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FOUNDER'S NOTE

My Dear Friends,

Jamshedi Navroz Mubarak to you and all your loved ones!

It has been a difficult year for our community members, who have had to deal with loss and pain, both – personally, as well as on the professional front. Much repair and relief is needed, even as life slowly re-adjusts to diktats of the new normal.

We welcome Jamshedi Navroz, in celebration of the advent of the rejuvenating Spring season. May its auspicious tidings replace the challenges, chaos and damage caused by the pandemic, with healing, recovery and prosperity for all.

With the BPP Elections to be held on 23rd May, 2021, we also look forward once again, to the resumption of a Full BPP Board of 7 Trustees. This will certainly boost our endeavours of serving the community in harmony and reinforce the leadership into steering our community towards greater welfare and progress!

Navroz Mubarak and God Bless!

Kersi J. Randeria

BPP Trustee & Founder, Parsi Times



FROM THE EDITOR'S DESK

Jamshedi Navroze Mubarak - May We Grow In Gratitude!

Dear Readers,

Many of us underestimate the power of Gratitude – a simple 'Thank-you' goes a long way. Unfortunately, many do not realize just how empowering it is, be it on a personal level, shared between family members, friends and acquaintances, or even professionally.

Gratitude is readiness to express appreciation and the willingness to return the kindness we have received, to be conscious of the good things that happen to us and the pledge to never take these for granted. As a result, gratitude helps us connect with something larger than ourselves as individuals – attracting the universe's positive energies to rejuvenate our existence with greater happiness, growth and success in all areas of life.

Speaking of rejuvenation, what could be more symbolic that Jamshedi Navroz, represented by the Spring Equinox – a time for renewal, recuperation and growth, even as the biting winters of the coronavirus pandemic hopefully retreat. Yes, the world has been grappling with devastation, disaster and heartbreak, but look around more carefully and you will find ample reason to be grateful, despite this catastrophe. And that is precisely why we chose 'Gratitude, Healing and Recovery' as the theme of this Jamshedi Navroz Special issue. We hope our features which are fashioned on this theme, will help shine a torch through these dark times and bring about a sense of cheer and hope.

History provides resounding proof that every battle ever won – on the field or off – had its success rooted in a strong, solid and strategic mental component. To win the battle that we wage with this pandemic, calls for similar reinforcements. In addition to the mandatory precautions, we need to strengthen our mindsets, where faith replaces fear. Embracing and practicing the art of gratitude will do that for you, making you refocus on your blessings.

As we welcome and celebrate Jamshedi Navroz, let us give thanks and embrace all the goodness and positivity that it promises!

Jamshedi Navroz Mubarak to all! May we grow in gratitude!

- Anahita

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Love from Grieving Family Members

Brothers : Dorab, Cawas, Cherag and Naval.

Sisters : Aban, (Late) Zenobia Dosso Songadwalla.

Sister -In- laws : Kamal & Shenaz.

Brother -in- law : Shabir Hakim.

Nephews / Nieces : Farah, Amie, Natasha, Malcolm,
Nader, Cyrus, Karl & Renate.**Top Feature Highlights:**Gratitude, Glory And Good Health! **Pg. 08**Celebrating Hope And Renewal! **Pg. 13**It's That Time Of The Year Again! **Pg. 16**Meherbai's Mandli And Their
'Sufiani' Musical Evening! **Pg. 24**Set The Prisoner Free...
Unlock All That Suffering
With The Forgiveness Key! **Pg. 26**Pet Puja – Don't Leave Me Alone! **Pg. 28**Lessons from the Pandemic
And The Way Forward... **Pg. 32**Adarji For President! **Pg. 36**Tête-à-tête With Star Cricketer -
Arzan Nagwaswalla! **Pg. 42**The Navroz Awards! **Pg. 46**It's A Wonderful Life! **Pg. 55**Meet Jehan Story-Time **Pg. 56****In Loving Memory of our beloved****Zenobia Dosso Songadwalla****Birth Day**

26.06.1943

Death Day

28.01.2021

Wife of: Late Dosso Songadwalla,**Son:** Cyrus, Daughter-in-law Amanda,**Grandchildren:** Zayne and Theo,**Daughter of:** Late Nadirshah and Dina Driver,**Brothers:** Dorab, (Late) Adi, Cawas, Cherag, Naval**Sister:** Aban, Brother-In-Law: Shabir Hakim,**Sister-in-laws:** Kamal and Shenaz**Nephews/Nieces:** Farah, Amie, Natasha, Malcom,
Nader, Karl and Renate

Cr'eye'sis Management With Dr. Cyres Mehta

Over the past year, a large number of people have had work from home, in order to add to the safety and preventive quotient against the deadly and contagious coronavirus. The flip side of 'wfh' has been, in addition to weight-gain, a marked rise in Diabetic Retinopathy, or complications affecting vision due to diabetes. For diabetics, it's been a crisis – or should we say – a cr'eye'sis - in its own right!

International eye-care prodigy, Dr. Cyres Mehta has been spearheading innumerable path-breaking, global advancements in ophthalmology, while consistently setting new standards, making our Community and Nation ever so proud of his achievements that us all. His invaluable contributions and several 'Firsts' in terms of revolutionary procedures or advancements in eye care have helped resolve some of the most complicated eye diseases.

Recognised worldwide for his genius, the multi-award-winning global eye-care icon, who has pioneered many life-changing treatments, owns and heads 'Dr. Cyres Mehta's International Eye Center', which has been at the forefront of the latest advancements, empowered with the state-of-the-art equipment, offering the latest and most effective treatments and eye-procedures. The center offers comprehensive care and treatment for the full range of eye conditions. Parsi Times catches up with Dr. Cyres Mehta to discuss the Current Advances In The Treatment Of Cataract And Glaucoma...

PT: Is Laser or Robotic Cataract surgery actually better than the routine 'Phaco' surgery?

Dr. Cyres Mehta: Laser 'Robotic' cataract surgery was available to the eye-surgeon even ten years ago. The machines were slow and the average surgeon was actually quicker was able to secure better results, using his own hands. However, the advent of the Catalys System, changed this. Now, it was possible to make openings into the eye and melt the cataract in just 30 seconds, and it was quick and painless! So, is the outcome of laser cataract surgery actually better than 'Phaco' surgery done by a skilled surgeon? YES! Absolutely!

A skilled hand can make an excellent entry tunnel into the eye, but the laser will do the same sized tunnel, 1000 times out of a 1000 times - which no surgeon, howsoever skilled, can match! When the cataract gets hard, the laser system melts it with laser energy and converts it into multiple tiny pieces. Naturally sucking out these tiny pieces is faster, easier and less traumatic to the eye than having to go in and mechanically break the cataract up into multiple pieces.

And finally, the lens implanted is centered better with the robotic catalys than with the human hand, because the system scans the eye and decides the central point with greater precision than the human

eye. So, to answer this simply - YES - Robotic Cataract Laser Surgery is definitely better than conventional 'Phaco' surgery.

PT: Is every Laser Cataract Surgery system the same?

Dr. Cyres Mehta: No. Like all tech-driven fields, newer tech is better than old tech, which is why no one buys a 5-year-old phone model or a 5-year-old TV model, even though it may be cheaper, as new tech is definitely better than old technology. The Catalys Robotic System is the latest and best in the world, as of today.

PT: A query we repeatedly receive is from readers who around the age of 50 who seek a solution or alternatives from you about how they can avoid having to wear their reading glasses.

Dr. Cyres Mehta: Lasik isn't the best bet here as it will primarily remove only a distance number. The best bet here is an 'Extended Depth Of Focus' or EDOF lens implant. This will render you spectacle-free as this is a lens implant surgery and it's also covered by medical insurance

PT-Reader Query: My eye-doctor has warned me that if we put a Trifocal lens in the eye, our vision would entail such a lot of glare, as also haloes at night, that it won't be safe for us to drive anymore. Is this true?

Dr. Cyres Mehta: The older designs had these issues. As of today, since the last two years, we have been implanting only EDOF lenses, which will give you independence from your spectacles, for both - far and near sight issues, without the inconvenience of glares and haloes. The new state-of-the-art Swiss, American and German lenses, from reputed manufacturers, are available to us here. These lenses



work better when implanted with the help of the laser system. Also, we use an 'IOLMASTER 700', which is the best lens power measuring device in the world, to determine lens power.

PT: Can a person with Diabetes, High BP or those having Cardiac ailments and are on blood thinners, undergo laser cataract surgery?

Dr. Cyres Mehta: This new Catalys system is tailor-made to handle difficult cases like hard cataracts, and eyes compromised by high BP or high sugar, as the healing is faster. Since entry is made by laser, there is no bleeding, hence there is no cause of worry for people on blood thinners either.

PT: For those suffering from Glaucoma as well as Cataract simultaneously, what's the 2021 advancement in eye-care that they can employ?

Dr. Cyres Mehta: Today, we are in a position to tackle both problems using laser. Glaucoma is tackled using a 2-minute laser procedure before the cataract surgery, known as 'SLT Nano', which reduces eye pressure in many cases. Even so, glaucoma surgery could be required in some cases. Currently, we perform a non-invasive glaucoma surgery, which is both - quick and safe.



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Jamshedi Navroz Mubarak To All!

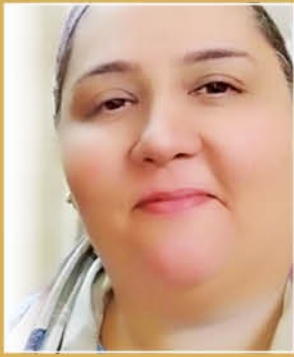
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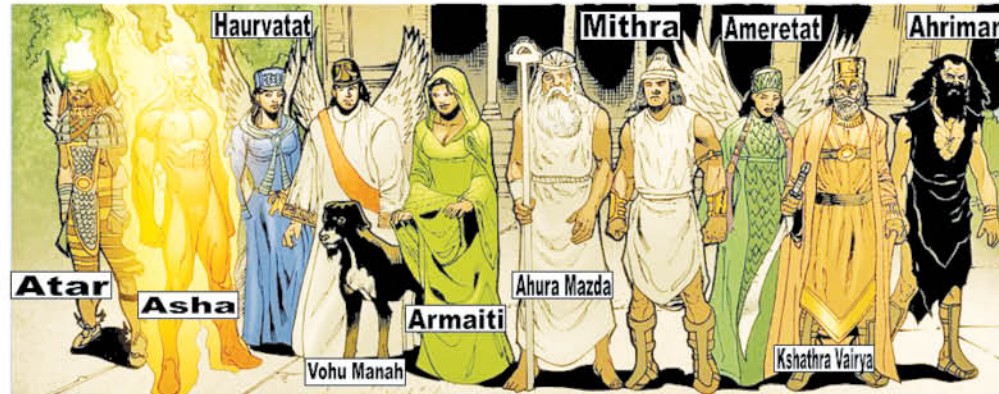
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Gratitude, Glory and Good Health!



DAISY P. NAVDAR

Daisy P. Navdar is a teacher by profession and a firm believer in the efficacy of our Manthravani. She is focused on ensuring that the deep significance of our prayers is realized by our youth. She credits her learnings and insights, shared in her articles, to all Zoroastrian priests and scholars whose efforts have contributed towards providing light and wisdom for all Zarhostis.



When we are grateful or we wish to express deep joy for all the abundance of Pak Dadar Ahura Mazda, we perform a Jashan ceremony, or in some instances, a *Fareshta* ceremony. The *Fareshta* ceremony expresses Joy and Gratitude to all the holy Ameshaspands and the Yazatas. There are 33 Yazatas in all and they are represented symbolically with the offerings that we place during the ceremony. (I have briefly here described each of the 33 Fareshtas / Yazatas excerpted from 'Zoroastrianism - An Ethnic Perspective' by Khojeste P. Mistree.)

1. **Spenta Mainyu:** This bounteous spirit is God's active, creative and motivating force and the protector of man. Man must learn to integrate the physical and spiritual world in order that he may recognize the essence of God.
2. **Vohu Mana:** The Good Mind that enables man to comprehend intellectually, in order that he may discern and choose wisely. He is the protector of cattle. Man must recognize the ethical and moral dimensions of life, in order to care for the wellbeing of other creatures and his environment.
3. **Ashavahishta:** The Best Order - truth and righteousness that regulates order on a physical level, truth on a psychological level and righteousness on a spiritual level. Man must imbibe the truth to bring about harmony and happiness through the recognition of the principle of Asha, which is pure and undefiled, like the fire - the symbol of Zoroastrian veneration.
4. **Kshathra Vairya:** The Desirable and Sovereign Kingdom that represents the power and strength in the Kingdom of God. Man must learn to draw from within the strength and power of God's Kingdom so as to use his discernment to perform good deeds, in accordance with proper authority and justice.
5. **Spenta Armaiti:** Bounteous piety and devotion that maintains the receptive, beneficent and devotional qualities within the

Lord's creations. Man must learn to demonstrate devotion by caring for the earth and all that is in it, with piety, so that he can be virtuous, sensitive and just.

6. **Haurvatat:** Perfection, Health and Completeness. This reflects the goodness, perfection and completeness of God in this world. Man must strive for perfection, both within himself and in all of God's creations. This will expel all evil and it will result in the perfect state, originally created by God.
7. **Ameretat:** Immortality - that which is eternal. Bestows the gift of eternal existence to triumph over death and maintain the wellbeing and continuity of God's creation. Man must realize the continuity of life in all spheres of his existence and work towards 'Making Wonderful' all creation, to continue in a state of perfect peace and harmony.
8. **Adar:** Protector of man's dwellings. Grants wellbeing, knowledge, valour, abundance and good memory.
9. **Aredvi Sura Anahita:** Guardian of the waters. Grants wisdom, knowledge and powers to smite evil. Giver of health and wealth. Eases childbirth for women.
10. **Hvar Kshaeta:** Protector of the Universe. Defeats the evil of uncleanness, impurity, disease, darkness and death. The giver of light.
11. **Mah:** Protector of the seed of the bull. Giver of warmth, wisdom, thoughtfulness and prosperity.
12. **Tishtriya:** Protector of the rains. Brings rain, gives fertility to the field and vanquishes drought and the wicked ones.
13. **Geush:** Protector of cattle. Bestows good health upon all cattle and watches over them from afar. Brings welfare and friendship.

14. **Mithra:** Guardian of pastures, the truth, the light and of all creatures. Listens to appeals, causes waters to flow, rules over districts and supervises contracts.

15. **Sraosh:** Protector of prayer and of man.
16. **Rashnu:** Guardian of Truth and presiding celestial judge at ordeals.
17. **Verethragna:** Guardian of victory and of travellers. Helps armies to win in battle. Brings victory to the righteous and defeat to the ignoble. Bestower of victory over all odds.
18. **Raman:** Protector of the good pastures. Giver of joy, guides the righteous soul in paradise, giver of fertile fields and thick foliage. Bestows peace and security.
19. **Vata:** Protector of the Breath of life. Giver of life, and one who conquers all.
20. **Daena:** Protector of the cows, of Mazda and of man. Acts as a moral guide and guides the soul to the Bridge of Separator.
21. **Ashi:** Guardian of fortune, wealth, fertility and prosperity. Fills the barns with grain and cattle and the coffers with gold. Bestows bounty upon her worshippers and also her divine grace.
22. **Arshtat:** Protector of Truth. Represents all judicial functions.
23. **Asman:** Protector of the Sky. He contains within Himself all other creations.
24. **Zam:** Guardian of the Earth. Nurtures, nourishes and makes plentiful.
25. **Mathra Spenta:** Protector of all manthravani. Wards off evil, exorcises those possessed by demons, gives succour and help to mankind.
26. **Anagra Raocha:** Protector of the House of Ahura Mazda. Repels darkness and invoked at sacrifices.
27. **Haoma:** Guardian of plants and

animals. Giver of illustrious sons, giver of good harvest and fertility, furthers asha and possesses wisdom.

28. **Apam Napat:** Guardian of the waters. Distributes the waters of the earth and brings good fortune.
29. **Chista:** Guardian of knowledge and religion. Grants clear vision and righteousness of thought, word and deed.
30. **Parendi:** Guardian of wealth. Giver of plenty and profitable activity to man. Brings prosperity to the earth.
31. **Vanant:** Guardian to the gates of the mystical mountain in the centre of the world, through which the sun passes daily. Helps smite the noxious creatures of *angreh mainyu*. Giver of strength and victory and removes tyranny and brings peace of mind.
32. **Airyaman:** Protector of health and the Lord of Friendship. Prevents sickness and disease. Will be invoked by the saoshayants for help in healing the world from evil.
33. **Khvarenah:** Guardian of good fortune and bestower of Divine Grace. Giver of health, wisdom and happiness.

Gratitude is like a youthful bursting spring, which has its source in deep faith and the true acknowledgement that Pak Dadar Ahura Mazda is the keeper and the sustainer of our existence. When we get the *Fareshta* prayers done, we bow to the eternal glory and strength of Ahura Mazda. The *Fareshtas* / *Yazatas* are the co-workers of Ahura Mazda and it is through them that He exercises His Will.

Today, as we enter the Spring Equinox, let us give deep gratitude firstly to all those around us, in our immediate sphere, for they have been the bulwark of support and of love. Let us spread our feeling of gratitude for our sustenance, the food on our table, the money in our bank and the health in our bodies. Let us send our prayers to our planet, our beautiful world and all the Divine Creations that bring us health and joy.

I leave you with these very wise words and encourage you to dedicate the forthcoming days to focus your thoughts and your prayers on Gratitude, Glory and Good Health... 'Acknowledging the good that you already have in your life is the foundation for all abundance' - Eckhart Tolle.



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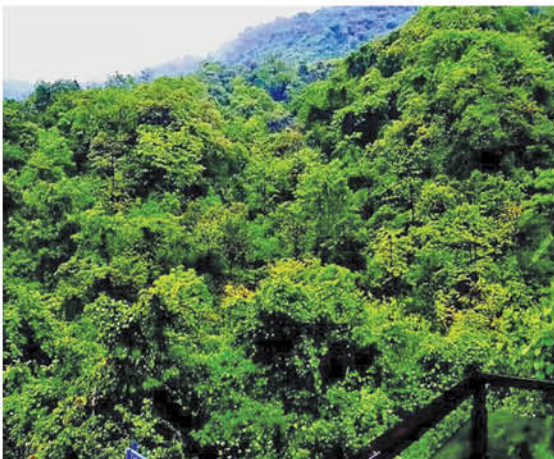
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NOSHIR H. DADRAWALA

Navroz 2021 Celebrating Hope And Renewal



Festivals bring hope and happiness. They open opportunities for bonding and togetherness. The spring festival of Navroz is no exception. It ushers a new day (Nav = New and Roz = Day), new beginnings and a brand-new life.

Hope is a very powerful and positive resource. It inspires us to achieve the impossible and also helps us to move on during difficult times. Hope often springs up from unexpected sources and in different forms. Sometimes a song that you hear or a book you may read may bring hope. But most times, it is festivities that bring hope and fresh meaning to life, amid gloom and despair.

In the Northern hemisphere, Navroz signifies the end of the cold winter season and Nature coming back to life or

renewing itself with spring - literally and figuratively - in the air.

What We Can Hope To Do?

These last twelve months have been unprecedentedly challenging for most of

us and while the pandemic is still around, it is only hope that has kept most of us going. There is no way we can fathom the deep mysteries of this universe, including the origin of evil, with our very limited intellect. To be honest, we do

not even know why during any calamity some die, some are badly maimed, while some survive. What is more important to recognize is what one can or hope to do when calamity strikes. As Zoroastrians,

Contd. on Pg 14

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Contd. from Pg 13

we view Pain and Suffering as evil. Poverty as evil. Hunger as evil. Ignorance as evil. Disease as evil and all imperfections as manifestations of evil. The hope is to bring perfection to our perfecting world through right attitude and right action.

A true Zoroastrian would not be asking why *Ahura Mazda* is punishing the innocent or why Mother Nature is taking revenge on the already ailing and the elderly? A truly Zoroastrian response would be - yes, we have been struck with a pandemic. Now what can one do by way of a remedy or solution to the problem? How best to flatten the curve? Cyrus and Adar Poonawala of Serum Institute of India have done just that - they have developed an affordable vaccine that is mass produced and is saving lives and bringing new hope, not just nationally, but globally. Now that's a truly Zoroastrian response to the pandemic!

Hope Amid Hopelessness!

As Zoroastrians, our duty is to bring hope amid hopelessness, order amid disorder, relief where there is pain and reconstruct all that is lost or destroyed. Calamities are negative and the choice we have is to be bitter about it or make things better. A calamity is a disorder and the only antidote for disorder is *Asha* or order. In fact, our sacred texts categorically affirm that it is only through the practice of *Asha* that evil will finally be vanquished and perfection will prevail over imperfection.

Zoroastrians believe that human beings find happiness or sorrow according to moral and ethical choices made at an individual and collective level. A school of thought also emerged during Sasanian times postulating the theory that *Ahura Mazda* (God) is Totally Good and Very Powerful and *Ahriman* or the evil spirit/mentality is not a creation of *Ahura Mazda* and at the end of Time, the latter will be completely vanquished. According to this school of thought, *Ahura Mazda* cannot and should not be blamed or held responsible for death, disease, suffering or pain in this 'perfecting world'.

Wisdom Of Aderbad Mahrespand

Aderbad Bin (son of) Mahrespand was the *Mobedan Mobed* (Supreme Pontiff) and Prime Minister during the long reign (309-379 A. D.) of Shapur Hormazd, also known as Shapur II. He was a man of great worldly and spiritual wisdom. Very often, when bad things

happen to good people, we begin to question God. Aderbad Mahrespand has advised us to be content in times of adversity and patient in times of disaster. "Do not put your trust in life, but put your trust in good works", he used to say.

Aderbad Mahrespand used to derive six kinds of comfort when misfortune would befall him:

1. that the misfortune was no worse than what it was;
2. that the misfortune fell upon his body and not his soul;
3. that from his total quota of misfortune, there is now one less;
4. that the arch fiend, Ahriman, was desperately making him the target of his attack on account of his goodness and allegiance to *Ahura Mazda*;
5. that Ahriman chose to attack him and not his children;
6. And finally, he would be thankful, that since all the harm that the accursed Ahriman and his demons can do to the creatures of *Ohrmazd* is limited, any misfortune that befalls him is a loss to Ahriman and his treasury, and he cannot inflict it a second time on some other good person.

When something negative happens in our lives, we cannot expect a positive change with a negative attitude. We win some battles and we lose some battles. The issue is not whether we win or lose. It's how we fight or respond. The true reward of a well fought battle is not what we get at the end of it, but what we become at the end of it.

May we all emerge stronger and better Zoroastrians through our positive thoughts, our kind and comforting words and our good deeds. Indeed, all of us can play a role in ushering *Asha* (order) and *Ushta* (happiness) and above all else, the energy of hope that things will be better with our positive attitude and actions.

Ancient Zoroastrian wisdom avers that there is a remedy for everything but death, a hope for everything but wickedness, and everything will lapse except righteousness! What a wonderful thought and ideology to imbibe and live by!

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It's That Time Of The Year Again!



VEERA SHROFF SANJANA

Veera is a published Author ('Endured' and '#LoveBitesLifeHacks') and Columnist; a passionate Educator and Counsellor; Poet and Philosopher... but most of all, a lover of all things literary.

Navroz is the Iranian New Year, celebrated by Parsis, perhaps more fervently than our Iranian brethren, much in the spirit of all celebrations that us Parsis are known for. So be it Eid and that biryani or Christmas with that succulent ham, you will have Parsis tucking in all the flavour and fervour of every festival, adopting it as though it was their own!

The literal meaning of the term Navroz is 'New Day'; it marks the first day of the Persian calendar, the dawn of the New Year. The Navroz festival has a broad mention in history; retaining pride amongst us Parsis as a day of observance, thankfulness and gratitude for all the blessings about to follow in the New Year. On this day, we pray that our plates are forever full, our palates constantly teased, our bellies generously overloaded while our waist and form always retain their form, year in and year out!

References to Navroz celebrations date back to the 6th century, historically. As glorious as its legends and history, Navroz is additionally a grand occasion that Parsis plan for and look forward to, every year. Modern day Parsi households have the reference dating back to their grandparent's era, where theatre-goers saw Parsi plays to packed houses at multiple venues in the same evening! Greats like Dinoo Nicholson, Pilo Wadia, Viloo Kapadia and later, the adored stage couple - the Patels - Ruby and Burjor, were cast for uproarious capers, courtesy Adi Marzban - Parsi theatre's legendary writer-director. The audience was delivered an evening of great comic proportion with his devilish humour and crazy wit, that invariably fuelled great conversations and laughs at that night's dinner, and for many moons to follow. To say that the glitz and the glamour have faded over time, is an understatement.

Now last year saw, what we Parsis deem, an apocalypse of sorts, at least by our books. With the pandemic and the government restrictions on gatherings and celebrations, we live in times that



Special Feature have ousted even the Great Depression of 1929! Nothing in the history of Parsi tragedies can ever compare to the year we have faced. While our population is rather miniscule, our celebrations are huge. They always are. Since you are somehow distantly or distinctly related to, and acquainted with, every single Parsi ever born - in your apartment, your building, neighbourhood, community, city, country or the whole wide world - it seems we are all offsprings from that same damned family tree!

Though the pandemic has put the brakes on all our celebration and festivities, the bonhomie and spirit of gratitude will still prevail in every home. While we savour the fare and sip those *faloodas*, deck our homes and prepare the table, get our parents and the frail one vaccinated, we pray for a covid-free world, back to the days of crowds, chaos and carefree commotion... the kind us Parsis love and thrive on!

While there are two equinoxes in a typical year - namely the Spring / Vernal Equinox in March and the Autumn Equinox in September, it's the former that marks the beginning of New Year. It heralds in bounty and abundance and so it was believed the reason why March 21st was celebrated. In fact, I'm sure Parsis need no excuse or reason to celebrate. I, for one, am rather surprised that, we haven't yet found reasons enough, to mark and celebrate the Autumn Equinox as well!! Come to think of it, why have

the solstices not been added to that list too? You give us a reason for celebration and all we ask is, "WHEN?"

The Persian tradition attaches a lot of importance to the King Jamshed, highly famed for his significant achievement of introducing the Persian Calendar. The legend follows that though there were no clocks to measure time, the King sought the help of the great astronomers and mathematicians of his day, who devised a calendar. King Jamshed, accordingly decided that Navroz or New Year would start on the Vernal Equinox, when night and day were of equal duration - and Navroz is celebrated hence. King Jamshed's exploits, as the most charismatic Pishdadian ruler, are extolled in Zoroastrian scriptures including the Vendidad. He is credited with bringing to the world practical knowledge in the field of science, medicine, arts and agriculture. His reign began the tradition of Navroz. Zoroastrian sacred texts expound the

importance of this day. Navroz also celebrates the coming together of the seven elements or the 'Amesha Spenta' - the guardians of creation - and the gratitude

we owe them.

Now, whether you celebrate Navroz or New Year in March or August, whether your cultural inclinations are Iranian or Parsi - we are all followers of the Zoroastrian faith and as Zoroastrians, our story is much the same. Ours is a tale of religious persecution but the story of safeguarding our faith from Persia to the shores of India is one of continuity and endurance, thankfulness and joy.

According to Persian legend, King Jamshed possessed divine glory by none other than the supreme Zoroastrian deity - Ahura Mazda - who represented light and fire, truth, goodness and wisdom to fight Ahriman, his wicked twin brother - the god of darkness, anger and death, who caused drought, famine and destruction of all

that was good and abundant on the earth. There's plenty of narratives about the association of Navroz and King Jamshed. One such can be traced from the epic Shahnameh (Book of Kings) by the 11th century poet, Ferdowsi, which credits King Jamshed for establishing Navroz, after he saved all mankind from the harshest winter that was destined to freeze the world.

And as we celebrate Navroz this year in 2021, let it be said that it was a Zoroastrian that saved the world from a virulent pandemic as well. The roll-out of this tiny vaccine could soon force the dark hands of fears and disruption away. This year, let's acknowledge all the good that surrounds us, the joy that abounds us. Let us be grateful for the abundance of good health, friends, family and relationships; and in that abundance, let us be ever joyful and thankful!

Navroz Mubarak and Tandarosti!

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To All Our Parsi & Irani Zoroastrians**

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"If you want your children to listen, try talking softly to someone else."

- Ann Landers

"Men marry women with the hope they will never change. Women marry men with the hope they will change. Invariably they are both disappointed."

- Albert Einstein

"Go to Heaven for the climate, Hell for the company."

- Mark Twain

"Fools laugh at others. The wise laugh with others. The wisest laugh at themselves."

- Maxime Lagacé



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BPP Performs Jashan Honoring Sant Musafir



The Bombay Parsi Punchayet performed a Jashan Ceremony in Memory of Late Arbab Maneckji Limji Hataria (Sant Musafir) at Wadiaji Atashbeham on 15th February, 2021 through the funds received from Zarhosti Brothers.

The Jashan was performed by Er. Jimmy and Er. Sarosh, the sons of Er. Yezdi Panthaki, who was instrumental in convincing the Trustees of the Wadiaji Atashbeham for permission to use the front Upper Hall free of charge.

The Trustees of Bombay Parsi Punchayet thank the Trustees of the Wadiaji Atashbeham and Er. Yezdi Panthaki and look forward to their cooperation in the future.



With Best wishes for the New Year

LAGUNA ANJUNA

"I'm a traveller not a tourist!"



GOOD THOUGHTS!

GOOD WORDS!

GOOD DEEDS!



