

# PARSI TIMES

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**FROM THE EDITOR'S DESK**

**When People Show You Who They Are, Believe Them The First Time...**

Dear Readers,

Most of us will reckon, there's two ways of getting on top of things in life... one is the path less chosen - to work your way to the top with sincere intention, commitment and effort. And the other, (an increasingly resorted to approach, unfortunately), is to try and pull others down to your level - so that you don't feel like you're the only one licking the slimy bottom of the barrel.

This malicious act of pulling down others initially helps in masking one's own sense of inadequacy and lack of conviction. Going further, it necessitates the constant fabrication of lies and twisted facts, to keep alive this vapid charade of self-righteousness... in the process, fooling numerous gullible bystanders.

If this sounds familiar to what's happening in our community today, that's because it is. Social media is yet again rife with negativity, as some candidates who have nothing really to show for themselves in terms of a valid record of Community Service, have decided to jump in the fray of elections, using the 'throwing stones to hide your hands' approach, in the hope that community members will yet again be duped by their shenanigans.

While the disgraceful disparagement of another is a very shaky premise to build one's presence on, this offers an excellent opportunity for community members to gauge who is truly exhibiting the qualities of leadership (or lack, thereof) and deserving of a seat at the BPP Board.

In the words of the great Maya Angelou, "When people show you who they are, believe them the first time... not the 29th time!" This should greatly help our community members sift the wheat from the chaff!

Have a good weekend!

- Anahita  
anahita@parsi-times.com

**Religious Announcements**

**Jashan And Ghambar To Celebrate Pak Iranshah Atashbehram's 1301 Salgreh**

On the auspicious occasion of the 1301 Salgreh of Shreeji Pak Iranshah on 21st April, 2022 - Adar Mah, Adar Roj - a Jashan will be performed at Iranshah Atashbehram at 9:30 am, followed by a Ghambar at Petit Agiary Compound, sponsored by Sir D M Petit Charities. Dasturji Khurshed, High Priest - Iranshah, requests humdins to attend in large numbers.

**Panchgani's Choksi Dar-e-Meher Celebrates 92nd Salgreh**

The Seth Nanabhoy Bejonji Choksi Dar-e-Meher, located in Panchgani, will celebrate its 92nd Salgreh on 21st April, 2022, with a Machi in the Havan Geh followed by Jashan ceremony at 11:00 am. To contribute to this Machi, contact Panthaki Er. Hoshang Bhandara: (0) 9923035140.

**D. E. Mithaiwala Agiary's 111th Salgreh Celebration**

The D E Mithaiwala Agiary will celebrate its 111th Salgreh on 21st April, 2022 with a Machi in the Havan Geh at 7:15 am, followed by a Jashan by the trustees at 9:30 am. A second Jashan will be held in the evening, on behalf of the Agiary staff at 4:45 pm, after which Er. Darayesh Katrak will deliver a religious talk at 6:00 pm. All are welcome to attend in large numbers.

**Banaji Limji Agiary Celebrates 314th Anniversary**

The Seth Banaji Limji Agiary, at Fort in Mumbai will celebrate its 314th anniversary on 21st April, 2022, with a Machi held by the Trust at 6:45 am, followed by a Jashan at 10:00 am. A Machi by the humdins will be held at 4:00 pm and a Jashan in memory of Adar Yazad will be performed at 7:20 pm. All Zoroastrians are welcome to attend.

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work ethics - with 14 prestigious projects across Mumbai: 9 in Ghatkopar, 4 in Vikhroli, and 1 in Juhu. We aim to bring about a revolution in people's perception of affordable and quality homes, a smile on our customers faces - that is the essence of the Gurukrupa vision, above business generation.

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**AWARE (Animal Welfare And Rescue Efforts) Foundation Seeks Your Help**

The AWARE Foundation Ashram for Animals, located in Tansa Forest, Ganeshpuri, is a blissful forever home to over 80 beautiful dogs and cats. Providing food and shelter to these voiceless victims of human inflicted cruelty or abandonment; senior / geriatric animals; those inflicted with rare genetic disorders and severe disabilities/ailments. At the AWARE Ashram, under the affection and genuine care provided by founder Genevieve and volunteers, the animals are provided the perfect ambience and facilities to recover and thrive.



AWARE Foundation also feeds stray animals, conducts rescues, provides treatment and trauma care, as also initiates spay/neuter and annual vaccinations for animals in Ganeshpuri and Mumbai.

We reach out to you to extend your generosity and support towards:

EXPENSE HEAD:	AMOUNT:
Food Supplies for resident and community animals (Quarterly)	Rs.2,10,000
Spay/Neuter/ Vaccinations Camp for 12 Felines	Rs. 35,000
Medical, Surgical, Operational Expenses (Quarterly)	Rs. 2,94,900
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## PT 11<sup>th</sup> Anniversary Contest

### PT Turns An Auspicious 11!!!

*We invite you to celebrate our 'Special Sagan-nu-11' Occasion!*  
**Participate & Win Bumper Prizes in our 'PT Turns 11' Contest!!!**  
*which will be published in our*

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On 30th April, 2022**


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**Top 5 Winning Entries**  
*Will Receive Amazing Prizes*  
**And Get Published In Our**  
**Bumper 11-Year-Anniversary**  
**Special Issue On**  
**30th April, 2022**

**You Could:**

(I) Write in to us, in no more than 150 words, on any of the topics:  
 a) 'Why It Just Ain't A Weekend Without My PT'; or  
 b) Share your Feedback / Opinions / Fun Anecdotes about PT's 11-year-journey as your Weekend Companion!  
 OR  
 (II) 'Click-a-Pic' with PT!!  
 Strike a cool and fun pose with PT and give it a witty caption!!

**Last Date for entries:  
26th April, 2022**

FIRST DEATH  
ANNIVERSARY  
11th OCTOBER, 1967 - 21st APRIL, 2021.  
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In loving Memory of  
**Mrs. Jesica M. Daruwala**  
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You will be in our hearts forever  
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**SUPPORT AND RESCUE KEDAR WITH YOUR KINDNESS, BEFORE HE IS SNATCHED FROM LIFE!**



"We were a happy family blessed with two sons. Our children brought immense joy to us, as we adored them each time growing up and becoming more responsible with age. But sadly, the life has changed for our elder son Kedar, at the age of 10 years old, he was first diagnosed of "Acute Lymphoblastic Leukemia" (type of blood cancer). That moment, at first time in our life, when we heard the word "Cancer," since then, we felt all the milestones achieved by us have become null and void. Still, we did not lose our hope and after 2.5 years of his treatment we got of it successfully. Unfortunately, it was in December 2021, when we visited hospital for his quarterly follow up and the doctors on examination have noticed with something unusual in Kedar's body, appearing whitish. Then, further, as advised by the doctors we underwent the Blood test and BMT test. At that time, we couldn't wrap our heads around the fact that our son is still battling for his life, when we were called by the doctors to discuss the test results, which reported of "Relapsed Acute Lymphoblastic Leukemia." And the only life saving cure is Bone marrow transplant, but the estimated cost of **Rs.38 Lakhs (approx)** is a painfully high amount for us. My husband is working as an office boy for a small private firm & I am a housewife. Ever since Kedar's treatment began, he has not been to work since past 3 months. All we had, the funds borrowed from relatives and friends has been spent on the treatment so far. Now, we have nothing left with us to afford the transplant. I feel very disappointed watching my son struggle with life, while most 14-year-old children of his age spend their time studying, playing & watching movies. Kedar's life has been different though, as the cancer has made him extremely weak. I feel helpless and painful, when the doctors say that if treatment is not started soon, then they can't ensure his survival. He has barely lived his life and deserves to enjoy his childhood. I am scared of losing my son with each passing days. Now your kindness is his only chance of survival. We plead you for help to rescue our son before he gets snatched away from us!"

- Mrs. Samiksha, Mother of Kedar

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• You can also donate by Credit Card through our website - [www.cancerarfoundation.org](http://www.cancerarfoundation.org)  
 • Any surplus amount collected will be used towards provision of care and services for other deserving CARF patients.

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We appeal to you to send your donations, by Cheque / D.D. in the name of "CANCER AID & RESEARCH FOUNDATION" addressed to Cancer Aid & Research Foundation, Unit No. 103, Shivkripa Industrial Estate, Vikhroli West, Mumbai - 400 083, INDIA. Please write the patient's name on reverse side of your cheque and also your PAN No.

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# Election Commission Issues Order Regarding Violation Of Scheme Of Elections And Code Of Conduct

On 24th March, 2022, BPP Trustee Kersi Randeria filed a complaint in the Election Commission, as regards the violation of the Scheme of Elections and the Code of Conduct, against fellow Trustees – Armaity Tirandaz, Viraf Mehta and Xerxes Dastur – for purportedly granting tenancy to three licensees, in BPP's Board Meeting, dated 22nd March, 2022. A hearing was convened on 29th March, 2022, in the BPP Board room, in the presence of the Chief Election Commissioner, the five Election Commissioners, the Complainant and the Respondents. After hearing both sides, an Order was passed, dated 8th April, 2022, by the CEC, Commodore Aspi Marker, as under:

## BEFORE THE CHIEF ELECTION COMMISSIONER(BPP) COMMODORE ASPI MARKER Complaint No.1 of 2022

Mr. Kersi Randeria ..... Complainant

V/s.

1. Mrs. Armaity Tirandaz,
2. Mr. Viraf Mehta
3. Mr. Xerxes Dastur

..... Respondents

1. Mr. Kersi Randeria ('**Complainant**'), in his capacity as member of the Donor Register, Trustee of the BPP and a candidate for the elections scheduled on 29<sup>th</sup> May 2022 ('**Election**'), filed a complaint dated 24<sup>th</sup> March 2022 before the CEC alleging that three Trustees of the BPP namely, (1) Mrs. Armaity Tirandaz, (2) Mr. Viraf Mehta and (3) Mr. Xerxes Dastur ('**Respondents**') by passing the resolutions dated 21<sup>st</sup> February 2022 and 22<sup>nd</sup> March 2022 have breached the provisions of (i) Clauses 15 and 26 of the Code of Conduct ('**CoC**') which amounted to a 'corrupt practice' being a serious electoral offence within the meaning of Clause 27 of the CoC; as also (ii) Clause 17.8 of the Scheme of Election ('**Scheme**'). The Complainant has prayed that the EC should initiate suitable action against the Respondents, who are now candidates at the forthcoming Election.

2. Upon receipt of the Complaint, the CEC convened a hearing on Tuesday, 29<sup>th</sup> March 2022 at 3:00 p.m. in the BPP Board room when the CEC along with five ECs, the Complainant and the Respondents were present.

