

PARSI TIMES

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Doongerwadi's Bennet Bungli Restored



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Yahan Palia Skips His Way To Guinness World Record!



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Is Lower Back Pain Cramping Your Life?

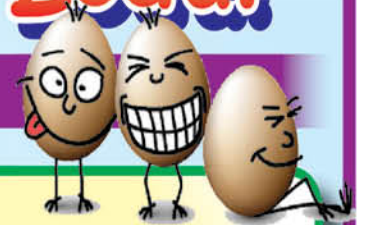


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'No Can Do - Without Eedu!'

Participate in PT's 'WORLD EGG DAY - 2021' CONTEST!

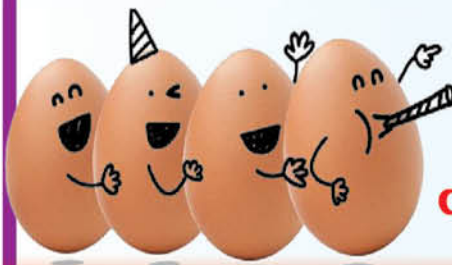


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RUSH IN YOUR ENTRIES TO US, NO LATER THAN: 5th October, 2021, at: editor@parsi-times.com



FROM THE EDITOR'S DESK

Dear Readers,

Today, October 2, 2021, marks the 152nd birth anniversary of Mahatma Gandhi (Mohandas Karamchand Gandhi) - 'Father of the Nation'. An Indian lawyer in South Africa, whose life took on a completely unprecedented path post an experience that left him feeling discriminated against and humiliated, Gandhi went on to make history as the most significant leader in India's Independence Movement, with demonstrations through non-violent means.

To date, his beliefs are frequently invoked by various world leaders, one of the more popular being ex-US President, Obama, who was inspired by and drew attention worldwide to the Gandhian philosophy - '*Be the change you want to see*'. In fact, October 2 is observed as the Day of Non-violence in Gandhi's honour.

The Mahatma shares his birthday with another legendary personality - former Indian PM - Lal Bahadur Shastri (born 1904), who plunged into the freedom struggle even as a teen. A progressive leader, he went on to redefine the very essence of character, discipline and integrity in public life, placing the nation's interests above all else. He will be eternally remembered for his legendary slogan, '*Jai Jawan, Jai Kisan*' which inspired soldiers and farmers to protect India's borders from the Pakistani attack of 1964, and from hunger strike.

Let us not forget to pay homage today to these incomparable leaders who helped shape the future and destiny of India. And moreso, let not forget to play our role in perpetuating their immaculate legacies, by ensuring to share their inspiring tales of hard endeavour and glory with the next generation.

Have a good weekend!

- Anahita
anahita@parsi-times.com

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Appeal

THE MATHERAN HOSPITAL PROJECT

Earlier this year in June, PT had shed light on the sad plight of Matheran's sole hospital facility - The Byramjee Jeejeebhoy Hospital, which was established in 1902 by Rustomjee Jeejeebhoy in the memory of his father, Byramjee.

Mumbai-based good samaritan, Adil Gandhi, joint owner of the Woodlands Bungalow in Matheran, had not only donated emergency medical equipment to the hospital, with the collective support of a few friends and well-wishers, but had also planned to restore it to its former glory. Adil was crestfallen at the loss of the loyal and hardworking house-help - Anil, who had served the Gandhi family property for years, and succumbed to the deadly Covid-19, because of the lack of appropriate equipment and treatment which could have saved his life.

Having got the planning in place, the Byramjee Jeejeebhoy Hospital is now set for a Collection Drive for its repairs and renovation. The Byramjee Jeejeebhoy Trusts are being cooperative and have promised some donations, but it is hoped that other Trusts and Matheran lovers will also come forth to donate to this public cause.

Kirtida Unwalla, qualified Heritage Architect, will supervise the repairs and renovation. Being a peoples' project - by the people, for the people - with no government or private funding, collections are welcome from all - immaterial of the size of the donation as even small token donations fill up the kitty.

It takes a village to resurrect a hospital. Today, this heritage building in our favourite hill station lies in a state of disrepair due to a lack of funds. MATHERAN'S HERITAGE ICON NEEDS YOUR HELP!

Matheran is the only hill station where no vehicles are allowed. The town has

strict heritage conservation laws that have helped protect its fragile ecology and heritage structures. However, its designated Municipal Hospital, staffed by a couple of resident doctors, is currently in a bad state. This forces Matheran residents - the indigenous communities in the surrounding area and tourists to travel to far away places for treatment and emergencies.

When people come together, good things can happen. THE MATHERAN HOSPITAL PROJECT is a people's project that brings together residents and well-wishers of the beautiful hill resort. With your support:

- The heritage structures of the hospital as well as the Outpatient clinic will be renovated and restored.
- The restoration will help raise hygiene, improve the functionality of the hospital.
- It will help serve the community and visiting tourists for years to come.

BECOME PART OF THE MATHERAN HOSPITAL PROJECT!

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And also at Ketto.org:

<https://www.ketto.org/fundraiser/matheranhospital>

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For more information and details on how else you can help, contact Adil Gandhi: +91 9821086276.

Email: stepupcharitablefoundation@gmail.com

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6) Shaun A. Vazifdar	94.83 %

All the above Prizes will be given from our office premises on Monday, 11th October, 2021 at 11.00 am.

We congratulate all the applicants and wish them all the best for their future.

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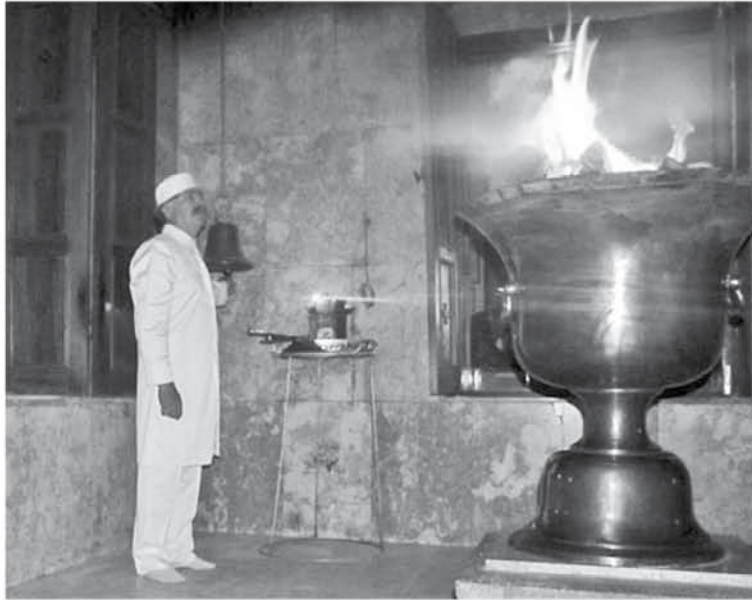
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'Gehs': Relevance And Rituals

Each day of the Zoroastrian calendar is divided into five time zones, known as 'Gehs' or segments dedicated to worshipping and venerating Ahura Mazda and the various celestial divinities. The word 'Gah' or 'Geh' originates from the Pahlavi language, meaning 'time, period or place'. The five 'Gehs' in our religion were set, keeping in mind certain fixed points in the 24 hours day - namely sunrise, mid-day, sunset and mid-night. The Boi ritual and Kasti ritual must be periodically performed to feed the fire and the human body, respectively, with spiritual energy, regularly.



The Meaning And Order Of Gehs - Havan, Rapithwan, Uziran, Aiwisruthrem and Ushahin:

The names of the five Gehs are originally from the Avesta language. 'Havan' means 'time of pounding Haoma'; 'Rapithwin' means 'half part of the day'; 'Uziran' means 'high part of the day'; 'Aiwisruthrem' means 'singing prayers'; and 'Ushahin' means 'enhancing consciousness.' The name of the Geh, is not only the name of that part of the day, but also the name of the Yazad who presides over that period - for instance, Haavani Yazad presides over the Haavan Geh. Each Geh has three other particular Yazads associated with them. Eg., Meher Yazad, Saavanghi Yazad and Visya Yazad are associated with the Havan Geh.

The text of each Geh invokes the four particular Yazads associated with the Geh as well as several other Yazads who are particularly and generally associated with the Geh. From an esoteric point of view, the names of the five Gehs are also the names of the five stages of the progressive evolution of the soul, as follows: 1. Stage of tribulations and temptations; 2. Stage of equilibrium; 3. Stage of triumph over negative (self-realisation); 4. Stage of working and being in total harmony with the divine; and 5. Stage of being divine.

The time divisions are mainly to fulfil the following purposes - To facilitate prayers, perform rituals, regularly recharge our spiritual energies, regularly cleanse from unseen negativities and regularly be in touch with the divine world. It is pertinent to note that each Geh has an average time span of 4 to 5 hours. Ushahin and Havan Gehs are longer to facilitate performance of rituals. In each Geh, the Mobed does the relevant Farazyat Bandagi and then enters the Kebla (sanctum). The regular Boi ritual then involves the recitation of the Atash Nyash for different number of times followed by the Doa Nam Setayashne.

Based on the Gehs, different ceremonies like Navjotes, Jashans, marriages and funerals, are performed at different times. The Havan Geh is the best time to perform most rituals. Yasna (Ijasni)

is the only ritual which can be performed only in the Havan geh, except for the Yasna performed once a year for consecrating Rapithwan Yazad (Guj. Rapithwan ijvani) on Ardibehesht Roj of Farvardin Mah. Nuptial ceremonies (lagan na ashirwad) are done during the Aiwisruthrem Geh on account of the promise given to King Jadav Rana that Zoroastrians will have their weddings performed after sunset. Technically, a Zoroastrian wedding ritual could be performed in any other Geh, preferably Havan.

Funerals (Geh-sarnu and Paydast) can be conducted in any of the three day-time Gehs - Havan, Rapithwan or Uziran - because of the religious requirement that the dead body has to be placed in the Dokhma in the presence of the sun and sunlight. Sarosh nu Patru is performed only during the Aiwisruthrem Geh to invoke Sarosh Yazad. This ritual includes the recitation of Sarosh Yasht Vadi, which can be recited only in the Aiwisruthrem Geh.

The set of special Baj rituals called the 'Chahrom ni Baj' are performed in the Ushahin Geh just before Chahrum. At the time of Chahrom, the passage of the soul and many other related activities related to the soul take place. These Baj invoke the Yazads (Meher, Rashne, Ashtad, Sarosh and Vayu) and Ardafravash (Asho Farohars) who safeguard the passage of the souls to the other world and their care. They also preside over the judgement of the soul.

Vendidad is performed only in the Ushahin gah, when the negative and evil forces are at their zenith. Nirang-din is an 18 day ritual, the high point of which is the performance of the Vendidad ritual in the Ushahin Geh of the last day.

The time of dawn (Bāmdād/ Hoshbam) is the best time for prayer as it is conducive to a meditative, contemplative and reflective state of mind. Not only is it the calmest part of the day, it is also the time when benevolent, positive forces of nature are strongest. There is very little external disturbance and the currents of spiritual flow are undisturbed. Hence prayers done at this time of the day gives best results.

Appeal By

D N Modi Atashbehram Saheb (Surat)

The Sacred Fire of Shree Dadabhai Nusserwanji Modi Shenshahi Atashbehram was consecrated and enthroned on 19th November 1823, in Surat. One of eight functional Atashbehras in the world, it is soon to enter its 200th year of existence, under the guidance of Vada Dasturji Saheb Cyrus Noshirwan Dastur. Over the last decade, it has performed over 250 Nirangdin Ceremonies, 2,200 Ijashni / Vandidad Ceremonies, trained over 110 Zoroastrians as Navar and Maratab, with Afrinagan, Faroksi and Baaj offered in large numbers, daily.

The main Atashbehram building and others require periodic maintenance and major repairs. Falling interest rates have caused severe reduction in the income from the funds of Atashbehram Saheb and the trust is unable to sustain various expenditures.

The President, Managing Trustee and team of trustees fervently appeal to Zoroastrian devotees and religious funds of Parsee Community to donate generously. Donations are eligible for benefits under provision of 80G(2)(b) of Income Tax Act. The devotees are requested to send intimation of their donations by cheque/demand draft at the following address:

"Seth D. N. Modi Atashbehram, Opp. Market Petrol Pump, Saiyedpura, Surat 395003".

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May the blessings and divine grace of Pak Atash Padshah Saheb rest upon you and your families! Amen!

