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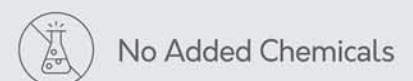


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## FROM THE EDITOR'S DESK

**"By Failing To Prepare,  
You Are Preparing To Fail!"**

Dear Readers,

Little could the Founding Father of the USA - Benjamin Franklin have known, how literally live-saving, his iconic quote, "By failing to prepare, you are preparing to fail," would turn out to be through the Coronavirus pandemic! It definitely qualifies as one of the top three most important lessons we've had to learn during these times. And closer to context, yes, of course, I'm speaking about the dreaded third wave - a topic as current and contagious as the virus itself.

Confirming the claims of most researchers, just a couple of days ago, the Indian Council of Medical Research has affirmed that the third wave is likely to hit India around the end of August. The good news - it won't be as intense as the second wave, assuming we have wised up enough to ensure we don't allow any more super-spreader events, unlike the last time. The bad news - in many parts of India, both - the government and public are still being complacent about practicing covid appropriate behaviour. The worse news - WHO Chief, Tedros, has warned that the world is already in the early stages of the third wave, driven by the deadly Delta variant of the virus, which is expected to be the dominant strain circulating worldwide... with nearly 3.9 lakh new confirmed cases being reported daily, from across the world.

Now that may not be the kind of news one wants to start the weekend with, but after having witnessed the horrifying devastation caused by the second wave, we need to understand that taking our foot off the pedal now will lead to an imminent crash. Don't fail yourself, be prepared instead - boost your immunity level, take care of your physical and mental health, and most importantly, continue practicing covid appropriate behaviour, and do your best to ensure the rest do so too!

Stay prepared! Stay well! Have a good weekend!

- Anahita  
anahita@parsi-times.com

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ANAHITA DESAI

There are many problems and issues faced by community members, especially at present during the pandemic. My 20 years in the service of the community has given me an insight into resolving all kinds of problems - whether faced by the young or the elderly of our community. To further facilitate my assistance to community members who need it, I am making myself available on the 4<sup>th</sup> Saturday of every month at the WAPIZ office, Framjee Cawasjee Institute, Dhobi Talao, from 2:00pm to 5:00pm

This month I will be available on Saturday, 24<sup>th</sup> July, 2021, 2:00pm onwards.

Community members who need guidance and support to resolve their problems, or wish to discuss any issue, can meet me at the WAPIZ office on the above-mentioned days. You may take an appointment to suit your convenience or walk-in, if necessary.

For further queries, contact WAPIZ Office: (022) 22005999 between 10:00am to 5:00pm, Monday to Friday.

- Anahita Desai

## BOMBAY PARSI PUNCHAYET EX-TRUSTEE MR. MUNCHERJI NUSSERWANJI CAMA PASSES AWAY



The Trustees and the Staff of the Bombay Parsi Punchayet are very pained and distressed to hear the news about the tragic demise of Mr. Muncherji Nusserwanji Cama on 3<sup>rd</sup> July 2021.

Muncherji was a Trustee of the Bombay Parsi Punchayet (BPP) from 2011 to 2018 and during this period he contributed the wealth of his time, talent and governance skills to the BPP Board. He was

deeply involved in the working of every trust whose Board he adorned and the BPP was no exception. He was meticulous and thorough in all his decision making and served every institution including the BPP with sincerity of purpose and full-fledged dedication.

He was kind and generous but at the same time he was a strict disciplinarian and boldly outspoken. He was religious and a man who lived a very principled life. His qualities of head and heart will be missed by one and all. He was a 'Sethia' in the true sense of the word.

Our deepest and heartfelt condolences to the members of the Cama family.

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THE BOMBAY PARSI PUNCHAYET

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NOSHIR H. DADRAWALA

## 'Aspandarmad' Embodies Piety And Devotion

the Aspandarmad Parab, Zoroastrian priests write the *Nirang of Aspandarmad*, which devout Parsis paste on the front entrance of their homes. This Nirang, believed to ward off all forces of evil, is written as follows:

do this!"

The last 10 days of the Zoroastrian calendar (i.e., Roj Astad to Aneran and the independent five days of the Gathas), are considered very holy, as doctrinally it is believed that during this period, the *fravashis* of the righteous dead, come down from their spiritual world into this material world and bless all those who remember and pray for them.

During the Fravardegan or Muktdad days, Parsis offer special prayers for the *fravashis* of their dearly departed. The *fravashi* or *farohar* is the divine essence, which is wholly pure and good. It is not to be confused with the *ruwan* or soul. The Avestan word 'fravashi' comes from the word 'Fra' (to take forward) and 'vaksh' (to grow). In other words, *fravashi* is that

spiritual essence or power that takes every good creation of Ahura Mazda forward and helps it to grow.

*Fravashi* is also a prototype, which is believed to have existed before the material creation. Even Ahura Mazda and His Divine Energies, the Amesha Spentas and the Yazatas, are said to be having their own *fravashis*. Plants, animals, mountains and rivers also have their own *fravashi*. They are guardian spirits of the souls of the dead and protect and guide the souls of the living, as well.

The Muktdad or *fravardegan* days essentially center around the family, and until a few decades ago, were observed largely at home. But with urbanization, small flats and difficulty in observing ritual purity at home, the focus shifted from the home to the fire temple. However, with the ongoing Pandemic relegating us home-bound, many have been observing these holy days at home again.

**A**spandarmad or Spendarmad is the twelfth and last month of the Zoroastrian calendar. It is dedicated to *Spenta Armaity* - the divinity presiding over Mother Earth. While the term 'Spenta' can be variously translated as 'increasing, growing, good, holy and benevolent', the term 'Armaity' can also be variously translated to mean 'devotion, piety and peace'. Spenta Armaity is an Amesha Spenta that advances peace and piety in this world - little wonder that she's constantly referred to in the Gathas!

Our religious traditions call for Zoroastrians, on awakening in the morning, to recite one Ashem and offer salutation to Spenta Armaity, by touching the forehead three times. This is to seek both - forgiveness and blessings. Forgiveness is sought at the start of the day for all acts which may be committed knowingly or unknowingly that may burden the earth.

By way of blessings, the devotee aspires for Spenta Armaity's qualities of devotion, peace and piety. The earth patiently carries all burdens calmly and quietly. It converts even waste, like dung, to useful fertilizer. Just as Spenta Armaity converts all the negative to positive, the devotees also hope and pray that they convert the negatives in their lives and in the world, to something positive, good and useful.

Since 1970, the world has celebrated 'Earth Day' on 22<sup>nd</sup> April. But for centuries, us Zoroastrians have celebrated 'Aspandarmad Roj of Aspandarmad Mah' as 'Earth Day'. It's the original and perhaps the world's first 'Earth Day'! Every year, on



"Pa nam is Dadar Hormazd!

*Roj Spendarmad, Mah Spendarmad, bast hom zafr I hama khrafastaran, devan, drujan, jadian, parivan, sastaran, kikan, karpan, vanahkaran, duzdan, gorgan, stahmakan, pa nam i yazad, pa nam i tag Faridun, pa nam i tishtar stareh, pa nam i Satavas, pa nam i Vanant stareh, pa nam I oshan starekan Haftoring!*

Ashem Vohu....."

**Translation:** "In the name and with the help of Dadar Ahura Mazda!

*On the day Spendarmad of the month Spendarmad, with the help of the Yazads, Faridun, the holder of Tagi, with the help of the stars Teshtar Tir, Satayas, Vanant and Haftoring, I hereby bind the mouths of all Devs, Khrafastars, Druji holders, magicians, evil fairies, evil power users, the willfully deaf and the willfully blind, evil doers, thieves, wolf-like men and tormentors. May the Ashem Vohu help me*

## Religious Announcements

The Zoroastrian Colony Youth Welfare Association, with support from Maharukh Madan and Dastoor Farshogar, has been performing the 10-day Muktdad ceremony at Soonaiji Agiary, Gowalia Tank, for years. This year too, the tradition will be continued for 10 days of Muktdad by performing the Afringan, Farokshi, and three Satum prayers. For each prayer, the Asho Farohar names will be recited. The amount for Muktdad prayers will be Rs. 300/- per name. You can WhatsApp the names by 1st August, 2021 and request for payment details: Polly Nagwaswalla: +91 7738906278 / Maharukh Madan: +91 9821311119 / Dastoor Farshogar: +91 9821653366

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\* P-7 CUSROW BAUG, COLABA, MUMBAI - 400001

Note: Names for the above will be accepted upto

01-08-2021

Roj 21, Mah 12.



## Udvada Muktdad Scheme - Y.Z. 1390

**Please Note:** Due to the current pandemic, names of Asho Farohars will be accepted through mobile messages.

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The pandemic accelerated a fundamental change in consumer behaviour, as they turned online. The start-up delivers nearly 2 million orders every month!



FreshToHome, a Bengaluru-based meat, fish and fresh produce e-tailer, plans to scale up its omnichannel presence, expand across its core market India and West Asia, while focusing on deeper supply chain integration in these markets. Currently present in about 28 cities including metros, FreshToHome delivers nearly 2 million orders every month and looks to expand to 56 cities in the next 12 months... increasing from current-count of 14 physical stores to 100. It currently sells 25,000 tonnes of produce yearly and 8 million litres of milk. Meat and fish constitute 70% of its product portfolio, having entered the fresh fruits & vegetables category in 2019.

Last year, FreshToHome closed a \$121 million Series C funding round led by Investment Corporation of Dubai (ICD) - the principal investment arm of the Government of Dubai, Investcorp and Ascent Capital, DFC, the Allana Group and other investors. "Offline presence and the whole touch and feel experience is important and lends a personal touch. Our offline expansion will be a combination of both standalone as well as multi-branded stores. The second wave was harsh but unlike the first, we were operationally ready," said Shan Kadavil, Co-founder & CEO, FreshToHome.

FreshToHome, which was founded in 2015 by Shan Kadavil and Mathew Joseph, competes with BigBasket, Licious as well as smaller startups. It is the largest player in the business

in the UAE and now plans to expand to all GCC (Gulf Cooperation Council) countries.

"Our ready-to-cook and ready-to-eat products comprise a sizeable portion of our offering now. We also plan to launch a completely clean label (without preservatives) in 3-6 months, where we will sell cold cuts and burger patty," Kadavil said. In UAE, the company also offers meatless chicken, mince, and meatballs in the plant-based product category. "We are doing some R&D on that front and experimenting with meatless products for India as well," he added.

The pandemic helped accelerate online purchasing of meat products as consumers took to branded packaged items and companies improved their supplies and access to the market. A report by RedSeer earlier this year said urban Indian shoppers are increasingly taking to buying meat online, largely driven by the assurance of safety and hygiene, availability of various products under one umbrella, doorstep service provided by online meat providers. This led to a two-fold jump in gross merchandise value reported by online meat players as mapped by RedSeer during January-December last year. In 2020, online meat players saw a 10-15% jump in average revenue per user and reported a 10-15% improvement in customer retention.

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# Tête-à-tête With Adille Sumariwalla

**President of the Indian Olympic Association and Executive Board Member/  
Jury Member for the Track and Field Sport, at the Tokyo 2020 Olympics**



**BINAISHA M. SURTI**

**PT:** Firstly, tell us how you've utilized this time through the Pandemic, which brought most activities to a screeching halt?

**Adille:** We used this time very effectively doing numerous online courses for athletes, coaches, officials, women empowerment etc. We reached out to over 2,50,000 people across 49 countries during the pandemic. Initially, our courses were aimed at bettering and developing Indian athletics, but soon we opened it to people worldwide, as I sit on the World's Development Commission. So, we used this period to effectively upgrade our knowledge. I personally reached out to 600 plus districts of India to energize them with grassroots level coaching, competitions, talent identification and more. Hence, a lot of them have benefited from these online initiatives.

