

# PARSI TIMES

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**FROM THE EDITOR'S DESK**

**Let's Revive Parsi-preneurship!**

Dear Readers,

With video calls becoming the new norm for meetings over the past couple of years, I've had the privilege of getting to chat with many of our community greats from various industries, the world over. Most are or have been established entrepreneurs who've worked diligently and succeeded in making a mark in their respective fields.

Through all these inspiring and enriching conversations, two matters stood out, which found universal consensus - across generations, genders and geography. The first - that we were all indisputably proud to belong to this pint-sized but precious and unique, 'Parsi/Irani Zoroastrian' community. The second point wasn't as heartening as the first. In fact, it smacked of disappointment as regards the lack of interest and motivation in our community's youth to embrace entrepreneurship.

The entrepreneurial spirit, which was earlier the identity of our thriving community, once rife with young 'Parsi-preneurs' (Parsi entrepreneurs) doing us and the nation proud, has been on the decline for a few decades now, most lamented. "Our young guns aren't firing anymore. They're lackadaisical and have lost that fire-in-the-belly that we lived with!" said one.

"It's the darned BPP," said another. "They've spoiled our youth with the whole 'we take care of you from womb-to-tomb' philosophy. Being completely catered for, especially free housing, they don't feel the need to go out there and make something of themselves. They need to get out of their cozy Baugs!"

"No wonder so many of our girls prefer marrying parjat boys who come across as the go-getters and are much more enterprising, with things not handed to them on a platter. Unlike most of our young fellows, these boys study hard, they work harder because they know they're not getting any free lunches!" quipped yet another.

There is some truth there. Why have we stopped wanting to become leaders, despite the resources at hand, in the form of various Trusts and organizations like WZCC which has been providing great impetus and support to up and coming Parsi-preneurs? Let's reignite that love for leadership before the Parsi-preneurship sails away! Let's revive Parsi-preneurship

Have a safe weekend!

- Anahita  
anahita@parsi-times.com

**Religious Announcements**

**Nirangdin Ceremony at Wadiaji Atash Behram**

A Nirangdin ceremony, in memory of Late Soonu Framarz Nariman, will be held at the Wadiaji Atash Behram, on 19th February, 2022 (Roj Dae-Pa-Adar, Mah Meher, 1939 Y.Z.) at midnight. It will be performed by Er. Noshirwan Jehambux Tata.

**149<sup>th</sup> Ava Roj Jashan and Humbandagi At Bhikha Behram Well**

The 149th Ava Roj Jashan and Humbandagi will be held at the Bhikha Behram Well on Ava Roj, on 21st February, 2022. A Jashan will be held at 5:00 pm, followed by the Humbandagi at 6:00 pm. Er. Darayesh Katrak will deliver a religious talk after the Humbandagi.

**Godiwalla Agiary To Celebrate 175th Salgreh**

The Seth Mancherji Khurshedji Langrana Langrana or Godiwalla Agiary, located at Fort in Mumbai, will celebrate its grand 175th Salgreh on 26th February, 2022 (Roj Daep-Meher, Mah Meher, YZ 1391), with a Jashan ceremony at 10:30am, under the guidance of Respected Vada Dasturji Keki Ravji Dasturji, from the Meherjirana family

**PRESS NOTE**

**THE BOMBAY PARSİ PUNCHAYET FUNDS AND PROPERTIES**

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

The following applicant whose name is published hereunder is shortlisted and approved by the Board of Trustees.

Before completing the process of allotment, the Trustees, as a matter of abundant caution, are publishing the name of the allottee so that if there is any adverse factor against the proposed allotment, the Trustees attention may be drawn thereto latest by 11-03-2022.

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

By Order of the Trustees of

The Parsi Punchayet Funds and Properties, Bombay

19-02-2022

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Mumbai

DEPUTY CEO

**LIST OF TENTATIVE ALLOTTEE FOR ACCOMMODATION IN BPP COLONIES.**

1. Mr. Aspi Bejanji Tangri,  
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N.M. Thakersi Marg,  
Churchgate,  
Mumbai - 400 020.

**Don't Miss These Performances At NCPA**

'A Little Night Music' to soothe your senses, popularly known in the Western classical repertoire as Mozart's serenade, Eine kleine Nachtmusik, will be performed by the SOI Chamber Orchestra, along with works by Schubert, Bach, Paganini, Shostakovich and more, at 7:00 pm on Friday, 25th February at the Tata Theatre.



Women's Day celebrations are not far behind, with a tribute to the Fierce, Free and Fabulous divas who rule the music scene. Samantha Noella, Shazneen Arethna, Suzanne D'mello and Eden Alexander will bring you power-charged performances from Aretha Franklin, Madonna, Rihanna, The Bangles, Chaka Khan, Alicia Keys, Beyonce to Gloria Gaynor, Eurythmics, Cyndi Lauper, Alannah Myles, Christina Aguilera, Pink, Amy Winehouse and more, at 6.30 pm on Saturday, 5th March at the Tata Theatre.

**North East (7 sisters) & KERALA COMING UP IN MAY**

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**VISIT MEHERABAD**

Avatar Meher Baba Bombay Centre has arranged trip to Meherabad from Friday 4th to Sunday 6th of March' 22. Stay at Meher Pilgrim Retreat. Transport by Zubin's Royal Fleet, Lodging and Board at MPR.

**Contacts:**

Jimmy Khan:- 98209 67005  
Bomi Bomanji:- 97696 06179  
Sam Patell :- 98206 26276

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Email Id :- jimmykhan@gmail.com



# Gourmet Catering Serves The President Of India!

11<sup>th</sup> February, 2022 marked a grand milestone of pride and achievement for culinary management expert and PT columnist, Shiraz Kotwal, as his increasingly sought-after catering establishment, 'Gourmet Catering', served a formal lunch to India's foremost citizen, President Shri Ram Nath Kovind, along with other political big wigs, at Mumbai's Raj Bhavan.

Known for catering to India's leading celebrities including socialites, Bollywood stars, politicians and other personalities, 'Gourmet Catering' is headed by industry experts - Shiraz Kotwal and Pramod Poojary, each commanding over twenty-five years of expertise and success in the Hospitality sector, handling events comprising

twenty people to ten-thousand!

Sharing his delight with Parsi Times, Shiraz Kotwal says, "We got a call from the Raj Bhavan, around January-end, requesting a meeting on an immediate level as they needed lunch catered for a VIP on 11th February, for around 300 persons. We were handed a dossier with all the dos and don'ts, the flow of the event and the list of allergies and preferences of the VIP, not once being given any inclination of the Chief Guest's identity. Returning with our hands and heads full of information, Pramod and I started working on the planning and execution details of the menu and catering. Only later did we get to know that we were selected from amongst numerous other caterers contending for the event. In early February, we were informed that the Guest of Honour was none other than the President of India himself - Shri Ram Nath Kovind!

Now, while every event is equally important to us, catering for the President assumes a different level altogether! We



were thrilled and worked meticulously to ensure that every aspect - from setting up, cooking and serving the food to working the back end - was executed to perfection. We served a brilliant vegetarian fare - a delectable amalgamation of North, West and South-East



Indian kitchens, for a sit-down service for 55 VIPs at the newly renovated Durbar Hall, and a buffet service for the rest."

Curating

the most elegant and fun dining experiences across the board - from Lagans and Navjotes to corporate events, intimate sit-down dinners, brunches or even home-dinners, Gourmet Catering has in the recent past catered to the Mantralaya for the Vidhan Bhavan Adhiveshan - a 4-day event for Cabinet Ministers, as also for the wedding of the Revenue



Pramod Poojary

Minister, Balasaheb Thorat's daughter; and its latest Bollywood event - catering an intimate bash for Katrina Kaif's birthday and a pre-wedding dinner for Vicky and Katrina.

"The rest, as they say, is history, with congratulations



Shiraz Kotwal

and praises being the order of the day from numerous guests who complimented the excellent and crisp service," concludes Shiraz.

Due to high demand for their delicious cuisine, Gourmet Catering also offers popular weekend menus, delivering delicious Asian, Indian and Continental cuisine. For queries, e-mail: [shirazkotwal@gmail.com](mailto:shirazkotwal@gmail.com) or Call: +91 9833720369



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A Poem dedicated to my beloved and beautiful wife

**Dinoo Rusi Bhumgara**  
24-01-2022

*What can I write about you my dearest,  
as you were always better than the rest;  
I may have achieved more in life,  
but the respect you commanded from all,  
was far greater than that, my dear wife;  
An ideal human being, equally spreading love and  
compassion for all, you were a great lesson to everyone,  
whether big or small;  
selflessness was an App inbuilt in your body & mind,  
which is why you were so compassionate and kind;  
Our children will undoubtedly cherish  
your love, your devotion and sacrifice,  
but there are many more who feel they  
have lost their mother who was so nice.*

I pray to God to give me one more life, with YOU as my wife.

Husband Rusi Bhumgara • Sons Rayo & Burzin Bhumgara  
Daughter in law Yasmin Rao Bhumgara • Grand Daughter Nasreen Bhumgara.



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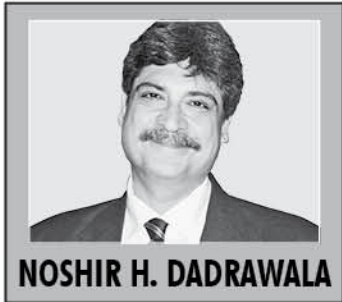
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**NOSHIR H. DADRAWALA**

## The Significance Of Religious Headgears: The Zoroastrian Mathabana

The Karnataka High Court has recently ordered that girl students should not wear *hijab*, saffron shawls or use religious flags while attending classes in Karnataka colleges which have a prescribed uniform, till the Court decides the case relating to ban on *hijab* in certain government colleges. An interim order was passed by the Bench comprising Chief Justice Ritu Raj Awasthi, Justices Krishna S Dixit and J M Khazi, in response to various petitions filed by Muslim girl students in the State, claiming that they were not being allowed to enter colleges on account of the government order which effectively bans the wearing of *hijab* or headscarves.

The term *hijab* describes the act of covering up a woman's body, either partially or fully. However, it is often used to describe the headscarves worn by Muslim women. These scarves come in many styles and colours. The type most commonly worn covers the head and neck but leaves the face clear. Some women wear a headscarf to cover their head and neck, while others wear a *burka* or *naqab*, which also covers up their face. Even today in Iran, women wear a scarf but keep the face unveiled.

