

# PARSI TIMES

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**FROM THE EDITOR'S DESK****Be Parsi, Buy Parsi!**

Dear Readers,

As a community, we are known and respected for having birthed some of the nation's and the world's most accomplished entrepreneurs. Not too long ago, the word 'enterprise' was considered synonymous to Parsis in the business context. We proudly lay claim to the world's greatest industrialist - our very own Ratan Tata - as part of our minuscule but glorious clan. To this day, this great business visionary and legendary industrialist is saluted globally and nationally, for his colossal contribution towards nation-building as well as winning the international markets.

Over the past few decades, the entrepreneurial bug, unfortunately, had been hibernating, as most opted for the safer career route of being the gainful employee, as opposed to wearing the mantle of the risk-taking employer. But that changed for a lot of us with the onset of the pandemic. Many who lost their jobs and earnings, as also some others who sought alternative career options, chose to start their own small-sized home-businesses or enterprises, in keeping with the mandatory restrictions imposed due to the pandemic.

The community witnessed a whole new wave of small businesses mushrooming - a good part of which comprised home-chefs, alongside others offering various products and services... with good success, thanks to social media platforms and messenger services doing a super marketing job! As a community, let's do all we can to nurture these small-sized enterprises and our budding entrepreneurs into sizeable successes.

Parsi Times has earlier showcased a number of such businesses and entrepreneurs on multiple occasions, with the aim of providing the proverbial push. Together, we could all make a big difference - as direct consumers or simply by spreading the word about these businesses with our friends and family. But let's surely do our bit to support this new wave of dynamic women and men, who have chosen this enterprising path, and could soon prove to be the crucial wheels which will, once again, get the entrepreneurial locomotive of our community running!

Be Parsi, Buy Parsi! Wot?

Have a good weekend!

- Anahita

anahita@parsi-times.com

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**Online Meat Delivery Player FreshToHome On Offline Expansion Spree**

Online meat delivery platform **FreshToHome** is on a rapid expansion overdrive with plans to add 70 outlets by the end of this year to take its offline store count above 100 across India. Having entered the offline journey nine months back, FreshToHome plans to aggressively tap the traditional channel.

"We have seen a pattern that in areas where our offline stores are operational, the growth in online sales has



**Shan Kadavil,**  
Co-founder and CEO, FreshToHome

jumped by six-seven times. We see offline as a big enabler for our online revenue," said Shan Kadavil, Co-founder and CEO, FreshToHome, which is currently present in 56 towns and cities. The company is homing in on metros like Bengaluru, Chennai, Mumbai and Delhi. It also plans to launch three stores in the UAE as it draws 10% of its revenue from international operations. The average size of the new stores will be 300-400 square feet, while the company also plans a few large-format, 1,500-square-feet outlets.

In step with its plans for a wider footprint, the company has lined up a host of new products. "We plan to launch by December clean label 'ready-to-cook products' which have no preservatives and chemicals. The range has been introduced



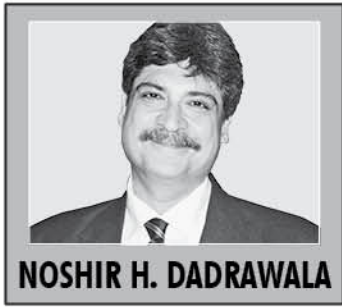
in Dubai," said Kadavil. It will launch 15-20 stock keeping units under this category. The ready-to-eat and ready-to-cook segments of the product line contribute about 5% to its sales. The company plans to jack it up to 15-20%. According to Kadavil, ready-to-cook and ready-to-eat meat form a \$1-billion segment. "It has high return on investment and younger consumers particularly are going for this category."

The company has tied up with modern trade stores like EasyDay and More Hypermarket to roll out its ready-to-cook and ready-to-eat products. FreshToHome is present in about 50 outlets and plans to launch these products in 100-200 stores. A report by RedSeer Analytics in March pegged that the meat market is expected to reach \$80-85 billion by 2024 and is up for disruption by branded players, while online meat delivery grew 2.5-3 times during January-September 2020.

Launched in 2015, FreshToHome sources meat and fish directly from livestock farmers and fishermen and then supplies fresh produce at mass-market prices in the UAE and all major Indian markets, including Delhi/NCR, Bangalore, Mumbai, Pune, Kerala and Tamil Nadu. The company which competes with players like Licious, Zappfresh and TenderCuts, claims it has an annual revenue of Rs 1,000 crore and processes about 1.5 million orders a month. It has raised \$154 million in funding till date as to last year when it had raised \$121 million in Series C round funding.

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# Re-enthronement Of Holy Iranshah And The Significance Of Ijashne And Vendidad Ceremony



NOSHIR H. DADRAWALA

The main building where Iranshah is enthroned has been through extensive repairs and renovation. The Holy Fire, which had earlier been shifted to the adjoining building within the same complex, will now be ceremonially shifted back to the renovated building, but not before thoroughly purifying the renovated building, both physically and ritually.

Centuries ago, the Holy Fire of Iranshah was consecrated at Sanjan in South Gujarat, when our sagacious forefathers migrated from Iran to India in order to escape Arab persecution, after the fall of the Sasanian Empire, in 651 A.D. However, before this consecrated Holy Fire can be re-enthroned in the renovated building, the chamber or the sanctum sanctorum in the Fire Temple, where Iranshah will be ceremonially re-enthroned, must be duly re-consecrated.

**The Consecration:**

Dr. Sir. Jivanji J Modi, in his book, 'The Religious Ceremonies And Customs Of The Parsees', explains that consecration is the act or ceremony of separating something from a common to a sacred use, or of devoting and dedicating something to the service and worship of God, through certain rites or solemnities.

The consecration ceremony lasts for three days and it must be performed before the final day of re-enthronement. It involves performance of the Yasna (Ijashne) and Vendidad ceremonies in honour of Sraosha Yazata.

On the day fixed for re-enthronement after the final consecration-recital of the



Yasna, the Sacred Fire is ceremonially taken to the consecrated chamber or the sanctum sanctorum with all dignity and solemnity. The procession is headed by the head-priest and other priests who may have officiated at the various ceremonies of the consecration. Some bear swords and some the Gurz or maces in their hands.

Once the Holy Fire is re-enthroned, the officiating priest prays the Atash Nyaish or Litany to the Fire and a Jashan ceremony is performed in the main hall of the building.

**The Ijashne Ceremony:**

The term Yasna, of which Yazashna or Ijashne are later formed, is derived from the Avesta term - 'Yaz' (Sanskrit Yaj), which means to invoke, to worship or to praise. The term is similar to Sanskrit Yajna or Yagna meaning sacrifice.

The Ijashne ceremony is performed in the morning and requires

the recital of the Seventy-two chapters, or Haa, of the Yasna.

The significance of the Yasna or Ijashne ceremony is to restore Asha or the Divine Order of things. The

Encyclopedia Iranica summarizes the aim of the Yasna ceremony as, "the maintenance of the cosmic integrity of the good creation of Ahura Mazda."

The ceremony culminates in the Apae Zaothra or 'offering to the waters' thereby ritually strengthening water which is the source of life on planet earth.

**The Vendidad Ceremony:**

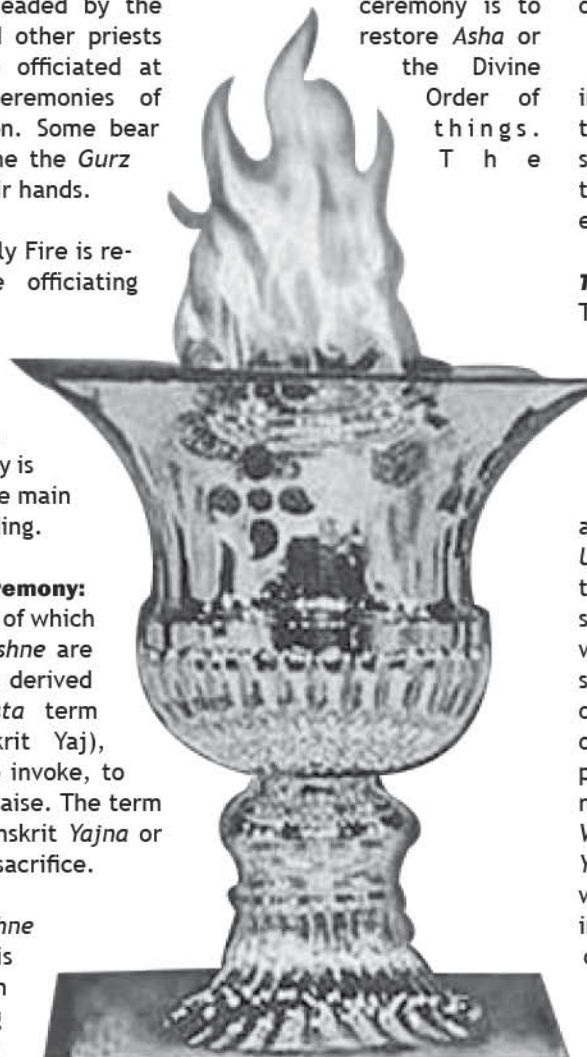
The Vendidad ceremony is also among the rituals necessary for consecrating the sanctum sanctorum.

This ceremony is performed after midnight, during the Ushahin Gah (Twelve midnight to thirty-six minutes before sunrise). It is performed without a break for six to seven hours. It requires a lot of mental and physical stamina on the part of the performing priest. The ceremony involves not just recitation of the Vendidad text, but also the Yasna (Ijashne) and Visperad, which are also intertwined in the course of the ceremony.

Performed after midnight, when the forces

of darkness and evil are at their peak, the Vendidad ritual is aimed at destroying these negative forces.

May Iranshah's Blessings continue to be showered on one and all with the same, if not greater intensity, after the re-consecration of the sanctum sanctorum and re-enthronement in the renovated building!



**Public Notice**

Ms Naaz Jehangir Patel, the Founder-Director of Avesta Foundation is on mission to restore the dignity of the destitute or neglected senior citizens by providing them shelter, food, medicare and personal care & attention. If anyone wishes to support this noble cause by donating space (land & building) or otherwise on nominal rent, please contact on **9825163857** or **9099453369**. Our Parsi community is well-known for charity, philanthropy and wholehearted support for the good causes. Please give a little and help a lot.

**Cyrus Medhora**  
Director  
Avesta Foundation

## Mickey Mehta Felicitated At Bharat Mahotsav Celebrations In Zurich

Global wellness trailblazer and author, who has brought great pride onto our community worldwide, Dr. Mickey Mehta was recently felicitated at the prestigious 'Bharat Mahotsav Celebrations' (Festival of One India), held by the NGO - Confluence, in Zurich, Switzerland, from November 20-24, 2021 - inspired by Gol's Ministry of Cultural Affairs undertaking - 'Azaadi Ka Amrit Mahotsav' - and to commemorate 75 years of progressive India and its rich history.