**PT:** How has this impacted the preparations for Tokyo Olympics 2020?

**Adille:** The preparations could have been better were it not for the pandemic. After the first wave, we had planned to send our athletes abroad for training and competitions, but the situation didn't allow that. So, they had to stay back and train here, but I still believe we should be able to produce the best performance by our Indian team at the Olympics. We were the only national federation that held the Junior National Championship, the Youth National Championship and the Interstate National Championship. We've done all we could, within our means, to ensure that everything goes smoothly for the athletes. Earlier, there were important competitions which the athletes did not get to participate in, this time around. These are very critical for them before an all-important event like the Olympics. As that did not happen, it could have an impact on our athletes.

**PT:** How different or difficult will it be for the athletes, in keeping with the new normal, especially adapting to the bio-bubbles?

'Sports' is one of life's most important teachers – it builds character and leads you to excellence. The world of sports births and nurtures remarkable athletes who often leave an inspirational legacy for future generations to follow... like our very own Arjuna Awardee - Adille Sumariwalla, who has brought great pride to the nation and the community in the athletics arena. Adille has represented India at the Asian Games, the 1980 Moscow Olympics and the World University Games. He has won eleven 100m National Titles, seven 200m National Titles and has been a part of seven Relay wins. Further, he has clinched 17 international medals, most prominently an Asian Bronze.

Adille currently serves as the President of the Athletics Federation of India, Council Member-World Athletics, Vice President of the Indian Olympic Association and is also Executive Board Member/ Jury Member for the track and field Sport at the Tokyo 2020 Olympics. (Olympics in 2021 will still be called Tokyo 2020 games), which will be held from 23rd July – 8th August, 2021. He has been a Jury Member for two Olympics and three World Championships.

Parsi Times Sports Reporter, Binaisha M. Surti brings to you an exclusive interview with the icon himself - Adille Sumariwalla, where he talks about the Tokyo Olympics 2020, his role as a Jury Member, learnings from his guru Jal Pardivala and lots more...



Adille Sumariwalla (top row, first from right) getting felicitated by Indian PM, Narendra Modi

**Adille:** There is a detailed protocol set up, which everyone will have to follow. The athletes would have to go through testing, quarantine for a few days first. All of us will have to stay within the bio-bubble and no one will be allowed to get out of it - no shopping, no going to restaurants... absolutely nothing. Everybody will have to follow the protocol to remain safe.

**PT:** Tell us about your prestigious role as a Jury Member for Track and Field Sport in the Tokyo 2020 Olympics?

**Adille:** There are various events, protests, issues every day where somebody has touched the line, crossed the line, side-hurdles, or someone has obstructed another athlete in middle-and-long-distance running or someone is running instead of walking in a particular event, and so on. These issues crop up regularly and need to be resolved. We get into the jury room, look at the replays from 30 different angles. Normally, there



are five different Jury Members from five different countries, daily. One has to pay minute attention to every single event that takes place, so yes, it is a hands-on and decisive responsibility. And you prepare by ensuring you know all the rules and regulations. You basically take the rule book and then apply the appropriate and relevant rules.

**PT:** You've had a long and illustrious journey in the field of professional athletics. How have your experiences shaped your life?

**Adille:** It has been my passion and I have followed my passion completely. The journey has been great! Yes, there were ups and downs, I've faced many disappointments, but I've survived them all. Immaterial of the field we are in, we should never give up. Keep pushing yourself, think smart, work hard, use all the resources available to overcome difficulties and most importantly, stay

consistent. What one has achieved in the past is history, you should always look forward to achieving new things and bettering yourself! Success can go to one's head if you keep thinking about past laurels. So, focus and work your way into achieving new future goals.

**PT:** What teachings from your mentor, Jal Pardivala, have stayed with you for life?

**Adille:** He always said, think good and good will always happen; think positive, create positivity and positive things will happen around you! He would say, finally one must go out there, fight and give it their best shot. Even today, I always share this with all the athletes.

**PT:** How can one encourage more athletes to pursue their dreams productively, so that, as a community and a nation, we can yield a better crop of sports personalities?

**Adille:** The most important aspect is for athletes to get an opportunity or a break, and that is why we hold Inter-District Athletics Championships, so we can scout and identify good talent, to take to the next level. Last year, before the lockdown, over 500 districts participated, making it globally, the largest grass-root program as of now! There are so many more opportunities for people today... it can be taken up as a career, while in my times, that wasn't really an option! There are so many leagues and tournaments; the government as well as different associations are employing numerous people in the sports field. Today, there are opportunities in Sports Management, Sports Marketing, Sports Sponsorship, Stadium Management...there are so many new options now.

**PT:** How do you think India will fare at the Olympics this year?

**Adille:** I have told my athletes I want them to perform their best - to give it their best shot, to the best of their



► abilities... just put in their life's best performance! I'm not putting any pressure on them, I want them to give their best. As long as they sincerely try and improve on their own performances in India, I am happy.

**PT:** You awarded a medal to Usain Bolt during the 2016 Olympics and now the ace sprinter will no longer compete. How do you look at Tokyo 2020 without the man who changed the dynamics of athletics and took sprinting to another level?

**Adille:** People will come and go, but sports will go on forever. Everyone has his/her grand moments. I don't think that sports or records are just made or broken by just one individual. I believe it's a whole gamut of things that happen around. One has to see the records which were broken recently and all of them will be competing in the Olympics. These are things we have to look out for. Though it feels good to bask in previous glories, we all need to move on to greater achievements in the future.

**PT:** What are your thoughts on the rich heritage of Parsis in sports. How do we encourage more young Parsis to consider sports as a career option?

**Adille:** We have indeed had a rich heritage, but sadly, very few Parsi youngsters are into sports today. Lots of kids are not playing sports or pushing themselves. I think our youth should spend more time on sports. It is good for their body, mind and overall development. There are enough facilities available - they should come forward and take part. One must use every opportunity that is available to do something and excel.

**PT:** You've always maintained that for an athlete, the journey is more significant than the destination...

**Adille:** True. One might not win a medal, but the important thing is to excel in whatever you do. It's all about one's talent and capacity - not just about winning or losing. It's more about the journey, than the destination. The journey defines your end result. The final consequence is just a byproduct, the path is most important to attain excellence.

**PT:** What would you like to share with budding athletes, your supporters and fans who would like to follow in your footsteps?

**Adille:** There are so many opportunities available, go and grab them! If you do not, others will. You all are very talented in some way or the other, make the most of it and make a name for yourself and make the community proud!

*Parsi Times wishes Adille Sumariwalla and all our Indian sports personalities all the very best for the upcoming Tokyo Olympics! May they shine in the tournament and keep the Indian flag fluttering high!*

## Khan Bahadur Edulji Sohrabji Chenoy Anjuman Dar-e-Meher in Secunderabad Celebrates 101st Salgreh

14<sup>th</sup> July, 2021 (Roj Ardibehest, Mah Asfandarmad), marked the glorious 101st salgreh of the Khan Bahadur Edulji Sohrabji Chenai Anjuman Dar-e-Meher, situated at MG road, in Secunderabad. Due to the ongoing pandemic restraints, public celebrations were toned down, like last year. A Machi in Havan Geh was held at 7:00 am, followed by a Salgreh Jashan at 10:30 am, post which light snacks and chasni was distributed.

Catering to over a thousand Parsis living in the city, the Dar-e-Meher is the youngest of the three fire temples present in the twin cities of Hyderabad and Secunderabad. The Dar-e-Meher was built by Seth Jamshedji Edulji Chenoy, son of Khan Bahadur Seth Edulji Sohrabji Chenoy and Bai Pirojbai Edulji Chenoy, along with his brothers, in memory of their late father, during the reign of Osman Ali Khan - the last and seventh Nizam of the erstwhile Hyderabad State. Dastoor Khurshed Dastoor Behram Jamasp Asa consecrated the Dar-e-



Meher during the reign of Nizam Mir Osman Ali Khan and King George V. The Chenoy family came to Hyderabad 200 years ago.

The Dar-e-Meher is situated opposite the 'Seth Viccajee Meherji & Seth Pestonji Meherji Dar-e-Meher', which is the oldest fire temple in the twin cities, built in 1839 and consecrated on 12th September, 1847. The 'Bai Maneckji Nusserwanji Chenoy Dar-e-Meher' (built in 1904), is located at Tilak Road, Abids and was built to serve Parsis living in that side of the city, due to lack of transport. Collectively, the three fire-temple compounds house 430 families in their residential flats.

A peaceful haven located amid a serene sanctuary, the 101-year-old architectural marvel - the Khan Bahadur Edulji Sohrabji Chenai Anjuman Dar-e-Meher, has been serving generations of Parsi/Irani Zoroastrians. May the long-standing, holy fire continue to bless our community!



The mural replica of Bas Relief at Persepolis inaugurated by Perviz P Nalladaru

## Bai Avabai Wadia (Idavala) Agiary Celebrates 178th Salgreh

The glorious 178th salgreh of the Bai Avabai Wadia (Idavala) Agiary at Dhobi Talao, Mumbai, was observed on 1st July, 2021 (Mah Bahman, Roj Behram - YZ1390), in a sombre environment this year, due to the ongoing restrictions posed by the coronavirus pandemic. A Jashan was performed by Panthaky Er. Shahvir Mehrwan Dastur and Er. Adil Bhesania.

### Community Appeal by Idavala Agiary

The 178-year-old iconic Agiary, which has a staunch devotee following from across the metropolis and the suburbs, is in dire need of comprehensive grouting and extensive repairs.

Managing Trustee Godrej N Dotivala, Hon. Sec. G N Panthaki and Trustees Kersi and Veera Wadia, Silloo Billimoria and Dr. Minoo Bamboat earnestly request our Zoroastrian brethren to donate generously for renovating and refurbishing the Agiary as well as re-enthroning the holy Atash Padshah Saheb.

Cheques may kindly be drawn in favour of: Avabai Wadia (Idavala) Agiary Trust

## Mobedyar Bhujwala Re-elected As President - Interfaith Organization, Cali

Mobedyar Maneck Bhujwala was recently elected for a second time, as President of the Greater Huntington Beach Interfaith Council (GHBIC), in Southern California, which serves religious communities of Huntington Beach and nearby cities like Fountain Valley, Westminster, Cypress, and Seal Beach.

of the Mississippi river, USA.

GHBIC was founded by the City Council, in response to hate crimes and incidents. It holds monthly meetings, where people of all faiths are invited. It organizes several programs every year, including 'Day of Service', 'Blessing of the Waves', 'Prayer Breakfast' and 'Thanksgiving Day', and also participates in the largest Independence Day Parade West

Bhujwala has been a GHBIC member since 2005 and previously served in its executive committee, taking the opportunity to share information about Prophet Zarathushtra, his teachings, and the history of our religion and community, with members of other faiths. In June 2021, he also participated in an online panel discussion titled, 'I am a Zoroastrian Ask me Anything', alongside other speakers from the California Zoroastrian Center of Westminster. The discussion was attended by over a hundred people globally and was a good opportunity to answer questions about Zoroastrian beliefs and undo false stereotypes.



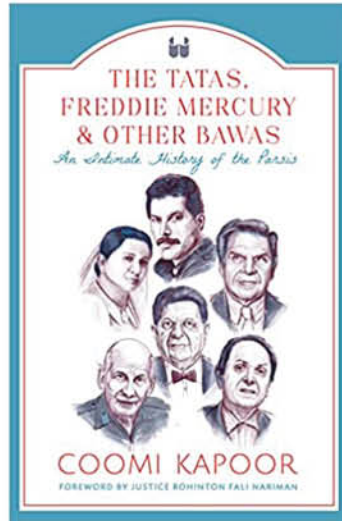
## Coomi Kapoor Authors Parsi Biography: 'The Tatas, Freddie Mercury and Other Bawas'

In her newly launched biography of the Parsi Community, titled, 'The Tatas, Freddie Mercury and Other Bawas' (published by Westland), Delhi-based journalist and author, Coomi Kapoor shares an engaging and intimate history of the Parsi community, highlighting prominent personalities, stories, achievements and the continuing successes of our minuscule but exceptional community. Coomi delves deep into exploring the essence of what it means to be a Parsi in India, and how integral the community and its contributions are to India.



