

Mah - Meher;
Roj - Meher
YZ1390

PARSI TIMES

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FROM THE EDITOR'S DESK

A Time To Think...

Dear Readers,

One of the virtues we pride ourselves in, as a community, is our progressive outlook. We inherit this quality from our visionary predecessors who were true thought leaders, and who elevated the standard of living and life - for not just their fellow community members, but also for their fellow Indian citizens, with their legendary industriousness, uncompromising principles and resolute ethos.

We are the proud descendants of some of the greatest leaders across all genres - celebrated as the toast of this nation and the world! Leadership, then, should be viewed as an integral and sacred legacy of our community. It is because of this erstwhile leadership and foresight that our community has been enjoying special facilities and a sparkling reputation.

Unfortunately, instead of perpetuating and cementing this legacy of leadership with our active involvement and interest, many seem to take it for granted, eclipsed with a sense of entitlement, or worse - indifference.

In a democracy, where leadership is the culmination of the peoples' vote, 'good leadership' is as much about the attributes of the elected leader(s), as it is about the electorate / voters who elected them.

With the interim BPP election for the seat of two trustees just a couple of weeks away, this would be a good time for us all to deliberate upon our choices. For the sake of the community's future welfare and as our duty towards keeping alive the legacy of great leadership that our community was once known for, we must make the effort on two fronts. First - to understand the community-service related track-record of the contesting candidates. And second - to ensure that we go to vote and make our voice heard. It is truly the least we can do, as community members who partake the privileges of, and pride in being Parsi.

Have a good weekend!

- Anahita
anahita@parisi-times.com

How One Man's Love For Fish Made The World See Food Differently!

“It wasn't just about the market size or the opportunity. FreshToHome was started purely for a selfish reason - the need for fresh, delicious Fish which I can feed my kids,” says Shan Kadavil, CEO - FreshToHome, the world's favorite destination for fresh, chemical-free Fish and Meat - Home Delivered.



Currently, the traditional supply chain of India's substantial production of marine agriculture, meat and poultry products is unorganized and run by small/medium scale private players. It lacks transparency and is contaminated with chemical-based storage and logistics processes. This led to a 40% wastage.

FreshToHome has revolutionized this scenario by bringing Artificial Intelligence (AI) and the Internet of Things (IoT) into the cold chain, food safety, and sourcing processes. A serial entrepreneur and ex-CEO of Zynga, Shan Kadavil and Mathew Joseph, founded FreshToHome in 2015. They also have a team of key players from Zynga, along with them. The startup ensures safe and transparent delivery of fresh, perishable products without ever freezing or treating them with harmful chemicals.

Necessity - The Mother of Invention: Like any

true-blue Malayali, Kadavil loved his fresh fish. He was a regular customer of 'Sea to Home', an online platform owned by Mathew, which exported fish from Kochi to Delhi and Bengaluru, which shut down due to operational inefficiencies. Realising that the market size for fish and meat in India was over \$50 billion, the entrepreneur seized the opportunity and entered the market along with Mathew in 2015, bringing FreshToHome into existence.

The company works closely with over 1,500 fishermen and farmers across India. With five factories in Kerala, Bengaluru, Noida, Mumbai, and Chennai, the company's strength has passed 1,000 and has over 20 processing hubs in each city, daily delivering over 10 tonnes of fresh fish and meat.

The Processes Involved: FreshToHome works on a predictive analytics-based platform that features the company's US patented, commodity exchange technology. Fishermen use a mobile app to auction and sell their produce to FreshToHome at a competitive price, thereby eliminating middlemen from the supply chain.

FreshToHome has trucks every 100 km, to collect and deliver fish to the nearest collection point. Their cold chain is powered by a cloud-based IoT system

MATRIMONIALS

27 year old professional graphic designer working as a freelancer in Pune seeks matrimony from good natured well settled Parsi boys. If interested please contact jasmineyb9@gmail.com with photographs and date of birth, time, and place details as Horoscope matching is necessary.

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that regulates and monitors the product temperature to ensure it is kept between the ideal range of 0 - 4°C. The wastage margin in the traditional seafood supply chain is about 15%, while FreshToHome claims to operate with a margin of

1.8%. The future is bright and full of possibilities for FreshToHome as they plan to expand and take their promise of fresh, preservative-free food to plates and palettes across the world.



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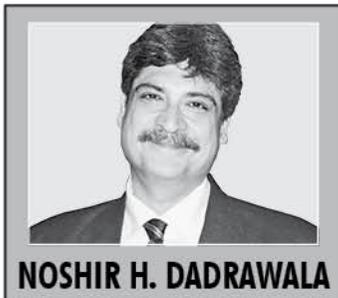
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Meher Mahino

Meher Roj Mubarak!

Meher Davar – The Divine Judge



NOSHIR H. DADRAWALA

Today marks the auspicious Meher Mahino - Meher Roj Parab. We reproduce the writings of religious scholar and writer extraordinaire, Noshir H Dadrawala, who shares his wisdom about the significance of this occasion, in praise of Meher Davar – The Divine Judge!



In the Zoroastrian Calendar the year comprises twelve Mah (months) with each month aggregating exactly thirty Roj (days) and thus a year of three hundred and sixty days to which are added the stand-alone five days of the Gatha which are not linked to any particular month.

The fifteenth day every month is dedicated to Dae-Meher and the sixteenth day to Meher Yazata. Where the twelve Mah are concerned, the seventh month is dedicated to Meher. Hence, Meher occupies a central position in the monthly and annual time cycle.

Meherangan is celebrated when Roj Meher coincides with Mah Meher. According to folklore this day commemorates the victory of light over the forces of darkness and good over the forces of evil. It is the day when the legendary spiritual King, Shah Faridoon enchains Zohak or Azi Dahak, the epitome of evil to that great spiritual mountain called Damavand in Iran.

According to legend, Zohak (the living embodiment of evil) is still chained to mount Damavand. It is said, every night when darkness grows, the forces of evil gain strength and the chains weaken. However, at the crack of dawn when the cock crows and there is sunlight, the chains are again secured and the evil one is rendered powerless. This is

an important truth in nature, wrapped in an easy-to understand legend. Neither darkness nor evil has its own existence. Darkness is merely the absence of light and evil the absence of good. The only way to negate darkness is with light and the only way to dispel evil is through thoughts, words and deeds that are good.

The Avestan name for Meher Yazata is Mithra - the Divinity presiding over all oaths, promises, contracts, bonds, friendship and love. Avestan Mithra finds an echo in the Sanskrit word Mitra which means friend. The equivalent of Mithra in the Hebrew tradition would be Michael or the later Archangel Michal of the New Testament who leads God's army in war against the forces of Satan.

The Romans too were so inspired with Mithra (Mithras to the Greeks) that Mithraism was practiced as a religion across the mighty Roman Empire between the first and the fourth century AD. The temples of Mithras were always an underground cave, featuring a relief of Mithras killing the bull. Many scholars believe that this is related to cosmic astronomy, where the bull represents the constellation of Taurus.

In the Zoroastrian tradition Meher is referred to as Meher Davar or Judge who presides over the trial of the soul on the chahrom or fourth day after death.

I Will Not Let The Evil Spirit Have Dominion Over Me!

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.

Angra Mainyu has sown thistles and thorns in the field of life. Many a flower has a canker-worm at its heart. Let me weed them out. Every sweet has bitter gall mixed with it. All creation groans under heavy ills. Man stands surrounded by temptations. Vice and wickedness press hard all around.

Let me not be enmeshed in the widely woven net of evil that the Enemy of mankind has flung far and wide. Let not the veil of vice encircle my eyes and ears, that seeing, they may see not and hearing, they may hear not. Let me not deceive my own self. Let me not be a slave to my petty self. Let not my mind be bent on evil. Let no guile ever lurk in my eyes. Let not my lips utter falsehood. Let not my heart beat to wickedness.

Angra Mainyu is busy buying souls in the bazaar. Woe unto me, if I am out to sell my soul to him. Let him not master me. Let me not belie my origin by going over to him and embracing him and becoming an ally of the forces of evil. Passionately goaded by the love for light, the moth wheels round the flame and flies into it. The lure of flame spells its doom. Let me not blindly fall in the fire of vicious self-indulgence and burn myself.

Human nature is not intrinsically evil. The creator has planted the seed of goodness in man. He is good by nature. It is futile to load Angra Mainyu with man's



sins and saddle him with his misdoings. Providence has endowed man with Freedom of Will. It is for him to choose whether he will live his life in the world of goodness or in that of wickedness.

The strength of my righteousness is known when I combat wickedness. Zarathushtra's clarion call rouses me to exert myself to fight valiantly evil within my inner world and in the outer world. Guide me out of evil and strengthen me with Thy might in my goodness, my Gracious God!

I will hush the beguiling voice of the Evil Spirit. I will silence the storm of passions. I will smother vicious thoughts. I will sweep the ground of my heart of all impurities, that, then, in the clean and calm and pure atmosphere I can meet Thee and greet Thee and hear Thee speak to me, Ahura Mazda!

'Dudh Ma Sakar' Presentation

Frohar Films' Tele-Serial, 'Dudh Ma Sakar', presents 'Parukh Dharamshalla' on 28th February, 2021, at 12:00 noon, on DD Girnar channel.
For feedback, mail: froharfoundation@gmail.com

Meher is also depicted as light or more specifically sunlight. Therefore, the Khurshed and Meher Niyaish go together hand in hand and are recommended as daily obligatory (Faraziyat) prayers.

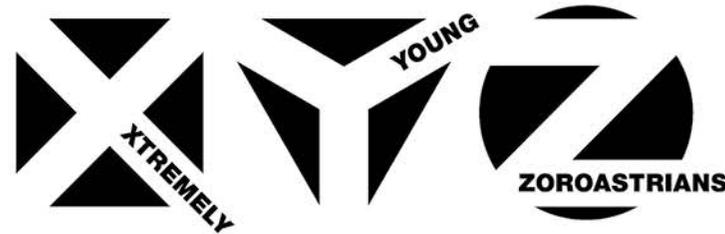
The Meher Yasht is one of the longest of the Avestan Hymns. It embodies invocations for mercy and protection. Mithra being the Divinity of heavenly light is depicted as knower of the truth and one that sees everything. He is therefore the Divine Witness of truth and protector of oaths and promises.

Praying the Meher Niyaesh together with the Khurshed Niyaesh or the much more elaborate Meher Yasht is considered spiritually beneficial. It dispels the darkness of ignorance and

untruth and strengthens the devotee with a high sense of truth, justice and commitment.

Meher Yazata is also the presiding deity over all rituals and ritual spaces and therefore Zoroastrian places of worship, especially in Iran are referred to as Dar-e-Meher or Darb-e-Meher which means 'House of Meher Yazata' or the 'House of Light'.

The name Meher is popular among Parsis and though Mithra or Meher is a male Divinity, the name is commonly used by both gender. There are also other name variants. For example, among the male - Mehernosh and Meherzad and among female Mehernaz and Meherangis!



Dear Members of the Community,

Xtremely Young Zoroastrians (XYZ) is an organisation aimed at promoting togetherness and camaraderie within the youngsters of the Parsi Community since 2014. XYZ aspires to mould the children between the ages of 5 and 15 years to become better individuals and inculcate the Zoroastrian values through fellowship and service activities.

Since leadership skills like goal setting, decision making, team work, people skills, money management and ethics are also very important attributes, they too will be inculcated through various activities of XYZ through our activities which take place in 8 centres all over the city of Mumbai, namely - Colaba, Tardeo, Byculla, Parel, Dadar, Bandra, Ava Bai Petit School, Andheri, Vikhroli, and Thane.

During the lockdown, we conducted various workshops, camps and what was enjoyed by most were the daily challenges set up by members and volunteers which saw over 5,000 participants. XYZ also ensured that we continued our group fundays and every group planned and executed activities based on Food, Technology, Creativity, XYZ Juniors (1-5 years), Water, Music, Science, Grandpa, Daddy & Me, Gujarati, Buddy Day, XYZ Silvers (60+ years) and Retro themed activities.

To celebrate the XYZ Foundation Day on 22nd May 2020, we had a special Rangoli Activity, Live-streamed a Jashan and enjoyed a Quiz based on Religion and Customs conducted by the Empowering Mobeds team.

XYZ went international and conducted the XYZ Whacky Weekend, a weekend filled with workshops, games, interaction and fun with children in countries like Singapore, Hong Kong, Switzerland, Pakistan, Canada, Australia and the United States of America.

Our members participated in innovative workshops and activities like - Playing with 3D animals, online tie and dye workshops, Handmade personalised gifts for seniors, online skits, Aqua magic, Best out of waste workshops, Science based activities like creating models of pulleys, levers, anemometers, models of submarines and ships, Porcelain hand painting workshops, Shadow painting and Mask making.

Religion and Culture too did not take a back seat. Since kids could not meet, we brought activities to them via the online platform. Our very own Executive Committee member, Hutoxi Doodhwalla held regular religious classes for children of all groups on Zoom. Other religious activities were taken up by different volunteers, including Explanation of the Amesha Spentas, Stories on the life of Prophet Zarathustra, Significance of the Navjote ceremony, Kusti weaving, Explanation of Avan Yazad, Stories of the Consecrated fire from Aden moved to India under an all Parsi airline crew and further taken to the Lonavla Agiary along with an Asho Farohar craft making session.

One of the main aspects of XYZ has always been giving back to the people who need it the most. This year too was no different. XYZ is MAD (Making A Difference) was our priority ever since the lockdown was enforced.

Every group at XYZ, came forward and MADE A DIFFERENCE through their social service activities.

The Daraius' Daredevils donated essential equipment like masks, gloves and sanitizer to the Colaba police station. They also got food items and gave it to the migrants who were travelling back home because of the lockdown. During the scorching hot month of May, the DD kids made fruit flavoured drinks and distributed them to the security guards of Cusrow Baug.

The children from Jamshed's Giants, Cyrus' Superstars and Daraius' Daredevils collected old toys and passed it on to Oscar foundation to bring smiles and cheer for many underprivileged children.

Jamshed's Giants also helped migrants who were returning home in coordination with Step Up Foundation. The kids from JG conducted a bake sale and raised Rs. 10,000 for security guards and also collected books, food and clothes for Happy Feet Foundation to help children who suffer from Thalessemia Major and HIV.

Behram's Battalion organised a funfair and raised Rs. 25,000/- which was donated to the WithArya foundation. They later collected over Rs. 50,000 to be donated for the Medical treatment for Er. Zahan Turel.

The Rustom's Rockstars helped inmates of NAB Home for the Ageing Blind at Khandala by donating one month's supply of food grains and necessities. The children and parents of RR raised Rs. 75,000/- and distributed approximately 1,692 kgs of total supplies and necessary items.

The Tehmurasp's Titans started their social Service by donating 200 PPE Suits to the Holy Spirit Hospital in Andheri East. During Diwali, TT embarked on an initiative called "Khushi Ka Utsav" to spread festive cheer to 50 abandoned kids of the Asha Sadan Shelter Home. Funds were raised to donate utensils, food items and toys. Along with

this, the girls from the Asha Sadan were invited to join a fabric painting workshop and gave them a chance to showcase their creativity.

TT also raised funds for the Samaveshi Pathshaala, an inclusive School in Karjat, where all kids with and without learning disabilities study together. All kinds of School items, including books, games, toys and a wireless Bluetooth speaker was donated to this organisation.

