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FROM THE EDITOR'S DESK

May Democracy Reign Supreme!

Dear Readers,

Most people across the world would be closely following the very entertaining yet highly consequential US Presidential elections over the past week, to see if it will be the blue flag or the red one that will flutter supreme over the White House for the next four years.

Even as ex-US Vice President Joe Biden heads towards victory and President Trump heads to the courts challenging the integrity of the voting system in some states (when this publication went to print), one cannot but reflect on democracy as a form of governance, considering our own nation is the world's largest or most populous democracy.

I believe that a democratic government bears the ultimate testimony to a people who prioritize and embrace equality, humanity and civility; to a national ethos that respects an individual's identity and freedom. That this well-intended form of governance has been mercilessly misconstrued and abused for political agenda, is quite another story...

There's much to learn during these elections, isn't there? For e.g., Indian elections highlight the massive divide that exists between the literate and the educated. The current US elections underscore a well and truly fractured nation reeling under the pandemic and racial conflict. Democratic nations across the world, more recently, France, Vienna and the UK, have also suffered catastrophically for their democratic philosophies.

But this does not call for a change in governance – it calls for a change in the mindset and maturity of the electorate. Democracy assumes an electorate that is educated, not just literate; one that can comprehend the collective consequence of its political inclinations on national welfare. And that is why, immaterial of who 'Trump'ets victory and who ends up having to digest the 'For-Biden' fruit in the US elections, here's hoping Democracy reigns supreme!

Have a good weekend!

- Anahita
anahita@parsi-times.com

Parsi Times
LIFELINE



'Parsi Times LIFELINE' is a PT initiative that works towards providing rescue and relief to senior community members who are living in appalling conditions of impoverishment.

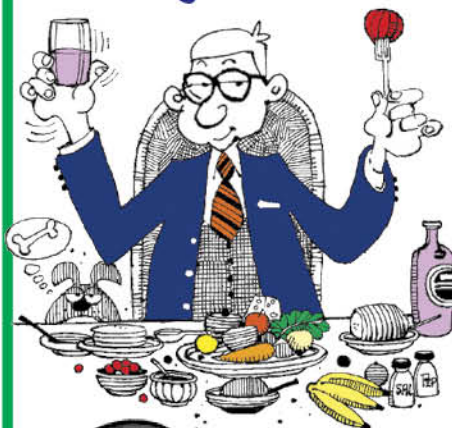
Parsi Times looks to identify and collect the details of our seniors living in unfortunate conditions. This information will then be shared with our generous community Trusts, which undertake alleviating poverty amongst community members and are committed to helping our community's elders.

We request our readers to share details of elderly Zoroastrians living in abject circumstances, 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 via the initiative - 'Parsi Times LIFELINE'.

Kindly E-mail us the details at: editor@parsi-times.com
Or send your Mails to:
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Let's Celebrate International Men's Day With PT's

'My Bawa Is Best' Contest!!



**Here's Your Chance To Let Everyone Know
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*Is it your Pappa or your Hubby or your Son? Your Boyfriend or your Brother?
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greatly revere and who makes you feel pride in being a Zarthosti....*

**Lavish your 'Favourite Bawa' with your Love and
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**Write in a Poem or Prose (no more than 150 words) dedicated to him OR share any
craft (Paintings or other artistic expressions) celebrating him as your favorite Bawa!**

**Top 3 Entries will receive Super Prizes & Get Published in PT's Issue
dated 14th Nov., 2020 (in celebration of International Men's Day on 19th Nov., 2020)**



Rush in Your entries to us NO LATER THAN: 11th November, 2020 at: E-mail: editor@parsi-times.com



Thought of the Week

"A life is never ended until all the lives it has touched have ended too."

- Chinese Proverb



Seeking My School Teacher -

Miss Zarine Mehta

(Mehta was last name before marriage, in 1975)

Hello Friends,

I'm looking for a lady who was Miss Zarine Mehta in 1975 and possibly Zarine Engineer after marriage (not confirmed). She used to teach kindergarten (KG) at: Cathedral & John Connon Infant School Little Gibbs Rd., Malabar Hill, Bombay (now Mumbai).

She last taught at Cathedral in 1975, as she was planning to get married in 1975 / 1976 and immigrate to the UK (probably in 1976). Yes, its been 45 years! Not sure where she resides in the world and am hoping to get in touch with her. The principal of Cathedral in 1975 was Mrs. Banerjee & other teachers like Mrs. Dhalla (music) & Mrs. Seghal (2nd grade) and Mrs. Vakil was the school admin.

If you know her (or of a means to contact her), please do let her know my contact information and inform me via email at:

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Thank you!



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Dr. Jasvi's Numero Tarot Predictions
(As Per Your Birth Month)



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

January (Lucky No. 11; Lucky Card: Justice): This is a joyful phase so be happy and enjoy the rainbow of love, care, hope, laughter, happiness, success and victory. Quick travel is indicated. Remember that you need sound sleep for good health.

February (Lucky No. 2; Lucky Card: High Priestess): Your skills will prove very rewarding and bring in much income. Financial stability is indicated. Health will be good. Beware of backstabbers. Try to come out of your illusions. This is a great time for students born in February.

March (Lucky No. 6; Lucky Card: Lovers): Love is in the air! Go ahead and indulge yourself and have a fantastic time. The cosmos will bring in an automatic sense of balance in the situation. Your spiritual healing has started.

April (Lucky No. 21; Lucky Card: Sun): A bright and new sunny month is finally here, after a stressful and dark period. This month will bring you name, fame and prosperity. Remember to take good care of your health.

May (Lucky No. 10; Lucky Card: Wheel of Fortune): It will serve you well at this point to put in the effort and clarify any confusions that you are mentally struggling with. Stay with the path of the truth to be able to select the right path. Change is permanent - accept this truth gracefully and learn to move on.

June (Lucky No. 8; Lucky Card: Strength): Your confidence lies in your inner strength - and you are blessed with a lot of it! This is a very auspicious time to start a new venture. Partnerships would be fruitful. Take care of your back pain, if any.

July (Lucky No. 5; Lucky Card: Hierophant): This is a good time for students born in July - your plans to pursue higher education abroad will be successful. You are blessed by the divine energy. Keep in mind that hard work is the only key to success.

August (Lucky No. 4; Lucky Card: Empress): Your health would be superfine. You might buy a new property or renovate an old one. Emotional support is on the cards.

September (Lucky No. 17; Lucky Card: Star): Finances will be stable. Learn to appreciate and enjoy all the things that you are blessed with, rather than cribbing about things that you don't possess. The usage of rock salt in your bath will keep your energies protected.

October (Lucky No. 3; Lucky Card: Emperor): You could probably have hit a temporary phase of non-liquidity of cash. Relax. Do not worry about finances. Balance your head and heart. Your health will be good.

November (Lucky No. 21; Lucky Card: World): Do not run away from your responsibilities. You are more than capable of handling the situation, so don't get overwhelmed. As you sow, so shall you reap - it's a karmic phase of life, keep this in mind. A small good deed of charity would be really helpful to wipe off negative karma.

December (Lucky No. 1; Lucky Card: Magician): A magical month awaits you! You will be miraculously blessed in all areas of life, i.e. health, wealth and happiness. Ensure that you practice extra caution when making new investments.

I Will Live My Life With Open Eyes And Ears, 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.

Primitive man came to the world he knew not why. He lived in this world he knew not why. He went from the world he knew not where. Sages and seers of all ages have addressed themselves to solve the problem of life.

Help me, Thou All-knowing One, to answer the questions for myself, why have I come to this world and for what purpose? What does my life mean and what is its mission? What purpose does my existence in this vast world serve? What is my beginning and what is my end?

Life is an incessant inquiry into the why and therefore of existence. Let me map out my life. Let me think my plan of life and let me not think only of today, but for tomorrow too. Let me not look to what is transient as permanent, what is illusive as real. Let me not, in my delusion, hang my heart upon it. Let me learn to know myself better day by day.

Let me not better the substance for shadow. Let me not, like the dog, drop the bone to grasp its shadow. Let me not delude myself. Mysteries, I know, lie around the life of man. Let me not, however, seek refuge in a visionary world to flee from the hard facts and harsh realities of life. Let me look facts resolutely in the face.

The pupil of my eye sees the world, it fails to see itself. I know that I am what I am, and not what I am reputed to be. Thou alone dost know me just as I am. Help me to unfold my latent life. Help me to realize the potencies of perfection with which Providence has endowed me. Help me to discover and show forth the good and great qualities that lie latent within me.



Let me devise ways and means of life for myself. Let me be in touch with life. Let me see and understand life, that I may do my best according to my rights to live my life wisely and nobly. Let me impose a stern training upon myself. Let me be thorough in all my doings.

Every day will I endeavor to grow mentally and spiritually, just as I grow in body. I will let nothing strangle my inner growth. Life is tranquil, when intellect and emotion are at harmony. I will labor to win such a serene state of equipoise and rest not till I am blessed with the serene enjoyment of life. I will always hunger and thirst after betterment. All throughout my life will I look beyond what I am in life and strive, under Thy inspiring guidance, to be greater and nobler, Ahura Mazda!

Gift Health On This Festive Season

Consumption of dry fruits enhances energy and stamina. Rich in fibre gives better digestion and overall good health. Nuts are great source of protein and iron especially for vegetarians. Enriched with Calcium, Copper, Iron, Magnesium, Potassium, Phosphorus, Protein, Vitamin A-C-E-K-B6 and Zinc, it promotes healthy bones, muscles, nerves, teeth and skin. It gives protection from anaemia by increasing haemoglobin, prevents heart diseases & high cholesterol, strengthening of immune system, fight diseases, combat cancer, helps weight loss,

fights constipation, depression, anxiety & anti-aging.

Pureganic has introduced specially curated, premium quality, hygienically packed immuno-festive gift hampers, to spread positive vibes & promote good health, amongst family & well-wishers. The newly introduced Chocowheels (Assorted collection of imported oreo in blueberry & strawberry flavours, available in 2 variants - White & Dark Chocolate and Immuno Wheels (Assorted collection of roasted almond chocolate with Brahmi or Tulsi Ark, available in 2 variants - White & Dark

Chocolate, making it a yummy & healthy consumption. Brahmi ark is brain/memory tonic. Tulsi is antioxidant immunity booster.

Pureganic is offering customised hampers in 3 categories 1) AUSPICIOUS (Bilona Gir Cow Ghee, Honey & Jaggery, 2) FESTIVE (Homemade Chocolates & Dry fruits 3) IMMUNITY FOOD (Sanjeevani Prash, Iron Shakti, Calcium, Mukhwas etc.)

For more details on entire range of Pureganic Products, Please Whatsapp/SMS - 9820812244.

'Dudh Ma Sakar' Presentation

Frohar Films' Tele-Serial, 'Dudh Ma Sakar', presents '16th ZochilDay-I' on 8th November, 2020, at 12:00 noon, on DD Girnar channel.

For feedback, mail: froharfoundation@gmail.com

WZCC's WEBINAR WATCH

Parsi Times brings you the weekly schedule of WZCC's Webinars which have been conducted through the epidemic and have greatly benefitted community members worldwide, with their insightful, informative and highly beneficial sessions, with speakers who are authorities in their respective fields.

Tech-guru, Yazdi Tantra has been holding a series of Zoom Meetings online on Technology for the layman, under the title 'TantraTech', every Friday at 9:30pm (IST). You can attend these at: <https://bit.ly/yazdizoom>. (Past recordings available at: <https://bit.ly/yazdiyoutube>.)

Webinar Title : Exclusive Session - Productivity Apps for workplace - 4

When : November 13, 2020 at 9:30 pm

ADVERTISEMENT FOR PALLBEARERS

The Poona Parsee Panchayat regrets to announce the recent passing away of our 2 Pallbearers thereby creating vacancies for new candidates on our payroll.

Should the candidate have driving experience would be an added asset to fulfill our requirement.

Interested candidates may please forward their applications to:

The Chairman, Mr. Polly Patel, Poona Parsee Panchayat, 873 Dastur Meher Road, Kapadia Bldg. Block 3, Camp PUNE 411001.

Appeal for Donations by the Poona Parsee Panchayat.

The Poona Parsee Panchayat is engaged in providing Monetary, Housing, Medical & Educational facilities to the poor needy and deserving Zoroastrian members of our community.

Besides carrying out these humanitarian activities, we are custodians of the various objectives of the Trust which include being care takers and safe guarding of our huge Estates, portions of lands, two Towers of Silence & Community Residential property Due to various Govt. Laws and regulations, our foreign donations have come under FERA Regulations and have been kept on hold and sanctions not coming through since the last one year.

Under these trying and difficult times with interest rates slashed drastically we are looking out to improve our Corpus, by which we can disburse more monetary, medical & educational facilities to the increased numbers of needy in our community.

We shall be most humbled and grateful if supporting Individuals/ Corporates/Trusts can come forward to assist us in donations to fulfill the needs of our activities with a positive response.

All cheques may please be drawn in favour of Poona Parsee Panchayat and addressed to The Chairman, Poona Parsee Panchayat, 873 Dastur Meher Road, Kapadia Bldg. Block 3, Camp PUNE 411001.

POONA PARSEE PANCHAYAT
POLLY PATEL
CHAIRMAN

Visit The Newly Refurbished Zoroastrian Information Centre At Udvada

By Architect Jamshid Bhiwandiwalla

For those families who could not visit Udvada due to the ongoing pandemic, during the summer vacations, to pay homage to our Pak Iranshah, now have the opportunity to visit after a good seven months, to seek His divine blessings in these trying times! Further, those who intend to spend a couple of days during the Diwali vacation and enjoy the hospitality of our Udvada hotels, and don't have the opportunity to go to Daman to spend the evenings there, have a surprise in store in Udvada itself!!

The 15-year-old Zoroastrian Information Centre has been brilliantly revamped with new Audio-visual and state-of-the-art, interactive exhibits! Inaugurated by the CM of Gujarat, Shri Rupaniji, in December 2019 during the Iranshah Udvada Utsav, the Zoroastrian Information Centre was much appreciated for being able to convey the rich culture, heritage and contribution of the Parsis in the making of modern India.

Backlight exhibit panels in bilingual texts aid the local sensitivities, whereas the pictorials are breathtaking supported with documentary videos on every subject. The exhibition, as curated by Firoza Punthaky Mistree, comprises five captivating sections, including the History of our Glorious Persian Past, followed by the Unique Traits of our Religion as well as Culture; our Exodus from Iran and our Entry in India; and the Journey of Pak Iranshah from Sanjan to Udvada.