- President & Trustee - Davar Modi; Managing Trustee - Roy Wadia; Trustees - Zawareh Wadia, Jamshed Dotiwala and Rayan Modi

CARF Celebrates World Rose Day

This year, Cancer Aid & Research foundation (CARF) celebrated the "World Rose Day" on September 22nd in dedication to the welfare of all cancer patients, by organizing several activities that included cheques, gifts and roses distribution for bringing cheer and hopes into the lives of all cancer patients. This event was hosted by Guests of honour - Mr. Sikandar Sayyad, Film Producer, Writer and Director. Mr Shamshi Mulla - Chairman and Mrs Savita Nathani - CEO of Cancer Aid and Research Foundation (CARF) also graced this occasion. Thus all the functions were smoothly organized, following all the safety protocols of the ongoing pandemic Covid-19. Our purpose behind organizing this event is to remind cancer patients and their caregivers, that they are not alone in this battle against the deadly disease. We understand that cancers treatment is quite tasking on the physical and mental health of those have been affected. So by making the simplest gestures of kindness, we believe that each and every one of us can bring some comfort to their lives, as it can certainly ease their sufferings to continue fighting.

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2nd October

By Armin Dutia Motashaw

Two of India's best sons,
Gandhi and Shastri born were, on this day.
Celebrate and remember,
let us, their great deeds, once again, today.
Their sacrifice we must remember,
and grateful be to them, always;
Thanking God for their presence - follow,
we must, their wonderful ways.
Though sadly their end was truly tragic, in fact actually gory;
They were the true sons of our Nation, inspiring is their story.
As we bow to them, and their blessings seek,
Let's ensure, their courageous deeds,
to our children, we must speak!

The Lonely Star

By Taronish Cooper

One lonely star, out in the night,
Hidden in the dark, still shining bright;
Words begin to flow as I gaze into the sky,
As a thousand lights outside pass me by.

Covering this distance all alone,
When sometime back the sun had shown;
Then, had begun, to blow the air,
The clouds had parted to reveal the pair.

And all at once, the light came soon,
Revealing the beauty, that was the moon;
As she danced around silhouetted in white,
The star and moon shared their delight.

When I looked into that dark abyss,
'Twas a sight one just could not miss!
All through the night, he had shone alone,
Always in the hope of what he had known...

It isn't a miracle, it's nature's boon,
Cause for every star, there's the moon.

Yahan Palia Skips His Way To Guinness World Record!

By Khushnuma Naterwala

On 21st September, 2021, Yahan Palia from Mumbai, secured his own place in the prestigious Guinness World Record for 'The Maximum Skips In An Hour By An Individual' with 13,863 skips, beating the earlier record of 13,714 (2019).

Having been a fitness enthusiast, Yahan always laid emphasis on daily cardiovascular exercises. At school, he played football and was good at athletics. In 2017, having read that skipping was a great cardiovascular exercise to burn calories, he started skipping. He'd reach about 1,000 skips in an hour.

Also an aspiring actor, a career opportunity in filmmaking made him challenge himself into completing 10,000 skips in an hour and a half. Accomplishing this challenge, he started skipping regularly with the aim of bettering his count. After skipping, he'd need to immerse his feet in cold ice water for recovery. Seeing his dedication, a fellow gym-member asked him if he planned on participating in the Olympics. This got Yahan thinking of pursuing his own record. He started researching and found out that the Guinness Book of World Records displayed that the record for skipping (in 2017) was around 12,700 skips by an American. But since he was focusing on his academics, he had to postpone this dream. However, by the second half of 2020, he saw that the earlier record had been broken by a Dutchman with 13714 skips.

Yahan finally decided to apply for the Guinness



Record. He trained real hard, going to the gym 9 times a week! To set the Guinness record, he was sent a list of criteria which defined a proper skip, as also to have an individual to count the skips, time him, and shoot a video made normally and in slow motion. He would need two witnesses to be present at the time of the record and must use a commercial RPM skipping rope (the intertwined steel wire rope). Adhering to these

criteria, he approached the Guinness Book of World Records in June 2021 and on 21st September, he received an email from them, which confirmed him breaking all records of skipping!

When asked if he faced any challenges while he attempted this feat, he says that 20 minutes into his record, one of the intertwined wires came off, in his right hand, bruising him and though he started to bleed, he continued on, to achieve his record. To add to his struggle, 30 minutes into skipping, he started to feel cramps in his thighs and calves making it extremely painful, but his single-minded focus ensured that he achieved his goal.

Crediting the support of his family which helped him achieve this feat, Yahan thanks his parents - Nilufer and Kaiyomerz Palia; and sister - Friya Palia, for their constant encouragement and help through it all.

"Be delusional and disciplined," says Yohan. "Be delusional enough to dream big and disciplined enough to work hard for it." A perfectionist, Yahan believes in striving towards perfection in all his endeavours. Although he eats a relatively clean, non-vegetarian diet, he loves an occasional helping of ice cream and dessert.

So, what's next in store? Yahan says that he wishes to break his own record by the end of this year with 14,000 skips. In the future, he looks to pursuing a career in acting.

[Instagram Page: @yahanpalia]



Sochi Podium For Jehan

Oscar Piastri. Jehan stayed second behind Piastri. Frenchman Theo Pourchaire was third.

Rain before the race meant the race started on a track with damp sections. Unfortunately, the inside of the track was damp, meaning all those starting on the inside made a poor start. Jehan, first in line on the damp inside, fell to fourth. Once all racers were done with their PIT stops, Jehan remained fourth, behind

Swiss racer - Ralph Boschung, but put in a series of quick laps to close the gap and caught him with around 10 laps to go. Jehan piled the pressure on the Swiss driver, forcing him into an error. Jehan moved up into third, but was immediately under pressure from the home favourite - Robert Shwartzman. The Russian was within 1 second of Jehan, allowing him to use his DRS, but Jehan kept his cool, managing to edge away. Jehan continued reeling off a

series of quick laps to pull away from Shwartzman and crossed the line in third, behind race winner Piastri and Pourchaire in second.

"It was good to be back on the podium today. After

qualifying second, I was confident that we had the pace to fight upfront. The inside line was a bit damp and I fell to fourth at the start, but was happy to fight back and get a podium. I am looking forward to coming back home as there

is a long break till our next race in Jeddah," said Jehan. His fourth podium this year in Formula 2 comes on the back of his dominant victory in Monza. Formula 2 will race again in Jeddah during the inaugural Saudi Arabian Grand Prix weekend, in early December.

[Pic Credits: James Gasperotti]



The Zoroastrian Co-operative Bank Limited - 94th Annual General Meeting was held on Tuesday, 28.09.2021 at Indian Merchant Chambers. The Board of Directors on the dais from Left to Right are - Mr. Daljit Dogra - MD & CEO, Dr. Firdos T. Shroff, Mr. Saroosh C. Dinshaw, Ms. Homai A. Daruwalla, Mrs. Shernaz D. Mehta, Mr. Phillie D. Karkaria - Vice Chairman, Mr. Yazdi B. Tantra - Chairman, Mr. Viraf R. Mehta, Mr. Noshir G. Paghdhiwalla, Mr. Bakhtyar S. Saklatwala, Mr. Zubin F. Billimoria and Mrs. Smita A Tambe.

On 27th September, 2021, Indian racing star, Jehan Daruvala bagged his fourth podium this year in Formula 2 at the Russian Grand Prix weekend, at Sochi, Russia. Jehan drove a strong race to finish third in the feature race at the 5.848 km long Sochi Autodrom.

Earlier in qualifying, Jehan was on provisional pole towards the end of the session. Just before the session ended, he was pipped by championship leader,



THE ZOROASTRIAN CO-OPERATIVE BANK LIMITED Multi State Scheduled Bank

Corporate Office: Nirton House, 5th Floor, Dr. Annie Besant Road, Worli, Mumbai - 400 030 • 022-61727600, 022-66661810 • Website: www.zoroastrianbank.com

Audited Balance Sheet as at 31st March, 2021

Capital & Liabilities	Schedules	(In Rupees)		Property & Assets	Schedules	(In Rupees)	
		As at 31st March, 2021	As at 31st March, 2020			As at 31st March, 2021	As at 31st March, 2020
CAPITAL	1	12,95,54,025.00	13,33,35,700.00	CASH	7	47,91,77,256.70	43,81,08,187.40
RESERVE FUND AND OTHER RESERVES	2	1,60,41,99,703.25	1,61,72,95,022.93	BALANCES WITH BANKS	8	2,20,01,14,590.14	2,08,74,83,798.86
DEPOSITS	3	11,77,58,82,569.33	11,43,78,90,881.21	MONEY AT CALL AND SHORT NOTICE			
BILLS FOR COLLECTION BEING BILLS RECEIVABLE (AS PER CONTRA)	4	-	-	TERM MONEY PLACEMENTS / TREPS / LAF		1,79,97,98,993.03	1,24,48,31,224.93
SECURITIES RECEIVABLE (AS PER CONTRA) - REVERSE REPO UNDER LAF	-	10,00,08,417.60	-	INVESTMENTS	9	4,71,35,99,646.85	3,93,95,61,204.61
BRANCH ADJUSTMENTS	-	-	-	ADVANCES	10	4,15,23,70,521.89	5,34,78,42,246.15
INTEREST PAYABLE	-	2,23,05,670.14	2,49,56,294.64	INTEREST RECEIVABLE	11	29,15,54,399.28	25,49,68,100.66
OVERDUE INTEREST RESERVE (AS PER CONTRA)	5	7,52,87,533.15	7,59,73,479.29	"of which, OVERDUE INTEREST RESERVE (AS PER CONTRA)			
OTHER LIABILITIES	6	29,30,58,709.81	27,69,28,267.35	Rs. 7,52,87,533.15 (P.Y. Rs. 7,59,73,479.29)"			
PROFIT & LOSS ACCOUNT		3,71,066.09	1,03,436.51	BILLS FOR COLLECTION BEING BILLS RECEIVABLE (AS PER CONTRA)		-	-
		14,00,06,67,694.37	13,56,64,83,081.92	SECURITIES RECEIVABLE (AS PER CONTRA) - REVERSE REPO UNDER LAF	-	10,00,08,417.60	-
CONTINGENT LIABILITIES				BRANCH ADJUSTMENTS		-	-
1) Outstanding Liabilities for Guarantees issued		4,85,56,536.00	8,30,73,974.46	FIXED ASSETS	12	3,05,88,020.03	4,13,88,910.52
2) Outstanding Liabilities for Letter of Credit issued.		-	-	OTHER ASSETS	13	23,34,55,848.85	21,22,99,408.79
3) Unclaimed Liabilities under Depositor Education and Awareness Fund (DEAF) Scheme		4,19,01,458.43	3,24,46,581.88				
		9,04,57,994.43	11,55,20,556.34			14,00,06,67,694.37	13,56,64,83,081.92

