

PARSI TIMES

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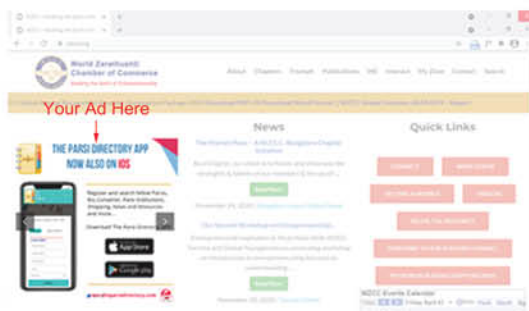


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Aapro Adar Makes Top 10 In Fortune's List Of 50 Greatest World Leaders



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Tribute: Kukadaru Saheb's 190th Birth Anniversary



Page 04

Challenges Faced By Our Full-Time Practicing Priests



Page 06

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FROM THE EDITOR'S DESK

It's Not The Gun, It's The Hand That Holds It...

Dear Readers,

As if most of us weren't already over-dosing on various Social Media and Messaging Platforms (SMMPs), these digital services have assumed an even greater significance since the outbreak of the pandemic. And with good reason... these cater to one of our most innate instincts as humans - who thrive as social animals - by keeping us connected at a time when social distancing has become a mandatory norm for our own survival.

And yet, there have been times when these platforms have been misused and abused by those with malicious agendas, by spreading misinformation and lies, and misleading the masses. Add to this the havoc and panic caused, albeit unintentionally, by the irresponsible/lazy users, who blindly forward crucial messages without verification.

But these annoyances fade in the face of the stellar services facilitated by the SMMPs, which bring immense relief and succour to many, locally and globally. In addition to being the foremost enabler in sharing news and information and keeping us connected during this loneliness-inducing, restrictive lockdown, SMMPs do so much more! While WhatsApp is almost everyone's go-to for messaging and group chats, Twitter has emerged as a leading platform of communicating emergencies with the right authorities - requirements of oxygen, hospital-beds, blood and other life-saving necessities. Its timely communiqués has saved lives!

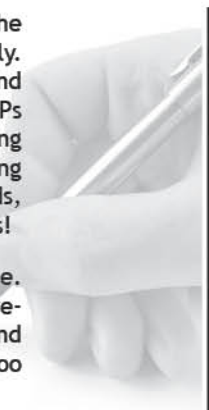
Zoom has become the digital conference room for those working from home. It's also the popular choice for conducting webinars, workshops and for live-streaming events that bring together the community - in prayers like Jashans, and in play, like the 'Online Housie', which is all the rage these days! Facebook too

provides great live entertainment via singers and other talented artists regaling those stuck at home.

Social Media, which was once the bane of many, is the hero of our current times. An analogy comes to mind - it's not the gun, it's the hand that holds the gun. Similarly, SMMPs simply display how situations bring out the best (or worst) in us. Here's a big kudos to all who have come through for others during these tough times. And a special cheer for SMMPs, which share these inspiring tales of goodness and elevate our digital experience!

Have a good weekend!

- Anahita
anahita@parsi-times.com



Don't Miss Jiyo Parsi Sunday Special With Dr. Danesh Chinoy!

This Sunday (23rd May, 2021 at 10:30 am), Jiyo Parsi Sunday Special presents an hour-long online talk with Dr. Danesh Chinoy - leading professional in Sports Physiotherapy and Psychology. He brings with him rich experience in handling International Sports Teams and Tournaments. He has been instrumental in developing and delivering the first qualifying program in Physiotherapy for the Government of Eritrea in East Africa. Highly qualified and experienced in the Health and Fitness domains, he integrates holistic Mind and Body Medicine concepts with contemporary science. He has published

and presented several scientific papers at Prestigious International Conferences and Summits.

Our very own Parsi Times Wellness Columnist, Dr. Chinoy has conducted various seminars during the lockdown upon requests from various educational and social Institutions. He also teaches at the Hub Centers of TISS and is currently an Associate Professor at DY Patil University, Nerul.

This Sunday, Dr. Chinoy empowers you to take charge of your health and will answer your health-related queries.

Don't miss Jiyo Parsi Sunday Special With Dr. Danesh Chinoy on 23rd May, 2021 at 10:30 am!

Zoom: <https://us02web.zoom.us/j/9902526711?pwd=bmJKbnFhV2NBdUJ3NFJlajNoSUtdz09>
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Dr. Danesh Chinoy
Sports Physiotherapist and Psychologist

For Questions Please WhatsApp
9820158874

Zoom Meeting ID: 9902526711
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ZAC To Perform Jashan of Victory

"...The Most courageous Behram yazata then speaks unto him (i.e. seeker for help): I am the most courageous in courage, I am the most victorious in victory, I am the most glorious in glory; I am the most favouring in favour, I am the most profitable in profit, I am the most health-giving in health."

- Behram Yasht para 3

A Behram Yazad Jashan will be performed at the ZAC (Zoroastrian Association of California) Atashkadeh, for divine intervention to bless our community and all of humanity, with Victory over the coronavirus, on 1st June, 2021 (Dae Mah - Behram Roj), at 7:30 PM IST.

"What could be better than starting the month with a Jashan of Victory?" asks Er. Zarrir Bhandara, the religious head at ZAC who performs the Jashans, adding, "This Victorious Behram Yazad Jashan is performed to welcome better times, especially in India and to bring about Health, Strength, Wealth, Longevity, and Happiness amongst our community members and all human beings."

"Normally, during the current month - Dae Mahino, many of us have a Jashan performed in our homes, but due to current circumstances, we cannot. Hence, this is an excellent opportunity to stream the Jashan prayers in your home to receive an abundance of blessings through the powerful vibrations of our Mathravani prayers. During the last Behram Roj Jashan, we reached maximum capacity within the first 3 minutes of prayers! In order to accommodate everyone this time, we have increased our capacity to 1000 participants. Please attend this Jashan and



Humbandagi, which will be followed by a brief talk," says Er. Bhandara.

Zarthostis across the world can attend the Jashan on Zoom.

Behram Yazad Jashan To Achieve Victory Over The Virus

Date: Tuesday, June 1st, 2021
Time: 7:30 PM IST
Join Zoom Meeting:
<https://us02web.zoom.us/j/7522040799>
Meeting ID: 752 204 0799
Passcode: #1jashan

MATRIMONIALS

Marital alliance invited for a 40 years old Bachelor Parsi man. Coming from a well to do Middle class family. Height 5' 6". Earning reasonably well, with his own flat. Now settled in Ahmedabad. Working for a US based BPO as a Team Leader.

He seeks a life partner who is kind, with good values and good upbringing from a Parsi/Irani/Kadmi family.

Interested person could email at havespk@gmail.com or WhatsApp at 9825026646.

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

Soli Maneckji Dariwalla – The Man With A Heart Of Gold

26/11/1926 – 12/05/2021

Soli Dariwalla may have never thought of himself as a philanthropist but his giving heart knew no bounds. Inspired to do charity after the death of his beloved wife Coomie in December 2005 Soli uncle (as he was fondly called) gave freely to the down trodden and to those upholding the traditions and practices of the faith.

He was a believer and practitioner of Zoroastrianism and felt that his first duty was towards the welfare of the Parsi Irani Zarthoshti community. His vision was given reality by WAPIZ Trustee Meher Panthaki, his neighbor and caretaker (like a daughter) since 2006.

Education was close to Coomie aunty and Soli uncle's heart and he wanted our youth to reap the benefits of good education.

In 2007 he started WAPIZ Coomie Soli Dariwalla Education Fund in loving memory of his beloved wife with an initial donation of Rs 20 lakhs. Over the years he continued to donate to this Fund and today it stands at a considerable Rs 2.01 crores. WAPIZ through this Fund has disbursed Rs 1.18 crores to approximately 2360 students upto March 2021.

Soli Uncle gave help not only for Educational purposes but also for medical emergencies, as well as to alleviate poverty. He had homes built for our humdins in villages of Gujarat; supported Agiaries and sponsored the navar and martab ceremonies of mobeds. No priest in financial need who approached him, ever went without his help.

Encouraged by Meher Panthaki, he was a true friend of WAPIZ and one of its largest donors. He supported every educational and traditional cause espoused by WAPIZ. He supported bi-annually the WAPIZ Sale at Cama Baug, to help budding Parsi entrepreneurs.

He had a sense of humour and a constant smile that lit up the room. Although Covid restrictions limited his outings, he enjoyed a weekly Zoroastrian Studies, Meditation class every Wednesday conducted by Khojeste Mistree, and felt his spirit rejuvenated by it.

It has been said in our sacred texts: 'He is a generous man who takes from his own and who gives it to good people, and who gives that for the fondness of his soul. (Denkard Book 6.E6).

In Soli Uncle's death the loss will be felt by the countless persons who were touched by his kindness.

May the revered soul of Behdin Soli Maneckji Dariwalla live forever among Those Fravashis of the most Righteous men who are devoted to Righteousness, and where they are most revered in Garothman, at the pleasure of Ahura Mazda.

(Fravardin Yasht).

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ARMAITY ABESH IRANI



Birth Date
10th Sept, 1968

Death Date
23rd April, 2021

Mahino
Adar

Roj
Khorshed

*All we are left with are your pleasant memories,
happy moments and your picture
God has YOU in his Arms, we have YOU in our Heart
YOU will live forever in our Heart
May your Soul rest in Eternal peace*

Husband : Abesh Khodadad Irani
Daughter of : Late Perin and Late Khushru Dinshaw
Mother of : Nairika and Parzon Irani
Daughter-in-Law of : Late Katy and Khodadad Irani
Sister of : Firozi Percy Doctor and
Kersasp Khushru Dinshaw
Sister-in-law : Siloo R. Suchak, Samanaz K Ghaswalla,
Tanaz C. Deolaliwalla, Rashna K. Dinshaw
and Late Percy A. Doctor
Aunt of : Parastar, Kashmira and Rehan
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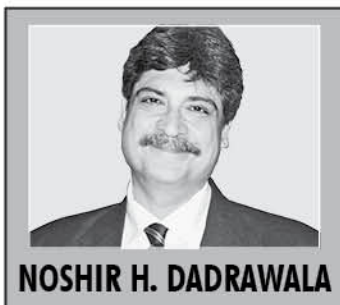
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Lessons From The Life Of Dasturji Jamshed Sohrab Kukadaru



NOSHIR H. DADRAWALA

26th May, 2021 will commemorate the 190th birth anniversary of the saintly Zoroastrian priest, healer, astrologer and alchemist - Dasturji Jamshed Sohrab Kukadaru. He was born in Surat on 26th May, 1831 (*Mah Ava, Roj Zamyad*) and passed away on 5th September, 1900 (*Mah Fravardin, Roj Behram*) of the *Shahanshahi Yazdezardi* calendar. Even after close to two centuries, Parsi Zoroastrians remember him fondly and his portrait adorns several homes and places of worship.

There are so many lessons that we can learn from his life...

Greatness Lies In Simplicity:

One of the first lessons we learn from his life is simplicity. He could have amassed enormous worldly wealth with the powers that he possessed but chose to live his life with austerity, piety and frugality. He was *Panthaky* (Managing Priest) of the Kapawala Agiary and commanded the respect of his peers and the *Behdin* (laity). He washed his own clothes and ate only one meal a day which consisted of rice and ghee (clarified butter) which he used to cook by keeping a vessel filled with rice under the rays of the sun and reciting sacred *Avesta* verses. He was a vegetarian by choice and spent most of his time offering prayers.

Although the title of Dastur (High Priest) was conferred on him posthumously, the *Behdins* regarded him as a Dastur even during his lifetime. Whenever he attended a wedding or navjote, the whole gathering would stand up as a mark of respect. Indeed, the greatness of this saint was in his simplicity!

Priest, Not A Pedant: Kukadaru *saheb* had comprehensive knowledge of *Avesta* and *Pahlavi*. He served as a teacher at the Seth Jijibhai Dadabhai *Zend Avesta Madressa* at Fort, translated certain volumes

of the *Pahlavi Dinkard* and contributed regularly to the journal - '*Yazdan Parast*'. He also brought out various booklets, one being '*Khoasa-e-afringan*', where he advocated reciting the '*Tao ahmi nemane*' *karda*.

While knowledge is about possessing information, wisdom (which comes through experience) is about possessing the ability to use knowledge for the greater good of all. Knowledge is not required to gain wisdom, nor is a person wise just because he is knowledgeable. Usually those who merely possess knowledge tend to become pedantic or bigoted. Kukadaru *saheb* stayed far from both - pedantry and bigotry.

Kukadaru *saheb* is also reported to have participated in the famous Mazagaon Navjotes. Reportedly, in 1882, a group of poor dock workers living and working in the Mazagaon Docks appealed to various priests and also petitioned the Bombay Parsi Panchayet (BPP) to be admitted as Parsi Zoroastrians, despite being born of mixed parentage (Parsi father and non-Parsi mother). About two hundred prominent Parsis collected funds and eminent priests (including Kukadaru *saheb* and Dastur Jamaspji Minocherji) performed the mass Navjote ceremony, in the presence of a large gathering, on 26th June, 1882. Eleven navjotes were performed and this event was duly reported in the Mumbai Samachar, Jam-e-Jamshed and Parsi Prakash.