The infamous controversy between Ratan Tata and Cyrus Mistry seemed to have spurred Coomi Kapoor into getting on with the biography, which explores the history of the community through its most prominent names, and how they transformed cities with their entrepreneurial genius. A good part of the book explores the Tata-Mistry controversy. The history of India, over the last century or so, is filigreed by the contributions of Parsis in every field, including nuclear physics, music, industry, arts, medicine, military, law, et al, with personalities like Dadabhai Naoroji, Dinshaw Petit, Homi Bhabha, Sam Manekshaw, Jamsetji Tata, Ardeshir Godrej, Cyrus Poonawalla, Zubin Mehta and Farrokh Bulsara (aka Freddie Mercury).

The cast of characters in her book is as wide as it's varied,



from businessmen, lawyers, doctors, academicians, to politicians, including the unassuming Feroze Gandhi overshadowed by wife Indira Gandhi; cultural mascots - Zubin Mehta and Freddie Mercury; Lovji Nusserwanjee Wadia - Nusli Wadia's descendant and founder of Bombay's shipping industry. The role of Parsi women in education, philanthropy, the arts and even in India's independent struggle, offers interesting insights into their early emancipation. Amongst them is mentioned the Bombay-born revolutionary leader, Bhikhaiji Cama, known for unfurling the precursor of the Indian flag at a conference in Germany, almost 40 years before the country won its Independence!

Coomi Kapoor articulates the story of Parsis as incident-filled adventures - from dominating the trade with China to becoming synonymous with Bombay, once, arguably, a city defined by its Parsis... from the business success of the Tatas, Mistris, Godrejs and Wadias to such current contributions as the manufacturing of COVID-19 vaccines by the Parsi-founded Serum Institute of India (SII). The numbers of the Parsi community may be dwindling, but since our arrival in India from Persia, centuries ago, the community's contribution to our adopted home has been extraordinary. The book is available on Amazon for Rs. 505/- (hard cover) and Rs. 480/- (Kindle).

## Talati's Scout Group Celebrates Scouting Centenary!

Talati's 8<sup>th</sup> East Bombay Bharat Scouts Group organized a virtual Group Birthday, on 11<sup>th</sup> July, 2021, to commemorate the completion of the group's hundred glorious years, providing scouting services. Their Guides Group, 68<sup>th</sup> East Bombay, completed 35 years in Guiding.

A few Scouters and Guiders celebrated the day with homage to the founder, Scouter Rustam Dinshaw Talati, with the traditional ceremony of flag break and renewal of scout and guide promise, followed



in by numerous ex-members including Roshan Lala, the oldest member, who remains connected with the group and

fashion show.

The program ended with awards given to individuals and patrols for their achievements in Scouts and Guides over the past year, for events held virtually. All the Cubs, Scouts, Rovers and Scouters, past and present, expressed gratitude to earlier scouters for imparting the traditions, learnings and moral values, which helped in achieving physical, intellectual, emotional and social betterment as individuals and as responsible citizens and members of their local, national and international communities.

Hundred years ago, Rustam Dinshaw Talati gathered around him eight young boys and taught them the rudiments of Scouting and thus was established Talati's Scout Group. It is indeed a tribute to the leadership, passion and hard work of the founder that the 8<sup>th</sup> East Bombay, continues to forge ahead, true to its motto 'Go Ahead and Be Prepared'.



by cake-cutting at the Scout hut, where the group had been functioning for several decades. The celebrations were attended by over 200 people including parents of cubs, scouts, bulbul and guides, Rovers, Rangers, Scouters and many ex-members. Group leader, Scouter Rohinton Patel, commenced with a speech, followed by greeting clips sent

has been a Cub Master in the early fifties and sixties! Others shared their fond memories and how they had benefitted from the experience. Group Leader of Guides, Guider Shernaz Acharia spoke next, after which followed a remote entertainment program put together by cubs, scouts, bulbul and guides, comprising songs, dances, skits and a





## SII Collaborates To Provide Equal Healthcare Rights To Trans Community



Adar Poonawalla with transgender activist Laxmi Narayan Tripathi (standing)

Adar Poonawalla, the CEO of Serum Institute of India (SII), the world's most voluminous producer of vaccines, has said that SII would be collaborating with the transgender activist - Laxmi Narayan Tripathi, to ensure that the community is vaccinated.

"I have always believed that healthcare and dignity should be fundamental human rights. I look forward to collaborate with @ImLaxmiNarayan

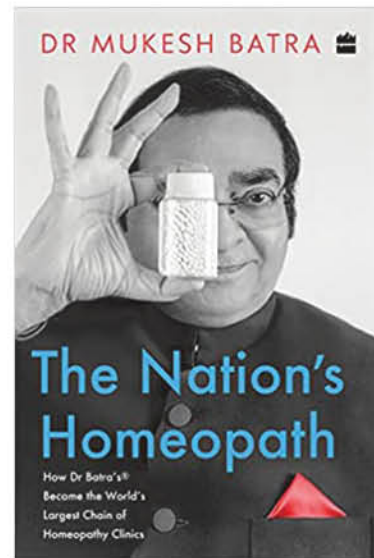
in providing equal opportunities to the transgender community in India," tweeted Adar Poonawalla, on 12<sup>th</sup> July, 2021. Up until June 2021, only 11.45% of the transgender population was partially vaccinated with one dose of the Covid-19 vaccine.

SII manufactures the Covishield vaccine, under licence from AstraZeneca, and is also preparing to use a local version of the Novavax vaccine. Most of the vaccines used in India are Covishield.

## Another Bestseller By Dr. Batra 'The Nation's Homeopath'

Parsi Times is delighted to share the launch of yet another brilliant book, aptly titled, 'The Nation's Homeopath - How Dr Batra's® Became the World's Largest Chain of Homeopathy Clinics', authored by the world-renowned homeopath, Founder-Chairman of Dr Batra's™ Group - the first and largest homeopathy corporate worldwide, and PT's Special Guest Columnist, Padma Shri Dr. Mukesh Batra. Published by Harper Collins and lauded as an unusual tale of entrepreneurship, risk appetite, resilience and self-belief, the book essays the interesting and exciting journey of the icon who revolutionized and pinned the word 'homeopathy', on the global map.

Dr. Batra's® is the instant recall to the word 'homeopathy' in India. From humble beginnings with a clinic in Chowpatty, Bombay in 1982, Dr. Batra went on to build an empire in the next four decades, comprising over 200 clinics across seven countries, and in 150 Indian cities. Dr. Batra's life has been eventful. For decades, he has treated innumerable celebrities, including presidents, prime ministers, actors, sportsmen, artists, as well as the common man without discrimination. 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. Part memoir, part guidebook for entrepreneurs, Dr. Batra's life has lessons that would benefit readers from any sphere of activity.

Shares Dr. Mukesh Batra, "The Nation's Homeopath is the story of my personal experiences as a medical professional and an entrepreneur. The reader will get a ringside seat of the mistakes I've made and how I converted challenges into opportunities and failures into success. This book tracks not only my journey as a homeopath in India, but the lessons

I've learned while setting up a multi-national medical conglomerate from the ground up. It will also teach budding entrepreneurs lessons that they won't find in any text-book or management degree."

'The Nation's Homeopath' has been receiving rave reviews from all corners, including Rajiv Bajaj, MD - Bajaj Auto, who praises the book as an, "endearing tale of the seventy years that this passionate and compassionate ambassador of this magical and transformative science has toiled, single-mindedly pursuing his dream to do good for everyone." Other personalities the book include actors Shatrughan Sinha and Shabana Azmi, Professor Barry Stevens, Founder of The Trichological Society in London; and Swami Shailendra Saraswati (Osho's brother).

Dr. Batra has authored six bestselling books on homeopathy and also published several research papers in journals. He has chaired scientific sessions at homeopathic conferences, nationally and internationally. Dr. Batra was honoured with the Padma Shri for Medicine (Homeopathy) in 2012 for his contribution towards the field of homeopathy. 'The Nation's Homeopath' is available on Amazon at Rs. 489/- (hard cover) and Rs. 335/- (Kindle).

## ZYNA To Host 2021 Global Virtual Graduation Ceremony

# CLASS OF 2021

Celebrate the accomplishments of all our Zoroastrian graduates from around the world!

8am PST  
11am ET  
8:30 IST  
7:30pm IRAN

July 18

Scan to register

With graduation ceremonies being cancelled or turned virtual around the world, due to the mandatory restrictions of the ongoing Pandemic, students have been denied celebrating on of the most important occasions of their young adult lives - their Graduation Ceremony, which marks the fruitful culmination of all their years of hard work and study which lead to their well-deserved achievements.

In keeping with this, ZYNA or the 'Zoroastrian Youth Of North America' will be hosting a historic 'Global Zoroastrian Virtual Graduation Ceremony' to

commend and celebrate the momentous academic occasion for the Zoroastrian youth from all around the world, on 18<sup>th</sup> July, 2021! Through this event, our young graduates will be able to celebrate their feats with our worldwide Zoroastrian community!

The very first 'Global Zoroastrian Virtual Graduation Ceremony' will feature Zoroastrian youth speakers, the procession of graduates, followed by a Humbandagi. The event will be graced by eminent Zoroastrian trailblazers - Jimmy Mistry, Dr. Mickey Mehta and Dr. Karishma Koka.

### ZYNA's Global Virtual Graduation Ceremony

**When:** Sunday, July 18, 2021

**Time:** 8:30 PM India | 8:00 AM Pacific | 11:00 AM Eastern | 3:00 PM UK | 8:00 PM Pakistan | 7:30 PM Iran | 11:00 PM Hong Kong, Singapore and Perth Australia | 3:00 AM - New Zealand (July 19<sup>th</sup>)

**Where:** ZOOM

**Meeting Link:** <https://zoom.us/j/91592803735?pwd=bDdqL2pvUzllcEsyZXlmbm14dzcydz09>

**Meeting ID:** 915 9280 3735 **Passcode:** ZYNA





# A 'Fast' Cure!

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

Modern medicine's greatest challenges are metabolic diseases: Obesity, type2 Diabetes, High Blood Pressure, High Blood Cholesterol, and Fatty Liver - collectively known as the Metabolic Syndrome. The roots of Metabolic Syndrome lie in our modern eating-habits - abundance of sugar, dairy and meat, artificial colours and flavors, artificial sweeteners and overdependence on refined and processed foods. Cultures that have kept their traditional whole-food, plant-based patterns of eating, are less afflicted with these metabolic disorders.

Years of abuse via unhealthy lifestyle and eating habits create Metabolic Hormonal Imbalances, such as Insulin Resistance. Thus, an increasing number of community members complain of Metabolic Syndrome, in the form of obesity, diabetes, blood pressure and high cholesterol levels. Regularly lowering insulin levels leads to improved insulin sensitivity - your body becomes more responsive to insulin. The opposite of insulin sensitivity, high insulin resistance, is the main villain.

**The cure is to increase insulin sensitivity and decrease the insulin resistance.** To achieve this, we need to lower insulin levels in the body, instead of raising it. Lowering insulin rids the body of excess salt and water (as insulin causes salt and water retention in the kidneys). This is beneficial in reducing bloating and helping you feel lighter.

**A decreased insulin level**

**is one of the most consistent hormonal effects of Fasting.** Longer-duration fasts reduce insulin more dramatically. Fasting means a water-based fast, not dry-fasting, so ensure to keep yourselves well-hydrated by drinking adequate amounts of water during fasting. Though studies on water-based fasting have found no evidence of electrolyte imbalances, you can consume unsweetened lemon water with a pinch of rock salt during fasting.

Most people feel energized and revitalized with fasting, as it increases the adrenaline and speeds up metabolism speeds up. Fasting activates Autophagy - a process where cells recycle and renew their content - which helps slow down the aging process and has a positive impact on cell



renewal. During autophagy, cells destroy viruses/bacteria and get rid of damaged structures. It's a critical process for cell health, renewal and survival. This is why our pets instinctively give up on food, when sick.

