

Get Your  
Parsi Times  
Newspaper!  
Hard-Copy,  
Now Available  
With Vendors!

THE TRUTH. DELIVERED WEEKLY.

ADVANTAGE OF WEDDING FOOD AT HOME WITH OUR LOVED ONES

**DIANA CATERERS**  
NAVROZ PAGOIWALLA 9821645463  
FOR ALL HAPPY OCCASION

WELCOME

BEST RATE GUARANTEE

TOPLI PANNER

ALL PARSİ FOOD,S AVAILABLE ON SAT & SUN

ASKED FOR MENU CALL & WHATSAPP +91 9821645463

LAGUN NU PARTU AT YOUR DOOR STEP : 20/SEP/2020 ORDER 2 DAYS IN ADVANCE  
PICKUP : DADAR PARSİ COLONY MUMBAI 14

## Adar Poonawalla Debuts In Fortune's Prestigious '40-Under-40' List



## Justice Nariman Appointed Chairperson Of Apex Court Legal Services Committee

Page 06

Page 06

## Better Than Cure: Exploring & Understanding IMMUNITY!

By  
Dr. Danesh  
Chinoy

## Stop Being A Negative Nancy!

By  
Veera  
Shroff  
Sanjana



Page 12

Page 20

## ઘર અને ઓફિસના સામાનની જાળવણી માટે સુરક્ષિત સ્ટોરેજ રૂમ સર્વિસ ગુરૂકૃપા સ્ટોરેજ સોલ્યુશન

તમે શિક્ષક થવાનું વિચારો છો? એક શહેરમાંથી બીજા શહેરમાં જવું છે? વિદેશ જવાનું પ્લાનિંગ છે? કોરોના મહામારીને કારણે વર્ક ફ્રોમ હોમનું ઓપ્શન મળતાં થોડો વખત માટે હોમટાઉન જવું છે? મોટા ઘર કે ઓફિસમાંથી નાની જગ્યામાં સિફ્ટ થવું છે? અથવા તો કોરોનાને કારણે થોડો વખત માટે ઘંઘો આટોપવો છે? ઘરમાં ઓફિસ કરવી છે? આ બધામાં સૌથી પહેલાં પ્રશ્ન આવે સામાન ક્યાં રાખશું? કેવી રીતે સાચવશું? પરંતુ તમારા મનપસંદ ફર્નિચર જેમ કે ટીવી, સોફા, બેડ, ફ્રિજ, કબાટ વગેરે સામાનને સાચવશે ગુરૂકૃપા સ્ટોરેજ રૂમ સર્વિસ. તમારા ઘર અને ઓફિસના કિંમતી સામાનને સુરક્ષિત બાંહેધરી આપે છે. ગુરૂકૃપા સ્ટોરેજ સોલ્યુશન આ સાથે તમારે મુંબઈની બહાર તમારા ઘર કે ઓફિસનો સામાન લઈ જવો હોય કે લાવવો હોય તે માટે પણ સંપર્ક કરો.



**Gurukrupa**  
PACKERS & MOVERS  
Total Solution for Peace of Mind

ગુરૂકૃપા સ્ટોરેજ સોલ્યુશન  
ફોન નંબર ૯૮૨૧૫૩૦૭૦૨  
૯૩૨૪૨૫૪૪૬૦



વધુ જાણવા માટે વેબસાઈટ વિઝિટ કરો  
[www.gurukrupastoragesolutions.com](http://www.gurukrupastoragesolutions.com)

**Mr. Chow's**  
AT YOUR DOORSTEP

Skip the Prawns Patia this Weekend and order Prawns in sesame sauce from Mr. Chow's

SERVING THE PARSİ COMMUNITY FOR THE LAST 13 YEARS

22160074/75/76

zomato

**FROM THE EDITOR'S DESK**



**Does Power Corrupt?**

Dear Readers,

“Power tends to corrupt, and absolute power corrupts absolutely,” (by English historian, politician and writer - Lord Acton) is a popular and widely accepted saying. Power is defined as the capacity or ability to direct or influence the behaviour of others or the course of events because of your standing and your possessions. We usually relate to power as synonymous with wealth, brute force and fire-arms or celebrity and social standing.... factors which induce a sense of awe, resentment and fear in most of us. And since power corrupts, we hold these factors responsible for causing moral depravity.

But, it's not the Money. It's not the Gun. It's not the high-flying Position. It's about the choices made by the person owning the money, holding the gun, and occupying the position.

Today, every news channel on TV and every newspaper spits out information on how the high and mighty can, quite literally, get away with murder... simply because they're powerful people. And then we are subject to the power-games as well - where the bigger sharks get the smaller ones, as is made abundantly clear in global politics. In Mumbai itself, we've been witnessing the power-drama between the State's ruling government, the Central Government, actors, TV channels assuming the role of kangaroo courts, et al. And of course, even closer to home, we have our own constant community-politics. All prominent names. All 'powerful' people. Of course, power must corrupt!

Truth is - power is as much a corruptor as it is an enabler. It can corrupt when we choose to abuse our power for greater self-interest - which is the mark of a weak moral identity. But it can also enable and empower good and right action. True power comes alive when we align it with the greater good, and in the positive interests and growth of others.

True power is incorruptible - it is about serving others, not just yourself; Truly powerful people are visionaries; they know how to live in the moment which sets the tone for shaping the future in ways that help, not harm. They are generous and compassionate; they are grateful, and they celebrate life; and one of their biggest powers is their infectious positivity.

It is what we choose to do with power that determines corruption or progress. We all house the power-potential within. To those who choose wisely, more power to you!

Have a lovely weekend!

- Anahita

anahita@parsi-times.com

**SECRETARY & ADMINISTRATOR (Housing Trust)**

A large Parsi Charitable Housing Trust requires at its Fort Office, a full-time (5-day week) SECRETARY & ADMINISTRATOR, who would be in charge of day-to-day administration of the Trust Estate and liaising with tenants, civic authorities, architects, civil contractors, office of the Charity Commissioner, security contractors, legal advisors and others, and would work with the Trustees for the smooth conduct of the Meetings and for managing all statutory compliances by the Trust. Candidates must have good communication and human relations skills, and must be decisive and capable of independently managing the Trust Estate.

Qualified professionals (including retired senior executives below the age of 65 years) with experience in general administration, finance, civil engineering, company secretarial and legal matters, should send email to

[zbf298@gmail.com](mailto:zbf298@gmail.com)

stating age, qualifications, experience and salary expected.

**LETTERS TO THE EDITOR**

**Clarification To Article Published In Parsi Junction Regarding Rajkot Anjuman Properties**

*In the interest of promoting transparency and clearing the misconceptions created by the above article against me and the FPZAI, I earnestly request you to please publish my clarification.*

On 5<sup>th</sup> September, 2020 Parsi Junction leaflet has published an article with the title, 'SAM CHOTHIA UP TO HIS OLD TRICKS TO SELL RAJKOT ARAMGAH', which seeks to malign my name and bring it into disrepute by way of half-truths, lies and baseless allegations. This type of yellow reporting also maligns FPZAI and brings obstruction in the functioning of FPZAI.

I would like to clarify that Rajkot Scheme was filed in 2011, during the tenure of Dinshaw Mehta, the then Ex-officio President of FPZAI and Ex-CEO of FPZAI Sorabji Katpitia, through Jimmy Bachha and late Cyrus Nagaomwala. The first proposed trustees to be were: 1. Dinshaw Mehta; 2. Arnawaz Mistry; 3. Muncherji Cama; 4. Mehli Colah; and 5. Parvez Mehta.

I was elected as Vice President of West Zone-B (Gujarat Anjumans) in 2014 and appointed as CEO of Defunct Anjuman Committee (DAC) in 2016. So, I have nothing to do with the drafting of the scheme and the appointing of First Trustees.

The advocate, Mr. Vyas who's mentioned about, the one being escorted by a Muslim to a car, is presently not the advocate of the FPZAI. Advocate Mihir Trivedi of Rajkot is appearing for FPZAI since September 2019. Earlier, Advocate Bakimchandra Vyas from Dist. Anand was appearing before the Charity Commissioner of Rajkot.

Mr. Dinshaw Mehta and Mr. Soli Katpitia had appointed advocate Mr. Vyas for Godhara, Deesha and Khambhatt. Over time, it was observed that Advocate Mr. Vyas had an eye on the community properties, particularly that of Rajkot. I informed FPZAI office bearers that we needed to change the advocate. In August 2019, I had informed Advocate Vyas not to appear for FPZAI in any matter and after getting approval from all the DAC members, I had appointed Advocate Mihir Trivedi of Rajkot to appear before Rajkot Charity Commissioner, on behalf of the FPZAI, in September 2019. Applicant Cyrus Nagaomwala signed the Vakalatnama for advocate Trivedi but first applicant Mr. Bachha did not sign the Vakalatnama and hence Adv. Mr. Vyas is still appearing for Jimmy Bachha. Mr. Bachha was on pay roll of the FPZAI and had assisted Sohrabji Katpitia at that time. FPZAI is taking steps in this regard.

Substantial Community properties, worth crores of rupees, in small towns and rural areas where there are few Parsis or even no Parsis left, are already or almost lost to the community through encroachment, lack of updated records, etc. FPZAI faces an uphill task of safeguarding these from further encroachments from land mafias, slum lords, and builder lobbies, with the help of local Anjumans.

The functioning of the DAC is transparent and all BPP trustees, who are also members of the DAC, are fully aware of its functioning. Unfortunately, privileged and confidential information is leaked and lands in the hands of individuals who then use it to twist facts, which are really prevalent at site and thus, try to stir up community sentiments. Community activism is just a facade and the real intent is to derail the work done by FPZAI. In small towns where properties lying unattended, the same is open to encroachment as no Parsis are living there. The community hence is losing its properties to this unauthorised encroachment by the land mafia.

Never once have Khushru and Rayomand Zaiwalla voluntarily come forward to physically go to these towns and cities and villages and try and take steps to stop the encroachments. Nor have they ever volunteered to come forth and assist the community in our hour of need. They find it safer to be brave and be a critic from the safe confines of their homes. After all, most are brave from a distance.

FPZAI is committed to protecting the community properties AND THE INTEREST OF INDIVIDUAL PARSIS at the Anjuman level throughout India and the office bearers are putting in their sweat and toil.

I would like the father-son duo to refrain from being a mouth piece and would exhort them to leave the confines of their home and travel to all the places where precious community properties are located, confront the encroachers, land mafias, attend hearings before the competent authorities and show the Community that they truly care, not merely by their word but also by their deeds and action.

**Sam R. Chothia**  
CEO, FPZAI - Defunct Anjuman Committee



**DINSHAW TAMBOLY**

## Champions Of Philanthropy

*Much has been written about our fellow Zoroastrians affected by the Pandemic and the various welfare initiatives undertaken to support them. The benevolence and munificence of donors who have played the most significant role in supporting those affected, should be acknowledged, so that we can show our gratitude to and celebrate the generosity of the spirit of donors who have stood by the community in all times of crisis - be it for individuals in times of personal distress or during natural disasters such as the current epidemic that continues to hold the lives and livelihood of people the world over, at ransom.*

The ongoing Novel Corona - 19 Virus, known as the Covid Pandemic, has, since late March 2020, been playing havoc with lives of millions in India and rest of the world.

Us Zoroastrians too have not been spared. A few thousand of our minuscule community have suffered tremendously, by way of the loss of loved ones and the loss of livelihood - be it in form of employment, business, loss of agriculture, dairy, poultry produce, etc. And with places of worship remaining shut, on account of the lockdown, our Priests too have suffered immense hardships due to loss of income.

Fortunately, for our community, we have a very solid history embedded in our psyches that has always brought out at all times, the finest spirit of compassion and philanthropy, which yet again, shone brilliantly during the current pandemic.

On requests sent by World Zoroastrian Organisation Trust and WZO Trust Funds to donors worldwide to provide support for Zoroastrians affected by the Pandemic and those in various forms of economic distress, the response has been phenomenal, with a total of Rs.4,31,14,532 having been received, as on September 09, 2020.

Of the total of Rs.4,31,14,532, five donors have contributed Rs.10,00,000 and above viz: **(Please refer to table)**

The balance amount of Rs. 24,59,860/- has been received from multiple donors who

have contributed towards the humanitarian effort.

**WZO Trusts' extend their heartfelt and sincere gratitude to each and every one of our donors for the munificent support they have extended towards this humanitarian cause and continue to do so. It is such largesse that has enabled the WZO Trusts' to reach out to assist community members in various forms of distress due to the pandemic, and will continue to do so, in the months to come. Without the support of donors, it would not have been possible for WZO Trusts' to undertake multifarious community centric welfare activities over the last 29 years.**

The real measure of men is not determined by what they have done or achieved, but by what they have given. In this regard, our Zoroastrian philanthropy has proven, time

and again, that it is second to none. The true spirit in the words of John Wesley, 18<sup>th</sup> century theologian - "Do all the good you can, by all the means you can, in all the places you can, at all the times you can, to all the people you can, as long as ever you can" - is aptly reflected by the indomitable energy of Zoroastrian philanthropy, that has persevered over centuries.

Challenges are what make life interesting, and overcoming these is what makes life meaningful!

WZO Trusts' are very grateful to all donors, immaterial of the size of their donations, for the confidence reposed and continuous support extended in diverse facets of community welfare.

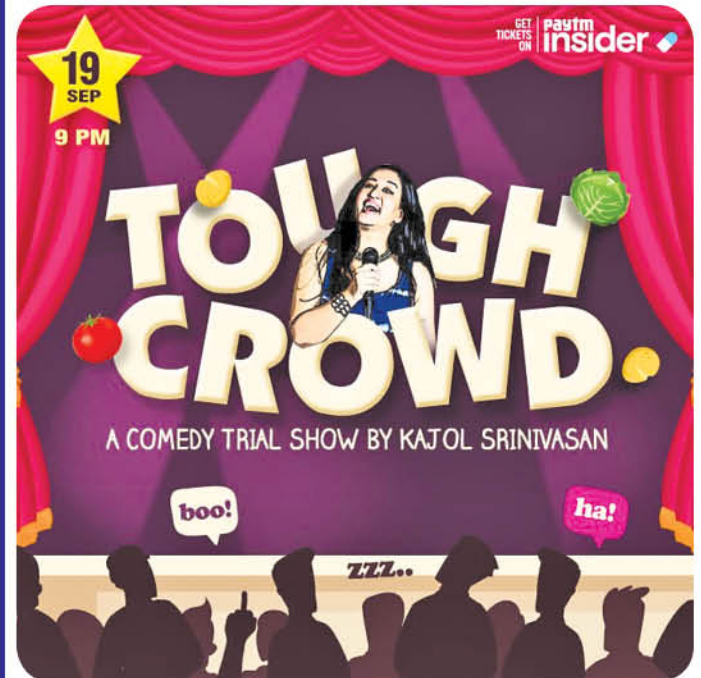
**Our Donors are truly and indeed, the 'Champions of Philanthropy'.**

	Principal Donors	Amount Rs.
1	<b>Pervin &amp; Jai Shroff, Hong Kong</b>  Date Amount (Rs): 23.04.2020 75,90,000 04.06.2020 75,29,000 21.08.2020 74,66,000	2,25,85,000
2	<b>Zoroastrian Charity Funds of Hong Kong Canton &amp; Macao</b>  Date Amount (Rs): 29.04.2020 43,75,000 02.06.2020 37,00,000 24.07.2020 30,00,000 04.09.2020 30,00,000	1,40,75,000
3	<b>Federation of Zoroastrian Associations of North America (FEZANA), USA</b>  Date Amount (Rs): 19.05.2020 5,65,875 03.06.2020 7,11,030 15.06.2020 7,17,767	19,94,672
4	<b>Bai Maneckbai P. B. Jeejeebhoy Deed of Settlement Fund, Mumbai</b>  Date Amount (Rs): 15.05.2020 10,00,000	10,00,000
5	<b>Perin &amp; Noshir Pavri, Hong Kong</b>  Date Amount (Rs): 29.06.2020 10,00,000	10,00,000
		<b>4,06,54,672</b>

## TOUGH CROWD!

- A 'Comedy Trial Show' By Kajol Srinivasan -

Is it a Quiz? Is it a Comedy Show? Maybe it's a weird hybrid.  
You be the Judge!



Stand-up comedian Kajol Srinivasan brings you a one-hour show of fresh jokes, combining humour and the bizarre truth, and invites you to bang your gavel and pass judgement!! Drawing from her popular Twitter daily quiz #quizzytme, she is experimenting this novel format of comedy - and you're invited!

Pitch in and answer a few questions if you like, or simply sit back and enjoy the show that will cover the gamut of all topics from politics and history to dating and more!!

Don't Miss This All-English show, open for those above the age of 18, on Saturday, 19<sup>th</sup> September at 9:00 pm. Tickets on PayTM / Insider:

<https://insider.in/tough-crowd-a-comedy-trial-show-by-kajol-srinivasan-sep19-2020/event>

# Avan Yasht II – Why Is The Sea Salty? The Yasht Series



Daisy P. Navdar

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

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

As children, one of the most amazing stories we read were the ones which told us how the sea became salty. I have reproduced it here for you to enjoy briefly...

The story begins, surprisingly, by explaining that the sea wasn't always salty, and that, at one time, it was sweet enough to drink!

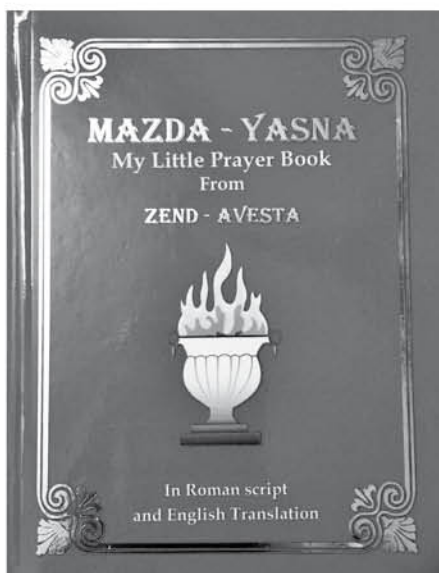
The salt is all due to a magic millstone that belonged to a great king, and could produce anything that this king wished for - from gold to spices. A thief decides he wants the millstone for himself, so he goes to the King's palace and is taken on a tour by a kind guard. The thief tricks the guard into telling him where the millstone is hidden, and how the king makes it work, then creeps back later to steal it.

