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Court Upholds Appeal By BPP Trustees Randeria And Dadrawala

BPP Elections To Be Held On 23rd May, 2021

The appeal filed by BPP Trustees Kersi Randeria and Noshir Dadrawala, against the order passed by Hon'ble Justice Menon, was upheld by the bench of Justice Shahrukh Kathawala and Justice Vinay Joshi.

Community members will recall that on 9th March, the three majority trustees - Armaity Tirandaz, Viraf Mehta and Xerxes Dastur - had, out of the blue, decided to postpone the elections by a majority vote of 3:2. The mala fide of this resolution, passed by the three of them, was challenged by Trustee Randeria and Dadrawala before the Hon'ble Justice Menon, via an application for ad-interim relief, which was rejected last evening, 11th March, 2021. The two Trustees then filed an appeal before the bench of Hon'ble Justices Kathawala and Joshi.

The drama unfolded in Courtroom No. 21, at 11:00 am on 12th March, 2021, when Justice Kathawala, seeing the urgency of the matter, refused to keep back the appeal till afternoon and suggested that the matter be heard immediately. However, as the counsel for the majority trustees was not available, and in fact, could not make it till after the lunch break, the matter was finally heard only in the afternoon session.

Both sides argued their cases and during the argument, amidst the questions asked by the Hon'ble Lordships, it became obvious that holding the elections now on Sunday (14th March) would not be advisable, given the amount of confusion that had already been created, as regards whether the elections were to be held or not.

Justice Kathawala then asked both counsels, whether both sides were amenable to holding fresh elections within the deadline set by the Hon'ble court, without any further delay. On both sides agreeing to an immediate, fresh election, the Hon'ble Justice Kathawala directed them not to leave the courtroom premises and to sit together in the courtroom and finalize the date for the elections. After settling on the dates off elections, the Hon'ble Judge asked the Trustees to give an undertaking that no such postponements will be sought in the future on the grounds of COVID, etc., and that the elections would be held as per the new schedule, subject only

to the lockdown, if at all, imposed by the Govt.


Trustee Randeria, who was in court, on behalf of the petitioners, told Parsi Times, that even though all three majority Trustees were present in court, not one of them played any role in deciding the dates. In fact, sadly, added Trustee Randeria, "Even in the High Court, as it is in the day-to-day running of the Trust, it was Dinshaw Mehta, who was involved and taking the lead in the discussion and dictating terms to the other side, through his other son, Hormuz Mehta."

It had become obvious to those in the know, that the three trustees, controlled by Dinshaw Mehta, intended to continue the unfortunate stranglehold that they have been able to get on the trust, due to the passing of Trustee Bhathena and the absence Ch'man Desai, till the next elections of October 2022. The Parsi pundits had laid their money on the three Trustees postponing the elections through one excuse or another and then under the guise of saving the election expenses, would eventually postpone the elections till 2022. Now that the majority will have to adjust to the deadline fixed by the court for elections to be held on 23rd May, 2021, the nightmare will finally come to an end, when the BPP Board will once again, be at its full strength, comprising all 7 Trustees.

The majority trustees, who had conveniently not approached the Hight Court for extension, as they were required to do as per Clause 16 of the Scheme of Elections, were asked by the Hon'ble judge to follow the due process and seek an extension. The trustees, will, therefore move the Hon'ble High Court seeking an extension, towards the end of next week. The new Election Schedule will then be published next weekend. The date of elections is now frozen as the 23rd of May, 2021, and the entire process will now be followed with new nominations being invited for the elections.

The same Hon'ble bench, had earlier in the day, also upheld Dr. Zuleika Homavazir's appeal, and asked the BPP to allow her candidature in the elections. However, given this order, all candidates will have to file fresh nomination forms.

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A Difficult Year And A Difficult Time For All

Anahita Desai Speaks Out

This past year has been very challenging for me. My husband, Yazdi Desai, suffered a stroke last April and it's been emotionally grueling to adjust to the stresses and strains of his illness. We decided to submit Yazdi's resignation from the BPP as Chairman and Trustee last December, when we realized his recovery would take longer than we thought.

It was devastating to us because the community and the BPP have been an integral part of his life for the last two decades. Although legally a Trustee can be absent for 18 months and we were not legally required to tender Yazdi's resignation till October 2021, we do not believe in holding on to a Chair for months on end, and we did not want the community to spend 30-40 lakhs for an election, because for Yazdi and me, the community has always come before self. This is a principle we have always held, which is why, when Yazdi's brother died suddenly in November 2020, we surrendered his Godrej Baug flat within a month of his demise, as we do not believe in holding on to vacant flats which can be used for the benefit of a Parsi Irani Zoroastrian family in need.

With Yazdi's resignation, Elections were declared for 2 seats (Zarir Bhathena and Yazdi Desai) on 2nd January 2021. I decided to contest the BPP elections, despite most of my well-wishers dissuading me, due to the present infighting and bitter tone of the politics prevailing. But my deep passion for serving the community and working for its well-being, convinced me that the post of a BPP Trustee enables one to do much more work than when working without the BPP platform. This is why I decided to contest the Elections.

A Blow To The Community And Democracy – An Election Snatched From Us!

I started campaigning in January 2020. We've enrolled 200 new voters and got a large number of duplicate voting certificates issued. My campaign has been going full steam ahead on Social Media and telephone calls to voters. I've had 4 election meetings - at Panthaki Baug, BPP Nirlon Colony (Goregaon), Navroze Baug and Godrej Baug. I've invested money booking pages in our Community newspapers to share my Manifesto and endorsements so that community members could be more aware of the work I have done and continue to do.

Then shockingly, just 4 days before Elections, on 9th March, 2021, three BPP Trustees – Armaity Tirandaz, Viraf Dinshaw Mehta and Xerxes Dastur - arbitrarily decide to postpone the Elections, supposedly for the next 2 months! Even more shockingly, on 9th March, at 4:30 pm, a meeting was organized at the BPP for all the candidates for a demo of the EVM machines to be used for the Elections. There were over 25 people present for this hour-long meeting, which was attended by all BPP Trustees, candidates (including myself), the Election Commissioner and his team, the IT team of Base Technology which handles the EVMs and computerized election setup, the Auditors monitoring the election process, senior BPP staff handling the election logistics, and Dinshaw Mehta (who was representing candidate Kersi Sethna).

All candidates were explained the step-by-step process of the elections and the safeguards planned for Covid. The demo was carried out by few of the candidates to evaluate the working of the EVMs and all candidates' queries were answered by the Election Commissioner. Finally, the Election Commissioner asked the candidates and Trustees if they were satisfied with the arrangements / explanations and everyone answered in the affirmative. No one had any grievances. As we all left post the meeting, the BPP Board of 5 Trustees called their Board Meeting. Within half an hour of their Board Meeting, Armaity Tirandaz, Viraf Mehta and Xerxes Dastur passed a resolution to postpone the Elections!

I AM APPALLED THAT THESE THREE TRUSTEES (Armaity, Viraf and Xerxes) PRETENDED TO SIT THROUGH THE MEETING with the Candidates, Election Commissioner and all others, KNOWING FULLY WELL THAT THEY WOULD MAKE THE ELECTIONS NULL AND VOID BEFORE THE EVENING ENDED!

And then, JUST HALF AN HOUR LATER they passed the resolution to postpone the elections. There wasn't even a HINT that they would CANCEL THE ELECTIONS. THIS IS DISHONESTY OF A HIGH ORDER AND AN ATTEMPT TO MAKE A FOOL OF THE COMMUNITY.

Anyone with an iota of decency would have informed the participants at the election meeting about their decision to approach the court to postpone the elections. But there wasn't a whisper of their plan to deceive the community and postpone the elections!



They participated in the EVM Demo meeting and even made suggestions and comments and then in a Sly and Cowardly, these 3 Trustees passed a resolution to postpone the elections just half an hour after the meeting ended! THEY SHOWED ABSOLUTELY NO RESPECT TO ALL THE 25 PARTICIPANTS OF THE MEETING. WHAT A MOCKERY THEY ARE MAKING OF OUR APEX INSTITUTION – THE BPP. THE BPP HAS BECOME A TOY FOR THESE TRUSTEES!!!

They have put us through trauma and turmoil. The BPP Staff is torn between the two factions and this absolutely arbitrary decision has totally confused the voters and the community! The majority community members are willing to come out and Vote!

Challenging Their Arbitrary Actions in Court

I filed a Petition in the High Court to

challenge this last-minute arbitrary Resolution of the 3 trustees. It has personally cost me Rs 75,000/-.

There were more than a 100 persons crowded in the small courtroom. The safeguards and precautions at the Voting Centres organized by the BPP which the Election Commissioner explained to us, would make the Voting Centres a safe place the voters. However, these 3 trustees were determined to derail the elections for which everyone had worked so hard.

IT IS SO OBVIOUS THAT THE REASON QUOTED BY THE 3 TRUSTEES OF COVID IS NOT WHY THEY ARE POSTPONING THE ELECTIONS. IF THAT WAS THE REAL REASON THEN THE ELECTIONS SHOULD HAVE BEEN POSTPONED A COUPLE OF WEEKS AGO. THE MUNICIPALITY HAS NO OBJECTION TO HOLDING THE ELECTIONS THEN WHY ARE 3 TRUSTEES HELL BENT ON POSTPONING THE ELECTIONS?

How The Grinch Stole The Elections!



By BPP Trustees
Kersi Randeria and Noshir Dadrawala

invited too. The Board room was packed to the brim with no fear of catching Covid-19 by the Grinch and the BPP Chairperson, both of whom are senior citizens. About two hours were wasted.

Finally, when all the candidates and the Election President and his team left, Trustee Viraf Mehta proposed that the elections should be postponed! The two of us were obviously taken aback. When the Chairperson and another trustee were asked if they were in agreement, they simply and sheepishly nodded in agreement!!

We argued that if there was any government order or restriction, we would abide by the law, but in the absence of any such restriction, the election process, once it commences, cannot and should not be stalled. But, might is right and the three trustees, by a majority vote, decided to steal the elections from the community.

Whose Safety???

The slogan for postponing the elections by the Grinch was "Safety First". The question remains - Whose Safety?? Elections do not spread Covid-19. It's carelessness that does. Four States in India will be conducting elections this month itself. There was no specific directive from the Municipal or any regulatory body, including the police to the BPP, to postpone the elections when we approached them. The Grinch only made safety of senior citizens and voters a lame excuse. What he was worried about was the safety of his three pets on the Board of the BPP.

BPP's Safety Protocol...

Where BPP is concerned, the

following safety measures were put in place: **Compulsory to wear a mask and if voter came without proper mask, a mask would be supplied free; Hand sanitizer, temperature and oxygen level check at entry point; A holding area with chairs kept at a distance and to be periodically sanitized; Not more than ten people in the queue standing with social distancing. This would have been a model for all others to emulate!**

We agree that recently the number of cases in the city have jumped from a daily average of 1,000 per day to 1,500 per day, but that's still 0.005% of the total population of city!! Besides, the virus is spreading not because of elections or opening up of establishments and other facilities. It is spreading because the public is not ensuring health and safety norms! Where BPP is concerned, all Covid-19 SOPs were in place and the people wanting to vote would have been a few thousand at max, not lakhs as in the case of State elections.

Why We Were Opposed To Postponement?

We, as Trustees of the Bombay Parsi Panchayet, were opposed to the move to postpone the elections because the intent behind the postponement was not safety of the senior citizens, but safety of the majority on the Board who have a stranglehold.