Audited Profit and Loss Account for the Year Ended 31st March, 2021

Expenditure	Schedules	(In Rupees)		Income	Schedules	(In Rupees)	
		Year Ended 31st March, 2021	Year Ended 31st March, 2020			Year Ended 31st March, 2021	Year Ended 31st March, 2020
Interest on Deposits, Borrowings, etc.	14	65,13,84,211.01	70,61,40,101.62	Interest and Discount	15	96,65,89,578.33	1,04,12,20,605.13
Salaries and Allowances, Provident Fund, Provisions, etc.		19,71,44,053.22	17,86,15,453.53	Other Income			
Directors' & local committee members' fees and allowances		19,39,000.00	25,33,000.00	Commission, Exchange & Brokerage		12,02,190.19	23,46,171.71
Rent, Taxes, Insurance, Lighting, etc.		3,47,41,645.55	3,43,31,552.56	Income from Non-Banking Assets & Profit from Sale of or Dealing with such Assets		19,017.00	40,496.76
Law Charges		2,55,950.00	45,626.00	Gain on Sale / Redemption of Investments		2,49,68,740.00	1,50,82,500.00
Professional Fees		80,80,574.50	56,38,061.70	Transfer Fees		5,118.00	7,700.00
Postages, Telegrams & Telephone Charges		58,72,543.61	67,85,801.87	Miscellaneous Income		2,06,21,198.98	2,53,15,949.13
Auditor's fees		39,32,890.80	53,35,590.00	Bad & Doubtful Debt Reserve Under Section 36(1) (vii)(a) written back		6,00,92,699.76	1,65,407.00
Depreciation, Repairs & Maintenance				Provision for COVID 19 Regulatory Package written back (net)		2,51,64,172.00	-
Depreciation		1,17,83,061.31	1,38,53,783.08	Excess Provision for Standard Assets written back		1,25,00,000.00	-
Repairs & Maintenance		79,05,625.32	61,92,165.10	Excess Provision for Investment Depreciation Reserve written back		1,50,75,209.76	-
Profession Tax		16,500.00	16,198.00			1,12,62,37,924.02	1,08,41,78,829.73
Stationery, Printing, Advertisement, etc							
(i) Printing & Stationery		24,27,744.30	24,34,908.13				
(ii) Advertisement		12,17,313.80	21,94,759.70				
(iii) Subscription		4,90,097.33	5,00,065.67				
Amortisation of Premium On HTM Securities		17,37,747.76	20,07,497.74				
General Charges		1,78,93,524.33	1,93,38,166.76				
Bad debts written off		6,00,92,699.76	1,65,407.00				
Loss on Sale of Assets		36,542.72	750.40				
Total Expenditure		1,00,69,51,725.32	98,61,28,888.86				
Provisions							
Bad & Doubtful Debts Provisions under section 36(1) (vii) (a)		80,32,000.00	85,60,000.00				
Provision for Bad & Doubtful Debts		5,19,68,000.00	-				
Special Reserve under Section 36 (1) (viii)		2,00,000.00	2,86,000.00				
Provision for COVID 19 Regulatory Package		-	2,51,64,172.00				
Provision for Standard Assets		-	10,00,000.00				
Provision for Restructured Asset		2,76,81,702.00	-				
Total Provisions		8,78,81,702.00	3,50,10,172.00				
Profit Before Tax		3,14,04,496.70	6,30,39,768.87				
Tax Expense							
(a) Income Tax - Current Year		2,17,60,000.00	3,21,96,000.00				
(b) Deferred Tax		(-8,57,538.58)	(-19,85,644.24)				
Net Profit for the Year		1,05,02,035.28	3,28,29,413.10				
		1,12,62,37,924.02	1,08,41,78,829.73				

Profit and Loss Appropriation Account for the Year Ended 31st March, 2021

Particulars	(In Rupees)	
	Year Ended 31st March, 2021	Year Ended 31st March, 2020
Profit of last year brought forward	1,03,436.51	5,58,922.11
Net Profit for the year	1,05,02,035.28	3,28,29,413.10
Excess Appropriation of previous year of Ex-Gratia written back	46,327.00	33,690.00
Appropriations subject to AGM approval	1,06,51,798.79	3,34,22,025.21
Statutory Reserve Fund - 25%	26,25,508.82	82,07,353.27
Reserve for Contingency - 10%	10,50,203.53	32,82,941.30
Education Fund - 1%	1,05,020.35	3,28,294.13
Bad & Doubtful Debts Reserve	-	2,15,00,000.00
Investment Fluctuation Reserve	65,00,000.00	-
Net Profit Carried to Balance Sheet	3,71,066.09	1,03,436.51
TOTAL	1,06,51,798.79	3,34,22,025.21

As per our Report of even date
FOR KALYANIWALLA & MISTRY, LLP
Chartered Accountants
Reg No : 104607W/W100166

Roshni R. Marfatia
Partner
Membership No.: 106548
Mumbai: August 31, 2021

Daljit Dogra
Managing Director & CEO

Yazdi B. Tantra
Chairman

Phillie D. Karkaria
Vice-Chairman

Directors

Zubin F. Billimoria
Manek J. Kalyaniwalla
Bakhtyar S. Saklatwala

Homai A. Daruwalla
Shernaz D. Mehta
Firdos T. Shroff

Saroosh C. Dinshaw
Viraf R. Mehta
Smita A. Tambe

Aspi A. Kathawalla
Noshir G. Paghdiwalla
Hormazdiyaar S. Vakil

Doongerwadi's Bennet Bungli Restored

By Hufrize Shroff

On 26th September, 2021, (Mah Ardibeshest, Roj Mohor; YZ 1391), the newly renovated Bennet Bungli (No. 5 and 6) at Doongerwadi, were inaugurated. Two jashans in both halls of the bungli were performed simultaneously by mobeds of Wadiaji Atash Behram. The jashans were arranged by donors - the Calagopi and Adajania families.



The Renovated Bungli

the BPP Trustees with a plaque and flowers. The donors then

Homeopathic Pharmacy, took on the responsibility of this big project. His daughter, Dhun, and son-in-law, Porus Vakshoor - both architects, undertook the planning, designing and supervision of the project, making it more spacious and user-friendly. WAPIZ partnered with the donor families in this project. Doongerwadi's dynamic manager, Vistaspar Mehta, shared many helpful suggestions which were incorporated in the layout.

To bungli looks transformed with the entire roof-work redone and top-of-the-line equipment used to ensure its longevity. Old partition walls were brought down, making the living area for the relatives spacious with a redone toilet/bath and a small kitchenette area. A small room with a sink was created in the main hall of the bungli for the *bhanvana vasan* and for washing the *Uthamna* flowers. A wheel-chair friendly ramp has been installed, with new announcement boards outside bunglis made

1st Donor: Sam and Mahrukh Calagopi

Sam Calagopi, the Founder and Owner of the 46-year-old Zoroastrian Homeopathic Pharmacy, has indepth knowledge in the field of homeopathy. An extremely religious person, he wished to do religious charity for the community, as decided with his brother, Late Faredun Calagopi. A wonderful human being, he believes in charity and helping the poor.

2nd Donor: Dr. Farhad Adajania

Dr. Farhad Adajania, husband of Late Dr. Benaifer Adajania, is a well-known Homeopath; and a humble and helpful person.

3rd Donor: Meherzad and Parizad Karanjia

Meherzad Phiroze Karanjia, son-in-law of Sam Calagopi, assists at the pharmacy.

This Donation is done in memory of Late Faredun Homi Calagopi, the brother of Sam Calagopi, who wished to help Doongerwadi and Late Dr. Benaifer Adajania, daughter of Sam Calagopi and wife of Dr. Farhad Adajania.



Interiors of one of the Main Halls

The jashan and inauguration of the bunglis was attended by members of the donor families, BPP Chairperson Armaity Tirandaz and Trustees - Viraf Mehta and Xerxes Dastur and BPP staff; WAPIZ Trustees - Khojeste Mistree, Meher Panthaki and WAPIZ CEO - Anahita Desai. BPP Dy-CEO, Shehnaaz Khambatta welcomed the gathering, followed by Anahita Desai speaking about the renovations and the donor families who were felicitated by

unveiled the plaque and cut the ribbon to officially open the Bunglis for use of community members.

This renovation was possible because of the generosity of the Calagopi and Adajania families, who donated towards the complete renovation of the Bennet Bungli, which was in dire need of repairs and renovation. The Calagopi family, headed by patriarch Sam Calagopi, founder and owner of The Zoroastrian



Donor families after unveiling the plaque

of material that will not rot in the rainwater. Stoppers and handles are of antique finish to complement the vintage doors and windows. Everything has been implemented to ensure longevity of the Bungli.

The contractor - Khushru put in long hours, working

through the lockdown to ensure perfect supervision.

His workmanship, planning, detailing supervision and execution of the design by Architects Dhun and Porus Vakshoor is worthy of appreciation.

XYZ's LAFA: Splendid Show Of Art And Creativity

XYZ Foundation conducted their LAFA competition (Literary Arts Fine Arts) virtually on 26th September, 2021, 10:00 am onwards. The day kicked off with an inauguration ceremony where a Humbandagi of two Yathas and one Ashem was offered. The participants were then briefed on the flow of the events of the day and the rules for each event. The participants then dispersed and the various events started with full gusto. With a total of 140 participants, across three age groups (Under 9, 12 & 16), competitions in literary arts



1	JAMSHED'S GIANTS	900
2	KETAYUN'S CONQUERORS	810
3	TEHMURASP'S TITANS	730
4	BEHRAM'S BATALLION	660
5	RUSTOM'S ROCKSTARS	600
6	CYRUS' SUPERSTARS	550
7	DARAIUS' DAREDEVILS	510
8	NOSHIRWAN'S KNIGHTS	480

and fine arts, relevant to each age group were held.

The Under-9 category had events like Painting Without Brushes, Impromptu Speaking, Clay Modelling and a Literary Quiz. The Under-12 category brought in events like Making Friendship Band, Emoji Making, Impromptu Speaking and a Literary Quiz; whilst the Under-16 age group had Wrapping Paper Designing, Redesigning T Shirts, a Literary Quiz and Turn-Quote Debate.

In addition to the 8 XYZ groups spread across Mumbai, there were participants from Zarathushthi Awareness Group of Ahmedabad (ZAGA). The day



was testimony to the abundance of creativity and potential the children of XYZ showcase at each and every event. The prize distribution ceremony kicked off with a small dance session following which, the winners of each event were announced and celebrated. The air of eager anticipation kept all participants on their toes.

Jamshed's Giants were declared the champions of LAFA 2021. The day ended on a high note with participants eagerly awaiting to see what's next at XYZ.

The Bawa Word Search

Search out the following 16 Positive Emotions To Nourish hidden in the word-jumble box below, in bi-directional, horizontal, vertical and diagonal forms:

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

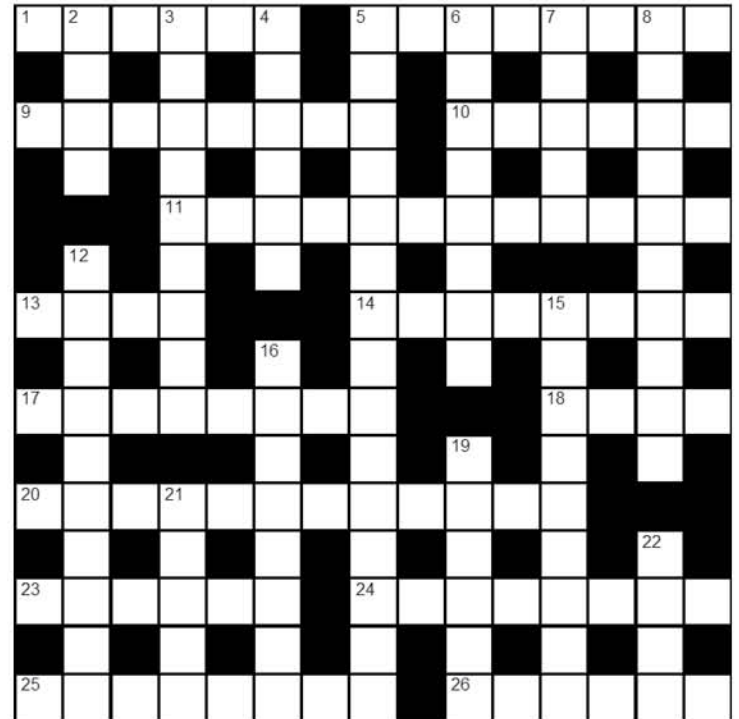
- | | | | |
|-------------|------------|-------------|------------|
| Contentment | Joyfulness | Gratitude | Optimism |
| Amusement | Delight | Confidence | Empowered |
| Tenacity | Secure | Ambitious | Determined |
| Motivated | Inspired | Invigorated | Energized |



TechKnow With Tantra Black Menu For Google

A Chrome extension, it helps explore and search multiple things right from the page you are on. You could search Google, Gmail, Google Maps, News, Youtube, Calendar and a host of other spaces, without leaving your current webpage, as well as keep track of your Keep Notes, access your Google Drive and numerous other sites directly. The extension is fully customizable and you can add / delete any of the options as per your preference. Access shortcuts to common (and obscure) Google websites like Google Contacts, Google Groups, Google Art Project, Google Follow Your World and 450+ more! A must have for your browser for a quick and easy browsing experience.