Accuracy In Astrology: Kukadaru *saheb* is believed to have accurately predicted the day and time (to the hour)



of Dastur Peshotan Sanjana's death as also the death of Queen Victoria and Sir Dinshaw Petit. Once, when a marriage procession was passing through Chira Bazaar in Mumbai, Dasturji sent word that the procession should halt for about an hour. No one paid any heed. Shortly, there was an accident where the bridegroom died on the spot.

The lesson we draw here is about Kukadaru *saheb* developing qualities of clairvoyance as a result of certain *tarikats* (spiritual discipline), *amal* (ritual power), *manthravani* (prayers) and leading a life of *ashoi* (righteousness).

Healer With A Heart Of Gold:

Kukadaru *saheb* with the power of his *ashoi* (holiness/righteousness) and *manthravani* (prayers), healed numerous ailing and suffering persons. For instance, when Jehangir Karkaria, a teacher at Bharda School, was just three, he developed severe jaundice and the doctors had given up hope. His grandmother took him to Dasturji at the Agiary. He made her sit at a certain spot with the ailing child in her lap. Dasturji sat at some distance and began praying after placing a brass

bowl filled with clean well-water between them. As Dasturji prayed, the water in the bowl began to turn yellow and the child began to recover. The child grew up to be a well-regarded teacher and mathematician and died at a ripe old age.

Among spiritual healers it is a well-known fact that a healer's power stems not from any special ability, but from maintaining the courage

and awareness to embody and express the universal healing power that every human being naturally possesses. We can all heal. In the words of the Nobel laureate Dr. Alexis Carrel: "*When we pray, we link ourselves with inexhaustible motive power that spins the universe. Whenever we address God in fervent prayer, we change both soul and body for the better.*"

Spiritual Prowess: One day, a Muslim *Pir* (Saint) appeared at the gate of the Kappawalla Agiary with a view to test Kukadaru *saheb's* spiritual powers. After some discussion, the *Pir* challenged Kukadaru *saheb* to bring the water level of the Agiary well to the surface. Kukadaru *saheb* agreed, but warned that if the water overflowed, the sin of wasting water would be on the *Pir's* head. After performing the *Padyab Kushti*, Kukadaru *saheb* began to pray. Towards the end of the prayers, the water level began to rise. When the water surfaced right up to the top, the *Pir* implored Kukadaru *saheb* to stop. The water receded and the *Pir* left chanting Dasturji's praise.

The moral of this story is religion and spirituality

should be faith fortifying and a source of comfort, peace and inspiration in community living.

The Alchemist:

The miracle for which Kukadaru *saheb* is most renowned is connected with the establishment of the *Anjuman Atash Behram*. Reportedly, Kukadaru *saheb* transformed an ordinary mud brick into a large bar of gold by chanting *Avesta* prayers through the night. This was on request of Zoroastrian devotees to cover a shortfall in funds required for constructing the *Anjuman Atash Behram* building at Dhobi Talao, Mumbai. Kukadaru *Saheb* requested High Priest - Dasturji Kaikhushru Jamaspji, to go to the next room and sell the item he would find there. The item was a gold brick, which, in those days, fetched a handsome sum of Rs. 10,000/-

It is likely that Kukadaru *saheb* was well-versed in the science of alchemy. We know today, in the light of modern science, that when the number of protons in the nucleus of an atom of any element is changed (i.e., increased or decreased) the element itself can change from one to another. Perhaps Kukadaru *saheb* with his *ashoi* and *manthravani* had the power to *alchemize* metals.

Amazing and extraordinary as this 'miracle' may appear, the famous English Scientist, Alfred Russell, believed, "a miracle is nothing but certain laws of Nature which we neither know nor understand." Mystics like Dastur Azar Kaiwan, Dastur Meherji Rana and Dastur Kukadaru understood and knew these Laws of Nature and used them for benevolent purposes.

The lesson we learn from this episode is never to abuse the knowledge or power one is blessed with. Use it for the common good of others and not for selfish gain.

May Dasturji Jamshed Sohrab Kukadaru *saheb's* blessings be showered upon one and all and may we continue to remain inspired with the stories and lessons of his pious life!

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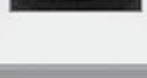
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20-05-2021

Challenges Faced By Full Time Practicing Parsi Priests



BINAISHA M. SURTI

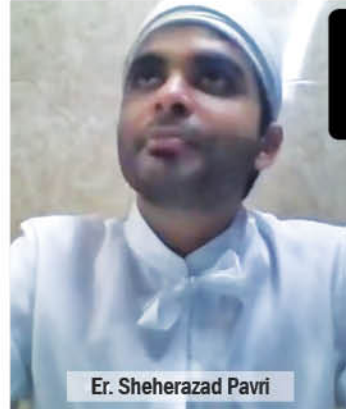
Team Empowering Mobeds (EM) presented an insightful, relevant and informative webinar on 7th May, 2021, titled, 'Challenges Faced By Full Time Practicing Parsi Priests', on Jiyo Parsi's Friday Forum platform which digitally facilitates the community to connect with important issues. Commencing the session with a warm welcome, event moderator Binaifer Sahukar shared how the webinar would provide a sneak peak of Mobyed at the grass root level and the inspiring stories of dedication and resilience. "By the end of the session, your love and admiration is going to be amped-up several notches for the men in white pagadis," she said!



Er. Kaizad Karkaria

Ervad Kaizad Karkaria began auspiciously with a Humbandagi, invoking the blessings of Ahuramazda on the entire community. Chairperson of EM, Dinshaw Tamboly has, since 1996, been at the forefront of supporting Mobeds across various levels - medical, educational and various others, through the WZO Trust. In his welcome address, he stated, "On behalf of team EM, with sincere gratitude, I thank Jiyo Parsi for hosting this presentation and providing opportunities to a few members of EM to share their experiences on how they've coped with the pandemic. Team EM, over the few years of its formation, has encouraged and motivated Mobeds - young and old - to

take pride in their colleagues; to provide leadership guidance to our community and evolve into role models that our community will be proud of."



Er. Sheherazad Pavri

Binaifer introduced Er. Sheherazad Pavri, a resident of the Dadar Athornan Institute, who continues his 'Avestan' studies and performs his Mobed duties along with higher religious ceremonies, while running a successful digital marketing business. Er. Sheherazad spoke about the genesis and achievements of EM since its inception in 2017. He shared its objectives and emphasized on leadership through soft skills training, engaging with the laity and networking with fellow-Mobeds, pan India and globally.

It started in December 2017 with a workshop in Masina Hospital. The 2nd event was with Jiyo Parsi at Reliance Hospital (Mumbai). There were digital training workshops for Mobeds and sessions on the importance of networking. Interactions with Vada Dasturji Firoze Kotwal and other priests as well as children (from XYZ); a heritage walk was in South Mumbai, interaction with participants from 'the Return of Roots programme'; an offsite training program in Sanjan; sessions on team building and friendly football matches between Mobeds and Behdins. An initiative providing fire retardant Jamas to ensure the safety of Mobeds while conducting prayers was part of EM's aim to better the quality of life for priests.

Speaking next was Er. Kaizad Karkaria - full time Mobed for three decades now and manager of Rustom Faramna Agiary, who also offers his services at Wadiaji

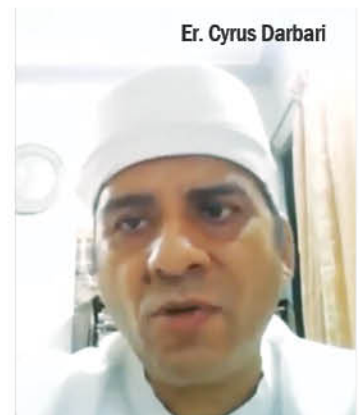
Atashbehram. Et. Kaizad spoke about the challenges of a full time Mobed during lockdown. "The virus changed the fate of the entire world including ours," he said. Mobeds are the torch bearers who keep the flame of religion aglow. "Us priests had to adapt, change and adjust to these circumstances that mankind has never seen before. Life grants nothing to us mortals without hard work. During lockdown, fire temples are closed by the government. Behdins are not allowed inside even though prayers are going on. The main income of Mobeds is derived from money put with the boi, jashans, weddings, navjotes etc. All this came to naught during these hard times. None of us have ever seen such Muktads, like last year, with no fruits or flowers being sold due to lockdown. We had 'Muktads without Behdins' for the first time in our lives. The 'main problem' we faced was 'travelling' to our respective Agiaries, Atashbehrams, Doongerwadi for the four-day ceremonies, and even give Boi's. As priests weren't included in essential services, the police posed a problem, on one occasion even humiliating us by making us do sit-ups!" He requested that Mobeds be issued ID cards from the authorities, police and municipality for their travel betterment so they could serve the holy fire.



Er. Kerman Fatakia

Practicing priest and curator of the Alpaiwalla Museum, Er. Kerman Fatakia, then spoke on the Unification of Mobeds due to Digitization, nationally and globally. Popular topics covered online included 'Back to school', 'Recap of kusti prayers', 'Significance of Navjote Ceremony', 'Life of Prophet Zarathustra', etc. The 'Empowering Dialogue Series'

brought together Mobeds worldwide to discuss what their challenges and solutions during the pandemic. A quiz was conducted for XYZ children. "We were glad to know that the next generation is ready to learn from us and carry the torch of our community forward," he concluded.

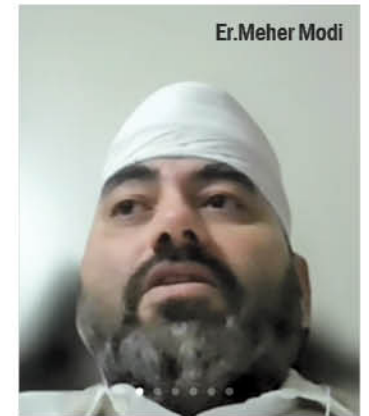


Er. Cyrus Darbari

Er. Cyrus Darbari was introduced as a scholar priest, a student of the Dadar Athornan Institute with an MA in Avestan language, and currently the Vice President of an IT company and a faculty member where he teaches Avesta to the Mobeds.

He shared how there were only 150 to 200 full-time practicing priests in India today, with a majority practicing the daily routine prayers and offering Boi ceremonies across various Agiaries or Atash Adaran, performing prayers for the departed souls at the Tower of silence, performing Wedding and Navjote ceremonies, etc. "The overall workforce of priests is negligible to cater to the needs of the community. Priests are always on the move, with no time for themselves for leisure or relaxation," he said. He spoke of the loneliness and the financial constraints due to lack of footfalls in the fire temples. He commended their resilience for performing priestly duties as a spiritual obligation and how it required highest levels of discipline, restraint from worldly temptations, sincerity, dedication, passion and punctuality. Having purity of mind, body and appearance to inspire respect were the qualities which provided the resilience to withstand setbacks and bounce back to normalcy. He thanked Teams Parzor and Jiyo Parsi headed by Dr. Shernaz Cama, ably assisted

by Pearl Tirandaz and Mahatab for giving them this platform.



Er. Meher Modi

Next, Er. Meher Modi, who has served as a priest for 14 years at Aslaji Agiary and is presently serving at Saher Agiary, spoke about priests as leaders and future vision of EM. He said, "We often want Zoroastrian priests to be leaders not only in thought but also in deed. During Sassanian times, High Priests were counsellors to the king and were learned scholars who commanded respect. Today, the paucity of priests is evident and EM would like to be the catalyst and attract more priests into the profession. With the support and guidance of the Athornan Mandal and WZO Trust Funds, Mobeds are taking charge and executing programmes for the benefit of the community. EM's goal is to provide a learning window to priests so they have necessary skills to navigate new challenges. Talking about the platform for future leaders is all about taking the initiative along with critical thinking and constant learning and moreover to motivate others. Their ideal vision is to be an organization where priests can look after themselves and they do not have to stretch their hands out and ask for support. They would also like to provide leaders to our community who can bring about a transformational change to its members because 'Empowering Mobeds, Empowers our Community!'"

A Question Answer session followed. Dr. Shernaz Cama concluded with, "I am so happy to see how confident each one has got with time, how far this program has progressed - digitally connecting not only Mobeds, but everyone in the community! I am very happy and proud of all the good work EM has done."

Adar Poonawalla In Top 10 Of Fortune's 50 Greatest World Leaders

The CEO of Serum Institute India (SII) and eminent community icon - Adar Poonawalla, was featured as one of the top ten trailblazers in the prestigious 'Fortune's List of the World's 50 Greatest Leaders'. While New Zealand Prime Minister - Jacinda Arden, topped the list, Adar Poonawalla was the only Indian who made it to the 'Top 10' names on the list, praised for playing a significant role in the manufacturing and supplying COVID-19 vaccines, during the worst crisis face of humanity, and for his exemplary role in providing almost 90% of Covid-19 vaccines across India.