Great efforts have been taken to convey the message and information in addition to scripted panels, with documentaries and innovative

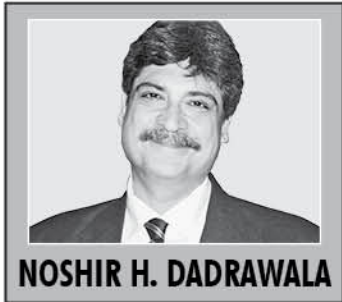
representations. One such exhibit that has always intrigued one and all was the 'Miracles of Prophet Zarathustra', as explained using the evergreen 'Amar Chitra Katha', which all of us can relate so well to.

A 'Culture Wall' has also been created with interactive Audio-Visual panels, shedding light on topics including Parsi Embroidery and Gaaras; as also playing Recipes of lip smacking Parsi Cuisines. Other than the life-size model of the *kebla* and the *dokhma*, the exhibit space is punctuated with innovative thread sculptures which talk of the 72-threads that make up the *kasti* as also the representation of the holy fire. Not to forget a section dedicated to our great Parsi Stalwarts, who helped in nation building.

All in all, the renovated Zoroastrian Information Centre is a breath of fresh air and wonderment for all ages, and especially serves as an inspiration to our youth, who would much prefer that instead of being lectured, they be conveyed the same information by innovative graphics and intriguing displays.

The Centre was done up by funds contributed by the Gujarat Tourism and CSR funds from Godrej Agro Products Ltd. The daily management is supported by the Foundation for Development of Udvada and its committed caretaker, Aspi Sepoy. Let the limitation of not being able to visit Daman urge us to visit the Centre which shall be open till late evenings during the Diwali week - it will inspire us, as portrayed through our rich heritage! There's more to look forward to praying this time, when you visit Udvada!





NOSHIR H. DADRAWALA

A Question Of Leadership

Appreciation Strategy Humility
 Commitment Responsibility
 Integrity **Leadership** Listening
 Honest Communication
 Values Purpose Determination
 Passion Principles

There are several problems facing the Parsi community today - religious, social, political and economic. One could say the community is faced with first-class problems and second-class leadership. The question is, are we condemned to it or can we upgrade it?

Let's face some home truths first... As a community, we have many generals and very few soldiers. There are any number of such generals who are adept at preparing and publicly orchestrating grandiose programs and schemes, with little, or no end results. These are generals who often use community service as a platform for social mobility.



Then there are generals who seem to know everything but do nothing! There are also those who adopt the dog-in-the-manger policy. Assuming there is a good program or project, they are the first to find faults and loopholes in it. Of course, constructive criticism is healthy. However, to pick holes in a good program or project and not offer an alternative or solution leads to stagnation. Then, there are also the opportunists - the type who like to make hay while the sun shines.

The common thread that binds these generals together is their larger-than-life ego. It reminds us of the story of two lunatics crossing each other on a narrow bridge:

Said the first lunatic, "Make way for me, for I am the great General Napoleon!"

"How do you know you are Napoleon?" asked the second.

"God made me that way," said the first.

"Non-sense!" said the second. "I have done no such thing!!"

But seriously, what are the qualities that make a good leader? In my humble opinion, the prime requirements are knowledge, wisdom, competence and a sense of fair-play and justice. Having a sense of humour would be a bonus. I

think sometimes, our leaders take themselves way too seriously. Parsis are known for their self-deprecating humour. Unfortunately, we see little of this among our leaders who seem to be keener on deprecating each other!

Our leaders are often guided by group politics or loyalty to the ideology of the group that may have placed the leader in position of power. A good leader should not let others play with his sense of natural justice and fair play. Moral courage and absolute integrity is the hallmark of true leadership. A true leader is one who would speak his mind and have the courage of his convictions, even in the midst of stiff opposition.

A good leader means what he says, says what he means and more importantly, does what he says. Popular slogans and pious platitudes do not a leader make. A true leader is one who is willing to do things - get his hands dirty, as they say.

Let's face it - the traditional leaders of the community, which include our clergy and trustees of leading community institutions, have collectively failed the community. The question is, should we accept this situation and lament, or should we get a hold of the situation and turn it around for our common good? Agreed, our leadership has failed at the macro or institutional level. But have we explored our potential leadership at a micro or individual level?

As individuals, one may not be able to influence the whole community. However, one could start by inculcating basic Zoroastrian values at home, gradually spreading the same in our neighbourhood and workplace. Each one could take on the role of a *Rathaeshtar*

(spiritual warrior), waging a daily battle against the forces of moral, spiritual, social or economic imbalances.

'Right-eousness', 'goodness' and the spirit of 'giving' and 'service' is latent in everybody's heart. As good Zoroastrians, it is our duty to arouse, awaken or strengthen it in as many hearts as we can. If good people decide to lead, people will be there to follow them. They are like a flicker that tears off the thickness of darkness.

We often talk about our dwindling numbers. But how many of us consider marriage and raising a family as important? As Shakespeare would have said, "The fault, dear Brutus, is not in our stars but in ourselves that we are underlings...."

Get involved personally, no matter how small and seemingly insignificant your contribution. Forget the traditional leaders. You be the leader of your own destiny and that of your community. Let us, as a community, endeavour to build and work only on our strengths and try to ignore our weaknesses for it is only our strengths that can give us the energy to correct our weaknesses.

Please reduce your dependency on our community institutions and re-discover the joy and satisfaction of achieving things on our own steam. What comes to us by way of charity or inheritance, often follows the age-old trend of 'easy come, easy go'. Let us

know the value of what we have by struggling to gain or earn it. Unfortunately, many within the community consider housing and charity as their entitlement!

Remain open to social and economic changes, but not at the cost of our values, ethos, culture or identity. As Mahatma Gandhi has said, "You must open the windows of your mind, but you must not be swept off your feet by the breeze."

Let us endeavour to become more tolerant. Let us accept the fact that the very best among us holds either traditional or liberal views on matters of religion. If a fellow Parsi Zoroastrian is either a traditional or liberal by conviction or on account of his/her upbringing, let us respect that individual's right to his/her opinions.

Let us learn to respond to all issues, social economic or religious with proper evaluation and a calm mind instead of reacting impulsively and without



adequate thinking.

Let us attempt to build on individual excellence at a community level instead of building institutions and organizations for personal aggrandizement.

Let us attempt to stimulate our youth, rather than browbeat them and help them to use all their abilities and experiences at optimum level.

Let us harness our energy in fighting for the cause and not against each other. And, please, for *Ahura Mazda's* sake, let us not make a mockery of ourselves in the national newspapers!

Let us remain positive and resolute, no matter what the circumstances and situations we may be surrounded with. Remember that you finally come to believe anything you tell yourself often enough - even if it is not true.

Mobeds And Fire Hazards

Problems, Suggestions, Solutions And Action

(By Teams: WZO Trusts and Empowering Mobeds)

The Cause: The recent incident of a young Mobed performing the *Boi* ceremony being severely burnt due to the *Jama* worn by him having caught fire by flying embers, has made it essential to review safety norms in the interest of our Mobeds.

Background: Since time immemorial, Zoroastrians have worshipped fire and generations of Mobeds have tended to the sacred fires in our various Atash Behrams and Agiaris. In recent years, there have been a series of unfortunate incidents involving Mobeds getting burnt, as a result of stray, flying embers.

This article is a collective attempt by *Teams WZO Trusts and Empowering Mobeds* to identify the problems, offer suggestions for solutions and share the initial action taken. Considering the gravity of the situation, it is very essential that necessary dialogue should be undertaken through which safety norms can be introduced, impart training to Mobeds and Behdins on measures to be undertaken during an emergency situation, whereby safety of Mobeds who are prone to grievous injuries for no fault of their own, is ensured.

About The Jama: The *Jama* that Mobeds wear whilst tending to fire in the *kebla* is a white coloured traditional flowing robe worn over their clothes and is often made of cotton or fine muslin. In older times *Jamas* were made of thicker quality, hand woven linen.

Fire Hazards Facing Mobeds: A number of recent unfortunate incidents have happened where mainly Mobeds' clothes have caught fire. In a majority of cases, it has started with the *Jama* catching fire whilst the Mobed has been performing the *Boi* ceremony in the *kebla*; and in some cases where ceremonies such as *Jashans*, monthly remembrance prayers, by coming into contact with the *divo* or by a stray flying ember.

Mobeds are aware that flying embers are very common and will agree that whilst the *setranji* (cotton rug used for prayers) is singed frequently, there has never been an instance of a *setranji* bursting into flames. The reason for this is purely the thickness and proximity of the *setranji* to the ground.

Putting Out A Clothes Fire: When a person's clothing catches fire, action must be instinctive and immediate. There is no time to think. The one thing one should never do is run.

To minimize a burn injury when clothes catch fire, it is very essential to STOP, DRO, and ROLL. Burns are among the most painful of injuries and the third leading cause of unintentional death. The hands, groin, face and lungs are at particular risk because they are delicate structures and easily injured.

The healing process is slow and painful, resulting not only in enormous personal suffering but also enormous financial expenses are incurred, which Mobeds are generally unable to bear on their own.

The principles of STOP, COVER / DROP and ROLL are simple; Prompt action will reduce the severity of any burn injury.

A bystander can assist by dousing the fire with water, or using a fire blanket, non-flammable mat, blanket or article of clothing to assist in smothering the fire. A water fire extinguisher (all red body) is the only type of fire extinguisher which can be safely used in this situation. It is very important not to use any other type of fire extinguisher.

Ways Suggested To Avoid / Mitigate The Problem: It is very necessary that Trustees and Managements of every Atashbehram and Agiary should:

1. Raise Awareness levels by providing regular training and demonstrations to be



STOP

It is very important not to panic and run. Running fans the flames and increases the fire.



COVER

Heat rises up fast so cover your face with your hands to protect the delicate eyes and skin on the face and to protect airways from the smoke.



DROP

Drop to the ground immediately.



ROLL

Roll backwards and forwards on the flame to smother the fire. By rolling on the flames you starve them of oxygen and put out the fire.

given to Mobeds and Behdins alike via various mediums.

2. Place a *setranji* or fire blanket in an easily accessible corner of the room where ceremonies are performed.
3. Make available easily-operable, push-button Fire Extinguishers (preferably water based) near areas identified as having hazards.
4. Treat Clothing with Flame Retardants is not viable as most flame retardants wash off after a few washes at best and often irritate the skin and cause rashes.
5. Minor change of design to the *Jama* where behind the *kas* (cotton tie) snap buttons can be fitted, like in *daglis*, so that it can be taken out within seconds, in cases of emergency.
6. *Vada Dasturjis* need to be consulted and permission needs to be taken if a *badan* (not collared shirt) and an *ijar* over the *legha* can be worn for *Boi* ceremonies in Adarians or a *sahyo* (worn by Irani mobeds). Atash Behtam Boiwallas can continue wearing the full regalia.
7. Use good quality seasoned and properly dried sandalwood and *kathi* whenever possible.
8. Consult with Fire Safety experts and formulate a training program.
9. Quick thinking by onlookers and Mobeds having been trained will certainly save lives in the future.

Initial Action Underway

A donor who wishes to remain anonymous, has gifted to WZO Trusts' 300 hand held cans of a fire retardant, with a request that two cans be given to every Atashbehram and Agiary in India which can be kept on hand, wherever a Mobed is performing religious ceremonies.

These cans will shortly be distributed through volunteers team of Empowering Mobeds.

A short video is being conceptualised that will educate Mobeds on the proper way to tend to the fires. It has been the experience of senior Mobeds that young Mobeds many a times extend their arms very close to the fire, singeing the cuff of their *jamas* that creates such avoidable mishaps.

Suggestions Welcome!

We look forward to and welcome suggestions of a practical nature that would further enhance the safety of our Mobeds. We can be contacted on Face Book Walls of 'World Zoroastrian Organisation / WZO Trust Funds', and 'Empowering Mobeds', or email us at: mobeds@mobeds.com

In Conclusion

Recognising that the safety and wellbeing of our Mobeds tending to the spiritual needs of our community is paramount, WZO Trusts' and Empowering Mobeds have jointly undertaken this initiative with the hope that with proper training, such recurring accidents with our Mobeds will be eliminated.

Jimmy Mistry Felicitated By Governor For Covid Relief Work

Trailblazing entrepreneur and Founder of Della Adventure and Resorts, Jimmy Mistry, was felicitated by the Governor of Maharashtra - Shri Bhagat Singh Koshyari, at a ceremony held at the Raj Bhavan, honouring Corona warriors, by Bhamla Foundation, alongside Asif Bhamla - President, Bhamla Foundation and Prince Lakshyaraj Singh Mewar of Udaipur. Mistry was honoured for the dedication and support shown by Team Della in Lonavla, towards fighting the pandemic and for the Covid relief work done by them.

The citation reads, *'We would like to take this opportunity to express our heartfelt thanks for your active involvement in the fight against Coronavirus (Covid 19). We appreciate your outstanding dedication and selfless service to Mumbai.'*

The ongoing efforts of Jimmy Mistry to impact society positively has got him acknowledged as a significant influencer in society. During the Covid pandemic, Jimmy Mistry reached out to those adversely affected by the pandemic and channelised his resources to support his employees and communities where Della offices are situated. Among the self-driven initiatives undertaken by the Della Group founder, 400 employees, both migrants and office staff stranded during the lock-down were housed and delivered all meals door-to-door for three months. They were then transported back home to various states, from which they hailed. Mistry also ensured motivational training and development for 500+ employees via zoom, daily, which he personally conducted, to keep them on course for future growth, daily.

An initiative close to his heart is striving for the betterment of the village community. Over 900 villagers have been provided employment in the various facilities of the group's multiple verticals at Kuneagaon, Lonavala. An exclusive mentorship programme operated through Della Adventure & Resorts Z.P. School, utilizes Della's resources to change the lives of underprivileged students. As a pilot project, the Della multi-facilities were tasked with taking charge of training the children in their core competencies. This project will be extended by the Della Group for communities in every business location.

Jimmy Mistry's unstinted efforts encourage



students to participate in state and national level competitions. His vision includes introducing High School and gearing students for employment post education. The prestigious New York Stern School of Business has selected the Della Adventure model as a case study which comprehensively covers community development.

From his experimentation with design and architecture to the beginning of one of India's most prestigious, luxurious and fun-filled adventure resorts with Della Adventure and Resorts, the 49-year-old, dynamic entrepreneur, Jimmy Mistry, is a leading business magnate of our community, standing out as the beacon of inspiration for the youth.