The Ketayun's Conquerors gave bags full of food items to various helpers in societies.

The Noshirwan's Knights extended a helping hand to the helpless and the needy during the beginning of the lockdown. They raised Rs. 30,000/- which they donated to Shree Swamee Samarth Annapurna Math, an organisation which feeds the needy on a daily basis.

The Knights also raised Rs 15,000/- and made 100 packets of daily consumables and handed it over to Parsi Zoroastrian Anjuman of Hyderabad and Secundrabad to help victims of the floods in Hyderabad.

Our latest International group from Karachi, the Adershir's Aces did a Christmas Hamper project where they surprised their grandparents, aunts, uncles and even elderly neighbours by giving them their favourite treats through a Christmas hamper along with a handmade greeting card. The personal delivery of the XMAS HAMPER made the seniors feel absolutely special.

We are truly grateful to our supporters and donors not just for helping out in 2020 but ever since XYZ's inception in 2014 and we promise to continue Making A Difference in every way we can.

If you or anyone you know would like to support XYZ, please share the same with them. Donations of any amount are accepted. You can make a Bank Transfer or Cheque Payment. Cheques must be drawn in favour of XYZ Foundation and we request you to provide your PAN Number at the back of cheque along with your donor letter.

Category	Donation Amount	Particulars
Angel Donor	Rs. 50,00,000	Any individual or organisation can be an Angel of XYZ. They will be supporting the foundation and its activities.
Legacy Supporter	Rs. 10,00,000	Any individual or organisation can be a Benefactor of XYZ. They will be a part of all activities and functions.
Memorial Award	Rs. 5,00,000	An award will be given annually for the XYZ Best Member of the year of various groups.
Event Sponsor	Rs. 3,00,000	The sponsor will be supporting any one XYZ event / activity conducted in that year.
Patron Member	Rs. 1,00,000	Any individual can support the organisation and be a part of its growth.

XYZ Foundation is a registered trust with the Charity Commissioner of Greater Mumbai with the Registered Trust No. E30970 (M) from 16th March 2015 with PAN No. AAATX0125H and TAN No. MUMX00599E.

XYZ Foundation has received the 80-G Certificate (No. CIT(E)/8 OG/1207(2015-2016)/2016-17) from the Office of the Commissioner of Income Tax. From 29th July 2016 onwards, all donations received by XYZ Foundation will also benefit the donor with 50% deduction in their Income Tax.

On behalf of the members, parents, volunteers, advisory council & executive committee of XYZ, we express our heartfelt gratitude and thank you once again for your guidance and support.

Warm regards,

Hoshaang Gotla
Founder, XYZ

Connect with us on:

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Don't Miss Jiyo Parsi Friday Forum with Perizaad Zorabian!!

She's one of the leading women icons of our nation and our community, exemplifying and championing the perfect Work-Life balance... and she's gonna tell us how to manage that chaos!

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**MANAGING THE
Chaos**

STRIKING A FINE BALANCE
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Perizaad Zorabian
Entrepreneur & Actor



moderated by
Anahita Subedar
Editor-in-Chief,
Parsi Times



Friday
5 March 2021
6-7 PM IST

zoom @PARZORFOUNDATION
Meeting ID: 990 252 6711
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Hyderabad's Humbandagi Group Celebrates 15 Years



has been conducting the same for the past fifteen years. After the Humbandagi, Er. Bharucha gave a talk on the teachings of Zarathustra. This was followed by a game on famous Zoroastrian personalities/Saints conducted by Farida Antia.

is attended by a good number of Zarthostis across India and the world.

An enjoyable evening concluded with attendees singing the Parsi Anthem - 'Chaiye Hame Zarthusti', followed by snacks, courtesy The People's Co-operative Credit Society Ltd.

Courtesy: Kerfegar Antia

Due to the pandemic, the group have been continuing to conduct the Humbandagi on-line, through ZOOM till date, thanks to the efforts of Faram Desai. The online event



The Humbandagi group of Bai Maneckbai N. Chenoy Agiary, Hyderabad, celebrated its fifteenth anniversary on 15th February, 2021. This group has been conducting Humbandagi every Monday, since 2007, without a break.

The Humbandagi was conducted at the Agiary by Er. Mehernosh Bharucha, who

Dr. Mahrukh Bamji Appointed Chair - Paediatrics Dept. At Metropolitan Hospital, NY City

On 4th February, 2021, Christopher A. Roker, Chief Executive of the Metropolitan Hospitals, New York City, announced that the appointment of Dr. Mahrukh Bamji, MD, as Chair of the Department of Paediatrics at the NYCHHC / Metropolitan Hospital.



Dr. Bamji commands a versatile career at Metropolitan as a senior clinician, an able administrator, a researcher, and an educator. She is the Professor of Clinical Paediatrics at New York Medical College, Board-certified in Paediatrics and in Paediatric Hospital Medicine. At Metropolitan, she has served across a number of leadership positions, including Deputy Chief of Paediatrics and Chief of Paediatrics Inpatient. She has also been the hospital's Director of Paediatric AIDS services.

Health Resources and Services Administration (HRSA), and the New York State AIDS Institute. She was the site Principal Investigator (PI) for the CDC-funded maternal infant transmission study, and for over thirty NIH-funded clinical trials, including the landmark study of prevention of perinatal transmission of HIV Infection, which changed the trajectory of the paediatric AIDS epidemic. Dr. Bamji has also been the recipient of several teaching awards.

She is nationally recognized as a researcher in Paediatric AIDS. She has been the recipient of several grants from the National Institutes of Health (NIH), Centers for Disease Control and Prevention, (CDC)

Dr. Mahrukh Bamji resides with husband, Dinshaw, in New York State where they are active members of ZAGNY.

Professor Zenobia Nadirshaw MBE Elected President – WZO (UK)

On 7th February, 2021, Professor Zenobia Nadirshaw MBE was elected President of The World Zoroastrian Organisation - UK. A Consultant Clinical Psychologist and with 3 Honorary Doctorates and 2 Professorships at 2 different Universities in the UK, Nadirshaw commands over four decades of experience in the English National Health Services, Social Services Sector, Voluntary and Statutory Corporations with financial and management responsibilities.



sensible decisions and being guided by Good thoughts, Good words and Good deeds. Our business is to see clearly what lies ahead and how we proceed on the road to success and prosperity for all the community members and beyond."

Her Academic work extends as Publisher, Teacher, Trainer, Examiner and Supervisor. She's been widely published in the area of Double Discrimination which addresses issues of inequality, disadvantage and discrimination for vulnerable

people in Society. Through her management of the different sections and special interest groups of the British Psychological Society she has influenced a wide work force in the Health and Social Services Sector. She has been Trustee and Chair of several Boards and Committees, including being Honorary Treasurer.

Speaking on the occasion, she thanked all the WZO members attending the meeting online. "I thank you all for your response and putting your faith and trust in me and my role as President of the WZO. I give you full assurance that with the help of the local committee and the WZO organization in the different parts of the world, we will go onto bigger and better achievements... we need to work collaboratively - particularly under the very sorry conditions of lockdown due to the Covid pandemic raging across the world. We need to continue the legacy left by Shahpurji and Sammy to offer solutions to our progress by doing appropriate work by taking honest and

Professor Nadirshaw has received several awards over the years from the British Psychological Society; the City of London (Freeman of the City of London); Inspirational Migrant Woman of The Year; Asian Woman of Achievement Award and in 2019, she received an MBE from Prince William at Buckingham Palace.

Office of the Returning Officer,
The Zoroastrian Co-operative Bank Ltd.,
Malhotra House, 6th floor, Opp. GPO.,
Fort, Mumbai 400 001.
Date : 24/02/2021

PROGRAMME FOR THE ELECTION TO THE BOARD OF DIRECTORS OF THE ZOROASTRIAN CO-OPERATIVE BANK LTD. For the Year of 2021 to 2026

In the exercise of the powers conferred by the Section 45 of the Multi State Co-operative Societies Act, 2002 read with the Rule 19 of the Multi State Co-operative Societies Rules, 2002 and election schedule there under I, J. D. Patil, Returning Officer, appointed to conduct the election to the Board of Directors of The Zoroastrian Co-operative Bank Ltd., having registered office at Nirlon House, 5h floor, Dr. Annie Besant Road, Worli, Mumbai-400 030, hereby notify that the General Body Meeting of the said Bank is convened on 05.04.2021 at the places of counting indicated at Sr.No.10 below to conduct the election (for the period 2021 to 2026) to 14 (Fourteen) seats of the Directors on the Board of Directors.

The election programme is notified as under :

(1) Constituencies as per Bye-Laws No.32

Sr.No.	Particulars	No of Directors
1	Candidates from the General Category. Bye-Law No. 32	11 (Eleven)
2	Two seats on the Board reserved for women. Bye-Law No. 32 (iii)	2 (Two)
3	One seat on the Board reserved for a Member belonging to a Scheduled Castes or Scheduled Tribes. Bye-Law No. 32 (iii)	1 (One)
	Total No of Directors	14 (Fourteen)

(2) The Election Programme is as under:

Sr. No.	Event	Date & Time	Venue
1	Obtaining of Nomination Forms	From: 02.03.2021 (Tuesday) to 06.03.2021(Saturday). Between 11.00 a.m. to 2.00 p.m. during office working days / hours of Bank. (Except Saturday/Sunday & Govt. Holidays)	Office of the Returning Officer will be at Malhotra House, 6" Floor, Opp. GPO., Fort, Mumbai 400001.
2	Filing of Nominations	From: 02.03.2021 (Tuesday) to 06.03.2021(Saturday) Between 11.00 a.m. to 2.00 p.m. during office working days / hours of Bank. (Except Saturday/Sunday & Govt. Holidays)	Office of the Returning Officer at the above mentioned address.
3	Publication of list of Nomination received	From: 02.03.2021(Tuesday) to 06.03.2021 (Saturday) at 3.00 p.m. everyday	On the Notice Board at the Corporate Office of the Bank and the Office of the Returning Officer.
4	Scrutiny of Nomination Forms	On 08.03.2021 (Monday) at 11.00 a.m. onwards.	Office of the Returning Officer at the above mentioned address.
5	Publication of list of Valid Nominations	09.03.2021 (Tuesday) at 3.00 p.m.	On the Notice Board at the Corporate Office of the Bank and the Office of the Returning Officer.
6	Withdrawal of Nominations	From: 10.03.2021 (Wednesday) to 22.03.2021 (Monday). Between 11.00 a.m. to 02.00 p.m. during office working days /hours of bank	Office of the Returning Officer, Malhotra House, 6" Floor, Opp. to GPO.,Fort, Mumbai 400001.
7	Publication of final list of contesting candidates	On 23.03.2021(Tuesday) at 3.00 p.m.	On the Notice Board at the Corporate Office of the Bank and the Office of the Returning Officer.
8	Allotment of symbols	On 24.03.2021 (Wednesday) at 11.00 a.m.	Office of the Returning Officer at the above mentioned address.
9	Polling	On 04.04.2021 (Sunday) between 9.00 a.m. to 5.00 p.m.	Place of polling will be published in Newspaper in due course
10	Counting of votes	On 05.04.2021 (Monday) From 9.00 a.m. till completion	Place of counting will be published in Newspaper in due course
11	Declaration of Result of Election by the Returning Officer.	On 05.04.2021 (Monday) at 4.00 p.m.	After completion of the counting of votes.

Notes:

- The Nomination Forms can be obtained free of cost by any member from the Returning Officer or Authorized person appointed by him. at the place mentioned above in item No.1.
- The Nomination in prescribed form shall be presented in person or any person authorised by him in this behalf or sent by registered post with acknowledgement due by the candidate himself to the Returning Officer. Nomination sent by registered post acknowledgement due should reach latest by 2.00 p.m. on 06.03.2021 (Saturday). Nomination received thereafter will not be considered.
- The candidature can be withdrawn by written application / notice signed by the candidate and delivered in person or by the person duly authorized by him at any time after presentation 01 nomination paper till the last day of withdrawal of candidature. The notice of withdrawal shall be irrevocable.
- Allotment of symbols to contesting candidates will be done on 24.03.2021 at 11.00 a.m. in the Office of Returning Officer.
- A Company or the Partnership Firm or any other body corporate constituted under any law which is a shareholder of the Bank can vote through its Authorised Director / Officer on its behalf should reach at least 21 clear days (i.e. 12.03.2021) prior to the date fixed for the Election. The resolution letter of such authorisation must be produced by the authorised person on the letterhead with the seal / rubber stamp of Company / Firm / Body any other body corporate along with identification of the person at the time of voting.
- All members are required to produce any one of the original photo identity cards:- PAN Card/ Election Card/ Aadhar Card/ Pass Port/ Driving licence.
- After the close of the poll, the ballot boxes used for poll shall be sealed at respective polling centres and the same shall be brought to place of counting.
- Qualification and Disqualification for Board of Directors shall be as per the provisions of the Multi-State Co-operative Societies Act, 2002, Rules, thereunder and as per Bye-Laws of the Bank.
- The working days / hours of the office of the Returning Officer will be same as that of the Bank.
- Any changes in the place mentioned above will be conveyed by publishing the same on Bank's website and/or by publishing in the newspapers.
- Voters whose address as per Bank's records is in Gujarat State shall vote at Surat. The voters whose address as per Bank's record is Pune City and Pune District shall vote in Pune and all other remaining voters shall vote at Mumbai.
- As per the provision of Bye-Law No. 11 (iv) where a share of the Bank is held jointly by more than one person, the person whose name stands first in the share certificate, if present, shall have a right to vote. In his absence, the person whose name stands second and in absence of both, the person whose name stands next, if present and who is not a minor shall have a right to vote. However, in such cases the consent of the First holder is necessary.
- The decision of the Returning Officer will be final.



(J. D. Patil)

Returning Officer,
The Zoroastrian Co-operative Bank Ltd., &
District Deputy Registrar, Co-operative Societies, Mumbai (1) City

Place : Mumbai
Date : 24/02/2021

WZCC - Facilitating Entrepreneurs And Professionals

By Aspi Antia, CEO – WZCC

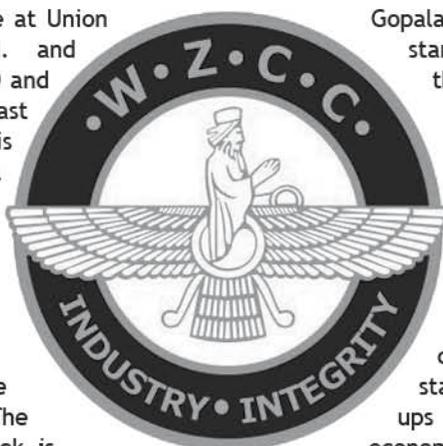
One of the prime objectives of the World Zarathushti Chamber of Commerce (WZCC) is “to energize the Zarathushti Spirit of Entrepreneurship and Professionalism by facilitating and mentoring Start-ups to implement their ideas. A Business Advisory Committee (BAC) formed within WZCC works under a clearly defined Policy and Procedure, to recommend funding for Start-ups and young Entrepreneurs and Professionals with unique or innovative business ideas. As of now six Start-ups have benefitted by growing their business successfully under challenging times.

The success of an entrepreneur depends upon the strategy developed to derive competitive advantages and overcome changes in the business environment. Exemplifying the term is Pheroze Kharas, author of ‘Learning to Succeed’, published by WZCC.