Fortune's List of the World's 50 Greatest Leaders recognizes and honours men and women all over the globe, across various sectors - business, government, philanthropy, athletics, arts, etc - for transforming the world and inspiring others to do the same. While some are already extraordinary achievers, others were ordinary citizens who stepped up to make the world a better place during truly unprecedented times, and setting an inspirational precedent for others to do the same.

Other celebrated leaders who made to the Top 10 list included Paypal CEO - Daniel H Schulman; NBA Rescuers; mRNA

Pioneers; Dr. John Nkengasong (Africa Centres for Disease Control and Prevention); Ping An's Jessica Tan; while others in the list included Dolly Parton, Dr. Aparna Hegde (Urogynecologist, Founder - Armman); Varshini Prakash (Co-Founder - 'The Sunrise Movement' for climate justice); Malala Yousafzai; and Naomi Osaka.

Lauding the efforts of Adar, Fortune states, "Poonawalla, head of the Serum Institute of India (SII), the world's largest vaccine manufacturer, has been tasked with no less than bringing an end to the global pandemic. The SII has pledged to deliver up to 2 billion vaccine doses in the coming years to COVAX, a global initiative to provide vaccine to lower-and-middle-income countries - and it has already provided more doses to that initiative than any other vaccine maker.

The SII is producing two vaccines. The first, Covishield, is one of only a few vaccines approved by the World Health Organization and is based on the COVID vaccine AstraZeneca developed. SII's other vaccine, called Covavax, is being produced in partnership with American firm Novavax, and may provide a 1.1 billion-dose boon to global vaccine stocks, starting later



this year, once it clears clinical trials.

Poonawalla has hit some speed bumps in following through with his company's global promises. A deadly surge in COVID-19 infections in India this spring forced Poonawalla to refocus distribution efforts at home. But in April, the CEO secured a \$400 million investment from India's government that he says will help the company produce an additional 30 million to 40 million Covishield doses per month and help India address its COVID-19 crisis. Poonawalla says that SII will resume exports once that happens, and countries around the world have reason to take him at his word.

Before India's current crisis Poonawalla demonstrated an unmatched commitment to global vaccine equity, providing low-cost vaccines to fight diseases like influenza, measles, and tetanus."



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Malaria: is one of the biggest life-threatening diseases, as per WHO, caused by parasites transmitted to people through the infected female Anopheles mosquito. **Dengue:** is a mosquito-borne viral infection found in warm, tropical

climates. Infection is caused by any one of four closely related dengue viruses (called serotypes) which can lead to numerous symptoms, which could be mild or severe, which require medical intervention / hospitalization, and could cause fatalities. **Chikungunya:** is a mosquito-borne viral disease that causes fever and severe joint pain. It's transmitted via two species of infected female mosquitoes which can also transmit other mosquito-borne viruses, including Dengue.

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Cyrus Poonawalla Joins Family In London

- Seeks To Set Up New European Units To Ramp Up Production -

Cyrus Poonawalla, Founder and Chairman of the Poonawalla Group which includes SII (Serum Institute of India) recently joined son, Adar and family, in London on his routine annual summer vacation, which he takes every May. He refuted any rumours of having left India as false and malicious allegations.

Adar Poonawalla, CEO of Serum Institute of India which has supplied almost 90% of Covid vaccines in India so far, has been in London since a month now. In media interviews, he had spoken of receiving 'threats' from politicians and 'powerful men' who were demanding quick delivery of vaccines from him. He complained of being "vilified and blamed" in India.

The nation's ongoing struggle to meet the demand for vaccines is largely blamed on the failure of the

Center to secure stocks for domestic use as also on SII's inability to ramp up production in time. Earlier this month, in his statement from London, Adar Poonawalla had said it was impossible to ramp up vaccine production 'overnight' and that SII was doing its best to increase capacity and would strive harder for the same.

Adar's leaving for the UK, just before India was red-flagged for travel, along with his comments about receiving threats, raised questions over his departure. On May 1, he had tweeted that his stay in London was temporary and that he was planning to return to India 'in a few days'. Cyrus Poonawalla, who has joined the family in London, shared that the company was looking to start new operations in Europe. "Our production (of Covid19) vaccines is underway in India, and we are looking at some preliminary engagements with manufacturing units in Europe. It is too early to



disclose further details," he shared with the media. As per some sources, SII is also considering Ukraine, apart from the UK, to build new facilities to boost vaccine production.

XYZ Holds First Virtual Summer Camp 2021 (Part-I)



The XYZ Foundation held its very first virtual Summer Camp on 14th May, 2021 on Zoom and it's been a blast ever since! With 180 participants divided across 16 teams, each day, conducted by different XYZ groups, has been an enormous success.

Day-1, conducted XYZ Seniors - 'Xerxes' Invincibles' commenced with all 180 participants attending the morning session which started with an orientation and prayers. The first event - Team Building, was conducted in individual break out rooms, where team members got to bond with each other. This was followed by 'XI Says' (XYZ's version of 'Simon Says') where the participants performed their tasks with their trademark XYZ gusto. The second event - 'Say What!' required participants to guess a word by lip reading. Next, the 'Being Bawa' Quiz presented a nail biting finale and the day ended with a brief preview for the next day.

Jamshed's Giants kicked off Day-2's morning session with yoga activity by yoga expert Rayomand Sirvala, where kids were taught the importance of good postures, different breathing and concentration techniques. The next session was conducted by JG volunteer and parent, Nazneen Engineer who taught participants how to make delicious ice candies. This was followed by a fun 'Hollywood/Bollywood Movie Trivia' session, and finally a Tie and Dye Art Activity conducted by XI Zeshah Davar, where the kids twirled and swirled the cloth, used different



ZAC Presents 'Good Life Zoroastrian Emblem' Awards



L to R: Rooky Fitter, Zane Commissariat, Avamehr Vaghaiwalla, Rishad Vaghaiwalla, Rashna Vaghaiwalla, Homi Gandhi

On May 16th, 2021, the Southern Californian Zoroastrian Community gathered for the first time in many months at the ZAC Community Hall, after the easing of COVID-19 restrictions to celebrate the achievements of four young Zoroastrian Scouts, who were awarded the 'Good Life Zoroastrian Emblem' by Rooky Fitter, President of ZAC (Zoroastrian Association of California) and Homi Gandhi, Immediate Past President, FEZANA.

The Good Life Program is designed to offer Zoroastrian youth residing in the US, aged twelve to eighteen, an award that culminates their religious educational experience and is also recognized by Scouting organizations such as BSA. The four Scouts Zane Commissariat, Avamehr Vaghaiwalla, Rashna Vaghaiwalla, and Rishad Vaghaiwalla, completed the year-long program, after fulfilling the religious education and community service requirements.



The Good Life Zoroastrian Emblem

In his brief presentation, Homi Gandhi shared a touching account of the history of the program and his family's significant involvement in the preparation of the original 'Good Life Booklet'. (For more information about The Good Life program: <https://zagny.org/goodlife/>)

folding and binding techniques.

Day-3, under Rustom's Rockstars, started with a religious talk by Er. Darayesh Katrak followed by an Art and Craft session by RR volunteer and parent - Dilshad Mullan, where participants learnt how to make a bird feeder. The afternoon session comprised a fun 'Ulta Pulta' Quiz, where participants had to give wrong answers to win points! This was followed by a Pinwheel Sandwich making session conducted by RR volunteers and moms - Nazneen Dastur and Arnaz Dee. Bingo with a twist had was the highlight of the evening session, which ended with a physically exhilarating dance performance by popular fitness trainer - Bijal Vora.

Cyrus' Superstar took charge of Day-4, turning a mundane Monday into

a super fun day, with two DIY artistic activities - Bottle Painting and Leaf Stamping conducted by XI member - Tanya Dastur. The ever-popular Antakshari session was a runaway success with four uniquely planned, fun-filled rounds. Undoubtedly - *baddhaa ne majha avi gayee!!* The final activity - Emoji and Pictionary game - required the collective brainpower to quickly guess what the Emojis represented to decode popular Hollywood / Bollywood movies. The evening ended on a high note with a fun Bollywood Dance session which got everyone grooving to hit songs!

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

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| Sourav Ganguly (1999-2005) | Lala Amarnath (1947-52) | Ravi Shastri (1987-91) | M Azharuddin (1991-99) |
| M S Dhoni (2007-15) | Virat Kohli (2015 onwards) | Kapil Dev (1982-87) | Rahul Dravid (2000-07) |
| Dilip Vengsarkar (1987-89) | Virender Sehwag (2003-12) | Anil Kumble (2002-08) | Sachin Tendulkar (1996-2000) |



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WINNING CAPTION!!!



Modi: Just like your nation, your politics has long-term vision!
 Putin: Just like your nation, your career too, needs oxygen!

By Natasha L. Patel (A'bad)

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 Send in your captions at editor@parsi-times.com by 26th May, 2021
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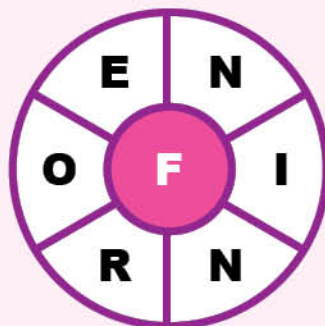
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HOW MANY WORDS?

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 - 6 or more words
- Good - 7 or more words
- Outstanding - 9 or more words



Thought of the Week

"The foolish reject what they see, not what they think; the wise reject what they think, not what they see."

-Huang Po

બેહરામ યજ્ઞ - આપણા તારણહાર જે દુજનો નાશ કરે છે અને વિશ્વાસુને સુખ આપે છે



આવે છે.

બેહરામ શબ્દ અવેસ્તાન શબ્દ પરથી આવ્યો છે, વેરશ્રદ્ધ, જેનો અર્થ છે સફળતા કે વિજય. 'બેહરામ' કાયમી પ્રકાશનો સંકેત આપે છે, જે તે આ બ્રહ્માંડમાં તમામ દુઝ અને સમસ્યાઓ દૂર કરે છે - આ આરોગ્ય, વિવાદો, ઘરેલું અથવા આર્થિક મુદ્દાઓ, દાવાઓ, કારકિર્દી અથવા કોઈ પણ આધ્યાત્મિક મુશ્કેલીઓથી સંબંધિત હોઈ શકે છે. તેથી તેમને સામાન્ય રીતે 'મુશ્કેલ આસન બેહરામ યજ્ઞ' તરીકે પણ ઓળખવામાં આવે છે.

કોઈ પણ અવેસ્તામાંથી 'બેહરામ યજ્ઞ' ની પ્રાર્થના કરી શકે છે. જેમને આખી યજ્ઞની પ્રાર્થના કરવા માટે પૂરતો સમય નથી, તેઓ અંગ્રેજી અને ગુજરાતીમાં ઉપલબ્ધ બેહરામ યજ્ઞના નીચેના પ્રાર્થના કરી શકે છે. જો કે, બેહરામ યજ્ઞ એ સૌથી અસરકારક પ્રાર્થના છે.

'બેહરામ રોજન દરણ' એ બેહરામ રોજ - બાજ ધરણ અને અદરગાનની પ્રાર્થનાઓ - બેહરામ યજ્ઞના સન્માનમાં કરવામાં આવતી આભાર વિધિ છે. આ વિધિ હંમેશાં બેહરામ યજ્ઞના આશીર્વાદ અને રક્ષણની માંગ માટે કરવામાં આવે છે. યુદ્ધમાં વિજય હાંસલ કર્યા પછી અથવા નવા વસાહત વિસ્તારોની સ્થાપના કર્યા પછી, સસાનીયન રાજવંશના રાજાઓ દ્વારા તે કરવામાં આવતું હતું. ભક્તો આપણા ધર્મગુરુઓને તેમના મુશ્કેલ સમયમાં અથવા સફળ થયા પછી પણ પ્રાર્થના કરવા વિનંતી કરી શકે છે.

