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Today Marks The Holy Shehrevar Parab – Celebrating Divine Strength And Righteous Power

By Noshir H. Dadrawala

Page 04

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SII Despatches First Batch Of Covishield Vaccines



Page 07

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By Dr. Danesh Chinoy



Page 19

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Page 08



FROM THE EDITOR'S DESK

It's Finally Here!!

Dear Readers,

12th January, 2021 marked a day of great pride and glory for our community and the nation, as Serum Institute India (SII), the world's largest producer of vaccines (in terms of volume) marked India's highly anticipated entry into taking on the pandemic, as three truckloads, filled with the much awaited Covishield vaccine, were finally despatched from SII's Pune facility, launching its very first consignment.

Kudos to the father-son Poonawala duo - Dr. Cyrus and son, Adar - for spearheading SII to this extraordinary achievement, which plants yet another feather in the Parsi cap... perhaps the longest yet! Having contributed greatly to India's nation-building, our minuscule but mighty effective community, once again, stands with pride at the forefront, when it comes to making crucial contributions to India, as its honourable and grateful citizens.

The nation can finally breathe a sigh of relief as the primary phase of vaccination starts today, January 16th, 2021 in India, in what PM Modi has announced, as the world's largest inoculation program, with due and much-deserved priority given to healthcare and frontline workers, who will be administered the vaccine free of cost.

Cheers to all at SII and Astra Zeneca and all those working on the making of the anti-corona vaccines, for their concerted efforts, especially the researchers who worked around the clock to finally deliver a vaccine against the novel coronavirus, which has wreaked universal havoc since nearly a year now, impacting millions of lives and livelihoods across the world. Even as we hope and pray for the quick healing and recovery of all those who've had to bear losses of loved ones and endure other life-changing setbacks, we celebrate and welcome with gratitude, this promise of protection in a vial, which will go on to save millions of lives against the deadly epidemic.

Have a good weekend!

- Anahita
anahita@parsi-times.com

Government Approved Protocol Necessary To Be Observed At PRAYER HALL, Worli

For some time now, great difficulty has been experienced in explaining to mourners gathered at the Prayer Hall at Worli, that the present regulations mandate a maximum gathering of not more than 20 mourners at Funeral Ceremonies.

We have now been constrained to put up a notice at the Hall informing users that failure to observe the 'Unlock 4 Guidelines' is an offence punishable under S. 188 of the I.P.C. and that the priests performing the Ceremonies have been instructed not to start the prayers unless the number of persons seated in the Hall is below 20.

Apart from invoking penal consequences on themselves, those who do not observe these Guidelines could by their actions be depriving others from using the Hall at a later date.

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Dinaz Sohrab Banaji
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Thought for the Week

"It is not the strongest or the most intelligent who will survive but those who can best manage change."

- Charles Darwin

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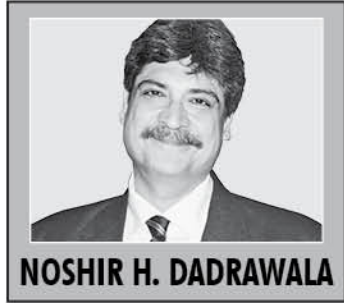
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Shehrevar Parab – Celebrating Divine Strength And Righteous Power



NOSHIR H. DADRAWALA

Shehrevar (Avestan *Khshathra Vairyā*) is the sixth month of the Zoroastrian calendar and represents *Ahura Mazda's* 'desirable dominion'. It is the *Amesha Spenta* or Archangel presiding over metals and minerals. *Shehrevar's* qualities are strength and power and *Shehrevar* uses both these qualities righteously to bring peace and *Ahura Mazda's* 'desirable dominion' in this world.

Shehrevar, who is visualized as wearing a battle helmet and wielding a spear and a shield, is the role model for every Zoroastrian in terms of Divine Strength (to do good) and Righteous Power (to the right the wrongs). Peace cannot be ushered by those without power and violence cannot be curbed by the weak. Therefore strength and power from a Zoroastrian point of view are positive as long as both are used righteously.

Khshathra Vairyā means 'Righteous Power' and represents the 'Power' to settle in peace. The *Vohu-khashatra Gatha* (*Vohu* = Good and *Khashatra* = Power or Strength) elucidates the power of doing good deeds. It says: "That man, who performs all his actions as an act of worship through *Asha's* Law, is deemed as the best by *Mazda Ahura*. Those who have been in the past and who are such at present, I shall, with reverence, recall them by name, and shall try to reach their high position by righteous deeds." This *Gatha* relates to *Yasna 51* wherein *Zarathustra* elucidates that excellence comes through righteous actions performed as acts of worship. Thus, righteous actions are the best form of worship and such actions reap strength and empowerment.

Sahrewar is a *Pahlavi* term for 'the best rule', which comes with Divine Strength and Righteous Power. *Shahenshas* or kings of ancient Iran were all inspired by this Divinity and ruled their vast kingdom on the principles of justice and equality. Kings like *Cyrus* the

Today marks the holy *Shehrevar Parab* - *Shehrevar Mah*, *Shehrevar Roj*. Zoroastrian scholar and expert, the erudite *Noshir Dadrawala*, shares a deeper understanding of this auspicious day.



Great and Queens like *Pourandokht* are classic examples. Evil cannot be resisted by a weak body or a weak mind. Therefore, from a Zoroastrian point of view weakness and disempowerment are looked down upon as an affliction of evil. In Zoroastrian theology, *Khshathra Vairyā* is a cosmic prototype for the world of *Ahura Mazda*, i.e. heaven which would be peaceful and ruled by just kings using their strength and righteous power.

The human body itself requires various metals and minerals, albeit in small quantities, to stay healthy and strong. For example, the lack of iron can make one anemic or feeling very weak while lack of calcium leads to osteoporosis or weakening of the bones. According to the *Shahnameh* or the Book of Kings, it was *Shah Jamsheed* who discovered the use of metals during the *Peshdadian* dynasty. Gold and silver was used extensively during *Achaemenid* times and so much so that Greek historians wrote that the roofs of homes in the inner most city of old *Ecbatana* (modern *Hamadan*) were tiled with gold and silver. *Ecbatana* was a summer capital during *Achaemenid* rule.

In a *Pahlavi* book called the *Zarathushtnameh*, it is stated that after receiving Divine Revelation from *Ahura Mazda*, when *Zarathushta* was counselled by each of the *Amesha Spenta*, *Shehrevar's* message to mankind, through *Zarathustra* the messenger of *Ahura Mazda* was: "use metals wisely". In other words, use metals for peaceful and progressive

purposes not violent or regressive purposes.

Traditionally, *Sharivargan* or the *parab* of *Shehrevar* would be celebrated in ancient Zoroastrian Iran by lighting fires (fire is energy and therefore a source to good health, strength and the warmth of friendship) and reciting the *Gatha*, especially *Yasna 51*. The day would also be spent helping empower the weak and doing general acts of charity and kindness. When priests offer *baj* they use metal rods for ritual power. During higher liturgical ceremonies, the water that is ritually purified and energized and poured back into the *agyari* well from which it is drawn, is collected in a metal *karasyo* or tumbler.

Many believe that *Cyrus the Great* was born on *Roj Shehrevar* of *Mah Shehrevar* (though this cannot be historically proved) according to the calendar of that time. Today *Iranians* (both *Zoroastrians* and *Muslims*) perceive *Cyrus* as a father figure and therefore many of them observe the fourth day of *Shehrevar* as 'Father's Day'. During *Achaemenian* times, fire alters were of stone and we see ruins of such fire alters to this date near *Naqsh-eRustom* in South Iran. However, in *India*, *Parsis* enthrone the Holy Fire on a metal *afarganyu* or vase. The Holy Fire is referred to as '*Atash Patshah*' or the fire king and it is only appropriate that the holy fire is enthroned on a metal *afarganyu* symbolizing *Shehrevar's* strength and power.

PARSI TIMES Let Me Run To The Relief Of Those Sinking In The Mire Of Misfortune

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*.

When trouble seizes man and he is filled with dismay, his mind sinks in sorrow and heart bends with grief. When he smarts under poignant sorrow, he dives deep in gloom. Melancholy preys on his health. The sorrows under which he groans and the misfortunes he suffers, dig hollow in his countenance. Adversity ploughs his face with furrows, bends his back and dims the luster of his eyes. Worry makes him old before his time. He seems to grow a year older every day. Misfortune withers to an early grave.

Sorrow is lessened, when it is shared by others. Suffering is sweetened, when others weep with the sufferer.

Deeply does my heart ache for the sufferings of my neighbors. Let me gently and soothingly enter into the sorrows and griefs of others. I will not be callous to the misery that surrounds me. I will not veil from my eyes the sight of the sufferings of others. I will look into them with the feeling heart and strive and struggle to soften them. I will share them. Sympathizing with the sorrow of others and bearing of their griefs dull the edge of my sorrow.

When adversity confronts me, I will face it and fight it and conquer it. I will not indulge in melancholy forebodings. I will maintain equanimity in the midst of my misfortune. As the violent tempests and gales agitate but the surface of the sea and reach not the depth, so when I find myself in the midst of sorrow and suffering, will I try to maintain unperturbed calm in the depth of my heart.

Joy is vociferous; sorrow is silent. I will hide my sorrow deep in my heart. I will bury my misery in my soul. I will try not to give way to despair and dive deep in the abyss of despondency.

Yet weak and frail is man. When a great weight is on my spirits, when my heart is sore distressed, when sorrows and sufferings surge around me and I see no way out from my gloom and I have no strength to endure, I will wail and weep under my breath to Thee, my Comforter. Thou, I know, art at hand to soothe my sorrow. Thou dost dwell in my heart. Thither will I betake myself and unburden my breast to Thee. Deliver me from my distress. Help me to retrieve my position, when misfortune befalls me. Let bright, happy days dawn on me again, *Ahura Mazda!*

'Dudh Ma Sakar' Presentation

Frohar Films' Tele-Serial, 'Dudh Ma Sakar', presents 'Parsi Banoo Ono Manito Poshak - Gara (Part-3)', on 17 January, 2021, at 12:00 noon, on DD Gurnar channel. For feedback, mail: froharfoundation@gmail.com

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“Let’s Work As One Collective And United Community” Says Community Service Stalwart - Hoshang Jal

Those who know Hoshang Jal would describe him as a very helpful, sincere and genial personality, known for his commitment to community service and for going out of his way to extend a helping hand to all. 62-year-old Cusrow Baug resident, Hoshang Jal has been a former Assistant Commissioner in the Customs, serving in the Indian Revenue Service for over three decades, and is the proud recipient of the prestigious ‘Presidential Award for Specially Distinguished Record of Service’ - the highest award to be conferred to a Civil Service officer.

Known for his active involvement in the community and in the Baug, Hoshang is the Secretary of Cusrow Baug’s United Sports and Welfare league since 2008. He played a crucial role in helping out residents of the Baug as well those outside, during the lockdown and the continuing pandemic. Having spent his childhood in Jer Baug, he has always felt grateful for the Wadia family’s towards generosity and foresight towards Parsis in providing facilities that have been a boon for the community.

“Since childhood I knew that I never wanted to take these facilities for granted but work towards bettering them. Cusrow Baug has been my home for over 25 years and I’m grateful to have found friends like family here. Baugs are a fantastic place to be born and raised in - it takes work and effort and community building at every stage to keep our Baugs the safe heaven that they are,” says Hoshang. Even growing up as a young collegian, Hoshang was on the Committee of the Bai Jerbai Baug Sports League, being an avid sports player through childhood.

Hoshang’s family comprises his supportive wife and his pillar of strength - Farida, and his children who make him very proud - Pashan, Cyrus and Parinaz and his son-in-law, Areez, as also the newest family member - his doggy - Oscar. Hoshang’s father - the Late Jal Bejon Jal - worked with the Mumbai Police Department, retiring as the Assistant Commissioner of Police. His mother, Late Amy Jal was a caring and nurturing homemaker.

Having completed his graduation

in Commerce and a Bachelor of Law (LLB), Hoshang followed in his father’s footsteps and joined Government service. As an officer of the Indian Revenue Service, he worked across departments of the Central Board of Excise and Customs such as the Directorate of Revenue Intelligence, the Marine and Preventive Wing and the Central Excise department. After 35 years of service, he retired as the Assistant Commissioner of Customs. During his service he received innumerable Commendation Certificates and Appreciation Letters in recognition of his efforts against smuggling, tax evasion and illicit traffic in foreign exchange, narcotic drugs and psychotropic substances. He was honoured with the prestigious ‘Presidential Award for Specially Distinguished Record of Service’ for his diligence and commitment.