Former Sr. Executive at Union Carbide India Ltd. and later a Promoter/MD and Chairman at Ecoplast Ltd., he shares his entrepreneurial experience.

Every Organization has to get results through and with people - the Science of Management. The first half of the book is about the four management functions - Planning, Organizing, Leading and Control while the latter half focuses on applying this information to business success. The chapter - ‘Preparation of a Business Plan’ shares essential information to help secure funding for businesses.

In his review of the book, ‘Learning to Succeed’, author, corporate advisor and former Director, Tata Sons - R.



Gopalakrishnan writes, “If start-ups are one side of the coin representing new-generation business, then grown-ups are the other side of the same coin. The physical, psychological, and emotional connection between start-ups and grown-ups is important to the economy and to society.

Start-ups and grown-ups are connected delicately, a bit like the delicate corpus callosum that connects the right and the left parts of the human brain.

Pheroze Kharas has written a practical and slim book on how to imagine, plan for and set up a new business. It is a step-by-step guide for emerging and aspiring entrepreneurs. Young people should take up the benefit

of the lessons of experience that Pheroze Kharas has taken the trouble to write up. He is clearly hugely motivated—in their eighties, few experienced people would undertake such an onerous task as he has done. Pheroze’s book will stay un-thumbed and smelling fresh if there is no spark of entrepreneurship among the young people. His book can be the fuel that can light up a forest fire of entrepreneurship, provided the spark is there. Entrepreneurial readers must feel inspired by entrepreneurship—in the tradition of Dadabhai Naoroji, Jamsetji Tata, Ardeshir and Pirojsha Godrej.”

‘Learning to Succeed’ brings great value to young entrepreneurs/professionals, by ensuring that their idea is worth converting into a Business Plan and developing an organization that drives business success, applying the Science of Management. Budding Entrepreneurs and Professionals can approach WZCC for advice or mentoring. [www.wzcc.org]

Masina’s Latest Excellent Healthcare Initiative: MHB60 Project

Masina Hospital’s latest ‘MHB60’ or ‘Masina Heart Brain 60’ Preservation Project is an Emergency Response Facility activated by a call for healthcare service to patients suffering from suspected heart attack or stroke. A dedicated Helpline No. 9833333611 will be the key point of this project. Calling this number will result in a fully equipped advanced life support ambulance, with a doctor, come to the site of the incident and transfer the patient to Masina Hospital within an hour of the call made to this number. The treatment of the condition will start from the point of ambulance reaching the site of the incident.

The key facilities of this project are a fully equipped advanced Cardiac Care Facility, Neuro ICU, Cath lab, CT- Scan centre available 24/7 - 365 days of the year. This service has been designed based on the needs of the patient in the city of Mumbai, and the service area will be from Colaba to Chembur.

For patients, the treatment given within the first hour of suffering a heart attack or a stroke, also known as the Golden Hour, is crucial for timely lifesaving and taking damage



control actions. Immediate medical treatment has a profound impact on a person’s survival.

Explains the communique from Masina Hospital, “If you ask most of the people what they would do if they see a person suddenly becoming breathless or unconscious, you will get multiple different answers - from calling the neighbour to calling the doctor and after that, the hunt for ambulance and decision of where to take the patient... all this creates a lot of confusion and delay in treatment. By having this dedicated number handy in the house or in public places or offices and on your personal phones, you will avoid all these delays and save lives.

While India and Mumbai tackle

the pandemic, the after-effects of COVID 19 are yet to play out. A study published in JAMA Cardiology medical journal claimed that 78% of Covid recovered patients have abnormalities in the heart while 60% have an ‘ongoing myocardial inflammation’. It also found higher levels of Troponins, the blood enzyme which indicates heart damage, among the study subjects.

The hospital has the facility to take the patient whose Covid status is not known in the Triage facility without compromising the safety of the patients and the staff in the hospital.

We urge you to remember this number MHB60 and helpline 9833333611 and save it on your mobile.”

COMMUNITY APPEAL Saronda Dispensary Charity Trust

The Saronda Dispensary Charity Trust serves the *adivasi* population of Saronda and other villages near Sanjan. This 102-year-old Trust came into being thanks to a handsome donation of Rs.1,00,000 from Dhunbai Jivanji Bhiladwala in 1919. Medical aid is provided to all poor persons by a resident doctor.

Today, the Trust is in urgent need of funds to meet the repair costs of its building roof. We appeal to your generosity so that the Trust may continue to provide medical help to these under-served communities.

Your cheques in the name of The Saronda Dispensary Charity Trust may be sent to the address:

Miss. Zarin Virji,
Trustee, The Saronda Dispensary Charity Trust
C/o The Universal School,
Valencia Tower, Tukaram Javji Marg,
(Behind Bhatia Hospital)
Tardeo,
Mumbai - 400 007.

Formal receipt will be issued.

Contact: Dara: 9998090807 / Sarosh: 9820386067

NB: Please courier the cheques or call if pick up is to be arranged within Mumbai.

Thank you,

The Saronda Dispensary Charity Trust
Trustees (Zarin Virji, Farokh Govadia, Dara
Varwadewala, Sarosh Bala)

Third Global Webinar Featuring Ba Humata

A Prayer, Leadership and Entrepreneurship Global Webinar Series on Prayer With Action And Action With Prayers by our Thoughtful Priests, Insightful Leaders and Thinking Entrepreneurs

Theme: **A Prayerful Life Is More Meaningful Than A Life Full Of Prayers (Yasna 12.2 And 12.3)**

When: Sunday, March 7, 2021 at 8:00 AM Pacific Time / 11:00 AM Eastern Time / 9:30 PM Indian / 4:00 PM GMT

Zoom Meeting: <https://us02web.zoom.us/j/83408826220>

Meeting ID: 834 0882 6220

Passcode: 545117

The Third Webinar features global Zarathushti icons including Er. Dr. Jehan Bagli (Canada); Hon'ble Justice Of Peace - Byram Avari (Pakistan); Mobedyar Mahshad Khosraviani (Canada/UK); dynamic Youth Icon - Jehaan Kotwal (India), alongside Zarathushti Neuro Scientist from Cambridge University (UK) Dr. Karishma Koka, PhD - Founder, Host and Moderator of Ba Humata. (<http://ba-humata.co.uk>)

Please join us for our Webinar to build a Global Zarathushti Fellowship of Collective Consciousness
Sunday 07 March 2021, 8am PST, 11am ET, 4 pm GMT, 9.30pm IST



Ba Humata
Flame of Fellowship of Collective Consciousness

Ba Humata is an endeavour with good thoughts to build Fellowship via Prayer with Action and Action with Prayer

We aim to send out powerful united vibrations of Peace and Love for the good of all.

Talks relating to **Good thoughts and prayers with good actions propagating Fellowship, World Peace, Happiness (Ushta) and Prosperity for All**

A Prayerful Life is More Meaningful than A Life Full of Prayer: Yasna Ha 12.2 and 12.3



Er. Jehangir Bagli
(Canada)



Mobedyar Mahshad Khosraviani
(Canada & UK)



Byram D. Avari
(Justice of Peace, Pakistan)



Jehaan Kotwal
(India)



Dr. Karishma Koka
Founder & moderator

The speakers & Biographies are arranged by Mr. Meher Amalsad - Mentor and Facilitator

The audience will be invited to share with **Vohu Mana (good mind) how Zarathushti prayers have helped, inspired or enabled them to have different experiences in their lives.**

Please visit our website <https://Ba-Humata.co.uk> to read about our esteemed speakers and project



Ba Humata
Flame of Fellowship of Collective Consciousness

With
G Thoughts
O Words
O Deeds
D

for the Good of All

Principles of Ba Humata:

- Ahunavar, Ashem Vohu, Yenghe Haataam, Aa Aairyema Ishyo and
- Thoughts chosen as the foundation to benefit the Peoples of the Planet (Yasna Ha 49.3 Spentomad Gatha)
- Rejoicing all actions done with good mind (Vohuman) as a form of prayer (Yasna Ha. 28.1 Ahunavad Gatha).

Goals and Purpose:

To share a deeper appreciation of the knowledge in the Prayers (With meanings), Principles and Practice of our Zarathushti Deen and how this guides all aspects of life.

Conserve and honour the great legacy of our knowledgeable Respected Dasturjis, Respected Ervads, learned people + build proper respect for them.

Build a bridge of communication between our treasured senior generation and our featured future generation

To conserve the Zarathushti knowledge while encouraging the development of the younger generation:
empowerment with knowledge, leadership for the good of all.

Join Meeting <https://us02web.zoom.us/j/83408826220> Meeting ID: 834 0882 6220 Passcode: 545117
Technology managed by Mr. Yazdi Tantra

Jehan Daruvala Finishes 3rd Overall In Asian F3 Championship



The community and the nation's racing prodigy - Jehan Daruvala - finished third in the Asian F3 Championship as Mumbai Falcons ended their debut season in international racing on a high note with both their drivers finishing on the podium at the Yas Marina Circuit in Abu Dhabi.

Jehan Daruvala completed the 2021 F3 Asian Championship with an overall ranking of 3rd place, behind championship winner (and fellow F2 driver) Guanyu Zhou and Pierre-Louis Chovet. While it may not have been the result he was aiming for, it yet hands the Indian F1 hopeful 12 valuable Super Licence points.

The team grabbed a total of three podiums during the last weekend of the five-round F3 championship. The Falcons missed the second place by a mere two points, riding on an impressive nine podium finishes through the championship.

Daruvala earlier briefly led the championship standings after round 2. However, a difficult round 4 in which he scored points in just one race led to his title challenge slipping away. Daruvala's third place on the standings, however, earns the Formula 1 hopeful 12 Super Licence points. Kush Maini, who has had a tough season as opposed to Daruvala, started Race 1 in the fourth position while Jehan started in sixth.

ગણદેવી દરેમહેર માટે પંથકી સાહેબ જોઈએ છે

ગણદેવી દરેમહેરમાં આદરયાન સાહેબ છે, તે માટે એક જાનકાર તથા બાજ કીયાકામ કરનાર મોબેદ સાહેબ જોઈએ છે. રહેવા માટે ઘર તથા ઈલેક્ટ્રીકની સગવડ ઘરમાં ફી માં આપવામાં આવશે. કીયાકામમાં સારી તાલીમ લેનાર મોબેદ નીચે જણાવેલ મોબાઈલ નંબર ઉપર સંપર્ક કરશો.

- ટ્રસ્ટી: જેનીફર ચલ્લા - ૦૯૬૧૯૬૩૩૨૩
- ટ્રસ્ટી: હોમજી સુરતીયા - ૦૯૮૨૫૭૬૬૬૭૪
- ટ્રસ્ટી: ફરોખ સાહેર - ૦૯૮૯૨૧૫૭૬૨૦
- મેનેજર: મહેરનોશ ઈચ્છાપોરિયા - ૦૯૫૩૭૪૬૦૯૮૦
- મેનેજર: દારા કડવા - ૦૯૮૭૯૦૪૯૦૨૨

નારગોલ પારસી જરથોસ્તી અંજુમન

નારગોલ અંજુમન હસ્તક શેઠ પુંજયાજી ભાઈઓવાલી અગિયારીમાં એક મોબેદ સાહેબની જરૂર છે. જે મોબેદભાઈને નારગોલ અગિયારીમાં સેવા આપવાની ઈચ્છા હોય તેઓએ નીચે આપેલા સરનામે ખબર આપવી. મોબેદ સાહેબનો પગાર રૂબરૂ મળ્યા પછી નક્કી કરીશું. લખો યા મળો.

ફરોખ ફ. ગોવાડિયા (ટ્રસ્ટી)

નારગોલ પારસી જરથોસ્તી અંજુમન
મોટા મેન્શન, ગ્રાઉન્ડ ફ્લોર, ભાટીયા હોસ્પિટલની સામે, તારદેવ, મુંબઈ ૭.
કોન્ટેક્ટ નંબર: ૯૭૬૯૨૦૦૦૫૪

ENDORSEMENTS FOR ANAHITA DESAI

By: Zareen J. Engineer, granddaughter of Mancherji E Joshi. President of Mancherji Joshi Resident's Assn., President of M.E. Joshi Education Fund, Member of Parsi Central Assn. Co-op. Housing Soc. Ltd.

Anahita Desai Will Make A Wonderful BPP Trustee!

I have seen Anahita working with so many different groups for so many community projects, that I have often wondered how she manages to handle everything so efficiently. Whether it is a youth activity or a senior citizen one; helping small scale entrepreneurs, organising community events, or a personal problem faced by a troubled community member; she not only makes time for all, but what is more important, she delivers results.

Although Anahita does not reside in Dadar Parsi Colony herself, she had still supported and lent Dadar a helping hand for protecting our five gardens and other open spaces in Dadar Parsi Colony. Such is her nature - to extend help, to all worthy endeavours.

The BPP needs to be strengthened with trustees who will not compromise on our religious practices and will work for the upliftment of our less fortunate. Anahita is one such person.

For all the above reasons, I feel that Anahita Desai is truly deserving of Bombay Parsi Panchayat trusteeship and that her presence on the BPP Board will enhance the working of the BPP.

By: Trustees of Sodawaterwalla Agiary [Dinshaw Variava; Capt. Percy Master; Limji Nanabhoy; Burzis Taraporevala]

We the undersigned Trustees of Sodawaterwalla Agiary, wholeheartedly support Anahita Desai's candidature for the forthcoming BPP elections.

As a co-Trustee, we deeply appreciate her dedication and commitment to our Agiary. When we were faced with an unfortunate incident at our Agiary a couple of years ago, it was Anahita who proactively defused this explosive situation with sensitivity and worked out a practical resolution. Our Agiary is presently being repaired and Anahita has been instrumental to a large extent for initiating and co-ordinating the repairs.

We are sure that in electing Anahita, the community will get a very honest and hard-working Trustee.

By: Hosi Dastur, Trustee Wadiaji Atash Behram and Boyce Fire Temple

I have known Anahita for a number of years and what I can say with certainty is that she is a committed and empathetic social worker, who has dedicated herself to the work and welfare of our community. I recollect the days when Anahita wholeheartedly participated in and supported the cause of our Wadiaji and Anjuman Atash Behrams, including, organizing massive rallies of community members whose support was vital for our case. By her actions over the years and her track record she has proven beyond doubt that she indeed is a deserving candidate for the position of Trustee of the Bombay Parsi Panchayat. I hereby endorse her candidature and call upon our Parsi Irani community members to come out in large numbers in her support.

By: Homai Daruwalla, Chairperson, Zoroastrian Bank; Former Chairperson and Managing Director of Central Bank of India

For over two decades now, Anahita Desai has courageously and constantly stood by our community members and all our community causes that are integral to us. She not only represents the beacon of hope for our underprivileged humdins, but she delivers completely as well - always helping those in need. She has repeatedly proven to be the frontrunner when it comes to protecting the welfare of the community and its religious sentiments and practices, and has spearheaded numerous such causes.

What stands out most for me, is that she has selflessly and with single-minded focus, dedicated her life to the community, and worked for its members, immaterial of any position/platform of authority to do her work from. She is lured neither by politics nor power. She is simply driven by her sense of community service as a true Zarthosti, guided by her good thoughts, words and deeds, which she has always employed to help others in need. This is the leadership quality we seek in a BPP Trustee.

