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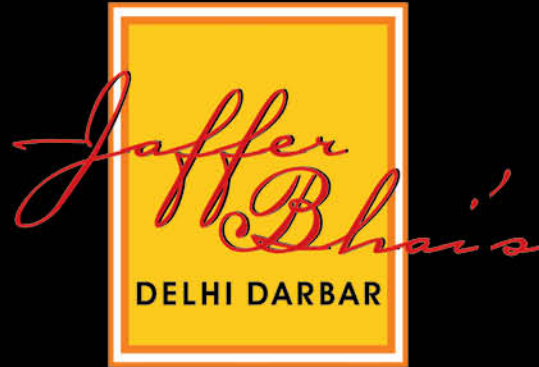
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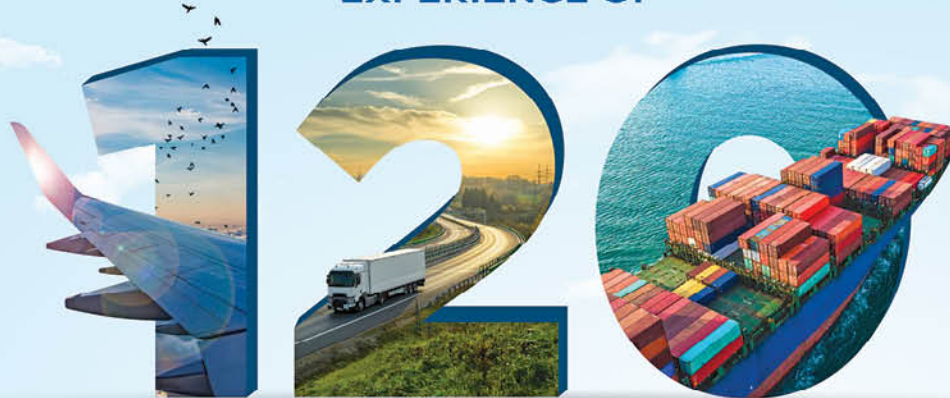
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New Year Tidings At The NCPA



FROM THE EDITOR'S DESK

Happy New Year!

Dear Readers,

Transitioning from 2021 to 2022 may have been a lot more subdued than we'd have liked, with the third wave rearing its head... but over the past couple of years, we have learnt to find and cherish the little joys in little things, and celebrate moments instead of occasions.

Club-parties and events have been either cancelled or scaled down, in keeping with the local restrictions imposed. But if we could ring in 2022 in the presence of the ones we love, we still have lots to be grateful for. Of course, nothing compares to a warm and enthusiastic Happy New Year hug-and-peck at the stroke of twelve, but being able to see and hear your loved ones in real time, surely comes a close second, in these circumstances. Coz the one resounding truth that has stood out through the pandemic, is: 'Who you're with will always outdo where you're at!'

There's always something magically motivating about new beginnings... A new year, a new day, a new job, a new relationship, a new start... these present us the beautiful and hope-laden promise of second chances and new potential. A new beginning is the best ingredient that delivers delicious success unto our plates, provided we do the cooking to justify its recipe! Even the most well-defined goal calls for your perseverance and action, for you to step out of your comfort zone, and blank out the nay-sayers. Similarly, the dawn of this New year, can, at best, provide the perfect platform for a new beginning and success. Achieving it is entirely up to you!

Here's wishing you and your loved ones a Happy and Prosperous 2022! May the new orbit fill our hearts and our homes with healing, happiness and smiles!

Have a great weekend! Stay safe!

- Anahita
anahita@parsi-times.com



The NCPA beckons you to start New Year on a nostalgic note with 'Yesterday Once More' (Experimental Theatre on 7th January, at 7.00 pm), featuring songs from the Golden Age of pop - by the Carpenters, Barbra Streisand, Dionne Warwick amongst others.

CITI-NCPA Aadi Anant: From Here to Eternity (Tata Theatre on 8th January at 6.30 pm) brings you eminent Carnatic vocalist TM Krishna. Catch an online NCPA-Citi Music Workshop on 'Understanding Intricacies of the Nadsadhana' (15th January at 11.30 am). Malavika Sarukkai will delight audiences with Bharatanatyam performance, 'Apaha' - an ode to water's multiple forms (Experimental Theatre, on 15th & 16th January at 6:30 pm). NCPA re-launches 'Pratibimb Marathi Natya Utsav',

from 21st - 23rd January at multiple venues. Pratibimb reflect vibrant traditions of theatre in Maharashtra and will feature plays and satires like *Adhyaat Me Sadhyaat Tu Madhyaat* and *Mumbaiche Kawale*; discussions and discussions theatre legends; and *Sangeet Devbhali* comprising old and new 'abhangas'.

Don't miss 'The Devil Wears Bataa', a fictitious comedy about the all-powerful seat in politics (Tata Theatre on 16th January at 7:00 pm). An illustrated talk on the topic *Radha* by Eminent art historian Dr. BN Goswamy shares an illustrated talk on 'Radha' (Experimental Theatre on 12th January at 5.30 pm).

For details, call:
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WSD Presents New Year Calendar - Home Forever!

Welfare of Stray Dogs' (WSD) New Year 2022 calendar titled, 'Home Forever!' - is now available. It features Indie dogs (and cats) that have been adopted from WSD - including loving dogs who have fought various challenges and are now in loving homes. We applaud these families for their compassion, love and generosity of spirit, which have turned around the lives of our animals. Calendars are available as Wall and Desk calendars, with different sets of super photos.



Home Forever!
Calendar 2022

The WSD Calendars, priced at Rs. 250/- each, are available at various outlets in Mumbai and can also be couriered outside of Mumbai. All sales of calendars go as a donation towards WSD's sterilisation, immunisation and health care programmes. For orders, you can e-mail

on wsdindia@gmail.com or call on 9819100808 and calendars will be couriered to you.

Photographs of canines taken by Parizad D. Cats' photos taken by Yuki Tokura and Manav Shroff. The Desk Calendar is sponsored in the memory of Rose and Jimmy Gandavia.
WSD Helpline: (+91) 8976022838

CARF Organises Mission Sahay Health Camps

Through November 2021, Cancer Aid & Research foundation (CARF) organized several free medical health check-up camps titled - Mission Sahay - at different locations with an initiative to facilitate the health care benefits and awareness among the under-privileged. Mission Sahay-1 was organised at Ramabai Ambedkar Nagar Colony (Ghatkopar East) on 5th November during the 'Breast Cancer Awareness' month. Female hygiene kits were distributed to women. Mission Sahay - 2 was conducted at Sant Ghadge Maharaj Dharamshala (Dadar) on 15th November or Children's Day. Free ration kits were distributed among the children.

organised at Mission Hospital, Govandi. on 23rd November, where free men's hygiene kits were distributed, marking Men's Health Awareness month. Finally, Mission Sahay-4 was conducted at Limbuni Budhvihar, Vikhroli (E), where free General Kits were distributed.

All these camps were successfully hosted by a team of doctors, assistants and CARFIANS along with appropriately arranged health care tools and facilities for facilitating the general health check up with guidance on the general health related issues with proper healthcare measures among the poor. The collective efforts benefited many of the poor and destitute.

Mission Sahay -3 was

Unity Without Uniformity



Ex. Zarrir Bhandara

Did you know all our revered Atash Behram fires are made up of 16 different fires? Yes, fires from 16 different sources - including the fire from lightning (the highest source) and a fire from cremation (the lowest source) - are collected. They are then purified and consecrated with an elaborate process, by about 1000 pairs of Yozdathregar priests, before enthroning the king (Padshah) in the purified and consecrated sanctum sanctorum.

Now, when we stand in front of this highly exalted fire, which is Dadar Ahura Mazda's son (Athro Ahurahe Mazdao Puthra Tav Atrash Puthra Ahurae Mazdao) and pray, it restores the balance within us, by invigorating the 16 energy centers (Chakras) within us, which improves our emotional, mental and physical well-being. It further helps us to connect with the higher, super ultimate consciousness. This spiritual connection gives us the ability to bring about solutions and healing, on the physical and psychological levels, thus maintaining balance in our lives. It also guides and facilitates us into practicing moderation - the key principle of our religion in our lives.

What do we learn from Padshah Saheb? Though there are 16 different sources, still the fire is one, united. He takes infinite different shapes and forms, never uniform, yet always united, symbolizing unity in spirituality through religiosity. I am sure we can imbibe this quality of our holy fire by letting go of our ego and negative emotions like hatred, anger, vindictiveness and maliciousness, which we may have experienced in the old year, and get united in the New Year 2022, with greater introspection and less inspection.

Be Mindful - The energy Flows Where The Attention Goes... Our thoughts, being the most powerful instrument, affect not only our whole bodies, but also the whole world. And what affects the world affects us because we are as much part of the world as the world is part of us. It is an endless cycle. Hence, Prophet Zarathustra said you have the power to make your own destiny.



Speaking about power, one of the strongest powers we have, is our prayers. Two of the oldest prayers - 'Yatha Ahu Vairyo' and 'Ashem Vohu' - essentially emphasize on helping one in need. Ashem Vohu translates to doing righteous deeds, because it is the right thing to do, without any kind of expectation... as there lies true happiness. When you throw a pebble in the pond, you don't know how far the ripples could go, they could perhaps even encircle you eventually! So, friends, let's throw the pebbles of love and kindness in the pond of life, so that when it comes back to us, it brings us happiness and immense satisfaction for providing a service of unconditional love.

Zarathustra introduced the unique idea that we worship Ahura Mazda with His own divine qualities, as we are made in His image. We worship God's truth by being truthful, focusing on the truth of love rather than the love of truth. We worship what is right by doing what's right. We worship His good thinking with good thinking. We worship His benevolence by being benevolent. In short, we worship Ahura Mazda in the material world by infusing His divine and benevolent qualities into each thought, word and action, in the temple of life - in our homes, in the business world, in academia,

in government, in the practice of our professions, in our treatment of the environment, in the way we relate to each other, and to all life forms... a 'living' worship in every sense of the word - serving the Creator by serving His creations with love.

We do not have to be uniform to be United; we can be our different selves and yet be United. Look at the environment, everything is different - animals, birds, rivers, oceans, seas, plants and trees. Yet, they all work synergistically for the betterment of our world. The same goes with our 'in-vironment' - all our organs perform different duties - the heart pumps blood, the kidney filter toxins and so on. Yet, they all work for the common goal of keeping their universe - the body - healthy.