The thief escapes on a boat, and is soon wondering what to wish for. He starts eating a bun, finds that it isn't salty enough and is inspired to ask the millstone for salt. It works... but the thief falls asleep without telling the millstone to stop. He wakes to find a heap of salt, weighing down the boat and growing by the minute, but he doesn't know how to make the millstone stop. Finally, the boat sinks and the thief swims ashore to be captured by the king. As for the millstone, it's still churning out salt on the ocean floor.

- Author: Rosie Dickens

Surprisingly, the Dinbai's Khordeh Avesta has another story to tell about why the sea is salty. Dojak or hell is a very real concept in our philosophy. It is said that the sea is salty because it goes through the portals of hell and emerges from there. The tides come twice in 24 hours, when it is low tide - the waters rush downwards into the portals of hell, to cleanse it. That is why the ravans who are in hell get cleansed and can become pure for a few hours. This is designed by Dadar Ahura Mazda to cleanse even those souls

who are condemned to hell so that they don't experience too much difficulty, even in hell. It could be considered as some form of temporary relief from the suffering of the ravan.



The water that returns at high tide is very hot when it comes from Dojak, it is said that it flows into the Zavaherkash Sea. There is a ram with three legs in that sea, and as the incoming tide rises and when the ram sees that water, its gaze cools down and purifies the waters. All the evil and dirt that is accumulated in the water is purified when it comes into contact with this ram.

There is a holy cow near this water created by Ahura Mazda which has a burning fire on its back, she stands witness to this phenomenon.

But, despite this entire process of cleansing and purification, the waters remain salty. We can assume that it is salty so that it remains unsuitable for consumption of any living being. Perhaps to save all living things from the mal effects of Dojak and any remnants of its impurities.

However, as we know, the heat of the sun evaporates these same salty waters and thereby purifies the waters which come down upon us as cleansing rain. Look at the marvel of Ahura Mazda!

Many people could feel that this is all just a story but in reality, this is the absolute truth. We have very little knowledge about our own religion as the main scriptures were destroyed or lost in the ravages of time. This is why the faith in our religion is on a decline as it all seems inconsequential. We can recite prayers like a parrot but if we understand the deeper significance of the prayers and the effects these can manifest, then we will have more faith in the recitation of our prayers!

# Let My Good Thoughts Regulate My Words And Deeds, 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.

Neither mountains separate me from Thee, nor oceans keep me far from Thee. My own evil thoughts keep me aloof from Thee. The evil thoughts that emanate from the depths tempt me. Help me to force Akoman's evil thoughts to sleep, the sleep of death. I will not let my evil thoughts hide Thee, Ahura Mazda, from my sight. I will not let my evil words veil Thee from my mind. I will not let my evil deeds screen Thee from my heart.

I will wake at dawn with Vohuman's good thoughts. I will plant the seeds of goodness in the garden of my mind and cultivate it and water it and weed it, until they grow into fragrant thoughts. As the wind of Vayu stirs the trees, so will I make Vohuman's thoughts stir my soul. I will invoke Vohuman to put good thoughts into my mind. I will think Vohuman's



good thoughts. I will live Vohuman's good thoughts in every fiber of my being. I will let Vohuman's good thoughts find expression in my words and deeds.

As Thy loyal subject, O King of Kings, faithfully and dutifully will I lay at Thy feet my yearly tribute of Good Thoughts and Good Words and Good Deeds!

## SIR JAMSETJEE JEJEEBOY CHARITY FUND

Kalpataru Heritage, 5th Floor, 127, Mahatma Gandhi Road, Fort, Mumbai 400 001

### Restarting Boarding & Lodging Services

Sir J J Charity Fund is pleased to announce that pursuant to partial lifting of restrictions under Mission Begin Again, the following establishments managed by our Fund are now fully operational for Boarding & Lodging purposes :

- Sir J J Dharamshala, Udvada,
- Jamshed Baug, Navsari,
- Sir J J Holiday Villas & Sir JJ Sanitarium, Khandala, and
- Maneck Baug, Pune.

As per prescribed Guidelines, each of these establishments have been professionally disinfected and sanitized, prior to reopening. Visitors will, however, be required to adhere to regular safety norms as prescribed by the authorities.

Patrons may make reservations by either calling the Fund Office on (022) 22673843-44, or directly contacting the Resident Manager at any of these sites. You may also email us at [reservations@sjjcf.org](mailto:reservations@sjjcf.org). Looking forward to your valuable patronage and serving you once again.

Mumbai,  
10<sup>th</sup> September, 2020

Firoze S Damania  
Trust Secretary

### SII Pauses COVID-19 Vaccine Trials in India



The Serum Institute of India (SII), which was conducting the Indian trials for the coronavirus vaccine being developed by Oxford University, paused the clinical trials of the vaccine across the country on 10th September, 2020.

Putting out a statement, the Serum Institute of India said, "We are reviewing the situation and pausing India trials till AstraZeneca restarts the trials. We are following DCGI's instructions and will not be able to comment further on trials."

The declaration by the Pune-based vaccine manufacturer came a day after the Drug Control General of India (DCGI), V.G. Somani, issued them a show-cause notice asking for an explanation as regards the Institute going ahead with the clinical trial of the COVID-19 vaccine candidate despite the doubts about patient safety.

The notice was issued in the wake of an advert incident on 8th September, 2020, where one of the participants in the UK, reported a possible adverse reaction, when administered a booster dose of Covishield, a vaccine candidate developed jointly by the Pharma giant - AstraZeneca and the University of Oxford.

"Whereas, Serum Institute of India

Pvt Ltd, Pune, till now has not informed the Central licensing authority regarding pausing the clinical trial carried out by AstraZeneca in other countries and also not submitted casualty analysis of the reported serious adverse event with the investigational vaccine for the continuation of phase 2 and 3 clinical trials of the subject vaccine in the country in light of the safety concerns," the notice by DCGI read.

The DCGI further asked the institute why the authority had not suspended permission given to the SII for the clinical trials of Covishield.

"In view of the above, I, Dr. V G Somani, Drugs Controller General of India and Central Licensing Authority, hereby give you an opportunity to show cause as provided under rule 30 of the New Drugs and Clinical Trials Rules, 2019, why the permission granted to you August 2 shall not be suspended till patient safety is established," the notice said.

SII is the partner of the University of Oxford's Jenner Institute's to conduct the vaccine trials. SII is currently progressing the second and third phase study of the vaccine candidate at 17 trial sites across India.

### Tata Airline 'Vistara' Lands In London After Seven Decades



Seventy-two years after JRD Tata was among the 35 who flew Air India's first flight to Mumbai in June 1948, another Tata Group airline - Vistara - landed in the British Capital of London, on the morning of 28th August, 2020, making its much-awaited medium haul launch.

Air India was nationalised in 1953 and had operated its first flight to London as a Tata Group airline. Now the Tata joint venture with Singapore, Vistara, that is tipped to be the most likely bidder for Air India, has operated its first Delhi-London flight.

The airline used the Boeing 787 Dreamliner for the flight. It had got first of the two widebody B787s this March but the launch of medium haul

international nonstops was delayed by the pandemic. It is now operating Delhi-London under the air bubble India has created with the UK.

"Vistara is operating special, non-stop flights under the bilateral 'transport bubble' from 28th August to 24th October, 2020, and will fly thrice a week between the two cities," the airline said in a statement.

Vistara's CEO, Leslie Thng said, "Though not regular scheduled flights, we are excited about starting operations to our first long-haul destination. This, in many ways, marks the beginning of a new phase of growth in the global skies for Vistara."

[Courtesy: TNN]

## P.T. CLASSIFIEDS

### ANTIQUES

**AARAV**  
OLD ANTIQUE ITEMS  
VALUE GIVEN IS MORE THAN MARKET RATE  
We also collect Goods & give free Home Service  
Gold & Silver Jewellery, Watches, Old Furniture, Gramophones, All Records, All Cameras, Old Fountain Pens, Gara, Kerba, Old Crockery, Zari Border, Old Notes, Coins, German Silver, Household Items  
**CONTACT: AARAV**  
9324503876 / 8169751275  
181, Shop No. 13, Bora Bazar, Fort, Mumbai-1

### CATERERS

#### A-1 CATERERS

Delicious homemade Parsi food of great quality, prepared in absolute safe and hygienic conditions. Tiffin available on a monthly or weekly basis.

Call  
Khorshed Irani-9820518675  
Rukshad Irani - 9820427147

### FLAT FOR SALE

#### Salsette Flat for immediate sale

930 sq ft (built up area) 3 gala flat available on outright sale in Salsette Parsi Colony, Pump House, Andheri east, Mumbai. Very well maintained flat on ground floor, fitted with built in wardrobes, kitchen cupboard with cabinets and loft cabinets.

Interested parties  
Connect : Firoza Tejani  
91 77387 96564

### SERVICES AVAILABLE

#### PAC n DELIVER

##### INTERNATIONAL COURIER

Send parcels to your Children & loved ones in CANADA, UK, USA & WORLD WIDE including Garments, Farsan, Chocolates, Sweets, Gifts, Eatables, Medicines & any permissible item & get benefited with SPECIAL rates.

Contact - Mr. ANUJ SANGOI  
Tel. - 022-48932230 / 8879991866  
Email - sales@pacndeliver.com  
"20 Yrs of Quality Service"

### Good News

To Buy / Sell / Rent  
Flat / Plot / Bungalow  
in UDWADA  
and All Govt.  
Related Works

Call: Mr. Amit Tanna  
0 9978850067

### ASTROLOGY

Online Astrology solution for all problems related to health / finance / education / matrimony / horoscope match etc.

Online Consultation  
WhatsApp 9969105963  
Contact No. 8356980988

### CLASSIFIED RATES

#### RUNNING TEXT CLASSIFIED

Rs. 20/ per normal word  
Rs. 25 / per bold word

#### CLASSIFIED DISPLAY

Black & White (4cm X 4cm)  
Box Rs.600/per insert

Black & White (4cm X 6cm)  
Box Rs.800/per insert

#### MATRIMONIAL:

Flat Rate of Rs. 800/-



[www.parsi-times.com](http://www.parsi-times.com)



[/parsi.times](https://www.facebook.com/parsi.times)

## Justice Nariman Appointed Chairperson Of Apex Court Legal Services Committee



Prominent Supreme Court judge, Justice Rohinton Fali Nariman, has been appointed as the Chairperson of the Supreme Court's Legal Services Committee.

*"In exercise of the powers conferred by Section 3A of the Legal Services Authorities Act, 1987 (39 of 1987) read with Rule 10 of the National Legal Services Authority Rules, 1995, the Central Authority hereby nominates Justice Rohinton Fali Nariman, Judge, Supreme Court of India, as Chairman of the Supreme Court Legal Services Committee with immediate effect and makes the following amendments in its Notification No. S.O.115(E) dated 09.02.2000,"* read the notification by the Department of Justice, Ministry of Law and Justice.

Justice Nariman takes over the post following the retirement of Justice Arun Mishra, who held the post since November last year. The Supreme Court Legal Services Committee is constituted for implementing the legal services programme in connection with the Supreme Court of India.

As per Section 3A of the Legal Services Authorities Act, 1987, it is the Central Authority which has to constitute a Committee, to be called the Supreme Court Legal Services Committee, for the purpose of exercising such powers and performing such functions as determined by regulations made by the Central Authority.

Following are the powers and functions of the committee as per Supreme Court Legal Services

Committee Regulations, 1996:

- (a) To administer and implement the legal services programme in so far as it relates to the Supreme Court of India and for this purpose take all such steps as may be necessary and to act in accordance with the directions issued by the Central Authority from time to time;
- (b) To receive and scrutinize applications for legal services and to decide all questions as to the grant of or withdrawal of legal service;
- (c) To maintain panels of advocates on record and of senior advocates in the Supreme Court for giving the legal advice;
- (d) To decide all matters relating to payment of honorarium, costs, charges and expenses of legal services to the advocates on record and to senior advocates of the Supreme Court;
- (e) To prepare and submit returns, reports and statistical information in regard to the legal services programme to the Central Authority.

As the Chairman of the Committee, Justice Nariman shall be in overall charge of administration and implementation of the programmes of the Committee; Cause the meetings of the Committee convened through the Secretary at least once in a period of three months; Preside over the meetings of the Committee; and have all the residuary powers of the Committee.

On behalf of our community, Parsi Times extends heartiest congratulations to Justice Rohinton Fali Nariman!

## Adar Poonawalla Debuts In Fortune's Prestigious '40-Under-40' List

The dashing and dynamic CEO of Serum Institute of India (SII), Adar Poonawalla is among the "emerging leaders" from across the world named by Fortune in its prestigious, annual list of '40 Most Influential People Under The Age Of 40'.

The 2020 Fortune 40 Under 40 list highlights 40 influential people each in the five categories - 'Technology', 'Healthcare', 'Finance', 'Media and Entertainment', and 'Government and Politics' from across the world.

Fortune praised Adar Poonawalla's debut in the coveted list, with, "Few people on the planet are more in demand right now than Poonawalla. He is the CEO of his family-owned company SII, which is the world's largest manufacturer of vaccines."

"This year, of course, has been far from normal. With the race to develop a vaccine for COVID-19 in full swing, SII, with its enormous manufacturing capacity, has been an obvious place for pharma companies to turn. SII has inked deals with both AstraZeneca and Novavax, committing to manufacture one billion doses of each vaccine, priced at \$3 a shot, for low- and middle-income countries. The pharma company



has expanded its geographical reach in recent years by acquiring production facilities in Czechoslovakia and the Netherlands and is also working to develop COVID-19 vaccines itself," added Fortune.

Other young guns from India to feature on the coveted list were Byju Raveendran, Co-founder of India's leading education technology company Byju's; and Reliance Jio Board Directors - Isha and Akash Ambani.

## Er. Soli Completes Silver Service At Saronda Agiary

Er. Soli Dadee Panthaky (Sorondawala) has completed twenty-five glorious years, serving the pious Padshah Saheb of the Saronda Agiary in Gujarat. Kudos to Er. Soli for taking such good care of the Agiary selflessly, silently, unsung and with full devotion, single-handedly.

Whether there is rain, power cuts for a long duration and other hardships which he has endured during these years of yeoman service to the Agiary, Er. Soli has never flinched an eyelid and left no stone unturned in the services of the Daremeher Padshasaheb.

His late wife, Dolly, always stood by him through thick and thin and would also travel all the way from Mumbai at times to help him serve the Agiary. Er. Soli's son - Burzeez, daughter-in-law - Suzu and grandson - Tuzan, are his greatest strengths.



We wish him good health and all the best in his services to the Padshah Saheb and thank him for keeping the holy fire flickering always. Ishtar Te.

(With inputs from Adil J Madon)

# 8th World Zoroastrian Youth Congress Update

## London is Calling! Spotlight on Youth Organisers!!



By Shazneen Munshi,  
Venue Co-ordinator

*The World Zoroastrian Youth Congress is one of the most crucial platforms that brings together and reinforces the unity and strength of our Zarthosti youth from across the globe. Parsi Times is delighted to be associated with this noble endeavour, by publishing quarterly updates about the 8th World Zoroastrian Youth Congress, which will take place in the UK in 2023, under the able direction of our youth leaders - Sheherazad Kapadia and Sanaya Khambatta, the two dynamic Co-Chairs of the 8th World Zoroastrian Youth Congress. This update is brought to you by Shazneen Munshi, yet another vibrant Zoroastrian youth and the Venue Coordinator for the 8WZYC.*



**W**ith the 8<sup>th</sup> World Zoroastrian Youth Congress (8WZYC) 2023 being hosted by the Zoroastrian Trust Funds of Europe (ZTFE) in the United Kingdom (UK) in Summer 2023, a dedicated team of youth volunteers have already commenced early groundwork to start planning and organising this momentous event. As part of a series of articles, we will be sharing the insights and visions of our 8WZYC organising team.

I'm Shazneen Munshi and having graduated with a Law LLB degree from King's College London, I work as a Policy Adviser to the CEO and Chairman of the Financial Ombudsman Service, an alternative dispute resolution organisation based in London's Canary Wharf. In my spare time, I enjoy dancing - from ballet to salsa, playing the piano and singing in a choir!

As the youngest member on the ZTFE Managing Committee, I have been running our monthly Extra Young Zoroastrian (XYZ) Fun Club religious education classes for children for the past six years, in my role as Young Zoroastrian Chair for five years and continue to assist in the day to day running of the organisation.

My main passion in life is making a positive difference to our treasured Zoroastrian community by engaging and bringing together our youth. Growing up in the diaspora naturally brings its own challenges as first-and-second-generation migrants.

However, our community has grown from strength to strength in the UK over decades due to the hard work and commitment of all those who have dedicated their services.

I am extremely proud to be a Young Zoroastrian in the UK today and being part of our vibrant community, with its indomitable spirit (and colourful characters!) fills me with a strong sense of belonging and joy. It is an absolute pleasure and privilege to be involved in the 8WZYC, in the hope that we can carry forward the Zoroastrian flame for future generations to come!

My first experience of a congress was at the 6<sup>th</sup> World Zoroastrian Youth Congress in New Zealand in 2015 where I was proud to represent the UK Youth as a Speaker where I shared my ideas on how today's youth inculcate a sense of pride about being Zoroastrian. In July 2019, I was invited to speak on the Women's Panel and Community Service Panel at the 7<sup>th</sup> World Zoroastrian Youth Congress in Los Angeles. This also saw me being followed by the BBC for a World Service radio documentary which was a great experience!

Having now attended two Youth Congresses, I can truly say living, eating and being with 500 fellow Zarathushti youth was indeed a very special experience that I will treasure for my lifetime - almost like Hogwarts... but for Young Zoroastrians! It's definitely 'A Kind of Magic', in our Freddie's words. As part of the experience, the

host country also shared its culture and heritage with us from learning the Hakka in New Zealand, to celebrating the 4<sup>th</sup> of July, in Los Angeles.