બેહરામ યજ્ઞ તેમની યાચના કરનારા લોકોની સહાય માટે અમા યજ્ઞ સાથે આવે છે. તેઓ તેમની સહાય માટે આવતા વખતે ૧૦ ફોર્મમાંથી કોઈ એક (બેહરામ યજ્ઞના કર્દા ૧ થી ૧૦માં ઉલ્લેખિત) ધારણા માટે જાણીતા છે - પવન; સુવર્ણ શિંગડાવાળા એક આખલો (અમા યજ્ઞ શિંગડા પર બેસે છે); સોનેરી તુલના સાથે એક સફેદ ઘોડો (અમાના યજ્ઞ કપાળ પર બેસે છે); વેધન આંખો સાથેનો શિકાર; આકમક તીક્ષ્ણ દાંતવાળા ડુક્કર; પંદર વર્ષનો ઉદાર યુવાની; ઉંચી ઉડતી અને મજબૂત

કરાચીના નામાંકિત ગાયનેક - ડો. ફરીદૂન શેઠનાનું નિધન

કરાચી સ્થિત જાણીતા ગાયનેક - ડો. ફરીદૂન શેઠનાનું ટૂંક માંદગી બાદ ૮મી મે, ૨૦૨૧ના રોજ અવસાન થયું છે. ડોક્ટર શેઠનાના કુટુંબમાં તેમની ઘણીયાણી તથા તેમના ત્રણ પુત્રો છે. તેમના અંતિમ સંસ્કાર પ્રાર્થનાના બીજા દિવસે કરાચીના બાથ આઈલેન્ડ ખાતે, પરિવાર મુજબ કરવામાં આવ્યા હતા. તેઓએ એક નિવેદનમાં કહ્યું, પ્રવર્તમાન કોવિડ રોગચાળાને ધ્યાનમાં રાખીને, વ્યવસ્થા ફક્ત પરિવાર અને નજીકના મિત્રો માટે જ હશે. તમારી પ્રાર્થના અમારા માટે ખુબ મુલ્યવાન રહેશે.

ડો. શેઠનાએ આ ક્ષેત્રમાં ૫૦ વર્ષથી વધુ સમય સુધી કામ કર્યું હતું અને ઉચ્ચ જોખમ ધરાવતા પ્રસૂતિશાસ્ત્ર, જટિલ સ્ત્રીરોગ સમસ્યાઓ અને વંધ્યત્વના ઉપચાર સાથે કામ કરવા માટે જાણીતા હતા. તેઓ વંધ્યત્વ ક્ષેત્રે પાકિસ્તાનના સૌથી અનુભવી પ્રેક્ટિશનરોમાંના એક હતા અને આઈવીએફ દ્વારા ગર્ભધારણ કરવામાં સેંકડો યુગલોને મદદ કરી.

અ ડાઉ મેડિકલ કોલેજના સ્નાતક અને રોયલ કોલેજ ઓબ્સ્ટેટ્રિશિયન્સ અને ગાયનેકોલોજિસ્ટસના ફેલો, ડો. શેઠનાએ તેમની તાલીમ સ્કોટલેન્ડમાં

કરી હતી. તેમણે ખારર વિસ્તારમાં લેડી ડકરિન હોસ્પિટલ (એલડીએચ) ની પુનર્નિર્માણ માટે પોતાનું જીવન સમર્પિત કર્યું અને જૂની કરાચીના ગરીબ દર્દીઓની સારવાર કરી. એલ.ડી.એચ. માં, તેઓ પ્રસૂતિશાસ્ત્ર અને સ્ત્રીરોગ સ્નાતક

પછીના વિદ્યાર્થીઓને અધ્યયન અને તાલીમ આપતા રહ્યા. તેમણે અસંખ્ય આંતરરાષ્ટ્રીય અને રાષ્ટ્રીય વૈજ્ઞાનિક બેઠકો અને પરિષદોમાં ભાગ લીધો હતો. તેમણે પરોપકારી પ્રવૃત્તિઓમાં પણ રસ લીધો.

તે કિલક્ટનમાં કન્સોલ્ટ ફર્ટિલિટી સેન્ટરના ચેર અને મેડિકલ ડિરેક્ટર પણ હતા. અસંખ્ય સ્ત્રીરોગના નિષ્ણાત એક મહાન માર્ગદર્શક, તેમણે મહિલા સશક્તિકરણ માટે સખ્તાર્થી મૂળ રાખ્યું હતું અને મિડવાઈલ્સની ભૂમિકા અને સગર્ભા સ્ત્રીઓને શ્રેષ્ઠ સંભાળ પૂરી પાડવાના કારણને ભારપૂર્વક ટેકો આપ્યો હતો. ૧૯૯૪માં, તેમને દેશમાં માતાના મૃત્યુ દરનું વિશ્લેષણ કરવા અને આ



દરને ઘટાડવા માટે કાર્યક્રમ અભિગમો વિકસિત કરવાના ઉદ્દેશ સાથે તેમને માતા અને નવજાત સ્વાસ્થ્ય પરની ત્રણ સભ્યોની રાષ્ટ્રીય સમિતિનો ભાગ બનાવવામાં આવ્યો હતો.

સેનેટર શેરી રેહમાનને ટ્રીટ કરીને કહ્યું કે, તેમનો જૂનો મિત્ર, ડોક્ટર શેઠનાનું નિધન થયું છે અને તેમની પરોપકારી મહાન હતી.

ડો. શેઠનાને પાકિસ્તાનમાં માતૃ ચિકિત્સા ક્ષેત્રે ક્ષણો આપવા બદલ પ્રતિષ્ઠિત સિતારા-એ-ઈસ્તિયાઝ એનાયત કરાયો હતો. તેઓ અન્ય પાકિસ્તાની હસ્તીઓ ઉપરાંત પૂર્વ વડા પ્રધાન બેનઝીર ભુટ્ટોના પ્રસૂતિશાસ્ત્રી હતા.

સમુદાયમાં કોવિડથી થયેલા મરણ

ભારતમાં કોરોનાવાયરસ રોગચાળો (માર્ચ ૨૦૨૦)થી શરૂઆત થયા પછી ઓછામાં ઓછા સમુદાયના ૧૭૮ સભ્યોનું નિધન થયું છે. ભારતના ૧૧ મોટા સ્થળોએ નોંધપાત્ર પારસી વસ્તી અસ્તિત્વમાં છે, ત્યાંથી પારસીયાનાએ મૃત્યુના આંકડા સંકલિત કર્યા છે.

બોમ્બેમાં ૧૦૫ મૃત્યુ નોંધાયા છે, જે વરલી પ્રેયર હોલથી મેળવવામાં આવ્યા છે, જ્યાં મોટી સંખ્યામાં કોવિડ -૧૯ પીડિતોના અંતિમ સંસ્કાર કરવામાં આવ્યા હતા. તેમ છતાં, અન્ય લોકોએ તેમના ઘરોની નજીક સ્મશાનગૃહ પસંદ કર્યું હોય શકે. અન્ય આંકડામાં શામેલ છે: સુરત (૨૬), નવસારી (૨૨), અમદાવાદ (૭), પુણે (૭), દિલ્હી (૪), નાગપુર (૩), કલકત્તા (૨), હૈદરાબાદ (૨), અને મદ્રાસ અને બેંગ્લોરમાં નીલ. આ સંખ્યાઓ સ્થાનના અંગુભન પદાધિકારીઓ / ટ્રસ્ટીઓ દ્વારા ઉપલબ્ધ માહિતી પર આધારિત છે.

દુઃખની વાત એ છે કે, વાયરસને

કારણે એકલા એપ્રિલ ૨૦૨૧માં ૪૪ પારસીનું મુંબઈમાં નિધન થયું. વરલી પ્રેયર હોલ સર્વિસિસ એન્ડ મેઈન્ટેનન્સ ટ્રસ્ટના અધ્યક્ષ, દિનશા તંબોલીએ શેર કર્યું છે કે એકલા ૨૧ એપ્રિલે પાંચ અંતિમ સંસ્કાર થયા હતા અને બીજા દિવસે ૪ વધુ નોંધાયા હતા.

દિલ્હી પારસી અંગુભનના વાઈસ પ્રેસિડેન્ટ આદિલ નારગોલવાલાએ માહિતી આપતાં જણાવ્યું હતું કે સંખ્યાબંધ પારસી નિવાસી અસ્વસ્થ અથવા હાલમાં હોસ્પિટલમાં દાખલ છે અને તેમની તંદુરસ્ત સ્વસ્થતાની આશા છે. એર ચીફ માર્શલ (નિવૃત્ત) ફલી મેજર, પ્રેસિડેન્ટ - બેંગ્લોર પારસી અંગુભન, કોવિડ -૧૯થી કોઈ પારસીએ જીવ ગુમાવ્યા નથી અને આ ખુશીના સમાચાર શેર કર્યા, અને જે લોકોનું પોજીટીવ પરીક્ષણ આવ્યું હતું તે બધા સારા થઈ ગયા છે.

(સૌજન્ય: પારસિયાના મેગેઝિન)



કોરોનાનો નહિ પણ માણસાઈનો ટેસ્ટ જરૂર કરાવી લેજો

અચાનક સવારે સ્વીટુની સ્કૂલેથી ફોન આવ્યો. સ્કૂલની ફી લોકડાઉનને કારણે ૨૫% માફ કરવામાં આવે છે. બાકી નીકળતી રકમ તાત્કાલિક ભરી દેવા વિનંતી. વાર્ષિક ફી ૫૦,૦૦૦/- રૂપિયાના ૨૫% લેખે ૧૨,૫૦૦/- રૂપિયા ઝડપથી ગણતરી લગાવી. હું સવારે શાંતિથી બાલ્કનીમાં બેઠો હતો. ત્યાં સ્વીટુ એ બુમ મારી પપ્પા નાસ્તો



તૈયાર થઈ ગયો છે. હું ઊભો થઈ ડાઈનિંગ ટેબલ ઉપર આવ્યો.

ટેબલ ઉપર પહેલ ન્યૂઝ પેપર ઉપર મારી નજર ફરી. કોરોનાનો આંતક. મોતના આંકડા, વિવિધ ટેલિફોનિક બેસણાંની જાહેરાત. મેં પેપર ને ઉથલાવ્યું તો લખ્યું હતું કે કોરોનાને કારણે લાખો લોકોની નોકરી જતી રહી નાના ધંધા રોજગાર કરનારની સ્થિતિ દયાજનક. મેં કોર્નર ઉપર ભગવાનની મૂર્તિ સામે જોયું અને કહ્યું આટલી વિકટ પરિસ્થિતિમાં પણ હજુ મારી નોકરી અને મારો પરિવાર સલામત છે પ્રભુ તારો આભાર માનું તેટલો ઓછો છે.

મેં છાપું બાજુ ઉપર મૂક્યું કાવ્યા પણ ખુરશી ઉપર ગોઠવાઈ ગઈ સ્વીટુ ધીરેથી બોલ્યો પપ્પા મને અંકલ બહુ યાદ આવે છે. મેં કીધું ક્યા અંકલ?

સ્વીટુ ભીની આંખે બોલ્યો પપ્પા ભૂલી ગયાને મને સ્કૂલે મુકવા અને ઘરેથી લેવા આવતા એ કાનજી અંકલ.

મેં કીધું કેમ? બેટા અચાનક.

પપ્પા મહિનામાં બે વખત એ અમુલ પાર્લર ઉપર વાન ઊભી રાખી અમને ચોકલેટ કે આઈસ્ક્રીમ ખવરાવતા એક વખત તો મેં કીધું અંકલ બહુ ભૂખ લાગી છે તો મને પિઝા ખવરાવ્યો હતો વેકેશન

પડવાનું હોય ત્યારે અમને બધા ને પાર્ટી પણ કરાવતાં. હું પણ કાનજીભાઈ ને યાદ કરવા લાગ્યો આખું શહેર ચોમાસામાં પાણી પાણી વરસાદ રોકાવવાનું નામ લેતો ન હતો કોઈ જગ્યાએ પાંચ ફૂટ તો કોઈ જગ્યા ત્રણ ફૂટ પાણી સ્કૂલે ગયેલા બાળકોને ઘરેથી તેડવા જવાય તેવી સ્થિતિ પણ કોઈની ન હતી લોકો પોતાના બાળકોની ચિંતા કરતા હતા એ દિવસે કાનજીભાઈ મોબાઈલ પણ ઉપાડતા ન હતા સ્કૂલે ફોન કર્યો તો કહે બાળકો વાનમાં જતા રહ્યા.

ચિંતાથી અમે ઘરના દરવાજા પાસે ઊભા હતા. ત્યાં કાનજીભાઈ સ્વીટુને પોતાના ખભા ઉપર બેસાડી દૂર દૂરથી ખભા સુધી પાણીમાં ધીરે ધીરે ચાલતા આવતા મેં જોયા અમારા ચહેરા ઉપર આનંદ દેખાયો કાનજીભાઈ એ સ્વીટુને નીચે ઉતારી લાથ જોડી કીધું, સાહેબ તમારું બાળક સહી સલામત છે.

મેં કાનજીભાઈ નો લાથ જોડી ખૂબ ખૂબ આભાર માન્યો ગરમ ચા નાસ્તો કરી જવા મેં આગ્રહ કર્યો પણ એ બોલ્યા ના સાહેબ

હજુ બે બાળકો વાનમાં બેઠા છે તેમને પણ મારે ઘરે પહોંચાડવાના છે આ અમારી ફરજમાં આવે હું કાનજીભાઈને દૂર સુધી જતાં જોતો રહ્યો પછી સ્વીટુને ભેટી પડ્યો.

સ્વીટુ બોલ્યો પપ્પા ક્યા વિચારમાં પડી ગયા?

કંઈ નહિ બેટા મારો મોબાઈલ ટેબલ ઉપરથી આપ સ્વીટુ ઊભો થયો અને મોબાઈલ મને આપ્યો. મેં મોબાઈલ લગાવ્યો, સ્વીટુ અને કાવ્યા જોતાં રહ્યા.