Kindness reminds me of the by the Persian Sufi poet, Hafiz, "Even after all this time, The sun never says to the earth, 'You owe me'; Look what happens with a love like that - It lights the whole sky."

As we welcome the New Year, I sincerely pray to Dadar Ahura Mazda: 'Please take command and remove / transform all negativities; Protect

and enlighten us so we can identify the negative vibrations in and around us. Manifest Your Positive Light, Love and Power within me, and around me and in this world. Enlighten me so that I can see through the negative dualistic beliefs, ignorance and fears in all religious, non-religious organisations, governments, educational and corporate institutions and their leaders, that makes them play power games so we ALL at all levels (micro and macro) ONLY become ONE with You Ahura Mazda. We are Co-Creators of Your Divine Will, help us to use our energy and our Divine given power for only good for ALL. To always Love and Respect All.'

Finally, I quote the following blessings from the Afrin of the Bozorgs: "May your wishes be fulfilled like those of Lord Ormazd, with regard to his own creation. Be fortunate and more excellent like Kaikhusro. Be more friendly like Mihir Yazata. Be a smiter of enemies like Zarir. Be handsome like Syavakhsh. Be illustrious like Vijan. Be righteous like King Vishtasp. Be robust like Sam Nariman. Be equipped with arms like Rustam. Be a lancer like Aspendydar - the prop of religion. Be a wise man like the valiant Jamasp, the Chief of the realm. Be overpowering like the holy fravashis. Be charitable like Tishtar. Be sweet like rain-water. Be clear-sighted like the sun. Be a practitioner of many meritorious deeds like Zarathushtra. Be long-lived like the powerful Zurvan (Time). Be fertile like the earth Spendarmat. Be widely connected like a navigable river. Be profusely stored up just as in winter. Be blooming like the spring. Be sweet-scented like musk. Be desired like gold. Be current like a Deram (the Iranian silver coin). Be occupied like the Lord Ormazd in his own creation.

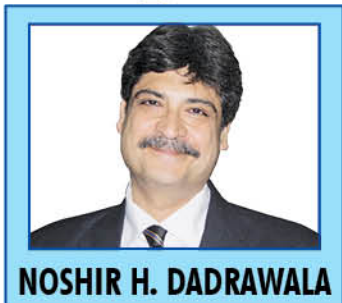
May these blessings be so as the moon, the sun, waters, and the fire and just like wine, the myrtle, musk, the jasmine, the rose and the mouse-ear, and for a thousand years, may their various perfumes be charming and exhilarating, together with pure food, pleasant wine and the sweet-scented basil, and with a spouse having the same vision as yourself, may there be born a righteous offspring to you who may protect the community, who may desire name and fame, who may smite the enemies and may be a multiplier of (his family)! Peace!"

Atha Zamyad Yatha Afrinami - May it be so, as I wish!

Happy New Year to all!



Ring In The New Year 2022 With Positive Change



NOSHIR H. DADRAWALA

The Greek philosopher, Heraclitus, said, "Change is the only constant." Indeed, we have to keep moving and evolving because the only thing constant is change. Look at the way our lives changed within just two years! But, did the Pandemic change our lives for the worse or for the better? Some took to new hobbies while some lost all hope. Some discovered hidden talent while some took a tailspin into the whirlpool of anxiety and depression. Indeed, there's a lot that 2020 and 2021 have taught us about ourselves, our relationships, our passions, our work and our values. More importantly, it has been a reminder about the fragility of human life. However, they say that from tough times, emerge tough lessons, personal growth and learning opportunities.

Our Attitude And Approach Will Shape The Future: Are we going to look forward to 2022 with Fear or with Fortitude? Are we going to rue and resign ourselves to accepting whatever happens to us or are we going standup and find solutions? Are



we going to let circumstances shape us or are we going to change our circumstances?

It's amusing how difficult times often reflect the truth about life and about the people around us. Did the lockdown lead to some relationships reigniting or fizzling out? Whatever the outcome, it would have depended mostly on your own attitude and approach! Did the lockdown render you useless or did you discover / re-discover talent lying dormant within you? Did you lament what life has become or did you reinvent your life? Rightly is it said that the first step towards getting somewhere is to decide that we are not going to stay where we are!

How The World Ushers In The New Year: It's interesting how the New Year is ushered in across the globe. It is customary in Denmark to shatter unused dishes and plates, as well as climb on top of chairs and literally jump into New Year's Day at midnight. It symbolizes breaking bad habits or breaking old spells of misfortune and jumping into a brand-new year with joy and enthusiasm. In Estonia people eat seven, nine, or twelve (all three considered lucky numbers) meals a day with the goal of having abundance in the next three hundred and sixty-five days. In Ireland it is an old tradition to throw bread at the walls in order to chase away evil spirits, followed by a special dinner in memory of a dear departed one and leaving the door unlatched and even set an empty place at the table

for the deceased. Though not practiced so enthusiastically now, in South Africa, it is all about 'out with the old and in with the new' and accordingly it's customary to throw old furniture out the window and into the street.

Clearly, the symbolic message behind some of these traditions is to 'throw out old baggage' and usher in new and good luck! Emotional baggage or emotional backpacks are unresolved emotional issues, traumas and stresses from the past or present that occupy our mind and even our body. It is a natural component of human development to carry personal perceptions of past experiences. However, the key to healthier functionality lies in learning to manage our perceptions and strengthen ourselves as we mature or evolve in order to respond to our daily experiences in healthier and happier ways.

Focus On Happiness: While the Oxford English Dictionary defines happiness as a feeling contentment or pleasure, we need to find out what really makes us happy. Fortunately, happiness can be found in simple joys of life. Scientific evidence suggests that being happy promotes good health; it helps combat stress, boosts our immune system, protects our heart and reduces aches and pain. What's more, it may even

increase our life expectancy!

Indeed, happiness is the most important experience we want for all those we love, including ourselves. While there are many components to a meaningful life, most discover that happiness is about being content or feeling fulfilled.

We tend to think that "success makes us happy" but it's quite the reverse - being happy makes us more successful in all of life's endeavors.

In the Zoroastrian religion too, the emphasis is on *Ushta* or Happiness and happiness stems from leading a positive, productive and purposeful life. Furthermore, making others happy can make us even happier!

The Time Is Now! They say, the time to be happy is now or never! We all need to take that leap of faith and not waste our life waiting for the right time. One of the great joys of life is to learn new skills, new languages, new recipes, new crafts, new sports and new cultures. If you are unhappy with your job or profession or relationship, the time to change is now! The years 2020 and 2021 have taught us that life is short and

unpredictable. If your dream is to learn ball-room dancing or to climb a mountain, the time to learn these, is now! If you love someone, say it now. If you disapprove someone's bad behavior, say it now. Carry no regrets or resentments to your final destination.

Instill Hope: Adversity doesn't just disappear, but these do eventually end. The storms you face today will end too. We may lose a loved one. We may lose a job. But, one thing we cannot afford to lose is hope - hope for a better tomorrow! Changing our wall or desk calendar from 2021 to 2022 will not magically make the COVID-19 pandemic disappear but end it will. Past pandemics have taught us this. We can find strength in knowing that things will change eventually. Nothing lasts forever!

In the meanwhile, do the things that light fires of joy or enthusiasm in your hearts, despite the gloom that surround you. 2020 and 2021 have taught us that life doesn't wait for anyone, so why waste our precious time doing things we don't feel passionate about?

Care About Yourself First: It's good to be caring. But care for your own self before anything

or anyone else. During times of crisis, family or friends may look to you for answers, guidance and support. But you will be able to help only if you are physically, mentally and emotionally able. We are not super-human and we all need our rest, recreation and repast. Unless refueled, your flight each day will not take off.

As we board our flight into 2022, remember the instruction you hear and read on every flight, "Should an emergency situation occur, you need to put your own oxygen mask on first, before attempting to help those around you."

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CONTD. ON PAGE 8

Parsee Gymkhana Makes History, Wins Police Shield Tournament!



By Binaisha M. Surti

Team Parsee Gymkhana (PG) had a magical season, emerging as the dominating and leading club in Mumbai's cricketing arena by winning three back-to-back titles in a row, in all three formats of the game, making history as the first club from the city to do so and becoming the most successful team of

Mumbai. Team PG has time and again proven its prowess as a family of individuals that come together and put their best foot forward to garner success.

PG added another title to their kitty, by grabbing a mammoth 298 run victory over defending champions - Payyade Sports Club, during their three-day final (24th - 26th December, 2021) of the 74th Police Invitation

Shield Cricket Tournament at the Police Gymkhana ground at Mumbai's Marine Drive. Known as one of the city's major and popular tournaments, the Police Shield has been a stepping stone for many young promising cricketers to showcase their crafts along with top established cricketing personalities, giving them an opportunity to move ahead and play at higher levels, including

representing the country.

Chief Guest for the post-match presentation ceremony was former India cricketer, captain and head coach of the Indian cricket team - Ravi Shastri, while the Chief Patron for the evening was Mumbai's IPS Commissioner of Police - Hemant Nagrale.

PG nurtures talents year after year, with top-class work ethics... they think, train and play like champions and

this legacy continues across generations. Congratulations to Team Parsee Gymkhana's exceptional performance! Watch this space for the special and exclusive coverage of dream Team Parsee Gymkhana's successful journey towards being crowned champions with details in PT's next issue! Until then, wishing all our dear readers a very Happy New year!

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ZTFE Elects Bapsy Dastur As New Trustee

The Zoroastrian Trust Funds of Europe Incorporated (ZTFE), in its 160th year, held a virtual (online) Annual General Meeting on 18th December, 2021, to ensure the health and safety of its members, in keeping with the surge in COVID-19 infections, mainly the Omicron variant.

The ordinary business of the AGM included the election of the Management Committee, where the newly constituted ZTFE Managing Committee for 2021 - 2022 comprises Malcolm M Deboo - President, Behram R Kapadia, Shenaz B. Sadri JP, Rohinton F Munshi, Javid S Canteenwala, Kobad S Avari, Gav D Buhariwala, Darius J. Karkaria, Jesmin Sorab, Parivash F Kiani, Shazneen Y Munshi and Dorab E Mistry OBE.