**Not restricted to Islam:** Headscarves are seen as a sign of modesty, a symbol of religious faith. While headscarves may be rooted in religious tradition, *hijab* is a personal and cultural concept. Wearing headscarves is not restricted to Islam alone. Covering the head predated Islam. Jewish, Christian and Hindu women have also covered their head



at various times in history, across the globe. Covering the head has also been a longstanding custom among Zoroastrians - in ancient Iran and after their advent in India.

**Mathabana - The Zoroastrian Headscarf:** Wearing the *Mathabana* or white muslin headscarf is an essential part of Zoroastrian religious tradition. Until urbanization and western education took over, the *Mathabana* was a part of every Parsi lady's daily attire. It did not matter whether the lady was rich or poor, urban or rural. The muslin headscarf was worn with pride.

Look at portraits of the philanthropic Jerbai or Motlibai Wadia. They can be seen wearing the *mathabana*. In all her portraits, Lady Meherbai Dorabji Tata is seen with her head covered by her saree. Covering the head was not just a mark of giving respect, but of respectability. Even today, wives of Parsi Zoroastrian priests wear head scarves daily, at home and when stepping out. Also, it is mandatory for every Zoroastrian (male or female) to cover his or head while praying (even if at home) or visiting a fire-temple or attending a funeral. Men usually wear a skull cap while women wear a head scarf.

**Across Religious Traditions:** There are certain rules to be followed when one visits a holy place. Various etiquettes must be observed, one of which is to cover our heads while worshipping. Hindu women cover their head in the temple as a mark of respect, gratitude, and humility towards the deity they worship. In the early years of Christianity, men and women were required to cover their heads while entering their place of worship. Later, it was only mandated for women. While this tradition of covering the head inside a Church has faded away with time, some still observe it, especially on ceremonial occasions. Sikhism also requires that both men and

women should cover their heads when they enter the *Gurudwara*.

**Our Zoroastrian Tradition:** In the Zoroastrian tradition, hair is seen as *naso* or dead matter. Hence, all Zoroastrians are required to cover their heads, especially while praying or attending a religious ceremony. It is believed that hair that falls off renders the surrounding ritually impure.

As we know, even in good restaurants, chefs and kitchen staff keep their heads covered to prevent any hair from slipping into the food. Surgeons and nurses in hospitals and particularly the operation theatre, also cover their heads for the same reason - medical hygiene! Also, covering the head is a mark of respect - be it in the presence of an elder or the Holy Fire - displaying reverence.

In ancient rock reliefs of the

Achaemenian, Parthian or Sasanian era, no king, queen, priest, soldier or commoner is seen bareheaded. This tradition was carried by the Parsis all the way from Iran to India. Rarely would you see an old portrait of a bareheaded Parsi lady or gentleman.

**Thinking Cap:** In mystic circles, it is believed that covering the head has several benefits. It aids focus and thinking and keeps the highest center of psychic energy (the crown *chakra*) protected. The common saying, "*put on your thinking cap*," denotes an imaginary cap worn to facilitate thinking.

Wearing a headscarf is seen as a display of one's religious identity. But, so what? If Muslim women wear *hijab*, Zoroastrian women wear the *mathabana*! At the end of the day, what a man or woman chooses to wear is a personal choice. One should wear what one feels proud and comfortable to wear.

Colour, style and manner of wearing the headgear may differ. But the principle and essence of wearing the scarf remains the same. It extends respect and earns respectability!

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### 'Name Airport After JRD Tata, Mark October 15 as National Aviation Day' – Federation Of Indian Pilots Write To PM Modi

The Federation of Indian Pilots has written to Prime Minister Shri Narendra Modi requesting him to declare the anniversary of JRD Tata's first flight as National Aviation Day and to name the next major airport after him, in his honour.

With Air India taking to the skies once again as a Tata enterprise, many are recalling the contributions of the man who heralded civil aviation in the country - Jehangir Ratanji Dadabhoi Tata or JRD Tata - India's very first licensed pilot and the founder of India's first commercial airline in 1932 - Tata Airlines, which was later rechristened 'Air India', in 1946.

With the airline JRD Tata founded, back in his company's fold, millions wish to pay tribute to India's 'Father Of Civil Aviation', as he has been known. The Federation of Indian Pilots (FIP), a body of commercial pilots, has written a letter to Prime Minister Narendra Modi asking him to declare the anniversary of JRD Tata's first flight as 'National Aviation Day' and the name of the next major airport, in honour of India's first commercial aviator.



President of FIP (Rtd) Capt Surinder Mehta wrote, "The Late Bharat Ratna Air Vice Marshal JRD Tata is considered the father of civil aviation in India as it was his first flight in October 15, 1932, which heralded the dawn of airmail services in our country. Sir, it would be only appropriate that October 15 be declared as the National Aviation Day of India." The letter cites the United States of America, which celebrates August 19 as National Aviation Day every year, being the birthday of Orville Wright, the first person to accomplish powered flight.

The FIP is hopeful that this year itself, October 15 will be declared National Aviation Day, as it will be the 90th anniversary of JRD Tata's first flight.

In his letter, Capt. Mehta added that throughout the world, it is common practise to name airports after famous aviators and other aviation pioneers. These include Wilbur Wright Field in Dayton, USA after Wilbur Wright and Sabiha Gokcen International Airport in Istanbul named after Sabiha Gokcen, the first Turkish female combat pilot, among others.

On 8th October, 2021, when the government announced Tata Sons as the successful bidder for Air India, Tata Sons' Chairman Emeritus - Ratan Tata had tweeted a photo of JRD Tata disembarking from an Air India flight, when it was still within the Tata fold, saying "Welcome back, Air India."

### Change of Guard At WZCC



Having completed his two terms in office in December 2021, WZCC's dynamic Global President, Edul Daver, will be giving way to his successor, Capt. Percy M. Master, as WZCC's next Global President, who was unanimously elected by the international Board. Daver will stay on the Board as Immediate Past President and continue to guide the Board with his rich experience and knowledge.

Greatly appreciating his achievements and performance during his tenure, the Board extolled Daver for cultivating various initiatives and programs which has exalted the WZCC brand name as well as expanded its scope, enhancing its economic, intellectual and social value.

Some initiatives nurtured under his watch include funding Zarathushti start-ups as well as young entrepreneurs/ professionals to start and flourish in their careers and businesses; supporting and guiding Zoroastrian students for higher studies abroad under the ZFN (Zoroastrian Faculty Network); and starting a social project of providing easy means to get power and water in rural areas of Surat and Navsari. He also presided over educative and insightful online initiatives, including a series of webinars held on 'Foodpreneurs' - imparting all the know-how of food entrepreneurship; 'Youngpreneurs' - for children between ages 8 - 15 years, to develop their ideas on a competitive basis; and other webinars with high profile Zarathushti individuals sharing crucial business and philosophical insights with the community.

Newly appointed Global President, Capt. Percy Master expressed his sense of privilege and honor to head WZCC and shared that he would continue to nurture the initiatives started by Daver. He declared 'Power Of Youth Driving Future Generations' as the WZCC slogan for the next three years. He spoke passionately about gender equality and would be constituting more committees for a more focused approach.

He thanked the outgoing Directors and expressed his gratitude to WZCC founder member - Rohinton Rivetna for his continued mentorship. He spoke appreciatively of his mentor - Minoo Shroff who got him on board WZCC and thanked him for his continuous guidance.

Emphasizing on the importance of team-work, he wished to impress upon the youth, how following the tenets of our religion was indispensable to personal and professional prosperity. He wished that we would follow the precedents of honesty and integrity, set by our industrious forefathers, which has resulted in the community being respected greatly in India and globally. Concluding on a positive note, he said the right application of mind would help make the impossible possible and that we should all work together, for a better tomorrow.

On behalf of the community, Parsi Times thanks Edul Daver for his commitment and excellent service towards the community; and welcomes Capt. Percy Master to help navigate WZCC to greater heights!

### Mahrukh Motafram Appointed Trustee At Parliament Of World's Religions

US-based Mahrukh Motafram has been appointed as a Trustee on the Board of the Parliament of World's Religions. The only Zoroastrian on this Board, Mahrukh's term as Trustee commenced early January, 2022. She takes over the position from Dolly Dastoor who completed her three terms on the Board, ending 2021. Looking to continue championing our Zoroastrian faith on this world stage, Mahrukh's appointment gives our faith a seat at the table of a very important global interfaith organization.



and an Associate Degree in Business and Marketing (2002). She is currently pursuing certification in Nonprofit Leadership at Seattle University.

For thirty years now, Mahrukh has been actively engaged with the North American Zoroastrian

community, serving on the FEZANA Executive Board, Co-Chair for Strategic Planning, and is currently the Co-Chair for North American Zoroastrian Congress committee. She's a member of the Executive Steering Committee of the upcoming 12th World Zoroastrian Congress 2022 in New York City. Mahrukh is married to Feroze and has two children, Freya and Jamsheed, both successful professionals in banking and financial sectors.

Mahrukh Motafram is a first-generation immigrant from India who arrived in the US to pursue higher education. She holds a Master's degree in Bio-Organic Chemistry (1984)



## Parsee General Hospital Offers Dialysis Unit for Out-Patients



On 10<sup>th</sup> February, 2022, a new Dialysis unit was inaugurated in Mumbai's B D Petit Parsee General Hospital, by munificent donor - Neville Sarkari, in memory of his late mother - Homai Sarkari. Up to now, the Hospital had an existing Dialysis Machine in ICU, which was used only for treating in-patients with kidney failure.

The new unit with two Dialysis Machines (and all the associated paraphernalia, including the RO Filter plant, etc), will surely prove be a great boon for community members who are patients undergoing treatment for chronic kidney failure, especially those who are financially under-privileged poor and will now be able to get their repeated dialysis on an OPD basis, hereon.

Based in Denver (Colobrado, USA), donor Neville Sarkari has donated to various causes, over the years, through the Zarin Neville Sarkari Trust Foundation



Donors inaugurate new facility

he established in honour of his late wife.

