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**‘Parsi Times
LIFELINE’**
A PT initiative in
aid of providing
vulnerable Seniors
a life of dignity
and quality.

Page 02

**Feature
Series:
Parsi
Embroidery -
A Heritage Of
Humanity**
By Dr. Shernaz
Cama

Page 20

Introducing...

‘Zoroastrian Chess Club’(ZCC)!



**The ‘Zoroastrian Chess Club’ or ZCC, on Facebook,
is a platform for Zoroastrian Chess players and enthusiasts across the globe,
to connect and get acquainted through the fascinating game of Chess!**

The ZCC will hold Chess Tournaments.

**To become a member, simply key in
‘Zoroastrian Chess Club’ or ‘ZCC’ in Facebook Search.**

For the love of Chess... and lots of fun with fellow Zoroastrians!



MATRIMONIALS

Matrimonial alliances invited for a 37-year-old, Parsi Zoroastrian boy, settled in Toronto, Canada. Looking for a life partner who is simple and of calm temperament, under 30 years of age, and willing to settle in Canada, preferably a graduate and a working woman. Interested parties are requested to e-mail the girl's biodata at: parsigroom2020@gmail.com

FROM THE EDITOR'S DESK



Half A Year Of Fear And Learning

Dear Readers,

Can you believe it's been six months since our nation went into Lockdown, on 25 March this year?

Yes, half a year of our lives has been consumed by the dreaded novel coronavirus - it's been a half year of sanitizers, masks and social distancing... Of fear and panic as the numbers of COVID-19 positive cases spiked and continue to do so, most recently at the rate of nearly a-lakh-a-day in India... Of resistance, which has now eventually morphed into the acceptance of the new normal... Of keen anticipation and hope for the development of a vaccine to protect us from this evil disease... But most of all, it's been a half year of learning some of the most integral lessons of life and of survival - some new, some renewed. A jumpstart of sorts...

Never has the need and significance for the human connect been at such a premium. Yes, connect. Not to be mistaken with 'networking' - the hitherto buzzword and mantra for professional success, which has now been relegated to a much lower priority, after the pandemic provided the human race with a resoundingly rude reminder of 'what really matters'.

And what really does matter, and what it all really comes down to, is human compassion for all of God's creations, and especially for the less fortunate. Taking a leaf out of this Book of Wisdom, Parsi Times introduces the 'Parsi Times LIFELINE' initiative, in aid of senior community members, who are helpless and live in dire conditions. PT will collect details of such seniors and share the same with our magnanimous Community Trusts, which are committed to providing relief and rescue to elders living in abject circumstances. I request all our readers to kindly point us in the direction of any such seniors by emailing us the details at editor@parsi-times.com.

Winston Churchill's famous quote, "Never let a good crisis go to waste," comes to mind, even as we grapple with this mother of all crises. And yet, we would have wasted it if we do not learn the crucial lesson of 'the greater good over personal gains' and use this crisis as a turning point for growth and goodness - as individuals, as a community and as a nation.

Have a good weekend!

- Anahita
anahita@parsi-times.com

Parsi Times
The Truth. Delivered Weekly.

Parsi Times LIFELINE

Earlier this week, Parsi Times was contacted by a Good Samaritan, who conveyed to us about his being informed of an elderly, 87-year-old Parsi gentleman, who was living all by himself in abysmal conditions and had taken very ill. So, he went over to the house of the old man to check up on him and was shocked to see him sleeping limply, on a mattress on the floor. He informed us that the old man did not have even basic facilities such as a bed, gas, refrigerator, television, kitchen platform, dining place, facility of drinking water or hot water in his house.

Anticipating that this could be a case of the Novel Coronavirus or Covid-19, the Good Samaritan had a test conducted, which established that the elderly person was indeed suffering from the dreaded virus.

Upon the results of the COVID test being positive, he connected with the BMC a number of times through the day, but was ultimately informed that government hospital beds were not available and since the patient was 87 years, they could not do much. A telephone call to a former municipal councillor also did not yield any positive result.

After much effort, ultimately, the Good Samaritan had the elderly gentleman admitted to Parsee General Hospital, as a free patient. Kudos to the Good Samaritan for all that he has selflessly done for the patient! A true Parsi indeed!

Having been part of this journey, Parsi Times is of the knowledge that there are quite a few elders and seniors in our community who continue to live in such in appalling conditions of impoverishment and we wish to make a difference through our initiative - 'Parsi Times LIFELINE'.

Parsi Times looks to collecting data about such individuals living in unfortunate conditions. This data will then be shared with our generous community Trusts which undertake alleviating poverty amongst community members.

Parsi Times requests our readers to share details of elderly Zoroastrians living in impoverished conditions, to enable us to gather and share the information with our Trusts, so that we could help provide our seniors a life of dignity and quality, in their twilight years.

Kindly E-mail us the details at: editor@parsi-times.com

Or send your Mails to:

Parsi Times LIFELINE

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Rush in Your Entries to us, no later than 29th September, 2020, via E-mail at: editor@parsi-times.com



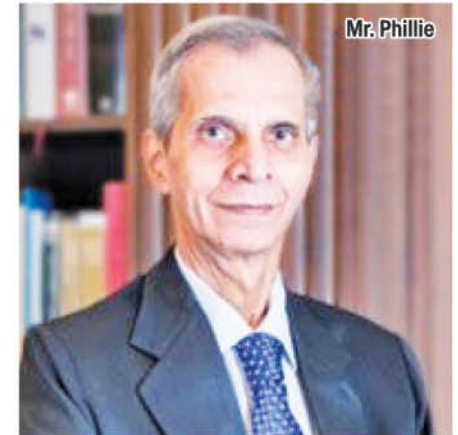
Masina Hospital Offers Quality Dialysis Services to Kidney Patients

Masina Hospital and Vivo Kidney Care have teamed up successfully to provide high quality, Dialysis Services that will improve the life-longevity for all patients who undergo dialysis at the hospital. State-of-the-Art machines, along with modern RO systems and well-trained staff, have helped bring back smiles to all patients.

While the current Covid-19 situation has resulted in much turbulence for society in general, Masina Hospital along with the Vivo team, has bounced back to normalize operations by working day-and-night to maintain safety protocols



and protocols which resulted in near-uninterrupted services at Masina Hospital. Even today we are amongst the few centers providing safe Dialysis for Covid-19 positive patients. The unit along with Dr. Chandan Chaudhari, has provided exemplary service to the patients."



Mr. Phillie

Hospital and its link to Dialysis has been a noteworthy success. This happened amidst the shut-down of Dialysis units, happening rampantly during the initial summer months. We created our SOPs



Dr. Burjor Antia & Minoo Irani

and infection-protection for regular patients, while isolating Covid-19 dialysis patients, who needed treatment under quarantine.

Vivo Kidney Care is privileged to have Masina Hospital as its guardian angel and the support of the Parsi community has helped needy patients get the best in class treatments at affordable costs. Dr. Vispi Jokhi, the dynamic CEO of Masina Hospital, has been instrumental in getting St. Johns Ambulance,

represented by Phillie Karkaria, to donate the high-tech RO plant.

This was followed by the generous Cyrus Bagwadia and his family coming forward to create a corpus that supports the dialyser and tubing for 15 patients for life. Dr. Burjor Antia and Minoo Irani were instrumental in getting Vivo to set up the ultramodern unit at Dahanu, which now supports 400 treatments, monthly.

"We have accepted the fact that Covid-19 is here to stay and our team has to be ready for managing operations with all safety permissions and proper counseling for all patients and their caregivers. We are confident of maintaining all the safety protocols to ensure that Masina Hospital is the best place for all dialysis patients to get dialyzed," said Dr. Sunil Nair.

These initiatives could sustain and grow, thanks to the support of Dr. Chandan Choudhary, ably guided by Dr. Madan Bahadur. Masina's patients are now the brand ambassadors spreading the message of quality and wellness reinforcing Masina Hospitals motto, 'Your Health, Our Mission', complimented by the Vivo philosophy - 'Feel Better, Live Longer'.



Mrs & Mr. Cyrus Bagwadia

Speaking to Parsi Times, Dr. Vispi Jokhi said, "The story of the pandemic in Masina

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Avan Yasht - III

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..

We have all watched, in great awe, the gentle mastery of our very own Zubin Mehta (musician extraordinaire) as he conducts his orchestra. The movement of his baton seems to have a rhythm of its own and it seems to be the source of the all-enveloping sound that drowns us in a sea of ecstasy. He is the master of all the music that washes over us and not one note can be heard without his permission. That is his craft and his passion. The reason why I have used this allegory to further explain my point is because I could find none more befitting.

Now picture this... the Hukairyra mountain is the highest peak of the Elburz range. From this peak, flows our vital Avan Ardivisur, like a maiden gushing forth in the full bloom of her youth. She is bursting with vitality and life. It is said that when the time comes for Frasho Kereti (the making perfect / wonderful) to happen, then Pak Dadar Ahura Mazda himself will be standing as witness to orchestrate the grand event.

Ahura Mazda has told the Rathestars (the warrior class) that, on that day Peshotan, the son of Gushtasp, will break the prison in which he is captive and he will kill Ahriman. To perform this extraordinary feat, Peshotan will have the assistance of Pak Dadar Ahura Mazda himself. Ahura Mazda will orchestrate and instruct the holy Ameshaspands

to wait on the Hukairyra mountain and give them directions. In turn, the Ameshaspands will garner the support of the Yazads and rush to help Peshotan, each with their own brand of powers. Here is a list of each Yazad and their associated powers as given by Dinbai in her book:

- 1. Meher Yazad:** The ruler of farms and all that grows within it.
- 2. Sarosh Yazad:** The ruler of all strength be it physical, emotional or spiritual.
- 3. Rashne Rast Yazad:** The one who is most just, dispenser of the perfect judgement.
- 4. Behram Yazad:** The most fearless of all, one who can overpower the most powerful weapon of Ahriman, fear!
- 5. Astaad Yazad:** The winner! The one who grants the boon to win against all odds.

Taking this epic battle forward, there is one element to this, which is surprising for us all. The entire consolidated powers of Dadar Ahura Mazda, along with the strength and unique powers of His Ameshaspands and their corresponding Yazads, needs one final push. This final, and perhaps most important one, is the Manthravani of the people of the Mazdayasni faith.

The Rathestars whom we speak of as warriors are those who joust with evil and conquer it with their mighty manthras, so the image of a warrior on a steed with a sword by his side is replaced with the devout faith of a man who opens a book and prays.

All these mighty beings, and Peshotan himself, in the epic and final battle NEED our Manthra, recited by us (yes, you and me) to achieve the final annihilation of Ahriman and the making perfect of our world.

When I Pray Aright, Thou Dost Answer My Prayers, 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.

With the ascending bright flames of the sacred fire on the altar, my prayers rise upward and ascend unto Garonmana, the Abode of Song, the celestial residence of Thee, Ahura Mazda and Thy angels and archangels and the Fravashis of the righteous dead. Thou dost come down from the highest heaven to listen to the songs of devotion of Thy devotee dwelling upon the earth.

Thou art a spirit and I will pray unto Thee in spirit. Thou dost dwell in my heart and in the temple of my heart will I pray to Thee. In prayer, with sincerity, will I open out my heart to Thee with all its longings and hopes and fears. I will consecrate my mind on Thee, I will surrender my will to Thee, I will dedicate my heart to Thee. I yearn for the peace of my soul.

I will not pray to Thee with my lips, when my heart is far from Thee. I will not recite my Yashts, hymns, chapter by chapter, with parrot-like, flawless accuracy. My heart will always be wedded to my words. With affection and love my soul will go out to Thee, when I pray.

My head shall bow and knee shall bend and with purity of mind and purity of heart,



will I make my prayer unto Thee. The uplifted hands with which I pray unto Thee will ever be free from the taint of deeds that are not pleasing to Thee.

I will glorify Thee with the songs of praise. Prayer brings to me confidence and courage, hope and strength. When I pray unto Thee in the citadel of my soul, Thou dost hear my prayer and fulfil my heart's desire and satisfy my soul's longing. Hearken unto my prayer, I humbly beseech Thee, Ahura Mazda!

Announcement

Sanjan Sanatorium To Re-open

THE WZO TRUST FUNDS

BAI MANECKBAI P. B. JEEJEEBHAY SANATORIUM (SANJAN)

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We are pleased to inform Patrons that the Sanatorium will become operational from October 01, 2020 onwards. The facility will be completely sanitized before it welcomes Guests.

Keeping in mind the good health and well-being of guests and Sanatorium Staff, use of our facilities will be made available on the following conditions to be adhered to by all Guests:

1. In view of the current global pandemic, Guests wishing to use the Sanatorium should visit only if they are not suffering from symptoms associated with the Novel Corona Virus - Covid-19.
2. Guests confirm they have visited the Sanatorium of their own volition and absolve Trustees and Staff of The WZO Trust Funds from any financial or medical responsibility or liability.
3. Guests will have to wear protective masks and maintain social distancing in all the common areas of the Sanatorium.
4. Guests will subject themselves to oximeter and infra-red thermometer temperature reading every morning that will be taken by the

Manager. In the event that the oxygen reading of any guest is found to be below 90 and temperature above 100.4 F, they will be asked to immediately leave the Sanatorium. A record of the oximeter and temperature readings of Guests will be maintained during their stay at the Sanatorium.

5. Till further notice, the maximum number of Guests permitted in each room will be not more than 3 (three), and maximum number of total Guests in the sanatorium will not be more than 15 (fifteen).

These Conditions and Rules have been framed keeping in mind, maintaining the good health of Guests as well as our Staff and all are advised to diligently comply with the same.

Guests wishing to use the facility from October 01, 2020 onwards may contact the Manager of the Sanatorium on either of the telephone numbers mentioned above.

Yazdi K. Randelia;
CEO,
The WZO Trust Funds.

WZCC LOSES A STAR



Mrs. Homai Homi Mehta

(10th October, 1944 - 15th September, 2020)

Mrs. Homai Mehta, a formidable force and Chairperson of WZCC-'WE' Mumbai Chapter - the ladies wing of the World Zarathushti Chamber of Commerce passed away. Homai was a friend, a mentor and a stalwart of the WZCC community. She was a cheerful, kind-hearted, gentle and an eloquent person. Her demeanor was always very captivating.

An enterprising lady, full of passion for the work and untiring enthusiasm, is no more with us. Selfless devotion to duty, honest to the core and highest standards of sincerity of purpose is a rare combination. Concern for empowering women, she was one of the main pillars for success of WZCC 'Women Entrepreneurs' Wing. She was also the Director of Sir J J College of Commerce, a teacher par excellence. Spread of education was her noble characteristic; she has encouraged, motivated and trained several generations of Secretaries and guided them with her valuable suggestions and ideas. She was the founder and President Emeritus of the Indian Association of Secretaries and Administrative Professionals (IASAP), formerly known as National Institute of Personal Secretaries (NIPS).

Some people come into our lives, leave footprints on our hearts and leave - we are never ever the same again... WZCC will miss its precious gem, a void which is difficult to fill.

May her Soul Rest in Eternal Peace.

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URVAZI KOTWAL

In the news for her pivotal role in the hit ongoing web series – Flesh (ErosNow) - actor and model - Urvazi Kotwal has received much appreciation for her role by the masses and the critics. Parsi Times shares a tête-à-tête with Urvazi in our column, 'In The Spotlight', which cheers for and encourages our dynamic community members who endeavour to achieve greatness!

Urvazi has always been fascinated by the world of performing arts and has been on stage ever since she was a toddler. “Nothing makes me happier. I bagged a lot of TV commercials as a child model starting at the age of 7 and that’s when I realized my love for camera too,” she says.

After completing her Masters in Biotechnology from St. Xavier’s College, Urvazi decided to pursue



her inner calling and took up acting as a full time profession. She trained as an actor from Mumbai’s Jeff Goldberg Studio and holds a degree in Method Acting, post which she’s graced several professional theatre productions, while also auditioning for screen projects. “Theatre has been my greatest teacher, making me the actor I am today. I’ve been fortunate to be a part of some great classic plays like Mohan Rakesh’s ‘Aadhe Adhure’ and Tennessee Williams’s ‘A Streetcar Named Desire’, amongst many others, which were performed at prestigious venues like the NCPA, the Royal Opera House and other intimate theatre spaces.

Urvazi’s first silver screen break in cinema arrived with the popular Bollywood movie, ‘Shikara’, released earlier this year, produced and directed by Vidhu Vinod Chopra; followed by the film, ‘DreamGirl’, a Balaji Telefilms production. She’s also featured in music videos including ‘Azad’ and ‘Tilak’ by the popular Indian fusion band - ‘Bombay Bandoob’, in addition

to a number of TV commercials for prominent brands including Google, Airtel, Triggio Juice, and Eat Fit App.

“Currently I have received a lot of attention and appreciation for my debut in the web series ‘Flesh’-directed by Danish Aslam and produced by Siddharth Anand Productions, in which I play a vital role. Streaming on ‘ErosNow’, the web series deals with the sensitive topic of Human Trafficking and its horrors. Unfortunately, this heinous crime of flesh trade is still prevalent in the 21st century and being a part of this narrative is one of my greatest achievements and has given me immense artistic satisfaction,” shares Urvazi.