Jamshedi Navroz Mubarak to Parsi & Irani Zoroastrian Community



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SRI PAAK JIMMY (YOGIRAJ) NI MADUD HOJO JI ! SRI PAAK GURURANI NARGIS (YOGINI) NI MADUD HOJO JI !



DIVINE MANIFESTATIONS GRACING MOTHER EARTH

Out of Divine Nature's heavenly splendour, the ever - merciful Living Divine Lights, SRI PAAK GURURANI NARGIS (YOGINI) and SRI PAAK JIMMY (YOGIRAJ) have taken birth on earth in all THEIR Divine elegance, pureness and rectitude to give mortal human beings the robe of righteousness and spiritual birth on the path of self - realisation and also to reveal God in Human Manifested Form unto man. Both Holy Beings have emanated from the same eternal Divine Light and are an integral part of Mother Nature. Due to the same Holy power within THEIR Divine Selves, THEY are Both One Divine Light, the very essence of life, a vision of reality and eternal rectitude.

The Heavens above rejoiced and showered their choicest blessings on THEM, wishing THEM every success and triumph in THEIR Divine mission. The FOUNDER of this Divine mission is SRI PAAK GURURANI NARGIS (YOGINI). Over sixty years ago, SHE single - handedly laid it's foundation for the welfare of mankind on earth. Both Divine Manifestations shower innumerable blessings for spiritual advancement of the human soul to higher realms of existence which is the primary aim and achievement of THEIR Divine task. SRI PAAK GURURANI NARGIS (YOGINI) was managing all the work on HER own at *Sadhana Dham*, Parel as well as serving in an office. SHE discharged HER duties with enthusiasm, hearty and persistent efforts, promptitude and care worthy of admiration. SHE was found doing HER work unmindful of HER own health and also fulfilling the boundaries of family duties. This was not an easy task but one that demanded great effort. HER life had become an immortal poem of unlimited service to humanity on earth.

SRI PAAK JIMMY (YOGIRAJ), by virtue of HIS profound spiritual understanding today manages the entire work of the Divine mission with perception and great skill. The grace and inspiration of SRI PAAK GURURANI NARGIS (YOGINI) is of paramount importance to HIM. HE possesses a treasure of Divine virtues and it is these virtues that spell out HIS ardent success. Today, Both Divine Lights have offered THEIR entire lives for the cause of this Holy mission,



hence we disciples and devotees should try to understand and recognize THEM and THEIR greatness. May Almighty God grant courage and loyalty to all disciples to carry on the great work that THEY so earnestly fostered with energy and dedication.

THEIR all - pervasive Holy Light has purified humanity on earth. THEIR splendidly generous shower of Divine vibrations on one and all is full of heavenly splendour and strength filling them with the mirth of heaven. THEY have given the gift of life and endowed endless bliss to disciples and devotees. THEIR Holy power energises the body, strengthens the mind and cleanses the soul, Whosoever comes at THEIR Holy Feet is blessed with success in every endeavour of fame, wealth and position. Free from disease and distress, they are blessed with bounty, prosperity, honour, success and fulfillment of good wishes. Disciples and devotees are similarly protected from accidents and other unforeseen calamities, thereby keeping them free from the clutches of adversity and helplessness.

Both Divine Lights purify disciples and devotees so as to break the tyranny of desires. THEIR powerful Divine vibrations induces the soul to give up it's craving for earthly attractions. Human beings shall not achieve the bliss of heavenly realms permanently until and unless anger, jealousy, pride, lust, attachment and other such enemies are removed. There can be no spiritual

progress as long as man is attached to worldly gains. For the purpose of protection of mankind, Both Divine Lights vanquish the destructive powers and innumerable viles of evility with THEIR sublime Divine powers on earth.

THEY bestow on humans, this priceless gift out of THEIR own Divine goodness, benevolence and sympathy. In Divinity, there is no forgiveness of sins, but THEY wash away the sins of disciples and devotees, giving them a new spiritual life and taking upon THEMSELVES all such sins by being witness in Divinity for these disciples. At every stage, THEY part with THEIR good deeds which THEY have accumulated over ages. Such is THEIR greatness !

Lakhs of people have so far witnessed and taken advantage of the Godly Divine miracles of Both Divine Lights. Miraculous recoveries have occurred when medical practitioners had given up all hopes and the patients were near death traumas. A very remarkable feature of this aspect is that we have witnessed these Divine miracles with our worldly eyes when Both Divine Lights are present with us on earth in Human Manifested Form. Both Divine Lights hold THEIR *Darshans* always in public and never in private. THEY make THEIR Divine *Darshans* accessible to one and all, irrespective of caste, creed and religion. THEY have no expectations whatsoever from anybody, no personal ambitions for name or fame, ask no questions, make mortals truthfully follow and understand their own birth religion and to respect all other religions.

May Divine Nature usher in immense bliss and good health into the lives of Both Divine Lights and THEIR families. May Divine Nature sprinkle the sweet fragrance of success on every path that THEY tread, and bless the entire civilization for centuries to come. Blessed are those who find such Perfect Divine Masters at the right time, who help them swim across stormy seas and make them rise spiritually to heights unimagined towards the shores of salvation. May this auspicious Jamshedi Navroz Day bring happiness, good health and prosperity to THEM and THEIR families.

AMEN AMEN AMEN

175-year-old Patel Agyari Wears A New Look!



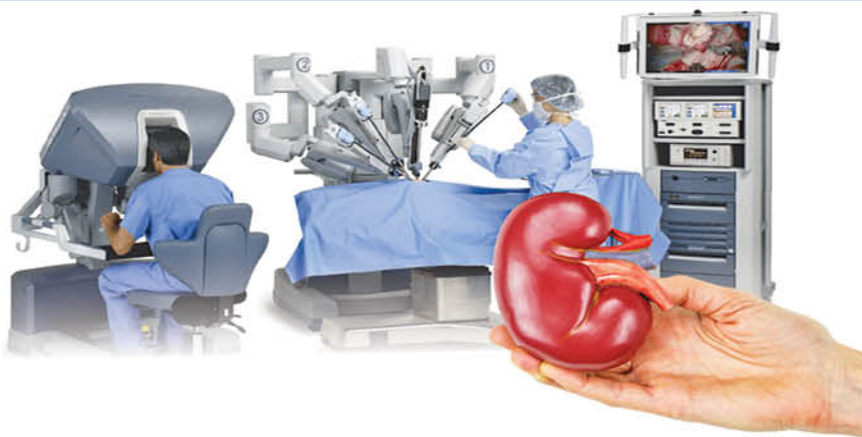
Agyari trustees with Amavaz Mistry & Noshir Dadrawala

The F N Patel Agyari, located at Mazagaon (Mumbai), was recently renovated, thanks to generous contributions from various devotees and donors, including those overseas. A celebratory Jashan was performed on February 20, 2021 (*Adar Roj - Meher Mah*) in the morning. Trustees of the Agyari, as also former trustee of the Bombay Parsi Panchayet (BPP), Mrs. Arnavaz Jal Mistry, and current BPP Trustee, Noshir H. Dadrawala, were in attendance to pay their respects.

The Agyari completed 175 years in September 2020 and Late Ervad Nariman Dalal had provided 50 years of dedicated service as Panthaky. Post his demise, his sincere and equally dedicated wife, Bakhtawar Dalal has been ably managing the Agyari, with the assistance of Er. Kerfegar and Er. Zubin Dalal.

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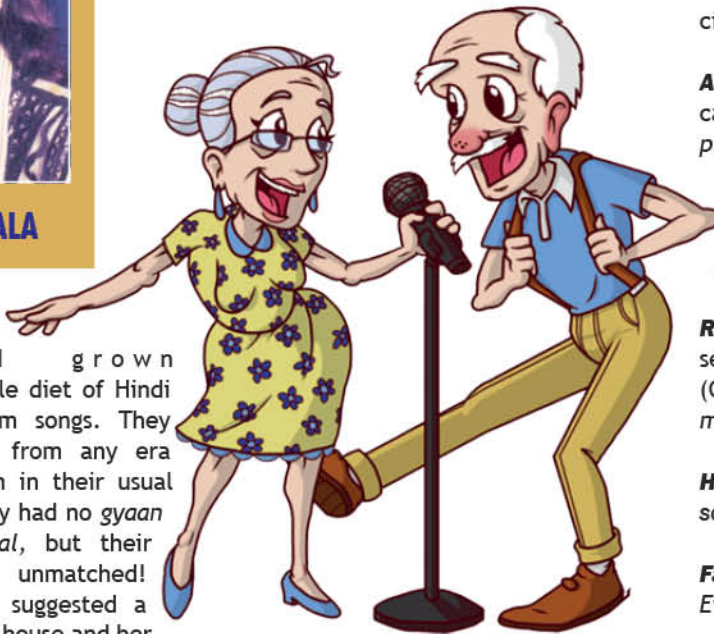
- March 28** **Citi - NCPA Aadi Anant**
8:00 PM **Masters of Percussion**
Featuring Zakir Hussain with V. Selvaganesh, Steve Smith, Deepak Bhatt, Vijay Chavan, Niladri Kumar & Dilshad Khan
This event was staged at the Jamshed Bhabha Theatre on 7th December 2014
- March 29** **Symphony Orchestra Of India**
8:00 PM Mendelssohn: Concerto for violin and piano
Featuring Marat Bisengaliev, conductor/violin & Roberto Prosseda, piano
This event was staged at the Jamshed Bhabha Theatre on 11th September 2019
- March 30** **NCPA - Citi Promising Artistes Series**
8:00 PM Featuring Krushna Salunke & Aparajita Chakraborty
This event was staged at the Experimental Theatre on 12th February 2021
- March 31** **Symphony Orchestra Of India**
8:00 PM Rimsky-Korsakov: Scheherazade
Zane Dalal, conductor
This event was staged at the Jamshed Bhabha Theatre on 16th February 2019
- April 1** **NCPA - Citi Promising Artistes Series**
8:00 PM Featuring Ninad Daithankar and Om Bongane
This event was staged at the Experimental Theatre on 12th March 2021
- April 2** **Citi - NCPA Aadi Anant**
8:00 PM Featuring Hariprasad Chaurasia with Vijay Ghate, Bhawani Shankar, Jayanti Gosher, Vivek Sonar, Debopriya Randive
This event was staged at the Tata Theatre on 8th December 2013

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RUBY LILAOWALA

Meherbai's Mandli And Their 'Sufiani' Musical Evening!



Meherbai's Mandli had grown up on a staple diet of Hindi movies and Hindi film songs. They could sing any song from any era with great enthusiasm in their usual *besura* musicality. They had no *gyaan* of *raag*, *soor* or *taal*, but their love for music was unmatched! Meherbai Mangeshkar suggested a musical evening at her house and her ever-supportive husband of 54 years, seconded her, saying, "If music be the food of love - play on!"

Khadhri Farida: *Marerey!* How can music be food? *Music na dabusa mari ney khavai ke?* How silly! I won't come if there's no food!

Gooli-Got-Pit: You ignoramus female! Meherwanji was only quoting Shakespeare from Ballard Pier - *bheja ma bhusoo chey soo?*

Meherbai: Farida, my darling, I shall order the choicest Japanese food from 'Origami' restaurant at Powai plus an authentic *Tiramisu* with coffee-liquor from the President Hotel for us!

Farida Fuggo (baloon): Ok - then I'm coming and bringing my boy-friend Soli Sales-Tax too. Please don't mind, Soli is a *jabro khava-valo!*

Themul Tarzan: Look who's talking! The biggest *khadhri* herself! And what about Hormusji?

Farida: Ok - I'll bring him too!

Themul: Hormusji *ney* consolation prize *aapyu*. I don't like Soli because whenever he does a *koti* (embrace) to woman, his hands go up and down, from side to side like an octopus!

Chibavli Chadan: Maybe he was an octopus in his last life!

So finally, the musical evening started at Meherbai's, with everyone gathered in her spacious hall. Soon, the door-bell rang. Farida ran to open the door shouting, Japanese food has come! She opened the door saying, "Mushi Mushi," bending from her waistline (actually a

waste-line) like the Japanese.

"Mushi Mushi nahi!" the Zomato delivery guy replied.

Farida (screaming): Meherbai! *Tamota-walo aayoj!*

Meherbai: Tomato nahi! Zomato! I'll handle this, you go and relax.

Meherwanji (starting Antakshari): Besi Besi Ne Soo Kariye - Chalo Karo Kai Kam - Saroo Karo Gavanoo - Lainey Khodaiji Nu Naam!

Farida: I know the answer to this riddle - its' Dara Khodaiji who writes in Parsi Times!

Meherbai: It's not a riddle, you *akkal ni dushman!* My Mehloo is starting the musical evening. Who will sing first?

Nergish Noorjahan: Me! Me! And she sang the song from the film 'Dil Se' - 'Jiya Jale - Jaan Jale, Raat Bhar -Dhuan Chaley - Janu Na, Janu Na, Janu Na, Sakhiri'.

Abban Aban: Marerey! Her Jiya, Jaan, everything is burning! These are symptoms of high fever!!

Sorabji Saigal sang the number from 'Hum Dil De Chuke Sanam' with 'Tadap-tadap Ke Is Dil Se Aah Nikalti Rahi....'

Abban Aban: Oh Mai Re! Sorabji *ney* heart attack thayo *teh gainey boleji!*

Behroz-Bipasha Basu said: 'Bidi Jalayle Jigar Se Piya - Jigar Ma Laagi Aag Hai!'

Religious Rutty: We Parsis don't smoke

cigarettes - leave alone *bidis!*

Aspi Allrounder: *Jigar Ma Aag* means a case of severe acidity! Eno's fruit-salt *pivano!*

Manek-Mohamad Rafi: Intensely looking at his wife, sang: 'Tujhme Rab Dikhta Hai, Yara Main Kya Karoon?'

Rarto Rohan: This means Manek has got severe *motias* (cataract). He sees Rab (God) in his *shetaan jevi bairi!* *Jaroor motia thayaaj!*

Henpecked Hormusji sang the old Nagin song: 'Mann Dole, Mera Taan Dole...'

Farida: My husband suffers from vertigo. *Evan nu toh baddhooj dolej!*

Jabri Jaloo: Any man married to Farida - *dolto thai jaye* - hence, Farida should sing 'Dola Re Dola' from *Devdas!*

Keki-Kishore Kumar: 'Hai Re Hai, Neend Nahi Aaye...'

Soli Sales-Tax: Which film?

Keki KK: Forget film. I'm singing this song because I am suffering from insomnia.

Thirty Trim-taraak sang Ravina Tandon's sexy song, 'Tip Tip Barsa Pani, Pani Ney Aag Lagadi...'

Jalamai Jasoos: Which film?

Silloo Sexophone: No film. She's telling us about her old forgetful husband who always leaves the tap open.

Homi-Hemant Kumar: Now I'll sing a song from *apra bawa adam no jamano...*

When Tansen sang this song in Emperor Akbar's court in the darkness of night, thousands of lamps lit up! When Homi sang 'Diya Jalao, Dhobi Talao...', the lights in Meherbai's house suddenly went off! Meherbai brought in a lot of scented candles and lit them. As a result, the atmosphere became romantic, even as some members asked Homi, "Tu Tansen ni aulad che soo?"

Soli sang: 'Batana Bhi Nahi Aata, Chhupana Bhi Nahi Aata...'

Bomi-Burman: Which film?

Soli: God knows! I'm just telling you musically my financial condition!

Dhanjoo Dhol sang: 'Dhobi Taro Dhol Bajey, Dhol Bajey, Dhol Bajey Dhol, Ke Dham Dham Baje Dhol...', keeping timing with his fingers by playing on his *dhol jevu paunch!*

Rustomji-Rafi sang: 'Suhani Raat Dhal Chuki, Na Jaane Tum Kab Aoge...'

Soona Sample: This reminds me of my brother Faredoon who sings this every time his wife runs away to her mother's house!

Sammy Six-pack: I'm dying of hunger!

Meherbai: Ok-ok! I'm serving the food in a few minutes.

What Meherbai served in the next 30 minutes left the Mandli members speechless as they had never seen or tasted such delicious food. It was a fusion - blending delicious Parsi and Japanese cuisine! It consisted of *Tamtamta Tiger Prawns Tempura*, *Pearl-Harbour ni Patrel*, *Surmai Sayonara*, *Yoko-Ono-Rice-Cakes*, *Samurai Samosas*, *Titori-Tepenyaki*, *Harakiri-Pulao*, *Suzuki Sekta-ni-Sing* and *Toyota Tendli!* Additionally, there was *Sushi-per-eeda*, *Japla-Jinga-per-eeda*; *Eada-Kawasaki style*, *Okinawa-Okra-per-eeda* and *Eeda-per-eeda!*

Clever PT readers know who ate the most? Bingo! Farida, the super-Khadhri. She also ate up a lot from poor Hormusji's plate!

Aimai Einstein: *Havey bas!* Enough! Any more Japanese food and our eyes will become *chinky* too and we'll all look like *Choochi-aankh wala Japlas* and *Japlis!*

On this note, the Mandli did *Kisi-koti*, *Ta-ta, Bye-bye*, God Bless You and left Meherbai's house, singing, 'Sayonara, Sayonara', from the 1966 film - *Love In Tokyo!*





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DR. DANESH CHINYOY

Set The Prisoner Free... Unlock All That Suffering With The Forgiveness Key!

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

Imagine that someone put hot coal in your hand! Instead of dropping the coal, you carry it around, and it continues to burn you. One day, you finally decide to let go. Your hand only now starts to heal. It may take time, but the constant pain that comes from carrying the coal starts lessening. Forgiveness is like dropping that hot coal. When you forgive people and situations, you jumpstart the process of healing. Forgiveness and healing are strongly correlated - it's difficult to have one without the other. Grudges are like toxins within our emotions. When you learn to eliminate these toxins, only then can the body begin to heal and return to homeostasis (natural state of wellbeing and balance).

Medical science tells us, not forgiving someone can impact both, physical and mental health; likewise, forgiveness has been associated with a variety of physical and mental health benefits. Research has established that forgiveness leads to healthier hearts, lowered blood pressure, strong immune responses, decrease in anxiety and depression. Forgiveness also contributes to people's inner happiness and sense of well-being. As hard as it might be to forgive people or situations that have deeply hurt you, the benefits are certainly worth the challenge.



Forgiving yourself may be harder than forgiving others. Everyone has wronged someone, intentionally or else. Often, people feel they do not deserve to be forgiven for their actions. Yet, just the opposite is true. Just as you forgive others, you need to forgive yourself too. Forgiveness is liberating, it frees the one who hurt you, but most importantly, it frees you from those negative emotions and triggers, and from being a victim. It empowers you to move on with strength, without that deadweight on your heart.

When we refuse to forgive, our body remains in a state of negativity, releasing chronic stress hormones that can lead to ill-health. You focus on your pain, creating increased stress, which attracts further pain

and hurt. Chronic symptoms of ulcers, backaches and migraines have all been cured when patients have simply let go their grudges and forgiven truly.

In the presence of Oxytocin, also known as the love hormone, love heals feelings of helplessness and deep fear. Forgiveness allows your brain to produce more oxytocin, meaning, you have less fear of betrayal and greater ability to move on from all hurtful situations. Your sleep improves and you rest more peacefully, allowing your body to harness its natural healing abilities. I personally feel, we, as health practitioners, fail in our duty towards our patients, unless we deal with their issues holistically and make them

realise how their emotions affect their physical symptoms.

Forgiveness may mean different things to different people. It doesn't necessarily mean sacrificing your self-worth and forgetting or excusing the harm done to you or making up with the person who caused the harm. It involves the decision to let go of resentment and any thoughts of vengeance (Nature and karma need no petitions!). The act that hurt or offended you may be replaying in your head like a non-stop tape. Forgiveness lessens its grip on you and helps free you from the auto-play mode, as also the control of the person who harmed you. True forgiveness leads to feelings of understanding, empathy and finally, compassion for the

one who hurt you. Forgiveness brings a kind of peace that helps you go on with life, from strength to strength, embracing your own inner potential.

Some people are naturally more forgiving than others. But even if you're not, anyone can learn to be more forgiving. Forgiveness is a commitment to a personalized process of change, to move from suffering to forgiveness. Here are a few guidelines:

1. First, recognize the value of forgiveness and how it can improve your life. Identify what needs healing and who needs to be forgiven and for what exact action/event. Acknowledge your emotions about the pain you feel and how that affects your feelings and behaviour.
2. Commit to work towards the release of these emotions for your own well-being. Consciously choose to forgive, move away from your grudges as also your role as a victim and thus release the control and

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- power the offending person and situation have had in your life. As you let go of grudges, you'll no longer define your life by how you've been hurt.
3. Seek your inner wisdom which guides you towards compassion and understanding. Consciously, practice empathy. Try seeing the situation from the other person's point of view. Ask yourself why he or she would behave in such a way. Perhaps you too would have reacted similarly if you faced the similar circumstances and life experiences.
 4. Get in tune with your inner calling and innate wisdom. Pray and seek divine blessings to heal you. Bring in your awareness that forgiveness is an on-going process, and even small hurts may need to be revisited and forgiven, over and over again.
 5. Reflect on times when you may have hurt others intentionally or unintentionally. Silently thank those who've forgiven you and ask yourself if you want to seek forgiveness from someone in particular.

Importantly, consider seeking professional help like counselling / therapy, if your emotions are too overwhelming to handle by yourself.

Getting another person to change his or her actions, behaviour or words



is never the point of forgiveness. Think of forgiveness as how it can change your life – by bringing you peace, happiness, and emotional, physical and spiritual healing.

When you're on the other side and seeking forgiveness from another, the first step then is to honestly assess and acknowledge the wrong you've done and how it has affected others. Be honest but avoid judging yourself too harshly. If you're truly sorry for something you've said or done, consider admitting it to those affected. Speak of your sincere sorrow or regret and ask for forgiveness – without making any excuses.

Remember, you can't force someone to forgive you or ask your forgiveness. Others need to move to forgiveness in their own time. Whatever happens, commit to treating others with compassion, empathy and respect. Healing is not just a possibility; it is imminent when you truly forgive. God bless!!

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All our Community Members A Very Happy and Prosperous New year

The B D Petit Parsee General Hospital continues its charity care activities to the community for the last 108 years largely on account of benevolence of you all for sending your donations year after year.

This year, however, is quite different. With COVID-19 pandemic, every hospital is under enormous strain, not only in India but also across the world. We are actually fighting an unknown enemy. However, recent approvals of COVID vaccines manufactured by Serum Institute and Bharat Biotech are some solace, but their efficacy is yet to be fully tested. At a time like this, our community, with a larger number of older people, is highly vulnerable. Requiring continuous medical attention, not necessarily for corona infection but for general well being.

In order to meet the emergent needs, we have, at our Hospital, created a separate Isolation Ward where every new patient is first attended to, his/her swab test is done, report generated and thereafter treated with much care and love regardless of whether the patients are tested +ve or -ve. We have also created a 6 bedded ICU to look after patients who need a higher level of Medicare. Needless to say, we have treated at least 50 serious Parsee patients in this facility, with a good degree of success. We are not a Covid-designated Hospital for the general public, but with the constraints of adequate beds & ICU facilities in Mumbai, we have been allowed by the BMC to treat our Covid +ve cases. We have received many accolades in recent times from our patients and their relatives and we have placed many of these testimonials on our website, <http://bdpetitparseegeneralhospital.org> which speak for the commitment of our Doctors, Nurses and the entire staff who have, in such trying times, continued to keep the Hospital's flag flying high. To quote from one of the touching testimonials, " when we were children, we learnt Angeles have wings, but today, we have realised there are Angeles who have stethoscope too".

We need your support much more at this crucial time, to upgrade our Hospital, as also to look after our Doctors, Nurses and other staff for providing their selfless service to our community members, rich or poor. Philanthropy is in Parsi DNA and we have no doubt that you will continue to patronise your very own Hospital.

With grateful thanks and best wishes for a happy and healthy Jamshedi Navroz. Stay well and stay safe.

Homa D. Petit
President

March 2021

The B.D. Petit Parsee General Hospital

Don't Leave Me Alone!



SHIRIN MERCHANT

Shirin Merchant is India's pioneering Canine Behaviourist and Trainer. For the past 25 years, she has worked hard to ensure that dogs in India are trained using reward-based methods.

A year ago, when the pandemic struck, it changed our lives and those of our dogs' too. We were all stuck at home and many dogs enjoyed the constant attention that they received. But this constant access to the family became a problematic basis for many pet-parents and I started to hear complaints... "My dog keeps following me from room to room," "My dog has become clingy - he wasn't like this before!" and "My dog starts crying even if I go out for a short while now!"

With the lockdown having eased a few months ago, the complaints from the dogs and the pet-parents grew louder - "My dog will howl if left alone," or "My dog shreds up the sofa if I step out!" If you have a dog that got clingy during the lockdown, you are likely struggling to leave your dog alone at home. So what can you do to help your dog?

First, we need to understand that 'Separation Anxiety' - a condition wherein an animal exhibits symptoms of anxiety or excessive distress when they are left alone - is a genuine condition and not something that dogs conjure up just to irritate us. Separation Anxiety symptoms can include destruction, soiling the house, barking, pacing, panting, salivating, trying to escape from the environment and even self-mutilation.

So, what causes a dog to suffer from separation? Why is it that some dogs develop the condition and others don't? We do know that in the wild, it is natural for young mammals to experience anxiety when separated from their mothers and siblings - it's an adaptive survival mechanism. A pup that gets separated from his family,



cries in distress, enabling mom to easily find him and rescue him.

Often, separation anxiety can also manifest in dogs that were separated too early from their mothers, or dogs that have never been taught to be alone at a young age, or even dogs that had a traumatising incident when left alone in the past or then, a dog that is over-bonded to one person at home. But currently, the main reason we experience it is due to the constant access dogs have had with their pet parents, who had to constantly stay indoors, due to the lockdown.

So, what can we do to lessen or prevent this Separation Anxiety problem if it exists?

1. Don't allow your dog to follow you from room to room: If your dog has constant access to you, he won't know how to be by himself. It's perfectly fine to go into a room and ask your dog to wait outside. He doesn't need to stick to you 24/7.

2. Preferably, don't allow your dog to sleep in bed with you: While it's true that sleeping in the owner's bed won't cause separation anxiety, if your dog already suffers from the issue, all of that nighttime closeness won't help. After all, the goal is for your dog to learn to feel relaxed when alone, and if he can't even be physically separated from you overnight, how can he remain calm by himself during the day when you're gone? You can put his

bed in your room and ask him to be there during the night, but not let him sleep with you in your bed.



3. Avoid being too clingy with your dog: If you are constantly touching your dog, talking to him or engaging in any way, it can cause the dog to get used to it. Keep in mind that a clingy human often accompanies an insecure dog. Try ignoring your dog for a few hours at a stretch everyday; detach mentally, keep yourself occupied with other activities like painting or cooking, dancing or anything that doesn't include your dog.

4. Spend time with your dog in a positive creative way: It's not the quantity that matters, but the quality of time you spend with your pooch. Play games, do training, go for a walk, etc. Do not play or engage all the time just because you have the time.

5. Allow your dog to be by himself: Alone time is good for your dog and for you. It can rest his mind and help him enjoy his

own company. Ensure there are a few hours every day, where he gets to be by himself and rests or occupies his mind

creatively, at such time. It can be overwhelming to constantly be around others.

6. Teach your dog to go to a designated place and relax: Practice a 'Go to bed' command. And slowly, increase the time, your dog stays there. You can eventually progress to asking your dog to stay there and going out of sight for short periods. Make sure your dog is happy by himself, and not scared, all through.



7. Reduce general levels of stress in your dog: We all know stress contributes and exacerbates underlying issues. A stressed dog, when left alone, is far more likely to become anxious. Learn the indicators of stress and work on reducing the causes.

8. Build confidence in your dog: Confident dogs tend to be more secure about being alone. Scenting games, fun training using positive methods, playing tug, and other games that stimulate the dog's mind, are a great way to get your dog to become more confident.

9. Be careful about reinforcing unwanted behaviour: If you go to the bathroom and your dog whines outside, and should you open the door and allow your dog inside, you could well be rewarding unwanted behaviour! So, be careful to encourage only the calm and happy behaviour of your doggy.

10. Understand that your dog's difficult behavior is not deliberate: And that punishment is ineffective, inappropriate, and will only exacerbate the behavior.

With any behaviour issue in a dog, it's always better to prevent a problem than to allow it to grow and then try to remove/ correct it. If your dog has been showing signs of anxiety when alone, use the steps above to help him cope! In case of extreme anxiety, do get a professional to help bring back your doggy and you to a place of calm and happy!



**Padma Shri Dr. Mukesh Batra
(Homeopathy)**

Homeopathy for Diabetics

In a career spanning four decades, the world's leading Homoeopath, Padma Shri Dr. Mukesh Batra, has revolutionised the way homeopathy is practiced today. The Founder-Chairman of Dr Batra's™ Group – the first and largest homeopathy corporate worldwide, he has treated over a million patients, including Presidents, Prime Ministers and prominent film personalities and celebrities. He has authored several books and has been honoured with numerous fellowships and over 50 national and international awards, including the Padma Shri, one of India's highest civilian honours.



EYE DAMAGE (RETINOPATHY): Diabetes can damage the blood vessels of the retina, leading to blindness. Diabetes also increases the risk of cataracts and glaucoma.

Homeopathy Medicine: Arnica 6c (4 pills) taken twice daily, half an hour away from meals, helps in reducing the risk of diabetes related blindness

Homeopathy For Diabetes

The longer you have diabetes, the higher your risk of complications. Therefore, you need diabetes treatment which doesn't focus on just your insulin levels, but also eradicates the root cause. One such treatment alternative is homeopathy. Diabetes treatment in homeopathy improves healing by strengthening the immune system. It takes care of the associated conditions like soreness in the legs, hardening of the liver and can also prevent amputations in some cases. It regulates your sugar metabolism and fixes your metabolic disturbances responsible for diabetes.