Having started out with a pest control business in 1991, Jimmy Mistry has grown to become the owner of multi-million rupee ventures. A self-taught design and architecture enthusiast, in 1996 Jimmy set up his showroom - the first one in India to display Italian furniture; he went on to be the sole selling distributor for 27 Italian Brands. He set up his first furniture manufacturing factory in Daman in 1997 and by 2000, he was taking up turnkey interior and architectural services for leading corporates pan-India, and was soon recognized by the industry as a Design thought leader. In 2003, he ventured into real-estate with a luxury residential 21-Storey tower, and received the 'Urban Heritage Award' by the Indian Heritage Society for the Rustom Framna Agiary in Dadar.

He set up a second-home gated community - Della Villas, a 24-villa pilot project in Lonavala - in 2008 and a year later, he pioneered setting up India's First Extreme Adventure Park with more than 70 activities, followed by Camp Della Resort (2010), now a sprawling 6-Resorts strong property. In 2017, Jimmy launched DATA Resort - India's first Counter-Terrorism Training Academy for civilians and luxury military-themed resort

Dilnaz Garda Elected President of 'Canada Beyond The Blue'

“

I am honoured to lead Canada Beyond the Blue and our incredible Chapters in our mission to strengthen and support police families. Canada BTB is proud to be the national voice on topics that relate to mental health including caregiver burnout, OSI, PTSD, moral injury and sanctuary trauma. Our Chapters support their members by doing the heavy lifting of vetting resources and help bring clarity and advocacy to a seemingly daunting and intimidating process when one wants to get help.

In our family, no one fights alone.

DILNAZ GARDA
President



CANADABEYONDTHEBLUE.COM

[@CANADABTB](https://twitter.com/CANADABTB)

CANADA
Beyond
THE BLUE

Canada Beyond The Blue' (Canada BTB) is a peer-led, non-profit organization with chapters across Canada, dedicated to strengthening and supporting families of its law enforcement officers. The Zoroastrian community in Canada and across the world congratulates Dilnaz Garda, from Toronto, for being recently elected as the new President of Canada Beyond The Blue.

A statement put out by the organisation on social media reads, "Congratulations to Dilnaz Garda on her election as President of Canada Beyond the Blue. We are confident that she will continue to be the strong voice needed to advocate for our police families all across Canada."

next to Shirota Dam, dedicating a restaurant to Field Marshal Sam Manekshaw.

The unstoppable entrepreneur continues to forge ahead with full-steam as he plans to set up India's largest Luxury Interior Store, displaying pin-to-piano of interior products for homes, offices and hotels, over a 50,000 sq.ft. flagship gallery to re-define customer retail experience. He and his

Canada BTB is committed to providing a community of support to police spouses and families, through resources that provide education, training and practical tools to enable families to thrive in their roles as the support system for their police officer. It strive to promote an awareness of the officer's worth as well as an understanding of the joys and struggles that are uniquely experienced in life in law enforcement. The organisation Toronto Beyond The Blue was created after Garda's brother, who was a police officer, died by suicide.

Canada BTB and its Chapters are run by volunteers who are family members of law enforcement officers/civilian members and this vested interest drives their passion and dedication.

team have been working on this for five years now and have had to push back the timeline due to the pandemic but are all set to launch post lockdown.

Here's extending congratulations and kudos to Jimmy Mistry! May he continue doing our community proud by scaling newer heights of achievement and setting the inspirational bar for our community's youth!

WZCC Holds 17th AGM – India Region

On the eve of October 29, 2020, the World Zarathushti Chamber of Commerce (WZCC) India Region held its 17th Annual General Meeting virtually, via Zoom, in keeping with the necessary measures called for by the ongoing pandemic, for the well-being of its members. The AGM was ably compered by the dynamic Behroze Daruwalla, Hon. Secretary - India Region and Chairperson, Global WE Wing.

Capt. Percy Master, President, WZCC-India Region, extended a warm welcome to the members and to WZCC Global President - Edul Daver. Speaking about the true essence of entrepreneurship, Capt. Percy Master said, "A true entrepreneur is a doer and not a giver, he must be able to say confidently 'I Create, I take Risk, I live my Passion and I am an Entrepreneur'." He shared how success stories are results of courageous decisions. He admired how, through the Pandemic, WZCC chapters worldwide have been holding virtual meetings and webinars on various interesting topics, providing great learning opportunities and experiences for all community members.

He spoke about WZCCI/WZOTF Financial Initiative for Start-up funding upto Rs.25 lakhs to help Zarathushtis to progress in their businesses. Sharing about WZCC's new initiative - 'WZCC Corner' - which would be published in the Parsi Press, he explained that this would be a list of seniors and the youth to be interviewed by publications with the aim of encouraging the youth to learn from experienced entrepreneurs and professionals.



After Behroze Daruwalla completed the statutory formalities, Annual Reports from various Chapters were shared. Tehemton Dalal - Chairman, Mumbai Chapter; Tehmasp Bharucha - Chairman, Pune Chapter and Air Chief Marshal, Fali Major (Retd), Chairman - Bangalore Chapter, gave detailed accounts of various events and webinars organized during the year. Villie Daruwalla, Vice Chair of WE Wing, Mumbai Chapter, provided a detailed account of the activities of WE Wing and Rashna Sanjana, Youth Director - India Region, gave an account of activities of Youth Wing, Mumbai Chapter.

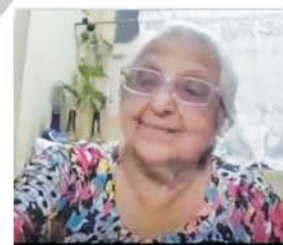
The AGM ended with closing comments by Viraf Deboo, who enumerated the

excellent contribution of WZCC Chapters in India, their Women and Youth Wings, working towards the objectives of WZCC. Shernaz Siganporia, Secretary - Bangalore Chapter, introduced Vivek Savkur (from Vancouver, Canada), the Key Note Speaker for the evening, a top advisor for Canadian Government Agencies doing business with Indian Companies, and Founder Director / Past President and Current CEO of British Columbia-India Business Network. He was profiled by Jamshed Mistry. Speaking on 'Prospects of Business between Canada and India. Vivek Savkur, having spent a

greater part of his life in Mumbai and close to the Parsi community, lauded the same saying it was the best community he had come across. He spoke on the possibilities and the potential trade between India and British Columbia, which could be achieved through joint efforts of WZCC and BC - India Business Network. He concluded by stating that whoever is interested in Business Opportunities should contact him or Mr. Jamshed Mistry.

Also invited was Manish Grover, Head of Chancery-Consulate General of India to Canada-Vancouver, who spoke about the opportunities of Trade and Commerce between Canada and India. He mentioned that Canadian investors were looking to invest in Indian sectors

including infrastructure, logistics, renewable energy, real estate and start-ups.



MRS. COOMIE SAM KASAD

Concluding the meeting on an entertaining note, the extremely talented and much accomplished, senior citizen Coomi Sam Kasad displayed her great skills on the harmonica.

She has also played in the orchestra of 3800 musicians in Germany (2007) and is the recipient of India's World Record Certificate. She regaled members with English, Hindi and Italian songs. Youth Director, India Region, Rashna Sanjana gave the Vote of Thanks. WZCC is the community's leading non-profit Volunteer Organization, whose mission is to energize the Zarathushti entrepreneurial / professional spirit and provide opportunities for all Zarathushtis to start and grow their business.

Apex Court Adjourns Tata-Mistry Case For A Week

On 11th November, 2020, the Supreme Court adjourned the hearing in the case of alleged mis-management and oppression of minority investors at Tata Sons Ltd., for a week, following a request from investment firms - Cyrus Investment and Sterling Investment - as the advocate on record, was unwell.

The apex court was expected to take on record the plea dated 29th October, 2020, by the two investment firms for separation from Tata Sons, as part of additional relief in its minority oppression case. In its plea, Shapoorji Pallonji group claimed that basic obligation of protecting the rights of largest non-Tata shareholder had been broken and that Tata group go all out to prejudice the rights of SP group and its interest would not be protected.

As part of separation proposal for selling



its ₹1.5 trillion stake in Tata Sons, SP group suggested a share swap. Tata group lawyers were expected to argue on the minority oppression case and raise objections or agreeability on this suggestion.

Instead of Tata group shelling out this large sum in one-go, the SP group sought that it should be given shares of Tata group's listed companies. SP group is bucketing Tata Sons in three categories - listed companies, unlisted companies and brand value. For unlisted companies, SP group is seeking independent valuation, payable in cash and or in listed securities and for brand value, payable by cash or listed securities. SP group's arguments in favour of this proposal includes not saddling Tata Sons with additional debt, easier and speedier implementation; minimal disagreement over valuation and liquidity provided to Tata group.

Secure Storage Room Service Gurukrupa Storage Solution

for Maintenance of Home and Office Goods

Do you plan to shift? Moving from one city to another? Planning to go abroad? Want to go hometown for a while to get the work from home option due to the Corona epidemic? Want to shift from a larger home or office to a smaller space? Or is it because of Corona that he has to run a business for a while? Want an office at home? The first question in all this is where should we keep the goods? How to save? But your favorite furniture like TV, sofa, bed, fridge, closet etc. will be saved by Gurukrupa Storage Room Service. Guarantees the safety of your home and office valuables. Gurukrupa Storage Solution With this you can also contact us if you want to bring or bring your home or office items outside Mumbai. Total Solution for Peace of Mind. IT'S YOUR STORE ROOM.



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9324254460

To know more visit the website www.gurukrupastorageolutions.com

SII Vaccine Update: 'Covishield' To Be Available By January 2021

The COVID-19 vaccine being developed by Oxford University and British firm - AstraZeneca, named Covidshield, could well be available in India within a couple of months - by January 2021, said Adar Poonawalla, the CEO of Pune-based Serum Institute of India (SII). Adar Poonawalla said on 4th November, 2020. The vaccine is currently undergoing Phase 2 and 3 trials and based on the success of these trials in India and the UK, with mandatory approvals from regulatory bodies in place in time, the vaccine would be available to Indian citizens by the start of next year, if it is able to produce the desired immune response.

Poonawalla added that the data gathered from ongoing clinical trials indicated that there were no immediate concerns related to the vaccine as thousands of people had been administered the same in India and abroad, with no cause for concern.

SII, the world's largest vaccine

manufacturer by volume, is currently conducting the Phase 3 trial of Oxford-AstraZeneca's COVID-19 vaccine candidate in India. It is anticipated that Covishield will be one of the first to secure regulatory approval, along with vaccine candidates from US-based Pfizer and Moderna Inc, as scientists across the world endeavour to find a vaccine against the novel coronavirus.



Poonawalla said that SII aims to initially manufacture about 60-

70 million doses, and expand it up to 100 million doses of the vaccine per month. Homegrown pharma company Bharat Biotech is also planning to launch its vaccine named 'Covaxin', in the second quarter of 2021, subject to approvals from the Indian regulatory authorities, as per media sources. Covaxin is being developed in collaboration with the Indian Council of Medical Research (ICMR) and National Institute of Virology (NIV) and is undergoing Phase 3 trials in India. As many as 150 potential vaccines are being developed and tested globally, with 38 in human trial stage.

Shapoorji Pallonji Bags Contract For Telangana State Secretariat Complex

Construction giant, Shapoorji Pallonji has bagged the contract for the construction of the proposed ₹600 crore Telangana State Secretariat Complex, outbidding L&T. The Telangana State government sanctioned Rs. 617 crores for the construction of the new Secretariat complex on September 10, 2020.

The bids were submitted to the Commissionerate of Tenders and in the meeting held on October 28, 2020, the lowest qualified tender of Shapoorji Pallonji And Company Private Limited, Mumbai, was approved and the Letter of Acceptance was issued to Shapoorji Pallonji And Company Private Limited on the next day.

Of the several contenders in the bidding process handled by the Roads and Buildings department, bids from



Shapoorji Pallonji

construction majors - L&T and Shapoorji Pallonji - were considered at the end of the deadline. The department had to reschedule the tender process couple of times because of technicalities as well as the floods in the GHMC area.

The tenders were invited for the construction of the new integrated complex with a built-up area of six lakh square feet. The old buildings in the Secretariat complex located at Saifabad, overlooking the Husainsagar Lake, were demolished to pave way for the construction of a new one. The cost of the project is expected to be around ₹600 crore and the new complex is expected to be completed within 12 months.



Reader's Corner

Parsi Times is delighted to present the writings of our talented readers with the Community, via our promotional platform - Reader's Corner. We encourage and promote our budding writers, to share your original works - poetry or prose, by offering the opportunity of getting your work published in Parsi Times - the Community's leading Newspaper! Mail us with your contributions at editor@parsi-times.com

A Priceless Gift By Meher Parvez Sutaria

Father and family - parading outside,
In the hospital corridor, long and wide;
Each absorbed in his own pensive thought,
They wonder what the Good Lord has finally brought.

Soon appears a nurse with your bundle of joy,
All are relieved - is it a girl or a boy?
Oh! To us, gender doesn't matter a bit,
Everyone's face, with happiness is lit!

Wrapped up in a towel of the deepest blue,
The nurse brings the newborn baby to you;
Everyone heaves a collective sigh,
Among the group, there's many a moist eye.

Tiny little fingers, tiny little toes,
Slits for eyes and a button-like nose!
A rosy glow on the cherubic, little face,
Thank you, dear Lord, for your splendour and grace!

Mother's labour of love has brought its reward,
The wailing of the infant cannot be ignored!
The slightest whimper - and all are on their toes,
An infant is God's greatest gift, as everyone knows.

The arrival of a baby is a miracle so sweet,
Its advent into the world makes the family complete.
It keeps awake at night and sleeps through the day,
Relax, dear Mom, you'll have to adjust along the way!

Thank You, Parsi Times! By Farida Bamji

Every Saturday
In my inbox - Chime! Chime!
There arrives our Parsi Times!!
Filled with juicy news
Recipes, Op-eds, Games
Including fun things to do!
It requires dedication
As Team PT silently toils away,
Working their fingers to the bone
To unfailingly bring out the issue Saturday!
Thank you for keeping us connected
Wherever we may be,
Parsi Times - do keep my inbox chiming!