Speaking about his leanings towards community service, Hoshang says, “As children, it was ingrained in us by our parents and elders of the community to always be of help to others, as that is the true Zarthosti way. I found a great sense of contentment in being able to help others and bringing a smile to another’s face. It is this that drives me to always try to be of help to others, be it within the baug or outside. Also, the bonds and camaraderie that we are able to cultivate with others are wonderful. It was a very fulfilling experience working as a team, especially during the Covid lockdown - the Cusrow Baug team and residents showed amazing commitment and camaraderie, and serving others energized us instead of tiring us, making us want to do more for those in need.”

Sharing pearls of wisdom as regards the privilege and the responsibility of being Parsi, he says, “Living in a Baug is a luxury, but beyond that, being a Parsi is a privilege. As a community we have stood by each other and supported the next generation - our children have the privilege of being a part of organized sporting activities and access to funds for education and entrepreneurship. **More than all else, it gives me great pride being part of a community whose reputation commands respect worldwide. We should strive to sustain and further this reputation and not take our privileges for granted.**



Sometimes, we lose sight of this and tend to bicker too much - we have so much, still we find faults. We are given so much, still we continuously ask for more because some of us have grown a misplaced sense of entitlement in the place of gratitude. With our privileges comes our responsibilities and duties. I hope that all who feel like, ‘This is my right’ are equally contributing and fulfilling their duty towards their community and its members.

I would like to remind everyone that nothing lasts forever without effort and nurturing. We must work towards supporting and helping each other at every stage, to protect what our ancestors left us. Let’s talk to each other instead of at each other. No matter what the situation, let’s never compromise on our unity and always work together as one collective and united community.”

SII Despatches First Batch Of Covishield Vaccines

Marking India's entry into a decisive phase against the anti-coronavirus fight, it was indeed a moment of great pride for the nation and our community, as three trucks loaded with the Covishield vaccine were despatched for the airport from vaccine maker - Serum Institute of India's facility in Pune, as part of the very first consignment of the vaccine, on 12th January, 2021.

The Covishield vaccine doses, which will be shipped to different locations in the country by roadways and by air, are being initially shipped to 60 consignee points for further distribution across various vaccination centres pan-India. The Maharashtra government provided police security to trucks carrying vaccine doses up to airports and the state's borders. In a statement to the media, DCP Namrata Patil said that administration has made elaborate security arrangements for the first consignment of the vaccine.

Adar Poonawalla shared this proud moment on social media in a tweet, "An emotional moment for the team at SII as the first shipments of Covishield finally leave for multiple locations across India."

Mumbai Airport Authority, on Wednesday, said that 2,72,400 doses of Covishield were sent to 20 cities of the country. Go Air's first flight left for Goa with 23,500 doses.

This was followed by SpiceJet, GoAir and Vistara planes taking the consignment to Bagdogra, Rajkot, Ranchi, Imphal, Agartala, Cochin, Bhopal, Kanpur, Jammu, Srinagar, Lucknow, Chandigarh, Gorakhpur, Raipur, Dehradun, Varanasi, Indore, Thiruvananthapuram and Jabalpur.

The first phase of COVID-19 vaccination drive will start from January 16th, 2021 in India, in what Prime Minister Narendra Modi has called the world's largest inoculation programme, with priority given to healthcare and frontline workers. The vaccine will be provided free of cost to the front line health workers and the Central government will bear the expenses of COVID-19 vaccination for frontline workers in the first stage.

The Health Ministry has said that at each vaccine centre in the country, a maximum of 100 people will be vaccinated in every session daily. After the first dose on Saturday, the beneficiaries will have to take a second dose in four weeks. The Health Ministry has also said that the number of vaccine centres will be increased gradually in the coming days.

On 14th January, 2021, SII CEO, Adar Poonawalla shared that SII would start stockpiling millions of doses of the Novavax coronavirus vaccine candidate starting around April. "Upwards of 40-50 million

Adar Poonawalla @adarpoonawalla · 2h

An emotional moment for the team at @SerumInstIndia as the first shipments of #Covishield finally leave for multiple locations across India.



6:22 pm · 12 Jan 2021 · Twitter for iPhone

doses per month is what we are trying to stockpile starting from April," he said.

The World Health Organisation has asked Serum Institute of India to submit its data from clinical trials of the AstraZeneca/Oxford vaccine conducted in India for prequalification, to kick off the distribution of vaccines under the

Covax Facility. WHO prequalification is a service the global organisation provides to facilitate access to medicines that meet unified standards of quality, safety and efficacy. So far, this service was for medicines and vaccines against HIV/AIDS, malaria and tuberculosis and is now being extended for Covid-19.

Binaisha Surti Hosts AIR's 'Sports Magazine'

Parsi Times is delighted to share that our very own Reporter and the community's budding sports personality, Binaisha M Surti, is hosting 'All India Radio' (AIR) - 'Akashvani Samvadita Mumbai' channel's popular show 'Sports Magazine'. Do join her and tune in at 9:15 am IST, 19th January, 2021 (Tuesday) for a fun filled episode with former cricket commentator - Fredun De Vitre.

The channel 'Samvadita Mumbai' is available on the 'NewsOnAir' app. Download it from your App store, open and select the language as English, click on the small radio symbol on your screen, after being directed to the live radio page, type in the name 'Samvadita Mumbai' on the top search tab and get the channel. Listen in and enjoy!



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Jehan Daruvala To Drive For All-Indian Team In 2021 F3 Asian Championship

The toast of all racing enthusiasts in the nation and the community, Mumbai's Formula 2 racer Jehan Daruvala will be part of the Mumbai Falcons, who will compete in the F3 Asian Championship, that starts on January 29, 2021, in Dubai.



The Mumbai Falcons are the first Indian team to compete in the championship. Former F2 and GT1 racer Armaan Ebrahim is the team principal and eight-time national champion - Rayomand Banajee, will be their strategy and communications head.

As per Navjeet Gadhoke, owner of the year-old Mumbai Falcons, the goal is to take Indian Motorsport to new heights with the Asian F3 being a good to that end. He is confident of the driver line-up on the grid which should go all the way and win the Championship.

Jehan Daruvala will join Kush Maini at the team. Jehan recently completed his maiden F2 season on a high note by securing his first-ever win in the series in Bahrain. Those finishing in the top five of the F3 Asian Championship are eligible to earn FIA Super Licence points. The Super Licence is necessary for those who want to compete in Formula 1 - so this should help Daruvala as he looks to make

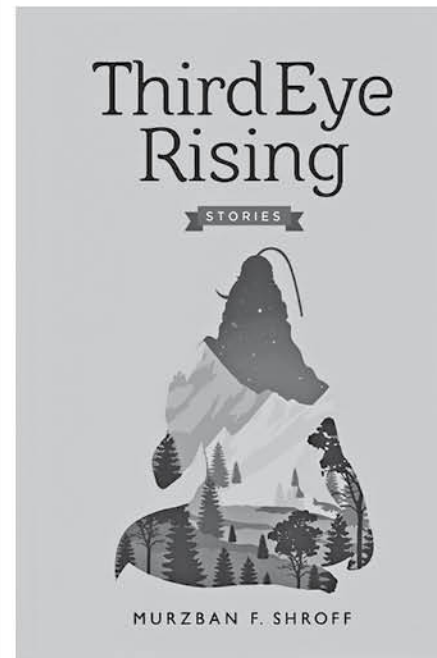
the step up to the pinnacle of racing.

Italian racing team, Prema will support Mumbai Falcons' F3 Asian Championship outing. Jehan has close ties with the team, as he competed with them in the inaugural Formula 3 season in 2019, finishing third overall in the Championship.

The Asian F3 Championship is the continent's most competitive racing event, with nine strong teams boasting multiple F2 and F3 drivers, competing. The 2021 F3 Asian Championship will kick off with Round 1 at the Dubai Autodrome this month, on January 29-30. This will be followed up by Round 2 at Abu Dhabi's Yas Marina Circuit on February 5-6, and Rounds 3 and 4 at the Dubai Autodrome, again on February 11-12 and 13-14 respectively. The championship will return to Yas Marina for its season finale on February 19-20.

Author Murzban Shroff To Launch 'Third Eye Rising'

Mumbai-based author, Murzban F. Shroff (author of *Breathless in Bombay*; *Waiting for Jonathan Koshy*, and *Fasttrack Fiction*), is set to publish his fourth book, 'Third Eye Rising', (with New York based literary publisher - Spuyten Duyvil), comprising ten full-length stories, exploring the neurodiversity of India through two of the country's most significant aspects - family ties and spiritual faith. All stories have been published in reputed international journals and three have received the Pushcart Prize nomination, the highest award for the short story in the US.



unity of humankind." It enralls with unwavering epiphany and steadfast narrative gaze. Language flows lyrically, entrancing the inward eye. In an unjust, charred world, these stories offer compassionate, luminous spirit.

Murzban F. Shroff has published his fiction with over 65 literary journals in the US and UK, and is the winner of the John Gilgun Fiction Award. He is much appreciated amidst the international author fraternity, with Madison Smartt Bell, author of *Barking Man*, *All Souls' Rising*, and *Anything Goes*, vouching, "Murzban Shroff's fiction is steeped in the most ancient of Indian folkways, and at the same time engaged with the various shocks of twenty-first century modernization. These stories treat their subjects with Chekhovian simplicity, and also partake of Chekhov's eerie transparency: that sense that he has given the reader everything without seeming to do anything at all. *Third Eye Rising* is the best work to date by a writer whose gifts have always been remarkable."

Born of Shroff's travels to Indian villages, 'Third Eye Rising' covers issues like greed, dowry, caste exploitation, child apathy, migrant identities, and personal loss. The collection also captures the joy and vitality of Indian festivals like Diwali and Makar Sankranti.

Six-times Pushcart Prize nominee and Commonwealth Prize-shortlisted author, Shroff says, "Third Eye Rising is my attempt to make visible the lives of the invisible, to bridge the rural-urban divide, and show the eternal

Third Eye Rising releases in the US, UK and Europe on 22nd January, 2021 and can be ordered on Amazon (<https://www.amazon.com/Third-Eye-Rising-Murzban-Shroff/dp/1952419026>).

to recognise that we are doing a good job and there are more of us coming to the forefront. It's amazing. We don't have to be in the background. This award is not just for me, but for all of us together." Mayor Sadiq Khan shared, "It has been an extremely difficult year for curry restaurants who have faced immense challenges as a result of the Covid pandemic. Restaurateurs and their staff have shown extraordinary resilience and worked tirelessly to adapt and provide a safe environment for their customers while continuing to deliver excellent service throughout these uncertain times. Despite these difficult times, it is heartwarming that many restaurateurs have gone

out of their way to provide a vital helping hand to those in need during the pandemic." Pervin added that she and her husband Cyrus always supported each other, and that he calls her 'the boss', while Cyrus quipped, "She holds the whip!"

[Courtesy: Malcolm M Deboo, ZTFE President]

Pervin Todiwala Conferred 'Inspirational Woman Of The Year' At 2020 British Curry Awards

On 17th December, 2020, UK-based Café Spice Namaste co-founder, Pervin Todiwala was awarded the 'Inspirational Woman Of The Year' at the prestigious 2020 British Curry Awards, which were held over a virtual ceremony, and hosted by comedian Rory Bremner. The award was announced by the Mayor of London - Sadiq Khan.



Pleasantly surprised on receiving the award, Pervin said, "I am thrilled as I have always felt that there are many Asian women who are behind the scenes who sometimes don't get recognised. I also feel that people are now starting

to recognise that we are doing a good job and there are more of us coming to the forefront. It's amazing. We don't have to be in the background. This award is not just for me, but for all of us together."

Mayor Sadiq Khan shared, "It has been an extremely difficult

WAPIZ Facilitates Navjotes Of Two Brothers

10th January, 2021, marked the long-awaited, auspicious Navjote ceremony of brothers - Aspandiar and Auriya Nowroze Attaie, thanks to WAPIZ facilitating the occasion, held at the Cama Baug (small ota) and graced by twenty-five well-wishers, including WAPIZ CEO - Anahita Desai and Trustees;

WAPIZ performed due diligence to authenticate the application and confirm its validity, especially in keeping with their ages which were much beyond the traditionally accepted navjote age. Dasturji Kotwal opined that it was an exceptional situation, through no fault of the two young boys, and hence WAPIZ should, in fact, initiate these two



Donor Mrs. Buhariwala (seated) with her family along with Homai Daruwala and Arnavaz Mistry



Naheed Attaie with her sons - Aspandiar and Auriya

brothers into the Zathoshti faith. Team WAPIZ met the boys with their mother Naheed and undertook all the necessary preparatory duties leading up to the Navjotes.