The BPP is suffering a major cash crunch, but yet three trustees during our absence, at one meeting, completely waived the service charge of Rs. 750/- per month. This has caused the BPP an annual loss of Rupees Two Crores. What's worse, at a subsequent meeting, they even waived forty-three months of outstanding dues of those who had refused to pay, and thus bleed the already bleeding

Trust further! It is only matter time before those who have already paid, may ask for refunds. After all, why should defaulters be rewarded, and honest, compliant residents get punished?!

In recent times the policy pushed by the majority of three trustees has been rank commercialization of all charity flats, premium or otherwise. The BPP is a "charitable trust" and not a "commercial landlord". Mobilizing funds through auctioning all charity flats, even non-premium flats, cannot be justified or legitimized. On the other hand, all legitimate proposals to mobilize funds (e.g. ownership building at Godrej Baug or Bharucha Baug) face resistance.

Security deposits taken after auctioning flats is not an asset, but booked as a liability, and the trust has eaten into its entire liability. This is a potential disaster waiting to happen.

Governance Gap...

There is a "Governance Gap" on the BPP Board which needs to be filled without further delay. First, Trustee Zarir Bhatena took ill, was hospitalized and passed away around June 2020. Later, Chairman Yazdi Desai suffered a stroke and since then, the Board has functioned as a Board of five, instead of the full Board of seven, which is mandatory under the High Court framed Scheme of elections!

The Reason Why Elections Should Have Been Conducted On 14th March Is Clear...

- A) Hold it within the due date sanctioned earlier by the High Court;
- B) Hold it while covid-19 cases are still relatively low;
- C) What is the guarantee that things will improve



by the end of March or April? In fact, if things worsen, the elections may have to be postponed indefinitely and which is exactly what the Grinch wants!!!

Conclusion...

To borrow from the story of the original Grinch: "One man's toxic sludge is another man's potpourri." The Grinch may have stolen not just the elections, but some joy out of Navroze 2021 as well. But, everything we do comes back to us, whether it's good or bad. We're a reflection of what we put out into the world. If you constantly use and abuse people, life will use and abuse you, and that is the law of this universe.

"Stop the Steal" was a term coined by supporters of former US President Donald Trump, who could not cope with the fact that their President got voted out because Joe Biden supposedly "stole" the elections, by allegedly rigging it. In the case of the Parsi community, no aspiring candidate allegedly rigged nor stole the hot seat of trusteeship... instead a 'Grinch' stole the entire elections away, and if we may add, just before Navroze!

In Dr. Seuss' 'How the Grinch Stole Christmas', the Grinch is a green, humanoid creature. In the story, he was the epitome of everything negative and unpleasant. It seems that the number one reason the Grinch hated Christmas was because his heart was two sizes too small. It's been the same case with the Parsi Grinch. His heart is two sizes too small and he had no place in his small heart to see any candidate on the BPP Board, except his own! But knowing that one particular candidate was in the lead and not likely to toe his line, the Grinch decided to steal the elections.

How Were The Elections Stolen?

It is to everyone's knowledge that this entire orchestra was conducted under the baton of the Grinch. On Tuesday, 9th March, 2021, all the candidates were called to the BPP Board Room at 4:30 pm. The Grinch was also present. A mock drill was performed. The Election President and his team as also auditors for the election and others, were

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Jiyo Parsi Counsellor Pearl Mistry Felicitated By National Council For Minorities



women make to society. The National Commission for Minorities celebrated International Women's Day 2021 at their office in New Delhi, where eight dynamic women, belonging to minority communities, who had impacted society in different fields like sports, academics, entrepreneurship and social work, were felicitated by the Government of India. They were recognised for rising above difficult situations professionally or personally and in their own ways, setting examples for other women by serving family, community and in turn our nation.



It was a great honour for the entire Jiyo Parsi team as this year Pearl Mistry, pan-India counsellor for the programme, was nominated for the award for Outstanding Contribution to Minorities. The efforts put in by her towards increasing the Parsi minority community were applauded and she was felicitated

by Chief Guest, Manoj Tiwari, Member of Parliament. Other dignitaries present included Atif Rashid - Vice Chairman, NCM; A. Dhanlakshmi - Director, NCM; B. Sayyed, Member, Maulana Azad Foundation and B Anand - Secretary, NCM; Madhukar Naik - Personal Secretary, Ministry of Minority Affairs; and Daniel

Richards, Joint Secretary, NCM.

The event was a grand success and the Jiyo Parsi team is grateful for the recognition given to their counsellor, Pearl Mistry, as well as for the support extended by the National Commission for Minorities, Government of India.

Every year on 8th March, Women's Day is celebrated across the world. In India, on this day, special recognition is given to the contribution



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The Middlemen Problem & The 'App't Solution: "Almost 99.7% of the Indian Fish & Meat sector is unorganized and riddled with middlemen. Cold chain management was largely absent, and

the significance of purity and hygiene was being majorly overlooked. This was a big problem, but at the same time, a bigger opportunity." says Shan Kadavil, Co-founder & CEO. FreshToHome has managed to organize the supply chain, end to end, all thanks to their US patented, mobile app-based 'Commodity Exchange' platform. It allows fishermen and farmers to virtually bid and sell their produce; thereby guaranteeing them a competitive price, and eliminating the involvement of middlemen. "We currently have 1,500 fishermen and farmers trading 10,000 tonnes of products per month. We also have a contract farming platform through which we are raising 2,500 tonnes of fish and about 25,000 tonnes of poultry, annually" added Shan.

Always Fresh. Never Frozen: A key ingredient in FreshToHome's recipe for freshness is an efficient cold chain

management system that consists of over 100 temperature checkpoints. It ensures that the products are kept perfectly chilled between the ideal temperature of 0-4°C at all times, eliminating the need for freezing or chemical preservation. "Freezing, especially in Fish, kills the natural moisture contained in it, thereby depriving it of its authentic taste. Being foodies, we were adamant that we cannot let this happen. Why freeze it when you can deliver it fresh?" added Shan.

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

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



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Let me have the will to believe and let me tolerate others' right to believe what they believe. Let me have sympathy with the beliefs of others and let me be charitable to them. Let me not scoff at what others hold holy. Let me not trifle with their feelings.

Let me patiently hear the arguments of the opposite side. Let me even go beyond my own point of view. Let me put myself in the place of him, with whose views I do not agree. Let me weigh his arguments. Let me understand his case. Let me find the truth and help my opponent to find his truth. It is the truth that matters. If I find the truth, let me not endeavor to force my truth upon others. Let me patiently and persuasively try to explain and convince him. Let time be the judge, when the right shall shine out as right and wrong shall come out as wrong.

Let it be an instinct with me to think and to reason before I act. Let me thoroughly incline my ears and listen to the words of wisdom from whatever source they come. Let me not like the cynic doubt everything and believe nothing. Let me always look to the bright and best side of things. Let me be free from the prejudice of caste, colour and creed. Let my sympathy extend to all mankind and embrace all.

Let me pierce the fog that may fill my mind. Let me not forget the debt I owe to the past. Yet let me discern the signs of the age I live in. Let me be in harmony with it. Let me remember that the world is surging with new life. Let not the unthinking and blind traditionalism retard and arrest my progress. Let me remember that socio-religious customs, outward forms of religion, formalism make not for godliness. When oppressive becomes the conflict between reason and faith, let me broad-mindedly see my way clear to accomplish what I seek. Guide me in spirit, Ahura Mazda!

Zahan Turel's Parents Offer Thanks...

On the fateful 24th October, 2020, the whole community came together in prayer for our 15-year-old, young priest from Surat and student at Mumbai's Dadar Boarding Madressa - Mobed Zahan Turel - who unfortunately suffered from burn injuries, when his jama caught fire, whilst performing the Rapithvan Geh Boi ceremony, at Goti Adarian, Surat, where seven generations of his family have served before him. Zahan's recovery, over the past five months, has been heartening, with the support of the community's premiere institutions and stalwarts and the collective prayers of us all for his quick and pain-free healing.

Parsi Times recently received an email from Zahan's parents - Meherzad and Farzin Turel - who wish to share their sense of hope and gratitude with the community...

"I request you to kindly publish the following two letters in your esteemed newspaper, Parsi Times:

Appreciating The Efforts Of Dr. Jokhi, Dr. Abhyankar And Team Of Masina Hospital

I am sending this note with my heartfelt gratitude and I thank you profusely for easing our pain and agony every single day, giving us hope when all we had was despair! You and the able team at Masina Hospital have done what medical science alone cannot achieve. Your able team, headed and guided by you, continue to be a blessing to all.

No words are enough to appreciate the service you rendered. Outstanding, Impeccable, Reassuring help and support was pouring from you and the hospital staff, day in and day out. Doctor Sir, you have gone above and beyond to ensure Zahan is up and moving.

A patient's testimonial is less of a recognition of a doctors professional expertise, and more of a recommendation of the medical team's ability to listen, to care and to heal. My family can vouch for the fact that your abilities and human touch stand unmatched!!!

We give endless thanks to you and team for your unwavering support, contribution and concern to the family when all we had was despair and shaky hope. Your humility and compassion is appreciated and we stand hugely indebted to you for your brilliant contribution and concern for Zahan's recovery.

May Almighty God bless you and your loved ones with a remarkable life ahead! Much Blessings, Gratitude and beyond!

Gratitude To WZO Trust Funds And Respected Mr. Dinshaw Tamboly And The Community

Words fail me to express my gratitude especially to a Gentleman who came into Zahan's life as a saviour in human form, an absolute Guardian Angel sent by Pak Dadar Ahuramazda, during the most trying and tumultuous time! You came forward and took up the torch for a noble cause. Your unwavering support and guidance brought immense strength and peace to face the wrath that befell our family.

Stress had gripped me as I fought two ghastly battles - one, to provide best treatment to my son; and second, to manage funds needed for timely payments for the treatment. You are the 'Champion of Humanitarian Causes' and your efforts lift people up and make life better.

Respected Sir, I feel humbled by your altruism. My family stands hugely indebted to you forever in this lifetime for your generous, humane act. A thank you doesn't justify how deeply we appreciate your kindness and overwhelming support. I thank the WZO Trust Funds for supporting us during these times and acknowledge the receipt of the contributions collected and handed over to Zahan.

I would fail in my duty if I forget to mention that the entire community which has stood up by my side, when an unfortunate crisis stood at my doorsteps. No words are enough to thank each one of you beautiful souls. I cannot and will never be able to repay you individually for your sincere outpouring of love, concern, thoughts and powerful prayers, every single moment of every single day. The power of collective prayers and genuine compassion made the family stand tall and face the wrath. Zahan was able to thus fight his life's battle with an indomitable spirit!

Please accept our earnest gratitude. Your kind deeds will not go unnoticed or unappreciated by our family and our omnipotent Pak Dadar Ahuramazda!

From Farzin and Meherzad Turel



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Signature of the Publisher

Don't Miss The Navroz Special Showcasing Worldwide Zoroastrian Talents!

Don't Miss The Navroz Special Showcasing Worldwide Zoroastrian Talents!

On 19th March, 2021, (7:00 pm - IST), get ready for a Virtual Bonanza as Zoroastrian talents from across the globe and eclectic walks of life, come together to showcase their unique abilities related to Music, Art, Food and Entertainment - all rolled together on one platform in a super-special, online Navroz event, hosted by Arnaz Mirza - the dynamic ex-radio host from Malaysia, who commands fifteen years of professional hosting experience in the event industry.