**When we eat, we ingest more food energy than we can immediately use. Insulin is the key hormone involved in both - storage and use of food energy. Insulin levels rise during meals. Insulin has two major functions - First: it enables the body to immediately start using**

**food energy. Carbohydrates are absorbed and converted into glucose, raising blood sugar levels. Insulin allows glucose to enter cells, which use it for energy. Second: Insulin enables storing excess energy. There are two ways to store the energy - Glucose molecules can be linked into long chains called glycogen, and then stored in the muscles and the liver. There is, however, a limit to the amount of glycogen that can be stored away. Once this limit is reached, the body starts to turn glucose into fat. This newly created fat can be stored as fat deposits in the body. While turning glucose into fat is a more complicated process than storing it as glycogen, there is no limit on the fat that can be created.**

**The process of using and storing food energy that occurs when we eat, goes in reverse when we fast.** Insulin levels drop, signaling the body to start burning stored energy. Glycogen is the most easily accessible energy source, and the liver stores enough to provide energy for a day or two, after which the body will start to break down the stored fat for energy. Our body exists in two states - the fed (high-insulin) state and the fasted (low-insulin) state. Either we are storing food energy or burning food energy. If, however, we spend all of the time storing food energy (because we're in the fed state), then we will simply keep gaining weight. If eating and fasting are balanced, then we maintain weight.

To help our PT readers

## FASTING BENEFITS



understand the concept better, let me explain the physiology of fasting in the following five stages:

**Stage I - The Feeding Phase:** Blood sugar levels rise as we absorb the incoming food, and insulin levels rise in response to move glucose into cells, which use it for energy. Excess glucose is stored as glycogen in the muscles and the liver, after which it is converted to fat.

**Stage II - The Post-Absorptive Phase (6 - 24 hours after beginning a fast):** At this point, blood sugar and insulin levels begin to fall. To supply energy, the liver starts to break down glycogen, releasing glucose. Glycogen stores last for 24 to 36 hours.

**Stage III - The Gluconeogenesis Phase (24 - 48 hours after beginning a fast):** At this point, glycogen stores have run out. The liver manufactures new glucose from amino acids in a process called 'gluconeogenesis', meaning 'making new glucose'. In a non-diabetic person, glucose levels fall, but stay in a normal range.

**Stage IV - Ketosis (2 - 3 days after beginning a fast):** Low insulin levels stimulate lipolysis or the breakdown of fat for energy. Triglycerides, the form of fat used for storage, are broken into the glycerol backbone and three fatty acid chains. The glycerol is used for gluconeogenesis, so the amino acids formerly used can be reserved for protein synthesis. The fatty acids are

used directly for energy by most tissues of the body, but the brain. The body uses fatty acids to produce ketone bodies which can cross the blood-brain barrier and are used by the brain for energy. After four days of fasting, approximately 75% of the energy used by the brain, is provided by ketones.

**Stage V - The Protein Conservation Phase (5 days after beginning a fast):** High levels of growth hormone maintain muscle mass and lean tissues. The energy for basic metabolism is almost entirely supplied by fatty acids and ketones. Blood glucose is maintained by gluconeogenesis using glycerol. Increased adrenaline levels prevent any decrease in metabolic rate. There is a normal amount of protein turnover, but it is not used for energy.

Fat is simply the body's stored food energy. In times of low food availability, stored food is naturally released to fill the void. The body does not 'burn muscle' in an effort to feed itself until all the fat stores are used up.

**[IMPORTANT: Start your fasting only under proper medical supervision and in consultation with your physician to evaluate your specific health conditions.]**

And remember, for optimal health, it is not enough to simply add fasting to your life. You must continuously focus on healthy eating patterns.



# PARSI TIMES *PT Timeout*

## The Bawa Word Search

Search out 16 Most Common Bad/Harmful Habits hidden in the word-jumble box below, in bi-directional, horizontal, vertical and diagonal forms:

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

- |                  |                 |                  |                                 |
|------------------|-----------------|------------------|---------------------------------|
| Nail-biting      | Swearing        | Nose-picking     | Trichotillomania (hair-pulling) |
| Procrastinating  | Impunctuality   | Eating Fast Food | Emotional Shopping              |
| Overspending     | Self-Medicating | Over-eating      | Interrupting Others             |
| Missing Exercise | Sleeping In     | Smoking          | Digital Overdose                |



### TechKnow With Tantra

#### Dictation.io

Dictation.io is one of the simplest dictation tools available online - a dictation website which uses the Google dictation engine at the backend and supports 67 languages, including several Indian languages. No log-in or downloading/ installing required. Simply go to [www.dictation.io](http://www.dictation.io) and start dictating! Once you're finished dictating, you can Save, Copy or Print it instantaneously. The accuracy level is quite good and there is no training required. You just connect and click on Start. Punctuations and formatting can also be handled orally, thus making it easy to handle. If you use your words slowly and clearly, it works perfect!

Website: [dictation.io](http://dictation.io)

## SUDOKU

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

## WINNING CAPTIONS!!!



Man: Stop chasing me, Hippo! Have you gone mad??  
 Hippo: Please don't leave me and run away, DAD!!

By Hoofriz Dotiwalla

Man: The sign said, 'Petting Zoo'!  
 You're taking this the wrong way!!

By Viraf P. Commissariat

## CAPTION THIS!



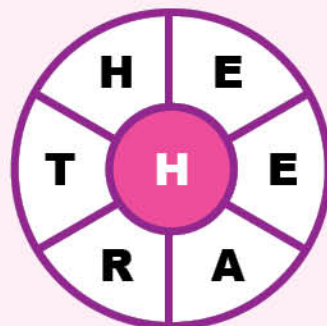
Calling all our readers to caption this picture!  
 Send in your captions at [editor@parsi-times.com](mailto:editor@parsi-times.com) by 21st July, 2021  
 Winning Caption and Winner's Name Will Be Published Next Week.

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

## HOW MANY WORDS?

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

- RESULTS:**  
 Average - 8 or more words  
 Good - 9 or more words  
 Outstanding - 11 or more words



### Thought of the Week

"Instead of wondering when your next vacation is, maybe you should set up a life you don't need to escape from!"

- Seth Godin



## આપણે પ્રાર્થના કેમ કરીએ છીએ?

શું તમે માનો છો કે પ્રાર્થનામાં શક્તિ છે? શું તમને એ જાણવાની પૂરતી શ્રદ્ધા છે કે એક માયાળુ અને ઉદાર ભગવાન તમારી પ્રાર્થનાનો જવાબ આપે છે, તમારા બોજોને હળવો કરે છે અને તમારા બધા દુઃખ સરળતાથી દૂર કરે છે? શું તમે દરરોજ તેની સાથે વાતચીત કરો છો અને વાત કરો છો, તે પૂરતું છે? તમારો અનુભવ કેવો રહ્યો? ભલે તમે માનવાનું પસંદ કરો કે નહીં, કોઈપણ પ્રકારની પ્રાર્થનાના સાબિત ફાયદા છે.



પ્રાર્થના ઘણા સ્તરો પર કામ કરે છે. તે શારીરિક, માનસિક રાહત માટેનું એક સાધન છે. આશા અને માન્યતા સાથે નિષ્ઠાપૂર્વક પ્રાર્થના કરવામાં આવે ત્યારે તે ચમત્કારિક સાબિત થઈ શકે છે. જ્યારે તમે પ્રાર્થના કરો છો, ત્યારે તમે ઉચ્ચ શક્તિ સાથે વાત કરી રહ્યા છો. જીવનની કોઈ પણ બાબતનો સામનો કરવા માટે સક્ષમ થવા માટે તે કોઈ મિત્ર સાથે વાત કરવી, પોતાને વધારે ભાર ન આપવું તેવું છે.

ઈન પ્રેચર લાઈસ પીસ: આપણે હંમેશાં શંકા, મૂંઝવણ અને અંધાધૂંધી વચ્ચે જીવીએ છીએ. પ્રાર્થનાની દૈનિક પ્રથા આપણને આધ્યાત્મિક રાખે છે, વિશ્વનો સામનો કરવા માટે આપણી શક્તિ અને આત્મવિશ્વાસ બનાવે છે પ્રાર્થનામાં શાંતિ રહે છે.

પ્રાર્થના નકારાત્મકતાને ઠપકો આપે છે: પ્રાર્થનાઓ તમારી આસપાસ હકારાત્મકતાનો શિલ્ડ બનાવે છે. પ્રાર્થના આપણને સદાચાર અને આધ્યાત્મિક જાગરણની શક્તિ આપે છે.

પ્રાર્થના રોગનિવારક છે: જ્યારે તમારી દુનિયા ફરતી લોય છે, જ્યારે વાવાઝોડા આવે છે અથવા જ્યારે માંદગી અને થાક આવે છે, ત્યારે પ્રાર્થના સ્થિરતા આપે છે અને નિવારણ થાય છે.

પ્રાર્થના એ ભગવાન સાથેના તમારા સંબંધનો પુરાવો છે: પ્રાર્થના આભાર માનવા, કૃતજ્ઞતા, વખાણ અને પૂજા વિશે છે. જો તમે આ કૃત્યોનો અભ્યાસ કરો છો, તો તમે ભગવાન સાથેનો પ્રેમનો આનંદ માણશો.

પ્રાર્થના તમારા દિવસનો સ્વર સુયોજિત કરે છે: તમારા દિવસની શરૂઆત પ્રાર્થનાથી શરૂ કરો, ફક્ત એક નાનો પણ, તે તમારા મગજમાં એક વિપુલ અસર કરે છે અને આનંદથી ભરેલા દિવસનો માર્ગ બનાવે છે.

પ્રાર્થના એ ભગવાન સાથેના તમારા સંબંધોમાં ભક્તિ છે: દૈનિક પ્રાર્થના ભગવાન અને તેની રીત પ્રત્યેની તમારી પ્રતિબદ્ધતાને વ્યક્ત કરે છે. પ્રાર્થના એ પ્રેમનું એક કાર્ય છે, જે તમારા હૃદયને વિશ્વાસ આપીને, યાદ કરે છે.

પ્રાર્થનાઓનો જવાબ આપી શકાય: પ્રાર્થના પર્વતો ખસેડી શકે છે. પ્રાર્થનાઓ આપણા વતી દેવદૂત ક્રિયા શરૂ કરી શકે છે - આધ્યાત્મિક લેન્સ દ્વારા વિશ્વ અને બ્રહ્માંડને જોનારા લોકોથી વિપરીત, એક ખ્યાલ નિવારક સ્વીકારવામાં મુશ્કેલી અનુભવે છે. 'ચમત્કાર' શબ્દ, તેને સંપૂર્ણ રીતે જોડણી કરે છે!

પ્રાર્થના આપણને 'અનલોક' કરી શકે છે: આપણે આપણા જીવનમાં પાપો અને અપરાધો એકત્રિત કરીએ છીએ. જ્યારે તમે ભગવાન સમક્ષ કબૂલાત કરો છો, ત્યારે તમે તમારા ખોટા કામોને સ્વીકારો છો, ત્યારે સુધારણા તરફ તમારું પ્રથમ પગલું ભર્યું લોય છે.

બીજા માટે પ્રાર્થના કરવી એ સર્વથી શ્રેષ્ઠ પ્રાર્થના છે: આ પ્રાર્થનાનું સૌથી પરિવર્તનશીલ અને જીવન બદલવાનું પાસું છે. જ્યારે તમે બીજા માટે પ્રાર્થના કરવાનું શરૂ કરો છો, ત્યારે નિસ્વાર્થ શરૂ થાય છે. બીજા માટે પ્રાર્થના કરવી એ સૌથી શક્તિશાળી છે. બીજાના હિતમાં પ્રાર્થના એ પ્રાર્થનાનું સાચું અને શુદ્ધ સ્વરૂપ છે. પ્રાર્થનાઓ તમારા જીવનમાં ચમત્કારો પ્રગટ કરી શકે છે. પ્રાર્થનાઓને દૈનિક પ્રેક્ટિસ બનાવો, તેને કોઈ કારણની જરૂર નથી!