Homeopathy complements conventional medicine, bringing about better and long-lasting results. A study conducted at Athens indicates that a combination therapy (Homeopathy+conventional medicine) showed a 97% improvement in diabetics, compared to 47% improvement in those taking only conventional treatment.

Self-Help Tips: The following remedies are recommended to deal with the most

- common symptoms of Diabetes:
- *Insulin 6c* (5 pills) taken twice daily half an hour away from meals
 - *Syzygium Jambolinum Mother tincture* (5-6 drops in half a cup of water) taken twice daily half an hour away from meals

The medicines mentioned above are only suggestive; please consult your local homeopath who will be in a position to understand your condition better.

Living with diabetes can be made easy by making a few lifestyle changes:

- **Learn to relax:** It is important to not let stress affect you. Ensure to add meditation to help you relax. [Suggested: Kali Phos 6 x 2 tablets taken half an hour before bed]
- **Diet Control:** It's important to be diet-conscious. With a proper diet comprising a naturally low Glycaemic Index (GI) score, you can help your body control its blood sugar levels.
- **Walking:** for at least half an hour daily is recommended as it increases blood circulation.

Make sure you monitor your diabetes regularly, eat healthy and in moderation and work together with your homeopath to ensure that your diabetes is under control. A controlled diabetic has a better quality of life than non-diabetic patients. Get rid of your sugar problems with sugar coated pills!

To get your queries answered by Dr. Mukesh Batra, email at: editor@parsi-times.com

With over 30 million diabetic patients in India today, you should know that diabetes goes deeper than worrying about your blood sugar levels. It could lead to emotional strain, affect your quality of life and personal relationships. It's therefore important to educate yourself about diabetes before selecting a treatment alternative.

In 'Diabetes Type 2', which is most common among adults, the body becomes resistant to insulin or doesn't respond well to the produced insulin. 'Diabetes Type 1', or Juvenile Diabetes, is a chronic condition, where the pancreas secretes little or no insulin. Your immune system damages the beta cells in the pancreas, causing low insulin levels. Gestational diabetes is another type which occurs during pregnancy.

Diabetes symptoms for type 1 and type 2 are similar. These include increased thirst, frequent urination, unexplained weight loss, fatigue, blurred vision and delay in healing wounds. Diabetes brings along a range of gradually developing complications, which include:

NERVE DAMAGE (NEUROPATHY): Excess sugar injures the capillaries (tiny blood vessels) that nourish your nerves, especially in your legs. This causes a tingling, numbness, burning or sensation of pain that begins in the tips of the toes or fingers and gradually spreads upward. Left untreated, you could lose all sense of feeling in the affected limbs. Damage to the nerves related to digestion can cause problems with nausea, vomiting, diarrhoea or constipation. For men, it may lead to erectile dysfunction.

Homeopathy Medicine: Kali Phos 6x (2 tablets) taken twice daily, half an hour away from meals, helps to control nerve damage.

KIDNEY DAMAGE (NEPHROPATHY): Diabetes can damage the delicate filtering system in the kidneys leading to kidney failure which may require dialysis or kidney transplant.

Homeopathy Medicine: Solidago Mother Tincture (4-5 drops in half a cup of water) taken twice daily, half an hour away from meals, helps kidney function.

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Lessons from the Pandemic And The Way Forward...



RAZVIN NAMDARIAN

Hope! That's the one thing that keeps us going in the midst of every adversity. Indeed, 2020, the year of the COVID-19 pandemic, has been, by far, one of the most distressing years in human history. Yet, with hope eternal, the human spirit reigns resilient and so it is with renewed vigour that we step into the new normal. So, what lessons have we learnt? What kind of future awaits some of the more prominent sectors and aspects of our lives? PT Reporter Razvin Namdarian speaks with some of our community's industry experts as well as authorities in their respective fields, and shares their opinions with us...



Ervad Dr. Ramiyar P. Karanjia (Religion): The Zoroastrian religion is a life enhancing, positive religion. Life is over and above everything, and we need to take every step to enhance it. It was indeed unfortunate, that over the past year, we weren't able to visit the Agyari and attend the Muktdad rituals. The Zoroastrian kasti prayers and rituals help us through protection, cleansing and strengthening. We have to protect ourselves from this invisible scourge by following all the safety protocols and maintaining our health. Among divine beings, Hom Yazad helps to fight germs, bacteria and virus. Hence, remembering Hom Yazad and seeking his aid is helpful. Let us hope that the physical, mental and spiritual lessons learnt in the past year do not go in vain and we emerge better, stronger and wiser mortals. Sincere prayers and best wishes to all to stay safe, stay and triumph over the scourge. Yazdan Panah Baad - May Ahura Mazda protect us all!

of the Spring Equinox as the Earth renews itself. It was around Navroze last year that we went into lockdown, as the pandemic rolled over humanity like a tsunami. It's taught us that while technology has led to development in leaps and bounds, it has also taken us backward in terms of health. The constant bombardment by radio waves - 2G, 3G and 4G is causing a disruption in Nature and our bodies. The pandemic has made us aware that we need to focus on our health. This means working out in Nature, rather than gyms. For me, Yoga is the most scientifically complete form of exercise which can recharge us, flush out the impurities from our bodies and is amazingly therapeutic. Going forward, I would recommend - be lean, don't be mean, plug out of your machines, plug into your heart and Go Green - to get energized, get naturalised, get Mickeymised!



Parvez Damania, Businessman and Founder of Damania Airways (Aviation): The pandemic has been highly disruptive for the aviation sector. Restricted movements, weak tourism, curtailed income and fear psychosis are expected to compress the passenger demand by 30-60%, endangering the commercial viability of airlines. To overcome the present COVID crisis, optimal utilisation of resources, cooperation rather than competition and cost optimisation seem to be the possible ways out for sustaining commercially viable take-off on rough terrain. The most important lesson is that airlines need to focus on safety measures and hygiene so as to reassure wary travellers that planes are safe. With travel bubble arrangements, more countries reopening and the vaccine development, it's likely that 2021 could well shape up to be the period

of 'revenge travel'. Hopefully, robust vaccination programs across the globe will result in the end of the pandemic and the airline industry will revive again.



Marzee Kerawala, Founder - Nivesh India (Finance And Markets): A primary lesson learnt in the pandemic is that Risk-Protection takes precedence over WealthCreation. Medical Insurance is paramount and the pandemic has emphasised that manifold! In fact, in a city like Mumbai, I'd recommend a minimum of Rs 10 lakh medical cover. The pandemic has taught us the necessity of maintaining an Emergency Corpus - one should have enough liquid funds to sustain themselves for a minimum period of six months. People need to consider Asset Allocation and Diversification. It's a myth that real estate offers the best appreciation - we have generated far more wealth for our investors in other avenues. Similarly, gold jewellery is not an asset class, rather we recommend that one doesn't invest more than 5% of their funds in gold (that too - gold sovereign bonds / gold funds). The share market may seem very lucrative but if you don't have the professional ability to understand and navigate it, it's best to invest in Mutual Funds.

lockdown caused by the pandemic disrupted education as never before, as remote instruction and 'work from home' became the new norm. For schools, this posed tough challenges - to effectively manage the evolving dynamics of the complex student-teacher-parent relationship, from a distance. Traditional approaches used to instruct and motivate students had to be instantly supplemented and complemented by newer, digital options. Even as the crisis has intensified, our interaction with technology, the educational landscape has been dramatically, perhaps irrevocably, altered. We transitioned successfully from the 'classroom-to-the-cloud', thereby providing academic continuity to students. The crisis has forced teachers to adapt, improvise, curate and modify content, to find creative and innovative ways to teach, engage and support students. There is an inherent systemic resilience to the institution of education as our schools and teachers have effectively proved throughout the pandemic.



Yazdi Tantra, Global Vice President - WZCC and Founder of TantraTech (Digital Platforms): The pandemic revolutionised the very manner in which people carried out daily interactions and transactions. We woke up to the power of the internet. And those, especially seniors, who earlier hesitated about using new online technology were forced to overcome their fears regarding the security of online payment models. To them I'd say, it's akin to putting your valuable in a bank locker - you have to trust the system as the infrastructure is sound. The pandemic also gave rise to unknown heroes like 'Zoom',



Mickey Mehta - Global Holistic Wellness Guru (Health and Fitness): I term Navroze a geographical New Year, a celebration



Benaifer P. Kutar, Principal, JB Petit High School, Mumbai (Education): The nation-wide

which became the base for corporate communications and education. Whether it was entertainment, work from home, schooling, purchasing essentials, et al, every aspect of life was linked to on-line platforms. People now realise the ease and convenience of digital platforms. In the future, I foresee we will continue with a hybrid model; I don't see people going back to their old ways.



Kainaz Messman, Founder - Theobroma (Hospitality - Restaurants): The lockdown was the biggest setback we faced, the biggest challenge to our business. The three main lessons we learnt are: That health and safety of our staff and guests is paramount and not to be taken for granted; That we must take action - we didn't wait around to see what others in the industry would do, we never stopped working, we planned and prepared for our (re)opening immediately; and That where there's a problem, there's an opportunity! We now have a shorter menu, a leaner staff and we've concentrated our efforts on revenue growth and profitability. We don't yet know the full impact of the pandemic on our industry, this will evolve in the months ahead. Things have changed and we must adapt to whatever the future holds.



Pearl Tirandaz, Founder - Good Deeds Project (Social Consciousness and Welfare): During the pandemic, we saw the community rally together to help each other. The BPP's brilliant initiative to provide food, medical aid and sustenance, especially to elderly citizens who were living alone and unable to fend for themselves, was a huge success. It was heartening to note that within a few minutes of the BPP announcing that it sought volunteers, offers flooded in from the youth and we had Mumbai covered - from Colaba to Thane. In a show of unity and solidarity, so many community members went above and beyond their call of duty. I also believe that the pandemic made us aware and conscious about what really matters in life. We began appreciating our family, friendships and the community ties. It was in November 2020 that I finally launched the Good Deeds Project, which I'd relegated to the backburner due to the lockdown. I've received overwhelming positive feedback and I'm grateful that people watching the videos and somewhere, somehow they get inspired to do 'good deeds' and spread the love!

Of course, events like weddings have had to cope with restrictions on the number of attendees, but these are celebrations that family and friends look forward to. Corporate events have faced the biggest challenge and will take a while to bounce back. In the future, hybrid events will continue to be the way forward and they help event companies stay afloat.



Arnaz Mirza, Professional Emcee for 15 years (Entertainment / Events): After the travel industry, the events sector was the most badly hit by the pandemic. The lockdown drove many small event planners out of business. Sustainability necessitates diversification and technology helped take events virtual. Today, we find events which were previously large scale following the hybrid model - a small live audience and a virtual broadcast. There are advantages to this as now such events have a wider reach and a global audience. However, at the same time we are at the mercy of our wi-fi connections! As an emcee, while it's easy to hold the attention of a live audience, it can become a bit challenging, especially with time lags between responses, when dealing with a virtual audience.



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Iranshah's Presence In The United Nations Through 'Seva'

- A Perspective From The 'Five-Star Iranshah Dream-Team' -



By Meher Amalsad

The Five-Star Iranshah Dream Team were all asked the Question:

"Spearheading the spread of this Light of Iranshah, Which is your Favorite Star of SEVA and how will its Valuable Energy (Love) transform the Spirit of Humanity?"

The following are their thoughtful, inspiring and motivating answers...

Answer by Vada Dasturji Khurshed Dastoor, the 'GEM-STAR': After the Arab conquest of

Iran, Zoroastrians fled their ancestral homeland. History has it that one group of Zoroastrian

refugees landed in Diu,

India, and lived there for 19 years.

Driven by faith and inspiration, they set out towards Gujarat when they were caught in a violent storm. They beseeched the angel of Victory, the Powerful Beheram Yazad to guide them to safety, vowing to consecrate an Atash Beheram (Iranshah) if they reached safe ground. Thus, came to Life a Spiritual 'Light' - Our HOLY IRANSHAH. Along with every other Zoroastrian, I remain eternally indebted to our ancestors who struggled with determination to preserve our faith. Our Dastur Sahebs and Mobed Sahebs, from the time of consecrating the Iranshah Fire, till date, have ferociously protected the sanctity of this Holy Fire. No achievement is more victorious than that of these dedicated Mobed Sahebs. The Selfless service of every Bouywala is a valuable contribution towards our sacred Iranshah, whose divinity kindles every Zoroastrian heart with Spirituality, Hope and Light. For me SEVA embodies the spirit of Raadhi (Charity)

with Raasti (Trust and Righteousness).

follow where it leads us. to contribute financially too!

Humans have unlimited capacity to connect and we may sometimes feel limited, especially in current lockdown circumstances, but we have natural impulse within ourselves to help others. Anonymous open giving makes one more comfortable with giving with no need for reward and thus one can expand the reach of one's actions. So enjoy, in joy, the act of selfless action and all the wonderful energy that surrounds it! To me SEVA is Serve and Expand Valued Actions.

Answer by Arzan Wadia, the 'SUPER-STAR': Service to the faith a n d community should be inculcated from a young age. We have seen countless examples in our community. Be it the pioneers who took it upon themselves to preserve the faith, and then others followed and provided the means and methods, for generations to flourish. Building institutions both physical and non-physical allowed our community to have fire temples, educational institutions, housing, hospitals and a plethora of institutions. This happened because people felt that in doing their small or big bit, they were serving the community.

At different times in one's life, one is presented with various ways to serve or do SEVA. The younger folks can give their time in service of the community. Giving in service is not only limited to monetary resources. For service to come a full circle, one needs folks to give their time to complement those who give their financial resources. It is only when both happen, that true service is realised. So today, when you think of how you can so SEVA, give whatever works for you. To the young adults who are starting out in life and in their professional careers, give your time to worthy causes, and later in life, someday, Ahura Mazda willing, you will be able

to contribute financially too!

Answer by Tinaz Karbhari, the 'RISING STAR': SEVA, or the act of selfless service, should be performed by all individuals. The scale of the act can be as minute or grand as one chooses and can take many different forms - be it v i a volunteering one's time, doing an act of kindness or simply donating to a cause close to one' heart. The youth should have the importance of SEVA instilled from a young age, in order to be able to practice and apply it into their everyday lives, in turn developing an altruistic nature. This should then be shared with the next generation to continue the cycle.

I encourage everyone, particularly youth from all corners of the world, to serve others and causes they connect with. Unknowingly, the simplest service brings you the most happiness. And it doesn't have to be difficult; helping out is not a hard task and doesn't require any special skills. Service is essentially the expression of love. Serve in whatever manner possible. Take it upon yourself to inspire others and be the change that you want to see!

The Pahlavi Dinkard recommends cultivation of 5-STAR virtues which are of religious merit - Truthfulness, Charity, Skill, Endeavour and Giving encouragement to others in good deeds.

May we be inspired by these lofty ideals. May we imbibe these virtues in our day-to-day life and dedicate this transformation in our thinking, our speech and our deeds to Holy Iranshah!

Let's join hands as we prepare to take the Light of Our Zoroastrian Vatican To The United Nations with the attribute of SEVA to humanity!

In 2021, our goal is to bring Iranshah's presence in the United Nations by building a special project through Seva (service) for humanity, using the guiding principles of Asha in the light of Iranshah. And to initiate this noble endeavor, we tap into the hearts and spirits of our 5-Star Iranshah Dream-Team comprising Vada Dasturji Khurshed Dastoor, Noshir Dadrawalla, Homi D. Gandhi, Arzan Wadia and Tinaz Karbhari. To me SEVA stands for Service-Encouragement-Victory-Achievements and the light of Iranshah provides a brilliant, incomparable and a '5-Star' service to humanity.

with Raasti (Trust and Righteousness).

Answer by Noshir Dadrawalla, the 'SHINING-STAR': SEVA is about Service and Giving - of one's Time, Knowledge, Skills and not just food, shelter, clothing and money. In fact, the highest form of SEVA or Service is dispelling the darkness of ignorance with the light of knowledge and wisdom. Knowledge is empowering for the receiver and ennobling for the giver. There is more joy in giving than in receiving and the gift of knowledge, in my opinion, is one of the highest forms of SEVA. Giving of Food, Clothing, Shelter or money can provide relief to the needy.

But giving of knowledge can empower the needy to overcome his needs and rehabilitate himself or herself in a sustainable and dignified manner. Therefore, I would consider SEVA as embodiment Sustainable Evolution with Value Added.

Answer by Homi Gandhi, the 'WISE-STAR': SEVA means selfless service or work performed without any thought of reward or repayment. It resonates with our Ashem Vohu prayer. In ancient India, SEVA was believed to help one's spiritual growth and simultaneously contributed to the improvement of a community. This is the art of giving with no need to receive, where the act itself is a gift to everyone involved. SEVA is the art of blessed action. Helping others does not require some special skill nor is it a birthright of some special individuals. We don't need to wait for a calamity or an extraordinary event to help others. When we see a need - in any circumstances big or small - we must heed the call of that natural impulse within us and

follow where it leads us. to contribute financially too!

Humans have unlimited capacity to connect and we may sometimes feel limited, especially in current lockdown circumstances, but we have natural impulse within ourselves to help others. Anonymous open giving makes one more comfortable with giving with no need for reward and thus one can expand the reach of one's actions. So enjoy, in joy, the act of selfless action and all the wonderful energy that surrounds it! To me SEVA is Serve and Expand Valued Actions.

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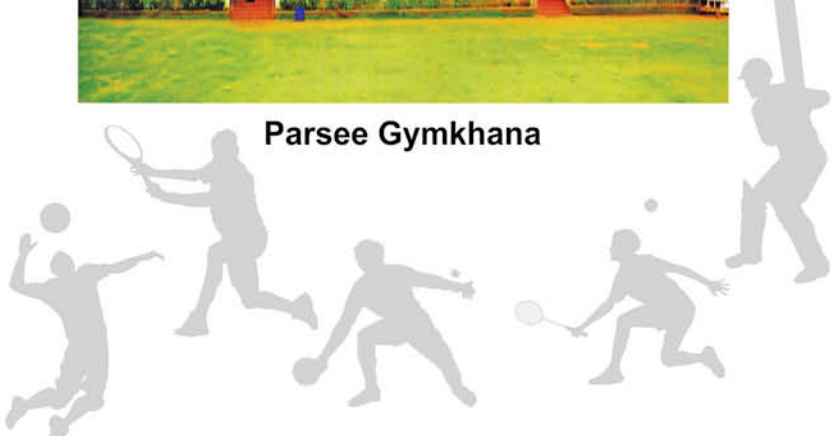
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Adarji For President!



DARA M. KHODAIJI

a toast to wish you all ...



for *aapra* Bomanji K. Boman-Behram, who was standing for the Municipal elections, back in early sixties.....

“Moogi rae!! ‘Conviving’ su? I was canvassing for Bomanji. Latin rahva-de, English per dhyan aap!!”

Totally impervious, Dhunmai continued, “.....in early sixties, I saw you leading a procession of Bomanji’s supporters shouting, ‘Vote for Boman-Behram’! You looked like a go-getter. I always dreamt of you as a political leader... maybe even the President of India one day! But *mara mumma* was right. She told me that this Adar is a ‘frackless’ fellow. (Adarji ignored correcting ‘freckleless’ to feckless). My Jamsu also warned me, ‘This Adar will not mount anything!’”

Adarji objected vehemently to this remark by Jamsu - the destructive imbecile who sat on Adarji’s ‘pagri’ and destroyed it! ...the parasite on Adarji’s good scotch! “What does he mean by ‘I will not mount anything’? Your brother Jamsu, like you, is the curse upon the Queen’s language!”

“*Rehva dey, you phoolanji kagro!*” My teacher used to say, “Bride goes on

cordially, as did the other twelve plus males of the colony. “Ma chère Sherry, where have you been so long? What a treat you are to these sore eyes!” he praised.

“Oh! Adar uncle, you know how to flatter a girl, don’t you! You must have been quite the casanova in college!” Flattered, Adarji replied, “My dear, that was a long time... er, come to think of it, a few years ago. You must come over to dinner someday!” Adarji’s tête à tête was rudely interrupted by Dhunmai, leaning out of the window and shouting, “Aadu, don’t forget the form. Also, get me about that 12-meter-elastic from Bora Bazar for your underwears. They have gone loose.”

Adarji turned beet-red, grunted ‘harrumph’, tipped his hat and walked away, grumbling words which cannot be printed in a family newspaper. When he returned home a couple hours later, he was accosted by ever-impatient Dhunmai, “Punchayat no form laya ke? Chalo, jaldi bhari nakhyae!”

“Sorry Dhun, no need for that. I’ve been made President for the next term of...”

“Su boloch! You President? BPP must be scraping the bottom of the barrel to have made you President!

“*Hammesa bafaat karech!* Not the BPP, the important people I met - the Indian committee members of ‘The Parsi Gourmets and Dhansakias International’. I’ve been chosen their President for next five years. And here’s your elastic. Damn it! How often have I told you not to scream personal details through the window? It’s downright embarrassing!”

“*Mare-re! Etna badha lal-pila sana thaoch?* Making a big ‘queue and cry’ about nothing. All elastics lose elasticity, whether in under-garments or pajamas or other things. It’s a ‘university’ truth. *Magna est veritas et prevailait.* That’s Latin for ‘great is the truth and shall prevail’.”

“One makes a ‘hue’ and cry, not a ‘queue’ and cry! *Umthi dhandhal karvi,* and ‘university’ truth?? It’s ‘universal truth’. *Samjhee???* And one more thing - Enough! No more Latin. No more English and no faux pas!” insisted Adarji.

“No more this and no more that? *Tamari ‘Mueslini’ and ‘Hitleri’ jevi dadagiri nahi chalse!* And what is fox pass? You know I don’t like bad words!” retorted Dhunmai.

Aapra Adarji Writer, also known as Adarji the Angrej, remember him? He’s just polished off a breakfast of two scrambled eggs made in butter with a sprinkling of cheese atop, toasts, a good helping of last night’s *papri-ma-kawab*, all accompanied by a dollop of ‘*ravo*’, being the compliments from Jaiji Jilla next door, on the occasion of son, Jiju’s birthday. The symphonic breakfast culminates in a cup of *fudna ni chai*. God is in heaven and all’s right with the world! Adarji leads a happy life of philosophic joys, likes to meditate, contemplate, free from humanity’s mad inhuman noise. The freedom from mad inhuman noise is not always possible.

Adarji’s better half, Dhun or Dhunmai, often known as ‘Dhun Bafat’ for her infallible ability to commit eleven malapropisms daily was in her ‘Latin phase’ nowadays. Ever since the lockdown, a member of her ‘Kutla Committee’ suggested, to keep boredom at bay and the mind sharp, one must learn something new or take up a hobby. Dhunmai, not to be outdone, decided to learn Latin!! *Deus nobis auxilium* (God help us!) Julius Casar would have told Marc Anthony, followed by, “*Quo usque tandem abutere, patientia nostra Dhunmai?* (How long will you abuse our patience, Dhunmai?).

She could have done our state and our country a great service if only she had improved upon her Marathi and Hindi. Our *paowalla, fishwali, muttonwala*, vegetable vendor and a galaxy of others would have been relieved from her atrocious *mélange* of Gujarati cum other tongues.

“I’m going to Fort area for a meeting with some important people,” said Adarji.

“Important people, et tu? What would they want to have anything to do with you, Aadu? You, and your *aito-parvarto* pseudo intellectual friend, Darabsha? *Vaaru, ek kaam karjo*, since you’re in Fort area, go to the BPP office

and bring the form,” said Dhunmai.

“The Form? What form?” The words ‘form’ and ‘the Valentine Day’ sent chill down Adarji’s spine as these always created troubles - *maxima proportio* (great troubles!).

“The form for the Trustee elections! I want you to stand for the forthcoming ‘electionibus’. Finally, you have a chance to do

something important in your life, you drifter. No more wasting time with the guys at the colony’s entrance, discussing cricket, racing, share market or politics. Being a BPP trustee will give you some *vice* in the community!”

“Are you crazy! Nuts! Loco!???” screamed Adarji. “I’ve tolerated your English, your Latin mania, even your brother Jamsu - but thus far and no further! By the way, I don’t want to have any ‘vice’ and nor do I want ‘voice’ in the community. You get elected and your serenity is through! It’s not for me!”

“*Amica, mea Aadu!* Come on! Won’t you do this for your Dhanu? In college, I fell for you when I saw you ‘conviving’



horseback grand and gay and comes back with fruits, munching away.” Exasperated, Adarji screamed, “You should be penalised for the cold-blooded murder of the English tongue! The saying is, ‘Pride goes on horseback grand and gay and comes back on foot begging its way!’”

“Whatever! Mr know-it-all.”

Adarji donned his tweed coat and frayed old Trilby hat and left in a huff. A few steps out of the house, Adarji met sizzling spirited Sherry, the colony’s adorable arm-candy! Adarji greeted her



Reader's Corner

Parsi Times presents the writings of our talented readers within the Community. Mail us with your contributions at editor@parsi-times.com

A River's Journey

By Meher Parvez Sutaria

For the searching eyes and restless hearts,
Thundering down from the mountain,
Cascading into the valley below,
I create an enchanting fountain,
Then, away on my trip, I go!

Meandering through narrow gorges,
And finding my way to the plains,
Onward, my water forges,
To play hide-and-seek again.

I suddenly disappear into a forest,
With trees so fresh and green;
My waters are pure and clearest,
They radiate a delightful sheen.

Along the way, as I flow ahead,
Wild animals come for a drink,
Tall grasses grow wherever I spread,
And lotuses dance on the brink.

Looking back at the path I have travelled,
With a gurgling and rippling flow,
A great panorama has unravelled,
But I'll never go back, I know.

Now I need to keep up my motion,
I know what my fate will be;
I will soon be swallowed by the ocean,
And that will be the end of me.

I must say I've enjoyed my adventure,
From the mountains to the sea;
This journey, I shall always remember,
Spectacular, joyous and free!

"Stop! 'Muesli' breakfast cereals *ma aave*. The name associated with Hitler is 'Mussolini'! And there's no bad word as 'fox pass' - it's faux pas meaning *chabardo karvo!*" yelled Adarji, slapping his forehead. "Now don't disturb me. I have to set an exotic menu and book an exquisite venue for the forthcoming Congress of the Parsi Gourmets and Dhansakias International."

"Adarji bawa, *thora divas me aapru Navroz che*. I've called my Jamsu family to dinner. Let's do something extraordinary for my bro!"

"How about curd-rice and fried karela?"

"Nonsense! Let's go continental with grilled lobster, Duchess potatoes, Milanese Risotto and crème brûlée. And don't forget to open your good

scotch - he loves it!"

"Let us also call Sherry," suggested Adarji, which was met with a very frosty *nolle prosequi*.

Come Jamsu, he will be guzzling my fine single-malt too! I'm an optimist. Maybe he'll break his leg and won't come. Anyways, all of you have a very Happy Jamshedi Navroz!



Jamshedi Navroz Mubarak

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'We Are WARRIORS' Sings Music Prodigy Shayan Italia

I've been writing songs for over 20 years now, since I was a boy when I lost my Mum to Cancer. I lost my Dad exactly a year later to Multiple Sclerosis. Yup, life dealt my brother and I a crappy poker hand. We've been picking up the pieces daily, little-by-little, since. I've seen the world from many sides and facets and the thing that's most interesting, is that the most special things just happen! They aren't planned or contrived. They bear a kind of 'timestamp' that formalizes their creation to the surroundings at that very moment, making them unforgettable.

'WARRIORS' is perhaps such a creation. I don't know why it happened. Maybe, I was being trained by a higher power in the shadows for over 20 years for it... Or is it something that was borne within me, just lurking to erupt? Whatever the reason, the song happened purely by chance, instinctively giving me a week off work, when my entire development team for my START Wellness App (launching later this year) was quarantined in Ukraine, due to COVID-19.

A simple day off led to an idea... that led to five minutes on the piano... that led to the opening of a doorway in space and time: a message so poignant, so on point, that exists within, is that 'timestamp' I referenced earlier.

*"We are WARRIORS
We don't back down
Forces of good
Bound by truth alone
We stand, we rise
We fight, we fall
We get back up
As if nothing
happened at all..."*

There is no credit to be taken for this song. It cannot be even claimed as mine. It's bigger than me. It's a song for every WARRIOR that has championed us when the world was against us, held us when we were left trembling, provided us the pedestal when it was our time to shine, and nurtured us in our moments of peril. We all have them. They shimmer in and out of our lives and are miraculously there when we need them. There is no price for good people. They watch over us, only think the best for us, and when we fall, their hand reaches out to us.

The world has changed. We've all had one of the hardest and most self-revelatory and challenging years ever encountered. It is here where the smallest of industries by revenue,

"Long has a song come along that has sent shivers down my spine, teared me up inside with pride and made me want to stand for something greater than myself."
- David Wiltsher, Musician



a.k.a. the music industry, has helped us find some form of comfort, some form of get-away and release in these very trying times. And it will be music that will become the vehicle and craft of celebration, when every WARRIOR pulls through this battle and comes out a changed person on the other end.

Even if the world physically goes back to being how it was, it will never be so. Too many lessons have been learnt; there has been too much realization within each and every one of us for things to remain the same. We have evolved. Priorities have changed.

You're now only as good as your

actions. Imperfection is now perfection. There is a love to be borne from one's scars and vulnerabilities... gone are the days when people aspired to have materialistic luxuries. The last year robbed us of our EXPERIENCES and we want our EXPERIENCES back!

