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FROM THE EDITOR'S DESK

Reasons To Smile

Dear Readers,

It hit the community like the much-needed and much-missed feeling of joy, amidst the ongoing gloom, to know that after twenty-eight long years, a member of our Parsi community had once again made it to the Indian Cricket Team! Nargol's Arzan Nagwaswalla has been the toast of our cricket-crazy community ever since BCCI announced last week, that Arzan had been selected to represent the Men in Blue, as part of the 20-member squad, in the upcoming UK tour, for the World Test Championship and the Test Series.

It fills us all with immense pride and delight as Arzan joins the league of Parsi cricketing greats like Farokh Engineer, Polly Umrigar, Nari Contractor, Rusi Modi, Diana Edulji and Rusi Surti! Here's wishing him the very best as he starts this prestigious innings! May he continue to keep the Parsi flag fluttering high!

In other news, it comes as a welcome relief that Indian vaccine manufacturers - SII and Bharat Biotech - have ramped up production that will make good the current vaccine shortage. For the larger part of our community which resides in Mumbai, it comes as an even greater respite that SII has committed to deliver one and a half crore of Covishield vaccines to Maharashtra, by the end of next week.

These are surely reasons to smile, as things seem to slowly start looking up, reinforcing our sense of hope and faith.

Stay safe and have a lovely weekend!

- Anahita
anahita@parsi-times.com



In Loving Remembrance



Mrs. Sheroo Master

16 September, 1948 - 23 April, 2021

Sheroo Master was the energising force behind Team ZTFI (Zoroastrian Trust Funds of India). She would light up the room with her presence and positivity. She was a very dedicated and hard-working member of ZTFI - prioritising the Team and Community Service, over her own interests. The team was like family to her. She was truly a rare gem.

It was an honour and a privilege for our team to have been graced by her presence. May her soul be kept in eternal peace by Ahura Mazda! Garothman Behest hojoi!

- Team ZTFI

LETTERS TO THE EDITOR

Be A Part Of The Solution, Not The Problem!

I have been getting numerous WhatsApp and FB messages, related to Covid and the current scenario in the country. Some groups speak about the lack of facilities and services at Parsee General Hospital where old people lined up as early as 5:00 am for the vaccine but couldn't get one due to shortage/non availability. Others spoke of the inability of the Government/ lack of preparedness to handle the pandemic and are therefore demanding resignation of the PM.

All are pointing fingers, playing the blame game, each one expressing his or her point of view of what should be done and what should not be done. All going in circles in various groups... Here's what I have to say - if you are unhappy with a particular situation, then CHANGE IT!

Step in.... If you feel tea should be served outside PGH, then volunteer, get that thermos, bring the paper cups, do that service to your community, instead of expressing what went wrong and how it could have been handled better. PGH has been doing wonderful work for the community, let's be grateful instead of running down the very institution that has been giving free treatment to our fellow Zoroastrians!

If you feel the Government is inept, write to the PMO on twitter, Facebook, Insta, give your suggestion how it can be handled better. Volunteer to make a difference. Also, if you feel the present

PM should step down, do u have another candidate who can handle the situation better? If yes, bring him/ her on!!

My message is simple, Be a part of the solution, not the problem!

- Samanaz Neville Lashkari

Alternative To Dokhmenashini

After reading the article of our Vada Dastoorji printed in PT this week, I agree with his views for an alternate method to Dokhmenashini in these desperate times of Covid. All over the world, as well as in India, where Dokhmenashini method is not available, people bury their dearly departed.

Burial method is not alien to us and instead of the compulsory cremation forced upon us due to Covid by BMC, the BPP in Mumbai should take lead from the Christian and Muslim community and approach the State Govt and the BMC to permit burial option for our deceased due to Covid.

The Anjumans and Punchayats should immediately (although temporarily) allocate some piece of land in the Doongerwadi for burial for our brethren who may succumb to Covid and shall have a dignified final place of resting. The inhuman ways of BMC during the cremation is something we would not like our near and dear ones to go through even after death.

Hope common sense prevails and our Anjumans / Punchayats help our community during such difficult times.

- By Rohinton Mistry

Can The PLIH Be Converted To A Senior Citizen Home?

It is a painful sight watching the dilapidated condition and the ghostly silence surrounding the walls of the Parsi Lying-In Hospital (PLIH), which was once vocal with the cries of new-borns. How we wished that this special property was serving some humanitarian cause. But that did not happen. Who is to be blamed?

When we are passing through a most unprecedented crises, let us not ruminate on the past, but bring some concrete suggestions for its revival. Mr. Mehta wants to make it into a quarantine centre but that is not feasible, considering its current state. Besides, we want a permanent landmark for the community.

In 2010, the members of Managing Committee made a deal with the Krimsons for the development of the defunct asset, but they did not involve Dinshaw Mehta, the then BPP Chairman, who felt deprived of the credit for this deal and approached the High Court to cancel the deal on the pretext that better offers were available. Krimsons were to set up a world-class healthcare Centre for orthopaedics and neurosurgery and their proposal seemed largely beneficial to the trust. Frustrated with the delay and constant harassment, the buyers backed out. We lost the deal... and are still awaiting Mr. Mehta's clarification on the other offers he has not revealed to this date. It seems he was lying to the

court and fooling the community.

Mr. Mehta today says nothing would please him more than to see the PLIH revived. If he really means what he says and works sincerely for the good cause, it is a welcome change. There's an urgent and specific need for a Senior Citizens Home in Mumbai for the elderly whose children are settled abroad and are concerned about the safety of their elders staying alone. The Shapurji Pallonji Home has a long waiting list and Parukh Dharamshalla is a blessing to the poor, but the PLIH can fulfil the needs of those who have the means, but are starving of care and company during their twilight years.

This is an opportunity to revive PLIH which is lying in shambles and restore its pristine glory. Mehta's suggestion on forming a new Management Committee is a welcome step, but if it is backed by the majority trustees, it will serve no purpose, as they practice what Mr. Mehta preaches. Let some honorable members of the community like Mr. Dinshaw Tamboly, Mr. Burjor Antia and Mr. Noshir Dadrawala and others, express their independent opinions without fear or favour.

Let us forget the past and let us all come together for a worthy cause for the revival of our dear PLIH institute which has been left dilapidated for more than three decades.

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Behram Yazad – Our Saviour Who Destroys Druj And Bestows Happiness Upon The Faithful

Behram Yazad is the Angel created by Pak Ahura Mazda to protect the faithful Zarthosti followers who live their lives as per the tenets of our glorious Mazdayasni Zarathushti religion. Behram Yazad blesses those who live righteous lives with unending happiness and dissipates all their challenges and pains.

Behram Yazad is a 'Hamkar' of Ardibehesht Ameshaspand and the 'Hamkars' of Behram Yazad are Ama Yazad and Vanainti Yazad. Behram Yazad is also known as '*Fattehmand*', '*Perojgar*' and '*Dushman Jadaar*' - denoting the one that is all-victorious and the smiter of enemies and evil. Behram Yazad presides over successes and triumphs as also over all enemies - external or those internal, like one's vices. He empowers us with courage and confidence to work for righteous cause and walk the path of Asha or truth.

Behram Yazad is invoked for his miraculous powers of healing (baeshazem) from sickness. When people are healed, they must help a needy person as a form of gratitude to Behram Yazad. He also protects us when we travel and is also referred to as 'Panth Yazad'.

The word Behram comes from the Avestan word, '*verethraghna*', which means success or victory. 'Behram' signifies permanent illumination, which He creates in this universe by dispelling all *druj* and problems - be these related to health, disputes, domestic or financial issues, litigations, career or any spiritual adversities faced by Zoroastrian devotee. He is therefore also commonly referred to as 'Mushkel Aasan Behram Yazad'.

How can we invoke the help of 'Mushkel Aasan Behram Yazad'? He is all-knowing of all the difficulties that we face and He always wants to help us. We can invoke his aid through correct prayer. Innumerable devotees worship Behram Yazad by performing the '*batti*' (lighting an oil lamp) at home near the photograph of Mushkel Aasan, offering grams (chana), dates, candy sugar (*saakhar* or rock sugar), and cardamom - while reading the story of the Woodcutter, whose adversities were eliminated when he performed this ritual after Behram Yazad appeared before him. The story also illustrates how we should always continue worshipping Him as a commitment.

One can also pray the 'Behram Yasht' from the Avesta. Those who do not have enough time to pray the entire Yasht could pray the Nirang of Behram Yazad, available in English and Gujarati. However, the Behram Yasht is the most effective prayer.

The '*Behram Roj nu Daran*' is a thanksgiving ritual performed on Behram Roj - the Baj Dharna and Afarghan prayers - in honour of Behram Yazad. The ritual is performed to invoke the blessings and protection of Behram Yazad forever. It was



performed by Kings of the Sassanian Dynasty after achieving victory in battle or establishing new settlement areas. Devotees can request our priests to perform it during their difficult times or even after one has been successful.

Behram Yazad comes along with Ama Yazad to help people who invoke him. He is known to assume any of the 10 forms (mentioned in Kardas I to X of the Behram Yasht) while coming to their aid - Wind; A bull with golden horns (Ama Yazad sits on the horns); A white horse with a golden caparison (Ama Yazad sits on the forehead); Camel with a piercing eyesight; Aggressive sharp-toothed boar; Handsome youth of fifteen years; Swift, high flying and strong bird - 'Varehghna', which comes during dawn; Wild ram with bent horns; A buck (male deer) with sharp horns; and a heroic man carrying a sword. These forms are known to smite the negativities around us and within us and destroy the negative karma burdening our soul after death, to avoid reincarnation.

The *Jasa Me Avanghe Mazda* prayer towards the end of the Sarosh Baj contains the words '*Amahe, Hutashtahe, Hurodhe, Verethraghnahe, Ahuradhatahe, Vanintyao-shcha, Upartaato*', which also appear in the 'Behram Yasht' and in the Nirang of 'Mushkel Aasan Behram Yazad'. These are various names of Behram Yazad, describing his celestial connection with Ahura Mazda and his earthly connection with mankind. His main opponent is Vyambur Daeva.

Traditionally, to invoke the help of Behram Yasht, one prays continually for 40 days seeking His help to overcome problems and difficulties, especially connected with health, money, job or relationships. There have been many instances of miracles occurring in the lives of those who have prayed the Behram Yasht even just once!

Death Knows No Time, Nor Respects Rank

Start your weekend with positive vibes with inspirational excerpts from the acclaimed book, '*Homage Unto Ahura Mazda*' by **Dasturji Dr. Maneckji Naserwanji Dhalla of Karachi**. Parsi Times presents the concluding part of this series

Thou hast built the earthly house of clay for man's soul. When at death man is taken to his rest, the body that was of earth, returns to earth and the soul soars to the heavenly heights. To immortality will he go, when he departs this life, when his robe of clay is rent in twain.



Man knows not the duration of his life. But he does know that of mortal make is he in life. The grave does ever stand yawning in front of him. Without warning does the dark hour of his death sound. Helplessly do the living look their last on the dying, the singing of the funeral dirge begins and the grave closes upon him. Ahura Mazda alone knows not death.

Ruthless and remorseless is death. Cruel death suddenly snatches away the dearest, who was the life of its doting mother, soul of her soul, the light of her eyes, whom she had rocked in arms to sleep. Her heart bleeds and breaks for it. Willingly would she have given her heart's blood and died, that her child might live. With its death, die all her joy and happiness in life. Unbearable is the emptiness caused, when her beloved child has left her, never to come back again. In spite of others around her, she feels lonely to walk the dreary path to death. She makes her heart the urn for the ashes of her beloved dead. Her only consolation is that her beloved child now lives in the beyond, leaving her behind and one day when she will herself die, she will be reunited with her dear departed one.

Death walks in darkness and carries away young and old, high and low, good and evil wayfarers that it meets on the way. When the wicked lie on their sick-beds, their sinking eyes look coming death in the

face. The visions rise before them of the hideous approach of death. When death ends their lives, their souls live for three nights in the vicinity of their bodies. The grim memory of their wicked lives haunts them. The horrible fate that is impending for them frightens them. They see the gate of heaven slammed in their faces and hell opening to receive them. Many such ungodly persons live and die and the world weeps not, for they burdened the world and were as though better not born.