On what inspires and motivates Urvazi as an actor.. “I have great love for the performing arts. The ability to live someone’s life and get into the skin of the character to tell a story, intrigues me the most. I’ve been a film and Bollywood buff from forever - growing up on ‘90s Bollywood! Whenever I watch good films of any genre or language, I just knew I wanted to be up there. There’s two factors that keep me motivated to work on my craft and hone my skills - first, it’s my dream to see act in films as a lead heroine - it’s all I’ve ever wanted; and second, the fear of being tagged as a fake or bad actor.

On her best / favourite project so far.. “One is ‘Flesh’, and the other is, one of my Hindi plays, ‘Aadhe Adhure’. The reason being that both my characters in these pushed me way beyond my comfort zone, testing my acting abilities. I am diametrically opposite to both the characters in real life and was undeterred to crack the roles to the finest of nuances. To play such roles, you have to forget yourself and adapt to being a whole new individual for a period of time. The real challenge is to make the performance look natural and justify certain aspects of the characters’ personality and actions even if you don’t believe in them personally. Only then will the audience be convinced. Personally speaking, I love playing characters which have layers and are not binary.”

Her suggestions to those looking to make a career in acting.. “Never take anything for granted, be disciplined - especially if you’re an artist. Artists tend to get complacent after a few hits, not realizing this is an ongoing process of hard work and practice. No matter how famous you are, you have to prove yourself everyday and be better than yesterday. I’d also say, learn to take risks (responsibly) and don’t fear failure or rejection, cause those are inevitable. I was never a risk-taker until I gambled my odds and decided to make acting my life! Today I can proudly say it’s the best and bravest decision I’ve ever made. And most importantly, be kind and practice the teachings of Good Thoughts, Good Words and Good Deeds. Uplift the spirits of your fellow-mates cause community growth is as important

as individual growth. Kindness is everything and I staunchly stand by it.”

Her current aims and future dreams.. “Things have really slowed down and taken a toll due to the pandemic - it’s been tough on artists all over the world. Hopefully, the situation will improve soon. However, I’ve been auditioning daily for new projects and am in talks for a few web shows on leading OTT platforms.



In the future, I want to do so much! With God’s Grace, hopefully five years from now, I’d like to see myself as one of the leading actors in the industry. I wish to start my own production house and back deserving talent, with content driven scripts. Everyone close to me is aware of my immense love for old people, kids and animals. I dream to make a huge home and medical facility for the abandoned ones. In keeping with my biotech background, I also want to do my bit for the betterment of the ecosystem and environment. But, One Day at a Time I guess!”

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Study In Japan Project: -: Academic Opportunity For IT Students, Faculty :-

Aspiring students and faculty in the Information Technology field are offered a great opportunity for their degrees, to enrol in any of Japan's three prominent universities, which are presenting their Sep/2021 batches for UG/PG.

A webinar on the promotion of their English taught courses will be conducted on 6th October, 2020. Those interested could go over the admission guidelines first to ensure eligibility for application.

As per a notice issued by Y. Miyauchi, Director, University of Tokyo India Office (miyauchigyoyou@g.ecc.u-tokyo.ac.jp) the 'Study in Japan Project' will conduct the following webinar for aspirants and eligible students and/or faculties in the field of Information Technology (Both Undergraduate and Graduate Student) who would like to get enrolled in the September 2021 batches at three prominent Japanese universities. This session is designed for the aspirant and eligible students and/or faculties for the South Asian countries.

Please Note:

- Those interested in participating in the webinar are required to register in advance (at https://zoom.us/webinar/register/WN_GXIJXy2TR3WcQiPTsCLw3g) After registering, you will receive a confirmation email containing information about

Study In Japan Project: Webinar Details

Date: 6th October, 2020,
Time: 3:10 pm (IST)
Host: University of Tokyo Indian Office
Speakers: 1. The University of Tokyo (for Graduates);
2. Kyoto University of Advanced Science (for Undergraduate & Graduates); and
3. The University of Aizu (for Undergraduates & Graduates)

joining the webinar.

- Admission guidelines for September 2021 Enrolments are available at the following links:
- University of Tokyo [https://www.i.u-tokyo.ac.jp/edu/entra/epiip_e.shtml]
- Kyoto University of Advanced Science [<https://www.kuas.ac.jp/en/downloads/>]
- University of Aizu:
 - For Graduate school - Master's program [<https://www.u-aizu.ac.jp/en/admissions/graduate/master/>] and Doctoral program [<https://www.u-aizu.ac.jp/en/admissions/graduate/doctor/>]
 - For Undergraduate school: [<https://www.u-aizu.ac.jp/en/materials/>]

Mah Ardibesht

By Armin Dutia Motashaw



O Ahura, O Ardibesht Ameshaspand, please protect us, O kind Sire!

Forgive us, correct us, please ignite our Mino K, our internal fire;

For us to rejuvenate emotionally, mentally and physically is a need dire,

Much harm we have created to fauna and flora due to misdeeds, ego and ire;

With your light blazing, destroy this dreaded disease which takes many to the pyre;

Help us, O Mazda, to purify ourselves, by reigniting the internal fire!

LETTERS TO THE EDITOR

The Worst of Times – The Best of Men

Charles Dickens opens his classic, 'A Tale of Two Cities', set in the background of the French revolution with the lines, "It was the best of times, it was the worst of times, it was the age of wisdom, it was the age of foolishness..." History repeats itself in its own way. In the twentieth century, there were the two World Wars, a kind of decimation never seen before. It was the worst of times, but it also brought out the best in man.

Yet again, history repeats. It's the twenty-first century and the curse of Covid-19 has descended upon man as a deadly pandemic, threatening to wipe out humanity. It has also brought out the best in most men, barring those out to make a fast buck out of it.

Doctors, nurses, the police, pharmacists, researchers, social workers and the good people are at the forefront, risking their lives as they continue working fearlessly in unsafe environments, to save the masses from this disease. They maintain distances from family, friends, neighbors and colleagues who work for public utility services where their attendance is mandatory. All this has been said at great length by commentators, doctors, writers, social workers and politicians the world over. Let's now shed some light on how our community has fared during these dark, these dismal days.

Let's take, for instance, our Baugs - the microcosm of our community, which is law-abiding and well-educated. This has prevented our microscopic community from succumbing to this demographic disaster, as most followed the simple, hygienic rules of regular hand-washing with soap, maintaining social distancing, wearing a mask when going out, and doing so only when needed.

Through the lockdown, many residents came to the aid of the indigent, the old and the infirm neighbors; especially the youth who selflessly came to the aid of those in need of medicines, tiffin and other daily needs. Our neighbours have been a boon to us - the Gujarati adage, 'bharut bhi aapra mai-baapaj hoi', rings true.

At a larger level, the BPP Trustees ensured that the poor and weaker sections weren't reduced to abject helplessness and starvation during the strict lockdown period. They appointed a helpful caterer and so many big-hearted, brave volunteers - cooking, packing and delivering wholesome and sufficient meals to stranded Parsis all over Mumbai. God bless all these good-hearted Samaritans!

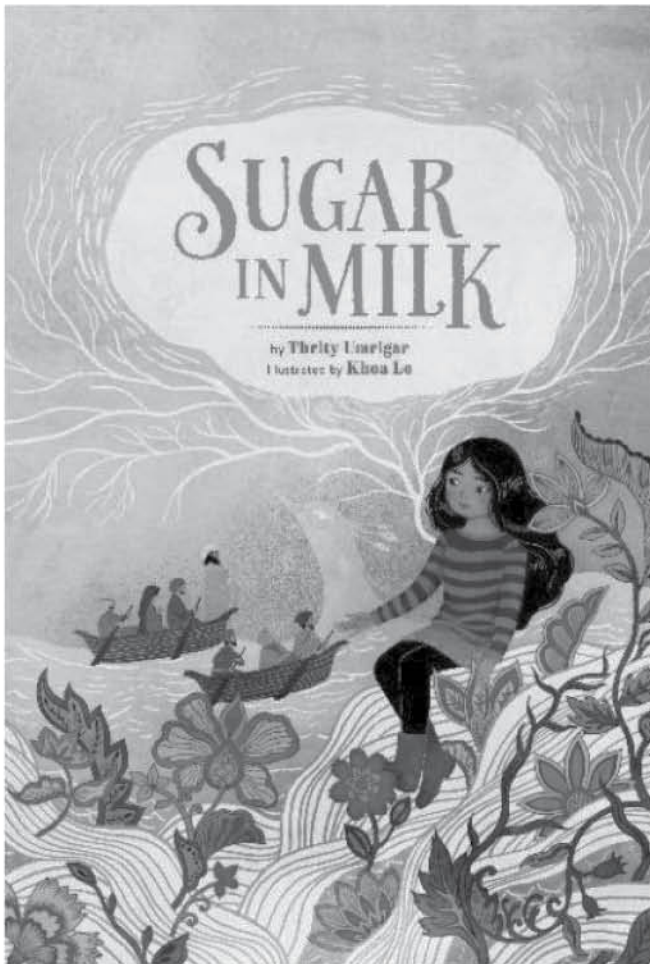
On a scale of greater outreach, the World Zoroastrian Organization Trust Funds, under the able Chairmanship of Dinshaw K. Tamboly, has done such amazing work that even hyperbolic epithets would not be exaggerations for him and his philanthropic team - distributing large amounts of grains, providing generous monetary support to those in need of financial help, donating to hospitals - the total running into a princely sum of Rs.2,20,26,755/- (figures as per the report in the Parsi Times dated 5th September, 2020), thus reinforcing the credence to our old boast, "Parsi thy name is charity."

However, it is indeed sad at times when the names and deeds of good people are maliciously portrayed in the wrong light with false statements. Then there are few unZoroastrian Parsis, some in high places too, who have robbed the community of great benefits for their few minutes of fame. These benefits could have been accrued to the community vide the Tehmulji Nariman Parsi Lying-in Hospital project and the B D Petit Parsee General Hospital development project. A great shame!

Even so, our community is fortunate that despite several *monkey-wrench-in-the-mechanism* type of saboteurs, the heritage left behind by the Jejeebhoy's, Petits, Readymonies, Jokhies, Shroffs and many such other Parsis will never fade into nothingness. These great men and the legacies they left behind will always come to the aid of our community whenever the need arises. And for that, we salute these - 'best of men' - who we will always be most grateful to!

- Dara Khodaiji

Book Launch: 'Sugar In Milk' By Thrity Umrigar



inspiration as she fell in love with her new homeland and eventually became an author.

As she began to have her own author events, she would end her book talks by telling this story. Says Thrity, "The effect it had on audiences was electrifying. People sighed audibly, their eyes glistened with tears, they smiled and laughed and clapped. This happened every single time I told the story, regardless of the composition of the audience. It was as if people were thirsty for an inspiring story about kindness and generosity and one with a happy ending. And I realized the power

of this legend, the universality of its message."

Thrity Umrigar is the author of the bestseller, 'The Space Between Us' and its recently released



sequel, 'The Secrets Between Us', as well as many other acclaimed novels for adults. Her debut picture book, 'When I Carried You in My Belly', was published with Running Press Kids in 2017. She lives in Ohio, USA.

US-based best-selling author and award-winning novelist, Thrity Umrigar, who is known for writing books that depict Indian, Indo-Americans and American characters with poignancy and nuance, will release her latest venture - a brilliant picture-book titled 'Sugar In Milk', illustrating the value of refugees. The story, popularly known in India as 'Doodh Ma Saakar' and is the mainstay of virtually every Parsi household, has been depicted with brilliant illustrations by Vietnam-based illustrator -Khoa Le. The book goes on sale from the 6th October, 2020. The 48-page book is meant for four to eight-year-old children.

A part of author Thrity Umrigar's upbringing as a Parsi child in India, the story narrates how a small group of Zoroastrians, fleeing religious persecution after the Arab invasions of their native Persia, arrived in India as refugees more than a thousand years ago. "It's part of the DNA of every Parsi child, a Miss Manners handbook of sorts, a manual of how to conduct oneself in life," says Thrity, who carried the tale with her when she immigrated to America at the age of twenty-one, drawing on it for

Not Enough COVID-19 Vaccines Till 2024, Says Adar Poonawalla

Adar Poonawalla, the CEO of SII (Serum Institute of India) - the world's largest vaccine manufacturer, says it will take around four to five years to produce enough COVID-19 vaccines to inoculate everyone in the world, as per news reports this week. Poonawalla's remarks came a day after Union Health Minister Harsh Vardhan's claim that the coronavirus vaccine would be ready by early next year.



"Even if a vaccine were ready by early next year, as India's Health Minister, Harsh Vardan, predicted in his remarks, there won't be enough doses to vaccinate the entire global population until 2024," said Poonawalla, estimating that the feat would require 15 billion doses for a two-doses-per-person vaccine. He added that pharmaceutical manufacturers currently did not have the production capacity to come close to meeting this demand.

The Pune-based pharma firm has partnered with five international pharmaceutical firms, including AstraZeneca and Novavax, to develop a Covid-19 vaccine and committed to producing one billion doses, of which it has pledged half to India. No other vaccine manufacturers have made a similar pledge. SII could also partner with Russia's Gamaleya Research Institute to

manufacture the Sputnik vaccine. SII has set a ceiling price of \$3 per dose. The vaccine will be made available to the 92 countries. The Bill and Melinda Gates Foundation will provide \$150 million of "at-risk" funds to help SII accelerate the production of the vaccines being developed by the University of Oxford-AstraZeneca and Novavax, as per news reports.

Last week, human trials of the Oxford vaccine candidate by AstraZeneca were halted after a volunteer fell sick in the UK, following which the SII also paused the trials as it was issued a show-cause notice by the Drug Controller of India. The trials, however, have resumed in Britain. After the human trials of the Oxford vaccine resumed in the UK late last week, Poonawalla had tweeted, "As I'd mentioned earlier, we should not jump to conclusions until the trials are fully concluded. The recent chain of events are a clear example why we should not bias the process and should respect the process till the end."

Raëll Padamsee Presents

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If your child is tired of boring, structured online classes and wants to do something fun, sign up for Raëll Padamsee's 'Little Actors Club' to let children explore the magical world of theatre, providing the perfect dose of fun and learning online, with every session carefully planned with age appropriate activities!

The Little Actors Club nurtures young children through the Creative Arts. Your child will be polished in key areas essential for pre-schoolers, including Language Skills, Social Development and Emotional Development - which greatly contributes to their growth and enhances their creativity and confidence.

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Tata Projects To Build New Parliament Building

On 16th September, 2020, Tata Projects Limited won the bid to construct the new Parliament building - a part of the Central Vista Redevelopment Project, in the nation's capital. It will be constructed at a cost of ₹ 861.90 crore, as per officials. The Tatas beat Larsen and Toubro, who had submitted a bid of ₹ 865 crore. The Central Public Works Department had estimated a cost of ₹ 940 crore.



According to the original plan, the new building was to be ready by 2022, to coincide with 75 years of Independence. The construction is expected to take around 21 months. It will be designed as a triangle and built close to the existing complex, on 'Plot Number 118' of the Parliament House Estate. The Central Vista Redevelopment Project (CVRP) envisages a triangular Parliament building, a common central secretariat and revamping of the 3-km-long Rajpath, from Rashtrapati Bhavan to India Gate. The common secretariat will house all 51 ministries in 10 administrative buildings. The project has been justified as a rent-saving measure (Rs. 1,000 crore, according to CPWD) but is more likely a move to rid India's executive and legislative institutions of their association with

colonial rule. The project proposes a new modern Parliament House that can accommodate all 1,224 members of the Lok Sabha and the Rajya Sabha should there be need for a joint session. The present North and South blocks will be converted into museums.

The current parliament building, built during the British era, is circular and is one of India's most acclaimed monuments. It will be used for other purposes after it is repaired and renovated; its construction began in 1921 and was completed six years later. Two floors were added in 1956 to accommodate the increasing need for space. Earlier this year, the government had justified its decision to build a new parliament building saying the current structure was "showing signs of distress and over-use".

Dr. Hoshedar Tamboli To Join HVVTB

- Voted Top Cardiologist 2020 By Florida Magazine -

Dr. Hoshedar P. Tamboli, who has been in the practice of interventional and consultative cardiology in Tampa, Florida, for twenty-eight years now, was recently awarded 'Top Cardiologist 2020' by Florida Magazine on the recommendation of patients and his peers. Heart Vascular and Vein of Tampa Bay (HVVTB) proudly announced that Dr. Hoshedar Tamboli will be joining the practice, starting August 31, 2020. At HVVTB, he will be in charge of developing a multifaceted cardiology, vascular and vein team to serve the local communities as well as the hospitals in those communities with cutting edge technology.

Dr. Tamboli was involved with the very first coronary stent placed in Tampa (1993) and was a national proctor teaching other cardiologists countrywide the same techniques. He was also the Primary Investigator in a series of stent design trials and has performed the first procedure in the Tampa Bay Area to open a clogged heart stent with radiation delivered into the stent in the heart.

Over the years, he pioneered peripheral interventions in the cardiac catheterization labs in Tampa and introduced many endovascular techniques in the county, including Fox Hollow atherectomy to remove plaque from clogged arteries in the legs. In 2003, he placed the very first drug-eluting stent in Hillsborough County. These are the stents which are now almost exclusively used in the heart.

Additionally, Dr. Tamboli has been Chairman of the Cardiology Departments of Advent Hospital in Tampa as well as of Brandon Regional Hospital. In addition to treating complex coronary artery disease and endovascular procedures, including in the carotid arteries that go to the brain and aortic aneurysms in the catheterization lab, he also performs office-based vein clinic procedures like vein ablation and varicose vein treatment.