Happiness and Health are life's true 'BITCOINS'.

On Tuesday, 21 April 1998, my world became a dark place for me when my Mum's eyes closed on mine permanently. I can never ever replace that loss, but from Wednesday, 21 April 2021, we stand, we rise, we fight, we fall, we get back up as if nothing happened at all.

Let's get this show on the road!
- Shayan Italia

WARRIORS is Shayan Italia's debut International single and releases on Wednesday, 21 April, 2021. As part of the team at The Parsi Times, we've had an exclusive preview. It simply blew us away. Our editor Anahita Subedar, on just one listen of WARRIORS, says: "I have goosebumps and tears. This is an out-and-out masterpiece. I have no words. This is just brilliant. I love it. It's so touching and inspiring. I don't think I've heard such a track in a long long time. It's an experience. It's transformational."

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Beneficiary overcome by gratitude and warmth

The community's leading philanthropic institution, the Zoroastrian Trust Funds of India (ZTFI), has truly come through for and made a huge difference in the lives of innumerable under-privileged and vulnerable community members, especially over the past year that has been spent battling the dreadful novel coronavirus, which inflicted one and all with grueling challenges and heart-breaking losses.

ZTFI, known for its comprehensive and consistent charitable activities, was yet again at the frontline, spearheading and supporting the sustenance of lives and livelihoods of humdins, with a sense of inclusivity, warmth and dignity. Living up to its 'Community First' motto, ZTFI provides its numerous beneficiaries, young and old, both - material and mental relief via its multiple endeavours, which cater to and cover the fundamental needs of community members including Monthly Rations comprising consumables and other items of daily use through the monthly Feed-a-Family Program; Monetary Assistance via the Monthly Monetary Scheme, Medical Aid; Educational Aid; Senior Citizens Support, Matrimonial and Youth Programs and lots more...

Offering gratitude to all its donors who facilitate these endeavours, ZTFI plans to increase its Community Service and reach - qualitatively and quantitatively - in the interest of the welfare of community members, while nurturing the community's unity.



Service in the times of pandemic



ZTFI Organises Youth Camp



Spreading Smiles At Parukh Dharamshala



Arranging for Navjotes of underprivileged families



Spreading Smiles At Parukh Dharamshala



Feed-A-Family Diwali Special



ZTFI's Senior Citizens' Day Picnic!



Spreading Smiles At Parukh Dharamshala

The Way Forward At ZTFI: Woman Empowerment

As a community, we pride ourselves in being gender-equal and we applaud all our Woman Achievers who have added to the Parsi glory, across the nation and all over the world. However, Yasmin Mistry - the driven and dynamic Founder of ZTFI observed a different story back at home, where she actively leads and participates in conducting numerous community service activities. She noticed that there are a number of our everyday community women members, especially home-makers, who despite having the potential of being self-reliant, often end up at the receiving end of charity, as beneficiaries. "Over the past decade and change, I've come across many such stay-at-home women and home-makers, who could very well be independent and self-sustained, but for lack of resources, are trapped in unconscious behavioural patterns, detrimental to their growth and success, when they could be making a huge positive difference in their own lives as well as the lives of others."

This understanding has become the core reason that Yasmin Mistry has decided to expand the service horizons of ZTFI and add the cause of 'Woman Empowerment' to its comprehensive philanthropic repertoire. ZTFI will start out looking to financially support women, preferably home-makers or stay-at-home mothers or wives, immaterial of age, who are looking to set up small, home-based businesses, for starters. These could include lending financial aid for women who could set up mini-businesses related to food or crafts or any other products / services, that can be rendered from their homes or small set-ups, which will get them on the road to self-reliance and independence.

Being a leading woman entrepreneur herself, who has overcome the odds of coming on top in a male-dominated industry, Yasmin shares, "I started off wanting to be a model and actress, but destiny has its way of taking you to where you are intended to be. My father's unfortunate early passing meant that I had to take over his business of Logistics way back in 1996 - and that way my foray in entrepreneurship. From here I got into stock trading for a while and finally grew my business further, making a foray in the Manufacturing Industry in 2009.

In my 25-year-long business journey, I've seen a number of ups and downs - and I know that it's that much more challenging for a woman to stand her ground, especially in an industry that is dominated by men. A lot of women want to do something - small or big - and while there are financial institutions to fund them, ZTFI is here to take up small causes of entrepreneurs and provide them the initial push to get the show on the road.

If we don't support and encourage our able community women in business, then the community only has half its successful leaders, opinions, ideas and growth. As an entrepreneur myself, I feel it's my responsibility to give women a chance to explore their business potential and invest in them."

When asked, what advice would she give to women who wish start their own little home-businesses, Yasmin says, "I feel more than anything, they first need proper counseling - that is business guidance, direction and planning. Luckily, our community has a good number of very proficient counselors who help empower women to start their own little ventures. I would also like to add that as a woman you have to learn to empower yourself. Especially women in their 40s and 50s - make that effort. Don't let failure scare you. Strengthen your mindset. Don't let the feat of hard-work scare you - in fact, embrace it, as hard work is the only way to get to where they want to be, and the only person who can get them there is themselves. There is no greater feeling than seeing the results of your own hard work. Only hard work can guarantee success! Nurture that grit within and the roads will open up. No one can stop you if you're convinced and confident about your abilities and your business. I want women to come forward and claim their due as strong, confident and independent people."

So, what has helped Yasmin find her commendable share of success?

It's the mindset. Tell yourself 'I can and will do this - if I give it my best, I will succeed'. And then try your best - success or failure is only an outcome - don't lose hope without trying. You owe it to yourself to give it your best shot. I'm also goal focused, both professionally and personally. Once I commit to a goal, I craft a plan and will do all that's necessary to reach it. Learning from my mistakes was, and continues to be, essential. I've also learned that the way I am most successful is to find what I am most fearful of, recognize it, recognize the fear, and go straight after it. I also credit my success to the incredible support and love from my family - especially my mother, Arnavaz Jal Mistry to who I owe all my success and accomplishments in life. I'm also fortunate to have an amazing network of friends that lift me up.

And remember, people will not take you seriously till you've proven yourself. So, work harder - don't let anything stifle you - strive to become the best version of yourself - become self-reliant and an independent woman of strength and substance - ZTFI is here to help you start off your journey!"



Jamshedi Navroz Mubarak To All



Tête-à-tête With Star Cricketer - Arzan Nagwaswalla!



BINAISHA M. SURTI

Young and dynamic left-arm medium pacer from Gujarat, Arzan Nagwaswalla, has risen brilliantly and flourished into a great asset for any side he represents in the cricketing arena - making the country and moreover, the community, proud of his efforts. His ambition started off with a dream and the desire to give everything to the game he loves- 'Cricket'. His biggest honour and motivation lies in being part of Team Gujarat. Tracking his journey, his outstanding progress on the field, is a consequence of the calmness, clarity and intelligence with which he plays his game. Having made the cricket stadium his second home and the ball his best friend, Arzan speaks with Parsi Times Sports Reporter - Binaisha M. Surti, about his incredible and successful journey, life in a bio-bubble due to the pandemic, gratitude for getting to play the sport again, his future goals and lots more...

a part of Team Gujarat. I thank my family for their continuous support - they are the reason I'm standing here today.

PT: What's it like playing under the captaincy of Priyank Panchal and being groomed by coach Sairaj Bahutule?

Arzan: Earlier, while playing under skipper Parthiv Patel, he would advise us to constantly be on our toes from start to finish. That is the same process that we follow as a unit even today no matter what format we play. Priyank bhai also tells us the same thing, to dominate the opposition and be one step ahead of them at all times. We just believe and back ourselves to give our hundred percent while playing. Priyank bhai and Parthiv bhai's captaincy is similar and they have been great leaders for the side. Priyank bhai gives us freedom to bowl according to what we think is correct, he always backs our decisions and supports us from the closest position while fielding. Sometimes he too advises us as to what delivery needs to be bowled and then it is our responsibility to back his decisions. Sairaj Sir too is a phenomenal coach and has been very instrumental in guiding us



reach where we are as a unit today. He has introduced new things in our process, like team bonding activities and it is exciting to learn from him. He always backs us, has supported me tremendously and keeps all of us 'together' as a side, bringing out the best in all of us.

PT: Tell us about the challenges you faced due to the Pandemic and the Lockdown. How did you overcome them? How did you spend all that time?

Arzan: Thankfully, the situation was not as bad in Nargol, where I reside. When the lockdown eased, I'd go to the beach for physical fitness and training, hang out with friends and prepare our pitch for evening-practice. I worked a lot on myself during this difficult period. I got into the habit of meditation, kept myself mentally stimulated by reading books, surrounded myself with friends and family who gave me positive vibes. This was

the only time I spent so much at home with family in the last five years. It was a good feeling having them around.

PT: What were your aims before the season started again - playing the Sayed Mushtaq Ali T20 Tournery and Vijay Hazare Trophy - how do you prepare yourself before important milestones?

Arzan: We had no idea which tournaments would happen! Once we were informed, things materialized soon. I was hopeful about getting into an IPL side to gain more experience in the shortest format, but unfortunately that didn't happen. But I'm certain, if I keep working hard and giving my best, that too shall come my way. I'm now concentrating on my process, no matter who we take on. I look to go out there, express myself and dominate in the middle. That's the simple preparation - to not complicate things while playing and staying in the moment.

PT: You've evolved fabulously as a left-arm medium pacer. What are your main learnings so far?

Arzan: I'd always observed and admired Team Gujarat's experienced left arm pacer - Roosh Kalaria, the master of left arm bowling. When I entered the team, I knew I needed to keep talking and learning from him. He advised that I stick to my basics and do what I did playing at the age-group level, to just be myself. He'd tell me to trust my process and amazingly, results would automatically follow. Roosh would say that sometimes wickets do not count - it was the chances created through bowling and the pressure we've managed which sums up the team's performance; that all days on field are not the same, just focus on your bowling, and everything will be fine. Till date I follow these learnings that I picked from him.

PT: You've always invested a lot in your cricket over the years and now you look to make Gujarat a powerful team. Walk us through your journey.

Arzan: It's been an amazing journey. I debuted at the age of 21 and then on, there's been no looking back. Honestly, I wasn't expecting to get an opportunity to play for my domestic team - Gujarat, so early in my career. I'm grateful that my management trusted me and gave me the chance to prove myself. I was thrilled and also very nervous initially, being the youngest in the team. But my seniors were very welcoming. I was amazed at their support and confidence in me, especially the empowering way they pushed me to perform. Three years ago, I was dreaming about creating a name in my age group cricket, so they could pick me for Ranji Trophy. Today I'm blessed to be



PT: You started off with a 6-wicket haul in the first match V/s Chattisgarh (6-54) in 9.5 overs during the Vijay Hazare Trophy in February. Tell us more...

Arzan: It felt amazing to start off on that great note. We were focusing on our plans; we would sit with the video analyst a day prior, watch videos and accordingly plan for every batsman. The analyst helped us understand more about a particular player, his stance, go to shots, strengths and weaknesses - this helped a lot. I kept things simple in the middle; when you get so many wickets during the first match of the tournament itself, it builds confidence. I was looking to build on this performance and take my team to the knock outs, and I'm glad we made it and will face Andhra next in the quarter finals.

PT: You've finished as the 3rd highest wicket-taker at the end of the group stages of Vijay Hazare, picking 15 wickets in 5 matches. Share your thoughts on that.

Arzan: I would ideally like to finish as the highest wicket-taker at the end of the tournament.

PT: What's life like currently for a cricketer - with the quarantine and then living in a bio-bubble for extensive durations during tournaments?

Arzan: It's hard as we aren't allowed to go out or mingle with anyone from the outside the bubble. We enter and exit during matches from the hotel's back door. We can neither leave our floors nor use the reception or main dining areas. We have specific time slots for gymming. We are regularly tested to ensure safety from the virus. But, on the positive side, we get more time to work on ourselves and our game.

PT: What are your future goals?

Arzan: I hope to play for Team India someday - that's my biggest dream and I will work hard to achieve it.

PT: What would you like to say to your fans and our community members who take pride in your achievements as a cricketer?

Arzan: Please keep praying and supporting me as always and I will give my best on field. Also, a very big thank you to the entire Zoroastrian community for always backing me and my team!

Parsi Times wish Arzan the very best for a bright future; may he reach the cricketing pinnacle of success!

Jamshedi Navroz Mubarak



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Survey Reveals Increasing Religious Diversity in Iran Despite Persecution

As per a recent survey held by a European research organization, the Iranian regime's policy of discrimination and, in some cases, persecution of non-Shia Muslim groups may be having the effect of driving Iranians to other religions. It would look like the spiritual gap between Iran's Shia ayatollahs and the citizens they rule, is growing with a number of Iranians increasingly leaving religion or experimenting with alternatives to Shiism.

Resident Zoroastrians, Christians and Baha'is in the country have shown a soaring interest, even as leaders of alternative forms of Islam speak of popular revivals and a change in loyalty, as Iranians turn to other religions because they no longer find satisfaction in the official faith.

Official numbers from the Iranian government indicate that 99.5% of the 82 million people in the country are Muslim, but the numbers are not reliable. A poll of over 50,000 Iranians conducted by a Dutch research group, the Group for Analyzing and Measuring Attitudes in Iran (GAMAAN), found Iran in religious flux.

Nearly half of the respondents said they had lost or changed their religion, with only about a third (33.2 percent) identifying as Shia. Moreover, 22.2% identified as having no religion at all. There was also a significant portion of the population identifying as Zoroastrian (7.7%), Sunni (5%), and Christian (1.5%).

While this is a relatively small sample size, if these numbers are anything close to the truth, Iran seems to be much more diverse than its official census shows. This is good news for those advocating human rights and

religious freedom, especially for the Sufis, adherents to a mystical form of Islam, who have been targets of harassment and arbitrary arrests by the Iranian regime.

These numbers indicate Iran swinging toward secularization, or the idea that the government should not be tied to any particular religion. 68% of those surveyed believed that religious prescriptions should be excluded from state legislation, while 71% believed that religious institutions, irrespective of their faith, should not receive government support. Furthermore, 41% thought that all religions should have a right to public proselytizing as opposed to 4% who believed that such a right should only be reserved for Muslims. However, 43% thought that public proselytizing should be banned for all religions.

These numbers need to be interpreted carefully, but as access to the Iranian public becomes easier with widespread internet access and the increasing number of Iranians on social media, studies such as these, over the coming months and years, would be able to provide a better picture as regards the religious situation within the country.

That such large numbers of Iranians (based on the GAMAAN survey) believe that the country would do better without the effects of a religious government, presents a hopeful picture for unrecognized religious minorities, who have long lived under the oppression of the Shia government. A secular government would, almost certainly, be more likely to recognize the



freedom of other religions to exist alongside Shia Islam or would, at the very least, be more disinterested in persecuting religious minorities within the country.

Zoroastrianism witnessed an unexpected revival in the Kurdish region, after the extremist Islamic State group occupied vast swathes of northern Iraq, imposing a brutal doctrine of Islam and persecuting religious minorities. Although the regional Kurdish government officially recognised Zoroastrianism in 2015, converts from Islam remain registered as Muslims at the central Iraqi government,

Zoroastrians are the oldest remaining religious community in Iran. Prior to the Muslim conquest of Persia, Zoroastrianism was the primary religion of the Persian Empire. According to the country's official census, there were 25,271 Zoroastrians within the country as of 2011.

WZCC'S 'WE' Wing - A Formidable Force!

Women have played a crucial role in our lives. The word 'Woman' symbolizes love, beauty, passion, smiles, caring and sacrifice. She is, therefore, an Angel and most respected on this planet. Since time immemorial, the contribution of WOMEN in this world is mind blowing. Whether it is politics, freedom struggle, economics, business, charity, financial arena, social sciences, world of medicine, culture, performing arts, civic sense, sports - they have been playing a leading and successful role.

'Women Entrepreneurs' - the Ladies Wing of World Zarathushti Chamber of Commerce (WZCC-WE) is one such formidable Wing which has been contributing effectively in the economic well-being of women globally. Established in June 2012, 'WE' Wing has organized innumerable events covering a wide spectrum from Health; both physical and mental, fitness strategy, money management, savings and investments of financials, digital marketing, cultivating perseverance and guts, entrepreneurship, etc.

The lead of forming this wing was taken by Ms. Dolly Dhamodiwala

By Adi Siganporia
(Global Corporate Secretary, WZCC - International BOD)

in Mumbai, which was vociferously followed by well experienced and accomplished, the late Homai Mehta - as Chairpersons in Mumbai. Later, in 2015 Ms. Behroze Daruwalla was given the mantle of heading this WZCC-WE Wing Globally and this Wing has not looked back since. Several chapters have been incorporated since then and it is now a force to be reckoned with!

Behroze and her dedicated team continue to lead and provide a global platform for both - Women Professionals and Entrepreneurs for networking, strategic alliance and has been a major source in providing training programs and workshops ranging from personality development, business development along with advisory and mentoring opportunities with focus on women and their challenges. Their untiring efforts have benefited hundreds of women in finding solutions to their varied problems globally. The WZCC globally is represented with the presence of well qualified, very well accomplished and successful ladies at all levels in various Chapters and in all 7 Regions of the World.

As if this is not enough, we have Meher Bhesania - a well-seasoned, experienced and versatile lady, who comes out with WZCC's yearly Journal 'Synergyz', which contains excellent reading material, having a wide coverage on various topics. Articles written by successful individuals is a tribute to our Community and continues to inspire confidence and create a win-win situation for our old and young alike.

WZCC has completed 20 glorious years since it was formed. WZCC in its efforts has invited and highlighted the support of women of repute during their Regional and Global Meets. Their experiences and challenges have ignited passion in many ladies of next generation.

The highlight of WZCC's activities has been the Outstanding Zarathushti Awards in the category of Entrepreneurs, Professionals, Young Entrepreneurs and Professionals and Social Entrepreneurs. Over the years, WZCC has recognized exceptional Zarathushtis for these Awards. A total of 57 Awards that have

been bestowed; 21 recipients have been remarkable Zarathushti Women.

During International Women's Day, we pay tribute and show our utmost respect to our dear women - Mother, Sister, Daughter, Mother-in-Law, Sister-in-Law Cousins and all of them for it is because of their love, affection and Zarathushti up-bringing that enables us to enjoy life to its fullest. Their 'Can Do' attitude, without compromising our Zarathushti values and ethics, has made our miniscule community grow and prosper.

Women... we salute you! They create music in our lives. What a coincidence when I read that Colette Maze - a 106-year-old French Lady, will be coming out with her sixth Album in April having three volume recordings of works by Debussy! She sways to the sound of Schuman, Debussy and Chopin.

Women are Women - none to beat them. May the ALMIGHTY always bless them. One Jewish proverb comes to my mind, 'God could not be everywhere and therefore He made Mothers!'



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This august institution of Social Service of Gujarat conveys its Best Wishes for a Happy and Prosperous JAMSHEDI NAVROZE 2021 to all the Members of the Zoroastrian Community.

Donations to the below listed Trusts for specific purposes are most welcome:

The Surat Parsi Panchayat Funds & Properties Trust	For Ruwan Deptt., Medical, Education & Relief of Poverty
The Surat Parsi Orphanage Funds & Properties Trust	Education and welfare of Boys (Registered under FCRA for Foreign Donation)
Nariman Parsi Zoroastrian Girls Orphanage Trust	Education and welfare of Girls
Nariman Home & Infirmary Trust	Medical & welfare of Inmates of Home
Seth R.D. Tarachand Surat Parsi General Hospital Trust	For Medical services of poor parsi patients.

The Surat Parsi Panchayat has taken up a major project of reconstruction of "Anti Ni Dharamshala" (more than 200 yrs. old). Cost of this project is approx. Rupees Ten crores.

The Parsi community and the benevolent trusts are requested to come forward in donating generously towards construction of this community asset.

All donations are exempt under section 80(G) of the I.T. Act.

Please draw the cheque in the name of "The Surat Parsi Panchayat Funds & Properties Trust".

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The Navroz Awards!

Cyrus The (Not So) Great!



Aapro Cyrus Broacha, the Brand Ambassador of Humour, makes you laugh through Navroz as he unleashes his hilarious take on the 'Navroz Awards', in PT's exclusive column - 'Cyrus The (Not So) Great'!!!

Another New Year! Non-Parsis reading this - please don't feel alarmed. New Year is not a side effect of the Astra Zeneca vaccine, it's just another New Year for the Parsi/Irani community - one of 144 various New Years available on Amazon, today.

Now to get back to my Parsi reader, (not to side-line our non-Parsi readers - you can please continue to read this with the help of a Parsi translator), that's TWO New Years, virtually under the cloud of Covid 19!

The Western New Year may not have to suffer a second dampening of the spirit. But for this indomitable tribe of Parsis left in the world, threats to culture and their very existence, is not new. First, it was the invaders to the homeland, and now it's the lack of civic sense amongst non-Parsis! ... You know - breaking of red lights, driving through one-way roads, riding bikes on footpaths... that sort of thing. Oh! And let's not forget people under 60, doing *jugaad*, and getting the vaccine out of turn, for their perfectly healthy bodies.

Back to Navroz - obviously celebrations are low-key. Take for

example - my cousin Tanaaz. She was going to have a 'Doggie party' with 9 pooches on Navroz. But she had to cut the numbers down, as per the Government regulations, (which continue to be clear as mud)... so now, the 9 pooches remain, but the humans have been banned.

But, no matter, despite it all, the indestructible Parsi - the most creative of God's creatures (along with the Mongoose, Billy Joel, and possibly Sabyasacchi - the fashion designer) always finds a way to celebrate in the most testing conditions!

The Kaka brothers have come up with the 'Three Navroz Awards', to be given to those Parsis who've gone above and beyond, who have punched way above their weight. In keeping with tradition, all awards have the 'Bhonu' touch to them...

(I) 'The Aleti Paleti Award For Humanitarian Effort':

This goes to Kaizaad Printer, 65 years of age, balls manufacturer. Let me clarify - balls meaning ball bearings. Kaizaad is the man whose vision was better than any social scientist and superior to all the health experts. He saw a common malady - people not washing masks. So, he carried hygiene kits -

NAVROZE MUBARAK to one and all....



Wishing every one.... Khavanu, pivaanu & Majja ni Life..

basically, a bucket, soap and towels. Kaizaad then stopped anyone with a mask that was dirty, cleaned it there and then, and returned it to the owner in 3 minutes flat! For safety, the maskee (wearer of the mask) was asked to keep his bare head between his legs while the operation was carried out. And hence, the Aleti Paleti Award for cleansing over 37,000 masks, goes to Kaizaad Printer!

(II) 'The Dhandaar Without Patio Award':

This one goes to Armin Palsetia. A 27-year-old mother of three - to clarify - Mother of three Beagles. During Covid, she took in other strays. First it was dogs and cats, but then also extended the



hospitality to lonely or abandoned Parsi men! Armin's stellar efforts made the world a better place, for dogs, cats and Parsi Bachelors... the original bachelor, as well as the revised one. So, cheers to Armin!!

(III) 'The Kid Gosht Award':

This award is one for minors only. Jehangir Hirjee - all of 12 years of age, won this award, hands down! I mean - it was literally 'hands down'! He handed thousands of sanitizer bottles to Parsis who had come in contact with Non-Parsis!! When some deemed this a 'little racist', he handed down bottles to everyone!

Now, unfortunately, I now have to go and collect my 'Bhonu' - so will have to complete the list some other time. You know how caterers are... if you dare come late for collection... and I refuses to compromise on my '*margi no leg-piece*' and '*pomfret ni puchri-no-piece*' on Navroz!!!

Navroz Mubarak to Parsis! And Mubarak to Non-Parsis!!



JAMSHEDI NAVROZ MUBARAK!!

From Team Parsi Times To All Our Readers And Community Members

May the Spring Season usher in Rejuvenation, Recovery, Healing & Growth for all!

પારસી ટાઇમ્સ

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તંત્રીશ્રીની કલમે જમશેદી નવરોઝ મુબારક - આપણે કૃતજ્ઞતામાં વૃદ્ધિ કરીએ!

પ્રિય વાચકો,
આપણામાંના ઘણા લોકોને કૃતજ્ઞતાની શક્તિનો અંદાજ નથી. - એક સરળ આભાર ખૂબ જ આગળ વધે છે. દરેક જણ જાણતું નથી કે કૃતજ્ઞતા કેટલું શક્તિશાળી છે, પછી ભલે તે વ્યક્તિગત સ્તર પર હોય, કુટુંબના સભ્યો, મિત્રો અને પરિચિતો અથવા વ્યાવસાયિક વચ્ચે વહેંચાયેલ હોય.
કૃતજ્ઞતા એ પ્રશંસાત્મક અથવા આભારી હોવાનો ગુણ છે. કૃતજ્ઞતા બતાવવા આપણને મળેલ કૃપાને પરત આપવા માટે તૈયાર રહેવાની સ્થિતિ છે, આપણી સાથે બનતી સારી બાબતો પ્રત્યે સભાન રહેવાની, અને મહત્વની બાબત એ છે કે, ક્યારે કોઈનો ખોટો ફાયદો ઉપાડવો નહીં જોઈએ. પરિણામે, કૃતજ્ઞતા લોકોને વ્યક્તિ તરીકે પોતાના કરતા મોટા કંઈક સાથે જોડાવામાં પણ મદદ કરે છે - પછી ભલે તે અન્ય લોકો, પ્રકૃતિ અથવા ઉચ્ચ શક્તિ હોય.
કૃતજ્ઞતાને લીધે લોકો પાસે જે છે તેની તેઓ કદર કરે છે. કંઈ નવું મેળવવાની આશામાં ખુશ થાય છે ના કે વિચારીને કે જ્યાં સુધી દરેક શારીરિક અને ભૌતિક જરૂરિયાત પૂર્ણ ન થાય ત્યાં સુધી તેઓ સંતોષ અનુભવી શકશે નહીં. લોકો બહુવિધ રીતે કૃતજ્ઞતા અનુભવે છે અને વ્યક્ત કરે છે. તેઓ ભૂતકાળમાં (હકારાત્મક યાદોને પાછી મેળવવા અને બાળપણના અથવા ભૂતકાળના આશીર્વાદના તત્વો માટે આભારી હોવું), વર્તમાન (જે થશે તે સારા માટે થશે) અને ભવિષ્યમાં (આશાવાદી વલણ જાળવવું) લાગુ કરી શકે છે. આપણા રોજિંદા જીવનમાં કોઈને લખીને અથવા માનસિક રીતે આભાર માની શકીએ છીએ. ચાલો રોજની દિનચર્યામાં આપણા આશીર્વાદોને ગણીએ! અથવા પ્રાર્થના અને ધ્યાન ધરીએ!
દેશવ્યાપી કરોના વાયરસે આપણે કુદરતનો જે ફાયદો ઉચક્યો છે તેનો સબક શીખાવ્યો છે. પાછલાં વર્ષની વસ્તુઓનો સ્વીકાર ન કરવા અને વધુ મહત્વનું, કૃતજ્ઞતાની ભાવનાને અનુભવવાનો એક મહાન પાઠ ભણાવ્યો છે. જેમ કે આપણે જમશેદી નવરોઝનું સ્વાગત અને ઉજવણી કરીએ છીએ, જે વસંત ઋતુ દ્વારા પ્રતીક્રિત કરવામાં આવે છે, જે કાયાકલ્પ અને વૃદ્ધિનું પ્રતિનિધિત્વ કરે છે, ચાલો આપણે આભાર માનીએ અને સકારાત્મકતા વચનને સ્વીકારીએ!
સૌને જમશેદી નવરોઝ મુબારક! આપણે કૃતજ્ઞતામાં વૃદ્ધિ કરીએ!
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પારસી - ઈરાની ને જમશેદજી નવરોજી મુબારકબાદ

મનુષ્ય જાતિને ઘન તો ક્યાંયથી પણ મળી જાય છે. પણ અનાથ, વિકલાંગ, ગૌમાતા માટે ઘન કરવાથી પૂરય મળશે.
શ્રી કલ્યાણકારી સર્વોદય જીવદયા સંઘ - રાજુલા પુંજબાપુ પાંજરા પોળ
Trust Reg. No. થોરડી રોડ, જી. અમરેલી, ગામ. રાજુલા (સૌરાષ્ટ્ર) C/O શ્રી કૌશિકભાઈ ભિખાભાઈ તલાટી. મેઈન બજાર, હવેલી ચોક રાજુલા સ્થાપના :
E/330 અમરેલી વિકલાંગ - અશકલ - કેન્સર ગ્રસ્ત - લુલી - લંગડી - આંધળી - એક્સિડન્ટ થયેલી ગાયો તથા મૌં વગર ના અનાથ વાહરડાઓ લગભગ ૧૯૬૫
પપ૦ - પળપ ભિમાર ગૌ માતાની છેલ્લા પપ વર્ષોથી પશુ ચિકિત્સક ડોક્ટર દ્વારા સુંદર રીતે જતન કરતી આવક વગરની નિઃસ્વાર્થ ભાવે સેવા કરતી રાજુલા ખાતેની એક માત્ર સંસ્થા.
આ કોરોના મહામારી- લોકડાઉનના સમયમાં આ સંસ્થાની આર્થિક પરિસ્થિતી ડામાડોળ થઈ જવાથી પાંજરાપોળનો દૈનિક ખર્ચ કરવો મુશ્કેલ થતો જાય છે આપ સર્વે હિલેર ઘાતાશ્રીઓ તથા ગૌ ભકતોને વિનંતી આ જમશેદજી નવરોજી પર્વના શુભ અવસરે "ગૌ ઘન" ની ગંગા વહાવો.
આપના વડીલોના સ્મરણાર્થે રૂ ૨૧,૦૦૦/- ની વિધિ લખાવવાથી તે હિવસે પપ૦-પળપ ગૌમાતાને ઘાસચારા તથા લાપસી ખવડાવવામાં આવશે.



