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PARSI TIMES

Merry Christmas



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On 2nd January, 2022, the Ba Humata (Good Thoughts) Webinar series presents its 13th global Webinar titled 'Building Trust Without Thrust', celebrating the Day of Collective Consciousness in honor of Asho Zarathushtra. The Webinar will feature respected Vada Dasturji Keki Ravji - High Priest of Navsari

(India), with speakers - Roshan and Rohinton Rivetna (USA); Mobed Pedram Soroushpour (Iran); Vista Khosravi (UK), alongside Founder, Host and Moderator of Ba Humata - Dr. Karishma Koka, the Zarathushti Neuro-scientist from Cambridge University (UK).

When: Sunday, 2nd January, 2022
Where: ZOOM platform: <https://us02web.zoom.us/j/83408826220>
[Meeting ID: 83408826220 & Passcode: BAHUMATA]
Time: 9:30pm-IST; 8:00am-PST; 11:00am-EST; 4:00pm-UK; 8:00pm-UAE; 7:30pm-Iran

Speakers and biographies arranged by Mentor and Facilitator - Meher Amalsad. Technical support provided by Yazdi Tantra.

FROM THE EDITOR'S DESK

May Your Christmas Be Merry!



Dear Readers,
Merry Xmas to you and to your loved ones!

Today marks the most celebrated day of the year. And though the rising Covid cases, in tow with its latest variant, have yet again started to clamp down on our freedom and festivities, that Christmassy feel of celebration and fun, lives on in our hearts. Which is alright - not because we're getting used to it, but because that's where the real Xmas spirit truly thrives - in the heart that partakes the authentic festive essence of love, of compassion, of giving and of gratitude.

We love receiving our Christmas gifts because these symbolize that we are thought of fondly and loved and cherished. We love feeling special. But what brings us even more joy than unwrapping our own gifts is to be the reason that unfurls a smile to the face of another... to give.

There's something about giving - immaterial of the time of the year - it fills us with an inner joy unparalleled to any other. Christmas provides that special opportunity to be that blessing through giving. And some of the most precious and meaningful gifts in the world don't need you to reach into your pockets - because some things are simply invaluable... like your time spent with someone feeling lonely, your smile that lift someone's spirits, your reassuring hand on a weary shoulder, a warm hug to thaw a cold, hurting heart, sweet words whispered into dejected ears... gift-wrapped in warmth and affection, these incomparable gifts outweigh and outshine all others.

Oh and... let's not forget one of the most important gifts of all that you'd give to yourselves and to others - practicing Covid-appropriate behaviour. The increasing number of cases indicate the potential onset of the third wave - so stay masked-up, maintain social distancing, use sanitizers and wash your hands frequently. Keep safe, stay well.

Have yourselves a blessed, Merry Christmas!

- Anahita
anahita@parsi-times.com

**Boyce AGIARY CELEBRATES 187th
Adaran Saheb ni Salgreh.**

Boyce DHANA PATEL FIRE TEMPLE at Tardeo, Mumbai, will celebrate its 187th Adaran Saheb Ni Salgreh on 30th December, 2021. (Roj Sarosh Mah Amardad 1391 Y. Z.)

A Fala ni Machi will be performed in the HAVAN GEH followed by a Jashan at 9.15 a.m. All ZOROASTRIANS are requested to be present and take the Blessing of PADSHAH SAHEB.

187th Adaran Saheb ni Salgreh.

Film Review

By Hoshang Katrak

83

Traditionally, 24 June is observed as Midsummer's Day in Britain. But little would the Clive Lloyd led West Indies team, camping in London, envisage the heat they would have to endure the next day at Lord's in the epic World Cup final against underdogs - India, permanently altering the Indian cricket fans' perception of their national team.

It took 38 years (coincidentally Srikanth's highest individual score in the World Cup final) to bring the story to the big screen. In his ninth directorial feature, Kabir Khan, pitches himself on a sticky wicket with the eponymous '83'. To tell a story known to most is no mean task - however, it is the backstories which the audience would look

forward to in this sports biopic.

The film opens sedately with a brief introduction of the players and the invitation to BCCI for the Indian team in the 1983 World Cup. The film perks up when Team Manager - PR Man Singh (outstanding performance by Pankaj Tripathi) is asked to pay excess baggage by the airline for the players' kits.

'83' is part anecdotal, part narrative, but largely a compendium of all the 1983 World Cup matches involving India - how Kapil's Devils shocked the mighty West Indies in the opener despite their four-man army of Andy Roberts, Michael Holding, 'Big Bird' Joel Garner and the fastest of the lot -Malcolm Marshall (played in the film by his son Mali), then going on to beat Australia

and Zimbabwe, before suffering reverse defeats to the first two, effectively diminishing our chances of reaching the semis.

For the most part, Kabir Khan seems to have done his research well - Mohinder 'Jimmy' Amarnath carrying a red handkerchief in his rear pocket, or his trademark unhurried run-up to the wicket, Kris Srikanth's quirky facial expressions (brilliant portrayal by Tamil actor Jiiva, making his Hindi debut), or Doordarshan going on the blink at crucial periods of the matches. But cinematic liberties or otherwise, there are a few dark spots too - in the Zimbabwe match (not filmed and sadly lost to posterity as BBC were on strike that day) where Kapil scores the record breaking 175, we're made to believe that we had won in a canter. Not so - Kevin Curran's valiant 73 had almost got them

there. Also, no umpire (neutral as they are) would openly congratulate a player midfield in the middle of the innings, and no umpire, even in 1983, would permit batsmen to confabulate endlessly between deliveries.

Recreating the look is crucial in biopics and for the most part, Ranveer Singh nails Kapil's rustic Haryanvi accent and his laborious drawl when speaking English. Jiiva's monologue during the High Commissioner's party is one of the high points of the film. Boman Irani - playing the portly and affable Farokh Engineer, and more heard than seen - in the commentary box is dignified and plays his part well, especially when he lets his hair down during the closing minutes of the final. Deepika Padukone's (as Kapil's wife, Romi) presence is largely ornamental, while the actors playing the other players have done their job well. Background specialist

Genre	Sports, Drama, Biography
Minutes	155
Director	Kabir Khan

3.5 ★★★★★



Julius Packiam's score is timed to evoke jingoism at the right moments. A rather remarkable moment in the film is when Kapil (Ranveer Singh) credits former CCI Secretary - Keki Tarapore, with tacitly encouraging him to be a fast bowler. A must for cricket fans.

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It's The Time To Be Merry!



NOSHIR H. DADRAWALA

Norman Vincent Peale once said, "Christmas waves a magic wand over this world, and behold, everything is softer and more beautiful." This is so true! Indeed, Christmas has a way of making people feel merry. From twinkling Christmas trees to thoughtful gifts beneath them, there's just something heartwarming about the holiday.

It's the time for heart-warming mulled wines, rum-soaked plum cakes and dinners with family or friends. Lively Christmas music and all kinds of flavorful roasts fill the air and add to the Christmas spirit. Christmas day holds all time together and therefore let's make it special. Be a Santa Clause to your loved ones - seek to make others happy. Be a Santa Clause who gives of himself in thought, word and deed and in every gift, big or small that he bestows!