3. Before setting out the submissions made by the Complainant and the Respondents, it is relevant to set out the background of this matter.

4.1 The BPP is one of the largest landlords of Mumbai in respect of nearly 4400 tenements in Parsi colonies. While nearly 2500 of these flats have been let out by the BPP on a monthly contractual tenancy basis ('**Tenancies**'); 1900 flats are governed by the terms of L & L Agreements. A tenant is protected by law (Maharashtra Rent Control Act) while a licensee does not have statutory protection and is governed by the L&L. A tenant has, therefore, superior legal rights than a mere licensee.

4.2 **Since the last nearly fifteen years, discussions have ensued that this distinction should be removed and the BPP should convert all licenses under L&L into Tenancies.**

5. At the hearing, Mr. Randeria made the following submissions:-

(i) **At the outset, Mr. Randeria said that he was not against converting L&L into Tenancy. On the contrary, he wanted the BPP to bear the burden of stamp duty payable by the licensees upon such conversion under the Maharashtra Stamp Act which according to him is around Rs.175 crores, so that the economically weaker sections of the community also could avail of this benefit, even though they may not be in a position to pay such stamp duty. However, he was against the attempt of the Respondents to push these measures with undue haste on the eve of the elections with the clear objective of inducing voters to vote for them at the forthcoming Election;**

(ii) **This attempt by the Respondents was a 'major policy decision' which the Trustees are prohibited from taking between the date on which the election is advertised and the date on which the election is held, in terms of Clause 17.8 of the Scheme, which Mr. Randeria alleged had been breached by the resolution passed on 22<sup>nd</sup> March 2022;**

(iii) **Mr. Randeria further alleged that the Respondents had breached the verbal undertaking given across the bar to the Bombay High Court on 12<sup>th</sup> January 2022 to the effect that no major policy decision would be taken by the outgoing Trustees;**

(iv) **That the resolution passed on 21st February 2022 was 'conditional, vague and unimplementable'; Mr. Randeria referred to the following words in the resolution 'Subject to the BPP receiving legal and tax opinions and confirmation' in support of his contention that the resolution was 'conditional';**

(v) That on 12th January 2022 (interim order passed by the Bombay High Court), it was indicated and known to all that the final hearing of the election petition was to commence on 22nd February 2022 (that is just one day after the date on which the Respondents passed the 21st February 2022 resolution) and all the Trustees had signed Consent Terms dated 12th January 2022 for elections to be held for all the seven vacancies. In other words, on 21st February 2022, it was widely known to all concerned that the elections were just round the corner.

(vi) In support of his submissions, Mr. Randeria relied upon the following documents, namely, the extract of the minutes of the meeting of the Trustees held on 21st February 2022 as also on 22nd March 2022; certified copies of which have been taken on record by the EC;

(vii) **In particular, Mr. Randeria relied upon the following extracts of the minutes of the meeting held on 21<sup>st</sup> February 2022;**

**"Mr. Dastur (one of the Respondents) was of the view that any way we cannot implement the decision immediately and discussion on the same should be taken as a first step, the modalities and other procedures have to be looked into and fixed at a later stage."**

**"Mr. Dastur was of the opinion that since we have committed before Justice Kathawala that we the outgoing Trustees would work as usual until the end of the term but would not make any 'major policy decision'. Therefore, we can start discussions on the matter but no final decision can be taken at present that to taking into consideration the opinion of our legal team."**

**"Mr. Dastur clarified that it be taken on record that only discussions be held and not a final decision".**

(viii) As regards the resolution passed by the Respondents on 22nd March 2022 approving the request for conversion for the L&L to Tenancy received from five BPP licensees (all of whom are voters on the General Register having a right to vote on the forthcoming Election), Mr. Randeria alleged that these five licensees were 'friends and supporters' of the Respondents; and this was a brazen violation of the CoC, after the Bombay High Court had passed its order on 1st March 2022 sanctioning the Scheme and the CoC; and after the date on which the election was advertised in the Parsi Media (19th March 2022), and the same was therefore violative of Clauses 15 and 26 of the CoC. The same was also violative of Clause 17.8 of the Scheme by virtue of being a major policy decision.

6. Mr. Viraf Mehta and Mr. Xerxes Dastur, on behalf of the Respondents made the following submissions:-

(i) That the proposal to convert L&L into Tenancy was in the public domain since the elections of 2008 as evidenced by the election manifesto issued by candidates in 2008, as also in articles written in the Parsi Media by the Respondents for the last three years; and therefore, this is not a new proposal or policy decision by the Trustees;

(ii) As regards the resolution passed on 21st February 2022, the question of Clauses 15 and 26 of the CoC or Clause 17.8 of the Scheme being applicable simply does not arise, as the Scheme (along with the CoC) came into effect only on 1st March 2022 on which date the Bombay High Court sanctioned the Scheme. Hence, even if this amounted to a 'major policy decision', there was no prohibition on 21st February 2022, upon the Trustees doing so;

**(iii) That the resolution of 21<sup>st</sup> February 2022 cannot be termed as 'conditional' only on the ground that it was subject to receipt of legal and tax opinions subsequently. As a matter of fact, the legal opinion of Mr. Jehangir Mistry of Mulla & Mulla dated 14<sup>th</sup> February, 2022 was tabled before the meeting;**

(iv) The resolution passed on 22nd March 2022 approving the conversion of three L&L into the tenancies was merely an implementation of the decision already taken by the Trustees on 21st February, 2022 and therefore, it was not violative of Clauses 15 and 26 of the CoC or Clause 17.8 of the Scheme.

(v) It is incorrect to state that such conversion was done for select individuals. The 21st February 2022 resolution had been widely publicised in the community and these five persons (subsequently several more) had come forward by e-mail to the BPP to convert their L&L into Tenancies. The conversion of L&L to Tenancies was an option and not a compulsion. All persons desirous of converting L&L to Tenancies would in fact have to agree to convert their refundable deposit into a donation; and bear the stamp duty and registration charges for the same. Hence, there was no inducement to any voter and that there was no violation of Clauses 15 and 26 of the CoC.

**(vi) Mr. Mehta stated that Mr. Randeria himself had attempted to induce voters by advocating that stamp duty payable upon such conversion, should be borne by the BPP, and not by the licensees.**

7. The CEC, in consultation with the five other ECs, has evaluated the submissions made by the Complainant and the Respondents and examined the documents on record. The discussions and the decisions of the CEC are as follows:-

i. The Complainant has as set out herein, stated that the conversion of L&L to Tenancies amounts to a major policy decision. The Respondents have denied this. In the event the Complainant is right, the matter, by virtue of Clause 17.8 of the Scheme would be outside the jurisdiction of the CEC and the ECs as the same would have to be agitated before the Judge in Chambers of the Hon'ble Bombay High Court. We, therefore, do not express any view in respect of the above proposition. This is because the determination of the same is not relevant to the present complaint. This, again, is because the crux of the present complaint is whether the resolution passed on 22nd March 2022 (independently or in conjunction with the resolution passed on 21st February 2022) is in violation of Clauses 15 and / or 26 of the CoC which the CEC is empowered to decide.

ii. The Scheme came into effect only on 1st March 2022 and therefore the resolution dated 21st February 2022 passed by the Respondents was / is beyond the scope of the authority of the EC. It is pertinent that the resolution dated 21st February 2022 though technically outside the purview of the Scheme and CoC, was passed only one day prior to the final hearing of the election petition. This is a fact of some significance as will be borne out below.

iii. The resolution dated 22nd March 2022, approves the conversion of three L&Ls to Tenancies in respect of persons who are voters on the General Register. The same was passed by the Respondents after the Scheme and the CoC had come into effect on 1st March 2022. In fact, the resolution dated 22nd March 2022 was passed after the date of election (29th May 2022) was advertised in the Parsi Media as required by the Scheme on 19th March 2022.

iv. In light of the above, the issue for determination by the EC was whether the resolution dated 22<sup>nd</sup> March 2022 approving the conversion of the three L&L into Tenancies independently or in conjunction with the resolution passed on 21<sup>st</sup> February 2022 violated Clauses 15 and 26 of the CoC. The above clauses deserve to be cited in verbatim:-

**Clause 15:-**

**No inducement, financial or otherwise, shall be offered to the voter. None of the contesting candidates shall offer dinners or food or liquor or refreshments at their campaign meetings or at the time**

**of the voting after filing their nominations. Only water may be provided by the candidate at election meetings.**

**Clause 26:-**

**Any act or attempt to commit an act of bribery, undue influence, intimidation of voters, impersonation, blackmail, or such other similar act, shall constitute a 'corrupt practice'. Any 'corrupt practice' that is established shall amount to a serious electoral offence.**

v. Clause 15 states that no inducement, financial or otherwise, shall be offered to the voters. While Clause 26 states that any act or attempt to commit an act of bribery, undue influence or such other similar act constitutes a 'corrupt practice' which, if established, amounts to a serious electoral offence;

vi. What the issue of conversion of L&L to Tenancy means, in respect of the voters, is briefly set out: A tenant is protected by law while a licensee does not have statutory protection and is governed by the L&L as set out above. Now, such of the voters who choose to exercise the option of conversion of their respective L&L to Tenancy get an undoubtedly superior legal right to the premises they occupy. This superior legal right to the premises they occupy is granted to them just before the elections and effectively for no consideration at all. It is pertinent that the stamp duty and the registration charges to be paid by such voters can never be construed as consideration for being granted a substantially superior legal right to the premises being occupied by them.

vii. The Respondents have themselves submitted that the proposal to so convert licenses into tenancies has been widely discussed and debated by candidates and others since 2008.

viii. Considering that this proposal to convert L&L into Tenancy was a matter of discussion for so many years in the past, passing the resolution on 21st February 2022 just the evening before the final hearing of the election petition was to commence the next morning, does indicate that the resolution was passed keeping in mind the imminent elections and the curbs which were proposed to be imposed post the Scheme and CoC coming into force.