## Chenoy Agiary's Humbandagi Group Commemorates 16 Years



On 14<sup>th</sup> February, 2022, the Humbandagi group of Bai Maneckbai N. Chenoy Agiary, in Hyderabad, completed a grand 16 years of conducting weekly Humbandagi at the Agiary, every Monday. The Humbandagi is led by the High Priest, Er. Mehernosh Bharucha and is followed by a short talk on religious subjects.

Even through the pandemic and lockdown, this group continued to hold the Humbandagi on-line, thanks to the efforts Faram Desai. The ongoing weekly Humbandagi continues to be attended and viewed live by several people in India and abroad, although the Agiary has opened its gate to visitors and physical presence has commenced.

After the regular Humbandagi, Farida Antia read out a thought-provoking poem written by Cyrus Tarapore, stressing the need to work towards reviving the religion before it is too late. Next, a game on Zoroastrian Religion was conducted by Farida Antia, which was enjoyed by all.

Giving the vote of thanks, Faram Desai thanked Er. Mehernosh Bharucha for conducting the Humbandagi and sharing religious lectures post the Humbandagi, continuously, for the past 16 years. He also thanked Farida Antia for continuing to give lectures in the absence of Er. Bharucha. The function ended with snacks arranged by Cyrus Tarapore, distributed to all, and singing the Parsi Anthem, 'Chaiye Hame Zarathushti'.

### RECOVERY OF UNCLAIMED SHARES



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## Mehrzaad Mogrelia Conferred 'Top 30 Under 30 Emerging Industry Experts' Recognition

On 17<sup>th</sup> February, 2022, Mumbai-based, certified Financial Crime Specialist, Mehrzaad Mogrelia, was recognized as the 'Top 30 Under 30 Emerging Industry Experts' in the field of Financial Crime Prevention and was bestowed with the Nationwide Business Award, presented by Business Mint, one of India's leading Market Research and Business Assistance firms.

A resident of Godrej Baug, Mehrzaad achieved his specialization from the Association of Certified Financial Crime Specialists, USA, and has been independently offering his services in the field of Financial Crime Detection and Prevention to over fifteen clients. Speaking with Parsi Times, Mehrzaad shares, "I had always wanted to be featured in one of the Emerging Industry Experts/Entrepreneurs lists before I turn 30, and so this recognition has been like a dream come true for me. It could not have come at a better time as I look to build on the success achieved so far, in the years to come."

Other awards bestowed on Mehrzaad include the 'Global Pride Award 2021



for Outstanding Contribution in the field of Financial Crime Prevention' by HBW Business News; and 'Trend Setter of the Year in the Service Industry' by Vyaapar Jagat Convention and Awards, Gujarat. Here's wishing Mehrzaad all the best for his future endeavours and successes!

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## Gen Z And Beyond Survey Travels To Surat!



On Saturday, 5<sup>th</sup> February, 2022, the Project Manager of 'Gen Z and Beyond Survey', Dr. Nazneen Engineer, visited the Parsi Panchayat offices in Surat to give a presentation about the Survey to community leaders and members.

She was delighted and honoured to meet the Surat Parsi Panchayat (SPP) President, Jamshed Dotiwala, SPP Trustee and Padma Shri recipient - Yazdi Karanjia, President of Nanpura Anjuman, Rukhshad Master, Trustee of Rustompura Anjuman, Freddie Mistry, Founder Trustee of Zoroastrian Women's Association of Surat (ZWAS), Pilloo Bhathena, and ZWAS members Daizy Patel and Afrin Ambapardiwala. Missing at the meeting was the President of the Vesu Anjuman.

Dr. Nazneen Engineer thanks everyone for their interest in and support for the Gen Z and Beyond Survey.



Last but not least, she would like to sincerely thank Founder Trustee of Zoroastrian Women's Association of Surat - Maharukh Chichgar, for all her efforts and the opportunity to address Surat's community leaders.

If you live in or around Surat and would like to help spread the word about the Survey or assist elderly people take the survey, please get in touch with your local Anjuman, email at: [genz@soas.ac.uk](mailto:genz@soas.ac.uk) or WhatsApp +44 20 7074 5146.

If you would like to know more about the Gen Z and Beyond Survey, please visit [www.genzandbeyond.com](http://www.genzandbeyond.com).

Sign up for the survey at [bit.ly/GenZSignUp](https://bit.ly/GenZSignUp).



The Gen Z and Beyond Survey is an in-depth study of global Iranian and Parsi Zoroastrian communities. At the end, by drawing on a comprehensive data set, the academic and independent report will not be making any judgements or recommendations, but it hopes Zoroastrian communities around the world will be inspired by the data to develop future projects that will secure, strengthen and further the well-being of their communities, in terms of its aspirations and identity.



# Air India And Tata: A Love Affair In The Skies!



VEERA SHROFF SANJANA



Is it a worthy love affair? Are we simply romanticizing the recent acquisition by Tata Sons winning the bid and at long last, acquiring the national carrier? It seems like a homecoming for Air India (AI)... like the Airline's come full circle to begin another chapter under the custodianship of Tatas!

So, what does it mean for the Airline? What does it entail for the thousands of employees of AI which has been operating with losses and debts accumulated over decades? Will it undergo a complete revamp? Will passengers once again enjoy the Maharaja treatment on board? Will Air India be able to shirk off its disreputable reputation for delays and cancellations? Will it go back to being India's pride and joy in the skies, where every passenger was treated to a downright royal pampering with all the comforts of home?

**The History:** Air India was the brainchild of legendary industrialist and philanthropist, JRD Tata - India's very first licensed pilot... a great feat in those days! Fascinated with aviation, our lionhearted JRD soon established India's first commercial airline - Air India, in 1932. Its first scheduled service in that same year was flying mail on some routes for then Imperial Airways. In 1946, the Aviation Division of Tata Sons was listed as Air India and in 1948, 'Air India International' was launched, with flights to Europe. The international service was among the first public-private partnerships in India. In 1953, Air India was nationalized. Over the next four decades, it remained India's prized possession, controlling the majority of the

domestic space. It was with the opening of the skies and the aviation sector in 1994 -1995, that private players entered Indian skies, and changed the face of Indian aviation, offering cheaper tickets and better options. Consequently, Air India lost its monopoly and market share.

In 2000-2001, the NDA government tried unsuccessfully to sell a minority stake in Air India, as part of its broader privatization and disinvestment push. By 2007, it was suffering massive losses, when Air India and Indian Airlines merged. In 2012, a turnaround, Financial Restructuring plan was approved for Air India by the UPA government. In 2017-2018, the Modi-led NDA failed in its first attempt at selling its stake in the state-owned airline. In 2021, the BJP's second attempt finally took off, nearly 12 months after it was first announced.

Sixty-eight years later, the Maharaja is all set to return to the Tata group. It's taken over two decades and three attempts for the government to finally sell its flagship national carrier, Air India, after setting the reserve price at Rs. 12,906 crore and the Tata group winning the bid at Rs. 18,000 crore.

The Tatas now own 100% stake in Air India, 100% in its international low-cost arm - Air India Express; and 50% in the ground handling joint venture - Air India SATS. The Tata's now have 141 planes and an access to a network of 173 destinations, including 55 international ones, with the ownership of the iconic brands Air India, Indian Airlines and

the Maharajah.

**The Future:** Air India's new journey to return to its lost glory, under the Tata Group, will be fraught with issues like redundant/older aircrafts, inferior cabin products, and human resources problems. But experts and global competitors view the airline becoming a challenger in the international skies, soon.

Currently, Air India is the largest among Indian carriers in the global space, commanding enviable airport slots for its international arrivals and departures, on which airlines invest millions. However, due to the pandemic, foreign airlines have assumed a larger market share, carrying more passengers than Air India, till the regularization of international flights.

It's going to be a herculean task for the Tatas to channel their focus on rebuilding the Airline's past glory. But there's ample opportunity for Air India in terms of international traffic that is currently enjoyed by various global carriers. If one were to view Air India's success on the India-US routes, there's a clear indication of demand for direct flights on Indian airlines, provided it meets the expectations of the passengers.

Look at the mass exodus of

flights and air traffic passengers to the Middle East, in the last couple of decades, enjoyed by big international carriers. Pre-Covid, the Dubai-based carrier, 'Emirates' alone operated five to seven flights between Mumbai and Dubai, daily. With flights full and hoards of Indian passengers going to and fro, will Tata's management efficiency allow Air India to better

exploit operating assets like these lucrative routes to South East Asia, the Middle East, Latin America and Australia? With simple improvements in consistency of service, Air India's existing bilateral seems like goldmines.

Air India may also need a complete image makeover

to attract young fliers, who constitute a large percentage of fliers, to become the preferred airline for young Indians, worldwide. Millennials make up 53% of an international airline's passengers and that number is only rising. However, the needs of millennials are very different from the kind of products and services offered by Air India, presently. Attracting millennial will mean positioning themselves and the airline as a modern, technology driven, innovative, environmentally-conscious airline, as opposed to being perceived as relic rising from the ashes. It would include importing expertise to realize a revival plan that spruces Air India's image and traffic.

Tata's acquisition of Air India seems to be one of India's most successful privatization efforts yet - one that should allow the national carrier to create shareholder value by benefitting its employees and customers, but most importantly, to infuse the entire aviation ecosystem in India with the much-needed boost. Here's looking to our much-loved Maharaja's bright and brilliant future, with great optimism! Here's to the Phoenix rising from the ashes!!

## CARF Commemorates World Cancer Day 2022



On 4<sup>th</sup> February, 2022, which marked World Cancer Day, CARF (Cancer Aid & Research Foundation) organized activities at the Vikhroli office for its cancer patients, that aimed at raising awareness about cancer through informative sessions, followed by screening movies,

games and lunch for children, who were given Happy Meal kits. This event was supported by Chairman, Shamshi Mulla and CEO, Savita Nathani. The event proved to be a great success as CARF's dedication and respect towards the brave cancer warriors helped in encouraging them in their fight for survival.