Dr. Mickey Mehta, who was also invited to hold the workshop, 'Swadeshi Wellness', was awarded the 'Pioneer Of Holistic Health And Wellness' as an industry leader, for his outstanding contributions and

achievements and achieving across all his endeavours. Dignitaries who were present and honoured included K S Kochhar, Rakesh Sonkar, Sandeep Marwah, Ruby Bakshi Khurdi, Rina Dhaka, Founder

and Chairperson of Confluence - Smita Shrivastav, Rahul Sonkar and others.

Confluence has been hosting the festival across global destinations to highlight

India's legacy of crafts and culture. The objective of the Zurich event was to promote the brand, 'Bharat', overseas and to hail the spirit of 'Ek Bharat, Shrestha Bharat'. Appreciating the effort,

Meenakashi Lekhi, MoS for External Affairs and Culture, applauded the initiative in organising cultural, business-oriented and knowledge exchange programmes.

## Biker Rustom Patel Strikes Another Win!

Continuing his winning spree, biker Rustom Kersi Patel once again wowed one and all with his win at the popular and thrilling motorcycle event - the All-India Valley Run - which was held on 5<sup>th</sup> December, 2021, at Aamby Valley (Maharashtra), where the India Bike Week was also being held, making it one of India's biggest biking events. The event was organised by Elite Octain Co., along with the Federation of Motor Sports Clubs of India (FMSCI), the official racing governing body of India.

The event saw the participation of over ten thousand bikers who had descended from across the country to partake of this huge biking fest. Sustaining his winning roll, this time Rustom secured a very close second place in the All-India Valley Run, riding atop his beast - Ducati 848 Evo - in the M8 category, where 18 of India's topmost bikers competed.

Riding for Team Venom Ancillary and Castrol Biking, Rustom had secured first place in the same category last year, and was charged up to defend his title, but finished at an extremely close second, by a hair-thin margin of 0.34 micro-seconds after the rider in first place. "I had clocked the fastest timing in my practice run, hitting a new M8 record of 11.4 seconds, completing the drag race of 400 meters. Then came my final run



and that's where I released the clutch a little late on the start-line, losing those precious micro-fractions of a second and finished in a very close second place," shares the 43-year-old, super-fit, resident of Rustom Baug, Mumbai, who recently returned to professional racing after a 14-year hiatus, when he took on the role of Head Coach of Team Ajmera Racing India.

Last week, Parsi Times was delighted to report Rustom's earlier extraordinary winning haul, at the 'All-India Dirt Time

Attack Autocross' event in Pune (28<sup>th</sup> November, 2021), where he clinched four Gold and two Silver medals across six different categories, beating riders nearly half his age!

"There is always a lot of learning in every single race you ride. This time I have returned home with a trophy in the second place, a certificate and a lot of knowledge and deeper insights into racing. I wish to convey huge thanks to my team - Venom Ancillary and Castrol, for all the support as always and my

best friend - Ashish Shah. I look to work doubly hard on my starts now on and plan to clock under 11 seconds for the next drag race. And yet again, I was proud to be the only Parsi participant in the 2-wheeler drag race! I hope to continue my winning form and work harder!" added Rustom Patel.

Here's wishing him the best and hoping he continues to bring pride onto the nation and the community with many more wins in the future!

### 'Dinshaw B. Avari Road' Inaugurated in Karachi



On 4<sup>th</sup> December, 2021, Karachi-based Parsi resident Bahram Avari, along with Sindh Chief Minister - Syed Murad Ali, inaugurated 'Dinshaw B. Avari Road', in Keamari, Karachi, Pakistan. The inauguration ceremony was also attended by the entire Avari family, alongside notable members of the Parsi community and other government officials. The Dinshaw B. Avari road connects the seaport to Karachi, including its Industrial areas and up-country imports and exports, popularly known as the 'Gateway to Pakistan.'

CM Ali said that the road had been named in honour of Dinshaw Byramji Avari, for his outstanding service and dedication to the progress of Karachi. Dinshaw Avari was born on 22<sup>nd</sup> August, 1902, in a humble family and studied in an orphanage as his mother had passed away and his father had to work during the day. He completed his graduation in Commerce (B.Com) by studying under the light of a hurricane lantern. He went on to be hired as a clerk in a Canadian Insurance Company. His hard work and dedication earned him the promotion as a Manager for Karachi and soon he became the General Manager for Sindh, Balochistan, NWFP, Punjab and Afghanistan. Dinshaw later switched his career to become a hotelier.

Decorated by the British Government, Dinshaw Avari was also the founding member of Rotary and trustee of many Parsi Trusts, including Karachi Parsi Anjuman. Apart from being involved in numerous social activities, he was also Trustee of The BVS Boys School; The Mama Parsi Girls School; and The BMH Parsi Hospital. He was the Founder and President of The Deaf and Dumb Center; Founder of Pakistan Sea Scouts; Founding President of Hotels Association of Pakistan; and Member of Society for Prevention of Cruelty to Animals as well as the Sindh Red Cross Red Crescent Society.

As a self-made man, Dinshaw always contributed towards the cause of the lesser privileged and the poor. The CM said that his doors were open to all, 24 hours a day. He expressed hope and happiness that his legacy of social service would be continued by his son - Bahram Avari. Speaking on the occasion, Bahram appreciated the gesture of the Sindh Government in honouring his father by naming an important road after him.

The 'Dinshaw B. Avari Road', which spans 2 kms, was earlier in a dilapidated condition, but will now go a long way in easing freight traffic to and from Pakistan.

### Apex Court Issues Notice On SPP's Plea To Allow Dokhmenashini For Covid Victims

On 6<sup>th</sup> December, 2021, revered lawyer, Fali S Nariman, appearing on behalf of the Surat Parsi Panchayat (SPP) Board, took on the legal battle in the Supreme Court, to preserve the Parsi community's right to 'Dokhmenashini' - the traditional practice of submitting the corpse to the elements of nature, at the Tower of Silence. Arguing before a bench of Justices D Y Chandrachud and A S Bopanna, Nariman said that the Covid-19 pandemic guidelines allowed only burial or cremation of bodies, thus having made no provision for Parsis to carry out this crucial practice.

Nariman said, "In our faith, even the family members cannot touch the body of a deceased. It is the Nasesalars (corpse-bearers) who handle the body and take it to the Tower of Silence. Coronavirus-caused deaths are increasing in the Parsi community. In Surat alone, there were 13 deaths." He said the rituals were essential for the disposal of the bodies and that Article 21 rights were available not only to a living person but also to the dead.

The bench agreed and disapproved of the manner in which the Gujarat High

Court had earlier disposed of the issue, terming it as 'academic'. "It is a live issue," Justice Chandrachud said and issued a notice to the Union government, seeking its response by the second week of January 2022. The bench however, also added, that the rituals would need to be modified, to bring it in sync with other Covid guidelines.

The petitioner Board argued that most Parsis prefer Dokhmenashini as the final rites for the deceased, but due to the Covid-19 guidelines for management of dead bodies, Parsis are not allowed to perform Dokhmenashini. After the SPP had approached the Gujarat HC, the Bombay Parsi Panchayat too had decided to move the Bombay HC, stating similar grievances.

In its July 23<sup>rd</sup> judgment, the Gujarat HC had stated that the issue raised in the petition had become "academic" and that the guidelines, "issued in the larger public interest considering extraordinary circumstances prevailing in the country would take precedence over the individual interest as also over the religious faith and belief of a particular class of the community."

### Ratan Tata To Be Conferred Assam's Highest Civilian Award For Contribution Towards Cancer Care

On the occasion of Assam Divas, celebrated on 2<sup>nd</sup> December, Assam's CM - Himanta Biswa Sarma, announced that the State Government has decided to facilitate India's most loved and respected industrialist - Ratan Tata - with the 'Asom Baibhav' award - the highest Civilian State Award, for his exceptional contribution towards cancer care in the state.

In 2018, the Assam government and Tata Trusts had laid the foundation stone for a comprehensive cancer care network of 19 facilities in the state. The operation was estimated to become functional by 2019 and was initiated with the aim that no citizen of the state would need to travel more than a few hours to receive appropriate cancer care treatments. Of the 19 facilities, 12 were established on premises of Government Medical College, ensuring affordable treatment.

At the time the foundation was laid, other ongoing schemes included State Cancer Institute, Atal Amrit Abhiyan, and free diagnostics at district hospitals.



Tata's push for cancer care facilities helped the government utilize these schemes by providing a robust platform.

This undertaking was a joint effort between Tata Trusts and the Sarma-led Assam government. The total corpus for the three-tier project - L1: State Level Hospitals; L2: State-level medical colleges; and L3: District level hospitals - was Rs. 2,200 crores, and was equally divided among the two.

Ratan Tata has proposed similar plans for the states of Andhra Pradesh, Telangana, and Odisha.

*"Your talent determines what you can do.  
Your motivation determines how much you're willing to do.  
Your attitude determines how well you do it."*

- Lou Holtz

# A Condolence Meet As Elegant As The Man: Yazdi Hosi Desai (1959—2021)

The Condolence Meeting held in honour of Yazdi H. Desai, at Rustom Baug, on December 4, 2021, was attended by over 300 people. It was as ever elegant, classy and graceful as the man himself and epitomized his life and times.

His portrait, framed with flowers, ensured his ethereal presence throughout the evening, as if gazing benevolently at us and reminding us of the life he lived and the service he delivered unto the community. The meeting was ably compered by Spenta Umrigar.

The prayers evoked by Dastur Meherjirana Keki Ravji Saheb set the tone of the evening and blessed all of us, who Yazdi had touched with his enduring smile, patience and courage.

It was significant that Meherjirana saheb and President of FPZAI West Zone B Gujarat - Sam Chothia, spoke in shudh Gujarati for it was in Gujarat (in Ahmedabad and Bardoli) in 2003, that Yazdi's political career was sanctified and he gained fame in the community by protecting Parsi Irani interests from the incursions of the proposed Cosmopolitan Body.

Dasturji Keki Ravji spoke of Yazdi being a Ratheshtar and of his vision to support small scale entrepreneurs by holding the WAPIZ Cama Baug Sales. He was followed by Sam Chothia, who Yazdi, as trustee and later Chairman of the BPP, gave unstinting support, to save and protect all Defunct Anjuman lands.

BPP Chairperson Armaity Tirandaz spoke of Yazdi always being elegantly dressed and recited a poem.

The most significant analysis of Yazdi's political career and role in the community came from Homi Ranina, a former BPP Trustee and WAPIZ Trustee who spoke of Yazdi's fierce advocacy of the rights of all Parsi and Iranis, his undying zeal to protect and preserve the Dokhmenishini system, his extraordinary love for the community and the endless time he committed to community causes.

Areez Khambatta, Chairman - Rasna Industries and former Chairman of WAPIZ, whose generosity and support made WAPIZ a force to reckon with and whose financial support contributed to Yazdi becoming a Trustee of the BPP, sent a message from the heart. Khambatta praised Yazdi for his strong and fearless leadership and Yazdi's recognition and role in upholding and protecting the Parsi Irani Zarthushti Identity, for which he is so well known.

