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FROM THE EDITOR'S DESK

To Jab Or Not To Jab... That Is The Question!

Dear Readers,

Over the past week, it's not just the cold winds blowing in from North India that have brought chills to the city. It's also the uncertainty surrounding the 'Big Jab' - the Covid vaccination which will protect us against the deadly coronavirus... the big relief we had all been waiting for with bated breath, for nearly a year now...

Well, it's here alright, and that's great news! And we are extremely grateful and relieved to finally have access to this protection against the pandemic. Even so, the steady news and information trickling into our inboxes and WhatsApp/messenger forwards about the not-so-great side effects taking place the world over and in India, makes us ponder the inescapable quandary - to jab or not to jab!

What makes it confusing is that the sceptics are as confident and convincing about its cons, as are the believers who swear by its pros! It gets even more perplexing when advocates from either side pose their contradicting convictions with ample scientific reasoning and resonance. While the side-effects of the Pfizer, Sputnik and Moderna vaccinations give us the jitters, our very own home-grown, Covishield produced by SII in affiliation with Astra Zeneca, has also had its share of not-very-encouraging after-effects. As proud as our Poonawalas make us, their 'Prickly Pair Vaccine' (since we are given two jabs) doesn't incite some to dare!

Even as most medical professionals staunchly advocate vaccination, latest news reports about vaccine hesitancy have been surfacing globally and in India, with health-care and frontline workers holding back due to safety concerns over selective and incomplete Phase III trials.

So, should we go ahead and literally 'take a jab', or refrain for now and adopt the 'wait and watch' approach till our apprehensions get cleared?

Definitely something to ponder over the weekend!

Have a good one anyways!

- Anahita
anahita@parsi-times.com

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Religious Announcements

174th Salgreh Of Karani Agiary's Atash Padshah Saheb

The 174th Salgreh Of Seth N H Karani Agiary's Atash Padshah Saheb will be celebrated on 1st February, 2021 (Roj Behram, Mah Shehrevar, 1390 YZ) with a Havan Geh Machi on behalf of the Trust at 7:00 am, followed by a Jashan Ceremony on behalf of the Trust at 10:30 am. In the evening, a Huma Anjuman Jashan will be performed at 5:00 pm. All Parsi / Irani Zoroastrians are invited to invoke the blessings of the sacred Atash Padshah Saheb.

N R Tata Agiary Celebrates 137th Salgreh

The N R Tata Agiary at Hill Road, Bandra (Mumbai), will celebrate its 137th Salgreh on 1st February, 2021 (Roj Behram - Mah Sherevar), with a Machi at 7:00 am and a Jashan at 10:00 am, on behalf of the Trustees. An evening Jashan will be performed at 5:00 pm. Humdins are requested to attend the auspicious occasion.

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on February 13th, 2021

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Your entries should reach us us no later than 9th February!

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Thought for the Week

"The secret to change is to focus all of your energy,
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- Socrates

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I Will Elevate The Spirit Over The Flesh, 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.

dissipation that he sees not.

Mankind will require ages before it can attain the highest ideal of life that the religions of the world put before it. Life loses its significance and becomes meaningless if in the end its destination is dust. Short is man's life. The days slip into months and months into years. Life lasts but a moment and man should make the best use of the moment.

When man feasts and makes merry with the gaiety of spirit, the surfeit of food and pleasures palls upon

his senses. He dissipates his energy and allows it to run to waste. A great gulf yawns under his feet and engulfs him into an impenetrable abyss. Alas and alas for his folly.

Life is not all rooted in the flesh. It is not just flesh. Life is spirit. Life's supreme satisfaction lies in

the life of the spirit and not of the flesh. When life is not anchored in spiritual values, when it has no accumulated spiritual riches, it is poor in spite of its hoarded wealth or garnered knowledge.

am aimlessly drifting from good age-old moorings, lead me to a safe anchorage in the world of spirit. Help me

to bridle and subdue the lusts of the flesh. Let me not do what ill befits me.

I will not make my mind spiritually sterile. I will not make my heart spiritually destitute. I will not let my life be spiritual bareness. I will think and think deeply about the life of the spirit. Even in the midst of the clatter and clamor of this materialistic age, I will strive to live by spiritual values. I will remember that life of continence is better than life of self-indulgence. I will trust and follow my higher nature. I will live the life of flesh well, that I may live of spirit better. With a pure mind and a clean heart, I will live a saintly and godly life. I will live an ideal life that will not be self-centered, but God-centered, Ahura Mazda!

Help me, my lord, to perfect my moral and spiritual nature by means of strict discipline of the sensual appetites. When I



Human being, the blend of flesh and spirit, the climax of creation, is Thy greatest wonder upon earth, Ahura Mazda. The glutton feasts his body, when he starves his soul. Wasted is his life, when he eats and drinks and plays and sleeps and indulges in pleasures that but fade. Great is the danger of

FISH & MEAT, FRESH LIKE IN THE OLD DAYS

Over 1.7 million customers. 2000+ products. 17,000+ employees. A strong, rooted presence in 7 states across India, and the whole of UAE. These are the impressive stats that FreshToHome.com, a vertically integrated e-commerce company in the Fresh Fish & Meat category, has garnered over its 6 years of existence. But the best bit? Their products are always delivered fresh, and free of chemicals and preservatives. A deeper dive into their success story tells us that there's more to Fish & Meat than meets the eye.

No Chemicals. No Antibiotics. No Worries: Since its inception, FreshToHome has been clear about what they're setting out to achieve - put fresh, chemical-free food back on the table again, just like in the old days. And this holds for every product in their wide-ranging catalogue. From freshly caught Fish & Seafood that's guaranteed free of harmful chemicals like Formalin and Ammonia, to antibiotic-residue free Poultry products, premium, handpicked Mutton, and preservative-free Ready-To-Cook dishes, the list goes on. And one can't help but wonder how they deliver on this promise.

The Middlemen Problem & The 'App' Solution: "Almost 99.7% of the Indian



Fish & Meat sector is unorganized and riddled with middlemen. Cold chain management was largely absent, and the significance of purity and hygiene was being majorly overlooked. This was a big problem, but at the same time, a bigger opportunity." says Shan Kadavil, Co-founder & CEO. FreshToHome has

managed to organize the supply chain, end to end, all thanks to their US patented, mobile app-based 'Commodity Exchange' platform. It allows fishermen and farmers to virtually bid and sell their produce; thereby guaranteeing them a competitive price, and eliminating the involvement of middlemen. "We

currently have 1,500 fishermen and farmers trading 10,000 tonnes of products per month. We also have a contract farming platform through which we are raising 2,500 tonnes of fish and about 25,000 tonnes of poultry, annually" added Shan.

Always Fresh. Never Frozen: A key ingredient in FreshToHome's recipe for freshness is an efficient cold chain management system that consists of over 100 temperature checkpoints. It ensures that the products are kept perfectly chilled between the ideal temperature of 0-4°C at all times, eliminating the need for freezing or chemical preservation. "Freezing, especially in Fish, kills the natural moisture contained in it, thereby depriving it of its authentic taste. Being foodies, we were adamant that we cannot let this happen. Why freeze it when you can deliver it fresh?" added Shan.

Future of Fresh: With a large and steadily growing consumer base in India and UAE, FreshToHome plans expanding its services to 56 cities in India, and foray into Saudi Arabia in the next 12-24 months. As they set out to fish in newer waters, they're focused on delivering on their promise of fresh, chemical-free produce, on a larger and wider scale.

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Celebrated Cricket Umpire Piloo Reporter Honoured!



BINAISHA M. SURTI

The pride of Indian cricket and our community, former International Cricket Umpire - Piloo Reporter - was honoured for his exceptional and outstanding service to Indian cricket by 'The Cricketers Foundation' on 25th January, 2021. The 82-year-old gentleman, who stood in 14 Tests, 22 ODIs, including 7 matches in the 1992 World Cup, boasts an illustrious career spanning nearly three decades - 28 years to be precise - and was awarded a monetary prize (Rs. 75,000/-) as well by the Foundation.

The Cricketers Foundation recognizes and honours the exemplary work done by coaches, umpires, grounds-men, players, scorers and statisticians, by celebrating and supporting these unsung heroes, under its committed Chairman - renowned journalist, columnist, cricket administrator, talent spotter and researcher - Makarand Waingankar, whose vision is to support all seniors cricket players over the age of 70, who have served Mumbai cricket with distinction.

Born and brought up in Thane in Maharashtra, Piloo Reporter is respected and cherished for his grace, amiability and politeness, and is one of the most charming personalities of the cricketing arena, known to go out of his way to help others. A quintessential bawaji - our happy-go-lucky Mr. Reporter is known for his honesty and for being straightforward, as also for his patience and enthusiastic nature. What also stands out is his outstanding memory of recalling past events. His vast experience and encyclopaedic knowledge of cricket makes him stand out as one of the best cricketing umpires India has produced.

Passionate about cricket from childhood, Piloo Reporter always wanted to become an umpire, grabbing every opportunity which came his way on the field to umpire matches. "Firstly, I thank Cricketers Foundation for recognizing my services towards the game of cricket. I have played a lot of cricket, especially at the Parsee Gymkhana grounds. I played mostly matches for my company, Maharashtra State Electricity Board.



Till the age of 38, I played the game, but then unfortunately injuries crept in and I decided to give up playing the sport. I was an all-rounder, bowled off-spin and later, became an opening batsman who loved facing fast bowlers. We also played intercompany matches with Surat, Ahmedabad electricity boards," shares Reporter.

Even today, many recall the famous method by which Reporter would signal a boundary - which later got named the 'Milkshake' by cricket commentator, Henry Blofeld. To signal a 4 was hit was also in his unique signature and quite different from the typical! So famous were his unique signal-styles, that even today cricket enthusiasts come up to him and ask him to show them... and he happily complies!

Talking about his move towards umpiring, he says, "The then Bombay Cricket Association (BCA), in 1961, had put up an advertisement for holding the umpire's examination, which I passed the following year. That is how my umpiring career took off. Later, in 1965, I was promoted to the senior panel of BCA. In 1966, I gave the exams to stand in Ranji Trophy games, which I cleared in the first attempt. In 1975, I gave another exam, which was for a promotion from the Ranji panel to the All-India panel. It was oral, practical as well as medical, which was a must that time. From then onwards, there was no looking back."

In 1986, along with umpire V K Ramaswamy, Piloo Reporter became the first Neutral Umpire from India, when they stood in a Test match featuring Pakistan and West Indies in Lahore. This was the first time that neutral umpires had officiated in a Test, since 1912. Later, in 1992, Reporter became the only Indian Umpire to officiate in the Cricket

World Cup!

Fondly called 'PD' by the cricketing fraternity, Reporter umpiring talents are legendary - especially his excellent man-management and field-management skills, which he exhibited with great elan. Reporter credits former umpire - Judah Reuben from Mumbai - as his mentor from whom he imbibed the good qualities of humility and handling high-pressure situations during matches.

If a wrong decision was made, you had to forget about it and move on. If you kept pondering on that so-called wrong decision, in all likelihood, the umpire would make another blunder!"

Sharing his warm equation with one of India's and the world's legendary cricketer, Sachin Tendulkar, Reporter says, "He possessed great observational qualities; on the field we would discuss about how things were going on. We had a very good time in Australia together while travelling in the same coach; we stayed in the same hotel. We would speak freely to each other. All players shared a friendly equation with me."

Piloo Reporter believes that the current brood of umpires must keep practicing their umpiring skills and that one should never take it easy after attaining success and reaching a certain



level. Speaking about the vast difference between the earlier days of cricket and today's game, Reporter recalls, "Today, technology has taken over in a big way. The third umpire coming in, DRS, an umpire just to see the no-balls, etc wasn't possible in our days. Nowadays, umpiring gives an individual good money too! In my days when I started off, they would pay us Rs. 50 per day. A three-day match would fetch us Rs 150!"

He reminisces about one of his best games where he umpire a Test match in Kolkata, India V/s England, back in 1993-1994, "Sachin Tendulkar and Vinod Kambli were playing - it was a good game and we received much praise from the England team and the English media for that game." Melbourne and Eden Gardens in Kolkata have been his all-time favourite venues for umpiring. Discussing on what it took to prep up before a big International match, he said, "Physically we need to be fit, but mentally too, we have to keep ourselves strong and tough. Yes, there will be ups and downs.

Piloo Reporter's granddaughter, Freny Daruwalla provides the perfect conclusion in her words, "Nana, as I call him, has been my strongest and powerful pillar in life. He is a true inspiration to not just me, but the entire cricketing fraternity. Today, when one looks at all his achievements and innumerable trophies, we stand in awe of him. However, behind all this success is his tremendous hard work and perseverance to rise and shine. He has always taught me to be patient. He says it's fine if something you desire for, with all your heart, is taking time to be achieved. Learn on the journey, when the time is right, you will achieve it. He believes that one should never stop learning. He has taught me to be grounded and down to earth. His simplicity and humility always stand out. It is such an honour to be known as 'Piloo Reporter's granddaughter'. He always loved and lived for his umpiring as that has been his absolute passion!"

BPP Candidate Anahita Desai Answers Questions From The Community

Anahita Desai's decision to contest in the oncoming BPP Elections as a Trustee has brought in much excitement, delight and joy to community members, who have been waiting to see this stalwart of community service grace the apex institution of our community in the well-deserved capacity of a Trustee. Parsi Times catches up with leading Trustee Nominee - Anahita Desai and shares her candid and straightforward answers with the community.

PT: How do you identify yourself - as a Community/Social Worker or as an Activist?

Anahita: Both - as a Community/Social worker as well as an activist. I firmly believe that a candidate needs to be judged by his / her track record. I have a 2-decade long record of being both a social worker and an activist. Just recently, I co-ordinated assistance and support to two Parsi families who were going through crises - one family having lost its only breadwinner - a widow, who is partially blind with three children to take care of; and another family having to deal with a member affected by severe mental illness.

I am involved in the wellbeing of an orphan child that the BPP has 'adopted'. I also ensure the future wellbeing of the family of the children whose Navjotes were organized by WAPIZ less than a month ago. These are just some of the very recent examples of service to our community.

As an activist, I have been involved and fronted various community causes. More recently, I was involved in the organization of the support meeting at Patkar Hall held for our Atash Behrams against the Metro. I have also co-ordinated the restoration of our Godavara Agiary, the repairs of the Bhabha Bunglis at Doongerwadi and the Tarachand Bunglis (lower Bugli) which is being inaugurated by the donor and BPP Trustees.

PT: There are rumours floating around that you have an 'understanding' or are 'aligned with' another candidate. Could you shed some light on the facts?

Anahita: I have been approached by potential candidates to form alliances and give active support, but I have made it very clear that I am standing as an independent candidate, without any so called 'understanding' or 'aligning' with anyone else.

PT: A lot has been written about you being in possession of two houses - one in Rustom Baug and one in Godrej Baug. Could you please clarify?