Christmas Is About Giving... Indeed, it is! Christmas is perhaps an apt time to recollect O Henry's short story - "The Gift of the Magi" first published in 1905. The story is about a young married couple and how they deal with the challenge of buying secret Christmas gifts for each other with very little money. On Christmas Eve, Della Young discovers that she has only \$1.87 to buy a present for her husband, Jim. She visits the nearby parlor of a hairdresser who buys Della's long hair for \$20. Della then uses the money to buy a platinum pocket watch chain for Jim. Jim gives Della her present - a set of ornamental combs, which she would be unable to use until her hair grows back. Jim in



the meantime had sold his watch to buy the combs. While the gifts that Jim and Della gave each other could not be used, they both realised how far they went to show each other their affection. The story ends with the narrator comparing these sacrificial gifts of love with those of the biblical Magi.

The Magi... In the western world, the term Magi is most commonly associated with the Three Magi or the Three Wise Men of the East who visited the infant Jesus in Bethlehem. The Magi or Magus were ancient Zoroastrian priests belonging to a tribe in North-western Iran known as the Medes. They were well versed in matters of astronomy and astrology, and that's probably how they followed a star in their quest to find Jesus. They were also healers who healed with both - chanting of prayers, and mixing of various plants and herbs. Thus, their powers were associated in the ancient world with magic. In fact, 'magic' as an expression has its roots in the term Magi.

Persian Feast of Yalda... Christmas festivities trace their roots to the ancient Zoroastrian feast of 'Yalda', observed annually around 21st December - coinciding with the winter solstice in the Northern hemisphere. Yalda, is the longest and darkest night of the year (*Shab-e-Chehel*), marking the first forty days of the winter season of three months, which begins 21st December and ends 21st March, with the ushering in of spring. Thus, 21st December marks the eve of the winter season.

Since the first night of winter (21st December) is the longest night and from that night onward the days get longer and the

warmth and light of the sun increases, that night was believed to be the time for the re-birth of the sun. Aryan tribes in India, Iran and Europe celebrated the sun's birth at the beginning of winter. In Mithraism, a form of worship across Rome and much of Europe, 21st December marked the birth of Mithra (Zoroastrian: *Meher Yazata*).

The Yalda Tree... In ancient Iran, Yalda festivities were symbolized by the evergreen tree. Young Iranian girls would tie colorful silk ribbons to Cypress, Fir or Pine trees and make wishes (they do so even today). These trees would usually be covered with snow and in the morning when the sun would come out after a long, dark night; the rays would bounce off the ice on top of the tree and look like a star. This morning would be celebrated as the birth or the re-birth of the sun which would continue to grow in strength and brightness till the next Yalda night. Inspired by the Yalda tree, Germans, around the eighteenth century adapted the Yalda tree as the Christmas tree and soon, the Christmas tree became popular across Europe.

From Yalda to Christmas... Prior to the Emperor Constantine accepting Christianity in the year 313 AD, Christmas was not even a feast. In other words, for more than three centuries after Christ, there was no feast called Christmas. Even to this date, there is no historical or scriptural evidence to indicate that Jesus was born on 25th December. Some scholars place the birthday of Jesus on 6th January.

In the fourth century AD, when Christianity replaced Mithraism (a form of worship inspired by Zoroastrianism) in the Roman Empire, early Christians who did not have ritual traditions of their own, ended up absorbing most of the rituals and symbolic dates of the Mithraists. In particular, 25th December, Mithra's (unconquered/eternal sun) date of birth (which actually is 21st December,

but, became 25th due to some error of leap year intercalation), became the date of the birth of the 'Son of God'. Yalda as we know, means birth.

The Feast of Natal... Historically, 25th December was chosen by the Roman Emperor Aurelian in the year 274 AD to celebrate 'Natalis Solis Invicti', the birthday of the unconquered Sun, following the winter solstice. The Church in Rome later fixed the commemoration of the birth of Christ on this date, around 336 AD. Thus, the feast of Natalis (*Natal*) which means birth, was chosen as the date to commemorate the birth of the 'Son of God'. For devout Christians, Christmas commemorates the birth of the 'son (of God)' while, for Zoroastrians, Yalda commemorates the birth of the 'sun (of God)'. Let us revere both: the 'Sun' which is the source of light and life for everyone on earth and the 'Son' who sacrificed his life to bring the light of God's Will to this world.

Don't Let The Grinch Steal Your Christmas!

Covid-19 almost stole our Christmas last year and the threat on the omicron variant looms large over our heads. Should we let the Grinch of Wuhan steal our Christmas? Certainly not! Keep your spirits high. Dr. Seuss' Grinch famously said, "It came without ribbons; it came without tags. It came without packages, boxes, or bags. Maybe Christmas (he thought) doesn't come from a store. Maybe Christmas perhaps means a little bit more."

Indeed, let's make Christmas 2021 a little bit more about positive thinking, understanding, tolerance, gratitude and compassion!

Merry Christmas!



Poonawallas Donate £50 Mn To Oxford University

Further fortifying the Parsi precedent of philanthropy as well as progressiveness, the Poonawalla family, which owns the Serum Institute of India (SII) - the world's largest producer of vaccines in volumes, have pledged 50 million Pounds (\$66.2 million) or Rs. 500 crore, to the University of Oxford for setting up a research center and campus, focused on vaccinology, which would also house the institute behind the AstraZeneca-Oxford COVID-19 shot. The Poonawalla family have dedicated their life's work to the development, manufacture and supply of affordable vaccines to low-and-middle-income countries. The donation will be made through SII's London subsidiary Serum Life Sciences, which is chaired by Adar Poonawalla's wife, Natasha.

The Poonawalla Vaccines Research Building will be built on the same site as the recently announced Oxford University Pandemic Sciences Centre, and house over 300 research scientists. The buildings will share infrastructure and support facilities for scientific research and academic teaching and together will form a unique hub that will significantly contribute to

global pandemic preparedness and responsiveness. The Poonawalla Building will house the headquarters and main laboratory space of the Jenner Institute, the world-leading academic vaccine institute named after Edward Jenner, the father of vaccination. The most recent Serum Institute-Jenner Institute collaboration saw the rapid development and global roll-out of the Oxford/AstraZeneca COVID-19 vaccine at scale.

Professor Louise Richardson, Vice-Chancellor of the University of Oxford, said, "The University has longstanding ties with the Poonawalla family... I am delighted that through this generous gift we will be able to further our work on vaccines, which have proven so critical to global health."

Natasha Poonawalla, Chair, Serum Life Sciences, said, "We are delighted to make this £50 million commitment to the University of Oxford, for the building of The Poonawalla Vaccines Research Building... We are committed to developing and supplying vaccines to people who need them most. To make this happen, we build many scientific collaborations with the world's leading research institutes but today,



we are making this keystone donation to give the world-class team at Oxford a brand-new facility from which to take their research to the next level."

Future Serum Institute-Jenner Institute collaborations include an agreement for SII to manufacture and develop, with large-scale supply, the Jenner Institute's promising malaria vaccine, currently in Phase III trials, prioritising countries with high malaria burdens. Prof Adrian Hill, director of the Jenner Institute, said the success of collaboration between the university and Serum Institute on the malaria and Covid-19 vaccines highlighted the potential of partnerships between universities and manufacturers to develop and supply vaccines cost-effectively at scale.