Freed from the frailty of flesh, the chosen of the Lord peacefully pass away to their final rest. Their bodies turn to dust. Like the eagle beating the air with wings, their souls soar the highest heights of heaven with their wings of righteousness and goodness. Vohuman, the premier Archangel, welcomes them to the abode of eternal light and weal. Their names live in this world from age to age and their pious memories stay with us.

I will live my life doing Thy will. I will die my death doing my duty to Thee and Thine. When I am relieved of the burden of my body and lightly does my soul step out free to fly heavenward and the gates of the Tower of Silence are closed between me and my loved ones, let me be at peace with myself and with the world and with Thee, Ahura Mazda!

Journey Of The Soul



RUBY LILAOWALA

We are all bodies of pure energy that use the garment of a physical body to learn and grow. When we are born, our true essence works with three predominant principles



that aid our spiritual growth. The first is the Principle of Evolution. Your energy essence is born to certain parents, in a certain country which can provide set-backs, difficulties and challenges, which in turn provides opportunities for the development of your soul, through heredity, the time and conditions of birth and environmental factors that can influence, assist and guide your growth. These environmental factors include your race, religion, sex, family, friends and other associations, where good and bad experiences are to be encountered.

The second principle is Free Will - our freedom to make choices, take actions and make decisions. We are not bound to fulfil what we have come to fulfil, though we cannot change our circumstances or factors like our physical form, race, hereditary traits, congenital problems, etc.

And the third principle is the most important and often misunderstood aspect of Reincarnation. It's the principle of karma, within which operates the Law of Compensation or the Law of Equilibrium. How you have used your free will in the past helps determine the life outline of conditions, situations, opportunities, and environment that will provide the most beneficial learning and growth. You can predestine aspects

of your fate by your actions, whether thoughts, feelings, words or deeds.

'Karma' is energy in action. It's so much more than simply a process of debts and balances. Often, we choose an incarnation that can be more trying and testing to help us learn specific lessons needed spiritually. When we make right decisions and actions, positive and rewarding opportunities open doors. These aren't handed to us on a silver platter, but doors are opened. Similarly our wrong choices or actions create their own consequences.

Traditionally, there are considered to be three expressions of karma within life, but actually, there are many variations of these. The first is the 'Boomerang Expression' - where if we have hurt another, we in turn are hurt. If we have helped another, we will find help coming our way when needed. The second is the 'Organism Expression' - where any physical abuse you may have caused another, becomes your own deformity in your next birth. Similarly, if you've helped another with blindness, your eyes will be blessed when in need.

The third is the 'Symbolic Expression' - if you've constantly turned a deaf ear to others in a lifetime, you will be born with hearing problems. Conversely, if you've been a good listener, you could be born with heightened perception.

Karma is learning. Anything you do provides an opportunity for such, whether it is something from the past or something entirely new. We all learn our lessons differently, based on our own level of growth. The consequences vary accordingly. If free will has been misused, circumstances will unfold so that the soul can learn to use it productively.

The soul does not necessarily have to suffer to make progress. Suffering is only good for the soul if it teaches us how not to suffer again. The exercise of free will in conjunction with karma does not have to be painful to have effects. Progress occurs when you move in harmony with the natural laws of the universe. Karma is constructive, with its aim as guidance, it seeks only adequate adjustments of conditions. It teaches us that we cannot separate ourselves from

P.T.

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others. There are ties that go beyond time and space.

Karma unfolds in the time, manner and means best suited to us to facilitate growth. But one mustn't construe this for sitting back and doing nothing! Make your choices and take action. Then allow the consequences to unfold so we can determine new choices and new courses of action.

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Family and business relationships are usually our most karmic associations; they provide our greatest opportunities for growth. There are other lessons that we encounter as well, depending upon our race, religion and nationality. Because of this, we incarnate as different sexes, races, nationalities and so on, to round out our universal life experiences!

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Arzan Nagwaswalla Selected For Team India

- Parsi Cricketer In Indian Team After 28 Years! -



BINAISHA M. SURTI

7th May, 2021 proved to be a day of great jubilation and happiness for our community worldwide - and probably one of the happiest days in the lives of Nargol's Nagwaswalla family - since our very own, young and talented left-arm pacer from Gujarat - Arzan Nagwaswalla was selected as part of the Indian Cricket Team!! The community is elated to see a Parsi in Team India after 28 years, with 'apro' ever-so-popular Farokh Engineer having played his final Test for India in 1975, while Diana Edulji's last game in the Women's team came in July 1993.

It is a major breakthrough moment for 23-year-old Arzan Nagwaswalla, who made his first-class debut for Gujarat back in 2018 and has picked 62 wickets in 16 first-class matches so far. Arzan was selected as one of the four stand-by players for Team India by the BCCI, which announced the 20-member squad for the upcoming tour of England for the World Test Championship finals against New Zealand in Southampton; followed by the Five-Test series versus England.

Arzan has produced top class cricket for Team Gujarat across all formats, especially in the last



Arzan with His Parents



Arzan Nagwaswalla's Career Stats:

	MAT	WKTS	BEST	AVE	ECON	SR	5W
First Class	16	62	5/50	22.53	3.02	44.60	4
List A	20	39	6/54	21.76	5.22	24.90	1
T20	15	21	6/19	16.38	6.97	14.00	1

(Courtesy ESPNcricinfo)

I was thrilled! I didn't expect the call up so early - it was a surprise. The first thing I did was call up my parents and brother Vispi - they were elated and all had tears of joy and pride!"

As a left-arm pacer, Arzan's presence will be advantageous for Team India, in keeping with his spot-on bowling angles and his ability to swing the ball both ways. His opponents fear his lethal bouncers due to his accuracy.

Former India cricketer and Arzan's Gujarat team coach, Sairaj Bahutule has been instrumental in grooming Arzan. Speaking to PT, he told us, "When I joined, Arzan had just entered the team and was trying to cement his place in Gujarat. He always bowled well and created a space for himself to get selected. In the last two years, he's done brilliantly in the Ranji Trophy and in white-ball cricket, growing from strength to strength with his skill sets and being a team player. I'm delighted that he has got this opportunity. He is self-driven with excellent work ethics. He's sincere and dedicated with his game and his approach to life. We lovingly call him 'Bawa'. He will undoubtedly be an asset for Team India in the coming years. I wish

two years and has been rewarded for his performances. He picked 62 wickets in 16 First Class matches at an average of 22.53, while in List A games, he snapped up 39 wickets in just 20 matches; and in his 15 T20s he grabbed 21 wickets.

Speaking to Parsi Times on his Team India selection, Arzan said, "I was told earlier in the day that I'd be receiving a call with good news. Honestly, I had no clue what it would be. I was on my way home after IPL was called off, at Baroda, when I got the great news of my selection into the India squad.

Arzan the very best - success is his for the taking!"

Further talking about his wonderful learning experience, being a part of the Mumbai Indians (MI) camp as a net bowler during IPL 2021 while rolling his arm to the likes of skipper Rohit Sharma, Pollard, Surya Kumar Yadav and Quinton de Kock, Arzan shares, "I had great interactions with them all at MI during nets and training. I got good exposure bowling to these greats of the game. All the cricketers were very approachable and would always guide us."

Beaming with joy while speaking about his idol - Zaheer Khan, and having closely worked with him in Mumbai Indians, Arzan said, "When I met Zaheer Sir for the first time, I had no words and was completely in awe of him. It felt like he had just come out from the television set and was standing in front of me! He told me that my basics are strong, I have nice bowling action and advised me to concentrate on my training and fitness. He is very approachable and always shared his valuable and honest opinions regarding my performance."

On creating history and carrying the rich Parsi legacy forward after 28 long years in Team India, Arzan said, "Carrying forward the Parsi legacy is an absolute honour and I really hope now that other youngsters from our community will start playing the sport. I just want to focus on my process because I believe that the results will automatically follow. I need to leave a good mark in the UK with my bowling abilities. I thank and request all our community members to continue supporting and showering your blessings on me."

Even as *aapro* Arzan looks forward to joining Team India and continue practicing and bettering his game, we at Parsi Times are proud and privileged to have been a part of his journey since the very beginning! Here's wishing Arzan all the very best - we keenly await to see him don the Indian colours soon!

Farzan Rabadi
Ordained Martab

11-year-old Er. Farzan Rabadi was ordained Martab on April 13, 2021. Farzan is the son of proud parents - Dilkhush and Er. Mehernosh Nariman Rabadi. His Martab ceremony was performed on Roj Hormaj - Mah Adar, at Sethna Agiary, under the able guidance of Er. Khushravi Palia.

COVID Deaths In The Community



At least 178 community members have passed away since onset of the coronavirus pandemic (March 2020) in India. Parsiana compiled the death statistics from 11 major Indian locations where significant Parsi populations exist.

105 deaths have been registered in Bombay, obtained from Worli Prayer Hall, where a large number of Covid-19 victims are cremated, though others may have opted for crematoria closer to their homes. Other figures include: Surat (26), Navsari (22), Ahmedabad (7), Pune (7), Delhi (4), Nagpur (3), Calcutta (2), Hyderabad (2), and nil in Madras and Bangalore. These numbers are based on the information available by the location's Anjuman office bearers/trustees.

passed away in Bombay in April, 2021 alone due to the virus. Chairman of The Prayer Hall Services and Maintenance Trust that runs the Worli Prayer Hall, Dinshaw Tamboly, shared that on April 21 alone there were 5 funerals and 4 more were recorded the next day. "The whole demographic profile is going to take a severe beating," he lamented.

Adil Nargolwala, Vice President - Delhi Parsi Anjuman informed that a number of resident Parsis were unwell or currently hospitalized and hoped for their healthy recovery. Air Chief Marshal (Retd) Fali Major, President - Bangalore Parsi Anjuman, shared heartening news of no Parsi lives lost to Covid-19, and the few who had tested positive, had all recovered well."

Distressingly, 44 Parsis

(Courtesy: Parsiana Magazine)

Karachi's Renowned Gynec - Dr. Faridoon Sethna Passes Away

Karachi-based eminent gynaecologist - Dr. Faridoon Sethna, passed away on 8th May, 2021, following a brief illness. An octogenarian, Dr. Sethna is survived by his wife and three sons. His funeral prayers were held the next day at 8th Mary Road, Bath Island in Karachi, as per the family. "In light of the prevailing Covid pandemic, the arrangements will be for the family and close friends only, but we will deeply appreciate your prayers," they said in a statement.



Dr. Sethna He worked in the field for over 50 years and was known for dealing with high-risk obstetrics, complex gynecological problems and infertility treatments. He was one of the most experienced practitioners in Pakistan in the field of infertility and helped hundreds of couples to conceive through IVF.

A Dow Medical College graduate and Fellow of the Royal College of Obstetricians and Gynaecologists, Dr. Sethna did his training in Scotland. He dedicated his life rebuilding Lady Dufferin Hospital (LDH) in the Kharadar area and treated poor patients from old Karachi. At the LDH, he remained involved in teaching

and training post-graduate students in obstetrics and gynaecology. He participated in numerous international and national scientific meetings and conferences. He took keen interest in philanthropic activities, too.

He was also the Chair and Medical Director of the Concept Fertility Centre in Clifton. A great mentor to countless gynaecologists, he rooted strongly for women's empowerment and staunchly supported the role of midwives and the cause to provide best care to pregnant women. In 1994, he was made part of three-member National Committee on Maternal and Neonatal Health with an

objective to analyse the high rate of maternal mortality and morbidity in the country and develop workable approaches to lower these rates.

"Heartbroken that old friend, comrade, doctor, and humanitarian par excellence, Dr. Faridoon Sethna passed away," tweeted Senator Sherry Rehman, adding, "His philanthropy was legendary."

Dr. Sethna was awarded the prestigious Sitara-e-Imtiaz for his contributions to the field of Maternal Medicine in Pakistan. He was the obstetrician to former Prime Minister Benazir Bhutto, in addition to a host of other Pakistani celebrities.

SII To Deliver 1.5cr Covishield Vaccines To M'tra Post 20th May

Adar Poonawalla, the CEO of Pune-based Serum Institute of India, the world's largest producer of vaccines in volumes, has promised Maharashtra's Chief Minister, Uddhav Thackeray, the delivery of 1.5 crore doses of Covishield vaccine in Maharashtra after the 20th of May, 2021.