Long-time friend, Khojeste Mistree, who shared Yazdi's commitment and advocacy of various Parsi causes - including saving the vultures, working to get Heritage status for our Atash Bahram and Agiaris and protecting the Towers of Silence - talked of the unconditional support Yazdi gave to community causes and that they shared a common sacred ground with Yazdi's total devotion to preserving the faith. He spoke of the immense respect and support Yazdi

received from the High Priests. He shared how Yazdi saw the humorous side of life and how he sublimated poignant controversies through political cartoons and sketches of his opponents that caught the imagination of the community. He encapsulated Yazdi's life, speaking how Yazdi believed, that, "to be indifferent in the face of injustice, when it mattered most, was to allow evil to triumph."

Khojeste also read out a message from Dasturji Firoze M Kotwal who praised Yazdi as a 'silent giver' - one who gave generously, especially to mobed sahebs. He praised Yazdi as a person who never shied away from controversies and was at the forefront for defending our religious traditions and causes. He observed that Yazdi gave back to the community many times over, and often without recognition, moving our hearts.

Hanoz Mistry, Company Secretary - Tata Power and Editorial Team - 'Parsee Voice' (the traditional voice of the community), spoke of Yazdi's tremendous support to orthodox causes. He said that over the years, many public meetings held by The Parsee Voice to garner support for various religious issues received invaluable support from the Desais.

A moving message was sent by Karryesh Patel, who along with his wife Sherry, had been very close to Yazdi and Anahita, over the last decade, and especially during his illness, thus witnessing at close quarters, the passion with which



**Yazdi Desai**  
 Former Chairman & Trustee - Bombay Parsi Punchayet  
 Chairman - WAPIZ  
 Trustee - Cama Baug Agiary  
 Trustee - Amroli Agiary  
 Trustee - Rahnumae Mazdayasnan Sabha  
 Trustee - Athravan Education Trust  
 Trustee - KRIPA  
 Director - Writer Corporation

Yazdi and Anahita devoted their time and all their waking hours for the community. He gave personal insights into the simple life Yazdi led and his amazing generosity toward any needy person. It was as if Yazdi knew that his time on earth would be short and he made up for it by working for the community with every moment he had. For Yazdi, the community always came first.

WAPIZ Trustee - Meher Panthaki read out a message from Arnavat

Mistry, former co-trustee of the BPP, who grew very fond of Yazdi over the years. She sent her tribute as she was unable to attend the meeting. She recalled that Yazdi was honest to the core and that he treated the poor with utmost respect and dignity. Meher Panthaki then spoke a few words about her personal interaction with Yazdi, sharing how Yazdi's two most outstanding qualities were his persistence and patience and that memories of him and his work will continue to inspire us.

The most moving tributes came from those who had worked with Yazdi in the Writer Corporation and their description of Yazdi's work ethics, integrity and sheer determination. Yazdi joined Writer Corporation (formerly known as P N Writer) 36 years ago and it was his first as also his last job.

Karen de Souza, daughter of Mr. William de Souza, who along with his brother Denzil De Souza grew the small company - P N Writer, to a huge corporate entity, spoke on behalf of the De Souza family. Karen presented to Anahita a compilation of the Tributes to Yazdi written by people from Writer Corporation. Gracy Lee, the Executive Secretary to the Chairman of Writer Corporation, Mr. Denzil de Souza for 14 years, read a heart-warming message from the Chairman and spoke of her personal interaction with Yazdi.

Alpa Ambavat, who headed the Compliance Internal Audit and Risk Management Department in Writer Corporation, spoke of her

experiences with Yazdi as a boss. All of them shared insights into aspects of Yazdi's life that even those who knew him, were unaware of. His significant role in transforming the Company from a small business into a multi crore enterprise was highlighted by the speakers. The thought that crossed one's mind was as someone said, "If only Yazdi had been allowed to work for the

message for our young people. She thanked everyone for the innumerable messages, condolence letters and emails she had received and she was happy that Yazdi had, "lived a life of purpose and had made a difference to the lives of so many people."

In Areez Khambatta's words, "we all have to meet our maker one day



Bombay Parsi Punchayet without being thwarted from every side in the way he had worked for P N Writer, today the BPP would have been an efficient, financially well-run organization and not what it sadly is today."

Perhaps the most intimate view on Yazdi came from his beloved wife Anahita. She spoke on how Yazdi proposed to her as a young girl of 21 years and his wisdom of laying importance on compatibility between spouses was an important

and we will be judged not by the length of our lives but by the manner in which we have lived our lives on this earth."

And for Yazdi it was forever in Service of his Religion, his Community and his People.

May the great God, Ahura Mazda and His Yazatas, Bless Yazdi Hosi Desai's soul forever, for a life well lived in companionship with Truth, Integrity and Devotion.

Photos Courtesy: Mazda Multimedia





# The Bawa Word Search

Search out 16 Breads from around the World hidden in the word-jumble box below, in bi-directional, horizontal, vertical and diagonal forms:

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

- |                          |                    |                          |                               |
|--------------------------|--------------------|--------------------------|-------------------------------|
| Chapati (India)          | Damper (Australia) | English muffin (England) | Focaccia (Italy)              |
| Grissini (Italy)         | Injera (Ethiopia)  | Knäckebröd (Sweden)      | Lavash (USA)                  |
| Matzah (Israel)          | Qistibi (Russia)   | Soda bread (Ireland)     | Tortilla (Mexico)             |
| Vánočka (Czech Republic) | Yufka (Turkey)     | Rieska (Finland)         | Wholemeal pitta (Middle East) |



## TechKnow With Tantra

### Zoom for Gmail

This is a Gmail extension which helps you hop-in to Zoom meetings easily. Once installed, whenever you are reading or responding to a mail, you can click on the Zoom Camera Icon on the top bar. A window will pop-up with options to Start or Schedule a meeting instantly. The person with whom you are corresponding, will immediately be sent an invite with all the relevant information and the meeting will be added to your own Zoom meeting schedule. The add-on also lets you view all meetings that you have scheduled, in the side panel.

## SUDOKU

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

Solution on Pg. 12

## WINNING CAPTION!!!



Virat: Our careers are collapsing on us like a ton of bricks!  
 Anushka: Maybe we should stick with the losers – let's join politics!

By Gul B. Takiwala

## 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 15th December, 2021

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

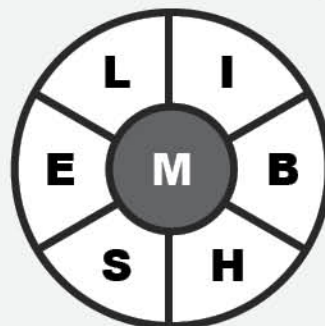
Disclaimer: Some of our 'Caption This' Contest photos are taken from freely available, public online resources and are published in a light and humorous vein, which is the mainstay of the Parsi spirit! No offence is intended to anyone or any situation.

## 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: 7 or more words
- Good: 8 or more words
- Outstanding: 9 or more words



## Thought of the Week

"Your present circumstances don't determine where you can go; they merely determine where you start."

- Nido Qubein

### Cyrus Dubash To Feature In Prasar Bharati's 'Roshan Karen Duniya' With Shaina NC

On 11<sup>th</sup> December, 2021, at 7:45 pm, Cyrus Dubash - Mumbai's leading accredited trainer and coach for all Apple products as well as professional singer who has lent his voice to various causes and fundraisers in keeping with his role as a devoted social worker - will be interviewed on the program, 'Roshan Karen Duniya', on India's popular Radio channel - Prasar Bharati (FM 102.8 MHz - Mumbai), by social service stalwart - Shaina NC, who is also an acclaimed Fashion Designer, and more importantly, the BJP's National Spokesperson.

'Roushan Karen Duniya' is a weekly, 20-minute Vividh Bharati original program, which highlights the work of a new NGO every week. Conceptualized and presented by Prasar Bharti Board Member - Shaina NC, 'Roshan Karen Duniya' aims to attract and connect people with social service activities and to provide visibility to the good work done by NGOs. The program can be heard via Vividh Bharati's Mobile App: 'NewsonAir'.

In this episode, Shaina NC shares the spotlight with the NGO 'Help For Children In Need Foundation', for which Cyrus' melodious singing had been instrumental in raking up essential funds which went towards procuring food, shelter and education for poverty-stricken children.

"Singing has always been my passion and there is no greater joy than when your passion can be put to great use in a way which benefits the less privileged. I've had the privilege of being part of innumerable projects and helped raised funds that go towards the

upliftment of those in need. I'm glad to lend my voice and raise publicity and resources for the NGO - 'Help For Children In Need Foundation' - which works for the cause of our children, who are the future of our nation. Seeing a smile on the faces of those listening to my music gives me immense joy - it is a small way to give back to society," says Cyrus Dubash, who has sung gratis in numerous concerts and events to help the cause of the underprivileged. As an Apple trainer and coach for professionals, Cyrus Dubash has been the mentor to the Who's Who of Mumbai and India! He also holds a commercial pilot's

license.

Speaking with Parsi Times, Shaina NC says, "As Indians, it is inherent to us to be of help and service to others, especially those who are not as fortunate. In addition to featuring and applauding those NGOs which have been dedicatedly making a difference in the lives of so many, 'Roushan Karen Duniya' has also been instrumental in connecting people who are interested in participating in social service



activities, to various authentic causes and NGOs. I'm especially glad to reach out to and share my venture with the Parsi community, which is known for

its legendary philanthropy and nation-building. Do listen in to 'Roushan Karen Duniya' and become a part of this noble undertaking."



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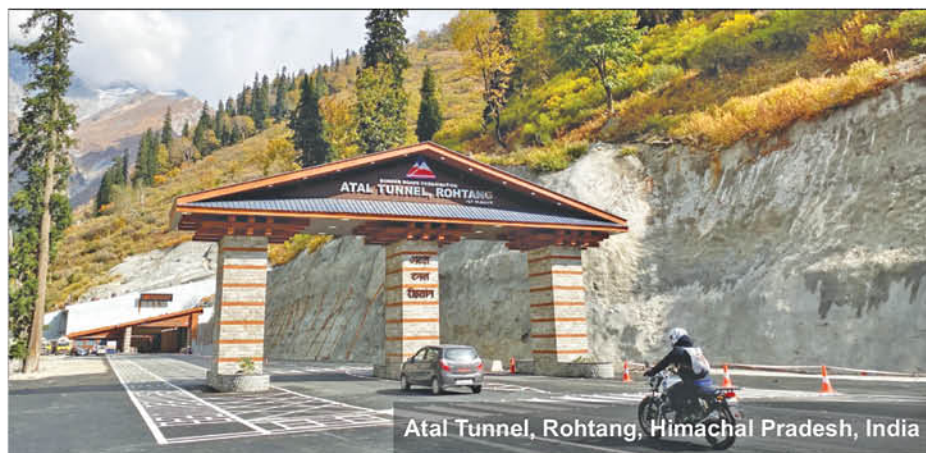
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**Dr. Bejon Phirozeshaw Shroff**  
( 03rd January 1939 - 09th December 2021)

*Our dear "Papa"  
You were our Guiding light whose love showed us all the correct path.  
Your memories will remain forever in our heart  
We will Miss You*

Zubin & Homai Shroff  
Khursheed & Firdaus Irani  
& grandchildren  
Miron, Ayaan & Aryan



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VEERA SHROFF SANJANA

# The Song of the Wind



Have you heard the song of the wind? Has it whispered itself to you? Have you heard it tiptoeing all around almost as if hiding itself? Have you heard it whisper those secrets, keeping you up at night, revelling in all the mysteries that swirl below those mists and clouds, wondering what lies beyond... that blanket of night softly lulled by that cradle, swinging under its sway? What is that infinite enigma of that wind song that sings to us every day? ...those secrets it holds, unwrapping in layers of whirls dancing on its command?