નિભાવ યોજના - ૨૧,૦૦૦/-, ઘાસ ચારા યોજના, લાપસી યોજના, તિથી યોજના, દત્તક યોજના (મા વગરના વાહરડા), ભુમિદાન યોજના, મેડીકલ યોજના .
સેવાભાવી ટ્રસ્ટીશ્રીઓ શ્રી વિનેશકુમાર મહેતા : 9821110027, શ્રી અલ્પેશભાઈ મહેતા : 9892219804, શ્રી અનીલભાઈ મહેતા : 7666529036, શ્રી હિપકભાઈ વોરા : 9821872011,
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સૌજન્ય : શ્રીમતી ભાવનાબેન નરેન્દ્રભાઈ ચિતલીયા (સાવરકુંડલા વાળા)

પરવરદેગારના શુકાના!

શિરીને દરરોજ સૂતા પહેલા ડાયરી લખવાની ટેવ હતી. તે દિવસના બધાજ બનાવો તે ડાયરીમાં નોંધતી અને પરવરદેગારનો આભાર માનવાનું નહીં ભુલતી. તેનો દિવસ સારો જાય કે ખરાબ તે મનમાં ફક્ત સારા જ વિચાર કરતી અને એને મનમાં હતું કે પરવરદેગાર હમેશા તેની મદદ માટે તત્પર રહેતા!

હું દિવસના અંત સુધી ખૂબ જ થાકી જાઉં છું. પરંતુ મારી પાસે આખો દિવસ સખત મહેનત કરવાની શક્તિ છે અને કુટુંબના વહાલા લોકો છે જેને માટે મને કામ કરવું ગમે છે. પરવરદેગારના શુકાના. હું ખુબ જ સુખી અને સંતુષ્ટ છું, દરરોજ મારે ઘર સાફ કરવું પડે છે. આખો દિવસ ઘરની સાફ સફાઈમાં નીકળી જાય



એક રાતે શિરીને લખ્યું કે હું ખુબ જ સુખી અને સંતુષ્ટ છું, મારા ઘણી ખુબ જોરથી નસકોરા બોલાવી રહ્યા છે અને રાતના પડતાની સાથે જ તેમને ઉંઘ આવી જાય છે. કારણ કે તે આખો દિવસ ઓફિસમાં સખત મહેનત કરે છે. પરવરદેગારના શુકાના.

હું ખુબ જ સુખી અને સંતુષ્ટ છું, મારો દીકરો દાનેશ સવારની પહોરમાં મારી સાથે દલીલ કરે છે કે મચ્છરોને આખી રાત તેને સુવા નથી દીધો. એનો મતલબ એ આખી રાત ઘરે જ હતો. તે કોઈ ખરાબ સંગતમાં નથી. પરવરદેગારના શુકાના.

હું ખુબ જ સુખી અને સંતુષ્ટ છું, કારણ કે મારા સાસુ મને દરેક વસ્તુમાં રોક ટોક કરે છે પણ તેનાથી મને જીવન જીવવાની સમજણ પડે છે. મારા સસરા દર બે કલાકમાં મારી પાસે મસાલેદાર ચાની માગણી કરે છે. પણ તેમને મારી નાની દીકરી સાથે હસતા રમતા લાડ લડાવતા જોઈ હું માફે સર્વ દુખ ભુલી જાઉં છું. પરવરદેગારના શુકાના.

હું ખુબ જ સુખી અને સંતુષ્ટ છું, દર મહિને લાઈટ બીલ, ગેસ, પેટ્રોલ, પાણી વગેરેનું બીલ હું ચુકવું છું. મારો મતલબ, મારી પાસે બધું છે, જે વસ્તુનો ઉપયોગ હું કરું છું. જો મારી પાસે આ વસ્તુઓ ન હોત, તો જીવન જીવવું કેટલું મુશ્કેલ હતું. પરવરદેગારના શુકાના.

હું ખુબ જ સુખી અને સંતુષ્ટ છું,

મનુષ્યના જીવનમાં ક્ષમાનું મહત્વ!

ક્ષમા માંગવી એ માનવ જીવનમાં ખૂબ મહત્વનું છે. જો કોઈ વ્યક્તિ ભૂલ કરે છે અને તે માટે તરત જ માફ માંગે છે, તો સામેની વ્યક્તિનો ગુસ્સો ઘણી હદ સુધી દૂર થઈ જાય છે. માફ માંગવી એ વ્યક્તિત્વની સારી ગુણવત્તા છે. એ જ રીતે, કોઈને માફ કરવું એ પણ સારી વ્યક્તિત્વની ઓળખ છે. જો કોઈ માણસ ભૂલ કરે છે, અને તેના માટે માફ માંગતો નથી અને જો કોઈ વ્યક્તિ સામેની વ્યક્તિને માફ ન કરે તો આવા લોકોના વ્યક્તિત્વમાં અહંકાર સર્જાય છે. આ બંને પ્રકારના લોકો ક્યારેય ગુનાથી મુક્ત હોતા નથી. તેમની ભૂલ માટે માફ ન માંગવી અને ક્ષમા પર વ્યક્તિની સામે માફ ન કરવાનો અર્થ એ છે કે આવા લોકો પોતેથી જેર પીવે છે.

માનવ જીવન એટલું લાંબું અને વિચિત્ર છે કે જો ક્ષમા અને આપવાની

ગુણવત્તા વ્યક્તિમાં ન હોય, તો તેનું જીવન ખૂબ પીડાદાયક બને છે. માંગવાથી અહંકાર ખત્મ થઈ જાય છે જ્યારે ક્ષમા કરવાથી સંસ્કારીપણુ દેખાય છે. ક્ષમા વીર લોકોનો શ્રંગાર છે. જે વ્યક્તિ સામેવાળાને માફ કરે છે તેની ચર્ચા ચારે દિશામાં ફેલાય છે. નાના લોકો ભુલ કરે તો વડીલોએ તેને માફ આપવી જોઈએ. ક્ષમાને શીલવાનનું શસ્ત્ર, પ્રેમનું વસ્ત્ર અને નફરતનું નિદાન કહેવામાં આવ્યું છે. જો સામેની વ્યક્તિ કોઈની ભૂલને માફ કરે છે, તો તે વ્યક્તિ પોતાને મદદ કરે છે. માફ કરવા માટે, વ્યક્તિએ પોતાનો અહમ સમાપ્ત કરવો પડે છે અને ફક્ત એક સહનશીલ વ્યક્તિ જ તે કરી શકે છે. મહાત્મા ગાંધી કહે છે કે નબળા વ્યક્તિ કદી માફ કરી શકતા નથી, ક્ષમા એ શક્તિશાળી વ્યક્તિનો ગુણ છે. ક્ષમા એ બધા ધર્મોમાં શ્રેષ્ઠ ગુણવત્તા હોવાનું



કહેવામાં આવે છે. જૈન સંપ્રદાયમાં આ માટે એક વિશેષ દિવસનું આયોજન કરવામાં આવે છે. મહાવીરે ક્ષમા માંગનાર કરતા આપનાર ને વધારે ઉમદા ગણાવ્યા છે. મનોવિજ્ઞાન એમ પણ કહે છે કે ભૂલો કરવી એ પણ મનુષ્યનો ગુણ છે, કારણ કે સંપૂર્ણ સાવચેતી રાખ્યા પછી પણ માનવ જીવનમાં ક્યાંક ભૂલો કરે છે, પરંતુ તેમની ભૂલ બદલ માફ માંગવી અને સામેની વ્યક્તિને ક્ષમા કરવી એ માનવજાતની શ્રેષ્ઠતા છે. ક્ષમાની ગુણવત્તા ધરાવનાર વ્યક્તિ હંમેશા ખુશ રહે છે કારણ કે તેની પાસે દુશ્મનો નથી.

નવરોજના નવા રોજ સાથે કરો જીવનમાં એવું પરિવર્તન જે તમારા માતા-પિતા સાથેના તમારા સંબંધને બનાવશે વધારે મજબૂત

કુટુંબ અને સંબંધ આપણા જીવનનો સુંદર ભાગ હોય છે. આનંદનો સમય હોય કે પછી આપણે દુઃખોમાં ઘેરાયેલા હોઈએ, આપણું કુટુંબ અને સંબંધોમાં બંધાયેલા લોકો દરેક એ સમયમાં જ્યારે આપણને તેની વધુ જરૂર હોય છે, આપણી સાથે ઉભા રહે છે. તમારામાંથી અમુકને તેના માતા-પિતા સાથે ઘણા સારા સંબંધ હશે. અને અમુક માટે તેના સંબંધોને સારા જાળવી રાખવા કોઈ પડકારથી ઓછું નથી હોતું. પરંતુ સંબંધોની સુંદરતા ત્યારે જળવાઈ રહે છે જ્યારે આપણે તેને પ્રેમથી સીંચીએ અને સમજદારી પૂર્વક કામ લઈને પોતાનાનો સાથ જાળવી રાખવામાં સફળ રહીએ, તેમ જ પોતાનામાં થોડા ફેરફાર કરીને તમે તમારા પેરેન્ટ્સ સાથે તમારા સંબંધોને વધુ સારા બનાવી શકો છો.



તમારી ભૂલોની જવાબદારી લો: ઉત્તમ સંબંધો માટે જરૂરી છે કે તમે જે પણ ભૂલ કરો છો તેને માનો. હંમેશા બીજાને દોષ આપવા સારું નથી. પોતાની ભૂલોનો સ્વીકાર કરતા શીખો. જ્યારે તમારા પેરેન્ટ્સ તમને કોઈ વાત સમજાવે તો તેને શાંતિથી સમજવાનો પ્રયત્ન કરો. હંમેશા ઉતાવળમાં કોઈ તર્ક આપવો કે હતાશા સાથે પ્રતિક્રિયા આપવી સંબંધોમાં કડવાશ લાવે છે.

તેમની સલાહ ઉપર ચાલતા શીખો: જ્યારે જીવનમાં શીખવાની વાત આવે છે, તો તમે તમારા માતા-પિતાના અનુભવ અને જ્ઞાનનો ફાયદો ઉઠાવી શકો છો. અનુભવથી મોટો

કોઈ શિક્ષક નથી હોતો. તમારા પેરેન્ટ્સ પાસે બસ તમારા કરતા વધુ અનુભવ છે અને એટલા માટે તેમનામાં પરિસ્થિતિઓની ઓળખ કરવાની ક્ષમતા ઘણી વધુ હોય છે, જે તમને ઉત્તમ રસ્તો બતાવી શકે છે. એટલા માટે તમારા વડીલોની વાતો માનવા અને તેની સલાહ ઉપર ચાલવાનો પ્રયત્ન કરો.

સાથે સમય પસાર કરવો જરૂરી: આજના જીવનમાં જ્યારે આપણી પાસે સમયનો અભાવ છે. તેથી આપણા પેરેન્ટ્સને પણ એકલાપણું સાલવું હશે. એટલા માટે તેને ખુશ રાખવા અને સંબંધોમાં આનંદ ભરવા માટે જરૂરી છે કે તમે તમારા માતા પિતા સાથે વધુમાં વધુ સમય પસાર કરવાનો પ્રયત્ન કરો. તમારી વાતો તેમને માટે ઘણો બધો સારો ફેરફાર લાવી શકે છે. તમે તેમના મિત્ર બનીને તમારા સંબંધોમાં પોતાપણાનો રંગ ભરી શકો છો.

પોતાનાને છે પ્રેમની જરૂર: દરેક પ્રેમ અને પ્રસંશા ઈચ્છે છે. તમારા પેરેન્ટ્સ પણ તેનાથી અલગ નથી. તમારા માટે માત્ર તમારા માતા પિતા માટે પ્રેમ અનુભવવો પુરતો નથી. તમારે તેને તે વ્યક્ત કરવાની પણ જરૂર છે. જ્યારે તમે તેને જણાવો છો કે તમે તેમને ઘણો પ્રેમ કરો છો અને તે બધા માટે આભારી છો, જે તેમણે તમારા માટે કર્યું છે, તો તેની તમારા સંબંધો ઉપર ઊંડી અસર પડે છે. તમારા પ્રેમને વ્યક્ત કરવાની એક બીજી રીત છે, તે એ કે ઘણી જગ્યાએ તમે ચુપ રહીને તેમના માટે સન્માન વ્યક્ત કરો.

આ રીતે સંબંધો વધુ મજબૂત બનશે: તેમાં કોઈ શંકા નથી કે તમે જીવનમાં ક્યારેકને ક્યારેક તમારા પેરેન્ટ્સની વાતોથી નારાજ થઈ જશો. તે જીવનનું અંગ છે કે ક્યારેક તમે કોઈ સાથે સહમત થશો તો ક્યારેક અસહમત, પરંતુ તેના માટે કોઈને કડવાશથી પ્રતિક્રિયા આપવી કોઈ પણ સંબંધોમાં કડવાશ ઉભી કરી શકે છે. એટલા માટે તમારા સંબંધોને પ્રેમથી જાળવો અને જે પણ તમે ખોટું કરો તેના માટે ખુદ્દા મનથી ક્ષમા માગો. વિશ્વાસ રાખશો કે તમારા સંબંધ તમને વધુ નજીક લાવશે અને ઉત્તમ બનાવશે.

કેટલીકવાર આપણે આપણી પોતાની પીડામાં એટલા ફસાઈ જઈએ છીએ કે આપણે આ બધામાંથી છૂટકારો મેળવી શકતા નથી. છેલ્લાં બે વર્ષ મારા માટે એક સમાન રહ્યા છે. હકીકતમાં, મેં બાળપણથી જ આખી દુનિયા જોઈ છે કે હું મારી જાતને નાના તોફાનોથી ડરવાનું ના પાડું છું, પરંતુ નિયતિએ તેને મંજૂરી આપી ન હતી. આટલું મોટું સંકટ મને પડ્યું કે મેં ફક્ત મૃત્યુ વિશે જ વિચાર્યું. મારું માનસિક સ્વાસ્થ્ય એટલું ખરાબ હતું કે હું મારી જાતને પણ ઓળખતી નહોતી. મેં એક મનોવૈજ્ઞાનિક ડોક્ટરની સલાહ પણ લીધી, પણ પરિસ્થિતિ વધુ ખરાબ થઈ ગઈ અને હું ભાંગી પડી, પણ અશો જરથુશ્ત્ર, તેઓ મને આ રીતે તકલીફમાં કેવી રીતે છોડી શકે? ડરનીના ગુજર્યાના મહિના પછી શનિવારે પારસી ટાઈમ્સ ઘરે આવ્યું મને વાચનનો શોખ નહીં. પરંતુ અમથા પારસી ટાઈમ્સના પાના ફેરવ્યા. રીલીઝીયસ પેજ પર ડેઝી નવદારનો લેખ વાંચ્યો. અને તેમનો તે લેખ વાંચી મને આશા મળી. બધી ચિંતાઓ પરવરદેગારના માથા પર છોડી દીધી હતી. હું ધીરે ધીરે સ્વસ્થ થઈ રહી હતી.

કરોનાએ તો મારી આખી જીંદગી જ ખતમ કરી નાખી હતી. ડરની સાથે લગ્ન કરી મને પાંચ વર્ષ થયા હતા. મારો નાનો પરિવાર, હું-ડરની અને તેના માય, બાવા. એક સુખી કુટુંબ. ઉદવાડામાં રહેતા એક નાના પારસી પરિવારમાં જન્મેલી હું ઝરીન શ્રોફ. માય બાવાએ ભણાવી ગણાવી મોટી કરી મુંબઈમાં રહેતા ડરની સાથે મને વાજતે ગાજતે પરણાવી.

જીવનની પુનઃપ્રાપ્તિ સાથે નવરોઝનું આગમન



મારો ડરની મને ખુબ પ્રેમ કરતો તેમ તેના માય-બાવા પણ મને ખુબ લાડ લડાવતા. હું જાણે કે તેમની દીકરી હોઉં તેમ વલાલ કરતા. ડરની એક બેન્કમાં નોકરી કરતો. ત્રણ વરસ પછી મેં એક બેબીને જન્મ આપ્યો.

અમારું ફેમીલી હવે સંપૂર્ણ ફેમીલી હતું. અમારી રોશની બે વરસની થઈ.

નવરોઝ ઉજવ્યું અને કરોના શરૂ થયું લાગ્યું નહોતું કે આ બીમારી આટલી મોટી ચાલશે. થોડા સમય

પછી ડરનીની બેન્ક નજીકમાં હોવાથી તેણે કામ પર જવાનું શરૂ કર્યું. થોડા દિવસ બધું બરાબર ચાલ્યું પન ડરનીને કરોના થયું અને મારો ડરની ૧૧મે દિવસે ગુજરી ગયો. મેં વિચાર્યું પણ નહોતું કે મને આ દિવસ જોવો પડશે. લગનને હજુ પાચ વરસ પૂરા થયા અને ડરની મને એકલી મૂકી જતો રહ્યો. ડરનીના માયબાવાની હાલત પણ ખરાબ થઈ ગઈ હતી.

દિવસોના મહિનાઓ થયા પણ ડરની મારાથી કેમે કરી ભુલાતો નહોતો. મારા સસરા મને સાંત્વના આપતા. પણ મેં તો જાણે જીવવાની આશા જ છોડી દીધી હતી.

સસરાનું પેન્શન આવતું એટલે પેસાની એટલી મુશ્કેલી નહોતી. પણ મારા મનને શાંતિ જ નહોતી. હું માનસિક રીતે બીમાર થવા લાગી. ઉદવાડામાં રહેતી હોવાથી પાક દાદાર પર ભરપુર વિશ્વાસ. આજે હું જીવતી છું કદાચ દાદાર પરના મારા વિશ્વાસને લીધે. મારી બેબી રોશનીના લીધે, માયબાવા જેવા સાસુ સસરાને લીધે.

આજે હું સંપૂર્ણપણે સ્વસ્થ થઈ ગઈ છું. ભણેલી હોવાથી અને પરવરદેગારમાં વિશ્વાસ હોવાથી મને ડરનીની જગ્યાએ નોકરી મળી ગઈ. પરિસ્થિતિ સાથે સંઘર્ષ કરીને જીવવાનું શીખી. આજે ફરી એક નવી આશા અને પુનપ્રાપ્તિના ધ્યેય સાથે મેં જીવવાનું ફરી શરૂ કર્યું. ફરી નવરોઝ આવી રહી છે ચાલો આપણે આપણા દુઃખને ભુલી સાજા થઈએ અને નવી આશાઓ સાથે નવરોઝનું આગમન કરીએ.

- દોલી પટેલ

સરસ મજાની ને સમજાય તેવી વાત

- * ફૂતરા ને ત્રણ દિવસ ખવડાવો, તે તમને ત્રણ વર્ષ પાદ રાખશે, અને વ્યક્તિ ને ત્રણ વર્ષ સુધી ખવડાવો, તે તમને ત્રણ દિવસમાં ભૂલી જશે.
- * આજનું કડવું સત્ય - પહેલાંના જમાનામાં લોકો એકબીજાની લિમત વધારતા હતા, હવે આજકાલ બલડપ્રેશર વધારે છે.
- * માત્ર દેખાડો કરવા માટે સારા ક્યારેય ના બનશો, ઉપરવાળો તમને ફક્ત બહારથી નહિ અંદરથી પણ ઓળખે છે.
- * દિલ દરીયા જેવું રાખવું, નદીઓ સામેથી મળવા આવશે, વ્યક્તિ શુ છે એ મહત્વનું નથી પણ એ વ્યક્તિમાં શુ છે એ બહુ મહત્વનું છે.
- * જ્યારે કારણ વગર આનંદની અનુભૂતિ થાય ત્યારે સમજવાનું કે આ જગતમાં કોઈ ને કોઈ તમારા માટે પ્રાર્થના કરી રહ્યું છે .
- * જે વ્યક્તિ ધીરજ ધરી શકે છે, એ વ્યક્તિ ધાર્યું કરી શકે છે, દિવાનું પોતાનું કોઈ ઘર નથી હોતું પણ જ્યાં મુકો ત્યાં અજવાળું કરે છે.
- * ખામી ઓ તો દરેકમાં હોય છે, ફરક બસ એટલો જ છે કે પોતાની નથી દેખાતી બીજાની દેખાય છે.
- * માત્ર સુરજ ઉગવાથી અંધકાર દૂર થતો નથી, અજવાળા માટે તો આંખો પણ ખોલવી પડે છે.
- * ભરોસો રાખજો ઉપરવાળા પર, જે અહીં સુધી લાવ્યો છે એ ક્યાંક આગળ પણ લઈ જ જશે. ઈશ્વર સાચા ને ઓછું આપે છે પણ સાચ પૂરો આપે છે, ખોટા ને બધું આપે છે પણ સાચ નથી આપતો.
- * બિન્દાસ હસો શું ગમ છે. જિંદગીમાં ટેન્શન કોને કમ છે. સાડ અને ખરાબ તો કેવળ એક ભ્રમ છે. જિંદગીનું નામ જ કબી ખુશી કબી ગમ છે.
- * શાકભાજીના ઢગલામાંથી લગભગ બધાં વીણીવીણી ને ખરીદે છે છતાં મજાની વાત એ છે કે આખો ઢગલો વેચાઈ જાય છે અને બધાં સાડ જ લઈ જાય છે!
- * જિંદગીનું પણ કંઈક એવું જ છે....!!!

Hello! We are Godrej protekt.
Here to protect your family, just like you do.



We know you go all the way when it comes to protecting your family. And we do the same. Godrej protekt's range of personal, home and kitchen products is here to keep you and your family protected always, effectively and delightfully.



Personal Protection



Kitchen Protection

નિષ્ફળતા એ સફળતાનો જ એક ભાગ છે!

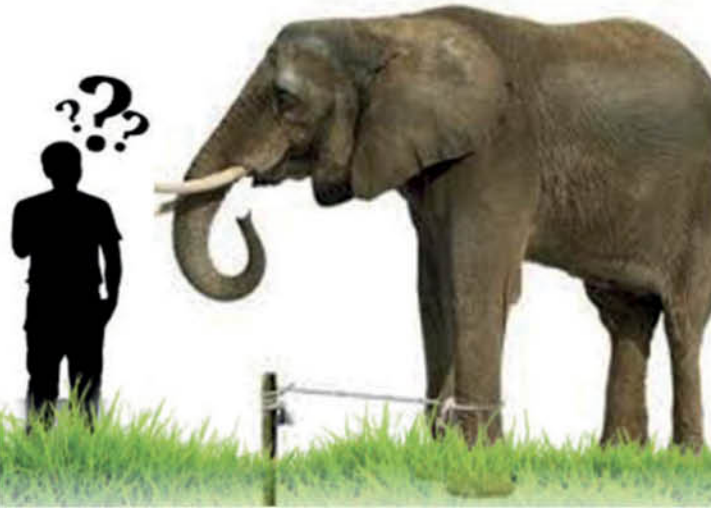
એક માણસ હતો, તે તેના જિંદગીમાં ખૂબ દુઃખી હતો. નોકરી પણ સારી ન હતી, પરિવારનું ભરણપોષણ કરવા માટે નોકરી પણ તે મજબૂરીમાં કરતો હતો, આ સિવાય પોતાની પાસે બચત ન હોવાને કારણે કાયમ દુઃખી દુઃખી રહેતો. અને મહિનાના અંતે જે પગાર આવતો તે બધો ઘર ખર્ચમાં જ વપરાઈ જતો, અને પોતાના કોઈ શોખ પૂરા કરી શકતો નહીં.

આખરે થોડા સમય પછી એને થોડી બચત કરી અને થોડા રૂપિયા ભેગા કર્યા પરંતુ તે નવો ધંધો ચાલુ કરવા માટે બહુ ડરતો હતો. કે જો તે નવો ધંધો ચાલુ કરશે અને એમાં નિષ્ફળ જશે તો, ફરી પાછું આટલી બચત કરવા માટે કેટલા વર્ષો વીતી જશે. અને ત્યાં સુધી પરિવારનું ભરણપોષણ કોણ કરશે વગેરે જેવા સવાલો એને સતાવતા હતા.

એક દિવસની વાત છે આ માણસ પોતાની નોકરી કરવા માટેની જગ્યા પર જઈ રહ્યો હતો, ત્યારે એને રસ્તામાં વચ્ચે એક લાથી ને જોયો. આટલો કદાવર લાથી એણે એની જિંદગીમાં ક્યારેય જોયો નહોતો, આથી થોડીવાર માટે તે ત્યાં જોવા માટે ઊભો રહી ગયો.

થોડીવાર પછી એનું ધ્યાન પડ્યું કે લાથીના પગ માં એક સામાન્ય દોરી બાંધેલી હતી, અને પાછળ એક માણસ આ દોરી પકડીને જઈ રહ્યો હતો. એ એને જોઈને એવું લાગી રહ્યું હતું કે તે માણસે લાથી ને ટ્રેન કર્યો હશે.

પરંતુ એના મનમાં એક વિચાર સ્ફૂર્ષો કે લાથી કદાવર પ્રાણી છે અને તે ઈચ્છે તો



માણસને પણ ઉડાડીને ક્યાંના ક્યાં ફેંકી દે પરંતુ આ નાનકડી એવી દોરી લાથી કેમ તોડી નથી દેતો? એને ઘણું વિચાર્યું પણ સમજાયું નહિ એટલે તે પેલા ભાઈ પાસે ગયો અને પૂછ્યું કે લાથીને આટલી નાનકડી દોરી બાંધી છે છતાં તે તોડી ને કેમ નથી જઈ રહ્યો?

ત્યારે પેલા માણસે જવાબ આપ્યો કે લાથી જ્યારે ઉંમરમાં નાનો હોય ત્યારે તેના પગમાં આવી દોરી બાંધવામાં આવે છે. તે ઘણી વખત એ દોરી ને તોડી ને ભાગવાની કોશિશ કરે છે, પરંતુ થોડી મજબૂત દોરી બાંધી દઈએ એટલે તે તોડી શકતો નથી. અને પછી તે તેના મનમાં એમ જ માની લે છે કે મારાથી આ દોરી તૂટી શકે તેમ નથી. આથી હું ક્યાંય ભાગી નહીં શકું.

આટલું સાંભળીને પેલા માણસના મનમાં ચમકારો થાય છે કે માણસો સાથે પણ લાથી જેવું જ થાય છે. કારણ કે માણસને પણ નાનપણથી જ અમુક વસ્તુઓ અને અમુક માન્યતાઓના બોજ પર ઘેકેલી દેવામાં આવે છે, કે માણસ આ ન કરી શકે. માણસે આ ન કરવું જોઈએ.

પરંતુ જરૂર છે ખાલી માન્યતા તોડવાની, માણસ ધારે તો કશું પણ અશક્ય નથી. અને આપણે એક પ્રયત્ન કર્યા પછી કોઈપણ કામ કરવાનું છોડી દઈએ એ કેટલી હદે વ્યાજબી છે તે આપણે જ વિચારવું પડશે. કારણકે જો આપણે પાછો બીજી વખત પ્રયત્ન નહીં કરીએ તો લાથીની જેમ સીમિત દુનિયામાં જ જીવવું પડશે.

જો આપણે માન્યતા છોડીએ, અને માન્યે કે નિષ્ફળતા એ સફળતા નો જ એક ભાગ છે. તો જિંદગીમાં આપણને સફળ થતા કોઈ રોકી નહીં શકે, ઈચ્છીશમાં પણ કહેવાય છે કે નેવર ગિવ અપ, એટલે કે કોઈ દિવસ મુશ્કેલીઓથી ભાગવું નહીં, મુશ્કેલીઓ નો સામનો કરવો જોઈએ. સફળતા એક દિવસમાં નથી મલતી પણ કોશિશ કરશો તો એક દિવસ જરૂર મળશે!

શ્રીજી પાક દાદાર અદુરામઝદાની મદદ હોજોજી, જમશેદ તારી પાદશાહી



તે પિશદાદિ વંશનો મહાન રાજા, જેના રાજમાં ખુશ હતી તેની પ્રજા..

નિર્દોશ ને મળતો હતો ન્યાય તે પાપી ને મળતી હતી સજા

તે પિશદાદિ વંશનો મહાન રાજા, જેના રાજમાં ખુશ હતી તેની પ્રજા..

પ્રખ્યાત હતો રાજા જમશેદનો જામ, આવી એક સાંજ ને લાવી તાઢનો પૈગામ.

પ્રચાને તાઢથી બચાવવા કર્યો રાજાએ પ્રબંધ, મજબુત કિલ્લો બનાવી સુધાર્યા રાજાનો સંબંધ

તે પિશદાદિ વંશનો મહાન રાજા, જેના રાજમાં ખુશ હતી તેની પ્રજા..

કળા, સાહિત્ય ને ઉત્પાદન ને મળ્યું તે રાજમાં મહત્વ, પ્રજાએ અનુભવ્યું તે રાજમાં પ્રભુત્વ,

દાદારની બંદગીથી કર્યું રાજાએ શાસન, દાદારના આશીર્વાદથી કર્યું રાજાએ લોકોનું રક્ષણ

તે પિશદાદિ વંશનો મહાન રાજા, જેના રાજમાં ખુશ હતી તેની પ્રજા..

જેમના રાજમાં થઈ પ્રજા ધનવાન ને ધન્ય થયું આ જહાન, તે રાજા જમશેદ છે! જેમની પાદશાહી છે મહાન!!!

તે પિશદાદિ વંશનો મહાન રાજા, જેના રાજમાં ખુશ હતી તેની પ્રજા..

