to live through, as these changes are for your betterment. You are blessed by the Divine Mother.

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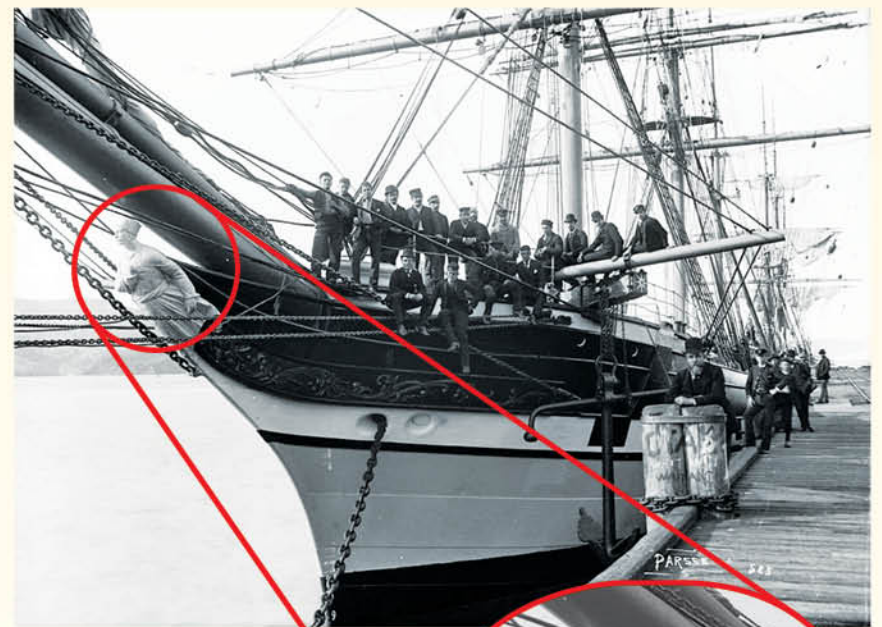
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The HMS 'Parsee'



The HMS 'Parsee' was a ship built in 1868 by Robert Steele & Company. Originally, the HMS 'Parsee' was a fully rigged, clipper ship which was later re-rigged, into a barque.

The ship initially plied the England-Bombay trade route and then went on to sail from India to New Zealand, until its decommissioning in the 1890s, with the advent of steam-powered 'steamer' ships, which replaced such masted, sail-ships on trans-oceanic voyages.

Note the Parsi figurehead at the front bow of the ship showing a Parsi man in the customary headgear and mode of dress of the time.

Also of the same name, 'The Parsee', was a large life-boat with 16 oars, built around the same time, and was gifted to the Pallin Life Boat Station (just north of

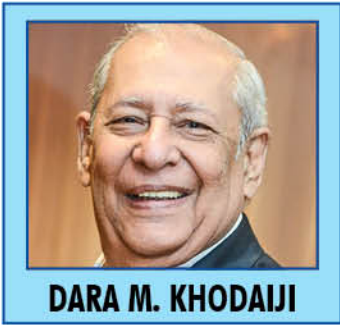


Yarmouth Port) by Mr. Pestonji Cama, a Parsi businessman from Bombay, in the 1870s, in gratitude for all the success he had achieved in his business in England.

In its functional lifetime, the life-boat 'Parsee' managed to save and rescue many fishermen who risked their lives in the rough North Sea for the then thriving herring fishery industry.

It is indeed a matter of pride for our community that the figurehead on the ship is that of a Zoroastrian Parsi Priest, in keeping with the garbs!

Many Memories, More Faux Pas, Most Embarrassing!



DARA M. KHODAIJI

I have been blessed with a very good memory, so good that I often wish I could forget much, for a number of those memories have been peppered generously by *ghotalas*, *chabardas* and more embarrassing *faux pas* than I care to remember. Recounting all would fill up a tome but here are few incidents I committed sans malice in blunder land.

It was Inspection Day at my school and the whole class was on its best behavior, looking smart in crisp, starched uniforms. The Inspector, a staunch nationalist and a freedom-fighter to boot, entered class to the sing-song 'Gooood morning sirrr'. He acknowledged the greetings grumpily and asked, "Can anyone tell me what is the difference between the British rule and our current freedom and independence?" Seeing me grinning from ear to ear, he pointed out to me, "Yes, you boy, on the last bench." I stood up and answered, "Sir, my papa says, now we have prohibition, rationing, shortages and prices have gone up sky high. Thank you, sir." The principal turned crimson, my teacher shuffled her feet trying to look as invisible as a person of 83 kg possibly could. The Inspector left in a huff. I don't know why



cannot speak. Very early indeed did I take to putting my foot in my mouth...