- વીરાં શ્રોફ સંજ્ઞાણા

## કુમ્મી ઈલાવિયાને ૧૦૫માં જન્મદિવસની શુભેચ્છાઓ!

સમુદાય વતી, પારસી ટાઈમ્સ, કુમ્મી અદી ઈલાવિયાને જન્મદિવસની શુભેચ્છા પાઠવવામાં આનંદ અનુભવે છે, જેમણે હાલમાં ૧૦૫માં વર્ષનો જન્મદિન ઉજવ્યો! કોલકાતામાં ટમી જુલાઈ, ૧૯૧૭ના રોજ જન્મેલા, શતાબ્દીના વતની મધ્ય પ્રદેશમાં રહેતા કુમ્મીના લગ્ન મરહુમ અદી ઈલાવીયા સાથે થયા હતા અને બરોડામાં સ્થાયી થવા પહેલા તેઓ તેમના કુટુંબના માર્ગદર્શિકા હતા.

પારસી ટાઈમ્સ સાથે વાત કરતા, કુમ્મી ઈલાવિયા શેર કરે છે, અમારા પારસી જરથોસ્તી સમુદાયને આપણા પૂર્વજો દ્વારા આપવામાં આવેલા વિશાળ યોગદાન માટે હંમેશા સ્વીકારવામાં આવે છે. હું આશા રાખું છું કે આપણી યુવા પેઢી આપણા સમુદાયને નવી ઉંચાઈઓ દેખાડશે. વિવિધ મુદ્દાઓ અંગે આપણા સમુદાયમાં થતાં આંતરિક ઝઘડાઓએ મને ખૂબ દુઃખ પહોંચાડ્યું છે. મારી નમ્ર વિનંતી છે - સમુદાયમાં અમુક મુદ્દાઓ પર આપણી પાસે મંતવ્યો હોઈ શકે છે,



પરંતુ આપણે ભેગા થઈને વાત કરવાની જરૂર છે, અને કેટલીકવાર આપણે સમસ્યાઓને એક અવાજમાં આંતરિક રીતે ગોઠવણ કરવાની જરૂર પડે છે, આ મુદ્દાને બહાર ઝોબલ ટોકિંગ પોઈન્ટ બનાવ્યા વિના. હું ખરેખર આશા રાખું છું અને પ્રાર્થના કરું છું કે આપણો સમુદાય અનંતકાળ માટે પ્રગતિ કરે અને અમે આપણા પૂર્વજોની કીર્તિને ફરીથી બનાવવામાં સક્ષમ બનીએ. સત્ય એ સારા અર્થમાં પ્રબળ થઈ શકે છે!

પ્રેમાળ પૌત્ર અને યુથ આઈકન

જમશેદ ભગવાગર, હું હંમેશાં તેને મારા રોક તરીકે ઓળખું છું કારણ કે તે મારા જીવનનો ચોક્કસ પાયો છે. હું મારી સિદ્ધિઓનો શ્રેય તેને આપું છું - તે મારા ઉછેરનો નિર્ણાયક ભાગ રહ્યો છે અને તે મારો સૌથી મોટો પ્રભાવ અને રોલ મોડેલ છે. હું તેની સાથે ઘણી મલાન યાદો બનાવવાની રાહ જોઉં છું!

આપણા વ્હાલા કુમ્મી ઈલાવિયા પોતાના હજુ વધારે જન્મદિનની ઉજવણી કરે તેમને હંમેશાં શ્રેષ્ઠ આરોગ્ય અને ખુશીના આશીર્વાદ મળે!

## ગુજરાત હાઈકોર્ટે પારસીઓના અંતિમ વિધિ કેસમાં ઓર્ડર અનામત રાખ્યો છે

૩૭ જુલાઈ, ૨૦૨૧ ના રોજ, ગુજરાત હાઈકોર્ટે સુરત પારસી પંચાયત (એસપીપી) બોર્ડ અને ડો. હોમી દુધવાલા દ્વારા દાખલ કરેલી અરજીની સુનાવણી કરી, અને પારસી મુજબ, કોવિડ પીડિતોના મૃતદેહોનો નિકાલ કરવાની મંજૂરી આપવાની માંગ પર પોતાનો હુકમ અનામત રાખ્યો. ધાર્મિક પરંપરાઓ, અને શરીરના અંતિમ સંસ્કાર માટે દબાણ ન કરવું. તેઓએ આ મુદ્દો ઉઠાવ્યો કે સત્તાધિકારીઓ પારસી સમુદાયને તેમની ધાર્મિક પ્રથાઓ અને અધિકારનું પાલન કરવાની મંજૂરી આપી રહ્યા નથી, જે બંધારણ હેઠળ સંપૂર્ણ સુરક્ષિત છે, અને તેના બદલે તેમની ધાર્મિક પ્રથા અને ભાવનાઓ વિરુદ્ધ તેમને તેમના અંતિમ સંસ્કાર અથવા દફન કરવાની ફરજ પાડે છે.

એસપીપી બોર્ડે આ અરજી દાખલ કરી હતી કે, કેન્દ્રિય માર્ગદર્શિકામાં જણાવાયું હતું કે, કોવિડ-૧૯માં આપઘાત કરી ચૂકેલા સમુદાયના સભ્યોના મૃતદેહોનો નિકાલ કરવા માટે, શરીરના નિકાલની

જરથોસ્તી પરંપરા પર મૌન છે અને નિકાલના ફક્ત બે જ પ્રકારો છે - દફન અને સ્મશાન. તેમાં પારસીઓને તેમના પરંપરાગત અંતિમ સંસ્કાર અથવા દોખમેનશીનીનું અનુસરણ કરવાની મંજૂરી માંગવામાં આવી હતી.

આ અરજીની લાંબી સુનાવણી દરમિયાન, ન્યાયાધીશ બી એમ ત્રિવેદી અને બી ડી કારીયાની બનેલી ખંડપીઠીએ નિરીક્ષણ કર્યું હતું કે, અરજી એક વિલંબિત તબક્કે દાખલ કરવામાં આવી હોવાથી, તે અસ્પષ્ટ અને શૈક્ષણિક બની ગઈ છે, કારણ કે એક વર્ષ પહેલાં માર્ગદર્શિકા વધુ જારી કરવામાં આવી હતી.

અરજદારના સલાહકાર અસીમ પંડ્યાએ રજૂઆત કરી હતી કે પારસી સમુદાયને દોખમેનશીની કરવા પર પ્રતિબંધ મૂકવા માટે સરકાર દ્વારા કોઈ વૈજ્ઞાનિક ડેટા રજૂ કરાયો નથી. કેન્દ્ર સરકાર માંગનો વિરોધ કર્યો નથી અને સ્થાનિક અધિકારીઓએ દાવો કર્યો છે કે તેઓ માર્ગદર્શિકાનું પાલન કરે છે. રાજ્ય

સરકારે આ મુદ્દે મૌન જાળવ્યું છે.

અસીમ પંડ્યાએ એમ પણ કહ્યું હતું કે પારસી લઘુમતી હોવાને કારણે ગાઈડલાઈન્સ તૈયાર કરતી વખતે તેમની અંતિમવિધિ કરવાની ધાર્મિક પ્રથાને ધ્યાનમાં લેવામાં આવી નથી. તેમણે દલીલ કરી હતી કે માત્ર કાયદો જ લોકોને ધાર્મિક વિધિઓનું પાલન કરતા અટકાવી શકે છે માર્ગદર્શિકા નહીં.

સુનવણીમાં હાજર રહેલા વરિષ્ઠ વકીલ, પારસી કાવીનાએ મધ્યસ્થી કરી હતી કે પાછલા સાતથી આઠ દાયકામાં, પારસી સમુદાયે તેમના મૃતદેહને ભારતના ઘણા સ્થળોએ દફનાવવાનું શરૂ કર્યું છે.

આ તરફ પંડ્યાએ રજૂઆત કરી હતી કે જ્યારે કેટલાક ઉદાર વિચારધારા ધરાવતા સમુદાયના સભ્યો સ્વતંત્રતા લઈ શકે છે, તે એક વ્યક્તિગત પસંદગી છે. આ તરફ, ન્યાયાધીશોએ ટિપ્પણી કરી હતી કે હાલના રોગચાળાને ધ્યાનમાં લેતાં વ્યક્તિગત દ્રષ્ટિનો કોઈ સવાલ નથી.