As per ANI news agency, Maharashtra Health Minister Rajesh Tope said, "Serum Institute of India CEO Adar Poonawalla has promised the Chief Minister to deliver 1.5 crore doses of Covishield to Maharashtra after May 20. We will start the vaccination

for the 18-44 years age group after we receive the vaccine." The State cabinet had held a meeting on 12th May to discuss the COVID management.

Maharashtra suspended the COVID vaccination for the 18-44 years age group temporarily due to the shortage of vaccines. With the domestic supply falling short to meet the rising demand, states and union territories including Delhi, Maharashtra, Karnataka and Telangana have decided to opt for global tenders to procure the vaccines.

Bharat Biotech's Covaxin and Oxford's Astra Zeneca's

Covishield being manufactured by SII are currently used in India's inoculation drive against Covid-19. As per media reports from official sources, SII's Government and Regulatory Affairs Director, Prakash Kumar Singh, has assured the nation that production of Covishield would be ramped up to 10 crore doses each in August and will be maintained at that level in September. Meanwhile, Bharat Biotech also submitted its production plan for the next four months to 7.8 crore doses by August 2021.

MATRIMONIALS

Marital alliance invited for a dynamic, gainfully employed and independent, 53-year-old Parsi Zoroastrian woman, from an eminent Parsi family, currently settled in the UK. A clean divorcee with no children, she is homely, loving and caring, with a kind temperament. She is attractive and commands a vibrant personality. She loves cooking and is passionate about world travel.

She seeks a life partner who is kind, humorous, financially stable, like-minded in terms of temperament, preferably under 63 years of age and based in the USA or the UK. Willing to relocate for the right match.

Interested persons could e-mail their details and queries at: ukmatrimony2021@gmail.com

THE HOLY LIFE OF OUR MOST REVERED DIVINE MASTER (LATE) SRI PAAK GURURANI NARGIS (YOGINI)

A DIVINE ERA

Living in the hearts of countless disciples and devotees residing in Mumbai and elsewhere, Both Divine Manifestations, SRI PAAK GURURANI NARGIS (YOGINI) and SRI PAAK JIMMY (YOGIRAJ) residing at Parel, Mumbai 400 033 have been carrying on the Divine work for the good of mankind in the world for over seven decades. Both Divine Lights are Zoroastrians by birth and They are doing this Divine, noble mission in the NAME OF SRI PAAK DADAR AHURA MAZDA. There are innumerable cases elucidating the great improvements in the lives of disciples and devotees experienced only after being blessed by Both Divine Lights. It should be noted that They ask no questions to anyone, nor do They raise Their Holy eyes to look at anyone and that They have no expectations whatsoever from anybody, yet with Their valuable Divine blessings, the disciples and devotees come out of their sufferings and their souls are enlightened, thereby paving the path for salvation of the soul.

One out of these two great Divine souls, SRI PAAK GURURANI NARGIS (YOGINI) left Mother Earth for Her Heavenly Celestial abode on 12th April, 2021 (Aneran Roj, Ava Month). Her beautiful soul which has left behind a trail of unforgettable memories will be cherished forever. She faced life with great courage and determination and successfully accomplished the high goals She had set for Herself.

Placing work before Self, She sacrificed all Her worldly pleasures and served with body, mind, heart and soul to bestow on human beings this rich spiritual gift of God-realisation and soul-salvation. She is the Founder of this Divine mission built on the bedrock of righteousness. Her immense self-sacrifices for the good of humanity will never be forgotten.



This is equally true for SRI PAAK JIMMY (YOGIRAJ) also, who took birth on Mother Earth after some years to promote this Divine mission and so right from the early age of seven, based on Divinity, He joined this Holy mission. Both are the same Divine Lights and Holy power on Mother Earth. SRI PAAK JIMMY (YOGIRAJ) whose sacrifice is also in equal measure has put in great and silent efforts and shown an outstanding performance in promoting this Divine mission, which is remarkable and indeed worth mentioning.

When (Late) SHIRI PALLONJI JAMSHEDJI MASTER, father of our most reverential SRI PAAK JIMMY (YOGIRAJ) observed that the work of this Divine mission was being carried out by SRI PAAK GURURANI NARGIS (YOGINI) all alone, one fine day with a smile on His face, He assured Her that He will help Her to reach Her destination. When He took His seven year old son, JAMSHED [SRI PAAK JIMMY (YOGIRAJ)] to SRI PAAK GURURANI NARGIS (YOGINI)'s office, She saw in Him the same Inborn Divine Light. (Late) MATA TEHMINA PALLONJI MASTER narrated that Her son, SRI PAAK JIMMY (YOGIRAJ) was born with a Divine smile on His face.

Both Divine Lights consider Their earthly parents as GOD on Mother Earth and showered all Their love and care on Them. In spite of being Divinity on Mother Earth and accomplishing everything successfully, They never take credit for Their Godly

deeds as morality seldom speaks. However They give full credit for it to Divine Nature and in due dedication to Almighty God, They say "Glory be Thine". Their Holy abode has always remained austere and They live a very simple life as Their hearts are void of any urge for name or fame. Both Divine Lights teach one and all to have regard, respect and reverence for all faiths and modes of spiritual discipline while remaining in perfect loyalty to one's own faith and own birth religion.

The spiritual legacy which SRI PAAK GURURANI NARGIS (YOGINI) left on Mother Earth will remain eternally alive. She gave Her virtuous life for the good of mankind. She faced and accepted dangers for Self even at the cost of Her dear life. In Their compassionate love, Divine Masters take upon Themselves the consequences of the undesirable deeds (*karmas*) of disciples and devotees thereby minimising their burden.

SRI PAAK GURURANI NARGIS (YOGINI) has left Mother Earth for Her Heavenly abode, but since Both Divine Lights are the same Holy power on Mother Earth, all those disciples and devotees and their families who obtain Divine blessings of SRI PAAK JIMMY (YOGIRAJ) shall obtain complete and eternal Divine blessings of Both Divine Lights. Also in future, after the end of the sojourn of Both Divine Lights on Mother Earth, all those disciples and devotees and their families who sincerely perform prayers observing the rules of religious discipline, do good deeds, sing Their praises and attend Their Holy Darshan at Their Divine abodes (place for conducting Darshans) shall obtain complete and eternal Divine blessings of Both Divine Lights.

**THIS IS THE BOON (VARDAAN)
OF BOTH DIVINE LIGHTS.**



OUR REVERENTIAL DIVINE LIGHT,
SRI PAAK GURURANI NARGIS (YOGINI)
proceeded to HER Celestial Heavenly Abode on Monday, 12th April, 2021.
(Aneran Roj, Ava Month)

SRI PAAK GURURANI NARGIS (YOGINI)
led a virtuous life in accordance with the laws of Divine Nature,
where GOD's will is honoured, obeyed and fulfilled.

We cherish Her Holy memory and
Her wonderful influence which will remain with us forever.
Now, it is our great privilege to carry forward Her precious teachings in future.

May Lord Almighty accord the highest Divine bliss and eternal peace to
Her Holy Soul in the realms of Heaven.

We offer sincere and heartfelt condolences on behalf of
SRI GURURANI NAGKANYA (YOGINI) & SRI JIMMY NAGPUTHRA (YOGIRAJ) Trust
and all disciples and devotees.



**SRI GURURANI NAGKANYA (YOGINI) &
SRI JIMMY NAGPUTHRA (YOGIRAJ) TRUST, MUMBAI.**

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Furdoon 'Duck' Mehta Passes Away At 101

Furdoon Siavax Byramji Mehta, who was known to have been the only Indian officer to fly with a British Air Observation Post (AOP) Squadron in the Second World War, passed away on 3rd March, 2021, on his 101st Birthday. Born in Bombay, Furdoon was the son of a major who served in the Royal Indian Medical Service in the First World War.

He attended school locally before training for the Merchant Marine on Dufferin, a former auxiliary cruiser, in 1933. He then acquired basic military training at the Indian Military Academy, Dehradun, and was commissioned into the Royal Indian Artillery in April 1940. He was known as the 'Duck' because of his association with Bombay.

During the Second World War, he served in various regimental units including 656 AOP Squadron RAF, India. He was the only Indian officer learning to fly and served in India, Burma and Malaya as a captain, flying artillery observation and

control missions in support of the 14th Army.

After the war, he played a leading part in the development of Indian Army Aviation, especially in the introduction of helicopters. In 1947, at age 27, he assumed command of 9 Parachute Field Regiment, Royal Indian Artillery (Khadakvasla, Pune) making him not only the unit's first Indian CO but also the youngest officer to command a Royal Indian Artillery Regiment as a Lieutenant-Colonel.

He went on to command 26 Light Anti-Aircraft Regiment as a full Colonel and was also the Chief Instructor at the IMA (Dehradun), before getting posted to Germany on attachment to BAOR (British Army of the Rhine). He headed Artillery divisions in Jammu and Kashmir and in Punjab before taking up as Commandant at Deolali's School of Artillery, followed by taking over command of Tezpur Artillery on the Indo-Tibet-Burma border. By 1964, Furdoon was Chief Artillery Adviser to the

Army Commander, Western Command, Simla. During the India-Pakistan War of 1965, he was responsible for the planning and allocation of surface-to-air defence resources for the field armies.

He got married in 1960 to Villie Hormuzshaw Wania, in Mumbai, and they were blessed with a son and a daughter.

Mehta's last military appointment was that of military and naval attaché to America and Canada at the Indian Embassy, Washington DC. In 1969, he retired in Mumbai and worked as Administration Manager for the Tata Electric Co.

An accomplished horseman and a regular at the Turf Clubs in Mumbai, Furdoon also served as Secretary of the Mumbai Cricket Association, and an honorary member of the Ex-Services' Association Committee. He became active in an advisory capacity in the stock markets, and had a following among professional wealth managers. He enjoyed being in London,



and would travel to England every other year to indulge his passion for fine food, good whisky and cigars and to attend reunions with his old comrades.

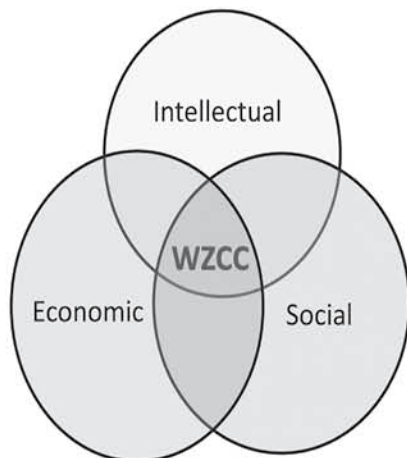
funeral when a bugler from his old Regiment, 9 Parachute Field Regiment, played the 'Last Post'. His wife passed away in 2020, and he is survived by his children.

Furdoon 'Duck' Mehta was a devout Zoroastrian Parsi and his last wish was honoured at his

(Courtesy: The Telegraph)

ZOROASTRIAN FACULTY NETWORK 

www.zoroastrianfacultynetwork.org



Sunday, 16 May 2021
7 AM PT, 10 AM EST, 3 PM BST, 7.30 PM IST



<https://us02web.zoom.us/j/87122131165>
Meeting ID: 871 2213 1165
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The Bawa Word Search

Search out 16 Popular Oscar Winners (Women) hidden in the word-jumble box below, in bi-directional, horizontal, vertical and diagonal forms:

L I I Y W P C Y W U Z A Z S T H I E Y G E W Q J M
 B W I A Z N Y H A J I X W I N C B S T M B J C X M
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|-------------------|-----------------|----------------|-------------------|
| Meryl Streep | Audrey Hepburn | Jane Fonda | Jodie Foster |
| Reese Witherspoon | Gwyneth Paltrow | Kate Winslet | Cate Blanchett |
| Emma Stone | Julia Roberts | Nicole Kidman | Anne Hathaway |
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SUDOKU

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WINNING CAPTION!!!



Meerkat on right: Now that Melinda divorced Bill, will Melania divorce Don?
 Meerkat on left: Doubtful, since Bill's fortune is still intact, while Don's is all gone!

By Viraf P. Commissariat

CAPTION THIS!



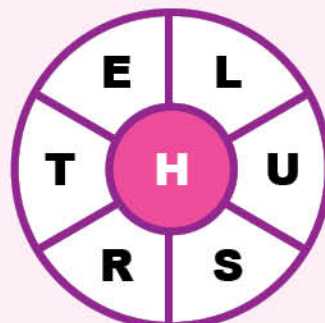
Calling all our readers to caption this picture!
 Send in your captions at editor@parsi-times.com by 19th May, 2021
 Winning Caption and Winner's Name Will Be Published Next Week.