**For the 8WZYC in the UK, our vision is to build strong lasting global friendships, nurture worldwide communal initiatives and build on the future of our religion.**

As the Venue Lead for the 8WZYC, my role is to find the best environment and space to achieve our vision and create this strong legacy! Our key criteria for a venue include being close to the airport, accommodation and conference facilities for up to 500 delegates, dining and leisure facilities, and ensuring that the venue uses environmentally friendly and sustainable resources. We are keen to find a venue that is quintessentially English - we would love for our participants to experience the natural beauty, architecture and ancient history that our country has to offer!

The search began with exploring potential venues from hotels to university campuses (and even Buckingham Palace!), sending letters to explain who we are and what we are looking for, obtaining relevant quotes and then presenting my findings to my fellow committee members. Progress

has been good so far and we are now at the stage of visiting prospective venues to negotiate prices.

As the past Young Zoroastrian Chair, my fantastic team and I organised a wide range of fun activities, regular events and trips for our youth as well as for the wider community. I have drawn on my experience and skills in the search for our venue - from leadership and event organisation skills to negotiation and building strong relationships with key contacts.

Another consideration that is linked to our venue search is catering. Food is very important to all Zoroastrians as well all know! We will be working closely with the venue as well as external caterers to make sure our delegates experience traditional delicacies, and that everyone is well fed!

Searching for our congress venue has been a wonderful experience which I am thoroughly enjoying. Being part of the congress committee is a once in a lifetime opportunity and I am very excited to work together with our lovely team of volunteers to make the Congress an amazing experience for everyone! See you all in 2023 - London Baby!

## Immunity, Energy & Digestion With Pureganic's Sanjeevani Prash

2020 is tough and challenging; it has taught us many life lessons, and most importantly, to take care of ourselves and the health of our family - in terms of both -preventive and curative. Keeping in mind the need of the hour, Team Pureganic offers Sanjeevani Prash (Consisting of Bijora, pure herbs like shatavari, ashwagandha, shankhpushi, brahmi, nagkesar & jaggery), without added sugar, additives or preservatives. It's been giving excellent health results to users by boosting immunity, increasing mental and physical stamina, improving digestion, controlling thyroid, acidity, gas, bloating and preventing kidney stone, resulting into re-orders.

Bijora/Citron grown at Pureganic farms in Kutch, contains high levels of vitamin C and is considered holy from ancient times due to its health benefits. It's skin, like lemon zest, is empowered

to fight tumors and cancer, strengthen intestines and increase digestive capacity.

High in potassium, fiber and iron, it is loved by kids and adults due to its yummy taste. It helps removes excess stomach heat and is ideal for blood purification and hormone balance.

**Sanjeevani Prash fresh stock from farms of Kutch is available in 200 grams for Rs. 250/- & 500 grams for Rs. 600/-. Kindly refrigerate, after opening.**

**Pureganic also offers immunity & energy building Products like - Bilona A2 Pure Gir Cow Ghee, varieties of Honey, Purecolo (Colostrum), Rakshak, Haldi & Tulsi Arks. For detailed brochure, price & availability, please Whatsapp/SMS - 9820812244. (Free Home delivery in Mumbai, within 2-3 working days).**

## Welcome to The Iranshah Initiative - Video Time Capsule

*Building A Generation Of Inspiration With Vision 2020 (Part 2 of 3)*

### THE IRANSHAH INITIATIVE

<https://iranshahinitiative.com/capsule>



[contact@iranshahinitiative.com](mailto:contact@iranshahinitiative.com)  
#jointheinitiative

**Yummy?**  
eat direct

**SANJEEVANI PRASH**

can be spread on roti or bread also

IMMUNITY	VIT. C	NO SUGAR
STAMINA <small>physical mental</small>	COOLANT <small>शीत मसाला</small>	DIGESTION

**STAMINA** PHYSICAL & MENTAL

- ☞ acidity, gas, bloating,
- ☞ thyroid, BP, kidney stone,
- ☞ brain power, memory,
- ☞ blood purify, constipation,
- ☞ hormone bal, nausea
- ☞ cancer, tumour,

❖ Bijora / Citron  
❖ Jaggery  
❖ Rare Pure Herbs Like  
ASHWAGANDHA  
(Ayush mantralaya recommendation)  
NAGKESAR, BRAHMI ETC

**pureganic**<sup>®</sup>

100 % NATURAL AGRO BASED SUPERFOODS

Contact - 9820812244

DOSAGE: 1-2 Tsp anytime of day. Please Refrigerate

bijora is a citrus fruit from our farm. It is very very healthy, tangy, slight bitter, immunity booster, anti-oxidant & anti-tumour. It miraculously transforms digestive system,,, Like lemon zest its skin is very powerful...

not medicine but traditional food PLEASE FOLLOW & LIKE US ON FACEBOOK & INSTA

In the words of French Novelist, Anatole France, **"To accomplish great things we must not only act, but also dream; not only plan, but also believe."**

In today's day and age, we face several challenges. One in particular is the sanctity of our history, culture and religion. As a result, planning is imperative.

**Simply put, what would you want your children to know about Iranshah?**

**What is it that you believe will inspire them and get excited enough to know more?**

Tell us about your fondest experience, what it means to visit our sanctum sanctoram, how you learnt about the history or how you envisage

the next generation keeping the fire burning forevermore.

Help us help them shape their future by sharing your thoughts, emotions, feelings, experiences about our glorious Iranshah.

Many have had life changing experience at this Holiest of Holy Sacred Grove. While some call it a miracle, some call it life-transforming. Whatever be your story, tell us about it and ignite or reignite that spark of faith and devotion in other hearts. We want to hear from you, no matter how long or short the message!

Join the Iranshah Initiative by contributing to the Time Capsule and be a part of our planning for history. [<https://iranshahinitiative.com/capsule/>]



## Activity High School Celebrates Independence Day & Teacher's Day, 2020



Keeping the Covid-19 Pandemic in mind, we at Activity High School, under the esteemed guidance of our Principal, Mrs. Perin Bagli, switched to a unique online mode of celebrating Independence Day on 15th August, 2020. All our Teachers, Administrative Staff, Parents and Students, totalling 800 participants congregated online to celebrate Independence Day, ensuring that the fervour of patriotism stays alive!

The preparations for this day started well in advance by teachers and students - all dressed in patriotic attire. Since photography is a part of our curriculum, under the able guidance of Mr. Sam Bagli, our photography students made beautiful short films on Independence Day, The Corona Warriors - honoring the COVID-19 warriors, Incredible India, The Catastrophe, How Corona Virus affected our lives, Disasters of 2020 and The untold tale of Bravery. These films were researched, compiled, edited and presented online, by students. Some also read out extracts from essays written on Corona Virus in English, Hindi and Marathi.

Kudos to the brilliant effort put

in by the students and thanks to our teachers who were a constant source of motivation!

Activity High School also celebrated Teacher's Day online on 5th September, 2020. The challenges posed by the pandemic did not dampen the students' enthusiasm! They celebrated Teachers Day virtually and made it a memorable one for their Principal and Teachers.

Celebrations began with a spectacular surprise video for Mrs. Bagli where the Ex-students, Teachers, Staff Members and Parents of Activity High School, wished her A Happy Teachers Day and thanked her for her support and guidance. These videos were compiled and edited by our photography students been trained under ace photographer - Mr. Sam Bagli.

The program comprised various events in the form of songs, dances, poems and speeches. The celebrations ended with an audio-visual presentation made by the Students of Class X, wishing their Teachers a Happy Teacher's Day, making the event a memorable occasion for all to remember.



## XYZ Holds A Global 'Whacky Weekend'!



On 29<sup>th</sup> August, 2020, the XYZ Foundation planned a virtual international weekend camp - 'The XYZ Whacky Weekend' - marking the first step towards fulfilling XYZ's plan to 'Go Global'. It was an immersive, interactive and fun camp, with 75 participants from across the world, including participants from Canada, Pakistan, Singapore, India, Hong Kong, Australia and Switzerland.

The first day kicked off with a brief introductory session followed by a Humbandagi. The participants were relegated to their individual group rooms, where they got acquainted with each other and collectively decided upon their team name, shout and captain. The captains of the five groups formed - 'Eggcellent Eedus'; 'Roblox'; 'Prudent Parsis'; 'Whacky Ds'; and 'Global Avengers' - then introduced themselves to their fellow groups.

An 'Art Attack' session, conducted by mentor Zeshah Davar, navigated the various nuances of the finger-painting technique. The highlight of the day was the 'Scavenger Hunt', which catered to all participants across various age groups. At the end of the day, all participants regrouped with their respective teams for the next day's briefing. Day 1 of the 'Whacky Weekend'

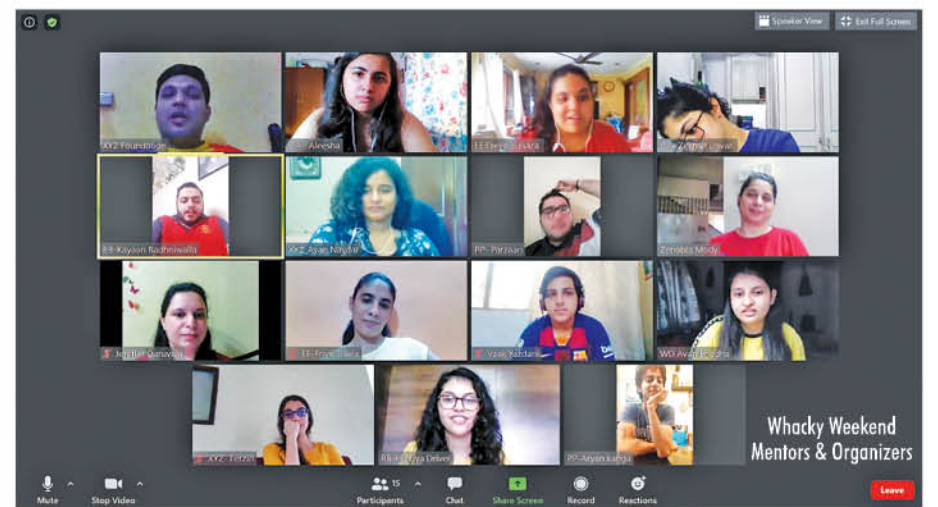
ended on a high note!

The morning session of Day 2 provided an informative and interactive round titled, 'Who Am I?', followed by a fun session of 'Gujarati Pictionary'. Both these activities greatly succeeded in imparting basic knowledge about the Who's Who of the world and our community, along with a good practice session and understanding of the Gujarati language. The afternoon session commenced with the game - Food Housie, with hand-made Housie tickets bearing testimony to the plethora of the participants' excellent creative talents.



Iyana Pavri with her Housie Ticket

The participants then dispersed to their team rooms to discuss the 'Whacky Weekend' video, which is currently available on XYZ's social media pages. In the overall results, the 'Whacky Ds' emerged as the reigning champions of the XYZ Whacky Weekend. The participants walked away with new friends, fond memories and lots of interesting information about our community. All in all - the XYZ Whacky Weekend was a huge success!



# The Bawa Word Search

Search out 16 Most Important Airplanes of All Time hidden in the word-jumble box below, in bi-directional, horizontal, vertical and diagonal forms:

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

- |                     |                      |                |                          |
|---------------------|----------------------|----------------|--------------------------|
| Wright Flyer        | Supermarine Spitfire | Boeing         | Lockheed Constellation   |
| Learjet             | Blériot XI           | Cessna         | Gulfstream               |
| Spirit of St. Louis | Rutan VariEze        | Piper          | General Atomics Predator |
| Gossamer Albatross  | Fighting Falcon      | Stealth Bomber | Sukhoi                   |



## TechKnow With Tantra

### Android Auto

Android Auto is a smart driving companion that helps you stay focused, connected, and entertained with Google Assistant. With a simplified interface, large buttons, and powerful voice actions, Android Auto eases use of your favourite apps when you're on the road. Just say "Ok Google" to Route to your next destination using Google Maps; Get updates on your route, ETA, and hazards in real-time; check your calendar; Set reminders; make and answer calls with Google Assistant; Access your contacts to send and receive messages, and lots more!

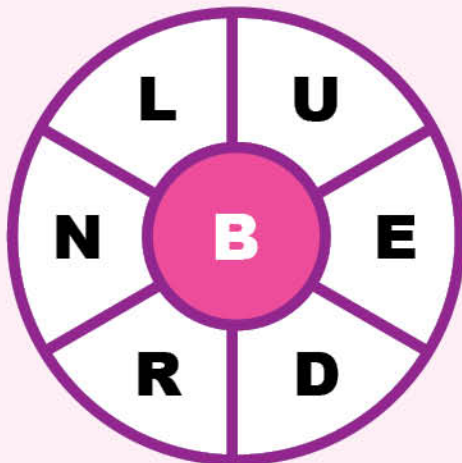
Android: <http://bit.ly/31hE33k> iOS: <https://apple.co/31fLRCY> (Similar)

## SUDOKU

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

## 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 - 9 or more words  
 Outstanding - 10 or more words

## WINNING CAPTION!!!



Mommy Penguin: Aveh eni Navjot karavsu 2021 ma.  
 Papa Penguin: Haan! Ne peraamni ma thi bija Masks ne Sanitizers lehsu!  
 By Farzin Dalal

## CAPTION THIS!



Calling all our readers to caption this picture!  
 The wittiest caption will win a fabulous prize!  
 Send in your captions at [editor@parsi-times.com](mailto:editor@parsi-times.com) by 16th Sept., 2020

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

### Thought of the Week

"In every day, there are 1,440 minutes. That means we have 1,440 daily opportunities to make a positive impact.."

- Les Brown

# Gourmet Garnish by Shiraz: Menu Planning



SHIRAZ KOTWAL

Having dedicated over three decades of his life into perfecting the art of crafting memorable gastronomic experiences, Shiraz Kotwal is an authority in Culinary Management, known for curating the most elegant-yet-fun culinary know-hows across the board - from Corporate Events, intimate Sit-Down Dinners, Restaurant Management, Casual Brunches, as also your everyday Home-Dinners and Kitchen Management! Shiraz offers a Special Discount to Parsi Times Readers who wish to avail his professional services and consultations. Connect: E-mail: [shirazkotwal@gmail.com](mailto:shirazkotwal@gmail.com) or Call/Message: +91 9833720369

Hello all! Was lovely to receive the plentiful response from you - have tried my best to respond to all. Having shared, in the previous issue - how one could tackle the eternal question in nearly every house - 'What Do I Cook?' - this time, let's move on to another aspect which will go a long way in saving it all - effort, money and heart-burn - 'Menu Planning'!

Moving to the desk, after a heavy meal of *aapru mutton curry-chaval*, with my large sunshine, yellow cup (my aunt calls it a bowl) of black coffee, I'm reminded of the adage, 'If you don't have a plan and leave your food choices to chance, chances are that these choices will stink!'

Sipping that bowl of black gold, I reminisce my Catering College days and my 'Food Production' teacher, Mrs. Mukherjee, a wiry, spritely lady of 70 with a spring in her step and her crisp cotton sarees. It was here I learnt how significant Menu Planning is to the experience of a successful, home-cooked meal, enjoyed by all!

### Here are a few Main Benefits of Making A Weekly Menu Plan:

**You Will Save Money:** When you make a menu plan, it goes hand-in-hand with making a grocery list for the week. Going to the store once results in fewer temptations and impulse purchases. As you get into the groove, you'll be able to plan your menu around the store's sales too.

**Less Stress:** If your family eats three meals a day, seven days a week, you have to come up with meal ideas twenty-one times a week. If your family is as picky as mine, that means you also have twenty-one small arguments. A weekly menu plan lets you schedule meals everyone will happily eat.

**You'll Save Time:** Making just one trip to the store is just the beginning. With proper planning of your weekly menu, you'll be able to turn leftovers into entirely new creations, saving you an enormous amount of time.



**You'll Eat Healthier:** Once you're not making decisions at the last minute, you'll be able to think about whether your family is eating an appropriately varied diet. Are they getting a balance of proteins-carbs-fats-fruits-vegetables? Planning in advance helps you take charge and improve nutrition.

### PLANNING YOUR WEEKLY MENU:

Menu planning is an art and a science. Start by taking into consideration the following crucial aspects that lead to a well-balanced and planned menu:

**Make Your Menu Versatile:** Eating the same cuisine gets mundane - after all, variety is the spice of life. To make meals interesting, introduce different cuisines as preferred by the family - alternate between Indian, Asian, European, Italian, Parsi and of course, home-made fun snacks like burgers, sandwiches, dips-and-chips, bhel-puri, and so on. For those who are thinking, "Oh, but I don't know how to cook this cuisine," I suggest you simply get online and see what catches your fancy. Or, you could do a search with available ingredients and the cuisine preference.

**Ease of Preparation:** In these challenging times, as we try to keep our heads above the water, spending hours in the slogging away in the kitchen is the last thing on our minds. Hence, when planning a menu, choose a good number of easy-to-prepare foods. I know we love our elaborate roasts and souffles, but let's schedule these for days when you have more time at hand or during holidays, when the family can join in and cook together!

**Disciplined Methodology:** The most challenging part of creating a weekly menu plan is simply deciding to make one and then sticking to it. It's tempting to view this as a chance to try out a dozen different recipes or cooking techniques. That's a sure way to burn out quickly, once you realize you've made too much work for yourself. So maintain discipline in sticking with the meals you've decided upon.

**Keep The Number Of Items Per Meal Manageable:** Let's be realistic - usually these days most of us cook a one pot meal or max - two dishes per meal. Don't go all out making 4-5 dishes for one meal and tire yourself out completely. And to ensure that limiting the number of dishes per meal works out, get together with

the family once a week and collectively decide upon the dishes - and note the decisions taken in writing in a simple table, which brings us to the next point...

### Maintain A Weekly Menu Planning Table:

This has been one of the most crucial instruments of ensuring peace at home! Note down the dishes that have been collectively agreed upon - and then simply stick to it! A simple and typical Weekly Menu Plan has been known to resolve a host of those typical issues at the dinner table!