કાનજીભાઈ એ મોબાઈલ ઉઠાવ્યો. બોલો સાહેબ ઘણા સમયે યાદ કર્યા.

હા તમે સ્વીટુને ઘણા દિવસથી સ્કૂલે લઈ જવા આવતા કેમ નથી?

અરે સાહેબ, તમે ક્યાં ગરીબ વ્યક્તિની મજાક કરો છો?

મેં કીધું તમે અને તમારો પરિવાર બધા કેમ છો?

બધા મજામાં છીએ સાહેબ.

તમે અત્યારે શું કરો છો? મેં પૂછ્યું સાહેબ, લોકડાઉન દેશને કરાય ઘરને થોડા તાળા મરાય પાણીની બોટલો ઘરે ઘરે આપવા જાઉં છું.

આજે તમે ઘરે આવી શકશો?

કેમ અચાનક સાહેબ?

બસ સ્વીટુને તમારી યાદ આવી.

સાહેબ અમને પણ બાળકોના કલબલાટ વગર ગમતું નથી, આજે મળવા આવું છું. મોબાઈલ બંધ કરી મેં સ્વીટુ સામે જોયું. સ્વીટુની આંખો ભીની હતી કાવ્યા પણ મારી આંખોની ભાષા સમજી ગઈ હતી.

મેં કીધું કાવ્યા કાનજીભાઈને દર મહિને સ્કૂલ વાનના કેટલા રૂપિયા આપણે આપતા હતા?

૧૦૦૦ રૂપિયા કાવ્યા બોલી.

મેં કીધું કાવ્યા આજે સવારે સ્વીટુની સ્કૂલમાંથી ફોન હતો ૨૫% ફી માફ કરી. આપણા આકસ્મિક ૧૨,૫૦૦/- રૂપિયા બચી ગયા અને બીજા આ વખતે કોરોનાને કારણે આપણે દ્વારકા પણ નથી ગયા. જે આખા વર્ષના લાલાના નામે ભેગી કરેલ રકમ પણ ૧૦,૦૦૦/- રૂપિયા જેવી થાય છે. આ બધી રકમ ભેગી કરીએ તો ૨૫૦૦૦/- રૂપિયા થાય છે જે હું કાનજીભાઈને આપવા માંગુ છું આ કાનજી કે દ્વારકાનો કાનજી એક જ કહેવાય ને? કાવ્યા અને સ્વીટુના ચહેરા ઉપર આનંદ હતો.

કાવ્યા બોલી એ વરસાદનો દિવસ હું કેમ ભૂલી શકું? સ્વીટુને ખભે બેસાડી પોતાની જવાબદારી અદા કરી બીજી કોઈ પણ મદદ થતી હોય તો કરો મને આનંદ થશે.

થોડી વાર પછી કાનજીભાઈ આવ્યા આંખે કાળા કુંડાળા માથાના વાળ વધી ગયા હતા મેં કીધું કાનજીભાઈ આ શું થઈ ગયું તમને.

કાનજીભાઈ બોલ્યા સાહેબ આ કોરોનાએ નાના માણસના તમામ સ્વપનાં તોડી નાખ્યા. સ્વીટુ પણ દોડી તેમની નજીક બેસી ગયો.

કાનજીભાઈ કહે, બેટા મારી પાસે નહિ તારા પપ્પા પાસે બેસ અને કોઈ મહેમાન આવે તો તારે માસ્ક પહેરી લેવાનું અને મહેમાને માસ્ક ન પહેર્યું હોય તો કહેવાનું, માસ્ક પહેરો.

સ્વીટુ સામે જોઈ કાનજીભાઈ બોલ્યા, બેટા સ્કૂલ યાદ આવે છે?

આટલું પૂછ્યું ત્યાં તો સ્વીટુની આંખોમાંથી પાણી આવવા લાગ્યા.

કાનજીભાઈ આજ સવારથી સ્વીટુ ઢીલો છે તમારા આઈસ્ક્રીમ ચોકલેટ યાદ કરતો હતો કાનજીભાઈ બાળકો તો લાગણી જોવે ત્યાં દોડે.

હું ઊભો થયો અને કાનજીભાઈના લાથમાં બંધ કરવ મૂક્યું અને કીધું કાનજીભાઈ તમારા બે વર્ષના સ્કૂલવાનના ૧૦૦૦ લેખે રૂપિયા ૨૫૦૦૦ રૂપિયા કવરમાં મુક્યા છે.

અરે સાહેબ! આ માટે મને બોલાવ્યો હતો!

(વધુ માટે જુઓ પાનુ ૧૨)

આ જ ની વા ન ગી

ચોકલેટ રોલ



સામગ્રી: ૧ ટેબલ સ્પૂન કોકો પાવડર, ૩ ટેબલ સ્પૂન ચોકલેટ પાવડર, ૩ ટેબલ સ્પૂન મલાઈ, ૪ ટેબલ સ્પૂન મિલ્ક, ૨ ટેબલ સ્પૂન ઘી, ૨ ટેબલ સ્પૂન આઈસીંગ ગ સુગર, મેરી ગોલ્ડ બિસ્કીટનો ભૂકો. પુરણા માટે: કોપરાનું છીણ, ૨ ટેબલ સ્પૂન મલાઈ, ૪ ટેબલ સ્પૂન અખરોટનો ભુકો

રીત: સૌ પ્રથમ કોકો પાવડર, ચોકલેટ પાવડર, મલાઈ, બિસ્કીટનો ભુકો, મિલ્ક આઈસીંગ સુગર મિશ્ર કરો અને કડક લોટની કણક બાંધો એને લીરસો કરવા ઘી એડ કરવું. કણક બંધાઈ જાય એટલે એને પ્લાસ્ટિકના બે કવર વચ્ચે રાખી જાડો રોટલો વણવો. પછી ઉપરનું પ્લાસ્ટિકનું કવર કાઢી લેવું. પછી એક વાડકીમાં કોપરાનું છીણ, મલાઈ અને અખરોટનો ભુકો મિશ્ર કરવું. પછી એને સ્પૂન વડે પેલા રોટલા પર જાડુ થર પાથરવું. એ રોટલાનો રોલ વાળવો. રોલ વાળીને ડિપ ફ્રીઝ માટે ૧૫ મિનિટ માટે મુકવું. પછી એને બહાર કાઢીને એના પીસ કરીને સર્વ કરવા. આ વસ્તુને તમે ડેઝર્ટ તરીકે પણ વાપરી શકો છો. ઉપર ચોકલેટ સોસ ઉમેરીને તેમા કોઈ પણ ડ્રાય ફ્રુટ વાપરી શકાય છે. તમારે પુરણના બનવું હોય તો જે કણક તૈયાર કરી છે એમાં કોઈ પણ ડ્રાય ફ્રુટ નાખીને અલગ-અલગ મોલ્ડમાં મૂકીને શેપ આપવો ચોકલેટ સોસ પણ નાખીને સર્વ કરી શકાય છે.

ઉમ્મીદ નો દીવો સદા જલતો રાખજો

એક ઘરમાં પાંચ દીવા લાગતાં હતાં. એક દિવસે એક દીવાએ કહ્યું કે, આટલો બલુ છું તોય મારી રોશનીની કદર નથી લાવને હું ઓલાઈ જાઉં, પોતાને વ્યર્થ સમજી ને ઓલાઈ ગયો. તમને ખબર છે ઈ દીવો કોણ હતો? તે દીવો ઉત્સાહ નો પ્રતીક હતો. આ જોઈ બીજો દીવો જે શાન્તિનો પ્રતીક હતો તેને પણ વિચાર્યું કે, મને પણ બુઝાઈ જવું જોઈએ. નિરંતર શાન્તિની રોશની આપું છું છતાં લોકો હિંસા કરે છે



અને શાંતિ નો દીવો બુઝાઈ ગયો. આ જોઈ ત્રીજો દીવો હિમ્મતનો હતો પણ તે પણ પોતાની હિંમત ખોઈ બેઠો ને બુઝાઈ ગયો. ઉત્સાહ શાન્તિ અને હિંમત આને બુઝાઈ ગયેલ જોઈ ચોથા દીવા એ પણ બુઝાઈ જવાનું ઉચિત સમજ્યું. ચોથો દીવો સમૃદ્ધિનો પ્રતીક હતો.

ચારે દીવા બુઝાઈ ગયા પછી પાંચમો દીવો એક જ રહ્યો હતો તે છોટો હતો પણ નિરંતર જલતો હતો. ત્યારે એ ઘરમાં એક છોકરાનો પ્રવેશ થયો. એમણે જોયું કે એક દીવો જલે છે ને. તે જોઈ ને ખુશ થયો તેણે પાંચમો દીવો ઉઠાવ્યો ને બીજા ચારે દીવા ને ફરીથી જલાવવા. તમને ખબર છે પાંચમો અનોખો દીવો કયો હતો?

તે...તો... હતો એક ઉમ્મીદનો દીવો એટલે જ, આપણાં ઘરમાં અને મનમાં હંમેશા ઉમ્મીદ નો દીવો જલતો રાખો. તે એક દીવો પણ કાફી છે બીજાઓને પ્રગટાવવા માટે ખુશીઓ આવશે જરૂર. પણ થોડાં સમય પછી બધું સામાન્ય થઈ જશે સંગ માટે ઉમ્મીદ નો દીવો સદા જલતો રાખજો.

- રૂસ્તમ

હું કેવળ એક માનવ છું!

નથી હું શિવ, નથી કોઈ જહેર પીવાની શક્તિ મુજમાં;
હું તો, કેવળ એક સીધો સાદો માનવ છું.
નથી હું રામ, કોઈનું એહું ક્યાં ખાઈ શકું છું હું; હું તો, કેવળ એક સીધો સાદો માનવ છું
હું વળી ક્યાં રાજકુમાર સિદ્ધાર્થ છું, સન્યાસ લેવો નથી મારે;
હું તો કેવળ એક સીધો સાદો માનવ છું
નથી હું ગાંધી, નથી સુભાષ, નથી હું વીર ભગતસિંહ; હું તો કેવળ એક સીધો સાદો માનવ છું.
કૃષ્ણ બનવું નથી મુજને, બની દ્વારકાધીશ હાંસલ શું કર્યું;
હું તો કેવળ એક સીધો સાદો માનવ છું.
નથી કંસ કે રાવણનો અહંકાર પાળવો, નથી કોઈ પ્રતિશોધ લેવો;
રહેવું છે બની કેવળ એક સીધો સાદો માનવ.