ZTFE Life-member, Bapsy Dastur was elected as the new Trustee at the AGM. A globally polished professional, Bapsy is currently the General Counsel and Head - Corporate Risk, Legal and Compliance at VFS Global, the world's largest visa outsourcing and technology services specialist for governments and diplomatic missions worldwide. Bapsy is

qualified to practice law in several countries including the UK. Her brilliant professional achievements include being ranked as one of the Top 100 Lawyers in the Middle East and a World leading General Counsel in 2017. She boasts of diverse industry experience in the fields of Energy, Oil and Gas, Logistics, Transportation, Terminals, Maritime,

FMCG, Infrastructure, Construction, Banking, Financial Services, Travel and Medical Systems. Bapsy is a director at TRACE International, an international organisation with its mission to advance commercial transparency worldwide, raising the standard of anti-bribery compliance.

She has globally shared her expertise with leading MNCs including General Electric GE General Counsel India and Middle East; ANZ Grindlays Bank (now Standard Chartered in Dubai); ALSTOM ABB - Legal Head Middle East; Stolt Nielsen - Legal Head, London Head Office Aldwych; and VFS International Global General Counsel and Head - Corporate Risk, Legal and Compliance.

Additionally, Bapsy has mentored students, especially women, from developing countries in the field of law and has also led various social welfare projects in India. She is on the advisory board of the SOAS Shapoorji Pallonji Institute of Zoroastrian Studies (SSPIZS) since 2019 and has been associated with the ZTFE since 1997.

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Panthaky Baug Holds Gala Golden Jubilee Celebrations

By Soharab Jessie

On Christmas day, 25th December, 2021 Panthaky Baug (Andheri, Mumbai) came alive to celebrate its Golden Jubilee with much pomp. Organised ably by the new PWC Committee (comprising Zubin Sodawaterwala, Eric Lath, Shahrokh Bulsara, Zubin Elavia, Mahiyar Khambatta, Percy Dangore and Kursuh Wadia), the event was held in complete adherence to the mandatory Covid protocols.

President Zubin Sodawaterwala welcomed the audience and thanked the committee for its unstinted dedication in making a grand success of the event, which was funded by colony residents and sponsors. Academic scholarships and prizes were awarded to students of class X and XII for their achievements. The evening started with colony's seniors; soulful rendition of 'Chhaiye Hame Zarhosti'. 101 participants,



Wakandia and Delnaz Edulji, alongside Khurshid Wankadia, organised the amazing performance for the

celebrations, which had all the visitors captivated from the start to the end!

Finale, where fifteen couples performed the Waltz, Salsa, Chacha, Tango, Jive, Samba and Twist. Colony resident Porus Jussawalla's professional sound and lighting raised the audio-visual experience.

Chief Guest - BPP Trustee Kersi Randeria, greatly praised the performances and all the efforts put into this grand show. The dinner comprising patru by Tanaz Godiwala provided the perfect end to the magical



across 4 to 82 years of age, came together to display their impressive talents, drawing much cheer from the crowd. Co-organisers Shahrokh Bulsara and Khushmeher Sodawaterwala conceptualised the excellent performances, with Shahrokh also teaching the 4 - 13-year-olds Parsi songs, accompanied by pianist and teacher, Bakhtawar Gandhi.

Song performances by the colony's Boy band and ladies' choir, and a spectacular Taekwondo performance by children aged 4 to 11 were much appreciated by the crowd. Model and grooming expert, Hufriya Bhivandiwala, put together a mesmerising Fashion Show with the colony teenagers. Bollywood choreographer Sherzad Wadia directed a fab dance with children aged 9 to 13 years, while Monaz Siganporia coached the colony's ladies and a gentleman for a Bollywood performance. Professional ball-room and Latin American dance performers - Godrej

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The Bawa Word Search

Search out the following 16 Popular Dance Forms of the World hidden in the word-jumble box below, in bi-directional, horizontal, vertical and diagonal forms:

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

- | | | | |
|--------------------------|-----------------------|-------------------------|----------------------------|
| Fandango (Spain) | Capoeira (Brazil) | Tinikling (Philippines) | Kabuki (Japan) |
| Step-dance (Ireland) | Bharat Natyam (India) | Quadrille (France) | Cossack (Ukraine) |
| Kecak Trance (Indonesia) | Waltz (Germany) | Raqs Sharki (Egypt) | Celestial Dance (Cambodia) |
| Yoruba (Nigeria) | Tango (Argentina) | Hip Hop (USA) | Salsa (Caribbean) |

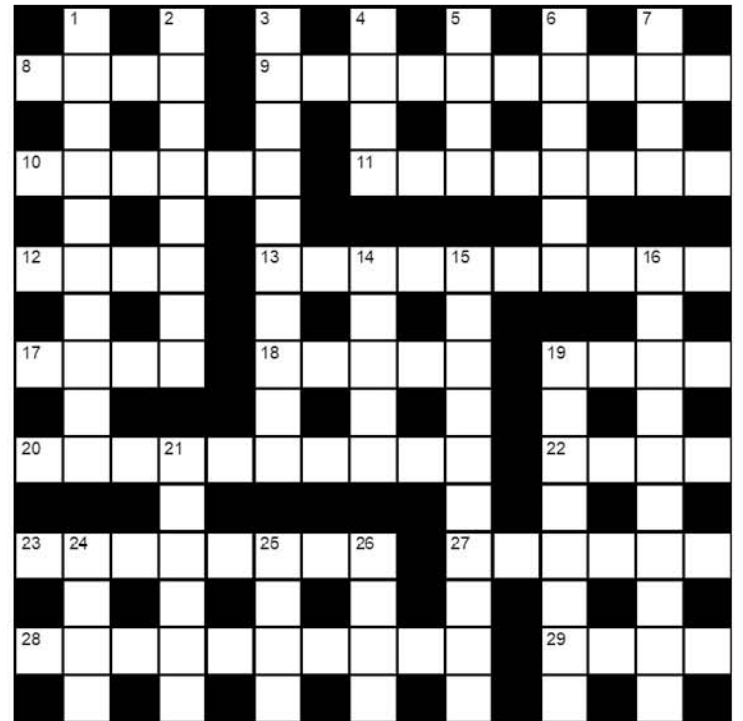


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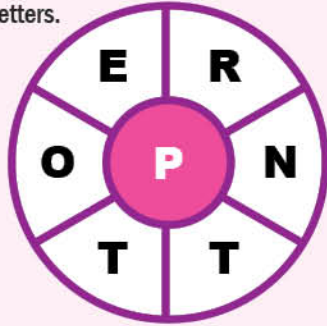
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BAWAJI BHEJA FRY



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

ACROSS

- 8 Disconcert (4)
- 9 Removed; got rid of (10)
- 10 Pacific island (6)
- 11 Naval unit (8)
- 12 Indian music form (4)
- 13 Astrological predictions (10)
- 17 Leonardo da Vinci's ____ Lisa (4)
- 18 Use the car engine
- 19 Strike with the foot (4)
- 20 Quashing, obliterating or revoking (10)
- 22 ____ and void? (4)
- 23 Leaves high and dry (8)
- 27 Addresses or welcomes (6)
- 28 Not fully fit (3,2,5)
- 29 Original Japanese aboriginal (4)

DOWN

- 1 South Indian snack (6,4)
- 2 Kavasji ____ was the first Indian Deputy Commissioner of the Mumbai Police (8)
- 3 Incidental, at the margin (10)
- 4 Vaccinations (informal) (4)
- 5 In ____ of : instead? (4)
- 6 Area home to Mumbai's Boyce agiary (6)
- 7 Chief player (4)
- 14 India's cricket trophy (5)
- 15 Tabernacles (10)
- 16 Intensifying, ascending or mounting (10)
- 19 Ex-India wicket-keeper Budhi ____ (8)
- 21 Deep gorge (6)
- 24 Feeling unhappy (4)
- 25 Eject or expel (4)
- 26 Exchange or barter (4)

CAPTION THIS!



Calling all our readers to caption this picture!

Send in your captions at editor@parsi-times.com by 5th January, 2022.

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

WINNING CAPTIONS!!!



Xi: Why are we discussing politics on a swing?

Modi: There's no reason, but there's rhyme; it rhymes with your name - Xi Jinping!

By Viraf P. Commissariat (USA)

Modi: Jo dikra, have bandh kar tara baddha Faaras, Maru bheju gayu to ek jor thi laafo maaras!

By Hoofriz Dotiwalla (Pune)

Happy New Year... With A Bang!

Cyrus The (Not So) Great!



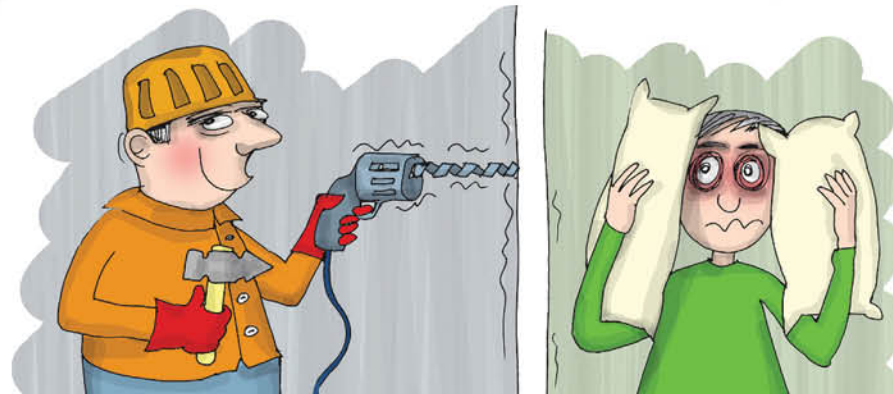
We all look to starting the New Year with the proverbial bang. But Aapro Cyrus, being his inimitable self, puts his own new banging take on this one!! PT is delighted to bring you Aapro Cyrus Broacha, the Brand Ambassador of Humour, as he unleashes his hilarious take on welcoming New Year 2022, in our exclusive column, Cyrus The (Not So) Great!



I'm writing this under duress. By that, I am not referring to the absolute idiot who lives above me, and who is constantly renovating his flat. Although, that does not help!

Yesterday, while sleeping, I counted the BPH speed - this refers to 'Bangs Per Hour' speed. Once again, and I stress, this has only one meaning and one meaning alone - Reconstruction work!