Beating the odds posed by the pandemic, Arnaz continues bringing people together and spreading smiles through several virtual events. This Navroz, she brings us some amazing Zoroastrian Talents with Barzin Contractor, Cyrus Dubash, Kainaz Wadia, Naynaz JM, Niloufer Mavalvala, Rusttom Karwa, Rishaan Choksi, Shehzad Karanjia and Sharmin Variava, who are all poised to enthral us with an entertaining evening! The community's wonder-woman and youth icon - Pearl Tirandaz will also join in to share about her latest 'Good Deeds Project, which has garnered much appreciation and respect from the community.

The event will be Live-streamed on Facebook via the following pages / links:

<https://www.facebook.com/arnaz.mirza>
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Join in from the comfort of your homes to partake all the Masti, Music and more, on this Bawa Bonanza which also offers GREAT PRIZES FOR OUR FB LIVE VIEWERS, sponsored by Value Bazaar, Pi Pantry, Gossip Gifts, and Niloufer Mavalvala's 'The World of Parsi Cuisine'. Navroze Mubarak!!

NAVROZE SPECIAL EPISODE
ZOROASTRIAN TALENTS
around the Globe! Livestream on Facebook.
Friday, 19th March - 7:00p.m.

Rusttom Karwa	Niloufer Mavalvala	Cyrus Dubash	Shehzad Karanjia
Kainaz Wadia	Naynaz JM	Rishaan Choksi	Sharmin Variava
		- Hosted by Emcee Arnaz	
Barzin Contractor	Pearl Tirandaz		

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Art At The Great Eastern Home And Nine Fish Art Gallery

Tucked away in a corner of Byculla, not too far from Rani Baug with its collection of botanical plants and exotic animals, lies another varied collection - a veritable treasure trove of paintings. The eclectic collection, spread across an art gallery and two stores has collectibles across the entire spectrum of art, from serious collector's pieces to paintings that will be centrepieces of conversations.

The giant warehouses of the once bustling Great Eastern Mills, housing the Nine Fish Art Gallery, The Great Eastern Home and Ficus Fine Living Store, are well worth a stroll not just because each establishment focuses on a different style of collection but also because the whole mill is situated in an idyllic oasis of green. The walkway from one establishment to another, lined with sculpture and architectural elements and strewn with flowers from the trees above, adds to the aesthetics of the entire site.

The Great Eastern Home offers a vast and serious mix of art - from fine reproductions to fine collections of antique art, paintings, serigraphs etc. Also available on order are portraits, landscapes in oils or acrylics and even wall murals etc. The Great Eastern Home also showcases the works of hand-picked young artists



from across India, Sri Lanka, Africa etc., tribal art from India and Africa and has an incredible collection of masks too.

Nine Fish Art Gallery, in an elegant standalone building, is one of the country's finest galleries to showcase the best of contemporary art. Besides on-going promotion of artworks, artists, photographers and sculptors are provided residencies, the space to exhibit their works as part of curated shows, allowing for exposure and engagement with viewers and buyers alike.

So, steal some time out and take a stroll in this verdant locale to stare and steep yourself in both nature and art!

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Contd. on Pg 10

Webinar: 'Rejuvenation Through Manifestation' With Dr. Mickey Mehta And Meher Amalsad

Parsi Khabar presents its first online program this Navroze, anchoring a Parenting Special titled, 'Rejuvenation Through Manifestation' with Dr. Mickey Mehta (India) and Meher Amalsad from (USA); with host and moderator - Arzan Sam Wadia, Founder of Parsi Khabar.

Dedicated to the daughters of Mickey and Meher - Karishma and Anahita, respectively, as also to all daughters of humanity, join in this enlightened session on the joys of parenting, as they share their special Father-Daughter relationship of unconditional love and spirituality with humanity.

SATURDAY MARCH 13, 2021 7:00 PM PST 10:00 PM EST
SUNDAY MARCH 14, 2021 8:30 AM IST 3:00 AM GMT

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REJUVENATION THROUGH MANIFESTATION
NOWRUZ 2021 PARENTING SPECIAL

Dr. Mickey Mehta is a leading global holistic health guru and a corporate life coach to Bollywood superstars, top politicians, India Inc. and several Miss Worlds and Miss Universes, commanding nearly four decades of pioneering experience in the Health and Wellness industry. The recipient of numerous awards and India's trailblazer of the fitness industry, Mickey has also trained military personnel. He holds an honorary double doctorate in Holistic Health and Life Sciences, Mickey is a speaker at Harvard University, IIMs, IIT and is the author of best sellers 'The Shoonyam Quotient' and 'Lose weight gain shape'.

on Parenting, Unconditional Love, Spiritual Consciousness, Success, and Excellence. His purpose is to help others excel academically, discover and maximize their true passions, and become their authentic best selves, by empowering people to create a footprint of success. Meher has served as the Founding Chair of the North American And World Zoroastrian Youth Congresses since 1985. He has worked as a Program Manager for Hughes Aircraft Company, which is one of the top Aerospace Defense Companies in the world. His life's work has been focused on creating UNITY WITHIN DIVERSITY IN HUMANITY.

Meher Amalsad is an Engineer, Educator, Inventor, Professional Speaker and published author of 'Bread for the Head' - a book filled with ideas and affirmations that inspire the heart, motivate the mind and transform the soul, with prime focus

When : March 14, 2021
Where :
<https://zoom.us/j/98927060084?pwd=SmdYNVR4RDdCaIAvQjFZdGdicWk1QT09>
Meeting ID : 989 2706 0084
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Time : 08:30 AM IST

Contd. from Pg 09

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FROM THE EDITOR'S DESK



The Joke's On Us... Again!

Dear Readers,

We just can't seem to help it - we simply have to end up making fools of ourselves on a national platform, regularly. Only, this time, it's about the disagreement regarding the BPP elections.

I find two issues most disparaging... firstly, the fact that our leaders are unable to communicate effectively enough so that they can at least agree to disagree (when not in unison, which is usually the case) and as a result, they resort to either flaunting dirty laundry in the national media, or they head to the courts. In either case, the community loses.

When our issues are thrashed in public via national dailies every so often, we continue chipping away at the hard-earned reputation and glory that our forefathers built... thereby denigrating their sacrifice, their legacy and their dreams for this community. And litigations just keep increasing the financial toll on a trust which has anyways been cash-strapped for a while. This money, wasted on court cases - where we fight each other, ironically for the same cause, 'the good of the community' - could surely be employed towards so many community causes that are wanting for funds. It makes one wonder - is all this opposition really about the 'good of the community' or just a veiled attempt at validating personal agendas and egos?

The second disparaging issue is the increasing indifference within community members towards the affairs of the community. We all seem to be too smugly marinated in entitlement and/or apathy to take a genuine interest or raise a collective voice. There could be no greater nemesis for our future than this heady combination of a disunited leadership and an indifferent community. As long as we don't work together towards changing this equation, the joke will always be on us.

Think about it.

- Anahita
anahita@parsi-times.com

Obituary



Rohington Dinshaw Antia

(9 February, 1950 – 9 March, 2021)

We apprise the sudden and shocking demise of Mr. Rohington Dinshaw Antia, who left us for his heavenly abode on 9th March, 2021.

He was known for his immense passion and colossal knowledge in aviation. He was also a multi-talented musician and artist, and above all a loving brother, husband and father.

He leaves behind a void in the hearts of his wife - Sanober and daughter - Ashnara. He will be forever missed by his family members.

We request your prayers for his soul's peaceful, onward journey.

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 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
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 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
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 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
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8					6			

WINNING CAPTION!!!



- 1st Ass: Gimme a kiss – quit the sass!
- 2nd Ass: Nah – gonna give it a pass!
- 3rd Ass: No one likes to kiss Ass!

By Shayanne M. Desai (Bangalore)

CAPTION THIS!

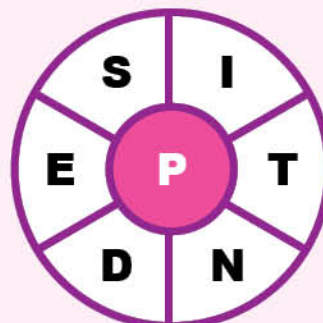


Calling all our readers to caption this picture!
 Send in your captions at editor@parsi-times.com by 24th March, 2021
 Winning Caption and Winner's Name Will Be Published Next Week.

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

HOW MANY WORDS?

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



- RESULTS:**
- Average - 8 or more words
 - Good - 10 or more words
 - Outstanding - 13 or more words

Thought of the Week

In any moment of decision, the best thing you can do is the right thing. The worst thing you can do is nothing."

– Theodore Roosevelt

ડુંગરવાડીને શબવાહીનીનું દાન



૧૨ મી ફેબ્રુઆરી, ૨૦૨૧ ના રોજ, પારસી અને ઈરાની જરથોસ્તીઓના શબને નિવાસસ્થાન / હોસ્પિટલોથી ડુંગરવાડી, મુંબઈ લઈ જવા માટે એક નવી શબવાહીની (ટાટા વિંગર બીએસવીઆઈ લાઈ ૩૬) દાનમાં આપવામાં આવી હતી. શબવાહીની મરહુમ શ્રી જમશેદ ખુરશેદ શેઠના (બોર્ડ ઓફ કોલગેટ પામોલિવ ઈન્ડિયા લિમિટેડના ભૂતપૂર્વ બિન-કાર્યકારી અને સ્વતંત્ર ડિરેક્ટર)ની પ્રેમાળ સ્મૃતિમાં દાન કરવામાં આવી હતી, જેમનું ૨૭ ફેબ્રુઆરી, ૨૦૧૯ ના રોજ નિધન થયું હતું.

આકાશી પ્રકાશના મહેર યજ્ઞ!

મહેર એ તેજ અને દિવ્ય પ્રકાશના દેવી છે. જો ભગવાનનો અભિવ્યક્ત ચમકતો હોય, તો મહેર યજ્ઞ તે ચમક છે. આપણા દ્રષ્ટિકોણથી, તે સૂર્યમાંથી નીકળતો પ્રકાશ છે. ખુરશેદ યજ્ઞ સૂર્યના અધ્યક્ષસ્થાને છે અને મહેર આ આકાશી પ્રકાશના યજ્ઞાતા છે. એકસાથે, તેઓ અંધકાર, અજ્ઞાનતા અને બધા અનિષ્ટ સામે લડે છે. ખુરશેદ યજ્ઞ અને મહેર યજ્ઞ દુનિયાને ચાલુ રાખે છે - તેમની કૃપા વિના બધું નાશ પામશે. અવિભાજ્ય, તેમના કાર્યો એકબીજા સાથે સંકળાયેલા છે અને તેમની બંને પ્રાર્થના પણ સાથે છે - ખોરશેદ નિઆએશ અને પછી મહેર નીઆએશ હંમેશા સાથે મળીને પ્રાર્થના કરવામાં આવે છે. મહેર યજ્ઞના ચુકાદા સંપૂર્ણ છે, કોઈની તરફેણમાં અથવા પક્ષપાત કરતા નથી. મહેર યજ્ઞ શેર કરે છે કે, જ્યારે સમર્પિત અને પવિત્ર હમદીનો મુજેલીમાં હોય છે - નિંદાઓ અને બદમાશો દ્વારા જુલમ થાય છે ત્યારે તેઓ મહેર યજ્ઞને બોલાવે છે, અને મહેર યજ્ઞ ચોક્કસપણે તેમની મદદ માટે આવે છે. - આદિલ ફિરોજ રંગુનવાલા