Prior to coming to Tampa, Dr. Tamboli was Director of Interventional Cardiology at Marshall University in West Virginia and Assistant Professor of Medicine.

'Technology Creation Must Reflect Diverse Society' Says Lord Karan Bilimoria

CBI (Confederation Of British Industry) President, Lord Karan Bilimoria is set to emphasise the need for technology development to reflect diversity in society if it is to deliver tangible benefits for ethnic communities, at the launch of the new CBI BAME (Black, Asian or Minority Ethnic) in Tech Group. Lord Bilimoria will express how the rise of the Black Lives Matter movement in America, and around the world has brought the potentially devastating consequences that bias can have into sharp focus. This bias extends to the way we innovate and develop technology.



The new CBI group made of senior business leaders from across the tech industry including, telecoms, financial and professional services, will meet and seek to address the challenges facing BAME communities in the tech space. This will include showcasing initiatives to increase diversity in tech, tackling barriers in recruitment, promotion, and training, testing major policy initiatives and recommendations to ensure that the voice of ethnically diverse people is represented.

"Since becoming CBI President, one of my top priorities is to champion BAME representation across UK businesses and boardrooms. It is clear that increased ethnic minority representation in the tech sector is a critical issue that must be addressed. Ensuring that everyone has the same opportunities regardless of their background is not only the right thing to do, it also makes absolute business sense, whether it's using computer algorithms to hire new staff or analysing employee performance, improving diversity in the tech sector will lead to better decision making and business outcomes," said Lord Karan Bilimoria.

Members will be invited to Showcase initiatives being conducted by their organisation to increase diversity in

tech; Share best practice and identify challenges around issues such as recruitment, promotion, and training; Act as a forum where major policy initiatives and recommendations can be tested, to ensure that the voice of ethnically diverse people is represented; Develop outputs that address key issues of interest to the group, such as AI bias, participation in STEM subjects, or the role of tech in BAME business support; and Build a network of diverse BAME executives across UK industry which brings together senior and 'next generation' BAME executives

Lord Bilimoria further added, "I am delighted to launch the CBI BAME in Tech group that will raise awareness of the key issues in this area. As the first BAME President of the CBI, the first Zoroastrian Parsi in the House of Lords, and as a young man of Indian background co-founding Cobra beer in the 1980s London, I am passionate about sharing my experiences and supporting ethnic diversity through my role as CBI President. Looking forward, as we build back better from the economic impacts of coronavirus, technology will continue to profoundly shape the way we work, communicate and consume. We must have diversity in the technology sector if it is to serve the whole of society."

[Courtesy: Parsikhabar.com]

Since then, he has also been appointed Clinical Assistant Professor of Medicine at the University of South Florida in Tampa. He enjoys mentoring young medical students and physicians, and is involved with many local charitable organizations.

Beyond his academic accomplishments and procedural skill, Dr. Tamboli is known for giving individual personal care to his patients, titling this 'Patient First Always'!

[Courtesy: Parsikhabar.net]



Principals Benaifer Kutar And Dr. Cyrus Vakil Felicitated With Iconic Leadership Awards By Governor



RAZVIN NAMDARIAN

The Parsis have always been the forerunners in establishing iconic educational institutions across the country. The city of Mumbai boasts of several such prominent schools and colleges which are a testament to the Zoroastrian spirit of spreading the light of education. On the occasion of Teachers' Day on 12th September, 2020, the H'ble Governor of Maharashtra, Bhagat Singh Koshiyari presented the 'Iconic Leadership Awards' to Principals and Heads of Mumbai's 25 leading schools, in a virtual ceremony. Doing the community proud, two of these awards were received by our very own Principals of leading schools - Principal Benaifer P. Kutar of the JB Petit High School for Girls; and Dr. Cyrus Vakil, Principal of Bombay International School.

The awards were instituted by the Innovative Schools Union, headed by former Sheriff Dr. Indu Shahani, who delivered the opening remarks. Addressing those present, the Governor emphasized the need to, "encourage children to learn Sanskrit and other Indian languages, alongside English and other foreign languages." He further stated that the new National Education Policy lays thrust on Indian values and ethics, and teachers should impart advanced knowledge and education to children without departing from core Indian values. The ceremony concluded with Principal Meera Isaacs of Cathedral and John Cannon School giving the vote of thanks at the event.

Speaking to Parsi Times about being honoured with the award, **Principal Benaifer P. Kutar of the J.B. Petit High School for Girls**, said, "I am humbled by this singular honour and delighted to accept it on

behalf of our team at JB Petit, as it is always the collective whole that makes an institution what it is." She has shared a long and rich association with the school, having served 25 years as teacher, 12 years as Head of Primary School, a brief stint as Vice-Principal and currently in her 11th year as the Principal.



Benaifer Kutar

With a double Masters in Education and History, she heads the school with compassion and clarity, constantly endeavoring towards its betterment. An educator in the true sense of the word, she continues to teach, even as she ably fulfills the duties of her role as Principal. Her love and loyalty to the school, dynamic leadership and unwavering commitment to ensure that the school evolves with the times, has guaranteed that the school lives up to its motto - 'Ever Forward'.

Speaking of the evolving face of education, she spoke about the challenges faced by educators during the current pandemic situation. "The Covid-19 pandemic has challenged educators on many fronts - personally, professionally, academically. In response, committed teachers across the country have risen admirably to this challenge - drawing on a sense of passion and purpose, to fulfill their mission as true educators. At our school too, we have transitioned effectively to the digital medium. Going forward, we will see that blended learning and flip classrooms will

be the norm. There has been a paradigm shift in education and the greatest challenge for educators is to keep the students engaged, which the teachers in our school have risen to quite admirably."

As a 'very approachable' Principal, she believes in encouraging students with a questioning mind and articulate their thoughts and opinions freely as they develop their own voice. "Critical thinking is of prime importance and we want our students to learn organically," she says. She is ably supported by the teachers and the management which consists primarily of leading, notable Parsi personalities. "They are distinguished

individuals who give me academic freedom while upholding our principles of integrity, transparency and fair play."

Dr. Cyrus Vakil, Principal of Bombay International School, who was also felicitated with the Iconic Leadership Award, shared that the award signified, "that people are accepting the need for a new kind of education that values creativity, critical thinking and life-skills, and away from rote-based exams." Inspired to become an educator as child, he says, "I had many terrible teachers and a few good ones. Together they made me realize that teachers can and do make a difference."

Speaking about his accomplished and rich career, he says, "I spent a year at IIT Powai, then left science and India to attend Vassar College. I followed it up with a Masters and PhD in the cultural and economic history from Yale University." On returning to India, he pioneered the IB system of education, at Mahindra UWC, where he was Director of Studies and Deputy Head. Later, in 2016, he returned to Mumbai as

the Principal of BIS (Bombay International School).

At BIS, under his stewardship, other than academics, students are taught that, "we need to think critically in a world where corporations, money-managers, politicians, media are all busy trying to sell you some bogus story or another. And humility - we don't really know most of what we think we do even about the present, let alone the future."

Speaking about how the pandemic affected BIS functioning, he says, "In March, it was sink or swim. And most teachers and educators learnt a lot about online teaching and emerged better teachers, supported by their schools. These gains will stay with them. I believe classroom teaching is being challenged by tutors and exam guides on one side and by remote learning on the other. To stay relevant, they need to work on connecting with their students - as human beings and as learners. They need to keep motivating and inspiring, else one could become redundant.

For students, particularly younger students, it has been harder because learning was always a social enterprise, never a solitary one. But everyone has learnt resilience, and what doesn't kill you, makes you stronger!"

A leader who inspires, Dr. Vakil concludes with words of wisdom for educators, "Delegate to those who are committed. And most teachers are committed - otherwise they would be in professions that pay better! Guide, but don't micro-manage. Remember you are preparing kids not for today



Dr. Cyrus Vakil

or tomorrow but for a very different world they will be inhabiting and leading thirty, forty years hence."

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PARSI TIMES *PT Timeout*

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

- The Highwayman (Alfred Noyes)
- The Tiger (William Blake)
- Lady Lazarus (Sylvia Plath)
- Ozymandias (Percy Bysshe Shelley)
- Invictus (William Earnest Henley)
- How Do I Love Thee (Elizabeth Barrett Browning)
- Macavity - The Mystery Cat (T S Eliot)
- Daffodils (William Wordsworth)
- Seven Ages Of Man (William Shakespeare)
- On His Blindness (John Milton)
- O Captain! My Captain! (Walt Whitman)
- Ulysses (Lord Alfred Tennyson)
- The Road Not Taken (Robert Frost)
- Still I Rise (Maya Angelou)
- She Walks In Beauty (Lord Byron)
- The Raven (Edgar Allen Poe)



TechKnow With Tantra Swayam

'SWAYAM' is a GOI initiation to provide the best teaching and learning resources to all, including the most disadvantaged via a platform that facilitates hosting all courses taught in classrooms from Class 9 till Post-Graduation made accessible to anyone, anywhere, at any time. All courses are interactive, prepared by India's best teachers and available for free in 4 quadrants: Video Lectures; Downloadable Reading Material; Self-assessment Tests; and Online Discussion Forum for clearing doubts. The learning experience is enriched by using audio-video, multi-media and state of the art pedagogy / technology.

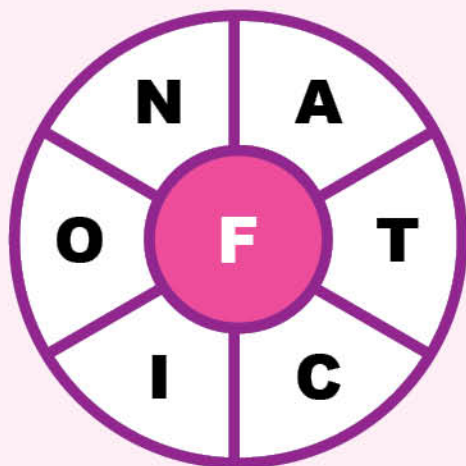
Android: <http://bit.ly/2YDPSTT> iOS: <https://swayam.gov.in/>

SUDOKU

	7							6
						5	8	
			1	3	4			
				1		9		4
9	4			7			6	1
2		1		8				
			3	5	8			
	2	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 - 11 or more words

WINNING CAPTION!!!



MODI: Hey, those look like humans orbiting the earth!!
PUTIN: Oh yes! That's exactly how the new vaccine 'SPUTNIK V' works - it orbits them into space so that the virus can't reach them!
 By Kayomarz Dotiwalla

CAPTION THIS!



Calling all our readers to caption this picture!
 The wittiest caption will win a fabulous prize!
 Send in your captions at editor@parsi-times.com by 23rd 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

"Happiness is a direction, not a place."

- Sydney J. Harris



Decoding The Need For Coding



VEERA SHROFF SANJANA

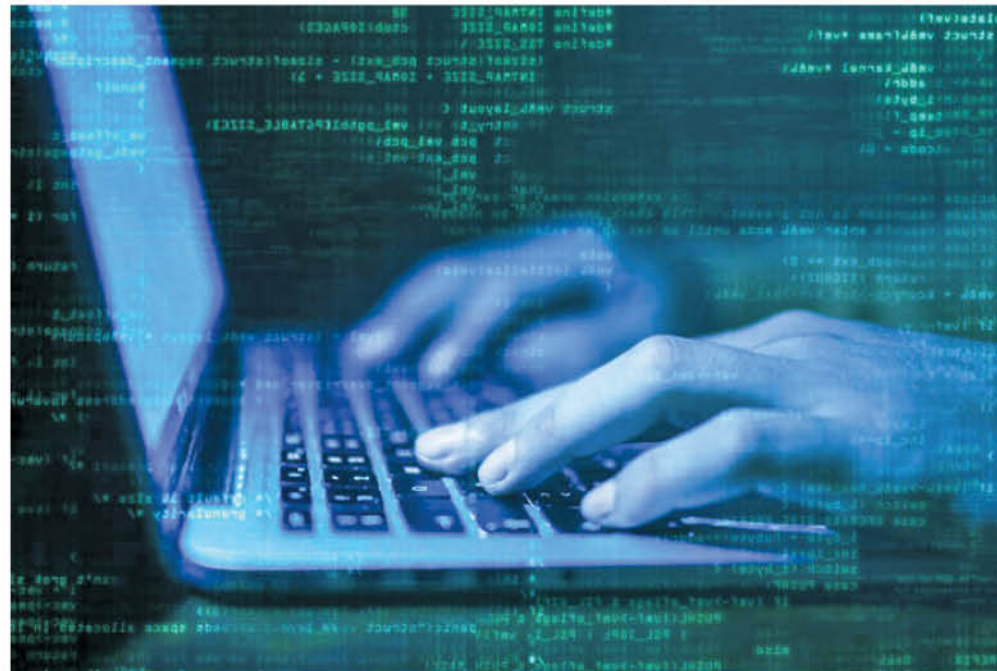
Veera is a published Author ('Endured' and '#LoveBitesLifeHacks') and Columnist; a passionate Educator and Counsellor; Poet and Philosopher... but most of all, a lover of all things literary.

“Why Coding? My child is not interested in computers or computer science at all!” you may well ask. Coding, or computer programming, is a creative process to literally tell a computer how to perform a task. At its foundation, it simply involves writing computer programs using programming languages. The future of our world is moving at a speed which is difficult to grapple. Technology is fluid at its best and unmanageable at its worst. So, the question remains, how soon and how far do we want to prepare our kids for the future? The world is changing so fast that high-paying jobs of today did not even exist five years ago. Another decade down and we will be at things non-existent today... and the reason for all this change? Software!

In India, where our education system is known for its archaic curriculum and lack of innovation, change and infrastructure, the need to shake it up is imperative. Parents and educators alike now believe that to prepare the next generation, the answer lies in - CODING. A well-structured way to introduce children to logical thinking and problem-solving, Coding is the intelligent option which prepares children for a future in a job market that seems dominated by data and computer science.

Coding skills are to us what mathematics was to the Industrial Revolution - underrated at the time, but invaluable decades later. Ask a Mathematician and he will tell you Math is a language in itself. Coding, too, is a skill set and instructions given in a language that sings to the computer. It helps you establish a relationship, speak and understand computers. **In the next few years, it won't matter which school your children attended, but rather, how digitally literate they are. We are on the threshold of a paradigm-shift that will upend the traditional methods of education.**

Born in this Digital Age, kids today are wired differently... they swipe, click and access apps on smartphones



even before they learn to speak or talk coherently! Future related skills are all about Coding. Coding is much more than teaching technology. It incorporates logic, problem-solving, creativity in engaging ways for children of all ages.

Learning how to code at a young age can truly set up your child for a lifetime of success. At its foundation, it involves writing computer programs using programming languages. Though it may sound a bit daunting to my technologically-challenged brethren, Coding for kids is usually taught using content that is high-interest while creating projects that involve creative input. Since coding can be 'gamified',

allows students to be creative without being wrong. If something doesn't work - no fret! Students need to figure out why and determine how to fix it! It's different from traditional methods of teaching. It requires creativity, critical-thinking, along with communication and collaboration - all essential to its language.

As they advance to the next level, students can create their own Games, Apps and Web pages using real text-based languages. When schools invest in outside resources, coding doesn't restrict them to closed platforms. Students pick up skills and learn real software development using professional tools



kids as early as five years of age can start the process of coding using visual block interfaces and aids.

Coding Programs offer tools for schools as classes can be proctored by teachers who have limited or absolutely no engineering backgrounds or skills. On the other hand, they truly are a fun way of getting your child's feet wet. Coding

and languages. Many of these courses teach using tools employed by software companies such as Facebook, Google and Amazon. **We are in the Digital-Age and Coding is by and by becoming the New Age Fuel.**

If you are still in doubt as to its relevance at the elementary level, the following reasons need to be considered

closely:

- Computer programming is like learning a foreign language. The earlier you start, the better.
- Computer Science builds skills across numerous corollary areas like math, science, problem-solving teamwork, project based learning, creative arts and more.
- Computing powers nearly every industry today, from education to farming, law to business and from construction to medicine.
- Computer engineering jobs rank among the highest-paying for new graduates.
- There are nearly 1 million unfilled tech jobs in the United States alone, due to a shortage of qualified engineers. Just imagine the demand!
- Computer-related occupations comprise over 60% of projected new job positions in STEM (Science, Technology, Engineering and Math)
- Computer programming teaches skills that are instantly relevant in today's job market.

Coding is now considered the newest Liberal Art - traditionally designed to prepare individuals for civic life and to help students understand the world around them. It's only a matter of time before it is included in core curricula.

Steve Jobs famously stated, "Everybody should learn how to program a computer, it teaches you how to think." The same goes for Facebook and Instagram CEO, Mark Zuckerberg, a computer programmer; whose coding skills empowered him to build Facebook from the ground up, out of his dorm room at Harvard! He says, **"To all of my friends who have younger siblings going to college or high school, my one piece of advice is - YOU should learn how to program."** World renowned theoretical physicist and cosmologist, **Stephen Hawking states, "Whether you want to uncover the secrets of the universe, or just pursue a career in the 21st century, basic computer programming is an essential skill to learn."**

Computing is undoubtedly the new literacy for tomorrow's job market. And so, my dear readers, don't miss out getting a 'byte' out of the coding pie!