The flat upstairs has had more work done to it than most Bollywood divas have gotten done to their faces... errr... and other parts of their bodies... not that I would know! Y o u



31st December and 1st January'!!!

[People - please note: It's a 2-day festival, starting on 31st December and culminating with lunch on 1st January!]

And so, to answer this "Soo Karoo?" dilemma, I spoke to a wise Parsi (bear in mind that all Parsis are wise, though some are taller than others) - Sarosh 'The Saint' Morris. This is what he opined...

"Dikra, the government has closed all our options by shutting down public and social gatherings. And any party

at home is dangerous coz people don't leave when you want them to! Plus, I live with my mother and she herself calls the police if I play music on my phone after 10:00 pm!! She is very strict even though she is 88 years of age!! So, there's a 100% chance of social embarrassment if I entertain at home. Zoom calls are boring after 10 minutes, so we have no choice but to let this year go!"

Sadly, a check - sample study of course, which comprised 3 Bawas from every Baug, Colony, Building complex and Australia - yielded the same results. It's a fait accompli... Celebrations on 31st December and 1st January have been

declared null and void. The people have spoken.

And me? Remember I told you... I'll weave the thread, colour the puzzle, complete the picture? Well, remember the idiot on the floor above? He's gonna be continuing with the banging all through the 31st and the 1st. So, I've decided to spread the pain!

Come 31st evening and I'm renovating my kitchen! Night shift!! Thus ensuring, that I celebrate the New Year with a bang! Actually, with lots of bangs!! The people on the floor below me will now feel what I've been feeling. In the true spirit of giving, anxiety and stress, irritation and helplessness will be spread!

Happy New Year!!

see, I come from a line of lawyers, not plastic surgeons!

Anyways, so the upstairs terrorist has now reached 277 BPH or bang sounds per hour. This is a scientific fact. It is historically recorded and since he is changing the landscape, it is the only case of historical geography I've ever come across!! Now I'll come to how this affects everything... but later... I'll weave the thread expertly to your satisfaction in a bit. I'll join the dots, cross the Ts, bring unison to the universe... Ok, ok! I think you've got the message!

The question that arises is the famous phrase, which was first used by King Lear's daughter - Nargiss, who, when asked why she was agreeing to marry a commoner, reflected for a while and then replied, "Soo Karoo??"

Translated from the early Celtic lingo, this means, "What to do?"

And for us, it means 'What to do on

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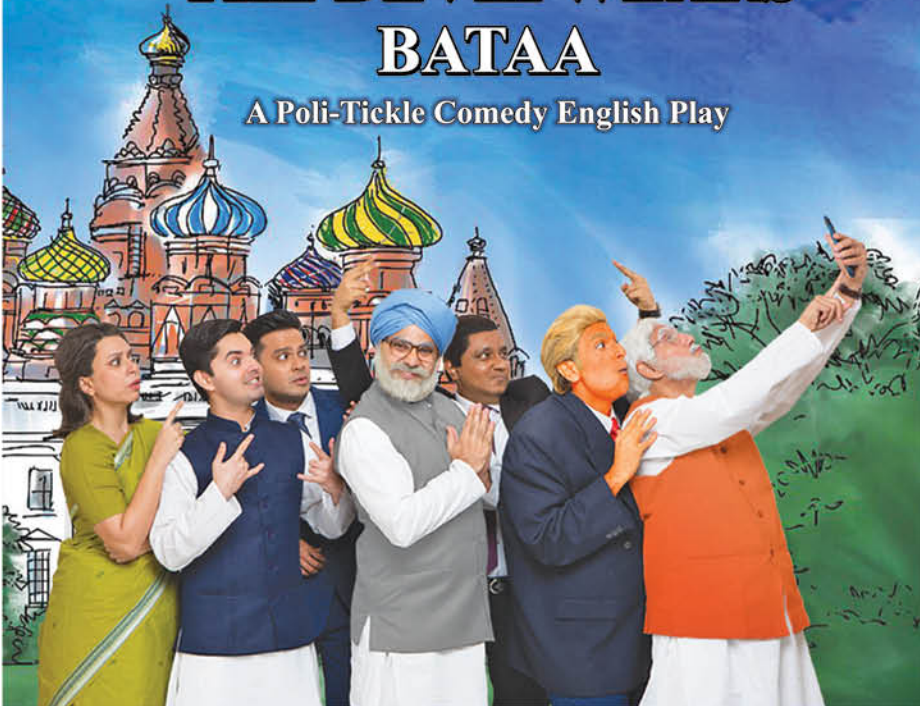
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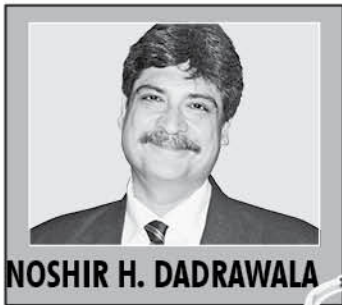
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PARSI TIMES

A Salute To The Family Doctor!



NOSHIR H. DADRAWALA

The family physician or family doctor is a vanishing breed. Young new doctors don't seem interested in 'family medicine' anymore. Way back in August 2019, the Times of India reported that the General Physicians Association (GPA)'s Greater Mumbai branch had 3,000 members, while the Indian Medical Association (IMA)'s Mumbai list had 13,000 doctors. Apparently, the trend seems to be 'specialization'.

We spoke to our friend and family physician Dr. Nusly P. J. Pocha about what it means to be a 'family doctor' and why they seem to be a vanishing breed. Dr Pocha put it quite bluntly, "Being a family doctor requires a lot of commitment and giving your time to the patient with patience and understanding. Besides it's not lucrative."

But what makes a 'family doctor' special? According to Dr. Pocha, "Because the family doctor knows the patient and his family personally, he knows the patient's medical history over the years, and is able to guide the family in making right and timely decisions." A patient may call the 'family doctor' at any time of the day or night and seek timely advice (including over the phone) in case of medical distress. For the elderly or disabled, a 'home visit' by the family doctor is a great boon. Indeed, a family doctor is like a family member.

What made Dr. Pocha take up 'family medicine'? He says, "Since the age of ten, I'd observe my grandfather practice and would accompany him on his home visits. He told me that if I wished to be a family doctor, I must follow in his footsteps and commit myself to the service of those in need of medical attention 24/7."

We asked him what was the high point in his fifty-two years of medical practice; he promptly answered, "Qualifying in Aviation Medicine at the age of forty years!" Aviation medicine, also called flight medicine, is preventive and

born through adulthood. He observed that while Parsis have longevity, they are also prone to certain diseases, particularly hypertension and osteoarthritis. While these could be lifestyle related diseases, G6PD deficiency, diabetes and proclivity to cancer (of the breast in women) and prostate (in men) is largely genetic.

COVID has been a landmark in the medical profession and Family Physicians have played a large part in occupational medicine, in assuaging worries and

which the patients/ subjects are pilots, aircrew or frequent fliers. This specialty strives to treat or prevent conditions to which they are particularly susceptible.

But what makes 'Aviation Medicine' different from regular medicine? He gave us the example of a pilot who passed out mid-flight. The co-pilot had to make an emergency landing in Mumbai. Pocha rushed to the airport to discover that the pilot was prescribed a medicine by a general practitioner for a cold and the medicine had adverse effect on the pilot at high altitude in the pressurized cabin. Had the pilot consulted a doctor of aviation medicine, the line of treatment would have been different and this in-flight emergency could have been averted.

What Dr. Pocha enjoys most about his work is the personal bonding with his patients. If you enjoy getting to know your patients and building relationships, family medicine offers amazing access to longitudinal care, as you can see patients from the time they're

deep hurt in families ravaged by the pandemic. "Through the entire pandemic, I have been at the bedside of my patients and their families, even at cost of worrying about my wife's health - this is a time when commitment to the patient is paramount. Sadly, I lost a couple of patients and some friends," rues Pocha!

Although a man of scientific temper, Dr. Pocha is deeply religious and makes it a point to pray at the Agyari regularly, if not every day. He feels the Zoroastrian religion gives one a higher sense of purpose in life. The Zoroastrian prayers too have a healing effect on the body and mind. In his words, "Practice of the Zoroastrian religion is the path to happiness and a positive and productive life!"

Dr. Nusly P J Pocha

Dr. Jasvi's Numero Tarot Predictions

(As Per Your Birth Month)



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

January (Lucky No. 8; Lucky Card: Strength): A little struggle and fight is part and parcel of everyone's life - this is temporary phase for you. Face it with confidence. Life is a merry go round. Don't take anything to heart; this phase will end soon. You will be able to take the world in your stride!

February (Lucky No. 6; Lucky Card: Lovers): Love is in the air. Try to stay level-minded and stabilize your emotions. Don't allow your wants to get the better of you and make you desperate for anything. Wait for the right opportunity - it will come your way.

March (Lucky No. 10; Lucky Card: Justice): You are blessed with very good emotional support around you. Any legal matters that have been troubling you would be sorted out soon. You need to take care of your health.

April (Lucky No. 19; Lucky Card: Sun): Celebration is on the cards. Enjoy life at its fullest. This is an excellent month for all girls/women born in April. This is your time for happiness, name, fame and prosperity. So just sit back and have a good time!

May (Lucky No. 17; Lucky Card: Star): You know where your destiny lies, but you are in search of the right path. You are advised to try and clear out your confusions. Do not give in to feelings of being neglected. Success and victory are yours to claim.

June (Lucky No. 21; Lucky Card: World): You could get an opportunity for short and sudden travels. Shifting of house or office is indicated. You need to come out of a confrontational situation and learn to move on with pride.

July (Lucky No. 3; Lucky Card: Empress): This will be a very positive month ahead in all areas of your life. Your health would be at its peak. You are advised to not ignore any back-pain. Work and finance will be stable for you, with the blessings of the Almighty.

August (Lucky No. 5; Lucky Card: Hierophant): This is the best month for students born in August. This is the time for you to start planning for the future. Be cautious in making financial investments which could end up getting stuck for limited period. You need to break out of your illusions and rethink things through.

September (Lucky No. 10; Lucky Card: Wheel Of Fortune): Remember that nothing but change is permanent in life. You need to make your mind firm and move on. There could be a new beginning for you, so come out of your mental trap and stress, and learn to accept and embrace change.