### એક નજર પારસી મરણો ઉપર

Deceased મરનાર	Age વય	Date તારીખ	Address ર. કે.	Relations સગાઈઓ
Behroze Shapoor Mehta બેહરોજ સાપૂર મેહતા	86 ૮૬	08.07.2021	2A-31, Jerbai Baug, Byculla, Mumbai 27. એ-૩૧ જરબાગ, બાઈબલા મુંબઈ ૨૭.	તે મરહુમ શાહપૂર (સપલ) મીનોચેર મેહતાના વિધવા તે મરહુમ સુનામાઈ અને જાલેજર પાવરીના દીકરી તે રોશની, રૂસ્તમ, અરનવાજ અને પરવેઝના મમ્મી તે ખૂશરૂ, ગુલરૂખ, પરવેજ, હેમાલીના સાસુજી તે પીરાન, રૂખસાર, ક્યોમઝ, જીનીયા, જીનીયા ડેલનાજ. રીયાસપ, જાનીન, કરણ, નીલ, રીયાના ગ્રેન્ડ મધર તે આલુ ફીરોઝ મરચન્ટના બહેન તે ધનમાય ને મીનોચેર મેહતાના વહુ.
Pheroze Ardeshir Bhathena પીરોજ અરદેશીર ભાઠેના	93 ૯૩	09.07.2021	C/6, Malbari Bldg., New Khareghat Colony, Babulnath Road, Grant Road, Mumbai 7. સી/૬, માલબારી બિલ્ડિંગ, નવી ખરેઘાટ કોલોની, મુંબઈ ૭.	તે મરહુમ તેહેમી પીરોજ ભાઠેના ઘણી તે મરહુમો અરદેશીર અને ગુલબાઈના દીકરા તે એમી રૂસી બાતલીવાલાના ભાઈ તે એદલ, શીરીન, કુશરૂ, પરવીનના મામા તે મરહુમો દોરાબજી અને આલામાઈ બરડીના જમાઈ.
Rusi Kaikhusroo Choksey રૂસી કેખશરૂ ચોકસી	84 ૮૪	09.07.2021	L1/23, Cama Park, Cama Road, Andheri (West), Mumbai 47. એલ/૨૩, કામા પાર્ક, કામા રોડ, અંધેરી (વે), મુંબઈ ૪૭.	તે મરહુમો ધનમાય તથા કેખશરૂ માનેકજી ચોકસીના દીકરા. તે મરહુમ હોમાય રૂસી ચોકસીના ઘણી. તે ફરીદા ફીરદોસ વરીયાવાના બાવાજી તે ફીરદોસ ધનજી શાહ વરીયાવાના સસરા તે ફરામઝ ફીરદોસ વરીયાવાના મમાવાજી તે મરહુમો અદી, બેલી, માનેક, એરચ ને જીમીનાભાઈ તે અસ્પી, કેશમીરા, મીનુ, બેપસી, કેરસી, મેહરનોશ તથા મરહુમો, ફીરોઝ ને બજીના કાકા તે યઝદી, ફેની, ફીરોઝ, રોલીન્ટન, રોશન, રોશન વકીલ, હોરમઝદ, નીલુફર, હુતોક્ષી ને નૌશાદના માસા તે આબાન, વીરાફ ને ક્યોમઝના કુવા તે મરહુમો દીનામાય તથા રૂસ્તમજી રતનજી ગાંધીના જમાઈ.
Dhun Rutton Shroff ધન રતન શ્રોફ	93 ૯૩	09.07.2021	904, 9th Floor, Bakhtawar Apartments, Shahid Bhagat Singh Road, Colaba, Mumbai 5. ૯૦૪, ૯મે માળે, બખ્તાવર અપાર્ટ શહીદ ભગતસિંગ રોડ, કોલાબા, મુંબઈ ૫.	તે મરહુમો કેટી મેહરજીભાઈ પાલનજી મિસ્ત્રીના દીકરી તે મરહુમ રતન દીનશાહ શ્રોફના વિધવા તે મરહુમો ખોરશેદ હોમી વકીલ, હીલ્લા પેસી જીનવાલા, પાલન મેહરજીભાઈ મીસ્ત્રી ને કેરસાસપ મેહરજીભાઈ મીસ્ત્રીના બહેન તે દીના ઝેગમ હક, જીલુ કત્પોઝ બિલ્લીમોયા, મેહલ ને ફીરોઝ મીસ્ત્રી ને આઈશા નેવીલ મોદીના આન્ટી તે મરહુમો પુતલા દીનશાહ શ્રોફના વહુ.
Firoze Hormasji Ichhaporia ફિરોઝ હોરમજી ઈચ્છાપોરીયા	79 ૭૯	10.07.2021	Room No.1, Ground Floor, Block No.5, Petit Building, Grant Road, Mumbai 7. રૂમ નં ૧, ગ્રાવકોલ્ટ બોલ્ડ નં. ૫, પીટીટ બિલ્ડિંગ ગ્રાન્ટ રોડ, મુંબઈ ૭.	તે આલામાઈ હોરમસજી ઈચ્છાપોરીયા તથા હોરમસજી માનેકજી ઈચ્છાપોરીયાના દીકરા તે હીલ્લુ હોરમસજી ઈચ્છાપોરીયાના ભાઈ.
Coomi Hosang Sahiwalla કુમી હોસંગ સહીવાલા	84 ૮૪	10.07.2021	O/5, Bharucha Baug, S.V. Road, Andheri West, Mumbai 58. ૦/૫ ભરૂચા બાગ, એસ.વી. રોડ, અંધેરી વેસ્ટ, મુંબઈ ૫૮.	તે મરહુમ હોસંગ હોરમજી સહીવાલાના વીધવા તે ફરઝાના ફેડી મેહતા તથા મરહુમ શીરાઝ હોસંગ સહીવાલાના માતાજી તે મરહુમો મેહરામાય તથા એડલજી શાસ્ત્રીના દીકરી તે ફેડી દાદી મેહતાના સાસુજી તે ત્રીશના શાહરીયાર ફરોખમનેશ ના મમઈજી તે શાહરીયાર મનોજેર ફરોખમનેશના મમઈસાસુ તે મરહુમો ધનમાય દમનીયા, ફરેદુન, દીનશા, પેશોટન તથા સોહરાબ શાસ્ત્રીના બહેન તે રૂસી તથા સીલ્હુના માસીજી તે ગુલચેર, સાયરસ, મરઝી, શેરનાઝ તથા મેહરનોશના કુઈજી તે રૂસી તથા ધન સહીવાલા તથા મરહુમ અદી તથા નરગીશ સહીવાલા તથા નરગીશ તથા ફીરોઝ ગનદેવીયાના સીસ્ટર ઈન લો તે મરહુમો દીનામાય તથા હોરમજી સહીવાલાના વહુ.
Neelofer Mahyar Chothia નીલુફર મહીયાર ચોથીયા	72 ૭૨	11.07.2021	635, Musif Bildg, Parsi Coloy, Dadar East, Mumbai 14. ૬૩૫, મુસીફ બિલ્ડિંગ, પારસી કોલોની, દાદર ઈસ્ટ, મુંબઈ ૧૪	તે મરહુમો મની તથા જાલ કાપડીયાના દીકરી. તે મહીયાર કેકી ચોથીયાના ઘણીયાણી તે હવોવી મહીયાર ચોથીયાના માતાજી તે કાવસ કાપડીયા, હુતોક્ષી પટેલ, મરહુમ ગુલેસ્તાન મેહતાના બહેન તે મરહુમો નરગીશ તથા કેકી ચોથીયાના વહુ તે ગોધરવના સાસુજી તે કીમાયાના ગ્રેની.
Pinaz Adi Shahiwalla પીનાઝ અદી સહીવાલા	48 ૪૮	11.07.2021	M-4, 13th Floor, Cuffe Castle, Cuffe Parade, Mumbai 5. એમ-૪, ૧૩મો માળો, કફ કેસલ, કફ પારેડ, મુંબઈ ૫.	તે મરહુમો અદી અને નરગીશ સહીવાલાના દીકરી તે ઝરઝીસના બહેન તે ક્યઝાદના કુઈજી તે પ્રતીમા ઝરઝીસ સહીવાલાના નરણ.
Dosu Noshir Sethna ડોસુ નોશીર શેઠના	94 ૯૪	12.07.2021	17, Malcom Bau, S.V. Road, Jogeshwari, West Mumbai 102. ૧૭, માલ્કમ બાગ, જોગેશ્વરી, વેસ્ટ, મુંબઈ ૧૦૨.	તે મરહુમ નોશીર બરબોરજી શેઠનાના ઘણીયાણી તે રશના પોરસ બારીયા, પરવીઝ હોરમઝદ પરભુ, સરોશ ને બરબોર પોરસીસ્તી રૂસ્તમ વાડીયાના માતાજી તે હોમી તવાટી તથા મરહુમો ગુલુ, ફીરોઝ ને જહાંગીરના બહેન. તે પોરસ, હોરમઝદ ને રૂસ્તમ ફરનાઝના સાસુજી તે મેહરૂ તથા મરહુમ ધન, પીલુ ફીરોઝ નવધરના ભાભી તે મહાદૂખ પેન્ટર, તેહમી તવાટી, સીરાઝ મેરવાન પરભુ તથા મરહુમ નીપાઝ ઝકસીસ માસ્તરના કુઈજી તે શાહઝાદ, તુઝાર, રૂશાદ, તરોનીશ, ઝીનીયા. ઝેઝરીન, શનાયરા ને ડેલના શાયનાના ગ્રેન્ડ મધર તે આયેશા ને કાયરસના કુઈ તે યાસ્મીન નોઝર મીરઝાને ખુરશીદના મામીજી.
Homai Dara Umrigar હોમાય દારા ઉમરીગર	88 ૮૮	12.07.2021	Flat No-2, Bulding No-1, Lady Ratan Tata Building, Gururanak Road, Bandra, West, Mumbai 50. ફ્લેટ નં. ૨, બિલ્ડિંગ નં. ૧, લેડવી રતનતાતા બિલ્ડિંગ, બાન્દરા, મુંબઈ ૫૦.	તે મરહુમ દારા સોરાબજી ના ઘણીયાણી તે મરહુમ નાજમાય ને સોરાબજી ઉમરીગરના વહુ તે મરહુમ ગુલામાય તથા મરહુમ જહાંગીરજી ચીખલીવાલાના દીકરી તે મરહુમ ફીરોઝ તથા મરહુમ હોમી તથા મરહુમ દીનુ કાપડીયા તથા ઝરીન બીલીમોરયાના બહેન તે રૂમી રયોમંદ ને કેશમીરાના માતાજી તે વીરાના સાસુજી તે ડીયેનના બપયજી.
Percy Keki Kotwal પરસી કેકી કોટવાલ	74 ૭૪	12.07.2021	791, Percy Manor, Jame-Jamshed Road, Dadar, Mumbai 14. ૭૯૧, પરસી મેનસોર, જામે જમશેદ રોડ, દાદર, મુંબઈ ૧૪.	તે ફરીદા પરસી કોટવાલના ખાવિંદ તે દેલના પરસી કોટવાલ સીંગપોરયાના બાવાજી તે મરહુમો જાલુ તથા કેકી માણેકજી કોટવાલના દીકરા તે રૂઝાન બેહરામ સીંગપોરયાના સસરાજી તે મરહુમો નરગીશ તથા ભીમજીભાઈ બ. ભગતના જમાઈ તે યોહાન રૂઝાન સીંગપોરયા તથા પર્લ રૂઝાન સીંગપોરયાના મમાવાજી તે ઝરીન ફરોખ જમશેદીયાન તથા શીરાઝ યઝદી મરાવાલાના બનેવી.
Aspy Rustom Broacha અસ્પી રૂસ્તમજી બ્રોચા	87 ૮૭	14.07.2021	45, Satkar Sea View, 3Rd Floor, Opp. Birla Kreda Kendra, Chowpatty, Mumbai 7. ૪૫, સત્કર સી વ્યુ ૩જે માળે, ચોપાટી, મુંબઈ ૭.	તે મેરી અસ્પી બ્રોચાના ખાવિંદ તે મરહુમ રૂસ્તમજી કુવરજી બ્રોચા તથા મરહુમ બાનુ રૂસ્તમજી બ્રોચાના દિકરા તે નીકીતાના પપ્પા તે મરહુમ યઝદી, રૂસ્તમ બ્રોચાના ભાઈ.
<b>Death Announcements From Prayer Hall</b>				
Roda Rohinton Buxy રોડા રોહિન્ટન બક્સી	79 ૭૯	10-07-2021	Flat No. 201, Building No 3, Behram Baug Parsi Colony, Jogeshwari West, Mumbai 102. ફ્લેટ નં. ૨૦૧, બિલ્ડિંગ નં. ૩, બેહરામ બાગ પારસી કોલોની, જોગેશ્વરી વેસ્ટ, મુંબઈ ૧૦૨	તે રોહિન્ટનના ઘણીયાણી તે સુના અને મીનુના દીકરી તે રશ્મા અને પરવેઝના મમ્મી તે જુબીનના સાસુજી તે સનાયા અને અરીયાનાના ગ્રેન્ડ મધર તે મરહુમ જરૂ અને મીલુંના બહેન તે ખુશરૂ, ફિરોઝા, ફિરોઝા, જરશીન, પરીનાઝ અને પુરવઝેના આન્ટી.
Jerry Fali Kumana જેરી ફલી કુમાના	83 ૮૩	14-07-2021	8B, Ouster Apts, Pifot Bunder Road, Near Afghan Church, Colaba, Mumbai 5. ૮, બી, ઓસ્ટર અપાર્ટ, અફઘાન ચર્ચની નજીક, કોલાબા, મુંબઈ ૫.	તે મરહુમ ફલીના ઘણીયાણી તે મરહુમ દિના તથા મરહુમ દારા બલસારના દીકરી તે રૂસ્તમ અને ગીતાના મમ્મી તે મરહુમ મની અને મરહુમ રૂસ્તમના વહુ.
Dinshaw Pallonji Dastur દિનશા પાલનજી દસ્તુર	85 ૮૫	14-07-2021	65 A, Ramsay Villa, Dand Pada, Khar, Mumbai 52 ૬૫ એ, રામસે વિલા, દંડ પાડા, ખાર, મુંબઈ ૫૨.	તે પરવીઝ દિનશા દસ્તુરના ઘણી તે પાલનજી અને બાનુમાય દસ્તુરના દીકરા તે કેરમાન, ડેઝી, ફેનાઝ અને તેહમનના પપ્પા તે આવાન, કુરૂશ, રૂમીના સસરાજી તે ફરહાનાઝ, જેહાન, પિનાઝ, શાહરૂખના ગ્રેન્ડ ફાધર તે નરગીશ, બેહરામ, આબાન, ફેનીના ભાઈ તે આદિલ, શેરનાઝ, પરસીસના અંકલ તે જહાંગીર અને ધન કુપર તથા તેહમુરસપ અને કેટીના જમાઈ.





## YOUR MOONSIGNS JANAM RASHI THIS WEEK

લખનાર: મરહુમ મહારાજ શ્રી સ્વયંજયોતિના સહકાર્યકર્તા જયેશ એમ. ગોસ્વામી

અઠવાડિક રાશિક્ષણ: તા. ૧૭.૦૭.૨૦૨૧ થી તા. ૨૩.૦૭.૨૦૨૧

### Aries - મેષ - અ.વ.ઈ.

છેલ્લું અઠવાડિયું મંગળની દિનદશા પસાર કરવાની બાકી છે. ભાઈ બહેન સાથે નાની બાબતમાં મતભેદ થશે. તમે સાચા હોવા છતાં તમારી સરચારી કોઈને બતાવી નહીં શકો. ઉતરતી મંગળની દિનદશા તમને માંદગી આપી જશે. વાહન સંભાળીને ચલાવજો. કામ કરવામાં મુશ્કેલી આવશે. આ અઠવાડિયામાં પાકપરવરદેગારનું નામ વધારે લેજો. દરરોજ 'તીર યજ્ઞ' ભણજો. શુકનવંતી તા. ૧૮, ૨૧, ૨૨, ૨૩ છે.