Anahita: The Godrej Baug flat, which we surrendered to the BPP in December 2020, after the sudden passing away of my husband, Yazdi's brother, was allotted to my father-in-law, in exchange of their one room flat at Navroze Baug in 1990. After the passing away of my father-in-law, my brother-in-law was residing there.

Our Rustom Baug flat was allotted to my mother, under the refundable Deposit Scheme in 2002, on Leave and License. The flat is in my mother's name. My mother sold our portion of our flat at Gowalia Tank in which we stayed as a joint family with my father's kaka's family. We bought the Rustom Baug flat with the proceeds from the sale and Yazdi added the rest. Yazdi was staying with us as a gher-jamai at Gowalia Tank. I repeat, we paid for the Rustom Baug flat, as per the prevailing BPP policy at that time and it is completely untrue that we got the flat free!

I hope this clears all the twisted stories about us having multiple flats!

PT: All are aware that there is groupism in the BPP. Which group would you favour or align with?

Anahita: Groupism has been in the BPP since ages. It is a political office and it would be foolish to expect there not to be alliances and groupism. But having said that, no trustee should sacrifice the wellbeing of the community and the institution at the altar of political upmanship.

Coming back to the question, I am going to stand for what is right for the community and for the Trust. In doing so, I may be seen as favouring one group at a certain time for one issue, and for another issue - favouring another group. My priority and loyalties, as always, rest with the welfare and progress of the community.

PT: Your previous two attempts when you contested the BPP elections, didn't bear fruit. Why do you think that was the case?

Anahita: The last time I contested, in 2018, I lost by a very narrow margin - just 26 more voters favoured my opponent - Xerxes Dastur. One factor which was made into a big issue by my opponents and which did go against me, was that my husband was also the Chairman-Trustee at that time and there were some people who felt that having two persons from the same family, at the same time, on the Board, was not right.

Secondly, it is also extremely disappointing and distressing to see that candidates sign a voluntary Code of Conduct and then blatantly flout all the codes. This happened at the last elections too. The candidate spent way beyond the limit specified, campaigning continued till the day of the elections when the code restricts campaigning



48 hours before elections. Threats, intimidation and financial incentives were used to get votes. I truly hope that this time around, the Code of Conduct is taken seriously and not disrespected so brazenly.

PT: What are the immediate changes you wish to bring to the BPP?

Anahita: I think it is imperative that the BPP communicates and keeps the community informed of its activities, decisions, allotment of flats, achievements, update on the status of important cases it is involved in, its finances, the constraints and problems faced by the BPP. I really would love to restart a monthly communication from the BPP to the community in our Community newspapers. A great deal of the controversies and misinformation, which is so prevalent nowadays, would disappear as these survive and confuse the community due to the absence

of true and factual information being communicated.

I am appalled that the BPP landlines have not been in working condition for months because the telephone operator is not coming to work!!! If a community member wants to get in touch with the BPP, there is no way he/she can do so, unless the person knows the personal number of a staff or trustee. So many persons have been calling me and asking how to get in touch with the BPP. Hopefully, this very small but very important issue will be resolved before I become a trustee (God willing), otherwise this is the very first thing I will get done.

To get your questions answered by our BPP Candidates, please write in to: editor@parsi-times.com

Webinar On Interpretations Of Zarathushtra's Teachings By Dr. Karishma Koka

Dr. Karishma Koka, the Co-founder of the Ultimate Achievements Academy (London, UK) will conduct a Webinar themed, 'Interpretations Of Asho Zarathushtra's Teachings In The Gathas With Relevance To Business And Entrepreneurship' next month.

In the Gathas, Dr. Karishma finds Neuro-Cognitive guidance that applies to the essence of the changing times. She finds messages for converting challenges to opportunities. In Asho Zarathushtra's thoughts and words, she finds the principles of Sustainable Development, Entrepreneurship to build beyond available resources and guidance for joyfully working together for the Good of All. Dr. Karishma will explain and discuss how the ancient and timeless Tenets and Principles have withstood the test of time and is applicable to all Peoples the World over, in all aspects of personal and professional life.

In 2012 Dr. Karishma Koka co-founded the Ultimate Achievements Academy with her mother, applying the principles from Neuroscience to Learning and Development in the Academic and Executive World. They help empower people through Neuroscience-based Holistic Life Coaching and Executive Training with knowledge and belief in the good in themselves and others, building confidence and self-esteem to add value to lives of others and achieve excellent results all though life. Recently, Dr. Karishma has founded the 'Ba Humata' project, aimed at building Global Fellowship with all global Zarathushti Associations to share Zoroastrian Tenets and Principles and their application in personal and professional day-to-day life.

She has learned the principles from her grandfather Ervad Noshirwanji Pestonji Panthaki (son of Dasturji Pestonji Noshirwanji Panthaki, late



Dasturji of Sir J.J Agiary, Pune), Mobed Mehraban Firouzgary (High Priest of Iran), Mobed Soli P. Dastur (USA), Ervad Dr. Ramiyar Karanjia (India) and the writings of Ervad K.E Kanga, Dasturji N. D Minocheherhomjee, Dasturji M. N Dhalla and Ervad Sir J. J. Modi among others.

After a BSc. in Chemistry, Environmental Science and Biology, Karishma did an M Sc. (Research) in Computational Neuroscience and Molecular Biology from the Tata Institute of Fundamental Research in Bangalore. She was selected to do a PhD at the University of Cambridge, Neuroscience Programme, on Scholarship from Cambridge, Nehru and British Government Trusts. Her Post-Doctoral work at the Medical Research Council, London was on Stem Cells in the Brain and Learning & Development. Dr. Karishma believes strongly in and supports the Zarathushti Faculty Network, while being a member of the ZTFE (London). She believes that Social, Economic and Knowledge Entrepreneurship work effectively at the Global level of Fellowship with Zarathushti Tenets.

WZO Trust's Update On Er. Zahan Turel Who Suffered Burn Injuries

By Team WZO Trusts

Community members are aware that 15-year-old Mobed Zahan Turel suffered from burn injuries on 24th October, 2020, when his jama caught fire, whilst performing the Rapithvan Geh Boi ceremony, at Goti Adarian, Surat. Since WZO Trusts used their good offices to raise funds from institutions and individuals, details of injuries, treatment, donations and expenditures are being shared in the public domain by way of accountability towards donors.

Injuries And Treatment: After a short stint of a few hours at a local Surat hospital for immediate treatment, Er. Zahan was transferred to Mumbai's Masina Hospital on 25th October, 2020, under the care of burns and plastic surgery specialists - Dr. Suhas Abhyankar and Dr. A M Vartak.

Er. Zahan was found to have suffered 48.50% severe and deep burns on his entire upper body, neck, both hands, ears. Doctor's informed that the first 3 weeks were critical and saving Zahan from any sort of infection was the only priority. Fortunately, his face and legs were not damaged. Doctors conveyed that probably the entire affected body would need skin grafting, which would be a long haul. Three graftings were expected to be done.

At the time of admission Er. Zahan tested Covid Positive and was immediately moved to Covid ICU for isolation. This hindered treatment for a few days as the plastic surgeon and burns specialist were not allowed to enter COVID ward. After intense treatment, his Covid report came negative and was again shifted to Normal ICU on 5th November, 2020.

During his stay at Masina Hospital, Er. Zahan was given treatment which included two skin grafting surgeries performed on 21st November and 16th December, 2020. He was discharged from Masina Hospital on 4th January, 2021.

Post discharge his daily massage and dressings are being done in Mumbai. Currently there are few patches left to be healed, in due course of time. Daily dressing will be done till the skin stabilizes, expected to continue for 2 months from the date of discharge. Daily occupational therapy is presently being undertaken at Masina Hospital's Occupational Therapy Centre. He continues to receive regular counseling.



The WZO Trust Funds
The WZO Trust for Women & Children
The World Zoroastrian Organisation Trust

In the future, Er. Zahan would need to wear pressure garments for two to three years. He may also require reconstructive surgeries and / or cosmetic surgery.

Though Er. Zahan is unable to sit for long period of time, he has decided to appear for his school board exams and has started gradual preparations for the same.

Expenses as on 22nd January 2021:

Rs. 53,000: Initial treatment at Surat Hospital.
Rs. 30,34,000: Treatment at Masina Hospital.
Rs. 30,87,000: Total

Donations And Insurance:

Rs. 6,00,000: From a donor who has paid directly to Masina Hospital.
Rs. 6,00,000: From insurance company.
Rs. 9,00,000: From various donors who have paid directly to Er. Zahan's family.
Rs. 43,78,781: Raised by WZO Trusts from donors within India.
Rs. 53,47,941: Raised by WZO Trusts from donors overseas.
Rs.1,18,26,722: Total

WZO Trust's are holding Rs. 77,26,722 on behalf of funds raised by them and will be handing over the amount soon to Er. Zahan Turel's family for his continuing treatment, as well as possible further treatment at Shriners' Children Hospital, in Boston (USA) - modalities and logistics of which are being worked out.

WZO Trusts profusely thank institutions and individuals who have collectively contributed towards this humanitarian effort and pray that young Zahan will quickly overcome the set back, rejoin the mainstream, continue to serve the community, and be blessed with a sound future.

Webinar: 'Interpretations Of Asho Zarathushtra's Teachings In The Gathas With Relevance To Business And Entrepreneurship'

Date: Sunday, 7th February, 2021

Time: 8:00 pm (IST)

Location: ZOOM Platform (Link: <https://bit.ly/yazdizoom>)
Meeting ID: 848 725 1418 (No password)

For details, contact Natalie Gandhi:
nvania@encouragenewbiz.com

Zermesh Patel Shines In Open Karachi Championship

On January 24th, 2021, Karachi-based Zermesh Patel did the tiny Parsi community in Pakistan, and its larger counterpart in India and across the world, very proud, by winning the title - 'Mr. East Athletic Physique' as well as securing third position in the category - 'Mr. East Model Physique', in the 5th Allama Iqbal Open Karachi Championship, held at the Shamsi Community Centre, at Shahra-e-Faisal in Karachi, Pakistan. What makes this achievement even bigger, is that 26-year-old Zermesh is the first Parsi ever, to enter this

competition and win this title! He has now set his sights onto becoming the very first Parsi to win the title of 'Mr. Karachi 2021'!

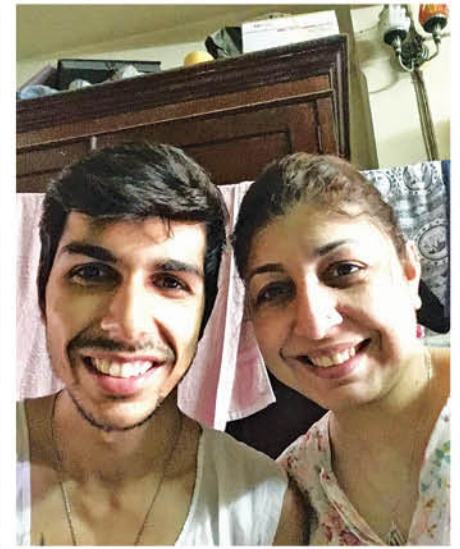
A second year Law student pursuing his LLB from the University of London, Zermesh is the son of proud parents - Katayun and Jamshed Patel, and the second of four siblings, with elder brother Nauzer and younger sisters - Farezea and Shareez.

He is known for his calm temperament and for being an intelligent child who has always

been focused, goal-oriented and determined to accomplish his goals - be it in his favourite race on the school sports day or in securing distinctions in his exams. Very loving and supportive towards his siblings and friends, Zermesh is ambitious and committed to achieving his dreams and soaring higher.



Zermesh Patel



With his Mummy - Katy



The Patel siblings (L to R) Shareez, Zermesh, Nauzer and Farezea

goals in life," in his words.

Speaking to Parsi Times, when asked about his mantra for success, he cites his favourite quote by John F. Kennedy - "Every accomplishment starts with the decision to try." Having completed his early education from Bai Verbaijee Parsi High School and currently studying Law, Zermesh plans to continue his academic journey in this direction and aims at becoming an example, "that we are not bound by a single achievement and can have realistic multiple

Ketayun Patel, Zermesh's mummy, shares, "My grandparents hail from India and after partition, chose Pakistan to be their home, so we've all been born and brought up in Pakistan. Parsis in Pakistan have mostly migrated from here, in hope of a better future, especially the young generation, and as a result, just a few hundred Parsis are now residing in Pakistan and our Parsi Community here has

been shrinking greatly each year. Zermesh wants to set an example by staying here and fulfilling his dreams as he believes that no matter what obstacles life throws at you, if you have the will, Pak Dadar Hormuzd makes it all possible, despite of all the odds!" Indeed!

Here's wishing Zermesh the very best for a bright and shining future. May he continue to bring pride onto the Parsi community in Pakistan and across the world!

PRESS NOTE

THE BOMBAY PARSI PUNCHAYET FUNDS AND PROPERTIES

209, Dr. Dadabhai Naoroji Road, Fort, Mumbai – 400 001

The following Housing applicant whose name is published hereunder was shortlisted and approved by the Board of Trustees.

Before completing the process of allotment, the Trustees, as a matter of abundant caution, are publishing the name of the allottee so that if there is any adverse factor against the proposed allotment, the Trustees attention may be drawn thereto latest by 19/02/2021.

Communication furnishing the full details of the objections should be addressed to the Chairman, Mrs. Armaity R. Tirandaz, Bombay Parsi Punchayet, 209, Dr. D. N. Road, Fort, Mumbai – 400 001.

By Order of the Trustees of
The Parsi Punchayet Funds and Properties, Bombay

30-01-2021

Mumbai

ASPI F. SARKARI

CEO

THE NAME OF TENTATIVE ALLOTTEE FOR ACCOMMODATION IN BPP COLONIES.

Sr. No	Name and Address of the Applicant
1.	<p>Ms. Farnaz Parviz Niroom Tata C.H.S., Bldg.No.2B,Flat No.11, Elphinstone Bridge, Parel, Mumbai-400 012.</p> <p>Fiancee's Address : Mr. Nikzad Hoshedar Mubarakai H-12, Sir S.B.Bharucha Baug, S.V. Road, Andheri - West, Mumbai - 400 058.</p>

Tata To Launch Moderna COVID-19 Vaccine In India

Tata Group's healthcare venture is said to have started initial discussions with Moderna Inc for a partnership to launch its COVID-19 vaccine in India, as per news reports in the Economic Times, dated 25th January, 2021. Tata Medical And Diagnostics could team up with India's Council of Scientific and Industrial Research to carry out clinical trials of Moderna's vaccine candidate in India, the report said, citing officials familiar with the matter. Neither organisation have formally confirmed the venture.



Unlike Pfizer's vaccine, which must be kept at minus 70 degrees Celsius or below, Moderna's can be stored at normal fridge temperatures, making it suitable for poorer countries like India, where cold chains are limited. Data released in November from Moderna's late-stage study showed it was 94.1% effective with no serious safety concerns. The shot was approved for use in the United States in December 2020, and in Europe earlier this month.