પારસી ટાઈમ્સ

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THE TRUTH. DELIVERED WEEKLY.

ન્યાયાધીશ નરીમાનની એપેક્સ કોર્ટ કાનૂની સેવા સમિતિના અધ્યક્ષ તરીકે નિમણૂક થઈ



સુપ્રીમ કોર્ટના પ્રખ્યાત ન્યાયાધીશ, જસ્ટિસ રોલિન્ટન ઈવી નરીમાન, સુપ્રીમ કોર્ટની કાનૂની સેવા સમિતિના અધ્યક્ષ તરીકે નિમણૂક કરવામાં આવ્યા છે.

કાનૂની સેવાઓ સત્તાધિકાર અધિનિયમ, ૧૯૮૭ (૧૯૮૭ની ૩૯) ની કલમ ૩ એ દ્વારા આપવામાં આવેલી સત્તાઓના ઉપયોગમાં, રાષ્ટ્રીય કાનૂની સેવા સત્તા મંડળના નિયમો, ૧૯૯૫ના નિયમ ૧૦ સાથે વાંચેલા, સેન્ટ્રલ ઓથોરિટી દ્વારા અર્દી ન્યાયાધીશ રોલિન્ટન ઈવી નરીમાન, ન્યાયાધીશ, નામાંકિત સુપ્રીમ કોર્ટની કાનૂની સેવા સમિતિના અધ્યક્ષ તરીકે, ભારતીય અદાલત તાત્કાલિક અસરથી અને તેની સૂચના નંબર એસ.ઓ.૧૧૫ (ઈ) માં તારીખ ૦૯.૦૨.૨૦૦૦માં નીચેના સુધારાઓ કરે છે, ન્યાય વિભાગ, કાયદા મંત્રાલય દ્વારા સૂચના વંચાય.

ગયા વર્ષે નવેમ્બરથી આ પદ

સંભાળી રહેલા ન્યાયાધીશ અરૂણ મિશ્રાની નિવૃત્તિ બાદ ન્યાયાધીશ નરીમાન આ પદ સંભાળશે. સુપ્રીમ કોર્ટ કાનૂની સેવાઓ સમિતિની રચના સુપ્રીમ કોર્ટના સંબંધમાં

કાર્યક્રમના અમલીકરણ માટે કરવામાં આવી છે.

સેન્ટ્રલ ઓથોરિટી દ્વારા બનાવવામાં આવેલ કાનૂની સેવાઓ સત્તાધિકાર અધિનિયમ, ૧૯૮૭ ની કલમ ૩ એ મુજબ, તે સત્તાધિકારનો ઉપયોગ કરવા અને નિયમો દ્વારા નિર્ધારિત આવા કાર્યો કરવા માટે સુપ્રીમ કોર્ટની કાનૂની સેવા સમિતિ તરીકે ઓળખાતી સમિતિની રચના કરવાની એક કેન્દ્રિય સત્તા છે.

સુપ્રીમ કોર્ટ કાનૂની સેવા સમિતિના નિયમો, ૧૯૯૬ મુજબ સમિતિની સત્તાઓ અને કાર્યો નીચે મુજબ છે:

(એ) કાનૂની સેવાઓ કાર્યક્રમનું સંચાલન અને અમલ કરવા માટે જ્યાં સુધી તે ભારતના સુપ્રીમ કોર્ટ સાથે સંબંધિત છે અને આ હેતુ માટે તે જરૂરી તમામ પગલાં લેવા અને કેન્દ્રીય ઓથોરિટી દ્વારા સમય જતાં જારી કરેલા

નિર્દેશો અનુસાર સમય પર કાર્ય કરવું.

(બી) કાનૂની સેવાઓ માટેની અરજીઓ પ્રાપ્ત કરવા અને તેની ચકાસણી કરવી અને કાનૂની સેવાને મંજૂરી આપવી અથવા પાછી ખેંચી લેવી તે અંગેના બધા પ્રશ્નો નક્કી કરવા.

(સી) કાયદાકીય સલાહ આપવા માટે સુપ્રીમ કોર્ટમાં રેકોર્ડ પર વકીલોની વરાણી અને વરિષ્ઠ હિમાયતીઓ રાખવા;

(ડી) રેકોર્ડ પરના હિમાયતીઓ અને સુપ્રીમ કોર્ટના વરિષ્ઠ હિમાયતીઓને માન-ચુકવણી, ખર્ચ, ચાર્જ અને કાનૂની સેવાઓના ખર્ચથી સંબંધિત તમામ બાબતોનો નિર્ણય લેવાનો.

(ઈ) કાયદાકીય સેવાઓ કાર્યક્રમ સંદર્ભે વળતર, અહેવાલો અને આંકડાકીય માહિતી કેન્દ્રીય ઓથોરિટીને સુપરત કરવા અને સબમિટ કરવા.

સમિતિના અધ્યક્ષ તરીકે, ન્યાયાધીશ નરીમાન સમિતિના કાર્યક્રમોના વહીવટ અને અમલીકરણનો એકંદર પ્રભારી રહેશે; ત્રણ મહિનાના સમયગાળામાં ઓછામાં ઓછી એકવાર સચિવ દ્વારા સમિતિની બેઠકો બોલાવવામાં આવે છે; સમિતિની બેઠકોના અધ્યક્ષસ્થાને; અને સમિતિની તમામ અવશેષ સત્તા છે.

અમારા સમુદાય વતી, પારસી ટાઈમ્સે ન્યાયમૂર્તિ રોલિન્ટન ઈવી નરીમાનને હાર્દિક અભિનંદન આપ્યા છે!

એરવદ સોલી પંથકીએ સરોંડા અગિયારીની સેવામાં પંચવીસ વર્ષ પૂર્ણ કર્યા

એરવદ સોલી દાદી પંથકી (સરોંડાવાલા)એ ગુજરાતમાં સરોંડા અગિયારીના પવિત્ર પાદશાહ સાહેબની સેવા કરી પંચવીસ ગૌરવપૂર્ણ વર્ષ પૂરા કર્યા છે. તેમની નિઃસ્વાર્થ અને સંપૂર્ણ નિષ્ઠા સાથે, એકલા હાથે અગિયારીની સારી સંભાળ લેવા માટે એરવદ સોલી સાહેબને સલામ.

વરસાદ હોય કે વીજળી કાપ હોય કે અન્ય કોઈ મુશ્કેલી વર્ષોથી એરવદ સોલી પંથકીએ અગિયારીની સેવામાં કોઈ કસર છોડી નથી. એમની ઘણીયાણી મરહુમ દોલી હમેશા તેમના સુખ દુઃખમાં અગિયારીની સેવામાં તેમની પડખે ઉભી રહેતી હતી. એરવદ સોલી પંથકીના દિકરા બુરઝીઝ, તેમની પુત્રવધુ સુઝુ અને પૌત્ર તુઝાન એમની મોટી શક્તિ છે.



એરવદ સોલી પંથકી સાહેબ માટે તંદુરસ્તી અને અગિયારીના આતશને હમેશા ઝગમગતો રાખવા બદલ તેમણે આપેલી સેવા માટે ખુબ ખુબ આભાર. ઈસ્તાર તે.

- આદિલ જે. માદન તરફથી.

ઈલાજ કરતાં સાફ!!

તે જાણીને મને ખૂબ આનંદ થાય છે કે આપણા મોટાભાગના નિયમિત વાચકો હવે તેમના સ્વાસ્થ્ય અને સુખાકારી વિશે સક્રિય છે. સમયને ધ્યાનમાં રાખીને, 'રોગપ્રતિકારક શક્તિ' સમજવા અને તેને મજબૂત કરવામાં અવિશ્વસનીય રૂચિ છે, જેમાં અસંખ્ય વાચકો મને ફોન કરે છે તો આજે, ચાલો આપણે રોગપ્રતિકારક શક્તિને વધુ સારી રીતે સમજીએ.

લેટિન શબ્દ, 'ઇમ્યુનિટાસ' સ્વાસ્થ્ય અને રોગના સંદર્ભમાં તેના પ્રથમ નોંધાયેલા ઉપયોગથી, બે હજાર વર્ષ પહેલાં આગળ આવ્યો છે. શરૂઆતમાં તે મુખ્યત્વે બિન-ચિકિત્સકો દ્વારા કાર્યરત હતું અને ભગવાન અથવા રાક્ષસો દ્વારા ઉશ્ચેરવામાં આવતા રોગોથી નિષ્ક્રિય મુક્તિ તરીકે સમજવામાં આવ્યું હતું. અઢારમી સદીમાં યુરોપમાં ચિકિત્સકો દ્વારા આ શબ્દનો વ્યાપક ઉપયોગ થવાનું શરૂ થયું. પછી તરત જ રોગના સૂક્ષ્મજીવ થિયરીનું અને સંરક્ષણની પ્રથમ રોગપ્રતિકારક પ્રણાલીનું નિદર્શન થયું, પછી તે સૂક્ષ્મજીવો સામેના રક્ષણાત્મક યુદ્ધ તરીકે સમજી જેણે 'પ્રતિરક્ષા' ના ઉપયોગને વેગ આપ્યો. હાલમાં, પ્રતિરક્ષાને કોષ સમુદાયમાં સૂક્ષ્મજીવાણુઓના એકીકરણની એક

જટિલ પદ્ધતિ તરીકે માનવામાં આવે છે; કાલ્પનિક દ્રષ્ટિકોણથી, 'રોગપ્રતિકારક શક્તિ' હવે 'કમ્યુન' સિસ્ટમ માનવામાં આવે છે, પરંતુ પરિભાષા યથાવત છે. આખરે, ચોક્કસ જીવાણુઓને પ્રતિ-રક્ષા ચેપ અથવા રસી દ્વારા વ્યક્તિના જીવનકાળ દરમિયાન મેળવી શકાય છે.

તમારી પ્રતિરક્ષા વધારવાનો વિચાર પ્રવોભક છે, પરંતુ આવું કરવાની ક્ષમતા ઘણા કારણોસર આધુનિક દવા માટે પ્રપંચી સાબિત થઈ છે. અસરકારક રીતે કાર્ય કરવા માટે, તેને સંતુલન અને સુમેળની જરૂર છે. રોગપ્રતિકારક પ્રતિક્રિયાની જટિલતાઓ વિશે ઘણા સંશોધકો જાણતા નથી. પ્રાણીઓ અને માણસો બંનેમાં, તેઓ રોગપ્રતિકારક પ્રતિભાવ પર આહાર, વ્યાયામ, ઉંમર, માનસિક તાણ અને અન્ય પરિબળોના પ્રભાવની શોધ કરી રહ્યા છે. તમ-ારી સંરક્ષણની પ્રથમ પંક્તિ એક સ્વસ્થ જીવનશૈલી પસંદ કરવાનું છે. સામાન્ય સ્વાસ્થ્ય માટેના સામાન્ય માર્ગદર્શિકાને અનુસરવાનું એ એક શ્રેષ્ઠ પગલું છે જે તમે કુદરતી રીતે તમારી રોગપ્રતિકારક શક્તિને મજબૂત રાખવા તરફ લઈ જઈ શકો છો.

વધ માટે જુઓ પાનુ ૧૫

ફોર્ચ્યુનની પ્રતિષ્ઠિત '૪૦-અન્ડર-૪૦'ની યાદીમાં આદર પૂનાવાલા પ્રથમ

સીરમ ઈન્સ્ટિટ્યૂટ ઈન્ડિયા (એસઆઈઆઈ) ના ડેશિંગ અને ડાયનેમિક સીઈઓ, આદર પૂનાવાલા, ફોર્ચ્યુન પ્રતિષ્ઠિત ૪૦ વર્ષથી ઓછી વયના વિશ્વભરના પ્રભાવશાળી લોકોની વાર્ષિક યાદીમાં પ્રથમ છે. ૨૦૨૦ ફોર્ચ્યુન ૪૦ અન્ડર ૪૦ સૂચિમાં પાંચ કેટેગરીમાં પ્રત્યેક ૪૦ પ્રભાવશાળી લોકોને પ્રકાશિત કરવામાં આવ્યા છે.

ફોર્ચ્યુને આશીર્વાદી સૂચિમાં આદર પૂનાવાલાના પદાર્પણની પ્રશંસા કરી છે. તે તેમની કુટુંબની માલિકીની કંપની એસઆઈઆઈના સીઈઓ છે, જે વિશ્વમાં રસી બનાવનાર સૌથી મોટી



ઉત્પાદક છે.

આ વર્ષ, અલબત્ત, સામાન્ય કરતાં ઘણું લાંબુ રહ્યું છે. પૂરવણીમાં કોવીડ -૧૯ ની રસી વિકસાવવાની દોડ સાથે,

એસઆઈઆઈ તેની પ્રચંડ ઉત્પાદન ક્ષમતા સાથે, ફાર્મા કંપનીઓ ફેરવવાનું સ્પષ્ટ સ્થાન રહ્યું છે. એસઆઈઆઈએ એરટ્રાઝનેકા અને નોવાવાક્સ બંને સાથે સોદા કર્યા છે, જેમાં ઓછી અને મધ્યમ આવક ધરાવતા દેશો માટે પ્રત્યેક રસીના એક અબજ ડોલરનું ઉત્પાદન કરવાની પ્રતિબદ્ધતા છે, જેનો ભાવ એક શોટના ૩ ડોલર છે.

ભારતની અન્ય યુવા અગ્રણી એન્જ્યુકેશન ટેકનોલજી કંપની બાયજુના સહ-સ્થાપક રવીન્દ્રન અને રિલાયન્સ જીઓ બોર્ડના ડાયરેક્ટર - ઈશા અને આકાશ અંબાણી છે.

YOUR MOONSIGNS JANAM RASHI THIS WEEK

લખનાર: મરહુમ મહારાજ શ્રી સ્વયંજ્યોતિના સહકાર્યકર્તા જયેશ એમ. ગોસ્વામી

અઠવાડિક રાશિક્ષણ: તા. ૧૯.૦૯.૨૦૨૦ થી તા. ૨૫.૦૯.૨૦૨૦



Aries - મેષ - અ.વ.ઈ.

આજનો દિવસ બુધની દિનદશામાં પસાર કરવાનો બાકી છે. સહી-સિકકાના કામો પહેલા કરી લેજો. વેતી-દેતીના કામમાં સફળતા મળશે. ૩૬ દિવસ માટે શરૂ થતી શનિની દિનદશા આજસુ બનાવી દેશે. તમારા કરેલા કામમાં સફળતા નહીં મળે. નાણાકીય બાબતમાં મુશ્કેલી આવી જશે. જો જન્મનો શનિ ખરાબ હશે તો તબિયત ખરાબ કરી નાખશે. દરરોજ 'મોટી હમન યજ્ઞ' ભણાજો. શુકનવંતી તા. ૨૦, ૨૩, ૨૪, ૨૫ છે.

Lucky Dates: 20, 23, 24, 25.

Today marks the last day under Mercury's rule, so complete any work related to signing of documents today. You will be successful in transactions related to lending-borrowing. Starting tomorrow, Saturn's rule for the next 36 days, induces lethargy in you. You might not be successful in all of your undertakings. Financially, things could get strained. If you have a negative Saturn in your birthchart, then this could result in your health going down. Pray the Moti Haptan Yasht daily.



Cancer - કર્ક - ડ.હ.

છેલ્લુ અઠવાડિયું ચંદ્રની દિનદશામાં પસાર કરવાનું બાકી છે. ઘરવાળાની હિમાન્ડ પહેલા પૂરી કરજો. મનગમતી વ્યક્તિને તમારા મનની વાત કહી દેજો. ઈનવેસ્ટમેન્ટ કરી શકશો. ઘરવાળાની હિમાન્ડ પૂરી કરવામાં સફળ થશો. ગામ-પરગામ જવાના ચાન્સ છે. દરરોજ ૩૪મુ નામ 'યા બેસ્તરના' ૧૦૧વાર ભણાજો. શુકનવંતી તા. ૧૯, ૨૦, ૨૧, ૨૪ છે.

Lucky Dates: 19, 20, 21, 24.

With the last week remaining under the rule of the Moon, try to first cater to the wishes of family members. Share your thoughts with your favourite person. You will be successful in making investments. You will be able to cater to the wants of your family. You could be traveling abroad. Pray the 34th Name, 'Ya Beshtarna', 101 times daily.



Libra - તુલા - ર.ત.

૧૭મી ઓક્ટોબર સુધી શુકની દિનદશા ચાલશે. અપોઝીટ સેકસનું એટ્રેક્શન ખૂબ વધી જશે. તમારા ખર્ચ પર કાબુ નહીં રાકી શકો. જ્યાં ત્રણ બચાવશો ત્યાં ત્રીસનો ખર્ચ થશે. ધનની કમી નહીં આવે. તમે પ્રેમમાં હશો તો સામેવાળા તરફથી સારા સમાચાર મળશે. દરરોજ 'બહેરામ યજ્ઞ'ની આરાધના કરજો. શુકનવંતી તા. ૨૨, ૨૩, ૨૪, ૨૫ છે.

Lucky Dates: 22, 23, 24, 25.

Venus' rule till 17th October will greatly increase the attraction towards the opposite gender. You might not be able to control your expenses. You will end up spending ten times that of what you've saved. Even so, there will be no financial shortfalls. Those in love could expect good news from their sweethearts. Pray to Behram Yazad daily.



Capricorn - મકર - ખ.જ.