- આરમીન દુલીયા મોટાશા

એક નજર પારસી મરણો ઉપર

Deceased મરનાર	Age વય	Date તારીખ	Address ર. ઠે.	Relations સગાઈઓ
Khorshed Rustom Javeri ખોરશેદ રૂસ્તમ ઝવેરી	86 ૮૬	13-05-2021	1A, II Palazzo, B. G. Kher Marg, Malabar Hill, Mumbai 6. ૧એ, ઈલ પ્લાઝો, બી. જી. ખેર માર્ગ, મલબાર હીલ, મુંબઈ ૬.	તે મરહુમ રૂસ્તમ તેહમુલ ઝવેરીના વિધવા. તે નેવીલ રૂસ્તમ ઝવેરી તથા રશના નવરોઝ બીલીમોરિયાના માતાજી. તે મરહુમો ફેની તથા રૂસ્તમ અંધીયાણના દિકરી તે સીમા નેવીલ ઝવેરી તથા નવરોઝ રૂસી બીલીમોરિયાના સાસુજી તે નતાલ્યા ન. બીલીમોરિયા, ઝારા ન. ઝવેરી તથા ઝેન ન. ઝવેરીના ગ્રાંડ મધર તે ગુલ ભરૂચા, નીના મોદી તથા મરહુમો તેમટન અંધીયાણના તથા પરવીઝ કાવારાનાના બહેન.
Gulrukh Fali Patel ગુલરૂખ ફલી પટેલ	77 ૭૭	17-05-2021	Kekee Building, 3Rd Floor, 138, Matharpakadi Road, Mazagaon, Mumbai 10. કેકી બિલ્ડિંગ, ત્રીજે માળે, ૧૩૮ માથારપાકડી રોડ, મઝગાવ, મુંબઈ ૧૦.	તે ફલી મીનોચહેર પટેલના ઘણીયાણી તે મરહુમો મોટા તથા અમન ક્યાનીના દીકરી તે હવોવી ખોદાદાદ ઈરાની, કેઝાદ ફલી પટેલ, યજદી ફલી પટેલના માતાજી તે ખોદાદાદ બ. ઈરાની. હુફરીશ કેઝાદ પટેલ ને રીનાઝ યજદી પટેલના સાસુ તે રોકશાન, નીકીતા, બેહરોઝ, પર્વ, વલીક્ષા, વીરઝાદ, જમશેદ, અશોઈના ગ્રેન્ડમધર તે મહેરઝાદના ગ્રેટ ગ્રાન્ડ મધર તે મરહુમ નોશીર બ. ક્યાની તથા ગીતી બ. ઈરાનીના બહેન તે મરહુમ પરવેઝના આન્ટી તે મરહુમો દોલત મીનોચહેર પટેલ તથા મીનોચહેર જ. પટેલના વહુ.
Dolly Shavak Mistry દોલી શાવક મીસ્ત્રી	92 ૯૨	17-05-2021	74A, The West Minister, Duncan Causeway, Near Chuna Bhatti, Sion, Mumbai 22. ૭૪એ વેસ્ટમીનિસ્ટર, ડાઉન્ટેકોસ્ટર, સાયન, મુંબઈ ૨૨.	તે મરહુમ શાવક રતનજી મીસ્ત્રીના વિધવા તે મરહુમો બાનુબાઈ તથા ફીરોજશા ભાઠેનાના દીકરી તે બની કીસ ફેન્કો, મહેર શાવક ભમગરા ને નવાઝ વીસ્તાસ ઈરાનીના માતાજી તે શોન, જેન, ઝારા, રીયા રીસાદ, દેલઝીન, નાયીનના ગ્રેન્ડમધર તે કેશીયન ને રાયનના ગ્રેટ ગ્રાન્ડ મધર તે મરહુમો શાવક, આલુ, જાલ, પેરીન ને બેજનના બહેન તે મરહુમો નવાજબાઈ તથા રતનજી મીસ્ત્રીના વહુ.
Jamshed Furdoon Contractor જમશેદ ફરેદુન કોન્ટ્રેક્ટર	90 ૯૦	18-05-2021	Rabro House, 1St Floor, Opp. Colaba Police Station, Mumbai 1. રેબરો હાઉસ, પહેલે માળે, કોલાબા પોલીસ સામે, કોલાબા, કોલવે, મુંબઈ ૧.	તે મરહુમો પુતલા તથા ફરેદુન કોન્ટ્રેક્ટરના દીકરા તે આલુ ફરેદુન કોન્ટ્રેક્ટર તથા મરહુમો ફીરોઝ, ડો. ગુલ, ટેલમી, કેરબાદ ને પેરીન હારડીંગના ભાઈ તે ફરેદુન, ઝરીન, આબાન, ટેલમી, નેવીલ, ડેવિડ એન્ડુ ને વેન્ડીના અંકલ.
Keki Bomanji Limboowalla કેકી બમનજી લીમ્બુવાલા	89 ૮૯	19-05-2021	622, Pali Mansion, Lady Jehangir Road, Dadar, Mumbai 14. ૬૨૨ પાલ્યા મેન્સન, લેડી જહાંગીર રોડ, દાદર, મુંબઈ ૧૪.	તે મરહુમ સીલ્વુના ઘણી તે મરહુમો જરબાઈ તથા અમનજી લીમ્બુવાલાના દીકરા તે મરહુમો જરૂમાય તથા અરદેશર મોદીના જમાઈ તે મરહુમો સીલ્વા બીલીમોર્યા, દીના ભાઠેના, ગુલા પાલખીવાળા, મહેરા વાસણયા, આલુ ડોરડી, દારા અને સોલીના ભાઈ તે મરહુમ સુન્નુ હોડીવાલા તથા કેકુ મોદીના બનેવી તે મરહુમ બાનુના દેર.

Death Announcements From Prayer Hall

Adi Padamji Bhesania અદી પદમજી ભેસાનીયા	83 ૮૩	14-05-2021	T-29, Godrej Baug, Off Napeansea Road, Mumbai 26. ટી-૨૯, ગોદ્રેજ બાગ, ઓફ નેપીયન્સી રોડ, મુંબઈ ૨૬.	તે અખ્તાવરના ઘણી તે શિરીન તથા પદમજીના દીકરા તે આદિલના પપ્પા તે કેરસી, મરહુમ ફેની, મરહુમ નોશીરના ભાઈ તે ખોરશેદ તથા ફરેદુન ભંડારીના જમાઈ.
Tanaz Daraius Patel તનાઝ દારાયસ પટેલ	48 ૪૮	14-05-2021	14, Bella Vista, 28-1 S.V Road, Bandra West, Mumbai 50. ૧૪, બેલ્લા વિસ્ટા, ૨૮-૧ એસ. વી. રોડ, બાન્દ્રા તળાવની સામે, બાન્દ્રા-વેસ્ટ. મુંબઈ ૫૦.	તે કુનાલ મોટવાનીના ઘણીયાણી તે માનેક અને દારાયસના દીકરી તે બીનાયફરના બહેન તે મિસ્કા અને ઝહાનના આન્ટી તે ટૂટલ અને વિજયના વહુ.

Death Announcements From Mumbai

Ervad Hoshi Noshir Bajan એરવદ હોશી નોશીર બંજા	57 ૫૭	13-05-2021	10/16, Mody Building, Gamadia Colony, Tardeo, Mumbai 7. ૧૦/૧૬ મોદી બિલ્ડિંગ, ગામડીયા કોલોની, તારદેવ, મુંબઈ ૭.	તે મરહુમો ઓસ્તી હોમાય તથા એરવદ નોશીર હોશંગજી બંજાના દીકરા તે એરવદ દારાયસ નોશીર બંજાના ભાઈ તે પરીઝાદના જેઠ તે એરવદ પેતેરસપ, એરવદ યજદના કાકાજી તે બીનાઈફર તથા વલીક્ષાના કાકા સસરાજી તે હુવશના મોટા કાકાજી.
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Death Announcements From Pune

Arnavaz Jehangir Tabak અરનવાઝ જહાંગીર તબાક	65 ૬૫	18-05-2021	Pune પુણે	તે મરહુમ જહાંગીર જાલ તબાકના ઘણીયાણી તે મરહુમ હોશંગ અને પેરિન ઈરાનીના દીકરી તે કેરસી અને સોહેલના મમ્મી તે પર્વના સાસુજી તે રોશન દિનીયાર સલિયાર અને ગવેર સાયરસ મોદી તથા મેરવાન હોશંગ ઈરાનીના બહેન તે સાયરસ અરદેશર મોદી તથા મરહુમ દિનીયાર રૂસ્તમ સલિયારના સીસ્ટર ઈન લો.
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Death Announcements From Chennai

Niloofer Bomi Vazifdar નીલુફર બોમી વઝફદાર	52 ૫૨	16-05-2021	Chennai. ચેન્નઈ.	તે એરવદ બોમી દિનશા વઝફદાર (પંથકી જાલ ફિરોઝ કલબવાલા દરેમહેર- ચેન્નઈ)ના ઘણીયાણી તે મરહુમ મનીજેલ અને દિનશા વઝફદારના વહુ તે એરવદ પોરૂસાસપ, વલિક્ષાયના મમ્મી તે પિનાઝ પોરૂસાસપ વઝફદારના સાસુજી તે આલુ અને મરહુમ ગોદરેજ કરકરીયાના દીકરી તે સનોબર પરવેઝ ભરૂચા, દિનાઝ રોહિન્ટન દસ્તુરના બહેન તે મહેરંગીઝ અને ફરહાદ એવાય્યાના વહેવાણ.
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કોરોનાનો નહિ પણ માણસાઈનો ટેસ્ટ જરૂર કરાવી લેજો (પાના નં. ૧૧થી ચાલુ)

અરે યાર, અમારા ઘરે કાનજી ક્યાંથી? મેં હસતાં હસતાં વાતને નોર્મલ કરી. લોકડાઉનમાં કાનજીના મંદિર બંધ થઈ ગયા. માનવતાના મંદિર ખોલો, એવું ભગવાન કહે છે. અમારા બધાની આંખો એક સાથે ભીની હતી કાનજીભાઈ બોલ્યા, સાહેબ અણીના સમયે તમારી મદદ મળી છે. આજે સવારે જ હું હિંમત હારી ગયો હતો સમીરભાઈ. ભગવાનને હાથ જોડી પ્રાર્થના કરી હતી, કે હે ભગવાન આ પરિસ્થિતિમાંથી બહાર કાઢ હવે લાંબો સમય મારાથી સહન નહિ થાય. સમીરભાઈ ભગવાન પ્રત્યક્ષ મદદ કરવા ન આવે કોઈ માધ્યમને જરૂર મોકલે છે ભગવાન તમારા દિલમાં બેસી ગયો. અરે, કાનજીભાઈ આ કોઈ એવી મોટી મદદ નથી હવે મારી વાત સાંભળો મારી કાર ચલાવનાર રઘુ કોરોનાને કારણે છ મલિનાથી નોકરી છોડી જતો રહ્યો છે નથી ફોન ઉપડતો નથી ફોન કરતો તો એમ કરો સ્કૂલ ખુલે નહિ ત્યાં સુધી તમે મારી કાર ચલાવી લ્યો... પગાર તો તમારો મારી કંપની આપવાની છે... તમારો ખરાબ સમય હમણાં પસાર થઈ જશે... ચિંતા ન કરો... સારું થશે... કાનજીભાઈ હાથ જોડી ઊભા થયા અને બોલ્યા... બસ આવી થોડી થોડી માનવતા દરેક વ્યક્તિ બતાવે તો આવા ૧૦૦ કોરોના સામે આપણો દેશ લડી શકે. પણ અત્યારે આફતમાં અવસર સમજી નીચ પ્રવૃત્તિ કરનારા જોયા... પણ આફતમાં ટેકો કરનારા પ્રથમ મેં તમને જોયા. સાહેબ મારા અંતરથી આશીર્વાદ આ સ્વીટુ... ભણી ગણીને બહુ મોટો સાહેબ બને. મેં સ્વીટુ સામે જોઈ કીધું બસ બેટા હવે રોજ તને મળવા કાનજીભાઈ આવશે. ખૂબ ખૂબ આભાર સાહેબ. મંદિર તો અત્યારે બંધ છે પણ હું મંદિરના પગથિયાં ચઢ્યો એટલો આનંદ થયો. કાનજીભાઈ વાત સાચી મંદિર બંધ છે પણ કાનજી બહાર ફરે છે અને દરેક ઉપર નજર રાખે છે. બસ, એટલું ધ્યાન રાખજો કોઈને મદદ કરતી વખતે તેની આંખોમાં આંખો મેળવી વાત ન કરતાં તેની લાચાર આંખો તમારા આ ભગીરથ કાર્ય ને નકામું કરી દેશે. કૃપા કરીને તમારો કોરોનાનો નહિ પણ માણસાઈનો ટેસ્ટ જરૂર કરાવી લેજો.

YOUR MOONSIGNS JANAM RASHI THIS WEEK

લખનાર: મરહુમ મહારાજ શ્રી સ્વયંજયોતિના સહકાર્યકર્તા જયેશ એમ. ગોસ્વામી

અઠવાડિક રાશિફળ: તા. ૨૨.૦૫.૨૦૨૧ થી તા. ૨૮.૦૫.૨૦૨૧



Aries - મેષ - અ.લ.ઈ.

હાલમાં ચંદ્રની દિનદશા ચાલુ હોવાથી તમારા મનની નેક મુદ્દા પુરી થઈને રહેશે. જે પણ કામ કરશો તે કરવામાં સફળતા મળશે. મિત્ર-મંડળમાં માનઈજાત મળતા રહેશે. મિત્રો તરફથી કાયદાની વાત જાણવા મળશે. ઘરમાં સારા પ્રસંગ આવવાના ચાન્સ છે. ચંદ્ર તમારા મનને મજબૂત બનાવશે. ખોવાયેલી વસ્તુ પાછી મળી શકશે. દરરોજ ૩૪મું નામ 'યા બેસ્તરના' ૧૦૧વાર ભણાવો. શુકનવંતી તા. ૨૩, ૨૫, ૨૭, ૨૮

Lucky Dates: 23, 25, 27, 28.

The ongoing Moon's rule will make your sincere wishes come true. You will be successful in all your endeavours. Your friends will continue to respect and cherish you. You will chance upon a beneficial opportunity through your friends. You could expect a reason to celebrate at home. The Moon reinforces your mental strength. You will recover any lost items. Pray the 34th Name, 'Ya Beshtarna', 101 times, daily.



Cancer - કર્ક - ડ.દ.

૧૪મી જુલાઈ સુધી શુકની દિનદશા ભરપૂર સુખ આપશે. ઘરમાં નવી ચીજ વસ્તુ વસાવી શકો. નાણાકીય બાબતમાં સારા સારી રહેશે. ગામ-પરગામ જવાના ચાન્સ મળશે. તબિયતમાં સારા સારી રહેશે. બીજાને મદદ કરી શકશો. તમારી પસંદગીની વ્યક્તિને તમારા મનની વાત કહી દેજો. દરરોજ 'બહેરામ યજ્ઞ'ની આરાધના કરજો. શુકનવંતી તા. ૨૨, ૨૪, ૨૫, ૨૭ છે.

Lucky Dates: 22, 24, 25, 27.