The news was celebrated with much pride and delight



at Zoroastrian Trust Funds of Europe (ZTFE) as Dr. Cyrus Poonawalla is their honorary life member. "This will no doubt become a landmark institution as part of the prestigious and world-renowned Oxford University in the UK... more importantly it will promote the tiny minority Parsi entrepreneurship and indeed India to the forefront of the world forum," shared ZTFE Trustee Rusi Dalal, who was present, alongside ZTFE Patron - Lord Karan F Bilimoria CBE and ZTFE President - Malcolm M Deboo, at the ceremony which bestowed the doctorate onto Dr. Cyrus Poonawalla. "This new Institution at Oxford University will not only be a bilateral boost to India and United Kingdom,

but will be of global benefit. We also thank our Patron Lord Karan F Bilimoria CBE, current President of CBI, for using his good office to facilitate in organising this donation."

SII was founded in 1966 in Pune (Maharashtra, India) by Dr. Cyrus Poonawalla, originally into the business of horse breeding. Considered India's fifth-richest person, according to Forbes, he was conferred an honorary degree by Oxford University in 2019. SII is headed by his son, Adar Poonawalla. Earlier in September, the Poonawallas invested 50 million pounds in Oxford Biomedica to help fund the development of a plant that manufactures COVID-19 shots.

Commodore Bhada Felicitated By FINS, Prabuddha Bharat

On 18th December, 2021, the Forum for Integrated National Security (FINS) and Prabuddha Bharat felicitated Commodore Medioma Bhadha of the Indian Navy, and two other 1971 war heroes, as a part of the Golden Jubilee Year commemorations of the Bangladesh War, at a function held at the Foundry Cluster Auditorium, in Belgaum.



Kakade presented Vande Mataram while Sachin Sabnis proposed the vote of thanks. Other participants of the 1971 war were also felicitated. "INS Vikrant was like a mother to us," shared Commodore M. Bhada, and he was followed by other awardees who shared their war experiences with the audience. Aply compared by the Naik couple, the program saw a good turnout of people who came in show their respect for the veterans.

All three war heroes hail from Belgaum - Commodore Bhadha, Air Vice Marshal Mohan Dixit and Lt. Col. Vijay Misal (Sena Medal) - and were felicitated by Shri Mohan Ijare, Col. Madhukar Kadam and Shri Sachin Sabnis.

Jt. Convenor FINS - Col. R K Jadhav gave the welcome note, praising them in his opening remarks. Kishore

Central Bank of India Celebrates 111th Foundation Day

The iconic Central Bank Of India celebrated its 111th Foundation day on 21st December, 2021, across India. On this occasion, M V Rao - MD and CEO; alongside Eds - Alok Srivastava and Rajeev Puri; and other bank executives paid floral tributes to the bank's Founder - Sir Sorabji Pochkhanawala, at the Mumbai corporate office. A newly installed bust of Sir Sorabji Pochkhanawala was unveiled by Rao along with Dr. Pilloo Hakim - the grand-daughter of the Founder.

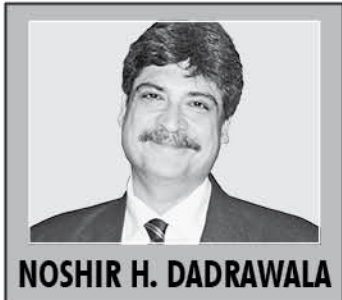


Dr. Pilloo Hakim; M.V. Rao, Rajeev Puri and Alok Srivastava

The occasion marked the launch of numerous customized products for customers including a revamped banking portal and the 'Cent m-Pass Book' App; E-Mandate in Debit Card, Rupay Business Card, Cent Sanjeevani, and Cent Go-Green Vehicle Loan. New employee initiatives were also introduced.

Rao addressed the gathering conveying his best wishes to all Centralites and their families. While emphasizing on the various customer centric products launched, he appealed to employees to perform with passion to improve the position amongst peer banks. Guest of honor, Dr. Pilloo Hakim thanked the bank management for remembering the founder's family yearly on the foundation day function and expressed her best wishes to the bank on its 111th foundation day.

Parsis – The Positive Changemakers Of India

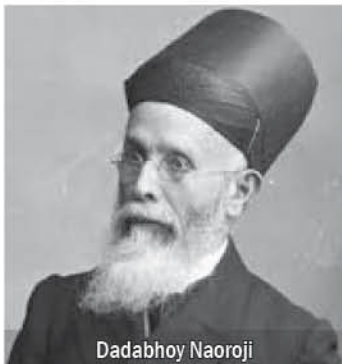


NOSHIR H. DADRAWALA

Lately, a video clip has been making rounds on social media portraying the Parsi community in questionable light. It argues with skewed logic whether Parsis at all helped India or only themselves. The comments made by the narrator and the conclusions drawn by whoever scripted this narrative are ludicrous, to say the least!

'Parsi, thy name is Philanthropy' is a common expression that traces its roots to time immemorial. Even Mahatma Gandhi acknowledged, "I am proud of my country, India, for having produced the splendid Zoroastrian stock, in numbers beneath contempt, but in charity and philanthropy, perhaps unequalled, certainly unsurpassed."

It wouldn't be misplaced even stating, 'Parsi thy name is



Dadabhoy Naoroji

Patriotism'. Dadabhoy Naoroji is regarded as one of the most important Indians during the birth of India's nascent Independence Movement. His book 'Poverty and Un-British Rule in India' brought attention to his theory of the Indian 'wealth drain' into Britain. Long before Independence was won,



Bhikaji Cama

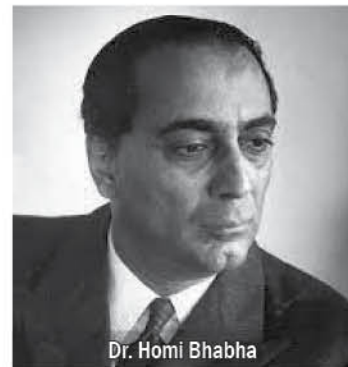
on August 21, 1907, Madam Bhikhaiji Cama designed and unfurled India's flag of freedom at an International Socialist Conference held at Stuttgart in Germany. Post-Independence, Field Marshall Sam Manekshaw scripted India's victory in the war with Pakistan (1971).

Pioneers Of Modern India... While JRD Tata is regarded the



JRD Tata

'Father of Indian aviation', Dr. Homi Bhabha is regarded the 'Father of India's Nuclear Program'; and Ardeshir Irani became the 'Father of Talkie Films' with the release of his



Dr. Homi Bhabha

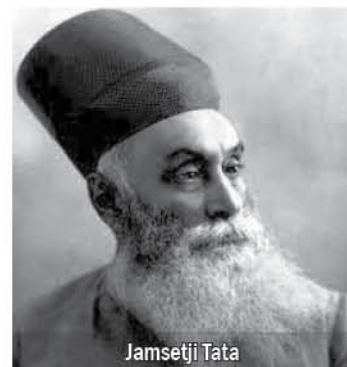
sound feature film, 'Alam Ara' in 1931. Sir Sorabji Pochkhanawala was one of the founding fathers of the Central Bank of India. The list is long - very, very long, be it in the fields of medicine, science, law or the arts and culture! The House of Tata gave India its first Institute of Science, the first Institute of Social Sciences and the one and only National Center for the Performing Arts. Mumbai's first hospital is thanks to Sir Jamsetji Jejeebhoy and the iconic Tata Memorial Hospital is thanks to the Tata Trusts.

Saving Lives... Forget the past, even today it is Adar Poonawala and Serum Institute of India (SII) which is saving lives, not just in India but globally. SII is ranked as India's top biotechnology company and is the world's largest vaccine manufacturer, by volume and sales, producing over 1.5 billion doses, including vaccines for Polio, Diphtheria,

Tetanus, Pertussis, Hib, BCG, r-Hepatitis B, Measles, Mumps, Rubella, Covid and more!