**ix. The actual act of conversion of three out of the 1900 BPP licensees, on 22nd March 2022 when the CoC was in force, has to be seen in this light. When this is done, there is no doubt that the actual act of conversion does, broadly amount to a premeditated inducement to the voters within the meaning of Clause 15 of the CoC.**

**x. The Resolution dated 22<sup>nd</sup> March 2022 must also be seen independently of the Resolution dated 21<sup>st</sup> February 2022. Seen even in this light, the same would constitute an inducement to the voters within the meaning of Clause 15 of the CoC.**

**xi. However, given that the act of conversion of existing L&L to Tenancy is not opposed by the Complainant per se – in fact the Complainant supports the same and objects only to the timing of the same - the act of conversion cannot be deemed to constitute a 'corrupt practice'. Consequently, the act of conversion also does not fall within the ambit of Clause 26 of the CoC, and is, therefore, not a corrupt practice.**

8. Having regard to all the facts and circumstances of this matter, the newness of the Scheme (only three weeks old when 22nd March 2022 resolution was passed) and the long history of the matter; presently the purpose and the spirit underlying the role of the Election Commission and the integrity of the Election process, **the CEC passes the following directions and orders:-**

**a. The matter relating to the conversion of the L&L into tenancy for three BPP licensees, on 22<sup>nd</sup> March 2022, shall not be further acted upon, until new trustees assume office;**

**b. No further L&L application of this nature shall be processed/ converted or acted upon, until new trustees assume office.**

**Commodore Aspi Marker  
Chief Election Commissioner  
08 Apr 2022**



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## Delhi High Court Dismisses PIL Seeking Bharat Ratna For Ratan Tata

On 31st March, 2022, the Delhi High Court turned down a Public Interest Litigation (PIL) seeking a directive to the Central Government to award the Bharat Ratna - India's highest civilian honour - to leading industrialist, former Chairperson of Tata Sons and philanthropist, Ratan Tata, for his exceptional services to the nation.

A bench headed by Acting Chief Justice Vipin Sanghi stated that it was not for the court to direct the authorities to award the Bharat Ratna to a person. "What kind of a petition is this? Is this for the court to direct (the government to award Bharat Ratna)," questioned the bench,



also comprising Justice Navin Chawla.

When the counsel for the petitioner urged the court to "at least request" the government, the Acting Chief Justice responded, "Go make the request. Where is the question of the court stepping in?"

The petitioner, a social worker - Rakesh, said in his petition, "Ratan Tata is a great businessman and under his leadership, the business focused on global expansion. After retiring as Chairman of Tata Sons in 2012, Ratan Tata has been active in investing, in a personal capacity, in startups and encouraging young entrepreneurs." It also stated that in March 2020, Ratan Tata had pledged Rs 500 crore from Tata Trusts to fight the Covid-19 pandemic. The revenue of Tata Group's 30 companies in FY20 was \$106 billion. "The 30 companies spread across 10 clusters operate in over 100 companies and collectively employ more than 7.5 lakh people," the petition read.

However, the counsel for the petitioner withdrew the petition after the court said that it would dismiss the same with costs.



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### Religious Announcements

#### Punjiaji Agiary's Salgreh Jashan & Ghambar

The Punjiaji Agiary situated in Nargol will celebrate its Salgreh on 18th April, 2022 (Roj Khordad, Mah Adar) with a Jashan ceremony at 10:00 am, followed by a free Ghambar lunch in Dhun Villa, Nargol. To confirm attendance, call: 9821645463

#### Patel Agiary Celebrates 114th Sagreh

The Pheroza Ardishir Patel Agiary, Andheri, will celebrate its 114th Salgreh, on 21st April with a Jashan at 5:00pm in the evening. All humdins are invited.

## Religious Course Re-Start At M J Wadia Agiary

April 6, 2008 marked the inception of the 'Structured Religious Course' at the M J Wadia Agiary Hall, conducted with the aim of exploring and sharing knowledge about our glorious Zoroastrian religion. The brain-child of Trustee Kersi Limathwalla, this course is backed by the community's leading religious scholar and priest, Er. Dr. Ramiyar Karanjia, as its Course Director. There was much joy expressed by the 120 participants who attended the course, having restarted after a two-year hiatus due to the pandemic.

Er. Dr. Ramiyar Karanjia attributed the overwhelming bonding and affection among the participants to the power of prayers. Seniors, who could have attended the class online via Zoom, preferred to show up in large numbers to hear Er. Karanjia share his wisdom on the topic, 'Avan Yasht'. A question and answer session followed the same.

Floral tributes were offered to Er. Karanjia by the Falak Sam Cooper who has been a crucial part since the start. Trustee

Limathwalla was felicitated by Katy Karanjia - silent supporter of the course, and mother of Er. Karanjia.

The wait is finally over for our community members who have missed these classes due to the pandemic. The classes will be held at the same venue, on the first Sunday of every month. So, be there on 1<sup>st</sup> May, 2022, to get incomparable insights into our religion in an atmosphere of camaraderie and warmth. Those wishing to attend can register yourselves with Roxane Desai on 9819379345 and all payments (for physical class or Zoom) would be issued to the Trust. For details, contact Freddy Tukina on 98202 49599.

And there's good news for



children too - after nearly two years, the ZoroKids Classes for children will also resume physically from May 2022, with a field trip to Banaji Atash Behram to express gratitude to Ahura Mazda. If your children

are not registered, send in an email to [zorokidsclass@gmail.com](mailto:zorokidsclass@gmail.com) to register them, along with complete details including the child's full name, age and parent's name and contact details.

## More Summer Fun At NCPA!

groove the funky way with Samantha Noella, Rahul Wadhvani, Adil Manuel, Adrian D'souza and Vivian D'souza as they present *Funktronica*, covering Jamiroquai, Earth, Wind & Fire, Prince, Scary Pockets and more, on 23<sup>rd</sup> April, at the Experimental Theatre at 6:30pm.

It's not everybody's business to do business. When a simple Goan inherits his Punjabi father-in-law's family business, his troubles double! 'A Small Family

*Business'* gives you a dose of laughter, at the Tata Theatre, at 7:30 pm on 12<sup>th</sup> & 13<sup>th</sup> May; 4:00pm on 14<sup>th</sup> & 15<sup>th</sup> May; and 7:30pm on 14<sup>th</sup> & 15<sup>th</sup> May.

*Summer Fiesta*, a programme for children aged 3 to 19 years, brings you plays and online/offline workshops on magic, classical music, dance, creative writing, theatre and more. Book before 15<sup>th</sup> April to avail early bird discount. [<https://summerfiesta.ncpamumbai.com>]

Contact NCPA Box Office: +91 22 66223754 / 66223724 [[www.ncpamumbai.com](http://www.ncpamumbai.com)]

### PRESS NOTE

#### THE BOMBAY PARSI PUNCHAYET FUNDS AND PROPERTIES

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

The following applicants whose names are published hereunder were shortlisted and approved by the Board of Trustees.

Before completing the process of allotment, the Trustees, as a matter of abundant caution, are publishing the names of the allottees so that if there is any adverse factor against the proposed allotments, the Trustees attention may be drawn thereto latest by 06-5-2022.

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

By Order of the Trustees of

The Parsi Punchayet Funds and Properties, Bombay

16-4-2022

Mumbai

Aspi F. Sarkari  
CEO

#### LIST OF TENTATIVE ALLOTTEES FOR ACCOMMODATION IN BPP COLONIES.

- |  |   |
|--|---|
| 1. Mr. Ruzan Zarir Siganporia<br>Flat No. 37, G-Wing<br>Cusrow Baug<br>S.B Singh Road, Colaba<br>Mumbai-400005                       | 2. Mr. Shahriar Manovchehr<br>Farrokhmanesh<br>E-(G-type) Bldg, Flat No. 11<br>S.B. Bharucha Baug<br>Parsi Colony S.V Road<br>Andheri (West)<br>Mumbai-400058 |
| 3. Mr. Jehanbux Jimmy Khan<br>B-9 New Prerna Society<br>Beside Modi Hyundai<br>Showroom Service Road<br>Panchpakhadi<br>Thane-400602 | 4. Mr. RuzbeFaram Mistry<br>H Avenue Bldg No. 19<br>Room No. 604 Global City<br>Virar (West)<br>Palghar-401303  |

### CAMA CONVALESCENT HOMES FOR PARSI WOMEN, CHILDREN, MEN & BOYS

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મોબેદ જોઈએ છે.  
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### NOTIFICATION FROM BPP ELECTION COMMISSION (EC)

Members of the community may kindly note :

All orders / directions passed by the EC will be in the public domain displayed on the BPP website under the link: [bprelectioncommission.com](http://bprelectioncommission.com),

Names of the Candidates (along with their proposers and seconders), whose nominations have been found valid by the BPP, are also displayed on the above web site. This is subject to withdrawals, if any, upto May 08, 2022.

The EC is functioning pro bono, as a community service, in a fair and transparent manner. Personal or offensive comments about the EC in some sections of the Parsi Media are severely deprecated.

## Tata Group Launches Super-App 'Tata Neu'



The Tata Group launched its much-anticipated super-app - Tata Neu, on 7th April, 2022, bringing together grocery-to-hotel-to-airline ticket booking and medicine on a single platform, in its attempt to take on Amazon, Flipkart and Jio platforms, amid India's rapid growth in the consumer digital economy sector.

N Chandrasekaran, Chairman of Tata Sons, said, "The Tata Group is focussed on transforming businesses for the digital world, and in the consumer context, bringing them together into a unified platform that offers an omnichannel experience. Our aim is to make the lives of Indian consumer simpler and easier... Tata Neu is an exciting platform that gathers all our brands into one powerful app. Combining our traditional consumer-first approach with the modern ethos of technology, it is an all-new way to discover the wonderful world of Tata."

The Tata Neu app offers a seamless shopping and payments experience, as users can find everything - groceries, gadgets, getaways and can pay instantly for any online and in-store purchases, as also utility bills and more, using Tata Pay. Users receive rewards every time they shop, in the form of Neu coins that are redeemable for other services. They can also make payments across multiple Tata brand apps, websites and in-store using NeuCoins, cards, UPI, EMI and more. They could even scan and pay via QR code at any merchant of choice, including local stores, theatres, chemists, etc, scan every QR code and transact with Tata Pay UPI. You can track and conveniently pay electricity, mobile, DTH, broadband bills, recharges and more, all in one go!

Transferring money to friends or a family member or any of the contacts directly to their bank account can be done from user's bank account, using Tata Pay UPI. They can also consume cutting-edge digital content, make payments, manage finances, plan next holiday or perhaps just a next meal. "There's lots to explore and experience in the world of Tata Neu," the Tata Group said.