The donor, Soonu Buhariwala attended the navjote with her family. Keeping in mind the Covid restrictions,

only 25 well-wishers were present to witness this joyous initiation and bless the brothers. WAPIZ Trustees - Khojeste Mistree and Meher Panthaki, WAPIZ CEO - Anahita Desai, former BPP Trustee and social worker - Arnavaz Mistry, BPP Trustee Kersi Randeria, Chairperson of Zoroastrian Bank - Ms. Homai Daruwala and her sister Ketayun, Doongewadi Manager Vistaspar Mehta and his wife Dilnavaz, and social worker Spenta Umrigar, were some of those who attended. The brothers and their mother were beaming with happiness and pride.

The project would not have been possible without Karyesh and Sherry Patel, who are an integral part of Team WAPIZ. Gratitude also to Sarosh Daruwala (Mazda Audio) for capturing this event for posterity gratis. WAPIZ will also be undertaking Aspandiar and Auriya's education and future wellbeing, as the family is disadvantaged and is deserving of help, support and guidance.

Kudos to Team WAPIZ, generous donor Soonu Buhariwala, as well as all who aided in facilitating such an integral, indispensable and noble Zarthosti ceremony for the two brothers.




Donor Mrs. Buhariwala (seated) with (L to R) Anahita Desai, Kersi Randeria, Auriya, Aspandiar, Arnavaz Mistry and Khojeste Mistree

donor Soonu Hoshang Buhariwala, ZCBL's Chairperson - Homai Daruwala; Arnavaz Mistry and BPP Trustee Kersi Randeria.

Having received a generous donation from Soonu Buhariwala last December to sponsor the Navjote ceremony of 2 Parsi children, WAPIZ had put out a Whatsapp message asking for applications from deserving Parsi family to avail this opportunity. The application which was chosen came in as a recommendation from a social worker about two brothers, aged 13 and 17 years, whose Navjote had not yet been performed due to unfortunate family circumstances, and were living with their mother Naheed in Nallasopara.



(L to R) Monaz Randelia, Parvin Langrana, Meher Panthaki, Aspandiar, Auriya, Anahita Desai, Karyesh Patel, Naheed Attaie and Sherry Patel.



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02 Sa	02 Tu	02 Tu	02 Fr	02 Su	02 We
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31 Su		31 We		31 Mo	




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The Bawa Word Search

Search out 15 Indian Prime Ministers (including *Acting PM) To Date, hidden in the word-jumble box below, in bi-directional, horizontal, vertical and diagonal forms:

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 S U G W P K Y R Z D I D X M F X K W P F N T P N Q

- Jawahar Lal Nehru (1947 - 64)
- Gulzarilal Nanda (*27 May - 9 June, 1964)
- Lal Bahadur Shastri (1964 - 66)
- Indira Gandhi (1966 - 77 & 1980 - 84)
- Morarji Desai (1977 - 79)
- Charan Singh (1979 - 80)
- Rajiv Gandhi (1984 - 89)
- V P Singh (1989 - 90)
- Chandra Shekhar (1990 - 91)
- P V Narasimha Rao (1991 - 96)
- Atal Bihari Vajpayee (May-June 1996 & 1998 - 2004)
- H D Deve Gowda (1996 - 97)
- Inder Kumar Gujral (1997 - 98)
- Manmohan Singh (2004 -14)
- Narendra Modi (2014 to date)



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WINNING CAPTION!!!



Johnson: Apun ka raj hai, de taali!
 Modi: Pehle tu hajam kar le EU ki gaali!!

By Delraz L. Munsif (A'bad)

CAPTION THIS!



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 Send in your captions at editor@parsi-times.com by 13th JAN., 2021
 Winning Caption and Winner's Name Will Be Published Next Week.

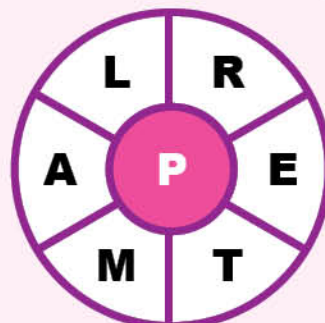
Disclaimer: Some of our 'Caption This' Contest photos are taken from freely available, public online resources and are published in a light and humorous vein, which is the mainstay of the Parsi spirit! No offence is intended to anyone or any situation.

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 - 8 or more words
- Good - 10 or more words
- Outstanding - 12 or more words



Thought for the Week

"Your talent determines what you can do. Your motivation determines how much you're willing to do. Your attitude determines how well you do it."

- Lou Holtz

Why Do We Hurt The Ones We Love?



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.

An age-old question we've all often asked ourselves - why do we hurt the people we love the most? It's uncanny how we operate on various levels of inflicting and receiving hurt, with most cases defying simple logic. Our relationships are often formed over years of intimacy and trust. Yet, it's always the closest and most intimate relationships with spouses, family and close friends which get most inflicted with pain on both sides. Whether the aggression meted out is direct or passive, it usually boils down to some form of betrayal.

Most often, betrayal in intimate relationships occurs when a partner lies, cheats, chronically criticises, stonewalls, yells or abuses the other. Each act violates the implicit trust and love you had placed on the other person. There is no excuse good enough for it to happen repeatedly. It's



sort of hard to believe that it's such a common phenomenon. We are all flawed creatures, reacting out of impulsive emotions. It's a vent or an emotional release from pent up frustrations that may have little or nothing to do with you.

Truth is - life and relationships are hardly



ever simple or neatly tied. Sometimes we have a choice to behave better or restrain ourselves, other times, a situation may just get so out of hand and overwhelming that one cannot but act from a place of primal emotion. You could be hurt, afraid or just angry, firing off on all cylinders at the people you love because they're the closest and therefore, most taken for granted. We tend to let our guard down with them and so, invariably, they get the lion's share of those unfiltered emotions and reactions. In instances like these, you need to check your emotional intelligence and conflict

resolution tactics. Observe your own emotional state and get yourself to a point where you are not unfairly lashing out at your loved ones.

To keep our relationships healthy, we need to keep our conflicts healthy too. To do that, we need to assess some of the reasons for our patterns...

Associating Conflict With Love... Many relationships misperceive conflict as love. They view it as a healthy expression of love, especially when one has grown up in a home where abuse and conflict was commonplace. They use conflict to demonstrate where their boundaries are and how they are enforced. To an extent, conflict is healthy in any relationship but the act of arguing or fighting with a loved one as a way of demonstrating passion or care about the person to engage in conflict with them, is a wrong stretch.

Getting 'Too' Comfortable: When you meet new people, you generally tend to introduce the most polished version of yourself. You want people to be perceived as affable and sociable. We tend to downplay our negative aspects. No one wants their shortcomings flaunted for all to see. Its only when a level of comfort is reached, that invariably the mask slips. Once you find it easier to express yourself, those boundaries tend to blur. You no longer feel the need to avoid arguments or stifle your genuine sentiments about a situation. If there is a hot button issue you disagree on, you generally tend to succumb to anger and spew words at your loved one, causing irretrievable damage to the relationship. Apologising later can only go so far. Developing mindfulness is an excellent way to sustain a relationship, rather than resorting to repair it.

Tendency To Protect And Retaliate... In intimate relationships, there's is a tendency to protect and retaliate. To gain control, as protection or reciprocation, is pretty normal. Alternatively, we may hurt the other because



they hurt us first, so we can regain our sense of control by reciprocating the hurt and getting even, through retaliation. If this happens to become part of an established dynamic in your relationship, it will morph into a toxic pattern and further nurture the mental and emotional abuse. Violating deeper values, disrespecting boundaries and being uncaring towards the emotional well-being of your loved one -all lead to a detrimental slide in any relationship.

Passion And Pain... Whether we accept it or not, there's an undeniable link between

Passion and Pain -across all areas in life. Man is nothing if not a creature of deep passion and feelings. The greater the love or connect, the higher the expectations... thus leading to heightened disappointment, disillusionments and let-downs. The more intense the passion, far worse and deeper is the pain.

Resolve now to stop hurting the ones you love the most! Practice sensitivity and vulnerability in all your relationships. While you need to feel safe, secure and loved, remember at all times, the feeling is mutual. Try to be the safe haven or shore where your loved one has the confidence to park and port. Practise empathy in every situation and relationship. Use your energy to connect with your partner

and develop a sense of self-worth. Stop trying to prioritise your fears or insecurities over your partner's happiness. Stop trying to destroy your partners confidence, lift them up, instead. Their confidence and achievements may surprise you as well and have you standing ten feet taller. Remember, when you hurt the one you love, you land up hurting yourself as well.

It is ironic, isn't it, that we invariably ignore the ones who adore us, adore the ones who ignore us, love the ones who hurt us and hurt the ones who love us!

નવા વર્ષમાં બીપીપી માટે ખુશખબર! - યોગ્ય ઉમેદવારો - અનાહિતા દેસાઈ અને બર્જિસ દેસાઈ - લાવી શક્યા બીપીપી બોર્ડ રૂમમાં ખૂબ જરૂરી સંતુલન અને શાંતિ! -

બીપીપીએ તાજેતરમાં જ તેની ચૂંટણી સમયપત્રકની ઘોષણા સાથે, ટ્રસ્ટી ઝરીર ભાથેનાના અવસાન પછી બી.પી.પી.ના ભૂતપૂર્વ અધ્યક્ષ યજ્ઞદી દેસાઈએ આરોગ્ય બરાબર ન હોવાને કારણે રાજીનામું આપ્યું હોવાથી, સમુદાય ફરીથી ખાલી ટ્રસ્ટીની બે બેઠકો ભરવા માટેના બીજા તબક્કાની ચૂંટણી માટે રાહ જોઈ રહ્યો છે.



છે. પરંતુ તેનાથી પણ વધુ, આ બીપીપી અને સમુદાયમાં ખૂબ જરૂરી સર્વસંમતિ અને સંવાદિતાનો સંયુક્ત સંદેશ હશે.

બંને ઉમેદવારોને કોઈ પરિચયની આવશ્યકતા નથી અને તેઓ સમુદાયના દિગ્દર્શક છે. તેઓ સમુદાય કલ્યાણના હેતુ માટે ખૂબ જ પ્રતિબદ્ધ છે અને બીપીપીમાં તેમની અનન્ય અને પૂરક કુશળતા સાથે સંતુલન અને વધુ કાર્યક્ષમતા લાવવાની તેયારીમાં છે.

દેસાઈ, એક ખૂબ જ આદરણીય, વિદ્વાન અને પ્રખ્યાત વકીલ અને લેખક જેમણે પણ પોતાનું નામાંકન ભરવાનું નક્કી કર્યું છે.

જો અનાહિતા દેસાઈ અને બર્જિસ દેસાઈ બિનહરીફ ચૂંટાય છે, તો સમુદાય માટે તે એક વરદાન હશે, કેમ કે ચૂંટણી સામાન્ય રીતે પડતા ભારે ખર્ચ, પ્રયત્નો અને પરિશ્રમથી સમુદાયને બચાવી શકાય

શાંતિ અને પ્રગતિ બીપીપી માટે સારી તેયારીમાં હોઈ શકે છે અને તે બોર્ડરૂમમાં ૨૦૨૧ની શરૂઆત કરવાની ચોક્કસ નોંધ છે!

બીપીપી ટ્રસ્ટીઓ માટે આ બે ખાલી જગ્યાઓને ભરવા યોગ્ય અને કાર્યક્ષમ બે ઉમેદવારો, ઉભર્યા છે. અનાહિતા દેસાઈ, જે તેમના જીવનભર સમર્પિત સેવા માટેના સમર્પણ માટે જાણીતા છે, તેમણે જાહેરમાં ઉમેદવારી જાહેર કરી છે અને બર્જિસ

વાચ્છાગાંધી દરે-મહેરની ૧૬૪મી શુભ સાલગ્રેહની ઉજવણી

૩૦મી ડિસેમ્બર, ૨૦૨૦ના રોજ, (સરોશ રોજ), શેઠ સોરાબજી બમનજી વાચ્છાગાંધી દરે મહેરે તેની ૧૬૪મી સાલગ્રેહની ખૂબ ઉત્સાહથી ઉજવણી કરી. અગિયારીને લાઈટ અને ફૂલોથી શણગારવામાં આવી હતી. સવારે ટ્રસ્ટીઓ દ્વારા આયોજીત આભારવિધિનું જશન પંદર મોબેટો દ્વારા કરવામાં આવ્યું હતું, જ્યારે સાંજનું જશન અગિયારીના સ્ટાફ દ્વારા કરવામાં આવ્યું હતું.