October (Lucky No. 1; Lucky Card: Magician): This month is very good for buying new property. You could also be looking at renovating your property. Your health will be good. You can take those important pending decisions, this month.

November (Lucky No. 3; Lucky Card: Emperor): You are advised to follow your intuitions. Avoid compromising on your sleep at night. Enjoy this month in the rainbow of happiness with your family. A bright and sunny future is waiting for you!

December (Lucky No. 2; Lucky Card: High Priestess): This is a time for you to heal. You are intelligent and sharp, so follow your mind. Don't worry unnecessarily. This is a good time to give up some things and cut off the chords of things or people that are not good for you.

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Pilamai And The Missing Papayas!!



RUBY LILAOWALA

Pilamai from the Baug was a busybody who dabbled in everything. Her well-trained, hen-pecked husband did all the house-work, with the result that Pila had the whole day to herself. Her sons told her to "take it easy" and play with her grand-children. Pilamai thought, "Just as well the sons are living separately. They want me to play with the grandchildren, but what they actually want is a full-time free ayah and I'll have none of that! I'll treat my grand-children like library books - I'll borrow them, as and when I want, enjoy them (in small doses) and return them if I feel stressed out!"

So, she told her sons, "Thank you but No, thank you! We raised you paali-posi-ney, now you raise your brats. I lead a very busy (actually selfish) life of yoga classes, morning and evening walks, playing cards, wining and dining, art classes, workouts at the gym and my latest and most passionate hobby - gardening!"

Mani Mindhi (daughter-in-law): Mom, what do you grow in your garden? If

my Papai-nu-jhar and says, 'Wah, Wah, soo Pilamai na Papau Chey!'

Every morning and night, Pilamai who lived on the third floor would come down to the ground floor to count and inspect her Papaus. She even told the ground floor neighbours in English, "Please keep an eye on my Papaus and to the security guards in Hindi, "Hamara papau k e oper nazar rakhna!"

But Afsos! Since the last few days, every morning when she counted her Papaus, one would be missing, invariably, the largest and ripest one! In

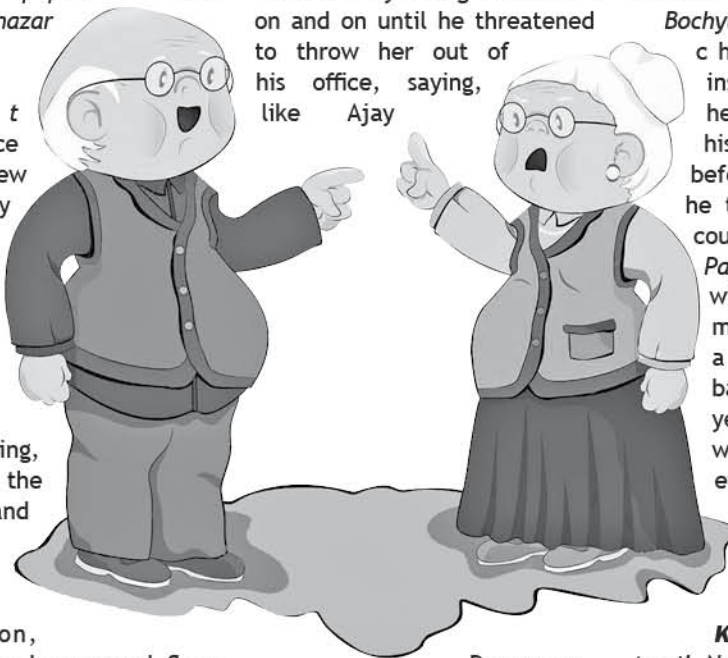
desperation, she went to her ground floor neighbour, Sheramai, asking, "Have you seen my Papau? One is missing!"

Sheramai Sharpshooter: Marerey! We are thieves or what?

tyaaj gagri maro!

Pilamai: Jovo ni wakil bawa, I don't want your unsolicited illegal advice. Pijan patlo na karo.

Now luckily, CCTV cameras were installed in her colony just recently, so she demanded to see them to catch the Papau-chor - but nothing came out of it. The next day, she complained to the Colony Manager and went on and on until he threatened to throw her out of his office, saying, like Ajay



Devgun, "A t a a mzee satakli!"

She then harassed the gardeners who told her, "Amcha kaam nahi." So, off she went to the security guards who told her, "Hamara kaam nahi hai." Now Pilamai was very desperate and decided to complain personally to the Trustees of the Parsi Punchayet. She managed to do what no body was able to do all these years. She actually united them - with laughter!! After she left the BPP office, every Trustee was in splits and laughed till tears rolled down, asking each other, "Who is this mad woman?"

Meanwhile, the Papais kept disappearing, one every night. So Pilamai requested the three macho brothers of her colony - Soli Sando, Polly Pendo and Gustad Gendo - to guard her Papai nu jhaar every night. The three mavalis, as usual, played cards, drank beer and ate pizza all night, but again by morning, one Papai was missing. She fired the daylights out of the three musketeers and the next morning, she appointed her neighbour's ayah who was kolsa

jevi kaari, so that she could blend perfectly into the dark night, and hide under the central tree in the baug to keep a look-out for any chor.

As luck would have it, Pilamai's husband Bomanji Bochyu had chronic insomnia and as usual he went down to take his midnight walk. But before starting his walk, he took out his torch to count the number of Papais on his stupid wife's tree. The ayah, mistaking him to be a chor, put a gunny bag over him and yelled, "Chor! Chor!!" waking up each and every neighbour in the building. Everyone gathered on the ground floor.

Khurshedji Khitpit: Oh-tarri! Never expected him to be the chor!

Jaloo Jhagraloo: Potano var chor and she is blaming others!!

Najamai (Pilamai's neighbour): Don't you feed your husband properly? He is so thinny-skinny and marey-murdal, fook marey toh oodi jaye tevo. No wonder he steals Papais!

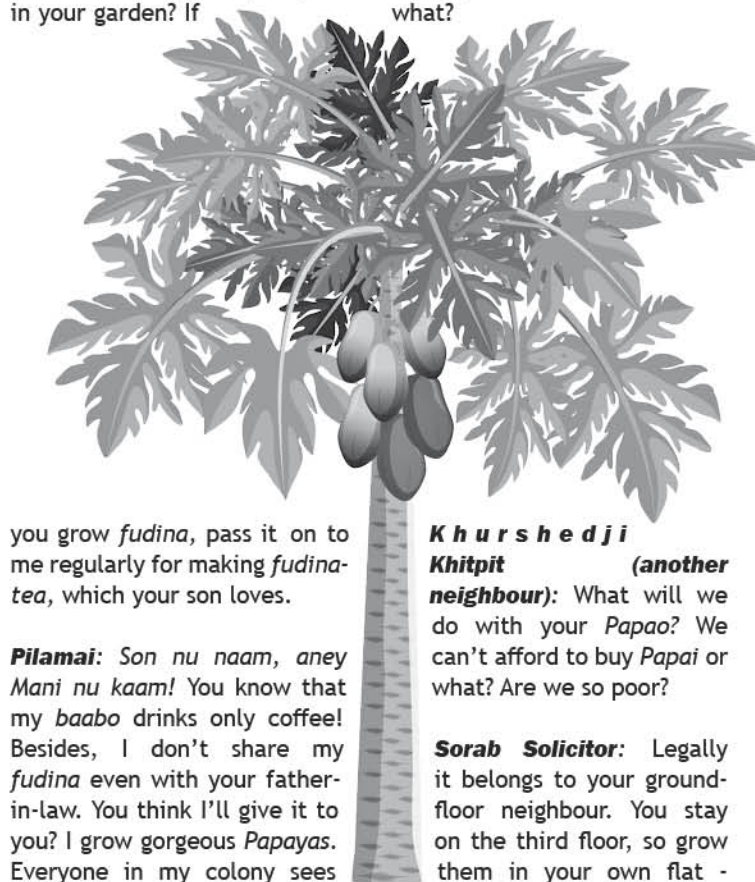
Pilamai, with great difficulty, justified the situation to all the neighbours. Pilamai knew that her next door Najamai hated her. Do you know why? Ok - I'll digress... you see, lazy Pilamai and her little spouse enjoyed their afternoon siesta, but the couriers would come mostly in the afternoons and that disturbed their sleep. Devious Pilamai would disconnect her own doorbell and stick a poster saying, 'DELIVER EVERYTHING NEXT DOOR'. Poor Najamai was up to her eyeballs with Pilamai's jabrapanu and wanted to teach her a lesson. She too disconnected her own doorbell and stuck a poster saying, 'ALL PILAMAI'S COURIERS TO



DELIVER AT GROUND FLOOR GUSTADJI'S HOUSE'. On the very first noon, when his afternoon siesta was disturbed, Gustadji toh ghelo-gaado thai gayo and went up three floors to bang on Pila's door, saying Pila bahar nikal. Pilamai pacified him by giving him a cup of fudina tea and lots of apologies. And Pila's henpecked husband said, "You should have married Gustadji. He would have straightened you out and I'd be spared your Jabrapanu. The whole Colony knows that you have made a houseboy out of me."

And now I'll go back to the mystery of the missing Papau. It was Pilamai's next door neighbour, Najamai plus her partner-in-crime, ground-floor's Gustadji. You see, Gustadji would wear his kaaro daglo with black pants at midnight, plus cover himself with an umbrella, pluck the best Papai from that idiotic-woman's tree and WhatsApp Najamai who would immediately lower her bajaarni-topli on a rope and Gustadji would place the Papai in it, which Najamai would draw-up to her third-floor window, as if she was drawing water from the well!

Now, now readers! Our Pilamai doesn't know this. It was told to me in great confidence by the two partners-in-crime who made me swear, not to tell anyone. "Bolta naa please!" they had pleaded with me. And as things stand, Pilamai na Papai are still vanishing, one Papau at a time, every night, while you and I, dear readers, are enjoying our eight hours of healthy, sound sleep!!



you grow fudina, pass it on to me regularly for making fudina-tea, which your son loves.

Pilamai: Son nu naam, aney Mani nu kaam! You know that my baabo drinks only coffee! Besides, I don't share my fudina even with your father-in-law. You think I'll give it to you? I grow gorgeous Papayas. Everyone in my colony sees

Khurshedji Khitpit (another neighbour): What will we do with your Papao? We can't afford to buy Papai or what? Are we so poor?