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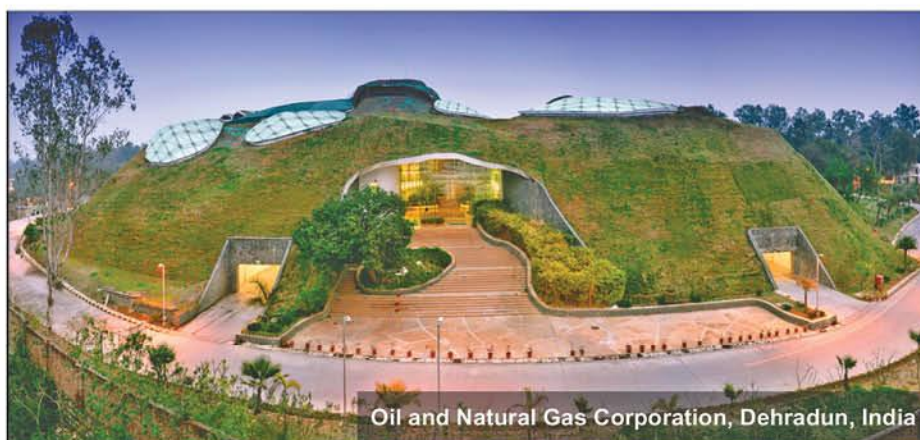
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## Life Changing Experience For Patients Suffering From Joint Pain With Help Of Latest Advanced Robotic Technology

*“Revolutionary Robotic Technology a boon to all patients, even those with high-risk suffering from joint pain and arthritis.” Dr Santosh Shetty*

**K**nee pain is quite a prevalent reason of suffering seen around us in the community. Appropriate home remedies at an initial stage can be helpful to some extent; nevertheless, it would be always wise to consult a doctor before the pain gets severe. We asked a few questions to know all about knees to the Expert in the field of Hip & Knee Joint Pain Management, Dr Santosh Shetty.

Dr Santosh Shetty is a Joint Preservation, Restoration, Resurfacing & Replacement Surgeon with more than 20 years of experience & practices in Mumbai. He is associated with Cumballa Hill Hospital, Surana Group of Hospitals Malad, Chembur, Sanpada and CritiCare Asia Group of Hospitals Juhu, Andheri & Kurla. Dr Shetty has a broad understanding of his subject & utilises various approaches in performing Total Knee & Hip Replacement surgeries depending on the needs of his patients. He is the recipient of Mumbai's Iconic Innovative Orthopaedic & Joint Replacement Surgeon 2018, recipient of Times of India Iconic Joint Replacement Centre Award 2019, Patient Satisfaction Award in the Field of Joint Replacement 2019 & is also World's First Surgeon to do Both Knee Subvastus Robotic Cruciate Retaining Knee Replacement Surgery in a single stage with Fully Active Automatic Robotic Arm Technology with specially coated Opulent Gold Knee Implant. He is an Innovator of Absolute Precision Protocol to achieve best results for his patients & has dedicated his life to create an awareness & help people fight against arthritis. He started India's First Women's Arthritis Clinic in 2020 to help women of all ages & has now introduced Fully Automatic Robotic Arm Technology for knee & Hip joint replacement & started Robotic Knee Replacement Clinics across Mumbai to give True Robotic Experience to patients suffering from arthritis.

### What is Arthritis?

Arthritis in simple words is progressive wear & tear of protective layer of the cartilage covering the joints. These are Early, Moderate, & Severe Grades depending upon the wear & tear of cartilage which leads to deformity and restriction of mobility. Though common to all age and sex, you need to worry more if you are obese, a female or above 55.

### What is the role of Medication or Physiotherapy?

In the early and moderate stages Arthritis can be treated with medications like:

- Collagen Peptides.
- Calcium.
- Vitamin D3.
- Anti-inflammatory.
- Synovial Fluid Restoration Therapy.
- Regenerative Cell Therapy.

Physiotherapy at this stage helps reduce pain and increases mobility, with few exercises targeted on the joint muscles

### How does Injection into the Joints Help?

With technological advances few injections like

- Viscosupplementation gel
- New age PRP/Stem Cell Therapy/Combination Therapy are given in certain Grade 1 & Grade 2 forms of Arthritis by Expert Joint Surgeons. These injections lubricate the joint & also help



Dr. Santosh Shetty  
with Latest Fully  
Automatic Robotic Arm

in regeneration, delaying & slowing down the progress of arthritis.

### When should one consider Surgery?

- When people start developing deformities & have restricted mobility.
- When they are using a walking support in form of stick or walker.
- When they have imbalance & instability or are bedridden.
- When they are on prolonged painkillers affecting other organs.

These are the symptoms when one should consider surgery as a final resort to correct deformity, regain mobility and lead a pain free life.

### What are the types of Surgery?

Partial Knee Resurfacing (when only one half of the joint is damaged) and Total Knee Replacement Surgery (when complete Knee joint is damaged).

### What are the Surgical Techniques for speedy recovery?

Advances in training and skill sets of a surgeon have led to different approaches used while doing the surgery like Minimal Invasive Surgeries (Smaller Incision), Muscle Sparing Techniques (No need to cut the muscles Mini Midvastus, Midvastus & Subvastus), Cruciate Retaining Knee Replacement (No need to cut the Ligaments), Bone Preservation Techniques (Cutting & removing minimal bone) all leading to a safer faster recovery leading to early discharge.

### What are the types of Implants & How long do they last?

The Implants commonly used are made of Cobalt Chromium (CoCr). They last for almost 15 to 20 years. Zirconium Implants or the latest Titanium Niobium Nitride Implants also called as the “Gold Knee” & are predicted to have a Life of up-to 30. Most of the younger patients or ones with metal allergies prefer this, Gold Knee.

### What is Role of Latest Technology

Advances in Technology has led to tools like Computer Navigation System and Robotic Navigation to improve the Alignment of the Components which eventually lead to better overall Alignment of the Limb and placement of the components leading to Early Speedy Recovery & Long-Term Survivorship of the Implant due to the perfections achieved during such Surgeries.

### What is your experience with the Robotic Technology?

It is a revolutionary technology & a boon to all patients of all age, even those with high risk & of age more than 90 yrs. Robotic joint replacement is a life changing experience for patients suffering from arthritis.

### Dr Santosh Shetty

Robotic Joint Replacement Surgeon,  
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editor@parsi-times.com

**Word-of-Mouth Is FreshToHome's  
Strongest Marketing Tool**

"It is really about being the freshest fish and meat provider in the world," said Shan Kadavil, Co-founder, Freshtohome.com, sharing the brand's journey and vision during an interesting session at exchange4media group's Pitch CMO Summit 2022 recently. He also gave a detailed insight into the fish and meat industry, and the brand's expansion plans in the coming years.

fish products. We have an ability to transport the products both by air and road across India - within 24 hours, the products are processed."



Talking about expansion plans, Kadavil said, "We focus mainly on digital marketing and have seasoned marketing professionals who take the brand to new heights and connect with consumers. We help consumers directly connect with

"The company has strived towards its brand promise and offers products that are 100% fresh to its customers, right at their doorsteps. With over 2 million orders per month, the company sources fish and meat from 3,000+ fishermen and farmers across 300 coasts and farms in India. Since the past six years we have stayed true to our ethics and vision of providing antibiotic and chemical-free meat and

the fishermen and farmers. Consumers can taste ready-to-eat and ready-to-cook products, so, this is an area we are expanding. We are expanding our reach in multiple cities and are present in lots of tier-II and tier-III cities. In the last six months, we have launched in 100 cities. We anticipate this will lead our brand to have a major footprint across India and globally."

### The Gawa Word Search

Search out 16 Major Plateaus in the World in the word-jumble box below, in bi-directional, horizontal, vertical and diagonal forms:

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 I E E L V P H E Z L Y W C S R I W B Y J G K U S B  
 U E R Z P H W V W H U Q T S M Z A K A H E W S A E  
 K F A E T Y U K N A I T N E R U A L V V P J I J R  
 H N M G U X T O A Y P F P X D P R E Y M A H X L I  
 G P N U H K G F G D D K G M O I O M H B E R Z W A  
 E O N A I L O T A N A Q O O B E O N V U T R I G N  
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 F L B W A V T G T G B A A E V R U W C P B M V S E  
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- |                        |                        |                         |                     |
|------------------------|------------------------|-------------------------|---------------------|
| Tibetan (Asia)         | Columbia - Snake (USA) | Colorado (USA)          | Deccan (India)      |
| Kimberley (Australia)  | Katanga (Congo)        | Mascarene (Ind. Ocean)  | Laurentian (Canada) |
| Patagonian (Argentina) | Altiplano (Bolivia)    | Massif Central (France) | Anatolian (Turkey)  |
| Iberian (Spain)        | Pothohar (Pakistan)    | Bavarian (Germany)      | Ahaggar (Algeria)   |



### TechKnow With Tantra

#### Interpreter for Google Home

If you have a Google Home device or if you fire Google Home on your mobile phone, you can ask Google Assistant to translate your conversation with someone who does not speak your language. The languages you can use to start interpreter mode, depend on your device. Once you have started interpreter mode, you can ask Google Assistant to translate between more languages. You can start the interpreter mode by saying "Ok Google, be my Hindi interpreter" or "Ok Google, turn on interpreter mode" and then select a language of your choice. Once you get started, you can speak in any one language and get an audio translation in the other language.

## SUDOKU

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Solution see below

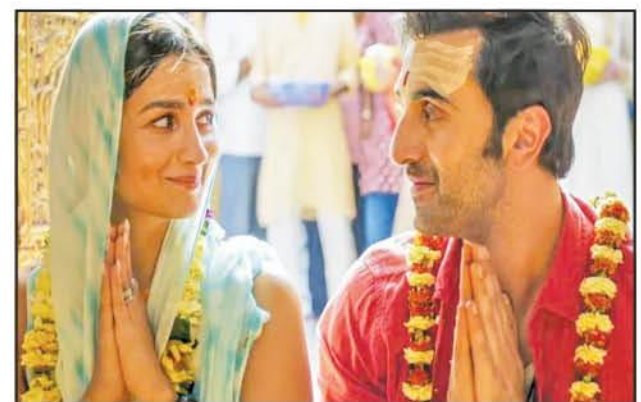
## WINNING CAPTION!!!



Left Gorilla: Papa, why are our nostrils so very big??  
 Right Gorilla: Son, look at the size of our fingers - it's easier to dig!

By Dezadd Dotiwalla

## 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 20th April, 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

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

### Thought of the Week

"Life is like riding a bicycle. To keep your balance, you must keep moving."

- Albert Einstein

## 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 રાઈમ્સ

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THE TRUTH. DELIVERED WEEKLY.