Once you've filled it, put it up on the fridge. The family will know what's on the menu and there will be no questions, moans or grumbles about meals anymore!

Oh, and, like I mentioned in my previous article - ensure you take a break from the kitchen once a week or fortnight to order in from your favorite restaurant or a home-chef - that is your small contribution towards creating demand!

Finally, it's as simple as this - I wish to encourage you to leave room for flexibility. You may know what you're to cook for the week, but if your taste buds demand otherwise, it's alright to make a switch. Preparing a family menu cultivates variety and simplicity to your menu planning. So go for it, and let me know how that worked out for you!

## Weekly Menu Plan

Week of: \_\_\_\_\_

Save Time. Same Money. Eat Well.	Breakfast	Lunch	Dinner	Snack
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

# Stop Being A Negative Nancy!

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



VEERA SHROFF SANJANA

Life is about experiencing happiness and living in a relatively healthy, balanced and positive manner. When we decide to become positive, it's not a simple act of flipping a switch mentally - choices have to be made and hard decision taken to detox your life from all sources of negativity, followed up with correlating action.

In life, we encounter situations and people that are either positive or negative. Choosing to feed or fend off positive or negative energy lies in your hands. Oftentimes, we carry our own luggage of positive or negative energy. The key to becoming positive is to limit the amount of negativity that we experience by filling ourselves up with positivity. Do you have a friend who you love to death but is 'Oh ever so draining' to talk to? Every single conversation veers to her complaining, ranting or simply extolling the difficulties she faces every single day. Then there are people amidst us who constantly complain about their health, their relationships, their spouse and their kids. It's almost like they've not had a single day of sunshine in their bleak lives! The world is rather dark from their perspective. They house boundless negative energy which ends up affecting everyone around them.

Negative folks are often chronically critical, belligerent, indignant, angry or plain rude. It requires great effort to be compassionate or sympathetic to people who repeatedly drain everyone around them. Show them empathy, and you get sucked into their doom, one way or another. It's not easy to disconnect with such people when the relationship



is intimate or close. It's hard to offer compassion to rude and sometimes even obnoxious people. But try approaching them with a positive mindset instead and maybe they will surprise you! You could, in turn, offer them kindness with firmness. If you dig deeper, you could understand the root of their negativity but do not let yourself get dragged into that hole. Maintaining a positive boundary and a positive space protects your mental and psychological wellbeing. *It's easy to identify negative people - they show a variety of negative personality traits:*



**A Negative View Of The World:** They love complaining - they'll whine about the weather, responsibilities or even simply their luck. It's like the world is conspiring against them at all

times; you simply can't litter negativity everywhere and then wonder why you've got a trashy life!

**Always Playing The Victim-Card:** Usually reeking of self-pity, negative folk position themselves as the perpetual victims of crises, traumas, illnesses; always assuming that life is a constant series of battles. They don't acknowledge joy, passion or excitement. They are simply fixated on misery, on unsatisfying lives, jobs and relationships.

**Easily Offended:** They are extremely sensitive to the slightest criticism and can turn even a compliment into an insult! They often interpret even the most innocent remarks as being rude or a direct insult to them, while most accept them at face value without overanalysing. Every conversation can become weary and you feel like you're treading on eggshells, never knowing what innocent point of view or casual remark might set them off!

**They Rarely Display Love:** They rarely hug or show affection towards people. They find it difficult to express their emotions through words or any kind of physical intimacy. They rarely holds hands, smile

or laugh. They struggle with being easy relaxed and open. Oftentimes they are rigid and inflexible in mannerism and behaviour patterns.

**Rarely Spontaneous:** Negative people are drawn to mundane routines and itineraries. They follow strict rules and protocols and have timetables for their lives, relationships and conversations. They lead an anesthetized existence - clinical, cold and rather sterile. Much of their time is lacklustre, bland, lacking spontaneity and colour.

Now that we're a week or two into our New Year, let's make a fresh start. This year has been truly been a year of pause and reflection. Without the chaos and din that usually surrounds our overly-packed lives, we have been given the opportunity to sit and evaluate what we want - in our careers, our lives and our relationships. This is the time to decide what and who stays in our inner circle.

Undoubtedly, people have revisited their old passions

and skills, learnt new ones or discovered hidden talents that were hidden for the longest time. What are all the things that simply make you happy and smile more? Similarly, who are the people in our lives that bring a smile wherever they go. They are the ones that lift and encourage you at all times, unlike those 'Negative Nancys' that dim our flames.

So, cull out that negativity. Just because you've known someone all your life does not mean you have to spend your time pandering to their ego. Just because you work with someone or report to them doesn't mean you have to put up with their mistreatment forever. Don't let negative people kill your flow or your growth. Human happiness largely depends on the quality of relationships. Pessimism, negativity and suspicion from people in your life can greatly affect your mood and behaviour. In the words of Albert Einstein, "There are two ways to live your life. One is through believing nothing is a miracle. The other is as though everything is."

**PARSI TIMES**

**The Truth. Delivered Weekly.**

**SUBSCRIBE**

**To The Award-Winning No. 1 News Weekly**

*of the Parsi/Irani Zoroastrian Community!*

**Enrich Your Weekend with Latest & Authentic Community News**

**Unmatched Coverage of all areas of interest!**

**TO SUBSCRIBE CONTACT US:**

Email: [editor@parsi-times.com](mailto:editor@parsi-times.com) or Whatsapp: [+91] 8779430704

# પારસી ટાઈમ્સ

RNI NO. MAHBIL/2011/39373 • Regn. No. MCS/101/2018-20 • WWW.PARSI-TIMES.COM • VOLUME 10 - ISSUE 22 • PAGE 13 • ₹ 5/- • SAT, SEP 12, 2020 - FRI, SEP 18, 2020

THE TRUTH. DELIVERED WEEKLY.

## સુરતના જાણીતા ડૉ. ખુશરૂ લશ્કરીનું નિધન

## શહેનાઝ બિલિમોરિયાને ડોક્ટરેટનો એવોર્ડ મળ્યો

સુરતના જાણીતા પારસી ફેમિલી ફિઝિશિયન ડોક્ટર ખુશરૂ લશ્કરી, ૨૭ મી ઓગસ્ટ, ૨૦૨૦માં ૭૫ વર્ષની ઉંમરે કરોના વાયરસ થકી અવસાન પામ્યા છે. તે છેલ્લા છ અઠવાડિયાથી કરોના વાયરસ સામે લડી રહ્યા હતા. ડૉ. લશ્કરીના કુટુંબમાં તેમના પત્ની દિલશાદ અને બે પુત્રી - નીના રૂમી પલસેટિયા અને ફિરોઝા ફુશાદ કામા છે.



સાચા સજ્જન ગુમાવ્યાં છે. ટીઓઆઈ ના સમયારો અનુસાર, ડૉ. લશ્કરીના નિકટનાં કુટુંબનાં ચિકિત્સક ડૉ. જયેન્દ્ર કાપડિયાએ જણાવ્યું હતું કે, અમે લશ્કરી પરિવારનો છેલ્લો ચમકતો તારો અને પારસી સમુદાયનો છેલ્લો વરિષ્ઠ કુટુંબ ચિકિત્સક ગુમાવ્યો છે. તેઓ તબીબી સેવાને સમર્પિત પારસી પરિવારની ત્રીજી પેઢી હતા. સુરત શહેરમાટે આ એક મોટું નુકસાન છે.

ગરીબો પ્રત્યેની કરૂણા માટે જાણીતા, ડોક્ટર લશ્કરી સુરતના ચૌટા બજાર ખાતે, માછલીપીઠ ખાતેના તેમના ફેમિલી ક્લિનિકમાં ફેમિલી ફિઝિશિયન તરીકે સેવા આપતા હતા. આ ક્લિનિકની સ્થાપના તેમના દાદા ડૉ. જમશેદજી લશ્કરી દ્વારા કરવામાં આવી હતી, અને બાદમાં તેમના પિતાએ લોકોને સેવા આપી અને ત્યારબાદ ડોક્ટર ખુશરૂ લશ્કરી ત્રીજી પેઢીના છે. અને છેલ્લા ૪૫ વર્ષથી તેઓ સેવા આપી રહ્યા છે. ડૉ. લશ્કરી એટલા લોકપ્રિય હતા કે તેમના આદરમાં તેમનું ક્લિનિક જે શેરી પર સ્થિત છે, તેનું નામ ડૉ. લશ્કરી માર્ગ રાખવામાં આવ્યું છે.

સુરત પારસી પંચાયતના પ્રમુખ જમશેદ દોટીવાલાએ જણાવ્યું હતું કે, ડૉ. લશ્કરીનું અવસાન એ પારસી સમુદાયને મોટું નુકસાન છે. તેઓ ઘણાં વર્ષોથી પારસી પંચાયતના ટ્રસ્ટી હતા અને શહેરના વિકાસ માટે તેમની સંપત્તિ દાન કરનારા એક પરિવારના હતા. મુગલસરાયમાં ભારતીય મેડિકલ એસોસિએશન (આઈએમએ) હોલ ડૉ. લશ્કરી દ્વારા દાનમાં આપવામાં આવ્યો હતો. ડૉ. લશ્કરી હંમેશા મુશ્કેલ સમયમાં સમુદાયના સભ્યોની મદદ માટે હાજર હતા. તે નમ્ર માણસ હતા. તેઓના આત્માને ગરોથમાન બહેસ્ત પ્રાપ્ત થાય.

તેઓ સુરત પારસી પંચાયતના ભૂતકાળના ટ્રસ્ટી હતા. જ્યાં સુધી તેઓ બીમાર ન પડ્યા ત્યાં સુધી તેમણે નિઃસ્વાર્થપણે તેમના દર્દીઓની સારવાર ચાલુ રાખી હતી. જીવલેણ કોવિડ ૧૯ નો કરાર થતાં તેમને સુરતની મિશન હોસ્પિટલમાં દાખલ કરવામાં આવ્યા હતા. તેમનું નિધન થતાં સુરતે એક ઉમદા આત્મા અને

## એવોર્ડ મળ્યો

નવસારીના દિનશા દાબુ લો કોલેજના પ્રિન્સીપાલ શહેનાઝ પૌરૂષ બિલિમોરિયાને વીર નર્મદ સાઉથ ગુજરાત યુનિવર્સિટી, સુરત તરફથી પીએચ.ડી. ડીગ્રીનો એવોર્ડ એનાયત કરવામાં આવ્યો હતો. એમણે ફેકલ્ટી ઓફ લોમાં ડોક્ટરેટ પૂર્ણ કર્યું, એમના થીસીસનું ટાઈટલ હતું, 'એબ્ટ્રિશન એન્ડ વન ઓફ ધ ઈક્ટીવ મોડસ ઓફ ઓલ્ટરનેટ ડિસ્પ્યુટ રીઝોલ્યુશન'. ડૉ. શહેનાઝે સુરતના વીર નર્મદ સાઉથ ગુજરાત યુનિવર્સિટીના ફોરમર ડીન ડૉ. જેટી દેસાઈના માર્ગદર્શન હેઠળ ડોક્ટરેટ પૂર્ણ કર્યું.



ડૉ. શહેનાઝ બિલિમોરિયા બોર્ડ ઓફ સ્ટડીઝ, લો ઓફ કાર્ટમ એન્ડ ઓબ્લીગેશન ચેરપર્સન અને સુરતના વીર નર્મદ સાઉથ ગુજરાત યુનિવર્સિટીમાં આરએસી એન્ડ એક્ઝામીનેશન કમીટીમાં મેમ્બર છે. નવસારીના ટ્રાફિક એન્થ્યુકેશન ટ્રસ્ટના ટ્રસ્ટી તરીકે ફરજ બજાવે છે.

ભારતના તત્કાલીન રાષ્ટ્રપતિ, સ્વ. ડૉ. એ પી જે અબ્દુલ કલામ દ્વારા ગોલ્ડ મેડલ એનાયત કરાયો હતો. તેણે તેની જીએસએલઈટી પરીક્ષાઓ પણ ક્લિયર કરી દીધી છે.

તેમણે વિવિધ આંતરરાષ્ટ્રીય, રાષ્ટ્રીય અને રાજ્ય કક્ષાના સેમિનારો અને જર્નલોમાં તેમના સંશોધન પત્રો રજૂ કર્યા અને પ્રકાશિત કર્યા છે. ડૉ. શહેનાઝનો ઉત્તમ શૈક્ષણિક રેકોર્ડ છે અને તે વીર નર્મદ દક્ષિણ ગુજરાત યુનિવર્સિટીમાં એલએલબીમાં પ્રથમ ક્રમ મેળવવા બદલ

શહેનાઝ ભારપૂર્વક માને છે કે 'સખત મહેનત એ સુખ છે' અને 'ભગવાન પોતાને મદદ કરનારાઓને મદદ કરે છે'. ડૉ. શહેનાઝ, અરશાન અને અનાયશા એમ જોડિયા બાળકોની માતા છે, તેણીએ તેમના માતાપિતા - બખ્તાવર અને મેહરનોશ તોટીવાલા અને તેના સાસુ-સસરા સુઝુ અને ઘનજીશા બિલિમોરિયાને સતત પ્રોત્સાહન અને સહાયતા માટેનો શ્રેય આપ્યો હતો.

'મુ' અને 'એટલાન્ટિસ'ની પ્રાચીન સંસ્કૃતિમાં, શ્વાસ નિયંત્રણ, મન-નિયંત્રણ અને અંતિમ વિચારને માર્ગદર્શન આપવાની વિગતો સાથે મૃત્યુ પર કેટલાક નિયમો અને પ્રથાઓ હતી. પ્રાચીન ઈજિપ્તમાં, ગુમચર લોકો આગાહી કરતા કે શું જીવન માટે લડવાનો સમય હતો અથવા તેમના રાજાઓ માટે જાઓ અને મરી જાઓ. તિબેટીયન લામાસ અને આપણા ભારતીય ઋષિ-મુનિઓ સભાન-મરવાની કળા જાણતા હતા. ઋષિ-મુનિઆ જલ-સમાધિ લેતા, એટલે કે જ્યારે તેઓનો સમય આવે ત્યારે ભગવાનના નામનો જાપ કરતા અને પાણીમાં ડૂબી જતા, સમાધિ લેતા. લામાસ અંતિમ સમયે યોગના કમળ-પોઝમાં બેસીને તિબેટીયન મલા-મંત્ર - 'ઓમ મા-ની-પદમે હમ'નો

## મૃત્યુ - પછી અને હવે

જાપ કરતા. એવું કહેવામાં આવે છે કે ઝોરાસ્ટર, આપણા પ્રબોધક, સભાન જન્મ લીધો હતો - તે જન્મ સમયે સ્મિત કરતા હતા, કદાચ કે તે જીવન કહેવાતું આ નાટક સમજતા હતા!



સભાન મૃત્યુ માટે સમય, ધૈર્ય, સમર્પણ અને હિંમતની જરૂર છે. કેટલીકવાર, પણ લલચાવી દેવામાં આવે છે, તે કિસ્સામાં, છેલ્લા ઘણા બધા જન્મ દરમિયાન પ્રાપ્ત કરાયેલ તમામ ઉચ્ચ લામાઈક ઉપદેશો અને વિવિધ રહસ્યવાદી અને ગુપ્ત ઉપદેશોનો વ્યય કરવામાં આવે છે.

પ્રાચીન યાદો ફરી એક વાર જીવનને હલાવી રહી છે.

સંભવ છે કે આધુનિક લેખકો, જેમણે મૃત્યુ પર લખ્યું છે, તે એક સમયે ઈજિપ્તની સાયકોપોમ્પોઈ મિસ્ત્રી ગુપ્તના ભાગ હતા, અને તેઓએ આ જ્ઞાન ફરી એકવાર ફેલાવવા પૃથ્વી પર પુનર્જન્મ મેળવ્યો. હું આ કહું છું કારણ કે જ્યારે હું પુનર્જન્મના સિદ્ધાંતનો અભ્યાસ કરી રહી હતી ત્યારે મનમાં આવ્યું કે પ્રકૃતિમાં ક્લસ્ટર-ઘટના અથવા જૂથ-કર્મ છે, જે

સમજૂતીને અવગણે છે. ઈતિહાસમાં વારંવારના સમયગાળા પર, એક સાથે અનેક જીવનસ દેખાય છે (અવતાર), સામાન્ય રીતે એકબીજાને જાણતા હોય છે. તેમની ખ્યાતિ સદીઓથી ચાલે છે. પછી એક કે બે સદી પછી, પ્રતિભાશાળી પુરુષોનું એક બીજું જૂથ પ્રભુત્વ ધરાવે છે, અને ધૂમકેતુઓની જેમ અદૃશ્ય થઈ જાય છે, જેમ કે તેઓ સેંકડો વર્ષો સુધી ક્ષિતિજ પર ઝગમગતા નહોતા.

બે સદીઓ પછી, તે મોઝાર્ટ, હેડેન, બીથોવન અને શુબર્ટ હતા. એક સદી પછી, અમારી પાસે લિઝ્ટ, બ્રહ્મસ અને સ્કુમન છે. જ્યારે સાહિત્યનું ક્ષેત્ર કલા અને સંગીત દ્વારા અનુસરવામાં આવ્યું હતું, ત્યારે દાર્શનિક ક્ષેત્ર વોલ્ટેર, રૂસો અને ડિડોરોટ દ્વારા લેવામાં આવ્યું.

શેક્સપીયર અને બેકોન એક ન ભુલાય તેવા ઉદાહરણ હતા. વિયોનાર્ડો દા વિન્સી અને વેરોસિઓએ સાથે કામ કર્યું. તેમના જીવનકાળ દરમિયાન, માર્કઅંજેલો અને રાફેલ એક બીજા સાથે પ્રદર્શનોમાં જોડાયા હતા. દા વિન્સી અને માર્કઅંજેલોએ ૧૫૦૪માં ફ્લોરેન્સમાં તેમના કાર્યની તુલના કરી.