Sorab Solicitor: Legally it belongs to your ground-floor neighbour. You stay on the third floor, so grow them in your own flat -

પારસી ટાઈમ્સ

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THE TRUTH. DELIVERED WEEKLY.

પારસી ધર્મમાં શ્વાનનું મહત્વ

પારસી ધર્મમાં, શ્વાનને ખાસ કરીને ફાલ્ગુણકારક, સ્વચ્છ અને પ્રામાણિક પ્રાણી તરીકે ગણવામાં આવે છે, જેનું સન્માન કરવું જોઈએ, સારી રીતે ખવડાવવું જોઈએ અને તેની કાળજી લેવી જોઈએ. શ્વાન જે ઘરમાં ઉપયોગી કાર્ય કરે છે તેના માટે તેની પ્રશંસા કરવામાં આવે છે અને



ઘરની નજીક રહેલા સગર્ભા શ્વાનનું ઓછામાં ઓછું ગલુડિયાઓ જન્મે ત્યાં સુધી ધ્યાન રાખવું જરૂરી છે, (અને કેટલાક કિસ્સાઓમાં, જ્યાં સુધી ગલુડિયાઓ પોતાની સંભાળ રાખવા માટે પૂરતા મોટા ન થાય ત્યાં સુધી, એટલે કે લગભગ છ મહિના).

જો ઘરમાલિક શ્વાનને મદદ ન કરે અને પરિણામે ગલુડિયાઓને નુકસાન પહોંચે તો એવું માનવામાં આવે છે કે, નતેના માટે તેણે ઈરાદાપૂર્વકની હત્યા માટેનો દંડ ચૂકવવો પડશે, કારણ કે નચતાર (અગ્નિ) પણ જોઈ છે (ગર્ભવતી શ્વાન પર) જેમ તે સ્ત્રી પર કરે છે.

શ્વાનને મૃત્યુ પછીના જીવન સાથે પણ વિશેષ સંબંધ હોવાનું માનવામાં આવે છે: સ્વર્ગ તરફના ચિનવાટ પુલને આપણા ઝોરાસ્ટ્રીયન શાસ્ત્રોમાં શ્વાન દ્વારા રક્ષિત હોવાનું કહેવાય છે. આ ઉમદા પ્રાણીઓને પરંપરાગત રીતે મૂતકોની યાદમાં ખવડાવવામાં આવે છે. ઇહતિરામ-ઇ સગ - નકૂતરા માટે આદર - એ ઈરાની ઝોરાસ્ટ્રીયન ગ્રામવાસીઓમાં એક સામાન્ય આદેશ છે.

શ્વાનની યોગ્ય સારવાર માટે વિગતવાર માહિતી વેનિડદાદ ગ્રંથોમાં જોવા મળે છે - જે આપણા ઝોરાસ્ટ્રીયન પવિત્ર પુસ્તક - અવેસ્તાનો પેટાવિભાગ છે. ખાસ કરીને અવેસ્તાના પ્રકરણ ૧૩, ૧૪ અને ૧૫માં, જ્યાં કૂતરાને નુકસાન પહોંચાડવા માટે કઠોર સજાઓ લાદવામાં આવે છે અને વિશ્વાસુઓએ ઘરેલું અને રખડતા કૂતરાઓને વિવિધ રીતે મદદ કરવાની જરૂર છે. તેથી તે સ્પષ્ટપણે જોવામાં આવ્યું હતું કે શ્વાનને મદદ અથવા નુકસાન એ માનવને મદદ અને નુકસાન સમાન છે.

શ્વાનની હત્યા (નએક ભરવાડનો શ્વાન અથવા ઘરનો શ્વાન અથવા વહુનાઝગા એટલે કે રખડતો શ્વાન અથવા પ્રશિક્ષિત શ્વાન) મૃત્યુ પછીના જીવનમાં દોષ તરફ દોરી જાય છે. ઘરમાલિકે તેના

શ્વાનને મદદ ન કરે અને પરિણામે ગલુડિયાઓને નુકસાન પહોંચે તો એવું માનવામાં આવે છે કે, નતેના માટે તેણે ઈરાદાપૂર્વકની હત્યા માટેનો દંડ ચૂકવવો પડશે, કારણ કે નચતાર (અગ્નિ) પણ જોઈ છે (ગર્ભવતી શ્વાન પર) જેમ તે સ્ત્રી પર કરે છે.

જો કોઈ માણસ શ્વાનને ખૂબ જ કઠણ હાડકાં આપીને નુકસાન પહોંચાડે અને તે તેના ગળામાં અટવાઈ જાય અથવા ખૂબ ગરમ ખોરાક આપીને તેનું ગળું બળી જાય તો તે પણ મોટું પાપ માનવામાં આવે છે. કૂતરાને ખરાબ ખોરાક આપવો એ માણસને ખરાબ ખોરાક પીરસવા જેટલું જ ખરાબ છે.

પસગદીદથ એ અંતિમ સંસ્કારની વિધિ છે જેમાં શ્વાનને ઝમમાં લાવવામાં આવે છે, જ્યાં મૃત શરીર પડેલું હોય છે જેથી તે તેના પર જોઈ શકે. તેનો મૂળ હેતુ એ જોવાનો હોય છે કે માણસ ખરેખર મૃત્યુ પામ્યો છે કે નહીં, કારણ કે શ્વાની તીવ્ર સંવેદનાઓ જીવનના ચિહ્નો શોધી શકશે જે માનવી ચૂકી શકે છે. તેમ છતાં, અન્ય એક કારણ કે શ્વાનને શબ જોવા માટે બનાવવામાં આવે છે કારણ કે આત્મા સરોશ યઝાતાના રક્ષણમાં આપવામાં આવે છે અને પશ્ચાત્ત આ યઝાતાનો પૃથ્વી પરનો પ્રતિનિધિ છે! તે પ્રતીકાત્મક રીતે ચિનવાટ બિજ દ્વારા અન્ય વિશ્વ પર મૃત આત્માને સાચા માર્ગ પર માર્ગદર્શન આપે છે.

૨૦૨૨માં વિશ્વાસ અને આશાની ઉજવણી!

બે વર્ષ પહેલાં કોઈએ કલ્પના પણ કરી ન હતી કે આપણે ૨૦૨૧ ગયાથી બચવા માટે યુદ્ધ લડીશું! દુ:ખીય પણે



વિચારસરણી પર આધારિત મિત્રતા સાથે આ અપૂર્ણ વિશ્વને પૂર્ણ કરવા માટે તેમનો ટેકો મેળવવા માટે એક પ્રિય મિત્ર તરીકે જુઓ છે. આ કષ્ટાયક

ત્યારે જીવન અને આજીવિકાનું અપાર નુકસાન થયું હતું, પરંતુ અંધકારના આ કપરા સમયમાં પણ વિશ્વાસ અને આશાનું કિરણ ખીલ્યું. લોકોને જીવનના આ વિશ્વાસમાં પ્રોત્સાહિત કરનાર વ્યક્તિ મળ્યો છે. આશામાં તેઓને તમામ પડકારોનો સામનો કરવાની હિંમત મળી છે. વિશ્વાસ ભૂતકાળની વાસ્તવિકતા પર આધારિત છે, જ્યારે આશા ભવિષ્યની વાસ્તવિકતા તરફ જોઈ રહી છે. વિશ્વાસ વિના, કોઈ આશા હોઈ શકે નહીં અને આશા વિના કોઈ વિશ્વાસ હોઈ શકે નહીં.

હજારો વર્ષો પહેલાં જ્યારે પૃથ્વી અશાંતિમાં હતી ત્યારે આહુરા મઝદાએ આ પૃથ્વીના આત્માને આશાના દૂત - જરથુષ્ટ્ર - ચમકતા સોનેરી તારાનું વચન આપ્યું હતું. આ સંદેશવાહક સુખ વિશે વાત કરે છે. તેમનો સંદેશ ન તો ભગવાનને ખુશ કરવા વિશે હતો કે ન તો ભગવાનનો ડર રાખવા વિશે. તેમનો સંદેશ જીવનમાં યોગ્ય પસંદગીઓ કરવાનો અને ભગવાન સાથે મિત્રતા પ્રાપ્ત કરવા વિશે હતો. તેમનો સંદેશ આપવાનો હતો ન કે બલિદાન વિશે હતો. આ સંદેશવાહક સર્જનહારને ગુરુસે, વેર વાળનાર અથવા ભગવાનને સજા આપનાર તરીકે જોતો ન હતો. તેણે સર્જકને બધી સારી રચનાઓ પ્રત્યે પ્રેમાળ અને મૈત્રીપૂર્ણ જોયો. પરંતુ જો સર્જનહાર બધા સારા અને પ્રેમાળ છે, તો આ દુનિયામાં દુ:ખ શા માટે છે? દુ:ખ અને ગરીબી શા માટે છે? સંઘર્ષ અને કૂરતા શા માટે છે? આ સમજવા માટે વ્યક્તિએ આહુરા મઝદા વિશે જરથુષ્ટ્રની દ્રષ્ટિને સમજવાની જરૂર છે.