## બારડોલી જરથોસ્તી અંજુમન દ્વારા સન્માન સમારોહ



૩૭ એપ્રિલ, ૨૦૨૨ ના રોજ, બારડોલી જરથોસ્તી અંજુમને આપણા સમુદાયના ત્રણ પારસી દિગ્ગજ - પદ્મશ્રી યજ્ઞદી એન. કરંજિયા - આઈકોનિક પારસી કોમેડી સ્ટેજ થિયેટર પર્સનાલિટી, કેરસી કે. દાબુ - લઘુમતી માટેના રાષ્ટ્રીય આયોગના સભ્ય અને ડો. હોમી દૂધવાલા - ઝોરાસ્ટ્રિયન પરંપરાગત અંતિમ સંસ્કારના પેટીશનરનું સન્માન સમારોહનું આયોજન કર્યું હતું.

ત્રણેય વ્યક્તિઓએ શ્રોતાઓના તમામ પ્રશ્નોના જવાબો આપ્યા અને પોતપોતાના

ક્ષેત્રો અને તેનાથી આગળના અભિગમને સારી પારસી રમૂજ સાથે રજૂ કર્યાં. લઘુમતી મંત્રાલયની જિયો પારસી પહેલના જાગૃતિ પ્રચાર માટે પણ પ્લેટફોર્મનો ઉપયોગ કરવામાં આવ્યો હતો. આ કાર્યક્રમ ભવ્ય રીતે સફળ રહ્યો હતો અને આપણા પરંપરાગત છેલ્લે હમે જરથોસ્તી અને ભારતીય રાષ્ટ્રીયતાની રજૂઆત સાથે કાર્યક્રમનું સમાપન થયું હતું અને પછી તમામ ઉપસ્થિત લોકો માટે ગંભાર રજૂ કરવામાં આવ્યું હતું.

- ફ્લોરેડા ઉમરીગર દ્વારા

## યંગ રથેસ્ટાર્સ વાર્ષિક પ્રદર્શન ક્રમ સેલ યોજે છે



દાદર પારસી કોલોનીના આપણા સમુદાયના અગ્રણી યંગ સોશલ વેલ્ફેર એસોસિએશન, ઘ યંગ રથેસ્ટાર્સે ૨૬મી અને ૨૭મી માર્ચ, ૨૦૨૨ના રોજ તેમનું વાર્ષિક પ્રદર્શન ક્રમ સેલનું આયોજન કર્યું હતું. આ પારસી સાલસિકોને પ્રોત્સાહન આપવા માટે પ્લેટફોર્મ આપવામાં આવેલ છે. ૧૩૬ ટેબલો પરના ૭૦ પ્રદર્શકોએ પારસી સંસ્કૃતિને લગતા હાથથી બનાવેલા લેખોનું પ્રદર્શન કરતા ઉત્પાદનોની શ્રેણી પ્રદર્શિત કરી. ઘરગથ્થુ વસ્તુઓ, વસ્ત્રો, નાસ્તો અને ધાર્મિક વસ્તુઓએ પણ આપણી પારસી ઝોરાસ્ટ્રિયન સંસ્કૃતિના સમૃદ્ધ વારસાના ગર્વની અનુભૂતિ કરાવી. અરનવાઝ મિસ્ત્રી અને યાસ્મીન મિસ્ત્રી,

માતા-પુત્રીની ટીમ કે જેઓ યંગ રથેસ્ટાર્સની ગતિશીલ ટીમ સાથે સૌથી આગળ છે, આ ફંક્શન માટે સન્માનિત મહેમાનો - ઝર્કરીસ અને કેનાઝ માસ્ટરનું સ્વાગત કર્યું. તેમજ કોવિડ વોરિયર્સ અને દાદરના તેમની એસએસસી બોર્ડની પરીક્ષામાં ઉત્કૃષ્ટ દેખાવ કરનારા વિદ્યાર્થી ઓને પણ સન્માનિત કરવામાં આવ્યા હતા.

૩૦ વર્ષથી વધુ સમયથી પરોપકારી સેવાઓ પૂરી પાડતા, દાદર, મુંબઈના યંગ રથેસ્ટાર્સ, ગ્રામીણ ગુજરાતમાં રહેતા ગરીબ જરથોસ્તી પરિવારોને તેના વાર્ષિક અનાજ વિતરણ અને વર્ષ દરમિયાન અસંખ્ય સામુદાયિક પ્રવૃત્તિઓ સાથે મદદ પૂરી પાડવા માટે પહોંચે છે.

## ઓલ ફાયર્સ અપ - બ્રેવહાર્ટ ફાયર ઓફિસર કેઝાદ દસ્તૂર



કેઝાદ દસ્તૂર તેમના પિતા, મહેરનોશ ફરામરોઝ દસ્તૂર, તેમજ તેમના દાદા, ફરામરોઝ એરચશા દસ્તૂર - બંને નીડર અગ્નિશામકો, જેમણે કેઝાદને ખૂબ

જ પ્રેરણા આપી હતી અને કેઝાદ બહાદુર અગ્નિશામક કુટુંબ પરંપરાને આગળ ધપાવે છે. જ્યારે તેમના પિતાએ ૧૯૮૪ થી ૨૦૨૧ સુધી આબાદ ફાયર સ્ટેશનમાં સેવા આપી હતી, કોઈપણ કટોકટીની સ્થિતિ માટે ૨૪/૭ કોલ પર રહીને, અને તેમને પ્રતિષ્ઠિત રાષ્ટ્રપતિ પદક બહાદુરી માટે એનાયત કરવામાં આવ્યા હતા, તેમના દાદા ૧૯૫૮ માં સ્ટેશન ફાયર તરીકે આબાદના ફાયર અને ઈમરજન્સી સેવાઓમાં જોડાયા હતા. તેઓ ઓફિસર અને ચીફ ફાયર ઓફિસર બન્યા, જ્યાં સુધી તેઓ ૧૯૯૦માં નિવૃત્ત થયા નહીં ત્યાં સુધી તેઓ ૧૯૭૭માં ગુજરાત સરકારના સવાલકાર બન્યા હતા. તેમને મેરીટોરીયસ સર્વિસ

માટે રાષ્ટ્રપતિ મેડલ એનાયત કરવામાં આવ્યો હતો. આબાદના ફાયર-સ્ટેશનના પરિસરમાં બાળક તરીકે ઉછર્યા પછી, કેઝાદ તેની બાલકનીમાંથી ફાયર-એન્જિન અને ફાયરમેનને દરરોજની કવાયત અને તૈયારીઓ કરતા જોતા હતા, જે તાલીમના મેદાનને નજરઅંદાજ કરતા હતા. કેઝાદ કહે છે, આ બધું ૨૬મી જાન્યુઆરી, ૨૦૦૧ના રોજ શરૂ થયું હતું, જ્યારે ગુજરાત મોટા ભૂકંપથી હચમચી ગયું હતું. ત્યારે હું માત્ર આઠ વર્ષનો મારી માતા અને બે ભાઈ-બહેન સાથે ઘરે હતો. તે દિવસે ઘણા લોકોના જીવ ગયા હતા. મને ભયંકર લાગ્યું, ઘૂંજતી ભયથી ભરેલી રાતો, ત્યારે જ મેં નક્કી કર્યું કે હું ફરી ક્યારેય ઊંઘવાનો કે

ડરમાં જીવવાનો નથી - હું મારી જાતને, મારા પરિવારને અને અન્યોને સુરક્ષિત રાખવા માટે સખત મહેનત કરીશ અને તાલીમ આપીશ. કેઝાદે નેશનલ ફાયર સર્વિસ કોલેજ, નાગપુર (ગૃહ મંત્રાલય) ની પ્રવેશ પરીક્ષાની તૈયારી કરી અને સબ ઓફિસરનો કોર્સ ડિસ્ટ્રિક્શન અને ગોલ્ડ મેડલ સાથે પાસ કર્યો. એક વર્ષ પછી, તેણે તેની સફળતાનું પુનરાવર્તન કર્યું, સ્ટેશન ઓફિસર તરીકે બીજા ગોલ્ડ મેડલ સાથે પ્રમોશન મેળવ્યું અને ત્રીજું પ્રમોશન મેળવ્યું, ડિવિઝનલ ફાયર ઓફિસર તરીકે અને ત્યારબાદ ૨૦૧૬ માં ફાયર એન્જિનિયરિંગમાં એડવાન્સડ ડિપ્લોમામાં ગોલ્ડ મેડલ મેળવ્યો. તેમના પિતાએ તેમની સિદ્ધિઓમાં

તેમને ખૂબ મદદ કરી. કેઝાદને સ્ટેશન ફાયર ઓફિસર તરીકે પસંદ કરવામાં આવ્યા હતા, ત્યારબાદ આટલા ઓછા સમયમાં ડિવિઝનલ ફાયર ઓફિસર તરીકે બઢતી આપવામાં આવી હતી, ત્યારપછી ફેબ્રુઆરી ૨૦૨૨માં ગાંધીનગરના ચીફ ફાયર ઓફિસર તરીકે નિયુક્ત કરવામાં આવ્યા હતા, જેનાથી તેઓ ભારતીયમાં સૌથી યુવા ચીફ ફાયર ઓફિસર બન્યા હતા! કેઝાદ પારસી યુવાનો ને સંદેશ આપે છે કે આપણે વિશ્વાસ અને મહેનત સ્વભાવ માટે જાણીતા છીએ. તે વારસાને નષ્ટ કરશો નહીં, કારણ કે આપણને તેના માટે આદર સાથે જોવામાં આવે છે. હંમેશા સુરક્ષિત અને તૈયાર રહો!