અરનવાઝ મિસ્ત્રી- સમુદાયના દયાળુ ફરિસ્તા

૭૩ વર્ષિય અરનવાઝ જાલ મિસ્ત્રી સમુદાયનું સૌથી લોકપ્રિય નામ છે. તેમની અખૂટ અને સતત સમુદાયની સેવા અને માનવતાવાદી પહેલ માટે જાણીતા, તેમના જીવનના ત્રણ દાયકાઓથી, તેમની હમદીનો માટેની ઉત્કટ શક્તિ, નિસ્વાર્થ સેવા આશ્ચર્યચકિત કરે છે. અરનવાઝ મિસ્ત્રીનું પ્રારંભિક જીવન એકદમ નિયમિત હતું - ૧૮ વર્ષની નાની ઉંમરે લગ્ન કર્યાં, તેમની બે પુત્રીઓ યાસ્મિન અને મેહરૂના ઉછેર માટે સમય ફાળવવામાં ખુશી મળી. તેમના બાળકોના શિક્ષણ પૂરું કર્યા પછી, અરનવાઝને નવી ક્ષિતિજ શોધવાની જરૂરિયાત અનુભવાઈ. હંમેશાં અન્યની સહાય તરફ વલણ ધરાવતા, અને ઓછા નસીબદાર લોકોના જીવનમાં મોટો ફેરફાર કરવા માંગતા હતા. ૧૯૮૭માં તેમણે શ્રીમતી સિદ્ધા કાવરાના સાથે મુલાકાત કરી ત્યારે તેમણે જેજે હોસ્પિટલના પારસી વોર્ડમાં સોશિયલ વર્કર તરીકે જોડાવાનું કહ્યું હતું. ત્યારથી, તેઓએ પાછા વળીને જોયું નથી, કારણ કે અરનવાઝે પોતાને સંપૂર્ણપણે સામાજિક અને સમુદાય સેવા માટે સમર્પિત કરી દીધા હતા. - રાઝવીન નામદારીયન



Deceased મરનાર	Age વય	Date તારીખ	Address ર. કે.	Relations સગાઈઓ
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Death Announcements From Prayer Hall

Dinamai Manekji Havewala દીનામાય માણેકજી હવેવાલા	85 ૮૫	03-03-2021	Gandhi Road, Nargol, Gujarat, Dist. Valsad. ગાંધી રોડ, નારગોલ, ગુજરાત, ડિ. વલસાડ.	તે મરહુમ હીરાબાઈ તથા માણેકજી હવેવાલાના દીકરી તે મરહુમ હોમી, મરહુમ ફલી, મરહુમ હોમાય, મરહુમ કેટી, મરહુમ મીનુ, રોડા, ઝરીન, અરનવાઝ ઝરીર ખાંધાડિયા, શેરૂ રસી ગોટલા, મહાદાખના બહેન. નેક્યુ/નીસ: પોરસ, જેરેમી, મીનુ, બહેરામ, થ્રટી, ખુરશીદ, શીરાઝ, શહાદખ, સરોશ, ઝીનોબ્યા.
Dinah Ashok Jain (Taleyarkhan) દીના અશોક જૈન (તાલ્યેરખાન)	76 ૭૬	04-03-2021	45, Sea Lord, G.D. Somani Road, Cuffe Parade, Mumbai 5. ૪૫ સિ લોડ 'એ', જી. ડી. સોમાની રોડ, કફ પાર્ક, મુંબઈ ૫.	તે મરહુમ અશોક જૈનના ઘણીયાણી તે મરહુમ હિલ્લા અને મરહુમ ઝાલ એફ. તાલ્યારખાનના દીકરી તે નિખિલ જૈન અને આફતાબ જૈનના મમ્મી તે એન સ્વેટરીના સાસુ તે લેલા ગઝદર અને આપેશ તાલ્યારખાનના બેન. નેક્યુ/નીસ: તાલિયા, સારા, કબીર, નિતિન, અનુ, ઝાકરી, દારયુસ, અક્ષય, રાધિકા.
Rohinton Dinshaw Antia રોહિન્ટન દીનશા આંટીયા	71 ૭૧	09-03-2021	1203/04, Tower A, Raheja Sherwood, Goregaon East, Mumbai 63. ૧૨૦૩/૦૪ ટાવર એ, રહેજા શેરવુડ, ગોરેગાવ ઈસ્ટ, મુંબઈ ૬૩.	તે સનોબરના ઘણી તે મરહુમ દીના તથા મરહુમ દીનશાના દીકરા તે અશનારાના પપ્પા તે જાસ્મીન, બજી, મરહુમ ઝરીનના ભાઈ તે મરહુમ જરૂ તથા મરહુમ જમોદ પટેલના જમાઈ. નેપયુ/નીસ: અનાહિતા, શેરીન, ઉશ્તાના, વજીશ્તા, જેસુન.

Death Announcements From Dahanu

Khurshed Rashid Irani ખુરશેદ રશીદ ઈરાની મેસર્સ અગની બેકર્સ દલાણુ રોડના માલીક	69 ૬૯	28-02-2021	12/9, Rustom Baug, Sant Savta Matg, Byculla, Mumbai 27. ૧૨/૯, રૂસ્તમ બાગ, સંત સાવતા માર્ગ, ભાલખવા, મુંબઈ ૨૭.	તે મોતી ખરશેદ ઈરાનીના ખાવિંદ તે ડો. યોહાન કરશેદ રાગાબી તથા ઝરથુસ્ત ખરશેદ રાગાબીના બાવાજી તે મરહુમો ગવેર તથા રશીદ ઈરાનીના દીકરા તે મરહુમ શેરા દીનશા ઈરાનીના ભાઈ તે ફેવનાઝ યોહાન રાગાબી તથા બાનુ ઝરથુસ્ત રાગાબીના સસરાજી તે ઝહાન, ઝેહયાન તથા ઝોરીયનના ગ્રાન્ડ ફાધર.
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Death Announcements From London

Behram Homi Bhatena બહેરામ હોમી ભાઠેના	79 ૭૯	26-02-2021	E-14, Navroz Baug, Lalbaug, Mumbai 12. ઈ-૧૪, નવરોઝ બાગ, લાલબાગ, મુંબઈ ૧૨.	તે મરહુમ અરનાવાઝના ખાવિંદ તે કચઝાદ ને દીનાઝ યજ્ઞ સાહેરના બાવાજી તે રૂઝબેહના મમાવાજી તે ઓલગા તથા યજ્ઞના સસરાજી તે મરહુમો આલામાય તથા હોમી ભાઠેનાના દીકરા તે મરહુમો તેહમીના અરદેશીર ટેસાઈના નેવ્યુ તે સામ હોમી ભાઠેનાના ભાઈ તે મરહુમો અરનાવાઝ તથા પેસી સીગનપોયાના બનેવી તે તાતીયાના તથા મરહુમ વીકતર ને ઝરીન તથા મરહુમ ગેવના વેવાઈ તે મરહુમો મહેરામાય તથા જહાંગીરજી સીગનોયાના જમાઈ તે મરહુમ રોશન જહાંગીરજી સીગનોયાના સાલાજી તે ફરઝીન વીસપી પારખ તથા ઝીનીયાના કુવાજી.
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Death Announcements From London

Aspi Hormusji Irani અસ્પી હોરમસજી ઈરાની	87 ૮૭	26-02-2021	Middlesex, London. મીડલ્સેક્સ, લંડન.	તે મરહુમ દોલતબાનુ અને મરહુમ હોરમસજી ફરદુનજી ઈરાનીના દીકરા તે મરહુમ બાનુ ઈરાનીના ઘણી તે મરહુમ ગુલબાઈ અને મરહુમ ખોદાદાદ ઈરાનીના જમાઈ તે મરહુમ ફરદૂન, મરહુમ ખુશરૂ, મરહુમ ખોરશેદ જહાંગીરજી તાંતરા અને મરહુમ ફેની આદી બતીવાલાના ભાઈ તે સિદ્ધુ ખુશરૂ ઈરાની, મરહુમ બાનુ ફરદુન ઈરાની, મરહુમ જહાંગીરજી તાંતરા, મરહુમ આદી બતીવાલા અને મરહુમ દોલી શેરીયાર ઈરાનીના બ્રધર ઈન લો તે વિલુ, યજ્ઞદી, ફિરદોશ, જાસ્મીન, મરહુમ ફાનક, મહાદાખ, પરસી, રોશની, ફરદુન, મરહુમ સિમિન, ઝરીન, હોમાઈ અને કેકીના અંકલ.
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એક નજર પારસી મરણો ઉપર