She has already made such a massive difference in the lives of innumerable Parsi /Irani Zarthostis and her presence on the BPP Board will further empower the great community work she has been doing - quantitatively and qualitatively. As a BPP Trustee, she will be of great value in keeping with her comprehensive knowledge and first-hand experiences in community service.

I urge all my fellow Zarthostis to come out in large numbers and vote for Anahita Desai - let us ensure that we elect a deserving leader who will do complete justice to her position and her responsibilities as a representative of the community. I wish Anahita Desai the very best in the elections and look forward to seeing her inducted as a BPP Trustee next month!



CANDIDATE NO. 2

By: N K Dhabhar Cancer Foundation

To Whom So Ever It May Concern

The N K Dhabhar Cancer Foundation (NKDCF) is a registered non-profit organization based in Mumbai. At the foundation we recognize the needs of cancer patients and strive to provide them with clinical and emotional support, thereby improving their quality of life. Our endeavor is to promote and integrate cancer treatment for every patient whether curable, palliative or terminal, as we believe every person has a right to live with care and dignity, at any stage of cancer.

One of NKDCF's very important objective is Early Detection of Cancer. Our focus is on Breast Cancer Detection. The screening is done using one of a kind device called IBreast Exam (IBE). This is a completely safe and no invasion procedure and has been approved by the US FDA.

As we all know Breast Cancer occurs at a very high rate in the Parsi Community. Mrs. Anahita Y. Desai from WAPIZ approached us with the request of conducting Breast Screening Camps for Parsi Ladies at all the Parsi Baugs & Colonies. Ms. Anahita has undertaken the project along with NKDCF to provide free and noble service to safeguard the Community's

ladies from an ailment which seems to be on the rise.

With the very successful first camp held at Godrej Baug on 12th May, 2019, other camps were conducted at Bharucha Baug - Andheri, Navroze Baug - Lalbaug, Rustom Baug - Byculla and CJ Colony - Tardeo in the months of May/November 2019 and February 2020. Unfortunately, due to the current Pandemic we were not able to conduct any further camps but once things normalize we will be restarting these camps.

We would like to congratulate Anahita for her dedication towards the community and wish that she continues her good work.

Best Wishes,

Dr. Pouruchisti Founding Trustee N K Dhabhar Cancer Foundation
Dr. Khurshid Trustee N K Dhabhar Cancer Foundation

By: Dr. Anahita Pundole - Gynaecologist with a special interest in infertility management, started The Bombay Parsi Panchayat Fertility Project in collaboration with the BPP, is associated with the Jiyo Parsi Scheme, committed environmentalist and activist.

Anahita Desai and I share not only a first name - we share an involvement in community affairs, and a history of activism - the difference being that my activism is city based, while Anahita's is community based.

My involvement in community projects includes the Fertility project, and the Jiyo Parsi program, which Anahita has consistently lent strong support to. Anahita Desai's involvement in community affairs is much larger. In fact, it is all-encompassing, and all praise-worthy! Reams have already been written about her commitment to our community, her activism aimed at preserving our traditions and her compassion for those in need, which I have seen first hand in some of the worthy projects she has undertaken to benefit community members.

Instead of repeating all those praises here, I would like to convey my respect for Anahita's work by publicly exhorting everyone who values my opinion - family, friends and community members at large, to cast aside their indifference, and despite their past disappointment/s with the BPP, to step out on election day (14th March) to cast their vote for Anahita Desai.

Anahita has the capacity and the will to change the face of the BPP, to one we can all be proud of!

By: Mithoo Jimi Jesia, DPC

I have known of Anahita, or rather about Anahita over the last one decade, but I actually came to know her in the last ten months. She is a committed and dedicated community worker. I know of several positive incidents of her having gone out of the way to reach out to the poor within the community - a quality primarily desired in a Trustee. I feel that Anahita being elected as a Trustee to our Apex body will certainly add value to the Board. I wish her all success.

By: Shirin Katgara - Member of Ladies Committee, Parukh Dharamshala

The Perfect Candidate - Anahita Desai!

I, Shirin Katgara, am with Anahita Desai on the Ladies Committee of the F. S. Parukh Dharamshala, a BPP run home for underprivileged and aging Parsis.

During my association with her, I have found her to be extremely practical and kind and someone who finds immediate solutions to long standing problems. She is very much a go getter.

Anahita is also very knowledgeable about the functioning of the BPP and knows its staff, both added qualities that would make her the ideal trustee.

It's been a pleasure working with her over the years.



Dear Community Members,

I have had 4 Election Meetings till date at various colonies, in order to personally interact with all of you.

All necessary precautions were taken and standard operating procedures outlined by the government were strictly followed at all these meetings including restricting the number of attendees.

Unfortunately, this week, the rise in Covid cases has prompted the Govt. to issue a new directive restricting any gathering - social, religious, political or cultural. Due to this new directive, I have to cancel all further meetings which had been scheduled.

I was looking forward to visiting the various Baugs and interacting with many more of you, but that will not be possible now. I will continue to communicate with you through the media - newspapers and social media and am always available to you on the phone to answer any queries you might have, or help you might need.

Yours sincerely,
Anahita Desai
9820284196

The Bawa Word Search

Search out 16 of India's Folk Dances hidden in the word-jumble box below, in bi-directional, horizontal, vertical and diagonal forms:

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

- | | | | |
|-----------------------|----------------------------|----------------------------|----------------------------|
| Kathakali (Kerala) | Kuchipudi (Andhra Pradesh) | Raas Leela (UP) | Khukuri Naach (Sikkim) |
| Bagurumba (Assam) | Dandiya Ras (Gujarat) | Mardana Jhumar (Jharkhand) | Lavani Lezim (Maharashtra) |
| Bhangara (Punjab) | Odissi (Odisha) | Ghumar (Rajasthan) | Bharatanatyam (Tamil Nadu) |
| Pung Cholom (Manipur) | Kud Dandi Nach (J & K) | Chawnglaizawn (Mizoram) | Selalarki (MP) |



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SUDOKU

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

WINNING CAPTION!!!



Contributed by Khodadad Daruwalla

Pussycat: As long as I'm at an 'Advantageous High', it's prudent to 'Let Sleeping Dogs Lie'!

By Kayomarz Dotiwalla

CAPTION THIS!



Calling all our readers to caption this picture!

Send in your captions at editor@parsi-times.com by 3th Mar., 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?

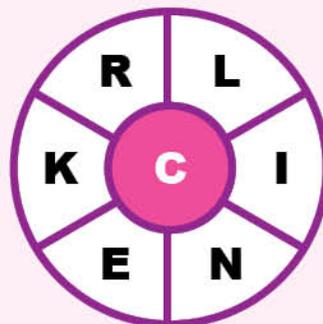
How many words of four or more letters can you make from the letters below? Every word must contain the letter in the center. You should make at least one word using all 7 letters.

RESULTS:

Average - 7 or more words

Good - 9 or more words

Outstanding - 10 or more words



Thought of the Week

"Conquer the angry man by love. Conquer the ill-natured man by goodness. Conquer the liar with truth."

- The Dhammapada

P.T.

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9082131691 & 9082804900

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માસીના હોસ્પિટલને 'ઈટી'નો બિઝનેસ લીડર ઓફ ધ યર એવોર્ડ મળ્યો

માસીના હોસ્પિટલના સ્વખંડ્રણ સી-ઈઓ - ડો. વિસ્વી જોખીના નેતૃત્વ હેઠળ ૧૭ ફેબ્રુઆરી, ૨૦૨૧ના રોજ મુંબઈની તાજ લેન્ડસ એન્ડ હોટલમાં યોજાયેલા એક કાર્યક્રમમાં પ્રતિષ્ઠિત 'ઈકોનોમિક ટાઈમ્સ' બિઝનેસ લીડર ઓફ ધ યર એવોર્ડથી સન્માનિત કરવામાં

હોસ્પિટલ યુનિટ તરીકે નામાંકિત કરવામાં આવી હતી.

આ નેતૃત્વ પુરસ્કારોની ચોથી ભારતીય અને ઓગણીસમી વૈશ્વિક આવૃત્તિમાં, અતિ-સક્રિય સમયમાં ક્ષમતા અને શ્રેયની સાથે, ખૂબ જ મુશ્કેલ વર્ષમાં, બધી મુશ્કેલીઓ સામે નોંધપાત્ર સિદ્ધિઓ મેળવનારા લીડરો અને સંગઠનોનું પ્રદર્શન કરવામાં આવ્યું. પ્રોગ્રામમાં બે કેટેગરીઝનું પ્રદર્શન કરવામાં આવ્યું - વ્યક્તિગત અને સંગઠિત વિભાગો. સ્વતંત્ર જૂરીએ દરેક કેટેગરીનું મૂલ્યાંકન કર્યું અને સામૂહિક રૂપે વિજેતાઓની પસંદગી કરી જેમને વર્ષનો બિઝનેસ લીડર ઓફ ધ યરનો એવોર્ડ આપવામાં આવશે.



માસીના હોસ્પિટલના સીઈઓ આવ્યા. ખૂબ જ સફળ પરિણામો સાથે, ચાલુ કોવિડ રોગચાળા દરમિયાન, ૨૦૦૦થી વધુ કોવિડ-૧૯ના દર્દીઓની સારવાર માટે, માસીના હોસ્પિટલને મલ્ટિ-સ્પેશિયાલિટી ટેરટીયરી કેર

માસીના હોસ્પિટલના સીઈઓ - ડો. વિસ્વી જોખી અને જોઈન્ટ સી-ઈઓ - બેહરામ ખોદાયજીનું સન્માન કરવામાં આવ્યું હતું અને તેઓએ માસીના હોસ્પિટલની ટીમ વતી એવોર્ડ સ્વીકાર્યો હતો.

સાહેર અગિયારીની ૧૭૫મી સાલગ્રેહની ઉજવણી

હોરમસજી દાદાભોય સાહેર અગિયારીની ભવ્ય ૧૭૫મી વર્ષગાંઠ પ્રસંગે, અગિયારી બિલ્ડિંગને સુંદર રીતે ઢૂલો અને રંગોળીથી શણગારવામાં આવ્યા હતા. સવારે ૧૦:૦૦ કલાકે, પંથકી એ. આર. જાલ કાત્રક અને છ મોબેદો દ્વારા જશનની પવિત્ર ક્રિયા કરવામાં આવી. ત્યારબાદ હાજર મોબેદો અને હમદીનો દ્વારા હમબંદગી કરવામાં આવી. ત્યારબાદ ઉપસ્થિત સૌને ચાસનીનું વિતરણ કરાયું હતું.

અધ્યક્ષ અને મેનેજિંગ ટ્રસ્ટી, પરિસિ વાચ્છાએ મરહુમ સ્કાયલા રૂસ્તમજી વાચ્છાના ક્ષેત્રોનું ઉદઘાટન કર્યું હતું અને નવનિયુક્ત ટ્રસ્ટી - ડો. બરજોર આંટીયાને થોડા શબ્દો કહેવા વિનંતી કરી હતી. શરૂઆતમાં, એરવદ ડો. આંટીયાએ પવિત્ર ફવશી અને અગિયારીના સ્થાપક - મરહુમ હોરમસજી દાદાભોય સાહેરની પ્રશંસા કરી, ૧૭૫ વર્ષથી છેલ્લા ટ્રસ્ટીઓ, પંથકી સાહેબ, મોબેદ સાહેબ અને સાહેર અગિયારીના કાર્યકરોને આદરપૂર્વક યાદ કરવામાં આવ્યા. ખંતપૂર્વક ધાર્મિક કાર્યક્રમો કરવા અને અગિયારીના પવિત્ર

અગ્નિને જીવંત રાખવા માટે એરવદ જાલ કાત્રકનો આભાર માનવામાં આવ્યો.

તેમના જીવનકાળમાં સ્કાયલા રૂસ્તમજી વાચ્છાની પ્રશંસા કરતા એરવદ ડો. આંટીયા એ જણાવ્યું કે તે અગિયારીની સ્વચ્છતાનું ધ્યાન

આર્થિક સહાયતા કરતી અન્ય સંસ્થાઓ પણ - તે વંચિત લોકો માટે તાર-ણહાર હોવા સમાન હતા. એરવદ ડો. આંટીયાએ તેમના આત્માને અગિયારી અને સમુદાયને યોગ્ય દિશામાં માર્ગદર્શન અને સંભાળ રાખવા પ્રાર્થના કરી. તેમને



રાખવા ઉપરાંત ઉદારતાથી તેમના ટ્રસ્ટને સમય અને આર્થિક સહાય આપવામાં તેમની ભૂમિકા વિશે વાત કરી હતી. તેમણે અગિયારીના સંપૂર્ણ સ્ટાફની જરૂરિયાતોની સંભાળ રાખી, નવસારી ખાતે સિનિયર સિટીઝન હોમ અને સંગ્રહણ ખાતે ધર્મશાળાની

એ વાત શેર કરીને આનંદ થયો કે તેમની વલુ, પરિસિ વાચ્છા તેના પગલે ચાલે છે. તેમના ભાષણ અને પ્રસંગને સમાપ્ત કરીને, તેમણે પ્રાર્થના કરી કે અગિયારીની પવિત્ર અગ્નિ આવતા ઘણા વર્ષો સુધી સદાબહાર રહે.

મરહુમ લેજેન્ડ નાની પાલખીવાલાના સન્માનમાં ડબ્લ્યુએડસીસી વેબિનાર

૧૦ મી ફેબ્રુઆરી ૨૦૨૧ ના રોજ, વર્લ્ડ જરથુષ્ટ્રિ ચેમ્બર ઓફ કોમર્સ (ડબ્લ્યુએડસીસી), મુંબઈ પ્રકારણે, નાની પાલખીવાલા ધ લેજેન્ડની ૧૦૧મી જન્મજયંતી પર (૧૬ જાન્યુ-આરી, ૨૦૨૦) એક મહાન સમૃદ્ધ અને નોંધપાત્ર વેબિનાર યોજાયો હતો. સોલિસિટર રાજન જયકાર, જેને પુનર્જાગરણ માણસ તરીકે પણ ઓળખવામાં આવે છે, જેમણે, નાની પાલખીવાલાના જીવની પ્રેરણાદાયક સમજ આપી.

વકીલ હોવા ઉપરાંત, નાની પાલખીવાલાને તેમના માર્ગદર્શક ગણતા જયકાર, બોમ્બે હાઈકોર્ટના સંગ્રહલાયના ઉત્સાહિત કલેક્ટર અને સર્જક અને ક્યુરેટર પણ છે. સ્વર્ગસ્થ પાલખીવાલાને 'ભારત રત્ન' એનાયત કરાવવા ભારતના એટર્ની જનરલ દ્વારા સમર્થિત એક અભિયાન શરૂ કરાયું છે.

પત્ર વિભૂષણ મરહુમ નાના અરદેશીર પાલખીવાલા એક જાણીતા ન્યાયશાસ્ત્રી,

કોર્ટરૂમ પ્રતિભાશાળી વકીલ હતા, જે ભારતીય કાયદા મંડળ દ્વારા આદરણીય અને પ્રશંસનીય હતા. તેઓ યુએસમાં ભારતના રાજદૂત હતા. તેમના લખાણોમાં અસાધારણ વકતૃત્વ કુશળતા અને વક્તા દ્વારા આશીર્વાદ, તેમના સમારંભના સરનામાંઓ, બજેટ ભાષણો અને યાદગાર પ્રવચનોને વિચાર અને વિષયવસ્તુમાં સંપૂર્ણ માસ્ટરપીસ તરીકે ગણવામાં આવે છે. તેઓ પ્રખ્યાત 'ધ લો અને પ્રેક્ટિસ ઓફ ઈન્કમટેક્સ' ના સહ-લેખક હતા.