છેલ્લા ૬ દિવસ ગુરૂની દિનદશામાં પસાર કરવાના બાકી છે. તમારા હાથે ચેરીટીના કામો થઈ જશે. જરૂરિયાતમંદ વ્યક્તિને મદદ કરજો. ઘરવાળાની જરૂરિયાત પૂરી કરતા ઘરમાં શાંતિનું વાતાવરણ રહેશે. ૨૫મીથી શરૂ થતી રાહુની દિનદશા ૪૨ દિવસ માટે તમને હેરાન પરેશાન કરી નાખશે. ચાલુ કામમાં મુશ્કેલી આવશે. દરરોજ 'સરોશ યજ્ઞ' ભણાજો. શુકનવંતી તા. ૨૦, ૨૧, ૨૩, ૨૪ છે.

Lucky Dates: 20, 21, 23, 24.

With the last 6 days remaining under Jupiter's rule, you will engage in works of charity. Do help out those in need. Catering to the wants of your family members will help ensure a peaceful atmosphere at your house. Rahu's rule starting from the 25th September, for the next 42 days, will create havoc for you. It will pose hindrances in your smooth-flowing work. Pray the Sarosh Yasht daily.



Taurus - વૃષભ - બ.વ.ઉ.

બુધની દિનદશા ચાલુ હોવાથી તમને મિત્રો તરફથી જોઈતી મદદ મળી જશે. તમારા કાર્યકાર પર તમારી નજર પડેલા જશે. નાણાકીય બાબતમાં કરકસર કરી ઈનવેસ્ટમેન્ટ અવસર કરજો. વેતી-દેતી ઓછી કરવામાં સફળ થશો. નાણાકીય કાર્યો મળશે. દરરોજ 'મેહર નીઆયેશ' ભણાજો. શુકનવંતી તા. ૧૯, ૨૧, ૨૨, ૨૪ છે.

Lucky Dates: 19, 21, 22, 24.

Mercury's ongoing rule will facilitate the needed help and support coming in from friends. You will prioritize your gains. Ensure to make financial investments. You will be successful in lessening the debts owed to you or owed by you. You will gain financially. Pray the Meher Nyaish daily.



Leo - સિંહ - મ.ટ.

૨૬મી ઓક્ટોબર સુધી ચંદ્રની દિનદશા ચાલશે. જે પણ ડિસીઝન લો તેને બદલતા નહીં. કામમાં પ્રમોશન મળવાના ચાન્સ છે. નવા મિત્રો તરફથી કાર્યો મેળવશો. બીજાને સમજાવી શકશો. જીવનમાં નવી વ્યક્તિ મળવાના ચાન્સ છે. દરરોજ ૩૪મુ નામ 'યા બેસ્તરના' ૧૦૧ વાર ભણાજો. શુકનવંતી તા. ૨૦, ૨૨, ૨૩, ૨૫ છે.

Lucky Dates: 20, 22, 23, 25.

The Moon's rule till 26th October suggests that you stick with the same decision. You could get a promotion at your work. New friends will prove beneficial. You will be able to get through to others. You could come across a new special person in your life. Pray the 34th Name, 'Ya Beshtarna', 101 times daily.



Scorpio - વૃશ્ચિક - ન.પ.

શુકની દિનદશા ચાલુ હોવાથી જ્યાં જ્યાં ત્યાં માન મળશે. તમારા કરેલા કામથી તમારા દુસ્મનને પણ આશ્ચર્ય થશે. ખર્ચનો ખાડો વધી જશે પણ તમને નાણાકીય બાબતમાં મુશ્કેલી નહીં આવે. રોકાણેલા નાણા મળવાના ચાન્સ છે. ઘણી-ઘણીયાણી એકબીજાના મનની વાત સમજી જશે. દરરોજ 'બહેરામ યજ્ઞ'ની આરાધના કરજો. શુકનવંતી તા. ૧૯, ૨૦, ૨૧, ૨૪ છે.

Lucky Dates: 19, 20, 21, 24.

Venus' ongoing rule brings you appreciation everywhere you go. Even your detractors will marvel at your work. Despite an increase in your expenses, there will be no financial strain. You could retrieve your money from your debtors. Couples will be able to read each others' thoughts. Pray to Behram Yazad daily.



Aquarius - કુંભ - ગ.શ.સ.

૨૫મી ઓક્ટોબર સુધી ગુરૂ જેવા શુભ ગ્રહની દિનદશા ચાલશે. તમારા બાળકો પર વધારે ધ્યાન આપજો. બીજાને સમજવાની શક્તિ વધી જશે. તમારા જોબમાં કોઈ મુશ્કેલી આવે તો તમારા સારા કામના લીધે બચી જશે. તંદુરસ્તી સારી રહેશે. રોજના કામ સમય પર પૂરા કરી શકશો. નવા કામ મળવાના ચાન્સ છે. દરરોજ 'સરોશ યજ્ઞ' ભણાજો. શુકનવંતી તા. ૧૯, ૨૦, ૨૨, ૨૫ છે.

Lucky Dates: 19, 20, 22, 25.

Jupiter's rule till the 25th October makes you pay added attention to your children. Your empathy will increase. Any challenges that come up at your workplace will be sidelined in keeping with your good work. Health will be good. You will be able to complete your daily chores on time. You could get new ventures / job. Pray the Sarosh Yasht daily.



Gemini - મિથુન - ક.છ.ધ.

૨૪મી સપ્ટેમ્બર સુધી મંગળની દિનદશા ચાલશે. ઉત્તરતી મંગળની દિનદશાને લીધે એક્સિડન્ટ થવાના ચાન્સ છે. વાહન ચલાવશો નહીં. ભાઈ-બહેન સાથે મતભેદ થવાના ચાન્સ છે. ૨૬મીથી શરૂ થતી બુધની દિનદશા ૨૦મી નવેમ્બર સુધી તમારા માથાનો બોજો ઓછો કરવામાં સફળ થશો. પ્રમોશન મળવાના ચાન્સ છે. દરરોજ 'તીર યજ્ઞ' ભણાજો. શુકનવંતી તા. ૨૦, ૨૨, ૨૩, ૨૫ છે.

Lucky Dates: 20, 22, 23, 25.

Mars rules you till 24th September. The descending rule of Mars cautions you of probable accidents, hence avoid driving/riding your vehicle. Squabbles amongst siblings is indicated. Mercury's rule starting the 26th September till the 20th November, will reduce your mental tensions. You could be in for a promotion. Pray the Tir Yasht daily.



Virgo - કન્યા - પ.ઠ.ણ.

૬મી ઓક્ટોબર સુધી સુર્યની દિનદશા તમારા મગજનો બોજો વધારી દેશે. સરકારી કામમાં સફળતા નહીં મળે. તબિયત અચાનક બગડવાના ચાન્સ છે. હાઈપ્રેશરથી પરેશાન થશો. કોઈ ડોક્યુમેન્ટ સહી કરવાના હોય તો બે લોકોની સલાહ લઈને કરજો. વડીલ વર્ગની તબિયતની ચિંતા વધી જશે. દરરોજ 'યા રયોમંદ' ૧૦૧વાર ભણાજો. શુકનવંતી તા. ૧૯, ૨૦, ૨૧, ૨૪ છે.

Lucky Dates: 19, 20, 21, 24.

The Sun's rule till 6th October will increase your mental tensions. You will not find success in government-related works. Your health could suddenly go down. You could suffer from high BP. Ensure you get adequate advice before signing any documents. Your concerns for the elderly could increase. Pray the 96th Name, 'Ya Rayomand', 101 times daily.



Sagittarius - ધન - ભ.ધ.ફ.

રાહુની દિનદશા ચાલુ હોવાથી તમારા માથાનો બોજો વધી જશે. તબિયતની ખાસ સંભાળ લેજો. રાતના ઉજાગરા વધી જશે. બીજાની સલાહ પર ચાલતા નહીં. અગત્યની વસ્તુની સંભાળ રાખજો. દુસ્મન વધી જશે. ઘરવાળા સાથે ઓછું બોલવાનું રાખજો. દરરોજ 'મહાબોખ્તારની આયેશ' ભણાજો. શુકનવંતી તા. ૧૯, ૨૨, ૨૩, ૨૫ છે.

Lucky Dates: 19, 22, 23, 25.

Rahu's ongoing rule will tend to increase your mental stress. Pay special attention to your health. You might tend to keep awake at night. Avoid working on the advice of others. Ensure the safe-keeping of important documents. You could feel an increase in the number of your detractors. Try to have limited conversations with family members. Pray the Mah Bokhtar Nyaish daily.



Pisces - મીન - દ.ચ.ઝ.થ.શ.

છેલ્લુ અઠવાડિયું શનિની દિનદશામાં પસાર કરવાનું બાકી છે. ઉત્તરતી શનિની દિનદશા તમને આજસુ બનાવી દેશે. અચાનક તબિયત ખરાબ થવાના ચાન્સ છે. ડોક્ટર પાછળ ખર્ચ વધી જશે. વડીલ વર્ગ સાથે નાની બાબતમાં મતભેદ થશે. બીજાનું સાડું કરતા તમારું ખરાબ નહીં થાય તેનું ધ્યાન આપજો. સમજ્યા વગર કોઈ બાબતમાં હા પાડતા નહીં. દરરોજ 'મોટી હમન યજ્ઞ' ભણાજો. શુકનવંતી તા. ૨૧, ૨૨, ૨૩, ૨૪ છે.

Lucky Dates: 21, 22, 23, 24.

With the last week under Saturn's rule, you will feel great lethargy with Saturn's descending rule. You could suddenly get unwell. You could end up paying medical bills. There could be arguments with the elderly over petty issues. Ensure that while you help another, it does not end up harming you. Do not agree on any matter until you have thoroughly thought about it. Pray the Moti Haptan Yasht.



‘એક પુત્ર આવો પણ હોય!!!’

મમ્મી, હું થોડા મહિનાઓ માટે વિદેશ જવાનો છું. મેં તારા રહેવાની વ્યવસ્થા કરી દીધી છે. લગભગ ૩૨ વર્ષના, અવિવાહિત ડોક્ટર સુદીપે મોડી રાત્રે ઘરે પહોંચતાવેંત જણાવ્યું હતું.



દીકરા, તારે વિદેશ જવું જરૂરી છે? માતાએ બેચેન અને ગભરાતા અવાજે કહ્યું. મમ્મી, મારે ઈંગ્લેન્ડમાં અમુક વિષયો ઉપર સંશોધન કરવા જવાનું છે. આમ પણ થોડાક જ મહિનાઓની તો વાત છે. સુદીપે જણાવ્યું હતું.

જેવી તારી મરજી, મરેલા અવાજમાં માતાએ કહ્યું. બે દિવસમાં સુદીપ તેની માતા પ્રભાદેવીને પડોશી શહેરના વૃદ્ધાશ્રમમાં મૂકી આવ્યો.

શરૂમાં વૃદ્ધાશ્રમમાં દરેક વૃદ્ધના ચહેરા પર જીવન માટે લતાશા અને નિરાશા હોય છે. પરંતુ, પ્રભાદેવીના ચહેરા પર આવા કોઈ પણ નિરાશાની કરચલી સુધ્ધાં ન હતી.

એક દિવસ કેટલાક વૃદ્ધો આશ્રમમાં તેમની નજીક વાત કરી રહ્યા હતા. એમાં બે-ત્રણ સ્ત્રીઓ હતી. તેમાંથી એક બોલી ઊઠી કે, ડોક્ટરના કોઈ સગાસબંધી ન

લતા જે તમને અહીં મૂકી ગયા?

ત્યાં જ એક યુવતી બોલી, પ્રભાદેવીના પતિનું મૃત્યુ યુવાનીમાં જ થઈ ગયું હતું. અને, તેમના મૃત્યુ વખતે સુદીપ આશરે ચારેક વર્ષનો હતો. પ્રભાદેવી અને તેમના પુત્રને રહેવા અને જમવાના ફાંફા પડી ગયા હતા. ત્યારે કોઈ પણ સગાંએ તેમની મદદ નહોતી કરી. પ્રભાદેવીએ બીજાનાં કપડા સીવીને દીકરાનું ભણાતર પૂરું કર્યું હતું. દીકરો પણ ભણવામાં ખુબ જ લૌશિયાર હતો એટલે જ તો ડોક્ટર બની શક્યો. હવે આવમાં ક્યા સગાને ત્યાં સુદીપ મૂકવા જાય?

એક દિવસ, પ્રભાદેવીએ ૬ મહિના પછી આશ્રમની ઓફીસના સંચાલક રામકિશન શર્માના ફોનથી સુદીપના મોબાઈલ પર ફોન કર્યો. સુદીપ, તું ભારતમાં આવી ગયો છે કે હજી ઈંગ્લેન્ડમાં જ છે?

‘મમ્મી, હજી ઈંગ્લેન્ડમાં જ છું.’ સુદીપનો જવાબ હતો.

ત્રણ-ત્રણ ચાર-ચાર મહિને પ્રભાદેવી સુદીપને ફોન કરતી અને દર વખતે તેનો એક જ જવાબ હતો, ‘મમ્મી હજી ઈંગ્લેન્ડમાં જ છું.’

એમ કરતા કરતા લગભગ બે વર્ષ પસાર થવા આવ્યા. હવે વૃદ્ધાશ્રમમાં લોકો કહેવા લાગ્યા કે, કેવો લૌશિયાર પુત્ર નીકળ્યો, કેવી છેતરપિંડીથી તેની માતાને છોડીને જતો રહ્યો! આશ્રમના જ એક વૃદ્ધે કહ્યું કે, મને નથી લાગતું કે ડોક્ટર વિદેશ ગયો હોય, તે તો માત્ર આ વૃદ્ધ સ્ત્રીથી છૂટકારો મેળવવા માગતો હતો.

પછી અન્ય એક વૃદ્ધે જણાવ્યું હતું કે, પરંતુ તે તો પરણેલો પણ ન હતો! અરે! હશે કોઈ ગર્લફ્રેન્ડ કે જેણે કીધું હશે કે પહેલા આ ડોશીની રહેવાની સગવડ કર પછી જ પરણીશું.

બે વર્ષ વૃદ્ધાશ્રમમાં રહ્યા પછી પ્રભાદેવીને પણ પોતાના નસીબની ખબર પડી ગઈ. દીકરાનું દુઃખ તેમને અંદર ને અંદર જ કોરી ખાતુ હતું. બીજા બે વર્ષ પસાર થયા પછી પ્રભાદેવીનું

મૃત્યુ થઈ ગયું. વૃદ્ધાશ્રમના લોકોએ સંચાલક શર્માજીને કહ્યું, તેમની મૃત્યુના સમાચાર તેમના દીકરાને તો આપી દો. અમને તો નથી લાગતું કે એ વિદેશમાં હોય, હશે આપણા જ દેશમાં.

આમના દીકરાને હું કેવી રીતે ખબર આપું? એને મૃત્યુ પામ્યે તો ત્રણ વર્ષ થઈ ગયા! શર્માજીની આ વાત સાંભળીને ત્યાં ઉભા લોકોને ચક્કર આવી ગયા. તેમનામાંથી એક બોલ્યો, જો તમને ખબર હતી અને તમે કહો છો એ સાચું છે તો પ્રભાદેવી મોબાઈલમાં કોની સાથે વાત કરતા હતાં?

તેના દીકરાનો મોબાઈલ તો મારી પાસે છે જેમાં તેના દીકરાનો રેકોર્ડ કરેલો અવાજ છે. શર્માજી બોલ્યા.

પણ આવું કેમ? કોઈકે પૂછ્યું.

ત્યારે શર્માજી બોલ્યા, આશરે ચાર વર્ષ પહેલા જ્યારે સુદીપ તેની માતાને અહીં મૂકવા આવ્યો ત્યારે મને કહ્યું હતું કે, શર્માજી મને બ્લડ કેન્સર છે. એક ડોક્ટર હોવાના લીધે મને ખબર છે કે તેના છેલ્લા સ્ટેજમાં મને ખૂબ જ તકવીફ થવાની છે. મારા માં તેમજ દાઢીમાંથી લોહી પણ નીકળશે. મારી આ લાલત મારી મમ્મીથી નહીં દેખાય. તે જીવતા જીવતા જ મરી જશે. મારે તો મરવાનું જ છે પણ, હું નથી ઈચ્છતો કે મારા પહેલા મારી મમ્મી મરી જાય. મારા મરણ પછી અમારો બે ઝમનો નાનકડો ફ્લેટ અને બીજી વસ્તુઓ આશ્રમના નામે કરી દઈશ પણ તમે મારી માતાનું ધ્યાન રાખજો.

આ સાંભળીને ત્યાં ઉભેલ દરેકની આંખો ભીની થઈ ગઈ.

પ્રભાદેવીના અંતિમસંસ્કાર આશ્રમના જ એક ભાગમાં કરવામાં આવ્યા. તેમના અંતિમસંસ્કારમાં આશ્રમમાં રહેતા વૃદ્ધોના પરિવારને પણ બોલાવવામાં આવ્યા.

મા-દીકરાની અતૂટ અને અનમોલ પ્રેમની વાર્તાની જ અસર હતી કે અમુક દીકરાઓ તેમના માતા-પિતાને પાછા ઘરે લઈ ગયા.

ઈલાજ કરતાં સાડું!!