- બેહઝાદ યઝદી ગાંધી (સુરત)

થોડુંક આપતા શીખો!

એક દિવસ મંદિરની બહાર ભીખ માગતા ગરીબ માગણને કેઈના પડી ગયેલા ૫૦૦ રૂપિયા મળ્યા હતા. માગણ પણ દિલદાર નીકળ્યો. એણે એ બધા રૂપિયા બાજુના મંદિરના ભંડારમાં આપી દીધા. આપણે અનેક વાર રિક્ષાવાળા, શાકભાજી વાળા કે ગરીબ ફેરિયાઓ સાથે ૨ - ૫ રૂપિયા માટે રકઝક કરતા હોઈએ છીએ. પરંતુ જ્યારે હોટેલમાં જઈએ છીએ ત્યારે ત્યાંના વેઈટરોને ટીપ આપવાનો તો રિવાજ છે. પણ ક્યારેય ટેબલ સાફ કરવાવાળા કે પાણીના જ્વાસ ભરવાવાળાનો આપણે વિચાર કર્યો છે? એ લોકોમાં પણ જીવ છે, જીવતા જાગતા કોઈની આંખના રતન છે, પૈસા કમાવવા જે મળ્યું એ કામ કરે છે. એમને આખા કેરિયર માં ભાગ્યેજ કોઈ કાંઈ આપતું હશે. એમને આશા પણ નહીં હોય.

હવે એક મામુલી નિયમ બનાવો કે જેવા આ લોકો ટેબલ પાસે પાણીનો જ્વાસ રાખે કે પોતુ મારે એટલે એમને ૧૦ રૂપિયા આપી દેજો. એનાથી એમની ખુશીનો પાર નથી રહે. કેટલાક તો હસી હસી ને પ્રેમભરી નજરથી જોય તો કેટલાક આશ્ચર્ય અને જતન થી રૂપિયા તરત ખીસામાં મૂકી દે છે.

આપણું જોઈ ને આપણા સંતાનો પણ કંઈક શીખે. કેમ કે સંતાનો લગભગ હંમેશા માતા પિતા ને અનુસરે. આપણે પણ વધુ કાંઈ નહીં પણ બિસ્કિટનું પેકેટ કે કેળા જેવા ફળો સાથે રાખો અને ગાડી ચલાવતા સિગ્નલ ઉપર ભીખારી આવે તો એક પેકેટ આપતા શીખો.

આપણે ૫૦-૧૦૦ રૂપિયા તો હોટેલ કે મોલના જી.એસ.ટી. માં ભરી દઈએ છીએ, ત્યાં આપણે વિચારતા પણ નથી. ડોક્ટર પાસે જઈએ તો તેમની ફી જેટલી હોય તેટલી આપી દઈએ છીએ. પાછા થેન્ક્યુ પણ કહીએ છીએ.

પોતા માટે હરવા ફરવામાં હજારો લાખો ઉડાવી દઈએ છીએ, ત્યારે?

થોડું આપવાનું રાખો, વધુ નહીં તો દરરોજ કમ સે કમ ૧ રૂપિયાનું દાન કરવાનો નિયમ લો.

આપો, આપતા રહો, નિરંતર આપતાજ રહો, આપવા વાળા ને ક્યારેય ખોટ નથી પડતી.

ચીડિયા ચાંચ ભર લે ગયી, નદી ન ઘટીએ નીર,

દાન દીયે ધન ન ઘટે, કહે ગયે સંત કબીર.



જે છે તેમાં સંતોષ માનતા શીખો!

નોકરી શોધનાર વિચારે છે કે વ્યવસાય સારો છે, વ્યવસાય માલિક વિચારે છે કે નોકરી સારી છે, ઘરે રહેતી વ્યક્તિ કંઈક કરવા માંગતી હોય અને ઘરની બહાર નીકળવા માંગતી હોય, જે એક સાથે રહે છે તેને જુદુ રહેવું હોય છે, જે અલગ રહેતા હોય તે વિચારે છે કે સાથે રહેવું સાફ જવાબદારીઓ ઓછી અને ખર્ચ પણ ઓછો.

ગામલોકો વિચારે છે કે તે શહેરમાં ભરપુર આનંદ છે, શહેરના લોકો કહે છે કે ગામમાં જીવન સરળ છે, જેઓ દેશમાં રહે છે, તેઓ વિદેશ જવા માંગે છે, વિદેશમાં રહેતા લોકો વિચારે છે કે આપણે અહીં ઘણી મહેનત કરવી પડે છે.

સીધાવાળ વાળા કહે છે કે કલ્સ કેટલા સરસ છે, વાંકડિયા વાળવાળા કહે છે કે આમા કેટલી ગુંચ થાય છે.

એક બાળકના લોકો વિચારે બે બાળક હોય તો સાફ, બે બાળક વાળા વિચારે એક હોય તો કેટલું સાફ.

જે છોકરી હોય તેને છોકરાનો મોલ લાગે અને જેને દીકરો હોય તેને લાગે દીકરી વધારે પ્રેમાળ હોય છે. જેને બાળકો નથી તેને કંઈ પણ ચાલે ભલે દીકરો હોય કે દીકરી!

બીજાની પંચાત કરતા લોકો રામમાં પણ દોષ જુએ અને પ્રશંસકો રાવણના પણ વખાણ કરે છે! સાફ શું છે તે કોઈને ખબર નથી. હું ઠીક છું પણ હું ખુશ નથી પરંતુ સામેવાળી વ્યક્તિ તેને આનંદી દેખાય છે. ભગવાન કેટલી મૂંઝવણ છે? તમે બેઠા છો ઉપર શાંતિથી અને અમે ખાઈ રહ્યા છો ઘકકા! તેથી જ જે છે તે સ્વીકારો અને સંપૂર્ણ જીવન જીવો!

વલસાડમાં રહેતી સિદ્ધુને ઉંઘ નહોતી આવી રહી. તેનું હૃદય જોરથી ઘબઝી રહ્યું હતું. ઘડિયાળના કાંટાનો પણ અવાજ જાણે સંભવાઈ રહ્યો હતો. મનમાં યાદોનું જંગલ સળગી રહ્યું હતું અને માર્ચ મહિનાની ઠંડક શરીરમાં લાગી રહી હતી.

બહેરામને ગુજરાતને ફક્ત છ મહિના થયા હતા. પરંતુ પચાસ વર્ષના સુખી જીવનને તમે ૬ મહિનામાં કેવી રીતે ભુલી શકો. એવી એક પણ ક્ષણ નહોતી જ્યારે બહેરામની યાદ નહોતી આવતી.

બહેરામ વલસાડમાં તેમના માયબાવા સાથે રહેતો. તેમનું પોતાનું સુંદર નાનું એવું વીલા જેવું ઘર હતું. અને વલસાડ સ્ટેશન પર જ તેમની પોતાની બેકરી હતી. ૨૨ વર્ષની ઉંમરે સીદ્ધુના લગ્ન બહેરામ સાથે થયા હતા. બહેરામના પ્રેમમાં સિદ્ધુ ભીંજાઈ ગઈ હતી. દિવસે ને દિવસે સિદ્ધુના પ્રેમનો બગીચો ખીલતો હતો પરંતુ તેમના બગીચામાં એક ફૂલ ન ખીલ્યું. ઘણાં તબીબી ઉપાયો કરવામાં આવ્યા. પરંતુ તે સમયે આપણી જીઓ પારસી સ્કીમ નહોતી. છેલ્લે સિદ્ધુ અને બહેરામ એકલા જ રહ્યા. ઉંમર થતા બહેરામના માય-બાવા ગુજરી ગયા અને ફરી સિદ્ધુ અને બહેરામ એકલા રહી ગયા. બહેરામ પોતાના મનને મનાવી લીધું અને છેલ્લે સિદ્ધુને પણ સમજાવ્યું. તેઓએ પોતાનું મન બનાવી લીધું હતું કે ફૂલો તેમની દુનિયામાં ક્યારેય નહીં આવે.

જો તમારી પાસે ઘરની સામે બગીચો ન હોય તો પણ, બીજા લોકોના બગીચામાં ફૂલો જોતા તમે ભરપુર આનંદ ઉઠાવો છો. તેઓ પડોશીઓ અને સંબંધીઓનાં બાળકો સાથે સમય પસાર કરતા. તેમને મદત પણ કરતા. દિવસો વરસોમાં પલાટાવા લાગ્યા. સિદ્ધુની ૬૦મી વર્ષગાંઠ બહેરામે ઘણી ધામધુમથી ઉજવી. ગરીબોને દાન આપવામાં આવ્યું. ઉંમર વધતા બહેરામને બેકરીના કામમાં મુશ્કેલી આવવા લાગી તેના મિત્રએ જીમી મર્ચન્ટનું નામ આગળ કર્યું. જીમી અનાથ હતો તેના કોઈ સગાએ તેને હોસ્પિટલમાં ભણાવ્યો. જીમીએ હોટલ મેનેજમેન્ટનો કોર્સ કર્યો હતો. અને કોઈ કામની તલાશમાં હતો.

બહેરામે તેને પોતાના જ ઘર માં એક ઓરડો રહેવા આપી દીધો. દેખાવમાં રૂપાળો, ભુરા ભુરા વાળ વાલો જીમી એક જ નજરમાં સામેવાળાને પોતાના બનાવી લેતો. તેણે બહેરામ અને સિદ્ધુના મનમાં પહેલી મુલાકાતમાં જ કાયમી સ્થાન બનાવ્યું.

જીમી તેમના માટે વૃદ્ધાવસ્થાના આધારે અશો જરથુસ્ત્ર દ્વારા મોકલેલો દેવદૂત સમાન હતો.

કદાચ બહેરામ અને સિદ્ધુના જીવનમાં દીકરાનો પ્રેમ લખાયેલો હશે તેમ જીમી રહેવા આવ્યાની સાથે સવારે ઘર આગળના બગીચામાં સાફ-સફાઈ કરતો, ઝાડને પાણી પીવડાવતો. સિદ્ધુને ઘરેલું ચીજવસ્તુઓ લાવી આપતો. અને પછી બહેરામને મદદ કરવા બેકરીમાં જતો. જીમીના આવ્યા, પછી બેકરીનું કામ વધવા લાગ્યું.

બહેરામ અને સિદ્ધુ હૃદયમાં સંગ્રહ કરેલા પ્રેમનો વરસાદ વરસાવતા હતા. તઓનું જીવન જીમી આવ્યા પછી સંપૂર્ણ બની ગયું હતું પરંતુ આ ખુશી લાંબો સમય ટકી નહીં. અને બહેરામે સિદ્ધુનો હાથ જીમીના હાથમાં આપી તેની સંભાળ કરવા કહ્યું અને બહેરામ ગુજર પામ્યા.

જીમી એક માની જેમ સિદ્ધુનું ધ્યાન રાખતો. તેમને

મને પરવરદેગાર દેખાયા!



જ દરવાજાની બેલ વાગી. સિદ્ધુએ દરવાજો ખોલ્યો દરવાજો ખોલતાની સાથે જ ચંદન અને સુખડની સુગંધ આખા ઘરમાં પ્રસરી ગઈ. સામે જીમી ઉભો હતો. સિદ્ધુ જીમીને જોઈ ખુબ ખુશ થઈ ગયા. જીમીએ કોટી કરી સિદ્ધુના શરીરમાં એક નવી ચેતના જાગૃત થઈ અંગો ખૂબ હળવા થઈ ગયા. જાણે કોઈ મોટો બોજો ઉતરી ગયો હોય તેવું લાગ્યું જાણે કે ચમત્કાર

ઘરકામથી લઈ બધા કામમાં મદદ કરતો સાથે બેકરી પણ ચલાવતો. માર્ચ મહિનો શરૂ હતો. નવરોઝ આવવાની તૈયારી હતી. સિદ્ધુ દર વરસે નવરોઝને દિવસે ઈરાનશા ઉદવાડા પગે લાગવા જતા. જીમીને બેકરી પ્રોડક્ટના એક સેમીનાર માટે મુંબઈ આવવું પડ્યું. પરંતુ તેણે સિદ્ધુને પ્રોમીશ આપ્યું કે તે નવરોઝની આગલી રાતે નહીં તો સવાર સુધીમાં આવી જશે અને નવરોઝને દિને તેને ઉદવાડા લઈ જશે.

સિદ્ધુ આજે ફરી એકલા હતા. રાત થઈ હતી તે જીમીની રાહ જોઈ રહ્યા હતા. જીમી ગાડી લઈને ગયો હતો. એટલે ક્યારે પણ આવી શકે તેનું સિદ્ધુ વિચારતા હતા. કાલે ઉદવાડા જવાશે કે નહીં તે વિચારી રહ્યા હતા. આટલા વરસોમાં ક્યારે પણ તેઓએ ઉદવાડા જવાનો ખાડો પાડ્યો નહોતો. બહેરામ હમેશા તેને ઉદવાડા ઈરાનશાના દર્શને લઈ જતા. પરંતુ સિદ્ધુને મનમાં હતું કે કદાચ આ વરસે ઉદવાડા નહીં જવાય. આ વરસે તેમના ઘણી તેમના વહાલા બહેરામ તેમની સાથે નહોતા. તેમની યાદ કરતા સિદ્ધુની આંખમાંથી આંસુ સરી આવ્યા. કાલે નવરોઝનો સબકતો દિવસ હતો. બહેરામ આગલે દિવસે બધી તૈયારી કરતા. સિદ્ધુને ઘર ખાલી ખાલી લાગી રહ્યું હતું અને તેઓ એકલા એકલા રડતા હતા. કાલે ઉદવાડા જવાશે કે નહીં તે વિચારી મન વધુ ભરાય જતું હતું. અશો જરથુસ્ત્રને યાદ કરતા તેઓ સુઈ ગયા.

વહેલી સવારે તેઓ જાગ્યા. તેમનું શરીર થોડું જડ થઈ ગયું હતું. મન અશાંત હતું. તબિયત સારી નહોતી લાગતી. જાણે શરીરમાં તાકાત નહોતી તેવું લાગી રહ્યું હતું. પરંતુ આજે નવરોઝનો દિવસ હોવાથી તેઓ નાહી ઘોઈ ચોકચાંદન કર્યું. તેટલામાં

થયો હોય તેમ. 'આ કેવો પરશ્ચુમ લગાડ્યો છે જીમી? સુખડ અને ચંદનની સુગંધ આવે છે. જાણે કે આપણે ઈરાનશામાં ન હોઈએ તેવી સુગંધ, સિદ્ધુ બોલ્યા.

જીમીએ નવરોઝ મુબારક કર્યું અને અને સિલ્-લુને તૈયાર થવા કહ્યું. 'માયજી જલદી તૈયાર થઈ જાઓ આપણે ઉદવાડા જવાનું છે.' સિલ્લુ જલદી જલદી તૈયાર થઈ ગયા અને જીમી તેમને દર્શન માટે ઉદવાડા લઈ ગયો. દર્શન કરી બપોરે ત્યાના હોટલમાં પારસી ભોણુ ખાઈ તેઓ પાછા ફર્યા. સિદ્ધુ ખુબ ખુશ હતા. તેમણે જીમીને કહ્યું હું તારા માટે સાંજે સરસ સગનની સેવ અને ધાનશાક બનાવશ. તને બીજું કંઈ ખાવું હોય તો બોલજે. જીમીએ કહ્યું ના માયજી બસ થઈ ગયું હું આવતી વખતે ફાલુદો પારસલ લઈ આવશ. હવે હું બેકરીમાં જઈ આવ જરા આજના સારા દિવસે બેકરીમાં દીવો કરી આવ એમ કરી જીમી ત્યાંથી નીકળી ગયો. સિદ્ધુ થોડો આરામ કરી પોતાની તૈયારીમાં લાગ્યા.

સાંજે પાછી ઘરની બેલ વાગી અને સિદ્ધુએ દરવાજો ખોલ્યો. સામે જીમી બેગ લઈને ઉભો હતો. તેણે સિદ્ધુને કોટી કરી નવરોઝ મુબારક કર્યું. અને તેમને ઉદવાડા નહીં લઈ જવાયું તે માટે માફી માંગી. સિદ્ધુ આ બધું જોઈ આશ્ચર્યચક્રિત થઈ ગયા તેમની સમજમાં કંઈ આવતું નહોતું. સવારે આવેલા જીમીના હાથમાં બેગ નહોતો. તો હું સવારે ઉદવાડા કોની સાથે જઈ આવી. તે ચંદન અને સુખડની સુગંધની ફરી મને યાદ આવી!

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ગુજરાતના એક નાના ગામમાં રહેતો હોશંગ અમલસાડીવાલા પોતાની મુશ્કેલીઓથી કંટાળી ગયો હતો. આય લોકડાઉન ક્યારનુંયે પતી ગયું હતું પરંતુ તેમની જિંદગીનું લોકડાઉન પત્યું નહોતું. પહેલા નોકરી ગઈ અને પછી ઘરની આર્થિક સ્થિતિ નબળી બની ગઈ હતી. જીવન રોજે રોજ નવી ઉપાધિઓ લઈને આવતું હતું. બાકી રહી ગયું હતું તેમ હોશંગને કોરોના થયો અને શરીરનું જોમ પણ જતું રહ્યું! તે પછી હોશંગની માનસિક હાલત સાવ કથળવા લાગી હતી. જીવવાના બધા જોશ પણ ધીરે ધીરે ઉતરી જવા લાગ્યા.

ગામમાં શાહુકાર પાસેથી વ્યાજે લીધેલ પૈસાની રોજ આવતી ઉઘરાણીઓ, છેલ્લા છ માસથી ઘરનું ભાડું ભરવાનું બાકી રહી ગયેલું. હોશંગની ઘણીયાણી સીંઘુ ઘરમાં સાડી ભરવાનું કામ લઈ આવતી તેમાંથી જેમ તેમ તેમનું ગુજરાન ચાલતું. હોશંગને બે દીકરીઓ હતી આવાં, અને આબાન, આવાં ૭મીમાં ભણતી હતી અને આબાન ૯મીમાં ભણતી હતી. હોશંગને



ઘર ચલાવવામાં ભારે તકલીફ પડવા લાગી હતી. સીંઘુનો ભાઈ પૈસે ટેકે સુખી હતો પરંતુ હોશંગને તેની પાસે હાથ લંબાવવા સાડું નહોતું લાગતું. જીવવાના બધા રસ્તાઓ ધીરે ધીરે બંધ થઈ રહ્યા હોય તેમ હોશંગની માનસિક હાલત ધીરે ધીરે બગડી રહી હતી. એક દિવસ આખરે થાકીને હોશંગએ છેલ્લો નિર્ણય કરીને ઘરની બહાર પગ મૂક્યો. તમે હમના ક્યાં ચાલ્યા? સિંઘુએ પુછી જોયું.

‘આ તો ચંપલ તુટેલું છે તે જરા સીવડાવી આવું અને જરાક પેલા મગનભાઈને નોકરી માટે કહી આવ. નજર મિલાવ્યા વિના હોશંગ બહાર નીકળી ગયા.

હોશંગ ધમધમતા વાતાવરણમાં નદી કિનારે જઈ આવતા. હોશંગ કડીયા કામ શીખેલા. એક કેન્ટ્રાક્ટરના હાથ નીચે કામ કરે. દરરોજ એમ તો કામ મળી જ રહેતું. પરંતુ આ કારોના કાળે હોશંગના જીવનમાં સ્ટોપ લગાવી દીધેલું. આજે પણ તે નદી કિનારે જવા નીકળ્યા. અને ત્યાં જઈ એક પથ્થર પર બેસી ગયા. આર્થિક તંગીથી કંટાળીને એક આંધેડે નદીમાં કરી આત્મહત્યા!! હોશંગે વિચાર્યું કે આજે આત્મહત્યા કરીશ તો કાલે પેપરમાં મારા સમાચાર આવશે. તે મરવા નદીના પુલ તરફ આગળ વધ્યા. નીચે ઉછળતાં પાણી તરફ નજર કરી નિરાશાના વમળો નીચેના પાણીમાં દેખાવા લાગ્યા. આ વમળો જ મારી બધી સમસ્યાનો અંત છે, હું હારી ગયો છું હવે નહિ જીવાય!! અશો જરથુસ્ત્ર પાસે મનોમન માફી માંગી. છેલ્લે છેલ્લે આવાં, આબાન અને સિંઘુનો ચહેરો દેખાયો! પાણીમાં ભુસ્કો મારવાની તૈયારી કરી ત્યાંજ એક નાનો છોકરો અચાનક જ હોશંગ પાસે આવ્યો અને બોલ્યો, કાકા, તમારું ચંપલ તો તૂટી ગયલું સે લાવો એક તાંકો મારી આપું.

હોશંગ પોતાની તંદ્રામાંથી બહાર આવ્યા અને પેલા છોકરાને જોયા કર્યું.

મારી પાસે પૈસા નથી! હોશંગ બોલ્યો એને રડવું આવી ગયું.

‘અરે, એમાં શું કાકા, પૈસા પછી આપજો પણ લાવો

તમારું ચંપલ સીવી આપું.

પણ તું મને ઓળખતો નથી અને તારા પૈસા ક્યારે આપીશ તે ખબર નથી. અરે કાકા, લો આ જુનું ચંપલ પહેરો અને તમારું ચંપલ લાવો. તેને એક તુટેલું ચંપલ હોશંગને આપ્યું અને ચંપલ લઈ તેના કામે લાગી ગયો.

હોશંગ ત્યાં જ તેની પાસે બેસી ગયા. તે સારી રીતે કામ કરી રહ્યો હતો. હોશંગ થોડી સેકન્ડ પહેલાના ભૂતકાળમાં ગયા અને પોતે ખરેખર શું કરવા જઈ રહ્યા હતા તેનું ભાન થયું. હવે તે આ છોકરાને કારણે જ આત્મહત્યાના માર્ગથી પાછા વળ્યા હતા.

થોડીવારમાં જ તેને તેનું કામ પુરુ કર્યું, લો કાકા તમારું ચંપલ. તે છોકરાએ હોશંગને ચંપલ જ નહીં પણ તેમની જિંદગીને સાંધી આપી હતી.

હોશંગે પૂછ્યું હવે કહે કે કેટલા થયા?

કાકા, તમારી પાસે પૈસા જ નથી તો મને શું આપશો?

પરંતુ જ્યારે તમારી પાસે પૈસા હોય તો હું આ પુલ પર સામે છેડે બેસુ છું મને ત્યાં આવી મારા પૈસા ચુકવી

જજો.

સાડું તો આ પુલ પર ફરી મળે ત્યારે કેટલા આપવાના થશે એ તો કહે? હોશંગ હવે સંપૂર્ણ સ્વસ્થ હતા.

તે છોકરો હોશંગની આંખમાં જોઈ બોલ્યો, સાહેબ તમે મને પૈસા નહીં આપો તો પણ ચાલશે પણ આ પુલ પર બીજીવાર ન આવતા. તે ઉભો થયો અને તેને તેની વસ્તુઓ તેના થેલામાં ફરી ગોઠવવા માંડી. હોશંગે તેમના પગમાં રહેલું પેલું તુટેલું ચંપલ તેને પાછું આપ્યું અને પૂછ્યું, તું સરસ ચંપલ સાંધે છે તો આ જુના ચંપલને કેમ નથી સીવતો?

એ મારા બાપાની યાદગીરી છે એટલું કહેતા જ તે રડમશ જેવો થઈ ગયો.

કેમ, તારા બાપા ક્યાં છે? હોશંગે પૂછ્યું.

તેણે નદી તરફ મોં રાખીને જ જવાબ આપ્યો, દસ દિવસ પહેલા આ નદીમાં મારા બાપાએ આત્મહત્યા કરી હતી. એમના એક પગનું આ તુટેલું ચંપલ અહીં રહી ગયું હતું. તે અહીં સામે જ વર્ષોથી બુટપોલિસ કરતા હતા. કોરોનામાં ઘરની હાલત બગડી ગઈ. એ સહન ન કરી શક્યા અને તે રડી પડ્યો. રડતા રડતા બોલ્યો, આ પુલ પર કેટલાય આવે છે અને પોતાની જિંદગી ટુંકાવી તેમના પરિવારને અપાર દુઃખમાં મુકીને ચાલ્યા જાય છે પણ એમને ક્યાં ખબર હોય છે કે એમના ગયા પછી દુઃખ ઉલ્ટાનું વધે છે! અને તે સમય પછી હું અહીં જ આમતેમ ફરતો રહું છું. કોઈની તુટેલી જિંદગીને ફરી સાંધી આપવા પ્રયત્ન કરું છું અને તે ત્યાંથી ચાલતો થયો.

હોશંગ પોતાના ઘરે પાછો આવ્યો. તેમને પોતાની ભુલ સમજાઈ ગઈ હતી. થોડા સમય પછી તેમના ગામમાં યંગ સ્થેરથાર્સ લોકોનું આગમન થયું. ઘર વખરીની ચીજો તેમણે મેળવી. હવે થોડા સમય માટેની ચિંતા નહોતી. બે દિવસ પછી કોન્ટ્રાક્ટરનો માણસ કામ માટે બોલાવવા આવ્યો. હોશંગે બે હાથ જોડી અશો જરથુસ્ત્રનો આભાર માન્યો.

- હિલ્લા તંબોલી

જીવનની પ્રેરણા આશા!!

આશા એ આપણા બધા જીવનની પ્રેરણા છે, તે જીવવાનો આધાર છે. જો આ આશા સમાપ્ત થાય છે, તો પછી જીવવાનો હેતુ પણ દેખાતો નથી. જો કે વ્યક્તિના મગજમાં વિવિધ પ્રકારની આશા છે, માત્ર સકારાત્મક આશા તેના જીવનને સુંદર બનાવે છે, તેને જીવનમાં આગળ વધવા માટે પ્રોત્સાહિત કરે છે, તેના મનને ઉત્સાહથી ભરે છે. જો વ્યક્તિનું મન નિરાશાથી ભરેલું હોય, નકારાત્મક વિચારોથી ભરેલું હોય, તો પણ આવા વ્યક્તિ માટે સમય ગમે તેટલો અનુકૂળ હોય, તે જીવનનો આનંદ માણી શકશે નહીં. દરેક ક્ષણ તે ગૂંચળામણ, બેચેની અને ભયથી શ્વાસ લેશે.

આમ જીવન જીવવું સાડું નથી, તે દરેક ક્ષણે મરી જવા જેવું છે, સમાન હકારાત્મક આશાઓ સાથે જીવતો વ્યક્તિ મુશ્કેલ સમયમાંથી પસાર થઈ રહ્યો છે, પરંતુ તેની નજર સમક્ષ સકારાત્મક આશાઓ તેના સુવર્ણ ભવિષ્ય માટે લક્ષ્ય રાખે છે, જેને મેળવવા તે સતત આગળ વધે છે અને મુશ્કેલથી મુશ્કેલ જીવન સરળતાથી ઓળંગે છે.

આ રીતે, જીવન તે લોકોનું સમર્થન કરે છે જેઓ દરેક ક્ષણે આશાના દરવાજાને પકડે છે. જીવનનો માર્ગ અંધકારથી ઘેરાયેલો હોવા છતાં, આંખોના પ્રકાશની આશા ફક્ત તે અંધકારને સરળતાથી પાર કરવામાં મદદ કરે છે અને પ્રકાશ તરફ દોરી જાય છે, અન્યથા, ત્યાં અંધકારની ગલીઓમાં જીવન ભટકવું, ક્યારેય પહોંચ્યું ન હોવાની મોટી સંભાવના છે. જો મનમાં આશા છે, તો વિશ્વાસ છે.



સૌથી મોટો પર્વત પણ ચઢી શકાય છે, તેને પાર કરી શકાય છે. ફક્ત જરૂર છે કે આ આશાને તોડશો નહીં પરંતુ તેને સખત મજબૂત બનાવો.

સકારાત્મક આશાની આ ચમત્કારિક અસરથી વૈજ્ઞાનિકો પણ આશ્ચર્યચકિત થઈ ગયા છે. આ અંગે સંશોધન સાબિત કરે છે કે આશાની છાયામાં જીવવાથી વ્યક્તિ તેના

જીવનમાં ખુશી લાવી શકે છે.

આશાવાદી વિચાર અને અપેક્ષાઓ ફક્ત આપણને દ્રષ્ટિકોણ આપે છે, જેથી આપણે મુશ્કેલીઓ અને નિષ્ફળતાનો સામનો કરવાથી ડરતા નહીં, પણ તેમને ડરાવવા તૈયાર થઈએ.

તે છે કે કોઈ પણ ગંતવ્ય પર વિજય મેળવતાં પહેલાં વ્યક્તિએ પોતાને જીતી લેવો પડે છે, તેણે પોતાની જાતને જીતી લેવી પડે છે. જો તમારી પાસે પહેલાથી જ જીતવાની આશા નથી, જીતવાની ઉત્કટાં નથી તો તમને લક્ષ્ય પ્રાપ્ત નહીં થાય. આ અંગે હંમેશા શંકા રહેશે. આશા એ મનનો દીવો છે જે તેને માર્ગદર્શન આપે છે, તેને મૂંઝવણમાંથી દૂર રાખે છે અને મુશ્કેલીમાં પણ પોતાનો માર્ગ બતાવે છે.

આશાવાદ આપણને ફક્ત આપણા લક્ષ્યસ્થાન તરફ લઈ જતો નથી, પરંતુ તે આપણા સ્વાસ્થ્યને સુરક્ષા પણ પૂરી પાડે છે. આ અંગેના સંશોધન સૂચવે છે કે આશાવાદનો હૃદય, રક્ત સંગ્રહન અને રોગો સામે રક્ષણ કરવાની શરીરની સિસ્ટમ પર સારી અસર પડે છે અને તેથી જ આશાવાદી નિરાશાવાદીઓ કરતાં વધુ જીવે છે.