BAWAJI BHEJA FRY



ACROSS

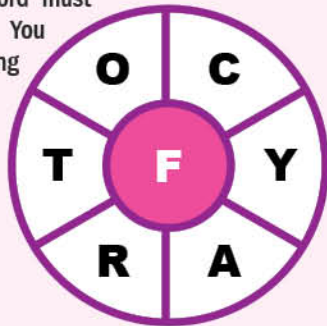
- Greek site of Apollo's more famous oracle (6)
- Vegetables of cabbage family (8)
- Unseemly (8)
- Eminently superior in manner? (6)
- Former Attorney General of India who passed away earlier this year (4,8)
- Biblical preposition (4)
- Popular breakfast fare (5,3)
- Unable to distinguish

DOWN

- musical pitch (4-4)
- Feels remorse for (4)
- First lady P.M. of India (6,6)
- A large, Indian antelope (6)
- Musical (8)
- Cook's sand-glass? (3-5)
- Holy persons (6)
- Like-minded people (5,2,1,7)
- Sensitive (8)
- Thick undergrowth (5)
- Fellow-workers (10)
- Making known publicly (10)
- Parsi pastry stuffed with sweet lentils and dry fruits (3,2,4)
- Very popular garden flower (8)
- Loves or reveres greatly (6)
- A bar of metal (5)
- A liquid measure (4)

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: 7 or more words
- Good: 8 or more words
- Outstanding: 10 or more words

CAPTION THIS!



Calling all our readers to caption this picture!

Send in your captions at editor@parsi-times.com by 6th October, 2021.

Winning Caption and Winner's Name Will Be Published Next Week.

WINNING CAPTION!!!



Akshay: Aise hi smile karte rehna! Koi na koi toothpaste ki advertisement main hame kaam zaroor dega!

By Perin Dotiwala

WZCC Toronto Holds 'The Global Zoroastrian Press Q and A' Webinar

Binaisha M. Surti

The World Zoroastrian Chamber of Commerce (WZCC) Toronto chapter presented 'The Global Zoroastrian Press Q and A' Webinar on 25th September, 2021. Open discussions were held with the Zoroastrian media publications from around the globe. The panelists included Dolly Dastoor from FEZANA, Jehangir Patel from Parsiana, Anahita Subedar from Parsi Times, Shernaaz Engineer from Jame-e-Jamshed and Yazdi Tantra from Zoroastrians.net and the Parsi Directory.

Past President, WZCC Toronto, Afreed Mistry welcomed everyone introducing the Chapter's Executive Members: President - Cyrus Patel, Treasurer - Meherwan Wadia, Secretary - Arash Shroff and Global Director of WZCC - Dilnavaz Shroff. They formally introduced the panelists before heading into the Questions & Answer session.

Some of the questions asked explored how the Zoroastrian Press worked on issues of real concern for local and global Zoroastrian audiences and the future of journalism houses within the world-wide Zoroastrian community, in keeping with current day challenges.

Dolly Dastoor said, "We have to add up to the changing needs and desires of people, giving news in a condensed manner. But some insist on having a paper in hand, so we have to have some in print...to satisfy our clientele. The role of journalism is also changing, the financial and readership base is changing...so we need to adapt to all that." Jehangir Patel added "The number of pages have become less... due to the pandemic and lack of advertising. At some point of time, we won't have professionally run organizations, unless someone comes forward to help. Today when you have sponsors, advertisers and donors, one can afford to be independent. The community has to support a publication, if the community is not able to do that...

because of lack of numbers... then I don't know how long we can sustain professionally run media houses."

Anahita Subedar shared, "I feel, the future of journalism houses within our Zoroastrian media looks promising, depending on two factors, which most publications will have to adapt to - One is inclusivity and the other being social media... playing a much larger role for readers to remain engaged and loyal too." Yazdi Tantra said, "I think media houses across the world are having this problem, print media Vs digital media and we need to look at it...that everyone wants news byte sized - youngsters are in a great hurry because the information is so much to take in. Over a period of time, we will have to increasingly get into the digital space." Shernaaz Engineer said, "The future is really bright, because we are a very opinionated community and our size is so tiny, but look at the plethora of media that we have...so that is very reassuring. We are adapting, there is social media but print is very strong too."

Numerous other aspects were discussed including strengths and weaknesses of various media houses; plans on how the publication would boost Zoroastrian entrepreneurs; and some of the most memorable published stories and profiles. The panelists then answered questions put forth by the audiences. Edul Davar thanked the Toronto chapter for conducting a wonderful programme and the audience for being a part of it. He also thanked the Zoroastrian press for taking WZCC to a higher level. Cyrus Patel felt it was a rewarding and gratifying experience to be a part of this webinar and that it was nice to see publications go online so one could access issues from any part of the world, thus bringing the community closer. Dilnavaz Shroff concluded by saying that the Toronto chapter intends to have a Zoroastrian media meet more regularly with the aim of unifying the Zoroastrian community, which had been the underlying purpose and premise of this webinar.

Update: Support To Zoroastrians Affected By Covid Pandemic

- By Trustees & Team WZO Trusts -

Despite a few cases of Zoroastrians affected by Covid continue to be received, the second wave (April 2021 onwards) has subsided to an extent. However, the trail of misery caused in its wake continues unabated, with community members from different walks of life on account of health, finances, etc. Since the onset of the Pandemic (March 2020), WZO Trusts have been raising funds from donors, across the world; and been actively involved in alleviating the suffering of community members.

In keeping with the policy of transparency and accountable in all community welfare projects undertaken from funds raised, the WZO Trusts shares details of support to Zoroastrians affected by Covid's second wave:

PRODUCT	NOS. OF BENEFICIARIES	AMOUNT
MOBEDS: (Loss of income due to closure of Places of worship)	121	30,25,000
SELF EMPLOYED: (Loss of income)	74	15,80,000
SALARIED INDIVIDUALS: (Received reduced salaries or no salaries)	259	49,77,000
OTHERS: (Misc. reasons - Education / Relief from Poverty)	37	7,30,000
FARMERS: (Loss of agriculture, dairy, poultry and allied incomes)	29	4,25,000
MEDICAL: (Hospitalisation & treatment on account of Covid)	107	84,21,916
FOOD GRAINS Distributed	650	21,91,150
Total Beneficiaries	1277	2,13,50,066

Our welfare initiatives for Zoroastrians affected by the Pandemic will continue over the next few months, which will be in addition to our regular welfare activities. During the first wave (March 2020 to March 2021) the WZO Trusts raised and disbursed aid to the extent of Rs.2,90,16,137 to affected Zoroastrians.

WZO Trusts are extremely grateful to donors, big and small, from all over the world, well-wishers, our resource persons at various locations in India and our Administration Team which has ceaselessly been involved in this humanitarian exercise.

ACE Presents 'Destress With Drama' For Adults

Raëll Padamsee's Academy for Creative Expression (ACE) offers a fresh course - 'Destress With Drama', to help parents, people working from home and young adults combat stress and facilitate rejuvenation! It will include drama techniques like theatre games, improvisations and role play, providing a highly interactive experience, which helps shed inhibitions and relish the creativity of the arts,

through drama.

Five sessions of one-hour each promise you creativity and laughter which will be invigorating and relaxing, calming yet intoxicating as your imagination gets you going stress-free! Batches start on 9th October (Saturday at 5:40 pm) and 13th October (Wed and Fri at 6:00 pm). For further information, call: 9773533332 / 9320130014.

PRESS NOTE

THE BOMBAY PARSI PUNCHAYET FUNDS AND PROPERTIES

209, Dr. Dadabhai Naoroji Road, Fort, Mumbai - 400 001.

The following Housing applicants whose names is published hereunder was shortlisted and approved by the Board of Trustees.

Before completing the process of allotment, the Trustees, as a matter of abundant caution, are publishing the names of the allottees so that if there is any adverse factor against the proposed allotment, the Trustees attention may be drawn thereto latest by 22/10/2021.

Communication furnishing the full details of the objections should be addressed to the Chairman, Mrs. Armaity R Tirandaz, Bombay Parsi Punchayet, 209, Dr. D. N. Road, Fort, Mumbai - 400 001.

By Order of the Trustees of

The Parsi Punchayet Funds and Properties, Bombay

02-10-2021

Mumbai

Aspi F. Sarkari
CEO

THE NAME OF TENTATIVE ALLOTTEE FOR ACCOMMODATION IN BPP COLONIES.

- | | |
|--|--|
| 1. Ms. Nilufer Firoze Bam
Dr. Freany Cama Home
for young Parsi Women,
Gamadia Colony, Tardeo,
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DR. DANESH CHINYOY

Is Lower Back Pain Cramping Your Life?

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About 8 in 10 people have one or more bouts of Lower Back Pain. Most often, it is not due to a serious disease or major back problem, and the exact cause of the pain is not clear. This is called non-specific Lower Back Pain. The usual advice is to keep active and do normal activities as much as possible. Painkillers can help until the pain eases. In most cases, the pain disappears within a few weeks but may recur. Persistent (chronic) pain develops in some cases and further specific treatment may then be needed.



prolapsed part of the disc presses on a nerve nearby.

There may be many other causes of pain that can only be evaluated upon examination and investigations but most people who develop lower back pain that comes on suddenly (acutely), have non-specific lower back pain. If there are no other associated symptoms and the pain is not too bad, many people are confident to just 'get on with it' and treat it themselves - and indeed, most do recover quickly.

- Weakness of any muscles in legs.
- Lack of feeling (numbness) in any part of your bottom or leg.
- Pain which is worse in the second half of the night or after waking.
- Stiffness, in addition to pain, of the back muscles in the morning after getting up from bed that lasts for more than 30 minutes.
- Numbness around the back passage - the saddle area.
- Bladder symptoms such as loss of bladder sensation; loss of bladder control, incontinence, loss of sensation when urinating.
- Incontinence of stools.
- Back pain following major trauma such as an accident.
- General symptoms, such as high

The lower back is also called the lumbosacral area of the back. Most of the lower back is made of muscles that attach to, and surround, the spine. Many people confuse the spine with the spinal cord. The spine is made up of many bones called vertebrae, which are roughly circular in shape. Between each vertebra is a disc. These discs between the vertebrae are a combination of a strong fibrous outer layer and a softer, gel-like centre. The discs act as shock absorbers, allowing the spine to be flexible. Strong ligaments also attach to nearby (adjacent) vertebrae to give extra support and strength to the spine. The various muscles that are attached to

out from between the vertebrae to take and receive messages to various parts of the body.

The majority of cases of sudden-onset (acute) low back pain are classed as non-specific. This is the type of back pain that most people will have at some point in their lives. It is called non-specific because it is usually not clear what exactly is causing the pain. In other words, there is no specific problem or disease that can be identified as the cause. The range of pain can still vary from mild to severe.

Nerve-root pain - often called sciatica - occurs in about 1 of every 20 acute low back pain patients. Nerve root pain means that a nerve coming out from the spinal cord (the root of the nerve) is irritated or pressed on. (Many people call this a trapped nerve.) You feel pain along the course of the nerve. Therefore, you typically feel pain down your leg, extending sometimes, even up to the calf or foot. This pain, in the leg or foot, is often worse than the pain in the back. The irritation or pressure on the nerve may also cause pins and needles, numbness or weakness in parts of the buttock, leg or foot.

About 9 in 10 cases of nerve-root back pain are due to a prolapsed disc - generally called a slipped disc. A disc does not actually slip. What happens is that the inner soft part of the disc bulges out (prolapses) through a weakness in the outer hard part of the disc. The

Lower Back Stretches

Child's Pose



Revolved Head-to-Knee



Forward Folds



Puppy Pose



Twists



Cat



Down Dog



Side Angle



Head-to-Knee



Plow



However, if in doubt, or if you have any of the undermentioned symptoms, please do consult your physiotherapist:

- Pain that develops gradually and slowly, gets worse and worse over days or weeks.
- Constant back pain that is not eased by lying down or resting.
- Pain that travels to the chest, or is higher in the back behind the chest.

temperature, unexplained weight loss, etc.

Investigation techniques like X-rays, MRI scans or even blood tests may be advised in certain situations. This is mainly if there are symptoms, or signs during examination, to suggest that there may be a serious underlying cause for the back pain.



Heat Therapy

the spine enable the spine to bend and move in various ways.

The spinal cord contains the nerve pathways to and from the brain, and is contained and protected within the spine. Nerves from the spinal cord come

Celebrating Daughters



VEERA SHROFF SANJANA



to the chiselled cheeks now that make her beautiful, you silently gaze upon that beauty with an overwhelming sense of joy. Not for the beauty reflected in that face, but for the one that shines out from her soul.

Daughters are beyond responsible. Remember, a daughter will have two families in one lifetime. The one she's born into and the one she adopts upon her nuptials. Little princesses leave their maternal homes where they have all but basked in the sunshine of warmth and love. Then she steps into her marital home, where all she seeks is a welcoming embrace and a place to call her own. She's the glue binding many relationships, the cement that fixes those cracks; holding it all together. She's the reason for your joy and happiness, whether it's in her tinkling laughter or in the merriment of that incessant chatter. Her tears will tear your heart out of you, and her sorrows may cost you sleepless

nights. Even so, her will and tenacity will amaze you in ways that fill you up. She will aim for the stars and scatter them at your feet - all in the name of love. She will bear your name with honour and respect; she will work her magic in dazzling ways. Every act, no matter how small or big, will always be enduring and true.