થોમસ જેફરસન, ન્યોર્જ વોર્શિંગ્ટન, જોન આદમસ, એલેક્ઝેન્ડર હેમીલ્ટન, અને બેન્જામીન ફ્રેન્કલીન, તેમના પ્રજાસત્તાકના જન્મ સમયે એક સાથે ઉપલબ્ધ હોવાના જેવા અસાધારણ સંયોગો વિશે મેં હંમેશાં વિચાર્યું છે. તે સંયોગ હતો કે પછી તેઓએ એક મુક્ત રાષ્ટ્ર સ્થાપિત કરવા જૂથ તરીકે પુનર્જન્મ લેવાનું નક્કી કર્યું હતું?

વધુ માટે જુઓ પાનુ ૧૭

એક નજર પારસી મરણો ઉપર

Deceased મરનાર	Age વય	Date તારીખ	Address ર. કે.	Relations સગર્ભો
Thrity Dadabhoy Tangri શ્રીતી દાદાભાઈ ટાંગરી	87 ૮૭	04-09-2020	20, Mody Building, Marazban Colony, Agripada, Mumbai 8. મર્ઝબાન કોલોની કું. - ૨૦-મોદી બિલ્ડિંગ, આગ્રીપાડા, મુંબઈ.	તે મરણમો શીરીનભાઈ તથા કેમશરૂ કુવરજી પટેલના દીકરી તે મરણમ દાદાભાઈ એરચશા ટાંગરીના વિધવા તે બખતાવર, વીરા, શીરીન, જેરમીન, મોનાજ, સરોશ, નેલી, મેલરનોશ તથા મરણમ ખુશીદના માતાજી તે ખુશનુર સરોશ ટાંગરી, ઝરીન મેલરનોશ ટાંગરી, દીન્યાર, અસ્પી, નોશીર, દારા, અરદાવીરાફ, નોશીર, ટેલમારુપના સાસુ તે શરજાદ, જમશેદ, યજદ, વીરજાદ, ફીરદોસ, દેલજાદ, પીનાજ, દેલદાજ, ડેઝી, રોશની, ક્યોમર્જ, નસલી, પોલી, વસપાન, ઉરવક્શા, રૂશાદ, જમશીર તથા મરણમો શેલનાજ, પીનાજ ને બહેરામના ગ્રેન્ડ મધર તે મરણમો બાનુ તથા એરચશા કાવસજી ટાંગરીના વહુ.
Perin Pirojshaw Kohiyar પેરીન પીરોજશા કોલીયર	82 ૮૨	04-09-2020	190, Presswalla Building, 5Th Floor, Dr. Bhadkankar Marg, Grant Road (East), Mumbai 7. ૧૯૦, પ્રેસવાલા બિલ્ડિંગ, પાંચમે માળે, ડો. ભદકમકર માર્ગ, ગ્રાન્ટ રોડ (વે.), મુંબઈ ૭.	તે મરણમો ધનમાય, પીરોજશા કોલીયરના દીકરી તે હોશંગના કઝીન.
Dhun Bahadur Medhora ધનભાઈ બાહદુર મેધોરા	92 ૯૨	06-09-2020	4, Dinshaw Building, Dhunbaiwadi Parsi Colony, Vile Parle (W). Mumbai 56. ૪, દીનશા બિલ્ડિંગ, ધનભાઈ વાડી, પારસી કોલોની, દાદાભાઈ રોડ, વિલેપાર્લે (વે.), મુંબઈ ૫૬.	તે મરણમ બાહદુર એલવજી મેધોરાના વિધવા તે રૂસી, રોશની બેલરામ સીગનપોરીયા તથા પીલુ એસર્ડ સીગનપોરીયાના માતાજી તે મરણમો બપઈ તથા રૂસ્તમજી મીસ્ત્રીના દીકર તે રોશન, એસર્ડ ને બેલરામના સાસુજી તે રૂસ્તમ, રૂઝાન, જેરાજ, દેલનાજ, વીસ્પી ને ફરાહના ગ્રેન્ડ મધર તે મરણમ ફકીરજી મીસ્ત્રીના બહેન તે યોહાન, પર્વ, નાયશા, કાયરાના ગ્રેટ ગ્રેન્ડ મધર તે દેલશાદ, દેલના, કાર્વ ને ફરઝીનના ગ્રેન્ડ મધર ઈન લો.
Firoz Framroz Printer ફીરોઝ ફરામરોઝ પ્રીન્ટર	81 ૮૧	07-09-2020	402, Sai Avenue, Veera Desai Road, Andheri (West), Mumbai 58. સાઈ એવન્યુ, શ્વેટ નં. ૪૦૨, ઓફ વીરા દેસાઈ રોડ, અંધેરી (વેસ્ટ).	તે અરનાવાઝના ઘણી તે સાયરસ ને પરસીસના બાવાજી તે અરનાવાઝ ને જીમીના સસરાજી તે ડાનેશના અપાવાજી તે અવાઈઝા ને જેરમીનના મમાવાજી તે એમી, બોમી, માણેક તથા મરણમો જીમી, પરીન, કેટીના ભાઈ તે મરણમો દીનબઈ ફરામરોઝ પ્રીન્ટરના દીકરા તે મરણમો શીરીન, સાવક ધોલુના જમાઈ તે કેરસી ને નીલુફરના મામાજી.
Katy Rusi Mullaforoze કેટી રૂસી મુલ્લાફીરોઝ	89 ૮૯	07-09-2020	784 A, Cawasji Jehangir Block, M. Joshi Road, Parsi Fire Temple, Dadar (East), Mumbai 14. ૭૮૪, એ, કાવસજી જહાંગીર બ્લોક, એમ. જોશી રોડ, પારસી ફાયર ટેમ્પલ, દાદર (પૂ), મુંબઈ ૧૪.	તે મરણમ રૂસી જહાંગીર મુલ્લાફીરોઝના વિધવા તે દીનાજ હોમી સંજાના તથા કેઝાદ રૂસી મુલ્લાફીરોઝના માતાજી તે મરણમો ધનમાય તથા ધનજીશા સુનાવાલાના દીકરી તે હોમી ફીરોઝ સંજાના તથા શીરાજ કેઝાદ મુલ્લાફીરોઝના સાસુજી તે એમી મ. દસ્તુરના બહેન. તે રીશાદ, અરનાજ તથા કાયરાના ગ્રાંડ મધર તે મેલરશાદ દીલાવરનીજાદ ના મોટા સાસુજી તે મરણમો જરબાઈ તથા જહાંગીર મુલ્લાફીરોઝના વહુ.
Bapsy Darayus Keravala બેપ્સી દારાયસ કેરાવાલા	74 ૭૪	07-09-2020	8/11/17, 2Nd Floor, Jame Jamshed Building, Parsi Colony, Dadar, Mumbai 14. ૮૧૧, રૂમ નં. ૧૭, બીજે માળે, જામે-જમશેદ બિલ્ડિંગ, પારસી કોલોની, દાદર, મુંબઈ ૧૪.	તે દારાયસ બાપુજી કેરાવાલાના ધણીયાણી તે ફરહાદ ને મલીયારના માતાજી તે ફરજાનાના સાસુજી તે ફીયાના અપયજી તે મરણમો મહેર બાપુજી કેરાવાલાના વહુ તે કેટી, ગુલ ને મરણમ પરવેઝના બેન તે મરણમ ફેની મીનોચર મીરજાના દીકરી તે હોમી બાપુજી કેરાવાલાના ભાભી તે હેટાયુન ફરામરોઝ અગલીના બેન.
Hufrish Farokh Bhedwar હુફ્રીશ ફરોખ ભેદવાર	73 ૭૩	07-09-2020	Room No. 5, 3Rd Floor, Chatriwalla Building, Tardeo, Mumbai 34. રૂમ નં. ૫, ૩જે માળે, છત્રીવાલા બિલ્ડિંગ, તારદેવ, મુંબઈ ૩૪.	તે મરણમ ફરોખ કેમશરૂ ભેદવારના વિધવા તે કેઝાદ ફરોઝ ભેદવારના માતાજી તે ધનમાય તથા દારબશા મેવાવાલાના દીકરી તે બેપસી નવલ દસ્તુર તથા નોશીર દારબશા મેવાવાલાના બહેન તે મરણમો હીલ્લામાય તથા કેમશરૂ ભેદવારના વહુ તે બેપસી નોશીર મેવાવાલાના નરણ તે હુતોક્ષી કેમશરૂ ભેદવારના ભાભી.
Osti Aloo Fakirji Dhalla ઓસ્તી આલુ ફકીરજી ધાલા	96 ૯૬	08-09-2020	31, Nowroji Mansion, Woodhouse Road, Cooperage, Mumbai 1. ૩૧, નવરોજી મેનસન, વુડ હાઉસ રોડ, કુપરેજ, મુંબઈ ૧.	તે મરણમ ઓસ્તી ફકીરજી દાદાભાઈ ધાલાના વિધવા. તે મરણમો ઓસ્તી હોમાય તથા ઓસ્તી રૂસ્તમજી જમશેદજી વીમાદલાવાના દીકરી. તે ઓસ્તી રોશન જીમી સીધવા તથા મરણમો એ. જાલ રૂસ્તમજી વીમાદલાવ તથા ઓસ્તી માકી રૂસી કાંગાના બહેન. તે મરણમો નવાઝબાઈ તથા દાદાભાઈ ધાલાના વહુ.
Soli Dhunjishaw Bhathena સોલી ધનજીશા ભાથેના	89 ૮૯	08-09-2020	Ketty Terrace, Flat No.15, 3Rd Floor, Sleater Road, Mumbai 7. કેટી ટેરેસ, ફ્લેટ નં. ૧૫, ૩જે માળે, સ્લેટર રોડ, મુંબઈ ૭.	તે મરણમો જરબાઈ તથ ધનજીશા ખરશેદજી ભાથેનાના દીકરા તે મરણમો રતન, માણેક, સાવક, ખોરશેદ, ફેની, હીલ્લા તથા બચાના ભાઈ તે આવા, શ્યાવક, બેલરામ, અખતાવર તથા ખુશરૂના અંકલ તે શ્રીતી રતન ભાથેનાના જેઠ તે માઝદીન, બરજીસ તથા યોહાનના ગ્રેન્ડ અંકલ.
Pervin A. Perin Rohinton Mehta પરવીન અલાયન્સ પેરીન રોહિન્ટન મેહતા	82 ૮૨	10-09-2020	Cooper Building, 1st Floor, Khetwadi, Mumbai 4. કુપર બિલ્ડિંગ, ૧જે માળે, ખેતવાડી, ૧૨ કોસ લેન, મુંબઈ ૪.	તે રોહિન્ટન બરજોરજી મેહતાના વાઈફ તે મરણમ જહાંગીર અને મરણમ જરબાઈ પસતાકિયાના દીકરી તે મરણમો મીનુ, ફલી, મહેરુ, ફરોખના બહેન તે માણેક મર્ઝબાન સીગનપોરીયા અને નોઝર મેહતાના ભાભી તે ખુશીદ, મારુખ તથા મરણમ નેલીના નણંદ તે રૂકશાના ફેડી દાદીનાય અને નીલોફર જુબીન જસુમનીના મામી તે ફરીદા, પરસીસ, ધનુ, હોરમજ, પારૂખી, બીનાયફર, બેનાજ, ફરહાદ, અને મરણમ બહેરામના ફૂઈ તે મરણમો બરજોરજી, તેલમીના મેહતાના વહુ.
Parvez Dosabhai Bhathena પરવેઝ ડોસાભાઈ ભાથેના	68 ૬૮	10-09-2020	Flat No. 1, 629-B, Dadar, Parsi Colony, Dadar, Mumbai 14. ફ્લેટ નં. ૧, ૬૨૯-બી, દાદર, એન. જે. વાડયા, સી.એચ.એસ. દાદર, પારસી કોલોની, દાદર (પૂ), મુંબઈ ૧૪.	તે મરણમ પારસીનના ખાવિંદ તે મરણમો જરબાનુ તથા ડોસાભાઈ ખરશેદજી ભાથેનાના દીકરા તે ફરોખના પિતાજી તે નીગોમીના સસરાજી તે ખુશરૂ તથા હોરમજના ભાઈ તે ફેનીના જેઠ તથા મરણમ હુનોક્ષીના દેર તે મરણમો ડોસીબાઈ તથા સોરાબજી ખરશેદજી સીધવા (ઉદવાડેવાલા) ના જમાઈ તે કેહાનના અપાવાજી તે ડેઝી તથા મીનુ સો. દોટીવાલાના વેવાઈ તે રોડા નાદીર પાવરી, રોશન રતન અંકલેસર્યા, હોમાય શાપુરજી સીધવા, ઝીનોબ્યાના કાકા સસરાજી.

Death Announcements from Chennai

Nariman F. Mogrelia નરીમાન એફ. મોગરેલીયા	83 ૮૩	31-08-2020	Chennai. ચેન્નઈ.	તે મહાબાનુના ઘણી તે શાહજાદ, પોલાદના પપ્પા.
---	----------	------------	---------------------	--

Death Announcements From Reno, Nevada, USA

Ruintan Ardeshir Dastyar રૂઈનટન અરદેશીર દસ્તયાર	72 ૭૨	08.09.2020	Reno, Nevada, USA. રેનો, નેવેડા, યુએસએ.	તે ખારમેનના ઘણી તે સુસાન, નાહિદ, અજિતા અને અરદેશીરના પપ્પા તે એરચ અને જહાંગીરના ભાઈ તે અફસાનેલ, રોકસાને અને લેવોનાલ ગ્રાન્ફ કાધર.
--	----------	------------	--	---



## ‘સદા સુખી રહેજો’

ખુશ રહેવા માટે તેની ઘણી-ઘણી શિરીન અને તેની બે ટવીન્સ દીકરીઓ તેના માય-બાવા અને તેની વહાલી બપ્પજ સાથે રહેતો હતો. તે એક સ્કુલમાં ટીચર હતો. આજે શનિવાર



લોવાથી તેની સ્કુલમાં રજા હતી. તે પારસી ટાઈમ્સ લઈ વાચવા બેઠો તેની નજર ફરી પાછી જીયો પારસીની જાહેર ખબર પર પડી. અને તે તેની જૂની યાદોમાં સરી પડ્યો.

હું જ્યારે પાંચમાં ધોરણમાં ભણતો હતો ત્યારે અમારા શાળામાં વક્તવ્ય સ્પર્ધા યોજાઈ હતી. હિંમત કરીને મેં એ સ્પર્ધામાં ભાગ લીધો હતો. મને એ કહેતા ગર્વની અનુભૂતિ થાય છે કે મારા વર્ગમાંથી મારા સિવાય બીજા કોઈએ ભાગ લીધો નહોતો! મારા વર્ગમિત્રોને જ્યારે આ વાતની ખબર પડી ત્યારે તેઓ મારી પાસે આવ્યા અને મને કહ્યું કે, ખુશ રહો, તારામાં અક્કલ અક્કલ છે કે નહીં? વક્તવ્ય સ્પર્ધામાં તે ભાગ શું વિચારીને લીધો? જો તને સ્ટેજ પર બોલવા નહીં આવડે ને તો બધા સામે હાંસીપાત્ર બનીશ. હું તેમની વાત સાંભળીને ડરી ગયો પરંતુ બીજા જ ક્ષણે મેં તેઓને પડકાર આપતા કહ્યું, હવે ભાગ લીધો છે. તો જે થશે તે જોઈ લેવાશે. હવે હું વક્તવ્ય સ્પર્ધા માટે તનતોડ મહેનત કરવા લાગ્યો. મારા બાવાજી, માયજી તથા મોટાભાઈ પાસેથી મેં તે બધું ત્રણ ત્રણ વાર મોઢે લેવડાવી. સ્પર્ધામાં જતા પહેલા બપ્પજ પાસે ગયો તેમણે મને જીતી આવજે તેવા આશિર્વાદ આપ્યા હતા. મારું માનવું હતું કે જો તૈયારી

બરાબર હશે તો આપણને કોઈ હર-વાલી શકતું નથી. મારે મારા દોસ્તોને દેખાડવાનું હતું કે ડરથી નાસીપાસ થઈને આમ સ્પર્ધામાંથી બાદ થવું ન જોઈએ. હું તે સહુ સામે એક દાખલો બેસાડવા માંગતો હતો.

સ્પર્ધાના દિવસે અશો જરથુસ્ત્રનું નામ લઈને હું જ્યાં સ્પર્ધા હતી તે લોલમાં દાખલ થયો. એકથી સાત ધોરણ સુધીના વિદ્યાર્થીઓથી આખો લોલ ખીચોખીચ ભરાયો હતો. મારી બાજુમાં બેઠેલા મારા

મિત્રે મને કહ્યું, જોયું? આટલા લોકો વચ્ચે તું બોલી શકીશ, ખુશ રહો?

નાનપણમાં ભીડ જોઈને હું ખૂબ ડરી જતો. મેં મારા મનને સ્થિર કરી ફરી અશો જરથુસ્ત્રનું નામ લીધું. હવે હું મનોમન મારા ભાષણને યાદ કરવા લાગ્યો. મેં નક્કી કર્યું હતું કે મારી આગળ જે બીજા વિદ્યાર્થીઓ બોલશે તેને જોઈને હું તેમાંથી કંઈક શીખીશ. ત્યાંજ મંચ પરથી સહુથી પહેલા મારું જ નામ પોકારાયું! મારી સઘળી હિંમત અહીં જ પડી ભાંગી છતાંયે હું હિંમત કરીને મંચ પર જઈને ઉભો રહ્યો. હવે મારી સામે બેઠેલી ભીડને જોઈને હું ડરી ગયો. મને એમ લાગ્યું કે જાણે તે સહુ મને જોઈને હસી રહ્યા હતા! આટલા લોકો વચ્ચે તું બોલી શકીશ, ખુશ રહો? સ્ટેજ પર બોલવા નહીં આવડે ને તો બધા સામે હાંસીપાત્ર બનીશ. મારા દોસ્તોના સંવાદ મારા મન મસ્તિષ્કમાં વંટોળ બની ઘુમી રહ્યા.

અમારા વર્ગ શિક્ષકે કહ્યું, ખુશ રહો, બોલવાનું શરૂ કર.