"Breathe it in," it tells me. "What, I ask, are you offering?" It promptly says, "I give you the soul of the universe, freely, if only you allowed it to flow as such too". Understanding little, probably nothing of it, I seek to understand this language. Hovering, peering, wondering - do I stand alone? Looking through this window, almost courting a reflection of thought through a transparent haze, like a plane of glass. I suspect it understood my confusion as it softly grazed my cheeks, planting kisses that feel like butterfly wings, almost cajoling this inactive participation in a moment etched in time.

In that blink, between time and thought, my mind stopped long enough just to watch that rustling dance of junipers and firs, all ablaze under its rhythmic sway. I paused knowing they do not question how the world revels to smile every so often at us. How simple it was to watch from the background the sway of trees that stood still a moment ago and then joined the party with the Queen Anne's lace, her skirts - all a swirl, and their feet matching that pace, step for step, like a great waltz of creation - all indeed a spectacular visual for display!

I stood on the shores, with feet planted on grainy sand, watching the marching of waves, my toes making tiny homes while digging into the sand... sighing with the wind, lifting long strands of my

hair, feeling the cool breeze settle on my nape, now bare and exposed, caressed under its murmurings. I gaze long and hard, looking to the horizon. The sky - more open and visible to the beyond than ever I had perceived before, wondering what the morrow may bring. It answers me - this breeze, that haunts all the shores and seas, speaking in a language all its own.

And seeped in antiquity spreading her wings of thought as I stand motionless for a minute, my ears prickling, hoping to pick the sounds of silence but in that moment, the world stands still. The effect - so dramatic that my whole being was quivering with all the knowing. Time and space vanished in a puff of air and all that was left was a vaporising moment of truth where all that you need to know, about the beyond and yonder, was almost tangible and within my grasp. And more than ever, I knew and I could see clearly from before time existed or ever after. In that blink between my mind and time, everything ceased, and all that was left was the wholesomeness of existence, as we are meant to live.

I somehow knew in that moment that the wind had befriended me, urgently imploring me to stay still in that moment of time and thought... knowing somehow it would and could not ever happen again. And as eternity stretched in front of me, my finite soul acknowledged that all things great and small, all creatures and words, thoughts and things thrive under the song of the wind. Under this cloak of life, everything flies by so briefly and within that scope, lies the certainty that all is but part of this greater web. And if only for a moment, within the moment, we would truly understand that ours is but to fulfil a destiny.

A dragonfly whizzed past on wings of humming air; those careless birds flew all around, floating on air spun from cloths of

the cosmos, almost ridiculing the heaviness of our weight on solid ground, making me feel so tiny and small, even as they became a part of the greater theme. As I watched their unabashed acrobats, I could almost imagine their floating selves living in the always. Their excitement was plausible at taking flight, while I stood still, dragged by the heavy languor of a weighted soul. Wanting nothing but that inclusion of participation, within and on that very air of merriment, I stood listening.

How defined are moments when small things fall away and a bigger reality flows through! How wondrous are voices carried on the wind of time, seeking an entrance within your realm? I paused at the chanting of the wind as it spoke to me in non-relatable terms of endearment, healing all that angst and agony in a moment of thought and reflection. I grasped it all from the air, getting a good grip on that elusive and slippery truth, madly clutching with dear life, not wanting anything it said to me fading into the dark night of ignorance.

I got a glimpse of eternity from the song of the wind. It spoke and it said, "All here and all there but make little of the water, earth or air; We are nothing but everything and from everything spring's nothing." Strange words these - floating all around and soon vanishing into the air and the ground.

It was the song of the wind and it spoke to me!

### SUDOKU SOLUTION

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

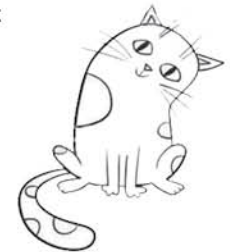


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### Cat Among Cavemen!

By Freyan S. Wadia

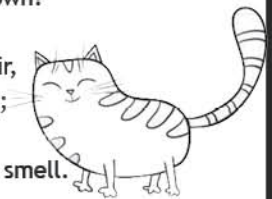
One thing I must tell you,  
Yes - the truth, quite that!  
Is that it's hard being a pet  
Especially - a cat!!



Being covered in fur  
In this tropical heat,  
Is exacerbated  
By the number of feet.

Feet - hot and sweaty,  
Walking all around,  
Some stomp on your tail,  
Before they trip and fall down!

Cusses and curses fill the air,  
As we have a claw to spare;  
Use it often, use it well,  
It makes up for their awful smell.



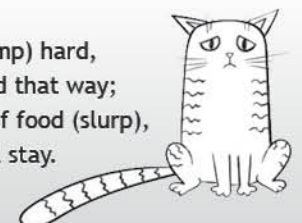
But as a cat, there's always strain  
As to when the giants come back again;  
To pick and squish you like a toy,  
Note that the claws don't work on the boy!

Be prepared to be raised up high -  
Like Rafiki raising Simba to the sky!  
But we live in an apartment, not Pride Rock,  
And I guess I live with caveman stock.

No matter how much I bite and claw,  
He gives me a dopey look and says, "Aww!"  
I claw, I bite, I snarl, I hiss,  
But leather-hide just gives me a kiss!!

Yes, I must tell you -  
It's hard being a cat,  
Wait, is that chicken?  
Yes, I want some of that!

Like I said, it's (chomp) hard,  
They're (nom) stupid that way;  
But they've plenty of food (slurp),  
So, I think that I will stay.



# પારસી ટાઈમ્સ

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## ઈરાનના મંત્રીએ કુર્દિસ્તાનના ઝોરોસ્ત્રિયનોને રાહત આપવાનું વચન આપ્યું

૨૬મી નવેમ્બર,  
૨૦૨૧ના રોજ,  
ઈરાનના ઈમિગ્રેશન અને  
ડિસ્પ્લેસમેન્ટ મંત્રી - ઈવાન  
ફાયેક જાબો, કુર્દિસ્તાનના  
સુલેમાનીયાલ શહેરમાં  
ઝોરોસ્ત્રિયન (આતેશગા)  
અને યેસ્ના ઝોરોસ્ત્રિયન



ઝોરોસ્ત્રિયન મંદિરના  
સુપરવાઈઝર; આઝાદ સઈદ  
- યેસ્ના ઓર્ગેનાઈઝેશનના  
સુપરવાઈઝિંગ ડિરેક્ટર અને  
ઝોરોસ્ત્રિયન હાઈ કમિશનના  
સંખ્યાબંધ સભ્યો પણ  
હાજર રહ્યા હતા.

કર્કુક અને તુઝ  
ખુર્માતુના ઝોરોસ્ત્રિયનો સુરક્ષા પરિસ્થિતિઓથી પ્રભાવિત  
થયા છે જે ઈરાકને આઈએસઆઈએસ અને તેના પછીના  
અસાધારણ સંજોગોમાં આવી હતી. મંત્રી ઈવાન ફાયેક  
જાબોએ દર્દીની જરૂરિયાતો સાંભળી અને સમસ્યાઓનું  
નિરાકરણ તેમજ તેમને થયેલા નુકસાન માટે વળતર  
આપવાનું વચન આપ્યું.

સંસ્થાની મુલાકાત લીધી અને ત્યાં રહેતા ઝોરોસ્ત્રિયનોની  
સ્થિતિનું નજીકથી નિરીક્ષણ કર્યું. કુર્દિસ્તાન ક્ષેત્રના  
અવકાશ અને ધાર્મિક બાબતોના મંત્રાલયના ઝોરોસ્ત્રિયન  
પ્રતિનિધિ અવત હુસમ અલ-દિનના નેતૃત્વમાં  
સંખ્યાબંધ ઝોરોસ્ત્રિયનો દ્વારા તેમનું સ્વાગત કરવામાં  
આવ્યું હતું તેમજ અશ્રવાન કાદિસ્ક - સુલેમાનીયાલમાં

તહેવારોની મોસમ લગ્નની શરૂઆતની  
ઘોષણા કરે છે. પારસી દષ્ટિકોણથી લગ્ન એ  
જીવનની ઉજવણી છે. આપણી પ્રાર્થનાઓને  
સમજવા માટે આપણામાંના મોટા ભાગનાએ  
અનુવાદોની મદદ લેવાની જરૂર છે. લગ્ન  
આસ્થાપૂર્વક છે, જીવનનો એક જ વારનો  
અનુભવ છે અને ઘણા, ખાસ કરીને જેઓ  
લગ્ન કરી રહ્યા છે, તેઓ ધાર્મિક દષ્ટિકોણથી  
તેના સારને સમજવા માંગે છે. નોશિર એચ.  
દાદરાવાલાએ આપણા પારસી લગ્નો દરમિયાન  
કહેવાતી પ્રાર્થના પાછળની સુંદરતા અને  
શાણપણને ખૂબ સારી રીતે સમજાવે છે.

## ઝોરોસ્ત્રિયન લગ્નનો સાર



શેહરીવર દ્વારા શક્તિ અને  
શક્તિ  
અસ્પંદર્મ દ્વારા ધર્મનિષ્ઠા  
અને નમ્રતા  
ખોરદાદ દ્વારા મધુરતા અને  
પૂર્ણતા  
અમરદાદ દ્વારા ફળદાયી અને  
અમરતા!