Religious Ethos... The driving force behind a Parsi's charitable instinct is his religious ethos. From a religious viewpoint, Parsis consider poverty, suffering and want as an affliction of evil. To remove poverty, disease and suffering is not only a religious duty, but an act of spiritual merit, depriving 'evil' of sustenance. No other quality has brought so much fame to the Parsis as their charities, which have been in size and scope - staggering; and mostly for cosmopolitan use. From public schools and hospitals to welfare of women, children and the aged, Parsis have given back to the country it's due, many times over.

Institutional Philanthropy... The very word philanthropy brings to mind the name 'Tata'. Jamsetji, the Tata family



Jamsetji Tata

patriarch, lived in an age when philanthropy was its own reward - tax rebate for charitable donations was unknown then. The Tata Trusts have created an infrastructure for the balanced development of the nation in science, technology, social science, arts and culture.

Notable Philanthropists... The list of Parsi philanthropists is very and we can only name a few in this article limited by space... Beginning with the House of Tata - **Jamsetji Tata** and his successors firmly believed that the way to take the injustice out of riches is to dedicate riches to the service of the people, establishing thus, the First Atomic Reactor in Asia, the First Cancer Hospital in India, the First Centre for the Performing Arts and the Institute for Fundamental Research.

Sir Jamsetjee Jejeebhoy, the first Indian Knight and Baronet was another Prince of Philanthropy. The extent of his philanthropy is too vast and varied to be compared

with other philanthropists. His contribution to public works and charities between 1822 - 1859 aggregated Rs.24,59,736/- (a huge sum of money for that time). Interestingly, less than 50% of this went towards the Parsi community.

Acts of benevolence were as natural to Jamsetjee as breathing; besides feeding and clothing the poor, he built bridges and causeways, *dharamshalas* and shelters for the homeless, the infirm and forsaken animals; as also Bombay's first hospital for civilians, where even today, the poor are treated free or at nominal rates. At a time when India lacked primary education, Jamsetjee established a School of Arts - the biggest school of its kind in the East.

When it comes to the **House of Godrej**, more than its products shines its vision - the concept of the 'Trusteeship of Wealth'. The founder,



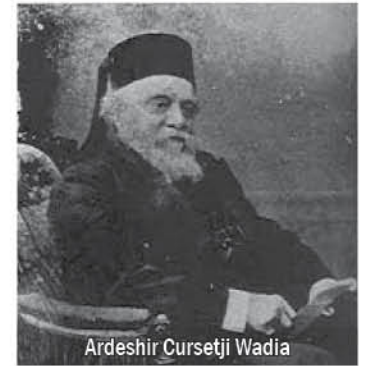
Ardeshir Godrej

Ardeshir Godrej contributed Rs.3 lakhs by way of donation in 1926 to the Tilak Fund for the upliftment of *Harijans* and was acknowledged by Mahatma Gandhi as, "the biggest contribution he had received for the cause."

The contributions of the **Wadia family** to Mumbai city are simply outstanding. The Bombay dry-dock (Asia's first dry-dock) which was built by brothers - Lovji and Sorabji Wadia in 1750, made Bombay a viable trading port. Lovji is respected as the Founder of Mumbai's Shipping Industry. His sons, Maneckji and Bomanji, built on his reputation of integrity, industry and ability. Seven generations of Wadia master-shipbuilders have constructed ships in Bombay that have plied the seven seas from the shores of the New World to the ancient shores of the China Seas.

In 1834, **Ardeshir Cursetji Wadia** was the first to introduce gas to Bombay. He became the first Indian Fellow of the Royal

Society of London. **Nowroji Nusserwanji Wadia** proved his engineering skills by establishing the textile giant - **Bombay Dying & Manufacturing Co.**, in 1879. As a Chair of various government and educational bodies, he introduced programs for better schooling; introduced the kindergarten



Ardeshir Cursetji Wadia

system of education; advocated physical training for boys and girls; better administration of hospitals etc.

Naoroji's sons - Cusrow and Ness, expanded the textile business and continued on the path of philanthropy and progress. In the 1920s, Ness established a wireless service, forerunner of the telephone, the India Radio and Communication Company, linking India and Britain for the first time. **Motlibai Maneckji**



Motlibai Maneckji Wadia

Wadia established dispensaries and in particular, the Bai Motlibai Obstetric Hospital. Land and money were given to orphanages and donations flowed freely for emergency relief of citizens.

Moving On... Indeed, Parsis have no need to prove their work or their worth. What Parsis have contributed to the country has been recorded and recognized over centuries, not just by non-Parsi historians but various governments. To even question whether Parsis have helped or contributed to India is preposterous. *Rightly did Oscar Wilde quip, "Ridicule is the tribute paid to the genius by the mediocrities."*

Covid Warrior Lion Daara Patel Awarded International President Award By Lions Clubs International

Lion Daara B. Patel, Secretary-General Indian Drug Manufacturers' Association (IDMA), was recently awarded the prestigious International President Award by the prominent Lions Clubs International for his comprehensive contributions through the Covid 19 pandemic as well as his efforts towards facilitating valuable support from various Government agencies towards this cause.

His efforts included providing food, clothes and other necessary items to the poor and needy, especially the migrants during the Covid-19 pandemic. He was also instrumental in providing face masks, gloves and sanitizers to various Police Stations and co-ordinating the delivery of free vitamins C and D3 for the Maharashtra as well as Mumbai Police.

Lion Daara was actively interacting with the Maharashtra State Government, FDA Maharashtra and also co-ordinating with the Department of Pharmaceuticals- Gol, on behalf of the Pharmaceutical Industry on various issues. He has assisted various patients - individuals and groups - in procuring Covid-19 related medicines which were in short supply and has facilitated crucial vaccinations for over 500 people. In addition, he has also organized, and promoted various Online Awareness Programs, which has benefitted innumerable people as regards precautions and other important information about the pandemic and related issues.

His yeoman service to the poor and needy, the migrants and most importantly, the City and State Police Force for the past two years, especially through the Covid-19 pandemic earned him the prestigious International President Award from Lions Clubs International.

Earlier this year in September, Lion Daara Patel was honoured by Shri Bhagat Singh Koshyari, Governor of Maharashtra, with the 'Maharashtra State Champion



Awards for Corona Warriors 2020-21', at the Raj Bhavan, Mumbai, for his invaluable contributions and help through the pandemic.

A keen social worker and active member of Lions Clubs International, the Dadar Parsi Colony resident is also known as the 'Medicine Man' in keeping with his constant endeavours towards providing and supporting healthcare for the underprivileged, including arranging large scale Blood Donation drives and Diabetes

check-up camps.

The recipient of innumerable awards even beyond his humanitarian achievements, under his stalwart leadership, the IDMA was awarded the First 'India Pharma Swachhatta Champion Award' by the Department of Pharmaceuticals, Ministry of Chemicals and Fertilizers, Gol. Some of his other achievements include being conferred the prestigious '100 Most Impactful Healthcare Leaders' (Global Listing) at the World Health and

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Wellness Congress (2019); the 'PharmaRatna, Lifetime Award', for invaluable contribution towards the Indian Pharma and Healthcare Industry by RDM (Rab Di Meher) (2019); '101 Most Fabulous Global Healthcare Leaders' Award by ET NOW (2020); and the 'Pharma Professional of the Decade' by the Pharma Leaders Group (2014).