India mandates that any vaccine maker must conduct an additional local study if it has to be considered for, what the country calls,

the world's biggest vaccination programme. It gave emergency-use approval to a vaccine by Bharat Biotech and state-run Indian Council of Medical Research and another licensed from Oxford University and AstraZeneca that is being produced by the Serum Institute.

India has the world's second highest COVID-19 caseload after the United States, but daily cases have been declining after hitting a peak in September. India's drugs controller has said the overall efficacy of the AstraZeneca vaccine, locally branded COVISHIELD, was 70.42% based on trials done overseas, but the approval for Bharat Biotech's COVAXIN has faced criticism due to the lack of efficacy data.

Rustom Baug Applauds Its Heroes On Republic Day



Photograph credit Mr. Zal Cassinath

During the long and difficult lockdown, stretching mid-March to October, 2020, six Security personnel and five Trust staff volunteered to stay and continue working night and day in Rustom Baug. Rustom Baug tenants graciously contributed towards their upkeep, which included their lodging (at Neville Hall), meals, personal hygiene supplies, medication etc.



In appreciation of their dedication and sacrifice, on Republic Day - January 26th, 2021, the Rustom Baug Welfare Association (RBWA) held a brief ceremony at Sir Ness Wadia Memorial Pavilion, which began with the National Anthem. A cash purse was presented to all eleven deserving gentlemen.

Burzis Taraporewala - President, RBWA thanked the staff for their sacrifice and going beyond their call of duty to provide safety and ever-ready support

for all residents, especially seniors, through the challenging period. He specially thanked the baug custodians - Jimmy Mistry and Farokh Bharucha for their support, as well as Ronnie Bugwadia's help in getting the colony frequently sanitized and helping during power outages and water shortages during odd hours.

"Rustom Baug owes a huge debt of gratitude to all these exceptional gentlemen who shone through as our true heroes during the toughest of times! Gratitude and God Bless!" writes in Rustom L. Jasoomoney.

DMGCT A'bad Celebrates Republic Day

The DMGCT (Dhunjishaw and Manijeh Gamir Charitable Trust) Ahmedabad, celebrated India's 72nd Republic day on 26th January, 2021, at the Parsi Sanitorium compound at Navrangpura, Ahmedabad, for the seventh year, with great gusto and joy and good food.

This year, in keeping with the restrictions of the coronavirus pandemic, the event was organized with a modest number of people including Parsis engaged with different Charitable Trusts and Board members of the Ahmedabad Parsi Panchayat. The Flag Hoisting event was conducted by Harvez Bharucha, and attended by eminent members of the Parsi community, who had served in the Army, Airforce, Homeguard,



etc, including Aspy Unwala - Trustee DMGCT, Brig (Retd) Jehangir Anklesaria - President of Ahmedabad Parsi Panchayat - Harvez Bharucha, Kety Daruwala, Trustee of Ahmedabad Parsi Panchayat and Aspy Bharucha - Trustee DMGCT. This was followed by lunch.

The occasion marked people meeting and greeting each other after a gap of over ten months and everyone hoped that the next year would be celebrated with more people and greater togetherness. The event ended with coffee and snacks.

Alternative Coastal Road Project Design Proposed To Save Parsi Gate

As per news reports in the Free Press Journal, in an attempt to save the Parsi Gate structure from relocation, community members have proposed an alternative plan for the ongoing Coastal Road Project. The Brihanmumbai Municipal Corporation (BMC) had earlier announced, to shift the hundred-year-old structure for constructing a tunnel on the outer edges of the Marine Drive precinct. The civic authority had also approached the Bombay Parsi Panchayat (BPP) seeking its approval in removing the structure.

Earlier in the week, a group of concerned citizens met Municipal Commissioner - Iqbal Singh Chahal and proposed the new alternative

design, as per which the proposed tunnel could be constructed through the middle of the road, thereby not impacting the Parsi Gate structure. "Building the tunnel on the outer edges would affect the footpath and having a tunnel in the middle of the road is potentially safer and will also not affect the movement of the vehicles" said Alan Abraham, architect of the project. Taking note of the new design, Chahal has instructed senior officials of the CRP department to call for a joint technical meeting within 15 days.

Community member Havovi Sukhadwala has been writing to the civic officials urging them to not move the structure from

the very start and had also launched an online signature campaign. She said that the municipal commissioner had given positive feedback as regards the new design and they were looking forward to the joint meeting.

Colaba MLA - Rahul Narwekar and Cuffe Parade Corporator - Harshita Narwekar were also present in the meeting. "The structure has citizen's sentiments attached to it; if we can protect the structure with an alternative design, then it's a win for everyone," Harshita Narwekar said. "The commissioner has assured consideration of the new design, we are hopeful that things will eventually fall into place after the joint technical



meeting takes place," added Rahul Narwekar.

Located at the Marine Drive Promenade just opposite of Taraporewala Aquarium, the design of the Parsi Gate is built on the basis of ancient Parsi

architecture which comprises two five-metre pillars made of stone. Parsis have been paying respect to Avan Yazad (water deity) at this gate, for over a century now; Hindus also use the gate to immerse offerings in the sea, during Poonima.

The Stage Comes Alive Once Again!

Reopening this February, the NCPA is ready to welcome audiences back with a fine array of performances and safety measures in place

Even the momentary silence of a bare-looking stage could be overwhelming, remedied by the tuning of the violin or ghunghroo-clad ankles scurrying backstage. That this silence was to last for nearly a year, wasn't something any cultural organization across the world could have anticipated. But it did, taking away the joy of live performances in one fell swoop and leaving art lovers famished.

After an unprecedented health, financial and social crisis, as Covid cases seem to stabilise in India and life restart with a new normal, the grand Tata Theatre will resound once again with Vivaldi, Mozart and Tchaikovsky classics on February 3, marking the reopening of the National Centre for the Performing Arts, Mumbai. The fine array of classical concerts, recitals, plays, dance performances, stand-up shows and screenings scheduled for February, and the coming months, will be organised in complete adherence with Standard Operating Procedures laid down by the Municipal Corporation of Greater Mumbai in, addition to the NCPA's own precautionary measures for hygiene and social distancing. The theatres will function at no more than 50 per cent occupancy.

"The NCPA programming has always been a blend of performances by the finest international and local talent. With ever-evolving lockdown rules and travel restrictions, the focus will be on curating high-quality performances featuring local artistes and concerts by our resident musicians of the SOI Chamber Orchestra,"

says Mr. Khushroo N. Suntook, Chairman, NCPA. "I believe the way forward would be to mould these events into festive occasions as far as the restrictions will allow. Here, our centre lends itself to splendid opportunities with imaginative use of our open-air spaces for suitable performances. The difference somewhat from our normal fare will be the name of the game. This does not mean we will stray from the path of offering the best form of classical and contemporary performances, but will suitably adapt them."

In addition to the valiant attempts to return to incomparable live performances, the near future belongs to creating the best possible platforms for live streaming. While the theatres were shut under lockdown, work had already begun on quality broadcasting of NCPA's archival and new performances, an area in which significant progress had been made. NCPA@home - the organisation's digital broadcast series of curated performances from across genres, was among the first in the country to be rolled out, within days of the lockdown announcement. What started as a way of keeping members culturally engaged, went on to reach new audiences beyond India and formed a virtual community of connoisseurs, separated by distance but united in their love of Art.

It is art and its ready availability through treasure troves such as these, that brought solace to troubled minds grappling with a global upheaval. As we now soldier on in our masked lives, music, dance and

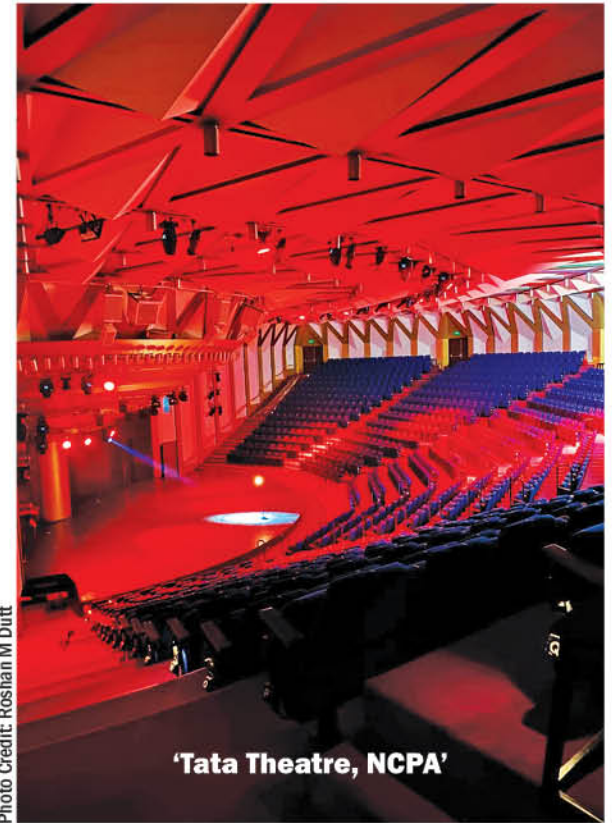


Photo Credit: Roshan M Dutt

'Tata Theatre, NCPA'

theatre are back in their live glory, all set to leave us enraptured. The theatres await their audiences...

(By Snigdha Hasan)

Don't Miss AIR's 'Sports Magazine' With Aapri Binaisha!



All India Radio' (AIR)- 'Akashvani Samvadita Mumbai' channel brings to you its popular show 'Sports Magazine' hosted by our very own PT Reporter, Binaisha M. Surti. To join her, tune in at 9:15 am IST, on 2nd February 2021 (Tuesday) for yet another Exciting and fun-filled episode in continuity with former cricket commentator Fredun De

Vitre. The channel 'Samvadita Mumbai' is available on the 'NewsOnAir' App. (Download from 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!) Enjoy!

Zoroastrian Cricket Club To Resume Play After 8 Years!

The Zoroastrian Cricket Club (ZCC) in Toronto, Canada, has decided to start playing league T20 cricket again, after an 8-year gap in play. ZCC was established in 1978 by a group of cricket-loving Parsis who had immigrated to Canada from India and Pakistan. Playing cricket in the 50-over format of the game, the Club ran successfully for many years in a local league, but in 2013, it had to wind down due to a lack of interest amongst newer Zoroastrians.



However, in recent years, when the Ontario Zoroastrian Community Foundation (OZCF) field was transformed to include a cricket pitch, it renewed interest amongst the community members! For the past two years, the team has played inter-friendly matches and has occasionally invited other teams to play.

Due to the building of the new Agiary, the OZCF ground is not available for the upcoming season. The club has decided to join the Mississauga Cricket League, and would like to introduce and include more youngsters to the game, in a healthy community atmosphere with proper coaching by ex-national team players.

Parsis based in Canada with children who like to learn sports and have fun in an all-Parsi community setting, or those wanting to join themselves could connect with Khushroo Wadia at khushroo_wadia@hotmail.com.

The Bawa Word Search

Search out 16 religious books of worldwide religions hidden in the word-jumble box below, in bi-directional, horizontal, vertical and diagonal forms:

N D K I O D L L B S J R X C M A J O P L C Q Z R I
M X R J K J U P G I R D A O D E J I N G V Y G B T
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|--------------------------|------------------------------|--------------------------|
| Kitab-i-Aqdas (Bahai) | Tipitaka (Buddhism) | Bible (Christianity) |
| Bhagwad Gita (Hinduism) | Quran (Islam) | Agamas (Jainism) |
| Torah (Judaism) | Book Of Mormon (Mormonism) | Kebrá Nagast (Rastafari) |
| Kojiki (Shintoism) | Guru Granth Sahib (Sikhism) | Dao De Jing (Taoism) |
| Book of Shadows (Wiccan) | Upanishads (Hinduism) | Talmud (Judaism) |
| | Zend Avesta (Zoroastrianism) | |



TechKnow With Tantra Stop, Breathe & Think

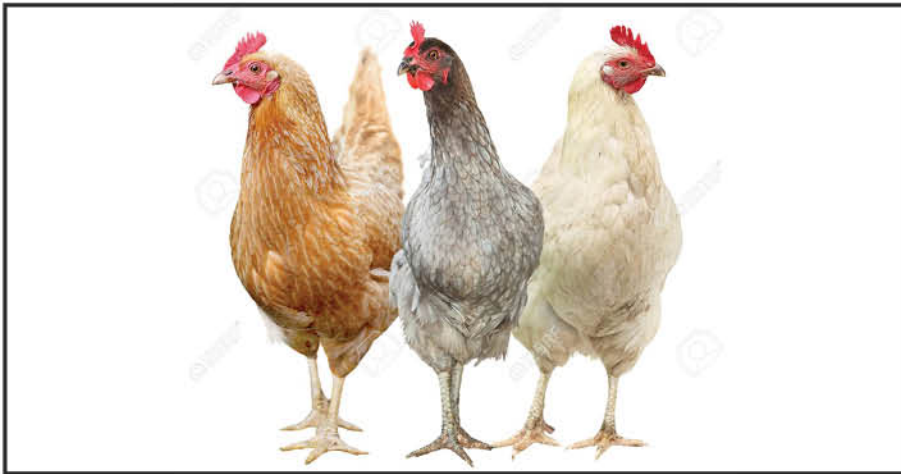
This free app helps you check-in with how you feel and pick a tuned, personalized mindfulness session to improve your day and sleep better. 'Stop, Breathe & Think' recommends daily meditations for beginners and experienced meditators, yoga and acupressure videos, based on your mood. Deal with anxiety, breathe mindfully and sleep better. It could be a breathing exercise or a 4-minute walk, where the coach talks to you. Before and after you take an activity, you need to fill in your moods, which creates personalized progress reports for you. Also available is a kid's section and a paid premium plan with added features

Android: <http://bit.ly/2kbMj5p> iOS: <https://apple.co/2kaKKER>

SUDOKU

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WINNING CAPTION!!!



First Chicken: Thanks to the virus - No Navjotes, No Weddings, No Khotta Kharchaas!
Center Chicken: Thanks to Chicken Flu - we can roam about freely and not end up as Tandoori and Faarchaas!

By Hoofriz Dotiwala

CAPTION THIS!



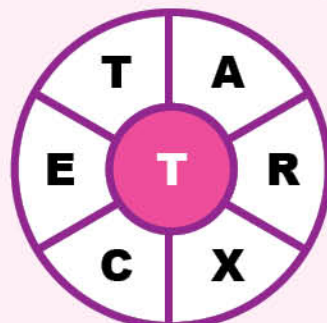
Calling all our readers to caption this picture!
Send in your captions at editor@parsi-times.com by 3rd FEB., 2021
Winning Caption and Winner's Name Will Be Published Next Week.

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 of the Week

"The true meaning of life is to plant trees under whose shade you do not expect to sit."

— Nelson Henderson

The Essential Characteristics Of Number 'FOUR'



RUBY LILAOWALA

The essential characteristic of number four is creativity. Hence, if you were born on the fourth day of the fourth month or if this number is powerful in your horoscope, you will be capable of producing great works of art, as a painter, artist or author, but only if you nurture that creativity with hard work and dedication.