જરથુષ્ટ્ર સર્વોચ્ચ દિવ્યતાને ગુરુ કે ભગવાન કે પિતા તરીકે કે ડરવા જેવું કોઈને જોતા નથી. તે આહુરા મઝદાને મુશ્કેલીના સમયે વાત કરવા અને તેને પ્રેમ કરવા માટે અને સત્ય સાથે જોડાયેલી સારી

સમય છે, પરંતુ આશા અને વિશ્વાસનો સંદેશો જોરથી અને સ્પષ્ટ છે. ખરેખર, હવે આહુરા મઝદા સાથે મિત્રતા કરવાનો, તેની મિત્રતા મેળવવાનો સમય છે. શાણપણનું સંપાદન સુખ સાથે એક હાથથી બીજા હાથમાં જાય છે. જે જ્ઞાની છે તે સુખી પણ છે. દિવ્યતા શાણપણ પ્રાપ્ત કરનારના હૃદયમાં પ્રવેશ કરે છે અને તે વ્યક્તિગત અનુભવને પતાવું અને શ્રેષ્ઠ સુખ બનાવે છે. અંગરા મૈન્યુ એ મનની એક વિનાશક સ્થિતિ છે જે ઘણી વાર ગુસ્સામાં સારી વસ્તુઓના વિનાશનું કારણ બને છે. અંગરા મૈન્યુ અથવા અહરીમાન, બંને સારા અને ઉદાર છે તેમની સાથે શાશ્વત સંઘર્ષમાં રહે છે. અંગરા મૈન્યુ એ પડછાયા સમાન છે. પડછાયો એ ફક્ત પ્રતિબિંબિત પ્રકાશની ગેરહાજરી છે. આથી જો સત્ય પ્રકાશ છે અને મન એ અવ્યવસ્થિત અવરોધક પદાર્થ છે, તો જીવનની પૃષ્ઠભૂમિમાં જે દેખાય છે તે જોને આપણે અનિષ્ટ તરીકે સમજીએ છીએ તેનો પડછાયો છે. પરંતુ, તે પ્રકાશ (સત્યના) સાથે સુસંગત મન દ્વારા સત્યનો પ્રકાશ ચમકવા દો અને જીવનની પૃષ્ઠભૂમિમાં કોઈ અવરોધ અને પડછાયો જોઈ શકાશે નહીં.

જ્યારે આપણે બીજા નવા વર્ષના ઉર્બર ઊભા છીએ, ત્યારે ચાલો પ્રતિજ્ઞા કરીએ કે આપણે આશા કરતાં વધુ આપણી સારી માનસિકતા સાથે જોડાયેલા રહીશું અને કાળી માનસિકતાને નકારીશું. ચાલો ફરી ખાતરી કરીએ કે દુષ્ટતાનું કોઈ વાસ્તવિક અસ્તિત્વ નથી. અનિષ્ટ એ સારાની ગેરહાજરી છે, જેમ અંધકાર એ પ્રકાશની ગેરહાજરી છે. જ્યારે આપણે પ્રકાશ પસંદ કરીએ છીએ ત્યારે આપણે આપમેળે અંધકારને નકારીએ છીએ અને જ્યારે આપણે ભલાઈ પસંદ કરીએ છીએ ત્યારે આપણે આપમેળે અનિષ્ટને નકારી કાઢીએ છીએ.



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YOUR MOONSIGNS JANAM RASHI THIS WEEK

લખનાર: મરહુમ મહારાજ શ્રી સ્વચંજયોતિના સહકાર્યકર્તા જયેશ એમ. ગોસ્વામી

અઠવાડિક રાશિક્ષણ: તા. ૦૧.૦૧.૨૦૨૨ થી તા. ૦૭.૦૧.૨૦૨૨



Aries - મેષ - અ.લ.ઈ.

રાહુની દિનદશા ચાલુ હોવાથી હાલમાં તમારું માથું ઠેકાણા ઉપર નહીં રહે. તમારા સીધા કામો બી તમે સારી રીતે નહીં કરી શકો. બીજાને મદદ કરવાની કોશીશ બી કરતા નહીં. નાણાકીય બાબતમાં બોજો ખૂબ જ વધી જશે. તબિયતમાં પેટમાં એસીડીટી, ગરમીથી પરેશાન થશો. ડોક્ટરની સલાહ લેવામાં જરાબી આળસ કરતા નહીં. રોજ 'મહાબોખ્તાર નીઆએશ' ભણાજો. શુકનવંતી તા. ૨ થી ૫ છે.

Lucky Dates: 2 to 5.

Rahu's ongoing rule makes it difficult for you to be focused and level-minded. You might not be able to effectively execute even your straight and simple tasks. Do not try to help others. Financially, things could get tough. You could suffer from acidity and heat issues. Do not put off taking the doctor's professional opinion. Pray the Mah Bokhtar Nyaish daily.



Cancer - કર્ક - ડ.હ.

હાલમાં શનિની દિનદશા ચાલુ હોવાથી નાની બાબતમાં પરેશાન થતા રહેશો. તબિયતના બારામાં જરાબી બેદરકાર રહેતા નહીં. તમારી નાની ભૂલ તમોને મોટી મુસીબતમાં મુકી દેશે. હાલમાં કોઈનેબી પેસાની મદદ કરવાની ભૂલ કરતા નહીં. નોકરી કરતા હશો તો ત્યાં મિત્ર કરતા દુસ્મન વધી જશે. મિત્ર કોન દુસ્મન કોન શોધવું મુશ્કેલ થશે. 'મોટી હપ્તન યશ્ત' ભણાજો. શુકનવંતી તા. ૧, ૩, ૬, ૭ છે.

Lucky Dates: 1, 3, 6, 7.

Saturn's ongoing rule will pose challenges for you even in simple matters. Do not be careless about your health. A small mistake could land you in big trouble. Do not make the mistake of lending money to others. The employed will end up making more enemies than friends. It will be difficult for you to differentiate your friends from your enemies. Pray the Moti Haptan Yasht daily.



Libra - તુલા - ર.ત.

૨૨મી જાન્યુઆરી સુધી મંગળની દિનદશા ચાલશે તેથી ગુસ્સા ઉપર કાબુ રાખી નહીં શકો. અંગત જીવનમાં ઘણી-ઘણીયાણીમાં નાની-નાની બાબતમાં મતભેદ પડતા જશે. તમારા વાંક-ગુના વગર આડોશી-પાડોશી પરેશાન કરી નાખશે. તમારા કામ સિવાય બીજાના ઉપર ધ્યાન દેતા નહીં. ઘરમાં ખોટો ખર્ચ કરવો પડશે. હાલમાં 'તીર યજ્ઞ' ભણવાનું ચાલુ રાખજો. શુકનવંતી તા. ૧, ૨, ૫, ૬ છે.

Lucky Dates: 1, 2, 5, 6.

Mars' rule till 22nd January will not allow you to keep control over your temper. In your personal life, constant squabbles with your spouse are predicted. Despite being innocent, your neighbours will target and harass you. Focus only on your work and not on anything else. You might have to endure unnecessary home expenses. Pray the Tir Yasht daily.



Capricorn - મકર - ખ.જ.

૧૪મી જાન્યુઆરી સુધી શુકની દિનદશા ચાલશે તેથી પ્રેમી-પ્રેમીકાના સંબંધમાં જરાબી ખરાબી નહીં આવે. એકબીજા પોતાના મનની વાત ઈશારાથી સમજાવી શકશો. કામ-ઘંધામાં થોડીવણી ઈન્કમ વધુ મળવાના ચાન્સ છે. મનગમતી ચીજ-વસ્તુ લેવામાં આળસાઈ કરતા નહીં. રોજ 'બહેરામ યજ્ઞ' ભણાજો. શુકનવંતી તા. ૨, ૩, ૪, ૬ છે.

Lucky Dates: 2, 3, 4, 6

Venus' rule till 14th January will ensure that relationship between couples will not face any problems. Understanding between spouses will need no words as simply gestures will prove enough. An increase in work-related income is indicated. Do not be lazy to purchase an item that you desire. Pray to Behram Yazad daily.



Taurus - વૃષભ - બ.વ.ઉ.

૨૪મી જાન્યુઆરી સુધી ગુરુની દિનદશા ચાલશે તેથી હાલમાં તમારું મન જે કહે તે પ્રમાણે કામ કરશો તો ફતેહના ડંકા વગાડીને રહેશો. ગુરુની કૃપાથી તમે બીજાના મદદગાર બનીને તેની દુવા મેળવી લેશો. ફેમીલી મેમ્બર તમારા કરેલ કામની કદર કરશે. થોડી ઘણી રકમ બચાવવામાં સફળ થશો. ગુરુની વધુ કૃપા મેળવવા માટે રોજ 'સરોશ યજ્ઞ' ભણવાનું ચાલુ રાખજો. શુકનવંતી તા. ૧, ૩, ૬, ૭ છે.

Lucky Dates: 1, 3, 6, 7.

Jupiter's rule till 24th January suggests that if you work as per the reasoning of your mind, you will taste great success. You will receive the blessings of those who you have helped, by the grace of Jupiter. Your family members will be appreciative of your work. You will be successful in saving money. Continue to pray the Sarosh Yasht daily.



Leo - સિંહ - મ.ટ.

૧૮મી જાન્યુઆરી સુધીમાં રિસાબી કામ ઉપર ધ્યાન આપી લેતી-દેતી પૂરી કરી લેજો. બળની જગ્યાએ બુદ્ધિથી કામ કરશો તો તમારા કામને પૂરા કરાવવામાં બુધ મદદગાર બનીને રહેશે. રિસાવેલા મિત્રને મનાવવા માટે મીઠી જાબાન વાપરીને પોતાના બનાવી લેશો. તબિયતમાં વધુ સારા સારી રહે તેની માટે 'મેહેર નીઆએશ' ભણાજો. શુકનવંતી તા. ૨, ૪, ૫, ૭ છે.

Lucky Dates: 2, 4, 5, 7.

Ensure to focus on and complete all works related to accounting as well as any transactions related to lending-borrowing of money, by the 18th of January. Using your intelligence, as opposed to your strength, will have you receiving Mercury's graces to help you complete your work. You will be able to win over any upset friends with your sweet tongue. To ensure that your health remains good, pray the Meher Nyaish daily.



Scorpio - વૃશ્ચિક - ન.ય.

૨૪મી જાન્યુઆરી સુધી ચંદ્રની દિનદશા ચાલશે તેથી નાની મુસાફરીનો ચાન્સ મળે તો ચુકતા નહીં. રોજબરોજના કામો કરવામાં કોઈ મુશ્કેલી નહીં આવે. હાલમાં તમે તમારા લીધેલા ડીસીજન ચેન્જ કરવાના મુદ્દામાં નહીં હો. ઘરવાળાને આનંદમાં રાખજો. હાલમાં દરરોજ ૩૪મું નામ 'યા બેસ્તરના' ૧૦૧ વાર ભણાજો. શુકનવંતી તા. ૩, ૪, ૫, ૭ છે.

Lucky Dates: 3, 4, 5, 7.

The Moon's rule till 24th January could bring you short travel opportunities - do not miss out on these. There will be no problem in handling your daily chores. You will not want to change any decisions that you have made so far. You will keep your family members happy. Pray the 34th Name, 'Ya Beshtarna', 101 times, daily.



Aquarius - કુંભ - ગ.શ.સ.