ચિકિત્સકો પણ માને છે કે મજબૂત ઈચ્છા અને હકારાત્મક વિચારસરણીવાળા દર્દીઓ ડર અને શંકાસ્પદ છે અને નકારાત્મક વિચારસરણી કરતા વધારે જલદી સ્વસ્થ થાય છે.

તેઓએ જીવનમાં પ્રગતિ કરી છે, જેમણે આશાવાદ અપનાવ્યો છે, અને વાસ્તવિકતામાં તેઓ નિષ્ફળ ગયા છે, જે નિરાશાવાદી બન્યા છે, તમે કોઈ ચીજથી હારી જાઓ તો ઉઠો ફરી લડો તમે આશાથી લડશો તો જીતશો જરૂર. જીત એ આશાવાદનું પરિણામ છે, પરંતુ જો મનમાં નિરાશા હોય તો તે છે પડવા પછી ફરી ઉભા થવું અશક્ય છે, એકવાર હારી ગયા પછી ફરીથી જીતવું મુશ્કેલ છે પરંતુ અશક્ય નથી.

આશાવાદ એ જીવનની અંધારી ગલીઓમાં પસાર થતો પ્રકાશનું કિરણ છે, અંધકારમાં ચમકતો, ઝબૂકતો દીવો, જે આપણને સતત માર્ગદર્શન આપે છે, અમને ખસેડવા માટે આગળ વધે છે. આથી જ આશાનો માર્ગ મનમાં સ્થિર થવું જોઈએ અને નિરાશાને તમારી આજુબાજુ વેરવિખેર થવા દેવી જોઈએ નહીં.

આ કરોના કાળમાં કેટલાય લોકો પોતાના જીવનથી હારી ગયા. આમ નિરાશ થશો નહીં, આશા ગુમાવશો નહીં. રાત પછી દિવસ જરૂર આવે છે. કાયમ સુખ ટકી રહેતું નથી તેમ કાયમ દુઃખ પણ ટકી નહીં રહે. ભગવાનમાં વિશ્વાસ રાખો. નીચમીત પ્રાર્થના કરો. ભગવાને જે આપ્યું છે તેનો આભાર માનો!!

- પિરોશા તંબોલી

YOUR MOON SIGNS JANAM RASHI THIS WEEK

લખનાર: મરહુમ મહારાજ શ્રી સ્વયંજયોતિના સહકાર્યકર્તા જયેશ એમ. ગોસ્વામી

અઠવાડિક રાશિક્ષણ: તા. ૨૦.૦૩.૨૦૨૧ થી તા. ૨૬.૦૩.૨૦૨૧



Aries - મેષ - અ.વ.ઈ.

૧૩મી એપ્રિલ સુધી શુક્રની દિનદશા ચાલશે તમારે કામકાજને વધારવા માટે ભાગદોડ કરવાથી સફલતા મળશે. મોજશોખ ઓછા થવાની જગ્યાએ વધી જશે. નાણાકીય બાબતમાં સારા સારી રહેશે. શુક્રની કૃપાથી કામકાજમાં જશની સાથે ધનલાભ મલવાના ચાન્સ છે. ઓપોજીટ સેકસ સાથે સારા સારી રાખવા માંગતા હો તો તેમની ડિમાન્ડ પૂરી કરજો. દરરોજ 'બહેરામ યજ્ઞ'ની આરાધના કરજો. શુક્રવંતી તા. ૨૦, ૨૧, ૨૫, ૨૬ છે.

Lucky Dates: 20, 21, 25, 26.

Venus' rule till 13th April indicates that a bit of extra effort put into your work, will bear good fruit. Your inclinations towards fun and entertainment will increase instead of decreasing. Financially, things will be on the upswing. With Venus' grace, you will receive both - fame as well as wealth from your place of work. To keep relations cordial with the opposite gender, you would need to cater to their wants. Pray to Behram Yazad daily.



Cancer - કર્ક - ડ.દ.

પહેલા ત્રણ દિવસ શુક્રની દિનદશામાં પસાર કરવાના બાકી છે. ફેમીલી મેમ્બરની ડિમાન્ડ પૂરી કરજો નહીં તો ૨૩મીથી રાહુની દિનદશા આવતા ૪૨ દિવસમાં દિવસની ભુખ અને રાતની ઉઘ બને ઉડાવી દેશે. રાહુ તમને ૪થી મે સુધી નાની માંદગી આપી જશે. તમારા અંગત વ્યક્તિ પણ તમારાથી દૂર ભાગતા રહેશે. તમે અચત કરેલી હશે તો થોડા સમય નાણાકીય મુશ્કેલી નહીં આવે. આજથી 'મહાભોખ્તાર નીઆએશ' ભણજો. શુક્રવંતી તા. ૨૦, ૨૧, ૨૨, ૨૬ છે.

Lucky Dates: 20, 21, 22, 26.

You have the last three days remaining under Venus' rule, so ensure to cater to the demands of your family members. Rahu's rule starting from the 23rd, for the next 42 days, will steal your sleep and appetite. Rahu could inflict a minor illness upon you by the 4th of May. Those close to you would seem to alienate you. Due to your savings, you will be spared from financial challenges. Starting today, pray the May Bokhtar Nyaish daily.



Libra - તુલા - ર.ત.

તમને ૨૩મી એપ્રિલ સુધી શનિની દિનદશા ચાલુ હોવાથી કોઈપણ બાબતમાં બેલેન્સ નહીં રાખી શકો. તમારા વિચારો સ્થિર નહીં રહેવાથી લીધેલા ડીસીઝનમાં કન્ફ્યુઝ થઈ જશે. ઘરવાળા નાની બાબતમાં પરેશાન કરશે. ખર્ચનું પ્રમાણ વધવાથી ચિંતા વધી જશે. અચાવેલી અચત ઉડી જાય તેવા હાલના ગ્રહો છે. દરરોજ 'મોટી હમન યજ્ઞ' ભણજો. શુક્રવંતી તા. ૨૦, ૨૧, ૨૨, ૨૫ છે.

Lucky Dates: 20, 21, 22, 25.

Saturn's rule till the 23rd April makes it difficult for you to maintain a sense of balance in any are of life. Your thoughts will not be stable and this could cause confusion in the decisions you have taken. Family members could harass you over small issues. Increase in expenses will lead to an increase in your worries. You could end up losing your investments. Pray the Moti Haptan Yasht daily.



Capricorn - મકર - ખ.જ.

પહેલા ત્રણ દિવસ શનિમાં પસાર કરી શકશો. ૨૩મીથી ૨૮ દિવસ માટે મંગળની દિનદશા તમારા શાંત મગજને ગરમ કરી નાખશે. નાની બાબતમાં ઈરીટ થઈ જશે. ત્રણ દિવસમાં ઘરવાળાની ડિમાન્ડને પૂરી કરજો. જે પણ કામ કરતા હશો તેમાં ૨૩મીથી મુશ્કેલી આવશે. મંગળને કારણે શાંતિ નહીં રહે. દરરોજ ૩૪મું નામ 'યા બેસ્તરના' સાથે 'તીર યજ્ઞ' ભણજો. શુક્રવંતી તા. ૨૦, ૨૧, ૨૨, ૨૫ છે.

Lucky Dates: 20, 21, 22, 25.

You will be able to spend these last three days in peace. Mars' rule, starting from the 23rd, for the next 28 days, will heat up your calm mind. You could get irritated over small issues. Ensure to cacter to the needs of your family members within these three days. You could face challenges in all your endeavours from the 23rd. Mars will not allow you to be in peace. Pray the Tir Yasht, along with the 34th Name, 'Ya Beshtarna', 101 times, daily.



Taurus - વૃષભ - બ.વ.ઉ.

તમને શુક્રની દિનદશા ચાલુ હોવાથી ૧૪મી મે સુધી સારા સારી રહેશે. તમારી સાથે કામ કરનાર વ્યક્તિની મદદથી કામ સહેલા બનાવી શકશો. ફેમિલી તરફથી માન-ઈજ્જત મળશે. ધનલાભ થશે. ઈનવેસ્ટમેન્ટ કરી શકશો. ગામ-પરગામ જવાના ચાન્સ મળશે. શુક્રની કૃપાથી તમારા મનની વાત બીજને સમજાવી શકશો. દરરોજ 'બહેરામ યજ્ઞ'ની આરાધના કરજો. શુક્રવંતી તા. ૨૧, ૨૨, ૨૩, ૨૪ છે.

Lucky Dates: 21, 22, 23, 24.

Venus' ongoing rule till 14th May keeps everything going well for you. Help from your colleagues will result in quickening your workload. Family members will respect and adore you. You will accumulate greater wealth. You will be able to make investments. Travel abroad is on the cards. You will be able to communicate to others what's on your mind. Pray to Behram Yazad daily.



Leo - સિંહ - મ.ટ.

ગુરૂની દિનદશા ચાલુ હોવાથી તમારા ફેમીલી મેમ્બરના મદદગાર બનીને રહેશો. જે પણ કામ કરતા હશો ત્યાં પ્રમોશન મળવાના ચાન્સ છે. ગુરૂની કૃપાથી તમારા ખર્ચ પર કાબુ કરીને અચત કરવામાં સફળ થશો. ધર્મના કામો કરવાથી મનને આનંદ મળશે. નાણાકીય બાબતમાં અચાનક લાભ મળી રહેશે. દરરોજ 'સરોશ યજ્ઞ' ભણજો. શુક્રવંતી તા. ૨૦, ૨૨, ૨૪, ૨૫ છે.

Lucky Dates: 20, 22, 24, 25.

Jupiter's ongoing rule will make you helpful towards a family member. You could be in for a promotion at work. You will be able to control your expenses and save money to invest. Indulging in religious works will bring you mental happiness. A sudden financial windfall is indicated. Pray the Sarosh Yasht daily.



Scorpio - વૃશ્ચિક - ન.પ.

બુધની દિનદશા ચાલુ હોવાથી તમે કરેલા કામમાં બીજાઓ ભુલ શોધી નહીં શકે. લેતી-દેતીના કામ સારી રીતે કરી શકશો. સાચી સલાહ આપી સાથે કામ કરનારના દિલ જીતી લેશો. નાણાકીય બાબતમાં કરકસર કરી ધનને સારી જગ્યાએ ઈનવેસ્ટ કરી શકશો. દરરોજ 'મહેર નીઆએશ' ભણજો. શુક્રવંતી તા. ૨૧, ૨૩, ૨૬, ૨૭ છે.

Lucky Dates: 21, 23, 26, 27.

Mercury's ongoing rule will not allow anyone to find fault in your works. You will have successful transactional business. You will win over the hearts of your colleagues by giving them sincere advice. You will be able to save money with some effort and invest the same profitably. Pray the Meher Nyaish daily.



Aquarius - કુંભ - ગ.શ.સ.

ચંદ્રની દિનદશા ચાલુ હોવાથી તમારું હરવાનું કરવાનું ખુબ વધી જશે. જે પણ કામ કરશો તેમાં ફત્તેહના ડંકા વગાડશો. રોજના કામમાં સારા સારી થતી જશે. નવા કામમાં સફળતા મળશે. મનની વાત જેને કહેવા માંગતા હો તેને કહી દેજો. દરરોજ ૩૪મું નામ 'યા બેસ્તરના' ૧૦૧વાર ભણજો. શુક્રવંતી તા. ૨૩, ૨૪, ૨૫, ૨૬ છે.

Lucky Dates: 23, 24, 25, 26.

The Moon's ongoing rule greatly increases your opportunities to go out and travel. You will be highly successful in whatever you strive to do. There will be an improvement in your daily works. New projects will be successful. Speak out what's on your mind to the person you wish to share it with. Pray the 34th Name, 'Ya Beshtarna', 101 times, daily.



Gemini - મિથુન - ક.છ.ઘ.

મોઢા સુધી આવેલા કામ પુરા નહીં કરી શકો. રોજના કામ પુરા કરવામાં આળસ આવશે. રાહુની દિનદશા ચાલુ હોવાથી તબિયત બગડી જશે. તમને થોડીબી બેચેની લાગે તો ડોક્ટરની સલાહ લેવામાં વાર નહીં કરતા. નાણાકીય લેતીદેતી કરતા પહેલા દસવાર વિચારજો. કોઈ પાસે ઉઘાર પૈસા લેશો તો ભવિષ્યમાં મુશ્કેલી આવશે. દરરોજ 'મહાભોખ્તાર નીઆએશ' ભણજો. શુક્રવંતી તા. ૨૩, ૨૪, ૨૫, ૨૬ છે.

Lucky Dates: 23, 24, 25, 26.

You will not be able to go the last leg of endeavours which were nearly completed. You could feel lethargy in carrying out your daily chores. Rahu's ongoing rule could take a toll on your health. Ensure to consult a doctor at the slightest feeling of unease. Think ten times before participating in any financial transactions. Taking a loan from another will result in future problems. Pray the Mah Bokhtar Nyaish daily.



Virgo - કન્યા - પ.ઠ.ણ.

પહેલા ત્રણ દિવસ શનિની દિનદશામાં પસાર કરવાના બાકી છે. ૨૨મી સુધી ઘરમાં કોઈ નવી ચીજ વસ્તુ વસાવતા નહીં. ઉતરતી શનિની દિનદશા સાંધાના દુખાવાથી પરેશાન કરશે. ૨૩મીથી ગુરૂની દિનદશા તમારા તમામ દુઃખને દૂર કરવામાં મદદગાર થશે. ગુરૂ તમારા વિચારને પોજીટીવ બનાવી દેશે. ઘરવાળાની પરેશાનીઓ ઓછી કરી શકશો. દરરોજ 'મોટી હમન યજ્ઞ' સાથે 'સરોશ યજ્ઞ' ભણજો. શુક્રવંતી તા. ૨૩, ૨૪, ૨૫, ૨૬ છે.

Lucky Dates: 23, 24, 25, 26.

Saturn rules you for the next three days, so ensure not to set up any equipment for the house till the 22nd. The descending rule of Saturn could make you suffer from joint-pains. Jupiter's rule, starting from the 23rd, will take away all your pains, infusing positivity in your mindset. You will be able to resolve the issues of family members. Pray the Sarosh Yasht along with the Moti Haptan Yasht daily.



Sagittarius - ધન - ભ.ધ.ફ.

મગજ પર કંટ્રોલ રાખી આજનો દિવસ પસાર કરજો. મંગળની દિનદશા એકિસડન્ટ કરાવી દે તેવા ચાન્સ છે તેથી ઘરે બેસજો. આવતી કાલથી શરૂ થતી બુધની દિનદશા ૫૬ દિવસમાં તમારા અટકેલા કામો કરી ચાલુ કરાવશે. ૧૮મી મે સુધી ધનલાભ મેળવશે. ભુદ્ધિ વાપરી કામ કરવામાં સફળ થશો. આજે 'તીર યજ્ઞ' આવતી કાલથી 'મહેર નીઆએશ' ભણજો. શુક્રવંતી તા. ૨૨, ૨૩, ૨૫, ૨૬ છે.

Lucky Dates: 22, 23, 25, 26.

Try to keep your mind in control for today. You are advised to stay at home as Mars' rule could cause you to have an accident. Mercury's rule, starting tomorrow, for the next 56 days, will help you restart all your stalled works. You will be able to make good profits till 18th May. You will taste success in endeavours where your use your intelligence. Pray the Tir Yasht today, and from tomorrow pray the Meher Nyaish, daily.



Pisces - મીન - દ.ચ.ઝ.થ.શ.

દક્ષી એપ્રિલ સુધી સુખની દિનદશા ચાલશે. સરકારી કામોમાં તકલીફ આવશે. તમે માથાના દુઃખાવાથી પરેશાન થશો. તબિયતની ખાસ કાળજી લેજો. વડીલવર્ગની તબિયત અચાનક બગડી જશે. કોઈની વાતમાં આવી જવાથી નુકસાની ભોગવશો. વધુ કામનો બોજો માથા પર આવી જશે. દરરોજ ૬૬મું નામ 'યા રયોમંદ' ૧૦૧વાર ભણજો. શુક્રવંતી તા. ૨૦, ૨૧, ૨૨, ૨૪ છે.

Lucky Dates: 20, 21, 22, 24.

The Sun's rule till 6th April could pose challenges in government-related works. You could suffer from headaches. Take special care of your health. The health of the elderly could suddenly go down. You could end up in a loss, if you get instigated by someone's talks. You will feel a lot of work pressure mentally. Pray the 96th Name, 'Ya Rayomand', 101 times, daily.

આપણી જુની તે સુની પારસી કહેવતો!

ગુજરાતી સાહિત્યમાં પારસી બોલી પણ એક અગત્યનું સ્થાન ધરાવે છે. પારસી સાહિત્યકારોએ લોકગીત, કવિતા, ગરબા લોકસાહિત્ય, ટૂંકી વાર્તા, નવલકથા, નાટક ધાર્મિક અને ઐતિહાસિક સંશોધન, પત્રકારત્વ વગેરેમાં મૂલ્યવાન ફાળો આપ્યો છે. શ્રી જમશેદજી ન. પિટ્ટે 'કહેવતમાળા' નામે કહેવત સંગ્રહ બે વોલ્યુમમાં પ્રગટ કર્યો છે. એ 'કહેવતમાળા'ની બરોબરીમાં ઉતરે એવા અન્ય કહેવતસંગ્રહ ગુજરાતી ભાષામાં આજ સુધી પ્રગટ થયા નથી. એ વોલ્યુમોનું રિપ્રિન્ટ કરવાની જરૂર છે, નહીં તો થોડા જ દિવસોમાં એના કાગળો વધુ જર્જર બનતાં ઝેરોક્સ કે માઈક્રોફિલ્મને યોગ્ય રહેશે નહીં. માઈક્રોફિલ્મ કરવાથી એ 'કહેવતમાળા' સામાન્ય વાચકોનાં હાથોમાં પહોંચી શકે નહીં અને એ મર્યાદિત ક્ષેત્રમાં જ રહી શકે છે. માઈક્રોફિલ્મની નકલ મેળવવી પણ અત્યંત મોંઘી થઈ પડે છે. આ કારણે 'રિપ્રિન્ટ' કરી છાપવાનું અનુકૂળ થઈ પડે છે.

પારસીશાઈ કહેવતો અને શબ્દપ્રયોગો (ફેઝીસ) જ્ઞાનરંજન કરાવે છે. અહીં કેટલીક કહેવતો અને

ફેઝીસ રજૂ કરવામાં આવે છે અને એ બધાજ 'કહેવતમાળા'માં સંગ્રહાયા નથી. સમયની સાથે નવા શબ્દપ્રયોગો પણ સર્જતા હોય છે એટલે જાણકાર વાચકો તરફથી એવા નવા શબ્દપ્રયોગો આવકારદાયક છે. બધી જ કહેવતો જ્ઞાન સાથે ગમ્મત આપનારી નથી અને કેટલીક ખોટી હોવા છતાં રમૂજ આપનારી છે.

'પારસીઓ ઈરાનથી આયા, સદરો-કસ્તી ને ટોપી લાયા' આજે પણ કેટલીક ધાર્મિક વિધિઓમાં માથે ટોપી પહેરવાનું આવશ્યક માનવામાં આવે છે અને ટોપી વગર હોવું એ અપશુકનિયાળ માનવામાં આવે છે. પારસી ગીતમાં કહ્યું છે:

'સદરો કસ્ત ને ટોપી પદાન દીનને વધારીએ જરથુસ્તે રાખીઆં નામ'

દક્ષિણ ગુજરાતમાં અનાવિલ બ્રાહ્મણો અને પારસીઓની ગણના મોટા ખેડૂતોમાં થાય છે. અનાવિલ બ્રાહ્મણોને સ્થાનિક ગામઠી ભાષામાં 'ભાટેલા' કહેવામાં આવે છે. પારસી અને અનાવિલ બ્રાહ્મણોની કહેવત:

'પારસો, ભાટેલો ને કૂતરો, એ જાત જાતને ખાય.'

'ગરાસિયો ગોજરો નહીં ને પારસી ન્યાત બહારો નહીં. ખીચડીમાં ગોળ

નહીં. પારસી ન્યાત બહાર નહીં.' 'બે પાડા ને બે પારસી, એક ગામમાં નહીં જોઈએ.'

પારસી પચ્છમ બુધિયો, વાણિયો ડાહ્યો અને વોલરો શાણો.

વાણિયાની ગણતરી ને પારસીની અટકળ.

પારસીઓના ઘરમાં એક જમાનામાં ગુજરાતના આદિવાસીઓનાં 'દૂબરા' લોકો ઘરકામ અને ખેતીમાં કામ કરનારા રહેતા હતા દૂબળા લોકો ગરીબ હોવાથી પારસીઓમાં એમને માટે ગરીબનો બેલી ખુદા જેવી કહેવત પ્રચલિત હતી 'દૂબરાને માથે દાદાર.'

ગાંધીજી જ્યારે જૂલુ ખાતે શ્રી જહાંગીર પટેલના કોટેજમાં આરામ કરવા આવ્યા હતા ત્યારે મુંબઈના આગેવાન પારસીઓ સર હોમી મોદી, સર કાવસજી જહાંગીર રેડીમની વગેરે ખાસ મળવા ગયા હતા ત્યારે સર કાવસજી જહાંગીર રેડીમનીએ ગાંધીજીને 'મલાત્મા ગાંધીજી શેઠ' કહેતા સહુ હસી પડ્યા હતા.

'ચાર મલે ચોટલા તો આટામીતીકા ઓટલા, ચાર મીલે દાહડી તો વાત કરે શાણી, ચાર મીલે ભોઈ તો પાઘડી કીધર ખોઈ, ચાર મળે દરજી તો વાત કરે ગરજી, ચાર મલે વાણિયા તો ભૂલ લીધા વૂંટ, ચાર મીલે પારસી તો દેખને મેં આરસી.'

એક સમય એવો હતો કે મુંબઈમાં મોબેદો સ્ટાર્ચવાળા કડકડતાં દૂધ જેવા સફેદ ઈસ્ત્રીદાર પોશાકમાં રહેતા હતા. એક શ્રીમંત બહેદીને માની લીધું કે મોબેદ ખુબ શ્રીમંત હોવા જોઈએ એટલે એમને 'મોબેદ શેઠ' કહીને બોલાવ્યા. તે વખતે પારસીઓ સામાને માન આપવા શેઠ કહેતા હતા.

'ભરેસ્પતવાર, દાદર હોરમજદનો મળતિયો વાર, આજની પેઢીને 'ભરેસ્પતવાર'ની ખબર નહીં હોય. ભરેસ્પતવાર એટલે ગુરૂવાર. દખમનું બારણું ભવું, પણ કોરટનું બારણું ભુંડુ, બહેક્તની ખુશાલી નહીં કે દોજખની દિલગીરી નહીં, નજી બહેરામની રાણી ને અચ્છેર પાશેર આણી, ધાનશાક કંઈ જુદા પડે નહીં, સરકારમાં સોરાબજી ને દરબારમાં દોરાબજી, ઘરમ પોતીકો વહાલો ને વેપાર પારકો ભલો, પરવારતા પારસીનો પત્તો શેરબજારમાં મળે, હિન્દુની હોળીમાં પારસાણ ભોળી, વહેમી ચઢાવે નાલિયેર ને પોળી. પારસી બોલીનાં શબ્દ પ્રયોગો પણ હવે દિવસે દિવસે ભૂલાવા લાગ્યા છે.

- વિરાડ ભેસાનીયા

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બટર ચિકન બિરયાની



સામગ્રી: ચિકન બનાવવા માટે ૨૫૦ ગ્રામ બોનલેસ ચિકન, ૧ મોટી ચમચી લસણની પેસ્ટ, ૧ મોટી ચમચી આદુની પેસ્ટ, ૧ કપ દહીં, અડધો કપ કાજૂ પેસ્ટ, ૧ મોટી ચમચી લાલ મરચુ પાવડર, ૧ મોટી ચમચી ઘાણા પાવડર, ૧ નાની ચમચી ગરમ મસાલો, એક ચમચી ખાંડ. ૧ કપ ટોમેટો પ્યુરી, ૧ કપ ફાઈડ કાંદા, મીઠું સ્વાદમુજબ ૧ કપ ઝીણી સમારેલી કોથમીર, ૧ કપ ઝીણો સમારેલો કુદીનો, ૨ મોટી ચમચી ઘી, ૨ લવિંગ, ૧ તજ.

ભાત બનાવવા માટે સામગ્રી: ૧ બટાકુ (પાતળુ ગોળ કાપેલું) ૪ કપ પલાળેલા બાસમતી ચોખા, ૨ મોટી ચમચી ફાઈડ કાંદા, ૨ મોટી ચમચી કોથમીર, ૧ મોટી ચમચી ક્રીમ, ૨ મોટી ચમચી કેસરવાળુ દૂધ.

બનાવવાની રીત: સૌ પહેલા એક વાસણમાં ચિકન બનાવવાની બધી સામગ્રીઓને સારી રીતે મિક્સ કરો. ધીમા તાપ પર એક હાંડીમાં ઘી ગરમ કરવા મુકો. ઘી ગરમ થતા જ લવિંગ અને તજ તેમજ ચિકનનું તૈયાર મિશ્રણ નાખીને સારી રીતે હલાવો અને ઢાંકીને ૫ થી ૧૦ મિનિટ મુકીને થવા દો. હવે તાપ બંધ કરી દો.

હવે એક બીજા ધીમા તાપ પર એક હાંડીમાં ઘી ગરમ કરવા માટે મુકો. ઘી ગરમ થતા જ બટાકાના પીસ સમાન રૂપે મુકી દો. બટાકા ઉપર થોડા ચોખા ફેલાવો અને ઉપરથી ફાઈડ કાંદા પણ નાખી દો. હવે ચોખા ઉપર ૧ મોટી ચમચી કોથમીર અડધુ બફાયેલું ચિકન, ક્રીમ અને ફરી થોડા ચોખા નાખો. છેવટે કેસરવાળુ દૂધ, બચેલી કોથમીર અને ફાઈડ કાંદા નાખો. ત્યારબાદ એક નાની વાડકીમાં ફોયલ પેપર લગાવો અને તેમા ચારકોલ, ઘી અને લવિંગ નાખીને ચોખાની વચ્ચે વચ્ચે મુકી દો. હવે હાંડીને ઢાકીને ચોખાને ૨૦-૨૫ મિનિટ સુધી પકવો. ગરમાગરમ બટર ચિકન બિરયાની તૈયાર છે. લીલી કોથમીરની ચટની અને રાખતા સાથે સર્વ કરો.

મેંગો કુલ્ફી

સામગ્રી: ૨ કપ ઉકાળેલું ફૂલ ક્રીમ દૂધ, ૧ કપ કન્ડેન્સ મિલ્ક, ૨ નંગ કેરીને છોલીને કરેલાં ટૂકડાં, અડધો કપ મલાઈ, ૧ નાની ચમચી એલચી, ચપટી પીસેલી કેસર, અડધો કપ ખાંડ.



બનાવવાની રીત: સૌ પ્રથમ દૂધ, કન્ડેન્સ મિલ્ક, કેરીના ટૂકડાં, ખાંડ એક મિક્સર જારમાં લઈને પીસી લેવું. તૈયાર મિશ્રણમાં મલાઈ, એલચી ભેળવીને મિક્સરમાં ગ્રાઈન્ડ કરો, જ્યાં સુધી મલાઈ

બરાબ ભળી ન જાય. કેરીના તૈયાર કરેલા મિશ્રણને કુલ્ફીના સંચામાં ભરી લો અથવા નાની નાની પ્લાસ્ટિકની વાટકીમાં ભરી લેવું. એલ્યુમીનિયમ ફોઈલથી ઢાંકીને ફ્રિજરમાં કુલ્ફી જમાવવા મૂકો. કુલ્ફી બરાબ જામી જાય એટલે ફ્રિજરમાંથી કાઢીને કેસર તથા પિસ્તાની કતરણથી સજાવીને સર્વ કરો.

જમશેદી નવરોઝ

જમશેદી નવરોઝનો આવ્યો રૂડો તહેવાર મહિમા વસંતઋતુનો ગાતો આવ્યો અવસર શહેનશાહ જમશેદનો માનજો અનહદ આભાર, દીધો કરી ચાલુ જેણે આ પનોતો તહેવાર નવા રોજથી શરૂ કરજો સર્વ ભલાઈના કામ વધશે કીર્તિ પારસી કોમની, રહેશે જગમાં નામ; રોજરોટી આપે દાદાર સૌને કરે 'શાપુર' પ્રાર્થના; ઝરથોસ્તી ધર્મ ફૂલેફાલે, જગમાં રહે તેના નામ



- શાપુર શ્યાવજી ખંધાડિયા

શાંતિ, ઓ પ્રિય શાંતિ

શાંતિ, ઓ પ્રિય શાંતિ, આમ અચાનક ક્યાં ખોવાઈ ગઈ તું શોધતાં તને, પાછી મેળવવા તને, બેજાર થઈ રહી છું હું તારી બાંહેધમાં, કેવી ખુશાલ હતી જિંદગી, એ કેમ ભૂલી જાઉં હું! તારી સાથે, ખોવાઈ ગઈ છે મારી હસી ખુશી, એને કેવી રીતે પાછી લાઉં હું બેફિક્કર, મોજીલું હતું બચપણ મારું, હંમેશા આજુબાજુ રહેતી હતી તું ખીલ ખીલ હસતી હું, વહેતા ઝરણા ની જેમ ખળ ખળ વહેતી હું ન જાણે ક્યારે તું જીવન માં થી ચાલી ગઈ; ચિંતા ઉદ્દેગ ને મારે માટે છોડી ગયી તું પાછી આવ, ઓ પ્રિય શાંતિ, મને તારા વગર ગમતું નથી, આમ ન તડપાવ તું બેરુખી દાખવ નહીં, પુકારું છું તને વારમ વાર, ઓ પ્રિય શાંતિ, પાછી આવ તું.