**Lucky Dates:** 18, 21, 22, 23.

This is your last week under Mars' rule. You could have squabbles with your siblings over small matters. Despite being truthful, you will not be able to prove your truthfulness to others. The descending rule of Mars could make you unwell. Ensure to drive or ride your vehicles with caution. You will find challenges in getting your work done. Ensure to take God's name as often as you can through this week. Pray the Tir Yasht daily.

### Cancer - કર્ક - ડ.હ.

દક્ષી ઓગસ્ટ સુધી સુર્યની દિનદશા ચાલશે. તમારે તબિયતનું ખાસ ધ્યાન આપવું પડશે. ખાસ કરીને માથાના દુઃખાવાથી પરેશાન થશો. આંખની સામે પહેલી વસ્તુ દેખાશે નહીં. તમારા પાર્ટનર સાથે મતભેદ થશે. મનગમતી વ્યક્તિને મળી નહીં શકો. ઘરનું વાતાવરણ સારું નહીં રહે. આજથી ૯૬મુ નામ 'યા રયોમંદ' ૧૦૧વાર ભણજો. શુકનવંતી તા. ૨૦, ૨૧, ૨૨, ૨૩ છે.

**Lucky Dates:** 20, 21, 22, 23.

The Sun's rule till 6th August means you will need to pay special attention to your health. You could suffer from headaches. You might be unable to spot the item lying right in front of your eyes. You could have arguments with your partner. You might not be able to meet up with your favourite person. The atmosphere at home might not be cordial. Starting today, pray the 96th Name, 'Ya Rayomand', 101 times, daily.

### Libra - તુલા - ર.ત.

દક્ષી ઓગસ્ટ સુધી રાહુની દિનદશા ચાલશે. તમાર કામ પુરા કરવામાં ખુબ મુશ્કેલી આવશે. મોઢા સુધી આવેલો કોડીયો તમારા હાથથી છીનવાઈ જશે. તબિયતની સંભાળ રાખજો ખાવા પીવા પર ધ્યાન આપજો નહીંતો તબિયત ખરાબ થવાના ચાન્સ છે. નાણાકીય મુશ્કેલીથી પરેશાન થશો. દરરોજ 'મહાભોજ્જારની આગેશ' ભણજો. શુકનવંતી તા. ૧૮, ૨૦, ૨૧, ૨૩ છે.

**Lucky Dates:** 18, 20, 21, 23.

Rahu's rule till 6th August will make it very challenging for you to complete your tasks. You will end up losing those things that were nearly yours to have. Ensure to take care of your health. Pay attention to your diet, else it could result in your health going down. Financial problems will cause worry. Pray the Mah Bokhtar Nyaish daily.

### Capricorn - મકર - ખ.જ.

છેલ્લા ૧૦ દિવસ શનિની દિનદશામાં પસાર કરવાના બાકી છે. ઉતરતી શનિની દિનદશાને લીધે તમે ખોટા વિચાર કરશો. નકામા કામો પૂરા કરવામાં સમય બગાડશો. ઘરમાં વડીલવર્ગ સાથે મતભેદ પડશે. તબિયતનું ધ્યાન રાખજો બેકપેઈનથી પરેશાન થશો. દરરોજ 'મોટી હમન યજ્ઞ' ભણજો. શુકનવંતી તા. ૧૯, ૨૦, ૨૧, ૨૨ છે.

**Lucky Dates:** 19, 20, 21, 22.

You have ten more days under the rule of Saturn. The descending rule of Saturn could fill your head with negative thoughts. You will end up wasting time over unimportant tasks. You could end up having arguments with the elderly at home. Health could go down. You could suffer from backache. Pray the Moti Haptan Yasht daily.

### Taurus - વૃષભ - બ.વ.ઉ.

૨૬મી જુલાઈ સુધી ચંદ્રની દિનદશા ચાલશે. મનને શાંત રાખી જે કામ કરશો તેમાં સફળતા મળશે. ઘરવાળાની હિમાન્ડ પુરી કરવામાં સફળ થશો. કેમીલી મેમ્બર તમારા સલાહ સુચનો માનશે. જે પણ કામ કરશો તે પૂરા કરશો. તબિયતમાં સુધારો આવશે. દરરોજ ૩૪મુ નામ 'યા બેસ્તરના' ૧૦૧વાર ભણજો. શુકનવંતી તા. ૧૮, ૧૯, ૨૦, ૨૧ છે.

**Lucky Dates:** 18, 19, 20, 21.

The Moon's rule till 26th July brings you great success in all endeavours which you pursue with a calm mind. You will be able to cater to the wants of family members. They will be agreeable to your suggestions and advice. You will be able to complete all tasks you have undertaken. Your health is improve. Pray the 34th Name, 'Ya Beshtarna', 101 times, daily.

### Leo - સિંહ - મ.ટ.

તમને શુક્ર જેવા વેલવ આપનાર ગ્રહની દિનદશા ચાલુ હોવાથી તમારા મોજશોખ વધી જશે. ખર્ચ ઓછો કરવા જતા ખર્ચ ડબલ થઈ જશે. જીવનમાં કોઈ નવી વ્યક્તિ આવવાના ચાન્સ છે. ગામ પરગામ જવાના ચાન્સ છે. તમારી સાથે રહેનારને આનંદમાં રાખવામાં સફળ થશો. દરરોજ 'બહેરામ યજ્ઞ'ની આરાધના કરજો. શુકનવંતી તા. ૧૮, ૧૯, ૨૦, ૨૧ છે.

**Lucky Dates:** 18, 19, 20, 21.

Venus' rule will have you feeling increasingly inclined towards fun and entertainment. You will end up doubling your expenditures instead of reducing them. But this will not cause any financial strain. A new person will enter your life. You could get an opportunity to travel abroad. You will be able to keep your family members living with you happy. Pray to Behram Yazad daily.

### Scorpio - વૃશ્ચિક - ન.પ.

છેલ્લું અઠવાડિયું ગુરુની દિનદશામાં પસાર કરવાનું બાકી છે. કોઈના મદદગાર થઈ તેમની ભલી દુવાઓ મેળવવામાં સફળ થશો. નાણાકીય બાબતમાં સારા સારી થતી જશે. તબિયત સારી હોવાથી કામ કરવામાં મુશ્કેલી નહીં આવે. જૂના રોકાણમાંથી કાયદો મળશે જે ભવિષ્યમાં ખરાબ સમયમાં કામ આવશે. દરરોજ 'સરોશ યજ્ઞ' ભણજો. શુકનવંતી તા. ૧૮, ૧૯, ૨૦, ૨૧ છે.

**Lucky Dates:** 18, 19, 20, 21.

This is the last week under Jupiter's rule. You will be successful in being helpful to another and gaining their blessings. Financially, you will continue to prosper. Being in good health will help you work more efficiently, without any problem. You will benefit from old investments, which will serve you well in the future, for a rainy day. Pray the Sarosh Yasht daily.

### Aquarius - કુંભ - ગ.શ.સ.

પહેલા ત્રણ દિવસમાં તમારી લેતીલેતીના કામ પુરા કરી લેજો. નહીં તો ૨૦મીથી શનિની દિનદશા આવતા ૩૬ દિવસમાં તમને આળસુ બનાવી દેશે. તમારા કામ કરવા માટે તમે સફળ નહીં થાવ. ઉતરતી બુધની દિનદશા તમને બુધિ વાપરીને ધન કમાવવામાં સફળ કરશે. ત્રણ દિવસમાં મળેલ પૈસા ઘરવાળાને આપી દેજો. દરરોજ 'મહેર નીઆગેશ' ભણજો. શુકનવંતી તા. ૧૭, ૧૮, ૧૯, ૨૩ છે.

**Lucky Dates:** 17, 18, 19, 23.

Ensure to complete all your pending transactions related to borrowing or lending money within three days. Ensure to hand over the money you have collected over these three days to your family members for safe-keeping. Saturn's rule starting from 20th July, for the next 36 days, will have you feeling lethargic. You will not be successful in your ventures. The descending rule of Mercury will help you use your intelligence and earn good income. Pray the Meher Nyaish daily.

### Gemini - મિથુન - ક.ઇ.ધ.

૨૩મી ઓગસ્ટ સુધી ચંદ્રની દિનદશા ચાલશે. તમે તમારા મગજને સ્થિર રાખીને ડીસીઝન લેવામાં સફળ થશો તમે લીધેલા ડીસીઝનનું રીઝલ્ટ તમારા ઘરેલા પ્રમાણે વધારે સારું આવશે. મગજનો બોજો ઓછો કરી શકશો. ઈનેવેસ્ટમેન્ટ કરી શકશો. મિત્રોનું સુખ વધારે મલશે. ૩૪મુ નામ 'યા બેસ્તરના' ૧૦૧વાર ભણજો. શુકનવંતી તા. ૧૮, ૧૯, ૨૦, ૨૧ છે.

**Lucky Dates:** 18, 19, 20, 21.

The Moon's rule till 23rd August will help you make decisions with a focused and calm mind. The results of your decisions will supersede your expectations. You will be able to lessen your mental worries. You will be able to make investments. Friends will provide greater happiness. Pray the 34th Name, 'Ya Beshtarna', 101 times, daily.

### Virgo - કન્યા - પ.ક.ણ.

શુક્રની દિનદશા ચાલુ હોવાથી તમે તમારી બુધિ વાપરી વધુ ધન મેળવવામાં સફળ થશો. તમારા મનની વાત બીજાને સમજાવી શકશો. ઘરમાં કોઈ નવી ચીજ વસ્તુ વસાવી શકશો. મિત્રોની મદદથી તમારા કામમાં સફળતા મેળવી લેશો. નોકરી કરતા હશો તો ધનલાભ સાથે પ્રમોશન મળવાના ચાન્સ છે. ધન બચાવી ઈનેવેસ્ટમેન્ટ કરી શકશો. દરરોજ 'બહેરામ યજ્ઞ'ની આરાધના કરજો. શુકનવંતી તા. ૧૭, ૧૯, ૨૦, ૨૧ છે.

**Lucky Dates:** 17, 19, 20, 21.

Venus' ongoing rule will help you increase your earnings greatly, by using your intelligence. You will be able to communicate your thoughts with others effectively. You will be able to make new purchases for the house. You will taste success in your work, with the support of your friends. Those who are employed, could be in for a promotion or an increase in salary. You will be able to save money and invest the same. Pray to Behram Yazad daily.

### Sagittarius - ધન - ભ.ધ.ક.

ગુરુ જેવા શુભ ગ્રહની દિનદશા ચાલુ હોવાથી તમારા હાથથી ધર્મના કામો કરી શકશો. નાણાકીય બાબતમાં ધન મેળવવા મુશ્કેલી નહીં આવે. ઈનેવેસ્ટમેન્ટ અવશ્ય કરજો. ગામ-પરગામથી મનને આનંદ મળે તેવા સમાચાર મળશે. દરરોજ 'સરોશ યજ્ઞ' ભણજો. શુકનવંતી તા. ૧૭, ૧૮, ૨૧, ૨૩ છે.

**Lucky Dates:** 17, 18, 21, 23.

Jupiter's ongoing rule will have you inclined towards doing religious works. You will be able to earn income with ease, there will be no financial challenges. Ensure to invest your money. You could receive good news from abroad. Pray the Sarosh Yasht daily.

### Pisces - મીન - દ.ચ.ઝ.થ.શ.

૨૦મી ઓગસ્ટ સુધી બુધની દિનદશા ચાલશે તમારા રોજના કામ પુરા કરવામાં મુશ્કેલી નહીં આવે. તમે કરકસર કરી તમારા ધનને સારી જગ્યાએ વાપરવામાં સફળ થશો. જરૂરતમંદ વ્યક્તિને મદદ કરવામાં સફળ થશો. સાથે કામ કરનાર વ્યક્તિનો કામ પૂરા કરવામાં સાથ મલશે. દરરોજ 'મહેર નીઆગેશ' ભણજો. શુકનવંતી તા. ૧૮, ૨૦, ૨૧, ૨૨ છે.

**Lucky Dates:** 18, 20, 21, 22.

Mercury's rule till 20th August helps you complete your everyday tasks smoothly. With a little effort, you will be able to employ your funds in a productive and fruitful place. You will be able to help those in need. Your colleagues will help you in completing your work. Pray the Meher Nyaish daily.