IN MEMORY OF
FRENY CYRUS WATCHMAKER
Passed **December 15, 2021**
Born **October 7, 1940**

"When you speak of her, speak not with tears, for thoughts of her should not be sad. Let memories of the times you shared give you comfort, for her life was rich because of you."

Freny Cyrus Watchmaker passed away peacefully on **December 15, 2021**. She is survived by her loving sons **Zubin and Darius**, Daughters-in-law **Aileen and Arnica** and Grand Children, **Carl, Yohan and Tina**.

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The Bawa Word Search

Search out 16 Popular Party Appetizers hidden in the word-jumble box below, in bi-directional, horizontal, vertical and diagonal forms:

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

- | | | | |
|----------------|-------------------|--------------|--------------|
| Canape | Mozzarella Sticks | Deviled Eggs | Bruschetta |
| Buffalo Wings | Prawn Cocktail | Potato Skins | Crudites |
| Queso Flameado | Crostini | Antipasto | Onion Rings |
| Fish Fingers | Crab Cakes | Fattoush | Meze Platter |



TechKnow With Tantra

GoFullPage: Full Page Screen Capture

This is a Chrome Extension which helps you capture a screenshot of your current web-page in its entirety. Often, it's challenging to capture the full webpage as it's several screens long. All you need to do is click on the extension icon (or press Alt+Shift+P), watch the extension capture each part of the page, and be transported to a new tab of your screenshot where you can download it as an image or PDF or simply drag it to your desktop. The advanced screen capture technology handles complex pages—including inner scrollable elements as well as embedded iframes—unlike any other extension.

SUDOKU

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WINNING CAPTION!!!



Baby Bear: No, mommy, saachhu! I was just taking a walk!
 Mommy Bear: Shut Up! Again baaju ni Veera is complaining ke bhusri karya chawk!

By Mrs. Vahishta J. Mehta (New Delhi)

CAPTION THIS!



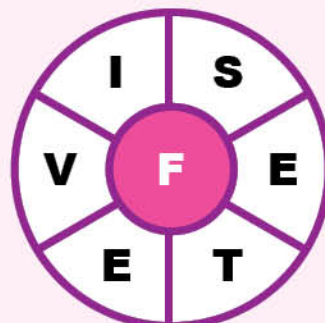
Calling all our readers to caption this picture!
 Send in your captions at editor@parsi-times.com by 29th December, 2021
 Winning Caption and Winner's Name Will Be Published Next Week.

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: 5 or more words
 Good: 7 or more words
 Outstanding: 9 or more words



Thought of the Week

"He who has not Christmas in his heart will never find it under a tree."

- Roy L. Smith

It's That Time Of The Year!



VEERA SHROFF SANJANA

about the spirit it embodies... a sense of belonging, love and warmth. We all hold our place in the world individually, but come Christmas and that sense of belonging and participation overpowers! It's the time when Christmas peace rules over the chaos of the land. Somehow it infiltrates and fuses our spirits and beings, together. It is not the sort of peace that hums after wars and discords, but one we naturally inherited with our souls... that human love of all things quiet and beautiful

festive Christmas vibe. Dinner too - elaborate and hearty. It's not important if you serve that honey glazed ham, candy canes or delectable mince-pies, as long as you have family and friends around, it's Christmas all the way!

Merry people and homes revel under vibrant Christmas colours... Red - the colour of life, the blood, the life force flowing all around - a strong and daring hue! Green represents life, nature and joy - that

perennial Christmas tree reminds us that seasons come and go, but we must stay the path. Woolly mitts, scarves and blankets warm your tips and toes. Hot chocolate and messy marshmallows... s'mores and cider... cinnamon and nutmeg... all that

perfection to every Christmas odyssey! Christmas carols and little ditties lull you into a blissful stupor, you know, in that moment that all's right with the world! Tall candles and little lanterns cast mystic, long shadows which has us in a transfixed plac of peace and calm.

Christmas is not just a time, nor only a season. It is a state of mind, a state of being. To cherish peace and goodwill, to be plenteous in mercy and humility. To be filled with a generosity of heart - now that is the real spirit of Christmas! It's not the toys and the gifts, it's not about the razzle and the dazzle. Christmas is truly and only about the heart. So keep your hearts big and open!

Merry Christmas!

For me, the month of December holds a special charm - usually unprecedented by any other month. It's synonymous with celebrations holding a certain spark. Even the air around you drizzles with jolly tunes and sparkle!



There is this warm, toasty sense of Christmas, where fireplaces crackle and laughter bubbles at every turn and corner. Halls are decked with mistletoes and decorations and even in places bereft of snow and that fairytale appeal, there is a certain enticement of joy that wraps itself around everyone!

Has anyone noticed, back home in Mumbai, how December boasts of hosting most birthdays and anniversaries? It's a time of nonstop occasions and get-togethers, family reunions and gatherings where everyone just basks in the sunlight of congeniality and bonhomie. The town is bedecked with tinsel and tassels. And with Christmas and New Year at your doorsteps we are draped in jolliness and a bit of holiness all around. Everyone seems a tad bit more pleasing and accepting. Everyone has replaced those devil horns from Halloween with tiny little halos that shine as bright as the star of Bethlehem. Notice how there is a spring in every walk and softness in every step. We wish December could last all year through! Wouldn't that be wonderful!

Much of what Christmas and this season exudes is the sheer joy of giving. It's not as much about the gifts wrapped and placed under that tree, as it is

under the stars and the world.

December is where the air is crisper and the world - a whole lot brighter. It doesn't matter which tribe race or religion you belong to, the joy of Christmas wraps us all. We have all created our own little unique celebrations of Christmas. While the West follows more traditional ways, not to be outdone and in the spirit of participation, we have invented our own little brand that adds layers of meaningfulness and joy.

While the religious component may not be as prominent, the essence of Christmas is retained, nonetheless. We love putting up our Christmas trees, decking our halls, stringing up lights and putting those wreaths on our front doors, creating a

Religious Announcements

Vatchagandhi Agiary's 165th Salgreh Celebrations

Vatchagandhi Agiary will celebrate its 165th Salgreh on Thursday, 30th December, 2021 (Roj Sarosh Mah Amerdad, 1391 YZ). A Jashan, on behalf of the Trustees, will be performed in the morning at 9:30 am, followed by another Jashan in the evening at 4:30 pm. This will be followed by a religious talk on 'The Importance of Fire in Zoroastrian Rituals' by Khojeste Mistree. All Parsi/Irani Zoroastrians are welcome.

Panthaky Agiary To Celebrate 91st Salgreh

Panthaky Agiary (Bandra West), will commemorate its 91st Salgreh on 30th December, 2021, with a morning Jashan performed in the Havan Geh, on behalf of the Trustees, at 9:30 am, followed by another Jashan performed in the Aiwisruthrem Geh, at 5:00 pm. Donations for the Hama Anjuman machi and Jashans will be accepted. Zoroastrians are requested to attend.

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Bai Avabai F. Petit Girls' High School, is looking for an appropriate candidate for the post of an Assistant Supervisor.

The candidate should be in the age group of 35 to 50 years, well versed with the use of Computers, good in both written and verbal communication and Inter-personal skills.

Should also be able to manage a fairly large Grade IV staff, property matters, maintenance & Leave records.

Eligible candidates, should be a Graduate with at least 3 - 4 years of experience in similar field, and residing between Dadar and Andheri.

Candidates are required to mail their detailed Resume with contact details on : accounts.petit@avabaiPETIT.com latest by 5th January 2022.