પાના નં. ૧૩થી ચાલુ

પર્યાવરણીય હુમલાઓથી સુરક્ષિત અને તંદુરસ્ત-જીવંત વ્યૂહરચના દ્વારા પ્રોત્સાહન મળે ત્યારે, તમ-ારી રોગપ્રતિકારક શક્તિ સહિત તમારા શરીરના દરેક ભાગ, વધુ સારું કાર્ય કરે છે, જેમ કે:

૧. તમારે ઘણો બધો સુર્યપ્રકાશ લેવો.
૨. તાજા ફળો અને શાકભાજીથી ભરપૂર આહાર લેવો.
૩. કુદરતી આથાવાળો લાઈ માત્રામાં પ્રોબાયોટીક ખોરાક લેવો.
૪. નિયમિતપણે વ્યાયામ કરવો.
૫. તંદુરસ્ત કમર-લાઈન જાળવવી.
૬. પર્યાપ્ત ઉંઘ લેવી.
૭. અસરકારક તાણ સંચાલન.
૮. નશો મુક્ત જીવનશૈલી સાથે, ધ્યાન અને પ્રાર્થનાનો અભ્યાસ કરવો.
૯. વધુ હસવું, વધુ પ્રેમ કરવો અને સહકારાત્મક રહેવું.

પોષણ અને રોગપ્રતિકારક શક્તિ વચ્ચે ખાસ કરીને બાળકો અને વૃદ્ધોમાં જોડાણ દેખાય છે. કુપોષણનો એક પ્રકાર, તે સમૃદ્ધ દેશોમાં પણ આશ્ચર્યજનક રીતે સામાન્ય છે, જેમાં વ્યક્તિને કેટલાક આવશ્યક વિટામિન્સ અને ટ્રેસ ખનિજોની ઉણપ હોય છે જે આહારમાંથી મેળવવામાં આવે છે અથવા પૂરક છે.

જો તમને શંકા છે કે તમારો આહાર તમને બધી સુક્ષ્મ પોષકતત્ત્વોની જરૂરિયાતો પૂરી પાડતો નથી, તો તમારે ગોળીઓનો આશરો લેવાને બદલે, યોગ્ય આહાર ફેરફાર દ્વારા, તમારા બાયો-ઉપલબ્ધ પોષણને સજીવ સુધારવા માટે પગલાં લેવાની જરૂર છે. વિટામિન્સ અને ખનિજો રોગપ્રતિકારક શક્તિમાં વધારો કરવામાં મદદ કરી શકે છે. મજબૂત પ્રતિરક્ષા બનાવવા માટે વિટામિન સી અને ડી સૌથી જરૂરી છે.

વિવિધ પ્રકારની બિમારીઓ તમામ તણાવની અસરો સાથે જોડાયેલી છે, મોટે ભાગે ભાવનાત્મક. વૈજ્ઞાનિકો સક્રિય રીતે અભ્યાસ કરે છે અને તાણ અને રોગપ્રતિકારક કાર્ય વચ્ચેના સંબંધને સ્થાપિત કરે છે.

લગભગ દરેક માતા કહે છે, ‘શરદી

થશે! થંડાથી દૂર રહો!’ તેણી સાચી છે. શિયાળાને ‘ઈંડી અને ફ્લૂની મોસમ’ તરીકે ઓળખવામાં આવે છે તેનું કારણ છે શિયાળામાં, ઈન્ફલ્યુએન્સા વાયરસ હવામાં લાંબા સમય સુધી રહે છે કારણ કે હવા ઈંડી અને ઓછી ભેજવાળી હોય છે. એન્ટીકોટિકામાં રહેતા લોકો લગભગ ઈંડું તાપમાનમાં જીવે છે, તો પછી તેઓ ઈંડા અને ફ્લૂથી કેવી રીતે ટકી શકે?

કેનેડિયન સંશોધનકારોના જૂથે આ વિષય પર સંકડો તબીબી અધ્યયનની સમીક્ષા કરી છે અને તેમના પોતાના સંશોધન હાથ ધર્યા છે અને એવું તારણ કાઢ્યું છે કે મધ્યમ શરદીના સંપર્કમાં ચિંતા કરવાની જરૂર નથી - માનવ રોગપ્રતિકારક શક્તિ પર તેની કોઈ લાનિકારક અસર નથી. જો તમે અસ્વચ્છતા ધરાવતા હો, અથવા જો તમે વિસ્તૃત સમયગાળા માટે બહાર જઈ રહ્યા છો, ન્યાં ઈંડી લાગવાથી ચામડી સુજી જાય અને હાયપોથર્મિયા જેવી સમસ્યાઓ જોખમકારક છે (ચોક્કસપણે મુંબઈમાં નથી). પરંતુ રોગપ્રતિકારક શક્તિમાં ઘટાડો થવાની ચિંતા કરશો નહીં - હકીકતમાં, ઈંડા સંપર્કથી મારા પાછલા એક લેખમાં સમજાવ્યા મુજબ સ્થિતિસ્થાપકતા વધારવામાં મદદ મળે છે.

સારા વિચારો, સારા શબ્દો અને સારા કાર્યો એ ઝોરાસ્ટ્રિયનિઝમના ત્રણ આધારસ્તંભ હોવાનું કહેવામાં આવે છે. તેવી જ રીતે, પ્રાર્થના અને ધ્યાન, આધારિત કુદરતી ખોરાક અને યોગિક કસરતો એ તંદુરસ્ત જીવનશૈલીના ત્રણ આધારસ્તંભ છે. તે રક્તવાહિની આરોગ્યને સુધારે છે, બ્લડ પ્રેશર ઘટાડે છે, શરીરના વજનને નિયંત્રણમાં રાખવામાં મદદ કરે છે, અને વિવિધ રોગો સામે રક્ષણ આપે છે. પરંતુ શું તે તમારી રોગપ્રતિકારક શક્તિને કુદરતી રીતે વધારવામાં અને તેને સ્વસ્થ રાખવામાં મદદ કરે છે? હા, અને કસરતો, ખાસ કરીને, સારા પરિભ્રમણને પ્રોત્સાહન આપીને પણ વધુ સીધો ફાળો આપે છે, જે રોગપ્રતિકારક શક્તિના કોષો અને પદાર્થોને શરીરમાં મુક્તપણે ખસેડવાની અને અસરકારક રીતે તેમનું કાર્ય કરવા દે છે.

હાસ્યથી ભરેલા અને આલવાદક જીવનની ઈચ્છા અહીં છે, ‘હાસ્ય હજી પણ મેડિસિનનું શ્રેષ્ઠ સ્વરૂપ છે’!

- ડો. દાનેશ ચીનોય

ગડમથલ

જીવન ની ગુંચવણ નથી સંભાળી શક્તિ હું, ઓ દિનાનાથ; હિમ્મત આપ, આપ તારો પ્રેમાળ હાથ, અને તારો સાથ. નાતવાન થઈ ગયું છે શરીર, મજબુતીથી પકડજે મારો નબળો હાથ; એમ પકડજે, જેમ પકડીયો હતો કૃષ્ણ એ પાર્થ નો હાથ. જીવન માં ગડમથલ જવાનું લેતી નથી નામ, ભિષણ છે એની બાથ; આવે છે આં જીવન માં સંકટ અણે કેટલી એ ઘાત ખમવા પડે છે ન જાણે કેટલા ય તોફાન અણે જાત જાત ના આઘાત આપજે સદા મને, ઓ દિનાનાથ, આં તારો મજબુત પણ પ્રેમાળ હાથ; તો હસતાં હસતાં આપી શકું હું સર્વ સંકટોને, આસાની થી માત

- આરમીન દુતીયા મોટાશા

મરહુમ શેઠ ફરામજી નસરવાનજી પટેલ દરેમહેરની સાલગ્રેહ

મરહુમ શેઠ ફરામજી નસરવાનજી પટેલ દરેમહેર (ગનપાઉડર રોડ, મજગામ, મુંબઈ)ની ૧૭૫ વરસની સાલગ્રેહ કદમી રોજ, ૧૧મો ખોરશેદ, માહ ૩જો ખોરદાદ, સને ૧૩૯૦ ય.જ. ૨૫-૯-૨૦ને શુક્રવારે દિવસે પડે છે. તેની ખુશાલીમાં સવારે ૧૦કલાકે સ્ટે. ટા. જશનની ક્રિયા ઉપલી દરેમહેરના હોલમાં કરવામાં આવનાર છે. જે વેળા સર્વે જરથોસ્તીઓને પધારવા ટ્રસ્ટી સાહેબો આમંત્રણ કરે છે.

એક નજર પારસી મરણો ઉપર

Deceased મરનાર	Age વય	Date તારીખ	Address ર. કે.	Relations સગર્ભો
Parvez Dosabhai Bhathena પરવેઝ ડોસાભાઈ ભાઠેના	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 (૫૨), મુંબઈ ૧૪.	તે મરુદમ યાસ્મીનના ખાવિંદ તે મરુદમો જરબાનુ તથા ડોસાભાઈ ખરશેદજી ભાઠેનાના દીકરા તે ફરોખના પિતાજી તે નીઓમીના સસરાજી તે ખુશરૂ તથા હોરમઝના ભાઈ તે ફેનીના જેઠ તથા મરુદમ હુતોક્ષીના દેર તે મરુદમો ડોસીબાઈ તથા સોરાબજી ખરશેદજી સીધવા (ઉદવાહેવાલા) ના જમાઈ તે કેલાનના બપાવાજી તે ડેઝી તથા મીનુ સો. દોટીવાલાના વેવાઈ તે રોડા નાદીર પાવરી, રોશન રતન અંકલેસર્યા, હોમાય શાપુરજી સીધવા તે મરુદમો ગુસ્તાદ, વીલી એરચ ઘડીયાલીના બનેવી તે હોશંગ, ફરઝીન બરજીસ ભગતના કાકા તે ઝીનોબ્યા, બરજીસના કાકાસસરા.
Sam Navroji Dastoor સામ નવરોજી દસ્તુર	80 ૮૦	11-09-2020	13 Fairy Manor, 2Nd Floor, Rustom Sidhwa Marg, Fort, Mumbai 1. ૧૩, ફેરી મનોર, ૨જે માળે, રૂસ્તમ સીધવા માર્ગ, ફોર્ટ, મુંબઈ ૧.	તે મરુદમ કેટીના ઘણી તે મરુદમો ગુલબાનુ તથા નવરોજી મોટાભાઈ દસ્તુરના દીકરા તે મરુદમો બાનુબાઈ તથા મર્ઝબાન જહાંગીરજી દસ્તુરના જમાઈ તે બહાદુરના પપ્પા તે ગીતાંજલીના સસરા તે માલકમ અને રીયાના બપાવાજી તે ડોલી નરીમાન દસ્તુર, દીન્યાર તથા મરુદમ ફિરોઝના ભાઈ તે અખ્તાવરના જેઠ તે મરુદમ મહેરૂના દેર તે કેરસી તથા રૂમીના કાકા તે માણેક તથા મરુદમ પેસીના બનેવી તે અખ્તાવર તથા ગુલચહેરના નણંદવઈ તે વિરાફ ને જુબીના કુવાજી.
Jehanbax Ratanshaw Dhamodiwala જહાંબક્ષ રતનશાહ ઘમોડીવાલા	88 ૮૮	12-09-2020	Ali Building, 2Nd Floor, Flat No. 5, Wadia Street, Tardeo, Mumbai 34. અલી બિલ્ડિંગ, ૨જે માળે, ફ્લેટ નં. ૫, વાડયા સ્ટ્રીટ, તારદેવ, મુંબઈ ૩૪	તે દોલી જહાંબક્ષ ઘમોડીવાલાના ખાવિંદ તે પૌરૂરસ્ય તથા દોગડોના બાવાજી તે મરુદમો રતનબાઈ તથા રતનશાહ ઘમોડીવાલાના દીકરા તે દારાયસ ર. મેહતા તથા આરમીન પ. ઘમોડીવાલાના સસરાજી તે ઘન ન. ચોકસી તથા મરુદમો તેહમીના ન. વાચ્છા, હોશંગ ર. ઘમોડીવાલા, મેહરા ફ. ચીતલવાલા તથા સોલી ર. ઘમોડીવાલાના ભાઈ તે ફરઝીન તથા કયઝીનના મમાવાજી તે ફવષ તથા કીયાનુશના બપાવાજી તે મરુદમો જાયજી તથા બેહરામશાહ વાડીયાના જમાઈ તે બચી સ. સ્કુવાલા, પેરીન ન. પારડીવાલા, એમી મ. દાડવાલા તથા દીનશા બે. વાડીયાના બનેવી.
Sam Minoo Master સામ મીનુ માસ્તર	79 ૭૯	12-09-2020	607, Cumballa Crest, 42, Peddar Road, Mumbai 5. ૬૦૭ કમબાલા કેસ્ટલ, ૪૨ પેદર રોડ, મુંબઈ ૫.	તે મરુદમો પેરીન તથા મીનુ કેખુશરૂ માસ્તરના દીકરા. તે આબાન જીમી મેકારતી તથા હુફરીશ અરદેશીર વડીલના ભાઈ. તે જીમી મેકારતી તથા અરદેશીર વડીલના સાવાજી. તે મીશેલ, હેલન, ઝીનીયા, અદિત્ય, કામાની તથા તાન્યા કીરના અંકલ.
Esfandiari Rostam Namiranian અસફન્દીયાર રૂસ્તમ નામીઈરાન્યાન	89 ૮૯	13-09-2020	Jehangir Modi Building, Room No.1, Gilder Lane, Mumbai Central, Mumbai 8. જે. એમ. બિલ્ડિંગ, રૂમ નં. ૧, ગીલ્ડર લેન, મુંબઈ સેન્ટ્રલ, મુંબઈ ૮.	તે મરુદમો મોરબારીદ તથા રૂસ્તમ અસફન્દીયાર નામીઈરાન્યાનના દીકરા તે પરવીઝ અસફન્દીયાર નામીઈરાન્યાનના ઘણી તે ખુશરૂ, રૂસ્તમ, દોલત ગુસ્તાદ જામાસબીના બાવાજી તે નેવીલ, આયશા, નેગાર, ખુશબુ ને જમશેદના ગ્રેન્ડ ફાધર તે ગુસ્તાદ જામાસબી, ઈરાન નામીઈરાન્યાન ને નીલુફર નામીઈરાન્યાનના સસરા તે મરુદમો ખોરશેદ તથા ખોદાબક્ષ નામીઈરાન્યાનના જમાઈ.
Khorshed Edulji Karanjia ખોરશેદ એદલજી કરંજ્યા	71 ૭૧	14-09-2020	Kusum Vijay House, 1St Floor, Room No. 3/4, 174 Mody Street, Gpo. Fort, Mumbai 1. કુસુમ વીજય હાઉસ, ૧લે માળે, રૂમ નં. ૩/૪, ૧૭૪ મોડી સ્ટ્રીટ, મુંબઈ ૧.	તે મરુદમો પીલામાય તથા એદલજી કરંજ્યાના દીકરી તે મરુદમ મીનુ એદલજી કરંજ્યાના બહેન તે આદીલ નોશીર છાપગરના કેમીલી ફેન્ડ.
Osta. Adi Jalejar Chithiwalla ઓસ્તા અદી જાલેજર ચીઠીવાલા	85 ૮૫	15-09-2020	B/4, Jer Baug, Dr. B. Ambedkar Road, Byculla, Mumbai 27. બી/૪, જર બાગ, ડી. બી. આંબેડકર રોડ, બાયબલા, મુંબઈ ૨૭.	તે મરુદમ ઓસ્તા ઝરીન અદી ચીઠીવાલાના ખાવિંદ તે ઓસ્તા નેવીલ અદી ચીઠીવાલાના બાવાજી તે મરુદમો પીરોજ તથા જાલેજર ચીઠીવાલાના દીકરા તે ઓસ્તા પરીઝાદ ન. ચીઠીવાલાના સસરાજી તે ઓસ્તા ફેયા નેવીલ ચીઠીવાલાના બપાવાજી તે મરુદમો તેહમીના તથા મંચેરશા સચીનવાલાના જમાઈ તે કેટી તથા પરવેઝ સીધવાના વેલવાન તે મરુદમ ફલી ચીઠીવાલાના ભાઈ.
Coomi Eruchshaw Mehta કુમી એરુચશા મહેતા	85 ૮૫	15-09-2020	101, Hill Heights, Alibhai Premji Marg, Grant Road East, Mumbai 7. ૧૦૧, હિલ હાઈટ્સ, ગ્રાન્ટ રોડ ઈસ્ટ, મુંબઈ ૭.	તે મરુદમ હિદ્દા તથા એરુચશા ફ. મહેતાના દીકરી તે નરગેશ, રતી તથા મરુદમો ઘન તથા ફીલી મહેતાના બહેન.
Burjor Jamasp Buchia બરજોર જામાસ્પ બુચીયા	85 ૮૫	15-09-2020	Room No.4, 1St Floor, 92/94, Engineer House, Arsehir Dadi Street, Girgaon, Mumbai 4. રૂમ નં. ૪, ૫હેલે માળે, એન્જિનિયર હાઉસ, અરદેશીર દાદી સ્ટ્રીટ, ગીરગામ, મુંબઈ ૪.	તે મરુદમો જરબાનુ તથા જામાસ્પ મંચેરશા બુચીયાના દીકરા તે યાસ્મીન બરજોર બુચીયાના ખાવિંદ તે વીરાફ બરજોર બુચીયાના બાવાજી તે સ્વીટી વીરાફ બુચીયાના સસરાજી તે બચી લાવજી કાપડીયા તથા મરુદમો ફેણી અદી રોજસ ને હોશંગ જામાસ્પ બુચીયાના ભાઈ તે મરુદમો ઘનમાય તથા સોરાબજી દીનશાહજી ફીટરના જમાઈ તે પેરીન હોશંગ બુચીયાના દેર તે ખુશીદ બરજોર દસ્તુર, ગુલજાર હોશંગ બુચીયા ને પરીઝાદ હોશંગ બુચીયા ના કાકાજી તે દીનાઝ નવજીદ કુંવરજીના મામાજી તે મેહરૂ, કેરસી મીશ્લીના બનેવી.
Freny Kersasp Rana ફેણી કેરસાસ્પ રાણા	90 ૯૦	16-09-2020	Bldg. No.1 A, Flat No. 602, Salsette Parsee Colony, Pump House, Andheri (E), Mumbai 93. બિલ્ડિંગ ૧/એ, ફ્લેટ ૬૦૩, સાલસેટ પારસી કોલોની, પમ્પ હાઉસ, અંધેરી (ઈ), મુંબઈ ૯૩.	તે મરુદમો માનેકબાઈ તથા અમનશાહ આઈબરાના દીકરી તે મરુદમ કેરસાસ્પ નાદરશા રાણાના વિધવા તે પરવેઝ અમનશા આઈબરા તથા મરુદમો દિન્યાર અમન આઈબરા, રોશન બેક્ષી મોતીવાલા, ઝરીન ફીરોઝ મિશ્લી, દીનાઝ કાવસ દાડવાલાના બહેન. તે મરુદમ નાદરશા રાણાના વડુ.
Neville Dhunjishaw Langrana નેવીલ ધનજીશા લંગરાના	75 ૭૫	15-09-2020	E/7, Ginwalla Bldg., Flat No.7, Captain Colony, Haji Ali, Tardeo, Mumbai 34. ઈ/૭, જીનવાલા બિલ્ડિંગ, ફ્લેટ નં. ૭, કેપ્ટન કોલોની, હાજીઅલી, તારદેવ, મુંબઈ ૩૪.	તે મરુદમો મોટામાય તથા ધનજીશાહ માણેકશા લંગરાનાના દીકરા તે ઝીનોબ્યા જેમી મેહતાના ભાઈ તે પરવીઝ ને હવોવીના મામા તે ખુશરૂ, દીલબર, કેશમીરા ને ઉફરીશના કઝીન.
Willie Farokh Patel વીલી ફરોખ પતેલ	68 ૬૮	16-09-2020	20/ 2Nd Floor, Zoroastrian Colony, Chikalwadi, Tardeo, Mumbai 7. ૨૦, ઝોરાસ્ત્રીયન કોલોની, બીજે માળે, તારદેવ, મુંબઈ ૭.	તે ફરોખ પતેલના ધનીયાની તે ફિરોઝ પતેલ તથા મરુદમ બેરોઝના મમ્મી તે મરુદમો જર અરદેશર મુનશીના દીકરી તે કેયઝાદના બપઈજી તે નેવીલ, જેની, આરમઈતીના બહેન તે ગુલશનના સાસુજી તે મરુદમો મેહરૂ મીનુ પતેલના વડુ.
Freni Jamshedji Batliboi ફેની જમશેદજી બાટલીબોય	91 ૯૧	17-09-2020	Shireen Mansion, 'B' Block, 4Th Floor, Gamadia Colony, Tardeo, Mumbai 7. શીરીન મેનશન, બી બ્લોક, ૪થે માળે, ગામડ્યા કોલોની રોડ, તારદેવ, મુંબઈ ૭.	તે મરુદમો અખ્તાવર તથા દોરાબજી મીનવાલાના દીકરી તે મરુદમ જમશેદજી મેરવાનજી બાટલીબોયના વિધવા તે રતન જમશેદજી બાટલીબોય, દીનાઝ નેવીલ ફોર્બસ ને મેહરવાનજી જમશેદજી બાટલીબોયના માતાજી તે મરુદમો ટીમ, હોશંગ, નરગીશ, ખોરશેદ તથા રોલીન્ટન ને જેનીના બહેન તે રેહાન, રીયા, શારા, ટ્રીશા, નોઝર ને જુબીનના ગ્રેન્ડ મધર તે બાનુ બાટલીબોય, નેવીલ ફોર્બસ ને શીરીન બાટલીબોયના સાસુજી તે મરુદમો રતામાય તથા મેહરવાનજી રતનજી બાટલીબોયના વડુ
Veera Taraparewalla વીરા મીનુ તારાપોરવાલા	75 ૭૫	17-09-2020	101, Harsha li, Raheja Complex, 7 Bungalows, Andheri (W), Mumbai 61. ૧૦૧, હરશા ડી, ૭ખજી કોમ્પ્લેક્સ, ૭ બંગલો, અંધેરી (વે.), મુંબઈ ૬૧.	તે મરુદમો બાનુબાઈ તથા હોરમઝજી ગઝદરના દીકરી તે મરુદમ મીનુ રૂસી તારાપોરવાલાના વિધવા તે દારાયશ મીનુ તારાપોરવાલા ને જુબીન મીનુ તારાપોરવાલાના માતાજી તે જાબુ તથા મરુદમ રૂસી તારાપોરવાલાના વડુ.