### The Bawa Word Search

Search out 16 Famous Mountains In The World hidden in the word-jumble box below, in bi-directional, horizontal, vertical and diagonal forms:

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

- |                          |                      |                      |                               |
|--------------------------|----------------------|----------------------|-------------------------------|
| Swiss Alps (Switzerland) | Mount Logan (Canada) | Mount Fuji (Japan)   | Mauna Kea (Pacific Ocean)     |
| Jotunheimen (Norway)     | Grand Teton (USA)    | Bogda Peak (China)   | Aoraki/Mt. Cook (New Zealand) |
| Cerro Torre (Argentina)  | Huayna Picchu (Peru) | Kirkjufell (Iceland) | Mount Everest (Nepal)         |
| Kilimanjaro (Tanzania)   | Himalayas (India)    | Denali Peak (Alaska) | The Dolomites (Italy)         |



### TechKnow With Tantra

#### Develop Good Habits

This website helps you develop good habits for a better life, one habit at a time. Successful people follow set routines that make them achievers. Their habits make them stand out. Topics include 30-day habit challenges, Fitness Habits, 10 bad morning habits to stop, Healthy Habits, Keystone habits and more. You can also 'test drive' new habits to see if they work for you; understand the principles of 'willpower'; and learn to implement habit-routines for success in your daily life.

<https://www.developgoodhabits.com/>

## SUDOKU

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

Solution see below

## WINNING CAPTION!!!



Johnson: I put on a suit and a matching tie, for our first Bilateral meet.  
 Biden: He even attempted to comb his hair, which was futile but sweet!

By Viraf P. Commissariat (USA)

## CAPTION THIS!



Calling all our readers to caption this picture!  
 Send in your captions at [editor@parsi-times.com](mailto:editor@parsi-times.com) by 23th February, 2022  
 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.

### SUDOKU SOLUTION

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

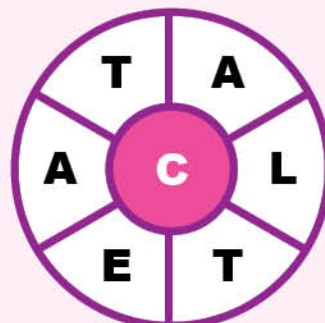
### Thought of the Week

"No pressure, no diamonds."

- Thomas Carlyle

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



# પારસી ટાઈમ્સ

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THE TRUTH. DELIVERED WEEKLY.

## યંગ રાથેસ્ટાર્સને અભિનંદન

છ વર્ષે દાદર, મુંબઈના યંગ રથેસ્ટાર્સ સમિતિના સભ્યો ગુજરાતના અંતરિયાળ વિસ્તારોમાં રહેતા ગરીબ જરથોસ્તી પરિવારોને મદદ અને ટેકો આપવા માટે પહોંચે છે. ૧૯૪૨માં સ્થપાયેલ એન જી ઓ - યંગ રથેસ્ટાર્સ ગુજરાતના અંતરિયાળ ગામડાઓમાં તેના વાર્ષિક અનાજ વિતરણ દ્વારા ૩૦ વર્ષથી સતત ઉત્કૃષ્ટ પરીપકારી સેવા પૂરી પાડી રહી છે.

તાજેતરમાં જ આ ભલા સમરટિયન્સો દ્વારા અનાજવિતરણ

કવાયત હાથ ધરવામાં આવી હતી જે ગુજરાતના દહુણુ, ગણદેવી, નારગોલ અને સરોડા ગામમાં તેઓએ ૫૦ થી વધુ વંચિત પારસી/ઈરાની ઝોરાસ્ટ્રીયન પરિવારો અને હમદિનોને રોજિંદા ઉપયોગી અને વપરાશની આવશ્યક ચીજ વસ્તુઓ પૂરી પાડી હતી.



અ ૧૫ જા ૧ સમુદાયની સેવા કરવા માટે પ્રતિબદ્ધ વ્યક્તિઓનું આ ગતિશિલ જૂથ અંકલેશ્વર, ભદ્રચ અને સુરત સહિત ગુજરાતના અન્ય ગ્રામ્ય અંતરિયાળ વિસ્તારોમાં અનાજ, સદરા અને ટુવાલના વિતરણ માટે નિર્ધારિત તેમના કાર્યક્રમોના આગલા

જેમાં અનાજ, સદરા, ટુવાલ વગેરેનો સમાવેશ થાય છે. યંગ રથેસ્ટાર્સનું નેતૃત્વ ચેરપર્સન - શ્રીમતી અર્નવાઝ જાલ મિસ્ત્રી, વાર્ષિક પ્રેસિડન્ટ હોમિયાર ડોક્કર, સેક્રેટરી યાસ્મિન મિસ્ત્રી અને શિરાઝ ગાર્ડ દ્વારા કરવામાં આવ્યું હતું. જેમણે પ્રોગ્રામને આગલા સ્તર સુધી વધારવામાં મદદ કરી છે.

પારસી ટાઈમ્સ સાથે વાત કરતા યંગ રથેસ્ટાર્સના પ્રેસિડન્ટ અર્નવાઝ જાલ મિસ્ત્રીએ વધુમાં જણાવ્યું હતું કે યંગ રથેસ્ટાર્સનું ઉદ્દેશ્ય અમારા સમુદાયના ઓછા ભાગ્યશાળી ભાઈઓ સુધી

તબક્કાની તેયારી કરી રહ્યું છે.

જો આપ સંસ્થાને સમર્થન આપવા ઈચ્છતા હો તો તમારો ચેક (યંગ રથેસ્ટાર્સ) સંસ્થાની તરફેણમાં મોકલી શકો છો. પ્રેસિડન્ટ શ્રીમતી અર્નવાઝ જાલ મિસ્ત્રી 802/A એકતા ઈન્વિક્ટસ, 68, ડો. આંબેડકર રોડ, દાદર (પૂર્વ,) મુંબઈ - 400014. વધુ વિગત માટે : અર્નવાઝ મિસ્ત્રી, 9821009289 / 9137713817 અથવા હોમિયાર ડોક્કર : 8693822722 / 9821384385

## યઝદી બહેરામનું મૃત્યુ, બેદરકારી બદલ કેરટેકર અને પુત્રની ધરપકડ

મંગલ ગાયકવાડ નામના કેરટેકર અને તેમના પુત્રની તાજેતરમાં જ મુંબઈ પોલીસ દ્વારા ગુનાહિત કાવતરૂ અને અપરાધપૂર્ણ હત્યા ન હોવાના આરોપમાં બીમારીની અવગણના કરવામાં ઈરાદાપૂર્વકની બેદરકારી બદલ અટક કરવામાં આવી હતી. જેના પરિણામે ૮મી ઓક્ટોબર ૨૦૨૦ના રોજ દાદરમાં તેમના નિવાસ સ્થાને ૭૭ વર્ષની વયે યઝદીબર એડલ બહેરામ સાહેબનું અવસાન થયું.

ગયા વર્ષે ૧૫ ડિસેમ્બર ૨૦૨૧ના રોજ આ કેસ નોંધવામાં આવ્યો હતો જે પછીથી માટુંગા પોલીસને તેની મિલકત હડપ કરવાના ઈરાદાથી ગંભીર માંદગી હોવા છતાં તેમને હોસ્પિટલમાં લઈ જવાનું ટાળ્યું હોવાનું જાણ થઈ. કાનુની તપાસ બાદ માટુંગા પોલીસે કેરટેકરની ધરપકડ કરી હતી. બહેરામ સાહેબના અવસાન બાદ તરતજ તેમની સંભાળ રાખનાર કેરટેકર ગાયકવાડે તેમના દાદર પારસી વસાહતના ઘરનું ઈલેક્ટ્રિક મીટર તેના નામ પર ટ્રાન્સફર કર્યું.

તેમના પત્નીના મૃત્યુ બાદ અંધેરીમાં રહેતી બહેરામની પુત્રી નતાશા શેઠનાની દેખરેખ માટે ગાયકવાડને રાખવામાં

આવ્યાં હતા. શેઠનાઓ માટુંગા પોલીસને આપેલા નિવેદન મુજબ ૫ ઓક્ટોબર ૨૦૨૦ના રોજ બહેરામ ગંભીર રીતે બીમાર થઈ ગયા જે કારણોસર ગાયકવાડે તેમના ફેમેલી ડોક્ટરને ફોન કરી બોલાવ્યા ડોક્ટરે તેમના સહાયક ડોક્ટરને તપાસવા માટે મોકલ્યા. સહાયક ડોક્ટરને બહેરામની હાલત ગંભીર જણાતા તેમણે બહેરામને હોસ્પિટલમાં લઈ જવા જણાવ્યું. તેમણે તબિબી સહાયકની અવગણના કરી અને લોકોને એવી અકવા ફેલાવી કે તે બહેરામ સાથે સંબંધ ધરાવે છે.

આ ઘટના ત્યારે બહાર પડી જ્યારે ગાયકવાડ અને તેનો પુત્ર અંતિમ સંસ્કાર માટે મૂતદેહને ડુંગરવાડી લઈ ગયા.

ત્યાંના પાદરી જે તેમના પરિવારને જાણતા હતા તેમણે તેમના પુત્રને ફોન કર્યો અને જાણ કરી કે એક મહિલા જે તેમની પત્ની હોવાનો દાવો કરે છે અને તેમના પિતાની અંતિમ વિધિ કરી રહી છે.

હાલમાં બન્ને ગુનેગારો જામીન પર છૂટ્યા છે અને ઈન્વેસ્ટિગેશન ટીમ ખાનગી ડોક્ટરની તપાસમાં છે જેણે તેમને મૃત્યુનું બનાવટી પ્રમાણપત્ર બનાવવામાં મદદ કરી હતી.

## ભારતીય પાઈલટ્સ ફેડરેશનનું પી.એમ. મોદીને પત્ર દ્વારા નિવેદન જેઆરડી ટાટાના નામ પર એરપોર્ટનું નામ રાખો અને ૧૫ ઓક્ટોબરને રાષ્ટ્રીય ઉડ્ડયન દિવસ તરીકે ઘોષિત કરો

ભારતીય પાઈલટ્સ ફેડરેશને વડાપ્રધાન શ્રી નરેન્દ્ર મોદીને પત્ર લખીને જેઆરડી ટાટાની પ્રથમ ફ્લાઈટની વર્ષગાંઠને રાષ્ટ્રીય ઉડ્ડયન દિવસ તરીકે જાહેર કરવા અને તેમના માનમાં આગામી મોટા એરપોર્ટનું નામ તેમના નામ પર રાખવા વિનંતી કરી છે.