The Happy Christmas Tree

By Meher Parvez Sutaria

Inside a huge, brightly lit departmental store, Beautiful Christmas trees for sale, were lined up in a row. Decorated with baubles and twinkling fairy lights, With ribbons, stars and candles shimmering so bright.

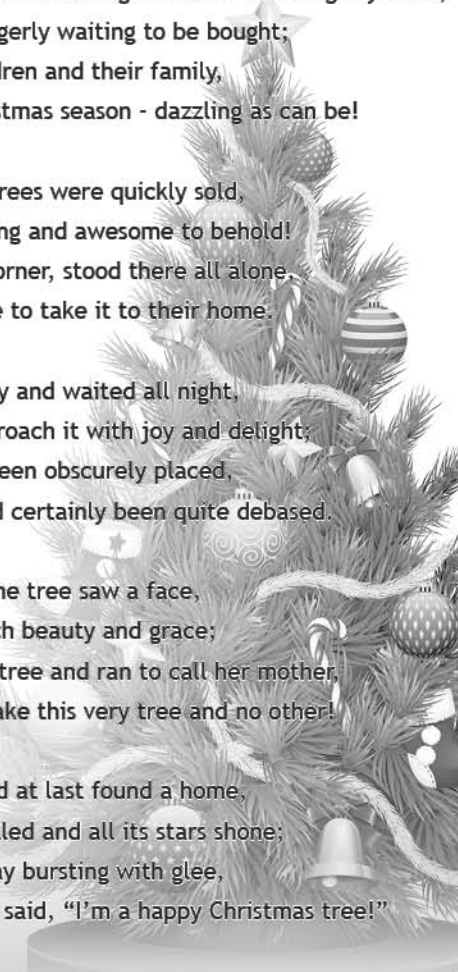
Some of the trees were towering and some were slightly short, All of them were eagerly waiting to be bought; By some happy children and their family, For the festive Christmas season - dazzling as can be!

One by one all the trees were quickly sold, They were enchanting and awesome to behold! But one tree, in a corner, stood there all alone, Waiting for someone to take it to their home.

It stood there all day and waited all night, For someone to approach it with joy and delight; In the store it had been obscurely placed, Its magnificence had certainly been quite debased.

A day or two later the tree saw a face, Of a little girl of such beauty and grace; The child loved the tree and ran to call her mother, She insisted she'd take this very tree and no other!

The solitary tree had at last found a home, Its little lights twinkled and all its stars shone; Soon 'twas on its way bursting with glee, To itself, it proudly said, "I'm a happy Christmas tree!"



પારસી રાઈમ્સ

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નાતાલનો સાચો અર્થ સમજવો!



બેથલહેમના એક તબેલામાં એક નાનકડા બાળકનો જન્મ થયો અને તે જ સમયે નાતાલની વાર્તા શરૂ થઈ. બાળક મોટા થઈને 'રાજાઓનો રાજા' બન્યો, માનવતાને શીખવ્યું કે જીવન જીવવાનો એકમાત્ર રસ્તો પ્રેમ છે. પ્રેમ એ નાતાલનો વાસ્તવિક અર્થ છે.

ખ્રિસ્તીના જીવનનો ખરો ઉદ્દેશ્ય 'તમારા પાડોશીને તમારી જેમ પ્રેમ કરો'ના સંદેશને જીવનમાં આત્મસાર કરવાનો છે. જે સાંભળશે અને સમજશે કે મુક્તિનો અંતિમ માર્ગ એ એકબીજાને પ્રેમ કરવો છે. જ્યાં સુધી આપણે તે ન કરીએ ત્યાં સુધી આપણી પાસે 'અંતિમ વાસ્તવિકતા' અથવા ભગવાન સાથેની એકતા તરફની આપણી પ્રગતિમાં સહસ્રાબ્દીઓ હશે.

ક્રિસમસનો ખરો અર્થ ખરીદી, ખાવું, પીવું, નાચવું, આનંદ કરવો, ચમકતી રોશની, ક્રિસમસ-ટ્રી અને ડેકોરેશન પાછળ પણ છુપાયેલો છે. હકીકતમાં, ક્રિસમસ એ વર્ષનો સૌથી સુંદર સમય છે, કારણ કે આ સમયમાં પુરુષોનું હૃદય સાચી ભાવનાથી ખોલવામાં આવે છે જેમાં અન્યની જરૂરિયાતો પોતાની સમક્ષ મૂકવામાં આવે છે. આ સમયમાં પ્રાપ્ત કરવાને બદલે આપવામાં ધન્યતા માનવામાં આવે છે!

આજે દુનિયામાં એટલી બધી અશાંતિ દુઃખ છે, કારણ કે માનવીમાં પ્રેમનો અભાવ છે અને જ્યાં પ્રેમનો અભાવ છે ત્યાં ઝઘડા, ગેરસમજ અને યુદ્ધ જેવું વાતાવરણ પ્રવર્તે છે. તમે દરેક યુદ્ધ જહાજ અને યુદ્ધ-વિમાનને સ્કેપ કરી શકો છો, તમે દરેક બંદૂક, તોપ અને મિસાઇલને કાટ લાગવા દો છો, પરંતુ તે યુદ્ધ બંધ કરશે નહીં. પથથરો અને લાકડીઓનો ઉપયોગ કરવો પડે તો પણ લોકો લડતા રહેશે!

એક વ્યક્તિ અને બીજી વ્યક્તિ વચ્ચે, એક રાષ્ટ્ર અને બીજા રાષ્ટ્ર વચ્ચે, અમીર અને ગરીબ વચ્ચે, શક્તિશાળી અને અસહાય વચ્ચેની

આધ્યાત્મિક સમજણ શાંતિ, સદ્ભાવના અને સમૃદ્ધિનું નિર્માણ કરશે. જ્યારે પણ માનવજાત આધ્યાત્મિક અજ્ઞાનતાના સૌથી નીચા ઊંડાણમાં ડૂબી જાય છે, પ્રેમ અને સંવાદિતાના કોસ્મિક નિયમોનું ઉલ્લંઘન કરે છે, ત્યારે ભગવાન બ્રહ્માંડ ઘડિયાળમાં નિયત સમયે બાબતોને સમાયોજિત કરવા માટે માનવ-સાધનોનો ઉપયોગ કરે છે. રાષ્ટ્રો વચ્ચેની અશાંતિ, લોકોમાં નૈતિક દુષ્ટતા અને લાખો દુઃખી લોકોની વેદનાને દૂર કરવા દેવી-પ્રેરિત માણસ અવતરે છે જેને આપણે પ્રોફેટ કહીએ છીએ.

ઈસુ આવા જ એક પ્રોફેટ હતા. બધા પુરુષો, સ્ત્રીઓ, બાળકો, પાપીઓ, ધનિકો અને ગરીબો, નમ્ર અને શક્તિશાળી બધાને પ્રેમ કરવો એ તેમના જીવનનો ઉદ્દેશ હતો. તેથી જ તે આપણને ભગવાનના પ્રેમ અને સદ્ભાવનાના શાસનને સમજાવી શકે છે: 'બધા નાના અને મોટા જીવો માટે.'