PARSI TIMES *PT Timeout*

The Bawa Word Search

Search out the following 16 Popular Fests across the World hidden in the word-jumble box below, in bi-directional, horizontal, vertical and diagonal forms:

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

- | | | | |
|-------------------------------|---------------------------------|-----------------------------------|---------------------|
| Rio Carnival (Brazil) | Songkran (Thailand) | Dia de los Muertos (Mexico) | Obon (Japan) |
| Holi (India) | Tsechus (Bhutan) | Perahera (Sri Lanka) | La tomatina (Spain) |
| King's Day (Netherlands) | Krampusnacht (Central Europe) | St. Patrick's Fest (Ireland) | |
| Oktoberfest (Germany) | Bordeaux Wine Festival (France) | Iditarod Sled Dog Race (Alaska) | |
| August Moon Festival (Greece) | | Harbin Ice Snow Sculpture (China) | |

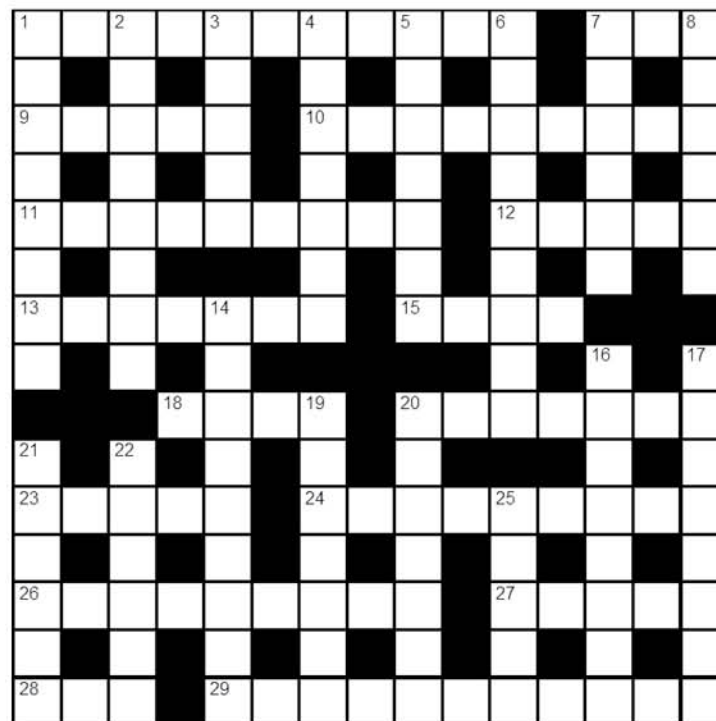


TechKnow With Tantra

EverydayHealth.com

This website presents medical knowledge in an easily accessible form and provides advice which can be implemented in day to day life. There are free newsletters, symptom checkers and also drug finders. The calorie counter, meal planner and recipes sections help you plan your eating habits appropriate to your body type and region. Fitness, sleep, skin and many other daily concerns are well covered. Resources for physical and mental health, duly vetted by doctors, updated with the latest research findings, is available for free. Common ailments like flu, headache, asthma, arthritis, cholesterol, heart health, etc. are professionally covered. EverydayHealth.com is a valuable resource for those seeking a healthy and happy mind and body.

BAWAJI BHEJA FRY



ACROSS

- Bhikaji Cama was the co-creator of the Indian _____ flag (11)
- Tiny amount (3)
- Fortune-telling card (5)
- Repeating (9)
- Detailed plan (9)
- Burst forth (5)
- Exactly thousand grammes? (3,4)
- Wheel shaft (4)
- Feeling unhappy (4)
- 20 & 25 Across
He played the role of Brit Kotwal in

Sixth Happiness (7,5)

- Not appropriate, unseemly (5)
- Final move in chess (9)
- Lost heart (9)
- Secluded corners (5)
- Incline head (3)
- Performer (11)

DOWN

- Laptop (8)
- Tormented (8)
- ___ of : fully in control? (2,3)
- Former Japanese emperor (7)

- State of rest (7)
- Wayfarer (9)
- Capital of Rajasthan (6)
- Agreement between countries (6)
- Uncomfortable (3,2,4)
- Sweet biscuit made with egg white, sugar and nuts (8)
- Damage evaluator (8)
- Passage from a book (7)
- One at cover or slip (7)
- Concealed (6)
- Brought about (6)
- See 20 Across

WINNING CAPTIONS!!!



Hardik: What energy drinks give you such power? Pls share the concoction!
 Pollard: It ain't no concoction, buddy! It's all about the auction!

By Kayo

CAPTIONS THIS!



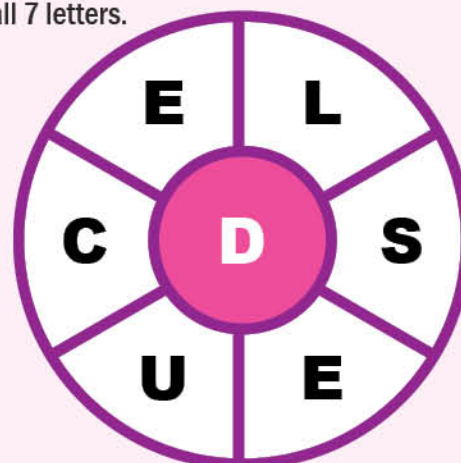
Calling all our readers to caption this picture!

Send in your captions at editor@parsi-times.com by 11th November, 2020.
 Winning Caption and Winner's Name Will Be Published Next Week.

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.

HOW MANY WORDS?

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



RESULTS:

Average - 7 or more words
 Good - 9 or more words
 Outstanding - 10 or more words

BAWAJI BHEJA FRY ANSWERS Across: 1 Nationalist, 7 Jet, 9 Tarot, 10 Iterative, 11 Blueprint, 12 Erupt, 13 One kilo, 15 Aisle, 18 Blue, 20 & 25 Across Frigidus Kanjo, 23 Inopi, 24 Checkmate, 26 De-spined, 27 Nooks, 28 Nod, 29 Entertainer. Down: 1 Notebook, 2 Tortured, 3 On top, 4 Akhito, 5 Itinerio, 6 Traveller, 7 Jaipur, 8 Treaty, 14 Ill at ease, 16 Macaroon, 17 Assessor, 19 Excerpt, 20 Fielder, 21 Hidden, 22 Causid.

Meherbai's Mandli Holds Another Jokes Evening!



RUBY LILAOWALA



Meherbai's Mandli met up again for a fun evening on the benches of her Parsi baug. Five members of the Mandli had no place to sit, so they brought their own small stools, folding chairs and *saadris* from home to avoid *aabroo ma gaabroo*, *prestige ma puncture and ijjat na kankra!*

Bomi Bevdo: I went to the Doctor for my regular check-up and he asked if I drank regularly. I told him the truth that I drink occasionally, but the occasions come regularly.

Sherry Show-Off: My husband is a Lion in Lion's Club - not from a circus or zoo! He is a little backward - *bicharo Ph.D* chey! Even then, *pijan patlo kariney, potanoj kakko kharo karey*. He has never been to college.

Karbhari Kekoo: Then how is he a Ph.D?

Sherry Show-Off: Have you never been to school or what? P-H-D means Passed-High-school with Difficulty!

Koomi Kaajwali: Made-for-each-other couple! MGM no Lion husband, *dhailo dikro* and Sherry *dhaili kagri - rab ne bana di jodi!*

Faredoon-Fuse: Arrey Koomamai! Tamuney maalam chey? Bairi is like electricity. *Pampalo tya sudhi*, she lights up your life but *jo fuse oodi jai toh lifelong shocks na jhatka aney jordar fatka!* I speak from experience!

Pavli-kum-Pilamai: Mr. Ghadiyali, *tamara ghadiyal ma ketla vaga? Mohnu kholo aney bolo*, I have to go early today!

Mindhi Mani: Ghadiyali is fast asleep and his *ghadiyal chai piyej!*

Siloo Cell-phone: Pilamai, *saat vaaga*.

Pilamai bid goodbye to all and everyone said, "*Hasta Ramta Sidhav.*"

Abghan Aban: Say it in English - "Laughing - Playing - Go!"

Koomamai: Armin, have you found the right boy for your daughter? She is

already 36 and unmarried. People will think she has some defect - *kai khaami hosey!* What happened to the Rustom Baug boy I showed her?

Armin: Arrey mai-tamuney soo kahoo? The *dutta* and *dutti* even went out thrice. Then one day, she came home crying saying, 'Mom! I can't marry him! Our ideas are not compatible. *Hamara vichar malta nathi*. He told me at our last meeting that he doesn't believe in god, heaven or hell!!' I tried to console her by saying, '*Dikra*, forget God and Heaven. Just marry him and he will soon start believing in Hell.'

Koomamai: What about *Soli-Soti-Boti?*

Armin: She wants somebody like Rainbow. I mean Rambo-Sylvester Stolone *jevo gotlabaj!!*

Koomamai: Toh pachhi next week Tehmul Tarzan saathey meeting rakhsoo. He has already rejected Mahzarine who is a sixty-year-old girl from Colaba.

Just then, Meherbai's obnoxious niece, Farida of Rustom Baug, walked in like a man-mountain - all 200 kilos of her!

Kanasori Kety: Oh my God! Farida! You have put on so much weight, you look like Veer Bhimsen! Too many burgers with your burger gobbling family or what?

Farida: Actually, I had Covid-19 and the doctor said I should go on a sea (see) food diet, so I ate everything I could see!! My husband, my *Het-No-Katko* and *Sagan-No-Gathyo* daily brought two dozen mava cakes exclusively for me and indulged me!

Soon, Farida's henpecked hubby, Hormusji walked in, looking thinner than ever - not that he was ever fat.

Mindhi Mani: Oh mai re! *Tamey ketla*

levai-lootai gayaj! Tamuney bi Covid thailo su?

Hormusji: *Ovaryu mahra parthi!* I was just looking after my Farida Fuggo (balloon) and doing housework since there's no *ganga* for months now.

Bomi Bun-Pao: *Soi (needle) thai gayaj!*

Baji Brun-Pao: *Soi ma doru thai gayaj!*

Generous Jeroo offered her chair to Farida who sat on it with a thud. The chair broke into two and Farida fell on the ground on all fours-looking like an elephant. Everyone helped her up asking, 'No bones broken? Thank God!'

Besharam Beroze: Farida's bones can never be broken - she breaks her husband's bones when in a foul mood and her lover, Soli Sales-Tax takes the poor hubby to a *Bhim* (Bone-Setter) at Dhobi Talao.

Everyone: Soli Sales-Tax *aaj-kaal kya chey? Koi bank-looti ne underground chali-gayoj ke soo?*

Hormusji: *Arrey bawa - shukrana Khodajji na - there's no other man in our marriage since March. No Pati, Patni aur*

Who - only Pati, Patni and peace of mind. You see, the building society where Soli the swine stays, has forbidden anyone from going out. It's heaven without that *gherbhaoo rascal*. Farida and I even went to Inox to see Dabangg now that the theatres have re-opened.

Themi Trim-Tarak: *Movie gami?*

Hormusji: *Na Re Bapa-* all the time, Salman Khan was playing with his belt-Dheelo Hosey! So, he must have held it to prevent his pant from slipping!

Themi: It was the signature dance-step of the title-song.

Fekology Master Farokh: Even I can do this Dabangg dance-step! In fact, I am auditioning for the next sequel of Dabangg.

Alamai Eienstein: Give us free passes for your film.

Bomi Bevdo: Call me for the Press-show.

Manchi Madari: Call me for the shooting.

Freny Fatakri: Call me for the Premier.

Meherbai: Chup! Everyone keep quiet! Ekdum chup! There's going to be no Dabangg with Farokh. You guys know how he does *fekum-fek*. He is a well-known *fekologist - not an actor!*

On this note, the mandli dispersed with Namaste instead if the usual *kisi-koti - You know why!!*

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એરવદ જેહાન તુરેલની જલદી રીકવરી

માટે સમુદાયની પ્રાર્થના



૨૪મી ઓક્ટોબર, ૨૦૨૦ ના રોજ, આપણા સમુદાયના ૧૬ વર્ષના એરવદ જેહાન જે બોમ્બેના દાદર બોર્ડિંગ મદ્રેસાના વિદ્યાર્થી છે. સુરતના પાક ગોટી આદરીયાનમાં માચી અર્પણ કરતી વખતે તેમને એક ગંભીર અકસ્માત થયો હતો. જ્યાં તેમના પરીવારની સાત પેઢીઓ સેવા આપી ચૂકી છે.

લાલમાં જેહાન દસમાં ધોરણમાં ભણે છે. આ બનાવ ત્યારે બન્યો ત્યારે એરવદ જેહાન રપીથવન ગેલમાં બોય આપી રહ્યા હતા ત્યારે તેમને અચાનક સમજાયું કે તેમના જામાએ એક સ્પાર્ક પકડી લીધો છે અને માચીમાં હાજર

રહેલી બંને મહિલાઓ મદદ કરે તે પહેલાં, તેમના હાથ, છાતી અને કમરનો ભાગ ૪૦ ટકા બળી ઈજાઓ પહોંચી હતી. જેહાનને હોસ્પિટલમાં દાખલ કરવામાં આવ્યો હતો અને ત્યારબાદ તેને મુંબઈની માસીના હોસ્પિટલમાં ખસેડવામાં આવ્યો, જે તેના ઉત્તમ બર્ન્સ કેર વિભાગ માટે જાણીતી છે. ૩૦મી ઓક્ટોબર, ૨૦૨૦ સુધી, અમને જાણ કરવામાં આવી છે કે જેહાન સઘન સંભાળ હેઠળ છે અને આગામી થોડા અઠવાડિયા સુધી નિરીક્ષણ હેઠળ રાખવામાં આવશે.

એરવદ જેહાનના પિતા એરવદ મહેરજાદ તુરેલ, પાક ગોટી આદરીયાનના પંથકી છે અને તેમનો પરિવાર ઘણા દાયકાઓથી પવિત્ર આતશની સેવા કરે છે.

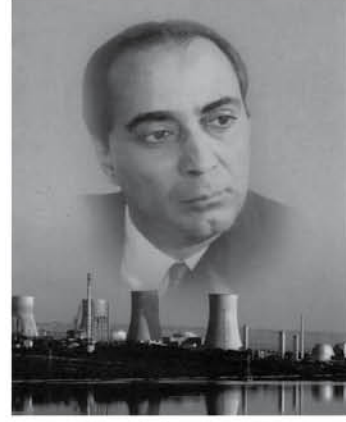
ભારત અને સમગ્ર વિશ્વનો જરથોસ્તી સમુદાય તેના માતાપિતા એરવદ મહેરજાદ અને ફરઝીન સાથે છે. આ પ્રયાસશીલ સમય દરમિયાન અને તેના ઉપચાર અને ઝડપથી રીકવરી માટે ખરા દિલથી પ્રાર્થના.