In theosophy, the number four is the manifestation of the 'third aspect of the Blessed Trinity. The ancient Orphic religion, whose number was four, had beauty as its key-note and used music and art in religious worship. God or the highest good was the principle of beauty in the universe and ugliness in any form was regarded as the greatest evil.

Number four is an auspicious number in occult sciences. It is the number for healing the sick. In spiritualism, on a scale of one to seven, number four is the fulcrum, the stable point of rest between opposites. It is a state of perfect balance and harmony between 'Life and Form' i.e. consciousness and its manifested vehicle. It is the pause between spirit and matter. In this pause, there is stillness, equipoise and a germination of ideas and ideals.



The pantheon of Hindu deities have four hands, sometimes, holding the symbol for which they stand and are worshipped e.g. the Trishul in the hand of Lord Shiva or the Goddess of wealth, Laxmi, pouring out a stream of coins, always from the fourth hand. In the Universe, four stands for beauty and balance in nature. It's a basic number e.g. the four seasons which inspired composer Vivaldi to produce the immortal piece of music bearing the same name, or the four directions - North, South, East and West.

In ancient India, there were the four Vedas - the Rigveda, the Atharvaveda, the Yajurveda and the Samaveda; there were four castes or classes in which society was broadly divided viz. Brahmins, Kshatriyas, Vaishnavas and Shudras and the four Ashrams or stages in life viz. Gurukulashram, when one is a student under a Guru; Grihasthashram, when one marries around the age of 18 and starts a family; Vanaprastha ashram or retiring into a forest(van) to 'let go' the pleasure of youth and prepare for old age (this was around 60 years) and Sanyasashram, where one had to practice Vairagya (to let go everything) and practice Dhyaan (to meditate on one's real self or Sakshat Brahmaswaroop, also called atma-swaroop).

Most artists and creative persons have this number and they are extremely sensitive by nature. They need harmony and peace of mind in their personal lives, or else, they can suffer great agony in its absence. These gifted individuals are susceptible to mental depressions, restlessness, conceit, jealousy for more gifted persons and often suffer from extreme alteration of moods, or what psychiatrists call, mood-swings. They are spontaneous, passionate and emotional; difficult to live with because they are unbearable in times of frustration and failure to achieve perfect self-expression, e.g. Van Gough.

In the middle ages in Europe, of all the arts, the Opera represented number four, since it was a perfect synthesis of various branches of art, including drama, literature and music. In one of the smaller Zoroastrian prayers, we pay homage to the powerful number four in the '*chaar disha no namaskaar*'. The esoteric meaning behind this prayer is homage to every creation of Ahura Mazda, bowing in all four directions, so as not to miss out on anyone, also signifying unity in diversity - by bowing in all four directions to the grace of the one and only - Ahura Mazda!

Sharpen Your Edge: The Glass Needs To Be Half Empty...



DR. ADIL MALIA

Our community's leading business visionary - Dr. Adil Malia, has shared his expertise championing diverse roles in Business Management, Law, Human Resources, Marketing and Employee Relations. A much sought-after business coach and mentor, Dr. Malia's column in PT, 'Sharpen Your Edge' helps hone your careers and professional growth. [Contact Dr. Malia at: adiljmalia@gmail.com]

Leadership is all about keeping the glass always half-empty. True this for parents as well. Whilst your 'Vision' should always be to have a 'Full Glass', the glass should always be left 'Half Empty'! As a leader or a parent, you are mandated to perform this tricky role of maintaining this ever-dynamic equilibrium.



quickly transfers contents of that nearly full glass into a much bigger empty glass. Now the smaller full glass is half empty in a larger container, striving for growth actions to fill it up again. You will experience real time illustrations of this in certain business families which could have happily remained content with a flourishing family business, but despite that, plans entry into new and bigger killer projects to keep the fire of ambition burning and the jagged edge of fighting always razor sharp in their younger generations.

Building your team's bonding and happiness agenda around that half-full glass fosters the spirit of co-operation, sharing, caring and thriving with available resources. The Half Full Glass enhances survival instincts and with a world redefined by 'black swan events', sharpening one's survival skills during adversity, will be a key component to success.

In addition, an inspiring leader has to focus and keep stroking the team's 'HEAP' factors (Hope, Energy, Ambition and Passion) to strive for its Vision and fill the remaining half-empty glass. Allow me to let you in on a distilled secret of leadership I've honed in my 40 years as a Corporate Leader: An inspiring leader manages the magical paradox of success by balancing the Half-Empty-Glass with the Half-Full-Glass!

A 'full glass' tends to take away the fight, fosters complacency and kills the strive whilst silently destroying ambition. There is no more a need for a dream, nothing more to really look forward to. This is dangerous as it pushes Ambition into a state of coma. If one reaches a point where he is so fulfilled and content that he says, "I do not want to know any more, do any more, learn any more or be any more," he ought to be mummified!!

A parent's role in a child's upbringing is as critical as that of an inspiring leader's to a winning team. Both understand this balancing logic. Therefore, as soon as the glass appears full, the leader

When adversity strikes and the citadels crumble under tectonic shifts, the organisation first needs survival skills which are learnt during the 'half-full phase'. After that it needs energy, passion, enthusiasm and drive to commence its fight for success all over again to rebuild itself under challenge, the skills learnt during the 'half-empty phase'.

There is a serious message in all this, particularly for us Parsis. The Good News - us Parsis are lucky and blessed to be born in families with loving, doting parents who sacrifice and work hard to ensure that their children are provided with the best of everything and are kept comfortable. They go all out to keep the glass full. The Bad News - it is this over-indulgence and protective attitude which junks the fight in the children, abandons their struggle, destroys the dream and kills the spirit of endeavour.

However prosperous you may be, I would seriously caution all parents to always keep the glass half empty and keep fanning ambition in their children to keep their survival and the fighting edges ever sharp!

અનાહિતા દેસાઈએ બીપીપી ટ્રસ્ટી તરીકે પોતાનું નામ નોંધાવવાની વાત કરી

૧૯ જાન્યુઆરી, ૨૦૨૧ ના રોજ, માર્ચ ૨૦૨૧ ની આગામી ચૂંટણીઓમાં બીપીપી ટ્રસ્ટીશીપની લોકપ્રિય ઉમેદવાર અનાહિતા દેસાઈએ ઉમેદવારી નોંધાવી.

છેલ્લા ત્રણ દાયકાઓમાં, અનાહિતા દેસાઈએ પ્રામાણિકતા, અખંડિતતા અને દિલથી સમર્પણ સાથે સમુદાયની સેવા પ્રત્યેની તેમની કટિબદ્ધતા અને સમર્પણને સાબિત કર્યું. અનાહિતા તેના સિદ્ધાંતો સાથે સમાધાન કર્યા વિના, સમુદાયની પ્રગતિ તરફ દોરી જાય છે. ધાર્મિક પરંપરાઓ અને સમુદાયનાં કારણોના નિર્ભય સમર્થક તરીકે જાણીતા, તેણીએ નિઃસ્વાર્થપણે ફક્ત પોતાનો સમય જ નહીં, પરંતુ ઘણાં સમુદાય-સંબંધિત કારણો માટે પોતાનું અંગત ભંડોળ પણ ફાળવ્યું છે.

પોતાનું ઉમેદવારી પત્ર ભરવાના પ્રસંગે પારસી ટાઈમ્સ સાથે વાત કરતાં તેમણે કહ્યું હતું કે, આજે મેં આગામી બીપીપી ચૂંટણી માટે ઉમેદવારી નોંધાવી છે. આ સમય મારા માટે ખૂબ ભાવનાત્મક સમય છે. હું મારા પતિ યજ્ઞદીની બેઠક માટે ચૂંટણી લડી રહી છું કારણ કે તેમણે સ્વાસ્થ્યના કારણોને લીધે રાજીનામું આપ્યું હતું. તેમનું રાજીનામું જીવનનો સૌથી દુઃખદાયક નિર્ણય હતો. આ મારા જીવનના નવા અધ્યાયની શરૂઆત છે.

તેણે આગળ શેર કર્યું, મને પૂછવામાં આવ્યું છે કે હું બીપીપીની ચૂંટણી કેમ લડી રહી છું. મારો જવાબ ફક્ત આ છે, કે હું આપણા સમુદાયની સુખાકારી પ્રત્યે ઉત્સાહી છું.

મારા કેટલાક નજીકના મિત્રો અને શુભેચ્છકો આશ્ચર્ય કરે છે કે આ રાજકીય કામ તણાવ ભર્યું હોવા છતાં હું શા માટે ટ્રસ્ટી બનવા માંગું છું, જેણે

મારા પતિ, યજ્ઞદી દેસાઈના સ્વ-સ્થિતિને અસર કરી. મારો જવાબ નીચે મુજબ છે - મારા પતિ બોમ્બે પારસી પંચાયતનાં અધ્યક્ષ બનવાની જવાબદારીઓ સાથે કંપનીના



ડિરેક્ટર તરીકેની માંગણીની જોબની હાલાકી ચલ-વતા હતા અને બીપીપીમાં પ્રચલિત અણધારી અને અવિવેકી રાજકારણ સાથે સતત વ્યવહાર કરતા હતા. મારી પાસે કોઈ કારકિર્દીની જવાબદારીઓ નથી અને કારકિર્દીની તકરાર વિના, મારો સમય બીપીપીની ઓફિસમાં ફાળવવો લગ્નથી હશે. મેં બે ચૂંટણી લડી છે અને હું બીપીપીમાં રાજકીય ગતિશીલતાથી સખત વાકેફ છું. હું અપક્ષ ઉમેદવાર તરીકે ઉભી છું. હું સભાનપણે કોઈપણ જોડાણ અથવા જૂથવાદથી દૂર છું. હકીકતમાં, હું ચૂંટણી માટે તૈયાર છું પ્રચાર અને પ્રશ્નો સાથે.

હું પારસી ઈરાની જરથોસ્તી સમુદાયમાં વિશ્વાસ કરું છું, હું બીપીપીના કામકાજમાં સુધારો લાવવા માંગુ છું. મેં મારા જીવનને આપણા સમુદાયના સભ્યોની જરૂરિયાતોને પૂર્ણ કરવા માટે સમર્પિત કર્યું છે અને આપણા લોકોની સેવા કરવાનો આ મારા માટે શ્રેષ્ઠ માર્ગ છે અને તેથી જ હું ટ્રસ્ટીશીપ માટે ઉભી છું, અનાહિતાએ કહ્યું.

તેમને ચૂંટણી માટે ખૂબ ખૂબ શુભેચ્છાઓ!

બરજસ દેસાઈ તેમના બીપીપી ટ્રસ્ટી માટેનું નામાંકન ફાઈલ કરે છે



૨૧મી જાન્યુ-આરી, ૨૦૨૧ ના રોજ, પ્રખ્યાત વકીલ, લેખક અને સમુદાયના લ્યુમિનરી - બરજસ દેસાઈએ આગામી માર્ચ ૨૦૨૧ની બીપીપી ચૂંટણીમાં, બીપીપી ટ્રસ્ટીશીપ માટે ઉમેદવારી નોંધાવી.

બરજસ દેસાઈએ ઉમેદવારી નોંધાવવાની તેમનો અગાઉનો ખચકાટ અને આખરે આમ કરવાના તેમના નિર્ણય વિશે શેર કર્યું છે:

પ્રિય સહ-ધર્મવાદીઓ, મારા નામાંકન ભરવાના નિર્ણયથી ઘણાને આશ્ચર્ય થયું છે. મેં બીપીપીમાં પરિવર્તન લાવવાના મત સાથે પ્રખ્યાત વ્યાવસાયિકોને ચૂંટણી લડવાનું આશ્વાસન આપ્યું, જે બધા જ મારા મિત્ર, નોશીર દાદરાવાવાને બાદ કરતા હાર્યા, જેમણે હવે મને પ્રપોઝ કર્યું છે. ગયા વર્ષે, ટ્રસ્ટીઓને મદદ કરવા માટે હું કોર કમિટીનો ભાગ હતો. તે પછી જ મને સમજાયું કે આપણા સમુદાયની સંપત્તિઓ અને વારસોને જાળવી રાખવા માટે કહેવાતા પારસી રાજકારણ તરીકે ઓળખાવા માટે નોંધપાત્ર અનિચ્છા દૂર કરવી જરૂરી છે. કિંમતી સમુદાય સંસાધનોના રક્ષણ અને નિર્માણની ઘણી ગંભીર કાર્યવાહી ફક્ત ત્યારે જ શરૂ કરી શકાય છે જો કોઈ ટ્રસ્ટી કાનૂની ક્ષમતા ધરાવતું હોય.

છેલ્લા કેટલાક મહિનામાં, બીપીપીમાં કડવાશ

નોંધપાત્ર રીતે વધી છે. હું પરિસ્થિતિમાં ભાગ લેવાનો પ્રયાસ કરતી એક ટીમનો ભાગ હતો, જ્યારે મને આગળ સમજાયું કે સીધી સંડોવણી જરૂરી છે. મને વિશ્વાસ છે કે અનાહિતા શ્રેષ્ઠ ટ્રસ્ટી બનશે. ચૂંટણીમાં, તમારી બે વોટમાંથી, કૃપા કરીને અનાહિતા માટે પહેલા તમારો મત આપો. કોઈપણ સંજોગોમાં, આ ચેરિટી ટ્રસ્ટી પદ છે તે ધ્યાનમાં લેતા, હું સીધા અથવા પરોક્ષ રીતે મતદાન કરી શકીશ નહીં.

છેલ્લા કેટલાક વર્ષોમાં, હું વધુને વધુ માનતો આવ્યો છું કે જો આપણે સમુદાય તરીકે ટકી રહેવાનું છે, તો આપણે કોઈ પણ કિંમતે આપણી વિશિષ્ટતાને જાળવી રાખવી જોઈએ આપણી અગિયારી ડુંગરવાડીનું સંરક્ષણ અને સુરક્ષા એ મારા માટે પ્રાથમિક ઉત્કટ બની છે. જીવનના અંતમાં, મને આંતરીક પ્રતીતિ છે કે આપણા પરંપરાગત મૂલ્યોને સાચવવા પડશે. હું અમારા ધાર્મિક જીવનશૈલીને લગતી કોઈપણ સન્માનિત પ્રથામાંથી સહેજ પણ વિચલિત થઈશ નહીં.

મારી એકમાત્ર વિશિષ્ટ ક્ષમતા એ બોર્ડ પરના તમામ હાજર ટ્રસ્ટીઓ સાથેનો સંબંધ છે. હું આ અને મારા ૪૦ વર્ષના અનુભવને વિવાદ નિવારણના વકીલ અને સૂચિબદ્ધ કંપનીઓના ડિરેક્ટર તરીકે ઉપયોગ કરીશ, બી.પી.પી. ના કામમાં થોડી શાંતિ લાવવા માટે.