સાંજે જશન પછી, એરવદ દારાયસ કાત્રકે રૂ સ્તમ - સો રાબની ઐતિહાસિક પરિચય ગાથા સંભળાવી, ત્યારબાદ એરવદ અરપંદિયાર દાદાચાનજીએ પ્રાર્થનાનું મહત્વ સમજાવ્યું.

ઉમદા દાતા અને આર.ટી.આઈ. દ્વારા

યોગદાન આપેલ યાશની અને લાઈટ રિક્લેશમેન્ટ લીધા પછી હમદીનો છૂટા પડ્યા હતા.

ચિત્ર સૌજન્ય: દોલી દિવેશ

ઉલ્લુએચઓ મુજબ, લગભગ ૮૦% વ્યક્તિઓ કે જે વાયરસને સંકુચિત કરે છે તે ફક્ત મધ્યમ લક્ષણોમાં વિકસિત થાય છે જ્યારે તેમાંથી કેટલાકને કોઈ અસર પણ થતી નથી. બીજી બાજુ, આપણે થોડા ટકા લોકો એવા જોઈએ છીએ જેમને હાઈ બ્લડ પ્રેશર, અનિયંત્રિત ડાયાબિટીસ, મેટસ્વીપણું ધરાવનારા લોકોને આ ચેપની ગંભીર અસરો થાય છે.

જ્યારે સુધી આ રસી આપણા ઘરો અને પરિવારો સુધી પહોંચવાની રાહ જોતા હોઈએ છીએ, ત્યારે વાયરસ સામે આપણને મજબૂત બનાવવા માટે આપણી રોગપ્રતિકારક શક્તિને મજબૂત બનાવવાની ઘણી જરૂર હોય છે. તેથી, આપણે કુદરતી રીતે કેવી રીતે આપણી પ્રતિરક્ષા વધારીએ? એક રસ્તો લોમિયોપેથી દ્વારા છે

રોગપ્રતિકારક શક્તિ માટે લોમિયોપેથી: રોગપ્રતિકારક શક્તિ ઓછી થતા, વારંવાર શરદી અને ખાંસી, સ્વાસનળીનો સોજો, અસ્થમા, એલર્જિક નાસિકા પ્રદાહ, પરાગરજ જવર, ખરજવું,

ઈમ્યુનીટી અને કોવિડ-૧૯

અર્ટીકેરીયા(વ્હીલ્સ) અને અન્ય લોકોમાં ખોરાકની એલર્જી જેવી બીમારીઓને જન્મ આપે છે. રોગપ્રતિકારક શક્તિ આધારિત બિમારીઓ માટે લોમિયોપેથીની અસરકારકતા પર



ઉલ્લુએચઓ દ્વારા પ્રદાન કરવામાં આવેલા સંશોધન અધ્યયન મુજબ, પુરાવાએ સાબિત કર્યું છે કે લોમિયોપેથી અસરકારક છે.

ભારતમાં પણ, કેરળમાં ફેલાયેલી ચીકનગુનિયા રોગચાળા દરમિયાન લોમિયોપેથીને નિવારક સારવાર પદ્ધતિ તરીકે સફળતાપૂર્વક ઉપયોગ કરવામાં આવ્યો છે.

આયુષ મીનીસ્ટરીના જણાવ્યા અનુસાર લોમિયોપેથીક દવા આર્સેનિક આલ્બમ -૩૦ સી પ્રતિરક્ષા વધારવા માટે નિવારક ઉપાય છે. ગુજરાત રાજ્ય સરકારે રાજ્યના ૩.૪૮ કરોડ

લોકોને આ લોમિયોપેથીક પ્રોફીલેક્સીસનું વિતરણ કર્યું છે. કુલ, ૩૩,૨૬૪ આયુષ લાભાર્થીઓ પૈકી, આ બાંહેધરી આપતા લોકોમાંથી ૧૪,૧૮૪ લોકોએ લોમિયોપેથીક સારવાર લીધી. ડો. બત્રાએ આર્સેનિક આલ્બમ-૩૦ સીના ૨ કરોડ ડોઝનું વિતરણ કર્યું છે, જેમાં ૧ કરોડ ડોઝ વિવિધ એનજીઓ અને મહારાષ્ટ્ર પોલીસ કર્મચારીઓ અને તેમના પરિવારો જેવા આવશ્યક સૈન્યમાં મફત વિતરણ કરવામાં આવ્યા છે.

સામાન્ય સંગ્રેગોમાં તમારી કુદરતી રોગપ્રતિકારક શક્તિને વધારવા માટે, તમારે બંધારણીય ઉપાય માટે

તમારા નજીકના લોમિયોપેથનો સંપર્ક કરવો જોઈએ. ડો. તમારી જીવનશૈલી, તાણનું સ્તર, કાર્ય જીવન, ભાવનાત્મક ટ્રિગર્સ વગેરે વિશેની વિગતો એકત્રિત કરશે અને તમારી ઓછી પ્રતિરક્ષા પાછળનું મૂળ કારણ ઓળખશે. આ તમારા લોમિયોપેથને તમારા માટે સૌથી યોગ્ય પ્રતિરક્ષા બિલ્ડિંગ ટ્રીટમેન્ટ પ્લાન મૂકવામાં મદદ કરે છે. લોમિયોપેથી ભાવનાત્મક અને શારીરિક અસરોમાં પણ મદદ કરી શકે છે.

આ સમયગાળાની સૌથી સામાન્ય ફરિયાદોનો સામનો કરવા માટે નીચેના ઉપાયોની ભલામણ કરવામાં આવે છે:

લક્ષણ: ઉઘ નહીં આવવી (અનિદ્રા)
સૂચવેલ લોમિયોપેથિક સારવાર: Kali Phos 6x (3 tablets) taken daily together with Passiflora Mother tincture (10-20 drops in half a glass of water), રાત્રે સુવાના અરથો ક્લાક પહેલા લેવી. કુદરતી ઉઘ લાવવામાં મદદ કરશે.

લક્ષણ: આંખનો તાણ
સૂચવેલ લોમિયોપેથિક સારવાર: Eu-

phrasia's (Eyebright) eye-drops (1-2 drops in each eye) દર બે ક્લાકમાં એક વાર વાપરતા આંખની તાણ ઓછી થશે.

લક્ષણ: દુઃખ, શોક (આ સમયગાળા દરમિયાન નુકસાનનો સામનો કરવા માટે સંઘર્ષ કરી રહેલા લોકો માટે)

સૂચવેલ લોમિયોપેથિક સારવાર: Ignatia 30C taken twice a day will help in overcoming symptoms of grief. Also, Natrum muriaticum (Nat. mur) 30C twice a day નિરાશા અને અઘાતના સમયે મદદ કરે.

કૃપા કરીને નોંધો: ઉપર જણાવેલ દવાઓ ફક્ત સૂચક છે - કૃપા કરીને તમારા સ્થાનિક લોમિયોપેથની સલાહ લો કે જે તમારી સ્થિતિને વધુ સારી રીતે સમજી તમને મદદ કરી શકે.

જો તમે ડોક્ટર મુકેશ બત્રા દ્વારા તમારા પ્રશ્નોના જવાબ આપવા માંગતા હો, તો મેઈલ કરો: editor@parsi-times.com

-પદમશ્રી ડો. મુકેશ બત્રા
(લોમિયોપેથી)



YOUR MOONSIGNS JANAM RASHI THIS WEEK

લખનાર: મરહુમ મહારાજ શ્રી સ્વયંજ્યોતિના સહકાર્યકર્તા જયેશ એમ. ગોસ્વામી

અઠવાડિક રાશિફળ: તા. ૧૬.૦૧.૨૦૨૧ થી તા. ૨૨.૦૧.૨૦૨૧

Aries - મેષ - અ.વ.ઈ.

૩૭ ફેબ્રુઆરી સુધી રાહુની દિનદશા ચાલશે. તમને નાના કામમાં પણ અડચણ આવતી રહેશે. તમારા કરેલ કામોમાં તમારા દુશ્મન નાની ભુલ ને મોટી બતાવી પરેશાન કરશે. ખાવા પીવા પર ધ્યાન આપજો. કોઈની ભલી દુવા તમને બચાવી લેશે. રાહુના પ્રકોપમાંથી બહાર આવવા પરવરદેગારનું નામ વધુ લેજો. દરરોજ 'મહાબોખ્તાર નીઆએશ' ભણજો. શુકનવંતી તા. ૧૭, ૧૮, ૨૧, ૨૨ છે.

Lucky Dates: 17, 18, 21, 22.

Rahu's rule till 3rd February could bring obstacles in the way of even simple chores. Your detractors will magnify your small faults as huge flaws. Pay attention to your diet. Someone's sincere blessings will come to your rescue. To pacify Rahu, take God's name as often as you can. Pray the Mah Bokhtar Nyaish daily.

Cancer - કર્ક - ડ.દ.

શનિની દિનદશા ચાલુ હોવાથી તમારે તબિયતમાં ખુબ ધ્યાન આપવું પડશે. ખોટી ચિંતાઓ કરતા તબિયત ખરાબ થવાના ચાન્સ છે. સાંધાના તથા ઘુંટણના દુખાવાથી પરેશાન થશો. રોજના કામ કરવામાં કંટાળો આવશે. નાણાકીય બાબતમાં ત્યાં ત્રણનો ખર્ચ કરવાનો હશે ત્યાં ત્રીસનો ખર્ચ થશે છતાંપણ સંતોષ નહીં મળે. શનિના દુખને ઓછું કરવા 'મોટી હમન યજ્ઞ' ભણજો. શુકનવંતી તા. ૧૬, ૧૮, ૧૯, ૨૦ છે.

Lucky Dates: 16, 18, 19, 20.

Saturn's ongoing rule suggests that you pay great attention to your health. Wrongful worries could spoil your health. You could suffer from knee-pain and joint-pains. You will feel lethargy in doing your daily chores. Despite lavishly spending on things - ten times over, you will still feel no satisfaction. To pacify Saturn, pray the Moti Haptan Yasht.

Libra - તુલા - ર.ત.

તમારે છેલ્લુ અઠવાડિયું મંગળની દિનદશામાં પસાર કરવાનું બાકી છે. તમારા મગજ પર કંટ્રોલ નહીં રાકી શકો. નાની બાબતમાં ગરમ થઈ જશો. વાહન સંભાળીને ચલાવજો. કોઈ પણ ઈલેક્ટ્રીકની વસ્તુ વસાવતા નહીં. ઘરવાળા સાથે મતભેદ પડશે. ભાઈ-બહેનના સંબંધો ખરાબ થશે. દરરોજ 'તીર યજ્ઞ' ભણજો. શુકનવંતી તા. ૧૬, ૧૯, ૨૦, ૨૧ છે.

Lucky Dates: 16, 19, 20, 21.

With one week still remaining under Mars' rule, you will not be able to have control over your mind. You will get angry over small issues. Ensure to operate your vehicles with caution. Avoid making any electric installations for the time being. You could end up having arguments with family members. Relationships between siblings could get sour. Pray the Tir Yasht daily.

Capricorn - મકર - ખ.જ.

૩૭ ફેબ્રુઆરી સુધી સુર્યની દિનદશા ચાલશે. સરકારી કામોમાં સફળતા નહીં મળે. નાણાકીય મદદ કોઈને કરવા જતા તમે ફસાઈ નહીં જાઓ તેનું ધ્યાન રાખજો. વડીલવર્ગની તબિયત અચાનક ખરાબ થઈ જશે. રોજ બરોજના કામો સારી રીતે નહીં કરી શકો. સુર્ય તમારા માથાનો બોજો વધારી દેશે. માથાનો દુખાવો, ઓંખની બળતરા, તાવ જેવી માંદગીથી પરેશાન થશો. દરરોજ ૯૬મુ નામ 'યા રયોમંદ' ૧૦૧વાર ભણજો. શુકનવંતી તા. ૧૭, ૧૮, ૧૯, ૨૦ છે.