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

HOW MANY WORDS?

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

- RESULTS:**
 Average - 5 or more words
 Good - 7 or more words
 Outstanding - 9 or more words



Thought of the Week

"When you like a flower, you just pluck it. But when you love a flower, you water it daily. He who understands this, understands life..."

- Osho

વાપીઝનો ઓક્સિજન પ્રોજેક્ટ - દરેક બાગને ૧ ઓક્સિજન ઘટક પ્રદાન કરવાનું લક્ષ્ય -



અનાહિતા દેસાઈ

દરરોજ સાંભળવામાં આવતા સૌથી વધુ હૃદયસ્પર્શી સમાચાર, આ રોગચાળાના સંબંધમાં, તાત્કાલિક જરૂર પડે ત્યારે, હોસ્પિટલના પલંગ અને ઓક્સિજનની ઉપલબ્ધતાના અભાવને લીધે, ઘણા લોકો મરી રહ્યા છે. સરકાર આ તાકીદની જરૂરિયાતને પહોંચી વળવા માટે પ્રયત્નશીલ પ્રયાસ કરી રહી છે, પરંતુ હાલની પરિસ્થિતિના લીધે

આપણા તરફથી પણ તાત્કાલિક પગલા ભરવા જરૂરી છે.

વાપીઝ મુંબઈ શહેરમાં દરેકે દરેક બાગમાં એક ઓક્સિજન ઘટક પૂરું પાડવા માંગે છે.

આ એક ઓક્સિજન સિલિન્ડર નથી. તેનો ઉપયોગ કરવામાં આવે ત્યારે તેને મોનિટરિંગ અથવા તબીબી દેખરેખની જરૂર નથી. પરંતુ તે દર્દીને શ્વાસ લેવામાં મદદ મળે છે અને હોસ્પિટલમાં પલંગ ઉપલબ્ધ થાય ત્યાં સુધી દર્દીને રાહત આપવામાં મદદ કરે છે.

આપણને આપણા દરેક બાગમાં આ સુવિધાની જરૂર છે (લગભગ ૧૮ સંખ્યામાં - બીપીપી અને નોન બીપીપી), જ્યાં આપણા વૃદ્ધ સમુદાયના સભ્યો ખાસ કરીને વાયરસ માટે સંવેદનશીલ હોય છે.

એક ઓક્સિજન ઘટક હાલમાં લગભગ રૂ. ૬૦,૦૦૦ / - નો છે.

અમે જણાવવા માંગીએ છીએ કે આ પ્રોજેક્ટ પર કાર્યરેશ અને શેરી પટેલ કામ કરી રહ્યા છે અને આપણા ઉદાર દાતા દારાયસ ખંભાતા પાસેથી રૂ. ૫૦૦,૦૦૦ /- મેળવી લીધા છે. આપણે પરોપકારી વ્યક્તિઓ અને સંસ્થાઓને આ હેતુ માટે દાન આપવા અપીલ કરીએ છીએ, જેથી આપણે આ પ્રોજેક્ટને આગળ વધી જઈ શકીએ.

વાપીઝ તેના સ્તરનો શ્રેષ્ઠ પ્રયાસ કરી રહ્યું છે કારણ કે તેની તીવ્ર અછત છે. વાપીઝે તેના ઓર્ડર પહેલેથી જ આપી દીધા છે અને જેમ પ્રાપ્ત થાય તેમ તેને બાગોમાં આપવામાં આવશે.

વધુ પ્રશ્નો માટે, કૃપા કરીને ૮૬૯૨૯૮૮૮૯૬/૯૮૨૦૨૮૪૧૯૬ પર સંપર્ક કરો

આપની,
અનાહિતા દેસાઈ
- હો. સીઈઓ (વાપીઝ)

આપણી પ્રાર્થનાની શક્તિ



જીવનના રહસ્ય અંતર્ગત તે અદ્રશ્ય શક્તિ પ્રાર્થના અને ધાર્મિક વિધિઓ માણસની આરાધનાથી જન્મે છે. દરેક ધર્મ આરાધના અથવા ઉપાસનાના સાધન તરીકે અથવા નમ્રતા અને શરણાગતિને પ્રોત્સાહિત કરવા માટેના પોતાના વ્યવહાર સૂચવે છે, પરિણામે આંતરિક વિકાસ માટે જરૂરી આધ્યાત્મિક શુદ્ધિકરણ થાય છે. પ્રાર્થના અને ધાર્મિક વિધિઓ એક ધર્મને એક એવું માધ્યમ પ્રદાન કરે છે કે જેના દ્વારા કોઈ વ્યક્તિ અદ્રશ્ય આધ્યાત્મિક વિશ્વ સાથે જોડાવા માટે સક્ષમ છે - જે આ સમયમાં, કોરોનાવાયરસના રૂપમાં આ આત્યંતિક અનિષ્ટનો સામનો કરી રહી છે, જે વૈશ્વિક સ્તરે વિનાશને સતત ધકેલી રહી છે.

જ્યારે સમજણ, લાગણી અને એકાગ્રતા સાથે કરવામાં આવે છે, ત્યારે પ્રાર્થના અને ધાર્મિક વિધિઓ ધાર્મિક જાગૃતિની પ્રક્રિયામાં એક શક્તિશાળી સાધન બની જાય છે. ઉદાહરણ તરીકે, કસ્તી કરવાની સૌથી મૂળભૂત અને સરળ વિધિ લો. દરેક વખતે જ્યારે કોઈ ભક્ત આ ધાર્મિક વિધિ કરે છે, ત્યારે તે અનિષ્ટને નકારી અને લડવાની અને દાદર અહુરા મજદાની ઈચ્છાને પ્રોત્સાહન આપવાની પ્રતિશ્રિત પ્રતિબદ્ધતા બનાવે છે.

અવેસ્તા એ ડેડ લેંગ્વેજ નથી કારણ કે કેટલાક પારસી તેને કહેવાનું પસંદ કરે છે. તે એક દૈવી ભાષા છે. જો હિન્દુઓ સંસ્કૃતને દેવતા (દેવીય) ની ભાષા માને છે, તો ધર્મનિષ્ઠાના જરથોસ્તી લોકો

અવેસ્તાને યજ્ઞતાઓની ભાષા માને છે. આપણી પવિત્ર મંથરવાણી દેવી ઊર્જાથી ભરેલી છે જે શ્રદ્ધા અને નિષ્ઠા સાથે જાપ કરવા પર ભક્ત અને તેના આસપાસના પરિસરને પ્રભાવિત કરી શકે છે. હકીકતમાં, આપણી અવેસ્તાન મંથરવાણી એ અહુરા મજદાની ઊર્જા છે જે ભક્તો સાર્વત્રિક આધ્યાત્મિકતાના દેવી સાર સાથે ભાવનાને પ્રાપ્ત કરવા માટે અવાજ ઉઠાવી શકે છે.

જેમ જેમ શારીરિક તંદુરસ્તી માટે ખોરાક આવશ્યક છે, તેમ આધ્યાત્મિક જીવન ટકાવી રાખવા માટે પ્રાર્થના મહત્વપૂર્ણ છે ... પવિત્ર અગ્નિ પહેલાં આતશ ન્યાયેશ પ્રાર્થના કરો અને જુઓ કે તે તમને કેવી રીતે ઉત્તેજિત કરે છે - શારીરિક અને આધ્યાત્મિક રીતે નિયમિતપણે અરદી બહેસ્ત યજ્ઞની પ્રાર્થના કરો અને જુઓ કે તે તમારી કેટલીક લાંબી બિમારીઓને કેવી રીતે મટાડે છે. શક્ય તેટલી વાર હોરમજદ યજ્ઞનો પાઠ કરો અને અહુરા મજદાના સર્વાંગી સુરક્ષાની સમજ મેળવો. તમારી આધ્યાત્મિક ચેતનામાં વૃદ્ધિ નિહાળવા દરરોજ સરોશ યજ્ઞને બોલાવો. જ્યારે પણ મુશ્કેલી હોય ત્યારે બેહરામ યજ્ઞને બોલાવો. સૂચિ લાંબી છે ...!

(વધુ માટે જુઓ પાનુ ૧૫)

પારસી સમુદ સેવા ખર્ચ, રોગચાળો અને બાકી રિફંડ!

‘એક ટ્રસ્ટ - બધા લાભાર્થીઓ માટે એક નિયમ’ લાગુ કરવાની જરૂર છે



છેલ્લા કેટલાક મહિનાઓથી, હું બી.પી.પી. દ્વારા છેતરપિંડી કરું છું અને માફ વર્તન અન્યાય પૂર્ણ છે તેવા મેલ અને કોલ્સોની સંખ્યા વધી રહી છે. આ વણઉકેલાયેલા રૂ. ૭૫૦/- સર્વિસ ચાર્જિસના ઈશ્યુમાં વધારો, સમુદાયના સભ્યો, જેમણે ૪૩ મહિના માટે વધેલી રકમ સર્વિસ ચાર્જની ચુકવણી કરી હતી, હવે જેણે ચુકવણી કરી નથી, જેણે ચુકવ્યું છે તે ધ્યાનમાં રાખીને, રિફંડની માંગ કરી રહ્યા છે.

મને સમજાવ દો

ગયા મંગળવારની બીપીપી મીટિંગ માટે, મેં મારા ટ્રસ્ટી સાથીદારો દ્વારા ચર્ચા અને વિચારણાના એજન્ડા પર ફરીથી નીચેની આઈટમ મૂકી હતી:

ટ્રસ્ટ (?) એ પહેલેથી જ નક્કી કર્યું છે તે હકીકતને ધ્યાનમાં રાખીને, ફેબ્રુઆરી ૨૦૧૭ થી ફેબ્રુઆરી ૨૦૧૭ સુધીના સમયગાળા માટે તમામ ભાડૂતો / લાઈ-સન્સ / મકાનદારો દ્વારા ચુકવવામાં આવતા મહિનાના ૭૫૦ રૂપિયાના ચાર્જિસ રિફંડની સમીક્ષા અને નિરાકરણ માટે:

૧) સપ્ટેમ્બર ૨૦૨૦થી સર્વિસ ચાર્જ રોકો. ૨) વહીવટને સુચના આપી હતી કે ટ્રસ્ટના નુકસાન માટે ઈરાદાપૂર્વક ડિફોલ્ટર કરનારાઓ પાસેથી રૂ. ૭૫૦ની બાકી રકમ (સપ્ટેમ્બર ૨૦૨૦)ના એકત્રિત કરવા અને ચુકવણી કરનારાઓની પ્રામાણિકતાનું અપમાન. ૩) અને બધા લાભાર્થીઓ માટે ટ્રસ્ટના નિયમના એક હતા ભલે પછી તે તમારા મિત્રો કે સંબંધી હોય. ૪) સમુદાયના સભ્યોની હાલની આર્થિક મુશ્કેલીઓને ધ્યાનમાં લેતા, જેમનામાંથી ઘણા લોકો તેમની નોકરી, આજીવિકા ગુમાવી ચૂક્યા છે અથવા તેમની ચુકવણીમાં નોંધપાત્ર અથવા સંપૂર્ણ ઘટાડો થયો છે. ૫) ચુકવણી કરનારાઓને સેવા ચાર્જ પરત આપવાના આ મુખ્ય મુદ્દા સાથે અન્ય સંબંધિત અને જોડાયેલા મુદ્દાઓ. સમુદાયના સભ્યોને

યાદ હશે કે ગયા વર્ષે સપ્ટેમ્બરથી, બીપીપીએ રૂ. ૭૫૦/- તેની તમામ બીપીપી-હોલ્ડ પ્રોપર્ટીઝ માટે સર્વિસ ચાર્જમાં વધારો (આમાં ૫ વાડિયા બાગ શામેલ નથી). નક્કી કરવામાં આવ્યું હતું કે આ સમુદાયના સભ્યો માટે આ ચાર્જ માફ કરવામાં આવશે, જે અસલી આર્થિક અવરોધને કારણે ચુકવણી કરવામાં અસમર્થ હતા.