કોઈપણ મિલકત અથવા ભાડૂત અથવા અન્ય કોઈ વ્યાપારી અથવા કાનૂની બાબતે લગતા દરેક મુદ્દા પર મારો નિર્ણય સંપૂર્ણપણે યોગ્યતા પર આધારિત રહેશે, કોઈપણ પૂર્વગ્રહથી મુક્ત નથી, અને કોઈપણ જૂથ અથવા વ્યક્તિ શું ઈચ્છે છે તે ધ્યાનમાં લીધા વગર. મેં પારસી જરથોસ્તી બનવાથી મારા વ્યાવસાયિક અને અંગત જીવનમાં ખૂબ પ્રાપ્ત કર્યું છે. હવે પેલેક કરવાનો સમય છે. આપણો ધર્મ, આપણી અમૂલ્ય સંપત્તિઓ, આપણો વારસો અને આપણા અસ્તિત્વને જોખમમાં મૂકવાની મંજૂરી આપી શકાતી નથી. નમ્રતા, કરુણા અને અહંકારનો નાશ કરવો એ સમયની આવશ્યકતા છે.

તેથી, માટું નામાંકન. આપનો, બરજસ દેસાઈ બરજસ દેસાઈ વિશે:

૬૪ વર્ષીય બરજસ દેસાઈ છેલ્લા ૪૦ વર્ષથી ટ્રાંઝેક્શનલ અને વિવાદ નિવારણ કાયદાની પ્રેક્ટિસ કરી રહ્યા છે. ભરડા ન્યુ હાઈ સ્કૂલના વિદ્યાર્થી, તેઓ એલ્ફિન્સ્ટન કોલેજમાંથી પ્રથમ વર્ગના સન્માન સાથે સ્નાતક થયા, એલએલબી પરીક્ષામાં બોમ્બે યુનિવર્સિટીમાં ટોચનું સ્થાન મેળવ્યું, તેમજ કેમ્બ્રિજ યુનિવર્સિટી (યુકે) જ્યાં તેણે પોસ્ટ ગ્રેજ્યુએટ વધુ માટે જુઓ પાનુ ૧૫

એસઆઈઆઈ વધુ ચાર કોવિડ -૧૯ રસીઓ પર કામ કરે છે

કોવિશિલ્ડ ઉપરાંત, વોલ્યુમ પર આધારિત વિશ્વની રસીના સૌથી મોટા ઉત્પાદક સીરમ ઈન્સ્ટિટ્યૂટ ઓફ ઈન્ડિયા (એસઆઈઆઈ), કોરોનાવાયરસ સામે વધુ ચાર રસીઓ પર કામ કરી રહ્યા છે, તેના એક્ઝિક્યુટિવ ડિરેક્ટર, સુરેશ જાધવના જણાવ્યા અનુસાર, જેમણે આ જાહેરાત શેર કરી હતી તેમણે કહ્યું કે એસઆઈઆઈ, કોવિશિલ્ડ સહિતની કોરોનાવાયરસ વિરુદ્ધ પાંચ રસીઓ પર કામ કરી રહી છે, જેને ગયા શનિવારે શરૂ થયેલી માસ ઈમ્યુનાઈઝેશન ડ્રાઈવ માટે ઈમરજન્સી યુઝ રોલ-આઉટ માટેની મંજૂરી મળી હતી.

એક (રસી) માટે અમને કટોકટીની મંજૂરી મળી છે, ત્રણ અન્ય ક્લિનિકલ અભ્યાસના વિવિધ તબક્કામાં છે જ્યારે એક અજમાયશના પૂર્વ-ક્લિનિકલ તબક્કામાં છે, તેમણે કહ્યું.

એસઆઈઆઈએ ભારત અને અન્ય દેશો માટે તેની સંબંધિત કોવિડ -૧૯ રસી બનાવવા માટે નોવાવેક્સ ઈન્ક સાથે ભાગીદારી કરી છે. યુ.એસ. ડ્રગ ડેવલપર સાથેના કરાર હેઠળ, એસઆઈઆઈ દર વર્ષે નોવાવાક્સના રસી ઉમેદવારના બેસો કરોડ ડોલર વિકસાવશે, તેમજ રસીના એન્ટિજેન ઘટકનું ઉત્પાદન કરશે. એસઆઈઆઈએ તેની કોરોનાવાયરસ રસી તૈયાર કરવા અને સખાય કરવા માટે યુએસ સ્થિત કોડેજેનિક્સ સાથે ભાગીદારી પણ કરી છે.

જો કે, કેટલાકએ તેમની ક્લિનિકલ ટ્રાયલ્સમાં ઓછા પારદર્શક ડેટા અને ડ્રગ લાઈસન્સિંગની યોગ્ય પ્રક્રિયા પૂર્ણ કર્યા વિના મંજૂરીઓ મેળવવા માટે તેમની ટીકા કરી છે. રસી ઉત્પાદકોએ તમામ અજમાયશ પૂરા કર્યા વિના મંજૂરી મેળવવાની

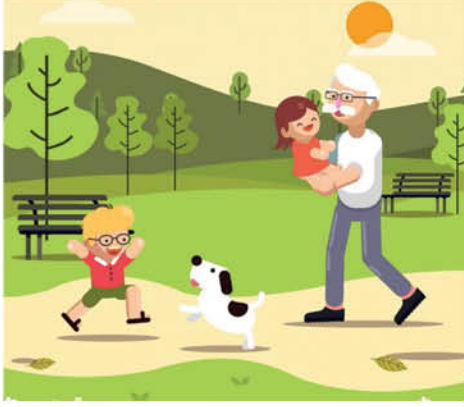


ટીકા અંગે ટિપ્પણી કરતાં જાધવે જણાવ્યું હતું કે, આફ્રિકામાં ચાર વર્ષ પહેલા ઈબોલા ફાટી નીકળવાના ઉદાહરણો ટાંકીને, આવી તકો અગાઉ પણ લેવામાં આવી છે, જ્યારે રસીનો ઉપયોગ થતો હતો તબક્કો ૨ ટ્રાયલ હજી પણ ચાલુ હતી; તેમજ ૨૦૦૯ માં, એચ ૧ એન ૧ રોગચાળો ફ્લૂ દરમિયાન, જ્યારે ક્લિનિકલ ટ્રાયલના તમામ તબક્કા પૂર્ણ થયા પહેલા રસી આપવામાં આવી હતી.



ઘરડાંઓનું સન્માન કરો!

નોશીરનું કુટુંબ સંજ્ઞાણમાં દળીમળીને સાથે રહેતુ હતુ. કુટુંબના દરેક સભ્યો જેમાં નોશીર, ખોરશેદ તેના બંને



છોકરા, તેની વહુઓ અને બંનેને બે-બે એમ ચાર સંતાન સાથે રહેતા. ઘરમાં બધાને એકબીજા સાથે ભળતુ અને હા કોઈ વખત નાની વાતમાં ટસમસ થતી પરંતુ બાકી બધા ખુશીથી પોતાનું જીવન જીવી રહ્યા હતા.

નોશીરે પણ પાંચ વર્ષ પહેલા જ પોતાના માથેથી બધો કાર્યભાર પોતાના બંને સંતાનો ને સોંપી દીધો હતો. અને દુકાનની બધી જવાબદારી બંને

સંતાનોએ નાની ઉંમરમાં જ માથે લઈ લીધી હતી, દુકાન માંથી આવક પણ સારી એવી થતી અને બંને દિકરાઓ અવનવા વિચારો અજમાવી ને દુકાનના વેપાર ને વધારતા રહેતા.

નોશીર વૃદ્ધ થઈ રહ્યા હતા. નિવૃત્ત થયા ત્યારે કુટુંબના લોકોએ તેમને એક સરપ્રાઈઝ આપવાનું નક્કિ કર્યુ હતુ. અને તેથી નોશીર માટે લગભગ ઘણી બધી સુખ સુવિધાઓ સાથે તેઓને ઘરના ઉપર અલગથી રૂમ આપવામાં આવ્યો, પહેલા માળ પર નોશીર રહેવા લાગ્યા ત્યાં તેમને ભરપુર સુખ સુવિધા આપી.

થોડા દિવસ તો બધું બરાબર ચાલ્યું પછી નોશીરે અચાનક કહ્યું કે મને મારો રૂમ પાછો નીચે શિક્ષક કરાવી આપો મને ઉપર નથી ફાવતું, તેમની ઘણીયાણી ખોરશેદ પણ ઉપરના રૂમથી ઘણીજ ખુશ હતી. ઉપર નાની ટેરેસ પર તેમણે હીંચકો બાંધ્યો હતો, થોડા નાના ઝાડના ાઓ લગાવ્યા હતા. તેથી ખોરશેદ ઉપરનો રૂમ છોડવા તૈયાર નહોતી પરંતુ નોશીર ઉપર રહેવા તૈયાર નહોતા. તેમના મોટા દીકરાએ કહ્યું કે તમને શું વાંધો છે? પણ નોશીર જાણે જીદ કરી રહ્યા હોય એ રીતે કહી રહ્યા હતા.

રસોડામાં ઊભી રહેલી વહુથી પણ રહેવાયું નહીં અને તે પણ બોલી કે ઘરડા લોકોને કોઈ માણસ અલગથી રૂમ આપતા નથી અને આપણે તેને પહેલે માળે અલગથી રૂમ આપી બધી સુખ સગવડતાઓ આપી અને નોકરાણી પણ

આપી છે પરંતુ જાણે કાંઈ આપણી કદર જ નથી. તેઓ પોતાના રૂમમાં આરામથી રહી શકે છે તેમ છતાં તેને નીચે ફરી શિક્ષક થવું છે.

પરંતુ થોડા સમયમાં નોશીરની તબિયત ખરાબ થઈ ખોરશેદ પણ ગભરાય ગયા અને દીકરાઓએ સમજીને ફરી પાછો રૂમ નીચે કરી નાખ્યો અને નોશીર ને નીચે રહેવા બોલાવી લીધા.

હવે નોશીર પહેલાની જેમ નીચે રહેવા આવી ગયા હતા, અને પોતાના રૂમમાં હંમેશા આરામ કરવા વાળા નોશીર હવે થોડા હલનચલન પણ કરતા અને ઘરના ગેટ સુધી પણ પહોંચી જતા.

થોડા સમય સુધી પોતાના પૌત્ર સાથે વાત કરતા, બધા સાથે હસી મજાક કરતા અને ક્યારેક ક્યારેક બહાર બનાવેલા નાનકડા ગાર્ડનમાં પણ ચક્કર મારતા.

ઘણી વખત નોશીર પોતાના જમવા માટે મનપસંદ ખાવાની વસ્તુઓ બનાવવાની ફરમાઈશ પણ કરી લેતા.

નોશીર નીચે રહેવા આવ્યા પછી જાણે પહેલા કરતાં વધુ આનંદથી જીવી રહ્યા હોય તેવું લાગી રહ્યું હતું.

ધીમે ધીમે નોશીરની તબિયત પણ સુધરી રહી હતી, અને તેઓ ઘણી વખત છોકરાઓ સાથે બેસીને વાતચિત કરતાં તેમની સાથે રમતા પણ ખરા. એક દિવસ નેશીરનો મોટો દીકરો સોરાબ ઘરે આવ્યો તો ઘરનો દરવાજો ખોલતાની સાથે તેને સાંભળ્યું કે પોતાનો દીકરો ચીંટા ગ્રેન્ડપાને કહી રહ્યો છે કે ગ્રેન્ડપા મને મારો બોલ ફેકો, આ સાંભળતાની સાથે જ તેણે ચીંટુને થોડા મોટા અવાજથી કહ્યું કે તું શું કરી રહ્યો છે?

વધુ માટે જુઓ પાનુ ૧૬

બરજીસ દેસાઈ તેમના બીપીપી ટ્રસ્ટી માટેનું નામાંકન ફાઈલ કરે છે

પાના નં. ૧૪થી ચાલુ

લોનો અભ્યાસ કર્યો, પછી રોટરીથી સન્માનિત થયા આંતરરાષ્ટ્રીય શિષ્યવૃત્તિ. આસ્પર્યજનક વાત નથી કે તે સોલિસિટર્સની પરીક્ષામાં ફરીથી પ્રથમ સ્થાને રહ્યા.

તેઓ ૩૦૦ થી વધુ વકીલો ધરાવતા રાષ્ટ્રીય કાયદાકીય સંસ્થા, પ્રતિષ્ઠિત જે. સાગર એસોસિએટ્સ (જેએસએ) માં મેનેજિંગ પાર્ટનર તેમજ સિનિયર પાર્ટનર રહી ચૂક્યા છે. તેઓ ૬૦ વર્ષના થયા પછી, એપ્રિલ, ૨૦૧૭માં નિવૃત્ત થયા હતા અને હવે તે ખાનગી ક્વાયંટ પ્રેક્ટિસમાં રોકાયેલા સ્વતંત્ર કાનૂની સલાહકાર

છે. પારસી અગિયારી અને પારસી સમુદાયની સંસ્થાઓની સુરક્ષા અને જાળવણી કરવા માટે, તે જાહેર ધાર્મિક ટ્રસ્ટ એવા પારસી ઓરાસ્ટ્રિયન ગાર્ડસ ઓફ ધ લોલી ફાયર ના સ્થાપક ટ્રસ્ટી છે. તે આપણા આતશ બહરામની નીચે સુરંગ ખોદવાથી મુંબઈ મેટ્રો વિરુદ્ધ લડતા અરજદારોમાંનો એક હતા. બરજીસ દેસાઈ હંમેશાં પ્રતિષ્ઠિત અને અત્યંત કુશળ સમુદાયના ગૌરવપૂર્ણ વર્ગ છે, સમુદાય કલ્યાણ માટે હંમેશાં પ્રતિબદ્ધ છે અને બોર્ડરૂમમાં સંતુલન અને સુમેળ લાવવા માટે તૈયાર છે. અહીં તેમને ચૂંટણી માટે ખૂબ ખૂબ શુભેચ્છાઓ!

દાદર અથોરનાન ઈન્સ્ટિટ્યૂટ (મુંબઈ)માં પ્રવેશ ખુલ્યા

અથોરનાન બાળકો માટે ધોરણ ૧થી-૪થા ધોરણ સુધી દાદર અથોરનાન મંડળ (એથોર્નન મંડળ દ્વારા સંચાલિત) જુન ૨૦૨૧ માટે નવા એડમીશન શરૂ કરવામાં આવ્યા છે.

નાવખર અને મરતાબની સંપૂર્ણ ધાર્મિક તાલીમ તથા એસએસસીનું એકેડેમીક એડ્યુકેશન ડીપીવાયએ સ્કુલમાં (કમ્પ્યુટરની તાલીમ સહિત) ધર્મ અને ઈરાની ઈતિહાસનું મૂળભૂત જ્ઞાન વિનામુલ્યે આપવામાં આવશે સાથે પૌષ્ટિક ખોરાક, આરામદાયક બોર્ડિંગ, અને ઘર જેવી સંભાળ

રાખવામાં આવશે.