વેબિનારની શરૂઆત ડબ્લ્યુએડસીસીના અધ્યક્ષ- તેલમટન દલાલે ભારત અને વિદેશથી ઉપસ્થિત લોકોનું સ્વાગત કર્યું હતું. તેમણે શેર કર્યું છે કે ડબ્લ્યુએડસીસી કેવી રીતે નેટવર્કિંગની સુવિધામાં વધારો કરી રહ્યો છે, અને સૌથી અગત્યનું છે, વિશ્વભરમાં જરથોસ્તી સમુદાયના હિતને પ્રોત્સાહન આપે છે.

જયકારે નાની પાલખીવાલાના જીવનને આવી લેતું એક વ્યાપક

અને ઉત્તમ ભાષણ આપ્યું, ૧૬મી જાન્યુઆરી, ૧૯૨૦ના રોજ જન્મેલા નાની પાલખીવાલાના માતા શેરબાનુ અને પિતા અરદેશીર પાલખીવાલા તથા મોટી બહેન એમી અને નાના ભાઈ બહેરામ હતા નાની મુંબઈના મધ્યમ વર્ગના પારસી પરિવારમાં જન્મ્યા હતા. ઘણી પારસી અટકની જેમ, નાનીની અટક પણ તેના પૂર્વજો દ્વારા બનાવવામાં આવતી પાલખીના ઉદ્દેશ્યથી લેવામાં આવી છે. તેમણે પ્રોપ્રીટરી હાઈ સ્કૂલ, માસ્ટર ટ્યુટોરિયલ હાઈ સ્કૂલમાંથી અભ્યાસ કર્યો અને તેમને પુસ્તકો વાંચવા ગમતું પારસી લગ્નમાં તેઓ વાયોલીન વગાડતા અને જે પૈસા મળે તેમાંથી પુસ્તકો ખરીદતા હતા.

૧૯૩૬માં મેટ્રિક પૂર્ણ કર્યા પછી, ૧૯૪૦ માં બી.એ. અને ૧૯૪૨માં એમ.એ. (અંગ્રેજી સાહિત્ય) લીધા પછી, નાનીએ ૧૯૪૪માં એલ.એલ.બી. સમાપ્ત કર્યા પછી સર જમશેદજી કાંગાના ચેમ્બરમાં તેમની પ્રેક્ટિસ શરૂ



કરી. નાનીએ ૧૯૪૪માં નરગેશ મલબાર સાથે લગ્ન કર્યાં. તેમણે કરવેરા કાયદા, બંધારણ અને કંપની કાયદા હેઠળના કેસો સહિત ૧,૫૦૦ થી વધુ મોટા કેસોનું પ્રતિનિધિત્વ કર્યું. તેમને ભારતના એટર્ની જનરલ પદની ઓફર પણ આપવામાં આવી હતી અને ભારતના સુપ્રીમ કોર્ટમાં પણ સીધી ઉન્નતિ આપવામાં આવી હતી, પરંતુ બંને હોદ્દાઓનો ઈન્કાર કરતા કહ્યું કે તેઓ સ્વતંત્ર વકીલ રહીને નાગરિકોની સેવા કરશે.

તેમની વકતૃત્વ કુશળતા ફક્ત કોર્ટ રૂમ અથવા રાજદ્વારી ક્ષેત્ર સુધી મર્યાદિત ન હતી. કરવેરા અને સરકારની નાણાકીય નીતિઓ પર ભારતના સર્વોચ્ચ જાહેર

વક્તા તરીકે તેમને સ્વીકારવામાં આવ્યા હતા.

આખા ટાટા જૂથના કાયદાકીય સલાહકાર અને ચેરમેન જેઆરડી ટાટાના જમણા હાથ તરીકે કાર્યરત હતા.

લિમ્કા બુક ઓફ ધ રેકોર્ડ્સ દ્વારા ૧૯૯૩માં તેમને પર્સન ઓફ ધ યર એવોર્ડ તરીકે સન્માનિત કરવામાં આવ્યા હતા. ૧૯૯૮માં, તેમને ભારતના રાષ્ટ્રપતિ દ્વારા પદ્મવિભૂષણથી નવાજવામાં આવ્યા હતા.

કમનસીબે, નાનીને ૧૯૯૬માં લકવાગ્રસ્ત સ્ટ્રોકનો સામનો કરવો પડ્યો અને આખરે તેમને પોતાની વ્યાવસાયિક પ્રતિબદ્ધતાઓમાંથી મુક્ત થવું પડ્યું. જૂન ૨૦૦૦માં તેમની પત્નીનું નિધન થયું હતું, જ્યારે નાનીએ ૧૧ ડિસેમ્બર, ૨૦૦૨ ના રોજ અંતિમ શ્વાસ લીધા હતા. નાની પાલખીવાલાના સન્માનમાં પોસ્ટેજ સ્ટેમ્પ અને ફર્ટ ડે કવર ૧૬મી જાન્યુઆરી, ૨૦૦૪ ના રોજ તત્કાલીન પીએમ અટલ બિહારી વાજપેયીએ જાહેર કર્યું હતું.

- બિનાયશા એમ. સુરતી



ભુલાઈ ગયેલું પાકીટ!

એક દિવસ રોજના જેમ હું ઓફિસની તૈયારીમાં લાગ્યો. મેં ચાવી, ઝમાલ, લેપટોપ, ટિકિન, બારીમાંથી બેરીએ એક ફ્લાઈંગ કીસ પણ આપી.

આજની શાનદાર શરૂઆત. હું ક્રમમાં બેઠો પેટ્રોલ ઓછું હતું એટલે પેટ્રોલ પંપ પર ગાડી રોકાવી. ટેન્ક ફુલ કરદો..

તેણે કારની ટાંકીમાં પેટ્રોલ રેડવાનું શરૂ કર્યું. હું મારા પેન્ટના ખિસ્સામાં પહોંચી ગયો. જગ્યા ખાલી છે! ઓ માય...

હું મારું પાકીટ ભૂલી ગયો હતો. મેં મારા ઉપલા ખીસ્સામાં લાથ નાખ્યો મોબાઈલ પણ નહોતો.

હું ફોન પણ ભૂલી ગયો હતો. પેટ્રોલ પંપવાળો મારી મુંઝવણ સમજી ગયો. અને મને કાલે પૈસા આપજો એમ જણાવ્યું. કારણ કે હું કાયમ તેમની પાસે જ પેટ્રોલ ભરાવતો હતો તેઓ મને ઓળખતા હતા. મને ખૂબ શરમ આવી. પણ મેં દીલથી તેમનો આભાર માન્યો. ખુબ ખુબ આભાર.

ત્યાંથી હું સીધો ઓફિસમાં પહોંચ્યો નવા ક્લાયન્ટ સાથે મીટીંગ હતી. મીટીંગ સકસેસફુલ, મોટો ઓર્ડર મળ્યો. બોસ પણ હસ્યા. તેનું સ્મિત મોનાલિસાના સ્મિત જેવું હતું રહસ્યમય

અને દુર્લભ ...

ચાલો નીચે જઈ ચા પી આવીએ ઓફિસના સહચારીને કહ્યું. ઓફિસની ચા વધારે સરસ નથી હોતી જ્યારે નીચે ચાની ટફરીવાલાની ચા સરસ



મસાલેદાર મનને તાજગી આપનારી હોય છે. મન બાગ બાગ થઈ ગયું ચા પી ને મેં મારા ખિસ્સામાં લાથ નાખ્યો. યાદ આવ્યું પાકીટ તો ઘરે જ રહી ગયું. સહચારીએ બચાવી લીધો. ચાના પૈસા તો આપ્યા પરંતુ મારા ખીસામાં તેણે પાંચસોની કડકડટી બે નોટો મુકી. કાંઈ ના બોલો સર. આપણા ટૈનિક જીવનની ગણતરીઓમાં ભૂલી જવાય...

જો તમને વધારેની જરૂર હોય તો મને કહો. મેં કહ્યું ના પૂરતા છે. કાલે આપી દઈશ.

ઉપલા ખિસ્સા પાંચસોની બે નોટ જોઈ જાણે હું અંબાણી કરતા વધારે ધનિક બની ગયો તેવું ફીલ આવ્યું.

બે વાગી ગયા હતા. બપોરનું ભોજન સમાપ્ત થયું. દરમિયાન, મારી બેરી ભાગતી ભાગતી ઓફિસમાં આવી. મને

કહેવા લાગી આજે પાકીટ અને ફોન બંને ભૂલી ગયા. તમારા કેટલાયે ફોન આવ્યા, હું કંટાળી ગઈ એટલે તમને પાકીટ અને ફોન આપવા ઓફિસ સુધી આવી. ચાલો બાય બાય...

એમ કહો કે તમારા પૈસા સિવાય કંઈ તમને રોકે નહીં. તમારા બધા લોકો આસપાસ છે. મેં મારું પાકીટ મારા ખિસ્સામાં મૂક્યું હવે હું સારો છું. જઈને ઓફિસના સહચારીને એની પાંચસો પાંચસોની બે નોટ પરત કરી અને મારા પાકીટના દર્શન કરાવ્યા.

બપોરના ભોજન પછી બોસની કેબીનમાં. દરવાજો બંધ હતો. કેબીનમાં પ્રવેશતાની સાથે જ મારા કાન પર કંઈક પડ્યું. બોસ તેની પત્ની સાથે વાત કરી રહ્યો હતો જાનુ, હું તારો ડ્રેસ લઈને આવ્યો જ હોત પરંતુ મારું પાકીટ આજે ઘરે જ ભૂલી ગયો તે જોયું હશે ને? કાલે ચોકકસ લઈ આવીશ. ગુસ્સોના કર ડાર્બાંગ.

હું તરત કેબીનમાં પહોંચ્યો. અને બોસના લાથમાં બે ગુલાબી નોટો મૂકી.

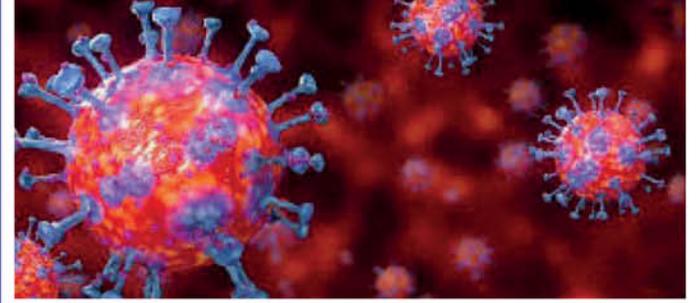
થેંકસ નહીં કહેતા સર. સવારે મારી હાલત પણ તમારા જેવી જ હતી.

બોસના ચહેરા પર રાહતનો આનંદ હતો. મારા પાકીટમાં પણ કંઈ વધારે બચ્યું નહોતું. પરંતુ હું ડબલ શ્રીમંત છું એવું ફીલ થયું. સાંજે જતા જતા પહેલા પેલા પેટ્રોલવાળાના પૈસા ચૂકવ્યા.

ખરેખર ખાલી ખીસ્સામાં મજા નથી...



કોરોના થાય તો ઘરે રહીને પણ તેની સારવાર કરી શકાય છે



દીકરા અને પત્નીને કોરોના સંક્રમણને આજે ૧૧મો દિવસ થયો. બંનેના રિપોર્ટ્સ પણ નેગેટિવ આવી ગયા છે. પરિવારમાં જ કોરોનાની પધરામણી થયેલ હોવાથી આ વાયરસની અસરોને નજીકથી જોઈ. આપ સૌ મિત્રોને ઉપયોગમાં આવે એવી કેટલીક વાતો આપની સાથે શેર કરું છું.

જો તમે પૂરતા સજાગ અને જાગૃત હોવ તો કોરોનાથી ડરવાની કે ગભરાવાની કોઈ જરૂર નથી, પણ જો તમે બેદરકાર રહ્યા તો આ વાઈરસ જેવો ખતરનાક વાઈરસ કદાચ બીજો કોઈ નથી. તાવ, શરદી કે ખાંસી જેવા કોરોનાના કોઈપણ લક્ષણો જણાયા, તો જાતે ડોક્ટર બનીને પોતાની મેળે જ દવાઓ લેવા કરતા ડોક્ટરનો સંપર્ક કરવો. તમામ સરકારી દવાખાનામાં કોરોનાનો ટેસ્ટ કોઈપણ જાતના ચાર્જ વગર થાય છે, એટલે ટેસ્ટ કરાવી જ લેવો. કોરોનાની સારવાર સમયસર શરૂ થઈ જાય તો એ માત્ર એક સામાન્ય શરદી જેવો જ છે, પણ જો શરૂઆતમાં અવગણના કરીએ તો પ્રાણઘાતક પણ બની શકે.

હજુ પણ કેટલાક લોકો એવું માને છે કે જો આપણે પોઝિટિવ આવીએ તો આપણને હોસ્પિટલ લઈ જાય. આવું બિલકુલ નથી. તમે તમારા ઘરે રહીને જ સારવાર લઈ શકો છો. ઘરે રહીને સારવાર લેતા હશે ત્યારે વહીવટીતંત્ર કનડગત નહીં કરે, ઉલટાની મદદ કરશે. દીકરાને ૧૦૨ ડિગ્રી તાવ હતો અને પત્નીને ભારે શરદી હતી પણ એનાથી ડરી જઈને કોઈ બિનજરૂરી રિપોર્ટ્સ પણ કરાવ્યા નથી.

આપને જણાવું કે અમે કોરોના સારવાર પાછળ હોસ્પિટલ કે દવા માટે પાંચ પૈસાનો પણ ખર્ચ કર્યો નથી. કોરોના રિપોર્ટ સિવિલમાં જ કરાવ્યા હતા. જરૂરી તમામ દવાઓ પણ સિવિલમાંથી જ કોઈપણ જાતના ચાર્જ વગર આપી. કોરોનાનું સંક્રમણ વધતું અટકે અને ઝડપથી એન્ટીબોડીઝ તૈયાર થાય એવા પ્રયાસ કરવાના હોય છે. વિજ્ઞાનનો અભ્યાસ કરતી વખતે એક શબ્દ ભણાવવામાં આવતો 'ઉદીપક'. જેની હાજરીને કારણે કોઈ પ્રક્રિયા ઝડપી બને એને ઉદીપક કહેવાય. તાવ, શરદી, ખાંસી આ બધા ઉદીપક છે જેની હાજરીથી કોરોના વાઈરસની પ્રક્રિયા ઝડપી બને છે એટલે તાવ, શરદી અને ખાંસીનો ઉપચાર કરવાનો હોય છે.

આ માટે ડોક્ટર દ્વારા આપવામાં આવતી દવાઓ ઉપરાંત બીજા કેટલાક ઘરગથ્થુ ઉપચાર પણ કારગત નીવડે છે. દિવસમાં ૪ વખત ગરમ પાણીની નાશ લેવી, દિવસ દરમિયાન વારે વારે સૂંઘાણું પાણી પીવું, હળદળ-મીઠાના પાણીના કોળા કરવા આ બધાથી ખૂબ ફાયદો થાય છે. એક વાત ખાસ જણાવું કે ઉકાળા પીજો પણ વધુ પડતા ઉકાળા ફાયદાને બદલે નુકશાન કરશે. અમે આ સારવાર દરમિયાન કોઈ જ પ્રકારનો ઉકાળો લીધો નથી.