ટાટા એન્ટરપ્રાઈઝ સાથે એર ઈન્ડિયા ફરી એક વાર આકાશમાં જઈ રહી છે ત્યારે ઘણા લોકો એવા વ્યક્તિના યોગદાનને યાદ કરી રહ્યાં છે જેમણે દેશમાં નાગરિક ઉડ્ડયનની શરૂઆત કરી હતી. જહાંગીર રતનજી દાદાભોય ટાટા અથવા જેઆરડી ટાટા ભારતના પ્રથમ લાઈસન્સ ધરાવનાર પાઈલટ અને ભારતના પ્રથમ વ્યાપારી સંસ્થાપક હતા.

૧૯૩૨માં ટાટા એરલાઈન્સ



૧૯૪૬માં ટાટા એરલાઈન્સ જેનું નામ પછીથી એર ઈન્ડિયા રાખવામાં આવ્યું. સાથે જ એરલાઈન્સ જેઆરડી ટાટાની સ્થાપના સાથે તેમની કંપનીમાં પાછા લાખો લોકો ભારતના ફાઇવ ઓફ સિવિલ એવિએશનને શ્રદ્ધાંજલિ આપવા ઈચ્છે છે.

જેમ કે તે ઘ ફેડરેશન ઓફ ઈન્ડિયન પાઈલટ્સ (એફઆઈપી) કમર્શિયલ પાઈલટ્સની સંસ્થા તરીકે ઓળખાય છે.

કમર્શિયલ પાઈલટ્સની એક સંસ્થાએ વડાપ્રધાન નરેન્દ્ર મોદીને પત્ર લખીને જેઆરડી ટાટાની વર્ષગાંઠની પ્રથમ ફ્લાઈટ નેશનલ એવિએશન ડે તરીકે અને ભારતના પ્રથમ કમર્શિયલ એવિએટરના માનમાં આગામી મોટા એરપોર્ટનું નામ જાહેરાત કરવા જણાવ્યું છે.



### એક નજર પારસી મરણો ઉપર

Deceased મરનાર	Age વય	Date તારીખ	Address ર. ઠે.	Relations સગાઈઓ
<b>Farokh Rustamji Panthaki</b> ફરોખ રૂસ્તમજી પંથકી	83 ૮૩	11.02.2022	B-1 Garden View, 58 Prof Almedia Road, Behind Bhabha Hospital, Bandra (W), Mumbai 400050. બી-૧, ગાર્ડન વ્યુ, ૫૮ અલમેડા રોડ, ભાભા હોસ્પિટલની પાછળ, બાંદ્રા (વે), મુંબઈ ૪૦૦૦૫૦.	કેટીના ખાવૈદ, મરહુમ રૂસ્તમજી ફરામજી પંથકી ને મરહુમ જેરબાઈ રૂસ્તમજી પંથકીના દીકરા, કેરસી, પરવીજ તથા દીનયાર ના ભાઈ તે મરહુમ નરગીશ અદી જાફરાબાદવાલા ના ભાઈ તે ખુશરૂ અને ખુશનુમા નોઝેર પંથકી ના મામા તે મરહુમો દીનામાય જાલેજર એલાવ્યાના જમાઈ તે કેની રૂસ્તમ ફીટર ના બનેવી.
<b>Rashna Noshir Segvewalla</b> રશના નોશીર સેગવેવાલા	60 ૬૦	12.02.2022	689, Sethna Bldg., Dr. Dinshaw Master Road, Parsi Colony, Dadar (E), Mumbai 400014. ૬૮૯, શેઠના બીલ્ડિંગ, ડૉ. દીનશા માસ્તર રોડ, પારસી કોલોની, દાદર (પુ), મુંબઈ ૪૦૦૦૧૪.	તે મરહુમ નોશીર અરદેશીર સેગવેવાલા ના વીધવા તે મરહુમો વીલ્વુ તથા એરવદ ફરામરોજ જાલેજર કરંજયા ના દીકરી તે સરોશ ફ. કરંજયા, કેટી પ. ખંભાતા, ઝરીન ગ. બોગા (યુ.કે.) તથા મરહુમ હોમાય ફ. કરંજયા ના બહેન તે વીનીસીયા તથા વેવેનતી ના બોગા (યુ.કે.)ના માસીજી તે મરહુમો દોલત તથા અરદેશીર સેગવેવાલા ના વહુ.
<b>Kamal Rustom Zarolia</b> કમલ રૂસ્તમ ઝરોલીયા	56 ૫૬	13.02.2022	102, Zarina C.H.S., S.V. Road, Bandra (W), Mumbai 50 ૧૦૨, ઝરીના સી.એચ.એસ. એસ.વી. રોડ, બાંદ્રા (વે), મુંબઈ ૫૦.	તે મરહુમો રૂસ્તમ શેરીયારજી ઝરોલીયા અને ગોશી રૂસ્તમ ઝરોલીયા ના દીકરી તે તેહેમતન રૂસ્તમ ઝરોલીયા ના બહેન તે અરઝાન અને ક્યનાઝ ના ફુઈ તે મેહેરનાઝ તેહેમતન ઝરોલીયા ના નરણા.
<b>Zarin Adi Master</b> ઝરીન અદી માસ્તર	83 ૮૩	13.02.2022	E-19, Rustom Baug, Sant Savta Marg, Next to Masina Hospital, Byculla (E), Mumbai 27. ઈ-૧૯, રૂસ્તમ બાગ, સંત સાવતા માર્ગ, મસીના હોસ્પિટલ પાસે, ભાયખલા (પુ), મુંબઈ ૨૭.	તે મરહુમ અદી પેસ્તનજી માસ્તર ના ઘણીયાણી તે મરહુમો માનેકશા અને તેહેમી ના તોડીવાલા ના દીકરી તે મરઝબાન અદી માસ્તર ના માતાજી તે દીનાઝ મરઝબાન માસ્તર ના સાસુજી તે મરહુમો સીલુ અ. એન્જનીયર, ડાલી અને વીલુ તોડીવાલા, ખોરશેદ ક. શ્રોફ ના બહેન તે મરહુમો જાલામાય તથા પેસ્તનજી સ. માસ્તર ના વહુ તે મરહુમો બાનુ કેકી સરકારી નાં વેવાન.
<b>Armaiti Farrokh Dalal</b> આરમાઈતી ફરોખ દલાલ	87 ૮૭	14.02.2022	1-A/11, Tata Co.op Society, Jagannath Bhatankar Marg, Parel, Mumbai 400012. ૧-એ/૧૧, ટાટા કો.ઓ. સોસાયટી, જગનનાથ ભાટનકર માર્ગ, પરેલ, મુંબઈ ૪૦૦૦૧૨.	તે ફરોખ ફરામરોજ દલાલ ના ઘણીયાણી તે આદીલ, ઝીનોબીયા ફીરદોશ બલસારા, ઝવેર બજી સીપોઈ ના માતાજી તે જેસ્મીન આદીલ દલાલ ના સાસુજી તે ફીરદોશ બજી ના સાસુ તે સાઈરસ, સાયરા, ડોવારા, નતાશા, શાહનાઝ ને જેહાન ના ગ્રાન્ડ મધર તે મરહુમ ખોરશેદ બજી ને કેકોબાદ જમશેદજી કાથાવાલા ના દીકરી તે આઈમાય તથા ફરામરોજ દલાલ ના વહુ તે શામ કાથાવાલા તથા મરહુમ એલીસ ભીખાજી, દીનશાહ, પેરીન, કેટીના બહેન.
<b>Jaloo Behram Bodhanwala</b> જાલુ બેહેરામ બોધનવાલા	94 ૯૪	16.02.2022	11/6, Wadia Bldg., Malcom Baug, S.V. Road, Jogeshwari (W), Mumbai 400102. ૧૧/૬, વાડીયા બીલ્ડિંગ, માલકમ બાગ, એસ.વી. રોડ, જોગેશ્વરી (પ), મુંબઈ ૪૦૦૧૦૨.	તે મરહુમ બેહેરામ રતનશા બોધનવાલાના વીધવા તે વીરપી બોધનવાલા તથા સીલ્વુ બચા ના માતાજી તે મરહુમો આઈમાય તથા નાદીરશા પટેલ ના દીકરી તે બોમી બચા તથા બેહનાઝ બોધનવાલા ના સાસુજી તે ફરાલ કામા ના મમઈજી તે અરનોશ બોધનવાલા તથા બીનાઈફર રૂ. ના બપઈજી તે પેશદાદ કામા ના મોટા મમઈજી તે લુલા રૂ ના મોટા બપઈજી તે મરહુમો ભીકામાઈ તથા રતનશા બોધનવાલાના વહુ
<b>Jehangir Savak Bharucha</b> જેહાંગીર સાવક ભરૂચા	78 ૭૮	16.02.2022	Ness Baug, Annexe - 3, 3rd Floor, Nana Chowk, Opp. IDBI Bank, Grant Road, Mumbai 400007. નેસ બાગ, એનેક્સ-૩, ૩જે માળે, નાના ચોક, આઈ.ડી. બી.આઈ., બેંક સામે, ગ્રાંટરોડ, મુંબઈ ૪૦૦૦૦૭.	તે સમી ના ભરૂચા ના ખાવૈદ તે જેહાન ભરૂચા તથા નતાશા ભરૂચા ના બાવાજી તે રોશની સોલી શ્રોફ તથા મરહુમ મહાદેવ કોતવાલ ના ભાઈ તે મરહુમો કોલી તથા સાવક ભરૂચા ના દીકરા.
<b>Aban Rusi Udwardia</b> આબાન રૂસી ઉદવાડીયા	81 ૮૧	16.02.2022	Bldg. No. 8, Flat No. 702/704, Behram Baug, Parsi Colony, Jogeshwari, Mumbai 400102. બીલ્ડિંગ નં ૮, ફ્લેટ નં. ૭૦૨/૭૦૪, બેહરામ બાગ, પારસી કોલોની, જોગેશ્વરી, મુંબઈ ૪૦૦૧૦૨.	તે મરહુમ રૂસી નાદીરશાહ ઉદવાડીયા ના ઘણીયાણી તે મરહુમો વીલુ અને જાલ બમનશાહ કોન્ટ્રેક્ટર નાં દીકરી તે શહેઝરીન ના માતાજી તે શનાયા ના મમઈજી તે સરોશ જાલ કોન્ટ્રેક્ટર તથા મરહુમો બરજેર જાલ કોન્ટ્રેક્ટર અને જુલી હોશંગ અંકલેસરીયા નાં બહેન તે હોશંગ સોલરાબજી અંકલેસરીયા નાં સાલી અને સીન્ધયા સરોશ કોન્ટ્રેક્ટરનાં નરણા તે મરહુમો નાદીરશાહ અને લીલા ઉદવાડીયા ના વહુ.
<b>Daisy Kersi Palkhiwala</b> ડેઝી કેરસી પાલખીવાલા	85 ૮૫	16.02.2022	A/Wing 301 Avon App., 3rd Floor, Shivaji Road, Near Santoshi Mata Mandir, Kandivali (W), Mumbai 400067. એ વીંગ, ૩૦૧ એવોન એપાર્ટમેન્ટ, ૩જે માળે, શીવાજી રોડ, સંતોષી માતા મંદીરની બાજુમાં કાંદીવલી (વે), મુંબઈ ૪૦૦૦૬૭.	તે કેરસી બેહેરામજી પાલખીવાલા ના ઘણીયાણી તે મરહુમો દારાબશાહ અને દીનબાઈ દારાબશાહ કોન્ટ્રેક્ટર નાં દીકરી તે પર્લ ફરોખ અને મેહેર મેહેરનોશ કોન્ટ્રેક્ટર નાં માતાજી તે ફરોખ બહાદુર કેરાવાલા તથા મેહેરનોશ મીનુ કોન્ટ્રેક્ટર નાં સાસુજી તે પરીનાઝ, યોહાન, બીયાનકા ના મમઈજી.
<b>Death Announcements From Gholvad</b>				
<b>Gool Firoze Patel</b> ગુલ ફિરોઝ પટેલ	87 ૮૭	18.02.2022	Darab Manor Gholvad દારબ, મનોર ઘોલવાડ	ફિરોઝ દારબશા પટેલના ઘણીયાણી, તે આદીલ ને યઝદીના માતાજી તે યારમીન ને ડેઝીના સાસુ તે દારા, મરહુમ શીરીન, કેરસી ને ફલીના બહેન તે હોશાદ, દીના, હોશનેર, મહેરઝીન ને અનાહિતા ના ગ્રેન્ડ મધર.
<b>Death Announcements From U.S.A.</b>				
<b>Homi Gustadji Sarkary</b> હોમી ગુસ્તાદજી સરકારી	86 ૮૬	16.02.2022	29, Verplank Ave., Hopewell Junction, N.Y. Newyork, U.S.A. ૨૯, વેપ્લેન્ક એવેન્યુ, હોમવેલ જંક્શન, ન્યુયોર્ક, N.Y. અમેરિકા	તે ગુલ હોમી સરકારી ના ખાવૈદ તે મરહુમો તેહમીના ગુસ્તાદજી સરકારી ના દીકરા તે ઝર્કસીસ અને જુબીન ના ફાધર તે જૈકલીન અને ચેતના ના સસરાજી તે દારાયસ, સાયરસ અને કરીના ના ગ્રેન્ડ ફાધર તે ફરીદા સરોશ ખંભાતાના ભાઈ તે મરહુમો ફરેદુ અદી, ફેડી, રતન ના ભાઈ તે મરહુમો રતી ને મરહુમ એરચ પટેલના જમાઈ.
<b>Death Announcements From Prayer Hall</b>				
<b>Kaite Jal Merchant</b> કેટી જાલ મરચંટ	89 ૮૯	16.02.2022	202 Madhuvan C.H.S., Madona Colony, off Mandpeshwar Road, Borivali (W), Mumbai 400103. ૨૦૨ મધુવન સી.એચ.એસ. મેડોના કોલોની, ઓફ મંડપેશ્વર રોડ, બોરીવલી (વે), મુંબઈ ૪૦૦૧૦૩.	તે મરહુમ જાલ કેખશરૂ મરચંટ ના વીધવા તે દીલબર કેકી પાંડે તથા નેરીયોસંગ જાલ મરચંટ ના માતાજી તે મરહુમો ગુલુ તથા હોમી માવજી ના દીકરી તે કેકી મીનોચેર પાંડે ના સાસુજી તે શેરીયાર ક. પાંડે ના મમઈજી તે મરહુમો આવામાય તથા કેખશરૂ મરચંટ ના વહુ તે હુતોશી જાલ કોતવાલ ના બહેન તે મરહુમ જાલ કોતવાલ ના સાલીજી.
<b>Death Announcements From Pune</b>				
<b>Jeroo Homi Dastur</b> જેરૂ હોમી દસ્તુર	88 ૮૮	02.02.2022	Palace Orchard, Undri, Pune પેલેસ ઓર્ચર્ડ, ઉંદરી, પુણે	તે મરહુમ હોમી દસ્તુર ના વિધવા તે મરહુમો નરગીશ તથા બેજનજી મેવાવાલા ના દિકરી તે ફીરોઝા ભોટ ને ખુરશીદ ના માતાજી તે કેરમીન, નયઝાક, સનીકા ને પુજાના મમયજી તે હોમાય, રૂમી શાપુરજી ના બહેન.
<b>Death Announcements From Pune</b>				
<b>Hadok Sorab Khushrusahi</b> હાદોક શોરાબ ખુશરુશાહી	92 ૯૨	15.02.2022	B/10, Park View Appartment, Sasbari Park, Pune 411037. બી/૧૦, પાર્કવ્યુ એપાર્ટમેન્ટ, સાશબરીપાર્ક, પુના ૪૧૧૦૩૭	તે સોરાબ ખુશરુશાહી ના ઘણીયાણી તે સારાફરોઝ તથા બેહેરામ ખુશરુશાહી ના વહુ તે શીરીન તથા શેહેરીયાર આરસ્તાની ના દીકરી તે શાહબેહેરામ, રોહીનટન તથા હવોવી ના મમ્મા તે આરમેતી, હોમા તથા પરવેઝના સાસુજી તે શારીયાર, સોરાબ, ખુશુમા તથા નુશીન ના ગ્રેન્ડ મધર તે જેહાન, કાંચ, કાસરા તથા શીરી ના ગ્રેટ ગ્રેન્ડ મધર