She will enrich lives as she moves upon her own life-path. She will

forge relationships and friendships, bonds and ties. She will work at each with true dedication and feeling, for a girl and a woman knows in her heart that true friends and allies are her greatest strength and most valued treasures. Teach your daughters to be true to themselves, never conceding to another's will or frivolities. Life's crosses and human weakness may sometimes cross her path. Teach her to never bow down too long to fear or failings for in her indomitable spirit lies the courage and success of all that she aspires to be!



Last week, Daughter's Day was celebrated on 26th September. Now there are myriad reasons why daughters are precious... More precious than all the silver and gold you accumulate in life. Daughters are the tiaras you wear for life. It's uncanny how often a mother hears that remark, "Hey your daughter is a splitting image of you!" And no matter the number of times it is said, that sense of pride fills every pore of your being. If you have a daughter, you are blessed in life.

Bringing up daughters can be a complicated affair. To help her become the best version of herself may require some work, but the rewards of raising a strong, independent woman are so gratifying for a parent that the joy supersedes any challenges you may have faced. There's something indescribably beautiful about a girl child. She brings with her fragrance and lingering essence, wrapping most things in soft love and gentle care. Born with a maternal gene, a girl child is a mother long before she becomes one. Have a daughter and you know what real compassion is. From bringing home abandoned strays, kittens and pups from neglected litters and cold streets, to mending broken wings and over feeding that bird cage.

She is an impish combination of mischievousness and good sense simultaneously... a robust blend of strength and grace, a confounding combination of fierceness and gentleness. She lights up every room she enters, her smile melts the cockles

of a cold heart. Her delicacy, grace, beauty and radiance leave a little sparkle wherever she goes. Worthy to love and to be loved - she is a daughter, a veritable gift from the heavens.

Oh yes! There are discussions aplenty, opinions galore and one has often heard it all before. "Whether to have a daughter is good or a son somehow better?" The gender disparity is discussed; the pros and cons debated. From equality to feminism, to women's oppression and regression, it is really nothing short of a gross transgression. But in an age of women empowerment and breaking the glass ceiling, a girl child should be valued and appreciated for the beautiful gift she is. Kind and thoughtful at every turn, her charm and wonder enraptures you from the time she's born.

Daughters are the charm of every family - be it here artistic talents or that ebullient smile. She wraps her father around her little finger while keeping her mother on her toes! Watch your little girl who slips her tiny little feet

into your shoes as a toddler, only to fit and fill them beyond your expectations later. Watch her as she learns to ride

that cycle, all the while drying her tears with those innumerable falls and scraped knees, only to then ride off into the sunset, years later, with a sense of joy and grief all rolled in one. From her first words to her first book, from her first dance recital to her first sleep-over, you watch and see and learn. There is so much you want and you need to say to her, in order for her to take flight. But chances are, she already knows it all and what she doesn't, she'll master on her own terms. From that puppy-fat that made her adorable in her childhood

► **The following undermentioned advice should help in a sudden-onset (acute) bout of nonspecific low back pain:**

Keep Active: Continue with normal daily activities as much as possible. This may not be possible at first if the pain is very bad. However, move around as soon as you are able, and get back into normal activities as soon as you can. As

a rule, don't do anything that causes a lot of pain. However, you will have to accept some discomfort when you are trying to keep active. Setting a new goal each day may be a good idea. For example, walking around the house on one day, a walk to the shop next day, etc.

Sleep Comfortably: Sleep in the most naturally comfortable position on whatever is the most

comfortable surface for you.

Get Back To Work: If you have a job, aim to get back to work as soon as possible. Returning to work often helps to relieve pain by getting back to a normal pattern of activity and providing a distraction from the pain.

Stretches And Exercises: Back stretching and strengthening

exercises will go a long way in keeping your spine pain free.

Get Moving: In the past, one was advised to rest until the pain eases. It is now known that this was wrong. The evidence from research trials is that you are likely to recover more quickly by getting moving again as soon as possible. Also, you are less likely to develop persistent (chronic) back pain if

you keep active when you have back pain rather than resting a lot.

Heat Therapy: Heat - such as a hot bath, may help to ease pain

Manual Therapy: Typically, this includes few sessions of massage, spinal mobilization/manipulation from an expert physiotherapist.

પારસી રાઈમ્સ

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THE TRUTH. DELIVERED WEEKLY.

રાવલપિંડી (પાકિસ્તાન)ના પારસી કબ્રસ્તાનને જમીન માફિયાઓથી રક્ષાણની જરૂર છે



રાવલપિંડી (પાકિસ્તાન) ના પારસી યુનિયનના પ્રમુખ ઈસ્ફન્ધાર બંડારાએ સરકાર પાસે મુરી રોડની બાજુમાં બેનઝીર ભુટ્ટો હોસ્પિટલ પાસે આવેલા પારસી કબ્રસ્તાન માટે સુરક્ષા પૂરી પાડવાની માંગ કરી છે. હાલમાં, મુઝીબર પારસી સમુદાયના પરિવારો રાવલપિંડીમાં રહે છે. ગયા અઠવાડિયે પાકિસ્તાની મીડિયા સાથે વાત કરતા, લઘુમતી સમુદાયના નેશનલ એસેમ્બલીના ભૂતપૂર્વ સભ્ય ઈસ્ફન્ધાર બંડારાએ સરકારને આ કબ્રસ્તાનને રાવલપિંડીના સાંસ્કૃતિક વારસાના મહત્વના ભાગ રૂપે સુરક્ષિત કરવા કહ્યું હતું.

એક પારસી વેપારી પરિવાર દ્વારા ૧૮૯૦ ના દાયકામાં બાંધવામાં આવેલ આ એક માળની ઈમારત તેની એકદમ વસાહતી ધાર ધરાવે છે. બંડારાએ કહ્યું કે સરકારે આ કબ્રસ્તાનને હેરિટેજ તરીકે જાહેર કરવું જોઈએ અને તેને સુરક્ષિત કરવા માટે પગલાં લેવા જોઈએ કારણ કે જમીન માફિયા તેની બાકીની ખાલી જમીન પચાવી પાડવા માટે ઉત્સુક છે. પાકિસ્તાન અસ્તિત્વમાં આવ્યું ત્યારે પારસી સમુદાયના સભ્યો રાવલપિંડીના પ્રખ્યાત વેપારી હતા. હિન્દુ અને શીખ જેવા અન્ય સમુદાયો સાથે પારસી સમુદાયે આ શહેર માટે મોટી સેવાઓ આપી હતી. જો આપણે આપણી ધાર્મિક લઘુમતીઓની અવગણના કરતા રહીશું તો આપણો વારસો, સાંસ્કૃતિક ગુમાવવાનો ભય છે. પાકિસ્તાનની ભૂતકાળ, વર્તમાન અને ભવિષ્યના પારસી હિતોની રક્ષા માટે પારસી કબ્રસ્તાનનું તાત્કાલિક રક્ષણ અને સંરક્ષણ લેવાની તીવ્ર જરૂર છે.

ટાટા વિશ્વસનીય ગ્રુપ તરીકે જાહેર થયું



એક સ્વતંત્ર ઈક્વિટી સંશોધન ઈક્વિટીમાસ્ટર દ્વારા તાજેતરમાં હાથ ધરાયેલા મતદાનમાં ટાટા જૂથ સૌથી વિશ્વસનીય સંગઠન તરીકે ઉભરી આવ્યું છે. ટાટા ગ્રુપે કુલ મતોમાંથી ૬૬% મત મેળવ્યા, જે ૨૦૧૩માં થયેલા છેલ્લા મતદાનમાં મળેલા મતની સંખ્યા (૩૨%) કરતા બમણા વધારે છે. ૧૭ મોટા કોર્પોરેટ પર મત આપવા માટે કુલ ૫,૨૭૪ લોકોને પસંદ કરવામાં આવ્યા હતા, તેમની વિશ્વસનીયતાના આધારે. ૧૫૩ વર્ષ જૂનું એવી બિરલા ગ્રુપ અને મુકેશ અંબાણી ગ્રુપ અનુક્રમે ૫% અને ૪.૭% ઓછા મત સાથે બીજા અને ત્રીજા સ્થાને છે.

હકીકતમાં, ટાટા ગ્રુપ સિવાય, અન્ય ૧૬ જૂથોમાંથી કોઈ પણ કુલ સહભાગીઓની સંખ્યાના ૫% થી વધુનો વિશ્વાસ જીતી શક્યું ન હતું, જો કે આમાંના ઘણા જૂથો ૨૦૧૩માં યોજાયેલા ઈક્વિટીમાસ્ટરના છેલ્લા મતદાનથી થોડા ક્રમિકે આગળ વધ્યા હતા. બિરલા ગ્રુપ, ગોદરેજ અને ટીવીએસ બે ક્રમ આગળ વધ્યા છે, મુકેશ અંબાણી ગ્રુપ છ ક્રમ આગળ વધ્યા છે જ્યારે રાહુલ બજાજ ગ્રુપ, જે ચોથા સ્થાને છે, છેલ્લા મતદાનથી નવ ક્રમ આગળ વધ્યા છે.

૨૨મી સપ્ટેમ્બર, ૨૦૨૧ના રોજ મીડિયા નિવેદનમાં ઈક્વિટીમાસ્ટરએ શેર કર્યું હતું, મતદાન દર્શાવે છે કે વિજેતા અને બાકીના કોર્પોરેટ જૂથો વચ્ચે ઘણું અંતર છે. આપણું પોતાનું ટાટા ગ્રુપ સૌથી વિશ્વસનીય સંગઠન તરીકે ટોચ પર આવ્યું! આ સાચા મહાન સ્વપનદ્રષ્ટા ઉદ્યોગપતિઓ દ્વારા સ્થાપિત અતુલ્ય દાખલાને ધન્યવાદ! જમશેદજી ટાટા દ્વારા ૧૮૬૮માં સ્થપાયેલ, ટાટા ગ્રુપ ઓટોમોબાઈલ, વિમાન અને અન્ય ઉત્પાદનોનું ભારતીય બહુરાષ્ટ્રીય સંગઠન ઉત્પાદક છે, જેનું મુખ્ય મથક મુંબઈ, ભારતમાં છે. અનેક વૈશ્વિક કંપનીઓ ખરીદા બાદ તેને આંતરરાષ્ટ્રીય માન્યતા મળી. તે દેશનું સૌથી મોટું અને સૌથી જૂનું ઔદ્યોગિક જૂથ છે, જેમાં દરેક ટાટા કંપની તેના પોતાના ડિરેક્ટર અને શેરધારકોના માર્ગદર્શન અને દેખરેખ હેઠળ સ્વતંત્ર રીતે કાર્યરત છે.

નવસારીના ડબ્લ્યુએડઓ ટ્રસ્ટ ફંડના સિનિયર સિટીઝનોને જોતા લાગે છે કે સુખની કોઈ ઉમર નથી હોતી



ટ્રસ્ટી અને એડમિનિસ્ટ્રેશન ટીમ, ડબ્લ્યુએડઓ ટ્રસ્ટ ફંડ સિનિયર સિટિઝન્સ સેન્ટર, નવસારી, આમાં લખે છે કે ડબ્લ્યુએડઓ ટ્રસ્ટ ફંડ નવસારીના વરિષ્ઠ નાગરિક કેન્દ્રોના રહેવાસીઓ ખુશ છે, એટલા માટે નહીં કે બધું સાચું છે, પરંતુ એટલા માટે કે તેઓ તમામ પરિસ્થિતિઓમાં અનુકૂળ કરી રહે છે અને દરેક વસ્તુની સારી બાજુઓ જુએ છે.

અગાઉના અઠવાડિયામાં મોટાભાગના ભાગોમાં ભારે વરસાદ પડ્યો હતો, જેના કારણે વરિષ્ઠ નાગરિકો માટે તેમની મોર્નિંગ વોક અને સાંજે સહેલ માટે બહાર નીકળવું મુશ્કેલ બન્યું હતું. ભીના હવામાનથી તેઓ ઘરની અંદર રહેવાની ફરજ પાડતા હતાશ ન થયા, રહેવાસીઓની ટીમ સાથે મળીને હાઉસી રમવાના રાઉન્ડનો આનંદ માણ્યો, તાજી બનાવેલી ગુલામ જામુન્સ સાથે સાંજની મજા પૂરી કરી!