Deceased મરનાર	Age વય	Date તારીખ	Address ર. ઠે.	Relations સગાઈઓ
Katie Fardoon Kapadia કેટી ફરદુન કાપડીયા	94 ૯૪	04-03-2021	5/9, Rustom Baug, Sant Savta Marg, Byculla, Mumbai 27. પ/૯, રૂસ્તમ બાગ, સંત સાવતા માર્ગ, બાયબલા ઈસ્ટ, મુંબઈ ૨૭.	તે મરલુમ ફરદુન નાદેરશાહ કાપડીયાના વિધવા તે મરલુમો ટેલમીના તથા કેબુશર હોરમસજી પટેલના દીકરી તે ખોરશેદ બરજોર પટેલ તથા મરલુમો સોલ્લી, દાલી નરીમાન સાહેર, નરગીશ શાવક ફોજદાર, ગુલા કાવસશાહ દલાલ, રોદા સામ ટેબુ, વીલુ કેબુશર પટેલના બહેન. તે દારાયશ નરીમાન સાહેર, અરુષી બરજોર પટેલ, કેરસી બરજોર પટેલ, ફરશીદ સાવક સાવકશાહ, શનમ અરુષી પટેલ, રૂક્શાના ફરશીદ સાવકશાહના માસી તે મરલુમ ફીરોઝ નાદરશાહ કાપડીયાના ભાભી તે મરલુમ નાદરશાહ કાપડીયાના વહુ.
Osti Bapai Sorabji Kanga ઓસ્તી બપઈ સોરાબજી કાંગા	90 ૯૦	05-03-2021	Mota Falia, Dastur Street, Navsari, Gujarat 396445. મોટા ફલીયા દસ્તુર સ્ટ્રીટ, નવસારી, ગુજરાત-૩૯૬૪૪૫	તે મરલુમો ઓસ્તી ગુલબાઈ તથા એરવદ સોરાબજી આદરજી કાંગાના દીકરી તે ઓસ્તી દોલી કાવસ દેસાઈ તથા મરલુમો ઓસ્તી લોમાઈ સોરાબજી કાંગા, ઓસ્તી નરગીશ બેહરામ કાતરક તથા ઓસ્તી પીલુ દારા કાંગાના બહેન તે દાપના, જહાંગીર, આદીલ, ડો. આરમાયતી, ખુશરૂ તથા રશનાના માસીજી તે બરજોર, સમીરા, ડો. આબાન, ડો. સાયરસ, મહાગુખ તથા શાફખના માસી સાસુ તે એરવદ દારા કાંગા તથા મરલુમો એરવદ બેહરામ કાતરક તથા એરવદ કાવસ દેસાઈના સાલીજી.
Godrej Aspandiyar Kapadiya ગોદરેજ અસપંદીયાર કાપડીયા	82 ૮૨	05-03-2021	E/10, Nowroze Baug, Dr. S. S. Rao Road, Lalbaug, Mumbai 14. ઈ/૧૦, નવરોઝ બાગ, ડો. એસ એસ રાવ રોડ, લાલબાગ, પહેલ, દાદર, મુંબઈ ૧૪.	તે ગુલીસતાનના ધની તે પરવેઝ, હોસી, કેતી, વીલુ તથા મરલુમો ધનજી, નરીયોસંગ ને શેલરુના ભાઈ તે મરલુમો દોલી બહેરામ ઈરાનીના જમઈ તે ફરદુન, યહદી તથા ફરીદા દારાયસ મીસ્ટ્રીના બનેવી તે મરલુમો નરગીશબાનુ તથા અરુષીયાર કાપડીયાના દીકરા તે હીરા, મની, પરવીન તથા મરલુમો જરૂ, માણેક, નરીમન તથા ફિરોઝના મધર-ઈન-લો તે શાફખ, ખુશરહી, દીનાઝ, હોમ્યાર તથા મેરીઝાદના કાકાજી તે ઝુબીન, કેરમાન, ફરજાન, સાયરસ તથા મરલુમ ફઝબેના મામાજી તે શાહઝાદના કુઆજી.
Rusi Framroze Merchant રૂસી ફરામરોઝ મરચન્ટ	82 ૮૨	05-03-2021	19, Blue Gardenia, Pedder Road, Near Neel Kamal, Building, Cumballa Hill, Mumbai 26. ૧૯ બ્લુ ગાર્ડનીયા, પેડર રોડ, નીલ કમલ બિલ્ડિંગ પાસે, ખંબાલા હીલ, મુંબઈ ૨૬.	તે મરલુમો ફેની તથા ફરામરોઝ રૂસ્તમજી મરચન્ટના દીકરા તે રોશન કેબુશર લામ તથા મરલુમ અદી ફરામરોઝ મરચન્ટના ભાઈ તે પીરાન અદી મરચન્ટ ને રૂક્શાના રૂસ્તમ નાગપોરવાલાના કાકા.
Hosedar Jehanbux Manekshaw હોસેદાર જહાંબજી માનેકશા	60 ૬૦	06-03-2021	No 18, Gamadia Bldg. Gamadiia Colony, Tordeo Mumbai 7. નં. ૧૮, ગામડીયા બિલ્ડિંગ, ગામડીયા કોલોની, તારદેવ, મુંબઈ ૭.	તે મરલુમો રતી તથા જહાંબજી માણેકશાના દીકરા તે પરસીસ અશોક વીજયા, હોશંગ જહાંબજી માણેકશા, હવોવી યહદી દાંડીવાલાના ભાઈ તે હનોઝ અને અમરીતા, અમીત, અરૂન અને હિતેશા, બરજીસ અને શેરોન, અરજાન અને ગોવરીના અંકલ તે અશોક વીજયા તથા દોલી હોશંગ માણેકશાના બ્રધર-ઈન-લો તે થીયા, શોન માણેકશાના ગ્રાન્ડ અંકલ.
Pervin Fali Narialvala પરવીન ફલી નરીયાવાલા	77 ૭૭	06-03-2021	H/1, Shapur Bharucha Baug, Parsi Colony, Andheri, Mumbai 58. અંચ/૧, શાપુર ભરૂચા બાગ, પારસી કોલોની, અંધેરી (પ.), મુંબઈ ૫૮.	તે મરલુમ ફલી નરીયાવાલાના વિધવા તે મરલુમો જરબાનુ તથા કેબુશર ડાયવરના દીકરી તે સરોશ ક. ડાયવર, મેહરૂ અ. રૂવાલા તથા મરલુમ લોમી ક. ડાયવરના બહેન તે નાઝનીનના આન્ટી તે અરુષી રૂવાલા તથા પરવીન ડાયવરના સીસ્ટર-ઈન-લો.
Sohrab Rustom Irani સોહરાબ રૂસ્તમ ઈરાની	90 ૯૦	06-03-2021	100-B, 1st Floor, Mahalaxmi Chs., Mazgaon Mumbai 10. ૧૦૦ બી પહેલે માળે, મહાલક્ષ્મી સોસાયટી, હાથીબાગ, મઝગાવ, મુંબઈ ૧૦.	તે મરલુમ તેલમીના ધની તે ફરોઝ ને હોશંગના પપ્પા તે બીઝાન, ફરહીન, કેનાઝના બપાવા તે મરલુમો જરબઈ રૂસ્તમ ઈરાનીના દીકરા તે શીરાઝ ને રૂક્શાનાના સસરાજી તે ફેની ને મરલુમ મેરવાનના ભાઈ તે મરલુમો ખારમેન, અરુષીયારના જમાઈ તે આદીલ અને મરજીયાના ભત્રીજા તે મરલુમો પરસી, જરુમીનના ભાન્જા, ભાન્જી.
Burjor Eruchshaw Patel બરજોર એરુચશા પટેલ (કંજાવાલા)	88 ૮૮	06-03-2021	712/714, Soona Villa, Road No 4, Parsi Colony Dadar, Mumbai 14. ૭૧૨/૭૧૪, સુના વીલા, રોડ નં. ૪, પારસી કોલોની, દાદર, મુંબઈ ૧૪.	તે ઝરીનના ખાવિંદ. તે ફેઓનીસના પપ્પા તે અદી મીનોચેર લોમજીના બનેવી તે મરલુમો આલામાય એરુચશા પટેલના દીકરા તે મરલુમો ફેની કેબુશર મીનોચેરલોમજીના જમાઈ તે મરલુમ નરગીશ મીનોચેરલોમજીના બનેવી તે મરલુમો ફીરોઝ, અદી, પેસી, પેરીન, દીનામાય, બાનુ, નરગીશ, જલુ ને કુમાના ભાઈ.
Nadir Sukhia Sukhia નાદેર સુખીયા સુખીયા	80 ૮૦	06-03-2021	B-4 Sanjana Apartments, 66-B, Carter Road, Bandra West, Mumbai 50. બી-૪, સંજના એપાર્ટમેન્ટ, ૬૬-બી કાર્ટર રોડ, બાંદ્રા (વેસ્ટ), મુંબઈ ૫૦.	તે મરલુમ સુખીયા અને પીરોઝના દિકરા તે નરગીશના ભાઈ તે મરલુમો બેરામ, જહાંગીર, બેપસીના ભાઈ તે કયઝાદના કાકા તે ખુશીદ, પરસી, ફરીદાના મામા તે મરલુમો ટેમટનના બનેવી તે મરલુમ પીલુના દેર.
Noshir Minocher Homawala નોશીર મીનોચેર હોમાવાલા	74 ૭૪	08-03-2021	J-23, Cama Park, Cama Road, Andheri, West, Mumbai 58. જે-૨૩, કામા પાર્ક, કામા રોડ, અંધેરી (વે.), મુંબઈ ૫૮.	તે મરલુમો ફેની મીનોચેર જમશેદજી હોમાવાલાના દીકરા (ભરૂચવાલા) તે લોમી, ધન દીનશાહ ગાંધી, આબાન, ફરીદા, પરવીન ફિરોઝ પટેલ તથા મરલુમો ગુલ અને જર ટેમસ મહેતાના ભાઈ તે નોઝર, બેહઝાદ તથા ખુશનુમાના મામાજી તે દીનશાહ, ટેમસ તથા ફિરોઝના શાલા તે મરલુમો આલુ ગયોમર્દ મહેતા તથા રોડામીનુ કાપડીયા મરલુમ ફરામજી જમશેદજી હોમાવાલાના ભત્રીજા.
Farokh Pestonji Hansotia ફરોખ પેસ્તનજી હંસોતીયા	77 ૭૭	09-03-2021	4-B, Daman House Tejpal Road, Gamdevi, Grant Road, Mumbai 7. ૪-બી, દમન હાઈટ, તેજપાલ રોડ, ગામદેવી, ગ્રાન્ડ રોડ, મુંબઈ ૭.	તે મરલુમો નાજમાય પેસ્તનજી હંસોતીયાના દીકરા તે મરલુમો મીનુ ને ફેનીના ભાઈ તે રશને ને મરલુમ શીરીનના ભત્રીજી તે મરલુમ અદી દેસાઈના બનેવી.
Adil Firoze Bhesania આદીલ ફીરોઝ બેસાન્યા	51 ૫૧	09-03-2021	A/1 Block, 1st Floor Awabai Petit Street, Grant Road, Mumbai 7. એ/૧ બ્લોક, પહેલે માળે, આવાબાઈ પીટીટ સ્ટ્રીટ, ગ્રાન્ડ રોડ, મુંબઈ ૭.	તે મરલુમો રોશન તથા ફીરોઝ અરદેશર બેસાન્યાના વડા દીકરા તે કેઝાદ ફીરોઝ બેસાન્યાના ભાઈ તે સાવક અરદેશર બેસાન્યાના ભત્રીજો તે ગેવ દારા જોખી ને કેરસી દારા જોખીના કઝીન તે વીરાક શાવક બેસાન્યાના કઝીન.
Zarin Tehemton Bharda ઝરીન તેહેમટન ભરડા	84 ૮૪	10-03-2021	Y-9, Cama Park, Cama Road, Andheri, Mumbai 58. વાય-૯, કામા પાર્ક, કામા રોડ, અંધેરી, મુંબઈ ૫૮.	તે મરલુમ તેલમતન રૂસ્તમજી ભરડાના વિધવા તે નીલુફર તેલમતન ભરડાના માતાજી તે મરલુમો દીનામાય તથા કેબુશર જહાંગીરજી મલાવવાલાના દીકરી તે શ્રતી બોમી તલાવ્યા, સાયરસ કેકી મલાવવાલા તથા મરલુમો ગેવ કેકી મલાવવાલા, બેજન કેબુશર મલાવવાલાના બહેન તે ઝુબીન બોમી તલાવ્યાના માસીજી તે પોરસ તથા તીનાઝ મલાવવાલાના કુઈજી તે બોમી જહાંગીરજીના સાલી તે વાયોલેટ સાયરસ મલાવવાલાના નણંદ તે મરલુમો બાનુભાઈ તથા રૂસ્તમજી ભરડાના વહુ.
Freny Aspi Saklatwalla ફેની અરુષી સકલાતવાલા	69 ૬૯	10-03-2021	Mobed Building, Plot No. 4, Nepeansea Road, Mumbai 36. મોબેદ બિલ્ડિંગ, પ્લોટ નં. ૪, નેપીયન્સી રોડ, મુંબઈ ૩૬.	તે અરુષી અરદેશર સકલાતવાલાના ધનીયાની તે મરલુમ કેટાલુન ફકીરજી સુતરીયાના દીકરી તે મરલુમ જરબાઈ અરદેશર સકલાતવાલાના વહુ તે તનાઝ, નતાશાના મમી તે પોરસ આશાના સાસુજી તે મરલુમ ફીરોઝ સુતરીયા, બેપસી હોશંગ ભગવાગર, રોશન અરુષી ઈલ્વીયાના બહેન તે અરનાઝ ને યોહાનના મમયજી તે કેશમીરા, મહાગુખ, કેરસી દાડવાલાના કુઈજી તે નવાઝ હોરમજી સદરી, ધનાઝ ખુરશેદ કાત્રક, વાહબીઝ કમલ જોશી, તેશતાર અરુષી એલાવ્યાના માસીજી તે મરલુમ આબાન, વીરા હોમી મિસ્ત્રીના ભાભી તે એદીના મામી.
Khoshed Adi Pochee ખોરશેદ અદી પોચી	89 ૮૯	11-03-2021	Dhun Building, 2Nd Floor, Sant Gadge Maharaj Lane, Mumbai 14. ધન, ૨જે માળે, સંત ગાડગે મહારાજ લેન, દાદર (પ), મુંબઈ ૧૪.	તે મરલુમ અદીના ઘણીયાની તે મરલુમો નાઈઝર અને આલુના દીકરી તે મરલુમ વીરા તથા (જીવતા) ગવેર ખુશરૂ કાથોકના બહેન તે મરલુમો ખોરશેદ અને તેલમુરસના વહુ તે ફરાનાક, પૂરનદોકત, સ્કેરાજ, દારાયસના આંટી.
Bhikhoo Jiju Batiwala બીખુ જીજુ બતીવાલા	82 ૮૨	12-03-2021	Flat No. 3 - A, Nepeansea Road, Mumbai 26. ફ્લેટ નં. ૩-એ, નેપીયન્સી રોડ, મુંબઈ ૨૬.	તે મરલુમ જીજુ મહેરવાનજી બતીવાલાના ઘણીયાણી તે મરલુમ નાજમાય તથા જહાંગીરજી કોટવાલાના દીકરી તે શેરૂનાઝ તથા બકતાવરના માતાજી તે ફેની રૂસી કોન્ટ્રેક્ટરના બહેન તે મરલુમ જરૂ બરજોર બીક્ષીમોરીયાના બહેન તે મનીજેલ તથા મહેરવાનજી બતીવાલાના વહુમાય તે સોલ્લી, સુઝાન, જહાંગીર, હોમી ફરહાદ તથા દીનાઝના માસીજી તે મરલુમ રૂસી કોન્ટ્રેક્ટર તથા મરલુમ બરજોર બીક્ષીમોરીયાના સાલી તે સીલુ બતીવાલાના ભાભી.