### એક નજર પારસી મરણો ઉપર

Deceased મરનાર	Age વય	Date તારીખ	Address ર. ઠે.	Relations સગાઈઓ
Perviz Kersi Darasha પરવીઝ કેરસી દારાશા	89 ૮૯	09.04.2022	M2/54, Cama Park, Cama Road, Andheri(W), Mumbai 58. એમ ૨ / ૫૪, કામા પાર્ક, કામા રોડ, અંધેરી (વે.), મુંબઈ ૫૮.	તે મરલુમ કેરસી તે હમુરુપ દારાશાના વિધવા તે યજ્ઞ, કમલ તથા મરલુમ મહીયારના માતાજી તે મરલુમો મહેરબાઈ તથા અરદેશીર દોરાબજી બગવાડીયાના દીકરી તે બ્રીન્ડા યજ્ઞ દારાશા તથા મરલુમ લોશંગ ખુશરૂ પાવરીના સાસુજી તે શીરીન, ફીલી, નરગીસ તથા સાયરસના બહેન. તે રોબીનના બપઈજી તે યોહાનના મમઈજી તે યાસમીન, જાના, ખુશરૂ, જુબીન જમશીર તથા હોપના આન્ટી તે મરલુમો તેહમીના તથા તેહમુરુપ દારાશાના વડુ.
Aloo Sam Sarkari આલુ સામ સરકારી	78 ૭૮	10.04.2022	Panday Sanatorium, Room No 36, Wadehouse Road, Colaba, Mumbai 5. પાંડે સેનેટોરિયમ, રૂમ નં. ૩૬, વુડ હાઉસ રોડ, કોલાબા, મુંબઈ ૫.	તે મરલુમો જલંગીર અને માકુ કતીલાના દીકરી તે મરલુમ સામ દાદીબા સરકારીના ધણિયાની તે પરસી અને જુબીનના માતાજી તે પરીજી અને અરમાનના બપઈજી તે મરલુમો દાદીબા અને ભીખામાઈ સરકારીના વડુ.
Perviz Noshir Damania પરવીઝ નોશીર દમન્યા	76 ૭૬	10.04.2022	Bldg. No 12, Flat No 11, Rustom Baug, Sant Savta Marg, Mg, Byculla (E), 27. બિલ્ડિંગ નં. ૧૨, ફ્લેટ નં. ૧૧, રૂસ્તમ બાગ, સંત સાવતા માર્ગ, ભાઈબલા, મુંબઈ ૨૭.	-
Perin Rustom Sagar પેરીન રૂસ્તમ સાગર	94 ૯૪	12.04.2022	D2, Cusrow Baug, Ground Floor, Electric House, Fort, Mumbai 1. ડી૨, ખુશરૂબાગ, ભોંયતળિયે, એસ. ભગતસિંહ રોડ, ઈલેક્ટ્રિક હાઉસ, ફોર્ટ, મુંબઈ ૧.	તે મરલુમો જરબાઈ તથા શાપુરજી મહેતાના દીકરી તે મરલુમ રૂસ્તમ શાપુરજી સાગરના વિધવા તે વીરુપી રૂસ્તમ સાગર ને પોરસ રૂસ્તમ સાગરના માતાજી તે ઝીયા, આઈશ, ઝનાડ્યા ને કાર્વના બપઈજી તે પરવીન વીરુપી સાગર ને વીવી પોરસ સાગરના સાસુજી તે મરલુમો લોમાય જાગોશ ને મીનુ મહેતાના બહેન તે મરલુમો મહેરબાઈ તથા શાપુરજી સાગરની વડુ તે ટેહરૂ પટેલ, ખુરશીદ જાગુર, દરીયુશ જાગુર, ઝરીન સાગર, વીરા ફરઝાન્ટી, દુતી હંસોટીયા, પરસી સાગર, રોકશી મજદાનના આન્ટી.
Sheri Rattanshaw Wadia શેરી રતનશાહ વાડિયા	83 ૮૩	13.04.2022	603, Gula Mansion, Near Five Garden, Matunga East, Mumbai 19. ૬૦૩, ગુલા મેનશન, જામે જમશેદ રોડ, નીયર ફાય ગારડન, માટુંગા (ઈ), મુંબઈ ૧૯.	તે મરલુમ નરગીશના ધણી તે મરલુમો રતનશાહ તથા મની વાડિયાના દીકરા. તે પરવેજ તથા મરલુમ રોહિનતનના ભાઈ તે પરવીન, પકઝાદ, જમશીર, શીરોઈના અંકલ. તે ફિરોજ તથા ગુલા સોદાવાટરવાલાના જમાઈ તે ઓસ્તી તેહમી અરદેશર નશીરાબાદવાલાના બનેવી તથા ઝરીનના જેઠ તે યજુવીન, ઝીદાન, બીયાનકા, કીયાના ને મયાનાના ગ્રાન્ડ અંકલ.
Hoshang Ardeshir Gadiwalla હોશંગ અરદેશીર ગાડીવાલા	81 ૮૧	13.04.2022	Shirin Manzil, A/6, Dinbai Petit Lane, Balaram Street, Mumbai 7. શીરીન મંઝીલ, એ/૬, દીનબાઈ પીટીટ લેન, બાલારામ સ્ટ્રીટ, મુંબઈ ૭.	તે કેશમીરાના ખાવિંદ તે મરલુમો રતનબાઈ અને અરદેશર ગાડીવાલાના વડા દીકરા તે મરલુમો નરગેસબાનુ અને સોરાબજી મીસ્ત્રીના જમાઈ તે ખુશરૂ અને હનોઝના પપ્પા તે રૂસી તથા પરવેઝના વડાભાઈ તે રોશન તથા હુતોફીના જેઠે ફરહાદ, મેરઝાદ, વીરુપી અને સાયરસના કાકાજી તે લોમી, રતન, ઝરીર અને મરલુમ લવજીના બનેવી
Nergish Jamshedji Karbhari નરગીશ જમશેદજી કારભારી	83 ૮૩	13.04.2022	664, Roshan Mansion, B wing, 1st Floor, Parsi Colony, Dadar East, Mumbai 14. ૬૬૪, રોશન મેનશન, બી વીંગ, ૧લે માળે, પારસી કોલોની, દાદર ઈસ્ટ, મુંબઈ ૧૪.	તે મરલુમો જમશેદજી અને શીરીનબાઈ કારભારીના દીકરી તે મરલુમો ખુશરૂ અને અરનાવાજીના બહેન
Piloo Meherji Karkaria પીલુ મહેરજી કરકરીયા	91 ૯૧	13.04.2022	Contractor Building, 3rd Floor, Avabai Kasinath Street, Tardeo, Mumbai 34. કોન્ટ્રાક્ટર બિલ્ડિંગ, ૩જે માળે, આવાબાઈ કાશીનાથ સ્ટ્રીટ, તારદેવ, મુંબઈ ૩૪.	તે મરલુમો ધનમાય તથા નસરવાનજી બજાનના દીકરી તે મરલુમ મહેરજી કેખશરૂ કરકરીયાના ધણીયાણી તે લોમાય તથા પરસીના માતાજી તે રોહીન્ટન તથા ફરીદાના સાસુજી તે દીના, જેહાન તથા જેનીફરના બપયજી તે એરીક તથા આદીલના મમયજી.
Kersi Homi Billimoria કેરસી હોમી બીલ્લીમોરીયા	77 ૭૭	13.04.2022	Plot No. 635, Munsaf Building, 1st Floor, Mancherji Joshi Road, Parsi Colony, Dadar East, Mumbai 14. પ્લોટ નં. ૬૩૫, મુનસફ બિલ્ડિંગ, ૧લે માળે, મંચેરજી જોશી રોડ, પારસી કોલોની દાદર ઈસ્ટ, મુંબઈ ૧૪.	તે મરલુમો નરગીસ ને અને લોમી બીલ્લીમોરીયાના દીકરા તે રૂસી લોમી બીલ્લીમોરીયાના ભાઈ તે દીનુના જેઠ.
Arnavaz Sorab Damania અરનાવાઝ સોરાબ દમનીયા	92 ૯૨	14.04.2022	Flat No 4, 2nd Floor, Ness Baug, Nanachowk, Mumbai 7. ફ્લેટ નં. ૪, ૨જે માળે, નેસ બાગ, એનેક્સ ૩, નાના ચોક, મુંબઈ ૭	તે મરલુમો પેરીન તથા સોરાબ દમનીયાના દીકરી તે મહેરનોશ તથા મરલુમો આલુ, ગુલચહેર તથા લોમાયના બહેન તે ઝીનોબીયા, શાહપુર, જલંગીર તથા હુમાયુનના માસીજી.

### Death Announcements From Prayer Hall

Cyrus Nariman Godha સાયરસ નરીમાન ગોધા	68 ૬૮	07.04.2022	604A, Nagardas Niwas, Dadar, Mumbai 14. ૬૦૪એ નાગરદાસ નિવાસ, દાદર, મુંબઈ ૧૪.	તે મહાદ્વજ ગોધાના ધણી તે મરલુમ નરીમાન અને પરવીઝના દીકરા તે પોરસ અને શીરીનના પપ્પા તે પ્રલયના સસરા તે પરસીસ, રોશની, ઝરીનના ભાઈ તે મરલુમ મીનુ અને મરલુમ નાજુના જમાઈ.
Kobad Kavas Buchia કોબાદ કાવાસ બૂચિયા	63 ૬૩	12.04.2022	Ready Money Building No. 2, Flat No 3, Tardeo, Mumbai 34. રેડી મની બિલ્ડિંગ નં-૨, ફ્લેટ નં-૩, તારદેવ, મુંબઈ ૩૪.	તે મરલુમ નરગીસ અને મરલુમ કાવસ બૂચિયાના દીકરા.
Keki Ratanshaw Colah કેકી રતનશા કોલાહ	87 ૮૭	13.04.2022	B Building, Flat No 8, Contractor Baug, Mori Road, Mahim, Mumbai 16. બી બિલ્ડિંગ, ફ્લેટ નં. ૮, કોન્ટ્રાક્ટર બાગ, મોરી રોડ, માહિમ, મુંબઈ ૧૬.	તે મરલુમ દીનાના ધણી તે મરલુમ શીરીનબાઈ તથા મરલુમ રતનશાના દીકરા તે મરલુમ સાયરસ અને વિરાફના પપ્પા તે પેટલના સસરાજી તે ફેયના ગ્રાન્ડ ફાધર તે મરલુમ સોલી, રૂસી, તેહમુરુપના ભાઈ તે મરલુમ પીલામાય અને મરલુમ દિનશાજીના જમાઈ.