તેમ છતાં લગભગ ૮૫% ફ્લેટ કબજેદારોએ આ વધેલા સર્વિસ ચાર્જની ચુકવણી કરી હતી, ત્યાં પણ એવા લોકોનું જૂથ બન્યું જેણે ચુકવણીનો ઈનકાર કર્યો. ટ્રસ્ટ, તેથી કાયદા દ્વારા, આ ડિફોલ્ટર્સ પાસેથી ભાડુ અને સર્વિસ ચાર્જ એકત્રિત કરી શક્યો નથી. ૪૩ મહિના પછી, ટ્રસ્ટે સર્વિસ ચાર્જમાં વધારો સંપૂર્ણપણે માફ કરવાનો નિર્ણય કર્યો - આ અત્યંત નિર્ણાયક નિર્ણય ત્રણ બહુમતી ટ્રસ્ટીઓ - આરમયતી તીરંદાઝ, વિરાઈ મહેતા અને ઝકરીસ દસ્તુર દ્વારા - તેમના પોતાના પર, ૨૯ મીએ યોજાયેલી બીપીપીની બેઠકમાં જુલાઈ, ૨૦૨૦, જેમા ટ્રસ્ટી નોશીર દાદરાવાળા અને હું હાજર રહી શક્યા ન હતા !!!

ટ્રસ્ટી વિરાઈ મહેતાએ અમારા (નોશીર અને મારો) ચર્ચામાં ભાગ લેવાનો ઈનકાર કરી દીધો હતો જ્યારે આ ડિફોલ્ટર્સના નામ બહાલી માટે આવ્યા હતા, અને દાવો કર્યો હતો કે, કારણ કે તમે તે મીટિંગ માટે હાજર ન હતા, તેથી તમને કોઈ હક નથી.

મારા મત મુજબ જેમણે ટ્રસ્ટને વધારાનો સર્વિસ ચાર્જ ચૂકવ્યો હતો, તેઓને તેમના નાણાં પરત કરવા જોઈએ. દુર્ભાગ્યે, ટ્રસ્ટી નોશીર દાદરાવાળાને બાદ કરતાં, ૩ બહુમતીવાળા ટ્રસ્ટીઓ આ રકમ લાભાર્થીઓને પરત આપવાની તરફેણમાં નથી. આ ખરેખર દુર્ભાગ્યપૂર્ણ અને અસ્પષ્ટ નીતિ છે.

નોંધાયેલ મેનિપ્યુલેશન્સને સાબિત કરશે જે આગામી ચૂંટણીઓને ધ્યાનમાં રાખીને રાજકીય કાર્યસૂચિ પૂર્ણ કરવાની ઈચ્છાથી ચાલે છે. આ સ્પષ્ટ રીતે સમુદાય અને ટ્રસ્ટના હિતોની વિરુદ્ધ છે. શું ચાલી રહ્યું છે તે જાણવાનો અને સમુદાયનો હક યોગ્ય છે, જેમ કે તેઓએ ચુકવેલ કેટલાક માફ કરાયેલા સેવા ચાર્જની યોગ્ય રકમ પરત આપવી જરૂરી છે.

એક નજર પારસી મરણો ઉપર

Deceased મરનાર	Age વય	Date તારીખ	Address ર. ઠે.	Relations સગાઈઓ
Arnavaz Rustom Irani અરનાવાઝ રૂસ્તમ ઈરાની	87 ૮૭	07-05-2021	Irani House, 286/D, Sopari Baug Road, Behind Maru Hospital, Parel, Mumbai 12. ઈરાની હોઈસ, ૨૮૬/ડી સોપારી બાગ રોડ, મારુ હોસ્પિટલની પાછળ, પરેલ, મુંબઈ ૧૨.	તે મરલુમ રૂસ્તમ કચકશઝ ઈરાનીના ઘણાયાની તે મરલુમો ફીરોઝ અને નરગીશ ઈરાનીના દીકરી તે મરલુમ વીસતાસ્પ તથા જવતામા રૂસ્તમ અને ઝરીરના માતાજી તે નવાઝ, વીસતાસ્પ અને બેહેનાઝ ઝરીર ઈરાનીના સાસુજી તે ફરાહ, નાઈમ, રોલામના અપયજી તે કીયારાના મોટા અપયજી તે મરલુમો પ્રોચી શેરીયર તવકુલી તથા નાઈઝર ફીરોઝ ઈરાની તથા જવતા આરમઈતી જાલ ઈરાનીના બહેન તે મરલુમ ઝાલ તથા જવતા રોહીનતનના માસી તે મરલુમો કચઅશઈ અને શેરેબાનુ ઈરાનીના વહુ.
Naju Noshir Engineer નાજુ નોશીર એન્જીનીયર	88 ૮૮	06-05-2021	95/C, Gulshan Villa, Oomer Park, Bhulabhai Desai Road, Cumballa Hill, Mumbai 26. ૯૫/સી, ગુલશન વીલા, ઉમર પાર્ક બી. દેશાઈ રોડ, ખંબાલા હીલ, મુંબઈ ૨૬.	તે નોશીર કેઅશઝ એન્જીનીયરના ઘણીયાણી તે તવશાર ને શાહરૂખના માતાજી તે મરલુમો નરગીશ તથા નરીમાન મારકરના દીકરી તે ઝરીના ને મહાહરૂખના સાસુજી તે મેહરઝાદ, લીયાન, જેહાનના ગ્રેન્ડ મધર તે રોશન યઝદા જીનવાલા તથા મરલુમ કેકી નરીમાન મારકરના બહેન તે મરલુમો ખોરશેદ તથા કેઅશઝ એન્જીનીયરના વહુ.
Osti. Dolly Kaikhushroo Katrak ઓસ્તી દોલી કેખુશરૂ કાતરક	91 ૯૧	07-05-2021	Poonam Apartment, A/5, Dr. A. B. Road, Worli, Mumbai 18. પૂનમ એપાર્ટમેન્ટ, ડો. એ. બી. રોડ, વરલી, મુંબઈ ૧૮.	તે મરલુમો ઓસ્તી મેહરામાય તથા એરવદ કેખુશરૂ કાતરકના દીકરી તે મરલુમો ઓસ્તી બરજોર કાતરક, ઓસ્તી હોમાય કાતરક તથા આલુ હીલ્લુના બહેન તે કેરસી હીલ્લુના માસીજી તે મરલુમો ફીરોઝ હીલ્લુ તથા રોશન કાતરકના સીસ્તર-ઈન-લો.
Hilla Erach Pardiwalla હીલા એરચ પારડીવાલા	85 ૮૫	07-05-2021	E-7, Shapur Baug, V. P. Road, Mumbai 4. ૫૮. ઈ૭, શાપુર બાગ, વી. પી. રોડ, મુંબઈ ૪.	તે મરલુમ એરચ ધનજીશા પારડીવાલાના ઘણીયાણી તે અરનવાઝ યઝદી સબાવાલા અને તનાઝ સરોશ પટેલના માતાજી તે મરલુમો ધનમાય તથા સોલી દે. બલસારાના દીકરી તે યઝદી સોલી સબાવાલા તથા સરોશ બરજોર પટેલના સાસુજી તે ખુશનમ સબાવાલા તથા ઝીસ્તા અને ફીયાના પટેલના મમઈજી તે મરલુમ એમી ધનજીશા પારડીવાલાના ભાભી તે મરલુમો ગુલબાનુ તથા ધનજીશા પારડીવાલાના વહુ.
Aloo Meherjee Jilla આલુ મેહેરજી જીલા	85 ૮૫	08-05-2021	B/13, Chandan Chs, Noori Baba Dargha Road, Panchpakhadi, Thane (W), 400 601. બી-૧૩, ચંદન કો.ઓ.હા.સો. નુરીબાબા દરગા રોડ, પાંચપખાડી, થાણે (વ) ૪૦૦૬૦૧.	તે મરલુમ મેહેરજી મનચેરશાહ જીલાના ઘણીયાણી તે મરલુમો ભીખાજી તથા તેહેમીના બીલીમોરીયાના દીકરી તે હોમીયાર તથા શહનાઝ કુરુશ બુહારીવાલાના માતાજી તે ગારગી તથા ખુરશેદ બુહારીવાલાના સાસુ તે નશ, જેહાન, જસન, જસપરના અપયજી તે મરલુમો પરવેઝ તથા હીલા તથા જમીના બહેન તે મરલુમો દીનામાય તથા મંચેરશા જીલાના વહુ.
Firoozi Aredshir Khusrowshahi ફીરોઝી અરદેશીર ખુશરૂશાહી	62 ૬૨	08-05-2021	Seth Minocher Shroff Bldg., Raghunath Nagar, Wagle Industrial Estate, Thane. Pin 400 604 શેઠ મીનોચેર શ્રોફ બિલ્ડિંગ, રઘુનાથ નગર, થાણે, વાગવે આઈ.ઈ. ૪૦૦૬૦૪.	તે મરલુમ અરદેશીર બેહરામ ખુશરૂશાહીના વિધવા તે મરલુમો નાજુ તથા અદી દાઝવાલાની દીકરી તે બેજન તથા મરલુમ યોહાનના માતાજી તે પરવેઝ અદી દાઝવાલાના બહેન તે રશીદ તથા હુશમંદના ભાભી તે મરલુમો મોરવરીદ તથા બેહરામ ખુશરૂશાહીના વહુ તે જમશીદ, વલીશ્ના તથા રૂશનાઝના કાકીજી.
Jimmy Jal Marker જીમી જાલ મારકર	70 ૭૦	09-05-2021	B/16, Satyabhama Niwas, Kashinath Street, Tardeo, Mumbai 34. બી/૧૬ સત્યભામા નિવાસ, કાશીનાથ સ્ટ્રીટ, તારદેવ, મુંબઈ ૩૪.	તે મરલુમો રતી તથા જાલ હ. મારકરના દિકરા તે મેહેરઝાદ જાલ મારકરના બાવાજી તે પ્રાચી મેહેરઝાદ મારકરના સસરાજી તે રીયાન મારકરના અપાવાજી તે મરલુમ હવોવી ર. કુપરના ભાઈ તે હનોઝ ર. કુપરના મામાજી તે રૂસ્તમ ફ. કુપરના સાવાજી.
Maharukh Jamshed Fuladi મહારૂખ જમશેદ ફૂલાદી	78 ૭૮	10-05-2021	Karani Widow Chawl, Marzban Colony, Gilder Lane, Mumbai 8. કરાણી વિડો ચૉલ, મરઝબાન કોલાની, ગીલ્ડર લેન, મુંબઈ ૮.	તે મરલુમો શીરીન તથા અમન ખોદામુરાદ ઈરાનીના દીકરી તે મરલુમ જમશેદ અસ્પન્દીયાર ફૂલાદીના ઘણીયાણી તે અસ્પી, આબાન ગેવ પલસેટીયા, ફરીદા રોહિન્ટન એલાવ્યા ને પરવાના જમશેદ ભેસાડીયાના બહેન તે મરલુમ રૂસ્તમ અસ્પન્દીયાર ફૂલાદી તથા શીરીન ખુશરૂ ઈરાની તથા રોશન મીનુ ઈરાનીના ભાભી તે પેટરસ, હનોઝ, દાનેશ, બીનાઈફર, દેલનાઝ, નતાશા, ઝરઝીલ ને ઝરસ્ટીનના માસી ને ફઈ તે મરલુમ અસ્પન્દીયાર ફૂલાદીના વહુ તે નોઝર, દાનેશના મામી તે રૂક્શાન ને કેશમીરાના કાકી.
Shernaz Dariush Fallahzadeh શેહેરનાઝ દારાયશ ફાલાહઝેદહ	85 ૮૫	07-05-2021	193, Hasa Mahal, Dalamal Park, Cuff Parade, Mumbai 5. ૧૯૩, હસા મહલ, દાલામલ પાર્ક, કફ પેરેડ, મુંબઈ ૫.	તે મરલુમ દારાયશ બેહરામ ફાલાહઝેદહના ઘણીયાણી તે મરલુમો ગુસતાદ, મેહેરબાઈ ફાલાહઝેદહના દીકરી તે શ્રીતી, કુરૂશના માતાજી તે સરોશ, કેતાયુનના સાસુજી તે ઝીબા, દોનેશ, ફરહન, શહાઈનના અપઈજી તે મેરશાબ, સીનાયા, દેલનાઝના મોટા સાસુજી તે કીયાન, લીઈમ, તીયારાના મોટા અપઈજી.
Farokh Maneckji Mistry ફરોખ માનેકજી મિસ્ત્રી	73 ૭૩	11-05-2021	B. A. Road, Parel, Mumbai 12. બી. એ. રોડ, પરેલ, મુંબઈ ૧૨.	તે મરલુમો નરગીશ તથા માનેકજી હીરજીભાઈ મિસ્ત્રીના દિકરા. તે બેરોઝ માનેકજી મિસ્ત્રીના ભાઈ.
Maneck Mino Pavri માનેક મીનુ પાવરી	72 ૭૨	11-05-2021	600, Bachan Manor, 1st Floor, Jame Jamshed Rd., Matunga, Mumbai 19. ૬૦૦ બચાં મેનોર, પહેલે માળે, જામે જમશેદ રોડ, માટુંગા, મુંબઈ ૧૯	તે ઝરીન માનેક પાવરીના ઘણી તે ખોદાદાદ ને કાર્વના બાવાજી તે રશના ને નતાશાના સસરાજી તે શારમીન ને યોહાનના અપાવાજી તે મરલુમો મીઠા તથા મીનુ ફીરોઝશા પાવરીના દીકરા તે ખોરશેદ ફીરોઝ દરબારી ને મરલુમ પીલુ બેહરામ ચુખીયાના ભાઈ તે દીનુ તથા મરલુમ હોમી જોગીના જમાઈ તે કેઝાદ, કેટાયુન, નવાઝ, અનાહીતા, આદરબાન ને હુફીયાના અંકલ.
Soli Maneckji Dariwalla સોલી માનેકજી દારીવાલા	94 ૯૪	12-05-2021	Cusrow Baug, U Block, Flat No. 5/2, Colaba Causeway, Mumbai 39. ખુશરૂબાગ, યુ બ્લોક, ફ્લેટ ૫/૨, કોલાબા કોઝવે, મુંબઈ ૩૯.	તે મરલુમ કુમી સોલી દારીવાલાના ઘણી, તે મરલુમો ધન તથા માણેકજી દારીવાલાના દીકરા. તે એમી તથા મરલુમો રૂસી ને ડોસાના ભાઈ.