તમારા માટે સુખી જીવન હશે.  
સ્પષ્ટપણે, ભગવાન લગ્ન કરનારા  
યુગલોને ખાતરી આપે છે કે જો તેઓ  
સાથે મળીને સાચો માર્ગ અપનાવશે તો  
તેમના જીવનમાં ખુશીઓ આવશે. સૌથી  
વધુ ઉત્તેજન આપનારી બાબત એ છે કે  
એકબીજાને પ્રામાણિકતા સાથે રહેવા વિશે  
વિચારવું જોઈએ.  
લગ્ન સમારંભ, જેને આપણે  
ભારતમાં સામાન્ય રીતે આશીર્વાદ તરીકે  
ઓળખીએ છીએ તે આનાથી શરૂ થાય  
છે: અવાર પિતા વા ઈન-એ-દિન-એ-  
મઝદાયરની (મઝદાયરની ધર્મના નિયમો  
અને રીતરિવાજો અનુસાર) અને આ રીતે  
યુગલને આશીર્વાદ આપવાનું ચાલુ રાખે  
છે. :  
અહુરા મઝદાના સહાયક નામ દ્વારા  
તમારી ખુશી વધે! તમે તેજસ્વી બનો!  
સારા કાર્યો કરો! સચ્ચાઈ વધારો!  
બાઉન્ટિયસ ઈમોર્ટલસ (અમર  
આત્મા) ને આશીર્વાદ આપવાનું આ રીતે  
વર્ષા કરવામાં આવે છે:  
આહુરા મઝદાની કૃપા તમારા પર વરસે:  
બહુન દ્વારા સારા વિચારો અને શાણપણ  
અર્દિબેહેષ્ટ દ્વારા સત્ય અને સારું સ્વાસ્થ્ય

કાર્યકારી દસ્તુરજી  
સાહેબ પછી વિવિધ  
ચઝાતાઓને આમંત્રિત કરવાનું ચાલુ રાખે  
છે અને દંપતીને અદાર દ્વારા ચમક, અવન  
દ્વારા શુદ્ધતા, ખુર્દા દ્વારા ઉચ્ચ પદ, મહેર  
દ્વારા ન્યાય, આશિષવાંગ દ્વારા સંપત્તિ  
અને અનેરન દ્વારા શાશવત પ્રકાશ અને  
પોષણના આશીર્વાદ આપે છે!  
ત્યારબાદ દસ્તુરજી સાહેબ વરને એવા  
ગુણોથી આશીર્વાદ આપે છે જેના માટે  
પ્રાચીન ઈરાનના મહાન રાજાઓ જાણીતા  
હતા:  
તમે હોઈ શકો છો:  
કાઈ ખુશરો જેવા ગૌરવમાં મહાન  
ઝરિર જેવા વિજયી  
વિસ્તારસ્પ જેવા પવિત્ર  
સામ જેવા મજબૂત  
રૂસ્તમ જેવા શક્તિશાળી!  
આશીર્વાદ સમારોહનું સમાપન વિવિધ  
ઉપદેશો સાથે થાય છે, જેમાં નીચેનાનો  
સમાવેશ થાય છે:  
પરિપક્વ વિચારણા વિના કંઈ ન કરો.  
પ્રામાણિક માધ્યમથી સંપત્તિ પ્રાપ્ત  
કરો.  
મહેનતુ બનો.  
તમારા વિરોધીઓ સામે ફક્ત ન્યાયી  
માધ્યમથી જ લડો.

## વિરલ દેસાઈ દ્વારા ઉદવાડા સ્ટેશનને ક્લાઈમેટ એક્શન, ઈકો-રિસ્ટોરેશન થીમ પર વિકસાવવામાં આવશે

સુસ્થિત ઉદ્યોગસાહસિક, વિરલ  
દેસાઈ જેઓ ગ્રીનમેન તરીકે જાણીતા  
છે. તેમણે ક્લાઈમેટ એક્શન અને  
ઈકોસિસ્ટમ રિસ્ટોરેશનની થીમ પર  
ઉદવાડા રેલ્વે સ્ટેશનનું પરિવર્તન અને  
પુનઃવિકાસ કરવાનું મિશન હાથ ધર્યું છે.  
તેમણે તેમની એનજીઓ, 'હાટર્સ એટ  
વર્ક ફાઉન્ડેશન' દ્વારા અઢી હજારથી વધુ  
વૃક્ષો વાલીને, પાંચસો મીટરથી વધુની  
લાંબી પેરાપેટ દિવાલોના નિર્માણની  
સાથે વૃક્ષારોપણ માટે પ્રથમ  
તબક્કાનું કામ પૂર્ણ કર્યું છે.  
તેમના પર્યાવરણીય સાહસનું  
ઉદઘાટન પશ્ચિમ રેલવેના  
જીએમ - આલોક કંસલ અને  
ઉદવાડાના વડા દસ્તુરજી,  
ખુર્દા દસ્તુર દ્વારા કરવામાં  
આવ્યું હતું. ભારતની  
પ્રગતિ અને ઉત્થાન તરફના

અને ક્લાઈમેટ એક્શન અને ઈકોસિસ્ટમ  
રિસ્ટોરેશનની થીમ પર આધારિત  
પ્રથમ સ્ટેશન તરીકે આંતરરાષ્ટ્રીય સ્તરે  
ઓળખાશે. તે દસ હજારથી વધુ વૃક્ષો  
અને વૃક્ષોનું વાવેતર કરશે અને છોડ  
લગાવશે. ફિલ્ડ માર્શલ સેમ માણેકશાના  
માનમાં છ હજારથી વધુ વૃક્ષો ધરાવતા  
મિયાવાકી જંગલ અને મ્યુઝિયમનું  
આયોજન કરનાર ભારતીય રેલવેનું  
પ્રથમ સ્ટેશન બનશે. ભારતીય સેના,



યોગદાન માટે પારસીઓનો આભાર  
માનતી 'કૃતજ્ઞતાની ઝૂંપડી' પણ  
સ્થાપિત કરવામાં આવી છે. 'પારસી  
સમુદાયના ગૌરવપૂર્ણ સ્તંભો' શીર્ષક  
હેડળ આ વિભાગમાં પારસી અગ્રણીઓ  
અને ટ્રેલબ્લેઝર્સના જીવનચરિત્ર જેમાં  
ડો. હોમી ભાભા, જમશેદજી ટાટા  
અને દાદાભાઈ નૌરોજી જેવા મહાન  
વ્યક્તિઓનો સમાવેશ થાય છે. ઉદવાડા  
રેલ્વે સ્ટેશન માસ્ટરની ઓફિસને પણ  
'ઓલરાઈટ ગ્રીન ઝોન' પર ડિઝાઇન  
કરવામાં આવી છે, જેમાં એક્સટીરિયર્સ  
ક્લાઈમેટ એક્શન અને ઈકોસિસ્ટમ  
રિસ્ટોરેશન પર ધ્યાન કેન્દ્રિત કરે છે.  
દેશના પ્રથમ ગ્રીન ઓલરાઈટ ઝોનમાંથી  
ઉદવાડા દેશનું પહેલું રેલ્વે સ્ટેશન બન્યું  
છે જેણે આબોહવાની ક્રિયા અને ઈકો-  
રિસ્ટોરેશનને લીલી ઝંડી આપી છે. આ  
પ્રસંગે મીડિયા સાથે વાત કરતાં વિરલ  
દેસાઈએ જણાવ્યું હતું કે, ઉદવાડા સ્ટેશન  
ભવિષ્યમાં એક મોડેલ સ્ટેશન બનશે

પર્યાવરણ અને પર્યાવરણને જોડીને  
સ્ટેશન પર ઈકોસિસ્ટમ રિસ્ટોરેશન  
કાર્ય હાથ ધરવામાં આવશે. પારસીઓ,  
જે વડાપ્રધાન મોદીની આબોહવા ક્રિયા  
માટેની યોજનાઓને પૂર્ણ કરશે. યુનાઈટેડ  
નેશન્સ એન્વાયર્નમેન્ટ ફોરમને પણ આ  
પ્રોજેક્ટ્સ વિશે માહિતી આપવામાં  
આવશે, જ્યાં ઉદવાડા સ્ટેશનનું મોડલ  
રજૂ કરવામાં આવશે.  
ઉદવાડા સ્ટેશનના પ્રથમ તબક્કાની  
કામગીરી તેમજ ભવિષ્ય માટેના તેમના  
ગ્રીન વિઝનથી પ્રભાવિત વિરલ દેસાઈને  
પશ્ચિમ રેલવેના જીએમ દ્વારા ભારતીય  
રેલવેના ઉચ્ચ અધિકારીઓની હાજરીમાં  
પ્રશંસા પ્રમાણપત્ર અને મેડલ આપીને  
સન્માનિત કરવામાં આવ્યા હતા.

સભામાં હોય ત્યારે ખૂબ વિચારીને  
બોલો અને સમાપન કરતા પહેલા, દસ્તુરજી  
સાહેબ મંત્રોચ્ચાર કરે છે:  
તારા પિતા કરતાં વધુ મહિમાવાન  
બનો.  
તમારી માતાને કોઈપણ રીતે હેરાન  
કરશો નહીં. અહુરા મઝદાને તમારા  
ભગવાન તરીકે ઓળખો.  
જરૂરજુને તમારા આધ્યાત્મિક

માર્ગદર્શક તરીકે યાદ રાખો.  
અહરીમાન (દુષ્ટ) સાથે તિરસકારથી  
વર્તો!  
આમ, પારસી માટે, લગ્ન એ  
ન્યાયીપણા દ્વારા સુખનો માર્ગ છે. તે કોઈ  
કરાર નથી. તે સારી સોબત વિશે છે.  
તે મિત્રતા વિશે છે અને, સૌથી વધુ, તે  
આ વિશવને રહેવા માટે વધુ સુખી સ્થળ  
બનાવવા વિશે છે!



# YOUR MOON SIGNS JANAM RASHI THIS WEEK

લખનાર: મરહુમ મહારાજ શ્રી સ્વયંજયોતિના સહકાર્યકર્તા જયેશ એમ. ગોસ્વામી

અઠવાડિક રાશિક્ષણ: તા. ૧૧.૧૨.૨૦૨૧ થી તા. ૧૭.૧૨.૨૦૨૧



## Aries - મેષ - અ.વ.ઇ.

ગુરુની દિનદશા ચાલુ હોવાથી તમોને હાલમાં ધર્મના કામો કરવાથી ખૂબ જ શાંતિ મળશે. ધનની સ્થિતિ જરાબી સત્તાવશે. ગુરુની કૃપાથી દરેક બાબતમાં ઈનવીસીબલ હેલ્પ મળતી રહેશે. ઘણી-ઘણીયાણીમાં પ્રેમની લાગણી ખૂબ જ વધી જશે. જો તમે કોઈકના પ્રેમમાં હશો તો પ્રેમી કે પ્રેમીકા તરફથી સારા સમાચાર મળશે. રોજ 'સરોશ યજ્ઞ' ભણાજો.

શુકનવંતી તા. ૧૨, ૧૩, ૧૬, ૧૭ છે.

**Lucky Dates: 12, 13, 16 17.**  
Jupiter's ongoing rule brings you a great sense of satisfaction in carrying out any endeavours related to religion. There will be no financial concerns. You will continue to receive anonymous help in all areas of life. Affection between couples will increase greatly. Those in a romantic relationship will receive good news from their sweethearts. Pray the Sarosh Yasht daily.



## Cancer - કર્ક - ડ.હ.

છેલ્લાં ૯ દિવસ જ બુધની દિનદશામાં પસાર કરવાના બાકી છે તેથી લેટી-દેટીના કામો પહેલાં પૂરા કરી લેજો. તમારે જો કોઈક વ્યક્તિને પેસા આપવાના બાકી હોય તો તેની પાસેથી મુદત માંગી લેવામાં જરાબી અચકાતા નહીં. સાથે કામ કરનારનો સાથ લઈને કામને પૂરા કરી લેજો. થોડુંક ઈનવેસ્ટ કરજો. હાલમાં 'મહેર નીઆયેશ' ભણાજો.