પ્રવેશ ફોર્મ ૧લી માર્ચ, ૨૦૨૧ સુધી ભરી અને સબમિટ કરવા જરૂરી છે. ધ પ્રિન્સીપાલ, દાદર અથોરનાન ઈન્સ્ટિટ્યૂટ, ૬૫૧-૫૨, ફિરદૌસી રોડ, મંચેરજી જોશી પારસી કોલોની, દાદર, મુંબઈ ૧૪. ટેલિફોન: ૦૨૨-૨૪૧૩૮૦૮૬.

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આ સંસ્થા દ્વારા આપવામાં આવતી અદભુત સુવિધાઓ મેળવવા માટે અથોરનાનના માતાપિતાને આમંત્રણ અપાયું છે.

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ગુંદર પાક



સામગ્રી: ૧૦૦ ગ્રામ ગુંદર, ૫૦ ગ્રામ બદામ, ૫૦ ગ્રામ કાજુ, ૫૦ ગ્રામ પિસ્તા, ૧ કપ નારિયેળનું છીણા, ૧/૨ કપ ઘી, ૨૦૦ ગ્રામ માવો, ૨ કપ ખાંડ ૧/૨ કપ પાણી, ૧/૨ ચમચી ઈલાયચી પાવડર

સજાવટ માટે: ૬-૭ કાપેલી બદામ, ૬-૭ કાપેલા પિસ્તા, ૬-૭ કાપેલા કાજુ ૧ મોટી ચમચી નારિયેળનું છીણા.

ગુંદરપાક બનાવવાની રીત: સોથી પહેલા ગેસ ઉપર એક નોનસ્ટિક પેન ગરમ કરો તેમાં સોથી પહેલા પિસ્તાને શેકી લેવા અને બહાર કાઢી બાજુ ઉપર રાખી લેવા. ત્યારબાદ એજ પેનમાં નારિયેળનું છીણાને સામાન્ય શેકી લેવું અને તેને પણ બહાર કાઢી લેવું. હવે આજ કઢાઈની અંદર ઘી ગરમ કરવા રાખી લેવું. ઘી ગરમ થયા બાદ તેમાં ગુંદર નાખીને સારી રીતે તળી લેવો જ્યાં સુધી ગુંદર ફૂલવા ના લાગે. ત્યારબાદ ગુંદરને એક પ્લેટની અંદર કાઢી લેવો. ત્યારબાદ કઢાઈમાં એક એક કરીને કાજુ બદામ પણ ફાય કરી લેવા. કાજુ બદામ અને પિસ્તા ઠંડા થઈ જાય પછી તેને થોડા થોડા પીસી લેવા. હવે એક કઢાઈની અંદર માવો નાખીને થોડો શેકી લેવો. થોડીવાર પછી તેમાં ખાંડ નાખી લેવી અને સારી રીતે શેકી લેવો જ્યાં સુધી ખાંડ ઓગળી ના જાય. હવે આ માવાની અંદર બધા જ મેવા, ઈલાયચી પાવડર, નારિયેળ પાવડર નાખીને સારી રીતે મિક્સ કરવું. થાળીની અંદર ઘી લગાવીને થોડી ચીકણી કરી લેવી. ત્યારબાદ તેમાં તૈયાર કરેલું મિશ્રણ નાખીને ફેલાવી લેવું. ત્યારબાદ તેમાં કાપેલી બદામ, નારિયેળનું છીણા અને પિસ્તા નાખીને સજાવી લેવું. જ્યારે તે ઠંડુ થઈ જાય ત્યારે તેને મનગમતા ટુકડામાં કાપી લેવું. તમારો સ્વાદિષ્ટ અને સ્વાસ્થ્ય વર્ધક ગુંદરનો પાક તૈયાર છે.

શું છે તું પણ એક ભિખારી?

આંખો ઉઘડતા જ, માનવ તારી કને કાઈ ને કાઈક માંગતો હોય; કોઈ માંગે સોનુ, કોઈ તનદુરસ્તી, કે પછી ટાંકણી કે સોય; આખી માનવજાત તારી કને, ભીખ માંગતી જ હોય. જોવા જેવું તો એ છે કે, આં માંગો કદી પુરી નથી થતી, કાયમ વધતી જાય છે અમારી માંગવાની મતિ અને ગતિ. હું પણ માંગુ છું, આપજે મને શાંતિ, સંતોષ અને સારી મતિ. આપજે આં સારી શુષ્પ્તિને સુમતિ, માંગુ હું ભીખ, જોડી મારા લાથ અને માલિક મારા, કદી પણ છોડતો ના તુ, અમારો સાથ ભિક્ષા આપજે અમને, તારા પ્રેમની, છોડતો નહિ અમારો સંગાથ.

- આરમીન દુતીયા મોટાશા

હસો મારી સાથે



દીનાની કામવાળી: શેઠાણી મને ૧૦ દિવસની રજા જોઈએ છે. દીના : જો તું આટલી લાંબી રજા પર જતી રહેશે, તો શેઠનો નાસ્તો કોણ બનાવશે, ટિક્કિન કોણ પેક કરશે, કપડાં કોણ ઘોશે, તેમને સમયસર દવા કોણ આપશે. કામવાળી : જો તમે કહો તો હું શેઠને પણ મારી સાથે લઈ જાઉં.

પતિ (દૂધ પીધા પછી): આ કેવું દૂધ છે?

પત્ની: કેમ, શું થયું?

પતિ: આનો સ્વાદ કેવો વિચિત્ર છે?

પત્ની: એ તો આપણા ઘરમાં કેસર પૂરું થઈ ગયું હતું, તો મેં તમારા પેન્ટના ખીસામાંથી વિમલ કાઢીને એમાં નાખી દીધી, કારણ કે તેના દાણા દાણામાં કેસરનો દમ છે ને.

- લોશંગ શેઠના

એક નજર પારસી મરણો ઉપર

Deceased મરનાર	Age વય	Date તારીખ	Address ર. ઠે.	Relations સગાઈઓ
Roda Bahadurji Toddywalla રોદા બહાદુરજી તોદીવાલા	90 ૯૦	22-01-2021	B-23, Iris Park, Patel Estate, Jogeshwari (West), Mumbai 400 102. બી-૨૩, આઈટીસ પાર્ક, પટેલ એસ્ટેટ, જોગેશ્વરી (પ.), મુંબઈ ૧૦૨.	તે મરહુમો જરબાઈ તથા બહાદુરજી તોદીવાલાના દીકરી તે હોમી તથા મરહુમ દોલી નોશીર કાપડયાના બહેન તે એરચ, કુમી કેટી, કેરસી તથા દીલનવાઝના આન્ટી, તે પ્રોચી, વડન તથા તરોનીશના ગ્રાંડ આન્ટી.
Parways Bhungara પરવેઝ દોસાભાઈ ભામગરા	84 ૮૪	22-01-2021	E-9, Nowroze Baug, Lal Baug, Mumbai 12. ઈ-૯, નવરોઝ બાગ, લાલબાગ, મુંબઈ ૧૨.	તે મરહુમો સુનામાય તથા દોસાભાઈ ભામગરાના દીકરા તે ફરઝાન મ. મોગરેલીયાના પાદોસી.
Aspi Ardeshir Mistry અસ્પી અરદેશીર મિસ્ત્રી	79 ૭૯	23-01-2021	12, Star Building, Uranwalla Street, Grant Road (East), Mumbai 7. ૧૨, સ્ટાર બિલ્ડિંગ, ઉરનવાલા સ્ટ્રીટ, ગ્રાન્ટ રોડ (પૂ.), મુંબઈ ૭.	તે મરહુમો મનીજેલ તથા અરદેશીર ડ. મીસ્ત્રીના દીકરા તે પરવેઝ, દીનયાર તથા કેરસીના ભાઈ તે બેહરોઝ ડ. મીસ્ત્રી તથા કેટાયુન ક. મીસ્ત્રીના જેઠ તે મરહુમ જરૂ મીસ્ત્રીના દેર. તે કેઝાદ, ફરગીશ, ફેની, કેઝાદ, માલકમ, બીનાઈફર, રયોમંદ, શેલનાઝ, મેહેરનોશ તથા દીલશાદના કાકાજી તે શાઝનીન, જેનાઈ, પેઝાન, સનાયા, ખુશનુરૂ, પોરસ, રૂકશીન, ઝીયાના ગ્રાંડ અંકલ.
Shirin Rustom Patel શીરીન રૂસ્તમ પટેલ	72 ૭૨	24-01-2021	Takshila. 34/A/33, Mahakali Caves Road, Grant Road (East), Mumbai 7. તકશીલા, ૩૪/ એ/૩૩, મહાકાલી કેવ્સ રોડ, અંધેરી (પૂ.), મુંબઈ ૯૩.	તે રૂસ્તમ તેલમુરુપ પટેલના ઘણીયાણી તે દિલશાદ વીરાફ ચીચગરના માતાજી તે મરહુમો વીલ્વુ તથા શાવકશા સ. ભેસાન્યાના દીકરી તે વિરાફ ફરોખ ચીચગરના સાસુજી તે મરહુમો મેહેર તથા તેલમુરુપ પટેલના વહુ.
Shirin Rustom Maswa શીરીન રૂસ્તમ માસવા	58 ૫૮	24-01-2021	14/04, Panthaky Baug, Andheri Kurla Road, Andheri (East), Mumbai 69. ૧૪/૪, પંથકી બાગ, અંધેરી-કુર્લા રોડ, અંધેરી (ઈ.), મુંબઈ ૬૯.	તે રૂસ્તમ જમશેદ માસવાના ઘણીયાણી તે મરહુમો બેહરામ અને ફેનીના દીકરી તે રૂકશીન ક્યવાન ખુશરૂના માતાજી તે ક્યવાનના સાસુજી તે દારયાનના બપાયજી તે પરવેઝ ને તિનાઝના બહેન તે બેનાઝના કાકી તે તેલમતન, ક્યનાઝના મામી તે મરહુમ બેહરામ, જમાસ, નીલુફરના ભાભી તે દિનાઝના દેરાણી.
Jamshed Sorab Irani જમશેદ શોરાબ ઈરાની	55 ૫૫	26-01-2021	Hira Manzil, 1st Floor, 21, Gilder Lane, Dr. D. B. Marg, Mumbai 8. હીરા મંઝીલ, ૧ માળે, ૨૧ ગીલ્ડર લેન, ડો. ડી. બી. માર્ગ, મુંબઈ ૮.	શેહરા સોરાબ ઈરાની તથા મરહુમ શોરાબ જમશેદ ઈરાનીના દીકરા તે ફીરોઝા પરવેઝ ખોશરાવી તથા તીરનદાશ શોરાબ ઈરાનીના ભાઈ તે હોમાયુન ને ખોદાયારના મામા. તે પરવેઝ ખોશરાવીના સાલા.
Shirin Hoshang Baria શીરીન હોશંગ બારીયા	75 ૭૫	27-01-2021	630, Gemfrina Khareghat Road, Parsi Colony, Dadar (E), Mumbai 14. ૬૩૦, જેમફ્રીના, ખરેગાત રોડ, પારસી કોલોની, દાદર (પૂ.), મુંબઈ ૧૪.	તે મરહુમ હોશંગ મેરવાનજી બારીયાના વિધવા તે ફીરોઝ હોશંગ બારીયાના માતાજી તે મરહુમો ગાય તથા ખરશેદ ઘોન્ડીના દીકરી તે નાદીર ખરશેદ ઘોન્ડીના બહેન તે જર નાદીર ઘોન્ડીના નરન તે મરહુમો ગુલ તથા મેરવાનજી બારીયાના વહુ.

Death Announcements From Prayer Hall

Bapsy Faramroz Doctor (Lazarus) બેપ્સી ફરામરોઝ ડોક્ટર (લાઝારસ)	87 ૮૭	24-01-2021	C/45, Merierzin Wood House Road, Colaba. સી/૪૫, મેરીયરઝીન વુડ હાઉસ રોડ, કોલાબા.	તે મરહુમ રાલ્ફ લાઝારસના ઘણીયાણી તે મરહુમ ઘનબાઈ અને મરહુમ ફરામરોઝ ડોક્ટરના દીકરી તે મરહુમ ગોદરેજ અને માણેકના બહેન. નેફ્યુ, નીસ: સાયરસ, મહારૂખ, ફરીદા.
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Death Announcements From Tarzana, (California, USA)

Armaity Fali Irani આરમઈતી ફલી ઈરાની	64 ૬૪	26-01-2021	Tarzana, (California, USA) તારઝાના, કેલિફોર્નિયા, યુએસએ	તે મરહુમ પુરવીઝ અને ફલી ઈરાનીના દીકરી તે એલેક ચેપમેનના ઘણીયાણી તે રોલિન્ડન અને બહેરામના બહેન તે દારાયસ બાટલીવાલાના સાવકા દીકરી.
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Death Announcements from Poona Parsee Panchayat (Trust Office)

Burjor Nadirshaw Kapadia બરજોર નાદીરશાહ કાપડીયા	81 ૮૧	23-01-2021	202, Angels Paradise 34/100 Poonawala Park, Salisbury Park, Pune 411037. ૨૦૨ એનજલ્સ પેરડાઈ, ૩૪/૧૦૦ પુનાવાલા પાર્ક, સોલ્સબરી પાર્ક, પુણે ૪૧૧૦૩૭.	તે ડેઝી બરજોર કાપડીયાના ખાવિંદ તે મરહુમ મેહરા તથા નાદિશા કાપડીયાના દીકરા તે મરહુમ રતી સાયરસ પાલિયાના ભાઈ તે બખ્તાવર ફરહાદ હોરમઝદીના પપ્પા તે ફરહાદ હોરમઝદીના સસરા તે જેહાન ફરહાદ હોરમઝદી અને નોશીન ફરહાદ હોરમઝદીના મમાવાજી.
Poli Mino Kapadia પોલી મીનુ કાપડીયા	82 ૮૨	22-01-2021	604, Grevillea, Mohammadwadi Pune. ૬૦૪, ગ્રેવીલીયા એસ્ટેટ. મહમદવાદી, પુણે.	તે મરહુમ મીનુના ઘણીયાણી તે દારા કાપડીયા, રૂક્સાના ભરૂચા તે કેરી દમનીયાના માતાજી તે મરહુમ શીરીન એરચશાહ પીથાવાલાના દીકરી તે પરસીસ એદલ પટેલ, વર્યાન ભરૂચા, અનાયા, ક્યારા દમનીયાના મમાઈજી તે મીનુ પીથાવાલાના બહેન તે દોલી પીથાવાલાના ભાભી.
Rohinton Kharshedji રોહિનતન મીનોચહેર ખરશેદજી	72 ૭૨	22-01-2021	23, Napier Road, Pune 411040. ૨૩, નેપીયર રોડ, પુણે ૪૧૧૦૪૦.	તે મરહુમ મહારૂખના ખાવિંદ તે બરજીસ અને પરસીસના પપ્પા તે મરહુમો મીનોચહેર અને નરગીસ ખરશેદજીના દીકરા તે દિનાઝ પેસી તારાપોર, રૂસ્તમ, બખ્તાવર હોશી બોધાનવાલા તથા વીરા સાયરસ બગવાડીયાના ભાઈ તે પરસીસ અને આરનોડના સસરા તે ન્યાઈશ, શોન અને આરીઆનાના ગ્રેન્ડ ફાધર તે યારમીનના દેર, તે મરહુમ બરજોર અને કેટી મીઠાઈવાલાના જમાઈ તે ઝરીર અને કેશ્મીરાના બનેવી તે પરવીન જોગીનાના વહેવાઈ.