એન્ટીબોડીઝ ઝડપથી ડેવલપ થાય તે માટે આપણે આપણી ઈમ્યુનિટી પાવરફુલ કરવી પડે. આ માટે અમે નીચે મુજબના ઉપાયો અપનાવ્યા હતા.

૧. સવારે ૨૦ મિનિટ સૂર્યપ્રકાશમાં બેસવું.
૨. રોજ સવારે અને સાંજે ૨૦-૨૦ મિનિટ યોગ-પ્રાણાયામ કરવા.
૩. સવાર, બપોર અને સાંજે ગરમ ભોજન લેવું જેમાં કઠોળ પણ લેવું.
૪. સવારે ૧૧ વાગ્યાની આસપાસ મોસંબીના રસનો એક ખાસ.
૫. બપોરે ચાર વાગ્યાની આસપાસ એક લીંબુ નાળિયેર.
૬. રાત્રે સૂતી વખતે હળદર વાળા દૂધનો એક ખાસ.

હકારાત્મક વિચારો કે વાંચન, સંગીત કે તમને ગમતી પ્રવૃત્તિઓ પણ તમારા મનને પ્રકૃષ્ટિત રાખે છે જે એન્ટીબોડીઝ ડેવલપ કરવામાં મદત્વનો ભાગ ભજવે છે. કોરોના જતો રહ્યો છે એવું માનીને બેદરકાર બનવાની ભૂલ કરતા નહીં. કોરોનાથી ગભરાવાની જરૂર નથી પરંતુ હળવાશથી પણ ન લેવું.

ભુખ

હોય છે માનવીને જાત જાત, અને ભાત ભાતની ભુખ; ઘણી વિશેષ અથવા વિચિત્ર પણ હોય છે અમુક હર એક પ્રાણીને હોય છે કોઈ ને કોઈ ભુખ; સૌથી વધુ જોવા મળે છે, પેટનો ખાડો પૂરવાની ભુખ પણ અમુક લોકોને હોય છે દૂસી દૂસી ને ખાવાની ટેવ, થોડાથી પેટ ભરાય નહિ, જોઈએ અસંખ્ય બુક. દૌલતની ભુખને લીધે તો લડી પડે છે ભાઈ બહેન, બંધુ-સખા; બદલાઈ જાય છે સંબંધો, એવી હોય છે ઝેરિવિ એ કુંક. શૌરતની બી હોય છે ભુખ ઘણાને, બનવું છે કોઈ ને જગમાં ઉત્તમ અને શ્રેષ્ઠ; બીજાને કહેવું છે, 'તું મારી સામે ઝુક' કોઈ પ્રેમીઓ ને છે પ્રેમની ભુખ ખ્યાસ, પ્રીતમના પ્યારની હુંક, લાગે એમને મીઠી, જાને કોયલની હોય એ કુંક સૌથી હાનિકારક છે સત્તાની, ખૂશની ભુખ, આં પ્રાપ્ત કરવા માસુમોના લોહી રેડાવે છે લોકો અમુક. કોઈ એક વિરલા ને લાગે છે ભક્તિની ભુખ, પ્રભુ પ્રેમમાં પાગલ થઈ, મલિયું હતું કબીરજી, મીરાબાઈ ને એ સુખ. હે નાથ, મનમાં મારા સદેવ ઉઠતી રહે હરિ નામની લહેર, માંગુ છું શાંતિ અને આત્માનુ સુખ.



- આરમીન દુતીયા મોતાશા

હસો મારી સાથે



ટીચરે એક ગઘેડા સામે એક ડોલ પાણી અને એક બોટલ દારુ મૂકી. ગઘેડો બધું પાણી પી ગયો.

પછી ટીચરે બાળકોને પૂછ્યું કે, આના પરથી તમને શું શીખ મળી? બાળકો: જે દારુ નથી પીતા તે ગઘેડા છે.

તેણીએ મને પૂછ્યું, તું મને ક્યાં સુધી પ્રેમ કરશે?

મેં પણ કહી દીધું, જ્યાં સુધી મારી પત્નીને ખબર નહિ પડે ત્યાં સુધી.

જેઠાલાલ: આજે ગરમી થોડી વધારે છે નઈ!

દયા: હા મને પણ ગરમી લાગી રહી છે.

જેઠાલાલ: ચાલ તો અગાસી પર જઈને થોડી ઠંડી હવા ખાઈએ.

દયા: ટપ્પુના પપ્પા તમે પહોંચતા થાવ, હું પ્લેટ અને ચમચી લઈને આવું છું.

- હોશંગ શેઠના

એક નજર પારસી મરણો ઉપર

Deceased મરનાર	Age વય	Date તારીખ	Address ર. ઠે.	Relations સગાઈઓ
Osti Jeroo Behram Dadachanji ઓસ્તી જરૂ બેહરામ દાદાચંદજી	87 ૮૭	20-02-2021	Doctor Building, 2Nd Floor, Room No.16, Bharucha Baug, Andheri (West), Mumbai 58. ડોક્ટર બિલ્ડિંગ, ૨જે માળે, રૂમ નં. ૧૬, ભરુચા બાગ, એસ. વી. રોડ, અંધેરી (પૂ.), મુંબઈ ૫૮	તે મરલુમ એરવદ બેહરામ દાદાચંદજીના વિધવા. તે મરલુમો આલામાય તથા ધનજીશા લેલીનવાલાના દીકરી. તે મરલુમો ખોરશેદ મીનુ વાચ્છા, બચુ સોલી રૂવાલા તથા ફિરોજ ધનજીશા લેલીનવાલાના બહેન. તે મરલુમો સોલી રૂવાલા તથા મીનુ વાચ્છાના સાલીજી તે શીરાજ બાસ્તાની, દીલશાદ શ્રોફ, હુતોક્ષી શ્રોફ તથા બમન રૂવાલાના માસીજી. તે મરલુમ નોશીર જલંગીર લેલીનવાલાના કાકીજી તે દીનીસ અને હુઝાન બાસ્તાનીના ગ્રાન્ડ માસીજી.
Osta Pesi Hormusji Makujina ઓસ્તા પેસી હોરમસજી માકુજીના	99 ૯૯	20-02-2021	Dr. Dosibai Home, Sant Savta Marg, Masina Hospital Compound, Byculla (East), Mumbai 27 ડૉ. ડોસીબાઈ હોમ, સંત સાવતા માર્ગ, માસીના હોસ્પિટલ કમ્પાઉન્ડ, ભાયખલા (પૂ.), મુંબઈ ૨૭.	તે મરલુમ હોરમસજી માકુજીનાના દીકરા.
Mani Khurshed Meherjee મની ખરશેદજી મેહેરજી	76 ૭૬	22-02-2021	22, Bai Ratanbai Tata Building, 38th Road, Bandra (West), Mumbai 50. ૨૨-બાઈ રતનબાઈ તાતા બિલ્ડિંગ, તાતા બ્લોક, ૩૮ રસ્તો, બાંદ્રા (વેસ્ટ), મુંબઈ ૫૦.	તે ખરશેદ ફરામરોજ મેહેરજીના ઘણીયાની તે મરલુમો કુમા અને અરદેશ દેબુના દીકરી તે મરલુમો દીનુના બહેન તે બોમાનના દેરાણી તે રૂસ્તમ અદી સુઈના માસી તે મરલુમો જર અને ફરામરોજ મેહેરજીના વહુ.
Bomi Jamshedji Panthaki બોમી જમશેદજી પંથકી	79 ૭૯	24-02-2021	Raj Anmol li B Wing, 603, Laxman Mhatre Road, Near Marg Miry Immaculate School, Borivali (West), Mumbai 103. રાજ અનમોલ, ૨- બી વિંગ, ૬૦૩ લક્ષ્મણ મ્હાત્રે રોડ નિયર માર્ગ મેરી ઈમ્પ્રુવેટ સ્કૂલ, બોરીવલી વેસ્ટ, મુંબઈ ૧૦૩.	તે મરલુમ રોશનીના ઘણીયાની તે મરલુમો જમશેદજી અને શીરીનબાઈના દીકરા તે વીરા અને જુબીનના બાવાજી તે વીરાફ અને સીમીના સસરાજી તે પેરેલાન, નીસા, જોયાના બપાવાજી તે મરલુમો હોમી, રોશન તથા કેકી (જીવતા છે)ના ભાઈ તે મરલુમો જરબાઈ તથા હોરમસજી દોતીવાલાના જમાઈ.
Piloo Homy Vachha પીલુ હોમી વાચ્છા	100 ૧૦૦	24-02-2021	5 W, Navroze Apartments, Bhulabhaji Desai Road, Mumbai 26. ૫-ડબ્લ્યુ, નવરોઝ એપાર્ટમેન્ટ, ભુલાભાઈ દેસાઈ રોડ, મુંબઈ ૨૬.	તે મરલુમ હોમી જમશેદજી વાચ્છાના ઘણીયાની તે મરલુમો અરદેશર અને બચુબાઈના દીકરી તે મરલુમ જરીર તથા કેરસી (લીવિંગ) હોમી વાચ્છાના ભાઈ તે મરલુમો સીલુ, જલંગીર, મેહેરના બહેન તે મરલુમો જમશેદજી અને બાનુના વહુ.
Kumi Homi Gara કુમી હોમી ગારા	84 ૮૪	24-02-2021	Hoshang Baug Chs. Ltd. 301/A Wing, Vakola Village Road, Santacruz (East), Mumbai 55. હોશંગ બાગ ચી. એચ. એસ. લીમીટેડ, ૩૦૧, એ વીંગ, વાકોલા વિલેજ રોડ, સાન્તાક્રુઝ ઈસ્ટ, મુંબઈ ૫૫.	તે મરલુમ ઓસ્તા હોમી ફરદુનજી ગારાના ઘણીયાની તે ઓસ્તા અદી હોમી ગારાના માતાજી તે મરલુમો ડોસામાય તથા નરીમાન કુંવરજી કોન્ક્રેટર ગોદરાવાલાના દીકરી તે મરલુમો ઓસ્તી તેલમીના તથા એરવદ ફરદુનજી કાવસજી ગારાના વહુ તે ઓસ્તી બેહરોજ અદી ગારાના સાસુજી તે મરલુમ જમાસ નરીમાન કોન્ક્રેટરના બહેન તે મરલુમ દોલતના નણંદ તે મરલુમો ઓસ્તા કાવસ ફરદુનજી ગારાના ભાભી તે મરલુમ ઓસ્તી હોમાય કાવસ ગારાના દેરાણી તે દીલબર હોસી દાડવાલાના કાકીજી તે બેહનાઝના બપયજી તે દોલી તથા મીનુ એરચશા પીથાવાલાના વેલવાણ.
Yasmin Purvez Wadia યાસમીન પરવેઝ વાડયા	68 ૬૮	24-02-2021	5/103, Firozgar, Behram Baug Parsee Colony, Jogeshwari (West), Mumbai 400 102. ૫/૧૦૩ ફિરોઝગર, બેહરામ બાગ, પારસી કોલોની, જોગેશ્વરી (પ.), મુંબઈ ૧૦૨.	તે મરલુમો કેટી તથા પરવેઝ વાડયાના દીકરી તે ગયોમર્દ વાડયા તથા મરલુમ રોલિન્ડન પ. વાડયાના બહેન તે મરલુમ રોશન ર. વાડયાના નરન તે ખોશરોવઝાદ ર. વાડયા, હનોઝ ર. વાડયા તથા ભોનાઈતા હ. વાડયાના કુંઈજી.
Aban Pirojshah Mehta આબાન પીરોજશા મેહેતા	86 ૮૬	25-02-2021	A/17, Nowroze Baug, Dr. S. S. Rao Road, Lalbaug, Mumbai 12. એ/૧૭, નવરોઝ બાગ, લાલબાગ, મુંબઈ ૧૨.	તે મરલુમ પીરોજશાલ દ. મેહેતાના ઘણીયાની તે મરલુમો નાદીરશાલ અને ખોરશેદબાનના દીકરી તે યાસમીન, શીરાજ, કેરમાનના માતાજી તે ફરોખ, પરસી, રૂક્ષાનાના સાસુજી તે જેલાન, મહાઝરીન, શહાઝદ, અસમીના મમઈજી તે ખુદાવંદ, વલીશતાના બપઈજી તે મરલુમ અરનવાઝી, લીલી તથા જમશેદના બહેન તે મરલુમો આયમાય તથા ધન મહેતાના વહુ.
Kersi Nariman Amroliya કેરસી નરીમાન અમરોલીયા	72 ૭૨	25-02-2021	Coopar Building, 2nd Floor, Marzban Colony, 27, Dr. A. P. Nair Road, Agripada, Mumbai 11 કુપર બિલ્ડિંગ, બીજે માળે, મરઝબાન પારસી કોલોની, ૨૭ ડૉ. એ. પી. નાયર રોડ, આગ્રીપાડા, મુંબઈ ૧૧.	તે મરલુમો પેરીન નરીમાન અમરોલીયાના દીકરા તે સામ તથા મરલુમો માનેક, નેવીલ, હોમાય કેખશરૂ ખજોતીયાના ભાઈ તે બેહરોજ સામ અમરોલીયાના દેર તે સારમીન બરજીસ એલાવીયા તથા મરલુમ અનાલીતા સામ અમરોલીયાના કાકા તે મેહરનાઝ ને ફરોહીના ગ્રેનકાકા તે મેહરનોશ કેખશરૂ ખજોતીયા તથા મહાતાબ રૂસ્તમ ઈરાનીના મામા.