આવા બીજા ભીના દિવસે, સુવર્ણ-વૃદ્ધોએ તેમના નિયમિત બપોરના ભોજનમાં તાજા મસાલા ડોસા લેવાનું નક્કી કર્યું. વહીવટી ટીમે ઝડપથી વ્યવસ્થા કરી જેનાથી આપણાં રહેવાસીઓ ખુશ અને તૃપ્ત થયા.

ડબ્લ્યુએડઓ ટ્રસ્ટ ફંડ દ્વારા સંચાલિત સિનિયર સિટિઝન્સ સેન્ટરના ટ્રસ્ટીઓ અને વહીવટી ટીમ દ્વારા નવસારીમાં અનુકરણીય અને અથાક પ્રયત્નો માટે આભાર, આપણા વરિષ્ઠ નાગરિકોના સંઘ્યાકાળમાં તેમના ચહેરા પર આનંદ અને સ્મિત જીવંત રાખવા માટે!

દરેક આત્મા પૃથ્વી ગ્રહ પર એક હેતુ માટે આવે છે, જે તેના કર્મ-દેવા ચૂકવવા, અન્ય લોકો માટે આખું જીવન બલિદાન આપવા, પોતાને સાજા કરવા, અન્ય આત્માઓને સાજા કરવા અથવા અન્યને કંઈક ભેટ આપવા માટે હોઈ શકે છે. અસંખ્ય ધર્મો અનુસાર, અવતાર લેતા પહેલા, આત્મા બ્રહ્માંડ સાથે ચોક્કસ ધ્યેયો પૂરા કરવા માટે પવિત્ર કરાર કરે છે. દરેક આત્મા ચોક્કસ કાર્ય કરે છે. તમારા જીવનના તમામ સુખ અનુભવો માટે સેવા આપે છે, અને પછીથી, તે કરાર પૂર્ણ કરે છે. જો તમે તમારો કરાર પૂરો કરવામાં નિષ્ફળ રહો છો, તો તમે જીવનમાં ખાલીપણની લાગણી અનુભવો છો, અથવા તમારા જીવનમાં કંઈક ખોટું અથવા કંઈક ખૂટે છે. આનું કારણ એ છે કે આત્મા તેના માટે અવતારિત ધ્યેયને પરિપૂર્ણ કરવા માટે ભૂખ્યો

છે; અને જ્યાં સુધી તમે આત્માની ભૂખને ખવડાવશો નહીં, ત્યાં સુધી તમે બેચેન અથવા ઉદાસીનતા અનુભવો છો. તમારો આત્માનો કરાર અથવા જે હેતુ માટે તમે જન્મ્યા હતા. તે હંમેશા સરળ રસ્તો નથી. તમે જે પીડાઓ ભોગવો છો, અપમાન કરો છો, એકલતા અનુભવો છો, વિવિધ અનુભવો જે નાખુશ, દુખદાયક અને નિરાશાજનક છે દુર્ઘટનાઓ એ દરેક તમારા આત્માના કરારની જાગૃતિનો દરવાજો છે.



જ્યારે તમે માર્ગદર્શન અને સહાય માટે પૂછો છો, ત્યારે માની લો કે તે તરત જ તમારા પર વરસી રહ્યું છે. સંપૂર્ણ વિશ્વાસમાં રહો કે બ્રહ્માંડ તમારી વિનંતી સાંભળી છે અને મદદ પહેલેથી જ છે. પ્રાર્થના કરો, માર્ગદર્શન માટે પૂછો. પ્રાર્થના દેવી બુદ્ધિ સાથે વ્યક્તિગત સંબંધમાં આગળ વધી રહી છે. જ્યારે તમે પ્રાર્થના કરો છો, ત્યારે તમે કૃપા આકર્ષિત કરો છો. જેમ તમે મોટા થશો બ્રહ્માંડની સમૃદ્ધિ, સુંદરતા અને રમતિયાળતા પર ખુશ થશો. આત્મા માટે આ ખૂબ મહત્વનું છે. તમારો આત્મા -કરાર પૂરો કરવા માટે, તમારી જાતને પૂછો - મને શું ખુશ કરે છે? મને આત્મિક આનંદ ક્યારે મળે છે? ગાતી વખતે? ચિત્રકામ કરતી વખતે? શિક્ષણ? નૃત્ય? લેખન? જે પણ તમને આત્મિક સુખ આપે છે - તમારે વિશ્વમાં યોગદાન આપવું પડશે કારણ કે આ તમારા આત્માનો યોગદાન છે અને આ અવતાર માટેનો તમારો હેતુ છે. તમારી જાતને ખરાબ કરતાં સાચું પસંદ કરવાની મંજૂરી આપો અને દરેક ક્ષણે સૌથી સકારાત્મક વર્તન પસંદ કરો. અન્યની નકારાત્મક શક્તિઓ પર ધ્યાન ન આપો. તમે તમારી નકારાત્મકતાને છોડો અને તમારી જાતને અને અન્ય લોકોને સાજા કરવાનું પસંદ કરો. નમ્રતા, ક્ષમા, દાન, રમૂજ અને પ્રેમ બ્રહ્માંડ તરફથી દરેકને ભેટ છે. તમે બ્રહ્માંડ સાથે તમારો આત્મા-કરાર પૂર્ણ કરી શકશો.



YOUR MOONSIGNS JANAM RASHI THIS WEEK

લખનાર: મરહુમ મહારાજ શ્રી સ્વયંજ્યોતિના સહકાર્યકર્તા જયેશ એમ. ગોસ્વામી

અઠવાડિક રાશિક્ષણ: તા. ૦૨.૧૦.૨૦૨૧ થી તા. ૦૮.૧૦.૨૦૨૧

Aries - મેષ - અ.વ.ઈ.
શનિની દિનદશા ચાલુ હોવાથી તમે ચારે બાજુથી ઘેરાયેલા રહેશો. નાની વાત મોટી પરેશાનીમાં મુકશે. તબિયત અચાનક બગડી જવાના ચાન્સ છે. નાણાકીય મુશ્કેલી અચાનક આવી જશે. તમારા નાણા ફસાઈ ન જાય તેની ખાસ દરકાર લેજો. જાણીતી કે અજાણી કોઈ પણ વ્યક્તિ પર વિશ્વાસ મુકતા નહીં. દરરોજ 'મોટી હમન યજ્ઞ' ભણાજો.
શુકનવંતી તા. ૩, ૪, ૫, ૮ છે.

Lucky Dates: 3, 4, 5, 8.
Saturn's ongoing rule will engulf you from all ends. Small matters could land you in big trouble. Your health could suddenly go down. Sudden financial issues could crop up. Take special caution to ensure that your funds do not get stuck. Avoid putting your complete trust in people - known or unknown. Pray the Moti Haptan Yasht daily.

Cancer - કર્ક - ડ.હ.
૨૫મી ઓક્ટોબર સુધી મંગળની દિનદશા ચાલશે તમારી નાની ભુલ તમને ઉપરથી નીચે લાવી દેશે. મંગળને કાણે ગુસ્સા પર કંટ્રોલ નહીં કરી શકો. તમારી મનગમતી વ્યક્તિ તમારાથી નારાજ થશે. ઘણી-ઘણીયાણીમાં નાની બાબતમાં મતભેદ પડતા રહેશે. નાણાકીય બાબતમાં ખેચતાણ રહેશે. દરરોજ 'તીર યજ્ઞ' ભણાજો.
શુકનવંતી તા. ૨, ૩, ૬, ૭ છે.

Lucky Dates: 2, 3, 6, 7.
Mars' rule till 25th October could have your smallest mistake drop you to the ground from great heights. You might not be able to control your temper. A favourite person could get upset with you. Couples will squabble over petty matters. Financially, this could be a strenuous time. Pray the Tir Yasht daily.

Libra - તુલા - ર.ત.
૧૭મી ઓક્ટોબર સુધી તમારી રાશિના માલિક શુકની દિનદશામાં પસાર કરવાના બાકી છે. તમને ખુબ સુખ શાંતિ મળશે. અપોજીટ સેક્સને આપેલા પ્રોમીસ પુરા કરવામાં શુક મદદ કરશે. અપોજીટ સેક્સ તરફથી ફાયદો થશે. ખર્ચ કર્યા છતાં પણ તમને ધનની કમી નહીં આવે. દરરોજ 'બહેરામ યજ્ઞ'ની આરાધના કરજો.
શુકનવંતી તા. ૨, ૪, ૫, ૬ છે.

Lucky Dates: 2, 4, 5, 6.
Venus' rule till 17th October brings you lots of happiness and peace. Venus helps you in delivering any promises made to the opposite gender, which will bring you benefits. Despite your expenses, there will be no shortage of funds. Pray to Behram Yazad daily.

Capricorn - મકર - ખ.જ.
રાહુની દિનદશા ચાલુ હોવાથી દટ્ટી નવેમ્બર સુધી તમારા કોઈ કામમાં સફળતા નહીં મળે. રોજ બરોજના કામ સરખી રીતે કરી નહીં શકો. જ્યાં પણ કામ કરતા હશો તમારા ઉપરીવર્ગ તમને પરેશાન કરવામાં કોઈ કસર નહીં મુકે. ઘરવાળાની તબિયતની ખાસ સંભાળ લેજો. આવક કરતા જાવક વધી જશે. દરરોજ 'મહાબોખ્તાર નીઆએશ' ભણાજો.
શુકનવંતી તા. ૨, ૩, ૪, ૫ છે.

Lucky Dates: 2, 3, 4, 5.
Rahu's ongoing rule till 6th November, makes it difficult for you to attain success. You will not be able to execute even your daily chores properly. Senior colleagues will go all out to cause your harassment at the workplace. Take special care of the health of family members. Expenses will be more than income. Pray the Mah Bokhtar Nyaish daily.

Taurus - વૃષભ - બ.વ.ઉ.
૨૧મી ઓક્ટોબર સુધી બુધની દિનદશા ચાલશે બધાજ કામ બુધિ વાપરી કરતા સફળતા મળશે. જે પણ કમાશો તેમાંથી બચત કરી ઈનવેસ્ટમેન્ટ અવશ્ય કરજો. મિત્રોનો સાથ સહકાર મળવાથી મુશ્કેલી ભર્યા કામ સહેલાઈથી કરી શકશો. જે પણ કામ કરશો તેમાં માન ઈજ્જત સાથે ધનલાભ પણ થશે. દરરોજ 'મહેર નીઆએશ' ભણાજો.
શુકનવંતી તા. ૨, ૩, ૬, ૭ છે.

Lucky Dates: 2, 3, 6, 7.
Mercury's rule till 21st October will help you achieve success in all of your tasks where you employ your intelligence. Ensure to save and make investments from your income. The support and help from friends will enable you in accomplishing even your difficult tasks with ease and proficiency. You will receive respect, admiration and financial gains in all your endeavours. Pray the Meher Nyaish daily.

Leo - સિંહ - મ.ટ.
ચંદ્રની દિનદશા ચાલુ હોવાથી ગામ પરગામથી કોઈ સારા સમાચાર મળીને રહેશે. ઘરમાં નાના મોટા ચેન્જસ કરવાથી મનને શાંતિ મળશે. તમારા કરેલા કામના બીજા વખાણ કરશે. ઘરવાળાની ડિમાન્ડ પુરી કરી શકશો. ચાલુ કામકાજમાં તમારા કામે સારી રીતે કરીને બીજાની બોલતી બંધ કરી દેશો. દરરોજ 'યા બેસ્તરના' ૧૦૧ વાર ભણાજો.
શુકનવંતી તા. ૪, ૫, ૬, ૮ છે.

Lucky Dates: 4, 5, 6, 8.
The ongoing Moon's rule will bring your good news from abroad. You will feel peaceful by bringing in some changes at home. Others will appreciate your work. You will be able to cater to the wants of your family members. You will shut the voices of naysayers by excelling in your current work projects. Pray the 34th Name, 'Ya Beshtarna', 101 times, daily.

Scorpio - વૃશ્ચિક - ન.પ.
તમને મોજશોખના દાતા શુકની દિનદશા ચાલુ હોવાથી તમારા દિવસો આનંદમાં પસાર થશે. જે વસ્તુ જોઈતી હશે તે મહેનત કરીને પણ મેળવી લેશો. બગડેલી તબિયતમાં સુધારો થતો જશે. પોતાના કામ પુરા કરી બીજાના મદદગાર થશો. અચાનક ધનલાભ થવાના ચાન્સ છે. દરરોજ 'બહેરામ યજ્ઞ'ની આરાધના કરજો.
શુકનવંતી તા. ૩, ૪, ૭, ૮ છે.