Death Announcements From Dahanu

Aspi Hormusji Mubarakai અસ્પી હોરમસજી મુબારકાઈ	84 ૮૪	12-05-2021	Marbella, H. K. Irani Rd., Dahanu Rd. (West), 401602. મારબેલા, દહાણુ રોડ વેસ્ટ, ૪૦૧૬૦૨.	તે રોશનના ઘણી તે મરલુમ શિરીનબાઈ તથા હોરમસજીના દીકરા તે મરલુમ મહેરબાઈ તથા રૂસ્તમજીના જમાઈ તે હોશેદાર, માણેક, વરઝાવંદના પપ્પા તે આરમીન, દિલનવાઝ, શાહીનના સસરાજી તે કુરૂશ, નીકઝાદ, ખુશનવાઝ, આર્યન અને શિરોમીના ગ્રાન્ડ ફાધર તે ફરનાઝના ગ્રેટ ગ્રાન્ડ ફાધર તે ઝરથોસ્ત, રોડા, દોલી, મરલુમ માણેક, સોલી, કેકુ, ગુલા, કેટી, શેહરા, રોશનના ભાઈ તે નોશીર, મરલુમ પીલુ, કુમી, શાપુર, શેરિયારના બ્રધર ઈન લો.
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Death Announcements From Porbandar

Jaloo Hoshang Wadia જાલુ હોશંગ વાડિયા	84 ૮૪	10-05-2021	Saroz Yazad, Near Sindhu Bhavan, Laxmi Nagar, Porbandar. 360575. સરોઝ યઝદ, સિંધુ ભવનની બાજુમાં જઈબી કોલોનીની સામે, લક્ષ્મી નગર, પોરબંદર ૩૬૦૫૭૫	તે મરલુમો નરગીશ તથા નવરોઝજી ફકીરજી દાઝવાલાના દીકરી તે મરલુમ હોશંગ ધનજીશા વાડિયાના ઘણીયાણી તે સરોશ હોશંગ વાડિયાના માતાજી તે રશ્મા સરોશ વાડિયાના સાસુજી તે ચેરાગ તથા હોરમઝના અપઈજી તે બેબી સનાયાના મોટા અપઈજી (ગ્રેટ ગ્રાન્ડ મધર) તે ફિરૂઝાના અપઈ સાસુ તે ફરોખ, રોહિન્ટન તથા મરલુમો એરચ, મીનુ અને માણેકના બહેન તે મરલુમો જાઈમાય તથા ધનજીશા વાડિયાના વહુ તે મરલુમો દોલત તથા શેરિયાર કુપરના વેવાઈ.
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YOUR MOONSIGNS JANAM RASHI THIS WEEK

લખનાર: મરહુમ મહારાજ શ્રી સ્વયંજયોતિના સહકાર્યકર્તા જયેશ એમ. ગોસ્વામી

અઠવાડિક રાશિક્ષણ: તા. ૧૫.૦૫.૨૦૨૧ થી તા. ૨૧.૦૫.૨૦૨૧

Aries - મેષ - અ.લ.ઈ.
૨૫મી જૂન સુધી ચંદ્રની દિનદશા ચાલશે. ચંદ્ર તમારા મગજને શાંત બનાવી રોજના કામ ને સરળ બનાવી દેશે. કોઈ અંગત વ્યક્તિને ધનની મદદ કરી શકશો. સગાસંબંધી તમારી સાથેના સંબંધને સુધારવાની કોશિષ કરાશે. મિત્ર-મંડલમાં માન-ઈજ્જત વધુ મલશે. ધનને બચાવી સારી જગ્યાએ ઈનેવેસ્ટ કરી શકશો. અજાણતા તમારા હાથે ધર્મના કામ થઈ જશે. દરરોજ ૩૪મુ નામ 'યા બેસ્તરના' ૧૦૧વાર ભણાજો શુકનવંતી તા. ૧૫, ૧૬, ૨૦, ૨૧ છે.
Lucky Dates: 15, 16, 20, 21.
The Moon's rule till 25th June. The Moon's calming influence will make your daily chores easy for you. You will be able to help a close person financially. Your relatives will try to improve their relationships with you. Your friends will give you much support and respect. You will be able to save and invest your money in a lucrative place. You will inadvertently end up doing religious works. Pray the 34th Name, 'Ya Beshtarna', 101 times, daily.

Cancer - કર્ક - ડ.હ.
તમને મોજશોખ આપનાર શુકની દિનદશા ચાલુ હોવાથી તમે તમારા સાથીઓ કરતા કંઈ નવુ કામ કરવામાં સફળ થશો. અટકેલા કામમાં કોઈ વ્યક્તિનો સાથ મળી રહેશે. ખાવાપીવામાં ખર્ચ ખુબ વધી જશે. મનગમતી વ્યક્તિનો સાથ મલશે. પ્રેમી કે પ્રમીકાને મનની વાત કરી શકશો. દરરોજ 'બહેરામ યજદ'ની આરાધના કરજો. શુકનવંતી તા. ૧૭, ૧૮, ૧૯, ૨૦ છે.
Lucky Dates: 17, 18, 19, 20.
Venus' ongoing rule augurs that you will get into doing something unique which will be successful. You will receive the help of a friend to get your stalled project started. Expenditure on food could increase. You will be blessed with the companionship of an ideal mate. You will be able to speak your heart out to your spouse. Pray to Behram Yazad daily.

Libra - તુલા - ર.ત.
ગુરૂની દિનદશા ચાલુ હોવાથી તમે ચેરીટીના કામો સારી રીતે કરી શકશો. તમારાથી કોઈની ભલાઈનું કામ થઈ જશે. નાણાકીય બાબતમાં મુશ્કેલી નહીં આવે. સગા-સંબંધી સાથે નો વ્યવહાર ખુબ સારો થઈ જશે. જે પણ કામ કરશો તેમાં બીજા તમારા કામના વખાણ કરશે. દરરોજ 'સરોશ યજદ' ભણાજો. શુકનવંતી તા. ૧૭, ૧૮, ૧૯, ૨૦ છે.
Lucky Dates: 17, 18, 19, 20.
Jupiter's ongoing rule facilitates your doing charitable works effectively. You could end up helping another person. Financially, there will be no strain. Relationships with relatives will greatly improve. You will receive praise in all your endeavours. Pray the Sarosh Yasht daily.

Capricorn - મકર - ખ.જ.
૧૮મી જૂન સુધી બુધની દિનદશા તમને ખુબ પ્રેક્ટીકલ બનાવી દેશે. પૈસા બચાવવા માટે કરકસર કરશો. લીસાબી કામ પર વધુ ધ્યાન આપી લેતી દેતી પૂરી કરવામાં સફળ થશો. મિત્રોનો સાથ સહકાર મળતો રહેશે. લાંબા સમય માટેનું ઈનેવેસ્ટમેન્ટ અવશ્ય કરજો. ધનની છૂટછાટ સારી રહેશે. દરરોજ 'મહેર નીઆએશ' ભણાજો. શુકનવંતી તા. ૧૮, ૧૯, ૨૦, ૨૧ છે.
Lucky Dates: 18, 19, 20, 21.
Mercury's rule till 18th June, infuses much practicality in you. You will make a strong effort to save money. By focusing on works of accounts, you will be successful in setting all your pending monetary equations related to lending or borrowing money. Friends will be supportive. Ensure to make long term investments. Financially, things will be good. Pray the Meher Nyaish daily.

Taurus - વૃષભ - બ.વ.ઉ.
૪ઈ કાલથી સુર્યની દિનદશા શરૂ થયેલી છે. ૪થી જૂન સુધી સરકારી કામોમાં સફળતા નહીં મળે. માથાનો બોજો વધતો જશે. તમે હાઈપ્રેશરથી પરેશાન થતા હશો તો દવા લેવામાં આગસાઈ કરતા થઈ. નાની બાબતમાં ગુસ્સે થઈ જશો. કોઈ અગત્યની ચીજ વસ્તુ ગુમાઈ જવાના ચાન્સ છે. ઘરની વ્યક્તિને ખુશ નહીં રાખી શકો. દરરોજ ૯૬મુ નામ 'યા રયોમંદ' ૧૦૧વાર ભણાજો. શુકનવંતી તા. ૧૬, ૧૭, ૧૮, ૧૯ છે.
Lucky Dates: 16, 17, 18, 19.
The Sun's rule which has started since yesterday, might pose challenges in legal works till 4th June. Mental pressures could increase. If you suffer from high BP, do not be lazy to take your medication. You could lose your head over small matters. You could end up misplacing something important. You will not be able to keep your family members happy. Pray the 96th Name, 'Ya Rayomand', 101 times daily.

Leo - સિંહ - મ.ટ.
૪થી જૂન સુધી રાહુની દિનદશા તમને શાંતિથી બેસવા નહીં દે. ઘરમાં જશો તો ઘરવાળા તમારી ભુલો બતાવી તમને પરેશાન કરી મુકશે. ખાવા પીવામાં બેદરકાર બની જશો. જેનાથી તબિયત ખરાબ થતા વાર નહીં લાગે. તમારી નાની ભુલ મોટી મુશ્કેલીમાં નાખી દેશે. દરરોજ 'મહાબોખ્તાર નીઆએશ' ભણાજો. શુકનવંતી તા. ૧૫, ૧૬, ૧૯, ૨૧ છે.
Lucky Dates: 15, 16, 19, 21.
Rahu's rule till 4th June does not let you exist in peace. Family members will point out your mistakes and harass you. Not being careful about your diet could take a toll on your health. Even a small mistake you make could land you in big trouble. Pray the Mah Bokhtar Nyaish daily.

Scorpio - વૃશ્ચિક - ન.પ.
શનિની દિનદશા ચાલુ હોવાથી તમે તમારા રોજના કામ કરવામાં ખુબ આગસ આવશે. પીઠ તથા સાંધાના દુખાવાથી પરેશાન થશો. શનિ તમને નાની બાબતમાં ઈરીટ કરી નાખશે. તમારું સાચુ બોલવાનું બીજાને ખરાબ લાગશે. વડીલવર્ગ તમને સાથ સહકાર નહીં આપે. બને તો ઓછું બોલી તમારું કામ કરતા રહેશે. દરરોજ મોટી 'હમન યજદ' ભણાજો. શુકનવંતી તા. ૧૫, ૧૬, ૧૮, ૨૧ છે.
Lucky Dates: 15, 16, 18, 21.
Saturn's ongoing rule makes you feel very lethargic. You could suffer from backache or joint-pains. Saturn's influence will make you irritable over the smallest matters. Speaking the truth could be offensive to others. The elderly will not be supportive. Try to speak less and continue doing your work. Pray the Moti Haptan Yasht dailhy.