Death Announcements From Parsi Zoroastrian Anjuman of Secunderabad and Hyderabad

Naval Jamshedji Gandevia નવલ જમશેદજી ગણદેવિયા	76 ૭૬	06-02-2021	Tilak Road, Hyderabad. તિલક રોડ, હૈદરાબાદ.	તે પરવીન એન. ગણદેવિયાના ઘણી તે શાહેન એન. ગણદેવિયાના પપ્પા.
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Death Announcements From Prayer Hall

Ruby Mino Daruwala Kapasi રૂબી મિનુ દાડવાલા કપાસી	55 ૫૫	20-02-2021	A-202, Shankala Presidency, Jijamata Udhyan, Byculla East, Mumbai 27. એ-૨૦૨, શાનકલા પ્રેસિડન્સી, ૧૯, ડી. કે. માર્ગ, જિજમાતા ઉદ્યાન, ભાયખલા-ઈસ્ટ. મુંબઈ ૨૭.	તે ઈકબાલ સાલેલભાઈ કપાસીના ઘણીયાણી તે મરલુમ મિનુ અને જિન્ની દાડવાલાના દીકરી તે મુરાદના મમ્મી તે પર્સી એમ. દાડવાલાના બહેન તે નીનાનાં સિસ્ટર ઈન લો તે જેલાનના આન્ટી તે મરલુમ સાલેલભાઈ અને સક્ષિયાભાઈ કપાસીના વહુ.
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બુરાઈ શું છે? પ્રોફેસરે કહ્યું, કેમ? અત્યારે તો દરેકે કહ્યું કે, બહુ ભગવાનનું બનાવેલું જ છે. તો પછી તું આવું શા માટે કહી રહ્યો છે? વિદ્યાર્થીએ કહ્યું કે, સર, હું તમને બે નાના-નાના સવાલ પૂછીશ. પછી તમારી વાત પણ માની લઈશ. પ્રોફેસરે કહ્યું, પૂછ તારે શું પૂછવું છે? વિદ્યાર્થીએ કહ્યું, સર શું દુનિયામાં ઈંડીનું કોઈ અસ્તિત્વ છે? પ્રોફેસરે કહ્યું, હા છે. સો ટકા છે. આપણે ઈંડીને અનુભવીએ છીએ. વિદ્યાર્થીએ કહ્યું, ના સર, ઈંડી છે જ નહિ. એ તો હકીકતમાં ગરમીની ગેરલાજરીનો અનુભવ છે. જ્યાં ગરમી નથી હોતી, ત્યાં આપણે ઈંડીનો અનુભવ કરીએ છીએ. પ્રોફેસર ચૂપ રહ્યા. વિદ્યાર્થીએ ફરીથી પૂછ્યું, સર શું અંધારાનું કોઈ અસ્તિત્વ છે? પ્રોફેસરે કહ્યું, હા છે ને. રાત્રે અંધારું થાય છે. વિદ્યાર્થીએ કહ્યું, ના સર, અંધારાનું અસ્તિત્વ નથી, એ તો જ્યાં પ્રકાશ ન હોય ત્યાં અંધારું હોય છે. સર તમે અમને ફક્ત વાઈટ એન્ડ લીટ (પ્રકાશ અને તાપ) જ ભણાવો છો. તમે અમને ક્યારેય ડાર્ક એન્ડ કોલ્ડ (અંધારું અને ઈંડી) નથી ભણાવતા. ફિઝિક્સમાં એવો કોઈ વિષય જ નથી. સર, બસ એજ રીતે પ્રભુએ ફક્ત સારું-સારું બનાવ્યું છે. અને જ્યાં અચ્છાઈ નથી હોતી, ત્યાં આપણને બુરાઈ દેખાય છે. પણ બુરાઈને ભગવાને નથી બનાવી. તે ફક્ત અચ્છાઈની ગેરલાજરી માત્ર છે. હકીકતમાં દુનિયામાં ક્યાંય બુરાઈ છે જ નહિ. તે ફક્ત પ્રેમ, વિશ્વાસ અને ઈશ્વરમાં આપણી આસ્થાની કમીનું નામ છે. જીવનમાં જ્યારે અવસર મળે ત્યારે અચ્છાઈ વહેંચો. અચ્છાઈ વધશે તો બુરાઈ રહેશે જ નહિ.

YOUR MOONSIGNS JANAM RASHI THIS WEEK

લખનાર: મરહુમ મહારાજ શ્રી સ્વયંજયોતિના સહકાર્યકર્તા જયેશ એમ. ગોસ્વામી

અઠવાડિક રાશિક્ષણ: તા. ૨૭.૦૨.૨૦૨૧ થી તા. ૦૫.૦૩.૨૦૨૧



Aries - મેષ - અ.લ.ઈ.

શુક્રની દિનદશા ચાલુ હોવાથી ગામ-પરગામથી મનને આનંદ મળે તેવા સમાચાર જાણવા મળશે. નાની મુસાફરી કરી શકશો. તમારા કામ સાથે બીજાના કામ પૂરા કરવામાં મદદગાર થશો. ૧૩મી એપ્રિલ સુધી મનગમતી ચીજ વસ્તુ વસાવી શકશો. નાણાકીય મુશ્કેલી નહીં આવે. શુક્રની કૃપાથી તબિયતમાં સારો સુધારો થતો જશે. દરરોજ 'બહેરામ યજ્ઞ'ની આરાધના કરજો. શુક્રવંતી તા. ૨૭, ૨૮, ૦૧, ૦૨ છે.

Lucky Dates: 27, 28, 01, 02.

Venus' ongoing news brings in good news from abroad. You will be able to make short trips. You will be helpful to others in completing their tasks. You will be able to purchase all items of your choice up to the 13th of April. There will be no financial strain. Your health will improve well. Pray to Behram Yazad daily.



Cancer - કર્ક - ડ.હ.

ગુરૂ જેવા ગ્રહની દિનદશા ચાલુ હોવાથી ધર્મના કામ કરી શકશો. ગુરૂની કૃપાથી બીજાના મદદગાર બની તેની ભલી દુવા મેલવશો. નાણાકીય બાબતની અંદર સારા સારી રહેવાથી ભવિષ્ય માટે ઈનવેસ્ટમેન્ટ કરી શકશો. દરરોજ 'સરોશ યજ્ઞ' ભણજો. શુક્રવંતી તા. ૦૨, ૦૩, ૦૪, ૦૫ છે.

Lucky Dates: 02, 03, 04, 05.

Jupiter's ongoing rule indicates that you will find great contentment in doing religious works. You will be inclined towards charitable works too. You will receive the blessings of those you help. Financially things will be on the upswing and you will be able to make investments for the future. Pray the Sarosh Yasht daily.



Libra - તુલા - ર.ત.

૧૮મી માર્ચ સુધી તમારી રાશિના માલિક શુક્રના મિત્ર બુધની દિનદશા ચાલશે. તમારા અગત્યના કામ પૂરા કરી શકશો. બુધિવાપરી મુશ્કેલીભર્યા કામ સહેલા બનાવશો. નાણાકીય બાબતમાં સારા સારી થશે. ઈનવેસ્ટમેન્ટ અવશ્ય કરજો. દરરોજ 'મહેર નીઆએશ' ભણજો. શુક્રવંતી તા. ૨૮, ૦૧, ૦૨, ૦૩ છે.

Lucky Dates: 28, 01, 02, 03.

Mercury's rule till 18th March helps you complete important tasks effectively. You will be able to smoothly tackle any challenges by using your intelligence. Financial progress is indicated. Ensure to make investments. Pray the Meher Nyaish daily.



Capricorn - મકર - ખ.જ.

૨૩મી માર્ચ સુધી ચંદ્રની દિનદશા ચાલશે. તમારા કામકાજ પૂરા કરી શકશો. મુસાફરી કરવાનો ચાન્સ છે. તમારા હાથથી કોઈની ભલાઈનું કામ થઈ જશે. નાણાકીય મુશ્કેલી દૂર કરી શકશો. મનથી આનંદી રહેશો સાથે સાથે ઘરવાળાને સુખ શાંતિ આપી શકશો. દરરોજ ૩૪મું નામ 'યા બેસ્તરના' ૧૦૧વાર ભણજો. શુક્રવંતી તા. ૨૭, ૨૮, ૦૩, ૦૫ છે.

Lucky Dates: 27, 28, 03, 05.

The Moon's rule till 23rd March, helping you to complete all your work efficiently. Travel is on the cards. You will do a good deed for another. You will be able to rise above financial problems. By staying happy and peaceful, you will also give your family members mental peace. Pray the 34th Name, 'Ya Beshtarna', 101 times, daily.



Taurus - વૃષભ - બ.વ.ઉ.

છેલ્લું અઠવાડિયું રાહુની દિનદશામાં પસાર કરવાનું બાકી છે. તમારા સાચુ બોલવાથી કોઈને ખોટું લાગી જશે. બીજાનું ભલુ કરવા જતા તમારું ખરાબ થઈ જશે. બને તો તમારા કામથી કામ રાખજો. સીધા ચાલતા હશો તો પણ પાછળથી કોઈ ઘડકો મારી જશે. તેવા હાલના ગ્રહો છે. માથાના દુખાવાથી પરેશાન થઈ જશો. પાક પરવરદેગારની બંદગી વધુ કરજો. દરરોજ 'મહાબોખ્તાર નીઆએશ' ભણજો. શુક્રવંતી તા. ૦૨, ૦૩, ૦૪, ૦૫ છે.

Lucky Dates: 02, 03, 04, 05.

One last week remains under the rule of Rahu. Your speaking the truth could end up pinching someone. You will end up spoiling things for yourself if you try to help others. Try to mind your own business. You could get knocked out from your own lane by others, so be careful. You could suffer from headaches. Ensure to ask the universe for God's kind graces. Pray the Mah Bokhtar Nyaish daily.



Leo - સિંહ - મ.ટ.

તમને ગુરૂની દિનદશા ૨૧મી એપ્રિલ સુધી ચાલશે. થોડી મહેનત કરી તમારા અધૂરા કામ પૂરા કરી શકશો. જીવનસાથી શોધતા હશો તો તમારી પરંદગીની વ્યક્તિ મલવાના ચાન્સ છે. ફેમીલી મેમ્બરને સાચી સલાહ આપવાથી તેઓને માર્ગદર્શન મલશે. દરરોજ 'સરોશ યજ્ઞ' ભણજો. શુક્રવંતી તા. ૨૮, ૦૧, ૦૩, ૦૪ છે.

Lucky Dates: 28, 01, 03, 04.

Jupiter's rule till 21st April suggests that with a little extra effort you will be able to complete your unfinished tasks. Those seeking for a life partner will find their ideal mate. You will be able to show a family member the right path with your sincere advice. Pray the Sarosh Yasht daily.



Scorpio - વૃશ્ચિક - ન.પ.

તમને બુધની દિનદશા ચાલુ હોવાથી નાણા કમાવવા માટે મુશ્કેલી નહીં આવે. તમારી આવકમાંથી થોડા પૈસા બચાવજો. ઈનવેસ્ટમેન્ટ કરવાથી ભવિષ્યમાં ફાયદો થશે. તમારા કરેલ કામમાં કોઈ ભુલ નહીં શોધી શકે. મિત્રોનો સાથ સહકાર મળી રહેશે. દરરોજ 'મહેર નીઆએશ' ભણજો. શુક્રવંતી તા. ૨૭, ૦૩, ૦૪, ૦૫ છે.

Lucky Dates: 27, 03, 04, 05.

Mercury's ongoing rule enables you to earn more money. Ensure to save some money from your earnings. Investments will prove helpful in the future. Your work will be faultless. Friends will be supportive. Pray the Meher Nyaish daily.



Aquarius - કુંભ - ગ.શ.સ.

૪થી માર્ચ સુધી સુર્યની દિનદશા ચાલશે. માથાનો બોળો ઘટવાની જગ્યાએ વધી જશે. આખોમાં બળતરા થશે. ઘરમાં ઈલેક્ટ્રીકનો સામાન લેતા નહીં. સરકારી કામમાં સફળતા નહીં મળે. ઉત્તરતી સુર્યની દિનદશા વડીલવર્ગની તબિયત બગાડી નાખશે. અઠવાડિયાનો છેલ્લો દિવસ શાંતિમાં પસાર કરી શકશો. દરરોજ ૯૬મું નામ 'યા રયોમંદ' ૧૦૧વાર ભણજો. શુક્રવંતી તા. ૨૪, ૦૧, ૦૩, ૦૫ છે.

Lucky Dates: 24, 01, 03, 05.

The Sun's rule till 4th March could end up increasing your mental tensions. You could suffer from burning eyes. Avoid making any electrical purchases for the house. You might not be successful in your government-related works. The descending rule of the Sun could take a toll on the health of an elderly family member. You will be able to spend the last day of the week in peace. Pray the 96th Name, 'Ya Rayomand', 101 times, daily.



Gemini - મિથુન - ક.છ.ઘ.

રાહુએ તમને પોતાની જાળમાં ફસાવી દીધા છે. તમારા કામ સમય પર પૂરા નહીં કરી શકશો. તબિયતની ખાસ સંભાળ રાખજો. તમારી નાની ભુલ મોટી મુશ્કેલીમાં મુકશે. ખાવાપીવામાં ધ્યાન રાખજો. એસીડીટી કે કોન્સ્ટીપેશનથી પરેશાન થશો. દરરોજ 'મહાબોખ્તાર નીઆએશ' ભણજો. શુક્રવંતી તા. ૨૭, ૨૮, ૦૩, ૦૪ છે.

Lucky Dates: 27, 28, 03, 04.

With Rahul ruling you, it might not be possible to complete your tasks in time. Take extra care of your health. Even a small mistake could land you in big trouble. Pay special attention to your diet. You could end up suffering from acidity or constipation. Pray the Mah Bokhtar Nyaish daily.



Virgo - કન્યા - પ.ઠ.ણ.

૨૩મી માર્ચ સુધી શનિની દિનદશા ચાલશે. તમારા અગત્યના કામ કરવામાં સફળ નહીં થાવ. શનિને કારણે તમે થોડા આળસુ બની જશો. વડીલવર્ગની તબિયતની ખાસ દરકાર લેવી પડશે. તમારી તબિયતનું પણ ધ્યાન રાખજો. સાંધાના તથા બેક પેનથી પરેશાન થશો. દવા અને ડોક્ટર પાછળ ખર્ચ વધી જશે. દરરોજ 'મોટી હમન યજ્ઞ' ભણજો. શુક્રવંતી તા. ૨૭, ૦૨, ૦૪, ૦૫ છે.

Lucky Dates: 27, 02, 04, 05.

Saturn's rule till the 23rd of April indicates that your important works will not be successful. You could get lethargic. Ensure to take special care of the elderly. Take care of your health as well. You could suffer from joint-pain and back-ache. Your medical expenses could go up. Pray the Moti Haptan Yasht daily.



Sagittarius - ધન - ભ.ધ.ફ.

૨૧મી માર્ચ સુધી મંગળ જેવા ગરમ ગ્રહની દિનદશા ચાલશે. તમારા ગુસ્સા પર કાબુ નહીં રાખી શકો. નાની બાબતમાં ઈરીટિટ થશો. તમારા દુશ્મન તમારા સીધા સ્વભાવનો ફાયદો લેશે. માથાનો દુખાવો, તાવ, શરદી ખાંસથી પરેશાન થશો. ખોટી ભાગદોડ કરવા કરતા ઘરમાં શાંતિથી બેસજો. દરરોજ 'તીર યજ્ઞ' ભણજો. શુક્રવંતી તા. ૨૮, ૦૧, ૦૨, ૦૪ છે.

Lucky Dates: 28, 01, 02, 04.

Mars' rule over you till 21st March will cause you to lose control over your temper. You will get irritated over minor issues. Your detractors could take advantage of your straightforwardness. You could suffer from headaches, cold and cough. Instead of unnecessarily running around, try to stay at home in peace. Pray the Tir Yasht daily.



Pisces - મીન - દ.ચ.ઝ.થ.શ.

૧૪મી માર્ચ સુધી શુક્રની દિનદશા ચાલશે. તમારા કામ પૂરા કરવા માટે બીજાની મદદ મળી જશે. ઓપોઝીટ સેક્સ સાથેના મતભેદ દૂર કરી શકશો. ખર્ચ પર કાબુ નહીં રાખી શકો. પરંતુ નાણાકીય મુશ્કેલી નહીં આવે. જોઈતા નાણા મેળવી લેશો. દરરોજ 'બહેરામ યજ્ઞ'ની આરાધના કરજો. શુક્રવંતી તા. ૨૭, ૨૮, ૦૩, ૦૪ છે.

Lucky Dates: 27, 28, 03, 04.

Venus' rule till 14th March indicates that you will get help from others to complete your own works. You will be able to clear any misunderstandings with the opposite gender. Though you will not be able to hold down your expenses, there will be no financial strain. You will be able to get all the required finances. Pray to Behram Yazad daily.

Is There A Connection Between Astrology And Reincarnation?