# YOUR MOONSIGNS JANAM RASHI THIS WEEK

લખનાર: મરહુમ મહારાજ શ્રી સ્વયંજયોતિના સહકાર્યકર્તા જયેશ એમ. ગોસ્વામી

અઠવાડિક રાશિક્ષણ: તા. ૧૯.૦૨.૨૦૨૨ થી તા. ૨૫.૦૨.૨૦૨૨



## Aries - મેષ - અ.વ.ઈ.

શુક્રની દીનદશા ચાલુ હોવાથી તમોને બધીજ બાબતમાં ચિંતાથી દુર રહેશો. નાણાકીય સ્થિતિ સારી રહેવાથી ખર્ચ કરવામાં કોઈ કસર નહીં કરો. મિત્રો-સગાઓને તમારા મનની વાત સમજાવવામાં જરાય મુશ્કેલી નહીં આવે. ધનલાભ મળતા રહેશે. ઘરમાં નવી ચીજ વસ્તુ વસાવી શકશો. હાલમાં દરરોજ ભુલ્યા વગર બહેરામ યજ્ઞ ભણવાનું ચાલુ રાખજો. શુક્રવંતી તા. ૨૦ થી ૨૩ છે.

**Lucky Dates: 20 to 23**

Venus' ongoing rule will ensure that you are safe from any kind of troubles or challenges in all areas of life. You will not hesitate to spend money as your financial situation will be strong. You will be able to express your thoughts very clearly to your friends and family. You will continue to be blessed with prosperity. You will be able to make new purchases for the house. Ensure to pray to Behram Yazad daily.



## Cancer - કર્ક - ડ.હ.

૨૩મી માર્ચ સુધી ગુરુની દીનદશા ચાલશે તેથી તમારા કામની સાથે કોઈકની ભલાઈનું કામ કરવામાં સફળ થઈ જશે. નાણાકીય બાબતમાં અચાનક ફાયદો થઈ જશે. તમારા ફસાયેલા ધનને પાછા મેળવવા માટે કોઈ મિત્રની સલાહ તમને સહાયતા આવી જશે. જીવનસાથી પસંદ કરવા માટે સારો સમય છે. ઘરનું વાતાવરણ સારું રહે તેની માટે દરરોજ સરોશયજ્ઞ ભણજો. શુક્રવંતી તા. ૨૦, ૨૧, ૨૨, ૨૪ છે.

**Lucky Dates: 20, 21, 22, 24**

Jupiter's rule till 23<sup>rd</sup> March will result in your being helpful to others while doing your own work. Unexpected financial gains are predicted. A friend's advice will prove helpful in aiding you to retrieve your stuck finances. This is a good time to choose a life partner. To sustain the positivity at home, pray the Sarosh Yasht daily.



## Libra - તુલા - ર.ત.

તા. ૨૮મી માર્ચ સુધી બુધની દીનદશા ચાલશે. તેથી તમે કરકસર કરીને ધન બચાવી શકશો. હીસાબી કામની અંદર વધુ સફળ બની શકશો. બુદ્ધિબળ વાપરીને તમારા કમને સહેલા બનાવી દેશો હાલમાં બને તો થોડું ઘણું રોકાણ વાંબા સમય નહીં કરશો. નાનામોટાં કામો સમજાવટમાં પતાવી દેશો મિત્રોની મદદ મળી રહે. માટે હાલમાં મહેર નીઆએશ ભણવાનું ચાલુ રાખો. શુક્રવંતી તા. ૧૯, ૨૧, ૨૪, ૨૫ છે.

**Lucky Dates: 19, 21, 24, 25**

Mercury's rule till 28<sup>th</sup> March facilitates you put in some effort and save money. You will be successful in any accounts-related tasks. You will be able to use your intelligence and get work done efficiently. You are advised to make long-term investments. You will be able to get general tasks done smoothly. Friends will be helpful. Continue praying the Meher Nyaish daily.



## Capricorn - મકર - ખ.જ.

ચંદ્રની દીનદશા ચાલુ હોવાથી મગજને શાંત રાખીને કામ કરવાથી સફળતા મેળવવામાં મુશ્કેલી નહીં આવે. બીજાના મદદગાર થશો. નાની મુસાફરીનો ચાન્સ મળે તો ચુકતા નહીં. મિત્રો સગાવહાવાઓનો સાથ મળી રહેશે. જેબી કામ કરશો તેમાં તમારો સેલ્ફ કોન્ફીડન્સ ખૂબજ વધતો જશે. નાણાકીય મુશ્કેલી નહીં આવે. ૩૪મું નામ યા બેસ્તરના ૧૦૧ વાર ભણજો. શુક્રવંતી તા. ૨૦, ૨૩, ૨૪, ૨૫ છે.