Dreaming the Future of Eye Care for the Next 100 Years

RNC FREE EYE HOSPITAL, VALSAD

આર.એન.સી. ફ્રી આંખની હોસ્પિટલ, વલસાડ



ઉંડા અંધારેથી,
પ્રભુ ! પરમ તેજે
તું લઈજા !

તમસો મા જયોતિર્ગમય

સેવા - સુવિધાઓ

- ટાંકા વગરના મોતિયાના ઓપરેશનો
- ગામરની દરેક પ્રકારની સારવાર અને ઓપરેશનો
- બાળકોની આંખના મોતિયા, ત્રાસી આંખના ઓપરેશનો
- આંખના નસનાં રોગોની સારવાર
- આંખના કીકી અને પડદાના ઓપરેશનો
- લેઝરથી આંખના વિવિધ રોગોની સારવાર
- આંખના પડદાની સારવાર અને ઓપરેશનો
- ડાયાબીટીસથી થતા આંખના લુકશાનની દરેક પ્રકારની સારવાર
- કોમ્પ્યુટરરાઈઝ આંખના નંબર
- આંખની પ્લાસ્ટીક સર્જરી
- આઈ બેંક અને કીકી(કોર્નિયા) પ્રત્યારોપણ

સાભાર વંદનાઓ

સર્વે દાતાઓ
સહયોગી સંસ્થાઓ
દર્દીઓ, ડોક્ટરો,
સ્ટાફ, સ્વયંસેવકો
સરકારશ્રીના વિવિધ સંલગ્ન વિભાગો
૧૦૦ વર્ષના નામી અનામી સહયોગીઓ
પત્રકાર મિત્રો

સંસ્થાના પાયાના સેવારત્નો



ડૉ આસાના



ખાનભાદુર શેઠ દાદાભાઈ ચાવસારવાલા

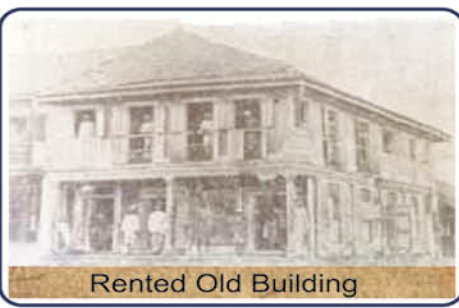


ડૉ પરાગજી દેસાઈ

વર્ષ ૨૦૦૦ પછીની આંકડાકીય માહિતિ

- ૧૪ લાખથી વધુ દર્દીઓની ઓપીડીમા તપાસ
- ૧,૮૦,૦૦૦ થી વધુ ઓપરેશનો
- પડદાના જટિલ ઓપરેશનો
- ૨૦૦૦ થી વધુ ડાયાબીટીસના દર્દીઓને આંખમાં ઈન્જેક્શનો
- હજારો ની સંખ્યામાં વિવિધ લેઝર, એ સ્કેન, બી-સ્કેન, આંખની એન્જીયોગ્રાફી, આ. સી. ટી. (ટોમોગ્રાફી), પેરિમેટ્રી વગેરે પ્રક્રિયાઓ

છેલ્લા ૧૦૦ વર્ષોથી આંખના રોગોની તમામ સારવાર વિના મૂલ્યે



Rented Old Building



New Complex

ઓગણીસમી સદી ની શરૂઆતમાં દાદાભાઈ રતનજી ચાવસારવાલા નામના પારસી સજ્જન કારવારમાં લાકડાનો ધંધો કરતા હતા. કારવાર એટલે આજનું કણાટક. એજ સમયગાળા દરમ્યાન વલસાડના જ પારસી અને કારવારના સીવીલ સર્જન ડૉ દાદાશાહ આસાનાની સાથે મળી પોતાની જન્મભૂમિ વલસાડમાં એક આંખનું ધર્મદાઈ દવાખાનું શરૂ કરવાના સ્વપ્ને આકાર લીધો. મુંબઈના અંધજન મંડળની દોરવણી અને સલાહ સુચનોની મદદ મળી. વલસાડના પ્રતિષ્ઠિત તબીબ ડૉ પરાગજી દેસાઈ પોતાની ધીકતી પ્રાઇવેટ પ્રેક્ટીસ છોડી સંસ્થામાં આંખના તજન તરીકે જોડાયા. આ ત્રણ સેવારત્નો દાદાભાઈ રતનજી ચાવસારવાલા, ડૉ દાદાશાહ આસાન અને ડૉ પરાગજી દેસાઈ આ સંસ્થાના પાયાના પથરી બની રહ્યા. દાદાભાઈએ એમના પિતાશ્રી રતનજી નથુભાઈ ચાવસારવાલા ની યાદમાં ૮ વર્ષ બાદ સારી એવી રકમ દાનમાં આપી અને સરકારી જમીન ગાંઠમાં મેળવી ૨૪ બેડવાળી સુવિધા સભર આંખના દર્દીઓના સગા-સંબંધી રોકાઈ શકે એવા આઉટ હાઉસ સહિતની હોસ્પિટલ નામકરણમાં "Free" શબ્દ સ્થાપકોના સંપૂર્ણતયા નિશ્ચલ નેત્રસેવાના આદેશનો સૂચક છે. જેનો અમલ આજ પર્યંત થતોજ આવી રહ્યો છે અને રહેશે.

એ સાથે શરૂ થયો વિનામૂલ્યે નેત્ર સેવાના યજ્ઞનો નવીન પકલ્પ. આર.એન.સી. નો સેવા યજ્ઞ પ્રથમ દિનથી જ વિના મૂલ્યે દર્દીઓની સેવા સારવારની મૂલ્ય નિષ્ઠા સાથે દક્ષિણ ગુજરાતના છેવાડાના માનવી સુધી પ્રસરતો રહ્યો છે. એ સમય એવો હતો જ્યારે આંખના મોતિયાના ઓપરેશનો માટે ૫ થી ૩ હિલસ દર્દીઓએ હોસ્પિટલમાં રોકાવું પડતું હતું. કેટલીક વાર ઓપરેશન બાદ પણ ૩ થી ૬ મહિના સારવાર ચાલતી. આમ દાયકાઓની મજલ દરમ્યાન આર.એન.સી. નો સેવાયજ્ઞ આધુનિક નિદાન પદ્ધતિઓ અને સર્જરીઓના નિત નવા આયામો, અભિયાનો અને અભિગમોને અપનાવતો વધુ ને વધુ પ્રખ્યાતિત થતો જ રહ્યો. આધુનિક ટેકનોલોજી પ્રમાણે હવે દર્દીને તે જ હિલસે ગણતરીના કલાકોમાં રજા મળા શકે RNC FREE EYE HOSPITAL માં ગુજરાત ઉપરાંત મહારાષ્ટ્ર, રાજસ્થાન, ઉત્તરપ્રદેશ, બિહાર તેમજ સંઘપ્રદેશમાંથી દર દરના દર્દીઓ આવે છે અને સગા સારવારના લાભાર્થીઓ બની રહ્યા છે.

મોતીયા ઉપરાંત, ઝામર, કોર્નિયા(કીકી), ત્રાસી આંખ, નાના બાળકોના આંખના રોગો, પડદાની લેઝર સારવાર અને ઓપરેશનો, મોઘા એવાસ્કીન ઈન્જેક્શનો વિગેરે સંપૂર્ણપણે વિનામૂલ્યે અત્યંત આધુનિક સાધનોની સુસજ્જ ૬ ઓપરેશન થીયેટરોમાં ૧૬ આંખના સ્પેશિયાલિસ્ટો દ્વારા દિન પ્રતિદિન કરવામાં આવે છે. પારદર્શિતાથી અને વિનમ્ર સેવાલાવયથી કરવામાં આવતી આ અવિરત સેવા એ કોઈ સેવાકર્મ ની પરાક્રમથી જરાવે ઓછી નથી. છેલ્લા ૨૦ વર્ષની જે વાત કરીએ તો ૧૪ લાખથી વધુ ઓપીડી નિદાનો અને ૧,૮૦,૦૦૦ થી વધુ ઓપરેશનો થયા છે. હજારોની સંખ્યામાં વિવિધ લેઝર, એ-સ્કેન, બી-સ્કેન, આંખ ની એન્જીયોગ્રાફી, આ. સી. ટી. (ટોમોગ્રાફી), પેરિમેટ્રી વગેરે પ્રક્રિયાઓ થઈ છે. સંસ્થા ના સો વર્ષોની મંગલમયી સેવા યાત્રામાં નામી-અનામી વ્યક્તિઓ અને સંસ્થાના સાથ, સહકાર અને સહયોગ મળ્યા છે. જેનો નામોલ્લેખ કરીએ તો જગ્યા ઓછી પડે. પરંતુ એ સૌનો અમો હૃદયપૂર્વક કૃતજ્ઞતા સભર કમ્પ્લેક્સ સ્વીકાર કરીએ છીએ. એ સૌને અમારી કોટિ કોટિ શતાબ્દી વંદનાઓ. દ્વિતીય શતાબ્દીની મંગલમયી સેવાયાત્રાના શુભારંભે આર. એન. સી. પરિવારની પરમપિતાને વિનમ્ર પ્રાર્થનાઓ સાથે કોટિ કોટિ વંદનો.