પરંતુ ખુશ રહેવાનો શું બોલે? હું તો ભીડને જોઈને મારું નામ જ ભૂલી ગયો હતો ત્યારે શાળા.... મારી શાળા.... મને મારી શાળાનું નામ જ યાદ આવ્યું નહીં! હું વળીને પાછળ લાગેલા બેનર પર મારા શાળાનું નામ વાંચીને તે આડુંઅવળું બોલી ગયો. આ જોઈ આખો લોલ ખડખડાટ હસી પડ્યો. મારો એ મિત્ર કે જેણે મને

કહ્યું હતું કે તું બધા સામે હાંસીપાત્ર બનીશ તે ડોળા કાઢી મારી સામે જોઈ રહ્યો હતો. મેં આંખો બંધ કરીને મનને શાંત કર્યું અને મારા ભાષણની શરૂઆતને યાદ કરવા લાગ્યો. ત્યાંજ અમારા વર્ગ શિક્ષક બોલ્યા, બસ... ખુશ રહો તારો સમય પૂરો થયો... કદાચ પ્રથમ જ બોલાવ્યો લોવાથી બિચારો વિદ્યાર્થી ડરી ગયો છે. વાંધો નહીં હવે શરૂઆત મોટા વિદ્યાર્થીઓથી કરીએ ત્યારબાદ નાના વિદ્યાર્થીઓને મોકો આપવામાં આવશે. મેં અકળાઈને વિચાર્યું કે, આ વાત પહેલા સુઝી નહોતી. હું નીચું માથું કરીને મંચના પગથિયાં ઉતરી ગયો. આખો લોલ મને જોઈને ખડખડાટ હસી રહ્યો હતો. કદાચ સ્ટેન્ડઅપ કોમેડીની સ્પર્ધા હોત તો વિજેતા જરૂર હું જ જાહેર થયો હોત. મારા જે મિત્રોએ મને સાવધ કર્યો હતો તેઓ આ મોકા પર જરા વધુ હસી રહ્યા હતા. આ ઘટના બાદ મેં વિચાર્યું કે, જો મેં એ દિવસે થોડી હિંમત કરી હોત તો? આખો લોલ હસશે એ બીકે હું બોલ્યો નહીં પરંતુ એથી થયું શું? મારો ડર જ આખરે સાચો પડ્યો ને! ત્યારબાદ મેં મનોમન નક્કી કરી લીધું કે આજ પછી લોકો શું કહેશે એ વાતની હું જરાયે ચિંતા કરીશ નહીં.

કદાચ આ જ ઘટનાને કારણે આગળ જતા હું નાટકમાં ભાગ લઈ શક્યો. અને નોકરીમાં ટીચર બનવાની હિંમત કરી.

આજે વર્ષો બાદ ઈ.સ. ૨૦૧૫માં જ્યારે મારી શિરીનને ત્રીજીવાર મીસકેરેજ થયું ત્યારે તે મને બાઝીને રડી પડી. હું પોતે પણ રડમસ થઈ તેને સાંત્વના આપી રહ્યો. મારા માય બાવા પણ ખુબ દુઃખી હતા. મારી ઘણીયાણીને સંતાન થવા માટેનો આ છેલ્લો મોકો હતો. તેણે મને રડતાં રડતાં કહ્યું, આપણને સંતાન નથી તો આ દુનિયા શું કહેશે?

આ પછી મેં જે કંઈ કહ્યું તે કહેવાની હિંમત અને બુદ્ધિ મને ઉપરોક્ત પ્રસંગથી જ આવી હતી. મેં મારી ઘણીયાણી શિરીનને શાંતિપૂર્વક કહ્યું, દુનિયાને જે કહેવું હોય તે કહેશે. તે વિચારી આપણે શું કામ દુઃખી થવું? સાંભળ આ દુનિયામાં જેમને સંતાનો છે તેઓ પણ ક્યાં ખુશ છે? હોમ ફોર ધી એજેડ આજે પણ ભરેલા છે. સંતાન હોવું જ એ કંઈ એક માત્ર સંતોષનું કારણ નથી. આપણે એકમેક સાથે હળીમળીને અને આનંદથી રહીશું. અને ત્યારબાદ મેં જીયો પારસી સ્કીમ માટે સાંભળ્યું. મેં અશો જરથુસ્ત્રને યાદ કરી છેલ્લો ચાન્સ લીધો. બપ્પજના ફરી આશિર્વાદ મળ્યા ‘સદા સુખી રહેજો’ અને અમને સફળતા મળી આજે એક નહીં પણ હું બે બે દીકરીઓનો બાપ બન્યો છું. આભાર જીયો પારસી સ્કીમ...

## તંદુરસ્ત રહેવા...

### નબળી રોગપ્રતિકારક શક્તિ વાળા પોતાની ડાયટમાં આ વસ્તુઓને શામેલ કરો

**આમળા:** આમળા લોહીને સુધારવામાં અને ઓક્સિડેટીવ તાણના બાયોમાર્કરને ઘટાડવામાં મદદ કરી શકે છે. આમળા વિટામિન-સી નો સારો સ્ત્રોત છે. આ ઉપરાંત તેમાં શરીર માટે જરૂરી પ્રોટીન, આયરન અને ફાઈબર પણ હોય છે. તે દરરોજ ખાવાથી તમારી રોગપ્રતિકારક શક્તિ પણ મજબૂત બનશે.



**નારંગી:** નારંગીમાં ઘણા પોષક તત્ત્વો હોય છે. તેની મહાન વિશેષતા એ છે કે તેમાં ખૂબ ઓછી કેલરી હોય છે. કોઈપણ પ્રકારની સંતૃપ્ત ચરબી અથવા કોલેસ્ટરોલ નારંગીમાં નથી હોતું. તેનાથી વિપરિત તે ખાવાથી આહાર ફાઈબર મળે છે, જે હાર્ટિકારક પદાર્થો શરીરમાંથી બહાર કાઢે છે. નારંગી પાચન તંત્ર માટે ટોનિક તરીકે કાર્ય કરે છે અને રોગપ્રતિકારક શક્તિમાં પણ સુધારો કરે છે.

**પપૈયા:** પપૈયાની જેમ નારંગી પણ ઓછી કેલરી અને ફાયબરનો સારો સ્ત્રોત છે. પપૈયા પણ શરીરને ડિટોક્સિફાઈ કર્યા પછી પાચન ક્રિયાને સુધારે છે. તેનાથી ઘણા પાચક વિકારોમાંથી રાહત મળી શકે છે. રોગ પ્રતિકારક શક્તિ વધારવા માટે આ ફળ ઘણું સારું છે.



**ગાજર અને આદુ:** ગાજર અને આદુમાંથી બનેલો રસ રોગપ્રતિકારક શક્તિને મજબૂત બનાવે છે. આ બંને ભેળવીને બનાવેલા રસમાં વિટામિન એ, વિટામિન સી, વિટામિન ઈ તેમજ આયરન અને કેલ્શિયમ જેવા ખનિજો મળી આવે છે.

**તડબૂચનો રસ:** તડબૂચમાં વિટામિન એ, વિટામિન સી, મેગ્નેશિયમ અને જસત જેવા પોષક તત્ત્વો હોય છે. આ જ્યુસ રોગપ્રતિકારક શક્તિને મજબૂત બનાવે છે. આ જ્યુસ માંસપેશીઓના દુઃખાવામાં પણ રાહત આપે છે.



**શિમલા મરચું:** શિમલા મરચું વિટામિન-સી, વિટામિન-એ અને વિટામિન-ઈનો સારો સ્ત્રોત છે. તેમાં મળી આવતા ખનિજો અને પોટેશિયમ શરીરની રોગ પ્રતિકારક શક્તિ જાળવવામાં અસરકારક છે. તમે કોઈ પણ ડીશનો સ્વાદ વધારવા માટે પણ તેમાં શિમલા મરચાનો ઉપયોગ કરી શકો છો.

**દાણાવાળા શાકભાજી:** બાળકોના આહારમાં દાણાવાળા શાકભાજીઓ જેવા કે રાજમા, ચણા, વટાણા અને અન્ય ઘણા પ્રકારની દાળનો પણ જરૂર ઉમેરો કરો. આ વસ્તુઓ શરીરમાં પ્રોટીનની ઉણપને પૂરી કરવા સાથે સાથે રોગપ્રતિકારક શક્તિમાં પણ સુધારો કરે છે.

**લીંબુ:** વજન ઘટાડવા લઈને હૃદય રોગથી જેવી ગંભીર સમસ્યાઓ માંથી રાહત મેળવવા માટે લીંબુ સંજીવની જેવું કામ કરે છે. તેમાંથી મળતું સિટ્રિક એસિડ પથરીની સારવારમાં પણ ખૂબ અસરકારક છે. તે શરીરમાં પેશાબનું પ્રમાણ અને પીએચનું સ્તર વધારવાનું કામ કરે છે. રોગપ્રતિકારક શક્તિ વધારવા માટે તેને આહારમાં શામેલ કરવું ખૂબ જ મહત્વપૂર્ણ છે.



**દહી:** ડોક્ટરો કહે છે કે દરરોજ દહીં ખાવાથી શરીરની રોગ પ્રતિકારક શક્તિ વધે છે. દહીં સ્નાયુઓના ખેંચાણને પણ હળવું કરે છે. તે શરીરને ખૂબ ઝડપથી એનર્જી આપવાનું કામ કરે છે. વર્કઆઉટ્સ પછી ઘણા લોકો તેને નિયમિત આહારમાં પણ લે છે.

**બદામ:** શરદીથી બચવા માટે શરીરમાં વિટામિન ઈ હોવું ખૂબ જરૂરી છે. વિટામિન ઈ રોગપ્રતિકારક શક્તિને તંદુરસ્ત રાખે છે. બદામમાં વિટામિન ઈની સાથે સાથે આરોગ્યપ્રદ ચરબી પણ મળી આવે છે. પાંચ-છ બદામ તમને દરરોજ જરૂરી વિટામિનનું પ્રમાણ પૂરું પાડશે.





# YOUR MOONSIGNS JANAM RASHI THIS WEEK

લખનાર: મરહુમ મહારાજ શ્રી સ્વયંજયોતિના સહકાર્યકર્તા જયેશ એમ. ગોસ્વામી

અઠવાડિક રાશિમંત્ર: તા. ૧૨.૦૯.૨૦૨૦ થી તા. ૧૮.૦૯.૨૦૨૦



## Aries - મેષ - અ.લ.ઈ.

૨૦મી સપ્ટેમ્બર સુધી તમારા હીસાબી કામ પહેલા પૂરા કરી લેજો. તમારા કોઈ પાસે લેવાના નાણા મળવાના ચાન્સ છે. જેની પાસે ઉઘાર લીધા હોય તેની પાસે થોડો સમય માંગી લેજો. જે પણ પ્લાન બનાવો તે આ અઠવાડિયામાં પૂરા કરજો. ઈનવેસ્ટમેન્ટ અવશ્ય કરજો. મનગમતી વ્યક્તિને ૨૦મી પહેલા મળી લેજો. દરરોજ 'મહેર નીઆએશ' ભણજો. શુકનવંતી તા. ૧૨, ૧૬, ૧૭, ૧૮ છે.

Lucky Dates: 12, 16, 17, 18.

Ensure to complete all you accounts-related works by 20th September. You could receive money owed to you. Do ask for some grace time from your creditors. Try and complete all the plans you have made within this week. Ensure to make investments. Meet up with your favourite person before the 20th September. Pray the Meher Nyaisht daily.



## Cancer - કર્ક - ડ.હ.

૨૬મી પહેલા મનમાં કોઈ ચિંતા હોય તો તેનું સમાધાન કરી લેજો. કોઈ કામ અટકી ગયેલું હશે તો કોઈની સાચી સલાહ મળવાથી કામ પૂરા કરી શકશો. ગામ-પરગામથી સારા સમાચાર મળવાના ચાન્સ છે. નાણાકીય બાબતમાં મુશ્કેલી નહીં આવે. અગત્યના કામો સહેલાઈથી કરી શકશો. નવા મિત્રો મળશે. દરરોજ ૩૪મુ નામ 'યા બેસ્તરના' ૧૦૧વાર ભણજો. શુકનવંતી તા. ૧૨, ૧૩, ૧૪, ૧૫ છે.

Lucky Dates: 12, 13, 14, 15.

If anything has been causing you mental worry, try to find a solution before the 26th of September. If your project has been stalled, it could restart with the advice from a sincere well-wisher. You could receive good news from abroad. Financial stability is indicated. You will be able to smoothly complete your important works. You could make new friends. Pray the 34th Name, 'Ya Beshtarna', 101 times daily.



## Libra - તુલા - ર.ત.

શુકની દિનદશા ચાલુ હોવાને લીધે તમારા મનની નેક મુરાદ પૂરી થશે. ગામ-પરગામથી કાયદાની વાત જાણવા મળશે. જે કામ કરશો તેમાં નાણાકીય ફાયદો થશે. નવા કામમાં સફળતા મળશે. અપોઝીટ સેક્સનો સાથ મળશે. જૂના રોકાણમાંથી ફાયદો મેળવશો. દરરોજ 'બહેરામ યઝદ'ની આરાધના કરજો. શુકનવંતી તા. ૧૩, ૧૬, ૧૭, ૧૮ છે.

Lucky Dates: 13, 16, 17, 18.

Venus' ongoing rule will bring to fruition your sincere wishes. You will receive beneficial information from abroad. At work, you will receive financial gains. Success in new ventures is indicated. You will receive support from the opposite gender. You will profit from old investments. Pray to Behram Yazad daily.



## Capricorn - મકર - ખ.જ.

૨૪મી સુધી ગુરૂની દિનદશા ચાલશે. તેથી ધર્મનું કામ કરી શકશો. દુઃખી વ્યક્તિના મદદગાર બની શકશો. ગુરૂને કારણે જે પણ મેળવશો તેમાં ખુશ રહેશો. ખોટોખર્ચ નહીં થાય. ઈનવેસ્ટમેન્ટ કરી શકશો. તમારા જીવનમાં કોઈ નવી વ્યક્તિ આવવાના ચાન્સ છે. દરરોજ 'સરોશ યજ્ઞ' ભણજો. શુકનવંતી તા. ૧૨, ૧૫, ૧૬, ૧૮ છે.

Lucky Dates: 12, 15, 16, 18.

Jupiter's rule till 24th September inclines you toward doing religious works. You will be the saviour of someone in pain. You will find contentment in what you earn. You will not be tempted to spend unnecessarily. You will be able to make investments. A new person could come into your life. Pray the Sarosh Yasht daily.



## Taurus - વૃષભ - બ.વ.ઉ.

બુધની દિનદશા ચાલુ હોવાથી જ્યાં પણ જશો ત્યાં માન મળશે. તમારા દુસ્મન તમારાથી દૂર રહેશે. નાણાકીય બાબતમાં ખર્ચ પર કંટોલ નહીં રાખી શકો. ઈનવેસ્ટમેન્ટ અવશ્ય કરજો. ઓપોજીટ સેક્સનું એટ્રેક્શન વધી જશે. ઉપરીવર્ગ કે મિત્રોમાં તમારી ઈમ્પ્રેશન જમાવી શકશો. દરરોજ 'મહેર નીઆએશ' ભણજો. શુકનવંતી તા. ૧૩, ૧૪, ૧૫, ૧૬ છે.

Lucky Dates: 13, 14, 15, 16.

Mercury's rule will bring you great respect everywhere you go. Your detractors will steer clear off you. You might not be able to control your expenses. Make sure to invest. There will be an increase in the attraction with the opposite sex. You will cast an impression with people of influence. Pray the Meher Nyaisht daily.



## Leo - સિંહ - મ.ટ.

ચંદ્રની દિનદશા ચાલુ હોવાથી જૂના રોકાણમાંથી ફાયદો મેળવી શકશો ઈનવેસ્ટમેન્ટ એમજ રહેવા દેજો. મુસાફરી કરવાથી પણ ફાયદો મેળવી શકશો. રીસાયેલા મિત્રો કે સગાઓને મનાવી શકશો. તમારા કરેલા કામની કદર થશે. અચાનક ફાયદો થશે. ઘરમાં નવી ચીજ વસ્તુ વસાવીને ઘરવાળાના દિલ જીતી લેશો. દરરોજ ૩૪મુ નામ 'યા બેસ્તરના' ૧૦૧ વાર ભણજો. શુકનવંતી તા. ૧૩, ૧૪, ૧૭, ૧૮ છે.

Lucky Dates: 13, 14, 17, 18.

The ongoing Moon's rule will bring you benefits from old investments - you are advised to leave the investments as is. Travel could prove beneficial. You will be able to win over upset friends or relatives. Your work will receive appreciation. Sudden profits are indicated. You will be able to win over the hearts of your family with new purchases for the house. Pray the 34th Name, 'Ya Beshtarna', 101 times daily.



## Scorpio - વૃશ્ચિક - ન.પ.

તમને ૧૬મી નવેમ્બર સુધી શુકની દિનદશા ચાલશે. મોજશોખ પાછળ ખર્ચ ખૂબ વધી જશે. નાણાકીય મુશ્કેલી નહીં આવે. મોજવા મિત્રો મળવાથી તમારી ખુશીમાં ચાર ચાંદ લાગી જશે. રીસાયેલા પ્રેમી કે પ્રેમીકાને મનાવી લેશો. તમારા કામમાં સફળતા મળશે. મુસાફરી કરી શકશો. દરરોજ 'બહેરામ યઝદ'ની આરાધના કરજો. શુકનવંતી તા. ૧૨, ૧૩, ૧૪, ૧૫ છે.

Lucky Dates: 12, 13, 14, 15.

Venus' rule till 16th November will have you spending a lot of money on fun and entertainment. Financially, there will be no strain. Your happiness will know no bounds on meeting your fun-loving friends. You will be able to win over your upset sweetheart. You will be successful in your work. Travel is a possibility. Pray to Behram Yazad daily.