આપણું હૃદય ધમનીઓ, નસો અને વેન્ટ્રિકલ્સ કરતાં વિશાળ છે. દરેક હૃદય ભગવાનનું મંદિર છે. દરેક હૃદયમાં સારી કે ખરાબ, પ્રેમ કરવાની કે નફરત કરવાની શક્તિ રહેલી છે. યોગ્ય પરિસ્થિતિઓ બ્રહ્માંડની સર્વોચ્ચ શક્તિ (ઈશ્વર) સાથેના આપણા અંતિમ જોડાણને આગળ વધારે છે. તમને દુઃખ પહોંચાડનારાઓને પણ જ્યારે તમે તમારા હૃદયમાં લઈ શકો છો ત્યારે તમે ક્રિસમસની સાચી ભાવનાનો અનુભવ કરી શકો છો. આ રીતે, એક સમયે એક દિવસ જીવો ત્યારે તમે શક્ય તેટલું સાચું કરો, પ્રગતિ કરો, ત્યાં સુધી કે ઘણા દિવસો, અઠવાડિયા અને વર્ષો એક સાથે જોડાઈ ન જાય અને આ સ્વપ્ન (માયા) ના અંતે આપણે 'જીવન' કહીએ છીએ, જ્યારે આપણે આપણા જીવનમાં પાછા ફરો. 'મને ભગવાન સાથે પુનઃમિલન તરફ દોરી જતો દરવાજો ખોલવાની ચાવી મળી છે!' જેને આપણે 'વાસ્તવિક ઘર' કહી શકીએ.

ઉદવાડામાં પાક ઈરાનશાહ સાહેબનું નવીનીકરણ કરાયું

આપણા સમુદાયના આધ્યાત્મિક રાજા ઈરાનશાહનું તા. ૧૪મી ડિસેમ્બર, ૨૦૨૧ના રોજ સમારકામ અને નવીનીકરણનું કાર્ય પૂરું કરવામાં આવ્યું હતું. માહના રોજ હોરમઝ (સર્વોચ્ચ દિવ્યતાને સમર્પિત) પર પવિત્ર અગ્નિને ફરીથી પવિત્ર કરાયેલા ગર્ભગૃહમાં ફરીથી બિરાજમાન કરવામાં આવ્યા. માહ અમરદાદ (શાશ્વતતાના દિવ્યતાને સમર્પિત). અહુરા મઝદાના આશીર્વાદ પાક ઈરાનશાહ દ્વારા સમગ્ર સમુદાય અને આ વિશ્વ પર અનંતકાળ સુધી વરસતા રહે એવી પ્રાર્થના.

ઈરાનમાં સાસાનિયન સામ્રાજ્યના પતન પછી આપણા પૂર્વજો કોઈ રાજા વિનાના હોવાથી આતશ બહેરામને ઈરાનશાહ અથવા 'ઈરાનનો રાજા' નામ આપવામાં આવ્યું હતું. ઈરાનમાં તેમની મૂળ માતૃભૂમિથી દૂર, તેઓ વિજયની આ આગને તેમના આધ્યાત્મિક સાર્વભૌમ તરીકે ઓળખવા લાગ્યા.

ઈરાનશાહ આટલો ખાસ કેમ છે? આતશ બહેરામને પવિત્ર કરવા માટે વિવિધ વ્યવસાયો (દા.ત., ઈટના ભક્ષા, ટંકશાળ, દાઝની ભઠ્ઠી વગેરે) માં વપરાતી સોળ પ્રકારની આગની આવશ્યકતા હોય છે, જેમાં અગ્નિ (બે ઝોરાસ્ટ્રીયનની સાક્ષીમાં વૃક્ષને કુદરતી રીતે ઘર્ષણ દ્વારા અગ્નિ પેદા કરવી). ઈરાનશાહના કિસ્સામાં, મૌખિક પરંપરા આપણને કહે છે કે પ્રકાશની અગ્નિ પ્રાર્થનાની શક્તિથી પ્રેરિત કરવામાં આવી હતી. તમામ સોળ અગ્નિ પર વિવિધ વિધિઓ કરવામાં આવે છે, જે પછી તે બધા ધાર્મિક રીતે વિલીન થાય છે અને વિધિપૂર્વક સિંહાસન ગ્રહણ કરે છે.

ઈરાનશાહે ઉદવાડા કરતાં નવસારીના સમુદાયને ઘણાં વર્ષોથી આશીર્વાદ આપ્યા છે. એક પ્રભાવશાળી બેહદીન ચાંગા આસાની વિનંતી ૧૪૬૯માં ઈરાનશાહને વાંસદાથી નવસારી લાવવામાં આવેલા હતા. ઈરાનશાહ ત્રણસો ચૌદ વર્ષ સુધી નવસારીમાં રહ્યા હતા. પરંતુ, પિંડારસ (નિર્દય ડાકુઓ) તરફથી વધતી ધમકીઓને કારણે, ઈરાનશાહને બે વર્ષ માટે સુરત અને પછી બીજા ત્રણ વર્ષ માટે નવસારી લાવવામાં આવ્યા. પાછળથી નવસારીના સંજના દસ્તુરજીઓ અને ભગરિયા દસ્તુરજીઓ વચ્ચે પંથક



અથવા ધાર્મિક અધિકારોને લઈને મોટો વિવાદ ઊભો થયો. વિવાદ વધતાં સંજનાના દસ્તુરજીઓએ ઈરાનશાહને બલસારમાં લઈ જવાનું નક્કી કર્યું, જ્યાં ઈરાનશાહ બે વર્ષ સુધી પ્રજ્વલીત રહ્યા. પરંતુ બલસાર/વલસાડ હજુ પણ ભગરિયા પાદરીઓના અધિકારક્ષેત્રમાં હોવાથી તેઓએ ઈરાનશાહને ઉદવાડા આવ્યા. જે ઘણા લોકોનું માનવું હતું કે તે અસ્થાયી સ્થાન હતું.

ઈરાનશાહ એ ભારતમાં માત્ર પ્રથમ અને સૌથી જૂનો પવિત્ર આતશ બહેરામ નથી પણ ઈરાન સાથેની આધ્યાત્મિક કડી પણ છે - જે તમામ ઝોરાસ્ટ્રીયનોની આધ્યાત્મિક માતૃભૂમિ છે. ઐતિહાસિક રીતે ઈરાનશાહને પર્વતીય ગુફાઓ, જંગલો અને ધર્મનિષ્ઠ દસ્તુરજીઓમાં નમ્ર નિવાસસ્થાનમાં રાખવામાં આવ્યા છે. તે અસંખ્ય પ્રસંગોએ સમગ્ર દક્ષિણ ગુજરાતના વિવિધ પ્રદેશોમાં ખરેડવામાં આવ્યું છે અને હજારો ભક્તોને શતાબ્દીથી આશીર્વાદ આપ્યા છે. આજે ઈરાનશાહ ઉદવાડામાં એક ભવ્ય ઈમારતમાં બિરાજમાન છે, જેનું નિર્માણ ૧૮૯૪માં ધર્મનિષ્ઠ અને પરોપકારી બાઈ મોટલીબાઈ માણેકજી વાડિયા દ્વારા કરવામાં આવ્યું હતું અને હવે શાપૂરજી પાલનજી જૂથ દ્વારા તેનું ભવ્ય સમારકામ અને નવીનીકરણ કરવામાં આવ્યું છે.