એક નજર પારસી મરણો ઉપર

Deceased મરનાર	Age વય	Date તારીખ	Address ર. કે.	Relations સગાઈઓ
Soli Dinshawji Buhariwala સોલી દિનશાજી બુહારીવાલા	89 ૮૯	11.09.2020	U4/5, Cusrow Baug, Colaba, Mumbai 01. યુ ૪/૫, ખુશરૂ બાગ, કોલાબા, મુંબઈ ૧.	રહ મરહુમ રતનબાઈ તથા દિનશાજી બુહારીવાલાના દીકરા તે મરહુમ પેરીન સોલી બુહારીવાલાના ઘણી તે મરહુમ તેલમીના અને પીરોજશા ખાનના જમાઈ તે ડેજી વિસ્પી જોખી અને હોશંગ સોલી બુહારીવાલાના પપ્પા તે ડો. વીરપી જોખી અને આરમીન હોશંગ બુહારીવાલાના સસરા તે ડેલના, દારનેશ અને ડાયનાના ગ્રાન્ડ ફાધર તે પરવેઝ, ગુલચેર, વિલુ, હોમાય અને ઝરીનના ભાઈ. તે બચા, મરહુમ બેખ્તી, નોશીર, જીમી, શહેરના બ્રધર ઈન લો.
Maneck Homi Dadrewalla માનેક હોમી દાદરેવાલા	78 ૭૮	03.09.2020	U4/5, Cusrow Baug, Colaba, Mumbai 01. ૯/૨, તાતા કોલોની, તારદેવ, મુંબઈ ૩૪	તે મેહરોઝ અને હનોઝના બાવાજી તે મરહુમ એમીના ઘણી તે મરહુમ મની અને હોમીના દીકરા તે મરહુમ કેકીના ભાઈ તે મરહુમ હીલા અને નરીમાન અમરોલીયાના જમય તે પરીઝાદ અને ડેલનાના સસરાજી તે સનાયા, મઝદીયાર, ઝીયસ અને ડેલના બપાવાજી તે ગવહેર અને મરહુમ નોશીર અને બખ્તાવર અને પરસી પેસ્તનજીના વેલવઈ.

Death Announcements from Prayer Hall

Bomi Homi Irani બોમી હોમી ઈરાની	-	10.09.2020	3Rd Floor, Building No 3, Tarachand Building, Zoroastrian Colony, Chickal Wadi, Tardeo Road, Mumbai 7. ત્રીજે માળે, બિલ્ડિંગ નં. ૩, તારાચંદ બિલ્ડિંગ, ઝોરાષ્ટ્રીયન કોલોની, તારદેવ રોડ, મુંબઈ ૭.	તે મેહરા હોરમસજી ઈરાનીના પુત્ર તે બખ્તાવર મર્ઝબાન અરેસ્તાનીના ઘણી તે પરવેઝ તથા ગુલશન અને મીનુ ઈરાનીના ભાઈ તે ખુશરુના પિતા તે માહવાશના સસરા, તે ક્યોનુશ અને પાકઝાદના ગ્રેન્ડ ફાધર.
Sorab Jehanbux Soorty સોરાબ જહાંબુક્ષ સુરતી	91 ૯૧	13.09.2020	Jay Ambe, CHS Ltd, Liberty Garden, Cross Road, No 3, Malad West, Mumbai 64. જય અમ્બે સીએચએસ લીમીટેડ, લીબર્ટી ગાર્ડન, ક્રોસ રોડ નં. ૩, મલાડ વેસ્ટ, મુંબઈ ૧૬.	મરહુમ રોશન ડ્રાઈવર અને મરહુમ જહાંબુક્ષ સુરતીના દીકરા તે મરહુમ બાનુ અને મરહુમ મનીના ઘણી તે કેલી, કેશ્મીરા ઈરાની, હોમાય મીસ્ત્રીના પપ્પા તે સનોબર, વિરાફ, ભાવેશના સસરા તે બુરઝીઝ, તીનાઝ, રૂશાદ, ફરઝીનના ગ્રાન્ડ ફાધર.
Rusi Burjorji Kelawala રૂસી બરજોરજી કેલાવાલા	84 ૮૪	15.09.2020	10, Misty Building, Flat No2, Gamadia Colony, Tardeo, Mumbai 7. ૧૦, મીસ્ત્રી બિલ્ડિંગ, ફ્લેટ નં. ૨, ગામડીયા કોલોની, તારદેવ, મુંબઈ ૭.	તે મરહુમ ગુલમાય તથા મરહુમ બરજોરજીના દીકરા તે મરહુમ રોશનના ઘણી તે એરીક, ફરોખ, બીનાયફરના પપ્પા તે આઝમીનના ગ્રાન્ડ ફાધર તે મરહુમ હોમી, નવરોઝના ભાઈ તે શાહરૂખ અને મલાઝાઈનના સસરા.
Aloo Framroze Dubash આલુ ફરામરોઝ દુબાશ	95 ૯૫	16.09.2020	D-402, Rock Garden, 4th Floor, Andheri West, Mumbai 58. ૧૦, મીસ્ત્રી બિલ્ડિંગ, ફ્લેટ નં. ૨, ગામડીયા કોલોની, તારદેવ, મુંબઈ ૫૮.	તે મરહુમ બાનુ અને મરહુમ બરજોરજી જેસીયાના દીકરી તે મરહુમ ફરામરોઝના ઘણીયાણી તે નેવીલના મમ્મી તે મરહુમ નરગીશ, ગુલ, દાલી અને સેમના બહેન.
Hoshang Nariman Rudina હોશંગ નરીમાન રૂદીના	69 ૬૯	16.09.2020	Marban Colony, Talukdar Building, 2nd floor, Room No. 7, Dr. A. Nair Road, Mumbai 11. મરઝબાન કોલોની, તાલુકદાર બિલ્ડિંગ, ૨જે માળે, રૂમ નં. ૭, ડો. એ. નાયર રોડ, મુંબઈ ૧૧.	તે મરહુમ હોમાય અને મરહુમ નરીમાનના દીકરા તે નીલુફરના ઘણી તે ખુશરુના પપ્પા તે ફિરોજ અને મહેરનોશના ભાઈ.

Death Announcements from Poona Parsee Panchayat

Malcolm Maherjibhai Pardiwala માલકમ મહેરજીભાઈ પારડીવાલા	66 ૬૬	14.09.2020	Mu. Po. Vankal, Ta. Mangrol, Dist Surat, Vankal 394430. મુ. પો. વાંકલ, તા. માંગરોલ, ડી. સુરત, વાંકલ ૩૯૪૪૩૦.	તે દોલતબાનુ મહેરજીભાઈના દીકરા તે મરહુમ હોમાયના ખાવિંદ તે ચેરાગના પપ્પાજી તે રૂખશીનના સસરાજી તે આરમેતી મહિયાર ગાંધીના વેવાઈ તે રોશન, નોશીર, ઘન, રોડાના ભાઈ તે ઘનના દેર તે સાયરસ, મહેરયાર, હોરમઝના કાકાજી.
Homai Homi Mehta હોમાય હોમી મહેતા	75 ૭૫	15.09.2020	B-201, Konark Intray Enclave, Phase 2, Pune. વિ-૨૦૧, કોનાર્ક ઈન્ટ્રાય એન્ક્લેવ, ફેઝ ૨, પુણે.	તે હોમી દીનશા મહેતાના ઘણીયાણી તે મરહુમ કુમી તથા દીનશાજી મહેતાના વલુ તે મરહુમ આલામાય તથા ઘનજીશા છોગાના દીકરી તે નીલુફર નોશીર તારાપોર તથા હોશેદર મહેતાના મમ્મા તે નોશીર ઝંડ. તારાપોર તથા ડેસ્પીના હોશેદર મહેતાના સાસુજી તે ઝોઈશ તથા ક્યાન મહેતાના ગ્રેની.
Shirin Sarosh Gorimar શીરીન શરોશ ગોલીમાર	82 ૮૨	13.09.2020	B-1301, Silver Estate, Kondhva. બી-૧૩૦૧, સીલ્વર એસ્ટેટ, કોંઢવા	તે સરોશ ગોરીમારના ઘણીયાણી તે મરહુમ રોદા અને નોશીર ગોરીમારના વલુ તે મરહુમ જરબાનુ અરદેશર ઘાસવાલાના દીકરી તે જેસ્મીન અસ્પી કોલોલા, કેશમીરા ફરીબુઝ ઝઈગર, નેવીલ સરોશ ગોરીમાર ને મરહુમ શાહરૂખના માતાજી તે અસ્પી કેરસી કોલોલા, ફરીબુઝ ઝઈગર, રોમા નેવીલ ગોરીમારના સાસુજી તે નાઝરીન, આદીલના મમાયજી તે પીરઝાદના બપાયજી તે મરહુમ દીનીયાર નોશીર ગોરીમારના ભાભી તે કેરસી કોલોલા ને મેહરૂ કોલોલા ને મરહુમ શીલુ ને પરવીઝ કુપરના વહેવાણ તે મરહુમ ગુસ્તાદના બહેન

Death Announcements from Poona Parsee Panchayat (Trust Office)

Dolly Tehmtan Karanjia દોલી તેહમટન કરંજ્યા	77 ૭૭	10.09.2020	Parsi Agiary, Lohya Road, Igatpuri. પારસી અગિયારી, લોહીયા રોડ, ઈગતપુરી.	તે મરહુમ દીનામાય અને શાવકશાહ નવરોજી મારાવાલાના દીકરી તે તેહમટન કરંજ્યાના ઘણીયાણી તે મરહુમ ઘનમાય તથા મરહુમ એરવદ ભીખાજી બાપુજી કરંજ્યાના વલુ તે જહાંગીર શાવકશા મારાવાલાના બહેન તે વીરા યજીદી કરંજ્યાના ભાભી તે મરહુમ એરવદ દારાયસ તેહમટન કરંજ્યા, મરહુમ ઝીનોબ્યા વેલાટી, નીલુફર રોહીન્ટન દલાલ અને મહાતાબ રોહીન્ટન પીઠાવાલાના મમ્મી તે રોહીન્ટન દલાલ, રોહીન્ટન પીઠાવાલા, પરવીન દારાયસ કરંજ્યાના સાસુ તે ફરનાઝ, કેનાઝ, અઝબાના, જેલાન, અરનાઝ, સનાયા, પાશાંગના ગ્રાન્ડ મધર.
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Death Announcements from Navsari

Nariman Pirojshaw Daruwala નરીમાન પીરોજશા દાડવાલા	81 ૮૧	26.08.2020	Senior Citizens Centre, Navsari. સિનિયર સીટીઝન સેન્ટર, નવસારી.	તે મરહુમ પીરોજશા દાદાભાઈ તેમજ મરહુમ મહેરબાઈ પીરોજશા દાડવાલાના દીકરા તે મરહુમ મીનુ પીરોજશા દાડવાલા તથા ઘનજીશા પીરોજશા દાડવાલા તેમજ મરહુમ દોલી મીનુ અંકલેશ્વરિયાનાં ભાઈ તેમજ જીમી ઘનજીશાહ દાડવાલાના કાકા.
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The Zen Series: The Crystal Cup



KASHMIRA SHAW RAJ

In this eleventh part of 'The Zen Series', the short story about the Crystal Cup provides you a good gulp of wisdom!

A Zen master was given a beautifully crafted crystal cup. It was a gift from a former student. He was very grateful. Every day, he enjoyed drinking out of his cup. He would show it to visitors and tell them about the kindness of his student. But every morning, he held the cup in his hand for a few seconds and reminded himself - "This glass is already broken."

[Courtesy: Zen Stories for a Calm, Clear Mind]



How often are we taken up by something that dazzles? It suddenly becomes all-important to us and consumes us. We fail to see beyond it or from any other perspective. At that time, perhaps we are not in a position to actually see it for what it really is.

It is great to have your needs fulfilled, provided you do not get carried away by the process or the object itself. We need to recognize the true worth. Things may appear beautifully crafted but beyond a point they are simply things. The Master realizes this.