### Death Announcements From Navsari Samast Parsi Zoroastrian General Fund


Amy Kersi Mirza એમી કેરસી મીરઝા	88 ૮૮	31.03.2022	Navsari Parsi Infirmary. નવસારી પારસી ઈનફરમરી.	તે મરલુમ કેરસી દારબશા મીરઝાના ધણીયાણી તે મરલુમ કુકામાય તેમજ મરલુમ કાવસજી દોરાબજી ગામડીયાના દીકરી તે મરલુમ બાનુ ગોદરેજ કાપડીયાના બહેન તે મરલુમ ધનમાય દારબશા મીરઝાના વડુ તે માલિયાર કેરસી મીરઝાના માતાજી તે ખુશરોવ અને અરઝાનના બપયજી તે કેટાયુન મીરઝાના ભાભી તે રતી, ફેની, ગુલ, રોડા, જલ, હોશંગના બહેન તે પીનાઝ સાસુજી.
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# YOUR MOONSIGNS JANAM RASHI THIS WEEK


લખનાર: મરહુમ મહારાજ શ્રી સ્વયંજયોતિના સહકાર્યકર્તા જયેશ એમ. ગોસ્વામી


અઠવાડિક રાશિક્ષણ: તા. ૧૬.૦૪.૨૦૨૨ થી તા. ૨૨.૦૪.૨૦૨૨


**Aries - મેષ - અ.લ.ઈ.**  
 સુર્યની દિનદશા ચાલુ હોવાથી જથી મે સુધી તમારે સરકારી કામમાં ખુબ ધ્યાન આપવું પડશે. જ્યાં કામ કરતા હશો ત્યાં દોસ્ત ઓછા દુશ્મન વધુ થશે. મિત્રોનો સાથ સમય પર નહીં મળે. માથાનો દુખાવો, તાવ, શરદી ખાસીથી પરેશાન થશો. ભાગદોડ અને તો ઓછી કરજો. સુર્યની શાંતિ જોઈતી હોય તો હદમુ નામ 'યા રયોમંદ' ૧૦૧વાર ભણજો.  
**શુકનવંતી તા. ૧૭, ૧૮, ૧૯, ૨૦ છે.**  
**Lucky Dates: 17, 18, 19, 20**  
 The onset of the Sun's rule calls for you to pay a great deal of attention to any govt-related works. The workplace will team with more enemies than supporters. You will not receive timely help from your friends. You could suffer from headaches, cough and cold or fever. Try to avoid moving around too much. To placate the Sun, pray the 96th Name, 'Ya Rayomand', 101 times, daily.


**Cancer - કર્ક - ડ.હ.**  
 રાહુની દિનદશા ચાલુ હોવાથી મોઢા સુધી આવેલા કામો પુરા નહીં કરી શકો. મનથી ખુબ બેચેન રહેશો. તમારા અંગત વ્યક્તિ કે સગાઓને સાચી વાત કહેશો તો તમારી વાત માનશે નહીં. રાહુને કારણે તબિયતની ખુબ સંભાળ લેજો. ખાવાપીવાથી પર ધ્યાન આપજો. સમજ્યા વગર કોઈપણ કામ કરતા નહીં. દરરોજ 'મહાબોખ્તાર નીઆએશ' ભણવાનું ચાલુ રાખજો.  
**શુકનવંતી તા. ૧૭, ૧૯, ૨૧, ૨૨ છે.**  
**Lucky Dates: 17, 19, 21, 22**  
 Rahu's ongoing rule could cause last-minute glitches to unravel near-completed projects. You could be very mentally restless. Those close to you might not believe you, despite your being truthful to them. Take special care of your health with an emphasis on the right diet. Do not undertake any work without having a thorough understanding of it. Pray the Mah Bokhtar Nyaish daily.


**Libra - તુલા - ર.ત.**  
 ૨૩મી એપ્રિલ સુધી શનિની દિનદશા ચાલુ હોવાથી તમારે તમારી તબિયતની ખુબ કાળજી લેવી પડશે. તમારી નાની ભુલ તમને મોટી બીમારી આપશે. ઘન ખર્ચ કરતા ખોટી ગભરામણ થશે. શનિ તમને જોઈને પેન, બેક પેન અને માથાનો દુખાવો આપશે. દરરોજ 'મોટી હમન યજ્ઞ' ભણવાનું ચાલુ રાખજો.  
**શુકનવંતી તા. ૧૭, ૧૮, ૧૯, ૨૦ છે.**  
**Lucky Dates: 17, 18, 19, 20**  
 Saturn's rule till 23rd April, calls for you to take great care of your health. Even a small carelessness on your part could turn into a huge medical crisis. You will be apprehensive to spend money. You could suffer from joint-pain, back-ache and headaches. Pray the Moti Haptan Yasht daily.

**Capricorn - મકર - ખ.જ.**  
 પહેલા પાંચ દિવસ મંગળની દિનદશામાં પસાર કરવાના બાકી છે. મંગળને શાંત રાખીને કામ કરજો. વાહન ચલાવતા હો તો સંભાળીને ચલાવજો. ૨૧મીથી શરૂ થતી બુધની દિનદશા મનને શાંતિ આપશે. બુધ તમારા અટકેલા કામ ફરી ચાલુ કરાવી આપશે. નવા કામ મળશે. દરરોજ 'તીર યજ્ઞ' સાથે 'મેહેર નીઆએશ' પણ ભણજો.  
**શુકનવંતી તા. ૧૬, ૧૭, ૨૧, ૨૨ છે.**  
**Lucky Dates: 16, 17, 21, 22**  
 You have 5 days remaining under the rule of Mars. Try to keep your mind cool through these days. Be careful while ridding/driving your vehicles. Mercury's rule starting on 21st April brings you much mental peace. You will be able to restart your stalled works. You will get new work projects. Pray the Meher Nyaish along with the Tir Yasht daily.


**Taurus - વૃષભ - બ.વ.ઉ.**  
 શુકની દિનદશા ચાલુ હોવાથી તમારા મનની નેક મુદત પુરી થશે. ખાવા પીવા પાછળ ખર્ચ ખુબ વધી જશે. તમારા કામો જલદી પુરા કરી શકશો. સાથે સાથે બીજાના મદદગાર થશો. શુકની કૃપાથી ખર્ચ કર્યા પછી પણ નાણાકીય મુશ્કેલી નહીં આવે. પ્રેમમાં પડેલ વ્યક્તિ પાર્ટનર સાથે સારો સમય પસાર કરી શકશે. દરરોજ 'બહેરામ યજ્ઞ' ભણવાનું ચાલુ રાખજો.  
**શુકનવંતી તા. ૧૬, ૧૭, ૨૧, ૨૨ છે.**  
**Lucky Dates: 16, 17, 21, 22**  
 Venus' ongoing rule will help to realize your sincere wishes. Expenses on food and entertainment could increase greatly. You will not only be able to complete your work speedily, but also prove helpful to others. With Venus' blessings, despite your expenses, there will be no financial shortfall. Those in romantic relationships will be able to spend quality time with their partners. Pray to Behram Yazad daily.


**Leo - સિંહ - મ.ટ.**  
 ૨૧મી સુધી ગુરૂની દિનદશા ચાલશે ઘરવાળાની ડિમાન્ડ પહેલા પૂરી કરજો. ઘરખર્ચ પર કાપ મુકતા નહીં. ઉતરતી ગુરૂની દિનદશા તમારા હાથે સારા કામ કરાવી જશે. ૨૧મીથી શરૂ થતી રાહુની દિનદશા તમારા દિવસની ભુખ અને રાતની ઉંઘ બન્ને ઉડાવી દેશે. શુક્રવાર સુધી અગત્યના કામ પૂરા કરી લેજો. દરરોજ 'મહાબોખ્તાર નીઆએશ' ભણજો.  
**શુકનવંતી તા. ૧૮, ૧૯, ૨૦, ૨૧ છે.**  
**Lucky Dates: 18, 19, 20, 21**  
 Jupiter's rule till 21st April suggests that you prioritize the needs of your family members. The descending rule of Jupiter will have you indulge in doing some noble work. Rahu's rule, starting 21st April, will rob you of your sleep and appetite. Ensure to complete all your important works by next Friday. Pray the Mah Bokhtar Nyaish daily.


**Scorpio - વૃશ્ચિક - ન.ય.**  
 આજનો દિવસ બુધની દિનદશામાં પસાર કરવાનો બાકી છે. વેતીદેતીના કામો પહેલા પુરા કરી લેજો. તમને કોઈને પૈસા આપવાના બાકી હોય તો થોડો સમય માંગી લેજો. કાલથી ૩૬ દિવસ માટે શનિની દિનદશાને લીધે તમારા લેણદાર તમને પરેશાન કરી મુકશે. આજથી ભુલ્યા વગર દરરોજ 'મોટી હમન યજ્ઞ' ભણજો.  
**શુકનવંતી તા. ૧૬, ૧૯, ૨૧, ૨૨ છે.**  
**Lucky Dates: 16, 19, 21, 22**  
 This is the last day under Mercury's rule, so ensure to prioritize the completion of all transactions related to lending or borrowing money. If you need to return a loan, try to ask your creditors for a little time to repay them. Starting tomorrow, Saturn's rule for the next 36 days, could have your money-lenders harass you for repayment. Starting today, pray the Moti Haptan Yasht daily.

**Aquarius - કુંભ - ગ.શ.સ.**  
 છેલ્લું અઠવાડિયું ચંદ્રની દિનદશામાં પસાર કરવાનું બાકી છે. મનને શાંત રાખીને અગત્યના કામ પહેલા કરજો. ફેમીલીની ડિમાન્ડ પુરી કરી શકશો. બે ત્રણ દિવસ મુસાફરીનો ચાન્સ મળશે. તમારા કામ પુરા કરવા માટે વધુ સમય આપવો પડશે. દરરોજ ૩૪મું નામ 'યા બેસ્તરના' ૧૦૧વાર ભણજો.  
**શુકનવંતી તા. ૧૭, ૧૮, ૧૯, ૨૦ છે.**  
**Lucky Dates: 17, 18, 19, 20**  
 This is the last week under the Moon's rule, so keep your cool and prioritize completing your important works. You will be able to cater to the wants of your family members. You could get a 2-3 day travel opportunity. You will have to put in added time to complete your tasks. Pray the 34th Name, 'Ya Beshtama', 101 times, daily.

**Gemini - મિથુન - ક.ઇ.ઘ.**  
 ૧૪મી જૂન સુધી શુકની દિનદશા ચાલુ હોવાથી ઘરમાં સારી વસ્તુ લેવામાં સફળ થશો. અપોઝીટ સેકસના મદદગાર થશો. જે તમે પ્રેમમાં હશો તો સામેવાલા તરફથી સારા સમાચાર મળશે. ઘણી ઘણીયાણી મનની વાત ઈશારાથી સમજી જશે. નાની મુસાફરી કરવાથી મનને આનંદ મળશે. દરરોજ 'બહેરામ યજ્ઞ' ભણવાનું ચાલુ રાખજો.  
**શુકનવંતી તા. ૧૬, ૧૮, ૧૯, ૨૦ છે.**  
**Lucky Dates: 16, 18, 19, 20**  
 Venus' rule till 14th June will make it possible for you to make purchases for the house. You will be helpful to the opposite gender. You will receive good news from your romantic partner. Couples will be able to understand each other just with a glance. Short travel will bring you much mental peace. Pray to Behram Yazad daily.