# The Zen Series: The Gift



**KASHMIRA SHAW RAJ**

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.

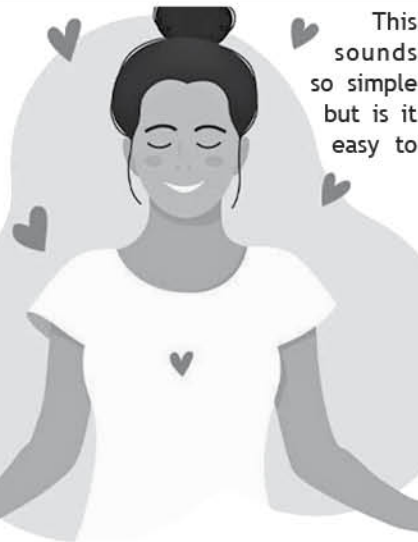
### Presenting the eighteenth part of 'The Zen Series': The Gift

There once lived a great warrior in a village. Despite being quite old, he was able to defeat any challenger. His reputation extended far and wide and many students gathered to study under him. One day, an infamous young warrior arrived at the village. He was determined to be the first man to defeat the great master. Along with his strength, he had an uncanny ability to spot and exploit any weakness in an opponent. He would wait for his opponent to make the first move, thus revealing a weakness, and then would strike with merciless force and lightning speed.

No one had ever lasted with him in a match beyond the first move. Much against the advice of his concerned students, the old master gladly accepted the young warrior's challenge. As the two squared off for battle, the young warrior began to hurl insults at the old master. He threw dirt and spit in his face. For hours, he verbally assaulted him with every curse and insult known to mankind. But the old warrior merely stood there motionless and calm. Finally, the young warrior exhausted himself. Knowing he was defeated, he left feeling shamed. Somewhat disappointed that he did not fight the insolent youth, the students gathered around the old master and questioned him. "How could you endure such indignity? How did you drive him away?" "If someone comes to give you a gift and you do not receive it," the master replied, "to whom does the gift belong?"

[Courtesy: Zen Stories to Tell Your Neighbors]

There lies a profound lesson in this story. It takes time and hard work for us to build our lives, and just moments for others to tear down everything. Why? Because we give them the power to do so. We let others know we get affected by what they say and do. The day we stop letting them affect us, we render them powerless.



This sounds so simple but is it easy to

achieve? No way! Approval from others - the outside world is so important to us that one negative word can shake all the positivity we have painstakingly gathered! To strengthen your inner self in a way that you would be least affected by others:

1. Build that feeling of inner security. Tell yourself repeatedly and with belief that you are confident.
2. Do not get carried away by what others say. Just as you will be impacted by their praise, you will be afflicted by their criticism.
3. It is ok if people do not like you, as long as you love yourself.
4. Do not try to be good in order to be liked. Do something good because you want to do it.
5. It is up to you to accept or refuse what others give you.

Daily, we face bullets. We hear seniors say things that are untrue and hurtful. We listen to gossips and endure misunderstandings. But we do so because we have no choice. Ideally, we all have a chance to make a choice but sometimes we don't because the outcome of that choice is more painful than bearing it. So, we continue. Situations may not change but it is up to us to make them better by becoming emotionally strong and developing inner tenacity.

Relationships cause distress at times and many hurtful accusations may be exchanged with the intention of causing

emotional and mental distress or just as a reaction to the pain already felt. It is up to us whether to get sucked into that kind of mental powerplay or mentally choose to try and remain unaffected. Here's what you can choose to do:

1. Walk away from a situation if you can, when you know that it can get nasty.
2. Don't let others see how much you are affected by them. It is better to move away from there and then cry in private or release your pent-up emotions with close people.
3. Remember that when anyone is mean to you, they come from an emotional space that is unpleasant and many times their own insecurities, unfulfilled dreams and desires are being expressed. It may have nothing to do with you personally.
4. A false sense of power is what they may feel good about if you let them feel that they have hurt you.



It is difficult not to get affected by people around and go about as if it's alright. Accept that you are hurt but then take it a notch forward and decide what you wish to do about it and move on from there.

Shrug off dirt, dust and small talk. Inner dry cleaning will keep your soul and emotional and mental states dust free. And strengthen your resolve - Take a deep breath. Close your eyes and see the person in front of you that causes you grief. Think of everything that the person has told you. Now tell the person very firmly that I refuse to accept what you have given me. Let it go back to where it came from. The moment you say that and believe that you do not accept a single thing said, it no longer belongs to you and is powerless to affect you!

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. To contact Kashmira, M: 9323874418 or Email: [kash.shaw@gmail.com](mailto:kash.shaw@gmail.com)



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### Words Can Hurt Words Can Heal

By By Farida Bamji

Chew one's words  
Before one speaks,  
Think them over  
Before they leak.  
People lacking confidence  
Ans under-achievers,  
Usually do cobwebs weave.

Be deaf ears to these naysayers,  
They're just balls of fluff,  
Discard them as they  
Are up to no good stuff

Traveling the pathways  
And byways Of life,  
We face lots of struggles  
As well as strife;  
Some will take you  
Down the wrong pathway,  
Do not flinch or cower  
Having Faith in one's prayers  
And using one's Vohu Mano  
You will be able to say:  
"I did it My Way"!!!

### All Good Things

By Vahishta Y Patel

We ought to do good deeds,  
And follow the path that the Almighty leads;  
He opens the gates of life,  
And helps us sow the good seeds.

We ought to have good will,  
And swallow life's bitter pill;  
HE will always provide us the rope,  
That will help us climb the hill.

We ought to have good goals,  
And surround us with good souls;  
For it is HE who will bestow love,  
To fill our life's darkest holes.

We ought to give good blessings,  
And help all with their healings,  
Keep your faith in HIM, child,  
For it is HE who blessed you with all feelings.



# Meow Musings: How To Train Your Human



FREYAN S. WADIA



slow and sluggish way. It's become a way of life now.

I stay in a family with a couple of teens and their parents, so you can imagine what I have to deal with. They mostly go about their daily rituals and mind their own business, but if I want an undisturbed siesta that spans only about sixteen hours of the day, the principle: 'Out of sight, out of mind' must be used. Mark my

words, if you like sleeping in plain sight, be prepared to have the stuffing squished out of you every time one of the lower life forms passes you by.

They're stupid, no doubt, but they're big and stupid. They seem to think we're play-doh or, worse still, dogs!! Dogs are even worse than humans, but that's a story for another time. The point is, these things we live with are very touchy-feely. Hugs, kisses,

Teach them to see you, their cat, as the highest power they will ever appeal to and that serving you is the very purpose of their existence.

From the desk of Dr. Rocket Billimeowra  
BA(Hons), MA, PhD (Sociopathy, Meowology and how to claw humans real bad)

Congratulations, fellow feline, on being a cat! There is no higher life form than a cat and none lower than your average, feeble-minded *homo sapiens*. Trust me, they're not too bright. After all, what can you expect from a species that spends practically all its waking hours opposite lit-up boxes, their weird paws frantically tapping away on a little board? Do you despair of their inferior intellect and clumsy bearings? Do they stare at you with vacant expressions when you speak to them, order them? Do you long for your unworthy slave to serve you better? Then look no further. This is the guide for you! You will learn all the tips and tricks that I, Dr. Rocket Billimeowra, have personally used on my own family. I will now share a typical day in my life with you, dear comrade, so you can watch and learn...

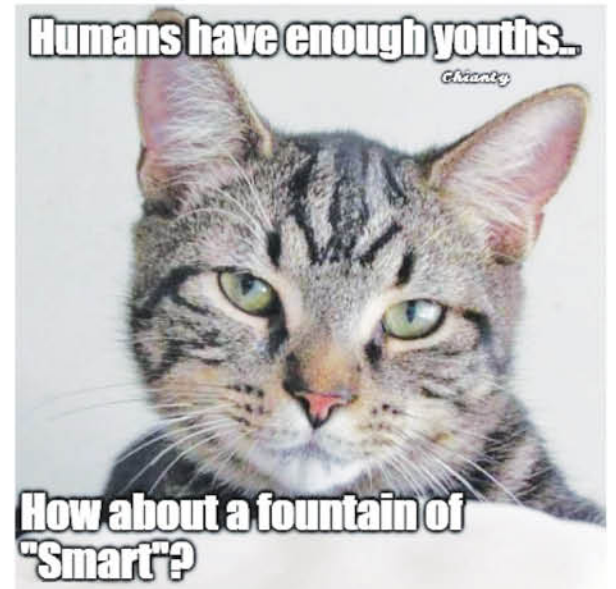
Humans are nuts. Let's get that straight first! Every morning, they greet me with their eyes half-shut and incoherent grunts. Plain rude! So what if it's six-thirty in the morning? A slave's gotta serve - that's the principle! And you think a family of science graduates would know principles as if their life depended on it, but no! They're just as stupid as the rest of their dim-witted species! Anyways, your human is drowsy and sluggish. A good nip on the ankles should help you rev their engine.

Another thing, it's the wee hours of the morn, so they're more likely to walk into doorways or stub their toes (be careful where you keep your tail!). So how does that concern us? They're more likely to give in to your demands because they're too busy trying to stay conscious. Make sure they start your day with a packet of wet food and don't settle for anything less. How do you do that? Make maximum use of your God-given vocal cords. They're so sensitive to sound, they'd do anything to shut me up. Be prepared to listen to stuff like "Shut up!" or "You'll wake the whole building!" Never take them seriously - another tip I give you. I keep meowing until I've thoroughly worn them out. So, they give me what I want - my tuna or salmon jelly - and continue plodding through the day in their



cuddles, baby-talk are all the forms of torture I undergo each day, and I'm sure you're subjected to the same. Most times, you will sense when one of them wants to pick you up - they stoop, grubby paws reaching out with a crazed gleam in their eye. I imagine it's what one of their primal ancestors would do when they cast eyes upon a particularly rotund and juicy looking boar. I don't really believe that they've evolved - only their appearances have changed. Their mental capacity, I'm afraid, would allow them to make perfectly good chitchat with java man! You should see the teens fighting - if anything, that proves that neanderthal blood still courses through their veins. Oh, are they loud, annoying and always in need of a bath! And then they touch us with their grubby mitts. I only wish this whole 'social distancing' fad had come around sooner - think of the bother it would have saved us!

Anyways, if the squishing gets too much, use the little knives at the end of our paws that put the Swiss Army ones to shame. I bet our claws could get through metal detectors, so I suppose we could get away with murder. At least the murder of hapless, pathetic creatures like moths and beetles.



You should have seen the fuss the girl made on the fateful day I left a mangled lizard in her room!

"MAAAAAAAAAA! I JUST STEPPED ON A LIZARD WITH MY BARE FEET!! UGHHHH! IT'S SO LEATHERY! ROCKET!! DISGUSTING! I'M NEVER USING THIS FOOT AGAIN IN MY LIFE!! I'M SO NOT SWEEPING IT UP! IT'S SO LIMP AND RUBBERY AND...DEAD!!"

In the end (pardon her articulacy, she isn't very bright), she did sweep up its limp and rubbery form, holding the dustpan as far away from her as she could. You'd think she was dealing with some biohazardous material - can somebody please tell her the difference between a dead lizard and a canister of uranium-235? Anyways, you should also give your humans such experiences so that they can tell their grandkids about you. And that's how you will be remembered for eternity. I can imagine the boy, old and wrinkled like a prune go on and on and on about how I made his life that much more bearable.

All humans are stupid, and a lot of them are cruel or indifferent, but not all are that way. Some actually take the trouble to be kind. Maybe we treat them as slaves,



but they're happy to serve us. They enjoy it. See it this way - we're helping them see the purpose of their existence. I'd like to say this is the epitome of a win-win situation - or if I were to attribute a

more biological term to it - a symbiotic relationship. So, remember, the more you condescend to them, the better the quality of life all around!!

To you and the subjugation of the Human Race!

Yours sincerely,  
Dr. Rocket Billi-meowra,  
PS: If they touch your belly, they're asking for a hand amputation. Oblige them.