Lucky Dates: 3, 4, 7, 8.
Venus' ongoing rule has you spending your days in happiness. You will be able to get any object you desire with some hard work. Your compromised health will improve. You will be able to not just get your own work done, but also help others. A sudden windfall could be expected. Pray to Behram Yazad daily.

Aquarius - કુંભ - ગ.શ.સ.
ગુરુની દિનદશા ચાલુ હોવાથી ૨૫મી ઓક્ટોબર સુધી ઘરવાળાનું દિલ જીતી લેશો. તમારા કરેલ કામ કોઈ બગાડી નહીં શકે. જોઈતું ધન કમાવવામાં કોઈ મુશ્કેલી નહીં આવે. ગુરુની કૃપાથી કમાયેલ નાણાને સારી જગ્યાએ ખર્ચની સાથે બચાવી ઈનવેસ્ટમેન્ટ કરી લેજો. ગુરુની વધુ કૃપા મેળવવા માટે દરરોજ 'સરોશ યજ્ઞ' ભણાજો.
શુકનવંતી તા. ૩, ૪, ૭, ૮ છે.

Lucky Dates: 3, 4, 7, 8.
Jupiter's ongoing rule till 25th October, makes you win over the hearts of family members. No one will be able to spoil or destroy your work. There will be no challenges in earning money. With Jupiter's blessings, you will be able to spend as well as save and invest your income at the right places. To further the graces of Jupiter, pray the Sarosh Yasht daily.

Gemini - મિથુન - ક.ઇ.ધ.
૨૦મી નવેમ્બર સુધી તમારી રાશિના માલિક બુધની દિનદશા ચાલશે. જે પણ ડીસીઝન લેશો તે વિચાર કરીને લેજો. તમારા કામકામની વાત તમે પહેલા જાણી લેશો. નાણાકીય બાબતમાં સારા સારી રહેશે. નાણાને સારી જગ્યાએ ઈનવેસ્ટમેન્ટ કરી શકશો. અંગત સગા સંબંધીઓના મદદગાર બનશો. દરરોજ 'મહેર ની આએશ' ભણાજો.
શુકનવંતી તા. ૩, ૪, ૫, ૮ છે.

Lucky Dates: 3, 4, 5, 8.
Mercury's rule till 20th November suggests that you need to think all your decisions through thoroughly. You will be able to instantly identify areas of your benefit. Financially, things will continue to look up. You will be able to invest your money profitably. You will be helpful to those close to you and your family. Pray the Meher Nyaish daily.

Virgo - કન્યા - પ.ક.ણ.
પહેલા ૪ દિવસ સુર્યના ઉતાપમાં પસાર કરવાના બાકી છે. તેથી કોઈ સર્વી સિક્કાના કામો કરતા નહીં. નવા પ્લાન દટ્ટી પછી બનાવજો. ઉતરતી સુર્યની દિનદશા તમારા પ્રેશરને વધારી દેશે. મુશ્કેલીઓ વધી જશે. દટ્ટી ઓક્ટોબરથી શરૂ થતી ચંદ્રની દિનદશા તમારી બાઈકમાં શાંતિ આપી જશે. આ અઠવાડિયામાં તમારા કામ પુરા નહીં થાય તો ચિંતા કરતા નહીં. દરરોજ દદમુ નામ 'યા રયોમંદ' સાથે 'યા બેસ્તરના' ૧૦૧ વાર ભણાજો.
શુકનવંતી તા. ૨, ૩, ૫, ૮ છે.

Lucky Dates: 2, 3, 5, 8.
You have 4 days remaining under the Sun's rule. Avoid giving your formal approval (signature) for any works. Make any new plans only post the 6th of October. The descending rule of the Sun could increase your Blood Pressure. Difficulties could increase. The Moon's rule, starting 6th October, will bring in peace into your life. Don't worry if you are unable to complete your tasks within this week. Pray the 96th Name, 'Ya Rayomand', along with the 34th Name, 'Ya Beshtarna', 101 times each, daily.

Sagittarius - ધન - ભ.ધ.ક.
પહેલા ૪ દિવસ તમારે ખુબ સંભાળવાના બાકી છે. ઉતરતી રાહુની દિનદશા તમારી તબિયત અચાનક બગાડી નાખે તેની ખાસ દરકાર લેજો. તમારી થોડી બેદરકારી આખા અઠવાડિયાને બગાડી દેશે. દટ્ટી ઓક્ટોબરથી શુકની દિનદશા તમારા બધાજ દુઃખને દુર કરીને ધીરે ધીરે સુખમાં બદલાવી દેશે. ધન લાભ મળતો રહેશે. દરરોજ 'મહાબોખ્તાર નીઆએશ' સાથે 'બહેરામ યજ્ઞ'ની આરાધના કરજો.
શુકનવંતી તા. ૨, ૬, ૭, ૮ છે.

Lucky Dates: 2, 6, 7, 8.
You need tread these four days very carefully. Rahu's descending rule could have a big impact on your health - so be extra cautious. A small carelessness could end up ruining your whole week. Venus' rule, starting 6th October, dissolves away all your pain and suffering and delivers happiness unto you. Prosperity will smile on you. Pray to Behram Yazad along with praying the Mah Bokhtar Nyaish, daily.

Pisces - મીન - દ.ચ.ઝ.થ.શ.
તમારા રાશિના માલિક ગુરુની દિનદશા ચાલુ થયેલી હોવાથી તમે ધીરે ધીરે તમારા કામની અંદર પરફેક્ટ બનતા જશો. રોકાયેલા નાણા પાછા મળવાના ચાન્સ છે. ઘરમાં બાળકો સાથે મનમેળ વધી જશે. કોઈપણ જાતનું ઈનવેસ્ટમેન્ટ અવશ્ય કરજો. તેનાથી ભવિષ્યમાં ફાયદો થશે. બીજાના મદદગાર બનશો. દરરોજ 'બહેરામ યજ્ઞ'ની આરાધના કરજો.
શુકનવંતી તા. ૨, ૩, ૪, ૫ છે.

Lucky Dates: 2, 3, 4, 5.
Jupiter's ongoing rule gradually pushes you towards achieving perfection at the workplace. There is a possibility for you to retrieve your stuck funds. There will be an increase in the bonding with children at home. Ensure to make investments as these will serve you well in the future. You will be of help to another. Pray to Behram Yazad daily.