શુકનવંતી તા. ૧૧, ૧૨, ૧૪ ને ૧૫ છે.

**Lucky Dates: 11, 12, 14 15.**  
You have 9 days remaining under Mercury's rule. You are therefore advised to prioritize and complete any works related to lending and borrowing money. You are encouraged to ask for some leeway of time from people you owe money to. Try to get the support of your colleagues to complete your tasks. Ensure to make some investments. Pray the Meher Nyaish daily.



## Libra - તુલા - ર.ત.

ચંદ્રની દિનદશા ચાલુ હોવાથી મનને શાંત રાખીને જેબી ડીસીબન લેશો તેમાં સફળ થઈ જશો. જૂના મિત્રોને મલાવાથી વધુ આનંદમાં આવશો. નાણાકીય બાબતમાં જરાબી મુશ્કેલી નહીં આવે. ઘરવાળાની ડિમાંડ પહેલાં પૂરી કરી શકશો. હાલમાં મનની શાંતિ મેળવવા માગતો હો તો વડીલની સેવા જરૂર કરજો. ૧૦૧ નામમાંથી ૩૪મું નામ 'યા બેસ્તરના' ૧૦૧વાર ભણાજો.

શુકનવંતી તા. ૧૪ થી ૧૭ છે.

**Lucky Dates: 14 to 17.**  
The ongoing rule of the Moon suggests that all decisions taken by you with a calm and stable mind will bring you great success. Meeting up with your old friends will bring you much joy. There will be no financial worries. You will be able to cater to the wants of your family members. Those seeking peace of mind are encouraged to serve the elderly. Pray the 34th Name, 'Ya Beshtarna', 101 times, daily.



## Capricorn - મકર - ખ.જ.

શુકની દિનદશા ચાલુ હોવાથી ૧૪મી જાન્યુઆરી સુધીમાં તમારે જો નાની-મોટી મુસાફરી કરવી પડે તો કરી લેજો. મુસાફરી કરવાથી ધન તો કમાશો સાથે મનને આનંદ મળશે. ઓપોઝિટ સેક્સની સાથેના સંબંધ ખૂબ જ સુધરી જશે. હાલમાં ધનની ખંચ નહીં આવે. રોજ 'બહેરામ યજ્ઞ' ભણાજો.

શુકનવંતી તા. ૧૨, ૧૩, ૧૫ ને ૧૭ છે.

**Lucky Dates: 12, 13, 15 17.**  
Under Venus' rule which extends till the 14th of January, you are advised to take on any short travel trips. These will not only help you earn money, but will also bring you happiness. Your relations with members of the opposite gender will improve greatly. There will be no financial shortfall. Pray to Behram Yazad daily.



## Taurus - વૃષભ - બ.વ.ઉ.

તમોને ગુરુની દિનદશા ચાલુ હોવાથી તમારા કામની અંદર તમને જશની સાથે ધન લાભ મળતા રહેશે. જ્યાં કામ કરતાં હશો ત્યાં તમારા કામમાં થોડા ઘણા ચેંજ થવાના ચાન્સ છે. કોઈકના મદદગાર બનીને તે વ્યક્તિના અટકેલા કામને પૂરા કરી આપશો. તંદુરસ્તી સારાસારી રહે તેની માટે 'સરોશ યજ્ઞ' ભણાજો.

શુકનવંતી તા. ૧૧, ૧૩, ૧૪, ૧૫ છે.

**Lucky Dates: 11, 13, 14 15.**  
Jupiter's rule brings you professional fame and prosperity. A few changes could take place at your place of work. By helping someone else, you will be able to restart their stalled works. To sustain good health, you are advised to pray the Sarosh Yasht daily.



## Leo - સિંહ - મ.ટ.

તમોને બી લાંબા સમય સુધી બુધની દિનદશા ચાલશે. તેથી હાલમાં ૧૮મી જાન્યુઆરી સુધીમાં કરકસર કરીને ધન બચાવવામાં સફળ થશો. ધન મેળવવા માટે ભાગદોડ વધુ કરી લેજો. જેબી કામ કરતા હશો તેમાં બુદ્ધી બળ વાપરીને કામ પૂરું કરવામાં સફળ થશો. નવી વ્યક્તિ જીવનમાં આવવાના ચાન્સ છે. હાલમાં રોજ 'મહેર નીઆયેશ' ભણવાનું ચાલુ રાખજો.

શુકનવંતી તા. ૧૩, ૧૪, ૧૬, ૧૭ છે.

**Lucky Dates: 13, 14, 16 17.**  
Mercury's long-standing rule till 18th January helps you to put in effort and save some money. You would need to put in extra work to earn money. You will be able to succeed in whichever tasks you undertake if you use your intelligence. Someone new could enter your life. Pray the Meher Nyaish daily.



## Scorpio - વૃશ્ચિક - ન.પ.

તમોને બી ચંદ્રની દિનદશા ચાલુ હોવાથી નાની મુસાફરીનો ચાન્સ મળે તો જવા દેતા નહીં. તમારા કરેલ કામની અંદર સફળતા મળીને રહેશે. તમે તમારા મનને મજબૂત કરીને જેબી કામ કરશો તેમાં સફળતા મળીને રહેશે. નવા કામ કરવામાં સફળ થઈ જશો. માંદગીમાંથી મુક્તિ મેળવશો. તમોબી ૩૪મું નામ 'યા બેસ્તરના' ૧૦૧ વાર ભણાજો.

શુકનવંતી તા. ૧૨, ૧૪, ૧૬, ૧૭ છે.

**Lucky Dates: 12, 14, 16 17.**  
The ongoing Moon's rule suggests that you don't let go of any travel opportunities. You are sure to taste success in all your endeavours. Any work that you do, with a strong mind, will result in victory. You will be successful in executing new ventures. Those who have been ill will recover. Pray the 34th Name, 'Ya Beshtarna', 101 times, daily.



## Aquarius - કુંભ - ગ.શ.સ.

હવે તો તમોને મિત્ર ગ્રહ શુકની દિનદશા શરૂ થયેલી છે તેથી ઓપોઝિટ સેક્સ તરફથી અણધારેલ કામદો થઈ જશે. ઘણી-ઘણીયાણી ઈસારામાં એકબીજાની વાત સમજા જશે. કામકાજમાં પ્રમોશન મળવાના ચાન્સ સારા છે. ગામ-પરગામ જઈ શકશો. તમોબી 'બહેરામ યજ્ઞ' ભણવાનું ચાલુ રાખજો.

શુકનવંતી તા. ૧૧, ૧૪, ૧૫, ૧૬ છે.

**Lucky Dates: 11, 14, 15 16.**  
The onset of Venus' rule will bring you lots of benefits through members of the opposite gender. There will be enhanced understanding between couples. You could get a promotion at your workplace. Travel abroad will be possible. Pray to Behram Yazad daily.



## Gemini - મિથુન - ક.ઇ.ધ.

શનિની દિનદશા ચાલુ હોવાથી તમો તમારા નાના કામબી સમય ઉપર પૂરા નહીં કરી શકો. શનિ તમોને આળસુ બનાવી દેશે. હાલમાં શારીરિક બાબતથી પરેશાન થતા રહેશો. ધાર્યા કરતા વધુ ખર્ચ ડોક્ટરની પાછળ થતો રહેશે. ઘરવાળા સાથે મતભેદ પડતા રહેશે. સાધના દુઃખાવાથી વધુ પરેશાન થશો. રોજ 'મોટી હપ્તન' ભણવાનું ચાલુ રાખજો.

શુકનવંતી તા. ૧૨, ૧૩, ૧૬, ૧૭ છે.

**Lucky Dates: 12, 13, 16 17.**  
Saturn's ongoing rule will not allow you to complete even your smaller tasks on time. Saturn makes you lethargic. You could end up having to deal with various physical ailments. You could end up spending unexpected amount of money on medical expenses. Squabbles with family members are indicated. You could suffer from headaches. Pray the Moti Haptan Yasht daily.



## Virgo - કન્યા - પ.હ.ણ.

મંગળની દિનદશા ચાલુ હોવાથી મંગળનો પારો ઉપર રહેશે. નાની બાબતની અંદર ગુસ્સે થઈ જશો. ઘરવાળાબી તમારી વાત માનશે નહીં તેનું દુખ વધુ લાગશે. હાલમાં ભાઈ-બહેનની સાથે નાની બાબતની અંદર મતભેદ પડતા રહેશે. ઘરમાં ખોટા ખર્ચ કરવા પડશે. ૨૪મી સુધી શાંતિ, જશ નહીં મળે. મંગળને શાંત કરવા માટે 'તીર યજ્ઞ' ભણાજો.

શુકનવંતી તા. ૧૧, ૧૨, ૧૩, ૧૫ છે.

**Lucky Dates: 11, 12, 13 15.**  
Mars' ongoing rule keeps you hot-headed. You will get angry over petty issues. You will feel increasingly hurt by your family members for not being in agreement with you. You could end up squabbling with your siblings over small matters. You might have to spend on unnecessary expenses. Peace and popularity will evade you till the 24th of November. To pacify Mars, pray the Tir Yasht.



## Sagittarius - ધન - ભ.ધ.ફ.

છેલ્લા ૫ દિવસ જ શુકની દિનદશામાં પસાર કરવાના બાકી છે તેથી ઓપોઝિટ સેક્સનો સાથ-સહકાર સારો મળીને રહેશે. તમારા ખરાબ સમયમાં તેઓની થોડી ઘણી મદદ મળશે. બાકી ૧૬મીથી ૨૦ દિવસ માટે સુર્યની દિનદશા તમારા પ્રેસરને વધારી દેશે. વડીલ વર્ગની તબિયતની ખૂબ જ દરકાર લેવી પડશે. તેથી આજથી 'બહેરામ યજ્ઞ' ભણવાની સાથે 'યા રયોમંદ' ૧૦૧ વાર ભણાજો. શુકનવંતી તા. ૧૧ થી ૧૪ છે.

**Lucky Dates: 11 to 14.**  
Venus rules you for the last five days - bringing you much support and help from members of the opposite gender. You will receive their help in your bad times. Starting from November 16th, the Sun's rule could increase your blood pressure. You are advised to take extra care of the health of the elderly. Starting today, pray the 96th Name, 'Ya Rayomand', 101 times, alongside praying to Behram Yazad, daily.



## Pisces - મીન - દ.ચ.ઝ.થ.શ.

૫મી જાન્યુઆરી સુધી રાહુની દિનદશા ચાલશે તેથી તમારું મગજ જરાબી સ્થિર નહીં રહે. બીજાનું ભલુ કરવા જતા તમારું ખરાબ થઈ જશે. અંગત સગાંઓબી દુશ્મન જેવો વહેવાર કરશે તેનું દુઃખ વધુ લાગશે. ખર્ચ ઉપર કાબુ નહીં રાખો તો ઉધાર નાણાં લેવા પડશે. હાલમાં દરરોજ 'મહાબોખ્તાર નીઆયેશ' ભણાજો.