Lucky Dates: 17, 18, 19, 20.

The Sun's rule till 3rd February will not allow success in government related works. Ensure that you do not get into a fix, trying to financially help another. Health of the elderly could suddenly get spoilt. You might not be able to do your daily chores effectively. The Sun will increase your mental pressures. You could suffer from headaches, eye-burns and fever. Pray the 96th Name, 'Ya Rayomand', 101 times daily.

Taurus - વૃષભ - બ.વ.ઉ.

છેલ્લુ અઠવાડિયું ગુરુની દિનદશામાં પસાર કરવાનું બાકી છે. બને એટલી ફેમીલી મેમ્બરની ડિમાન્ડ પૂરી કરજો. ફેમીલી મેમ્બરની જવાબદારી આ અઠવાડિયામાં પૂરી કરી લેજો. આવતા અઠવાડિયાથી ૪૨ દિવસ માટે તમે દરેક બાબતમાં અટવાઈ જશો. મિત્રોથી સારા સારી રહેશે. ઉત્તરતી ગુરુની દિનદશા ધર્મ ને ચેરીટીના કામો શાંતિથી કરાવશે. દરરોજ 'સરોશ યજ્ઞ' ભણજો. શુકનવંતી તા. ૧૬, ૧૭, ૧૯, ૨૦ છે.

Lucky Dates: 16, 17, 19, 20.

With the last week under Jupiter's rule, you are advised to cater as much as possible to the wants of family members. Ensure to deliver on your commitments to family in this week as starting next week, for the next 42 days, your stars could trouble you in all areas of life. Relations with friends will be good. Jupiter's descending rule will facilitate you into doing religious and charitable works calmly. Pray the Sarosh Yasht daily.

Leo - સિંહ - મ.ટ.

આજના અને કાલના દિવસમાં લેતીદેતીના કામ પૂરા કરવા પડશે. બાકી ૧૮મી જાન્યુઆરીથી ૩૬ દિવસ સુધી શરૂ થતી શનિની દિનદશા તમારા કામ પૂરા નહીં થવા દે. તમારા લેણાના નાણા પાછા નહીં મળે અને જેની પાસેથી નાણા લેવાના હશે તે તમને પરેશાન કરશે તે અલગ, આજથી કોઈને પ્રોમીશ આપતા નહીં. દરરોજ 'મહેર નીઆએશ' સાથે 'મોટી હમન યજ્ઞ' ભણજો. શુકનવંતી તા. ૧૬, ૧૭, ૨૧, ૨૨ છે.

Lucky Dates: 16, 17, 21, 22.

Try and wrap up all transactions related to lending and borrowing by tomorrow. Saturn's rule, starting 18th Jan, for the next 36 days, will make it difficult for you to complete your tasks. You will not be able to retrieve your debts. Debtors will trouble you. Do not make any promises to anyone starting today. Pray the Moti Haptan Yasht along with the Meher Nyaish daily.

Scorpio - વૃશ્ચિક - ન.પ.

૨૪મી સુધી તમારા અગત્યના કામો પૂરા કરવામાં કોઈ પણ મુશ્કેલી નહીં આવે. ચંદ્રની કૃપાથી જે પણ ડીલીઝન લેશો તે સાચા પડશે. નાની મુસાફરી કરી શકશો. મનગમતી વ્યક્તિને મળી શકશો. તમારા ઘરવાળાને આનંદમાં રાખજો. વડીલવર્ગના આશિર્વાદ મળી રહેશે. દરરોજ ૩૪મુ નામ 'યા બેસ્તરના' ૧૦૧વાર ભણજો. શુકનવંતી તા. ૧૭, ૧૮, ૨૦, ૨૨ છે.

Lucky Dates: 17, 18, 20, 22.

You will find no difficulties in completing all your tasks, till the 24th of January. With the blessings of the Moon, your decisions will stand good. You will be able to have short travels. You could meet someone your heart desires. Your family member will be happy with you. You will get the blessings of your elderly. Pray the 34th Name, 'Ya Beshtama', 101 times, daily.

Aquarius - કુંભ - ગ.શ.સ.

૧૪મી ફેબ્રુઆરી સુધી શુક્રની દિનદશા ચાલશે. તમારા અગત્યના કામો પૂરા કરવામાં કોઈ પણ મુશ્કેલી નહીં આવે. નાણાકીય બાબતમાં જેટલો ખર્ચ કરશો એટલા નાણા કમાવવામાં મુશ્કેલી નહીં આવે. અપોઝીટ સેક્સની ડિમાન્ડ પૂરી કરી શકશો. લગ્ન કરવા માગતા હશે તો પસંદગીની વ્યક્તિ મળવાના ચાન્સ છે. દરરોજ 'બહેરામ યજ્ઞ'ની આરાધના કરજો. શુકનવંતી તા. ૧૬, ૨૦, ૨૧, ૨૨ છે.

Lucky Dates: 19, 20, 21, 22.

Venus' rule till 14th February helps you complete all your important tasks without a hitch. You will be able to earn back all that you have spent. You will be able to cater to the wishes of the opposite gender. Those looking to get married will be able to find their ideal life partners. Pray to Behram Yazad daily.

Gemini - મિથુન - ક.ઇ.ઘ.

૨૧મી ફેબ્રુઆરી સુધી ગુરુની દિનદશા ચાલશે. તમને પૈસાની મુશ્કેલી નહીં આવે. પૈસા માટે તમારા કોઈપણ કામ અટકશે નહીં. તમે જે પણ કામ કરશો તેમાં જય, ધન, અને માન મળી રહેશે. વધુ ધન કમાવાના ચાન્સ છે. કોઈની સેવા કરવાનો ચાન્સ મળે તો મુકતા નહીં. તબિયતમાં સારો સુધારો થતો રહેશે. નવા કામ શરૂ કરી શકશો. દરરોજ 'સરોશ યજ્ઞ' ભણજો. શુકનવંતી તા. ૧૮, ૧૯, ૨૧, ૨૨ છે.

Lucky Dates: 18, 19, 21, 22.

Jupiter's rule till 21st February augers that there will be no financial shortage. Financial issues will not cause stoppage in your work plans. You will earn fame, wealth and respect in all that you do. You will be able to earn extra income. Do not miss out the opportunity of being of service to another. There will be a good improvement in your health. You will be able to start new ventures. Pray the Sarosh Yasht daily.

Virgo - કન્યા - પ.ક.ણ.

બુધ જેવા શુભ ગ્રહની દિનદશા ચાલુ હોવાથી કામો ખુબ સહેલાઈથી કરી શકશો. જેનો સાથ સહકાર જોઈતો હશે તે વ્યક્તિ સામેથી સાથ સહકાર આપવા આવશે. બુધની કૃપાથી જે પણ કમાશો તેમાંથી ઈનવેસ્ટમેન્ટ કરી શકશો. બીજાના સાચા સલાહકાર બની તેનું દિલ જીતી લેશો. મનને આનંદ મળે તેવા સમાચાર મળશે. દરરોજ 'મહેર નીઆએશ' ભણજો. શુકનવંતી તા. ૧૮, ૧૯, ૨૦, ૨૧ છે.

Lucky Dates: 18, 19, 20, 21.

Under Mercury's rule, you will be able to do all your works with great efficiency and ease. You will receive support from those whose support you need. You will be able to save and invest from the income you earn. You will win over the hearts of others with your sincere advice. You will receive news which will bring you much happiness. Pray the Meher Nyaish daily.

Sagittarius - ધન - ભ.ધ.ફ.

શીતળ ચંદ્રની દિનદશા ૨૩મી ફેબ્રુઆરી સુધી ચાલશે. તમે તમારા મનની વાત બીજાને સમજાવવા સફળ થઈ જશો. જે પણ કામ કરશો તેમાં જયની સાથે ધનલાભ મળવાના પુરેપુરા ચાન્સ છે. ઘરવાળાની ડિમાન્ડ પૂરી કરવાથી તેઓ આનંદમાં આવી જશે. દરરોજ ૩૪મુ નામ 'યા બેસ્તરના' ૧૦૧વાર ભણજો. શુકનવંતી તા. ૧૬, ૧૯, ૨૧, ૨૨ છે.

Lucky Dates: 16, 19, 21, 22.

The Moon's rule till 23rd February will help you succeed in putting across your point of view to others. You will receive great fame and wealth in all your endeavours. Fulfilling the wants of your family members will bring in much happiness. Pray the 34th Name, 'Ya Beshtama', 101 times, daily.

Pisces - મીન - દ.ચ.ઝ.થ.શ.

હવે તો તમને ચમકતા શુક્રની દિનદશા ૧૪મી માર્ચ સુધી ચાલશે. શુક્રની કૃપાથી તમે તમારી પસંદગીની વસ્તુ લેવામાં સફળ થઈ જશો. જે તમે કોઈના પ્રેમમાં હશો તો તે વ્યક્તિને પુરેપુરો સાથ તમને મળશે. તમારાથી બને તો ઈનવેસ્ટમેન્ટ અવશ્ય કરજો. સરકારી કામ કરનારને કાયદાની વાત જાણવા મળશે. દરરોજ 'બહેરામ યજ્ઞ'ની આરાધના કરજો. શુકનવંતી તા. ૧૬, ૧૭, ૧૮, ૧૯ છે.

Lucky Dates: 16, 17, 18, 19.

Venus' rule till 14th March will facilitate you into purchasing things of your liking. Those in love will get the full support of their partners. Ensure to make investments. Those with government jobs will get beneficial information. Pray to Behram Yazad daily.