- આરમીન દુતિયા મોટાશા

લંડનમાં એક પ્રવચન દરમ્યાન રતન તાતા દ્વારા વ્યક્ત કરવામાં આવેલા કેટલાક સુંદર વાક્યો

જમવાનું દવાની જેમ ખાવું નહિતર તમારે દવા ખાવાની જેમ લેવી પડશે. વિશ્વમાં ૬ સર્વોત્તમ ડોક્ટર છે:

૧. સૂર્યપ્રકાશ
૨. આરામ
૩. વ્યાયામ
૪. ડાયેટ એટલે કે ખપ પૂરતું ખાવું.
૫. પોતાના પ્રત્યે આત્મવિશ્વાસ
૬. સારા મિત્રો.

- * જીવનમાં દરેક તબક્કે તેને મેન્ટેન કરો અને હેલ્થી જીવન જીવો.
- * જો તમે ચન્દ્ર ને જુઓ છો તો તમે ભગવાન ની સુંદરતા ને જુઓ છો.
- * જો તમે સૂર્ય ને જુઓ છો તો તેમાં ભગવાનની શક્તિ દેખાય છે.
- * જો તમે અરીસામાં જુઓ છો તો તમને ભગવાનની સૌથી શ્રેષ્ઠ કલાકૃતિના દર્શન થાય છે.

આપણે બધા પ્રવાસી છીએ અને ભગવાન આપના ટ્રાવેલ એજન્ટ છે જેણે આપણા ઝટ, આરક્ષણ અને સ્થળો પસંદ કરી રાખ્યા છે. માટે ભગવાનમાં વિશ્વાસ રાખો અને જીવન કે જે એક પ્રવાસ કહેવાય છે તેનો આનંદ લો.



KASHMIRA SHAW RAJ

It's A Wonderful Life!

Kashmira Shaw Raj is a professional Taichi and Qigong practitioner and teacher. Also, a successful clinical psychologist, psychic and healer, Kashmira runs 'The Tai-Qi Touch' with her husband, Dr. Brijesh Raj, a healer and a Vet. Taichi practitioners for over fifteen years now, they are instructors at the world-renowned Carlton Hill's Tao Taichi Qi Gong organization, and Shibashi Instructors under Sifu Wing Cheung from the Feng Shui and Taichi Institute, Hongkong & Canada. The Tai-Qi Touch offers in-person and online classes for adults and children. For details, contact Kashmira at kash.shaw@gmail.com

The sun had long set, I was rushing home, tired and full of the day gone by. There weren't many people on the road. And then I saw a sight that made me pause - an old couple sitting on the side of a narrow footpath. The old man in a simple shirt and pant opened a small, two-container tiffin, whilst his wife watched and waited. He then broke a piece of chapati and took a bit of vegetable from the other box, and lovingly fed it to his wife - a lady in a simple sari, who had clearly seen better days. She looked at him with love and happily chewed. Oblivious to the world veering around them, they kept to themselves and ate.

At 11:00 pm, watching this old couple feed each other, made my heart melt. Their special bond touched me, and I realized how lucky they were to light up each other's lives; the caring and affection was clear. I silently said a small prayer for them to always remain so. Such people make life worth living. Despite their hardships, they make the heart smile, they show how small our tribulations really are!

"When was the last time I thanked all those who've made life beautiful for me?" Have I shown gratitude for having them in my life? These thoughts filled my mind. Our hectic lives make giving thanks, our last priority. Celebrating Mother's, Father's or the recently passed Women's Day(s), is like a knock on our collective heads. A reminder to think about them. Honor them. Show Gratitude. Pity, is it not, that we need reminding?

Gratitude reflects how mindful we are. Try reading this whilst holding your breath. Should we not be grateful for the ease with which we're able to breathe while doing



other things, without giving it a second thought? It's only when we cannot breathe easily, perhaps due to lung issues, that we understand the huge role our lungs play in our daily life.

Try jotting down the reasons you have to be grateful for; starting from your organs and organ systems and moving out to everything and everyone around you. Though the list is exhaustive and could take a whole day, there will still be some area left uncovered! For some, being grateful is being servile. That's not so. Gratitude engenders humility and opens the doors for abundance. The more gratitude you show, the more reasons you'll find to be grateful! In this manner, you can ensure to boost endless positivity in life.

We owe gratitude to many who may directly or indirectly have impacted conditions around us... Health workers who risk their lives and continue to serve in these difficult times; Parents who sacrifice so much for their children, as also Children, who sacrifice for their parents; kind souls who fed those who were starving; Nature - the sun, moon and stars...

Gratitude has a magical positive influence on our lives, our relationships and even our personalities. And it's the

easiest virtue to nurture! Start by showing gratitude to our inner self and our body... Try this:

Sit in a comfortable place and take deep breaths. Think about your heart and imagine how healthily it beats. Be grateful for the wonderful job it does. Then think of your lungs and go on to every other organ in your body. Thank your eyes for sight, ears for sound and so forth. You could get distracted, but try to focus and there will be much to thank! Think of nature. The lovely hue of leaves in the autumn. The beautiful weather we enjoy. The scenic mountains and the beautiful rivers. It's all there. Don't we feel energized and rejuvenated when we go to these places for a break?

Here's some questions that will serve as food for thought... We thank the Lord above, but why not thank the living? What if we had no one to give to or receive love from? What if there was no sunshine and laughter? What if there was no kindness and help?

What a bleak and somber life we would all be living! It's never too late. Start now. Look around. Stop seeing things in black and white. Life is truly colorful. Be grateful for the colors in your life! Jamshedi Navroz Mubarak to all!



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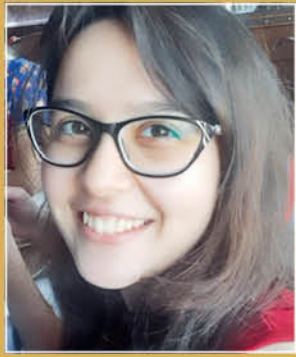
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FREYAN WADIA

Meet Jehaan...

look that characterises happy idiocy - while she complained about the 'yoof' of today. He would nod frequently during the course of her diatribe, as he waited for her grandson to emerge from whichever room he was dawdling in. Sometimes, he felt that Hormazd purposely took his time because he found it amusing - his grandma waving her arms wildly, her dentures clicking as she animatedly babbled away to his friend, who was desperate to escape.

On day, she'd been in a buoyant mood - her favourite Kishore Kumar song blared on the radio - and Jehaan had had the misfortune of being the only one in the room. She approached him, warbling completely out of tune to 'Pal Pal Dil Ke Paas'. She took his arm and hobbled to the centre of the hall. A small woman, her head came little above his waist. Unable to reach his shoulder, she gripped his upper arm with surprising force. Her other hand clutched his shoulders and she spun him around in awkward circles, still crooning loudly. Jehaan's face went beet-red as he tripped over his rather large feet - his sister liked to call them 'flippers' - trying to keep up. Mrs. Taraporevala was surprisingly sprightly, her movements sharp and jerky.

The kitchen door blew open to reveal Hormazd's convulsing form on the floor, howling with laughter at Jehaan's helpless face and occasional yelps when Mrs T. tread on his toes. It did not help that Hormazd, being a photography fanatic, always carried a camcorder. For the next two weeks, everyone in the colony made some reference to Jehaan's ungainly dance episode. His cheeks flushed bright red each time someone shouted 'Pal Pal Dil Ke Pas' or 'GDP- Granny Dance Partner', each time he dared to show face on the streets. It had taken a wedding, a funeral and an especially aggressive election season to get their minds off him.

It was three months before he set foot into Hormazd's home. Even today, Hanoz Dumasia would sneak in a jab at him, although this happened over a year ago. He rolled his eyes. Hanoz Dumasia was a pain in the butt, to put it kindly. *All brawn, no brain.* And Jehaan was the opposite. If you were kind, you would say he was tall, lean and intellectual-looking, what with his dark-rimmed glasses and intelligent brown eyes. However, if you were Mrs. Dumasia, you'd poke him in the ribs and ask him if his mother ever gave him anything to eat.

"I always make sure my son Hanoz has half a dozen boiled eggs

for breakfast, half a kilo of *kheema* for lunch and a whole chicken for dinner," he once heard her boast to his mother.

"Well, glad to see you want to give the natural gas companies a run for their money, Mrs Dumasia," retorted Jehaan. "When we run out of fuel, the world will be powered exclusively by Hanoz's rear end! You'll be a tycoon. I celebrate your incredible foresight and entrepreneurial drive!"

Needless to say, that didn't go down well and she turned her nose up at him and stiffened each time they crossed. She told people she pitied him; he was starved in his own home. It was no wonder that he was so ill-tempered, so ill-mannered. However, there must have been some serious flaws in her theory, for such a youth would not be the unrivalled programmer of class XII D. He never gave the appearance of a nerd - heck, nobody had ever seen him open a book - but somehow, he managed to crack each Computer Science exam. Mrs. Dumasia's ill-feelings may have also been deepened by the fact, that at six-foot-two, Jehaan stood more than a head taller than her muscly, dim-witted son, who spent his evenings on a parked bike with a bunch of equally shallow teens. Maybe the fact that Jehaan went to a well-reputed college while Hanoz went to some - in Jehaan's own words - 'hulla-hoo college' - added fuel to fire. Yes, living well was definitely sticking in her craw and it made Jehaan grin.

If he was paying attention to his surroundings, he'd know that it was a really bad time to be grinning. On the third floor window of the opposite building, where his gaze happened to be fixed, a girl in a short, strappy, nightdress was perched on the edge of her bed. Her hair looked as if a bird had just nested in it, suggesting she had just woken up. She yawned, startled when she saw him apparently ogling

her with a big smile etched on his face. Her movement broke his reverie and he found himself gawking at a half-dressed, shocked-looking girl!

Blushing furiously, he averted his gaze and retreated to his room. He had no idea who she was; he didn't even know that anybody lived in that flat! If he took off his headphones more often, he'd have heard his mother, father, sister or maybe even their pet calico mention that a Dastoor family was coming to town. But, alas, he was lost to the world and his surroundings, and this was the outcome.

She's gonna think I'm some pervert, he thought, disgusted with himself. It was bad enough that he was awkward around members of the opposite sex, especially if they were attractive - courtesy of thirteen years in a boys' school. It wasn't unusual for him to drop things, trip up or just blurt out something he never meant to say, in their presence. He would never forget the time he accidentally called Molly - 'Moley', thanks to the gigantic mole sitting on the tip of her nose. He totally deserved the smack with her hardcase pencil pouch and he knew it. Now, his reputation had sunk to new depths. From being a name-calling weirdo to a pervert, the prospect of getting a girlfriend looked still bleaker. He ran his hands through his dark waves, irritated with himself and the girl.

Why the hell was she sleeping at ten-thirty? Couldn't she have been in another room? But he knew these thoughts were irrational, for there had been a time he had slept for twenty-four hours straight. And his bed was also directly visible from the balcony of any other fourth-floor flat and he was anything but a sleeping beauty. This made him wonder how many of his neighbours had been unfortunate enough to see him fast asleep! Delna, his sister, had once taken a picture of him with him lying supine, half of





► him off the bed, mouth wide open and a string of drool suspended from it. That wasn't all. He had still been in school back then, and he hadn't changed out of his muddy uniform. One shoe on, body bathed in post-football sweat, and (according to Delna) the room smelling like there had been a skunk disco in there the previous night... he had been a sight to see. Or not to see, maybe, depending on how easily grossed out you get.

"JEHAAN! I'M EATING THE LAST SLICE OF PIZZA AND THERE'S NOTHING YOU CAN DO ABOUT IT!" screamed Delna from the hall. *Speak of the devil!* There's few things worse than an older sister, but an older sister studying medicine is the stuff of nightmares. At twenty-three, the soon to be Dr. Delna Irani was in her last MBBS year. While society exalted its doctors, Jehaan thought them little better than educated butchers. Being the kind, considerate brother that he was, he let her know it often. He loved to rile her up and this was one of her triggers. But, the downside was that she was equally ruthless and when she hit upon a sore subject, like a leech, she'd never let it go. It wasn't so much what she said, than how she said it. Delna would address either parent or, in their absence, their cat Byte,

while making sure Jehaan was in earshot and say something like, "At least I never turned up at the hospital dressed as the Grim Reaper!"

The reference was to the time Jehaan had broken an arm during his friend's Halloween party. It was also a jab at the twelve-year-old Jehaan's dancing skills, which had been the reason he broke his arm. His visit to the hospital had not been pleasant - the Grim Reaper costume did little to boost his morale. He was unfortunately, also, the last thing some lady saw, before she was wheeled into the operation theatre. The medics had had to deal with two screaming, traumatised souls that day. Yeesh!

"JEHAAN! ARE YOU DEAD, BRO? IF YOU ARE, I CALL DIBS ON YOUR ROOM!"

He rolled his eyes as he heard Delna say something to his mother. A couple of seconds later, there was a soft knock on the door. "Jehu? Are you well? Aren't you coming for breakfast?" came his mother's soft voice, full of concern.

Shehrevar Irani was a petite woman with soft brown eyes and hair, intermittently streaked with silver. Jehaan thought the world of her. Mrs. Dumasia had slighted her once in his presence, and she had

paid dearly for it, for Jehaan's tongue could be sharper than the swords emperors carried to war. His temper, when tried, rivalled that of a demon. He had probably scared his mother as much as Mrs. Dumasia, but he wasn't sorry. Not one bit.

For now, she sat on the bed that was rendered invisible under a month's worth of dirty laundry. She was the only person he allowed inside his room, besides Byte, the cat.

"I'm fine, Ma. Just slept in a bit," he responded to her inquiries.

"You stayed up past midnight again, didn't you?"

"Yeah, lost track of time on Netflix."

She playfully smacked him on the back. "How many times to tell this child he needs to sleep!" she said, gazing up at the skies which were undramatically obscured by a ceiling. Sometimes Jehaan was afraid there would actually be a response; his mother was that devout!!

He gazed absently out the window and this time, the third-floor girl was taming her unruly locks with a particularly terrifying-looking brush. Her movements were rather hypnotic and before he knew it, he was staring at her.

Again.

"So, you think Fehroza Dastoor is pretty, huh?"

He blinked, waking up for perhaps the third time this morning. How did he keep getting in such situations?

"Huh?"

Mrs. Irani nodded, beaming. "She moved in with her parents last evening. Nice family. I heard she's going to the same college as you."

"Oh," said Jehaan, articulately.

"I think you'd be good friends."

"Ma, tell me you're not setting me up with her! It's bad enough that I-" he trailed off, colour heightening as he realised he had said too much. Now there was no way his mother would drop the subject. It only took a raised eyebrow and some gentle prodding to make him blurt the morning's unfortunate event. She listened in silence and when he finished, a slight frown - suggesting vigorous mental activity - appeared on her face. Jehaan fidgeted, unable to look her in the eye. At long last, she said, "As of now, there's nothing you can do. But when you do meet her, you must apologise to her."

"Yep, I'll just walk up to her and be like - 'Sup gal, have you ever considered getting out of bed on this side of noon? It's a thrilling experience and you ought to try it sometime.' or 'I just called... to say... I'm not a pervert. Okay, that's it, goodbye.' or-"

"I'm serious, Jehaan. You'll explain yourself to her as you did to me. Okay?"

"Jeez, Mom, I will! Calm down!"

She smiled, saying, "Good boy. Now go eat your breakfast. I can't believe you kids can eat cold pizza first thing in the morning!"

"Has Del left any for me or did she hog it all?"

"I've kept her at bay for now, but you know her - she's like the Terminator."

"Yeah, 'she'll be back.' Thanks, Ma," he beamed.

Jehaan had inherited his father's tall build, dark brown hair and lousy eyesight, but the dimpled smile and kind eyes belonged to his mother. She gave him a big, warm hug and he felt better. She loved him more than life! It didn't matter that the world saw him as an awkward, klutzy and socially-impaired teen, because to her he was a human with likes, dislikes, hopes and fears. She understood him, his joy, his pain, his absolute aversion to green, leafy vegetables... everything.

And for that empathy, he was grateful. Mothers have a way of standing by you, even as the world beats you down. Shehrevar Irani was no different. On the days he'd rather hide under his bed, she helped him step out. Perhaps the brave are those who kept living despite the days they've wanted to curl up and die. Jehaan had certainly had such days, but here he was, ready to fight, fight to the death over the last slice of leftover pizza. A wild grin spread across his face, as he braced himself to face his sister and the world...

Bring it on!

PUBLIC NOTICE

BOMBAY PARSI PUNCHAYET**BOMBAY PARSI PUNCHAYET ANNOUNCES
SCHEDULE FOR TRUSTEES ELECTION UNDER THE
UNIVERSAL ADULT FRANCHISE SCHEME**

Owing to the vacancy created by the demise of Trustee Late Mr. Zarir M. Bhatena and the resignation of Chairman Mr. Yazdi Hosi Desai, Elections for the post of two Trustees of the Bombay Parsi Punchayet, will be held as per the below mentioned Election Schedule.

As per Clause No. 14 of the Scheme for Election, any person who shall at the time of Election be a member of the Parsi Community, of not less than 30 years of age (this restriction of age does not apply to any Candidate who has attained the age of 25 years and whom a majority of not less than 2/3rds of the members of the Anjuman Committee desire to be so exempted by a written requisition to the Trustees) and who shall have been Proposed and Seconded by members of the Anjuman Committee i.e. General member or Donor member, are eligible to stand as Candidates.

Such candidates have to fill in the prescribed form (available from the Bombay Parsi Punchayet's Office), accompanied by a cash deposit of **Rs.5000/-**. The deposit shall stand forfeited, if the candidate fails to secure at least 5% of the total votes cast at such an election.

All those members on the General Register and Donor Register, who have so far not collected their Certificates, are requested to collect their respective Certificates to be eligible to exercise their franchise. If the Certificate has been lost or destroyed, members on the General Register and Donor Register can apply before **19-05-2021** for a duplicate certificate, application for which has to be filled in a prescribed form along with payment of a fee of Rs.10/-. As per the Scheme in force, Members on the General Register and Donor Register will be allowed to vote only on production of their respective Certificates. **No Certificate will be allowed to be collected after 21-05-2021 (5.15 P.M.)**.

The Registers will be frozen as on **22-03-2021 (at 5.15 P.M.)**. Only those Members whose names appear on the General Register and the Donor Register, as on **22-03-2021**, will have voting right at the forthcoming Election.

If nomination is received from only two candidates, in accordance with the sanctioned Scheme, such candidates will be declared duly elected.

In the event of there being more than two candidates, an Election will be conducted as per the schedule given hereunder:

SCHEDULE OF ELECTIONS

Sr. No.	EVENT	DATES
1.	Members as on effective date (5.15 P.M.)	22-03-2021
2.	Availability of final list of Members on the General / Donor Register on payment of charges of Rs.300/- per CD.	28-03-2021
3.	Nomination Forms for Trustees Elections will be issued and accepted from	28-03-2021
4.	Last date for filing Nominations to Trustees Elections (5.15 P.M.)	12-04-2021
5.	Last date of withdrawal of Nomination (5.15 P.M.)	26-04-2021
6.	Publishing of the names of Candidates	01-05-2021 & 02-05-2021
7.	Last date to apply for a duplicate certificate	19-05-2021
8.	Last date for collecting Member Certificate or its Duplicate (5.15 p.m.)	21-05-2021
9.	Election on 23-05-2021 at the following 5 centres from 10 a.m. to 6 p.m. <ol style="list-style-type: none"> Cusrow Baug, Colaba. Khareghat Memorial Hall, Khareghat Colony, Hughes Rd. Sohrab Palamkote Hall, Dadar. Rustom Baug, Byculla. Sir Shapurji Bharucha Baug, Andheri (West). 	
10.	Declaration of Election results by Scrutinizers and President latest by	23-05-2021
11.	Result to be published on the Notice Board of the Bombay Parsi Punchayet latest by	24-05-2021
12.	Result to be published in Newspapers latest by	29-05-2021 / 30-05-2021
13.	The new elected Trustees will assume Office at 12 Noon on	27-05-2021

- N.B.**
- 1) A member can exercise his/ her voting right at any one of the voting centres on the date specified above.
 - 2) Certificates collected on production of Authority Letter by a third party should have the member's signature duly attested either by a Notary or Special Executive Officer. Members whose certificates are not attested will not be allowed to vote.
 - 3) In case of there being a tie, in the number of votes cast between two candidates, Rule 21(C)(xv) of the Scheme would apply and the date of the result would be deferred by 4 days. In such an event the declaration of the result on the Notice Board of the B.P.P. would be declared on **27-05-2021** and the same would be published in the Newspapers.
 - 4) Members of the General & Donor Register who have been issued two or more separate certificates (one issued earlier and the other taken subsequently) can vote only once and only one certificate will be treated as valid.
 - 5) Voters must bring along with them **Original Photo Proof** of their Identity e.g. Passport, Driving License, Aadhaar Card, PAN Card, Senior Citizen Card.
 - 6) Voters have to elect two Trustees by pressing the button against the names of the candidate they wish to elect on the Electronic Voting Machine. (They can select only two).
 - 7) **LAMINATED CERTIFICATES WILL BE ALLOWED TO BE USED BY VOTERS.** In such cases, the Staff has been instructed to punch the certificates at a pre-determined spot, instead of Signing them.
 - 8) As per Clause 4(d) of the Scheme for the Election of the Trustees each Donor Member vote would be counted / treated as two votes. However, the donors have to press the button only once against each of their selected names of the candidates.
 - 9) Voters should note that only those certificates bearing the caption 'General Register' or 'Donor Register' would be treated as valid.

It is further notified that the full list of registered members on the General Register and Donor Register eligible to vote for the forthcoming Trustees Election is available on the Web and members can verify their enrolment or otherwise on the net address which is www.bppvoterslist.org

**BY ORDER OF THE TRUSTEES
BOMBAY PARSI PUNCHAYET**

-Navroze Mubarak to all who live the philosophy of Gathas, 'happiest are those who make others happy, for life will give more to the givers' ~

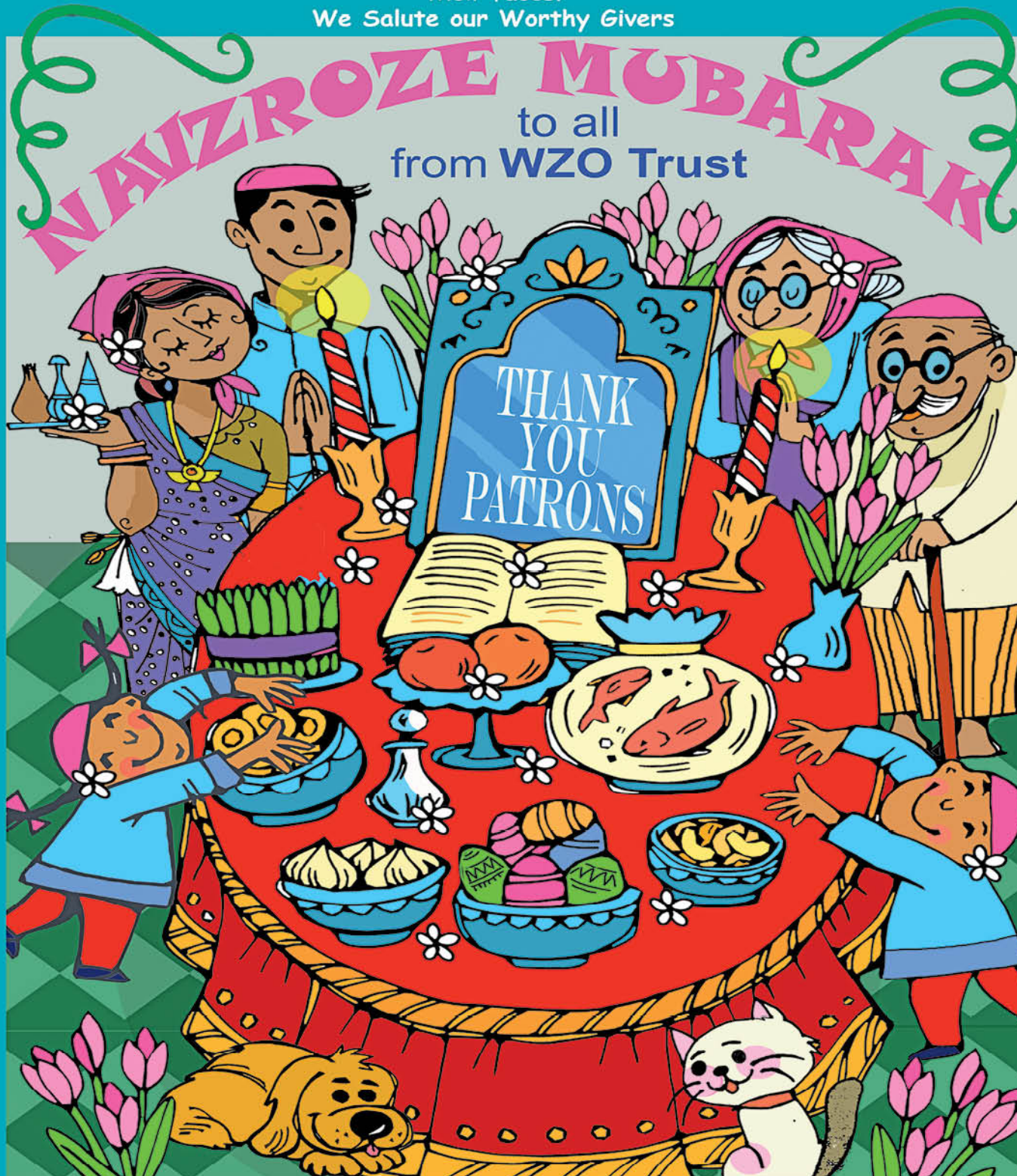
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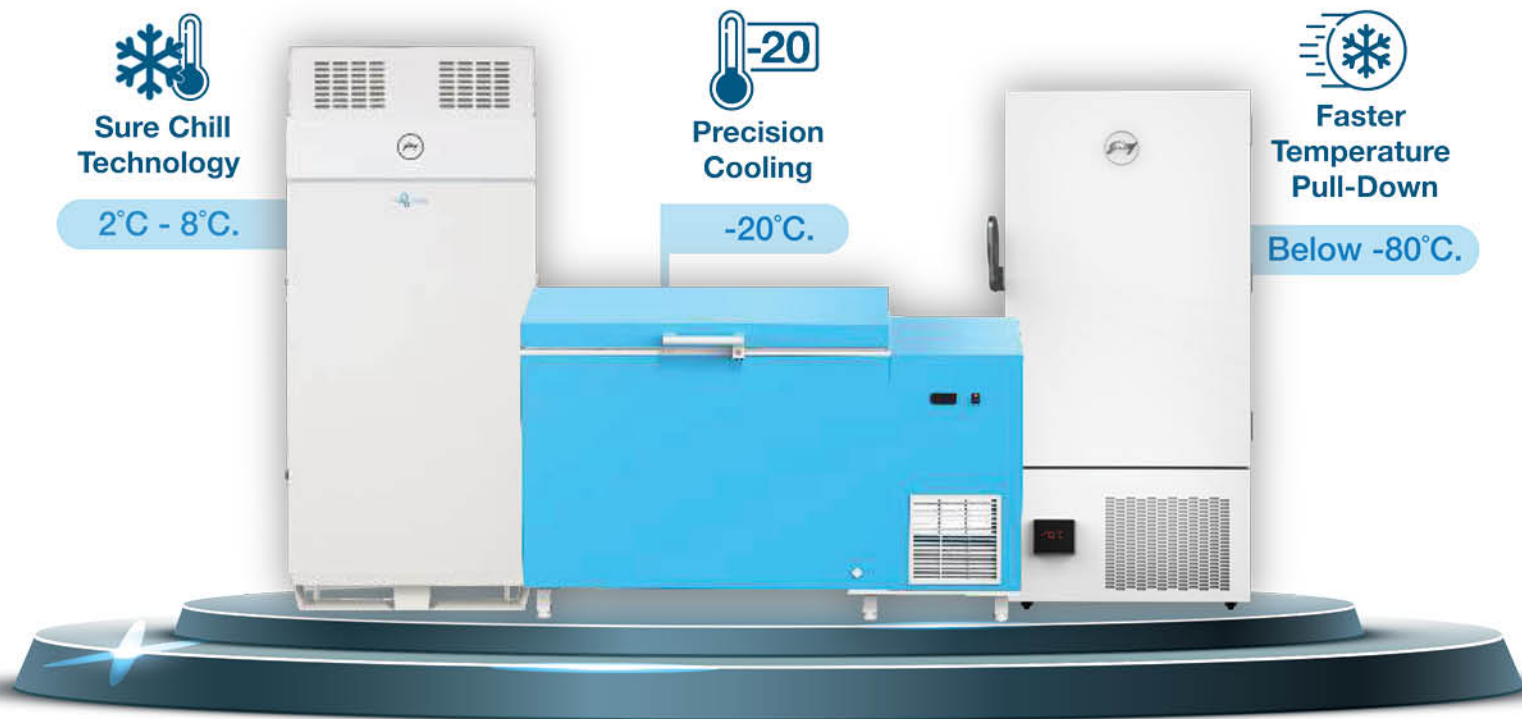
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