શુકનવંતી તા. ૧૨, ૧૩, ૧૬, ૧૭ છે.

**Lucky Dates: 12, 13, 16 17.**  
Rahu's rule till 5th January will not allow you mind to be stable. Helping another could end up with disastrous consequences for yourself. Close relatives could treat you badly and this could hurt you deeply. If you do not control your expenses, you could end up having to borrow money from others. Pray the Mah Bokhtar Nyaish daily.

એક નજર પારસી મરણો ઉપર

Deceased મરનાર	Age વય	Date તારીખ	Address ર. ઠે.	Relations સગાઈઓ
<b>Sam Nusserwanji Bhagat</b> સામ નસરવાનજી ભગત	86 ૮૬	03.12.2021	P. B. Modi Building, 3Rd Floor, G. D. Ambekar Marg, Near Manohar Decorators Parel Village, Mumbai 12. ૧૪-પી.બી. મોદી બિલ્ડિંગ, ૩જે માળે, જી. ડી. આંબેકર માર્ગ, પરેલ વિલેજ, મુંબઈ-૧૨.	તે કુમ્મી સામ ભગતના ખાવીંદે તે મરહુમો દીનભાઈ તથા નસરવાનજી ભગતના દીકરા તે મરહુમો જરબાનુ તથા નાદીરશા એસ. વાનીયાના જમાઈ તે મરહુમો સુના દ. સંતોક, ઘન ન. ધીવાલા, દોલી જી. ભગત, કેરસી ન. ભગત, રતન ન. ભગત તથા પુત્લા પ. દવીયરવાલાના ભાઈ તે ઝરીન ન. વાનીયા તથા મરહુમ લોશંગ ન. વાનીયાના બનેવી તે મેહરનોશ, ખોરશેદ જી. કોલાબેવાલા, કોબાદ, પરવેઝ, શીરાઝ, હીરા, રયોમન, રૂખશાર, સનોબર, બરજીસ લોશંગ વાનીયા તથા મરહુમો પરવીન, હુતાક્ષી તથા નેવીલના અંકલ.
<b>Rohinton Faramrose Medhora</b> રોહીન્ટન ફરામરોઝ મેધોરા	84 ૮૪	03.12.2021	802 B, Dedhia House, 1St Floor. Dr. Ambedkar Road, Mumbai 400 014. ૮૦૨/બી, ઘેઘીયા હાઉસ, ૧જે માળે, ડો. આંબેકર રોડ, મુંબઈ ૪૦૦૦૧૪.	તે મરહુમ ગાયમઠાઈ અને ફરામરોઝ મેધોરાના દીકરા તે મરહુમો બેહરમ, નોઝર, મીનુના ભાઈ તે દાયના અને ફરામ મેધોરા, ક્યનાઝ પતેલના કાકા તે મરહુમ કરોલના દેર અને જરૂના જેઠ.
<b>Perin Eruch Kateli</b> પેરીન એરુચ કટેલી	84 ૮૪	04.12.2021	M-2, Nawroz Baug, Dr. S. S. Rao Road, Lal Baug, Mumbai 400 012. એમ-૨, નવરોઝ બાગ, ડો. એસ. એસ. રાવ રોડ, લાલબાગ, મુંબઈ-૪૦૦૦૧૨.	તે એરવદ એરુચ દોરાબજી કટેલીનાં ઘણિયાની તે મરહુમો પીરોજ તથા ભીમજીભાઈના દીકરી તે એરવદ પોરસ એરુચ કટેલી તથા નાઝનીન ડીસોઝાના માતાજી તે ઓસ્તી હુનોશી તથા ઇઆન ડીસોઝાના સાસુજી તે જ્હાનના બપઈજી તથા એરીયલ લાપરા અને ઇડનનાં મમઈજી તે સોલી જસાવાલા, એમી પટેલ અને રોશન દેબુના બહેન તે મરહુમો તેલમી તથા સીલુ જસાવાલાના બહેન તે નોશીર તથા જીમી કટેલીના ભાભી તે મરહુમ બચલ કાતરક તથા દોલત ડોટીવાલા, પીલુ વજીદદારના ભાભી તે કેની જસાવાલાના નરણ તે કેની નોશીર કટેલીના દેરાની તે ઝરીન જીમી કટેલીના જેઠાણી.
<b>Mani Pesi Bharucha</b> મની પેસી ભરુચા	95 ૯૫	04.12.2021	Jer Baug, B 14, 1St Floor, Op. Fruit Market, Byculla, Mumbai 400017. જર બોગ, બી-૧૪, ૧જે માળે, ફ્રુટ માર્કેટની સામે, ભાખખવા, મુંબઈ-૪૦૦૦૧૭.	તે મરહુમ પેસી હોરમજી ભરુચાના વિધવા તે મરહુમો શીરીનભાઈ તથા બરજોરજી પેસ્તનજી ભરુચાના દીકરી તે મરહુમો બેજન બરજોર ભરુચા તથા ઓસ્તી નાજુ દારા સંજાનાના બહેન તે નેવીલ દારા સંજાના તથા કેટી એદલ ગોટવાના માસીજી તે મોનાઝ નેવીલ સંજાના, રૂબી, આશીશ, મહાફીન તથા ક્યોમર્ઝના ગ્રાંડ માસીજી તે મરહુમ ઓસ્તા દારા દીનશી સંજાનાના સાલીજી તે કેનીના કાકીજી તે આવુના મામીજી.
<b>Jal Kawas Dolasa</b> જાલ કાવસ ડોલાસા	84 ૮૪	05.12.2021	A-601, Ahuna Apt, Edulji Road, Thane 400601. એ-૬૦૧, અહુના એપાર્ટમેન્ટ, એદલજી રોડ, થાણે-૪૦૦૬૦૧.	તે કેની જાલ ડોલાસાના ખાવીંદે તે અનાહીતા ડ. શેરડીવાલા, નીલુફર જી. કાટગરા, હોરમજી જી. ડોલાસા તથા નેનસી મહાબરીન ભેસાનીયાના બાવાજી તે મરહુમો દોસીભાઈ તથા કાવસ નાયાજી ડોલાસાના દીકરા તે દારા ક. શેરડીવાલા, ગેવ સ. કાટગરા, બીનાઈફર દ. ડોલાસા તથા મહાબરીન ઈ. ભેસાનીયાના સસરાજી તે મરહુમો પીરોજ તથા ભીકાજી ડ. વરીયાવાના જમાઈ તે જેફરીના, જુબીન, પીરાન, શૌન તથા પરસીસના મમાવાજી તે નતાશાના બપાવાજી તે દીના પરસી ભરુચા તથા મરહુમો દોલી સી. દારૂવાલા અને કેકી સી. ડોલાસાના ભાઈ તે આદીલ, હુફરીઝ, જેસમીન, હુતાક્ષી, ડેસી, રોશની, જેનીફર, બુરઝીન, ફરહાદ તથા દેલનાઝના અંકલ તે કેટી, મહાફીન, પરસી, જમશેદ, પરવેઝ, નેનસી તથા મરહુમો કેકી, આબાન, ઘનજીશા, બેહરામ, ફરોખ, નોશીર તથા રોહીન્ટનના બ્રધર-ઇન-લૉ તે કીયાન શાવીર શેરડીવાલાના ગ્રેટ ગ્રાન્ડ ફાધર.
<b>Noshir Eruch Gandhi</b> નોશીર એરુચ ગાંધી	69 ૬૯	05.12.2021	ReadyMoney Building, Ratan Tata Colony, Near Drum Beat Hotel, Cumballa Hill, Mumbai 400 026 રેડીમની બિલ્ડિંગ, રતન તાતા કોલની, ડ્રમ બીટ હોટલ પાસે, કંબાલાહીલ, મુંબઈ-૪૦૦૦૨૬.	તે મરહુમો ગુલબઈ તથા એરુચ અરદેશર ગાંધીના દીકરા તે મરહુમ રૂસી ને નાજુના ભાઈ તે નેકઝાદ નોઝર બહેરામકામદીન - કેરટેકર.
<b>Kety Maneck Pundol</b> કેટી માનેક પંડોલ	85 ૮૫	06.12.2021	46-1, New Kanga Building, 3Rd Floor, Gwalia Tank, Nana Chowk, Mumbai 400 026. ૪૬-૧, ન્યુ કાંગા બિલ્ડિંગ, ૩જે માળે, ગોવાલ્યા ટેન્ક રોડ, નાના ચોક, મુંબઈ ૪૦૦૦૨૬.	તે મરહુમો મેહરબાનુ તથા નાદરશાલ બરજોરજી કરંજાવાલાના દીકરી તે મરહુમ માનેક મીનુ પંડોલના વિધવા તે મરહુમો કેની લોશંગ કોન્ડેક્ટર, બરજોર કરંજાવાલા, કેરસી કરંજાવાલા તથા એરુચ કરંજાવાલા, જોલી રૂસી શેઠનાના બહેન તે મરહુમો કેની બરજોર કરંજાવાલા, કેની કેરસી કરંજાવાલા તથા લીલી એરુચ કરંજાવાલાના નણંદ તે મરહુમો કુમ્મી મીનુ પંડોલ તથા મીનુ ટેલમુલ પંડોલના વલુ તે દીનાઝ કોન્ડેક્ટર, આબાન રૂપા, ફીરદોસ કોન્ડેક્ટર, ફરઝીન ને જુબીન શેઠનાના માસી તે વીરાહ, રૂક્ષાના, એરીક, રૂશાદ, ઝરીર, બુરઝીન કરંજાવાલાના કુઈ.
<b>Gool Adi Sukhia</b> ગુલ અદી સુખીયા	78 ૭૮	06.12.2021	402, Meher Homes Chs Ltd., Jogeshwar (W), Mumbai 400 102. ૪૦૨, મેહર હોમસ કો. લા. સોસાયટી, લીમીટેદ, જોગેશ્વરી (ઈ), મુંબઈ ૪૦૦ ૧૦૨	તે મરહુમ અદિના ખાવીંદે તે મરહુમ કુમ્મી અરદેશર બીલીમોરયા અને અરદેશર દોસાભાઈ બીલીમોરયાના દિકરી. તે આદિલ અને લોશંગના માતાજી. તે શીરાઝ આદિલ સુખયાના સાસુજી. તે કેનાઝના બપઈજી. તે કેરસી તથા મરહુમ ખોરશેદ મીનુ સુતરયા ને એદલ અરદેશર બીલીમોરયાના બહેન.
<b>Gustad Pirojshah Divecha</b> ગુસ્તાદ પીરોજશાલ દીવેચા	84 ૮૪	09.12.2021	Flat No.6, 1St Floor, Contractor Building, Byculla (East), Mumbai 400 027. ફ્લેટ નં-૬, પહેલે માળે, કોન્ડેક્ટર બિલ્ડિંગ, ભાખખવા, મુંબઈ-૪૦૦૦૨૭.	તે મરહુમો બાનુભાઈ તથા પીરોજશાલ દીવેચાના દીકરા તે મરહુમ રોશનના ખાવીંદે તે ફરીદા દિશોર સાલુકે, ફીરોઝ તથા મરહુમ વીસ્પીના બાવાજી તે રૂબી કેકી પટવાના બનેવી તે અનીતા ફીરોઝ દીવેચા તથા મરહુમ કિશોરના સસરાજી તે રાજીવ, અરઝાન, અરપીતાના ગ્રેન્ડ ફાધર તે મરહુમ જહાંગીર દીવેચાના દેર તે મરહુમો ટેલમીના તથા પીરોજશાલ ધુથીના જમાઈ.
<b>Dr. Bejon Phirozeshaw Shroff</b> ડો. બેજન ફીરોજશાલ શ્રોફ	82 ૮૨	09.12.2021	72-B, Cozy Building, Flat No. 1, Ground Floor, A. K. Marg, Gwalia Tank, Mumbai-400036. ૭૨-બી, કોઝી બિલ્ડિંગ, ફ્લેટ નં. ૧, ગ્રાઉન્ડ ફ્લોર, એ. કે. માર્ગ, ગોવાલીયા ટેન્ક, મુંબઈ-૪૦૦૦૩૬.	તે મરહુમ રોશનના ઘણી તે કેપ્ટેન જુબીન શ્રોફ અને ખુરશીદ ફીરદોસ ઈરાનીના પપા તે હોમાય અને ફીરદોસના સસરાજી તે મીરોનના બપાવાજી અને અયાન અને આરયનના મમાવાજી તે મરહુમો બાનુભાઈ અને ફીરોજશાલ શ્રોફના દીકરા તે મરહુમો રતનભાઈ અને જહાનબક્ષ સેથનાના જમાઈ તે લોશાંગ ફીરોજશાલ શ્રોફ તથા મરહુમો મેહરુ ઘનજીશાલ પટેલ અને વીરુ લોશાંગ લવંગીયાના ભાઈ તે મરહુમો ઘન અને પેશોતન પાત્રાવાલા અને પરવીઝ તથા મરહુમ માહિયાર ઈરાનીના વેલવઈ.
<b>Death Announcements From Prayer Hall</b>				
<b>Roda Burjor Rustomjee</b> રોડા બરજોર રુસ્તમજી	89 ૮૯	08.12.2021	A-Evergreen, 5 Perry Road, Bandra (West), Mumba-50. એ-એવરગ્રીન, ૫ પેરી રોડ, બાન્દ્રા (વેસ્ટ), મુંબઈ-૫૦.	તે મરહુમ મુનાવરના ઘણિયાની તે મરહુમ એલન અને મરહુમ બરજોરના દીકરી તે મરહુમ જમશેદ અને કેરસીના બહેન તે પીરઝાદ, ફરઝાદના આન્ટી.
<b>Death Announcements From Palghar</b>				
<b>Katty Jehangir Irani</b> કેટી જહાંગીર ઈરાની	78 ૭૮	08.12.2021	Dahee Baug, Mahim Road, Palghar West - 401404 દાહી બાગ, માહિમ રોડ, પાલઘર વેસ્ટ - ૪૦૧૪૦૪.	તે મરહુમ જહાંગીર ઈરાનીના ઘણિયાની તે ફરોખ દાહીના બહેન તે કાશમીરા કસનાવીયા અને જાસમીન મોબેદના મમ્મી તે બીનાઈફર, જુબીન, સનાયા, ઝેનોબીયા અને કાપરાના ગ્રાન્ડ મધર.
<b>Death Announcements From Valsad</b>				
<b>Dhunjisha Faramroz Munshi</b> ધનજીશા ફરામરોજ મુનશી	78 ૭૮	08.12.2021	28/C - Aasopalav Raw House, Saibaba Park, Civil Road, Valsad. ૨૮/સી - આસોપાલવ રો હાઉસ, સાઈબાબા પાર્ક, સીવિલ રોડ, વલસાડ.	તે મરહુમ તેલમીના ફરામરોજ મુનશીના દિકરા તે રોડા મુનશીના ખાવીંદે તે ફાનક તથા કેકીના પપ્પા તે જીમી માનેકસાના તથા પરીઝાદના સસરાજી તે ખુશનાઝ તથા પરસીના મમાવા તે રૂબીના બપાવા.
<b>Death Announcements From Poona</b>				
<b>Hosang Fakirji Gandhi</b> હોશંગ ફકીરજી ગાંધી	82 ૮૨	08.12.2021	Bramha Estate Co-op. Housing Society Limited, B-1/40, Kondva Khurd, Pune-411048. બ્રમહા એસ્ટેટ કો-ઓપરેટીવ હાઉસિંગ સોસાયટી લિમિટેડ, બી-૧/૪૦, કોન્ડવા ખુર્દ, પૂણે-૪૧૧૦૪૮.	તે મહેરૂના ખાવીંદે તે મરહુમ ગુલબાનુ ફકીરજી ગાંધીના દીકરા તે બીનાયફર દારાપ્પસ દાદાચનજીના પપ્પા તે ફાનના મમાવાજી તે પરવેઝ તથા રસ્ના આદીલ ઘડીયાલીના ભાઈ તે મરહુમ આવામાય નવરોજના જમાઈ તે ઝરીન, મરહુમ ડોલી, પરીન, યાસમીન તથા શ્રીતિના બનેવી.