એક નજર પારસી મરણો ઉપર

Deceased મરનાર	Age વય	Date તારીખ	Address ર. ઠે.	Relations સગાઈઓ
Mani Temool Kandawalla મની તેમુલ કાંદાવાલા	94 ૯૪	07-01-2021	F-9, Shapur Baug, Vithal Bhai Patel Road, Mumbai 4. એફ-૯ શાહપુર બાગ, વિઠ્ઠલભાઈ પટેલ રોડ, મુંબઈ ૪.	તે મરુદુમ તેમુલ કાંદાવાલાના ઘણીયાણી તે મરુદુમ ફરામરોજ તથા નાજમાય રતનબાઈ કાપડીયાના દીકરી તે ચિરાગ, પરસી તથા મરુદુમ બોમીના મમ્મી તે મહાબાન, આરમીન તથા બીનાઈફરના સાસુજી તે મેહર, બેલનાઝ, જેહાન તથા મરુદુમ ફરહાદના અપઈજી તે ખઈજી ને વીયેનાના ગ્રેટ ગ્રેન્ડ મધર તે મરુદુમ માણેકશા તથા નાજમાય કાંદાવાલાના વડુ તે રોશન તથા મરુદુમ પેસ્તનજી જમશેદજી કાથાવાલા તથા મરુદુમો નેલી તથા જહાંગીરજી ભાઈના તથા ફેની તથા મરુદુમ ફીલી મીસ્ત્રીના વહેવાણ.
Roshan Pestonji Kathawala રોશન પેસ્તનજી કાથાવાલા	91 ૯૧	08-01-2021	F-9, Shapur Baug, Vithal Bhai Patel Road, Mumbai 4. એફ-૯, શાપુરબાગ, વિઠ્ઠલભાઈ પટેલ રોડ, મુંબઈ ૪.	તે મરુદુમ પેસ્તનજી જમશેદજી કાથાવાલાના ઘણીયાણી તે મરુદુમો ધન તથા પેસ્તનજી કેનતીનવાલાના દીકરી તે મહાબાન, નતાશા, નવલના માતાજી તે ચિરાગ, દિનયાર, રોહિનતનના સાસુજી તે મેહર, હરવસપા, કુરુશ, ખેલેવ, વીયાના, શીરોય તે મરુદુમો બજી, વીલી, શ્રીતી તથા રતીના ભાઈ તે મરુદુમો જાઈજી તથા જમશેદજી કાથાવાલાના વડુ.
Aban Marzban Vasania આબાન મરઝબાન વાસણીયા	70 ૭૦	08-01-2021	1502 - 1503, Hilla Towers, 15th Floor, Dr. S.S. Rao Road, Lalbaug, Mumbai 12. હીલ્લા ટાવર્સ, ૧૫મો માળ, ફ્લેટ નં. ૧૫૦૨-૧૫૦૩, ડો. એસ. એસ. રાવ રોડ, લાલબાગ, મુંબઈ ૧૨.	તે મરુદુમ મરઝબાન સોરાબજી વાસણીયાના ઘણીયાણી તે મરુદુમ સેરામાય એરચશાલ ચીનીવાલા તથા મરુદુમ એરચશાલ હોશંગજી ચીનીવાલાના દીકરી તે રયોમંદ તથા નવાઝ શાહવીર ઈરાનીના માતાજી તે સનાહીતા રયોમંદ વાસણીયા તથા શાહવીર અદી ઈરાનીના સાસુજી તે સરોશ અને પરઝાનના અપઈજી તે પર્શિયસ અને ક્યવાનના મમઈજી.
Banoo Ratanshaw Dubash બાનુ રતનશાહ દુબાશ	88 ૮૮	10-01-2021	Sir Ratan Tata Building No.3, Flat No.4, 15th Floor, S. V. Road, Bandra (West), Mumbai 50. સર રતન તાતા બિલ્ડિંગ નં. ૩, ફ્લેટ નં. ૪, એસ વી. રોડ, બાંદ્રા (વે), મુંબઈ ૫૦.	તે મરુદુમો જરબાઈ તથા રતનશાહ અરદેશર દુબાશના દીકરી તે પરસી, ચારમીન કેરસી એલાવ્યા તથા મરુદુમો નોશીર, હોમાય, અદી પટેલ, મની, ફેની, પીન્કી કેરસી મીસ્ત્રી ને રોહિન્ટનના બહેન તે ખુરશીદ પરસી દુબાશના નરન તે ચેરાગ ને કાર્વ પરસી દુબાશના કુઈજી તે મેહરનોશ કેરસી મીસ્ત્રી, દેલનાઝ, રોની વાંકડિયા, મહાતાબ, શાહવીર જગલવાલા, સનોબર ગણેશ ટાલમનકર, શાહનવાઝ ફરોખ ઘડિયાળીના માસીજી.
Dara Hormusji Hansotia દારા હોરમસજી હાંસોત્યા	90 ૯૦	12-01-2021	T-11, Cusrow Baug, Shahid Bhagat Singh Road, Colaba, Mumbai 39 ટી-૧૧, ખુશરૂ બાગ, શહીદ ભગતસિંગ રોડ, કોલાબા, મુંબઈ ૩૯.	તે મરુદુમ ડો. મેહરૂ દારા હાંસોત્યાના ખાવિંદ તે મરુદુમો મેહરબાઈ તથા હોરમસજી પેસ્તનજી હાંસોત્યાના દીકરા તે જાલ, દીનશાહ, બોમી, લીલી સરોશ ઈરાની તથા મરુદુમ નરગીશ હોશી ગાંધીના ભાઈ તે જેરમીન, કેઝાદ, જરસ્ટીન, આરમીન ને વીરાફના કાકા તે અરશીશ, નીના ને પરવાનાના મામા તે હુતોક્ષી, ગુલુ તથા મરુદુમ હોમાયના જેઠ તે મરુદુમો હોશી ને સરોશના સાલા તે મરુદુમો નાજમાય તથા જહાંગીર નવરોજી પારડીવાલાના જમાઈ.
Gool Darab Randelia ગુલ દારબ રાન્દેલીયા	79 ૭૯	12-01-2021	G/23, Nawroze Baug, 3rd Floor, Dr. S. S. Rao Road, Lal Baug, Mumbai 12. જી/૨૩, નવરોઝ બાગ, એસ. એસ. રાવ રોડ, ત્રીજે માળે, લાલબાગ, મુંબઈ ૧૨.	તે દારબ હોરમસજી રાન્દેલીયાના વિઘવા તે પરસ્ટાર ને આરીશના ગ્રેટ આન્ટી તે નોઝર નવરોઝ સુતરીયાના આન્ટી તે જેરમીન નોઝર સુતરીયાના આન્ટી તે હુતોક્ષી જીમી સદરી ને રોહિન્ટ મહેસરીયાના આન્ટી.
Daulat Burjor Sutaria દોલત બરજોર સુતરીયા	85 ૮૫	12-01-2021	R/6, Nawroze Baug, Dr. S. S. Rao Road, Lal Baug, Mumbai 12. આર/૬ નવરોઝ બાગ, લાલબાગ પેલ, મુંબઈ ૧૨.	તે મરુદુમ બરજોર ખરસેતજી સુતરીયાના ઘણીયાણી તે મરુદુમો જાઈજી એરચશાહ મોગરેલીયાના દીકરી તે મરુદુમો ધનબાઈ ખરસેતજી સુતરીયાના વડુ તે યાસમીન તથા મરુદુમ જીભાઈ આંબાપારડીવાલા, ગુલીસ્તાન તથા મરુદુમ દીનયાર સીગનપોર્યા, મેહરનોશ સુતરીયાના માતાજી તે રશના મેહરનોશ સુતરીયાના સાસુજી તે પીરાન, જીનીયા ને ડેલનાના મમયજી તે યઝાનના મોટા મમયજી તે મરુદુમો ફેની, સોલી, બાનુ, પેરીન, ધનજીશાહના બહેન તે મરુદુમો વીલરમાય, એદલજી આંબાબારડીવાલાના વહેવાય તે મરુદુમો શેરામાય દારબશાહ સીગનપોર્યાના વહેવાન તે મરુદુમો ડોલી તથા દારા કારભારીના વહેવાન તે મરુદુમો સીફુ તથા હોમી સુતરીયાના દેરાણી તે ફેની તથા નવલ સુતરીયાના જેઠાણી તે મરુદુમો રોડા તથા ડસ્તમજી નેકુના ભાભી.
Kersi Jal Anklesaria કેરસી જાલ અંકલેસરીયા	74 ૭૪	13-01-2021	Parvati, 5th Floor, 65, S.v. Road, Andheri (W), Mumbai 58. પારવતી, ૫મો માળ, ૬૫ એસ. વી. રોડ, અંધેરી (વે), મુંબઈ ૫૮.	તે બકુલના ઘણી તે કમલ જુબીન ડુમસીયાના પપ્પા તે જુબીન દારા ડુમસીયાના સસરા તે કાયરા અને ધીજાનના મમાવાજી તે જલવેર સાયરસ જસાવાલાના ભાઈ તે જીનીમાય અને ડસ્તમજી કોલાહના જમાઈ તે રોશન તથા બહેરામ કોલાહના સાલા તે નરગીસ તથા જાલ હોરમસજી અંકલેશ્વરના દીકરા તે સાયરસ શાવકશાના બનેવી.
Parviz Sorabji Meherhomji પરવીઝ સોરાબજી મેહરહોમજી	83 ૮૩	13-01-2021	A6/301, 2nd Phase, Brahmam Chs. Azad Nagar, Thane. એફ/૩૦૧, બીજો ફેસ, બાર, રહેમંદ આઝાદ નગર, ધાણે.	તે મરુદુમો ગુલબાનુ તથા સોરાબજી એરચશા મેહરહોમજીના દીકરી. તે હોમાય જાલ સવઈ, વીલુ એરચ મેહરહોમજી તથા મરુદુમો નવાઝ બહેરામ દાવર, મની જાલ ચીનોઈ, કેરસી સોરાબજી મેહરહોમજીના બહેન. તે નેવીલ જાલ ચીનોઈ, ફરોખ જાલ સવઈ, મેહરનોશ, જાલ ચીનોઈ, પરસી જાલ સવઈ, શાહરૂખ એરચ મેહરહોમજી તથા મરુદુમ ખુરશેદ બહેરામ દાવરના માસીજી. તે મેહરનોશ કેરસી મેહરહોમજીના ફૂઈજી. તે રોશની કેરસી મેહરહોમજીના નરન તે જાલ દોરાબજી સવઈ, એરચ ગોદરેજ મેહરહોમજી તથા મરુદુમ બહેરામ દાવર ને જાલ હોરમસજી ચીનોઈના સાલી.
Minoo Homi Batlivala મીનુ હોમી બાતલીવાલા	91 ૯૧	14-01-2021	303, Silver Cascade, Mount Mary Road, Bandra (West), Mumbai 50. ૩૦૩-સીલ્વર કાસ્કેડ (પ), માઉન્ટ મેરી રોડ, બાંદ્રા મુંબઈ ૫૦.	તે ઝરીનના ખાવિંદ તે મરુદુમો હોમી તથા ફેનીના દીકરા તે મરુદુમ પરવીન નવલ પટેલ તથા લેલા શેઠનાના બાવાજી તે પરસીસ, રોહીન, યોહન, નીકીતાના અપાવાજી તે મરુદુમો રતનશા તથા નરગીસ હોડીવાલાના જમાઈ.
Viraf Pesi Chinoy વિરાફ પેસી ચીનોય	91 ૯૧	12-01-2021	E2/506, Bharat Nagar, 342 Grant Road, Mumbai 7. ઈ૨/૫૦૬, ભારત નગર, ૩૪૨, ગ્રાન્ટ રોડ, મુંબઈ ૭.	તે મહારૂખ વિરાફ ચીનોયના ઘણી તે નેવિલ વિરાફ ચીનોયના પપ્પા તે મરુદુમ બાનુ અને મરુદુમ પેસી જાલ ચીનોયના દીકરા તે મરુદુમ આલુ અને મરુદુમ ફરામરોજ પેસ્તનજી બાટલીવાલાના જમાઈ.

Death Announcements From California, USA

Maneck Patel માણેક પટેલ	72 ૭૨	13-01-2021	California, USA. કેલિફોર્નિયા, યુએસએ.	તે કેશ્મીરા તથા તોનાઝ તથા તુરાસના ભાઈ.
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Death Announcements From Nasik

Firoze Naoroji Patel ફિરોઝ નવરોજી પટેલ	68 ૬૮	27-12-2020	Nasik નાસીક	તે મરુદુમ બાનુબાઈ તથા નવરોજી પટેલના દીકરા તે રોશનીના ઘણી તે જુબીનના પપ્પા તે જીમી અને હોશીના ભાઈ.
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સ્ટોરી ટાઈમ



કેટલું દુખ ખમવું પડ્યું હવે હું મારા ગુસ્સાને કંટ્રોલમાં રાખશ. દાનેશ હવે કોઈપણ દિવસ ગુસ્સા થઈને મારા મારી નહીં કરશ. તું પણ ડાહ્યો થઈને રહેજે. સમજ્યો કે? એટલે બધા હસી પડ્યા. દાદારજીએ મહેર કીધી ને તું જલ્દી સારો થઈ ગયો. થેન્ક યુ દાદારજી એટલે દાનેશે કહ્યું ઈટસ ઓકે માર્ઈ સ્વીટ સીસ્ટર ને બન્ને ભાઈ બહેન એક મેકને ભેટી પડ્યા.

એક દિવસ શીરીને દીનશાહ કહ્યું, દીનશાહ હવે આપણા પરથી બધું વધન વીતી ગયું તો હવે એક સારો દિવસ જોઈને બચ્ચાંઓની નવજોત કરી નાખ્યે.

દીનશાહ હસતા હસતા બોલ્યા, જો લોકમ સરકાર. એટલે બેઉએ મળીને નવજોતનો તે શુભ દિવસ નક્કી કીધો. શહેરેવર મલીનો ને આવાં રોજ ને નવજોતની તૈયારી શરૂ થઈ. શોર્પીંગ દસ્તુરજી કેટરિંગ મ્યુઝીક બધું અરેન્જડ થઈ ગયું ને નવજોતનો તે શુભ ને ભાગ્યશાળી દિવસ આવી લાગ્યો.

સુખી સંસાર!

દાનેશ આઈ એમ સોરી મારા ગુસ્સા ભર્યા સ્વભાવને ખાતર તું ને સગાવલાઓ આવી લાગ્યા ને બધાના ચહેરા પર ખુશાલી હતી ને મહેમાનોની હાજરી આશીરવાદથી નવજોતનો તે સબકતો દિવસ વાજતે ગાજતે પાર પડી ગયો ને મહેમાનો ગોદીવાલાનું ટેસ્ટી ભોણું ખાઈને દીનશાહ શીરીને મળી ભેટીને ઘરે ગયા.

બીજે દિવસે આખું ફેમીલી ઈરાનશાહને નમન કરવા ઉદવાડા ઉપડી ગયા.