હોમી ભાભાની ૧૧૧મી જન્મજયંતિ

૩૦મી ઓક્ટોબર આપણા મહાન ભારતીય વૈજ્ઞાનિક - હોમી ભાભાની ૧૧૧મી જન્મ જયંતિ છે. જેમને ઘ ફાધર ઓફ ઈન્ડિયાસ ન્યુક્લીયર પ્રોગ્રામ તરીકે ઓળખવામાં આવે છે. તેઓ ટાટા ઈન્સ્ટિટ્યુટ ઓફ ફંડામેન્ટલ રિસર્ચ (ટીઆઈઆરઆર) અને ભાભા અણુ સંશોધન કેન્દ્ર (બીએઆરસી)ના સ્થાપક નિયામક હતા.

હોમી ભાભાને ૧૯૪૨માં એડમ્સ પ્રાઈઝ, ૧૯૫૪માં પદ્મભૂષણથી નવાજવામાં આવ્યા હતા અને તેઓ રોયલ સોસાયટીના ફેલો પણ હતા. ૧૯૫૫માં યોજાયેલ પરમાણુ ઉર્જાના શાંતિપૂર્ણ ઉપયોગો પર સંયુક્ત રાષ્ટ્ર સંમેલનના પ્રથમ અધ્યક્ષ પણ હતા.

ભાભાનો જન્મ મુંબઈમાં એક સમૃદ્ધ કુલીન પરિવારમાં થયો હતો અને તે મેહરાંગીર નામના મલબાર હિલ્સમાં છુટાછવાયા વસાહતી બંગલામાં રહેતા હતા. તેઓ બોમ્બેની એલ્કિન્સ્ટન કોલેજ અને રોયલ ઈન્સ્ટિટ્યુટ ઓફ સાયન્સમાંથી સ્નાતક થયા હતા. ૧૯૩૩માં, તેઓ તેમના કાગળ - 'ધ એબઝોપ્શન ઓફ કોસ્મીક રેડિયેશન' - સાથે ન્યુક્લિયર ફિઝિક્સમાં ડૉક્ટરની પદવી પ્રાપ્ત કરી, જેના લીધે તેમણે



૧૯૩૪માં પ્રતિષ્ઠિત આઈઝેક ન્યુટન સ્ટુડન્ટશીપ જીતી.

એક વિદ્યાર્થી તરીકે, હોમીએ કોપનહેગનમાં નોબેલ પુરસ્કાર વિજેતા, નીલ્સ બોહર સાથે કામ કર્યું હતું અને ક્વોન્ટમ થિયરીના વિકાસમાં મુખ્ય ભૂમિકા ભજવી હતી.

હોમી ભાભાના પિતા અને કાકા ઈચ્છતા કે તેઓ એન્જિનિયર બને, જેથી તે જમશેદપુરની ટાટા આયર્ન અને સ્ટીલ કંપનીમાં જોડાઈ શકે. જો કે, કેમ્બ્રિજ ખાતે, તેની રૂચિ સૈદ્ધાંતિક ભૌતિકશાસ્ત્રમાં સ્થાનાંતરિત થઈ અને તેણે તેના પિતાને પત્રમાં ભૌતિકશાસ્ત્ર પ્રત્યેનો પ્રેમ વ્યક્ત કર્યો.

૧૯૩૯માં, જ્યારે બીજા વિશ્વયુદ્ધની

શરૂઆત થઈ ત્યારે ભાભા ભારત વેકેશન પર હતા. યુદ્ધને કારણે, તેઓ કેમ્બ્રિજ ખાતે સંશોધન પૂર્ણ કરવા પાછા જઈ શક્યા નહીં. તેથી, તે બંગલોરની ઈન્ડિયન ઈન્સ્ટિટ્યુટ ઓફ સાયન્સમાં એક વાચક તરીકે જોડાયા હતા.

૧૯૪૮માં, નહેરૂએ ભાભાને ન્યુક્લિયર પ્રોગ્રામના ડિરેક્ટર તરીકે નિયુક્ત કર્યા અને તેમને પરમાણુ શસ્ત્રો વિકસાવવાનું કામ સોંપ્યું. જ્યારે ભાભા ઈન્ડિયા ઈન્સ્ટિટ્યુટ ઓફ સાયન્સમાં કામ કરતા હતા, ત્યારે ભારતમાં એવી કોઈ સંસ્થા નહોતી કે જેમાં પરમાણુ ભૌતિકશાસ્ત્ર, કોસ્મિક કિરણો અને ઉચ્ચ ઊર્જા ભૌતિકશાસ્ત્રમાં મૂળ કાર્ય માટે જરૂરી સુવિધાઓ હોય. તેમ છતાં તેમણે દેશની સ્વતંત્રતા સુરક્ષિત રાખવા માટે ૧૯૫૦ ના દાયકામાં ભારતનો ત્રણ તબક્કો અણુ કાર્યક્રમ ઘડ્યો.

૨૪ જાન્યુઆરી, ૧૯૯૬ ના રોજ માઉન્ટ બ્લેન્ક નજીક એક રહસ્યમય હવાઈ દુર્ઘટનામાં તેમનું અવસાન થયું. હોમી ભાભાના મૃત્યુના ૧૪ દિવસ પહેલા જ, ભારતના પૂર્વ વડા પ્રધાન લાલ બહાદુર શાસ્ત્રીનું તાશકંદમાં એક રહસ્યમય મૃત્યુ થયું હતું.

મોબેદો અને આગના જોખમો સમસ્યાઓ, સૂચનો, ઉકેલો અને ક્રિયા

Teams: WZO Trusts Empowering Mobeds

કારણ: હમણાંની તાજેતરની ઘટનામાં એક યુવાન મોબેદ જ્યારે બોયની ક્રિયા કરી રહ્યા હતા ત્યારે તેમના જામા ઉપર આતશ પાદશાહ સાહેબના અંગારા પડવાથી મોબેદ સાહેબોના હિતમાં સલામતીના ધોરણોની સમીક્ષા કરવાનું જરૂરી બન્યું છે.

બેકગ્રાઉન્ડ: પ્રાચીનકાળથી જરથોસ્તીઓ અગ્નિની પૂજા કરતા આવેલ છે અને મોબેદ સાહેબોની પેઢી દર પેઢી અગિયારી અને આતશ બહેરામમાં અગ્નિની પૂજા કરવાનું વલણ ધરાવે છે. છેલ્લા કેટલાક વર્ષોમાં ત્યાં આતશની ચિનગારીઓ પડવાને કારણે મોબેદ સાહેબોની દાઝી જવાની ઘણી કમનસીબ ઘટનાઓ બની રહી છે.

આ લેખ સમસ્યાઓ ઓળખવા માટે, ઉકેલ માટે, સૂચનો અને કરવામાં આવેલી પ્રારંભિક કાર્યવાહી માટે Teams: WZO Trusts Empowering Mobeds દ્વારા હાથ ધરવામાં આવેલ એક પ્રયાસ છે.

પરિસ્થિતિની ગંભીરતાને ધ્યાનમાં લેતા તે ખૂબ જરૂરી છે કે, આ બાબતે ચર્ચા કરવામાં આવે, જેના દ્વારા સલામતીના ધોરણો રજૂ કરી શકાય. મોબેદો અને બેહદીનોને કટોકટીની સ્થિતિ દરમિયાન હાથ ધરવામાં આવનાર પગલાં અંગે તાલીમ આપવી, જેના દ્વારા મોબેદોની સલામતી સુનિશ્ચિત કરવામાં આવે કે જેઓ કોઈ પણ દોષ વગર ગંભીર ઈજાઓથી પીડાય છે.

જામા વિશે નોંધ: મોબેદો કેબલામાં દરેક વખતે પહેરે છે તે જામો એક સફેદ રંગનો પરંપરાગત લહેરાતો ઝલ્મો છે. જે તેમના કપડા પર પહેરવામાં આવે છે અને તે ઘણીવાર સુતરાઉ અથવા ઝીણા કાપડનો બનેલો હોય છે. જૂના સમયમાં જામા જાડા સુતરાઉ કાપડના હાથે વણાયેલા આવતા હતા.

આગના જોખમોનો સામનો કરી રહેલા મોબેદો: હાલમાં જ અનેક દુર્ભાગ્યપૂર્ણ ઘટનાઓ બની છે જેમાં મુખ્યત્વે મોબેદોના કપડામાં આગ લાગી છે. જ્યારે મોબેદો કેબલામાં બોયની ક્રિયા કરી રહ્યા હોય ત્યારે અથવા અમુક કેસોમાં તેઓ જ્યારે જશન, મહિનાના રોજની બાજ જેવી ક્રિયાઓમાં તેવના

દીવાના સંપર્કમાં આવે છે અથવા આતશની ચિનગારી ઉડવાને કારણે મોટાભાગના કેસોમાં આગ પકડવાની શરૂઆત તે જામાથી કરે છે.

મોબેદો જાણે છે કે આતશની ચિનગારી ખૂબ સામાન્ય છે અને તેઓ સંમત થશે કે જ્યારે શેતરંજી પર વારંવાર ચિનગારી પડવા છતા તેઓ તેને સામન્ય ગણે છે, પણ જમીન પર શેતરંજીની જાડાઈ અને નિકટતાને કારણે શેતરંજીમાં જ્વાળાઓ કે ભડકો થાય તેવો દાખલો ક્યારેય નથી બન્યા.

કપડાની આગને બુઝાવવી: જ્યારે કોઈ વ્યક્તિના કપડાને આગ પકડે છે, ત્યારે વિચારવાનો સમય ન વેડફતા, આપણી ક્રિયા સહજ અને તાત્કાલિક

હોવી જોઈએ.

એક વસ્તુ જે ક્યારેય ન કરવી જોઈએ અને તે, દોડવું ન જોઈએ: જ્યારે કપડામાં આગ લાગે છે ત્યારે દાઝેલાની ઈજાને ઘટાડવા માટે, Stop, Drop and Rolls ખૂબ જ જરૂરી છે. ઈજાઓમાં સૌથી પીડાદાયક અને અજાણતાં મૃત્યુનું ત્રીજું મુખ્ય કારણ દાઝવું છે. હાથ, જાંઘના ભાગમાં, ચહેરો અને ફેફસાંનું ખાસ જોખમ છે કારણ કે તે નાજુક ભાગો સરળતાથી ઈજાગ્રસ્ત થઈ શકે છે.

આવા કિસ્સાઓમાં સારા થવાની પ્રક્રિયા ધીમી અને ખુબ જ દુઃખદાયક છે.