**Lucky Dates: 20, 23, 24, 25**

The Moon's rule helps you keep a calm mind and brings you success in your endeavours. You will be helpful to others. Do not skip any opportunity for short travels. Your friends and relatives will be supportive of you. Your self-confidence will increase with each task you undertake. There will be no financial constraints. Pray the 34<sup>th</sup> Name, 'Ya Beshtarna', 101 times, daily.



## Taurus - વૃષભ - બ.વ.ઉ.

રાહુની દીનદશા ચાલુ હોવાથી તમે અંગત વ્યક્તિ સાથેના સંબંધ સુધારવાની કોશીશ કરશો તો તેમાં સફળ નહીં થાવ. ખોટા વિચારો કરીને તબીયતને બગાડી નાખશો. જ્યાં રહેતા હશો ત્યાં આડોશી પાડોશી સાથે મગજમારીમાં પડતા નહીં નોકરી કરનારાઓ કામ કરનાર સાથે ઓછું બોલવાથી સંબંધમાં બગાડ નહીં આવે દરરોજ મહાબોખ્તાર નીઆએશ ભણજો. શુક્રવંતી તા. ૧૯, ૨૧, ૨૪, ૨૫ છે.

**Lucky Dates: 19, 21, 24, 25**

Rahu's ongoing rule will not allow you to succeed in working out your differences between those close to you. Constant negative thoughts could spoil your health. Try to avoid getting into any arguments with your neighbours. You are advised to not speak too much with your colleagues at your workplace to ensure nothing goes wrong. Pray the Mah Bokhtar Nyaish daily.



## Leo - સિંહ - મ.ટ.

પહેલા ચાર દિવસ જ શનીની દીનદશામાં પસાર કરવાના બાકી છે. ઉતરતી શની દીનદશા નાનું એક્સીડન્ટ નો આવી જાય તેની ખાસ સંભાળ લેજો ૨૩મી સુધી વડીલવર્ગની તબીયતની ખાસ દરકાર લેજો વડીલવર્ગની માટે ડોક્ટરની સાથે પહેલા લેજો બાકી ૨૩મીથી ગુરુની દીનદશા તમારી તકલીફ દુર કરવામાં મદદગાર થશે. ગુરુ સેલ્ફકોન્ફીડન્સ વધારી દેશે મોટી હપ્તન યજ્ઞ અને સરોશયજ્ઞ ભણજો. શુક્રવંતી તા. ૧૯, ૨૩, ૨૪, ૨૫ છે.

**Lucky Dates: 19, 23, 24, 25**

You have four days remaining under Saturn's rule. Its descending rule could result in a minor accident - so try and be more careful. Till 23<sup>rd</sup> February, you are advised to take special care of the elderly and seek the doctor's help without hesitation. Jupiter's rule, starting from 23<sup>rd</sup> February, will alleviate all your problems. Your self-confidence will rise. Pray the Sarosh Yasht along with the Moti Haptan Yasht.



## Scorpio - વૃશ્ચિક - ન.પ.

તમોને આજ અને કાલનો દિવસજ સંભાળીને પસાર કરી લેજો. ઉતરતી મંગળની દીનદશા તમાને નાનું એક્સીડન્ટ આપીજાય નહીં તેની સંભાળ લેજો. ૨૧મીથી બુધની દીનદશા આવતા ૫૬ દિવસમાં તમારા બોજને ઓછા કરાવીદેશે ફસાયેલા નાણાને પાછા મેળવવા માટે સીધા રક્ષા બતાવી દેશે બગડેલી બાજીને કેમ સુધારવી તે બુધની દીનદશા રસ્તો બતાવશે. તીરયજ્ઞની સાથે મહેર નીઆએશ ભણજો. શુક્રવંતી તા. ૨૦ થી ૨૩

**Lucky Dates: 20 to 23**

You are advised to practice caution today and tomorrow. The descending rule of Mars could bring on a minor accident, so do be careful. Mercury's rule starting from 21<sup>st</sup> February, for the next 56 days, will elevate all your problems. You will find an easy way to retrieve your stuck finances. Mars will show you the way to fix any bungled matters. Pray the Meher Nyaish daily with the Tir Yasht.



## Aquarius - કુંભ - ગ.શ.સ.

સૂર્યની દીનદશા ચાલુ હોવાથી સરકારી કામમાં જશ નહીં મળે. હાઈ પ્રેશર, આંખમાં બળતરા, તાવ જેવી બીમારી આવી શકે છે. વડીલવર્ગની સાથે નાનીનાની બાબતમાં ખટપટ થયા કરશે. ઘણી કે ઘણીયાણીને પેટની અંદર ગરમી વધી જશે. એકબીજાના વિચારો સરખા નહીં હોવાથી મતભેદ પડશે. સૂર્યને સાંત કરવા માટે ૯૬મું નામ યા રયોમંદ ૧૦૧ વખત ભણજો. શુક્રવંતી તા. ૧૯, ૨૧, ૨૨, ૨૪ છે.

**Lucky Dates: 19, 21, 22, 24**

The ongoing Sun's rule will not allow your government-related works to come through. You could suffer from high Blood Pressure, fever or burning eyes. You could get into arguments over petty matter with the elderly. Couples could end up squabbling heatedly as their thoughts will differ greatly. To placate the Sun, pray the 96<sup>th</sup> Name, 'Ya Rayomand', 101 times, daily.



## Gemini - મિથુન - ક.છ.ઘ.

છેલ્લા બે દિવસ જ શુક્રની દીનદશામાં પસાર કરવાના બાકી છે તેથી ધર્મના કામો પહેલા પુરા કરી લેજો ઘરવાળાની ડીમાંડ પુરી કરી શકશો. બાકી ૨૧મી થી રાહુની દીનદશા આવતા ૪૨ દિવસમાં તમારા દિવસની ભૂખ અને રાતની ઉંઘ બન્ને ઉડાવી દેશે. રાહુ તમારી તબીયતને બગાડી નાખશે. બીજાનું ભલુ કરવા જતાં તમારું ખરાબ થઈ જશે સરોશયજ્ઞની સાથે મહાબોખ્તાર નીઆએશ ભણજો. શુક્રવંતી તા. ૧૯, ૨૦, ૨૨, ૨૫ છે.

**Lucky Dates: 19, 20, 22, 25**

You have last two days remaining under Venus' rule, hence you are advised to prioritize the completion of any religious works. You will be able to cater to the wants of your family members. Rahu's rule, starting from 21<sup>st</sup> February, for the next 42 days, will rob you of your appetite and your sleep. Your health could suffer. Trying to help another will result in your own loss. Pray the Mah Bokhtar Byaish along with Sarosh Yasht daily.



## Virgo - કન્યા - પ.ઠ.ણ.

૨૩મી માર્ચ સુધી શનીની દીનદશા ચાલશે તેથી તમારા નાના કામોને સીધી રીતે પુરા નહીં કરી શકશો. સારા સમયમાં ધન નહીં બચાવેલ હોય તો કોઈકની પાસે લોન લેવાનો સમય આવી જશે. જોઈન્ટ પેન, બેક પેન આવવાના ચાન્સ છે. હાલમાં નાણાકીય લેતીદેતી ખૂબજ સંભાળીને કરશો. તમારી પોતાની અંગત બાબત કોઈને કહેતા નહીં. હાલમાં દરરોજ મોટી હપ્તન યજ્ઞ ભણજો. શુક્રવંતી તા. ૨૦, ૨૧, ૨૨, ૨૪ છે.

**Lucky Dates: 20, 21, 22, 24**

Saturn's rule till 23<sup>rd</sup> March makes it difficult to even get smaller tasks done smoothly. Not having saved money during your good times will result in you having to take loans now. You could experience joint-pain and back-ache. You are advised to practice caution in your financial transactions related to lending or borrowing money. Do not reveal your personal problems to anyone. Pray the Moti Haptan Yasht daily.



## Sagittarius - ધન - ભ.ધ.ફ.

છેલ્લા ચાર દિવસમાં શુક્રની દીનદશામાં પસાર કરવાના બાકી છે તેથી ૨૩મી પહેલા ઘરવાળાની ડીમાંડ પુરી કરી આપજો બાકી ૨૩મી થી ૨૮ દિવસની માટે મંગળની દીનદશા ઘરવાળા સાથે મતભેદ ખૂબજ કરાવી દેશે તમારા મગજને નાની-નાની બાબતમાં ગરમ કરી નાખશે. ચાલતા ચાલતા પડી જવ કે બીમારી આવી જાય તો નવાઈમાં પડતા નહીં. આજથી રોજ તીરયજ્ઞ ભણવાનું ચાલુ કરજો. શુક્રવંતી તા. ૧૯ થી ૨૨ છે.

**Lucky Dates: 19 to 22**

You have four days remaining under the Moon's rule. You are advised to cater to the wants of family members before the 23<sup>rd</sup> of February. Mars' rule, for the next 28 days, starting from February 23<sup>rd</sup>, could cause a lot of squabbles with family members. You will lose your temper over petty matters. You could suddenly suffer from a fall or an illness. Pray the Tir Yasht daily.



## Pisces - મીન - દ.ચ.ઝ.થ.શ.

હાલમાં તો શુક્રની દીનદશા ચાલુ હોવાથી હરવાફરવામાં ખર્ચ ખુબજ વધી જશે. ખાવા-પીવામાં વધુ ખર્ચ થઈ જશે. મનગમતી વ્યક્તિને સામેથી મલવાથી વધુ આનંદમાં આવી જશે. ઓપોર્ટીટ સેક્સનું એટ્રેક્શન સારું રહેશે. નવા કામ કરવામાં સફળતા મળશે. ધન લાભ મળશે. હાલમાં દરરોજ ભુલ્યા વગર બહેરામયજ્ઞ ભણવાનું ચાલુ રાખજો. શુક્રવંતી તા. ૨૦, ૨૧, ૨૩, ૨૫ છે.