75
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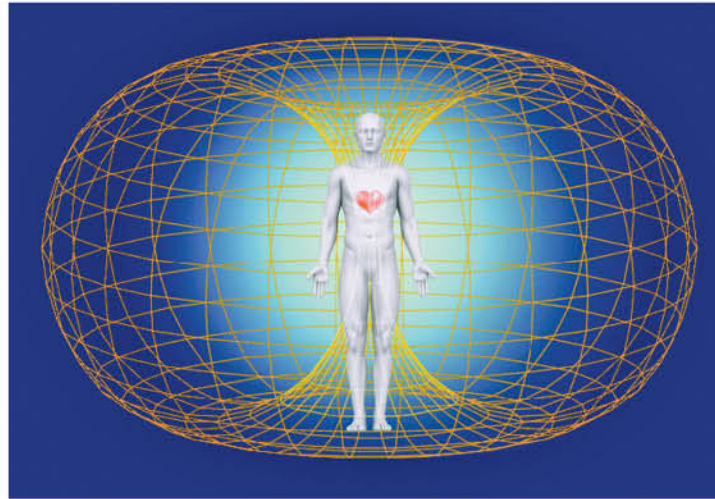
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Energy Medicine



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When people think 'energy medicine', they recall luxuries of the wellness world - practices including acupressure, chakra balancing, oriental healings, qigong or sound baths - that focus on healing the human 'energy body'. Western and ancient medicines, like Traditional Chinese Medicine (TCM), Persian Traditional Medicine (PTM), Ayurveda and yogic therapies, have revolved around a radically different model of the human body and healing.

The major indigenous medical systems - despite being separated by thousands of years and miles - independently devised healing approaches based on the body as an energy field. They posit that a vital energy (whether 'qi' or 'chi' in TCM or the 'Vaata, pita, kaafa' in Ayurveda) controls the processes of our bodies and brains, and that health and healing come from directing the flow of energy that courses through our bodies, at specific energy points, and balances the body's electromagnetic field (which extends far beyond the skin).

The desperation with which people seem to be trying to 'fix' their energy is only matched by the skepticism of critics, decrying all this as placebo. So, what are people seeking so fervently and why? The modern scientific community, which ignored the 'energy body' for over a century, is now validating that we are a complex electromagnetic field, immersed in other complex environmental, electromagnetic fields. A real paradigm shift is underway, with more scientific researchers rapidly discovering that the body is indeed a complex biofield of electromagnetic frequencies and light waves that serve as a 'control center'

for our physical and mental functioning.

Scientists are uncovering that the entire world is electrodynamic. We're surrounded by both - natural and increasingly man-made frequencies, that constantly change human cells. It's an interesting time where the medical world and 'ancient wellness' are finding common theoretical ground. Together, they are innovating new tools to optimize the human 'energy body'. The future of medicine is understanding the crucial relationship between the material and 'field' aspects of the body, and adjusting human frequencies. Light, sound and electromagnetic interventions are crucial to prevent illness and boost health.

Indigenous people have been the knowledge-keepers of energy medicine for centuries. The scientific community is taking it seriously only now, so the world is listening. As humans get increasingly bombarded by man-made electromagnetic frequencies in our hyper-networked world (Hello, 5G), anxiety over this potentially dangerous energy will rise, as will new solutions designed to shield us from the bio-photonic blitz.

Tapping into our electromagnetic fields has been critical in medicine for years - using ECGs for the heart or MRI and EEG for the brain. Electrifying new insights keep coming around bioelectricity,

or the 'organized lightning' that our cells use to grow and communicate. When cells and tissues are alive, there's a bioelectric potential between the inside of a cell and its outside. More importantly, the bioelectric potential is not just a byproduct of living - it's a medium that cells exploit to communicate with each other and form networks that are much more than the sum of their parts. The future of medicine is uncovering this 'bioelectric language' that cells use to coordinate everything - from their own regeneration to cancer suppression.

Decades ago, German physicist Fritz-Albert Popp identified biophotons, which are particles of light that radiate from the cells of all living beings and, with laser-like coherence, transmit cell-to-cell information. Scientists theorize that this bio-photonic 'web of light' could be responsible for the overall regulation of our biological systems. The future: using coherent light (lasers or lighted crystals) to positively impact tissues and organs, as also to modulate the body's energetic system, the bedrock of healing.

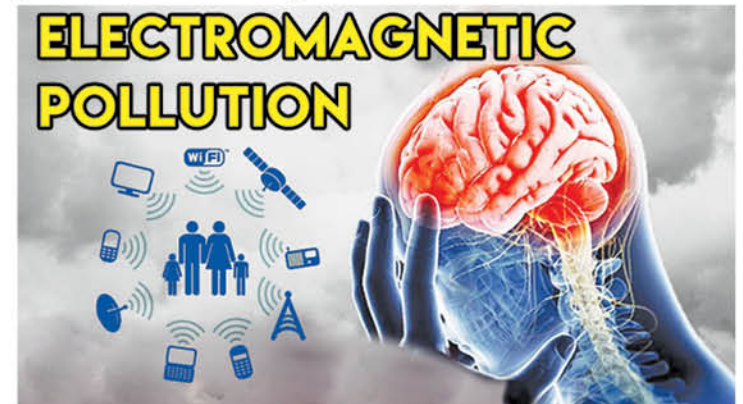
European physicians, like Dr. Bodo Kohler, are putting biophotonic findings into clinical practice with bio-resonance therapy, whose goal is to harmonize the biophysical fields of the body. Soon we may use bio-electro stimulation and magnetic fields to transmit information to the body at

frequencies that resonate with specific body parts, to activate self-healing. Neurobiologists are creating new 'optogenetic' tools, which excite neurons using light, allowing them to map the brain's connections and activate and silence brain circuits. These tools will, one day, be used to treat pain, blindness, epilepsy and depression.

Big Pharma will take big notice of the great implications of an emerging branch of medicine called 'Electromagnetic Pharmacology', where wirelessly activated treatments and medication can be switched on/off remotely. Imagine radio waves that activate insulin production, the immune system

becomes an IP address) requires far more cell towers bunched together, and it will unleash an unprecedented storm of higher-energy photons streaming through our dwellings and bodies. Climate change and extreme weather are disrupting the Earth's electromagnetic field. Experts argue that proliferating technology is overburdening our aging electrical infrastructure, exposing us to high-frequency electromagnetic frequencies (EMFs), called 'dirty electricity'. The World Health Organization classifies wireless radiations as a class 2B carcinogen, while we are made to believe that cell towers pose no potential harm.

The wellness world focuses



or gene therapy... or even next-gen drugs that get activated by smartphone apps!

Humans buzz naturally at a 40-hertz frequency but never have our bodies been so bombarded by man-made electromagnetic frequencies like cell phones, base stations, appliances, power lines, Wi-Fi routers and security systems. As Sputnik's researchers note, *"We now live in an intensely wireless, networked world and are immersed in an invisible sea of signals, with our bodies just another conduit. As the Internet of Things (IoT) peaks in the next five years, electromagnetic pollution will become the new public health issue."*

Electromagnetic pollution will only surge. The next-gen cell network 5G being rolled out (where basically everything

more on self-awareness and emotional, spiritual healing with connectedness, but, as physicists, biologists and neuroscientists uncover the mechanics of human energy fields - and how they mesh with other people's energy fields, and how we all mesh with the energy fields of the universe - the new energy medicine may solve mysteries that have been preoccupying humans for millennia. Both - 'wheat' and 'chaff' will appear in consumer markets, as energy healing is particularly susceptible to exploitation and quackery. Hard science will validate some ancient energy approaches and invalidate others. Ancient energy medicines will teach Western medicine a few things, and scientific breakthroughs will point the way to new directions in wellness. New common ground will lead to new conversations.

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