अेक नजर पारसी मरणो उपर

Deceased मरनार	Age वय	Date तारीख	Address र. डे.	Relations सगाईचो
Dali Nusserwanjee Pithawalla दावी नसरवानच पीठावाला	83 ८३	23.09.2021	23, Contractor Chawl, Dadaoji Kondev Marg, Byculla (East) Mumbai 27. २३, कोन्ट्रॅक्टर चाव, दादोजी कोनदेव मार्ग, बायबुळा (ई), मुंबई २७.	ते मरुडुमो रतामाय तथा नसरवानच रतनच पीठावालाना हीकरा. ते जव, अेरच, पेसी तथा मरुडुमो बलादुर, साम, डेटी, गुबुना भाई ते मरुडुमो मीनु असदेशर श्रीकना सावा, ते मरुडुमो आबानना डेर. ते यारमीन, पीबु, जोरशेद, यारमीनना जेठ. ते अरपी, यजडी, अनर्था आदिल मीळी इरजाना मेहनोश मीळी तथा मरुडुमो विराडना काकाच ते रूमी अने मरुडुमो पोवी, आदिलने सापरसना मामाच.
Jal Hormasji Sethna जाल होरमसज शेठना	91 ९१	23.09.2021	Girdhar Nivas, Flat No. 20, S.B.S. Road, Colaba Mumbai 5. गिर्दर निवास, फ्लैट नं. २०, कोबाळा, मुंबई ५.	ते मरुडुमो मेहरान तथा होरमसज पेस्तनशा शेठनाना हीकरा ते मरुडुमो अरपी होरमसज शेठना, जे होरमसज शेठना तथा मलाबानु जमशेदच याईनाना भाई ते डेसी अरपी शेठनाना अघर-ईन-वो.
Kersi Padamji Daruwalla केरसी पदमज दाडवाला	80 ८०	24.09.2021	Plot No.688, Room No. 3, Ground Floor, Dinshaw Master Road, Dadar Ti Mumbai 14. प्लॉट नं. ६८८, रूम नं. ३, आउन्स इबोर, दादर टी.टी., मुंबई १४.	ते गुबु केरसी दाडवालाना भाविंद ते नाऊनीन मेहेरनोश ईरानीना बावाच ते मरुडुमो जे तथा पदमज दाडवालाना हीकरा ते मेहेरनोश गुस्ताद ईरानीना ससरराच ते क्यान अने मेरजीना ईरानीना ममावाच ते मरुडुमो दोवी तथा डेडी लोभाना जमाई ते रोशन जमी जधाना अनेवी.
Khurshed Ratanji Bhadha खुरशेद रतनज भाधा	91 ९१	24.09.2021	3/1, Dhunbawadi Parsi Colony, Dadabhai Road, Vile-Parle (E), Mumbai 56. ३/१ धनुबादी वार्डी, पारसी कोवानी, दादाभाई रोड, विलेपार्ले ईस्ट, मुंबई ५६.	ते मरुडुमो दोवी खुरशेद भाधाना भाविंद ते मरुडुमो जेवभाई रतनज भाधाना हीकरा ते जुरशे तथा अरजसना बावाच ते परीजाद तथा यारमीनना ससरराच ते मेहेरजद अने आवांना अपावाच ते जवु, होरमजद, रती किरोज, नरगीस, इवी, कावस तथा डेडीना भाई ते मरुडुमो पीरोजा इरामरोज यारनामां जमाई ते वीराड, यजडी, वीबु, वीरपी, डेलमटन, कयोज, रूसी, परवीज, दवनवाज, शलजुअ, दारायस, जरीर, परीनाज अने मेहेरनोश (नेझु नीस)
Cyrus Ramyar Tata सायरस रामयार टाटा	74 ७४	24.09.2021	Flat No.13, Rustomjee Building No. 17, Lady Pochkhanawalla Road, Grant Road, Mumbai 7. फ्लैट नं. १३, रूस्तमज बिल्डिंग नं. १७, ग्रांटरोड, मुंबई ७.	ते मरुडुमो हीरा तथा रामयार टाटाना हीकरा ते जकसीस, शामक इरदोस मीळी तथा डो. लोसीदर टाटाना भाई ते सुनीता, कल्पना, जलंगीर मीळीना ने इरीदना अनेवी ते नेवीव, केशमीरा, शालेन, शेरेजद, सीरोई, प्रियाना अंजव.
Jaru Bahadur Gai जर्ज बहादुर गाई	93 ९३	24.09.2021	24, Deep Bella, Mount Mary Road, Bandra, Mumbai 50. २४, दीपबेला, माउन्ट मेरी रोड, मुंबई ५०.	ते मरुडुमो गुबुभाई अने नरीमन आदरज कापडियाना हीकरा ते डो. बलादुर मानेकज याईना विधवा ते डो. आबान जलंगीर भोवडावाला अने दिनयार बलादुर याईना माताच ते जलंगीर अने टीनाना सासुज ते कयवान, मायव-पूरवाना ममईच ते दारायस अने जोयाना अपर्णज ते मरुडुमो लोमी तथा डेटीना अने ते मरुडुमो गायमाय तथा मानेकज गायना वडु ते अवीसा मोटा ममयज.
Hoshang Rustomji Chhapkhanawala होशंग रूस्तमज छापखानावाला	84 ८४	25.09.2021	804-D, Dr. B. Ambedkar Road, Bhagwati Bldg., Dadar (E), Mumbai 14. ८०४-डी, डॉ. बी. आंबेडकर रोड, जय अजवती बिल्डिंग, दादर (ई.), मुंबई १४.	ते जरीनना धणियानी ते रूस्तमज अने लोमाई छापखानावालाना हीकरा ते परसीस केरसी दाडवाला तथा दारायस होशंग छापखानावालाना बावाच ते केरसी तथा मलातबना ससरराच ते परीनाज, शलावीन, जईसना अपावाच ते मेहेवी, नरगीश तथा मरुडुमो पीरोजना भाई.
Hazarvaak Jehangir Elavia हजरवाक जलंगीर अेलाव्या	60 ६०	25.09.2021	Flat No 401 Shirin Apts, Plot No 15, Sector 29, Vashi, Navi Mumbai 703. फ्लैट नं. ४०१, शीरीन अपार्टमेंट, प्लॉट नं. १५, सेक्टर-२९, वाशी, नवी मुंबई ७०३.	ते नीरमवा हजरवाक अेलाव्याना भाविंद ते मरुडुमो अरनावाज तथा जलंगीर अेलाव्याना हीकरा ते मरुडुमो वरजावंद जलंगीर अेलाव्या तथा दुइरीज इरज रेशमवालाना भाई ते शानुर इरज रेशमवालाना मामाच ते इरज रेशमवालाना सावाच ते मेहेरनोश नोशीर लइयाना कजीन ते मवाधी मुरधी तथा मरुडुमो पी.आर. डे. मुरधीना जमाई ते रामक्रीशना तथा शंकर अयरना अनेवी.
Homi Darasha Patel होमी दाराशा पटेल	87 ८७	25.09.2021	Jehangir Mansion 1st Floor, Flat No 6, Mumbai 20. जलंगीर मेन्सन, १ वे माणे, फ्लैट-६, मुंबई २०.	ते मरुडुमो आनुभाई तथा दाराशा होरमसज पटेलना हीकरा ते मीहुना भाई. ते साम इरदोश पटेलना कजीन (मासीना हीकरा).
Dolly Jamshed Homji दोली जमशेद होमज	89 ८९	26.09.2021	Battiwalla Building No. 5, Zoroastrian Colony, Grant Road, Mumbai 7. आतवीवाला वीर्डींग नं.-५, जोरारुपीयन कोवानी, ग्रांट रोड, मुंबई ७.	ते मरुडुमो जमशेद होराबज होमजना विधवा ते मरुडुमो हीराभाई होरबज लीभाज होमजना वडु ते मरुडुमो जोरशेद तथा दादीबा सुरतीना अने मरुडुमो जोरशेद मंशेरशा जरोल्याना हीकरा ते जोरशेद जोरशेद अवादी, हीरा जुबीन वार्डीया अने अेरवद जोशुना माताच ते दारायस अने जानाना अपर्णज ते डेवजाद, आऊमीन अने माडकरीनना ममईच ते मरुडुमो डावी अलराम अवादी अने नरगीश तथा जमी वार्डीयाना वडेवाण ते गुबु पेसी अनाज, बोमी मंशेरशा जरोल्या अने अेरवद सोवी मंशेरशा जरोल्याना अनेन.
Dinshaw Kaikhasroo Hodiwalla दीनशाद कईभासर्ज होडीवाला	86 ८६	28.09.2021	Room No.2, 3Rd Floor, 204-A, Khetwadi, Mumbai 4. रूम नं. २, त्रीजे माणे, २०४ अे जेतवाडी, मुंबई ४.	ते मरुडुमो मनी तथा डेभशर्ज होरमसज होडीवालाना हीकरा ते मरुडुमो दोवी डेभशर्ज होडीवालाना भाई ते रशना कावस मारकतीयाना डेन्ड.
Neena Kekobad Mody नीना केकोबाद मोदी	89 ८९	28.09.2021	Aryan Mahal, 43 C. Road, Flat No 20, Marine Lines Mumbai 20. आरयन महल, ४३, सी रोड, फ्लैट नं. २०, मरीन लाईन्स, मुंबई २०.	ते मरुडुमो डेनी तथा रूस्तमज अध्याजयाना हीकरा ते डो. डेकोबाद मीनोचहरे अमनज मोदी धणियाणी ते आरमेती परीमव पटेल, परवीन डेकटर श्रोक, राकथान सुजत पटेलना माताच ते परीमव पटेल, डेकटर श्रोक ने सुजत पटेलना सासुज ते नीकोव, टमारा, रायन तथा मरुडुमो आकाशना ग्रेन्ड मधर ते मरुडुमो गुबु लइया, जोरशेद जवेरी, परवीज अवावाण ने डेलमटनना अने ते मरुडुमो पीरोज तथा मीनोचहरे अमनज मोदीना वडु.
Noshir Phiroze Banker नोशीर फ़िरोज बेन्कर	74 ७४	28.09.2021	Pride - 1, Co O Hsg Csy, Flat No 105, 1st Floor, Plot No 16, Panvel. प्राईड-१ को.ओ.सी. फ्लैट नं. १०५ पडेवे माणे, प्लॉट नं. १६, वीवेज काबुन्टे, पनवेव डी. रायगड.	ते मरुडुमो किराज अने मरुडुमो मनी बेन्करना हीकरा ते जेनीकर नोशीर बेन्करना पप्या.
Ruxana Homi Messman रुखाना होमी मेसमन	74 ७४	29.09.2021	Ushisa - Te, 2Nd Floor, Flat No 3, Jehangir Daji Road, Grant Road, Mumbai 7. उशिसा-ते, २ज माणे, फ्लैट नं. ३, जलंगीर दाज रोड, ग्रांट रोड, मुंबई ७.	ते होमी पीरोजशाद मेसमनना धणियानी ते मरुडुमो बेपसी तथा शयावज लवेवालाना हीकरा ते परवीन रोलीनतन केरावाला अने केशमीरा होरमज आरीयाना माताच ते रोलीनतन अने होरमजना सासुज ते सनाया, तरोनीश, रेहानना ममईच ते सापरस, अजतावर तथा मरुडुमो दारा अने जेजना अने ते मालाताअ अने दीवनवाजना मासी ते मरुडुमो पीरोजशाद अने शीरीनभाई मेसमनना वडु.
Kersi Phirozshah Bhatena केरसी फ़िरोजशाद भाठेना	74 ७४	29.09.2021	Multani Buiilding, 3Rd Floor, Khetwadi Khambatta Lane, Grant Road, Mumbai 4. मुलतानी बिल्डिंग, त्रीजे माणे, जेतवाडी, अंबाता लेन, ग्रांट रोड (ई.), मुंबई ४.	ते मरुडुमो जेवभाई तथा फ़िरोजशाद नसरवानज भाठेनाना हीकरा ते बेपसी नोशीर मेवावालाना भाई ते नोशीर दारबशाद मेवावालाना सावा ते परसी नोशीर मेवावाला ने परवेज नोशीर मेवावालाना मामा.
Dhun Hormusji Fitter धनु होरमसज फ़ीटर (ईरानी)	87 ८७	30.09.2021	E-21, Godrej Bang, Off. Napeansea Road, Simla House, Mumbai 26. ई-२१, गोद्रेज बाग ऑफ नैप्यनसी रोड, सीमला हाउस, मुंबई २६.	ते मरुडुमो पीरोज होरमसज ईरानीना हीकरा ते मरुडुमो दोवी इरेदुन ईरानी तथा केरसी होरमसज ईरानीना अने ते मरुडुमो अनाहीता तथा दीवनवाज ईरानी, दीवबर भाठेना, आरमीन चोकसी तथा होमी ईरानीना आन्टी ते शेरीयार रूस्तम ईरानीना कुईज.
Mehroo Kersi Hozdar मेहरो केरसी होजदार	81 ८१	30.09.2021	Hozdar House, 24 Nawab Tank Road, Dockyard, Mumbai 10. होजदार हाउस, २४ नवाब टैंक रोड, डोक्याड, मुंबई १०.	ते मरुडुमो धनमाय अने अेरवद बेजुनज मेहेरज जोरीना हीकरा ते अेरवद डो. केरसी नवरोज होजदारना धणियाणी ते दुइरीश जलंगीर बीसनी अने अेरवद डेरजेड केरसी होजदारना ममी ते मेहेरज जोरीना अने अरनाज अने शायान बीसनी, जेहान अने अरजान होजदारना ग्रान्ड मधर ते जलंगीर बीसनी अने इरजाना होजदारना सासुज ते शीरजाद मेहेरज जोरीना कुईज ते मरुडुमो जोरशेद तथा अेरवद नवरोज नसरवानज होजदारना वडु.

Death Announcements From Prayer Hall, Worli, Mumbai

Kamal Keki Cooper कमल केडी कुपर	74 ७४	27.09.2021	3C Navjivan Kutir, 31 A, Altamount Road, Cumballa Hill, Mumbai 26. ३-सी, नवजवन कुटिर, ३१-अे, अल्टामाउन्ट रोड, अंबावा हिल, मुंबई २६.	ते मरुडुमो डेकीना धणियाणी ते मरुडुमो दौवत अने मरुडुमो मर्जबान अंगाणीना हीकरा ते आऊमिन, इरदद अने वाईशाना ममी ते जव, मोनाज अने दारियसना सासु ते रेहान, जलंगीर, मिल्डिर अने काईराना ग्रान्डमधर ते मरुडुमो मीनु अने मण्णीना अनेन ते मरुडुमो शीरीन अने मरुडुमो बेरामना वडु.
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Death Announcements From Coonoor (Tamil Nadu)

Kaiwaan Rusi Patel कैवान रूसी पटेल	62 ६२	-	Northwind, Coonoor. नोर्थविन्ड, पेम्बरवी अरेस्टेट, कुन्नुर.	ते मरुडुमो रूसी अने मरुडुमो सिबु पटेलना हीकरा ते अिनार्थकरना धण्णी ते मेहर अने तिरानना पप्या ते माण्डिकना अघर-ईन-वो ते परवीन, इशाद अने दारायसना भाई.
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Dr. Jasvi's Numero Tarot Predictions

(As Per Your Birth Month)

Parsi Times brings you Dr. Jasvi's column on her unique Numero-Tarot monthly readings, based on your month of birth:



January (Lucky No. 21; Lucky Card: World): You need to be careful with your investments. There could be a temporary issue about financial fluidity as income could get delayed. You are advised to do a little charity. This is a good time to consider a commitment.

February (Lucky No. 3; Lucky Card: Empress): This is the perfect time to start a new partnership. Financially, this will turn out to be a favourable phase. A very good and auspicious month for girls/women born in February.

March (Lucky No. 2; Lucky Card: High Priestess): The best of health, wealth and happiness is on the cards for you! You need to learn to shoulder your responsibilities in life. Stay on course for what needs to be done.

April (Lucky No. 17; Lucky Card: Star): It's time for you to break out of your world of illusions and get real with yourself. You are advised to think twice before taking any decisions, as you could be the victim of deceit or backstabbing from those you least expect. Be patient and wait for the beautiful dawn that awaits you, after a gloomy night.

May (Lucky No. 10; Lucky Card: Wheel of Fortune): This month, you may end up feeling stuck in a confrontational situation. Keep in mind that this is just a temporary phase. A new beginning filled with peace and happiness awaits you. Learn to trust and follow your intuitions.

June (Lucky No. 19; Lucky Card: Sun): You could find yourself in need of some emotional support for now, in keeping with the stressful battle that you have been fighting. Take the advice of an elderly person. Financially, this will turn out to be the best month ahead for you.

July (Lucky No. 4; Lucky Card: Emperor): Do not move in haste. Take a breather before

jumping into things. You know where your destiny lies but you are uncertain of the path you must take to get there. Try to infuse clarity in your thoughts. A well-deserved and fun celebration is on the cards!

August (Lucky No. 6; Lucky Card: Lovers): This month brings you ample contentment and fulfilment of your desires. Love is in the air! Remind yourself that it is time to move onto newer experiences in life. Shifting in a new or a renovated property is indicated.

September (Lucky No. 11; Lucky Card: Justice): Remember to apply the saying, 'As you sow, so shall you reap', to your life too. This is the time to pay back karmic debts. Your wounds are being healed with divine blessings. Learn to take the world in your stride. Let go of old grudges and pains.

October (Lucky No. 1; Lucky Card: Magician): This month will have you peaking in terms of your health and happiness. Enjoy this lovely positivity and the rainbow of happiness with your family. Smile and embrace the goodness that the universe offers you.

November (Lucky No. 8; Lucky Card: Strength): Remember that your confidence is your real strength. Any legal matters will get sorted out. All your troubled time are going to come to an end soon. You have mastered the art of balancing situations - this will hold you in good stead.

December (Lucky No. 5; Lucky Card: Hierophant): You need to stop self-sabotaging and torturing yourself. Ensure that you get adequate sleep - remember that you need a good night's sleep to be in good health. Bathing with rock salt is advised to maintain inner peace and protection from any negative energy.



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