# Lower Cross Syndrome



DR. DANESH CHINYOY

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Like the Upper Cross Syndrome (discussed in the previous article), the Lower Cross Syndrome (LCS) is one of the most common compensatory patterns and a postural disorder in the lower back, pelvis, and hip joints of the muscles. The 'Unterkreuz syndrome' is also known as pelvic crossed syndrome, Lower Crossed Syndrome or Distal Crossed Syndrome.

'Cross' refers to the overactive muscles' (and possibly tight and shortened) crossing pattern with the underactive (and possibly lengthened and weak) muscles' counter crossing. In LCS, it is characterized by individuals displaying a postural lordotic posture more often with a protruding stomach. Prolonged sitting or injury may lead to development of shortened hip flexor muscles, and that leads to tightened lower back muscles. The tightened hip flexors eventually lead to weakened abdominal/core muscles, along with weakened gluteal/butt muscles. The impact of these muscles on the thigh and spine is common. Their postural impact on the pelvis, however, is fundamentally more important and needs to be addressed first.

Patients with LCS may experience pain in their lower back. Pain is usually not immediate in this disorder; the patient feels low back pain when this condition has stayed uncorrected for a while. LCS is often caused by an overly sedentary lifestyle and/or poor posture. Another potential cause is overtraining certain parts of the body while undertraining others. For instance, if a person strengthens their hip flexors and back without focusing on their glutes and abdominals, this could lead to an imbalance. Many who start exercising without correct guidance end up doing more harm than good. With prolonged standing, intensified pain is experienced and flexion (forward bending) alleviates it. Except in the case of a related piriformis (a muscle in your buttocks) syndrome where people feel sciatic type pain, there is no radiation of pain (pain experienced in legs) and no

**Tight Thoraco-lumbar Extensions**

**Weak Abdominals**

**Weak Glutes**

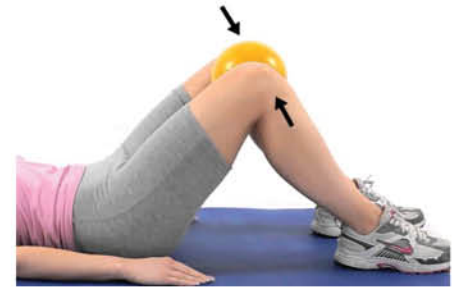
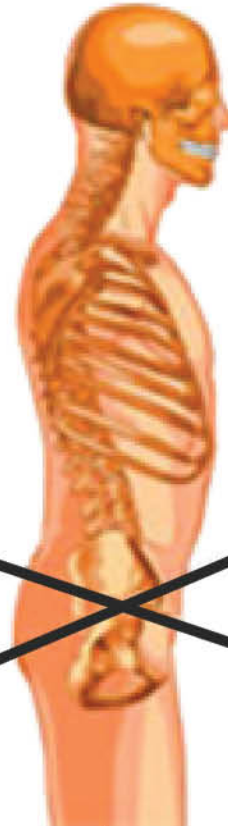
**Tight Iliopsoas & Rectus Femoris**

neurological effects. The patient finds it uncomfortable to lay with stretched legs and prefers to lie with their knees bent.

LCS should not be left untreated. It is best to treat LCS under the supervision of a physiotherapist who could monitor chronic symptoms and prescribe a personalized regimen of treatment. To diagnose, he/she will perform some clinical physical tests along with a thorough postural examination. To recover natural joint mobility, the locked joints of the hip, pelvis, and lumbar area (lower back) may be adjusted by one or more adjustments (manipulation). With this treatment you see changes in discomfort and improvement in function rapidly. This would be paired with coordinated stretching and strengthening of the muscles along with ergonomic conditioning.

To improve optimum muscle function and improve the postural alignment of the lower back, it is important to reinforce the muscles. First, a person should relax the muscles. To do this, they can use a foam roller and slowly roll parts of the body, such as the front and inner thighs, over it. Once a person finds a tender spot, they should hold the position for 30 seconds.

**Exercise is great way to address LCS. Here are some simple Lower Cross Syndrome exercises you can do at home:**



**Supine Ball Squeeze:** Lay on your back with your knees bent. Place a small ball or rolled-up towel between your knees. Squeeze the ball firmly with your legs and hold for 3 -5 seconds. Relax briefly. Repeat 10 to 15 times. As your strength improves, try an intermediate variation of the exercise - Place the ball between your thighs and raise your hips off the floor into a glute bridge. When your body forms a continuous line from your knees through your hips to your shoulders, hold the position and do your ball squeezes. Bump it up to the advanced level by working on one leg. Move into a two-legged glute bridge with the ball between your legs. Carefully shift your weight over one foot and extend the other leg while maintaining your grip on the ball.



**The Hip-Flexor-Stretch:** Keep the body in an upright position as shown in the image and reach for the back foot, gently lifting it off the ground to feel a stretch at the front of the thigh. Repeat thrice on both sides.



**The Leg Extension:** Lie on your stomach. Raise one leg at a time from the hips, keeping the knee straight. Repeat 12 times (1 set = 12 reps). Perform 3 sets per leg.



**Lower Back Cat-and-camel Stretch:** On both hands and knees, arch the back upwards, tucking bottom under and chin to chest. Extend the spine and drop back downwards. Bring the bottom back over your feet. Repeat 12 times.

**Bridging Exercise:** Lie on your back. Pressing through the midfoot while exhaling, lift the hips and trunk off the surface. Hold for a count of 5 and return.



Inhale to rest, then exhale to repeat the action. Ensure that the neutral spine is preserved and that the lumbar spine isn't over-extended. Repeat 12 times.

Once you get comfortable doing the above exercises and experience significant relief, you should work towards a strong core stability program, for long term gains. I plan to devote an article exploring 'Core Stability and Conditioning', because its importance cannot be emphasized enough.