Venus' rule, up to 14th July, brings you lots of happiness. You will be able to make purchases for the house. Your financial condition will be good. You could get an opportunity to travel abroad. Health will be good. You will be able to help another. You are advised to speak what's on your mind with your favourite person. Pray to Behram Yazad daily.



Libra - તુલા - ર.ત.

ગુરૂની દિનદશા ચાલુ હોવાથી ધનની કમી નહીં આવે. અચાનક ધનલાભ મલવાના ચાન્સ છે. કામકાજમાં પ્રમોશન મળી શકે છે. જે તમે નવા કામ શોધતા હશો તો મળી જશે. સગાસંબંધી તરફથી માન ઈજાત મળતા રહેશે. તબિયતમાં સારા સારી રહેવાથી કામમાં વધુ ધ્યાન આપી શકશો. ઘરવાળાને આનંદમાં રાખી શકશો. દરરોજ 'સરોશ યજ્ઞ' ભણાવો. શુકનવંતી તા. ૨૨, ૨૩, ૨૬, ૨૭ છે.

Lucky Dates: 22, 23, 26, 27.

Jupiter's ongoing rule ensures there will be no financial shortage. You could receive a sudden and unexpected windfall. A promotion at the workplace is on the cards. Those seeking a new job, will be successful. You will receive much appreciation and respect from your relatives. You will be able to focus well at work as your health will be good. You will keep your family members happy. Pray the Sarosh Yasht daily.



Capricorn - મકર - ખ.જ.

બુધની દિનદશા ચાલુ હોવાથી તમે તમારા કામને પૂરા કરવામાં કોઈની મદદ લેવી નહીં પડે. નાણાકીય બાબતમાં દિમાગનો ઉપયોગ કરી ધન કમાઈ લેશો. થોડા વધુ નાણા કમાઈ શકશો. બીજાને સમજાવી સીધો રસ્તો બતાવી શકશો. લાંબા સમયનું રોકાણ કરવાથી મોટા ફાયદામાં રહેશો. મિત્રોના મદદગાર બની શકશો. દરરોજ 'મહેર નીઆએશ' ભણાવો. શુકનવંતી તા. ૨૨, ૨૩, ૨૬, ૨૭ છે.

Lucky Dates: 22, 23, 26, 27.

Mercury's ongoing rule will ensure that you will not need anyone else's help in completing your works. You will be able to use your intelligence and make good money. You will be able to earn extra income. Your advice will help another to choose the right path. You will benefit greatly with long-term investments. You will be able to help your friends. Pray the Meher Nyaish daily.



Taurus - વૃષભ - બ.વ.ઉ.

હાલમાં સુર્યની દિનદશા ચાલુ હોવાથી તમારા સ્વભાવમાં ખુબ ચેન્જિસ આવી જશે. તમે નાની બાબતમાં ગરમ થઈ જશો. તેનાથી તબિયત ખરાબ થવાના ચાન્સ છે. સરકારી કામો તથા બેન્કના કામ ધ્યાનથી કરજો. કોર્ટનું કામ જઈ પછી કરજો. તમારા અંગત વ્યક્તિ તમારી સાથે ચીટીંગ કરવાના ચાન્સ છે. સુર્યના તાપને ઓછો કરવા દરરોજ ૯૬મું નામ 'યા રયોમંદ' ૧૦૧વાર ભણાવો. શુકનવંતી તા. ૨૨, ૨૩, ૨૪, ૨૬ છે.

Lucky Dates: 22, 23, 24, 26.

The Sun's ongoing rule makes you change your typical behaviour. You could lose your temper over small matters. Your health could take a toll. Be very careful while working on legal or government related works. You are advised to do any court-related matters post the 4th of June. You could end up getting cheated by those close to you. To placate the heat of the Sun, pray the 96th Name, 'Ya Rayomand', 101 times, daily.



Leo - સિંહ - મ.ટ.

૪થી જૂન સુધી રાહુની દિનદશા ચાલશે તમારા કામ કરવામાં મુશ્કેલી આવશે. નાણાકીય બાબતમાં ખેંચતાણ થશે. કોઈ પાસે ઉધાર પૈસા લેવાનો સમય આવશે. ઘણી કે ઘણીયાણીની તબિયત અચાનક ખરાબ થવાના ચાન્સ છે. રાહુના દુઃખને ઓછું કરવા દરરોજ 'મહાબોખ્તાર નીઆએશ' ભણાવો. શુકનવંતી તા. ૨૩, ૨૪, ૨૫, ૨૬ છે.

Lucky Dates: 23, 24, 25, 26.

Rahu's rule till 4th June will pose challenges in your work. Financial constraints are predicted. You might need to borrow money from others. Your spouse could suddenly fall ill. To reduce Rahu's negativity, pray the Mah Bokhtar Nyaish daily.



Scorpio - વૃશ્ચિક - ન.પ.

પહેલા બે દિવસ શનિની દિનદશામાં પસાર કરવાના બાકી છે. બે દિવસ બને તો ઘરમાં જ પસાર કરી લેજો. કોઈ અગત્યના ડીલીઝન ૨૩મી પછી લેવાનું રાખજો. ખાવાપીવા પર ધ્યાન આપજો નહીં તો શનિ તમારા આખા અઠવાડિયાને બગાડી દેશે. ૨૪મીથી ગુરૂની દિનદશા આવતા પટ દિવસમાં તમને ઘણા બધા સારા કામ કરવાના ચાન્સ આપશે. દરરોજ મોટી 'હમન યજ્ઞ' સાથે 'સરોશ યજ્ઞ' પણ ભણાવો. શુકનવંતી તા. ૨૪, ૨૫, ૨૬, ૨૭ છે.

Lucky Dates: 24, 25, 26, 27.

With the last two days remaining under the rule of Saturn, you are advised to stay at home during this period. Take any important decisions only after the 23rd of May. Be careful of your diet or you could end up spending the week in recovery. Jupiter's rule, starting from the 24th of May, for the next 58 days, will provide you umpteen positive opportunities. Pray the Sarosh Yasht along with the Moti Haptan Yasht, daily.



Aquarius - કુંભ - ગ.શ.સ.

આજથી બુધની દિનદશા શરૂ થયેલી છે ૨૦મી જુલાઈ સુધીમાં જે પણ કમાશો તેમા થોડી કરકસર કરવાનું શરૂ કરજો. નાણાકીય બાબતમાં સારા સારી થતી જશે. જે પણ કામ કરશો તેમાં દિમાગ વાપરી આગળ વધવામાં સફળ થશો. કામકાજની જગ્યાએ માન પાન સાથે પ્રમોશન મલવાના ચાન્સ છે. દરરોજ 'મહેર નીઆએશ' ભણાવો. શુકનવંતી તા. ૨૨, ૨૩, ૨૫, ૨૬ છે.

Lucky Dates: 22, 23, 25, 28.

Mercury's rule starting today till the 20th July, suggests that you apply a frugal approach towards spending your earnings. Financially, things will continue to improve. You will be able to get ahead in all your endeavours by using your intelligence. In addition to receiving appreciation at your workplace, you could also expect a promotion. Pray the Meher Nyaish daily.



Gemini - મિથુન - ક.ઇ.ધ.

૧૬મી જૂન સુધી શુકની દિનદશા ચાલશે તમે તમારા મોજશોક પૂરા કરવામાં કોઈ કસર બાકી નહીં રાખો. ધન કમાવવા કોઈપણ જાતની મુશ્કેલી નહીં આવે. ઘરવાળાની સંભાળ રાખી તેઓની ભલી દુવાઓ મેળવી શકશો તેનાથી વધુ આનંદમાં આવશો. નાણાકીય બાબતમાં સારા સારી થતી જશે. દરરોજ 'બેહરામ યજ્ઞ'ની આરાધના કરજો. શુકનવંતી તા. ૨૫, ૨૬, ૨૭, ૨૮ છે.

Lucky Dates: 25, 26, 27, 28.

Venus' rule till 16th June makes you indulge completely in fun and entertainment. Earning money will not be easy. You will receive the blessings of your family members for taking good care of them - this will bring you immense happiness. Financially, things will be on the upswing. Pray to Behram Yazad daily.



Virgo - કન્યા - પ.ઠ.ણ.

આજથી રાહુએ તમને પોતાની જાળમાં ફસાવી લીધા છે. તમને જે કામ સહેલા લાગતા હશે તેજ કામ કરવામાં મુશ્કેલી આવશે. આજુબાજુવાળા નાની બાબતમાં પરેશાન કરી મુકશે. તમારા બનાવેલા પ્લાન પર તમે ચાલી નહીં શકો. કામકાજમાં તમારા વાંઙ વગર તમને બીજાનું સાંભળવું પડશે. દરરોજ 'મહાબોખ્તાર નીઆએશ' ભણાવો. શુકનવંતી તા. ૨૪, ૨૫, ૨૭, ૨૮ છે.

Lucky Dates: 24, 25, 27, 28.

Rahu's rule starting today will make even your easy tasks feel difficult to complete. People around you will end up harassing you over petty matters. You will not be able to execute your own plans. At the workplace, you will have to listen to harsh words, despite it note being your fault. Pray the Mah Bokhtar Nyaish daily.



Sagittarius - ધન - ભ.ધ.ફ.

૨૫મી જૂન સુધી શનિની દિનદશા ચાલશે. સાંધાના તથા માથાના દુખાવાથી પરેશાન થતા રહેશો. દવા પાછળ વધુ ખર્ચ થતો રહેશે. ઘરવાળા તમારાથી નાની બાબતમાં નારાજ થઈ જશે. રોજબરોજના કામ પર સમય પર પહોંચી નહીં શકો. ધન માટે ભાગદોડ કર્યા પછી પણ મહેનત પ્રમાણે પૈસા નહીં મળે. દરરોજ 'મોટી હમન યજ્ઞ' પણ ભણાવો. શુકનવંતી તા. ૨૨, ૨૩, ૨૫, ૨૬ છે.

Lucky Dates: 22, 23, 25, 28.

Saturn's rules till 25th June could cause you joint-pains and head-aches. You could end up spending a lot of money for medical reasons. Family members will get upset with you over small matters. You will not be able to reach your workplace in time. Despite all your efforts to earn money, you will not receive an appropriate income. Pray the Moti Haptan Yasht daily.



Pisces - મીન - દ.ચ.ઝ.થ.શ.

આજ અને કાલનો દિવસ ચંદ્રની દિનદશામાં પસાર કરવાનો બાકી છે. ઘરવાળાની ડિમાન્ડ પૂરી કરી શકશો. ૨૪મીથી ૨૮ દિવસ માટે મંગળની દિનદશા તમારા શાંત મનને અશાંત કરી નાખશે. નાની બાબતમાં ગુસ્સો આવશે. સ્વભાવ ચીડીયો થઈ જશે. મંગળને કારણે ઘરવાળા સાથે નાની બાબતમાં મતભેદ પડશે. આજથી દરરોજ 'તીર યજ્ઞ' ભણાવો. શુકનવંતી તા. ૨૪, ૨૫, ૨૬, ૨૮ છે.

Lucky Dates: 24, 25, 26, 28.

The Moon's rule ends after tomorrow. You will be able to cater to the wants of your family members. Mars' rule starting 24th May, for the next 28 days, will bring chaos to your calm temperament. You will get angry over small matters and become irritable. Squabbles with family members over small matters could take place. Starting today, pray the Tir Yasht daily.

Connecting With Your Spirit Guides



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.

Do you at times feel a tingling sensation all over? Do you sometimes sense a gentle presence all around you? Do you dream vividly? Have you ever had a persistent thought that refuses to leave you? When alone, have you always felt you had someone around looking out for you? Do you believe in the existence of Spirit Guides - simple entities that watch and prevail over you, for your entire lifetime? If you do, you are not alone! Many amongst us have felt their presence; many have even tried to communicate with them. Some of us may recognize the signs they leave for us by way of a warning or guidance. Whatever your experience with them, most believe they do exist.

There would be some sceptics who would scoff at this idea, being non-believers. There are many who may deign the very idea of Spirit Guides as absurd and ridiculous. But ye of little faith, believe me when I say, getting in touch with your Spirit Guides is something that can drastically change your life! Once you believe, you will no longer be living on blind faith and will soon realize that there really is a higher power constantly looking out for you. Life will seem a lot easier and will make more sense knowing that no matter what happens, you are being taken care of and everything is for your highest good.

They say Spirit Guides are just



people like you and me that have crossed over into the afterlife and chose to take on the role of being your guide. It is said you could have more than one Spirit Guides. Their purpose and work is simple, to guide you as you navigate the course of your life. Spirit Guides, like many other elements of spirituality, have been heavily sullied, monetized and commercialized. Despite the apparent tarnishing of their value, Spirit Guides are nonetheless a shared human experience.

So how do you connect with your Spirit Guides? There are no overt techniques or explicit methods for this. And even if you do feel you have connected, the ambiguity of this endeavour will persist. But, it starts

with Belief. You have to set your intention to connect to your Spirit Guides. Setting your intention is a way of letting the universe and your higher-self know what you wish to achieve. Once your intention is set in motion, there are various methods to prevail. Let your intuition guide you here.