વધુ માટે જુઓ પાનુ ૧૫

એક નજર પારસી મરણો ઉપર

Deceased મરનાર	Age વય	Date તારીખ	Address ર. કે.	Relations સગાઈઓ
Dinshaw Darabshaw Golwalla દીનશા દારબશા ગોલવાલા	71 ૭૧	29-10-2020	17/A, Rustom Baug, 3Rd Floor, Sant Savta Marg, Near Masina Hospital, Byculla (East), Mumbai 27. ૧૭/એ, રૂસ્તમ બાગ, ત્રીજે માળે, સંત સાવતા માર્ગ, ભાયખલા, મુંબઈ ૨૭.	તે ઝીનોબીયાના ખાવિંદ તે પોરસ ને પરસીના પપ્પા તે મરલુમો શેરા દારબશા ગોલવાલાના દીકરા તે માહાદુખ ને શીરીનના ભાઈ તે મરલુમો ખોરશેદ નાદીરશા ગઝદરના જમઈ તે સીમીન, જેસમીન, સીમોનીલ ને શારમીનના મામાજી તે ધન, પરવેઝ ને વિરાઈના બનેવી.
Gool Firoz Bam ગુલ ફિરોઝ બામ	87 ૮૭	29-10-2020	G-3, Palm Springs, Cuffe Parade, Colaba, Mumbai 5. ૩-૩, પામ સ્પ્રિંગ્સ, કફ પેરેડ, કોલાબા, મુંબઈ ૫	તે મરલુમ ફીરોઝના ધનીયાની તે મરલુમો હીરાબાઈ મેરવાનજી ગાઈના દીકરી તે મરલુમો ફેની નરીમાન બામના વલુ તે મરલુમો દારાયસ, ફીરોઝશાહ, ધનમાય, આલુ તથા રતનશાહના બહેન તે મેહરુ તથા અદીના નરન તે વીલુ આબાન હુતોક્ષી, અરનાવાઝ, હોરમઝ, સાયરસના માસી તે શેરનાઝ, પરવેઝ, જીમી તથા મરલુમ ફરોખના કુઈ.
Roshan Bomi Printer રોશન બોમી પ્રિન્ટર	64 ૬૪	30-10-2020	2, Contractor Building, Sussex Road, Byculla (East), Mumbai 27 ૨, કોન્ટ્રાક્ટર બિલ્ડિંગ, ભાયખલા ઈસ્ટ, મુંબઈ ૨૭.	તે મરલુમ બોમીના ઘણીયાણી તે મરલુમો ધન પીરોજશા શરોફના દીકરી તે રૂસીના બહેન તે મરલુમો દીનબઈ ફરામરોઝ પ્રિન્ટરના વલુ.
Mehroo Darabji Dastoor મેહરૂ દારબજી દસ્તુર	89 ૮૯	31-10-2020	14/A, Cawasji Patel Street, Sukhia Building, Fort, Mumbai 1. ૧૪/એ, કાવસજી પટેલ સ્ટ્રીટ, સુખીયા બિલ્ડીંગ, ફોર્ટ, મુંબઈ ૧.	તે મરલુમો મોટામાઈ તથા દારબજી દસ્તુરના દીકરી તે રૂસી તથા હોશંગ દારબજી દસ્તુરના બહેન તે હીલ્લા સોલી દસ્તુરના નણંદ તે રોશની ફીરદોસ ભાઈના તથા અખ્તાવર અદી ચીંડીના કુઈજી તે મરલુમો સોલી, નરીમાન, હોમી તથા ફીરોઝ દ. દસ્તુરના બહેન.
Cawas Shawaksha Marfatia કાવસ સાવકશા મારફતીયા	87 ૮૭	02-11-2020	21, Irani Building, Pandita Ramabai Marg, Mumbai 7. ૨૧, ઈરાની બિલ્ડિંગ, પંડિત રામાબાઈ માર્ગ, મુંબઈ ૭.	તે હીલ્લાના ધની તે પરસી ને રશનાના પપ્પા તે નેનસીના સસરાજી તે બોનાઈતાના અપાવાજી તે મરલુમો આલામાય સાવકશા મારફતીયાના દીકરા તે મરલુમ નરગીશના ભાઈ તે કેશમીરા, ઝરીન ને સાયરસના મામાજી તે મરલુમો ધનમાય મનચેરશા તારાપોરવાલાના જમઈ તે રૂકશાના, પરીઝાદ અને પીનાઝના કુવાજી તે અદી, હોમી, ઝરીન ને ફરીદા તથા મરલુમ સાવક ને ખરશેદના મામાજી.
Maneck Ratansha Wadewala માણેક રતનશા વાડેવાલા	75 ૭૫	02-11-2020	17/4, Mehta Building, Panthaky Baug, Andheri East, Mumbai 69. ૧૭/૪, મેહતા બીલ્ડિંગ, પંથકી બાગ, અંધેરી (પૂ.), મુંબઈ ૬૯	તે મરલુમો કુંવરબાઈ તથા રતનશા વાડેવાલાના દીકરી. તે ગોદેરજ વાડેવાલા, અરજોર વાડેવાલા તથા મરલુમો ફરામ, બેલમન તથા દીના તારાપોરના બહેન તે ગુલા તથા દીનાઝ વાડેવાલાના નણંદ તે સુનુ વાડેવાલાના કુઈ.
Banoo Aspandiar Shahparast બાનુ અસપનદીયાર શાહપરાસ્ત	95 ૯૫	03-11-2020	761, Najamai Mansion, 15th Floor, Mancherji Joshi Road, Dadar (East), Mumbai 14. ૭૬૧ નાજમાય મેનશન પહેલે માળે, એમ.જોશી. રોડ, મુંબઈ ૧૪.	તે ગોવેર તથા મરલુમો સોહરાબ, ગુલબાનું, પારી તથા મોતાના બહેન તે ફરહાન, પ્રેયા, નીલ, ઉરવફસ, કેવાન શનાઈરા, ઝકસીસ, ઓરીશ ને અરશાન ના ગ્રેટ ગ્રેની તે હોમી, અદી, અરુપી, કોબાદ ને બેહરામના સાસુ તે મરલુમો સારવાર રૂસ્તમ રૂઝબેલીના દીકરી તે દોગદોના વેવલી.
Nargis Jal Italia નરગીસ જાલ ઈતાલીયા	97 ૯૭	03-11-2020	12/14, Ashish Building, Flat No.17, Santur Lane, Dhobhi Talao, Mumbai 2. ૧૨/૧૪ આશીશ બિલ્ડિંગ, ફ્લેટ નં. ૧૭, ધોબી તલાવ, મુંબઈ ૨.	તે મરલુમ જાલના ધનીયાની તે મરલુમો માનેકબાઈ મંચેરશાના દીકરી તે રૂઝબેલ ને સનોબરના માતાજી તે હોમી ખોરશેદ, પેરીન તથા મરલુમો નાજુ, મરઝબાન, વીલ્લા ને નેવીના બેન તે મરલુમો ગુલબઈ માનેકશા ઈતાલીયાના વલુ તે મરલુમો હોરમસ, નરીમન, અદી ને મનીના ભાભી.
Shavak Ardeshir Mistry શાવક અરદેશીર મીસ્ત્રી	96 ૯૬	03-11-2020	29/B, Sagar Sangeet, 58, Colaba Road, Mumbai 5 ૨૯/બી, સાગર સંગીત, ૫૮ કોલાબા રોડ, મુંબઈ ૫.	તે દોલી સાવક મીસ્ત્રીના ખાવિંદ તે મરલુમો જરબાઈ તથા અરદેશર મીસ્ત્રીના દીકરા તે આઝરમી મીસ્ત્રીના બાવાજી તે નીલ સોલંકીના સસરાજી તે ઈયાનાના મમાવાજી તે મરલુમ મની, નરી તથા કેકીના ભાઈ તે લોરેનના કાકાજી તે દરાયસ તથા હુતોક્ષીના મામાજી.
Roshan Cyrus Wadia રોશન સાયરસ વાડીયા	75 ૭૫	03-11-2020	Aryan Mahal, 'C' Road, Marine Drive Mumbai 20. આરયન મહલ, સીરોડ, મરીન ડ્રાઈવ, મુંબઈ ૨૦.	તે ડો.સાયરસ બેહરામ વાડયારના ધનીયાની તે મરલુમો જર તથા જાલ મનચેરશાહ દાવરના દીકરી તે મરલુમ સાયરસ જાલ દાવરના બહેન તે મરલુમો જાલુ તથા બેહરામ અરદેશર વાડીયાના વલુ.
Hilla Noshir Bilimoria હીલ્લા નોશીર બીલીમોરયા	79 ૭૯	04-11-2020	665, Band View, Lady Jehangir Road, Dadar, Mumbai 14. ૬૬૫ બેંડ વ્યુ, લેડી જહાંગીર રોડ, દાદર, મુંબઈ ૧૪.	તે ડો. નોશીર માણેક બીલીમોરયાના ઘણીયાની તે નવાઝ નોઝર દુબમલ તથા ડો. રોહિનટન નોશીર બીલીમોરયાના માતાજી તે મરલુમો ખોરશેદ તથા કેખુશરૂ ઈરાનીના દીકરી તે નોઝર મ. દુબમલ તથા પરીનાઝ ૨. બીલીમોરયાના સાસુજી તે હુકીયા તથા કાર્લના મમઈજી તે જનાઈન તથા વલીશતાના અપઈજી તે હોમાય ફ. કાતરક તથા મરલુમ બેહરોઝ ક. ઈરાનીના બહેન તે મરલુમો શેરૂ તથા ડો. માણેક બીલીમોરયાના વલુ
Kersi Jalejar Pardiwalla કેરસી જાલેજર પારડીવાલા	83 ૮૩	04-11-2020	501/2, Spenta Towers, Forjett Street, Mumbai 36 ૫૦૧/૨, સ્પેન્ટા ટાવરસ, ફોરજેટ સ્ટ્રીટ, મુંબઈ ૩૬.	તે મરલુમો ટેલમીના તથા જાલેજર સોરાબજી પારડીવાલાના દીકરા તે ઝરીન કેરસી પારડીવાલાના ખાવિંદ તે પરીઝાદ નેવીલ ઈરાનીના બાવાજી તે નેવીલ સહેરીયાર ઈરાનીના સસરા તે મરલુમો કોલામાય તથા દારબશા હાટરીયાના જમઈ તે ધનમાય વીકાજી પટેલ, કેટી નરીમાન મીસ્ત્રી, એમી રૂસી દણવાલાના ભાઈ તે શીરીનબાઈ દારબશા પારડીવાલાના ભત્રીજા તે મરલુમો શાપુર દારબશા હાટરીયા અને ઝીનોબ્યા મહીયાર માદનના બનેવી.
Jeroo Phiroze Bilimoria જરૂ ફિરોઝ બિલીમોર્યા	91 ૯૧	04-11-2020	Sorrento, 9th Floor, Mount Pleasant Road, Off. Cm House Varsha, Malabar Hill, Mumbai 6. સોરેન્ટો, ૯મે માળે, માઉન્ટ પ્લેઝન્ટ રોડ, મલાબાર હિલ્સ, મુંબઈ ૬.	તે મરલુમો બયા તથા ફીરોઝ દુબાશના દીકરી તે મરલુમ ફીરોઝ બિલીમોર્યાના વિધવા તે મરલુમ જહાંગીર દુબાશના બહેન તે ફીરોઝ દુબાશ, સીમોન પંડોલ ને બાનુ જસુબોઈના કુઈજી.

Death Announcements from Poona Parsee Panchayat (Trust Office)

Yazdi Pajnigar યઝદી પાજનીગર	66 ૬૬	27-10-2020	480, Sardar Moolidar Road, Rasta Peth, Pune - 411001. ૪૮૦, સરદાર મુલીદાર રોડ, રસ્તા પેઠ, પુણે ૪૧૧૦૦૪.	-
Hoshi Pestonji Ayem હોશી પેસ્તનજી આએમ	86 ૮૬	28-10-2020	E/10, Konark Kinara, Talera Park, Kalyani Nagar, Pune 411006. ઈ/૧૦, કોનર્ક કિનારા, તાલેરા પાર્ક, કલ્યાણી નગર, પુણે ૪૧૧૦૦૬.	તે મરલુમ પેસ્તનજી જહાંગીરજી તથા રોડા પેસ્તનજી આએમના બેટા તે મરલુમ ચાંદન હોશી આએમના ઘણી તે દારા પેસ્તનજી આએમ, શોભા કમલ ગાર (આલુ પેસ્તનજી આએમ) તે પીલુ પેસ્તનજી આએમના ભાઈ તે રોશી દારા આએમના કાકાજી તે રૂપા ફીરદોશ પાલનજી તથા રૂપેશ કમલ ગારના મામાજી.

ઢસરડા ઓછા કરો અને વિચારો વધારે

એક ગાડીમાં ડિઝલ ખુટી ગયું એટલે ત્રણ કી.મી. ઘક્કા મારી મારીને બધાં પેટ્રોલ પંપ પહોંચ્યાં, દાદાએ કહ્યું સાંભળ, ટાંકી ફુલ કરાવી લેજે અને ડેકીમાં એક કેન પડ્યો હશે એ પણ ભરાવી જ લેજે.

પૌત્રએ કહ્યું, પણ એ કેન તો ફુલ ભરેલો છે.

દાદાજી બોલ્યા તો ઘક્કા કેમ મરાય્યા? એને વાપરી નંખાય ને.

પૌત્ર કહે પણ દાદાજી એને એ તો ઈમરજન્સી માટે રાખ્યો છે ને!

વાંચકો,

રોજિદા જીવન દરમ્યાન આપણે પણ આવું જ કરીએ છીએ, કમાવા પાછળની દોટ, ભેગું કરવાનો શોખ અથવા ઘેલછા, ખરાબ સમયે કામ આવશે એવી ધારણાઓ માટે એટલાં બધા ઢસેડા કરીએ છીએ કે જીવનની સાચી રાઈડ માણી જ શકતાં નથી.

માટે જ આનંદથી જીવી લો, મોજ કરો, જીવન જીવી જાણો, ફરી પાછો મહામુલો મનુષ્ય અવતાર, મળે કે ન પણ મળે !!

* શું આપણે બિલ્ડરો અને ઈન્ટરિયર ડિઝાઈનર્સ, કેટરર્સ અને ડેકોરેટર્સને પૈસા ચૂકવવા માટે જ કમાઈ રહ્યા છીએ? * આપણા અતિ મોંઘા ઘર, સારું ફર્નિચર અને ખર્ચાળ લગ્નોથી આપણે કોને પ્રભાવિત કરવા માગીએ છીએ? * શા માટે આપણે આપણા જીવનના અતિ મહત્વના વર્ષોમાં કૂતરાની જેમ કામ કરીએ છીએ?

* આપણે કેટલી પેઢીઓને ખવડાવવા માંગીએ છીએ? * આપણામાંના દરેકને બે બાળકો છે. ઘણાને એક જ બાળક હોય છે. * જરૂરિયાત કેટલી છે અને આપણને ખરેખર જોઈએ છે કેટલું? એના વિશે વિચારો. * શું આપણી આવનારી પેઢી કમાવવા માટે અસમર્થ હશે, જેથી આપણે તેમના માટે ખૂબ બચત કરીએ છીએ.

* શું આપણે મિત્રો, કુટુંબ અને સ્વયં માટે અઠવાડિયામાં એક દિવસ કાઢી શકતા નથી? * શું તમે તમારી માસિક આવકનો માત્ર ૫% હિસ્સો પણ તમારા આત્માના આનંદ માટે ખર્ચ કરો છો? સામાન્ય રીતે ના. * આપણે કમાવા સાથે આનંદ કેમ કરી શકતા નથી? * તમારા હૃદયમાં કોલેસ્ટ્રોલ બ્લોકસ કે મણકાની ગાદી ખસી જાય તે પહેલાં આનંદ કરવા માટે સમય ફાળવો. * આપણી પાસે સંપત્તિ નથી, અમારી પાસે દસ્તાવેજો પર માત્ર ટેમ્પરરી નામ છે.

ભગવાન કટાક્ષરૂપે હસે છે, જ્યારે કોઈ કહે છે, હું આ જમીનનો માલિક છું. શ્રીમંત બનવું ખરાબ નથી, પરંતુ માત્ર ખૂબ ધનવાન હોવું જ અયોગ્ય છે. ચાલો, જીવી લઈએ, જીવન પૂરું થાય એ પહેલા, એક દિવસ, આપણે બધા એકબીજાથી અલગ થઈશું; દિવસો, મહિનાઓ, વર્ષો વીતી જશે, એક દિવસ આપણા બાળકોના બાળકો આપણા ચિત્રો જોશે અને પૂછશે, આ લોકો કોણ છે? અને અમે અદ્રશ્ય આંસુઓથી હસીશું કારણ કે હૃદયને જોરદાર શબ્દથી સ્પર્શ કરવામાં આવે છે અને તમે કહો છો, તે મારા જીવન સાથેના શ્રેષ્ઠ દિવસો હતા.

- હોશંગ શેઠના

પારસી ટાઈમ્સ

THE TRUTH. DELIVERED WEEKLY.

પારસી ટાઈમ્સની લાઈફલાઈન

‘પારસી ટાઈમ્સ લાઈફલાઈન’ એ પીટી પહેલ છે જે ગરીબીની ભયાનક પરિસ્થિતિમાં જીવી રહેલા વરિષ્ઠ સમુદાયના સભ્યોને બચાવ અને રાહત આપવા તરફ કામ કરે છે.

આ મુસાફરીનો ભાગ બન્યા પછી, પારસી ટાઈમ્સને જાણ છે કે આપણા સમુદાયમાં ઘણા વડીલો અને સિનિયરો છે જેઓ ગરીબીની ભયાનક પરિસ્થિતિમાં જીવન જીવે છે અને અમે અમારી પહેલ દ્વારા બદલ થવાની ઈચ્છા રાખીએ છીએ - ‘પારસી ટાઈમ્સની લાઈફ લાઈન.’