હવે મોટી થતા શીરાઝી પણ ડાહીને સમજદાર બની ગઈ. ને ભાઈ દાનેશની એકદમ લર્વીંગ સીસ્ટર બની ગઈ. વખત વહેતો ગયો બેઉ બચ્ચાંઓ મોટા થતા ગયા. ને દાનેશને તો એક મોટી ફોરેન બેન્કમાં મોટા પોસ્ટની નોકરી પણ મળી ગઈ. ને શીરાઝી પણ શીખીભણીને ગ્રેજ્યુએટ થઈ ગઈ.

એક દિવસ દાનેશે મંમી ડેડી આગળ આવીને કહ્યું મોમ, ડેડ મારે તમને એક વાત કહેવી છે.



કેટી પી. કરંજ્યા

દીનશાહે હસીને મજાક કીધી શું મંમી ડેડીને હનીમુન પર મોલવાનો તારો વિચાર છે કે શું? અરે નહીં રે ડેડી હવે તો મારા હનીમુન પર જવાના દિવસો છે. ખરું ને મંમી? શીરીને હસીને બોલી, હાસ્તો વરી. બોલ શું વાત છે? મારો દીકરો શું ફરમાયશ લઈને આયોચ. તારી વાત માનવા જેવી હશે તો જરૂર તે પર વિચાર કરશું.

મોમ અને ડેડ હું જે બેન્કમાં જાઉંય તે બેન્કમાં તરોનીશ નામની એક સીધી સાદી ને સ્વીટ લુકીંગ છોકરી ભજોબ પર છે. ને તે મને ઘણી ગમે છે. એને પણ હું ગમું છું એને પ્રોપોઝ કરું ઘણી મીઠી લાગેચ. દીનશા ને શીરીને ગંભીરતાથી પણ હસવામાં એક એતકનું મોઢું જોવા લાગ્યા એટલે દાનેશ કડખાયો ને મનમાં બોલ્યો કવાસ રોગ નંબર મંમી ડેડીનો વિચાર નથી લાગતો.

(વધુ આવતા અંકે)

તંદુરસ્ત રહેવા...

નાભીમાં શુદ્ધ ઘી લગાવવાના ફાયદા

આજે મોટાભાગના લોકો સ્વસ્થ રહેવા માટે ઘણી બધી મહેનત કરતા હોય છે, છતાં પણ બીમારી કોઈને કોઈ રીતે શરીરમાં પ્રવેશતી જ હોય છે. કારણ કે બહારનું પ્રદુષણ અને બહારની ખાણીપીણી બંને આપણા સ્વાસ્થ્યને પ્રભાવિત કરે છે. પરંતુ રાત્રે સુતા સમયે પોતાની નાભિ ઉપર શુદ્ધ ઘી લગાવવાથી ઘણી બધી સમસ્યાઓથી છુટકારો મેળવી શકો છો. ચાલો જાણીએ નાભિ ઉપર ઘી લગાવવાથી કેવા કેવા ફાયદાઓ થાય છે.



૧. કબજથી મળશે રાહત: નાભિની અંદર ઘી લગાવવાથી કબજની સમસ્યાથી છુટકારો મળે છે. આ ઉપરાંત પેટ સાથે જોડાયેલી બીમારીઓ માટે પણ ફાયદાકારક છે.
 ૨. ઘૂંટણના દુઃખાવામાં પણ આપશે રાહત: નાભિની અંદર ઘી બહુ જ સરળતાથી અવશોષિત થઈ જાય છે અને આ પ્રકારે તે ઘૂંટણના દુઃખાવા અને સોજાને ઓછો કરવામાં પણ મદદ કરે છે. ઘીમાં રહેલા પેન રિલીવિંગ ઈફેક્ટ ઘૂંટણના દુઃખાવાને ઓછો કરે છે. સાથે જ શરીરમાં થવા વાળા દુઃખાવાથી પણ રાહત અપાવે છે.
 ૩. લોઠ માટે પણ લાભદાયક: જે લોકોના લોઠ ખુબ જ ફાટે છે તેમના માટે નાભિની અંદર ઘી લગાવવું એક સારો વિકલ્પ છે. તેની અંદર મોશ્યુરાઈઝિંગ ઈફેક્ટ હોય છે જે લોઠને પૂરતા પ્રમાણમાં નમી આપે છે. લોઠની કોમળતાને બનાવી રાખવા માટે તમે સીધા જ ઘીને લગાવી શકો છો. તેનાથી પણ તમને લાભ મળશે.
 ૪. વાળ ઉતરવાની સમસ્યા કરશે દૂર: હાલના સમયમાં વાળ ઉતરવાની સમસ્યા શરીરમાં પોષકતત્વોની ઉણપના કારણે થાય છે. એવામાં જો તમે નાભિની અંદર ઘી લગાવો છો તો તેનાથી તમને વાળ ઉતરવાની સમસ્યા ઓછી થઈ જાય છે. તે વાળને જડમાંથી મજબૂત બનાવે છે.
- આ રીતે કરો ઉપયોગ: રોજ રાત્રે સુતા પહેલા થોડું ઘી હળવું ગરમ કરી લેવું. ત્યારબાદ તેના થોડા ટીપા નાભિની અંદર નાખવા અને પેટની આસપાસ પમિનિટ સુધી હળવી માલીસ કરવી.

હસો મારી સાથે

દિવસેને દિવસે ચાના ડીસપોઝેબલ કપ નાના થતા જાય છે. ભવિષ્યમાં એવુના બને કે ચાની કેપ્સુલ મળવા લાગે...

પતિ: તેં મારામાં એવું તે શુ જોયુંતું કે મળ્યા અને જોયા ભેગી લગ્નની હા પાડી દીધી તી!

પત્ની: હું નાની હતી ત્યારે તમારા પાડોશમાં રહેતા મારા મામાને ત્યાં રહેવા આવતી ત્યારે તમારા મમ્મી તમને ચપ્પલથી બોવ મારતા ને તમે ચૂપચાપ માર ખાઈ લેતાં! બસ, ત્યાર થી જ નક્કી કર્યું કે આ જ બનશે મારા ઈ.

પરણેલા પુરુષોની તકલીફ તો જુઓ, પોતાની સાથે સાથે ફોનને પણ સાઈલન્ટ રાખવો પડે છે.

પત્ની: લોકડાઉન ખુલી જાય તો પણ હું તમને ઓફિસ નઈ જવા દઉં...

બકો: કેમ

પત્ની: મને કામવાળી કરતા તમારું કામ વધારે ચોખું લાગે છે, કોઈ ખટપટ નહિ, કોઈ ટકટક નહિ, રજાની ચિંતા નહિ અને ઘરનું માણસ તો ખરું.

- હોશંગ શેઠના

એક નજર પારસી મરણો ઉપર

Deceased મરનાર	Age વય	Date તારીખ	Address ર. કે.	Relations સગાઈઓ
Death Announcements from Prayer Hall				
Dinaz Sohrab Banaji દીનાઝ સોહરાબ બનાજી	92 ૯૨	08-01-2021	F-13, Cusrow Baug, Colaba, Mumbai 5. એફ-૧૩, ખુશરો બાગ, કોલાબા, મુંબઈ ૫.	તે મરહુમ સોહરાબના ઘણીયાણી તે મરહુમ ખોરશેદ અને મરહુમ નશરવાનજી ઉમરીગરના દીકરી તે મરહુમ સાયરસ અને કમલના મમ્મી તે વિરાફ હાંસોટિયાના સાસુજી તે પરીનાઝ હાંસોટિયાના ગ્રાન્ડ મધર તે મરહુમ હોમી, નરગીસ, રતન, ફિરોઝ અને કેટીના બહેન તે તેહમીના અને જહાંગીરના વહુ.
Zend Merwan Zend ઝેન્દ મેરવાન ઝેન્દ	85 ૮૫	10-01-2021	52, Bennetvilla, 27 Woodhouse Road, Colaba, Mumbai ૫૨, બેનેટ વિલા, ૨૭, વુડહાઉસ રોડ, કોલાબા, મુંબઈ.	તે પરવીન ઝેન્દના ઘણી તે તેહમીના તથા મેરવાનના દીકરા તે ઝોરાસ્ટ, પરઝોન, માનીઝ અને ઝાયરોસના પપ્પા તે બીનાયફર, મહેર, અશોક, દાનીશના સસરાજી તે રશીદ અને પરવેઝના ભાઈ તે તિરંદાજના અંકલ તે મનીજેહ તથા બેહરામ તકતીના જમાઈ તે ઝોરબેન ઝેરીયસ, ઝરથુન ઝીયસ, અનીશા રોહન, ઝાયરા ઝીનાયદાના ગ્રાન્ડ ફાધર.
Soli Kawasha Bharucha સોલી કાવશા ભરુચા	84 ૮૪	11-01-2021	4/40, A. H. Wadia Baug, Parel Tank Road, Mumbai 33. ૪/૪૦, એ. એચ. વાડિયા બાગ, જી. ડી. આંબેડકર માર્ગ, કાલા ચોકી, પરેલ ટેન્ક રોડ, મુંબઈ ૩૩.	તે ડો. ઝરીન ભરુચાના ઘણી તે મરહુમ માણેકબાઈ અને કાવાશા ભરુચાના દીકરા તે દિલનવાઝ અને ખુશનુમાના પપ્પા તે મનીશ ઝવેરી અને વિરાફ કુપરના સસરાજી તે તનવી અને કાયોમર્ઝના ગ્રાન્ડ ફાધર તે મરહુમ હોમાય અમૃત શાહ, મની જમશેદ વાડીયા, તેહમટનના ભાઈ તે મરહુમ ડોસનમાય તથા મીનોચેર ચ્યારાના જમાઈ.
Shernaz Jamshed Mistry શેરનાઝ જમશેદ મિસ્ત્રી	69 ૬૯	13-01-2021	792, Dina Manzil, Jame Jamshed Road, Dadar Mumbai 14. ૭૯૨, દિના મંઝીલ, જામે જમશેદ રોડ, દાદર, મુંબઈ ૧૪.	તે મેહરૂ અને જમશેદના દીકરી તે નોશીરના બેન નેફ્યુ: અરમાન, ઈન લોઝ: નીલુફર

Flying High – A Journey Beyond The Clouds!



BINAISHA M. SURTI

On 9th January, 2021, the Women's Entrepreneur Wing (WE) of WZCC's (World Zarathushti Chamber of Commerce) Mumbai, Bangalore and Toronto Chapters, presented an excellent and truly inspirational webinar - 'Flying High - Journey beyond the Clouds' - celebrating some of the nation's leading women pilots and highlighting their inspirational achievements and journeys.

The dynamic panel, comprising young solo pilot - Arohi Pandit, Captain Priya Paul, Captain Ramona Vesuvula, Captain Kainaz Vakil and First Officer - Mehr Sethna, shared interesting anecdotes about their respective journeys, providing insights and helpful guidelines to young women who wished to follow in their footsteps.

The webinar commenced with Behroze Daruwalla- (Global Chair for the Ladies Wing of WZCC) welcoming all and sharing the genesis of the WE, saying, "Having recognized the challenges and constraints, faced by women in the current competitive environment, WE was launched to empower women entrepreneurs, professionals and homemakers to capitalize on their inherent capacity, capabilities and abilities, so as to realize their true potential and fulfill their aspirations, especially economically."

The idea of an All-Women Pilots Webinar came to Behroze, when during the lockdown at the Guwahati airport, she saw a young boy exclaim with disdain, 'Oh Lord, we have a female pilot!', when he saw the lady crew and pilot walk past. Though most laughed out, some remained skeptical of a women pilot. This incident planted the idea of holding an all-women pilot's webinar to do away with the ignorance and myths surrounding such sexist outlooks, and share how these brilliant women go through the veil of the clouds to achieve their goals!

International Director, WZCC - Dil Shroff introduced the vivacious keynote speaker, pilot Arohi Pandit, saying, "This youngster, all of 24 years truly represents the young Indian women of today. Educated, adventurous, unafraid, capable of breaking down barriers and building bridges, redefining roles and



Mehr Sethna



Priya Paul

rewriting the rules."