ઘરડાંઓનું સન્માન કરો!

પાના નં. ૧૧૫થી ચાલુ

ગ્રેન્ડપા હવે ઘરડા થઈ ગયા છે તેને આવા કામ માટે ન હેરાન કર, તેને આરામ કરવા દે. એટલે એના ચીટ્ટુ એ તરત જ જવાબ આપ્યો કે પપ્પા ગ્રેન્ડપા તો રોજ મારો બોલ મને ફેકે છે અને અમે દરરોજ રમીએ છીએ. શું? એક આસ્વર્ય ભાવ સાથે સોરાબે તેના પિતા તરફ જોયું.

તો નોશીરએ કહ્યું કે દીકરા તે મને ઉપર જે સુખ સગવડતા વાળો રૂમ આપ્યો હતો તેમાં કોઈ જાતનો વાંધો ન હતો અને દરેક સુવિધાઓ પૂરી પાડતી હતી અને મને ત્યાં બીજો કોઈ જ વાંધો ન હતો. પરંતુ ત્યાં આપણા લોકોનો સાથ સહકાર હતો નહીં, હું બાળકો સાથે લળી-મળીને રમી શકતો નહીં કે વાતચીત પણ કરી શકતો નહીં. બસ ખાલી જમવા પૂરતું જ તમારી સાથે વાતચીત થતી.

ન્યારથી તે મારો રૂમ નીચે શિફ્ટ કર્યો છે ત્યારથી હું અહીં ફળિયામાં ઘણો સમય વિતાવો છું અને સાંજે બધા છોકરાઓ સાથે લળી મળીને તેમની જેઠે નાના બાળકની જેમ આનંદ પણ કરું છું. આજુબાજુના પાડોશી સાથે પણ થોડો સમય ગપ્પા મારું છું. નોશીર કહી રહ્યા હતા અને તેનો સોરાબ સાંભળી જ રહ્યો હતો તેની આંખો પણ ભીની થઈ ગઈ હતી, પછી તેને તેની ભૂલ સમજાણી કે પિતાને આપણે કદાચ

ભૌતિક સુખ-સગવડતા તો ઘણી આપી દીધી હતી પરંતુ આપણા સાથની જરૂર હતી તે તેઓને મળતો ન હતો આપણી લાગણીની હુંફ મળતી ન હતી. એટલે જ કદાચ કહેવાય છે કે ઘરડા વ્યક્તિઓનું સન્માન કરવું જોઈએ આ જ આપણી ધરોહર છે. ઘરડા વ્યક્તિઓએ એવા વૃક્ષ છે જે થોડા કડવા હશે પરંતુ તેના ફળ બેશક મીઠા હોય છે અને તેના છાયા નો મુકાબલો કોઈ સાથે થઈ શકે તેમ નથી.

YOUR MOONSIGNS JANAM RASHI THIS WEEK

લખનાર: મરહુમ મહારાજ શ્રી સ્વયંજયોતિના સહકાર્યકર્તા જયેશ એમ. ગોસ્વામી

અઠવાડિક રાશિફળ: તા. 30.01.2021 થી તા. 04.02.2021



Aries - મેષ - અ.વ.ઈ.

તમારે પહેલા ૪ દિવસ રાહુની દિનદશામાં પસાર કરવાના બાકી છે. હાલમાં કોઈને પણ કોઈની જાતનું પ્રોમીસ આપવાની ભુલ કરતા નહીં. ૩૭થી શુક્રની દિનદશા તમને આવતા ૭૦ દિવસમાં તમારા દુઃખને સુખમાં બદલી નાખશે. નાણાકીય બાબતમાં સારા સારી થતી જશે. તમારી અંગત વ્યક્તિ તમારાથી નારાજ હશે તેને મનાવી વેશો. મનગમતી વ્યક્તિનો સાથ મળશે. દરરોજ 'મહાભોષ્ટાર નીઆએશ' ભણાજો. શુક્રવંતી તા. ૩૦, ૦૩, ૦૪, ૦૫ છે.

Lucky Dates: 30, 03, 04, 05.

With four more days remaining under the rule of Rahu, you are advised to avoid making any kind of promises to anyone. Starting from the 3rd, Venus' rule for the next 70 days, converts all your pain into happiness. Financial progress is on the cards. You will be able to win over someone close to you who has been upset with you. You will be blessed with the companionship of someone you like. Pray the Mah Bokhtar Nyaish daily.



Cancer - કર્ક - ડ.હ.

લાંબા સમય સુધી ગુરૂની દિનદશા ચાલશે. તમારા હાથથી ધર્મના કામો થતા રહેશે. બીજાના મદદગાર થઈને તેમની ભલી દુવા મેળવી વેશો. નાણાકીય મુશ્કેલીમાંથી બહાર નીકળવાનો સીધો રસ્તો મળતો જશે. જે પણ કામ કરશો તે પૂરા કરવામાં સફળ થશો. ફેમીલી મેમ્બરનો સાથ સહકાર મળવાથી મનને આનંદમાં રાખશો. દરરોજ 'સરોશ યજ્ઞ' ભણાજો. શુક્રવંતી તા. ૩૧, ૦૧, ૦૨, ૦૫ છે.

Lucky Dates: 31, 01, 02, 05.

Jupiter's rule is here for the long haul, increasing your inclinations towards religious works. You will gain the blessings of those you help. You will find a straight route out of any financial challenges. You will succeed in completing all your works. Support from your family members brings you mental peace. Pray the Sarosh Yasht daily.



Libra - તુલા - ર.ત.

૧૮મી માર્ચ સુધી બુધની દિનદશા ચાલશે તમારા અંગત માણસોને તમારી સાચી સલાહ આપી તેમનું દીલ જીતી વેશો. તમારી સાથે કામ કરનારનો સાથ મેળવશો. નાણાકીય બાબતમાં સારા સારી રહેવાથી તમારા ઘનનો સારી જગ્યાએ ઉપયોગ કરી શકશો. ચાલુ કામમાં પ્રમોશન મળવાના ચાન્સ છે. દરરોજ 'મેહર નીઆએશ' ભણાજો. શુક્રવંતી તા. ૩૧, ૦૧, ૦૨, ૦૪ છે.

Lucky Dates: 31, 01, 02, 04.

Mercury's rule till 18th March predicts that you will win over the hearts of those close to you with your sincere advice. Your colleagues will be supportive. With things improving financially, you will be able to utilize your funds in the right places. Those employed could expect a promotion. Pray the Meher Nyaish daily.



Capricorn - મકર - ખ.જ.

પહેલા ૪ દિવસ સુર્યના તાપમાં પસાર કરવાના બાકી છે. સરકારી કામો કરતા હોતો ઉતાવળ કરતા નહીં. ૩૭ થી શરૂ થતી ચંદ્રની દિનદશા તમારા દરેક અટકેલા કામો પૂરા કરવા માટે સીધો રસ્તો મળતો જશે. ઉત્તરતી સુર્યની દિનદશા વડીલવર્ગની ચિંતા વધારી દેશે. પ્રેક્ષકથી પરેશાન થતા હો તો દવા લેવામાં આગ્રહ કરતા નહીં. માથાના દુખાવાથી પરેશાન થશો. દરરોજ 'લદમુ નામ 'યા રયોમંદ' સાથે 'યા બેસ્તરના' ૧૦૧વાર ભણાજો. શુક્રવંતી તા. ૩૧, ૦૩, ૦૪, ૦૫ છે.

Lucky Dates: 31, 03, 04, 05.

With the last four days remaining under the rule of the Sun, ensure to not do any government-related work in haste. The Moon's rule, starting from the 3rd February, will help resolve all your stalled works. The descending rule of the Sun could cause concern regarding the elderly. Those suffering from Blood Pressure should not be lazy to take their pills. You could get headaches. Pray the 96th Name, 'Ya Rayomand', along with the 34th Name, 'Ya Beshtama', 101 times, daily.



Taurus - વૃષભ - બ.વ.ઉ.

રાહુની દિનદશા ચાલુ હોવાથી ૪થી માર્ચ સુધી તમારા મનની લાગણી કોઈની નહીં સમજી શકે. બીજાનું ભવુ કરવા જતા તમારું ખરાબ થઈ જશે. નાણાકીય મુશ્કેલી તમારા પર આવી પડશે. રાહુને કારણે તમે તમારા લીધેલ ડીસીઝનમાં કન્ફ્યુઝ થતા રહેશો. જે પણ કામ કરતા હશો તે કામમાં ભુલો થશે. તમારા દુસ્મન તમને પરેશાન કરવામાં કોઈ કસર નહીં મૂકે. આજથી 'મહાભોષ્ટાર નીઆએશ' ભણાજો. શુક્રવંતી તા. ૩૧, ૦૧, ૦૨, ૦૫ છે.

Lucky Dates: 31, 01, 02, 05.

Rahu's ongoing rule till the 4th of March, makes it difficult for others to understand what's going on in your mind. You will land in a soup if you try to help others. Financial strain is indicated. Rahu could make you feel confused about decisions taken by you. You could end up making mistakes in your works. Your detractors could go all out to harass you. Starting today, pray the Mah Bokhtar Nyaish daily.



Leo - સિંહ - મ.ટ.

શનિની દિનદશા ચાલુ હોવાથી ૨૩મી ફેબ્રુઆરી સુધી તમારી સાથે ચીર્ટિંગ થઈ જાય તો નવાઈમાં પડી જતા નહીં. કોઈની પર વિશ્વાસ મુકતા નહીં. અંગત વ્યક્તિ તમારી સાથે સારી રીતે વાતચીત નહીં કરે. જ્યાં કામ કરતા હશો ત્યાં તમારી પીઠ પાછળ દુસ્મન વધી જશે. નાણાકીય મુશ્કેલી વધવાથી મજબૂર ગરમ થઈ જશે. નવા કામ કરતા નહીં. દરરોજ 'મોટી હમન યજ્ઞ' ભણાજો. શુક્રવંતી તા. ૩૦, ૩૧, ૦૩, ૦૪ છે.

Lucky Dates: 30, 31, 03, 04.

Saturn's ongoing rule till the 23rd February, chances are that you could end up getting cheated. Avoid trusting people. Those close to you might not be cordial with you. There could be an increase in the number of detractors at your workplace. Increasing financial tensions could make you hot-headed. Avoid taking on any new ventures. Pray the Moti Haptan Yasht daily.



Scorpio - વૃશ્ચિક - ન.પ.

મંગળની દિનદશા ચાલુ હોવાથી ૨૧મી સુધી તમે નાની બાબતમાં ગરમ થઈ જશો. જે પણ ડીસીઝન વેશો તેનું રીઝલ્ટ તે ધારશો તેના કરતા ઉલટુ આવશે. તબિયતની ખાસ સંભાળ લેજો. વાહન ચલાવતા હો તો સંભાળીને ચલાવજો. ઘરમાં કોઈ નવી ચીજ વસ્તુ વસાવવાની ભુલ કરતા નહીં. આજથી 'તીર યજ્ઞ' ભણાજો. શુક્રવંતી તા. ૩૦, ૦૨, ૦૩, ૦૫ છે.

Lucky Dates: 30, 02, 03, 05.

Mars' ongoing rule till the 21st of February could make you get angry over petty issues. Whatever decisions you take will yield less than satisfactory results. Take special care of your health. Operate your vehicles with caution. Avoid installing any new items in the house. Starting today, pray the Tir Yasht daily.



Aquarius - કુંભ - ગ.શ.સ.

શુક્રની દિનદશા ચાલુ હોવાથી તમારા મોજશોખ ખુબ વધી જશે. ખર્ચ પર કાબુ રાખવામાં સફળ નહીં થાવ. નાણાકીય બાબતમાં ઓપોઝીટ સેક્સ તરફથી લાભ મળશે. ૧૬મી સુધી કોઈ પણ કામમાં સફળતા મળશે. તબિયતમાં સારો સુધારો રહેશે. ઘરમાં મનગમતી ચીજ વસ્તુ લેવામાં સફળ થશો. શુક્રની વધુ કૃપા મેળવવા દરરોજ 'બહેરામ યજ્ઞ'ની આરાધના કરજો. શુક્રવંતી તા. ૩૦, ૦૧, ૦૨, ૦૪ છે.

Lucky Dates: 30, 01, 02, 04.

Libra's ongoing rule increases your inclinations towards fun and entertainment. You will not be able to control your expenses. You will receive financial gains through the opposite gender. You will succeed in all your works till the 16th of February. Health will improve well. You will succeed in making purchases for the house. To continue receiving Libra's blessings, pray to Behram Yazad daily.



Gemini - મિથુન - ક.છ.ધ.

ગુરૂની દિનદશા ચાલુ હોવાથી તમારું માન પાન વધી જશે. કામકાજની અંદર તમારા પસંદગીના કામો પૂરા કરવામાં સફળ થશો. ફેમીલી મેમ્બરની સહાયતાથી તમારા અધૂરા કામ પૂરા કરી શકશો. નાણાકીય બાબતમાં સારા સારી થતી જશે. જે પણ કમાશો તેનાથી ઈનવેસ્ટમેન્ટ કરી શકશો. આડોશી પાડોશી સાથેના સંબંધમાં સુધારો આવશે. દરરોજ 'સરોશ યજ્ઞ' ભણાજો. શુક્રવંતી તા. ૩૦, ૦૧, ૦૨, ૦૪ છે.

Lucky Dates: 30, 01, 02, 04.

Jupiter's rule brings you fame and prosperity. You will be able to complete your favourite tasks with ease. You will be able to complete your unfinished works with the support of family members. Financially, things will keep improving. You will be able to make investments from your earnings. There will be an improvement in relationships with neighbours. Pray the Sarosh Yasht daily.



Virgo - કન્યા - પ.ઠ.ણ.

૧૭મી ફેબ્રુઆરી સુધી તો તમારી રાશિના માલીક બુધની દિનદશા ચાલશે તેથી તમારાથી અને તો તમારા હીસાબી કામ પહેલા પૂરા કરી લેજો. કોઈ સારા સમાચાર મળીને રહેશે. ફેમીલી મેમ્બરની ઈચ્છા પૂરી કરવામાં સફળ થશો. થોડી રકમનું ઈનવેસ્ટમેન્ટ અવશ્ય કરજો. દરરોજ 'મેહર નીઆએશ' ભણાજો. શુક્રવંતી તા. ૦૧, ૦૨, ૦૩, ૦૫ છે.