In college I took French as my second language. My French professor was a pretty lady, tall and elegant with a suitable French-like name, Mademoiselle Lala. We were studying the French classic, 'Tartarin de Tarascon' by Alphonse Daudet. One day, Miss Lala was late for class. I went in front of the class and announced, "Mes enfants, today we will study our great classic, 'Tehmulji de Tarapore' By Edul Dadiseth. Oooooo la la! It will be fun!" And there she was, Mlle. Lala, standing right behind me. Being very refined and sophisticated she took it in good humour. I crawled back to my seat and Mlle. Professeur said, "Darab, please enlighten the class with the conjugation in the past historic tense of the verb 's'asseoir' - to sit down." That put me in my place. She taught me French well, but I did not learn from her not to put my number nine foot in my big mouth.

On my sojourns abroad, I have a penchant for speaking French and other European languages, however badly. In Brussels, my wife and I were sitting in a bistro. I called the *serveuse* - a pretty, young waitress. "Mademoiselle, s'il te plaît," and she came immediately - "Oui monsieur!" I ordered, "un croquet monsieur (a ham and cheese sandwich)

pour moi et un burger pour madame." "Anytheeng else Monsieur?" she asked in English but I continued in my text book French, "Non, mon amie, c'est tout."

I enjoyed my 'croque monsieur' and Rati ate her burger moodily. The young waitress had served us cheerfully. I tipped her well and complimented saying, "Tu es très gentile et très jolie ma chère. Au revoir!" Rati froze! Later at the hotel, she let herself go, "Aye badhu French ma su pit-pit karta tha? Badhu 'dear' ne 'darling', ha? Hu bhi French samjuch. Mara mamava to kehta tha ke tu to professor banse. Trey jolly ha? Ma chair, Ha? My foot! Mara mumma e to kehlu ke aye Darab kai mane sidhdho lagtoj nathi. My mumma was right!"

I wanted to correct her that it was not 'trey jolly' but *très jolie* meaning 'very pretty' and not 'ma chair' but 'ma chère' meaning 'my dear'. On second thought, my correction would make matters worse, so I kept a stiff upper lip.

It took me a while to pacify the fury of the scorned woman. To make the matters worse, the next day I spoke my Gujarati accented French to the girl at the dark chocolate shop! The sales-girls giggled. The thermometer went down by a couple of degrees again.

One cannot miss eating waffles in Brussels. There is a waffle place right next to the landmark statue of a boy relieving himself called Manneken Pis. I ordered a couple of waffles and started talking to the sales-girl about why such a monument was installed. She giggled and went into a long, historic explanation about Manneken Pis in French, that I could barely understand. The temperature reached freezing point. For putting my inquisitive foot in my mouth regarding the origin of the 'Peeing Boy', I had to buy Rati a pair of shoes she'd been ogling, a purse and scarves that she wanted to gift her cronies. That put

her in a somewhat better mood but my foo-in-mouth syndrome cost me many Euros!

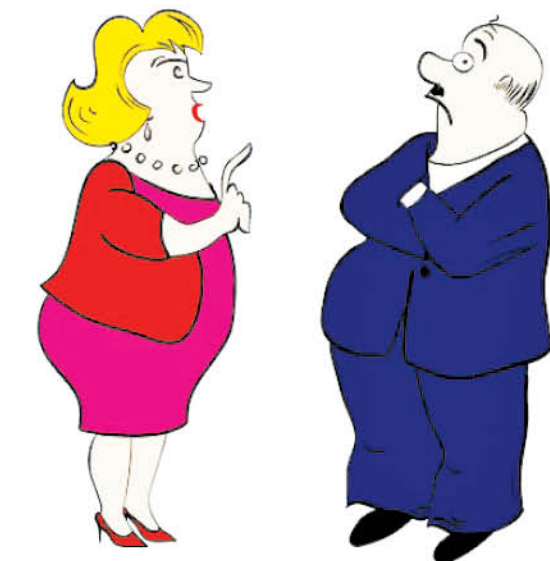
Aadarjee Adenwalla was a wealthy widower and a family friend. Bubbling with *joie de vivre*, he loved the good things in life and lived well. I hadn't seen him in a couple of years. We met at a friend's wedding. I was nursing my third drink when I saw him in pagri, dagli and all. We met cordially, chatting like long lost uncle and nephew and all was absolutely tickity-boo till I noticed Aadarjee's son, Cowsee sitting at a distance from us having a tête-à-tête with a slim, tall, beautiful *fatakri*. "Aare wah! Tamaro Cowsee kahre punyo? Great choice that *chupa Rustom* has, eh!" Aaderjee turned beet-red, almost apoplectic. Very fortunately, my sister who had just joined us, squeezed my arm and said, "Aare Rati is looking frantically for you near the band."