**Lucky Dates: 20, 21, 23, 25**

Venus' ongoing rule will have you spending a lot of money on entertainment and travel. Your expenses towards foods will increase. Meeting with your favourite person will bring you immense happiness. There will be a lot of attraction towards the opposite gender. New ventures will result in success and bring in profits. Pray to Behram Yazad daily.



# Good Health Begins In The Mind



RUBY LILAOWALA

As a child, you were probably bursting with energy and good health.

Your body was flexible and moving was effortless. Your mind was clear, happy and free of worry, tension and stress. You slept peacefully and deeply every night and woke up feeling refreshed. You were excited and passionate about every new day. This is how you should still feel today, immaterial of your age.

You CAN still be healthy because unlimited health is available to you if you THINK healthy all the time, eat healthy and exercise. If you keep thinking, "If I drink coffee, I'll be up all night", "If I eat this, I'll get allergy", "I catch colds easily", "I've a sensitive stomach", you can rest assured that the next cup of coffee will keep you awake, you will catch that allergy, cold and an upset stomach because you've fed all this into your mind, which will manifest your beliefs. Beliefs can help you or harm you. What you believe about your health, will come true!

For many, fearful beliefs about disease override empowering beliefs about health. Pharmaceutical companies thrive on this attention given to diseases worldwide, and you're left surrounded by all kinds of new medications.

Your body is made up of billions of cells which work together for the sole purpose of giving you life and health. These collectively manage the working of organs like your heart, brain, liver, etc. Patrol-cells travel throughout the sixty thousand miles of blood vessels in your body to maintain order and harmony. We have a complete divine pharmacy operating inside us, which can produce every healing chemical that any pharmaceutical company can make. Whatever you believe about your body, your cells believe too, as if they hear every thought, feeling and belief you have.

To lose weight, think of yourself slim and trim. To avoid Corona, don't mention it or talk about it because by doing so, you are bringing it into your consciousness. Your cells are your



most loyal subjects and whatever you think or feel, they manifest it in your future health. If you want to feel as good as you did in your youth, then tell your body, "I feel amazing today, I've so much energy, I've perfect eyesight, I can eat whatever I want and still be slim, I sleep like a baby every night," etc. You are the king of your health-kingdom and whatever you think and feel, becomes the law of your kingdom or the law within your body.

The placebo effect in medicine is proof of the power of belief. One group of patients is given the placebo (a sugar pill) and one group is given the real pill for treatment. Yet, the group consuming the placebo often experiences significant improvement. This is due to the power of belief.

Every feeling you have, saturates every cell and organ in your entire body. When you have good feelings and thoughts (Manashni), you receive the full force of health through your body in an astounding way. When you have bad feelings, the mental-tension causes your nerves and cells to contract, the vital chemical production contracts, your body changes, your blood vessels contract, your breathing becomes shallow and all this is detrimental to the health of your organs and the entire body. Disease is simply the result of a body not being at ease over a long period of time because of negative feelings like stress, worry, fear, hatred, cheating, jealousy or envy. What's more, it even reflects on your face, which is why some people look grouchy, while others look happy and radiant!

Of course, despite the positivity, people can and do fall ill, have cancers and heart-attacks. For this, there are higher esoteric reasons going back to past-life-karmas which you need to undergo because it's your 'karmic destiny'. Medicine is not health-care but sick-care!! However, the Universe gives you the strength to bear the bad times and once they are over and done with, you can move on with your positive attitude to life.

How? With gratitude, which is the greatest multiplier of happiness. Consciously, thank the universe for your health, from the moment you get out of bed (unaided - without anyone's help) to the moment you go to bed at night. All the money in the world cannot buy health, because it's a gift from the Universe and so, more than anything else, be grateful for health. It's the best health insurance you can ever take, because gratitude is the assurance of good health!!

Before eating food or drinking water, have love and gratitude in your heart. Have only positive and loving conversations when you sit down for a meal. Avoid distractions like reading a newspaper or checking your phone while eating. Bless the food you eat. Give it love and gratitude. As you do this, you change the "spiritual-structure" of the water within your food and its effect on your body to give you good vibrant health and robust vitality through that food.

God forbid, if you have to receive medical treatment, give love and gratitude while receiving it. Bless the doctor, bless the medicines and feel being well. If you can feel it, you'll receive it. To enjoy good health, give love and gratitude more than 50% of the time because 51% is the tipping point from sickness to health. Keep your mind far away from dwelling on your ailments. Instead, think strength, power, vitality, energy and good health and you'll "draw" it to you.

Each time you feel love and gratitude for your health, you are eliminating negativity in your body. Feel love and gratitude for any and everything in your life. Indulge in activities which make you laugh, enjoy your favourite books, music, movies; have meaningful conversations, surround yourself with happy people - all these help you to maintain good health. Your emotions and feelings affect every cell of your body. Mind and body, mental and physical, are intertwined. So yes, good health begins in the mind!



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### The Key That Was Lost By Gulshan D. Morawala

I was behind schedule, very unlike me,  
The delay was due to a missing key!  
I searched high and low, hither and thither,  
The key played truant - I was in a bother!

Where was this key to my apartment door?  
It was neither on its hook, not on the floor!  
I'm sure last evening I put it upon its hook,  
I've searched in vain, every corner, every nook.

Time was ticking, minutes flying fast,  
I was frustrated, my patience wouldn't last;  
What excuse could I give the boss for being delayed?  
Oh dear God! Help me! I'm dismayed.

I emptied my hand-bag upon the bed,  
With tears in my eyes, an ache in my head;  
Could that meeting not have been scheduled  
for any day

Other than when I'd lost my keys,  
that was causing this delay?

I searched between clothes and upon the shoe rack,  
I rummaged the entire newspaper-stack!  
I turned the bedroom upside-down,  
But my keys, alas were not to be found.

My kitchen I ransacked, shelves displaced,  
Checked atop cupboards and in the show-case,  
all red-faced!

But the keys to my apartment stayed hidden from me  
As I rummaged my whole house, on my legs and knees!

Frustrated, I decided to call the boss,  
I was sure my job would go for a toss;  
When my eyes espied a bulge within my file,  
Upon checking, I found my keys nestling there in style!

Whew! I now remember putting these in the file,  
As I'd hurried through letters that lay in a pile,  
Deciding to put the keys right onto its hook,  
But could not, as fatigue and sleep soon overtook.

I hurriedly gathered all my office stuff,  
And marched outdoors, all in a huff;  
I hailed a cab, which drove me down  
To my office in the middle of town.

Although in a daze, I was just in time,  
To begin the meeting on dot, upon the chime;  
Engrossed in work, the whole day did pass  
So very quickly and surprisingly fast.

As I sat in the cab, now homeward bound,  
I paid no heed to the traffic nor the sounds,  
Keen to reach home and put the keys on the hook,  
Lest I misplace it again, in just another nook!



# Sustaining Mental Health Through The Pandemic



MEHEZABIN DORDI

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An ancient African proverb says, "When there is no enemy within, the enemy outside can do us no harm." Times are hard and it can get challenging sometimes to come to terms with the reality of the day. We have been living with the pandemic for two years now and one of the biggest impacts of the global covid-19 situation has been the toll it's taken on collective mental health. Unfortunately, this effect on our mental health could outlive the disease itself.

The fear, anxiety, anger, sadness, isolation and stigma around covid-19 has spared no one. Kids haven't been able to attend school or see their friends; many adults are dealing with financial crisis, while the elderly are isolated from their usual support network. Measures adopted to slow the spread of the virus, namely the lockdown, had affected our overall physical activity levels, our eating behaviours, our sleep patterns, our relationship with addictive substances, including social media. Excessive use of social media and news also has a negative effect on our mental health.

So, what can we, as individuals, do to take care of our mental health even as we navigate our way through this? Having successfully counselled numerous patients through the pandemic, I've compiled and recommend the following 7 tips that have proven immensely beneficial to all:

**GET THAT BODY MOVING:** Exercise is foremost! Now, there's even stronger evidence for the positive benefits of exercise on Mental Health. Studies show that exercise improves mood and vigour, when done 3-4 times a week, for 20 to 30 minutes.

**THE FOOD WE EAT:** The second most important component is paying attention to our intake. Studies on relationship between diet and mental health have steadily increased over the last decade. Research shows that there is increased risk of developing depression and anxiety when consuming highly processed foods. On the flip side, studies have also emerged showing the link between a healthy and balanced diet and good mental health.

**SLEEPING WELL:** When the mind is not at rest, sleep suffers greatly. It is estimated that over a third of the adult population experiences sleep difficulties. In the first half of 2020 alone, worldwide Google searches for 'insomnia' increased majorly. Lack of adequate

sleep adds to our physical and mental health burden. Since Covid-19 has disrupted our daily routines, our sleep hygiene is also suffering.

To improve your Sleep Quality, include keeping a routine, eliminate screens at least an hour before bedtime, incorporate some form of mindfulness or relaxation into your routine - be it yoga, breathing exercises or guided meditation.

**BEING EMOTIONALLY SELF-AWARE:** Now this tip can be slightly tricky. Tough times sprout tough emotions, so it's crucial that you remember to be compassionate to yourself. As humans, we all go through ups and downs, which sometimes make us experience negative emotions. That is normal. Don't criticize yourself for feeling these emotions. Understand where they come from and then let them go.

**CONNECTING WITH OTHERS:** While being compassionate to ourselves is essential, being connected with others is equally important. Research shows, loneliness is a fertilizer for other diseases - it can accelerate many physical and psychological problems within an individual's body. Positive social connections - with friends, family, colleagues and health care providers - prove helpful, even if it's not on person and simply over the phone or a video call. Those dealing with more serious mental health challenges should avail of easily accessible online services and support.

**NURTURING A POSITIVE MINDSET:** This is not about putting on those rose-tinted glasses and ignoring the issues at hand. Optimism is about making mindful choices that move toward the best possible outcome, under the given circumstances.

**DEVELOP A ROUTINE; CULTIVATE HOBBIES AND INTERESTS:** Routines are beneficial to all - children and adults. It empowers you with a sense of being in control of your time and your life. A structured day reduces anxiety. Though it is not possible to eliminate stress, we can mitigate it by committing to de-stressing activities in our routine which could provide us a sense of happiness and peace.

Hopefully these tips could prove helpful to you too, as we get through this home stretch of the pandemic together!

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