Aquarius - કુંભ - ગ.શ.સ.
છેલ્લુ અઠવાડિયું મંગળની દિનદશામાં પસાર કરવાનું બાકી છે. તમારી વાણી પર કંટ્રોલ રાખજો. ઘરવાળા તમારા કહેવું માનશે નહીં. વાગવું, પડવું કે એક્સિડન્ટ થવાના ચાન્સ છે. વાહન સંભાળીને ચલાવજો. આંધળો વિશ્વાસ રાખીને પૈસાની લેતી દેતી કરવાની ભુલ કરતા નહીં. ઘરમાં ખોટો ખર્ચ થશે. દરરોજ 'તીર યજદ' ભણાવાથી મનને શાંતિ મળશે. શુકનવંતી તા. ૧૫, ૧૭, ૧૮, ૨૦ છે.
Lucky Dates: 15, 17, 18, 20.
With the last week remaining under Mars' rule, you are advised to control what you say. Family members might not be in agreement with you. There are chances of meeting with an accident or getting hurt. Drive or ride your vehicle with great caution. Do not make the mistake of lending money based on blind faith. You could end up having to make unnecessary home expenses. Pray the Tir Yasht daily, for mental peace.

Gemini - મિથુન - ક.ઇ.ધ.
૧૬મી જૂન સુધી શુકની દિનદશા તમને કોઈપણ જાતની ચિંતામાં નહીં આવવા દે. ખર્ચનું પ્રમાણ વધી જવા છતાં તમને કોઈ જાતની નાણાકીય મુશ્કેલી નહીં આવે. તમને ઈનવીઝીબલ હેલ્થ મળી જશે. ઓપોજીટ સેક્સ સાથે મતભેદ હશે તો તેને દૂર કરવો સીધો રસ્તો મળી જશે. નવા કામમાં સફલતા મળશે. દરરોજ 'બહેરામ યજદ'ની આરાધના કરજો. શુકનવંતી તા. ૧૫, ૧૬, ૨૦, ૨૧ છે.
Lucky Dates: 15, 16, 20, 21.
Venus' rule till 16th June does not let any troubles come your way. Despite the increase in your expenditures, there will be no financial shortage. You will receive anonymous help. You will find a way to settle any disagreements with the opposite gender. New projects will be successful. Pray to Behram Yazad daily.

Virgo - કન્યા - પ.હ.ણ.
છેલ્લુ અઠવાડિયું ગુરૂની દિનદશામાં પસાર કરવાનું બાકી છે. આ અઠવાડિયામાં તમારાથી બને એટલા ચેરીટીના કામો કરજો. કોઈની સેવા કરવાથી મનને શાંતિ મળશે. અગત્યના કામો પૂરા કરવામાં ફેમીલીનો સાથ મળતો રહેશે. ધનની કમી જરાબી નહીં આવે. ગુરૂની કૃપાથી બીજાના દિલ જીતી શકશો. દરરોજ 'સરોશ યજદ' ભણાજો. શુકનવંતી તા. ૧૫, ૧૬, ૨૦, ૨૧ છે.
Lucky Dates: 15, 16, 20, 21.
With the last week under Jupiter's rule, you are advised to indulge in as many charitable works as possible. Service to other will bring you mental peace. Your family members will help you complete your important works. There will be no financial shortfall. You will be able to win over the hearts of others with Jupiter's blessings. Pray the Sarosh Yasht daily.

Sagittarius - ધન - ભ.ધ.ફ.
પહેલા ત્રણ દિવસ બુધની દિનદશામાં પસાર કરવાના બાકી છે. ત્રણ દિવસ ઉઘાર લીધેલા ધનને પાછું આપવામાં સફળ થશો. ૧૮મીથી શનિની દિનદશા ૩૬ દિવસ ચાલશે. શનિની દિનદશા તમારા જીવનને અસ્તવ્યસ્ત બનાવી દેશે. મનગમતી વ્યક્તિ નારાજ થઈ જશે. આજથી 'મહેર નીઆએશ' સાથે 'મોટી હમન યજદ' પણ ભણાજો. શુકનવંતી તા. ૧૫, ૧૬, ૧૭, ૧૯ છે.
Lucky Dates: 15, 16, 17, 19.
You have 3 days left under Mercury's rule. You will be successful in returning any borrowed money to your creditors within this period. Saturn's rule, starting from the 18th, will last for the next 36 days, bringing in much chaos into your life. Your favourite person will get upset with you. Pray the Moti Haptan Yasht along with the Meher Nyaish daily.

Pisces - મીન - દ.ચ.ઝ.થ.શ.
૨૪મી મે સુધી ચંદ્રની દિનદશા તમારા કામ આરામથી કરાવીને આપશે. ગામ-પરગામથી કોઈ સારા સમાચાર મળવાના ચાન્સ છે. ઘરવાળાને ખુશ રાખજો. ઘરમાં અને બહાર બને જગ્યાએથી માન ઈજ્જત મેળવશો. તબિયતમાં સારા સારી રહેશે. તમારા કામ સમય પર પૂરા કરવામાં સફળ થશો. ચંદ્રની વધુ કૃપા મેળવવા માટે ૩૪મુ નામ 'યા બેસ્તરના' ૧૦૧ વાર ભણાજો. શુકનવંતી તા. ૧૭, ૧૯, ૨૦, ૨૧ છે.
Lucky Dates: 17, 19, 20, 21.
The Moon's rule till 24th May helps get all your works done with ease. You will receive good news from abroad. You will be able to keep your family members happy. You will receive praise and admiration from everywhere - outside the home and within. Health will be good. You will be able to complete your works in time. To receive the blessings of the Moon, pray the 34th Name, 'Ya Beshtarna', 101 times, daily.

એક નજર પારસી મરણો ઉપર

Deceased મરનાર	Age વય	Date તારીખ	Address ર. કે.	Relations સગાઈઓ
Death Announcements From Prayer Hall				
Ennaz Viraf Irani ઈનાઝ વિરાફ ઈરાની	62 ૬૨	06-05-2021	D/9, Godrej Baug, 4th Floor, Malabar Hill, Mumbai 6. ડી/૯, ગોદ્રેજ બાગ, ૪થે માળે, ઓફિસ નેપીયન્સી રોડ, મલાબાર હીલ, મુંબઈ ૬.	તે મરહુમ વીરાફના વિધવા તે મરહુમો પરવીઝ દાદી બીલીમોરયાના દીકરી તે નીઓશાના માતાજી તે આબાન ને જરૂના બહેન તે મરહુમો મની અસ્પી ઈરાનીના વડુ તે ફરેદીના ભાભી તે પરવીન ને હુફરીશના સીસ્તર ઈન લો.
Firoze Burjorji Shroff ફિરોઝ બરજોરજી શ્રોફ	93 ૯૩	07-05-2021	F-44, Casrow Baug, Colaba, Mumbai 1. એફ-૪૪, ખુશરો બાગ, એસ. બી. રોડ, કોલાબા, મુંબઈ ૧.	તે ધન ફિરોઝ શ્રોફના ઘણી તે બરજોરજી અને બાનુબાઈ શ્રોફના દીકરા તે મેહર એલ. મરઝેલ્લો, દિલખુશ પી. બલસારા અને સાયરસ એફ. શ્રોફના પપ્પા તે ખુરશીદ સી. શ્રોફના સસરા.
Daizy Adil Crawford ડેઝી આદિલ ક્રોફર્ડ	67 ૬૭	08-05-2021	Jalbhoj Seth Building, 2nd Floor, Tardeo, Mumbai 7. જાલબોય સેઠ બિલ્ડિંગ, ૨જે માળે, તારદેવ, મુંબઈ ૭.	તે આદિલ સપલ ક્રોફર્ડના ઘણીયાણી તે નરીમાન અને મની પસ્તાકિયાના દીકરી તે બુરઝીન આદિલ ક્રોફર્ડના મમ્મી તે અસ્પી નરીમાન પસ્તાકિયા, ઝરીર નરીમાન પસ્તાકિયાના બહેન. કેઝાદ અને પર્સીસના આન્ટી. સપલ અને મની ક્રોફર્ડના વડુ.
Zenobia Marzban Irani ઝિનોબિયા મર્ઝબાન ઈરાની	74 ૭૪	10-05-2021	11/6 Kety Nagar, 3rd Floor, Flat no 12, Sagar Naka Dahanu Road, Ihane 401602. ૧૧/૬, કેટી નગર, ૩જે માળે, ફ્લેટ નં-૧૨, સાગર નાકા, દહાણુ રોડ, ઘાણા-૪૦૧૬૦૨.	તે મર્ઝબાન શોરાબ ઈરાનીના ઘણીયાણી તે અદી એમ. ઈરાની અને પરવિઝ કે. જસૂમનીના દીકરી તે અરિઝ એમ. ઈરાની, હવોવી એચ. સરફાબાદી અને ફરઝિન એફ. મૂગટના મમ્મી તે અઝિટા એ. ઈરાની, હોરમઝ એ. સરફાબાદી અને ફારૂખ જે. મૂગટના સાસુ તે ઝોઝાના, ઓટ્ટીયા, મેહરઝિન, પેઝાન, યજદાન અને આરીયનના ગ્રાન્ડમધર તે અરમિન, જાસ્મિન અને ધનજીના બહેન.
Kersi Pirojsha Elavia કેરસી પિરોજશાહ ઈલાવિયા	81 ૮૧	10-05-2021	23, Sumit Apartment, 31 A Carmichel Road, Mumbai 26. ૨૩, સુમિત અપાર્ટમેન્ટ, ૩૧ એ કાર્મિચેલ રોડ, મુંબઈ ૨૬.	તે ઈશિતાના ઘણી તે પિરોજશાહ અને હોમાઈના દીકરા તે નીના અને રોહનના પપ્પા તે અમિતાબના સસરા તે અનુષ્કાના ગ્રાન્ડફાધર તે હુફરીશના ભાઈ તે બામ્બી અને જુબિનના અંકલ તે સુગન્યા અને દીનબંધુના જમાઈ.
Homi Kaikhusru Clubwalla હોમી કેખુશરૂ ક્લબવાલા	88 ૮૮	10-05-2021	Plot No 542, Flat No 3, 1st Floor, Chembur, Mumbai 71. પ્લોટ નં. ૫૪૨, ફ્લેટ નં. ૩, પહેલો માળ, ચેમ્બુર, મુંબઈ ૭૧.	તે રોડાના ખાવિંદ તે મરહુમ જરબાનુ અને મરહુમ કેખુશરૂના દીકરા તે નેવીલે અને હેક્ટરના પપ્પા તે મહાદેવના સસરાજી તે સાનાયસના ગ્રાન્ડ ફાધર તે ધન, ફેની અને મીનીના ભાઈ તે હોશીના અંકલ તે તેહમીના અને બોમનશાના જમાઈ.
Sorab Gustad Irani સોરાબ ગુસ્તાદ ઈરાની	65 ૬૫	11-05-2021	18/11, Rustom, Sant Savta Marg, Byculla, Mumbai 27. ૧૮/ ૧૧, રુસ્તમ, સંત સવતા માર્ગ, બાયબલા, મુંબઈ ૨૭.	તે હોમાઈ સોરાબ ઈરાનીના ઘણી તે નરગીસ અને ગુસ્તાદ ઈરાનીના દીકરા તે કૈનાઝ સોરાબ ઈરાની અને શાહઝાદ સોરાબ ઈરાનીના પપ્પા તે હોરમઝ, દારા, મરહુમ મની આર. હાથીરામ અને હોમાઈ એડી કુપરના ભાઈ તે બેહરામ, બેનાઝ, કેરમાન અને નયોમીના અંકલ તે મોરવરીદ તથા ફરેદુન યઝદાનીના જમાઈ.
Paricher Bomanji Bakhurdari પરીચેર બમન બખૂરદારી	78 ૭૮	12-05-2021	Parsi Colony, Behram Baug, Building No 9B-503 Jageshwaro West, Mumbai 102. પારસી કોલોની, બહેરામ બાગ, બિલ્ડિંગ નં. ૯બી-૫૦૩, જોગેશ્વરી વેસ્ટ, મુંબઈ ૧૦૨.	તે મરહુમ બમન બહેરામ બખૂરદારીના ઘણીયાણી તે મરહુમ દોલત સુરેન ને મરહુમ અરદેશીર સુરેનના દીકરી તે દીલનાવાઝ, શાહનાવાઝ અને કેશમીરાના મમ્મા તે મેહરાબાનુ, મરહુમ ઝકક્ષીસ ને પ્રકાશના સાસુજી તે જમશેદ અને અક્ષયાના મમઈજી તે સીમીન, બહમન, હોમાય, કેકુ, દારાયુસ ને માહરૂખના બહેન
Death Announcements From Mumbai				
Jeroo Parvez Shroff જરૂ પરવેઝ શ્રોફ	82 ૮૨	11-05-2021	Mumbai. મુંબઈ.	તે પરવેઝ મીનોચેરના ઘણીયાણી તે શિરાઝ (સ્મૃતિ) વિજય શાહ અને પરીઝાદ પોરૂસાસપ દુમસીયાના મમ્મી તે મરહુમ ધનમાઈ રુસ્તમજી ભેસાનીયાના દીકરી તે અક્ષય, વિશાલ, મીરાલ, રૂશાનના ગ્રાન્ડમધર તે જેહાનના ગ્રેટ ગ્રાન્ડ મધર તે મરહુમ ફિરોઝ રુસ્તમજી ભેસાનીયા અને હોમાઈ હોમી પટેલના બહેન.
Percy Phiroze Mehta પરસી ફિરોઝ મહેતા	49 ૪૯	12-05-2021	C-1204 Yashwant Empire, Vasai, Nallasopara Link Road, Yashwant Viva Township, Sector -6, Vasai Palghar 401209. સી-૧૨૦૪, યશવંત એમ્પાયર, વસઈ, નાલાસોપારા લિન્ક રોડ, વીવા ટાઉનશિપ, સેક્ટર-૬, વસઈ-પાલઘર.	તે ક્લેમીના ઘણી તે ઝીયાનના પપ્પા તે ધન અને ફિરોઝ દારબશા મહેતાના દીકરા તે ખુશરૂ અને દોલીના ભાઈ તે પેરિન અને શાદાબના બ્રધર ઈન લો તે મરહુમ નરગીશ અને દારબશા મહેતા અને મરહુમ બાનુબાઈ અને બહેરામશા સુલના ગ્રેન્ડસન.
Death Announcements From Bulsar Parsi Anjuman Trust Funds				
Firdosh Jal Dutia ફિરદોષ જાલ દુતિયા	65 ૬૫	27-04-2021	Dhunhill, Mota Parsiwada, Valsad. ધનહીલ, મોટા પારસીવાડા, વલસાડ.	તે ગુલ જાલ દુતિયા તથા મરહુમ જાલ સોરાબજી દુતિયાના દીકરા તે ફરહા વીકી ખંઘાડીયાના પપ્પા તે પરસી જાલ દુતિયા, શીરીન જેમી અવારી, ફરીદા ટેમુલ અવારી તથા પરવીઝ અસ્પી સુઈના ભાઈ. કે કયબાન પરસી દુતિયાના કાકા.
Dhun Parvez Bulsara ધન પરવેઝ બલસારા	63 ૬૩	28-04-2021	Civil Road, Near Navjeevan Park, Nanakwada, Vlsad 396001. સિવિલ રોડ, નવજીવન પાર્કની બાજુમાં, નાનકવાડા, વલસાડ - ૩૯૬૦૦૧.	તે પરવેઝ આર. બલસારાના ઘણીયાણી તે ખુરસેદ, નેવિલ તથા મહેરનાઝ ફિરદોષ તાડીવાલાના મમ્મી તે મરહુમ મેહરાં કેકી તથા મરહુમ કેકી કુંવર શા કારભારીના દીકરી તે જીમી કેકી કારભારી તથા મની એસ. પટેલના બહેન તે મરહુમ મની રતી તથા મરહુમ રતી કાવસજી બલસારાના વડુ તે નરીમાન તથા હોમી રતી બલસારા તથા સિલ્વુ અદી મિરઝાના ભાભી.