Having earned her wings from The Bombay Flying Club, Arohi was selected by the Navy-Blue Foundation for their Women Empowered Expedition, with a record-making all women crew, navigating the world in a light Sport Aircraft, called Mahi, in September 2018. Arohi is the proud holder of more World Records including being the first woman in the world to fly across the Atlantic Ocean from Scotland to Canada (May 2019); as also the first woman ever to fly over the treacherous Greenland icecaps in a light sports aircraft. Her journey across Canada, into Alaska, battling strong winds in 22 flights, over 9 Canadian provinces made for another world record! "Her flight in 'Mahi', across the mighty Pacific Ocean, non-stop from Alaska to East Russia, set yet another world record, very unlikely to be broken for a long time," concluded Dil.

Taking the lead, Arohi Pandit shared a brief insight into her childhood and her exciting journey as a commercial and light sport aircraft pilot with the attendees. A very passionate child obsessed with animals, the colour blue and airplanes, Arohi was inspired to become a pilot when she saw a female pilot for the first time while waiting to board a flight with her father. She started her flight training at the age of 17, post school and by 21, she was a full-fledged, proud commercial pilot. Flying for 6 years now, speed thrills her and she loves handling takeoffs and landings. Speaking about the experience of flying an aircraft, Arohi said, "It's just you - the sky above and one's flight skills, to keep you from falling to the ground. While flying, I understood why the earth is called a blue marble!"



Ramona Vesuvula



Kainaz Vakil

She spoke of flying through challenging weather conditions, the importance of good team-work, "It's nice to have the 'solo pilot' tag, but that's possible only because of the people who believed in me that I would be able to get that far and all those who helped me on this journey." She shared a fascinating presentation depicting her journey in pictures.

Next, the other remarkable panelists were introduced - Captain Priya Paul, who currently flies commercial airlines, has the distinction of belonging to the very first batch of women pilots of the Indian Air Force (IAF). Flying with an international airline, Captain Kainaz Vakil comes from a family employed in the airlines sector - she breathes and lives the pilot life and lingo! Captain Ramona Vesuvula earlier flew in the private sector and is now a commercial carrier. Hailing from a family of accountants, First Officer Mehr Sethna started out following in their footsteps, but switched mid-way to pursue her passion for flying and now works with a domestic carrier.

Conducting the interview segment, Behroze asked the 'high-flying' panelists what made them choose this career and the challenges they had to overcome. Captain Priya, who grew up in Kerala, shared how her father had chanced upon an advertisement where the IAF was looking to induct eight women from India, for its very first women's batch and asked her to apply. She was selected and, "Before I knew it, I was in the air force academy. After serving the IAF for ten years, I took a break when I had my children. I later joined a commercial airline and have been flying for the last seven years."

Captain Ramona, who worked with



Arohi Pandit

Taj Air for seventeen years, added, "I wanted to be a pilot since a very young age. It's much more than wearing a uniform and pushing a few buttons and getting from Mumbai to London! I've been flying for 23 years now, and I'm still learning! I've been flying for a commercial airline the past four years and enjoying it."

Captain Kainaz shared, "Liking aviation came naturally to me. After school, I decided I wanted to get into aviation and become a pilot. My parents were supportive and do not look at any profession based on gender. I went to Texas for my initial flying, and returned to join an international carrier in India, where I currently fly in the Gulf and Far East sectors. I've had my share of ups and downs, like anyone else, but believe in yourself and just keep working hard."

Speaking about her switch from commerce to aviation, First Officer Mehr Sethna said, "I always wanted to become a pilot since I was in school. Though I opted for Commerce stream, deep down I wanted a career in aviation, but starting at 24 years felt a little late. Eventually I decided to just go for it! Studying Science was an altogether new challenge but once I took off, there was no looking back!"

Speaking about challenges they faced and lessons learnt, Capt. Priya said that the aircraft does not care for the pilot's gender - the gentler you handle the machine, the better it flies. She said how grit and determination makes it all possible. Capt. Ramona shared how once she'd stumbled upon her own biodata, where the word 'female' was highlighted, as was her age, and how next to it, someone had written, 'are we brave enough?' The redeeming reply - 'yes, we are and we should give her a chance' - renewed her motivation. Capt Kainaz shared how all professions throw up challenges but one needs to hold on to the positives as these empower you realise your dreams. She hoped that someday they would be referred to as 'pilots', sans the tag, 'female' coming in. First Officer, Mehr concluded saying it was inspiring seeing women do all things alongside the men.

Put Your Best Foot Forward!



DR. DANESH CHINYOY

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 ground-breaking 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.

You get out of bed in the morning and as you take your first steps, you feel a burning, stabbing pain on the bottom / soles of your foot. You're wondering, "What can I do about my foot pain?"

With a number of readers who are suffering similar issues, requesting my help, let us demystify the condition known as 'Plantar Fasciitis'. The plantar fascia is a thick band of tissue that runs across the bottom of your foot and connects your heel bone to your toes. It supports the arch of your foot by stretching slightly when you step down and then shortens back to maintain the arch and support your weight, as you walk. The plantar fascia absorbs a great deal of weight when walking and especially when running and is therefore prone to injury.

Plantar Fasciitis is a condition that causes pain on the bottom of the foot, especially in the area of the heel and arch. For those who like the technicalities, Plantar Fasciitis is an inflammation of the plantar fascia generally caused by micro tears or repetitive injury of the plantar fascia. The tissue becomes tightened and shortened causing pain and distress. It gets aggravated (many a times even caused) with the wrong choice of footwear. Sadly, people seek glamour and fashion over comfort and proper mechanics when choosing their footwear.

Plantar fasciitis typically causes a stabbing pain in the bottom of your foot near the heel. The pain is usually the worst with the first few steps after waking up, although it can also be triggered by long periods of standing or when you get up after sitting. The pain is usually worse after activity, not during it. Flat feet, a high arch or even an abnormal pattern of walking can affect the way weight is distributed when you're standing and can put added stress on the plantar fascia.

Changing the way you walk as a way to relieve plantar fasciitis pain might lead to foot, knee, hip or back problems. A thorough kinetic analysis helps correct the bio-mechanical faults of posture and weight distribution, particularly if you are on the wrong side of the weighing scale. All this is to be evaluated by a competent physiotherapist. Sometimes, an X-ray shows a piece of bone sticking out (spur) from the heel bone. In the past, these bone spurs were often blamed for heel pain and removed surgically. But many people who have bone spurs on their heels have no heel pain. Injecting steroid medication into the tender area can provide temporary pain relief. Multiple such shots aren't recommended because they can weaken your plantar fascia and possibly cause it to rupture in the long run.

If you suffer from plantar fasciitis, one of the best self-help ways to get relief is by stretching and strengthening the tissue giving you trouble. Loosening the plantar



Standing Calf Stretch



Seated Plantar Fascia Stretch



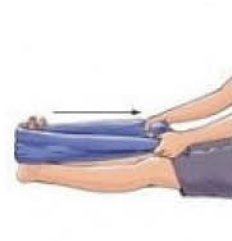
Plantar Fascia Massage



Achilles Stretch



Frozen Can Roll



Towel Stretch

fascia can prevent it from further damage, strengthening the supporting muscles would reduce the stress and thus help contain inflammation. Soak your feet in soothing hot water mixed with Epsom salt. The water should be hot, but not uncomfortable, and feet can be soaked twice a day for about fifteen minutes. Night splint is another option that can help stretch your calf and the arch of your foot. Night splints are a type of brace that holds your foot in a flexed position and lengthens the plantar fascia and Achilles tendon overnight. This can prevent morning pain and stiffness. Getting professional advice and custom-made footwear, particularly quality insoles will go a long way in healing and preventing many other foot related issues.

Here's some exercises you can do at home to help heal your plantar fasciitis:

Tennis Ball Roll: While seated, grab a tennis ball or rolling pin or a frozen water bottle, or any other cylindrical object and put it under your foot. Gently roll the object underneath the arch of your foot. Acupressure roller boards will also do. Perform this exercise for three to five minutes, twice or thrice in a day.

Towel Stretch: Take a towel or a 'dupatta' and put it around your foot. While sitting, extend your leg in front of you. Gently pull the towel toward you while keeping your leg stable. You should feel your calf muscle stretching. Hold this position for about 45 seconds, take a break and repeat it twice. Do this exercise four to six times daily.

Toe Stretch: In a seated position, push your leg out so that just your heel is on the floor. Bend down and grab your big toe, bending it backward. While doing this, flex your ankle up so that it pulls away from the floor. Hold this position for about 30 seconds, take a break and repeat it two to four more times. You can do this exercise numerous times a day.

Toe Curls: In a seated position, put a towel flat under your foot. Your goal is to scrunch the towel up using only your toes. Once you have scrunched the towel, curl your toes the other way to straighten it back out. Perform this exercise 10 times, once or twice a day.

Calf Stretch: Stand facing a wall with one foot in front of the other (the back foot should be the one with plantar fasciitis). Keeping the back leg straight, lean your weight forward, bending into the front knee. Make sure your back heel stays on the ground, stretching your calf muscle. Hold this position for about 45 seconds, take a break and repeat two to three times. Do this exercise four to six times a day.

Picking Up Marbles: For something a little more challenging, try putting marbles on the ground next to a coffee mug. Using only your toes, grab the marbles, lift them off the ground, and drop them into the mug. Continue until you have gathered all the marbles. Do this exercise once or twice daily.

If there is no significant relief in your pain, I strongly recommend you visit your neighbourhood physiotherapy clinic for a professional 'Fascia Release' and also a tailor-made exercise prescription for your specific needs based on a physical diagnosis and evaluation.

Put your best foot forward and have a pain-free life!

▶ The vibrant panelists spoke about various rules, regulations, protocols and qualifications they had to adhere to on their journey to becoming pilots, and the indispensability of maintaining good mental and physical health. Their advice to the Gen-next wanting to become pilots

was synonymous - to pursue your dreams and how being self-motivated in your career becomes your driving force; that it's not just about money and glamour as pilots have to constantly learn on their job, as every flight is different. It's about focus, hard work and sacrifice

in your personal life. They emphasized the need to first complete graduation.

Post the Question-and-Answer session with the audience, Villie Daruvala (Chair - Mumbai Chapter Chair) summed up the webinar while Shernaz (Secretary

- Bangalore Chapter) gave the vote of thanks, expressing gratitude to all the panelists, attendees, the fabulous WZCC teams and all the helpers for setting up this excellent webinar, as also Global President, Edul Daver, for all his constant encouragement and support.

APPEAL

Animal Welfare And Rescue Efforts (AWARE) Foundation

The AWARE Ashram at Tansa Forest, Ganeshpuri is home to 84 beautiful stray dogs and cats, some with disabilities, and some unadoptable rescues.

AWARE's growing responsibilities, fresh initiatives and upkeep of current activities

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2. Quarterly Medical Supplies Bank (January - March 2021): Shortage = Rs. 8,500/-
3. Emergency Medical/Surgical Fund: in event of illness/accidents/mishaps: Rs.10,000/-
4. AWARE Ashram Spay/Neuter Camp (January-March 2021): Rs.75,000/- [Needed for spaying 14 dogs]
5. Quarterly Rent + Electricity Expenses (January - March 2021): Total: Rs.20,100/-



Monthly rent: Rs. 6,000/- x 3 = Rs.18,000/-

Electricity bill: Rs.700/- (rough monthly estimate) x 3 = Rs. 2,100/-

6. Quarterly Ashram Staff Wages (January-March 2021): Rs.1,50,000/- [Project Head Rs.15,000/- + Head Caretaker Rs.9,000/- + Assistant Caretakers (3) Rs.7,000/- per month x 3 = Rs.21,000/- + Housekeeper Rs.5,000/- . Monthly Expenses = Rs. 50,000/-]
7. Quarterly Ashram Expenses (January-March 2021): Rs. 18,000/-
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ચોરડી રોડ, જી. અમરેલી, ગામ. રાજુલા (સૌરાષ્ટ્ર)

C/O શ્રી કૌશિકભાઈ ભિખાભાઈ તલાટી. મેઈન બજાર, હવેલી ચોક રાજુલા
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વિકલાંગ - અસાક્ત - કેન્સર ગ્રસ્ત - લુલી - લંગડી - આંધળી - એક્સિડન્ટ થયેલી ગાયો તથા ગોં વગર ના અનાથ વાહરડાઓ લાગભગ ૫૫૦ - ૫૬૫ ભિમાર ગોં માતાની હેલ્થા પપ વર્ષોથી પશુ ચિકિત્સક ડૉક્ટર દ્વારા સુંદર રીતે જતન કરતી આવક વગરની નિઃસ્વાર્થ ભાવે સેવા કરતી રાજુલા ખાતેની એક માત્ર સંસ્થા.

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