Lucky Dates: 01, 02, 03, 05.

Mercury's rule till 17th February suggests that you prioritize completing any accounts-related tasks on hand. You could expect good news coming your way. You will succeed in fulfilling the wishes of a family member. Ensure to invest a small amount of money. Pray the Meher Nyaish daily.



Sagittarius - ધન - ભ.ધ.ફ.

૨૩મી ફેબ્રુઆરી સુધી શાંત શીતળ ચંદ્રની દિનદશા ચાલશે. તમારા મનને શાંત રાખીને રોજબરોજના કામ સારી રીતે કરી શકશો. ફેમીલી મેમ્બરની સાર સંભાળ લેવામાં કમી નહીં રાખો. જો તમે નોકરી કરતા હશો ત્યાં તમને માન ઈજ્જત સારી મળશે. તમે કરેલ કામમાં બીજાઓ તમને ખોટા નહીં પાડી શકે. દરરોજ 'લદમુ નામ 'યા બેસ્તરના' ૧૦૧વાર ભણાજો. શુક્રવંતી તા. ૩૦, ૩૧, ૦૨, ૦૪ છે.

Lucky Dates: 30, 31, 02, 04.

The Moon's rule till 23rd February brings you mental peace and helps you do your daily chores effectively. You will be able to take good care of your family members. You will receive much appreciation and respect at your place of work. No one will be able to fault you in your work. Pray the 34th Name, 'Ya Behstama', 101 times, daily.



Pisces - મીન - દ.ચ.ઝ.થ.શ.

૧૪મી માર્ચ સુધી તમને શુક્રની દિનદશા ચાલશે ઓપોઝીટ સેક્સનો સાથ સહકાર મળી રહેશે. ઘરમાં અને જ્યાં કામ કરતા હશો ત્યાં ખુબ માન મળશે. પ્રેમી-પ્રેમીકાના રીલેશનમાં સારા સારી રહેશે. જીવનમાં કોઈ નવી વ્યક્તિ મળવાના ચાન્સ છે. ઘરમાં રીનોવેશન કરાવી શકશો. વડીલવર્ગની ચિંતા ઓછી થશે. દરરોજ 'બહેરામ યજ્ઞ'ની આરાધના કરજો. શુક્રવંતી તા. ૩૧, ૦૩, ૦૪, ૦૫ છે.

Lucky Dates: 31, 03, 04, 05.

Venus' rule till 14th March ensure you the support of the opposite gender. You will receive much respect and appreciation at home and at the workplace. Couples' relations will bloom. You could meet someone new. You will be able to renovate your house. Worries for the elderly will lessen. Pray to Behram Yazad daily.

The Best Life Lessons Learnt From A Pooch!



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.

These last couple of months, I've been spending quality time with my nephew's, umm, or should I say niece's dog (the ownership's a bit hazy, but strongly debatable between the two). Safe to say then, the cute pooch that belonging to both, taught me some salient lessons about life without even trying. For all who seek life's truths and are leaning towards meditation, chanting, art of living courses, gratitude and attitude classes, I say observe one closely. Adopt, foster or just keep a dog - they prove better teachers than life coaches, motivational speakers, counsellors and the sort. Any proud dog-parent will ascertain that there are invaluable lessons to be learnt from them. Truly, a dog can and will inadvertently teach you



about loving unconditionally, selflessness, friendship and unwavering loyalty.

It's All About Love: Being greeted by your pet at the door is a welcome like no other. They exhibit no bias, no prejudices. They meet and greet everyone with affection and love - be it the house help, plumber or driver! They crave love and they give love - no questions asked, no holds barred.

Living In The Moment: Theirs is a life of joy, fun and simplicity. They live in the moment and for the moment. They are flexible to any change in their routine as long as it involves you. They adapt, adopt and embrace change - good or bad, without fuss or much ado. They are involved and committed to all they do in the moment.

Life's About Simple Routines And Rhythms: Humans have a tendency to clutter our lives and our time. Observe your dog and

you will understand how easy life was really meant to be. If you have things to do, by all means, do them, but if you need some down time, that's alright too. Dogs can switch on and off in an instant. From an exhibition of overcharged zeal and exuberance they can be out like a light and asleep the very next minute!

Every Floating Feather And Shiny Rock Deserves Your Attention: Dogs are insanely curious. They are keen and adventurous by nature. It's like everything captures their attention from sunbeams to shadows, birds on window-sills, footsteps, even rainfall. A new scent is never overlooked. They find new potential sources of amusement or ways

to fulfil a need. Could be a tasty treat, or just an opportunity to thrive and learn. They never fail to recognise every possible source of happiness and the resources at our disposal!

Love Unconditionally: A prime trait - dogs and unconditional love are synonymous because that's just how they love. Take a



page out of their book to learn love. They do not weigh your merits or judge if you are suitable for love. They do not question if you are worthwhile or deserving. They love you, no matter what, whether you deserve their loving or not.

Forgive And Forget In An Instant: How many times have you been stern with your dog for clumsily knocking over a precious memento or making your bed his own? What about all the times he's messed up the place, to seek a little attention? Dogs have very short-term memory with their own people, they never hold a grudge for long. Their love and trust in you is implicit, unshakable. As humans, we tend to drift away from forgiveness very soon in life.

It's OK To Be Yourself: Dogs have no filter. Have you seen them whirling around trying to grab a bite of their posterior and tail? Have you seen them dancing from sprinkler to sprinkler getting almost as keyed up and excited, as wet. Or simply barking and chasing innocent pigeons from the yard that suddenly became their prized chattels. If his foolishness is a cause of mirth and delight to you, believe me, they will put on a show worthy of Broadway for the next hour or two! So often we forget to be just silly and fun, just for the heck of it. Remember those cartwheels and all that

twirling we enjoyed way back as kids? What stops you now? Is it just the thought of looking a bit ridiculous in the eyes of the world or some other inhibition that restricts you? Try it sometimes - your dog certainly knows what he's doing to guarantee that every day he lives is a little loony crazy but doggone great!

They Don't Sweat The Small Stuff: Oh yes! There are worse things in life than muddy paws on your carpet or the shattered pieces of your favourite coffee mug. Over time, you get used to the bounding up on those just newly-changed bed-linen and their deft mastery at changing pristine looks on the landforms of your house and stead, into hurricane-affected relics of disaster. Their innocent playful looks and antics soon have you eating out of their paws rather than fretting over the state of your house and affairs, even if it means hosting friends and guests, constantly in a state of disarray.

They Teach You Responsibility And Love For Another: Own a dog and within days you learn to be responsible for another. Their feed, their walk, their vaccinations, the vet visits will teach you and your kids a lot about responsibility. A dog can wet your floor, puke on the bed, mess up the bathroom and chances are, you won't bat an eye. By and by you will learn to accept and tolerate all the messiness of his habits. They teach you how to be involved caretakers and loving caregivers. Own a pooch, and if you have a heart half as big as theirs, you'll learn valued lessons in empathy, tolerance, love and patience.

In our world today, judgement is passed too quickly and things are valued more than souls. If you find yourself losing your way, get a dog. Don't lead him, follow his lead instead. The path a dog chooses is always one of love, kindness and joy, for all things and all people in the world!



Sometimes only a dog knows how to make it better

about life and how to live the best one ever.

We can learn loads from man's best friend... how to love, live and play without thought, without care and without motive. Now much has been written about the physical and psychological benefits enjoyed by pet owners. Observe dogs and their happy world to learn how to live the best life possible. They live in the moment, experiencing its maximal joy and exuberance; they teach you to appreciate the simple things in life - a walk, a kind look, a stray leaf on the street, a nap in that scant pool of sunlight. They teach you about enthusiasm and optimism too...





DR. DANESH CHINYOY

Restful, Peaceful, Sleepful...

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 .

A night can seem like an eternity when you're sleepless - tossing and turning. Getting through the day is a challenge when you have trouble staying awake - you could be getting too much or too little sleep for many reasons. Lack of sufficient and quality sleep on a regular basis negatively impacts your physical health and emotional well-being, while increasing the risk for heart disease, high blood pressure, obesity, diabetes and other illnesses. Therefore, the importance of getting a good night's sleep should never be underestimated.

The hours of sleep needed, decreases with age. While newborns may need upwards of 17 hours of sleep, elders may need as few as seven hours. Perhaps getting better sleep is as easy as making simple changes in your habits, eg. installing a blue light filter or simply switching off gadgets including mobile phones before bedtime.

Insomnia is more prevalent in the elderly, and many seek medication for sleep issues, which unfortunately leads to higher rates of sleeping pill abuse. Medication comes with its own set of side effects, including dependency. We should obey and respect nature's laws in our choice of lifestyle, to heal our systems before we jump-in for quick-fix, chemical concoctions.

Many of us face difficulty falling asleep because of a racing mind that keeps you awake. Stress and sleepless nights are closely linked. Under stress, you have stress hormones circulating in your body. A poor night's sleep



adds even more. Relaxation techniques help reduce the stress hormones by activating your parasympathetic system, thus helping you sleep better.

Today, I share with you a few relaxation techniques that will help you relax your mind and body, and help you fall asleep peacefully:

ABDOMINAL BREATHING: Refers to deep breathing into the abdomen, rather than shallow breathing into the chest. Seems simple, but does wonders to activate your parasympathetic system to counter the stress. Here's how to get it right: First, lie down in a comfortable position and gently close your eyes. Place one hand on your stomach and the other on your chest. Notice which hand rises more when you inhale. If the hand on your chest rises more, focus on filling your stomach (bottom of your lungs) full of air before you reach the top. The easy

way to do this is to raise your abdomen as you inhale, just like a baby would. As you breathe, be sure to inhale through your nose and then exhale through your mouth. Breathe in and out in a slow and relaxed natural rhythm. Let go and focus on the sound of your breath. Continue breathing like this for a period of time and you will gradually fall asleep.

MANTRA REPETITION: A Mantra combines brilliantly with abdominal breathing to help you focus on the relaxation aspect of your breath. As you breathe deeply through your abdomen, while exhaling say a phrase to yourself, like "relax" or even a prayer chant like 'Ashem Vohu'. You can even use your imagination to picture your body accepting relaxation and letting go of tension. Picture these experiences as visual events such as air moving in and out of your body. Continue doing this for 5 to 10 minutes, till you naturally fall asleep.

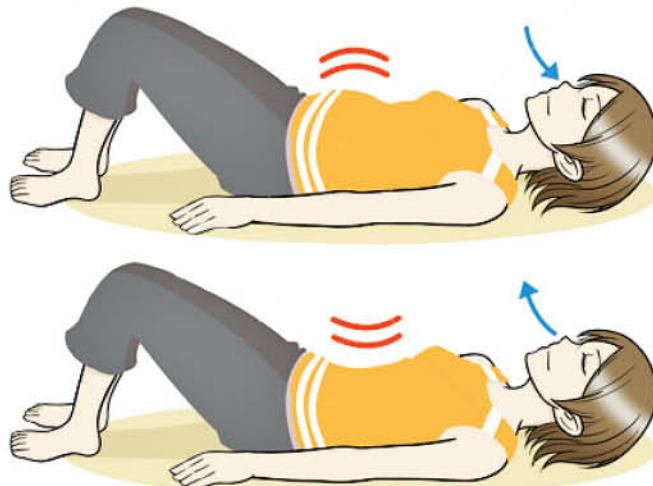
PROGRESSIVE MUSCLE RELAXATION: Involves tensing and relaxing muscles across the body in a methodical fashion. There are many ways to do this - here's one... Lie in a comfortable position and gently close your eyes. Tighten the muscles in your toes for a few seconds. Let go the tension in the muscles and let them relax. Feel your relaxed muscles and notice how different they feel, compared to when they were tensed. Repeat once and move up the body to another muscle group (Eg. your calves) and repeat the process. Continue doing

the same with knees, hip, stomach, chest, arms etc. till you reach the top of your head. Soon your whole body will feel light and relaxed and you will naturally fall asleep.

BODY SCAN TECHNIQUE: This technique involves scanning your body for signs of tension so that you can release it and fall asleep. What you need to do is first lie down in bed and focus on relaxing as you exhale. Feel the bed underneath you and how it supports you as you continue to exhale and relax. Visualize each part of your body, starting with your head and moving through your whole body to look for spots that feel tense. Exhale and focus on relaxing those tense muscles. After you've finished looking for tension on your body, focus on your breath and use self-affirmations like, "I am healthy and strong", "I will sleep peacefully, waking up refreshed and enthusiastic". Soon, you will naturally fall asleep.

GUIDED IMAGERY: Is a convenient and simple relaxation technique that helps you quickly manage stress and reduces tension in your body, helping you fall asleep easily. It's virtually as easy as indulging in a vivid daydream and, with practice, this technique can help you better access your inner wisdom too. You can use prerecorded CDs to simply listen to while falling asleep. To practice this technique on your own, you need to first imagine that the worry, stress, tension, anxiety inside of you is a colored gas and this gas is collected in those areas of your body where you feel discomfort. Imagine it moving from your lower body up through your torso and gathering in a ball ready to be expelled. Imagine now that the same energy is being pulled from your head down into that ball of energy. Imagine, as you exhale, that this colored gas is being expelled from every part of your body and as it leaves, it takes away with it all your stress, tension, anxiety, fear and worries. You now start to relax as you feel the calm in all the areas of your body. Now, notice how you feel relaxed, calm, and ready to sleep!

You can follow any or all of these techniques to help you fall asleep better and yes, do remember to write to me and share your experiences!





THE NCPA AWAITS YOU

SOI CHAMBER ORCHESTRA

FEATURING
SOUL YATRA

3RD FEBRUARY 2021 | 7:00 PM

MOHAN'S MASALA

- a recipe to find the hero within you -

FEATURING
PRATIK GANDHI

7TH FEBRUARY 2021 | 7:00 PM

PROMISING ARTISTES SERIES

FEATURING
KRUSHNA SALUNKE &
APARAJITA CHAKRABORTY

12TH FEBRUARY 2021 | 6:30 PM

THE GOLDEN YEARS

FEATURING
DARREN DAS, GISELLE PINTO
AND THE SIXTH SENSE

13TH FEBRUARY 2021 | 7:00 PM

Shiva

FACETS OF HIM

FEATURING
VAIBHAV AREKAR &
SANKHYA DANCE COMPANY

20TH FEBRUARY 2021 | 6:30 PM

SOI CHAMBER ORCHESTRA

FEATURING
HAYDN'S CELLO CONCERTO IN C MAJOR
AND WORKS BY BACH, BRITTEN, AND MORE

21ST FEBRUARY 2021 | 5:00 PM

YESTERDAY ONCE MORE

FEATURING
SONIA SAIGAL, HARMEET MANSETA
BEVEN FONSECA, SANJEEV AGUIAR
KENNETH REBELLO, LINDSAY DMELLO

26TH FEBRUARY 2021 | 7:00 PM

MASSAGE

FEATURING
RAKESH BEDI

27TH FEBRUARY 2021 | 7:00 PM

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