Ratanji Naththubhai Chavsarewala Free Eye Hospital Dr.Paragji Desai Road,Opp.Mamlatdar's Office Valsad 396 001Gujarat, India

Income-tax PAN : AAATR2339H
Trust Registration Number under E25 / Valsad Bombay Public Trusts Act, 1956
FCRA Registration No. :042000090
Exemption Certificate Granted under Section 80G (5) of the IT Act 1961
Exemption Certificate No.CIT/VLS/Tech/RNCFEH/2009-10/8011

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2. Dr.Pesi B. Fulsadiwala, Secretary, Mob – 09979687710
3. Mr.Noshir J. Zaroliwala, Trustee, Mob – 09825149183





YOUR MOON SIGNS JANAM RASHI THIS WEEK

લખનાર: મરહુમ મહારાજ શ્રી સ્વયંજયોતિના સહકાર્યકર્તા જયેશ એમ. ગોસ્વામી

અઠવાડિક રાશિક્ષણ: તા. ૧૩.૦૩.૨૦૨૧ થી તા. ૧૯.૦૩.૨૦૨૧

Aries - મેષ - અ.લ.ઈ.
મોજશોખ આપનાર શુક્રની દિનદશા ચાલુ હોવાથી તમારા મનની નેક મુરદ પુરી થઈને રહેશે. તમારા રોજબરોજના કામમાં ક્ષયદા મળતા રહેશે. તમે જે પણ કમાશો તેમાંથી મોજશોખમાં વધુ ખર્ચ થશે. ઘરનું વાતાવરણ ખુબ સાડું રહેશે. નોકરી કરનારને પ્રમોશન મળવાના ચાન્સ છે. ગામ પરગામ જવાના ચાન્સ છે. દરરોજ 'બહેરામ યઝદ'ની આરાધના કરજો. શુક્રવંતી તા. ૧૩, ૧૪, ૧૮, ૧૯ છે.
Lucky Dates: 13, 14, 18, 19.
Venus' rule, which brings you fun and entertainment, will help make your sincere wishes come true. You will profit from your daily works. You could end up spending more than you earn, on your fun activities and entertainment. The house atmosphere will be very cordial. The employed could be up for a promotion. Travel abroad is on the cards. Pray to Behram Yazad daily.

Cancer - કર્ક - ડ.દ.
૨૩મી માર્ચ સુધી ગુરૂની દિનદશા ચાલશે. ધર્મ અને ચેરીટીના કામો કરી ભવિષ્યને સુધારી શકશો. ઘરની રીસાપેલી વ્યક્તિને મનાવી શકશો. નાણાકીય બાબતમાં સારા સારી લોપ તો થોડી રકમ બચાવીને ઈનવેસ્ટમેન્ટ અવશ્ય કરજો. મિત્રો તરફથી માન ઈજાજત મળતા રહેશે. દરરોજ 'સરોશ યજ્ઞ' ભણજો. શુક્રવંતી તા. ૧૪, ૧૫, ૧૬, ૧૭ છે.
Lucky Dates: 14, 15, 16, 17.
Jupiter rules you till 23rd March. You will be able to secure a better future by indulging in religious and charitable works. You will be able to win over an upset family member. Financially things could go well, in which case you are advised to save and ensure to make investments. Friends will continue to respect and admire you. Pray the Sarosh Yasht daily.

Libra - તુલા - ર.ત.
છેલ્લા ૬ દિવસ બુધની દિનદશામાં પાર કરવાના બાકી છે. ૧૮મી સુધી લેતી-દેતીના કામો પુરા કરી લેજો. માથા પર કચ્છદારીનો બોજો લોપ તો તે વ્યક્તિ પાસે થોડો સમય માંગી લેજો. ઘરમાં જોઈતી ચીજ વસ્તુ વસાવી લેજો. મિત્રોની મદદથી કામ પુરા કરી લેજો નહીં તો ૧૯મીથી ૩૬ દિવસ માટે શનિની તમારા બધા કામને ઉલટા કરી નાખશે. દરરોજ 'મેહેર નીઆએશ' ભણજો. શુક્રવંતી તા. ૧૩, ૧૬, ૧૭, ૧૮ છે.
Lucky Dates: 13, 16, 17, 18.
With the last 6 days remaining under Mercury's rule, you are advised to first complete any transactions related to lending or borrowing money, before the 18th. If you are in someone's financial debt, request that person for some extra time to pay back their money. This is the time to make any house purchases. Ensure to complete your works, with the help of friends. From 19th March, Saturn's rule for the next 36 days, could disrupt all your endeavours. Pray the Meher Nyaish daily.

Capricorn - મકર - ખ.જ.
૨૩મી માર્ચ સુધી ચંદ્રની દિનદશા ચાલશે. મનને શાંત રાખી અગત્યના કામ પુરા કરવામાં સફળ થશો. કોટુંબીક વ્યક્તિનું દિલ જીતી લેશો. મનગમતી વ્યક્તિ સામેથી મળવા આવશે. નાની મુસાફરી કરી શકશો. ઘણી-ઘણીયાણીમાં મતભેદ ઓછા થઈ પ્રેમ વધી જશે. દરરોજ ૩૪મું નામ 'યા બેસ્તરના' ૧૦૧વાર ભણજો. શુક્રવંતી તા. ૧૪, ૧૫, ૧૮, ૧૯ છે.
Lucky Dates: 14, 15, 18, 19.
The Moon's rule till 23rd March helps you keep your peace of mind and complete your important works. You will win over the heart of a family member. Your favorite person will come to meet you. Quarrels between couples will reduce and affection will blossom. Short travel is predicted. Pray the 34th Name, 'Ya Beshtarna', 101 times, daily.

Taurus - વૃષભ - બ.વ.ઉ.
તમને શુક્રની દિનદશા ચાલુ હોવાથી તમારા કામો કરવામાં કોઈ ચિંતા નહીં આવે. ધારેલા કામ કરવામાં સફળતા મળશે. નાણાકીય બાબતમાં સારા સારી થતી જશે. ઓપોજીટ સેકસનો સાથ મલવાથી અધુરા કામને પૂરા કરી શકશો. તમારી પરંદગીની વ્યક્તિને તમારા મનની વાત કહી દેજો. નવા કામ શરૂ કરી શકશો. દરરોજ 'બહેરામ યઝદ'ની આરાધના કરજો. શુક્રવંતી તા. ૧૪, ૧૫, ૧૬, ૧૭ છે.
Lucky Dates: 14, 15, 16, 17.
Venus' ongoing rule ensures that you don't sweat about your ongoing endeavours. Your current projects will be successful. Financially things will keep improving. You will be able to complete your unfinished tasks with the support of the opposite gender. You are advised to speak out what's on your mind with a close person. You will be able to take on new ventures. Pray to Behram Yazad daily.

Leo - સિંહ - મ.ટ.
તમને ધર્મના દાતા શુક્રની દિનદશા ૨૧મી એપ્રિલ સુધી ચાલશે. તમે તમારા કેમીલી મેમ્બરને ખુશ રાખવામાં સફળ થશો. લેતીદેતીના કામ કરવામાં સફળ થશો. જ્યાંબી કામ કરતા હશો ત્યાં તમારા કામના વખાણ થશે. ધનને વધુ કમાવવા માટે થોડી વધુ મહેનત કરી લેજો. વડીલવર્ગ સાથેના સંબંધમાં સારા સારી થતી જશે. નવા કામમાં સફળતા મળશે. દરરોજ 'સરોશ યજ્ઞ' ભણજો. શુક્રવંતી તા. ૧૩, ૧૫, ૧૬, ૧૮ છે.
Lucky Dates: 13, 15, 16, 18.
Venus' rule till 21st April predicts that you will keep you family members happy. Transactions related to lending and borrowing will be successful. You will receive appreciation wherever you work. To earn extra income, you will need to put in more hours at work. Your relationship with elders will improve well. New ventures will be successful. Pray the Sarosh Yasht daily.

Scorpio - વૃશ્ચિક - ન.પ.
૧૭મી એપ્રિલ સુધી બુધની દિનદશા ચાલશે તમે તમારા પ્રેમી કે પ્રેમીકાને મનની વાત કહેવામાં સંકોચ નહીં કરો. મીઠી જબાન વાપરી તમારા કામ પુરા કરવામાં મિત્રોનો સાથ સહકાર મેળવી લેશો. જે પણ કમાશો તેમાંથી થોડી રકમ બચત કરી સારી જગ્યાએ ઈનવેસ્ટમેન્ટ કરજો. દરરોજ 'મેહેર નીઆએશ' ભણજો. શુક્રવંતી તા. ૧૪, ૧૫, ૧૬, ૧૭ છે.
Lucky Dates: 14, 15, 16, 17.
Mercury's rule till 17th April suggests that you should speak your heart out to your sweetheart, without hesitation. You will be able to complete your pending tasks by using your sweet talks and convincing your friends to help you. Ensure to save some money from your earnings and invest the same in a profitable manner. Pray the Meher Nyaish daily.

Aquarius - કુંભ - ગ.શ.સ.
તમને શીતળ ચંદ્રની દિનદશા ચાલુ હોવાથી તમારા માથાનો બોજો ઓછો થતો જશે. શારીરિક બાબતમાં સુધારો થતો જશે. મનને શાંત રાખી કામ પુરા કરવામાં સફળ થશો. જે પણ ધનલાભ મળશે તેને સારી જગ્યાએ ઉપયોગ કરી શકશો. આજથી ૩૪મું નામ 'યા બેસ્તરના' ૧૦૧વાર ભણજો. શુક્રવંતી તા. ૧૪, ૧૫, ૧૬, ૧૭ છે.
Lucky Dates: 14, 15, 16, 17.
The ongoing Moon's rule will reduce your mental tensions. Your health will also improve. You will be successful in keeping your mind peaceful and completing your tasks. You will be able to employ your proceeds profitably. Starting today, pray the 34th Name, 'Ya Beshtarna', 101 times, daily.

Gemini - મિથુન - ક.છ.ઘ.
રાહુની દિનદશા ચાલુ હોવાથી તમારા કામકાજમાં તમારું ધ્યાન નહીં રહે. જે કામ સીધુ હશે તે ઉલટુ થઈ જશે. ઘરનું વાતાવરણ અગત્ય વાર નહીં લાગે. અંગત સગાઓ તમારાથી નારાજ થઈ જશે. તમારી નાની ભૂલ બીજાઓ પહાડ જેવી બતાવશે. નાણાકીય બાબતમાં વધુ ખર્ચતાણ આવશે. તમારા નાણા પાછા મેળવવામાં મુશ્કેલી આવશે. દરરોજ 'મહાબોખ્તાર નીઆએશ' ભણજો. શુક્રવંતી તા. ૧૩, ૧૫, ૧૮, ૧૯ છે.
Lucky Dates: 13, 15, 18, 19.
Rahu's ongoing rule makes it challenging for you to focus on your work at hand. Even straightforward tasks will go topsy-turvy. The atmosphere at home could be vulnerable to volatility. Those close to you could get upset with you. Your small mistakes will be magnified into mountains by others. Financial strain is indicated. It could prove difficult to retrieve your lent money. Pray the Mah Bokhtar Nyaish daily.

Virgo - કન્યા - પ.ઠ.ણ.
૨૩મી માર્ચ સુધી શનિની દિનદશા ચાલશે. ખોટા વિચાર તથા ખોટી ચિંતાઓથી ઘેરાયેલા રહેશો. બીજા ભુલ કરશે અને નામ તમારું આવશે. સાંધાના તથા બેકપેઈનથી પરેશાન થશો. વડીલવર્ગની તબિયત અચાનક અગત્ય થશે. તમારી નાની ભુલ મોટી પરેશાનીમાં મુકશે. તમારા કામો સમય પર પૂરા નહીં કરી શકો. દરરોજ 'મોટી હમન યજ્ઞ' ભણજો. શુક્રવંતી તા. ૧૪, ૧૫, ૧૭, ૧૯ છે.
Lucky Dates: 14, 15, 17, 19.
Saturn's rule till 23rd March could flood your mind with wrongful thoughts and unnecessary worries. You could end up getting blamed for the faults of others. You could suffer from back-ache and joint-pains. The health of the elderly could suddenly deteriorate. Even a small mistake could land you in big trouble. You might not be able to complete your work in time. Pray the Moti Haptan Yasht daily.