પારસી ટાઈમ્સ કમનસીબ પરિસ્થિતિમાં જીવતા આવા વ્યક્તિઓ વિશેનો ડેટા એકત્રિત કરવાનો વિચાર કરે છે. ત્યારબાદ આ ડેટા અમારા ઉદાર સમુદાય ટ્રસ્ટ સાથે શેર કરવામાં આવશે જે સમુદાયના સભ્યોમાં ગરીબી દૂર કરવાના કામ કરે છે.

પારસી ટાઈમ્સ અમારા વાચકોને વિનંતી કરે છે કે ગરીબ પરિસ્થિતિમાં રહેતા વૃદ્ધ ઓરાસ્ટ્રિયન લોકોની વિગતો શેર કરો, જેથી અમને અમારા ટ્રસ્ટ સાથે માહિતી એકત્રિત કરવામાં અને શેર કરવામાં સક્ષમ બનાવવામાં મદદ મળે. જેથી આપણે આપણા વરિષ્ઠોને તેમના સંઘ્યાકાળના વર્ષોમાં, માન અને ગુણવત્તાનું જીવન પ્રદાન કરવામાં મદદ કરી શકીએ.

તમારી વિગત નીચેના મેઈલ પર ઈમેલ કરો અથવા નીચેના સરનામે મોકલો

editor@parsi-times.com

પારસી ટાઈમ્સ લાઈફલાઈન: ૨જે માળે, ખેતાન ચેમ્બર્સ સીએચએસ લીમીટેડ.,

૧૪૩-૧૪૫ મોદી સ્ટ્રીટ, ફોર્ટ, મુંબઈ ૧.

આજની દયાજનક સ્થિતિ

હવે તો આવે છે નજર, દેશની બરબાદિ ના આસાર; ઉડાવે છે આપણી મજાક, આં દુનિયા, આં આખો સંસાર

ગિલ્દની જેમ અમીરો, ગરીબોના ભાગનો ખાઈ રહ્યાં છે કંસાર;

પડતી થઈ રહી છે ગરીબો અને સાધરણ લોકોની વારમ વાર

અબજાઓની સુરક્ષાની વ્યવસ્થા છે ડામાડોળ, જાણે ક્યાં ખોવાઈ ગયા, આપણા સંસ્કાર!!!

ઘરડાં વડીલોની લાગી છે વાટ, પાઈ પાઈએ મોહતાજ કરે છે બિચારાઓ ને સરકાર;

ઘવાયું છે, જખ્મી થયું છે આજે, એમનું સ્વાભિમાન, સ્વમાન.

શું આં જ, પેલા સ્વપનોનું છે, આપણું પોતાનું હિન્દુસ્તાન?

મેળવી હતી સ્વતંત્રતા ગાંધીજીએ, બીજાં અનેકોએ; ત્યાગ આપી, આપી બલિદાન.

- આરમીન દુતીયા મોટાશા

એક નજર પારસી મરણો ઉપર

Deceased મરનાર	Age વય	Date તારીખ	Address ર. ઠે.	Relations સગાઈઓ
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Death Announcements from Prayer Hall

Pervez Eruchshaw Bhathena પરવેઝ એરચશા ભાઠેના	84 ૮૪	01.11.2020	B-17, Bai Jerbai Baug, Dr. Ambedkar Road, Byculla, Mumbai 27. બી-૧૭, બાઈ જરબાઈ બાગ, ડો. આંબેડકર રોડ, ભાયખલા, મુંબઈ ૨૭.	તે આલામાય તથા એરચશા બી. ભાઠેનાના દીકરા. નેફયુ: કેઝાદ કેકી ભાઠેના.
Furrokh Phiroze Godrej ફરોખ પિરોઝ ગોદરેજ	83 ૮૩	02.11.2020	Flat No. 1102, 28th Road, Bandra West, Mumbai 50. ફ્લેટ નં. ૧૧૦૨, ૨૮મો રોડ, બાન્દરા વેસ્ટ, મુંબઈ ૫૦.	તે રોશનના ઘણી તે મરહુમ ગુલા તથા મરહુમ ફિરોઝના દીકરા તે કેરબાન, નાઝનીન, યારમીનના પપ્પા તે જીજુના સસરા તે તનીશાના ગ્રાન્ડ ફાધર તે અસ્પીના ભાઈ

Death Announcements from Kuwait

Phiroze Faredoon Mistry ફીરોઝ ફરેદૂન મીસ્ત્રી	82 ૮૨	16.10.2020	752, Dr. Jai Vakil Building, Parsi Colony, Dadar, Mumbai 14. ૭૫૨, ડો. જાલ વકીલ બિલ્ડિંગ, ડો. ઘંટી રોડ, પારસી કોલોની, દાદર, મુંબઈ ૧૪.	તે પરવીઝના ખાવિંદ તે કયોમર્ઝ, બુરઝીન તથા કેઝરીનના પપ્પા તે મરહુમો રતિ તે તથા ફરેદૂન મીસ્ત્રીના દીકરા તે મ. પરીન તથા પીરોજશા દાડવાલાના જમાઈ તે સુત્રુ, ફરીદા તથા મીકીના સસરાજ તે ફેયા, રેયાન, આર્યાના, બીજાન, કીયાન તથા આર્યાના ગ્રેન્ડફાધર તે હીરા તથા મ. હોમી પાવરીના વેવાઈ તે શ્રીતા તથા કેકી મીસ્ત્રીના વેવાઈ તે નરગીશ તથા મ. મીનુ કવીશના વેવાઈ તે મ. પરવેઝ તથા મહાતાબ હોમી સુખીયાના ભાઈ તે ફેની પરવેઝ મીસ્ત્રીના દેર.
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Death Announcements from Parsi Zoroastrian Anjuman, Mhow

Roda Noshir Davar રોડા નોશીર દાવર	76 ૭૬	30.10.2020	B-1101, Annamitra HSG.Society, Prakruti Park, Thane West, Mumbai 607. બી-૧૧૦૧, અન્નામીત્રા હાઉસિંગ સોસાયટી, પ્રકૃતિ પાર્ક, ઘાણે, વેસ્ટ, મુંબઈ ૬૦૭	તે મરહુમ વિસ્તાસ્ય અને મરહુમ પરવીઝ અપ્પુના દીકરી તે મરહુમ નોશીર મોટાભાઈ દાવરના ઘણીયાણી તે મરહુમ દારાયસ અપ્પુ, મરહુમ રોશન કરાય અને જમશેદ અપ્પુના બહેન તે મરહુમ મોટાભાઈ અને મરહુમ લિલા દાવરના વહુ તે આદિલ દાવર અને ફરહાદ દાવરના મમ્મી તે ડેલના તથા તનાઝ દાવરના સાસુ તે કાયરસ, હમારના, તરોનીશ, મઝદા દાવરના ગ્રાન્ડ મધર.
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YOUR MOONSIGNS JANAM RASHI THIS WEEK

લખનાર: મરહુમ મહારાજ શ્રી સ્વયંજયોતિના સહકાર્યકર્તા જયેશ એમ. ગોસ્વામી

અઠવાડિક રાશિક્ષણ: તા. ૦૭.૧૧.૨૦૨૦ થી તા. ૧૩.૧૧.૨૦૨૦



Aries - મેષ - અ.લ.ઈ.

ગુરૂની દિનદશા ચાલુ હોવાથી મિત્રો તરફથી માન-સન્માન મળતું રહેશે. તમારા મિત્રો કે સગાવહાવાઓને સાચી સલાહ આપી તેમનું દિલ જીતી લેશો. મુશ્કેલીભર્યા કામને સહેલા બનાવી કરી શકશો. તમારા અટકેલા કામ પૂરા કરવા માટે કોઈની ઈનવીઝીબલ હેલ્પ મળી જશે. ધન બચાવવાની કોશિશ અવશ્ય કરજો. દરરોજ 'સરોશ યજ્ઞ' ભણજો. શુકનવંતી તા. ૦૮, ૦૯, ૧૦, ૧૨ છે.

Lucky Dates: 08, 09, 10, 12.

Jupiter's ongoing rule will bring you a lot of appreciation and respect from friends. You will win over your friends and relative by giving them your sincere advice. You will be able to easily complete even difficult tasks. You will receive anonymous help in successfully completing your stalled projects. Try to save money. Pray the Sarosh Yasht daily.



Cancer - કર્ક - ડ.હ.

બુધની દિનદશા ૧૯મી ડિસેમ્બર સુધી ચાલશે. કામના નવા વિચારો આવતા રહેશે. નાણાકીય બાબતમાં સારા સારી રહેશે. હાલમાં થતો કાયદો ભવિષ્યમાં કામ લાગશે. ઘરમાં નવી ચીજ વસ્તુ વસાવી શકશો. ગામ-પરગામથી સારા સમાચાર મળશે. દરરોજ 'મહેર નીઆએશ' ભણજો. શુકનવંતી તા. ૧૦, ૧૧, ૧૨, ૧૩ છે.

Lucky Dates: 10, 11, 12, 13.

Mercury's rule till 19th December will have you thinking of new work projects. Financial stability is indicated. Current profits will stand you in good stead in the future. You will be able to make new purchases for the house. You could receive good news from abroad. Pray the Meher Nyaish daily.



Libra - તુલા - ર.ત.

તમને આજથી શીતળ ચંદ્રની દિનદશા શરૂ થયેલી છે. તમારા કામ ૨૬મી સુધી પૂરા કરવામાં સફળ થશે. ચંદ્રની કૃપાથી તમારો કોન્ફીડન્સ ખુબ વધી જશે. તમારા ડીસીઝન સહેલાઈથી લઈ શકશો. ઘરની વ્યક્તિ તરફથી માન-ઈજ્જત મળશે. દરરોજ ૩૪મુ નામ 'યા બેસ્તરના' ૧૦૧વાર ભણજો. શુકનવંતી તા. ૦૮, ૦૯, ૧૧, ૧૪ છે.

Lucky Dates: 08, 09, 11, 14.

With the Moon's rule starting today, you will be successful in completing all your works by the 26th of the month. The Moon will boost your confidence. You will be able to make sorted decisions with ease. You will receive much appreciation and respect from a family member. Pray the 34th Name, 'Ya Beshtarna', 101 times daily.



Capricorn - મકર - ખ.જ.

આજથી ૭૦ દિવસ માટે શુક્રની દિનદશા શરૂ થયેલી છે. તમારા મોજશોખ પૂરા કરી શકશો. અટકેલા ફસાયેલા નાણા પાછા મેળવી શકશો. બીજાના મન જીતી લેશો. ગામ-પરગામથી સારા સમાચાર મળશે. તબિયતમાં સારો સુધારો થશે. દરરોજ 'બહેરામ યજ્ઞ'ની આરાધના કરજો. શુકનવંતી તા. ૦૮, ૦૯, ૧૦, ૧૩ છે.

Lucky Dates: 08, 09, 10, 13.

Starting today, Venus rules you for the next 70 days. You will be able to indulge in all your fun and entertainment preferences. You will be able to retrieve trapped finances. You will be able to win over other people. You could receive good news from abroad. Your health will see much improvement. Pray to Behram Yazad daily.



Taurus - વૃષભ - બ.વ.ઉ.

૨૬મી સુધી શનિની દિનદશા ચાલશે. દિવસની ભુખ અને રાતની ઉંઘ બન્ને ઉડી જશે. નાની મોટી મુશ્કેલીઓ આવીને ઉભી રહેશે. રોજના કામો પૂરાં નહીં કરી શકો. જે વ્યક્તિની તમે મદદ કરી હશે તેજ તમારાથી દૂર ભાગશે. ધન માટે જેટલી કસ્ટર કરશો એટલો ડભવ ખર્ચ થશે. દરરોજ 'મોટી હમન યજ્ઞ' ભણજો. શુકનવંતી તા. ૦૭, ૧૦, ૧૧, ૧૩ છે.

Lucky Dates: 07, 10, 11, 13.

Saturn's rule till 26th November will rob you off your sleep and your appetite. Some obstacle or another will seem to keep coming your way. You will not be able to complete your daily chores. The person that you had helped will try to avoid you. Despite your hard efforts at trying to earn money, you will end up having large expenditures. Pray the Moti Haptan Yasht daily.



Leo - સિંહ - મ.ટ.

મંગળની દિનદશા ચાલુ હોવાથી તમારો સ્વભાવ સંચળ રહેશે. ઘરવાળાની વાત સાંભળવા પહેલા તમે ગુસ્સે થઈ જશો. બીજાનું ભલુ કરવા જતા તમારું ખરાબ થશે. મુસાફરી કરવાનું ટાળજો. લેતી-દેતીમાં ધ્યાન આપજો નહીં તો લેવાની જગ્યાએ દેવાનો વારો આવશે. દરરોજ 'તીર યજ્ઞ' ભણજો. શુકનવંતી તા. ૦૮, ૧૧, ૧૨, ૧૩ છે.

Lucky Dates: 08, 11, 12, 13.

Mars' ongoing makes you unpredictable. You could lose your temper on your family members even before they have completed what they are saying to you. Helping others could land you in trouble. Avoid traveling. Be cautious during transactions else you could end up losing where you could have gained! Pray the Tir Yasht daily.



Scorpio - વૃશ્ચિક - ન.પ.

છેલ્લા ૯ દિવસ તમે શાંતિથી પસાર કરી શકશો. શુક્રની દિનદશા ચાલુ હોવાથી અપોઝીટ સેક્સ તરફથી કાયદાની વાત જાણવા મળશે. ખર્ચ ઓછો કરવા જશો ત્યાં ડભવ થશે. અચાનક ઈનવીઝીબલ હેલ્પ મળી રહેશે. તમારા આપેલા પ્રોમીશ પૂરા કરી શકશો. નવા મિત્રો મળશે. ધનલાભ થવાના ચાન્સ છે. દરરોજ 'બહેરામ યજ્ઞ'ની આરાધના કરજો. શુકનવંતી તા. ૦૯, ૧૦, ૧૧, ૧૩ છે.

Lucky Dates: 09, 10, 11, 13.

You will be able to spend the last 9 days in peace for now. Venus' ongoing rule will bring you beneficial information from the opposite gender. Your expenses will increase despite your efforts to reduce them. You could receive sudden, anonymous help. You will be able to deliver on your promises. You could make new friends. Prosperity could be coming your way. Pray to Behram Yazad daily.



Aquarius - કુંભ - ગ.શ.સ.