RUBY LILAOWALA

As regards occult studies about esoteric sciences and the ancient mysteries, one of the subjects taught in the secret-schools of ancient Egypt, Atlantis and Greece, was the relationship between the position of the stars at birth. Evolving over many centuries, astrology served as a way to explain events in one's life which would otherwise appear arbitrary or inexplicable. The science is an interesting insight into the most ancient knowledge, known only to a handful of temple-priests and taught to very few, hand-picked and deserving students.

There are subtle connections between astrology and rebirth and there's no conflict between these two sciences. However, both sciences emphasize that we can predict our future lives by our present actions and thoughts. Hence, the connectivity-link is 'Karma', which rules our lives. The stars merely map it out according to past actions, which have a direct impact on our future incarnations, indicated by our individual birth-signs.

The relation between astrology and incarnation was not just discussed by the ancient Orientals. It was a common belief in the West also. It wasn't simply related to a particular culture or cult. In fact, it makes us think that we are as interested in this subject as in our ancient world.

Unfortunately, the philosophy of astrology hardly finds any exponents in today's age as man is more interested in material fortune than metaphysical sciences. Wise men have done much research over many centuries before they arrived at their conclusions. Brahmin sages in rock-hewn temples, Chaldean Magi on their lofty ziggurats, Egyptian priests in their stone observatories, did not devote thousands of years to the

perfection of astrology merely out of curiosity. To them, the mysteries of the heavens were a revelation of divine principles and divine will. The pattern of stars in the sky was, to them, the very language of the gods!

The nations, most given to astrological research, also accepted the doctrine of transmigration of human souls. As these two important teachings, astrology and reincarnation, developed side by side, and the believers in the one teaching were also the exponents of the other, it is evident that no point of conflict exists between the belief in rebirth and the science of the stars.

The Hermetic philosophers - the wisest of the Egyptians, possessed profound knowledge of both these mysteries, as also Pythagoras, Plato and Aristotle - the noblest Greek thinkers. The Druid priests of Briton and Gaul included both - reincarnation and astrology, among their secret teachings. These noble men, revered as amongst the wisest and most virtuous of mortals, could not have been party to ignorance or superstition in these matters. We should therefore, consider their opinions with seriousness. Among Oriental nations, the science of astrology and the doctrine of rebirth are still included together in their philosophy of life. Old Hindu textbooks on astrology, attributed to the saints and rishis, contain hints and allusions to the method of determining the past and future states of existence from a natal horoscope. Among the lamas of Tibet, secret formulas are still used by astrologer-priests to determine the parts of the previous existence from the positions of the stars at the beginning of this life.

The problems which these Tibetan priests seek to solve are divided under three important heads:

- 1) *The place of the spiritual entity among the nidanas or the sequences of consequences which cause the physical incarnation of the soul.*
- 2) *The level or plane of*

consciousness in which the entity functioned prior to its present life, which contributes the moral force to its present existence.

- 3) *Such details and circumstances of the previous existence account for the karma or processes of retribution which are at work in the present existence.*

In addition to the above, a horoscope may be erected for the moment of death by which the future state of the soul or entity is estimated. Altogether, this part of Astrology is concerned with that larger theatre of action of which the present life is but a fragment. To all philosophic people, man's present state is the result of previous life and action. To understand this fact is to discover the cause of present conditions. Asiatic astrologers have practiced this part of the science for thousands of years, and their findings should be of interest to Western students of Astrology.

The principle behind the 'Bhava Chakra' or cycle of existence from the ceiling of the Lamaist monastery at Sikkim is entirely astrological. The outer circle of the future is divided into twelve parts which are termed *nidanas* or the causes which move the soul to rebirth. These *nidanas* are the twelve zodiacal signs, each one of which contains within it, an impulse to action or, as the ancients termed it, a cause of contract.

The first *nidana*, under *Aries*, is called the *unconscious will*. It is represented by a blind man and signifies the soul passing from death to rebirth. The second *nidana*, under *Taurus*, is called *confirmation* and is represented by a potter and his pots, signifying the soul shaping the materials of the mental and physical natures. The third *nidana*, under *Gemini* is called *conscious will*, and signifies the rise of conscious experience in the soul. The fourth *nidana*, under *Cancer*, called *self-consciousness* is represented by a ship signifying the rise in the quality of individuality. The fifth *nidana*, under *Leo*

signifies the development of *sensory perceptions* while the sixth under *Virgo*, represents *marriage*, signifies the focusing of the sense of perception upon exterior objects. Likewise, the *nidanas*, from seventh to twelve, represent various

aspects of our personality.

The symbolism in the Bhava Chakra in the Sikkim monastery, referred above, is this:

The central part of the design, representing the world or, more exactly, the conditions of consciousness which together make up the world, is divided into six parts. In the painting these parts or panels are filled with elaborate designs setting forth the conditions of souls in various levels or degrees of spiritual development.

For those who believe in the above philosophy, no proof is necessary and for those who do not believe, no proof is enough!!



PRESS NOTE
THE BOMBAY PARSI PUNCHAYET FUNDS AND PROPERTIES
209, Dr. Dadabhai Naoroji Road, Fort, Mumbai – 400 001

The following Housing applicants whose names are published hereunder were 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 names of the allottees so that if there is any adverse factor against the proposed allotments, the Trustees' attention may be drawn thereto latest by 19/03/2021.

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

By Order of the Trustees of
The Parsi Punchayet Funds and Properties, Bombay
ASPI F. SARKARI
CEO

26-02-2021
Mumbai

THE NAMES OF TENTATIVE ALLOTTEES FOR ACCOMMODATION IN BPP COLONIES

<p>1. Jamshid Yazdi Engineer C/o.H/14,Bharucha Baug, S.V.Road, Andheri-West, Mumbai-400 058.</p> <p>Permanent Address : 8,Shirin Engineer Bldg., 2ndfloor,Turkiwad, Shahpore, Surat-395003.</p> <p>Fiancee`s Address; Ms.Taronish Shiraz Mehta Bldg.No.4B/307-308, SalsetteParsi Colony, Pump House,Andheri-East, Mumbai-400 0093.</p>	<p>2. Mr.Meheruz Kerman Patel D-4/61,Bharucha Baug, S.V.Road, Andheri-West, Mumbai-400 058</p> <p>Fiancee's Address: Ms. Binaz Dinyar Bhagwagar 128, Maher Nagar, Adajan, Surat - 395009.</p>
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VEERA SHROFF SANJANA

When Friendships Fade...

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.

When you lose a friendship, it's an altogether different sort of hurt and rejection. Friends are who you share pieces and the wholeness of your life with; you comfort them as they do you. A good friend is one who shares your days and nights. Close friends are those with who we share our most honest and authentic pieces of ourselves.

Unlike romantic relationships, where lines of commitment are often clearly defined, broken or removed friendships evolve over time. One tends to invest a lot more perhaps in true friendships. They may seem to exist in a place less significant than romance and yet, in many cases, are far more intimate than any relationship we can forge within our lifetimes. When rejected by a potential love interest, we understand it's part of the game of dating. When betrayed by our partners and we see relationships and marriages going up in flames, the loss is unbearable. But the loss of a good, solid, cemented friendship, sometimes poses a mystery.

We become utterly disappointed when a friendship ends, particularly when it's one nurtured over years. A life-long friendship that abruptly ceases over a careless remark or a thoughtless act, in an unguarded or indiscreet moment, is unfortunate. But the surprising part is that it happens a lot more than we expect. Human relationships are fragile and complex. When a good friend starts ignoring you or cuts you off completely, it's rough. But in this day and age, it can be brutal. View her Instagram story in which everyone is tagged but you; or a Facebook album at a party you were not invited to - the



message and the exclusion rather direct and hurtful. Your suspicions become clear as day - something's amiss and you know now where you stand. The hurt stems from the fact that plans were made consciously and for whatever reason you were not a part of it. That kind of hurt is legitimate - far more than what people tell you.

As is the case with romantic dalliances nowadays, forging great or long term friendships too seem a bit inconvenient. There are reasons why even strong friendships can fade; sometimes we simply stop talking to someone and are afraid to be the one reaching out. More often we just can't get plans aligned and are left wondering if life is really that busy or you are just being avoided. Sometimes, your life stops running congruent to each other and you discover that that sacred bond was nothing but just circumstances that brought you together! Then there's times when you stop having enough in common to really make that effort worthwhile. Other times, you stop being that person you were and the relationship just drifts off. However, whatever the reason for the shift, if you're left hanging on to the coattails of that friendship, the sting is still as sharp and as painful as any loss imaginable.

When a friend calls it off or disappears without explanation, it can be devastating. Even though the churning and pruning may be long drawn out, we still expect most friendships to last a lifetime. Friendship break-ups challenge our vision of who we are, especially if we've been intertwined with a friend over years. Pulsing with hurt in the wake of a bad breakup, we tend to hurl those that hurt us into that 'Bad Friend Basket'. Quite often, there could be many factors surrounding friendships that are out of our control. The forces that dictate whom we stay close to and whom we choose to let go, can be mysterious and even a bit surprising, even to ourselves. The people you liked very much could well have turned into the ones you haven't contacted in a really long time! And others you don't connect with as well could be the ones you tend to see a lot more!

Dealing with bad friends, getting dumped by them, and feeling disappointed with them could be a stressful part of life, and it could truly damage your self-worth and other relationships as well. Being pencilled-in into that bad friend category leaves you a bit devastated.

Friendships, like most relationships, are based on trust. While nobody is perfect,

betrayals are often red flags. **Remember - Your boundaries need to be respected by those around you.** Healthy friendships are also rooted in authenticity. Close friendships involve valuing the thoughts and emotions of another person. If a friend easily gets enraged or irked with the slightest cause, fails to see things from your perspective, you may want to consider whether that friendship is healthy for your wellbeing.

Friendships by definition are mutual relationships. Beware of friends that ask for favours, emotional support without offering the same in return. When friends get conveniently busy, go radio silent, or seem distant and unreachable, remember that friendship has run its course. In time, good friends may become mere acquaintances and acquaintances good friends. Friendships work best on mutual respect and support. If you constantly question either one of these, it's time to walk away.

In absolute friendships, there's cooperation amongst friends, where each party considers their needs and the needs of their friends in order to find solutions that work for both. If a friend tears you down, betrays their role as a friend, hardly ever seems invested in

your success or even worse, wants to see you fail, it may be time for that relationship to end. Finding real friends is not easy but nurturing a good friendship certainly is. In life, you usually gather but a handful of friends to rely on and call your true buddies.

Most friendships rarely have a clear explicit beginning or end. There is a certain ambiguity in the nature of friendship. Friendships rest on a mutual covenant, but unlike a marriage or a love relationship, many times not explicitly stated. Marriages and business partnerships have defined beginnings and ends. The underlying factor in these is the contractual clause. So when marriages or business partnerships end there is almost an immediate closure. Not so with friendships. You don't usually tell people, "Hey we're officially friends now." Friendships evolve through the convenience of regular contact between folks and maintained through mutual respect and a certain like-mindedness of spirit. When these friendships fade, when their lives suddenly change (like a new job marriage or baby) or when you no longer share the same things in common, these dwindle due to a difference in investment of time and energy.

Certain friendships have gone through all the punctuation marks of life: elementary school, college, heartbreaks, late night chats, and all that coffee gossip times. There are friends who've seen you through puberty, through relationships, broken bones and failing exams. To lose that overnight, feels like having a limb cut off. These friendships are such you never imagined walking away from. The hurt, remorse and pain is overwhelming. There are conflict and abandonment issues, there is resentment, jealousy and bottled in anger. But the worst is when there is still love. No matter when your best friend becomes a stranger, a big part of your life is just gone.

Know Your Candidate: Kaikhushru Irani



My name is Kaikhushru Irani. By profession I am an Advocate. I am from Contractor Baug, Mahim. I am married to a Non-Parsi and I reside with my non-Parsi wife and two children. I don't believe in hiding anything from my community members. Be transparent.

I am offering my candidature as a Trustee for the forthcoming Elections of the BPP to be held in March 2021. People who know me know me as a person who calls a spade a spade. I don't believe in sugar coating and directly speak from the heart.

You will find too many candidates making false manifestos and fake promises. Once they are elected, they forget all they have promised in their manifesto to the community that voted them to power.

This time too there are candidates who are again fooling the community with their fake manifestos, with the exception of Anaihita Yazdi Desai.

These candidates will promise you the moon but ask them how you plan to go to the moon and they will have no answers. Such candidates come to Baugs for canvassing and talk about what they will do once elected. Please ask these candidates as to how will they achieve what they have promised in their

manifesto? You will realise that they have no clue nor a solution to your problems. What they do is merely pick up burning issues facing the community and are fooling you by assuring you solutions. Trust me. Don't be fooled. This time, ask the candidates point-wise how they plan to fulfil their promises mentioned in the manifesto.

With folded hands I submit that Community members will not find me canvassing in colonies with fake promises nor I am not promising any tenancy or make any fake promises that I can't keep but I can assure you that I will be the community's voice in the Boardroom, especially with the RESERVATIONS for our micro minor community.

Take it from me - I will not let my community down. Trust me when I say this. I have come up the hard way and know the sufferings of my community members. With blessings from my community members, if I win, I will help the community and give my time for the community. I can assure that I will not let a single housing allotment takes place out of turn. Will fight tooth and nail but not let my community down. This is my commitment. First priority is the merit list rating, no out-of-turn allotments to anyone known to Trustees.

Do not vote for a candidate just because you know the candidate or you have been instructed to vote for a particular candidate or you have been influenced to vote a particular candidate.

In this elections, my humble request to all voters is to see the candidate's track record and vote. Don't vote on the basis of fake manifestos or vote on the basis of who supports the candidate or who endorses the candidate. We have seen in the past that all such candidates who have reached the boardroom because of the backing from GODFATHER have flopped miserably. Don't go by big names - they neither have the time nor the inclination to help the community.

Vote with a conscience and keep the candidates track record in mind while voting. I repeat once again to not be influenced by these big colourful manifestos. Till date, if we study the manifestos of some of the present Trustees and see for yourself if they have fulfilled their promises. I neither have sponsors to print these fake brochures nor can I afford to print such colourful fake manifestos.

Remember, when selecting a Trustee, the most important qualities of a trustee are honesty, stability, dependability, and ability to devote time and energy on an impartial basis for the benefit of all Beneficiaries. The Trustee is the most pivotal and critical part of any Trust.

The duty of a Trustee is:

- * To act honestly and in good faith;
- * To act with due care, skill and diligence in relation to the best interests of beneficiaries;
- * To avoid conflicts of interests; and
- * To NOT profit from the trust (very important).

A trustee is a person who holds and administers property or assets for the benefit of a third party and not for her / himself. BPP is not an estate agency where houses are sold to highest bidders while the poor wait outside BPP offices for hours, waiting to be called their turn while people with deep pockets simply walk in to the Board room and get their work done.

A Trustee is a caretaker, a Manager and not the owner of a Trust. Trustees can also be removed if there is a conflict of interest or undue influence has occurred resulting in loss to the Trust.

I am neither famous nor a pseudo-intellectual nor have supporters promoting me side by side. I am simply a common man trying to be and will act as your voice and make a difference to the best of my ability.

I hope and pray this time the Donors / voters will elect the right candidate and not vote for a fake candidate with a big list of fake manifestos.

Lastly, I will step down when the term of Trusteeship expires.

- **Kaikhushru Irani**



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