The simplest method is meditation. It is probably the most straightforward way to connect with your Guides. The point between your eyebrows is the location of your 'third eye', which is the epicentre of all spiritual enlightenment and awakening. With closed eyes, focus on this third eye and concentrate on connecting with your guides. Taking deep intentional breaths learn to focus while relaxing. Imagine a warm light above your head that streams down to the point of your third eye. Visualize unlocking a portal to step through to meet your Guide. Your body could start feeling lighter or heavier.

Try communicating with them through your thoughts. Ask questions, seek answers. You may see images. You may experience an array of thoughts and feelings. Focus on the ones that speak to you. These exercises may lead to an initial sense of confusion, but eventually you will feel deep reassurance and safety, knowing your Guides are around you.

Spirit Guides often express their presence by sending you signs - also called synchronicities. Carl Jung defined synchronicity as a meaningful coincidence. They can communicate through numbers or number sequences. Some people feel they communicate by sending musical messages, like a favourite song of a dearly departed

playing in the background, just on the day you've been particularly thinking of them or it could be a song that inspires you on a rough day. Spirit Guides send ample opportunities in varying forms your way, in a manner that proves to be conducive to your growth and betterment.

Your Spirit Guides seek a closer relationship with you but not everyone feels this connect. It's true that when we go through big changes, it helps ground you to feel connected with your spirituality and your Spirit Guides. As you open up to a world of possibility trying to communicate with them and the hazy world of spirituality, you may be pleasantly surprised by the number of signs or messages you may notice. For most people, the invitation is to start recognising this form of communication from their world that's already happening. We tend to ignore or repudiate anything that is incomprehensible. By and large, humans can be disenchanted beings, secure in disbelief than in belief.

In the lingo of modern mystics, a spirit is a non-physical being assigned to help a soul attain its greatest potential on Earth. A Spirit Guides is a being that has completely mastered life's lessons. So while you may choose to ignore the advice of your Guides, life does tend to go a whole lot smoother when you do. Your Guides want you to win. They are your champions, the menders of heartaches, and the compass to your life path. They always have your back, so to say. They are picked and chosen specifically for you. They are assigned exclusively to you. Spirit Guides direct and assist in a manner you most require for the betterment of your life. Call them Guardian Angels or your Helper Angels - they are the universal forces that guide our spirits to greater clarity, freedom, joy and peace!



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Don't Act Your 'Age'- Become A Child Once Again!



RUBY LILAOWALA

Poet Stephen Levine said, "Part of me is dying, maybe to let the rest of me come to life." Don't let chronology, physiology or biology govern your age. Johann Wolfgang Goethe, the great novelist and playwright, wrote, "To remain young in old age is an art. He's the most fortunate man who can live the end of his life as he lived in the beginning of it."

At any age, human beings are both - wise and foolish. We are filled with optimism and soured by setbacks. Many people feel 'old' in their 60's while some feel young in their 80's! Their secret of youth? They have a childlike curiosity for life. And why does one feel 'old' in their 60's? Because they dwell on concerns about aging, inactivity, isolation, illness, disability and death.

Often, others remind us to 'Act your age' - but why? What's wrong with being how you were when this journey of life began and you were filled with wonder and asked several questions? Why give up that sense of wonder and why stop asking questions to widen your mental-horizon as you age?

Each one of us has a child inside us. Don't let that child perish. Rather, nurture it with resilience, learning, playing, working, curiosity, joy, wonder, optimism, humour and music. On your next birthday, light a candle on your cake and just watch the flame to notice its brightness. You'll see that although the candle gets smaller and smaller, the flame is as bright at the end of candle's life as at the beginning. It's the same with life. It has no AGE when you should ACT in a certain way. Life can shine brightly at any and every moment!!



Our childhood conditionings affect our behaviour in life, especially in old age. But the good news is, we can change our attitude and behavior at any age. In counselling people, I always tell them that it's never too late to have a happy childhood. You can have it right here and now! Decide to incorporate childlike qualities in you - this way you'll be virtually turning back time and giving birth to the outlook, language and enthusiasm that you need to nurture your inner-child. Don't ever let your inner-child perish!

Although we change a great deal as we get older, deep within us, we carry certain clearly recognizable styles, traits and attitudes belonging to the child inside us called our inner-child or the past which keeps us young at heart. That child lives in your heart and loves you, even if you were never loved as a child.

To be young at heart, you have to take care of yourself physically. Be physically active. Do your own housework, shopping for veggies, do your own cooking and washing, in short, be self-reliant. Keep yourself fit with yoga, exercise, walking or whatever suits you - be more concerned about your leg-muscles than your wrinkles as you age!

To be mentally young, read whatever you can lay your hands on. Read a new author or a new subject. Talk to people about various topics. Take interest in music, art, culture, fashion, make-up and social-media...

in short whatever interests you. To be young spiritually, practice gratitude for anything and everything from morning to night. Don't just pray for hours like a parrot - it means nothing! Give thanks for your senses.... the eyes with which you can see, read, write, watch TV and admire nature; Ears which can listen to music and the words of endearment from loved ones; Nose that can smell flowers, good-food and your favourite perfume; Mouth, which can kiss loved ones and relish food; Tongue, which can say kind words; and Limbs with which you negotiate your daily living. Give thanks to your amazing immune system, which we think of only when we are sick, a good night's sleep which we only appreciate when we have insomnia and even electricity at the touch of a switch, which we value only when there's a power-blackout! All these above are REAL prayers - done daily!

Within all of us are childlike qualities to enjoy life to its fullest given to us at birth, to be cherished, developed and enhanced - not to be denied or discounted. Some adults isolate themselves, living sad and desolate lives within four walls. Even their neighbours don't know if they're alive or dead. They have no friends and no conversations with others. To remain vibrant, we need to have conversations and exchange our stories. Until the moment you die, there is life inside you. Don't extinguish it in the four walls of your home. Don't let it weigh you down. Chill yaar! Relax! In fact, Chillax, as I always say.

The Zen Series: No Shoes



KASHMIRA SHAW RAJ

In this seventeenth part of 'The Zen Series', a Zen master's answer to a monk's innocent question, reveals great wisdom to be applied in life!

Socrates believed that the wise person would instinctively lead a frugal life. He himself would not even wear shoes; yet he constantly fell under the spell of the marketplace and would go there often to look at all the wares on display. When one of his friends asked why, Socrates said, "I love to go there and discover how many things I am perfectly happy without." - 101 Zen Stories



This short story encapsulates the wisdom of Socrates. There are those who find themselves surrounded by a million alluring things and rush to acquire them all. They think they cannot do without them. It may start with something small and then the list grows until somewhere down the line, we don't know where and when to stop or simply can't. Then there are others who can be amongst the most beautiful of things and

Parsi Times presents 'The Zen Series' by PT Columnist, Kashmira Shaw Raj - a professional Taichi and Qigong practitioner and teacher, as also a sought-after clinical psychologist and healer. These Zen stories will resonate with you and help you connect within, at a deeper, inner level to encourage and empower you to reflect, thereby helping you realize your own truths and set you on the path of growth, wisdom and happiness.

still appreciate and enjoy them without feeling the need to possess any of them.

We all love to be surrounded by beauty and luxury. We are fond of our creature comforts. But sometimes we do not realize that these creature comforts start ruling our lives. The materialistic pull within us becomes so magnified that we cannot do without giving in to its demands. Pleasure and happiness end up being defined as that expensive holiday abroad, a huge house, a great promotion or a swanky car. Why is it that these come with their own set of issues to deal with then? A great promotion could make you spend more time at work than at home, a swanky car could give you maintenance and parking problems, a huge house would increase overall expenses on staff, etc. The more you spend, the more you need to earn to match up to your lifestyle. One fine day, you realise that you have only worked in order to spend. But besides that, what have you been left with?

A big house and hardly anyone living in it or fights amongst family members not seeing eye to eye... Cut throat competition at the job front always keeping you on edge and not letting you relax even at home... **Contd. on Next Pg.**

Kashmira runs 'The Tai-Qi Touch' with husband, Dr. Brijesh Raj, a healer and a Vet. Taichi practitioners for over fourteen years now, they are instructors in Sifu Carlton Hill's Tao Taichi Qi Gong organization, and Shibashi Instructors under Sifu Wing Cheung from the Feng Shui and Taichi Institute, Hongkong & Canada.

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Tips For Avoiding Summer Migraines



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

For those who suffer from migraines, the summer season can be a painful and unpleasant time of the year. A few hours of outdoor fun could serve as a trigger for a migraine. So, what is it that leads to summer migraines? Heat during summers expands the blood vessels in the head leading to throbbing pain, nausea and heat exhaustion. A Harvard study has outlined how the vulnerability to a migraine attack increases by 8% each time the temperature amplifies by 9 degrees!

How To Deal With Migraine:

Rest in a quiet, dark room: Many people suffering from migraine report sensitivity to sound and light. Make your bedroom dark and quiet and take rest. Melatonin hormones released in the brain during sleep help ease your pain.

Work on your stress: Stress causes migraines, chronic pain creates more stress... and the cycle continues. You can try managing stress with meditation, exercise, planning out your day and allowing yourself more time to relax.

Sleep well: Try going to bed at the same time every night and get at least 7-8 hours of sleep. Eliminate TV, reading, texting and listening to loud music while in bed. Try your

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.



best not to nap during the day.

Try Temperature Therapy: Apply a cold or hot compress to your neck or head. Ice packs have a numbing effect that could reduce pain. Heating pads or hot packs can relax tense muscles. Warm baths / showers provide similar outcome.

Eat wisely: Eating habits influence your migraines. Be consistent with meal timings. Identify the potential foods that trigger migraines by keeping track of the food you eat and the time you experience migraines. If you suspect that a certain food – such as caffeine, alcohol, chocolate or aged cheese – is triggering your migraines, eliminate it from your diet to see the results.

HOMEOPATHY TREATMENT FOR MIGRAINE

Unlike conventional treatments which mostly depend on painkillers, and Triptans that cause side effects like dizziness, drowsiness, muscle

weakness and heaviness in the chest, homeopathic treatment focuses on treating the symptoms at the root level without causing side-effects. As migraines often affect people that are fastidious, meticulous and border on Obsessive Compulsive Disorders (OCD), it is important to get to the root of the problem. Constitutional homeopathic remedies are prescribed on the basis of physical and mental symptoms as well as individualistic personality traits.

According to a study published in NCBI, to evaluate the efficacy of homeopathy in preventing migraine attacks and accompanying symptoms, research on 68 migraine patients was conducted. Homeopathic treatments for migraines have shown a significant reduction in the frequency of attacks and pain intensity in all patients. Untreated migraines can aggravate the intensity and increase the frequency of migraine attacks. Do not wait until your headache becomes a daily

event. Visit a homeopath to treat the migraine effectively without any side-effects.

Homeopathic medicines recommended to fight summer migraines are:

Iris versicolor 6C: For headache with nausea and vomiting - 5 pills every 2 hours a day, till symptoms disappear.

Glonine 30C: For severe headache caused by exposure to the sun - 5 pills every 2 hours a day, till symptoms disappear.

Belladonna 30C: Throbbing headache worse from sun, 5 pills every 2 hours a day, till symptoms disappear.

Important Note: The medicines mentioned above are only suggestive; to treat migraines from the root please consult your local homeopath who will be in a position to understand your condition better.

Tips To Manage Migraine During Summers

Stay Hydrated: Dehydration is a major trigger of migraines. Don't forget what you drink can make a difference, too. Water or electrolyte-containing beverages are always good choices!

Limit Sun-exposure: Try hats with broad brims that keep the sun off your face, neck, back and upper chest. You can also cool yourself down with a cold wet bandana around your neck or a spray water bottle.

Keep Those Sunglasses On: Summer can be tough on the eyes. Invest in good sunglasses. Polarized lenses are great because, in addition to filtering light, they cut glare. Try a baseball cap or any hat that blocks out the sun coming in from above the sunglasses.

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A house which demands constant attention.... Tired, frustrated, exhausted is what you get at the end of the day and that is one bank balance that keeps on increasing!

Who decides how much is enough? Who decides when to put the brakes on? Each one of us is his or her own master.

What can you do to improve your quality of life?

1. Decide what 'quality of life' means to you in the first place. Is it going to good dinners and parties or sitting at home with a great book or just chatting with loved ones?
2. Decide what 'success' means to you.
3. Are you happy with the journey you have undertaken? Do you know your goal and do you like the road you

have taken to achieve it?

4. If you had a choice to let go something in life to make it better, what would it be?
5. Would you be able to live without your creature comforts and still grow as a person?

Once in a while, it is good to step back and think what would happen if you did not have this and that. If you still

have a smile on your face, know that this is only materialistic.

Saying no to things because we may not afford them is different from saying no to them because we are aware that after a point, they mean nothing. That's the true test of your nature. Whatever you like you can choose - as long as you are aware and know where the road leads.