One needs to be constantly grounded and remind one's self that all those shiny and pretty objects may not last or remain in our possession forever. If you are able to enjoy the luxury of beautiful items and also be able to enjoy the time when you do not have them, you have truly mastered the ability to rise above the materialistic.

The kind Master values the student's sentiments and talks about his gift to all. He knows it matters so much to the student. The cup is

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.

a gift gracefully accepted because of the student. However, the Master constantly reminds himself that what he holds in his hands is something that is artificial and bound to break one day.

He consciously makes an effort to keep himself detached from the cup so that tomorrow if it breaks or is not there with him anymore, he will not miss it. He believes in enjoying things till they last but not lamenting over them after.

Taking a page from the Master's book of wisdom, it would do us so much good were we to check with ourselves:

1. Are we prepared to move on in life after crossing those rocky roads?
2. Can we enjoy life and the things it offers always in the now without thinking about the future?
3. Do we accept and agree that times change like seasons?
4. Does it unnerve us to think of certain painful truths such as an impending loss that needs to be addressed and do we avoid doing so?
5. Are we able to remain detached and enjoy everything around us?

The true sense of enjoyment lies in enjoying things till they last. If it does, great and if it does not, great. Accepting what comes to you is a positive way of living. It does not mean that you don't plan. Always visualize the best for you and your loved ones. Mental strength gets you through all walks of life. Try to be as original as possible from within and go with the flow.

What comes, will, one day, go! Choose to stop your life with the loss, or go with the flow and thrive! The choice is yours!

Pleasure Should Be A Part Of Everyday Life



RUBY LILAOWALA



Do you ration pleasure? Do you reserve it only for high days and holidays? How much pleasure do you allow yourself? Do you section it into chunks, isolate it, or leave it for another day in the future which may never come? Life becomes more enjoyable and rewarding by making just a few straight-forward arrangements. With a few strategies, pleasure can become a regular life experience!

Seventeenth century philosopher, Rene Descartes, has a lot to answer for, in this regard. His famous Cartesian philosophy encourages you to 'compartmentalize' your life - putting work and responsibility in one box and pleasure in another. As per him, you go through your day fulfilling your tasks, often forgetting to enjoy yourself and saving your pleasure for the evenings, weekends and holidays. Trouble is, by the time the evening, weekend or holiday comes around, you're so stressed out and tired, it's hard to switch off enough, unwind and enjoy yourself. And no matter what the puritanical world says, a life without pleasure is a waste of time and energy. You don't have to be an out and out hedonist - good heavens no! It's a matter of finding a sensible balance.

The Taoist philosophy of ancient China recognises that you can feel pleasure all day even while carrying out your responsibilities. Those wise, old Taoists refined the art to a high level, believing you can access pleasure all day, no matter what, simply by uniting the mind, breath and body awareness. Eg., I always say, I love reading and writing - these are my daily pleasures. And the joy is reflected in my articles - whether I write on life, love, relationships, spirituality or humour. My vocation is sheer pleasure, day after day, every day!

Let me tell you a story of a wealthy man who got a carpenter to build him a beautiful house every year, which would be donated to orphans, widows and old people. The carpenter's heart and soul were in his job. One day he wanted to retire but his master requested him to build just one more house. This time, his heart was not in his work, so he took short-cuts, resorted to shoddy workmanship and used inferior materials.

When his work was over, he cursed, "May whoever live in this house be most unhappy and miserable every day of his life!" The master inspected the house and gave the front door keys to the carpenter saying, "I always wanted to gift a house to you as a reward for building beautiful houses all your life for me." The carpenter was shocked. What a shame! If only he had known it was to be his house, he would have done it so differently.

We are all like the carpenter. We build our lives, one day at a time, without the pleasure of putting our best into what we build. Childhood and youth pass like a dream and one day, with a shock, we realise that we have to live in the house called 'life' that we ourselves have built. If only we could do it all over again, we would do it differently, packing pleasure in all our mundane chores and duties... but we can't. Hence, for the remaining years of our lives, let us cultivate positive choices with love so that at the end of life, we may like the house called 'life' which we lived in.

We all can practice the Taoist philosophy by enjoying pleasure in everything we do on a daily basis. Getting out of bed early morning without anyone's help is the first pleasure. A steaming hot cup of *adrak-fudina* tea is the second pleasure, followed by the pleasure of saying brief prayers and then meditation or yoga followed by a morning walk before breakfast. A chat with friends, social-media (in moderation), reading, writing, a healthy lunch, an afternoon nap, a good TV programme, cooking etc. are all pleasures before the evening walk and then sitting in the garden with friends!

These days, due to the absence of domestic help, we have to do all household work, like *jhadoo-katka*, utensils, bath-rooms, dusting, making beds etc... all these can be treated as pleasure rather than an unwanted 'chore' just as stated in the Bhagwad Gita's '*Nishkaam Karma*' - do it well and do it with love - think of it as your 'gymming'!! Speaking for myself, I feel the house is cleaner and I have become slimmer! Don't know if I want the 'pleasure' of keeping my *gangubai* again when she comes back!

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

Framing Bias And Investing



MARZEE KERAWALA



Marzee Kerawala is a Certified Financial Planner with expertise in Income Tax and Investment products. Managing assets worth over Rs. 4 Billion, his firm 'NiveshIndia', designs Tailored Investment Strategy through Customised Financial Planning for individuals and NRIs, and also handles Treasury Management for Corporates and SMEs. You can contact him at +91 9987567667 or Email: marzeek@niveshindia.co.in [Website is www.niveshindia.in]

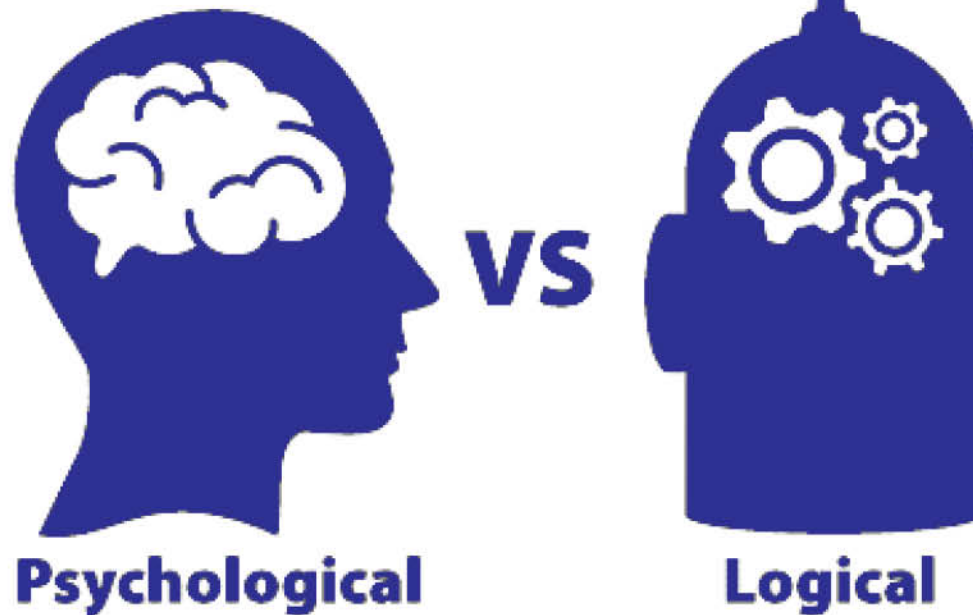
In continuity to the series of articles on Behavioral Biases amongst investors, this article explores the concept of 'Framing Bias' - or the impact on our decision-making ability by the way information has been 'framed' or has been presented to us. A bias is an irrational assumption or belief that constrains our ability to make a decision based on facts and evidence. Smart investors know what biases they suffer from, learn from their mistakes and try to avoid them.

Framing Bias: The framing effect is a cognitive bias that impacts our decision making when said in different ways. In other words, we are influenced by how the same fact or question is presented to us. For eg. when you go to a super market and pick up a bottle of cooking oil, other things being equal like price, quantity, quality, reputed brand, which one would you choose from - A bottle labeled '99% Fat Free' or a bottle labeled '1% Fat'? Most people will undoubtedly choose the bottle labeled '99% Fat Free'. However, if you read it again, both are the exact same - simply presented differently.

It is likewise in investments - the company's Annual General report presents its accomplishments and achievements in the beginning pages of the reports, whereas missed targets, new competitor on the horizon, or changed government policies detrimental to the growth of company are all highlighted at the end of the report or framed factually correct. This is done in order to influence stock analysts, fund manager and investors to have a positive outlook for the company. Similarly when an IPO or NFO is launched by the company or mutual fund, all the reports, figures statements and data provided are factually correct, but framed in a manner to give investors a positive outlook.

In order to reduce framing bias we need to rephrase the same statement or the information provided by them. Also, we need to check if that information provided is a 'fact' or an 'opinion'.

Below are the examples of framing in



finance:

When you read a statement in the company's Annual General Report quoting, "90% certainty of achieving the projected sales," it can be rephrased as, "10% risk of not meeting the required sales targets." Or then, "In FY 2019-20 our net profits were 100 crores, compared to FY 2018-19 where they were 80 Crores," V/s "In FY 2019-20 our net profits were 100 crores, compared to expectations of 120 crores."

Of course, a company would choose to print the former in their reports. However, your decision to buy or sell the stock in both the cases, should be the same. If your decision changes because of reframing the sentence, than you probably have Framing Bias.

What are the effects of framing bias on individuals?

Decisions based on framing bias are made by focusing on the way information is presented instead of the information itself. Such decisions may be sub-optimal, as poor information is being framed in a positive light, and vice versa. The framing effect can have both, positive and negative impacts on our lives. If we understand that people are

but only in certain market cycles, but the potential downside risk to the capital is very conveniently covered up in disclaimers. He then ends up investing in a product which he would have, otherwise, not invested in, knowing the downside risk to his limited capital. His choice here was influenced by the way options were framed, through different words and reference points. We, as human beings, are susceptible to this sort of framing because we tend to avoid losses.

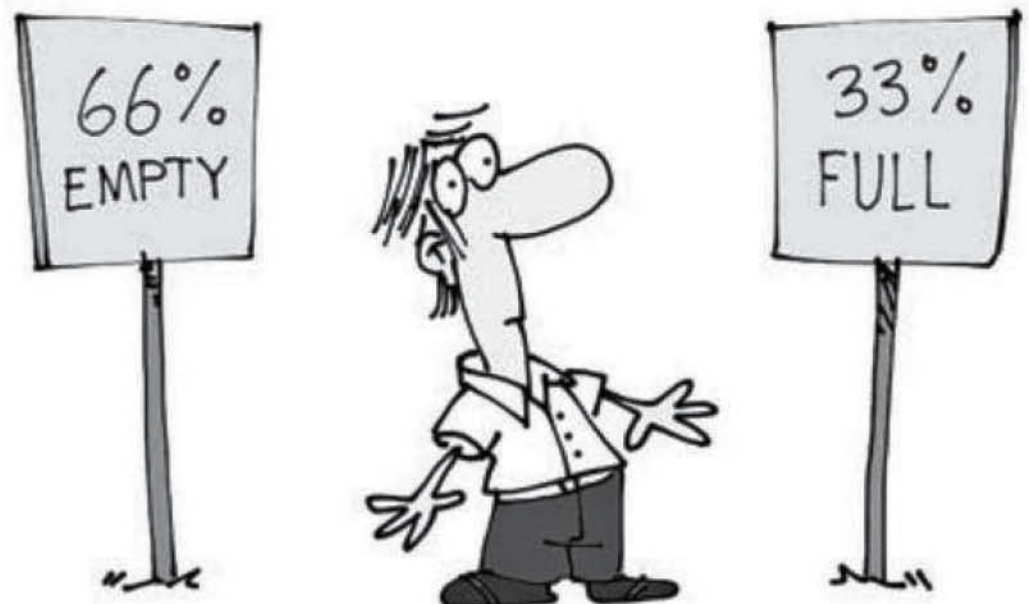
Daniel Kahneman, an Israeli psychologist and a revered Behavioral Economist was awarded the Nobel prize in economic sciences. He explains framing using what is called the 'Prospect Theory'. According to this theory, a loss is perceived as more significant, and therefore more worthy of avoiding, than an equivalent gain. A sure gain is always preferred to a probable one, and a probable loss is always preferred to a sure loss.

Studies have shown that the framing effect is more prevalent in senior citizens because of their limited cognitive resources. One way to safeguard yourself against framing bias is to consider reframing the information presented to you and see what impact it has on your decision making. The idea is to think logical and avoid impulsive decision-making, lured by presentation.

influenced by framing, the companies can focus on how they present the information they want us to accept and act upon.

Let's say, we pose a question to a senior citizen - "Will 80% of your current income today be enough for you when you retire next year?" as opposed to "Do you think you could retire on a 20% reduction of your current income?"

The senior citizen chooses a high-risk investment portfolio because the advisor has over emphasized on the returns, or shown the data points which are correct



Below are the examples of framing in

Parsi Embroidery: A Heritage Of Humanity - I



DR. SHERNAZ CAMA

Parsi/Irani Zoroastrians have carved a niche for themselves in India. From leading industrialists like Ratan Tata and Godrej to an army of talented Bollywood actors, prodigal Parsis are an asset to India's culture and economy. With a population of less than 55,000 Parsi/Irani Zoroastrians in India, our lip-smacking food, peculiar surnames, stellar Bollywood movies, acting skills and the sweet mentions – from 'dikra' to 'gadhera' – are all part of India's popular culture. But our expertise and contribution to the Fashion World is lesser known... more specifically, the Art of Parsi Embroidery. Parsi Times is delighted to present the Feature Series – 'Parsi Embroidery: A Heritage Of Humanity' – a labour of love and much research, by Dr. Shernaz Cama (Director, the UNESCO Parzor Project for the Preservation and Promotion of Parsi Zoroastrian Culture and Heritage), in association with Sociomartini, sharing the vibrant history of Parsi embroidery.

Complex roots and routes lie behind what we call 'Parsi Embroidery' today. The tradition grew from Achaemenian Iran, through the Silk Route into China and then came with Indian and European influences back to its originators, the Parsi Zoroastrians in India. Now a tiny minority of fewer than 55,000 individuals in India, Parsi Zoroastrians have saved in their cupboard and trunks this proof of our world's multicultural history.

Textiles are a powerful medium of identity, both - inside and outside the culture which produces it. Parsis fled to India over a thousand years ago to escape religious persecution of their Bronze Age religion - Zoroastrianism. The Parsis or 'people from Pars or Fars', in Persia mingled unobtrusively. One of the conditions of their refuge was that they would adopt Indian costume and language. Yet, they managed to create a distinct identity for themselves. Textiles, one of the key markers of cultural identity, contributed greatly, in this respect.



This engagement photograph from 1920 shows the gara sari worn in a distinct style, with a lace blouse over the sudreh. The leather heel shoes, stockings and cummerbund show the Western influence which reinforces Parsi identity.
© Parzor Archives.

Fifty years ago, most Parsi homes had an embroidery cupboard with splendid varieties of shaded and coloured

embroidery threads. Here, pressed into brown paper folders, were butter-paper patterns, home-drawn with hand-written instructions about colour preferences, or initials and dates to indicate for whom and on what occasion the pattern or khakha had been created.

Embroidery has always been a vital part of the Zoroastrian love of life and appreciation of beauty and skill. Respect for material creation as a manifestation of God's Goodness, is a cardinal tenet of the Zoroastrian faith, thus reverence for nature became interwoven and embroidered into the costumes of daily life.



A red engagement gara with the Gul-e-bulbul design celebrates life.
© Parzor Archives.

Zoroastrianism celebrates the animal kingdom and bounty of nature, in its sacred texts, ceremonies and myths, revelling in flowers and gardens, birds and beauty, which provide the backdrop for its motifs. This 'Spenta' or 'bountiful' world is to be treated with care, each tiny butterfly a manifestation of God's Goodness.



The word for butterfly (tieh), which is also identical to the term that denotes 70-80 years of age. Because of this, depicting a butterfly represents a great age. The butterfly is also a symbol of a happy marriage and may be regarded as a Chinese cupid.
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In the Zoroastrian homeland of Iran, the *Ijar* or trousers were accompanied by a long *jhabla* which reached the knees. The head was covered with a shawl and the entire costume embroidered with rustic, simple embroidery. Fish and bird motifs prevailed as did flowers, roundel like emblems of Khurshid or the sun, tiny birds and animals. However, the Zoroastrian of Iran became a conquered people, forbidden from wearing bright colours as yardage. Their head dress became dark, navy or black, yet their love of life continued to be expressed in their embroidery. Here, in this wedding costume we see peacocks, exotic colourful creatures, embroidered onto a traditional wedding shawl with the sacred Ariz, or fish, emblems of fertility. The dog, also sacred to Zoroastrians can be seen.



A 19th Century Wedding Shawl collected from Iran and carefully preserved.
© Parzor Archives.

The Zoroastrian must be a person of action. Good Thoughts, Good Words, Good Deeds or 'Humata, Hukata, Huvarashta', the core and mantra of both religious and cultural attitudes, is believed to have the power to transform the negation, drive away evil and enable this world to reach ultimate joy. All Creation is ultimately positive and helpful. It is an optimistic creed which has helped keep a very small, scattered people active across centuries and across several diasporas!



The Karolia or spider design is popular on Parsi textiles as protective, commemorating the spider who wove a web to protect Zoroastrians hiding in a well, while fleeing across Iran from a conquering army.
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