**Virgo - કન્યા - પ.ક.ણ.**  
 ગુરૂની દિનદશા ચાલુ હોવાથી મનગમતી વ્યક્તિને મળી શકશો તથા તમારા મનની વાત કહી શકશો. માથા પરનો બોજો ઓછો કરવી શકશો. નાણાકીય બાબતમાં સારા સારી થતી જશે. ચેરીટીના કામ કરી શકશો. દરરોજ ભુલ્યા વગર 'સરોશ યજ્ઞ' ભણજો.  
**શુકનવંતી તા. ૧૬, ૧૭, ૧૯, ૨૨ છે.**  
**Lucky Dates: 16, 17, 19, 22**  
 Jupiter's ongoing rule will facilitate your meeting with a favourite person and help you speak your mind with them. You will be able to lessen your tensions and worries. Financially, things will continue to progress. You will be able to do works of charity. Pray the Sarosh Yasht daily.

**Sagittarius - ધન - ભ.ધ.ક.**  
 ૧૮મી મે સુધી બુધની દિનદશા ચાલશે. નવા મિત્રો મળવાના ચાન્સ છે. લાંબા સમય માટે મોટું રોકાણ કરી શકશો. રોજ બરોજના કામ સમય પર કરવાથી ફેમીલી મેમ્બરને સમય આપતા તેઓ ખુશ થઈ જશે. તમે તમારા ફાયદા પર પહેલા ધ્યાન આપજો. દરરોજ 'મેહેર નીઆએશ' ભણજો.  
**શુકનવંતી તા. ૧૬, ૧૭, ૧૮, ૨૦ છે.**  
**Lucky Dates: 16, 17, 18, 20**  
 Mercury's rule till 18th May opens up prospects to make new friends. You will be able to make a sizeable long-time investment. By completing your daily work in time, you will be able to spend quality time with your family members and thus make them happy. Ensure to focus on your profitability. Pray the Meher Nyaish daily.

**Pisces - મીન - દ.ચ.ઝ.થ.શ.**  
 ૨૪મી મે સુધી ચંદ્રની દિનદશા તમને ગરમીમાં થંડક આપશે. નાના કામો પણ વિચારીને કરજો. ગામ પરગામ જઈ શકશો. બીજાના સાચા સલાહકાર બની શકશો. નાણાકીય મુશ્કેલીમાંથી બહાર આવવા વધુ કામ કરી એકરૂઠા ધન કમાવી શકશો. દરરોજ ૩૪મું નામ 'યા બેસ્તરના' ૧૦૧વાર ભણજો.  
**શુકનવંતી તા. ૧૬, ૧૯, ૨૧, ૨૨ છે.**  
**Lucky Dates: 16, 19, 21, 22**  
 The Moon's rule till 24th May will help you keep cool in the hot summer. You will give much thought to even your small tasks. You will be able to travel abroad. You will be able to give sincere advice to others. You will work extra hard to balance out any financial shortfalls and in the process, you will earn extra income. Pray the 34th Name, 'Ya Beshtama', 101 times, daily.

# Feeling is Healing!



DR. DANESH CHINOI

Sometimes, we experience one of 'those' days, when the weight of responsibility weighs you down, a heaviness in your heart, a dark cloud hanging over your head. Minor inconveniences you would usually brush aside now take their toll on you. You really wish no fights today. Perhaps something triggered this, perhaps it's just a feeling you unexplainably woke up with today. But you feel it - all the stresses mount and it feels like your head could explode any moment.

That's when you pick up your phone, plug in your headphones, and listen to some music to heal your heart. Goosebumps rise on your skin the second the first note is struck. As the singer belts out a couple of lines resonating with how you feel, your heart lightens a little. Tears well up and just as the chorus approaches, a rush of emotion washes over you and you feel some relief from the pain. All that tension and inner discord lessens. We have all experienced this or something similar. This is what I call a Cathartic moment.

Catharsis is the release of emotions. The word itself originates from the Greek word katharsis, which means 'cleansing'. Psychologists believe catharsis is needed in resolving conflicts buried deep within the subconscious. Many a time that which has been repressed over the years.

The core component of therapy involves talking with a psychologist. The very act of expressing yourself and sharing your thoughts is a powerful method of emotional release. In 1999, Kennedy-Moore & Watson established a 'venting hypothesis', which suggested that the expression of emotion



leads to reduced negative emotions and physiological effects. Clinical psychologists seem to agree with this, believing that venting can help in the reduction of anxiety and other negative emotions.

A couple of years ago, I invited Miss Rukhsana to get 'really angry'. A big bolster pillow was put in front of her and a bat was thrust into her hands, with permission to fully express years of repressed dark emotions. This was such a foreign concept to her that she felt major embarrassment, awkwardness, and fear.

We are not taught how to express our anger in a safe way - let alone have it be an acceptable thing to do. We learn to be ashamed of our anger - we make ourselves bad or wrong for feeling it. We also learn to cover up, brush over and smile. We are incredibly great at being 'fine'... until we're not!

On that day something inside of her said, "C'mon Rukhsana, it's now or never," and she went for it. The tiger was released from the cage and years of pain finally brought out that day. She bashed that cushion as a woman possessed. A noise escaped through the mouth that came from the deepest pit of the stomach - it was a wail that went on and on and on endlessly until she felt sick and sure that she would die. Surely, she couldn't survive this pain. Surely, she would never emerge from this darkness. Bash by bash, tear by tear, scream by scream,

she was unloading years of pent-up grief, frustration, and powerlessness.

Eventually, the roar relaxed. Her body released. She sat and sobbed with relief. Her face was covered in tears and snot, her hands red with little traces of blood. It was literally blood, sweat, and tears experience. She had survived and it felt great!

**Emotions pass when we allow them. On the other side lies our empowerment.** I have always been fierce about inspiring people to accept the truth of how they feel because it is the core of our existence at that moment. When we ignore our truth, we ignore our soul and there is nothing more painful. What's not healed within you, gradually destroys you!

It's time we learnt a new way of life that honours our truth, and the best bit is that the people we love most, no longer have to walk on eggshells around us because we are emotionally responsible - we know how to take care of ourselves first, so they get the best of us.

When Rukhsana first walked in as a client, she was adamant that she couldn't feel. She said it was like that gene was missing in her. She didn't get angry. She never cried. She wasn't particularly happy either. She felt frustratingly numb without any love for life. She also had some worrying health concerns. And, her career as a professional had

her working 12-hour days.

While she believed she couldn't feel, it was her experience. We get what we believe. She was numb because of emotional repression that may lead to depression. We cannot selectively switch off emotions. When we ignore/repress/push down our 'darker' emotions we also miss out on experiencing our

address how she felt - it was a coping mechanism to avoid having to feel because to feel can be scary when we have never been shown how to do it safely. Her health was slowly deteriorating because her body was screaming to get her attention. It was a signpost that things had to change!

It was time to find her significance, love, acceptance and approval from within - not just from her career. It was time to drop the perfectionism and experience the self-honouring self-honesty.

Through transformational coaching and catharsis work (the process of releasing, and thereby providing relief from, strong or repressed emotions) she was able to take a significant sabbatical (once deemed 'impossible') - she got well, found her joy, met a Bawa (also once deemed 'impossible') and now soon going to have a beautiful baby. A new career with work/life



lighter ones - the longer we do that, the more numb, and eventually the more depressed we become. When we ignore the truth of how we feel, those emotions don't just disappear because we chose not to feel them. They get blocked in our body, become stagnant and toxic, eventually becoming a health hazard/disease.

Her career was the perfect excuse not to have time to

balance is being carved too.

She was once petrified of 'going there' with her feelings. With support, she discovered the healing power of feeling. NEVER underestimate the power of feeling. It's a total game-changer!

Face it, feel it, heal it! God bless!

# TEAM 'COMMITTED TO COMMUNITY'



**BPP CANDIDATE**  
**LION DAARA PATEL**

- Has dedicated 4 decades of his life to Community Service & Social Service, serving the underprivileged and needy.
- Received innumerable awards for service to Society, Community and the Pharma industry, including 'Maharashtra State Champion Awards for Corona Warriors 2020-21'; the Lion's International President Award; 'Pharma Professional of the Decade' and 'Pharma Ratna, Lifetime Award'.

● Strong Suits: Vast and effective experience in People-Management, Handling Diverse Groups; Leading a Team; Ideating and Executing Projects successfully.

● Focus on Community-centric initiatives especially related to health and overall wellbeing, including Regular Medical Check-ups in baugs; Distribution of Free Medicines; Setting up Day Care Centres with Physiotherapy facilities for Senior Citizens; and ensuring Smooth-Working with fellow Trustees.



**BPP CANDIDATE**  
**DR. ADIL MALIA**

- A success-story in himself – rising from very humble beginnings to being recognised among 'The Top 110 'Influential Global Thinkers' today.
- Over 40 years of solid, successful corporate experience in Governance and Management Practices; Conflict Resolution and Building Board capabilities, with numerous national & Multinational organisations.

● Focus on Future Development & Progress of Parsi Youth; Protecting Senior Citizens; and Safe-guarding our Properties and Unique Practises.

● A staunch, practicing Zoroastrian with plans to engage youth and rekindle their continued faith in our religion.

● Will sincerely invest his time to Manage Affairs of BPP - particularly to 'Build Trust' & 'Rebuild its Credibility'.



- Proven track record as a Community Activist (for over 2 decades) and currently a sitting BPP Trustee (for 6½ years), with innumerable achievements and successful initiatives undertaken for the cause of the underprivileged.

● Complete hands-on Trustee, having visited every baug/colony and worked at grassroot levels with community members for betterment of the Community.

● Focus: Community Welfare and Housing of the community, with special emphasis towards serving the Middle-class and the poor. Staunchly opposed to selling Trust-houses to the rich to raise finances for the Trust.

● Reinforcing the 'TRUST' In 'Trustee', he stands proud as one of the most active, accomplished and respected Trustees today, who looks to continue serving the Community and the Trust with enhanced passion and dedication.



**TRUSTEE & BPP CANDIDATE**  
**KERSI RANDERIA**

● Committed as your 'Full Time Trustee', assuring unconditional availability all

through the week.

● A meritorious career spanning 35 years in the Indian Civil Service (IRS) as Asst. Commissioner, felicitated with the prestigious Presidential Award for 'Specially Distinguished Record of Service'.

● Areas Of Focus: Protection of Sacred Doongerwadi Land; Re-examine and resolve ongoing court cases; Root for Reservations for Education seats; Develop and Implement Youth-To-Senior Outreach Programs; Strengthen Baug Committees.

● Motto: 'Service-Before-Self' – has undertaken numerous helpful community service initiatives over the past decades.

● Staunch proponent of complete Transparency, Respectfulness and Performance-oriented Work Environment at the BPP.



**BPP CANDIDATE**  
**HOSHANG J B JAL**