તમોને બી તમારા મિત્ર ગ્રહ શુકની દિનદશા ચાલુ હોવાથી ઓપોજીટ સેક્સનો ભરપૂર સાથ-સહકાર મળશે. એકબીજા સાથે મળીને કામ કરશો તો તે કામમાં વિજયના ડંકા વગાડીને રહેશો. જૂની ઓળખાણ કોઈ કામ પૂરું કરવામાં મદદગાર થશે. ધનની કમી નહીં આવે. તમોબી 'બહેરામ યજ્ઞ' ભણાજો. શુકનવંતી તા. ૧, ૨, ૪, ૭ છે.

Lucky Dates: 1, 2, 4, 7.

Venus' ongoing rule brings you lots of support from the opposite gender. Working together will bring you excellent results. An old acquaintance will help you in completing your tasks. There will be no lack of income. Pray to Behram Yazad daily.



Gemini - મિથુન - ક.ઇ.ઘ.

હવે તો તમોને બી દયાળુ-ધર્મના દાતા ગુરુની દિનદશા શરૂ થયેલી છે તેથી ૨૧મી ફેબ્રુઆરી સુધીમાં તમારા વિચારોમાં ખૂબ જ ફેરફાર થઈ જશે. પોઝીટીવ વિચાર કરીને તમારા કામમાં સફળ થશો. નાણાકીય બાબતમાં સારા સારી થતી જશે. ખાસ કરીને મિથુન રાશિવાળી સ્ત્રીઓને પોતાના તરફથી પ્રેમ વધુ મળશે. હાલમાં તમોબી 'સરોશ યજ્ઞ' ભણવાથી મનની શાંતિ મળશે. શુકનવંતી તા. ૨ થી ૫ છે.

Lucky Dates: 2 to 5.

The onset of Jupiter's rule till 21st February, will bring in a lot of changes in your thinking pattern. You will be successful in your work by maintaining a positive mindset. Financially, things will continue to flourish. Women especially will receive a lot of love and affection. To get mental peace, pray the Sarosh Yasht daily.



Virgo - કન્યા - પ.ઠ.ણ.

તમારી રાશિના માલિક બુધની દિનદશા ચાલુ હોવાથી ૧૭મી ફેબ્રુઆરી સુધી તમને તમારા કામકાજમાં બુદ્ધિ બળ વાપરીને અઘરા કામને સહેલા બનાવી દેશે. નાણાકીય લેતી-દેતી કરવામાં જરાબી મુશ્કેલી નહીં આવે. મિત્ર તમોને માન-પાન, ઈજ્જત આપીને રહેશે. તમારા લાભની વાત ઉપર પહેલા ધ્યાન આપજો. હાલમાં દરરોજ 'મેહેર નીઆએશ' ભણાજો. શુકનવંતી તા. ૧, ૩, ૪, ૭ છે.

Lucky Dates: 1, 3, 4, 7.

Mercury's ongoing rule till 17th January suggests that you will be able to complete all your unfinished tasks by using the power of your intelligence. Financial transactions will not encounter any issues. Your friends will lavish you with praise, respect and appreciation. Ensure to focus on profitable issues. Pray the Meher Nyaish daily.



Sagittarius - ધન - ભ.ધ.ફ.

પહેલાં ચાર દિવસ જ સૂર્યની દિનદશામાં પસાર કરવાના બાકી છે તેથી સરકારી કામો કરવામાં મુશ્કેલીમાં આવશો. વડીલ વર્ગની ચિંતા સતાવશે. બાકી ૫મી જાન્યુઆરી ચંદ્રની દિનદશા તમારા અશાંત મનને શાંત કરવામાં મદદગાર થશે. માથા ઉપરનો બોજો ઓછો થતો જશે. હાલમાં ૯૬મું નામ 'યા રયોમંદ'ની સાથે 'યા બેસ્તરના' ૧૦૧ વાર ભણાજો. શુકનવંતી તા. ૧, ૫, ૬, ૭ છે.

Lucky Dates: 1, 5, 6, 7.

You have last 4 days under the Sun's rule - you could face challenges in doing any government-related works during these days. You will be worried about the wellbeing of the elderly. Starting 5th January, the Moon's rule will help to calm down your worried mind. Mental tensions will reduce. Pray the 34th Name, 'Ya Beshtarna', along with the 96th Name, 'Ya Rayomand', 101 times each, daily.



Pisces - મીન - દ.ચ.ઝ.થ.શ.

પહેલાં ચાર દિવસ રાહુની દિનદશામાં પસાર કરવાના બાકી છે. ઉતરતી રાહુની દિનદશા ૫મી સુધી તમોને રાતના ઉઘવા નહીં દે. ખોટા વિચારોથી પરેશાન થઈ જશો. બાકી ૫ થી ૭૦ દિવસની શુકની દિનદશા ધીરે ધીરે તમારા દુખને ઓછા કરવામાં મદદગાર થશે. હાલમાં 'મહાબોખ્તાર નીઆએશ' અને 'બહેરામ યજ્ઞ' ભણાજો. શુકનવંતી તા. ૩, ૫, ૬, ૭ છે.

Lucky Dates: 3, 5, 6, 7.

You have 4 more days remaining under Rahu's rule. Rahu's descending rule will rob you of your sleep, till the 5th of January. Negative thoughts will take away your mental peace. Venus' rule, starting from the 5th, for the next 70 days, will gradually help to fade away your problems. Pray the Mah Bokhtar Nyaish and pray to Behram Yazad daily.

Sit, Stay And Don't Poo On 2022!

- Lessons Learnt By Pet Parents In 2021 -



SHIRIN MERCHANT

Shirin Merchant is India's pioneering Canine Behaviourist and Trainer. For the past 25 years, she has worked hard to ensure that dogs in India are trained using reward-based methods.

“You need to help me NOW!” a lady screamed at me over the phone. “My Figaro has pooped on my carpet for the 100th time and I am fed up!”

2021 was the year that dog lovers abruptly decided was a good year to bring home a pet and they ran out to adopt or buy dogs as fast as a Labrador wipes his bowl clean! And of course, when you bring home a pet without much thought you are going to end up with issues. My phone rang off the hook... ‘How do I teach my dog to stay alone at home?’; ‘Why won't my dog eat his veggies?’; ‘Why is my dog stealing my socks?’; ‘Why is my dog scared of the vacuum cleaner?’; ‘Why won't my dog listen to me?’

As much as pet parents struggled to understand their dogs, their pets got a bit fed up with the pandemic way of life too. So here are some lessons our dogs would like us to learn from 2021...

Give Your Dog His Private Time And Space: Whilst many dogs enjoyed the extra time they got with us, after a point in time, the extra attention got stifling for them. The constant hugs, cuddling all day, being petted when trying to take



a nap - a lot of pets found it extremely stressful. It also led to dogs becoming over attached to their humans - not a healthy relationship to cultivate. If you've been smothering your dog, you need to start making changes. Start with small periods of time daily where your dog can rest in a room by herself without anyone disturbing her. Spending quiet time by themselves allows our dogs to get rest, clear their thoughts and reduce stress levels.



Set Boundaries And Rules For Your Dogs: Dogs love rules and structure in their lives. Whilst

giving your dog some freedom of choice is good, giving too much will make him a spoilt brat. So put down simple rules - show your dog what you expect from him so that you don't have to scold him for unwanted behaviours later. Teach your dog how to behave when greeting guests, how not to jump on a kitchen counter, how to stay out of rooms of the home he may not be allowed in, how to be still during grooming, how to listen when you ask for a behaviour, and even how to behave when you are eating food - basically all the simple boundaries and rules that keep your dog well-mannered and safe from harm.

Let Your Pet Be A Pet: Dogs that never get to be dogs are just surviving and not thriving. Allow your dog to smell the flowers, scratch the bark of a tree, watch a bird soar in the sky, smell the ocean,

and listen to the sound of water in a brook. Exposing your dog to nature is a great way to reduce stress, iron out the creases in many sensitive dogs and even build a stronger relationship with you. Sometimes, when I see the dog-human relationship broken, that is all I get the pet parent to do for a fortnight - get the dog to be a dog. They often return with big smiles at the next consultation! So let your Labrador knock over the water bowl and splash in it, let your beagle smell the hundreds of smells, let your Indie show off his clever mind by allowing him to find a hidden object, let your pup have zoomies at 11:00pm - let your dog be a dog!



Listen To What Your Dog Is Saying: Dogs speak a language packed with woofs, growls, posturing, wags and even facial expressions. Learning to listen to what your dog is saying can mean the world for your dog. Most of our pet dogs talk to us but are never heard. How frustrating for them! If you love your dog, the least you can do is to learn their language. Your dog will be so grateful to you for it.

Learn Ways To Reduce Stress In Your Dog: Stress? What stress? How can my dog possibly have any stress, she has such an awesome life. That's what most pet parents tell me. But look a bit closer - stress lurks in every corner. A noisy kitchen, a dog that lunges at your dog when out for a walk, constructions noises, fights, harsh handling, sickness, slippery floors, separation, lack of sleep... the list is endless. Small stressors that we take for granted could



all add up. Often dogs that randomly seem to bite every couple of weeks are not mean dogs, but ones whose stress levels have tipped over.

Few city dogs live stress free lives. So, what can we do to help our dogs? Make a list of things your dog enjoys eating, places he likes visiting, people he enjoys spending time with, items he likes play with... get the drift? And then ensure he gets at least one of those everyday. It will make a world of a difference in reducing his cortisol levels and increasing his happy hormones. Give it a try today and see the difference in your dog within a fortnight.

Allow Your Dog's Dreams To Come True: We all have a dream when we bring our dogs home. And just like us, our dogs have dreams too. That little pup sitting in your lap on the drive home is also probably wishing for things - will this be the family that loves me, treats me kindly, plays with me, will they lock me alone in a room, will they hit me when I'm naughty? I hope they will be fun and kind to me, care for me till the very end and never give up on me.

If we love our dogs, it's our job to help make their dreams come true. The least we can do is promise to be there for them teach them manners, be kind, play with them and find ways to infuse their life with happiness. If you make just one new year resolution for your dog, let it be this one. You want your dog at 16 years to look back on life and say it was a well lived one!

Happy New Year! Hope it's filled with wags and woofs!

Wishing Patrons A Very Happy New Year 2022!

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