Sagittarius - ધન - ભ.ધ.ફ.
૨૧મી માર્ચ સુધી મંગળની દિનદશા ચાલશે તમારા ભાઈ-બહેન તથા મિત્રો સાથે નાની બાબતમાં મતભેદ પડી જશે. તમે સાચુ બોલશો તો સામેવાલી વ્યક્તિ તમારી વાત પર વિશ્વાસ નહીં રાખે. બધા સાથે ઓછા સંબંધ રાખજો. નાણાકીય બાબતમાં ખેચતાણ વધી જશે. દરરોજ 'તીર યજ્ઞ' ભણવાથી મનને શાંતિ મળશે. શુક્રવંતી તા. ૧૩, ૧૪, ૧૬, ૧૭ છે.
Lucky Dates: 13, 14, 16, 17.
Mars' rule till 21st March predicts that you could end up having squabbles with siblings and friends. Your responses will not be believed by people. Try to keep to yourself as much as possible. Financial strain is indicated. Pray the Tir Yasht daily.

Pisces - મીન - દ.ચ.ઝ.થ.શ.
આજનો દિવસ શુક્રની દિનદશામાં પસાર કરવાનો બાકી છે. ઓપોજીટ સેકસની ઈચ્છા પૂરી કરી શકશો. બાકી કાવથી સુર્યની દિનદશા આવતા ૨૦ દિવસમાં તમારું પ્રેશર વધારી દેશે. વડીલવર્ગની સાથે નાની બાબતમાં મતભેદ પડશે. મનગમતી વ્યક્તિ નાની બાબતમાં નારાજ થશે. મનને શાંત રાખવા ૯૬મું નામ 'યા રયોમંદ' ૧૦૧વાર ભણજો. શુક્રવંતી તા. ૧૩, ૧૭, ૧૮, ૧૯ છે.
Lucky Dates: 13, 17, 18, 19.
Today marks the last day under Venus' rule. You will be able to cater to the wishes of the opposite gender. The Sun's rule, starting tomorrow, for the next 20 days, could cause an increase in your Blood Pressure. You could end up quarrelling with the elderly over petty matters. Your favourite person will get upset with you over a small issue. To keep your mind in peace, pray the 96th Name, 'Ya Rayomand', 101 times, daily.

Should You Contribute To VPF In Its New Avatar??



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I had earlier highlighted the key changes proposed by the Union Budget 2021 its impact on various employees, investors, tax-payers and consumers. A significant change the budget proposed was taxing the interest on PF contribution (by employees) above Rs. 2,50,000/- as per the employee's marginal rate. This signifies curtains down for the EEE tax status enjoyed by PF till date, which has ruffled many employees with high salaries, who were using the Voluntary Provident Fund for investing in PF and earning tax-free interest. Since then, I've received many queries as regards the impact of this new rule and possible solutions, if any.

But before that, let me explain the basics of how it all works. Salaried employees contribute to their Employee Provident Fund (EPF) 12% of their basic salary. The employer, additionally, makes a matching contribution to his/her provident fund account. The money deposited in the PF account earns a specified interest rate, set by the Government, and is subject to changes.

Currently, the interest rate on PF is 8.5% and whatever amount of interest earned on the balance amount in PF is completely tax free. Above the mandatory contribution in EPF, an employee also has an option to contribute excess amount in Voluntary Provident Fund (VPF). The difference being EPF is mandatory, whereas VPF is voluntary. One can make even up to 100% of his basic salary and DA to VPF account. Main advantages which attracts employees towards VPF contributions, is that till date it enjoyed the EEE tax status. It simply means it is Tax Exempt thrice: First - when you contribute, it qualifies for tax saving u/s 80C; Second - the interest earned yearly is also Tax exempt; and Third - the maturity proceeds at the time of retirement is also tax exempt. Also, it's the highest interest-bearing fixed income investment, which is under Central Government, and hence enjoys status of

sovereign guarantee.

Who will be impacted by this tax change?

If your EPF and VPF contributions exceed Rs. 2.5 lakhs per annum, then interest on the excess contribution will be taxed as per your tax rate. Let us assume that your basic salary is 50% of your CTC (cost to company) and that you aren't making any VPF contribution. If your total annual compensation is Rs 40 lakhs, then your basic pay will be Rs 20 lakhs (50% of 40L). Your annual EPF contribution will be 12% of Rs 20 lakhs, i.e. Rs 2.40 lakhs which does not exceed the limit on taxable interest.

Therefore, if your total compensation is less than Rs 40 lakhs, then you will not be impacted by this tax change. Please note that we have taken an assumption of basic salary being 50% of total compensation. In most HNI clients, it can be as high as 75% -80% of the CTC also. In the above example, we assumed that you are not making any VPF contributions. However, there are many salaried investors whose EPF contributions do not exceed Rs 2.5 lakhs, but together with VPF contributions, may exceed the Rs 2.5 lakhs limit. Many investors make substantial VPF contributions to earn high rate of tax-free interest. By putting a cap of Rs 2.5L on the contribution, this government has effectively brought HNIs

under the tax net. Anyone with less than 21L as basic salary, not contributing to VPF can still go scot free. *If you make substantial VPF contributions, you should check your PF statements and how much VPF contribution you make or plan to make, to know whether you will be impacted by this tax change.*

Understanding The Impact:

The current EPF / VPF interest rate is 8.5%. If your annual EPF / VPF contribution is Rs. 6 lakhs, then interest on Rs. 3.50,000 (excess over the limit set by the Government) will be taxable. The annual interest @ 8.5% on Rs. 3,50,000 excess contribution will be Rs. 29,750 (8.5% of Rs 3.5L). Assuming you're in the 30% tax bracket, your annual income tax on PF interest income will be Rs. 8,925. If the annual income is 10L-50L post tax, returns from PF will now reduce to 5.85%. It will keep reducing as the



income increases and surcharge is levied on the rate rates. Over the years, your tax liability on PF interest will increase because your EPF contribution will increase, in line with your increment in your basic salary.

The Way Out:

Continue to contribute towards PF till the contribution reaches 2.5L. Once you have crossed this threshold, explore other options like PPF (if you haven't opened it as yet) or SSY (Sukanya Samridhi Yojana, for those having a girl child) or SIP in Debt funds, which are more tax efficient.

Happy Jamsbedi Navroze To All Parsi / Irani Zoroastrians

ધી રતનજી ફરામજી દાબુ પારસી જનરલ હોસ્પિટલ, નવસારી THE RUTTANJI FARAMJI DABOO PARSİ GENERAL HOSPITAL, NAVSARI

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Eating To Your Heart's Content (And Then Some ...)



DR. DANESH CHINYOY

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

Have you caught yourself opening and closing the refrigerator door or looking through the food shelves but not knowing what you actually want? How about eating 'just because' and when you aren't necessarily hungry? Have you ever wondered if it's hunger or something else?

Managing our weight is the key to good health, but maintaining a healthy weight is easier said than done. It's vital to focus on the delicate balance between the food we eat and how our body uses that energy. We eat for many reasons; hunger incidentally is the least amongst them. Overeating makes people gain weight or struggle to maintain their weight. For some, eating is not really about eating - it's often related to our emotions.

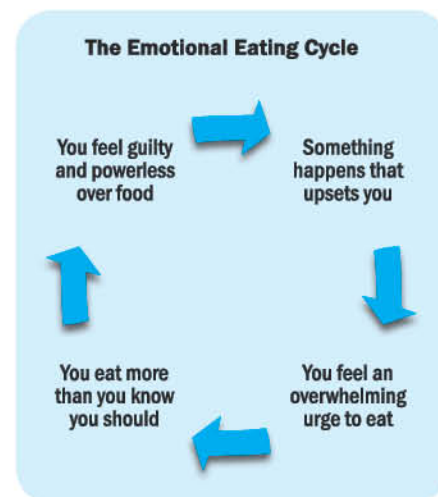
One way to start looking at why we eat is to understand the difference between hunger and appetite. Hunger is indicated by physiological signs such as growling of the stomach. This sign tells us that the body needs food. Rather than coming on quickly, it usually has a gradual build-up. When hungry, we are most likely able to stop eating when we are full. Appetite, on the other hand, is psychological - more of a craving, without any signs or feelings of hunger. Psychological / emotional eating more likely accompanies craving specific foods and comes on in moments of happiness, sadness, stress and other emotions.

Eating is a learned behavior. Knowing how much to eat is something that infants are better at, than adults. Until age three, children have a remarkable ability to stop eating when full. Many parents use treats like fast food or ice cream to celebrate or soothe a child's sad feelings. This lays the groundwork for consuming junk foods during every emotional high or low in life, irrespective of how hungry you actually are!

The Ventromedial Pre-Frontal Cortex (VPFC) is the part of our brain that



activates with anticipation of reward - for eg., food is on the way when we are hungry. Once we are full, VPFC activity is diminished, making us less interested in food. However, once we've created a habit (like eating while watching TV or at the movies or when we are sad), VPFC activity is not diminished when we are full. We can thus still feel an anticipation of reward when dessert is on the way, even when we are 'stuffed' at the restaurant after eating the main meal.



Such eating habits are harmful. Through learning, we crave sweets after a meal (yes, this is a learned response, not a natural one). We pick at food in front of us despite being full, just because it's in front of us. We clean our plates because that's what we're taught to do. Hence, we often end up eating more than we want or need.

'Wanting' something is not the same as 'liking' it; there's more space in our brain devoted to wanting than to liking. Desire gets us moving. Dopamine neurotransmitter is the fuel of desire. Dopamine rises with anticipation when

rewards are just around the corner. Dopamine's attraction to the immediate, distorts perspective we could have acquired with our more advanced cognitive abilities. So, we soothe our sadness or boredom with a quick bite of junk food at night, instead of listening to what our bodies really need.

But, Here's The Good News! There's many ways to stop boredom/psychological/emotional eating. Firstly, we should realize that we aren't actually hungry and are only eating because out of boredom or emotions. We eat because there's nothing better to do.

Therefore, one way to prevent this is by getting busy. Trying to stop 'emotional eating' is not about willpower - it's about finding alternatives to eating by keeping busy. It's all up to us. Bring more awareness to what our body is telling us. Listen to signs of fullness and re-train the brain by changing our habit patterns over time.

Importantly, get rid of all the junk food at home and replace it with healthier alternatives. This is crucial. When tempted to eat out of boredom / emotions, let's use our 'skill power' rather than relying on 'willpower' to ensure success! Tracking our meals and snacks makes us aware of what we are eating and our food-patterns.

Allowing ourselves to feel uncomfortable emotions can be scary; we may fear opening the Pandora's box.

But the truth is, when we don't obsess over or suppress our emotions, even the most painful and difficult feelings subside and lose their power to control our behaviour. For this, we need to become mindful and learn how to stay connected with our emotional experiences. This enables us to manage stress and repair emotional problems that often trigger emotional eating.

When we eat to feed our feelings, we tend to do so quickly, mindlessly consuming food on autopilot. We eat so fast that we miss out on the different tastes and textures of our food - as well as our body's cues that we're full and no longer hungry. By slowing down and savoring every bite, we'll not only enjoy our food more, but also be less likely to over-eat.

Eating while we're also doing other things - such as watching TV, reading, or playing with our phone - can prevent us from fully enjoying our food. Since our mind is elsewhere, we continue eating even though we're no longer hungry. Eating mindfully helps focus on our food and prevents overeating.



When we're physically strong, relaxed, and well rested, we're better able to handle the curveballs that life inevitably throws our way. But when we're already exhausted and overwhelmed, any little hiccup has the potential to send us off the rails and straight toward the refrigerator. Exercise, sleep, and other healthy lifestyle habits will help us get through without emotional eating.

So now we know why people ask us to eat to our hearts content. Do write in to share your thoughts (or even, your emotions!) God bless!

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