આપણી પ્રાર્થનાની શક્તિ

(પાના નં. ૧૨થી ચાલુ)

અને, દરરોજ, અનુક્રમે માત્ર ૨૧ અને ૧૨ શબ્દોની બે સૌથી શક્તિશાળી પ્રાર્થના - યથા અને અશેમનો પાઠ કરો. તમે સવારે ઉઠો તે એક ક્ષણે એક અશેમની પ્રાર્થના કરો અને સૂઈ જાઓ તે પહેલાં જ એક પ્રાર્થના કરો. જમવા પહેલાં અને પછી એક અશેમની પ્રાર્થના કરો અથવા

ન્યારે પણ કોઈ ખરાબ વિચાર તમારા મગજમાં પસાર થાય. ન્યારે પણ તમે ઘર છોડો અને કોઈ નવું કાર્ય શરૂ કરતા પહેલાં એક યથાની પ્રાર્થના કરો તેની આદત બનાવો. તે તમને ધન્ય બનવાની ભાવના અને ઉચ્ચ હેતુની ભાવના અને તમે જે કરવાની યોજના કરો છો તેમાં આધ્યાત્મિક સારનો સમાવેશ કરે છે.

નિયમિત પૂજા કરવાથી પણ ડોક્ટરને દૂર રાખે એવું માનવામાં આવે છે! એક અધ્યયનમાં, ૧,૫૦૦ લોકો, સંશોધનકારોએ શોધી કાઢ્યું છે કે જે લોકો નિયમિતપણે પૂજા કરે છે તેમાંથી ૩૬% લોકોએ શ્રેષ્ઠ સ્વાસ્થ્યનો દાવો કર્યો હતો, જેમાંથી માત્ર ૨૯% લોકોએ કહ્યું હતું કે તેઓ નિયમિત પૂજા કરતા નથી; અને બિન-ઉપાસકોની ઉચ્ચ ટકાવારીએ નબળા સ્વાસ્થ્યનો દાવો

કર્યો. સંશોધનકારો માને છે કે ધાર્મિક લોકો સંભવત બદલાતા સંજોગો અને તણાવપૂર્ણ પરિસ્થિતિઓમાં તેમના જીવનને વધુ સારી રીતે ગોઠવવા સક્ષમ છે. બેશક, તે નિયમિત પ્રાર્થના અને ધાર્મિક પાલન છે જે વિશ્વાસને ટકાવે છે. પણ, અશો જરથુસ્ત્રની ગાથાને ફક્ત દાર્શનિક અર્થઘટન દ્વારા નહીં, પરંતુ સતત ધાર્મિક વિધિના ઉપયોગ દ્વારા જીવંત રાખવામાં આવી છે.

માર્ટિન લ્યુથર કિંગ જુનિયરને માફી માંગવા સાથે, હું તેમની માન્યતાના અનુકૂલન સાથે કહેવા માંગુ છું કે, પૈસા ચૂકવ્યા વિના જ જરથોસ્તી બનવું એ શ્વાસ લીધા વિના જીવંત રહેવા જેવું છે! અહુરા મઝદા આપણાં સૌ ઉપર રક્ષણ અને ઉપચારનો તેમનો તેજસ્વી પ્રકાશ પ્રગટાવી શકે અને આ પડકારરૂપ સમયથી માનવતાને રાહ બતાવે!
- નોશીર દાદરાવાલા

Hungry For More?



DR. DANESH CHINYOY

Are you also wondering how to lose weight? Over the past few weeks, my inbox has been brimming with requests from readers trying to lose weight. Our conventional ideas about weight loss - 'eat less, move more' - requires a lot of willpower. Counting calories, exercising every day and fighting hunger! Eventually, people give up!

An excessive focus on counting calories has failed to reverse the obesity epidemic. Fortunately, there are better ways. Calories are not the only things that count in weight loss. Your weight is also hormonally influenced. Dubbed the 'hunger hormone' - **Ghrelin** is produced in the gastrointestinal tract. After a meal, your stomach distends and the secretion of ghrelin decreases. Simultaneously, **Leptin**, or the 'satiety hormone' increases, giving you a sensation of fullness and a signal is sent to your brain to stop eating.

The relationship between Ghrelin and Leptin begins to unravel in people dealing with obesity and/or diabetes. Just like the obese and diabetics develop insulin resistance, they also develop 'Leptin Resistance' - meaning the body is still producing leptin but does not react to it properly. When your body doesn't acknowledge the "I'm full" hormone, your brain doesn't get the message that you are full. The result? You overeat.

Overeating due to Leptin Resistance leads to weight gain, making it even more difficult to lose weight fast. In fact, Leptin is closely related to insulin,

so resistance to one hormone goes hand-in-hand with resistance to the other. If you reduce your hunger and the levels of your fat-storing hormone, insulin, you'll have an easier time losing excess weight. Therapeutic Fasting is one of the best-known means to decrease both - Insulin and Leptin Resistance. I will devote a separate article on the health benefits of therapeutic fasting soon.

It's still possible to lose weight on any diet - just eat fewer calories than you burn, right? The problem with this over-simplistic advice is that it ignores the elephant in the room: hunger. Most people don't like to "just eat less," as it may result in having to go hungry forever. Sooner or later, many will likely give up and binge - leading to the prevalence of "yo-yo dieting." Through functional medicine, regular exercise improves overall hormonal balance, weight and a sense of wellness.

While it should be possible to lose weight on any diet, some appear to make it easier. Sugar and starches may increase your hunger, while avoiding them helps manage your appetite better. Calories count, but you don't need to get obsessed counting them. You may want to forget about the old "everything in moderation" diet motto. It certainly is not necessarily helpful advice for people



who struggle with weight. In fact, it may do exactly the opposite. Don't eat everything in moderation. Eat healthy food as much as you can, whenever you are hungry. Avoid unhealthy foods as much as possible.

To lose weight in a sustainable way, eat when you're hungry - and only when you're hungry. Forget the clock and listen to your body instead. Do you also believe breakfast is the most important meal of the day? Research studies beg to differ. Don't eat if you're not hungry. And this goes for any meal. Some people fear that they will lose control if they don't eat every three hours. The concern that this "urge to binge" will blow their diets completely, making them obsessively snack all the time. Unfortunately, the WhatsApp university is full of self-proclaimed truths.

Tracking successful weight loss is a tricky game. Focusing primarily on kilograms and stepping on the scale everyday causes unnecessary anxiety and undermines your motivation. The scale is not necessarily your friend. You may want to lose fat - but the scale measures muscles, bones and internal organs as well. Weight or BMI are imperfect ways to measure your progress. Gaining muscle is our goal. Weight training and gaining muscle can hide your fat loss. Losing fat and gaining muscle means great progress, but you may miss this if you only measure your weight. It's best to quantify body composition as you lose weight. You can do this with some easily available gadgets, but if not available, it is smart to simply measure your waist circumference.

It usually takes years to gain a lot of weight. Trying to lose it all as quickly as possible is not healthy and

may be a recipe for "yo-yo dieting". To succeed, you need something that works long term. In addition, you need to set realistic expectations for health and weight loss goals. It's good to lose 1 or 2 kgs within the first week on a strict health-conscious diet, and then on average about half a kg per week, as long as you have some weight to lose.

This translates to about 22 kgs per year. However, weight loss doesn't occur at the same rate in everyone. Every 3 kgs of fat loss roughly equals 1 inch lost around the waist. If you have an enormous amount of excess weight to lose, you could start out much faster - although initially, some of the weight you lose will be due to water loss. Exercising, particularly, weight training would enhance body composition. As you get closer to your ideal weight, the loss may slow down until you stabilize at a weight that your body feels right.

Have you ever wished for more hours of sleep and a less stressful life in general? Most people have - stress and lack of sleep can be bad news for weight. Chronic stress and inadequate sleep increases levels of stress hormones such as Cortisol in your body. This causes increased hunger and results in weight gain. If you're looking to lose weight, you should also review possible ways to decrease or better handle excessive stress in your life. Ensure to get good sleep every night. If you're the kind of person who always gets brutally woken up by the alarm ringing, you possibly are not giving your body adequate rest. Having a good night's sleep helps reduce stress hormone levels.

Wishing you all good health and fitness always! Do keep writing in...



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