I hurried to search for my Rati who thinks (of course mistakenly) that I am a bit of a Casanova and might be flirting elsewhere. My sister followed me and explained my faux pas. The pretty *fatakri* was Cowsee's brand new step-mom, 37 years younger than Aadarjee who had just remarried! I'd done it again! It's chronic!

About a month ago, I was enjoying my sundowner and nibbling on *sev-ganthia* and salted *kaju*. The tinkling of the ice-cubes, the reflection of light on the amber fluid in a crystal glass, the rich aroma a 25-year-old, 'cup o' kindness', as the poet Burns put it, and the rich woody taste with a touch of smokiness, can put any man in a poetic mood. Ah! what a blessing is a good Scotch in these days of social distancing and lockouts. It's liquid nirvana! My Rati too was relaxed with a glass of white wine.

I said, "nothing relaxes you like a good Scotch when the eve is cool. I love it!" Rattie butted in saying, "My brother Framroze loves it too, very much." Then, looking at me she quipped, "But he does not drink daily." "No," I interjected thoughtlessly, "He drinks only when it is someone else's Scotch; never out of his own money. At our club he is known as the *freeloading Fram*. Ha ha!"

That did it! Battle lines were drawn, hostilities were declared, diplomatic relations were severed. This was not a *faux pas* - it was a marital suicide, and it is going to cost me a bomb to save to save my marriage otherwise *bahar-nu-bhonu bandhvu parse*. And Rati is a Good cook.



but this 83 kg teacher left the school, gave up teaching completely and took to baby-sitting dogs for working couples. She says it is stress free and the dogs

The Zen Series: The Finest Is The Simplest



KASHMIRA SHAW RAJ

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

In this ninth part of 'The Zen Series', the short story about elderly gentlemen in Japan leaves much to reflect over!

There was a group of elderly gentlemen in Japan who would meet over tea to exchange news. One of their diversions was to search for costly varieties of tea and create new blends that would delight the palate. When it was the turn of the oldest member of the group to entertain the others, he served tea with the greatest ceremony, measuring out the leaves from a golden container. Everyone had the highest praise for the tea and demanded to know by what particular combination he had arrived at this exquisite blend. The old man smiled and said, "Gentlemen, the tea that you find so delightful is the one that is drunk by the peasants on my farm. The finest things in life are neither costly nor hard to find."

Take a moment to think of all the treasures you possess. If you suddenly had to leave everything behind, what would you do? We get so caught up with our materialistic acquisitions that we forget it gets banal after a point and limited. Here today, and gone tomorrow.

Of course, we love our designer clothes, or that favorite doll or record... but what if you were all alone by yourself and had no one else to play with? Would you spend time playing all alone in your mansion or would you rather meet up with friends and listen to scratchy records? It is all about making choices.

There are some who are happy and content with simple things in life and there are some who need the finest. But here comes the catch... What defines 'finest'?

How many of us are able to recognize branded clothes from good quality garments manufactured locally?



Don't we sometimes get carried away with names and brands just because we hear so much about them or because we have seen so many people talking about them? It is said, 'clothes maketh the man', but is it the clothes that should decide the person that you are?

If you look around you will find true beauty in the simplest of things... the best example is the wonder of mother nature - the simple but exquisite rainbow or a full moon or a garden in bloom; or those misty hills and the valley when the mist comes rushing in; or maybe that one, hot cup of tea you have with cold trembling fingers standing by a tea stall on a heavy rainy day... or then that incomparable, innocent smile on your child's face as they present you their very first fallen tooth, for safe keeping!

Everything that shines and bedazzles is not necessarily the best. In fact, the diamond itself resides deep within the earth. When you sit back to reflect on the finest or best things around you, give a thought to:

1. Sharing your meals with people who

matter to you.

2. A loved one asking you how you are and how the day has been for you.
3. Others feeling your pain and

understanding you.

4. A friend being there by your side and being a constant source of inspiration and motivation.

5. An old but warm and fuzzy T-shirt that your child loves to sleep in, with its old tattered bunny or dog.

The finest things are actually the simplest to find. Well-worn but comfortable shoes will take you much further than a new pair. It is great to pursue things you would like to possess, but if in doing so, you turn a blind eye to what is there right under your nose, then you need to think again. Things come and go. They are just things. But people, and what they bring

with them and how they make you feel, are once in a lifetime. So, go and make that cup of tea and ponder...



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.

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