૬ઠ્ઠી ડિસેમ્બર સુધી રાહુની દિનદશા ચાલશે. તમારે ખોટી ભાગદોડ કરવી પડશે. જેને પોતાના માનશો તેજ વ્યક્તિ તમારી સાને દગો ફટકો કરશે. જે પણ કામ કરશો તેમાં તમારું મન નહીં લાગે. રાહુ તમારી તબિયતને ખરાબ કરશે. કોઈ પર વિશ્વાસ રાખતા નહીં. દરરોજ 'મહાબોખ્તાર નીઆએશ' ભણજો. શુકનવંતી તા. ૦૭, ૦૯, ૧૧, ૧૨ છે.

Lucky Dates: 07, 09, 11, 12.

Rahu's rule till 6th December will have you wasting effort and energy. Those you deem close to you could end up deceiving you. Your mind will not be able to focus on the work at hand. Rahu could have a negative impact on your health. Avoid trusting people. Pray the Mah Bokhtar Nyaish daily.



Gemini - મિથુન - ક.છ.ધ.

૨૦મી નવેમ્બર સુધી બુધની દિનદશા ચાલશે. આજથી લેતીદેતીના કામો પહેલા પૂરા કરજો. જે કામ કરશો તેમાં સફળતા મળશે. નવા મિત્રો મળવાના ચાન્સ છે. જ્યાં કામ કરતા હશો ત્યાં નાણાકીય કાયદો થવાના ચાન્સ છે. વડીલવર્ગની ચિંતા ઓછી રહેશે. દરરોજ 'મહેર નીઆએશ' ભણજો. શુકનવંતી તા. ૦૭, ૦૮, ૦૯, ૧૦ છે.

Lucky Dates: 07, 08, 09, 10.

Gemini: Mercury's rule till 20th November suggests that you first complete any transactions pertaining to lending and borrowing. You will be successful in all you do. You could make new friends. You will get financial benefits from your workplace. Your worries about the elderly will lessen. Pray the Meher Nyaish daily.



Virgo - કન્યા - પ.હ.ણ.

૨૬મી નવેમ્બર સુધી ચંદ્રની દિનદશા ચાલશે. તમારા કામમાં થોડી ભાગદોડ કરવાથી કામમાં સફળતા મળશે. ઘરના વ્યક્તિ સાથે મતભેદ પછી તેમને મનાવી લેવામાં સફળ થશે. મનગમતી વ્યક્તિ મળવાથી આનંદમાં રહેશો. નાણાકીય બાબતમાં સારા સારી રહેશે. દરરોજ ૩૪મુ નામ 'યા બેસ્તરના' ૧૦૧વાર ભણજો. શુકનવંતી તા. ૦૭, ૦૮, ૦૯, ૧૦ છે.

Lucky Dates: 07, 08, 09, 10.

The Moon's rule till 26th November augers that if you put in a little extra effort in your work, you will be successful. You will be able to win over a family member after an argument. You will feel blissful after meeting your favourite person. Financially things will continue to improve. Pray the 34th Name, 'Ya Beshtarna', 101 times daily.



Sagittarius - ધન - ભ.ધ.ફ.

૧૬મી ડિસેમ્બર સુધી શુક્રની દિનદશા ચાલશે. ખર્ચ પર કાબુ નહીં રાખી શકો. નાણાકીય મુશ્કેલી નહીં આવે. અચાનક ધનલાભ થવાના ચાન્સ છે. તબિયતમાં સુધારો થશે. ઓપોઝીટ સેક્સ સાથે મતભેદ ઓછા થશે. નવા મિત્રો મળવાથી આનંદમાં આવશો. કામની ચિંતા ઓછી થશે. દરરોજ 'બહેરામ યજ્ઞ'ની આરાધના કરજો. શુકનવંતી તા. ૦૭, ૦૮, ૧૧, ૧૨ છે.

Lucky Dates: 07, 08, 11, 12.

Venus' rule till 16th December will leave you incapable of controlling your expenditures. There will be no financial challenges. You could expect a sudden windfall. Your health will get better. Squabbles with the opposite gender will reduce. You will feel much happiness with new friends. Your work tensions will reduce. Pray to Behram Yazad daily.



Pisces - મીન - દ.ચ.ઝ.થ.શ.

૨૪મી નવેમ્બર સુધી ગુરૂની દિનદશા ચાલુ હોવાથી કાયદો થશે. ચેરીટી કે મદદના કામો કરવાથી આનંદમાં રહેશો. નવા મિત્રો મળવાના ચાન્સ છે. વડીલવર્ગની સેવા કરી શકશો. નાના કાયદા મળતા રહેશે. મનગમતી વ્યક્તિ સામેથી મળવા આવશે. દરરોજ 'સરોશ યજ્ઞ' ભણજો. શુકનવંતી તા. ૦૭, ૦૮, ૧૦, ૧૩ છે.

Lucky Dates: 07, 08, 10, 13.

Jupiter's rule till 24th November will prove advantageous to you. You will feel mentally at peace by doing charity and works of philanthropy. You could make new friends. You will be able to serve the elderly. Financial profits will continue to come in. Your sweetheart will take the initiative to approach you. Pray the Sarosh Yasht daily.

Our Spiritual Journeys



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.

Most spiritual journeys begin with self-realisation. There is a pronounced difference between being spiritual and being religious. You can be religious or spiritual and even both. In essence, the two are different and markedly so. To be religious is to follow the principles, dictates, tenets and ethos of the religion you've embraced. It is about studying and following customs, rituals and prayers prescribed in the holy texts. The essence of true religion is to learn, imbibe and prosper, as a result of the wisdom and guidance of its teachings. To promote devotion, morality and religious sentiment is the goal of most religions. However, these days religion has become simply the utterance of words without any real understanding of these - we've forgotten the practice of religion in its essence.

Spirituality is more about an individual's choice - you are not born into a spiritual sect or faith. Spirituality is the language of your soul, it involves the recognition of a feeling or belief that something greater than yourself exists to essentially bring us together as a part of the whole that is divine in nature. Spirituality springs from a deep-rooted yearning to be connected to something bigger than ourselves in the broad scheme of things. It is the desire to learn more, perhaps your place in this universe, your role as a human... what drives the world, how are you a part of it all and most importantly, how can you help make this life more meaningful in all your myriad roles, varied connections and intimate relationships?

If these are a few questions you have been asking yourself recently, then you have set foot on the path to a spiritual awakening. Spirituality is a broad concept with room for eclectic perspectives, but it is undoubtedly a universal experience that touches us all at some point in our lives. For some, spirituality has been an experience as sacred or transcendent as an epiphany, evoking deep feelings of aliveness and interconnectedness. Some have

described it as energy surging into every fibre of their being connecting one to that large circuitry of life. You are left changed, charged and purer for it and from it. Life as you know it, changes. It's like absorbing wisdom and knowing every truth prevailed upon humans since time immemorial. It's a deeper understanding within your grasp. Spirituality is calmness, a sense of peace within - in the knowledge that there is a deeper truth, far more relevant and significant than anything we seek in life in our pursuit of perfection, happiness and success.

Spirituality is a state of being. It is not yielded through practices, chants, prayers or rituals. It simply stems from within. For anyone who has gone through trauma, suffering and adversities in life seeking answers to the "why me?" question invariably leads one onto a spiritual path. The three types of *karma* may explain it as the law of cause and effect or you may hold on to your belief of *dharma* - that all-inclusive term used to mean righteousness, morality, religion, responsibility and duty. Numerous books state that your life and your destiny are basically within your grasp, accentuating the power of manifestation by positive affirmations. But, immaterial of your path or the answers you seek, the questions remain the same... we all are drawn to that one goal of understanding and reaffirming our place in this Universe.

Our spirituality is essentially the spirit in which we live, work and process the world we live in. It is based on an evolving conscious relationship with self, others, the world, and the awareness of all these connected on some or multiple level. It could be enlightenment at a

single unique moment in time for some. It could be a process evolving over time for others seeking to comprehend their true place, meaning and purpose in life. It may be different for different people - some associate it with religion, some with personality. But no matter what, it is a consistently emerging phenomenon for most at different times and places in their lives.

It is a perennial search for all human identity. True spirituality is the cornerstone of our emotional wellness and gives us the ability to love wholly. It is true compassion, sympathy, forgiveness understanding and peace. Spirituality permits you to love and live in kindness. It is to forgive any trespass, even those that have wronged us in order to let go. By spirituality we learn to distance ourselves from

negative influences and toxic feelings. It is truly the essence of the soul. It can replace inner darkness, feelings of unworthiness and emptiness about us and others. It is essentially inner science or inner engineering to help us lead the best life we truly deserve. Spirituality elevates us to a place beyond our five senses and human comprehension. When you cease to live only by the physical and material, you learn to live by the divinity and true nature of being. Spirituality leaps where negativity ceases. The only temple that matters

is the one within you!





DR. DANESH CHINYOY

The Solution!

Dr. Danesh D. Chinoy is a leading Health and Wellness Coach, Sports Physiotherapist and Psychologist. He is dedicated to helping all to heal holistically and remain fighting fit for life. Providing eye-opening and groundbreaking insights into Wellness, Dr. Chinoy's two-decades' rich expertise has won him innumerable awards, nationally and globally. His mission is to empower you to reach your highest levels of wellness/fitness. You can connect with Dr. Chinoy at: daneshchinoy@gmail.com.

If you've been following my writings, you know that science shows changing your eating habits is a powerful way to live healthy and fighting fit for life. Every time I write about a food item that should be excluded from our daily diet, I have many readers who express their strong intent to practice and seek to know the general principles of healthy eating. So today, let me share with my dear readers the key to healthy eating. One of the most powerful steps you can take to improve your health, boost energy levels, and prevent chronic diseases is to move to a 'Whole-foods, Plant-based' approach to eating.

There's compelling scientific evidence that many chronic diseases can be controlled, reduced and even reversed by moving to a whole-food, plant-based eating approach. Scientific research highlighted in the landmark research done over a period of more than two decades 'The China Study' shows that a plant-based diet can reduce the risk of type 2 diabetes, heart disease, many types of cancers and other major illnesses. Many people also report bigger fitness payoffs, more energy, reduced inflammation, and better health outcomes after making the switch.

As the name suggests, a Whole-food, Plant-based eating approach is based on the following two simple principles:

1. Whole foods describe natural foods that are not much processed. That means whole, non-(or minimally) processed and unrefined ingredients. Foods in its natural form, just as nature intended it to be.
2. Plant-based means food that comes from plants and doesn't include any animal ingredients such as fish, meat, milk and eggs.

A whole-food, plant-based eating approach helps you meet your nutritional needs by focusing on natural, minimally-processed plant foods. Purchase foods that grow on plants and avoid food products that are manufactured in plants.

Some of the numerous benefits which you reap when you move to a Whole food, plant-based nutrition, all supported by research-based science, include:

Easy Weight Management: People who eat a whole food, plant-based food tends to be leaner, stronger and fitter. These food habits makes it easy to lose weight and keep it off - without counting calories. Yes! When



you eat clean and green, you can eat as much as you want without having to bother counting calories. You were taught to count calories as the refined, processed or animal-based foods have less nutrients and are more calorie dense as against whole food, plant-based foods that are the opposite. If you're looking at a slim waistline, you know what you need to do!

Disease Prevention: Whole-food, plant-based eating can prevent, halt, or even reverse chronic diseases, including heart disease, Hyper-tension and type 2 diabetes.

A Lighter Environmental Footprint: A plant-based diet places much less stress on the environment.

Here's a list of the major food categories you'll love and enjoy on a whole food, plant-based eating approach:

Fruits: All types of fruits that you like to have. Apples, Bananas, mangoes, sweet lime, oranges, pineapples, grapes, avocados (a super food fruit which is now easily available with our Mumbai fruit vendors), cherries, strawberries, mulberries, black berries, blue berries etc. Just make sure fruits are eaten just by itself, ideally on an empty stomach and at least an hour to forty-five minutes before regular meals. Always prefer



whole fruits rather than juicing them as that robs it of its all-important fiber.

Vegetables: Plenty of veggies including green veggies like lettuce, Palak, methi, green-peas, cabbage, cauliflower etc.

Tubers: Root vegetables like potatoes, carrots, radish, sweet potatoes, beets etc.

Whole Grains: Grains, cereals, and other starches in their whole form, such as jowar, ragi, bajra, brown rice, oats, etc. Even popcorn is a whole grain.

Legumes And Sprouts: Beans of all kinds, plus lentils, pulses, and similar ingredients. Sprouts such as moong, chana, titoli, rajma, chawli, methi, masoor etc. Sprouts are living foods and ideally be consumed raw as then you get the benefit of the live enzymes that it contains.

Nuts, Seeds And Dry Fruits: All kinds of nuts, seeds and dry fruits should be a part of our daily eating as it's a power house of good nutrients. Almonds, walnuts, khajoor, anjeer, pumpkin seeds, sunflower seeds, melon seeds etc. should be included in small quantities on a daily basis. For those who miss milk, can opt to prepare nut-based milk by simply grinding soaked nuts with water.

Spices And Condiments: Spices and condiments can be used to flavour the food as per one's taste. Just make sure you get them in its pure form and can grind them at home so that you avoid chemical flavouring and added preservatives. Turmeric, in particular, should be used generously as it's a very potent anti-inflammatory.

Fermented Foods And Beverages: Plant based fermented foods and beverages should be included regularly for good gut-health.

Sea Vegetables: With increased health awareness, there is an increased demand for sea vegetables such as kombu, nori, wakame, arame, sea palm etc. which are now readily available in Health food stores in Mumbai and elsewhere. If you have access and find it affordable, do include these nutrient dense vegetables.

Also, ensure to regularly check your Vitamin B12 and vitamin D levels and if found to be insufficient, please take supplements for the same. Even non-vegetarians are regularly lacking these two vitamins due to the excessive use of pesticides and other chemicals, as also the lack of adequate sunlight exposure in our daily lifestyle.

Whole-food, plant-based eating is cheaper than you think. Fresh produce goes a long way, and whole grains, potatoes, and beans are some of the most affordable bulk foods you can buy. Create meals around these staple items and you'll definitely spend less than you do on a meal rich in meat and other animal products.

I understand that after years of eating unhealthy refined food stuffs, a sudden shift to whole food, plant-based eating isn't easy for everyone. I encourage people to not sweat the small stuff and to look at the big picture instead: Focus on the big changes like switching from fish, meat, milk, and eggs to whole plant foods. Such changes dramatically improve the nutritional composition of your diet, so this is where you will find the most noticeable and measurable improvements in your health. The time to start making the change is now. You'll be glad you did!