## Aquarius - કુંભ - ગ.શ.સ.

ગુરૂની દિનદશા ચાલુ હોવાથી બીજાના મદદગાર થશો. કામમાં તમારી કદર થશે. સાથે ધનલાભ પણ થશે. મનગમતી વ્યક્તિનો સાથ મળશે. ધન માટે ચિંતા ઓછી થતી જશે. તમારા માથાનો બોળો ઓછો કરી શકશો. ઘરમાં કોઈ સારા પ્રસંગ આવવાના ચાન્સ છે. દરરોજ 'સરોશ યજ્ઞ' ભણજો. શુકનવંતી તા. ૧૨, ૧૩, ૧૪, ૧૭ છે.

Lucky Dates: 12, 13, 14, 17.

Jupiter's ongoing rule will make you helpful towards others. Your work will be appreciated. You will also acquire financial benefits. You will receive the support of a favourite person. Your financial worries will reduce. You will be able to alleviate your mental tensions. Events of good tidings will grace your home. Pray the Sarosh Yasht daily.



## Gemini - મિથુન - ક.છ.ધ.

મંગળની દિનદશા ચાલુ હોવાથી તમારા ખાસ વ્યક્તિ તમારો સાથ નહીં આવે. કોઈ પાસે મદદ માગતા નહીં. નાણાકીય મુશ્કેલી વધી જશે. તમારા શત્રુઓ નાની બાબતમાં ઈરીટેટ કરશે. તમારા વિચારોથી પરેશાન રહેશો. ઘરવાળા કે સગાવહાલાઓ સાથે નાની બાબતમાં મતભેદ પડશે. દરરોજ 'તીર યજ્ઞ' ભણજો. શુકનવંતી તા. ૧૨, ૧૬, ૧૭, ૧૮ છે.

Lucky Dates: 12, 16, 17, 18.

Mars' ongoing rule could have your closest ones not supporting you. Avoid asking anyone for help. Financial challenges could increase. Your detractors could irritate you over petty matters. Your thoughts will cause you anxiety. You could end up squabbling with family members or relatives over petty matters. Pray the Tir Yasht daily.



## Virgo - કન્યા - પ.ઠ.ણ.

છેલ્લા ૪ દિવસ શુકની દિનદશામાં પસાર કરવાના બાકી છે. ૧૫મી સુધી આપેલા પ્રોમીશ પુરા કરી લેજો. સરકારી કામ પૂરા કરજો. ૧૬મીથી ૨૦ દિવસ માટે શરૂ થતી સુર્યની દિનદશા તમારા કામ પર પાણી ફરી જશે. તબિયતની ખાસ કાળજી લેજો. અંગત વ્યક્તિનો સાથ છૂટી જશે. દરરોજ 'બહેરામ યઝદ'ની આરાધના કરજો. શુકનવંતી તા. ૧૨, ૧૩, ૧૬, ૧૭ છે.

Lucky Dates: 12, 13, 16, 17.

With the last 4 days under Venus' rule, you are advised to try and deliver all your promises before the 15th of September. Also, complete all your government-related works. 16th September onwards, the onset of the Sun's rule for the next 20 days, could end up undoing your hard works. Take special care of your health. You could lose a close person. Pray to Behram Yazad daily.



## Sagittarius - ધન - ભ.ધ.ફ.

દક્ષી ઓક્ટોબર સુધી રાહુની દિનદશા ચાલશે. કોઈપણ બાબતમાં બેદરકાર રહેતા નહીં. તમારી નાની ભુલ મોટી મુસીબતમાં મુકશે. નાણાકીય નુકસાની આવવાના ચાન્સ છે. તમારા ઘરવાળા તમારાથી વિરૂધ્ધ થશે. તબિયતની ખાસ કાળજી લેજો. માથાના કે પેટના દુખાવાથી પરેશાન થશો. દરરોજ 'મહાબોખ્તારની આએશ' ભણજો. શુકનવંતી તા. ૧૪, ૧૬, ૧૭, ૧૮ છે.

Lucky Dates: 14, 16, 17, 18.

Rahu's rule till 6th October cautions you to not be careless in any aspect. Even a small mistake could land you in big trouble. Financial losses are indicated. Your family members could turn on you. Take special care of your health. You could suffer from headaches or stomach pain. Pray the Mah Bokhtar Nyaisht daily.



## Pisces - મીન - દ.ચ.ઝ.થ.શ.

૨૬મી સુધી શનિની દિનદશા ચાલશે. તમારી જાત પર વિશ્વાસ નહીં રાખી શકો. નેગેટીવ વિચારો ખુબ આવશે. ઘરમાં વાલન વસાવતા નહીં. ખોટા ખર્ચાઓ વધી જવાથી નાણાકીય મુશ્કેલી આવશે. કોઈને ઉઘાર નાણા આપતા નહીં. દરરોજ 'મોટી હમન યજ્ઞ' ભણજો. શુકનવંતી તા. ૧૨, ૧૩, ૧૪, ૧૫ છે.

Lucky Dates: 12, 13, 14, 15.

Saturn's rule till the 26th of September will lead to a lot of self-doubt. You will get a lot of negative thoughts. Do not purchase new vehicles. An increase in unnecessary expenses could cause financial concerns. Avoid lending money to others. Pray the Moti Haptn Yasht daily.



એક સાહિત્યપ્રેમી ગ્રુપ દર મહિનાના પહેલા શનિવારે મળે, સાહિત્યની વાતો કરે. પછી એક વિષય નક્કી કરે અને આવતી બેઠકમાં બધા એ વિષય પર પોતાના વિચારો લખીને લાવે અને રજૂ કરે. આ વખતની બેઠકમાં માર્ફકોલિકશનની વાત થઈ. બને એટલા ઓછા શબ્દોમાં પોતાની વાત ચોટદાર રીતે કહેવી. આવતા વખતનો વિષય નક્કી થયો આનંદમ પરમ સુખમ. બધા આ વિષય પર ઓછામાં ઓછા શબ્દોમાં સમજાવવું.

એક મહિનો વીતી ગયો અને સાહિત્યપ્રેમી ગ્રુપની બેઠકમાં આજે આનંદમ પરમ સુખમ પર બધાએ પોતાના વિચારો રજૂ કરવાનું શરૂ કર્યું. આનંદમ પરમ સુખમ એટલે?

એક આઘેડ ઉમરના કાકા બોલ્યા, ઘરે પહોંચું તો ઓછું જોઈ શકતી મારી વૃદ્ધ મા મારી આલટ ઓળખીને કહે આવી ગયો દીકરા... એટલે આનંદમ પરમ સુખમ.

એક યુવાન બોલ્યો, કંઈ વાંધો નહિ, બીજી નોકરી મળી જશે કહેતો... પત્નીનો હિંમત આપતો અવાજ એટલે આનંદમ પરમ સુખમ.

એક પિતાએ કહ્યું, કંઈ જ કહ્યા વિના બધું સમજી જતું સંતાન એટલે આનંદમ પરમ સુખમ.

એક ભાઈએ કહ્યું, રોજ ઈશ્વર સમક્ષ કોઈ માગણી વિનાની પ્રાર્થના એટલે આનંદમ પરમ સુખમ.

એક કાકીએ કહ્યું, રોજ જમતી વખતે આ પ્રભુકૃપા જ છે એનો અહેસાસ એટલે આનંદમ પરમ સુખમ.

એક કાકા બોલ્યા, વહેલી સવારે મોર્નિંગ વોક પર પાછળથી ઘબ્બો

## આનંદમ પરમ સુખમ

મારી... અલ્યા રસીકયા... કહી વર્ષો પછી મળનાર જૂનો મિત્ર એટલે આનંદમ પરમ સુખમ.

એક દાદા બોલ્યા, પૌત્રના સ્વરૂપમાં મળી જતો એક નવો મિત્ર એટલે આનંદમ પરમ સુખમ.

બીજા કાકાએ કહ્યું, સાસરે ગયેલી દીકરીની ખોટ પૂરી દેતી વહુનો મીઠો રણકો એટલે આનંદમ પરમ સુખમ.

એક યુવતી બોલી, ઓફિસેથી ઘરે પહોંચતાં સાસુમાએ આપેલો પાણીનો ઝાસ એટલે આનંદમ પરમ સુખમ.

એક મહિલાએ કહ્યું, થાકી ગયાં

લોઈએ. ત્યારે વલાલથી પતિનું કહેવું કોઈ એક વસ્તુ બનાવ ચાલશે એટલે આનંદમ પરમ સુખમ.

એક ભાઈએ કહ્યું, પથારીમાં પડતાંવેત આંખ ક્યારે મીચાઈ જાય એ ખબર પણ ન પડે એટલે આનંદમ પરમ સુખમ.

આ બધાં આનંદમ પરમ સુખમની વાતોમાં ક્યાંય પૈસા, મોંઘાં વસ્ત્રો કે દાગીના કે અન્ય ચીજો નથી એ ધ્યાનથી જોજો અને આવી કેટલીયે આનંદમ પરમ સુખમની ક્ષણો તમારી પાસે છે એ તપાસી ઈશ્વરનો આભાર ચોક્કસ માનજો.



### અભિમાન

ઓ મુખ ઈન્સાન, ના કર ગર્વ, ના કર ખોટું અભિમાન,  
કર્તા ધર્તા બધું જે હોય તે, છે ઉપર બેઠેલો એ ભગવાન.  
કર નહીં તું ખોટો ગુરુર, રાખ ના ખોટું ગુમાન,  
તું તો છે ગાડાંનિ નિચે ચાલતું પેલું અણસમજુ સ્થન,  
નાથે છે જેમ નચાવે એ, માત્ર એક કતપુતળી, જેમા રેડ્યો છે એને જાન,  
કુદરત નો તમાચો પડતાં જ, ઠેકાણે આવી જશે તારી શાણ,  
જે કાઈ છે તેને જાળવી રાખ, નહિ કર ખોટું અભિમાન.  
જાગ ઓ માનવ, ખોલ અંતરની આંખો તારી, કહ્યું મારું માન.

- આફ્રીદ દસ્તુર

## મૃત્યુ - પછી અને હવે

પાના નં. ૧૩થી ચાલુ પછી ફરીથી, ૧૯ મી સદીની શરૂઆતમાં, જેણે રાજ્ક ઉબલ્યુ. ઈમરસન, બ્રાયન્ટ, હેનરી થોરો, લોંગફોલો અને વોલ્ટ વાઈટમેન જેવા કવિઓ અને ફિલસૂફોની આવી ચમકતી ઉત્પત્તિ? અકસ્માત? નહીં. પ્રકૃતિમાં, ત્યાં ન તો અકસ્માત થાય છે ન સહ-બનાવો. તેના બદલે, આત્માઓના જૂથો તેમની પ્રતિભાને ઉચ્ચતમ શિખર સુધી વિકસાવવા માટે પુનર્જન્મ મેળવે છે, પછી ભલે તે પ્રતિભા લેખન, ચિત્રકામ, સંગીત, ગણિત, રાજકારણ, મૃત્યુ પામેલા માર્ગદર્શન માટે હોય અથવા જે કાંઈ પણ હોય. દુર્ભાગ્યે, કહેવાતી પ્રગતિ, સ્વાદ, માલની લાલચુ પ્રાપ્તિ, દરેક કિંમતે આનંદ અને ટોચ પર પહોંચવા અને સંપૂર્ણ ખોટા મૂલ્યો પર ભાર મૂકવા સાથે, આપણું આધુનિક વિશ્વ, લોકો માટે મૃત્યુ વિશે વિચારવાનો સમય લેતો નથી.

જૂના દિવસોમાં મૃત્યુ માટે ખૂબ માન-પ્રતિષ્ઠા રખાતી હતી કારણ કે તે જીવનનો ભાગ હોવા તરીકે સ્વીકારવામાં આવ્યો હતો. આજે, તબીબી વ્યવ-સાયે મૃત્યુની સીમાઓને પાછળ ધકેલી દીધી છે અને જીવનના વર્ષો આપણી અપેક્ષામાં ઉમેર્યા છે, પરંતુ આ વલણ ખૂબ જ અલગ અને ખૂબ જ ખોટું છે. પહેલાના દિવસોમાં, ખૂબ જ વૃદ્ધ અને ખૂબ માંદા લોકો તેમના પોતાના ઘરોમાં, આરામથી અને ખૂબ જ શાંતિપૂર્ણ રીતે મૃત્યુની તરફ જતા હતા. આસપાસના તેમના પ્રિયજનો સાથે, ક્યારેક પથારીમાં પડેલી વ્યક્તિને દિવાસો આપતા શબ્દને સંબોધન કરતા. સુનાવણીની ભાવના,

હંમેશાં નિસ્તેજ થવાની છેલ્લા વખતને, જીવંત રાખવામાં આવતું હતું, અને વૃદ્ધ વ્યક્તિને અંતિમ ક્ષણ સુધી પ્રેમ અને પ્રિય હોવાનો અહેસાસ અપાવવામાં આવતો હતો. આજે તે કેટલું અલગ અને ફર છે. હોસ્પિટલમાં મૂકવા માટે વૃદ્ધ વ્યક્તિઓ, ઘણા કિસ્સાઓમાં, તેમના ખૂબ જ પ્રિય ઘરોથી બળજબરીથી દૂર લઈ જવામાં આવે છે જ્યાં તેઓ તેમના બધા પુખ્ત જીવન જીવે છે (અને જ્યાં તેઓ સલામત લાગે છે) એકવાર ત્યાં પહોંચ્યા પછી, તેઓની તબિયત ઝડપથી બગડે છે કારણ કે ત્યાં કોઈ પ્રેમ આપનાર નથી અને માનસિક કે ભાવનાત્મક આશ્વાસન આપનાર નથી. ત્યાં કોઈ કુટુંબ, મિત્રો અથવા પડોશીઓ નથી - ફક્ત અજાણ્યાઓ (જોકે તેઓ માયાળુ છે) ડોક્ટરો અને નર્સોના કપડામાં. આમ, વૃદ્ધ વ્યક્તિ કે જે ઘરે શાંતિથી મૃત્યુ પામવા માંગે છે તેના છેલ્લા કેટલાક દિવસો અજ્ઞાન હોસ્પિટલના પલંગમાં ઓવર વર્ક ડોક્ટરો અને વ્યસ્ત નર્સો સાથે વિતાવે છે જેઓ પોતાનું શ્રેષ્ઠ કાર્ય કરે છે. પરંતુ મૃત્યુ ઘણીવાર એકલતામાં આવે છે. મૃત્યુ જે મિત્ર તરીકે આવવો જોઈએ, તેના બદલે ટ્યુબ, સિરીજ, કઠોર લાઈટ્સ, કેથેટરિસના રૂપમાં આવે છે. જ્યારે એક જનમ સમાપ્ત થાય છે ત્યારે બહાર નીકળવાનો રસ્તો ખુબ દુઃખદ હોય છે, કારણ કે આજે મોતને પાછળની તરફ ખેંચવાની કોશિશ કરવામાં આવે છે. આપણું આધુનિક વિજ્ઞાન જેનો ઈલાજ કરી શકતું નથી, તે લંબાવે છે.

પાના નં. ૧૩થી ચાલુ

એક નજર પારસી મરણો ઉપર

Deceased મરનાર	Age વય	Date તારીખ	Address ર. કે.	Relations સગાઈઓ
-------------------	-----------	---------------	-------------------	--------------------

### Death Announcements from Prayer Hall

Piloo Noshir Motiwalla પિલ્લુ નોશીર મોતીવાલા	90 ૯૦	04.09.2020	Spring Tower, 2903, Island City Centre, Dadar East, Mumbai 14. સ્પ્રિંગ ટાવર, ૨૯૦૩, આયલેન્ડ સીટી સેન્ટર, દાદર ઈસ્ટ, મુંબઈ ૧૪.	તે મરહુમ દિના અને મરહુમ મિનોચેર કુતારના દીકરી તે મરહુમ નોશીરના વાઈફ તે દાદી, રૂસી, કેક્સીરાના મમ્મી તે અરમાન અને બીજાનના ગ્રાન્ડ મધર તે આમીરના ગ્રેટ ગ્રાન્ડ મધર.
Jehangir Nariman Medhora જહાંગીર નરીમાન મેધોરા	85 ૮૫	06.09.2020	1201/1202, Rizvi Heights, Mahim West, Mumbai 16. ૧૨૦૧/૧૨૦૨, રીઝવી હાઈટ્સ, માહિમ વેસ્ટ, મુંબઈ ૧૬.	તે મરહુમ નાજમાય અને મરહુમ નરીમાનના દીકરા તે જરૂના ઘણી તે વિરાજ જહાંગીર મેધોરા તથા ઝિનોબ્યા મેરવાન ઈરાનીના પપ્પા.
Cyrus Mino Joki સાયરસ મીનુ જોખી	69 ૬૯	08.09.2020	4/13 Panthaki Bavg, Andheri East, Mumbai 69. ૪/૧૩ પંથકી બાગ, અંદેરી ઈસ્ટ, મુંબઈ ૬૯.	તે મરહુમ કેક્સીરા સાયરસ જોખીના ઘણી તે નરગીશ જોખીના ભાઈ તે ફરજાના ફિરોજ જેસીયા અને અનોશ જોખીના પપ્પા તે મરહુમ મીનુ રતનજી જોખી તથા મીઠા મીનુ જોખીના દીકરા તે ફિરોજ સામ જેસીયા અને તીનાજી જોખીના સસરાજી તે કાયરા ફિરોજ જેસીયાના ગ્રાન્ડ ફાધર.

### Death Announcements from Poona Parsee Panchayat (Trust Office)

Dolly Tehmtan Karanjia દોલી તેહમટન કરંજ્યા	77 ૭૭	10.09.2020	Kumar Suraksha Society, 504, Aster Building, NIBM Road, Kondhwa, Pune 411048. કુમાર સુરક્ષા સોસાયટી, ૫૦૪, અસ્તર બિલ્ડિંગ, કોંઢવા, પુણે ૪૧૧૦૪૮.	-
---	----------	------------	--	---

# The Zen Series: The Frog That Made It



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 tenth part of 'The Zen Series', the short story about staying true to one's own sense of resilience leaves much food for thought!

A group of frogs were traveling through the woods, when two of them fell into a deep pit. All the other frogs gathered around the pit. When they saw how deep it was, they told the two frogs that they were as good as dead.

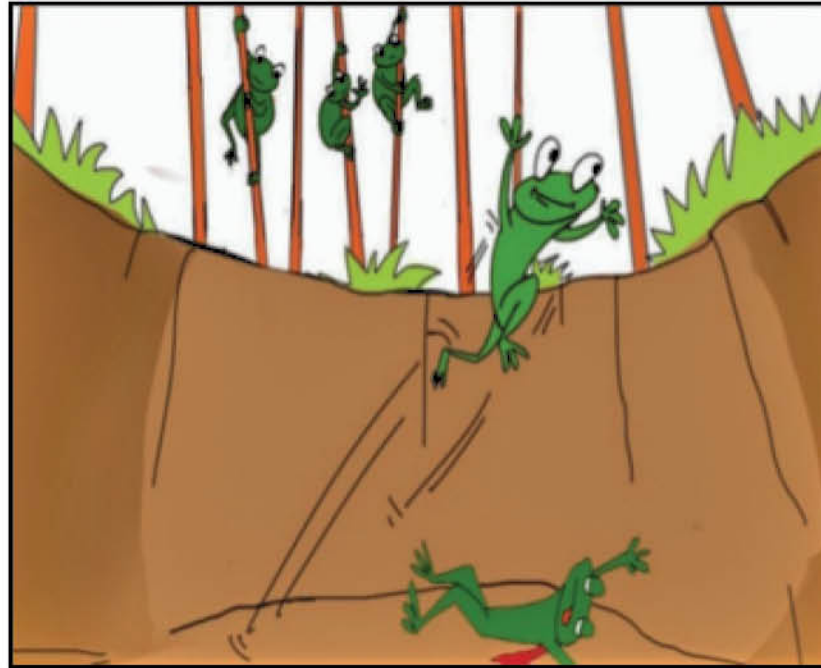
But, the two frogs ignored the comments and tried to jump up out of the pit with all their might. The other frogs kept telling them to stop, that they were as good as dead.

Finally, one of the frogs took heed to what the other frogs were saying and gave up. She fell down and died. The other frog continued to jump as hard as she could. Once again, the crowd of frogs yelled at her to stop the pain and just die. She began jumping even harder and finally made it out!

When she got out, the other frogs said, "Did you not hear us?" The frog explained to them that she was hard of hearing - she thought they were encouraging her to jump out of the hole the entire time!

[Courtesy: 101 Zen Stories]

This powerful story throws light on the importance of motivation and self-belief. In order to achieve anything in life, motivation is a must. Without it, there is nothing to look forward to, making for a dull and boring existence. Motivation is so empowering



it can lead to your performing 'miracles'- or those things touted by all around you as 'impossible'.

Yes, motivation makes the impossible, possible... acting as the fourth wind beneath a person's wings. It encourages you to take that extra step, think that extra thought - none of which may have been thought of or acted upon, earlier.

Motivation can be external or internal. External motivation helps many people achieve things they thought were beyond them. Talking to people, listening to inspirational stories, listening to others' experiences... all throw light on how people have not given up and gone on to achieve their goals, no matter what.

External Motivation provides encouragement and that little push, which lacks within. It kicks in the emotional support in the knowledge that others, who are or have been in similar situations, have sailed through.

It brings in positivity and births a renewed sense of hope, even when you feel there is none. It cuts across all barriers and reaches out even to strangers, binding people and bringing them closer, no matter where they may be.

Internal Motivation, on the other hand, builds great inner tenacity and mental strength. The ability to be motivated by one's own self constantly, no matter what, is a great quality to have, especially when external support is scarce. Self-motivation nurtures a strong resolve to get things done, no matter what. Such a sense of inner reliance and sustenance clearly shows that beyond a point, it is the self which is the best motivator. This sense of inner responsibility to self, that one has to do the task no matter what, calls for great perseverance and grit; it bolsters your sense of security and empowers you to turn a deaf ear to the world and continue doing what you want, without being influenced by

nay-sayers.

It is interesting to see how the response and reactions of others can affect some so deeply, even make or break them... just like the first frog who gave up because the others convinced her that she would fail. It is difficult to remain unbiased even when we are motivating others. Our personal experiences tend to creep in when we are trying to advise or motivate others. Depending on our expectations of self,

we tend to decide whether this is doable or not. Take the example of the other frogs - they thought that the two frogs would not be able to make it,

based on their own opinions and expectations. The frog who could hear, believed them and gave up trying, when there are good chances that it could have come out, just like the second frog, who believed she was being encouraged.

When we are in a position to motivate others, it is not up to us to decide for others - our job is only to motivate. It is up to the receiver to give up or not. We cannot try to do write other people's stories or destinies. Motivation should always be positive. If external motivation is attempting to dissuade, in the name of care, understanding and good advice, it is better to be self-motivated. Create your own limits and boundaries, if you have to, rather than letting others decide where your lines should be drawn!

**The Tai-Qi Touch is pleased to announce a New Batch for all who wish to avail the varied benefits of this Art of Wellness for the Body, Mind and Soul.**

**Bi-weekly, Online classes have commenced on Tuesdays and Thursdays, from 5:30 – 6:30 pm.**

**Kashmira and Dr. Brijesh Raj have been healing adults and children since 2004 via their workshops and demonstrations at various fora. Interested students, aged 16 and above, are welcome to connect over WhatsApp on 9323874418 / 9322289370.**

**ONLINE Classed By The TAI-QI TOUCH**

**Days: Tuesdays and Thursdays**

**Timings: 5:30 to 6:30 pm**

**We wish you all a Qi filled, harmonious Taiji journey.**

**Says Jeroo Patel, a student of the TAI-QI TOUCH Class: "I joined the Tai Chi class in July 2019 after reading about it in Parsi Times. Today, I feel I am blessed as I have achieved many benefits - I have greatly improved my balance problems and strengthened my legs. My backache has also reduced and I feel more calm and relaxed. Tai chi has helped me build immunity and face these difficult times during the lockdown. All this is due to the dedication and care with which both - Kashmira and Brijesh Raj - are conducting this class. They give personal attention to each student and also help in resolving health problems by empowering, self-healing techniques. May God bless them!"**

**Kashmira Shaw Raj is a professional Taichi and Qigong practitioner and teacher. Also, a successful clinical psychologist, psychic and healer, Kashmira runs 'The Tai-Qi Touch' with her husband, Dr. Brijesh Raj, a healer and a Vet. Taichi practitioners for over fourteen years now, they are instructors in Sifu Carlton Hill's Tao Taichi Qi Gong organization, and Shibashi Instructors under Sifu Wing Cheung from the Feng Shui and Taichi Institute, Hongkong & Canada.**

**The Tai-Qi Touch offers classes for adults and children at 'Infinite Studio' (Opp. Starbucks Café, Chowpatty, Mumbai). To contact Kashmira, M: 9323874418 or Email: kash.shaw@gmail.com**

## Meherbai's Trip To Udvada



RUBY LILAOWALA

It was a peaceful Saturday morning and Meherwanji was quietly reading his Parsi Times when Meherbai announced that she wanted a two-day week-end break in Udvada.

"I won't drive that far!" said Meherwanji.

"You won't have to"

Meherwanji: Then how do we go? Walking?

Meherbai: No! No! My darling Meheloo, my niece Farida and her boy-friend Soli Sales-Tax are going there for two days and they are taking hen-pecked Hormusji to drive and also carry their luggage. Farida just called to ask if we were interested.

Meherwanji: Don't mention that mad-woman's name or I'll come out in a rash. You know I can't stand her!

Meherbai: Why? She is so sweet!

Meherwanji: She's a Khadhri-Jaari-Paari whose mouth is always moving. Either she is eating or she's talking with her triple-chins moving all the time! Her oversized wrists are frightening. If she gets annoyed and gives me a 'chop' like she gives her husband, Hormusji from time to time, I'll be dead - I am a delicate man!

Meherbai: Chalo, chalo, amtha cheeba na thao! You are my Bahubali who regularly carries a 5 kg. Kalingar from Colaba Bazar to Cusrow Baug. Delicate? Nonsense!! Even at 83, you are so active unlike other men and I love you for it!!

The maska-palis worked on the unsuspecting hubby and they decided to go to Udvada. They reached Farida fuiji's house in Rustom Baug only to be kept waiting for half an hour while Hormusji was closing the kitchen and Soli Sample was trimming the hair inside his



nose. After a looooooong 'at last', they sat in the car, which promptly conked off at Bandra.

"There's no petrol!" said Hormusji. Merwanji, just give me Rs. 2,000/- which in any case is your petrol share, since we are going 'dutch'!

"What 'dutch'? I thought it was a free ride - that you were offering us a lift!"

"Nothing is free in life - mafat na mewa garam parey! Now take out one big rani-pink coloured Gandhiji from your wallet and give it to me. Then you and Soli push the car to the nearest petrol station."

"Soli the swine is not pushing the car - only pretending to push," yelled Meherwanji while everyone on the road was laughing - Bawaji ka gadi bigad gaya. Arrey!! Yeh toh breaking news hai! Who says Bawaji ka gadi kabi nahin bigadta?

Petrol filled, they drove towards Udvada and stopped at 'Ahura' for akuri, sev-dahi, bun-pao-maska and fudina chai which everybody enjoyed to their heart's content! Ahura has a separate 'stores' section so everybody went for their individual purchases but karka-baarus Soli (the eternal mafatiyo) did not have any money and so he used his usual trick on Farida saying, "take a photo of the bill and I'll settle my share at the end of the month."

Hormusji: Which month? Have you ever settled your bills in the last 10 years while Farida has clicked more photos of your bills than all other subjects put together! Soli Charso-vees! Bloody 420!!

Meherbai: Guys, guys! Don't fight - let's pick up some almond-biscuits from the stores. They are really



something else and my Mehlla loves them dunked in his fudina chai.

Soli: I want Batasa! I want Batasa!!

Hormusji: You already have one! Farida looks like one big giant Batasa!

Soli then picked-up six packets of butter-batasa!! No one volunteered to pay for Soli's six packets knowing that the mafatio is never going to pay, so Soli stood right behind Hormusji at the pay-station and opened-up all the six packets telling the cashier, "I opened up the packets for Hormusji, now charge all of them to his bill. Jaldi add karo, I am getting late."

Hormusji: It is not for nothing that I call the scoundrel 'Soli Sales-Tax'!

Meherbai (sympathising): You poor man! Soli-Bawa toh GST ney bi maari jai - how do you tolerate him? When you marry a woman for her money, this is what happens! Serves you right! Now dance on her money all your life!!

Hormusji: Don't get personal! Besides, she hit on me and saproved me since none of her young boy-friends would marry her due to her jabro-swabhav! She just wanted a stupid old husband who would pamper her!

And so, they reached the Dharamshala at Udvada and settled in adjacent rooms. For Soli a godru was provided so he could sleep on the floor while Hormusji and wife slept on the bed. Of course, Farida took-up most of the bed while the husband slept at the edge ek-kor-par!

At lunch-time, greedy-gob Farida ate most of the lunch for five persons that was ordered - consisting of tareli boi, tareli gharab, dhan-dar kolmi-no-patio and chicken farcha, leaving very little for others. Being an understanding group, they filled-up rest of their appetites on rotlis and the fantastic gajar-mevanu-achar that the manager's wife had prepared.

Then in the afternoon, they all prepared to go to the Atash Behram. Farida with her zero dress sense, wore a stupid white-lace-mini-dress and was rebuked by the Mobed on duty there.

"Rightly so"!! Said Hormusji, "Ghanu majenu!" But Soli who always fought Farida's battles with all and sundry, jumped in as usual to defend his lady-love, took up the issue with the Mobed. But the people who were there shut him up and advised Farida, "Next time malhaja

bharelo dress peherjo!"

After the noon siesta, they drove to Daman, saw the beach and returned for a sumptuous dinner for Farida and a frugal one for the rest of the group. They had again to take recourse to rotli and achar! Next morning, it was the same story as Farida monopolised most of the 20 dudh-na-puff that were ordered, leaving hardly one each for the rest of the group. It was the identical with ten eggs akuri that was ordered as Farida had the lion's share of the same while others filled their appetite with pao-na-pootha and jam! Some are born to sing, some to dance and some to write - our Farida was born to eat!!

When Meherbai complained to Meherwanji in private, he said, "Serves you right. You fully well know what a Khadhri she is and you still want to go everywhere with her! Meherbai and Meherwanji survived the trip on the almond biscuits and batasas that they had bought at Ahura whereas, bhukho-karko Soli did not require any invitation as he invited himself wherever there was food.

They returned to Mumbai after shopping for leeli-chai, fudina and peppermint but not before the car broke down and Meherwanji had to shell-out half of the Rs. 5,000/- for some repairs. Meherwanji was livid and said to Meherbai for everyone to hear, "This is the last time we're going to Udvada or anywhere else with these three madhouse-na-mehmaan. We know how to go by train!"

"Yes dear," said Meherbai, and they returned to Mumbai without any further mishap!!



# Better Than Cure!



DR. DANESH CHINYOY

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

It gives me immense pleasure to know that most of our regular readers are now proactive about their health and wellness. In keeping with the times, there's an alarmingly increased interest in understanding and fortifying 'Immunity', with numerous readers keeping my phone abuzz with queries on immunity. So today, let's better understand this buzzword of the year - Immunity.

The Latin term, 'immunitas' has come a long way from its first registered use in the context of health and disease, two thousand years ago. It was initially employed mainly by non-physicians and understood as a passive exemption from diseases provoked by Gods or demons. After the introduction of variolation and Jenner's inoculation of cowpox in Europe in the eighteenth century, the term began to be used widely by physicians. Soon after, came the demonstration of the germ theory of disease and of the first immune mechanisms of defense, which boosted the use of 'immunity', then understood as a protective battle against the germs.

Currently, immunity is regarded as a complex mechanism of integration of microbes into the cell community of the host; from a conceptual point of view, the 'immune system' is now considered a 'commune' system, but the terminology remains unchallenged. Immunity can be innate but inducible, as in the antiviral state induced by exposure to double-stranded RNA. Finally, immunity to specific microbes can be acquired

during the lifetime of the individual by infection or vaccination.

The idea of boosting your immunity is enticing, but the ability to do so has proved elusive to modern medicine for several reasons. The immune system is precisely that - a system, not a single entity. To function effectively, it requires balance and harmony. There's much researchers don't know about the intricacies of the immune response. They are exploring the effects of diet, exercise, age, psychological stress, and other factors on the immune response, in both - animals and humans. In the meanwhile, general health and wellness strategies shared regularly by yours truly are a good way to start giving your immune system the upper hand.

**Your First Line Of Defense Is To Choose A Healthy Lifestyle:** Following general good-health guidelines is the single best step you can take towards naturally keeping your immune system strong. Every part of your body, including your immune system, functions better when protected from environmental assaults and bolstered by healthy-living strategies, like:

1. Getting lots of sunshine in your life - figuratively and literally.
2. Eating a diet rich in fresh fruits and vegetables.
3. Having a healthy serving of naturally fermented foods high in probiotics.
4. Exercising regularly with aerobic and resistance training.
5. Maintaining a healthy waist-line.
6. Getting adequate sleep.
7. Effective stress management.
8. Practicing Meditation and Prayer, coupled with an intoxicant-free lifestyle.
9. Laughing more, loving more and staying positive.

There appears to be a connection between nutrition and immunity, particularly in children and the elderly. A form of malnutrition, that is surprisingly common even in affluent countries, is known as 'micronutrient malnutrition' - in which a person is deficient in some essential vitamins and trace minerals that are obtained from or supplemented by diet, usually prevalent in seniors.

If you suspect your diet is not providing you with all your micronutrient needs, you need to take steps to improve your bio-available nutrition organically, through the right dietary modifications, rather than resorting to inorganic chemical formulations through capsules and tablets. Vitamins and minerals can help increase the strength of the immune system. Vitamin C and D are most essential in building a robust immunity. If the deficiency is significant, tablets may be prescribed but should be used for a short period, and one should return to good nutritional food habits as a priority.

Integrated modern medicine has come a long way to appreciate the closely linked relationship between mind and body. A wide variety of maladies are all linked to the effects of stress, mostly emotional. Scientists are actively studying and establishing the relationship between stress and immune function. Most however, do not study a sudden, short-lived stressor; rather, they try to study more constant and frequent stressors known as chronic stress, such as that caused by relationships with family, friends and co-workers or sustained challenges to perform well at one's work. Some scientists investigating the effects of ongoing stress on the immune system, strongly recommend effective stress management for those who complain frequent infections due to

low immunity.

Almost every mother has said, "Sardi thase! Thanda thi dur reh!" Is she right? She is of course right for her caring nature but probably not, medically speaking as exposure to moderate cold temperatures doesn't increase your susceptibility to infection. There is a reason why winter is known as the 'cold and flu season'. In winter, the influenza virus stays airborne longer as the air is cold and less humid. Scientists have dunked people in cold water and made others sit nude in sub-freezing temperatures, just to understand the effects of cold. The people who live in Antarctica almost live in freezing temperatures, then how do they survive the cold and flu?

A group of Canadian researchers have reviewed hundreds of medical studies on the subject and conducted some of their own research and concluded that there's no need to worry about moderate cold exposure - it has no detrimental effect on the human immune system. Should you bundle up when it's cold outside? The answer is Yes! if you're uncomfortable, or if you're going to be outdoors for an extended period where such problems as frostbite and hypothermia are a risk (certainly not in Mumbai). But don't worry about immunity getting reduced - in fact, cold exposure helps build resilience as explained in one of my previous articles.

Good thoughts, good words and good deeds are said to be the three pillars of Zoroastrianism. Likewise, prayer and meditation, Plant based natural foods and yogic exercises are the three pillars of a healthy lifestyle. It improves cardiovascular health, lowers blood pressure, helps control body weight, and protects against a variety of diseases. But does it help to boost your immune system naturally and keep it healthy? Yes, and exercises, in particular, contribute even more directly by promoting good circulation, which allows the cells and substances of the immune system to move through the body freely and do their job efficiently.

Here's wishing you all a life full of laughter and cheer as, 'Laughter is still the best form of Medicine'!

